

Essex League Cross Country League Results

Courtesy of :-

Roy Meadowcroft (Chelmsford AC)

Dave Vidler (Basildon AC)

Usual catalogue of problems ranging from non sequential disks to athletes not taking disks to athletes having two Disks!

There were also problems in getting information to us.

Some clubs delivered their names and disks for U17Men and Senior Women with those of their Senior Men. This is not acceptable.

While this was exacerbated by the distance from the finish to the results area, there are a couple of clubs who are consistently behind the game in supplying us with names of finishers. We always leave the meeting a long time after you finish and there is more work to do when I get home. Please don't delay us any more than is necessary.

Once again we are doing our best, but there is a great deal of work here so please accept our apologies for any mistakes.

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

Please let me know if any changes are required. Don't be afraid to e-mail me.

If you don't tell us then we won't know so please e-mail me with a note of any alterations.

We won't be amending the results on this website, but will try to ensure that information is correct next time.

Amendments to: - miveld.vidler@btinternet.com

jr part.

Essex Cross Country League (4)

Sponsored by Runners Edge

Epping Forest

12/12/2009

U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	<u>Individual Standings after 4 Rounds</u>		
1	Tuckfield, Georgia	Orion H	9: 31	36	Birch, Phoebe	Eastwood Sch.	13: 00	1	Tuckfield, Georgia	Orion H	3
2	Jones, Maisie	Basildon	46	37	Fox, Rebecca	Havering M	40	2	Jones, Maisie	Basildon	6
3	Hallam, Lydia	Havering M	50	38	Baines, L	Eastwood School	52	3	Smith, Millie	Chelmsford	10
4	Smith, Millie	Chelmsford	59	39	Souwmya, Sivakumar	Ilford	14: 13	4	Hallam, Lydia	Havering M	11
5	Gough, Madeline	Chelmsford	10: 02	40	Dendani, Thiziri	Havering M	27	5	Sollis, Katie	Chelmsford	14
6	Sollis, Katie	Chelmsford	02	41	Hackett, Leighane	Orion H	57	6	Gough, Madeline	Chelmsford	15
7	Ives, Isobel	Basildon	08					7	Prideaux, Rosa	Chelmsford	20
8	Judd, Jodie	Chelmsford	11					8	Judd, Jodie	Chelmsford	21
9	Surman-Wells, Heidi	Havering M	13					9	Ives, Isobel	Basildon	24
10	Dailly, Christy	Chelmsford	14					10	Surman-Wells, Heidi	Havering M	27
11	Prideaux, Rosa	Chelmsford	21					11	Kidwell, Lucy	Southend	32
12	Ley, Emily	Chelmsford	29					12	Fisher, Natasha	Chelmsford	33
13	Fisher, Natasha	Chelmsford	34					13	Dailly, Christy	Chelmsford	35
14	Smith, Francesca	Havering M	39					14	Ley, Emily	Chelmsford	38
15	Foster, Evie	Orion H	43					15	Pointing, Daisy	Basildon	38
16	Jarvis, Emma	Southend	46					16	Minton-Branfoot, Erin	Chelmsford	40
17	Pointing, Daisy	Basildon	50					17	Aitmarri, Poppy	Basildon	44
18	Aitmarri, Poppy	Basildon	52					18	Diss, Sophia	Braintree	47
19	Diss, Sophia	Braintree	58					19	Jarvis, Emma	Southend	49
20	Carr, Madeline	Orion H	11: 01					20	Foster-Carter, Alexa	Southend	58
21	Dorrington, Zoe	Chelmsford	09					21	Eden, Anna	Braintree	61
22	Friswell, G	Southend	18					22	Hall, Amelia	Orion H	62
23	Inch, Katie	Orion H	22					23	Carr, Madeline	Orion H	65
24	O'Reardon-Mitchell, Nin	Benfleet	35	1	Chelmsford		23	24	Harding, Jayne	Benfleet	69
25	Harding, Jayne	Benfleet	39	2	Basildon		44	25	Hicks, Sian	Colchester & T	72
26	Espeut, Serena	Orion H	40	3	Orion H		59	26	O'Reardon-Mitchell, Nimah	Benfleet	73
27	Stevens, Chelsea	Eastwood Sch.	46	4	Havering M		63	27	Aitmarri, Tilly	Basildon	85
28	Ewen, Joelle	Orion H	12: 00	5	Eastwood Sch.		127	28	Ewen, Joelle	Orion H	90
29	Grant, Sophie	Orion H	03	6	Benfleet		83 (3)	29	Nolan, Taylor	Eastwood Sch.	93
30	Hicks, Sian	Colchester & T	07	7	Southend		38 (2)	30	Bastow, Chloe	Eastwood Sch.	101
31	Aitmarri, Tilly	Basildon	12	8	Braintree		19 (1)	31	Brown, Lucy	Eastwood Sch.	104
32	Nolan, Taylor	Eastwood Sch.	14	9	Colchester & T		30 (1)	32	Ling, Chloe	Benfleet	106
33	Brown, Lucy	Eastwood Sch.	41	10	Ilford		39 (1)	33	Hewitt, Isabelle	Southend	113
34	Ling, Chloe	Benfleet	51					34	Simon, Lizzie	Colchester H	119
35	Bastow, Chloe	Eastwood Sch.	59					35	Fox, Rebecca	Havering M	122
								36	Dendani, Thiziri	Havering M	126
								37	Cockell, Ellie	Braintree	136

