

Essex League Cross Country League Results

Courtesy of : -

Chris Akehurst (Colchester H)
Roy Meadowcroft (Chelmsford AC)

Please e-mail any amendments to Chris

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Apologies for the delay in compiling the results, the first fixture is always the worst! Some of the positions in the senior races will differ from to the finishing discs issued as some discs were missing.

There will certainly be instances where age groups have not been identified properly, this will be especially true for Veterans.

And the inevitable spelling errors where we couldn't read team manager's writing and then (surely not) there will some typing errors on our part.

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 League (1)

Sponsored by Runners Edge

Braintree

19/10/2013

U13 Girls

1 Molly Bath	Havering M	12:	19	41 Ameila Day	Havering M	15:	38
2 Kate O'Neill	Havering M		21	42 Caitlin Fowler	East Essex Tri		40
3 Joanna Rimmington	Southend		26	43 Lois St Louis-Porter	Orion H	16:	09
4 Katie Mitchell	Havering M		32	44 Megan Courtney	Colchester H		18
5 Eleanor Macintosh	Cambridge & C		35	45 Hannah Mickleburgh-Garc	Benfleet		38
6 Helena Dyce	Cambridge & C		37	46 Heather Peters	Thurrock	17:	03
7 Courtney Gordon	Braintree	13:	08	47 Rhianon Ryan	Thurrock		04
8 Hayley Instance	Thurrock		12	48 Ellie Rae Cass	Havering M		10
9 Kiera Hornsby	Braintree		13	49 Lauren Ager	Basildon		20
10 Abigale Kerr	Discovery Tri		13	50 Lucy Priestley	Havering M	18:	13
11 Heidi Tanyi	Orion H		16	51 Tish Phelps	East Essex Tri	22:	12
12 Jessica Mitchell	Havering M		17				
13 Sophie Rand	Havering M		18				
14 Felicity Galbally	Basildon		20				
15 Roibheann Pearce	Orion H		28				
16 Megan Penfold	Orion H		31				
17 Emily Sharp	Orion H		37				
18 Georgia Gobell	Southend		38				
19 Charlotte Brooks	East Essex Tri		50				
20 Caitlin Griffin	Harlow		53				
21 Catherine Barker	Havering M	14:	06				
22 Yasmin Robinson	Benfleet		07				
23 Laura Paxman	Chelmsford		08				
24 Hannah Brooks	Chelmsford		18				
25 Lauren Barker	Harlow		25				
26 Ava King	Southend		27				
27 Genevieve Pate	Benfleet		33				
28 Daisy Partridge	Braintree		39				
29 Emily Kidd	Basildon		40				
30 Molly Sweetman	Havering M		53				
31 Olivia Cooper	Braintree		56				
32 Rachel Dunn	Chelmsford	15:	03				
33 Hannah Smith	Basildon		04				
34 Chloe Morter	Havering M		05				
35 Beth Coiley	Colchester H		05				
36 Milli Lewis	Havering M		07				
37 Frances Hay	Chelmsford		15				
38 Alex Goodfellow	Orion H		29				
39 Alice Abbott	Orion H		31				
40 Jessica James	Havering M		33				

Teams

1 Havering M	19	
2 Orion H	59	
3 Braintree	75	
4 Chelmsford	116	
5 Basildon	125	
6 Southend	47	(3)
7 Benfleet	94	(3)
8 Thurrock	101	(3)
9 East Essex Tri	112	(3)
10 Cambridge & C	11	(2)
11 Harlow	45	(2)
12 Colchester H	79	(2)
13 Discovery Tri	10	(1)

Essex Cross Country League (1)

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19/10/2013

U13 Boys

Pos	Name	Team	Time
1	Joesph Clarke	Orion H	11: 20
2	Thomas Keen	Cambridge & C	25
3	Mitchell Lawrence	Southend	31
4	Craig Wheeler	Southend	38
5	Lewis Harknett	Harlow	41
6	James Perkins	Basildon	43
7	Reece Scott	Thurrock H	44
8	Sam Rawlinson	Chelmsford	49
9	James Wood	Orion H	51
10	John Fennessey	Havering M	57
11	Jack Rice	Havering M	58
12	James Murphy	Harlow	59
13	Harry Parker	Thurrock H	59
14	David Dow	Cambridge & C	12: 00
15	Zack Bridgeland	Chelmsford	00
16	Oliver Newman	Cambridge & C	06
17	Jack Exley	Thurrock H	08
18	Oliver Woods	Havering M	15
19	Kieron Stephenson	Colchester & T	19
20	Jamie Sales	Cambridge & C	19
21	Bailey Hearne	Havering M	20
22	Sam Atkins	Havering M	22
23	Luke Gill	East Essex Tri	26
24	Joesph Hudson	Southend	27
25	Adam Wright	Benfleet	30
26	Oliver Randall	Southend	33
27	George Hay	Chelmsford	34
28	George Whisken	Cambridge & C	37
29	Matthew Pointer	Basildon	42
30	Freddie Martin	Braintree	45
31	Owen Harknett	Harlow	45
32	Sam Butcher	Southend	52
33	Freddy Richardson	Colchester & T	52
34	Kieron Davies	Havering M	53
35	Jack Karmy	Chelmsford	56
36	Sam Mezoori	Havering M	58
37	Callum Frasser	Harlow	13: 00
38	Taylor Newell	Thurrock H	02
39	Matthew Houchell	Basildon	06
40	Will Lynes	Braintree	08

