

Essex Cross Country League (1)

<u>One Tree Hill</u>		<u>U13 Girls</u>	<u>12/10/2019</u>	
Pos	Name	Team	Time	
1	Kayleigh Atkinson	Chelmsford AC	12:	47
2	Charlotte Evans	Havering AC	13:	08
3	Hannah Evans	Havering AC		14
4	Ruby Tillson	Havering AC		23
5	Amelia King	Chelmsford AC		24
6	Sienna Shipton	Chelmsford AC		31
7	Holly Appleton	Chelmsford AC		35
8	Gaby Bilbie	Chelmsford AC		38
9	Cheyenne Daghar	Thurrock Harriers		51
10	Seraphina Harris	Cambridge & Coleridge AC		55
11	Abigail Swan	Havering AC		56
12	Rosie Warner	Havering AC		57
13	Carys Sergeant	Colchester & Tendring AC	14:	00
14	Ruby Aylott	Benfleet Running Club		05
15	Emmie Fulker	Chelmsford AC		07
16	Mia Bowring	Chelmsford AC		08
17	Liliana Taylor	Southend-on-Sea AC		10
18	Daisy Callagher	Orion Harriers		28
19	Sophie Matthews	Thurrock Harriers		39
20	Amelie Hewlett	Braintree & District AC		40
21	Maddison Mae Turner	Benfleet Running Club		40
22	Mara Thomas	Chelmsford AC		42
23	Daisy Sameuls	Southend-on-Sea AC		45
24	Jemina Pratt	Harlow AC		50
25	Lucy Chappelhow	Thurrock Harriers		55
26	Abbie Houlton	Orion Harriers	15:	15
27	Isabelle Allen	Southend-on-Sea AC		17
28	Hannah Osborne	Southend-on-Sea AC		51
29	Grace Curtis	Basildon AC		52
30	Abigail Cowling	Harlow AC	16:	07
31	Keira Bellas	Orion Harriers		14
32	Meadow Hayhow	Benfleet Running Club		17
33	Emily Bailey	Basildon AC		24
34	Alice Begg	Colchester Harriers AC		32
35	Maisy Raymond	Chelmsford AC		47
36	Lily Smith	Chelmsford AC		49
37	Lola Butcher	Benfleet Running Club	17:	08
38	Erin Foote	Harlow AC	18:	18

Teams		
1	Chelmsford AC	19
2	Havering AC	20
3	Southend-on-Sea AC	95
4	Benfleet Running Club	104
5	Thurrock Harriers	53 (3)
6	Orion Harriers	75 (3)
7	Harlow AC	92 (3)
8	Basildon AC	62 (2)
9	Cambridge & Coleridge AC	10 (1)
10	Colchester & Tendring AC	13 (1)
11	Braintree & District AC	20 (1)
12	Colchester Harriers AC	34 (1)

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<u>One Tree Hill</u>				<u>U13 Boys</u>				<u>12/10/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Harry Wyatt	Thurrock Harriers	12: 08	41	Kester Waterman	Colchester & Tendring AC	22				
2	Ryan Carroll	Havering AC	15	42	Lucas Willett	Thurrock Harriers	31				
3	Oliver Taylor-Bush	Havering AC	18	43	Oscar Emery	Orion Harriers	41				
4	Gregory Martin	Chelmsford AC	21	44	Ike Okwudi	Havering AC	49				
5	Nick Shephard	Southend-on-Sea AC	23	45	Jake Saunders	Thurrock Harriers	50				
6	Jake Campen	Basildon AC	24	46	Rilwan Choi	Southend-on-Sea AC	55				
7	Nathan Hart	Havering AC	27	47	Fred Walton	Colchester & Tendring AC	15: 11				
8	Dylan Robins	Chelmsford AC	32	48	Daniel Brown	Thurrock Harriers	23				
9	Jacob Hurrell	Chelmsford AC	35	49	Oliver Fisher	Southend-on-Sea AC	31				
10	Toby Johnson	Havering AC	40	50	Adam Bakler-Kugler	Basildon AC	36				
11	Alfie Squibb	Thurrock Harriers	42	51	Oscar Griffith	Colchester & Tendring AC	42				
12	Joseph Oton	Havering AC	44	52	William Muffet	Orion Harriers	48				
13	Joseph Grange	Ilford AC	46	53	Jacob Chambers	Braintree & District AC	16: 02				
14	William Sweeney	Chelmsford AC	47	54	Adam Havis	Billericay Striders RC	06				
15	Zach Higgins	Havering AC	55	55	Ryan Clarke	East Essex Triathlon Club	14				
16	Eddie Da Sousa	Orion Harriers	13: 01								
17	Lawrence Stone	Southend-on-Sea AC	04								
18	Toby Jones	Southend-on-Sea AC	08								
19	Michael Luxton	Orion Harriers	13								
20	Aaron Hick	Ilford AC	15								
21	Alfie Geeves	Havering AC	16								
22	Henry Rutland	Colchester Harriers AC	19								
23	James Thake	Ilford AC	20								
24	Charlie Collard	Chelmsford AC	24								
25	Harrison Leek	Colchester Harriers AC	26								
26	Finley Greenleaf	Colchester Harriers AC	27								
27	Joseph Gray	Havering AC	30								
28	Teddy Squibb	Thurrock Harriers	31								
29	Jonty Barton	Chelmsford AC	32								
30	Luke Gosling	Orion Harriers	33								
31	Michael Tesi	Havering AC	37								
32	Leo Rothwell	Cambridge & Coleridge AC	41								
33	Charlie Watts	Chelmsford AC	42								
34	Ellis Cross	Basildon AC	45								
35	Jesse Ryan	Chelmsford AC	46								
36	Henry Champion	Southend-on-Sea AC	51								
37	Lucas Emeagi	Ilford AC	54								
38	Alex Carty	Southend-on-Sea AC	14: 03								
39	Fraser Hughes	Chelmsford AC	14								
40	Ethan Barry-Hannan	Southend-on-Sea AC	15								

