

Essex Cross Country League (5)

		<u>Basildon</u>	<u>Senior Women</u>	<u>02/02/2019</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)	
1	SW	Lauren Deadman	Havering AC	21: 31	1 Havering AC	18
2	U20	Jessica Mitchell	Havering AC	: 49	2 Orion Harriers	59
3	SW	Lucy Charles	Orion Harriers	22: 40	3 Southend-on-Sea AC	69
4	SW	Charlotte Bishop	Basildon AC	23: 34	4 Colchester Harriers AC	80
5	SW	Kirsty Fitzgibbon	Basildon AC	: 36	5 Grange Farm & Dunmow Runr	189
6	V35	Rebecca Luxton	Chelmsford AC	24: 13	6 Ilford AC	190
7	V45	Debbie Appleton	Havering AC	: 24	7 Brentwood Running Club	206
8	SW	Morgan Campbell	Havering AC	: 30	8 Benfleet Running Club	243
9	SW	Hayley Lamkin	Southend-on-Sea AC	: 38	9 Springfield Striders RC	246
10	V35	Lindsey Colman	Southend-on-Sea AC	: 51	10 Basildon AC	35 (3)
11	V45	Claire Hall	Grange Farm & Dunmow Runr	: 54	11 Chelmsford AC	6 (1)
12	SW	Philippa Robinson	Grange Farm & Dunmow Runr	25: 08		
13	SW	Ginte Bailey	Havering AC	: 18		
14	V45	Denise Morley	Colchester Harriers AC	: 19	Division 2 Teams (4 to score)	
15	V35	Louise Juby	Orion Harriers	: 24	1 Thurrock Harriers	116
16	SW	Robyn Matson	Havering AC	: 33	2 Billericay Striders RC	159
17	V35	Helen Taczynski	Colchester Harriers AC	: 38	3 JBR Run and Tri	237
18	SW	Ruth Chadney	Billericay Striders RC	: 41	4 Halstead RR	349
19	SW	Holly Gillard	Southend-on-Sea AC	26: 00	5 Pitsea Running Club	354
20	V40	Hayley Rogerson	Orion Harriers	: 04	6 Phoenix Striders	371
21	SW	Holly Wood	Orion Harriers	: 12	7 Tiptree Road Runners	140 (3)
22	SW	Rebecca Cooke	Colchester Harriers AC	: 28	8 East Essex Triathlon Club	276 (3)
23	V45	Toni Radley	Thurrock Harriers	: 49	9 Braintree & District AC	72 (1)
24	SW	Lucie Golding	Thurrock Harriers	: 52	10 Mid Essex Casuals	81 (1)
25	SW	Clare Davies	Havering AC	27: 12	Veterans Teams (3 to score)	
26	V50	Caroline Horden	Basildon AC	: 19	1 Colchester Harriers AC	58
27	V45	Debbie Cattermole	Colchester Harriers AC	: 24	2 Orion Harriers	64
28	SW	Ella Neale	Colchester Harriers AC	: 27	3 Thurrock Harriers	92
29	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 30	4 Southend-on-Sea AC	94
30	V40	Lorraine Gosling	Orion Harriers	: 39	5 Tiptree Road Runners	140
31	SW	Sarah Pennington	Southend-on-Sea AC	: 41	6 Billericay Striders RC	141
32	V40	Victoria Peacock	Thurrock Harriers	: 56	7 Ilford AC	150
33	V50	Tracy Harrington	Tiptree Road Runners	28: 14	8 Benfleet Running Club	166
34	V35	Jennie Page	JBR Run and Tri	: 21	9 Springfield Striders RC	166
35	SW	Emily Irons	Brentwood Running Club	: 22	10 Brentwood Running Club	171
36	V40	Vicky Knight	Tiptree Road Runners	: 27	11 Grange Farm & Dunmow Runr	177
37	V50	Jodie Farrell	Thurrock Harriers	: 32	12 JBR Run and Tri	233
38	V45	Natasha Lagden	Southend-on-Sea AC	: 37	13 Halstead RR	244
39	V55	Breege Nordin	Ilford AC	: 49	14 Pitsea Running Club	255
40	SW	Carlie Qirem	Ilford AC	: 56	15 East Essex Triathlon Club	276
41	V35	Alison Taylor	Orion Harriers	: 56	16 Phoenix Striders	293
42	V50	Pippa Dowswell	Orion Harriers	29: 02	17 Havering AC	86 (2)
43	V45	Kelly McClenaghan	Benfleet Running Club	: 04	18 Chelmsford AC	6 (1)
44	V35	Clare Worley	Billericay Striders RC	: 06	19 Basildon AC	26 (1)
45	V35	Marzena Ward	Billericay Striders RC	: 07	20 Braintree & District AC	72 (1)
					21 Mid Essex Casuals	81 (1)

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Pos	Age	Name	Team	Time
46	V45	Rebecca Taylor	Southend-on-Sea AC	: 09
47	V45	Kate Sandercock	Colchester Harriers AC	: 17
48	SW	Natasha Pinborough	JBR Run and Tri	: 39
49	V40	Isobel Gowers	Springfield Striders RC	: 41
50	V50	Mary Lloyd	Brentwood Running Club	: 52
51	V45	Linda Day	Ilford AC	: 56
52	V40	Ruth Havis	Billericay Striders RC	30: 05
53	V50	Nikki Ransom	Springfield Striders RC	: 12
54	V50	Vanessa Mathers	Southend-on-Sea AC	: 16
55	V35	Sarah Lengthorn	Billericay Striders RC	: 20
56	V40	Liane Conners	Benfleet Running Club	: 22
57	V55	Mary Armitage	Orion Harriers	: 25
58	V55	Christine Inch	Orion Harriers	: 28
59	V45	Dianne Fairchild	Brentwood Running Club	: 30
60	V55	Nicola Hopkinson	Ilford AC	: 35
61	SW	Jenny Sheehan	Ilford AC	: 37
62	V40	Marijke Van Eetvelde	Brentwood Running Club	: 46
63	V40	Lisa James	Brentwood Running Club	: 47
64	V50	Donna Hindle	Springfield Striders RC	: 50
65	V45	Nicola Rudgley	Pitsea Running Club	: 52
66	V45	Julie Wilson	Brentwood Running Club	31: 02
67	V45	Nikki Leigh	Benfleet Running Club	: 11
68	V40	Clare Hills	Brentwood Running Club	: 19
69	V45	Gaye Van Deryver	Ilford AC	: 20
70	V35	Anna Bambridge	Halstead RR	: 31
71	V45	Rebecca McVelia	Tiptree Road Runners	32: 01
72	V35	Lynsey Hawkins	Braintree & District AC	: 04
73	SW	Sasha Tourbassora	JBR Run and Tri	: 13
74	V35	Deborah Hall	East Essex Triathlon Club	: 16
75	V45	Henrietta Butcher	Grange Farm & Dunmow Runr	: 22
76	V35	Hazel Buist	Halstead RR	: 24
77	V55	Mandy Cooper	Benfleet Running Club	: 27
78	SW	Catherine Campbell	Phoenix Striders	: 28
79	V50	Tracy O'Neill	Havering AC	: 32
80	V65	Lynn Tanner	Springfield Striders RC	: 33
81	V50	Lorna Pettifer	Mid Essex Casuals	: 45
82	V45	Jackie Green	JBR Run and Tri	: 53
83	V55	Elaine Tribbley	Springfield Striders RC	33: 01
84	V65	Wendy Read	Billericay Striders RC	: 04
85	V55	Sharon Honey	Ilford AC	: 10
86	V45	Sarah De Cristofano	Benfleet Running Club	: 23
87	V50	Pauline Tester	Ilford AC	: 26
88	V55	Theresa Howe	Pitsea Running Club	: 42
89	V45	Ruth Roberts	Phoenix Striders	: 43
90	V50	Annette Johnson	Benfleet Running Club	34: 01

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	V35	Jenny Suckling	Grange Farm & Dunmow Runr	: 04
92	SW	Hannah Bardell	JBR Run and Tri	: 07
93	V40	Trica Holmes	Southend-on-Sea AC	: 13
94	V50	Sue Mayes	East Essex Triathlon Club	: 14
95	SW	Victoria Gardiner	Grange Farm & Dunmow Runr	: 16
96	V45	Alison Sale	Ilford AC	: 27
97	V40	Sue Beck	Thurrock Harriers	: 28
98	V45	Nicole Smith	Halstead RR	: 35
99	SW	Pippa Pipperdy	Pitsea Running Club	35: 10
100	V40	Kristina Read	Phoenix Striders	: 29
101	V55	Freida Keane	Ilford AC	: 34
102	V50	Caroline Wallis	Pitsea Running Club	36: 00
103	V65	Valerie Sinclair	Pitsea Running Club	: 31
104	V45	Heather Impey	Phoenix Striders	: 49
105	SW	Lauren Hutley	Halstead RR	37: 36
106	V55	Marion Breeze	Pitsea Running Club	: 43
107	V60	Gillian Harrison	Pitsea Running Club	38: 09
108	V65	Theresa Flannigan	East Essex Triathlon Club	: 15
109	V50	Sharon Wilkinson	Phoenix Striders	: 22
110	V50	Sarah Omer	Pitsea Running Club	: 32
111	V45	Pramila Monro	Ilford AC	: 55
112	V50	Michelle Holman	Phoenix Striders	41: 53
113	V65	Sue Vine	Phoenix Striders	45: 03
114	V45	Launa Broadley	Ilford AC	: 17
115	V35	Jackie Bushnell	Phoenix Striders	46: 06
116	V55	Nicola Burstton	Phoenix Striders	: 08
117	V50	Debi Loveland	JBR Run and Tri	47: 20

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Essex Cross Country League (5)

<u>Basildon</u>			<u>Senior Men</u>	<u>02/02/2019</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	SM	Rob Warner	Havering AC	28: 09	1 Havering AC 51
2	U20	Ben Davis	Havering AC	: 23	2 Orion Harriers 108
3	U20	Lewis Harknett	Orion Harriers	: 34	3 Southend-on-Sea AC 132
4	SM	Edward Mitchell	Colchester Harriers AC	: 53	4 Thurrock Harriers 172
5	U20	George Day	Orion Harriers	29: 02	5 Grange Farm & Dunmow Runners 350
6	SM	Alec Finch	Thurrock Harriers	: 04	6 Ilford AC 351
7	SM	James Buckley-Stanton	Havering AC	: 14	7 Benfleet Running Club 361
8	U20	Sam Atkins	Havering AC	: 26	8 Billericay Striders RC 399
9	U20	Sam Norris	Southend-on-Sea AC	: 29	9 Colchester Harriers AC 221 (5)
10	U20	Taylor Newell	Thurrock Harriers	: 31	10 Springfield Striders RC 321 (5)
11	SM	Rhys Gillard	Southend-on-Sea AC	: 33	11 Chelmsford AC 336 (4)
12	V40	Crispian Bloomfield	Billericay Striders RC	: 35	12 Brentwood Running Club 443 (3)
13	SM	Nathan Filer	Colchester Harriers AC	: 37	
14	U20	Elliot Corderoy	Havering AC	: 45	<b>Division 2 Teams (6 score)</b>
15	U20	Isaac Brown	Basildon AC	: 47	1 Halstead RR 469
16	SM	Reece Barclay	Orion Harriers	: 56	2 Basildon AC 532
17	V40	Lee Taylor	Southend-on-Sea AC	30: 02	3 Phoenix Striders 639
18	V40	Christian Holmes	Southend-on-Sea AC	: 08	4 JBR Run and Tri 802
19	U20	James Stewart	Havering AC	: 21	5 Pitsea Running Club 855 (5)
20	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 34	6 Hockley Trail Runners 576 (4)
21	SM	Tom Gardner	Ilford AC	: 39	7 East Essex Triathlon Club 256 (3)
22	SM	James Smith	Halstead RR	: 42	8 Mid Essex Casuals 396 (3)
23	V50	Colin Read	Orion Harriers	: 47	9 Tiptree Road Runners 320 (2)
24	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 54	10 Cambridge & Coleridge AC 39 (1)
25	SM	Sebastian Parris	Ilford AC	31: 11	11 Loughton AC 60 (1)
26	V45	Barnaby Foot	Orion Harriers	: 12	
27	SM	Wesley Atkins	Halstead RR	: 14	<b>Veteran Team Result (4 to score)</b>
28	U20	Oliver Randall	Southend-on-Sea AC	: 15	1 Orion Harriers 122
29	V40	Barry Smith	Havering AC	: 27	2 Southend-on-Sea AC 174
30	SM	Gavin Scanlon	Colchester Harriers AC	: 29	3 Havering AC 180
31	U20	Luke Gill	East Essex Triathlon Club	: 34	4 Benfleet Running Club 208
32	SM	Chris O'Hara	Billericay Striders RC	: 36	5 Thurrock Harriers 248
33	V45	Terry Spooner	Benfleet Running Club	: 40	6 Billericay Striders RC 259
34	SM	Matthew Bainbridge	Grange Farm & Dunmow Runners	: 45	7 Springfield Striders RC 274
35	V45	Adam Baker	Orion Harriers	: 50	8 Chelmsford AC 336
36	V45	Scott Rice	Thurrock Harriers	: 57	9 Ilford AC 388
37	SM	Robert Doyle	Thurrock Harriers	32: 04	10 Halstead RR 420
38	V40	Bob Glasgow	Orion Harriers	: 07	11 Phoenix Striders 446
39	V50	Craig Dyce	Cambridge & Coleridge AC	: 09	12 JBR Run and Tri 539
40	U20	Jack Exley	Thurrock Harriers	: 12	13 Basildon AC 571
41	SM	John Whitehead	Havering AC	: 14	14 Hockley Trail Runners 576
42	V40	Anthony Goodall	Springfield Striders RC	: 17	15 Pitsea Running Club 681
43	V45	Toby Draper	Thurrock Harriers	: 22	16 Grange Farm & Dunmow Runners 413 (3)
44	V40	Gavin Allen	Halstead RR	: 27	17 Mid Essex Casuals 419 (3)
45	V50	Matt Bland	Havering AC	: 28	18 Brentwood Running Club 482 (3)
46	V45	Andrew Low	Benfleet Running Club	: 29	19 Colchester Harriers AC 314 (2)
47	SM	Luke Fitzjohn	Springfield Striders RC	: 33	20 East Essex Triathlon Club 331 (2)
48	SM	David Wilson	Orion Harriers	: 41	21 Tiptree Road Runners 424 (2)
49	SM	Shane Boxall	Southend-on-Sea AC	: 57	22 Cambridge & Coleridge AC 39 (1)
50	V45	Peter Waite	Chelmsford AC	33: 01	23 Loughton AC 60 (1)
51	SM	Euan Macfarlane	Phoenix Striders	: 04	
52	V40	Martin Chester	Havering AC	: 05	
53	V45	Tim Wright	Orion Harriers	: 07	
54	V55	Tony Pecoraro	Havering AC	: 08	
55	V60	Michael Bridgeland	Chelmsford AC	: 09	

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
56	V45	Graham Booty	Benfleet Running Club	: 14
57	U20	Matthew Houchell	Basildon AC	: 19
58	V65	David Butler	Billericay Striders RC	: 20
59	SM	Shawn Brown	Thurrock Harriers	: 22
60	V45	Jon Whitehouse	Loughton AC	: 25
61	SM	Tom Walsh	Southend-on-Sea AC	: 30
62	V45	Edward Freeman	Springfield Striders RC	: 38
63	V50	Alex Kyriakides	Southend-on-Sea AC	: 43
64	U20	Joshua Sowman	Grange Farm & Dunmow Runners	: 48
65	V40	Keith Willett	Thurrock Harriers	: 50
66	SM	Jonathan Warner	Orion Harriers	: 56
67	SM	Sam Rahman	Ilford AC	34: 02
68	V40	Tim Ballard	Colchester Harriers AC	: 11
69	V50	Paul Broome	Springfield Striders RC	: 13
70	SM	Will Read-Wright	Orion Harriers	: 23
71	V50	Gary Atkins	Havering AC	: 35
72	V40	Graham Hogan	Havering AC	: 45
73	V50	Richard Jones	Benfleet Running Club	: 49
74	V40	Daniel Holeyman	Ilford AC	35: 00
75	V50	Alan Clark	Benfleet Running Club	: 06
76	V45	Matt Randall	Southend-on-Sea AC	: 16
77	V50	Lloyd Miles	Billericay Striders RC	: 25
78	SM	James Duffield	Benfleet Running Club	: 35
79	SM	Philip Davies	Ilford AC	: 37
80	SM	John Sable	Orion Harriers	: 39
81	V45	Steve Walker	Havering AC	: 40
82	SM	Jason Crispin	Havering AC	: 41
83	V45	Ian Pike	Benfleet Running Club	: 52
84	SM	Buddy Green	Orion Harriers	: 54
85	V40	Diarmuid MacDonnell	Ilford AC	36: 03
86	SM	Ciaran Byrne	Benfleet Running Club	: 10
87	SM	Adedapo Abati	Thurrock Harriers	: 18
88	SM	Lee Daniel	Basildon AC	: 19
89	SM	Tim Martin	Thurrock Harriers	: 21
90	V45	Roy Perrott	Orion Harriers	: 25
91	V50	Peter Tullett	Chelmsford AC	: 40
92	V50	Rob Moore	Orion Harriers	: 44
93	V50	Mark Mayes	East Essex Triathlon Club	: 48
94	SM	Andrew Warner	Orion Harriers	: 51
95	V50	Alan Fullerton	Grange Farm & Dunmow Runners	: 52
96	V70	Anthony Nixon	Ilford AC	: 55
97	V55	Doug Stephens	Benfleet Running Club	37: 02
98	V60	Andrew Morris	Phoenix Striders	: 04
99	V40	Richard Bonham	Mid Essex Casuals	: 12
100	SM	Martin Reynolds	Orion Harriers	: 13
101	V40	Dave Weldon	Springfield Striders RC	: 22
102	V60	Bob Langley	Halstead RR	: 28
103	V45	James Champion	Southend-on-Sea AC	: 32
104	V55	Eamon Shelley	Thurrock Harriers	: 38
105	V40	Steven Ball	Thurrock Harriers	: 39
106	V40	Andrew Taczynski	Colchester Harriers AC	: 40
107	SM	Richard Battams	JBR Run and Tri	: 47
108	SM	Barry Weldon	Billericay Striders RC	: 49
109	V50	Neil Clark	Phoenix Striders	: 50
110	V55	Trevor Horncastle	Phoenix Striders	38: 02

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Pos	Age	Name	Team	Time
111	V55	Christopher Applegate	Thurrock Harriers	: 11
112	V45	Phil Cooper	Billericay Striders RC	: 26
113	V45	Neil Hitchcock	Grange Farm & Dunmow Runners	: 34
114	V40	Gary Rowlatt	Thurrock Harriers	: 34
115	SM	Richard Rowe	Havering AC	: 43
116	V50	Andy Hawes	JBR Run and Tri	: 44
117	SM	Joe McGrath	Basildon AC	: 44
118	V50	David Findlay	Basildon AC	: 46
119	V55	Grant Corton	Orion Harriers	: 47
120	V45	Steve Bennett	Orion Harriers	: 49
121	V55	Dave Brock	Orion Harriers	: 55
122	V60	Donald English	Halstead RR	: 57
123	SM	Robert Hempstead	Billericay Striders RC	39: 09
124	V45	Roy James	Havering AC	: 14
125	V50	Colin White	Billericay Striders RC	: 27
126	V40	Alasdair Daws	Billericay Striders RC	: 30
127	V50	Greg Wisken	Mid Essex Casuals	: 38
128	V55	Stephen Foggo	Billericay Striders RC	: 43
129	V50	Martin Orford	Phoenix Striders	: 50
130	V60	Bill Bennett	Orion Harriers	: 52
131	V45	Richard Harmer	Brentwood Running Club	40: 04
132	V60	Ian Gill	East Essex Triathlon Club	: 07
133	V55	Alan Pearl	Ilford AC	: 10
134	V40	Spencer Garlic	Hockley Trail Runners	: 17
135	V50	Dave Hallett	JBR Run and Tri	: 19
136	V55	Gary Bartlett	Orion Harriers	: 20
137	V45	Andrew Turner	Basildon AC	: 28
138	V55	Andrew Brown	JBR Run and Tri	: 32
139	V45	Alan Cooke	Hockley Trail Runners	: 40
140	V55	Kevin Kirby	Chelmsford AC	: 41
141	V45	Mark Lawes	Tiptree Road Runners	41: 05
142	V45	Paul Agastina	Phoenix Striders	: 21
143	V40	Nick Gardner	Hockley Trail Runners	: 22
144	V50	Anthony Young	Ilford AC	: 32
145	V40	Mohammed Shofiuzzaman	Benfleet Running Club	: 38
146	V40	Scott O'Loughlin	Phoenix Striders	: 39
147	V40	Paul Bailey	Brentwood Running Club	: 42
148	V45	Steve Wise	Benfleet Running Club	: 43
149	V55	Dave Lane	Phoenix Striders	: 52
150	V50	Phil Young	JBR Run and Tri	42: 07
151	V70	Peter Binns	Southend-on-Sea AC	: 22
152	V60	Andy Carter	Halstead RR	: 30
153	V50	Colin Wilkinson	Phoenix Striders	: 31
154	V45	Al Monte	Southend-on-Sea AC	: 39
155	V60	Bernard Johnson	Thurrock Harriers	: 44
156	V55	Mark Harding	JBR Run and Tri	: 53
157	V45	Justin Harris	Basildon AC	43: 14
158	V60	Donald Sinclair	Pitsea Running Club	: 28
159	V50	John Rex	Basildon AC	: 34
160	V50	Adrian Mathers	Hockley Trail Runners	: 41
161	V60	Simon King	Grange Farm & Dunmow Runners	: 53
162	V50	Ingo Dierschnieder	Pitsea Running Club	44: 22
163	V50	Clive Bailey	JBR Run and Tri	: 29
164	V50	Ricky Lee	Billericay Striders RC	: 40
165	V45	John Wadie	Brentwood Running Club	: 56

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
166	V50	Dave Girt	Southend-on-Sea AC	46: 32
167	SM	William Holman	Phoenix Striders	: 40
168	V55	Rhys Davis	Basildon AC	: 40
169	V45	Jon Brown	JBR Run and Tri	47: 44
170	V60	Brian Butcher	Mid Essex Casuals	48: 08
171	V60	Graham Bardell	JBR Run and Tri	: 08
172	V50	Henry Ricketts	Ilford AC	: 10
173	V45	Ian Glover	Southend-on-Sea AC	: 39
174	SM	Gavin Davis	Pitsea Running Club	: 43
175	V60	Peter Eates	Phoenix Striders	50: 11
176	V50	Angus Aldridge	Southend-on-Sea AC	: 19
177	SM	Anthony Oliveri	JBR Run and Tri	51: 16
178	V70	Peter Bates	Pitsea Running Club	: 57
179	V45	Anthony Knight	Tiptree Road Runners	52: 25
180	V55	Ray Sparra Everingham	Ilford AC	53: 59
181	V55	David Mills	Phoenix Striders	57: 36
182	V70	James Huddart	Ilford AC	59: 43
183	V60	Peter McLaughlin	Pitsea Running Club	61: 45
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