



Essex Cross Country League (2)

Sponsored by

<u>Chelmsford</u>			<u>U13 Girls</u>	<u>15/11/2014</u>
Pos	Name	Team	Time	
1	Hayley Instance	Thurrock Harriers	10: 38	
2	Eleanor MacIntosh	Cambridge & Coleridge AC	39	
3	Helena Dyce	Cambridge & Coleridge AC	41	
4	Ndidikama Okoh	Chelmsford AC	46	
5	Aoibheann Pearce	Orion Harriers	52	
6	Zoe Rutter	Harlow AC	56	
7	Abigail Kerr	Braintree & District AC	11: 00	
8	Martha Smith	Chelmsford AC	07	
9	Frances Haines	Cambridge & Coleridge AC	10	
10	Holly Dowsett-Ward	Thurrock Harriers	17	
11	Kiera Hornsby	Braintree & District AC	26	
12	Georgia Tombs	Braintree & District AC	33	
13	Charlotte Pratt	Harlow AC	37	
14	Demy Briggs	Thurrock Harriers	47	
15	Kierra Scott	Thurrock Harriers	55	
16	Aaliyah Davies	Havering AC	56	
17	Gracie Malcolm	Harlow AC	57	
18	Olivia Hyde	Havering AC	12: 01	
19	Sophie Wetheridge	Basildon AC	02	
20	Savanna Sirkett	Harlow AC	08	
21	Becci Leddy	Orion Harriers	14	
22	Tilly Borrett	Cambridge & Coleridge AC	19	
23	Jemma Clarke	Benfleet Running Club	20	
24	Hannah Bolton	Chelmsford AC	23	
25	Mili Lewis	Havering AC	24	
26	Daniella Keep	Basildon AC	28	
27	Alice Brown	Havering AC	30	
28	Jessica James	Havering AC	31	
29	Eleanor White	Chelmsford AC	34	
30	Amy Raven	Thurrock Harriers	36	
31	Caitlin Fowler	East Essex Triathlon Club	37	
32	Grace Ralston	Southend-on-Sea AC	37	
33	Savanna Harrison	Colchester Harriers AC	40	
34	Olivia Sullivan	Chelmsford AC	41	
35	Sophie Anderson	Southend-on-Sea AC	49	
36	Stevie Critchell	Thurrock Harriers	52	
37	Charlotte Wright	Havering AC	53	
38	Daisy Sampson	Benfleet Running Club	13: 02	
39	Evie Smith	Chelmsford AC	04	
40	Heather Hamilton	Braintree & District AC	06	

Pos	Name	Team	Time
41	Ella King	Havering AC	13: 07
42	Summer Thorpe	Basildon AC	17
43	Chloe Cavill	West Suffolk AC	17
44	Isabella Hick	Ilford AC	19
45	Macey Rothen	Basildon AC	21
46	Demi Morgan	Thurrock Harriers	24
47	Libby Stinson	West Suffolk AC	38
48	Emily Kidd	Basildon AC	38
49	Capucine Pochet	Orion Harriers	48
50	Hannah Paton	Havering AC	51
51	Chloe Rutter	Havering AC	55
52	Nicola Phelps	East Essex Triathlon Club	14: 00
53	Mairi Malcolm	Harlow AC	05
54	Olivia Cooper	Braintree & District AC	18: 04

Teams

1	Cambridge & Coleridge AC	36
2	Thurrock Harriers	40
3	Harlow AC	56
4	Chelmsford AC	65
5	Braintree & District AC	70
6	Havering AC	86
7	Basildon AC	132
8	Orion Harriers	75 (3)
9	Benfleet Running Club	61 (2)
10	Southend-on-Sea AC	67 (2)
11	East Essex Triathlon Club	83 (2)
12	West Suffolk AC	90 (2)
13	Colchester Harriers AC	33 (1)
14	Ilford AC	44 (1)

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Chelmsford U13 Boys 15/11/2014

Pos	Name	Team	Time
1	David Dow	Cambridge & Coleridge AC	9: 40
2	Oliver Lill	Basildon AC	59
3	Harry Parker	Thurrock Harriers	10: 01
4	Zack Bridgeland	Chelmsford AC	04
5	Danny Millward	Colchester Harriers AC	17
6	Joe Rowson	Guest (Enfield & Haringey)	18
7	Max Godfrey	Cambridge & Coleridge AC	23
8	Jay Shotter	Orion Harriers	25
9	Oliver Woods	Havering AC	26
10	Kai Boggan	Harlow AC	28
11	Ben Sloan	Harlow AC	32
12	Joseph Hudson	Southend-on-Sea AC	36
13	Daniel Houchell	Basildon AC	40
14	Alex Williamson	Discovery Triathlon Club	42
15	Max Caulfield	Colchester Harriers AC	46
16	Ben Prior	Thurrock Harriers	48
17	Finley Lowe	Thurrock Harriers	48
18	Luke Savage	Basildon AC	49
19	Kyle Gill	East Essex Triathlon Club	50
20	George Whisken	Cambridge & Coleridge AC	54
21	Tommy Bridger	Cambridge & Coleridge AC	55
22	Harry Sampson	Benfleet Running Club	57
23	Joseph Boreham	Cambridge & Coleridge AC	57
24	Bradley Deacon	Ilford AC	58
25	Henry Lay	Havering AC	11: 03
26	Sam Sloan	Harlow AC	05
27	Ziggy Lampton	Colchester Harriers AC	06
28	Alfie Hutchinson	Chelmsford AC	10
29	Hugh Dow	Cambridge & Coleridge AC	11
30	Joe Morgan	Harlow AC	12
31	James Wright	Basildon AC	12
32	Leslie Anaglavi	Southend-on-Sea AC	13
33	Ellis Osborne	Havering AC	14
34	Sam Wheatley	Southend-on-Sea AC	16
35	Angus Dow	Cambridge & Coleridge AC	16
36	Ben Naish	Havering AC	18
37	Henri Willett	Thurrock Harriers	19
38	Nathan Thornton	Southend-on-Sea AC	19
39	Max Stapleton	Southend-on-Sea AC	20
40	Evan Gray	Thurrock Harriers	22
41	Scott Thomas	Chelmsford AC	28
42	Adam Wright	Benfleet Running Club	31

Pos	Name	Team	Time
43	Henry Jones	Orion Harriers	11: 32
44	William Newcombe	Cambridge & Coleridge AC	33
45	Ethan Stoner	Southend-on-Sea AC	39
46	Jack Saunders	Benfleet Running Club	41
47	Freddie Martin	Braintree & District AC	42
48	Alfie Kelway	Colchester & Tendring AC	43
49	Liam Bell	Cambridge & Coleridge AC	45
50	James Lee	Basildon AC	46
51	Connor Harrington	Harlow AC	48
52	Harry Donovan	Benfleet Running Club	48
53	Joshua Keep	Basildon AC	51
54	Billy Riley	Havering AC	55
55	Ellis Swindell	Benfleet Running Club	12: 06
56	Billy Saunders	Benfleet Running Club	10
57	Reece Debenham	Havering AC	10
58	Henry Clark	Orion Harriers	14
59	Matthew Bright	Havering AC	17
60	Peter McRae	Harlow AC	19
61	Ross Livingstone	Thurrock Harriers	25
62	Joe Wyatt	Havering AC	31
63	Alfie Prideaux	Thurrock Harriers	32
64	Jake Long	Havering AC	33
65	William Ferguson	Braintree & District AC	36
66	Ethan Douglas	Benfleet Running Club	43
67	Joseph Wheeler	Cambridge & Coleridge AC	45
68	Jack Allwood	Colchester & Tendring AC	55
69	Taylor Jones	Southend-on-Sea AC	59

Teams	
1	Cambridge & Coleridge AC 49
2	Basildon AC 64
3	Thurrock Harriers 73
4	Harlow AC 77
5	Havering AC 103
6	Southend-on-Sea AC 116
7	Benfleet Running Club 162
8	Colchester Harriers AC 47 (3)
9	Chelmsford AC 73 (3)
10	Orion Harriers 109 (3)
11	Braintree & District AC 112 (2)
12	Colchester & Tendring AC 116 (2)
13	Discovery Triathlon Club 14 (1)
14	East Essex Triathlon Club 19 (1)
15	Ilford AC 24 (1)

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<u>Chelmsford</u>				<u>U15 Girls</u>				<u>15/11/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Sinead Clark	Benfleet Running Club	12: 56	41	Eilidh Malcolm	Harlow AC	16: 01				
2	Rachel Broome	Chelmsford AC	57	42	Megan Cross	Basildon AC	14				
3	Courtney Gordon	Braintree & District AC	59	43	Emily Sharpe	Orion Harriers	14				
4	Joanna Rimmington	Southend-on-Sea AC	59	44	Thea Smith	Chelmsford AC	18				
5	Kate O'Neill	Havering AC	13: 04	45	Hannah Brooks	Chelmsford AC	27				
6	Annabel Quantrill	Cambridge & Coleridge AC	06	46	Emily Crane	Havering AC	31				
7	Lottie Rowedder	Harlow AC	20	47	Tish Phelps	East Essex Triathlon Club	17: 41				
8	Sophie Rand	Havering AC	24	48	Amelia Day	Havering AC	18: 53				
9	Amber Pullinger	Thurrock Harriers	27	49	Bonnie Lewis	Braintree & District AC	54				
10	Mary-Ann Deasy	Colchester & Tendring AC	28								
11	Jessica Whiley	Chelmsford AC	32								
12	Kathryn Bell	Cambridge & Coleridge AC	40								
13	Katie Mitchell	Havering AC	41								
14	Meghan Sameuls	Southend-on-Sea AC	42								
15	Charlotte Brooks	East Essex Triathlon Club	43								
16	Emily Marshall	Havering AC	45								
17	Juliette LeMare	Southend-on-Sea AC	53								
18	Claudia Spencer-Hall	West Suffolk AC	59								
19	Jessica Mitchell	Havering AC	14: 09								
20	Scarlett Pochet	Orion Harriers	13								
21	Lucy Ball	Thurrock Harriers	14								
22	Grace Goodall	Benfleet Running Club	15								
23	Genevieve Pate	Benfleet Running Club	16								
24	Heather Peters	Thurrock Harriers	27								
25	Nancy Callagher	Orion Harriers	28								
26	Rebecca Brown	Havering AC	29								
27	Megan Richardson	Basildon AC	32								
28	Yasmin Robinson	Benfleet Running Club	37								
29	Mia Slesser	Southend-on-Sea AC	44								
30	Iona Doyle	Southend-on-Sea AC	55								
31	Lara Foster	Benfleet Running Club	59								
32	Catherine Barker	Havering AC	15: 00								
33	Natasha Walter	Southend-on-Sea AC	01								
34	Megan Paxman	Chelmsford AC	03								
35	Lilly Woollett	Chelmsford AC	03								
36	Ghazal Seidi	Cambridge & Coleridge AC	04								
37	Emily James	Havering AC	26								
38	Olivia Elliott	Chelmsford AC	31								
39	Grace MacLeod	Havering AC	36								
40	Maise Underwood	Chelmsford AC	46								

Teams

1	Havering AC	42
2	Southend-on-Sea AC	64
3	Benfleet Running Club	74
4	Chelmsford AC	82
5	Thurrock Harriers	54 (3)
5	Cambridge & Coleridge AC	54 (3)
7	Orion Harriers	88 (3)
8	Harlow AC	48 (2)
9	Braintree & District AC	52 (2)
10	East Essex Triathlon Club	62 (2)
11	Basildon AC	69 (2)
12	Colchester & Tendring AC	10 (1)
13	West Suffolk AC	18 (1)



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Sponsored by

<u>Chelmsford</u>				<u>U15 Boys</u>				<u>15/11/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Oliver Sewell	Cambridge & Coleridge AC	11: 32	41	Matthew Houchell	Basildon AC	41: 36				
2	Max Williams	Colchester & Tendring AC	34	42	Joshua Boden	Colchester Harriers AC	36				
3	Thomas Keen	Cambridge & Coleridge AC	39	43	Sam Allen	Discovery Triathlon Club	53				
4	Jamie Sales	Cambridge & Coleridge AC	40	44	Sam Rawlinson	Chelmsford AC	54				
5	Ben Miller	Colchester & Tendring AC	43	45	Elliott Swallow	Chelmsford AC	56				
6	Toby Wright	Southend-on-Sea AC	44	46	Kieran Davies	Havering AC	59				
7	Tom Sheldrick	Havering AC	50	47	Oliver Wright	Benfleet Running Club	14: 09				
8	Rushwan Lewis	Benfleet Running Club	56	48	Joseph Spiby	Chelmsford AC	38				
9	Lewis Debenham	Havering AC	59	49	Ben Brooks	East Essex Triathlon Club	16: 04				
10	Jake Young	Colchester Harriers AC	12: 00	50	Sarab Dillion	Thurrock Harriers	57				
11	Elliott Cordery	Chelmsford AC	01								
12	Sam Norris	Southend-on-Sea AC	02								
13	Oliver Newman	Cambridge & Coleridge AC	05								
14	Lewis Harknett	Harlow AC	16								
15	Taylor Newell	Thurrock Harriers	20								
16	Joseph Owen	Orion Harriers	22								
17	Callum Liassi	Benfleet Running Club	27								
18	Matt Norris	Southend-on-Sea AC	27								
19	Tom Stuttle	Southend-on-Sea AC	29								
20	Christian Barker	Harlow AC	32								
21	Sam Walsh	Basildon AC	36								
22	Harry Smith	Southend-on-Sea AC	43								
23	Joe Wakerley	Basildon AC	44								
24	Dexter Goward	Benfleet Running Club	44								
25	Josh Borrett	Cambridge & Coleridge AC	49								
26	Reece Scott	Thurrock Harriers	49								
27	Joseph Clarke	Orion Harriers	50								
28	James Wood	Orion Harriers	50								
29	Mitch Lawrence	Southend-on-Sea AC	57								
30	Peter Cooke	Cambridge & Coleridge AC	58								
31	Drew Olley	Colchester Harriers AC	13: 04								
32	Freddie Richardson	Colchester & Tendring AC	08								
33	Ollie Randall	Southend-on-Sea AC	12								
34	Luke Gill	East Essex Triathlon Club	15								
35	Oscar Callan	Colchester & Tendring AC	16								
36	Sam Atkins	Havering AC	17								
37	Zak Churn	Benfleet Running Club	23								
38	Jack Exley	Thurrock Harriers	24								
39	William Jones	Orion Harriers	29								
40	George Hay	Chelmsford AC	34								

Teams		
1	Cambridge & Coleridge AC	21
2	Southend-on-Sea AC	55
3	Colchester & Tendring AC	74
4	Benfleet Running Club	86
5	Havering AC	98
6	Orion Harriers	110
7	Thurrock Harriers	129
8	Chelmsford AC	140
9	Colchester Harriers AC	83 (3)
10	Basildon AC	85 (3)
11	Harlow AC	34 (2)
12	East Essex Triathlon Club	83 (2)
13	Discovery Triathlon Club	43 (1)

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Essex Cross Country League (2)

Sponsored by

<u>Chelmsford</u>			<u>U17/20 Women</u>	<u>15/11/2014</u>	<u>Teams</u>	
Pos	Age	Name	Team	Time		
1	U17	Ellie Baker	Chelmsford AC	16: 21	1	Chelmsford AC 23
2	U17	Sophie Tooley	West Suffolk AC	24	2	Cambridge & Coleridge AC 55
3	U20	Jessica Burgess	Guest (Woodford Green)	25	3	Basildon AC 81
4	U20	Lydia Hallam	Havering AC	36	4	Havering AC 90
5	U20	Georgia Tuckfield	Chelmsford AC	55	5	Southend-on-Sea AC 97
6	U17	Alice Newcombe	Cambridge & Coleridge AC	57	6	Benfleet Running Club 78 (3)
7	U20	Katie Solis	Chelmsford AC	17: 06	7	Colchester & Tendring AC 50 (2)
8	U20	Beatrice Fitzsimons	Cambridge & Coleridge AC	10	8	Thurrock Harriers 59 (2)
9	U20	Emily Bullis	Basildon AC	15	9	Orion Harriers 70 (2)
10	U17	Jodie Judd	Chelmsford AC	29	10	West Suffolk AC 2 (1)
11	U17	Madeliene Henderson	Chelmsford AC	35		
12	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	41		
13	U17	Megan Williams	Chelmsford AC	49		
14	U17	Emma Perks	Chelmsford AC	49		
15	U17	Lydia Callan	Colchester & Tendring AC	18: 05		
16	U17	Victoria Hiscock	Benfleet Running Club	15		
17	U20	Isabella Woods	Havering AC	19		
18	U17	Jemima Walker	Basildon AC	20		
19	U17	Natasha May	Southend-on-Sea AC	30		
20	U17	Brooke Mensah	Thurrock Harriers	36		
21	U17	Rosa Prideaux	Chelmsford AC	38		
22	U20	Jordan Lacey	Southend-on-Sea AC	43		
23	U20	Christy Dailly	Chelmsford AC	45		
24	U17	Niamh Tuohy	Benfleet Running Club	46		
25	U20	Annabel Matthews-Smith	Southend-on-Sea AC	55		
26	U17	Megan Rapley	Basildon AC	19: 19		
27	U20	Jessica Swain	Chelmsford AC	33		
28	U17	Kiera Tippett	Basildon AC	41		
29	U17	Mia Pesci	Cambridge & Coleridge AC	41		
30	U17	Gemma Archer-Haley	Basildon AC	47		
31	U20	Hayley Lamkin	Southend-on-Sea AC	50		
32	U17	Lois Wyatt	Havering AC	20: 18		
33	U20	Laura Kidd	Basildon AC	23		
34	U20	Madeliene Carr	Orion Harriers	26		
35	U17	Georgina Sturgeon	Colchester & Tendring AC	29		
36	U17	Katie Inch	Orion Harriers	42		
37	U17	Holly Hyde	Havering AC	46		
38	U17	Emily Warren	Benfleet Running Club	21: 04		
39	U17	Annabel Stancomb	Thurrock Harriers	44		
40	U17	Maddy Evison	Basildon AC	22: 33		
41	U20	Zoe Rudgley	Havering AC	54		
42	U17	Jessica Watts	Havering AC	55		
43	U17	Briony Findlay	Basildon AC	23: 30		

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<u>Chelmsford</u>			<u>U17 Men</u>		<u>15/11/2014</u>			
Pos	Name	Team	Time		Teams	Time		
1	Rob Huckle	Cambridge & Coleridge AC	20:	32	1	Basildon AC		47
2	Joe Patterson	Colchester & Tendring AC		55	2	Orion Harriers		55
3	Adam Jordan	Southend-on-Sea AC		55	3	Thurrock Harriers		76
4	Christian Grey	Basildon AC	21:	15	4	Chelmsford AC		90
5	Harry Topham	Cambridge & Coleridge AC		30	5	Benfleet Running Club		92
6	Ben Pattison	Orion Harriers		31	6	Cambridge & Coleridge AC	13	(3)
7	Jordan Wood	Cambridge & Coleridge AC		41	7	Colchester & Tendring AC	32	(3)
8	Max Jones	Basildon AC		47	8	Havering AC	106	(3)
9	Brandon Thorpe	Basildon AC	22:	01	9	Southend-on-Sea AC	35	(2)
10	Jodi Meredith	Thurrock Harriers		03	10	Braintree & District AC	67	(2)
11	Ramadan Osman	Colchester & Tendring AC		03	11	East Essex Triathlon Club	22	(1)
12	Thomas Young	Orion Harriers		05	12	Harlow AC	28	(1)
13	Sam Smith	Thurrock Harriers		06				
14	Nathan Brearley	Chelmsford AC		13				
15	James Hiscock	Benfleet Running Club		18				
16	Eddy Cooper	Benfleet Running Club		19				
17	Charlie Weston	Orion Harriers		28				
18	Oliver Swallow	Chelmsford AC		35				
19	William Page	Colchester & Tendring AC		35				
20	Josh Iton	Orion Harriers		36				
21	Jordan Denyer	Chelmsford AC		41				
22	Adam Harley	East Essex Triathlon Club		42				
23	Gary Cahill	Thurrock Harriers		43				
24	Jordan Chrisostomu	Orion Harriers		48				
25	Ryan Creasey	Benfleet Running Club		59				
26	Joe Kidd	Basildon AC	23:	04				
27	Kudzai Magure	Orion Harriers		14				
28	Donald Campbell	Harlow AC		21				
29	Harry Sloman	Orion Harriers		29				
30	Tyler Chu	Thurrock Harriers		30				
31	Bradley West	Havering AC		37				
32	Michael Hodges	Southend-on-Sea AC		51				
33	Conor Culham	Braintree & District AC	24:	04				
34	Cameron Kerr	Braintree & District AC		08				
35	James Stewart	Havering AC		12				
36	Michael Williams	Benfleet Running Club	25:	31				
37	Alex Smith	Chelmsford AC		44				
38	Joe Payne	Basildon AC	26:	16				
39	Luke Strudwick	Thurrock Harriers		39				
40	Kieran O'Hara	Havering AC	27:	09				

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<u>Chelmsford</u>		<u>Senior Women</u>	<u>15/11/2014</u>	
Pos	Age	Name	Team	Time
1	SW	Lauren Deadman	Havering AC	21: 04
2	U20	Gemma Holloway	Thurrock Harriers	51
3	W35	Elizabeth Davies	Springfield Striders RC	22: 26
4	W35	Sarah Stradling	Colchester Harriers AC	33
5	SW	Carla Brown	Cambridge & Coleridge AC	46
6	W35	Debbie Appleton	Havering AC	57
7	SW	Natalie Griffiths	Cambridge & Coleridge AC	23: 15
8	W45	Margaret Deasy	Colchester & Tendring AC	16
9	SW	Megan Evans	Chelmsford AC	26
10	W35	Emma Prideaux	Billericay Striders RC	43
11	SW	Claire Thurgood	Orion Harriers	52
12	SW	Laura Shewbridghe	Colchester Harriers AC	58
13	SW	Rebecca Cole	Chelmsford AC	24: 08
14	SW	Rebecca Luxton	Chelmsford AC	12
15	SW	Suzannah Reid	Ipswich Harriers	18
16	W35	Sally Mhlanga	Chelmsford AC	22
17	SW	Claire Cornwell	Southend-on-Sea AC	23
18	SW	Kay Perrotton	Southend-on-Sea AC	54
19	W35	Wendy King	Chelmsford AC	25: 12
20	SW	Sarah Jeffery	Southend-on-Sea AC	18
21	W35	Carrie Bedingfield	Cambridge & Coleridge AC	18
22	SW	Hayley Hawes	East Essex Triathlon Club	22
23	W45	Denise Morley	Colchester Harriers AC	33
24	SW	Krystle Balogun	Ilford AC	53
25	SW	Andrea James	Colchester Harriers AC	26: 00
26	W35	Emma Buckland	Cambridge & Coleridge AC	04
27	SW	Jenni Sheehan	Ilford AC	06
28	W35	Annette Oakman	Colchester Harriers AC	07
29	W35	Hayley Rogerson	Orion Harriers	08
30	W35	Vic Curren	Springfield Striders RC	11
31	SW	Holly Gillard	Southend-on-Sea AC	29
32	W45	Debbie Cattermole	Colchester Harriers AC	36
33	SW	Louise Douglas	Basildon AC	51
34	W35	Anne Jenkinson	Southend-on-Sea AC	57
35	W45	Lynn Higgs	Colchester Harriers AC	27: 06
36	SW	Ella Neale	Colchester Harriers AC	16
37	SW	Sarah Grabowski	Benfleet Running Club	21
38	W35	Joanne Sullivan	Havering AC	31
39	W45	Joanne Smith	Chelmsford AC	32
40	W45	Jodie Farrell	Thurrock Harriers	32
41	W45	Stef Godfrey	Cambridge & Coleridge AC	53
42	W45	Paula Purtell	Mid Essex Casuals	54
43	SW	Jennifer Lovelock	Springfield Striders RC	56
44	SW	Rebecca Cooke	Colchester Harriers AC	28: 02
45	W35	Sarah Boneham	Cambridge & Coleridge AC	15

Teams (4 to score)		
1	Chelmsford AC	52
2	Cambridge & Coleridge AC	59
3	Colchester Harriers AC	64
4	Southend-on-Sea AC	86
4	Havering AC	108
6	Springfield Striders RC	127
7	Orion Harriers	140
8	Ilford AC	170
9	Mid Essex Casuals	244
10	Benfleet Running Club	265
11	Thrift Green Trotters	289
12	Braintree & District AC	306
13	Loughton AC	325
14	Phoenix Striders	363
15	Pitsea Running Club	458
16	Basildon AC	158 (3)
17	University of Essex	275 (3)
18	Thurrock Harriers	42 (2)
19	East Essex Triathlon Club	78 (2)
20	Colchester & Tendring AC	8 (1)
21	Billericay Striders RC	10 (1)
22	Ipswich Harriers	15 (1)

Veteran Team Result (3 to score)		
1	Colchester Harriers AC	55
2	Chelmsford AC	74
3	Springfield Striders RC	85
4	Cambridge & Coleridge AC	88
5	Havering AC	107
6	Orion Harriers	129
7	Southend-on-Sea AC	169
8	Mid Essex Casuals	170
9	Loughton AC	218
10	Braintree & District AC	228
11	Thrift Green Trotters	239
12	Ilford AC	242
13	Benfleet Running Club	268
14	Phoenix Striders	279
15	Pitsea Running Club	336
16	Colchester & Tendring AC	8 (1)
17	Billericay Striders RC	10 (1)
18	Thurrock Harriers	40 (1)
19	Basildon AC	65 (1)

Pos	Age	Name	Team	Time
46	W55	Breege Nordin	Ilford AC	28: 21
47	W45	Mary Armitage	Orion Harriers	22
48	W35	Natasha Lagden	Southend-on-Sea AC	23
49	SW	Hayley Pegg	Chelmsford AC	24
50	SW	Holly Meyers	Thrift Green Trotters	24
51	SW	Lauren Buck	Springfield Striders RC	27
52	W35	Heather Eastwood	Springfield Striders RC	33
53	W35	Lorraine Gosling	Orion Harriers	41
54	W35	Hayley Barron	Orion Harriers	41
55	SW	Sarah Wallace	University of Essex	41
56	SW	Emily Spray	East Essex Triathlon Club	44
57	SW	Katie Wilkinson	Benfleet Running Club	51
58	W35	Helen Bateman	Springfield Striders RC	54
59	W35	Lucy Ferguson	Mid Essex Casuals	55
60	SW	Charlotte Bishop	Basildon AC	58
61	W35	Nichola Hands	Springfield Striders RC	29: 11
62	W45	Lorna Gaffney	Loughton AC	12
63	W45	Jane Hallam	Havering AC	12
64	W35	Claire Gordon	Braintree & District AC	17
65	W35	Teresa Ward	Basildon AC	20
66	W55	Gaye Shillaker	Loughton AC	22
67	W35	Sarah Hammond	Springfield Striders RC	24
68	W55	Fran Norris	Colchester Harriers AC	28
69	W45	Sharon Skidmore	Mid Essex Casuals	38
70	W35	Juliet Ward	Havering AC	42
71	W35	Nina Barrett	Thrift Green Trotters	46
72	SW	Angie Flight	Orion Harriers	49
73	W45	Nicola Hopkinson	Ilford AC	51
74	W45	Lorna Pettifer	Mid Essex Casuals	53
75	SW	Catherine Sunderland	Chelmsford AC	30: 15
76	W35	Marijke Van Eetvelde	Thrift Green Trotters	21
77	W35	Maureen Lear	Havering AC	23
78	SW	Kayleigh Beedon	Braintree & District AC	24
79	W35	Kerry Marsh	Springfield Striders RC	38
80	W55	Tonie Wilson	Colchester Harriers AC	43
81	W45	Josie Sheffield	Braintree & District AC	51
82	W35	Sarah Norton	Benfleet Running Club	31: 00
83	W45	Lyndsay Rolerkite	Braintree & District AC	31
84	SW	Danielle Hughes	Phoenix Striders	32
85	W35	Ruth Roberts	Phoenix Striders	35
86	W35	Marianne Craven	Springfield Striders RC	41
87	W35	Debbielyn Hallam	Southend-on-Sea AC	54
88	W45	Debbie Smith	Phoenix Striders	57
89	W45	Annette Johnson	Benfleet Running Club	32: 06
90	W65	Jean Hobbs	Loughton AC	17

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Pos	Age	Name	Team	Time
91	W45	Elaine Tribley	Springfield Striders RC	32: 19
92	W35	Julie Reeves	Thrift Green Trotters	27
93	W35	Kirsty Williams	Springfield Striders RC	27
94	W35	Leanne Drake	Southend-on-Sea AC	36
95	W35	Karen Chapman	Springfield Striders RC	40
96	W45	Iris Lyall	Braintree & District AC	46
97	W45	Frances Webster	Benfleet Running Club	47
98	W45	Tracy O'Neill	Havering AC	54
99	W35	Clare Rudgley	Havering AC	33: 17
100	W55	Cathy Beard	Colchester Harriers AC	19
101	W35	Sophie Pooler	Springfield Striders RC	23
102	SW	Rebekkah Weatherhead	University of Essex	26
103	W35	Audrey Morris	Benfleet Running Club	: 26
104	W55	Valerie Sinclair	Pitsea Running Club	: 28
105	W45	Mandy Cooper	Benfleet Running Club	: 35
106	W45	Nicola Maslen	Phoenix Striders	: 58
107	W45	Jo Wiffen	Loughton AC	34: 12
108	W45	Debra Pumfrett	Phoenix Striders	: 15
109	W45	Sally Newman-Russell	Southend-on-Sea AC	31
110	W45	Mel Peddle	Loughton AC	38
111	SW	Roma Sands	Phoenix Striders	48
112	W35	Bobbie Westwood	Havering AC	50
113	W55	Helen Williams	Pitsea Running Club	35: 02
114	W45	Beryl De Smedt	Phoenix Striders	25
115	W45	Hilda O'Kelly	Springfield Striders RC	28
116	W55	Julie Peacock	Mid Essex Casuals	: 28
117	W35	Laura Williams	Benfleet Running Club	34
118	SW	Sophie Doyle	University of Essex	35
119	W55	Teresa Flannigan	Pitsea Running Club	46
120	W55	Gail Barker	Springfield Striders RC	36: 09
121	W45	Irene Petersen	Loughton AC	37: 53
122	W55	Gillian Harrison	Pitsea Running Club	38: 11
123	W45	Doris Gaga	Ilford AC	29: 13
124	W45	Tayna Swain	Chelmsford AC	26
125	W45	Adele Moggan	Phoenix Striders	36
126	W55	Gwen Harwood	Loughton AC	42: 54



Essex Cross Country League (2)

Sponsored by

<u>Chelmsford</u>		<u>Senior Men</u>	<u>15/11/2014</u>		
Pos	Age	Name	Team	Time	Teams
1	V40	Adrian Mussett	Colchester Harriers AC	24: 16	1 Chelmsford AC 70
2	SM	Mark Sandford	Chelmsford AC	27	2 Colchester Harriers AC 79
3	U20	Callum Charleston	Chelmsford AC	29	3 Springfield Striders RC 204
4	SM	Macauley Delo	West Suffolk AC	33	4 Orion Harriers 221
5	U20	Jordan Rowe	Colchester Harriers AC	34	5 Havering AC 232
6	SM	Rob Warner	Havering AC	37	6 Southend-on-Sea AC 262
7	SM	Grant Webb	Basildon AC	25: 04	7 Cambridge & Coleridge AC 280
8	U20	Ross Tennant	Ipswich Harriers	05	8 Basildon AC 323
9	U20	Tim Cobden	Cambridge & Coleridge AC	06	9 Ilford AC 393
10	SM	Tristan Windley	Springfield Striders RC	19	10 Thurrock Harriers 411
11	SM	Stephen Woodford	Chelmsford AC	30	11 Benfleet Running Club 570
12	SM	Mark Woodley	Chelmsford AC	52	12 Thrift Green Trotters 631
13	SM	Scott Cousins	Springfield Striders RC	58	13 Mid Essex Casuals 861
14	SM	Chris Sellens	Colchester Harriers AC	26: 02	14 Phoenix Striders 1040
15	SM	Stephen Strange	Basildon AC	09	15 Billericay Striders RC 331 (4)
16	SM	Carwyn Jones	Colchester Harriers AC	14	16 Braintree & District AC 278 (3)
17	SM	Ian Clark	Orion Harriers	19	17 Loughton AC 394 (3)
18	SM	Sam Clayton	Colchester & Tendring AC	22	18 University of Essex 223 (2)
19	U20	Darren Blackwell	Chelmsford AC	25	19 Pitsea Running Club 282 (2)
20	SM	Rhys Gillard	Southend-on-Sea AC	27	20 Colchester & Tendring AC 18 (1)
21	V50	Colin Ridley	Colchester Harriers AC	28	21 East Essex Triathlon Club 132 (1)
22	V40	Allen Smalls	Colchester Harriers AC	30	22 Tiptree Road Runners 168 (1)
23	SM	Ken Hoye	Chelmsford AC	31	
24	V40	Matt Bland	Havering AC	32	Veteran Team Result (4 to score)
25	SM	Seb Carillo	Basildon AC	35	1 Colchester Harriers AC 102
26	U20	James Nadin	Chelmsford AC	37	2 Orion Harriers 175
27	V40	Barny Footer	Orion Harriers	47	3 Thurrock Harriers 277
28	V40	Craig Dyce	Cambridge & Coleridge AC	48	4 Springfield Striders RC 289
29	SM	Alex Houghton	Thurrock Harriers	59	5 Ilford AC 297
30	V40	Lee Martin	Springfield Striders RC	27: 01	6 Chelmsford AC 345
31	U20	Haider Razzaq	Orion Harriers	03	7 Benfleet Running Club 378
32	V40	Scott Rice	Thurrock Harriers	08	8 Havering AC 412
33	V40	David Tullett	Chelmsford AC	10	9 Thrift Green Trotters 431
34	SM	Richard Park	Cambridge & Coleridge AC	12	10 Cambridge & Coleridge AC 536
35	V40	Colin Read	Orion Harriers	15	11 Southend-on-Sea AC 546
36	SM	Lee Taylor	Southend-on-Sea AC	17	12 Mid Essex Casuals 584
37	SM	Ashley Capel	Southend-on-Sea AC	17	13 Phoenix Striders 690
38	SM	Jason Lendon	Havering AC	19	14 Loughton AC 394 (3)
39	SM	Paul Grange	Havering AC	24	15 Pitsea Running Club 282 (2)
40	U20	Joe Ray	Southend-on-Sea AC	25	16 Basildon AC 326 (2)
41	SM	Kevin Newell	Ilford AC	26	17 East Essex Triathlon Club 132 (1)
42	V50	Mike Bridgeland	Chelmsford AC	29	18 Tiptree Road Runners 168 (1)
43	SM	James Smith	Springfield Striders RC	33	
44	V40	Steve Philcox	Ilford AC	34	
45	SM	James Williams	Chelmsford AC	35	
46	U20	Joesph Nourse	Braintree & District AC	37	
47	V40	John Barker	Thrift Green Trotters	39	
48	SM	Jamie Buckley	Havering AC	43	
49	SM	Russell Pixton	Billericay Striders RC	46	
50	SM	Peter Smale	Southend-on-Sea AC	48	
51	SM	Tim Ballard	Colchester Harriers AC	53	
52	U20	Alfie Green	Chelmsford AC	57	
53	SM	Stuart Raven	Springfield Striders RC	58	
54	V40	Paul Bolton	Orion Harriers	59	
55	SM	Antony Goodall	Springfield Striders RC	28: 02	

Pos	Age	Name	Team	Time
56	U20	Dominic Le Mare	Southend-on-Sea AC	28: 07
57	SM	Craig Horsburgh	Orion Harriers	09
58	V40	Mark Harrod	Colchester Harriers AC	11
59	V50	Eric Paul	Orion Harriers	13
60	SM	Noel McGoun	Orion Harriers	17
61	V40	Giles Hopkinson	Orion Harriers	26
62	SM	Iain Wood	Cambridge & Coleridge AC	27
63	SM	Kurtis Swan	Billericay Striders RC	27
64	V50	Paul Jeggo	Springfield Striders RC	28
65	U20	Jonathon Burton	Basildon AC	32
66	V40	Adam Baker	Orion Harriers	33
67	SM	Reece Asik	Chelmsford AC	34
68	V40	Paul Rodgers	Colchester Harriers AC	40
69	U20	Curtis Wood	Cambridge & Coleridge AC	43
70	V40	Sion Parry	Thrift Green Trotters	45
71	V40	Kevin Wotton	Ilford AC	51
72	SM	Ben Jones	Ilford AC	52
73	V50	Don Lawless	Thurrock Harriers	53
74	V40	Alan Clark	Benfleet Running Club	57
75	V40	Keith Willett	Thurrock Harriers	59
76	SM	Paul Ruffey	Benfleet Running Club	29: 01
77	SM	Jason Crispin	Havering AC	02
78	SM	Mark Crook	Cambridge & Coleridge AC	03
79	V40	Alec Kyriakides	Southend-on-Sea AC	06
80	V50	Neil Crisp	Ilford AC	14
81	SM	Paul Anderson	Springfield Striders RC	17
82	V40	Jon Whitehouse	Loughton AC	19
83	V40	Russ Middleton	Havering AC	25
84	V50	Nick Rankin	Benfleet Running Club	27
85	SM	Sam Rahman	Ilford AC	28
86	V40	Joe Happe	Orion Harriers	31
87	V50	Peter West	Colchester Harriers AC	33
88	U20	Ben Holdgate	Braintree & District AC	36
89	SM	Chris O'Hara	Billericay Striders RC	37
90	SM	David Wilson	Orion Harriers	42
91	V40	Glenn Gosling	Orion Harriers	43
92	SM	Joss Seagraglonos	Orion Harriers	48
93	SM	Sam Jackson	Havering AC	42
94	SM	Mark Read	Thrift Green Trotters	59
95	V40	Kevin Harris	Springfield Striders RC	30: 07
96	SM	Dan Reynolds	Mid Essex Casuals	10
97	V50	Jonathan Metcalf	Thurrock Harriers	11
98	SM	Joshua Gullard	University of Essex	14
99	SM	Rob Mills	Springfield Striders RC	19
100	V40	Adam Hutton	Springfield Striders RC	20
101	V50	Kevin Julian	Orion Harriers	21
102	V60	Andy Catton	Ilford AC	23
103	SM	Kevin Bates	Basildon AC	24
104	V40	Andy Doig	Pitsea Running Club	26
105	V40	John Russell	Thurrock Harriers	29
106	V40	Graham Booty	Benfleet Running Club	30
107	SM	Luke Jackson	Havering AC	31
108	SM	Steve	Basildon AC	32
109	V50	Peter Tullett	Chelmsford AC	38
110	V40	Jason Syrett	Thurrock Harriers	42

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Pos	Age	Name	Team	Time
111	SM	Derek Hatley	Cambridge & Coleridge AC	30: 45
112	SM	Zoltan Fodor	Orion Harriers	46
113	SM	Buddy Green	Orion Harriers	49
114	V40	Mike Grout	Benfleet Running Club	51
115	SM	Michael Monkton	Southend-on-Sea AC	52
116	SM	Michael Cerny	Benfleet Running Club	53
117	SM	Ben Chamberlain	Cambridge & Coleridge AC	54
118	SM	Paul King	Springfield Striders RC	58
119	V40	Greg Wisken	Mid Essex Casuals	59
120	V60	Mick Bumstead	Thurrock Harriers	31: 02
121	V50	Dave Brock	Orion Harriers	05
122	V40	Richard Boden	Colchester Harriers AC	08
123	V40	Martyn Mack	Thurrock Harriers	10
124	V40	Andrew Low	Benfleet Running Club	17
125	SM	George Hiley-Jones	University of Essex	37
126	SM	Steve Surety	Basildon AC	40
127	SM	Peter Barrett	Thrift Green Trotters	41
128	V50	Graham Crocket	Benfleet Running Club	41
129	V50	Keith Thornton	Thrift Green Trotters	44
130	SM	Joe McGrath	Billericay Striders RC	46
131	SM	Anthony Marsh	Springfield Striders RC	47
132	V40	James Bunn	East Essex Triathlon Club	50
133	V40	Al Monte	Southend-on-Sea AC	54
134	V60	Peter Binns	Southend-on-Sea AC	32: 00
135	V40	Barry Ward	Havering AC	02
136	V50	Charlie Ritchie	Cambridge & Coleridge AC	03
137	V40	Kevin Frost	Mid Essex Casuals	03
138	U20	Henry Snell	Southend-on-Sea AC	13
139	V40	Nigel Instance	Thurrock Harriers	21
140	SM	Robert Doyle	Thurrock Harriers	25
141	V50	Craig Veall	Loughton AC	30
142	V40	Carl Easton	Phoenix Striders	39
143	V40	Ken Hands	Springfield Striders RC	41
144	U20	Jakob Beck	Braintree & District AC	43
145	V40	Glen Irwin	Orion Harriers	46
146	SM	James Waterson	Colchester Harriers AC	52
147	V40	David Findlay	Basildon AC	57
148	V40	Simon Ferguson	Mid Essex Casuals	33: 12
149	V40	Phil Watts	Springfield Striders RC	14
150	SM	Tony Collins	Havering AC	21
151	V40	Stuart Colley	Orion Harriers	23
152	SM	Paul Mitchell	Thurrock Harriers	29
153	V40	Barry Key	Benfleet Running Club	33
154	V40	Richard Flutter	Colchester Harriers AC	42
155	SM	Iain Scott	Thurrock Harriers	54
156	SM	Matt Gillard	Southend-on-Sea AC	59
157	V50	Andrew Dodd	Orion Harriers	34: 07
158	V50	Tim Brockington	Springfield Striders RC	11
159	V40	Kevin Hopper	Springfield Striders RC	14
160	V50	Bernie Johnson	Thurrock Harriers	15
161	V50	Kevin Kirby	Chelmsford AC	19
162	V50	Gary Bartlett	Orion Harriers	23
163	V50	Paul Williams	Orion Harriers	28
164	SM	Steven Rebel	Thrift Green Trotters	29
165	SM	Roy Harwood	Benfleet Running Club	30

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Pos	Age	Name	Team	Time
166	V40	Garry Sloamaw	Orion Harriers	34: 32
167	SM	Chris Footer	Phoenix Striders	38
168	V50	Ted Skinner	Tiptree Road Runners	51
169	V50	Stephen Burton	Benfleet Running Club	35: 0
170	V50	Gary Howard	Havering AC	11
171	V50	Jim Whiffin	Loughton AC	13
172	V50	Julian Catmull	Springfield Striders RC	22
173	V50	Dave Lane	Phoenix Striders	24
174	V50	Steve Parker	Ilford AC	39
175	V50	Bradley Brown	Ilford AC	52
176	V50	Grant Baker	Orion Harriers	57
177	V40	Kris Semple	Cambridge & Coleridge AC	36: 1
178	V50	Don Sinclair	Pitsea Running Club	8
179	V50	Ricky Bullis	Basildon AC	12
180	V60	Brian Butcher	Mid Essex Casuals	15
181	V40	Paul Backhouse	Mid Essex Casuals	32
182	SM	Leighton Williams	Mid Essex Casuals	40
183	SM	Robert Frost	Phoenix Striders	42
184	V50	Calum Innes	Phoenix Striders	46
185	V50	Melvyn Cooper	Thrift Green Trotters	48
186	V60	Bob Jousiffe	Orion Harriers	49
187	V60	Ray Vaultier	Mid Essex Casuals	37: 36
188	V50	Steve Cheal	Ilford AC	55
189	SM	Marcel Rogers	Basildon AC	38: 27
190	SM	Steven Armitage	Springfield Striders RC	38
191	V50	Eddie Mills	Phoenix Striders	46
192	V40	Paul Skerritt	Orion Harriers	51
193	V40	Alan Godbold	Orion Harriers	39: 56
194				40: 35
195	V40	Joe Borrett	Cambridge & Coleridge AC	56
196	V50	Steve Williams	Chelmsford AC	41: 36
197	V60	John Pettifer	Mid Essex Casuals	42: 6
198	V50	Miv Owen	Chelmsford AC	50
199	V40	Simon Jordan	Phoenix Striders	44: 27
200	V70	Ron Dawson	Southend-on-Sea AC	45: 39
201	V60	Pat Knowles	Springfield Striders RC	46: 40
202	SM	Mick Hodges	Southend-on-Sea AC	49: 59
203	V50	Mike Jeffery	Southend-on-Sea AC	62: 10

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