

## Essex Cross Country League (3)

<u>Writtle</u>			<u>U13 Girls</u>	<u>13/01/2018</u>	
Pos	Name	Team		Time	
1	Erin Little	Chelmsford AC		12: 42	
2	Nneka Okoh	Chelmsford AC		51	
3	Freya Seymour	Basildon AC		53	
4	Chloe Rand	Havering AC		57	
5	Kiera Atkinson	Chelmsford AC		57	
6	Holly Watson	Chelmsford AC	13:	00	
7	Stephanie Okoro	Havering AC		02	
8	Matilda Canty	Havering AC		02	
9	Madeline Barker	Havering AC		04	
10	Jayne Elvin	Thurrock Harriers		08	
11	Maisy Silverstone	Orion Harriers		13	
12	Ruby Muffett	Southend-on-Sea AC		30	
13	Francesca Turner	Basildon AC		31	
14	Freya Long	Havering AC		31	
15	Rose Sheppard	Braintree & District AC		36	
16	Ruby Samuels	Southend-on-Sea AC		38	
17	Grace Holmes	Southend-on-Sea AC		42	
18	Hannah Warner	Southend-on-Sea AC		52	
19	Sophie Foot	Orion Harriers	14:	06	
20	Verity Garcia	Orion Harriers		18	
21	Aisling Walters	Southend-on-Sea AC		19	
22	Rosie Spring	Thurrock Harriers		36	
23	Millie Costin	Basildon AC		57	
24	Jessica Turner	Basildon AC	15:	05	
25	Anna Leinemann	Discovery Triathlon Club		10	
26	Libby Gosling	Orion Harriers		16	
27	Erin Vernon	Benfleet Running Club		18	
28	Annabelle Crystall	Chelmsford AC		28	
29	Heidi Aylen	Havering AC		30	
30	Lucia De Cristofano	Benfleet Running Club		36	
31	Rebekah Long	Chelmsford AC		46	
32	Elizabeth Sole	Southend-on-Sea AC		55	
33	Lauren Holmes	Basildon AC	16:	25	
34	Amelia Jones	Southend-on-Sea AC		27	
35	Olivia Higgs	Thurrock Harriers		29	
36	Darcy Spivy	Southend-on-Sea AC		36	
37	Daisy Bullamore	Colchester Harriers AC		54	
38	Sophia Stephanou	Havering AC	17:	05	
39	Leah Hampson-Long	Benfleet Running Club	18:	37	

  

<b>Teams</b>		
1	Chelmsford AC	14
2	Havering AC	28
3	Southend-on-Sea AC	63
4	Basildon AC	63
5	Orion Harriers	76
6	Thurrock Harriers	67 (3)
7	Benfleet Running Club	96 (3)
8	Braintree & District AC	15 (1)
9	Discovery Triathlon Club	25 (1)
10	Colchester Harriers AC	37 (1)

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### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U13 G	Erin Little	Chelmsford AC	2
2	U13 G	Maisy Silverstone	Orion Harriers	5
3	U13 G	Kiera Atkinson	Chelmsford AC	8
3	U13 G	Freya Seymour	Basildon AC	8
5	U13 G	Stephanie Okoro	Havering AC	9
6	U13 G	Nneka Okoh	Chelmsford AC	10
6	U13 G	Holly Watson	Chelmsford AC	10
8	U13 G	Chloe Rand	Havering AC	11
9	U13 G	Ellie Loosley	Cambridge & Coleridge AC	14
10	U13 G	Matilda Canty	Havering AC	15
10	U13 G	Jayne Elvin	Thurrock Harriers	15
12	U13 G	Ruby Muffett	Southend-on-Sea AC	18
13	U13 G	Grace Holmes	Southend-on-Sea AC	21
13	U13 G	Madeline Barker	Havering AC	21
15	U13 G	Francesca Turner	Basildon AC	22
15	U13 G	Freya Long	Havering AC	22
17	U13 G	Millie Costin	Basildon AC	33
18	U13 G	Hannah Warner	Southend-on-Sea AC	35
18	U13 G	Katie Lee	Harlow AC	35
20	U13 G	Rosie Spring	Thurrock Harriers	36
21	U13 G	Sophie Foot	Orion Harriers	40
21	U13 G	Libby Gosling	Orion Harriers	40
23	U13 G	Kate Ruane	Havering AC	44
24	U13 G	Heidi Aylen	Havering AC	46
25	U13 G	Erin Vernon	Benfleet Running Club	47
26	U13 G	Anna Leinemann	Discovery Triathlon Club	48
27	U13 G	Jessica Turner	Basildon AC	49
28	U13 G	Verity Garcia	Orion Harriers	52
28	U13 G	Lucia De Cristofano	Benfleet Running Club	52
30	U13 G	Mabel Cowley	Basildon AC	55
31	U13 G	Elizabeth Sole	Southend-on-Sea AC	58
32	U13 G	Amelia Jones	Southend-on-Sea AC	61
32	U13 G	Rebekah Long	Chelmsford AC	61
34	U13 G	Lauren Holmes	Basildon AC	64
35	U13 G	Sophia Stephanou	Havering AC	71
36	U13 G	Leah Hampson-Long	Benfleet Running Club	75
37	U13 G	Isabelle Bartlett	Havering AC	76
38	U13 G	Daisy Bullamore	Colchester Harriers AC	82

Pos	Cat	Athlete	Team	Pts
1	U13 B	Matthew Blacklock	Havering AC	2
2	U13 B	Henry Dover	Colchester & Tendring AC	5
3	U13 B	Will Steadman	Chelmsford AC	6
4	U13 B	Ronan Longman-Young	Benfleet Running Club	10
5	U13 B	William Nuttall	Chelmsford AC	13
6	U13 B	Shane Hart	Havering AC	16
6	U13 B	Cooper Mills	Chelmsford AC	16

### Individual positions after three fixtures (best two scores)

8	U13 B	Matthew Hick	Ilford AC	17
9	U13 B	Harrison Thorpe	Basildon AC	20
10	U13 B	Thomas Wood	Braintree & District AC	21
11	U13 B	Jacob Alexander	Chelmsford AC	22
12	U13 B	Oliver Prince	Braintree & District AC	23
13	U13 B	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	25
14	U13 B	Callum Basinger	Havering AC	27
14	U13 B	Joseph Perry	Chelmsford AC	27
16	U13 B	Ben Stokes	Basildon AC	29
17	U13 B	Lawrence Martin	Chelmsford AC	30
18	U13 B	Thomas Peacock	Thurrock Harriers	35
18	U13 B	Harry Tobin	Thurrock Harriers	35
20	U13 B	Harry Elgar	Southend-on-Sea AC	37
21	U13 B	Alex Kerr	Havering AC	40
21	U13 B	Harry Cossington	Havering AC	40
23	U13 B	Onyekachukwu Okoh	Chelmsford AC	45
24	U13 B	Hugo Jones	Southend-on-Sea AC	46
25	U13 B	Jack Edwards	Basildon AC	48
25	U13 B	Alistair Moscuzza	Braintree & District AC	48
27	U13 B	Matthew Collins	Southend-on-Sea AC	51
28	U13 B	Kieran Rodd	Southend-on-Sea AC	52
29	U13 B	Jack Rushworth	Harlow AC	53
30	U13 B	Charlie Parmenter	Colchester Harriers AC	54
31	U13 B	Dominic Gal	Southend-on-Sea AC	59
32	U13 B	James Tudor	Havering AC	69
33	U13 B	Benedict Heath	Benfleet Running Club	71
34	U13 B	Ryan McCarthy	Havering AC	76
35	U13 B	Archie Winney	Havering AC	77
35	U13 B	Liam Keevil	Basildon AC	77

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	U15 G	Demi Eves	Thurrock Harriers	3
1	U15 G	Sydney Foley	Havering AC	3
3	U15 G	Megan Harris	Basildon AC	5
4	U15 G	Matilda Taylor	Cambridge & Coleridge AC	6
5	U15 G	Milly Presland	Colchester Harriers AC	7
6	U15 G	Frances Haines	Cambridge & Coleridge AC	9
7	U15 G	Sophie Wetheridge	Basildon AC	11
8	U15 G	Faye Sweeting	Chelmsford AC	14
9	U15 G	Sophie Magson	Orion Harriers	15
10	U15 G	Lauryn Wood	Chelmsford AC	18
10	U15 G	Daizy Harris	Basildon AC	18
12	U15 G	Millie Robson	Cambridge & Coleridge AC	21
13	U15 G	Martha Smith	Chelmsford AC	22
13	U15 G	Madison Harris	Basildon AC	22
15	U15 G	Hannah Bolton	Chelmsford AC	23
16	U15 G	Sarah Blockley	Thurrock Harriers	24
17	U15 G	Georgia Tombs	Chelmsford AC	25
18	U15 G	Amelie Maris	Cambridge & Coleridge AC	27
19	U15 G	Natalie Smith	East Essex Triathlon Club	32
20	U15 G	Isabel Judd	Basildon AC	34
21	U15 G	Sasha Clark	Cambridge & Coleridge AC	36
22	U15 G	Rebecca O'Rourke	Havering AC	37
23	U15 G	Tia Cocca	Chelmsford AC	39
24	U15 G	Sasha Whiley	Chelmsford AC	40
25	U15 G	Madeleine Claydon	Colchester Harriers AC	41
25	U15 G	Hollie Rex	Basildon AC	41
25	U15 G	Hannah Peacock	Thurrock Harriers	41
28	U15 G	Lois Hale	Harlow AC	42
29	U15 G	Maddie Piron	Harlow AC	46
30	U15 G	Alex Dorson	Orion Harriers	49
31	U15 G	Annie Grannell	Havering AC	50
32	U15 G	Morgan Romain	Havering AC	51
33	U15 G	Grace Malcolm	Harlow AC	54
34	U15 G	Becci Leddy	Orion Harriers	56
35	U15 G	Leah Brewer	Thurrock Harriers	57
35	U15 G	Emily Fall	Thurrock Harriers	57
37	U15 G	Iris Brandon	Orion Harriers	62
38	U15 G	Kennedy Beardwell	Thurrock Harriers	63
39	U15 G	Lena Leinemann	Discovery Triathlon Club	64
40	U15 G	Jasmine Offlier	Orion Harriers	69
41	U15 G	Jessie Collier	Havering AC	70
42	U15 G	Freya Hudson	Basildon AC	71
43	U15 G	Eve Smith	Orion Harriers	77
44	U15 G	Jessica James	Havering AC	88

Pos	Cat	Athlete	Team	Pts
1	U15 B	Finnlay Lowe	Thurrock Harriers	3

### Individual positions after three fixtures (best two scores)

2	U15 B	Luke Meridew	Basildon AC	5
3	U15 B	Jamie Rashbrook	Basildon AC	8
4	U15 B	Ethan Reilly	Chelmsford AC	9
5	U15 B	Matthew Warner	Southend-on-Sea AC	12
6	U15 B	Luke Randall	Southend-on-Sea AC	13
7	U15 B	Matthew Magin	Cambridge & Coleridge AC	19
8	U15 B	Luke Chester	Havering AC	22
9	U15 B	George Hey	Southend-on-Sea AC	26
10	U15 B	Dylan Harrod	Thurrock Harriers	27
10	U15 B	Aaron Davis	Chelmsford AC	27
12	U15 B	Archie Connors	Benfleet Running Club	31
13	U15 B	Charlie Regan	Colchester & Tendring AC	32
14	U15 B	Daniel Houchell	Basildon AC	33
15	U15 B	Scott Thomas	Chelmsford AC	35
15	U15 B	Nathan Boase	Orion Harriers	35
17	U15 B	Samuel Waite	Chelmsford AC	44
18	U15 B	Matthew Pinney	Cambridge & Coleridge AC	45
18	U15 B	Toby Linsell	Southend-on-Sea AC	45
20	U15 B	Bradley Deacon	Ilford AC	46
21	U15 B	Lenny Houston	Havering AC	50
21	U15 B	Henry Lay	Havering AC	50
23	U15 B	Haydn Hawkins	Braintree & District AC	54
24	U15 B	Jake Long	Havering AC	55
25	U15 B	Sunny Vehit	Thurrock Harriers	57
26	U15 B	Dominic Jarvis	Havering AC	58
26	U15 B	Timi McDaniel	Havering AC	58
28	U15 B	Joseph Watts	Orion Harriers	68
29	U15 B	Kyle Gill	East Essex Triathlon Club	71
29	U15 B	Henry Jones	Orion Harriers	71
29	U15 B	Joe Muller	Southend-on-Sea AC	71
32	U15 B	Dan Edwards	Basildon AC	74
33	U15 B	Callum Hynes	Southend-on-Sea AC	80
34	U15 B	Rhys Dolan	Orion Harriers	81

### Individual positions after three fixtures (best two scores)

<b>Pos</b>	<b>Cat</b>	<b>Athlete</b>	<b>Team</b>	<b>Pts</b>
1	U17W	Jessica Mitchell	Havering AC	2
2	U17W	Hayley Instance	Thurrock Harriers	4
2	U17W	Kate O'Neill	Havering AC	4
4	U17W	Molly Sweetman	Havering AC	9
5	U17W	Hannah Watson	Colchester Harriers AC	12
6	U17W	Annalie Cole	Orion Harriers	13
7	U17W	Elsie Gray	Colchester & Tendring AC	16
7	U17W	Aoibheann Pearce	Orion Harriers	16
9	U17W	Sophie Rand	Havering AC	17
10	U17W	Joanna Rimmington	Southend-on-Sea AC	19
11	U17W	Beth Ashley	Basildon AC	24
12	U17W	Jenna Williams	Southend-on-Sea AC	25
13	U17W	Jordan Hinds	Ilford AC	27
14	U17W	Abby Rex	Basildon AC	29
14	U17W	Grace Dukelow	Havering AC	29
16	U17W	Beth Irving	Cambridge & Coleridge AC	32
17	U17W	Catherine Barker	Havering AC	39
18	U17W	Juliette Le Mere	Southend-on-Sea AC	43
19	U17W	Lucy Priestley	Havering AC	44
20	U17W	Charlotte Grant	Orion Harriers	50
21	U17W	Amelia Day	Havering AC	74
1	U20W	Rachel Broome	Chelmsford AC	7
2	U20W	Sinead Clark	Benfleet Running Club	8
3	U20W	Ellen Williams	Southend-on-Sea AC	29
4	U20W	Leah McGill	Basildon AC	58
<b>Pos</b>	<b>Cat</b>	<b>Athlete</b>	<b>Team</b>	<b>Pts</b>
1	U17M	Lewis Harknett	Orion Harriers	3
2	U17M	Leon Wheeler	Thurrock Harriers	6
3	U17M	Zack Bridgeland	Chelmsford AC	8
4	U17M	Oliver Lill	Basildon AC	12
5	U17M	Oliver Randall	Southend-on-Sea AC	13
5	U17M	Sarab Dhillon	Thurrock Harriers	13
7	U17M	Max Caulfield	Colchester Harriers AC	15
8	U17M	Ben Prior	Thurrock Harriers	18
8	U17M	Sam Atkins	Havering AC	18
8	U17M	Taylor Newell	Thurrock Harriers	18
11	U17M	Joseph Trim	East Essex Triathlon Club	19
11	U17M	Sam Norris	Southend-on-Sea AC	19
13	U17M	Isaac Brown	Basildon AC	24
14	U17M	Sam Wheatley	Southend-on-Sea AC	25
15	U17M	Danny Millward	Colchester Harriers AC	29
16	U17M	Ermeas Afewerki	Colchester Harriers AC	31
16	U17M	Alex Friend	Havering AC	31
18	U17M	Luke Savage	Basildon AC	32
19	U17M	Luke Gill	East Essex Triathlon Club	37

### Individual positions after three fixtures (best two scores)

20	U17M	Charlie Sullivan	Benfleet Running Club	39
21	U17M	Jack Exley	Thurrock Harriers	41
22	U17M	Owen Harknett	Orion Harriers	42
23	U17M	Freddy Richardson	Colchester & Tendring AC	44
24	U17M	Isaac Dods	Southend-on-Sea AC	47
24	U17M	Matthew Houchell	Basildon AC	47
26	U17M	William Jones	Orion Harriers	52
27	U17M	George Hill	Basildon AC	53
27	U17M	Daniel McGill	Basildon AC	53
29	U17M	Mark Beale	Chelmsford AC	57
30	U17M	George Applewhite	Basildon AC	58
30	U17M	Louis Berrett	Havering AC	58
32	U17M	Fergus Crouch	Colchester Harriers AC	59
33	U17M	Henri Willett	Thurrock Harriers	61
34	U17M	Elijah Brown	Southend-on-Sea AC	63

### Individual positions after three fixtures (best two scores)

<b>Pos</b>	<b>Cat</b>	<b>Athlete</b>	<b>Team</b>	<b>Pts</b>
1	U20M	Harrison Smith	Basildon AC	8
2	U20M	Ramadan Osman	Colchester Harriers AC	11
3	U20M	George Day	Orion Harriers	12
4	U20M	Max Williams	Cambridge & Coleridge AC	13
5	U20M	Brandon Thorpe	Basildon AC	26
6	U20M	James Stewart	Havering AC	30
7	U20M	Benjamin Miller	Colchester & Tendring AC	81
8	U20M	Joe Logan	Thurrock Harriers	91
9	U20M	Lewis Debenham	Havering AC	110
10	U20M	Kieran O'Hara	Havering AC	122
11	U20M	Conor Culham	Braintree & District AC	131
12	U20M	Joshua Mulley	Braintree & District AC	149
13	U20M	Aidan Elmore	Havering AC	263



### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	SW	Megan Evans	Chelmsford AC	6
2	SW	Clare Thurgood	Orion Harriers	9
3	SW	Charlotte Bishop	Basildon AC	14
4	SW	Rebecca Cole	Chelmsford AC	16
5	SW	Ginte Bailey	Havering AC	22
6	SW	Nicola Bredin	Basildon AC	26
7	SW	Hayley Lamkin	Southend-on-Sea AC	31
8	SW	Ella Neale	Colchester Harriers AC	34
9	SW	Robyn Matson	Havering AC	36
10	SW	Holly Gillard	Southend-on-Sea AC	41
11	SW	Sarah Pennington	Southend-on-Sea AC	45
12	SW	Hayley Pegg	Chelmsford AC	46
13	SW	Emily Ballard	Basildon AC	47
14	SW	Jade Edwards	Havering AC	64
15	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	70
16	SW	Carlie Qirem	Ilford AC	107
17	SW	Lucy Humphreys	Orion Harriers	116
18	SW	Leigh-Anne Porter	Halstead RR	124
19	SW	Amy Gornall	Thrift Green Trotters	128
20	SW	Anna Crawley	Ilford AC	163
21	SW	Cat Bennison	Halstead RR	164
22	SW	Charlotte Edwards	Thurrock Harriers	171
23	SW	Vicki Calleja	Thrift Green Trotters	186
24	SW	Sasha Tourbassora	JBR Run and Tri	199
25	SW	Hannah Bardell	JBR Run and Tri	215
1	V35/V40W	Liz Davies	Springfield Striders RC	2
2	V35/V40W	Rachel Wiseman	Basildon AC	4
3	V35/V40W	Rebecca Luxton	Chelmsford AC	13
4	V35/V40W	Hayley Rogerson	Orion Harriers	30
5	V35/V40W	Charmaine Sterling	Benfleet Running Club	45
6	V35/V40W	Rachael Roughan	Halstead RR	58
7	V35/V40W	Louise Douglass	Basildon AC	58
8	V35/V40W	Polly Bridgman	Springfield Striders RC	66
9	V35/V40W	Ellie Cumner	Colchester Harriers AC	67
10	V35/V40W	Rachel Flannigan	Phoenix Striders	72
11	V35/V40W	Joanne Sullivan	Havering AC	74
12	V35/V40W	Lorraine Gosling	Orion Harriers	78
13	V35/V40W	Kerry Harrington	Grange Farm & Dunmow Runners	80
13	V35/V40W	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	90
15	V35/V40W	Marijke Van Eetvelde	Thrift Green Trotters	96
16	V35/V40W	Alison Taylor	Orion Harriers	98
17	V35/V40W	Ruth Havis	Billericay Striders RC	98
18	V35/V40W	Clare Worley	Billericay Striders RC	105
19	V35/V40W	Charlotte King	Grange Farm & Dunmow Runners	141
20	V35/V40W	Liane Connors	Benfleet Running Club	147
21	V35/V40W	Toni Marshall	Havering AC	154

### Individual positions after three fixtures (best two scores)

22	V35/V40W	Sharon Johnson	JBR Run and Tri	169
23	V35/V40W	Hayley Morley	Grange Farm & Dunmow Runners	174
23	V35/V40W	Emily Penkett	Springfield Striders RC	180
25	V35/V40W	Anna Bambridge	Halstead RR	184
26	V35/V40W	Clare Rudgley	Havering AC	187
27	V35/V40W	Paula Fairlamb	Orion Harriers	190
28	V35/V40W	Tricia Holmes	Southend-on-Sea AC	217
29	V35/V40W	Stephanie Milligan	JBR Run and Tri	220
30	V35/V40W	Heather Impey	Phoenix Striders	220
31	V35/V40W	Stacie Dowell	JBR Run and Tri	230
32	V35/V40W	Jackie Bushnell	Phoenix Striders	241
33	V35/V40W	Natalie Gorham	Phoenix Striders	257
34	V35/V40W	Lynne Culham	Braintree & District AC	261
1	V45/V50W	Wendy King	Chelmsford AC	19
2	V45/V50W	Debbie Appleton	Havering AC	30
2	V45/V50W	Denise Morley	Colchester Harriers AC	33
4	V45/V50W	Jacqui Watson	Benfleet Running Club	50
5	V45/V50W	Toni Radley	Thurrock Harriers	54
6	V45/V50W	Anne Jenkinson	Southend-on-Sea AC	57
7	V45/V50W	Sue Cribbs	Southend-on-Sea AC	81
8	V45/V50W	Lorna Gaffney	Loughton AC	82
9	V45/V50W	Jodie Farrell	Thurrock Harriers	82
10	V45/V50W	Vanessa Mathers	Southend-on-Sea AC	86
11	V45/V50W	Nikki Leigh	Benfleet Running Club	87
12	V45/V50W	Pippa Dowswell	Orion Harriers	91
13	V45/V50W	Mandy Wetheridge	Basildon AC	112
14	V45/V50W	Paula Purrnell	Mid Essex Casuals	123
15	V45/V50W	Brady Ramsay	Grange Farm & Dunmow Runners	126
15	V45/V50W	Joanne Ling	Billericay Striders RC	126
17	V45/V50W	Rebecca Taylor	Southend-on-Sea AC	133
18	V45/V50W	Louise Young	JBR Run and Tri	133
19	V45/V50W	Kelly McClenaghan	Benfleet Running Club	134
20	V45/V50W	Annette Johnson	Benfleet Running Club	141
21	V45/V50W	Jo Pearce	Phoenix Striders	146
22	V45/V50W	Donna Handle	Springfield Striders RC	147
23	V45/V50W	Wendy Carter	Halstead RR	153
24	V45/V50W	Juliet Ward	Havering AC	156
25	V45/V50W	Shona Browning	Billericay Striders RC	157
26	V45/V50W	Gillian Robertson	Grange Farm & Dunmow Runners	162
27	V45/V50W	Debbielyn Hallam	Southend-on-Sea AC	164
28	V45/V50W	Joanne Day	Thrift Green Trotters	193
29	V45/V50W	Nicole Smith	Halstead RR	194
29	V45/V50W	Tracy O'Neill	Havering AC	194
31	V45/V50W	Laura Williams	Benfleet Running Club	199
32	V45/V50W	Lorna Pettifer	Mid Essex Casuals	199
33	V45/V50W	Irene Petersen	Loughton AC	200
34	V45/V50W	Nicola Maslen	Phoenix Striders	210

### Individual positions after three fixtures (best two scores)

35	V45/V50W	Caroline Wallis	Pitsea Running Club	212
36	V45/V50W	Angela Coster	Thrift Green Trotters	217
36	V45/V50W	Glenda Jackson	Grange Farm & Dunmow Runners	218
38	V45/V50W	Frances Webster	Benfleet Running Club	231
38	V45/V50W	Sharon Wilkinson	Phoenix Striders	232
40	V45/V50W	Launa Broadley	Iford AC	233
41	V45/V50W	Michaela Davis	Loughton AC	243
42	V45/V50W	Nicola Burston	Phoenix Striders	247
43	V45/V50W	Sheila Sinclair	Iford AC	255
1	V55/V60W	Nicola Hopkinson	Iford AC	95
2	V55/V60W	Dianne Crisp	Iford AC	163
3	V55/V60W	Helen Williams	Pitsea Running Club	195
3	V55/V60W	Gillian Harrison	Pitsea Running Club	214
5	V55/V60W	Julia Galea	Iford AC	215
6	V55/V60W	Jackie M Woodroffe	Thrift Green Trotters	225
7	V55/V60W	Julie Peacock	Mid Essex Casuals	233
8	V55/V60W	Sharon Honey	Iford AC	236
1	V65/V70W	Lynn Tanner	Springfield Striders RC	154
2	V65/V70W	Caroline Cogdell	Pitsea Running Club	187
3	V65/V70W	Jean Hobbs	Loughton AC	213
4	V65/V70W	Theresa Flannigan	East Essex Triathlon Club	220
1	V75/V80W	Pamela Jones	Iford AC	256

### Individual positions after three fixtures (best two scores)

Pos	Cat	Athlete	Team	Pts
1	SM	Rob Warner	Havering AC	4
2	SM	Ryan Prout	Thrift Green Trotters	11
3	SM	Paul Grange	Havering AC	14
4	SM	Alec Finch	Thurrock Harriers	16
5	SM	Tom Gardner	Ilford AC	23
6	SM	James Caldon	Benfleet Running Club	25
7	SM	Kurtis Swan	Billericay Striders RC	26
8	SM	Alex Manton	Springfield Striders RC	33
9	SM	Danny Moses	Orion Harriers	38
9	SM	James Smith	Springfield Striders RC	38
11	SM	Ian Clark	Orion Harriers	47
12	SM	James Boshier	Grange Farm & Dunmow Runners	49
12	SM	Rhys Gillard	Southend-on-Sea AC	49
14	SM	Reece Barclay	Orion Harriers	50
15	SM	Chris Sellens	Colchester Harriers AC	54
16	SM	Sam Cornforth	Springfield Striders RC	55
17	SM	Lee Baynton	Benfleet Running Club	64
18	SM	George Watts	Benfleet Running Club	68
19	SM	Brian Jenkins	Orion Harriers	78
20	SM	Matt Bainbridge	Grange Farm & Dunmow Runners	83
21	SM	Patrick Walsh	Southend-on-Sea AC	92
22	SM	Paul Miles	Springfield Striders RC	102
23	SM	John Whitehead	Havering AC	107
24	SM	Freddy Keefe	Havering AC	109
25	SM	David Lindsay	Springfield Striders RC	113
25	SM	Wesley Atkins	Halstead RR	113
27	SM	Gavin Scanlan	Colchester Harriers AC	123
28	SM	Jack Morris	Pitsea Running Club	132
29	SM	Michael Feltham	Benfleet Running Club	134
30	SM	Sam Rahman	Ilford AC	138
31	SM	Peter Fairlamb	Orion Harriers	139
32	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	141
33	SM	Robert Doyle	Thurrock Harriers	144
34	SM	Ewan McFarlane	Phoenix Striders	152
35	SM	John Crawley	Ilford AC	153
36	SM	Sebastian Parris	Ilford AC	161
37	SM	Thomas Walsh	Southend-on-Sea AC	163
38	SM	Christian Gray	East Essex Triathlon Club	190
39	SM	Tom Porter	Halstead RR	203
40	SM	Jon Greenley	Halstead RR	207
41	SM	Tim Martin	Thurrock Harriers	226
42	SM	Samuel Robinson	Grange Farm & Dunmow Runners	227
43	SM	Martin Reynolds	Orion Harriers	233
43	SM	Robert Frost	Halstead RR	233
45	SM	Richard Rowe	Havering AC	251
46	SM	Greg Goodrem	Southend-on-Sea AC	309
47	SM	Tony Collins	Havering AC	323

### Individual positions after three fixtures (best two scores)

48	SM	William Holman	Phoenix Striders	373
1	V40/V45M	Lee Taylor	Southend-on-Sea AC	20
2	V40/V45M	Malcolm Muir	Ilford AC	47
3	V40/V45M	Allen Smalls	Colchester Harriers AC	53
4	V40/V45M	Adam Baker	Orion Harriers	54
5	V40/V45M	Christian Holmes	Southend-on-Sea AC	57
6	V40/V45M	Andrew Low	Benfleet Running Club	77
7	V40/V45M	Lee Martin	Springfield Striders RC	81
8	V40/V45M	Antony Goodall	Springfield Striders RC	82
9	V40/V45M	Paul Holloway	Ilford AC	92
10	V40/V45M	Steven Dukelow	Havering AC	101
11	V40/V45M	Martin Chester	Havering AC	108
12	V40/V45M	Scott Rice	Thurrock Harriers	109
12	V40/V45M	Graham Booty	Benfleet Running Club	109
14	V40/V45M	Terry Spooner	Benfleet Running Club	111
15	V40/V45M	Adrian Smith	Orion Harriers	129
16	V40/V45M	Tim Wright	Orion Harriers	136
17	V40/V45M	Keith Willett	Thurrock Harriers	146
18	V40/V45M	Jon Whitehouse	Loughton AC	164
19	V40/V45M	Peter Barrett	Thrift Green Trotters	170
20	V40/V45M	Steve Walker	Havering AC	178
21	V40/V45M	Lloyd Miles	Billericay Striders RC	190
22	V40/V45M	Peter Chubb	Springfield Striders RC	192
23	V40/V45M	Diarmuid MacDonnell	Guest	202
24	V40/V45M	Matt Stenning	Billericay Striders RC	205
25	V40/V45M	Richard Bonham	Mid Essex Casuals	212
26	V40/V45M	Ian Pike	Benfleet Running Club	226
27	V40/V45M	Danny Flint	JBR Run and Tri	228
28	V40/V45M	Roy Perrott	Orion Harriers	229
29	V40/V45M	James Hawkes	Grange Farm & Dunmow Runners	261
30	V40/V45M	Ashwin Shah	Grange Farm & Dunmow Runners	263
30	V40/V45M	Paul Mitchell	Thurrock Harriers	263
32	V40/V45M	Steven Ball	Thurrock Harriers	272
33	V40/V45M	Stephen Bennett	Orion Harriers	284
34	V40/V45M	Dennis Briggs	Ilford AC	285
35	V40/V45M	Simon Tippet	Basildon AC	297
36	V40/V45M	Alasdair S Daw	Billericay Striders RC	305
37	V40/V45M	Matthew Gillard	Southend-on-Sea AC	318
38	V40/V45M	James Price	Phoenix Striders	319
39	V40/V45M	Roy Miller	Colchester & Tendring AC	346
40	V40/V45M	Trevor Robinson	Loughton AC	353
41	V40/V45M	Toby Knight	East Essex Triathlon Club	358
42	V40/V45M	Nigel Instance	Thurrock Harriers	369
43	V40/V45M	Ian Glover	Southend-on-Sea AC	387
44	V40/V45M	Jamie Isherwood	JBR Run and Tri	398
45	V40/V45M	Dave Jacobs	JBR Run and Tri	401
45	V40/V45M	Sean Collinson	JBR Run and Tri	401

### Individual positions after three fixtures (best two scores)

47	V40/V45M	Jon Brown	JBR Run and Tri	419
1	V50/V55M	Colin Read	Orion Harriers	58
2	V50/V55M	Matthew Bland	Havering AC	64
2	V50/V55M	Colin Ridley	Colchester Harriers AC	69
4	V50/V55M	Michael Bridgeland	Chelmsford AC	108
5	V50/V55M	John Barker	Thrift Green Trotters	114
6	V50/V55M	Paul Spowage	Colchester Harriers AC	121
7	V50/V55M	Alec Kyriakides	Southend-on-Sea AC	140
8	V50/V55M	Neil Crisp	Ilford AC	151
9	V50/V55M	Paul Broome	Springfield Striders RC	158
10	V50/V55M	Richard Jones	Benfleet Running Club	160
11	V50/V55M	Peter West	Colchester Harriers AC	161
12	V50/V55M	Nick Rankin	Benfleet Running Club	169
13	V50/V55M	Alan Clark	Benfleet Running Club	178
14	V50/V55M	Keith Thornton	Thrift Green Trotters	188
15	V50/V55M	Eamonn Shelley	Thurrock Harriers	192
16	V50/V55M	Phil Olsen	Thrift Green Trotters	210
17	V50/V55M	Peter Tullett	Chelmsford AC	213
18	V50/V55M	Mark Gowers	Billericay Striders RC	217
19	V50/V55M	Paul Berrett	Havering AC	229
20	V50/V55M	Simon Morgan	Colchester Harriers AC	241
21	V50/V55M	Alan Fullerton	Grange Farm & Dunmow Runners	249
22	V50/V55M	David Findlay	Basildon AC	257
23	V50/V55M	Daniel Ward	Thrift Green Trotters	261
24	V50/V55M	Doug Stephens	Benfleet Running Club	263
25	V50/V55M	Martin Mack	Thurrock Harriers	271
26	V50/V55M	Trevor Horncastle	Phoenix Striders	271
27	V50/V55M	Christopher Applegate	Thurrock Harriers	280
28	V50/V55M	Colin White	Billericay Striders RC	284
29	V50/V55M	John Sweeney	Mid Essex Casuals	290
30	V50/V55M	Dave Hallett	JBR Run and Tri	301
30	V50/V55M	Mark Jeffrey	Springfield Striders RC	307
32	V50/V55M	Kevin Kirby	Chelmsford AC	312
33	V50/V55M	Greg Wiskin	Mid Essex Casuals	315
34	V50/V55M	Neal Clark	Phoenix Striders	324
35	V50/V55M	Stephen Burton	Benfleet Running Club	325
36	V50/V55M	Martin Orford	Phoenix Striders	326
37	V50/V55M	Ian Lawson	Grange Farm & Dunmow Runners	331
38	V50/V55M	Andy Hawes	JBR Run and Tri	332
39	V50/V55M	Anthony Young	Ilford AC	341
40	V50/V55M	Phillip Young	JBR Run and Tri	350
41	V50/V55M	Colin Wilkinson	Phoenix Striders	351
42	V50/V55M	Stephen Cheal	Ilford AC	360
43	V50/V55M	Colin Jackson	Grange Farm & Dunmow Runners	366
44	V50/V55M	Paul Williams	Orion Harriers	366
45	V50/V55M	Billy Green	Ilford AC	368
46	V50/V55M	Paul Omer	Pitsea Running Club	375

### Individual positions after three fixtures (best two scores)

47	V50/V55M	Barry Ward	Havering AC	375
48	V50/V55M	Lee Prowse	Grange Farm & Dunmow Runners	378
48	V50/V55M	Clive Bailey	JBR Run and Tri	381
50	V50/V55M	Paul R Tawn	Mid Essex Casuals	390
51	V50/V55M	Satha Alaganandasundaram	Ilford AC	390
51	V50/V55M	Dave Girt	Southend-on-Sea AC	404
53	V50/V55M	Stephen Williams	Chelmsford AC	410
54	V50/V55M	Raoul Grantham	Braintree & District AC	420
55	V50/V55M	Duncan Russell	Phoenix Striders	423
55	V50/V55M	Angus Aldridge	Southend-on-Sea AC	429
57	V50/V55M	David Mills	Phoenix Striders	442
1	V60/V65M	David Butler	Billericay Striders RC	236
1	V60/V65M	Mike Bumstead	Thurrock Harriers	254
3	V60/V65M	Tim Brockington	Springfield Striders RC	305
4	V60/V65M	Bill Bennett	Orion Harriers	308
4	V60/V65M	Martin Atkinson	Grange Farm & Dunmow Runners	309
6	V60/V65M	Ian Gill	East Essex Triathlon Club	319
7	V60/V65M	Bernard Johnson	Thurrock Harriers	332
8	V60/V65M	Donald Sinclair	Pitsea Running Club	367
8	V60/V65M	Edward Skinner	Guest	388
10	V60/V65M	Kevin Judge	Benfleet Running Club	398
11	V60/V65M	Brian Butcher	Mid Essex Casuals	400
12	V60/V65M	David Game	Mid Essex Casuals	415
13	V60/V65M	Peter Bates	Pitsea Running Club	424
14	V60/V65M	Peter McLaughlin	Pitsea Running Club	448
1	V70	Anthony Nixon	Ilford AC	247
2	V70	Peter Binns	Southend-on-Sea AC	273
3	V70	David Reaves	Braintree & District AC	370
4	V70	David Hobbs	Loughton AC	417

Essex Cross Country League (3)

<u>Writtle</u>			<u>Senior Women</u>	<u>13/01/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	V35	Liz Davies	Springfield Striders RC	22: 49	1 Basildon AC 27
2	SW	Emma Houchell	Basildon AC	23: 28	2 Chelmsford AC 29
3	V35	Rachel Wiseman	Basildon AC	: 48	3 Springfield Striders RC 62
4	SW	Megan Evans	Chelmsford AC	24: 03	4 Southend-on-Sea AC 81
5	SW	Clare Thurgood	Orion Harriers	: 14	5 Orion Harriers 84
6	V35	Rebecca Luxton	Chelmsford AC	: 31	6 Havering AC 91
7	SW	Rebecca Cole	Chelmsford AC	: 49	7 Benfleet Running Club 93
8	SW	Charlotte Bishop	Basildon AC	25: 12	8 Thrift Green Trotters 210
9	V35	Nicky Brockbank	Springfield Striders RC	: 35	9 Halstead RR 214
10	SW	Ginte Bailey	Havering AC	: 51	10 Billericay Striders RC 278
11	SW	Hayley Lamkin	Southend-on-Sea AC	26: 07	11 Colchester Harriers AC 66 (3)
12	V45	Wendy King	Chelmsford AC	: 13	
13	SW	Nicola Bredin	Benfleet Running Club	: 26	
14	SW	Emily Ballard	Basildon AC	: 40	
15	V35	Hayley Rogerson	Orion Harriers	: 45	Division 2 Teams (4 to score)
16	V45	Debbie Appleton	Havering AC	: 56	1 Grange Farm & Dunmow Runr 175
17	SW	Ella Neale	Colchester Harriers AC	27: 02	2 Loughton AC 271
18	V45	Denise Morley	Colchester Harriers AC	: 03	3 Ilford AC 273
19	SW	Holly Gillard	Southend-on-Sea AC	: 07	4 Tiptree Road Runners 282
20	SW	Shannon Mason	Springfield Striders RC	: 18	5 JBR Run and Tri 373
21	SW	Hayley Pegg	Chelmsford AC	: 30	6 Phoenix Striders 376
22	V35	Charmaine Sterling	Benfleet Running Club	: 53	7 Thurrock Harriers 141 (3)
23	V45	Jacqui Watson	Benfleet Running Club	: 55	8 Mid Essex Casuals 220 (3)
24	SW	Sarah Pennington	Southend-on-Sea AC	: 58	9 Pitsea Running Club 200 (2)
25	V45	Alison Trauttmansdorff	Orion Harriers	28: 02	10 East Essex Triathlon Club 105 (1)
26	V35	Rachael Roughan	Halstead RR	: 06	Veterans Teams (3 to score)
27	V45	Anne Jenkinson	Southend-on-Sea AC	: 18	1 Springfield Striders RC 42
28	V45	Toni Radley	Thurrock Harriers	: 20	2 Orion Harriers 79
29	SW	Jade Edwards	Havering AC	: 30	3 Basildon AC 98
30	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	: 37	4 Benfleet Running Club 101
31	V35	Ellie Cumner	Colchester Harriers AC	29: 03	5 Southend-on-Sea AC 102
32	V40	Polly Bridgman	Springfield Striders RC	: 06	6 Havering AC 123
33	V45	Sue Cribbs	Southend-on-Sea AC	: 11	7 Halstead RR 144
34	SW	Freda Petersen	Loughton AC	: 15	8 Grange Farm & Dunmow Runr 145
35	SW	Jayne Stacey	Benfleet Running Club	: 22	9 Thrift Green Trotters 168
36	V40	Joanne Sullivan	Havering AC	: 23	10 Tiptree Road Runners 189
37	V50	Jodie Farrell	Thurrock Harriers	: 25	11 Billericay Striders RC 192
38	V35	Louise Douglass	Basildon AC	: 28	12 Mid Essex Casuals 220
39	V40	Lorraine Gosling	Orion Harriers	: 29	13 Loughton AC 252
40	V50	Tracy Harrington	Tiptree Road Runners	: 46	14 Ilford AC 256
41	V50	Lorna Gaffney	Loughton AC	: 52	15 Phoenix Striders 268
42	V50	Vanessa Mathers	Southend-on-Sea AC	: 52	16 JBR Run and Tri 280
43	V40	Kerry Harrington	Grange Farm & Dunmow Runners	30: 05	17 Chelmsford AC 18 (2)
44	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 13	18 Colchester Harriers AC 49 (2)
45	V50	Pippa Dowswell	Orion Harriers	: 15	19 Thurrock Harriers 65 (2)
					20 Pitsea Running Club 200 (2)
					21 East Essex Triathlon Club 105 (1)

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Pos	Age	Name	Team	Time
46	V55	Nicola Hopkinson	Ilford AC	: 16
47	V40	Abigail Rayner	Grange Farm & Dunmow Runners	: 22
48	V40	Ruth Havis	Billericay Striders RC	: 36
49	SW	Carlie Qirem	Ilford AC	: 42
50	V40	Teresa Woodroffe	Mid Essex Casuals	: 42
51	V35	Alison Taylor	Orion Harriers	: 46
52	SW	Holly Meyers	Thrift Green Trotters	: 49
53	SW	Amy Gornall	Thrift Green Trotters	31: 01
54	V35	Mel Candler	Halstead RR	: 26
55	V35	Charlotte King	Grange Farm & Dunmow Runners	: 31
56	V45	Kelly McClenaghan	Benfleet Running Club	: 32
57	V45	Mandy Wetheridge	Basildon AC	: 34
58	SW	Lucy Humphreys	Orion Harriers	: 37
59	V50	Paula Purrtell	Mid Essex Casuals	: 40
60	V35	Morven Hurding	Tiptree Road Runners	32: 00
61	V40	Lisa James	Thrift Green Trotters	: 01
62	SW	Laura Scott	Basildon AC	: 07
63	V45	Mary Lloyd	Thrift Green Trotters	: 09
64	V50	Wendy Carter	Halstead RR	: 11
65	V45	Brady Ramsay	Grange Farm & Dunmow Runners	: 16
66	V45	Joanne Ling	Billericay Striders RC	: 26
67	V35	Hannah Sheikh	Dagenham 88 Runners	: 32
68	V35	Kerry Marshall	Springfield Striders RC	: 36
69	V40	Deborah Hitching	Springfield Striders RC	: 38
70	SW	Leigh-Anne Porter	Halstead RR	: 43
71	V40	Toni Marshall	Havering AC	: 48
72	V50	Annette Johnson	Benfleet Running Club	: 56
73	V65	Lynn Tanner	Springfield Striders RC	: 58
74	V50	Jo Pearce	Phoenix Striders	33: 02
75	V50	Donna Handle	Springfield Striders RC	: 08
76	SW	Charlotte Edwards	Thurrock Harriers	: 10
77	SW	Anna Crawley	Ilford AC	: 11
78	V45	Shona Browning	Billericay Striders RC	: 18
79	V45	Louise Young	JBR Run and Tri	: 23
80	V50	Juliet Ward	Havering AC	: 31
81	V50	Catterina Miller	Springfield Striders RC	: 33
82	SW	Alex Edwards	Havering AC	: 40
83	V50	Gillian Robertson	Grange Farm & Dunmow Runners	: 52
84	V40	Hayley Morley	Grange Farm & Dunmow Runners	: 53
85	V45	Debbielyn Hallam	Southend-on-Sea AC	: 54
86	V65	Wendy Read	Billericay Striders RC	: 59
87	SW	Cat Bennison	Halstead RR	34: 07
88	V40	Sharon Johnson	JBR Run and Tri	: 17
89	V45	Tracy Russell	Tiptree Road Runners	: 26
90	V55	Beryl De Smedt	Phoenix Striders	: 41

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	V50	Jane Hallam	Havering AC	: 49
92	V35	Emily Penkett	Springfield Striders RC	: 56
93	V50	Alison Vincent	Tiptree Road Runners	35: 06
94	V35	Paula Fairlamb	Orion Harriers	: 10
95	V50	Tracy O'Neill	Havering AC	: 32
96	V50	Irene Petersen	Loughton AC	: 43
97	V60	Helen Williams	Pitsea Running Club	: 47
98	V45	Nicole Smith	Halstead RR	36: 05
99	SW	Hannah Bardell	JBR Run and Tri	: 11
100	SW	Fiona Petersen	Loughton AC	: 28
101	V55	Julia Galea	Ilford AC	: 39
102	V40	Tricia Holmes	Southend-on-Sea AC	37: 10
103	V60	Gillian Harrison	Pitsea Running Club	: 26
104	V45	Nicola Maslen	Phoenix Striders	: 26
105	V65	Theresa Flannigan	East Essex Triathlon Club	: 37
106	V50	Glenda Jackson	Grange Farm & Dunmow Runners	: 42
107	SW	Sasha Tourbassora	JBR Run and Tri	: 50
108	V40	Heather Impey	Phoenix Striders	: 55
109	V55	Sharon Honey	Ilford AC	38: 01
110	V35	Ann-Marie Bearne	Tiptree Road Runners	: 20
111	V55	Julie Peacock	Mid Essex Casuals	: 31
112	V40	Louise Garrett	Grange Farm & Dunmow Runners	: 47
113	V40	Stacie Dowell	JBR Run and Tri	39: 02
114	V50	Launa Broadley	Ilford AC	40: 28
115	V50	Michaela Davis	Loughton AC	: 47
116	V50	Sharon Hardwicke	Tiptree Road Runners	: 48
117	V55	Pat Rhodes	Tiptree Road Runners	41: 03
118	V45	Sharon Wilkinson	Phoenix Striders	: 19
119	V35	Christine Bedford	Billericay Striders RC	42: 43
120	SW	Rosalind Wright	Grange Farm & Dunmow Runners	: 55
121	V35	Jackie Bushnell	Phoenix Striders	43: 38
122	SW	Kirsty Noble	Phoenix Striders	44: 0
123	V50	Nicola Burston	Phoenix Striders	: 3
124	V55	Karen Saltwell	JBR Run and Tri	46: 1

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## Essex Cross Country League

### Team Standings after 2 fixtures

#### U13 Girls

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	1	2		2		5
2	Chelmsford AC	7	1		1		9
3	Basildon AC	3	3		4		10
4	Southend-on-Sea AC	4	4		3		11
5	Orion Harriers	5	6		5		16
6	Benfleet Running Club	11	5		7		23
6	Thurrock Harriers	10	7		6		23
8	Discovery Triathlon Club	9	10		8		27
9	Cambridge and Coleridge AC	2	9		20		31
10	Harlow AC	6	8		20		34
11	Colchester Harriers AC	8	20		10		38
12	Braintree & District	20	20		8		48

#### U13 Boys

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Chelmsford AC	3	1		1		5
2	Havering AC	2	2		2		6
3	Basildon AC	5	3		3		11
4	Southend-on-Sea AC	4	4		5		13
5	Braintree & District AC	6	8		8		22
6	Thurrock Harriers	12	7		4		23
7	Benfleet Running Club	13	5		6		24
8	Cambridge and Coleridge AC	1	6		20		27
9	Orion Harriers	9	10		11		30
10	Harlow AC	7	20		10		37
10	Colchester & Tendring AC	10	20		7		37
12	Iford AC	11	20		9		40
13	Colchester Harriers AC	20	11		12		43
14	East Essex Triathlon Club	8	20		20		48
15	Discovery Triathlon Club	20	9		20		49

#### U15 Girls

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Basildon AC	1	3		1		5
2	Chelmsford AC	4	2		2		8
3	Cambridge and Coleridge AC	2	1		9		12
3	Havering AC	3	6		3		12
5	Thurrock Harriers	5	5		4		14
6	Orion Harriers	6	4		5		15
7	Harlow AC	7	7		6		20
8	Discovery Triathlon Club	9	9		10		28
9	Colchester Harriers AC	20	8		7		35
10	East Essex Triathlon Club	8	20		8		36
11	Southend-on-Sea AC	10	20		20		50
12	Colchester & Tendring AC	11	20		20		51

#### U15 Boys

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Basildon AC	3	1	2			6
2	Chelmsford AC	4	2	3			9
3	Southend-on-Sea AC	2	7	1			10
4	Havering AC	5	4	4			13
5	Cambridge and Coleridge AC	1	3	10			14
6	Thurrock Harriers	7	6	6			19
6	Orion Harriers	6	8	5			19
8	Iford AC	11	5	7			23
9	Colchester & Tendring AC	9	9	8			26
10	Braintree & District AC	8	10	11			29
11	Benfleet Running Club	10	20	9			39
12	East Essex Triathlon Club	12	11	20			43
13	Harlow AC	13	20	20			53

#### U17/20 Women

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	1	1		3		5
2	Orion Harriers	4	4		2		10
2	Southend-on-Sea AC	7	2		1		10
4	Basildon AC	2	6		4		12
5	Chelmsford AC	6	5		5		16
6	Benfleet Running Club	9	3		7		19
7	Colchester Harriers AC	5	8		8		21
7	Thurrock Harriers	8	7		6		21
9	Iford AC	11	11		9		31
10	Cambridge and Coleridge AC	3	10		20		33
11	Colchester & Tendring AC	10	9		20		39
12	Braintree & District AC	12	20		20		52
12	Discovery Triathlon Club	20	12		20		52
14	Harlow AC	20	13		20		53

#### U17 Men

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Southend-on-Sea AC	3	3		2		8
1	Thurrock Harriers	6	1		1		8
3	Basildon AC	4	2		5		11
4	Orion Harriers	2	6		6		14
5	Colchester Harriers AC	7	5		3		15
6	Chelmsford AC	1	8		7		16
7	Havering AC	5	4		9		18
8	East Essex Triathlon Club	11	7		4		22
9	Colchester & Tendring AC	8	10		20		38
10	Benfleet Running Club	10	9		20		39
11	Braintree & District AC	20	20		8		48
12	Cambridge and Coleridge AC	9	20		20		49

#### Senior Women (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Basildon AC	2	1		1		4
2	Chelmsford AC	1	2		2		5
3	Havering AC	3	3		6		12
4	Southend-on-Sea AC	5	5		4		14
5	Orion Harriers	7	4		5		16
6	Springfield Striders RC	8	7		3		18
7	Benfleet Running Club	9	6		7		22
8	Colchester Harriers AC	4	11		11		26
9	Thrift Green Trotters	11	8		8		27
10	Halstead RR	10	10		9		29
11	Billericay Striders RC	12	9		10		31
12	Cambridge & Coleridge AC	6	20		20		46

#### Senior Men (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	1	2		1		4
2	Orion Harriers	3	1		2		6
3	Colchester Harriers AC	2	7		3		12
4	Springfield Striders RC	4	5		5		14
5	Southend-on-Sea AC	5	3		7		15
6	Benfleet Running Club	10	4		4		18
7	Iford AC	7	6		8		21
8	Thurrock Harriers	8	8		6		22
9	Basildon AC	9	9		11		29
10	Cambridge & Coleridge AC	6	12		12		30
10	Chelmsford AC	11	10		9		30
12	Halstead RR	12	11		10		33

#### Senior Women (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Iford AC	1	4		3		8
2	Grange Farm & Dunmow Runnr	2	6		1		9
3	Loughton AC	6	3		2		11
4	JBR Run and Tri	4	5		5		14
5	Thurrock Harriers	7	1		7		15
6	Phoenix Striders	3	7		6		16
7	East Essex Triathlon Club	10	2		10		22
8	Pitsea Running Club	5	9		9		23
9	Mid Essex Casuals	9	8		8		25
10	Braintree & District AC	8	10		20		38
11	Tiptree Road Runners	20	20		4		44

#### Senior Men (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Grange Farm & Dunmow Runnr	1	2		3		6
1	Thrift Green Trotters	3	1		2		6
1	Billericay Striders RC	2	3		1		6
4	Phoenix Striders	4	6		4		14
5	JBR Run and Tri	5	4		6		15
6	Mid Essex Casuals	7	7		5		19
7	Pitsea Running Club	6	8		10		24
8	Braintree & District AC	8	9		8		25
9	Loughton AC	9	10		9		28
10	Colchester & Tendring AC	10	11		11		32
11	East Essex Triathlon Club	11	5		20		36
12	Witham Running Club	12	20		12		44
13	Tiptree Road Runners	20	20		7		47

#### Veteran Women

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Orion Harriers	2	4		2		8
2	Springfield Striders RC	4	5		1		10
3	Southend-on-Sea AC	5	2		5		12
4	Benfleet Running Club	6	3		4		13
5	Havering AC	8	7		6		21
6	Basildon AC	18	1		3		22
7	Billericay Striders RC	7	9		11		27
8	Loughton AC	10	8		13		31
8	Thrift Green Trotters	11	11		9		31
10	Phoenix Striders	9	12		15		36
10	Iford AC	12	10		14		36
12	Grange Farm & Dunmow Runnr	13	17		8		38
13	Colchester Harriers AC	1	20		18		39
14	Halstead RR	20	14		7		41
15	Thurrock Harriers	19	6		19		44
16	JBR Run and Tri	15	15		16		46
17	Mid Essex Casuals	21	16		12		49
18	Cambridge & Coleridge AC	3	25		25		53
18	Chelmsford AC	17	19		17		53
20	Pitsea Running Club	16	18		20		54
21	East Essex Triathlon Club	22	13		21		56
22	Braintree & District AC	14	21		25		60
22	Tiptree Road Runners	25	25		10		60

#### Veteran Men

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	2	3		1		6
2	Colchester Harriers AC	1	1		6		8
3	Orion Harriers	5	2		4		11
4	Springfield Striders RC	3	7		3		13
5	Iford AC	7	4		5		16
5	Benfleet Running Club	9	5		2		16
7	Southend-on-Sea AC	4	6		9		19
8	Thurrock Harriers	8	8		8		24
9	Thrift Green Trotters	11	9		7		27
10	Billericay Striders RC	10	10		11		31
11	Chelmsford AC	12	12		10		34
12	JBR Run and Tri	15	11		15		41
13	Phoenix Striders	14	15		14		43
14	Mid Essex Casuals	17	14		13		44
15	Grange Farm & Dunmow Runnr	19	16		12		47
16	Basildon AC	13	19		19		51
16	Pitsea Running Club	16	17		18		51
18	Loughton AC	18	18		17		53
19	Cambridge & Coleridge AC	6	25		25		56
20	East Essex Triathlon Club	22	13		23		58
21	Braintree & District AC	21	20		21		62
22	Colchester & Tendring AC	23	21		22		66
22	Tiptree Road Runners	25	25		16		66
24	Halstead RR	20	25		24		69
24	Witham Running Club	24	25		20		69

Essex Cross Country League (3)

<u>Writtle</u>				<u>U13 Boys</u>				<u>13/01/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	12: 04	41	Kieran Rodd	Southend-on-Sea AC	17				
2	Henry Dover	Colchester & Tendring AC	12	42	Fred Walton	Colchester & Tendring AC	35				
3	Matthew Hick	Ilford AC	14	43	James Malyon	Harlow AC	45				
4	Will Steadman	Chelmsford AC	23	44	Liam Keevil	Basildon AC	18: 18				
5	Thomas Wood	Braintree & District AC	28								
6	Arthur Ansell	Orion Harriers	35								
7	Ronan Longman-Young	Benfleet Running Club	51								
8	Oliver Prince	Braintree & District AC	13: 00								
9	William Nuttall	Chelmsford AC	05								
10	Cooper Mills	Chelmsford AC	09								
11	Shane Hart	Havering AC	14								
12	Joseph Perry	Chelmsford AC	16								
13	Harrison Thorpe	Basildon AC	19								
14	Jacob Alexander	Chelmsford AC	25								
15	Alex Kerr	Havering AC	27								
16	Thomas Peacock	Thurrock Harriers	27								
17	Callum Basinger	Havering AC	29								
18	Ben Stokes	Basildon AC	43								
19	Harry Tobin	Thurrock Harriers	44								
20	Jack Edwards	Basildon AC	46								
21	Kai Yeldham	Benfleet Running Club	46								
22	Onyekachukwu Okoh	Chelmsford AC	51								
23	Hugo Jones	Southend-on-Sea AC	14: 01								
24	Jack Rushworth	Harlow AC	02								
25	Harry Elgar	Southend-on-Sea AC	11								
26	Harry Cossington	Havering AC	15								
27	Charlie Parmenter	Colchester Harriers AC	15								
28	Max Robbins	Havering AC	16								
29	Matthew Collins	Southend-on-Sea AC	28								
30	Noah Trencher	Thurrock Harriers	29								
31	Dominic Gal	Southend-on-Sea AC	29								
32	Jack Warren	Thurrock Harriers	32								
33	Toby Jones	Southend-on-Sea AC	34								
34	Azuka Okoh	Chelmsford AC	34								
35	Stanley Hobbs	Colchester & Tendring AC	46								
36	Ryan McCarthy	Havering AC	48								
37	Aaron Hick	Ilford AC	49								
38	Archie Winney	Havering AC	52								
39	James Tudor	Havering AC	15: 26								
40	Benedict Heath	Benfleet Running Club	16: 10								

  

<b>Teams</b>		
1	Chelmsford AC	35
2	Havering AC	44
3	Basildon AC	95
4	Thurrock Harriers	97
5	Southend-on-Sea AC	108
6	Benfleet Running Club	68 (3)
7	Colchester & Tendring AC	79 (3)
8	Braintree & District AC	13 (2)
9	Ilford AC	40 (2)
10	Harlow AC	67 (2)
11	Orion Harriers	6 (1)
12	Colchester Harriers AC	27 (1)

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## Essex Cross Country League (3)

<u>Writtle</u>		<u>U15 Boys</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time	
1	Aaron Samuels	Ilford AC	14: 20	
2	Finnlay Lowe	Thurrock Harriers	30	
3	Luke Meridew	Basildon AC	48	
4	Matthew Warner	Southend-on-Sea AC	15: 17	
5	Joshua McGill	Basildon AC	19	
6	Ethan Reilly	Chelmsford AC	23	
7	Luke Randall	Southend-on-Sea AC	24	
8	Jamie Rashbrook	Basildon AC	30	
9	George Hey	Southend-on-Sea AC	50	
10	Luke Chester	Havering AC	16: 09	
11	Aaron Davis	Chelmsford AC	13	
12	Charlie Regan	Colchester & Tendring AC	16	
13	Nathan Boase	Orion Harriers	18	
14	Archie Connors	Benfleet Running Club	19	
15	Joe Muller	Southend-on-Sea AC	21	
16	Kristhians Kalmanis	Southend-on-Sea AC	31	
17	Dylan Harrod	Thurrock Harriers	33	
18	Dominic Jarvis	Havering AC	34	
19	Dan Edwards	Basildon AC	37	
20	Henry Jones	Orion Harriers	38	
21	Scott Thomas	Chelmsford AC	38	
22	Henry Lay	Havering AC	46	
23	Samuel Waite	Chelmsford AC	47	
24	Frederick Tall	Southend-on-Sea AC	59	
25	Lenny Houston	Havering AC	17: 15	
26	Matthew Pinney	Cambridge & Coleridge AC	24	
27	Sunny Vehit	Thurrock Harriers	47	
28	Haydn Hawkins	Braintree & District AC	51	
29	Timi McDaniel	Havering AC	54	
30	William Samuels	Southend-on-Sea AC	18: 00	
31	Jake Long	Havering AC	12	
32	Dylan Rhodes	Havering AC	24	
33	Rhys Dolan	Orion Harriers	34	
34	Joseph Watts	Orion Harriers	19: 20	
35	Ethan Georgeson-Mosedale	Orion Harriers	56	

  

<b>Teams</b>		
1	Southend-on-Sea AC	35
2	Basildon AC	35
3	Chelmsford AC	61
4	Havering AC	75
5	Orion Harriers	100
6	Thurrock Harriers	46 (3)
7	Ilford AC	1 (1)
8	Colchester & Tendring AC	12 (1)
9	Benfleet Running Club	14 (1)
10	Cambridge & Coleridge AC	26 (1)
11	Braintree & District AC	28 (1)

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**Essex Cross Country League (3)**

<u>Writtle</u>		<u>U15 Girls</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time	
1	Sydney Foley	Havering AC	15:	52
2	Megan Harris	Basildon AC	16:	10
3	Milly Presland	Colchester Harriers AC		54
4	Faye Sweeting	Chelmsford AC	17:	04
5	Madison Harris	Basildon AC		05
6	Sophie Wetheridge	Basildon AC		09
7	Georgia Tombs	Chelmsford AC		10
8	Martha Smith	Chelmsford AC		24
9	Daizy Harris	Basildon AC		29
10	Laurn Wood	Chelmsford AC		35
11	Hannah Bolton	Chelmsford AC		40
12	Sarah Blockley	Thurrock Harriers		43
13	Isabel Judd	Basildon AC	18:	01
14	Natalie Smith	East Essex Triathlon Club		19
15	Sophie Magson	Orion Harriers		25
16	Amelie Maris	Cambridge & Coleridge AC		30
17	Maddie Piron	Harlow AC		32
18	Hannah Peacock	Thurrock Harriers		35
19	Hollie Rex	Basildon AC		36
20	Rebecca O'Rourke	Havering AC		37
21	Olivia Reilly	Chelmsford AC		43
22	Madeleine Claydon	Colchester Harriers AC		48
23	Emily Fall	Thurrock Harriers		53
24	Alex Dorson	Orion Harriers		55
25	Leah Brewer	Thurrock Harriers		58
26	Annie Grannell	Havering AC	19:	02
27	Grace Malcolm	Harlow AC		04
28	Morgan Romain	Havering AC		09
29	Kennedy Beardwell	Thurrock Harriers		15
30	Becci Leddy	Orion Harriers		23
31	Lena Leinemann	Discovery Triathlon Club		28
32	Iris Brandon	Orion Harriers		55
33	Eve Smith	Orion Harriers	21:	35
34	Freya Hudson	Basildon AC		37
35	Mairi Malcolm	Harlow AC	22:	30

  

<b>Teams</b>	
1	Basildon AC 22
2	Chelmsford AC 29
3	Havering AC 75
4	Thurrock Harriers 78
5	Orion Harriers 101
6	Harlow AC 79 (3)
7	Colchester Harriers AC 25 (2)
8	East Essex Triathlon Club 14 (1)
9	Cambridge & Coleridge AC 16 (1)
10	Discovery Triathlon Club 31 (1)

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### Essex Cross Country League (3)

<u>Writtle</u>		<u>U17/20 Women</u>	<u>13/01/2018</u>	
Pos	Age	Name	Team	Time
1	U17	Jessica Mitchell	Havering AC	19: 19
2	U20	Rachel Broome	Chelmsford AC	20: 23
3	U17	Hayley Instance	Thurrock Harriers	30
4	U20	Sinead Clark	Benfleet Running Club	44
5	U17	Annalie Cole	Orion Harriers	21: 05
6	U17	Hannah Watson	Colchester Harriers AC	29
7	U17	Aoibheann Pearce	Orion Harriers	56
8	U17	Joanna Rimmington	Southend-on-Sea AC	22: 07
9	U17	Jenna Williams	Southend-on-Sea AC	11
10	U17	Beth Ashley	Basildon AC	19
11	U20	Ellen Williams	Southend-on-Sea AC	46
12	U17	Jordan Hinds	Ilford AC	23: 12
13	U17	Catherine Barker	Havering AC	25: 01
14	U17	Juliette Le Mere	Southend-on-Sea AC	03
15	U17	Abby Rex	Basildon AC	18
16	U17	Charlotte Grant	Orion Harriers	26: 45
17	U17	Lucy Priestley	Havering AC	54
18	U20	Leah McGill	Basildon AC	30: 53

#### Teams

1	Southend-on-Sea AC	42
2	Orion Harriers	28 (3)
3	Havering AC	31 (3)
4	Basildon AC	43 (3)
5	Chelmsford AC	2 (1)
6	Thurrock Harriers	3 (1)
7	Benfleet Running Club	4 (1)
8	Colchester Harriers AC	6 (1)
9	Ilford AC	12 (1)

## Essex Cross Country League (3)

<u>Writtle</u>	<u>U17 Men</u>	<u>13/01/2018</u>	
Pos	Name	Team	Time
1	Lewis Harknett	Orion Harriers	21: 24
2	Leon Wheeler	Thurrock Harriers	28
3	Zack Bridgeland	Chelmsford AC	33
4	Sarab Dhillon	Thurrock Harriers	39
5	Taylor Newell	Thurrock Harriers	22: 05
6	Oliver Randall	Southend-on-Sea AC	11
7	Joseph Trim	East Essex Triathlon Club	23
8	Ben Prior	Thurrock Harriers	23
9	Sam Wheatley	Southend-on-Sea AC	25
10	Max Caulfield	Colchester Harriers AC	31
11	Sam Norris	Southend-on-Sea AC	39
12	Danny Millward	Colchester Harriers AC	23: 04
13	Luke Savage	Basildon AC	10
14	Luke Gill	East Essex Triathlon Club	15
15	Erneas Afewerki	Colchester Harriers AC	16
16	Alex Williamson	Colchester Harriers AC	33
17	Josh Metson	East Essex Triathlon Club	34
18	Jack Exley	Thurrock Harriers	24: 13
19	Toby Turl	Braintree & District AC	39
20	Matthew Houchell	Basildon AC	41
21	William Lynes	Braintree & District AC	57
22	William Jones	Orion Harriers	58
23	George Applewhite	Basildon AC	25: 34
24	Louis Berrett	Havering AC	37
25	Mark Beale	Chelmsford AC	42
26	Isaac Dods	Southend-on-Sea AC	26: 03
27	Elijah Brown	Southend-on-Sea AC	56
28	Henri Willett	Thurrock Harriers	27: 19
29	Matthew Edwards	Havering AC	59

### Teams

1	Thurrock Harriers	19
2	Southend-on-Sea AC	52
3	Colchester Harriers AC	53
4	East Essex Triathlon Club	38 (3)
5	Basildon AC	56 (3)
6	Orion Harriers	23 (2)
7	Chelmsford AC	28 (2)
8	Braintree & District AC	40 (2)
9	Havering AC	53 (2)

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Essex Cross Country League (3)

<u>Writtle</u>		<u>Senior Men</u>	<u>13/01/2018</u>	
Pos	Age	Name	Team	Time
1	SM	Rob Warner	Havering AC	28: 19
2	U20	Ramadan Osman	Colchester Harriers AC	: 39
3	U20	George Day	Orion Harriers	: 51
4	U20	Harrison Smith	Basildon AC	29: 00
5	U20	Max Williams	Cambridge & Coleridge AC	: 05
6	V40	Lee Taylor	Southend-on-Sea AC	: 16
7	SM	Paul Grange	Havering AC	: 29
8	SM	James Caldwell	Benfleet Running Club	: 30
9	SM	Ed Mitchell	Colchester Harriers AC	: 40
10	U20	James Stewart	Havering AC	: 48
11	SM	James Smith	Springfield Striders RC	: 56
12	SM	Richard Park	Cambridge & Coleridge AC	30: 01
13	SM	Kurtis Swan	Billericay Striders RC	: 04
14	SM	Alex Manton	Springfield Striders RC	: 05
15	SM	Rhys Gillard	Southend-on-Sea AC	: 13
16	V40	Jason Lendon	Havering AC	: 15
17	SM	Alec Finch	Thurrock Harriers	: 25
18	SM	Alex Hardy	Orion Harriers	: 32
19	SM	Chris Sellens	Colchester Harriers AC	: 38
20	SM	Ben Hall	Orion Harriers	: 39
21	V45	Allen Smalls	Colchester Harriers AC	: 45
22	V50	Matthew Bland	Havering AC	: 47
23	V40	Malcolm Muir	Ilford AC	: 50
24	SM	Reece Barclay	Orion Harriers	: 52
25	V50	Colin Read	Orion Harriers	: 56
26	V45	Adam Baker	Orion Harriers	31: 01
27	SM	Lee Baynton	Benfleet Running Club	: 02
28	SM	George Watts	Benfleet Running Club	: 06
29	SM	Matt Bainbridge	Grange Farm & Dunmow Runr	: 14
30	V45	Paul Holloway	Ilford AC	: 21
31	V55	Colin Ridley	Colchester Harriers AC	: 22
32	SM	Reece Asik	Chelmsford AC	: 25
33	V45	Lee Martin	Springfield Striders RC	: 27
34	V45	Andrew Low	Benfleet Running Club	: 29
35	SM	Peter Fairlamb	Orion Harriers	: 34
36	SM	Ben Green	Benfleet Running Club	: 38
37	SM	Sam Cornforth	Springfield Striders RC	: 40
38	V50	John Barker	Thrift Green Trotters	: 41
39	V40	Paul Ruffy	Benfleet Running Club	: 47
40	V40	Antony Goodall	Springfield Striders RC	: 49
41	V45	Graham Booty	Benfleet Running Club	: 54
42	SM	Patrick Walsh	Southend-on-Sea AC	: 56
43	SM	Shawn Brown	Thurrock Harriers	32: 01
44	V55	Michael Bridgeland	Chelmsford AC	: 03
45	V40	Greg Deacon	Springfield Striders RC	: 08
46	SM	Chris O'Hara	Billericay Striders RC	: 11
47	U20	Joe Logan	Thurrock Harriers	: 12
48	SM	David Lindsay	Springfield Striders RC	: 13
49	U20	Benjamin Miller	Colchester & Tendring AC	: 15
50	SM	Freddy Keefe	Havering AC	: 16
51	SM	Gavin Scanlan	Colchester Harriers AC	: 18
52	V45	Scott Rice	Thurrock Harriers	: 21
53	SM	Ben Holdgate	Braintree & District AC	: 23
54	SM	John Whitehead	Havering AC	: 24
55	U20	Kieran O'Hara	Havering AC	: 27

  

<b>Division 1 Teams (6 to score)</b>		
1	Havering AC	106
2	Orion Harriers	116
3	Colchester Harriers AC	133
4	Benfleet Running Club	172
5	Springfield Striders RC	180
6	Thurrock Harriers	292
7	Southend-on-Sea AC	333
8	Ilford AC	354
9	Chelmsford AC	447
10	Halstead RR	682
11	Basildon AC	287 (3)
12	Cambridge & Coleridge AC	17 (2)

  

<b>Division 2 Teams (6 score)</b>		
1	Billericay Striders RC	494
2	Thrift Green Trotters	532
3	Grange Farm & Dunmow Runr	595
4	Phoenix Striders	758
5	Mid Essex Casuals	899
6	JBR Run and Tri	937
7	Tiptree Road Runners	1006
8	Braintree & District AC	257 (4)
9	Loughton AC	430 (3)
10	Pitsea Running Club	573 (3)
11	Colchester & Tendring AC	210 (2)
12	Witham Running Club	79 (1)

  

<b>Veteran Team Result (4 to score)</b>		
1	Havering AC	172
2	Benfleet Running Club	188
3	Springfield Striders RC	195
4	Orion Harriers	196
5	Ilford AC	230
6	Colchester Harriers AC	261
7	Thrift Green Trotters	282
8	Thurrock Harriers	316
9	Southend-on-Sea AC	342
10	Chelmsford AC	411
11	Billericay Striders RC	435
12	Grange Farm & Dunmow Runr	473
13	Mid Essex Casuals	512
14	Phoenix Striders	538
15	JBR Run and Tri	565
16	Tiptree Road Runners	635
17	Loughton AC	430 (3)
18	Pitsea Running Club	573 (3)
19	Basildon AC	283 (2)
20	Witham Running Club	79 (1)
21	Braintree & District AC	87 (1)
22	Colchester & Tendring AC	161 (1)
23	East Essex Triathlon Club	167 (1)
24	Halstead Road Runners	203 (1)

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Pos	Age	Name	Team	Time
56	V45	Martin Chester	Havering AC	: 31
57	V45	Tim Wright	Orion Harriers	: 33
58	U20	Conor Culham	Braintree & District AC	: 40
59	U20	Joshua Mulley	Braintree & District AC	: 48
60	U20	Lewis Debenham	Havering AC	: 50
61	SM	Robert Doyle	Thurrock Harriers	: 56
62	SM	Wesley Atkins	Halstead RR	: 58
63	V50	Alec Kyriakides	Southend-on-Sea AC	: 59
64	V45	Peter Waite	Chelmsford AC	33: 03
65	SM	Michael Feltham	Benfleet Running Club	: 09
66	SM	Alex Sales	Colchester Harriers AC	: 14
67	SM	Ewan McFarlane	Phoenix Striders	: 15
68	SM	Sam Rahman	Ilford AC	: 17
69	V40	Jon Whitehouse	Loughton AC	: 32
70	V50	Neil Crisp	Ilford AC	: 39
71	V40	Peter Barrett	Thrift Green Trotters	: 43
72	V40	Keith Willett	Thurrock Harriers	: 45
73	SM	John Crawley	Ilford AC	34: 01
74	V50	Richard Jones	Benfleet Running Club	: 05
75	V50	Alan Clark	Benfleet Running Club	: 16
76	SM	Andrew French	Chelmsford AC	: 18
77	V40	Edd Freeman	Springfield Striders RC	: 21
78	V40	Steve Walker	Havering AC	: 22
79	V50	Leo Cole	Witham Running Club	: 23
80	V55	Eamonn Shelley	Thurrock Harriers	: 37
81	V50	Keith Thornton	Thrift Green Trotters	: 42
82	V50	Robin McCoy	Springfield Striders RC	: 45
83	SM	Adam Colgrave	Chelmsford AC	: 47
84	SM	Thomas Walsh	Southend-on-Sea AC	: 55
85	V55	Nick Rankin	Benfleet Running Club	35: 01
86	SM	Steve Churchyard	Benfleet Running Club	: 05
87	V40	Nick Wood	Braintree & District AC	: 08
88	V45	Glen Gosling	Orion Harriers	: 10
89	V45	Diarmuid MacDonnell	Guest	: 14
90	SM	Sebastian Parris	Ilford AC	: 16
91	SM	Chris Jones	Benfleet Running Club	: 18
92	V55	Phil Olsen	Thrift Green Trotters	: 24
93	SM	Jon Greenley	Halstead RR	: 25
94	SM	Tom Porter	Halstead RR	: 28
95	SM	Robert Frost	Halstead RR	: 30
96	SM	Samuel Robinson	Grange Farm & Dunmow Runr	: 32
97	V45	Richard Bonham	Mid Essex Casuals	: 33
98	V50	Peter West	Colchester Harriers AC	: 35
99	V40	Matt Stenning	Billericay Striders RC	: 38
100	V45	Roy Perrott	Orion Harriers	: 39
101	V40	Neil Wilden	Springfield Striders RC	: 44
102	V50	Martin Mack	Springfield Striders RC	: 48
103	V50	Paul Berrett	Havering AC	36: 1
104	V60	David Butler	Billericay Striders RC	: 6
105	V45	Ian Pike	Benfleet Running Club	: 13
106	V40	Roy Harwood	Benfleet Running Club	: 14
107	V70	Anthony Nixon	Ilford AC	: 16
108	SM	Martin Reynolds	Orion Harriers	: 25
109	V55	Andrew Morris	Phoenix Striders	: 34
110	V50	Alan Fullerton	Grange Farm & Dunmow Runr	: 36

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Pos	Age	Name	Team	Time
111	V50	Simon Morgan	Colchester Harriers AC	: 46
112	V55	Christopher Applegate	Thurrock Harriers	: 52
113	V40	James Hawkes	Grange Farm & Dunmow Runr	37: 04
114	V40	Paul Mitchell	Thurrock Harriers	: 14
115	V50	David Findlay	Basildon AC	: 16
116	V55	Doug Stephens	Benfleet Running Club	: 17
117	V50	Daniel Ward	Thrift Green Trotters	: 30
118	V40	Ian Dell	JBR Run and Tri	: 33
119	V65	Mike Bumstead	Thurrock Harriers	: 41
120	V40	Steven Ball	Thurrock Harriers	: 47
121	V45	Mark Lawes	Tiptree Road Runners	: 53
122	V40	Ashwin Shah	Grange Farm & Dunmow Runr	: 57
123	V70	Peter Binns	Southend-on-Sea AC	38: 05
124	V45	Stephen Bennett	Orion Harriers	: 08
125	SM	Luca Predebon	Grange Farm & Dunmow Runr	: 10
126	V40	Nick Jelly	Billericay Striders RC	: 12
127	V60	Cliff Weatherup	Mid Essex Casuals	: 21
128	V60	Martin Atkinson	Grange Farm & Dunmow Runr	: 29
129	SM	Richard Rowe	Havering AC	: 32
130	V55	Mark Jeffrey	Springfield Striders RC	: 37
131	V50	John Sweeney	Mid Essex Casuals	: 41
132	SM	Greg Goodrem	Southend-on-Sea AC	: 45
133	V45	Andrew Bonwick	Thrift Green Trotters	: 47
134	V50	Lee Hazlewood	Phoenix Striders	: 51
135	SM	Steve May	Halstead RR	: 52
136	V40	Roy James	Havering AC	: 59
137	V50	Andy Hawes	JBR Run and Tri	39: 06
138	V60	Tim Brockington	Springfield Striders RC	: 11
139	V40	Alasdair S Daw	Billericay Striders RC	: 14
140	V50	Dave Hallett	JBR Run and Tri	: 21
141	V40	Dennis Briggs	Ilford AC	: 25
142	V55	Stephen Burton	Benfleet Running Club	: 29
143	V55	Dave Lane	Phoenix Striders	: 32
144	V50	Pat Marsh	Colchester Harriers AC	: 33
145	V60	Bill Bennett	Orion Harriers	: 36
146	V50	Darren Priestley	Havering AC	: 46
147	V45	Antony Karas	Grange Farm & Dunmow Runr	: 55
148	V55	Kevin Kirby	Chelmsford AC	40: 04
149	SM	Daniel Wright	Grange Farm & Dunmow Runr	: 11
150	V45	Matthew Gillard	Southend-on-Sea AC	: 12
151	V45	Simon Miller	Colchester Harriers AC	: 14
152	V50	Neal Clark	Phoenix Striders	: 26
153	V50	Martin Orford	Phoenix Striders	: 26
154	V60	Bernard Johnson	Thurrock Harriers	: 28
155	V55	Andrew Stewart	Chelmsford AC	: 33
156	SM	Tony Collins	Havering AC	: 41
157	V50	Greg Wiskin	Mid Essex Casuals	: 50
158	V50	Andrew Watson	Billericay Striders RC	: 52
159	V40	Nick Knight	Thrift Green Trotters	41: 01
160	V40	Trevor Robinson	Loughton AC	: 08
161	V45	Roy Miller	Colchester & Tendring AC	: 11
162	V50	Stephen Cheal	Ilford AC	: 18
163	SM	Chris Short	Thrift Green Trotters	: 39
164	V60	Edward Skinner	Tiptree Road Runners	: 46
165	V50	Anthony Young	Ilford AC	42: 01

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Pos	Age	Name	Team	Time
166	SM	Ben Clover	Tiptree Road Runners	: 10
167	V40	Toby Knight	East Essex Triathlon Club	: 16
168	V50	Rhys Davies	Basildon AC	: 30
169	V50	Graham Hall	Orion Harriers	: 32
170	V50	Phillip Young	JBR Run and Tri	: 37
171	V50	Barry Ward	Havering AC	: 39
172	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 58
173	SM	William Holman	Phoenix Striders	43: 16
174	V55	Iain Rhodes	Tiptree Road Runners	: 19
175	V50	Richard Robertson	Grange Farm & Dunmow Runr	: 24
176	V45	Nick Vincent	Tiptree Road Runners	: 26
177	V50	Colin Wilkinson	Phoenix Striders	: 28
178	V55	Ian Carmichael	Billericay Striders RC	: 35
179	V45	Steve Smith	Thrift Green Trotters	: 41
180	V55	Paul Williams	Orion Harriers	: 48
181	V50	Billy Green	Ilford AC	: 51
182	V70	Roger Everard	Pitsea Running Club	44: 04
183	V55	Colin Jackson	Grange Farm & Dunmow Runr	: 14
184	V50	Paul Omer	Pitsea Running Club	: 20
185	V50	Clive Bailey	JBR Run and Tri	: 28
186	V60	Kevin Judge	Benfleet Running Club	: 44
187	V40	Jamie Isherwood	JBR Run and Tri	: 57
188	V45	Nigel Instance	Thurrock Harriers	45: 00
189	V40	Nils Hollman	Dagenham 88 Runners	: 14
190	SM	Michael Peggall	Dagenham 88 Runners	: 24
191	V45	Mark Smith	Grange Farm & Dunmow Runr	: 32
192	V65	Brian Butcher	Mid Essex Casuals	: 36
193	V55	Satha Alaganandasundaram	Ilford AC	: 40
194	V50	Dave Girt	Southend-on-Sea AC	: 52
195	V55	Paul R Tawn	Mid Essex Casuals	46: 10
196	V45	Sean Collinson	JBR Run and Tri	: 25
197	V40	Ian Cummins	Dagenham 88 Runners	47: 24
198	V45	Dave Jacobs	JBR Run and Tri	: 35
199	V55	Stephen Williams	Chelmsford AC	48: 55
200	V50	Duncan Russell	Phoenix Striders	49: 31
201	V70	David Hobbs	Loughton AC	: 40
202	V65	David Game	Mid Essex Casuals	50: 23
203	V50	Axel Voigt	Halstead RR	53: 12
204	V45	Paul King	Springfield Striders RC	55: 12
205	V50	John McVeila	Tiptree Road Runners	: 43
206	V60	Nick McCullagh	Mid Essex Casuals	: 53
207	V65	Peter Bates	Pitsea Running Club	57: 10

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