

Essex Cross Country League (1)

Horseheath

28/10/2017

U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Erin Little	Chelmsford AC	12: 25	41	Lauren Holmes	Basildon AC	11
2	Stephanie Okoro	Havering AC	39	42	Isabelle Bartlett	Havering AC	16
3	Maisy Silverstone	Orion Harriers	47	43	Eloise Darlington	Harlow AC	19
4	Ellie Loosley	Cambridge & Coleridge AC	48	44	Rebekah Long	East Essex Triathlon Club	23
5	Freya Seymour	Basildon AC	49	45	Daisy Bullamore	Colchester Harriers AC	35
6	Ruby Muffett	Southend-on-Sea AC	52	46	Ruby Lendon	Havering AC	46
7	Chloe Rand	Havering AC	54	47	Emily Baird	Cambridge & Coleridge AC	57
8	Nneka Okoh	Chelmsford AC	56	48	Alana Leddy	Orion Harriers	19: 57
9	Matilda Canty	Havering AC	58				
10	Grace Holmes	Southend-on-Sea AC	13: 07				
11	Rebecca West	Cambridge & Coleridge AC	10				
12	Holly Watson	Chelmsford AC	17				
13	Francesca Turner	Basildon AC	18				
14	Dana Fraser	Cambridge & Coleridge AC	29				
15	Zahara Malcolm	Guest - Woodford Green	33				
16	Freya Long	Havering AC	34				
17	Hannah Warner	Southend-on-Sea AC	35				
18	Alexandra Bell-Cobbold	Colchester Harriers AC	36				
19	Katie Lee	Harlow AC	37				
20	Millie Costin	Basildon AC	39				
21	Madeline Barker	Havering AC	49				
22	Sophie McCallum	Basildon AC	58				
23	Rosie Spring	Thurrock Harriers	59				
24	Suzannah Aguilar	Cambridge & Coleridge AC	14: 00				
25	Libby Gosling	Orion Harriers	13				
26	Kate Raune	Havering AC	24				
27	Larna Morgan	Guest - Woodford Green	34				
28	Charlotte Bridger	Cambridge & Coleridge AC	34				
29	Anna Leinemann	East Essex Triathlon Club	15: 08				
30	Jessica Turner	Basildon AC	09				
31	Rhys Cole	Harlow AC	12				
32	Verity Garcia	Orion Harriers	14				
33	Mia Rowan	Harlow AC	17				
34	Elizabeth Stables	Harlow AC	19				
35	Ava Haythorn	Havering AC	25				
36	Mabel Cowley	Basildon AC	32				
37	Amelia Jones	Southend-on-Sea AC	36				
38	Carmela Barrett	Harlow AC	42				
39	Lucia De Cristofano	Benfleet Running Club	44				
40	Holly Bradley	Havering AC	16: 03				

<u>Teams</u>		
1	Havering AC	34
2	Cambridge & Coleridge AC	53
3	Basildon AC	60
4	Southend-on-Sea AC	70
5	Orion Harriers	108
6	Harlow AC	117
7	Chelmsford AC	21 (3)
8	Guest - Woodford Green	42 (2)
9	Colchester Harriers AC	63 (2)
10	East Essex Triathlon Club	73 (2)
11	Thurrock Harriers	23 (1)
12	Benfleet Running Club	39 (1)

Essex Cross Country League (1)

Horseheath

28/10/2017

U13 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	11: 14	41	Samuel Putt	Harlow AC	21
2	Luca McGarth	Cambridge & Coleridge AC	27	42	Jake Bolton	Basildon AC	24
3	Henry Dover	Colchester & Tendring AC	30	43	Ellis Wright	Basildon AC	16: 07
4	Jake Borrett	Cambridge & Coleridge AC	32	44	Logan Putt	Harlow AC	46
5	Shane Hart	Havering AC	34	45	Noel Moore	Orion Harriers	17: 03
6	Jimmy Geller	Guest - Woodford Green	39	46	Liam Keevil	Basildon AC	09
7	Isaac Rothwell	Cambridge & Coleridge AC	42	47	Johnny Stuchfield	Orion Harriers	15
8	Jake Latham	Cambridge & Coleridge AC	43				
9	Lewis Buchallet	Cambridge & Coleridge AC	43				
10	Nathan Wright	Guest - Woodford Green	47				
11	George Keen	Cambridge & Coleridge AC	54				
12	Will Steadman	Chelmsford AC	12: 05				
13	Alessandro Berni	Guest - Woodford Green	07				
14	Matthew Hick	Ilford AC	10				
15	Oliver Prince	Braintree & District AC	22				
16	Thomas Wood	Braintree & District AC	23				
17	Cooper Mills	Chelmsford AC	32				
18	James Hawkins	Cambridge & Coleridge AC	35				
19	Thomas Peacock	Thurrock Harriers	39				
20	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	44				
21	Lawrence Martin	Chelmsford AC	44				
22	Lucas Smith	East Essex Triathlon Club	47				
23	Hugo Jones	Southend-on-Sea AC	51				
24	Jacob Alexander	Chelmsford AC	13: 09				
25	Alex Kerr	Havering AC	16				
26	Joseph Baxter	Havering AC	24				
27	Joseph Perry	Chelmsford AC	34				
28	Jack Edwards	Basildon AC	36				
29	Jack Rushworth	Harlow AC	42				
30	Zachary Churchill	Southend-on-Sea AC	46				
31	Alistair Moscuzza	Braintree & District AC	54				
32	Alex Blake	Cambridge & Coleridge AC	57				
33	Harry Elgar	Southend-on-Sea AC	59				
34	Kieran Rodd	Southend-on-Sea AC	14: 04				
35	Alex Ley	East Essex Triathlon Club	20				
36	Arthur Cooke	Cambridge & Coleridge AC	22				
37	Joshua Lee-Prime	Havering AC	26				
38	Ronan Longman-Young	Benfleet Running Club	31				
39	Archie Winney	Havering AC	52				
40	Ryan McCarthy	Havering AC	15: 05				

