

## Essex League Cross Country League Results

Courtesy of : -

**Chris Akehurst (Colchester H)**  
**Roy Meadowcroft (Chelmsford AC)**

Please e-mail any amendments to Chris

**[chris.akehurst@tesco.net](mailto:chris.akehurst@tesco.net)**

There will certainly be instances where age groups have not been identified properly, this will be especially true for Vete  
And the inevitable spelling errors where we couldn't read team manager's writing and then there will be some typing errors

Please let Chris know if any changes are required. Don't be afraid to e-mail him.  
If you don't tell us then we won't know so please e-mail him with a note of any alterations.  
We won't be amending the results on this website, but will try to ensure that information  
is correct next time

rans.  
ors on our part.

# Essex Cross Country League (3)

## Sponsored by Runners Edge

### Chelmsford

07/12/2013

### U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Eleanor Macintosh	Cambridge & C	12 06	41	Kate Walker	Havering M	16 07
2	Jessica Whiley	Chelmsford	07	42	Amelia Day	Havering M	13
3	Kate O'Neill	Havering M	11	43	Ashleigh Rowland	Harlow	30
4	Katie Mitchell	Havering M	33	44	Rachel Harvey	Colchester H	32
5	Joanna Rimmington	Southend	40	45	Megan Smith	Thurrock	52
6	Helena Dyce	Cambridge & C	45	46	Lauren Ager	Basildon	17 31
7	Courtney Gordon	Braintree	49	47	Savanna Harrison	Colchester H	41
8	Abigale Kerr	Discovery Tri	51	48	Chloe West	Southend	20 28
9	Hayley Instance	Thurrock	56				
10	Kiera Hornsby	Braintree	59				
11	Heidi Tanyi	Orion H	13 03				
12	Rebecca Brown	Havering M	07				
13	Aoibheann Pearce	Orion H	08				
14	Charlotte Brooks	East Essex Tri	15				
15	Frances Haines	Cambridge & C	16				
16	Jessica Mitchell	Havering M	28				
17	Sophie Rand	Havering M	29				
18	Emily Sharpe	Orion H	32				
19	Megan Samuels	Southend	44				
20	Kira Scott	Thurrock	48				
21	Juliette LeMare	Southend	49				
22	Grace Ralston	Southend	52				
23	Katie Fenner	Basildon	14 05				
24	Catherine Barker	Havering M	17				
25	Sophie Ealey	Cambridge & C	18				
26	Madeline Archer	Chelmsford	19				
27	Ava King	Southend	20				
28	Heather Peters	Thurrock	22				
29	Lucy Ball	Thurrock	23				
30	Sophie Wetheridge	Basildon	28				
31	Yasmin Robinson	Benfleet	44				
32	Lucy Priestley	Havering M	44				
33	Genevieve Pate	Benfleet	59				
34	Jessica James	Havering M	15 01				
35	Emily Kidd	Basildon	03				
36	Chloe Morter	Havering M	35				
37	Ella King	Havering M	35				
38	Millie Redgrave	Havering M	36				
39	Emily Crane	Havering M	16 01				
40	Frances Hay	Chelmsford	02				

#### Teams

1	Havering M	35
2	Cambridge & C	47
3	Southend	67
4	Thurrock	86
5	Basildon	134
6	Orion H	42 (3)
7	Chelmsford	68 (3)
8	Braintree	17 (2)
9	Benfleet	64 (2)
10	Colchester H	91 (2)
11	Discovery Tri	8 (1)
12	East Essex Tri	14 (1)
13	Harlow	43 (1)

**Essex Cross Country League (3)**  
**Sponsored by Runners Edge**

**Chelmsford**

**07/12/2013**

**U13 Boys**

Pos	Name	Team	Time
1	Max Fewster	Chelmsford	11: 19
2	Thomas Keen	Cambridge & C	24
3	Lewis Harknett	Harlow	36
4	Joesph Clark	Orion H	39
5	Reece Scott	Thurrock H	40
6	Zack Bridgeland	Chelmsford	41
7	Mitchell Lawrence	Southend	43
8	Jack Exley	Thurrock H	46
9	Harry Parker	Thurrock H	47
10	Oliver Newman	Cambridge & C	50
11	David Dow	Cambridge & C	56
12	James Wood	Orion H	58
13	Craig Wheeler	Southend	12: 03
14	Owen Harknett	Harlow	04
15	Taylor Newell	Thurrock H	11
16	Jack Rice	Havering M	16
17	Luke Gill	East Essex Tri	23
18	Bailey Hearne	Havering M	23
19	Thomas Ray	Basildon	27
20	James Wright	Basildon	27
21	Kieron Stephenson	Colchester & T	35
22	Sam Atkins	Havering M	37
23	Joesph Hudson	Southend	39
24	George Whisken	Cambridge & C	40
25	Kieron Davies	Havering M	47
26	Oliver Randall	Southend	49
27	Aaron Stone	Discovery Tri	51
28	Ethan Bird	Southend	55
29	Nathan Thornton	Southend	57
30	Matthew Houchell	Basildon	13: 05
31	Brett Rushman	Walden Tri	07
32	Louis Shead	Havering M	11
33	Sam Mezoori	Havering M	18
34	Oliver Wiseman	Chelmsford	19
35	William Jones	Orion H	28
36	Joseph Bonehan	Cambridge & C	28
37	George Hill	Basildon	29
38	Sam Tremelling	Discovery Tri	33
39	James Coleman	Orion H	40
40	Ben Prior	Thurrock H	44

Pos	Name	Team	Time
41	Marcus Holmes	Colchester H	13: 47
42	Peter Brinton-Quinn	Havering M	49
43	Sam Allum	Orion H	50
44	Saul Ashon	Orion H	55
45	Clayton Thomas	East Essex Tri	59
46	Luke Eve	Braintree	14: 20
47	Tommy May	Southend	27
48	Matthew Bright	Havering M	35
49	George Applewhite	Basildon	36
50	Sam Shrimpton	Havering M	47
51	Daniel Mayes	East Essex Tri	57
52	Zander Styles	Basildon	15: 04
53	Ben Smith	Colchester H	06
54	Todd Riddell	Havering M	35
55	Toby Marshall	Havering M	16: 34

**Teams**

1	Thurrock H	37
2	Cambridge & C	47
3	Southend	69
4	Havering M	81
5	Orion H	90
6	Basildon	106
7	Chelmsford	41 (3)
8	East Essex Tri	113 (3)
9	Harlow	17 (2)
10	Discovery Tri	65 (2)
11	Colchester H	94 (2)
12	Colchester & T	21 (1)
13	Walden Tri	31 (1)
14	Braintree	46 (1)

## **Essex Cross Country League (3)**

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### **Basildon**

**16/11/2013**

### **U15 Girls**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>	
1	Khahisa Mhlanga	Chelmsford	13: 48	1 Chelmsford	23
2	Jodie Judd	Chelmsford	14: 08	2 Basildon	34
3	Kiera Tippet	Basildon	44	3 Havering M	53
4	Rachel Broome	Chelmsford	47	4 Colchester & T	44 (3)
5	Natasha May	Southend	58	5 Southend	53 (3)
6	Niamh Smith	Basildon	15: 03	6 Orion H	84 (3)
7	Emily Marshall	Havering M	09	7 Thurrock H	44 (2)
8	Jemima Walker	Basildon	21	8 Cambridge & C	9 (1)
9	Belinda Dow	Cambridge & C	26	9 Benfleet	15 (1)
10	Georgina Sturgeon	Colchester & T	29		
11	Lydia Callan	Colchester & T	38		
12	Brooke Mensah	Thurrock H	50		
13	Loise Wyatt	Havering M	52		
14	Gemma Archer-Haley	Havering M	16: 05		
15	Emily Warren	Benfleet	06		
16	Kate Etheridge	Chelmsford	07		
17	Megan Richardson	Basildon	14		
18	Charlotte Skeggs	Basildon	22		
19	Jess Ward	Havering M	24		
20	Megan Paxman	Chelmsford	31		
21	Nancy Callagher	Orion H	34		
22	Iona Doyle	Southend	38		
23	Mary-Ann Deasy	Colchester & T	55		
24	Phoebe Jefferey	Chelmsford	17: 16		
25	Briony Findlay	Basildon	22		
26	Eleanor Pepper	Southend	30		
27	Lilly Willis	Chelmsford	41		
28	Holly Hyde	Havering M	44		
29	Katie Inch	Orion H	46		
30	Emily James	Havering M	48		
31	Maria Holloway	Havering M	52		
32	Anna Stancome	Thurrock H	54		
33	Olivia Elliott	Chelmsford	57		
34	Katherine Myers	Orion H	18: 28		
35	Elise Coombs	Basildon	38		
36	Beth Harrington	Chelmsford	58		
37	Tia Gaitely	Havering M	19: 00		
38	Elysha Thatcher-Gray	Havering M	00		
39	Holly Eaton	Chelmsford	04		
40	Megan Cross	Basildon	33		

# Essex Cross Country League (3)

Sponsored by Runners Edge

## Chelmsford

07/12/2013

## U15 Boys

Pos	Name	Team	Time	Pos	Name	Teams	Time
1	Rob Huckle	Cambridge & C	12: 35	41	Charles Fletcher	Braintree	16: 48
2	Usamah Patel	Ilford	40	42	Ben Brooks	East Essex Tri	17: 38
3	Joseph Patterson	Colchester & T	43				
4	Ashley Brown	Cambridge & C	44				
5	Jordan Wood	Cambridge & C	49				
6	Mason Webb	Basildon	58				
7	Ben Haynes	Basildon	13: 05				
8	Max Jones	Basildon	12				
9	Harrison Smith	East Essex Tri	14				
10	Daniel Richards	Orion H	17				
11	Toby Wright	Southend	21				
12	Luke Crisp	Cambridge & C	23				
13	Max Williams	Colchester & T	25				
14	Nathan Brearley	Chelmsford	26				
15	Brandon Thorpe	Basildon	26				
16	Thomas Sedgewick	Chelmsford	28				
17	Ben Miller	Colchester & T	29				
18	George Day	Orion H	34				
19	Will Slaughter	Thurrock H	40				
20	Sam Smith	Thurrock H	43				
21	Adam Harley	East Essex Tri	45				
22	Jake Young	Colchester H	52				
23	Joe Kidd	Basildon	54				
24	Oscar Dawson	Colchester H	59				
25	Gus Withers	Basildon	14: 00				
26	Joshua Iton	Orion H	07				
27	Oliver Bath	Havering M	08				
28	Daniel Harley	East Essex Tri	09				
29	Lewis Debenham	Havering M	19				
30	Cameron Kerr	Discovery Tri	22				
31	Jake Offiler	Orion H	23				
32	Charlie Everest	Colchester H	34				
33	Connor Culham	Braintree	38				
34	Alex Smith	Chelmsford	40				
35	Robert Harvey	Colchester H	15: 06				
36	Oliver Morter	Havering M	14				
37	Michael Hodges	Southend	20				
38	Alex Lione	Cambridge & C	28				
39	Sam Allen	Discovery Tri	53				
40	Rocha Fosker	Colchester H	16: 24				

### **Teams**

1	Cambridge & C	22
2	Basildon	36
3	Orion H	85
4	East Essex Tri	100
5	Colchester H	113
6	Colchester & T	33 (3)
7	Chelmsford	64 (3)
8	Havering M	92 (3)
9	Thurrock H	39 (2)
10	Southend	48 (2)
11	Discovery Tri	69 (2)
12	Braintree	74 (2)
13	Ilford	2 (1)

## **Essex Cross Country League (3)**

**Sponsored by Runners Edge**

### **Chelmsford**

**07/12/2013**

### **U17/U20W**

<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>
1	U17	Gemma Holloway	Thurrock H	17: 40	1 Chelmsford 34
2	U17	Ellie Baker	Herts Phoenix NS	18: 03	2 Basildon 39
3	U17	Katie Solis	Chelmsford	10	3 Havering M 51
4	U17	Lydia Hallam	Havering M	13	4 Southend 70
5	U17	Georgia Tuckfield	Chelmsford	42	5 Thurrock H 20 (2)
6	U17	Sarah Wilson	Havering M	45	6 Colchester H 38 (2)
7	U20	Emily Bullis	Basildon	51	7 East Essex Tri 51 (2)
8	U20	Kaylee Dodd	Basildon	58	8 Cambridge & C 12 (1)
9	U20	Hayley Lamkin	Southend	19: 07	9 Orion H 24 (1)
10	U17	Isobel Ives	Basildon	09	
11	U17	Madeline Henderson	Chelmsford	09	
12	U17	Diana Chalmers	Cambridge & C	35	
13	U20	Isabella Woods	Havering M	41	
14	U20	Emma Houchell	Basildon	49	
15	U17	Rosa Prideaux	Chelmsford	20: 02	
16	U17	Megan Williams	Chelmsford	24	
17	U20	Sarah Imbush	Southend	34	
18	U20	Molly Huggins	Colchester H	54	
19	U17	Chaima Allali	Thurrock H	21: 00	
20	U17	Joy Huggins	Colchester H	08	
21	U17	Lucy Kidwell	Southend	16	
22	U17	Laura Kidd	Basildon	40	
23	U17	Annabel Matthews-Smi	Southend	58	
24	U17	Madeleine Carr	Orion H	22: 28	
25	U17	Hannah Kane	East Essex Tri	25: 11	
26	U17	Megan Clark	East Essex Tri	26	
27	U20	Zoe Easdon	Basildon	28: 58	
28	U20	Lindsey Wiggins	Havering M	31: 20	

## Essex Cross Country League (3)

Sponsored by Runners Edge

### Chelmsford

07/12/2013

### U17 Men

Pos	Name	Team	Time	Teams		
1	Jordan Rowe	Colchester H	20: 51	1 Basildon	35	
2	Timothy Cobden	Cambridge & C	21: 44	2 Chelmsford	36	
3	George Elliott	Chelmsford	51	3 Benfleet	78	
4	Laurence Willmore	Basildon	22: 14	4 Southend	44	(3)
5	Adam Houchell	Basildon	26	5 Orion H	55	(3)
6	Christian Grey	Basildon	38	6 Havering M	59	(3)
7	Adam Jordan	Southend	47	7 Cambridge & C	27	(2)
8	Robin O'Connor	Chelmsford	49	8 Colchester H	1	(1)
9	William Deasy	Colchester & T	23: 01	9 Colchester & T	9	(1)
10	Ben Pattison	Orion H	04	10 Thurrock H	15	(1)
11	James Nadin	Chelmsford	05	11 Walden Tri	23	(1)
12	Abdul Mohamed	Havering M	12	12 Harlow	30	(1)
13	Joe Ray	Southend	14			
14	Oliver Swallow	Chelmsford	15			
15	Gary Cahill	Thurrock H	17			
16	Eddy Cooper	Benfleet	22			
17	Haider Razzaq	Orion H	38			
18	Matthew Braybrook	Havering M	44			
19	Adam Foster	Benfleet	46			
20	Daniel Ashley	Basildon	54			
21	James Hiscock	Benfleet	24: 03			
22	Kieran Feltham	Benfleet	17			
23	Charlie Passfield	Walden Tri	40			
24	Henry Snell	Southend	47			
25	Curtis Wood	Cambridge & C	59			
26	Steve Davies	Basildon	25: 06			
27	Michael Feltham	Benfleet	07			
28	Thomas Young	Orion H	08			
29	Euan Harlow	Havering M	08			
30	Donald Campbell	Harlow	26			
31	Ryan Creasey	Benfleet	40			
32	Michael Williams	Benfleet	27: 19			
33	Joe Payne	Basildon	28: 06			



# **Essex Cross Country League (3)**

**Sponsored by Runners Edge**

## **Chelmsford**

**07/12/2013**

## **Senior Women**

<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>	
1	V45	Margaret Deasey	Colchester & T	24: 22	1 Colchester H	49
2	V35	June Allen	Springfield S	: 32	2 Chelmsford	57
3	SW	Kirsty Tydeman	Basildon	: 49	3 Basildon	66
4	SW	Claire Somerton	Cambridge & C	: 56	4 Havering M	80
5	SW	Dominique Ballard	Benfleet	25: 02	5 Orion H	110
6	SW	Claire Thurgood	Orion H	: 07	6 Cambridge & C	112
7	SW	Laura Shoebridge	Colchester H	: 21	7 Southend	123
8	SW	Vicky Smith	Havering M	: 30	8 Springfield S	130
9	SW	Sarah Ivory	Colchester H	: 36	9 Ilford	148
10	SW	Rebecca Rowley	Chelmsford	: 41	10 Benfleet	174
11	SW	Robyn Matson	Havering M	: 42	11 Braintree	199
12	V35	Denise Morley	Colchester H	: 50	12 Loughton	226
13	SW	Karen Whitmarsh	Basildon	: 56	13 Phoenix	277
14	SW	Carys Sutton	Chelmsford	: 58	14 Billericay S	86 (2)
15	V35	Wendy King	Chelmsford	26: 11	15 University of Essex	158 (2)
16	SW	Natalie Griffiths	Cambridge & C	: 34	16 Tiptree	160 (2)
17	SW	Sarah Jeffery	Southend	: 43	17 Pitsea	165 (2)
18	V45	Joanna Smith	Chelmsford	: 45	18 Colchester & T	1 (1)
19	SW	Hollie Gillard	Southend	: 46	19 Thurrock H	41 (1)
20	SW	Carrie Bedingfield	Cambridge & C	27: 24	20 Mid Essex Cas	53 (1)
21	V35	Amanda Henry	Colchester H	: 37	21 Thrift Green T	54 (1)
22	SW	Louise Douglas	Basildon	: 39		
23	V35	Mary Knapman	Loughton	: 42		
24	V35	Jo Sullivan	Havering M	: 49		
25	SW	Rebecca Cooke	Colchester H	: 55		
26	SW	Andrea James	Colchester H	28: 00		
27	V35	Natasha Lagden	Southend	: 02		
28	SW	Emily Ballard	Basildon	: 05		
29	SW	Ella Neale	Colchester H	: 26		
30	V35	Hayley Rogerson	Orion H	: 27		
31	V35	Christine Howard	Billericay S	: 46		
32	V45	Christine Inch	Orion H	: 58		
33	V35	Poly Bridgeman	Springfield S	29: 13		
34	V35	Vic Curen	Springfield S	: 15		
35	V55	Bree Nordin	Ilford	: 20		
36	V45	Mel Jones	Ilford	: 32		
37	SW	Patsy McSweeney	Havering M	: 50		
38	V45	Dianne Crisp	Ilford	: 54		
39	SW	Jenny Sheehan	Ilford	: 58		
40	V45	Lindsey Rolerkite	Braintree	: 59		
41	V35	Samantha Tuck	Thurrock H	30: 05		
42	V35	Lorraine Gosling	Orion H	: 18		
43	V35	Hayley Barron	Orion H	: 28		
44	V45	Lorna Gaffney	Loughton	: 37		
45	SW	Mary Armitage	Orion H	: 39		
46	V45	Josie Sheffield	Braintree	: 46		
47	V45	Nicola Hopkinson	Ilford	: 55		
48	SW	Hayley Pegg	Chelmsford	31: 00		
49	V35	Tina Quinlivan	Havering M	: 02		
50	V45	Melanie Moore	Colchester H	: 09		
51	V35	Claire Gordon	Braintree	: 17		
52	SW	Katie Wilkinson	Benfleet	: 21		
53	V45	Laura Pettifer	Mid Essex Cas	: 28		
54	V35	Jayne Pinner	Thrift Green T	: 43		
55	V55	Wendy Read	Billericay S	: 44		
56	V45	Pippa Dowsell	Orion H	: 59		
57	V35	Maureen Lear	Havering M	32: 11		
58	V45	Annette Johnson	Benfleet	: 15		
59	V35	Sarah Norton	Benfleet	: 16		
60	V35	Debbie Hallam	Southend	: 17		

61	SW	Vicki Sharman	Springfield S	:	39
62	SW	Kayleigh Beedon	Braintree	:	47
63	V45	Debbie Smith	Phoenix	:	48
64	V35	Leanne Drake	Southend	:	53
65	V45	Elaine Tibley	Springfield S	:	56
66	V35	Sarah Maidment	Orion H	33:	30
67	V35	Kirsty Williams	Springfield S	:	32
68	V35	Ruth Roberts	Phoenix	:	39
69	V55	Jean Hobbs	Loughton	:	46
70	V45	Beryl De Smedt	Phoenix	:	57
71	V35	Karen Chapman	Springfield S	:	59
72	V45	Fiona Downie	Cambridge & C	34:	03
73	V45	Sally Newman-Russell	Southend	:	23
74	V35	Tina Clarke	Tiptree	:	32
75	SW	Rosanna Allen	University of Essx	:	35
76	SW	Roma Sands	Phoenix	:	53
77	V45	Nicola Maslen	Phoenix	35:	12
78	SW	Keely Wartson	Southend	:	21
79	V35	Clare Rudgley	Havering M	:	31
80	V45	Caz Wallis	Pitsea	36:	16
81	SW	Nicky Gordon	Phoenix	:	54
82	V35	Debbie Harrison	Braintree	:	56
83	SW	Sally Ann Adamson	University of Essx	37:	28
84	V45	Sarah Goodwin	Springfield S	:	37
85	V55	Teresa Flannigan	Pitsea	:	47
86	V35	Rebecca McVelia	Tiptree	:	55
87	V45	Zoe Smale	Southend	38:	40
88	V45	Christine Watson	Southend	:	41
89	V55	Susan Vine	Phoenix	:	42
90	V45	Michaela Davis	Loughton	:	42
91	V45	Adele Moggan	Phoenix	39:	38
92	SW	Kalli Isborne	Phoenix	45:	08

# Essex Cross Country League (3)

## Sponsored by Runners Edge

<u>Chelmsford</u>				<u>7-Dec-13</u>	<u>Senior Men</u>		
Pos	Age Gp	Name	Team	Time		Teams	
1	SM	David Fewell	Chelmsford	25: 58	1	Southend	91
2	SM	David Gibbon	Southend	26: 11	2	Chelmsford	139
3	SM	Sullivan Smith	Cambridge & C	: 20	3	Cambridge & C	184
4	SM	Frank Conway	Orion H	: 25	4	Orion H	193
5	SM	Mark Woodley	Chelmsford	: 36	5	Colchester H	217
6	SM	Rob Warner	Havering M	: 40	6	Thurrock H	302
7	JM	Bradley Wattleworth	Ipswich H	: 44	7	Springfield S	303
8	JM	Ross Tennant	Ipswich H	: 54	8	Ilford	309
9	U20	Tom Richardson	Basildon	27: 01	9	Havering M	310
10	SM	Lee Pickering	Chelmsford	: 28	10	Basildon	320
11	U20	Rhys Gillard	Southend	: 30	11	Benfleet	459
12	SM	Tom Cammack	Springfield S	: 34	12	Mid Essex C	887
13	SM	Jack Stroud	Orion H	: 36	13	Phoenix S	910
14	SM	Malcolm Muir	Ilford	: 37	14	Pitsea	951
15	SM	Grant Webb	Basildon	: 38	15	Billericay S	719 (5)
16	SM	David Smale	Southend	: 39	16	Colchester & T	181 (4)
17	SM	Patrick Walsh	Southend	: 43	17	Braintree	513 (4)
18	SM	Chris Sellens	Colchester H	: 48	18	Univ Essex	319 (3)
19	U20	Joe Alexander	Colchester & T	: 49	19	Loughton	495 (3)
20	V40	Spencer Hempstead	Ilford	: 50	20	Thrift Green T	316 (2)
21	U20	Rob Frith	Southend	: 51	21	Tiptree	150 (1)
22	U20	Oliver Park	Cambridge & C	: 53			
23	V40	Allen Smalls	Colchester H	: 54			
24	U20	Ashley Capel	Southend	: 56			
25	SM	Brian Jenkins	Orion H	: 58			
26	SM	Gavin Allen	Springfield S	28: 05			
27	SM	Tom Gardner	Ilford	: 07			
28	SM	Alex Houghton	Thurrock H	: 09			
29	SM	Sebastian Cirillo	Basildon	: 12			
30	SM	Will Wright	Chelmsford	: 15			
31	SM	Ian Anthony	Havering M	: 27			
32	SM	Istvan Jacso	Cambridge & C	: 37			
33	SM	Alex Eggeman	Cambridge & C	: 42			
34	V50	Colin Ridley	Colchester H	: 45			
35	SM	Nick Houghton	Thurrock H	: 46			
36	SM	Matt Leeman	Southend	: 49			
37	U20	Dean Frost	Colchester & T	: 50			
38	U20	James Thompson	Colchester & T	: 58			
39	U20	Darren Blackwell	Chelmsford	29: 00			
40	V40	Scott Rice	Thurrock H	: 00			
41	SM	David Allworthy	Colchester H	: 02			
42	SM	Ian Clark	Orion H	: 05			
43	V40	Matt Bland	Havering M	: 07			
44	V40	Craig Dyce	Cambridge & C	: 13			
45	SM	Peter Smale	Southend	: 16			
46	U20	Jonathan Burton	Basildon	: 20			
47	V40	Colin Read	Orion H	: 25			
48	U20	Adam Bateman	Braintree	: 27			
49	V40	Rob Gibby	Colchester H	: 29			
50	SM	Richard Park	Cambridge & C	: 32			
51	SM	Kevin Newell	Ilford	: 33			
52	SM	Tim Ballard	Colchester H	: 36			
53	V40	Mark Edwards	Springfield S	: 43			
54	SM	Ken Hoye	Chelmsford	: 43			
55	SM	David Johnson	Thurrock H	: 46			
56	SM	Graeme Kennedy	Cambridge & C	: 48			
57	V50	Paul Berrett	Havering M	: 51			
58	U20	Steve Haycock	Southend	: 54			
59	SM	Lee Taylor	Southend	: 56			
60	SM	Kurtis Swan	Billericay S	30: 03			
61	V40	Graham Booty	Benfleet	: 04			
62	V40	Giles Hopkinson	Orion H	: 07			
63	V40	Kevin Harris	Springfield S	: 10			
64	V50	Mick Bridgeland	Chelmsford	: 14			
65	SM	Neil Carrington	Cambridge & C	: 17			
66	SM	Neil McGown	Orion H	: 24			
67	SM	Richard Ashdown	Orion H	: 29			
68	V40	John Green	Thurrock H	: 34			
69	SM	Marc Harrod	Colchester H	: 37			
70	SM	Stuart Raven	Springfield S	: 40			
71	U20	James Hall	Benfleet	: 44			
72	SM	Paul Ruffy	Benfleet	: 49			
73	SM	Craig Horsburgh	Orion H	: 50			
74	SM	Lee Whitehead	Cambridge & C	: 52			
75	V40	Joe Happe	Orion H	: 54			
76	V40	Don Lawless	Thurrock H	: 55			
77	SM	Anthony Tobin	Thurrock H	31: 12			
78	SM	James Williams	Chelmsford	: 15			
79	V50	Paul Jeggo	Springfield S	: 18			
80	U20	Andrew Holland	Havering M	: 21			
81	V50	Neil Crisp	Ilford	: 23			
82	V40	Alan Clark	Benfleet	: 34			
83	V50	Mark Gowers	Billericay S	: 46			
84	SM	Kieron McGill	Benfleet	: 51			
85	V40	George Banbury	Orion H	: 56			
86	V40	Adrian Smith	Orion H	: 59			
87	V40	Gary Riches	Colchester & T	32: 01			
88	SM	Dave Gordon	Orion H	: 05			

# Essex Cross Country League (3)

## Sponsored by Runners Edge

<u>Chelmsford</u>			<u>7-Dec-13</u>	<u>Senior Men</u>	
Pos	Age Gp	Name	Team	Time	Teams
89	V50	Nick Rankin	Benfleet	: 08	
90	V40	Greg Wisken	Mid Essex C	: 11	
91	V50	John Metcalf	Thurrock H	: 13	
92	U20	Benjamin Abbott	Univ Essex	: 15	
93	SM	Rob Dickenson	Havering M	: 17	
94	V40	Alan Monte	Southend	: 19	
95	V50	Chris Purse	Springfield S	: 19	
96	V40	Darren Priestley	Havering M	: 22	
97	V60	Mike Bumstead	Thurrock H	: 24	
98	SM	Andy Doig	Pitsea	: 26	
99	SM	Pierce Boyle	Univ Essex	: 36	
100	SM	Roy Bentley	Springfield S	: 43	
101	V40	Dave Marchant	Thurrock H	: 48	
102	V40	Nick Trencher	Thurrock H	: 51	
103	V40	Paul Helliwell	Colchester H	: 53	
104	V40	Glen Gosling	Orion H	: 54	
105	SM	Mark Buckley	Springfield S	: 55	
106	V40	Barry Ward	Havering M	: 56	
107	SM	Luke Jackson	Havering M	: 59	
108	V40	Jon Byford	Springfield S	33: 1	
109	SM	Kevin Bates	Basildon	: 4	
110	V40	Martin Mack	Thurrock H	: 5	
111	V40	John Russell	Thurrock H	: 6	
112	V40	Simon Tippet	Basildon	: 10	
113	SM	Ben Chamberlain	Cambridge & C	: 11	
114	V60	Peter Binns	Southend	: 17	
115	SM	Stuart Colley	Orion H	: 22	
116	V40	Bradley Brown	Ilford	: 24	
117	SM	Adam Gordon	Phoenix S	: 40	
118	SM	Dan Augustin	Mid Essex C	: 51	
119	V40	Julian Davies	Havering M	: 54	
120	V40	Russ Middleton	Havering M	: 57	
121	V40	Jeff Bolton	Southend	: 59	
122	V40	Lee Cousins	Braintree	34: 5	
123	V50	Quinton Broadbent	Orion H	: 5	
124	SM	Charlie Scott	Southend	: 6	
125	V50	Andy Morris	Benfleet	: 8	
126	V40	Dave Spain	Benfleet	: 14	
127	V40	David Findlay	Basildon	: 15	
128	SM	Simon Rosum	Univ Essex	: 19	
129	V50	Peter Tullett	Chelmsford	:	
130	V40	Kevin Frost	Mid Essex C	: 22	
131	V40	Gary Cahill	Thurrock H	: 28	
132	V50	Paul Stukas	Springfield S	: 31	
133	V50	Tim Brockington	Springfield S	: 37	
134	V40	John Whitehouse	Loughton	: 40	
135	SM	Darren Bottrill	Ilford	35: 2	
136	SM	Buddy Green	Orion H	: 14	
137	SM	Carl Easton	Phoenix S	: 20	
138	V50	Bill Bennett	Orion H	: 22	
139	V40	Mike Judd	Chelmsford	: 23	
140	SM	Tony Collins	Havering M	: 24	
141	V40	Darren Capel	Southend	: 26	
142	SM	Gary Cullen	Phoenix S	: 29	
143	V40	Glen Irwin	Orion H	: 33	
144	V40	Nigel Instance	Thurrock H	: 39	
145	SM	Ryan Goad	Pitsea	: 40	
146	V50	Charlie Ritchie	Cambridge & C	: 42	
147	V50	Bernard Johnson	Thurrock H	: 45	
148	V60	Stephen Sharp	Thrift Green T	: 48	
149	U20	Alex Chrisostomou	Orion H	: 52	
150	V50	Ted Skinner	Tiptree	36: 2	
151	SM	Michael Cerny	Benfleet	: 25	
152	V40	Ian Glover	Southend	: 37	
153	V40	Andrew Dodd	Orion H	: 43	
154	V40	Julian Cattmull	Springfield S	: 54	
155	SM	Iain Scott	Thurrock H	: 57	
156	V60	Chris Reed	Pitsea	: 59	
157	V50	Gary Howard	Havering M	37: 1	
158	V40	Adam Sewell	Braintree	: 9	
159	V50	Bryan Newman	Orion H	: 11	
160	V60	John Williams	Springfield S	: 14	
161	V60	Glyn Smith	Cambridge & C	: 18	
162	V50	Gary Bartlett	Orion H	: 20	
163	V40	Matt Gillard	Southend	: 26	
164	V50	Stephen Middleton	Southend	: 30	
165	V50	Dave Milner	Orion H	: 39	
166	V50	Dave Lane	Phoenix S	: 44	
167	SM	Robert Frost	Phoenix S	38: 5	
168	SM	Stephen Rebel	Thrift Green T	: 6	
169	V60	Alex Downie	Cambridge & C	: 9	
170	V60	Bob Jousiffe	Orion H	: 21	
171	V50	Paul Williams	Orion H	: 30	
172	V40	Neil Combs	Basildon	: 35	
173	V40	Nick Vincent	Southend	: 39	
174	SM	Ryan Holden	Basildon	: 44	
175	V50	Jim Whiffen	Loughton	: 52	
176	V40	Andy Stroud	Springfield S	: 56	

