



Essex Cross Country League (1)

Sponsored by

<u>One Tree Hill</u>			<u>U13 Girls</u>		<u>08-10-16</u>	
Pos	Name	Team	Time			
1	Abigail Ives	Basildon AC	12:	31		
2	Sydney Foley	Havering AC	13:	10		
3	Milly Presland	Colchester Harriers AC		27		
4	Holly Freegard	Basildon AC		32		
5	Maisey Silverstone	Orion Harriers		35		
6	Daizy Harris	Basildon AC		45		
7	Chloe Rand	Havering AC		57		
8	Lauren Wood	Chelmsford AC	14:	13		
9	Hannah Peacock	Thurrock Harriers		18		
10	Annie Grannell	Havering AC		19		
11	Libby Gosling	Orion Harriers		22		
12	Grace Holmes	Southend-on-Sea AC		25		
13	Ellen Savidge	Harlow AC		31		
14	Hannah Yexley	Havering AC		32		
15	Alice Atkins	Havering AC		36		
16	Francesca Turner	Basildon AC		40		
17	Rebecca Natu	Orion Harriers		41		
18	Samiya Aitmarri	Basildon AC		55		
19	Maddie Barker	Havering AC		56		
20	Robyn Bartholomew	Southend-on-Sea AC	15:	03		
21	Rose Mears	Havering AC		03		
22	Evie Baxter	Orion Harriers		04		
23	Madeleine Claydon	Colchester Harriers AC		09		
24	Jessie Collier	Havering AC		18		
25	Freya Higginbottom	Havering AC		32		
26	Rebecca O'Rourke	Havering AC		34		
27	MacKenzie Cranfield	Harlow AC		37		
28	Mazy King	Colchester & Tendring AC		52		
29	Millie McMeekia	Basildon AC		58		
30	Molly Redgrave	Colchester & Tendring AC	16:	01		
31	Mary Lammas	Havering AC		10		
32	Kennedy Beardwell	Thurrock Harriers		21		
33	Lauren Hazle	Chelmsford AC		00		
34	Holly Webb	Cambridge & Coleridge AC		00		
35	Alice Brown	Havering AC		39		
36	Morgan Romain	Havering AC		42		
37	Maddie Booty	Thurrock Harriers		43		
38	Holly Newman	Basildon AC		52		
39	Anna Leinemann	Discovery Triathlon Club		56		
40	Katie Brenan	Harlow AC	17:	04		

Pos	Name	Team	Time
41	Jessica Turner	Basildon AC	24
42	Sophia Johns	Discovery Triathlon Club	34
43	Beth Badman	East Essex Triathlon Club	36
44	Jemima Maidment	Orion Harriers	44
45	Abbie Clark	Benfleet Running Club	18: 15
46	Charlotte Miller	East Essex Triathlon Club	21

Teams

1	Basildon AC	29
2	Havering AC	33
3	Orion Harriers	55
4	Thurrock Harriers	78 (3)
5	Harlow AC	80 (3)
6	Colchester Harriers AC	26 (2)
7	Southend-on-Sea AC	32 (2)
8	Chelmsford AC	41 (2)
9	Colchester & Tendring AC	58 (2)
10	Discovery Triathlon Club	81 (2)
11	East Essex Triathlon Club	89 (2)
12	Cambridge & Coleridge AC	34 (1)
13	Benfleet Running Club	45 (1)

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<u>One Tree Hill</u>		<u>U13 Boys</u>	<u>08-10-16</u>	
Pos	Name	Team	Time	
1	Alex Ford	Havering AC	11:	56
2	Mathew Blacklock	Havering AC	12:	15
3	Daniel Houchell	Basildon AC		20
4	Matthew Hick	Ilford AC		48
5	Dylan Harrod	Thurrock Harriers		56
6	Micky Jones	Southend-on-Sea AC	13:	00
7	Luke Randall	Southend-on-Sea AC		04
8	Tom Cozens	Southend-on-Sea AC		06
9	Archie Connors	Benfleet Running Club		11
10	Freddye Talani	Basildon AC		14
11	Lenny Houston	Havering AC		16
12	Timi McDaniel	Havering AC		17
13	Thomas Woodward	Chelmsford AC		24
14	Fred Tall	Southend-on-Sea AC		30
15	Oliver Yexley	Havering AC		32
16	Kai Lovelock	Thurrock Harriers		48
17	Kyle Gill	East Essex Triathlon Club		56
18	Mario Dobrescu	Ilford AC	14:	03
19	Noah Miller	East Essex Triathlon Club		03
20	Daryn Gerty	Harlow AC		31
21	David Pike	Discovery Triathlon Club		34
22	Cory Campbell	Orion Harriers		39
23	Nathan Dania	Basildon AC		43
24	Ellis Wright	Basildon AC		47
25	Onyeka Okoh	Chelmsford AC		50
26	William Mayes	East Essex Triathlon Club		54
27	Nic Key	Benfleet Running Club	15:	04
28	Noah Trencher	Thurrock Harriers		08
29	Sunny Vehit	Thurrock Harriers		37
30	Jack Thomson	Havering AC		39
31	Euan Johnstone	Ilford AC		43
32	Oliver Nelson	Harlow AC	16:	03
33	Leslie Angilavi	Southend-on-Sea AC	17:	55

