

Essex Cross Country Championships 2015

Courtesy of : -

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Any amendments to

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Please let Chris know if any changes are required. Don't be afraid to e-mail him.
If you don't tell us then we won't know so please e-mail him with a note of any alterations.
We won't be amending the results on this website, but will try to ensure that information is correct next time

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 13 Boys

Pos	No	Name	Club	Time	Team Result
1	66	Harry Parker	U13B Thurrock Harriers	12: 09	
2	1	Oliver Lill	U13B Basildon AC	20	1 Basildon AC 39
3	19	Max Godfrey	U13B Cambridge & Coleridge	21	2 Thurrock Harriers 42
4	20	Zack Bridgeland	U13B Chelmsford AC	22	3 Chelmsford AC 79
5	64	Theo Adesina	U13B Thurrock Harriers	32	4 Havering AC 83
6	29	Max Caulfield	U13B Colchester Harriers	39	5 Woodford Green 112
7	40	Oliver Woods	U13B Havering AC	39	
8	73	Hayden Maleary	U13B Woodford Green with Essex Ladies	40	
9	48	Jay Shotter	U13B Orion Harriers	44	
10	2	Daniel Houchell	U13B Basildon AC	48	
11	35	Ben Sloan	U13B Harlow AC	56	
12	6	George Hill	U13B Basildon AC	13: 05	
13	30	Danny Millward	U13B Colchester Harriers	05	
14	70	Finley Lowe	U13B Thurrock Harriers	13	
15	4	Joshua McGill	U13B Basildon AC	14	
16	17	Callum Parish	U13B Bishops Stortford RC	28	
17	34	Sam Sloan	U13B Harlow AC	30	
18	26	Alfie Hutchibson	U13B Chelmsford AC	36	
19	45	Manraj Gill	U13B Ilford AC	37	
20	37	Alex Ford	U13B Havering AC	37	
21	8	James Wright	U13B Basildon AC	43	
22	63	Ben Prior	U13B Thurrock Harriers	44	
23	32	Kyle Gill	U13B East Essex Tri	44	
24	3	Daniel McGill	U13B Basildon AC	49	
25	78	Elliot Betts	U13B Woodford Green with Essex Ladies	14: 01	
26	41	Ellis Osbourne	U13B Havering AC	10	
27	36	Joseph Morgan	U13B Harlow AC	12	
28	21	Joseph Abbott	U13B Chelmsford AC	18	
29	27	Scott Thomas	U13B Chelmsford AC	21	
30	39	Dominic Jarvis	U13B Havering AC	26	
31	68	Mason Hambleton	U13B Thurrock Harriers	31	
32	49	Saul Ashon	U13B Orion Harriers	31	
33	72	Henri Willett	U13B Thurrock Harriers	35	
34	46	Bradley Deacon	U13B Ilford AC	43	
35	38	Henry Lay	U13B Havering AC	44	
36	43	Ben Nash	U13B Havering AC	51	
37	16	Callum Blair- Park	U13B Bishops Stortford RC	58	
38	47	Aran Manget	U13B Ilford AC	15: 02	
39	77	Max Holmes	U13B Woodford Green with Essex Ladies	03	
40	76	Oliver Betts	U13B Woodford Green with Essex Ladies	04	
41	7	James Lee	U13B Basildon AC	06	
42	74	George Macpherson	U13B Woodford Green with Essex Ladies	13	
43	109	Daniel Mayes	U13B East Essex Tri	16: 30	
44	51	Jack Orange	U13B Orion Harriers	31	
45	42	Ben Lammin	U13B Havering AC	44	
46	75	Fred Taylor	U13B Woodford Green with Essex Ladies	17: 16	
47	18	Adam Blair-Park	U13B Bishops Stortford RC	16	
48	65	Alfie Furse-donne	U13B Thurrock Harriers	20	
49	14	Ethan Douglass	U13B Benfleet RC	24	

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 13 Girls

Pos	No	Name	U13G	Club	Time	Team Result	
1	605	Helena Dyce	U13G	Cambridge & Coleridge	13: 11	1	Chelmsford AC 32
2	606	Ndidi Okoh	U13G	Chelmsford AC	24	2	Thurrock Harriers 49
3	652	Hayley Instance	U13G	Thurrock Harriers	26	3	Orion Harriers 60
4	637	Aoibheann Pearce	U13G	Orion Harriers	42	4	Basildon AC 92
5	655	Siena Taylor	U13G	Woodford Green with Essex Ladies	14: 01	5	Havering AC 100
6	602	Georgia Tombs	U13G	Braintree & District	03		
7	607	Alice Bauckam	U13G	Chelmsford AC	04		
8	626	Molly Sweetman	U13G	Havering AC	10		
9	604	Kiera Hornsby	U13G	Braintree & District	15		
10	611	Martha Smith	U13G	Chelmsford AC	23		
11	654	Kierra Scott	U13G	Thurrock Harriers	30		
12	648	Holly Dowsett-Ward	U13G	Thurrock Harriers	50		
13	609	Faye Sweeting	U13G	Chelmsford AC	59		
14	591	Hannah Phipps	U13G	Basildon AC	15: 04		
15	642	Jasmine Offiler	U13G	Orion Harriers	06		
16	646	Felicity Galbally	U13G	Southend AC	08		
17	640	Rosie Shaw	U13G	Orion Harriers	10		
18	603	Abbie Kerr	U13G	Braintree & District	12		
19	657	Hannah Page	U13G	Woodford Green with Essex Ladies	22		
20	656	Holly Henbury	U13G	Woodford Green with Essex Ladies	26		
21	592	Mia Chantree	U13G	Basildon AC	32		
22	624	Savanna Sirkett	U13G	Harlow AC	43		
23	647	Demi Briggs	U13G	Thurrock Harriers	46		
24	636	Iris Brandon	U13G	Orion Harriers	46		
25	633	Sydney Foley	U13G	Havering AC	49		
26	639	Charlotte Grant	U13G	Orion Harriers	50		
27	612	Olivia Sullivan	U13G	Chelmsford AC	16: 09		
28	594	Danielle Kemp	U13G	Basildon AC	10		
29	595	Summer Thorpe	U13G	Basildon AC	26		
30	651	Amy Raven	U13G	Thurrock Harriers	32		
31	653	Stevie Critchell	U13G	Thurrock Harriers	36		
32	631	Jessica James	U13G	Havering AC	43		
33	593	Anna Wardell	U13G	Basildon AC	53		
34	610	Hannah Bolton	U13G	Chelmsford AC	54		
35	625	Katy Walker	U13G	Havering AC	55		
36	635	Isabella Nick	U13G	Ilford AC	56		
37	590	Emily Kidd	U13G	Basildon AC	56		
38	627	Ella King	U13G	Havering AC	57		
39	621	Nicky Phelps	U13G	East Essex Tri	18: 19		

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 15 Boys

Pos	No	Name	Club	Time	Team Result
1	84	Mason Webb	U15 B Basildon AC	15: 27	
2	102	Jake Young	U15 B Colchester Harriers	35	1 Southend AC 56
3	104	Benjamin Miller	U15 B Colchester & Tendring	16: 11	2 Havering AC 65
4	121	Mosope Oyelola	U15 B Newham & Essex Beagles	18	3 Thurrock Harrier: 79
5	129	Tobias Wright	U15 B Southend AC	26	4 Chelmsford AC 86
6	119	Jack Rice	U15 B Havering AC	34	
7	86	Rushwan Lewis	U15 B Benfleet RC	42	
8	138	Jack Exley	U15 B Thurrock Harriers	47	
9	111	Lewis Harknett	U15 B Harlow AC	50	
10	113	Lewis Debenham	U15 B Havering AC	56	
11	124	Joseph Clark	U15 B Orion Harriers	57	
12	92	Elliott Cordery	U15 B Chelmsford AC	17: 07	
13	123	Joseph Owen	U15 B Orion Harriers	11	
14	94	Thomas Keevil	U15 B Chelmsford AC	14	
15	139	Taylor Newell	U15 B Thurrock Harriers	29	
16	130	Sam Norris	U15 B Southend AC	33	
17	134	Matt Norris	U15 B Southend AC	41	
18	136	Harry Smith	U15 B Southend AC	46	
19	125	James Wood	U15 B Orion Harriers	49	
20	89	Callum Liassi	U15 B Benfleet RC	57	
21	110	Christian Barker	U15 B Harlow AC	18: 04	
22	100	Harry Miller	U15 B Colchester Harriers	06	
23	83	Sam Walsh	U15 B Basildon AC	08	
24	120	John Fennessey	U15 B Havering AC	12	
25	117	Sam Atkins	U15 B Havering AC	18	
26	112	Owen Harknett	U15 B Harlow AC	25	
27	140	Reece Scott	U15 B Thurrock Harriers	40	
28	93	George Hay	U15 B Chelmsford AC	55	
29	141	Sarab Dillon	U15 B Thurrock Harriers	19: 01	
30	87	Dexter Goward	U15 B Benfleet RC	02	
31	80	Matthew Houchell	U15 B Basildon AC	17	
32	95	Sam Rawlinson	U15 B Chelmsford AC	22	
33	143	Chris Hogg	U15 B Woodford Green with Essex Ladies	26	
34	108	Luke Gill	U15 B East Essex Tri	20: 13	
35	101	Drew Olley	U15 B Colchester Harriers	27	
36	131	Craig Wheeler	U15 B Southend AC	21: 04	