Teams		
1	Havering AC	22
2	Chelmsford AC	35
3	Southend-on-Sea AC	76
3	Thurrock Harriers	82
5	Ilford AC	93
6	Orion Harriers	108
7	Colchester Harriers AC	73 (3)
8	Basildon AC	90 (3)
9	Colchester & Tendring AC	139 (3)
10	Cambridge & Coleridge AC	32 (1)
11	Braintree & District AC	53 (1)
12	Billericay Striders RC	54 (1)
13	East Essex Triathlon Club	55 (1)

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Essex Cross Country League (1)

<u>One Tree Hill</u>				<u>U15 Girls</u>				<u>12/10/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Holly Watson	Chelmsford AC	15: 35	41	Grace Evans	Harlow AC	22: 28				
2	Kiera Atkinson	Chelmsford AC	39	42	Olivia Brown	Braintree & District AC	22: 30				
3	Jayne Elvin	Thurrock Harriers	52	43	Ella Whitfield	Basildon AC	50				
4	Maisy Silverstone	Orion Harriers	55	44	Aara Shofiuzzaman	Benfleet Running Club	58				
5	Ruby Higgins	Havering AC	16: 10								
6	Natalie Sewell	Havering AC	25								
7	Alexandra Bell-Cobbold	Colchester Harriers AC	33								
8	Nicole Langan	Havering AC	43								
9	Ruby Muffett	Southend-on-Sea AC	54								
10	Alice Bower	Chelmsford AC	17: 01								
11	Isobel Calabritto	Basildon AC	03								
12	Ruby Samuels	Southend-on-Sea AC	05								
13	Freya Seymour	Basildon AC	06								
14	Isabelle Carlin	Southend-on-Sea AC	12								
15	Hannah Yexley	Havering AC	20								
16	Faye Bills	Southend-on-Sea AC	22								
17	Rosie Spring	Thurrock Harriers	33								
18	Verity Garcia	Orion Harriers	36								
19	Erin Vernon	Benfleet Running Club	43								
20	Isabel Freed	Benfleet Running Club	43								
21	Rebecca Natu	Orion Harriers	58								
22	Kitty Hicling	Cambridge & Coleridge AC	18: 02								
23	Sophie Foot	Orion Harriers	04								
24	Lizzie Wellsted	Colchester Harriers AC	05								
25	Sophie Cottam	Chelmsford AC	06								
26	Hannah Warner	Southend-on-Sea AC	19								
27	Amelia Jones	Southend-on-Sea AC	57								
28	Holly Hammond	Southend-on-Sea AC	19: 01								
29	Chloe Johnson-Burke	Benfleet Running Club	08								
30	Ciara Pearce	Orion Harriers	10								
31	Rachel Sandercock	Colchester & Tendring AC	11								
32	Fran Turner	Basildon AC	17								
33	Emily Henderson	Colchester Harriers AC	30								
34	Millie Costin	Basildon AC	32								
35	Eliza Sole	Southend-on-Sea AC	42								
36	Lauren Holmes	Basildon AC	55								
37	Evie Knight	Basildon AC	20: 13								
38	Libby Gosling	Orion Harriers	25								
39	Lucia De Cristofano	Benfleet Running Club	21: 11								
40	Hollie Douglass	Benfleet Running Club	55								

Teams

1	Havering AC	34
2	Chelmsford AC	38
3	Southend-on-Sea AC	51
4	Orion Harriers	66
5	Basildon AC	90
6	Benfleet Running Club	107
7	Colchester Harriers AC	64 (3)
8	Thurrock Harriers	20 (2)
9	Cambridge & Coleridge AC	22 (1)
10	Colchester & Tendring AC	31 (1)
11	Harlow AC	41 (1)
12	Braintree & District AC	42 (1)

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Essex Cross Country League (1)

One Tree Hill

U15 Boys

12/10/2019

Pos	Name	Team	Time
1	Tom Wood	Chelmsford AC	13: 46
2	Ben Maguire	Southend-on-Sea AC	50
3	Charlie Howell	Havering AC	14: 18
4	Matthew Blacklock	Havering AC	22
5	Sam Riley	Basildon AC	23
6	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	24
7	Hugo Jones	Southend-on-Sea AC	45
8	Reece Munro	Southend-on-Sea AC	49
9	William Nuttall	Chelmsford AC	50
10	Dan Peters	Havering AC	57
11	Oliver Prince	Braintree & District AC	58
12	Jake Borrett	Cambridge & Coleridge AC	15: 03
13	Ryan Holeyman	Ilford AC	09
14	Shane Hart	Havering AC	16
15	Ronan Longman-Young	Benfleet Running Club	25
16	Owen Fisher	Havering AC	27
17	Arthur Ansell	Orion Harriers	29
18	Matthew Hick	Ilford AC	34
19	Jacob Alexander	Chelmsford AC	37
20	Luke Powell	Colchester & Tendring AC	38
21	Thomas Peacock	Thurrock Harriers	39
22	Cyrus Lumba	Southend-on-Sea AC	41
23	William Sankey	Southend-on-Sea AC	42
24	Joseph Perry	Chelmsford AC	45
25	James Brigstock-William	Colchester & Tendring AC	52
26	Charlie Burgess	Havering AC	52
27	Lawrence Martin	Chelmsford AC	56
28	Max Robbins	Havering AC	57
29	Lewis Edwards	Havering AC	16: 03
30	Harrison Thorpe	Basildon AC	08
31	Edison Barker	Colchester & Tendring AC	15
32	Archie Henington	Colchester & Tendring AC	16
33	Finley Wolton	Havering AC	26
34	Oscar Farley	Billericay Striders RC	42
35	David McCarthy	Chelmsford AC	52
36	Jake Hart	Basildon AC	17: 30
37	Bailey Hartman	Basildon AC	48
38	Harry Hodge	Billericay Striders RC	18: 12
39	Charlie Parmenter	Colchester Harriers AC	40
40	Archie Winney	Havering AC	48

