

Essex Cross Country League (4)

<u>Basildon</u>				<u>U13 Boys</u>				<u>10/02/2018</u>			
Pos	Name	Team	Time	Pos	Name	Team	Time	Pos	Name	Team	Time
1	Matthew Blacklock	Havering AC	11: 37	41	Lewis Waite	Chelmsford AC	23				
2	Henry Dover	Colchester & Tendring AC	12: 03	42	Benedict Heath	Benfleet Running Club	43				
3	Thomas Wood	Braintree & District AC	16	43	Fred Walton	Colchester & Tendring AC	55				
4	Harry Lewis	Basildon AC	22	44	Liam Keevil	Basildon AC	17: 44				
5	Arthur Ansell	Orion Harriers	23	45	Oliver Shead	Havering AC	55				
6	Shane Hart	Havering AC	23	46	Bailey Hartman	Benfleet Running Club	18: 10				
7	Frank Lewis	Basildon AC	30								
8	Matthew Hick	Ilford AC	35								
9	Luca McGrath	Cambridge & Coleridge AC	39								
10	Lawrence Martin	Chelmsford AC	56								
11	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	57								
12	Thomas Peacock	Thurrock Harriers	13: 08								
13	Jack Edwards	Basildon AC	12								
14	Cassidy Dyke	Thurrock Harriers	13								
15	Jacob Alexander	Chelmsford AC	16								
16	Henry Ansell	Orion Harriers	20								
17	Harrison Thorpe	Basildon AC	26								
18	Alex Hawney	Basildon AC	27								
19	Alistair Moscuza	Braintree & District AC	00								
20	Alexander Milkowski	Harlow AC	38								
21	Cooper Mills	Chelmsford AC	44								
22	Onyekachukwu Okoh	Chelmsford AC	57								
23	Alex Kerr	Havering AC	14: 01								
24	Noah Trencher	Thurrock Harriers	04								
25	Harry Elgar	Southend-on-Sea AC	06								
26	Ryan McCarthy	Havering AC	08								
27	Henry Campion	Southend-on-Sea AC	09								
28	Charlie Parmenter	Colchester Harriers AC	14								
29	Eddie De Souza	Orion Harriers	22								
30	Jack Warren	Thurrock Harriers	23								
31	Jonathan Pearson	Havering AC	24								
32	Harry Tobin	Thurrock Harriers	25								
33	Azuka Okoh	Chelmsford AC	27								
34	Dominic Gal	Southend-on-Sea AC	32								
35	Joshua Lee-Prime	Havering AC	37								
36	Matthew Collins	Southend-on-Sea AC	39								
37	Jack Rushworth	Harlow AC	42								
38	Max Robbins	Havering AC	43								
39	James Tudor	Havering AC	43								
40	Owen Keen	Orion Harriers	15: 07								

Teams		
1	Basildon AC	41
2	Havering AC	56
3	Chelmsford AC	68
4	Thurrock Harriers	80
5	Orion Harriers	90
6	Southend-on-Sea AC	122
7	Cambridge & Coleridge AC	20 (2)
8	Braintree & District AC	22 (2)
9	Colchester & Tendring AC	45 (2)
10	Harlow AC	57 (2)
11	Benfleet Running Club	88 (2)
12	Ilford AC	8 (1)
13	Colchester Harriers AC	28 (1)

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Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	U13 G	Erin Little	Chelmsford AC	3
2	U13 G	Freya Seymour	Basildon AC	11
3	U13 G	Chloe Rand	Havering AC	13
4	U13 G	Kiera Atkinson	Chelmsford AC	15
4	U13 G	Maisy Silverstone	Orion Harriers	15
6	U13 G	Nneka Okoh	Chelmsford AC	16
7	U13 G	Holly Watson	Chelmsford AC	19
8	U13 G	Jayne Elvin	Thurrock Harriers	20
9	U13 G	Matilda Canty	Havering AC	24
10	U13 G	Ruby Muffett	Southend-on-Sea AC	29
11	U13 G	Madeline Barker	Havering AC	33
12	U13 G	Francesca Turner	Basildon AC	35
13	U13 G	Freya Long	Havering AC	36
14	U13 G	Grace Holmes	Southend-on-Sea AC	38
15	U13 G	Millie Costin	Basildon AC	52
16	U13 G	Hannah Warner	Southend-on-Sea AC	53
17	U13 G	Sophie Foot	Orion Harriers	57
18	U13 G	Rosie Spring	Thurrock Harriers	59
19	U13 G	Libby Gosling	Orion Harriers	64
20	U13 G	Heidi Aylen	Havering AC	69
21	U13 G	Verity Garcia	Orion Harriers	72
22	U13 G	Anna Leinemann	Discovery Triathlon Club	77
23	U13 G	Jessica Turner	Basildon AC	79
23	U13 G	Lucia De Cristofano	Benfleet Running Club	79
25	U13 G	Eliza Sole	Southend-on-Sea AC	86
26	U13 G	Rebekah Long	Chelmsford AC	87
27	U13 G	Mabel Cowley	Basildon AC	93
28	U13 G	Lauren Holmes	Basildon AC	95
29	U13 G	Amelia Jones	Southend-on-Sea AC	98
30	U13 G	Sophia Stephanou	Havering AC	108
31	U13 G	Leah Hampson-Long	Benfleet Running Club	115

Pos	Cat	Athlete	Team	Pts
1	U13 B	Matthew Blacklock	Havering AC	3
2	U13 B	Henry Dover	Colchester & Tendring AC	7
3	U13 B	Will Steadman	Chelmsford AC	18
4	U13 B	Shane Hart	Havering AC	22
5	U13 B	Thomas Wood	Braintree & District AC	24
6	U13 B	Matthew Hick	Ilford AC	25
7	U13 B	Cooper Mills	Chelmsford AC	33
8	U13 B	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	36
9	U13 B	Harrison Thorpe	Basildon AC	37
9	U13 B	Jacob Alexander	Chelmsford AC	37
11	U13 B	Lawrence Martin	Chelmsford AC	40
12	U13 B	Thomas Peacock	Thurrock Harriers	47
13	U13 B	Ronan Longman-Young	Benfleet Running Club	48
14	U13 B	Joseph Perry	Chelmsford AC	54

Individual positions after four fixtures (best three scores)

15	U13 B	Jack Edwards	Basildon AC	61
16	U13 B	Harry Elgar	Southend-on-Sea AC	62
17	U13 B	Alex Kerr	Havering AC	63
18	U13 B	Onyekachukwu Okoh	Chelmsford AC	67
18	U13 B	Alistair Moscuzza	Braintree & District AC	67
18	U13 B	Harry Tobin	Thurrock Harriers	67
21	U13 B	Charlie Parmenter	Colchester Harriers AC	82
22	U13 B	Matthew Collins	Southend-on-Sea AC	87
23	U13 B	Jack Rushworth	Harlow AC	90
24	U13 B	Dominic Gal	Southend-on-Sea AC	93
24	U13 B	Kieran Rodd	Southend-on-Sea AC	93
26	U13 B	Ryan McCarthy	Havering AC	102
27	U13 B	James Tudor	Havering AC	108
28	U13 B	Benedict Heath	Benfleet Running Club	113

Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	U15G	Sydney Foley	Havering AC	5
2	U15G	Megan Harris	Basildon AC	6
3	U15G	Matilda Taylor	Cambridge & Coleridge AC	9
4	U15G	Milly Presland	Colchester Harriers AC	11
5	U15G	Sophie Wetheridge	Basildon AC	17
6	U15G	Lauryn Wood	Chelmsford AC	26
7	U15G	Madison Harris	Basildon AC	27
8	U15G	Faye Sweeting	Chelmsford AC	28
9	U15G	Martha Smith	Chelmsford AC	29
10	U15G	Millie Robson	Cambridge & Coleridge AC	30
10	U15G	Sophie Magson	Orion Harriers	30
12	U15G	Daizy Harris	Basildon AC	31
13	U15G	Hannah Bolton	Chelmsford AC	33
14	U15G	Sasha Clark	Cambridge & Coleridge AC	51
15	U15G	Isabel Judd	Basildon AC	52
16	U15G	Amelie Maris	Cambridge & Coleridge AC	56
17	U15G	Madeleine Claydon	Colchester Harriers AC	58
18	U15G	Sasha Whiley	Chelmsford AC	60
19	U15G	Hannah Peacock	Thurrock Harriers	62
20	U15G	Maddie Piron	Harlow AC	65
20	U15G	Rebecca O'Rourke	Havering AC	65
22	U15G	Hollie Rex	Basildon AC	66
23	U15G	Lois Hale	Harlow AC	71
24	U15G	Annie Grannell	Havering AC	72
25	U15G	Alex Dorson	Orion Harriers	74
25	U15G	Morgan Romain	Havering AC	74
27	U15G	Grace Malcolm	Harlow AC	78
28	U15G	Kennedy Beardwell	Thurrock Harriers	91
29	U15G	Leah Brewer	Thurrock Harriers	93
30	U15G	Iris Brandon	Orion Harriers	95
31	U15G	Emily Fall	Thurrock Harriers	96
32	U15G	Becci Leddy	Orion Harriers	99
33	U15G	Lena Leinemann	Discovery Triathlon Club	101
34	U15G	Freya Hudson	Basildon AC	103
35	U15G	Eve Smith	Orion Harriers	112

Pos	Cat	Athlete	Team	Pts
1	U15 B	Finnlay Lowe	Thurrock Harriers	4
2	U15 B	Luke Meridew	Basildon AC	8
3	U15 B	Jamie Rashbrook	Basildon AC	10
4	U15 B	Ethan Reilly	Chelmsford AC	12
5	U15 B	Matthew Warner	Southend-on-Sea AC	20
6	U15 B	Matthew Magin	Cambridge & Coleridge AC	24
7	U15 B	Luke Randall	Southend-on-Sea AC	26
8	U15 B	Aaron Davis	Chelmsford AC	36
9	U15 B	George Hey	Southend-on-Sea AC	38
10	U15 B	Dylan Harrod	Thurrock Harriers	44

Individual positions after four fixtures (best three scores)

11	U15 B	Luke Chester	Havering AC	46
11	U15 B	Nathan Boase	Orion Harriers	46
13	U15 B	Archie Conners	Benfleet Running Club	47
14	U15 B	Charlie Regan	Colchester & Tendring AC	61
15	U15 B	Samuel Waite	Chelmsford AC	62
16	U15 B	Henry Lay	Havering AC	65
17	U15 B	Matthew Pinney	Cambridge & Coleridge AC	68
18	U15 B	Scott Thomas	Chelmsford AC	73
19	U15 B	Henry Jones	Orion Harriers	85
20	U15 B	Timi McDaniel	Havering AC	86
21	U15 B	Daniel Edwards	Basildon AC	87
22	U15 B	Jake Long	Havering AC	94
23	U15 B	Kyle Gill	East Essex Triathlon Club	96
24	U15 B	Haydn Hawkins	Braintree & District AC	99
24	U15 B	Joseph Watts	Orion Harriers	99
26	U15 B	Sunny Vehit	Thurrock Harriers	109

Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	U17W	Kate O'Neill	Havering AC	5
2	U17W	Hayley Instance	Thurrock Harriers	7
3	U17W	Hannah Watson	Colchester Harriers AC	20
4	U17W	Annalie Cole	Orion Harriers	25
5	U17W	Aoibheann Pearce	Orion Harriers	31
6	U17W	Joanna Rimmington	Southend-on-Sea AC	32
6	U17W	Beth Ashley	Basildon AC	32
8	U17W	Jenna Williams	Southend-on-Sea AC	34
9	U17W	Abby Rex	Basildon AC	35
10	U17W	Beth Irving	Cambridge & Coleridge AC	36
11	U17W	Jordan Hinds	Ilford AC	46
12	U17W	Catherine Barker	Havering AC	50
13	U17W	Lucy Priestley	Havering AC	77

1	U20W	Rachel Broome	Chelmsford AC	9
2	U20W	Sinead Clark	Benfleet Running Club	11
3	U20W	Ellen Williams	Southend-on-Sea AC	39

Pos	Cat	Athlete	Team	Pts
1	U17M	Lewis Harknett	Orion Harriers	5
2	U17M	Sarab Dhillon	Thurrock Harriers	16
3	U17M	Zack Bridgeland	Chelmsford AC	19
4	U17M	Joseph Trim	East Essex Triathlon Club	20
5	U17M	Sam Norris	Southend-on-Sea AC	21
6	U17M	Oliver Randall	Southend-on-Sea AC	22
6	U17M	Taylor Newell	Thurrock Harriers	22
8	U17M	Ben Prior	Thurrock Harriers	23
9	U17M	Sam Wheatley	Southend-on-Sea AC	35
10	U17M	Danny Millward	Colchester Harriers AC	37
11	U17M	Luke Savage	Basildon AC	39
12	U17M	Alex Friend	Havering AC	45
13	U17M	Luke Gill	East Essex Triathlon Club	46
14	U17M	Matthew Houchell	Basildon AC	63
15	U17M	George Hill	Basildon AC	65
16	U17M	William Jones	Orion Harriers	70
17	U17M	George Applewhite	Basildon AC	79
18	U17M	Henri Willett	Thurrock Harriers	83
19	U17M	Elijah Brown	Southend-on-Sea AC	86
20	U17M	Mark Beale	Chelmsford AC	91
21	U17M	Louis Berrett	Havering AC	93

Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	U20M	George Day	Orion Harriers	17
2	U20M	Max Williams	Cambridge & Coleridge AC	27
3	U20M	Brandon Thorpe	Basildon AC	38
4	U20M	James Stewart	Havering AC	40
5	U20M	Benjamin Miller	Colchester & Tendring AC	137
6	U20M	Joe Logan	Thurrock Harriers	144
7	U20M	Lewis Debenham	Havering AC	178
8	U20M	Kieran O'Hara	Havering AC	186
9	U20M	Conor Culham	Braintree & District AC	191
10	U20M	Joshua Mulley	Braintree & District AC	203
11	U20M	Aidan Elmore	Havering AC	433

Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	SW	Megan Evans	Chelmsford AC	10
2	SW	Clare Thurgood	Orion Harriers	11
3	SW	Charlotte Bishop	Basildon AC	20
4	SW	Rebecca Cole	Chelmsford AC	26
5	SW	Ginte Bailey	Havering AC	29
6	SW	Nicola Bredin	Benfleet Running Club	39
7	SW	Hayley Lamkin	Southend-on-Sea AC	41
8	SW	Ella Neale	Colchester Harriers AC	50
9	SW	Holly Gillard	Southend-on-Sea AC	58
10	SW	Hayley Pegg	Chelmsford AC	61
11	SW	Sarah Pennington	Southend-on-Sea AC	70
12	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	92
13	SW	Jade Edwards	Havering AC	109
14	SW	Carlie Qirem	Iford AC	150
15	SW	Amy Gornall	Thrift Green Trotters	177
16	SW	Leigh-Anne Porter	Halstead RR	194
17	SW	Anna Crawley	Iford AC	232
18	SW	Charlotte Edwards	Thurrock Harriers	243
19	SW	Vicki Calleja	Thrift Green Trotters	270
20	SW	Sasha Tourbassora	JBR Run and Tri	294
21	SW	Hannah Bardell	JBR Run and Tri	311
1	V35/V40W	Rachel Wiseman	Basildon AC	7
2	V35/V40W	Rebecca Luxton	Chelmsford AC	17
3	V35/V40W	Hayley Rogerson	Orion Harriers	42
4	V35/V40W	Louise Douglass	Basildon AC	85
5	V35/V40W	Ellie Cumner	Colchester Harriers AC	88
6	V35/V40W	Rachael Roughan	Halstead RR	94
7	V35/V40W	Polly Bridgman	Springfield Striders RC	99
8	V35/V40W	Lorraine Gosling	Orion Harriers	112
8	V35/V40W	Kerry Harrington	Grange Farm & Dunmow Runners	112
10	V35/V40W	Joanne Sullivan	Havering AC	114
11	V35/V40W	Marijke Van Eetvelde	Thrift Green Trotters	143
12	V35/V40W	Ruth Havis	Billericay Striders RC	154
13	V35/V40W	Clare Worley	Billericay Striders RC	156
14	V35/V40W	Anna Bambridge	Halstead RR	249
15	V35/V40W	Sharon Johnson	JBR Run and Tri	257
16	V35/V40W	Emily Penkett	Springfield Striders RC	268
17	V35/V40W	Clare Rudgley	Havering AC	280
18	V35/V40W	Stephanie Milligan	JBR Run and Tri	314
19	V35/V40W	Heather Impey	Phoenix Striders	345
20	V35/V40W	Jackie Bushnell	Phoenix Striders	371
1	V45/V50W	Wendy King	Chelmsford AC	28
2	V45/V50W	Debbie Appleton	Havering AC	38
3	V45/V50W	Denise Morley	Colchester Harriers AC	46
4	V45/V50W	Anne Jenkinson	Southend-on-Sea AC	83

Individual positions after four fixtures (best three scores)

5	V45/V50W	Lorna Gaffney	Loughton AC	121
6	V45/V50W	Jodie Farrell	Thurrock Harriers	129
7	V45/V50W	Vanessa Mathers	Southend-on-Sea AC	130
8	V45/V50W	Pippa Dowswell	Orion Harriers	132
9	V45/V50W	Nikki Leigh	Benfleet Running Club	137
10	V45/V50W	Mandy Wetheridge	Basildon AC	166
11	V45/V50W	Brady Ramsay	Grange Farm & Dunmow Runners	178
12	V45/V50W	Joanne Ling	Billericay Striders RC	190
13	V45/V50W	Kelly McClenaghan	Benfleet Running Club	192
14	V45/V50W	Louise Young	JBR Run and Tri	196
15	V45/V50W	Jo Pearce	Phoenix Striders	212
16	V45/V50W	Annette Johnson	Benfleet Running Club	221
16	V45/V50W	Wendy Carter	Halstead RR	221
18	V45/V50W	Juliet Ward	Havering AC	230
19	V45/V50W	Shona Browning	Billericay Striders RC	238
20	V45/V50W	Debbielyn Hallam	Southend-on-Sea AC	246
21	V45/V50W	Lorna Pettifer	Mid Essex Casuals	282
22	V45/V50W	Nicole Smith	Halstead RR	283
23	V45/V50W	Tracy O'Neill	Havering AC	297
24	V45/V50W	Nicola Maslen	Phoenix Striders	313
25	V45/V50W	Launa Broadley	Iford AC	342
26	V45/V50W	Michaela Davis	Loughton AC	351
27	V45/V50W	Nicola Burston	Phoenix Striders	358
1	V55/V60W	Nicola Hopkinson	Iford AC	143
2	V55/V60W	Helen Williams	Pitsea Running Club	304
3	V55/V60W	Gillian Harrison	Pitsea Running Club	311
4	V55/V60W	Jackie M Woodroffe	Thrift Green Trotters	330
1	V65/V70W	Lynn Tanner	Springfield Striders RC	221
2	V65/V70W	Caroline Cogdell	Pitsea Running Club	279
3	V65/V70W	Jean Hobbs	Loughton AC	304
4	V65/V70W	Theresa Flannigan	East Essex Triathlon Club	320

Individual positions after four fixtures (best three scores)

Pos	Cat	Athlete	Team	Pts
1	SM	Rob Warner	Havering AC	8
2	SM	Ryan Prout	Thrift Green Trotters	14
3	SM	Paul Grange	Havering AC	23
4	SM	Alec Finch	Thurrock Harriers	31
5	SM	Tom Gardner	Ilford AC	34
6	SM	Kurtis Swan	Billericay Striders RC	42
7	SM	Alex Manton	Springfield Striders RC	50
8	SM	James Smith	Springfield Striders RC	54
9	SM	Rhys Gillard	Southend-on-Sea AC	62
10	SM	Reece Barclay	Orion Harriers	71
11	SM	Lee Baynton	Benfleet Running Club	87
12	SM	Chris Sellens	Colchester Harriers AC	89
13	SM	Brian Jenkins	Orion Harriers	97
14	SM	George Watts	Benfleet Running Club	120
14	SM	Matt Bainbridge	Grange Farm & Dunmow Runners	120
16	SM	Patrick Walsh	Southend-on-Sea AC	131
17	SM	John Whitehead	Havering AC	135
18	SM	Wesley Atkins	Halstead RR	169
19	SM	Jack Morris	Pitsea Running Club	178
20	SM	Freddy Keefe	Havering AC	180
21	SM	Peter Fairlamb	Orion Harriers	184
22	SM	Gavin Scanlan	Colchester Harriers AC	189
23	SM	Michael Feltham	Benfleet Running Club	210
24	SM	Ewan McFarlane	Phoenix Striders	211
25	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	222
26	SM	Sebastian Parris	Ilford AC	226
27	SM	John Crawley	Ilford AC	227
28	SM	Thomas Walsh	Southend-on-Sea AC	256
29	SM	Christian Gray	East Essex Triathlon Club	287
30	SM	Tim Martin	Thurrock Harriers	320
30	SM	Tom Porter	Halstead RR	320
32	SM	Jon Greenley	Halstead RR	325
33	SM	Robert Frost	Halstead RR	376
34	SM	Samuel Robinson	Grange Farm & Dunmow Runners	383
35	SM	Greg Goodrem	Southend-on-Sea AC	444
36	SM	Tony Collins	Havering AC	469
37	SM	William Holman	Phoenix Striders	545
1	V40/V45M	Lee Taylor	Southend-on-Sea AC	28
2	V40/V45M	Malcolm Muir	Ilford AC	65
3	V40/V45M	Adam Baker	Orion Harriers	84
4	V40/V45M	Allen Smalls	Colchester Harriers AC	89
5	V40/V45M	Andrew Low	Benfleet Running Club	113
6	V40/V45M	Lee Martin	Springfield Striders RC	121
7	V40/V45M	Scott Rice	Thurrock Harriers	151
8	V40/V45M	Graham Booty	Benfleet Running Club	153
9	V40/V45M	Paul Holloway	Ilford AC	155

Individual positions after four fixtures (best three scores)

10	V40/V45M	Terry Spooner	Benfleet Running Club	160
11	V40/V45M	Martin Chester	Havering AC	173
12	V40/V45M	Adrian Smith	Orion Harriers	202
13	V40/V45M	Keith Willett	Thurrock Harriers	215
14	V40/V45M	Tim Wright	Orion Harriers	233
15	V40/V45M	Peter Barrett	Thrift Green Trotters	240
16	V40/V45M	Jon Whitehouse	Loughton AC	246
17	V40/V45M	Steve Walker	Havering AC	279
18	V40/V45M	Richard Bonham	Mid Essex Casuals	303
19	V40/V45M	Diarmuid MacDonnell	Guest	325
20	V40/V45M	Ian Pike	Benfleet Running Club	330
21	V40/V45M	Roy Perrott	Orion Harriers	358
22	V40/V45M	Paul Mitchell	Thurrock Harriers	376
23	V40/V45M	Steven Ball	Thurrock Harriers	380
24	V40/V45M	Dennis Briggs	Iford AC	397
25	V40/V45M	Stephen Bennett	Orion Harriers	398
26	V40/V45M	Ashwin Shah	Grange Farm & Dunmow Runners	404
27	V40/V45M	Matthew Gillard	Southend-on-Sea AC	458
28	V40/V45M	Alasdair S Daw	Billericay Striders RC	474
29	V40/V45M	Trevor Robinson	Loughton AC	501
30	V40/V45M	Roy Miller	Colchester & Tendring AC	540
31	V40/V45M	Sean Collinson	JBR Run and Tri	584
32	V40/V45M	Jon Brown	JBR Run and Tri	598
1	V50/V55M	Matthew Bland	Havering AC	91
2	V50/V55M	Colin Read	Orion Harriers	93
3	V50/V55M	Colin Ridley	Colchester Harriers AC	109
4	V50/V55M	John Barker	Thrift Green Trotters	155
5	V50/V55M	Michael Bridgeland	Chelmsford AC	171
6	V50/V55M	Alec Kyriakides	Southend-on-Sea AC	201
7	V50/V55M	Peter West	Colchester Harriers AC	228
8	V50/V55M	Neil Crisp	Iford AC	236
9	V50/V55M	Nick Rankin	Benfleet Running Club	261
10	V50/V55M	Alan Clark	Benfleet Running Club	262
11	V50/V55M	Keith Thornton	Thrift Green Trotters	278
12	V50/V55M	Eamonn Shelley	Thurrock Harriers	288
13	V50/V55M	Peter Tullett	Chelmsford AC	308
14	V50/V55M	Phil Olsen	Thrift Green Trotters	310
15	V50/V55M	Simon Morgan	Colchester Harriers AC	347
16	V50/V55M	Doug Stephens	Benfleet Running Club	368
17	V50/V55M	Martin Mack	Springfield Striders RC	373
18	V50/V55M	Paul Berrett	Havering AC	374
19	V50/V55M	Daniel Ward	Thrift Green Trotters	376
20	V50/V55M	Christopher Applegate	Thurrock Harriers	382
21	V50/V55M	Colin White	Billericay Striders RC	387
22	V50/V55M	Mark Jeffrey	Springfield Striders RC	395
23	V50/V55M	David Findlay	Basildon AC	412
24	V50/V55M	John Sweeney	Mid Essex Casuals	428

Individual positions after four fixtures (best three scores)

25	V50/V55M	Dave Hallett	JBR Run and Tri	435
26	V50/V55M	Greg Wiskin	Mid Essex Casuals	446
27	V50/V55M	Stephen Burton	Benfleet Running Club	449
28	V50/V55M	Andy Hawes	JBR Run and Tri	462
29	V50/V55M	Kevin Kirby	Chelmsford AC	463
30	V50/V55M	Ian Lawson	Grange Farm & Dunmow Runners	470
31	V50/V55M	Neal Clark	Phoenix Striders	485
32	V50/V55M	Stephen Cheal	Ilford AC	505
33	V50/V55M	Phillip Young	JBR Run and Tri	506
34	V50/V55M	Colin Wilkinson	Phoenix Striders	510
35	V50/V55M	Martin Orford	Phoenix Striders	515
36	V50/V55M	Paul Williams	Orion Harriers	518
37	V50/V55M	Anthony Young	Ilford AC	526
38	V50/V55M	Lee Prowse	Grange Farm & Dunmow Runners	532
39	V50/V55M	Billy Green	Ilford AC	534
40	V50/V55M	Clive Bailey	JBR Run and Tri	552
41	V50/V55M	Paul R Tawn	Mid Essex Casuals	564
42	V50/V55M	Satha Alaganandasundaram	Ilford AC	571
43	V50/V55M	Stephen Williams	Chelmsford AC	596
44	V50/V55M	Duncan Russell	Phoenix Striders	608
45	V50/V55M	Dave Girt	Southend-on-Sea AC	619
1	V60/V65M	David Butler	Billericay Striders RC	322
2	V60/V65M	Mike Bumstead	Thurrock Harriers	377
3	V60/V65M	Tim Brockington	Springfield Striders RC	431
4	V60/V65M	Bill Bennett	Orion Harriers	437
5	V60/V65M	Ian Gill	East Essex Triathlon Club	444
6	V60/V65M	Bernard Johnson	Thurrock Harriers	481
7	V60/V65M	Edward Skinner	Tiptree Road Runners	512
8	V60/V65M	Donald Sinclair	Pitsea Running Club	524
9	V60/V65M	Kevin Judge	Benfleet Running Club	566
10	V60/V65M	Brian Butcher	Mid Essex Casuals	578
11	V60/V65M	David Game	Mid Essex Casuals	599
12	V60/V65M	Peter Bates	Pitsea Running Club	611
13	V60/V65M	Peter McLaughlin	Pitsea Running Club	636
1	V70M +	Peter Binns	Southend-on-Sea AC	383
2	V70M +	Anthony Nixon	Ilford AC	390
3	V70M +	David Hobbs	Loughton AC	636

Essex Cross Country League (4)

<u>Basildon</u>			<u>Senior Men</u>	<u>10/02/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	U20	Ben Davis	Havering AC	27: 54	1 Havering AC 46
2	SM	Grant Twist	Havering AC	28: 10	2 Orion Harriers 139
3	SM	Ryan Prout	Thrift Green Trotters	: 28	3 Ilford AC 225
4	SM	Rob Warner	Havering AC	: 38	4 Southend-on-Sea AC 246
5	U20	George Day	Orion Harriers	29: 28	5 Colchester Harriers AC 268
6	SM	Ed Mitchell	Colchester Harriers AC	: 37	6 Benfleet Running Club 279
7	SM	Alex Richards	Ilford AC	: 47	7 Springfield Striders RC 293
8	V40	Lee Taylor	Southend-on-Sea AC	: 55	8 Thurrock Harriers 325
9	SM	Paul Grange	Havering AC	: 56	9 Chelmsford AC 532
10	U20	James Stewart	Havering AC	: 57	10 Cambridge & Coleridge AC 38 (2)
11	SM	Tom Gardner	Ilford AC	30: 02	11 Halstead RR 174 (2)
12	U20	Brandon Thorpe	Basildon AC	: 07	12 Basildon AC 177 (2)
13	SM	Rhys Gillard	Southend-on-Sea AC	: 10	
14	U20	Max Williams	Cambridge & Coleridge AC	: 15	Division 2 Teams (6 score)
15	SM	Alec Finch	Thurrock Harriers	: 16	1 Thrift Green Trotters 383
16	SM	James Smith	Springfield Striders RC	: 24	2 Billericay Striders RC 493
17	SM	Alex Manton	Springfield Striders RC	: 32	3 Grange Farm & Dunmow Runr 530
18	V40	Malcolm Muir	Ilford AC	: 34	4 Tiptree Road Runners 800
19	SM	Brian Jenkins	Orion Harriers	: 38	5 Phoenix Striders 850
20	V45	Steve Rand	Havering AC	: 39	6 JBR Run and Tri 855
21	SM	Reece Barclay	Orion Harriers	: 41	7 Mid Essex Casuals 865
22	SM	Alfie Waitbaka	Havering AC	: 48	8 Pitsea Running Club 882
23	SM	Lee Baynton	Benfleet Running Club	: 51	9 Witham Running Club 688 (5)
24	SM	Richard Park	Cambridge & Coleridge AC	: 57	10 Braintree & District AC 114 (2)
25	SM	Kurtis Swan	Billericay Striders RC	31: 02	11 East Essex Triathlon Club 222 (2)
26	V40	Jason Lendon	Havering AC	: 05	12 Loughton AC 230 (2)
27	V50	Matthew Bland	Havering AC	: 12	
28	SM	John Whitehead	Havering AC	: 18	Veteran Team Result (4 to score)
29	SM	Ben Hall	Orion Harriers	: 25	1 Havering AC 161
30	V45	Adam Baker	Orion Harriers	: 30	2 Benfleet Running Club 172
31	U20	Oscar Dawson	Colchester Harriers AC	: 34	3 Orion Harriers 213
32	SM	Chris Hutton	Southend-on-Sea AC	: 36	4 Colchester Harriers AC 249
33	SM	Barry Smith	Havering AC	: 38	5 Ilford AC 297
34	SM	Lee Pickering	Grange Farm & Dunmow Runr	: 39	6 Springfield Striders RC 297
35	V50	Colin Read	Orion Harriers	: 40	7 Thrift Green Trotters 301
36	V45	Andrew Low	Benfleet Running Club	: 43	8 Thurrock Harriers 309
37	SM	Matt Bainbridge	Grange Farm & Dunmow Runr	: 44	9 Southend-on-Sea AC 319
38	SM	Chris O'Hara	Billericay Striders RC	: 45	10 Chelmsford AC 327
39	SM	Patrick Walsh	Southend-on-Sea AC	: 55	11 Billericay Striders RC 430
40	V45	Lee Martin	Springfield Striders RC	32: 06	12 Mid Essex Casuals 513
41	V50	John Barker	Thrift Green Trotters	: 08	13 Tiptree Road Runners 523
42	V45	Scott Rice	Thurrock Harriers	: 14	14 Witham Running Club 524
43	V40	Paul Ruffly	Benfleet Running Club	: 16	15 Grange Farm & Dunmow Runr 532
44	V45	Graham Booty	Benfleet Running Club	: 18	16 JBR Run and Tri 591
45	SM	Peter Fairlamb	Orion Harriers	: 19	17 Phoenix Striders 619
46	SM	Jack Morris	Pitsea Running Club	: 20	18 Pitsea Running Club 649
47	V45	Robin Tubbs	Chelmsford AC	: 21	19 Loughton AC 230 (2)
48	V55	Colin Ridley	Colchester Harriers AC	: 27	20 East Essex Triathlon Club 125 (1)
49	V45	Terry Spooner	Benfleet Running Club	: 34	21 Basildon AC 165 (1)
50	V50	Steve Philcox	Ilford AC	: 36	
51	V45	Gary Coombes	Guest	: 38	
52	SM	Shawn Brown	Thurrock Harriers	: 39	
53	U20	Joe Logan	Thurrock Harriers	: 48	
54	U20	Joshua Mulley	Braintree & District AC	33: 01	
55	SM	Alex Sales	Colchester Harriers AC	: 06	

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Pos	Age	Name	Team	Time
56	SM	Wesley Atkins	Halstead RR	: 07
57	V40	Stuart Raven	Springfield Striders RC	: 08
58	U20	Ewan Harlow	Havering AC	: 12
59	SM	Ewan McFarlane	Phoenix Striders	: 17
60	U20	Conor Culham	Braintree & District AC	: 19
61	V50	Alec Kyriakides	Southend-on-Sea AC	: 20
62	V40	Paul Rodgers	Colchester Harriers AC	: 27
63	V55	Michael Bridgeland	Chelmsford AC	: 35
64	U20	Kieran O'Hara	Havering AC	: 39
65	SM	Sebastian Parris	Ilford AC	: 41
66	SM	Gavin Scanlan	Colchester Harriers AC	: 45
67	V50	Peter West	Colchester Harriers AC	: 46
68	U20	Lewis Debenham	Havering AC	: 47
69	V40	Keith Willett	Thurrock Harriers	: 53
70	V40	Peter Barrett	Thrift Green Trotters	: 54
71	SM	Freddy Keefe	Havering AC	: 57
72	V50	Richard Flutter	Colchester Harriers AC	: 58
73	V45	Adrian Smith	Orion Harriers	34: 14
74	SM	John Crawley	Ilford AC	: 18
75	V45	Glen Gosling	Orion Harriers	: 22
76	V50	Leo Cole	Witham Running Club	: 27
77	SM	Richard Waters	Chelmsford AC	: 32
78	V40	Paul Preston	Colchester Harriers AC	: 35
79	SM	David Doel	Thrift Green Trotters	: 40
80	V50	Robin McCoy	Springfield Striders RC	: 49
81	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	35: 00
82	V40	Jon Whitehouse	Loughton AC	: 07
83	SM	Gary Robinson	Springfield Striders RC	: 18
84	V50	Alan Clark	Benfleet Running Club	: 19
85	SM	Dave Pennington	JBR Run and Tri	: 23
86	V60	David Butler	Billericay Striders RC	: 24
87	V50	James Haskey-Jones	Tiptree Road Runners	: 26
88	V45	Martin Chester	Havering AC	: 27
89	SM	Robert Smith	Colchester Harriers AC	: 28
90	V50	Keith Thornton	Thrift Green Trotters	: 29
91	V45	Richard Bonham	Mid Essex Casuals	: 30
92	V55	Nick Rankin	Benfleet Running Club	: 31
93	SM	Thomas Walsh	Southend-on-Sea AC	: 33
94	SM	Tim Martin	Thurrock Harriers	: 38
95	V55	Peter Tullett	Chelmsford AC	: 47
96	V55	Eamonn Shelley	Thurrock Harriers	: 58
97	SM	Christian Gray	East Essex Triathlon Club	36: 08
98	V50	Kevin Marshall	Grange Farm & Dunmow Runr	: 19
99	SM	Tim Freeland	Orion Harriers	: 44
100	V55	Phil Olsen	Thrift Green Trotters	: 51
101	V40	Steve Walker	Havering AC	37: 3
102	V55	Christopher Applegate	Thurrock Harriers	: 7
103	V50	Colin White	Billericay Striders RC	: 18
104	V45	Ian Pike	Benfleet Running Club	: 31
105	V55	Doug Stephens	Benfleet Running Club	: 41
106	V50	Simon Morgan	Colchester Harriers AC	: 42
107	V50	Murat Baygeldi	Thrift Green Trotters	: 42
108	V40	Steven Ball	Thurrock Harriers	: 52
109	V40	Nick Jelley	Billericay Striders RC	38: 6
110	V70	Peter Binns	Southend-on-Sea AC	: 10

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Pos	Age	Name	Team	Time
111	V40	Lee Whieldon	Benfleet Running Club	: 18
112	V40	Dennis Briggs	Ilford AC	: 19
113	V40	Paul Mitchell	Thurrock Harriers	: 19
114	V45	Stephen Bennett	Orion Harriers	: 28
115	V50	Daniel Ward	Thrift Green Trotters	: 30
116	V40	Roy James	Havering AC	: 33
117	V60	Andy Catton	Ilford AC	: 43
118	SM	Jon Greenley	Halstead RR	: 44
119	V50	Lee Hazlewood	Phoenix Striders	: 45
120	V55	Mark Jeffrey	Springfield Striders RC	: 49
121	V45	Mark Lawes	Tiptree Road Runners	: 56
122	V55	Andrew Stewart	Chelmsford AC	: 58
123	V65	Mike Bumstead	Thurrock Harriers	39: 00
124	V55	Stephen Burton	Benfleet Running Club	: 03
125	V60	Ian Gill	East Essex Triathlon Club	: 06
126	V60	Tim Brockington	Springfield Striders RC	: 11
127	V50	Rob Moore	Orion Harriers	: 14
128	V45	Steve Grainger	Chelmsford AC	: 17
129	V60	Bill Bennett	Orion Harriers	: 18
130	V50	Andy Hawes	JBR Run and Tri	: 23
131	V50	Greg Wiskin	Mid Essex Casuals	: 51
132	V55	Stephen Foggo	Billericay Striders RC	: 53
133	SM	William Radley	Tiptree Road Runners	: 59
134	V50	Dave Hallett	JBR Run and Tri	40: 03
135	SM	Greg Goodrem	Southend-on-Sea AC	: 04
136	V45	Phil Watts	Springfield Striders RC	: 13
137	SM	Ben Whatley-Harris	Thrift Green Trotters	: 23
138	V50	John Sweeney	Mid Essex Casuals	: 29
139	V55	Ian Lawson	Grange Farm & Dunmow Runr	: 32
140	V45	Matthew Gillard	Southend-on-Sea AC	: 54
141	V40	Ashwin Shah	Grange Farm & Dunmow Runr	41: 06
142	V60	Mark Austin	Witham Running Club	: 12
143	V45	Bill Smythe	Witham Running Club	: 14
144	SM	Ben Clover	Tiptree Road Runners	: 16
145	V50	Stephen Cheal	Ilford AC	: 17
146	SM	Tony Collins	Havering AC	: 18
147	V45	Robert Smith	Pitsea Running Club	: 19
148	V40	Trevor Robinson	Loughton AC	: 21
149	V60	Bernard Johnson	Thurrock Harriers	: 27
150	SM	Grant Corton	Orion Harriers	: 29
151	V55	Kevin Kirby	Chelmsford AC	: 31
152	V55	Paul Williams	Orion Harriers	: 34
153	V40	Colin Dunn	Mid Essex Casuals	: 35
154	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 40
155	V40	Gary Perryman	Tiptree Road Runners	: 45
156	V50	Phillip Young	JBR Run and Tri	: 51
157	V60	Donald Sinclair	Pitsea Running Club	: 58
158	V45	Richard Harmer	Thrift Green Trotters	42: 03
159	V50	Colin Wilkinson	Phoenix Striders	: 04
160	V60	Edward Skinner	Tiptree Road Runners	: 30
161	V50	Neal Clark	Phoenix Striders	: 38
162	SM	Rob Hempstead	Billericay Striders RC	: 50
163	V60	David Jobling	Witham Running Club	: 53
164	V60	Graham Eyre	Witham Running Club	43: 00
165	V50	Rhys Davies	Basildon AC	: 07

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Pos	Age	Name	Team	Time
166	V50	Billy Green	Ilford AC	: 51
167	V50	Graham Hall	Orion Harriers	: 54
168	V60	Kevin Judge	Benfleet Running Club	44: 05
169	V70	Roger Everard	Pitsea Running Club	: 08
170	U20	Aidan Elmore	Havering AC	: 25
171	V50	Clive Bailey	JBR Run and Tri	: 33
172	SM	William Holman	Phoenix Striders	: 50
173	V45	Nick Vincent	Tiptree Road Runners	: 55
174	V55	Paul R Tawn	Mid Essex Casuals	45: 30
175	V50	Ricky Lee	Billericay Striders RC	46: 08
176	V50	Ingo Dierkschneider	Pitsea Running Club	: 19
177	V50	Julian Holder	Tiptree Road Runners	47: 03
178	V65	Brian Butcher	Mid Essex Casuals	: 31
179	V45	Jon Brown	JBR Run and Tri	48: 05
180	V60	Kim Vinnicombe	Phoenix Striders	: 06
181	V55	Satha Alaganandasundaram	Ilford AC	: 50
182	V55	John Wilkinson	Phoenix Striders	49: 29
183	V45	Sean Collinson	JBR Run and Tri	: 32
184	V65	David Game	Mid Essex Casuals	51: 52
185	V50	Duncan Russell	Phoenix Striders	52: 23
186	V55	Stephen Williams	Chelmsford AC	53: 46
187	V65	Peter Bates	Pitsea Running Club	54: 33
188	V60	Peter McLaughlin	Pitsea Running Club	61: 33

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Essex Cross Country League (4)

<u>Basildon</u>			<u>Senior Women</u>	<u>10/02/2018</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (4 to score)
1	SW	Lucy Charles	Orion Harriers	22: 32	1 Orion Harriers 29
2	SW	Clare Thurgood	Orion Harriers	23: 20	2 Chelmsford AC 33
3	SW	Rebecca Frake	Cambridge & Coleridge AC	: 22	3 Havering AC 54
4	V35	Rebecca Luxton	Chelmsford AC	: 48	4 Colchester Harriers AC 61
5	SW	Alexa Joel	Chelmsford AC	: 55	5 Southend-on-Sea AC 78
6	SW	Charlotte Bishop	Basildon AC	24: 17	6 Basildon AC 105
7	SW	Ginte Bailey	Havering AC	: 33	7 Thrift Green Trotters 179
8	V45	Debbie Appleton	Havering AC	25: 01	8 Billericay Striders RC 214
9	V45	Wendy King	Chelmsford AC	: 06	9 Springfield Striders RC 216
10	SW	Hayley Lamkin	Southend-on-Sea AC	: 14	10 Halstead RR 258
11	SW	Andrea James	Colchester Harriers AC	: 38	11 Benfleet Running Club 188 (3)
12	V35	Hayley Rogerson	Orion Harriers	: 46	12 Cambridge & Coleridge AC 3 (1)
13	V45	Denise Morley	Colchester Harriers AC	: 56	
14	SW	Holly Wood	Orion Harriers	26: 01	Division 2 Teams (4 to score)
15	SW	Hayley Pegg	Chelmsford AC	: 06	1 Grange Farm & Dunmow Runr 118
16	SW	Ella Neale	Colchester Harriers AC	: 12	2 Ilford AC 221
17	SW	Holly Gillard	Southend-on-Sea AC	: 18	3 Phoenix Striders 273
18	V50	Caroline Horden	Basildon AC	: 21	4 JBR Run and Tri 348
19	SW	Isabella Woods	Havering AC	: 00	5 Pitsea Running Club 373
20	SW	Clare Davies	Havering AC	: 39	6 East Essex Triathlon Club 167 (3)
21	V35	Ellie Cumner	Colchester Harriers AC	: 41	7 Tiptree Road Runners 238 (3)
22	SW	Rebecca Davidson	Grange Farm & Dunmow Runners	: 51	8 Loughton AC 238 (3)
23	V45	Alison Trauttmansdorff	Orion Harriers	27: 02	9 Thurrock Harriers 107 (2)
24	V40	Hannah McIlvenna	Grange Farm & Dunmow Runners	: 02	10 Mid Essex Casuals 187 (2)
25	SW	Sarah Pennington	Southend-on-Sea AC	: 04	Veterans Teams (3 to score)
26	V45	Anne Jenkinson	Southend-on-Sea AC	: 14	1 Colchester Harriers AC 65
27	V35	Louise Douglass	Basildon AC	: 20	2 Orion Harriers 69
28	V40	Kathleen Short	Thrift Green Trotters	: 25	3 Basildon AC 99
29	V35	Jennie Page	East Essex Triathlon Club	: 28	4 Grange Farm & Dunmow Runr 108
30	V35	Danielle Harrington	Tiptree Road Runners	: 38	5 Chelmsford AC 115
31	V50	Debbie Cattermole	Colchester Harriers AC	: 39	6 Thrift Green Trotters 130
32	V40	Kerry Harrington	Grange Farm & Dunmow Runners	: 44	7 Springfield Striders RC 146
33	V40	Polly Bridgman	Springfield Striders RC	: 00	8 Billericay Striders RC 150
34	V40	Lorraine Gosling	Orion Harriers	28: 10	9 Southend-on-Sea AC 152
35	V35	Kathryn Spring	Thurrock Harriers	: 15	10 Havering AC 153
36	V35	Rachael Roughan	Halstead RR	: 17	11 East Essex Triathlon Club 167
37	V35	Liz Chandra	Billericay Striders RC	: 26	12 Halstead RR 169
38	V40	Rebecca Gill	East Essex Triathlon Club	: 26	13 Benfleet Running Club 188
39	V50	Lorna Gaffney	Loughton AC	: 30	14 Ilford AC 208
40	SW	Karen Pickering	Grange Farm & Dunmow Runners	: 37	15 Phoenix Striders 220
41	V50	Pippa Dowswell	Orion Harriers	: 37	16 Tiptree Road Runners 238
42	SW	Jo Marks	Colchester Harriers AC	: 51	17 Loughton AC 238
43	SW	Carlie Qirem	Ilford AC	: 57	18 Pitsea Running Club 275
44	V50	Vanessa Mathers	Southend-on-Sea AC	: 59	19 JBR Run and Tri 157 (2)
45	SW	Rachel Dale	Colchester Harriers AC	29: 07	20 Mid Essex Casuals 187 (2)
					21 Thurrock Harriers 35 (1)

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Pos	Age	Name	Team	Time
46	V50	Nikki Ranson	Springfield Striders RC	: 11
47	V40	Marijke Van Eetvelde	Thrift Green Trotters	: 16
48	V55	Nicola Hopkinson	Ilford AC	: 29
49	SW	Amy Gornall	Thrift Green Trotters	: 34
50	V45	Nikki Leigh	Benfleet Running Club	: 54
51	V35	Clare Worley	Billericay Striders RC	30: 02
52	V45	Brady Ramsay	Grange Farm & Dunmow Runners	: 14
53	SW	Catherine Campbell	Phoenix Striders	: 15
54	V45	Mandy Wetheridge	Basildon AC	: 17
55	V45	Mary Lloyd	Thrift Green Trotters	: 21
56	SW	Laura Scott	Basildon AC	: 25
57	V35	Mary Bower	Thrift Green Trotters	: 26
58	V45	Kelly McClenaghan	Benfleet Running Club	: 33
59	SW	Carla Rudd	Grange Farm & Dunmow Runners	: 42
60	V40	Clare Hills	Thrift Green Trotters	: 43
61	V60	Breege Nordin	Ilford AC	: 45
62	V40	Ruth Havis	Billericay Striders RC	: 55
63	V45	Louise Young	JBR Run and Tri	: 57
64	V45	Joanne Ling	Billericay Striders RC	: 58
65	V35	Anna Bambridge	Halstead RR	31: 07
66	V50	Jo Pearce	Phoenix Striders	: 15
67	V65	Lynn Tanner	Springfield Striders RC	: 39
68	V50	Wendy Carter	Halstead RR	: 48
69	SW	Anna Crawley	Ilford AC	: 50
70	V40	Sharon Bannister	Springfield Striders RC	: 53
71	V50	Jane Hallam	Havering AC	: 57
72	SW	Charlotte Edwards	Thurrock Harriers	32: 00
73	V35	Jessica Wicks	Thrift Green Trotters	: 02
74	V50	Juliet Ward	Havering AC	: 06
75	V55	Beryl De Smedt	Phoenix Striders	: 15
76	V65	Wendy Read	Billericay Striders RC	: 21
77	V55	Elaine Tribbley	Springfield Striders RC	: 26
78	V50	Prunella Hayhow	Grange Farm & Dunmow Runners	: 49
79	V50	Lynsey Gray	Phoenix Striders	: 52
80	V50	Annette Johnson	Benfleet Running Club	: 53
81	V45	Shona Browning	Billericay Striders RC	33: 04
82	V45	Debbielyn Hallam	Southend-on-Sea AC	: 15
83	V50	Lorna Pettifer	Mid Essex Casuals	: 30
84	SW	Vicki Calleja	Thrift Green Trotters	: 36
85	V35	Elizabeth Cox	Phoenix Striders	: 47
86	V40	Angela Smith	Pitsea Running Club	: 49
87	V50	Maxine Seward	Grange Farm & Dunmow Runners	: 54
88	V35	Emily Penkett	Springfield Striders RC	34: 01
89	V45	Nicole Smith	Halstead RR	: 02
90	SW	Grace Reeman	Phoenix Striders	: 10

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Pos	Age	Name	Team	Time
91	V65	Jean Hobbs	Loughton AC	: 16
92	V65	Caroline Cogdell	Pitsea Running Club	: 35
93	V40	Clare Rudgley	Havering AC	: 52
94	V40	Stephanie Milligan	JBR Run and Tri	35: 03
95	SW	Sasha Tourbassora	JBR Run and Tri	: 24
96	SW	Hannah Bardell	JBR Run and Tri	: 40
97	V60	Gillian Harrison	Pitsea Running Club	: 45
98	V55	Marion Breeze	Pitsea Running Club	: 49
99	V50	Frieda Keane	Ilford AC	: 56
100	V65	Theresa Flannigan	East Essex Triathlon Club	36: 08
101	V35	Ann-Marie Bearne	Tiptree Road Runners	: 39
102	V55	Tracey Minton	Chelmsford AC	: 56
103	V45	Nicola Maslen	Phoenix Striders	37: 09
104	V50	Jackie Sibthorp	Mid Essex Casuals	: 18
105	V55	Jackie M Woodroffe	Thrift Green Trotters	: 44
106	V40	Louise Garrett	Grange Farm & Dunmow Runners	: 49
107	V50	Sharon Hardwicke	Tiptree Road Runners	38: 13
108	V50	Michaela Davis	Loughton AC	39: 02
109	V50	Launa Broadley	Ilford AC	: 46
110	SW	Kirsty Noble	Phoenix Striders	44: 03
111	V50	Nicola Burston	Phoenix Striders	: 05

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Essex Cross Country League (4)

<u>Basildon</u>			<u>U13 Girls</u>	<u>10/02/2018</u>	
Pos	Name	Team		Time	
1	Natalie Sewell	Havering AC		12: 32	
2	Chloe Rand	Havering AC		42	
3	Freya Seymour	Basildon AC		52	
4	Erin Little	Chelmsford AC		58	
5	Jayne Elvin	Thurrock Harriers	13:	03	
6	Nneka Okoh	Chelmsford AC		11	
7	Kiera Atkinson	Chelmsford AC		14	
8	Ruby Samuels	Southend-on-Sea AC		19	
9	Holly Watson	Chelmsford AC		21	
10	Maisy Silverstone	Orion Harriers		22	
11	Ruby Muffett	Southend-on-Sea AC		23	
12	Madeline Barker	Havering AC		25	
13	Chloe Trew	Basildon AC		33	
14	Freya Long	Havering AC		45	
15	Francesca Turner	Basildon AC		52	
16	Aisling Walters	Southend-on-Sea AC	14:	09	
17	Sophie Foot	Orion Harriers		20	
18	Hannah Warner	Southend-on-Sea AC		29	
19	Millie Costin	Basildon AC		29	
20	Verity Garcia	Orion Harriers		42	
21	Ava Haythorn	Havering AC	15:	14	
22	Elizabeth Stables	Harlow AC		15	
23	Heidi Ayles	Havering AC		16	
24	Libby Gosling	Orion Harriers		16	
25	Mia Bowring	Chelmsford AC		30	
26	Rebekah Long	Chelmsford AC		43	
27	Lucia De Cristofano	Benfleet Running Club		50	
28	Eliza Sole	Southend-on-Sea AC		57	
29	Sophie Nugent	Basildon AC		59	
30	Olivia Higgs	Thurrock Harriers	16:	04	
31	Lauren Holmes	Basildon AC		05	
32	Elle Thompson	Colchester & Tendring AC		20	
33	Rachel Sandercock	Colchester & Tendring AC		24	
34	Imogen Phipps	Basildon AC		39	
35	Darcy Spiby	Southend-on-Sea AC		46	
36	Elsa Styles	Colchester & Tendring AC		50	
37	Sophia Stephanou	Havering AC	17:	04	
38	Mabel Cowley	Basildon AC		11	
39	May Lee	Havering AC		53	
40	Leah Hampson-Long	Benfleet Running Club	18:	21	

Teams		
1	Chelmsford AC	26
2	Havering AC	29
3	Basildon AC	50
4	Southend-on-Sea AC	53
5	Orion Harriers	71
6	Colchester & Tendring AC	101 (3)
7	Thurrock Harriers	35 (2)
8	Benfleet Running Club	67 (2)
9	Harlow AC	22 (1)

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Essex Cross Country League (4)

<u>Basildon</u>		<u>U15 Boys</u>	<u>10/02/2018</u>	
Pos	Name	Team	Time	
1	Finnlay Lowe	Thurrock Harriers	14:	39
2	Jamie Rashbrook	Basildon AC		48
3	Ethan Reilly	Chelmsford AC	15:	03
4	Harry Jackson	Basildon AC		07
5	Matthew Magin	Cambridge & Coleridge AC		09
6	Harry Clarke	Chelmsford AC		09
7	Harry Ladd	Chelmsford AC		13
8	Matthew Warner	Southend-on-Sea AC		26
9	Aaron Davis	Chelmsford AC		30
10	Alex Ford	Havering AC		34
11	Nathan Boase	Orion Harriers		36
12	George Hey	Southend-on-Sea AC		46
13	Daniel Edwards	Basildon AC		51
14	Henry Jones	Orion Harriers		58
15	Henry Lay	Havering AC	16:	06
16	Archie Conners	Benfleet Running Club		08
17	Dylan Harrod	Thurrock Harriers		10
18	Samuel Waite	Chelmsford AC		24
19	James Lee	Basildon AC		29
20	Joshua Smith	Basildon AC		33
21	Jamie Mark	Southend-on-Sea AC		42
22	Alastair Cowley	Basildon AC		43
23	Matthew Pinney	Cambridge & Coleridge AC		57
24	Luke Chester	Havering AC	17:	10
25	Kyle Gill	East Essex Triathlon Club		19
26	William Samuels	Southend-on-Sea AC	18:	02
27	Sameul Odotei	Havering AC		03
28	Timi McDaniel	Havering AC		10
29	Jake Oulds	Basildon AC		24
30	James Bartlett	Havering AC		35
31	Joseph Watts	Orion Harriers	20:	11
32	Ethan Georgeson-Mosedale	Orion Harriers		31

Teams	
1	Chelmsford AC 25
2	Basildon AC 38
3	Southend-on-Sea AC 67
4	Havering AC 76
5	Orion Harriers 88
6	Thurrock Harriers 18 (2)
7	Cambridge & Coleridge AC 28 (2)
8	Benfleet Running Club 16 (1)
9	East Essex Triathlon Club 25 (1)

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Essex Cross Country League (4)

<u>Basildon</u>		<u>U15 Girls</u>	<u>10/02/2018</u>	
Pos	Name	Team	Time	
1	Megan Harris	Basildon AC	15: 37	
2	Sydney Foley	Havering AC	42	
3	Matilda Taylor	Cambridge & Coleridge AC	16: 07	
4	Milly Presland	Colchester Harriers AC	14	
5	Madison Harris	Basildon AC	27	
6	Sophie Wetheridge	Basildon AC	29	
7	Martha Smith	Chelmsford AC	31	
8	Lauryn Wood	Chelmsford AC	17: 01	
9	Millie Robson	Cambridge & Coleridge AC	03	
10	Hannah Bolton	Chelmsford AC	05	
11	Alice Brown	Havering AC	10	
12	Keirra Scott	Basildon AC	16	
13	Daizy Harris	Basildon AC	23	
14	Faye Sweeting	Chelmsford AC	26	
15	Sasha Clark	Cambridge & Coleridge AC	18: 11	
16	Somma Aitamarrri	Basildon AC	17	
17	Madeleine Claydon	Colchester Harriers AC	19	
18	Isabel Judd	Basildon AC	20	
19	Maddie Piron	Harlow AC	26	
20	Sasha Whiley	Chelmsford AC	31	
21	Hannah Peacock	Thurrock Harriers	35	
22	Annie Grannell	Havering AC	35	
23	Morgan Romain	Havering AC	36	
24	Grace Malcolm	Harlow AC	40	
25	Hollie Rex	Basildon AC	44	
26	Esme Robb	Chelmsford AC	48	
27	Alice Atkins	Havering AC	49	
28	Kennedy Beardwell	Thurrock Harriers	50	
29	Lois Hale	Harlow AC	55	
30	Rebecca O'Rourke	Havering AC	19: 22	
31	Katie Brazier	Chelmsford AC	40	
32	Freya Hudson	Basildon AC	51	
33	Amy Thompson	Colchester & Tendring AC	20: 09	
34	Hannah Phipps	Basildon AC	24	
35	Eve Smith	Orion Harriers	35	
36	Mairi Malcolm	Harlow AC	23: 02	

Teams	
1	Basildon AC 24
2	Chelmsford AC 39
3	Havering AC 58
4	Harlow AC 108
5	Cambridge & Coleridge AC 27 (3)
6	Colchester Harriers AC 21 (2)
7	Thurrock Harriers 49 (2)
8	Colchester & Tendring AC 33 (1)
9	Orion Harriers 35 (1)

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Essex Cross Country League (4)

<u>Basildon</u>		<u>U17 Men</u>	<u>10/02/2018</u>
Pos	Name	Team	Time
1	Joseph Trim	East Essex Triathlon Club	21: 06
2	Sam Norris	Southend-on-Sea AC	07
3	Sarab Dhillon	Thurrock Harriers	11
4	Taylor Newell	Thurrock Harriers	19
5	Ben Prior	Thurrock Harriers	39
6	Josh Metson	East Essex Triathlon Club	46
7	Luke Savage	Basildon AC	46
8	Danny Millward	Colchester Harriers AC	22: 07
9	Luke Gill	East Essex Triathlon Club	10
10	Sam Wheatley	Southend-on-Sea AC	26
11	Zack Bridgeland	Chelmsford AC	29
12	George Hill	Basildon AC	51
13	Alex Williamson	Colchester Harriers AC	59
14	Alex Friend	Havering AC	23: 08
15	William Lynes	Braintree & District AC	16
16	Matthew Houchell	Basildon AC	27
17	Brian Wong	Thurrock Harriers	31
18	William Jones	Orion Harriers	34
19	Clayton Thomas	East Essex Triathlon Club	24: 23
20	Ethan Douglass	Benfleet Running Club	24
21	George Applewhite	Basildon AC	24
22	Henri Willett	Thurrock Harriers	25: 19
23	Elijah Brown	Southend-on-Sea AC	50
24			
25			
26			
27			
28			
29			

Teams

1	Thurrock Harriers	29
2	East Essex Triathlon Club	35
3	Basildon AC	56
4	Southend-on-Sea AC	35 (3)
5	Colchester Harriers AC	21 (2)
6	Chelmsford AC	11 (1)
7	Havering AC	14 (1)
8	Braintree & District AC	15 (1)
9	Orion Harriers	18 (1)
10	Benfleet Running Club	20 (1)

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Essex Cross Country League (4)

<u>Basildon</u>		<u>U17/20 Women</u>	<u>10/02/2018</u>	
Pos	Age	Name	Team	Time
1	U17	Kate O'Neill	Havering AC	19: 40
2	U20	Rachel Broome	Chelmsford AC	20: 02
3	U20	Sinead Clark	Benfleet Running Club	45
4	U17	Beth Irving	Cambridge & Coleridge AC	46
5	U17	Grace Goodall	Benfleet Running Club	21: 26
6	U17	Abby Rex	Basildon AC	34
7	U17	Hayley Instance	Thurrock Harriers	37
8	U17	Beth Ashley	Basildon AC	50
9	U17	Jenna Williams	Southend-on-Sea AC	22: 31
10	U20	Ellen Williams	Southend-on-Sea AC	23: 28
11	U17	Catherine Barker	Havering AC	25: 12
12	U17	Maia Grundy	Basildon AC	20
13	U17	Lucie Ball	Thurrock Harriers	26: 11
14	U17	Amelia Daniel	Basildon AC	27: 12
15	U17	Genevieve Pate	Benfleet Running Club	26
16	U20	Angelica Thomson	Havering AC	28: 19

Teams		
1	Basildon AC	40
2	Benfleet Running Club	23 (3)
3	Havering AC	28 (3)
4	Southend-on-Sea AC	19 (2)
5	Thurrock Harriers	20 (2)
6	Chelmsford AC	2 (1)
7	Cambridge & Coleridge AC	4 (1)