

ESSEX WAY 2011

Cat	No	Team Name	Running Total			Stage 1		Stage 2				Stage 3				Stage 4				Stage 5				Stage 6				Stage 7				Stage 8				Stage 9				Stage 10			
			Tot Pts	Cat Pos	Tot Pos	Pos	Cat	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot	Pos	Pts	Cat	Tot				
A	31	Springfield Striders Men A	24	1	1	1	1	4	5	1	1	3	8	2	2	3	11	1	1	1	12	1	1	3	15	1	1	2	17	1	1	1	18	1	1	5	23	1	1	1	24	1	1
A	44	Thrift Green Trotters A	60	2	2	3	3	3	6	2	2	1	7	1	1	5	12	2	2	9	21	2	2	2	23	2	2	15	38	3	3	7	45	3	3	7	52	2	2	8	60	2	2
A	13	Ilford AC A	60	2	2	9	8	5	14	4	4	6	20	4	4	2	22	4	4	7	29	4	4	6	35	4	4	4	39	4	4	8	47	4	4	8	55	4	4	5	60	2	2
A	17	Southend AC Men	65	4	4	8	7	2	10	3	3	2	12	3	3	1	13	3	3	8	21	2	2	8	29	3	3	6	35	2	2	4	39	2	2	13	52	2	2	13	65	4	4
A	8	Colchester Harriers A	70	5	5	2	2	22	24	7	8	4	28	5	5	22	50	7	7	4	54	7	7	4	58	7	7	3	61	5	5	2	63	5	5	3	66	5	5	4	70	5	5
A	15	Harwich Runners Men A	86	6	6	19	14	1	20	5	6	27	47	12	15	20	67	13	16	2	69	9	10	1	70	8	8	7	77	8	8	6	83	8	8	1	84	7	7	2	86	6	6
A	41	Benfleet RC A	90	7	7	13	11	14	27	9	10	10	37	7	7	4	41	6	6	6	47	6	6	7	54	6	6	20	74	7	7	5	79	7	7	4	83	6	6	7	90	7	7
A	5	Leigh on Sea A	111	8	8	11	10	9	20	5	6	8	28	5	5	12	40	5	5	5	45	5	5	5	50	5	5	14	64	6	6	9	73	6	6	24	97	8	8	14	111	8	8
A	28	Grange Farm Trotters A	152	9	9	17	13	19	36	14	16	9	45	10	12	6	51	8	8	10	61	8	8	10	71	9	9	16	87	9	9	23	110	9	9	23	133	9	9	19	152	9	9
A	42	Benfleet RC B	154	10	11	10	9	23	33	12	14	13	46	11	14	14	60	11	13	14	74	11	13	20	94	11	12	24	118	12	13	11	129	10	11	10	139	10	10	15	154	10	11
A	3	Halstead RC	183	11	13	14	12	16	30	10	12	12	42	9	10	13	55	10	12	16	71	10	11	44	115	12	15	1	116	11	12	22	138	11	12	17	155	11	12	28	183	11	13
A	21	Orion Harriers	190	12	15	4	4	29	33	12	14	7	40	8	9	11	51	8	8	29	80	12	14	11	91	10	11	10	101	10	10	49	150	12	13	37	187	12	15	3	190	12	15
A	24	Tiptree A	204	13	16	23	17	26	49	18	23	15	64	16	20	35	99	18	22	31	130	18	22	13	143	14	18	11	154	13	17	28	182	14	18	6	188	13	16	16	204	13	16
A	39	Mid Essex Casuals A	220	14	18	7	6	18	25	8	9	22	47	12	15	19	66	12	15	39	105	13	17	21	126	13	17	38	164	16	20	12	176	13	17	26	202	14	18	18	220	14	18
A	18	Southend AC Mixed	230	15	19	29	21	10	39	16	18	24	63	14	18	18	81	14	18	24	105	13	17	39	144	15	19	42	186	17	21	24	210	17	21	14	224	16	20	6	230	15	19
A	12	Witham Men	238	16	20	33	24	20	53	19	25	40	93	24	30	27	120	23	29	12	132	19	23	24	156	18	22	30	186	17	21	14	200	15	19	2	202	14	18	36	238	16	20
A	1	Pitsea RC Men	246	17	21	22	16	15	37	15	17	29	66	18	22	23	89	16	20	25	114	15	19	31	145	16	20	12	157	14	18	47	204	16	20	31	235	17	21	11	246	17	21
A	9	Colchester Harriers B	265	18	22	34	25	25	59	23	30	26	85	22	26	37	122	24	31	30	152	24	29	12	164	21	25	34	198	20	25	25	223	19	24	22	245	18	22	20	265	18	22
A	34	Springfield Striders	278	19	24	51	39	6	57	22	28	14	71	19	23	10	81	14	18	45	126	17	21	41	167	22	26	36	203	21	26	42	245	21	26	12	257	19	24	21	278	19	24
A	45	Thrift Green Trotters B	303	20	26	38	28	37	75	29	38	28	103	26	33	31	134	27	35	36	170	27	34	28	198	25	33	44	242	28	36	18	260	25	32	19	279	23	30	24	303	20	26
A	36	Springfield Striders	305	21	27	53	41	8	61	24	31	45	106	28	36	36	142	28	36	3	145	21	26	9	154	17	21	8	162	15	19	100	262	26	33	20	282	24	31	23	305	21	27
A	27	Bishop Stortford	307	22	28	41	31	53	94	39	51	30	124	35	44	39	163	34	44	17	180	31	39	18	198	25	33	43	241	27	34	16	257	23	30	9	266	20	25	41	307	22	28
A	32	Springfield Striders	311	23	30	44	34	49	93	38	49	46	139	39	50	7	146	29	37	15	161	26	32	19	180	23	28	26	206	22	27	35	241	20	25	27	268	21	26	43	311	23	30
A	14	Ilford AC B	316	24	31	35	26	48	83	33	42	21	104	27	35	21	125	26	33	46	171	29	36	33	204	28	36	5	209	24	29	10	219	18	23	49	268	21	26	48	316	24	31
A	4	Thurrock Nomads	323	25	32	26	19	27	53	19	25	44	97	25	32	26	123	25	32	27	150	22	27	37	187	24	29	21	208	23	28	38	246	22	27	43	289	25	32	34	323	25	32
A	37	Springfield Striders	331	26	33	50	38	47	97	40	52	19	116	32	41	34	150	30	38	48	198	32	41	38	236	35	44	18	254	31	39	3	257	23	30	34	291	26	33	40	331	26	33
A	6	Leigh on Sea B	335	27	34	39	29	34	73	28	37	39	112	30	38	42	154	32	40	22	176	30	37	35	211	30	38	35	246	29	37	17	263	27	34	46	309	27	34	26	335	27	34
A	25	Tiptree B	343	28	35	20	15	12	32	11	13	31	63	14	18	44	107	20	24	52	159	25	31	49	208	29	37	19	227	25	31	51	278	28	35	36	314	28	35	29	343	28	35
A	33	Springfield Striders	364	29	37	30	22	32	62	25	32	11	73	20	24	11	116	16	20	40	156	18	22	33	189	19	24	100	289	30	39	48	337	32	41	27	364	29	37				
A	29	Grange Farm Trotters B	371	30	39	43	33	46	89	36	46	38	127	36	46	40	167	36	46	33	200	33	42	32	232	34	43	49	281	36	46	33	314	37	47	25	339	33	42	32	371	30	39
A	16	Harwich Runners Mixed B	378	31	40	54	42	43	97	40	52	48	145	41	53	41	186	39	50	32	218	38	50	25	243	36	45	39	282	37	47	26	308	34	43	21	329	29	37	49	378	31	40
A	2	Pitsea RC Mixed	386	32	41	47	36	17	64	26	34	47	111	29	37	50	161	33	42	41	202	34	44	55	257	38	49	13	270	34	42	31	301	31	40	41	342	34	43	44	386	32	41
A	43	Benfleet RC C	386	32	41	46	35	38	84	35	44	33	117	33	42	33	150	30	38	20	170	27	34	45	215	31	39	25	240	26	33	45	285	29	37	44	329	29	37	57	386	32	41
A	11	Havering 90 Joggers	400	34	43	47	36	28	75	29	38	52	127	36	46	54	181	38	49	35	216	37	48	42	258	39	50	31	289	39	49	21	310	36	46	52	362	36	46	38	400	34	43
A	19	Billericay Striders A	434	35	46	27	20	52	79	31	40	35	114	31	40	52	166	35	45	37	203	35	45	23	226	32	40	32	258	32	40	46	304	32	41	30	334	31	40	100	434	35	46
A	40	Mid Essex Casuals B	436	36	47	25	18	39	64	26	34	23	87	23	28	24	111	21	25	40	151	23	28	48	199	27	35	51	250	30	38	100	350	39	50	40	390	38	48	46	436	36	47
A	35	Springfield Striders	443	37	49	42	32	11	53	19	25	20	73	20	24	16	89	16	20	44	133	20	24	29	162	20	24	100	262	33	41	43	305	33	42	38	343	35	44	100	443	37	49
A	20	Billericay Striders B	464	38	50	32	23	51	83	33	42	36	119	34	43	53	172	37	47	49	221	39	51	22	243	36	45	40	283	38	48	39	322	38	48	42	364	37	47	100	464	38	50

