

Essex Cross Country League (3)

<u>Writtle</u>		<u>U13 Girls</u>	<u>14/12/2019</u>	
Pos	Name	Team	Time	
1	Kayleigh Atkinson	Chelmsford AC	12:	57
2	Charlotte Evans	Havering AC	13:	22
3	Gaby Bilbie	Chelmsford AC		23
4	Holly Appleton	Chelmsford AC		28
5	Sienna Shipton	Chelmsford AC		29
6	Lucy Nuttall	Chelmsford AC		30
7	Amelia King	Chelmsford AC		36
8	Megan Vernon	Benfleet Running Club		38
9	Abigail Swan	Havering AC		44
10	Olivia Forrest	Guest		48
11	Emmie Fulker	Chelmsford AC		51
12	Carys Sergeant	Colchester & Tendring AC	14:	03
13	Cheyenne Daghar	Thurrock Harriers		05
14	Mia Bowring	Chelmsford AC		06
15	Liliana Taylor	Southend-on-Sea AC		23
16	Ruby Tillson	Havering AC		28
17	Emma Harding	Basildon AC		30
18	Rosie Warner	Havering AC		31
19	Cressida Hughes	Cambridge & Coleridge AC		49
20	Jessica Walker	Southend-on-Sea AC		54
21	Mara Thomas	Chelmsford AC	15:	00
22	Hannah Evans	Havering AC		02
23	Amelie Hewlett	Braintree & District AC		03
24	Abbie Hoult	Orion Harriers		10
25	Daisy Sameuls	Southend-on-Sea AC		15
26	Ruby Aylott	Benfleet Running Club		23
27	Abi White	Chelmsford AC		28
28	Jessica Gerchen	Basildon AC		29
29	Sophie Matthews	Thurrock Harriers		31
30	Maisy Raymond	Chelmsford AC		37
31	Abigail Aitkin	Southend-on-Sea AC		40
32	Abigail Cowling	Harlow AC		54
33	Poppy Carlin	Southend-on-Sea AC	16:	00
34	Isabelle Allen	Southend-on-Sea AC		10
35	Hannah Osborne	Southend-on-Sea AC		11
36	Jessica Heath	Basildon AC		25
37	Erin Foote	Harlow AC		48
38	Keira Bellas	Orion Harriers		51
39	Holly Pinborough	Southend-on-Sea AC	17:	40

Teams		
1	Chelmsford AC	13
2	Havering AC	45
3	Southend-on-Sea AC	91
4	Basildon AC	81 (3)
5	Benfleet Running Club	34 (2)
6	Thurrock Harriers	42 (2)
7	Orion Harriers	62 (2)
8	Harlow AC	69 (2)
9	Colchester & Tendring AC	12 (1)
10	Cambridge & Coleridge AC	19 (1)
11	Braintree & District AC	23 (1)

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<u>Writtle</u>				<u>U13 Boys</u>				<u>14/12/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Sam Plummer	Colchester & Tendring AC	11: 30	41	Charlie Watts	Chelmsford AC	25				
2	Beau Macdonald	Southend-on-Sea AC	31	42	Waleed Kabuye	Havering AC	32				
3	Harry Wyatt	Thurrock Harriers	54	43	Charlie Collard	Chelmsford AC	33				
4	Matthew Smith	Cambridge & Coleridge AC	58	44	Lucas Willett	Thurrock Harriers	35				
5	Joseph Grange	Ilford AC	12: 01	45	William Watts	Thurrock Harriers	36				
6	Mackinley Gall	Southend-on-Sea AC	20	46	William Muffet	Orion Harriers	44				
7	Archie Durham	Chelmsford AC	21	47	Oscar Stradwick	Orion Harriers	45				
8	Jake Campen	Basildon AC	23	48	Fred Walton	Colchester & Tendring AC	15: 21				
9	Ryan Carroll	Havering AC	28								
10	Oliver Taylor-Bush	Havering AC	30								
11	Toby Johnson	Havering AC	42								
12	Nate Harding	Guest	45								
13	Eddie Da Sousa	Orion Harriers	49								
14	Alfie Squibb	Thurrock Harriers	51								
15	Dylan Robins	Chelmsford AC	57								
16	Toby Jones	Southend-on-Sea AC	13: 01								
17	Jacob Hurrell	Chelmsford AC	02								
18	Samuel Keen	Basildon AC	03								
19	Robert Godley	Chelmsford AC	04								
20	Matthew Godley	Chelmsford AC	04								
21	Zach Higgins	Havering AC	05								
22	Alfie Geeves	Havering AC	09								
23	William Sweeney	Chelmsford AC	09								
24	Daniel Lammas	Havering AC	13								
25	Rilwan Choi	Southend-on-Sea AC	15								
26	Ethan Brien	Chelmsford AC	18								
27	Jonty Barton	Chelmsford AC	19								
28	Joseph Gray	Havering AC	21								
29	Alex Carty	Southend-on-Sea AC	24								
30	Aaron Hick	Ilford AC	28								
31	Harrison Leek	Colchester Harriers AC	32								
32	Finley Greenleaf	Colchester Harriers AC	34								
33	Teddy Squibb	Thurrock Harriers	38								
34	Jack Riley	Basildon AC	50								
35	Lucas Cleaver	Guest	50								
36	Lucas Emeagi	Ilford AC	54								
37	Jesse Ryan	Chelmsford AC	56								
38	Ellis Cross	Basildon AC	14: 11								
39	Bradley Silvain	Basildon AC	14								
40	Oscar Potter	Thurrock Harriers	22								

