

Essex Cross Country League (3)

<u>Benfleet</u>					<u>19-Nov-11</u>					<u>Senior Men</u>				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	U20	Short, Alex	Chelmsford	27: 28	101	V40	Jarvis, Greg	Southend	44					
2	SM	Sanford, Mark	Chelmsford	50	102	V40	Veall, Craig	Loughton	52					
3	SM	Coombes, Sam	SEEVIC	57	103	SM	Mitchell, Carl	Southend	53					
4	SM	Warner, Rob	Havering M	28: 12	104	V40	Oatham, Phil	Thurrock H	54					
5	SM	Twist, Grant	Havering M	25	105	V40	Bonham, R	Mid Essex C	56					
6	SM	Briggs, John	Basildon	30	106	SM	Syrett, Jason	Thurrock H	37: 04					
7	SM	Prout, Ryan	Chelmsford	40	107	V40	Bulleid, Wayne	Braintree	11					
8	SM	Windle, Tristan	Springfield S	47	108	V40	Daniel, Graham	Thrift Green T	25					
9	U20	Fitsall, Jack	Basildon	57	109	V40	Broadbent, Quinn	Orion H	27					
10	U20	Buckley-Stanton, Jamie	Havering M	29: 01	110	V40	Hart, James	Orion H	32					
11	SM	Williams, James	Chelmsford	06	111	V40	Aitmarri, Mbarck	Basildon	38					
12	U20	Youell, Chris	Chelmsford	10	112	SM	Bridges, Paul	Springfield S	42					
13	SM	Wright, Will	Chelmsford	18	113	V50	Williams, Roy	Thrift Green T	46					
14	U20	Law, Andy	Basildon	20	114	V40	Tull, Mike	Southend	51					
15	SM	Sterling, Scott	NEB	23	115	SM	Tyson, David	Loughton	57					
16	U20	Webb, Grant	Basildon	24	116	V40	Marsh, Pat	Colchester H	38: 00					
17	SM	Hunter, Ben	Southend	26	117	SM	Coulson, Myles	Braintree	03					
18	SM	Stroud, Jack	Orion H	30	118	V40	Morgan, Simon	Tiptree	04					
19	SM	Houghton, Alex	Thurrock H	36	119	V60	Binns, Peter	Southend	10					
20	SM	Fryer, John	Colchester H	45	120	V40	Booth, Richard	Thrift Green T	15					
21	SM	Houghton, Nick	Thurrock H	57	121	V50	Hall, Graham	Orion H	26					
22	SM	Parker-Brown, Billy	Chelmsford	30: 02	122	V60	Adams, Bill	Dagenham 88	35					
23	SM	Benton, Wesley	Colchester H	05	123	U20	Green, Buddy	Orion H	39					
24	V40	Smalls, Allen	Colchester H	07	124	SM	Venton, Brian	Chelmsford	43					
25	SM	Moses, Daniel	Orion H	15	125	V40	Rayney, Duncan	Loughton	47					
26	V40	Bland, Matt	Havering M	21	126	V40	Dawson, Jim	Orion H	50					
27	SM	Briggs, Mike	Benfleet	29	127	V50	Thorpe, Barry	Chelmsford	56					
28	SM	Messon, Matthew	Chelmsford	33	128	V50	Skinner, Ted	Tiptree	56					
29	SM	Hall, Ben	Orion H	35	129	V40	Payne, Stuart	Southend	39: 00					
30	V40	Barker, John	Thrift Green T	39	130	V40	Monce, Alan	Southend	03					
31	U20	Gillard, Rhys	Southend	42	131	V40	Glover, Ian	Southend	09					
32	V50	Butler, Dave	Billericay S	44	132	V50	Howard, Gary	Havering M	22					
33	SM	Wilson, Simon	Southend	58	133	V50	Brockington, Tim	Springfield S	23					
34	SM	Booty, Graham	Benfleet	31: 02	134	V50	Taylor, Rob	Dagenham 88	23					
35	V40	Rice, Scott	Thurrock H	08	135	SM	Footer, Chris	Phoenix S	25					
36	SM	Allworthy, David	Colchester H	14	136	V60	Butcher, Brian	Mid Essex C	35					
37	V40	Ridley, Colin	W. Suffolk	16	137	V40	Ward, Barry	Havering M	49					
38	V40	Green, John	Thurrock H	21	138	V50	Whiffen, Jim	Loughton	55					
39	SM	Hall, Auberon	Orion H	29	139	U20	Akintokan, Akeem	Basildon	40: 04					
40	V50	Bridgeland, Mike	Chelmsford	33	140	V50	Sargent, Rob	Dagenham 88	12					
41	U20	Parker, Charlie	Southend	36	141	V40	Fox, Patrick	Dagenham 88	39					
42	SM	Clark, Ian	Orion H	43	142	SM	Burgess, Ian	Thurrock H	41: 00					
43	V40	Freeman, Jeremy	Chelmsford	50	143	V60	Jackson, Keith	Pitsea	03					
44	SM	Neugebauer, James	Springfield S	56	144	V40	Ling, Jim	Southend	07					
45	SM	Lyne, Eliot	Colchester H	32: 11	145	V50	De Souza, Bosco	Pitsea	10					
46	SM	Colgrave, Adam	Chelmsford	14	146	V40	Cahill, Gary	Thurrock H	21					
47	SM	Anthony, Ian	Havering M	14	147	SM	Miller, Danny	Dagenham 88	37					
48	U20	Cross, Dennis	Thurrock H	17	148	V40	Speed, Neil	Braintree	55					
49	SM	Chester, Martin	Havering M	19	149	V40	Jordan, Simon	Phoenix S	42: 13					
50	V40	Clark, Alan	Benfleet	21	150	V50	Cheal, Steve	Ilford	14					
51	SM	Wandasiewicz, Nelson	Thrift Green T	37	151	SM	Whisken, Mike	Southend	22					
52	V40	Jacob, Kevin	Billericay S	41	152	V40	Hayward, Mike	Mid Essex C	24					
53	U20	Gifford, Tom	CATS	45	153	V40	Sibley, Trevor	Braintree	28					
54	SM	McGoun, Neil	Orion H	50	154	V40	Williams, Paul	Orion H	31					
55	SM	Newell, Kevin	Ilford	53	155	SM	Godbold, Alan	Orion H	37					
56	U20	Brown, Sam	Basildon	58	156	V40	Robinson, Mick	Thrift Green T	46					
57	V40	O'Neill, Ian	Thrift Green T	33: 05	157	V60	Reed, Chris	Pitsea	50					
58	U20	Crook, Adam	Chelmsford	08	158	V70	Ross, Charlie	Chelmsford	51					
59	U20	Millar, Alan	Southend	15	159	V60	Smith, George	Thrift Green T	56					
60	V40	Green, Paul	Thurrock H	28	160	V50	Georgiou, George	Loughton	43: 27					
61	SM	Spooner, Terry	Benfleet	30	161	V60	Vautier, R	Mid Essex C	22					
62	V50	Butler, Alan	Thrift Green T	31	162	V50	Frith, Rod	Southend	54					
63	SM	Raven, Stuart	Springfield S	32	163	V40	Mitchell, Barry	Braintree	44: 36					
64	V40	Lawless, Don	Thurrock H	35	164	V40	Timpson, Steve	Orion H	37					
65	SM	Collins, Neil	Havering M	36	165	V40	Cammidge, Chris	Mid Essex C	46: 04					
66	V40	Grout, Mike	Benfleet	48	166	V50	Goldsmith, Kevin	Phoenix S	29					
67	SM	Ruffy, Paul	Benfleet	56	167	V40	Charlton, Ray	Springfield S	42					
68	V40	Wisken, Greg	Mid Essex C	58	168	V60	Hobbs, David	Loughton	52					
69	V40	Rankin, Nick	Benfleet	59	169	V70	Dawson, Ron	Southend	48: 12					
70	V40	Crisp, Neil	Ilford	34: 00	170	V60	Dedman, Peter	Orion H	49: 13					
71	V40	Marchant, Dave	Thurrock H	03	171	V50	Perry, Steve	Springfield S	34					
72	V40	Freeman, Paul	Chelmsford	06	172	V60	Adams, Doug	Dagenham 88	53: 50					
73	V40	Waine, Mark	Springfield S	10	173	V50	Mills, Eddie	Phoenix S	54: 09					
74	V50	Jeggo, Paul	Springfield S	15	174	V50	Knowles, Pat	Springfield S	57: 12					
75	SM	Warner, Andrew	Orion H	17										
76	V40	Cole, Leo	Witham	17										
77	SM	Mills, Rob	Springfield S	17										
78	V40	Tullett, Dave	Chelmsford	37										
79	V50	Morris, Andy	Benfleet	41										
80	V40	Berrett, Paul	Havering M	42										
81	U20	Earney, Ross	Havering M	44										
82	SM	Taylor, Lee	Southend	46										
83	SM	Smale, Simon	Southend	35: 01										
84	SM	Pearce, Chris	Springfield S	05										
85	V40	Mead, Tony	Benfleet	24										
86	V40	Kennedy, Andy	Benfleet	32										
87	SM	Knight, Nick	Thrift Green T	39										
88	V50	Cooper, Melvyn	Thrift Green T	39										
89	SM	Riches, Gary	CATS	42										
90	V40	Capel, Darren	Southend	50										
91	V50	Bumstead, Mike	Thurrock H	53										
92	SM	Thrush, Scott	Southend	57										
93	V50	Catton, Andy	Ilford	36: 01										
94	V40	Judd, Mike	Chelmsford	02										
95	V50	Tullett, Peter	Chelmsford	05										
96	SM	Snowden, Chris	Springfield S	08										
97	SM	Green, David	Southend	10										
98	V40	Thornton, Keith	Thrift Green T	15										
99	V40	Cooper, Phil	Thrift Green T	26										
100	V50	O'Doherty, Gerry	Billericay S	31										

Team Result

1	Chelmsford	46
2	Havering M	141
3	Orion H	207
4	Basildon	212
5	Thurrock H	221
6	Southend	263
7	Colchester H	264
8	Benfleet	305
9	Springfield S	339
10	Thrift Green T	375
11	Mid Essex C	787
12	Loughton	808
13	Dagenham 88	856
14	Braintree	688
15	Ilford	368
16	Phoenix S	623
17	Billericay S	184
18	Pitsea	445
19	CATS	142
20	Tiptree	246
21	W. Suffolk	37
22	Witham	76

(5)

(4)

(4)

(3)

(3)

(2)

(2)

(1)

(1)

Essex Cross Country League (3)

Sponsored by Runners Edge

<u>Individual Standings after 3 Races</u>				<u>Senior Men</u>					
1	Hickey, Adam	Southend	SM	2	81	Earney, Ross	Havering M	U20	162
2	Mussett, Adrian	Colchester H	SM	4	82	Tullett, Dave	Chelmsford	V40	166
2	Short, Alex	Chelmsford	U20	4	82	Kennedy, Andy	Benfleet	V40	166
4	Sanford, Mark	Chelmsford	SM	6	84	Riches, Gary	CATS	SM	167
5	Wamer, Rob	Havering M	SM	8	85	Smale, Simon	Southend	SM	172
6	Twist, Grant	Havering M	SM	12	86	Jarvis, Greg	Southend	V40	175
7	Pickering, Lee	Chelmsford	SM	14	87	Stukas, Paul	Springfield S	V50	177
8	Windley, Tristan	Springfield S	SM	15	88	Broadbent, Quinn	Orion H	V40	178
9	Law, Andy	Basildon	U20	17	89	Judd, Mike	Chelmsford	V40	179
10	Briggs, John	Basildon	SM	18	90	Capel, Darren	Southend	V40	180
11	Fitsall, Jack	Basildon	U20	19	91	Binns, Peter	Southend	V60	185
12	Hunter, Ben	Southend	SM	22	92	Snowden, Chris	Springfield S	SM	188
13	Wright, Will	Chelmsford	SM	23	92	Catton, Andy	Iford	V50	188
14	Rand, Steve	Havering M	SM	25	94	Bumstead, Mike	Thurrock H	V50	190
15	Williams, James	Chelmsford	SM	26	95	Syrett, Jason	Thurrock H	SM	192
16	Youell, Chris	Chelmsford	U20	27	96	Veall, Craig	Loughton	V40	193
17	Smalls, Allen	Colchester H	V40	31	97	Tullett, Peter	Chelmsford	V50	198
18	Nunn, Jamie	Billericay S	SM	32	98	Thornton, Keith	Thrift Green T	V40	200
19	Richards, Alex	Iford	U20	34	99	O'Doherty, Gerry	Billericay S	V50	201
20	Houghton, Alex	Thurrock H	SM	35	99	Mitchell, Carl	Southend	SM	201
20	Houghton, Nick	Thurrock H	SM	35	101	Bulleid, Wayne	Braintree	V40	206
20	Rice, Scott	Thurrock H	V40	35	102	Marsh, Pat	Colchester H	V40	210
23	Sterling, Scott	NEB	SM	36	103	Morgan, Simon	Tiptree	V40	212
24	Fryer, John	Colchester H	SM	38	104	Bridges, Paul	Springfield S	SM	217
25	Bland, Matt	Havering M	V40	44	105	Spain, Dave	Benfleet	V40	219
26	Gillard, Rhys	Southend	U20	45	106	Aitmarri, Mbarck	Basildon	V40	224
27	Barker, John	Thrift Green T	V40	46	107	Coulson, Myles	Braintree	SM	226
28	Parker, Charlie	Southend	U20	50	107	Skinner, Ted	Tiptree	V50	226
29	Briggs, Mike	Benfleet	SM	51	109	Thorpe, Barry	Chelmsford	V50	230
30	Lendon, Jason	Havering M	SM	55	110	Daniel, Graham	Thrift Green T	V40	233
30	Moses, Daniel	Orion H	SM	55	111	Nixon, Tony	Iford	V60	234
32	Wilson, Simon	Southend	SM	58	112	Tyson, David	Loughton	SM	236
33	Hall, Ben	Orion H	SM	60	113	Green, Buddy	Orion H	U20	237
34	Bridgeland, Mike	Chelmsford	V50	62	113	Hall, Graham	Orion H	V50	237
35	Johnson, David	Chelmsford	SM	63	115	Akintokan, Akeem	Basildon	U20	241
36	Spowage, Paul	Colchester H	V40	64	116	Butcher, Brian	Mid Essex C	V60	242
37	Booty, Graham	Benfleet	SM	68	117	Rayney, Duncan	Loughton	V40	246
38	Ridley, Colin	W. Suffolk	V40	70	118	Williams, Roy	Thrift Green T	V50	247
39	Allworthy, David	Colchester H	SM	71	119	Adams, Bill	Dagenham 88	V60	249
40	Smale, Peter	Southend	SM	76	120	Dawson, Jim	Orion H	V40	250
41	Hall, Auberon	Orion H	SM	84	120	Taylor, Rob	Dagenham 88	V50	250
41	Colgrave, Adam	Chelmsford	SM	84	122	Glover, Ian	Southend	V40	251
43	Freeman, Jeremy	Chelmsford	V40	86	123	Burgess, Ian	Thurrock H	SM	253
44	Chester, Martin	Havering M	SM	89	124	Howard, Gary	Havering M	V50	254
44	Clark, Alan	Benfleet	V40	89	125	Sargent, Rob	Dagenham 88	V50	255
46	Cross, Dennis	Thurrock H	U20	91	126	Ward, Barry	Havering M	V40	263
47	Lyne, Eliot	Colchester H	SM	93	126	Brockington, Tim	Springfield S	V50	263
48	Neugebauer, James	Springfield S	SM	94	128	Gwyn-Williams, Seb	Witham	V40	266
49	Shelley, Eamon	Thurrock H	V50	97	128	Footer, Chris	Phoenix S	SM	266
49	Wandasiewicz, Nelson	Thrift Green T	SM	97	130	Frost, Robert	Phoenix S	SM	270
51	McGoun, Neil	Orion H	SM	98	131	Miller, Danny	Dagenham 88	SM	272
52	Newell, Kevin	Iford	SM	102	132	Jackson, Keith	Pitsea	V60	278
52	Anthony, Ian	Havering M	SM	102	133	Whiffen, Jim	Loughton	V50	283
54	Raven, Stuart	Springfield S	SM	107	134	Jordan, Simon	Phoenix S	V40	287
55	O'Neill, Ian	Thrift Green T	V40	110	135	Cahill, Gary	Thurrock H	V40	290
56	Lawless, Don	Thurrock H	V40	111	135	Rebel, Steven	Thrift Green T	SM	290
57	Crook, Adam	Chelmsford	U20	112	137	Cheal, Steve	Iford	V50	293
58	Spooner, Terry	Benfleet	SM	114	138	Bulaitus, Peter	Orion H	V50	295
59	Jacob, Kevin	Billericay S	V40	115	139	Williams, Paul	Orion H	V40	299
60	Metcalf, John	Thurrock H	V50	123	140	Ross, Charlie	Chelmsford	V70	300
61	Collins, Neil	Havering M	SM	124	141	Sibley, Trevor	Braintree	V40	301
61	Freeman, Paul	Chelmsford	V40	124	142	Speed, Neil	Braintree	V40	303
63	Millar, Alan	Southend	U20	125	143	Smith, George	Thrift Green T	V60	306
64	Crisp, Neil	Iford	V40	130	144	Frith, Rod	Southend	V50	310
64	Cole, Leo	Witham	V40	130	145	Fribbens, Mark	Braintree	V40	315
66	Grout, Mike	Benfleet	V40	133	146	Timpson, Steve	Orion H	V40	319
66	Marchant, Dave	Thurrock H	V40	133	147	Mitchell, Barry	Braintree	V40	320
68	Purse, Chris	Springfield S	V50	137	148	Georgiou, George	Loughton	V50	326
68	Jeggo, Paul	Springfield S	V50	137	148	Linton, Ian	Tiptree	V60	326
70	Boyer, Ross	Braintree	V50	139	150	Hobbs, David	Loughton	V60	328
71	Wisken, Greg	Mid Essex C	V40	140	151	Charlton, Ray	Springfield S	V40	331
72	Cooper, Melvyn	Thrift Green T	V50	150	152	Dawson, Ron	Southend	V70	332
73	Taylor, Lee	Southend	SM	151	153	Perry, Steve	Springfield S	V50	336
74	Sterling, Craig	Benfleet	SM	152	154	Dedman, Peter	Orion H	V60	340
75	Rankin, Nick	Benfleet	V40	153	155	Mills, Eddie	Phoenix S	V50	350
75	Berrett, Paul	Havering M	V40	153	155	Adams, Doug	Dagenham 88	V60	350
77	Mills, Rob	Springfield S	SM	155					
78	Dendani, Massi	Havering M	U20	156					
79	Knight, Nick	Thrift Green T	SM	157					
80	Warner, Andrew	Orion H	SM	158					