Pos	Name	Team	Time
41	Jacob Emeagi	Ilford AC	50
42	Owen Keen	Orion Harriers	53
43	Vitor Marten-Manas	Ilford AC	55
44	James Malyon	Harlow AC	20: 17
45	Marco Burzotta	Benfleet Running Club	21: 03

Teams

1	Havering AC	31
2	Southend-on-Sea AC	39
3	Chelmsford AC	53
4	Colchester & Tendring AC	108
5	Basildon AC	108
6	Ilford AC	115
7	Cambridge & Coleridge AC	18 (2)
8	Orion Harriers	59 (2)
9	Benfleet Running Club	60 (2)
10	Billericay Striders RC	72 (2)
11	Braintree & District AC	11 (1)
12	Thurrock Harriers	21 (1)
13	Colchester Harriers AC	39 (1)
14	Harlow AC	44 (1)

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Essex Cross Country League (1)

<u>One Tree Hill</u>			<u>U17/20 Women</u>	<u>12/10/2019</u>	
Pos	Age	Name	Team	Time	
1	U17	Demi Eves	Thurrock Harriers	18: 31	
2	U17	Megan Harris	Basildon AC	59	
3	U17	Madison Harris	Basildon AC	19: 00	
4	U17	Milly Presland	Colchester Harriers AC	12	
5	U20	Annalie Cole	Orion Harriers	13	
6	U17	Sophie Magson	Orion Harriers	15	
7	U17	Sydney Foley	Havering AC	21	
8	U17	Hannah Bolton	Chelmsford AC	35	
9	U17	Sarah Blockley	Thurrock Harriers	20: 23	
10	U20	Grace Goodall	Basildon AC	32	
11	U17	Sophie Wetheridge	Basildon AC	42	
12	U17	Sasha Clark	Cambridge & Coleridge AC	21: 01	
13	U17	Madeleine Claydon	Colchester Harriers AC	03	
14	U17	Lauryn Wood	Chelmsford AC	07	
15	U20	Grace Ralston	Southend-on-Sea AC	16	
16	U17	Hannah Riley	Basildon AC	26	
17	U17	Katie Brazier	Chelmsford AC	34	
18	U17	Lauren Hazel	Chelmsford AC	22: 05	
19	U17	Ciara Cronin	Chelmsford AC	27	
20	U20	Millie Daniels	Basildon AC	34	
21	U17	Robyn Bartholomew	Southend-on-Sea AC	23: 11	
22	U17	Emily Fall	Thurrock Harriers	31	
23	U17	Paige Woodcraft	Chelmsford AC	24: 14	
24	U17	Jessica James	Havering AC	23	
25	U17	Morgan Romain	Havering AC	27	
26	U17	Annie Grannell	Havering AC	38	
27	U17	Daizy Harris	Basildon AC	43	
28	U17	Lottie Poulton	Benfleet Running Club	46	
29	U20	Emily James	Havering AC	50	
30	U17	India Emery	Orion Harriers	57	
31	U17	Eve Smith	Orion Harriers	26: 12	
32	U17	Leah Brewer	Thurrock Harriers	18	
33	U17	Rebecca O'Rourke	Havering AC	27: 16	

Teams		
1	Basildon AC	26
2	Chelmsford AC	57
3	Thurrock Harriers	64
4	Orion Harriers	72
5	Havering AC	82
6	Colchester Harriers AC	17 (2)
7	Southend-on-Sea AC	36 (2)
8	Cambridge & Coleridge AC	12 (1)
9	Benfleet Running Club	28 (1)

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Essex Cross Country League (1)

<u>One Tree Hill</u>		<u>U17 Men</u>	<u>12/10/2019</u>	
Pos	Name	Team	Time	
1	Aaran Samuels	Ilford AC	21: 47	
2	Jak Wright	Ilford AC	22: 56	
3	Matt Warner	Southend-on-Sea AC	23: 05	
4	Alex Ford	Havering AC	09	
5	Aidan Cahill	Colchester & Tendring AC	31	
6	Daniel Morris	Basildon AC	37	
7	Josh McGill	Basildon AC	47	
8	Bradley Deacon	Ilford AC	53	
9	Luke Randall	Southend-on-Sea AC	24: 12	
10	Dylan Harrod	Thurrock Harriers	14	
11	Harry Clarke	Chelmsford AC	18	
12	Harry Ladd	Chelmsford AC	20	
13	Ethan Reiley	Chelmsford AC	38	
14	Daniel Houchell	Basildon AC	49	
15	Sunny Vehit	Thurrock Harriers	25: 01	
16	Finnlay Lowe	Thurrock Harriers	17	
17	Thomas Colsell	Colchester Harriers AC	21	
18	William Samuels	Southend-on-Sea AC	31	
19	Scott Thomas	Chelmsford AC	32	
20	Oliver Stafford	Chelmsford AC	51	
21	Noah Reynolds	Chelmsford AC	21: 02	
22	Nathan Boase	Orion Harriers	07	
23	Samuel Waite	Chelmsford AC	13	
24	Thomas Woodward	Chelmsford AC	22	
25	Callum Hynes	Southend-on-Sea AC	24	
26	Finlay Staff	Chelmsford AC	58	
27	Lenny Houston	Havering AC	27: 33	
28	Jake Hume	Basildon AC	28: 15	
29	Haydn Hawkins	Braintree & District AC	29: 01	
30	James Chauklen	Braintree & District AC	29: 06	
31	Thomas Hunt	Basildon AC	30: 14	
32	Finlay Newman	Tiptree Road Runners	34: 43	