<u>Teams</u>	
1	Cambridge & Coleridge AC 21
2	Havering AC 57
3	Chelmsford AC 74
4	Southend-on-Sea AC 120
5	Basildon AC 159
6	Guest - Woodford Green 29 (3)
7	Braintree & District AC 62 (3)
8	Harlow AC 114 (3)
9	East Essex Triathlon Club 57 (2)
10	Orion Harriers 92 (2)
11	Colchester & Tendring AC 3 (1)
12	Ilford AC 14 (1)
13	Thurrock Harriers 19 (1)
14	Benfleet Running Club 38 (1)

Essex Cross Country League (1)

Horseheath

28/10/2017

U15 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Demi Eves	Thurrock Harriers	15: 57	43	Becci Leddy	Orion Harriers	41
2	Sydney Foley	Havering AC	16: 03	44	India Emery	Orion Harriers	55
3	Megan Harris	Basildon AC	06	45	Alice Atkins	Havering AC	21: 03
4	Abigail Ives	Basildon AC	33	46	Amy Thompson	Colchester & Tendring AC	05
5	Matilda Taylor	Cambridge & Coleridge AC	40	47	Amelia Loveridge	Harlow AC	20
6	Frances Haines	Cambridge & Coleridge AC	40	48	Jessica James	Havering AC	46
7	Sophie Wetheridge	Basildon AC	45	49	Evie Smith	Orion Harriers	58
8	Keirra Scott	Basildon AC	49				
9	Sophie Magson	Orion Harriers	55				
10	Lauryn Wood	Chelmsford AC	17: 17				
11	Holly Freegard	Basildon AC	24				
12	Hannah Bolton	Chelmsford AC	40				
13	Hannah Phipps	Basildon AC	46				
14	Millie Robson	Cambridge & Coleridge AC	47				
15	Daizy Harris	Basildon AC	52				
16	Alice Brown	Havering AC	58				
17	Madison Harris	Basildon AC	18: 04				
18	Natalie Smith	East Essex Triathlon Club	09				
19	Somma Aitamarrri	Basildon AC	27				
20	Sasha Clark	Cambridge & Coleridge AC	28				
21	Lily Bath	Havering AC	35				
22	Hollie Rex	Basildon AC	36				
23	Morgan Romain	Havering AC	37				
24	Tia Cocca	Chelmsford AC	39				
25	Alex Dawson	Orion Harriers	41				
26	Aino Turunen	Cambridge & Coleridge AC	51				
27	Sasha Whiley	Chelmsford AC	56				
28	Rebecca O'Rourke	Havering AC	19: 00				
29	Amelie Maris	Cambridge & Coleridge AC	02				
30	Lois Hale	Harlow AC	03				
31	Faye Sweeting	Chelmsford AC	09				
32	Hannah Peacock	Thurrock Harriers	14				
33	Iris Brandon	Orion Harriers	21				
34	Kennedy Beardwell	Thurrock Harriers	27				
35	Jessie Collier	Havering AC	42				
36	Leah Brewer	Thurrock Harriers	56				
37	Lena Leinemann	Discovery Triathlon Club	20: 00				
38	Jasmine Offlier	Orion Harriers	09				
39	Emily Fall	Thurrock Harriers	13				
40	MacKenzie Cranfield	Harlow AC	31				
41	Robyn Bartholomew	Southend-on-Sea AC	36				
42	Sophie Russell	Cambridge & Coleridge AC	38				

<u>Teams</u>	
1	Basildon AC 22
2	Cambridge & Coleridge AC 45
3	Havering AC 62
4	Chelmsford AC 73
5	Thurrock Harriers 103
6	Orion Harriers 105
7	Harlow AC 117 (3)
8	East Essex Triathlon Club 18 (1)
9	Discovery Triathlon Club 37 (1)
10	Southend-on-Sea AC 41 (1)
11	Colchester & Tendring AC 46 (1)

Essex Cross Country League (1)

Horseheath

28/10/2017

U15 Boys

Pos	Name	Team	Time
1	Kai Boggan	Guest - Woodford Green	14: 08
2	Tyler Wilshire	Braintree & District AC	15
3	Luke Meridew	Basildon AC	27
4	Jamie Rashbrook	Basildon AC	28
5	Tom Blake	Cambridge & Coleridge AC	34
6	Finnlay Lowe	Thurrock Harriers	37
7	Kieran Allgood	Guest - Woodford Green	40
8	Matthew Warner	Southend-on-Sea AC	50
9	Rhys Edwards	Guest - Woodford Green	54
10	Ben Sloan	Guest - Woodford Green	57
11	Jorge Aguilar-Agon	Cambridge & Coleridge AC	58
12	Sam Sloan	Guest - Woodford Green	15: 00
13	Luke Randall	Southend-on-Sea AC	06
14	Matthew Magin	Cambridge & Coleridge AC	09
15	Harry Clarke	Chelmsford AC	14
16	Alex Ford	Havering AC	20
17	George Hey	Southend-on-Sea AC	24
18	Miles Benyan	Cambridge & Coleridge AC	25
19	Harry Parker	Thurrock Harriers	25
20	Harry Ladd	Chelmsford AC	27
21	Luhan Bely	Cambridge & Coleridge AC	00
22	Aiden Cahill	Colchester & Tendring AC	38
23	Ben Podd	Chelmsford AC	39
24	Joe Morgan	Guest - Woodford Green	55
25	Daniel Houchell	Basildon AC	16: 02
26	Oliver Gallagher	Southend-on-Sea AC	04
27	Archie Connors	Benfleet Running Club	08
28	Luke Chester	Havering AC	10
29	Charlie Regan	Colchester & Tendring AC	15
30	Aaron Davis	Chelmsford AC	17
31	Bradley Deacon	Ilford AC	21
32	Toby Linsell	Southend-on-Sea AC	27
33	James Fraser	Cambridge & Coleridge AC	28
34	Sam Bradley	Havering AC	31
35	Billy Saunders	Basildon AC	32
36	Tommy Callagher	Orion Harriers	38
37	Alastair Cowley	Basildon AC	49
38	Scott Thomas	Chelmsford AC	49
39	Jake Long	Havering AC	55
40	Dominic Jarvis	Havering AC	55
41	Jack Saunders	Basildon AC	56
42	Thomas Chapman	Cambridge & Coleridge AC	57
43	Nathan Boase	Orion Harriers	17: 22
44	Kyle Gill	East Essex Triathlon Club	29
45	Haydn Hawkins	Braintree & District AC	39
46	James Bartlett	Havering AC	40
47	Timi McDaniel	Havering AC	43
48	Rhys Dolan	Orion Harriers	48
49	Callum Hynes	Southend-on-Sea AC	50
50	Louis Harhalakis	Cambridge & Coleridge AC	18: 00
51	Henry Jones	Orion Harriers	09
52	Sunny Vehit	Thurrock Harriers	14
53	Reece Debenham	Havering AC	19: 01
54	Henry Lay	Havering AC	20
55	Dan Edwards	Basildon AC	34
56	Joe Muller	Southend-on-Sea AC	35

Pos	Name	Team	Time
57	Joseph Watts	Orion Harriers	36
58	Joe Nduka	Harlow AC	21: 13
59	Alex Aldridge	Southend-on-Sea AC	22: 07

Teams

1	Guest - Woodford Green	27
2	Cambridge & Coleridge AC	48
3	Southend-on-Sea AC	64
4	Basildon AC	67
5	Chelmsford AC	88
6	Havering AC	117
7	Orion Harriers	178
8	Thurrock Harriers	77 (3)
9	Braintree & District AC	47 (2)
10	Colchester & Tendring AC	51 (2)
11	Benfleet Running Club	27 (1)
12	Ilford AC	31 (1)
13	East Essex Triathlon Club	44 (1)
14	Harlow AC	58 (1)

Essex Cross Country League (1)

<u>Horseheath</u>					<u>28/10/2017</u>	<u>U17/U20W</u>	
Pos	Age Gp	Name	Team	Time	<u>Teams</u>		
1	U17	Jessica Mitchell	Havering AC	18: 45	1	Havering AC	17
2	U17	Hayley Instance	Thurrock Harriers	19: 42	2	Basildon AC	67
3	U17	Kate O'Neill	Havering AC	45	3	Cambridge & Coleridge AC	76
4	U20	Victoria Hiscock	Benfleet Running Club	20: 01	4	Orion Harriers	96
5	U17	Grace Burrell	Basildon AC	03	5	Colchester Harriers AC	109
6	U17	Molly Sweetman	Havering AC	07	6	Chelmsford AC	56 (3)
7	U17	Sophie Rand	Havering AC	13	7	Southend-on-Sea AC	62 (3)
8	U17	Hannah Watson	Colchester Harriers AC	15	8	Thurrock Harriers	62 (3)
9	U17	Elsie Gray	Colchester & Tendring AC	43	9	Benfleet Running Club	36 (2)
10	U20	Rachel Broome	Chelmsford AC	58	10	Colchester & Tendring AC	9 (1)
11	U17	Helena Dyce	Cambridge & Coleridge AC	21: 09	11	Ilford AC	19 (1)
12	U17	Annalie Cole	Orion Harriers	22	12	Braintree & District AC	23 (1)
13	U17	Joanna Rimmington	Southend-on-Sea AC	42	13	Guest - Woodford Green	24 (1)
14	U17	Abby Rex	Basildon AC	53			
15	U17	Aiobhean Pearce	Orion Harriers	22: 00			
16	U17	Grace Dukelow	Havering AC	05			
17	U20	Annie Quantrill	Cambridge & Coleridge AC	18			
18	U17	Beth Ashley	Basildon AC	26			
19	U17	Jordan Hinds	Ilford AC	40			
20	U17	Beth Irving	Cambridge & Coleridge AC	47			
21	U20	Megan Williams	Chelmsford AC	23: 08			
22	U17	Jenna Williams	Southend-on-Sea AC	11			
23	U17	Abbie Kerr	Braintree & District AC	21			
24	U17	Sienna Taylor	Guest - Woodford Green	29			
25	U17	Charlotte Matthews	Chelmsford AC	38			
26	U17	Elizabeth Woods	Colchester Harriers AC	44			
27	U20	Ellen Williams	Southend-on-Sea AC	45			
28	U20	Katheryn Bell	Cambridge & Coleridge AC	59			
29	U20	Brooke Mensah	Thurrock Harriers	24: 17			
30	U17	Amelia Daniel	Basildon AC	45			
31	U17	Lucie Ball	Thurrock Harriers	49			
32	U20	Abbi-May Walters	Benfleet Running Club	58			
33	U17	Lucy Priestley	Havering AC	25: 34			
34	U17	Charlotte Grant	Orion Harriers	38			
35	U20	Nancy Callagher	Orion Harriers	42			
36	U20	Emily James	Havering AC	59			
37	U17	Daisy Hilson	Colchester Harriers AC	26: 20			
38	U17	Lily Waterson	Colchester Harriers AC	23			
39	U17	Amelia Day	Havering AC	45			
40	U20	Leah McGill	Basildon AC	55			
41	U20	Georgia Phillips	Havering AC	28: 45			

Full Results on Essex Website - TONIGHT!

Essex Cross Country League (1)

Horseheath

28/10/2017

U17 Men

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Elliot Cordery	Chelmsford AC	21: 14				
2	Lewis Harknett	Orion Harriers	33				
3	Joseph Clark	Orion Harriers	44				
4	Oliver Lill	Basildon AC	57				
5	Max Caulfield	Colchester Harriers AC	22: 05				
6	Tom Keevil	Chelmsford AC	06				
7	Joseph Geller	Guest Woodford Green	10				
8	Sam Norris	Southend-on-Sea AC	16				
9	Oliver Randall	Southend-on-Sea AC	22				
10	Ben Prior	Thurrock Harriers	37				
11	Zack Bridgeland	Chelmsford AC	39				
12	Sam Atkins	Havering AC	49				
13	Alex Friend	Havering AC	49				
14	Isaac Brown	Basildon AC	23: 00				
15	Taylor Newell	Thurrock Harriers	06				
16	Sam Wheatley	Southend-on-Sea AC	41				
17	Danny Millward	Colchester Harriers AC	45				
18	Freddy Richardson	Colchester & Tendring AC	53				
19	Charlie Sullivan	Benfleet Running Club	55				
20	Owen Harknett	Orion Harriers	24: 02				
21	Joe Lane	Chelmsford AC	06				
22	Oliver Woods	Havering AC	24				
23	Luke Gill	East Essex Triathlon Club	26				
24	Josh Borrett	Cambridge & Coleridge AC	33				
25	Brian Wong	Thurrock Harriers	46				
26	George Hill	Basildon AC	53				
27	Matthew Houchell	Basildon AC	25: 17				
28	Daniel McGill	Basildon AC	29				
29	Fergus Crouch	Colchester Harriers AC	30				
30	William Jones	Orion Harriers	31				
31	Ben Lea	Cambridge & Coleridge AC	39				
32	Jonathan Lord	Colchester & Tendring AC	58				
33	James Wright	Basildon AC	26: 13				
34	Mark Beale	Chelmsford AC	15				
35	Louis Berrett	Havering AC	23				
36	Henri Willett	Thurrock Harriers	27: 57				
37	Harry Smith	Southend-on-Sea AC	29: 25				

<u>Teams</u>	
1	Chelmsford AC 39
2	Orion Harriers 55
3	Southend-on-Sea AC 70
4	Basildon AC 71
5	Havering AC 82
6	Thurrock Harriers 86
7	Colchester Harriers AC 51 (3)
8	Colchester & Tendring AC 50 (2)
9	Cambridge & Coleridge AC 55 (2)
10	Guest Woodford Green 7 (1)
11	Benfleet Running Club 19 (1)
12	East Essex Triathlon Club 23 (1)

Essex Cross Country League (1)

Horseheath

28/10/2017

Senior women

Pos	Age Gp	Name	Team	Time	Teams			
1	V35	Liz Davies	Springfield Striders RC	22: 41	1	Chelmsford AC	Div 1	30
2	SW	Faye Fullerton	Havering AC	: 49	2	Basildon AC	Div 1	54
3	V35	Rachel Wiseman	Basildon AC	24: 11	3	Havering AC	Div 1	70
4	SW	Megan Evans	Chelmsford AC	: 12	4	Colchester Harriers AC	Div 1	72
5	SW	Clare Thurgood	Orion Harriers	: 23	5	Southend-on-Sea AC	Div 1	76
6	V40	Sarah Stradling	Colchester Harriers AC	: 45	6	Cambridge & Coleridge AC	Div 1	81
7	V35	Rebecca Luxton	Chelmsford AC	25: 21	7	Orion Harriers	Div 1	105
8	SW	Charlotte Bishop	Basildon AC	: 46	8	Springfield Striders RC	Div 1	192
9	V45	Wendy King	Chelmsford AC	: 50	9	Benfleet Running Club	Div 1	194
10	SW	Rebecca Cole	Chelmsford AC	: 58	10	Ilford AC	Div 2	248
11	SW	Claire Somerton	Cambridge & Coleridge AC	26: 16	11	Grange Farm & Dunmow Runners	Div 2	248
12	SW	Ginte Bailey	Havering AC	: 29	12	Halstead RR	Div 1	257
13	SW	Sarah Imbush	Southend-on-Sea AC	: 31	13	Thrift Green Trotters	Div 1	259
14	SW	Nicola Bredin	Basildon AC	: 54	14	Phoenix Striders	Div 2	282
15	V35	Hayley Rogerson	Orion Harriers	27: 07	15	JBR Run and Tri	Div 2	350
16	SW	Jess Cocker	Cambridge & Coleridge AC	: 10	16	Pitsea Running Club	Div 2	407
17	V35	Dominique Ballard	Benfleet Running Club	: 12	17	Billericay Striders RC	Div 1	161 (3)
18	SW	Robyn Matson	Havering AC	: 30	18	Loughton AC	Div 2	179 (3)
19	SW	Sarah Sellens	Colchester Harriers AC	: 46	19	Thurrock Harriers	Div 2	180 (3)
20	SW	Hayley Lamkin	Southend-on-Sea AC	: 49	20	Braintree & District AC	Div 2	242 (3)
21	SW	Sarah Pennington	Southend-on-Sea AC	: 50	21	Mid Essex Casuals	Div 2	110 (1)
22	SW	Holly Gillard	Southend-on-Sea AC	: 57	22	East Essex Triathlon Club	Div 2	115 (1)
23	SW	Ella Neale	Colchester Harriers AC	: 58				
24	SW	Samantha Hart	Colchester Harriers AC	: 59				
25	SW	Hayley Pegg	Chelmsford AC	28: 25				
26	V50	Stefanie Godfrey	Cambridge & Coleridge AC	: 27				
27	V50	Debbie Cattermole	Colchester Harriers AC	: 30				
28	V40	Rachel Pritchard	Cambridge & Coleridge AC	: 44				
29	SW	Ellie Meadow	Basildon AC	: 44				
30	V45	Anne Jenkinson	Southend-on-Sea AC	: 46				
31	V40	Victoria Peacock	Thurrock Harriers	: 48				
32	SW	Rachael Roughan	Halstead RR	: 56				
33	SW	Emily Ballard	Basildon AC	29: 07				
34	V40	Rachel Flannigan	Phoenix Striders	: 13				
35	V35	Caroline Real	Loughton AC	: 14				
36	V35	Ellie Cumner	Colchester Harriers AC	: 42				
37	V50	Nikki Ranson	Springfield Striders RC	: 43				
38	V40	Joanne Sullivan	Havering AC	: 46				
39	V40	Lorraine Gosling	Orion Harriers	: 48				
40	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	: 49				
41	V50	Lorna Gaffney	Loughton AC	: 54				
42	V35	Kasia Kostyrka-Allch	Southend-on-Sea AC	: 56				
43	V45	Nikki Leigh	Benfleet Running Club	: 57				
44	V45	Vanessa Mathers	Southend-on-Sea AC	30: 15				
45	SW	Jade Edwards	Havering AC	: 21				
46	V50	Pippa Dowswell	Orion Harriers	: 24				
47	V50	Jodie Farrell	Thurrock Harriers	: 27				
48	V45	Sue Cribbs	Southend-on-Sea AC	: 34				
49	V55	Nicola Hopkinson	Ilford AC	: 46				
50	V40	Ruth Havis	Billericay Striders RC	: 48				
51	V35	Clare Worley	Billericay Striders RC	: 49				
52	V40	Marijke Van Eetveld	Thrift Green Trotters	: 54				
53	V50	Josephine Sheffield	Braintree & District AC	: 57				
54	V50	Karen Cameron	Cambridge & Coleridge AC	: 58				
55	V45	Mandy Wetheridge	Basildon AC	: 59				
56	V40	Angela Thompson	Havering AC	31: 04				
57	V40	Gill Bridger	Cambridge & Coleridge AC	: 15				
58	V55	Carlie Qirem	Ilford AC	: 18				
59	SW	Leigh-Anne Porter	Halstead RR					

60	V45	Joanne Ling	Billericay Striders RC	: 59
61	V45	Brady Ramsay	Grange Farm & Dunmow Runners	32: 05
62	V40	Madeleine Knight	Thrift Green Trotters	: 08
63	V45	Louise Young	JBR Run and Tri	: 10
64	V50	Elizabeth Cahill	Braintree & District AC	: 14
65	V40	Liane Connors	Benfleet Running Club	: 16
66	V45	Gaye Van Der Vyver	Ilford AC	: 26
67	V45	Rebecca Taylor	Southend-on-Sea AC	: 27
68	V50	Prunella Hayhow	Grange Farm & Dunmow Runners	: 31
69	V50	Annette Johnson	Benfleet Running Club	: 33
70	V35	Kristina Read	Phoenix Striders	: 36
71	V40	Nina Barrett	Thrift Green Trotters	: 37
72	V50	Jo Pearce	Phoenix Striders	: 47
73	V45	Allison Gillan	Springfield Striders RC	: 53
74	SW	Nicky Panter	Thrift Green Trotters	: 54
75	V55	Dianne Crisp	Ilford AC	33: 04
76	V50	Juliet Ward	Havering AC	: 14
77	SW	Cat Bennison	Halstead RR	: 15
78	SW	Joelle Ewen	Orion Harriers	: 24
79	V50	Gillian Robertson	Grange Farm & Dunmow Runners	: 30
80	V35	Debbielyn Hallam	Southend-on-Sea AC	: 31
81	V65	Lynn Tanner	Springfield Striders RC	: 33
82	V40	Sharon Johnson	JBR Run and Tri	: 34
83	SW	Roberta Lanero	Cambridge & Coleridge AC	: 39
84	SW	Charlotte Olson	Thrift Green Trotters	: 44
85	SW	Vicki Calleja	Thrift Green Trotters	: 48
86	V35	Charlotte King	Grange Farm & Dunmow Runners	: 56
87	V45	Sue Crompton	Southend-on-Sea AC	34: 05
88	V35	Emily Penkett	Springfield Striders RC	: 12
89	V50	Wendy Carter	Halstead RR	: 25
90	V40	Clare Rudgeley	Havering AC	: 30
91	SW	Alex Edwards	Havering AC	: 33
92	SW	Anna Bambridge	Halstead RR	: 49
93	V65	Caroline Cogdell	Pitsea Running Club	35: 02
94	V55	Jacqueline Adams	Grange Farm & Dunmow Runners	: 15
95	SW	Anna Crawley	Ilford AC	: 21
96	V35	Paula Fairlamb	Orion Harriers	: 25
97	V45	Laura Williams	Benfleet Running Club	: 30
98	V60	Helen Williams	Pitsea Running Club	: 53
99	V50	Tracy O'Neill	Havering AC	36: 02
100	V50	Joanne Day	Thrift Green Trotters	: 05
101	SW	Shasha Tourbassora	JBR Run and Tri	: 19
102	SW	Charlotte Edwards	Thurrock Harriers	: 23
103	V65	Jean Hobbs	Loughton AC	: 39
104	V40	Stephanie Milligan	JBR Run and Tri	: 46
105	V50	Caroline Wallis	Pitsea Running Club	: 56
106	V45	Nicola Maslen	Phoenix Striders	37: 15
107	V55	Jackie M Woodroffe	Thrift Green Trotters	: 31
108	V50	Frances Webster	Benfleet Running Club	: 33
109	V50	Angela Coster	Thrift Green Trotters	: 42
110	V50	Lorna Pettifer	Mid Essex Casuals	: 46
111	V60	Gillian Harrison	Pitsea Running Club	38: 08
112	V40	Heather Impey	Phoenix Striders	: 12
113	V45	Henrietta Butcher	Grange Farm & Dunmow Runners	: 26
114	V45	Sharon Wilkinson	Phoenix Striders	: 27
115	V65	Theresa Flannigan	East Essex Triathlon Club	: 28
116	SW	Hannah Bardell	JBR Run and Tri	39: 13
117	V40	Stacie Dowell	JBR Run and Tri	: 14
118	SW	Becky Ludlow	JBR Run and Tri	41: 09
119	V50	Launa Broadley	Ilford AC	42: 00
120	V35	Jackie Bushnell	Phoenix Striders	: 25
121	V80	Pamela Jones	Ilford AC	44: 11
122	V50	Sheila Sinclair	Ilford AC	: 25
123	V35	Natalie Gorham	Phoenix Striders	45: 37
124	V50	Nicola Burston	Phoenix Striders	: 37
125	V40	Lynne Culham	Braintree & District AC	46: 29

Essex Cross Country League (1)

Horseheath

28/10/2017

Senior men

Pos	Age Gp	Name	Team	Time	Teams		
1	SM	Adam Hickey	Southend-on-Sea AC	26: 19	1	Havering AC	Div 1 110
2	V45	Adrian Mussett	Colchester Harriers AC	27: 16	2	Colchester Harriers AC	Div 1 137
3	SM	Callum Charleston	Guest	: 40	3	Orion Harriers	Div 1 178
4	U20	Harrison Smith	Basildon AC	: 57	4	Springfield Striders RC	Div 1 234
5	SM	Grant Twist	Chelmsford AC	28: 03	5	Southend-on-Sea AC	Div 1 237
6	U20	Ben Davis	Havering AC	: 07	6	Cambridge & Coleridge AC	Div 1 248
7	SM	Angus Holford	Guest	: 08	7	Grange Farm & Dunmow Runners	Div 2 346
8	SM	Rob Warner	Havering AC	: 20	8	Ilford AC	Div 1 381
9	U20	Ramadan Osman	Colchester Harriers AC	: 29	9	Thurrock Harriers	Div 1 454
10	SM	Ryan Prout	Thrift Green Trotters	: 34	10	Basildon AC	Div 1 466
11	SM	Tom Gardner	Ilford AC	: 53	11	Benfleet Running Club	Div 1 518
12	SM	Alec Finch	Thurrock Harriers	29: 09	12	Billericay Striders RC	Div 2 552
13	U20	Alex Hamson	Cambridge & Coleridge AC	: 10	13	Chelmsford AC	Div 1 586
14	SM	Charlie Harpur	Mid Essex Casuals	: 21	14	Halstead RR	Div 1 707
15	SM	Paul Grange	Havering AC	: 22	15	Thrift Green Trotters	Div 2 753
16	SM	Kurtis Swan	Billericay Striders RC	: 23	16	Phoenix Striders	Div 2 945
17	U20	George Day	Orion Harriers	: 35	17	JBR Run and Tri	Div 2 994
18	SM	Nick Smallwood	Cambridge & Coleridge AC	: 40	18	Pitsea Running Club	Div 2 1067
19	SM	Joe Aleander	Colchester Harriers AC	: 48	19	Guest	0 530 (5)
20	U20	Max Williams	Cambridge & Coleridge AC	: 52	20	Mid Essex Casuals	Div 2 836 (5)
21	U20	Brandon Thorpe	Basildon AC	: 54	21	Braintree & District AC	Div 2 562 (4)
22	V40	Lee Taylor	Southend-on-Sea AC	: 55	22	Loughton AC	Div 2 513 (3)
23	SM	Danny Moses	Orion Harriers	30: 00	23	Colchester & Tendring AC	Div 2 250 (2)
24	U20	James Stewart	Havering AC	: 01	24	East Essex Triathlon Club	Div 2 262 (2)
25	SM	Ian Clark	Orion Harriers	: 06	25	Witham Running Club	Div 2 199 (1)
26	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 09			
27	V40	Steve Rand	Havering AC	: 11			
28	SM	Alex Manton	Springfield Striders RC	: 21			
29	SM	James Smith	Springfield Striders RC	: 30			
30	SM	Alfie Waitthaka	Havering AC	: 30			
31	SM	Reece Barclay	Orion Harriers	: 35			
32	V45	Allen Smalls	Colchester Harriers AC	: 39			
33	SM	James Bosher	Grange Farm & Dunmow Runners	: 43			
34	V45	Adam Baker	Orion Harriers	: 45			
35	SM	Chris Sellens	Colchester Harriers AC	: 49			
36	V40	Christian Holmes	Southend-on-Sea AC	: 51			
37	SM	Scott Sterling	Springfield Striders RC	: 54			
38	U20	Harry Tullett	Chelmsford AC	: 55			
39	SM	Rhys Gillard	Southend-on-Sea AC	31: 03			
40	V55	Colin Ridley	Colchester Harriers AC	: 05			
41	U20	Mitchell Cox	Basildon AC	: 07			
42	V40	Anthony Goodall	Springfield Striders RC	: 08			
43	V40	Russell Davies	Springfield Striders RC	: 10			
44	V40	Malcolm Muir	Ilford AC	: 12			
45	SM	Andy Jobling	Colchester Harriers AC	: 17			
46	U20	Oscar Dawson	Colchester Harriers AC	: 21			
47	SM	James Lurkins	Grange Farm & Dunmow Runners	: 24			
48	U20	Shay White	Orion Harriers	: 24			
49	SM	Brian Jenkins	Orion Harriers	: 25			
50	SM	Patrick Walsa	Southend-on-Sea AC	: 28			
51	V50	Matt Bland	Havering AC	: 28			
52	SM	George Watts	Benfleet Running Club	: 32			
53	V45	Terry Spooner	Benfleet Running Club	: 33			
54	SM	Matthew Bainbridge	Grange Farm & Dunmow Runners	: 36			
55	V45	Lee Martin	Springfield Striders RC	: 39			
56	U20	Ben Miller	Colchester & Tendring AC	: 43			
57	SM	Paul Miles	Springfield Striders RC	: 46			
58	V45	Andy Low	Benfleet Running Club	: 46			
59	SM	Freddie Keefe	Havering AC	: 51			
60	V45	Stephen Dukelow	Havering AC	32: 04			
61	V45	Scott Rice	Thurrock Harriers	: 06			
62	V45	Paul Holloway	Ilford AC	: 15			
63	SM	Billy Parr	Orion Harriers	: 22			
64	SM	Christopher Pell	Cambridge & Coleridge AC	: 23			
65	V40	Martin Chester	Havering AC	: 25			
66	V45	Michalei Buchallet	Cambridge & Coleridge AC	: 27			
67	SM	Matthew Slater	Cambridge & Coleridge AC	: 29			
68	V55	Michael Bridgeland	Chelmsford AC	: 31			
69	U20	Joe Logan	Thurrock Harriers	: 31			
70	V45	Adrian Smith	Orion Harriers	: 32			
71	SM	Jack Morris	Pitsea Running Club	: 38			
72	V50	Paul Spowage	Colchester Harriers AC	: 39			
73	U20	Kieran O'Hara	Havering AC	: 41			

Essex Cross Country League (1)

Horseheath

28/10/2017

Senior men

Pos	Age Gp	Name	Team	Time	<u>Teams</u>
74	U20	Lewis Debenham	Havering AC	: 42	
75	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 43	
76	SM	Michael Feltham	Benfleet Running Club	: 47	
77	V40	Alan Pritchard	Cambridge & Coleridge AC	: 47	
78	SM	Wesley Atkins	Halstead RR	: 57	
79	V45	Tim Wright	Orion Harriers	33: 14	
80	SM	Sebastian Parris	Ilford AC	: 21	
81	V50	Neil Crisp	Ilford AC	: 22	
82	V50	Craig Dyce	Cambridge & Coleridge AC	: 26	
83	V50	Peter West	Colchester Harriers AC	: 27	
84	V40	Keith Willett	Thurrock Harriers	: 30	
85	SM	Ewan McFarlane	Phoenix Striders	: 35	
86	SM	James Clarke	Halstead RR	: 38	
87	V50	Paul Broome	Springfield Striders RC	: 39	
88	V45	Lloyd Miles	Billericay Striders RC	: 39	
89	V50	Alec Kyriakides	Southend-on-Sea AC	: 40	
90	V50	Daniel Aguilar-Agon	Cambridge & Coleridge AC	: 42	
91	U20	Joshua Mulley	Braintree & District AC	: 43	
92	V55	Paul Jeggo	Springfield Striders RC	: 45	
93	U20	Conor Culham	Braintree & District AC	: 45	
94	V55	Peter Tullett	Chelmsford AC	: 58	
95	V40	Gary Atkins	Havering AC	34: 03	
96	V55	Nick Rankin	Benfleet Running Club	: 12	
97	SM	Christian Gray	East Essex Triathlon Club	: 14	
98	SM	Durward Whitehead	Cambridge & Coleridge AC	: 15	
99	V45	James Waterson	Colchester Harriers AC	: 17	
100	V50	Andy Wright	Billericay Striders RC	: 18	
101	V55	Peter Thompson	Cambridge & Coleridge AC	: 21	
102	SM	John Whitehead	Havering AC	: 25	
103	SM	John Crawley	Ilford AC	: 26	
104	V40	Jon Whitehouse	Loughton AC	: 29	
105	V45	Peter Chubb	Springfield Striders RC	: 34	
106	V40	Matt Stenning	Billericay Striders RC	: 43	
107	V50	John Barker	Thrift Green Trotters	: 50	
108	V40	Jon Byford	Springfield Striders RC	: 56	
109	V55	Mark Gowers	Billericay Striders RC	: 59	
110	V50	Keith Thornton	Thrift Green Trotters	35: 01	
111	SM	Richard Mead	Grange Farm & Dunmow Runners	: 04	
112	V55	Jonathan Metcalfe	Thurrock Harriers	: 10	
113	V45	Diarmuid McDonnell	Guest	: 12	
114	SM	Mark Meadows	Basildon AC	: 13	
115	SM	Thomas Walsh	Southend-on-Sea AC	: 14	
116	SM	Tim Martin	Thurrock Harriers	: 16	
117	SM	Tom Porter	Halstead RR	: 24	
118	V50	Kevin Marshall	Grange Farm & Dunmow Runners	: 26	
119	V55	Eamonn Shelley	Thurrock Harriers	: 28	
120	SM	Graham Eastly	Southend-on-Sea AC	: 29	
121	V50	Simon Smith	Colchester Harriers AC	: 30	
122	V45	David Flint	JBR Run and Tri	: 38	
123	V45	Daniel Wheeler	Cambridge & Coleridge AC	: 47	
124	SM	Jon Greenley	Halstead RR	36: 02	
125	SM	Anthony Tobin	Thurrock Harriers	: 03	
126	U20	Aiden Elmore	Havering AC	: 04	
127	SM	Matthew Webster	Grange Farm & Dunmow Runners	: 05	
128	SM	Peter Fairlamb	Orion Harriers	: 07	
129	V45	Roy Perrott	Orion Harriers	: 09	
130	SM	Gabriele Funngalli	Cambridge & Coleridge AC	: 10	
131	V45	Lee Daniel	Basildon AC	: 12	
132	V40	Ben Fisher	Orion Harriers	: 17	
133	V50	Colin White	Billericay Striders RC	: 18	
134	SM	Daniel Hirst	Cambridge & Coleridge AC	: 26	
135	V65	Michael Bumstead	Thurrock Harriers	: 32	
136	V50	Dave Hilson	Colchester Harriers AC	: 35	
137	V55	Steve Foggo	Billericay Striders RC	: 43	
138	V50	Martin Mack	Thurrock Harriers	: 46	
139	V50	Danny Fitzsimons	Orion Harriers	: 47	
140	V65	Tony Nixon	Ilford AC	: 51	
141	V40	Ashwin Shah	Grange Farm & Dunmow Runners	: 56	
142	V55	Phil Olsen	Thrift Green Trotters	: 58	
143	SM	Rob Frost	Halstead RR	: 59	
144	V40	Dennis Briggs	Ilford AC	37: 00	
145	V50	Paul Berrett	Havering AC	: 03	
146	SM	Thomas Huertas	Grange Farm & Dunmow Runners	: 08	
147	V55	Trevor Horncastle	Phoenix Striders	: 10	
148	V50	Rob Moore	Orion Harriers	: 15	
149	V45	Lee Callagher	Orion Harriers	: 27	
150	SM	Bruce Spratt	JBR Run and Tri	: 33	
151	V60	Andy Catton	Ilford AC	: 41	
152	V40	Steven Ball	Thurrock Harriers	: 44	
153	V40	Paul Mitchell	Thurrock Harriers	: 52	

Essex Cross Country League (1)

Horseheath

28/10/2017

Senior men

Pos	Age Gp	Name	Team	Time	<u>Teams</u>
154	V70	Peter Binns	Southend-on-Sea AC	38: 00	
155	V50	David Findlay	Basildon AC	: 03	
156	SM	Samuel Robinson	Grange Farm & Dunmow Runners	: 05	
157	V40	Simon Tippet	Basildon AC	: 13	
158	V55	Ian Lawson	Grange Farm & Dunmow Runners	: 18	
159	V45	Simon Humphrey	Halstead RR	: 26	
160	V45	Steve Bennett	Orion Harriers	: 38	
161	V45	Andy Lunn	Orion Harriers	: 39	
162	V55	Mark Jeffrey	Springfield Striders RC	: 41	
163	V60	Bill Bennett	Orion Harriers	: 43	
164	V55	Dave Hallett	JBR Run and Tri	: 51	
165	V60	Ian Gill	East Essex Triathlon Club	: 57	
166	V45	James Price	Phoenix Striders	39: 11	
167	V60	Tim Brockington	Springfield Striders RC	: 28	
168	V55	Chris Applegate	Thurrock Harriers	: 34	
169	V40	Alasdair Daw	Billericay Striders RC	: 44	
170	V55	Kevin Kirby	Chelmsford AC	: 48	
171	V60	Gerald Meah	Cambridge & Coleridge AC	: 55	
172	V60	Mike Brentnall	Cambridge & Coleridge AC	: 56	
173	V50	Martin Orford	Phoenix Striders	40: 07	
174	V50	Colin Wilkinson	Phoenix Striders	: 08	
175	V45	Matt Gillard	Southend-on-Sea AC	: 20	
176	V70	David Reaves	Braintree & District AC	: 29	
177	V50	James MacNish-Porter	Thrift Green Trotters	: 30	
178	V60	Bernard Johnson	Thurrock Harriers	: 31	
179	V60	Don Sinclair	Pitsea Running Club	: 41	
180	V50	Phillip Young	JBR Run and Tri	: 52	
181	V45	Nigel Instance	Thurrock Harriers	41: 01	
182	SM	Stuart Mulchanock	JBR Run and Tri	: 07	
183	V55	Stephen Burton	Benfleet Running Club	: 09	
184	V60	Andy Carter	Halstead RR	: 21	
185	V50	Anthony Young	Ilford AC	: 32	
186	V55	Paul Williams	Orion Harriers	: 50	
187	V50	Billy Green	Ilford AC	: 51	
188	V60	Edward Skinner	Guest	42: 15	
189	V50	John Tracey	Pitsea Running Club	: 28	
190	V45	Ian Glover	Southend-on-Sea AC	: 35	
191	V50	Paul Omer	Pitsea Running Club	: 37	
192	V40	John Rex	Basildon AC	: 38	
193	V40	Trevor Robinson	Loughton AC	: 00	
194	V45	Roy Miller	Colchester & Tendring AC	: 46	
195	V55	Paul Tawn	Mid Essex Casuals	: 49	
196	V50	Clive Bailey	JBR Run and Tri	43: 01	
197	V55	Satha Alagnwawdasudarm	Ilford AC	: 07	
198	V50	Steve Cheal	Ilford AC	: 29	
199	V60	David Jobling	Witham Running Club	: 33	
200	SM	William Holman	Phoenix Striders	: 44	
201	V55	Karl Bently	JBR Run and Tri	: 46	
202	V50	Raoul Grantham	Braintree & District AC	: 55	
203	V45	Dave Jacobs	JBR Run and Tri	44: 01	
204	V50	Barry Ward	Havering AC	: 02	
205	V45	Sean Collinson	JBR Run and Tri	: 37	
206	V50	Mark Jackson	Mid Essex Casuals	: 42	
207	V55	Melvyn Cooper	Thrift Green Trotters	: 43	
208	V65	Brian Butcher	Mid Essex Casuals	: 47	
209	V45	Jon Brown	JBR Run and Tri	45: 22	
210	V50	Dave Girt	Southend-on-Sea AC	46: 39	
211	V50	Stephen Williams	Chelmsford AC	: 48	
212	V50	Angus Aldridge	Southend-on-Sea AC	: 55	
213	V65	David Game	Mid Essex Casuals	47: 56	
214	V70	Keith Walker	Billericay Striders RC	48: 07	
215	V50	Jim Rourke	Billericay Striders RC	50: 22	
216	V70	David Hobbs	Loughton AC	: 26	
217	V65	Peter Bates	Pitsea Running Club	51: 08	
218	V55	David Mills	Phoenix Striders	: 31	
219	V75	David Brooks	Guest	54: 39	
220	V60	Peter McLaughlin	Pitsea Running Club	60: 22	