Essex Way 2011

Position After Stage 1

Stage 1 Results				
Pos	Team	Cat	Name	Points
1	31	A	Springfield Striders Men A	1
2	8	A	Colchester Harriers A	2
3	44	A	Thrift Green Trotters A	3
4	21	A	Orion Harriers	4
4	47	B	Springfield Striders Vets	4
6	22	A	East London Runners	6
7	39	A	Mid Essex Casuals A	7
8	17	A	Southend AC Men	8
9	13	A	Ilford AC A	9
10	42	A	Benfleet RC B	10
11	5	A	Leigh on Sea A	11
12	56	C	Springfield Striders Ladies	12
13	41	A	Benfleet RC A	13
14	3	A	Halstead RC	14
15	57	C	Benfleet RC Ladies A	15
16	46	B	Harwich Runners Vets	16
17	28	A	Grange Farm Trotters A	17
18	55	C	Grange Farm Trotters Ladies	18
19	15	A	Harwich Runners Men A	19
20	25	A	Tiptree B	20
21	51	C	Pitsea Ladies	21
22	1	A	Pitsea RC Men	22
23	24	A	Tiptree A	23
24	48	B	Ilford AC Vets	24
25	40	A	Mid Essex Casuals B	25
26	4	A	Thurrock Nomads	26
27	19	A	Billericay Striders A	27
28	54	C	Southend AC Ladies	28
29	18	A	Southend AC Mixed	29
30	33	A	Springfield Striders	30
31	59	C	Thrift Green Trotters Ladies A	31
32	20	A	Billericay Striders B	32
33	12	A	Witham Men	33
34	9	A	Colchester Harriers B	34
35	14	A	Ilford AC B	35
36	52	C	Witham Ladies	36
37	23	A	East London Runners	37
38	45	A	Thrift Green Trotters B	38
39	6	A	Leigh on Sea B	39
40	26	A	Tiptree C	40
41	27	A	Bishop Stortford	41
42	35	A	Springfield Striders	42
43	29	A	Grange Farm Trotters B	43
44	32	A	Springfield Striders	44
45	58	C	Benfleet RC Ladies B	45
46	43	A	Benfleet RC C	46
47	2	A	Pitsea RC Mixed	47
47	11	A	Havering 90 Joggers	47
49	53	C	Harwich Runners Ladies	49
50	37	A	Springfield Striders	50
51	34	A	Springfield Striders	51
52	7	A	Thrift Green Trotters C	52
53	36	A	Springfield Striders	53
54	16	A	Harwich Runners Mixed B	54
55	60	C	Thrift Green Trotters Ladies B	55
100	30	A	Grange Farm Trotters C	100

Category Positions				
Open Team				Points
1	31	Springfield Striders Men A	1	1
2	8	Colchester Harriers A	2	2
3	44	Thrift Green Trotters A	3	3
4	21	Orion Harriers	4	4
5	22	East London Runners	6	6
6	39	Mid Essex Casuals A	7	7
7	17	Southend AC Men	8	8
8	13	Ilford AC A	9	9
9	42	Benfleet RC B	10	10
10	5	Leigh on Sea A	11	11
11	41	Benfleet RC A	13	13
12	3	Halstead RC	14	14
13	28	Grange Farm Trotters A	17	17
14	15	Harwich Runners Men A	19	19
15	25	Tiptree B	20	20
16	1	Pitsea RC Men	22	22
17	24	Tiptree A	23	23
18	40	Mid Essex Casuals B	25	25
19	4	Thurrock Nomads	26	26
20	19	Billericay Striders A	27	27
21	18	Southend AC Mixed	29	29
22	33	Springfield Striders	30	30
23	20	Billericay Striders B	32	32
24	12	Witham Men	33	33
25	9	Colchester Harriers B	34	34
26	14	Ilford AC B	35	35
27	23	East London Runners	37	37
28	45	Thrift Green Trotters B	38	38
29	6	Leigh on Sea B	39	39
30	26	Tiptree C	40	40
31	27	Bishop Stortford	41	41
32	35	Springfield Striders	42	42
33	29	Grange Farm Trotters B	43	43
34	32	Springfield Striders	44	44
35	43	Benfleet RC C	46	46
36	2	Pitsea RC Mixed	47	47
37	11	Havering 90 Joggers	47	47
38	37	Springfield Striders	50	50
39	34	Springfield Striders	51	51
40	7	Thrift Green Trotters C	52	52
41	36	Springfield Striders	53	53
42	16	Harwich Runners Mixed B	54	54
43	30	Grange Farm Trotters C	100	100

Ladies Team				Pts
1	56	Springfield Striders Ladies	12	12
2	57	Benfleet RC Ladies A	15	15
3	55	Grange Farm Trotters Ladies	18	18
4	51	Pitsea Ladies	21	21
5	54	Southend AC Ladies	28	28
6	59	Thrift Green Trotters Ladies A	31	31
7	52	Witham Ladies	36	36
8	58	Benfleet RC Ladies B	45	45
9	53	Harwich Runners Ladies	49	49
10	60	Thrift Green Trotters Ladies B	55	55

Vets Team				Pts
1	47	Springfield Striders Vets	4	4
2	46	Harwich Runners Vets	16	16
3	48	Ilford AC Vets	24	24

Essex Way 2011 Position After Stage 2

Stage 2 Results				
Pos	Team	Cat	Name	Points
1	15	A	Harwich Runners Men A	20
2	17	A	Southend AC Men	10
3	44	A	Thrift Green Trotters A	6
4	31	A	Springfield Striders Men A	5
5	13	A	Ilford AC A	14
6	34	A	Springfield Striders	57
7	56	C	Springfield Striders Ladies	19
8	36	A	Springfield Striders	61
9	5	A	Leigh on Sea A	20
10	18	A	Southend AC Mixed	39
11	35	A	Springfield Striders	53
12	25	A	Tiptree B	32
13	57	C	Benfleet RC Ladies A	28
14	41	A	Benfleet RC A	27
15	1	A	Pitsea RC Men	37
16	3	A	Halstead RC	30
17	2	A	Pitsea RC Mixed	64
18	39	A	Mid Essex Casuals A	25
19	28	A	Grange Farm Trotters A	36
20	12	A	Witham Men	53
21	54	C	Southend AC Ladies	49
22	8	A	Colchester Harriers A	24
23	42	A	Benfleet RC B	33
24	46	B	Harwich Runners Vets	40
25	9	A	Colchester Harriers B	59
26	24	A	Tiptree A	49
27	4	A	Thurrock Nomads	53
28	11	A	Havering 90 Joggers	75
29	21	A	Orion Harriers	33
30	55	C	Grange Farm Trotters Ladies	48
31	59	C	Thrift Green Trotters Ladies A	62
32	33	A	Springfield Striders	62
33	22	A	East London Runners	39
34	6	A	Leigh on Sea B	73
35	47	B	Springfield Striders Vets	39
36	51	C	Pitsea Ladies	57
37	45	A	Thrift Green Trotters B	75
38	43	A	Benfleet RC C	84
39	40	A	Mid Essex Casuals B	64
40	58	C	Benfleet RC Ladies B	85
41	30	A	Grange Farm Trotters C	141
42	26	A	Tiptree C	82
43	16	A	Harwich Runners Mixed B	97
44	53	C	Harwich Runners Ladies	93
45	48	B	Ilford AC Vets	69
46	29	A	Grange Farm Trotters B	89
47	37	A	Springfield Striders	97
48	14	A	Ilford AC B	83
49	32	A	Springfield Striders	93
50	60	C	Thrift Green Trotters Ladies B	105
51	20	A	Billericay Striders B	83
52	19	A	Billericay Striders A	79
53	27	A	Bishop Stortford	94
54	23	A	East London Runners	91
55	52	C	Witham Ladies	91
100	7	A	Thrift Green Trotters C	152

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	5
2	44	Thrift Green Trotters A	6
3	17	Southend AC Men	10
4	13	Ilford AC A	14
5	15	Harwich Runners Men A	20
6	5	Leigh on Sea A	20
7	8	Colchester Harriers A	24
8	39	Mid Essex Casuals A	25
9	41	Benfleet RC A	27
10	3	Halstead RC	30
11	25	Tiptree B	32
12	42	Benfleet RC B	33
13	21	Orion Harriers	33
14	28	Grange Farm Trotters A	36
15	1	Pitsea RC Men	37
16	18	Southend AC Mixed	39
17	22	East London Runners	39
18	24	Tiptree A	49
19	35	Springfield Striders	53
20	12	Witham Men	53
21	4	Thurrock Nomads	53
22	34	Springfield Striders	57
23	9	Colchester Harriers B	59
24	36	Springfield Striders	61
25	33	Springfield Striders	62
26	2	Pitsea RC Mixed	64
27	40	Mid Essex Casuals B	64
28	6	Leigh on Sea B	73
29	11	Havering 90 Joggers	75
30	45	Thrift Green Trotters B	75
31	19	Billericay Striders A	79
32	26	Tiptree C	82
33	14	Ilford AC B	83
34	20	Billericay Striders B	83
35	43	Benfleet RC C	84
36	29	Grange Farm Trotters B	89
37	23	East London Runners	91
38	32	Springfield Striders	93
39	27	Bishop Stortford	94
40	16	Harwich Runners Mixed B	97
41	37	Springfield Striders	97
42	30	Grange Farm Trotters C	141
43	7	Thrift Green Trotters C	152

Ladies Team			Pts
1	56	Springfield Striders Ladies	19
2	57	Benfleet RC Ladies A	28
3	55	Grange Farm Trotters Ladies	48
4	54	Southend AC Ladies	49
5	51	Pitsea Ladies	57
6	59	Thrift Green Trotters Ladies A	62
7	58	Benfleet RC Ladies B	85
8	52	Witham Ladies	91
9	53	Harwich Runners Ladies	93
10	60	Thrift Green Trotters Ladies B	105

Vets Team			Pts
1	47	Springfield Striders Vets	39
2	46	Harwich Runners Vets	40
3	48	Ilford AC Vets	69

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Position After Stage 3

Stage 3 Results				
Pos	Team	Cat	Name	Points
1	44	A	Thrift Green Trotters A	7
2	17	A	Southend AC Men	12
3	31	A	Springfield Striders Men A	8
4	8	A	Colchester Harriers A	28
5	47	B	Springfield Striders Vets	44
6	13	A	Ilford AC A	20
7	21	A	Orion Harriers	40
8	5	A	Leigh on Sea A	28
9	28	A	Grange Farm Trotters A	45
10	41	A	Benfleet RC A	37
11	33	A	Springfield Striders	73
12	3	A	Halstead RC	42
13	42	A	Benfleet RC B	46
14	34	A	Springfield Striders	71
15	24	A	Tiptree A	64
16	46	B	Harwich Runners Vets	56
17	57	C	Benfleet RC Ladies A	45
18	56	C	Springfield Striders Ladies	37
19	37	A	Springfield Striders	116
20	35	A	Springfield Striders	73
21	14	A	Ilford AC B	104
22	39	A	Mid Essex Casuals A	47
23	40	A	Mid Essex Casuals B	87
24	18	A	Southend AC Mixed	63
25	22	A	East London Runners	64
26	9	A	Colchester Harriers B	85
27	15	A	Harwich Runners Men A	47
28	45	A	Thrift Green Trotters B	103
29	1	A	Pitsea RC Men	66
30	27	A	Bishop Stortford	124
31	25	A	Tiptree B	63
32	59	C	Thrift Green Trotters Ladies A	94
33	43	A	Benfleet RC C	117
34	48	B	Ilford AC Vets	103
35	19	A	Billericay Striders A	114
36	20	A	Billericay Striders B	119
37	55	C	Grange Farm Trotters Ladies	85
38	29	A	Grange Farm Trotters B	127
39	6	A	Leigh on Sea B	112
40	12	A	Witham Men	93
41	58	C	Benfleet RC Ladies B	126
42	52	C	Witham Ladies	133
43	54	C	Southend AC Ladies	92
44	4	A	Thurrock Nomads	97
45	36	A	Springfield Striders	106
46	32	A	Springfield Striders	139
47	2	A	Pitsea RC Mixed	111
48	16	A	Harwich Runners Mixed B	145
49	23	A	East London Runners	140
50	53	C	Harwich Runners Ladies	143
51	26	A	Tiptree C	133
52	11	A	Havering 90 Joggers	127
53	60	C	Thrift Green Trotters Ladies B	158
54	7	A	Thrift Green Trotters C	206
55	51	C	Pitsea Ladies	112
100	30	A	Grange Farm Trotters C	241

