

## 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](mailto: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**

| <b>Pos</b> | <b>Age Gp</b> | <b>Name</b>          | <b>Team</b>  | <b>Time</b> |
|------------|---------------|----------------------|--------------|-------------|
| 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      |

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

| <b><u>Final Individual Standings</u></b> |                    |              |     |     |
|------------------------------------------|--------------------|--------------|-----|-----|
| 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   | <u>Final Individual Standings</u> |                    |               |     |     |
|-----|--------|---------------------|------------------|--------|-----|--------|------------------------|---------------|--------|-----------------------------------|--------------------|---------------|-----|-----|
| 1   | SW     | Joel, Alexa         | Havering M       | 22: 25 | 61  | V35    | Williams, Kirsty       | Springfield S | 49     | 1                                 | Judd, Jessica      | Chelmsford    | U17 | 4   |
| 2   | U20    | Blake, Poppy        | Chelmsford       | 23: 41 | 62  | V55    | Jarvis, Margaret       | Chelmsford    | 52     | 2                                 | Joel, Alexa        | Havering M    | SW  | 8   |
| 3   | SW     | Whitfield, Anna     | Basildon         | 24: 59 | 63  | SW     | Ackroyd, Jenny         | Dagenham 88   | 34: 05 | 3                                 | Thurgood, Claire   | Orion H       | SW  | 25  |
| 4   | SW     | Ballard, Dominique  | Benfleet         | 25: 03 | 64  | SW     | Buckler, Roma          | Phoenix       | 20     | 4                                 | Smith, Vicky       | Havering M    | SW  | 28  |
| 5   | SW     | Peppiatt, Charlotte | Benfleet         | 14     | 65  | V55    | Hobbs, Jean            | Loughton      | 26     | 5                                 | Sutton, Carys      | Chelmsford    | SW  | 37  |
| 6   | SW     | Smith, Vicky        | Havering M       | 21     | 66  | V45    | Gilham, Sally          | Ilford        | 49     | 6                                 | Jeffery, Sarah     | Southend      | SW  | 39  |
| 7   | V45    | Sollars, Loretta    | East Essex Tri G | 31     | 67  | V45    | MacQueen, Andrea       | Orion H       | 53     | 7                                 | Morley, Denise     | Colchester H  | V35 | 41  |
| 8   | SW     | Jeffery, Sarah      | Southend         | 26: 16 | 68  | SW     | De Sousa, Francesca    | Pitsea        | 35: 03 | 8                                 | Mhlanga, Sally     | Chelmsford    | V35 | 52  |
| 9   | V35    | Morley, Denise      | Colchester H     | 18     | 69  | SW     | Whisken, Hayley        | Southend      | 05     | 9                                 | Stunt, Catherine   | Benfleet      | V35 | 58  |
| 10  | SW     | Bredin, Nicola      | Basildon         | 34     | 70  | SW     | Knowles, Sarah         | Springfield S | 12     | 10                                | Lagden, Natasha    | Southend      | V35 | 61  |
| 11  | V35    | Flannigan, Rachel   | Pitsea           | 36     | 71  | V35    | Roberts, Ruth          | Phoenix       | 26     | 11                                | Flannigan, Rachel  | Pitsea        | V35 | 67  |
| 12  | V35    | Mhlanga, Sally      | Chelmsford       | 45     | 72  | V45    | Smith, Debbie          | Phoenix       | 41     | 12                                | Latham, Louisa     | Benfleet      | SW  | 68  |
| 13  | SW     | Sutton, Carys       | Chelmsford       | 48     | 73  | V55    | Vine, Susan            | Phoenix       | 55     | 13                                | Real, Helen        | Loughton      | SW  | 82  |
| 14  | V35    | Stunt, Catherine    | Benfleet         | 27: 21 | 74  | V35    | Bough, Parmay          | Orion H       | 59     | 14                                | Thompson, Angela   | Havering M    | V35 | 85  |
| 15  | V35    | Watson, Jacqui      | Benfleet         | 36     | 75  | V35    | Maslen, Nicola         | Phoenix       | 36: 10 | 15                                | Francis, Debra     | Benfleet      | SW  | 99  |
| 16  | SW     | Latham, Louisa      | Benfleet         | 28: 03 | 76  | V35    | Ackland, Sacha         | Orion H       | 14     | 16                                | Gaffney, Lorna     | Loughton      | V35 | 101 |
| 17  | V35    | Clifford, Liza      | Orion H          | 11     | 77  | U20    | Timpson, Melissa       | Orion H       | 21     | 17                                | Pyle, Nicola       | Springfield S | V45 | 115 |
| 18  | SW     | Real, Helen         | Loughton         | 28     | 78  | V55    | Flannigan, Teresa      | Pitsea        | 37     | 18                                | Crisp, Dianne      | Ilford        | V45 | 125 |
| 19  | V35    | Thompson, Angela    | Havering M       | 46     | 79  | SW     | Westwood, Bobby        | Havering M    | 39     | 19                                | Tanner, Lynn       | Springfield S | V55 | 133 |
| 20  | V35    | Alexandrou, Tracey  | Springfield S    | 49     | 80  | V65    | Jones, Pam             | Ilford        | 46     | 20                                | Gifford, Sian      | CATS          | V35 | 135 |
| 21  | SW     | Knapman, Mary       | Loughton         | 52     | 81  | V45    | Bradbury, Rachel       | Orion H       | 37: 25 | 21                                | Perrin, Julie      | Southend      | V35 | 139 |
| 22  | V45    | Inch, Christine     | Orion H          | 29: 04 | 82  | V45    | Missen, Elspeth        | Chelmsford    | 32     | 22                                | Mathers, Vanessa   | Southend      | V35 | 140 |
| 23  | SW     | Francis, Debra      | Benfleet         | 09     | 83  | V45    | Petersen, Irena        | Loughton      | 43     | 23                                | Shillaker, Gaye    | Loughton      | V45 | 145 |
| 24  | SW     | Patel, Paula        | Mid Essex Cas    | 21     | 84  | V45    | Goodwin, Sarah         | Springfield S | 38: 26 | 24                                | Moore, Melanie     | Colchester H  | V45 | 157 |
| 25  | V45    | Crisp, Dianne       | Ilford           | 32     | 85  | V45    | St John Coleman, Clare | Chelmsford    | 41     | 25                                | Panting, Mel       | Southend      | V55 | 164 |
| 26  | SW     | Legg, Angie         | Orion H          | 48     | 86  | V45    | Harwood, Gwen          | Loughton      | 43     | 26                                | Heeks, Anne        | Loughton      | V45 | 169 |
| 27  | V45    | Pyle, Nicola        | Springfield S    | 52     | 87  | V45    | Stanton, Sandra        | Springfield S | 45     | 27                                | Rolerkite, Lindsey | Braintree     | V35 | 171 |
| 28  | SW     | Waugh, Caire        | Orion H          | 54     | 88  | V45    | Frewin, Jackie         | Dagenham 88   | 56     | 28                                | Stannard, Annette  | Southend      | V35 | 189 |
| 29  | V35    | Bateman, Helen      | Springfield S    | 55     | 89  | V45    | Hawkins, Nicola        | Phoenix       | 39: 47 | 29                                | Hallam, Jane       | Havering M    | V35 | 196 |
| 30  | V45    | Ling, Melanie       | Southend         | 57     | 90  | V45    | Davis, Michaela        | Loughton      | 40: 10 | 30                                | Jarvis, Margaret   | Chelmsford    | V55 | 215 |
| 31  | SW     | Smith, Madeline     | Braintree        | 57     | 91  | SW     | Espeute, Heather       | Orion H       | 41: 21 | 31                                | Williams, Kirsty   | Springfield S | V35 | 226 |
| 32  | SW     | Hall, Liz           | Orion H          | 58     | 92  | V45    | Holford, Kay           | Orion H       | 51     | 32                                | Minton, Tracey     | Chelmsford    | V45 | 228 |
| 33  | V35    | Gaffney, Lorna      | Loughton         | 30: 00 | 93  | V45    | Burston, Nicola        | Phoenix       | 42: 09 | 33                                | Buckler, Roma      | Phoenix       | SW  | 238 |
| 34  | V35    | Perrin, Julie       | Southend         | 16     | 94  | SW     | Isborne, Kalli         | Phoenix       | 62: 00 | 34                                | Smith, Debbie      | Phoenix       | V45 | 254 |
| 35  | V35    | Mathers, Vanessa    | Southend         | 17     |     |        |                        |               |        | 35                                | Vine, Susan        | Phoenix       | V55 | 264 |
| 36  | V35    | Driver, Sarah       | Thurrock H       | 24     |     |        |                        |               |        | 36                                | Maslen, Nicola     | Phoenix       | V35 | 272 |
| 37  | V45    | Shillaker, Gaye     | Loughton         | 27     |     |        |                        |               |        | 37                                | Timpson, Melissa   | Orion H       | U20 | 273 |
| 38  | V55    | Tanner, Lynn        | Springfield S    | 31     |     |        |                        |               |        | 38                                | Petersen, Irena    | Loughton      | V45 | 282 |
| 39  | V45    | Moore, Melanie      | Colchester H     | 35     |     |        |                        |               |        | 39                                | Stanton, Sandra    | Springfield S | V45 | 288 |
| 40  | V35    | Rolerkite, Lindsey  | Braintree        | 39     |     |        |                        |               |        | 40                                | Goodwin, Sarah     | Springfield S | V45 | 289 |
| 41  | V55    | Panting, Mel        | Southend         | 41     |     |        |                        |               |        | 41                                | Harwood, Gwen      | Loughton      | V45 | 301 |
| 42  | V45    | Heeks, Anne         | Loughton         | 43     |     |        |                        |               |        | 42                                | Davis, Michaela    | Loughton      | V45 | 305 |
| 43  | SW     | Sheehan, Jenny      | Ilford           | 44     |     |        |                        |               |        | 43                                | Burston, Nicola    | Phoenix       | V45 | 313 |
| 44  | SW     | Foley, M            | Havering M       | 46     |     |        |                        |               |        | 44                                | Hawkins, Nicola    | Phoenix       | V45 | 314 |
| 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     |     |        |                        |               |        |                                   |                    |               |     |     |

### 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    | Grouit, 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 |