

## **Essex League Cross Country League Results**

**Courtesy of : -**

**Roy Meadowcroft (Chelmsford AC)**

**Dave Vidler (Basildon AC)**

A wonderfully warm and inviting day (Inside the Results room) resulted in much reduced fields. However, there were still enough "certifiable" nutters who were desperate to get their weekly dose of running. All athletes are still at large though, as the weather was so bad that even the Men in White coats stayed indoors.

Sorry for delay in completing these results, but it took me over 2 hours to get home - Many thanks to the Gent who helped n carry my equipment down to my car.

League Tables are included this time - together with individual standings after 4 races. (Best 3 from 4)

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

Please accept my apologies. I will not be available for the final league meeting as I have another commitment (UKA Indoor). However, My wife has kindly agreed to assist Roy, so hopefully there will be no loss of service.

**Amendments to: - [miveld.vidler@btinternet.com](mailto:miveld.vidler@btinternet.com)**

**Essex Cross Country League (4)**  
**Sponsored by Runners Edge**

**Great Notley**

**18/12/2010**

**U13 Girls**

Pos	Name	Team	Time
1	Smith, Millie	Chelmsford	13: 17
2	Ives, Isobel	Basildon	27
3	Wilson, Sarah	Havering M	32
4	Prideaux, Rosa	Chelmsford	36
5	Tooley, Sophie	West Suffolk	44
6	Carr, Madeline	Orion H	58
7	Judd, Jodie	Chelmsford	14: 06
8	Surman-Wells, Heidi	Havering M	18
9	Woodford, Elona	Chelmsford	22
10	Pointing, Daisy	Basildon	28
11	Kidwell, Lucy	Southend	48
12	Minton-Branfoot, Erin	Chelmsford	15: 05
13	Inch, Katie	Orion H	06
14	Tippett, Keira	Chelmsford	08
15	Hicks, Sian	Colchester & T	15
16	Ewen, Jouelle	Orion H	20
17	Abbott, Talya	Orion H	47
18	Lynch, Lucy	Southend	16: 02
19	Aitmarri, Tilly	Basildon	24
20	Pearce, Gabrielle	Chelmsford	17: 00
21	Nunn, Robie	Havering M	19
22	Hogg, Charlotte	Havering M	41
23	Harrod, Georgia	Braintree	59
24	Maloney, Rebecca	Braintree	18: 15
25	Williams, Ellie	Harlow	15
26	Barker, Lauren	Harlow	16
27	Banks, Polly	Colchester & T	19: 20
28	Caulfield, Maria	Braintree	20: 25

Teams	
1	Chelmsford 21
2	Orion H 52
3	Havering M 54
4	Basildon 31 (3)
5	Braintree 75 (3)
6	Southend 29 (2)
7	Colchester & T 42 (2)
8	Harlow 51 (2)
9	West Suffolk 5 (1)

**Pos**      **Individual Standings after 4 Rounds**

1	Smith, Millie	Chelmsford	3
2	Prideaux, Rosa	Chelmsford	9
3	Judd, Jodie	Chelmsford	10
4	Ives, Isobel	Basildon	11
5	Wilson, Sarah	Havering M	13
6	Woodford, Elona	Chelmsford	19
7	Minton-Branfoot, Erin	Chelmsford	19
8	Carr, Madeline	Orion H	21
9	Surman-Wells, Heidi	Havering M	22
10	Kidwell, Lucy	Southend	26
11	Pointing, Daisy	Basildon	30
12	Venton, Cameron	Chelmsford	41
13	Lynch, Lucy	Southend	41
14	O'Riordan-Mitchell, Niamh	Benfleet	42
15	Tippett, Keira	Chelmsford	43
16	Abbott, Talya	Orion H	46
17	Hicks, Sian	Colchester & T	53
18	Spink, Abigail	Havering M	59
19	Aitmarri, Tilly	Basildon	67
20	Hall, Amelia	Orion H	70
21	Earl, Lauren	Havering M	83
22	Aldis, Rachael	Southend	84
23	Thorne, Amelia	Southend	108
24	Ling, Chloe	Benfleet	112

# Essex Cross Country League (4)

Sponsored by Runners Edge

## Great Notley

18/12/2010

## U13 Boys

Pos	Name	Team	Time
1	Elliott, George	Benfleet	12: 02
2	Willmore, Laurence	Southend	11
3	Jones, Max	Basildon	17
4	Jordan, Adam	Southend	20
5	Ashley , Daniel	Basildon	39
6	Woolf, Jack	Southend	13: 01
7	Wilson, Sean	Havering M	04
8	Blanks, Henry	Chelmsford	11
9	Thorpe, Brandon	Southend	18
10	Patterson, Ben	Orion H	19
11	Frimley, Daniel	Benfleet	24
12	Cox, Mitchell	Southend	31
13	Alabaster, Robert	Benfleet	33
14	Richards, Daniel	Orion H	36
15	Rushworth, Jamie	Harlow	38
16	Bickerford, Stuart	Benfleet	44
17	Harknett, Lewis	Harlow	46
18	Pitkin, Thomas	Havering M	55
19	Foster, Adam	Benfleet	14: 00
20	Giordmaina, James	Havering M	02
21	Evison, Ethan	Southend	24
22	Brearley, Nathan	Chelmsford	29
23	Moulden, Daniel	Havering M N/S	32
24	Nunn, Elliott	Havering M	47
25	Hall, Robert	Thurrock H	53
26	Bailey, Joseph	Harlow	59
27	Smith, Sam	Thurrock H	15: 16
28	Davis, Andrew	Orion H	40
29	Barker, Christian	Harlow	16: 02
30	Ashley, Matthew	Basildon	14
31	Leport, Finlay	Braintree	27
32	Jones, Isaac	Braintree	17: 00
33	Smith, Simon	Braintree	00
34	Dell, Sam	Havering M	06
35	Harrod, Bailey	Braintree	18: 08
36	Coulson, Elliott	Braintree	21: 30

