

Essex League Cross Country League Results

Courtesy of : -

Roy Meadowcroft (Chelmsford AC)

Dave Vidler (Basildon AC)

Please note that Individual Standings are included this time - Best 3 scores from 4 races.

Due to Dave's personal circumstances, Roy will be handling all queries this season

So Amendments to - [ra ram190433@hotmail.co.uk](mailto:ram190433@hotmail.co.uk)

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 some typing errors on our part.

Please let ROY know if any changes are required. Don't be afraid to e-mail him.
If you don't tell us then we won't know so please e-mail him 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

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time	<u>Individual Standings after 4 races</u>				
1	Mhlanga, Khai	Chelmsford	12: 14					1	Tooley, Sophie	W Suffolk	4	
2	Hoy, Isabella	Orion H	31					1	Mhlanga, Khai	Chelmsford	4	
3	Tippett, Keira	Chelmsford	36					3	Judd, Jodie	Chelmsford	9	
4	Judd, Jodie	Chelmsford	46					4	Hoy, Isabella	Orion H	10	
5	Clark, Sinead	Benfleet	13: 26					5	Tippett, Keira	Chelmsford	12	
6	Broome, Rachel	Chelmsford	29					6	Walker, Jemina	Basildon	17	
7	Baggs, Amy	Havering M	30					7	Clark, Sinead	Benfleet	20	
8	Richardson, Megan	Benfleet	38					8	Broome, Rachel	Chelmsford	23	
9	Abbott, Talya	Orion H	40					9	Smith, Niamh	Basildon	24	
10	Archer-Haley, Gemma	Havering M	43					10	Marshall, Emily	Havering M	30	
11	Marshall, Emily	Havering M	47					11	May, Natasha	Southend	34	
12	Riches, Jessica	CATS	49					12	Abbott, Talya	Orion H	35	
13	Inch, Katie	Orion H	57					13	Baggs, Amy	Havering M	37	
14	May, Natasha	Southend	58					14	Smith, Ellie	Thurrock H	38	
15	Callagher, Nancy	Orion H	14: 05					15	Callagher, Nancy	Orion H	40	
16	Aldis, Rachael	Southend	06					16	Riches, Jessica	CATS	43	
17	Smith, Ellie	Thurrock H	16					17	Etheridge, Kate	Chelmsford	44	
18	Knight, Phoebe	Chelmsford	18					18	Archer-Haley, Gemma	Havering M	51	
19	Stancome, Anna	Thurrock H	27					19	Inch, Katie	Orion H	52	
20	Evison, Maddie	Basildon	28					20	Evison, Maddie	Basildon	57	
21	Coombs, Elise	Basildon	49					21	Aldis, Rachael	Southend	58	
22	Mitchell, Katie	Havering M	50					22	Jeffery, Phoebe	Benfleet	62	
23	Badger, Hannah	Benfleet	50	1	Chelmsford		14	23	Stancome, Anna	Thurrock H	67	
24	Healey, Ella	Southend	51	2	Orion H		39	24	O`Riordan-Mitchell, Niamh	Benfleet	69	
25	Doysten, A	Southend	15: 13	3	Havering M		50	25	Sturgeon, Georgina	CATS	72	
26	Findlay, Briony	Basildon	14	4	Benfleet		64	26	Coombs, Elise	Basildon	75	
27	Hay, Eleanor	Chelmsford	28	5	Southend		79	27	Findlay, Briony	Basildon	81	
28	Terkelsen, Lainey	Benfleet	32	6	Basildon		67	(3)	28	Healey, Ella	Southend	82
29	Woolat, Lilly	Chelmsford	41	7	Thurrock H		36	(2)	29	Mitchell, Katie	Havering M	89
30	Hurford, Rebecca	Benfleet	48	8	Colchester H		68	(2)	30	Woolat, Lilly	Chelmsford	91
31	Partridge, Daisy	Braintree	16: 03	9	CATS		12	(1)	31	Hay, Eleanor	Chelmsford	92
32	Ridley-Johnson, Eliza	Colchester H	18	10	Braintree		31	(1)	32	Walter, Natasha	Southend	105
33	Walter, Natasha	Southend	29						33	Turner, Bethany	Braintree	119
34	Lovett, Elisha	Benfleet	40						34	Brown, Lucy	Basildon	124
35	Bennett, Imogen	Benfleet	17: 14						35	Thatcher-Gray, Elysha	Havering M	125
36	Read, Abbie	Colchester H	52						36	Moloney, Rebecca	Braintree	127
37	Hallam, Macy	Southend	53						37	Hallam, Macy	Southend	128
38	Bristow, Ellie	Havering M	20: 12						38	White, Bethan	Havering M	137
									39	Fribbens, Maddi	Braintree	144