Teams			
1	Southend-on-Sea AC	49	
2	Havering AC	51	
3	Chelmsford AC	58	
3	Thurrock Harriers	90	
5	Basildon AC	98	
6	Ilford AC	71	(3)
7	Orion Harriers	106	(3)
8	Colchester & Tendring AC	49	(2)
9	Colchester Harriers AC	63	(2)
10	Cambridge & Coleridge AC	4	(1)

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<u>Writtle</u>				<u>U15 Girls</u>		<u>14/12/2019</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time		Time
1	Holly Watson	Chelmsford AC	16: 22	41	Ruby Lendon	Havering AC			44
2	Natalie Sewell	Havering AC	27	42	Lucia De Cristofano	Benfleet Running Club	22:		14
3	Jayne Elvin	Thurrock Harriers	45	43	Grace Evans	Harlow AC	24:		33
4	Kiera Atkinson	Chelmsford AC	52	44	Aara Shofiuazzaman	Benfleet Running Club			54
5	Jessica Barber	Basildon AC	17: 19						
6	Madeline Barker	Havering AC	22						
7	Ruby Higgins	Havering AC	27						
8	Isabelle Carlin	Southend-on-Sea AC	28						
9	Alice Bower	Chelmsford AC	29						
10	Matilda Canty	Havering AC	30						
11	Nicole Langan	Havering AC	35						
12	Hannah Yexley	Havering AC	18: 07						
13	Alexandra Bell-Cobbold	Colchester Harriers AC	13						
14	Verity Garcia	Orion Harriers	17						
15	Ruby Samuels	Southend-on-Sea AC	26						
16	Freya Seymour	Basildon AC	33						
17	Lizzie Wellsted	Colchester Harriers AC	35						
18	Isabel Freed	Benfleet Running Club	37						
19	Sophie Cottam	Chelmsford AC	37						
20	Meisha Trend-Evans	Guest	42						
21	Isabel Mansley	Cambridge & Coleridge AC	43						
22	Freya Long	Havering AC	46						
23	Pandora Baker	Orion Harriers	47						
24	Elizabeth McCluskey	Cambridge & Coleridge AC	49						
25	Isabel Tracy	Southend-on-Sea AC	19: 01						
26	Hannah Warner	Southend-on-Sea AC	08						
27	Amelia Green	Colchester Harriers AC	14						
28	Aisling Waters	Southend-on-Sea AC	16						
29	Erin Vernon	Benfleet Running Club	27						
30	Emily Henderson	Colchester Harriers AC	46						
31	Naomi Coote	Chelmsford AC	20: 08						
32	Fran Turner	Basildon AC	13						
33	Rebecca Young	Benfleet Running Club	23						
34	Olivia Higgs	Thurrock Harriers	20: 53						
35	Evie Knight	Basildon AC	56						
36	Ciara Pearce	Orion Harriers	58						
37	Ruby Scott	Thurrock Harriers	59						
38	Amelia Jones	Southend-on-Sea AC	21: 06						
39	Holly Hammond	Southend-on-Sea AC	33						
40	Millie Costin	Basildon AC	37						

Teams			
1	Havering AC		25
2	Chelmsford AC		33
3	Southend-on-Sea AC		74
4	Colchester Harriers AC		87
5	Basildon AC		88
6	Benfleet Running Club		122
7	Orion Harriers		73 (3)
8	Thurrock Harriers		74 (3)
9	Cambridge & Coleridge AC		45 (2)
10	Harlow AC		43 (1)

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<u>Writtle</u>		<u>U15 Boys</u>	<u>14/12/2019</u>	
Pos	Name	Team	Time	
1	Ben Maguire	Southend-on-Sea AC	14:	33
2	Charlie Howell	Havering AC		39
3	Tom Wood	Chelmsford AC	15:	06
4	Matthew Blacklock	Havering AC		13
5	William Nuttall	Chelmsford AC		18
6	Will Steadman	Chelmsford AC		24
7	Sam Riley	Basildon AC		36
8	Daniel Zailer-Fletcher	Cambridge & Coleridge AC		54
9	Hugo Jones	Southend-on-Sea AC	16:	10
10	Max Robbins	Havering AC		14
11	Shane Hart	Havering AC		19
12	Owen Fisher	Havering AC		19
13	Joseph Perry	Chelmsford AC		26
14	Cameron Beasley	Braintree & District AC		31
15	Finley Wolton	Havering AC		34
16	Charlie Burgess	Havering AC		35
17	Alister Moscuza	Braintree & District AC		40
18	Teddy Dacey	Chelmsford AC		47
19	Lawrence Martin	Chelmsford AC		51
20	Dan Peters	Havering AC		54
21	Oscar Farley	Billericay Striders RC		54
22	Edison Barker	Colchester & Tendring AC		58
23	Finn Rattray	Colchester & Tendring AC		59
24	David McCarthy	Chelmsford AC	17:	03
25	Jacob Alexander	Chelmsford AC		09
26	Lewis Edwards	Havering AC		15
27	Archie Henington	Colchester & Tendring AC		25
28	Tom Ing	Chelmsford AC		26
29	Oliver Prince	Braintree & District AC		47
30	Archie Winney	Havering AC	18:	12
31	Benedict Heath	Basildon AC		13
32	Owen Beswick	Basildon AC		14
33	Ronan Longman-Young	Benfleet Running Club		25
34	Jacob Emeagi	Ilford AC		56
35	Oliver Blainey	Ilford AC	19:	26
36	Charlie Parmenter	Colchester Harriers AC		30
37	Owen Keen	Orion Harriers		30
38	Oliver Hughes	Cambridge & Coleridge AC	20:	22
39	James Malyon	Harlow AC		52
40	Vitor Marten-Manas	Ilford AC	21:	48