Category Positions			
Open Team			Points
1	44	Thrift Green Trotters A	7
2	31	Springfield Striders Men A	8
3	17	Southend AC Men	12
4	13	Ilford AC A	20
5	8	Colchester Harriers A	28
6	5	Leigh on Sea A	28
7	41	Benfleet RC A	37
8	21	Orion Harriers	40
9	3	Halstead RC	42
10	28	Grange Farm Trotters A	45
11	42	Benfleet RC B	46
12	39	Mid Essex Casuals A	47
13	15	Harwich Runners Men A	47
14	18	Southend AC Mixed	63
15	25	Tiptree B	63
16	24	Tiptree A	64
17	22	East London Runners	64
18	1	Pitsea RC Men	66
19	34	Springfield Striders	71
20	33	Springfield Striders	73
21	35	Springfield Striders	73
22	9	Colchester Harriers B	85
23	40	Mid Essex Casuals B	87
24	12	Witham Men	93
25	4	Thurrock Nomads	97
26	45	Thrift Green Trotters B	103
27	14	Ilford AC B	104
28	36	Springfield Striders	106
29	2	Pitsea RC Mixed	111
30	6	Leigh on Sea B	112
31	19	Billericay Striders A	114
32	37	Springfield Striders	116
33	43	Benfleet RC C	117
34	20	Billericay Striders B	119
35	27	Bishop Stortford	124
36	29	Grange Farm Trotters B	127
37	11	Havering 90 Joggers	127
38	26	Tiptree C	133
39	32	Springfield Striders	139
40	23	East London Runners	140
41	16	Harwich Runners Mixed B	145
42	7	Thrift Green Trotters C	206
43	30	Grange Farm Trotters C	241

Ladies Team			Pts
1	56	Springfield Striders Ladies	37
2	57	Benfleet RC Ladies A	45
3	55	Grange Farm Trotters Ladies	85
4	54	Southend AC Ladies	92
5	59	Thrift Green Trotters Ladies A	94
6	51	Pitsea Ladies	112
7	58	Benfleet RC Ladies B	126
8	52	Witham Ladies	133
9	53	Harwich Runners Ladies	143
10	60	Thrift Green Trotters Ladies B	158

Vets Team			Pts
1	47	Springfield Striders Vets	44
2	46	Harwich Runners Vets	56
3	48	Ilford AC Vets	103

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Position After Stage 4

Stage 4 Results				
	Team	Cat	Name	Points
1	17	A	Southend AC Men	13
2	13	A	Ilford AC A	22
3	31	A	Springfield Striders Men A	11
4	41	A	Benfleet RC A	41
5	44	A	Thrift Green Trotters A	12
6	28	A	Grange Farm Trotters A	51
7	32	A	Springfield Striders	146
8	46	B	Harwich Runners Vets	64
9	47	B	Springfield Striders Vets	53
10	34	A	Springfield Striders	81
11	21	A	Orion Harriers	51
12	5	A	Leigh on Sea A	40
13	3	A	Halstead RC	55
14	42	A	Benfleet RC B	60
15	48	B	Ilford AC Vets	118
16	35	A	Springfield Striders	89
17	56	C	Springfield Striders Ladies	54
18	18	A	Southend AC Mixed	81
19	39	A	Mid Essex Casuals A	66
20	15	A	Harwich Runners Men A	67
21	14	A	Ilford AC B	125
22	8	A	Colchester Harriers A	50
23	1	A	Pitsea RC Men	89
24	40	A	Mid Essex Casuals B	111
25	57	C	Benfleet RC Ladies A	70
26	4	A	Thurrock Nomads	123
27	12	A	Witham Men	120
28	52	C	Witham Ladies	161
29	54	C	Southend AC Ladies	121
30	55	C	Grange Farm Trotters Ladies	115
31	45	A	Thrift Green Trotters B	134
32	33	A	Springfield Striders	105
33	43	A	Benfleet RC C	150
34	37	A	Springfield Striders	150
35	24	A	Tiptree A	99
36	36	A	Springfield Striders	142
37	9	A	Colchester Harriers B	122
38	59	C	Thrift Green Trotters Ladies A	132
39	27	A	Bishop Stortford	163
40	29	A	Grange Farm Trotters B	167
41	16	A	Harwich Runners Mixed B	186
42	6	A	Leigh on Sea B	154
43	30	A	Grange Farm Trotters C	284
44	25	A	Tiptree B	107
45	53	C	Harwich Runners Ladies	188
46	51	C	Pitsea Ladies	158
47	22	A	East London Runners	111
48	23	A	East London Runners	188
49	60	C	Thrift Green Trotters Ladies B	207
50	2	A	Pitsea RC Mixed	161
51	58	C	Benfleet RC Ladies B	177
52	19	A	Billericay Striders A	166
53	20	A	Billericay Striders B	172
54	11	A	Havering 90 Joggers	181
55	26	A	Tiptree C	188
100	7	A	Thrift Green Trotters C	306

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	11
2	44	Thrift Green Trotters A	12
3	17	Southend AC Men	13
4	13	Ilford AC A	22
5	5	Leigh on Sea A	40
6	41	Benfleet RC A	41
7	8	Colchester Harriers A	50
8	28	Grange Farm Trotters A	51
9	21	Orion Harriers	51
10	3	Halstead RC	55
11	42	Benfleet RC B	60
12	39	Mid Essex Casuals A	66
13	15	Harwich Runners Men A	67
14	34	Springfield Striders	81
15	18	Southend AC Mixed	81
16	35	Springfield Striders	89
17	1	Pitsea RC Men	89
18	24	Tiptree A	99
19	33	Springfield Striders	105
20	25	Tiptree B	107
21	40	Mid Essex Casuals B	111
22	22	East London Runners	111
23	12	Witham Men	120
24	9	Colchester Harriers B	122
25	4	Thurrock Nomads	123
26	14	Ilford AC B	125
27	45	Thrift Green Trotters B	134
28	36	Springfield Striders	142
29	32	Springfield Striders	146
30	43	Benfleet RC C	150
31	37	Springfield Striders	150
32	6	Leigh on Sea B	154
33	2	Pitsea RC Mixed	161
34	27	Bishop Stortford	163
35	19	Billericay Striders A	166
36	29	Grange Farm Trotters B	167
37	20	Billericay Striders B	172
38	11	Havering 90 Joggers	181
39	16	Harwich Runners Mixed B	186
40	23	East London Runners	188
41	26	Tiptree C	188
42	30	Grange Farm Trotters C	284
43	7	Thrift Green Trotters C	306

Ladies Team			Pts
1	56	Springfield Striders Ladies	54
2	57	Benfleet RC Ladies A	70
3	55	Grange Farm Trotters Ladies	115
4	54	Southend AC Ladies	121
5	59	Thrift Green Trotters Ladies A	132
6	51	Pitsea Ladies	158
7	52	Witham Ladies	161
8	58	Benfleet RC Ladies B	177
9	53	Harwich Runners Ladies	188
10	60	Thrift Green Trotters Ladies B	207