# Essex Cross Country League (3)

## Sponsored by Runners Edge

### Chelmsford

7-Dec-13

### Senior Men

<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>
177	V50	Jim Russell	Pitsea	: 58	
178	V60	Brian Butcher	Mid Essex C	39: 3	
179	V60	Keith Walker	Billericay S	: 10	
180	SM	Bix Hall	Orion H	: 16	
181	SM	Chris Footer	Phoenix S	: 20	
182	V50	John Tracey	Pitsea	: 48	
183	V40	Neil Hallam	Southend	: 57	
184	V60	David Game	Mid Essex C	: 59	
185	SM	Steve Rolfe	Braintree	40: 8	
186	V50	George Georgiou	Loughton	: 22	
187	V60	Ray Vautier	Mid Essex C	: 36	
188	V50	Geoff Smale	Southend	: 54	
189	SM	Leighton Williams	Mid Essex C	41: 12	
190	V40	Paul Skerritt	Orion H	: 23	
191	SM	Jon Brown	Southend	: 23	
192	V50	Ian Carmichael	Billericay S	: 28	
193	V50	Pete McLoughlin	Pitsea	: 34	
194	V50	Marvin Owen	Chelmsford	: 37	
195	V40	David Girt	Southend	: 42	
196	V50	Steve Cheal	Ilford	: 55	
197	V50	Graham Hall	Orion H	42: 0	
198	V70	Charlie Ross	Chelmsford	: 27	
199	V60	John Pettifer	Mid Essex C	: 31	
200	V40	Simon Jordan	Phoenix S	43: 45	
201	V50	Peter Bulaitis	Orion H	: 56	
202	V50	Eddie Mills	Phoenix S	44: 35	
203	V70	Ron Dawson	Southend	46: 13	
204	V50	Tony Davis	Phoenix S	47: 6	
205	V70	Ernie Easterby	Billericay S	48: 19	
206	V50	Steve Williams	Chelmsford	51: 3	