

Essex Cross Country Championships
05 January 2013

Hadleigh

Under 13 Boys

| Pos | No | Name | Club | Time |
|------------|-----------|--------------------|--|-------------|
| 1 | 6 | Gus Withers | U13 B Basildon AC | 11: 48 |
| 2 | 65 | Tobias Wright | U13 B Southend AC | 12: 03 |
| 3 | 32 | Lewis Harknett | U13 B Harlow AC | 31 |
| 4 | 5 | Mitchell Cox | U13 B Basildon AC | 37 |
| 5 | 4 | Mason Webb | U13 B Basildon AC | 42 |
| 6 | 51 | Joe Clark | U13 B Orion Harriers | 44 |
| 7 | 80 | Alfie Poole | U13 B Woodford Green with Essex Ladies | 48 |
| 8 | 47 | Mosope Oyelola | U13 B Newham & Essex Beagles | 13: 00 |
| 9 | 41 | Tom Sheldrick | U13 B Havering Mayesbrook AC | 04 |
| 10 | 29 | Max Williams | U13 B Colchester and Tendring | 14 |
| 11 | 21 | Jake Young | U13 B Colchester Harriers | 29 |
| 12 | 67 | Mitchell Lawrence | U13 B Southend AC | 34 |
| 13 | 52 | Joss Foot | U13 B Orion Harriers | 38 |
| 14 | 55 | Jake Offiller | U13 B Orion Harriers | 39 |
| 15 | 49 | Liam Gamon | U13 B Newham & Essex Beagles | 40 |
| 16 | 60 | Antony Coleman | U13 B Orion Harriers | 46 |
| 17 | 25 | Matthew Harrison | U13 B Colchester Harriers | 48 |
| 18 | 22 | Sam Comiskey | U13 B Colchester Harriers | 55 |
| 19 | 1 | James Perkins | U13 B Basildon AC | 14: 08 |
| 20 | 39 | Lewis Debenham | U13 B Havering Mayesbrook AC | 09 |
| 21 | 81 | Kyle Lundie | U13 B Woodford Green with Essex Ladies | 10 |
| 22 | 66 | Jack Bloomer | U13 B Southend AC | 10 |
| 23 | 73 | Reece Scott | U13 B Thurrock Harriers | 16 |
| 24 | 33 | Owen Harknett | U13 B Harlow AC | 20 |
| 25 | 12 | Dexter Goward | U13 B Benfleet RC | 20 |
| 26 | 61 | Jack Patterson | U13 B Orion Harriers | 24 |
| 27 | 13 | Rushwan Lewis | U13 B Benfleet RC | 27 |
| 28 | 34 | Christian Barker | U13 B Harlow AC | 28 |
| 29 | 30 | Luke Gill | U13 B East Essex Tri | 28 |
| 30 | 75 | Liam Chivers | U13 B Thurrock Harriers | 34 |
| 31 | 17 | Jez Willis | U13 B Chelmsford AC | 36 |
| 32 | 58 | William Jones | U13 B Orion Harriers | 38 |
| 33 | 19 | George Hay | U13 B Chelmsford AC | 41 |
| 34 | 56 | James Inch | U13 B Orion Harriers | 58 |
| 35 | 24 | Drew Olly | U13 B Colchester Harriers | 15: 06 |
| 36 | 57 | Daniel Wilshire | U13 B Orion Harriers | 16 |
| 37 | 54 | James Coleman | U13 B Orion Harriers | 24 |
| 38 | 45 | Jamie Russell | U13 B Newham & Essex Beagles | 32 |
| 39 | 26 | Thomas Harrison | U13 B Colchester Harriers | 40 |
| 40 | 82 | Keelan Wilson | U13 B Woodford Green with Essex Ladies | 16: 07 |
| 41 | 79 | Chris Hogg | U13 B Woodford Green with Essex Ladies | 33 |
| 42 | 2 | Matthew Houchell | U13 B Basildon AC | 17: 34 |
| 43 | 64 | Toby Jordan | U13 B Southend AC | 36 |
| 44 | 46 | Keyshawn Greenway | U13 B Newham & Essex Beagles | 18: 29 |
| 45 | 48 | Musharraaf Siddeek | U13 B Newham & Essex Beagles | 20: 16 |
| 46 | 31 | Ben Brooks | U13 B East Essex Tri | 33 |
| 47 | 16 | Kian Culham | U13 B Braintree and District | 21: 30 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Hadleigh

**Essex Cross Country Championships
05 January 2013**

Under 13 Boys

Team Result

| | | |
|---|----------------------------------|-----|
| 1 | Basildon AC | 29 |
| 2 | Orion Harriers | 49 |
| 3 | Southend AC | 79 |
| 4 | Colchester Harriers | 81 |
| 5 | Newham & Essex Beagles | 105 |
| 6 | Woodford Green with Essex Ladies | 109 |
| 7 | Orion Harriers 'B' | 128 |

Results by:
Chris Akehurst (Colchester Harriers)
Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships
05 January 2013

Hadleigh Under 13 Girls

| Pos | No | Name | Club | Time |
|-----|-----|------------------|--|--------|
| 1 | 105 | Khai Mhlanga | U13 G Chelmsford AC | 12: 47 |
| 2 | 151 | Isabella Hoy | U13 G Woodford Green with Essex Ladies | 13: 30 |
| 3 | 91 | Sinead Clark | U13 G Benfleet RC | 34 |
| 4 | 85 | Niamh Smith | U13 G Basildon AC | 52 |
| 5 | 92 | Megan Richardson | U13 G Benfleet RC | 59 |
| 6 | 104 | Katie Faint | U13 G Chelmsford AC | 14: 01 |
| 7 | 149 | Aiofe Guyatt | U13 G Woodford Green with Essex Ladies | 20 |
| 8 | 98 | Phoebe Jeffery | U13 G Chelmsford AC | 36 |
| 9 | 100 | Emma Lovegrove | U13 G Chelmsford AC | 39 |
| 10 | 122 | Katie Mitchell | U13 G Havering Mayesbrook AC | 40 |
| 11 | 124 | Kate O'Neill | U13 G Havering Mayesbrook AC | 50 |
| 12 | 101 | Vicky Lovegrove | U13 G Chelmsford AC | 55 |
| 13 | 130 | Nancy Callagher | U13 G Orion Harriers | 55 |
| 14 | 137 | Meghan Samuel | U13 G Southend AC | 59 |
| 15 | 102 | Gabrielle Pierce | U13 G Chelmsford AC | 15: 10 |
| 16 | 95 | Courtney Gordon | U13 G Braintree & District | 12 |
| 17 | 129 | Amie Whyte | U13 G Harlow AC | 15 |
| 18 | 148 | Katie Petyt | U13 G Woodford Green with Essex Ladies | 26 |
| 19 | 135 | Juliette LeMare | U13 G Southend AC | 27 |
| 20 | 126 | Sophie Rand | U13 G Havering Mayesbrook AC | 28 |
| 21 | 132 | Emily Sharpe | U13 G Orion Harriers | 28 |
| 22 | 113 | Megan Sifford | U13 G Colchester Harriers | 31 |
| 23 | 110 | Phobe Knight | U13 G Chelmsford AC | 35 |
| 24 | 138 | Iona Doyle | U13 G Southend AC | 53 |
| 25 | 99 | Alice Ronn | U13 G Chelmsford AC | 16: 03 |
| 26 | 118 | Emily Marshall | U13 G Havering Mayesbrook AC | 30 |
| 27 | 106 | Jasmine Atkinson | U13 G Chelmsford AC | 41 |
| 28 | 90 | Katy Fenner | U13 G Basildon AC | 43 |
| 29 | 142 | Ella Healey | U13 G Southend AC | 46 |
| 30 | 150 | Olivia Hounsome | U13 G Woodford Green with Essex Ladies | 47 |
| 31 | 127 | Catherine Barker | U13 G Havering Mayesbrook AC | 48 |
| 32 | 140 | Natasha Walter | U13 G Southend AC | 56 |
| 33 | 120 | Emily James | U13 G Havering Mayesbrook AC | 17: 02 |
| 34 | 117 | Charlotte Brooks | U13 G East Essex Tri | 34 |
| 35 | 134 | Lucy Vundum | U13 G Orion Harriers | 58 |
| 36 | 152 | Katie Woodstock | U13 G Woodford Green with Essex Ladies | 59 |
| 37 | 128 | Katie Champion | U13 G Harlow AC | 18: 22 |
| 38 | 121 | Grace Macleod | U13 G Havering Mayesbrook AC | 24 |
| 39 | 109 | Zoe Norman | U13 G Chelmsford AC | 20: 42 |
| 40 | 141 | Macey Hallam | U13 G Southend AC | 21: 28 |
| 41 | 136 | Eloise Lewis | U13 G Southend AC | 22: 02 |
| 42 | 116 | Tish Phelps | U13 G East Essex Tri | 23: 48 |