Vets Team			Pts
1	47	Springfield Striders Vets	53
2	46	Harwich Runners Vets	64
3	48	Ilford AC Vets	118

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Position After Stage 5

Stage 5 Results				
Pos	Team	Cat	Name	Points
1	31	A	Springfield Striders Men A	12
2	15	A	Harwich Runners Men A	69
3	36	A	Springfield Striders	145
4	8	A	Colchester Harriers A	54
5	5	A	Leigh on Sea A	45
6	41	A	Benfleet RC A	47
7	13	A	Ilford AC A	29
8	17	A	Southend AC Men	21
9	44	A	Thrift Green Trotters A	21
10	28	A	Grange Farm Trotters A	61
11	33	A	Springfield Striders	116
12	12	A	Witham Men	132
13	47	B	Springfield Striders Vets	66
14	42	A	Benfleet RC B	74
15	32	A	Springfield Striders	161
16	3	A	Halstead RC	71
17	27	A	Bishop Stortford	180
18	56	C	Springfield Striders Ladies	72
19	57	C	Benfleet RC Ladies A	89
20	43	A	Benfleet RC C	170
21	55	C	Grange Farm Trotters Ladies	136
22	6	A	Leigh on Sea B	176
23	52	C	Witham Ladies	184
24	18	A	Southend AC Mixed	105
25	1	A	Pitsea RC Men	114
26	46	B	Harwich Runners Vets	90
27	4	A	Thurrock Nomads	150
28	53	C	Harwich Runners Ladies	216
29	21	A	Orion Harriers	80
30	9	A	Colchester Harriers B	152
31	24	A	Tiptree A	130
32	16	A	Harwich Runners Mixed B	218
33	29	A	Grange Farm Trotters B	200
34	48	B	Ilford AC Vets	152
35	11	A	Havering 90 Joggers	216
36	45	A	Thrift Green Trotters B	170
37	19	A	Billericay Striders A	203
38	58	C	Benfleet RC Ladies B	215
39	39	A	Mid Essex Casuals A	105
40	40	A	Mid Essex Casuals B	151
41	2	A	Pitsea RC Mixed	202
42	51	C	Pitsea Ladies	200
43	54	C	Southend AC Ladies	164
44	35	A	Springfield Striders	133
45	34	A	Springfield Striders	126
46	14	A	Ilford AC B	171
47	59	C	Thrift Green Trotters Ladies A	179
48	37	A	Springfield Striders	198
49	20	A	Billericay Striders B	221
50	26	A	Tiptree C	238
51	60	C	Thrift Green Trotters Ladies B	258
52	25	A	Tiptree B	159
100	7	A	Thrift Green Trotters C	406
100	22	A	East London Runners	211
100	23	A	East London Runners	288
100	30	A	Grange Farm Trotters C	384

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	12
2	17	Southend AC Men	21
3	44	Thrift Green Trotters A	21
4	13	Ilford AC A	29
5	5	Leigh on Sea A	45
6	41	Benfleet RC A	47
7	8	Colchester Harriers A	54
8	28	Grange Farm Trotters A	61
9	15	Harwich Runners Men A	69
10	3	Halstead RC	71
11	42	Benfleet RC B	74
12	21	Orion Harriers	80
13	18	Southend AC Mixed	105
14	39	Mid Essex Casuals A	105
15	1	Pitsea RC Men	114
16	33	Springfield Striders	116
17	34	Springfield Striders	126
18	24	Tiptree A	130
19	12	Witham Men	132
20	35	Springfield Striders	133
21	36	Springfield Striders	145
22	4	Thurrock Nomads	150
23	40	Mid Essex Casuals B	151
24	9	Colchester Harriers B	152
25	25	Tiptree B	159
26	32	Springfield Striders	161
27	43	Benfleet RC C	170
28	45	Thrift Green Trotters B	170
29	14	Ilford AC B	171
30	6	Leigh on Sea B	176
31	27	Bishop Stortford	180
32	37	Springfield Striders	198
33	29	Grange Farm Trotters B	200
34	2	Pitsea RC Mixed	202
35	19	Billericay Striders A	203
36	22	East London Runners	211
37	11	Havering 90 Joggers	216
38	16	Harwich Runners Mixed B	218
39	20	Billericay Striders B	221
40	26	Tiptree C	238
41	23	East London Runners	288
42	30	Grange Farm Trotters C	384
43	7	Thrift Green Trotters C	406

Ladies Team			Pts
1	56	Springfield Striders Ladies	72
2	57	Benfleet RC Ladies A	89
3	55	Grange Farm Trotters Ladies	136
4	54	Southend AC Ladies	164
5	59	Thrift Green Trotters Ladies A	179
6	52	Witham Ladies	184
7	51	Pitsea Ladies	200
8	58	Benfleet RC Ladies B	215
9	53	Harwich Runners Ladies	216
10	60	Thrift Green Trotters Ladies B	258

Vets Team			Pts
1	47	Springfield Striders Vets	66
2	46	Harwich Runners Vets	90
3	48	Ilford AC Vets	152

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Position After Stage 6

Stage 6 Results				
Pos	Team	Cat	Name	Points
1	15	A	Harwich Runners Men A	70
2	44	A	Thrift Green Trotters A	23
3	31	A	Springfield Striders Men A	15
4	8	A	Colchester Harriers A	58
5	5	A	Leigh on Sea A	50
6	13	A	Ilford AC A	35
7	41	A	Benfleet RC A	54
8	17	A	Southend AC Men	29
9	36	A	Springfield Striders	154
10	28	A	Grange Farm Trotters A	71
11	21	A	Orion Harriers	91
12	9	A	Colchester Harriers B	164
13	24	A	Tiptree A	143
14	59	C	Thrift Green Trotters Ladies A	193
15	57	C	Benfleet RC Ladies A	104
16	47	B	Springfield Striders Vets	82
17	22	A	East London Runners	228
18	27	A	Bishop Stortford	198
19	32	A	Springfield Striders	180
20	42	A	Benfleet RC B	94
21	39	A	Mid Essex Casuals A	126
22	20	A	Billericay Striders B	243
23	19	A	Billericay Striders A	226
24	12	A	Witham Men	156
25	16	A	Harwich Runners Mixed B	243
26	48	B	Ilford AC Vets	178
27	54	C	Southend AC Ladies	191
28	45	A	Thrift Green Trotters B	198
29	35	A	Springfield Striders	162
30	56	C	Springfield Striders Ladies	102
31	1	A	Pitsea RC Men	145
32	29	A	Grange Farm Trotters B	232
33	14	A	Ilford AC B	204
34	46	B	Harwich Runners Vets	124
35	6	A	Leigh on Sea B	211
36	53	C	Harwich Runners Ladies	252
37	4	A	Thurrock Nomads	187
38	37	A	Springfield Striders	236
39	18	A	Southend AC Mixed	144
40	33	A	Springfield Striders	156
41	34	A	Springfield Striders	167
42	11	A	Havering 90 Joggers	258
43	52	C	Witham Ladies	227
44	3	A	Halstead RC	115
45	43	A	Benfleet RC C	215
46	58	C	Benfleet RC Ladies B	261
47	23	A	East London Runners	335
48	40	A	Mid Essex Casuals B	199
49	25	A	Tiptree B	208
50	30	A	Grange Farm Trotters C	434
51	26	A	Tiptree C	289
52	60	C	Thrift Green Trotters Ladies B	310
53	7	A	Thrift Green Trotters C	459
54	55	C	Grange Farm Trotters Ladies	190
55	2	A	Pitsea RC Mixed	257
56	51	C	Pitsea Ladies	256

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	15
2	44	Thrift Green Trotters A	23
3	17	Southend AC Men	29
4	13	Ilford AC A	35
5	5	Leigh on Sea A	50
6	41	Benfleet RC A	54
7	8	Colchester Harriers A	58
8	15	Harwich Runners Men A	70
9	28	Grange Farm Trotters A	71
10	21	Orion Harriers	91
11	42	Benfleet RC B	94
12	3	Halstead RC	115
13	39	Mid Essex Casuals A	126
14	24	Tiptree A	143
15	18	Southend AC Mixed	144
16	1	Pitsea RC Men	145
17	36	Springfield Striders	154
18	12	Witham Men	156
19	33	Springfield Striders	156
20	35	Springfield Striders	162
21	9	Colchester Harriers B	164
22	34	Springfield Striders	167
23	32	Springfield Striders	180
24	4	Thurrock Nomads	187
25	27	Bishop Stortford	198
26	45	Thrift Green Trotters B	198
27	40	Mid Essex Casuals B	199
28	14	Ilford AC B	204
29	25	Tiptree B	208
30	6	Leigh on Sea B	211
31	43	Benfleet RC C	215
32	19	Billericay Striders A	226
33	22	East London Runners	228
34	29	Grange Farm Trotters B	232
35	37	Springfield Striders	236
36	20	Billericay Striders B	243
37	16	Harwich Runners Mixed B	243
38	2	Pitsea RC Mixed	257
39	11	Havering 90 Joggers	258
40	26	Tiptree C	289
41	23	East London Runners	335
42	30	Grange Farm Trotters C	434
43	7	Thrift Green Trotters C	459

Ladies Team			Pts
1	56	Springfield Striders Ladies	102
2	57	Benfleet RC Ladies A	104
3	55	Grange Farm Trotters Ladies	190
4	54	Southend AC Ladies	191
5	59	Thrift Green Trotters Ladies A	193
6	52	Witham Ladies	227
7	53	Harwich Runners Ladies	252
8	51	Pitsea Ladies	256
9	58	Benfleet RC Ladies B	261
10	60	Thrift Green Trotters Ladies B	310

Vets Team			Pts
1	47	Springfield Striders Vets	82
2	46	Harwich Runners Vets	124
3	48	Ilford AC Vets	178

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Position After Stage 7

Stage 7 Results				
Pos	Team	Cat	Name	Points
1	3	A	Halstead RC	116
2	31	A	Springfield Striders Men A	17
3	8	A	Colchester Harriers A	61
4	13	A	Ilford AC A	39
5	14	A	Ilford AC B	209
6	17	A	Southend AC Men	35
7	15	A	Harwich Runners Men A	77
8	36	A	Springfield Striders	162
9	48	B	Ilford AC Vets	187
10	21	A	Orion Harriers	101
11	24	A	Tiptree A	154
12	1	A	Pitsea RC Men	157
13	2	A	Pitsea RC Mixed	270
14	5	A	Leigh on Sea A	64
15	44	A	Thrift Green Trotters A	38
16	28	A	Grange Farm Trotters A	87
17	46	B	Harwich Runners Vets	141
18	37	A	Springfield Striders	254
19	25	A	Tiptree B	227
20	41	A	Benfleet RC A	74
21	4	A	Thurrock Nomads	208
22	53	C	Harwich Runners Ladies	274
23	57	C	Benfleet RC Ladies A	127
24	42	A	Benfleet RC B	118
25	43	A	Benfleet RC C	240
26	32	A	Springfield Striders	206
27	47	B	Springfield Striders Vets	109
28	56	C	Springfield Striders Ladies	130
29	55	C	Grange Farm Trotters Ladies	219
30	12	A	Witham Men	186
31	11	A	Havering 90 Joggers	289
32	19	A	Billericay Striders A	258
33	33	A	Springfield Striders	189
34	9	A	Colchester Harriers B	198
35	6	A	Leigh on Sea B	246
36	34	A	Springfield Striders	203
37	7	A	Thrift Green Trotters C	496
38	39	A	Mid Essex Casuals A	164
39	16	A	Harwich Runners Mixed B	282
40	54	C	Southend AC Ladies	231
40	20	A	Billericay Striders B	283
42	18	A	Southend AC Mixed	186
43	27	A	Bishop Stortford	241
44	45	A	Thrift Green Trotters B	242
45	51	C	Pitsea Ladies	301
46	60	C	Thrift Green Trotters Ladies B	356
47	22	A	East London Runners	275
48	59	C	Thrift Green Trotters Ladies A	241
49	29	A	Grange Farm Trotters B	281
50	52	C	Witham Ladies	277
51	40	A	Mid Essex Casuals B	250
52	58	C	Benfleet RC Ladies B	313
100	26	A	Tiptree C	389
100	30	A	Grange Farm Trotters C	534
100	35	A	Springfield Striders	262
100	23	A	East London Runners	435

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	17
2	17	Southend AC Men	35
3	44	Thrift Green Trotters A	38
4	13	Ilford AC A	39
5	8	Colchester Harriers A	61
6	5	Leigh on Sea A	64
7	41	Benfleet RC A	74
8	15	Harwich Runners Men A	77
9	28	Grange Farm Trotters A	87
10	21	Orion Harriers	101
11	3	Halstead RC	116
12	42	Benfleet RC B	118
13	24	Tiptree A	154
14	1	Pitsea RC Men	157
15	36	Springfield Striders	162
16	39	Mid Essex Casuals A	164
17	12	Witham Men	186
18	18	Southend AC Mixed	186
19	33	Springfield Striders	189
20	9	Colchester Harriers B	198
21	34	Springfield Striders	203
22	32	Springfield Striders	206
23	4	Thurrock Nomads	208
24	14	Ilford AC B	209
25	25	Tiptree B	227
26	43	Benfleet RC C	240
27	27	Bishop Stortford	241
28	45	Thrift Green Trotters B	242
29	6	Leigh on Sea B	246
30	40	Mid Essex Casuals B	250
31	37	Springfield Striders	254
32	19	Billericay Striders A	258
33	35	Springfield Striders	262
34	2	Pitsea RC Mixed	270
35	22	East London Runners	275
36	29	Grange Farm Trotters B	281
37	16	Harwich Runners Mixed B	282
38	20	Billericay Striders B	283
39	11	Havering 90 Joggers	289
40	26	Tiptree C	389
41	23	East London Runners	435
42	7	Thrift Green Trotters C	496
43	30	Grange Farm Trotters C	534

Ladies Team			Pts
1	57	Benfleet RC Ladies A	127
2	56	Springfield Striders Ladies	130
3	55	Grange Farm Trotters Ladies	219
4	54	Southend AC Ladies	231
5	59	Thrift Green Trotters Ladies A	241
6	53	Harwich Runners Ladies	274
7	52	Witham Ladies	277
8	51	Pitsea Ladies	301
9	58	Benfleet RC Ladies B	313
10	60	Thrift Green Trotters Ladies B	356