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 15 Girls

Pos	No	Name	U15 G	Club	Time	Team Result	
1	682	Khai Mhlanga	U15 G	Chelmsford AC	16: 40	1	Chelmsford AC 34
2	709	Isabella Hoy	U15 G	Woodford Green with Essex Ladies	17: 09	2	Havering AC 42
3	705	Joanne Rimmington	U15 G	Southend AC	44	3	Woodford Green with Essex Ladies 54
4	674	Rachel Broome	U15 G	Chelmsford AC	48	4	Southend AC 79
5	666	Sinead Clark	U15 G	Benfleet RC	59	5	Benfleet RC 92
6	689	Kate O'Neil	U15 G	Havering AC	18: 04		
7	660	Niamh Smith	U15 G	Basildon AC	31		
8	688	Sophie Rand	U15 G	Havering AC	39		
9	708	Amber Pullinger	U15 G	Thurrock Harriers	43		
10	675	Jessica Whiley	U15 G	Chelmsford AC	19: 09		
11	686	Rebecca Brown	U15 G	Havering AC	22		
12	673	Courtney Gordon	U15 G	Braintree & District	31		
13	710	Louise Gilbert	U15 G	Woodford Green with Essex Ladies	37		
14	667	Grace Goodall	U15 G	Benfleet RC	43		
15	695	Scarlett Pochet	U15 G	Orion Harriers	49		
16	661	Megan Richardson	U15 G	Basildon AC	56		
17	693	Jessica Mitchell	U15 G	Havering AC	20: 05		
18	711	Olivia Corbett	U15 G	Woodford Green with Essex Ladies	05		
19	681	Phoebe Knight	U15 G	Chelmsford AC	25		
20	707	Heather Peters	U15 G	Thurrock Harriers	25		
21	713	Millie Finch	U15 G	Woodford Green with Essex Ladies	26		
22	664	Abbey Rex	U15 G	Basildon AC	37		
23	704	Mia Slessor	U15 G	Southend AC	49		
24	712	Kyesha Robinson	U15 G	Woodford Green with Essex Ladies	21: 04		
25	698	Juliette LeMare	U15 G	Southend AC	11		
26	679	Chloe Lawrie	U15 G	Chelmsford AC	13		
27	706	Lucie Ball	U15 G	Thurrock Harriers	20		
28	700	Natasha Walter	U15 G	Southend AC	52		
29	687	Emily James	U15 G	Havering AC	54		
30	685	Amba Coombe	U15 G	Havering AC	54		
31	714	Mia Hirons	U15 G	Woodford Green with Essex Ladies	22: 18		
32	716	Julia Sokol	U15 G	Woodford Green with Essex Ladies	27		
33	692	Grace McCleod	U15 G	Havering AC	39		
34	676	Olivia Elliott	U15 G	Chelmsford AC	46		
35	677	Thea Smith	U15 G	Chelmsford AC	54		
36	669	Genevieve Pate	U15 G	Benfleet RC	57		
37	668	Yasmin Robinson	U15 G	Benfleet RC	23: 14		
38	662	Leah McGill	U15 G	Basildon AC	25: 35		
39	703	Chloe West	U15 G	Southend AC			

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 17 Men

Pos	No	Name	Club	Time	Team Result
1	146	George Elliott	U17 M Basildon AC	18: 50	1 Basildon AC 14
2	197	Canaan Solomon	U17 M Woodford Green with Essex Ladies	58	
3	147	Daniel Ashley	U17 M Basildon AC	19: 23	
4	149	Christian Gray	U17 M Basildon AC	56	2 Orion Harriers 56
5	166	Joseph Patterson	U17 M Colchester & Tendring	57	
6	150	Max Jones	U17 M Basildon AC	20: 01	3 Thurrock Harriers 86
7	165	Ramadan Osman	U17 M Colchester & Tendring	04	
8	180	Usamah Patel	U17 M Ilford AC	08	
9	151	Brandon Thorpe	U17 M Basildon AC	09	
10	169	Harrison Smith	U17 M East Essex Tri Club	25	
11	185	James Young	U17 M Orion Harriers	29	
12	190	Adam Jordan	U17 M Southend AC	31	
13	164	Owen Thomas	U17 M Chelmsford AC	34	
14	186	George Day	U17 M Orion Harriers	34	
15	182	Ben Pattison	U17 M Orion Harriers	50	
16	188	Kadzui Magure	U17 M Orion Harriers	56	
17	194	Jody Meredith	U17 M Thurrock Harriers	21: 00	
18	181	Josh Iton	U17 M Orion Harriers	19	
19	192	Gary Cahill	U17 M Thurrock Harriers	24	
20	199	Harry Cavell	U17 M Woodford Green with Essex Ladies	25	
21	161	Jordan Denyer	U17 M Chelmsford AC	31	
22	187	Jordan Chrisostomou	U17 M Orion Harriers	34	
23	195	Samuel Smith	U17 M Thurrock Harriers	48	
24	154	Eddy Cooper	U17 M Benfleet RC	54	
25	152	Joe Kidd	U17 M Basildon AC	59	
26	122	Jamie Cornuauud	U17 M Newham & Essex Beagles	22: 49	
27	193	Oliver Mann	U17 M Thurrock Harriers	56	
28	171	Donald Campbell	U17 M Harlow AC	23: 07	
29	191	Michael Hodges	U17 M Southend AC	11	
30	148	Joe Payne	U17 M Basildon AC	27	
31	160	Nathan Brearley	U17 M Chelmsford AC	38	
32	178	Jack Maher	U17 M Ilford AC	47	
33	173	James Stewart	U17 M Havering AC	58	
34	172	Jamie Rushworth	U17 M Harlow AC	24: 41	
35	175	Euan Harlow	U17 M Havering AC	45	
36	156	Adam Foster	U17 M Benfleet RC	25: 27	
37	157	Michael Williams	U17 M Benfleet RC	26: 26	

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 17 Women

Pos	No	Name	Club	Time
1	734	Jodie Judd	U17 W Chelmsford AC	21: 56
2	754	Jodie Ratcliff	U17 W Woodford Green with Essex Ladies	22: 06
3	721	Jemima Walker	U17 W Basildon AC	22: 25
4	723	Isobel Ives	U17 W Basildon AC	22: 48
5	729	Emma Perks	U17 W Chelmsford AC	23: 58
6	736	Lydia Callan	U17 W Colchester & Tendring	24: 14
7	744	Heidi Surman Wells	U17 W Havering AC	23: 32
8	720	Gemma Archer-Hayley	U17 W Basildon AC	24: 37
9	733	Megan Williams	U17 W Chelmsford AC	25: 01
10	752	Alicia McArdell	U17 W Woodford Green with Essex Ladies	25: 13
11	724	Victoria Hiscock	U17 W Benfleet RC	25: 53
12	751	Brooke Mensah	U17 W Thurrock Harriers	26: 42
13	728	Hannah Irwin	U17 W Braintree & District	26: 43
14	745	Madeleine Carr	U17 W Orion Harriers	27: 18
15	741	Lois Wyatt	U17 W Havering AC	28: 22
16	725	Niamh Tuohey	U17 W Benfleet RC	31: 07
17	740	Amy Edwards	U17 W Harlow AC	31: 41
18	743	Ella Jolly	U17 W Havering AC	34: 33
19	739	Francesca Jarrett	U17 W Harlow AC	41: 12

Team Result

No team had 4 finishers

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 20 Men

Pos	No	Name	Club	Time
1	216	Jordan Rowe	U20 M Colchester Harriers	27: 48
2	213	Callum Charleston	U20 M Chelmsford AC	29: 01
3	205	Adam Houchell	U20 M Basildon AC	28
4	223	Ashley Capel	U20 M Southend AC	30: 05
5	225	Joe Ray	U20 M Southend AC	48
6	210	Darren Blackwell	U20 M Chelmsford AC	53
7	228	Robert Frith	U20 M Southend AC	31: 13
8	229	Ben Franklin	U20 M Southend AC	44
9	209	Joseph Nourse	U20 M Braintree & District	52
10	214	Alfie Green	U20 M Chelmsford AC	32: 19
11	230	Alec Finch	U20 M Thurrock Harriers	57
12	218	Abdul Mohamed	U20 M Havering AC	33: 53
13	224	Dominc LeMare	U20 M Southend AC	34: 15
14	204	Steve Davies	U20 M Basildon AC	36: 13
15	226	Henry Snell	U20 M Southend AC	37: 14

Team Result

1 Southend AC 24

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Under 20 Women

Pos	No	Name	Club	Time
1	776	Gemma Holloway	U20 W Thurrock Harriers	20: 27
2	767	Georgia Tuckfield	U20 W Chelmsford AC	21: 14
3	777	Jessica Burgess	U20 W Woodford Green with Essex Ladies	21: 53
4	766	KatieSolis	U20 W Chelmsford AC	22: 57
5	772	Sarah Imbush	U20 W Southend AC	23: 04
6	761	Emma Houchell	U20 W Basildon AC	23: 16
7	770	Isabella Woods	U20 W Havering AC	24: 55
8	760	Eleanor Johnson	U20 W Basildon AC	25: 06
9	759	Emily Bullis	U20 W Basildon AC	25: 38
10	758	Laura Kidd	U20 W Basildon AC	26: 50
11	773	Annabel Matthews-Smith	U20 W Southend AC	27: 24

Team Result
1 Basildon AC 33

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Senior Women

Pos	No	Name	Club	Time
1	302	Gemme Kersey	SW Basildon AC	31: 31:
2	323	Stacey Ward	SW Benfleet RC - 2nd claim	46
3	393	Alex Gounelas	SW Eton Manor AC	32: 32
4	407	Faye Fullerton	SW Havering AC	46
5	392	Niomi Dews	SW Eton Manor AC	33: 07
6	341	Sarah Strading	SW Colchester Harriers	09
7	406	Debbie Appleton	SW Havering AC	14
8	504	Katherine Gundersen	SW Woodford Green with Essex Ladies	46
9	335	Sally Mhlanga	SW Chelmsford AC	52
10	463	Clare Cornwell	SW Southend AC	34: 23
11	484	Laura Brooks	SW Thrift Green Trotters	35
12	411	Vicky Smith	SW Havering AC	39
13	505	Rachel Lund	SW Woodford Green with Essex Ladies	59
14	346	Denise Morley	SW Colchester Harriers	35: 08
15	337	Rebecca Cole	SW Chelmsford AC	31
16	301	Kirsty Tydeman	SW Basildon AC	40
17	416	Krystle Balogun	SW Ilford AC	43
18	342	Ellie Mayne	SW Colchester Harriers	44
19	410	Robyn Matson	SW Havering AC	45
20	345	Laura Shewbridge	SW Colchester Harriers	52
21	309	Charmaine Sterling	SW Benfleet RC	57
22	455	Sarah Jeffery	SW Southend AC	36: 33
23	307	Louise Douglass	SW Basildon AC	35
24	357	Kimberley Preston	SW Colchester Harriers	45
25	344	Lyn Higgs	SW Colchester Harriers	52
26	333	Wendy King	SW Chelmsford AC	58
27	362	Debbie Cattermole	SW Colchester Harriers	37: 01
28	457	Anne Jenkinson	SW Southend AC	18
29	402	Zoe Woodward	SW Eton Manor AC	26
30	502	Bernadine Pritchett	SW Woodford Green with Essex Ladies	38
31	458	Holly Gillard	SW Southend AC	43
32	347	Rebecca Cooke	SW Colchester Harriers	55
33	491	Toni Noble	SW Thurrock Harriers	38: 05
34	352	Annette Oakman	SW Colchester Harriers	15
35	303	Emily Ballard	SW Basildon AC	19
36	473	Vic Curren	SW Springfield Striders	26
37	310	Elizabeth Peterson	SW Benfleet RC	33
38	431	Hayley Rogerson	SW Orion Harriers	41
39	454	Joanna Beak	SW Serpentine RC	42
40	312	Jacqui Watson	SW Benfleet RC	54
41	390	Sharon Bolister	SW Eton Manor AC	56
42	459	Natasha Lagden	SW Southend AC	58
43	501	Diana Chklar - Kennedy	SW Woodford Green with Essex Ladies	39: 06
44	412	Jenni Sheehan	SW Ilford AC	10
45	498	Victoria Peacock	SW Thurrock Harriers	11
46	503	Jenny Thomas	SW Woodford Green with Essex Ladies	26
47	401	Claire Wagh	SW Eton Manor AC	31
48	396	Taryne Mc Pherson	SW Eton Manor AC	37
49	354	Andrea James	SW Colchester Harriers	50
50	493	Amy Trencher	SW Thurrock Harriers	41: 21

51	476	Sarah Hammond	SW	Springfield Striders	30
52	415	Melinda Jones	SW	Ilford AC	33
53	477	Nichola Hands	SW	Springfield Striders	49
54	480	Helen Bateman	SW	Springfield Striders	50
55	430	Mary Armitage	SW	Orion Harriers	50
56	358	Briony Downes	SW	Colchester Harriers	59
57	361	Sara Wallace	SW	Colchester Harriers	42: 10
58	500	Anne Gombert	SW	Woodford Green with Essex Ladies	20
59	314	Kate Wilkinson	SW	Benfleet RC	23
60	414	Breege Nordin	SW	Ilford AC	51
61	400	Louise Vacher	SW	Eton Manor AC	58
62	380	Sarah Burns	SW	East London Runners	43: 02
63	425	Gay Shillaker	SW	Loughton AC	11
64	419	Lorna Gaffney	SW	Loughton AC	12
65	436	Liz Hall	SW	Orion Harriers	12
66	324	Wendy Reed	SW	Billericay Striders	27
67	316	Sarah Norton	SW	Benfleet RC	48
68	386	Catherine Kaar	SW	East London Runners	51
69	478	Kerry Marsh	SW	Springfield Striders	44: 00
70	428	Liz Maidment	SW	Orion Harriers	11
71	489	Marijke Van Eetvelde	SW	Thrift Green Trotters	23
72	474	Allison Gillan	SW	Springfield Striders	35
73	383	Maud Hodson	SW	East London Runners	44
74	460	Debby Lynn Hallam	SW	Southend AC	45: 03
75	317	Kelly McClenaghan	SW	Benfleet RC	05
76	382	Bozena Myslinska	SW	East London Runners	10
77	327	Anna Clark	SW	Billericay Striders	10
78	413	Dianne Crisp	SW	Ilford AC	11
79	385	Rebecca Young	SW	East London Runners	24
80	471	Karen Chapman	SW	Springfield Striders	32
81	472	Elaine Tribley	SW	Springfield Striders	45
82	395	Kate Malcolm	SW	Eton Manor AC	46: 24
83	408	Jane Hallam	SW	Havering AC	31
84	495	Charlotte Edwards	SW	Thurrock Harriers	42
85	366	Jenny Akroyd	SW	Dagenham 88 Runners	55
86	398	Olivia Sanchez	SW	Eton Manor AC	47: 08
87	432	Lisa Thorn	SW	Orion Harriers	12
88	315	Annette Johnson	SW	Benfleet RC	20
89	469	Sharon Bannister	SW	Springfield Striders	26
90	447	Debbie Smith	SW	Phoenix Striders	39
91	326	Jo Ling	SW	Billericay Striders	41
92	329	Viv Law	SW	Bishops Stortford RC	58
93	397	Jenni Hall	SW	Eton Manor AC	48: 00
94	319	Mandy Cooper	SW	Benfleet RC	11
95	440	Danielle Hughes	SW	Phoenix Striders	14
96	389	Rachel Brittle	SW	Eton Manor AC	16
97	449	Valerie Sinclair	SW	Pitsea RC	49: 25
98	443	Ruth Roberts	SW	Phoenix Striders	49
99	330	Lorraine Evans	SW	Bishops Stortford RC	50: 05
100	479	Carolyn Adlerr	SW	Springfield Striders	49
101	483	Donna Hall	SW	Springfield Striders	52
102	465	Sally Newman-Russell	SW	Southend AC	51: 11
103	999	Fen Coles	SW	Eton Manor AC	25

104	427	Anna Mcewen	SW	Orion Harriers	41
105	451	Helen Williams	SW	Pitsea RC	52: 13
106	444	Nicola Maslen	SW	Phoenix Striders	25
107	384	Caroline Moore	SW	East London Runners	25
108	321	Audrey Morris	SW	Benfleet RC	55
109	450	Teresa Flannigan	SW	Pitsea RC	53: 15
110	399	Christina Watson	SW	Eton Manor AC	18
111	482	Charlotte Laurence	SW	Springfield Striders	43
112	378	Timi Veerasamy	SW	Dagenham 88 Runners	54: 01
113	452	Gill Harrison	SW	Pitsea RC	08
114	417	Doris Gaga	SW	Ilford AC	27
115	475	Sarah Goodwin	SW	Springfield Striders	55: 12
116	375	Clare Keech	SW	Dagenham 88 Runners	56: 11
117	368	Louise Chappell	SW	Dagenham 88 Runners	31
118	405	Helene Tyler	SW	Great Bentley RC	58: 19
119	445	Adele Moggan	SW	Phoenix Striders	48
120	441	Nicola Burston	SW	Phoenix Striders	61: 40
121	367	Venissa Amin	SW	Dagenham 88 Runners	62: 30
	374	Suki Heer	SW	Dagenham 88 Runners	59
	372	Tracey George	SW	Dagenham 88 Runners	66: 18
	377	Jane Swanson-Sprent	SW	Dagenham 88 Runners	25
	369	Raclele Cockley	SW	Dagenham 88 Runners	67: 27
	376	Kathy Stapleton	SW	Dagenham 88 Runners	30
	370	Julie Dalphinis	SW	Dagenham 88 Runners	71: 20

Team Result

1	Havering AC	42
2	Colchester Harriers	58
3	Basildon AC	75
4	Eton Manor AC	78
5	Southend AC	91
6	Woodford Green with Essex Ladies	94
7	Colchester Harriers 'B'	108
8	Benfleet RC	157
9	Ilford AC	173
10	Springfield Striders	194
11	Colchester Harriers 'C'	196
12	Thurrock Harriers	212
13	Orion Harriers	228
14	Eton Manor AC 'B'	238
15	East London Runners	279
16	Springfield Striders 'B'	302
17	Benfleet RC 'B'	324
18	Eton Manor AC 'C'	378
19	Phoenix Striders	389
20	Springfield Striders 'C'	401
21	Pitsea RC	424
22	Dagenham 88 Runners	430
23	Dagenham 88 Runners 'B'	490

Essex Cross Country Championships 2015 - Claybury - 3rd January 2015 - Senior Men

Pos	No	Name		Club	Time
1	271	Alex Short	SM	Cambridge University AC	39: 06
2	570	Alex Cornwell	SM	Woodford Green with Essex Ladies	12
3	548	Tom Phillips	SM	Woodford Green with Essex Ladies	59
4	277	David Fewell	SM	Chelmsford AC	40: 12
5	549	Tom Beedell	SM	Woodford Green with Essex Ladies	38
6	284	Mark Sanford	SM	Chelmsford AC	57
7	236	Grant Webb	SM	Basildon AC	41: 03
8	432	Frankie Conway	SM	Orion Harriers	21
9	569	Omar Mansour	SM	Woodford Green with Essex Ladies	58
10	552	Gavin Lewis	SM	Woodford Green with Essex Ladies	59
11	292	Chris Sellens	SM	Colchester Harriers	42: 03
12	380	Rob Warner	SM	Havering AC	03
13	550	Harold Wyber	SM	Woodford Green with Essex Ladies	12
14	551	Tomaz Plibersek	SM	Woodford Green with Essex Ladies	14
15	505	Tristan Windley	SM	Springfield Striders	21
16	565	Donatas Tumaitis	SM	Woodford Green with Essex Ladies	23
17	386	Malcolm Muir	SM	Ilford AC	26
18	342	Michael Christoforou	SM	Enfield & Haringey AC	33
19	390	Tom Gardner	SM	Ilford AC	45
20	582	Alistair Holford	SM	Woodford Green with Essex Ladies	47
21	553	James Stockings	SM	Woodford Green with Essex Ladies	53
22	431	Ben Hall	SM	Orion Harriers	55
23	414	Nick Shasha	SM	Orion Harriers	43: 30
24	466	Rhys Gillard	SM	Southend AC	37
25	557	Tony Russell	SM	Woodford Green with Essex Ladies	55
26	418	Ian Clark	SM	Orion Harriers	56
27	295	Allen Smalls	SM	Colchester Harriers	58
28	521	Alex Houghton	SM	Thurock Harriers	44: 04
29	372	Paul Grange	SM	Havering AC	11
30	566	Daniel Steel	SM	Woodford Green with Essex Ladies	14
31	293	Carwyn Jones	SM	Colchester Harriers	16
32	422	Barny Foot	SM	Orion Harriers	21
33	491	Tom Cammack	SM	Springfield Striders	27
34	235	Sebastian Cirillo	SM	Basildon AC	32
35	424	Colin Read	SM	Orion Harriers	37
36	371	Robert Reason	SM	Harwich Runners	43
37	330	Mark Boulton	SM	East London Runners	50
38	373	Mat Bland	SM	Havering AC	53
39	561	Joe Everitt	SM	Woodford Green with Essex Ladies	45: 13
40	484	Lee Taylor	SM	Southend AC	14
41	257	Kieran O'Doherty	SM	Billericay Striders	17
42	487	James Smith	SM	Springfield Striders	18
43	524	David Johnson	SM	Thurock Harriers	21
44	556	Robbie Cox	SM	Woodford Green with Essex Ladies	28
45	562	Rob Wilbraham	SM	Woodford Green with Essex Ladies	31
46	288	James Williams	SM	Chelmsford AC	48
47	302	Jon Nears	SM	Colchester Harriers	50
48	513	John Barker	SM	Thrift Green Trotters	53
49	258	Crispian Bloomfield	SM	Billericay Striders	46: 06
50	298	Ged McMillan	SM	Colchester Harriers	13

51	395	Steve Philcox	SM	Ilford AC	28
52	412	Neil McGoun	SM	Orion Harriers	35
53	304	Tim Ballard	SM	Colchester Harriers	43
54	437	Richard Ashton	SM	Orion Harriers	53
55	523	Scott Rice	SM	Thurock Harriers	56
56	420	Paul Bolton	SM	Orion Harriers	58
57	326	Paul Suett	SM	Dagenham 88 Runners	47: 03
58	502	Stuart Raven	SM	Springfield Striders	05
59	555	Gareth Cavell	SM	Woodford Green with Essex Ladies	07
60	576	Adam Mead	SM	Woodford Green with Essex Ladies	11
61	559	Tony Pamphilon	SM	Woodford Green with Essex Ladies	12
62	572	Alan Rugg	SM	Woodford Green with Essex Ladies	16
63	574	David Cox	SM	Woodford Green with Essex Ladies	17
64	443	Dan Moses	SM	Orion Harriers	21
65	435	David Wilson	SM	Orion Harriers	22
66	328	Paul Hart	SM	East Essex Tri Club	29
67	385	Kevin Newell	SM	Ilford AC	30
68	392	Paul Holloway	SM	Ilford AC	35
69	329	Russell Price	SM	East London Runners	41
70	260	Russell Pixton	SM	Billericay Striders	45
71	297	Colin Ridley	SM	Colchester Harriers	48
72	256	Terry Spooner	SM	Benfleet RC	49
73	417	Adam Baker	SM	Orion Harriers	52
74	272	Michael Bridgeland	SM	Chelmsford AC	56
75	525	Don Lawless	SM	Thurock Harriers	48: 01
76	423	Giles Hopkinson	SM	Orion Harriers	08
77	407	John Whitehoues	SM	Loughton	16
78	445	George Banbury	SM	Orion Harriers	20
79	376	Jason Crispin	SM	Havering AC	21
80	485	Anthony Goodall	SM	Springfield Striders	25
81	341	Thomas Grimes	SM	East London Runners	27
82	345	Paul Boddey	SM	Eton Manor AC	29
83	333	Ciaran Canavan	SM	East London Runners	34
84	264	Chris O'Hara	SM	Billericay Striders	40
85	564	Julian Russell	SM	Woodford Green with Essex Ladies	48
86	301	Peter West	SM	Colchester Harriers	49: 03
87	240	Paul Ruffy	SM	Benfleet RC	16
88	455	Michael Woodward	SM	Pitsea RC	21
89	388	Sam Rahman	SM	Ilford AC	26
90	470	Alec Kyrakides	SM	Southend AC	26
91	496	Paul Jeggo	SM	Springfield Striders	41
92	300	Paul Rogers	SM	Colchester Harriers	44
93	296	Chris Manby	SM	Colchester Harriers	51
94	339	Dan Gritton	SM	East London Runners	53
95	563	Ray Dzikowski	SM	Woodford Green with Essex Ladies	50: 00
96	425	Joe Happe	SM	Orion Harriers	15
97	507	Tom Gunning	SM	Springfield Striders	16
98	346	Paul Cates	SM	Eton Manor AC	18
99	244	Andy Low	SM	Benfleet RC	25
100	387	Neil Crisp	SM	Ilford AC	34

101	234	Dennis Cross	SM	Basildon AC		52
102	337	Andrew Baxter	SM	East London Runners		58
103	367	Charlie Keitch	SM	Great Bentley RC	51:	01
104	241	Alan Clark	SM	Benfleet RC		05
105	243	Nick Rankin	SM	Benfleet RC		28
106	577	Neil Ford	SM	Woodford Green with Essex Ladies		30
107	532	Nick Trencher	SM	Thurock Harriers		30
108	254	Tim Tomlins	SM	Benfleet RC		35
109	426	Glen Gosling	SM	Orion Harriers		35
110	528	Jon Metcalf	SM	Thurock Harriers		39
111	452	Andy Doig	SM	Pitsea RC		49
112	339	Dan Gritton	SM	East London Runners		51
113	475	Al Monte	SM	Southend AC		53
114	581	Mark Cambridge	SM	Woodford Green with Essex Ladies		56
115	246	Andy Morris	SM	Benfleet RC	52:	00
116	347	David Cato	SM	Eton Manor AC		02
117	575	James Perry	SM	Woodford Green with Essex Ladies		03
118	299	Martyn Clarke	SM	Colchester Harriers		21
119	486	Anthony Marsh	SM	Springfield Striders		32
120	263	Tim Butt	SM	Billericay Striders		43
121	366	Simon Deville	SM	Eton Manor AC		50
122	580	Jonathon Webster	SM	Woodford Green with Essex Ladies		53
123	568	Richard Hogg	SM	Woodford Green with Essex Ladies		56
124	324	Paul Prior	SM	Dagenham 88 Runners		58
125	518	Keith Thornton	SM	Thrift Green Trotters	53:	03
126	541	Gary Cahill	SM	Thurock Harriers		07
127	294	Simon Smith	SM	Colchester Harriers		17
128	348	Dave Daugirda	SM	Eton Manor AC		17
129	534	Mick Bumstead	SM	Thurock Harriers		25
130	463	Alex Elferink	SM	Serpentine RC		26
131	427	Neil Swift	SM	Orion Harriers		28
132	370	Richard Flutter	SM	Harwich Runners		32
133	495	Ken Hands	SM	Springfield Striders		54
134	352	Dan Hall	SM	Eton Manor AC	54:	06
135	447	Carl Easton	SM	Phoenix Striders		09
136	458	Brett Savidge	SM	RG Active Race Team		11
137	511	Nick Knight	SM	Thrift Green Trotters		13
138	421	Stuart Colley	SM	Orion Harriers		17
139	545	Simon Morgan	SM	Tiptree Road Runners		38
140	558	Jim Roche	SM	Woodford Green with Essex Ladies		47
141	270	Myles Coulson	SM	Braintree and District		55
142	242	Mike Grout	SM	Benfleet RC	55:	07
143	504	Phillip Watts	SM	Springfield Striders		17
144	476	Peter Binns	SM	Southend AC		36
145	508	Dan Summers	SM	Springfield Striders		36
146	536	Iain Scott	SM	Thurock Harriers		41
147	335	Emmet Fitzgibbon	SM	East London Runners		41
148	274	Kevin Kirby	SM	Chelmsford AC	56:	01
149	358	Rob Sommerville	SM	Eton Manor AC		10
150	547	Leo Cole	SM	Witham Running Club		15