Team Result

| | | |
|---|----------------------------------|----|
| 1 | Chelmsford AC | 24 |
| 2 | Woodford Green with Essex Ladies | 57 |
| 3 | Havering Mayesbrook AC | 67 |
| 4 | Chelmsford AC 'B' | 75 |
| 5 | Southend AC | 86 |

Results by:
Chris Akehurst (Colchester Harriers)
Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships
05 January 2013

Hadleigh

Under 15 Boys

| Pos | No | Name | Club | Time |
|------------|-----------|--------------------|--|-------------|
| 1 | 174 | George Elliot | U15 B Chelmsford AC | 15: 51 |
| 2 | 200 | Daniel Richards | U15 B Orion Harriers | 16: 43 |
| 3 | 210 | Adam Jordan | U15 B Southend AC | 44 |
| 4 | 209 | Lawrence Willmore | U15 B Southend AC | 50 |
| 5 | 163 | Christian Gray | U15 B Basildon AC | 50 |
| 6 | 180 | Joe Patterson | U15 B Colchester & Tendring | 17: 01 |
| 7 | 165 | Max Jones | U15 B Basildon AC | 23 |
| 8 | 214 | Jody Meredith | U15 B Thurrock Harriers | 32 |
| 9 | 202 | Charlie Weston | U15 B Orion Harriers | 41 |
| 10 | 160 | Ben Hayes | U15 B Basildon AC | 47 |
| 11 | 171 | Eddy Cooper | U15 B Benfleet RC | 49 |
| 12 | 198 | Charlie Ackland | U15 B Newham & Essex Beagles | 50 |
| 13 | 211 | Gary Cahill | U15 B Thurrock Harriers | 51 |
| 14 | 162 | Ollie Cantwell | U15 B Basildon AC | 18: 08 |
| 15 | 201 | George Day | U15 B Orion Harriers | 09 |
| 16 | 166 | Daniel Ashley | U15 B Basildon AC | 23 |
| 17 | 164 | Joe Kidd | U15 B Basildon AC | 25 |
| 18 | 167 | Matthew Ashley | U15 B Basildon AC | 28 |
| 19 | 196 | Jamie Cornuau | U15 B Newham & Essex Beagles | 39 |
| 20 | 183 | Adam Harley | U15 B East Essex Tri | 59 |
| 21 | 189 | Elliot Nunn | U15 B Havering Mayesbrook AC | 19: 01 |
| 22 | 194 | Harry Martin | U15 B Ilford AC | 06 |
| 23 | 213 | Sam Smith | U15 B Thurrock Harriers | 16 |
| 24 | 184 | Daniel Harley | U15 B East Essex Tri | 24 |
| 25 | 169 | James Hiscock | U15 B Benfleet RC | 28 |
| 26 | 170 | Jake Loades | U15 B Benfleet RC | 55 |
| 27 | 212 | Tyler Chu | U15 B Thurrock Harriers | 59 |
| 28 | 193 | Jack Maher | U15 B Ilford AC | 20: 03 |
| 29 | 190 | Bradley West | U15 B Havering Mayesbrook AC | 12 |
| 30 | 182 | Euan Chess | U15 B Colchester & Tendring | 30 |
| 31 | 216 | Harry Cavell | U15 B Woodford Green with Essex Ladies | 34 |
| 32 | 181 | Liam Lei Rooney | U15 B Colchester & Tendring | 59 |
| 33 | 173 | Conor Culham | U15 B Braintree & District | 21: 19 |
| 34 | 197 | Michael Oku-Ampofo | U15 B Newham & Essex Beagles | 48 |
| 35 | 172 | Claude Wallis | U15 B Braintree & District | 49 |
| 36 | 192 | Matthew Owers | U15 B Havering Mayesbrook AC | 22: 20 |
| 37 | 218 | Loren Alleyne | U15 B Woodford Green with Essex Ladies | 40 |
| 38 | 217 | Taylor Reece | U15 B Woodford Green with Essex Ladies | 44 |

Team Result

| | | |
|----------|-------------------|----|
| 1 | Basildon AC | 36 |
| 2 | Thurrock Harriers | 71 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships
05 January 2013

