

Essex Cross Country League (5)

Hainault Forest

11/02/2023

Senior Men

Pos	Age Gp	Name	Team	Time	Teams	
1	SM	Adam Hickey	City of Southend AC	29: 05	1 Havering AC	Div 1 53
2	SM	Taite Wallis	Guest	29: 18	2 City of Southend AC	Div 1 60
3	SM	Oliver Randall	City of Southend AC	29: 42	3 Orion Harriers	Div 1 208
4	SM	Ben Davis	Havering AC	29: 52	4 Thurrock Harriers	Div 1 213
5	SM	James Stewart	Havering AC	30: 02	5 Ilford AC	Div 1 379
6	SM	James Connor	Havering AC	30: 16	6 Grange Farm & Dunmow Runners	Div 2 383
7	V40	David Fewell	Chelmsford AC	30: 19	7 Billericay Striders RC	Div 1 437
8	SM	Kurtis Swan	Braintree & District AC	30: 21	8 Loughton AC	Div 2 593
9	SM	Sam Atkins	Havering AC	30: 23	9 Pitsea Running Club	Div 2 684
10	SM	Taylor Newell	Thurrock Harriers	30: 26	10 Springfield Striders RC	Div 2 748
11	V40	Robert Warner	Havering AC	30: 29	11 Boxted Runners	Div 1 752
12	U20	Max Stapleton	City of Southend AC	30: 55	12 Chelmsford AC	Div 1 318 (5)
13	SM	Shane Boxall	City of Southend AC	31: 12	13 Benfleet Running Club	Div 2 547 (5)
14	SM	Bob Sporle	City of Southend AC	31: 27	14 South Woodham Runners	Div 2 585 (5)
15	SM	Tom Gardner	Ilford AC	31: 30	15 Braintree & District AC	Div 1 174 (4)
16	SM	Richard Smith	Orion Harriers	31: 32	16 Halstead RR	Div 2 504 (4)
17	SM	Rhys Gillard	City of Southend AC	31: 38	17 Tiptree Road Runners	Div 2 528 (4)
18	SM	Kieran O'Hara	Havering AC	31: 47	18 Phoenix Striders	Div 1 556 (4)
19	V45	Lee Taylor	City of Southend AC	31: 52	19 Mid Essex Casuals	Div 1 613 (4)
20	U20	Chander Dhillon	Thurrock Harriers	31: 53	20 JBR Run and Tri	Div 2 681 (4)
21	SM	Patrick Walsh	City of Southend AC	31: 57	21 Colchester Harriers AC	Div 1 210 (3)
22	V40	Brian Jenkins	Orion Harriers	32: 00	22 Guest	Div 2 283 (3)
23	U20	Ben McGuire	City of Southend AC	32: 15	23 Hockley Trail Runners	Div 2 510 (3)
24	SM	Aaron Clark	Grange Farm & Dunmow Runners	32: 27	24 Nuclear Races Striders	Div 2 50 (1)
25	SM	Jack Dean	Braintree & District AC	32: 30	25 Harlow Running and Tri Club	Div 2 76 (1)
26	SM	James Boshier	Grange Farm & Dunmow Runners	32: 35	26 Brentwood Running Club	Div 2 92 (1)
27	V40	Michael McTernan	Orion Harriers	32: 44	27 Castle Point Joggers	Div 2 109 (1)
28	SM	Alec Finch	Thurrock Harriers	32: 47	28 Bishop's Stortford Running Club	Div 2 133 (1)
29	V40	Dave Doel	Billericay Striders RC	33: 01	29 Cambridge & Coleridge AC	Div 2 135 (1)
30	U20	Luke Chester	Havering AC	33: 07	30 Basildon AC	Div 2 142 (1)
31	SM	Joe Rayner	City of Southend AC	33: 11		
32	V45	Matthew Randall	City of Southend AC	33: 15		
33	SM	William Reed-Wright	Orion Harriers	33: 19		
34	V45	Matibini Matibini	City of Southend AC	33: 23		
35	V45	William Kirk	Havering AC	33: 44		
36	SM	Alex Robinson	Thurrock Harriers	33: 48		
37	U20	Jacob Alexander	Chelmsford AC	33: 49		
38	SM	Joshua Mulley	Braintree & District AC	33: 50		
39	SM	James Hiscock	Benfleet Running Club	33: 53		
40	SM	Stephen Kirsch	City of Southend AC	33: 57		
41	V40	Barry Smith	Havering AC	33: 59		
42	V45	Jason Lendon	Havering AC	34: 06		
43	V40	Richard Hynes	Grange Farm & Dunmow Runners	34: 10		
44	V45	Chris Thomas	Loughton AC	34: 14		
45	SM	Mark Curling	Orion Harriers	34: 18		
46	SM	Stuart Price	Boxted Runners	34: 23		
47	SM	Cameron Humphries	Colchester Harriers AC	34: 26		
48	V55	Stephen Philcox	Ilford AC	34: 28		
49	SM	Rob Doyle	Thurrock Harriers	34: 36		
50	V40	Jody Walker	Nuclear Races Striders	34: 39		
51	SM	Thomas Walsh	City of Southend AC	34: 41		
52	V40	Ian Anthony	Havering AC	34: 48		
53	V40	Alfred Waithaka	Havering AC	35: 02		
54	SM	Wes Atkins	Halstead RR	35: 08		
55	SM	Dominic Le Mare	City of Southend AC	35: 13		
56	SM	Aaron Graves	Tiptree Road Runners	35: 19		
57	SM	Declan Evans	Grange Farm & Dunmow Runners	35: 20		
58	V40	Robert Trevor	Havering AC	35: 21		
59	V40	Geoff Keily	Billericay Striders RC	35: 28		
60	V45	Richard Greatbatch	Pitsea Running Club	35: 30		

