

Essex League Cross Country League Results

Courtesy of : -

Roy Meadowcroft (Chelmsford AC)

Dave & Lorraine Vidler (Basildon AC)

The end of yet another successful league season. Congratulations to all who competed.

Particular thanks to Orion's caterers who kept us fed and watered with home made cake and bread pudding.

Apologies to one Southend Athlete in the U17 Men. Disk not returned to us and name didn't appear on the Team manager's return.

Please let me know if any changes are required. Don't be afraid to e-mail me.

If you don't tell us then we won't know so please e-mail me with a note of any alterations.

We Probably won't be able to amend the results on this website, but will try to ensure that information is correct in the master results.

Dave V

Amendments to: - miveld.vidler@btinternet.com

Essex Cross Country League (5)
Sponsored by Runners Edge

Epping Forest

12/02/2011

U13 Girls

Pos	Name	Team	Time
1	Mhlanga, Khai	Chelmsford	9: 06
2	Hoy, Bella	Orion H N/S	22
3	Wilson, Sarah	Havering M	25
4	Judd, Jodie	Chelmsford	41
5	Woodford, Elona	Chelmsford	54
6	Tidy-Jones, Antonia	Benfleet	58
7	Kidwell, Lucy	Southend	10: 03
8	Inch, Katie	Orion H	17
9	Espeute, Serena	Orion H	23
10	May, N	Southend	28
11	Baggs, Amy	Havering M	33
12	Archer-Hayley, Jemma	Havering M	36
13	Tippett, Keira	Chelmsford	38
14	O'Riordan-Mitchell, Niamh	Benfleet	45
15	Venton, Cameron	Chelmsford	49
16	Aitmarri, Tilly	Basildon	52
17	Abbott, Talya	Orion H	53
18	Hicks, Sian	Colchester & T	11: 00
19	Walters, Abbi-May	Benfleet	10
20	Kay, Sophie	Basildon	29
21	Spink, Abigail	Havering M	39
22	Finlay, Briony	Basildon	47
23	Read, Abbie	Colchester H	57
24	Frost, Bethany	Orion H	12: 07
25	Cleary, Melissa	Orion H	24
26	Thorne, Amelia	Southend	30
27	Nunn, Robie	Havering M	13: 06
28	Williams, Ellie	Harlow	20
29	White, Bethany	Havering M	44
30	Fribbens, Maddy	Braintree	16: 23

Teams	
1 Chelmsford	23
2 Havering M	47
3 Orion H	58
4 Benfleet	39 (3)
5 Southend	43 (3)
6 Basildon	58 (3)
7 Colchester & T	18 (1)
8 Colchester H	23 (1)
9 Harlow	28 (1)
10 Braintree	30 (1)

Pos	Name	Final Individual Standings	
1	Smith, Millie	Chelmsford	4
2	Judd, Jodie	Chelmsford	14
3	Wilson, Sarah	Havering M	16
4	Woodford, Elona	Chelmsford	24
5	Minton-Branfoot, Erin	Chelmsford	31
6	Kidwell, Lucy	Southend	33
7	Carr, Madeline	Orion H	33
8	O'Riordan-Mitchell, Niamh	Benfleet	56
9	Venton, Cameron	Chelmsford	56
10	Tippett, Keira	Chelmsford	56
11	Abbott, Talya	Orion H	63
12	Lynch, Lucy	Southend	65
13	Hicks, Sian	Colchester & T	71
14	Spink, Abigail	Havering M	80
15	Aitmarri, Tilly	Basildon	83
16	Thorne, Amelia	Southend	134

Essex Cross Country League (5)

Sponsored by Runners Edge

Epping Forest

12/02/2011

U13 Boys

Pos	Name	Team	Time
1	Elliott, George	Benfleet	8: 32
2	Willmore, Laurence	Southend	34
3	Jordan, Adam	Southend	48
4	Jones, Max	Basildon	51
5	Ashley , Daniel	Basildon	54
6	Blanks, Henry	Chelmsford	59
7	Richards, Daniel	Orion H	9: 10
8	Foster, Adam	Benfleet	16
9	Thorpe, Brandon	Southend	21
10	Nunn, Elliott	Havering M	26
11	Patterson, Ben	Orion H	28
12	Scott, Frazer	Havering M	29
13	Giordmaina, James	Havering M	29
14	Alabaster, Robert	Benfleet	35
15	Cox, Mitchell	Southend	35
16	Day, George	Orion H	39
17	Cahill, Gary	Thurrock H	43
18	Weston, Charlie	Orion H	46
19	Brearley, Nathan	Chelmsford	48
20	Smith, Sam	Thurrock H	50
21	Baker, C	Southend	55
22	Woodgate, Robert	Havering M	10: 00
23	Hart, George	Orion H	09
24	Pitkin, Thomas	Havering M	13
25	Davis, Andrew	Orion H	16
26	Hart, William	Havering M	11: 00
27	Bailey, Joseph	Harlow	02
28	Marrable, Mason	Havering M	23
29	Dell, Sam	Havering M	35
30	Smith, Simon	Braintree	58
31	Fribbens, Aaron	Braintree	14: 07

Teams

1	Southend	29
2	Orion H	52
3	Havering M	57
4	Benfleet	23 (3)
5	Basildon	9 (2)
6	Chelmsford	25 (2)
7	Thurrock H	37 (2)
8	Braintree	61 (2)
9	Harlow	27 (1)

Final Individual Standings

1	Elliott, George	Benfleet	4
2	Willmore, Laurence	Southend	8
3	Jones, Max	Basildon	14
4	Ashley , Daniel	Basildon	18
5	Blanks, Henry	Chelmsford	20
6	Jordan, Adam	Southend	22
7	Thorpe, Brandon	Southend	36
8	Foster, Adam	Benfleet	36
9	Cahill, Gary	Thurrock H	51
10	Richards, Daniel	Orion H	52
11	Patterson, Ben	Orion H	55
12	Smith, Sam	Thurrock H	65
13	Day, George	Orion H	69
14	Brearley, Nathan	Chelmsford	73
15	Davis, Andrew	Orion H	97
16	Pitkin, Thomas	Havering M	102
17	Barker, Christian	Harlow	118
18	Bailey, Joseph	Harlow	123
19	Ashley, Matthew	Basildon	143

Essex Cross Country League (5)

Sponsored by Runners Edge

Epping Forest

12/02/2011

U15 Girls

Pos	Name	Team	Time	Team Result	Pos	Final Individual Standings		
1	Riches, Sophie	Chelmsford	12: 35	1 Chelmsford 29	1	Riches, Sophie	Chelmsford	4
2	Hallam, Lydia	Havering M	54	2 Havering M 35	2	Tuckfield, Georgia	Orion H	10
3	Dodd, Kaylee	Basildon	13: 04	3 Basildon 38	3	Hallam, Lydia	Havering M	10
4	Tuckfield, Georgia	Orion H	11	4 Southend 66	4	Dodd, Kaylee	Basildon	15
5	Fisher, Natasha	Chelmsford	13	5 Orion H 38 (3)	5	Taylor, Sydney	Orion H	18
6	Woods, Isabella	Havering M	27	6 Braintree 75 (3)	6	Fisher, Natasha	Chelmsford	31
7	Aitmarri, Poppy	Basildon	29	7 Colchester H 40 (2)	7	McLachlan, Lyndsey	Havering M	39
8	McLachlan, Lyndsey	Havering M	35	8 Colchester & T 22 (1)	8	Woods, Isabella	Havering M	42
9	Jarvis, Emma	Southend	41		9	Swain, Jessica	Chelmsford	43
10	Swain, Jessica	Chelmsford	46		10	Williams, Chloe	Southend	45
11	Bullis, Emily	Basildon	53		11	Imbush, Sarah	Southend	46
12	Imbush, Sarah	Southend	55		12	Bullis, Emily	Basildon	48
13	Wade, Rebecca	Chelmsford	14: 05		13	Wade, Rebecca	Chelmsford	60
14	Taylor, Sydney	Orion H	09		14	Matthews-Smith, Annabel	Southend	66
15	Huggins, Molly	Colchester H	21		15	Banks, Hannah	Colchester & T	84
16	Longden, Lucy	Chelmsford	38		16	Loynes, Avril	Havering M	85
17	Houchell, Emma	Basildon	43		17	Diss, Sophia	Braintree	88
18	Matthews-Smith, Annat	Southend	44		18	Wiggins, Lindsey	Havering M	95
19	Loynes, Avril	Havering M	15: 04		19	Cockell, Chloe	Braintree	107
20	Maltese, Georgia	Orion H	14		20	Simons, Lizzie	Colchester H	125
21	Diss, Sophia	Braintree	27					
22	Banks, Hannah	Colchester & T	35					
23	Ward, Becky	Havering M	44					
24	Wiggins, Lindsey	Havering M	16: 17					
25	Huggins, Joy	Colchester H	25					
26	Cockell, Chloe	Braintree	17: 11					
27	Heeley, Holly	Southend	26					
28	Cockell, Ellie	Braintree	21: 18					

Essex Cross Country League (5)

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Epping Forest

12/02/2011

U15 Boys

Pos	Name	Team	Time	Team Result	
1	Riches, Lawrence	Colchester & T	11: 13	1 Colchester & T	26
2	Hall, James	Benfleet	16	2 Southend	32
3	Frith, Rob	Southend	19	3 Havering M	62
4	Clark, Robert	Colchester H	34	4 Ilford	91
5	Nadin, James	Southend	35	5 Orion H	31 (3)
6	Frost, Dean	Colchester & T	40	6 Colchester H	25 (2)
7	Hoy, George	Orion H	44	7 Benfleet	2 (1)
8	Antoine-Chagar, Cheyenne	Orion H	46	8 Basildon	15 (1)
9	Alexander, Joe	Colchester & T	48	9 Thurrock H	23 (1)
10	Thompson, James	Colchester & T	55		
11	Hancock, Steven	Southend	58		
12	Shade, Nick	Havering M	59		
13	Baron, Tate	Southend	12: 00		
14	Kidd, James	Havering M	00		
15	Houchell, Adam	Basildon	02		
16	Boyce, Matthew	Orion H	08		
17	Duffey, Nick	Havering M	24		
18	Ray, Joe	Southend	27		
19	Thompson, Edward	Havering M	30		
20	Mer, Ameer	Ilford	39		
21	Price, Conner	Colchester H	45		
22	King, Thomas	Ilford	59		
23	Davies, Steven	Thurrock H	13: 03		
24	De Silva, Ricardo	Ilford	17		
25	Adan, Sharmaarke	Ilford	26		
26	Inwood, Zach	Southend	31		

Pos	Final Individual Standings		
1	Riches, Lawrence	Colchester & T	4
2	Alexander, Joe	Colchester & T	8
3	Hall, James	Benfleet	11
4	Hoy, George	Orion H	23
5	Nadin, James	Southend	37
6	Thompson, James	Colchester & T	43
7	Antoine-Chagar, Cheyenne	Orion H	44
8	Frost, Dean	Colchester & T	44
9	Price, Conner	Colchester H	49
10	Clark, Robert	Colchester H	49
11	Boyce, Matthew	Orion H	58
12	Kidd, James	Havering M	66
13	Davies, Steven	Thurrock H	74
14	Burton, Jonathan	Basildon	103
15	Inwood, Zach	Southend	110
16	De Silva, Ricardo	Ilford	118

Essex Cross Country League (5)
Sponsored by Runners Edge

Epping Forest

12/02/2011

U17 Men

Pos	Name	Team	Time	Team Result	Pos	<u>Final Individual Standings</u>		
1	Gikungu, Hoseah	Havering M	24: 44	1 Southend 32	1	Short, Alex	Chelmsford	8
2	Law, Andy	Basildon	58	2 Havering M 46	2	Law, Andy	Basildon	13
3	Robinson, Sam	Chelmsford	25: 15	3 Chelmsford 11 (2)	3	Woodford, Steven	Chelmsford	19
4	Richards, Alex	Iford	36	4 Thurrock H 16 (2)	4	Robinson, Sam	Chelmsford	24
5	Kyriakides, Oliver	Southend	26: 03	5 Orion H 26 (2)	5	Richardson, Tom	Thurrock H	30
6	Richardson, Tom	Thurrock H	43	6 Basildon 2 (1)	6	Kyriakides, Oliver	Southend	33
7	Gillard, Rhys	Southend	56	7 Iford 4 (1)	7	Gillard, Rhys	Southend	34
8	Crook, Adam	Chelmsford	27: 30	8 Harlow 19 (1)	8	Youell, Chris	Chelmsford	35
9	Knight, Max	Southend	38		9	Kerridge, Jon	Southend	40
10	Cross, Dennis	Thurrock H	28: 02		10	Crook, Adam	Chelmsford	49
11	Kerridge, Jon	Southend	19		11	Knight, Max	Southend	78
12	Gordon, Alex	Orion H	23		12	Dendani, Massi	Havering M	82
13	Brennan, Tom	Havering M	29		13	Brennan, Tom	Havering M	87
14	Silverstone, Ben	Orion H	45		14	Finch, Alec	Thurrock H	92
15	Earney, Ross	Havering M	29: 10		15	Hall, Alberic	Orion H	102
16	OTHER, AN	Southend	18		16	Hyde, Chris	Havering M	107
17	Edwards, Adam	Havering M	41					
18	Dendani, Massi	Havering M	32: 43					
19	Benge, Sam	Harlow	33: 38					

Essex Cross Country League (5)

Sponsored by Runners Edge

Epping Forest

12/02/2011

U17/U20W

Pos	Age Gp	Name	Team	Time	Team Result	Pos	Final Individual Standings			
1	U17	Judd, Jessica	Chelmsford	15: 10	1 Chelmsford 11	1	Judd, Jessica	Chelmsford	U17	4
2	U20	Blake, Poppy	Chelmsford	16: 04	2 Basildon 47	2	Blake, Poppy	Chelmsford	U20	10
3	U17	Garnett, Aimee	Chelmsford	27	3 Southend 55	3	Garnett, Aimee	Chelmsford	U17	15
4	U17	Beckett, Chloe	Braintree	51	4 Havering M 47 (3)	4	Tuttlebury, Katie	Chelmsford	U20	21
5	U20	Tuttlebury, Katie	Chelmsford	17: 01	5 Braintree 4 (1)	5	Johnson, Eleanor	Basildon	U17	24
6	U17	Ballard, Emily	Basildon	13	6 Colchester H 11 (1)	6	Beckett, Chloe	Braintree	U17	25
7	U17	Johnson, Eleanor	Basildon	16	7 Colchester & T 14 (1)	7	Ballard, Emily	Basildon	U17	29
8	U20	Gillard, Holly	Southend	23	8 West Suffolk 15 (1)	8	Lacey, Jordan	Southend	U17	45
9	U17	Stanley, Becky	Havering M	29	9 Orion H 23 (1)	9	Morgan, Alex	Southend	U17	52
10	U17	Mead, Jessica	Chelmsford N/S	34		10	Peel, Jade	Basildon	U17	54
11	U20	Neal, Ella	Colchester H	39		11	Baker, Emily	West Suffolk	U20	63
12	U17	Morgan, Alex	Southend	47		12	Crowe, Emily	Southend	U17	63
13	U17	Peel, Jade	Basildon	56		13	Mead, Jessica	Chelmsford N/S	U17	66
14	U20	Bareham, Lacey	Colchester & T	18: 28		14	Bareham, Lacey	Colchester & T	U20	67
15	U20	Baker, Emily	West Suffolk	35		15	Jellicoe, Jessica	Chelmsford	U17	77
16	U17	Lacey, Jordan	Southend	45		16	Archer, Holly	West Suffolk	U17	85
17	U17	Jellicoe, Jessica	Chelmsford	19: 12		17	Sullivan, Shannon	Havering M	U17	88
18	U17	McWeeney, Patsy	Havering M	20: 03		18	Jarvis, Sophie	Southend	U17	88
19	U17	Jarvis, Sophie	Southend	34		19	Easdon, Zoe	Basildon	U17	91
20	U17	Sullivan, Shannon	Havering M	34						
21	U20	Myers, Molly	Basildon	21: 40						
22	U17	Easdon, Zoe	Basildon	22: 45						
23	U17	Timpson, Melissa	Orion H	24: 22						

Essex Cross Country League (5)

Sponsored by Runners Edge

Epping Forest

12/02/2011

Senior Women

Pos	Age Gp	Name	Team	Time
1	SW	Scott, Harriett	Havering M	25: 58
2	SW	Joel, Alexa	Havering M	28: 40
3	SW	Goode, Karen	Basildon	29: 12
4	SW	Thurgood, Claire	Orion H	21
5	SW	Ballard, Dominique	Benfleet	46
6	V35	Appleton, Debbie	Havering M	58
7	SW	Condron, Laura	Colchester & T	30: 14
8	SW	Bredin, Nicola	Basildon	28
9	SW	Brockbank, Nikki	Springfield S	40
10	SW	Evans, Megan	Chelmsford	43
11	V35	Malanga, Sally	Chelmsford	49
12	V35	Lagden, Tasha	Southend	57
13	V45	Higgs, Lynn	Colchester H	31: 08
14	SW	Sutton, Carys	Chelmsford	16
15	SW	Wheeler, Charmaine	Basildon	28
16	SW	Jeffery, Sarah	Southend	29
17	SW	Adams, Becky	Colchester & T	36
18	V35	Sullivan, Jo	Havering M	46
19	V35	Stunt, Catherine	Benfleet	47
20	V35	Dodds, Vanessa	Benfleet	32: 12
21	V35	Alexandrou, Tracey	Springfield S	36
22	SW	Inch, Christine	Orion H	43
23	V35	Clifford, Liza	Orion H	58
24	SW	Cumner, Ellie	Colchester & T	33: 00
25	V35	Sandercock, Kate	Colchester H	06
26	SW	Pegg, Hayley	Chelmsford	14
27	V45	Nordin, Bree	Ilford	28
28	V35	Gaffney, Lorna	Loughton	52
29	SW	Crisp, Jenny	Ilford	34: 24
30	V45	Crisp, Dianne	Ilford	44
31	V35	Pyle, Nicola	Springfield S	45
32	V35	Noble, Toni	Thurrock H	46
33	V45	Shillaker, Gaye	Loughton	47
34	V35	Mathers, Vanessa	Southend	49
35	SW	Robertson, Kelly	Chelmsford N/S	56
36	SW	Waugh, Caire	Orion H	35: 15
37	V35	Gifford, Sian	Colchester & T	47
38	SW	Armitage, Mary	Orion H	49
39	V35	Peacock, Victoria	Thurrock H	54
40	V45	Ling, Melanie	Southend	58
41	V35	Williams, Kirsty	Springfield S	36: 08
42	V55	Tanner, Lynn	Springfield S	27
43	V45	Minton, Tracey	Chelmsford	38
44	V35	Thompson, Angela	Havering M	46
45	SW	Legg, Angie	Orion H	37: 05
46	V45	Webster, Fran	Benfleet	07
47	SW	Baron, Hayley	Orion H	17
48	V35	Hallam, Jane	Havering M	19
49	SW	Hudson, Kym	Orion H	28
50	SW	Vacher, Louise	Orion H	28
51	SW	Ward, Juliett	Havering M	38
52	V45	Wilson, Tonie	Colchester H	39
53	V55	Jarvis, Margaret	Chelmsford	43
54	V45	Crompton, Sue	Southend	48
55	SW	Marsh, Kerry	Springfield S	38: 22
56	SW	Page, Jennie	Benfleet	48
57	V45	Gilham, Sally	Ilford	51

Pos	Age Gp	Name	Team	Time
61	V45	Pumfret, Debra	Phoenix	12
62	V35	Hallam, Debbielyn	Southend	50
63	V45	Lyon, Nicky	Phoenix	41: 02
64	V45	De Smedt, Beryl	Phoenix	21
65	V45	Fribbens, Dorinda	Braintree	24
66	V45	Henderson, Michelle	Thurrock H	35
67	V55	Flannigan, Teresa	Pitsea	42: 05
68	SW	Knowles, Sarah	Springfield S	21
69	V45	Heeks, Anne	Loughton	39
70	V45	Burston, Nicola	Phoenix	43: 08
71	V65	Jones, Pam	Ilford	44: 54
72	0	Tullett, Catherine	Chelmsford	54
73	V55	Vine, Susan	Phoenix	45: 16
74	SW	Adams, Simone	Springfield S	45
75	V35	Newman, Heather	Loughton	46: 20
76	V35	Davis, Michaela	Loughton	24
77	V45	Tovey, Jill	Loughton	40
78	V45	Frewin, Jackie	Dagenham 88	50
79	V55	Jackson, Heather	Pitsea	52
80	V35	Swaine, Tania	Chelmsford	47: 22
81	V45	Petersen, Irena	Loughton	49: 18
82	SW	Floate, Meredith	Ilford	50: 38

Final Individual Standings

1	Goode, Karen	Basildon	SW	12
2	Kipps, Natalie	Orion H	SW	27
3	Sutton, Carys	Chelmsford	SW	38
4	Mancer, Lucy	Benfleet	V35	44
5	Wheeler, Charmaine	Basildon	SW	49
6	Lagden, Tasha	Southend	V35	60
7	Malanga, Sally	Chelmsford	V35	62
8	Adams, Becky	Colchester & T	SW	70
9	Sandercock, Kate	Colchester H	V35	75
10	Stunt, Catherine	Benfleet	V35	81
11	Pegg, Hayley	Chelmsford	SW	91
12	Clifford, Liza	Orion H	V35	100
13	Noble, Toni	Thurrock H	V35	105
14	Pyle, Nicola	Springfield S	V35	107
15	Gaffney, Lorna	Loughton	V35	110
16	Gifford, Sian	Colchester & T	V35	126
17	Cumner, Ellie	Colchester & T	SW	126
18	Latham, Louisa	Benfleet	SW	130
19	Ling, Melanie	Southend	V45	144
20	Tanner, Lynn	Springfield S	V55	166
21	Crisp, Jenny	Ilford	SW	172
22	Robertson, Kelly	Chelmsford N/S	SW	174
23	Mathers, Vanessa	Southend	V35	177
24	Thompson, Angela	Havering M	V35	179
25	Crisp, Dianne	Ilford	V45	180
26	Shillaker, Gaye	Loughton	V45	187
27	Peacock, Victoria	Thurrock H	V35	188
28	Marsh, Kerry	Springfield S	SW	202
29	Jarvis, Margaret	Chelmsford	V55	207
30	Minton, Tracey	Chelmsford	V45	224
31	De Smedt, Beryl	Phoenix	V45	234
32	Page, Jennie	Benfleet	SW	243
33	Gillham, Sally	Ilford	V45	247
34	Vine, Susan	Phoenix	V55	282
35	Burston, Nicola	Phoenix	V45	283
36	Knowles, Sarah	Springfield S	SW	283
37	Pumfret, Debra	Phoenix	V45	284
38	Lyon, Nicky	Phoenix	V45	287
39	Henderson, Michelle	Thurrock H	V45	290
40	Flannigan, Teresa	Pitsea	V55	301
41	Davis, Michaela	Loughton	V35	349
42	Jackson, Heather	Pitsea	V55	352

Team Result

1	Havering M	27
2	Chelmsford	61
3	Orion H	85
4	Colchester & T	85
5	Benfleet	90
6	Southend	102
7	Springfield S	102
8	Ilford	143
9	Loughton	189
10	Phoenix	258
11	Basildon	26 (3)
12	Colchester H	90 (3)
13	Thurrock H	137 (3)
14	Pitsea	204 (3)
15	Braintree	65 (1)
16	Dagenham 88	78 (1)

Essex Cross Country League (5)

<u>Epping Forest</u>					<u>12-Feb-11</u>					<u>Senior Men</u>				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sanford, Mark	Basildon	31: 20	91	V40	Judd, Mike	Chelmsford	24					
2	U20	Hunter, Ben	Southend	29	92	V50	Tullett, Peter	Chelmsford	40					
3	U20	Dunbar, Alex	W. Suffolk	59	93	V40	Berrett, Paul	Havering M	46					
4	SM	Bloomfield, Crispian	Billericay S	32: 19	94	V50	Cooper, Melvyn	Thrift Green T	50					
5	U20	Twist, Grant	Havering M	22	95	V40	Hart, James	Orion H	52					
6	V40	Hampstead, Spencer	Ilford	37	96	V40	Adams, Steve	Orion H	59					
7	SM	Tydeman, James	Basildon	40	97	V40	Baker, Grant	Orion H	43: 9					
8	U20	Webb, Grant	Basildon	33: 4	98	V50	Reed, Chris	Thurrock H	26					
9	SM	Sellens, Chris	Colchester H	8	99	SM	Robinson, Andy	Thurrock H	40					
10	SM	Gardner, Tom	Ilford	12	100	V40	Gwyn-Williams, Seb	Witham	42					
11	U20	Clutterbuck, Dale	Basildon	20	101	SM	Cousins, Lee	Braintree	47					
12	U20	Buckley-Stanton, Jamie	Havering M	22	102	V50	Bennett, Bill	Orion H	59					
13	SM	Muir, Malcolm	Ilford	36	103	SM	Marsh, Anthony	Springfield S	44: 17					
14	SM	Wright, Will	Chelmsford	47	104	SM	Whitehouse, Jon	Loughton	26					
15	SM	Rand, Steve	Havering M	52	105	SM	Frost, Robert	Phoenix S	38					
16	SM	Moses, Daniel	Orion H	34: 7	106	V50	Parker, Stephen	Ilford	39					
17	SM	Pickering, Lee	Chelmsford	25	107	SM	Foote, Chris	Phoenix S	53					
18	SM	Lendon, Jason	Havering M	31	108	V40	Holder, Julian	Pitsea	45: 6					
19	U20	Moxon, George	Southend	48	109	SM	Stroud, Andrew	Springfield S	10					
20	V40	Smalls, Allen	Colchester H	54	110	SM	Frost, Kevin	Colchester & T	12					
21	SM	Hill, Glen	Havering M	35: 1	111	V40	Mennell, Simon	Braintree	19					
22	SM	Warner, Rob	Havering M	2	112	V50	Kemp, Steve	Thurrock H	39					
23	SM	Weatheridge, Nick	Basildon	8	113	V50	Maycraft, Tony	Loughton	44					
24	SM	Briggs, Mike	Benfleet	12	114	SM	Miller, Danny	Dagenham 88	45					
25	V50	Bridgeland, Mike	Chelmsford	20	115	SM	Owen, Paul	Chelmsford	48					
26	SM	Jenkins, Brian	Orion H	30	116	V60	Walker, Keith	Billericay S	53					
27	V40	Bland, Matt	Havering M	33	117	V40	Clark, Paul	Phoenix S	57					
28	V40	Ridley, Colin	W. Suffolk	47	118	V60	Jackson, Keith	Pitsea	46: 2					
29	U20	Clayton, Sam	Colchester & T	50	119	V50	Johnson, Bernard	Thurrock H	27					
30	SM	Smith, Chris	Havering M	52	120	V60	Ross, Charlie	Chelmsford	34					
31	SM	McGoun, Neil	Orion H	56	121	SM	Rebel, Steven	Thrift Green T	36					
32	SM	Fryer, John	Colchester H	36: 1	122	V60	Green, Roger	Orion H	40					
33	SM	Wright, Tim	Orion H	3	123	V40	Ling, Jim	Southend	47: 28					
34	SM	Bootey, Graham	Benfleet	15	124	V60	Jousiffe, Bob	Orion H	52					
35	SM	Allen, Gavin	Braintree	22	125	SM	Shepherd, Justin	Phoenix S	48: 19					
36	V50	Paul, Eric	Orion H	23	126	V40	Fribbens, Mark	Braintree	46					
37	SM	Jones, Ben	Ilford	23	127	SM	Bulaitus, Peter	Orion H	59					
38	SM	Bottrill, Darren	Ilford	23	128	V60	Hart, John	Loughton	49: 6					
39	SM	Gibby, Rob	Colchester H	33	129	V40	Glover, Ian	Southend	24					
40	SM	Read, Mark	Thrift Green T	46	130	V40	Hunter, Ian	Orion H	44					
41	U20	Smale, David	Southend	53	131	V60	Adams, Bill	Dagenham 88	45					
42	SM	Anderson, Paul	Springfield S	37: 2	132	SM	Mason, Alan	Phoenix S	48					
43	V40	Coleman, Andy	Billericay S	5	133	V70	Rosbrook, Mike	Orion H	55					
44	V40	Barker, John	Thrift Green T	11	134	V40	Smith, Andy	Braintree	50: 20					
45	SM	Newell, Kevin	Ilford	20	135	V40	Bell, Chris	Pitsea	27					
46	V40	West, Peter	Colchester H	23	136	V50	Milton, Dave	Springfield S	33					
47	U20	Dowman, Adam	Thurrock H	30	137	SM	Aitmarri, M	Basildon	37					
48	SM	Hogan, Graham	Havering M	34	138	V40	Speed, Neil	Braintree	42					
49	V40	Hart, Simon	Havering M	36	139	V40	Williams, Paul	Orion H	44					
50	U20	Hall, Auberon	Orion H	40	140	V40	Cheal, Steve	Ilford	51: 46					
51	V40	Kyriakides, Alec	Southend	56	141	V50	Johnson, Steve	Orion H	53: 21					
52	SM	Colgrave, Adam	Chelmsford	59	142	V60	Bates, Peter	Pitsea	42					
53	V40	Brock, Dave	Orion H	38: 3	143	V50	Robinson, Paul	Orion H	54: 6					
54	V40	O'Neill, Ian	Thrift Green T	5	144	V60	Dawson, Ron	Southend	27					
55	V40	Crisp, Neil	Ilford	11	145	V60	Dedman, Peter	Orion H	58: 15					
56	V40	Happe, Joe	Orion H	16	146	V40	Rourke, Jim	Billericay S	59					
57	SM	Wandasiewicz, Nelson	Thrift Green T	26										
58	V40	Hopkinson, Giles	Orion H	31										
59	V40	Shelley, Eamon	Thurrock H	34										
60	SM	Warner, Andrew	Orion H	49										
61	V40	Groat, Mike	Benfleet	51										
62	SM	Raven, Stuart	Springfield S	39: 11	1		Team Result							
63	V50	Metcalfe, John	Thurrock H	21	2		Havering M	93						
64	V40	Rankin, Nick	Benfleet	30	1		Ilford	149						
65	V50	Knightley, Terry	Ilford	43	3		Basildon	187						
66	SM	Cops, Matt	Benfleet	40: 0	4		Orion H	192						
67	V40	McGowan, Frankie	Ilford	13	5		Southend	273						
68	V40	Mason, Andy	Springfield S	19	6		Chelmsford	291						
69	V50	Shaw, G	Orion H	21	7		Benfleet	321						
70	V40	Marchant, Dave	Thurrock H	23	8		Thrift Green T	365						
71	V60	Binns, Peter	Southend	24	9		Thurrock H	404						
72	V40	Clark, Alan	Benfleet	42	10		Springfield S	409						
73	V40	Morgan, Simon	Tiptree	44	11		Braintree	645						
74	V50	Jeggo, Paul	Springfield S	50	12		Colchester H	146	(5)					
75	V40	Stukas, Paul	Springfield S	57	13		Phoenix S	586	(5)					
76	V40	Ciarke, Andy	Thrift Green T	59	14		Colchester & T	302	(4)					
77	U20	Eason, Adam	Orion H	41: 0	15		Billericay S	309	(4)					
78	SM	Dickenson, Rob	Havering M	13	16		Loughton	427	(2)					
79	V40	Riches, Gary	Colchester & T	17	17		Pitsea	503	(2)					
80	V50	Bumstead, Mike	Thurrock H	22	18		W. Suffolk	31	(2)					
81	V40	Kennedy, Andy	Benfleet	27	19		Witham	190	(1)					
82	V40	Veall, Craig	Loughton	41	20		Dagenham 88	245	(1)					
83	V40	Howard, Gary	Havering M	42	21		Tiptree	73	(1)					
84	V50	Alexander, Roger	Colchester & T	54										
85	V50	Bussell, R	Thurrock H	58										
86	SM	Hallam, Dave	Havering M	42: 0										
87	V40	Lawless, Don	Thurrock H	4										
88	SM	Wheeldon, Paul	Springfield S	8										
89	V40	Jarvis, Greg	Southend	12										
90	V40	Cole, Leo	Witham	17										

Essex Cross Country League (5)
Sponsored by Runners Edge

Epping Forest

12/02/2011

Senior Men

Final Individual Standings

1	Sanford, Mark	Basildon	SM	8	51	Cole, Leo	Witham	V40	368
2	Dunbar, Alex	W. Suffolk	U20	14	52	Stukas, Paul	Springfield S	V40	382
3	Bloomfield, Crispian	Billericay S	SM	25	53	Marsh, Anthony	Springfield S	SM	386
4	Wright, Will	Chelmsford	SM	37	54	Judd, Mike	Chelmsford	V40	388
5	Gardner, Tom	Ilford	SM	38	55	Alexander, Roger	Colchester & T	V50	397
6	Webb, Grant	Basildon	U20	39	56	Hallam, Dave	Havering M	SM	407
7	Buckley-Stanton, Jamie	Havering M	U20	50	57	Frost, Kevin	Colchester & T	SM	421
8	Warner, Rob	Havering M	SM	51	58	Howard, Gary	Havering M	V40	433
9	Pickering, Lee	Chelmsford	SM	52	59	Kennedy, Andy	Benfleet	V40	439
10	Muir, Malcolm	Ilford	SM	52	60	Mennell, Simon	Braintree	V40	447
11	Williams, James	Chelmsford	SM	68	61	Foote, Chris	Phoenix S	SM	461
12	Bland, Matt	Havering M	V40	82	62	Clark, Paul	Phoenix S	V40	464
13	Smalls, Allen	Colchester H	V40	93	63	Hall, Graham	Orion H	V40	470
14	Briggs, Mike	Benfleet	SM	97	64	Kemp, Steve	Thurrock H	V50	477
15	Lendon, Jason	Havering M	SM	97	65	Butcher, Brian	Mid Essex C	V60	481
16	Spowage, Paul	Colchester H	V40	99	66	Wheeldon, Paul	Springfield S	SM	485
17	Bridgeland, Mike	Chelmsford	V50	104	67	Cousins, Lee	Braintree	SM	489
18	Moxon, George	Southend	U20	105	68	Johnson, Bernard	Thurrock H	V50	495
19	Clayton, Sam	Colchester & T	U20	108	69	Rebel, Steven	Thrift Green T	SM	500
20	Kearton, Andrew	Colchester H	SM	119	70	Miller, Danny	Dagenham 88	SM	509
21	Bootey, Graham	Benfleet	SM	131	71	Smith, Andy	Braintree	V40	518
22	Ridley, Colin	W. Suffolk	V40	137	72	Ross, Charlie	Chelmsford	V60	520
23	Hall, Auberon	Orion H	U20	140	73	Lee, Ricky	Billericay S	V40	538
24	Barker, John	Thrift Green T	V40	168	74	Bulaitus, Peter	Orion H	SM	540
25	Anderson, Paul	Springfield S	SM	170	75	Speed, Neil	Braintree	V40	560
26	Read, Mark	Thrift Green T	SM	184	76	Jackson, Mark	Braintree	V40	562
27	McGoun, Neil	Orion H	SM	196	77	Jackson, Keith	Pitsea	V60	564
28	Gibby, Rob	Colchester H	SM	197	78	Rosbrook, Mike	Orion H	V70	587
29	Wandasiewicz, Nelson	Thrift Green T	SM	204	79	Milton, Dave	Springfield S	V50	587
30	Wright, Tim	Orion H	SM	205	80	Timpson, Steve	Orion H	V40	600
31	Knightley, Terry	Ilford	V50	217	81	Bates, Peter	Pitsea	V60	609
32	O'Neill, Ian	Thrift Green T	V40	219	82	Dedman, Peter	Orion H	V60	618
33	Hogan, Graham	Havering M	SM	232	83	Rourke, Jim	Billericay S	V40	650
34	Metcalf, John	Thurrock H	V50	236					
35	Lawless, Don	Thurrock H	V40	242					
36	Bottrill, Darren	Ilford	SM	242					
37	Kyriakides, Alec	Southend	V40	243					
38	Colgrave, Adam	Chelmsford	SM	248					
39	Crisp, Neil	Ilford	V40	258					
40	Mead, Tony	Benfleet	V40	262					
41	Raven, Stuart	Springfield S	SM	267					
42	GROUT, Mike	Benfleet	V40	282					
43	Dowman, Adam	Thurrock H	U20	285					
44	Binns, Peter	Southend	V60	288					
45	Bumstead, Mike	Thurrock H	V50	302					
46	Warner, Andrew	Orion H	SM	315					
47	Clarke, Andy	Thrift Green T	V40	324					
48	Morgan, Simon	Tiptree	V40	336					
49	Riches, Gary	Colchester & T	V40	342					
50	Cooper, Melvyn	Thrift Green T	V50	359					