Teams		
1	Havering AC	27
2	Chelmsford AC	27
3	Braintree & District AC	60 (3)
4	Basildon AC	70 (3)
5	Colchester & Tendring AC	72 (3)
6	Ilford AC	109 (3)
7	Southend-on-Sea AC	10 (2)
8	Cambridge & Coleridge AC	46 (2)
9	Billericay Striders RC	21 (1)
10	Benfleet Running Club	33 (1)
11	Colchester Harriers AC	36 (1)
12	Orion Harriers	37 (1)
13	Harlow AC	39 (1)

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<u>Writtle</u>		<u>U17/20 Women</u>	<u>14/12/2019</u>	
Pos	Age	Name	Team	Time
1	U17	Megan Harris	Basildon AC	21: 23
2	U17	Madison Harris	Basildon AC	26
3	U20	Grace Goodall	Basildon AC	36
4	U17	Sydney Foley	Havering AC	46
5	U17	Milly Presland	Colchester Harriers AC	58
6	U17	Demi Eves	Thurrock Harriers	22: 03
7	U17	Lauryn Wood	Chelmsford AC	27
8	U17	Hannah Bolton	Chelmsford AC	41
9	U17	Martha Smith	Chelmsford AC	58
10	U17	Kennedy Beardwell	Thurrock Harriers	23: 49
11	U17	Sasha Clark	Cambridge & Coleridge AC	24: 05
12	U17	Hannah Riley	Basildon AC	31
13	U17	Katie Brazier	Chelmsford AC	49
14	U17	Ciara Cronin	Chelmsford AC	25: 24
15	U20	Jordan Hinds	Ilford AC	52
16	U17	Emily Fall	Thurrock Harriers	26: 05
17	U17	Daizy Harris	Basildon AC	11
18	U17	Paige Woodcraft	Chelmsford AC	27: 06
19	U17	Morgan Romain	Havering AC	12
20	U20	Amealia Lyons	Chelmsford AC	14
21	U20	Emily James	Havering AC	27
22	U17	Faye Sweeting	Chelmsford AC	56
23	U17	Annie Grannell	Havering AC	28: 13
24	U17	Eve Smith	Orion Harriers	30
25	U17	Jessica James	Havering AC	40
26	U17	Rebecca O'Rourke	Havering AC	29: 10
27	U17	Anabel Lambert-Kelly	Colchester & Tendring AC	31: 30
28	U20	Anjelica Thomson	Havering AC	32: 40
29	U17	Jessica Nicholls	Harlow AC	36: 58

Teams		
1	Basildon AC	18
2	Chelmsford AC	37
3	Havering AC	67
4	Thurrock Harriers	32 (3)
5	Colchester Harriers AC	5 (1)
6	Cambridge & Coleridge AC	11 (1)
7	Ilford AC	15 (1)
8	Orion Harriers	24 (1)
9	Colchester & Tendring AC	27 (1)
10	Harlow AC	29 (1)

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<u>Writtle</u>		<u>U17 Men</u>	<u>14/12/2019</u>	
Pos	Name	Team	Time	
1	Jak Wright	Ilford AC	23:	34
2	Aidan Cahill	Colchester & Tendring AC		47
3	Matt Warner	Southend-on-Sea AC		55
4	Bradley Deacon	Ilford AC		57
5	Max Stapleton	Southend-on-Sea AC	24:	09
6	Alexander Wall	Chelmsford AC		19
7	Alex Ford	Havering AC		49
8	Luke Randall	Southend-on-Sea AC		51
9	Daniel Edwards	Basildon AC		53
10	Scott Thomas	Chelmsford AC		56
11	Dylan Harrod	Thurrock Harriers	25:	17
12	Josh McGill	Basildon AC		33
13	Charlie Regan	Colchester & Tendring AC		53
14	Sunny Vehit	Thurrock Harriers		53
15	Jake Hume	Basildon AC	26:	02
16	Luke Mendew	Basildon AC		10
17	Finlay Staff	Chelmsford AC		22
18	Archie Connors	Benfleet Running Club		41
19	William Samuels	Southend-on-Sea AC		51
20	Samuel Waite	Chelmsford AC		52
21	Luke Orrin	Colchester Harriers AC	27:	00
22	Harry Jackson	Basildon AC		06
23	Jim Iliffe	Chelmsford AC		24
24	Lenny Houston	Havering AC		50
25	Jack Thomson	Havering AC	29:	03
26	Thomas Hunt	Basildon AC		08
27	Mark Godley	Chelmsford AC		09
28	Haydn Hawkins	Braintree & District AC		36
29	Michael Knowles	Colchester & Tendring AC		52
30	Thomas Woodward	Chelmsford AC	32:	09
31	Jimmy Robbin	Southend-on-Sea AC	39:	30