Hadleigh

Under 15 Girls

| Pos | No | Name | Club | Time |
|------------|-----------|-----------------------|--|-------------|
| 1 | 240 | Jodie Judd | U15 G Chelmsford AC | 17: 55 |
| 2 | 233 | Victoria Hiscock | U15 G Benfleet RC | 18: 44 |
| 3 | 228 | Jemima Walker | U15 G Basildon AC | 44 |
| 4 | 244 | Cameron Venton | U15 G Chelmsford AC | 53 |
| 5 | 270 | Gemma Archer-Malgy | U15 G Havering Mayesbrook AC | 19: 07 |
| 6 | 290 | Rosie Poole | U15 G Woodford Green with Essex Ladies | 08 |
| 7 | 261 | Hannah Irwin | U15 G Friends School, Saffron Walden | 33 |
| 8 | 291 | Jodi Ratcliffe | U15 G Woodford Green with Essex Ladies | 54 |
| 9 | 284 | Natasha May | U15 G Southend AC | 20: 19 |
| 10 | 282 | Lucy Kidwell | U15 G Southend AC | 27 |
| 11 | 250 | Katherine Jayne Watts | U15 G Colchester Harriers | 34 |
| 12 | 292 | Edie Preece | U15 G Woodford Green with Essex Ladies | 50 |
| 13 | 246 | Emma Perks | U15 G Chelmsford AC | 21: 03 |
| 14 | 227 | Isobel Ives | U15 G Basildon AC | 03 |
| 15 | 268 | Amy Baggs | U15 G Havering Mayesbrook AC | 05 |
| 16 | 294 | Abbie Dell | U15 G Woodford Green with Essex Ladies | 12 |
| 17 | 238 | Lucy Storrar | U15 G Chelmsford AC | 16 |
| 18 | 255 | Jessica Riches | U15 G Colchester & Tendring | 18 |
| 19 | 289 | Brooke Mensah | U15 G Thurrock Harriers | 43 |
| 20 | 278 | Tayla Abbott | U15 G Orion Harriers | 43 |
| 21 | 230 | Kiera Tippet | U15 G Basildon AC | 50 |
| 22 | 281 | Serena Espeute | U15 G Orion Harriers | 51 |
| 23 | 254 | Sian Hicks | U15 G Colchester & Tendring | 22: 15 |
| 24 | 253 | Georgina Sturgeon | U15 G Colchester & Tendring | 31 |
| 25 | 279 | Katie Inch | U15 G Orion Harriers | 58 |
| 26 | 265 | Heidi Surman-Wells | U15 G Havering Mayesbrook AC | 23: 14 |
| 27 | 229 | Tilly Atmarri | U15 G Basildon AC | 14 |
| 28 | 237 | Emily Warren | U15 G Benfleet RC | 22 |
| 29 | 248 | Maddie Simpson | U15 G Chelmsford AC | 24 |
| 30 | 234 | Abbi-May Walters | U15 G Benfleet RC | 44 |
| 31 | 280 | Katherine Myers | U15 G Orion Harriers | 50 |
| 32 | 296 | Persephone Pritchard | U15 G Woodford Green with Essex Ladies | 24: 13 |
| 33 | 226 | Maddie Evison | U15 G Basildon AC | 20 |
| 34 | 267 | Louise Lear | U15 G Havering Mayesbrook AC | 26 |
| 35 | 225 | Elise Coombs | U15 G Basildon AC | 52 |
| 36 | 275 | Zoe Benton | U15 G Herts Phoenix | 25: 34 |
| 37 | 257 | Hannah Kane | U15 G East Essex Tri | 53 |
| 38 | 262 | Robbie Nunn | U15 G Havering Mayesbrook AC | 26: 32 |
| 39 | 235 | Maddy Goward | U15 G Benfleet RC | 35 |
| 40 | 263 | Sarah Wilson | U15 G Havering Mayesbrook AC | 27: 23 |
| 41 | 245 | Eleanor Hay | U15 G Chelmsford AC | 28: 50 |
| 42 | 260 | Megan Clark | U15 G East Essex Tri | 30: 37 |
| 43 | 258 | Hannah Shean | U15 G East Essex Tri | 32: 39 |

Team Result

| | | |
|---|----------------------------------|----|
| 1 | Chelmsford AC | 35 |
| 2 | Woodford Green with Essex Ladies | 42 |
| 3 | Basildon AC | 65 |
| 4 | Havering Mayesbrook AC | 80 |
| 5 | Orion Harriers | 98 |
| 6 | Benfleet RC | 99 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Esses Cross Country Championships

05 January 2013

Hadleigh

Under 17 Men

| Pos | No | Name | Club | Time |
|-----|-----|--------------------|--|--------|
| 1 | 316 | Jordan Rowe | U17 M Colchester & Tendring | 17: 02 |
| 2 | 301 | Adam Houchell | U17 M Basildon AC | 33 |
| 3 | 341 | Perry Rowan | U17 M Woodford Green with Essex Ladies | 44 |
| 4 | 335 | Robert Frith | U17 M Southend AC | 56 |
| 5 | 334 | Ben Franklin | U17 M Southend AC | 18: 06 |
| 6 | 313 | William Deasy | U17 M Colchester & Tendring | 11 |
| 7 | 309 | James Nadin | U17 M Chelmsford AC | 20 |
| 8 | 321 | James Kidd | U17 M Havering Mayesbrook AC | 45 |
| 9 | 342 | George Hoy | U17 M Woodford Green with Essex Ladies | 19: 18 |
| 10 | 310 | Robert Clarke | U17 M Colchester Harriers | 22 |
| 11 | 323 | Andrew Holland | U17 M Havering Mayesbrook AC | 23 |
| 12 | 340 | Joe Ray | U17 M Southend AC | 25 |
| 13 | 305 | Joe Nunse | U17 M Braintree & District | 59 |
| 14 | 308 | Callum Charleston | U17 M Chelmsford AC | 20: 04 |
| 15 | 319 | Abdulraham Mohamed | U17 M Havering Mayesbrook AC | 14 |
| 16 | 302 | Jonathan Burton | U17 M Basildon AC | 32 |
| 17 | 324 | Tom King | U17 M Ilford AC | 36 |
| 18 | 326 | Jonathan Rocha | U17 M Newham Essex Beagles | 57 |
| 19 | 338 | Dominic LeMare | U17 M Southend AC | 22: 02 |
| 20 | 300 | Steve Davies | U17 M Basildon AC | 23: 38 |
| 21 | 327 | Amazigh Laoudi | U17 M Newham Essex Beagles | 26: 30 |
| 22 | 328 | Abdihakim Ayanle | U17 M Newham Essex Beagles | 32 |

Team Result

1 Southend AC 40

Results by:

Chris Akehurst (Colchester Harriers AC)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

05 January 2013

Hadleigh

Under 17 Women

| Pos | No | Name | Club | Time |
|-----|-----|-------------------------|--|--------|
| 1 | 385 | Gemma Holloway | U17 W Thurrock Harriers | 19: 21 |
| 2 | 361 | Sophie Riches | U17 W Chelmsford AC | 33 |
| 3 | 353 | Alice Perkins | U17 W Basildon AC | 42 |
| 4 | 374 | Lydia Hallam | U17 W Havering Mayesbrook AC | 54 |
| 5 | 386 | Jessica Burgess | U17 W Woodford Green with Essex Ladies | 20: 05 |
| 6 | 395 | Georgia Tuckfield | U17 W Chelmsford AC (N/S) | 31 |
| 7 | 387 | Amelia Barrett | U17 W Woodford Green with Essex Ladies | 21: 07 |
| 8 | 351 | Kaylee Dodd | U17 W Basildon AC | 52 |
| 9 | 359 | Izzy Warren | U17 W Chelmsford AC | 22: 07 |
| 10 | 352 | Emma Houchell | U17 W Basildon AC | 27 |
| 11 | 350 | Emily Bullis | U17 W Basildon AC | 40 |
| 12 | 360 | Jessica Swain | U17 W Chelmsford AC | 44 |
| 13 | 355 | Poppy Atimarri | U17 W Basildon AC | 56 |
| 14 | 364 | Molly Huggins | U17 W Colchester Harriers | 23: 20 |
| 15 | 383 | Hayley Lamkin | U17 W Southend AC | 27 |
| 16 | 373 | Isabella Woods | U17 W Havering Mayesbrook AC | 29 |
| 17 | 377 | Armannie Antoine-Chagar | U17 W Orion Harriers | 31 |
| 18 | 354 | Maisie Jones | U17 W Basildon AC | 36 |
| 19 | 362 | Rebecca Wade | U17 W Chelmsford AC | 24: 23 |
| 20 | 356 | Sopohei Crofts | U17 W Basildon AC | 28 |
| 21 | 381 | Annabel Matthews-Smith | U17 W Southend AC | 31 |
| 22 | 379 | Sarah Imbush | U17 W Southend AC | 56 |
| 23 | 376 | Anna Clark | U17 W Loughton AC | 25: 22 |
| 24 | 384 | Kira Meredith | U17 W Thurrock Harriers | 33 |
| 25 | 370 | Chalottee Kew | U17 W Colchester & Tendring | 26: 19 |
| 26 | 394 | Laura Kidd | U17 W Basildon AC | 30 |
| 27 | 391 | Stephanie Smith | U17 W Woodford Green with Essex Ladies | 27: 16 |

