

Essex Cross Country League (2)

<u>Horseheath</u>				<u>U13 Girls</u>		<u>26/10/2019</u>	
Pos	Name	Team	Time	Pos	Name	Team	Time
1	Lyla Belshaw	Colchester Harriers AC	12: 02	41	Darcey Stanton-Stock	Guest	16: 18
2	Kayleigh Atkinson	Chelmsford AC	04	42	Maisie Lee	Havering AC	19: 32
3	Amelia King	Chelmsford AC	25				
4	Gaby Bilbie	Chelmsford AC	30				
5	Abigail Swan	Havering AC	39				
6	Molly Sherrin	Guest - Woodford Green	40				
7	Seraphina Harris	Cambridge & Coleridge AC	45				
8	Sophia Rose	Basildon AC	46				
9	Hannah Evans	Havering AC	48				
10	Rosemary Kelly	Guest - Woodford Green	50				
11	Emmie Fulker	Chelmsford AC	51				
12	Sienna Shipton	Chelmsford AC	58				
13	Cressida Hughes	Cambridge & Coleridge AC	13: 02				
14	Megan Vernon	Benfleet Running Club	06				
15	Cheyenne Daghar	Thurrock Harriers	12				
16	Liliana Taylor	Southend-on-Sea AC	14				
17	Rosie Warner	Havering AC	16				
18	Holly Appleton	Chelmsford AC	20				
19	Carys Sergeant	Colchester & Tendring AC	22				
20	Emma Harding	East Essex Triathlon Club	24				
21	Ruby Aylott	Benfleet Running Club	25				
22	Mia Bowring	Chelmsford AC	28				
23	Lucy Chappelhow	Thurrock Harriers	33				
24	Etienne King	Chelmsford AC	41				
25	Daisy Callagher	Orion Harriers	13: 48				
26	Amelie Hewlett	Braintree & District AC	53				
27	Lucy Nuttall	Chelmsford AC	56				
28	Katie Mason	Braintree & District AC	57				
29	Maddison Mae Turner	Benfleet Running Club	14: 18				
30	Grace Curtis	Basildon AC	28				
31	Keira Shaw	Guest	30				
32	Jemina Pratt	Harlow AC	35				
33	Etta Salam-Browne	Cambridge & Coleridge AC	37				
34	Abbie Hoult	Orion Harriers	57				
35	Erin Foote	Harlow AC	15: 10				
36	Abigail Cowling	Harlow AC	17				
37	Lily Smith	Chelmsford AC	23				
38	Maisy Raymond	Chelmsford AC	41				
39	Isabelle Allen	Southend-on-Sea AC	16: 07				
40	Hannah Osborne	Southend-on-Sea AC	08				

Teams

1	Chelmsford AC	20
2	Havering AC	73
3	Cambridge & Coleridge AC	53 (3)
4	Benfleet Running Club	64 (3)
5	Southend-on-Sea AC	95 (3)
6	Harlow AC	103 (3)
7	Thurrock Harriers	38 (2)
8	Basildon AC	38 (2)
9	Braintree & District AC	54 (2)
10	Orion Harriers	59 (2)
11	Colchester Harriers AC	1 (1)
12	Colchester & Tendring AC	19 (1)
13	East Essex Triathlon Club	20 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>				<u>U13 Boys</u>				<u>26/10/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Beau Macdonald	Southend-on-Sea AC	10: 50	41	Charlie Watts	Chelmsford AC	25				
2	Sam Plummer	Colchester & Tendring AC	11: 11	42	Harrison Leek	Colchester Harriers AC	33				
3	Nick Shepherd	Southend-on-Sea AC	25	43	William Watts	Thurrock Harriers	34				
4	Harry Wyatt	Thurrock Harriers	28	44	Luke Gosling	Orion Harriers	35				
5	Oliver Taylor-Bush	Havering AC	29	45	Finley Greenleaf	Colchester Harriers AC	38				
6	Ryan Carroll	Havering AC	32	46	Jesse Ryan	Chelmsford AC	40				
7	Gregory Martin	Chelmsford AC	37	47	Ellis Cross	Basildon AC	45				
8	Archie Durham	Chelmsford AC	46	48	Alex Milkowski	Harlow AC	55				
9	Matthew Smith	Cambridge & Coleridge AC	48	49	Teddy Squibb	Thurrock Harriers	14: 10				
10	Nathan Hart	Havering AC	49	50	Oscar Stradwick	Orion Harriers	17				
11	Mackinley Gall	Southend-on-Sea AC	50	51	Max Rolandson	Guest	21				
12	Toby Johnson	Havering AC	51	52	William Muffet	Orion Harriers	26				
13	Jacob Hurrell	Chelmsford AC	53	53	Fred Walton	Colchester & Tendring AC	35				
14	Joseph Oton	Havering AC	54	54	Daniel Brown	Thurrock Harriers	44				
15	Callum Lill	Basildon AC	56	55	Adam Bakler-Kugler	Basildon AC	46				
16	Joseph Grange	Ilford AC	58	56	Henry Stokoe	Braintree & District AC	15: 10				
17	Zach Higgins	Havering AC	12: 03	57	Michael Luxton	Orion Harriers	39				
18	Toby Jones	Southend-on-Sea AC	10	58	Oscar Welch	Guest	43				
19	Dylan Robins	Chelmsford AC	11	59	Jack Wayman	Southend-on-Sea AC	16: 19				
20	Marcus Wentzell	Cambridge & Coleridge AC	12	60	Tommy Gummer	Colchester & Tendring AC	17: 43				
21	Sean Langan	Havering AC	13	61	Alexander Cory	Billericay Striders RC	43				
22	Alfie Geeves	Havering AC	15	62	Isaac Woor	Braintree & District AC					
23	George Christmas	Cambridge & Coleridge AC	16								
24	Alex Corderly-Smith	Billericay Striders RC	20								
25	William Sweeney	Chelmsford AC	22								
26	Alfie Squibb	Thurrock Harriers	23								
27	Jake Campen	Basildon AC	24								
28	Jonty Barton	Chelmsford AC	27								
29	Lucas Emeagi	Ilford AC	37								
30	Oliver Mills	Cambridge & Coleridge AC	39								
31	Max Burzotto	Southend-on-Sea AC	42								
32	Joseph Gray	Havering AC	43								
33	Michael Tesi	Havering AC	45								
34	Leo Rothwell	Cambridge & Coleridge AC	46								
35	Rilwan Choi	Southend-on-Sea AC	47								
36	Ethan Barry-Hannan	Southend-on-Sea AC	57								
37	Henry Rutland	Colchester Harriers AC	13: 01								
38	Fraser Hughes	Chelmsford AC	11								
39	Eddie Da Sousa	Orion Harriers	16								
40	Waleed Kabuye	Havering AC	20								

