



Essex Cross Country League (3)

Sponsored by

<u>Braintree</u>				<u>U13 Girls</u>		<u>06/12/2014</u>	
Pos	Name	Team	Time				
1	Aoibheann Pearce	Orion Harriers	10: 30				
2	Eleanor MacIntosh	Cambridge & Coleridge AC	34				
3	Ndidikama Okoh	Chelmsford AC	35				
4	Helena Dyce	Cambridge & Coleridge AC	39				
5	Frances Haines	Cambridge & Coleridge AC	57				
6	Georgia Tombs	Braintree & District AC	11: 00				
7	Molly Sweetman	Havering AC	04				
8	Martha Smith	Chelmsford AC	07				
9	Kiera Hornsby	Braintree & District AC	15				
10	Faye Sweeting	Chelmsford AC	18				
11	Felicity Galbally	Southend-on-Sea AC	25				
12	Alice Bauckam	Chelmsford AC	27				
13	Grace Dukelow	Havering AC	32				
14	Beth Wilson	Cambridge & Coleridge AC	35				
15	Lucy Aitchison	Chelmsford AC	38				
16	Sophie Wetheridge	Basildon AC	43				
17	Tilly Borrett	Cambridge & Coleridge AC	43				
18	Kierra Scott	Thurrock Harriers	47				
19	Becci Leddy	Orion Harriers	53				
20	Charlotte Grant	Orion Harriers	12: 05				
21	Rosie Shaw	Orion Harriers	09				
22	Molly Bath	Havering AC	17				
23	Sophie Ealey	Cambridge & Coleridge AC	14				
24	Lily Bath	Havering AC	18				
25	Kate Walker	Havering AC	23				
26	Olivia Hyde	Havering AC	24				
27	Aaliyah Davies	Havering AC	25				
28	Amy Raven	Thurrock Harriers	26				
29	Jessica James	Havering AC	26				
30	Rosie Brown	Havering AC	29				
31	Iris Brandon	Orion Harriers	34				
32	Stevie Critchell	Thurrock Harriers	41				
33	Sophie Anderson	Southend-on-Sea AC	54				
34	Chloe Moloney	Braintree & District AC	55				
35	Hannah Rogers	Colchester Harriers AC	56				
36	Caitlin Fowler	East Essex Triathlon Club	57				
37	Jemma Clarke	Benfleet Running Club	58				
38	Summer Thorpe	Basildon AC	13: 06				
39	Ella King	Havering AC	09				
40	Grace Hayden	Southend-on-Sea AC	21				

Pos	Name	Team	Time
41	Lucy Priestley	Havering AC	13: 22
42	Ann Cooper	Havering AC	22
43	Heather Hamilton	Braintree & District AC	24
44	Chloe Rutter	Havering AC	27
45	Emily Roberts	Discovery Triathlon Club	51
46	Capucine Pochet	Orion Harriers	14: 05
47	Freya Richardson	Colchester & Tendring AC	52

Teams

1	Cambridge & Coleridge AC	25
2	Chelmsford AC	33
3	Orion Harriers	61
4	Havering AC	66
5	Braintree & District AC	92
6	Thurrock Harriers	78 (3)
7	Southend-on-Sea AC	84 (3)
8	Basildon AC	54 (2)
9	Colchester Harriers AC	35 (1)
10	East Essex Triathlon Club	36 (1)
11	Benfleet Running Club	37 (1)
12	Discovery Triathlon Club	45 (1)
13	Colchester & Tendring AC	47 (1)

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<u>Braintree</u>		<u>U13 Boys</u>	<u>06/12/2014</u>	
Pos	Name	Team	Time	
1	David Dow	Cambridge & Coleridge AC	9:	29
2	Harry Parker	Thurrock Harriers	10:	02
3	Max Godfrey	Cambridge & Coleridge AC		11
4	Jay Shotter	Orion Harriers		20
5	Kai Boggan	Harlow AC		22
6	Luke Savage	Basildon AC		22
7	Daniel Houchell	Basildon AC		22
8	George Whisken	Cambridge & Coleridge AC		24
9	Tommy Bridger	Cambridge & Coleridge AC		24
10	Joseph Hudson	Southend-on-Sea AC		27
11	Max Caulfield	Colchester Harriers AC		30
12	Danny Millward	Colchester Harriers AC		32
13	Ben Prior	Thurrock Harriers		33
14	Finley Lowe	Thurrock Harriers		37
15	Arun Manget	Ilford AC		39
16	Sam Wheatley	Southend-on-Sea AC		40
17	Sam Myers	Cambridge & Coleridge AC		42
18	Alex Ford	Havering AC		45
19	Hugh Dow	Cambridge & Coleridge AC		47
20	Sam Collins	Harlow AC		48
21	Kyle Gill	East Essex Triathlon Club		49
22	Alex Williamson	Discovery Triathlon Club		50
23	Zack Bridgeland	Chelmsford AC		52
24	Jack Karmy	Chelmsford AC		54
25	Joseph Abbott	Chelmsford AC	11:	02
26	Manraj Gill	Ilford AC		04
27	Dominic Jarvis	Havering AC		05
28	Mason Hambleton	Thurrock Harriers		06
29	Joe Morgan	Harlow AC		06
30	Henry Jones	Orion Harriers		07
31	Billy Saunders	Benfleet Running Club		07
32	Angus Dow	Cambridge & Coleridge AC		09
33	Jack Saunders	Benfleet Running Club		09
34	Bradley Deacon	Ilford AC		10
35	Saul Ashon	Orion Harriers		13
36	Sam Tremelling	Discovery Triathlon Club		13
37	Henry Lay	Havering AC		13
38	Henri Willett	Thurrock Harriers		15
39	James Wright	Basildon AC		18
40	William Newcombe	Cambridge & Coleridge AC		19