Team Result

| | | |
|---|-----------------|----|
| 1 | Basildon AC | 32 |
| 2 | Chelmsford AC | 42 |
| 3 | Basildon AC 'B' | 77 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships
05 January 2013

Hadleigh

Under 20 Men

| Pos | No | Name | Club | Time |
|------------|-----------|-----------------------|--|-------------|
| 1 | 449 | Hoseah Gikungu | U20 M Havering Mayesbrook | 30: 56 |
| 2 | 437 | Alex Short | U20 M Chelmsford AC | 31: 14 |
| 3 | 469 | James Stockings | U20 M Woodford Green with Essex Ladies | 36 |
| 4 | 431 | Jack Fitsal | U20 M Basildon AC | 50 |
| 5 | 438 | Chris Youell | U20 M Chelmsford AC | 32: 23 |
| 6 | 440 | Stephen Woodford | U20 M Chelmsford AC | 33: 29 |
| 7 | 430 | Tom Richardson | U20 M Basildon AC | 47 |
| 8 | 458 | Oliver Kyrakides | U20 M Southend AC | 53 |
| 9 | 432 | Steve Strange | U20 M Basildon AC | 34: 45 |
| 10 | 456 | Rhys Gillard | U20 M Southend AC | 48 |
| 11 | 441 | Samuel Robinson | U20 M Chelmsford AC | 35: 32 |
| 12 | 464 | Alec Finch | U20 M Thurrock Harriers | 36: 25 |
| 13 | 455 | Ashley Capel | U20 M Southend AC | 50 |
| 14 | 446 | Jamie Buckley Stanton | U20 M Havering Mayesbrook | 55 |
| 15 | 450 | Alex Richards | U20 M Ilford AC | 37: 03 |
| 16 | 463 | Dennis Cross | U20 M Thurrock Harriers | 08 |
| 17 | 473 | Andy Law | U20 M Basildon AC | 38: 04 |
| 18 | 433 | Daniel Lamb | U20 M Basildon AC | 22 |
| 19 | 462 | Adam Dowman | U20 M Thurrock Harriers | 43: 05 |
| 20 | 451 | Buddy Green | U20 M Orion Harriers | 49: 37 |
| 21 | 466 | Damon Nugent | U20 M Thurrock Harriers | 72: 57 |

Team Result

| | | |
|----------|-------------------|----|
| 1 | Chelmsford AC | 24 |
| 2 | Basildon AC | 37 |
| 3 | Thurrock Harriers | 68 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships
05 January 2013

Hadleigh

Under 20 Women

| Pos | No | Name | Club | Time |
|------------|-----------|-----------------|--|-------------|
| 1 | 408 | Kim Johnsen | U20 W Chelmsford AC | 20: 41 |
| 2 | 407 | Jessica Park | U20 W Braintree & Disrtict | 21: 21 |
| 3 | 401 | Eleanor Johnson | U20 W Basildon AC | 29 |
| 4 | 424 | Lauren McGregor | U20 W Woodford Green with Essex Ladies | 57 |
| 5 | 402 | Jade Peel | U20 W Basildon AC | 59 |
| 6 | 406 | Chloe Beckett | U20 W Braintree & Disrtict | 22: 09 |
| 7 | 413 | Rebecca Cooke | U20 W Colchester Harriers | 49 |
| 8 | 417 | Holly Gillard | U20 W Southend AC | 59 |
| 9 | 403 | Amy Webb | U20 W Basildon AC | 23: 05 |
| 10 | 409 | Sophie Johnson | U20 W Chelmsford AC | 17 |
| 11 | 419 | Jordan Lacey | U20 W Southend AC | 56 |
| 12 | 400 | Emily Ballard | U20 W Basildon AC | 24: 09 |
| 13 | 410 | Jessica Jellico | U20 W Chelmsford AC | 10 |
| 14 | 404 | Holley Meyers | U20 W Basildon AC | 43 |

Team Result

1 Basildon AC 29

Results by:
Chris Akehurst (Colchester Harriers)
Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships**Hadleigh****05 January 2013****Senior Women**

