

Essex League Cross Country League Results

Courtesy of : -

Roy Meadowcroft (Chelmsford AC)

Dave Vidler (Basildon AC)

Wow! Fantastic!

The opening gambit at Colchester today was "We haven't got any disks!"

However, once this "Minor" oversight had been over come, there were less problems today than at any other meeting.

As a consequence, I was packing up at 3.45, about an hour earlier than at One Tree Hill.

There were still problems in getting information to us.

In particular, senior women's results are still not given in until after the team manager finishes running in the men's race.

It is a minority of clubs but despite my continual badgering, the same clubs continue to offend. Presentations could have been earlier!

Assuming that the women who ran have legs, can those clubs please arrange for the ladies to bring in their own disks

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

County Championships next weekend.

The spreadsheets that we use rely on athletes wearing the correct numbers.

If any athlete is given the wrong number by their team manager, then their name is likely to be incorrect in the results. The same will be true if you run an unentered athlete in a "Spare Number".

We will do our best to spot any anomalies.

Dave & Roy

Essex Cross Country League (5)

Sponsored by Runners Edge

Colchester

02/01/2010

U13 Boys

Pos	Name	Team	Time	Teams	Pos	Final Individual Standings		
1	Charlston, Callum	Chelmsford	12: 02	1 Eastwood Sch.	38	1 Elliot, George	Eastwood Sch.	7
2	Waltham, Chris	Chelmsford	12	2 Havering M	75	2 Charlston, Callum	Chelmsford	9
3	Elliot, George	Eastwood Sch.	20	3 Southend	75	3 Waltham, Chris	Chelmsford	24
4	McKie, Cameron	West Suffolk	22	4 Orion H	89	4 Deasy, William	Colchester & T	27
5	Mann, Josh	Southend	27	5 Braintree	108	5 Pullam, Billy	Basildon	29
6	Nadin, James	Eastwood Sch.	31	6 Chelmsford	24	6 McLarty, Callum	Orion H	29
7	Keefe, Freddie	Chelmsford NS	43	7 W Suffolk	48	7 Nadin, James	Eastwood Sch.	33
8	Pullam, Billy	Basildon	50	8 Basildon	8	8 Inwood, Zach	Southend	37
9	Deasy, William	Colchester & T	54	9 Colchester & T	9	9 Davies, Steven	Thurrock H	38
10	Anthony, Seb	West Suffolk	13: 00	10 Harlow	24	10 Hill, Adam	Havering M	50
11	Antoine-Chagar, Cheyenn	Orion H	08	11 Colchester H	25	11 Frimley, Daniel	Eastwood Sch.	55
12	Jordan, Adam	Southend	23			12 Weston, Charlie	Orion H	60
13	Wilson, Sean	Havering M	27			13 Brady, Callum	Eastwood Sch.	90
14	Frimley, Daniel	Eastwood Sch.	32			14 Scott, Fraser	Havering M	92
15	Ray, Joe	Eastwood Sch.	32			15 Rushworth, Jamie	Harlow	117
16	Allen, Luke	Braintree	33			16 Morgan, Edward	Southend	127
17	Hill, Adam	Havering M	44			17 Stokes, Albert	Havering M	145
18	Brady, Callum	Eastwood Sch.	52					
19	Mayo, Bernard	Braintree	14: 00					
20	Weston, Charlie	Orion H	08					
21	Birkit, Tom	Chelmsford	15					
22	Scott, Fraser	Havering M	15					
23	Dixon, George	Havering M	18					
24	Rushworth, Jamie	Harlow	19					
25	Disley, Ben	Colchester H	21					
26	Cooper, Ed	Southend	21					
27	Patterson, Ben	Orion H	40					
28	King, Lloyd	Eastwood Sch.	15: 00					
29	Hammond, Charles	Havering M	01					
30	Martin, Connor	Havering M	08					
31	McLarty, Callum	Orion H	09					
32	Morgan, Edward	Southend	22					
33	Pinkney, Ryan	Havering M	27					
34	Wenman, Oliver	West Suffolk	30					
35	Culham, Connor	Braintree	40					
36	Pitkin, Thomas	Havering M	50					
37	Stokes, Albert	Havering M	17: 25					
38	Murphy, James	Braintree	49					
39	Fribbens, Aaron	Braintree	18: 36					

Essex Cross Country League (5)

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Colchester

02/01/2010

U15 Girls

Pos	Name	Team	Time	Team Result	Pos	Final Individual Standings		
1	Judd, Jessica	Chelmsford	13: 37	1 Chelmsford	20	1 Judd, Jessica	Chelmsford	4
2	Riches, Sophie	Chelmsford	58	2 Basildon	36	2 Johnson, Eleanor	Basildon	14
3	Garnett, Aimee	Chelmsford	14: 43	3 Southend	37	3 Dodd, Kaylee	Basildon	16
4	Johnson, Eleanor	Basildon	44	4 Havering M	58	4 Williams, Chloe	Southend	21
5	Williams, Chloe	Southend	15: 14	5 Braintree	89 (3)	5 Stanley, Becky	Havering M	26
6	Dodd, Kaylee	Basildon	15	6 Orion H	9 (1)	6 Crowe, Emily	Southend	27
7	Crowe, Emily	Southend	17	7 Colchester H	20 (1)	7 Imbush, Sarah	Southend	36
8	Bullis, Emily	Basildon	24	8 Colchester H	24 (1)	8 Bullis, Emily	Basildon	37
9	Antoine-Chagar, Arman	Orion H	35	9 Harlow	26 (1)	9 Straiton, Kirsty	Colchester H	49
10	Stanley, Becky	Havering M	38	10 Thurrock H	28 (1)	10 Morgan, Alex	Southend	55
11	Hall, Bethany	Havering M	58			11 Swaine, Jessica	Chelmsford	60
12	Imbush, Sarah	Southend	16: 08			12 Blaxland, Amanda	Havering M	61
13	Morgan, Alex	Southend	10			13 Wade, Rebecca	Chelmsford	63
14	Swaine, Jessica	Chelmsford	18			14 Sullivan, Shannon	Havering M	69
15	Warren, Isabella	Chelmsford	21			15 Loynes, Avril	Havering M	85
16	Blaxland, Amanda	Havering M	28			16 Swords, Laura	Ilford	88
17	Wade, Rebecca	Chelmsford	36			17 Murray, Anabel	Thurrock H	90
18	Peel, Jade	Basildon	58			17.1 Moss, Isobel	Harlow	90
19	Johanson, Kim	Chelmsford	17: 09			19 Solomon, Daisy	Braintree	103
20	Carson, Samantha	West Suffolk	10			20 Jarvis, Sophie	Southend	106
21	Brett, Rosie	Havering M	12			21 Cockell, Chloe	Braintree	115
22	Judge, Nicola	Basildon	33			22 Wiggins, Lindsey	Havering M	115
23	Loynes, Avril	Havering M	37			23 Easden, Zoe	Basildon	120
24	Straiton, Kirsty	Colchester H	54					
25	Jarvis, Sophie	Southend	18: 04					
26	Moss, Isobel	Harlow	06					
27	Bulleid, Emily	Braintree	19					
28	Murray, Anabel	Thurrock H	26					
29	Sullivan, Shannon	Havering M	57					
30	Solomon, Daisy	Braintree	19: 07					
31	Wiggins, Lindsey	Havering M	47					
32	Cockell, Chloe	Braintree	20: 06					
33	Easden, Zoe	Basildon	22: 19					

Essex Cross Country League (5)

Sponsored by Runners Edge

Colchester

02/01/2010

U15 Boys

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Team Scores</u>	<u>Pos</u>	<u>Final Individual Standings</u>		
1	Richardson, Tom	Thurrock H	12: 41	1 Southend	21	1 Richardson, Tom	Thurrock H	4
2	Kyriakides, Oliver	Southend	46	2 Colchester & T	47	2 Kyriakides, Oliver	Southend	7
3	Kerridge, Jon	Southend	13: 04	3 Orion H	96	3 Woodford, Stephen	Chelmsford	12
4	Robinson, Sam	Chelmsford	10	4 Havering M	29 (3)	4 Robinson, Sam	Chelmsford	15
5	Gikungu, Hoseah	Havering M	30	5 Chelmsford	41 (3)	5 Gikungu, Hoseah	Havering M	17
6	Gibbon, Joseph	Colchester & T	32	6 Basildon	55 (3)	6 Porter, Michael	Colchester & T	30
7	Masterson, Alex	Southend	35	7 Colchester H	60 (2)	7 Alexander, Joe	Colchester & T	35
8	Woodford, Stephen	Chelmsford	36	8 Thurrock	1 (1)	8 Gibbon, Joseph	Colchester & T	45
9	Frith, Rob	Southend	42	9 West Suffolk	22 (1)	9 Hoy, George	Orion H	46
10	Capel, Ashley	Southend	47	10 Ilford	30 (1)	10 Davis, Thomas	Havering M	49
11	Shade, Nick	Havering M	49	11 Benfleet	35 (1)	11 Shade, Nick	Havering M	50
12	Riches, Lawrence	Colchester & T	51			12 Adcock, Steven	Chelmsford	60
13	Davis, Thomas	Havering M	55			13 Hancock, Steven	Southend	69
14	Porter, Michael	Colchester & T	14: 00			14 Taylor, Jess	Orion H	71
15	Alexander, Joe	Colchester & T	02			15 Franklin, Ben	Southend	73
16	Silverstone, Ben	Orion H	02			16 Rankin, Toby	West Suffolk	81
17	Mashford, Jack	Basildon	09			17 Baron, Tate	Southend	82
18	Watson, Tom	Basildon	12			18 Hall, James	Benfleet	82
19	Franklin, Ben	Southend	15			19 Hall, Auberic	Orion H	90
20	Lamb, Daniel	Basildon	32			20 King, Thomas	Ilford	132
21	Hall, Auberic	Orion H	34			21 Waller, Jack	Orion H	133
22	Rankin, Toby	West Suffolk	38			22 Frost, Dean	Colchester & T	134
23	Hancock, Steven	Southend	39			23 Bapikee, Faiz	Orion H	147
24	Beard, Joe	Southend	41			24 Hatton, Alex	Benfleet	154
25	Baron, Tate	Southend	48					
26	Clark, Robert	Colchester H	15: 02					
27	Hegarty, Josh	Southend	19					
28	Waller, Jack	Orion H	31					
29	Adcock, Steven	Chelmsford	36					
30	King, Thomas	Ilford	46					
31	Taylor, Jess	Orion H	16: 14					
32	Frost, Dean	Colchester & T	26					
33	Bapikee, Faiz	Orion H	28					
34	Price, Conner	Colchester H	18: 19					
35	Hatton, Alex	Benfleet	58					
36	Fulton, James	VPTH Guest	19: 13					

Essex Cross Country League (5)

Sponsored by Runners Edge

Colchester

02/01/2010

U17 Men

Pos	Name	Team	Time	Team Result	Pos	<u>Final Individual Standings</u>		
1	Short, Alex	Chelmsford	22: 04	1 Thurrock H 42	1	Short, Alex	Chelmsford	4
2	Brown, Sam	Southend	10	2 Havering M 47	2	Fitsall, Jack	Basildon	9
3	Fitsall, Jack	Basildon	23	3 Southend 50	3	Buckley-Stanton, Jamie	Havering M	12
4	Buckley-Stanton, Jamie	Havering M	29	4 Orion H 92	4	Brown, Sam	Southend	15
5	Worbey, Darryl	Thurrock H	38	5 Chelmsford 28 (3)	5	Worbey, Darryl	Thurrock H	18
6	Law, Andy	Basildon	43	6 Basildon 9 (2)	6	Hall, Auberon	Orion H	20
7	Clayton, Sam	Colchester & T	23: 19	7 Braintree 54 (2)	7	Clayton, Sam	Colchester & T	25
8	Essa, Adam	Thurrock H	29	8 Colchester & T 7 (1)	8	Law, Andy	Basildon	27
9	Gillard, Rhys	Southend	31	9 West Suffolk 10 (1)	9	Gillard, Rhys	Southend	45
10	Burnett, Asa	West Suffolk	35		10	Cross, Dennis	Thurrock H	60
11	Edwards, Adam	Havering M	42		11	Vaughan, James	Thurrock H	61
12	Hardy, Steven	Chelmsford	44		12	Dendani, Massi	Havering M	63
13	Cross, Dennis	Thurrock H	24: 30		13	Parker, Charlie	Southend	71
14	Dendani, Massi	Havering M	32		14	Knight, Max	Southend	74
15	Crook, Adam	Chelmsford	41		15	Crook, Adam	Chelmsford	80
16	Vaughan, James	Thurrock H	43		16	Earney, Ross	Havering M	85
17	Parker, Charlie	Southend	25: 03		17	Dowman, Adam	Thurrock H	95
18	Earney, Ross	Havering M	41		18	Foster-Carter, Harry	Southend	96
19	Gordon, Alex	Orion H	26: 07		19	Ball, Ellis	Orion H	99
20	Thompson, Lennox	Thurrock H	20		20	Thompson, Lennox	Thurrock H	100
21	Ball, Ellis	Orion H	21		21	Protheroe, Lewis	Thurrock H	119
22	Foster-Carter, Harry	Southend	35		22	Glynn, Nathaniel	Orion H	132
23	Dowman, Adam	Thurrock H	39		23	Pitts, Jack	Braintree	132
24	Wileman, Adam	Havering M	28: 16					
25	Glynn, Joseph	Orion H	55					
26	Pitts, Jack	Braintree	30: 27					
27	Glynn, Nathaniel	Orion H	33: 00					
28	Baldock, Dan	Braintree	17					

Essex Cross Country League (5)
Sponsored by Runners Edge

Colchester

02/01/2010

U17/U20W

Pos	Age Gp	Name	Team	Time
1	U20	Kersey, Gemma	Basildon	20: 21
2	U20	Tuttlebury, Kattie	Chelmsford	30
3	U17	McGregor, Lauren	Orion H	21: 27
4	U17	Redgrave, Sam	Colchester & T	22: 00
5	U17	Blake, Poppy	Chelmsford	08
6	U17	O'Neill, Rebecca	Chelmsford N/S	20
7	U17	Andrews, Jay	Orion H	27
8	U17	Bishop, Charlotte	Basildon	38
9	U20	Baker, Emily	West Suffolk	44
10	U20	Phillips, Gemma	Havering M	54
11	U20	Hillyard, Laura	Colchester & T	23: 07
12	U17	Ballard, Emily	Basildon	20
13	U17	Bareham, Stacey	Colchester & T	30
14	U17	Sadler, Rachel	Havering M	41
15	U17	Gillard, Hollie	Southend	45
16	U17	Ling, Alice	Southend	53
17	U17	Eyers, Stacey	Colchester & T	24: 11
18	U20	Morgan, Nicola	West Suffolk	19
19	U17	Corcoran, Eleanor	Basildon	21
20	U17	Golan, Sharmila	Havering M	25: 04
21	U17	McWeeney, Patsy	Havering M	08
22	U17	Timpson, Melissa	Orion H	30: 04

<u>Team Result</u>		
1	Basildon	40
2	Colchester & T	45
3	Havering M	65
4	Orion H	32 (3)
5	Chelmsford	7 (2)
6	West Suffolk	27 (1)
7	Southend	31 (1)

Pos	<u>Final Individual Standings</u>			
1	Kersey, Gemma	Basildon	U20	8
2	McGregor, Lauren	Orion H	U17	9
3	Condron, Laura	Colchester & T	U20	12
4	McGowan-Jones, Hannah	Thurrock H	U17	13
5	Tuttlebury, Kattie	Chelmsford	U20	16
6	Andrews, Jay	Orion H	U17	31
7	Blake, Poppy	Chelmsford	U17	32
8	Ballard, Emily	Basildon	U17	32
9	Redgrave, Sam	Colchester & T	U17	34
10	Neale, Ella	Colchester H	U20	40
11	Phillips, Gemma	Havering M	U20	42
12	Sadler, Rachel	Havering M	U17	53
13	Bishop, Charlotte	Basildon	U17	54
14	Gillard, Hollie	Southend	U17	70
15	Baker, Emily	West Suffolk	U20	71
16	McWeeney, Patsy	Havering M	U17	75
17	Ling, Alice	Southend	U17	76
18	Timpson, Melissa	Orion H	U17	90

Essex Cross Country League (5)

Sponsored by Runners Edge

Colchester

02/01/2010

Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	<u>Final Individual Standings</u>			
1	SW	Fullerton, Faye	Havering M	22: 38	51	SW	Marsh, Kerry	Springfield S	33: 23	1	Scott, Harriett	Havering M	SW	6
2	SW	Scott, Harriett	Havering M	23: 05	52	SW	Jarvis, L	Chelmsford	34: 07	2	Deasey, Margaret	Colchester & T	V45	11
3	V45	Deasey, Margaret	Colchester & T	24: 19	53	V35	Gifford, Anne	Havering M	19	3	Peppiatt, Charlotte	Benfleet	SW	12
4	SW	Peppiatt, Charlotte	Benfleet	56	54	V45	Francis-Lambert, Helen	Braintree	33	4	Tatum, Danni	Colchester & T	SW	18
5	SW	Tatum, Danni	Colchester & T	25: 05	55	V55	Hill, Janet	Springfield S	46	5	Goode, Karen	Basildon	SW	25
6	SW	Tydeman, Kirsty	Basildon	18	56	V65	Jones, Pam	Ilford	36: 15	6	Holland, Kerry	Southend	SW	43
7	SW	Shrewbrige, Laura	Tiptree	32	57	V55	Flannigan, Teresa	Pitsea	45	7	Pegg, Hayley	Chelmsford	SW	49
8	SW	Pegg, Hayley	Chelmsford	34	58	V35	Davis, Michaela	Loughton	37: 10	8	Adams, Becky	Colchester & T	SW	50
9	SW	Holland, Kerry	Southend	39	59	SW	Sharman, Susan	Braintree	37	9	Ward, Teresa	Basildon	SW	52
10	V35	Watson, Jacqui	Benfleet	26: 02	60	V35	Petersen, Irena	Loughton	36	10	Watson, Jacqui	Benfleet	V35	52
11	SW	Ballard, Dominique	Benfleet	11	61	V35	Wadley, Caroline	Orion H	46: 31	11	Jeffery, Sarah	Southend	SW	53
12	V35	Sandercock, Kate	Colchester H	19						12	Luxton, Rebecca	Chelmsford	SW	56
13	V35	Stunt, Catherine	Benfleet	32						13	Sandercock, Kate	Colchester H	V35	60
14	SW	Higgs, Lyn	Colchester H	33						14	Lagden, Tasha	Southend	V35	68
15	SW	Luxton, Rebecca	Chelmsford	37						15	Mancer, Lucy	Benfleet	SW	79
16	SW	Ward, Teresa	Basildon	39						16	Bloomfield, Helen	Colchester & T	SW	85
17	SW	Adams, Becky	Colchester & T	45						17	Gaffney, Lorna	Loughton	V35	90
18	V35	Lagden, Tasha	Southend	46						18	Clifford, Lisa	Orion H	SW	98
19	SW	Sutton, Carys	Thrift Green T	49						19	Pyle, Nikki	Springfield S	V35	111
20	SW	Mhalanga, Sally	Springfield S	49						20	Ling, Melanie	Southend	V45	115
21	V35	Morley, Denise	Colchester H	56						21	Mhalanga, Sally	Springfield S	SW	124
22	SW	Smith, Charlotte	Colchester H	27: 00						22	Nordin, Bree	Ilford	V45	133
23	SW	Jeffery, Sarah	Southend	15						23	Brett, Katy	Orion H	SW	139
24	SW	Mancer, Lucy	Benfleet	44						24	Tanner, Lynn	Springfield S	V55	145
25	SW	Bloomfield, Helen	Colchester & T	50						25	Thompson, Angela	Havering M	V35	147
26	SW	Wheeler, Charmaine	Basildon	28: 05						26	Hallam, Jane	Havering M	V35	149
27	V35	Pyle, Nikki	Springfield S	09						27	Ockendon, Ana	Southend	V35	154
28	V35	Gaffney, Lorna	Loughton	11						28	Sheffield, Josie	Braintree	V35	160
29	V35	Slack, Debbie	Benfleet	16						29	Gillam, Sally	Ilford	V45	198
30	SW	Clifford, Lisa	Orion H	17						30	Hopkinson, Nicola	Ilford	V45	203
31	SW	White, Rebecca	Mid Essex Cas	28: 23						31	Marsh, Kerry	Springfield S	SW	208
32	V45	Ling, Melanie	Southend	45						32	Ackroyd, Jenny	Dagenham 88	SW	209
33	V35	Caulfield, Michelle	Braintree	51						33	Hill, Janet	Springfield S	V55	224
34	SW	Brett, Katy	Orion H	53						34	Francis-Lambert, Helen	Braintree	V45	231
35	V35	Sheffield, Josie	Braintree	29: 24						35	Minton, Tracey	Chelmsford	V45	236
36	V35	Thompson, Angela	Havering M	30						36	Riley, Jo	Dagenham 88	SW	242
37	V35	Hallam, Jane	Havering M	41						37	Flannigan, Teresa	Pitsea	V55	243
38	SW	Burtenshaw, Jo	Benfleet	47						38	De Smedt, Beryl	Phoenix	V45	249
39	SW	Latham, Louisa	Benfleet	30: 05						39	Davis, Michaela	Loughton	V35	260
40	V45	Crisp, Dianne	Ilford	49						40	Wadley, Caroline	Orion H	V35	283
41	V55	Tanner, Lynn	Springfield S	51										
42	V35	Rolerkite, Lindsey	Braintree	31: 32										
43	SW	Mayo, Emily	Witham	33										
44	SW	Ackroyd, Jenny	Dagenham 88	53										
45	V35	Flannigan, Rachel	Pitsea	32: 20										
46	V45	Jarvis, Margaret	Chelmsford	35										
47	SW	Phillips, Michelle	Braintree	47										
48	V45	Hopkinson, Nicola	Ilford	57										
49	V45	Minton, Tracey	Chelmsford	33: 06										
50	V45	Gillam, Sally	Ilford	07										

Team Result

1	Benfleet	38
2	Colchester & T	50
3	Colchester H	69
4	Havering M	76
5	Southend	82
6	Chelmsford	118
7	Springfield S	139
8	Braintree	157
9	Ilford	194
10	Basildon	48 (3)
11	Orion H	125 (3)
12	Loughton	146 (3)
13	Pitsea	102 (2)
14	Tiptree	7 (1)
15	Thrift Green T	19 (1)
16	Mid Essex Cas	31 (1)
17	Witham	43 (1)
18	Dagenham	44 (1)

Essex Cross Country League (5)

<u>Colchester</u>				<u>2-Jan-10</u>		<u>Senior Men</u>			
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	U20	Whittaker, Paul	Southend	25: 38	81	SM	Swinburne, Nigel	Dagenham 88	12
2	SM	Prout, Ryan	Chelmsford	43	82	V40	Judd, Mike	Thurrock	15
3	U20	Hunter, Ben	Southend	26: 30	83	V40	Rolfe, Mick	Loughton	17
4	U20	Dunbar, Alex	W. Suffolk	42	84	SM	Mills, Rob	Springfield S	20
5	SM	Tydemann, James	Basildon	48	85	U20	Crompton, Josh	Southend	26
6	U20	Clutterbuck, Dale	Basildon	27: 01	86	U20	Aldridge, Kyle	Southend	27
7	SM	Warner, Rob	Havering M	07	87	V40	Wright, Tim	Orion H	33
8	SM	Sanford, Mark	Basildon	13	88	V60	Binns, Peter	Southend	35
9	SM	Sellens, Chris	Colchester H	17	89	V40	Frost, Adrian	Orion H	37
10	SM	Wright, Will	Chelmsford	28	90	SM	Anderson, Paul	Springfield S	43
11	U20	Frith, Tom	Southend	32	91	V40	Happe, Joe	Orion H	51
12	SM	Whittaker, Steven	Southend	41	92	SM	Ellis, Stuart	Braintree	33: 03
13	SM	Pickering, Lee	Chelmsford	50	93	SM	Marsh, Anthony	Springfield S	05
14	SM	Williams, James	Chelmsford	54	94	SM	Bulleid, Wayne	Braintree	05
15	SM	Prosser, S	Thurrock	56	95	V40	Crockett, Graham	Benfleet	12
16	U20	Heard, Lloyd	Colchester & T	57	96	V40	Veall, Craig	Loughton	20
17	SM	Hickey, Adam	Southend	57	97	SM	Cooper, Phil	Thrift Green T	28
18	U20	Webb, Grant	Basildon	28: 01	98	SM	McCarthy, Barney	Thrift Green T	30
19	SM	Weatheridge, Nick	Basildon	04	99	V40	Dawson, Jim	Orion H	33
20	V40	Bland, Matt	Havering M	04	100	V40	Hopkinson, Giles	Orion H	38
21	SM	Hoye, Ken	Chelmsford	10	101	SM	Neugebauer, James	Springfield S	41
22	V40	Spowage, Paul	Colchester H	22	102	V40	Stukas, Paul	Springfield S	45
23	SM	London, Jason	Havering M	29	103	SM	Hart, James	Orion H	48
24	SM	Briggs, Mike	Benfleet	35	104	V50	MacKenzie, John	Ilford	58
25	SM	Allen, Gavin	Braintree	38	105	SM	Joyce, Colin	Braintree	34: 10
26	SM	White, Nick	Mid Essex C	41	106	V50	Goad, Richard	Pitsea	16
27	SM	Joyce, Shay	Orion H	52	107	SM	Praill, Jason	Springfield S	20
28	SM	Mancer, Jez	Benfleet	29: 00	108	V40	Frith, Andy	Benfleet	22
29	U20	Hall, Ben	Orion H	03	109	V40	Jarvis, Greg	Southend	23
30	V40	Thomas, K	Colchester H	07	110	V50	Nixon, Tony	Ilford	24
31	V40	Helliwell, Paul	Colchester H	10	111	V40	Marsh, Pat	Colchester H	32
32	V40	Paul, Eric	Orion H	12	112	V40	Hall, Graham	Orion H	36
33	SM	Booty, Graham	Benfleet	16	113	V40	Kennedy, Andy	Benfleet	41
34	SM	Parker-Brown, Billy	Chelmsford	18	114	U20	Alizadeh, Enaiat	Orion H	46
35	V40	Coleman, Andy	Billericay S	20	115	V40	Alexander, Roger	Colchester & T	50
36	SM	Came, Anthony	Thrift Green T	23	116	SM	Gayer, D	Colchester H	51
37	V50	Bridgeland, Mike	Chelmsford	33	117	V60	Jousiffe, Bob	Orion H	59
38	SM	Collins, Neil	Havering M	43	118	V50	Andrews, John	Orion H	35: 00
39	SM	Kearton, Andrew	Colchester H	50	119	SM	Cousins, Lee	Braintree	01
40	SM	Smale, Peter	Southend	54	120	V50	Longhurst, Jim	Southend	13
41	U20	Gladley, Alex	Colchester & T	55	121	SM	Maple, Matthew	Ilford	14
42	V40	McMillan, Sandy	Colchester H	56	122	V50	Street, Phil	Benfleet	21
43	SM	MacDonald, Ian	Ilford	56	123	SM	Simpole, Steve	Orion H	31
44	SM	McGill, Kieron	Benfleet	30: 03	124	V40	Mennell, Simon	Braintree	41
45	SM	Read, Mark	Thrift Green T	04	125	SM	Renda, J	Thurrock	36: 00
46	V40	West, Peter	Colchester H	10	126	V60	Warner, Dave	Orion H	01
47	SM	Gibby, Rob	Colchester H	12	127	V40	Woodford, James	Chelmsford	14
48	SM	Bottrill, Darren	Ilford	14	128	V40	Maru, Tony	Orion H	18
49	SM	McGoun, Neil	Orion H	17	129	V40	Foskew, Ian	Mid Essex C	20
50	V40	Berrett, Paul	Havering M	19	130	V50	Hargreaves, Rob	Tiptree	47
51	U20	Millar, Alan	Southend	23	131	V40	Scolard, Colm	Braintree	37: 08
52	V40	Barker, John	Thrift Green T	27	132	V50	Bulaitus, Peter	Orion H	12
53	SM	Marshall, Jim	Thrift Green T	41	133	V40	Crompton, Gareth	Southend	27
54	V40	Heskey-Jones, James	Tiptree	43	134	V60	Wilson, Vic	Orion H	42
55	V50	Bond, Mike	Colchester H	44	135	V40	Fribbens, Mark	Braintree	45
56	V50	Wright, Dave	Colchester H	50	136	V50	Bailey, Malcolm	Tiptree	51
57	U20	Wilson, Sean	Colchester & T	55	137	U20	Baker, Jason	Dagenham 88	54
58	SM	Newell, Kevin	Ilford	59	138	V40	Boyer, Ross	Braintree	56
59	SM	Colgrave, Adam	Chelmsford	31: 05	139	V40	Speed, Neil	Braintree	58
60	V40	Knightly, Terry	Ilford	08	140	V40	Ling, Jim	Southend	38: 19
61	V50	Butcher, Brian	Mid Essex C	12	141	V50	Robinson, Paul	Orion H	25
62	SM	Warner, Andrew	Orion H	13	142	V50	Reed, Chris	Thurrock	38
63	V40	Metcalfe, John	Thurrock	15	143	V40	Sibley, Trevor	Braintree	52
64	SM	Ashton, Alan	Springfield S	18	144	V40	Govender, Val	Springfield S	56
65	SM	Smith, Robert	Colchester & T	21	145	V40	Wisken, Greg	Mid Essex C	39: 02
66	SM	Kent, Glen	Chelmsford	23	146	V40	Gillard, Matt	Southend	18
67	SM	Doyle, P	Southend Gst	24	147	V50	Maycraft, Tony	Loughton	27
68	V40	Broadbent, Quinn	Orion H	36	148	V40	Phillips, Stuart	Braintree	46
69	V50	Catton, Andy	Ilford	38	149	V50	Adams, Bill	Dagenham 88	54
70	V40	Thornton, Keith	Thrift Green T	40	150	V60	Hobbs, David	Loughton	40: 02
71	SM	O'Sullivan, Ronnie	Orion H Gst	43	151	SM	Leeds, Leslie	Witham	29
72	SM	Bulaitus, Ricky	Orion H	44	152	SM	Jackson, Mark	Braintree	41: 15
73	SM	Johnson, David	Thurrock	44	153	V40	Caulfield, Robert	Braintree	48
74	V50	Shaw, Gerry	Orion H	47	154	V40	Miller, Paul	Braintree	42: 33
75	V40	Crisp, Neil	Ilford	50	155	V70	Duffield, Roger	Tiptree	59
76	V40	Lawless, Don	Thurrock	56	156	V60	Bates, Peter	Pitsea	43: 31
77	SM	Craven, Terry	Southend	59	157	V40	Smith, Bill	Dagenham 88	45: 29
78	SM	Watson, Stuart	Benfleet	32: 00	158	V50	Bullard, Hugh	Springfield S	46: 08
79	V50	Cooper, Melvyn	Thrift Green T	02	159	V60	Deadman, Peter	Orion H	47: 59
80	SM	Cops, Matt	Benfleet	09	160	V60	Adams, Doug	Dagenham 88	49: 35

Essex Cross Country League (5)

Colchester

2-Jan-10

Senior Men

Team Result

1	Southend	84
2	Chelmsford	94
3	Colchester H	173
4	Orion H	267
5	Benfleet	287
6	Thrift Green T	335
7	Ilford	353
8	Thurrock	434
9	Springfield S	534
10	Braintree	559
11	Basildon	57 (5)

Team Result

12	Havering M	138 (5)
13	Colchester & T	294 (5)
14	Dagenham 88	684 (5)
15	Mid Essex Cas	361 (4)
16	Tiptree	475 (4)
17	Loughton	476 (4)
18	Pitsea	262 (2)
19	West Suffolk	4 (1)
20	Billericay S	35 (1)
21	Witham	151 (1)

Pos

Final Individual Standings

1	Prout, Ryan	Chelmsford	SM	9
2	Dunbar, Alex	W. Suffolk	U20	9
3	Sanford, Mark	Basildon	SM	19
4	Frith, Tom	Southend	U20	24
5	Warner, Rob	Havering M	SM	29
6	Sellens, Chris	Colchester H	SM	31
7	Riddell, Gareth	Basildon	SM	34
8	Clutterbuck, Dale	Basildon	U20	37
9	Moses, Daniel	Orion H	SM	41
10	Wright, Will	Chelmsford	SM	43
11	Pickering, Lee	Chelmsford	SM	55
12	Webb, Grant	Basildon	U20	64
13	Dawson, Adam	Thurrock	U20	71
14	Bland, Matt	Havering M	V40	76
15	Spowage, Paul	Colchester H	V40	90
16	Hall, Ben	Orion H	U20	94
17	Joyce, Shay	Orion H	SM	100
18	Heard, Lloyd	Colchester & T	U20	103
19	Whittaker, Steven	Southend	SM	107
20	Smalls, Allen	Colchester H	V40	117
21	Paul, Eric	Orion H	V40	126
22	Penfold, Daniel	Orion H	U20	127
23	Bridgeland, Mike	Chelmsford	V50	129
24	Booty, Graham	Benfleet	SM	133
25	Helliwell, Paul	Colchester H	V40	135
26	McGoun, Neil	Orion H	SM	140
27	Briggs, Mike	Benfleet	SM	148
28	Smale, David	Southend	U20	150
29	Came, Anthony	Thrift Green T	SM	162
30	Parker-Brown, Billy	Chelmsford	SM	166
31	Smale, Peter	Southend	SM	168
32	Collins, Neil	Havering M	SM	170
33	Read, Mark	Thrift Green T	SM	186
34	Berrett, Paul	Havering M	V40	194
35	Millar, Alan	Southend	U20	202
36	Butler, Alan	Thrift Green T	V50	220
37	Wisken, Greg	Mid Essex C	V40	228
38	Bond, Mike	Colchester H	V50	233
39	Marshall, Jim	Thrift Green T	SM	238
40	Brock, Dave	Orion H	V40	244
41	Metcalf, John	Thurrock	V40	250
42	Knightly, Terry	Ilford	V40	270
43	Tullett, Peter	Chelmsford	V50	290
44	Craven, Terry	Southend	SM	291
45	Catton, Andy	Ilford	V50	297
46	Broadbent, Quinn	Orion H	V40	300
47	Anderson, Peter	Benfleet	V40	305
48	Thornton, Keith	Thrift Green T	V40	305
49	Cooper, Melvyn	Thrift Green T	V50	340
50	Cops, Matt	Benfleet	SM	345

Pos

Final Individual Standings

51	Binns, Peter	Southend	V60	347
52	Rolfe, Mick	Loughton	V40	348
53	Anderson, Paul	Springfield S	SM	352
54	Cooper, Phil	Thrift Green T	SM	352
55	Bumstead, Mike	Thurrock	V50	354
56	Floate, Gary	Ilford	V40	358
57	Lawless, Don	Thurrock	V40	360
58	Judd, Mike	Thurrock	V40	362
59	Marsh, Anthony	Springfield S	SM	383
60	Mills, Rob	Springfield S	SM	383
61	McCarthy, Barney	Thrift Green T	SM	390
62	Veall, Craig	Loughton	V40	394
63	Kennedy, Andy	Benfleet	V40	410
64	Johnson, David	Thurrock	SM	410
65	Praill, Jason	Springfield S	SM	419
66	Hall, Graham	Orion H	V40	424
67	Alexander, Roger	Colchester & T	V40	431
68	Aldridge, Kyle	Southend	U20	431
69	Jarvis, Greg	Southend	V40	445
70	MacKenzie, John	Ilford	V50	446
71	Hart, James	Orion H	SM	448
72	Butcher, Brian	Mid Essex C	V50	450
73	Mennell, Simon	Braintree	V40	463
74	Condron, Brian	Colchester & T	V40	466
75	Longhurst, Jim	Southend	V50	484
76	Cowley, David	Phoenix S	V40	493
77	Jousiffe, Bob	Orion H	V60	507
78	Sargent, Rob	Dagenham 88	V50	512
79	Maru, Tony	Orion H	V40	513
80	Skinner, Ted	Tiptree	V50	516
81	Bulaitus, Peter	Orion H	V50	539
82	Robinson, Paul	Orion H	V50	560
83	Scolard, Colm	Braintree	V40	564
84	Johnson, Bernard	Thurrock	V50	567
85	Baker, Jason	Dagenham 88	U20	567
86	Fribbens, Mark	Braintree	V40	582
87	McEwan, Joe	Braintree	V50	589
88	Reed, Chris	Thurrock	V50	594
89	Maycraft, Tony	Loughton	V50	599
90	Bailey, Malcolm	Tiptree	V50	602
91	Speed, Neil	Braintree	V40	605
92	Gillard, Matt	Southend	V40	610
93	Hobbs, David	Loughton	V60	625
94	Deadman, Peter	Orion H	V60	630
95	Duffield, Roger	Tiptree	V70	637
96	Smith, Bill	Dagenham 88	V40	642
97	Adams, Doug	Dagenham 88	V60	656
98	Bullard, Hugh	Springfield S	V50	664
99	Bates, Peter	Pitsea	V60	680