



## Essex Cross Country League (2)

Sponsored by

<u>Hockley</u>				<u>U13 Girls</u>			<u>31-10-15</u>		
Pos	Name	Team	Time	Pos	Name	Team	Time		
1	Abigail Ives	Basildon AC	11: 55	41	Sophia Johns	Discovery Triathlon Club	17: 13		
2	Martha Smith	Chelmsford AC	12: 38	42	Beth Badman	East Essex Triathlon Club	18: 49		
3	Georgia Tombs	Chelmsford AC	47	43	Eve Smith	Orion Harriers	20: 07		
4	Demi Eaves	Thurrock Harriers	13: 01						
5	Kierra Scott	Basildon AC	03						
6	Sydney Foley	Havering AC	04						
7	Charlotte Pratt	Harlow AC	05						
8	Savanna Sirkett	Harlow AC	06						
9	Holly Dowsett-Ward	Thurrock Harriers	07						
10	Sophie Wetheridge	Basildon AC	45						
11	Alice Brown	Havering AC	37						
12	Becci Leddy	Orion Harriers	40						
13	Demi Briggs	Thurrock Harriers	54						
14	Faye Sweeting	Chelmsford AC	55						
15	Sophie Anderson	Southend-on-Sea AC	14: 00						
16	Hollie Rex	Basildon AC	03						
17	Tia Cocca	Chelmsford AC	11						
18	Jasmine Offiler	Orion Harriers	37						
19	Rose Sheppard	Braintree & District AC	41						
20	Hannah Peacock	Thurrock Harriers	52						
21	Ellen Savidge	Harlow AC	52						
22	Lucie Mills	Thurrock Harriers	56						
23	Jessica James	Havering AC	57						
24	Leah Brewer	Thurrock Harriers	59						
25	Grace Malcolm	Harlow AC	15: 00						
26	Alice Atkins	Havering AC	03						
27	MacKenzie Cranfield	Harlow AC	05						
28	Iris Brandon	Orion Harriers	15						
29	Daizy Harris	Basildon AC	20						
30	Robyn Bartholomew	Southend-on-Sea AC	32						
31	Lauren Hazel	Chelmsford AC	16: 02						
32	Sophie Grant	Orion Harriers	05						
33	Nicola Phelps	East Essex Triathlon Club	11						
34	Amelia Maris	Cambridge & Coleridge AC	19						
35	Rebecca O'Rourke	Havering AC	29						
36	Morgan Romain	Havering AC	30						
37	Milly McMeekin	Benfleet Running Club	37						
38	Mari Malcolm	Harlow AC	45						
39	Scarlett Williams	Braintree & District AC	46						
40	Francesca Turner	Basildon AC	51						

<b>Teams</b>		
1	Basildon AC	32
2	Chelmsford AC	36
3	Thurrock Harriers	46
4	Harlow AC	61
5	Havering AC	66
6	Orion Harriers	90
7	Southend-on-Sea AC	45 (2)
8	Braintree & District AC	58 (2)
9	East Essex Triathlon Club	75 (2)
10	Cambridge & Coleridge AC	34 (1)
11	Benfleet Running Club	37 (1)
12	Discovery Triathlon Club	41 (1)

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<u>Hockley</u>			<u>U13 Boys</u>	<u>31-10-15</u>
Pos	Name	Team		Time
1	Harry Parker	Thurrock Harriers		11: 39
2	Daniel Houchell	Basildon AC		44
3	Max Godfrey	Cambridge & Coleridge AC		48
4	Ziggy Lambton	Colchester Harriers AC		49
5	Finnlay Lowe	Thurrock Harriers		50
6	Joe Morgan	Harlow AC		51
7	Kai Boggan	Harlow AC		53
8	Alex Ford	Havering AC		56
9	Tommy Bridger	Cambridge & Coleridge AC		12: 13
10	George Hay	Southend-on-Sea AC		15
11	Luca Minns	Orion Harriers		17
12	Farris Patel	Ilford AC		21
13	Arun Manget	Ilford AC		27
14	Ben Sloan	Harlow AC		31
15	Alfie Hutchinson	Chelmsford AC		39
16	Matthew Warner	Southend-on-Sea AC		40
17	Jamie Mack	Thurrock Harriers		47
18	Aiden Cahill	Braintree & District AC		49
19	Jack Saunders	Basildon AC		55
20	Kyle Gill	East Essex Triathlon Club		56
21	Sam Sloan	Harlow AC		59
22	Ben Naish	Havering AC		13: 00
23	Matthew Hick	Ilford AC		01
24	Dylan Harrid	Thurrock Harriers		03
25	Evan Gray	Thurrock Harriers		05
26	Bradley Deacon	Ilford AC		19
27	Henry Jones	Orion Harriers		27
28	Henry Lay	Havering AC		29
29	Jordan Ryan	Havering AC		38
30	Luke Randall	Southend-on-Sea AC		41
31	Luca Dean	Cambridge & Coleridge AC		42
32	Luke Chester	Havering AC		42
33	Albert Galbally	Southend-on-Sea AC		43
34	Casey Fletcher	Havering AC		47
35	Thomas Woodward	Chelmsford AC		48
36	Teddy Norcott	Thurrock Harriers		58
37	Billy Saunders	Basildon AC		59
38	Finlay Staff	Basildon AC		14: 03
39	Sunny Vehit	Thurrock Harriers		06
40	Timi McDaniel	Havering AC		10

Pos	Name	Team	Time
41	Reece Debenham	Havering AC	19
42	Hugo Whitten	Chelmsford AC	21
43	Scott Thomas	Chelmsford AC	27
44	Ross Livingstone	Thurrock Harriers	37
45	Luca Johns	Discovery Triathlon Club	43
46	Evan Johnstone	Ilford AC	49
47	Mehdi Harun	Ilford AC	15: 11
48	James Lee	Basildon AC	11
49	Daragh Thomas	Havering AC	24
50	Tom Sturgeon	Colchester & Tendring AC	43
51	Tom Puxley	Havering AC	44
52	Samuel Winney	Havering AC	45
53	Alex Alridge	Southend-on-Sea AC	16: 57

### Teams

1	Thurrock Harriers	47
2	Harlow AC	48
3	Ilford AC	74
4	Havering AC	87
5	Southend-on-Sea AC	89
6	Basildon AC	96
7	Chelmsford AC	135
8	Cambridge & Coleridge AC	43 (3)
9	Orion Harriers	38 (2)
10	Colchester Harriers AC	4 (1)
11	Braintree & District AC	18 (1)
12	East Essex Triathlon Club	20 (1)
13	Discovery Triathlon Club	45 (1)
14	Colchester & Tendring AC	50 (1)

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## Essex Cross Country League (2)

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<u>Hockley</u>				<u>U15 Girls</u>				<u>31-10-15</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Kate O'Neill	Havering AC	15: 09	41	Ella King	Havering AC	06				
2	Joanna Rimmington	Southend-on-Sea AC	26	42	Lucy Priestly	Havering AC	25				
3	Amber Pullinger	Thurrock Harriers	30	43	Millie Redgrave	Havering AC	24: 58				
4	Jessica Mitchell	Havering AC	16: 04								
5	Elsie Gray	Colchester & Tendring AC	10								
6	Lottie Rowedder	Harlow AC	14								
7	Hayley Instance	Thurrock Harriers	23								
8	Grace Goodall	Benfleet Running Club	26								
9	Lucy Aitchinson	Chelmsford AC	28								
10	Sophie Rand	Havering AC	33								
11	Molly Sweetman	Havering AC	37								
12	Zoe Rutter	Harlow AC	39								
13	Jasmine West	Colchester Harriers AC	49								
14	Courtney Gordon	Braintree & District AC	50								
15	Kiera Hornsby	Braintree & District AC	17: 00								
16	Lucie Ball	Thurrock Harriers	22								
17	Grace Dukelow	Havering AC	22								
18	Ema Livingstone	Colchester Harriers AC	28								
19	Charlotte Brooks	East Essex Triathlon Club	30								
20	Alice Bauckham	Chelmsford AC	31								
21	Abbey Rex	Basildon AC	31								
22	Genevieve Pate	Benfleet Running Club	38								
23	Felicity Galbally	Southend-on-Sea AC	51								
24	Aoibheann Pearce	Orion Harriers	18: 04								
25	Annie Cole	Orion Harriers	07								
26	Jordan Hinds	Ilford AC	19								
27	Grace Burrell	Basildon AC	21								
28	Catherine Barker	Havering AC	25								
29	Abbie Kerr	Braintree & District AC	37								
30	Ellisa Baggott	Colchester & Tendring AC	46								
31	Molly Bath	Havering AC	48								
32	Chloe Morter	Havering AC	19: 22								
33	Eilidh Malcolm	Harlow AC	24								
34	Hannah Mickleburgh-G	Benfleet Running Club	30								
35	Charlotte George	Basildon AC	42								
36	Charlotte Grant	Orion Harriers	20: 01								
37	Ella Findlay	Basildon AC	10								
38	Emma Gadsdon	Colchester & Tendring AC	53								
39	Isabella Hicks	Ilford AC	59								
40	Emily Crane	Havering AC	21: 03								

<b>Teams</b>			
1	Havering AC	26	
2	Basildon AC	120	
3	Thurrock Harriers	26	(3)
4	Harlow AC	51	(3)
5	Braintree & District AC	58	(3)
5	Benfleet Running Club	64	(3)
7	Colchester & Tendring AC	73	(3)
8	Orion Harriers	85	(3)
9	Southend-on-Sea AC	25	(2)
10	Chelmsford AC	29	(2)
11	Colchester Harriers AC	31	(2)
12	Ilford AC	65	(2)
13	East Essex Triathlon Club	19	(1)

