

Essex League Cross Country League Results

Courtesy of : -

Roy Meadowcroft (Chelmsford AC)

Dave Vidler (Basildon AC)

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

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

So Amendments to - r: ram190433@hotmail.co.uk

There will certainly be instances where age groups have not been identified properly, this will be especially true for Veterans.
And the inevitable spelling errors where we couldn't read team manager's writing and then (Surely not) there will some typing errors on our part.

Please let ROY know if any changes are required. Don't be afraid to e-mail him.
If you don't tell us then we won't know so please e-mail him with a note of any alterations.
We won't be amending the results on this website, but will try to ensure that information is correct next time

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

U13 Boys

Pos	Name	Team	Time
1	Richards, Daniel	Orion H	9: 25
2	Thorpe, Brandon	Southend	29
3	Cantwell, Ollie	Basildon	34
4	Kidd, Joe	Basildon	55
5	Webb, Mason	Basildon	57
6	Wright, Toby	Southend	58
7	Cox, Mitchell	Basildon	10: 02
8	Smith, Sam	Thurrock H	07
9	Harknett, Lewis	Harlow	15
10	Keevil, Tom	Chelmsford	16
11	Chess, Euan	CATS	18
12	Day, George	Orion H	18
13	Wolf, Jack	Southend	30
14	Stevens, Josh	Havering M	48
15	Quelch, Sam	Harlow	51
16	Barker, Christian	Harlow	53
17	Foot, Josh	Orion H	55
18	Smith, Alex	Chelmsford	57
19	Morton, Oliver	Havering M	59
20	Wood, James	Orion H	11: 04
21	Callis, Jake	Orion H	07
22	Inch, James	Orion H	11
23	Culham, Connor	Braintree	11
24	Jordan, Toby	Southend	13
25	Harknett, Owen	Harlow	14
26	Ashley, Matthew	Basildon	21
27	Westwood, Arron	Havering M	28
28	Duggan, Brandon	Southend	36
29	Hart, George	Havering M	41
30	Wilshire, Daniel	Orion H	48

31	Penfold, Ethan	Orion H	53
32	Ashdown, Cameron	Havering M	12: 55
33	Rudgely, Eddie	Havering M	13: 12
34	Smith, Simon	Braintree	15: 03

Teams

1	Basildon	19
2	Southend	45
3	Orion H	50
4	Harlow	65
5	Havering M	89
6	Chelmsford	28 (2)
7	Braintree	57 (2)
8	Thurrock H	8 (1)
9	CATS	11 (1)

Final Individual Standings

1	Jones, Max	Basildon	4
2	Thorpe, Brandon	Southend	9
3	Richards, Daniel	Orion H	12
4	Webb, Mason	Basildon	16
5	Kidd, Joe	Basildon	20
5	Cantwell, Ollie	Basildon	20
7	Williams, Max	CATS	23
8	Cox, Mitchell	Basildon	36
9	Harknett, Lewis	Harlow	38
10	Smith, Sam	Thurrock H	49
11	Day, George	Orion H	54
12	Wolf, Jack	Southend	55
13	Barker, Christian	Harlow	78
14	Quelch, Sam	Harlow	80
15	Westwood, Arron	Havering M	83
16	Culham, Connor	Braintree	95
17	Ashley, Matthew	Basildon	96
17	Harknett, Owen	Harlow	96
19	Inch, James	Orion H	111
20	Jordan, Toby	Southend	119
21	Rudgely, Eddie	Havering M	132
22	Smith, Simon	Braintree	140

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

U15 Girls

Pos	Name	Team	Time
1	Jones, Maisie	Basildon	13: 10
2	Hallam, Lydia	Havering M	22
3	Smith, Millie	Chelmsford	34
4	Hiscock, Victoria	Benfleet	38
5	Watts, Katherine	Colchester H	42
6	Aitmarri, Poppy	Basildon	50
7	Ley, Emily	Chelmsford	56
8	Taylor, Sydney	Orion H	56
9	Ives, Isobel	Basildon	57
10	Storar, Lucy	Chelmsford	58
11	Minton-Branfoot, Erin	Chelmsford	14: 08
12	Espeute, Serena	Orion H	10
13	Marshall, Heather	Orion H	12
14	Kidwell, Lucy	Southend	21
15	Williams, Megan	Chelmsford	22
16	Surman-Wells, Heidi	Havering M	27
17	Henderson, Madeleine	Billericay	29
18	Ward, Rebecca	Havering M	36
19	Fisher, Natasha	Chelmsford	15: 03
20	Carr, Madeline	Orion H	09
21	Matthews-Smith, Annabel	Southend	10
22	Allali, Chaina	Thurrock H	13
23	Aitmarri, Tilly	Basildon	19
24	Lear, Louise	Havering M	30
25	Kidd, Laura	Basildon	35
26	Walters, Abbi-May	Benfleet	37
27	Rudgley, Zoe	Havering M	40
28	Grant, Sophie	Orion H	43
29	Ewan, Joelle	Orion H	55
30	Frost, Kate	CATS	56
31	Huggins, Jayne	Colchester H	16: 13
32	Owen, Cydney	Southend	17: 04
33	Findley, Olive	Orion H	18: 00

Teams

1	Chelmsford	31	
2	Basildon	39	
3	Orion H	53	
4	Havering M	60	
5	Southend	67	(3)
6	Benfleet	30	(2)
7	Colchester H	36	(2)
8	Billericay	17	(1)
9	Thurrock H	22	(1)
10	CATS	30	(1)

Final Individual Standings

1	Holloway, Gemma	Thurrock H	5
2	Hallam, Lydia	Havering M	11
3	Smith, Millie	Chelmsford	13
4	Jones, Maisie	Basildon	14
5	Solis, Katy	Chelmsford	16
6	Watts, Katherine	Colchester H	29
7	Espeute, Serena	Orion H	45
8	Ives, Isobel	Basildon	46
9	Surman-Wells, Heidi	Havering M	52
10	Venton, Cameron	Chelmsford	58
10	Taylor, Sydney	Orion H	58
12	Kidwell, Lucy	Southend	64
13	Henderson, Madeleine	Billericay	70
14	Williams, Megan	Chelmsford	72
15	Carr, Madeline	Orion H	85
16	Matthews-Smith, Annabel	Southend	88
17	Pointing, Daisy	Basildon	99
18	Grant, Sophie	Orion H	101
19	Ewan, Joelle	Orion H	116
20	Lear, Louise	Havering M	117
21	Kidd, Laura	Basildon	124
22	Allali, Chaina	Thurrock H	125
23	Lynch, Lucy	Southend	129
24	Rudgley, Zoe	Havering M	130
25	Huggins, Jayne	Colchester H	131
26	Aitmarri, Tilly	Basildon	132

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

U15 Boys

Pos	Name	Team	Time
1	Houchell, Adam	Basildon	11: 49
2	Willmore, Laurence	Southend	12: 03
3	Ashley, Daniel	Basildon	05
4	Jordan, Adam	Southend	19
5	Blanks, Henry	Chelmsford	24
6	Antoine-Chagar, Cheyeni	Orion H	29
7	Foster, Adam	Benfleet	33
8	Pattinson, Ben	Orion H	39
9	Gray, Christian	Basildon	40
10	Thompson, Ed	Havering M	42
11	Davies, Stephen	Basildon	54
12	Weston, Charlie	Orion H	13: 17
13	Neale, James	Chelmsford	55
14	Inwood, Zach	Southend	14: 16
15	Hart, George	Orion H	27
16	Le Mare, Dominic	Southend	34
17	Makin, Ross	Orion H	52
18	Hiscock, James	Benfleet	57
19	Hart, William	Havering M	15: 24
20	Boyce, Matthew	Orion H	33
21	Dell, Sam	Havering M	36
22	Aitken, Jack	Orion H	16: 00
23	Baldwin, Chris	Orion H	17: 50

Team Scores

<u>Teams</u>		
1	Basildon	24
2	Southend	36
3	Orion H	41
4	Havering M	50 (3)
5	Chelmsford	18 (2)
6	Benfleet	25 (2)

Final Individual Standings

1	Elliot, George	Chelmsford	4
2	Houchell, Adam	Basildon	9
3	Willmore, Laurence	Southend	12
4	Ashley, Daniel	Basildon	20
4	Jordan, Adam	Southend	20
6	Blanks, Henry	Chelmsford	29
7	Gray, Christian	Basildon	40
8	Davies, Stephen	Basildon	43
9	Thompson, Ed	Havering M	45
10	Foster, Adam	Benfleet	47
11	Ray, Joe	Southend	48
12	Weston, Charlie	Orion H	60
12	Pattinson, Ben	Orion H	60
14	Wilson, Sean	Havering M	63
15	Inwood, Zach	Southend	69
16	Neale, James	Chelmsford	74
17	Le Mare, Dominic	Southend	85
18	Boyce, Matthew	Orion H	104

