



Essex Cross Country League (5)

Sponsored by

<u>Basildon</u>		<u>U13 Boys</u>	<u>11/02/2017</u>	
Pos	Name	Team	Time	
1	Alex Ford	Havering AC	14:	56
2	Miles Benyan	Cambridge & Coleridge AC	15:	04
3	Matthew Blacklock	Havering AC		32
4	Toby Linsell	Southend-on-Sea AC		43
5	Kristian Kalmanis	Southend-on-Sea AC		57
6	Dylan Harrod	Thurrock Harriers	16:	02
7	Luke Pullen	Southend-on-Sea AC		03
8	Archie Conners	Benfleet Running Club		07
9	Luke Randall	Southend-on-Sea AC		10
10	Matthew Hick	Ilford AC		12
11	Fred Tall	Southend-on-Sea AC		17
12	Sam Bradley	Havering AC		33
13	Tom Woodward	Braintree & District AC		44
14	Tom Gallagher	Orion Harriers		49
15	Callum Hynes	Southend-on-Sea AC		54
16	Cassidy Duke	Thurrock Harriers	17:	10
17	Samuel Waite	Chelmsford AC		13
18	Sunny Vehit	Thurrock Harriers		18
19	Kyle Gill	East Essex Triathlon Club		21
20	Micky Jones	Southend-on-Sea AC		22
21	Kai Lovelock	Thurrock Harriers		25
22	Louis Harhalakis	Cambridge & Coleridge AC		29
23	Alex Kerr	Havering AC		44
24	Freddy Taiani	Basildon AC		50
25	James Bartlett	Havering AC		51
26	Timi McDaniel	Havering AC	18:	17
27	Charlie Parmenter	Colchester Harriers AC		35
28	Nathan Hodgson	Southend-on-Sea AC		42
29	Alex Hawney	Basildon AC		48
30	Jack Thomson	Havering AC		58
31	Noah Trencher	Thurrock Harriers	19:	44
32	Tom Gibney	East Essex Triathlon Club	20:	48
33	Leo Gershen	Basildon AC	21:	08
34	Curtis Hills	Basildon AC		21
35	Alex Aldridge	Southend-on-Sea AC		31
36	Joe Robins	Southend-on-Sea AC	25:	42

Teams	
1	Southend-on-Sea AC 25
2	Havering AC 39
3	Thurrock Harriers 61
4	Basildon AC 120
5	Cambridge & Coleridge AC 24 (2)
6	East Essex Triathlon Club 51 (2)
7	Benfleet Running Club 8 (1)
8	Ilford AC 10 (1)
9	Braintree & District AC 13 (1)
10	Orion Harriers 14 (1)
11	Chelmsford AC 17 (1)
12	Colchester Harriers AC 27 (1)

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Essex Cross Country League (5)

Sponsored by Runners Edge

Basildon

11/02/2017

U13 Girls

Pos	Name	Team	Time
1	Abigail Ives	Basildon AC	15: 46
2	Erin Little	Chelmsford AC	50
3	Natalie Sewell	Havering AC	16: 00
4	Sydney Foley	Havering AC	33
5	Milly Presland	Colchester Harriers AC	40
6	Megan Harris	Southend-on-Sea AC	43
7	Demi Eaves	Thurrock Harriers	44
8	Rebecca West	Cambridge & Coleridge AC	54
9	Chloe Rand	Havering AC	17: 30
10	Ruby Muffett	Southend-on-Sea AC	39
11	Ifeoma Okoh	Chelmsford AC	44
12	Maddison Harris	Southend-on-Sea AC	49
13	Alice Atkins	Havering AC	54
14	Daizy Harris	Basildon AC	58
15	Hannah Warner	Southend-on-Sea AC	18: 01
16	Ellen Savidge	Harlow AC	09
17	Holly Watson	Chelmsford AC	21
18	Samiya Aitmarri	Basildon AC	26
19	Olivia Reilly	Chelmsford AC	29
20	Lauryn Wood	Chelmsford AC	41
21	Francesca Turner	Basildon AC	49
22	Ella Witcher	Basildon AC	51
23	Holly Bradley	Havering AC	55
24	Jessie Collier	Havering AC	58
25	Maddie Barker	Havering AC	19: 00
26	MacKenzie Cranfield	Harlow AC	13
27	Hannah Yexley	Havering AC	21
28	Molly Redgrave	Colchester & Tendring AC	29
29	Freya Higginbottom	Havering AC	49
30	Rosie Spring	Thurrock Harriers	50
31	Morgan Romain	Havering AC	20: 01
32	Annabelle Matthews	Chelmsford AC	03
33	Rebecca Natu	Orion Harriers	07
34	Katie Brazier	Chelmsford AC	09
35	Leah Brewer	Thurrock Harriers	29
36	Rebecca O'Rourke	Havering AC	34
37	Hannah Johnson	Havering AC	35
38	Jessica Turner	Basildon AC	45
39	Sophie Nugent	Basildon AC	21: 07
40	Kennedy Beardwell	Thurrock Harriers	25

Pos	Name	Team	Time
41	Madeline Booty	Thurrock Harriers	22: 13
42	Holly Newman	Basildon AC	30
43	Eve Smith	Orion Harriers	23: 15

Teams

1	Havering AC	29
2	Southend-on-Sea AC	43
3	Chelmsford AC	49
4	Basildon AC	54
5	Thurrock Harriers	112
6	Harlow AC	42 (2)
7	Orion Harriers	76 (2)
8	Colchester Harriers AC	5 (1)
9	Cambridge & Coleridge AC	8 (1)
10	Colchester & Tendring AC	28 (1)



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<u>Basildon</u>		<u>U15 Boys</u>	<u>11/02/2017</u>	
Pos	Name	Team	Time	
1	Leon Wheeler	Thurrock Harriers	15:	28
2	Harry Jones	Havering AC		40
3	Aaron Samuel	Ilford AC	16:	01
4	Mungo Prior	Ilford AC		14
5	Danny Millward	Colchester Harriers AC		21
6	Zach Bridgeland	Chelmsford AC		23
7	Luke Meridew	Basildon AC		24
8	Alex Friend	Havering AC		27
9	Jamie Putt	Harlow AC		48
10	Matthew Warner	Southend-on-Sea AC	17:	00
11	Jack Halil	Ilford AC		30
12	George Hill	Basildon AC		46
13	Dominic Jarvis	Havering AC		46
14	Henri Willett	Thurrock Harriers		57
15	Ben Podd	Chelmsford AC	18:	01
16	Saul Ashon	Orion Harriers		04
17	Ben Prior	Thurrock Harriers		12
18	Jack Saunders	Basildon AC		36
19	Billy Saunders	Basildon AC		37
20	Ben Naish	Havering AC		38
21	Bradley Deacon	Ilford AC	19:	08
22	Henry Lay	Havering AC		54
23	Scott Thomas	Chelmsford AC	20:	06
24	Unknown	Unknown		22
25	Ethan Hunter	Chelmsford AC		47
26	Reece Debenham	Havering AC	21:	04
27	Jamie Mack	Thurrock Harriers		13

Teams		
1	Ilford AC	39
2	Havering AC	43
3	Basildon AC	56
4	Thurrock Harriers	59
5	Chelmsford AC	69
6	Colchester Harriers AC	5 (1)
7	Harlow AC	9 (1)
8	Southend-on-Sea AC	10 (1)
9	Orion Harriers	16 (1)

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<u>Basildon</u>		<u>U15 Girls</u>	<u>11/02/2017</u>	
Pos	Name	Team	Time	
1	Hayley Instance	Thurrock Harriers	17:	05
2	Molly Sweetman	Havering AC		33
3	Faye Sweeting	Chelmsford AC	18:	15
4	Sophie Wetheridge	Basildon AC		29
5	Savanna Sirkett	Harlow AC		30
6	Matilda Taylor	Cambridge & Coleridge AC		37
7	Martha Smith	Chelmsford AC		39
8	Georgia Tombs	Chelmsford AC		51
9	Keirra Scott	Basildon AC	19:	03
10	Sarah Blockley	Thurrock Harriers		07
11	Hollie Rex	Basildon AC		25
12	Lily Bath	Havering AC		41
13	Zoe Rutter	Harlow AC	20:	07
14	Annalie Cole	Orion Harriers		24
15	Tia Cocca	Chelmsford AC		32
16	Grace Dukelow	Havering AC		46
17	Charlotte Matthews	Chelmsford AC	21:	37
18	Mia Boulter	Chelmsford AC		53
19	Emily Fall	Thurrock Harriers	22:	03
20	Ndidikama Okoh	Chelmsford AC		06
21	Sasha Clark	Cambridge & Coleridge AC		09
22	Amy Raven	Thurrock Harriers		14
23	Robyn Bartholomew	Southend-on-Sea AC		47
24	Charlotte Grant	Orion Harriers		51
25	Isabella Minder	Colchester Harriers AC	23:	32
26	Lucy Priestley	Havering AC	24:	09
27	Jessica James	Havering AC		37
28	Angela Johnson	Havering AC	26:	51

Teams		
1	Chelmsford AC	33
2	Thurrock Harriers	52
3	Havering AC	56
4	Basildon AC	24 (3)
5	Harlow AC	18 (2)
6	Cambridge & Coleridge AC	27 (2)
7	Orion Harriers	38 (2)
8	Southend-on-Sea AC	23 (1)
9	Colchester Harriers AC	25 (1)

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<u>Basildon</u>			<u>U17/20 Women</u>	<u>11/02/2017</u>
Pos	Age	Name	Team	Time
1	U17	Khahisa Mhlanga	Chelmsford AC	18: 20
2	U17	Jessica Mitchell	Havering AC	59
3	U17	Kate O'Neill	Havering AC	19: 14
4	U17	Lottie Rowedder	Harlow AC	20: 16
5	U20	Lydia Callan	Chelmsford AC	21: 10
6	U17	Grace Goodall	Benfleet Running Club	10
7	U17	Sophie Rand	Havering AC	15
8	U17	Jordan Hinds	Ilford AC	31
9	U17	Abby Rex	Basildon AC	58
10	U17	Emma Stephens	Cambridge & Coleridge AC	22: 13
11	U17	Jenna Williams	Southend-on-Sea AC	17
12	U17	Ella Knight	Discovery Triathlon Club	48
13	U20	Amy Baggs	Havering AC	49
14	U17	Catherine Barker	Havering AC	23: 06
15	U17	Mia Slesser	Southend-on-Sea AC	09
16	U17	Lucie Ball	Thurrock Harriers	14
17	U17	Genevieve Pate	Benfleet Running Club	52
18	U17	Ellen Williams	Southend-on-Sea AC	24: 24
19	U17	Emily James	Havering AC	25: 28
20	U17	Natasha Walter	Southend-on-Sea AC	46

Teams			
1	Havering AC	25	
2	Southend-on-Sea AC	64	
3	Chelmsford AC	6	(2)
4	Benfleet Running Club	23	(2)
5	Harlow AC	4	(1)
6	Ilford AC	8	(1)
7	Basildon AC	9	(1)
8	Cambridge & Coleridge AC	10	(1)
9	Discovery Triathlon Club	12	(1)
10	Thurrock Harriers	16	(1)



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<u>Basildon</u>		<u>Senior Women</u>	<u>11/02/2017</u>	
Pos	Age	Name	Team	Time
1	W35	Liz Davies	Springfield Striders RC	29: 30
2	SW	Carla Brown	Cambridge & Coleridge AC	30: 05
3	SW	Kerry Holland	Southend-on-Sea AC	: 22
4	W35	Sally Judd	Chelmsford AC	: 27
5	SW	Laura Brooks	Basildon AC	: 37
6	SW	Lucy Charles	Orion Harriers	: 52
7	SW	Anna Whitfield	Basildon AC	31: 09
8	W35	Emma Prideaux	Billericay Striders RC	: 18
9	SW	Rebecca Luxton	Chelmsford AC	: 57
10	W35	Hayley Hawes	East Essex Triathlon Club	32: 09
11	W35	Lyndsey Colman	Southend-on-Sea AC	: 44
12	W45	Wendy King	Chelmsford AC	33: 33
13	W35	Debbie Appleton	Havering AC	: 38
14	SW	Sarah Pennington	Southend-on-Sea AC	: 50
15	SW	Emily Bullis	Basildon AC	: 54
16	W45	Christine Howard	Billericay Striders RC	: 56
17	W45	Denise Morley	Colchester Harriers AC	: 58
18	W35	Louise Douglass	Basildon AC	34: 06
19	SW	Hayley Pegg	Chelmsford AC	: 22
20	W35	Polly Bridgman	Springfield Striders RC	: 57
21	SW	Ella Neale	Colchester Harriers AC	35: 00
22	SW	Natalie Kipps	Orion Harriers	: 02
23	W35	Hayley Rogerson	Orion Harriers	: 06
24	W45	Alison Trauttmansdorff	Orion Harriers	: 10
25	W35	Emily Smith	Springfield Striders RC	: 31
26	W35	Natasha Lagden	Southend-on-Sea AC	: 54
27	W45	Jacqui Watson	Benfleet Running Club	36: 12
28	W35	Victoria Curren	Springfield Striders RC	: 15
29	SW	Hazel Buist	Halstead RR	: 40
30	W45	Nicki Leigh	Benfleet Running Club	: 41
31	W35	Jo Sullivan	Havering AC	: 43
32	W35	Kathleen Short	Thrift Green Trotters	: 47
33	SW	Claire Davies	Havering AC	37: 37
34	W45	Pippa Dowsell	Orion Harriers	: 50
35	SW	Rosie Atkins	Halstead RR	38: 03
36	W35	Kasia Kostyrka	Southend-on-Sea AC	: 14
37	W45	Paula Purtell	Mid Essex Casuals	: 48
38	W35	Melanie Candler	Halstead RR	39: 00
39	W45	Sue Aves	Springfield Striders RC	: 11
40	W35	Clare Warley	Billericay Striders RC	: 30
41	W55	Bridge Nordin	Ilford AC	: 38
42	W55	Christine Deacon	Billericay Striders RC	: 57
43	W45	Lorna Gaffney	Loughton AC	40: 04
44	W45	Lorna Pettifer	Mid Essex Casuals	: 24
45	W35	Sue Beck	Thurrock Harriers	: 31
46	W55	Toni Wilson	Colchester Harriers AC	: 34

Division 1 Teams (4 to score)		
1	Chelmsford AC	44
2	Basildon AC	45
3	Southend-on-Sea AC	54
4	Springfield Striders RC	74
5	Orion Harriers	75
6	Benfleet Running Club	180
7	Thrift Green Trotters	211
8	Phoenix Striders	233
9	Colchester Harriers AC	84 (3)
10	Ilford AC	99 (2)
11	Cambridge & Coleridge AC	2 (1)
12	Thurrock Harriers	45 (1)

Division 2 Teams (4 to score)		
1	Billericay Striders RC	106
2	Havering AC	136
3	Halstead RR	154
4	Mid Essex Casuals	222
5	Pitsea Running Club	302
6	Loughton AC	205 (3)
7	East Essex Triathlon Club	96 (2)

Veteran Team Result (3 to score)		
1	Springfield Striders RC	46
2	Billericay Striders RC	64
3	Southend-on-Sea AC	73
4	Orion Harriers	81
5	Havering AC	103
6	Benfleet Running Club	118
7	Thrift Green Trotters	139
8	Mid Essex Casuals	141
9	Phoenix Striders	167
10	Loughton AC	205
11	Pitsea Running Club	217
12	Chelmsford AC	12 (2)
13	Colchester Harriers AC	46 (2)
14	Halstead RR	52 (2)
15	Ilford AC	58 (2)
16	East Essex Triathlon Club	86 (2)
17	Basildon AC	18 (1)
18	Thurrock Harriers	45 (1)

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Pos	Age	Name	Team	Time
47	W45	Jo Pearce	Phoenix Striders	40: 43
48	W45	Hilda O'Kelly	Springfield Striders RC	: 51
49	W35	Joanne Ling	Billericay Striders RC	41: 05
50	W35	Ena Barrett	Thrift Green Trotters	: 19
51	W55	Wendy Read	Billericay Striders RC	: 25
52	W45	Wendy Carter	Halstead RR	: 46
53	W35	Karen Chapman	Springfield Striders RC	: 55
54	W35	Ruth Havis	Billericay Striders RC	42: 06
55	W45	Ruth Roberts	Phoenix Striders	: 08
56	W45	Donna Hindle	Springfield Striders RC	: 33
57	W35	Madaline Knight	Thrift Green Trotters	: 47
58	W45	Dianne Crisp	Ilford AC	: 59
59	W55	Lesley Gahagan	Havering AC	43: 10
60	W45	Sharon Skidmore	Mid Essex Casuals	: 13
61	W45	Mandy Cooper	Benfleet Running Club	: 24
62	W35	Sarah Norton	Benfleet Running Club	: 34
63	W45	Elaine Tribley	Springfield Striders RC	44: 17
64	W55	Helen Williams	Pitsea Running Club	: 25
65	W45	Lynsey Gray	Phoenix Striders	: 31
66	W55	Beryl De Smedt	Phoenix Striders	: 48
67	W45	Maxine Seward	Phoenix Striders	: 52
68	W45	Tracy O'Neill	Havering AC	45: 26
69	W45	Sharon Bannister	Springfield Striders RC	: 29
70	W35	Tamsin Davies	Phoenix Striders	: 31
71	SW	Grace Reeman	Phoenix Striders	: 36
72	W35	Clare Hills	Thrift Green Trotters	: 53
73	W65	Jean Hobbs	Loughton AC	46: 04
74	W35	Vicky Robins	Springfield Striders RC	: 18
75	W45	Annette Johnson	Benfleet Running Club	: 40
76	W55	Valerie Sinclair	Pitsea Running Club	: 45
77	W55	Gillian Harrison	Pitsea Running Club	47: 26
78	W35	Sarah Knowles	Springfield Striders RC	: 28
79	SW	Sarah Frost	Halstead RR	: 48
80	W55	Jackie Woodruffe	Thrift Green Trotters	48: 00
81	SW	Dawn Shilling	Mid Essex Casuals	: 03
82	W45	Laura Williams	Benfleet Running Club	: 26
83	W45	Nicola Maslen	Phoenix Striders	: 42
84	W35	Maria McQueenie	Phoenix Striders	49: 06
85	W35	Angela Smith	Pitsea Running Club	50: 16
86	W65	Teresa Flannigan	East Essex Triathlon Club	: 32
87	W45	Sara Prior	Guest	53: 17
88	W35	Louise Chappell	Guest	: 17
89	W45	Michaela Davis	Loughton AC	55: 08
90	W65	Tina Leung	Thrift Green Trotters	57: 21
91	W55	Caroline Harding	Phoenix Striders	59: 0
92	W45	Nicola Burston	Phoenix Striders	: 0

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Essex Cross Country League (5)

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<u>Basildon</u>		<u>U17 Men</u>	<u>11/02/2017</u>	
Pos	Name	Team	Time	
1	Joseph Owen	Orion Harriers	26:	45
2	Connor Page	Chelmsford AC		47
3	Sam Norris	Southend-on-Sea AC	27:	59
4	Isaac Brown	Basildon AC	28:	03
5	Sarab Dhillon	Thurrock Harriers		25
6	Sam Atkins	Havering AC		46
7	Freddy Richardson	Colchester & Tendring AC	29:	07
8	Ben Miller	Colchester & Tendring AC		09
9	Joe Logan	Thurrock Harriers	30:	02
10	Jack Exley	Thurrock Harriers		08
11	Lewis Debenham	Havering AC		19
12	Taylor Newell	Thurrock Harriers		22
13	Nebay Debesay	Braintree & District AC	31:	00
14	Tom Stuttle	Southend-on-Sea AC		04
15	Luke Gill	East Essex Triathlon Club		07
16	Harry Smith	Southend-on-Sea AC		33
17	Oliver Bath	Havering AC	32:	06
18	Matt Norris	Southend-on-Sea AC		13

Teams	Time	
1 Thurrock Harriers	36	
2 Southend-on-Sea AC	51	
3 Havering AC	34	(3)
4 Colchester & Tendring AC	15	(2)
5 Orion Harriers	1	(1)
6 Chelmsford AC	2	(1)
7 Basildon AC	4	(1)
8 Braintree & District AC	13	(1)
9 East Essex Triathlon Club	15	(1)

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<u>Basildon</u>		<u>Senior Men</u>	<u>11/02/2017</u>			
Pos	Age	Name	Team	Time	Division 1	Teams
1	V40	Sullivan Smith	Cambridge & Coleridge AC	27: 39		1 Springfield Striders RC 104
2	U20	Ahmed Abdulle	Ilford AC	: 51		2 Havering AC 136
3	SM	Ryan Prout	Chelmsford AC	: 56		3 Orion Harriers 160
4	SM	Rob Warner	Havering AC	28: 06		4 Colchester Harriers AC 173
5	SM	Paul Molyneaux	Springfield Striders RC	: 27		5 Ilford AC 280
6	U20	Ben Davis	Havering AC	29: 04		6 Benfleet Running Club 333
7	SM	Alec Finch	Thurrock Harriers	: 16		7 Chelmsford AC 339
8	U20	Brandon Thorpe	Basildon AC	: 18		8 Southend-on-Sea AC 367
9	SM	James Smith	Springfield Striders RC	: 20		9 Basildon AC 512
10	SM	Alex Richards	Ilford AC	: 26		10 Phoenix Striders 672
11	U20	Max Jones	Basildon AC	: 33		11 Thrift Green Trotters 438 (4)
12	U20	Dennis Richards	Orion Harriers	: 37		12 Pitsea Running Club 549 (4)
13	SM	Tom Cammack	Springfield Striders RC	: 45		
14	SM	Daz Farrugia	Colchester Harriers AC	: 51	Division 2	Teams
15	SM	Cameron Humphries	Colchester Harriers AC	: 57		1 Thurrock Harriers 410
16	V40	Allen Smalls	Colchester Harriers AC	: 59		2 Billericay Striders RC 477
17	V40	Steve Rand	Havering AC	30: 02		3 Halstead RR 586
18	U20	Jordan Christofomou	Orion Harriers	: 02		4 Cambridge & Coleridge AC 313 (5)
19	V40	Greg Deacon	Springfield Striders RC	: 02		5 Mid Essex Casuals 716 (5)
20	SM	Kurtis Swan	Billericay Striders RC	: 17		6 East Essex Triathlon Club 334 (3)
21	V40	Lee Taylor	Southend-on-Sea AC	: 18		7 Braintree & District AC 176 (2)
22	SM	Charlie Parker	Southend-on-Sea AC	: 20		8 Loughton AC 160 (1)
23	SM	Danny Moses	Orion Harriers	: 24		
24	SM	Richard Park	Cambridge & Coleridge AC	: 36		Veteran Team Result (4 to score)
25	SM	Alex Manton	Springfield Striders RC	: 44		1 Springfield Striders RC 134
26	U20	James Stewart	Havering AC	: 53		2 Colchester Harriers AC 144
27	V40	Andy Low	Benfleet Running Club	: 57		3 Orion Harriers 210
28	SM	Steve Mason	Cambridge & Coleridge AC	: 59		4 Havering AC 237
29	SM	Reece Barclay	Orion Harriers	31: 00		5 Benfleet Running Club 238
30	SM	James Nadin	Chelmsford AC	: 03		6 Thurrock Harriers 324
31	V40	Paul Holloway	Ilford AC	: 07		7 Southend-on-Sea AC 326
32	SM	Alex Hardy	Orion Harriers	: 01		8 Billericay Striders RC 335
33	V40	Anthony Goodall	Springfield Striders RC	: 11		9 Ilford AC 369
34	SM	Chris Burgoyne	Springfield Striders RC	: 14		10 Chelmsford AC 433
35	SM	Rhys Gillard	Southend-on-Sea AC	: 17		11 Thrift Green Trotters 438
36	SM	Paul Grange	Havering AC	: 18		12 Phoenix Striders 485
37	SM	George Watts	Benfleet Running Club	: 20		13 Mid Essex Casuals 547
38	V50	Colin Ridley	Colchester Harriers AC	: 22		14 Cambridge & Coleridge AC 261 (3)
39	V40	Paul Dobson	Springfield Striders RC	: 24		15 Halstead RR 347 (3)
40	SM	Reece Asik	Chelmsford AC	: 28		16 Basildon AC 438 (3)
41	SM	James Wright	Springfield Striders RC	: 34		17 Pitsea Running Club 479 (3)
42	V40	Richard Heath	Colchester Harriers AC	: 36		18 East Essex Triathlon Club 214 (2)
43	V40	Seb McGuire	Springfield Striders RC	: 43		19 Braintree & District AC 104 (1)
44	SM	Russell Davies	Springfield Striders RC	: 45		20 Loughton AC 160 (1)
45	V40	Stuart Raven	Springfield Striders RC	: 48		
46	V40	Adam Baker	Orion Harriers	: 51		
47	U20	Euan Harlow	Havering AC	: 56		
48	V40	Mark Harrod	Colchester Harriers AC	: 58		
49	V40	Mark Dillon	Orion Harriers	32: 00		
50	V40	Colin Read	Orion Harriers	: 04		
51	V40	Scott Rice	Thurrock Harriers	: 05		
52	V50	Alec Kyriakides	Southend-on-Sea AC	: 15		
53	SM	Alfie Waitthaka	Havering AC	: 24		
54	SM	Seb Parriss	Ilford AC	: 25		
55	U20	Christian Gray	Basildon AC	: 28		

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Pos	Age	Name	Team	Time
56	V40	Matt Bland	Havering AC	32: 29
57	V50	Michael Bridgeland	Chelmsford AC	: 30
58	SM	Chris Wayman	Benfleet Running Club	: 32
59	SM	Neil McGoun	Orion Harriers	: 37
60	V40	Graham Booty	Benfleet Running Club	: 46
61	V50	Paul Spowage	Colchester Harriers AC	: 51
62	V40	Stuart Putt	Springfield Striders RC	33: 00
63	V50	Robin McCoy	Billericay Striders RC	: 01
64	V50	Neil Crisp	Ilford AC	: 02
65	V40	Tim Wright	Orion Harriers	: 13
66	V40	Terry Spooner	Benfleet Running Club	: 24
67	SM	Wesley Atkins	Halstead RR	: 28
68	V40	Adrian Smith	Orion Harriers	: 44
69	V50	Paul Broome	Springfield Striders RC	: 50
70	SM	Jack Morris	Pitsea Running Club	: 57
71	SM	Gavin Scanlan	Colchester Harriers AC	34: 00
72	U20	Conor Culham	Braintree & District AC	: 01
73	SM	Ewan McFarlane	Phoenix Striders	: 04
74	SM	Shay White	Orion Harriers	: 05
75	U20	Kieran O'Hara	Havering AC	: 08
76	SM	Jim Clark	Halstead RR	: 12
77	V50	Leo Cole	Non-scorer	: 13
78	V50	Mark Gowers	Billericay Striders RC	: 15
79	V50	Peter West	Colchester Harriers AC	: 22
80	V40	Keith Willett	Thurrock Harriers	: 35
81	V40	Gary Atkins	Havering AC	: 38
82	V50	Peter Tullett	Chelmsford AC	: 47
83	V40	Steve Walker	Havering AC	: 49
84	V60	Dave Butler	Billericay Striders RC	: 54
85	V50	Richard Jones	Benfleet Running Club	35: 00
86	SM	Tim Martin	Thurrock Harriers	: 02
87	V40	Jon Byford	Springfield Striders RC	: 07
88	V50	Alan Clark	Benfleet Running Club	: 12
89	V50	Keith Thornton	Thrift Green Trotters	: 13
90	V40	Stuart Presney	Halstead RR	: 17
91	V50	Trevor Horncastle	Phoenix Striders	: 24
92	SM	Tom Anderson	Thurrock Harriers	: 34
93	V40	Jon Wyatt	East Essex Triathlon Club	: 44
94	V50	John Metcalfe	Thurrock Harriers	: 50
95	SM	Jason Crispin	Havering AC	: 55
96	SM	Dan Hollinshead	Halstead RR	36: 03
97	V50	Phil Olsen	Thrift Green Trotters	: 05
98	SM	Lee Gumbrell	Benfleet Running Club	: 34
99	V50	Don Lawless	Thurrock Harriers	: 39
100	V50	James Hart	Orion Harriers	: 42
101	SM	Martin Reynolds	Orion Harriers	: 49
102	V40	Ian Pike	Benfleet Running Club	37: 00
103	SM	Roy Harwood	Benfleet Running Club	: 14
104	V40	Myles Coulson	Braintree & District AC	: 17
105	V60	Bob Langley	Halstead RR	: 22
106	V40	Danny Fitzsimons	Orion Harriers	: 28
107	V40	Steve Bennett	Orion Harriers	: 45
108	SM	Richard Rowe	Havering AC	: 49
109	V60	Peter Binns	Southend-on-Sea AC	: 54
110	V40	Matt Stenning	Billericay Striders RC	: 59

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Pos	Age	Name	Team	Time
111	V60	Charlie Ritchie	Cambridge & Coleridge AC	38: 06
112	V50	Bill Bennett	Orion Harriers	: 10
113	V40	Mike Grout	Benfleet Running Club	: 12
114	SM	Tom Gibson	Phoenix Striders	: 14
115	V50	Julian Catmull	Springfield Striders RC	: 17
116	V40	Nick Knight	Thrift Green Trotters	: 18
117	V50	Dave Brock	Orion Harriers	: 20
118	V50	John Sweeney	Mid Essex Casuals	: 22
119	V40	Dennis Briggs	Ilford AC	: 27
120	SM	Martin Cook	East Essex Triathlon Club	: 29
121	V60	Ian Gill	East Essex Triathlon Club	: 50
122	V50	Steve Foggo	Billericay Striders RC	39: 02
123	V40	Roy Perrott	Orion Harriers	: 05
124	V50	Mark Jeffrey	Springfield Striders RC	: 13
125	V50	Carl Easton	Phoenix Striders	: 17
126	V40	Simon Morgan	Colchester Harriers AC	: 22
127	V50	Kevin Kirby	Chelmsford AC	: 27
128	SM	Kevin Brown	Southend-on-Sea AC	: 40
129	SM	Greg Goodrem	Southend-on-Sea AC	: 40
130	V60	Cliff Weatherup	Mid Essex Casuals	: 51
131	SM	Tony Collins	Havering AC	: 56
132	V40	Lee Hazlewood	Phoenix Striders	40: 05
133	V50	Tim Brockington	Springfield Striders RC	: 15
134	V50	Richard Bullis	Basildon AC	: 20
135	V40	Greg Wisken	Mid Essex Casuals	: 24
136	V50	James MacNish-Porter	Thrift Green Trotters	: 25
137	V40	Paul Agastina	Phoenix Striders	: 28
138	V40	James Price	Phoenix Striders	: 32
139	V40	Gary Rowlatt	Thurrock Harriers	: 36
140	V50	Paul Williams	Orion Harriers	: 43
141	V40	Nigel Instance	Thurrock Harriers	: 58
142	V50	Gary Bartlett	Orion Harriers	41: 01
143	V50	Dave Lane	Phoenix Striders	: 04
144	V40	Matt Gillard	Southend-on-Sea AC	: 09
145	U20	Aidan Elmore	Havering AC	: 22
146	V50	Martin Orford	Phoenix Striders	: 26
147	V50	Neil Clark	Phoenix Striders	: 26
148	V40	Adam Stow	Phoenix Striders	: 33
149	V70	Glyn Smith	Cambridge & Coleridge AC	: 51
150	V40	John Rex	Basildon AC	42: 06
151	V50	Mark Childs	Phoenix Striders	: 48
152	V50	Andy Carter	Halstead RR	: 51
153	V60	Don Sinclair	Pitsea Running Club	43: 16
154	V50	Rhys Davis	Basildon AC	: 38
155	V60	Ted Skinner	Ilford AC	44: 14
156	V40	Ricky Lee	Billericay Striders RC	: 34
157	SM	Ryan Sibley	Phoenix Striders	45: 00
158	V60	Peter McLaughlin	Pitsea Running Club	: 06
159	V60	Keith Walker	Billericay Striders RC	46: 05
160	V60	David Hobbs	Loughton AC	48: 11
161	V50	John Wilkinson	Phoenix Striders	: 18
162	V60	Martin Swain	Benfleet Running Club	: 25
163	V50	Duncan Russell	Phoenix Striders	49: 09
164	V60	Brian Butcher	Mid Essex Casuals	: 43
165	V60	Jim Rourke	Billericay Striders RC	50: 17

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Pos	Age	Name	Team	Time
166	V50	Eddie Mills	Phoenix Striders	50: 45
167	V70	Charlie Ross	Chelmsford AC	51: 45
168	V50	David Davidson	Pitsea Running Club	52: 54
169	V60	Nick McCullough	Mid Essex Casuals	54: 03
170	V50	Nelson Howe	Phoenix Striders	61: 24

Essex Cross Country League

Final Team Standings (best 4 scores)

U13 Girls

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	2	1	1	2	1	5
2	Chelmsford AC	8	3	2	3	3	11
3	Basildon AC	1	6	8	1	4	12
4	Thurrock Harriers	4	5	4	5	5	18
4	Orion Harriers	3	2	7	6	7	18
6	Harlow AC	5	8	6	4	6	21
6	Southend-on-Sea AC	7	7	5	8	2	21
8	Colchester Harriers AC	6	4	9	7	8	25
9	Cambridge and Coleridge AC	12	12	3	20	9	36
10	Colchester & Tendring AC	9	10	20	9	10	38
11	Discovery Triathlon Club	10	11	10	10	20	41
12	Braintree & District AC	20	9	20	20	20	69
13	East Essex Triathlon Club	11	20	20	20	20	71
14	Benfleet Running Club	13	20	20	20	20	73

U13 Boys

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Southend-on-Sea AC	2	1	1	1	1	4
2	Havering AC	1	3	3	2	2	8
3	Cambridge and Coleridge AC	20	2	2	5	5	14
4	Basildon AC	3	5	6	3	4	15
4	Thurrock Harriers	4	6	4	4	3	15
6	East Essex Triathlon Club	6	8	5	7	6	24
7	Chelmsford AC	8	7	7	6	11	28
8	Ilford AC	5	9	20	9	8	31
9	Benfleet Running Club	7	10	10	10	7	34
10	Colchester & Tendring AC	20	4	9	11	20	44
11	Braintree & District AC	20	20	8	8	9	45
12	Discovery Triathlon Club	10	12	11	20	20	53
13	Colchester Harriers AC	20	11	20	12	12	55
14	Harlow AC	9	20	12	20	20	61
14	Orion Harriers	11	20	20	20	10	61
16	Billericay Striders	20	13	20	20	20	73

U15 Girls

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Chelmsford AC	1	3	2	2	1	6
1	Basildon AC	2	2	1	1	4	6
3	Havering AC	3	1	4	3	3	10
4	Orion Harriers	4	4	8	5	7	20
4	Harlow AC	9	6	5	4	5	20
4	Cambridge and Coleridge AC	6	5	3	10	6	20
7	Thurrock Harriers	7	8	7	7	2	23
8	Colchester Harriers AC	5	7	6	6	9	24
9	Braintree & District AC	10	9	9	8	20	36
10	Discovery Triathlon Club	12	12	10	11	20	45
11	East Essex Triathlon Club	8	20	20	9	20	57
12	Colchester & Tendring AC	11	11	20	20	20	62

U15 Boys

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Thurrock Harriers	1	1	2	2	4	6
2	Basildon AC	3	2	8	1	3	9
3	Havering AC	5	4	5	3	2	14
4	Chelmsford AC	4	5	3	4	5	16
5	Ilford AC	2	7	20	7	1	17
6	Colchester Harriers AC	7	8	6	5	6	24
7	Orion Harriers	6	10	4	8	9	27
8	Southend-on-Sea AC	9	9	7	6	8	30
9	Harlow AC	8	6	11	10	7	31
10	Colchester & Tendring AC	12	3	9	20	20	44
11	Cambridge and Coleridge AC	13	13	1	20	20	47
12	Braintree & District AC	20	11	12	9	20	52
12	East Essex Triathlon Club	10	12	10	20	20	52

U17/20 Women

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Havering AC	1	1	2	1	1	4
2	Chelmsford AC	5	2	1	3	3	9
3	Southend-on-Sea AC	3	4	20	2	2	11
4	Benfleet Running Club	2	3	4	4	4	13
5	Basildon AC	4	7	8	7	7	25
6	Harlow AC	9	9	7	5	5	26
6	Thurrock Harriers	7	6	3	10	10	26
8	Colchester & Tendring AC	6	10	5	6	20	27
9	Cambridge and Coleridge AC	11	5	6	20	8	30
10	Ilford AC	20	11	20	8	6	45
11	Colchester Harriers AC	8	8	20	20	20	56
12	Discovery Triathlon Club	20	12	20	9	20	61
13	Orion Harriers	10	13	20	20	20	63
14	East Essex Triathlon Club	20	14	20	20	20	74

U17 Men

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Southend-on-Sea AC	1	2	1	1	2	5
2	Havering AC	2	5	20	4	3	14
3	Colchester & Tendring AC	7	6	4	3	4	17
3	Basildon AC	5	8	3	2	7	17
5	Orion Harriers	3	4	6	6	5	18
5	Thurrock Harriers	8	12	2	7	1	18
7	Colchester Harriers AC	4	3	8	8	20	23
8	Harlow AC	6	7	9	5	20	27
9	East Essex Triathlon Club	11	9	10	10	9	38
9	Benfleet Running Club	10	10	7	11	20	38
11	Braintree & District AC	9	20	20	9	8	46
12	Cambridge and Coleridge AC	20	11	5	20	20	56
13	Chelmsford AC	20	1	20	20	20	61

Senior Women (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Chelmsford AC	1	1	1	2	1	4
2	Basildon AC	3	11	4	1	2	10
3	Southend-on-Sea AC	5	2	2	4	3	11
4	Orion Harriers	4	4	11	3	5	16
5	Colchester Harriers AC	2	3	5	11	9	19
6	Springfield Striders	6	5	6	5	4	20
7	Benfleet Running Club	7	8	7	6	6	26
8	Cambridge and Coleridge AC	20	6	3	9	11	29
9	Thrill Green Trotters	8	7	8	8	7	30
10	Phoenix Striders	9	9	10	7	8	33
11	Ilford AC	10	10	9	10	10	39
12	Thurrock Harriers	11	20	20	20	12	63

Senior Men (incl. Veterans) Div 1

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Springfield Striders	2	3	1	1	1	5
2	Havering AC	1	4	2	6	2	9
3	Chelmsford AC	3	1	9	2	7	13
4	Colchester Harriers AC	4	2	5	4	4	14
5	Orion Harriers	6	5	4	3	3	15
6	Benfleet Running Club	5	7	6	5	6	22
7	Southend-on-Sea AC	7	6	3	9	8	24
8	Ilford AC	9	9	10	7	5	30
9	Basildon AC	8	8	7	10	9	32
10	Phoenix Striders	11	11	8	8	10	37
11	Thrill Green Trotters	10	10	11	11	11	42
12	Pitsea Running Club	12	12	12	12	12	48

Senior Women (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Billericay Striders	1	1	1	5	1	4
2	Halstead RR	2	2	2	2	3	8
3	Havering AC	3	3	3	1	2	9
4	Mid Essex Casuals	7	4	7	3	4	18
5	Pitsea Running Club	5	5	5	6	5	20
6	East Essex Triathlon Club	4	9	4	7	7	22
7	Loughton AC	6	7	20	4	6	23
8	Colchester & Tendring AC	8	6	6	20	20	40
9	Braintree & District AC	20	8	8	8	20	44

Senior Men (incl. Veterans) Div 2

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Thurrock Harriers	1	2	2	1	1	5
2	Cambridge and Coleridge AC	5	1	1	2	4	8
3	Halstead RR	3	5	3	3	3	12
4	Billericay Striders	2	3	7	6	2	13
5	Mid Essex Casuals	4	6	4	4	5	17
6	Braintree & District AC	6	4	8	5	7	22
7	East Essex Triathlon Club	7	7	6	9	6	26
8	Loughton AC	8	8	9	7	8	31
8	Colchester & Tendring AC	9	9	5	8	20	31

Veteran Women

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Springfield Striders	2	1	2	3	1	6
2	Chelmsford AC	3	3	1	1	10	8
3	Orion Harriers	1	5	16	2	3	11
4	Southend-on-Sea AC	4	4	5	6	7	19
5	Billericay Striders	5	6	4	7	8	22
6	Havering AC	7	8	19	4	4	23
7	Benfleet Running Club	6	10	8	5	5	24
8	Colchester Harriers AC	13	2	11	19	2	28
9	Thrill Green Trotters	10	9	6	12	11	36
10	Ilford AC	11	13	6	15	9	39
11	Phoenix Striders	8	12	10	11	12	41
11	Halstead RR	15	7	9	10	15	41
13	Mid Essex Casuals	19	11	17	8	13	49
14	Cambridge & Coleridge AC	20	20	3	17	14	54
15	Loughton AC	12	14	25	9	20	55
16	Basildon AC	14	18	12	14	16	56
16	East Essex Triathlon Club	9	19	13	16	18	56
18	Pitsea Running Club	16	15	14	13	17	58
19	Colchester & Tendring AC	17	16	15	25	20	68
20	Braintree & District AC	25	17	18	18	19	72
21	Thurrock Harriers	18	25	25	25	6	74

Veteran Men

Pos	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Total
1	Springfield Striders	1	2	2	1	1	5
2	Colchester Harriers AC	6	1	1	2	2	6
3	Orion Harriers	4	3	3	6	3	13
4	Benfleet Running Club	2	10	6	3	5	16
5	Southend-on-Sea AC	3	7	5	8	7	22
6	Havering AC	5	5	14	9	4	23
7	Thurrock Harriers	8	4	7	7	6	24
8	Chelmsford AC	7	8	8	5	10	28
9	Ilford AC	11	9	11	4	9	33
10	Billericay Striders	10	6	18	14	8	38
11	Thrill Green Trotters	9	11	9	15	11	40
12	Halstead RR	15	11	10	10	15	46
13	Cambridge & Coleridge AC	17	20	3	13	14	47
14	Phoenix Striders	12	14	13	11	12	48
15	Mid Essex Casuals	14	15	15	12	13	54
15	Basildon AC	13	13	12	25	16	54
17	Pitsea Running Club	20	19	16	17	17	69
17	Loughton AC	16	17	21	16	20	69
19	East Essex Triathlon Club	18	18	17	19	18	71
20	Braintree & District AC	19	16	19	18	19	72
21	Colchester & Tendring AC	25	25	20	25	25	95