Pos	Name	Team	Time	
41	George Hay	Southend-on-Sea AC	11:	20
42	Alexander Davis	Chelmsford AC		23
43	Alfie Kelway	Colchester & Tendring AC		32
44	Ethan Stoner	Southend-on-Sea AC		34
45	Max Stapleton	Southend-on-Sea AC		34
46	Nathan Thornton	Southend-on-Sea AC		35
47	Liam Bell	Cambridge & Coleridge AC		39
48	Daniel Mayes	East Essex Triathlon Club		39
49	Harry Ribbans	Braintree & District AC	12:	04
50	Ross Livingstone	Thurrock Harriers		30
51	Leslie Anaglavi	Southend-on-Sea AC		53
52	Ellis Swindell	Benfleet Running Club	13:	12
53	Taylor Jones	Southend-on-Sea AC		24

Teams

1	Cambridge & Coleridge AC	21
2	Thurrock Harriers	57
3	Southend-on-Sea AC	111
4	Chelmsford AC	114
5	Basildon AC	52 (3)
6	Harlow AC	54 (3)
7	Orion Harriers	69 (3)
8	Ilford AC	75 (3)
9	Havering AC	82 (3)
10	Benfleet Running Club	116 (3)
11	Colchester Harriers AC	23 (2)
12	Discovery Triathlon Club	58 (2)
13	East Essex Triathlon Club	69 (2)
14	Colchester & Tendring AC	43 (1)

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<u>Braintree</u>			<u>U15 Girls</u>	<u>06/12/2014</u>
Pos	Name	Team	Time	
1	Khahisa Mhlanga	Chelmsford AC	13:	43
2	Rachel Broome	Chelmsford AC	14:	01
3	Sinead Clark	Benfleet Running Club		08
4	Joanna Rimmington	Southend-on-Sea AC		12
5	Kate O'Neill	Havering AC		14
6	Annabel Quantrill	Cambridge & Coleridge AC		21
7	Kathryn Bell	Cambridge & Coleridge AC		42
8	Amber Pullinger	Thurrock Harriers		47
9	Sophie Rand	Havering AC		48
10	Niamh Smith	Basildon AC		54
11	Emily Marshall	Havering AC		57
12	Meghan Sameuls	Southend-on-Sea AC	15:	05
13	Charlotte Brooks	East Essex Triathlon Club		16
14	Jessica Mitchell	Havering AC		21
15	Nancy Callagher	Orion Harriers		22
16	Scarlett Pochet	Orion Harriers		26
17	Heather Peters	Thurrock Harriers		36
18	Genevieve Pate	Benfleet Running Club		37
19	Lucy Ball	Thurrock Harriers		38
20	Isobel Mills	Orion Harriers		38
21	Yasmin Robinson	Benfleet Running Club		40
22	Jasmine Rapley	Cambridge & Coleridge AC		41
23	Juliette LeMare	Southend-on-Sea AC		53
24	Iona Doyle	Southend-on-Sea AC	16:	12
25	Natasha Walter	Southend-on-Sea AC		14
26	Amba Coombe	Havering AC		26
27	Mia Slesser	Southend-on-Sea AC		37
28	Ghazal Seidi	Cambridge & Coleridge AC		39
29	Catherine Barker	Havering AC		40
30	Ruby Buchan	Cambridge & Coleridge AC	17:	01
31	Hannah Brooks	Chelmsford AC		14
32	Phoebe Jefferey	Chelmsford AC		33
33	Amelia Day	Havering AC	18:	23
34	Rebecca Maloney	Cambridge & Coleridge AC	19:	56
35	Charlotte Gower	Chelmsford AC	20:	25
36	Chloe West	Southend-on-Sea AC	23:	18