Teams	
1 Havering AC	33
2 Southend-on-Sea AC	33
3 Chelmsford AC	47
3 Cambridge & Coleridge AC	82
5 Thurrock Harriers	122
6 Basildon AC	144
7 Orion Harriers	185
8 Colchester & Tendring AC	115 (3)
9 Colchester Harriers AC	124 (3)
10 Braintree & District AC	181 (3)
11 Ilford AC	45 (2)
12 Billericay Striders RC	85 (2)
13 Harlow AC	48 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>				<u>U15 Girls</u>		<u>26/10/2019</u>	
Pos	Name	Team	Time	Pos	Name	Team	Time
1	Jayne Elvin	Thurrock Harriers	15: 34	41	Jodie Jackson	Cambridge & Coleridge AC	35
2	Kiera Atkinson	Chelmsford AC	45	42	Hollie Douglass	Benfleet Running Club	22: 05
3	Holly Watson	Chelmsford AC	50	43	Grace Evans	Harlow AC	08
4	Kezia Beeton	Guest - Woodford Green	52	44	Aara Shofiuzzaman	Benfleet Running Club	23: 20
5	Maisy Silverstone	Orion Harriers	16: 07				
6	Ruby Higgins	Havering AC	11				
7	Chloe Rand	Havering AC	12				
8	Miya Maeda	Guest - Woodford Green	15				
9	Matilda Canty	Havering AC	35				
10	Natalie Sewell	Havering AC	41				
11	Ruby Muffett	Southend-on-Sea AC	45				
12	Nicole Langan	Havering AC	49				
13	Isabelle Carlin	Southend-on-Sea AC	17: 10				
14	Ellie Loosley	Cambridge & Coleridge AC	14				
15	Jessica Barber	Basildon AC	16				
16	Isobel Calabritto	Basildon AC	19				
17	Jenny Leggate	Cambridge & Coleridge AC	26				
18	Hannah Yexley	Havering AC	27				
19	Sophie Cottam	Chelmsford AC	33				
20	Susannah Aguilar-Agon	Cambridge & Coleridge AC	38				
21	Pandora Baker	Orion Harriers	39				
22	Verity Garcia	Orion Harriers	48				
23	Sophie Foot	Orion Harriers	50				
24	Lizzie Wellsted	Colchester Harriers AC	55				
25	Kitty Hilling	Cambridge & Coleridge AC	18: 00				
26	Chloe Trew	Basildon AC	10				
27	Isabel Tracy	Southend-on-Sea AC	16				
28	Erin Vernon	Benfleet Running Club	20				
29	Millie Costin	Basildon AC	34				
30	Hannah Warner	Southend-on-Sea AC	38				
31	Madeline Barker	Havering AC	39				
32	Amelia Jones	Southend-on-Sea AC	19: 03				
33	Ciara Pearce	Orion Harriers	22				
34	Mabel Cowley	Basildon AC	44				
35	Evie Knight	Basildon AC	20: 19				
36	Emily Henderson	Colchester Harriers AC	21				
37	Rosie Towley	Thurrock Harriers	29				
38	Ema Aldea	Thurrock Harriers	32				
39	Libby Gosling	Orion Harriers	21: 09				
40	Lucia De Cristofano	Benfleet Running Club	13				