Vets Team			Pts
1	47	Springfield Striders Vets	109
2	46	Harwich Runners Vets	141
3	48	Ilford AC Vets	187

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Position After Stage 8

Stage 8 Results				
Pos	Team	Cat	Name	Points
1	31	A	Springfield Striders Men A	18
2	8	A	Colchester Harriers A	63
3	37	A	Springfield Striders	257
4	17	A	Southend AC Men	39
5	41	A	Benfleet RC A	79
6	15	A	Harwich Runners Men A	83
7	44	A	Thrift Green Trotters A	45
8	13	A	Ilford AC A	47
9	5	A	Leigh on Sea A	73
10	14	A	Ilford AC B	219
11	42	A	Benfleet RC B	129
12	39	A	Mid Essex Casuals A	176
13	53	C	Harwich Runners Ladies	287
14	12	A	Witham Men	200
15	47	B	Springfield Striders Vets	124
16	27	A	Bishop Stortford	257
17	6	A	Leigh on Sea B	263
18	45	A	Thrift Green Trotters B	260
19	46	B	Harwich Runners Vets	160
20	54	C	Southend AC Ladies	251
21	11	A	Havering 90 Joggers	310
22	3	A	Halstead RC	138
23	28	A	Grange Farm Trotters A	110
24	18	A	Southend AC Mixed	210
25	9	A	Colchester Harriers B	223
26	16	A	Harwich Runners Mixed B	308
27	57	C	Benfleet RC Ladies A	154
28	24	A	Tiptree A	182
29	48	B	Ilford AC Vets	216
30	55	C	Grange Farm Trotters Ladies	249
31	2	A	Pitsea RC Mixed	301
32	52	C	Witham Ladies	309
33	29	A	Grange Farm Trotters B	314
34	22	A	East London Runners	309
35	32	A	Springfield Striders	241
36	56	C	Springfield Striders Ladies	166
37	59	C	Thrift Green Trotters Ladies A	278
38	4	A	Thurrock Nomads	246
39	20	A	Billericay Striders B	322
40	60	C	Thrift Green Trotters Ladies B	396
41	7	A	Thrift Green Trotters C	537
42	34	A	Springfield Striders	245
43	35	A	Springfield Striders	305
44	58	C	Benfleet RC Ladies B	357
45	43	A	Benfleet RC C	285
46	19	A	Billericay Striders A	304
47	1	A	Pitsea RC Men	204
48	51	C	Pitsea Ladies	349
49	21	A	Orion Harriers	150
50	26	A	Tiptree C	439
51	25	A	Tiptree B	278
100	23	A	East London Runners	535
100	30	A	Grange Farm Trotters C	634
100	33	A	Springfield Striders	289
100	36	A	Springfield Striders	262
100	40	A	Mid Essex Casuals B	350

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	18
2	17	Southend AC Men	39
3	44	Thrift Green Trotters A	45
4	13	Ilford AC A	47
5	8	Colchester Harriers A	63
6	5	Leigh on Sea A	73
7	41	Benfleet RC A	79
8	15	Harwich Runners Men A	83
9	28	Grange Farm Trotters A	110
10	42	Benfleet RC B	129
11	3	Halstead RC	138
12	21	Orion Harriers	150
13	39	Mid Essex Casuals A	176
14	24	Tiptree A	182
15	12	Witham Men	200
16	1	Pitsea RC Men	204
17	18	Southend AC Mixed	210
18	14	Ilford AC B	219
19	9	Colchester Harriers B	223
20	32	Springfield Striders	241
21	34	Springfield Striders	245
22	4	Thurrock Nomads	246
23	37	Springfield Striders	257
24	27	Bishop Stortford	257
25	45	Thrift Green Trotters B	260
26	36	Springfield Striders	262
27	6	Leigh on Sea B	263
28	25	Tiptree B	278
29	43	Benfleet RC C	285
30	33	Springfield Striders	289
31	2	Pitsea RC Mixed	301
32	19	Billericay Striders A	304
33	35	Springfield Striders	305
34	16	Harwich Runners Mixed B	308
35	22	East London Runners	309
36	11	Havering 90 Joggers	310
37	29	Grange Farm Trotters B	314
38	20	Billericay Striders B	322
39	40	Mid Essex Casuals B	350
40	26	Tiptree C	439
41	23	East London Runners	535
42	7	Thrift Green Trotters C	537
43	30	Grange Farm Trotters C	634

Ladies Team			Pts
1	57	Benfleet RC Ladies A	154
2	56	Springfield Striders Ladies	166
3	55	Grange Farm Trotters Ladies	249
4	54	Southend AC Ladies	251
5	59	Thrift Green Trotters Ladies A	278
6	53	Harwich Runners Ladies	287
7	52	Witham Ladies	309
8	51	Pitsea Ladies	349
9	58	Benfleet RC Ladies B	357
10	60	Thrift Green Trotters Ladies B	396

Vets Team			Pts
1	47	Springfield Striders Vets	124
2	46	Harwich Runners Vets	160
3	48	Ilford AC Vets	216

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Position After Stage 9

Stage 9 Results				
Pos	Team	Cat	Name	Points
1	15	A	Harwich Runners Men A	84
2	12	A	Witham Men	202
3	8	A	Colchester Harriers A	66
4	41	A	Benfleet RC A	83
5	31	A	Springfield Striders Men A	23
6	24	A	Tiptree A	188
7	44	A	Thrift Green Trotters A	52
8	13	A	Ilford AC A	55
9	27	A	Bishop Stortford	266
10	42	A	Benfleet RC B	139
11	57	C	Benfleet RC Ladies A	165
12	34	A	Springfield Striders	257
13	17	A	Southend AC Men	52
14	18	A	Southend AC Mixed	224
15	46	B	Harwich Runners Vets	175
16	47	B	Springfield Striders Vets	140
17	3	A	Halstead RC	155
18	54	C	Southend AC Ladies	269
19	45	A	Thrift Green Trotters B	279
20	36	A	Springfield Striders	282
21	16	A	Harwich Runners Mixed B	329
22	9	A	Colchester Harriers B	245
23	28	A	Grange Farm Trotters A	133
24	5	A	Leigh on Sea A	97
25	29	A	Grange Farm Trotters B	339
26	39	A	Mid Essex Casuals A	202
27	32	A	Springfield Striders	268
28	55	C	Grange Farm Trotters Ladies	277
29	26	A	Tiptree C	468
30	19	A	Billericay Striders A	334
31	1	A	Pitsea RC Men	235
32	53	C	Harwich Runners Ladies	319
33	48	B	Ilford AC Vets	249
34	37	A	Springfield Striders	291
35	56	C	Springfield Striders Ladies	201
36	25	A	Tiptree B	314
37	21	A	Orion Harriers	187
38	35	A	Springfield Striders	343
39	58	C	Benfleet RC Ladies B	396
40	40	A	Mid Essex Casuals B	390
41	2	A	Pitsea RC Mixed	342
42	20	A	Billericay Striders B	364
43	4	A	Thurrock Nomads	289
44	43	A	Benfleet RC C	329
45	30	A	Grange Farm Trotters C	679
46	6	A	Leigh on Sea B	309
47	52	C	Witham Ladies	356
48	33	A	Springfield Striders	337
49	14	A	Ilford AC B	268
50	51	C	Pitsea Ladies	399
51	59	C	Thrift Green Trotters Ladies A	329
52	11	A	Havering 90 Joggers	362
53	60	C	Thrift Green Trotters Ladies B	449
54	7	A	Thrift Green Trotters C	591
100	22	A	East London Runners	409
100	23	A	East London Runners	635