Teams	
1 Southend-on-Sea AC	35
2 Basildon AC	52
3 Chelmsford AC	53
4 Colchester & Tendring AC	44 (3)
5 Havering AC	56 (3)
6 Ilford AC	5 (2)
7 Thurrock Harriers	25 (2)
8 Benfleet Running Club	18 (1)
9 Colchester Harriers AC	21 (1)
10 Braintree & District AC	28 (1)

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		<u>Writtle</u>	<u>Senior Women</u>	<u>14/12/2019</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	SW	Lydia Hallam	Havering AC	24: 54	1	Havering AC 23
2	SW	Morgan Campbell	Havering AC	26: 05	2	Orion Harriers 75
3	SW	Becky Hair	Cambridge & Coleridge AC	: 17	3	Colchester Harriers AC 86
4	SW	Ginte Bailey	Havering AC	: 26	4	Southend-on-Sea AC 90
5	SW	Clare Thurgood	Orion Harriers	: 51	5	Thurrock Harriers 93
6	U20	Sinead Clark	Benfleet Running Club	27: 02	6	Brentwood Running Club 146
7	V40	Nikki Woodyard	Springfield Striders RC	: 03	7	Benfleet Running Club 172
8	SW	Megan Evans	Chelmsford AC	: 08	8	Springfield Striders RC 180
9	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 15	9	Ilford AC 181
10	SW	Sarah Worley	Billericay Striders RC	: 40	10	Billericay Striders RC 188
11	SW	Heidi Steel	Colchester Harriers AC	: 47	11	JBR Run and Tri 336
12	SW	Hayley Lamkin	Southend-on-Sea AC	: 57	12	Chelmsford AC 59 (3)
13	V45	Wendy King	Chelmsford AC	28: 00	Division 2 Teams (4 to score)	
14	V50	Denise Morley	Colchester Harriers AC	: 15	1	Tiptree Road Runners 168
15	U20	Hayley Instance	Thurrock Harriers	: 23	2	Halstead RR 221
16	V45	Debbie Appleton	Havering AC	: 32	3	Phoenix Striders 321
17	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 01	4	Grange Farm & Dunmow Runr 140 (3)
18	V40	Danielle Harrington	Tiptree Road Runners	: 59	5	Pitsea Running Club 282 (3)
19	V40	Kathleen Short	Brentwood Running Club	29: 03	6	East Essex Triathlon Club 142 (2)
20	V45	Toni Radley	Thurrock Harriers	: 10	7	Braintree & District AC 144 (2)
21	V55	Loretta Sellars	Thurrock Harriers	: 29	8	Cambridge & Coleridge AC 3 (1)
22	SW	Sarah Jeffery	Southend-on-Sea AC	: 35	9	Basildon AC 28 (1)
23	V40	Hayley Rogerson	Orion Harriers	: 41	10	Mid Essex Casuals 80 (1)
24	SW	Clare Davies	Havering AC	: 57	Veterans Teams (3 to score)	
25	SW	Jenny Gall	Southend-on-Sea AC	30: 01	1	Orion Harriers 70
26	SW	Eloise Smith	Brentwood Running Club	: 03	2	Thurrock Harriers 78
27	SW	Anna Crawley	Ilford AC	: 11	3	Colchester Harriers AC 89
28	SW	Louise Douglass	Basildon AC	: 23	4	Springfield Striders RC 117
29	SW	Rachel Dale	Colchester Harriers AC	: 24	5	Southend-on-Sea AC 120
30	V45	Lorraine Gosling	Orion Harriers	: 26	6	Tiptree Road Runners 121
31	V45	Anne Jenkinson	Southend-on-Sea AC	: 32	7	Brentwood Running Club 135
32	V40	Alexandra Hennessy	Colchester Harriers AC	: 35	8	Havering AC 142
33	V45	Rachel Flannigan	Phoenix Striders	: 36	9	Benfleet Running Club 166
34	SW	Kate Walsh	JBR Run and Tri	: 40	10	Billericay Striders RC 178
35	SW	Jenny Sheehan	Ilford AC	: 55	11	Ilford AC 190
36	SW	Rachael Roughan	Halstead RR	: 59	12	Phoenix Striders 215
37	V50	Jodie Farrell	Thurrock Harriers	31: 08	13	Halstead RR 231
38	SW	Hayley Pegg	Chelmsford AC	: 11	14	Braintree & District AC 144 (2)
39	V45	Jacqui Watson	Benfleet Running Club	: 23	15	Pitsea Running Club 200 (2)
40	SW	Jade Edwards	Havering AC	: 29	16	JBR Run and Tri 203 (2)
41	V40	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 34	17	Chelmsford AC 13 (1)
42	V55	Pippa Dowswell	Orion Harriers	: 35	18	East Essex Triathlon Club 56 (1)
43	V55	Debbie Cattermole	Colchester Harriers AC	: 38	19	Grange Farm & Dunmow Runr 64 (1)
44	SW	Amy Gornall	Brentwood Running Club	: 42	20	Mid Essex Casuals 80 (1)
45	V45	Morven Hurding	Tiptree Road Runners	: 42		