Teams		
1	Havering AC	32
2	Orion Harriers	71
3	Cambridge & Coleridge AC	76
4	Southend-on-Sea AC	81
5	Basildon AC	86
6	Benfleet Running Club	154
7	Chelmsford AC	24 (3)
8	Thurrock Harriers	76 (3)
9	Colchester Harriers AC	60 (2)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>				<u>U15 Boys</u>				<u>26/10/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Ben Maguire	Southend-on-Sea AC	14: 08	41	Jacob Emeagi	Ilford AC	19: 13				
2	Henry Dover	Colchester & Tendring AC	12	42	Vitor Marten-Manas	Ilford AC	18				
3	Tom Wood	Chelmsford AC	17	43	James Malyon	Harlow AC	20: 20				
4	Matthew Blacklock	Havering AC	19	44	William Nuttall	Chelmsford AC	49				
5	Charlie Howell	Havering AC	22	45	Owen Keen	Orion Harriers	56				
6	Sam Riley	Basildon AC	32								
7	Jacob Hardy	Guest - Woodford Green	38								
8	Reece Munro	Southend-on-Sea AC	46								
9	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	52								
10	Hugo Jones	Southend-on-Sea AC	55								
11	Oliver Prince	Braintree & District AC	15: 02								
12	Reuben Fabian	Guest - Woodford Green	10								
13	Dan Peters	Havering AC	10								
14	Lewis Buchallet	Cambridge & Coleridge AC	10								
15	Shane Hart	Havering AC	18								
16	Gethin Rogers	Cambridge & Coleridge AC	20								
17	Jake Borrett	Cambridge & Coleridge AC	22								
18	Ryan Holeyman	Ilford AC	23								
19	Arthur Ansell	Orion Harriers	25								
20	Josh Vail	Cambridge & Coleridge AC	28								
21	Max Robbins	Havering AC	32								
22	Cyrus Lumba	Southend-on-Sea AC	33								
23	Lawrence Martin	Chelmsford AC	41								
24	Ronan Longman-Young	Benfleet Running Club	45								
25	Finley Wolton	Havering AC	50								
26	Malachi Fabian	Guest	50								
27	Edison Barker	Colchester & Tendring AC	16: 02								
28	Charlie Burgess	Havering AC	07								
29	Oscar Farley	Billericay Striders RC	08								
30	Finn Rattray	Colchester & Tendring AC	09								
31	David McCarthy	Chelmsford AC	10								
32	Alistar Moscuza	Braintree & District AC	30								
33	Daniel Webber	Guest	17: 00								
34	Oliver Hughes	Cambridge & Coleridge AC	07								
35	Owen Fisher	Havering AC	09								
36	Harry Hiscock	Cambridge & Coleridge AC	13								
37	James Barnard	Harlow AC	23								
38	Owen Beswick	Basildon AC	29								
39	Thomas Peacock	Thurrock Harriers	31								
40	Archie Winney	Havering AC	56								

Teams

1	Havering AC	37
2	Southend-on-Sea AC	41
3	Cambridge & Coleridge AC	56
4	Chelmsford AC	101
5	Colchester & Tendring AC	59 (3)
6	Ilford AC	101 (3)
7	Braintree & District AC	43 (2)
8	Basildon AC	44 (2)
9	Orion Harriers	64 (2)
10	Harlow AC	80 (2)
11	Benfleet Running Club	24 (1)
12	Billericay Striders RC	29 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>			<u>U17/20 Women</u>	<u>26/10/2019</u>	
Pos	Age	Name	Team	Time	
1	U17	Abi Ives	Basildon AC	19: 11	
2	U17	Sydney Foley	Havering AC	20	
3	U17	Megan Harris	Basildon AC	24	
4	U17	Madison Harris	Basildon AC	31	
5	U17	Frances Haines	Cambridge & Coleridge AC	45	
6	U17	Holly Freegard	Basildon AC	47	
7	U17	Milly Presland	Colchester Harriers AC	56	
8	U17	Sophie Magson	Orion Harriers	20: 09	
9	U17	Demi Eves	Thurrock Harriers	21	
10	U17	Hannah Bolton	Chelmsford AC	24	
11	U17	Sarah Blockley	Thurrock Harriers	34	
12	U20	Annalie Cole	Orion Harriers	44	
13	U17	Holly Rex	Basildon AC	53	
14	U17	Lauryn Wood	Chelmsford AC	58	
15	U20	Sophie Rand	Havering AC	21: 02	
16	U17	Martha Smith	Chelmsford AC	15	
17	U17	Sophie Wetheridge	Basildon AC	22: 11	
18	U17	Sasha Clark	Cambridge & Coleridge AC	12	
19	U17	Hannah Riley	Basildon AC	16	
20	U20	Jordan Hinds	Ilford AC	44	
21	U17	Lauren Hazel	Chelmsford AC	57	
22	U17	Grace Malcolm	Harlow AC	24: 02	
23	U17	Robyn Bartholomew	Southend-on-Sea AC	12	
24	U17	Leah Brewer	Thurrock Harriers	36	
25	U17	Rebecca O'Rourke	Havering AC	25: 18	
26	U17	Eve Smith	Orion Harriers	26: 26	
27	U17	Paige Woodcraft	Chelmsford AC	31	
28	U17	Morgan Romain	Havering AC	33	
29	U17	Amelia Loveridge	Harlow AC	47	
30	U20	Lucie Ball	Thurrock Harriers	27: 13	
31	U17	Ella Burgess	Havering AC	19	
32	U17	Mairi Malcolm	Harlow AC	28: 11	
33	U17	Jessica Nicholls	Harlow AC	38: 34	

Teams		
1	Basildon AC	14
2	Chelmsford AC	61
3	Havering AC	70
4	Thurrock Harriers	74
5	Harlow AC	116
6	Orion Harriers	46 (3)
7	Cambridge & Coleridge AC	23 (2)
8	Colchester Harriers AC	7 (1)
9	Ilford AC	20 (1)
10	Southend-on-Sea AC	23 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>			<u>U17 Men</u>	<u>26/10/2019</u>	
Pos	Name	Team	Time		
1	Aaran Samuels	Ilford AC	21:	16	
2	Jamie Rashbrook	Basildon AC		51	
3	Matt Warner	Southend-on-Sea AC		56	
4	Aidan Cahill	Colchester & Tendring AC		58	
5	Jak Wright	Ilford AC	22:	25	
6	Ethan Reiley	Chelmsford AC		27	
7	Josh McGill	Basildon AC		29	
8	Alex Ford	Havering AC		34	
9	Harry Clarke	Chelmsford AC		56	
10	Max Stapleton	Southend-on-Sea AC	23:	04	
11	Bradley Deacon	Ilford AC		07	
12	Luke Randall	Southend-on-Sea AC		18	
13	Alexander Wall	Chelmsford AC		23	
14	Dylan Harrod	Thurrock Harriers		24	
15	Miles Benyan	Cambridge & Coleridge AC		31	
16	Sunny Vehit	Thurrock Harriers		57	
17	Scott Thomas	Chelmsford AC	24:	06	
18	Harry Jackson	Basildon AC		24	
19	Samuel Waite	Chelmsford AC		43	
20	Fred Tall	Southend-on-Sea AC		48	
21	Jake Hume	Basildon AC	25:	08	
22	James Lee	Basildon AC		29	
23	Finlay Staff	Chelmsford AC		30	
24	Callum Hynes	Southend-on-Sea AC		40	
25	Nathan Boase	Orion Harriers	26:	02	
26	Jay Kelly	Southend-on-Sea AC		11	
27	Matthew Pinney	Cambridge & Coleridge AC		40	
28	Haydn Hawkins	Braintree & District AC	27:	50	
29	Thomas Hunt	Basildon AC		58	
30			28:	22	

Teams		
1	Chelmsford AC	45
2	Southend-on-Sea AC	45
3	Basildon AC	48
4	Ilford AC	17 (3)
5	Thurrock Harriers	30 (2)
6	Cambridge & Coleridge AC	42 (2)
7	Colchester & Tendring AC	4 (1)
8	Havering AC	8 (1)
9	Orion Harriers	25 (1)
10	Braintree & District AC	28 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>			<u>Senior Women</u>	<u>26/10/2019</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	SW	Rachel Wiseman	Basildon AC	23: 22	1 Havering AC 58
2	SW	Alexa Joel	Billericay Striders RC	: 29	2 Southend-on-Sea AC 80
3	SW	Susannah Reid	Cambridge & Coleridge AC	24: 23	3 Benfleet Running Club 97
4	SW	Morgan Campbell	Havering AC	: 40	4 Thurrock Harriers 108
5	SW	Victoria Hiscock	Benfleet Running Club	: 46	5 Billericay Striders RC 128
6	SW	Ginte Bailey	Havering AC	: 53	6 Orion Harriers 142
7	SW	Rebecca Luxton	Chelmsford AC	: 55	7 Brentwood Running Club 182
8	SW	Charlotte Bishop	Basildon AC	: 59	8 Colchester Harriers AC 188
9	SW	Amber Philp	Cambridge & Coleridge AC	25: 10	9 Ilford AC 209
10	SW	Hayley Lamkin	Southend-on-Sea AC	: 28	10 Springfield Striders RC 218
11	SW	Sarah Worley	Billericay Striders RC	: 35	11 Chelmsford AC 66 (3)
12	V40	Tracy English	Southend-on-Sea AC	: 48	
13	U20	Sinead Clarke	Benfleet Running Club	: 56	Division 2 Teams (4 to score)
14	SW	Rebecca Sharpe	Cambridge & Coleridge AC	26: 23	1 Cambridge & Coleridge AC 48
15	SW	Rebecca Cole	Chelmsford AC	: 26	2 Halstead RR 209
16	U20	Hayley Instance	Thurrock Harriers	: 47	3 Grange Farm & Dunmow Runr 267
17	V50	Denise Morley	Colchester Harriers AC	: 59	4 Pitsea Running Club 272
18	V45	Claire Hall	Grange Farm & Dunmow Runr	27: 17	5 Basildon AC 37 (3)
19	V40	Danielle Harrington	Tiptree Road Runners	: 49	6 Phoenix Striders 210 (3)
20	SW	Sarah Jeffery	Southend-on-Sea AC	: 54	7 Tiptree Road Runners 76 (2)
21	V40	Hayley Rogerson	Orion Harriers	28: 01	8 Mid Essex Casuals 147 (2)
22	V40	Vashti Macdonald	Cambridge & Coleridge AC	: 12	9 Braintree & District AC 78 (1)
23	SW	Clare Davies	Havering AC	: 19	10 East Essex Triathlon Club 95 (1)
24	V45	Toni Radley	Thurrock Harriers	: 23	
25	SW	Isabella Woods	Havering AC	: 27	Veterans Teams (3 to score)
26	SW	Roisin Archer	Orion Harriers	: 28	1 Thurrock Harriers 92
27	SW	Rachel Dale	Colchester Harriers AC	: 33	2 Southend-on-Sea AC 101
28	SW	Louise Douglass	Basildon AC	: 34	3 Orion Harriers 120
29	SW	Amy-Louise Bird	Ilford AC	: 36	4 Brentwood Running Club 140
30	SW	Rachael Roughan	Halstead RR	: 38	5 Springfield Striders RC 156
31	V40	Kathleen Short	Brentwood Running Club	: 58	6 Grange Farm & Dunmow Runr 171
32	V50	Sara De Winter	Pitsea Running Club	20: 06	7 Havering AC 200
33	V40	Victoria Peacock	Thurrock Harriers	: 12	8 Ilford AC 203
34	SW	Katie Wilkinson	Benfleet Running Club	: 17	9 Billericay Striders RC 204
35	V50	Jodie Farrell	Thurrock Harriers	: 22	10 Halstead RR 205
36	V45	Lorraine Gosling	Orion Harriers	: 28	11 Benfleet Running Club 214
37	V40	Polly Bridgeman	Springfield Striders RC	: 30	12 Pitsea Running Club 222
38	V45	Rebecca Taylor	Southend-on-Sea AC	: 36	13 Phoenix Striders 136 (2)
39	SW	Eilidh Nicol	Cambridge & Coleridge AC	: 37	14 Mid Essex Casuals 147 (2)
40	V40	Vicky Presland	Guest - Colchester Harriers	: 41	15 Colchester Harriers AC 17 (1)
41	SW	Elizabeth Gilchrist	Cambridge & Coleridge AC	: 58	16 Tiptree Road Runners 19 (1)
42	SW	Amy Gornall	Brentwood Running Club	30: 01	17 Cambridge & Coleridge AC 22 (1)
43	SW	Ellie Cumner	Colchester Harriers AC	: 02	18 Braintree & District AC 78 (1)
44	SW	Hayley Pegg	Chelmsford AC	: 05	19 East Essex Triathlon Club 95 (1)
45	V40	Nicola Evans	Benfleet Running Club	: 18	

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
46	V45	Rachel Flannigan	Phoenix Striders	: 20
47	SW	Kelly Judge	Halstead RR	: 24
48	V45	Joanne Sullivan	Havering AC	: 29
49	V40	Ruth Havis	Billericay Striders RC	: 40
50	SW	Tina Golubeva	Pitsea Running Club	: 43
51	V50	Vanessa Mathers	Southend-on-Sea AC	: 47
52	V60	Breege Nordin	Ilford AC	31: 01
53	SW	Jenny Sheehan	Ilford AC	: 12
54	V40	Marijke Van Eetvelde	Brentwood Running Club	: 19
55	V40	Lisa James	Brentwood Running Club	: 21
56	V40	Kerry Harrington	Grange Farm & Dunmow Runr	: 28
57	SW	Jess Archer	Tiptree Road Runners	: 31
58	V45	Nichola Norman	Springfield Striders RC	: 35
59	SW	Lucy Humphreys	Orion Harriers	: 38
60	V40	Emma Healy	Halstead RR	: 44
61	V45	Kirsty Williams	Springfield Striders RC	: 45
62	V45	Isobel Gowers	Springfield Striders RC	: 48
63	V55	Christine Inch	Orion Harriers	: 53
64	V45	Dianne Fairchild	Brentwood Running Club	: 55
65	V45	Madeleine Knight	Brentwood Running Club	: 57
66	V45	Joanne Ling	Billericay Striders RC	32: 20
67	SW	Nina Wu	Billericay Striders RC	: 39
68	V40	Nina Barrett	Brentwood Running Club	: 53
69	V50	Hilda O'Kelly	Springfield Striders RC	: 58
70	V50	Sam Bracebridge	Mid Essex Casuals	33: 03
71	V55	Tracy O'Neill	Havering AC	: 04
72	V45	Treena Carder	Halstead RR	: 12
73	V50	Wendy Carter	Halstead RR	: 16
74	SW	Emily Wray	Phoenix Striders	: 31
75	V55	Nicola Hopkinson	Ilford AC	: 34
76	V60	Sharon Honey	Ilford AC	: 46
77	V50	Lorna Pettifer	Mid Essex Casuals	: 51
78	V50	Josephine Sheffield	Braintree & District AC	: 52
79	V55	Elaine Tribbley	Springfield Striders RC	34: 00
80	V55	Diane Beaver	Guest - Hockley Trail Runners	: 05
81	V40	Clare Rudgley	Havering AC	: 09
82	V45	Sarah De Cristofano	Benfleet Running Club	35: 07
83	V55	Jo Day	Brentwood Running Club	: 10
84	V55	Diane Crisp	Ilford AC	: 18
85	V50	Jane Hallam	Havering AC	: 54
86	V55	Honor Wood	Springfield Striders RC	: 55
87	V55	Mandy Cooper	Benfleet Running Club	: 59
88	V45	Nicole Smith	Halstead RR	36: 16
89	V50	Lesley Smart	Billericay Striders RC	: 45
90	V55	Sally Piggott	Phoenix Striders	: 47

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
91	SW	Vicki Calleja	Brentwood Running Club	37: 10
92	V60	Helen Williams	Pitsea Running Club	: 20
93	V60	Julia Galea	Ilford AC	: 36
94	V55	Doris Gaga	Ilford AC	: 38
95	V65	Teresa Flannigan	East Essex Triathlon Club	: 39
96	SW	Jenny Suckling	Grange Farm & Dunmow Runr	: 48
97	V40	Louise Garrett	Grange Farm & Dunmow Runr	38: 03
98	V65	Valerie Sinclair	Pitsea Running Club	: 18
99	SW	Lauren Hutley	Halstead RR	: 36
100	V60	Gillian Harrison	Pitsea Running Club	: 59
101	SW	Holly Shinkwim	Colchester Harriers AC	39: 13
102	V50	Frances Webster	Benfleet Running Club	: 21
103	V55	Jackie Woodruffe	Brentwood Running Club	: 35
104	V55	Freda Keane	Ilford AC	: 40
105	V40	Suzy Stidston	Benfleet Running Club	: 52
106	V55	Caroline Wallis	Pitsea Running Club	40: 17
107	V55	Maria Yardley	Brentwood Running Club	42: 08
108	V40	Maria Nichol	Halstead RR	43: 37
109	V50	Caron Hiscock	Benfleet Running Club	45: 58
110	V60	Christine Judge	Benfleet Running Club	47: 14

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Essex Cross Country League (2)

<u>Horseheath</u>		<u>Senior Men</u>	<u>26/10/2019</u>	
Pos	Age	Name	Team	Time
1	SM	Ahmed Abdulle	Ilford AC	26: 23
2	V45	Adrian Musett	Colchester Harriers AC	: 55
3	U20	Zach Bridgeland	Chelmsford AC	27: 35
4	SM	Max Jones	Basildon AC	: 36
5	SM	Michael Gilbert	Cambridge & Coleridge AC	: 38
6	SM	David Fewell	Chelmsford AC	: 43
7	SM	Edward Mitchell	Colchester Harriers AC	: 48
8	SM	Rob Warner	Havering AC	28: 05
9	SM	Peter Miller	Cambridge & Coleridge AC	: 09
10	SM	James Stocking	Guest	: 28
11	U20	Sam Atkins	Havering AC	: 34
12	SM	Rhys Gillard	Southend-on-Sea AC	: 43
13	U20	Isaac Brown	Basildon AC	: 43
14	U20	Jack Stanton-Stock	Cambridge & Coleridge AC	: 43
15	SM	Nick Harris-Fry	Orion Harriers	: 43
16	SM	Joe Ray	Southend-on-Sea AC	: 43
17	SM	Rob Mahen	Cambridge & Coleridge AC	: 52
18	SM	George Day	Orion Harriers	: 58
19	SM	Nick Smallwood	Cambridge & Coleridge AC	29: 04
20	SM	James Stewart	Havering AC	: 06
21	SM	Gavin Watts	Havering AC	: 08
22	SM	Tom Gardner	Ilford AC	: 10
23	U20	Mungo Prior	Ilford AC	: 11
24	U20	Ben Prior	Thurrock Harriers	: 12
25	V40	Lee Taylor	Southend-on-Sea AC	: 16
26	SM	Pat Walsh	Southend-on-Sea AC	: 19
27	U20	Jack Exley	Thurrock Harriers	: 31
28	SM	Lee Pickering	Grange Farm & Dunmow Runr	: 34
29	U20	Oliver Randall	Southend-on-Sea AC	: 37
30	V40	Paul Grange	Ilford AC	: 40
31	U20	Taylor Newell	Thurrock Harriers	: 42
32	V45	Gary Coombes	Ilford AC	: 55
33	V40	Gavin Maley	Havering AC	: 56
34	SM	James Smith	Halstead RR	: 56
35	V40	Barry Smith	Havering AC	: 57
36	SM	Chris Wayman	Benfleet Running Club	: 58
37	U20	Innes Fullerton	Braintree & District AC	: 59
38	V45	Steve Rand	Havering AC	30: 02
39	SM	Kieran O'Hara	Havering AC	: 09
40	SM	Ben Holdgate	Braintree & District AC	: 10
41	SM	Brian Jenkins	Orion Harriers	: 12
42	SM	Greg Tye	Braintree & District AC	: 24
43	SM	Dominic Le Mare	Southend-on-Sea AC	: 30
44	SM	David Searle	Orion Harriers	: 31
45	V40	Anthony Goodall	Springfield Striders RC	: 37
46	V50	Colin Read	Orion Harriers	: 40
47	SM	Mike Roberts	Orion Harriers	: 42
48	SM	Aaron Groves	Tiptree Road Runners	: 57
49	V50	Matthew Bland	Havering AC	31: 03
50	U20	Joe Lane	Chelmsford AC	: 05
51	SM	Cameron Humphries	Colchester Harriers AC	: 14
52	SM	Will Reed-Wright	Orion Harriers	: 21
53	U20	Freddy Richardson	Colchester & Tendring AC	: 23
54	SM	Sebastian Parris	Ilford AC	: 27
55	V50	John Barker	Brentwood Running Club	: 29
56	V40	Paul Loosley	Cambridge & Coleridge AC	: 30

Division 1 Teams (6 to score)		
1	Havering AC	128
2	Southend-on-Sea AC	151
3	Ilford AC	162
4	Orion Harriers	211
5	Colchester Harriers AC	249
6	Thurrock Harriers	351
7	Benfleet Running Club	516
8	Grange Farm & Dunmow Runr	583
9	Springfield Striders RC	671
10	Halstead RR	786
11	Phoenix Striders	526 (3)

Division 2 Teams (6 to score)		
1	Cambridge & Coleridge AC	120
2	Chelmsford AC	314
3	Billericay Striders RC	520
4	Pitsea Running Club	827
5	Basildon AC	404 (5)
6	Brentwood Running Club	566 (5)
7	Braintree & District AC	119 (3)
8	Tiptree Road Runners	340 (3)
9	Hockley Trail Runners	391 (3)
10	Mid Essex Casuals	406 (3)
11	Colchester & Tendring AC	198 (2)
12	East Essex Triathlon Club	140 (1)

Veterans (4 to score)		
1	Havering AC	155
2	Colchester Harriers AC	203
3	Ilford AC	249
4	Southend-on-Sea AC	256
5	Cambridge & Coleridge AC	311
6	Billericay Striders RC	367
7	Springfield Striders RC	368
8	Orion Harriers	387
9	Benfleet Running Club	402
10	Brentwood Running Club	404
11	Thurrock Harriers	451
12	Pitsea Running Club	484
13	Chelmsford AC	499
14	Grange Farm & Dunmow Runr	545
15	Mid Essex Casuals	406 (3)
16	Halstead RR	476 (3)
17	Phoenix Striders	526 (3)
18	Hockley Trail Runners	285 (2)
19	Tiptree Road Runners	292 (2)
20	Basildon AC	325 (2)
21	East Essex Triathlon Club	140 (1)
22	Colchester & Tendring AC	145 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
57	SM	William Wu	Billericay Striders RC	: 38
58	V55	Paul Spowage	Colchester Harriers AC	: 47
59	SM	John Whitehead	Havering AC	: 49
60	SM	Robert Doyle	Thurrock Harriers	: 52
61	SM	David Wilson	Orion Harriers	: 55
62	U20	George Hills	Basildon AC	: 57
63	V40	Mike Woodward	Pitsea Running Club	32: 02
64	U20	Louis Berrett	Havering AC	: 05
65	U20	Fergus Crouch	Colchester Harriers AC	: 06
66	V55	Colin Ridley	Colchester Harriers AC	: 08
67	V50	Alec Kyrakides	Southend-on-Sea AC	: 10
68	SM	Will Breese	Orion Harriers	: 12
69	SM	Tom Walsh	Southend-on-Sea AC	: 14
70	V45	Peter Waite	Chelmsford AC	: 18
71	V50	Daniel Aguilar-Agon	Cambridge & Coleridge AC	: 23
72	V45	Nick Hammond	Mid Essex Casuals	: 25
73	SM	Neil McGowan	Orion Harriers	: 27
74	V60	Peter Thompson	Cambridge & Coleridge AC	: 28
75	SM	Tom Middleton	Cambridge & Coleridge AC	: 29
76	SM	Alexander Rogers	Cambridge & Coleridge AC	: 31
77	V45	Kevin Higgins	Colchester Harriers AC	: 36
78	SM	James Hiscock	Benfleet Running Club	: 37
79	SM	Matthew Bainbridge	Grange Farm & Dunmow Runr	: 38
80	V45	Matt Randall	Southend-on-Sea AC	: 39
81	V50	Paul Broome	Springfield Striders RC	: 43
82	V65	David Butler	Billericay Striders RC	: 51
83	U20	Connor Johnson	Grange Farm & Dunmow Runr	: 52
84	V55	Simon Le Mare	Southend-on-Sea AC	: 53
85	V40	Danny Holman	Ilford AC	: 55
86	V55	Tony Pecoraro	Havering AC	33: 02
87	V50	Peter Tullett	Chelmsford AC	: 04
88	V50	Gary Atkins	Havering AC	: 08
89	V50	Andrew Wright	Billericay Striders RC	: 14
90	V50	Steve Walker	Havering AC	: 20
91	V45	Tim Wright	Orion Harriers	: 24
92	V50	Alan Clark	Benfleet Running Club	: 35
93	V45	Anthony Moore	Billericay Striders RC	: 37
94	V40	Roy Harwood	Benfleet Running Club	: 47
95	V55	Jonathan Metcalfe	Thurrock Harriers	34: 14
96	SM	Barry Weldon	Billericay Striders RC	: 20
97	V55	Keith Thornton	Brentwood Running Club	: 30
98	U20	Mark Beale	Chelmsford AC	: 51
99	SM	Chris Molloy	Cambridge & Coleridge AC	: 58
100	V55	Paul Berrett	Havering AC	35: 08
101	SM	Haydon Newland	Ilford AC	: 11
102	V50	Neil Crisp	Ilford AC	: 20
103	V55	Stephen Foggo	Billericay Striders RC	: 22
104	V40	Dave Weldon	Springfield Striders RC	: 37
105	V45	Ian Pike	Benfleet Running Club	: 40
106	SM	Harley Lloyd	Hockley Trail Runners	: 50
107	SM	Tim Freeland	Orion Harriers	: 51
108	V55	Phil Olsen	Brentwood Running Club	: 52
109	V40	Matt Stenning	Billericay Striders RC	36: 4
110	V45	Matthew Cowell	Cambridge & Coleridge AC	: 18
111	V50	Richard Jones	Benfleet Running Club	: 21
112	SM	Gavin Ripton	Halstead RR	: 34