| Pos | No | Name | Club | Time |
|------------|-----------|--------------------|-------------------------------------|-------------|
| 1 | 654 | Joanne Wilkinson | SW Thurrock Harriers | 35: 01 |
| 2 | 515 | Sarah Stradling | SW Colchester Harriers | 36: 27 |
| 3 | 544 | Alex Gounelas | SW Eton Manor AC | 30 |
| 4 | 514 | Poppy Blake | SW Chelmsford AC | 40 |
| 5 | 572 | Faye Fullerton | SW Havering Mayesbrook AC | 37: 35 |
| 6 | 569 | Debbie Appleton | SW Havering Mayesbrook AC | 50 |
| 7 | 482 | Charlotte Peppiatt | SW Benfleet RC | 55 |
| 8 | 517 | Sarah Ivory | SW Colchester Harriers | 38: 13 |
| 9 | 663 | Kat Gundersen | SW Woodford Green with Essex Ladies | 17 |
| 10 | 531 | Margaret Deasy | SW Colchester & Tendring | 25 |
| 11 | 594 | Clare Thurgood | SW Orion Harriers | 28 |
| 12 | 579 | Vicky Smith | SW Havering Mayesbrook AC | 33 |
| 13 | 475 | Karen Whitmore | SW Basildon AC | 43 |
| 14 | 665 | Rachel Lund | SW Woodford Green with Essex Ladies | 43 |
| 15 | 597 | Vicky Gill | SW Orion Harriers | 39: 12 |
| 16 | 548 | Kate Malcolm | SW Eton Manor AC | 52 |
| 17 | 508 | Wendy King | SW Chelmsford AC | 40: 04 |
| 18 | 639 | Nikki Brockbank | SW Springfield Striders | 11 |
| 19 | 506 | Sally Mhlanga | SW Chelmsford AC | 17 |
| 20 | 577 | Gemma Phillips | SW Havering Mayesbrook AC | 20 |
| 21 | 483 | Dominique Ballard | SW Benfleet RC | 28 |
| 22 | 568 | Kate Hodgkiss | SW Harwich Runners | 34 |
| 23 | 486 | Catherine Stunt | SW Benfleet RC | 47 |
| 24 | 512 | Vikki Hayes | SW Chelmsford AC | 55 |
| 25 | 622 | Sarah Jeffery | SW Southend AC | 41: 03 |
| 26 | 481 | Anna Whitfield | SW Basildon AC | 10 |
| 27 | 666 | Sarah Nicholas | SW Woodford Green with Essex Ladies | 13 |
| 28 | 625 | Jo Baker | SW Southend AC | 28 |
| 29 | 520 | Denise Morley | SW Colchester Harriers | 33 |
| 30 | 521 | Amanda Henry | SW Colchester Harriers | 43 |
| 31 | 624 | Anne Jenkinson | SW Southend AC | 50 |
| 32 | 519 | Lyn Higgs | SW Colchester Harriers | 59 |
| 33 | 487 | Jacqui Watson | SW Benfleet RC | 42: 07 |
| 34 | 553 | Sara Flannaghan | SW Eton Manor AC | 38 |
| 35 | 570 | Joanne Sullivan | SW Havering Mayesbrook AC | 47 |
| 36 | 530 | Kate Bent | SW Colchester Harriers | 43: 09 |
| 37 | 649 | Toni Noble | SW Thurrock Harriers | 32 |
| 38 | 626 | Natasha Lagden | SW Southend AC | 42 |
| 39 | 513 | Hannah Bonnett | SW Chelmsford AC | 44: 02 |
| 40 | 518 | Debbie Cattermole | SW Colchester Harriers | 13 |
| 41 | 493 | Sarah Grabowski | SW Benfleet RC | 20 |
| 42 | 511 | Jo Smith | SW Chelmsford AC | 28 |
| 43 | 595 | Christine Inch | SW Orion Harriers | 47 |
| 44 | 523 | Ellie Mayne | SW Colchester Harriers | 51 |
| 45 | 592 | Helen Real | SW Loughton AC | 45: 05 |
| 46 | 672 | Jenny Thomas | SW Woodford Green with Essex Ladies | 16 |
| 47 | 550 | Clare Wagh | SW Eton Manor AC | 26 |
| 48 | 547 | Zoe Woodward | SW Eton Manor AC | 31 |
| 49 | 638 | Sue Clarke | SW Springfield Striders | 46: 13 |
| 50 | 655 | Sam Tuck | SW Thurrock Harriers | 17 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

Hadleigh

05 January 2013

Senior Women

| | | | | | |
|------------|-----|----------------------|----|----------------------------------|--------|
| 51 | 615 | Hayley Stibbs | SW | Phoenix Striders | 21 |
| 52 | 652 | Jodie Farrell | SW | Thurrock Harriers | 24 |
| 53 | 587 | Lorna Gaffney | SW | Loughton AC | 32 |
| 54 | 525 | Fay Emmerson | SW | Colchester Harriers | 39 |
| 55 | 601 | Mary Armitage | SW | Orion Harriers | 47: 33 |
| 56 | 660 | Maxine Davies | SW | Woodford Green with Essex Ladies | 41 |
| 57 | 491 | Louisa Usherwood | SW | Benfleet RC | 48 |
| 58 | 656 | Victoria Peacock | SW | Thurrock Harriers | 48: 12 |
| 59 | 647 | Jo Gemmill | SW | Springfield Striders | 32 |
| 60 | 636 | Victoria Curren | SW | Springfield Striders | 39 |
| 61 | 580 | Angela Thompson | SW | Havering Mayesbrook AC | 46 |
| 62 | 573 | Jane Hallam | SW | Havering Mayesbrook AC | 53 |
| 63 | 635 | Nikki Pyle | SW | Springfield Striders | 56 |
| 64 | 582 | Jenni Sheehan | SW | Ilford AC | 58 |
| 65 | 497 | Wendy Reed | SW | Billericay Striders | 49: 11 |
| 66 | 593 | Gay Shillaker | SW | Loughton AC | 17 |
| 67 | 537 | Amanda Heslgrave | SW | Dagenham 88 Runners | 18 |
| 68 | 585 | Nicola Hopkinson | SW | Ilford AC | 32 |
| 69 | 495 | Jennie Page | SW | Benfleet RC | 51 |
| 70 | 492 | Debbie Slack | SW | Benfleet RC | 50: 02 |
| 71 | 541 | Steph Baxter | SW | Eton Manor AC | 08 |
| 72 | 598 | Liz Maidment | SW | Orion Harriers | 36 |
| 73 | 599 | Pippa Dowswell | SW | Orion Harriers | 49 |
| 74 | 600 | Sarah Maidment | SW | Orion Harriers | 50 |
| 75 | 627 | Debby Lynn Hallam | SW | Southend AC | 51: 21 |
| 76 | 543 | Alison Goodlad | SW | Eton Manor AC | 40 |
| 77 | 574 | Mo Lear | SW | Havering Mayesbrook AC | 52: 22 |
| 78 | 558 | Chloe Longstaff | SW | East London Runners | 40 |
| 79 | 634 | Lynn Tanner | SW | Springfield Striders | 53: 28 |
| 80 | 501 | Lisa Reiffel | SW | Castle Point | 54: 29 |
| 81 | 500 | Nastassja Simensky | SW | Castle Point | 35 |
| 82 | 612 | Debra Pumfrett | SW | Phoenix Striders | 42 |
| 83 | 566 | Cherie Hipkins | SW | Great Bentley | 55: 18 |
| 84 | 646 | Janet Schuster | SW | Springfield Striders | 28 |
| 85 | 496 | Frances Webster | SW | Benfleet RC | 39 |
| 86 | 524 | Charlotte Allen | SW | Colchester Harriers | 48 |
| 87 | 645 | Sarah Knowles | SW | Springfield Striders | 56: 10 |
| 88 | 509 | Catherine Sunderland | SW | Chelmsford AC | 13 |
| 89 | 559 | Susannah McLaren | SW | East London Runners | 21 |
| 90 | 640 | Karen Chapman | SW | Springfield Striders | 31 |
| 91 | 554 | Jenni Hall | SW | Eton Manor AC | 57: 07 |
| 92 | 637 | Sarah Goodwin | SW | Springfield Striders | 10 |
| 93 | 499 | Tracey Dixon | SW | Castle Point | 28 |
| 94 | 562 | Lex Carlisle | SW | Great Bentley | 43 |
| 95 | 542 | Rachel Brittle | SW | Eton Manor AC | 58: 07 |
| 96 | 607 | Beryl De Smidt | SW | Phoenix Striders | 13 |
| 97 | 498 | Kate Cammidge | SW | Castle Point | 59: 11 |
| 98 | 604 | Parmy Boual | SW | Orion Harriers | 15 |
| 99 | 644 | Sharon Bannister | SW | Springfield Striders | 60: 12 |
| 100 | 617 | Louise Smith | SW | Pitsea RC | 31 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

