



Essex Cross Country League (1)

Sponsored by

<u>Thurrock</u>			<u>U13 Girls</u>	<u>10-10-15</u>	<u>Teams</u>	
Pos	Name	Team		Time		
1	Abigail Ives	Basildon AC		15: 25	1	Chelmsford AC 26
2	Martha Smith	Chelmsford AC		44	2	Basildon AC 30
3	Georgia Tombs	Chelmsford AC		16: 37	3	Thurrock Harriers 56
4	Hannah Bolton	Chelmsford AC		46	4	Havering AC 68
5	Charlotte Pratt	Harlow AC		55	5	Harlow AC 38 (3)
6	Kierra Scott	Basildon AC		59	6	Orion Harriers 52 (3)
7	Savanna Sirkett	Harlow AC		17: 03	7	Southend-on-Sea AC 37 (2)
8	Hollie Rex	Basildon AC		15	8	Colchester & Tendring AC 64 (2)
9	Holly Dowsett-Ward	Thurrock Harriers		18	9	East Essex Triathlon Club 67 (2)
10	Sydney Foley	Havering AC		19	10	Cambridge & Coleridge AC 25 (1)
11	Becci Leddy	Orion Harriers		21		
12	Demi Eaves	Thurrock Harriers		24		
13	Demi Bridges	Thurrock Harriers		29		
14	Poppy Ellis	Havering AC		58		
15	Sophie Wetheridge	Basildon AC		18: 22		
16	Sophie Anderson	Southend-on-Sea AC		24		
17	Evie Smith	Chelmsford AC		27		
18	Rosie Shaw	Orion Harriers		29		
19	Tia Cocca	Chelmsford AC		35		
20	Lily Bath	Havering AC		44		
21	Grace Hayden	Southend-on-Sea AC		58		
22	Hannah Peacock	Thurrock Harriers		19: 10		
23	Iris Brandon	Orion Harriers		11		
24	Annie Grannell	Havering AC		15		
25	Innes Dunlop	Cambridge & Coleridge AC		16		
26	Ellen Savidge	Harlow AC		19		
27	Alice Atkins	Havering AC		28		
28	Mazy King	Colchester & Tendring AC		57		
29	Emily Fall	Thurrock Harriers		20: 08		
30	Lucie Mills	Thurrock Harriers		15		
31	Leah Brewer	Thurrock Harriers		26		
32	Jessica James	Havering AC		44		
33	Nicola Phelps	East Essex Triathlon Club		22: 24		
34	Beth Badman	East Essex Triathlon Club		25		
35	Rebecca Rourke	Havering AC		41		
36	Jennifer Palmer	Colchester & Tendring AC		23: 15		

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<u>Thurrock</u>				<u>U13 Boys</u>				<u>10-10-15</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Harry Parker	Thurrock Harriers	14: 53	41	Luke Randall	Southend-on-Sea AC	25				
2	Hugh Dow	Cambridge & Coleridge AC	15: 07	42	Harry Lowe	Thurrock Harriers	39				
3	Max Godfrey	Cambridge & Coleridge AC	09	43	Sunny Vehit	Thurrock Harriers	45				
4	Alex Ford	Havering AC	12	44	Glen Morrice	Southend-on-Sea AC	45				
5	Finlay Lowe	Thurrock Harriers	21	45	Teddy Norcott	Thurrock Harriers	46				
6	Ziggy Lambton	Colchester Harriers AC	24	46	Finlay Staff	Basildon AC	46				
7	Alfie Hutchinson	Chelmsford AC	27	47	Casey Fletcher	Havering AC	53				
8	Daniel Houchell	Basildon AC	28	48	Thomas Woodward	Chelmsford AC	18: 01				
9	Joe Morgan	Harlow AC	32	49	Louis Harhalakis	Cambridge & Coleridge AC	08				
10	Farris Patel	Ilford AC	39	50	William Mayes	East Essex Triathlon Club	19: 02				
11	Kai Boggon	Harlow AC	40	51	Reece Debenham	Havering AC	05				
12	Tommy Bridger	Cambridge & Coleridge AC	45	52	Mehdi Harun	Ilford AC	10				
13	Henry Lay	Havering AC	56	53	Taylor Jones	Southend-on-Sea AC	47				
14	Arun Manget	Ilford AC	58								
15	Jack Saunders	Basildon AC	58								
16	Jamie Mack	Thurrock Harriers	16: 01								
17	Sam Myers	Cambridge & Coleridge AC	06								
18	Miles Benyan	Cambridge & Coleridge AC	09								
19	James Fraser	Cambridge & Coleridge AC	10								
20	George Hay	Southend-on-Sea AC	11								
21	Oscar Ferguson	Cambridge & Coleridge AC	13								
22	Ben Sloan	Harlow AC	22								
23	Aiden Cahill	Braintree & District AC	25								
24	Ben Naish	Havering AC	28								
25	Sean Mangan	Chelmsford AC	42								
26	Sam Sloan	Harlow AC	43								
27	Dylan Harrid	Thurrock Harriers	47								
28	Henry Jones	Orion Harriers	47								
29	Kyle Gill	East Essex Triathlon Club	47								
30	Oliver Carter	Harlow AC	50								
31	Luca Dean	Cambridge & Coleridge AC	57								
32	Bradley Deacon	Ilford AC	17: 00								
33	Scott Thomas	Chelmsford AC	03								
34	Cameron Worrall	Basildon AC	04								
35	Max Stapleton	Southend-on-Sea AC	12								
36	Timi McDaniel	Havering AC	18								
37	Jordan Ryan	Havering AC	18								
38	Angus Dow	Cambridge & Coleridge AC	19								
39	James Lee	Basildon AC	21								
40	Billy Saunders	Basildon AC	21								

Teams (4 to score)

1	Cambridge & Coleridge AC	34
2	Thurrock Harriers	49
3	Harlow AC	68
4	Havering AC	77
5	Basildon AC	96
6	Ilford AC	108
7	Chelmsford AC	113
8	Southend-on-Sea AC	140
9	East Essex Triathlon Club	79 (2)
10	Colchester Harriers AC	6 (1)
11	Braintree & District AC	23 (1)
12	Orion Harriers	28 (1)

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<u>Thurrock</u>		<u>U15 Girls</u>	<u>10-10-15</u>		<u>Teams (4 to score)</u>	
Pos	Name	Team	Time			
1	Kate O'Neill	Havering AC	17:	58	1	Havering AC 22
2	Joanna Rimmington	Southend-on-Sea AC	18:	48	2	Thurrock Harriers 57
3	Amber Pullinger	Thurrock Harriers		54	3	Braintree & District AC 47 (3)
4	Lottie Rowedder	Harlow AC	19:	15	4	Southend-on-Sea AC 51 (3)
5	Sophie Rand	Havering AC		41	5	Cambridge & Coleridge AC 53 (3)
6	Jessica Mitchell	Havering AC		49	6	Benfleet Running Club 61 (3)
7	Hayley Instance	Thurrock Harriers		53	7	Orion Harriers 73 (3)
8	Grace Goodall	Benfleet Running Club		56	8	Harlow AC 16 (2)
9	Helena Dyce	Cambridge & Coleridge AC	20:	04	9	Ilford AC 43 (2)
10	Molly Sweetman	Havering AC		16	10	Colchester & Tendring AC 60 (2)
11	Jordan Hinds	Ilford AC		20	11	Basildon AC 13 (1)
12	Zoe Rutter	Harlow AC		22	12	Chelmsford AC 28 (1)
13	Abbey Rex	Basildon AC		28		
14	Courtney Gordon	Braintree & District AC		32		
15	Aoibheann Pearce	Orion Harriers		36		
16	Abbie Kerr	Braintree & District AC		41		
17	Kiera Hornsby	Braintree & District AC		54		
18	Jasmine Rapley	Cambridge & Coleridge AC	21:	05		
19	Grace Dukelow	Havering AC		08		
20	Lucie Ball	Thurrock Harriers		13		
21	Molly Bath	Havering AC		48		
22	Annilie Cole	Orion Harriers	22:	01		
23	Genevieve Pate	Benfleet Running Club		18		
24	Jenna Williams	Southend-on-Sea AC		29		
25	Mia Slesser	Southend-on-Sea AC		50		
26	Emma Holmes	Cambridge & Coleridge AC	23:	04		
27	Amy Raven	Thurrock Harriers		10		
28	Thea Smith	Chelmsford AC		15		
29	Ellisa Baggott	Colchester & Tendring AC		53		
30	Hannah Mickleburgh-Gardham	Benfleet Running Club	24:	04		
31	Emma Gadsdon	Colchester & Tendring AC		26		
32	Isabella Hicks	Ilford AC		41		
33	Kate Walker	Havering AC		51		
34	Ella King	Havering AC	25:	17		
35	Charlotte Wright	Havering AC		31		
36	Charlotte Grant	Orion Harriers	26:	27		
37	Anna Osborn	Havering AC	33:	23		

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<u>Thurrock</u>				<u>U15 Boys</u>				<u>10-10-15</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Joseph Owen	Orion Harriers	16: 38	41	James Wright	Basildon AC	49				
2	Thomas Keen	Cambridge & Coleridge AC	44	42	Jack Halil	Ilford AC	21: 16				
3	David Dow	Cambridge & Coleridge AC	45	43	Joseph Abbott	Chelmsford AC	44				
4	Sonny Bastone	Colchester & Tendring AC	48	44	Ethan Douglas	Benfleet Running Club	26: 39				
5	Jack Rice	Havering AC	57								
6	Joseph Clarke	Orion Harriers	17: 09								
7	Oliver Newman	Cambridge & Coleridge AC	11								
8	Lewis Harknett	Harlow AC	31								
9	Sam Norris	Southend-on-Sea AC	33								
10	Tom Stuttle	Southend-on-Sea AC	37								
11	Danny Millward	Colchester Harriers AC	40								
12	Leon Wheeler	Thurrock Harriers	46								
13	Jack Exley	Thurrock Harriers	52								
14	Zach Bridgeland	Chelmsford AC	55								
15	Josh Borrett	Cambridge & Coleridge AC	18: 02								
16	Mitch Lawrence	Southend-on-Sea AC	06								
17	Taylor Newell	Thurrock Harriers	10								
18	Luke Gill	East Essex Triathlon Club	24								
19	Ben Prior	Thurrock Harriers	28								
20	Harry Smith	Southend-on-Sea AC	29								
21	Reece Scott	Basildon AC	30								
22	Callum Lloyd	Chelmsford AC	37								
23	Max Caulfield	Colchester Harriers AC	38								
24	Sarab Dhillon	Thurrock Harriers	41								
25	Tom Ray	Basildon AC	48								
26	Sam Atkins	Havering AC	50								
27	Jay Shotter	Orion Harriers	52								
28	Owen Harknett	Harlow AC	56								
29	Ollie Randall	Southend-on-Sea AC	58								
30	Joe Hudson	Southend-on-Sea AC	19: 05								
31	Joeseeph Bowden	Colchester Harriers AC	53								
32	Freddie Richardson	Colchester & Tendring AC	20: 01								
33	Ethan Webster	Braintree & District AC	04								
34	Henri Willett	Thurrock Harriers	15								
35	Sam Wheatley	Southend-on-Sea AC	17								
36	Alex Friend	Havering AC	19								
37	Saul Ashon	Orion Harriers	20								
38	George Wisken	Cambridge & Coleridge AC	23								
39	Craig Wheeler	Southend-on-Sea AC	31								
40	Matthew Houchell	Basildon AC	33								

Teams (4 to score)

1	Cambridge & Coleridge AC	27
2	Southend-on-Sea AC	55
3	Thurrock Harriers	61
4	Orion Harriers	71
5	Basildon AC	127
6	Colchester Harriers AC	65 (3)
7	Havering AC	67 (3)
8	Chelmsford AC	79 (3)
9	Harlow AC	36 (2)
10	Colchester & Tendring AC	36 (2)
11	East Essex Triathlon Club	18 (1)
12	Braintree & District AC	33 (1)
13	Ilford AC	42 (1)
14	Benfleet Running Club	44 (1)

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		<u>Thurrock</u>	<u>U17/20 Women</u>	<u>10-10-15</u>		
Pos	Age	Name	Team	Time	Teams (4 to score)	
1	U20	Claire Wilson	Cambridge & Coleridge AC	27: 27	1	Cambridge & Coleridge AC 14
2	U17	Belinda Dow	Cambridge & Coleridge AC	28: 48	2	Basildon AC 53
3	U17	Sinead Clark	Benfleet Running Club	29: 08	3	Havering AC 58
4	U17	Rachel Broome	Chelmsford AC	13	4	Chelmsford AC 21 (3)
5	U17	Alice Newcombe	Cambridge & Coleridge AC	15	5	Southend-on-Sea AC 65 (3)
6	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	30: 24	6	Benfleet Running Club 3 (1)
7	U17	Jemima Walker	Basildon AC	36	7	Colchester & Tendring AC 12 (1)
8	U20	Megan Williams	Chelmsford AC	31: 17	8	Colchester Harriers AC 16 (1)
9	U17	Emma Perks	Chelmsford AC	38	9	Thurrock Harriers 17 (1)
10	U20	Sarah Wilson	Havering AC	32: 02	10	Orion Harriers 18 (1)
11	U17	Gemma Archer-Haley	Basildon AC	25		
12	U20	Phillipa Baxter	Colchester & Tendring AC	43		
13	U20	Isabella Woods	Havering AC	33: 39		
14	U17	Megan Rapley	Basildon AC	46		
15	U17	Lois Wyatt	Havering AC	34: 09		
16	U20	Beth Francis	Colchester Harriers AC	57		
17	U17	Brooke Mensah	Thurrock Harriers	35: 19		
18	U20	Serena Espeute	Orion Harriers	26		
19	U17	Iona Doyle	Southend-on-Sea AC	53		
20	U17	Georgia Phillips	Havering AC	36: 36		
21	U17	Megan Cross	Basildon AC	37		
22	U17	Natasha Walter	Southend-on-Sea AC	47		
23	U17	Emily Marshall	Havering AC	48		
24	U17	Ellen Williams	Southend-on-Sea AC	37: 15		
25	U17	Emily James	Havering AC	38: 08		



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<u>Thurrock</u>		<u>U17 Men</u>	<u>10-10-15</u>		<u>Teams (4 to score)</u>	
Pos	Name	Team	Time			
1	Rob Huckle	Cambridge & Coleridge AC	26:	25	1	Cambridge & Coleridge AC 13
2	Ahmed Abdulle	Iford AC	27:	00	2	Basildon AC 67
3	Ollie Sewell	Cambridge & Coleridge AC		15	3	Chelmsford AC 91
4	Jordan Wood	Cambridge & Coleridge AC		56	4	Havering AC 104
5	Ashley Brown	Cambridge & Coleridge AC	28:	01	5	Colchester Harriers AC 56 (3)
6	Mason Webb	Basildon AC		30	6	Thurrock Harriers 59 (3)
7	Ben Miller	Colchester & Tendring AC		30	7	Southend-on-Sea AC 73 (3)
8	Harrison Smith	East Essex Triathlon Club		31	8	Colchester & Tendring AC 19 (2)
9	Jake Young	Colchester Harriers AC		58	9	Orion Harriers 34 (2)
10	Ben Davis	Havering AC	29:	09	10	East Essex Triathlon Club 35 (2)
11	Gus Withers	Basildon AC		13	11	Benfleet Running Club 60 (2)
12	Joe Patterson	Colchester & Tendring AC		15	12	Iford AC 2 (1)
13	George Day	Orion Harriers		23	13	Harlow AC 25 (1)
14	Jodi Meredith	Thurrock Harriers		26	14	Braintree & District AC 32 (1)
15	Jordan Denyer	Chelmsford AC		35		
16	Brandon Thorpe	Basildon AC		39		
17	Owen Thomas	Chelmsford AC		41		
18	Oscar Dawson	Colchester Harriers AC		56		
19	Oliver Mann	Thurrock Harriers	30:	08		
20	Matt Norris	Southend-on-Sea AC		09		
21	Josh Iton	Orion Harriers		11		
22	Callum Liassi	Benfleet Running Club		44		
23	Mike Hodges	Southend-on-Sea AC		52		
24	Oliver Morter	Havering AC	31:	09		
25	Christian Barker	Harlow AC		14		
26	Sam Smith	Thurrock Harriers		22		
27	Tom Muers	East Essex Triathlon Club		56		
28	William Gray	Chelmsford AC		58		
29	Lee Hykea	Colchester Harriers AC	32:	05		
30	Toby Wright	Southend-on-Sea AC		27		
31	Harry Tullett	Chelmsford AC		32		
32	Conor Culham	Braintree & District AC		56		
33	James Stewart	Havering AC	33:	11		
34	Joe Kidd	Basildon AC		55		
35	Brian Kotelo	Cambridge & Coleridge AC	34:	42		
36	Joe Wakerley	Basildon AC		43		
37	Oliver Bath	Havering AC		48		
38	Dexter Goward	Benfleet Running Club	35:	47		
39	Kieran O'Hara	Havering AC	36:	15		

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<u>Thurrock</u>			<u>Senior Women</u>	<u>10-10-15</u>		
Pos	Age	Name	Team	Time	Division 1	Teams (4 to score)
1	U20	Gemma Holloway	Thurrock Harriers	30: 06		1 Chelmsford AC 27
2	U20	Jodie Judd	Chelmsford AC	21		2 Southend-on-Sea AC 84
3	SW	Claire Somerton	Cambridge & Coleridge AC	40		3 Colchester Harriers AC 94
4	SW	Alexa Joel	Havering AC	52		4 Cambridge & Coleridge AC 113
5	SW	Kirsty Tydeman	Basildon AC	31: 39		5 Orion Harriers 135
6	W35	Sally Judd	Chelmsford AC	43		6 Springfield Striders RC 211
7	SW	Megan Evans	Chelmsford AC	46		7 Phoenix Striders 244
8	W35	Claire Cornwell	Southend-on-Sea AC	46		8 Benfleet Running Club 297
9	SW	Anna Whitfield	Basildon AC	32: 17		9 Havering AC 150 (3)
10	W45	Margaret Deasey	Colchester & Tendring AC	21		10 Loughton AC 206 (3)
11	SW	Mestawot Debele	Orion Harriers	27		11 Pitsea Running Club 265 (3)
12	SW	Rebecca Cole	Chelmsford AC	29		12 Ilford AC 62 (2)
13	SW	Laura Brooks	Basildon AC	46		
14	SW	Gemma Barry	Chelmsford AC	52		
15	SW	Carla Brown	Cambridge & Coleridge AC	33: 02		Division 2 Teams (4 to score)
16	SW	Louise Douglas	Basildon AC	18		1 Basildon AC 43
17	W35	Wendy King	Chelmsford AC	21		2 Thurrock Harriers 154
18	W45	Denise Morley	Colchester Harriers AC	34: 07		3 Billericay Striders RC 218
19	SW	Krystle Balogun	Ilford AC	12		4 Braintree & District AC 313
20	SW	Rebecca Cooke	Colchester Harriers AC	45		5 Colchester & Tendring AC 84 (3)
21	SW	Sophie Johnstone	Chelmsford AC	51		6 East Essex Triathlon Club 119 (2)
22	SW	Lacey Bareham	Colchester & Tendring AC	56		7 University of Essex 174 (2)
23	W35	Anne Jenkinson	Southend-on-Sea AC	35: 05		8 Thrift Green Trotters 48 (1)
24	SW	Andrea James	Colchester Harriers AC	08		9 Mid Essex Casuals 58 (1)
25	SW	Carys Sutton	Chelmsford AC	14		Veteran Team Result (3 to score)
26	W35	Tracy English	Southend-on-Sea AC	23	1	1 Chelmsford AC 54
27	W35	Natasha Lagden	Southend-on-Sea AC	28	2	2 Southend-on-Sea AC 57
28	W35	Toni Noble	Thurrock Harriers	33	3	3 Orion Harriers 139
29	SW	Sarah Jeffery	Southend-on-Sea AC	42	4	4 Springfield Striders RC 145
30	SW	Charlotte Bishop	Basildon AC	54	5	5 Billericay Striders RC 184
31	W45	Joanna Smith	Chelmsford AC	57	6	6 Phoenix Striders 191
32	W35	Annette Oakman	Colchester Harriers AC	36: 00	7	7 Loughton AC 206
33	SW	Ellie Swire	Cambridge & Coleridge AC	02	8	8 Braintree & District AC 216
34	SW	Laura Almond	Billericay Striders RC	34	9	9 Benfleet Running Club 248
35	W35	Hayley Rogerson	Orion Harriers	52	10	10 Pitsea Running Club 265
36	W45	Jodie Farrell	Thurrock Harriers	37: 10	11	11 Colchester Harriers AC 50 (2)
37	W45	Jane Bramble	East Essex Triathlon Club	12	12	12 Colchester & Tendring AC 62 (2)
38	SW	Emily Ballard	Basildon AC	21	13	13 Thurrock Harriers 64 (2)
39	SW	Jordan Lacey	Southend-on-Sea AC	30	14	14 East Essex Triathlon Club 119 (2)
40	SW	Ella Neale	Colchester Harriers AC	35	15	15 Havering AC 146 (2)
41	W45	Heather Eastwood	Springfield Striders RC	44	16	16 Ilford AC 43 (1)
42	SW	Angie Flight	Orion Harriers	47	17	17 Thrift Green Trotters 48 (1)
43	W55	Breege Nordin	Ilford AC	53	18	18 Mid Essex Casuals 58 (1)
44	W45	Vanessa Mathers	Southend-on-Sea AC	38: 05	19	19 Basildon AC 60 (1)
45	W45	Sarah Colbert	Springfield Striders RC	29	20	20 Cambridge & Coleridge AC 62 (1)

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Pos	Age	Name	Team	Time
46	W45	Lorna Gaffney	Loughton AC	38
47	W45	Mary Armitage	Orion Harriers	54
48	W35	Marijke Van Eetvelde	Thrift Green Trotters	57
49	SW	Katie Wilkinson	Benfleet Running Club	39: 04
50	W35	Kasia Kostyrka	Southend-on-Sea AC	13
51	W45	Josie Sheffield	Braintree & District AC	28
52	W35	Ellie Cumner	Colchester & Tendring AC	35
53	SW	Danielle Hughes	Phoenix Striders	55
54	W35	Tamsin Davies	Phoenix Striders	40: 17
55	W55	Wendy Read	Billericay Striders RC	24
56	U20	Madeleine Carr	Orion Harriers	35
57	W45	Pippa Dowswell	Orion Harriers	41: 00
58	W45	Laura Pettifer	Mid Essex Casuals	14
59	W35	Helen Bateman	Springfield Striders RC	24
60	W35	Mandy Wetheridge	Basildon AC	42: 08
61	W35	Jo Ling	Billericay Striders RC	13
62	W45	Alison Wilson	Cambridge & Coleridge AC	18
63	SW	Holly Gillard	Southend-on-Sea AC	24
64	W45	Ruth Roberts	Phoenix Striders	34
65	W35	Collette Frampton	Southend-on-Sea AC	37
66	W35	Vikki McEarcheon	Springfield Striders RC	38
67	W35	Kirsty Williams	Springfield Striders RC	41
68	W35	Shauna Browning	Billericay Striders RC	58
69	W35	Claire Gordon	Braintree & District AC	43: 11
70	W35	Debbielyn Hallam	Southend-on-Sea AC	14
71	W35	Maureen Lear	Havering AC	40
72	W45	Jo Whiffen	Loughton AC	48
73	W45	Debbie Smith	Phoenix Striders	59
74	W35	Karen Chapman	Springfield Striders RC	44: 02
75	W45	Tracy O'Neill	Havering AC	26
76	W45	Lynsey Gray	Phoenix Striders	37
77	W35	Sarah Norton	Benfleet Running Club	40
78	W35	Liz Maidment	Orion Harriers	53
79	W45	Annette Johnson	Benfleet Running Club	53
80	W55	Valerie Sinclair	Pitsea Running Club	45: 25
81	W45	Beryl De Smedt	Phoenix Striders	28
82	W45	Simone Collins	East Essex Triathlon Club	38
83	SW	Sally-Anne Adams	University of Essex	46: 07
84	W35	Claire Kay	Phoenix Striders	17
85	W45	Debra Pumfrett	Phoenix Striders	47: 16
86	W45	Sally Newman-Russell	Southend-on-Sea AC	24
87	W45	Sarah Goodwin	Springfield Striders RC	26
88	W65	Jean Hobbs	Loughton AC	34
89	SW	Victoria Johnson	Thurrock Harriers	46
90	W55	Teresa Flannigan	Pitsea Running Club	49
91	SW	Sophie Doyle	University of Essex	57
92	W35	Audrey Morris	Benfleet Running Club	23
93	SW	Roma Sands	Phoenix Striders	39
94	W45	Dawn Potter	Billericay Striders RC	48
95	W35	Angela Smith	Pitsea Running Club	16
96	W45	Elizabeth Cahill	Braintree & District AC	17
97	W35	Lynn Culham	Braintree & District AC	46
98	SW	Kalli Isborne	Phoenix Striders	12

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<u>Thurrock</u>			<u>Senior Men</u>		<u>10-10-15</u>	
Pos	Age	Name	Team	Time	Division 1	Teams (6 to score)
1	V40	Adrian Mussett	Colchester Harriers AC	28: 40	Division 1	1 Orion Harriers 105
2	SM	Grant Twist	Chelmsford AC	49		2 Chelmsford AC 128
3	SM	Tom Gardner	Ilford AC	29: 35		3 Colchester Harriers AC 133
4	SM	Grant Webb	Basildon AC	42		4 Cambridge & Coleridge AC 186
5	SM	Stephen Woodford	Chelmsford AC	47		5 Havering AC 203
6	SM	Jonathan Escalante-Philips	Cambridge & Coleridge AC	53		6 Springfield Striders RC 260
7	SM	Rob Warner	Havering AC	58		7 Southend-on-Sea AC 266
8	SM	Tristan Windley	Springfield Striders RC	30: 06		8 Benfleet Running Club 329
9	SM	Owen Cima	Thrift Green Trotters	15		9 Basildon AC 394
10	U20	Tim Cobden	Cambridge & Coleridge AC	39		10 Ilford AC 469
11	SM	Jack Stroud	Orion Harriers	43		11 Thurrock Harriers 545
12	SM	Chris Sellens	Colchester Harriers AC	48		12 Billericay Striders 600 (5)
13	SM	Carwyn Jones	Colchester Harriers AC	52	Division 2	Teams 6 to score)
14	SM	Oliver Park	Cambridge & Coleridge AC	31: 00		1 Thrift Green Trotters 416
15	SM	Rhys Gillard	Southend-on-Sea AC	16		2 Phoenix Striders 723
16	SM	Brian Jenkins	Orion Harriers	19		3 Mid Essex Casuals 581 (4)
17	SM	Ben Hall	Orion Harriers	20		4 University of Essex 582 (4)
18	SM	Paul Grange	Havering AC	30		5 Pitsea Running Club 638 (4)
19	SM	Ian Clark	Orion Harriers	35		6 East Essex Tri Club 245 (3)
20	SM	Craig Horsburgh	Orion Harriers	37		7 Braintree & District AC 393 (3)
21	U20	Darren Blackwell	Chelmsford AC	45		8 Colchester & Tendring AC 45 (1)
22	V40	Barnaby Foot	Orion Harriers	47		9 Harlow AC 83 (1)
23	U20	Dan Ashley	Basildon AC	51		10 Loughton AC 168 (1)
24	SM	Lee Pickering	Chelmsford AC	32: 01		Veteran Team Result (4 to score)
25	U20	Ben Patterson	Orion Harriers	02	1 Colchester Harriers AC 123	
26	SM	James Smith	Springfield Striders RC	04	2 Orion Harriers 183	
27	V40	Steve Rand	Havering AC	06	3 Havering AC 187	
28	SM	Chris Youell	Chelmsford AC	08	4 Benfleet Running Club 244	
29	U20	Thomas Young	Orion Harriers	17	5 Springfield Striders RC 260	
30	SM	Kurtis Swan	Billericay Striders RC	18	6 Thrift Green Trotters 310	
31	SM	Charlie Parker	Southend-on-Sea AC	20	7 Ilford AC 352	
32	SM	Rick Ashton	Orion Harriers	22	8 Southend-on-Sea AC 407	
33	V50	Colin Ridley	Colchester Harriers AC	26	9 Thurrock Harriers 437	
34	V40	Mark Dillion	Orion Harriers	32	10 Phoenix Striders 499	
35	SM	Richard Park	Cambridge & Coleridge AC	43	11 Basildon AC 558	
36	V40	Mark Harrod	Colchester Harriers AC	47	12 Billericay Striders 570	
37	V40	Matt Bland	Havering AC	54	13 Mid Essex Casuals 581	
38	SM	Ged McMillan	Colchester Harriers AC	57	14 Pitsea Running Club 638	
39	SM	Lee Taylor	Southend-on-Sea AC	59	15 Cambridge & Coleridge AC 310 (3)	
40	SM	Neil McGowen	Orion Harriers	59	16 Chelmsford AC 349 (3)	
41	SM	George Watts	Benfleet Running Club	33: 01	17 Braintree & District AC 235 (2)	
42	SM	Adam Dowman	Thurrock Harriers	05	18 East Essex Tri Club 98 (1)	
43	V40	Stuart Raven	Springfield Striders RC	06	19 Loughton AC 168 (1)	
44	V40	Lee Martin	Springfield Striders RC	06		
45	U20	Ramadan Osman	Colchester & Tendring AC	07		
46	U20	Christian Gray	Basildon AC	12		
47	SM	Callum Wallace	Southend-on-Sea AC	19		
48	V50	Michael Bridgeland	Chelmsford AC	25		
49	V40	Terry Spooner	Benfleet Running Club	36		
50	U20	Eddy Cooper	Benfleet Running Club	40		
51	SM	Lee Baynton	East Essex Triathlon Club	42		
52	U20	Adam Jordan	Southend-on-Sea AC	43		
53	V40	Paul Rodgers	Colchester Harriers AC	46		
54	SM	James Williams	Chelmsford AC	46		
55	V40	Martin Chester	Havering AC	48		

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Pos	Age	Name	Team	Time
56	V40	Colin Read	Orion Harriers	59
57	U20	Curtis Wood	Cambridge & Coleridge AC	34: 09
58	V50	Martyn Clarke	Colchester Harriers AC	12
59	SM	Jason Crispin	Havering AC	23
60	V40	Andy Low	Benfleet Running Club	29
61	V50	John Barker	Thrift Green Trotters	38
62	V40	Graham Booty	Benfleet Running Club	41
63	V40	Ian O'Neill	Thrift Green Trotters	48
64	SM	Graeme Kennedy	Cambridge & Coleridge AC	52
65	V50	Chris Purse	Springfield Striders RC	59
66	V50	Peter West	Colchester Harriers AC	35: 04
67	U20	James Hiscock	Benfleet Running Club	07
68	V50	Simon Hart	Havering AC	09
69	SM	Paul Ruffy	Benfleet Running Club	12
70	SM	Sam Jackson	Havering AC	13
71	V40	Adrian Smith	Orion Harriers	15
72	V40	Kevin Wootton	Ilford AC	16
73	V40	Alan Clark	Benfleet Running Club	19
74	SM	Bradley Doe	Springfield Striders RC	22
75	V50	Paul Berrett	Havering AC	32
76	V50	John Ferguson	Cambridge & Coleridge AC	36
77	SM	Luke Jackson	Havering AC	39
78	V50	Don Lawless	Thurrock Harriers	43
79	V50	Neil Crispin	Ilford AC	44
80	V40	Giles Hopkinson	Orion Harriers	53
81	SM	Ewan McFarlane	Phoenix Striders	55
82	V40	James Champion	Southend-on-Sea AC	59
83	U20	Donald Campbell	Harlow AC	36: 01
84	V40	Russell Goodridge	Colchester Harriers AC	04
85	V50	Graham Crockett	Benfleet Running Club	06
86	SM	Mark Crook	Cambridge & Coleridge AC	13
87	V50	Alec Kyriakides	Southend-on-Sea AC	16
88	V50	Nick Rankin	Benfleet Running Club	23
89	V40	Robin McNellis	Ilford AC	26
90	V50	Eamonn Shelley	Thurrock Harriers	34
91	SM	Dave Wilson	Orion Harriers	37
92	V40	Peter Barrett	Thrift Green Trotters	39
93	U20	Steve Davis	Basildon AC	47
94	V50	Keith Thornton	Thrift Green Trotters	49
95	SM	Adam Colgrave	Chelmsford AC	54
96	SM	Patrick Hannah	East Essex Triathlon Club	37: 02
97	V60	Alan Butler	Thrift Green Trotters	05
98	V40	Andy Doig	East Essex Triathlon Club	07
99	SM	Keith Martin	Thurrock Harriers	24
100	V40	Stuart Colley	Orion Harriers	33
101	V40	Myles Coulson	Braintree & District AC	46
102	SM	Tim Freeland	Orion Harriers	56
103	V40	Russ Middleton	Havering AC	38: 0
104	SM	Rob Jones	Springfield Striders RC	1
105	SM	Mike Brooks	Orion Harriers	2
106	V40	Steve Walker	Havering AC	18
107	SM	Tim Martin	Thurrock Harriers	22
108	V40	John Byford	Springfield Striders RC	24
109	V40	Carl Easton	Phoenix Striders	25
110	V50	Steve Foggo	Billericay Striders RC	33

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Pos	Age	Name	Team	Time
111	V60	Charlie Ritchie	Cambridge & Coleridge AC	36
112	V60	Andy Caton	Ilford AC	47
113	U20	Joe Payne	Basildon AC	39: 00
114	V40	Kieran McKenna	Ilford AC	07
115	V40	David Findlay	Basildon AC	19
116	V40	Greg Wisken	Mid Essex Casuals	23
117	V40	Al Monte	Southend-on-Sea AC	28
118	V50	Trevor Horncastle	Phoenix Striders	39
119	V60	Tony Nixon	Ilford AC	48
120	SM	Ben Chamberlin	Cambridge & Coleridge AC	55
121	V60	Peter Binns	Southend-on-Sea AC	40: 15
122	SM	Tony Collins	Havering AC	19
123	V50	Nev Hawkins	Cambridge & Coleridge AC	32
124	V40	Simon Tippet	Basildon AC	53
125	V40	Simon Morgan	Colchester Harriers AC	41: 18
126	V50	Andrew Dodd	Orion Harriers	19
127	V40	Matt Gillard	Southend-on-Sea AC	21
128	V40	Ian Glover	Southend-on-Sea AC	35
129	V60	Mick Bumstead	Thurrock Harriers	46
130	V50	Dave Lane	Phoenix Striders	57
131	V50	Dennis Dudley	Benfleet Running Club	58
132	V40	Gary Floate	Ilford AC	42: 08
133	SM	Mark Buckley	Springfield Striders RC	10
134	V50	Simon Mennell	Braintree & District AC	11
135	V50	Kevin Kirby	Chelmsford AC	17
136	SM	Martin Reynolds	Orion Harriers	48
137	U20	Anish Patel	University of Essex	53
138	V40	Andrew Stroud	Springfield Striders RC	43: 02
139	V60	John MacKenzie	Ilford AC	23
140	V60	Bernard Johnson	Thurrock Harriers	29
141	SM	Jake Smith	University of Essex	33
142	V40	Martin Orford	Phoenix Striders	45
143	SM	Robert Vinicombe	Phoenix Striders	46
144	??	Unknown	Unknown	53
145	V40	Ricky Lee	Billericay Striders RC	56
146	V60	Keith Walker	Billericay Striders RC	44: 04
147	V60	Brian Butcher	Mid Essex Casuals	05
148	V50	Paul Williams	Orion Harriers	14
149	V50	Graham Hall	Orion Harriers	17
150	SM	Eric Lill	University of Essex	17
151	V50	Melvyn Cooper	Thrift Green Trotters	38
152	V50	Don Sinclair	Pitsea Running Club	45: 16
153	V60	Ted Skinner	Ilford AC	37
154	SM	Jefferson Ho	University of Essex	41
155	V50	Richard Bullis	Basildon AC	42
156	V50	Eddie Mills	Phoenix Striders	46: 28
157	V60	Ray Vaultier	Mid Essex Casuals	34
158	SM	Steve Rolfe	Braintree & District AC	47: 00
159	V50	Peter McLaughlin	Pitsea Running Club	37
160	V50	James Russell	Pitsea Running Club	38
161	V60	David Game	Mid Essex Casuals	59
162	V50	Kim Vinicombe	Phoenix Striders	49: 46
163	V60	Paul Robinson	Orion Harriers	51: 51
164	V40	Peter Rixson	Basildon AC	52: 12
165	V40	Dave Girt	Southend-on-Sea AC	15

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Pos	Age	Name	Team	Time
166	V50	Stephen Williams	Chelmsford AC	53: 13
167	V60	Peter Flannigan	Pitsea Running Club	54: 03
168	V60	David Hobbs	Loughton AC	38
169	V70	Ernie Easterby	Billericay Striders RC	58: 57
170	V60	James Huddart	Ilford AC	63: 46

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