

Essex Cross Country League (3)

		<u>Writtle</u>	<u>Senior Men</u>	<u>14/12/2019</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Ahmed Abdulle	Ilford AC	29: 09	1 Ilford AC	100
2	U20	Zach Bridgeland	Chelmsford AC	: 52	2 Havering AC	102
3	SM	Rob Warner	Havering AC	: 55	3 Southend-on-Sea AC	127
4	SM	Tom Beedell	Brentwood Running Club	30: 06	4 Thurrock Harriers	172
5	SM	David Fewell	Chelmsford AC	: 10	5 Springfield Striders RC	254
6	SM	Angus Holford	Guest	: 24	6 Colchester Harriers AC	308
7	U20	Leon Wheeler	Thurrock Harriers	: 42	7 Orion Harriers	371
8	SM	Alex Richards	Ilford AC	: 58	8 Benfleet Running Club	531
9	SM	James Stewart	Havering AC	31: 05	9 Grange Farm & Dunmow Runr	694
10	U20	Taylor Newell	Thurrock Harriers	: 11	10 JBR Run and Tri	1099
11	V40	Paul Grange	Ilford AC	: 18	11 Halstead RR	699 (5)
12	V40	Lee Taylor	Southend-on-Sea AC	: 24	12 Phoenix Striders	759 (5)
13	SM	Aaron Graves	Tiptree Road Runners	: 25	Division 2 Teams (6 to score)	
14	SM	Gavin Watts	Havering AC	: 28	1 Braintree & District AC	271
15	V45	Christian Holmes	Southend-on-Sea AC	: 29	2 Chelmsford AC	291
16	U20	Sam Atkins	Havering AC	: 32	3 Basildon AC	518
17	U20	Oliver Lill	Basildon AC	: 33	4 Billericay Striders RC	593
18	SM	Tom Gardner	Ilford AC	: 34	5 Brentwood Running Club	633
19	U20	Oliver Randall	Southend-on-Sea AC	: 35	6 Tiptree Road Runners	776
20	U20	Ben Prior	Thurrock Harriers	: 36	7 Mid Essex Casuals	879
21	SM	Rhys Gillard	Southend-on-Sea AC	: 45	8 Pitsea Running Club	894
22	SM	Kurtis Swan	Braintree & District AC	: 49	9 Hockley Trail Runners	959
23	SM	Chris Burgoyne	Springfield Striders RC	: 50	10 Cambridge & Coleridge AC	61 (2)
24	SM	Alec Finch	Thurrock Harriers	: 50	11 Witham Running Club	99 (1)
25	SM	Dominic Le Mare	Southend-on-Sea AC	: 52	12 East Essex Triathlon Club	117 (1)
26	U20	Mungo Prior	Ilford AC	32: 06	13 Colchester & Tendring AC	123 (1)
27	SM	Alex Manton	Springfield Striders RC	: 14	Veterans (4 to score)	
28	V40	Barry Smith	Havering AC	: 22	1 Southend-on-Sea AC	158
29	U20	Lewis Harknett	Orion Harriers	: 25	2 Ilford AC	205
30	SM	John Baslington	Cambridge & Coleridge AC	: 26	3 Springfield Striders RC	240
31	SM	Rob Mahen	Cambridge & Coleridge AC	: 28	4 Havering AC	243
32	V45	Steve Rand	Havering AC	: 29	5 Colchester Harriers AC	298
33	SM	Richard Smith	Orion Harriers	: 32	6 Billericay Striders RC	374
34	SM	Luke Fitz John	Springfield Striders RC	: 44	7 Chelmsford AC	404
35	U20	Sam Wheatley	Southend-on-Sea AC	: 50	8 Benfleet Running Club	419
36	V45	Gary Coombes	Ilford AC	: 51	9 Brentwood Running Club	510
37	SM	Greg Tye	Braintree & District AC	: 56	10 Pitsea Running Club	510
38	SM	Pat Walsh	Southend-on-Sea AC	: 58	11 Orion Harriers	559
39	SM	Oscar Peris	Ilford AC	: 59	12 Phoenix Striders	561
40	U20	Innes Fullerton	Braintree & District AC	33: 01	13 Grange Farm & Dunmow Runr	563
41	U20	Thomas Palmer	Colchester Harriers AC	: 03	14 Tiptree Road Runners	570
42	SM	Cameron Humphries	Colchester Harriers AC	: 05	15 Mid Essex Casuals	628
43	U20	Victor Stienwand	Colchester Harriers AC	: 18	16 Hockley Trail Runners	634
44	SM	John Whitehead	Havering AC	: 20	17 Thurrock Harriers	363 (3)
45	SM	Conor Culham	Braintree & District AC	: 25	18 Basildon AC	493 (3)
46	SM	Gareth Allen	Orion Harriers	: 26	19 Witham Running Club	99 (1)
47	SM	Mike Roberts	Orion Harriers	: 29	20 East Essex Triathlon Club	117 (1)
48	V50	Matthew Bland	Havering AC	: 34	21 Colchester & Tendring AC	123 (1)
49	SM	Shane Boxall	Southend-on-Sea AC	: 40	22 JBR Run and Tri	177 (1)
50	V40	James Wright	Colchester Harriers AC	: 56		
51	V40	Paul Miles	Springfield Striders RC	: 58		
52	U20	Joe Lane	Chelmsford AC	34: 01		
53	SM	Ben Holdgate	Braintree & District AC	: 04		
54	SM	James Hiscock	Benfleet Running Club	: 08		
55	SM	Robert Doyle	Thurrock Harriers	: 11		
56	U20	Jack Exley	Thurrock Harriers	: 18		

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
57	V40	Anthony Goodall	Springfield Striders RC	: 21
58	SM	Chris Wayman	Benfleet Running Club	: 26
59	U20	James Putt	Basildon AC	: 30
60	V50	Alec Kyrakides	Southend-on-Sea AC	: 30
61	V40	Rob Trevor	Havering AC	: 43
62	V50	Scott Dryden	Springfield Striders RC	: 46
63	V40	Tim Ballard	Colchester Harriers AC	: 49
64	U20	George Hill	Basildon AC	: 53
65	U20	James Wright	Basildon AC	: 57
66	V45	Peter Waite	Chelmsford AC	35: 00
67	V50	Paul Holloway	Ilford AC	: 04
68	SM	Jack Whittaker	Southend-on-Sea AC	: 06
69	SM	Gavin Scanlon	Colchester Harriers AC	: 08
70	V45	Lee Martin	Springfield Striders RC	: 08
71	V55	Simon Le Mare	Southend-on-Sea AC	: 10
72	SM	Daniel Reynolds	Grange Farm & Dunmow Runr	: 12
73	V45	Greg Deacon	Springfield Striders RC	: 14
74	U20	Charles Fletcher	Braintree & District AC	: 18
75	V40	Mike Woodward	Pitsea Running Club	: 30
76	SM	Barry Weldon	Billericay Striders RC	: 37
77	V50	Paul Broome	Springfield Striders RC	: 38
78	V55	Colin Ridley	Colchester Harriers AC	: 39
79	V45	Anthony Moore	Billericay Striders RC	: 42
80	V60	Peter Tullett	Chelmsford AC	: 45
81	V65	David Butler	Billericay Striders RC	: 55
82	V45	Tim Wright	Orion Harriers	36: 02
83	V45	Matt Randall	Southend-on-Sea AC	: 09
84	V50	Andrew Wright	Billericay Striders RC	: 18
85	V45	Keith Willett	Thurrock Harriers	: 21
86	SM	Christopher Youell	Chelmsford AC	: 25
87	V40	Nathan Roulson	Halstead RR	: 41
88	V40	Nick Hunter	Chelmsford AC	: 42
89	SM	Haydon Newland	Ilford AC	: 43
90	V55	Tony Pecoraro	Havering AC	: 44
91	V55	Dairmuid MacDonnell	Ilford AC	: 45
92	SM	Alexander Ings	Braintree & District AC	: 48
93	V50	Robin McCoy	Springfield Striders RC	: 58
94	V50	Alan Clark	Benfleet Running Club	37: 08
95	SM	Adam Colgrave	Chelmsford AC	: 14
96	V40	Tom Porter	Halstead RR	: 20
97	SM	Tom Walsh	Southend-on-Sea AC	: 23
98	SM	Matthew Webster	Grange Farm & Dunmow Runr	: 31
99	V50	Leon Cole	Witham Running Club	: 40
100	V50	Steve Walker	Havering AC	: 53
101	V50	Kevin Marshall	Grange Farm & Dunmow Runr	: 58
102	U20	Mark Beale	Chelmsford AC	38: 7
103	V45	James Campion	Southend-on-Sea AC	: 8
104	V45	Ian Pike	Benfleet Running Club	: 23
105	V40	Jon Byford	Springfield Striders RC	: 30
106	V40	Dave Weldon	Springfield Striders RC	: 36
107	V50	Richard Flutter	Colchester Harriers AC	: 44
108	V50	Richard Jones	Benfleet Running Club	: 45
109	V50	Mark Lawes	Tiptree Road Runners	: 47
110	V55	Phil Olsen	Brentwood Running Club	39: 1
111	V50	Ian O'Neill	Brentwood Running Club	: 5
112	V50	Tony Hyde	Pitsea Running Club	: 11

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
113	V60	Doug Stephens	Benfleet Running Club	: 14
114	V60	Alan Pearl	Ilford AC	: 18
115	SM	Ben Leeds	Mid Essex Casuals	: 21
116	V55	Terry Knightley	Ilford AC	: 22
117	V55	Matthew Aitken	East Essex Triathlon Club	: 23
118	V50	Bob Bardell	Tiptree Road Runners	: 23
119	SM	Ben Whateley-Harris	Brentwood Running Club	: 28
120	SM	Luca Predebon	Grange Farm & Dunmow Runr	: 31
121	V60	Shane Lawrence	Guest	: 39
122	V40	Steven Ball	Thurrock Harriers	: 46
123	V45	John Hennington	Colchester & Tendring AC	: 54
124	V60	Chris Purse	Springfield Striders RC	: 56
125	SM	Harley Lloyd	Hockley Trail Runners	40: 00
126	V45	Alan Cooke	Hockley Trail Runners	: 02
127	V50	Neal Clark	Phoenix Striders	: 03
128	V50	Mark Wellsted	Colchester Harriers AC	: 07
129	V45	Roy James	Havering AC	: 14
130	V55	Stephen Foggo	Billericay Striders RC	: 17
131	SM	Gavin Ripton	Halstead RR	: 23
132	V45	Ian Rattray	Colchester Harriers AC	: 44
133	V45	Cliff King	Mid Essex Casuals	: 46
134	V60	Bill Bennett	Orion Harriers	: 53
135	V40	Dennis Briggs	Ilford AC	: 54
136	SM	Daniel Quartly	Mid Essex Casuals	: 55
137	SM	James Williams	Chelmsford AC	: 56
138	V50	Lee Hazlewood	Phoenix Striders	41: 03
139	V55	Nick Rankin	Benfleet Running Club	: 05
140	V45	Ian Booker	Brentwood Running Club	: 12
141	SM	Ed Lunn	Orion Harriers	: 22
142	SM	Dan Walsh	JBR Run and Tri	: 22
143	V50	Colin White	Billericay Striders RC	: 25
144	V55	John Pumfrett	Phoenix Striders	: 38
145	V55	Lee Prowse	Grange Farm & Dunmow Runr	: 51
146	V40	Grant England	Billericay Striders RC	: 56
147	V45	James Price	Pitsea Running Club	42: 02
148	V55	David Findlay	Basildon AC	: 21
149	V55	James MacNish-Porter	Brentwood Running Club	: 28
150	V50	John Sweeney	Mid Essex Casuals	: 57
151	V70	Peter Binns	Southend-on-Sea AC	43: 02
152	V50	Colin Wilkinson	Phoenix Striders	: 03
153	V40	Ben Fisher	Orion Harriers	: 05
154	V50	Julian Cattmul	Springfield Striders RC	: 27
155	SM	Cameron Strutt	Springfield Striders RC	: 29
156	V60	Bernard Johnson	Thurrock Harriers	: 37
157	SM	Dan Buckley	Billericay Striders RC	: 38
158	V40	James Hawkes	Grange Farm & Dunmow Runr	: 47
159	V60	Simon King	Grange Farm & Dunmow Runr	: 59
160	V50	Matt Gillard	Southend-on-Sea AC	44: 00
161	V40	Spencer Garlick	Hockley Trail Runners	: 04
162	V55	John Smith	Grange Farm & Dunmow Runr	: 08
163	V40	Alasdair Daw	Billericay Striders RC	: 12
164	V40	Tony Collins	Havering AC	: 22
165	V50	Andrew Turner	Basildon AC	: 31
166	V50	Ricky Lee	Billericay Striders RC	: 36
167	V60	Stephen Burton	Benfleet Running Club	: 38
168	V50	Adrian Mathers	Hockley Trail Runners	: 41

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
169	V60	Kevin Bunton	Tiptree Road Runners	: 52
170	V55	Kevin Kirby	Chelmsford AC	45: 8
171	SM	Aaron Manby	Billericay Striders RC	: 29
172	V45	Justin Ruggles	Mid Essex Casuals	: 32
173	V55	Paul Tawn	Mid Essex Casuals	: 32
174	V45	Bryn Gibbons	Tiptree Road Runners	46: 03
175	V55	Richard Robertson	Grange Farm & Dunmow Runr	: 27
176	V45	David Beatty	Pitsea Running Club	: 46
177	V40	Ian Rodd	JBR Run and Tri	: 47
178	V50	Greg Wisken	Mid Essex Casuals	: 52
179	V55	Mark Whitby	Hockley Trail Runners	: 58
180	V45	Justin Harris	Basildon AC	47: 07
181	V60	James Goddard	Mid Essex Casuals	: 09
182	V50	Jim Tilbrook	Ilford AC	: 25
183	V60	Kevin Judge	Benfleet Running Club	: 58
184	V45	Richard Harmer	Brentwood Running Club	48: 14
185	SM	Clive Bailey	JBR Run and Tri	: 17
186	V45	Bradley Brown	Ilford AC	: 38
187	V50	Dave Girt	Southend-on-Sea AC	: 44
188	V60	Donald Sinclair	Pitsea Running Club	49: 00
189	V50	Andrew Mason	Springfield Striders RC	: 02
190	V55	Paul Woodyatt	Orion Harriers	: 45
191	SM	Darren Powell	Halstead RR	50: 44
192	V70	Keith Walker	Billericay Striders RC	: 54
193	V60	Paul Graves	Tiptree Road Runners	51: 01
194	SM	Dan Roughan	Halstead RR	: 42
195	SM	Richard Fisher	JBR Run and Tri	52: 31
196	SM	Billy Holman	Pitsea Running Club	: 58
197	V55	Angus Aldridge	Southend-on-Sea AC	53: 26
198	V65	Peter Eates	Phoenix Striders	54: 46
199	SM	Anthony Oliver	JBR Run and Tri	58: 02
200	V50	Richard Bennett	Hockley Trail Runners	60: 02
201	SM	Ian Molenaux	JBR Run and Tri	62: 31
202	V70	James Huddart	Ilford AC	68: 01
203	V60	Mike Jeffery	Southend-on-Sea AC	69: 06
204	V70	Ernie Easterby	Billericay Striders RC	70: 34

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE