

Essex Cross Country League (2)

<u>Hockley</u>		<u>U13 Girls</u>	<u>25/11/2017</u>		
Pos	Name	Team	Time		
1	Erin Little	Chelmsford AC	12: 08		
2	Maisy Silverstone	Orion Harriers	18		
3	Kiera Atkinson	Chelmsford AC	19		
4	Holly Watson	Chelmsford AC	20		
5	Jayne Elvin	Thurrock Harriers	32		
6	Freya Seymour	Basildon AC	34		
7	Matilda Canty	Havering AC	37		
8	Freya Long	Havering AC	46		
9	Francesca Turner	Basildon AC	54		
10	Ellie Loosley	Cambridge & Coleridge AC	55		
11	Grace Holmes	Southend-on-Sea AC	59		
12	Madeline Barker	Havering AC	13: 07		
13	Millie Costin	Basildon AC	27		
14	Rosie Spring	Thurrock Harriers	30		
15	Libby Gosling	Orion Harriers	38		
16	Katie Lee	Harlow AC	49		
17	Heidi Aylen	Havering AC	53		
18	Kate Ruane	Havering AC	14: 08		
19	Mabel Cowley	Basildon AC	09		
20	Erin Vernon	Benfleet Running Club	09		
21	Sophie Foot	Orion Harriers	22		
22	Lucia De Cristofano	Benfleet Running Club	25		
23	Anna Leinemann	Discovery Triathlon Club	43		
24	Yasmin Finn	Basildon AC	49		
25	Jessica Turner	Basildon AC	50		
26	Elizabeth Sole	Southend-on-Sea AC	50		
27	Amelia Jones	Southend-on-Sea AC	15: 02		
28	Gabriella Crowland	Harlow AC	14		
29	Charlotte Grundy	Havering AC	42		
30	Rebekah Long	Chelmsford AC	43		
31	Lauren Holmes	Basildon AC	53		
32	May Lee	Havering AC	16: 07		
33	Sophia Stephanou	Havering AC	17: 14		
34	Isabelle Bartlett	Havering AC	44		
35	Katy Brown	Southend-on-Sea AC	48		
36	Leah Hampson-Long	Benfleet Running Club	18: 01		
37	Akra Shofiuzzaman	Benfleet Running Club	08		

Teams		
1	Chelmsford AC	38
2	Havering AC	44
3	Basildon AC	47
4	Southend-on-Sea AC	99
5	Benfleet Running Club	115
6	Orion Harriers	38 (3)
7	Thurrock Harriers	19 (2)
8	Harlow AC	44 (2)
9	Cambridge & Coleridge AC	10 (1)
10	Discovery Triathlon Club	23 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Hockley</u>		<u>U13 Boys</u>	<u>25/11/2017</u>	
Pos	Name	Team	Time	
1	Matthew Blacklock	Havering AC	11: 32	
2	Will Steadman	Chelmsford AC	52	
3	Ronan Longman-Young	Benfleet Running Club	55	
4	William Nuttall	Chelmsford AC	12: 17	
5	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	30	
6	Cooper Mills	Chelmsford AC	41	
7	Harrison Thorpe	Basildon AC	43	
8	Jacob Alexander	Chelmsford AC	44	
9	Lawrence Martin	Chelmsford AC	45	
10	Callum Basinger	Havering AC	46	
11	Ben Stokes	Basildon AC	56	
12	Harry Elgar	Southend-on-Sea AC	57	
13	Lewis Edwards	Havering AC	13: 00	
14	Harry Cossington	Havering AC	15	
15	Joseph Perry	Chelmsford AC	16	
16	Harry Tobin	Thurrock Harriers	17	
17	Alistair Moscuza	Braintree & District AC	25	
18	Kieran Rodd	Southend-on-Sea AC	29	
19	Jack Finn	Basildon AC	31	
20	Daniel Pike	Discovery Triathlon Club	40	
21	Owen Keen	Orion Harriers	41	
22	Matthew Collins	Southend-on-Sea AC	49	
23	Onyekachukwu Okoh	Chelmsford AC	52	
24	Curtis Dobie	Southend-on-Sea AC	58	
25	MacKinley Gall	Southend-on-Sea AC	14: 02	
26	Nathan Hodgson	Southend-on-Sea AC	04	
27	Charlie Parmenter	Colchester Harriers AC	07	
28	Dominic Gal	Southend-on-Sea AC	26	
29	Adam Tanner	Benfleet Running Club	33	
30	James Tudor	Havering AC	48	
31	Benedict Heath	Benfleet Running Club	15: 45	
32	Oliver Shead	Havering AC	52	
33	Liam Keevil	Basildon AC	16: 24	

Teams		
1	Chelmsford AC	20
2	Havering AC	38
3	Basildon AC	70
3	Southend-on-Sea AC	76
5	Benfleet Running Club	63 (3)
6	Cambridge & Coleridge AC	5 (1)
7	Thurrock Harriers	16 (1)
8	Braintree & District AC	17 (1)
9	Discovery Triathlon Club	20 (1)
10	Orion Harriers	21 (1)
11	Colchester Harriers AC	27 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Hockley</u>		<u>U15 Boys</u>	<u>25/11/2017</u>	
Pos	Name	Team	Time	
1	Finnlay Lowe	Thurrock Harriers	14: 22	
2	Luke Meridew	Basildon AC	25	
3	Ethan Reilly	Chelmsford AC	59	
4	Jamie Rashbrook	Basildon AC	15: 05	
5	Matthew Magin	Cambridge & Coleridge AC	10	
6	Luke Randall	Southend-on-Sea AC	13	
7	Farris Patel	Ilford AC	16	
8	Daniel Houchell	Basildon AC	24	
9	Jak Wright	Ilford AC	25	
10	Dylan Harrod	Thurrock Harriers	26	
11	Joseph Wheeler	Cambridge & Coleridge AC	28	
12	Luke Chester	Havering AC	29	
13	Toby Linsell	Southend-on-Sea AC	44	
14	Scott Thomas	Chelmsford AC	55	
15	Bradley Deacon	Ilford AC	58	
16	Aaron Davis	Chelmsford AC	16: 00	
17	Archie Connors	Benfleet Running Club	04	
18	James Lee	Basildon AC	08	
19	Matthew Pinney	Cambridge & Coleridge AC	14	
20	Charlie Regan	Colchester & Tendring AC	20	
21	Samuel Waite	Chelmsford AC	34	
22	Nathan Boase	Orion Harriers	42	
23	Joshua Smith	Basildon AC	49	
24	Jake Long	Havering AC	50	
25	Lenny Houston	Havering AC	51	
26	Haydn Hawkins	Braintree & District AC	17: 10	
27	Kyle Gill	East Essex Triathlon Club	17	
28	Henry Lay	Havering AC	22	
29	Timi McDaniel	Havering AC	27	
30	Sunny Vehit	Thurrock Harriers	35	
31	Callum Hynes	Southend-on-Sea AC	37	
32	Thomas Woodward	Chelmsford AC	18: 19	
33	William Pye	Cambridge & Coleridge AC	19: 42	
34	Joseph Watts	Orion Harriers	43	

Teams			
1	Basildon AC	32	
2	Chelmsford AC	54	
3	Cambridge & Coleridge AC	68	
4	Havering AC	89	
5	Ilford AC	31	(3)
6	Thurrock Harriers	41	(3)
7	Southend-on-Sea AC	50	(3)
8	Orion Harriers	56	(2)
9	Benfleet Running Club	17	(1)
10	Colchester & Tendring AC	20	(1)
11	Braintree & District AC	26	(1)
12	East Essex Triathlon Club	27	(1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Hockley</u>			<u>U17/20 Women</u>	<u>25/11/2017</u>	
Pos	Age	Name	Team	Time	
1	U17	Kate O'Neill	Havering AC	18: 11	
2	U17	Hayley Instance	Thurrock Harriers	33	
3	U17	Molly Sweetman	Havering AC	41	
4	U20	Sinead Clark	Benfleet Running Club	19: 13	
5	U20	Rachel Broome	Chelmsford AC	16	
6	U17	Hannah Watson	Colchester Harriers AC	40	
7	U17	Elsie Gray	Colchester & Tendring AC	58	
8	U17	Annalie Cole	Orion Harriers	20: 10	
9	U17	Aoibheann Pearce	Orion Harriers	16	
10	U17	Sophie Rand	Havering AC	17	
11	U17	Joanna Rimmington	Southend-on-Sea AC	20	
12	U17	Beth Irving	Cambridge & Coleridge AC	25	
13	U17	Grace Dukelow	Havering AC	38	
14	U17	Beth Ashley	Basildon AC	59	
15	U17	Jordan Hinds	Ilford AC	21: 06	
16	U17	Jenna Williams	Southend-on-Sea AC	12	
17	U20	Keira Tippett	Benfleet Running Club	17	
18	U20	Ellen Williams	Southend-on-Sea AC	27	
19	U17	Grace Goodall	Benfleet Running Club	34	
20	U17	Grace Ralston	Southend-on-Sea AC	46	
21	U17	Hannah Smith	Chelmsford AC	54	
22	U17	Ella Knight	Discovery Triathlon Club	22: 18	
23	U17	Ella Piron	Harlow AC	23: 00	
24	U17	Maia Grundy	Basildon AC	13	
25	U17	Mia Slesser	Southend-on-Sea AC	14	
26	U17	Catherine Barker	Havering AC	26	
27	U17	Lucy Priestley	Havering AC	24: 10	
28	U17	Kate Walker	Havering AC	16	
29	U17	Juliette Le Mere	Southend-on-Sea AC	21	
30	U17	Katie Rafferty	Havering AC	23	
31	U20	Angelica Thomson	Havering AC	46	
32	U20	Natasha Walters	Southend-on-Sea AC	25: 29	
33	U17	Genevieve Pate	Benfleet Running Club	30	
34	U17	Chloe Morter	Havering AC	31	
35	U17	Amelia Day	Havering AC	26: 40	

Teams		
1	Havering AC	27
2	Southend-on-Sea AC	65
3	Benfleet Running Club	73
4	Orion Harriers	17 (2)
5	Chelmsford AC	26 (2)
6	Basildon AC	38 (2)
7	Thurrock Harriers	2 (1)
8	Colchester Harriers AC	6 (1)
9	Colchester & Tendring AC	7 (1)
10	Cambridge & Coleridge AC	12 (1)
11	Ilford AC	15 (1)
12	Discovery Triathlon Club	22 (1)
13	Harlow AC	23 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Hockley</u>		<u>U17 Men</u>	<u>25/11/2017</u>			
Pos	Name	Team	Time			
1	Joseph Owen	Orion Harriers	19:	08		
2	Lewis Harknett	Orion Harriers		32		
3	Daniel Riley	Basildon AC		43		
4	Leon Wheeler	Thurrock Harriers		47		
5	Zack Bridgeland	Chelmsford AC		57		
6	Sam Atkins	Havering AC	20:	02		
7	Oliver Randall	Southend-on-Sea AC		05		
8	Oliver Lill	Basildon AC		15		
9	Sarab Dhillon	Thurrock Harriers		16		
10	Isaac Brown	Basildon AC		19		
11	Ben Prior	Thurrock Harriers		20		
12	Joseph Trim	East Essex Triathlon Club		21		
13	Taylor Newell	Thurrock Harriers		22		
14	Harry Jones	Havering AC		27		
15	Sam Norris	Southend-on-Sea AC		36		
16	Ermeas Afewerki	Colchester Harriers AC		43		
17	Sam Wheatley	Southend-on-Sea AC		59		
18	Alex Friend	Havering AC	21:	00		
19	Luke Savage	Basildon AC		14		
20	Charlie Sullivan	Benfleet Running Club		29		
21	Isaac Dods	Southend-on-Sea AC		39		
22	Owen Harknett	Orion Harriers		44		
23	Jack Exley	Thurrock Harriers		45		
24	Luke Gill	East Essex Triathlon Club		51		
25	Daniel McGill	Basildon AC		54		
26	Freddy Richardson	Colchester & Tendring AC		57		
27	George Hill	Basildon AC		59		
28	Danny Millward	Colchester Harriers AC	22:	23		
29	Joseph Boden	Colchester Harriers AC		25		
30	Fergus Crouch	Colchester Harriers AC	23:	09		
31	Matthew Houchell	Basildon AC		21		
32	Mark Beale	Chelmsford AC		23		
33	Henri Willett	Thurrock Harriers		57		
34	Louis Berrett	Havering AC	24:	10		
35	George Applewhite	Basildon AC		30		
36	Elijah Brown	Southend-on-Sea AC		50		
37	Ethan Douglass	Benfleet Running Club	25:	43		
					Teams	
					1 Thurrock Harriers	37
					2 Basildon AC	40
					3 Southend-on-Sea AC	60
					4 Havering AC	72
					5 Colchester Harriers AC	103
					6 Orion Harriers	25 (3)
					7 East Essex Triathlon Club	36 (2)
					8 Chelmsford AC	37 (2)
					9 Benfleet Running Club	57 (2)
					10 Colchester & Tendring AC	26 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

		<u>Hockley</u>	<u>Senior Women</u>	<u>25/11/2017</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	V35	Rachel Wiseman	Basildon AC	21: 55	1	Basildon AC 24
2	SW	Megan Evans	Chelmsford AC	: 58	2	Chelmsford AC 28
3	SW	Lucy Charles	Orion Harriers	22: 01	3	Havering AC 53
4	SW	Clare Thurgood	Orion Harriers	: 04	4	Orion Harriers 65
5	SW	Kirsty Tydeman	Basildon AC	: 30	5	Southend-on-Sea AC 82
6	SW	Charlotte Bishop	Basildon AC	: 46	6	Benfleet Running Club 167
7	V35	Rebecca Luxton	Chelmsford AC	: 47	7	Springfield Striders RC 195
8	SW	Vicky Smith	Havering AC	23: 13	8	Thrift Green Trotters 206
9	SW	Rebecca Cole	Chelmsford AC	: 22	9	Billericay Striders RC 208
10	V45	Wendy King	Chelmsford AC	: 25	10	Halstead RR 289
11	V35	Lynsey Colman	Southend-on-Sea AC	: 49	11	Colchester Harriers AC 48 (3)
12	SW	Nicola Bredin	Basildon AC	: 55		
13	SW	Ginte Bailey	Havering AC	: 57		
14	V45	Debbie Appleton	Havering AC	24: 24	Division 2 Teams (4 to score)	
15	V45	Denise Morley	Colchester Harriers AC	: 26	1	Thurrock Harriers 195
16	SW	Rebecca Cooke	Colchester Harriers AC	: 31	2	East Essex Triathlon Club 247
17	SW	Ella Neale	Colchester Harriers AC	: 37	3	Loughton AC 250
18	SW	Robyn Matson	Havering AC	: 44	4	Ilford AC 250
19	V35	Hayley Rogerson	Orion Harriers	: 54	5	JBR Run and Tri 259
20	V35	Louise Douglass	Basildon AC	: 56	6	Grange Farm & Dunmow Runr 288
21	SW	Hayley Lamkin	Southend-on-Sea AC	25: 00	7	Phoenix Striders 305
22	SW	Holly Gillard	Southend-on-Sea AC	: 03	8	Mid Essex Casuals 351
23	SW	Charmaine Sterling	Benfleet Running Club	: 13	9	Pitsea Running Club 423
24	SW	Lorna Almond	Billericay Striders RC	: 25	10	Braintree & District AC 136 (1)
25	SW	Victoria Bishop	East Essex Triathlon Club	: 38	Veterans Teams (3 to score)	
26	V45	Toni Radley	Thurrock Harriers	: 41	1	Basildon AC 78
27	V45	Jacqui Watson	Benfleet Running Club	: 44	2	Southend-on-Sea AC 89
28	SW	Sarah Pennington	Southend-on-Sea AC	: 45	3	Orion Harriers 105
29	V35	Jennie Page	East Essex Triathlon Club	: 49	4	Springfield Striders RC 127
30	V45	Anne Jenkinson	Southend-on-Sea AC	: 54	5	Thurrock Harriers 132
31	SW	Sam Pickett	JBR Run and Tri	26: 07	6	Havering AC 137
32	SW	Emily Irons	Thrift Green Trotters	: 09	7	Benfleet Running Club 144
33	SW	Clare Davies	Havering AC	: 11	8	Loughton AC 169
34	V40	Polly Bridgman	Springfield Striders RC	: 13	9	Billericay Striders RC 184
35	SW	Jade Edwards	Havering AC	: 13	10	Ilford AC 190
36	V35	Rachael Roughan	Halstead RR	: 15	11	Thrift Green Trotters 192
37	V35	Kerry Harrington	Grange Farm & Dunmow Runr	: 25	12	Phoenix Striders 200
38	V40	Rachel Flannigan	Phoenix Striders	: 29	13	East Essex Triathlon Club 222
39	V40	Lorraine Gosling	Orion Harriers	: 37	14	Halstead RR 224
40	V40	Joanne Sullivan	Havering AC	: 40	15	JBR Run and Tri 228
41	V45	Heather Eastwood	Springfield Striders RC	: 48	16	Mid Essex Casuals 229
42	V50	Lorna Gaffney	Loughton AC	: 50	17	Grange Farm & Dunmow Runr 239
43	V55	Breege Nordin	Ilford AC	: 53	18	Pitsea Running Club 310
44	V45	Nikki Leigh	Benfleet Running Club	: 58	19	Chelmsford AC 17 (2)
45	V50	Jodie Farrell	Thurrock Harriers	27: 01	20	Colchester Harriers AC 15 (1)
					21	Braintree & District AC 136 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
46	V40	Kathleen Short	Thrift Green Trotters	27: 02
47	V35	Alison Taylor	Orion Harriers	: 06
48	V35	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 11
49	SW	Karen Pickering	Grange Farm & Dunmow Runr	: 13
50	V40	Natasha Lagden	Southend-on-Sea AC	: 22
51	V50	Vanessa Mathers	Southend-on-Sea AC	: 23
52	V35	Emily Smith	Springfield Striders RC	: 30
53	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 35
54	V35	Clare Worley	Billericay Striders RC	: 38
55	V50	Pippa Dowswell	Orion Harriers	: 40
56	V40	Ruth Havis	Billericay Striders RC	: 42
57	V45	Mandy Wetheridge	Basildon AC	: 46
58	SW	Lucy Humphreys	Orion Harriers	: 58
59	V55	Nicola Hopkinson	Ilford AC	28: 01
60	V35	Helen Real	Loughton AC	: 06
61	V40	Susan Beck	Thurrock Harriers	: 13
62	SW	Carlie Qirem	Ilford AC	: 18
63	V35	Kathryn Spring	Thurrock Harriers	: 20
64	V50	Paula Purrtell	Mid Essex Casuals	: 21
65	SW	Leigh-Anne Porter	Halstead RR	: 28
66	V45	Rebecca Taylor	Southend-on-Sea AC	: 33
67	V55	Gay Shilliker	Loughton AC	: 38
68	V40	Nicola Hands	Springfield Striders RC	: 41
69	V35	Deborah Hall	East Essex Triathlon Club	: 44
70	V45	Louise Young	JBR Run and Tri	29: 06
71	V50	Julie Perrin	JBR Run and Tri	: 11
72	V50	Donna Handle	Springfield Striders RC	: 18
73	V40	Nicola Evans	Benfleet Running Club	: 25
74	V45	Joanne Ling	Billericay Striders RC	: 27
75	SW	Amy Gornall	Thrift Green Trotters	: 29
76	V45	Sharon Skidmore	Mid Essex Casuals	: 31
77	V50	Jo Pearce	Phoenix Striders	: 38
78	V45	Kelly McClenaghan	Benfleet Running Club	: 43
79	V45	Shona Browning	Billericay Striders RC	: 47
80	V50	Annette Johnson	Benfleet Running Club	: 52
81	V55	Anne Heeks	Loughton AC	: 57
82	V40	Liane Connors	Benfleet Running Club	30: 09
83	V40	Toni Marshall	Havering AC	: 11
84	V45	Debbielyn Hallam	Southend-on-Sea AC	: 13
85	V50	Lynsey Gray	Phoenix Striders	: 17
86	SW	Anna Crawley	Ilford AC	: 22
87	V40	Sharon Johnson	JBR Run and Tri	: 36
88	V55	Dianne Crisp	Ilford AC	: 38
89	V50	Lorna Pettifer	Mid Essex Casuals	: 41
90	V35	Hayley Morley	Grange Farm & Dunmow Runr	: 43

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
91	V65	Lynne Tanner	Springfield Striders RC	30: 49
92	V35	Anna Bambridge	Halstead RR	31: 09
93	V50	Joanne Day	Thrift Green Trotters	: 15
94	V65	Caroline Cogdell	Pitsea Running Club	: 25
95	SW	Charlotte Edwards	Thurrock Harriers	: 29
96	V45	Nicole Smith	Halstead RR	: 31
97	V40	Clare Rudgley	Havering AC	: 49
98	SW	Sasha Tourbassora	JBR Run and Tri	: 57
99	V50	Mandy Cooper	Benfleet Running Club	32: 03
100	V55	Elaine Tribley	Springfield Striders RC	: 05
101	SW	Vicki Calleja	Thrift Green Trotters	: 15
102	V45	Laura Williams	Benfleet Running Club	: 18
103	V50	Tracy O'Neill	Havering AC	: 25
104	V50	Irene Petersen	Loughton AC	: 27
105	SW	Grace Reeman	Phoenix Striders	: 29
106	V35	Elizabeth Cox	Phoenix Striders	: 33
107	V50	Caroline Wallis	Pitsea Running Club	: 35
108	V50	Angela Coster	Thrift Green Trotters	: 37
109	V60	Helen Williams	Pitsea Running Club	: 52
110	V65	Jean Hobbs	Loughton AC	: 56
111	V45	Nicola Maslen	Phoenix Striders	33: 03
112	V50	Glenda Jackson	Grange Farm & Dunmow Runr	: 11
113	V40	Angela Smith	Pitsea Running Club	: 14
114	V55	Julia Galea	Ilford AC	: 14
115	V40	Tricia Holmes	Southend-on-Sea AC	: 25
116	V40	Stephanie Milligan	JBR Run and Tri	: 36
117	V35	Nicola Chester	Ilford AC	: 39
118	V55	Jackie M Woodroffe	Thrift Green Trotters	: 46
119	V55	Marion Breeze	Pitsea Running Club	: 47
120	V50	Frieda Keane	Ilford AC	: 53
121	V60	Gillian Harrison	Pitsea Running Club	: 59
122	V55	Julie Peacock	Mid Essex Casuals	34: 4
123	V50	Frances Webster	Benfleet Running Club	: 8
124	V65	Theresa Flannigan	East Essex Triathlon Club	: 31
125	V40	Heather Impey	Phoenix Striders	: 39
126	SW	Hannah Bardell	JBR Run and Tri	: 53
127	V55	Sharon Honey	Ilford AC	: 56
128	V50	Michaela Davis	Loughton AC	36: 22
129	V50	Launa Broadley	Ilford AC	37: 35
130	V35	Jackie Bushnell	Phoenix Striders	38: 18
131	V50	Nicola Burston	Phoenix Striders	: 19
132	V45	Laura Fowler	JBR Run and Tri	39: 28
133	V50	Sheila Sinclair	Ilford AC	: 44
134	V35	Natalie Gorham	Phoenix Striders	: 59
135	V80	Pamela Jones	Ilford AC	40: 12
136	V40	Lynne Culham	Braintree & District AC	42: 23

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Hockley</u>			<u>Senior Men</u>	<u>25/11/2017</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	SM	Ryan Prout	Thrift Green Trotters	28: 41	1 Orion Harriers 123
2	U20	Max Jones	Basildon AC	: 52	2 Havering AC 124
3	SM	Rob Warner	Havering AC	: 53	3 Southend-on-Sea AC 165
4	SM	Alec Finch	Thurrock Harriers	29: 08	4 Benfleet Running Club 220
5	U20	Brandon Thorpe	Basildon AC	: 20	5 Springfield Striders RC 222
6	SM	Alex Richards	Ilford AC	: 21	6 Ilford AC 229
7	SM	Paul Grange	Havering AC	: 22	7 Colchester Harriers AC 260
8	U20	Max Williams	Cambridge & Coleridge AC	: 25	8 Thurrock Harriers 322
9	U20	George Day	Orion Harriers	: 28	9 Basildon AC 383 (5)
10	U20	Toby Wright	Southend-on-Sea AC	: 35	10 Chelmsford AC 591 (5)
11	SM	Jamie Buckley-Stanton	Havering AC	: 42	11 Halstead RR 412 (4)
12	SM	Tom Gardner	Ilford AC	: 53	12 Cambridge & Coleridge AC 8 (1)
13	SM	Kurtis Swan	Billericay Striders RC	: 59	
14	V40	Lee Taylor	Southend-on-Sea AC	30: 02	Division 2 Teams (6 score)
15	SM	Danny Moses	Orion Harriers	: 13	1 Thrift Green Trotters 535
16	SM	James Boshier	Grange Farm & Dunmow Runr	: 17	2 Grange Farm & Dunmow Runr 556
