

(4 competitors per team. Based on cumulative position.)

TeamHead	Place	Time	Name	EntrantNo	Position
1. Springfield Striders					
	2	0:56:15	CHANDLER, Gary	64	3
	3	0:56:17	NEWTON, MARK	280	4
	17	1:00:04	MARTIN, Lee	172	18
	23	1:01:13	WAINE, Mark	285	24
2. COLCHESTER HARRIERS					
	4	0:56:27	SELLENS, CHRISTOPHER	101	5
	7	0:57:44	SMALLS, Allen	267	8
	22	1:01:07	HELLIWELL, Paul	387	23
	26	1:02:02	NEARS, Jonathan	381	27
3. Ilford AC					
	5	0:56:28	MUIR, Malcolm	35	6
	24	1:01:22	MACDONALD, Iain	356	25
	30	1:02:47	CRISP, Neil	222	31
	32	1:03:00	KNIGHTLEY, Terry	55	34
4. Orion Harriers					
	29	1:02:44	WRIGHT, Tim	304	30
	31	1:02:56	BROCK, Dave	223	32
	41	1:05:17	HAPPE, Joe	384	44
	58	1:07:38	COLLEY, Stuart	354	62
5. Benfleet Running Club					
	12	0:58:59	MANCER, Jez	286	13
	25	1:01:50	COHEN, Steffan	260	26
	64	1:09:00	FRITH, ANDY	66	71
	70	1:09:40	HURLEY, David	400	79
6. Harlow Running Club					
	18	1:00:23	BETHELL, Jared	320	19
	36	1:04:57	JEPHCOTT, JAMIE	319	39
	52	1:06:48	TENNANT, John	318	55
	72	1:09:55	TERRELL, Andrew	419	81
7. COLCHESTER HARRIERS					
	27	1:02:18	WRIGHT, David	312	28
	38	1:05:10	GIBBY, Rob	383	41
	53	1:06:52	LONEGAN, Paul	425	56
	62	1:08:34	RAYNOR, Andrew	427	67
8. Springfield Striders					
	34	1:04:32	HEIGHTON, BEN	429	37
	44	1:05:31	HUTTON, Adam	91	47
	46	1:06:04	BYFORD, JON	150	49
	85	1:12:07	SAVAGE, Malcolm	307	98
9. Bishops Stortford Running Club					
	37	1:05:02	MITCHELL-SMITH, Tim	364	40
	57	1:07:20	ROLEY, Darren	80	61
	60	1:07:48	BUTLER, RAYMOND	85	64
	75	1:10:33	TATE, Chris	293	85

10. WITHAM RUNNING CLUB

33	1:03:10	HARPER, Kevin	305	35
45	1:06:02	MCKEOWN, Frank	197	48
80	1:11:40	UNDERDOWN, Marc	228	92
108	1:15:25	WILLIAMS, Mark	388	132

11. Havering 90 Joggers

59	1:07:45	DUNCAN, Mark	202	63
68	1:09:37	PIKE, David	212	77
86	1:12:20	MCDONNELL, Chris	299	100
138	1:20:13	PARISH, Brian	338	178

12. Orion Harriers

79	1:11:20	BENNETT, Bill	127	91
93	1:12:58	JOUSIFFE, BOB	337	109
101	1:14:00	MARU, Tony	118	119
111	1:15:54	DAWSON, Bernard	357	136

13. Bishops Stortford Running Club

77	1:11:15	KELLY KELLY, TIM	249	89
113	1:16:45	POLLACK, SCOTT	380	142
116	1:16:56	SLATTER, Graham THURSTON	83	145
135	1:19:38	THURSTON, Les	224	171

14. WITHAM RUNNING CLUB

128	1:18:48	STUCKEY, Alex	27	161
136	1:19:54	LYNCH, Mark	131	173
139	1:20:18	SHORT, Colin	415	179
144	1:20:56	PAUL, Hedger	123	184

15. Havering 90 Joggers

145	1:20:57	FUENSE, Fernando	218	185
152	1:21:45	HUTCHINS, Paul	247	193
155	1:22:14	MOLE, DENIS	134	196
162	1:23:45	HAGAN, Roger	217	207

16. Havering 90 Joggers

165	1:23:56	GRIDLEY, David	379	212
169	1:24:26	THOMSON, Andrew James	51	216
174	1:25:30	FRIBBINS, Micheal	220	227
179	1:25:58	HENDLEY, Roy	204	233

17. Havering 90 Joggers

181	1:26:09	BEESON, Spencer	350	235
190	1:28:03	DOBIE, Ron	207	249
194	1:28:36	SHEEKEY, Steve	214	254
195	1:28:43	ROLNELL, Bapps	365	255