Essex Cross Country League (4)

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12/12/2009

Pos	Name	Team	Time
1	Elliot, George	Eastwood Sch.	9: 10
2	Charlston, Callum	Chelmsford	14
3	Mann, Josh	Southend	19
4	Nadin, James	Eastwood Sch.	31
5	Caplan, Conor	Orion H	39
6	Waltham, Chris	Chelmsford	41
7	Foster, Adam	Benfleet	48
8	Deasy, William	Colchester & T	50
9	Howard, Ben	Billericay S	51
10	Pullam, Billy	Basildon	56
11	Jordan, Adam	Southend	57
12	McLarty, Callum	Orion H	58
13	Davies, Steven	Thurrock H	59
14	Inwood, Zach	Southend	10: 00
15	Hutchinson, Tom	Orion H	01
16	Weston, Charlie	Orion H	02
17	Lindsay, Edward	Chelmsford	10
18	Keefe, Freddie	Havering M	16
19	Frimley, Daniel	Eastwood Sch.	19
20	Hill, Adam	Havering M	26
21	King, Lloyd	Eastwood Sch.	29
22	Hammond, Charles	Havering M	30
23	Brady, Callum	Eastwood Sch.	32
24	Fox, Jordan	Havering M	33
25	Joseph, Elliot	Ilford	34
26	Cameron, H	Southend	35
27	Dixon, George	Havering M	38
28	Withers, Isaac	Southend	41
29	Lemare, Dominic	Southend	55
30	Patterson, Ben	Orion H	11: 01
31	Hart, William	Havering M	04
32	Fix, Sam	Eastwood Sch.	08
33	Boyce, Matt	Orion H	16
34	Lams, Darien	Basildon	59
35	Glynn, Samuel	Orion H	12: 02
36	Bailey, Joe	Harlow	53
37	Martin, Connor	Havering M	13: 15
38	Stokes, Albert	Havering M	15
39	Love, Patrick	Orion H	50

U13 Boys

Teams

1	Eastwood Sch.	45
2	Orion H	48
3	Southend	54
4	Havering M	84
5	Chelmsford	25 (3)
6	Basildon	44 (2)
7	Benfleet	7 (1)
8	Colchester & T	8 (1)
9	Billericay S	9 (1)
10	Thurrock H	13 (1)
11	Ilford	25 (1)
12	Harlow	36 (1)

Individual Standings after 4 Rounds

1	Elliot, George	Eastwood Sch.	4
2	Charlston, Callum	Chelmsford	8
3	McLarty, Callum	Orion H	17
4	Deasy, William	Colchester & T	18
5	Pullam, Billy	Basildon	21
6	Waltham, Chris	Chelmsford	22
7	Inwood, Zach	Southend	23
8	Howard, Ben	Billericay S	25
9	Davies, Steven	Thurrock H	25
10	Nadin, James	Eastwood Sch.	27
11	Hill, Adam	Havering M	33
12	Weston, Charlie	Orion H	40
13	Frimley, Daniel	Eastwood Sch.	41
14	Scott, Fraser	Havering M	70
15	Fox, Jordan	Havering M	70
16	Brady, Callum	Eastwood Sch.	72
17	Lemare, Dominic	Southend	74
18	Hart, William	Havering M	74
19	Fix, Sam	Eastwood Sch.	85
20	Rushworth, Jamie	Harlow	93
21	Morgan, Edward	Southend	95
22	Stokes, Albert	Havering M	108

Essex Cross Country League (4)