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
113	V50	Mark Wellsted	Colchester Harriers AC	: 38
114	V60	John O'Shea	Thurrock Harriers	: 39
115	V50	Mark Lawes	Tiptree Road Runners	: 41
116	V40	Steven Ball	Thurrock Harriers	: 42
117	V45	Ian Ratray	Colchester Harriers AC	: 44
118	V60	Alan Pearl	Ilford AC	: 45
119	V40	Steve Bennett	Orion Harriers	: 47
120	V55	Alan Fullerton	Grange Farm & Dunmow Runr	: 48
121	V40	Alasdair Daw	Billericay Striders RC	: 52
122	V50	Colin White	Billericay Striders RC	37: 03
123	V50	Graham Douglass	Benfleet Running Club	: 04
124	V50	Simon Morgan	Colchester Harriers AC	: 05
125	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 06
126	V55	Christopher Applegate	Thurrock Harriers	: 09
127	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 11
128	V70	Peter Binns	Southend-on-Sea AC	: 12
129	V45	Paul Agastina	Pitsea Running Club	: 13
130	V40	Dennis Briggs	Ilford AC	: 14
131	V50	Rob Moore	Orion Harriers	: 15
132	V50	Paul Stocking	Guest	: 20
133	V50	Neil Poulter	Halstead RR	: 22
134	V45	Alan Cooke	Hockley Trail Runners	: 25
135	SM	James Williams	Chelmsford AC	: 35
136	V60	Bill Bennett	Orion Harriers	: 40
137	V65	Andy Catton	Ilford AC	: 47
138	V50	Chris Beazeley	Springfield Striders RC	: 55
139	V50	Martin Orford	Pitsea Running Club	: 56
140	V60	Ian Gill	East Essex Triathlon Club	38: 02
141	V60	David Brook	Orion Harriers	: 11
142	V50	Michael Frape	Cambridge & Coleridge AC	: 17
143	V60	Tim Brockington	Springfield Striders RC	: 55
144	V55	James MacNish-Porter	Brentwood Running Club	39: 01
145	V55	David Cahill	Colchester & Tendring AC	: 12
146	V60	Martyn Byford	Grange Farm & Dunmow Runr	: 23
147	V50	Tom Robinson	Benfleet Running Club	: 33
148	V40	Tony Collins	Havering AC	40: 11
149	V50	Matt Gillard	Southend-on-Sea AC	: 13
150	V60	Stephen Burton	Benfleet Running Club	: 14
151	V50	Adrian Mathers	Hockley Trail Runners	: 15
152	V60	Simon King	Grange Farm & Dunmow Runr	: 23
153	V45	David Beatty	Pitsea Running Club	: 26
154	V60	Bernard Johnson	Thurrock Harriers	: 29
155	V50	Anthony Young	Ilford AC	: 33
156	V40	Ricky Lee	Billericay Striders RC	: 38
157	V50	Colin Wilkinson	Phoenix Striders	: 45
158	V55	Kevin Kirby	Chelmsford AC	: 47
159	V50	John Rex	Basildon AC	: 54
160	V60	Dave Kelly	Springfield Striders RC	41: 07
161	V60	Andy Carter	Halstead RR	: 13
162	V45	Prokopios Vogiatzis	Brentwood Running Club	: 16
163	V40	James Hawkes	Grange Farm & Dunmow Runr	: 26
164	V45	Bradley Brown	Ilford AC	: 35
165	V50	James Goddard	Mid Essex Casuals	: 49
166	V40	David Curtis	Basildon AC	: 57
167	SM	Rob Frost	Halstead RR	42: 07
168	V60	Donald Sinclair	Pitsea Running Club	: 37

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
169	V55	Paul Tawn	Mid Essex Casuals	43: 13
170	V65	Ernie Forsyth	Ilford AC	: 31
171	V50	Dave Girt	Southend-on-Sea AC	: 39
172	V55	Mark Moughton	Springfield Striders RC	: 58
173	V65	Ray Vann	Billericay Striders RC	44: 14
174	V60	Kevin Judge	Benfleet Running Club	: 20
175	SM	Billy Holman	Pitsea Running Club	: 40
176	V45	Trevor Robinson	Ilford AC	: 48
177	V50	Nick Archer	Tiptree Road Runners	45: 00
178	V70	Keith Walker	Billericay Striders RC	: 13
179	SM	Dan Roughan	Halstead RR	: 28
180	V55	Angus Aldridge	Southend-on-Sea AC	: 45
181	V50	Jim Tilbrook	Guest	: 50
182	V60	Keith Thorogood	Halstead RR	49: 02
183	V65	Peter Eates	Phoenix Striders	: 26
184	V60	Stephen Williams	Chelmsford AC	51: 18
185	V70	Peter Bates	Pitsea Running Club	52: 43
186	V55	David Mills	Phoenix Striders	53: 28
187	V60	Mike Jeffery	Southend-on-Sea AC	64: 24

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE