

Essex Cross Country League (2)

Writtle University College

30/10/2021

Senior men

Pos	Age Gp	Name	Team	Time	Teams			
1	SM	Jack Gray	Cambridge & Coleridge AC	25: 40	1	Havering AC	Div 1	72
2	SM	Ahmed Abdullah	Ilford AC	26: 09	2	Orion Harriers	Div 1	142
3	SM	Ben Davis	Havering AC	27: 19	3	Chelmsford AC	Div 1	179
4	SM	Ben Felton	Chelmsford AC	27: 23	4	Southend-on-Sea AC	Div 1	196
5	SM	David Fewell	Chelmsford AC	27: 23	5	Thurrock Harriers	Div 1	211
6	V40	Sullivan Smith	Cambridge & Coleridge AC	27: 26	6	Colchester Harriers AC	Div 1	266
7	V40	Rob Warner	Havering AC	27: 28	7	Springfield Striders RC	Div 1	316
8	SM	James Stewart	Havering AC	27: 47	8	Ilford AC	Div 1	327
9	SM	Kurtis Swan	Braintree & District AC	27: 53	9	Braintree & District AC	Div 1	390
10	U20	Taite Wallis	Billericay Striders RC	27: 55	10	Benfleet Running Club	Div 1	400
11	SM	Sam Norris	Southend-on-Sea AC	28: 04	11	Grange Farm & Dunmow Runners	Div 1	462
12	SM	Kieran O'Hara	Havering AC	28: 27	12	Billericay Striders RC	Div 1	635
13	SM	Nick Harris-Fry	Orion Harriers	28: 33	13	Phoenix Striders	Div 2	781
14	SM	George Day	Orion Harriers	28: 46	14	Mid Essex Casuals	Div 2	782
15	SM	Sam Atkins	Havering AC	28: 48	15	Boxted Runners	Div 2	901
16	SM	Cameron Humphries	Colchester Harriers AC	28: 49	16	JBR Run and Tri	Div 2	992
17	SM	Shane Boxall	Southend-on-Sea AC	28: 50	17	Hockley Trail Runners	Div 2	775 (5)
18	SM	Conor Culham	Braintree & District AC	28: 51	18	Cambridge & Coleridge AC	Div 2	193 (4)
19	U20	Luke Randall	Southend-on-Sea AC	28: 53	19	Pitsea Running Club	Div 2	629 (4)
20	U20	Chandler Dhillon	Thurrock Harriers	28: 59	20	Innovation Multisport	Div 2	423 (3)
21	SM	Ben Prior	Thurrock Harriers	29: 00	21	Tiptree Road Runners	Div 2	478 (3)
22	SM	Lee Baynton	Benfleet Running Club	29: 07	22	Halstead RR	Div 2	494 (3)
23	SM	James Bosher	Grange Farm & Dunmow Runners	29: 22	23	Basildon AC	Div 2	214 (2)
24	SM	Richard Smith	Orion Harriers	29: 24	24	Witham Running Club	Div 2	96 (1)
25	V45	Lee Taylor	Southend-on-Sea AC	29: 29				
26	SM	Dan Moses	Orion Harriers	29: 33				
27	V45	Jason Lendon	Havering AC	29: 35				
28	SM	Luke Fitz-John	Springfield Striders RC	29: 40				
29	SM	David Searle	Orion Harriers	29: 43				
30	U20	Alex Ford	Havering AC	29: 48				
31	V40	Dan Widdowson	Colchester Harriers AC	29: 49				
32	U20	Taylor Newell	Thurrock Harriers	29: 50				
33	SM	Richard Park	Cambridge & Coleridge AC	29: 51				
34	V45	Gary Coombes	Ilford AC	29: 54				
35	SM	Darren Blackwell	Chelmsford AC	29: 57				
36	U20	Nathan Boase	Orion Harriers	30: 00				
37	V40	James Sullivan	Springfield Striders RC	30: 05				
38	U20	Samuel Waite	Chelmsford AC	30: 06				
39	V45	Malcolm Muir	Ilford AC	30: 12				
40	V50	Lee Martin	Springfield Striders RC	30: 13				
41	SM	Adam Dowman	Thurrock Harriers	30: 14				
42	V45	Antony Goodall	Springfield Striders RC	30: 18				
43	V40	Paskell Blackwell	Orion Harriers	30: 28				
44	V45	Toby Draper	Thurrock Harriers	30: 32				
45	V55	Colin Ridley	Colchester Harriers AC	30: 37				
46	SM	James Hiscock	Benfleet Running Club	30: 43				
47	U20	Finlay Staff	Chelmsford AC	30: 45				
48	U20	James Perkins	Braintree & District AC	30: 48				
49	V40	Rob Trevor	Havering AC	30: 48				
50	V55	David Tullett	Chelmsford AC	30: 51				
51	V50	Allen Smalls	Colchester Harriers AC	30: 52				
52	V45	Jon Nears	Colchester Harriers AC	30: 57				
53	V40	Shawn Brown	Thurrock Harriers	30: 58				
54	V50	Peter Waite	Chelmsford AC	31: 01				
55	V45	Matthew Randall	Southend-on-Sea AC	31: 02				
56	V45	Steve Rand	Havering AC	31: 05				
57	SM	Michael Feltham	Benfleet Running Club	31: 12				
58	V40	Will Parrott	Chelmsford AC	31: 14				
59	SM	Richard Morris	Havering AC	31: 22				
60	SM	Joe Payne	Basildon AC	31: 24				
61	SM	Gareth Allen	Orion Harriers	31: 30				
62	SM	Adam Hemsworth	Mid Essex Casuals	31: 30				
63	SM	Declan Evans	Grange Farm & Dunmow Runners	31: 32				
64	SM	Robert Doyle	Thurrock Harriers	31: 35				
65	V50	Scott Rice	Thurrock Harriers	31: 36				
66	V50	Colin Read	Orion Harriers	31: 39				
67	V40	Jason Crispin	Havering AC	31: 48				
68	SM	Richard Hynes	Grange Farm & Dunmow Runners	31: 50				
69	V55	Alex Kyriakides	Southend-on-Sea AC	31: 53				
70	SM	Mathew Hutley	Halstead RR	31: 57				
71	V55	Paul Spowage	Colchester Harriers AC	32: 01				
72	V45	Graham Booty	Benfleet Running Club	32: 16				
73	U20	Louis Berrett	Havering AC	32: 20				

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Pos	Age Gp	Name	Team	Time	Teams
74	SM	Simon Bond	Grange Farm & Dunmow Runners	32: 22	
75	V50	Kevin Higgins	Colchester Harriers AC	32: 29	
76	V45	Danny Holeyman	Ilford AC	32: 34	
77	SM	Armand Vigors	Boxted Runners	32: 37	
78	SM	Freddi Russo	Thurrock Harriers	32: 39	
79	SM	John Crawley	Ilford AC	32: 40	
80	SM	Henry Giddens	Orion Harriers	32: 51	
81	V45	Martin Chester	Havering AC	32: 52	
82	V45	Paul Rodgers	Colchester Harriers AC	32: 54	
83	SM	Martin Westley	Innovation Multisport	32: 58	
84	V40	David Lindsay	Springfield Striders RC	32: 58	
85	V50	Scott Dryden	Springfield Striders RC	32: 09	
86	V50	Matt Bland	Havering AC	33: 04	
87	V50	Gary Atkins	Havering AC	33: 08	
88	V45	Roy Harwood	Benfleet Running Club	33: 11	
89	V40	Ian Anthony	Havering AC	33: 19	
90	V55	Peter West	Colchester Harriers AC	33: 22	
91	U20	Charlie Walder	Colchester Harriers AC	33: 26	
92	V45	Richard Greatbatch	Pitsea Running Club	33: 33	
93	V55	Paul Broome	Springfield Striders RC	33: 37	
94	V60	Simon Le Mare	Southend-on-Sea AC	33: 38	
95	V45	Jerry Walder	Colchester Harriers AC	33: 38	
96	V50	Leo Cole	Witham Running Club	33: 40	
97	V60	Terry Knightley	Ilford AC	33: 49	
98	V45	Andrew Doig	East Essex Triathlon Club	33: 49	
99	V45	Graham Hogan	Havering AC	33: 56	
100	V45	Greg Deacon		0 01	
101	V55	John Barker	Havering AC	34: 06	
102	SM	Greg Tye	Braintree & District AC	34: 08	
103	V50	Steve Palmer	Loughton AC	34: 19	
104	V60	Paul Jeggo	Springfield Striders RC	34: 25	
105	SM	Scott Whiteside	Braintree & District AC	34: 29	
106	SM	Gavin Ripton	Halstead RR	34: 42	
107	V50	Steve Walker	Havering AC	34: 45	
108	SM	Daniel Bade	Braintree & District AC	34: 48	
109	V50	Lloyd Miles	Billericay Striders RC	34: 49	
110	V55	Neal Clark	Phoenix Striders	35: 10	
111	SM	Ben Leeds	Mid Essex Casuals	35: 10	
112	V45	Karl Graves	Boxted Runners	35: 18	
113	V55	Kevin Marshall	Grange Farm & Dunmow Runners	35: 21	
114	V50	Chris Seymour	Mid Essex Casuals	35: 25	
115	V55	Alan Clark	Benfleet Running Club	35: 26	
116	V55	Neil Crisp	Ilford AC	35: 32	
117	V60	Chris Purse	Springfield Striders RC	35: 38	
118	V45	Simon Bowring	Chelmsford AC	35: 42	
119	V40	Jamie Enever-Dodd	Phoenix Striders	35: 54	
120	SM	Barry Weldon	Billericay Striders RC	35: 54	
121	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	36: 02	
122	SM	Jimmy Justice	Phoenix Striders	36: 06	
123	V50	Mark Lawes	Tiptree Road Runners	36: 10	
124	V60	Stephen Foggo	Billericay Striders RC	36: 11	
125	V55	Matthew Aitken	Southend-on-Sea AC	36: 17	
126	V60	Eamonn Shelley	Thurrock Harriers	36: 19	
127	SM	Perry Cordery	Phoenix Striders	36: 20	
128	V50	Roy James	Havering AC	36: 25	
129	SM	Harry Grose	Hockley Trail Runners	36: 45	
130	V45	Jon Byford	Springfield Striders RC	36: 47	
131	V55	Dean Mcleod	Springfield Striders RC	36: 47	
132	V60	Steve Bugden	Springfield Striders RC	36: 47	
133	V40	Geoff Keily	Billericay Striders RC	36: 54	
134	V65	Paul Morris	Hockley Trail Runners	36: 55	
135	V45	Ian Pike	Benfleet Running Club	36: 57	
136	SM	Rob Frost	Halstead RR	36: 59	
137	V45	Colin Dunn	Mid Essex Casuals	37: 01	
138	V60	Jonathan Metcalf	Thurrock Harriers	37: 03	
139	V65	Eamonn Brown	Billericay Striders RC	37: 14	
140	V50	Colin White	Billericay Striders RC	37: 29	
141	V50	Michael Thomas	Springfield Striders RC	37: 40	
142	SM	Chris Coates	Benfleet Running Club	37: 44	
143	SM	Lewis Burgess	JBR Run and Tri	37: 49	
144	SM	Andy Smith	Innovation Multisport	37: 50	
145	V55	Trevor Dobie	Hockley Trail Runners	37: 53	
146	V60	Christopher Applegate	Thurrock Harriers	37: 57	
147	V45	Steven Ball	Thurrock Harriers	38: 08	
148	V45	Dennis Briggs	Ilford AC	38: 14	
149	V70	Peter Binns	Southend-on-Sea AC	38: 15	
150	V55	Andy Hawes	JBR Run and Tri	38: 42	
151	V55	Phil Warner	Phoenix Striders	38: 45	
152	V50	Lee Hazelwood	Phoenix Striders	38: 54	
153	SM	Ben Chamberlain	Cambridge & Coleridge AC	39: 00	
154	V55	David Findlay	Basildon AC	39: 12	

Full Results on Essex Website - TONIGHT!