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## Essex Cross Country League (2)

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<u>Hockley</u>		<u>U15 Boys</u>	<u>31-10-15</u>
Pos	Name	Team	Time
1	Elliott Cordery	Chelmsford AC	13: 47
2	Joseph Owen	Orion Harriers	50
3	Thomas Keevil	Chelmsford AC	14: 03
4	Sonny Bastone	Colchester & Tendring AC	08
5	Connor Page	Braintree & District AC	16
6	Lewis Harknett	Harlow AC	28
7	Taylor Newell	Thurrock Harriers	31
8	Sam Norris	Southend-on-Sea AC	36
9	Joseph Clarke	Orion Harriers	41
10	Tom Stuttle	Southend-on-Sea AC	44
11	Mitch Lawrence	Southend-on-Sea AC	15: 01
12	Zach Bridgeland	Chelmsford AC	03
13	Ollie Randall	Southend-on-Sea AC	05
14	Max Caulfield	Colchester Harriers AC	07
15	Callum Lloyd	Chelmsford AC	16
16	John Fennessey	Havering AC	17
17	Jay Shotter	Orion Harriers	18
18	James Wood	Orion Harriers	19
19	Harry Smith	Southend-on-Sea AC	20
20	Sam Atkins	Havering AC	21
21	Sarab Dhillon	Thurrock Harriers	22
22	Ben Prior	Thurrock Harriers	24
23	Owen Harknett	Harlow AC	27
24	Marcus Holmes	Colchester Harriers AC	28
25	Luke Savage	Basildon AC	31
26	Luke Gill	East Essex Triathlon Club	32
27	Reece Scott	Basildon AC	36
28	Sam Wheatley	Southend-on-Sea AC	46
29	George Hill	Basildon AC	53
30	George Joslin	Chelmsford AC	16: 02
31	Sam Collins	Harlow AC	17
32	Mason Hambleton	Thurrock Harriers	23
33	Tom Ray	Basildon AC	24
34	Liam Brockway	Orion Harriers	35
35	Joeseph Bowden	Colchester Harriers AC	44
36	James Wright	Basildon AC	48
37	George Hay	Chelmsford AC	51
38	Saul Ashon	Orion Harriers	52
39	Jamie Putt	Harlow AC	56
40	Joe Hudson	Southend-on-Sea AC	56

Pos	Name	Team	Time
41	William Jones	Orion Harriers	59
42	Jack Halil	Ilford AC	17: 12
43	Freddie Richardson	Colchester & Tendring AC	22
44	Henri Willett	Thurrock Harriers	30
45	Will Wheeler	Southend-on-Sea AC	47
46	Billy Fox	Havering AC	18: 00
47	Cameron Campbell	Orion Harriers	19: 03
48	Matthew Houchell	Basildon AC	18
49	Henry Chaplin	Havering AC	20: 33
50	Callum Cahill	Braintree & District AC	21: 47

### Teams

1	Chelmsford AC	31
2	Southend-on-Sea AC	42
3	Orion Harriers	46
4	Thurrock Harriers	82
5	Harlow AC	99
6	Basildon AC	114
7	Havering AC	131
8	Colchester Harriers AC	73 (3)
9	Colchester & Tendring AC	47 (2)
10	Braintree & District AC	55 (2)
11	East Essex Triathlon Club	26 (1)
12	Ilford AC	42 (1)

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## Essex Cross Country League (2)



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<u>Hockley</u>			<u>U17/20 Women</u>	<u>31-10-15</u>		
Pos	Age	Name	Team	Time	Teams	
1	U17	Sinead Clark	Benfleet Running Club	20: 32	1 Chelmsford AC	27
2	U17	Rachel Broome	Chelmsford AC	46	2 Basildon AC	38
3	U20	Megan Williams	Chelmsford AC	53	3 Havering AC	80
4	U20	Victoria Hiscock	Benfleet Running Club	21: 07	4 Benfleet Running Club	5 (2)
5	U17	Emma Perks	Chelmsford AC	10	5 Colchester & Tendring AC	33 (2)
6	U17	Niamh Smith	Basildon AC	24	6 Southend-on-Sea AC	45 (2)
7	U17	Lydia Callan	Chelmsford AC (N/S)	38	7 Harlow AC	9 (1)
8	U17	Jemima Walker	Basildon AC	22: 02	8 Thurrock Harriers	12 (1)
9	U17	Rebecca Vears	Harlow AC	06	9 Colchester Harriers AC	14 (1)
10	U20	Isabella Woods	Havering AC	21		
11	U17	Gemma Archer-Haley	Basildon AC	22		
12	U17	Brooke Mensah	Thurrock Harriers	23: 00		
13	U17	Megan Rapley	Basildon AC	02		
14	U20	Beth Francis	Colchester Harriers AC	06		
15	U17	Mary Deasy	Colchester & Tendring AC	19		
16	U17	Megan Richardson	Basildon AC	34		
17	U17	Kate Etheridge	Chelmsford AC	45		
18	U17	Georgina Sturgeon	Colchester & Tendring AC	46		
19	U17	Jessica Swain	Chelmsford AC	52		
20	U17	Georgia Phillips	Havering AC	24: 00		
21	U17	Megan Cross	Basildon AC	01		
22	U17	Iona Doyle	Southend-on-Sea AC	23		
23	U17	Natasha Walter	Southend-on-Sea AC	23		
24	U17	Amba Coombe	Havering AC	25: 20		
25	U17	Anna McMinn	Chelmsford AC	23		
26	U17	Emily James	Havering AC	26: 02		