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U13 Boys

Pos	Name	Team	Time
1	Jones, Max	Basildon	11: 40
2	Richards, Daniel	Orion H	42
3	Thorpe, Brandon	Southend	43
4	Webb, Mason	Basildon	12: 03
5	Kidd, Joe	Basildon	04
6	Williams, Max	CATS	05
7	Cantwell, Ollie	Basildon	10
8	Smith, Sam	Thurrock H	18
9	Wright, Toby	Southend	22
10	Cox, Mitchell	Basildon	27
11	Harknett, Lewis	Harlow	36
12	Allen, Luke	Braintree	41
13	Day, George	Orion H	43
14	Young, Jake	Colchester H	46
15	Chess, Euan	CATS	13: 04
16	Hill, Andrew	Chelmsford	10
17	Wakerley, Joe	Basildon	12
18	Quelch, Sam	Harlow	38
19	Barker, Christian	Harlow	44
20	Harknett, Owen	Harlow	48
21	Westwood, Arron	Havering M	51
22	Culham, Connor	Braintree	58
23	Ashley, Matthew	Basildon	14: 08
24	Hollette, Michael	Havering M	15
25	Smith, Alex	Chelmsford	19
26	Davies, Andrew	Orion H	20
27	Prentice, Harry	Harlow	23
28	Eves, Ollie	CATS	25
29	Inch, James	Orion H	25
30	Jordan, Toby	Southend	45

31	Duggan, Brandon	Southend	47
32	Rudgely, Eddie	Havering M	16: 49
33	Smith, Simon	Braintree	19: 01

Teams

Teams

1	Basildon	17
2	Harlow	68
3	Orion H	70
4	Southend	73
5	CATS	49 (3)
6	Braintree	67 (3)
7	Havering M	77 (3)
8	Chelmsford	41 (2)
9	Thurrock H	8 (1)
10	Colchester H	14 (1)

Individual Standings after 4 races

1	Jones, Max	Basildon	3
2	Thorpe, Brandon	Southend	7
3	Richards, Daniel	Orion H	11
3	Webb, Mason	Basildon	11
5	Williams, Max	CATS	16
5	Kidd, Joe	Basildon	16
7	Cantwell, Ollie	Basildon	17
8	Harknett, Lewis	Harlow	29
8	Withers, Gus	Benfleet	29
8	Cox, Mitchell	Basildon	29
11	Allen, Luke	Braintree	34
12	Young, Jake	Colchester H	40
13	Smith, Sam	Thurrock H	41
14	Day, George	Orion H	42
14	Woolf, Jack	Southend	42
16	Clarke, Joe	Orion H	43
17	Wakerley, Joe	Basildon	52
18	Westwood, Arron	Havering M	61
19	Barker, Christian	Harlow	62
20	Quelch, Sam	Harlow	65
21	Ashley, Matthew	Basildon	70
22	Harknett, Owen	Harlow	71
23	Culham, Connor	Braintree	72
24	Graham, Sean	Southend	83
25	Inch, James	Orion H	89
25	Prentice, Harry	Harlow	89
27	Jordan, Toby	Southend	95
28	Rudgely, Eddie	Havering M	99
29	Smith, Simon	Braintree	106

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U15 Girls

Pos	Name	Team	Time
1	Holloway, Gemma	Thurrock H	17: 18
2	Tuckfield, Georgia	Orion H	34
3	Jones, Maisie	Basildon	18: 07
4	Hallam, Lydia	Havering M	13
5	Solis, Katy	Chelmsford	20
6	Smith, Millie	Chelmsford	48
7	Watts, Katherine	Colchester H	55
8	Ives, Isobel	Basildon	19: 12
9	Prideaux, Rosa	Chelmsford	24
10	Espeute, Serena	Orion H	49
11	Hiscock, Victoria	Benfleet	59
12	Surman-Wells, Heidi	Havering M	20: 14
13	Kidwell, Lucy	Southend	30
14	Head, Charlotte	Colchester H	45
15	Kew, Charlotte	CATS	49
16	Nunn, Robbie	Havering M	52
17	Williams, Megan	Chelmsford	53
18	Henderson, Madeleine	Billericay	54
19	Minton-Branfoot, Erin	Chelmsford	58
20	Matthews-Smith, Annabel	Southend	21: 10
21	Pointing, Daisy	Basildon	26
22	Grant, Sophie	Orion H	28
23	Ewan, Joelle	Orion H	32
24	Lear, Louise	Havering M	35
25	Eden, Anna	Braintree	45
26	Kidd, Laura	Basildon	49
27	Huggins, Jayne	Colchester H	22: 19
28	Walters, Abbi-May	Benfleet	29
29	Carr, Madeline	Orion H	23: 00
30	Rudgley, Zoe	Havering M	07
31	Banks, Hannah	CATS	30
32	Lynch, Lucy	Southend	No : Time

Teams

1	Chelmsford	37
2	Havering M	56
3	Orion H	57
4	Basildon	58
5	Colchester H	48
6	Southend	65
7	Benfleet	39
8	CATS	46
9	Thurrock H	1
10	Billericay	18
11	Braintree	25

Individual Standings after 4 races

1	Holloway, Gemma	Thurrock H	3
2	Tuckfield, Georgia	Orion H	7
3	Hallam, Lydia	Havering M	9
4	Smith, Millie	Chelmsford	10
5	Solis, Katy	Chelmsford	11
6	Jones, Maisie	Basildon	13
7	Jarvis, Emma	Southend	18
8	Watts, Katherine	Colchester H	24
9	Prideaux, Rosa	Chelmsford	26
10	Tidd, Olivia	Southend	29
11	Espeute, Serena	Orion H	33
12	Surman-Wells, Heidi	Havering M	36
13	Ives, Isobel	Basildon	37
14	Venton, Cameron	Chelmsford	47
15	Fosker, Ami	CATS	48
16	Taylor, Sydney	Orion H	50
16	Kidwell, Lucy	Southend	50
18	Henderson, Madeleine	Billericay	53
19	Williams, Megan	Chelmsford	57
20	Carr, Madeline	Orion H	65
21	Matthews-Smith, Annabel	Southend	67
21	Nunn, Robbie	Havering M	67
23	Pointing, Daisy	Basildon	69
24	Hicks, Sian	CATS	71
25	Head, Charlotte	Colchester H	72
26	Grant, Sophie	Orion H	73
27	Ewan, Joelle	Orion H	87
28	Spink, Abigail	Havering M	91
29	Lear, Louise	Havering M	93
30	Lynch, Lucy	Southend	96
31	Kidd, Laura	Basildon	99
32	Huggins, Jayne	Colchester H	100
33	Rudgley, Zoe	Havering M	103
33	Allali, Chaina	Thurrock H	103
35	Aitmarri, Tilly	Basildon	109
36	Condon, Emily	Benfleet	116

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U15 Boys

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Team Scores</u>	<u>Individual Standings after 4 races</u>					
1	Elliot, George	Chelmsford	15: 55		1	Elliot, George	Chelmsford	3		
2	Houchell, Adam	Basildon	16: 12		2	Nadin, James	Southend	8		
3	Nadin, James	Southend	18		2	Houchell, Adam	Basildon	8		
4	Willmore, Laurence	Southend	46		4	Willmore, Laurence	Southend	10		
5	Charleston, Callum	Chelmsford	56		5	Charleston, Callum	Chelmsford	15		
6	Jordan, Adam	Southend	17: 06		6	Jordan, Adam	Southend	16		
7	Blanks, Henry	Chelmsford	20		7	Ashley, Daniel	Basildon	17		
8	Foster, Adam	Benfleet	39		8	Blanks, Henry	Chelmsford	24		
9	Gray, Christian	Basildon	40		9	Cahill, Gary	Thurrock H	29		
10	Deasy, Will	CATS	45		10	Gray, Christian	Basildon	31		
11	Davies, Stephen	Basildon	50		11	Davies, Stephen	Basildon	32		
12	Thompson, Ed	Havering M	56		12	Ray, Joe	Southend	34		
13	Wellard-Jeffs, Daniel	Orion H	18: 02		13	Thompson, Ed	Havering M	35		
14	Ray, Joe	Southend	06		14	Deasy, Will	CATS	36		
15	Weston, Charlie	Orion H	21		15	Foster, Adam	Benfleet	40		
16	Pattinson, Ben	Orion H	27		16	Wilson, Sean	Havering M	46		
17	Wilson, Sean	Havering M	19: 10		17	Weston, Charlie	Orion H	48		
18	Neale, James	Chelmsford	19		18	Pattinson, Ben	Orion H	52		
19	Inwood, Zach	Southend	40	Teams	19	Inwood, Zach	Southend	55		
20	Le Mare, Dominic	Southend	20: 30	1	Southend	27	20	Neale, James	Chelmsford	61
21	Nunn, Elliot	Havering M	43	2	Chelmsford	31	21	Nunn, Elliot	Havering M	63
22	Hiscock, James	Benfleet	21: 18	3	Orion H	68	22	Le Mare, Dominic	Southend	69
23	Dell, Sam	Havering M	40	4	Havering M	73	23	Boyce, Matthew	Orion H	84
24	Boyce, Matthew	Orion H	22: 00	5	Basildon	22 (3)	24	Fribbens, Aaron	Braintree	94
				6	Benfleet	30 (2)				
				7	CATS	10 (1)				

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U17 Men

Pos	Name	Team	Time	Team Result
1	Gikungu, Hoseah	Havering M	20: 24	1 Havering M
2	Woodford, Stephen	Chelmsford	21: 03	2 Southend
3	Robinson, Samuel	Chelmsford	23	3 Chelmsford
4	Alexander, Joe	CATS	43	4 CATS
5	Capel, Ashley	Southend	56	5 Orion H
6	Franklin, Ben	Southend	22: 15	6 Thurrock H
7	Clarke, Robert	Colchester H	43	7 Colchester H
8	Kidd, James	Havering M	50	8 Ilford
9	Finch, Alec	Thurrock H	52	
10	Hoy, George	Orion H	23: 00	
11	Frost, Dean	CATS	38	
12	Richardson, Tom	Thurrock H	45	
13	Stennett, Richard	Southend	59	
14	Holland, Andrew	Havering M	24: 01	
15	Thompson, James	CATS	03	
16	Chrisotomou, Alex	Orion H	49	
17	Waller, Jack	Orion H	25: 29	
18	King, Tom	Ilford	29	
19	Rae, Arran	Chelmsford	49	
20	Price, Connor	Colchester H	26: 28	