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12/12/2009

U15 Girls

Pos	Name	Team	Time	Team Result	Pos	Individual Standings after 4 Rounds
1	Judd, Jessica	Chelmsford	12: 58	1 Southend 32	1	Judd, Jessica Chelmsford 3
2	Riches, Sophie	Chelmsford	13: 25	2 Basildon 34	2	Johnson, Eleanor Basildon 10
3	Johnson, Eleanor	Basildon	14: 04	3 Chelmsford 36	3	Dodd, Kaylee Basildon 10
4	Dodd, Kaylee	Basildon	19	4 Havering M 43	4	Williams, Chloe Southend 16
5	Crowe, Emily	Southend	24	5 Thurrock H 49 (2)	5	Stanley, Becky Havering M 16
6	Williams, Chloe	Southend	28	6 Orion H 64 (2)	6	Crowe, Emily Southend 20
7	Hall, Bethany	Havering M	45	7 Ilford 21 (1)	7	Imbush, Sarah Southend 24
8	Bullis, Emily	Basildon	55	8 Harlow 27 (1)	8	Straiton, Kirsty Colchester H 25
9	Stanley, Becky	Havering M	15: 00		9	Bullis, Emily Basildon 29
10	Lacey, Jordan	Southend	07		10	Lacey, Jordan Southend 31
11	Imbush, Sarah	Southend	08		11	Freeman, Lucy Chelmsford 34
12	Sullivan, Shannon	Havering M	21		12	Crofts, Sophie Chelmsford 36
13	Mead, Jessica	Southend	22		13	Morgan, Alex Southend 42
14	Morgan, Alex	Southend	25		14	Sullivan, Shannon Havering M 44
15	McLachlan, Lindsay	Havering M	27		15	Mead, Jessica Southend 45
16	Crofts, Sophie	Chelmsford	29		16	Blaxland, Amanda Havering M 45
17	Wade, Rebecca	Chelmsford	29		17	Swaine, Jessica Chelmsford 46
18	Loynes, Avril	Havering M	40		18	Wade, Rebecca Chelmsford 46
19	Judge, Nicola	Basildon	43		19	McLachlan, Lindsay Havering M 53
20	Warren, Isabella	Chelmsford	45		20	Swords, Laura Ilford 61
21	Swords, Laura	Ilford	53		21	Loynes, Avril Havering M 62
22	Brett, Rosie	Havering M	57		22	Murray, Anabel Thurrock H 62
23	Barnard, Rebecca	Thurrock H	16: 05		23	Barnard, Rebecca Thurrock H 64
24	Blaxland, Amanda	Havering M	05		24	Moss, Isobel Harlow 64
25	Garnett, Amy	Chelmsford	16		25	Solomon, Daisy Braintree 73
26	Murray, Anabel	Thurrock H	25		26	Jarvis, Sophie Southend 81
27	Moss, Isobel	Harlow	26		27	Cockell, Chloe Braintree 83
28	Jarvis, Sophie	Southend	17: 24		28	Wiggins, Lindsey Havering M 84
29	Wiggins, Lindsey	Havering M	33		29	Warren, Georgina Benfleet 86
30	Jellicoe, Jessica	Chelmsford	37		30	Easden, Zoe Basildon 87
31	Barry, Isobel	Orion H	18: 16		31	Barry, Isobel Orion H 92
32	Easden, Zoe	Basildon	19: 00		32	Jung, Emily Orion H 105
33	Jung, Emily	Orion H	06			

Essex Cross Country League (4)

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Epping Forest

12/12/2009

U17 Men

Pos	Name	Team	Time	Team Result
1	Short, Alex	Chelmsford	23: 20	1 Thurrock H 46
2	Fitsall, Jack	Basildon	23	2 Havering M 47
3	Buckley-Stanton, Jamie	Havering M	42	3 Chelmsford 60
4	Thackeray, Dominic	West Suffolk	50	4 Southend 61
5	Worbey, Darryl	Thurrock H	51	5 Orion H 95
6	Hall, Auberon	Orion H	52	6 Basildon 33
7	Brown, Sam	Southend	56	7 West Suffolk 15
8	Law, Andy	Basildon	24: 42	8 Colchester & T 33
9	Waked, Joseph	Havering M	51	9 Ilford 34
10	Essa, Adam	Thurrock H	56	
11	Burnett, Asa	West Suffolk	57	
12	Youell, Chris	Chelmsford	25: 17	
13	Gillard, Rhys	Southend	18	
14	Edwards, Adam	Havering M	31	
15	Davey, Olie	Thurrock H	43	
16	Cross, Dennis	Thurrock H	48	
17	Davey, Ben	Thurrock H	26: 05	
18	Strange, Stephen	Basildon	20	
19	Knight, Max	Southend	28	
20	Vaughan, James	Thurrock H	34	
21	Dendani, Massi	Havering M	40	
22	Parker, Charlie	Southend	40	
23	Crook, Adam	Chelmsford	27: 15	
24	Hardy, Steven	Chelmsford	24	
25	Dowman, Adam	Thurrock H	43	
26	Gordon, Alex	Orion H	52	
27	Earney, Ross	Havering M	28: 09	
28	Thompson, Lennox	Thurrock H	15	
29	Wileman, Adam	Havering M	29	
30	Protheroe, Lewis	Thurrock H	51	
31	Glynn, Joseph	Orion H	29: 30	
32	Ball, Ellis	Orion H	30: 15	
33	Gifford, Tom	Colchester & T	58	
34	Singh, Vishan	Ilford	31: 46	
35	Swain, B	Southend	32: 01	
36	Glynn, Nathaniel	Orion H	35: 11	
37	Pitts, Jack	Braintree	37: 20	

Pos	<u>Individual Standings after 4 Rounds</u>		
1	Short, Alex	Chelmsford	3
2	Fitsall, Jack	Basildon	6
3	Buckley-Stanton, Jamie	Havering M	8
4	Hall, Auberon	Orion H	13
5	Worbey, Darryl	Thurrock H	13
6	Brown, Sam	Southend	13
7	Thackeray, Dominic	West Suffolk	18
8	Clayton, Sam	Colchester & T	18
9	Law, Andy	Basildon	21
10	Davey, Olie	Thurrock H	31
11	Waked, Joseph	Havering M	31
12	Gillard, Rhys	Southend	36
13	Davey, Ben	Thurrock H	36
14	Vaughan, James	Thurrock H	45
15	Cross, Dennis	Thurrock H	47
16	Dendani, Massi	Havering M	49
17	Pollitt, Richard	Braintree	54
18	Knight, Max	Southend	54
19	Parker, Charlie	Southend	54
20	Crook, Adam	Chelmsford	65
21	Earney, Ross	Havering M	67
22	Dowman, Adam	Thurrock H	72
23	Foster-Carter, Harry	Southend	74
24	Ball, Ellis	Orion H	78
25	Thompson, Lennox	Thurrock H	80
26	Protheroe, Lewis	Thurrock H	87
27	Glynn, Nathaniel	Orion H	105
28	Pitts, Jack	Braintree	106

Essex Cross Country League (4)

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12/12/2009

U17/U20W

Pos	Age Gp	Name	Team	Time
1	U20	Condron, Laura	Colchester & T	16: 59
2	U20	Tuttlebury, Kattie	Chelmsford	17: 04
3	U17	McGregor, Lauren	Orion H	07
4	U20	Kersey, Gemma	Basildon	23
5	U17	McGowan-Jones, Hannah	Thurrock H	42
6	U17	O'Neill, Rebecca	Chelmsford N/S	51
7	U17	Redgrave, Sam	Colchester & T	18: 11
8	U20	Phillips, Gemma	Havering M	19
9	U17	Blake, Poppy	Chelmsford	26
10	U17	Andrews, Jay	Orion H	35
11	U17	Sadler, Rachel	Havering M	51
12	U20	Neale, Ella	Colchester H	19: 01
13	U17	Ballard, Emily	Basildon	18
14	U17	Bareham, Stacey	Colchester & T	21
15	U17	Bishop, Charlotte	Basildon	56
16	U17	McWeeney, Patsy	Havering M	20: 28
17	U17	O'Connor, Laura	Orion H	47
18	U17	Petersen, Fiona	Loughton	22: 54
19	U17	Timpson, Melissa	Orion H	23: 43
20	U17	Jung, Amy	Orion H	27: 15

	Team Result
1	Orion H 49
2	Colchester & T 22 (3)
3	Basildon 32 (3)
4	Havering M 35 (3)
5	Chelmsford 11 (2)
6	Colchester H 12 (1)
7	Loughton 18 (1)

Pos	Individual Standings after 4 Rounds			
1	McGregor, Lauren	Orion H	U17	6
2	Kersey, Gemma	Basildon	U20	7
3	Condron, Laura	Colchester & T	U20	8
4	McGowan-Jones, Hannah	Thurrock H	U17	8
5	Tuttlebury, Kattie	Chelmsford	U20	14
6	Ballard, Emily	Basildon	U17	20
7	Andrews, Jay	Orion H	U17	24
8	Blake, Poppy	Chelmsford	U17	27
9	Neale, Ella	Colchester H	U20	28
10	Redgrave, Sam	Colchester & T	U17	30
11	Phillips, Gemma	Havering M	U20	32
12	Sadler, Rachel	Havering M	U17	39
13	Abbott, Anabelle	Colchester H	U17	43
14	Bishop, Charlotte	Basildon	U17	46
15	McWeeney, Patsy	Havering M	U17	54
16	Gillard, Hollie	Southend	U17	55
17	Ling, Alice	Southend	U17	60
18	Baker, Emily	West Suffolk	U20	62
19	Petersen, Fiona	Loughton	U17	65
20	Timpson, Melissa	Orion H	U17	68
21	Jung, Amy	Orion H	U17	71

Essex Cross Country League (4)

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Epping Forest

12/12/2009

Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SW	Scott, Harriett	Havering M	23: 59	56	V65	Jones, Pam	Ilford	39: 14
2	SW	Peppiatt, Charlotte	Benfleet	26: 12	57	SW	Kingman, Jenny	Dagenham 88	32
3	V45	Deasey, Margaret	Colchester & T	37	58	V35	Davis, Michaela	Loughton	56
4	SW	Tatum, Danni	Colchester & T	27: 00	59	V35	Penfold, Ros	Dagenham 88	40: 41
5	SW	Goode, Karen	Basildon	48	60	SW	Burston, Nicola	Phoenix	41: 00
6	SW	Tydeman, Kirsty	Basildon	49	61	V35	Petersen, Irena	Loughton	42: 54
7	SW	Kipps, Natalie	Orion H	54	62	V45	Bunce, Janet	Orion H	44: 24
8	SW	Adams, Becky	Colchester & T	28: 30	63	SW	Capper, Sue	Orion H	45: 41
9	SW	Holland, Kerry	Southend	33	64	V35	George, Tracy	Dagenham 88	46: 35
10	SW	Pegg, Hayley	Chelmsford	36	65	V35	Wadley, Caroline	Orion H	50: 36
11	V35	Watson, Jacqui	Benfleet	43					
12	SW	Bredin, Nicola	Basildon	52					
13	V35	Lagden, Tasha	Southend	53					
14	SW	Jeffery, Sarah	Southend	59					
15	SW	Mancer, Lucy	Benfleet	29: 23					
16	SW	Bloomfield, Helen	Colchester & T	40					
17	V35	Gaffney, Lorna	Loughton	30: 10					
18	SW	Ballard, Dominique	Benfleet	16					
19	SW	Clifford, Lisa	Orion H	33					
20	SW	Sullivan, Jo	Havering M	43					
21	V35	Pyle, Nikki	Springfield S	47					
22	SW	Sutton, Carys	Thrift Green T	49					
23	V45	Inch, Christine	Orion H	50					
24	V45	Ling, Melanie	Southend	31: 09					
25	SW	Mhalanga, Sally	Springfield S	30					
26	V45	Nordin, Bree	Ilford	39					
27	V45	Jones, Mel	Ilford	50					
28	SW	Brett, Katy	Orion H	32: 07					
29	V35	Hallam, Jane	Havering M	19					
30	SW	Burtenshaw, Jo	Benfleet	26					
31	SW	Grabowski, Sarah	Benfleet	27					
32	V55	Tanner, Lynn	Springfield S	31					
33	V35	Thompson, Angela	Havering M	47					
34	V35	Ockendon, Ana	Southend	53					
35	V35	Baron, Hayley	Orion H	33: 07					
36	SW	Richardson, Lauren	Orion H	17					
37	SW	Latham, Louisa	Benfleet	40					
38	V35	Clarke, Beverley	Thrift Green T	43					
39	SW	Real, Helen	Loughton	45					
40	v45	Shillaker, Gaye	Loughton	34: 05					
41	V45	Jarvis, Margaret	Chelmsford	51					
42	SW	Marsh, Kerry	Springfield S	35: 11					
43	V45	Gillam, Sally	Ilford	25					
44	V45	Berrett, Hazel	Chelmsford	32					
45	V45	D'Asha, Anne	Orion H	53					
46	SW	Ackroyd, Jenny	Dagenham 88	36: 10					
47	V55	Wooller, Dianne	Colchester & T	14					
48	V55	Hill, Janet	Springfield S	27					
49	V35	Boual, Parmy	Orion H	40					
50	V45	De Smedt, Beryl	Phoenix	37: 04					
51	V35	Gifford, Anne	Havering M	06					
52	V45	Allworthy, Karen	Orion H	14					
53	V45	Smith, Debbie	Phoenix	29					
54	V55	Flannigan, Teresa	Pitsea	58					
55	SW	Riley, Jo	Dagenham 88	38: 51					

Pos	Individual Standings after 4 Rounds		
1	Scott, Harriett	Havering M	SW 4
2	Deasey, Margaret	Colchester & T	V45 8
3	Peppiatt, Charlotte	Benfleet	SW 8
4	Tatum, Danni	Colchester & T	SW 13
5	Goode, Karen	Basildon	SW 16
6	Adams, Becky	Colchester & T	SW 33
7	Holland, Kerry	Southend	SW 34
8	Jeffery, Sarah	Southend	SW 34
9	Ward, Teresa	Basildon	SW 36
10	Luxton, Rebecca	Chelmsford	SW 41
11	Pegg, Hayley	Chelmsford	SW 41
12	Watson, Jacqui	Benfleet	V35 42
13	Sandercock, Kate	Colchester H	V35 48
14	Bredin, Nicola	Basildon	SW 49
15	Lagden, Tasha	Southend	V35 50
16	Mancer, Lucy	Benfleet	SW 55
17	Bloomfield, Helen	Colchester & T	SW 60
18	Gaffney, Lorna	Loughton	V35 63
19	Clifford, Lisa	Orion H	SW 68
20	Sullivan, Jo	Havering M	SW 76
21	Ling, Melanie	Southend	V45 83
22	Pyle, Nikki	Springfield S	V35 84
23	Jones, Mel	Ilford	V45 88
24	Nordin, Bree	Ilford	V45 89
25	Mhalanga, Sally	Springfield S	SW 104
26	Tanner, Lynn	Springfield S	V55 104
27	Brett, Katy	Orion H	SW 105
28	Ockendon, Ana	Southend	V35 107
29	Thompson, Angela	Havering M	V35 111
30	Hallam, Jane	Havering M	V35 112
31	Sheffield, Josie	Braintree	V35 125
32	Wooller, Dianne	Colchester & T	V55 136
33	Cole, Sue	Colchester H	V45 137
34	Shillaker, Gaye	Loughton	v45 144
35	Berrett, Hazel	Chelmsford	V45 145
36	Gillam, Sally	Ilford	V45 148
37	Hopkinson, Nicola	Ilford	V45 155
38	Levene, Michelle	Chelmsford	SW 156
39	Marsh, Kerry	Springfield S	SW 157
40	Ackroyd, Jenny	Dagenham 88	SW 165
41	Smith, Linda	Havering M	V55 167
42	Hill, Janet	Springfield S	V55 169
43	Riley, Jo	Dagenham 88	SW 173
44	De Smedt, Beryl	Phoenix	V45 175
45	Flannigan, Teresa	Pitsea	V55 186
46	Minton, Tracey	Chelmsford	V45 187
47	Davis, Michaela	Loughton	V35 202
48	Burston, Nicola	Phoenix	SW 207
49	Wadley, Caroline	Orion H	V35 222
50	Floate, Meredith	Ilford	SW 241

Team Result		
1	Colchester & T	31
	Benfleet	46
3	Southend	60
4	Orion H	77
5	Havering M	83
6	Springfield S	120
7	Ilford	152
8	Loughton	154
9	Dagenham 88	217
10	Basildon	23 (3)
11	Chelmsford	95 (3)
12	Phoenix S	163 (3)
13	Thrift Green	60 (2)
14	Pitsea	54 (1)

Essex Cross Country League (4)

