

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

**Courtesy of : -**

**Chris Akehurst (Colchester H)  
Roy Meadowcroft (Chelmsford AC)**

Please e-mail any amendments to Chris

**[chris.akehurst@tesco.net](mailto:chris.akehurst@tesco.net)**

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 there will be some typing errors on our part.

Please let Chris 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 (3)

### Sponsored by Runners Edge

#### Southend

11/01/2014

#### U13 Girls

Pos	Name	Team	Time		Teams	
1	Eleanor Macintosh	Cambridge & C	11	59	1	Havering M 30
2	Kate O'Neill	Havering M	12	00	2	Cambridge & C 33
3	Katie Mitchell	Havering M		09	3	Southend 56
4	Courtney Gordon	Braintree		18	4	Benfleet 109
5	Helena Dyce	Cambridge & C		19	5	Basildon 89 (3)
6	Megan Samuels	Southend		21	6	Braintree 16 (2)
7	Frances Haines	Cambridge & C		22	7	East Essex Tri 39 (2)
8	Georgia Gobell	Southend		29	8	Harlow 50 (2)
9	Aoibheann Pearce	Orion H		32	9	Chelmsford 59 (2)
10	Charlotte Brooks	East Essex Tri		34	10	Orion H 9 (1)
11	Sophie Rand	Havering M		36	11	Discovery Tri 13 (1)
12	Kiera Hornsby	Braintree		47	12	Thurrock 18 (1)
13	Abigale Kerr	Discovery Tri		48		
14	Molly Bath	Havering M		50		
15	Rebecca Brown	Havering M		52		
16	Lottie Rowedder	Harlow		53		
17	Felicity Galbally	Southend	13	10		
18	Kira Scott	Thurrock		15		
19	Katy Fenner	Benfleet		20		
20	Sophie Ealey	Cambridge & C		26		
21	Catherine Barker	Havering M		32		
22	Jessica Mitchell	Havering M		34		
23	Sophie Wetheridge	Basildon		59		
24	Georgia Olley	Chelmsford	14	10		
25	Ava King	Southend		18		
26	Ella King	Havering M		23		
27	Yasmin Robinson	Benfleet		26		
28	Tilly Borrett	Cambridge & C		44		
29	Caitlin Fowler	East Essex Tri		49		
30	Emily Kidd	Basildon		59		
31	Genevieve Pate	Benfleet	15	04		
32	Grace Stapleton	Benfleet		22		
33	Lucy Priestley	Havering M		27		
34	Ashleigh Rowland	Harlow	16	02		
35	Emily Foster	Chelmsford		17		
36	Lauren Ager	Basildon	17	16		
37	Chloe West	Southend	19	16		

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

**Southend**

11/01/2014

**U13 Boys**

Pos	Name	Team	Time
1	Thomas Keen	Cambridge & C	10: 46
2	Lewis Harknett	Harlow	47
3	Leon Wheeler	East Essex Tri	51
4	Max Fewster	Chelmsford	11: 03
5	Elliott Cordery	Chelmsford	05
6	Jamie Sales	Cambridge & C	13
7	Reece Scott	Thurrock H	14
8	Joesph Clark	Orion H	15
9	Zack Bridgeland	Chelmsford	15
10	David Dow	Cambridge & C	24
11	Sam Rawlinson	Chelmsford	34
12	Jack Rice	Havering M	37
13	Oliver Newman	Cambridge & C	42
14	Luke Gill	East Essex Tri	50
15	James Wood	Orion H	51
16	Owen Harknett	Harlow	58
17	Kai Bosson	Harlow	12: 01
18	Adam Wright	Benfleet	02
19	Sam Atkins	Havering M	11
20	Luke Savage	Basildon	14
21	Matthew Pointer	Basildon	16
22	Brett Rushman	Walden Tri	24
23	Kieron Davies	Havering M	26
24	Charles Fletcher	Braintree	27
25	George Hay	Chelmsford	28
26	Joesph Hudson	Southend	28
27	Craig Wheeler	Southend	30
28	James Wright	Basildon	32
29	Sam Wheatley	Southend	34
30	Oliver Woods	Havering M	38
31	George Barson	Benfleet	46
32	Ben Lammin	Havering M	49
33	Oliver Randall	Southend	50
34	Ethan Bird	Southend	54
35	Jack Karmy	Chelmsford	57
36	Marcus Holmes	Colchester H	13: 11
37	William Jones	Orion H	13
38	Saul Ashon	Orion H	19
39	Ben Prior	Thurrock H	21
40	Sam Allum	Orion H	22

Pos	Name	Team	Time
41	Jay Vassalo	Havering M	13 29
42	Sam Shrimpton	Havering M	30
43	Ellis Osborne	Havering M	34
44	Peter Brinton-Quinn	Havering M	36
45	Clayton Thomas	East Essex Tri	40
46	Max Sower-Butts	Havering M	43
47	Mason Hambleton	Thurrock H	44
48	Thomas Mann	Southend	45
49	Joesph Wyatt	Havering M	59
50	Hadyn Neal	Southend	14: 09
51	Henry Willett	Thurrock H	22
52	Ellis Swindell	Benfleet	32
53	Todd Riddell	Havering M	15: 22
54	Daniel Mayes	East Essex Tri	35

**Teams**

1	Chelmsford	29
2	Cambridge & C	30
3	Havering M	84
4	Orion H	98
5	Southend	115
6	East Essex Tri	116
7	Thurrock H	144
8	Harlow	35 (3)
9	Basildon	69 (3)
10	Benfleet	101 (3)
11	Walden Tri	22 (1)
12	Braintree	24 (1)
13	Colchester H	36 (1)

## **Essex Cross Country League (4)**

**Sponsored by Runners Edge**

### **Southend**

**11/01/2014**

### **U15 Girls**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>	
1	Khahisa Mhlanga	Chelmsford	14: 31	1 Chelmsford	19
2	Jodie Judd	Chelmsford	55	2 Southend	73
3	Alice Newcombe	Cambridge & C	15: 03	3 Havering M	77
4	Sinead Clark	Benfleet	16	4 Basildon	28 (3)
5	Rachel Broome	Chelmsford	17	5 Cambridge & C	10 (2)
6	Niamh Smith	Basildon	26	6 Benfleet	18 (2)
7	Belinda Dow	Cambridge & C	32	7 Colchester & T	22 (2)
8	Natasha May	Southend	16: 14	8 Orion H	41 (2)
9	Lydia Callan	Colchester & T	16		
10	Gemma Archer-Haley	Basildon	37		
11	Kate Etheridge	Chelmsford	17: 02		
12	Charlotte Skeggs	Basildon	05		
13	Mary-Ann Deasy	Colchester & T	10		
14	Emily Warren	Benfleet	33		
15	Emily Marshall	Havering M	35		
16	Nancy Callagher	Orion H	18: 09		
17	Jess Ward	Havering M	16		
18	Phoebe Jefferey	Chelmsford	18		
19	Emily James	Havering M	20		
20	Iona Doyle	Southend	25		
21	Olivia Elliott	Chelmsford	19: 12		
22	Eleanor Pepper	Southend	18		
23	Natasha Walter	Southend	22		
24	Charlotte Gowers	Chelmsford	25		
25	Katie Inch	Orion H	46		
26	Grace MacLeod	Havering M	57		

# **Essex Cross Country League (4)**

**Sponsored by Runners Edge**

## **Southend**

**11/01/2014**

## **U15 Boys**

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>	
1	Rob Huckle	Cambridge & C	13: 16	1	Cambridge & C 13
2	Joseph Patterson	Colchester & T	17	2	Orion H 36
3	Jordan Wood	Cambridge & C	28	3	Basildon 51
4	Ashley Brown	Cambridge & C	32	4	Colchester & T 53
5	Luke Crisp	Cambridge & C	43	5	Havering M 61 (3)
6	Daniel Richards	Orion H	46	6	East Essex Tri 43 (2)
7	Harry Sloman	Orion H	56	7	Braintree 45 (2)
8	George Day	Orion H	14: 01	8	Colchester H 57 (2)
9	Ben Haynes	Basildon	17	9	Southend 23 (1)
10	Brandon Thorpe	Basildon	26	10	Discovery Tri 25 (1)
11	Harrison Smith	East Essex Tri	31	11	Benfleet 28 (1)
12	Ben Miller	Colchester & T	43		
13	Max Jones	Basildon	44		
14	Lewis Debenham	Havering M	55		
15	Jake Offiler	Orion H	15: 03		
16	Joshua Iton	Orion H	06		
17	Will Page	Colchester & T	08		
18	Oliver Bath	Havering M	09		
19	Joe Kidd	Basildon	11		
20	Mitchell Cox	Basildon	15		
21	Connor Culham	Braintree	29		
22	Evan Chess	Colchester & T	35		
23	Michael Hodges	Southend	46		
24	Joshua Mulley	Braintree	50		
25	Cameron Kerr	Discovery Tri	16: 05		
26	Alex Lione	Cambridge & C	13		
27	Charlie Everest	Colchester H	19		
28	Zak Churn	Benfleet	26		
29	James Stewart	Havering M	17: 04		
30	Drew Olley	Colchester H	55		
31	George Goodspeed	Basildon	19: 06		
32	Ben Brooks	East Essex Tri	20: 20		

## **Essex Cross Country League (4)**

**Sponsored by Runners Edge**

<b><u>Southend</u></b>					<b><u>11/01/2014</u></b>		<b><u>U17/U20W</u></b>	
<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>		<b><u>Team Result</u></b>		
1	U17	Claire Wilson	Cambridge & C	14:	06	1	Basildon 35	
2	U17	Jessica Burgess	Woodford Gn (Guest)	15:	02	2	Havering M 69	
3	U20	Justine Anthony	W Suffolk		10	3	Orion H 82	
4	U20	Kaylee Dodd	Basildon		19	4	Southend 35 (3)	
5	U17	Sarah Wilson	Havering M		23	5	Colchester H 50 (3)	
6	U20	Hayley Lamkin	Southend		35	6	Chelmsford 19 (2)	
7	U17	Isobel Ives	Basildon		45	7	East Essex Tri 46 (2)	
8	U17	Megan Williams	Chelmsford		58	8	Cambridge & C 1 (1)	
9	U20	Emily Bullis	Basildon	16:	11	9	W Suffolk 3 (1)	
10	U17	Lucy Kidwell	Southend		27	10	Benfleet 20 (1)	
11	U20	Jessica Swain	Chelmsford		31			
12	U20	Isabella Woods	Havering M	17:	08			
13	U20	Molly Huggins	Colchester H		09			
14	U20	Armarni Antoine-Chage	Orion H		22			
15	U20	Jade Peel	Basildon		29			
16	U17	Joy Huggins	Colchester H		40			
17	U17	Madeleine Carr	Orion H		47			
18	U17	Laura Kidd	Basildon		50			
19	U17	Annabel Matthews-Smi	Southend	18:	14			
20	U17	Abbi-May Walters	Benfleet		40			
21	U17	Charlotte Head	Colchester H		54			
22	U17	Megan Clark	East Essex Tri	19:	48			
23	U17	Zoe Rudgey	Havering M	20:	15			
24	U17	Hannah Kane	East Essex Tri		47			
25	U17	Joelle Ewen	Orion H	22:	10			
26	U17	Sophie Grant	Orion H		13			
27	U20	Zoe Easdon	Basildon		21			
28	U17	Hannah Julian	Orion H		35			
29	U20	Lindsey Wiggins	Havering M	25:	10			

## **Essex Cross Country League (4)**

**Sponsored by Runners Edge**

<b><u>Southend</u></b>				<b><u>11/01/2014</u></b>		<b><u>U17 Men</u></b>	
<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>			
1	Michael Bartrum	West Suffolk	18: 36	1 Benfleet	62		
2	Seb Anthony	West Suffolk	40	2 Havering M	78		
3	George Elliott	Chelmsford	19: 30	3 Chelmsford	20	(3)	
4	William Deasy	Colchester & T	55	4 Cambridge & C	38	(3)	
5	Harry Topham	Cambridge & C	20: 03	5 Southend	39	(3)	
6	Adam Jordan	Southend	05	6 Basildon	66	(3)	
7	Christian Grey	Basildon	21	7 Harlow	93	(3)	
8	Oliver Swallow	Chelmsford	22	8 West Suffolk	3	(2)	
9	James Nadin	Chelmsford	25	9 Orion H	38	(2)	
10	Joe Ray	Southend	59	10 Colchester & T	4	(1)	
11	Ben Pattison	Orion H	21: 07	11 Braintree	18	(1)	
12	Abdul Mohamed	Havering M	11	12 Colchester H	31	(1)	
13	Jake Davies	Cambridge & C	12				
14	Adam Foster	Benfleet	16				
15	James Hiscock	Benfleet	18				
16	Kieran Feltham	Benfleet	18				
17	Eddy Cooper	Benfleet	29				
18	Joseph Nourse	Braintree	30				
19	Matthew Braybrook	Havering M	31				
20	Curtis Wood	Cambridge & C	48				
21	Ryan Creasey	Benfleet	52				
22	Euan Harlow	Havering M	55				
23	Henry Snell	Southend	22: 14				
24	Michael Feltham	Benfleet	35				
25	Bradley West	Havering M	47				
26	Donald Campbell	Harlow	23: 15				
27	Thomas Young	Orion H	24: 28				
28	Michael Williams	Benfleet	37				
29	Steve Davies	Basildon	53				
30	Joe Payne	Basildon	26: 31				
31	Ghiles Salhi	Colchester H	27: 18				
32	Stanley Allen	Havering M	36				
33	Ashley Rich	Harlow	29: 40				
34	Lewis Wright	Harlow	56				

# Essex Cross Country League (4)

Sponsored by Runners Edge

## Southend

11/01/2014

## Senior Women

Pos	Age Gp	Name	Team	Time	Team	
1	V35	Debbie Sullivan	Havering M	21: 42	1 Colchester H	44
2	SW	Claire Thurgood	Orion H	: 47	2 Cambridge & C	46
3	V35	Sarah Stradling	Colchester H	22: 01	3 Chelmsford	60
4	SW	Vicky Smith	Havering M	: 02	4 Orion H	90
5	V45	Margaret Deasey	Colchester & T	: 27	4 Havering M	90
6	SW	Karen Whitmarsh	Basildon	: 32	6 Southend	99
7	SW	Claire Somerton	Cambridge & C	: 33	7 Benfleet	133
8	SW	Dominique Ballard	Benfleet	: 45	8 Springfield S	157
9	SW	Carla Brown	Cambridge & C	: 48	9 Ilford	162
10	SW	Carys Sutton	Chelmsford	: 51	10 Braintree	205
11	V35	Denise Morley	Colchester H	: 55	11 Loughton	210
12	SW	Laura Shoebridge	Colchester H	23: 03	12 Phoenix	253
13	SW	Natalie Griffiths	Cambridge & C	: 04	13 Basildon	60 (3)
14	SW	Rebecca Rowley	Chelmsford	: 08	14 E Essex Tri	65 (2)
15	V35	Wendy King	Chelmsford	: 19	15 Thrift Green T	83 (2)
16	SW	Sarah Jeffery	Southend	: 48	16 Colchester & T	5 (1)
17	SW	Carrie Bedingfield	Cambridge & C	: 53	17 Pitsea	72 (1)
18	V35	Amanda Henry	Colchester H	: 56		
19	SW	Hayley Hawes	E Essex Tri	: 59		
20	SW	Heidi Steele	Colchester H	24: 06		
21	V35	Sally Mhlanga	Chelmsford	: 08		
22	V35	Jacqui Watson	Benfleet	: 24		
23	SW	Nikki Barnett	Orion H	: 31		
24	SW	Laura Brooks	Thrift Green T	: 57		
25	V35	Anne Jenkinson	Southend	25: 00		
26	SW	Nicola Bredin	Basildon	: 02		
27	V35	Natasha Lagden	Southend	: 16		
28	SW	Emily Ballard	Basildon	: 34		
29	V35	Hayley Rogerson	Orion H	: 49		
30	SW	sarah Colbert	Springfield S	: 55		
31	SW	Vanessa Mather	Southend	: 58		
32	SW	Andrea James	Colchester H	26: 00		
33	V35	Mary Knapman	Loughton	: 22		
34	V35	Vic Curen	Springfield S	: 29		
35	V45	Dianne Crisp	Ilford	: 39		
36	V45	Christine Inch	Orion H	: 53		
37	V55	Bree Nordin	Ilford	27: 13		
38	SW	Patsy McSweeney	Havering M	: 18		
39	V45	Lorna Gaffney	Loughton	: 28		
40	V35	Lorraine Gosling	Orion H	: 37		
41	V45	Lindsey Rolerkite	Braintree	: 39		
42	SW	Jenny Sheehan	Ilford	: 41		
43	V45	Josie Sheffield	Braintree	: 49		
44	V35	Nichola Hands	Springfield S	: 51		
45	V45	Annette Johnson	Benfleet	28: 17		
46	SW	Jenny Page	E Essex Tri	: 31		
47	V45	Jane Hallam	Havering M	: 37		
48	V45	Nicola Hopkinson	Ilford	: 47		
49	V45	Alison Gillan	Springfield S	: 49		
50	V35	Maureen Lear	Havering M	: 54		
51	V45	Melanie Moore	Colchester H	29: 10		
52	SW	Kayleigh Beedon	Braintree	: 21		
53	V35	Kirsty Williams	Springfield S	: 32		
54	V45	Elaine Tibley	Springfield S	: 37		
55	V35	Sarah Hammond	Springfield S	30: 05		
56	SW	Amelia Kyriakides	Southend	: 15		
57	V45	Debbie Smith	Phoenix	: 24		
58	V35	Angela Benfield	Benfleet	: 32		
59	SW	Daisy Martin	Thrift Green T	: 35		
60	V45	Tracy O'Neill	Havering M	: 37		



61	V35	Ruth Roberts	Phoenix	: 46
62	SW	Katheryn Sunderland	Chelmsford	: 49
63	V55	Jean Hobbs	Loughton	31: 10
64	V45	Sally Newman-Russell	Southend	: 20
65	V35	Clare Rudgley	Havering M	: 22
66	V45	Teresa Pearmain	Southend	32: 12
67	V45	Beryl De Smedt	Phoenix	: 29
68	V45	Debra Pumfrett	Phoenix	: 36
69	V35	Alpa Day	Braintree	34: 21
70	V45	Nicola Maslen	Phoenix	: 27
71	SW	Nicky Gordon	Phoenix	: 37
72	V55	Teresa Flannigan	Pitsea	35: 17
73	SW	Keeley Watson	Southend	: 24
74	V45	Sarah Goodwin	Springfield S	: 25
75	V45	Michaela Davis	Loughton	: 50
76	V75	Pam Jones	Ilford	36: 03
77	V45	Adele Moggan	Phoenix	: 17
78	V55	Susan Vine	Phoenix	: 52
79	V45	Gwen Harwood	Loughton	38: 29

# Essex Cross Country League (4)

## Sponsored by Runners Edge

<u>Southend</u>				<u>11-Jan-14</u>	<u>Senior Men</u>		
Pos	Age Gp	Name	Team	Time		Teams	
1	SM	Grant Twist	Chelmsford	22: 42	1	Southend	92
2	SM	Guest	Cambridge & C	: 58	2	Cambridge & C	139
3	SM	David Gibbon	Southend	23: 02	3	Chelmsford	148
4	SM	Grant Webb	Basildon	: 16	4	Colchester H	151
5	SM	Rob Warner	Havering M	: 17	5	Orion H	173
6	U20	Tom Richardson	Basildon	: 29	6	Thurrock H	222
7	U20	Kieran Wood	Cambridge & C	: 38	7	Havering M	235
8	U20	Mac Delo	W. Suffolk	: 44	8	Benfleet	384
9	SM	Oliver Kyriakides	Southend	: 56	9	Springfield S	311 (5)
10	SM	Chris Sellens	Colchester H	24: 00	10	Phoenix S	505 (5)
11	SM	Tom Stevens	Cambridge & C	: 02	11	Pitsea	531 (5)
12	SM	Mark Woodley	Chelmsford	: 19	12	Basildon	197 (4)
13	U20	Rhys Gillard	Southend	: 30	13	Ilford	303 (4)
14	U20	Darren Blackwell	Chelmsford	: 39	14	Mid Essex C	404 (4)
15	SM	Brian Jenkins	Orion H	: 42	15	Thrift Green T	99 (2)
16	SM	Alex Houghton	Thurrock H	: 54	16	Loughton	194 (2)
17	V40	Allen Smalls	Colchester H	: 58	17	W. Suffolk	8 (1)
18	SM	Tom Cammack	Springfield S	25: 01	18	Witham	52 (1)
19	U20	Ashley Capel	Southend	: 08	19	Braintree	85 (1)
20	SM	Ian Anthony	Havering M	: 10	20	Tiptree	89 (1)
21	SM	David Allworthy	Colchester H	: 11	21	Billericay Striders	124 (1)
22	SM	Oliver Park	Cambridge & C	: 14			
23	SM	Patrick Walsh	Southend	: 28			
24	V40	Colin Read	Orion H	: 31			
25	SM	Lee Taylor	Southend	: 33			
26	SM	Ian Clark	Orion H	: 40			
27	V40	Craig Dyce	Cambridge & C	: 52			
28	V50	Colin Ridley	Colchester H	: 55			
29	V40	Matt Bland	Havering M	: 59			
30	SM	Tim Ballard	Colchester H	26: 08			
31	SM	Neil McGown	Orion H	: 15			
32	SM	Richard Park	Cambridge & C	: 16			
33	V40	Neil Swift	Orion H	: 17			
34	SM	Peter Smale	Southend	: 18			
35	V40	Scott Rice	Thurrock H	: 22			
36	U20	Tom Lyn-Jones	Thurrock H	: 37			
37	V40	John Green	Thurrock H	: 38			
38	V50	Mick Bridgeland	Chelmsford	: 41			
39	V40	Paul Holloway	Ilford	: 48			
40	SM	Graeme Kennedy	Cambridge & C	: 51			
41	SM	James Williams	Chelmsford	27: 08			
42	SM	Adam Colgrave	Chelmsford	: 08			
43	U20	Andrew Holland	Havering M	: 12			
44	V40	George Banbury	Orion H	: 13			
45	SM	Marc Harrod	Colchester H	: 14			
46	SM	Nelson Wandasiewicz	Thrift Green T	: 16			
47	V40	Ty Barrer	Southend	: 17			
48	V40	Don Lawless	Thurrock H	: 18			
49	U20	James Hall	Benfleet	: 27			
50	SM	Anthony Tobin	Thurrock H	: 28			
51	V40	Alec Kyriakides	Southend	: 32			
52	V40	Leo Cole	Witham	: 33			
53	V40	John Barker	Thrift Green T	: 40			
54	V40	Alan Clark	Benfleet	: 48			
55	SM	Lee Whitehead	Cambridge & C	28: 21			
56	V40	Terry Spooner	Benfleet	: 25			
57	SM	Rob Smith	Colchester H	: 31			
58	V40	David Wilson	Orion H	: 42			
59	V40	Greg Wisken	Mid Essex C	: 43			
60	SM	Andy Doig	Pitsea	: 47			
61	SM	Luke Jackson	Havering M	: 49			
62	SM	Kieron McGill	Benfleet	: 55			
63	V50	John Metcalf	Thurrock H	: 57			
64	V40	Glen Gosling	Orion H	: 58			
65	V60	Mike Bumstead	Thurrock H	29: 08			
66	SM	Stuart Colley	Orion H	: 28			
67	V40	Alan Monte	Southend	: 36			
68	SM	Mark Buckley	Springfield S	: 38			
69	V40	Jon Byford	Springfield S	: 39			
70	V40	Martin Mack	Thurrock H	: 40			
71	V40	Bradley Brown	Ilford	: 49			
72	V50	Dave Brock	Orion H	: 50			
73	V40	John Whitehouse	Loughton	: 58			
74	V50	Peter Tullett	Chelmsford	: 59			
75	SM	Dan Quartly	Springfield S	30: 00			
76	SM	Buddy Green	Orion H	: 21			
77	V40	Barry Ward	Havering M	: 27			
78	V50	Chris Togwell	Ilford	: 30			
79	SM	Michael Cerny	Benfleet	: 43			
80	V40	David Findlay	Basildon	: 52			
81	V50	Tim Brockington	Springfield S	31: 04			
82	V40	Gary Cahill	Thurrock H	: 10			
83	SM	Chris Footer	Phoenix S	: 31			
84	V40	Graham Crockett	Benfleet	: 37			
85	V40	Myles Coulson	Braintree	: 42			
86	U20	Alex Christostomou	Orion H	: 46			
87	V50	Bill Bennett	Orion H	: 59			
88	V50	Bernard Johnson	Thurrock H	32: 18			

# Essex Cross Country League (4)

## Sponsored by Runners Edge

<u>Southend</u>			<u>11-Jan-14</u>	<u>Senior Men</u>	
<u>Pos</u>	<u>Age Gp</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Teams</u>
89	V50	Ted Skinner	Tiptree	: 21	
90	V50	Bryan Newman	Orion H	: 23	
91	SM	Ben Shore	Orion H	: 29	
92	SM	Stephen Harris	Phoenix S	: 31	
93	V40	Matt Gillard	Southend	: 37	
94	SM	Alan Huckle	Cambridge & C	: 46	
95	V50	Quinton Broadbent	Orion H	: 51	
96	V50	Gary Bartlett	Orion H	: 52	
97	V50	Gary Howard	Havering M	: 58	
98	V40	Julian Davies	Havering M	33: 05	
99	V50	Grant Corton	Orion H	: 17	
100	V40	Ian Glover	Southend	: 24	
101	SM	James Hunton	Chelmsford	: 26	
102	V50	Paul Williams	Orion H	: 35	
103	V50	Dave Lane	Phoenix S	: 50	
104	V50	Stephen Middleton	Southend	34: 06	
105	SM	Jon Brown	Southend	: 34	
106	V40	Andrew Dodd	Orion H	: 40	
107	SM	Ricky Bullis	Basildon	: 42	
108	V60	Bob Jousiffe	Orion H	: 55	
109	V40	Nick Vincent	Southend	35: 12	
110	V50	Richard Goad	Pitsea	: 38	
111	SM	Robert Frost	Phoenix S	: 50	
112	V60	Brian Butcher	Mid Essex C	36: 1	
113	V40	Nigel Pointer	Pitsea	: 49	
114	V60	David Game	Mid Essex C	37: 14	
115	V50	Steve Cheal	Ilford	38: 52	
116	V50	Eddie Mills	Phoenix S	39: 4	
117	V50	Paul Hart	Orion H	: 27	
118	V70	Charlie Ross	Chelmsford	: 29	
119	SM	Leighton Williams	Mid Essex C	: 33	
120	V50	Peter Bulaitis	Orion H	: 34	
121	V60	David Hobbs	Loughton	40: 3	
122	V60	Peter Bates	Pitsea	41: 1	
123	V50	Colin Wiggins	Havering M	: 26	
124	V70	Ernie Easterby	Billericay S	42: 13	
125	V50	Steve Williams	Chelmsford	44: 22	
126	V40	David Davidson	Pitsea	46: 51	

# Essex Cross Country League (4)

Sponsored by Runners Edge

Southend

11-Jan-14

Senior Men

Pos Age Gp Name

Team

Time

Teams