61	V55	Paul Spowage	Colchester Harriers AC	35: 35
62	SM	Ben Brooks	City of Southend AC	35: 37
63	SM	Adam Colgrave	Chelmsford AC	35: 38
64	SM	Edwin Gaye	Loughton AC	35: 42
65	V50	Scott Reid	Orion Harriers	35: 43
66	V45	Malcolm Muir	Iford AC	35: 44
67	V55	Alec Kyriakides	City of Southend AC	35: 46
68	V55	Peter Chubb	Springfield Striders RC	35: 51
69	V55	Matt Bland	Havering AC	35: 55
70	U20	Ifeoluwa Adebuseoye	Thurrock Harriers	35: 59
71	V55	Russell Brown	Orion Harriers	36: 02
72	V60	Peter Tullett	Chelmsford AC	36: 05
73	V50	Dan Gritton	Orion Harriers	36: 06
74	V50	Martin Chester	Havering AC	36: 18
75	V40	Jason Crispin	Havering AC	36: 30
76	SM	Martin Westley	Harlow Running and Tri Club	36: 33
77	V45	Berekhet Berakhy	Iford AC	36: 38
78	V55	Colin Read	Orion Harriers	36: 39
79	SM	Michael Cook	Pitsea Running Club	36: 41
80	V60	Simon Le Mare	City of Southend AC	36: 44
81	SM	Henry Willis	Springfield Striders RC	36: 46
82	SM	Josh Shelton	South Woodham Runners	36: 51
83	SM	Barry Weldon	Billericay Striders RC	36: 56
84	U20	Dylon Harrod	Iford AC	37: 02
85	V55	Andrew Wright	Billericay Striders RC	37: 08
86	V50	Anthony Moore	Billericay Striders RC	37: 17
87	V55	John Barker	Havering AC	37: 29
88	V45	Dan Meredith	Havering AC	37: 31
89	SM	Sebastian Paris	Iford AC	37: 46
90	V45	Bob Glasgow	Orion Harriers	37: 48
91	V40	Simon Carrington	South Woodham Runners	37: 52
92	V45	Mark Meader	Brentwood Running Club	37: 58
93	SM	Ben Stewart	Boxted Runners	37: 59
94	V60	Tony Pecoraro	Havering AC	38: 01
95	V40	Oliver Marsh	Billericay Striders RC	38: 04
96	V50	Neil Jennings	Billericay Striders RC	38: 07
97	V60	Nick Rankin	Benfleet Running Club	38: 12
98	V55	Mathew Aitken	City of Southend AC	38: 26
99	V50	Tim Wright	Orion Harriers	38: 44
100	V50	Robin Daines	Loughton AC	38: 58
101	V50	Steve Walker	Havering AC	39: 00
102	V45	Paul Rodgers	Colchester Harriers AC	39: 05
103	SM	Daniel Bade	Braintree & District AC	39: 07
104	V40	Benjamin Leeds	Mid Essex Casuals	39: 08
105	V45	Ronnie O'Sullivan	Guest	39: 12
106	V45	Alan Fricker	Loughton AC	39: 23
107	V50	David Beatty	Pitsea Running Club	39: 37
108	V40	Stephen Crane	Iford AC	39: 43
109	V50	Richard Bonham	Castle Point Joggers	39: 45
110	V50	Joe Ashman	Orion Harriers	39: 54
111	V55	Neil Crisp	Iford AC	39: 55
112	V50	Paul Goodhew	Orion Harriers	39: 57
113	SM	Kieran Feltham	Benfleet Running Club	40: 22
114	V45	Ben Rayner	Grange Farm & Dunmow Runners	40: 25
115	V55	Lee Spencer	Boxted Runners	40: 30
116	V45	Colin Smith	Orion Harriers	40: 32
117	SM	Michael O'Callaghan	Havering AC	40: 40
118	V55	Richard Lewis	City of Southend AC	40: 43
119	V55	Kevin Marshall	Grange Farm & Dunmow Runners	40: 44
120	V50	Darren Priestley	Havering AC	40: 45
121	V50	Tom Jones	Phoenix Striders	40: 46
122	U20	Samuel Backhouse	South Woodham Runners	40: 47
123	V60	John O'Shea	Thurrock Harriers	40: 56
124	SM	Gavin Ripton	Halstead RR	41: 04
125	SM	Mark Hayward	South Woodham Runners	41: 10
126	SM	Adam Bright	Springfield Striders RC	41: 14
127	V60	Steve Foggo	Billericay Striders RC	41: 15
128	V60	James Lambden	Loughton AC	41: 22
129	V45	Dan Holeyman	Iford AC	41: 24

130	V40	Tim Martin	Thurrock Harriers	41: 36
131	SM	Richard Leeson	Phoenix Striders	41: 43
132	V40	Martin Reynolds	Orion Harriers	41: 50
133	SM	Nat Ironside	Bishop's Stortford Running Club	41: 53
134	V50	Paul Agastina	Pitsea Running Club	41: 54
135	SM	Ben Chamberlain	Cambridge & Coleridge AC	42: 00
136	V50	Mark Lawes	Tiptree Road Runners	42: 04
137	V50	Dan Green	Orion Harriers	42: 39
138	V55	Martin Orford	Pitsea Running Club	42: 46
139	V60	Mick Bridgeland	Chelmsford AC	43: 15
140	V50	Steve Taylor	Orion Harriers	43: 26
141	V45	Andy Abrahams	Benfleet Running Club	43: 39
142	V55	David Findlay	Basildon AC	43: 42
143	V45	Bradley Brown	Ilford AC	43: 46
144	V45	Phil Warner	Phoenix Striders	44: 00
145	SM	Daniel Steptoe-Thompson	Boxted Runners	44: 26
146	V65	Tim Brockington	Springfield Striders RC	44: 32
147	V60	Mark Jeffery	Springfield Striders RC	44: 36
148	V60	Mark Tempest	Orion Harriers	44: 43
149	V40	Ian Emerson	Orion Harriers	44: 44
150	V45	Jon West	Orion Harriers	44: 52
151	SM	Simon Slattery	Loughton AC	44: 53
152	V55	Rob Moore	Orion Harriers	45: 11
153	V75	Peter Binns	City of Southend AC	45: 30
154	V50	Richard Wood	JBR Run and Tri	45: 45
155	V50	Darren Powell	Halstead RR	45: 49
156	V40	Tony Collins	Havering AC	45: 57
157	SM	Chris Diggins	Benfleet Running Club	46: 08
158	V55	Trevor Dobie	Hockley Trail Runners	46: 09
159	V45	Terry Levy	City of Southend AC	46: 16
160	V55	Lee Hazelwood	Phoenix Striders	46: 32
161	V50	Justin Ruggles	Mid Essex Casuals	46: 34
162	V65	Bernard Johnson	Thurrock Harriers	46: 54
163	V50	Lee Kerrison	Tiptree Road Runners	47: 33
164	V60	James Goddard	Mid Essex Casuals	48: 21
165	V55	Paul Backhouse	South Woodham Runners	48: 50
166	V65	Don Sinclair	Pitsea Running Club	48: 53
167	V45	Ben Fisher	Orion Harriers	48: 54
168	V50	Adam Box	Boxted Runners	49: 22
169	SM	John Roberts	JBR Run and Tri	50: 01
170	V55	Adrian Mathers	Hockley Trail Runners	50: 04
171	V65	Andy Carter	Halstead RR	50: 14
172	V65	Simon King	Grange Farm & Dunmow Runners	51: 41
173	V65	Edward Skinner	Tiptree Road Runners	51: 56
174	V55	Dave Girt	City of Southend AC	52: 37
175	V50	Jon Brown	JBR Run and Tri	53: 12
176	V65	Shane Lawrence	Guest	53: 47
177	V55	Jim O'Rourke	Billericay Striders RC	54: 39
178	V55	Ricky Lee	Billericay Striders RC	55: 31
179	V55	Dhuramanora Mistry	Orion Harriers	55: 40
180	V50	David Rayner	Springfield Striders RC	55: 45
181	V50	Steve Parr	Springfield Striders RC	56: 03
182	V50	Richard Bennett	Hockley Trail Runners	57: 46
183	SM	Pavlo Kolomiyets	JBR Run and Tri	58: 27
184	V70	Brian Butcher	Mid Essex Casuals	58: 41
185	V40	Lukas Groenewald	Boxted Runners	60: 10
186	V55	Bruce Mail	Billericay Striders RC	61: 43
187	V50	Bill Green	Ilford AC	61: 45