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	23
2	44	Thrift Green Trotters A	52
3	17	Southend AC Men	52
4	13	Ilford AC A	55
5	8	Colchester Harriers A	66
6	41	Benfleet RC A	83
7	15	Harwich Runners Men A	84
8	5	Leigh on Sea A	97
9	28	Grange Farm Trotters A	133
10	42	Benfleet RC B	139
11	3	Halstead RC	155
12	21	Orion Harriers	187
13	24	Tiptree A	188
14	12	Witham Men	202
15	39	Mid Essex Casuals A	202
16	18	Southend AC Mixed	224
17	1	Pitsea RC Men	235
18	9	Colchester Harriers B	245
19	34	Springfield Striders	257
20	27	Bishop Stortford	266
21	32	Springfield Striders	268
22	14	Ilford AC B	268
23	45	Thrift Green Trotters B	279
24	36	Springfield Striders	282
25	4	Thurrock Nomads	289
26	37	Springfield Striders	291
27	6	Leigh on Sea B	309
28	25	Tiptree B	314
29	16	Harwich Runners Mixed B	329
30	43	Benfleet RC C	329
31	19	Billericay Striders A	334
32	33	Springfield Striders	337
33	29	Grange Farm Trotters B	339
34	2	Pitsea RC Mixed	342
35	35	Springfield Striders	343
36	11	Havering 90 Joggers	362
37	20	Billericay Striders B	364
38	40	Mid Essex Casuals B	390
39	22	East London Runners	409
40	26	Tiptree C	468
41	7	Thrift Green Trotters C	591
42	23	East London Runners	635
43	30	Grange Farm Trotters C	679

Ladies Team			Pts
1	57	Benfleet RC Ladies A	165
2	56	Springfield Striders Ladies	201
3	54	Southend AC Ladies	269
4	55	Grange Farm Trotters Ladies	277
5	53	Harwich Runners Ladies	319
6	59	Thrift Green Trotters Ladies A	329
7	52	Witham Ladies	356
8	58	Benfleet RC Ladies B	396
9	51	Pitsea Ladies	399
10	60	Thrift Green Trotters Ladies B	449

Vets Team			Pts
1	47	Springfield Striders Vets	140
2	46	Harwich Runners Vets	175
3	48	Ilford AC Vets	249

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Position After Stage 10

Stage 10 Results				
Pos	Team	Cat	Name	Points
1	31	A	Springfield Striders Men A	24
2	15	A	Harwich Runners Men A	86
3	21	A	Orion Harriers	190
4	8	A	Colchester Harriers A	70
5	13	A	Ilford AC A	60
6	18	A	Southend AC Mixed	230
7	41	A	Benfleet RC A	90
8	44	A	Thrift Green Trotters A	60
9	46	B	Harwich Runners Vets	184
10	57	C	Benfleet RC Ladies A	175
11	1	A	Pitsea RC Men	246
12	47	B	Springfield Striders Vets	152
13	17	A	Southend AC Men	65
14	5	A	Leigh on Sea A	111
15	42	A	Benfleet RC B	154
16	24	A	Tiptree A	204
17	56	C	Springfield Striders Ladies	218
18	39	A	Mid Essex Casuals A	220
19	28	A	Grange Farm Trotters A	152
20	9	A	Colchester Harriers B	265
21	34	A	Springfield Striders	278
22	59	C	Thrift Green Trotters Ladies A	351
23	36	A	Springfield Striders	305
24	45	A	Thrift Green Trotters B	303
25	48	B	Ilford AC Vets	274
26	6	A	Leigh on Sea B	335
27	33	A	Springfield Striders	364
28	3	A	Halstead RC	183
29	25	A	Tiptree B	343
30	26	A	Tiptree C	498
31	55	C	Grange Farm Trotters Ladies	308
32	29	A	Grange Farm Trotters B	371
33	54	C	Southend AC Ladies	302
34	4	A	Thurrock Nomads	323
35	58	C	Benfleet RC Ladies B	431
36	12	A	Witham Men	238
37	51	C	Pitsea Ladies	436
38	11	A	Havering 90 Joggers	400
39	30	A	Grange Farm Trotters C	718
40	37	A	Springfield Striders	331
41	27	A	Bishop Stortford	307
42	7	A	Thrift Green Trotters C	633
43	32	A	Springfield Striders	311
44	2	A	Pitsea RC Mixed	386
45	53	C	Harwich Runners Ladies	364
46	40	A	Mid Essex Casuals B	436
47	52	C	Witham Ladies	403
48	14	A	Ilford AC B	316
49	16	A	Harwich Runners Mixed B	378
50	60	C	Thrift Green Trotters Ladies B	499
57	43	A	Benfleet RC C	386
100	19	A	Billericay Striders A	434
100	20	A	Billericay Striders B	464
100	22	A	East London Runners	509
100	23	A	East London Runners	735
100	35	A	Springfield Striders	443

Category Positions			
Open Team			Points
1	31	Springfield Striders Men A	24
2	13	Ilford AC A	60
3	44	Thrift Green Trotters A	60
4	17	Southend AC Men	65
5	8	Colchester Harriers A	70
6	15	Harwich Runners Men A	86
7	41	Benfleet RC A	90
8	5	Leigh on Sea A	111
9	28	Grange Farm Trotters A	152
10	42	Benfleet RC B	154
11	3	Halstead RC	183
12	21	Orion Harriers	190
13	24	Tiptree A	204
14	39	Mid Essex Casuals A	220
15	18	Southend AC Mixed	230
16	12	Witham Men	238
17	1	Pitsea RC Men	246
18	9	Colchester Harriers B	265
19	34	Springfield Striders	278
20	45	Thrift Green Trotters B	303
21	36	Springfield Striders	305
22	27	Bishop Stortford	307
23	32	Springfield Striders	311
24	14	Ilford AC B	316
25	4	Thurrock Nomads	323
26	37	Springfield Striders	331
27	6	Leigh on Sea B	335
28	25	Tiptree B	343
29	33	Springfield Striders	364
30	29	Grange Farm Trotters B	371
31	16	Harwich Runners Mixed B	378
32	2	Pitsea RC Mixed	386
33	43	Benfleet RC C	386
34	11	Havering 90 Joggers	400
35	19	Billericay Striders A	434
36	40	Mid Essex Casuals B	436
37	35	Springfield Striders	443
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39	26	Tiptree C	498
40	22	East London Runners	509
41	7	Thrift Green Trotters C	633
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Ladies Team			Pts
1	57	Benfleet RC Ladies A	175
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7	52	Witham Ladies	403
8	58	Benfleet RC Ladies B	431
9	51	Pitsea Ladies	436
10	60	Thrift Green Trotters Ladies B	499

Vets Team			Pts
1	47	Springfield Striders Vets	152
2	46	Harwich Runners Vets	184
3	48	Ilford AC Vets	274