

Essex Cross Country League (3)

<u>Writtle</u>		<u>U13 Girls</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time	
1	Erin Little	Chelmsford AC	12: 42	
2	Nneka Okoh	Chelmsford AC	51	
3	Freya Seymour	Basildon AC	53	
4	Chloe Rand	Havering AC	57	
5	Kiera Atkinson	Chelmsford AC	57	
6	Holly Watson	Chelmsford AC	13: 00	
7	Stephanie Okoro	Havering AC	02	
8	Matilda Canty	Havering AC	02	
9	Madeline Barker	Havering AC	04	
10	Jayne Elvin	Thurrock Harriers	08	
11	Maisy Silverstone	Orion Harriers	13	
12	Ruby Muffett	Southend-on-Sea AC	30	
13	Francesca Turner	Basildon AC	31	
14	Freya Long	Havering AC	31	
15	Rose Sheppard	Braintree & District AC	36	
16	Ruby Samuels	Southend-on-Sea AC	38	
17	Grace Holmes	Southend-on-Sea AC	42	
18	Hannah Warner	Southend-on-Sea AC	52	
19	Sophie Foot	Orion Harriers	14: 06	
20	Verity Garcia	Orion Harriers	18	
21	Aisling Walters	Southend-on-Sea AC	19	
22	Rosie Spring	Thurrock Harriers	36	
23	Millie Costin	Basildon AC	57	
24	Jessica Turner	Basildon AC	15: 05	
25	Anna Leinemann	Discovery Triathlon Club	10	
26	Libby Gosling	Orion Harriers	16	
27	Erin Vernon	Benfleet Running Club	18	
28	Annabelle Crystall	Chelmsford AC	28	
29	Heidi Aylen	Havering AC	30	
30	Lucia De Cristofano	Benfleet Running Club	36	
31	Rebekah Long	Chelmsford AC	46	
32	Elizabeth Sole	Southend-on-Sea AC	55	
33	Lauren Holmes	Basildon AC	16: 25	
34	Amelia Jones	Southend-on-Sea AC	27	
35	Olivia Higgs	Thurrock Harriers	29	
36	Darcy Spivy	Southend-on-Sea AC	36	
37	Daisy Bullamore	Colchester Harriers AC	54	
38	Sophia Stephanou	Havering AC	17: 05	
39	Leah Hampson-Long	Benfleet Running Club	18: 37	

Teams	
1	Chelmsford AC 14
2	Havering AC 28
3	Southend-on-Sea AC 63
4	Basildon AC 63
5	Orion Harriers 76
6	Thurrock Harriers 67 (3)
7	Benfleet Running Club 96 (3)
8	Braintree & District AC 15 (1)
9	Discovery Triathlon Club 25 (1)
10	Colchester Harriers AC 37 (1)

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Essex Cross Country League (3)

<u>Writtle</u>				<u>U13 Boys</u>				<u>13/01/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	12: 04	41	Kieran Rodd	Southend-on-Sea AC	17				
2	Henry Dover	Colchester & Tendring AC	12	42	Fred Walton	Colchester & Tendring AC	35				
3	Matthew Hick	Ilford AC	14	43	James Malyon	Harlow AC	45				
4	Will Steadman	Chelmsford AC	23	44	Liam Keevil	Basildon AC	18: 18				
5	Thomas Wood	Braintree & District AC	28								
6	Arthur Ansell	Orion Harriers	35								
7	Ronan Longman-Young	Benfleet Running Club	51								
8	Oliver Prince	Braintree & District AC	13: 00								
9	William Nuttall	Chelmsford AC	05								
10	Cooper Mills	Chelmsford AC	09								
11	Shane Hart	Havering AC	14								
12	Joseph Perry	Chelmsford AC	16								
13	Harrison Thorpe	Basildon AC	19								
14	Jacob Alexander	Chelmsford AC	25								
15	Alex Kerr	Havering AC	27								
16	Thomas Peacock	Thurrock Harriers	27								
17	Callum Basinger	Havering AC	29								
18	Ben Stokes	Basildon AC	43								
19	Harry Tobin	Thurrock Harriers	44								
20	Jack Edwards	Basildon AC	46								
21	Kai Yeldham	Benfleet Running Club	46								
22	Onyekachukwu Okoh	Chelmsford AC	51								
23	Hugo Jones	Southend-on-Sea AC	14: 01								
24	Jack Rushworth	Harlow AC	02								
25	Harry Elgar	Southend-on-Sea AC	11								
26	Harry Cossington	Havering AC	15								
27	Charlie Parmenter	Colchester Harriers AC	15								
28	Max Robbins	Havering AC	16								
29	Matthew Collins	Southend-on-Sea AC	28								
30	Noah Trencher	Thurrock Harriers	29								
31	Dominic Gal	Southend-on-Sea AC	29								
32	Jack Warren	Thurrock Harriers	32								
33	Toby Jones	Southend-on-Sea AC	34								
34	Azuka Okoh	Chelmsford AC	34								
35	Stanley Hobbs	Colchester & Tendring AC	46								
36	Ryan McCarthy	Havering AC	48								
37	Aaron Hick	Ilford AC	49								
38	Archie Winney	Havering AC	52								
39	James Tudor	Havering AC	15: 26								
40	Benedict Heath	Benfleet Running Club	16: 10								

Teams		
1	Chelmsford AC	35
2	Havering AC	44
3	Basildon AC	95
4	Thurrock Harriers	97
5	Southend-on-Sea AC	108
6	Benfleet Running Club	68 (3)
7	Colchester & Tendring AC	79 (3)
8	Braintree & District AC	13 (2)
9	Ilford AC	40 (2)
10	Harlow AC	67 (2)
11	Orion Harriers	6 (1)
12	Colchester Harriers AC	27 (1)

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Essex Cross Country League (3)

<u>Writtle</u>		<u>U15 Girls</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time	
1	Sydney Foley	Havering AC	15:	52
2	Megan Harris	Basildon AC	16:	10
3	Milly Presland	Colchester Harriers AC		54
4	Faye Sweeting	Chelmsford AC	17:	04
5	Madison Harris	Basildon AC		05
6	Sophie Wetheridge	Basildon AC		09
7	Georgia Tombs	Chelmsford AC		10
8	Martha Smith	Chelmsford AC		24
9	Daizy Harris	Basildon AC		29
10	Lauryn Wood	Chelmsford AC		35
11	Hannah Bolton	Chelmsford AC		40
12	Sarah Blockley	Thurrock Harriers		43
13	Isabel Judd	Basildon AC	18:	01
14	Natalie Smith	East Essex Triathlon Club		19
15	Sophie Magson	Orion Harriers		25
16	Amelie Maris	Cambridge & Coleridge AC		30
17	Maddie Piron	Harlow AC		32
18	Hannah Peacock	Thurrock Harriers		35
19	Hollie Rex	Basildon AC		36
20	Rebecca O'Rourke	Havering AC		37
21	Olivia Reilly	Chelmsford AC		43
22	Madeleine Claydon	Colchester Harriers AC		48
23	Emily Fall	Thurrock Harriers		53
24	Alex Dorson	Orion Harriers		55
25	Leah Brewer	Thurrock Harriers		58
26	Annie Grannell	Havering AC	19:	02
27	Grace Malcolm	Harlow AC		04
28	Morgan Romain	Havering AC		09
29	Kennedy Beardwell	Thurrock Harriers		15
30	Becci Leddy	Orion Harriers		23
31	Lena Leinemann	Discovery Triathlon Club		28
32	Iris Brandon	Orion Harriers		55
33	Eve Smith	Orion Harriers	21:	35
34	Freya Hudson	Basildon AC		37
35	Mairi Malcolm	Harlow AC	22:	30

Teams	
1	Basildon AC 22
2	Chelmsford AC 29
3	Havering AC 75
4	Thurrock Harriers 78
5	Orion Harriers 101
6	Harlow AC 79 (3)
7	Colchester Harriers AC 25 (2)
8	East Essex Triathlon Club 14 (1)
9	Cambridge & Coleridge AC 16 (1)
10	Discovery Triathlon Club 31 (1)

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Essex Cross Country League (3)

<u>Writtle</u>		<u>U15 Boys</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time	
1	Aaron Samuels	Iford AC	14: 20	
2	Finnlay Lowe	Thurrock Harriers	30	
3	Luke Meridew	Basildon AC	48	
4	Matthew Warner	Southend-on-Sea AC	15: 17	
5	Joshua McGill	Basildon AC	19	
6	Ethan Reilly	Chelmsford AC	23	
7	Luke Randall	Southend-on-Sea AC	24	
8	Jamie Rashbrook	Basildon AC	30	
9	George Hey	Southend-on-Sea AC	50	
10	Luke Chester	Havering AC	16: 09	
11	Aaron Davis	Chelmsford AC	13	
12	Charlie Regan	Colchester & Tendring AC	16	
13	Nathan Boase	Orion Harriers	18	
14	Archie Connors	Benfleet Running Club	19	
15	Joe Muller	Southend-on-Sea AC	21	
16	Kristhians Kalmanis	Southend-on-Sea AC	31	
17	Dylan Harrod	Thurrock Harriers	33	
18	Dominic Jarvis	Havering AC	34	
19	Dan Edwards	Basildon AC	37	
20	Henry Jones	Orion Harriers	38	
21	Scott Thomas	Chelmsford AC	38	
22	Henry Lay	Havering AC	46	
23	Samuel Waite	Chelmsford AC	47	
24	Frederick Tall	Southend-on-Sea AC	59	
25	Lenny Houston	Havering AC	17: 15	
26	Matthew Pinney	Cambridge & Coleridge AC	24	
27	Sunny Vehit	Thurrock Harriers	47	
28	Haydn Hawkins	Braintree & District AC	51	
29	Timi McDaniel	Havering AC	54	
30	William Samuels	Southend-on-Sea AC	18: 00	
31	Jake Long	Havering AC	12	
32	Dylan Rhodes	Havering AC	24	
33	Rhys Dolan	Orion Harriers	34	
34	Joseph Watts	Orion Harriers	19: 20	
35	Ethan Georgeson-Mosedale	Orion Harriers	56	

Teams			
1	Southend-on-Sea AC	35	
2	Basildon AC	35	
3	Chelmsford AC	61	
4	Havering AC	75	
5	Orion Harriers	100	
6	Thurrock Harriers	46	(3)
7	Iford AC	1	(1)
8	Colchester & Tendring AC	12	(1)
9	Benfleet Running Club	14	(1)
10	Cambridge & Coleridge AC	26	(1)
11	Braintree & District AC	28	(1)

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Essex Cross Country League (3)

<u>Writtle</u>		<u>U17/20 Women</u>	<u>13/01/2018</u>	
Pos	Age	Name	Team	Time
1	U17	Jessica Mitchell	Havering AC	19: 19
2	U20	Rachel Broome	Chelmsford AC	20: 23
3	U17	Hayley Instance	Thurrock Harriers	30
4	U20	Sinead Clark	Benfleet Running Club	44
5	U17	Annalie Cole	Orion Harriers	21: 05
6	U17	Hannah Watson	Colchester Harriers AC	29
7	U17	Aoibheann Pearce	Orion Harriers	56
8	U17	Joanna Rimmington	Southend-on-Sea AC	22: 07
9	U17	Jenna Williams	Southend-on-Sea AC	11
10	U17	Beth Ashley	Basildon AC	19
11	U20	Ellen Williams	Southend-on-Sea AC	46
12	U17	Jordan Hinds	Ilford AC	23: 12
13	U17	Catherine Barker	Havering AC	25: 01
14	U17	Juliette Le Mere	Southend-on-Sea AC	03
15	U17	Abby Rex	Basildon AC	18
16	U17	Charlotte Grant	Orion Harriers	26: 45
17	U17	Lucy Priestley	Havering AC	54
18	U20	Leah McGill	Basildon AC	30: 53

Teams

1	Southend-on-Sea AC	42
2	Orion Harriers	28 (3)
3	Havering AC	31 (3)
4	Basildon AC	43 (3)
5	Chelmsford AC	2 (1)
6	Thurrock Harriers	3 (1)
7	Benfleet Running Club	4 (1)
8	Colchester Harriers AC	6 (1)
9	Ilford AC	12 (1)

Essex Cross Country League (3)

<u>Writtle</u>	<u>U17 Men</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time
1	Lewis Harknett	Orion Harriers	21: 24
2	Leon Wheeler	Thurrock Harriers	28
3	Zack Bridgeland	Chelmsford AC	33
4	Sarab Dhillon	Thurrock Harriers	39
5	Taylor Newell	Thurrock Harriers	22: 05
6	Oliver Randall	Southend-on-Sea AC	11
7	Joseph Trim	East Essex Triathlon Club	23
8	Ben Prior	Thurrock Harriers	23
9	Sam Wheatley	Southend-on-Sea AC	25
10	Max Caulfield	Colchester Harriers AC	31
11	Sam Norris	Southend-on-Sea AC	39
12	Danny Millward	Colchester Harriers AC	23: 04
13	Luke Savage	Basildon AC	10
14	Luke Gill	East Essex Triathlon Club	15
15	Ermeas Afewerki	Colchester Harriers AC	16
16	Alex Williamson	Colchester Harriers AC	33
17	Josh Metson	East Essex Triathlon Club	34
18	Jack Exley	Thurrock Harriers	24: 13
19	Toby Turl	Braintree & District AC	39
20	Matthew Houchell	Basildon AC	41
21	William Lynes	Braintree & District AC	57
22	William Jones	Orion Harriers	58
23	George Applewhite	Basildon AC	25: 34
24	Louis Berrett	Havering AC	37
25	Mark Beale	Chelmsford AC	42
26	Isaac Dods	Southend-on-Sea AC	26: 03
27	Elijah Brown	Southend-on-Sea AC	56
28	Henri Willett	Thurrock Harriers	27: 19
29	Matthew Edwards	Havering AC	59

Teams

1	Thurrock Harriers	19
2	Southend-on-Sea AC	52
3	Colchester Harriers AC	53
4	East Essex Triathlon Club	38 (3)
5	Basildon AC	56 (3)
6	Orion Harriers	23 (2)
7	Chelmsford AC	28 (2)
8	Braintree & District AC	40 (2)
9	Havering AC	53 (2)

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Essex Cross Country League (3)

Writtle

Senior Women

13/01/2018

Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	V35	Liz Davies	Springfield Striders RC	22: 49	1 Basildon AC	27
2	SW	Emma Houchell	Basildon AC	23: 28	2 Chelmsford AC	29
3	V35	Rachel Wiseman	Basildon AC	: 48	3 Springfield Striders RC	62
4	SW	Megan Evans	Chelmsford AC	24: 03	4 Southend-on-Sea AC	81
5	SW	Clare Thurgood	Orion Harriers	: 14	5 Orion Harriers	84
6	V35	Rebecca Luxton	Chelmsford AC	: 31	6 Havering AC	91
7	SW	Rebecca Cole	Chelmsford AC	: 49	7 Benfleet Running Club	93
8	SW	Charlotte Bishop	Basildon AC	25: 12	8 Thrift Green Trotters	210
9	V35	Nicky Brockbank	Springfield Striders RC	: 35	9 Halstead RR	214
10	SW	Ginte Bailey	Havering AC	: 51	10 Billericay Striders RC	278
11	SW	Hayley Lamkin	Southend-on-Sea AC	26: 07	11 Colchester Harriers AC	66 (3)
12	V45	Wendy King	Chelmsford AC	: 13		
13	SW	Nicola Bredin	Benfleet Running Club	: 26		
14	SW	Emily Ballard	Basildon AC	: 40		
15	V35	Hayley Rogerson	Orion Harriers	: 45	Division 2 Teams (4 to score)	
16	V45	Debbie Appleton	Havering AC	: 56	1 Grange Farm & Dunmow Runr	175
17	SW	Ella Neale	Colchester Harriers AC	27: 02	2 Loughton AC	271
18	V45	Denise Morley	Colchester Harriers AC	: 03	3 Ilford AC	273
19	SW	Holly Gillard	Southend-on-Sea AC	: 07	4 Tiptree Road Runners	282
20	SW	Shannon Mason	Springfield Striders RC	: 18	5 JBR Run and Tri	373
21	SW	Hayley Pegg	Chelmsford AC	: 30	6 Phoenix Striders	376
22	V35	Charmaine Sterling	Benfleet Running Club	: 53	7 Thurrock Harriers	141 (3)
23	V45	Jacqui Watson	Benfleet Running Club	: 55	8 Mid Essex Casuals	220 (3)
24	SW	Sarah Pennington	Southend-on-Sea AC	: 58	9 Pitsea Running Club	200 (2)
25	V45	Alison Trauttmansdorff	Orion Harriers	28: 02	10 East Essex Triathlon Club	105 (1)
26	V35	Rachael Roughan	Halstead RR	: 06	Veterans Teams (3 to score)	
27	V45	Anne Jenkinson	Southend-on-Sea AC	: 18	1 Springfield Striders RC	42
28	V45	Toni Radley	Thurrock Harriers	: 20	2 Orion Harriers	79
29	SW	Jade Edwards	Havering AC	: 30	3 Basildon AC	98
30	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	: 37	4 Benfleet Running Club	101
31	V35	Ellie Cumner	Colchester Harriers AC	29: 03	5 Southend-on-Sea AC	102
32	V40	Polly Bridgman	Springfield Striders RC	: 06	6 Havering AC	123
33	V45	Sue Cribbs	Southend-on-Sea AC	: 11	7 Halstead RR	144
34	SW	Freda Petersen	Loughton AC	: 15	8 Grange Farm & Dunmow Runr	145
35	SW	Jayne Stacey	Benfleet Running Club	: 22	9 Thrift Green Trotters	168
36	V40	Joanne Sullivan	Havering AC	: 23	10 Tiptree Road Runners	189
37	V50	Jodie Farrell	Thurrock Harriers	: 25	11 Billericay Striders RC	192
38	V35	Louise Douglass	Basildon AC	: 28	12 Mid Essex Casuals	220
39	V40	Lorraine Gosling	Orion Harriers	: 29	13 Loughton AC	252
40	V50	Tracy Harrington	Tiptree Road Runners	: 46	14 Ilford AC	256
41	V50	Lorna Gaffney	Loughton AC	: 52	15 Phoenix Striders	268
42	V50	Vanessa Mathers	Southend-on-Sea AC	: 52	16 JBR Run and Tri	280
43	V40	Kerry Harrington	Grange Farm & Dunmow Runners	30: 05	17 Chelmsford AC	18 (2)
44	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 13	18 Colchester Harriers AC	49 (2)
45	V50	Pippa Dowswell	Orion Harriers	: 15	19 Thurrock Harriers	65 (2)
					20 Pitsea Running Club	200 (2)
					21 East Essex Triathlon Club	105 (1)

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Pos	Age	Name	Team	Time
46	V55	Nicola Hopkinson	Ilford AC	: 16
47	V40	Abigail Rayner	Grange Farm & Dunmow Runners	: 22
48	V40	Ruth Havis	Billericay Striders RC	: 36
49	SW	Carlie Qirem	Ilford AC	: 42
50	V40	Teresa Woodroffe	Mid Essex Casuals	: 42
51	V35	Alison Taylor	Orion Harriers	: 46
52	SW	Holly Meyers	Thrift Green Trotters	: 49
53	SW	Amy Gornall	Thrift Green Trotters	31: 01
54	V35	Mel Candler	Halstead RR	: 26
55	V35	Charlotte King	Grange Farm & Dunmow Runners	: 31
56	V45	Kelly McClenaghan	Benfleet Running Club	: 32
57	V45	Mandy Wetheridge	Basildon AC	: 34
58	SW	Lucy Humphreys	Orion Harriers	: 37
59	V50	Paula Purrtell	Mid Essex Casuals	: 40
60	V35	Morven Hurding	Tiptree Road Runners	32: 00
61	V40	Lisa James	Thrift Green Trotters	: 01
62	SW	Laura Scott	Basildon AC	: 07
63	V45	Mary Lloyd	Thrift Green Trotters	: 09
64	V50	Wendy Carter	Halstead RR	: 11
65	V45	Brady Ramsay	Grange Farm & Dunmow Runners	: 16
66	V45	Joanne Ling	Billericay Striders RC	: 26
67	V35	Hannah Sheikh	Dagenham 88 Runners	: 32
68	V35	Kerry Marshall	Springfield Striders RC	: 36
69	V40	Deborah Hitching	Springfield Striders RC	: 38
70	SW	Leigh-Anne Porter	Halstead RR	: 43
71	V40	Toni Marshall	Havering AC	: 48
72	V50	Annette Johnson	Benfleet Running Club	: 56
73	V65	Lynn Tanner	Springfield Striders RC	: 58
74	V50	Jo Pearce	Phoenix Striders	33: 02
75	V50	Donna Handle	Springfield Striders RC	: 08
76	SW	Charlotte Edwards	Thurrock Harriers	: 10
77	SW	Anna Crawley	Ilford AC	: 11
78	V45	Shona Browning	Billericay Striders RC	: 18
79	V45	Louise Young	JBR Run and Tri	: 23
80	V50	Juliet Ward	Havering AC	: 31
81	V50	Catterina Miller	Springfield Striders RC	: 33
82	SW	Alex Edwards	Havering AC	: 40
83	V50	Gillian Robertson	Grange Farm & Dunmow Runners	: 52
84	V40	Hayley Morley	Grange Farm & Dunmow Runners	: 53
85	V45	Debbielyn Hallam	Southend-on-Sea AC	: 54
86	V65	Wendy Read	Billericay Striders RC	: 59
87	SW	Cat Bennison	Halstead RR	34: 07
88	V40	Sharon Johnson	JBR Run and Tri	: 17
89	V45	Tracy Russell	Tiptree Road Runners	: 26
90	V55	Beryl De Smedt	Phoenix Striders	: 41

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Pos	Age	Name	Team	Time
91	V50	Jane Hallam	Havering AC	: 49
92	V35	Emily Penkett	Springfield Striders RC	: 56
93	V50	Alison Vincent	Tiptree Road Runners	35: 06
94	V35	Paula Fairlamb	Orion Harriers	: 10
95	V50	Tracy O'Neill	Havering AC	: 32
96	V50	Irene Petersen	Loughton AC	: 43
97	V60	Helen Williams	Pitsea Running Club	: 47
98	V45	Nicole Smith	Halstead RR	36: 05
99	SW	Hannah Bardell	JBR Run and Tri	: 11
100	SW	Fiona Petersen	Loughton AC	: 28
101	V55	Julia Galea	Ilford AC	: 39
102	V40	Tricia Holmes	Southend-on-Sea AC	37: 10
103	V60	Gillian Harrison	Pitsea Running Club	: 26
104	V45	Nicola Maslen	Phoenix Striders	: 26
105	V65	Theresa Flannigan	East Essex Triathlon Club	: 37
106	V50	Glenda Jackson	Grange Farm & Dunmow Runners	: 42
107	SW	Sasha Tourbassora	JBR Run and Tri	: 50
108	V40	Heather Impey	Phoenix Striders	: 55
109	V55	Sharon Honey	Ilford AC	38: 01
110	V35	Ann-Marie Bearne	Tiptree Road Runners	: 20
111	V55	Julie Peacock	Mid Essex Casuals	: 31
112	V40	Louise Garrett	Grange Farm & Dunmow Runners	: 47
113	V40	Stacie Dowell	JBR Run and Tri	39: 02
114	V50	Launa Broadley	Ilford AC	40: 28
115	V50	Michaela Davis	Loughton AC	: 47
116	V50	Sharon Hardwicke	Tiptree Road Runners	: 48
117	V55	Pat Rhodes	Tiptree Road Runners	41: 03
118	V45	Sharon Wilkinson	Phoenix Striders	: 19
119	V35	Christine Bedford	Billericay Striders RC	42: 43
120	SW	Rosalind Wright	Grange Farm & Dunmow Runners	: 55
121	V35	Jackie Bushnell	Phoenix Striders	43: 38
122	SW	Kirsty Noble	Phoenix Striders	44: 0
123	V50	Nicola Burston	Phoenix Striders	: 3
124	V55	Karen Saltwell	JBR Run and Tri	46: 1

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Essex Cross Country League (3)

		<u>Writtle</u>	<u>Senior Men</u>	<u>13/01/2018</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Rob Warner	Havering AC	28: 19	1	Havering AC 106
2	U20	Ramadan Osman	Colchester Harriers AC	: 39	2	Orion Harriers 116
3	U20	George Day	Orion Harriers	: 51	3	Colchester Harriers AC 133
4	U20	Harrison Smith	Basildon AC	29: 00	4	Benfleet Running Club 172
5	U20	Max Williams	Cambridge & Coleridge AC	: 05	5	Springfield Striders RC 180
6	V40	Lee Taylor	Southend-on-Sea AC	: 16	6	Thurrock Harriers 292
7	SM	Paul Grange	Havering AC	: 29	7	Southend-on-Sea AC 333
8	SM	James Caldon	Benfleet Running Club	: 30	8	Ilford AC 354
9	SM	Ed Mitchell	Colchester Harriers AC	: 40	9	Chelmsford AC 447
10	U20	James Stewart	Havering AC	: 48	10	Halstead RR 682
11	SM	James Smith	Springfield Striders RC	: 56	11	Basildon AC 287 (3)
12	SM	Richard Park	Cambridge & Coleridge AC	30: 01	12	Cambridge & Coleridge AC 17 (2)
13	SM	Kurtis Swan	Billericay Striders RC	: 04		
14	SM	Alex Manton	Springfield Striders RC	: 05	Division 2 Teams (6 score)	
15	SM	Rhys Gillard	Southend-on-Sea AC	: 13	1	Billericay Striders RC 494
16	V40	Jason London	Havering AC	: 15	2	Thrift Green Trotters 532
17	SM	Alec Finch	Thurrock Harriers	: 25	3	Grange Farm & Dunmow Runr 595
18	SM	Alex Hardy	Orion Harriers	: 32	4	Phoenix Striders 758
19	SM	Chris Sellens	Colchester Harriers AC	: 38	5	Mid Essex Casuals 899
20	SM	Ben Hall	Orion Harriers	: 39	6	JBR Run and Tri 937
21	V45	Allen Smalls	Colchester Harriers AC	: 45	7	Tiptree Road Runners 1006
22	V50	Matthew Bland	Havering AC	: 47	8	Braintree & District AC 257 (4)
23	V40	Malcolm Muir	Ilford AC	: 50	9	Loughton AC 430 (3)
24	SM	Reece Barclay	Orion Harriers	: 52	10	Pitsea Running Club 573 (3)
25	V50	Colin Read	Orion Harriers	: 56	11	Colchester & Tendring AC 210 (2)
26	V45	Adam Baker	Orion Harriers	31: 01	12	Witham Running Club 79 (1)
27	SM	Lee Baynton	Benfleet Running Club	: 02		
28	SM	George Watts	Benfleet Running Club	: 06	Veteran Team Result (4 to score)	
29	SM	Matt Bainbridge	Grange Farm & Dunmow Runr	: 14	1	Havering AC 172
30	V45	Paul Holloway	Ilford AC	: 21	2	Benfleet Running Club 188
31	V55	Colin Ridley	Colchester Harriers AC	: 22	3	Springfield Striders RC 195
32	SM	Reece Asik	Chelmsford AC	: 25	4	Orion Harriers 196
33	V45	Lee Martin	Springfield Striders RC	: 27	5	Ilford AC 230
34	V45	Andrew Low	Benfleet Running Club	: 29	6	Colchester Harriers AC 261
35	SM	Peter Fairlamb	Orion Harriers	: 34	7	Thrift Green Trotters 282
36	SM	Ben Green	Benfleet Running Club	: 38	8	Thurrock Harriers 316
37	SM	Sam Cornforth	Springfield Striders RC	: 40	9	Southend-on-Sea AC 342
38	V50	John Barker	Thrift Green Trotters	: 41	10	Chelmsford AC 411
39	V40	Paul Ruffy	Benfleet Running Club	: 47	11	Billericay Striders RC 435
40	V40	Antony Goodall	Springfield Striders RC	: 49	12	Grange Farm & Dunmow Runr 473
41	V45	Graham Booty	Benfleet Running Club	: 54	13	Mid Essex Casuals 512
42	SM	Patrick Walsh	Southend-on-Sea AC	: 56	14	Phoenix Striders 538
43	SM	Shawn Brown	Thurrock Harriers	32: 01	15	JBR Run and Tri 565
44	V55	Michael Bridgeland	Chelmsford AC	: 03	16	Tiptree Road Runners 635
45	V40	Greg Deacon	Springfield Striders RC	: 08	17	Loughton AC 430 (3)
46	SM	Chris O'Hara	Billericay Striders RC	: 11	18	Pitsea Running Club 573 (3)
47	U20	Joe Logan	Thurrock Harriers	: 12	19	Basildon AC 283 (2)
48	SM	David Lindsay	Springfield Striders RC	: 13	20	Witham Running Club 79 (1)
49	U20	Benjamin Miller	Colchester & Tendring AC	: 15	21	Braintree & District AC 87 (1)
50	SM	Freddy Keefe	Havering AC	: 16	22	Colchester & Tendring AC 161 (1)
51	SM	Gavin Scanlan	Colchester Harriers AC	: 18	23	East Essex Triathlon Club 167 (1)
52	V45	Scott Rice	Thurrock Harriers	: 21	24	Halstead Road Runners 203 (1)
53	SM	Ben Holdgate	Braintree & District AC	: 23		
54	SM	John Whitehead	Havering AC	: 24		
55	U20	Kieran O'Hara	Havering AC	: 27		

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Pos	Age	Name	Team	Time
56	V45	Martin Chester	Havering AC	: 31
57	V45	Tim Wright	Orion Harriers	: 33
58	U20	Conor Culham	Braintree & District AC	: 40
59	U20	Joshua Mulley	Braintree & District AC	: 48
60	U20	Lewis Debenham	Havering AC	: 50
61	SM	Robert Doyle	Thurrock Harriers	: 56
62	SM	Wesley Atkins	Halstead RR	: 58
63	V50	Alec Kyriakides	Southend-on-Sea AC	: 59
64	V45	Peter Waite	Chelmsford AC	33: 03
65	SM	Michael Feltham	Benfleet Running Club	: 09
66	SM	Alex Sales	Colchester Harriers AC	: 14
67	SM	Ewan McFarlane	Phoenix Striders	: 15
68	SM	Sam Rahman	Ilford AC	: 17
69	V40	Jon Whitehouse	Loughton AC	: 32
70	V50	Neil Crisp	Ilford AC	: 39
71	V40	Peter Barrett	Thrift Green Trotters	: 43
72	V40	Keith Willett	Thurrock Harriers	: 45
73	SM	John Crawley	Ilford AC	34: 01
74	V50	Richard Jones	Benfleet Running Club	: 05
75	V50	Alan Clark	Benfleet Running Club	: 16
76	SM	Andrew French	Chelmsford AC	: 18
77	V40	Edd Freeman	Springfield Striders RC	: 21
78	V40	Steve Walker	Havering AC	: 22
79	V50	Leo Cole	Witham Running Club	: 23
80	V55	Eamonn Shelley	Thurrock Harriers	: 37
81	V50	Keith Thornton	Thrift Green Trotters	: 42
82	V50	Robin McCoy	Springfield Striders RC	: 45
83	SM	Adam Colgrave	Chelmsford AC	: 47
84	SM	Thomas Walsh	Southend-on-Sea AC	: 55
85	V55	Nick Rankin	Benfleet Running Club	35: 01
86	SM	Steve Churchyard	Benfleet Running Club	: 05
87	V40	Nick Wood	Braintree & District AC	: 08
88	V45	Glen Gosling	Orion Harriers	: 10
89	V45	Diarmuid MacDonnell	Guest	: 14
90	SM	Sebastian Parris	Ilford AC	: 16
91	SM	Chris Jones	Benfleet Running Club	: 18
92	V55	Phil Olsen	Thrift Green Trotters	: 24
93	SM	Jon Greenley	Halstead RR	: 25
94	SM	Tom Porter	Halstead RR	: 28
95	SM	Robert Frost	Halstead RR	: 30
96	SM	Samuel Robinson	Grange Farm & Dunmow Runr	: 32
97	V45	Richard Bonham	Mid Essex Casuals	: 33
98	V50	Peter West	Colchester Harriers AC	: 35
99	V40	Matt Stenning	Billericay Striders RC	: 38
100	V45	Roy Perrott	Orion Harriers	: 39
101	V40	Neil Wilden	Springfield Striders RC	: 44
102	V50	Martin Mack	Springfield Striders RC	: 48
103	V50	Paul Berrett	Havering AC	36: 1
104	V60	David Butler	Billericay Striders RC	: 6
105	V45	Ian Pike	Benfleet Running Club	: 13
106	V40	Roy Harwood	Benfleet Running Club	: 14
107	V70	Anthony Nixon	Ilford AC	: 16
108	SM	Martin Reynolds	Orion Harriers	: 25
109	V55	Andrew Morris	Phoenix Striders	: 34
110	V50	Alan Fullerton	Grange Farm & Dunmow Runr	: 36

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Pos	Age	Name	Team	Time
111	V50	Simon Morgan	Colchester Harriers AC	: 46
112	V55	Christopher Applegate	Thurrock Harriers	: 52
113	V40	James Hawkes	Grange Farm & Dunmow Runr	37: 04
114	V40	Paul Mitchell	Thurrock Harriers	: 14
115	V50	David Findlay	Basildon AC	: 16
116	V55	Doug Stephens	Benfleet Running Club	: 17
117	V50	Daniel Ward	Thrift Green Trotters	: 30
118	V40	Ian Dell	JBR Run and Tri	: 33
119	V65	Mike Bumstead	Thurrock Harriers	: 41
120	V40	Steven Ball	Thurrock Harriers	: 47
121	V45	Mark Lawes	Tiptree Road Runners	: 53
122	V40	Ashwin Shah	Grange Farm & Dunmow Runr	: 57
123	V70	Peter Binns	Southend-on-Sea AC	38: 05
124	V45	Stephen Bennett	Orion Harriers	: 08
125	SM	Luca Predebon	Grange Farm & Dunmow Runr	: 10
126	V40	Nick Jelly	Billericay Striders RC	: 12
127	V60	Cliff Weatherup	Mid Essex Casuals	: 21
128	V60	Martin Atkinson	Grange Farm & Dunmow Runr	: 29
129	SM	Richard Rowe	Havering AC	: 32
130	V55	Mark Jeffrey	Springfield Striders RC	: 37
131	V50	John Sweeney	Mid Essex Casuals	: 41
132	SM	Greg Goodrem	Southend-on-Sea AC	: 45
133	V45	Andrew Bonwick	Thrift Green Trotters	: 47
134	V50	Lee Hazlewood	Phoenix Striders	: 51
135	SM	Steve May	Halstead RR	: 52
136	V40	Roy James	Havering AC	: 59
137	V50	Andy Hawes	JBR Run and Tri	39: 06
138	V60	Tim Brockington	Springfield Striders RC	: 11
139	V40	Alasdair S Daw	Billericay Striders RC	: 14
140	V50	Dave Hallett	JBR Run and Tri	: 21
141	V40	Dennis Briggs	Ilford AC	: 25
142	V55	Stephen Burton	Benfleet Running Club	: 29
143	V55	Dave Lane	Phoenix Striders	: 32
144	V50	Pat Marsh	Colchester Harriers AC	: 33
145	V60	Bill Bennett	Orion Harriers	: 36
146	V50	Darren Priestley	Havering AC	: 46
147	V45	Antony Karas	Grange Farm & Dunmow Runr	: 55
148	V55	Kevin Kirby	Chelmsford AC	40: 04
149	SM	Daniel Wright	Grange Farm & Dunmow Runr	: 11
150	V45	Matthew Gillard	Southend-on-Sea AC	: 12
151	V45	Simon Miller	Colchester Harriers AC	: 14
152	V50	Neal Clark	Phoenix Striders	: 26
153	V50	Martin Orford	Phoenix Striders	: 26
154	V60	Bernard Johnson	Thurrock Harriers	: 28
155	V55	Andrew Stewart	Chelmsford AC	: 33
156	SM	Tony Collins	Havering AC	: 41
157	V50	Greg Wiskin	Mid Essex Casuals	: 50
158	V50	Andrew Watson	Billericay Striders RC	: 52
159	V40	Nick Knight	Thrift Green Trotters	41: 01
160	V40	Trevor Robinson	Loughton AC	: 08
161	V45	Roy Miller	Colchester & Tendring AC	: 11
162	V50	Stephen Cheal	Ilford AC	: 18
163	SM	Chris Short	Thrift Green Trotters	: 39
164	V60	Edward Skinner	Tiptree Road Runners	: 46
165	V50	Anthony Young	Ilford AC	42: 01

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Pos	Age	Name	Team	Time
166	SM	Ben Clover	Tiptree Road Runners	: 10
167	V40	Toby Knight	East Essex Triathlon Club	: 16
168	V50	Rhys Davies	Basildon AC	: 30
169	V50	Graham Hall	Orion Harriers	: 32
170	V50	Phillip Young	JBR Run and Tri	: 37
171	V50	Barry Ward	Havering AC	: 39
172	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 58
173	SM	William Holman	Phoenix Striders	43: 16
174	V55	Iain Rhodes	Tiptree Road Runners	: 19
175	V50	Richard Robertson	Grange Farm & Dunmow Runr	: 24
176	V45	Nick Vincent	Tiptree Road Runners	: 26
177	V50	Colin Wilkinson	Phoenix Striders	: 28
178	V55	Ian Carmichael	Billericay Striders RC	: 35
179	V45	Steve Smith	Thrift Green Trotters	: 41
180	V55	Paul Williams	Orion Harriers	: 48
181	V50	Billy Green	Ilford AC	: 51
182	V70	Roger Everard	Pitsea Running Club	44: 04
183	V55	Colin Jackson	Grange Farm & Dunmow Runr	: 14
184	V50	Paul Omer	Pitsea Running Club	: 20
185	V50	Clive Bailey	JBR Run and Tri	: 28
186	V60	Kevin Judge	Benfleet Running Club	: 44
187	V40	Jamie Isherwood	JBR Run and Tri	: 57
188	V45	Nigel Instance	Thurrock Harriers	45: 00
189	V40	Nils Hollman	Dagenham 88 Runners	: 14
190	SM	Michael Peggall	Dagenham 88 Runners	: 24
191	V45	Mark Smith	Grange Farm & Dunmow Runr	: 32
192	V65	Brian Butcher	Mid Essex Casuals	: 36
193	V55	Satha Alaganandasundaram	Ilford AC	: 40
194	V50	Dave Girt	Southend-on-Sea AC	: 52
195	V55	Paul R Tawn	Mid Essex Casuals	46: 10
196	V45	Sean Collinson	JBR Run and Tri	: 25
197	V40	Ian Cummins	Dagenham 88 Runners	47: 24
198	V45	Dave Jacobs	JBR Run and Tri	: 35
199	V55	Stephen Williams	Chelmsford AC	48: 55
200	V50	Duncan Russell	Phoenix Striders	49: 31
201	V70	David Hobbs	Loughton AC	: 40
202	V65	David Game	Mid Essex Casuals	50: 23
203	V50	Axel Voigt	Halstead RR	53: 12
204	V45	Paul King	Springfield Striders RC	55: 12
205	V50	John McVeila	Tiptree Road Runners	: 43
206	V60	Nick McCullagh	Mid Essex Casuals	: 53
207	V65	Peter Bates	Pitsea Running Club	57: 10

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