

**SOUTH ESSEX CROSS COUNTRY LEAGUE 2017/18**  
**DIVISIONS ONE AND TWO**

**1st ROUND - HADLEIGH COUNTRY PARK**  
**19th November 2017**

**HELD UNDER UK ATHLETICS RULES**  
**CROSS COUNTRY PERMIT NUMBER UKA/173:17**

**INDIVIDUAL WINNERS**

First Man	Ryan	Prout	21 41	TGT
First Woman	Sinead	Clark	25 51	Benfleet RC

**TEAM RESULTS**

**Division One**

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Benfleet RC	74	15	89	6
2nd	Leigh Striders	174	50	224	5
3rd	Billericay Striders	150	83	233	4
4th	Thrift Green Trotters	263	62	325	3
5th	East Essex Tri	278	83	361	2
6th	Rochford RC	741	277	1018	1

**Division Two**

1st	Barking RR	254	289	543	6
2nd	TriSport Epping	525	57	582	5
3rd	Castle Point	517	172	689	4
4th	Havering 90	464	303	767	3
5th	Dagenham 88	701	299	1000	2
6th	Pitsea RC	754	263	1017	1

**CURRENT STANDINGS**

**Division One**

<u>Pos</u>	<u>Club</u>	<u>R1</u>	<u>R2</u>	<u>R3</u>	<u>R4</u>	<u>R5</u>	<u>Total</u>
1st	Benfleet RC	6	0	0	0	0	6
2nd	Leigh Striders	5	0	0	0	0	5
3rd	Billericay Striders	4	0	0	0	0	4
4th	Thrift Green Trotters	3	0	0	0	0	3
5th	East Essex Tri	2	0	0	0	0	2
6th	Rochford RC	1	0	0	0	0	1

**Division Two**

<u>Pos</u>	<u>Club</u>	<u>R1</u>	<u>R2</u>	<u>R3</u>	<u>R4</u>	<u>R5</u>	<u>Total</u>
1st	Barking RR	6	0	0	0	0	6
2nd	TriSport Epping	5	0	0	0	0	5
3rd	Castle Point	4	0	0	0	0	4
4th	Havering 90	3	0	0	0	0	3
5th	Dagenham 88	2	0	0	0	0	2
6th	Pitsea RC	1	0	0	0	0	1

## Men's results

1	Ryan Prout		TGT	21.41	122	Graeme Edwards		Castle Point	30.53
2	Paul Grange		Dagenham	22.20	123	Murat Baygeldi		TGT	30.54
3	Kurtis Swan		Billericay	22.31	124	James McNish-Porter		TGT	30.56
4	Matibini Matibini	V	LOSS	22.41	125	Aaron Salmon	V	LOSS	30.59
5	James Caldon		Benfleet	22.44	126	Lee Andrews	V	Castle Point	31.07
6	Matt Leeman		Benfleet	22.51	127	Mike Hopkins	V	Castle Point	31.13
7	Liviu Ionita		Barking	23.02	128	Laurence Harrison	V	Billericay	31.19
8	Kieran O'Doherty		Billericay	23.13	129	David Dutton	V	Rochford	31.21
9	Lee Baynton		Benfleet	23.20	130	Grant England	V	Billericay	31.24
10	Andy Low	V	Benfleet	23.38	131	Mark Colquhoun	V	Castle Point	31.28
11	Barry Smith		Havering 90	23.45	132	Trevor Cooper		Barking	31.32
12	Eddy Cooper		Benfleet	23.52	133	Andy Debnam	V	Castle Point	31.33
13	George Watts		Benfleet	23.54	134	Toby Knight	V	EET	31.34
14	Chris O'Hara		Billericay	24.08	135	Adam Stow	V	Pitsea	31.36
15	Steve Philcox	V	Barking	24.10	136	Matthew Aitken	V	EET	31.47
16	Luke Gill		EET	24.29	137	Martin England	V	Castle Point	31.52
17	Michael Feltham		Benfleet	24.31	138	Gary Matthews	V	Rochford	31.54
18	Mark Read	V	TGT	24.33	139	Chris Milne	V	EET	31.56
19	Graham Booty	V	Benfleet	24.37	140	Paul Franklin	V	Castle Point	31.58
20	Ben Molloy	V	LOSS	24.40	141	Craig Sterling		Benfleet	31.59
21	Billie Burroughs		Benfleet	24.42	142	Michael Greenslade	V	EET	32.02
22	Matt Bird		Benfleet	24.48	143	Matt Sudlow	V	Billericay	32.09
23	Neil Spicer	V	LOSS	24.56	144	Barry Hockley	V	Castle Point	32.10
24	Adam Lysons	V	LOSS	24.58	145	Chris Short		TGT	32.18
25	Dean Ovel	V	LOSS	25.00	146	Roger Hagan	V	Havering 90	32.20
26	Danny Isaacs		Billericay	25.02	147	Paul Agastina	V	Pitsea	32.24
27	Martin Chester	V	Havering 90	25.10	148	Ric Deacon	V	Billericay	32.26
28	Terry Spooner	V	Benfleet	25.17	149	Lee Healey	V	Havering 90	32.30
29	Peter Tullett	V	Billericay	25.29	150	Paul Gammon	V	EET	32.34
30	Mike Woodward	V	Pitsea	25.32	151	George Anderson-Brown		LOSS	32.35
31	Phil Ellul		Barking	25.37	152	Rob West		LOSS	32.38
32	Simon Theobald	V	TriSport	25.41	153	Matthew Sinclair	V	EET	32.39
33	Stuart Cable	V	LOSS	25.44	154	Ron Vials	V	Barking	32.40
34	Simon Lashmar	V	Billericay	25.46	155	Steve Luck	V	LOSS	32.50
35	Peter Barrett	V	TGT	25.50	156	Don Sinclair	V	Pitsea	32.58
36	Spencer Welch	V	Billericay	25.55	157	Keith Muggleton	V	EET	33.00
37	Christian Gray		EET	25.59	158	Colin Dunn	V	Castle Point	33.08
38	David Nicel		EET	26.06	159	Tony Woodgate	V	Dagenham	33.09
39	John Barker	V	TGT	26.11	160	Andrew Watson	V	Benfleet	33.10
40	Ian Toal	V	Rochford	26.14	161	Richard Haydon		Dagenham	33.13
41	Richard Wilkes		EET	26.17	162	Jouquin Polo	V	Havering 90	33.14
42	Daniel Elwood		Havering 90	26.19	163	Mark Freeman	V	Rochford	33.24
43	Pete Stalley	V	Benfleet	26.23	164	Daniel Plawiak		Barking	33.44
44	Jack Hodges		Benfleet	26.24	165	Phil Baker	V	Ford	34.05
45	Mark Blee	V	LOSS	26.27	166	Daniel Gacknell	V	TriSport	34.05
46	Jack Morris		EET	26.30	167	Michael Haylett	v	LOSS	34.05
47	Brian Longman	V	TriSport	26.32	168	Bruce Mail	V	Havering 90	34.06
48	Martin Palmer	V	EET	26.35	169	Dan Ryan		Havering 90	34.08
49	Matt Rivers		LOSS	26.38	170	Andrew McKeown		LOSS	34.09
50	Keith Thornton	V	TGT	26.40	171	Jeff Marsham		TGT	34.22
51	Richard Jones	V	Benfleet	26.42	172	Ricky Lee	V	Billericay	34.37
52	Ian George	V	EET	26.44	173	Paul Omer	V	Pitsea	34.38
53	Matt Letley	V	LOSS	26.47	174	Mark Ringsted	V	TriSport	34.41
54	Lewis Calcutt		TriSport	26.53	175	Graham Smith	V	LOSS	34.48
55	Terry Allen	V	TGT	26.54	176	Barry Kay	V	Rochford	34.53
56	James Lowndes		Barking	26.57	177	Gary Bright		Castle Point	34.54
57	Kevin Jacob	V	Billericay	27.02	178	Andy Deacon	V	Rochford	34.56
58	Chris Jones		Benfleet	27.08	179	Ryan Gillard		LOSS	34.58
59	Richard Battamu		LOSS	27.24	180	Ian Walker	V	Castle Point	35.03
60	Ian Pike	V	Benfleet	27.26	181	Andrew Gwilliam	V	Barking	35.17
61	Danny Moody	V	TriSport	27.31	182	Steve Pettitt	V	LOSS	35.41
62	John Gould	V	Benfleet	27.34	183	Kim Maspas	V	TriSport	35.44
63	Richard Bonham	V	Castle Point	27.36	184	Johnny Lau	V	LOSS	35.46
64	Andrew Dennett		EET	27.39	185	David Ward	V	LOSS	35.52
65	Phil Olson	V	TGT	27.41	186	Andy Pinnion	V	LOSS	35.59
66	Diarmuid Mac Donnell	V	Barking	27.51	187	Brian Butcher	V	Castle Point	36.04
67	Rick Wade	V	Castle Point	27.54	188	Nic Rivers	V	LOSS	36.07
68	Ben Wood		LOSS	27.57	189	Keith Walker	V	Billericay	36.24
69	Paul Prior	V	Dagenham	27.59	190	Mick Davison	V	Barking	36.25
70	Alan Butler	V	TGT	28.01	191	Gareth Smith		Castle Point	36.36

71	Matt Barrett		LOSS	28.01	192	Mike Wheatley	V	Billericay	36.37
72	Ray Brooks	V	EET	28.05	193	Mark Armitage	V	LOSS	36.40
73	Bill Smith	V	EET	28.08	194	Michael Peggall		Dagenham	36.43
74	Jonathan Wyatt	V	EET	28.10	195	Peter Chaplin	V	Pitsea	36.45
75	Richard Mangham	V	LOSS	28.12	196	Ingo Dierkshneider	V	Pitsea	36.50
76	Ian O'Neill		TGT	28.15	197	Bob Prigg	V	LOSS	36.57
77	Phil Nippard		Rochford	28.29	198	Mark Whitney	V	Castle Point	36.58
78	David Cox	V	EET	28.37	199	Steve Tate	V	LOSS	37.03
79	Dervish Bartlett		Barking	28.39	200	Gary Walsh	V	LOSS	37.05
80	Colin White	V	Billericay	28.40	201	Paul Varker	V	Castle Point	37.16
81	Rory Burr		Barking	28.46	202	Nic Miller	V	Pitsea	37.26
82	Tom Overing		Rochford	28.51	203	Mike Kavanagh		TGT	37.40
83	Daniel Ward		TGT	28.54	204	Luke Bonham		Castle Point	37.55
84	Daniel Lethby		EET	28.58	205	Martin Mason	V	Barking	38.01
85	Martin Howlett		Castle Point	29.00	206	John Wood	V	LOSS	38.20
86	Paul Ward	V	Barking	29.01	207	Paul Hellen	V	Rochford	38.23
87	Marc Downham	V	LOSS	29.04	208	Chris Groves	V	Barking	38.41
88	John Sweeney	V	Castle Point	29.05	209	Wally James	V	LOSS	38.45
89	Gary Flint	V	Havering 90	29.17	210	David Christie	V	Rochford	38.48
90	Jerry Bethell	V	LOSS	29.19	211	Tim Ketterer	V	LOSS	38.50
91	Steffan Cohen	V	LOSS	29.20	212	Brian Slade	V	Havering 90	38.55
92	Adam Poulton	V	Castle Point	29.22	213	Nils Holman	V	Havering 90	39.06
93	Roy Fleming	V	Billericay	29.29	214	Ronald Seddon	V	Havering 90	39.12
94	Lee Gumbrell		Benfleet	29.32	215	Alain Cooper	V	Barking	39.33
95	Mike Blerkom	V	EET	29.35	216	Henry Monaghan	V	Havering 90	39.35
96	Richard Booth		TGT	29.36	217	Trevor Hand	V	EET	39.54
97	Steve Foggo	V	Billericay	29.37	218	Peter Bates	V	Pitsea	39.56
98	Peter Kerr		LOSS	29.37	219	Jim Rourke	V	Billericay	39.56
99	Ian Gill	V	EET	29.40	220	Leigh Moring	V	Dagenham	40.31
100	Barry Weldon		Billericay	29.41	221	Chris Cammidge	V	Castle Point	40.54
101	Ciaran Byrne		Benfleet	29.42	222	Tom Coughlan		Barking	41.47
102	Kevin Wooton	V	Barking	29.43	223	George Smith		TGT	42.10
103	Phil Priest	V	LOSS	29.44	224	Andy Chaplin	V	Pitsea	42.13
104	Mike Turrington		TGT	29.45	225	Rob Courtier	V	Barking	42.16
105	Martin Page	V	Barking	29.47	226	Brian Harding		TGT	42.19
106	Bruce Gander	V	EET	29.55	227	Brian Cowling	V	Billericay	42.22
107	Stuart Burr	V	Barking	30.07	228	Daniel Tudor	V	Havering 90	42.25
108	Darren Summers	V	LOSS	30.08	229	Steve Macdonald	V	Pitsea	43.07
109	Steve Jones		TGT	30.12	230	Tim Shea	V	Pitsea	43.29
110	Wayne Smith		LOSS	30.14	231	Ron Dobie	V	Havering 90	43.56
111	Martin Hitchcock	V	LOSS	30.16	232	Kresh Veerasamy	V	Barking	44.12
112	Bob King		Rochford	30.18	233	Dave Godfrey	V	Billericay	44.18
113	Jim Price	V	Pitsea	30.29	234	David West	V	LOSS	46.07
114	Rob Worley		Billericay	30.30	235	Anthony Maughan	V	Barking	46.23
115	Roy Harwood	V	Benfleet	30.32	236	Ernie Easterby	V	Billericay	46.41
116	Peter Salmon	V	Dagenham	30.37	237	Chris Anastasi	V	Barking	46.46
117	Ronan Quinn	V	LOSS	30.40	238	Sam Veerasamy	V	Dagenham	47.15
118	John George	V	Barking	30.43	239	Andrew Grix	V	Havering 90	47.32
119	David McMasters	V	LOSS	30.49	240	Steve Sheekey	V	Havering 90	48.08
120	Simon Rawlings	V	EET	30.51	241	Micky Ball	V	Barking	51.17
121	Dan Buckley		Billericay	30.53					

## Women's results

1	Sinead Clark		Benfleet	25.51	77	Debbie Dunn	V	Castle Point	38.14
2	Hannah Watson		Benfleet	26.20	78	Leilah McClay	V	LOSS	38.19
3	Emma Prideaux	V	Billericay	26.24	79	Julia Summers	V	LOSS	38.22
4	Nicola Bredin		Benfleet	27.05	80	Catherine Maylin	V	Castle Point	38.41
5	Andrea Hughes	V	LOSS	28.25	81	Unknown Runner			38.45
6	Victoria Bishop		EET	29.11	82	Cheryl MacDonald	V	Pitsea	38.49
7	Emily Irons		TGT	29.14	83	Jenni Paterson	V	LOSS	38.53
8	Charmaine Sterling	V	Benfleet	29.23	84	Kate Pettit	V	Havering 90	38.58
9	Sally Baker	V	TriSport	29.28	85	Katie Holland		Castle Point	39.06
10	Jessica Bell	V	TriSport	29.50	86	Lisa Westwick	V	LOSS	39.14
11	Jacqui Watson	V	Benfleet	30.08	87	Caz Wallis	V	Pitsea	39.20
12	Emily Kampf	V	TriSport	30.24	88	Timi Veerasamy	V	Dagenham	39.42
13	Katie Spicer	V	LOSS	30.30	89	Lorraine Heal	V	Castle Point	39.43
14	Samantha Pickett		LOSS	30.34	90	Dawn Blake	V	Barking	39.45
14	Kathleen Short	V	TGT	30.34	91	Helen Williams	V	Pitsea	40.07
16	Kiera Tippett		Benfleet	30.49	92	Louise Hammond	V	Billericay	40.10
17	Nikki Leigh	V	Benfleet	30.53	93	Gill Harrison	V	Pitsea	40.11
18	Nikki Baynes	V	LOSS	30.59	94	Tina Victory	V	Castle Point	40.12
19	Chanel Lassman		TGT	31.09	95	Jackie Woodroffe	V	TGT	40.26
20	Joanne Sullivan	V	EET	31.11	96	Laura Kelly	V	Havering 90	40.32
21	Claire Worley		Billericay	31.26	97	Emma O'Shea	V	Dagenham	40.39
22	Marijke Van Eetvelde	V	TGT	31.28	98	Debbie Priest	V	LOSS	40.45
23	Charlotte Gregory	V	LOSS	31.47	99	Vicki Groves	V	Barking	40.46
24	Jayne Stacey		Benfleet	32.02	100	Lynn Rivers	V	LOSS	40.48
25	Christina Edwards	V	Castle Point	32.10	101	Sara Omer	V	Pitsea	40.50
26	Louise Rawlinson	V	TriSport	32.15	102	Karen Callow	V	LOSS	40.54
27	Ruth Havis		Billericay	32.16	103	Diane Shelito	V	EET	40.57
28	Jane Bramble	V	EET	32.18	104	Catherine Patterson		LOSS	41.04
29	Jenny Harley	V	EET	32.20	105	Marian Breeze	V	Pitsea	41.28
30	Anne Hoeb	V	Castle Point	32.34	106	Claire Downham		LOSS	41.33
31	Clare Hills		TGT	32.43	107	Teresa Flannigan	V	EET	41.40
32	Nicola O'Doherty		Billericay	32.48	108	Kathy Scourfield	V	Billericay	41.53
33	Nina Barrett	V	TGT	32.56	109	Sonya Veerasamy	V	Dagenham	41.57
34	Fiona Walker	V	LOSS	32.58	110	Susan Adkins	V	Rochford	42.10
35	Chris Deacon	V	Billericay	33.05	111	Beverley Eagles	V	Dagenham	42.17
36	Emma Hatcher		TGT	33.08	112	Jill Thorne	V	TGT	42.32
37	Tina Reeve	V	LOSS	33.18	113	Lisa Gaskin	V	Havering 90	43.30
38	Joanne Colby	V	Rochford	33.30	114	Amelia Howe	V	LOSS	43.33
39	Deborah Hall	V	EET	33.34	115	Rhoda Lester	V	LOSS	43.53
40	Elisha Letley	V	LOSS	33.45	116	Sally McKeown		LOSS	43.55
41	Jo Pearce	V	Pitsea	33.57	117	Alison Fryatt	V	Barking	43.58
42	Amanda Heslegrave	V	Barking	33.58	118	Veronica Barikor	V	Barking	44.04
43	Madelaine Knight		TGT	33.59	119	Maria Wood	V	LOSS	44.12
44	Debra Mangham	V	LOSS	34.08	120	Kerry Riley	V	Rochford	44.23
45	Jo Ling	V	Billericay	34.11	121	Claire Davis		LOSS	44.29
46	Anne Howe	V	LOSS	34.13	122	Becky Eversley		Havering 90	44.37
47	Alison Hall	V	LOSS	34.24	123	Denise Woolston	V	Dagenham	45.04
48	Nicola Evans	V	Benfleet	34.29	124	Karen Sweeney	V	Castle Point	45.18
49	Gail Alexander	V	LOSS	34.31	125	Nikki Cranmer	V	Barking	45.20
50	Amy Gornall		TGT	34.37	126	Dawn Haylett	V	LOSS	45.27
51	Leanna Romano		Havering 90	35.08	127	Melissa Lowndes		Barking	46.27
52	Tracey Bradley	V	Castle Point	35.19	128	Maria Bartlett	V	Barking	46.30
53	Jo Phelps	V	EET	35.21	129	Sharon Robinson	V	Dagenham	47.00
54	Linda Dutton	V	Rochford	35.24	130	Jane Swanson-Sprent	V	Dagenham	47.01
55	Hannah Sheikh	V	Dagenham	35.30	131	Chloe White		Billericay	47.07
56	Jo-Anne Hall	V	LOSS	35.41	132	Stacey Grabowski	V	Billericay	47.07
57	Cristina Cooper	V	Barking	35.56	133	Melanie Green	V	Havering 90	47.30
58	Sue Mayes	V	EET	35.57	134	Irene Campen	V	Dagenham	47.51
59	Rahanna Islam	V	Dagenham	35.58	135	Richele Cockley	V	Dagenham	47.51
60	Eleanor Carmichael	V	LOSS	36.03	136	Maria Brill	V	Havering 90	48.08
61	Carol Drake		LOSS	36.09	137	Lynne Northcott	V	Dagenham	48.24
62	Kim Holland-Todd		LOSS	36.15	138	Heather Jackson	V	Pitsea	49.16
63	Roxanne George		LOSS	36.18	139	Josie Hughes	V	Havering 90	49.37
64	Allison Tynan		LOSS	36.19	140	Christine Lardner	V	Dagenham	49.50
65	Rebecca Clay		Castle Point	36.25	141	Suzanne Green	V	Havering 90	49.50
66	Lynsey Prentice		TGT	36.29	142	Julie Gillender	V	Barking	50.20
67	Sue Keller	V	Billericay	36.33	143	Teresa Crown	V	Havering 90	50.33
68	Alice Raffill		LOSS	36.47	144	Shameen Ahmed	V	Havering 90	51.01
69	Danielle Hughes	V	Pitsea	36.52	145	Abi O'shea		Dagenham	51.23
70	Victoria Hopkins	V	EET	37.02	146	Ingrid Woolford	V	Dagenham	51.28
71	Carol Codgell	V	Pitsea	37.08	147	Emma Tudor	V	Havering 90	52.52
72	Ellie Mole	V	Havering 90	37.35	148	Linda Bates	V	Pitsea	54.03
73	Ellie Kimber		LOSS	37.43	149	Chloe West		LOSS	54.20
74	Natalie Rich		LOSS	37.53	150	Trish Murphy	V	Havering 90	56.06
75	Jo Harding	V	Rochford	38.06	151	Danielle Charman		Havering 90	58.38
76	Zoe Storrar	V	LOSS	38.10					