17	SM	James Caldon	Benfleet Running Club	: 19	3 Billericay Striders RC 588
18	SM	Sam Cornforth	Springfield Striders RC	: 20	4 JBR Run and Tri 614
19	SM	Alex Manton	Springfield Striders RC	: 21	5 East Essex Triathlon Club 790
20	U20	James Stewart	Havering AC	: 21	6 Phoenix Striders 916
21	V40	Christian Holmes	Southend-on-Sea AC	: 24	7 Mid Essex Casuals 1058
22	SM	Ian Clark	Orion Harriers	: 25	8 Pitsea Running Club 1119
23	SM	Fabio Rizzo	Orion Harriers	: 29	9 Braintree & District AC 575 (4)
24	V40	Malcolm Muir	Ilford AC	: 29	10 Loughton AC 648 (4)
25	SM	Matthew Leeman	Benfleet Running Club	: 41	11 Colchester & Tendring AC 217 (2)
26	SM	Reece Barclay	Orion Harriers	: 42	
27	SM	James Smith	Springfield Striders RC	: 53	
28	V45	Adam Baker	Orion Harriers	: 55	Veteran Team Result (4 to score)
29	SM	Brian Jenkins	Orion Harriers	31: 03	1 Colchester Harriers AC 201
30	U20	Joseph Patterson	Colchester Harriers AC	: 08	2 Orion Harriers 217
31	SM	Darren Blackwell	Chelmsford AC	: 11	3 Havering AC 223
32	U20	Benjamin Miller	Colchester & Tendring AC	: 11	4 Ilford AC 226
33	V40	Colin Reed	Orion Harriers	: 15	5 Benfleet Running Club 253
34	SM	Rhys Gillard	Southend-on-Sea AC	: 19	6 Southend-on-Sea AC 262
35	SM	Chris Sellens	Colchester Harriers AC	: 29	7 Springfield Striders RC 304
36	V45	Allen Smalls	Colchester Harriers AC	: 31	8 Thurrock Harriers 332
37	SM	Lee Baynton	Benfleet Running Club	: 33	9 Thrift Green Trotters 400
38	V55	Colin Ridley	Colchester Harriers AC	: 34	10 Billericay Striders RC 424
39	SM	Dominic Le Mare	Southend-on-Sea AC	: 41	11 JBR Run and Tri 434
40	SM	George Watts	Benfleet Running Club	: 42	12 Chelmsford AC 560
41	V45	Steven Dukelow	Havering AC	: 50	13 East Essex Triathlon Club 611
42	V50	Matthew Bland	Havering AC	: 57	14 Mid Essex Casuals 634
43	V45	Andrew Low	Benfleet Running Club	: 59	15 Phoenix Striders 638
44	U20	Joe Logan	Thurrock Harriers	32: 04	16 Grange Farm & Dunmow Runr 641
45	SM	Paul Miles	Springfield Striders RC	: 11	17 Pitsea Running Club 844
46	SM	Barry Smith	Guest	: 12	18 Loughton AC 512 (3)
47	SM	Peter Smale	Southend-on-Sea AC	: 14	19 Basildon AC 282 (2)
48	V45	Lee Martin	Springfield Striders RC	: 16	20 Braintree & District AC 412 (2)
49	V50	Paul Spowage	Colchester Harriers AC	: 20	21 Colchester & Tendring AC 185 (1)
50	U20	Lewis Debenham	Havering AC	: 22	
51	SM	Wesley Atkins	Halstead RR	: 23	
52	V45	Martin Chester	Havering AC	: 25	
53	SM	John Whitehead	Havering AC	: 26	
54	V50	Steve Philcox	Ilford AC	: 27	
55	SM	Ian Anthony	Havering AC	: 29	

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
56	U17	Joshua Sowman	Grange Farm & Dunmow Runr	32: 30
57	V45	Scott Rice	Thurrock Harriers	: 33
58	V45	Terry Spooner	Benfleet Running Club	: 33
59	V45	Adrian Smith	Orion Harriers	: 33
60	U20	Oliver Mann	Thurrock Harriers	: 38
61	SM	Jack Morris	Pitsea Running Club	: 44
62	SM	Neil McGoun	Orion Harriers	: 48
63	V45	Paul Holloway	Ilford AC	: 50
64	V55	Michael Bridgeland	Chelmsford AC	: 54
65	SM	David Lindsay	Springfield Striders RC	33: 02
66	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	: 04
67	U20	Kieran O'Hara	Havering AC	: 20
68	V45	Graham Booty	Benfleet Running Club	: 31
69	SM	Michael Feltham	Benfleet Running Club	: 31
70	SM	Sam Rahman	Ilford AC	: 44
71	V50	Paul Broome	Springfield Striders RC	: 46
72	SM	Gavin Scanlan	Colchester Harriers AC	: 47
73	U20	Conor Culham	Braintree & District AC	: 48
74	V40	Keith Willett	Thurrock Harriers	: 50
75	SM	Joe Neighbour	JBR Run and Tri	: 56
76	V50	John Barker	Thrift Green Trotters	: 57
77	V50	Alec Kyriakides	Southend-on-Sea AC	: 58
78	V50	Peter West	Colchester Harriers AC	34: 01
79	SM	Thomas Walsh	Southend-on-Sea AC	: 04
80	SM	John Crawley	Ilford AC	: 07
81	SM	Sebastian Parris	Ilford AC	: 24
82	V50	Robin McCoy	Billericay Striders RC	: 33
83	SM	Robert Doyle	Thurrock Harriers	: 35
84	V55	Nick Rankin	Benfleet Running Club	: 36
85	V50	Neil Crisp	Ilford AC	: 36
86	V50	Richard Jones	Benfleet Running Club	: 37
87	V45	Peter Chubb	Springfield Striders RC	: 38
88	V40	Graham Hogan	Havering AC	: 44
89	V50	Paul Green	Thurrock Harriers	: 47
90	U20	Joshua Mulley	Braintree & District AC	: 52
91	SM	Ewan McFarlane	Phoenix Striders	: 54
92	V40	Elliott Gone	JBR Run and Tri	: 56
93	SM	Christian Gray	East Essex Triathlon Club	: 59
94	U20	Joe Payne	Basildon AC	: 59
95	V40	Jon Whitehouse	Loughton AC	: 01
96	SM	Jack Morris	East Essex Triathlon Club	35: 02
97	V45	Tim Wright	Orion Harriers	: 09
98	V55	Chris Purse	Springfield Striders RC	: 10
99	V40	Peter Barrett	Thrift Green Trotters	: 13
100	V40	Steve Walker	Havering AC	: 20
101	V40	Tim Evans	JBR Run and Tri	: 27
102	V45	Lloyd Miles	Billericay Striders RC	: 29
103	V50	Alan Clark	Benfleet Running Club	: 42
104	SM	Peter Fairlamb	Orion Harriers	: 44
105	SM	Dave Pennington	JBR Run and Tri	: 45
106	V45	Danny Flint	JBR Run and Tri	: 49
107	V50	Keith Thornton	Thrift Green Trotters	: 52
108	V55	Mark Gowers	Billericay Striders RC	: 53
109	SM	Tom Porter	Halstead RR	: 57
110	SM	Tim Martin	Thurrock Harriers	36: 07

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
111	SM	Jack Hodges	Benfleet Running Club	36: 11
112	V55	Eamonn Shelley	Thurrock Harriers	: 13
113	SM	Tim Freeland	Orion Harriers	: 27
114	SM	Jon Greenley	Halstead RR	: 29
115	V45	Richard Bonham	Mid Essex Casuals	: 32
116	V40	Jonathan Wyatt	East Essex Triathlon Club	: 34
117	SM	Kieron McGill	Benfleet Running Club	: 36
118	V55	Phil Olsen	Thrift Green Trotters	: 36
119	V55	Peter Tullett	Chelmsford AC	: 37
120	V40	Stuart Colley	Orion Harriers	: 41
121	V45	Ian Pike	Benfleet Running Club	37: 03
122	SM	Richard Roe	Havering AC	: 05
123	V45	Diarmuid MacDonnell	Guest	: 05
124	V55	Trevor Horncastle	Phoenix Striders	: 08
125	SM	Martin Reynolds	Orion Harriers	: 09
126	V50	Paul Berrett	Havering AC	: 10
127	SM	Tom Anderson	Thurrock Harriers	: 14
128	SM	Lee Gumbrell	Benfleet Running Club	: 15
129	V45	Roy Perrott	Orion Harriers	: 16
130	V50	Simon Morgan	Colchester Harriers AC	: 19
131	SM	Samuel Robinson	Grange Farm & Dunmow Runr	: 21
132	V60	David Butler	Billericay Striders RC	: 22
133	V50	Martin Mack	Thurrock Harriers	: 29
134	V50	Ian O'Neill	Thrift Green Trotters	: 31
135	V45	Jon Ward	JBR Run and Tri	: 37
136	SM	Stuart Real-Glavick	Loughton AC	: 43
137	U20	Aidan Elmore	Havering AC	: 44
138	SM	Robert Frost	Halstead RR	: 50
139	V50	Alan Fullerton	Grange Farm & Dunmow Runr	: 59
140	V50	David Findlay	Basildon AC	38: 13
141	V65	Mike Bumstead	Thurrock Harriers	: 16
142	V40	Simon Tippet	Basildon AC	: 18
143	V65	Anthony Nixon	Ilford AC	: 20
144	V50	Daniel Ward	Thrift Green Trotters	: 29
145	V55	Mark Jeffrey	Springfield Striders RC	: 35
146	V40	Dennis Briggs	Ilford AC	: 46
147	V55	Doug Stephens	Benfleet Running Club	: 47
148	V40	James Hawkes	Grange Farm & Dunmow Runr	: 49
149	V40	Paul Mitchell	Thurrock Harriers	: 51
150	V70	Peter Binns	Southend-on-Sea AC	: 52
151	V50	Colin White	Billericay Striders RC	: 53
152	V40	Lee Whieldon	Benfleet Running Club	: 53
153	V45	James Price	Phoenix Striders	: 58
154	V60	Ian Gill	East Essex Triathlon Club	39: 06