Teams		
1	Havering AC	26
2	Southend-on-Sea AC	35
3	Basildon AC	60
3	Thurrock Harriers	78
5	Ilford AC	53 (3)
6	East Essex Triathlon Club	62 (3)
7	Benfleet Running Club	36 (2)
8	Chelmsford AC	38 (2)
9	Harlow AC	52 (2)
10	Discovery Triathlon Club	21 (1)
11	Orion Harriers	22 (1)

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<u>One Tree Hill</u>		<u>U15 Girls</u>	<u>08-10-16</u>	
Pos	Name	Team	Time	
1	Molly Sweetman	Havering AC	15:	19
2	Grace Burrell	Basildon AC		56
3	Savanna Sirkett	Harlow AC	16:	34
4	Georgia Tombs	Chelmsford AC		56
5	Lucy Aitchinson	Chelmsford AC	17:	07
6	Faye Sweeting	Chelmsford AC		08
7	Annalie Cole	Orion Harriers		08
8	Holly Rex	Basildon AC		16
9	Sophie Wetheridge	Basildon AC		19
10	Aoibheann Pearce	Orion Harriers		29
11	Grace Dukelow	Havering AC		29
12	Abigail Kerr	Braintree & District AC		34
13	Lily Bath	Havering AC		36
14	Lucy Gray	Chelmsford AC		36
15	Lizzie Woods	Colchester Harriers AC		57
16	Keirra Scott	Basildon AC	18:	02
17	Saffron Rose	Colchester & Tendring AC		09
18	Becci Leddy	Orion Harriers		21
19	Kiera Delaney	Basildon AC		41
20	Iris Brandon	Orion Harriers		42
21	Sasha Clark	Cambridge & Coleridge AC		49
22	Tia Cocca	Chelmsford AC	19:	11
23	Lena Leinemann	Discovery Triathlon Club		16
24	Kate Walker	Havering AC		31
25	Amy Raven	Thurrock Harriers		45
26	Emily Fall	Thurrock Harriers		47
27	Charlotte Wright	Havering AC		53
28	Amy Cope	Cambridge & Coleridge AC		56
29	Charlotte Grant	Orion Harriers		56
30	Katie Rafferty	Havering AC	20:	04
31	Hannah Rodgers	Colchester Harriers AC		20
32	Isabella Minder	Colchester Harriers AC		31
33	Lucy Priestley	Havering AC	21:	19
34	Angelica Thomson	Havering AC		48
35	Nicky Phelps	East Essex Triathlon Club	22:	09
36	Maia Grundy	Basildon AC		10
37	Jessica James	Havering AC		32
38	Rosa Somogyi	East Essex Triathlon Club		43

Teams	
1	Chelmsford AC 29
2	Basildon AC 35
3	Havering AC 49
4	Orion Harriers 55
5	Colchester Harriers AC 78 (3)
6	Cambridge & Coleridge AC 49 (2)
7	Thurrock Harriers 51 (2)
8	East Essex Triathlon Club 73 (2)
9	Harlow AC 3 (1)
10	Braintree & District AC 12 (1)
11	Colchester & Tendring AC 17 (1)
12	Discovery Triathlon Club 23 (1)