Epping Forest

12-Dec-09

Senior Men

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	U20	Whittaker, Paul	Southend	30: 19	76	SM	Anderson, Paul	Springfield S	18
2	SM	Prout, Ryan	Chelmsford	30	77	SM	McCarthy, Barney	Thrift Green T	22
3	U20	Dunbar, Alex	W. Suffolk	35	78	SM	Marsh, Anthony	Springfield S	28
4	SM	Sanford, Mark	Basildon	48	79	V40	Dawson, Jim	Orion H	30
5	U20	Gibbon, David	Colchester & T	56	80	V40	Frost, Adrian	Orion H	31
6	SM	Sellens, Chris	Colchester H	31: 10	81	V40	Hopkinson, Giles	Orion H	35
7	U20	Frith, Tom	Southend	18	82	V40	Veall, Craig	Loughton	39
8	SM	Warner, Rob	Havering M	22	83	V40	Tempest, Mark	Orion H	44
9	U20	Ridley, Andrew	W. Suffolk	29	84	V40	Judd, Mike	Thurrock	54
10	SM	Wright, Will	Chelmsford	40	85	SM	Augustin, Dan	Mid Essex C	39: 02
11	U20	Clutterbuck, Dale	Basildon	43	86	SM	Maple, Matthew	Ilford	04
12	SM	Pickering, Lee	Chelmsford	45	87	V40	Kennedy, Andy	Benfleet	06
13	SM	Whittaker, Steven	Southend	48	88	SM	Praill, Jason	Springfield S	12
14	U20	Webb, Grant	Basildon	55	89	V50	MacKenzie, John	Ilford	22
15	SM	Riddell, Gareth	Basildon	32: 07	90	SM	Catmull, Julian	Springfield S	25
16	SM	Windley, Tristan	Springfield S	16	91	V40	Cowley, David	Phoenix S	44
17	U20	Dawson, Adam	Thurrock	17	92	V40	Hall, Graham	Orion H	48
18	SM	Moses, Daniel	Orion H	24	93	V40	Jones, Russell	Orion H	49
19	SM	Prosser, S	Thurrock	29	94	V40	Happe, Joe	Orion H	50
20	V40	Bland, Matt	Havering M	34	95	V40	Alexander, Roger	Colchester & T	56
21	SM	Hoye, Ken	Chelmsford	35	96	V40	Rolfe, Mick	Loughton	40: 08
22	SM	Lendon, Jason	Havering M	37	97	V50	Bumstead, Mike	Thurrock	16
23	U20	Heard, Lloyd	Colchester & T	40	98	V40	Condron, Brian	Colchester & T	18
24	V40	Spowage, Paul	Colchester H	51	99	SM	Hart, James	Orion H	20
25	U20	Penfold, Daniel	Orion H	52	100	V40	Dodd, Andrew	Orion H	25
26	V40	Smalls, Allen	Colchester H	58	101	V50	Bennett, Bill	Orion H	40
27	SM	Hunton, James	Chelmsford	33: 11	102	V40	Babbs, Tony	Loughton	46
28	U20	Sutton, Callum	Havering M	22	103	V50	Clarke, Roger	Thrift Green T	48
29	V40	Ketteridge, Sean	Colchester H	25	104	V40	Mennell, Simon	Braintree	49
30	V50	Bridgeland, Mike	Chelmsford	28	105	V40	Holder, Julian	Pitsea	54
31	SM	Briggs, Mike	Benfleet	40	106	V40	Adams, Steve	Orion H	41: 15
32	V40	Paul, Eric	Orion H	42	107	V40	Jarvis, Greg	Southend	20
33	SM	Came, Anthony	Thrift Green T	50	108	V50	Longhurst, Jim	Southend	30
34	V40	Helliwell, Paul	Colchester H	52	109	V50	Skinner, Ted	Tiptree	36
35	SM	McGoun, Neil	Orion H	54	110	V50	Sargent, Rob	Dagenham 88	37
36	SM	Booty, Graham	Benfleet	56	111	SM	Cousins, Lee	Braintree	44
37	SM	Tydemann, James	Basildon	34: 06	112	V60	Jousiffe, Bob	Orion H	53
38	SM	Collins, Neil	Havering M	09	113	V60	Warner, Dave	Orion H	42: 05
39	V40	Ridley, Colin	W. Suffolk	21	114	SM	Simpole, Steve	Orion H	13
40	SM	Kearton, Andrew	Colchester H	26	115	V50	Butcher, Brian	Mid Essex C	15
41	SM	Read, Mark	Thrift Green T	41	116	SM	Reddish, Morgan	Benfleet	28
42	U20	Shanney, Daniel	Havering M	52	117	V60	Jackson, Keith	Pitsea	33
43	V40	Berrett, Paul	Havering M	35: 02	118	SM	Line, Steve	Benfleet	37
44	SM	Nears, Jonathan	Colchester H	10	119	SM	Tull, Mike	Leigh on Sea	50
45	U20	Smale, David	Southend	20	120	V50	Bulaitus, Peter	Orion H	43: 00
46	SM	Parker-Brown, Billy	Chelmsford	30	121	SM	Wisbey, Jonathan	Pitsea	26
47	V50	Butler, Alan	Thrift Green T	37	122	V40	Ruffly, Andy	Orion H	34
48	SM	Gibby, Rob	Colchester H	42	123	V50	Robinson, Paul	Orion H	46
49	SM	Warner, Andrew	Orion H	44	124	V50	Johnson, Bernard	Thurrock	51
50	SM	Marshall, Jim	Thrift Green T	48	125	V60	Messenger, Geoff	Orion H	44: 01
51	V40	Barker, John	Thrift Green T	49	126	U20	Baker, Jason	Dagenham 88	28
52	SM	Rice, Scott	Thurrock	51	127	V40	Scolard, Colm	Braintree	42
53	V50	Bond, Mike	Colchester H	36: 00	128	SM	Miller, Danny	Dagenham 88	49
54	V40	Rankin, Nick	Benfleet	02	129	V50	Reed, Chris	Thurrock	45: 10
55	SM	MacDonald, Ian	Ilford	07	130	V50	Milton, David	Springfield S	19
56	V40	Wisken, Greg	Mid Essex C	17	131	V40	Speed, Neil	Braintree	36
57	SM	Rolfe, Andrew	Thurrock	35	132	V50	Maycraft, Tony	Loughton	48
58	V50	Tullett, Peter	Chelmsford	41	133	V50	Adams, Bill	Dagenham 88	57
59	SM	O'Neill, Ian	Thrift Green T	36: 43	134	V50	McEwan, Joe	Braintree	46: 04
60	V40	Broadbent, Quinn	Orion H	45	135	SM	Crooks, Daniel	Orion H	32
61	SM	Ashton, Alan	Springfield S	49	136	V60	Hobbs, David	Loughton	43
62	V50	Shaw, Gerry	Orion H	53	137	V50	Georgiou, George	Loughton	47: 13
63	V40	Thornton, Keith	Thrift Green T	59	138	V60	Deadman, Peter	Orion H	48: 34
64	V40	Floate, Gary	Ilford	37: 03	139	V70	Duffield, Roger	Tiptree	46
65	V50	Catton, Andy	Ilford	07	140	SM	Renda, J	Thurrock	50: 26
66	U20	James, Chris	Basildon	25	141	V60	Sayers, Glyn	Orion H	31
67	V40	Knightly, Terry	Ilford	26	142	V60	Crump, Charley	Orion H	51: 34
68	V40	Lawless, Don	Thurrock	29	143	V40	Smith, Bill	Dagenham 88	52: 04
69	V40	Brock, Dave	Orion H	39	144	V50	Bunce, Steve	Orion H	54: 06
70	SM	Craven, Terry	Southend	45	145	V60	Adams, Doug	Dagenham 88	55: 01
71	V60	Binns, Peter	Southend	48	146	V50	Bullard, Hugh	Springfield S	56: 55
72	SM	Cooper, Phil	Thrift Green T	55	147	V60	Abrey, Bob	Dagenham 88	No Time
73	V40	Anderson, Peter	Benfleet	57					
74	SM	Clarke, Alan	Billericay S	38: 05					
75	V50	Cooper, Melvyn	Thrift Green T	14					