Teams		
1	Havering AC	39
2	Southend-on-Sea AC	63
2	Cambridge & Coleridge AC	63
4	Chelmsford AC	66
5	Benfleet Running Club	42 (3)
6	Thurrock Harriers	44 (3)
7	Orion Harriers	51 (3)
8	Basildon AC	10 (1)
9	East Essex Triathlon Club	13 (1)

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<u>Braintree</u>				<u>U15 Boys</u>				<u>06/12/2014</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Jamie Sales	Cambridge & Coleridge AC	12: 31	41	William Lynes	Braintree & District AC	14: 49				
2	Jack Rice	Havering AC	33	42	Sam Allen	Discovery Triathlon Club	50				
3	Thomas Keen	Cambridge & Coleridge AC	38	43	Joshua Boden	Colchester Harriers AC	51				
4	Toby Wright	Southend-on-Sea AC	42	44	Matthew Houchell	Basildon AC	15: 02				
5	Ben Miller	Colchester & Tendring AC	43	45	George Hay	Chelmsford AC	04				
6	Rushwan Lewis	Benfleet Running Club	13: 03	46	Kieran Davies	Havering AC	08				
7	Sam Norris	Southend-on-Sea AC	08	47	Ben Brooks	East Essex Triathlon Club	18: 13				
8	Tom Keevil	Chelmsford AC	11								
9	Lewis Debenham	Havering AC	12								
10	Oliver Newman	Cambridge & Coleridge AC	13								
11	Elliott Cordery	Chelmsford AC	18								
12	Tom Stuttle	Southend-on-Sea AC	18								
13	Joseph Owen	Orion Harriers	20								
14	Rob Anderson	Cambridge & Coleridge AC	22								
15	Lewis Harknett	Harlow AC	24								
16	Joe Wakerley	Basildon AC	25								
17	Jack Exley	Thurrock Harriers	27								
18	Taylor Newell	Thurrock Harriers	30								
19	Oliver Bath	Havering AC	32								
20	James Wood	Orion Harriers	34								
21	Matt Norris	Southend-on-Sea AC	40								
22	Christian Barker	Harlow AC	41								
23	Josh Borrett	Cambridge & Coleridge AC	42								
24	Sam Walsh	Basildon AC	42								
25	John Fennessey	Havering AC	45								
26	Sam Atkins	Havering AC	47								
27	Craig Wheeler	Southend-on-Sea AC	50								
28	Dexter Goward	Benfleet Running Club	51								
29	Peter Cooke	Cambridge & Coleridge AC	53								
30	Harry Smith	Southend-on-Sea AC	54								
31	Sarab Dillion	Thurrock Harriers	54								
32	Mitch Lawrence	Southend-on-Sea AC	57								
33	Callum Liassi	Benfleet Running Club	14: 04								
34	Oscar Callan	Colchester & Tendring AC	07								
35	Elliott Swallow	Chelmsford AC	15								
36	Freddie Richardson	Colchester & Tendring AC	23								
37	Reece Scott	Thurrock Harriers	25								
38	Matthew Brand-Bark	Braintree & District AC	35								
39	Sam Rawlinson	Chelmsford AC	39								
40	Luke Gill	East Essex Triathlon Club	46								

Teams		
1	Cambridge & Coleridge AC	28
2	Southend-on-Sea AC	44
3	Havering AC	55
4	Chelmsford AC	93
5	Thurrock Harriers	103
6	Benfleet Running Club	67 (3)
7	Colchester & Tendring AC	75 (3)
8	Basildon AC	84 (3)
9	Orion Harriers	33 (2)
10	Harlow AC	37 (2)
11	Braintree & District AC	79 (2)
12	East Essex Triathlon Club	87 (2)
13	Discovery Triathlon Club	42 (1)
14	Colchester Harriers AC	43 (1)

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<u>Braintree</u>			<u>U17/20 Women</u>	<u>06/12/2014</u>
Pos	Age	Name	Team	Time
1	U20	Lydia Hallam	Havering AC	17: 21
2	U17	Alice Newcombe	Cambridge & Coleridge AC	32
3	U17	Isobel Ives	Basildon AC	49
4	U20	Katie Solis	Chelmsford AC	55
5	U20	Beatrice Fitzsimons	Cambridge & Coleridge AC	18: 02
6	U20	Suzanna Reid	Ipswich Harriers	04
7	U17	Jemima Walker	Basildon AC	12
8	U17	Victoria Hiscock	Benfleet Running Club	18
9	U17	Belinda Dow	Cambridge & Coleridge AC	24
10	U17	Diana Chalmers	Cambridge & Coleridge AC	34
11	U17	Brooke Mensah	Thurrock Harriers	40
12	U17	Lydia Callan	Colchester & Tendring AC	43
13	U17	Megan Williams	Chelmsford AC	45
14	U20	Emily Bullis	Basildon AC	46
15	U17	Emma Perks	Chelmsford AC	48
16	U20	Annabel Matthews-Smith	Southend-on-Sea AC	19: 09
17	U17	Emma Schaertlin-Coffey	Cambridge & Coleridge AC	24
18	U17	Rebecca Vears	Harlow AC	31
19	U17	Gemma Archer-Haley	Basildon AC	50
20	U20	Jessica Swain	Chelmsford AC	20: 11
21	U17	Natasha May	Southend-on-Sea AC	24
22	U17	Megan Rapley	Basildon AC	36
23	U17	Mia Pesci	Cambridge & Coleridge AC	52
24	U17	Georgina Sturgeon	Colchester & Tendring AC	56
25	0	Honor Rendall	Braintree & District AC	21: 02
26	U20	Laura Kidd	Basildon AC	43
27	U17	Emily Warren	Benfleet Running Club	22: 02
28	U17	Katie Inch	Orion Harriers	14
29	U20	Charlotte Kew	Colchester & Tendring AC	28
30	U17	Maddie Evison	Basildon AC	23: 22
31	U17	Briony Findlay	Basildon AC	24: 43

Teams

1	Cambridge & Coleridge AC	26
2	Basildon AC	43
3	Chelmsford AC	52
4	Colchester & Tendring AC	65 (3)
5	Benfleet Running Club	35 (2)
6	Southend-on-Sea AC	37 (2)
7	Havering AC	1 (1)
8	Ipswich Harriers	6 (1)
9	Thurrock Harriers	11 (1)
10	Harlow AC	18 (1)
11	Braintree & District AC	25 (1)
12	Orion Harriers	28 (1)



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<u>Braintree</u>			<u>U17 Men</u>		<u>06/12/2014</u>	
Pos	Name	Team	Time			
1	Rob Huckle	Cambridge & Coleridge AC	18:	06		
2	Ahmed Abdulle	Ilford AC		26		
3	George Elliott	Basildon AC		34		
4	Max Jones	Basildon AC	19:	03		
5	Christian Gray	Basildon AC		14		
6	Adam Jordan	Southend-on-Sea AC		15		
7	Jordan Wood	Cambridge & Coleridge AC		24		
8	Thomas Young	Orion Harriers		25		
9	Usamah Patel	Ilford AC		31		
10	Josh Iton	Orion Harriers		35		
11	Jodi Meredith	Thurrock Harriers		40		
12	Harrison Smith	East Essex Triathlon Club		49		
13	Ben Pattison	Orion Harriers		52		
14	Daniel Ashley	Basildon AC		58		
15	George Day	Orion Harriers	20:	01		
16	Charlie Weston	Orion Harriers		03		
17	Adam Harley	East Essex Triathlon Club		04		
18	Owen Thomas	Chelmsford AC		04		
19	Oliver Swallow	Chelmsford AC		13		
20	Kudzai Magure	Orion Harriers		15		
21	James Hiscock	Benfleet Running Club		21		
22	Nathan Brearley	Chelmsford AC		22		
23	Eddy Cooper	Benfleet Running Club		26		
24	Jordan Denyer	Chelmsford AC		33		
25	Joe Kidd	Basildon AC		37		
26	Ramadan Osman	Colchester & Tendring AC		40		
27	Sam Smith	Thurrock Harriers		41		
28	Matthew Braybrook	Havering AC		42		
29	Michael Hodges	Southend-on-Sea AC		58		
30	Jordan Chrisostomu	Orion Harriers	21:	05		
31	Donald Campbell	Harlow AC		13		
32	Ryan Creasey	Benfleet Running Club		16		
33	Cameron Kerr	Braintree & District AC		32		
34	Oliver Mann	Thurrock Harriers		33		
35	Conor Culham	Braintree & District AC		53		
36	James Stewart	Havering AC	22:	08		
37	Bradley West	Havering AC		19		
38	Alex Smith	Chelmsford AC		23		
39	Josh Wadforth	Discovery Triathlon Club		46		
40	Joe Payne	Basildon AC	23:	13		

Pos	Name	Team	Time	
41	Michael Williams	Benfleet Running Club	23:	31
42	Kieran O'Hara	Havering AC	26:	3
43	Luke Strudwick	Thurrock Harriers	27:	57

Teams	Time	
1 Basildon AC	26	
2 Orion Harriers	46	
3 Chelmsford AC	83	
4 Thurrock Harriers	115	
5 Benfleet Running Club	117	
6 Havering AC	143	
7 Cambridge & Coleridge AC	8	(2)
8 Ilford AC	11	(2)
9 East Essex Triathlon Club	29	(2)
10 Southend-on-Sea AC	35	(2)
11 Braintree & District AC	68	(2)
12 Colchester & Tendring AC	26	(1)
13 Harlow AC	31	(1)
14 Discovery Triathlon Club	39	(1)

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<u>Braintree</u>		<u>Senior Women</u>	<u>06/12/2014</u>		
Pos	Age	Name	Team	Time	Teams (4 to score)
1	SW	Carla Brown	Cambridge & Coleridge AC	20: 01	1 Cambridge & Coleridge AC 20
2	W35	Sarah Stradling	Colchester Harriers AC	27	2 Chelmsford AC 26
3	SW	Natalie Griffiths	Cambridge & Coleridge AC	41	3 Colchester Harriers AC 41
4	SW	Claire Somerton	Cambridge & Coleridge AC	49	4 Southend-on-Sea AC 90
5	SW	Megan Evans	Chelmsford AC	21: 03	5 Ilford AC 120
6	W35	Sally Mhlanga	Chelmsford AC	56	6 Orion Harriers 130
7	SW	Rebecca Luxton	Chelmsford AC	22: 06	7 Havering AC 172
8	W35	Wendy King	Chelmsford AC	31	8 Benfleet Running Club 193
9	SW	Krystle Balogun	Ilford AC	43	9 Mid Essex Casuals 205
10	W45	Denise Morley	Colchester Harriers AC	47	10 Loughton AC 239
11	SW	Charmaine Sterling	Benfleet Running Club	52	11 Phoenix Striders 253
12	W35	Carrie Bedingfield	Cambridge & Coleridge AC	55	12 Pitsea Running Club 314
13	SW	Kimberley Preston	Colchester Harriers AC	58	13 Basildon AC 49 (3)
14	SW	Louise Douglas	Basildon AC	23: 03	14 Springfield Striders RC 168 (3)
15	SW	Holly Gillard	Southend-on-Sea AC	08	15 Thurrock Harriers 50 (2)
16	SW	Ella Neale	Colchester Harriers AC	19	16 Braintree & District AC 108 (2)
17	SW	Emily Ballard	Basildon AC	22	17 Tiptree Road Runners 117 (2)
18	SW	Kirsty Tydeman	Basildon AC	24	18 Walden Triathlon Club 21 (1)
19	SW	Sarah Jeffery	Southend-on-Sea AC	25	19 Thrift Green Trotters 78 (1)
20	W35	Toni Noble	Thurrock Harriers	26	
21	W45	Deborah Rushman	Walden Triathlon Club	33	
22	SW	Jo Eggermann	Cambridge & Coleridge AC	34	
23	W35	Anne Jenkinson	Southend-on-Sea AC	38	
24	SW	Meestwt Dembele	Orion Harriers	53	Veteran Team Result (3 to score)
25	W35	Emma Buckland	Cambridge & Coleridge AC	59	1 Colchester Harriers AC 44
26	SW	Jenni Sheehan	Ilford AC	24: 02	2 Cambridge & Coleridge AC 66
27	SW	Rebecca Cooke	Colchester Harriers AC	06	3 Orion Harriers 106
28	W35	Hayley Rogerson	Orion Harriers	11	4 Southend-on-Sea AC 113
29	W45	Stef Godfrey	Cambridge & Coleridge AC	14	5 Havering AC 122
30	W45	Jodie Farrell	Thurrock Harriers	27	6 Mid Essex Casuals 125
31	W35	Joanne Sullivan	Havering AC	42	7 Ilford AC 152
32	W45	Melissa Dowell	Colchester Harriers AC	25: 05	7 Loughton AC 152
33	W35	Natasha Lagden	Southend-on-Sea AC	10	9 Benfleet Running Club 182
34	W45	Joanne Smith	Chelmsford AC	18	10 Phoenix Striders 195
35	W35	Lucy Ferguson	Mid Essex Casuals	42	11 Pitsea Running Club 229
36	W55	Breege Nordin	Ilford AC	48	12 Chelmsford AC 14 (2)
37	SW	Jennifer Lovelock	Springfield Striders RC	55	13 Thurrock Harriers 50 (2)
38	W45	Mary Armitage	Orion Harriers	57	14 Tiptree Road Runners 117 (2)
39	W45	Paula Purtell	Mid Essex Casuals	26: 04	15 Springfield Striders RC 131 (2)
40	W35	Lorraine Gosling	Orion Harriers	06	16 Walden Triathlon Club 21 (1)
41	SW	Stacy Wheat	Cambridge & Coleridge AC	10	17 Braintree & District AC 52 (1)
42	W45	Tracy Harkington	Tiptree Road Runners	13	18 Thrift Green Trotters 78 (1)
43	W35	Juliet Ward	Havering AC	37	
44	W55	Fran Norris	Colchester Harriers AC	40	
45	W55	Gaye Shillaker	Loughton AC	42	

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Pos	Age	Name	Team	Time
46	W45	Lorna Gaffney	Loughton AC	26: 49
47	W45	Ali Wilson	Cambridge & Coleridge AC	27: 07
48	W35	Maureen Lear	Havering AC	08
49	W45	Nicola Hopkinson	Ilford AC	11
50	W45	Jane Hallam	Havering AC	31
51	W45	Lorna Pettifer	Mid Essex Casuals	41
52	W45	Lyndsay Rolerkite	Braintree & District AC	47
53	W55	Tonie Wilson	Colchester Harriers AC	28: 09
54	W35	Sarah Norton	Benfleet Running Club	13
55	W35	Liz Maidment	Orion Harriers	20
56	SW	Kayleigh Beedon	Braintree & District AC	29
57	W35	Debbielyn Hallam	Southend-on-Sea AC	40
58	SW	Danielle Hughes	Phoenix Striders	55
59	W45	Debbie Smith	Phoenix Striders	58
60	W45	Annette Johnson	Benfleet Running Club	29: 04
61	W55	Anne Heeks	Loughton AC	08
62	W35	Vanesse Clyne	Orion Harriers	11
63	W35	Lisa Thorn	Orion Harriers	18
64	W35	Ruth Roberts	Phoenix Striders	23
65	W45	Elaine Tribbley	Springfield Striders RC	36
66	W35	Kirsty Williams	Springfield Striders RC	54
67	W45	Dianne Crisp	Ilford AC	30: 06
68	W45	Mandy Cooper	Benfleet Running Club	31
69	SW	Joelle Ewan	Orion Harriers	53
70	W55	Valerie Sinclair	Pitsea Running Club	56
71	W35	Bobbie Westwood	Havering AC	59
72	W45	Nicola Maslen	Phoenix Striders	31: 04
73	W45	Sally Newman-Russell	Southend-on-Sea AC	08
74	W45	Frances Webster	Benfleet Running Club	15
75	W45	Zoe	Tiptree Road Runners	18
76	W55	Helen Williams	Pitsea Running Club	22
77	W45	Beryl De Smedt	Phoenix Striders	33
78	W45	Joanne Day	Thrift Green Trotters	32: 06
79	W45	Debra Pumfrett	Phoenix Striders	11
80	W55	Julie Peacock	Mid Essex Casuals	22
81	SW	Roma Sands	Phoenix Striders	37
82	W45	Doris Gaga	Ilford AC	56
83	W55	Teresa Flannigan	Pitsea Running Club	33: 12
84	W35	Laura Williams	Benfleet Running Club	16
85	W55	Gillian Harrison	Pitsea Running Club	47
86	W45	Kay Holford	Orion Harriers	34: 39
87	W55	Gwen Harwood	Loughton AC	38: 45

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Essex Cross Country League (3)

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<u>Braintree</u>		<u>Senior Men</u>	<u>06/12/2014</u>		
Pos	Age	Name	Team	Time	Teams
1	SM	Sullivan Smith	Cambridge & Coleridge AC	23: 46	1 Chelmsford AC 85
2	SM	Frankie Conway	Orion Harriers	50	2 Cambridge & Coleridge AC 108
3	SM	Ryan Prout	Chelmsford AC	59	3 Orion Harriers 158
4	SM	Mark Sandford	Chelmsford AC	24: 04	4 Southend-on-Sea AC 185
5	SM	David Fewell	Chelmsford AC	06	5 Colchester Harriers AC 206
6	U20	Jordan Rowe	Colchester Harriers AC	10	6 Havering AC 224
7	SM	Rob Warner	Havering AC	15	7 Ilford AC 254
8	SM	Grant Webb	Basildon AC	27	8 Thurrock Harriers 367
9	V40	Malcolm Muir	Ilford AC	44	9 Benfleet Running Club 407
10	SM	Oliver Park	Cambridge & Coleridge AC	57	10 Basildon AC 423
11	SM	Rhys Gillard	Southend-on-Sea AC	25: 04	11 Springfield Striders RC 428
12	U20	Tim Cobden	Cambridge & Coleridge AC	14	12 Thrift Green Trotters 587
13	SM	Ashley Capel	Southend-on-Sea AC	19	13 Mid Essex Casuals 672
14	SM	Chris Sellens	Colchester Harriers AC	27	14 Phoenix Striders 684 (5)
15	SM	Tom Gardner	Ilford AC	31	15 Billericay Striders RC 283 (4)
16	SM	Alex Houghton	Thurrock Harriers	40	16 Pitsea Running Club 555 (4)
17	SM	Ian Clark	Orion Harriers	42	17 Braintree & District AC 156 (2)
18	SM	Carwyn Jones	Colchester Harriers AC	47	18 Tiptree Road Runners 255 (2)
19	V40	Matt Bland	Havering AC	48	19 Loughton AC 62 (1)
20	SM	Seb Carillo	Basildon AC	59	
21	U20	Darren Blackwell	Chelmsford AC	55	
22	U20	James Nadin	Chelmsford AC	26: 03	
23	SM	Alister Hodges	Cambridge & Coleridge AC	05	
24	U20	Haider Razzaq	Orion Harriers	07	Veteran Team Result (4 to score)
25	SM	Matt Leeman	Benfleet Running Club	15	1 Orion Harriers 171
26	SM	Alfie Waithaka	Havering AC	15	2 Ilford AC 210
27	SM	James Smith	Springfield Striders RC	16	3 Thurrock Harriers 246
28	SM	Istran Jasco	Cambridge & Coleridge AC	16	4 Colchester Harriers AC 267
29	U20	Joe Ray	Southend-on-Sea AC	18	5 Benfleet Running Club 291
30	SM	James Williams	Chelmsford AC	22	6 Chelmsford AC 329
31	V40	Barny Footer	Orion Harriers	24	7 Cambridge & Coleridge AC 384
32	SM	Paul Grange	Havering AC	25	8 Mid Essex Casuals 391
33	V40	Scott Rice	Thurrock Harriers	26	9 Springfield Striders RC 431
34	SM	Alex Eggerman	Cambridge & Coleridge AC	31	10 Phoenix Striders 554
35	V40	Craig Dyce	Cambridge & Coleridge AC	39	11 Pitsea Running Club 555
36	SM	Unknown Runner	Billericay Striders RC	42	12 Havering AC 195 (3)
37	SM	Richard Park	Cambridge & Coleridge AC	46	13 Thrift Green Trotters 287 (3)
38	SM	Lee Taylor	Southend-on-Sea AC	48	14 Basildon AC 380 (3)
39	SM	Ben Franklin	Southend-on-Sea AC	48	15 Southend-on-Sea AC 166 (2)
40	V40	Colin Read	Orion Harriers	27: 01	16 Billericay Striders RC 187 (2)
41	SM	Stuart Raven	Springfield Striders RC	06	17 Tiptree Road Runners 255 (2)
42	U20	Joesph Nourse	Braintree & District AC	10	18 Loughton AC 62 (1)
43	V40	Terence Spooner	Benfleet Running Club	13	
44	V40	Giles Hopkinson	Orion Harriers	17	
45	SM	Rick Ashden	Orion Harriers	20	
46	V50	Mike Bridgeland	Chelmsford AC	22	
47	SM	Iain Wood	Cambridge & Coleridge AC	27	
48	V40	Mark Harrod	Colchester Harriers AC	31	
49	V40	David Tullett	Chelmsford AC	35	
50	SM	Kevin Newell	Ilford AC	36	
51	SM	Neil McGoun	Orion Harriers	39	
52	SM	Tim Ballard	Colchester Harriers AC	44	
53	U20	Curtis Wood	Cambridge & Coleridge AC	49	
54	V40	Sean Parry	Thrift Green Trotters	53	
55	U20	Dominic LeMare	Southend-on-Sea AC	55	

Pos	Age	Name	Team	Time
56	V40	George Banbury	Orion Harriers	27: 56
57	SM	Sam Rahman	Ilford AC	57
58	V50	Don Lawless	Thurrock Harriers	59
59	V40	Paul Holloway	Ilford AC	28: 00
60	U20	Kieran Feltham	Billericay Striders RC	05
61	SM	Craig Horsburgh	Orion Harriers	06
62	V40	John Whitehouse	Loughton AC	07
63	V40	Alec Kyriakides	Southend-on-Sea AC	09
64	V40	Kevin Wotton	Ilford AC	10
65	V50	Paul Jeggo	Springfield Striders RC	13
66	U20	Abdul Mohammed	Havering AC	24
67	U20	Stephen Davies	Basildon AC	25
68	V50	Peter West	Colchester Harriers AC	27
69	V40	Joe Happe	Orion Harriers	29
70	SM	Mark Crook	Cambridge & Coleridge AC	32
71	U20	Henry Snell	Southend-on-Sea AC	38
72	SM	David Wilson	Orion Harriers	43
73	V40	Keith Willett	Thurrock Harriers	46
74	V40	Russ Middleton	Havering AC	48
75	V40	Paul Rogers	Colchester Harriers AC	52
76	V50	Colin Ridley	Colchester Harriers AC	54
77	V50	Nick Rankin	Benfleet Running Club	57
78	V50	Neil Crisp	Ilford AC	29: 05
79	V50	Kevin Julian	Orion Harriers	08
80	SM	Graeme Kennedy	Cambridge & Coleridge AC	18
81	SM	Mark Read	Thrift Green Trotters	24
82	V50	Jonathan Metcalf	Thurrock Harriers	26
83	V40	Andy Coleman	Billericay Striders RC	33
84	V40	Graham Booty	Benfleet Running Club	44
85	SM	John Sellick	Springfield Striders RC	48
86	V40	Glen Gosling	Orion Harriers	55
87	V40	Andrew Low	Benfleet Running Club	57
88	SM	Durward Whitehead	Cambridge & Coleridge AC	30: 05
89	V50	Dave Brock	Orion Harriers	07
90	V40	Chris Seymour	Mid Essex Casuals	17
91	SM	Michael Cerny	Benfleet Running Club	28
92	V50	Keith Thornton	Thrift Green Trotters	32
93	V40	Greg Wisken	Mid Essex Casuals	34
94	V40	Richard Boden	Colchester Harriers AC	40
95	SM	Peter Barrett	Thrift Green Trotters	46
96	V40	David Findlay	Basildon AC	48
97	V50	Simon Smith	Colchester Harriers AC	53
98	V40	Andy Thomas	Springfield Striders RC	31: 01
99	V40	Kevin Frost	Mid Essex Casuals	03
100	SM	Steve Surety	Basildon AC	6
101	V40	Carl Easton	Phoenix Striders	8
102	V40	Barry Ward	Havering AC	11
103	V60	Peter Binns	Southend-on-Sea AC	13
104	V40	David Spain	Billericay Striders RC	15
105	SM	Iain Scott	Thurrock Harriers	16
106	V40	Mike Grout	Benfleet Running Club	18
107	V50	Charlie Ritchie	Cambridge & Coleridge AC	29
108	V50	John Ferguson	Cambridge & Coleridge AC	41
109	V40	Simon Ferguson	Mid Essex Casuals	47
110	V40	Stuart Colley	Orion Harriers	54

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Pos	Age	Name	Team	Time
111	V50	Peter Tullett	Chelmsford AC	32: 00
112	SM	Andrew Lovelock	Springfield Striders RC	05
113	V40	Phil Watts	Springfield Striders RC	06
114	SM	Aaron Graves	Braintree & District AC	13
115	V50	Mick Bond	Colchester Harriers AC	21
116	V40	Glen Irwin	Orion Harriers	22
117	SM	Paul Mitchell	Thurrock Harriers	28
118	V50	Andrew Dodd	Orion Harriers	44
119	V40	Brian Venton	Benfleet Running Club	51
120	V40	Paul Dellar	Tiptree Road Runners	54
121	V50	James Hart	Orion Harriers	50
122	V50	Grant Corton	Orion Harriers	33: 02
123	V50	Kevin Kirby	Chelmsford AC	10
124	SM	Nick Knight	Thrift Green Trotters	14
125	V50	Gary Bartlett	Orion Harriers	15
126	SM	Roy Harwood	Benfleet Running Club	19
127	V60	Chris Reed	Pitsea Running Club	31
128	V60	Malcolm Savage	Springfield Striders RC	32
129	V50	Bernie Johnson	Thurrock Harriers	36
130	SM	Chris Footer	Phoenix Striders	38
131	SM	Matt Gillard	Southend-on-Sea AC	42
132	V50	Ricky Bullis	Basildon AC	52
133	V50	Paul Williams	Orion Harriers	34: 02
134	V40	Kris Semple	Cambridge & Coleridge AC	36
135	V50	Ted Skinner	Tiptree Road Runners	35: 02
136	V50	Stephen Burton	Benfleet Running Club	08
137	V50	Don Sinclair	Pitsea Running Club	23
138	V50	Paul Franklin	Mid Essex Casuals	31
139	V60	Glynn Smith	Cambridge & Coleridge AC	36: 11
140	V50	Jim Russell	Pitsea Running Club	12
141	V50	Melvyn Cooper	Thrift Green Trotters	22
142	V50	Steve Cheal	Ilford AC	34
143	SM	Leighton Williams	Mid Essex Casuals	37: 07
144	V60	Brian Butcher	Mid Essex Casuals	29
145	V60	Rob Sargent	Ilford AC	38: 19
146	V50	Eddie Mills	Phoenix Striders	39: 10
147	V50	Steve Williams	Chelmsford AC	59
148	V70	Charlie Ross	Chelmsford AC	40: 08
149	V60	John Pettifer	Mid Essex Casuals	41
150	V40	Simon Jordan	Phoenix Striders	51
151	V60	Dave Saunders	Pitsea Running Club	19
152	V40	Matt Thorpe	Basildon AC	34
153	SM	Mark Brown	Mid Essex Casuals	49
154	V60	Pat Knowles	Springfield Striders RC	42: 40
155	V70	Ron Dawson	Southend-on-Sea AC	45: 10
156	SM	Mick Hodges	Southend-on-Sea AC	47: 49
157	V60	Gwyn Hughes	Phoenix Striders	48: 38

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