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<u>One Tree Hill</u>				<u>U15 Boys</u>				<u>08-10-16</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Leon Wheeler	Thurrock Harriers	13: 44	41	Dominic Jarvis	Havering AC	15				
2	Danny Millward	Colchester Harriers AC	55	42	Mark Beale	Chelmsford AC	18				
3	Daniel Riley	Basildon AC	58	43	Issac Dodd	Southend-on-Sea AC	32				
4	Mungo Prior	Ilford AC	59	44	Ben Naish	Havering AC	33				
5	Zach Bridgeland	Chelmsford AC	14: 04	45	Bradley Deacon	Ilford AC	37				
6	Max Caulfield	Colchester Harriers AC	06	46	Ellis Swindell	Thurrock Harriers	45				
7	Harry Jones	Havering AC	14	47	Henry Jones	Orion Harriers	50				
8	Kai Boggan	Guest - WG &EL	18	48	Henry Lay	Havering AC	53				
9	Jay Shotter	Orion Harriers	22	49	Harry Clarke	Chelmsford AC	17: 01				
10	Aaron Samuel	Ilford AC	27	50	Louis Berrett	Havering AC	17				
11	Ben Prior	Thurrock Harriers	31	51	Matthew Edwards	Havering AC	19				
12	Joseph Trim	East Essex Triathlon Club	34	52	Jake Long	Havering AC	18: 01				
13	Farris Patel	Ilford AC	40	53	Henry Chaplin	Havering AC	16				
14	Sam Wheatley	Southend-on-Sea AC	46	54	James Lee	Basildon AC	24				
15	Jo Morgan	Harlow AC	47	55	Daniel Mayes	East Essex Triathlon Club	45				
16	Daniel McGill	Basildon AC	47	56	Edoardo Sonzogni	Havering AC	19: 05				
17	Ermeas Aferwerki	Colchester & Tendring AC	50								
18	Harry Parker	Thurrock Harriers	52								
19	Jack Stanton-Stock	Cambridge & Coleridge AC	55								
20	Ziggy Lambton	Colchester Harriers AC	56								
21	Matthew Warner	Southend-on-Sea AC	58								
22	Jamie Putt	Harlow AC	15: 11								
23	Ethan Reilly	Chelmsford AC	14								
24	James Wright	Basildon AC	16								
25	Jamie Mack	Thurrock Harriers	16								
26	Luke Meridew	Basildon AC	21								
27	George Hill	Basildon AC	22								
28	Alex Friend	Havering AC	27								
29	Josh McGill	Basildon AC	29								
30	Alfie Hutchinson	Chelmsford AC	34								
31	Billy Saunders	Basildon AC	38								
32	Sam Sloan	Harlow AC	42								
33	Jack Halil	Ilford AC	44								
34	Scott Thomas	Chelmsford AC	50								
35	Jack Saunders	Basildon AC	53								
36	Saul Ashon	Orion Harriers	53								
37	Ben Podd	Chelmsford AC	57								
38	Luca Minns	Orion Harriers	16: 02								
39	Henri Willett	Thurrock Harriers	12								
40	Sam Tremelling	Chelmsford AC	15								

Teams

1	Thurrock Harriers	55
2	Ilford AC	60
3	Basildon AC	69
4	Chelmsford AC	92
5	Havering AC	120
6	Orion Harriers	130
7	Colchester Harriers AC	28 (3)
8	Harlow AC	69 (3)
9	Southend-on-Sea AC	78 (3)
10	East Essex Triathlon Club	67 (2)
11	Guest - WG &EL	8 (1)
12	Colchester & Tendring AC	17 (1)
13	Cambridge & Coleridge AC	19 (1)

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<u>One Tree Hill</u>			<u>U17/20 Women</u>	<u>08-10-16</u>	
Pos	Age	Name	Team	Time	
1	U17	Khai Mhlanga	Chelmsford AC	17: 46	
2	U17	Kate O'Neill	Havering AC	18: 12	
3	U17	Jessica Mitchell	Havering AC	23	
4	U17	Amber Pullinger	Thurrock Harriers	41	
5	U17	Hannah Watson	Colchester Harriers AC	19: 21	
6	U17	Rachel Broome	Chelmsford AC	22	
7	U17	Mary Ann Deasy	Colchester & Tendring AC	30	
8	U17	Elsie Gray	Colchester & Tendring AC	34	
9	U17	Sophie Rand	Havering AC	35	
10	U17	Sinead Clark	Benfleet Running Club	40	
11	U17	Lottie Rowedder	Harlow AC	41	
12	U17	Jo Rimmington	Southend-on-Sea AC	20: 48	
13	U17	Grace Goodall	Benfleet Running Club	49	
14	U17	Abbi Rex	Basildon AC	21: 10	
15	U17	Juliette Le Mare	Southend-on-Sea AC	39	
16	U17	Catherine Barker	Havering AC	22: 14	
17	U17	Lucie Ball	Thurrock Harriers	31	
18	U17	Niamh Smith	Basildon AC	48	
19	U20	Katie Inch	Orion Harriers	23: 17	
20	U17	Emma Stevens	Cambridge & Coleridge AC	38	
21	U17	Genevieve Pate	Benfleet Running Club	43	
22	U17	Hannah Mickleburgh-Gardhan	Benfleet Running Club	24: 10	
23	U17	Mia Slesser	Southend-on-Sea AC	27	
24	U20	Georgia Phillips	Havering AC	43	
25	U17	Leah McGill	Basildon AC	25: 45	
26	U17	Emily James	Havering AC	26: 39	

Teams		
1	Havering AC	30
2	Benfleet Running Club	66
3	Southend-on-Sea AC	50 (3)
4	Basildon AC	57 (3)
5	Chelmsford AC	7 (2)
6	Colchester & Tendring AC	15 (2)
7	Thurrock Harriers	21 (2)
8	Colchester Harriers AC	5 (1)
9	Harlow AC	11 (1)
10	Orion Harriers	19 (1)
11	Cambridge & Coleridge AC	20 (1)