## Essex Cross Country League (2)

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<u>Hockley</u>			<u>U17 Men</u>		<u>31-10-15</u>			
Pos	Name	Team	Time		Teams		Time	
1	Ahmed Abdulle	Ilford AC	22:	42	1	Havering AC		64
2	Toby Wright	Southend-on-Sea AC	23:	11	2	Chelmsford AC		78
3	Ben Davis	Havering AC		14	3	Orion Harriers		33 (3)
4	Joe Patterson	Colchester & Tendring AC		26	4	Southend-on-Sea AC		33 (3)
5	Ben Miller	Colchester & Tendring AC		27	5	Basildon AC		47 (3)
6	Gus Withers	Basildon AC		31	6	Thurrock Harriers		55 (3)
7	Mason Webb	Basildon AC		45	7	Colchester & Tendring AC		9 (2)
8	George Day	Orion Harriers		56	8	Colchester Harriers AC		32 (2)
9	Josh Iton	Orion Harriers	24:	03	9	Ilford AC		36 (2)
10	Owen Thomas	Chelmsford AC		05	10	East Essex Triathlon Club		51 (2)
11	Jodi Meredith	Thurrock Harriers		10	11	Braintree & District AC		54 (2)
12	Jordan Denyer	Chelmsford AC		26	12	Harlow AC		19 (1)
13	Mike Hodges	Southend-on-Sea AC		38	13	Benfleet Running Club		26 (1)
14	Oliver Morter	Havering AC		43				
15	Max Williams	Colchester Harriers AC		46				
16	Jordan Christotmou	Orion Harriers		56				
17	Jake Young	Colchester Harriers AC	25:	15				
18	Matt Norris	Southend-on-Sea AC		16				
19	Christian Barker	Harlow AC		26				
20	Tom Muers	East Essex Triathlon Club		39				
21	Sam Smith	Thurrock Harriers		42				
22	Lewis Debenham	Havering AC		49				
23	Joe Logan	Thurrock Harriers		52				
24	Cameron Kerr	Braintree & District AC	26:	03				
25	James Stewart	Havering AC		05				
26	Callum Liassi	Benfleet Running Club		08				
27	Harry Tullett	Chelmsford AC		10				
28	Oliver Bath	Havering AC		17				
29	Nathan Brearley	Chelmsford AC		31				
30	Conor Culham	Braintree & District AC	27:	13				
31	Adam Harley	East Essex Triathlon Club		21				
32	William Gray	Chelmsford AC		38				
33	Alex Smith	Chelmsford AC	28:	23				
34	Sam Walsh	Basildon AC	29:	01				
35	Usamah Patel	Ilford AC		47				

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## Essex Cross Country League (2)

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<u>Hockley</u>			<u>Senior Women</u>		<u>31-10-15</u>	
Pos	Age	Name	Team	Time	Division 1	Teams (4 to score)
1	U20	Jodie Judd	Chelmsford AC	24: 59		1 Chelmsford AC 22
2	W35	Sarah Stradling	Colchester Harriers AC	25: 27		2 Southend-on-Sea AC 50
3	SW	Kerry Holland	Southend-on-Sea AC	: 44		3 Colchester Harriers AC 67
4	SW	Laura Brooks	Basildon AC	26: 11		4 Orion Harriers 113
5	SW	Mestawot Debele	Orion Harriers	: 14		5 Phoenix Striders 247
6	SW	Megan Evans	Chelmsford AC	: 17		6 Benfleet Running Club 262
7	SW	Rebecca Cole	Chelmsford AC	: 18		7 Ilford AC 99 (3)
8	SW	Gemma Barry	Chelmsford AC	: 24		8 Springfield Striders RC 165 (3)
9	W35	Claire Cornwell	Southend-on-Sea AC	: 36		9 Havering AC 197 (3)
10	SW	Rebecca Luxton	Chelmsford AC	: 37		10 Loughton AC 223 (3)
11	W45	Margaret Deasey	Colchester & Tendring AC	27: 04		11 Pitsea Running Club 156 (2)
12	W35	Wendy King	Chelmsford AC	: 08		12 Cambridge & Coleridge AC 33 (1)
13	SW	Louise Douglas	Basildon AC	: 10		
14	W45	Denise Morley	Colchester Harriers AC	: 44		
15	SW	Krystle Balogun	Ilford AC	: 48	Division 2	Teams (4 to score)
16	W35	Tracy English	Southend-on-Sea AC	: 58		1 Basildon AC 67
17	SW	Anna Granger	Chelmsford AC	28: 12		2 Thurrock Harriers 182
18	W35	Hayley Hawes	East Essex Triathlon Club	: 13		3 East Essex Triathlon Club 186
19	SW	Charlotte Brown	Basildon AC	: 16		4 Billericay Striders RC 230
20	W35	Toni Noble	Thurrock Harriers	: 17		5 Thrift Green Trotters 279
21	SW	Lacey Bareham	Colchester & Tendring AC	: 20		6 Braintree & District AC 224 (3)
22	SW	Sarah Pennington	Southend-on-Sea AC	: 26		7 Colchester & Tendring AC 32 (2)
23	SW	Carys Sutton	Chelmsford AC	: 29		8 Mid Essex Casuals 54 (1)
24	SW	Rebecca Cooke	Colchester Harriers AC	: 33		
25	W35	Anne Jenkinson	Southend-on-Sea AC	: 52		<b>Veteran Team Result (3 to score)</b>
26	W35	Natasha Lagden	Southend-on-Sea AC	: 58		1 Colchester Harriers AC 43
27	W35	Annette Oakman	Colchester Harriers AC	29: 12		2 Southend-on-Sea AC 50
28	W45	Joanna Smith	Chelmsford AC	: 22		3 Thurrock Harriers 97
29	SW	Andrea James	Colchester Harriers AC	: 29		4 Orion Harriers 115
30	W35	Hayley Rogerson	Orion Harriers	: 30		5 East Essex Triathlon Club 116
31	W45	Caroline Horden	Basildon AC	: 32		6 Springfield Striders RC 165
32	SW	Ella Neale	Colchester Harriers AC	: 54		7 Billericay Striders RC 167
33	W45	Stefanie Godfrey	Cambridge & Coleridge AC	: 57		8 Benfleet Running Club 188
34	W45	Jodie Farrell	Thurrock Harriers	30: 02		9 Phoenix Striders 192
35	W35	Victoria Curran	Springfield Striders RC	: 33		10 Thrift Green Trotters 196
36	W55	Breege Nordin	Ilford AC	: 38		11 Havering AC 197
37	W45	Vanessa Mathers	Southend-on-Sea AC	: 44		12 Loughton AC 223
38	SW	Angie Flight	Orion Harriers	: 56		13 Braintree & District AC 224
39	W45	Lorna Gaffney	Loughton AC	31: 01		14 Chelmsford AC 40 (2)
40	SW	Liz Rossberg	Orion Harriers	: 02		15 Basildon AC 81 (2)
41	W35	Lorraine Gosling	Orion Harriers	: 04		16 Ilford AC 84 (2)
42	W45	Jane Bramble	East Essex Triathlon Club	: 06		17 Pitsea Running Club 156 (2)
43	W35	Victoria Peacock	Thurrock Harriers	: 10		18 Colchester & Tendring AC 11 (1)
44	W45	Mary Armitage	Orion Harriers	: 17		19 Cambridge & Coleridge AC 33 (1)
45	W35	Marijke Van Eetvelde	Thrift Green Trotters	: 20		20 Mid Essex Casuals 54 (1)

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Pos	Age	Name	Team	Time
46	W35	Kasia Kostyrka	Southend-on-Sea AC	: 48
47	W55	Wendy Read	Billericay Striders RC	32: 40
48	W45	Nicola Hopkinson	Ilford AC	: 43
49	W35	Kelly McClenaghan	Benfleet Running Club	: 48
50	W35	Mandy Wetheridge	Basildon AC	: 58
51	W35	Tamsin Davies	Phoenix Striders	: 59
52	W35	Hayley Barron	Orion Harriers	33: 11
53	W45	Sam Hillyard	Braintree & District AC	: 22
54	W45	Laura Pettifer	Mid Essex Casuals	: 34
55	SW	Danielle Hughes	Phoenix Striders	: 42
56	W35	Sarah Kemp	East Essex Triathlon Club	: 46
57	W45	Juliet Ward	Havering AC	: 50
58	W45	Christine Deacon	Billericay Striders RC	: 53
59	U20	Madeleine Carr	Orion Harriers	34: 27
60	W35	Collette Frampton	Southend-on-Sea AC	: 31
61	W35	Kirsty Williams	Springfield Striders RC	: 35
62	W35	Jo Ling	Billericay Striders RC	: 39
63	SW	Christine Allen	Billericay Striders RC	: 48
64	W35	Debbielyn Hallam	Southend-on-Sea AC	: 49
65	W45	Diane Fairchild	Thrift Green Trotters	: 53
66	W45	Ruth Roberts	Phoenix Striders	: 57
67	W35	Maureen Lear	Havering AC	35: 11
68	W35	Sarah Norton	Benfleet Running Club	: 19
69	W35	Amelie Mollinghoff	Springfield Striders RC	: 26
70	W45	Simone Collins	East Essex Triathlon Club	: 32
71	W45	Mandy Cooper	Benfleet Running Club	: 38
72	W35	Shona Browning	Billericay Striders RC	: 45
73	W45	Tracy O'Neill	Havering AC	: 45
74	W45	Annette Johnson	Benfleet Running Club	36: 01
75	W45	Beryl De Smedt	Phoenix Striders	: 12
76	W45	Terri Howe	Pitsea Running Club	: 22
77	W45	Elizabeth Cahill	Braintree & District AC	: 27
78	W45	Laura Williams	Benfleet Running Club	: 47
79	U20	Joelle Ewen	Orion Harriers	: 50
80	W55	Teresa Flannigan	Pitsea Running Club	: 51
81	W35	Claire Kay	Phoenix Striders	37: 33
82	W45	Debra Pumfrett	Phoenix Striders	: 38
83	SW	Vicki Calleja	Thrift Green Trotters	38: 04
84	SW	Roma Sands	Phoenix Striders	: 53
85	SW	Victoria Johnson	Thurrock Harriers	: 57
86	W45	Julie Ann Reeves	Thrift Green Trotters	39: 37
87	W55	Sue Vine	Phoenix Striders	40: 11
88	W45	Nicola Maslen	Phoenix Striders	: 34
89	W65	Jean Hobbs	Loughton AC	41: 12
90	W35	Jo Key	Benfleet Running Club	42: 05

