

**Essex Cross Country League (3)**

Sponsored by



| <u>Horseheath</u> | <u>U13 Girls</u>    | <u>14-11-15</u>           |        |
|-------------------|---------------------|---------------------------|--------|
| Pos               | Name                | Team                      | Time   |
| 1                 | Martha Smith        | Chelmsford AC             | 12: 12 |
| 2                 | Georgia Tombs       | Chelmsford AC             | 36     |
| 3                 | Charlotte Pratt     | Harlow AC                 | 40     |
| 4                 | Faye Sweeting       | Chelmsford AC             | 50     |
| 5                 | Hannah Bolton       | Chelmsford AC             | 55     |
| 6                 | Savanna Sirkett     | Harlow AC                 | 13: 06 |
| 7                 | Rosie Shaw          | Orion Harriers            | 14     |
| 8                 | Hollie Rex          | Basildon AC               | 15     |
| 9                 | Becci Leddy         | Orion Harriers            | 19     |
| 10                | Holly Dowsett-Ward  | Thurrock Harriers         | 22     |
| 11                | Demi Briggs         | Thurrock Harriers         | 38     |
| 12                | Sophie Wetheridge   | Basildon AC               | 41     |
| 13                | Evie Smith          | Chelmsford AC             | 14: 11 |
| 14                | Grace Hayden        | Southend-on-Sea AC        | 13     |
| 15                | Tia Cocca           | Chelmsford AC             | 15     |
| 16                | Ellen Savidge       | Harlow AC                 | 27     |
| 17                | Leah Brewer         | Thurrock Harriers         | 37     |
| 18                | Innes Dunlop        | Cambridge & Coleridge AC  | 39     |
| 19                | MacKenzie Cranfield | Harlow AC                 | 52     |
| 20                | Hannah Peacock      | Thurrock Harriers         | 58     |
| 21                | Annie Grannell      | Havering AC               | 15: 07 |
| 22                | Emily Fall          | Thurrock Harriers         | 18     |
| 23                | Robyn Bartholomew   | Southend-on-Sea AC        | 19     |
| 24                | Anna Johnson        | Havering AC               | 53     |
| 25                | Kiera Polley        | East Essex Triathlon Club | 59     |
| 26                | Rebecca O'Rourke    | Havering AC               | 16: 07 |
| 27                | Morgan Romain       | Havering AC               | 08     |
| 28                | Nicola Phelps       | East Essex Triathlon Club | 25     |
| 29                | Ciara Martin        | East Essex Triathlon Club | 17: 06 |
| 30                | Sophie Anderson     | Southend-on-Sea AC        | 20: 04 |
| 31                | Eve Smith           | Orion Harriers            | 21: 41 |

| <b>Teams</b> |                                  |
|--------------|----------------------------------|
| 1            | Chelmsford AC 12                 |
| 2            | Harlow AC 44                     |
| 3            | Thurrock Harriers 58             |
| 4            | Havering AC 98                   |
| 5            | Orion Harriers 47 (3)            |
| 6            | Southend-on-Sea AC 67 (3)        |
| 7            | East Essex Triathlon Club 82 (3) |
| 8            | Basildon AC 20 (2)               |
| 9            | Cambridge & Coleridge AC 18 (1)  |

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### Essex Cross Country League (3)

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| <u>Horseheath</u> |                        |                           | <u>U13 Boys</u> | <u>14-11-15</u> |
|-------------------|------------------------|---------------------------|-----------------|-----------------|
| Pos               | Name                   | Team                      | Time            |                 |
| 1                 | Harry Parker           | Thurrock Harriers         | 11: 15          |                 |
| 2                 | Hugh Dow               | Cambridge & Coleridge AC  | 37              |                 |
| 3                 | Max Godfrey            | Cambridge & Coleridge AC  | 38              |                 |
| 4                 | Joe Morgan             | Harlow AC                 | 39              |                 |
| 5                 | Ziggy Lambton          | Colchester Harriers AC    | 43              |                 |
| 6                 | OJ Parmenter           | Cambridge & Coleridge AC  | 47              |                 |
| 7                 | Tom Bridger            | Cambridge & Coleridge AC  | 54              |                 |
| 8                 | Kai Boggan             | Harlow AC                 | 12: 00          |                 |
| 9                 | Ben Sloan              | Harlow AC                 | 07              |                 |
| 10                | Finnlay Lowe           | Thurrock Harriers         | 12              |                 |
| 11                | William Newcombe       | Cambridge & Coleridge AC  | 20              |                 |
| 12                | Sam Sloan              | Harlow AC                 | 21              |                 |
| 13                | Ben Naish              | Havering AC               | 23              |                 |
| 14                | Aiden Cahill           | Braintree & District AC   | 24              |                 |
| 15                | Kyle Gill              | East Essex Triathlon Club | 28              |                 |
| 16                | Miles Benyan           | Cambridge & Coleridge AC  | 29              |                 |
| 17                | Luke Chester           | Havering AC               | 57              |                 |
| 18                | Scott Thomas           | Chelmsford AC             | 13: 00          |                 |
| 19                | Edoardo Sonzgni        | Havering AC               | 01              |                 |
| 20                | Henry Jones            | Orion Harriers            | 09              |                 |
| 21                | Seb Poskett-Richardson | Southend-on-Sea AC        | 13              |                 |
| 22                | Thomas Woodward        | Chelmsford AC             | 14              |                 |
| 23                | Dylan Harrid           | Thurrock Harriers         | 15              |                 |
| 24                | Angus Dow              | Cambridge & Coleridge AC  | 22              |                 |
| 25                | Teddy Norcott          | Thurrock Harriers         | 24              |                 |
| 26                | Joseph Wheeler         | Cambridge & Coleridge AC  | 32              |                 |
| 27                | Louis Harhalakis       | Cambridge & Coleridge AC  | 38              |                 |
| 28                | Sunny Vehit            | Thurrock Harriers         | 58              |                 |
| 29                | Liam Bell              | Cambridge & Coleridge AC  | 14: 00          |                 |
| 30                | Nico Campbell          | Cambridge & Coleridge AC  | 04              |                 |
| 31                | Peter Brinton-Quinn    | Havering AC               | 05              |                 |
| 32                | Jordan Ryan            | Havering AC               | 49              |                 |
| 33                | Alex Alridge           | Southend-on-Sea AC        | 17: 09          |                 |

| <b>Teams</b> |                                  |
|--------------|----------------------------------|
| 1            | Cambridge & Coleridge AC 18      |
| 2            | Harlow AC 33                     |
| 3            | Thurrock Harriers 59             |
| 4            | Havering AC 80                   |
| 5            | Chelmsford AC 40 (2)             |
| 6            | Southend-on-Sea AC 54 (2)        |
| 7            | Colchester Harriers AC 5 (1)     |
| 8            | Braintree & District AC 14 (1)   |
| 9            | East Essex Triathlon Club 15 (1) |
| 10           | Orion Harriers 20 (1)            |

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### Essex Cross Country League (3)

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| <u>Horseheath</u> |                    |                          | <u>U15 Girls</u> | <u>14-11-15</u> |
|-------------------|--------------------|--------------------------|------------------|-----------------|
| Pos               | Name               | Team                     |                  | Time            |
| 1                 | Kate O'Neill       | Havering AC              |                  | 15: 25          |
| 2                 | Amber Pullinger    | Thurrock Harriers        |                  | 16: 02          |
| 3                 | Joanna Rimmington  | Southend-on-Sea AC       |                  | 13              |
| 4                 | Jessica Mitchell   | Havering AC              |                  | 19              |
| 5                 | Helena Dyce        | Cambridge & Coleridge AC |                  | 35              |
| 6                 | Lottie Rowedder    | Harlow AC                |                  | 50              |
| 7                 | Grace Goodall      | Benfleet Running Club    |                  | 17: 09          |
| 8                 | Abbie Kerr         | Braintree & District AC  |                  | 13              |
| 9                 | Lucy Aitchinson    | Chelmsford AC            |                  | 14              |
| 10                | Hayley Instance    | Thurrock Harriers        |                  | 14              |
| 11                | Molly Sweetman     | Havering AC              |                  | 20              |
| 12                | Kiera Hornsby      | Braintree & District AC  |                  | 22              |
| 13                | Sophie Rand        | Havering AC              |                  | 23              |
| 14                | Zoe Rutter         | Harlow AC                |                  | 30              |
| 15                | Jasmine West       | Colchester Harriers AC   |                  | 32              |
| 16                | Hannah Watson      | Colchester Harriers AC   |                  | 36              |
| 17                | Abbey Rex          | Basildon AC              |                  | 40              |
| 18                | Courtney Gordon    | Braintree & District AC  |                  | 41              |
| 19                | Lucie Ball         | Thurrock Harriers        |                  | 46              |
| 20                | Grace Burrell      | Basildon AC              |                  | 52              |
| 21                | Jasmine Rapley     | Cambridge & Coleridge AC |                  | 57              |
| 22                | Beth Wilson        | Cambridge & Coleridge AC |                  | 18: 08          |
| 23                | Genevieve Pate     | Benfleet Running Club    |                  | 24              |
| 24                | Emma Holmes        | Cambridge & Coleridge AC |                  | 26              |
| 25                | Lucy Cheffins      | Cambridge & Coleridge AC |                  | 32              |
| 26                | Catherine Barker   | Havering AC              |                  | 19: 07          |
| 27                | Chloe Morter       | Havering AC              |                  | 45              |
| 28                | Ellisa Baggott     | Colchester & Tendring AC |                  | 46              |
| 29                | Zoe Verlander      | Braintree & District AC  |                  | 47              |
| 30                | Thea Smith         | Chelmsford AC            |                  | 50              |
| 31                | Hannah Mickleburgh | Benfleet Running Club    |                  | 59              |
| 32                | Emma Stephens      | Cambridge & Coleridge AC |                  | 20: 02          |
| 33                | Sasha Clark        | Cambridge & Coleridge AC |                  | 20              |
| 34                | Bella Hall         | Cambridge & Coleridge AC |                  | 26              |
| 35                | Kate Walker        | Havering AC              |                  | 27              |
| 36                | Josie Tullett      | Chelmsford AC            |                  | 34              |

| <b>Teams</b> |                          |        |
|--------------|--------------------------|--------|
| 1            | Havering AC              | 29     |
| 2            | Braintree & District AC  | 67     |
| 2            | Cambridge & Coleridge AC | 72     |
| 4            | Thurrock Harriers        | 31     |
| 5            | Benfleet Running Club    | 61     |
| 6            | Chelmsford AC            | 75     |
| 7            | Harlow AC                | 20     |
| 8            | Colchester Harriers AC   | 31     |
| 9            | Basildon AC              | 37     |
| 10           | Southend-on-Sea AC       | 3 (1)  |
| 11           | Colchester & Tendring AC | 28 (1) |

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**Essex Cross Country League (3)**

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| <u>Horseheath</u> |                 | <u>U15 Boys</u>          | <u>14-11-15</u> |
|-------------------|-----------------|--------------------------|-----------------|
| Pos               | Name            | Team                     | Time            |
| 1                 | Joseph Owen     | Orion Harriers           | 14: 26          |
| 2                 | David Dow       | Cambridge & Coleridge AC | 30              |
| 3                 | Sonny Bastone   | Colchester & Tendring AC | 49              |
| 4                 | Thomas Keen     | Cambridge & Coleridge AC | 55              |
| 5                 | Lewis Harknett  | Harlow AC                | 15: 01          |
| 6                 | Zach Bridgeland | Chelmsford AC            | 13              |
| 7                 | Josh Borrett    | Cambridge & Coleridge AC | 18              |
| 8                 | Taylor Newell   | Thurrock Harriers        | 19              |
| 9                 | Tom Stuttle     | Southend-on-Sea AC       | 34              |
| 10                | Jack Exley      | Thurrock Harriers        | 38              |
| 11                | Danny Millward  | Colchester Harriers AC   | 41              |
| 12                | Sam Norris      | Southend-on-Sea AC       | 48              |
| 13                | Jay Shotter     | Orion Harriers           | 52              |
| 14                | Owen Harknett   | Harlow AC                | 57              |
| 15                | Sarab Dhillon   | Thurrock Harriers        | 16: 01          |
| 16                | Liam Brockway   | Orion Harriers           | 42              |
| 17                | Alex Friend     | Havering AC              | 44              |
| 18                | Craig Wheeler   | Southend-on-Sea AC       | 45              |
| 19                | Mason Hambleton | Thurrock Harriers        | 47              |
| 20                | Jamie Putt      | Harlow AC                | 50              |
| 21                | Saul Ashon      | Orion Harriers           | 55              |
| 22                | Henri Willett   | Thurrock Harriers        | 55              |
| 23                | Ben Prior       | Thurrock Harriers        | 59              |
| 24                | William Jones   | Orion Harriers           | 17: 01          |
| 25                | Joseph Bowden   | Colchester Harriers AC   | 10              |
| 26                | James Wright    | Basildon AC              | 17              |
| 27                | Will Wheeler    | Southend-on-Sea AC       | 28              |
| 28                | George Wisken   | Cambridge & Coleridge AC | 18: 18          |
| 29                | Callum Cahill   | Braintree & District AC  | 19: 21          |
| 30                | Matthew Edwards | Havering AC              | 33              |
| 31                | Josh Raven      | Cambridge & Coleridge AC | 41              |

| <b>Teams</b> |                                |
|--------------|--------------------------------|
| 1            | Cambridge & Coleridge AC 41    |
| 2            | Orion Harriers 51              |
| 3            | Thurrock Harriers 52           |
| 4            | Southend-on-Sea AC 66          |
| 5            | Harlow AC 39 (3)               |
| 6            | Colchester Harriers AC 36 (2)  |
| 7            | Havering AC 47 (2)             |
| 8            | Colchester & Tendring AC 3 (1) |
| 9            | Chelmsford AC 6 (1)            |
| 10           | Basildon AC 26 (1)             |
| 11           | Braintree & District AC 29 (1) |



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**Essex Cross Country League (3)**

| <u>Horseheath</u> |     |                        | <u>U17/20 Women</u>      | <u>14-11-15</u> |
|-------------------|-----|------------------------|--------------------------|-----------------|
| Pos               | Age | Name                   | Team                     | Time            |
| 1                 | U17 | Alice Newcombe         | Cambridge & Coleridge AC | 20: 35          |
| 2                 | U17 | Sinead Clark           | Benfleet Running Club    | 56              |
| 3                 | U17 | Belinda Dow            | Cambridge & Coleridge AC | 57              |
| 4                 | U17 | Rachel Broome          | Chelmsford AC            | 21: 10          |
| 5                 | U20 | Victoria Hiscock       | Benfleet Running Club    | 42              |
| 6                 | U17 | Jemima Walker          | Basildon AC              | 45              |
| 7                 | U17 | Emma Schaertlin-Coffey | Cambridge & Coleridge AC | 55              |
| 8                 | U17 | Niamh Smith            | Basildon AC              | 59              |
| 9                 | U20 | Megan Williams         | Chelmsford AC            | 22: 17          |
| 10                | U17 | Lydia Callan           | Chelmsford AC (N/S)      | 35              |
| 11                | U20 | Sarah Wilson           | Havering AC              | 44              |
| 12                | U17 | Emma Perks             | Chelmsford AC            | 23: 09          |
| 13                | U17 | Mary-Ann Deasy         | Colchester & Tendring AC | 42              |
| 14                | U17 | Megan Rapley           | Basildon AC              | 59              |
| 15                | U20 | Mia Pesci              | Cambridge & Coleridge AC | 24: 04          |
| 16                | U20 | Serena Espeute         | Orion Harriers           | 08              |
| 17                | U17 | Georgina Sturgeon      | Colchester & Tendring AC | 10              |
| 18                | U17 | Megan Cross            | Basildon AC              | 25: 39          |

**Teams**

|   |                          |        |
|---|--------------------------|--------|
| 1 | Cambridge & Coleridge AC | 26     |
| 2 | Basildon AC              | 46     |
| 3 | Chelmsford AC            | 25 (3) |
| 4 | Benfleet Running Club    | 7 (2)  |
| 5 | Colchester & Tendring AC | 30 (2) |
| 6 | Havering AC              | 11 (1) |
| 7 | Orion Harriers           | 16 (1) |

## Essex Cross Country League (3)

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| <u>Horseheath</u> |                    |                           | <u>U17 Men</u> | <u>14-11-15</u> |
|-------------------|--------------------|---------------------------|----------------|-----------------|
| Pos               | Name               | Team                      | Time           |                 |
| 1                 | Rob Huckle         | Cambridge & Coleridge AC  | 21: 20         |                 |
| 2                 | Ollie Sewell       | Cambridge & Coleridge AC  | 22: 07         |                 |
| 3                 | Jordan Wood        | Cambridge & Coleridge AC  | 20             |                 |
| 4                 | Toby Wright        | Southend-on-Sea AC        | 24             |                 |
| 5                 | Gus Withers        | Basildon AC               | 33             |                 |
| 6                 | Mason Webb         | Basildon AC               | 23: 03         |                 |
| 7                 | Ben Miller         | Colchester & Tendring AC  | 13             |                 |
| 8                 | Carlos Sanz        | Cambridge & Coleridge AC  | 17             |                 |
| 9                 | Jodi Meredith      | Thurrock Harriers         | 25             |                 |
| 10                | Joe Patterson      | Colchester & Tendring AC  | 27             |                 |
| 11                | Jordan Denyer      | Chelmsford AC             | 28             |                 |
| 12                | Harrison Smith     | East Essex Triathlon Club | 43             |                 |
| 13                | Jordan Christotmou | Orion Harriers            | 48             |                 |
| 14                | Max Williams       | Colchester Harriers AC    | 49             |                 |
| 15                | Nathan Brearley    | Chelmsford AC             | 24: 03         |                 |
| 16                | Sam Smith          | Thurrock Harriers         | 08             |                 |
| 17                | Josh Iton          | Orion Harriers            | 29             |                 |
| 18                | Christian Barker   | Harlow AC                 | 30             |                 |
| 19                | Charlie Everest    | Colchester Harriers AC    | 48             |                 |
| 20                | Peter Cooke        | Cambridge & Coleridge AC  | 50             |                 |
| 21                | Oliver Mann        | Thurrock Harriers         | 53             |                 |
| 22                | Harry Tullett      | Chelmsford AC             | 25: 08         |                 |
| 23                | Mike Hodges        | Southend-on-Sea AC        | 14             |                 |
| 24                | Joe Logan          | Thurrock Harriers         | 26             |                 |
| 25                | Alex Lione         | Cambridge & Coleridge AC  | 35             |                 |
| 26                | James Stewart      | Havering AC               | 47             |                 |
| 27                | Eden Coleman       | Orion Harriers            | 26: 00         |                 |
| 28                | William Gray       | Chelmsford AC             | 27             |                 |
| 29                | Alex Smith         | Chelmsford AC             | 39             |                 |
| 30                | Sam Walsh          | Basildon AC               | 41             |                 |
| 31                | Conor Culham       | Braintree & District AC   | 56             |                 |
| 32                | Kieran O'Hara      | Havering AC               | 28: 18         |                 |

| Teams                        | Time   |
|------------------------------|--------|
| 1 Cambridge & Coleridge AC   | 14     |
| 2 Thurrock Harriers          | 70     |
| 3 Chelmsford AC              | 76     |
| 4 Basildon AC                | 41 (3) |
| 5 Orion Harriers             | 57 (3) |
| 6 Colchester & Tendring AC   | 17 (2) |
| 7 Southend-on-Sea AC         | 27 (2) |
| 8 Colchester Harriers AC     | 33 (2) |
| 9 Havering AC                | 58 (2) |
| 10 East Essex Triathlon Club | 12 (1) |
| 11 Harlow AC                 | 18 (1) |
| 12 Braintree & District AC   | 31 (1) |



## Essex Cross Country League (3)

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| <u>Horseheath</u> |     |                       | <u>Senior Women</u>       | <u>14-11-15</u> |   |
|-------------------|-----|-----------------------|---------------------------|-----------------|---|
| Pos               | Age | Name                  | Team                      | Time            | Teams (4 to score)                      |
| 1                 | SW  | Charlotte Christensen | Cambridge & Coleridge AC  | 23: 30          | 1 Chelmsford AC 30                      |
| 2                 | U20 | Gemma Holloway        | Thurrock Harriers         | : 53            | 2 Colchester Harriers AC 72             |
| 3                 | U17 | Jodie Judd            | Chelmsford AC             | 24: 09          | 3 Cambridge & Coleridge AC 88           |
| 4                 | SW  | Alexa Joel            | Havering AC               | : 32            | 4 Southend-on-Sea AC 92                 |
| 5                 | W35 | Sarah Stradling       | Colchester Harriers AC    | : 49            | 5 Basildon AC 109                       |
| 6                 | W35 | Claire Cornwell       | Southend-on-Sea AC        | 25: 28          | 6 Orion Harriers 127                    |
| 7                 | SW  | Carla Brown           | Cambridge & Coleridge AC  | : 30            | 7 Ilford AC 170                         |
| 8                 | SW  | Gemma Barry           | Chelmsford AC             | : 49            | 8 Havering AC 188                       |
| 9                 | W35 | Sally Judd            | Chelmsford AC             | : 52            | 9 Braintree & District AC 205           |
| 10                | SW  | Rebecca Cole          | Chelmsford AC             | 26: 12          | 10 Benfleet Running Club 231            |
| 11                | W45 | Margaret Deasey       | Colchester & Tendring AC  | : 22            | 11 Phoenix Striders 239                 |
| 12                | SW  | Rebecca Luxton        | Chelmsford AC             | : 23            | 12 Pitsea Running Club 285              |
| 13                | SW  | Mestawot Debele       | Orion Harriers            | : 25            | 13 Thurrock Harriers 58 (3)             |
| 14                | W35 | Wendy King            | Chelmsford AC             | : 47            | 14 Springfield Striders RC 150 (3)      |
| 15                | SW  | Lacey Bareham         | Colchester & Tendring AC  | : 52            | 15 Thrift Green Trotters 188 (3)        |
| 16                | SW  | Alice Tennant         | Guest                     | : 57            | 16 Loughton AC 191 (3)                  |
| 17                | W35 | Hayley Hawes          | East Essex Triathlon Club | 27: 00          | 17 Colchester & Tendring AC 26 (2)      |
| 18                | SW  | Louise Douglas        | Basildon AC               | : 02            | 18 East Essex Triathlon Club 17 (1)     |
| 19                | W45 | Denise Morley         | Colchester Harriers AC    | : 10            |   |
| 20                | SW  | Charlotte Bishop      | Basildon AC               | : 25            |   |
| 21                | SW  | Rebecca Cooke         | Colchester Harriers AC    | : 39            |   |
| 22                | SW  | Anna Granger          | Chelmsford AC             | : 56            |   |
| 23                | W35 | Toni Noble            | Thurrock Harriers         | 28: 17          |   |
| 24                | W45 | Joanna Smith          | Chelmsford AC             | : 18            |   |
| 25                | SW  | Emily Ballard         | Basildon AC               | : 21            |   |
| 26                | SW  | Sarah Pennington      | Southend-on-Sea AC        | : 25            |   |
| 27                | SW  | Ella Neale            | Colchester Harriers AC    | : 36            |   |
| 28                | W35 | Anne Jenkinson        | Southend-on-Sea AC        | : 40            |   |
| 29                | W45 | Debbie Cattermole     | Colchester Harriers AC    | : 55            |   |
| 30                | W45 | Stefanie Godfrey      | Cambridge & Coleridge AC  | 29: 04          |   |
| 31                | W35 | Hayley Rogerson       | Orion Harriers            | : 15            |   |
| 32                | SW  | Holly Gillard         | Southend-on-Sea AC        | : 31            |   |
| 33                | W45 | Jodie Farrell         | Thurrock Harriers         | : 35            |   |
| 34                | SW  | Esther Campbell       | Orion Harriers            | : 40            |   |
| 35                | W45 | Vanessa Mathers       | Southend-on-Sea AC        | : 42            |   |
| 36                | W45 | Mel Jones             | Ilford AC                 | : 47            |   |
| 37                | W55 | Breege Nordin         | Ilford AC                 | 30: 03          |   |
| 38                | W35 | Victoria Curran       | Springfield Striders RC   | : 15            |   |
| 39                | SW  | Katie Wilkinson       | Benfleet Running Club     | : 29            |   |
| 40                | W35 | Marijke Van Eetvelde  | Thrift Green Trotters     | : 48            |   |
| 41                | W35 | Kasia Kostyrka        | Southend-on-Sea AC        | 31: 04          |   |
| 42                | W45 | Lorna Gaffney         | Loughton AC               | : 26            |   |
| 43                | W45 | Josie Sheffield       | Braintree & District AC   | : 32            |   |
| 44                | W45 | Nicola Hopkinson      | Ilford AC                 | 32: 15          |   |
| 45                | W45 | Sam Hillyard          | Braintree & District AC   | : 39            |   |
|                   |     |                       |                           |                 | <b>Veteran Team Result (3 to score)</b> |
|                   |     |                       |                           |                 | 1 Chelmsford AC 47                      |
|                   |     |                       |                           |                 | 2 Colchester Harriers AC 53             |
|                   |     |                       |                           |                 | 3 Southend-on-Sea AC 69                 |
|                   |     |                       |                           |                 | 4 Ilford AC 117                         |
|                   |     |                       |                           |                 | 5 Braintree & District AC 142           |
|                   |     |                       |                           |                 | 6 Springfield Striders RC 150           |
|                   |     |                       |                           |                 | 7 Phoenix Striders 175                  |
|                   |     |                       |                           |                 | 8 Havering AC 184                       |
|                   |     |                       |                           |                 | 9 Loughton AC 191                       |
|                   |     |                       |                           |                 | 10 Benfleet Running Club 192            |
|                   |     |                       |                           |                 | 11 Pitsea Running Club 206              |
|                   |     |                       |                           |                 | 12 Thurrock Harriers 56 (2)             |
|                   |     |                       |                           |                 | 13 Orion Harriers 80 (2)                |
|                   |     |                       |                           |                 | 14 Cambridge & Coleridge AC 100 (2)     |
|                   |     |                       |                           |                 | 15 Thrift Green Trotters 115 (2)        |
|                   |     |                       |                           |                 | 16 Colchester & Tendring AC 11 (1)      |
|                   |     |                       |                           |                 | 17 East Essex Triathlon Club 17 (1)     |
|                   |     |                       |                           |                 | 18 Basildon AC 46 (1)                   |
|                   |     |                       |                           |                 | 19 Mid Essex Casuals 48 (1)             |
|                   |     |                       |                           |                 | 20 Billericay Striders RC 65 (1)        |

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| Pos | Age | Name               | Team                     | Time   |
|-----|-----|--------------------|--------------------------|--------|
| 46  | W35 | Mandy Wetheridge   | Basildon AC              | : 43   |
| 47  | W35 | Collette Frampton  | Southend-on-Sea AC       | : 51   |
| 48  | W45 | Laura Pettifer     | Mid Essex Casuals        | 33: 08 |
| 49  | W35 | Hayley Barron      | Orion Harriers           | : 33   |
| 50  | SW  | Rachael Leah       | Cambridge & Coleridge AC | : 44   |
| 51  | W35 | Debbielyn Hallam   | Southend-on-Sea AC       | : 45   |
| 52  | W35 | Maureen Lear       | Havering AC              | : 45   |
| 53  | SW  | Rachel Halpin      | Ilford AC                | : 46   |
| 54  | W35 | Claire Gordon      | Braintree & District AC  | 34: 16 |
| 55  | W35 | Amelie Mollinghoff | Springfield Striders RC  | : 28   |
| 56  | W45 | Debbie Smith       | Phoenix Striders         | : 46   |
| 57  | W45 | Elaine Tribbley    | Springfield Striders RC  | : 47   |
| 58  | W45 | Tracy O'Neill      | Havering AC              | : 48   |
| 59  | W35 | Claire Kay         | Phoenix Striders         | : 50   |
| 60  | W45 | Lynsey Gray        | Phoenix Striders         | : 55   |
| 61  | W45 | Mandy Cooper       | Benfleet Running Club    | : 58   |
| 62  | W45 | Annette Johnson    | Benfleet Running Club    | 35: 06 |
| 63  | W45 | Elizabeth Cahill   | Braintree & District AC  | : 15   |
| 64  | W45 | Beryl De Smedt     | Phoenix Striders         | : 31   |
| 65  | W35 | Jo Ling            | Billericay Striders RC   | : 43   |
| 66  | W45 | Jo Whiffen         | Loughton AC              | : 48   |
| 67  | W55 | Teresa Flannigan   | Pitsea Running Club      | : 55   |
| 68  | W45 | Terri Howe         | Pitsea Running Club      | 36: 04 |
| 69  | W45 | Laura Williams     | Benfleet Running Club    | : 06   |
| 70  | W35 | Jen Richardson     | Cambridge & Coleridge AC | : 16   |
| 71  | W55 | Valerie Sinclair   | Pitsea Running Club      | : 51   |
| 72  | U20 | Joelle Ewen        | Orion Harriers           | 37: 26 |
| 73  | SW  | Vicki Calleja      | Thrift Green Trotters    | : 32   |
| 74  | W45 | Jane Hallam        | Havering AC              | : 45   |
| 75  | W35 | Lorna Mess         | Thrift Green Trotters    | : 58   |
| 76  | W45 | Doris Gaga         | Ilford AC                | 38: 20 |
| 77  | W45 | Nicola Maslen      | Phoenix Striders         | : 40   |
| 78  | W35 | Nicola Chester     | Ilford AC                | : 47   |
| 79  | W35 | Angela Smith       | Pitsea Running Club      | : 48   |
| 80  | W55 | Sue Vine           | Phoenix Striders         | : 48   |
| 81  | W35 | Jo Key             | Benfleet Running Club    | 39: 47 |
| 82  | W35 | Lynne Culham       | Braintree & District AC  | 43: 55 |
| 83  | W55 | Gwen Harwood       | Loughton AC              | 47: 01 |

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**Essex Cross Country League (3)**

Sponsored by

| <u>Horseheath</u> |     | <u>Senior Men</u> | <u>14-11-15</u>          |        |
|-------------------|-----|-------------------|--------------------------|--------|
| Pos               | Age | Name              | Team                     | Time   |
| 1                 | SM  | Henry Pearce      | Guest Tonbridge          | 27: 13 |
| 2                 | V40 | Adrian Mussett    | Colchester Harriers AC   | 28: 08 |
| 3                 | SM  | Grant Twist       | Chelmsford AC            | 29: 02 |
| 4                 | SM  | Mark Sandford     | Chelmsford AC            | : 14   |
| 5                 | SM  | Grant Webb        | Basildon AC              | : 19   |
| 6                 | SM  | Tristan Windley   | Springfield Striders RC  | : 22   |
| 7                 | SM  | Angus Holford     | Guest W G & E L          | : 24   |
| 8                 | SM  | Matt Granger      | Chelmsford AC            | : 31   |
| 9                 | SM  | Scott Stirling    | Guest Newham & Essex B   | : 49   |
| 10                | SM  | Alistair Hodges   | Cambridge & Coleridge AC | : 58   |
| 11                | SM  | Rob Warner        | Havering AC              | 30: 00 |
| 12                | SM  | Pat Walsh         | Southend-on-Sea AC       | : 09   |
| 13                | SM  | Jack Stroud       | Orion Harriers           | : 13   |
| 14                | SM  | Stephen Woodford  | Chelmsford AC            | : 18   |
| 15                | SM  | Daz Farrugia      | Colchester Harriers AC   | : 21   |
| 16                | SM  | Carwyn Jones      | Colchester Harriers AC   | : 25   |
| 17                | V40 | Richard Heath     | Colchester Harriers AC   | : 37   |
| 18                | SM  | Rhys Gillard      | Southend-on-Sea AC       | : 47   |
| 19                | SM  | Alfie Wiathaka    | Havering AC              | : 55   |
| 20                | U20 | George Elliott    | Basildon AC              | : 56   |
| 21                | SM  | Brian Jenkins     | Orion Harriers           | : 56   |
| 22                | SM  | Ian Clark         | Orion Harriers           | : 59   |
| 23                | V40 | Barnaby Foot      | Orion Harriers           | 31: 05 |
| 24                | V40 | Steve Rand        | Havering AC              | : 18   |
| 25                | U20 | Darren Blackwell  | Chelmsford AC            | : 23   |
| 26                | SM  | Kurtis Swan       | Billericay Striders RC   | : 25   |
| 27                | SM  | James Smith       | Springfield Striders RC  | : 27   |
| 28                | V40 | Allen Smalls      | Colchester Harriers AC   | : 32   |
| 29                | SM  | Ben Hall          | Orion Harriers           | : 33   |
| 30                | U20 | Christian Gray    | Basildon AC              | : 34   |
| 31                | U20 | Adam Jordan       | Southend-on-Sea AC       | : 34   |
| 32                | SM  | Charlie Parker    | Southend-on-Sea AC       | : 39   |
| 33                | SM  | Rick Ashton       | Orion Harriers           | : 40   |
| 34                | V50 | Colin Ridley      | Colchester Harriers AC   | : 45   |
| 35                | SM  | Paul Grange       | Havering AC              | : 48   |
| 36                | U20 | Thomas Young      | Orion Harriers           | : 49   |
| 37                | V40 | Matt Bland        | Havering AC              | : 50   |
| 38                | U20 | Dan Ashley        | Basildon AC              | : 51   |
| 39                | V40 | Mark Harrod       | Colchester Harriers AC   | : 58   |
| 40                | V40 | Lee Taylor        | Southend-on-Sea AC       | : 59   |
| 41                | SM  | James Williams    | Chelmsford AC            | 32: 01 |
| 42                | SM  | Callum Wallace    | Southend-on-Sea AC       | : 02   |
| 43                | SM  | Neil McGoun       | Orion Harriers           | : 04   |
| 44                | SM  | Auberon Hall      | Orion Harriers           | : 09   |
| 45                | SM  | Jan Rus           | Cambridge & Coleridge AC | : 12   |
| 46                | V50 | Stephen Philcox   | Ilford AC                | : 13   |
| 47                | U20 | Ben Patterson     | Orion Harriers           | : 18   |
| 48                | V50 | Paul Spowage      | Colchester Harriers AC   | : 23   |
| 49                | SM  | Jason Crispin     | Havering AC              | : 42   |
| 50                | U20 | Jake Davies       | Cambridge & Coleridge AC | : 43   |
| 51                | V40 | Stuart Raven      | Springfield Striders RC  | : 52   |
| 52                | U20 | James Hiscock     | Benfleet Running Club    | : 54   |
| 53                | V40 | Martin Chester    | Havering AC              | : 55   |
| 54                | V40 | Terry Spooner     | Benfleet Running Club    | : 56   |
| 55                | U20 | Curtis Wood       | Cambridge & Coleridge AC | : 58   |

  

| <b>Veteran Team Result (4 to score)</b> |                          |         |
|---|--------------------------|---------|
| 1                                       | Colchester Harriers AC   | 81      |
| 2                                       | Havering AC              | 191     |
| 3                                       | Orion Harriers           | 199     |
| 4                                       | Ilford AC                | 248     |
| 5                                       | Thurrock Harriers        | 300     |
| 6                                       | Southend-on-Sea AC       | 332     |
| 7                                       | Springfield Striders RC  | 333     |
| 8                                       | Benfleet Running Club    | 349     |
| 9                                       | Billericay Striders RC   | 417     |
| 10                                      | Phoenix Striders         | 480     |
| 11                                      | Thrift Green Trotters    | 488     |
| 12                                      | Cambridge & Coleridge AC | 506     |
| 13                                      | Pitsea Running Club      | 611     |
| 14                                      | Basildon AC              | 269 (2) |
| 15                                      | Chelmsford AC            | 288 (2) |
| 16                                      | Braintree & District AC  | 103 (1) |
| 17                                      | Mid Essex Casuals        | 152 (1) |
| 18                                      | Loughton AC              | 160 (1) |

| Pos | Age | Name              | Team                     | Time   |
|-----|-----|-------------------|--------------------------|--------|
| 56  | V50 | Matt Flannary     | Orion Harriers           | 33: 03 |
| 57  | V40 | Colin Read        | Orion Harriers           | : 05   |
| 58  | SM  | Sam Cornforth     | Springfield Striders RC  | : 07   |
| 59  | U20 | Mat Braybrook     | Havering AC              | : 20   |
| 60  | V40 | Paul Rodgers      | Colchester Harriers AC   | : 25   |
| 61  | V40 | Paul Holloway     | Ilford AC                | : 30   |
| 62  | SM  | Ben Jones         | Cambridge & Coleridge AC | : 33   |
| 63  | V40 | Adam Baker        | Orion Harriers           | : 39   |
| 64  | V40 | Keith Willett     | Thurrock Harriers        | : 43   |
| 65  | U20 | Eddy Cooper       | Benfleet Running Club    | : 51   |
| 66  | V50 | Alec Kyriakides   | Southend-on-Sea AC       | : 53   |
| 67  | U20 | Abdul Mohamed     | Havering AC              | : 57   |
| 68  | U20 | Ryan Creasy       | Benfleet Running Club    | : 59   |
| 69  | V40 | Kevin Wootton     | Ilford AC                | 34: 04 |
| 70  | V50 | Chris Purse       | Springfield Striders RC  | : 05   |
| 71  | V40 | Andy Wright       | Billericay Striders RC   | : 08   |
| 72  | V50 | Neil Crisp        | Ilford AC                | : 09   |
| 73  | V50 | Don Lawless       | Thurrock Harriers        | : 12   |
| 74  | V40 | Adrian Smith      | Orion Harriers           | : 24   |
| 75  | SM  | Durward Whitehead | Cambridge & Coleridge AC | : 45   |
| 76  | V50 | Eamonn Shelley    | Thurrock Harriers        | : 49   |
| 77  | V50 | Paul Berrett      | Havering AC              | : 53   |
| 78  | SM  | John Staines      | Southend-on-Sea AC       | : 57   |
| 79  | SM  | Dave Wilson       | Orion Harriers           | : 58   |
| 80  | SM  | Adam Colgrave     | Chelmsford AC            | : 59   |
| 81  | U20 | Donald Campbell   | Harlow AC                | 35: 11 |
| 82  | V50 | Peter West        | Colchester Harriers AC   | : 12   |
| 83  | SM  | Mark Crook        | Cambridge & Coleridge AC | : 13   |
| 84  | V50 | Nick Rankin       | Benfleet Running Club    | : 15   |
| 85  | SM  | Keith Martin      | Thurrock Harriers        | : 34   |
| 86  | V40 | Russ Middleton    | Havering AC              | : 51   |
| 87  | V50 | John Metcalfe     | Thurrock Harriers        | : 52   |
| 88  | SM  | Ewan McFarlane    | Phoenix Striders         | : 53   |
| 89  | V60 | Tony Nixon        | Ilford AC                | : 54   |
| 90  | V40 | Carl Easton       | Phoenix Striders         | : 55   |
| 91  | V50 | Keith Thornton    | Thrift Green Trotters    | 36: 03 |
| 92  | SM  | Marc Hills        | Thrift Green Trotters    | : 08   |
| 93  | SM  | James Waterson    | Colchester Harriers AC   | : 15   |
| 94  | SM  | Tim Freeland      | Orion Harriers           | : 20   |
| 95  | V40 | Andy Low          | Benfleet Running Club    | : 23   |
| 96  | SM  | Tim Martin        | Thurrock Harriers        | : 26   |
| 97  | V40 | Matt Stenning     | Billericay Striders RC   | : 30   |
| 98  | SM  | Chris Allen       | Basildon AC              | : 31   |
| 99  | SM  | Rob Jones         | Springfield Striders RC  | : 37   |
| 100 | V40 | John Byford       | Springfield Striders RC  | : 40   |
| 101 | SM  | Buddy Green       | Orion Harriers           | : 45   |
| 102 | V60 | Andy Catton       | Ilford AC                | : 49   |
| 103 | V40 | Myles Coulson     | Braintree & District AC  | : 51   |
| 104 | V40 | Steve Walker      | Havering AC              | : 56   |
| 105 | V60 | Mick Bumstead     | Thurrock Harriers        | : 59   |
| 106 | V50 | Steve Foggo       | Billericay Striders RC   | 37: 12 |
| 107 | V60 | Charlie Ritchie   | Cambridge & Coleridge AC | : 24   |
| 108 | SM  | Mike Brooks       | Orion Harriers           | : 29   |
| 109 | SM  | Nick Styles       | Benfleet Running Club    | : 37   |
| 110 | U20 | Joe Payne         | Basildon AC              | : 40   |

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| Pos | Age | Name              | Team                     | Time   |
|-----|-----|-------------------|--------------------------|--------|
| 111 | V40 | Al Monte          | Southend-on-Sea AC       | : 45   |
| 112 | V40 | Phil Watts        | Springfield Striders RC  | : 51   |
| 113 | SM  | Kushal Agarwal    | Billericay Striders RC   | : 59   |
| 114 | V50 | James Hart        | Orion Harriers           | 38: 06 |
| 115 | V60 | Peter Binns       | Southend-on-Sea AC       | : 14   |
| 116 | V40 | Ian Pike          | Benfleet Running Club    | : 29   |
| 117 | SM  | Roy Harwood       | Benfleet Running Club    | : 34   |
| 118 | V40 | Nicholas Knight   | Thrift Green Trotters    | : 42   |
| 119 | SM  | Ben Chamberlain   | Cambridge & Coleridge AC | : 43   |
| 120 | V40 | Richard Flutter   | Guest Harwich Runners    | : 59   |
| 121 | SM  | Tony Collins      | Havering AC              | 39: 10 |
| 122 | V40 | Simon Morgan      | Colchester Harriers AC   | : 34   |
| 123 | V50 | Trevor Horncastle | Phoenix Striders         | : 37   |
| 124 | V50 | Andrew Dodd       | Orion Harriers           | : 44   |
| 125 | V50 | Grant Corton      | Orion Harriers           | : 52   |
| 126 | V50 | Dave Lane         | Phoenix Striders         | : 55   |
| 127 | V50 | Stephen Burton    | Benfleet Running Club    | 40: 03 |
| 128 | V50 | Gerald Meah       | Cambridge & Coleridge AC | : 05   |
| 129 | V50 | Kevin Kirby       | Chelmsford AC            | : 15   |
| 130 | V40 | Matt Gillard      | Southend-on-Sea AC       | : 38   |
| 131 | V40 | John Rex          | Basildon AC              | : 47   |
| 132 | SM  | Ian Scott         | Thurrock Harriers        | 41: 08 |
| 133 | V40 | Brett Corthine    | Thrift Green Trotters    | : 11   |
| 134 | V40 | Ian Glover        | Southend-on-Sea AC       | : 28   |
| 135 | V60 | Glyn Smith        | Cambridge & Coleridge AC | : 42   |
| 136 | V40 | Andy Irvine       | Cambridge & Coleridge AC | : 47   |
| 137 | V50 | Paul Williams     | Orion Harriers           | : 57   |
| 138 | V50 | Richard Bullis    | Basildon AC              | : 58   |
| 139 | SM  | Chris Footer      | Phoenix Striders         | 42: 00 |
| 140 | V60 | Ted Skinner       | Ilford AC                | : 10   |
| 141 | V40 | Martin Orford     | Phoenix Striders         | : 14   |
| 142 | SM  | Richard Rowe      | Havering AC              | : 44   |
| 143 | V60 | Keith Walker      | Billericay Striders RC   | : 50   |
| 144 | V50 | Ian Carmichael    | Billericay Striders RC   | : 56   |
| 145 | V50 | Don Sinclair      | Pitsea Running Club      | 43: 20 |
| 146 | V50 | Melvyn Cooper     | Thrift Green Trotters    | 44: 00 |
| 147 | V60 | Bob Jousiffe      | Orion Harriers           | : 12   |
| 148 | SM  | Lewis Dorling     | Phoenix Striders         | : 40   |
| 149 | SM  | James Ryan        | Loughton AC              | : 56   |
| 150 | V50 | Peter McLaughlin  | Pitsea Running Club      | 45: 11 |
| 151 | V50 | Kim Vinicombe     | Phoenix Striders         | : 52   |
| 152 | V60 | David Game        | Mid Essex Casuals        | 47: 45 |
| 153 | SM  | Alex Hurer        | Billericay Striders RC   | : 46   |
| 154 | V50 | Steve Jordan      | Southend-on-Sea AC       | 48: 35 |
| 155 | V50 | David Davidson    | Pitsea Running Club      | : 45   |
| 156 | V50 | Andrew Unsworth   | Cambridge & Coleridge AC | 49: 03 |
| 157 | V50 | Dave Girt         | Southend-on-Sea AC       | : 04   |
| 158 | V40 | Paul Dawson       | Southend-on-Sea AC       | : 13   |
| 159 | V50 | Stephen Williams  | Chelmsford AC            | 50: 38 |
| 160 | V60 | David Hobbs       | Loughton AC              | : 38   |
| 161 | V60 | Peter Flannigan   | Pitsea Running Club      | 51: 23 |
| 162 | V60 | Peter Bates       | Pitsea Running Club      | 53: 23 |
| 163 | V70 | Ron Dawson        | Southend-on-Sea AC       | : 39   |
| 164 | V50 | Ian Hawthorn      | Pitsea Running Club      | 58: 07 |

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