151	543	Paul Mitchell	SM	Thurock Harriers	19
152	321	Joel Denning	SM	Dagenham 88 Runners	31
153	314	Dave Gayor	SM	Colchester Harriers	34
154	247	Michael Cerny	SM	Benfleet RC	43
155	336	Grant Conway	SM	East London Runners	48
156	415	Bill Bennett	SM	Orion Harriers	49
157	500	Tim Brockington	SM	Springfield Striders	57
158	540	Nigel Instance	SM	Thurock Harriers	57: 01
159	360	Lemuel English	SM	Eton Manor AC	17
160	578	Tom Spanvol	SM	Woodford Green with Essex Ladies	25
161	351	Adrian Frost	SM	Eton Manor AC	36
162	503	Steve Bugden	SM	Springfield Striders	37
163	492	Julian Catmull	SM	Springfield Striders	57
164	542	Bernie Johnson	SM	Thurock Harriers	58: 02
165	338	Peter Hatley	SM	East London Runners	04
166	428	Graham Hall	SM	Orion Harriers	23
167	350	Steve Dunn	SM	Eton Manor AC	39
168	357	Paul Manson	SM	Eton Manor AC	43
169	253	Tom Robinson	SM	Benfleet RC	43
170	384	Terry Knightley	SM	Ilford AC	59: 13
171	322	Paul Eagles	SM	Dagenham 88 Runners	14
172	451	Chris Reed	SM	Pitsea RC	33
173	309	Jason Bilton	SM	Colchester Harriers	60: 00
174	248	Roy Hardwood	SM	Benfleet RC	03
175	448	Chris Footer	SM	Phoenix Striders	17
176	403	Jim Whiffin	SM	Loughton	20
177	489	Simon Miller	SM	Springfield Striders	21
178	250	Stuart McMeekin	SM	Benfleet RC	37
179	249	Stephen Burton	SM	Benfleet RC	49
180	527	Keith Willett	SM	Thurock Harriers	62: 12
181	409	Brian Butcher	SM	Mid Essex Casuals	14
182	319	Ian Cummins	SM	Dagenham 88 Runners	37
183	344	Steve Adams	SM	Eton Manor AC	53
184	410	Eric Paul	SM	Orion Harriers	54
185	453	Don Sinclair	SM	Pitsea RC	63: 24
186	461	Kevin Cottrell	SM	RG Active Race Team	59
187	318	Gary Cardnell	SM	Dagenham 88 Runners	64: 08
188	457	Peter Exton	SM	RG Active Race Team	65: 06
189	323	Mike Peggall	SM	Dagenham 88 Runners	18
190	334	Muhammad Iqbal	SM	East London Runners	37
191	459	Robert Bower	SM	RG Active Race Team	47
192	454	Pete McLaughlin	SM	Pitsea RC	67: 09
193	460	Kelly Langley	SM	RG Active Race Team	25
194	361	Roger Albury	SM	Eton Manor AC	68: 03
195	450	David 'Eddie' Mills	SM	Phoenix Striders	40
196	340	Jason Levy	SM	East London Runners	72: 28
197	446	Neil Colley	SM	Phoenix Striders	30
198	999	Daniel Allen	SM	Dagenham 88 Runners	78: 33
199	498	Pat Knowles	SM	Springfield Striders	79: 28
200	327	Jeff Webster	SM	Dagenham 88 Runners	81: 23

Team Result

1	Woodford Green with Essex Ladies	42
2	Woodford Green with Essex Ladies 'B'	126
3	Orion Harriers	146
4	Colchester Harriers	219
5	Woodford Green with Essex Ladies 'C'	308
6	Ilford AC	311
7	Springfield Striders	319
8	Orion Harriers 'B'	364
9	Thurock Harriers	418
10	East London Runners	466
11	Woodford Green with Essex Ladies 'D'	525
12	Benfleet RC	575
13	Colchester Harriers 'B'	587
14	Orion Harriers 'C'	628
15	Eton Manor AC	679
16	Springfield Striders 'B'	794
17	Dagenham 88 Runners	873
18	Thurock Harriers 'B'	874
19	Benfleet RC 'B'	932
20	East London Runners 'B'	965
21	Eton Manor AC 'B'	987