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	W45	Caroline Gould	Southend-on-Sea AC	43: 34
92	W45	Sheila Smeardon	Southend-on-Sea AC	: 34
93	SW	Sophie Grant	Orion Harriers	44: 24
94	W35	Lynne Culham	Braintree & District AC	45: 00
95	W55	Gwen Harwood	Loughton AC	48: 41



## Essex Cross Country League (2)

Sponsored by

<u>Hockley</u>			<u>Senior Men</u>		<u>31-10-15</u>	
Pos	Age	Name	Team	Time	Division 1	Teams
1	V40	Adrian Mussett	Colchester Harriers AC	29: 33	1	Colchester Harriers AC 89
2	SM	Tom Gardner	Ilford AC	30: 17	2	Orion Harriers 109
3	SM	Grant Webb	Basildon AC	: 19	3	Havering AC 174
4	SM	Rob Warner	Havering AC	: 24	4	Chelmsford AC 185
5	SM	Tristan Windley	Springfield Striders RC	: 39	5	Springfield Striders RC 208
6	SM	Mark Sandford	Chelmsford AC	: 52	6	Southend-on-Sea AC 218
7	SM	Chris Sellens	Colchester Harriers AC	: 58	7	Benfleet Running Club 254
8	SM	Will Wright	Chelmsford AC	31: 01	8	Basildon AC 392
9	SM	Matt Granger	Chelmsford AC	: 33	9	Ilford AC 400
10	SM	Scott Stirling	Newham & Essex Beagles (N/S)	: 34	10	Thurrock Harriers 424
11	SM	Pat Walsh	Southend-on-Sea AC	: 39	11	Billericay Striders RC 457
12	SM	Daz Farrugia	Colchester Harriers AC	: 40	12	Cambridge & Coleridge AC 76 (1)
13	SM	Carwyn Jones	Colchester Harriers AC	: 49		
14	SM	Jack Stroud	Orion Harriers	32: 06	<b>Division 2</b>	<b>Teams</b>
15	V40	Steve Rand	Havering AC	: 15	1	Phoenix Striders 819
16	SM	Brian Jenkins	Orion Harriers	: 19	2	Pitsea Running Club 762 (5)
17	SM	Ian Clark	Orion Harriers	: 27	3	East Essex Triathlon Club 163 (4)
18	SM	Harry Smith	East Essex Triathlon Club	: 34	4	Thrift Green Trotters 465 (4)
19	V40	Barnaby Foot	Orion Harriers	: 37	5	Mid Essex Casuals 549 (4)
20	SM	Kurtis Swan	Billericay Striders RC	: 47	6	Loughton AC 436 (3)
21	SM	Danny Moses	Orion Harriers	: 52		
22	V40	Mark Dillion	Orion Harriers	: 59		
23	SM	James Smith	Springfield Striders RC	33: 17		<b>Veteran Team Result (4 to score)</b>
24	V40	Allen Smalls	Colchester Harriers AC	: 25	1	Colchester Harriers AC 95
25	SM	Mathew Leeman	Benfleet Running Club	: 32	2	Orion Harriers 143
26	V40	Lee Taylor	Southend-on-Sea AC	: 33	3	Havering AC 164
27	SM	Lee Baynton	East Essex Triathlon Club	: 34	4	Benfleet Running Club 185
28	V50	Michael Bridgeland	Chelmsford AC	: 35	5	Southend-on-Sea AC 206
29	SM	Chris Burgoyne	Springfield Striders RC	: 36	6	Ilford AC 287
30	U20	Adam Jordan	Southend-on-Sea AC	: 37	7	Thurrock Harriers 290
31	SM	Neil McGoun	Orion Harriers	: 48	8	Billericay Striders RC 399
32	V40	Mark Harrod	Colchester Harriers AC	: 52	9	Basildon AC 479
33	U20	Christian Gray	Basildon AC	: 55	10	Phoenix Striders 543
34	SM	Jason Crispin	Havering AC	: 56	11	Mid Essex Casuals 549
35	V40	Matt Bland	Havering AC	: 59	12	Pitsea Running Club 594
36	SM	Callum Wallace	Southend-on-Sea AC	34: 05	13	Springfield Striders RC 201 (3)
37	V40	Stuart Raven	Springfield Striders RC	: 16	14	Chelmsford AC 305 (3)
38	V40	Jon Nears	Colchester Harriers AC	: 17	15	Loughton AC 436 (3)
39	SM	Paul Grange	Havering AC	: 19	16	East Essex Triathlon Club 118 (2)
40	V40	Paul Abeledo	East Essex Triathlon Club	: 19	17	Thrift Green Trotters 251 (2)
41	V40	Terry Spooner	Benfleet Running Club	: 21		
42	V40	Andy Low	Benfleet Running Club	: 25		
43	V40	Graham Booty	Benfleet Running Club	: 26		
44	SM	Adam Dowman	Thurrock Harriers	: 28		
45	V50	Paul Spowage	Colchester Harriers AC	: 36		
46	U20	James Hiscock	Benfleet Running Club	: 40		
47	V40	Martin Chester	Havering AC	: 42		
48	V40	Giles Hopkinson	Orion Harriers	: 53		
49	SM	Chris O'Hara	Billericay Striders RC	35: 01		
50	SM	Sam Cornforth	Springfield Striders RC	: 11		
51	V40	Paul Holloway	Ilford AC	: 19		
52	U20	Thomas Young	Orion Harriers	: 32		
53	V40	Paul Rodgers	Colchester Harriers AC	: 33		
54	V50	Matt Flannary	Orion Harriers	: 37		
55	V50	Simon Le Mare	Southend-on-Sea AC	: 46		

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Pos	Age	Name	Team	Time
56	V40	Keith Willett	Thurrock Harriers	: 52
57	U20	Ryan Creasy	Benfleet Running Club	: 53
58	U20	Mat Braybrook	Havering AC	: 54
59	V40	Alan Clark	Benfleet Running Club	36: 03
60	V50	Alec Kyriakides	Southend-on-Sea AC	: 05
61	V40	Adam Baker	Orion Harriers	: 08
62	V50	Peter West	Colchester Harriers AC	: 15
63	SM	James Williams	Chelmsford AC	: 19
64	V50	Chris Purse	Springfield Striders RC	: 20
65	V40	Ty Farrer	Southend-on-Sea AC	: 24
66	V40	Kevin Wootton	Ilford AC	: 27
67	V50	Paul Berrett	Havering AC	: 28
68	U20	Euan Harlow	Havering AC	: 33
69	V40	Adrian Smith	Orion Harriers	: 35
70	V50	Nick Rankin	Benfleet Running Club	: 38
71	SM	Adam Colgrave	Chelmsford AC	: 43
72	V50	Mark Gower	Billericay Striders RC	: 45
73	V50	Don Lawless	Thurrock Harriers	: 48
74	SM	Dave Wilson	Orion Harriers	: 55
75	V50	Neil Crisp	Ilford AC	: 56
76	SM	Durward Whitehead	Cambridge & Coleridge AC	: 58
77	U20	Abdul Mohamed	Havering AC	37: 00
78	V40	Kevin Baldwin	East Essex Triathlon Club	: 09
79	V50	Eamonn Shelley	Thurrock Harriers	: 24
80	U20	Steve Davis	Basildon AC	: 26
81	V40	James Campion	Southend-on-Sea AC	: 29
82	V50	John Metcalfe	Thurrock Harriers	: 33
83	SM	Kevin Bates	Basildon AC	: 39
84	V50	Graham Crockett	Benfleet Running Club	: 51
85	V40	Glen Gosling	Orion Harriers	38: 01
86	V50	Richard Jones	Benfleet Running Club	: 09
87	SM	Marc Hills	Thrift Green Trotters	: 16
88	V50	Keith Thornton	Thrift Green Trotters	: 27
89	V40	Stuart Colley	Orion Harriers	: 28
90	SM	Tim Martin	Thurrock Harriers	: 30
91	V40	Russ Middleton	Havering AC	: 34
92	V50	Dave Brock	Orion Harriers	: 37
93	V40	Carl Easton	Phoenix Striders	: 41
94	SM	Keith Martin	Thurrock Harriers	39: 04
95	V60	Andy Catton	Ilford AC	: 26
96	SM	Chris Allen	Basildon AC	: 27
97	V40	Simon Tippet	Basildon AC	: 37
98	V40	Greg Wisken	Mid Essex Casuals	: 45
99	V40	Al Monte	Southend-on-Sea AC	: 46
100	V40	John Byford	Springfield Striders RC	: 48
101	V50	Steve Foggo	Billericay Striders RC	: 49
102	SM	Michael Cerny	Benfleet Running Club	: 57
103	V40	Ian Pike	Benfleet Running Club	40: 4
104	SM	Rob Dickenson	Havering AC	: 6
105	V60	Peter Binns	Southend-on-Sea AC	: 7
106	SM	Kushal Agarwal	Billericay Striders RC	: 8
107	U20	Joe Payne	Basildon AC	: 21
108	V40	David Findlay	Basildon AC	: 21
109	V40	Matt Stenning	Billericay Striders RC	: 29
110	V60	Mick Bumstead	Thurrock Harriers	: 32