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<u>One Tree Hill</u>		<u>U17 Men</u>	<u>08-10-16</u>
Pos	Name	Team	Time
1	Joseph Owen	Orion Harriers	21: 57
2	Gus Withers	Basildon AC	22: 29
3	Lewis Harknett	Harlow AC	43
4	Sam Norris	Southend-on-Sea AC	23: 30
5	Oscar Dawson	Colchester Harriers AC	32
6	Jake Young	Colchester Harriers AC	33
7	Ben Miller	Colchester & Tendring AC	37
8	Joseph Clark	Orion Harriers	57
9	Sam Atkins	Havering AC	24: 08
10	Joe Logan	Thurrock Harriers	21
11	Nebay Debesay	Braintree & District AC	30
12	Lewis Debenham	Havering AC	43
13	Callum Liassi	Benfleet Running Club	52
14	Eden Coleman	Orion Harriers	54
15	Jack Exley	Thurrock Harriers	25: 03
16	Owen Harknett	Harlow AC	06
17	Freddy Richardson	Colchester & Tendring AC	08
18	Tom Stuttle	Southend-on-Sea AC	08
19	Jack Rice	Havering AC	20
20	Matt Norris	Southend-on-Sea AC	27
21	Drew Olley	Colchester Harriers AC	40
22	Olliver Randall	Southend-on-Sea AC	49
23	Harry Smith	Southend-on-Sea AC	26: 12
24	Matthew Houchell	Basildon AC	24
25	Luke Gill	East Essex Triathlon Club	41
26	Craig Wheeler	Southend-on-Sea AC	27: 49
27	Reece Scott	Basildon AC	54
28	Oliver Bath	Havering AC	29: 28

Teams	Time
1 Southend-on-Sea AC	64
2 Havering AC	68
3 Orion Harriers	23 (3)
4 Colchester Harriers AC	32 (3)
5 Basildon AC	53 (3)
6 Harlow AC	19 (2)
7 Colchester & Tendring AC	24 (2)
8 Thurrock Harriers	25 (2)
9 Braintree & District AC	11 (1)
10 Benfleet Running Club	13 (1)
11 East Essex Triathlon Club	25 (1)



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<u>One Tree Hill</u>		<u>Senior Women</u>	<u>08-10-16</u>	
Pos	Age	Name	Team	Time
1	U20	Gemma Holloway	Thurrock Harriers	23: 48
2	W35	Liz Davies	Springfield Striders RC	24: 11
3	SW	Kerry Holland	Southend-on-Sea AC	25: 01
4	SW	Anna Whitfield	Basildon AC	: 15
5	SW	Clare Thurgood	Orion Harriers	: 41
6	SW	Rebecca Luxton	Chelmsford AC	26: 15
7	W35	Sally Judd	Chelmsford AC	: 24
8	W45	Margaret Deasy	Colchester & Tendring AC	: 32
9	SW	Rebecca Cooke	Colchester Harriers AC	27: 08
10	SW	Vicki Hayes	Chelmsford AC	: 24
11	SW	Stacey Eyres	Colchester Harriers AC	: 37
12	W45	Denise Morley	Colchester Harriers AC	: 37
13	SW	Sarah Pennington	Southend-on-Sea AC	: 47
14	SW	Lorna Almond	Billericay Striders RC	28: 08
15	W35	Louise Douglass	Basildon AC	: 14
16	W35	Hayley Rogerson	Orion Harriers	: 16
17	SW	Ella Neale	Colchester Harriers AC	: 23
18	SW	Nicola Bredin	Basildon AC	: 28
19	SW	Anna Granger	Chelmsford AC	: 47
20	W45	Alison Trauttmsdorff	Orion Harriers	29: 00
21	W35	Annette Oakman	Colchester Harriers AC	: 04
22	SW	Natalie Kipps	Orion Harriers	: 13
23	W45	Joanne Smith	Chelmsford AC	: 20
24	SW	Karen Whitmarsh	Basildon AC	: 32
25	SW	Emily Ballard	Basildon AC	: 36
26	SW	Leoni Mitchell	Orion Harriers	: 43
27	W35	Rebecca Gill	East Essex Triathlon Club	: 49
28	SW	Andrea James	Colchester Harriers AC	: 53
29	W35	Liz Rossberg	Orion Harriers	: 56
30	W35	Liz Maidment	Orion Harriers	: 57
31	W35	Kasia Kostyrka	Southend-on-Sea AC	30: 03
32	SW	Danielle Sale	Orion Harriers	: 11
33	W35	Victoria Curren	Springfield Striders RC	: 11
34	W35	Rachel Roughan	Springfield Striders RC	: 32
35	W35	Natasha Lagden	Southend-on-Sea AC	: 46
36	SW	Holly Gillard	Southend-on-Sea AC	: 52
37	W35	Kathleen Short	Thrift Green Trotters	: 54
38	W35	Jacqui Watson	Benfleet Running Club	31: 19
39	W35	Jo Sullivan	Havering AC	: 27
40	W35	Victoria Peacock	Thurrock Harriers	: 32
41	SW	Eira Booth	Pitsea Running Club	: 49
42	SW	Jane Stacey	Benfleet Running Club	: 52
43	SW	Loretta Chalkey	Thrift Green Trotters	: 54
44	W35	Ruth Havis	Billericay Striders RC	32: 16
45	SW	Danielle Hurley	Mid Essex Casuals	: 18

Division 1 Teams (4 to score)		
1	Chelmsford AC	42
2	Colchester Harriers AC	49
3	Basildon AC	61
4	Orion Harriers	63
5	Southend-on-Sea AC	82
6	Springfield Striders RC	120
7	Benfleet Running Club	196
8	Thrift Green Trotters	232
9	Phoenix Striders	250
10	Ilford AC	301
11	Thurrock Harriers	102 (3)

Division 2 Teams (4 to score)		
1	Billericay Striders RC	162
2	Halstead RR	245
3	Havering AC	249
4	East Essex Triathlon Club	189 (3)
5	Pitsea Running Club	209 (3)
6	Loughton AC	225 (3)
7	Mid Essex Casuals	91 (2)
8	Colchester & Tendring AC	8 (1)

Veterans Teams (3 to score)		
1	Orion Harriers	65
2	Springfield Striders RC	69
3	Chelmsford AC	117
4	Southend-on-Sea AC	118
5	Billericay Striders RC	148
6	Benfleet Running Club	154
7	Havering AC	174
8	Phoenix Striders	176
9	East Essex Triathlon Club	189
9	Thrift Green Trotters	189
11	Ilford AC	204
12	Loughton AC	225
13	Colchester Harriers AC	33 (2)
14	Basildon AC	68 (2)
15	Halstead RR	130 (2)
16	Pitsea Running Club	168 (2)
17	Colchester & Tendring AC	8 (1)
18	Thurrock Harriers	40 (1)
19	Mid Essex Casuals	46 (1)

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Pos	Age	Name	Team	Time
46	W45	Lorna Pettifer	Mid Essex Casuals	: 19
47	SW	Hazel Buist	Halstead RR	: 20
48	W45	Lorna Gaffney	Loughton AC	: 32
49	W55	Christine Deacon	Billericay Striders RC	: 36
50	W45	Nicola Hopkinson	Ilford AC	33: 07
51	W45	Juliet Warren-Penny	Springfield Striders RC	: 31
52	W35	Debbielyn Hallam	Southend-on-Sea AC	: 36
53	W45	Mandy Wetheridge	Basildon AC	: 43
54	W45	Ruth Roberts	Phoenix Striders	: 49
55	W35	Jo Ling	Billericay Striders RC	: 50
56	W35	Isla Sinclair	Benfleet Running Club	: 51
57	W45	Jo Pearce	Phoenix Striders	34: 13
58	W45	Dianne Crisp	Ilford AC	: 17
59	W45	Sharon Bannister	Springfield Striders RC	: 23
60	W35	Sarah Norton	Benfleet Running Club	: 24
61	SW	Rebecca Barnard	Thurrock Harriers	: 30
62	W45	Mandy Cooper	Benfleet Running Club	: 46
63	W45	Wendy Carter	Halstead RR	: 58
64	W45	Rebecca Taylor	Southend-on-Sea AC	35: 06
65	W55	Beryl De Smedt	Phoenix Striders	: 12
66	W45	Juliet Ward	Havering AC	: 15
67	W35	Nicole Smith	Halstead RR	: 22
68	SW	Sarah Frost	Halstead RR	: 26
69	W45	Jane Hallam	Havering AC	: 28
70	W45	Elaine Tribley	Springfield Striders RC	: 38
71	W45	Dianne Fairchild	Thrift Green Trotters	: 48
72	W35	Karen Chapman	Springfield Striders RC	: 51
73	W45	Sue Crompton	Southend-on-Sea AC	: 51
74	W35	Tamsin Davies	Phoenix Striders	36: 06
75	W45	Tracy O'Neill	Havering AC	: 13
76	W45	Sue Mayes	East Essex Triathlon Club	: 26
77	W45	Lynsey Gray	Phoenix Striders	: 35
78	SW	Grace Reeman	Phoenix Striders	: 38
79	W45	Alison Gillan	Springfield Striders RC	37: 18
80	W55	Valerie Sinclair	Pitsea Running Club	: 22
81	W45	Joanne Day	Thrift Green Trotters	: 37
82	W65	Jean Hobbs	Loughton AC	: 57
83	W45	Debra Pumfrett	Phoenix Striders	38: 15
84	W45	Annette Johnson	Benfleet Running Club	: 24
85	W45	Nicola Maslen	Phoenix Striders	: 49
86	W65	Theresa Flannigan	East Essex Triathlon Club	39: 04
87	W55	Tracey Minton	Chelmsford AC	: 16
88	W55	Gillian Harrison	Pitsea Running Club	40: 20
89	W35	Lorna Mess	Thrift Green Trotters	: 22
90	W35	Diana Easton	Phoenix Striders	: 30
91	SW	Vicki Calleja	Thrift Green Trotters	41: 2
92	W35	Maria McQueenie	Phoenix Striders	42: 9
93	W45	Sheila Smerdon	Southend-on-Sea AC	: 30
94	W35	Lisa Allix	Southend-on-Sea AC	: 30
95	W45	Michaela Davis	Loughton AC	: 57
96	W75	Pam Jones	Ilford AC	43: 46
97	W45	Doris Gaga	Ilford AC	47: 21

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<u>One Tree Hill</u>			<u>Senior Men</u>	<u>08-10-16</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	U20	Ahmed Abdulle	Ilford AC	26: 23	1 Havering AC 154
2	SM	Rob Warner	Havering AC	: 41	2 Springfield Striders RC 180
3	SM	Matt Granger	Chelmsford AC	27: 16	3 Chelmsford AC 201
4	SM	Ryan Prout	Chelmsford AC	: 19	4 Colchester Harriers AC 202
5	SM	Carwyn Jones	Colchester Harriers AC	: 23	5 Benfleet Running Club 243
6	SM	Tom Gardner	Ilford AC	: 40	6 Orion Harriers 254
7	U20	Alec Finch	Thurrock Harriers	: 45	7 Southend-on-Sea AC 260
8	U20	Ramadan Osman	Colchester Harriers AC	: 53	8 Basildon AC 371
9	SM	Rhys Gillard	Southend-on-Sea AC	28: 07	9 Ilford AC 391
10	U20	Ben Davis	Havering AC	: 09	10 Thrift Green Trotters 692
11	SM	Oliver Park	Cambridge & Coleridge AC	: 15	11 Phoenix Striders 777
12	SM	Chris Sellens	Colchester Harriers AC	: 30	12 Pitsea Running Club 418 (3)
13	U20	Harrison Smith	Basildon AC	: 41	
14	U20	Max Jones	Basildon AC	: 48	Division 2 Teams (6 score)
15	SM	Kurtis Swan	Billericay Striders RC	: 52	1 Thurrock Harriers 201
16	U20	Darren Blackwell	Chelmsford AC	: 53	2 Billericay Striders RC 447
17	SM	Charlie Parker	Southend-on-Sea AC	: 53	3 Halstead RR 638
18	V40	Steve Rand	Havering AC	: 56	4 Mid Essex Casuals 951
19	SM	Nick Smallwood	Cambridge & Coleridge AC	: 59	5 Cambridge & Coleridge AC 253 (5)
20	U20	George Day	Orion Harriers	29: 06	6 Braintree & District AC 530 (5)
21	SM	Alex Manton	Springfield Striders RC	: 08	7 East Essex Triathlon Club 288 (3)
22	U20	Joseph Patterson	Colchester & Tendring AC	: 17	8 Loughton AC 513 (3)
23	SM	Scott Cousins	Springfield Striders RC	: 19	9 Colchester & Tendring AC 22 (1)
24	U20	Samuel Smith	Thurrock Harriers	: 24	
25	SM	Paul Grange	Havering AC	: 25	Veteran Team Result (4 to score)
26	SM	Sam Cornforth	Springfield Striders RC	: 25	1 Springfield Striders RC 168
27	SM	Lee Baynton	Benfleet Running Club	: 25	2 Benfleet Running Club 204
28	V40	Lee Taylor	Southend-on-Sea AC	: 39	3 Southend-on-Sea AC 234
29	SM	Ben Hall	Orion Harriers	: 56	4 Orion Harriers 239
30	V40	Paul Holloway	Ilford AC	30: 01	5 Havering AC 243
31	U20	Jody Meredith	Thurrock Harriers	: 08	6 Colchester Harriers AC 299
32	V40	Robin Tubbs	Chelmsford AC	: 16	7 Chelmsford AC 308
33	U20	Oliver Mann	Thurrock Harriers	: 25	8 Thurrock Harriers 346
34	V40	Scott Rice	Thurrock Harriers	: 37	9 Thrift Green Trotters 391
35	SM	James Wright	Springfield Striders RC	: 39	10 Billericay Striders RC 392
36	V40	Stuart Raven	Springfield Striders RC	: 44	11 Ilford AC 466
37	SM	Andy Jopson	Benfleet Running Club	: 46	12 Phoenix Striders 492
38	V40	Graham Booty	Benfleet Running Club	: 49	13 Basildon AC 522
39	V40	Scott Dryden	Springfield Striders RC	: 53	14 Mid Essex Casuals 609
40	SM	Chris O'Hara	Billericay Striders RC	: 55	15 Halstead RR 333 (3)
41	U20	Christian Gray	Basildon AC	31: 00	16 Loughton AC 513 (3)
42	V40	Adam Baker	Orion Harriers	: 00	17 Cambridge & Coleridge AC 161 (2)
43	V40	Terry Spooner	Benfleet Running Club	: 03	18 East Essex Triathlon Club 228 (2)
44	SM	Chris Wayman	Benfleet Running Club	: 08	19 Braintree & District AC 245 (2)
45	V40	Lee Martin	Springfield Striders RC	: 10	20 Pitsea Running Club 342 (2)
46	U20	Euan Harlow	Havering AC	: 11	
47	SM	Russell Davies	Springfield Striders RC	: 12	
48	V40	Gary Chandler	Springfield Striders RC	: 19	
49	SM	Philip Smith	Springfield Striders RC	: 25	
50	SM	Brian Jenkins	Orion Harriers	: 37	
51	V50	John Ferguson	Cambridge & Coleridge AC	: 40	
52	SM	Cameron Humphries	Colchester Harriers AC	: 42	
53	U20	James Stewart	Havering AC	: 48	
54	V40	Andy Low	Benfleet Running Club	: 54	
55	V40	Adrian Smith	Orion Harriers	32: 00	

Pos	Age	Name	Team	Time
56	V50	Michael Bridgeland	Chelmsford AC	: 03
57	V40	Jason Crispin	Havering AC	: 04
58	V40	Iain Wilson	Orion Harriers	: 09
59	V50	Paul Spowage	Colchester Harriers AC	: 10
60	U20	Tom Muers	East Essex Triathlon Club	: 13
61	V40	Mark Buckley	Springfield Striders RC	: 24
62	SM	Graeme Kennedy	Cambridge & Coleridge AC	: 34
63	U20	Conor Culham	Braintree & District AC	: 36
64	U20	Ben Holdgate	Braintree & District AC	: 39
65	V50	Alec Kyriakides	Southend-on-Sea AC	: 48
66	V40	Tim Ballard	Colchester Harriers AC	: 55
67	V40	Christian Holmes	Southend-on-Sea AC	: 58
68	V40	Richard Candler	Halstead RR	33: 07
69	V50	Alan Clark	Benfleet Running Club	: 01
70	SM	Ross Hollands	Benfleet Running Club	: 14
71	U20	Kieran O'Hara	Havering AC	: 24
72	SM	Anthony Tobin	Thurrock Harriers	: 27
73	V40	Lloyd Miles	Billericay Striders RC	: 29
74	V40	James Campion	Southend-on-Sea AC	: 32
75	SM	Callum Wallace	Southend-on-Sea AC	: 38
76	SM	Jack Morris	Pitsea Running Club	: 42
77	SM	Jim Clark	Halstead RR	: 43
78	V40	Jon Wyatt	East Essex Triathlon Club	: 45
79	V40	Ian O'Neil	Thrift Green Trotters	: 46
80	V40	Gary Atkins	Havering AC	: 47
81	V50	Don Lawless	Thurrock Harriers	: 51
82	SM	Simeon Belson-Jones	Ilford AC	: 53
83	SM	Tim Freeland	Orion Harriers	: 53
84	V50	Neil Swift	Orion Harriers	: 54
85	V40	Russell Goodridge	Colchester Harriers AC	: 59
86	v40	Scott Reid	Orion Harriers	34: 00
87	V50	Paul Broome	Springfield Striders RC	: 06
88	V50	Paul Berrett	Havering AC	: 07
89	V50	Peter West	Colchester Harriers AC	: 12
90	V50	Peter Tullett	Chelmsford AC	: 27
91	V40	Matt Stenning	Billericay Striders RC	: 31
92	V40	Stuart Colley	Orion Harriers	: 31
93	V40	Steve Walker	Havering AC	: 36
94	V40	Tim Wright	Orion Harriers	: 42
95	V50	Steve Foggo	Billericay Striders RC	: 54
96	SM	Richard Rowe	Havering AC	: 59
97	SM	Chris Allen	Basildon AC	35: 04
98	V40	Sion Parry	Thrift Green Trotters	: 09
99	V40	Myles Coulson	Braintree & District AC	: 16
100	V50	Phil Olsen	Thrift Green Trotters	: 16
101	U20	Joe Payne	Basildon AC	: 18
102	V50	Trevor Horncastle	Phoenix Striders	: 18
103	V40	Justin King	Southend-on-Sea AC	: 23
104	V50	James Hart	Orion Harriers	: 25
105	V50	David Findlay	Basildon AC	: 29
106	SM	Joel Hayhow	Orion Harriers	: 34
107	SM	Steve May	Halstead RR	: 35
108	V40	Graham Hogan	Havering AC	: 37
109	V60	Mick Bumstead	Thurrock Harriers	: 41
110	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 46

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Pos	Age	Name	Team	Time
111	V40	Ian Pike	Benfleet Running Club	38:50
112	V60	Peter Binns	Southend-on-Sea AC	:54
113	U20	Aiden Elmore	Havering AC	:59
114	V50	Keith Thornton	Thrift Green Trotters	36:00
115	V60	John Lynch	Orion Harriers	:08
116	V50	Chris Purse	Springfield Striders RC	:16
117	V60	Bob Langley	Halstead RR	:19
118	V60	Tony Nixon	Ilford AC	:20
119	V50	Carl Easton	Phoenix Striders	:20
120	V50	Bill Bennett	Orion Harriers	:22
121	SM	Andy Owen	Halstead RR	:22
122	V40	Gary Rowlatt	Thurrock Harriers	:30
123	V50	Richard Bullis	Basildon AC	:53
124	V40	Brian Venton	Benfleet Running Club	:57
125	SM	Stuart Hardy	Orion Harriers	37:02
126	V40	John Russell	Thurrock Harriers	:05
127	V40	Greg Wisken	Mid Essex Casuals	:17
128	V50	Dave Brock	Orion Harriers	:20
129	SM	Joe McGrath	Basildon AC	:38
130	V50	Kevin Kirby	Chelmsford AC	:57
131	V40	Paul Agastina	Phoenix Striders	:58
132	V40	Al Monte	Southend-on-Sea AC	38:08
133	V40	Lawrence Harrison	Billericay Striders RC	:17
134	V40	Mike Grout	Benfleet Running Club	:20
135	V40	Matt Gillard	Southend-on-Sea AC	:25
136	SM	Ryan Sibley	Phoenix Striders	:31
137	SM	Tony Collins	Havering AC	:38
138	V50	Graham Hall	Orion Harriers	:44
139	V40	John Rex	Basildon AC	:46
140	V50	Martin Orford	Phoenix Striders	:48
141	V50	Gary Bartlett	Orion Harriers	:48
142	V50	Paul Williams	Orion Harriers	:49
143	V50	Dennis Dudley	Benfleet Running Club	:54
144	SM	Steve Rebel	Thrift Green Trotters	39:06
145	V50	Dave Spain	Benfleet Running Club	:29
146	V70	David Reaves	Braintree & District AC	:34
147	V50	John Clarke	Mid Essex Casuals	:39
148	V40	Ian Chandler	Halstead RR	:43
149	V40	James Price	Phoenix Striders	:45
150	V60	Ian Gill	East Essex Triathlon Club	:53
151	SM	Chris Footer	Phoenix Striders	40:00
152	V40	Ricky Lee	Billericay Striders RC	:21
153	V50	Barry Ward	Havering AC	:22
154	V60	Ted Skinner	Ilford AC	:33
155	V50	Rhys Davis	Basildon AC	:41
156	V60	Dave Milner	Orion Harriers	:47
157	V50	Melvyn Cooper	Thrift Green Trotters	:53
158	SM	Steven Rolfe	Braintree & District AC	41:20
159	V50	Rick Deacon	Billericay Striders RC	:33
160	V40	Steve Smith	Thrift Green Trotters	:41
161	SM	Chris Mizen	Mid Essex Casuals	:43
162	V50	Dave Lane	Phoenix Striders	42:23
163	V50	Neil Clark	Phoenix Striders	:28
164	V50	Steve Cheal	Ilford AC	:41
165	V60	Brian Butcher	Mid Essex Casuals	:55

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Pos	Age	Name	Team	Time
166	V50	Simon Jordan	Phoenix Striders	43: 05
167	V60	Peter McLaughlin	Pitsea Running Club	: 23
168	V40	Trevor Robinson	Loughton AC	: 26
169	V60	George Georgiou	Loughton AC	44: 03
170	V60	Ray Vaultier	Mid Essex Casuals	: 08
171	V50	Duncan Russell	Phoenix Striders	46: 01
172	V50	Eddie Mills	Phoenix Striders	: 10
173	V50	Frank Merrigan	Orion Harriers	: 34
174	V70	Charlie Ross	Chelmsford AC	: 39
175	V50	Paul Williams	Pitsea Running Club	47: 41
176	V60	David Hobbs	Loughton AC	: 57
177	V60	Jim Rourke	Billericay Striders RC	49: 05
178	V50	Dave Girt	Southend-on-Sea AC	: 17
179	V50	Nelson Howe	Phoenix Striders	53: 23
180	V40	Paul Dawson	Southend-on-Sea AC	56: 04
181	V40	Nick Footer	Mid Essex Casuals	59: 17

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