Essex Cross Country League (4)

Epping Forest

12-Dec-09

Senior Men

Team Result

1	Chelmsford	102
2	Basildon	147
3	Havering M	158
4	Colchester H	159
5	Southend	207
6	Orion H	219
7	Thrift Green T	281
8	Thurrock	297
9	Benfleet	397
10	Springfield S	409
11	Ilford	426

Team Result

12	Loughton	685
13	Dagenham 88	785
14	Braintree	607 (5)
15	Colchester & T	221 (4)
16	West Suffolk	51 (3)
17	Mid Essex Cas	256 (3)
18	Pitsea	343 (3)
19	Tiptree	248 (2)
20	Billericay	75 (1)
21	Phoenix S	91 (1)
22	Leigh on Sea	119 (1)

Pos Individual Standings after 4 Rounds

1	Dunbar, Alex	W. Suffolk	U20	6
2	Prout, Ryan	Chelmsford	SM	7
3	Sanford, Mark	Basildon	SM	11
4	Frith, Tom	Southend	U20	13
5	Riddell, Gareth	Basildon	SM	19
6	Sellens, Chris	Colchester H	SM	22
7	Warner, Rob	Havering M	SM	22
8	Moses, Daniel	Orion H	SM	23
9	Clutterbuck, Dale	Basildon	U20	31
10	Wright, Will	Chelmsford	SM	33
11	Pickering, Lee	Chelmsford	SM	42
12	Webb, Grant	Basildon	U20	46
13	O'Doherty, Kieran	Billericay S	SM	47
14	Dawson, Adam	Thurrock	U20	51
15	Bland, Matt	Havering M	V40	56
16	Conway, Frankie	Orion H	U20	63
17	Hall, Ben	Orion H	U20	65
18	Spowage, Paul	Colchester H	V40	68
19	Sutton, Callum	Havering M	U20	72
20	Joyce, Shay	Orion H	SM	73
21	Smalls, Allen	Colchester H	V40	78
22	Ketteridge, Sean	Colchester H	V40	83
23	Penfold, Daniel	Orion H	U20	86
24	Heard, Lloyd	Colchester & T	U20	87
25	Clarke, Howard	Southend	U20	88
26	Bridgeland, Mike	Chelmsford	V50	92
27	Paul, Eric	Orion H	V40	94
28	Whittaker, Steven	Southend	SM	95
29	Ridley, Colin	W. Suffolk	V40	99
30	Booty, Graham	Benfleet	SM	100
31	McGoun, Neil	Orion H	SM	101
32	Helliwell, Paul	Colchester H	V40	104
33	Smale, David	Southend	U20	105
34	Newton, Mark	Springfield S	SM	112
35	Briggs, Mike	Benfleet	SM	124
36	Came, Anthony	Thrift Green T	SM	126
37	Smale, Peter	Southend	SM	128
38	Parker-Brown, Billy	Chelmsford	SM	132
39	Collins, Neil	Havering M	SM	132
40	Read, Mark	Thrift Green T	SM	141
41	Berrett, Paul	Havering M	V40	144
42	Millar, Alan	Southend	U20	151
43	Nears, Jonathan	Colchester H	SM	151
44	Butler, Alan	Thrift Green T	V50	151
45	Hogan, Graham	Havering M	SM	153
46	Wisken, Greg	Mid Essex C	V40	160
47	Shanney, Daniel	Havering M	U20	168
48	Lyne, Eliot	Colchester H	SM	175
49	Brock, Dave	Orion H	V40	175
50	Bond, Mike	Colchester H	V50	178
51	James, Chris	Basildon	U20	180
52	Marshall, Jim	Thrift Green T	SM	185
53	Metcalf, John	Thurrock	V40	187
54	Leeman, Chris	Benfleet	V40	203
55	Knightly, Terry	Ilford	V40	210
56	Tullett, Peter	Chelmsford	V50	211
57	Craven, Terry	Southend	SM	214
58	Anderson, Peter	Benfleet	V40	219
59	Purse, Chris	Springfield S	V50	222
60	Catton, Andy	Ilford	V50	228
61	Broadbent, Quinn	Orion H	V40	232
62	Thornton, Keith	Thrift Green T	V40	235

Pos Individual Standings after 4 Rounds

63	Floate, Gary	Ilford	V40	246
64	Cooper, Phil	Thrift Green T	SM	255
65	Bumstead, Mike	Thurrock	V50	256
66	Binns, Peter	Southend	V60	259
67	Cooper, Melvyn	Thrift Green T	V50	261
68	Anderson, Paul	Springfield S	SM	262
69	Augustin, Dan	Mid Essex C	SM	262
70	Rolfe, Mick	Loughton	V40	265
71	Cops, Matt	Benfleet	SM	265
72	Shelley, Eamon	Thurrock	V40	271
73	Judd, Mike	Thurrock	V40	280
74	Lawless, Don	Thurrock	V40	284
75	Marsh, Anthony	Springfield S	SM	290
76	McCarthy, Barney	Thrift Green T	SM	292
77	Kennedy, Andy	Benfleet	V40	297
78	Veall, Craig	Loughton	V40	298
79	Mills, Rob	Springfield S	SM	299
80	Bennett, Bill	Orion H	V50	305
81	Prail, Jason	Springfield S	SM	312
82	Hall, Graham	Orion H	V40	312
83	Alexander, Roger	Colchester & T	V40	316
84	Condron, Brian	Colchester & T	V40	331
85	Jarvis, Greg	Southend	V40	336
86	Tyson, David	Loughton	SM	337
87	Johnson, David	Thurrock	SM	337
88	Togwell, Chris	Ilford	V50	338
89	Mennell, Simon	Braintree	V40	339
90	MacKenzie, John	Ilford	V50	342
91	Hart, James	Orion H	SM	345
92	Aldridge, Kyle	Southend	U20	345
93	Babbs, Tony	Loughton	V40	350
94	Cowley, David	Phoenix S	V40	350
95	Longhurst, Jim	Southend	V50	364
96	Sargent, Rob	Dagenham 88	V50	368
97	Skinner, Ted	Tiptree	V50	375
98	Maru, Tony	Orion H	V40	385
99	Butcher, Brian	Mid Essex C	V50	389
100	Jousiffe, Bob	Orion H	V60	390
101	Bulaitus, Peter	Orion H	V50	407
102	Wisbey, Jonathan	Pitsea	SM	415
103	Johnson, Bernard	Thurrock	V50	415
104	Robinson, Paul	Orion H	V50	419
105	Jackson, Keith	Pitsea	V60	420
106	Baker, Jason	Dagenham 88	U20	430
107	McEwan, Joe	Braintree	V50	433
108	Scolard, Colm	Braintree	V40	433
109	McLaughlin, Peter	Pitsea	V50	441
110	Cole, Roger	Colchester H	V50	445
111	Fribbens, Mark	Braintree	V40	447
112	Reed, Chris	Thurrock	V50	452
113	Maycraft, Tony	Loughton	V50	452
114	Gillard, Matt	Southend	V40	464
115	Bailey, Malcolm	Tiptree	V50	466
116	Speed, Neil	Braintree	V40	466
117	Deadman, Peter	Orion H	V60	471
118	Hobbs, David	Loughton	V60	475
119	Duffield, Roger	Tiptree	V70	482
120	Smith, Bill	Dagenham 88	V40	485
121	Adams, Doug	Dagenham 88	V60	496
122	Bullard, Hugh	Springfield S	V50	506
123	Bates, Peter	Pitsea	V60	524
124	Hughes, Gwyn	Phoenix S	V60	530