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Pos	Age	Name	Team	Time
46	V45	Marzana Ward	Billericay Striders RC	: 48
47	SW	Jess Archer	Tiptree Road Runners	: 57
48	V45	Rebecca Taylor	Southend-on-Sea AC	: 57
49	V50	Nikki Ranson	Springfield Striders RC	: 58
50	V60	Breege Nordin	Ilford AC	32: 12
51	V45	Joanne Sullivan	Havering AC	: 15
52	SW	Kelly Judge	Halstead RR	: 26
53	V40	Ruth Havis	Billericay Striders RC	: 40
54	V50	Vanessa Mathers	Southend-on-Sea AC	: 47
55	V40	Nicola Evans	Benfleet Running Club	33: 03
56	V45	Rebecca Gill	East Essex Triathlon Club	: 24
57	V40	Lisa James	Brentwood Running Club	: 29
58	V50	Tracy Harrington	Tiptree Road Runners	: 44
59	V50	Mary Lloyd	Brentwood Running Club	: 47
60	V55	Christine Inch	Orion Harriers	: 48
61	V45	Isobel Gowers	Springfield Striders RC	34: 04
62	V45	Madeleine Knight	Brentwood Running Club	: 07
63	V50	Hilda O'Kelly	Springfield Striders RC	: 24
64	V50	Hayley Smith	Grange Farm & Dunmow Runr	: 33
65	V50	Wendy Carter	Halstead RR	: 39
66	V50	Josephine Sheffield	Braintree & District AC	: 48
67	SW	Charlotte King	Grange Farm & Dunmow Runr	: 56
68	SW	Anna Bambridge	Halstead RR	: 59
69	V55	Nicola Hopkinson	Ilford AC	35: 05
70	V65	Lynn Tanner	Springfield Striders RC	: 07
71	V50	Alison Sale	Ilford AC	: 08
72	V40	Louise Maggs	Benfleet Running Club	: 30
73	SW	Simone Hillard	Tiptree Road Runners	: 41
74	V45	Dianne Fairchild	Brentwood Running Club	: 46
75	V55	Tracy O'Neill	Havering AC	: 47
76	V55	Elaine Tribley	Springfield Striders RC	: 51
77	V45	Julie Wilson	Brentwood Running Club	: 54
78	V40	Lynsey Hawkins	Braintree & District AC	: 59
79	V45	Joanne Ling	Billericay Striders RC	36: 02
80	V50	Lorna Pettifer	Mid Essex Casuals	: 16
81	V40	Emma Healy	Halstead RR	: 21
82	SW	Gemma Higgs	Pitsea Running Club	: 25
83	V55	Diane Crisp	Ilford AC	: 30
84	SW	Emily Penkett	Springfield Striders RC	: 37
85	V50	Lisa Rodbourn	Halstead RR	: 42
86	SW	Deborah Hall	East Essex Triathlon Club	: 43
87	V50	Sandi Robinson-Miller	Halstead RR	: 45
88	V55	Debra Pumfrett	Phoenix Striders	37: 22
89	SW	Vicki Calleja	Brentwood Running Club	: 50
90	SW	Emma De Cruz	Billericay Striders RC	38: 2

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Pos	Age	Name	Team	Time
91	V55	Jacky Green	JBR Run and Tri	: 40
92	V50	Sharon Hardwicke	Tiptree Road Runners	: 43
93	V50	Annette Johnson	Benfleet Running Club	: 52
94	V55	Jo Pearce	Phoenix Striders	: 58
95	V55	Jo Day	Brentwood Running Club	39: 50
96	V50	Debbie Robertson	Benfleet Running Club	40: 14
97	V60	Helen Williams	Pitsea Running Club	: 20
98	V40	Suzy Stidston	Benfleet Running Club	: 41
99	SW	Hannah Bardell	JBR Run and Tri	41: 00
100	V55	Frances Gridley	Tiptree Road Runners	: 03
101	V40	Manuela Gordea	Benfleet Running Club	: 04
102	V50	Zoe Gould	Tiptree Road Runners	: 12
103	V60	Gillian Harrison	Pitsea Running Club	: 24
104	V55	Doris Gaga	Ilford AC	: 45
105	SW	Lauren Hutley	Halstead RR	42: 25
106	V50	Nicola Maslen	Phoenix Striders	44: 25
107	V55	Nicola Burston	Phoenix Striders	: 30
108	V65	Susannah Horton	Benfleet Running Club	: 59
109	V45	Lovedip Dhaliwal	Ilford AC	45: 06
110	V50	Sue Long	Tiptree Road Runners	46: 01
111	V50	Sharon Wilkinson	Phoenix Striders	: 05
112	V40	Sarah Makinson	JBR Run and Tri	49: 04
113	V50	Michelle Holman	Phoenix Striders	: 55
114	V65	Anita Leaver	Tiptree Road Runners	54: 39

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Essex Cross Country League (3)