## Teams

1	Southend	21
2	Benfleet	41
3	Havering M	69
4	Harlow	87
5	Braintree	131
6	Basildon	38 (3)
7	Orion H	52 (3)
8	Chelmsford	30 (2)
9	Thurrock H	52 (2)

## Individual Standings after 4 Rounds

1	Elliott, George	Benfleet	3
2	Willmore, Laurence	Southend	6
3	Jones, Max	Basildon	10
4	Ashley , Daniel	Basildon	13
5	Blanks, Henry	Chelmsford	14
6	Jordan, Adam	Southend	19
7	Wilson, Sean	Havering M	25
8	Thorpe, Brandon	Southend	27
9	Foster, Adam	Benfleet	28
10	Cahill, Gary	Thurrock H	34
11	Wakerley, Joe	Basildon	41
12	Bickerford, Stuart	Benfleet	44
13	Patterson, Ben	Orion H	44
14	Richards, Daniel	Orion H	45
15	Smith, Sam	Thurrock H	45
16	Rushworth, Jamie	Harlow	47
17	Harknett, Lewis	Harlow	47
18	Day, George	Orion H	53
19	Brearley, Nathan	Chelmsford	54
20	Woolf, Jack	Southend	54
21	Davis, Andrew	Orion H	72
22	Doherty, Dominic	Colchester & T	75
23	Pitkin, Thomas	Havering M	78
24	Barker, Christian	Harlow	82
25	Morgan, Edward	Southend	96
26	Bailey, Joseph	Harlow	96
27	Ashley, Matthew	Basildon	100
28	Leport, Finlay	Braintree	103
29	Pate, Alex	Benfleet	127
30	Stevens, Josh	Havering M	128

# Essex Cross Country League (4)

**Sponsored by Runners Edge**

## Great Notley

18/12/2010

## U15 Girls

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>	<b>Pos</b>	<b><u>Individual Standings after 4 Rounds</u></b>		
1	Riches, Sophie	Chelmsford	16: 18	1 Chelmsford 30	1	Riches, Sophie	Chelmsford	3
2	Tuckfield, Georgia	Orion H	53	2 Havering M 43	2	Tuckfield, Georgia	Orion H	6
3	Hallam, Lydia	Havering M	17: 05	3 Basildon 50	3	Hallam, Lydia	Havering M	8
4	Taylor, Sydney	Orion H	34	4 Southend 36 (3)	4	Dodd, Kaylee	Basildon	12
5	Dodd, Kaylee	Basildon	39	5 Braintree 68 (3)	5	Taylor, Sydney	Orion H	12
6	Solis, Katie	Chelmsford	53	6 Orion H 6 (2)	6	Solis, Katie	Chelmsford	14
7	Aitmarri, Poppy	Basildon	18: 00	7 Colchester & T 18 (1)	7	Fisher, Natasha	Chelmsford	26
8	Imbush, Sarah	Southend	25	8 West Suffolk 21 (1)	8	McLachlan, Lyndsey	Havering M	31
9	McLachlan, Lyndsey	Havering M	28	9 Colchester H 24 (1)	9	Williams, Chloe	Southend	33
10	Swain, Jessica	Chelmsford	33		10	Swain, Jessica	Chelmsford	33
11	Williams, Chloe	Southend	35		11	Imbush, Sarah	Southend	34
12	Woods, Isabella	Havering M	41		12	Woods, Isabella	Havering M	36
13	Fisher, Natasha	Chelmsford	53		13	Bullis, Emily	Basildon	37
14	Warren, Izzy	Chelmsford	19: 01		14	Wade, Rebecca	Chelmsford	47
15	Wade, Rebecca	Chelmsford	27		15	Matthews-Smith, Annabel	Southend	48
16	Houchell, Emma	Basildon	32		16	Eden, Anna	Braintree	52
17	Matthews-Smith, Annab	Southend	35		17	Avontour, Marlene	Chelmsford	58
18	Banks, Hannah	Colchester & T	21: 16		18	Banks, Hannah	Colchester & T	62
19	Wiggins, Lindsey	Havering M	41		19	Loynes, Avril	Havering M	66
20	Diss, Sophia	Braintree	22: 04		20	Ragus, Samantha	Braintree	66
21	Bawn, Hettie	West Suffolk	06		21	Diss, Sophia	Braintree	67
22	Bullis, Emily	Basildon	24: 15		22	Wiggins, Lindsey	Havering M	71
23	Cockell, Chloe	Braintree	26: 36		23	Cockell, Chloe	Braintree	81
24	Simons, Lizzie	Colchester H	27: 57		24	Simons, Lizzie	Colchester H	84
25	Cockell, Ellie	Braintree	28: 06					

# Essex Cross Country League (4)

**Sponsored by Runners Edge**

## Great Notley

18/12/2010

## U15 Boys

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>	
1	Riches, Lawrence	Colchester & T	14: 58	1 Colchester & T	33
2	Alexander, Joe	Colchester & T	15: 17	2 Orion H	55
3	Hall, James	Benfleet	25	3 Southend	17 (3)
4	Nadin, James	Southend	32	4 Colchester H	25 (2)
5	Franklin, Ben	Southend	51	5 Basildon	28 (2)
6	Houchell, Adam	Basildon	56	6 Ilford	40 (2)
7	Rankin, Toby	Ipswich H Gst	58	7 Benfleet	3 (1)
8	Hancock, Steven	Southend	16: 01	8 Havering M	9 (1)
9	Kidd, James	Havering M	04	9 Thurrock H	16 (1)
10	Hoy, George	Orion H	13	10 Chelmsford	20 (1)
11	Clark, Robert	Colchester H	22		
12	Boyce, Matthew	Orion H	25		
13	Thompson, James	Colchester & T	40		
14	Price, Conner	Colchester H	50		
15	Antoine-Chagar, Cheyenne	Orion H	54		
16	Davies, Steven	Thurrock H	17: 07		
17	Frost, Dean	Colchester & T	17		
18	Waller, Jack	Orion H	43		
19	Peart, Taschan	Ilford	18: 14		
20	Keefe, Freddy	Chelmsford	21		
21	De Silva, Ricardo	Ilford	19: 22		
22	Burton, Jonathan	Basildon	55		

<b>Pos</b>	<b><u>Individual Standings after 4 Rounds</u></b>		
1	Riches, Lawrence	Colchester & T	3
2	Alexander, Joe	Colchester & T	5
3	Hall, James	Benfleet	9
4	Charleston, Callum	Chelmsford	15
5	Hoy, George	Orion H	16
6	Franklin, Ben	Southend	18
7	Price, Conner	Colchester H	28
8	Nadin, James	Southend	32
9	Thompson, James	Colchester & T	33
10	Antoine-Chagar, Cheyenne	Orion H	36
11	Frost, Dean	Colchester & T	38
12	Boyce, Matthew	Orion H	42
13	Clark, Robert	Colchester H	45
14	Davies, Steven	Thurrock H	51
15	Kidd, James	Havering M	52
16	Burton, Jonathan	Basildon	66
17	Peart, Taschan	Ilford	70
18	Waltham, Christopher	Chelmsford	73
19	Waller, Jack	Orion H	80
20	Keefe, Freddy	Chelmsford	81
21	Inwood, Zach	Southend	84
22	De Silva, Ricardo	Ilford	94
23	Aubrey, George	Benfleet	100

# Essex Cross Country League (4)

## Sponsored by Runners Edge

### Great Notley

18/12/2010

### U17 Men

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>
1	Fitsall, Jack	Basildon	22: 50	1 Chelmsford 30
2	Short, Alex	Chelmsford	23: 15	2 Southend 41
3	Law, Andy	Basildon	32	3 Havering M 54
4	Brown, Sam	Southend	41	4 Basildon 4 (2)
5	Gikungu, Hoseah	Havering M	43	5 Thurrock H 21 (2)
6	Richardson, Tom	Thurrock H	54	6 West Suffolk 8 (1)
7	Robinson, Sam	Chelmsford	56	7 Orion H 20 (1)
8	Delo, MacAuley	West Suffolk	24: 04	
9	Gillard, Rhys	Southend	08	
10	Youell, Chris	Chelmsford	26	
11	Woodford, Steven	Chelmsford	47	
12	Kyriakides, Oliver	Southend	25: 00	
13	Crook, Adam	Chelmsford	19	
14	Edwards, Adam	Havering M	52	
15	Finch, Alec	Thurrock H	26: 21	
16	Capel, Ashley	Southend	37	
17	Davies, Tom	Havering M	52	
18	Hyde, Chris	Havering M	27: 06	
19	Brennan, Tom	Havering M	06	
20	Hall, Alberic	Orion H	22	
21	Dendani, Massi	Havering M	29: 40	

<b>Pos</b>	<b>Individual Standings after 4 Rounds</b>		
1	Short, Alex	Chelmsford	6
2	Woodford, Steven	Chelmsford	8
3	Law, Andy	Basildon	13
4	Youell, Chris	Chelmsford	25
5	Kerridge, Jon	Southend	29
6	Gillard, Rhys	Southend	30
7	Kyriakides, Oliver	Southend	36
8	Richardson, Tom	Thurrock H	39
9	Parker, Charlie	Southend	42
10	Crook, Adam	Chelmsford	50
11	Masterson, Alec	Southend	51
12	Hardy, Steven	Chelmsford	56
13	Gifford, Tom	Colchester & T	60
14	Lamb, Dan	Basildon	65
15	Knight, Max	Southend	69
16	Dendani, Massi	Havering M	69
17	Finch, Alec	Thurrock H	77
18	Hall, Alberic	Orion H	82
19	Hyde, Chris	Havering M	89

## Essex Cross Country League (4)

**Sponsored by Runners Edge**

### Great Notley

18/12/2010

### U17/U20W

Pos	Age Gp	Name	Team	Time
1	U17	Judd, Jessica	Chelmsford	19: 55
2	U20	Blake, Poppy	Chelmsford	20: 49
3	U17	Garnett, Aimee	Chelmsford	54
4	U17	Johnson, Eleanor	Basildon	21: 04
5	U17	Archer, Holly	West Suffolk	05
6	U17	Antoine-Chagar, Armar	Orion H	07
7	U17	Beckett, Chloe	Braintree	39
8	U17	Ballard, Emily	Basildon	22: 12
9	U20	Tuttlebury, Katie	Chelmsford	25
10	U20	Gillard, Holly	Southend	47
11	U17	Lacey, Jordan	Southend	23: 16
12	U20	Baker, Emily	West Suffolk	21
13	U17	Crowe, Emily	Southend	25
14	U17	Peel, Jade	Basildon	34
15	U17	Jellicoe, Jessica	Chelmsford	24: 38
16	U20	Bareham, Lacey	Colchester & T	41
17	U17	Johanson, Kim	Chelmsford	26: 14
18	U17	Easdon, Zoe	Basildon	28: 04
19	U17	French, Hannah	Chelmsford	48

Team Result
1 Chelmsford 15
2 Basildon 44
3 Southend 34 (3)
4 West Suffolk 17 (2)
5 Orion H 6 (1)
6 Braintree 7 (1)
7 Colchester & T 16 (1)
8
9

Pos	<u>Individual Standings after 4 Rounds</u>			
1	Judd, Jessica	Chelmsford	U17	3
2	Blake, Poppy	Chelmsford	U20	8
3	Garnett, Aimee	Chelmsford	U17	12
4	Tuttlebury, Katie	Chelmsford	U20	16
5	Johnson, Eleanor	Basildon	U17	17
6	Beckett, Chloe	Braintree	U17	21
7	Ballard, Emily	Basildon	U17	23
8	Lacey, Jordan	Southend	U17	32
9	Morgan, Alex	Southend	U17	40
10	Peel, Jade	Basildon	U17	41
11	Crowe, Emily	Southend	U17	42
12	Smee, Camilla	Chelmsford N/S	U17	43
13	Baker, Emily	West Suffolk	U20	48
14	Bareham, Lacey	Colchester & T	U20	53
15	Mead, Jessica	Chelmsford N/S	U17	56
16	Jellicoe, Jessica	Chelmsford	U17	60
17	Sullivan, Shannon	Havering M	U17	68
18	Jarvis, Sophie	Southend	U17	69
19	Easdon, Zoe	Basildon	U17	69
20	Golan, Sharmila	Havering M	U17	71

## Essex Cross Country League (4)

Sponsored by Runners Edge

### Great Notley

18/12/2010

### Senior Women

Pos	Age Gp	Name	Team	Time
1	SW	Scott, Harriett	Havering M	25: 07
2	SW	Goode, Karen	Basildon	27: 04
3	SW	Kipps, Natalie	Orion H	48
4	V35	Mancer, Lucy	Benfleet	54
5	SW	Wheeler, Charmaine	Basildon	28: 06
6	SW	Sutton, Carys	Chelmsford	16
7	V35	Lagden, Tasha	Southend	21
8	SW	Luxton, Rebecca	Chelmsford	26
9	V35	Malanga, Sally	Chelmsford	34
10	V35	Sandercock, Kate	Colchester H	40
11	SW	Adams, Becky	Colchester & T	46
12	SW	Brockbank, Nikki	Springfield S	51
13	V35	Colbert, Sarah	Springfield S	29: 07
14	SW	Jeffery, Sarah	Southend	30: 46
15	SW	Stibbs, Hayley	Havering M	53
16	V35	Clifford, Liza	Orion H	55
17	V35	Pyle, Nicola	Springfield S	31: 00
18	SW	Latham, Louisa	Benfleet	15
19	V35	Gifford, Sian	Colchester & T	21
20	SW	Ashton, Lauren	Springfield S	23
21	V35	Caulfield, Michelle	Braintree	28
22	V35	Burtenshaw, Jo	Benfleet	29
23	V45	Ling, Melanie	Southend	34
24	V45	Sheffield, Josie	Braintree	40
25	SW	Grabowki, Sarah	Benfleet	32: 06
26	SW	Robertson, Kelly	Chelmsford N/S	15
27	V45	Robinson, Julie	Orion H	28
28	V35	Mathers, Vanessa	Southend	33
29	V45	Howard, Geraldine	Billericay S	38
30	V55	Tanner, Lynn	Springfield S	59
31	SW	Hammond, Sarah	Springfield S	33: 02
32	SW	Marsh, Kerry	Springfield S	47
33	V35	Thompson, Angela	Havering M	34: 00
34	V45	Webster, Fran	Benfleet	06
35	V55	Jarvis, Margaret	Chelmsford	07
36	V35	Baker, A	Southend	13
37	V35	Hallam, Debbielyn	Southend	27
38	SW	Page, Jennie	Benfleet	30
39	V45	De Smedt, Beryl	Phoenix	35
40	V45	Minton, Tracey	Chelmsford	39
41	V35	Norton, Sarah	Benfleet	52
42	V35	Ling, Jo	Billericay S	58
43	SW	Gill, Nerina	Springfield S	35: 42
44	V45	Francis, Helen	Braintree	48
45	SW	Bannister, Sharon	Springfield S	36: 15
46	V45	Bradbury, Rachel	Orion H	20
47	SW	Chapman, Karen	Springfield S	37
48	V55	Vine, Susan	Phoenix	38: 26
49	SW	Knowles, Sarah	Springfield S	49
50	V45	Burston, Nicola	Phoenix	39: 50
51	V45	Lyon, Nicky	Phoenix	41: 26
52	V35	Wadley, Caroline	Orion H	53: 12

Pos	Age Gp	Name	Team	Time
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#### Team Result

1	Chelmsford	58
2	Springfield S	62
3	Benfleet	69
4	Southend	72
5	Orion H	92
6	Phoenix	188
7	Havering M	49 (3)
8	Braintree	89 (3)
9	Basildon	7 (2)
10	Colchester & T	30 (2)
11	Billericay S	71 (2)
12	Colchester H	10 (1)

#### Individual Standings after 4 Races

1	Goode, Karen	Basildon	SW	9
2	Kipps, Natalie	Orion H	SW	17
3	Sutton, Carys	Chelmsford	SW	25
4	Mancer, Lucy	Benfleet	V35	28
5	Holland, Kerry	Southend	SW	30
6	Wheeler, Charmaine	Basildon	SW	34
7	Lagden, Tasha	Southend	V35	48
8	Smith, Jo	Chelmsford	V35	49
9	Malanga, Sally	Chelmsford	V35	51
10	Sandercock, Kate	Colchester H	V35	52
11	Adams, Becky	Colchester & T	SW	53
12	Stunt, Catherine	Benfleet	V35	62
13	Colbert, Sarah	Springfield S	V35	62
14	Pegg, Hayley	Chelmsford	SW	65
15	Noble, Toni	Thurrock H	V35	73
16	Pyle, Nicola	Springfield S	V35	76
17	Clifford, Liza	Orion H	V35	77
18	Gaffney, Lorna	Loughton	V35	82
19	Latham, Louisa	Benfleet	SW	88
20	Gifford, Sian	Colchester & T	V35	89
21	Banville, Elaine	Billericay S	V35	101
22	Cummer, Ellie	Colchester & T	SW	102
23	Sheffield, Josie	Braintree	V45	103
24	Ling, Melanie	Southend	V45	104
25	Grabowki, Sarah	Benfleet	SW	114
26	Tanner, Lynn	Springfield S	V55	124
27	Coster, Angela	Thrill Green T	V45	126
28	Thompson, Angela	Havering M	V35	135
29	Robertson, Kelly	Chelmsford N/S	SW	139
30	Mathers, Vanessa	Southend	V35	143
31	Crisp, Jenny	Iford	SW	143
32	Berrett, Hazel	Chelmsford	V45	147
33	Marsh, Kerry	Springfield S	SW	147
34	Peacock, Victoria	Thurrock H	V35	149
35	Flannigan, Rachel	Pitsea	V35	150
36	Crisp, Dianne	Iford	V45	150
37	Shillaker, Gaye	Loughton	V45	154
38	Jarvis, Margaret	Chelmsford	V55	154
39	De Smedt, Beryl	Phoenix	V45	170
40	Norton, Sarah	Benfleet	V35	175
41	Ling, Jo	Billericay S	V35	178
42	Minton, Tracey	Chelmsford	V45	181
43	Page, Jennie	Benfleet	SW	187
44	Gilham, Sally	Iford	V45	190
45	Vine, Susan	Phoenix	V55	209
46	Burston, Nicola	Phoenix	V45	213
47	Ryan, Joanne	Loughton	SW	214
48	Knowles, Sarah	Springfield S	SW	215
49	Pumfret, Debra	Phoenix	V45	223
50	Henderson, Michelle	Thurrock H	V45	224
51	Lyon, Nicky	Phoenix	V45	224
52	Flannigan, Teresa	Pitsea	V55	234
53	Hobbs, Jean	Loughton	V55	236
54	Davis, Michaela	Loughton	V35	273
55	Jackson, Heather	Pitsea	V55	273