<u>Individual Standings after 4 races</u>			
1	Gikungu, Hoseah	Havering M	3
2	Alexander, Joe	CATS	7
3	Robinson, Samuel	Chelmsford	12
4	Frith, Rob	Southend	19
5	Franklin, Ben	Southend	20
6	Capel, Ashley	Southend	21
7	Gibbon, Joe	CATS	27
8	Stennett, Richard	Southend	33
9	Hall, James	Benfleet	34
10	Finch, Alec	Thurrock H	37
11	Hoy, George	Orion H	41
12	Clarke, Robert	Colchester H	41
13	Thompson, James	CATS	45
14	Shade, Nick	Havering M	56
15	Brennan, Tom	Havering M	59
16	Waller, Jack	Orion H	60
17	Chrisotomou, Alex	Orion H	61
18	Rae, Arran	Chelmsford	65
19	King, Tom	Ilford	71

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

U17/U20W

Pos	Age Gp	Name	Team	Time
1	U17	Riches, Sophie	Chelmsford	20: 44
2	U17	Johanson, Kim	Chelmsford	21: 15
3	U17	Dodd, Kaylee	Basildon	37
4	U17	Woods, Isabella	Havering M	22: 05
5	U20	Tuttlebury, Katie	Chelmsford	31
6	U17	Peel, Jade	Basildon	45
7	U17	Wade, Rebecca	Chelmsford	23: 03
8	U17	Bullis, Emily	Basildon	05
9	U17	Crofts, Sophie	Chelmsford	15
10	U17	Huggins, Molly	Colchester H	26
11	U20	Ballard, Emily	Basildon	51
12	U17	Lacey, Jordan	Basildon N/S	57
13	U17	Warren, Isabella	Chelmsford	24: 05
14	U17	Crowhurst, Lisa	CATS	17
15	U17	Swain, Jessica	Chelmsford	31
16	U17	Imbush, Sarah	Southend	59
17	U17	Morgan, Alexandra	Southend	25: 07
18	U20	Cooke, Rebecca	Colchester H	37

	<u>Team Result</u>	
1	Chelmsford	15
2	Basildon	28
3	Colchester H	28 (2)
4	Southend	33 (2)
5	Havering M	4 (1)
6	Basildon N/S	12 (1)
7	CATS	14 (1)

<u>Individual Standings after 4 races</u>				
1	Riches, Sophie	Chelmsford	U17	3
2	Redgrave, Sam	Colchester H	U20	7
2	Johanson, Kim	Chelmsford	U17	7
4	Dodd, Kaylee	Basildon	U17	12
5	Woods, Isabella	Havering M	U17	17
6	Tuttlebury, Katie	Chelmsford	U20	18
7	Bullis, Emily	Basildon	U17	23
8	Johnson, Eleanor	Basildon	U17	24
8	Peel, Jade	Basildon	U17	24
10	Hall, Beth	Havering M	U17	30
10	Wade, Rebecca	Chelmsford	U17	30
12	Ballard, Emily	Basildon	U20	33
13	Huggins, Molly	Colchester H	U17	38
14	Lacey, Jordan	Basildon N/S	U17	47
14	Crofts, Sophie	Chelmsford	U17	47
16	Swain, Jessica	Chelmsford	U17	54
17	Tooley, Beth	W Suffolk	U17	55
17	McLachlan, Lindsay	Havering M	U17	55
19	Imbush, Sarah	Southend	U17	57
19	Morgan, Alexandra	Southend	U17	57
21	Crowhurst, Lisa	CATS	U17	63
22	Baker, Emily	W Suffolk	U20	66
23	Easdon, Zoe	Basildon	U17	89

Essex Cross Country League (4)

Sponsored by Runners Edge

Colchester

17/12/2011

Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	<u>Individual Standings after 4 races</u>				
1	U17	Judd, Jessica	Chelmsford	22: 14	51	SW	Whisken, Hayley	Southend	22	1	Judd, Jessica	Chelmsford	U17	3
2	SW	Whitmarsh, Karen	Basildon	24: 04	52	V55	Hobbs, Jean	Loughton	43	2	Joel, Alexa	Havering M	SW	7
3	SW	Thurgood, Claire	Orion H	15	53	V45	De Smedt, Beryl	Phoenix	34: 04	3	Appleton, Debbie	Havering M	V35	11
4	V35	Allen, June	Springfield S	21	54	V45	MacQueen, Andrea	Orion H	08	4	Thurgood, Claire	Orion H	SW	15
5	SW	DeVilliers, Natalie	Chelmsford	23	55	SW	Knowles, Sarah	Springfield S	40	5	Smith, Vicky	Havering M	SW	22
6	SW	Smith, Vicky	Havering M	27	56	U20	Timpson, Melissa	Orion H	43	6	DeVilliers, Natalie	Chelmsford	SW	23
7	V35	Oakman, Annette	Colchester H	28	57	V55	Flannigan, Teresa	Pitsea	35: 02	7	Sutton, Carys	Chelmsford	SW	26
8	SW	Ballard, Dominique	Benfleet	52	58	V35	Callaghan, Nicole	Springfield S	31	8	Jeffery, Sarah	Southend	SW	31
9	SW	Sutton, Carys	Chelmsford	25: 15	59	V45	Petersen, Irena	Loughton	57	9	Morley, Denise	Colchester H	V35	32
10	V35	Morley, Denise	Colchester H	25	60	V45	Goodwin, Sarah	Springfield S	36: 12	10	Mhlanga, Sally	Chelmsford	V35	40
11	SW	Nunn, Ruth	Billericay S	33	61	V45	Stanton, Sandra	Springfield S	52	11	Lagden, Natasha	Southend	V35	44
12	V35	Mhlanga, Sally	Chelmsford	45	62	V45	Harwood, Gwen	Loughton	57	12	Stunt, Catherine	Benfleet	V35	44
13	SW	Bredin, Nicola	Basildon	47	63	V45	St John Coleman, Clare	Chelmsford	37: 56	13	Latham, Louisa	Benfleet	SW	52
14	V45	Higgs, Lynn	Colchester H	50	64	V45	Burston, Nicola	Phoenix	38: 42	14	Flannigan, Rachel	Pitsea	V35	56
15	V45	Anthony, Christine	West Suffolk	59	65	SW	Espeute, Heather	Orion H	39: 30	15	Real, Helen	Loughton	SW	64
16	SW	Hodgkiss, Kate	Harwich Gst	26: 13	66	V45	Davis, Michaela	Loughton	40: 18	16	Thompson, Angela	Havering M	V35	66
17	V35	Lagden, Natasha	Southend	18	67	V45	Bannock, Sue	Phoenix	42: 25	17	Cumner, Ellie	CATS	SW	71
18	SW	Hayes, Vicky	Chelmsford	21	68	SW	Isborne, Kalli	Phoenix	50: 06	18	Gaffney, Lorna	Loughton	V35	73
19	V35	Stunt, Catherine	Benfleet	29						19	Francis, Debra	Benfleet	SW	76
20	V35	Flannigan, Rachel	Pitsea	30						20	Pyle, Nicola	Springfield S	V45	88
21	SW	Daly, Samantha	Southend	44						21	Gifford, Sian	CATS	V35	91
22	SW	Shrewbrige, Laura	Tiptree	49						22	Tanner, Lynn	Springfield S	V55	95
23	SW	Latham, Louisa	Benfleet	55						23	Crisp, Dianne	Ilford	V45	100
24	V35	Smith, Jo	Chelmsford	27: 03						<u>Team Result</u>				
25	V35	Thompson, Angela	Havering M	31	1	Chelmsford		27	24	Perrin, Julie	Southend	V35	105	
26	SW	Francis, Debra	Benfleet	45	2	Colchester H		72	25	Mathers, Vanessa	Southend	V35	105	
27	V45	Inch, Christine	Orion H	57	3	Benfleet		76	26	Shillaker, Gaye	Loughton	V45	108	
28	V35	Gaffney, Lorna	Loughton	28: 05	4	Southend		103	27	Moore, Melanie	Colchester H	V45	118	
29	SW	Patel, Paula	Mid Essex Cas	07	5	Orion H		129	28	Tonek-Bonnet, Hana	Chelmsford	SW	121	
30	V45	Crisp, Dianne	Ilford	11	6	Springfield S		137	29	Panting, Mel	Southend	V55	123	
31	SW	Hammond, Sarah	Springfield S	24	7	Loughton		178	30	Heeks, Anne	Loughton	V45	127	
32	V35	Perrin, Julie	Southend	26	8	Phoenix		252	31	Rolerkite, Lindsey	Braintree	V35	131	
33	V35	Mathers, Vanessa	Southend	39	9	Havering M		75 (3)	32	Stannard, Annette	Southend	V35	137	
34	V55	Panting, Mel	Southend	48	10	Basildon		15 (2)	33	Hallam, Jane	Havering M	V35	143	
35	SW	Tonek-Bonnet, Hana	Chelmsford	59	11	Pitsea		77 (2)	34	Jarvis, Margaret	Chelmsford	V55	153	
36	V35	Gifford, Sian	CATS	29: 01	12	Ilford		80 (2)	35	Minton, Tracey	Chelmsford	V45	158	
37	V35	Gordon, Claire	Witham	04	13	Billericay S		11 (1)	36	Williams, Kirsty	Springfield S	V35	165	
38	V45	Ling, Melanie	Southend	15	14	West Suffolk		15 (1)	37	Fribbens, Dorinda	Braintree	V45	166	
39	V45	Shillaker, Gaye	Loughton	18	15	Tiptree		22 (1)	38	De Smedt, Beryl	Phoenix	V45	170	
40	V35	Rolerkite, Lindsey	Braintree	37	16	Mid Essex Cas		29 (1)	39	Buckler, Roma	Phoenix	SW	174	
41	V45	Moore, Melanie	Colchester H	30: 10	17	CATS		36 (1)	40	Hobbs, Jean	Loughton	V55	177	
42	V45	Webster, Fran	Benfleet	20	18	Witham		37 (1)	41	Smith, Debbie	Phoenix	V45	182	
43	V35	Stannard, Annette	Southend	36	19	Braintree		40 (1)	42	Knowles, Sarah	Springfield S	SW	186	
44	V35	Hallam, Jane	Havering M	51					43	Vine, Susan	Phoenix	V55	191	
45	V35	Wetherall, Aleta	Orion H	31: 04					44	Maslen, Nicola	Phoenix	V35	197	
46	SW	Page, Jennie	Benfleet	17					45	Timpson, Melissa	Orion H	U20	198	
47	V35	Cook, Alison	Springfield S	40					46	Petersen, Irena	Loughton	V45	204	
48	V55	Jarvis, Margaret	Chelmsford	55					47	Goodwin, Sarah	Springfield S	V45	206	
49	V45	Minton, Tracey	Chelmsford	32: 52					48	Stanton, Sandra	Springfield S	V45	208	
50	V45	Gilham, Sally	Ilford	33: 08					49	Harwood, Gwen	Loughton	V45	217	
									50	Burston, Nicola	Phoenix	V45	220	
									51	Davis, Michaela	Loughton	V45	220	
									52	Hawkins, Nicola	Phoenix	V45	225	
									53	Potter, Dawn	Springfield S	V45	229	

