

| Prize winners | Pos | Name | Time | Overall pos |
|------------------------|-----|---------------------|----------|-------------|
| Male -overall | 1 | Chris Burgoyne | 00:26:50 | 1 |
| | 2 | Crispian Bloomfield | 00:27:10 | 2 |
| | 3 | Mark Barry | 00:27:52 | 3 |
| Male - V40 | 1 | Ty Farrer | 00:28:03 | 4 |
| Male - V50 | 1 | Andrew Conway | 00:30:02 | 12 |
| Male - V60 | 1 | Dave Cox | 00:31:20 | 20 |
| Male - U20 | 1 | #N/A | #N/A | #N/A |
| Male - U18 | 1 | James Wright | 00:30:58 | 16 |
| Resident Male | 1 | Simon George | 00:31:30 | 22 |
| Female -overall | 1 | Emma Prideaux | 00:30:23 | 14 |
| | 2 | Sarah Stradling | 00:31:06 | 17 |
| | 3 | Rosa Prideaux | 00:31:22 | 21 |
| Female - V35 | 1 | Clare Worley | 00:37:16 | 63 |
| Female - V45 | 1 | Carinne Jay | 00:36:23 | 53 |
| Female - V55 | 1 | Fran Norris | 00:38:06 | 68 |
| Female - U20 | 1 | Isobel Jones | 00:41:22 | 91 |
| Female - U18 | 1 | #N/A | #N/A | #N/A |
| Resident Female | 1 | Emily Penkett | 00:38:51 | 74 |

| Male Team | 3 | To Score | |
|------------------|----------------------|-----------------|--|
| | | | |
| Pos | Team | Points | |
| 1 | Benfleet RC | 20 | |
| 2 | Billericay Striders | 34 | |
| 3 | Ilford AC | 78 | |
| 4 | Dagenham 88 | 79 | |
| 5 | Barking Road Runners | 89 | |
| 6 | Weald Park Warriors | 107 | |
| 7 | Dengie 100 Runners | 120 | |
| 8 | Springfield Striders | 121 | |
| 9 | Basis Team | 206 | |
| 10 | #N/A | #N/A | |

| Female Team | 3 | To Score | |
|--------------------|------------------------|-----------------|--|
| | | | |
| Pos | Team | Points | |
| 1 | Billericay Striders | 8 | |
| 2 | Colchester Harriers AC | 17 | |
| 3 | Springfield Striders | 38 | |
| 4 | Thrift Green Trotters | 66 | |
| 5 | Dagenham 88 | 71 | |
| 6 | Barking Road Runners | 114 | |
| 7 | Benfleet RC | 116 | |
| 8 | #N/A | #N/A | |
| 9 | #N/A | #N/A | |
| 10 | #N/A | #N/A | |