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Pos	Age	Name	Team	Time
111	V60	Tony Nixon	Ilford AC	: 36
112	V40	Justin King	Southend-on-Sea AC	: 46
113	SM	Tony Collins	Havering AC	: 57
114	SM	Nehal Patel	Benfleet Running Club	41: 12
115	V40	Barry Ward	Havering AC	: 17
116	SM	Andrew Coombes	Southend-on-Sea AC	: 23
117	V40	Lawrence Harrison	Billericay Striders RC	: 27
118	V50	Stephen Burton	Benfleet Running Club	42: 13
119	V40	Matt Gillard	Southend-on-Sea AC	: 16
120	V50	Kevin Kirby	Chelmsford AC	: 20
121	V40	Simon Morgan	Colchester Harriers AC	: 34
122	V40	Darren Priestley	Havering AC	: 46
123	U20	Eddy Cooper	Benfleet Running Club	: 49
124	SM	Roy Harwood	Benfleet Running Club	: 53
125	V40	Alasdair Daw	Billericay Striders RC	43: 00
126	V60	James Wiffin	Loughton AC	: 02
127	SM	Mike Turrington	Thrift Green Trotters	: 03
128	V40	Tom Robinson	Benfleet Running Club	: 11
129	SM	Martin Reynolds	Orion Harriers	: 34
130	V40	Ian Glover	Southend-on-Sea AC	: 44
131	V40	John Rex	Basildon AC	: 50
132	SM	Chris Footer	Phoenix Striders	: 52
133	V50	Gary Bartlett	Orion Harriers	: 53
134	V40	Martin Orford	Phoenix Striders	: 55
135	V50	Andrew Dodd	Orion Harriers	44: 06
136	V50	Paul Williams	Orion Harriers	: 40
137	SM	Dave Pennington	Southend-on-Sea AC	: 56
138	V60	Brian Butcher	Mid Essex Casuals	: 57
139	V60	Roger Everard	Pitsea Running Club	45: 07
140	SM	Ian Scott	Thurrock Harriers	: 31
141	V40	Danny Fitzsimons	Orion Harriers	: 35
142	V60	Bob Jousiffe	Orion Harriers	: 45
143	V50	Richard Bullis	Basildon AC	46: 04
144	SM	Lewis Dorling	Phoenix Striders	: 09
145	V50	James Russell	Pitsea Running Club	47: 06
146	V50	Peter McLaughlin	Pitsea Running Club	: 13
147	V50	Mike Almond	Billericay Striders RC	: 33
148	V60	Ted Skinner	Ilford AC	48: 03
149	V60	Pete Bulitis	Orion Harriers	: 20
150	SM	Chris Coates	Havering AC	: 23
151	V50	Eddie Mills	Phoenix Striders	: 34
152	V60	George Georgiou	Loughton AC	: 37
153	V60	David Game	Mid Essex Casuals	50: 18
154	V50	Steve Jordan	Southend-on-Sea AC	52: 34
155	V50	Dave Girt	Southend-on-Sea AC	: 47
156	V40	Peter Rixson	Basildon AC	: 56
157	V50	Stephen Williams	Chelmsford AC	53: 21
158	V60	David Hobbs	Loughton AC	: 23
159	V40	Paul Dawson	Southend-on-Sea AC	: 26
160	V50	Chris Cammidge	Mid Essex Casuals	: 31
161	V50	Angus Aldridge	Southend-on-Sea AC	54: 50
162	V40	Jim Rourke	Billericay Striders RC	56: 10
163	SM	Not Declared	Thrift Green Trotters	57: 29
164	V50	Ian Hawthorn	Pitsea Running Club	63: 44
165	V50	Tony Davis	Phoenix Striders	64: 03

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
166	V60	James Huddart	Ilford AC	: 44
167	V70	Graham Williams	Ilford AC	65: 08
168	V50	Nelson Howe	Pitsea Running Club	69: 42

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