<u>Writtle</u>		<u>Senior Men</u>	<u>14/12/2019</u>	
Pos	Age	Name	Team	Time
1	SM	Ahmed Abdulle	Ilford AC	29: 09
2	U20	Zach Bridgeland	Chelmsford AC	: 52
3	SM	Rob Warner	Havering AC	: 55
4	SM	Tom Beedell	Brentwood Running Club	30: 06
5	SM	David Fewell	Chelmsford AC	: 10
6	SM	Angus Holford	Guest	: 24
7	U20	Leon Wheeler	Thurrock Harriers	: 42
8	SM	Alex Richards	Ilford AC	: 58
9	SM	James Stewart	Havering AC	31: 05
10	U20	Taylor Newell	Thurrock Harriers	: 11
11	V40	Paul Grange	Ilford AC	: 18
12	V40	Lee Taylor	Southend-on-Sea AC	: 24
13	SM	Aaron Graves	Tiptree Road Runners	: 25
14	SM	Gavin Watts	Havering AC	: 28
15	V45	Christian Holmes	Southend-on-Sea AC	: 29
16	U20	Sam Atkins	Havering AC	: 32
17	U20	Oliver Lill	Basildon AC	: 33
18	SM	Tom Gardner	Ilford AC	: 34
19	U20	Oliver Randall	Southend-on-Sea AC	: 35
20	U20	Ben Prior	Thurrock Harriers	: 36
21	SM	Rhys Gillard	Southend-on-Sea AC	: 45
22	SM	Kurtis Swan	Braintree & District AC	: 49
23	SM	Chris Burgoyne	Springfield Striders RC	: 50
24	SM	Alec Finch	Thurrock Harriers	: 50
25	SM	Dominic Le Mare	Southend-on-Sea AC	: 52
26	U20	Mungo Prior	Ilford AC	32: 06
27	SM	Alex Manton	Springfield Striders RC	: 14
28	V40	Barry Smith	Havering AC	: 22
29	U20	Lewis Harknett	Orion Harriers	: 25
30	SM	John Baslington	Cambridge & Coleridge AC	: 26
31	SM	Rob Mahen	Cambridge & Coleridge AC	: 28
32	V45	Steve Rand	Havering AC	: 29
33	SM	Richard Smith	Orion Harriers	: 32
34	SM	Luke Fitz John	Springfield Striders RC	: 44
35	U20	Sam Wheatley	Southend-on-Sea AC	: 50
36	V45	Gary Coombes	Ilford AC	: 51
37	SM	Greg Tye	Braintree & District AC	: 56
38	SM	Pat Walsh	Southend-on-Sea AC	: 58
39	SM	Oscar Peris	Ilford AC	: 59
40	U20	Innes Fullerton	Braintree & District AC	33: 01
41	U20	Thomas Palmer	Colchester Harriers AC	: 03
42	SM	Cameron Humphries	Colchester Harriers AC	: 05
43	U20	Victor Stienwand	Colchester Harriers AC	: 18
44	SM	John Whitehead	Havering AC	: 20
45	SM	Conor Culham	Braintree & District AC	: 25
46	SM	Gareth Allen	Orion Harriers	: 26
47	SM	Mike Roberts	Orion Harriers	: 29
48	V50	Matthew Bland	Havering AC	: 34
49	SM	Shane Boxall	Southend-on-Sea AC	: 40
50	V40	James Wright	Colchester Harriers AC	: 56
51	V40	Paul Miles	Springfield Striders RC	: 58
52	U20	Joe Lane	Chelmsford AC	34: 01
53	SM	Ben Holdgate	Braintree & District AC	: 04
54	SM	James Hiscock	Benfleet Running Club	: 08
55	SM	Robert Doyle	Thurrock Harriers	: 11
56	U20	Jack Exley	Thurrock Harriers	: 18

Division 1 Teams (6 to score)		
1	Ilford AC	100
2	Havering AC	102
3	Southend-on-Sea AC	127
4	Thurrock Harriers	172
5	Springfield Striders RC	254
6	Colchester Harriers AC	308
7	Orion Harriers	371
8	Benfleet Running Club	531
9	Grange Farm & Dunmow Runr	694
10	JBR Run and Tri	1099
11	Halstead RR	699 (5)
12	Phoenix Striders	759 (5)

Division 2 Teams (6 to score)		
1	Braintree & District AC	271
2	Chelmsford AC	291
3	Basildon AC	518
4	Billericay Striders RC	593
5	Brentwood Running Club	633
6	Tiptree Road Runners	776
7	Mid Essex Casuals	879
8	Pitsea Running Club	894
9	Hockley Trail Runners	959
10	Cambridge & Coleridge AC	61 (2)
11	Witham Running Club	99 (1)
12	East Essex Triathlon Club	117 (1)
13	Colchester & Tendring AC	123 (1)

Veterans (4 to score)		
1	Southend-on-Sea AC	158
2	Havering AC	169
3	Ilford AC	205
4	Springfield Striders RC	240
5	Colchester Harriers AC	298
6	Billericay Striders RC	374
7	Chelmsford AC	404
8	Benfleet Running Club	419
9	Brentwood Running Club	510
10	Pitsea Running Club	510
11	Orion Harriers	559
12	Phoenix Striders	561
13	Grange Farm & Dunmow Runr	563
14	Tiptree Road Runners	570
15	Mid Essex Casuals	628
16	Hockley Trail Runners	634
17	Thurrock Harriers	363 (3)
18	Basildon AC	493 (3)
19	Halstead RR	183 (2)
20	Witham Running Club	99 (1)
21	East Essex Triathlon Club	117 (1)
22	Colchester & Tendring AC	123 (1)
23	JBR Run and Tri	177 (1)