155	V45	Phil Watts	Springfield Striders RC	: 07
156	V45	Martin Claydon	Colchester Harriers AC	: 12
157	V50	Bruce Gander	East Essex Triathlon Club	: 20
158	V50	Greg Wiskin	Mid Essex Casuals	: 27
159	V50	John Sweeney	Mid Essex Casuals	: 30
160	V50	Gary Cahill	Thurrock Harriers	: 37
161	V50	Dave Hallett	JBR Run and Tri	: 40
162	SM	Kevin Brown	Southend-on-Sea AC	: 44
163	V50	Julian Catmull	Springfield Striders RC	: 54
164	V55	Kevin Kirby	Chelmsford AC	: 57
165	V45	Al Monte	Southend-on-Sea AC	40: 03

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
166	V40	Alasdair S Daw	Billericay Striders RC	: 04
167	SM	Tony Collins	Havering AC	: 12
168	V45	Matthew Gillard	Southend-on-Sea AC	: 16
169	SM	Gary Lock	Guest	: 18
170	V45	Graham Douglass	Benfleet Running Club	: 27
171	V45	Stephen Barrett	Orion Harriers	: 41
172	V50	Neal Clark	Phoenix Striders	: 45
173	V55	Ian Lawson	Grange Farm & Dunmow Runr	: 51
174	SM	Matthew Sinclair	East Essex Triathlon Club	: 53
175	V45	Ian Rodd	JBR Run and Tri	41: 06
176	V50	Anthony Young	Ilford AC	: 15
177	SM	Greg Goodrem	Southend-on-Sea AC	: 20
178	V60	Tim Brockington	Springfield Striders RC	: 24
179	V40	Bradley Brown	Ilford AC	: 25
180	V55	Gary Bartlett	Orion Harriers	: 27
181	V60	Martin Atkinson	Grange Farm & Dunmow Runr	: 32
182	V60	Bernard Johnson	Thurrock Harriers	: 36
183	V55	Colin Jackson	Grange Farm & Dunmow Runr	: 49
184	V45	Marc Miller	East Essex Triathlon Club	: 57
185	V45	Roy Miller	Colchester & Tendring AC	: 59
186	V50	Phillip Young	JBR Run and Tri	42: 03
187	SM	Ryan Sibley	Phoenix Striders	: 07
188	V60	Donald Sinclair	Pitsea Running Club	: 08
189	V50	Martin Orford	Phoenix Striders	: 09
190	SM	Craig Sterling	Benfleet Running Club	: 10
191	V40	Toby Knight	East Essex Triathlon Club	: 11
192	V50	Ricky Lee	Billericay Striders RC	: 13
193	V50	Colin Wilkinson	Phoenix Striders	: 14
194	V70	David Reaves	Braintree & District AC	: 21
195	V50	Andy Hawes	JBR Run and Tri	: 31
196	V55	Paul Williams	Orion Harriers	: 57
197	V45	Ian Glover	Southend-on-Sea AC	43: 19
198	V40	Trevor Robinson	Loughton AC	: 21
199	V55	Stephen Burton	Benfleet Running Club	: 27
200	V60	Edward Skinner	Guest	: 44
201	V45	Robert Smith	Pitsea Running Club	: 46
202	V55	Paul R Tawn	Mid Essex Casuals	: 48
203	V50	Billy Green	Ilford AC	: 51
204	V50	Stephen Cheal	Ilford AC	44: 04
205	V50	Clive Bailey	JBR Run and Tri	: 19
206	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 22
207	V55	Satha Alaganandasundaram	Ilford AC	45: 19
208	V65	Brian Butcher	Mid Essex Casuals	: 36
209	V45	Sean Collinson	JBR Run and Tri	: 56
210	V45	Jon Brown	JBR Run and Tri	: 59
211	V40	Jamie Isherwood	JBR Run and Tri	46: 00
212	V60	Kevin Judge	Benfleet Running Club	: 03
213	V55	Stephen Williams	Chelmsford AC	47: 27
214	SM	Nic Miller	Pitsea Running Club	: 54
215	V50	Dave Girt	Southend-on-Sea AC	48: 12
216	V65	David Game	Mid Essex Casuals	: 55
217	V50	Angus Aldridge	Southend-on-Sea AC	49: 04
218	V50	Raoul Grantham	Braintree & District AC	: 05
219	V70	David Hobbs	Loughton AC	: 56
220	V55	John Wilkin	Phoenix Striders	50: 10

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
221	V45	Phillip Fletcher	JBR Run and Tri	50: 16
222	V50	Andrew Rouyner-Brown	East Essex Triathlon Club	: 24
223	V50	Duncan Russell	Phoenix Striders	: 36
224	V55	Eddie Mills	Phoenix Striders	51: 18
225	SM	William Holman	Phoenix Striders	: 24
226	V55	Chris Fowler	JBR Run and Tri	53: 08
227	V65	Peter Bates	Pitsea Running Club	: 15
228	V60	Peter McLaughlin	Pitsea Running Club	61: 50

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE