

## Essex League Cross Country League Results

Courtesy of :-

**Chris Akehurst (Colchester H)**

**Roy Meadowcroft (Chelmsford AC)**

Please e-mail any amendments to Chris

[chris.akehurst@tesco.net](mailto:chris.akehurst@tesco.net)

Apologies for the delay in compiling the results, the first fixture is always the worst! Some of the positions in the senior races will  
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

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

differ from to the finishing discs issued as some discs were missing.

rs on our part.



## Essex Cross Country League (1)

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<u>Thurrock</u>				<u>U13 Girls</u>				<u>18/10/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Aoibheann Pearce	Orion Harriers	13: 06	41	Emily Kidd	Basildon	16: 11				
2	Helena Dyce	Cambridge & Coleridge AC	13	42	Chloe Morter	Havering AC	16				
3	Frances Haines	Cambridge & Coleridge AC	17	43	Jessica James	Havering AC	18				
4	Hayley Instance	Thurrock Harriers	19	44	Charlotte Wright	Havering AC	24				
5	Kiera Hornsby	Braintree & District AC	29	45	Chloe Gagen	Havering AC	27				
6	Eleanor Macintosh	Cambridge & Coleridge AC	31	46	Sophie Wetheridge	Basildon	31				
7	Abigail Kerr	Braintree & District AC	33	47	Summer Thorpe	Basildon	33				
8	Ndidikama Okoh	Chelmsford AC	41	48	Caitlin Fowler	East Essex Triathlon Club	34				
9	Maria Bragin	Tonbridge Guest)	43	49	Ella King	Havering AC	39				
10	Martha Smith	Chelmsford AC	44	50	Capucine Pochet	Orion Harriers	17: 01				
11	Molly Sweetman	Havering AC	46	51	Hannah Rogers	Colchester Harriers AC	04				
12	Felicity Galbally	Southend-on-Sea AC	59	52	Chloe Rutter	Havering AC	06				
13	Grace Dukelow	Havering AC	59	53	Mathilda Green	Mid Essex Casuals	06				
14	Zoe Rutter	Harlow AC	14: 00	54	Charlotte Mogford	Chelmsford AC	07				
15	Holly Dowsett-Ward	Thurrock Harriers	08	55	Freya Richardson	Colchester & Tendring AC	14				
16	Charlotte Grant	Orion Harriers	20	56	Nicola Phelps	East Essex Triathlon Club	18: 12				
17	Demy Briggs	Thurrock Harriers	21	57	Lucy Priestley	Havering AC	33				
18	Kierra Scott	Thurrock Harriers	22	58	Ashleigh Rowland	Harlow AC	41				
19	Becci Leddy	Orion Harriers	27	59	Mairi Malcolm	Harlow AC	51				
20	Rosie Shaw	Orion Harriers	37	60	Demi Morgan	Thurrock Harriers	19: 14				
21	Natalie Smith	East Essex Triathlon Club	41	61	Katie Connew	Discovery Triathlon Club	36				
22	Charlotte Pratt	Harlow AC	44	62	Grace Skidmore	Mid Essex Casuals					
23	Gracie Malcolm	Harlow AC	45								
24	Faye Sweeting	Chelmsford AC	47								
25	Alice Bauckam	Chelmsford AC	50								
26	Molly Bath	Havering AC	53								
27	Savanna Sirkett	Harlow AC	56								
28	Tilly Borrett	Cambridge & Coleridge AC	57								
29	Amy Raven	Thurrock Harriers	15: 10								
30	Iris Brandon	Orion Harriers	14								
31	Savanna Harrison	Colchester Harriers AC	23								
32	Sophie Ealey	Cambridge & Coleridge AC	24								
33	Rosie Brown	Havering AC	33								
34	Aaliyah Davies	Havering AC	51								
35	Olivia Hyde	Havering AC	55								
36	Sophie Anderson	Southend-on-Sea AC	16: 00								
37	Daniella Keep	Basildon	05								
38	Stevie Critchell	Thurrock Harriers	06								
39	Eleanor White	Chelmsford AC	07								
40	Jasmine Stuckey	Basildon	09								

<b>Teams</b>		
1	Cambridge & Coleridge AC	39
2	Thurrock Harriers	54
3	Orion Harriers	56
4	Chelmsford AC	67
5	Havering AC	83
6	Harlow AC	86
7	Basildon	164
8	East Essex Triathlon Club	125 (3)
9	Braintree & District AC	12 (2)
10	Southend-on-Sea AC	48 (2)
11	Colchester Harriers AC	82 (2)
12	Mid Essex Casuals	115 (2)
13	Colchester & Tendring AC	55 (1)
14	Discovery Triathlon Club	61 (1)

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**Essex Cross Country League (1)**

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<u>Thurrock</u>				<u>U15 Girls</u>				<u>18/10/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Kate O'Neil	Havering AC	16: 23	41	Eilidh Malcolm	Harlow AC	20: 09				
2	Rachel Broome	Chelmsford AC	49	42	Emily Sharpe	Orion Harriers	15				
3	Sinead Clark	Benfleet Running Club	17: 03	43	Charlotte Gower	Chelmsford AC	23: 22				
4	Courtney Gordon	Braintree & District AC	05	44	Megan Reid	Harlow AC	24: 46				
5	Annabel Quantrill	Cambridge & Coleridge AC	08	45	Chloe West	Southend-on-Sea AC	25: 25				
6	Charlotte Brooks	East Essex Triathlon Club	11	46	Lucy Brown	Basildon AC	27: 23				
7	Lottie Rowedder	Harlow AC	13								
8	Kathryn Bell	Cambridge & Coleridge AC	47								
9	Joanna Rimmington	Southend-on-Sea AC	55								
10	Juliette LeMare	Southend-on-Sea AC	55								
11	Niamh Smith	Basildon AC	59								
12	Amber Pullinger	Thurrock Harriers	18: 00								
13	Mary-Ann Deasy	Colchester & Tendring AC	11								
14	Isobel Mills	Orion Harriers	26								
15	Katie Mitchell	Havering AC	31								
16	Jessica Mitchell	Havering AC	39								
17	Heather Peters	Thurrock Harriers	51								
18	Scarlett Pochet	Orion Harriers	53								
19	Lucy Ball	Thurrock Harriers	58								
20	Jasmine Rapley	Cambridge & Coleridge AC	59								
21	Rebecca Brown	Havering AC	19: 18								
22	Grace Goodall	Benfleet Running Club	19								
23	Megan Richardson	Basildon AC	21								
24	Genevieve Pate	Benfleet Running Club	29								
25	Amba Coombe	Havering AC	40								
26	Yasmin Robinson	Benfleet Running Club	42								
27	Katie Faint	Chelmsford AC	46								
28	Lara Foster	Benfleet Running Club	48								
29	Phoebe Jefferey	Chelmsford AC	51								
30	Catherine Barker	Havering AC	53								
31	Jasmine Mead	Benfleet Running Club	58								
32	Ghazal Seidi	Cambridge & Coleridge AC	20: 00								
33	Nancy Callagher	Orion Harriers	01								
34	Mia Slessor	Southend-on-Sea AC	05								
35	Olivia Elliott	Chelmsford AC	36								
36	Iona Doyle	Southend-on-Sea AC	52								
37	Emily James	Havering AC	21: 27								
38	Rhiannon Ryan	Thurrock Harriers	40								
39	Claudia Andrews	Harlow AC	44								
40	Eilidh Malcolm	Harlow AC	22: 09								

**Teams**

1	Havering AC	53	
2	Cambridge & Coleridge AC	65	
3	Benfleet Running Club	75	
4	Thurrock Harriers	86	
5	Southend-on-Sea AC	89	
6	Chelmsford AC	93	
7	Orion Harriers	106	
8	Harlow AC	129	
9	Basildon AC	79	(3)
10	East Essex Triathlon Club	52	(2)
11	Braintree & District AC	4	(1)
12	Colchester & Tendring AC	13	(1)

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## Essex Cross Country League (1)

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<u>Thurrock</u>				<u>U15 Boys</u>				<u>18/10/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Oliver Sewell	Cambridge & Coleridge AC	14: 43	41	William Jones	Orion Harriers	18: 10				
2	Jake Young	Colchester Harriers AC	56	42	Ollie Randall	Southend-on-Sea AC	18				
3	Ben Miller	Colchester & Tendring AC	15: 06	43	Oscar Haines	Cambridge & Coleridge AC	23				
4	Mason Webb	Basildon AC	11	44	Matthew Houchell	Basildon AC	57				
5	Jamie Sales	Cambridge & Coleridge AC	15	45	Ben Brooks	East Essex Triathlon Club	20: 59				
6	Toby Wright	Southend-on-Sea AC	21	46	Stephen Kirsh	Southend-on-Sea AC	21: 10				
7	Jack Rice	Havering AC	37								
8	Rushwan Lewis	Benfleet Running Club	40			<b>Teams</b>					
9	Oliver Newman	Cambridge & Coleridge AC	46			1 Cambridge & Coleridge AC	25				
10	Thomas Keen	Cambridge & Coleridge AC	47			2 Southend-on-Sea AC	55				
11	Lewis Harknett	Harlow AC	51			3 Havering AC	63				
12	Max Williams	Colchester & Tendring AC	56			4 Benfleet Running Club	83				
13	Joseph Clarke	Orion Harriers	58			5 Orion Harriers	98				
14	Tom Sheldrick	Havering AC	16: 02			6 Colchester & Tendring AC	48 (3)				
15	Sam Norris	Southend-on-Sea AC	03			7 Colchester Harriers AC	59 (3)				
16	Tom Stuttle	Southend-on-Sea AC	03			8 Basildon AC	83 (3)				
17	Joseph Owen	Orion Harriers	08			9 Thurrock Harriers	92 (3)				
18	Craig Wheeler	Southend-on-Sea AC	10			10 Harlow AC	47 (2)				
19	Charlie Everest	Colchester Harriers AC	13			11 Chelmsford AC	39 (1)				
20	Oliver Bath	Havering AC	16			12 East Essex Triathlon Club	45 (1)				
21	Rob Anderson	Cambridge & Coleridge AC	19								
22	Lewis Debenham	Havering AC	20								
23	Callum Liassi	Benfleet Running Club	24								
24	Dexter Goward	Benfleet Running Club	26								
25	Reece Scott	Thurrock Harriers	29								
26	Sam Adkins	Havering AC	33								
27	James Wood	Orion Harriers	35								
28	Zak Churn	Benfleet Running Club	39								
29	Matt Norris	Southend-on-Sea AC	47								
30	Taylor Newell	Thurrock Harriers	52								
31	John Fennessey	Havering AC	54								
32	Josh Borrett	Cambridge & Coleridge AC	58								
33	Freddie Richardson	Colchester & Tendring AC	17: 04								
34	Peter Cooke	Cambridge & Coleridge AC	06								
35	Sam Walsh	Basildon AC	08								
36	Owen Harknett	Harlow AC	22								
37	Jack Exley	Thurrock Harriers	27								
38	Drew Olley	Colchester Harriers AC	36								
39	George Hay	Chelmsford AC	58								
40	Kieron Davies	Havering AC	59								

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## Essex Cross Country League (1)

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<u>Thurrock</u>			<u>U17 Men</u>		<u>18/10/2014</u>	
Pos	Name	Team	Time			
1	Ahmed Abdulle	Ilford AC	23:	03		
2	Rob Huckle	Cambridge & Coleridge AC		15		
3	Harry Topham	Cambridge & Coleridge AC	24:	05		
4	Max Jones	Basildon AC		14		
5	George Elliott	Basildon AC		21		
6	Adam Jordan	Southend-on-Sea AC		26		
7	Joe Patterson	Colchester & Tendring AC		48		
8	Sam Smith	Thurrock Harriers	25:	02		
9	Christian Grey	Basildon AC		10		
10	George Day	Orion Harriers		17		
11	Brandon Thorpe	Basildon AC		20		
12	Harrison Smith	East Essex Triathlon Club		26		
13	Thomas Young	Orion Harriers		27		
14	Jordan Wood	Cambridge & Coleridge AC		34		
15	Jodi Meredith	Thurrock Harriers		36		
16	Jake Calus	Orion Harriers		38		
17	Eddy Cooper	Benfleet Running Club		47		
18	Ben Pattison	Orion Harriers		47		
19	Josh Iton	Orion Harriers		57		
20	Ramadan Osman	Colchester & Tendring AC	26:	13		
21	James Hiscock	Benfleet Running Club		33		
22	Gary Cahill	Thurrock Harriers		36		
23	Daniel Richards	Orion Harriers		41		
24	Euan Harlow	Havering AC	27:	00		
25	Usamak Patel	Ilford AC		03		
26	Nathan Brearley	Chelmsford AC		04		
27	Charlie Weston	Orion Harriers		10		
28	Jordan Denyer	Chelmsford AC		18		
29	Kudzai Magure	Orion Harriers		21		
30	Donald Campbell	Harlow AC		50		
31	Cameron Kerr	Braintree & District AC		51		
32	Bradley West	Havering AC	28:	04		
33	Conor Culham	Braintree & District AC		08		
34	Alex Lione	Cambridge & Coleridge AC		21		
35	Jordan Chrisostomu	Orion Harriers		25		
36	Michael Hodges	Southend-on-Sea AC		39		
37	Michael Williams	Benfleet Running Club	29:	16		
38	Kieran O'Hara	Havering AC	30:	07		
39	Jack Maher	Ilford AC		12		
40	Joe Payne	Basildon AC		18		

Pos	Name	Team	Time		
41	Joe Payne	Basildon AC		18	
42	Ryan Creasey	Benfleet Running Club	40:	18	
<b>Teams</b>					
1	Basildon AC			29	
2	Cambridge & Coleridge AC			53	
3	Orion Harriers			57	
4	Benfleet Running Club			116	
5	Havering AC			136	
6	Thurrock Harriers		45	(3)	
7	Ilford AC		65	(3)	
8	Colchester & Tendring AC		27	(2)	
9	Southend-on-Sea AC		42	(2)	
10	Chelmsford AC		54	(2)	
11	Braintree & District AC		64	(2)	
12	East Essex Triathlon Club		12	(1)	
13	Harlow AC		30	(1)	

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## Essex Cross Country League (1)

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<u>Thurrock</u>			<u>U17/20 Women</u>	<u>18/10/2014</u>		
Pos	Age	Name	Team	Time		Teams
1	U20	Georgia Tuckfield	Chelmsford AC	19: 08		1 Chelmsford AC 13
2	U17	Ellie Baker	Chelmsford AC	19		2 Cambridge & Coleridge AC 55
3	U17	Jodie Judd	Chelmsford AC	23		3 Havering AC 72
4	U20	Lydia Hallam	Havering AC	31		4 Basildon AC 76
5	U20	Beatrice Fitzsimons	Cambridge & Coleridge AC	36		5 Colchester & Tendring AC 81
6	U17	Isobel Ives	Basildon AC	39		6 Southend-on-Sea AC 90
7	U20	Katie Solis	Chelmsford AC	53		7 Benfleet Running Club 64 (3)
8	U17	Victoria Hiscock	Benfleet Running Club	20: 08		8 Thurrock Harriers 60 (2)
9	U20	Emily Bullis	Basildon AC	38		9 Harlow AC 29 (1)
10	U20	Hollie Parker	Cambridge & Coleridge AC	47		
11	U17	Lydia Callan	Colchester & Tendring AC	21: 01		
12	U17	Rosa Prideaux	Chelmsford AC	09		
13	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	14		
14	U17	Megan Williams	Chelmsford AC	17		
15	U17	Heidi Surman-Wells	Havering AC	33		
16	U20	Jordan Lacey	Southend-on-Sea AC	36		
17	U20	Isabella Woods	Havering AC	39		
18	U17	Emma Perks	Chelmsford AC	47		
19	U17	Georgina Sturgeon	Colchester & Tendring AC	22: 07		
20	U17	Natasha May	Southend-on-Sea AC	10		
21	U20	Annabel Matthews-Smith	Southend-on-Sea AC	13		
22	U17	Erin Minton-Branfoot	Chelmsford AC	37		
23	U20	Ami Fosker	Colchester & Tendring AC	56		
24	U17	Niamh Tuohey	Benfleet Running Club	59		
25	U17	Brooke Mensah	Thurrock Harriers	23: 14		
26	U15	Emily Marshall	Havering AC (N/S)	32		
27	U17	Mia Pesci	Cambridge & Coleridge AC	33		
28	U17	Phillipa Baxter	Colchester & Tendring AC	35		
29	U17	Amy Edward	Harlow AC	40		
30	U20	Laura Kidd	Basildon AC	24: 22		
31	U17	Charlotte Skeggs	Basildon AC	28		
32	U17	Emily Warren	Benfleet Running Club	25: 13		
33	U17	Eleanor Pepper	Southend-on-Sea AC	23		
34	U17	Anna McMinn	Chelmsford AC	31		
35	U17	Annabel Stancomb	Thurrock Harriers	26: 06		
36	U17	Holly Hyde	Havering AC	40		
37	U17	Ella Jolly	Havering AC	28: 23		

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		<u>Thurrock</u>	<u>Senior women</u>	<u>18/10/2014</u>		
Pos	Age	Name	Team	Time	Teams	
1	U20	Gemma Holloway	Thurrock Harriers (N/S)	25: 43	1 Chelmsford AC	57
2	SW	Charlotte Christinnson	Ipswich Harriers	26: 01	2 Cambridge & Coleridge AC	61
3	W35	Elizabeth Davies	Springfield Striders RC	06	3 Colchester Harriers AC	77
4	SW	Nicola Rogers	Colchester Harriers AC	18	4 Orion Harriers	120
5	W45	Margaret Deasey	Colchester & Tendring AC	23	4 Benfleet Running Club	120
6	SW	Dominique Ballard	Benfleet Running Club	36	6 Springfield Striders RC	125
7	W35	Debbie Appleton	Havering AC	50	7 Ilford AC	146
8	SW	Natalie Griffiths	Cambridge & Coleridge AC	27: 12	8 Southend-on-Sea AC	155
9	W35	Emma Prideaux	Billericay Striders RC	19	9 Havering AC	168
10	SW	Claire Thurgood	Orion Harriers	27	10 Loughton AC	241
11	SW	Claire Cornwell	Southend-on-Sea AC	39	11 Phoenix Striders	274
12	SW	Megan Evans	Chelmsford AC	56	12 Pitsea Running Club	325
13	SW	Claire Somerton	Cambridge & Coleridge AC	28: 02	13 Thurrock Harriers	122 (3)
14	SW	Rebecca Cole	Chelmsford AC	05	14 Mid Essex Casuals	129 (2)
15	SW	Poopy Blake	Chelmsford AC	09	15 Thurrock Harriers (N/S)	1 (1)
16	W35	Wendy King	Chelmsford AC	21	16 Ipswich Harriers	2 (1)
17	SW	Krystle Balogun	Ilford AC	29: 03	17 Colchester & Tendring AC	5 (1)
18	W35	Sally Mhlanga	Chelmsford AC	06	18 Billericay Striders RC	9 (1)
19	W35	Carrie Bedingfield	Cambridge & Coleridge AC	14	19 Basildon AC	41 (1)
20	W45	Denise Morley	Colchester Harriers AC	20	20 Thrift Green Trotters	64 (1)
21	SW	Stacey Wheat	Cambridge & Coleridge AC	26		
22	W35	Emma Buckland	Cambridge & Coleridge AC	31		
23	SW	Charmaine Sterling	Benfleet Running Club	33		
24	SW	Sarah Jeffery	Southend-on-Sea AC	45		
25	SW	Ellie Mayne	Colchester Harriers AC	52		
26	W35	Toni Noble	Thurrock Harriers	30: 06		
27	SW	Jo Eggermann	Cambridge & Coleridge AC	18		
28	W45	Lynn Higgs	Colchester Harriers AC	22		
29	SW	Jenni Sheehan	Ilford AC	27		
30	W35	Vic Curren	Springfield Striders RC	32		
31	SW	Natalie Kipps	Orion Harriers	33		
32	W35	Annette Oakman	Colchester Harriers AC	46		
33	SW	Rebecca Clarke	Colchester Harriers AC	55		
34	SW	Ella Neale	Colchester Harriers AC	31: 21		
35	W35	Hayley Rogerson	Orion Harriers	30		
36	SW	Debbie Cattermole	Colchester Harriers AC	38		
37	W35	Jacqui Watson	Benfleet Running Club	44		
38	SW	Holly Gillard	Southend-on-Sea AC	48		
39	W35	Polly Bridgeman	Springfield Striders RC	32: 04		
40	W45	Jodie Farrell	Thurrock Harriers	08		
41	SW	Louise Douglas	Basildon AC	09		
42	W55	Breege Nordin	Ilford AC	20		
43	SW	Izzie Pettit	Cambridge & Coleridge AC	26		
44	W45	Mary Armitage	Orion Harriers	28		
45	W35	Lorraine Gosling	Orion Harriers	57		

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Pos	Age	Name	Team	Time
46	SW	Catherine Sunderland	Chelmsford AC	32: 58
47	W45	Lorna Gaffney	Loughton AC	33: 05
48	W45	Paula Purtell	Mid Essex Casuals	07
49	W35	Joanne Sullivan	Havering AC	12
50	W35	Hayley Barron	Orion Harriers	39
51	W35	Sarah Boneham	Cambridge & Coleridge AC	46
52	W55	Gaye Shillaker	Loughton AC	54
53	W35	Helen Bateman	Springfield Striders RC	34: 03
54	SW	Katie Wilkinson	Benfleet Running Club	27
55	W45	Jane Hallam	Havering AC	42
56	W35	Victoria Peacock	Thurrock Harriers	45
57	W35	Maureen Lear	Havering AC	53
58	W45	Dianne Crisp	Ilford AC	35: 00
59	W35	Kerry Marsh	Springfield Striders RC	07
60	W35	Juliet Ward	Havering AC	20
61	W35	Liz Maidment	Orion Harriers	38
62	W45	Debbie Smith	Phoenix Striders	36: 29
63	W35	Ruth Roberts	Phoenix Striders	37: 20
64	W35	Diane Fairchild	Thrift Green Trotters	55
65	W45	Tracy O'Neill	Havering AC	38: 04
66	W35	Kirsty Williams	Springfield Striders RC	11
67	W45	Annette Johnson	Benfleet Running Club	21
68	W35	Sarah Norton	Benfleet Running Club	22
69	W65	Jean Hobbs	Loughton AC	50
70	W55	Valerie Sinclair	Pitsea Running Club	55
71	W35	Karen Chapman	Springfield Striders RC	39: 19
72	SW	Jumana Dickson	Phoenix Striders	23
73	W45	Mel Peddy	Loughton AC	24
74	SW	Nicole Meehan	Havering AC	32
75	W35	Audrey Morris	Benfleet Running Club	50
76	W45	Sarah Goodwin	Springfield Striders RC	40: 10
77	W45	Debra Pumfrett	Phoenix Striders	30
78	W45	Mandy Cooper	Benfleet Running Club	34
79	SW	Danielle Hedgcock	Phoenix Striders	59
80	W35	Bobbie Westwood	Havering AC	41: 01
81	W55	Julie Peacock	Mid Essex Casuals	42: 04
82	W45	Sally Newman-Russell	Southend-on-Sea AC	34
83	W55	Teresa Flannigan	Pitsea Running Club	43: 03
84	W55	Helen Williams	Pitsea Running Club	31
85	W75	Pam Jones	Ilford AC	44: 28
86	SW	Nicky Gordon Gordon	Phoenix Striders	37
87	W45	Michaela Davis	Loughton AC	45: 53
88	W55	Gillian Harrison	Pitsea Running Club	46: 48
89	W55	Gwen Harwood	Loughton AC	51: 48

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**Essex Cross Country League (1)**

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<u>Thurrock</u>		<u>Senior Men</u>	<u>18/10/2014</u>			
Pos	Age	Name	Team	Time	Teams	
1	SM	Sullivan Smith	Cambridge & Coleridge AC	27: 47	1 Cambridge & Coleridge AC	82
2	SM	Frankie Conway	Orion Harriers	12	2 Orion Harriers	162
3	SM	David Fewell	Chelmsford AC	20	3 Colchester Harriers AC	175
4	SM	Rob Warner	Havering AC	25	4 Chelmsford AC	185
5	U20	Kieron Wood	Cambridge & Coleridge AC	30	4 Havering AC	190
6	SM	Mark Sandford	Chelmsford AC	40	6 Springfield Striders RC	194
7	SM	Tristan Windley	Springfield Striders RC	52	7 Southend-on-Sea AC	226
8	SM	Tom Gardner	Ilford AC	29: 02	8 Ilford AC	308
9	U20	Ross Tennant	Ipswich Harriers	04	9 Basildon AC	428
10	SM	Rhys Gillard	Southend-on-Sea AC	06	10 Thurrock Harriers	470
11	SM	Grant Webb	Basildon AC	18	11 Thrift Green Trotters	473
12	V40	Malcolm Muir	Ilford AC	29	12 Benfleet Running Club	588
13	SM	Scott Cousins	Springfield Striders RC	34	13 Phoenix Striders	874
14	SM	Carwyn Jones	Colchester Harriers AC	42	14 Billericay Striders RC	238 (3)
15	U20	Tim Cobden	Cambridge & Coleridge AC	30: 00	15 Braintree & District AC	278 (3)
16	SM	Oliver Park	Cambridge & Coleridge AC	06	16 Pitsea Running Club	445 (3)
17	SM	Stephen Strange	Basildon AC	15	17 Mid Essex Casuals	461 (3)
18	U20	Jordan Rowe	Colchester Harriers AC	32	18 Tiptree Road Runners	282 (2)
19	SM	Pat Walsh	Southend-on-Sea AC	36	19 Ipswich Harriers	9 (1)
20	SM	Istran Jasco	Cambridge & Coleridge AC	38	20 Witham Running Club	90 (1)
21	SM	Ian Clark	Orion Harriers	51		
22	U20	James Nadin	Chelmsford AC	54		
23	V50	Colin Ridley	Colchester Harriers AC	59		
24	U20	Joesph Nourse	Braintree & District AC	31: 01		
25	SM	Alex Eggerman	Cambridge & Coleridge AC	05		
26	V40	Craig Dyce	Cambridge & Coleridge AC	06		
27	SM	Jason Lendon	Havering AC	07		
28	U20	Haider Razzaq	Orion Harriers	10		
29	V40	Allen Smalls	Colchester Harriers AC	12		
30	V40	Scott Rice	Thurrock Harriers	22		
31	V40	Matt Bland	Havering AC	26		
32	SM	Brian Jenkins	Orion Harriers	28		
33	SM	Kurtis Swan	Billericay Striders RC	32		
34	V40	Steve Philcox	Ilford AC	39		
35	V40	Gary Chandler	Springfield Striders RC	40		
36	V50	Dean Moy	Orion Harriers	42		
37	U20	Joe Ray	Southend-on-Sea AC	46		
38	SM	Paul Grange	Havering AC	57		
39	V40	Paul Wyatt	Havering AC	32: 06		
40	SM	Stuart Raven	Springfield Striders RC	07		
41	V40	Mark Harrod	Colchester Harriers AC	12		
42	SM	Lee Taylor	Southend-on-Sea AC	14		
43	V40	Colin Read	Orion Harriers	15		
44	SM	Ben Franklin	Southend-on-Sea AC	17		
45	V40	John Barker	Thrift Green Trotters	19		
46	V50	Mike Bridgeland	Chelmsford AC	26		
47	SM	Lewis Patching	Springfield Striders RC	30		
48	SM	Richard Park	Cambridge & Coleridge AC	33		
49	U20	Darren Blackwell	Chelmsford AC	36		
50	SM	Tim Ballard	Colchester Harriers AC	47		
51	SM	Alfie Waitbaka	Havering AC	54		
52	SM	Antony Goodall	Springfield Striders RC	58		
53	SM	Matthew Seward	Thrift Green Trotters	33: 03		
54	V50	Eric Paul	Orion Harriers	09		
55	SM	Iain Wood	Cambridge & Coleridge AC	10		

Pos	Age	Name	Team	Time
56	V40	Adam Baker	Orion Harriers	33: 12
57	U20	Abdul Mohammed	Havering AC	18
58	V40	Kevin Wotton	Ilford AC	23
59	SM	James Williams	Chelmsford AC	27
60	V50	Kevin Julian	Orion Harriers	30
61	V40	Giles Hopkinson	Orion Harriers	32
62	SM	Dorward Whitehead	Cambridge & Coleridge AC	33
63	V40	George Banbury	Orion Harriers	36
64	V40	Paul Rodgers	Colchester Harriers AC	37
65	U20	Reece Ashik	Chelmsford AC	45
66	V50	Don Lawless	Thurrock Harriers	57
67	SM	David Wilson	Orion Harriers	34: 10
68	U20	Michael Feltham	Benfleet Running Club	12
69	V50	Neil Crisp	Ilford AC	13
70	SM	Lee Bailey	Orion Harriers	14
71	V40	Joe Happe	Orion Harriers	15
72	V40	Rob Gibby	Colchester Harriers AC	18
73	V40	Neil Swift	Orion Harriers	27
74	V40	Alec Kyriakides	Southend-on-Sea AC	29
75	V40	Glen Gosling	Orion Harriers	32
76	V40	Ian O'Neill	Thrift Green Trotters	36
77	V50	Dave Brock	Orion Harriers	38
78	V50	Peter West	Colchester Harriers AC	43
79	SM	Adam Colgrave	Chelmsford AC	45
80	SM	Graeme Kennedy	Cambridge & Coleridge AC	49
81	V40	Kevin Harris	Springfield Striders RC	51
82	V50	Chris Purse	Springfield Striders RC	55
83	V40	Andy Coleman	Billericay Striders RC	57
84	SM	Andrew Low	Benfleet Running Club	58
85	U20	Andrew Holland	Havering AC	35: 02
86	V40	Mark Dillon	Orion Harriers	04
87	V40	Nick Trencher	Thurrock Harriers	10
88	U20	Curtis Wood	Cambridge & Coleridge AC	13
89	V50	Jonathan Metcalf	Thurrock Harriers	14
90	SM	Unknown Runner	Witham Running Club	29
91	U20	Stephen Davies	Basildon AC	32
92	SM	Mark Read	Thrift Green Trotters	42
93	SM	Zoltan Fodor	Orion Harriers	52
94	V50	Andy Morris	Benfleet Running Club	58
95	V40	Mike Grout	Benfleet Running Club	36: 08
96	V40	John Russell	Thurrock Harriers	11
97	SM	Kevin Bates	Basildon AC	22
98	U20	Buddy Green	Orion Harriers	27
99	V50	Simon Smith	Colchester Harriers AC	38
100	V50	Peter Tullett	Chelmsford AC	42
101	SM	Peter Barrett	Thrift Green Trotters	43
102	V40	Jason Syrett	Thurrock Harriers	46
103	V40	Graham Booty	Benfleet Running Club	47
104	SM	Michael Monkton	Southend-on-Sea AC	48
105	V40	Aik Aitmarri	Basildon AC	54
106	V50	Keith Thornton	Thrift Green Trotters	37: 7
107	V40	David Findlay	Basildon AC	12
108	SM	Derek Hatley	Cambridge & Coleridge AC	18
109	V40	Myles Coulson	Braintree & District AC	19
110	SM	Charlie	Cambridge & Coleridge AC	19

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Pos	Age	Name	Team	Time
111	V50	Trevor Hardcastle	Phoenix Striders	37: 33
112	V40	Al Monte	Southend-on-Sea AC	34
113	SM	Unknown Runner	Chelmsford AC	41
114	SM	Mark Driscoll	Colchester Harriers AC	48
115	V50	Nev Hawkes	Cambridge & Coleridge AC	38: 06
116	V40	Barry Waed	Havering AC	17
117	V40	Glen Irwin	Orion Harriers	19
118	SM	Scott Phillips	Basildon AC	20
119	SM	Iain Scott	Thurrock Harriers	20
120	SM	Joe McGrath	Billericay Striders RC	24
121	SM	Ryan Swain	Basildon AC	25
122	V40	Stuart Colley	Orion Harriers	32
123	V60	Malcolm Savage	Springfield Striders RC	36
124	V40	Dan Green	Orion Harriers	41
125	V60	Tony Nixon	Ilford AC	48
126	U20	Henry Snell	Southend-on-Sea AC	54
127	SM	Steve Surety	Basildon AC	39: 14
128	SM	Mark Buckley	Springfield Striders RC	20
129	SM	Chris Coates	Havering AC	37
130	V40	Simon Morgan	Tiptree Road Runners	48
131	SM	Paul Mitchell	Thurrock Harriers	59
132	V40	Andrew Dodd	Orion Harriers	40: 01
133	V50	Grant Corton	Orion Harriers	11
134	V60	Glynn Smith	Cambridge & Coleridge AC	20
135	V50	Kevin Kirby	Chelmsford AC	21
136	V50	Gary Bartlett	Orion Harriers	21
137	SM	Chris Footer	Phoenix Striders	29
138	V50	Don Sinclair	Pitsea Running Club	44
139	SM	Adam Gordon	Phoenix Striders	49
140	V50	Paul Williams	Orion Harriers	55
141	SM	Steven Rebel	Thrift Green Trotters	41: 01
142	V40	Tom Robinson	Benfleet Running Club	12
143	U20	Jacob Beck	Braintree & District AC	22
144	V40	kieran Terry	Orion Harriers	45
145	V50	Dennis Dudley	Benfleet Running Club	49
146	V50	Ricky Bullis	Basildon AC	54
147	V50	Gary Howard	Havering AC	42: 13
148	V50	Ted Skinner	Tiptree Road Runners	19
149	V50	Jim Russell	Pitsea Running Club	23
150	SM	Leighton Williams	Mid Essex Casuals	25
151	V60	Keith Jackson	Mid Essex Casuals	43
152	V50	Peter McLaughlin	Pitsea Running Club	47
153	SM	Robert Frost	Phoenix Striders	55
154	V60	Ray Vaultier	Mid Essex Casuals	44: 35
155	V40	Darren Abbott	Benfleet Running Club	45: 07
156	V70	Charlie Ross	Chelmsford AC	37
157	V50	Steve Williams	Chelmsford AC	49: 25
158	V40	Nick Vincent	Southend-on-Sea AC	56
159	V60	Pat Knowles	Springfield Striders RC	51: 50
160	V40	Simon Jordan	Phoenix Striders	54: 22
161	V60	Gerry Danial	Chelmsford AC	56: 39
162	V60	Gwyn Hughes	Phoenix Striders	58: 11
163				
164				

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