

Essex Cross Country League (3)

Horseheath - 15/12/18 - U11

Position			Overall Position	
1	Leo Rothwell	C&C	1	8.01
2	Raphael Buchalet	C&C	2	8.06
3	Aaron Hick	Ilford AC	3	8.13
4	Ellis Cross	Basildon	5	8.3
5	Joshua Hewleth	Braintree	6	8.48
6	Daniel Schofield	Harlow AC	8	9.51
1	Cressida Hughes	Linton	4	8.22
2	Emma Harding	East Essex Tri	7	9.29
3	Jessica Heath	Benfleet	9	9.51
4	Lily Hartman	Basildon	10	10.25
5	Florrie Green	C&C	11	10.34
6	Cara Davies	C&C	12	10.44
7	Mistie Henington	Hamilton Primary	13	11.08
8	Teagan Leddy	Orion Harriers	14	11.13

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U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Erin Little	Chelmsford AC	12: 03				
2	Holly Watson	Chelmsford AC	07				
3	Ruby Higgins	Havering AC	19				
4	Kiera-Jayne Atkinson	Chelmsford AC	23				
5	Stephanie Okoro	Havering AC	24				
6	Kayleigh Atkinson	Chelmsford AC	25				
7	Freya Long	Havering AC	38				
8	Millie Costin	Basildon AC	45				
9	Alice Bower	Chelmsford AC	47				
10	Gaby Bilbie	Chelmsford AC	55				
11	Matilda Canty	Havering AC	57				
12	Amelia King	Chelmsford AC	13: 09				
13	Ruby Tillson	Havering AC	14				
14	Charlotte Evans	Havering AC	15				
15	Susannah Aguilar	Cambridge & Coleridge AC	27				
16	Hannah Evans	Havering AC	28				
17	Mia Bowring	Chelmsford AC	38				
18	Leah Wagstaff	Cambridge & Coleridge AC	39				
19	Sophie Cottam	Chelmsford AC	45				
20	Sophie Foot	Orion Harriers	45				
21	Rose Green	Cambridge & Coleridge AC	54				
22	Liliana Taylor	Southend-on-Sea AC	14: 06				
23	Katie Lee	Harlow AC	19				
24	Etienne King	Chelmsford AC	21				
25	Cara O'Donnell-Roberts	Orion Harriers	28				
26	Francis Wright	Harlow AC	36				
27	Amalie Hewlett	Braintree & District AC	55				
28	Alice Begg	Colchester Harriers AC	58				
29	Taylor Gooding	Braintree & District AC	15: 08				
30	Lisa Leineman	Discovery Triathlon Club	30				
31	Charlotte Kennedy	Havering AC	16: 08				
32	Charlotte Bridger	Cambridge & Coleridge AC	09				
33	Olivia Higgs	Thurrock Harriers	15				
34	Eva Reoberts	Harlow AC	55				
35	Millie Hennington	Colchester & Tendring AC					
36	Grace Curtis	Basildon AC					

<u>Teams</u>	
1	Chelmsford AC 13
2	Havering AC 26
3	Cambridge & Coleridge AC 86
4	Harlow AC 83 (3)
5	Basildon AC 44 (2)
6	Orion Harriers 45 (2)
7	Braintree & District AC 56 (2)
8	Southend-on-Sea AC 22 (1)
9	Colchester Harriers AC 28 (1)
10	Discovery Triathlon Club 30 (1)
11	Thurrock Harriers 33 (1)
12	Colchester & Tendring AC 35 (1)

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U13 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Henry Dover	Colchester & Tendring AC	10: 50	41	Harrison Leek	Colchester Harriers AC	41
2	Will Steadman	Chelmsford AC	58	42	Ollie Connors	Benfleet Running Club	43
3	Oliver Prince	Braintree & District AC	11: 49	43	Fred Walton	Colchester & Tendring AC	14: 11
4	Tom Wood	Chelmsford AC	52	44	Harvey Fox	Colchester & Tendring AC	19
5	Matthew Smith	Cambridge & Coleridge AC	58	45	Bailey Hartman	Benfleet Running Club	15: 03
6	George Green	Cambridge & Coleridge AC	59	46	James Malyon	Harlow AC	16: 26
7	Thomas Peacock	Thurrock Harriers	12: 01				
8	Dylan Robins	Chelmsford AC	14				
9	Greg Martin	Chelmsford AC	16				
10	Martin Courtois	Cambridge & Coleridge AC	18				
11	James Brigstocke-William	Colchester & Tendring AC	19				
12	Michael Tesi	Havering AC	21				
13	Nathan Hart	Havering AC	22				
14	Lawrence Martin	Chelmsford AC	23				
15	Ryan Carroll	Havering AC	24				
16	Charlie Burgess	Havering AC	27				
17	Joseph Grange	Ilford AC	28				
18	George Christmas	Cambridge & Coleridge AC	30				
19	Hugo Jones	Southend-on-Sea AC	32				
20	Max Robbins	Havering AC	37				
21	Tom Bullock	Cambridge & Coleridge AC	39				
22	Finley Wolton	Havering AC	47				
23	Sebastian Alexandru	Havering AC	50				
24	Ryan West	Thurrock Harriers	50				
25	Oscar Shearing	Havering AC	52				
26	Lewis Waite	Chelmsford AC	58				
27	Alistair Moscuzza	Braintree & District AC	13: 02				
28	Toby Jones	Southend-on-Sea AC	04				
29	Luca McGrath	Cambridge & Coleridge AC	05				
30	Jonte Bridger	Cambridge & Coleridge AC	05				
31	Eddie De Souza	Orion Harriers	10				
32	Stanley Hobbs	Colchester & Tendring AC	11				
33	Alex Milkowski	Harlow AC	13				
34	Oliver Mills	Cambridge & Coleridge AC	22				
35	Arthur Cooke	Cambridge & Coleridge AC	24				
36	Francis Cooke	Cambridge & Coleridge AC	27				
37	Benedict Heath	Benfleet Running Club	29				
38	Joseph Gray	Havering AC	30				
39	Unknown	Cambridge & Coleridge AC	31				
40	Jack Armstrong	Thurrock Harriers	37				

Teams

1	Chelmsford AC	23
2	Cambridge & Coleridge AC	39
3	Havering AC	56
4	Colchester & Tendring AC	87
5	Thurrock Harriers	71 (3)
6	Benfleet Running Club	124 (3)
7	Braintree & District AC	30 (2)
8	Southend-on-Sea AC	47 (2)
9	Harlow AC	79 (2)
10	Ilford AC	17 (1)
11	Orion Harriers	31 (1)
12	Colchester Harriers AC	41 (1)

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U15 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Megan Harris	Basildon AC	15: 35	41	Frankie Zatouroff	Guest - Royston	17
2	Demi Eves	Thurrock Harriers	53	42	Mikila Delanbanque	Harlow AC	23: 17
3	Madison Harris	Basildon AC	16: 01				
4	Milly Presland	Colchester Harriers AC	07				
5	Natalie Sewell	Havering AC	17				
6	Sydney Foley	Havering AC	24				
7	Freya Seymour	Basildon AC	43				
8	Chloe Trew	Basildon AC	45				
9	Chloe Rand	Havering AC	49				
10	Jayne Elvin	Thurrock Harriers	54				
11	Lauryn Wood	Chelmsford AC	17: 13				
12	Sophie Magson	Orion Harriers	21				
13	Alice Brown	Havering AC	33				
14	Millie Robson	Cambridge & Coleridge AC	43				
15	Rebecca West	Cambridge & Coleridge AC	44				
16	Hannah Warner	Southend-on-Sea AC	49				
17	Ruby Samuels	Southend-on-Sea AC	54				
18	Ruby Muffett	Southend-on-Sea AC	55				
19	Madeline Barker	Havering AC	18: 01				
20	Madeleine Claydon	Colchester Harriers AC	13				
21	Amelie Maris	Cambridge & Coleridge AC	15				
22	Grace Holmes	Southend-on-Sea AC	20				
23	Leila Querns	Cambridge & Coleridge AC	22				
24	Jessica Wright	Havering AC	26				
25	Kennedy Beardwell	Thurrock Harriers	58				
26	Verity Garcia	Orion Harriers	19: 07				
27	Kitty Hilling	Cambridge & Coleridge AC	09				
28	Dana Fraser	Cambridge & Coleridge AC	15				
29	Alice Atkins	Havering AC	19				
30	Kilda Myers	Cambridge & Coleridge AC	20				
31	Ella Burgess	Havering AC	22				
32	Rosie Spring	Thurrock Harriers	24				
33	Olive Cooke	Cambridge & Coleridge AC	25				
34	Hannah Yexley	Havering AC	26				
35	Morgan Romain	Havering AC	29				
36	Evie Knight	Basildon AC	20: 07				
37	Missy Buxton	Colchester Harriers AC	09				
38	Anna Leinemann	Discovery Triathlon Club	43				
39	Amelia Jones	Southend-on-Sea AC	57				
40	Emily Henderson	Colchester Harriers AC	21: 14				

<u>Teams</u>		
1	Basildon AC	19
2	Havering AC	33
3	Thurrock Harriers	69
4	Southend-on-Sea AC	73
5	Cambridge & Coleridge AC	73
6	Colchester Harriers AC	101
7	Orion Harriers	38 (2)
8	Chelmsford AC	11 (1)
9	Discovery Triathlon Club	38 (1)

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U15 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Alex Ford	Havering AC	14: 40				
2	Charlie Howell	Havering AC	48				
3	Luke Randall	Southend-on-Sea AC	15: 02				
4	Toby Linsell	Basildon AC	19				
5	Jack Wharton	Colchester & Tendring AC	23				
6	George Hey	Southend-on-Sea AC	28				
7	George Keen	Cambridge & Coleridge AC	29				
8	Fred Tall	Southend-on-Sea AC	39				
9	Benedict Maguire	Southend-on-Sea AC	41				
10	Dylon Harrod	Thurrock Harriers	51				
11	Bellviacim Bella	Orion Harriers	52				
12	Joe Muller	Southend-on-Sea AC	53				
13	Charlie Regan	Colchester & Tendring AC	59				
14	Shane Hart	Havering AC	16: 01				
15	Sunny Vehit	Thurrock Harriers	04				
16	Gethin Rogers	Cambridge & Coleridge AC	14				
17	Daniel Zailer-Fletcher	Cambridge & Coleridge AC	16				
18	William Samuels	Southend-on-Sea AC	21				
19	William Nuttall	Chelmsford AC	22				
20	Jacob Alexander	Chelmsford AC	23				
21	Samuel Waite	Chelmsford AC	23				
22	Joshua Smith	Basildon AC	31				
23	Archie Connors	Benfleet Running Club	36				
24	Jake Borrett	Cambridge & Coleridge AC	43				
25	Matthew Hick	Ilford AC	44				
26	Lenny Houston	Havering AC	17: 03				
27	Timi McDaniel	Havering AC	21				
28	Ryan Holeyman	Ilford AC	31				
29	Joshua Vail	Cambridge & Coleridge AC	32				
30	Harry Jackson	Basildon AC	38				
31	Dan Peters	Havering AC	41				
32	Joseph Perry	Chelmsford AC	49				
33	Harry Hiscock	Cambridge & Coleridge AC	54				
34	Jack Thomson	Havering AC	18: 08				
35	Ronan Longman-Youn	Benfleet Running Club	15				
36	Noah Trencher	Thurrock Harriers	19: 19				
37	Owen Keen	Orion Harriers	20				

<u>Teams</u>			
1	Southend-on-Sea AC	26	
2	Havering AC	43	
3	Cambridge & Coleridge AC	64	
4	Chelmsford AC	92	
5	Basildon AC	56	(3)
6	Thurrock Harriers	61	(3)
7	Colchester & Tendring AC	18	(2)
8	Orion Harriers	48	(2)
9	Ilford AC	53	(2)
10	Benfleet Running Club	58	(2)

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U17/U20W

Pos	Age Gp	Name	Team	Time	Teams		
1	U17	Grace Burrell	Basildon AC	20: 14	1	Basildon AC	32
2	U17	Hayley Instance	Thurrock Harriers	19	2	Cambridge & Coleridge AC	40
3	U17	Helena Dyce	Cambridge & Coleridge AC	59	3	Orion Harriers	48 (3)
4	U20	Sophie Rand	Havering AC	21: 04	4	Southend-on-Sea AC	49 (3)
5	U20	Elsie Gray	Colchester & Tendring AC	10	5	Havering AC	55 (3)
6	U17	Sophie Wetheridge	Basildon AC	33	6	Thurrock Harriers	20 (2)
7	U17	Frances Haines	Cambridge & Coleridge AC	36	7	Chelmsford AC	26 (2)
8	U20	Grace Goodall	Benfleet Running Club	22: 18	8	Colchester & Tendring AC	5 (1)
9	U17	Hannah Bolton	Chelmsford AC	23	9	Benfleet Running Club	8 (1)
10	U20	Jenna Williams	Southend-on-Sea AC	24	10	Ilford AC	23 (1)
11	U17	Annalie Cole	Orion Harriers	25	11	Harlow AC	24 (1)
12	U20	Megan Rapley	Basildon AC	37			
13	U20	Abby Rex	Basildon AC	45			
14	U17	Sasha Clark	Cambridge & Coleridge AC	23: 00			
15	U17	Savanna Sirkett	Orion Harriers	11			
16	U17	Beth Irving	Cambridge & Coleridge AC	26			
17	U17	Faye Sweeting	Chelmsford AC	42			
18	U17	Emily Fall	Thurrock Harriers	56			
19	U20	Joanna Rimmington	Southend-on-Sea AC	24: 03			
20	U17	Robyn Bartholomew	Southend-on-Sea AC	16			
21	U17	Millie Daniels	Basildon AC	25: 12			
22	U17	Becci Leddy	Orion Harriers	32			
23	U20	Jordan Hinds	Ilford AC	26: 12			
24	U17	Amelia Loveridge	Harlow AC	26: 35			
25	U17	Jessica James	Havering AC	28: 33			
26	U17	Angelica Thomson	Havering AC	30: 32			

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U17 Men

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Leon Wheeler	Thurrock Harriers	21: 35				
2	Zack Bridgeland	Chelmsford AC	22: 08				
3	Danny Millward	Colchester Harriers AC	10				
4	Sam Wheatley	Southend-on-Sea AC	13				
5	Olly Lill	Basildon AC	33				
6	Thomas Palmer	Colchester Harriers AC	38				
7	Jamie Rashbrook	Basildon AC	46				
8	Matt Warner	Southend-on-Sea AC	59				
9	Finnley Lowe	Thurrock Harriers	23: 20				
10	Innes Fullerton	Braintree & District AC	21				
11	Ethan Seal	Cambridge & Coleridge AC	21				
12	Luke Chester	Havering AC	50				
13	Ben Prior	Thurrock Harriers	24: 07				
14	George Hill	Basildon AC	14				
15	Bradley Deacon	Ilford AC	27				
16	Ethan Reilly	Chelmsford AC	34				
17	Aaron Davis	Chelmsford AC	54				
18	Daniel McGill	Basildon AC	25: 23				
19	Mason Hambleton	Thurrock Harriers	42				
20	Mark Beale	Chelmsford AC	48				
21	Henri Willett	Thurrock Harriers	52				
22	Louis Berrett	Havering AC	26: 08				
23	Scott Thomas	Chelmsford AC	26				
24	James Chalklen	Braintree & District AC	32				
25	James Wright	Basildon AC	45				
26	Elijah Brown	Southend-on-Sea AC	27: 15				
27	Haydn Hawkins	Braintree & District AC	28: 40				

<u>Teams</u>	
1	Thurrock Harriers 42
2	Basildon AC 44
3	Chelmsford AC 55
4	Southend-on-Sea AC 38 (3)
5	Braintree & District AC 61 (3)
6	Colchester Harriers AC 9 (2)
7	Havering AC 34 (2)
8	Cambridge & Coleridge AC 11 (1)
9	Ilford AC 15 (1)

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Senior women

Pos	Age Gp	Name	Team	Time	Teams		
1	SW	Lauren Dedman	Havering AC	23: 42	1	Havering AC	Div 1 24
2	U20	Jessica Mitchell	Havering AC	24: 11	2	Cambridge & Coleridge AC	Div 2 56
3	SW	Fiona Hughes	Cambridge & Coleridge AC	: 58	3	Chelmsford AC	Div 1 67
4	SW	Victoria Hiscock	Benfleet Running Club	25: 02	4	Colchester Harriers AC	Div 1 79
5	SW	Charlotte Bishop	Basildon AC	: 03	5	Southend-on-Sea AC	Div 1 92
6	V35	Rebecca Luxton	Chelmsford AC	: 11	6	Orion Harriers	Div 1 102
7	SW	Kirsty Tydeman	Basildon AC	: 26	7	Thurrock Harriers	Div 2 135
8	SW	Ginte Bailey	Havering AC	: 34	8	Billericay Striders RC	Div 2 170
9	SW	Sarah Worley	Billericay Striders RC	: 57	9	Benfleet Running Club	Div 1 195
10	SW	Hope Bretscher	Cambridge & Coleridge AC	26: 12	10	Halstead RR	Div 2 203
11	V40	Aiko Hennington	Colchester Harriers AC	: 17	11	Brentwood Running Club	Div 1 210
12	SW	Hayley Lamkin	Southend-on-Sea AC	: 34	12	Ilford AC	Div 1 217
13	V45	Debbie Appleton	Havering AC	: 41	13	JBR Run and Tri	Div 2 234
14	SW	Rachel Broome	Chelmsford AC	: 43	14	Phoenix Striders	Div 2 363
15	V45	Denise Morley	Colchester Harriers AC	: 48	15	Basildon AC	Div 1 39 (3)
16	SW	Robyn Matson	Havering AC	: 56	16	Pitsea Running Club	Div 2 273 (3)
17	SW	Chloe Haines	Cambridge & Coleridge AC	27: 08	17	Springfield Striders RC	Div 1 147 (2)
18	SW	Louise Juby	Orion Harriers	: 19	18	Grange Farm & Dunmow Runners	Div 1 165 (2)
19	SW	Rebecca Cooke	Colchester Harriers AC	: 27	19	Braintree & District AC	Div 2 166 (2)
20	SW	Sarah Pennington	Southend-on-Sea AC	: 32	20	Mid Essex Casuals	Div 2 75 (1)
21	V45	Toni Radley	Thurrock Harriers	: 34			
22	SW	Megan Williams	Chelmsford AC	: 35			
23	SW	Holly Gillard	Southend-on-Sea AC	: 36			
24	V40	Hayley Rogerson	Orion Harriers	: 41			
25	V45	Wendy King	Chelmsford AC	: 54			
26	V50	Stefanie Godfrey	Cambridge & Coleridge AC	: 56			
27	V35	Louie Douglass	Basildon AC	28: 21			
28	V45	Alison Trauttmansdc	Orion Harriers	: 39			
29	V35	Rachael Roughan	Halstead RR	29: 09			
30	V35	Vashti MacDonald-C	Cambridge & Coleridge AC	: 13			
31	V50	Karen Cameron	Cambridge & Coleridge AC	: 18			
32	V40	Lorraine Gosling	Orion Harriers	: 20			
33	SW	Clare Davies	Havering AC	: 22			
34	V45	Annette Oakman	Colchester Harriers AC	: 30			
35	V40	Victoria Peacock	Thurrock Harriers	: 35			
36	V50	Jodie Farrell	Thurrock Harriers	: 43			
37	V45	Natasha Lagden	Southend-on-Sea AC	: 53			
38	SW	Carlie Qirem	Ilford AC	30: 06			
39	V45	Joanne Sullivan	Havering AC	: 10			
40	V35	Jennie Page	JBR Run and Tri	: 13			
41	SW	Hayley Pegg	Chelmsford AC	: 19			
42	V50	Pippa Dowswell	Orion Harriers	: 24			
43	V40	Kathryn Sp[ring	Thurrock Harriers	: 27			
44	SW	Charlotte Olson	Brentwood Running Club	31: 12			
45	V55	Breege Nordin	Ilford AC	: 19			
46	V40	Gillian Bridger	Cambridge & Coleridge AC	: 22			
47	V45	Rebecca Taylor	Southend-on-Sea AC	: 26			
48	V50	Vanessa Mathers	Southend-on-Sea AC	: 33			
49	SW	Natasha Pinborough	JBR Run and Tri	: 35			
50	V55	Chjristine Deacon	Billericay Striders RC	: 41			
51	V40	Liane Conners	Benfleet Running Club	: 44			
52	V45	Dianne Fairchild	Brentwood Running Club	: 50			
53	SW	Rosie Marshall	Orion Harriers	: 52			
54	V35	Sarah Lengthorn	Billericay Striders RC	: 55			
55	V40	Lisa James	Brentwood Running Club	32: 18			
56	V45	Caroliena Cameron	Halstead RR	: 32			
57	V35	Ruth Havis	Billericay Striders RC	: 34			
58	V35	Anna Bambridge	Halstead RR	: 37			
59	V45	Madeleine Knight	Brentwood Running Club	: 43			
60	V35	Kelly Judge	Halstead RR	: 45			
61	V50	Wendy Carter	Halstead RR	: 47			
62	SW	Susanne Birkett	Brentwood Running Club	: 52			
63	V55	Nicola Hopkinson	Ilford AC	: 55			
64	V50	Sandi Robinson-Milk	Halstead RR				

65	SW	Sasha Tourbassora	JBR Run and Tri	: 15
66	V55	Lesley Gaghan	Havering AC	: 17
67	V50	Tracy O'Neill	Havering AC	: 39
68	V45	Nikki Leigh	Benfleet Running Club	: 56
69	V35	Lynsey Hawkins	Braintree & District AC	34: 02
70	V65	Lynn Tanner	Springfield Striders RC	: 07
71	SW	Anna Crawley	Ilford AC	: 11
72	v45	Ann Reed	Benfleet Running Club	: 16
73	V40	Trica Holmes	Southend-on-Sea AC	: 25
74	V55	Mandy Cooper	Benfleet Running Club	: 26
75	V50	Lorna Pettifer	Mid Essex Casuals	: 46
76	V45	Joanne Ling	Billericay Striders RC	35: 00
77	V55	Elaine Tribley	Springfield Striders RC	: 16
78	SW	Victoria Gardiner	Grange Farm & Dunmow Runners	: 56
79	V55	Sharon Honey	Ilford AC	36: 12
80	SW	Hannah Bardell	JBR Run and Tri	: 36
81	V35	Kristina Read	Phoenix Striders	: 44
82	V50	Annette Johnson	Benfleet Running Club	: 54
83	SW	Lisa Hyd	JBR Run and Tri	: 56
84	V55	Joanne Day	Brentwood Running Club	37: 24
85	V45	Nicole Smith	Halstead RR	: 34
86	V50	Caroline Wallis	Pitsea Running Club	: 48
87	V35	Jenny Suckling	Grange Farm & Dunmow Runners	: 48
88	SW	Alexandra Edwards	Havering AC	: 49
89	V55	Julia Galea	Ilford AC	: 55
90	V50	Jane Hallam	Havering AC	38: 36
91	V45	Heather Impey	Phoenix Striders	: 47
92	SW	Lauren Hutley	Halstead RR	39: 17
93	V60	Gillian Harrison	Pitsea Running Club	42: 24
94	V65	Valerie Sinclair	Pitsea Running Club	: 36
95	V65	Sue Vine	Phoenix Striders	46: 46
96	V50	Michelle Holman	Phoenix Striders	48: 10
97	V40	Lynne Culham	Braintree & District AC	:
98	V50	Debi Loveland	JBR Run and Tri	:

Essex Cross Country League (3)

Horseheath

15/12/2018

Senior men

Pos	Age Gp	Name	Team	Time	Teams		
1	U20	Ben Davis	Havering AC	27: 41	1	Havering AC	Div 1 65
2	SM	Grant Twist	Havering AC	: 57	2	Cambridge & Coleridge AC	Div 2 105
3	U20	Thomas Keen	Cambridge & Coleridge AC	28: 15	3	Southend-on-Sea AC	Div 1 124
4	U20	Lewis Harknett	Orion Harriers	: 16	4	Orion Harriers	Div 1 172
5	SM	Ramadan Osman	Colchester Harriers AC	: 39	5	Colchester Harriers AC	Div 1 214
6	SM	Alec Finch	Thurrock Harriers	: 41	6	Thurrock Harriers	Div 1 232
7	SM	Mike Gilbert	Cambridge & Coleridge AC	: 46	7	Grange Farm & Dunmow Runners	Div 1 405
8	U20	Rob Huckle	Cambridge & Coleridge AC	: 54	8	Springfield Striders RC	Div 1 450
9	SM	Rob Warner	Havering AC	29: 01	9	Billericay Striders RC	Div 1 528
10	U20	George Day	Orion Harriers	: 31	10	Benfleet Running Club	Div 1 582
11	U20	Sarab Dhillon	Thurrock Harriers	: 32	11	Halstead RR	Div 2 655
12	V40	Crispian Bloomfield	Billericay Striders RC	: 37	12	Ilford AC	Div 1 684
13	U20	Sam Atkins	Havering AC	: 42	13	Phoenix Striders	Div 2 823
14	SM	Paul Grange	Havering AC	: 49	14	Chelmsford AC	Div 1 464 (5)
15	SM	Rhys Gillard	Southend-on-Sea AC	: 51	15	Tiptree Road Runners	Div 2 536 (5)
16	U20	Owen Thomas	Chelmsford AC	30: 04	16	JBR Run and Tri	Div 2 819 (5)
17	V40	Lee Taylor	Southend-on-Sea AC	: 09	17	Braintree & District AC	Div 2 104 (3)
18	SM	Joe Ray	Southend-on-Sea AC	: 10	18	Mid Essex Casuals	Div 2 438 (3)
19	V40	Christian Holmes	Southend-on-Sea AC	: 12	19	Basildon AC	Div 2 148 (2)
20	SM	Kurtis Swan	Braintree & District AC	: 24	20	Guest	0 224 (2)
21	SM	Chris Molloy	Cambridge & Coleridge AC	: 28	21	Brentwood Running Club	Div 1 248 (2)
22	U20	Freddy Richardson	Colchester & Tendring AC	: 30	22	Pitsea Running Club	Div 2 343 (2)
23	U20	Sam Norris	Southend-on-Sea AC	: 33	23	Colchester & Tendring AC	Div 2 22 (1)
24	U20	Taylor Newell	Thurrock Harriers	: 35	24	Witham Running Club	Div 2 60 (1)
25	SM	Nathan Filer	Colchester Harriers AC	: 38	25	Hockley Trail Runners	Div 2 165 (1)
26	U20	James Stewart	Havering AC	: 40			
27	SM	James Boshier	Grange Farm & Dunmow Runners	: 43			
28	U20	Isaac Brown	Basildon AC	: 46			
29	SM	Rob Mahem	Cambridge & Coleridge AC	: 54			
30	SM	Alfie Waitbaka	Havering AC	31: 16			
31	SM	James Smith	Halstead RR	: 29			
32	SM	Pat Walsh	Southend-on-Sea AC	: 25			
33	SM	Nick Harris-Fry	Orion Harriers	: 33			
34	V40	Gavin Maley	Havering AC	: 37			
35	V50	Alan Smalls	Colchester Harriers AC	: 41			
36	SM	Wesley Atkins	Halstead RR	: 43			
37	SM	Graham Anderson	Cambridge & Coleridge AC	: 45			
38	V45	Barnaby Foot	Orion Harriers	: 46			
39	V50	Colin Read	Orion Harriers	: 49			
40	V40	Paul Miles	Springfield Striders RC	: 51			
41	SM	Greg Tye	Braintree & District AC	: 51			
42	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 52			
43	U20	Conor Culham	Braintree & District AC	: 54			
44	SM	John Whitehead	Havering AC	: 55			
45	SM	Tom Cresswell	Colchester Harriers AC	: 58			
46	V50	Craig Dyce	Cambridge & Coleridge AC	32: 00			
47	V40	Barry Smith	Havering AC	: 01			
48	V40	Bob Glasgow	Orion Harriers	: 04			
49	SM	Gavin Scanlon	Colchester Harriers AC	: 05			
50	V40	Martin Chester	Havering AC	: 07			
51	SM	Freddy Keefe	Havering AC	: 08			
52	V45	Toby Draper	Thurrock Harriers	: 12			
53	SM	Robbie Cooman	Havering AC	: 18			
54	U20	Oliver Randall	Southend-on-Sea AC	: 22			
55	V40	Doug McGillivray	Colchester Harriers AC	: 32			
56	SM	Robert Doyle	Thurrock Harriers	: 37			
57	V45	Andrew Low	Benfleet Running Club	: 38			
58	SM	Michael Smith	Colchester Harriers AC	: 40			
59	V40	Anthony Goodall	Springfield Striders RC	: 42			
60	SM	Scott Darney	Witham Running Club	: 44			
61	SM	Tom Beasley	Orion Harriers	: 46			
62	V45	Michael Buchallet	Cambridge & Coleridge AC	: 52			
63	V45	Graham Freeman	Grange Farm & Dunmow Runners	: 58			
64	V45	Paul Rodgers	Colchester Harriers AC	33: 07			
65	SM	Aaron Graves	Tiptree Road Runners	: 13			
66	V55	Daniel Aguilar	Cambridge & Coleridge AC	: 21			
67	V50	Matt Bland	Havering AC	: 22			
68	U20	Kieran O'Hara	Havering AC	: 24			
69	SM	Tom Walsh	Southend-on-Sea AC	: 24			
70	V40	Grant Stewart	Cambridge & Coleridge AC	: 29			
71	V45	Tim Wright	Orion Harriers	: 32			
72	SM	Will Read-Wright	Orion Harriers	: 34			
73	V50	Paul Broome	Springfield Striders RC	: 35			

Essex Cross Country League (3)

Horseheath

15/12/2018

Senior men

Pos	Age Gp	Name	Team	Time	Teams
74	V45	Peter Waite	Chelmsford AC	: 37	
75	SM	David Wilson	Orion Harriers	: 38	
76	V55	Tony Peceraro	Havering AC	: 42	
77	V50	Andy Conway	Tiptree Road Runners	: 46	
78	SM	Gary Robinson	Springfield Striders RC	: 50	
79	V50	Peter West	Colchester Harriers AC	: 51	
80	V60	Michael Bridgeland	Chelmsford AC	: 56	
81	SM	William Radley	Tiptree Road Runners	34: 07	
82	SM	John Crawley	Ilford AC	: 13	
83	V40	Keith Willett	Thurrock Harriers	: 16	
84	V50	John Ferguson	Cambridge & Coleridge AC	: 20	
85	V45	Antony Moore	Billericay Striders RC	: 22	
86	SM	Declan Evans	Grange Farm & Dunmow Runners	: 24	
87	V65	David Butler	Billericay Striders RC	: 26	
88	V45	Dan Gritton	Guest	: 29	
89	V45	Graham Booty	Benfleet Running Club	: 31	
90	V45	Steve Walker	Havering AC	: 38	
91	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 51	
92	V55	Paul Jeggo	Springfield Striders RC	35: 07	
93	V40	Tim Ballard	Colchester Harriers AC	: 12	
94	V50	Gary Atkins	Havering AC	: 21	
95	V40	Daniel Holeyman	Ilford AC	: 25	
96	U20	Connor Johnson	Grange Farm & Dunmow Runners	: 27	
97	V40	Diarmuid MacDonnell	Ilford AC	: 28	
98	V50	Alan Clark	Benfleet Running Club	: 37	
99	SM	Alexander Rogers	Cambridge & Coleridge AC	: 48	
100	V45	Matt Randall	Southend-on-Sea AC	: 50	
101	V55	Phil Olson	Brentwood Running Club	: 53	
102	V50	Lloyd Miles	Billericay Striders RC	: 56	
103	V45	Roy Perrott	Orion Harriers	: 59	
104	SM	Richard Rowe	Havering AC	36: 17	
105	V45	Dan Wheeler	Cambridge & Coleridge AC	: 18	
106	SM	Jason Crispin	Havering AC	: 22	
107	SM	Philip David	Ilford AC	: 24	
108	V45	John Byford	Springfield Striders RC	: 29	
109	V40	Roy Harwood	Benfleet Running Club	: 32	
110	SM	Michael Monkton	Southend-on-Sea AC	: 36	
111	V60	Bob Langley	Halstead RR	: 39	
112	V60	Andrew Morris	Phoenix Striders	: 46	
113	V45	Ian Pike	Benfleet Running Club	: 49	
114	V40	Steven Ball	Thurrock Harriers	: 50	
115	V40	James Waterson	Colchester Harriers AC	: 52	
116	V55	Nick Rankin	Benfleet Running Club	37: 00	
117	V50	Alan Fullerton	Grange Farm & Dunmow Runners	: 02	
118	V50	Paul Berrett	Havering AC	: 12	
119	V40	Matt Stenning	Billericay Striders RC	: 15	
120	V50	David Findlay	Basildon AC	: 16	
121	SM	Martin Reynolds	Orion Harriers	: 30	
122	SM	Luca Preddbon	Grange Farm & Dunmow Runners	: 36	
123	SM	Barry Weldon	Billericay Striders RC	: 46	
124	V55	Doug Stephens	Benfleet Running Club	: 50	
125	V40	Dave Weldon	Springfield Striders RC	: 58	
126	V55	Christopher Applegate	Thurrock Harriers	38: 07	
127	SM	Ben Leeds	Mid Essex Casuals	: 09	
128	V50	Rob Moore	Orion Harriers	: 10	
129	V60	Charlie Ritchie	Cambridge & Coleridge AC	: 11	
130	V55	Trevor Horncastle	Phoenix Striders	: 13	
131	V50	Simon Morgan	Colchester Harriers AC	: 17	
132	V40	Ben Fisher	Orion Harriers	: 25	
133	V55	Stephen Foggo	Billericay Striders RC	: 27	
134	V50	Lee Hazelwood	Phoenix Striders	: 32	
135	V60	Donald English	Halstead RR	: 32	
136	V55	Paul Stockings	Guest	: 33	
137	V55	Dave Brock	Orion Harriers	: 34	
138	V50	Steve Covey	Mid Essex Casuals	: 39	
139	SM	Ben Chamberlain	Cambridge & Coleridge AC	39: 13	
140	V40	Gary Rowlatt	Thurrock Harriers	: 26	
141	V50	Neil Clark	Phoenix Striders	: 31	
142	V50	Colin White	Billericay Striders RC	: 37	
143	V50	Peter Tullett	Chelmsford AC	: 44	
144	V40	Alasdair Dawson	Billericay Striders RC	: 49	
145	V45	Mark Lawes	Tiptree Road Runners	: 56	
146	V55	Alan Pearl	Ilford AC	40: 02	
147	V50	James Macnish-Porter	Brentwood Running Club	: 07	
148	V60	Tim Brockington	Springfield Striders RC	: 12	
149	V55	Grant Corton	Orion Harriers	: 17	
150	V50	Martin Orford	Phoenix Striders	: 24	
151	V55	Kevin Kirby	Chelmsford AC	: 28	
152	V50	Dave Hallett	JBR Run and Tri	: 34	
153	V40	Tony Collins	Havering AC	: 45	
154	V70	Peter Binns	Southend-on-Sea AC	41: 22	
155	V60	Bill Bennett	Orion Harriers	: 42	
156	V50	Colin Wilkinson	Phoenix Striders	: 47	
157	V45	Trevor Robinson	Ilford AC	: 55	
158	V50	Matt Gillard	Southend-on-Sea AC	42: 01	
159	SM	Robert Hempstead	Billericay Striders RC	: 04	
160	V45	Ian Glover	Southend-on-Sea AC	: 08	
161	V50	Phil Young	JBR Run and Tri		

Full Results on Essex Website - TONIGHT!