Teams		
1	Chelmsford AC	55
2	Southend-on-Sea AC	55
3	Basildon AC	55
4	Ilford AC	11 (3)
5	Thurrock Harriers	41 (3)
6	Havering AC	31 (2)
7	Braintree & District AC	59 (2)
8	Colchester & Tendring AC	5 (1)
9	Colchester Harriers AC	17 (1)
10	Orion Harriers	22 (1)
11	Tiptree Road Runners	32 (1)

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Essex Cross Country League (1)

<u>One Tree Hill</u>				<u>Senior Women</u>	<u>12/10/2019</u>	
Pos	Age	Name	Team	Time		Division 1 Teams (4 to score)
1	V40	Liz Davies	Springfield Striders RC	23: 47		1 Havering AC 24
2	SW	Lauren Deadman	Havering AC	24: 59		2 Colchester Harriers AC 64
3	SW	Morgan Campbell	Havering AC	25: 45		3 Springfield Striders RC 100
4	SW	Ginte Bailey	Havering AC	26: 15		4 Southend-on-Sea AC 134
5	SW	Hayley Lamkin	Southend-on-Sea AC	: 25		5 Brentwood Running Club 145
6	SW	Sarah Worley	Billericay Striders RC	: 54		6 Benfleet Running Club 147
7	V40	Sarah Stradling	Colchester Harriers AC	: 57		7 JBR Run and Tri 150
8	SW	Rebecca Cole	Chelmsford AC	27: 09		8 Orion Harriers 167
9	U20	Sinead Clarke	Benfleet Running Club	: 14		9 Billericay Striders RC 181
10	V45	Wendy King	Chelmsford AC	: 26		10 Ilford AC 203
11	U20	Hayley Instance	Thurrock Harriers	: 37		11 Thurrock Harriers 86 (3)
12	V45	Claire Hall	Grange Farm & Dunmow Runr	: 42		12 Chelmsford AC 135 (3)
13	V45	Sam Bilbie	Springfield Striders RC	: 47		Division 2 Teams (4 to score)
14	V50	Denise Morley	Colchester Harriers AC	28: 10		1 Tiptree Road Runners 242
15	SW	Robyn Matson	Havering AC	: 34		2 Halstead RR 279
16	V40	Danielle Harrington	Tiptree Road Runners	: 41		3 Phoenix Striders 304
17	SW	Rebecca Cooke	Colchester Harriers AC	: 42		4 Pitsea Running Club 332
18	SW	Chloe Haines	Cambridge & Coleridge AC	: 48		5 East Essex Triathlon Club 403
19	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 53		6 Cambridge & Coleridge AC 120 (3)
20	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 58		7 Grange Farm & Dunmow Runr 132 (3)
21	V45	Debbie Appleton	Havering AC	29: 02		8 Loughton AC 221 (3)
22	V55	Loretta Sollars	Guest	: 23		9 Mid Essex Casuals 240 (3)
23	SW	Eloise Smith	Brentwood Running Club	: 33		10 Hockley Trail Runners 176 (2)
24	V40	Kathleen Short	Brentwood Running Club	: 38		11 Dagenham 88 244 (2)
25	SW	Rachael Roughan	Halstead RR	: 50		Veterans Teams (3 to score)
26	SW	Rachel Dale	Colchester Harriers AC	: 53		1 Springfield Striders RC 48
27	SW	Kate Walsh	JBR Run and Tri	30: 00		2 Colchester Harriers AC 52
28	SW	Carlie Qirem	Ilford AC	: 06		3 Orion Harriers 106
29	V40	Jennie Page	JBR Run and Tri	: 17		4 Southend-on-Sea AC 129
30	SW	Natasha Pinborough	JBR Run and Tri	: 29		5 Benfleet Running Club 138
31	V55	Debbie Cattermole	Colchester Harriers AC	: 31		6 Brentwood Running Club 141
32	V45	Natasha Lagden	Southend-on-Sea AC	: 45		7 Havering AC 156
33	V40	Nicola Evans	Benfleet Running Club	: 52		8 Tiptree Road Runners 164
34	V40	Polly Bridgeman	Springfield Striders RC	: 53		9 Billericay Striders RC 189
35	V50	Jodie Farrell	Thurrock Harriers	: 55		10 JBR Run and Tri 191
36	V50	Lorna Gaffney	Loughton AC	: 56		11 Phoenix Striders 216
37	SW	Amy-Louise Bird	Ilford AC	: 58		12 Mid Essex Casuals 240
38	V45	Jacqui Watson	Benfleet Running Club	31: 02		13 Pitsea Running Club 301
39	V45	Lorraine Gosling	Orion Harriers	: 04		14 East Essex Triathlon Club 338
40	V40	Victoria Peacock	Thurrock Harriers	: 06		15 Thurrock Harriers 75 (2)
41	SW	Amy Gornall	Brentwood Running Club	: 09		16 Chelmsford AC 127 (2)
42	V40	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 10		17 Ilford AC 138 (2)
43	SW	Elizabeth Gilchrist	Cambridge & Coleridge AC	: 17		18 Loughton AC 139 (2)
44	V40	Vicky Knight	Tiptree Road Runners	: 20		19 Halstead RR 196 (2)
45	V45	Joanne Sullivan	Havering AC	: 24		20 Grange Farm & Dunmow Runr 12 (1)
						21 Hockley Trail Runners 79 (1)
						22 Dagenham 88 120 (1)

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Pos	Age	Name	Team	Time
46	SW	Jade Edwards	Havering AC	: 26
47	V55	Pippa Dowswell	Orion Harriers	: 36
48	SW	Tina Golubeva	Pitsea Running Club	: 54
49	V40	Ruth Havis	Billericay Striders RC	32: 06
50	V45	Kate Gibson	Colchester Harriers AC	: 08
51	V40	Kristina Read	Phoenix Striders	: 14
52	SW	Imogen Ovenden	Springfield Striders RC	: 22
53	V60	Breege Nordin	Ilford AC	: 26
54	V55	Christine Deacon	Billericay Striders RC	: 40
55	V45	Rebecca Taylor	Southend-on-Sea AC	: 47
56	V50	Paula Purtell	Mid Essex Casuals	: 52
57	V50	Mary Lloyd	Brentwood Running Club	: 56
58	SW	Kelly Judge	Halstead RR	: 58
59	SW	Eileen Coughlan	Cambridge & Coleridge AC	33: 02
60	V40	Lisa James	Brentwood Running Club	: 08
61	V55	Christine Inch	Orion Harriers	: 12
62	V40	Nina Barrett	Brentwood Running Club	: 16
63	V40	Sarah Demetriou	Springfield Striders RC	: 18
64	V40	Debbie Keene	JBR Run and Tri	: 21
65	SW	Deborah Hall	East Essex Triathlon Club	: 34
66	V45	Isobel Gowers	Springfield Striders RC	: 53
67	V50	Heidi Nevin	Benfleet Running Club	: 59
68	V45	Madeleine Knight	Brentwood Running Club	34: 07
69	V45	Dianne Fairchild	Brentwood Running Club	: 25
70	V50	Sharon Skidmore	Mid Essex Casuals	: 46
71	V45	Kirsty Williams	Springfield Striders RC	: 47
72	SW	Emma De Cruz	Billericay Striders RC	: 54
73	V40	Louise Maggs	Benfleet Running Club	: 57
74	V50	Wendy Carter	Halstead RR	35: 08
75	V45	Kelly McLenaghan	Benfleet Running Club	: 13
76	V40	Deborah Hitching	Springfield Striders RC	: 17
77	V45	Nichola Hands	Springfield Striders RC	: 19
78	SW	Jess Archer	Tiptree Road Runners	: 21
79	V50	Diane Wagstaff	Hockley Trail Runners	: 27
80	V65	Lynn Tanner	Springfield Striders RC	: 29
81	V50	Lynsey Gray	Phoenix Striders	: 36
82	SW	Georgie Gillott	Loughton AC	: 39
83	V45	Julie Wilson	Brentwood Running Club	: 45
84	V55	Debra Pumfrett	Phoenix Striders	: 46
85	V55	Nicola Hopkinson	Ilford AC	: 48
86	V45	Joanne Ling	Billericay Striders RC	: 52
87	SW	Lynsey Hawkins	Braintree & District AC	36: 04
88	V45	Ruth Roberts	Phoenix Striders	: 09
89	SW	Ellen Triggs	Billericay Striders RC	: 20
90	V55	Tracy O'Neill	Havering AC	: 23

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Pos	Age	Name	Team	Time
91	SW	Gemma Higgs	Pitsea Running Club	: 31
92	V45	Sarah De Cristofano	Benfleet Running Club	: 33
93	V55	Joanne Day	Brentwood Running Club	37: 06
94	V55	Joanne Pearce	Pitsea Running Club	: 27
95	V45	Amanda Bradfield	Benfleet Running Club	: 46
96	SW	Vicki Calleja	Brentwood Running Club	: 47
97	SW	Josie Aplin	Hockley Trail Runners	38: 19
98	V40	Jacky Green	JBR Run and Tri	: 25
99	V60	Helen Williams	Pitsea Running Club	: 36
100	V40	Manuela Gordea	Benfleet Running Club	39: 14
101	SW	Jenny Suckling	Grange Farm & Dunmow Runr	: 22
102	V50	Debbie Robertson	Benfleet Running Club	: 23
103	V40	Nadine Holland	Loughton AC	: 32
104	V50	Sharon Hardwicke	Tiptree Road Runners	: 38
105	V40	Emma Flin	East Essex Triathlon Club	: 40
106	SW	Audrey Morris	Benfleet Running Club	: 59
107	V50	Jane Hallam	Havering AC	40: 03
108	V65	Valerie Sinclair	Pitsea Running Club	: 13
109	V40	Tracy Rodd	JBR Run and Tri	: 57
110	V50	Nicola Maslen	Phoenix Striders	41: 19
111	V50	Annette Johnson	Benfleet Running Club	: 29
112	V60	Gillian Harrison	Pitsea Running Club	: 47
113	V40	Suzy Stidston	Benfleet Running Club	42: 11
114	V60	Julie Peacock	Mid Essex Casuals	: 26
115	V65	Theresa Flannigan	East Essex Triathlon Club	: 31
116	V50	Sue Long	Tiptree Road Runners	43: 00
117	V55	Tracy Minton	Chelmsford AC	: 11
118	V40	Vicki Andreetti	East Essex Triathlon Club	: 38
119	V50	Sharon Wilkinson	Phoenix Striders	44: 25
120	V40	Lynne Northcott	Dagenham 88	: 29
121	V45	Joanne Key	Benfleet Running Club	45: 28
122	V40	Maria Nichol	Halstead RR	48: 5
123	V60	Christine Judge	Benfleet Running Club	49: 38
124	SW	Saima Zeb	Dagenham 88	50: 16

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Essex Cross Country League (1)

One Tree Hill

Senior Men

12/10/2019

Pos	Age	Name	Team	Time	
1	V45	Adrian Musett	Colchester Harriers AC	27: 12	
2	U20	Zach Bridgeland	Chelmsford AC	: 20	
3	SM	Michael Gilbert	Cambridge & Coleridge AC	: 22	
4	U20	Leon Wheeler	Thurrock Harriers	: 29	
5	SM	Edward Mitchell	Colchester Harriers AC	: 30	
6	SM	Ben Davis	Havering AC	: 49	
7	SM	David Fewell	Chelmsford AC	: 56	
8	SM	Rob Warner	Havering AC	28: 02	
9	SM	Sam Clayton	Colchester & Tendring AC	: 04	
10	U20	Sam Atkins	Havering AC	: 05	
11	U20	Taylor Newell	Thurrock Harriers	: 16	
12	SM	George Day	Orion Harriers	: 24	
13	U20	Jack Stanton-Stock	Cambridge & Coleridge AC	: 31	
14	SM	Kurtis Swan	Braintree & District AC	: 36	
15	SM	Tim Woulfe	Braintree & District AC	: 39	
16	SM	Joe Ray	Southend-on-Sea AC	: 42	
17	U20	Freddy Richardson	Colchester & Tendring AC	: 47	
18	SM	James Stewart	Havering AC	: 56	
19	SM	Richard Smith	Orion Harriers	29: 00	
20	U20	Mungo Prior	Ilford AC	: 02	
21	U20	Danny Millward	Colchester Harriers AC	: 05	
22	V40	Paul Grange	Ilford AC	: 07	
23	SM	Tom Gardner	Ilford AC	: 12	
24	U20	Ben Prior	Thurrock Harriers	: 16	
25	SM	James Buckley-Stanton	Havering AC	: 19	
26	V40	Lee Taylor	Southend-on-Sea AC	: 21	
27	SM	Chris Sellens	Colchester Harriers AC	: 29	
28	SM	Nick Harris-Fry	Orion Harriers	: 40	
29	SM	Lee Baynton	Benfleet Running Club	: 46	
30	SM	Conor Culham	Braintree & District AC	: 48	
31	V45	Steve Rand	Havering AC	: 54	
32	SM	Pat Walsh	Southend-on-Sea AC	: 56	
33	SM	Dominic Le Mare	Southend-on-Sea AC	: 57	
34	SM	Gavin Watts	Havering AC	30: 00	
35	V40	Barry Smith	Havering AC	: 09	
36	V45	Adam Baker	Orion Harriers	: 13	
37	SM	Luke Fitz John	Springfield Striders RC	: 17	
38	V40	Mark Jones	Basildon AC	: 19	
39	V50	Barney Foot	Orion Harriers	: 22	
40	V50	Colin Reed	Orion Harriers	: 25	
41	U20	Victor Stienwand	Colchester Harriers AC	: 26	
42	U20	Sam Wheatley	Southend-on-Sea AC	: 34	
43	SM	Aaron Groves	Tiptree Road Runners	: 34	
44	V45	Paul Rodgers	Colchester Harriers AC	: 36	
45	SM	Chris Wayman	Benfleet Running Club	: 37	
46	V45	Gary Coombes	Ilford AC	: 40	
47	SM	Brian Jenkins	Orion Harriers	: 49	
48	SM	Gareth Allen	Orion Harriers	: 57	
49	V40	Bob Glasgow	Orion Harriers	: 58	
50	SM	Greg Tye	Braintree & District AC	31: 01	
51	U20	Innes Fullerton	Braintree & District AC	: 02	
52	V40	Gavin Maley	Havering AC	: 03	
53	SM	Alec Finch	Thurrock Harriers	: 04	
54	SM	Gavin Scanlon	Colchester Harriers AC	: 09	
55	V50	Scott Reed	Orion Harriers	: 17	
56	SM	Scott Darney	Witham Running Club	: 20	

Division 1 Teams (6 to score)	
1	Havering AC 98
2	Colchester Harriers AC 139
3	Orion Harriers 174
4	Southend-on-Sea AC 221
5	Thurrock Harriers 257
6	Ilford AC 309
7	Benfleet Running Club 396
8	Grange Farm & Dunmow Runr 557
9	Springfield Striders RC 605
10	Halstead RR 959
11	Phoenix Striders 1030
12	JBR Run and Tri 558 (3)

Division 2 Teams (6 to score)	
1	Braintree & District AC 332
2	Chelmsford AC 387
3	Billericay Striders RC 588
4	Brentwood Running Club 822
5	Pitsea Running Club 905
6	Mid Essex Casuals 1103
7	Tiptree Road Runners 453 (4)
8	Basildon AC 553 (4)
9	Cambridge & Coleridge AC 108 (3)
10	Colchester & Tendring AC 210 (3)
11	East Essex Triathlon Club 289 (2)
12	Hockley Trail Runners 375 (2)
13	Witham Running Club 56 (1)
14	Loughton AC 61 (1)

Veterans (4 to score)	
1	Orion Harriers 164
2	Havering AC 177
3	Colchester Harriers AC 187
4	Ilford AC 266
5	Southend-on-Sea AC 325
6	Billericay Striders RC 396
7	Benfleet Running Club 407
8	Springfield Striders RC 425
9	Pitsea Running Club 545
10	Basildon AC 553
11	Brentwood Running Club 582
12	Chelmsford AC 610
13	Mid Essex Casuals 681
14	Phoenix Striders 714
15	Thurrock Harriers 438 (3)
16	Halstead RR 461 (3)
17	Tiptree Road Runners 274 (2)
18	East Essex Triathlon Club 289 (2)
19	Hockley Trail Runners 375 (2)
20	Grange Farm & Dunmow Runr 383 (2)
21	JBR Run and Tri 403 (2)
22	Loughton AC 61 (1)
23	Colchester & Tendring AC 184 (1)