## Essex Cross Country League (4)

<u>Great Notley</u>					<u>18-Dec-10</u>					<u>Senior Men</u>				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sterling, Scott	Chelmsford N/S	27: 51	101	V40	Speed, Neil	Braintree	42	101	V40	Speed, Neil	Braintree	42
2	SM	Whittaker, Paul	Chelmsford	56	102	V60	Ross, Charlie	Chelmsford	43	102	V60	Ross, Charlie	Chelmsford	43
3	SM	Sanford, Mark	Basildon	28: 26	103	SM	Bulaitus, Peter	Orion H	43: 20	103	SM	Bulaitus, Peter	Orion H	43: 20
4	SM	Bloomfield, Crispian	Billericay S	29: 12	104	V60	Jousiffe, Bob	Orion H	21	104	V60	Jousiffe, Bob	Orion H	21
5	SM	Williams, James	Chelmsford	44	105	V40	Stukas, Paul	Springfield S	46	105	V40	Stukas, Paul	Springfield S	46
6	SM	Windley, Tristan	Springfield S	30: 00	106	SM	Rankin, Graham	Unattached	44: 28	106	SM	Rankin, Graham	Unattached	44: 28
7	SM	Muir, Malcolm	Ilford	03	107	SM	Miller, Danny	Dagenham 88	45	107	SM	Miller, Danny	Dagenham 88	45
8	U20	Hunter, Ben	Southend	09	108	V70	Rosbrook, Mike	Orion H	45: 13	108	V70	Rosbrook, Mike	Orion H	45: 13
9	SM	Pickering, Lee	Chelmsford	17	109	V40	Timpson, Steve	Orion H	46	109	V40	Timpson, Steve	Orion H	46
10	U20	Buckley-Stanton, Jamie	Havering M	22	110	SM	Vincent, N	Southend	46: 19	110	SM	Vincent, N	Southend	46: 19
11	V40	Hampstead, Spencer	Ilford	24	111	V50	Milton, Dave	Springfield S	25	111	V50	Milton, Dave	Springfield S	25
12	SM	Warner, Rob	Havering M	37	112	V60	Bates, Peter	Pitsea	48: 39	112	V60	Bates, Peter	Pitsea	48: 39
13	V40	Spowage, Paul	Colchester H	31: 05	113	V60	Dawson, Ron	Southend	51	113	V60	Dawson, Ron	Southend	51
14	SM	Munro, Phil	Colchester H	07	114	V40	Bell, Chris	Pitsea	51: 38	114	V40	Bell, Chris	Pitsea	51: 38
15	V40	Bland, Matt	Havering M	32	115	V40	Rourke, Jim	Billericay S	52: 37	115	V40	Rourke, Jim	Billericay S	52: 37
16	SM	Joyce, Shay	Orion H	45	116	V60	Dedman, Peter	Orion H	53: 38	116	V60	Dedman, Peter	Orion H	53: 38
17	V40	Coleman, Andy	Billericay S	48										
18	SM	Lendon, Jason	Havering M	53										
19	SM	Weatheridge, Nick	Basildon	32: 05										
20	V40	Mancer, Jez	Benfleet	06										
21	V50	Bridgeland, Mike	Chelmsford	08										
22	SM	Kearton, Andrew	Colchester H	15										
23	SM	Briggs, Mike	Benfleet	38										
24	SM	Nears, Jonathan	Colchester H	42										
25	U20	Hall, Auberon	Orion H	47										
26	SM	Bootey, Graham	Benfleet	54										
27	V40	Smalls, Allen	Colchester H	58										
28	SM	Careless, Tommy	Springfield S	33: 07										
29	SM	Anderson, Paul	Springfield S	12										
30	SM	McMallon, Rory	Chelmsford N/S	19										
31	U20	Clayton, Sam	Colchester & T	21										
32	V40	Dzikowski, Ray	Ilford	24										
33	V40	Mead, Tony	Benfleet	27										
34	SM	Hoye, Ken	Chelmsford	30										
35	V40	Ridley, Colin	W. Suffolk	32										
36	SM	Wright, Tim	Orion H	40										
37	SM	Bottrill, Darren	Ilford	42										
38	SM	Wandasiewicz, Nelson	Thrift Green T	47										
39	V40	Lawless, Don	Thurrock H	54										
40	SM	Robinson, Reece	Benfleet	54										
41	SM	Anthony, Ian	Havering M	34: 17										
42	SM	Colgrave, Adam	Chelmsford	19										
43	V40	O'Neill, Ian	Thrift Green T	23										
44	SM	Hogan, Graham	Havering M	28										
45	U20	Pollitt, Richard	Braintree	40										
46	V40	Kyriakides, Alec	Southend	35: 00										
47	SM	Raven, Stuart	Springfield S	11										
48	V50	Metcalf, John	Thurrock H	14										
49	V40	Rankin, Nick	Benfleet	16										
50	SM	Newell, Kevin	Ilford	22										
51	SM	Johnson, David	Thurrock H	25										
52	V40	Grout, Mike	Benfleet	28										
53	V50	Morris, Andy	Benfleet	37										
54	V60	Nixon, Tony	Ilford	40										
55	V50	Knightley, Terry	Ilford	49										
56	V60	Binns, Peter	Southend	36: 05										
57	V40	Haigh, Jason	Harlow	08										
58	V40	Cole, Leo	Witham	09										
59	SM	Mills, Rob	Springfield S	26										
60	SM	Pearce, Chris	Springfield S	26										
61	V40	Jacob, Kevin	Billericay S	33										
62	V50	Bumstead, Mike	Thurrock H	39										
63	V40	Riches, Gary	Colchester & T	44										
64	SM	Ashton, Alan	Springfield S	50										
65	V40	Mason, Andy	Springfield S	37: 08										
66	V40	Reed, Steve	Braintree	10										
67	SM	Cops, Matt	Benfleet	27										
68	V40	Morgan, Simon	Tiptree	30										
69	SM	Marsh, Anthony	Springfield S	34										
70	V40	Clarke, Andy	Thrift Green T	40										
71	V40	Wisken, Greg	Mid Essex C	38: 00										
72	V40	Beasley, Chris	Springfield S	04										
73	SM	Briggs, Paul	Springfield S	24										
74	V40	Judd, Mike	Chelmsford	36										
75	SM	Frost, Kevin	Colchester & T	37										
76	V40	Spain, Dave	Benfleet	42										
77	V50	Alexander, Roger	Colchester & T	44										
78	V50	Reeves, David	Braintree	59										
79	V40	Flutter, Rich	Colchester H	39: 05										
80	V40	Mennell, Simon	Braintree	58										
81	V60	Butcher, Brian	Mid Essex C	58										
82	V40	Hall, Graham	Orion H	40: 05										
83	V50	O'Doherty, Gerry	Billericay S	10										
84	V50	Parker, Stephen	Ilford	13										
85	V40	Payne, Stuart	Southend	17										
86	SM	Foote, Chris	Phoenix S	27										
87	V40	Clark, Paul	Phoenix S	29										
88	V50	Johnson, Bernard	Thurrock H	31										
89	V50	Russell, Jim	Pitsea	33										
90	SM	Coulson, Myles	Braintree	49										
91	V40	Gillard, Matt	Southend	51										
92	V40	Jackson, Mark	Braintree	41: 33										
93	V60	Adams, Bill	Dagenham 88	34										
94	V50	Taylor, Richard	Springfield S	50										
95	SM	Rebel, Steven	Thrift Green T	53										
96	0	Rodie, Rob	Springfield S	53										
97	V40	Lee, Ricky	Billericay S	42: 04										
98	SM	Wheeldon, Paul	Springfield S	09										
99	V50	Kemp, Steve	Thurrock H	24										
100	V40	Smith, Andy	Braintree	35										

### Team Result

1	Chelmsford	113
2	Havering M	140
3	Colchester H	179
4	Benfleet	191
5	Ilford	191
6	Springfield S	229
7	Orion H	366
8	Billericay S	377
9	Thurrock H	387
10	Southend	396
11	Braintree	451
12	Colchester & T	246 (4)
13	Thrift Green T	246 (4)
14	Pitsea	315 (3)
15	Basildon	22 (2)
16	Mid Essex C	152 (2)
17	Phoenix S	173 (2)
18	Dagenham 88	200 (2)
19	W. Suffolk	35 (1)
20	Harlow	57 (1)
21	Witham	58 (1)
22	Tiptree	68 (1)

## Essex Cross Country League (4)

Great Notley

18-Dec-10

Senior Men

### Individual Standings after 4 Races

1	Whittaker, Paul	Chelmsford	SM	5	61	Gibbs, Martin	Chelmsford	V40	217
2	Sanford, Mark	Basildon	SM	7	62	Binns, Peter	Southend	V60	218
3	Dunbar, Alex	W. Suffolk	U20	11	63	Wisken, Greg	Mid Essex C	V40	221
4	Sterling, Scott	Chelmsford N/S	SM	11	64	Groul, Mike	Benfleet	V40	222
5	Bloomfield, Crispian	Billericay S	SM	21	65	Bumstead, Mike	Thurrock H	V50	233
6	Gardner, Tom	Ilford	SM	28	66	Rothwell, Colin	Benfleet	V50	238
7	Webb, Grant	Basildon	U20	31	67	Dowman, Adam	Thurrock H	U20	248
8	Warner, Rob	Havering M	SM	34	68	Clarke, Andy	Thrift Green T	V40	250
9	Pickering, Lee	Chelmsford	SM	35	69	Aldridge, Kyle	Southend	SM	255
10	Williams, James	Chelmsford	SM	37	70	Warner, Andrew	Orion H	SM	261
11	Buckley-Stanton, Jamie	Havering M	U20	38	71	Nixon, Tony	Ilford	V60	263
12	Muir, Malcolm	Ilford	SM	39	72	Morgan, Simon	Tiptree	V40	263
13	Stroud, Jack	Orion H	SM	43	73	Riches, Gary	Colchester & T	V40	265
14	Whittaker, Steve	Chelmsford	SM	45	74	Cooper, Melvyn	Thrift Green T	V50	278
15	Bland, Matt	Havering M	V40	58	75	Cole, Leo	Witham	V40	282
16	Munro, Phil	Colchester H	SM	60	76	Catton, Andy	Ilford	V50	283
17	Joyce, Shay	Orion H	SM	65	77	Marsh, Anthony	Springfield S	SM	287
18	Spowage, Paul	Colchester H	V40	65	78	Ali, Abdul	Thurrock H	U20	288
19	Briggs, Mike	Benfleet	SM	73	79	Aspinall, Roy	Thurrock H	V40	295
20	Small, Allen	Colchester H	V40	73	80	Crockett, Graham	Benfleet	V50	297
21	Bridgeland, Mike	Chelmsford	V50	79	81	Judd, Mike	Chelmsford	V40	305
22	Clayton, Sam	Colchester & T	U20	79	82	Russell, Rob	Thurrock H	V40	307
23	Lendon, Jason	Havering M	SM	79	83	Stukas, Paul	Springfield S	V40	311
24	Mancer, Jez	Benfleet	V40	79	84	Frost, Kevin	Colchester & T	SM	313
25	Kearton, Andrew	Colchester H	SM	83	85	Alexander, Roger	Colchester & T	V50	315
26	Moxon, George	Southend	U20	86	86	Spain, Dave	Benfleet	V40	318
27	Hall, Auberon	Orion H	U20	90	87	Brewer, Mark	Tiptree	V40	321
28	Bootey, Graham	Benfleet	SM	97	88	Hallam, Dave	Havering M	SM	336
29	Hall, Ben	Orion H	SM	101	89	Mennell, Simon	Braintree	V40	337
30	Riddell, Gareth	Basildon	SM	103	90	Hall, Graham	Orion H	V40	343
31	Nears, Jonathan	Colchester H	SM	108	91	Butcher, Brian	Mid Essex C	V60	347
32	Ridley, Colin	W. Suffolk	V40	109	92	Clark, Paul	Phoenix S	V40	350
33	Dzikowski, Ray	Ilford	V40	112	93	Howard, Gary	Havering M	V40	354
34	Barker, John	Thrift Green T	V40	124	94	Foot, Chris	Phoenix S	SM	358
35	Anderson, Paul	Springfield S	SM	128	95	Kennedy, Andy	Benfleet	V40	365
36	Rice, Scott	Thurrock H	SM	135	96	Kemp, Steve	Thurrock H	V50	369
37	Anthony, Ian	Havering M	SM	142	97	Russell, Jim	Pitsea	V50	373
38	Read, Mark	Thrift Green T	SM	144	98	Reeves, David	Braintree	V50	376
39	Wandasiewicz, Nelson	Thrift Green T	SM	147	99	Johnson, Bernard	Thurrock H	V50	378
40	Gibby, Rob	Colchester H	SM	158	100	Gillard, Matt	Southend	V40	379
41	Johnson, David	Thurrock H	SM	160	101	Rebel, Steven	Thrift Green T	SM	383
42	Knightley, Terry	Ilford	V50	160	102	Payne, Stuart	Southend	V40	384
43	McGoun, Neil	Orion H	SM	165	103	Skinner, Ted	Tiptree	V50	384
44	O'Neill, Ian	Thrift Green T	V40	165	104	Smith, Andy	Braintree	V40	388
45	Jacob, Kevin	Billericay S	V40	166	105	Cousins, Lee	Braintree	SM	389
46	Julian, Kevin	Orion H	V40	168	106	Lee, Ricky	Billericay S	V40	393
47	Lawless, Don	Thurrock H	V40	169	107	Jackson, Mark	Braintree	V40	395
48	Wright, Tim	Orion H	SM	172	108	Miller, Danny	Dagenham 88	SM	396
49	Metcalfe, John	Thurrock H	V50	173	109	Brockington, Tim	Springfield S	V50	397
50	Mead, Tony	Benfleet	V40	176	110	Wheeldon, Paul	Springfield S	SM	400
51	Robinson, Reece	Benfleet	SM	177	111	Ross, Charlie	Chelmsford	V60	413
52	Hogan, Graham	Havering M	SM	184	112	Bulaitus, Peter	Orion H	SM	422
53	Kyriakides, Alec	Southend	V40	192	113	Speed, Neil	Braintree	V40	446
54	Staines, Martyn	Thurrock H	SM	195	114	Jackson, Keith	Pitsea	V60	451
55	Colgrave, Adam	Chelmsford	SM	196	115	Milton, Dave	Springfield S	V50	454
56	Pollitt, Richard	Braintree	U20	201	116	Rosbrook, Mike	Orion H	V70	459
57	Crisp, Neil	Ilford	V40	203	117	Timpson, Steve	Orion H	V40	467
58	Bottrill, Darren	Ilford	SM	204	118	Bates, Peter	Pitsea	V60	473
59	Raven, Stuart	Springfield S	SM	205	119	Dedman, Peter	Orion H	V60	483
60	Morris, Andy	Benfleet	V50	209	120	Megran, Jack	Thurrock H	U20	492
					121	Bolton, Jon	Mid Essex C	V40	503
					122	Emery, Paul	Ilford	V40	504
					123	Rourke, Jim	Billericay S	V40	543
					124	Hobbs, David	Loughton	V60	