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

U17 Men

Pos	Name	Team	Time	Team Result
1	Gikungu, Hoseah	Havering M	21: 25	1 Southend
2	Frith, Rob	Southend	22: 25	2 CATS
3	Robinson, Samuel	Chelmsford	36	3 Orion H
4	Franklin, Ben	Southend	44	4 Havering M
5	Capel, Ashley	Southend	52	5 Chelmsford
6	Frost, Dean	CATS	58	6 Thurrock H
7	Hancock, Steven	Southend	23: 10	7 Benfleet
8	Finch, Alec	Thurrock H	34	8 Colchester H
9	Gibbon, Joe	CATS	35	9 Ilford
10	Jones, George	CATS	36	
11	Hall, James	Benfleet	37	
12	Hoy, George	Orion H	38	
13	Thompson, James	CATS	24: 00	
14	Gifford, Oliver	CATS	08	
15	Kidd, James	Havering M	29	
16	Silverstone, Ben	Orion H	39	
17	Clarke, Robert	Colchester H	No: Time	
18	Waller, Jack	Orion H	25: 16	
19	Hall, Alberic	Orion H	29	
20	Stennett, Richard	Southend	44	
21	Shade, Nick	Havering M	59	
22	King, Tom	Ilford	26: 09	
23	Chrisotomou, Alex	Orion H	38	

<u>Final Individual Standings</u>			
1	Gikungu, Hoseah	Havering M	4
2	Alexander, Joe	CATS	11
3	Robinson, Samuel	Chelmsford	15
4	Frith, Rob	Southend	21
5	Franklin, Ben	Southend	24
6	Capel, Ashley	Southend	26
7	Gibbon, Joe	CATS	36
8	Hall, James	Benfleet	45
8	Finch, Alec	Thurrock H	45
10	Hoy, George	Orion H	53
10	Stennett, Richard	Southend	53
12	Clarke, Robert	Colchester H	58
12	Thompson, James	CATS	58
14	Shade, Nick	Havering M	77
15	Waller, Jack	Orion H	78
16	Chrisotomou, Alex	Orion H	84
17	King, Tom	Ilford	93

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

U17/U20W

Pos	Age Gp	Name	Team	Time
1	U17	Johanson, Kim	Chelmsford	16: 50
2	U17	Dodd, Kaylee	Basildon	17: 06
3	U20	Webb, Amy	Basildon	17
4	U20	Tuttlebury, Katie	Chelmsford	33
5	U17	Bullis, Emily	Basildon	47
6	U17	Peel, Jade	Basildon	50
7	U17	Hall, Beth	Havering M	50
8	U17	Antoine-Chagar, Arma	Orion H	51
9	U20	Ballard, Emily	Basildon	56
10	U17	Johnson, Eleanor	Basildon	18: 08
11	U17	Wade, Rebecca	Chelmsford	15
12	U17	Woods, Isabella	Havering M	29
13	U20	Gillard, Holly	Southend	40
14	U17	Huggins, Molly	Colchester H	55
15	U17	Warren, Isabella	Chelmsford	19: 04
16	U17	McLachlan, Lindsay	Havering M	08
17	U17	Lacey, Jordan	Basildon	13
18	U17	Imbush, Sarah	Southend	29
19	U17	Crofts, Sophie	Chelmsford	44
20	U17	Morgan, Alexandra	Southend	20: 23
21	U17	Williams, Chloe	Southend	56
22	U17	Sullivan, Shannon	Havering M	22: 01
23	U17	Wiggins, Lindsey	Havering M	23: 31
24	U17	Easdon, Zoe	Basildon	25: 49

<u>Team Result</u>		
1	Basildon	16
2	Chelmsford	31
3	Havering M	57
4	Southend	72
5	Orion H	8 (1)
6	Colchester H	14 (1)

<u>Final Individual Standings</u>				
1	Johanson, Kim	Chelmsford	U17	8
2	Dodd, Kaylee	Basildon	U17	14
3	Tuttlebury, Katie	Chelmsford	U20	22
4	Woods, Isabella	Havering M	U17	25
5	Bullis, Emily	Basildon	U17	28
6	Peel, Jade	Basildon	U17	30
7	Johnson, Eleanor	Basildon	U17	34
8	Hall, Beth	Havering M	U17	37
9	Wade, Rebecca	Chelmsford	U17	41
10	Ballard, Emily	Basildon	U20	42
11	Huggins, Molly	Colchester H	U17	52
12	Lacey, Jordan	Basildon	U17	64
13	Crofts, Sophie	Chelmsford	U17	66
14	McLachlan, Lindsay	Havering M	U17	71
15	Imbush, Sarah	Southend	U17	75
16	Morgan, Alexandra	Southend	U17	77
17	Crowhurst, Lisa	CATS	U17	88
18	Easdon, Zoe	Basildon	U17	113

Essex Cross Country League (5)

Sponsored by Runners Edge

Chingford

14/01/2012

Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SW	Joel, Alexa	Havering M	22: 25	61	V35	Williams, Kirsty	Springfield S	49
2	U20	Blake, Poppy	Chelmsford	23: 41	62	V55	Jarvis, Margaret	Chelmsford	52
3	SW	Whitfield, Anna	Basildon	24: 59	63	SW	Ackroyd, Jenny	Dagenham 88	34: 05
4	SW	Ballard, Dominique	Benfleet	25: 03	64	SW	Buckler, Roma	Phoenix	20
5	SW	Peppiatt, Charlotte	Benfleet	14	65	V55	Hobbs, Jean	Loughton	26
6	SW	Smith, Vicky	Havering M	21	66	V45	Gilham, Sally	Ilford	49
7	V45	Sollars, Loretta	East Essex Tri G	31	67	V45	MacQueen, Andrea	Orion H	53
8	SW	Jeffery, Sarah	Southend	26: 16	68	SW	De Sousa, Francesca	Pitsea	35: 03
9	V35	Morley, Denise	Colchester H	18	69	SW	Whisken, Hayley	Southend	05
10	SW	Bredin, Nicola	Basildon	34	70	SW	Knowles, Sarah	Springfield S	12
11	V35	Flannigan, Rachel	Pitsea	36	71	V35	Roberts, Ruth	Phoenix	26
12	V35	Mhlanga, Sally	Chelmsford	45	72	V45	Smith, Debbie	Phoenix	41
13	SW	Sutton, Carys	Chelmsford	48	73	V55	Vine, Susan	Phoenix	55
14	V35	Stunt, Catherine	Benfleet	27: 21	74	V35	Bough, Parmay	Orion H	59
15	V35	Watson, Jacqui	Benfleet	36	75	V35	Maslen, Nicola	Phoenix	36: 10
16	SW	Latham, Louisa	Benfleet	28: 03	76	V35	Ackland, Sacha	Orion H	14
17	V35	Clifford, Liza	Orion H	11	77	U20	Timpson, Melissa	Orion H	21
18	SW	Real, Helen	Loughton	28	78	V55	Flannigan, Teresa	Pitsea	37
19	V35	Thompson, Angela	Havering M	46	79	SW	Westwood, Bobby	Havering M	39
20	V35	Alexandrou, Tracey	Springfield S	49	80	V65	Jones, Pam	Ilford	46
21	SW	Knapman, Mary	Loughton	52	81	V45	Bradbury, Rachel	Orion H	37: 25
22	V45	Inch, Christine	Orion H	29: 04	82	V45	Missen, Elspeth	Chelmsford	32
23	SW	Francis, Debra	Benfleet	09	83	V45	Petersen, Irena	Loughton	43
24	SW	Patel, Paula	Mid Essex Cas	21	84	V45	Goodwin, Sarah	Springfield S	38: 26
25	V45	Crisp, Dianne	Ilford	32	85	V45	St John Coleman, Clare	Chelmsford	41
26	SW	Legg, Angie	Orion H	48	86	V45	Harwood, Gwen	Loughton	43
27	V45	Pyle, Nicola	Springfield S	52	87	V45	Stanton, Sandra	Springfield S	45
28	SW	Waugh, Caire	Orion H	54	88	V45	Frewin, Jackie	Dagenham 88	56
29	V35	Bateman, Helen	Springfield S	55	89	V45	Hawkins, Nicola	Phoenix	39: 47
30	V45	Ling, Melanie	Southend	57	90	V45	Davis, Michaela	Loughton	40: 10
31	SW	Smith, Madeline	Braintree	57	91	SW	Espeute, Heather	Orion H	41: 21
32	SW	Hall, Liz	Orion H	58	92	V45	Holford, Kay	Orion H	51
33	V35	Gaffney, Lorna	Loughton	30: 00	93	V45	Burston, Nicola	Phoenix	42: 09
34	V35	Perrin, Julie	Southend	16	94	SW	Isborne, Kalli	Phoenix	62: 00
35	V35	Mathers, Vanessa	Southend	17					
36	V35	Driver, Sarah	Thurrock H	24					
37	V45	Shillaker, Gaye	Loughton	27					
38	V55	Tanner, Lynn	Springfield S	31					
39	V45	Moore, Melanie	Colchester H	35					
40	V35	Rolerkite, Lindsey	Braintree	39					
41	V55	Panting, Mel	Southend	41					
42	V45	Heeks, Anne	Loughton	43					
43	SW	Sheehan, Jenny	Ilford	44					
44	SW	Foley, M	Havering M	46					
45	SW	Wenman, Sarah	Springfield S	48					
46	V45	Sheffield, Josie	Braintree	49					
47	SW	Armitage, Mary	Orion H	31: 02					
48	SW	Ward, Juliett	Havering M	13					
49	V35	Baker, Amanda	Southend	23					
50	V45	Webster, Fran	Benfleet	46					
51	V55	Read, Wendy	Billericay S	32: 00					
52	V45	Robinson, Julie	Orion H	04					
53	SW	Page, Jennie	Benfleet	09					
54	V55	Wooler, Diane	CATS	14					
55	V35	Wetherall, Aleta	Orion H	17					
56	SW	Taylor, Alison	Orion H	19					
57	V45	Wilson, Tonie	Colchester H	46					
58	V35	Cook, Alison	Springfield S	57					
59	SW	Jarvis, Lizzie	Chelmsford	33: 03					
60	V45	Crompton, Sue	Southend	12					

Final Individual Standings

1	Judd, Jessica	Chelmsford	U17	4
2	Joel, Alexa	Havering M	SW	8
3	Thurgood, Claire	Orion H	SW	25
4	Smith, Vicky	Havering M	SW	28
5	Sutton, Carys	Chelmsford	SW	37
6	Jeffery, Sarah	Southend	SW	39
7	Morley, Denise	Colchester H	V35	41
8	Mhlanga, Sally	Chelmsford	V35	52
9	Stunt, Catherine	Benfleet	V35	58
10	Lagden, Natasha	Southend	V35	61
11	Flannigan, Rachel	Pitsea	V35	67
12	Latham, Louisa	Benfleet	SW	68
13	Real, Helen	Loughton	SW	82
14	Thompson, Angela	Havering M	V35	85
15	Francis, Debra	Benfleet	SW	99
16	Gaffney, Lorna	Loughton	V35	101
17	Pyle, Nicola	Springfield S	V45	115
18	Crisp, Dianne	Ilford	V45	125
19	Tanner, Lynn	Springfield S	V55	133
20	Gifford, Sian	CATS	V35	135
21	Perrin, Julie	Southend	V35	139
22	Mathers, Vanessa	Southend	V35	140
23	Shillaker, Gaye	Loughton	V45	145
24	Moore, Melanie	Colchester H	V45	157
25	Panting, Mel	Southend	V55	164
26	Heeks, Anne	Loughton	V45	169
27	Rolerkite, Lindsey	Braintree	V35	171
28	Stannard, Annette	Southend	V35	189
29	Hallam, Jane	Havering M	V35	196
30	Jarvis, Margaret	Chelmsford	V55	215
31	Williams, Kirsty	Springfield S	V35	226
32	Minton, Tracey	Chelmsford	V45	228
33	Buckler, Roma	Phoenix	SW	238
34	Smith, Debbie	Phoenix	V45	254
35	Vine, Susan	Phoenix	V55	264
36	Maslen, Nicola	Phoenix	V35	272
37	Timpson, Melissa	Orion H	U20	273
38	Petersen, Irena	Loughton	V45	282
39	Stanton, Sandra	Springfield S	V45	288
40	Goodwin, Sarah	Springfield S	V45	289
41	Harwood, Gwen	Loughton	V45	301
42	Davis, Michaela	Loughton	V45	305
43	Burston, Nicola	Phoenix	V45	313
44	Hawkins, Nicola	Phoenix	V45	314

Team Result

1	Benfleet	38
2	Havering M	70
3	Chelmsford	86
4	Orion H	93
5	Southend	107
6	Loughton	109
7	Springfield S	114
8	Ilford	214
9	Phoenix	280
10	Colchester H	105 (3)
11	Braintree	117 (3)
12	Pitsea	157 (3)
13	Basildon	13 (2)
14	Dagenham 88	151 (2)
15	Mid Essex Cas	24 (1)
16	Thurrock H	36 (1)
17	Billericay S	51 (1)
18	CATS	54 (1)

Essex Cross Country League (5)

<u>Chingford</u>					<u>14-Jan-12</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	Chelmsford	25: 33	101	V50	Goad, Richard	Pitsea	35: 02					
2	SM	Williams, James	Chelmsford	35	102	SM	Fryatt, D	Southend	12					
3	SM	Twist, Grant	Havering M	37	103	SM	Colley, Stuart	Orion H	15					
4	SM	Windley, Tristan	Springfield S	39	104	V40	Cummins, Ian	Dagenham 88	18					
5	SM	Briggs, John	Basildon	45	105	V50	Russell, Jim	Pitsea	23					
6	SM	Warner, Rob	Havering M	26: 03	106	V60	Green, Roger	Orion H	29					
7	U20	Webb, Grant	Basildon	29	107	V50	Hall, Graham	Orion H	41					
8	SM	Misson, Matthew	Chelmsford	46	108	V50	Sargent, Rob	Dagenham 88	52					
9	SM	Prout, Ryan	Chelmsford	59	109	V40	Ward, Barry	Havering M	36: 01					
10	SM	Houghton, Alex	Thurrock H	27: 13	110	U20	Green, Buddy	Orion H	05					
11	U20	Smale, David	Southend	16	111	V50	Whiffen, Jim	Loughton	07					
12	U20	Gillard, Rhys	Southend	17	112	V60	Adams, Bill	Dagenham 88	18					
13	V40	Bland, Matt	Havering M	22	113	V60	Butcher, Brian	Mid Essex C	21					
14	V40	Smalls, Allen	Colchester H	32	114	SM	Taylor, Laine	Phoenix S	34					
15	V40	Rice, Scott	Thurrock H	35	115	SM	Luton, Steve	Loughton	34					
16	SM	Anthony, Ian	Havering M	51	116	V40	Spain, Dave	Benfleet	49					
17	SM	Wright, Will	Chelmsford	57	117	V50	Bunce, Steve	Orion H	50					
18	SM	Weatheridge, Nick	Basildon	28: 03	118	V40	Glover, Ian	Southend	37: 00					
19	SM	Rand, Steve	Havering M	07	119	V50	Ling, Jim	Southend	06					
20	V40	Ridley, Colin	W. Suffolk	09	120	V60	Reed, Chris	Pitsea	15					
21	SM	Briggs, Mike	Benfleet	12	121	V50	Cheal, Steve	Ilford	31					
22	V50	Bridgeland, Mike	Chelmsford	15	122	V40	Smith, Andy	Braintree	35					
23	SM	Prosser, Steve	Thurrock H	21	123	SM	Burgess, Ian	Thurrock H	40					
24	SM	Smale, Peter	Southend	24	124	SM	Rolfe, Steve	Braintree	45					
25	SM	Johnson, David	Chelmsford	26	125	V50	Brockington, Tim	Springfield S	48					
26	SM	Colgrave, Adam	Chelmsford	28	126	V50	De Souza, Bosco	Pitsea	54					
27	SM	Clark, Ian	Orion H	29	127	SM	Tyson, David	Loughton	55					
28	V40	Spowage, Paul	Colchester H	32	128	V50	Childs, Simon	Loughton	38: 01					
29	SM	Jones, Ben	Ilford	35	129	V60	Wilson, Vic	Orion H	22					
30	SM	Jenkins, Brian	Orion H	37	130	SM	Stroud, Jack	Orion H	26					
31	SM	Shaw, Jamie	W. Suffolk	43	131	V40	Weller, Andrew	Orion H	35					
32	SM	Gibby, Rob	Colchester H	49	132	SM	Footer, Chris	Phoenix S	40					
33	SM	Philcox, Steve	Ilford	52	133	V40	Speed, Neil	Braintree	42					
34	V40	Swift, Neil	Orion H	29: 04	134	V50	McLaughlin, Peter	Pitsea	52					
35	V50	Paul, Eric	Orion H	06	135	V50	Frith, Rod	Southend	39: 00					
36	SM	Neugebauer, James	Springfield S	08	136	V40	Lee, Ricky	Billericay S	04					
37	SM	Nears, Jonathan	Colchester H	12	137	SM	Boyd, James	Phoenix S	08					
38	U20	Crook, Adam	Chelmsford	17	138	V60	Smith, George	Thrift Green T	10					
39	SM	Wandasiewicz, Nelson	Thrift Green T	30	139	V40	Timpson, Steve	Orion H	21					
40	SM	Woodman, Matt	Gst - Orion	43	140	V40	Williams, Paul	Orion H	22					
41	SM	Lyne, Eliot	Colchester H	46	141	V50	Georgiou, George	Loughton	23					
42	SM	Newell, Kevin	Ilford	51	142	V60	Hobbs, David	Loughton	25					
43	V40	Foot, Barney	Orion H	54	143	V40	Mills, Clive	Orion H	32					
44	SM	Bumstead, Paul	Thurrock H	30: 13	144	SM	Godbold, Alan	Orion H	35					
45	SM	Raven, Stuart	Springfield S	16	145	SM	Groves, Darren	Dagenham 88	37					
46	V50	Metcalfe, John	Thurrock H	18	146	V70	Ross, Charlie	Chelmsford	37					
47	V50	Jeggo, Paul	Springfield S	20	147	V40	Gillan, Alistair	Springfield S	40: 10					
48	SM	Thrush, Scott	Southend	25	148	V50	Bartlett, Gary	Orion H	22					
49	V40	Crisp, Neil	Ilford	26	149	V50	McCullagh, Nick	Mid Essex C	28					
50	V40	Berrett, Paul	Havering M	29	150	V40	Green, Billy	Ilford	55					
51	U20	Gifford, Tom	CATS	36	151	SM	Smale, Geoff	Southend	41: 14					
52	V40	Brock, Dave	Orion H	41	152	V40	Charlton, Ray	Springfield S	31					
53	V50	Shelley, Eamon	Thurrock H	43	153	V40	Mallis, Johnny	Gst - Orion	42: 06					
54	SM	Staines, Martyn	Thurrock H	47	154	V70	Dawson, Ron	Southend	48					
55	V50	Rugg, Alan	Gst - Orion	47	155	V60	Deadman, Peter	Orion H	45: 21					
56	V40	Rankin, Nick	Benfleet	48	156	V50	Perry, Steve	Springfield S	22					
57	V40	Lawless, Don	Thurrock H	52	157	V50	Mills, Eddie	Phoenix S	57					
58	SM	Anderson, Paul	Springfield S	56	158	V60	Maggio, Robert	Gst - Orion	46: 59					
59	SM	Taylor, Lee	Southend	59	159	V60	Adams, Doug	Dagenham 88	50: 04					
60	SM	Horsburgh, Craig	Orion H	31: 04										
61	V40	Hopkinson, Giles	Orion H	11										
62	SM	Riches, Gary	CATS	12										
63	SM	Spooner, Terry	Benfleet	12										
64	V40	Clark, Alan	Benfleet	13										
65	v50	Sexton, Kevin	Benfleet	22										
66	SM	Smale, Simon	Southend	29										
67	V40	Kennedy, Andy	Benfleet	33										
68	SM	Rolfe, Andrew	Thurrock H	38										
69	V40	Broadbent, Quinn	Orion H	42										
70	V40	Marchant, Dave	Thurrock H	47										
71	SM	Knight, Nick	Thrift Green T	53										
72	V50	Catton, Andy	Ilford	57										
73	V40	Lunn, Andy	Orion H	32: 00										
74	SM	Warner, Andrew	Orion H	01										
75	V40	Grout, Mike	Benfleet	03										
76	SM	Doig, Andy	Pitsea	23										
77	V40	Wisken, Greg	Mid Essex C	27										
78	SM	Rahman, Sam	Dagenham 88	32										
79	SM	Harper-Brown, Gavin	Loughton	33										
80	V40	Veall, Craig	Loughton	41										
81	V40	Judd, Mike	Chelmsford	49										
82	V40	Hart, James	Orion H	55										
83	SM	Moon, Tony	Mid Essex C	33: 01										
84	V60	Binns, Peter	Southend	07										
85	V50	Cooper, Melvyn	Thrift Green T	12										
86	V40	Capel, Darren	Southend	30										
87	V40	Marsh, Pat	Colchester H	34										
88	V50	Tullett, Peter	Chelmsford	40										
89	SM	Green, David	Southend Gst	42										
90	V40	Frost, Kevin	CATS	50										
91	V40	Dawson, Jim	Orion H	53										
92	V50	O'Doherty, Gerry	Billericay S	59										
93	V40	Cooper, Phil	Thrift Green T	34: 03										
94	V50	Skinner, Ted	Tiptree	11										
95	SM	Venton, Brian	Chelmsford	18										
96	V40	Tempest, Mark	Orion H	23										
97	V50	Bennett, Bill	Orion H	24										
98	SM	Coulson, Myles	Braintree	28										
99	SM	Cousins, Lee	Braintree	39										
100	SM	Cerny, Michael	Benfleet	47										

Team Result

1	Chelmsford	59	
2	Havering M	107	
3	Thurrock H	191	
4	Southend	220	
5	Orion H	221	
6	Colchester H	239	
7	Springfield S	315	
8	Benfleet	336	
9	Ilford	346	
10	Loughton	640	
11	Pitsea	662	
12	Dagenham 88	706	
13	Thrift Green T	426	(5)
14	Braintree	576	(5)
15	Mid Essex C	422	(4)
16	Phoenix S	540	(4)
17	Basildon	30	(3)
18	CATS	203	(3)
19	W. Suffolk	51	(2)
20	Billericay S	228	(2)
21	Tiptree	94	(1)

Essex Cross Country League (5)
Sponsored by Runners Edge

Final Individual Standings

Senior Men

1	Sanford, Mark	Chelmsford	SM	8
2	Short, Alex	Chelmsford	U20	10
3	Twist, Grant	Havering M	SM	17
4	Warner, Rob	Havering M	SM	18
5	Windley, Tristan	Springfield S	SM	24
6	Law, Andy	Basildon	U20	43
7	Williams, James	Chelmsford	SM	45
8	Wright, Will	Chelmsford	SM	47
9	Youell, Chris	Chelmsford	U20	60
10	Smalls, Allen	Colchester H	V40	63
11	Houghton, Alex	Thurrock H	SM	64
12	Gillard, Rhys	Southend	U20	72
13	Bland, Matt	Havering M	V40	79
14	Rice, Scott	Thurrock H	V40	85
15	Briggs, Mike	Benfleet	SM	99
16	Barker, John	Thrft Green T	V40	99
17	Bridgeland, Mike	Chelmsford	V50	114
18	Ridley, Colin	W. Suffolk	V40	118
19	Spowage, Paul	Colchester H	V40	126
20	Johnson, David	Chelmsford	SM	139
21	Smale, Peter	Southend	SM	141
22	Anthony, Ian	Havering M	SM	144
23	Colgrave, Adam	Chelmsford	SM	148
24	Cross, Dennis	Thurrock H	U20	178
25	Neugebauer, James	Springfield S	SM	180
26	Wandasiewicz, Nelson	Thrft Green T	SM	181
27	Lyne, Eliot	Colchester H	SM	183
28	Clark, Alan	Benfleet	V40	196
29	Crook, Adam	Chelmsford	U20	208
30	Shelley, Eamon	Thurrock H	V50	209
31	Raven, Stuart	Springfield S	SM	209
32	Lawless, Don	Thurrock H	V40	217
33	Metcalfe, John	Thurrock H	V50	221
34	Crisp, Neil	Ilford	V40	223
35	Spooner, Terry	Benfleet	SM	238
36	Jeggo, Paul	Springfield S	V50	245
37	Collins, Neil	Havering M	SM	260
38	Grout, Mike	Benfleet	V40	261
39	Cole, Leo	Witham	V40	270
40	Marchant, Dave	Thurrock H	V40	271
41	Berrett, Paul	Havering M	V40	274
42	Rankin, Nick	Benfleet	V40	275
43	Taylor, Lee	Southend	SM	280
44	Wisken, Greg	Mid Essex C	V40	284
45	Kennedy, Andy	Benfleet	V40	302
46	Riches, Gary	CATS	SM	303
47	Cooper, Melvyn	Thrft Green T	V50	314
48	Knight, Nick	Thrft Green T	SM	315
49	Catton, Andy	Ilford	V50	341
50	Capel, Darren	Southend	V40	349
51	Judd, Mike	Chelmsford	V40	365
52	Marsh, Pat	Colchester H	V40	387
53	Binns, Peter	Southend	V60	388
54	Tullett, Peter	Chelmsford	V50	400
55	Skinner, Ted	Tiptree	V50	411
56	Coulson, Myles	Braintree	SM	416
57	Morgan, Simon	Tiptree	V40	423
58	Green, Buddy	Orion H	U20	443
59	Butcher, Brian	Mid Essex C	V60	461
60	Sargent, Rob	Dagenham 88	V50	463
61	Glover, Ian	Southend	V40	471
62	Hall, Graham	Orion H	V50	472
63	Brockington, Tim	Springfield S	V50	482
64	Footer, Chris	Phoenix S	SM	510
65	Burgess, Ian	Thurrock H	SM	518
66	Cheal, Steve	Ilford	V50	527
67	Speed, Neil	Braintree	V40	544
68	Jordan, Simon	Phoenix S	V40	547
69	Williams, Paul	Orion H	V40	556
70	Smith, George	Thrft Green T	V60	559
71	Frith, Rod	Southend	V50	561
72	Ross, Charlie	Chelmsford	V70	566
73	Timpson, Steve	Orion H	V40	581
74	Hobbs, David	Loughton	V60	596
75	Charlton, Ray	Springfield S	V40	613
76	Dawson, Ron	Southend	V70	617
77	Perry, Steve	Springfield S	V50	624
78	Deadman, Peter	Orion H	V60	629
79	Mills, Eddie	Phoenix S	V50	640