Essex Cross Country League (4)

Colchester

17-Dec-11

Senior Men

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sanford, Mark	Chelmsford	29: 45	81	V50	Catton, Andy	Ilford	23
2	SM	Twist, Grant	Havering M	30: 08	82	SM	Rayner, Andy	Colchester H	30
3	U20	Short, Alex	Chelmsford	35	83	V40	Capel, Darren	Southend	34
4	SM	Warner, Rob	Havering M	50	84	V40	Lunn, Andy	Orion H	36
5	SM	Windley, Tristan	Springfield S	59	85	V40	Hart, James	Orion H	41
6	U20	Youell, Chris	Chelmsford	31: 05	86	V40	Brewer, Mark	Tiptree	39: 06
7	SM	Wright, Will	Chelmsford	25	87	V50	Williams, Roy	Thrift Green T	34
8	U20	Conway, Frankie	Orion H	36	88	SM	Flutter, Richard	Harwich Gst	50
9	SM	Hunter, Ben	Southend	37	89	SM	Cerny, Michael	Benfleet	53
10	SM	Parker-Brown, Billy	Chelmsford	45	90	V40	Marsh, Pat	Colchester H	40: 11
11	U20	Richards, Alex	Ilford	47	91	V50	Skinner, Ted	Tiptree	35
12	U20	Law, Andy	Basildon	57	92	SM	Coulson, Myles	Braintree	42
13	U20	Webb, Grant	Basildon	58	93	V40	Morgan, Simon	Tiptree	55
14	SM	Fryer, John	Colchester H	32: 00	94	V50	Brockington, Tim	Springfield S	41: 01
15	U20	Gillard, Rhys	Southend	02	95	U20	Akintokan, Akeem	Basildon	09
16	SM	Benton, Wesley	Colchester H	10	96	U20	Green, Buddy	Orion H	11
17	SM	Williams, James	Chelmsford	19	97	V50	Goad, Richard	Pitsea	24
18	V40	Smalls, Allen	Colchester H	20	98	V40	Ling, Jim	Southend	31
19	SM	Houghton, Alex	Thurrock H	25	99	V50	Johnson, Bernard	Thurrock H	41
20	U20	Smale, David	Southend	34	100	V50	Sargent, Rob	Dagenham 88	51
21	U20	Woodley, Mark	Chelmsford	40	101	V40	Lawes, Mark	Tiptree	53
22	V40	Bland, Matt	Havering M	49	102	V40	Glover, Ian	Southend	42: 11
23	V40	Barker, John	Thrift Green T	49	103	SM	Praill, Jason	Springfield S	36
24	SM	Allen, Gavin	Braintree	56	104	V60	Bryan, Paul	Colchester H	43
25	SM	Reason, Robert	Harwich Gst	33: 13	105	SM	Payne, K	Mid Essex C	43: 20
26	SM	Anthony, Ian	Havering M	22	106	V60	Butcher, Brian	Mid Essex C	20
27	SM	Briggs, Mike	Benfleet	25	107	V40	Gwyn-Williams, Seb	Witham	31
28	V40	Ridley, Colin	W. Suffolk	31	108	V40	Speed, Neil	Braintree	49
29	SM	Kearton, Andrew	Colchester H	32	109	V50	Lane, Dave	Phoenix S	50
30	V50	Bridgeland, Mike	Chelmsford	34	110	V50	Driscoll, John	Colchester H	44: 07
31	SM	Smith, James	Springfield S	43	111	V40	Jordan, Simon	Phoenix S	11
32	SM	Gibby, Rob	Colchester H	51	112	SM	Footer, Chris	Phoenix S	14
33	SM	Booty, Graham	Benfleet	55	113	V50	Cheal, Steve	Ilford	18
34	V40	Spowage, Paul	Colchester H	34: 03	114	SM	Harper-Ward, Matt	Benfleet	43
35	SM	Wilson, Simon	Southend	05	115	V60	Smith, George	Thrift Green T	45: 18
36	SM	Hawkins, Peter	Chelmsford	10	116	V50	Frith, Rod	Southend	19
37	V40	Kettridge, Sean	Tiptree	16	117	V40	Williams, Paul	Orion H	19
38	SM	Colgrave, Adam	Chelmsford	22	118	V50	Hadgraft, Rob	Tiptree	29
39	U20	Cross, Dennis	Thurrock H	31	119	SM	Rolfe, Steve	Braintree	35
40	SM	Hall, Ben	Orion H	49	120	V70	Ross, Charlie	Chelmsford	38
41	SM	Smale, Peter	Southend	56	121	V50	Bulaitus, Peter	Orion H	46: 09
42	SM	Sutton, Darren	Springfield S	35: 00	122	V50	Bailey, Malcolm	Tiptree	11
43	SM	Nears, Jonathan	Colchester H	05	123	V40	Timpson, Steve	Orion H	24
44	V40	Crisp, Neil	Ilford	09	124	SM	Boyd, James	Phoenix S	26
45	SM	Wandasiewicz, Nelson	Thrift Green T	13	125	SM	Whisken, Mike	Southend	30
46	V40	Heskey-Jones, James	Tiptree	13	126	V60	Hobbs, David	Loughton	51
47	SM	Knowles, Matthew	Harwich Gst	16	127	V40	Smith, Andy	Braintree	47: 10
48	U20	Dowman, Adam	Thurrock H	20	128	V70	Rosbrook, Mike	Orion H	24
49	V40	Lawless, Don	Thurrock H	23	129	V40	Gransham, Raoul	Braintree	48: 00
50	SM	Bumstead, Paul	Thurrock H	31	130	V40	Charlton, Ray	Springfield S	50: 14
51	SM	Johnson, David	Chelmsford	36	131	V70	Dawson, Ron	Southend	53
52	V50	Metcalfe, John	Thurrock H	37	132	V50	Perry, Steve	Springfield S	53: 43
53	U20	Edwards, Adam	Havering M	40	133	V50	Mills, Eddie	Phoenix S	55: 52
54	U20	Millar, Alan	Southend	42	134	V60	Deadman, Peter	Orion H	58: 15
55	SM	Neugebauer, James	Springfield S	45					
56	V40	Clark, Alan	Benfleet	48					
57	SM	Raven, Stuart	Springfield S	49					
58	U20	Crook, Adam	Chelmsford	49					
59	V50	Shelley, Eamon	Thurrock H	36: 04					
60	V40	Grout, Mike	Benfleet	04					
61	V50	Jeggo, Paul	Springfield S	07					
62	SM	Thrush, Scott	Southend	20					
63	V40	Wright, Tim	Orion H	21					
64	V40	Cole, Leo	Witham	23					
65	SM	Collins, Neil	Havering M	28					
66	V40	Rankin, Nick	Benfleet	33					
67	V40	Wisken, Greg	Mid Essex C	43					
68	V40	Marchant, Dave	Thurrock H	45					
69	V40	Kennedy, Andy	Benfleet	50					
70	SM	Taylor, Lee	Southend	53					
71	V40	Berrett, Paul	Havering M	56					
72	SM	Sterling, Craig	Benfleet	37: 01					
73	SM	Anderson, Paul	Springfield S	04					
74	SM	Riches, Gary	CATS	13					
75	SM	McCarthy, Barney	Thrift Green T	28					
76	V50	Morris, Andy	Benfleet	30					
77	SM	Augustin, Dan	Mid Essex C	51					
78	SM	Newman, Richard	Harwich Gst	54					
79	V50	Cooper, Melvyn	Thrift Green T	38: 04					
80	V40	Russell, Rob	Thurrock H	17					

<u>Team Result</u>			
1	Chelmsford	44	
2	Colchester H	143	
3	Havering M	172	
4	Southend	174	
5	Springfield S	251	
6	Thurrock H	257	
7	Benfleet	311	
8	Orion H	376	
9	Thrift Green T	424	
10	Tiptree	454	
11	Braintree	599	
12	Phoenix S	589	(5)
13	Ilford	249	(4)
14	Mid Essex C	355	(4)
15	Basildon	120	(3)
16	Witham	171	(2)
17	W. Suffolk	28	(1)
18	CATS	74	(1)
19	Pitsea	97	(1)
20	Dagenham 88	100	(1)
21	Loughton	126	(1)

Essex Cross Country League (4)

Sponsored by Runners Edge

<u>Individual Standings after 4 Races</u>					<u>Senior Men</u>				
1	Short, Alex	Chelmsford	U20	7	61	Riches, Gary	CATS	SM	241
2	Sanford, Mark	Chelmsford	SM	7	62	Knight, Nick	Thrift Green T	SM	244
3	Warner, Rob	Havering M	SM	12	63	Capel, Darren	Southend	V40	263
4	Twist, Grant	Havering M	SM	14	64	Earney, Ross	Havering M	U20	268
5	Windley, Tristan	Springfield S	SM	20	65	Catton, Andy	Ilford	V50	269
6	Law, Andy	Basildon	U20	29	66	Jarvis, Greg	Southend	V40	276
7	Wright, Will	Chelmsford	SM	30	67	Judd, Mike	Chelmsford	V40	284
8	Hunter, Ben	Southend	SM	31	68	Snowden, Chris	Springfield S	SM	288
9	Youell, Chris	Chelmsford	U20	33	69	Marsh, Pat	Colchester H	V40	300
10	Williams, James	Chelmsford	SM	43	70	Binns, Peter	Southend	V60	304
11	Richards, Alex	Ilford	U20	45	71	Morgan, Simon	Tiptree	V40	305
12	Smalls, Allen	Colchester H	V40	49	72	Tullett, Peter	Chelmsford	V50	312
13	Fryer, John	Colchester H	SM	52	73	Skinner, Ted	Tiptree	V50	317
14	Houghton, Alex	Thurrock H	SM	54	74	Coulson, Myles	Braintree	SM	318
15	Gillard, Rhys	Southend	U20	60	75	Green, Buddy	Orion H	U20	333
16	Bland, Matt	Havering M	V40	66	76	Williams, Roy	Thrift Green T	V50	334
17	Barker, John	Thrift Green T	V40	69	77	Akintokan, Akeem	Basildon	U20	336
18	Rice, Scott	Thurrock H	V40	70	78	Bridges, Paul	Springfield S	SM	343
19	Briggs, Mike	Benfleet	SM	78	79	Butcher, Brian	Mid Essex C	V60	348
20	Parker, Charlie	Southend	U20	91	80	Glover, Ian	Southend	V40	353
21	Bridgeland, Mike	Chelmsford	V50	92	81	Sargent, Rob	Dagenham 88	V50	355
22	Wilson, Simon	Southend	SM	93	82	Brockington, Tim	Springfield S	V50	357
23	Spowage, Paul	Colchester H	V40	98	83	Hall, Graham	Orion H	V50	365
24	Ridley, Colin	W. Suffolk	V40	98	84	Gwyn-Williams, Seb	Witham	V40	373
25	Hall, Ben	Orion H	SM	100	85	Rayney, Duncan	Loughton	V40	378
26	Booty, Graham	Benfleet	SM	101	86	Footer, Chris	Phoenix S	SM	378
27	Johnson, David	Chelmsford	SM	114	87	Howard, Gary	Havering M	V50	391
28	Smale, Peter	Southend	SM	117	88	Burgess, Ian	Thurrock H	SM	395
29	Colgrave, Adam	Chelmsford	SM	122	89	Jordan, Simon	Phoenix S	V40	398
30	Allworthy, David	Colchester H	SM	127	90	Cheal, Steve	Ilford	V50	406
31	Anthony, Ian	Havering M	SM	128	91	Speed, Neil	Braintree	V40	411
32	Freeman, Jeremy	Chelmsford	V40	130	92	Bulaitus, Peter	Orion H	V50	416
33	Cross, Dennis	Thurrock H	U20	130	93	Williams, Paul	Orion H	V40	416
34	Clark, Alan	Benfleet	V40	140	94	Ross, Charlie	Chelmsford	V70	420
35	Lyne, Eliot	Colchester H	SM	142	95	Smith, George	Thrift Green T	V60	421
36	Wandasiewicz, Nelson	Thrift Green T	SM	142	96	Miller, Danny	Dagenham 88	SM	423
37	Neugebauer, James	Springfield S	SM	144	97	Frith, Rod	Southend	V50	426
38	Shelley, Eamon	Thurrock H	V50	156	98	Timpson, Steve	Orion H	V40	442
39	Lawless, Don	Thurrock H	V40	160	99	Hobbs, David	Loughton	V60	454
40	Raven, Stuart	Springfield S	SM	164	100	Sibley, Trevor	Braintree	V40	461
41	Crook, Adam	Chelmsford	U20	170	101	Charlton, Ray	Springfield S	V40	461
42	O'Neill, Ian	Thrift Green T	V40	171	102	Dawson, Ron	Southend	V70	463
43	Crisp, Neil	Ilford	V40	174	103	Perry, Steve	Springfield S	V50	468
44	Spooner, Terry	Benfleet	SM	175	104	Deadman, Peter	Orion H	V60	474
45	Metcalfe, John	Thurrock H	V50	175	105	Mills, Eddie	Phoenix S	V50	483
46	Millar, Alan	Southend	U20	179	106	Mitchell, Barry	Braintree	V40	487
47	Jacob, Kevin	Billericay S	V40	185					
48	Collins, Neil	Havering M	SM	189					
49	Grout, Mike	Benfleet	V40	193					
50	Cole, Leo	Witham	V40	194					
51	Freeman, Paul	Chelmsford	V40	196					
52	Jeggo, Paul	Springfield S	V50	198					
53	Marchant, Dave	Thurrock H	V40	201					
54	Wisken, Greg	Mid Essex C	V40	207					
55	Rankin, Nick	Benfleet	V40	219					
56	Taylor, Lee	Southend	SM	221					
57	Sterling, Craig	Benfleet	SM	224					
58	Berrett, Paul	Havering M	V40	224					
59	Cooper, Melvyn	Thrift Green T	V50	229					
60	Kennedy, Andy	Benfleet	V40	235					