05 January 2013

Hadleigh

Senior Women

| | | | | | |
|-----|-----|------------------|----|---------------------|--------|
| 101 | 546 | Christins Watson | SW | Eton Manor AC | 49 |
| 102 | 583 | Pamela Jones | SW | Ilford AC | 61: 10 |
| 103 | 620 | Teresa Flannigan | SW | Pitsea RC | 52 |
| 104 | 551 | Sasha Ackland | SW | Eton Manor AC | 59 |
| 105 | 614 | Debbie Smith | SW | Phoenix Striders | 62: 17 |
| 106 | 534 | Jennifer Akroyd | SW | Dagenham 88 Runners | 18 |
| 107 | 556 | Sharon Bolister | SW | Eton Manor AC | 51 |
| 108 | 538 | Sharon Robinson | SW | Dagenham 88 Runners | 64: 46 |
| 109 | 535 | Timi Veerasamy | SW | Dagenham 88 Runners | 66: 05 |
| 110 | 608 | Nicola Hawkins | SW | Phoenix Striders | 67: 31 |
| 111 | 586 | Michaela Davis | SW | Loughton AC | 51 |
| 112 | 564 | Lynsey Apps | SW | Great Bentley | 68: 31 |
| 113 | 539 | Wendy Saunders | SW | Dagenham 88 Runners | 69: 22 |
| 114 | 591 | Irene Petersen | SW | Loughton AC | 70: 12 |
| 115 | 503 | Sue Windham | SW | Castle Point | 29 |
| 116 | 610 | Nicola Maslen | SW | Phoenix Striders | 30 |
| 117 | 609 | Lavinia Knight | SW | Phoenix Striders | 43 |
| 118 | 613 | Roma Sands | SW | Phoenix Striders | 72: 14 |
| 119 | 618 | Nicola Gordon | SW | Pitsea RC | 75: 20 |
| 120 | 540 | Tracey George | SW | Dagenham 88 Runners | 77: 54 |
| 121 | 605 | Susan Bannocks | SW | Phoenix Striders | 80: 06 |
| 122 | 606 | Nicola Burston | SW | Phoenix Striders | 08 |

Team Result

| | | |
|----|----------------------------------|-----|
| 1 | Havering Mayesbrook AC | 43 |
| 2 | Chelmsford AC | 64 |
| 3 | Colchester Harriers | 69 |
| 4 | Benfleet RC | 84 |
| 5 | Woodford Green with Essex Ladies | 96 |
| 6 | Eton Manor AC | 100 |
| 7 | Southend AC | 122 |
| 8 | Orion Harriers | 124 |
| 9 | Thurrock Harriers | 140 |
| 10 | Colchester Harriers 'B' | 152 |
| 11 | Springfield Striders | 186 |
| 12 | Havering Mayesbrook AC 'B' | 235 |
| 13 | Benfleet RC 'B' | 237 |
| 14 | Loughton AC | 275 |
| 15 | Eton Manor AC 'B' | 286 |
| 16 | Springfield Striders 'B' | 313 |
| 17 | Orion Harriers 'B' | 317 |
| 18 | Phoenix Striders | 334 |
| 19 | Castle Point | 351 |
| 20 | Dagenham 88 Runners | 390 |
| 21 | Eton Manor AC 'C' | 407 |
| 22 | Phoenix Striders 'B' | 461 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships**Hadleigh****05 January 2013****Senior Men**

| Pos | No | Name | Club | Time |
|------------|-----------|---------------------|-------------------------------------|-------------|
| 1 | 898 | Tom Payn | SM Run- Fast | 46: 59 |
| 2 | 724 | Grant Twist | SM Chelmsford AC | 47: 54 |
| 3 | 900 | Tom Frith | SM Southend AC | 48: 21 |
| 4 | 996 | Harold Wyber | SM Woodford Green with Essex Ladies | 35 |
| 5 | 820 | Rob Warner | SM Havering Mayesbrook | 37 |
| 6 | 994 | Darren Southcott | SM Woodford Green with Essex Ladies | 49: 06 |
| 7 | 745 | Chris Sellens | SM Colchester Harriers | 25 |
| 8 | 982 | Angus Holford | SM Woodford Green with Essex Ladies | 28 |
| 9 | 678 | Billy Parker Brown | SM Basildon AC | 35 |
| 10 | 725 | Dave Fewell | SM Chelmsford AC | 40 |
| 11 | 926 | Tristan Windley | SM Springfield Striders | 43 |
| 12 | 987 | Kevin Murphy | SM Woodford Green with Essex Ladies | 49 |
| 13 | 876 | Jack Stroud | SM Orion Harriers | 50: 20 |
| 14 | 872 | Lee Bailey | SM Orion Harriers | 51: 01 |
| 15 | 875 | Frankie Conway | SM Orion Harriers | 11 |
| 16 | 825 | Malcolm Muir | SM Ilford AC | 14 |
| 17 | 699 | Crispian Bloomfield | SM Billericay Striders | 23 |
| 18 | 944 | Alex Houghton | SM Thurrock Harriers | 44 |
| 19 | 729 | Ryan Prout | SM Chelmsford AC | 52 |
| 20 | 999 | Ben Whitworth | SM Woodford Green with Essex Ladies | 53 |
| 21 | 751 | John Fryer | SM Colchester Harriers | 52: 10 |
| 22 | 855 | Neil McGoun | SM Orion Harriers | 14 |
| 23 | 976 | Gareth Cavell | SM Woodford Green with Essex Ladies | 16 |
| 24 | 810 | Gramme Knott | SM Harwich Runners | 20 |
| 25 | 873 | Daniel Moses | SM Orion Harriers | 23 |
| 26 | 977 | Louis Clark | SM Woodford Green with Essex Ladies | 29 |
| 27 | 989 | Jim Roche | SM Woodford Green with Essex Ladies | 46 |
| 28 | 807 | Robert Reason | SM Harwich Runners | 55 |
| 29 | 759 | Simon Bent | SM Colchester Harriers | 53: 08 |
| 30 | 932 | Chris Burgoyne | SM Springfield Striders | 23 |
| 31 | 990 | Tony Russell | SM Woodford Green with Essex Ladies | 43 |
| 32 | 747 | Allen Smalls | SM Colchester Harriers | 44 |
| 33 | 750 | Wesley Benton | SM Colchester Harriers | 54: 04 |
| 34 | 749 | Rob Gibby | SM Colchester Harriers | 05 |
| 35 | 928 | Greg Deacon | SM Springfield Striders | 35 |
| 36 | 865 | Barny Foot | SM Orion Harriers | 52 |
| 37 | 861 | Ian Clark | SM Orion Harriers | 55: 06 |
| 38 | 829 | Stephen Philcox | SM Ilford AC | 27 |
| 39 | 731 | Ken Hoye | SM Chelmsford AC | 45 |
| 40 | 705 | Spencer Welch | SM Billericay Striders | 54 |
| 41 | 733 | Mick Bridgeland | SM Chelmsford AC | 57 |
| 42 | 909 | Peter Smale | SM Southend AC | 56: 00 |
| 43 | 812 | Ian Anthony | SM Havering Mayesbrook | 09 |
| 44 | 973 | Gary Bagnall | SM Victoria Park Harriers | 16 |
| 45 | 988 | Tony Pamphilon | SM Woodford Green with Essex Ladies | 18 |
| 46 | 992 | Chris Shepherd | SM Woodford Green with Essex Ladies | 18 |
| 47 | 697 | Dave Butler | SM Billericay Striders | 57: 04 |
| 48 | 935 | John Barker | SM Thrift Green Trotters | 07 |
| 49 | 753 | David Allworthy | SM Colchester Harriers | 09 |
| 50 | 742 | Paul Owen | SM Chelmsford AC | 12 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