Pos	Age	Name	Team	Time
57	U20	Louis Berrett	Havering AC	: 21
58	SM	Kieran O'Hara	Havering AC	: 27
59	V50	Matthew Bland	Havering AC	: 28
60	U20	Joe Lane	Chelmsford AC	: 37
61	V40	Jon Whitehouse	Loughton AC	: 38
62	U20	Thomas Palmer	Colchester Harriers AC	: 38
63	SM	Kieran Feltham	Benfleet Running Club	: 39
64	SM	Michael Feltham	Benfleet Running Club	: 39
65	V50	Paul Holloway	Ilford AC	: 42
66	SM	Cameron Humphries	Colchester Harriers AC	: 48
67	V50	John Barker	Brentwood Running Club	: 49
68	U20	Connor Johnson	Grange Farm & Dunmow Runr	: 51
69	V55	Colin Ridley	Colchester Harriers AC	: 52
70	SM	Wesley Atkins	Halstead RR	: 55
71	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	: 59
72	SM	Tom Walsh	Southend-on-Sea AC	32: 02
73	V50	Allen Smalls	Colchester Harriers AC	: 04
74	SM	David Wilson	Orion Harriers	: 05
75	V40	Anthony Goodall	Springfield Striders RC	: 06
76	SM	William Wu	Billericay Striders RC	: 08
77	SM	Will Reed-Wright	Orion Harriers	: 09
78	SM	James Cheseldine	Orion Harriers	: 14
79	SM	Matthew Bainbridge	Grange Farm & Dunmow Runr	: 18
80	V65	David Butler	Billericay Striders RC	: 20
81	V40	Mike Woodward	Pitsea Running Club	: 22
82	V45	Keith Willett	Thurrock Harriers	: 24
83	SM	Robert Doyle	Thurrock Harriers	: 28
84	V55	Tony Pecoraro	Havering AC	: 29
85	U20	Joshua Sowman	Grange Farm & Dunmow Runr	: 36
86	V50	Alec Kyrakides	Southend-on-Sea AC	: 39
87	SM	Andrew Lovelock	Colchester Harriers AC	: 41
88	V50	Paul Broome	Springfield Striders RC	: 47
89	V40	Rob Trevor	Havering AC	: 48
90	SM	Thomas Beasley	Orion Harriers	: 49
91	V45	Peter Waite	Chelmsford AC	: 50
92	SM	Tom Middleton	Cambridge & Coleridge AC	: 57
93	SM	Mark Read	Brentwood Running Club	33: 06
94	SM	Ewan McFarlane	Phoenix Striders	: 13
95	SM	John Whitehead	Havering AC	: 15
96	V50	Lloyd Miles	Billericay Striders RC	: 16
97	V45	Graham Booty	Benfleet Running Club	: 17
98	V45	Stuart Watson	Benfleet Running Club	: 18
99	SM	Will Breese	Orion Harriers	: 19
100	V45	Matt Randall	Southend-on-Sea AC	: 20
101	SM	Henry Giddens	Orion Harriers	: 25
102	V40	Tim Ballard	Colchester Harriers AC	: 31
103	SM	Steve Churchyard	Benfleet Running Club	: 36
104	V50	Alan Clark	Benfleet Running Club	: 43
105	V50	Steve Walker	Havering AC	: 44
106	V45	Tim Wright	Orion Harriers	: 47
107	V50	Gary Atkins	Havering AC	: 50
108	V40	Roy Harwood	Benfleet Running Club	: 53
109	V50	Andrew Wright	Billericay Striders RC	: 57
110	V40	Tom Porter	Halstead RR	34: 0
111	V45	Anthony Moore	Billericay Striders RC	: 2
112	U20	Mark Beale	Chelmsford AC	: 16

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Pos	Age	Name	Team	Time
113	V55	Simon Le Mare	Southend-on-Sea AC	: 22
114	V40	Ross Holland	Benfleet Running Club	: 29
115	V40	Nick Hunter	Chelmsford AC	: 35
116	SM	Barry Weldon	Billericay Striders RC	: 37
117	V55	Mark Gower	Billericay Striders RC	: 43
118	V40	Ian Wilson	Orion Harriers	: 47
119	V40	Jason Crispin	Havering AC	: 54
120	V55	Paul Berrett	Havering AC	: 59
121	V45	Jon Wyatt	East Essex Triathlon Club	35: 19
122	SM	Adam Colgrave	Chelmsford AC	: 21
123	V45	Richard Dobson	Springfield Striders RC	: 32
124	V45	Ian Pike	Benfleet Running Club	: 33
125	SM	Matthew Webster	Grange Farm & Dunmow Runr	: 43
126	V50	Darren Priestley	Havering AC	: 46
127	V55	Nick Rankin	Benfleet Running Club	: 51
128	V50	Mark Lawes	Tiptree Road Runners	: 53
129	SM	Luca Predebon	Grange Farm & Dunmow Runr	36: 01
130	V50	Richard Bonham	Mid Essex Casuals	: 04
131	V40	Nick Jelly	Billericay Striders RC	: 07
132	V45	Lee Daniel	Basildon AC	: 14
133	V55	Terry Knightley	Ilford AC	: 16
134	V50	Richard Jones	Benfleet Running Club	: 18
135	SM	John Sable	Orion Harriers	: 18
136	SM	Craig Dawson	Tiptree Road Runners	: 19
137	V50	Dan Green	Orion Harriers	: 20
138	V45	Roy James	Havering AC	: 26
139	V60	Chris Purse	Springfield Striders RC	: 27
140	V55	Stephen Foggo	Billericay Striders RC	: 31
141	V45	James Campion	Southend-on-Sea AC	: 35
142	V40	Chris Manby	Colchester Harriers AC	: 37
143	V50	Robin McCoy	Springfield Striders RC	: 44
144	V55	Phil Olsen	Brentwood Running Club	: 50
145	V50	Richard Flutter	Colchester Harriers AC	: 53
146	V50	Bob Bardell	Tiptree Road Runners	37: 08
147	SM	Ben Whateley-Harris	Brentwood Running Club	: 24
148	V45	James Price	Pitsea Running Club	: 32
149	V45	Colin Dunn	Mid Essex Casuals	: 34
150	V40	Alasdair Daw	Billericay Striders RC	: 36
151	V60	Andrew Morris	Pitsea Running Club	: 38
152	SM	James Williams	Chelmsford AC	: 46
153	SM	Chris Coates	Havering AC	: 48
154	V55	John Pumfrett	Phoenix Striders	: 51
155	SM	Gary Tolley	JBR Run and Tri	: 56
156	V40	Dennis Briggs	Ilford AC	38: 02
157	V50	Richard Rule	Springfield Striders RC	: 04
158	V70	Peter Binns	Southend-on-Sea AC	: 09
159	V50	Colin White	Billericay Striders RC	: 10
160	V55	Eamonn Shelley	Thurrock Harriers	: 16
161	V60	Bill Bennett	Orion Harriers	: 18
162	V50	Rob Moore	Orion Harriers	: 20
163	V50	Neil Poulter	Halstead RR	: 33
164	V40	Steve Bennett	Orion Harriers	: 41
165	V45	Paul Agastina	Pitsea Running Club	: 45
166	V60	Alan Pearl	Ilford AC	: 51
167	V45	Scott O'Loughlin	Phoenix Striders	: 57
168	V60	Ian Gill	East Essex Triathlon Club	39: 0

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Pos	Age	Name	Team	Time
169	V65	Andy Catton	Ilford AC	: 8
170	V50	Martin Orford	Pitsea Running Club	: 15
171	V50	Grant Corton	Orion Harriers	: 16
172	SM	Charles Fletcher	Braintree & District AC	: 19
173	V50	Simon Morgan	Colchester Harriers AC	: 32
174	V50	James MacNish-Porter	Brentwood Running Club	: 41
175	V55	Gary Bartlett	Orion Harriers	: 51
176	V50	Anthony Young	Ilford AC	: 54
177	V55	Alan Fullerton	Grange Farm & Dunmow Runr	40: 00
178	V55	Paul Stukas	Springfield Striders RC	: 16
179	V50	Colin Wilkinson	Phoenix Striders	: 20
180	V40	Spencer Garlick	Hockley Trail Runners	: 39
181	V55	Kevin Kirby	Chelmsford AC	: 41
182	V50	Tom Robinson	Benfleet Running Club	: 58
183	V55	Mark Jeffrey	Springfield Striders RC	41: 00
184	SM	David Cahill	Colchester & Tendring AC	: 05
185	V40	Tony Collins	Havering AC	: 09
186	V60	Stephen Burton	Benfleet Running Club	: 11
187	V50	Matt Gillard	Southend-on-Sea AC	: 25
188	V60	Andy Carter	Halstead RR	: 39
189	V50	Andrew Turner	Basildon AC	: 43
190	SM	Billy Holman	Pitsea Running Club	: 49
191	V50	Ken Hands	Springfield Striders RC	: 56
192	V40	Ricky Lee	Billericay Striders RC	42: 01
193	V45	Bradley Brown	Ilford AC	: 11
194	V45	Justin Harrison	Basildon AC	: 18
195	V50	Adrian Mathers	Hockley Trail Runners	: 27
196	V60	Bernard Johnson	Thurrock Harriers	: 40
197	V45	Richard Harmer	Brentwood Running Club	: 46
198	V55	Ian Hart	Mid Essex Casuals	43: 01
199	V60	Donald Sinclair	Pitsea Running Club	: 15
200	V50	Ian Glover	Southend-on-Sea AC	: 29
201	0	Mark Harding	JBR Run and Tri	: 38
202	V40	Ian Rodd	JBR Run and Tri	: 55
203	SM	Aaron Manby	Billericay Striders RC	44: 18
204	V55	Paul Tall	Mid Essex Casuals	: 25
205	V50	James Goddard	Mid Essex Casuals	: 44
206	V60	Simon King	Grange Farm & Dunmow Runr	45: 14
207	V60	Kevin Judge	Benfleet Running Club	: 34
208	V45	Trevor Robinson	Ilford AC	: 44
209	V70	Keith Walker	Billericay Striders RC	: 50
210	V55	Mark Moughton	Springfield Striders RC	46: 08
211	SM	Jon Hart	Havering AC	: 16
212	V45	David Beatty	Pitsea Running Club	: 57
213	SM	Dan Roughan	Halstead RR	48: 59
214	V65	Peter Eates	Phoenix Striders	49: 10
215	SM	Ivan Flichev	Halstead RR	: 34
216	V60	Jim Rourke	Billericay Striders RC	: 54
217	V70	Brian Butcher	Mid Essex Casuals	50: 36
218	V60	Ray Sparra Everingham	Ilford AC	: 47
219	SM	Craig Brown	Pitsea Running Club	51: 38
220	V70	Peter Bates	Pitsea Running Club	53: 39
221	V55	Satha Alaganandasundaram	Ilford AC	54: 36
222	V55	David Mills	Phoenix Striders	56: 38
223	V60	Stephen Williams	Chelmsford AC	63: 46
224	V70	Ernie Easterby	Billericay Striders RC	67: 26
225	V70	James Huddart	Ilford AC	

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