	Position	Time
Richard Bonham	**63**	**31.23**
Adison Poulton	**72**	**32.06**
Adam Poulton	**82**	**32.31**
John Sweeney	**86**	**32.40**
Colin Dunn	**95**	**33.40**
Cliff King	**99**	**34.06**
Paul Franklin	112	34.59
Ian Hart	125	36.28
Nigel Thorne	138	37.21
Matt Debenham	139	37.32
Paul Lowry	146	38.29
Gareth Smith	147	38.34
Mike Hayward	148	38.45
Ian Bartram	157	40.36
Phil Ransom	159	40.45
Luke Bonham	163	41.34
Brian Butcher	171	43.22
Simon Fitsall	174	43.29
Roger Hare	175	43.32
Nick McCullagh	187	47.44
Chris Cammidge	189	48.30
Points:	**497**	

	Position	Time
Anne Hoeb	**34**	**37.35**
Lauren Parker	**40**	**38.24**
Tracey Bradley	**57**	**40.19**
Debbie Dunn	70	42.04
Kairen Hart	74	42.43
Helen Leavold	77	43.22
Jean Greaves	85	44.21
Tina Victory	91	44.46
Clair Evans	98	46.17
Helen Skinner	99	46.36
Jude Hare	104	47.28
Jan Steed	117	49.25
Jayne Hayward	127	53.13
Val McCullagh	143	57.51
Nicolle Bass	145	
Points:	**131**	
Team points:	**628**	

Division 2	
1st	Dagenham
2nd	Barking
3rd	**Castle Point Joggers**
4th	Havering
5th	Rochford
6th	Pitsea
Division 1	
1st	Billericay
2nd	Benfleet RC
3rd	Leigh On Sea Striders
4th	East Essex Tri
5th	Tri Sports Epping
6th	Thrift Green Trotters

Individual winners:

Rob Warner, Havering

Laura Brook, Tri Sports

485
592
628
720
728
947
109
147
160
226
299
571