05 January 2013

Hadleigh

Senior Men

| | | | | | |
|-----|-----|------------------|----|----------------------------------|--------|
| 51 | 925 | James Smith | SM | Springfield Striders | 19 |
| 52 | 813 | Mat Bland | SM | Havering Mayesbrook | 26 |
| 53 | 681 | Graham Booty | SM | Benfleet RC | 32 |
| 54 | 833 | Peter Clinch | SM | Ilford AC | 46 |
| 55 | 970 | Don Lawless | SM | Thurrock Harriers | 51 |
| 56 | 919 | Paul Jeggo | SM | Springfield Striders | 59 |
| 57 | 818 | Simon Hart | SM | Havering Mayesbrook | 58: 02 |
| 58 | 754 | Jon Nears | SM | Colchester Harriers | 05 |
| 59 | 906 | Simon LeMare | SM | Southend AC | 22 |
| 60 | 828 | Kevin Newell | SM | Ilford AC | 44 |
| 61 | 979 | Joe Everitt | SM | Woodford Green with Essex Ladies | 47 |
| 62 | 799 | Russ Sharp | SM | Great Bentley | 50 |
| 63 | 682 | Billie Burroughs | SM | Benfleet RC | 51 |
| 64 | 923 | Stuart Raven | SM | Springfield Striders | 54 |
| 65 | 821 | Sam Jackson | SM | Havering Mayesbrook | 59: 06 |
| 66 | 688 | Mike Grout | SM | Benfleet RC | 12 |
| 67 | 867 | Colin Read | SM | Orion Harriers | 31 |
| 68 | 869 | Dan Penfold | SM | Orion Harriers | 41 |
| 69 | 947 | David Johnson | SM | Thurrock Harriers | 47 |
| 70 | 744 | James Williams | SM | Chelmsford AC | 54 |
| 71 | 937 | Ian O'Neill | SM | Thrift Green Trotters | 58 |
| 72 | 689 | Andy Morris | SM | Benfleet RC | 60: 02 |
| 73 | 834 | Paul Holloway | SM | Ilford AC | 12 |
| 74 | 766 | Ian George | SM | East Essex Tri | 29 |
| 75 | 936 | Nick Knight | SM | Thrift Green Trotters | 35 |
| 76 | 941 | Sion Parry | SM | Thrift Green Trotters | 36 |
| 77 | 690 | Terence Spooner | SM | Benfleet RC | 44 |
| 78 | 931 | Paul Anderson | SM | Springfield Striders | 50 |
| 79 | 686 | Nick Rankin | SM | Benfleet RC | 52 |
| 80 | 905 | Alec Kyrakides | SM | Southend AC | 61: 03 |
| 81 | 835 | Terry Knightley | SM | Ilford AC | 08 |
| 82 | 957 | Eamonn Shelley | SM | Thurrock Harriers | 13 |
| 83 | 848 | Greg Wisken | SM | Mid Essex Casuals | 37 |
| 84 | 798 | Roger Alexander | SM | Great Bentley | 50 |
| 85 | 849 | Daniel Augustin | SM | Mid Essex Casuals | 62: 02 |
| 86 | 830 | Sam Rahman | SM | Ilford AC | 08 |
| 87 | 693 | Dave Spain | SM | Benfleet RC | 20 |
| 88 | 956 | Michael Bumstead | SM | Thurrock Harriers | 24 |
| 89 | 968 | Mark Cable | SM | Thurrock Harriers | 48 |
| 90 | 687 | Reece Robinson | SM | Benfleet RC | 52 |
| 91 | 761 | Chris Manby | SM | Colchester Harriers | 53 |
| 92 | 762 | Marcus Lemus | SM | Colchester Harriers | 58 |
| 93 | 868 | Joe Happe | SM | Orion Harriers | 63: 03 |
| 94 | 819 | Robert Dickenson | SM | Havering Mayesbrook | 13 |
| 95 | 805 | Dan Foster | SM | Great Bentley | 15 |
| 96 | 974 | Leo Cole | SM | Witham Running Club | 31 |
| 97 | 985 | Martin Mack | SM | Woodford Green with Essex Ladies | 34 |
| 98 | 954 | Nigel Instance | SM | Thurrock Harriers | 37 |
| 99 | 680 | Jez Mancer | SM | Benfleet RC | 43 |
| 100 | 981 | Alistair Holford | SM | Woodford Green with Essex Ladies | 45 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

Hadleigh

05 January 2013

Senior Men

| | | | | | | |
|------------|-----|-------------------|----|----------------------------------|-----|----|
| 101 | 917 | David Gibbon | SM | Southend AC | 64: | 01 |
| 102 | 691 | Matt Cops | SM | Benfleet RC | | 03 |
| 103 | 991 | Richard Hogg | SM | Woodford Green with Essex Ladies | | 04 |
| 104 | 826 | Neil Crisp | SM | Ilford AC | | 20 |
| 105 | 789 | Adrian Frost | SM | Eton Manor AC | | 23 |
| 106 | 962 | Jason Syrett | SM | Thurrock Harriers | | 27 |
| 107 | 698 | Eamon Brown | SM | Billericay Striders | | 39 |
| 108 | 856 | Craig Horsburgh | SM | Orion Harriers | | 55 |
| 109 | 984 | Steve Lambert | SM | Woodford Green with Essex Ladies | | 56 |
| 110 | 904 | Greg Jarvis | SM | Southend AC | 65: | 08 |
| 111 | 927 | Gary Joslin | SM | Springfield Striders | | 26 |
| 112 | 986 | Chris Maybin | SM | Woodford Green with Essex Ladies | | 36 |
| 113 | 953 | Nicholas Trencher | SM | Thurrock Harriers | | 57 |
| 114 | 803 | Ben Ficken | SM | Great Bentley | | 59 |
| 115 | 933 | Keith Thornton | SM | Thrift Green Trotters | 66: | 03 |
| 116 | 801 | John Booty | SM | Great Bentley | | 09 |
| 117 | 871 | Graham Hall | SM | Orion Harriers | | 29 |
| 118 | 772 | Nelson Anderson | SM | East Essex Tri | | 33 |
| 119 | 899 | Daren Capel | SM | Southend AC | 67: | 12 |
| 120 | 959 | John Russell | SM | Thurrock Harriers | | 15 |
| 121 | 712 | Danny Brady | SM | Castle Point | | 28 |
| 122 | 843 | Craig Veall | SM | Loughton | | 44 |
| 123 | 784 | Gavin Stebbing | SM | East London Runners | | 48 |
| 124 | 781 | Russell Price | SM | East London Runners | | 49 |
| 125 | 704 | Lloyd Miles | SM | Billericay Striders | | 50 |
| 126 | 995 | Paul Stockings | SM | Woodford Green with Essex Ladies | | 59 |
| 127 | 716 | Peter Osborne | SM | Castle Point | 68: | 08 |
| 128 | 797 | Michael Simmons | SM | Great Bentley | | 10 |
| 129 | 930 | Andrew Mason | SM | Springfield Striders | | 11 |
| 130 | 746 | Paul Helliwell | SM | Colchester Harriers | | 14 |
| 131 | 940 | Philip Cooper | SM | Thrift Green Trotters | | 16 |
| 132 | 943 | James Marshall | SM | Thrift Green Trotters | | 23 |
| 133 | 740 | Peter Tullett | SM | Chelmsford AC | | 26 |
| 134 | 895 | Wayne Russell | SM | Pitsea RC | | 27 |
| 135 | 785 | Steve Adams | SM | Eton Manor AC | | 28 |
| 136 | 684 | Keiron McGill | SM | Benfleet RC | 69: | 01 |
| 137 | 787 | Dave Daugirda | SM | Eton Manor AC | | 05 |
| 138 | 760 | Andrew Raynor | SM | Colchester Harriers | | 07 |
| 139 | 877 | Gary Cullen | SM | Phoenix Striders | | 10 |
| 140 | 764 | Gary Cardnell | SM | Dagenham 88 Runners | | 22 |
| 141 | 851 | Antony Moon | SM | Mid Essex Casuals | | 35 |
| 142 | 993 | Tom Spanyol | SM | Woodford Green with Essex Ladies | | 48 |
| 143 | 774 | Paul Thompson | SM | East London Runners | 70: | 12 |
| 144 | 836 | Stephen Parker | SM | Ilford AC | | 27 |
| 145 | 778 | Peter Rains | SM | East London Runners | | 32 |
| 146 | 911 | Al Monte | SM | Southend AC | | 48 |
| 147 | 711 | Myles Coulson | SM | Braintree and District | | 57 |
| 148 | 802 | Barry Martin | SM | Great Bentley | 71: | 05 |
| 149 | 972 | Ted Skinner | SM | Tiptree Road Runners | | 52 |
| 150 | 864 | Stuart Colley | SM | Orion Harriers | 72: | 14 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Essex Cross Country Championships

Hadleigh

05 January 2013

Senior Men

| | | | | | | |
|-----|-----|---------------------|----|------------------------|-----|----|
| 151 | 842 | Duncan Rayney | SM | Loughton | | 31 |
| 152 | 922 | Andy Thomas | SM | Springfield Striders | 73: | 24 |
| 153 | 767 | Paul Gribbon | SM | East Essex Tri | | 45 |
| 154 | 757 | Pat Marsh | SM | Colchester Harriers | | 45 |
| 155 | 892 | John Tracey | SM | Pitsea RC | 74: | 08 |
| 156 | 850 | Leighton Williams | SM | Mid Essex Casuals | | 13 |
| 157 | 788 | Simon Deville | SM | Eton Manor AC | | 14 |
| 158 | 800 | Paul Carlisle | SM | Great Bentley | | 19 |
| 159 | 924 | Paul Bridges | SM | Springfield Striders | | 27 |
| 160 | 790 | Dan Hall | SM | Eton Manor AC | | 40 |
| 161 | 879 | Chris Footer | SM | Phoenix Striders | | 41 |
| 162 | 939 | Melvyn Cooper | SM | Thrift Green Trotters | 75: | 32 |
| 163 | 783 | Emmet Fitzgibbon | SM | East London Runners | | 41 |
| 164 | 859 | Paul Williams | SM | Orion Harriers | 76: | 27 |
| 165 | 804 | Mark Ross | SM | Great Bentley | | 49 |
| 166 | 769 | Darren Cassidy | SM | East Essex Tri | 77: | 20 |
| 167 | 710 | Ryan Askew | SM | Braintree and District | | 58 |
| 168 | 709 | Matt Stenning | SM | Billericay Striders | 78: | 07 |
| 169 | 847 | Brian Butcher | SM | Mid Essex Casuals | | 26 |
| 170 | 921 | John Clarke | SM | Springfield Striders | | 41 |
| 171 | 814 | Tony Collins | SM | Havering Mayesbrook | | 48 |
| 172 | 721 | Gavin Etheridge | SM | Castle Point | | 58 |
| 173 | 796 | Lance Tabraham | SM | Eton Manor AC | 79: | 21 |
| 174 | 896 | Owen Wilkins | SM | Pitsea RC | | 59 |
| 175 | 934 | George Smith | SM | Thrift Green Trotters | 81: | 17 |
| 176 | 714 | Mike Hopkins | SM | Castle Point | | 31 |
| 177 | 777 | Dan Spinks | SM | East London Runners | 82: | 48 |
| 178 | 891 | Peter Bates | SM | Pitsea RC | 83: | 11 |
| 179 | 846 | Ray Vautier | SM | Mid Essex Casuals | | 30 |
| 180 | 884 | Dave Lane | SM | Phoenix Striders | | 38 |
| 181 | 715 | Nick McCullagh | SM | Castle Point | | 44 |
| 182 | 894 | Adam Gordon | SM | Pitsea RC | 84: | 06 |
| 183 | 713 | Chris Cammidge | SM | Castle Point | | 55 |
| 184 | 838 | George Georgiou | SM | Loughton | 85: | 43 |
| 185 | 963 | John Arthur | SM | Thurrock Harriers | | 46 |
| 186 | 897 | Andrew Chaplin | SM | Pitsea RC | 87: | 17 |
| 187 | 719 | Paul Eve | SM | Castle Point | | 23 |
| 188 | 770 | Patrick Cassidy | SM | East Essex Tri | | 24 |
| 189 | 881 | Gwyn Hughes | SM | Phoenix Striders | 89: | 59 |
| 190 | 885 | David 'Eddie' Mills | SM | Phoenix Striders | 90: | 53 |
| 191 | 883 | Simon Jordan | SM | Phoenix Striders | 93: | 42 |
| 192 | 736 | Stephen Williams | SM | Chelmsford AC | 94: | 14 |
| 193 | 706 | Ernie Easterby | SM | Billericay Striders | 99: | 07 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

Hadleigh

**Essex Cross Country Championships
05 January 2013**

Senior Men

Team Result

| | | |
|----|-------------------------------------|------|
| 1 | Woodford Green with Essex Ladies | 73 |
| 2 | Orion Harriers | 125 |
| 3 | Colchester Harriers | 156 |
| 4 | Chelmsford AC | 161 |
| 5 | Woodford Green with Essex Ladies 'B | 236 |
| 6 | Springfield Striders | 247 |
| 7 | Havering Mayesbrook | 316 |
| 8 | Ilford AC | 322 |
| 9 | Southend AC | 395 |
| 10 | Thurrock Harriers | 401 |
| 11 | Benfleet RC | 410 |
| 12 | Orion Harriers 'B' | 490 |
| 13 | Billericay Striders | 504 |
| 14 | Thrift Green Trotters | 516 |
| 15 | Colchester Harriers 'B' | 558 |
| 16 | Great Bentley | 599 |
| 17 | Woodford Green with Essex Ladies 'C | 647 |
| 18 | Springfield Striders 'B' | 799 |
| 19 | Mid Essex Casuals | 813 |
| 20 | Eton Manor AC | 867 |
| 21 | East London Runners | 875 |
| 22 | Castle Point | 960 |
| 23 | Pitsea RC | 1009 |
| 24 | Phoenix Striders | 1050 |

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)