41	Aaron Stone
42	George Harris
43	William Jones
44	Sam Wheatley
45	Sam Trenelling
46	Clayton Thomas
47	Saul Ashon
48	James Coleman
49	Brett Bocking
50	Toby Jordan
51	Luke Eve
52	Ellis Swindell
53	Sam Shrimpton
54	Adam Reid
55	Matthew Edwards
56	Ben Sanctuary
57	Lukas Speed
58	Elliot Coulson
59	Matthew Challis

Teams

Discovery Tri	12
Harlow	17
Orion H	22
Southend	27
Discovery Tri	37
East Essex Tri	39
Orion H	58
Orion H	14: 01
Braintree	40
Southend	47
Braintree	58
Benfleet	15: 21
Havering M	31
Braintree	43
Havering M	16: 34
Braintree	56
Braintree	59
Braintree	18: 34
Braintree	19: 02

Pos Teams

1	Cambridge & C	52
2	Southend	57
3	Havering M	60
4	Thurrock H	75
5	Chelmsford	85
5	Harlow	85
7	Orion H	100
8	Braintree	170
9	Basildon	74 (3)
10	Colchester & T	52 (2)
11	East Essex Tri	69 (2)
12	Benfleet	77 (2)
13	Discovery Tri	86 (2)

Essex Cross Country League (1)

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Braintree

19/10/2013

U15 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Khahisa Mhlanga	Chelmsford	15: 23	41	Elise Coombs	Basildon	20: 20
2	Jodie Judd	Chelmsford	41	42	Megan Bradley	Orion H	28
3	Rachel Broome	Chelmsford	49	43	Beth Harrington	Chelmsford	42
4	Alice Newcombe	Cambridge & C	56	44	Holly Eaton	Chelmsford	51
5	Jemima Walker	Basildon	16: 00	45	Megan Cross	Basildon	21: 05
6	Sinead Clark	Benfleet	08	46	Lauren Phillips	Braintree	39
7	Katie Feint	Chelmsford	10	47	Sasha Vail	Cambridge & C	25: 13
8	Belinda Dow	Cambridge & C	17				
9	Niamh Smith	Basildon	32				
10	Kate Etheridge	Chelmsford	55				
11	Lydia Callan	Colchester & T	58				
12	Natasha May	Southend	17: 08				
13	Isobel Mills	Orion H	17				
14	Gabrielle Pearce	Chelmsford	25				
15	Megan Paxman	Chelmsford	27				
16	Charlotte Skeggs	Basildon	34				
17	Brooke Mensah	Thurrock H	35				
18	Nancy Callagher	Orion H	37				
19	Georgina Sturgeon	Colchester & T	44				
20	Emily Marshall	Havering M	48				
21	Talya Abbott	Orion H	53				
22	Iona Doyle	Southend	18: 08				
23	Phoebe Jefferey	Chelmsford	12				
24	Megan Richardson	Basildon	13				
25	Emily Warren	Benfleet	14				
26	Jess Ward	Havering M	18: 16				
27	Mary-Ann Deasy	Colchester & T	30				
28	Lily Paxman	Chelmsford	43				
29	Elle Smith	Thurrock H	55				
30	Sorcha Barnes	Cambridge & C	19: 03				
31	Anna Macklin	Discovery Tri	13				
32	Sarah Brunton	Cambridge & C	17				
33	Eleanor Pepper	Southend	20				
34	Natasha Walter	Southend	22				
35	Grace McLeod	Havering M	29				
36	Olivia Elliott	Chelmsford	30				
37	Briony Findlay	Basildon	38				
38	Jasmyne Head	Benfleet	50				
39	Katie Inch	Orion H	20: 05				
40	Lauren Healy	Basildon	16				

Teams

1	Chelmsford	13
2	Basildon	54
3	Cambridge & C	74
4	Orion H	91
5	Southend	101
6	Colchester & T	57 (3)
7	Benfleet	69 (3)
8	Havering M	81 (3)
9	Thurrock H	46 (2)
10	Discovery Tri	31 (1)
11	Braintree	46 (1)

Essex Cross Country League (1)

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Braintree

19/10/2013

U15 Boys

Pos	Name	Team	Time	<u>Team Scores</u>			
1	Joseph Patterson	Colchester & T	13: 51	41	Jack Pattison	Orion H	29
2	Max Jones	Basildon	53	42	Christian Barker	Harlow	31
3	Jordan Wood	Cambridge & C	14: 11	43	Drew Olley	Colchester H	33
4	Daniel Richards	Orion H	24	44	Adison Poulton	Benfleet	36
5	Gus Withers	Basildon	31	45	Oliver Bath	Havering M	40
6	Mason Webb	Basildon	33	46	Dexter Goward	Benfleet	52
7	Ben Haynes	Basildon	34	47	Sam Walsh	Basildon	17: 25
8	Max Williams	Colchester & T	34	48	Alex Lione	Cambridge & C	38
9	Harry Sloman	Orion H	41	49	Michael Hodges	Southend	39
10	Harrison Smith	East Essex Tri	43	50	James Stewart	Havering M	49
11	Brandon Thorpe	Basildon	47	51	Aaron Westwood	Havering M	18: 37
12	Luke Crisp	Cambridge & C	52	52	George Goodspeed	Basildon	19: 14
13	Adam Harley	East Essex Tri	58	53	Joshua Partridge	Braintree	39
14	George Day	Orion H	15: 06	54	Ben Brooks	East Essex Tri	20: 25
15	Ashley Brown	Cambridge & C	10	55	Alex Sinclair	East Essex Tri	35
16	Toby Wright	Southend	14				
17	Jake Young	Colchester H	19				
18	Will Page	Colchester & T	23				
19	Rushwan Lewis	Benfleet	32				
20	Oscar Dawson	Colchester H	36				
21	Joshua Iron	Orion H	37				
22	Will Slaughter	Thurrock H	39				
23	Thomas Sedgewick	Chelmsford	43				
24	Joe Kidd	Basildon	44				
25	Zak Churn	Benfleet	46				
26	Oliver Morter	Havering M	49				
27	Joe Wakerley	Basildon	51				
28	Lewis Debenham	Havering M	53				
29	Matt Nicholls	Chelmsford	55				
30	Anthony Coleman	Orion H	59				
31	Daniel Harley	East Essex Tri	16: 03				
32	Jake Offiler	Orion H	03				
33	Cameron Kerr	Discovery Tri	04				
34	Remi Tran	Thurrock H	08				
35	Joshua Foot	Orion H	09				
36	Oliver New	Cambridge & C	11				
37	Evan Chess	Colchester & T	13				
38	Alex Smith	Chelmsford	17				
39	Ben Miller	Colchester & T	19				
40	Connor Culham	Braintree	24				

<u>Teams</u>		
1	Basildon	20
2	Orion H	48
3	Colchester & T	64
4	Cambridge & C	66
5	East Essex Tri	108
6	Benfleet	134
7	Havering M	149
8	Colchester H	80 (3)
9	Chelmsford	90 (3)
10	Thurrock H	56 (2)
11	Southend	65 (2)
12	Braintree	93 (2)
13	Discovery Tri	33 (1)
14	Harlow	42 (1)

Essex Cross Country League (1)

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Braintree

19/10/2013

U17 Men

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Team Result</u>	<u>Teams</u>
1	Timothy Cobden	Cambridge & C	21: 22		
2	Laurence Willmore	Basildon	27	1 Basildon	26
3	Adam Houchell	Basildon	22: 06	2 Benfleet	50
4	Adam Jordan	Southend	13	3 Southend	60
5	Christian Grey	Basildon	30	4 Cambridge & C	66
6	Joseph Nourse	Braintree	33	5 Orion H	72
7	Kieron Manning	Chelmsford	35	6 Havering M	76
8	Cheyenne Antionne-Cha	Orion H	43	7 Braintree	105
9	Eddy Cooper	Benfleet	51	8 Chelmsford	32 (2)
10	Harry Topham	Cambridge & C	23: 10	9 Thurrock H	20 (1)
11	Adam Foster	Benfleet	13	10 Harlow	31 (1)
12	Ryan Creasey	Benfleet	19		
13	Abdul Mohamed	Havering M	20		
14	Matthew Braybrook	Havering M	41		
15	Joe Ray	Southend	43		
16	Daniel Ashley	Basildon	57		
17	Ben Pattison	Orion H	24: 02		
18	James Hiscock	Benfleet	05		
19	Andrew Berry	Southend	13		
20	Gary Cahill	Thurrock H	29		
21	Robert Woodgate	Havering M	32		
22	Henry Snell	Southend	34		
23	Haider Razzaq	Orion H	38		
24	Charlie Weston	Orion H	48		
25	Robin O'Connor	Chelmsford	52		
26	Jake Davies	Cambridge & C	25: 18		
27	Ben Holdgate	Braintree	30		
28	Euan Harlow	Havering M	45		
29	Curtis Wood	Cambridge & C	47		
30	Steve Davies	Basildon	52		
31	Donald Campbell	Harlow	58		
32	Bradley West	Havering M	26: 00		
33	Kieran Feltham	Benfleet	15		
34	Nick Cooper	Braintree	17		
35	Thomas Young	Orion H	18		
36	Michael Williams	Benfleet	25		
37	Michael Feltham	Benfleet	27		
38	Jakob Beck	Braintree	27: 22		
39	Joe Payne	Basildon	28: 22		

Essex Cross Country League (1)

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Braintree

19/10/2013

U17/U20W

Pos	Age Gp	Name	Team	Time	Team Result
1	U17	Gemma Holloway	Thurrock H	18: 37	1 Basildon 35
2	U20	Alice Perkins	Basildon	48	2 Chelmsford 42
3	U17	Claire Wilson	Cambridge & C	19: 02	3 Southend 68
4	U17	Lydia Hallam	Havering M	23	4 Havering M 68
5	U17	Georgia Tuckfield	Chelmsford	36	5 Thurrock H 54 (3)
6	U17	Victoria Hiscock	Benfleet	43	6 Cambridge & C 60 (3)
7	U17	Katie Solis	Chelmsford	20: 20	7 Colchester & T 85 (3)
8	U20	Emily Bullis	Basildon	37	8 Benfleet 40 (2)
9	U17	Sarah Wilson	Havering M	44	9 Colchester H 43 (2)
10	U17	Megan Williams	Chelmsford	54	10 Orion H 61 (2)
11	U20	Hayley Lamkin	Southend	55	11 Harlow 32 (1)
12	U20	Eleanor Johnson	Basildon	21: 08	12 East Essex Tri 35 (1)
13	U20	Emma Houchell	Basildon	14	
14	U17	Isobel Ives	Basildon	22	
15	U20	Sarah Imbush	Southend	25	
16	U20	Molly Huggins	Colchester H	43	
17	U20	Isabella Woods	Havering M	51	
18	U20	Jordan Lacey	Southend	58	
19	U17	Maisie Jones	Basildon	22: 03	
20	U20	Jessica Swain	Chelmsford	12	
21	U17	Melissa Dix	Cambridge & C	17	
22	U17	Ami Fosker	Colchester & T	23	
23	U17	Chaima Allali	Thurrock H	36	
24	U17	Lucy Kidwell	Southend	38	
25	U17	Poppy Aitmarri	Basildon	41	
26	U17	Sian Hicks	Colchester & T	43	
27	U17	Joy Huggins	Colchester H	56	
28	U17	Madeleine Carr	Orion H	23: 19	
29	U17	Laura Kidd	Basildon	30	
30	U17	Kira Meredith	Thurrock H	32	
31	U17	Tilly Aitmarri	Basildon	39	
32	U20	Isobel Moss	Harlow	46	
33	U17	Joelle Ewen	Orion H	57	
34	U17	Abbi-May Walters	Benfleet	24: 04	
35	U17	Megan Clark	East Essex Tri	50	
36	U17	Charlotte Tame	Cambridge & C	25: 10	
37	U17	Hannah Banks	Colchester & T	22	
38	U17	Zoe Rudgey	Havering M	50	
39	U17	Abbie O'Neil	Havering M	28: 49	
40	U20	Lyndsey Wiggins	Havering M	32: 52	

Essex Cross Country League (1)
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Braintree					19/10/2013					Senior Women				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SW	Lauren Deadman	Havering M	22: 00	71	SW	Lauren Buckl	Springfield S	51					
2	SW	Gemma Kersey	Basildon	28	72	V35	Maureen Lear	Havering M	53					
3	SW	Kerry Holland	Southend	23: 06	73	V35	L Maidment	Orion H	53					
4	V45	Margaret Deasey	Colchester & T	24: 20	74	V45	Sue Crompton	Southend	56					
5	V35	Debbie Appleton	Havering M	33	75	V35	Sarah Norton	Bentfleet	57					
6	SW	Nicola Rogers	Colchester H	44	76	V45	Elaine Tubley	Springfield S	58					
7	SW	Claire Thurgood	Orion H	54	77	V45	Annette Johnson	Bentfleet	33: 05					
8	SW	Kirsty Tydeman	Basildon	25: 02	78	V35	Leanne Drake	Southend	10					
9	SW	Gemma Phillips	Havering M	09	79	V55	Dianne Woolar	Colchester & T	17					
10	SW	Claire Somerton	Cambridge & C	18	80	V55	Jean Hobbs	Loughton	27					
11	SW	Rebecca Rowley	Chelmsford	25	81	V35	Sarah Hammond	Springfield S	28					
12	SW	Laura Shoebridge	Colchester H	38	82	SW	Kayleigh Beedon	Braintree	36					
13	SW	Claire Cormwel	Southend	52	83	V45	Mandy Cooper	Bentfleet	44					
14	SW	Carys Sutton	Chelmsford	02	84	V45	Tracy O'Neill	Havering M	48					
15	V35	Wendy King	Chelmsford	10	85	V35	L Thom	Orion H	56					
16	V35	Denise Morley	Colchester H	17	86	V35	Simone Collins	E Essex Tri	34: 12					
17	SW	Dominique Ballard	Bentfleet	22	87	SW	Lisa Martin	Southend	26					
18	SW	Rebecca Luxton	Chelmsford	34	88	V45	Theresa Permain	Southend	41					
19	V35	Amanda Henry	Colchester H	36	89	V35	Claire Rudgeley	Havering M	55					
20	V45	Joanna Smith	Chelmsford	37	90	V45	Jo Whiffen	Loughton	35: 03					
21	V35	Jacqui Watson	Bentfleet	27: 06	91	SW	Melissa Timpson	Orion H	04					
22	SW	Tracey Ranson	Springfield S	10	92	SW	Roma Sands	Phoenix	20					
23	SW	Natalie Griffiths	Cambridge & C	14	93	V45	Anne Adamson	Mid Essex Cas	25					
24	SW	Hayley Hawes	E Essex Tri	21	94	V35	Sophie Pooler	Springfield S	36: 06					
25	SW	Rebecca Cooke	Colchester H	39	95	?	?	?	14					
26	SW	Andrea James	Colchester H	46	96	?	?	?	14					
27	SW	Louise Douglas	Basildon	50	97	V45	Debra Pumfrett	Phoenix	18					
28	SW	Emily Ballard	Basildon	54	98	V45	Sally Newman Rusell	Southend	23					
29	V35	Sian Gifford	Colchester & T	28: 00	99	SW	Claire Puffer	Mid Essex Cas	35					
30	V35	Jo Sullivan	Havering M	22	100	V45	Caz Wallis	Pitsea	43					
31	SW	Anne Jenkinson	Southend	30	101	V45	Nicola Maslen	Phoenix	37: 08					
32	V45	Christine Inch	Orion H	46	102	V45	Nicola Hawkins	Phoenix	16					
33	V35	Polly Bridgeman	Springfield S	56	103	SW	Julie Peacock	Mid Essex Cas	22					
34	V45	Jodie Farrell	Thurrock H	59	104	V35	Lavina Knight	Phoenix	23					
35	V35	H Rogerson	Orion H	29: 03	105	V45	Sarah Goodwin	Springfield S	38: 56					
36	V45	Mel Jones	Ilford	08	106	V75	Pam Jones	Ilford	39: 02					
37	SW	Ella Neale	Colchester H	16	107	V45	Michaela Davies	Loughton	04					
38	V55	Bree Nordin	Ilford	23	108	V55	Susan Vine	Phoenix	24					
39	V35	Samantha Tuck	Thurrock H	31	109	SW	Micky Gordon	Phoenix	38					
40	V45	Lorna Gaffney	Loughton	32	110	V35	Debbie Harrison	Braintree	40: 04					
41	V35	Kesia Kostyrka	Southend	36	111	SW	Sophie Doyle	University of Esse	10					
42	SW	Helen Bloomfield	Colchester H	38	112	V45	Irena Petersen	Loughton	15					
43	V35	Angie Thompson	Havering M	41	113	V45	Adele Moggan	Phoenix	28					
44	V35	Vic Curen	Springfield S	45	114	V45	Sarah Martin	Pitsea	42					
45	V35	Amy Trenchard	Thurrock H	30: 00	115	V45	K Halford	Orion H	43: 00					
46	V45	Paula Patel	Mid Essex Cas	16	116	SW	Sarah Knowles	Springfield S	45: 14					
47	SW	Ellie Cumner	Colchester & T	19	117	SW	Meredith Floate	Ilford	47: 05					
48	V35	Nichola Hands	Springfield S	23	118	SW	Kalli Isborne	Phoenix	48: 25					
49	V45	Dianne Crisp	Ilford	25										
50	SW	Jenny Sheehan	Ilford	26										
51	V35	L Gosling	Orion H	38										
52	SW	Libby Watson	Springfield S	41										
53	V35	Victoria Peacock	Thurrock H	46										
54	SW	Katie Wilkinson	Bentfleet	47										
55	V35	Claire Gordon	Braintree	55										
56	V35	S Maidment	Orion H	31: 06										
57	V35	Debbie Hallam	Southend	14										
58	V45	Laura Pettifer	Mid Essex Cas	17										
59	V45	Melanie Moore	Colchester H	18										
60	SW	Jennie Page	Bentfleet	22										
61	V45	Lindsey Rolerkite	Braintree	26										
62	V35	Hayley Barron	Orion H	32										
63	SW	Nicola Martell-Smith	Colchester H	35										
64	SW	Juliett Ward	Havering M	45										
65	SW	Katheryn Sunderland	Chelmsford	48										
66	SW	Iselin Kuinnsad Hidi	University of Esse	53										
67	V45	Jane Hallam	Havering M	32: 18										
68	V45	Gaye Shillaker	Loughton	25										
69	V45	Nicola Hopkinson	Ilford	34										
70	V35	Sharon Bannister	Springfield S	40										

Teams

1	Havering M	45
2	Colchester H	53
3	Chelmsford	58
4	Basildon	65
5	Southend	88
6	Orion H	125
7	Springfield S	147
8	Bentfleet	152
9	Colchester & T	159
10	Thurrock H	171
11	Ilford	173
12	Loughton	278
13	Mid Essex Cas	296
14	Braintree	308
15	Phoenix	392
16	Cambridge & C	33 (2)
17	E Essex Tri	110 (2)
18	University of Essex	177 (2)
19	Pitsea	214 (2)

Essex Cross Country League (1)

Sponsored by Runners Edge

<u>Braintree</u>				<u>19-Oct-13</u>	<u>Senior Men</u>		
<u>Pos</u>	<u>Age Gp</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Teams</u>		
1	SM	Adam Hickey	Southend	25 49	1	Southend	89
2	SM	Grant Twist	Chelmsford	27 09	2	Havering M	117
3	SM	David Gibbon	Southend	15	3	Chelmsford	177
4	SM	David Fewell	Chelmsford	27	4	Colchester H	178
5	SM	Rob Warner	Havering M	35	5	Orion H	230
6	JM	Ross Tennant	Ipswich H	42	6	Springfield S	292
7	SM	Mark Sanford	Chelmsford	43	7	Basildon	335
8	JM	Bradley Wattleworth	Ipswich H	57	8	Cambridge & C	372
9	SM	Chris Sellens	Colchester H	59	9	Thurrock H	374
10	U20	Jamie Buckley-Stanton	Havering M	28 03	10	Ilford	444
11	SM	Tom Cammack	Springfield S	08	11	Benfleet	519
12	U20	Hosaam Gikungu	Havering M	32	12	Billericay S	592
13	SM	Rhys Gillard	Southend	37	13	Mid Essex C	868
14	SM	John Fryer	Colchester H	40	14	Braintree	878
15	SM	Brian Jenkins	Orion H	44	15	Phoenix S	1068
16	SM	Gavin Allen	Springfield S	46	16	Colchester & T	239 (4)
17	SM	Oliver Park	Cambridge & C	48	17	Ipswich H	52 (3)
18	SM	Paddy Walsh	Southend	51	18	Thrift Green T	216 (3)
19	SM	Lee Pickering	Chelmsford	58	19	Univ Essex	192 (2)
20	SM	Sam Clayton	Colchester & T	29 02	20	East Essex T	48 (1)
21	SM	Grant Webb	Basildon	04	21	Essex Police	174 (1)
22	SM	Sebastian Cirillo	Basildon	09			
23	SM	Alex Houghton	Thurrock H	13			
24	U20	Darren Blackwell	Chelmsford	18			
25	U20	Rob Frith	Southend	19			
26	V40	Steve Rand	Havering M	21			
27	V40	Allen Smalls	Colchester H	48			
28	SM	Kurtis Swan	Billericay S	50			
29	U20	Ashley Capel	Southend	57			
30	U20	Steve Hancock	Southend	30 02			
31	SM	Ian Anthony	Havering M	07			
32	V40	Craig Dyce	Cambridge & C	08			
33	V40	Matt Bland	Havering M	09			
34	V40	Scott Rice	Thurrock H	12			
35	U20	Tom Richardson	Basildon	16			
36	SM	Ian Clark	Orion H	17			
37	SM	Mike Briggs	Benfleet	20			
38	JM	Connor Whiting	Ipswich H	21			
39	V40	Paul Spowage	Colchester H	24			
40	SM	Auberon Hall	Orion H	24			
41	V60	Dave Butler	Billericay S	27			
42	SM	Kyle Cunningham	Colchester H	29			
43	SM	R Ashton	Orion H	32			
44	SM	Mark Newton	Springfield S	37			
45	V40	John Fergusson	Cambridge & C	38			
46	V40	Barney Foot	Orion H	45			
47	V50	Colin Ridley	Colchester H	47			
48	SM	Paul Hart	East Essex T	55			
49	V40	Simon Hart	Havering M	56			
50	V40	Neil Swift	Orion H	57			
51	U20	James Thompson	Colchester & T	57			
52	SM	Tom Ballard	Colchester H	58			
53	V50	Paul Berrett	Havering M	59			
54	SM	Lee Taylor	Southend	31 05			
55	SM	Kevin Newell	Ilford	06			
56	V40	Steve Philcox	Ilford	14			
57	V40	Kevin Wotton	Ilford	19			
58	SM	Nelson Wandasiewicz	Thrift Green T	20			
59	SM	Dennis Cross	Basildon	22			
60	SM	Martin Chester	Havering M	22			
61	V40	Lee Martin	Springfield S	23			
62	SM	Graham Kennedy	Cambridge & C	23			
63	V40	S Laver	Orion H	26			
64	SM	Iain Wood	Cambridge & C	28			
65	U20	Adam Bateman	Braintree	29			
66	V40	Giles Hopkinson	Orion H	38			
67	SM	Andy Coleman	Billericay S	39			
68	SM	Stuart Raven	Springfield S	40			
69	SM	Neil McGown	Orion H	45			
70	SM	Marc Harrod	Colchester H	52			
71	U20	Dean Frost	Colchester & T	55			
72	U20	Andrew Holland	Havering M	57			
73	SM	David Johnson	Thurrock H	32 01			
74	U20	James Hall	Benfleet	13			
75	V40	John Green	Thurrock H	15			
76	V40	Alec Kyriakides	Southend	17			
77	V40	Ian O'Neill	Thrift Green T	26			
78	SM	Sam Rahman	Ilford	30			
79	SM	Rob Smith	Colchester H	33			
80	V50	Neil Crisp	Ilford	36			
81	V40	John Barker	Thrift Green T	39			
82	U20	Nick Shade	Havering M	40			
83	SM	Simon Wilson	Southend	41			
84	V50	Eamon Shelley	Thurrock H	46			
85	V40	Don Lawless	Thurrock H	52			
86	U20	Joshua Fullard	Univ Essex	55			
87	V50	Mark Gowers	Billericay S	56			
88	SM	Anthony Tobin	Thurrock H	33 02			

Essex Cross Country League (1)

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<u>Braintree</u>			<u>19-Oct-13</u>	<u>Senior Men</u>	
<u>Pos</u>	<u>Age Gp</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Teams</u>
89	V50	Nick Rankin	Benfleet	06	
90	V50	Kevin Julian	Orion H	16	
91	SM	Billy Parker- Brown	Basildon	19	
92	V50	Chris Purse	Springfield S	20	
93	V40	Richard Jones	Benfleet	21	
94	SM	D Wilson	Orion H	29	
95	SM	Sam Jackson	Havering M	33	
96	V40	John Russell	Thurrock H	36	
97	V40	Gary Riches	Colchester & T	39	
98	SM	Z Fodder	Orion H	42	
99	V40	Glen Gosling	Orion H	43	
100	V40	Nick Trencher	Thurrock H	46	
101	V40	James Heskey-Jones	Tiptree	48	
102	SM	Chris Mamby	Colchester H	49	
103	V50	John Metcalf	Thurrock H	52	
104	V40	John Byford	Springfield S	58	
105	SM	Dan Augustin	Mid Essex C	34 01	
106	U20	Benjamion Abbott	Univ Essex	2	
107	V40	Mbarck Aitmarri	Basildon	10	
108	V40	Darren Capel	Southend	11	
109	SM	David Harrell	Benfleet	12	
110	SM	Craig Horsburgh	Orion H	17	
111	V40	Peter Chipp	Springfield S	20	
112	V40	A Smith	Orion H	23	
113	SM	Luke Jackson	Havering M	24	
114	V50	D Brockington	Orion H	30	
115	SM	B Parr	Orion H	32	
116	SM	Darren MCGill	Colchester H	37	
117	V40	Dave Spain	Benfleet	39	
118	V60	Andy Catton	Ilford	40	
119	V40	Jason Syrett	Thurrock H	42	
120	V40	A Bauer	Orion H	44	
121	V50	Peter Tullett	Chelmsford	47	
122	V40	Simon Smith	Colchester H	49	
123	V40	Martyn Mack	Thurrock H	50	
124	SM	Mark Driscoll	Colchester H	55	
125	V40	Greg Wisken	Mid Essex C	35 3	
126	SM	B Shore	Orion H	4	
127	V40	Bradley Brown	Ilford	7	
128	V40	Al Monty	Southend	10	
129	V60	Mike Bumstead	Thurrock H	12	
130	V50	Ross Boyer	Braintree	13	
131	V40	Darren Priestly	Havering M	25	
132	V60	Peter Binns	Southend	26	
133	V40	Richard Amery	Thurrock H	27	
134	V40	Phillip Watts	Springfield S	30	
135	V40	Stuart Robinson	Chelmsford	32	
136	SM	Adam Gordon	Phoenix S	33	
137	SM	Michael Cerny	Benfleet	47	
138	SM	Stuart Colly	Orion H	52	
139	SM	James Williams	Chelmsford	53	
140	SM	Jeff Bolton	Southend	55	
141	V40	Roy Read	Mid Essex C	57	
142	V50	Mike Bond	Colchester H	36 0	
143	SM	Kevin Bates	Basildon	16	
144	V40	Mike Judd	Chelmsford	20	
145	V50	Craig Veall	Loughton	21	
146	V40	Jim Dawson	Orion H	23	
147	V40	Barry Ward	Havering M	24	
148	SM	Davis Findlay	Basildon	28	
149	SM	Tony Collins	Havering M	33	
150	U20	Alex Chrisostomou	Orion H	37	
151	V40	Gary Cahill	Thurrock H	40	
152	V50	Charlie Ritchie	Cambridge & C	44	
153	V40	Myles Coulson	Braintree	47	
154	SM	B Guy	Orion H	48	
155	SM	Anthony Marsh	Springfield S	53	
156	V40	Andy Kennedy	Mid Essex C	57	
157	V50	James Hart	Orion H	37 0	
158	V40	Duncan Rayney	Loughton	5	
159	V40	Nigel Instance	Thurrock H	17	
160	V40	Kevin Frost	Mid Essex C	22	
161	V40	Andrew Dodd	Orion H	29	
162	SM	Gary Cullen	Phoenix S	30	
163	U20	Roman Burroughs	Benfleet	36	
164	V40	Adam Fuller	Pitsea	41	
165	V40	G Irwin	Orion H	49	
166	V40	Lee Cousins	Braintree	38 1	
167	V40	Rich Flutter	Colchester H	8	
168	V40	Ian Glover	Southend	10	
169	V40	Gary Floate	Ilford	16	
170	V40	Kevin Hopper	Springfield S	34	
171	V50	Bernard Johnson	Thurrock H	36	
172	SM	Ricky Bullis	Basildon	39	
173	SM	Stephen Harris	Phoenix S	44	
174	SM	Ian Burgess	Essex Police	48	
175	V50	Jim Whiffen	Loughton	50	
176	V50	Gerry O'Doherty	Billericay S	55	

Essex Cross Country League (1)

Sponsored by Runners Edge

<u>Braintree</u>			<u>19-Oct-13</u>	<u>Senior Men</u>	
<u>Pos</u>	<u>Age Gp</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Teams</u>
177	V40	Andy Smith	Braintree	39 0	
178	V50	Gary Bartlett	Orion H	2	
179	V40	Dan Cogan	Ilford	4	
180	V40	Simon Morgan	Tiptree	6	
181	V40	Andy Tawn	Mid Essex C	11	
182	SM	Charlie Scott	Southend	24	
183	V50	Ted Skinner	Tiptree	25	
184	V40	G McCarthy	Orion H	28	
185	V40	Matt Gillard	Southend	29	
186	V40	Paul Wheeldon	Springfield S	29	
187	V40	Mark Jackson	Braintree	33	
188	V50	Colin Scollard	Braintree	42	
189	V50	Paul Williams	Orion H	45	
190	V50	Gerard Meah	Cambridge & C	47	
191	V50	Dave Lane	Phoenix S	40 5	
192	V40	Chris Hurcomb	Cambridge & C	7	
193	V60	Keith Walker	Billericay S	28	
194	V50	Bob Jousiffe	Orion H	29	
195	V50	Graham Hall	Orion H	29	
196	V60	Brian Butcher	Mid Essex C	32	
197	SM	Steve Middleton	Southend	34	
198	V40	Darren Abbott	Benfleet	54	
199	SM	Robert Frost	Phoenix S	41 6	
200	V40	Darren Hull	Springfield S	12	
201	V60	Keith Jackson	Pitsea	14	
202	V50	Jim Russell	Pitsea	21	
203	V60	John Hart	Loughton	28	
204	SM	Danny Summers	Springfield S	50	
205	V40	Mick Vincent	Southend	58	
206	V50	George Georgiou	Loughton	42 11	
207	V40	Simon Jordan	Phoenix S	18	
208	V50	Eddie Mills	Phoenix S	19	
209	V50	Ian Foskew	Mid Essex C	21	
210	SM	Jeremy Watson	Havering M	28	
211	SM	Leighton Williams	Mid Essex C	29	
212	V70	Charlie Ross	Chelmsford	45	
213	V50	Steve Cheal	Ilford	43 50	
214	V40	P Skeritt	Orion H	44 5	
215	SM	Chris Footer	Phoenix S	28	
216	V50	Martin Kresner	Cambridge & C	32	
217	V50	Dave Turk	Springfield S	45 13	
218	V60	Pat Knowles	Springfield S	53	
219	V50	Steve Timpson	Orion H	59	
220	V40	Gian Luca savini	Cambridge & C	46 1	
221	V60	Ian Linton	Tiptree	25	
222	V40	Colin Wiggins	Havering M	29	
223	V70	Ron Dawson	Southend	43	
224	V50	Peter Bulaitus	Orion H	47 3	
225	V40	Mohammed Allali	Thurrock H	32	
226	V60	David Hobbs	Loughton	50	
227	V50	Steve Williams	Chelmsford	50	
228	V60	David Game	Mid Essex C	48 38	
229	SM	Daniel Pulfer	Mid Essex C	50	
230	V60	Peter Bates	Pitsea	50 0	
231	V50	Steve Perry	Springfield S	28	