Pos	Age	Name	Team	Time
57	V40	Anthony Goodall	Springfield Striders RC	: 21
58	SM	Chris Wayman	Benfleet Running Club	: 26
59	U20	James Putt	Basildon AC	: 30
60	V50	Alec Kyrakides	Southend-on-Sea AC	: 30
61	V40	Rob Trevor	Havering AC	: 43
62	V50	Scott Dryden	Springfield Striders RC	: 46
63	V40	Tim Ballard	Colchester Harriers AC	: 49
64	U20	George Hill	Basildon AC	: 53
65	U20	James Wright	Basildon AC	: 57
66	V45	Peter Waite	Chelmsford AC	35: 00
67	V50	Paul Holloway	Ilford AC	: 04
68	SM	Jack Whittaker	Southend-on-Sea AC	: 06
69	SM	Gavin Scanlon	Colchester Harriers AC	: 08
70	V45	Lee Martin	Springfield Striders RC	: 08
71	V55	Simon Le Mare	Southend-on-Sea AC	: 10
72	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	: 12
73	V45	Greg Deacon	Springfield Striders RC	: 14
74	U20	Charles Fletcher	Braintree & District AC	: 18
75	V40	Mike Woodward	Pitsea Running Club	: 30
76	SM	Barry Weldon	Billericay Striders RC	: 37
77	V50	Paul Broome	Springfield Striders RC	: 38
78	V55	Colin Ridley	Colchester Harriers AC	: 39
79	V45	Anthony Moore	Billericay Striders RC	: 42
80	V60	Peter Tullett	Chelmsford AC	: 45
81	V65	David Butler	Billericay Striders RC	: 55
82	V45	Tim Wright	Orion Harriers	36: 02
83	V45	Matt Randall	Southend-on-Sea AC	: 09
84	V50	Andrew Wright	Billericay Striders RC	: 18
85	V45	Keith Willett	Thurrock Harriers	: 21
86	SM	Christopher Youell	Chelmsford AC	: 25
87	V40	Nathan Roulson	Halstead RR	: 41
88	V40	Nick Hunter	Chelmsford AC	: 42
89	SM	Haydon Newland	Ilford AC	: 43
90	V55	Tony Pecoraro	Havering AC	: 44
91	V55	Dairmuid MacDonnell	Ilford AC	: 45
92	SM	Alexander Ings	Braintree & District AC	: 48
93	V50	Robin McCoy	Springfield Striders RC	: 58
94	V50	Alan Clark	Benfleet Running Club	37: 08
95	SM	Adam Colgrave	Chelmsford AC	: 14
96	V40	Tom Porter	Halstead RR	: 20
97	SM	Tom Walsh	Southend-on-Sea AC	: 23
98	SM	Matthew Webster	Grange Farm & Dunmow Runr	: 31
99	V50	Leon Cole	Witham Running Club	: 40
100	V50	Steve Walker	Havering AC	: 53
101	V50	Kevin Marshall	Grange Farm & Dunmow Runr	: 58
102	U20	Mark Beale	Chelmsford AC	38: 7
103	V45	James Campion	Southend-on-Sea AC	: 8
104	V45	Ian Pike	Benfleet Running Club	: 23
105	V40	Jon Byford	Springfield Striders RC	: 30
106	V40	Dave Weldon	Springfield Striders RC	: 36
107	V50	Richard Flutter	Colchester Harriers AC	: 44
108	V50	Richard Jones	Benfleet Running Club	: 45
109	V50	Mark Lawes	Tiptree Road Runners	: 47
110	V55	Phil Olsen	Brentwood Running Club	39: 1
111	V50	Ian O'Neill	Brentwood Running Club	: 5
112	V50	Tony Hyde	Pitsea Running Club	: 11

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Pos	Age	Name	Team	Time
113	V60	Doug Stephens	Benfleet Running Club	: 14
114	V60	Alan Pearl	Ilford AC	: 18
115	SM	Ben Leeds	Mid Essex Casuals	: 21
116	V55	Terry Knightley	Ilford AC	: 22
117	V55	Matthew Aitken	East Essex Triathlon Club	: 23
118	V50	Bob Bardell	Tiptree Road Runners	: 23
119	SM	Ben Whateley-Harris	Brentwood Running Club	: 28
120	SM	Luca Predebon	Grange Farm & Dunmow Runr	: 31
121	V60	Shane Lawrence	Guest	: 39
122	V40	Steven Ball	Thurrock Harriers	: 46
123	V45	John Hennington	Colchester & Tendring AC	: 54
124	V60	Chris Purse	Springfield Striders RC	: 56
125	SM	Harley Lloyd	Hockley Trail Runners	40: 00
126	V45	Alan Cooke	Hockley Trail Runners	: 02
127	V50	Neal Clark	Phoenix Striders	: 03
128	V50	Mark Wellsted	Colchester Harriers AC	: 07
129	V45	Roy James	Havering AC	: 14
130	V55	Stephen Foggo	Billericay Striders RC	: 17
131	SM	Gavin Ripton	Halstead RR	: 23
132	V45	Ian Ratray	Colchester Harriers AC	: 44
133	V45	Cliff King	Mid Essex Casuals	: 46
134	V60	Bill Bennett	Orion Harriers	: 53
135	V40	Dennis Briggs	Ilford AC	: 54
136	SM	Daniel Quartly	Mid Essex Casuals	: 55
137	SM	James Williams	Chelmsford AC	: 56
138	V50	Lee Hazlewood	Phoenix Striders	41: 03
139	V55	Nick Rankin	Benfleet Running Club	: 05
140	V45	Ian Booker	Brentwood Running Club	: 12
141	SM	Ed Lunn	Orion Harriers	: 22
142	SM	Dan Walsh	JBR Run and Tri	: 22
143	V50	Colin White	Billericay Striders RC	: 25
144	V55	John Pumfrett	Phoenix Striders	: 38
145	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 51
146	V40	Grant England	Billericay Striders RC	: 56
147	V45	James Price	Pitsea Running Club	42: 02
148	V55	David Findlay	Basildon AC	: 21
149	V55	James MacNish-Porter	Brentwood Running Club	: 28
150	V50	John Sweeney	Mid Essex Casuals	: 57
151	V70	Peter Binns	Southend-on-Sea AC	43: 02
152	V50	Colin Wilkinson	Phoenix Striders	: 03
153	V40	Ben Fisher	Orion Harriers	: 05
154	V50	Julian Cattmul	Springfield Striders RC	: 27
155	SM	Cameron Strutt	Springfield Striders RC	: 29
156	V60	Bernard Johnson	Thurrock Harriers	: 37
157	SM	Dan Buckley	Billericay Striders RC	: 38
158	V40	James Hawkes	Grange Farm & Dunmow Runr	: 47
159	V60	Simon King	Grange Farm & Dunmow Runr	: 59
160	V50	Matt Gillard	Southend-on-Sea AC	44: 00
161	V40	Spencer Garlick	Hockley Trail Runners	: 04
162	V55	John Smith	Grange Farm & Dunmow Runr	: 08
163	V40	Alasdair Daw	Billericay Striders RC	: 12
164	V40	Tony Collins	Havering AC	: 22
165	V50	Andrew Turner	Basildon AC	: 31
166	V50	Ricky Lee	Billericay Striders RC	: 36
167	V60	Stephen Burton	Benfleet Running Club	: 38
168	V50	Adrian Mathers	Hockley Trail Runners	: 41

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Pos	Age	Name	Team	Time
169	V60	Kevin Bunton	Tiptree Road Runners	: 52
170	V55	Kevin Kirby	Chelmsford AC	45: 8
171	SM	Aaron Manby	Billericay Striders RC	: 29
172	V45	Justin Ruggles	Mid Essex Casuals	: 32
173	V55	Paul Tawn	Mid Essex Casuals	: 32
174	V45	Bryn Gibbons	Tiptree Road Runners	46: 03
175	V55	Richard Robertson	Grange Farm & Dunmow Runr	: 27
176	V45	David Beatty	Pitsea Running Club	: 46
177	V40	Ian Rodd	JBR Run and Tri	: 47
178	V50	Greg Wisken	Mid Essex Casuals	: 52
179	V55	Mark Whitby	Hockley Trail Runners	: 58
180	V45	Justin Harris	Basildon AC	47: 07
181	V60	James Goddard	Mid Essex Casuals	: 09
182	V50	Jim Tilbrook	Ilford AC	: 25
183	V60	Kevin Judge	Benfleet Running Club	: 58
184	V45	Richard Harmer	Brentwood Running Club	48: 14
185	SM	Clive Bailey	JBR Run and Tri	: 17
186	V45	Bradley Brown	Ilford AC	: 38
187	V50	Dave Girt	Southend-on-Sea AC	: 44
188	V60	Donald Sinclair	Pitsea Running Club	49: 00
189	V50	Andrew Mason	Springfield Striders RC	: 02
190	V55	Paul Woodyatt	Orion Harriers	: 45
191	SM	Darren Powell	Halstead RR	50: 44
192	V70	Keith Walker	Billericay Striders RC	: 54
193	V60	Paul Graves	Tiptree Road Runners	51: 01
194	SM	Dan Roughan	Halstead RR	: 42
195	SM	Richard Fisher	JBR Run and Tri	52: 31
196	SM	Billy Holman	Pitsea Running Club	: 58
197	V55	Angus Aldridge	Southend-on-Sea AC	53: 26
198	V65	Peter Eates	Phoenix Striders	54: 46
199	SM	Anthony Oliveri	JBR Run and Tri	58: 02
200	V50	Richard Bennett	Hockley Trail Runners	60: 02
201	SM	Ian Molenaux	JBR Run and Tri	62: 31
202	V70	James Huddart	Ilford AC	68: 01
203	V60	Mike Jeffery	Southend-on-Sea AC	69: 06
204	V70	Ernie Easterby	Billericay Striders RC	70: 34

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