

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U13 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Fred Ferman	Chelmsford AC	10:24	41	Tristan Elliott Smith	Castle Point Joggers	
2	Craig Michael Calver	West Suffolk AC	10:26	42	Alex Wynn	Benfleet RC	
3	William Hughes	Basildon AC	10:47	43	Arlo David Waterman	Colchester & Tendring AC	
4	Adam Oliver Hart	Colchester & Tendring AC	10:51	44	Tam Bradford	Colchester & Tendring AC	
5	Luke Aidan Berry	Basildon AC	10:55	45	Henry Charles Langford	Havering AC	
6	Connor McGurk	Basildon AC	11:01	46	Arron James Watson	Castle Point Joggers	
7	Joe Sewell	Havering AC	11:05	47	Thomas Beaumont	Benfleet RC	
8	Khaya Fakazi	Chelmsford AC	11:12				
9	James Stephen Clarke	Colchester & Tendring AC	11:19				
10	Charlie Smith	SSAthletics	11:26				
11	Ben Tucker	Harlow AC	11:29				
12	Francois Bolu	Colchester & Tendring AC	11:31				
13	Callum Millard Jennings	Havering AC	11:33				
14	Paolo Valente	Colchester Harriers AC	11:37				
15	Oscar Stollery	Chelmsford AC	11:40				
16	Barney Perkins	Ilford AC	11:45				
17	Hayden Preston	Colchester Harriers AC	11:47				
18	Ollie Lucas Johnson	Brentwood Beagles Athletics Club	11:49				
19	Evan Henty	SSAthletics	11:57				
20	James Ferris	Basildon AC	12:03				
21	Daniel James Smith	Brentwood Beagles Athletics Club	12:04				
22	Harry Philip Cunningham	Basildon AC	12:05				
23	Freddie Wallace	Basildon AC	12:07				
24	Charles Jackson	Chelmsford AC	12:09				
25	George Anthony Burgess	Havering AC	12:11				
26	Harry Wing	Basildon AC	12:13				
27	Jack de Mendonca	Southend On Sea AC	12:15				
28	Fraser Abrahams	Benfleet RC	12:16				
29	Tristan Olivier Robert de Belligny	Colchester & Tendring AC	12:18				
30	Thomas Burgoyne	Chelmsford AC	12:22				
31	Harry Ryan Jeffery	Colchester Harriers AC	12:26				
32	Khalif Ali	Ilford AC	12:28				
33	Harry Charlie Daley	Basildon AC	12:30				
34	George Luft	Southend On Sea AC	12:38				
35	Daniel Mee	Colchester & Tendring AC	12:41				
36	Charles Cass-Courtney	West Suffolk AC	12:50				
37	Rowan Weir	Colchester Harriers AC	12:54				
38	Elliot Frost	Colchester Harriers AC	13:11				
39	Max Sillett	Havering AC	13:24				
40	Samuel Darren Green	Colchester & Tendring AC	13:42				

<u>Teams</u>		
1	Basildon AC	34
2	Chelmsford AC	48
3	Colchester & Tendring AC	54
4	Havering AC	84
5	Colchester Harriers AC	99
6	Benfleet RC	117 (3)
7	SSAthletics	29 (2)
8	West Suffolk AC	38 (2)
9	Brentwood Beagles Athletics Club	39 (2)
10	Ilford AC	48 (2)
11	Southend On Sea AC	61 (2)
12	Castle Point Joggers	87 (2)
13	Harlow AC	11 (1)

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Summer Smith	Brentwood Beagles Athletics Club	10:30				
2	Francesca Philipps	Chelmsford AC	11:22				
3	Sienna Cronk	Colchester & Tendring AC	11:30				
4	Lilly Rose Sanford	Chelmsford AC	11:43				
5	Emma Pickering	Chelmsford AC	11:53				
6	Beatrix Grace Castleton Cooke	Chelmsford AC	12:01				
7	Mia Imogen Lawes	Colchester & Tendring AC	12:02				
8	Isla Kehoe	Chelmsford AC	12:06				
9	Orla Martin	Chelmsford AC	12:08				
10	Izzy Daisy Eida	Chelmsford AC	12:13				
11	Esme Thomas	Brentwood Beagles Athletics Club	12:14				
12	Lilly Naylor	Benfleet RC	12:25				
13	Sadie Owen	SSAthletics	12:29				
14	Ella Grace Simpson	Colchester Harriers AC	12:34				
15	Amalie Violet Twydell	Braintree & District AC	12:44				
16	Aria Sabado	Brentwood Beagles Athletics Club	12:46				
17	Elizabeth Whall	Colchester & Tendring AC	12:51				
18	Ami Hines	Benfleet RC	12:52				
19	Lucy Alice Murphy	West Suffolk AC	12:55				
20	Lucinda Palmer	Braintree & District AC	12:59				
21	Sophie Bickerstaff	Brentwood Beagles Athletics Club	13:04				
22	Chloe Lee	Basildon AC	13:07				
23	Anna Regan	Basildon AC	13:20				
24	Jess Grace Cunningham	Basildon AC	13:28				
25	Sophie Lee	Colchester Harriers AC	13:32				
26	Amelia Smith	West Suffolk AC	13:44				
27	Lilia Florence Bull	Southend On Sea AC	13:51				
28	Imogen Rose Stringer	Colchester & Tendring AC	13:54				
29	Zenobia Daisy Williams	Havering AC	14:03				
30	Evelyn Hazel Clapp	Colchester & Tendring AC	14:06				
31	Keira Nix	Basildon AC	14:42				
32	Simran Dasoar	Colchester Harriers AC	14:55				
33	Holly James	Benfleet RC	18:57				
34	Piper Bell	Orion Harriers	19:08				
<u>Teams</u>							
				1	Chelmsford AC		17
				2	Brentwood Beagles Athletics Club		49
				3	Colchester & Tendring AC		55
				4	Basildon AC		100
				5	Benfleet RC		63 (3)
				6	Colchester Harriers AC		71 (3)
				7	Braintree & District AC		35 (2)
				8	West Suffolk AC		45 (2)
				9	SSAthletics		13 (1)
				10	Southend On Sea AC		27 (1)
				11	Havering AC		29 (1)
				12	Orion Harriers		34 (1)

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U15 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Freddie Rowe	Havering AC	13:04	41	Aaron Samuels	Southend On Sea AC	
2	Sam Horsley	Ilford AC	13:19				
3	Jude Hearn	Brentwood Beagles Athletics Club	13:36				
4	George Watkins	Harlow AC	13:38				
5	Josh Ray Eida	Chelmsford AC	13:39				
6	Declan Edward Capp	Colchester & Tendring AC	13:42				
7	Austin Kelly	Chelmsford AC	13:44				
8	Ben Smith	Chelmsford AC	13:46				
9	Shea Sweeney	Havering AC	13:49				
10	Jacob Parrott	Chelmsford AC	13:51				
11	Rohan Dasoar	Colchester Harriers AC	13:58				
12	Hayden Potton	Southend On Sea AC	14:02				
13	Max Uttley	West Suffolk AC	14:11				
14	Liam Stephen Battrum	Havering AC	14:14				
15	Thomas Carter	Chelmsford AC	14:19				
16	Lewis Jopling	Southend On Sea AC	14:36				
17	Alexander Cronk	Colchester & Tendring AC	14:42				
18	Rhodri George McDonald	Colchester & Tendring AC	14:47				
19	George Webb	Southend On Sea AC	14:57				
20	Manny Richards	Harlow AC	15:00				
21	Lewis Turner	Colchester & Tendring AC	15:19				
22	Edward Crook	Colchester & Tendring AC	15:30				
23	Ryder Islam	Ilford AC	15:36				
24	Jake Samuel Mitchell	Brentwood Beagles Athletics Club	15:39				
25	Aron Berekhet Berhe	Ilford AC	15:49				
26	Aidan Doherty	Havering AC	15:51				
27	Silas Roper	Colchester & Tendring AC	15:55				
28	Leo Smith	Southend On Sea AC	16:00				
29	Finlay Jones	Southend On Sea AC	16:02				
30	Sean Christinan Mugagga	Havering AC	16:04				
31	Daniel Hundley	Harlow AC	16:06				
32	Hayden Silvain	Basildon AC	16:11				
33	Jake Smith	Benfleet RC	16:15				
34	Ethan Carroll	Havering AC	16:18				
35	Samuel Anthony Hedges	Southend On Sea AC	16:41				
36	Matthew David Jones	Brentwood Beagles Athletics Club	16:47				
37	Thomas Richard Samuel Graham	Harlow AC	16:57				
38	Jacob William Chambers	Braintree & District AC	17:34				
39	William Stych	Colchester & Tendring AC	18:31				
40	Jayden-Kyle McDermott	Ilford AC	18:36				

<u>Teams</u>		
1	Chelmsford AC	30
2	Havering AC	50
3	Colchester & Tendring AC	62
4	Southend On Sea AC	75
5	Ilford AC	90
6	Harlow AC	92
7	Brentwood Beagles Athletics Club	63 (3)
8	Colchester Harriers AC	11 (1)
9	West Suffolk AC	13 (1)
10	Basildon AC	32 (1)
11	Benfleet RC	33 (1)
12	Braintree & District AC	38 (1)

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U15 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Olivia Forrest	Brentwood Beagles Athletics Club	13:54				
2	Ezrah Harrold	Chelmsford AC	14:22				
3	Evangeline Warn	Brentwood Beagles Athletics Club	14:52				
4	Zara Morley	Basildon AC	14:55				
5	Jessica Walker	Southend On Sea AC	15:37				
6	Missy Tiller	Brentwood Beagles Athletics Club	15:57				
7	Jasmine Asmal	Havering AC	16:07				
8	Naomi Sandercock	Colchester & Tendring AC	16:08				
9	Chloe Fotherby	Southend On Sea AC	16:09				
10	Molly Evelyn Murphy	West Suffolk AC	16:14				
11	Annalise Burrows	Southend On Sea AC	16:20				
12	Isabel Forrest	Brentwood Beagles Athletics Club	16:39				
13	Sophia Louisa Harvey	Colchester & Tendring AC	16:44				
14	Connie Coates	Benfleet RC	16:49				
15	Niamh Roberts	Chelmsford AC	16:53				
16	Poppy Petal Pepper	Basildon AC	17:00				
17	Isla Nicole Garrett	Harlow AC	17:02				
18	Dorka Bakler-Kugler	Basildon AC	17:05				
19	Poppy Horton	Basildon AC	17:19				
20	Chloe Ember Rose Haycock	Chelmsford AC	17:25				
21	Jemima Garner	Colchester Harriers AC	17:28				
22	Ruby May Beasley	Havering AC	17:31				
23	Florence Emily Wallace	Southend On Sea AC	17:55				
24	Ella Denham	Colchester & Tendring AC	18:01				
25	Daisy Cossey-Atkins	Havering AC	18:07				
26	Martha May	Braintree & District AC	18:10				
27	Beau Lindsey Sue Burkett	Basildon AC	18:21				
28	Grace Olivia Tilson	Havering AC	18:40				
29	Callie Ziepe	Havering AC	18:42				
30	Jessica Elizabeth Taylor	Havering Athletics Academy	18:44				
31	Sophie Isabella Dixon	Southend On Sea AC	18:55				
32	Olivia Bradbury	Havering Athletics Academy	19:16				
33	Sophie Middleton	Southend On Sea AC	19:35				
34	Evie Gowers	Braintree & District AC	19:55				
35	Tilly Christina Heaton	Castle Point Joggers	20:19				
36	Honey Peck	Brentwood Beagles Athletics Club	20:26				
37	Layla Gregory-Allen	Benfleet RC	21:08				
38	Caitlin Howlett	Castle Point Joggers	21:13				
39	Molly Jane Walker	Braintree & District AC	21:37				

<u>Teams</u>	
1	Brentwood Beagles Athletics Club 22
2	Southend On Sea AC 48
3	Basildon AC 57
4	Havering AC 82
5	Chelmsford AC 37 (3)
6	Colchester & Tendring AC 45 (3)
7	Braintree & District AC 99 (3)
8	Benfleet RC 51 (2)
9	Havering Athletics Academy 62 (2)
10	Castle Point Joggers 73 (2)
11	West Suffolk AC 10 (1)
12	Harlow AC 17 (1)
13	Colchester Harriers AC 21 (1)

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U17 Men

Pos	Name	Team	Time	Teams		
1	Jacob Hurrell	Chelmsford AC	19:21	1	Chelmsford AC	17
2	Toby Rhys Jones	Southend On Sea AC	19:43	2	Basildon AC	23
3	Max Sanderson	Brentwood Beagles Athletics Club	20:04	3	Southend On Sea AC	28
4	Callum Lill	Basildon AC	20:19	4	Brentwood Beagles Athletics	32
5	Harry Wright	Chelmsford AC	20:21	5	Colchester Harriers AC	38
6	Lochlan Dyer	Southend On Sea AC	20:28	6	Havering AC	70
7	Preston Taylor	Brentwood Beagles Athletics Club	20:34	7	Ilford AC	29 (2)
8	Finley Greenleaf	Colchester Harriers AC	20:43	8	Harlow AC	49 (2)
9	Danny Curran	Basildon AC	20:49	9	Colchester & Tendring AC	51 (2)
10	Finlay Ryan Evison	Basildon AC	20:50	10	Thurrock Harriers	56 (2)
11	Archie Durham	Chelmsford AC	20:52			
12	Laurence Sleath	Basildon AC	20:53			
13	Alfie Thomas Cockx	Colchester Harriers AC	21:20			
14	Samuel Yusuf Crane	Ilford AC	21:23			
15	Aaron Hick	Ilford AC	21:48			
16	Jack Ali Izzet	Colchester & Tendring AC	21:54			
17	Sean Eales	Colchester Harriers AC	22:01			
18	William George Sweeney	Chelmsford AC	22:04			
19	Sonnie Richard Edward Mc	Harlow AC	22:06			
20	Edward Thomas	Southend On Sea AC	22:15			
21	Toby Johnson	Havering AC	22:23			
22	Louis King	Brentwood Beagles Athletics Club	22:37			
23	Asa Hicks	Thurrock Harriers	22:48			
24	Ryan Carroll	Havering AC	23:02			
25	Nathan Trevor Hart	Havering AC	23:27			
26	Dylan Robins	Chelmsford AC	23:38			
27	Bradley Silvain	Basildon AC	23:41			
28	Caleb Oscar Lee	Colchester Harriers AC	23:45			
29	Aidan O'Driscoll	Woodford Green AC with Essex Ladies	23:50			
30	Conor Vincent James McE	Harlow AC	23:53			
31	Oliver William Fisher	Southend On Sea AC	25:20			
32	Harry Miles Cooper	Southend On Sea AC	25:33			
33	Lucas Willett	Thurrock Harriers	26:02			
34	Thomas Birks	Chelmsford AC	26:31			
35	Benjamin Charles Howard	Colchester & Tendring AC	27:05			

Full Results on Essex Website - TONIGHT!

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

U17 Women

Pos	Name	Team	Time	Teams		
1	Kayleigh Ann Atkinson	Chelmsford AC	23:23	1	Chelmsford AC	9
2	Sienna Louise Shipton	Chelmsford AC	23:57	2	Colchester & Tendring AC	25
3	Liliana Taylor	Southend On Sea AC	24:14	3	Havering AC	34
4	Amy Milburn	Colchester & Tendring AC	24:58	4	Southend On Sea AC	8 (2)
5	Abi Aitken	Southend On Sea AC	25:02	5	Colchester Harriers AC	7 (1)
6	Lucy Nuttall	Chelmsford AC	25:23	6	Benfleet RC	11 (1)
7	Alice Begg	Colchester Harriers AC	25:26	7	Brentwood Beagles Athletics	12 (1)
8	Lucy Thompson	Colchester & Tendring AC	26:06	8	Basildon AC	14 (1)
9	Charlotte Evans	Havering AC	26:09			
10	Abigail Ella Swan	Havering AC	26:24			
11	Megan Vernon	Benfleet RC	26:28			
12	Mara Thomas	Brentwood Beagles Athletics Club	26:44			
13	Lucia Harvey	Colchester & Tendring AC	28:11			
14	Evie Drummond	Basildon AC	28:37			
15	Rosie Warner	Havering AC	28:54			

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

Senior women

Pos	Age Gp	Name	Team	Time	Division 1 (4 to score)		
1	SW	Khahisa Amelie Mhlanga	Herts Phoenix AC	22:39	1	Colchester Harriers AC	33
2	U20	Lizzie Wellsted	Colchester Harriers AC	22:55	2	Havering AC	53
3	SW	Lauren Reed	Havering AC	23:48	3	Chelmsford AC	55
4	SW	Lydia Marie Callan	Colchester Harriers AC	24:18	4	Grange Farm & Dunmow Runners	161
5	SW	Abby Rex	Basildon AC	24:23	5	City of Southend AC	187
6	V40	Rebecca Luxton	Chelmsford AC	24:38	6	Loughton AC	193
7	SW	Roanna Vickers	Colchester Harriers AC	25:04	7	Thurrock Harriers	207
8	SW	Jackie Stretton	Springfield Striders RC	25:08	8	Orion Harriers	259
9	V45	Zoe Oldfield	Loughton AC	25:16	9	Billericay Striders RC	330
10	U20	Kiera-Jayne Atkinson	Chelmsford AC	25:23	10	Ilford AC	189 (3)
11	V40	Sarah Williams	Grange Farm & Dunmow Runners	25:55	11	Phoenix Striders	354 (3)
12	SW	Hayley Ann Lamkin	Halstead RR	25:57	12	JBR Run and Tri	217 (2)
13	SW	Megan Williams	Chelmsford AC	26:00		Division 2 (4 to score)	
14	SW	Hollie Rex	Basildon AC	26:05	1	Springfield Striders RC	152
15	U20	Madeline Barker	Havering AC	26:25	2	Tiptree Road Runners	195
16	SW	Sarah Griffith	City of Southend AC	26:27	3	Halstead RR	196
17	SW	Ginte Bailey	Havering AC	26:29	4	Pitsea Running Club	315
18	U20	Natalie Sewell	Havering AC	26:41	5	Benfleet Running Club	320
19	V40	Kathryn Rachel Spring	Thurrock Harriers	26:43	6	South Woodham Runners	391
20	SW	Kate Creak	Colchester Harriers AC	26:53	7	Harlow Running and Tri Club	434
21	V40	Holly Weir	Colchester Harriers AC	27:06	8	Leigh on Sea Striders	114 (3)
22	SW	Jordan Mae Hinds	Ilford AC	27:10	9	Great Bentley Running Club	173 (3)
23	SW	Robyn Matson	Havering AC	27:14	10	Brentwood Running Club	311 (3)
24	SW	Heidi Hogan-Steele	Colchester Harriers AC	27:25	11	Basildon AC	19 (2)
25	SW	Nicole Frisby	Springfield Striders RC	27:36	12	Mid Essex Casuals	168 (2)
26	V50	Wendy King	Chelmsford AC	27:38	13	Dagenham 88 Runners	192 (2)
27	V45	Sally Judd	Herts Phoenix AC	27:45	14	Braintree & District AC	201 (2)
28	V40	Mary Kate Knapman	Loughton AC	27:54	15	Colchester & Tendring AC	44 (1)
29	V45	Barbara Aldridge	Billericay Striders RC	28:05	16	Brentwood Beagles	47 (1)
30	SW	Heather Anne Rose	Colchester Harriers AC	28:22	17	Harlow AC	50 (1)
31	SW	Hollie Boyd	Leigh on Sea Striders	28:24	18	East Essex Triathlon Club	124 (1)
32	U20	Sophie Denise McCall	Chelmsford AC	28:27		Veterans Teams (3 to score)	
33	V50	Annette Oakman	Colchester Harriers AC	28:36	1	Chelmsford AC	80
34	V40	Eleanor Mayne	Colchester Harriers AC	28:40	2	Colchester Harriers AC	88
35	SW	Lisa Briggs	Great Bentley Running Club	28:43	3	Loughton AC	101
36	V50	Denise Morley	Colchester Harriers AC	28:50	4	Grange Farm & Dunmow Runners	106
37	V45	Vicky Knight	Tiptree Road Runners	28:51	5	Tiptree Road Runners	137
38	V55	Margaret Deasy	Colchester Harriers AC	28:53	6	Thurrock Harriers	151
39	SW	Juliette Le Mare	City of Southend AC	29:01	7	Orion Harriers	182
40	V40	Charmaine Sterling	Leigh on Sea Striders	29:07	8	Halstead RR	184
41	V40	Emily Smith	Springfield Striders RC	29:13	9	Springfield Striders RC	214
42	V50	Clare Hayes	Grange Farm & Dunmow Runners	29:17	10	Billericay Striders RC	219
43	V40	Andrea Louise Burkett	Leigh on Sea Striders	29:19	11	City of Southend AC	253
44	V40	Katie Whall	Colchester & Tendring AC	29:35	12	South Woodham Runners	273
45	V40	Ellie Cumner	Colchester Harriers AC	29:51	13	Benfleet Running Club	274
46	V45	Katy Denny	Tiptree Road Runners	29:53	14	Pitsea Running Club	290
47	V45	Laura Madeleine Durn	Brentwood Beagles	29:57	15	Brentwood Running Club	311
48	V50	Anna Nuttall	Chelmsford AC	30:06	16	Phoenix Striders	354
49	V50	Nikkii Barnett	Orion Harriers	30:08	17	Leigh on Sea Striders	83 (2)
50	SW	Eilidh Malcolm	Harlow AC	30:11	18	Mid Essex Casuals	168 (2)
51	V40	Rachael Roughan	Halstead RR	30:13	19	Dagenham 88 Runners	192 (2)
52	SW	Anna Crawley	Ilford AC	30:16	20	JBR Run and Tri	217 (2)
53	V45	Abi Rayner	Grange Farm & Dunmow Runners	30:21	21	Harlow Running and Tri Club	223 (2)
54	V50	Morven Hurding	Tiptree Road Runners	30:24	22	Colchester & Tendring AC	44 (1)

55	V45	Ulrike Weiss	Grange Farm & Dunmow Runners	30:27	23 Brentwood Beagles	47 (1)
56	SW	Brooke Mensah	Thurrock Harriers	30:44	24 Great Bentley Running Club	66 (1)
57	SW	Aoife Howell	Pitsea Running Club	30:53	25 Braintree & District AC	75 (2)
58	V40	Rowena Jayne de Belligny	Tiptree Road Runners	30:56	26 Havering AC	85 (2)
59	V40	Joanna Elferink	Orion Harriers	31:00	27 Ilford AC	115 (1)
60	V55	Jill Eley	Mid Essex Casuals	31:24	28 East Essex Triathlon Club	124 (1)
61	V50	Rebecca Taylor	City of Southend AC	31:32		
62	V45	Rahana Islam	Dagenham 88 Runners	31:35		
63	V50	Caroliena Cameron	Halstead RR	31:38		
64	V55	Lorna Gaffney	Loughton AC	31:44		
65	V55	Jodie Farrell	Thurrock Harriers	31:54		
66	V40	Magdalena Komorowska	Great Bentley Running Club	31:59		
67	V40	Malgorzata Baluka	Thurrock Harriers	32:05		
68	U20	Rebecca Jane O'Rourke	Havering AC	32:08		
69	SW	Neve Gribble	Benfleet Running Club	32:17		
70	V40	Anoushka Springett	Halstead RR	32:24		
71	V55	Vanessa Mathers	City of Southend AC	32:26		
72	SW	Meera Rajoo-Oakley	Great Bentley Running Club	32:30		
73	V40	Helen Wilson	Colchester Harriers AC	32:32		
74	V55	Karen Lyons	Orion Harriers	32:36		
75	V45	Emily Pereira	Braintree & District AC	32:39		
76	SW	Emma Jeffery	Benfleet Running Club	32:43		
77	V40	Anna Jane Waterman	Orion Harriers	33:00		
78	V45	Isobel Gowers	Springfield Striders RC	33:07		
79	V40	Emma Healy	Halstead RR	33:11		
80	V60	Christine Janet Deacon	Billericay Striders RC	33:32		
81	V40	Melanie Carrington	South Woodham Runners	33:58		
82	V45	Esther Wynn	Benfleet Running Club	34:01		
83	SW	Abigail Morgan	Colchester Harriers AC	34:03		
84	V55	Jane Yellop	Pitsea Running Club	34:13		
85	V45	Clare Rudgley	Havering AC	34:14		
86	V45	Hazel Greatbatch	Pitsea Running Club	34:22		
87	V55	Wendy Carter	Halstead RR	34:33		
88	SW	Faatemah-Zehra Piperdy	Pitsea Running Club	34:36		
89	V45	Chrissy Anne Murray	JBR Run and Tri	34:44		
90	V40	Emma McCall	Chelmsford AC	34:55		
91	V50	Michelle Lock	South Woodham Runners	34:58		
92	V45	Michelle Ayrton	Loughton AC	35:01		
93	V50	Kelly McClenaghan	Benfleet Running Club	35:12		
94	V55	Gail Allison Nicholls	Harlow Running and Tri Club	35:14		
95	V55	Allison Gillan	Springfield Striders RC	35:17		
96	V50	Tedge King	Brentwood Running Club	35:19		
97	V65	Jacquie King	Colchester Harriers AC	35:28		
98	V55	Surjit Grewal	Brentwood Running Club	35:33		
99	V40	Isla Louise Sinclair	Benfleet Running Club	35:36		
100	V45	Liane Conners	Benfleet Running Club	35:41		
101	V45	Deborah Head	South Woodham Runners	35:45		
102	SW	Michelle Sheridan	Harlow Running and Tri Club	35:50		
103	V45	Emma Hodson	Tiptree Road Runners	35:53		
104	V55	Dianne Angela Beer	Springfield Striders RC	35:56		
105	U20	Eva Zabulionyte	Loughton AC	35:59		
106	V55	Jo Pearce	Phoenix Striders	36:05		
107	V40	Victoria Metson	Halstead RR	36:11		
108	V55	Lorna Pettifer	Mid Essex Casuals	36:18		
109	SW	Louise Kedge	Harlow Running and Tri Club	36:26		
110	V50	Joanne Marie Ling	Billericay Striders RC	36:35		
111	V40	Nina Wu	Billericay Striders RC	36:40		
112	V40	Jody Ann Louise Smith	Halstead RR	37:08		
113	V45	Karen Beazeley	Springfield Striders RC	37:19		
114	V60	Mandy Cooper	Benfleet Running Club	37:28		
115	V60	Dianne Crisp	Ilford AC	37:56		
116	V60	Debra Pumfrett	Phoenix Striders	38:03		
117	V55	Mary Lloyd	Brentwood Running Club	38:26		

118	V55	Sally Kinsley	South Woodham Runners	38:51
119	V45	Maryann Sycamore	Halstead RR	39:03
120	V55	Caz Wallis	Pitsea Running Club	39:39
121	V65	Linda Donnelly	City of Southend AC	39:45
122	V40	Joanne Louise Payton	South Woodham Runners	40:05
123	V55	Annette Johnson	Benfleet Running Club	40:27
124	V70	Teresa Jane Flannigan	East Essex Triathlon Club	41:58
125	V40	Louise Copas	South Woodham Runners	42:06
126	SW	Sarah Goodman	Braintree & District AC	42:17
127	V65	Gillian Harrison	Pitsea Running Club	42:20
128	V50	Jane Louise Chaplin	JBR Run and Tri	43:08
129	V40	Selina Morgan	Harlow Running and Tri Club	43:21
130	V45	Grace Maire Kelly	Dagenham 88 Runners	44:10
131	V60	Tracy Minton	Chelmsford AC	44:56
132	V55	Michelle Holman	Phoenix Striders	47:20

Essex Cross Country League (4)

Hilly Fields, Colchester

16/12/2023

Senior Men

Pos	Age Gp	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Dean Williamson	Colchester Harriers AC	25:42	1 Colchester Harriers AC	117
2	SM	Adam Hickey	City of Southend AC	26:02	2 Havering AC	123
3	SM	Jamie Rashbrook	Basildon AC	26:11	3 City of Southend AC	126
4	SM	Lewis Karsten Harknett	Orion Harriers	26:18	4 Braintree & District AC	149
5	U20	Finn Rattray	Chelmsford AC	26:21	5 Chelmsford AC	176
6	SM	Zachariah Bridgeland	Chelmsford AC	26:33	6 Thurrock Harriers	179
7	SM	Ben Felton	Chelmsford AC	26:35	7 Orion Harriers	189
8	SM	Sarab Dhillon	Thurrock Harriers	26:37	8 Ilford AC	512
9	SM	Peter Coates	Braintree & District AC	26:42	9 Springfield Striders RC	515
10	SM	Kim Bowling	Colchester Harriers AC	26:44	10 Billericay Striders RC	708
11	SM	Oliver Bushdari	Orion Harriers	26:46	11 Grange Farm & Dunmow Runners	729
12	SM	James Stewart	Havering AC	26:52	12 Benfleet Running Club	810
13	SM	Ben Davis	Havering AC	27:10	<u>Division 2 Teams (6 to score)</u>	
14	U20	Oscar Graham-Pereira	Braintree & District AC	27:13	1 Leigh on Sea Striders	423
15	SM	Kurtis Swan	Braintree & District AC	27:16	2 Basildon AC	783
16	SM	Chander Dhillon	Thurrock Harriers	27:19	3 Pitsea Running Club	948
17	SM	Sam Atkins	Havering AC	27:23	4 Tiptree Road Runners	985
18	SM	Rhys William Gillard	City of Southend AC	27:26	5 South Woodham Runners	1115
19	SM	James Aaron Morley	Colchester Harriers AC	27:28	6 Phoenix Striders	1226
20	V40	Chris Burgoyne	Springfield Striders RC	27:30	7 Mid Essex Casuals	1308
21	U20	Matthew Blacklock	Havering AC	27:32	8 Colchester & Tendring AC	846 (5)
22	V45	Lee Taylor	City of Southend AC	27:35	9 Halstead RR	1064 (5)
23	SM	Ben Whyte	Colchester Harriers AC	27:43	10 Harlow Running and Tri Club	381 (3)
24	SM	Taylor Newell	Thurrock Harriers	27:49	11 Dagenham 88 Runners	643 (3)
25	SM	Harvey Green	Thurrock Harriers	27:50	12 Loughton AC	250 (2)
26	V40	Robert Warner	Havering AC	27:52	13 Brentwood Running Club	294 (2)
27	SM	Sam Norris	City of Southend AC	27:55	14 Brentwood Beagles	377 (2)
28	SM	Dylan Schubert	City of Southend AC	27:03	15 JBR Run and Tri	487 (2)
29	U20	Max stapleton	City of Southend AC	28:10	16 Hockley Trail Runners	529 (2)
30	SM	Jamie Apal Odoki	Orion Harriers	28:13	17 Castle Point Joggers	160 (1)
31	SM	Andrew Risk	Colchester Harriers AC	28:15	<u>Veterans Teams (4 to score)</u>	
32	V40	Tom Gardner	Ilford AC	28:17	1 Havering AC	206
33	SM	Cameron Humphries	Colchester Harriers AC	28:21	2 Leigh on Sea Striders	245
34	SM	Kieran Oâ€™Hara	Havering AC	28:26	3 City of Southend AC	285
35	SM	Conor Ivan Culham	Braintree & District AC	28:32	4 Orion Harriers	288
36	SM	Craig Berg	Basildon AC	28:36	5 Colchester Harriers AC	317
37	U20	Oliver Dominic Prince	Braintree & District AC	28:41	6 Ilford AC	351
38	SM	Shay David Joyce	Orion Harriers	28:43	7 Springfield Striders RC	464
39	SM	Jack Alexander Dean	Braintree & District AC	28:46	8 Grange Farm & Dunmow Runners	471
40	V40	Nate Filer	Colchester Harriers AC	28:48	9 Billericay Striders RC	484
41	SM	Christopher Sellens	Colchester Harriers AC	28:50	10 Pitsea Running Club	622
42	V50	Mark Waller	City of Southend AC	28:51	11 Colchester & Tendring AC	655
43	SM	Aaron Graves	Tiptree Road Runners	28:53	12 Thurrock Harriers	662
44	SM	Sam Wheatley	City of Southend AC	28:57	13 Benfleet Running Club	697
45	SM	Luke Richard Fitz-John	Springfield Striders RC	29:00	14 Chelmsford AC	700
46	U20	Luke Kevin Randall	City of Southend AC	29:02	15 Tiptree Road Runners	701
47	V45	Matthew Randall	City of Southend AC	29:03	16 Phoenix Striders	742
48	V45	Michael Wilkes	Leigh on Sea Striders	29:05	17 Mid Essex Casuals	786
49	U20	Ifeoluwa Adebusoye	Thurrock Harriers	29:06	18 South Woodham Runners	866
50	U20	Tom Wood	Chelmsford AC	29:08	19 Halstead RR	639 (3)
51	V45	Jim Dodsworth	Leigh on Sea Striders	29:10	20 Dagenham 88 Runners	643 (3)
52	U20	Deelan Bushdari	Orion Harriers	29:13	21 Basildon AC	672 (3)
53	U20	Samuel Waite	Chelmsford AC	29:17	22 Harlow Running and Tri Club	285 (2)
54	V50	Roger Maidment	Orion Harriers	29:19	23 Brentwood Running Club	294 (2)
55	U20	Jacob James David Alexander	Chelmsford AC	29:22	24 JBR Run and Tri	487 (2)
56	V40	Alfred Waithaka	Havering AC	29:23	25 Hockley Trail Runners	529 (2)
57	SM	Alec Finch	Thurrock Harriers	29:25	26 Braintree & District AC	135 (1)
58	SM	Shane Boxall	City of Southend AC	29:27	27 Loughton AC	148 (1)
59	V45	Will Kirk	Havering AC	29:29	28 Castle Point Joggers	160 (1)
60	SM	Ben Lloyd Brooks	City of Southend AC	29:32	29 Brentwood Beagles	184 (1)
61	V50	Alistair Brown	Grange Farm & Dunmow Runners	29:33		

62	SM	Sebastian Cirillo	Chelmsford AC	29:35
63	V45	Dean Ovel	Leigh on Sea Striders	29:36
64	U20	Arthur Ansell	Orion Harriers	29:38
65	V40	James Blogg	Havering AC	29:39
66	V50	Rob Lowe	Harlow Running and Tri Club	29:46
67	SM	Reiss Merritt	Leigh on Sea Striders	29:59
68	SM	Joshua Adler	Ilford AC	30:08
69	V50	Peter Waite	Chelmsford AC	30:12
70	U20	Thomas Peacock	Thurrock Harriers	30:14
71	U20	Oscar Harry Farley	Billericay Striders RC	30:15
72	SM	Joe Payne	Basildon AC	30:17
73	SM	George Henry Smith	Grange Farm & Dunmow Runners	30:21
74	U20	Hugo Owain Jones	City of Southend AC	30:22
75	V40	Paul Quinton	Orion Harriers	30:24
76	V40	David Doel	Billericay Striders RC	30:26
77	V40	Neil McGoun	Orion Harriers	30:28
78	SM	Tom Sheffle	Springfield Striders RC	30:31
79	V40	Ian Anthony	Havering AC	30:33
80	SM	Andrew Jobling	Colchester Harriers AC	30:36
81	V45	Malcolm John Muir	Ilford AC	30:37
82	V45	Bob Glasgow	Orion Harriers	30:41
83	V45	Matibini Matibini	Leigh on Sea Striders	30:53
84	SM	Andy Summers	Colchester Harriers AC	30:55
85	SM	Scott Lee Thrush	Thurrock Harriers	30:56
86	SM	Harry Swinbourne	Colchester Harriers AC	30:59
87	SM	Paul Clifford	Colchester Harriers AC	31:09
88	V55	Allen Smalls	Colchester Harriers AC	31:10
89	SM	Matthew Warner	City of Southend AC	31:12
90	SM	Ramadan Osman	Colchester Harriers AC	31:13
91	V60	Colin Ridley	Colchester Harriers AC	31:14
92	U20	Charlie Burgess	Havering AC	31:15
93	U20	Dylan Harrod	Ilford AC	31:15
94	SM	Robert Doyle	Thurrock Harriers	31:16
95	SM	Ollie Gifford	Colchester Harriers AC	31:18
96	SM	Martin Westley	Harlow Running and Tri Club	31:21
97	SM	Josh Mulley	Braintree & District AC	31:22
98	V45	Jonathan Nears	Colchester Harriers AC	31:27
99	SM	James Hiscock	Benfleet Running Club	31:33
100	SM	Adam Hemsworth	Benfleet Running Club	31:37
101	SM	Ben Holdgate	Braintree & District AC	31:38
102	U20	Euan O'Regan	Loughton AC	31:48
103	V40	Robert Trevor	Havering AC	31:50
104	V45	Tim Ballard	Colchester Harriers AC	31:52
105	SM	Alexander Benson	Springfield Striders RC	31:53
106	V45	Jason Townsend	Colchester & Tendring AC	31:54
107	V55	Paul Spowage	Colchester Harriers AC	31:55
108	V55	Peter West	Colchester Harriers AC	31:56
109	V45	Peter James Banks	Tiptree Road Runners	32:03
110	V55	Paul Broome	Springfield Striders RC	32:04
111	SM	Charlie Phillippe	Leigh on Sea Striders	32:05
112	V40	Jason Gunn	Colchester Harriers AC	32:06
113	V45	Alec Schubert	Leigh on Sea Striders	32:08
114	V40	Daniel King	Colchester Harriers AC	32:10
115	SM	Stevan Wing	Leigh on Sea Striders	32:12
116	SM	James Ferrant	Pitsea Running Club	32:14
117	V50	Kevin Higgins	Colchester Harriers AC	32:17
118	V40	Sam Rahman	Ilford AC	32:18
119	V45	Mark Meader	Brentwood Running Club	32:19
120	V45	Berekhet Berakhy	Ilford AC	32:22
121	V45	Stephen Mark Thompson	Orion Harriers	32:28
122	V45	Michael John Woodward	Pitsea Running Club	32:35
123	SM	Craig Sterling	Benfleet Running Club	32:37
124	V40	Richard Williams	Grange Farm & Dunmow Runners	32:39
125	SM	Josh Shelton	South Woodham Runners	32:42
126	V40	Geoff Keily	Billericay Striders RC	32:44
127	V40	Barry Frost	Colchester Harriers AC	32:48
128	V40	Sebastian Parris	Ilford AC	32:54
129	V50	David Beatty	Thurrock Harriers	32:56
130	U20	Matthew Tadala Maosa	City of Southend AC	32:58
131	V40	Adam James Weir	Leigh on Sea Striders	32:59

132	V40	Simon Carrington	South Woodham Runners	33:00
133	V55	Stuart Harris	Colchester Harriers AC	33:02
134	V40	Sam Luton	Leigh on Sea Striders	33:03
135	V45	Toby Pereira	Braintree & District AC	33:05
136	V55	Andy Wright	Billericay Striders RC	33:06
137	V55	Matthew Bland	Havering AC	33:07
138	V40	Dyfan Garmon	Dagenham 88 Runners	33:09
139	V55	Kevin Marshall	Grange Farm & Dunmow Runners	33:17
140	V40	James North	Halstead RR	33:21
141	V50	Scott Rice	Thurrock Harriers	33:25
142	V45	Roy Harwood	Benfleet Running Club	33:27
143	SM	Christopher David Edwards	Colchester Harriers AC	33:30
144	V45	Ian Gordon Toal	Leigh on Sea Striders	33:31
145	V45	Graham Hogan	Havering AC	33:32
146	V50	Anthony Moore	Billericay Striders RC	33:34
147	V55	Steven James Read	Grange Farm & Dunmow Runners	33:37
148	V45	Alan Fricker	Loughton AC	33:42
149	V50	Jerry Walder	Colchester Harriers AC	33:45
150	V45	Paul Hagan	Pitsea Running Club	33:48
151	V45	Daniel Holeyman	Iford AC	33:49
152	V60	Peter Tullett	Chelmsford AC	33:51
153	V70	David Butler	Billericay Striders RC	33:52
154	V40	Benjamin Leeds	Mid Essex Casuals	33:58
155	V40	Michael Cook	Pitsea Running Club	34:00
156	V55	Colin Read	Orion Harriers	34:02
157	V55	Peter Chubb	Springfield Striders RC	34:04
158	V40	Alan James	Phoenix Striders	34:05
159	V60	Neil Crisp	Iford AC	34:08
160	V50	Terence Spooner	Castle Point Joggers	34:10
161	V55	Russell Brown	Orion Harriers	34:13
162	V60	Antonio Pecoraro	Havering AC	34:19
163	SM	Andrew Ian Croft	Springfield Striders RC	34:22
164	V60	Nicholas Rankin	Benfleet Running Club	34:26
165	SM	Guy Fairweather	Springfield Striders RC	34:30
166	V45	Roy Donovan	Mid Essex Casuals	34:33
167	V50	Chris Harvey	Colchester & Tendring AC	34:36
168	V55	Paul Dellar	Colchester Harriers AC	34:42
169	V45	Jimmy Justice	Phoenix Striders	34:44
170	V40	Olatunde Phillips Akerele	Thurrock Harriers	34:46
171	V50	Neil Jennings	Billericay Striders RC	34:47
172	SM	Daniel Summersgill	Colchester Harriers AC	34:49
173	V40	Paul Weightman	Colchester Harriers AC	34:52
174	V55	Matthew Aitken	City of Southend AC	34:55
175	V60	Andy Clarke	Brentwood Running Club	34:58
176	V50	Rob Milburn	Colchester & Tendring AC	35:01
177	V45	David Weldon	Springfield Striders RC	35:03
178	V50	Ian Rattray	Colchester Harriers AC	35:16
179	U20	Sam Backhouse	South Woodham Runners	35:21
180	V50	Danny Antony Flint	Leigh on Sea Striders	35:21
181	SM	Scott Duncan	Orion Harriers	35:37
182	SM	Michael David Patrick Banham	Benfleet Running Club	35:43
183	V55	Neal Clark	Phoenix Striders	35:44
184	V60	Stuart Crowther	Brentwood Beagles	35:46
185	V45	Ben Rayner	Grange Farm & Dunmow Runners	35:50
186	SM	James Plant	Colchester Harriers AC	35:53
187	V40	Andrew Coombes	City of Southend AC	35:55
188	V60	Paul Berrett	Havering AC	36:12
189	V65	Christopher Purse	Springfield Striders RC	36:15
190	V55	Bob Bardell	Tiptree Road Runners	36:17
191	SM	Taliesin Stevenson	Colchester & Tendring AC	36:22
192	V45	Andy Abrahams	Benfleet Running Club	36:25
193	SM	Yvo Heidemans	Brentwood Beagles	36:32
194	V45	James Hawkes	Grange Farm & Dunmow Runners	36:34
195	V40	Joseph Smith	Pitsea Running Club	36:38
196	SM	Barry Weldon	Billericay Striders RC	36:44
197	V50	Mark Lawes	Tiptree Road Runners	36:51
198	V60	Dean McLeod	Springfield Striders RC	36:57
199	V40	Christopher Coates	Benfleet Running Club	37:03
200	SM	Mark Hayward	South Woodham Runners	37:06
201	V50	Tim Wright	Orion Harriers	37:10

202	V50	Steve Walker	Havering AC	37:17
203	V60	Stephen Foggo	Billericay Striders RC	37:22
204	SM	Gavin Ripton	Halstead RR	37:25
205	V55	Glen Head	Tiptree Road Runners	37:28
206	V55	Paul Mee	Colchester & Tendring AC	37:34
207	V45	Steven Horsley	Ilford AC	37:37
208	V60	Mark Jeffrey	Springfield Striders RC	37:39
209	V50	Ian Pike	Benfleet Running Club	37:41
210	V50	Paul Agastina	Pitsea Running Club	37:44
211	V50	Paul Clark	Colchester Harriers AC	37:46
212	V55	Andrew Raynor	Colchester Harriers AC	37:49
213	V55	Simon Morgan	Colchester Harriers AC	37:56
214	V55	Robert Sleath	Basildon AC	37:59
215	V50	Dan Green	Orion Harriers	38:02
216	V45	Ian Emerson	Orion Harriers	38:04
217	V65	Michael Bridgeland	Chelmsford AC	38:07
218	V55	Mathew Gillard	City of Southend AC	38:09
219	V50	Chris Burgess	Harlow Running and Tri Club	38:12
220	V55	Kevin McAlinden	Colchester Harriers AC	38:17
221	SM	Perry James	Halstead RR	38:22
222	V40	Kamil Tyrala	Thurrock Harriers	38:33
223	V50	Roy James	Havering AC	38:36
224	V55	David John Spain	Mid Essex Casuals	38:44
225	V55	Paul Tom Backhouse	South Woodham Runners	38:45
226	V50	Ian Rodd	JBR Run and Tri	38:47
227	SM	Danny Blowes	Springfield Striders RC	38:49
228	V40	Craig Morley	Basildon AC	38:51
229	V65	Christopher Applegate	Thurrock Harriers	38:52
230	V55	David Findlay	Basildon AC	38:54
231	V55	Martin Orford	Pitsea Running Club	38:58
232	V55	John Pumfrett	Phoenix Striders	39:13
233	V50	Andy Lunn	Orion Harriers	39:20
234	V70	Andrew Catton	Ilford AC	39:22
235	V60	Nigel Eden	Colchester Harriers AC	39:29
236	V75	Peter John Binns	City of Southend AC	39:37
237	V65	Gary Cardnell	Dagenham 88 Runners	39:44
238	V55	Phil Warner	Phoenix Striders	39:49
239	SM	Jamie Funnell	Springfield Striders RC	40:01
240	V60	David James Ward	Leigh on Sea Striders	40:55
241	V65	Robert Charles King	Tiptree Road Runners	41:00
242	V50	Justin Ruggles	Mid Essex Casuals	41:04
243	SM	Jonathan West	Colchester Harriers AC	41:18
244	V65	Tim Brockington	Springfield Striders RC	41:32
245	V50	Adam Stow	Pitsea Running Club	41:34
246	V55	Colin Wilkinson	Phoenix Striders	41:42
247	V55	Alan Hurding	Tiptree Road Runners	41:51
248	V65	Andy Carter	Halstead RR	41:55
249	V65	Alistair Holford	Woodford Green AC with Essex Lac	41:57
250	V60	Graham Jones	Billericay Striders RC	42:01
251	V50	Darren John Powell	Halstead RR	42:10
252	SM	Edward Wardroper	Grange Farm & Dunmow Runners	42:26
253	V60	Paul Richard Tawn	Mid Essex Casuals	42:41
254	V40	Simon Nead	South Woodham Runners	42:54
255	V65	Colin Rothwell	South Woodham Runners	43:26
256	V65	Arthur Winn	South Woodham Runners	43:38
257	V60	Gary David Bartlett	Orion Harriers	43:43
258	V50	Darran Hull	Springfield Striders RC	44:25
259	V55	Adrian Mathers	Hockley Trail Runners	45:04
260	V65	Edward Skinner	Tiptree Road Runners	46:01
261	V50	Rob Enderby	JBR Run and Tri	46:12
262	V70	Gerald Daniel	Chelmsford AC	46:44
263	V50	David Rayner	Springfield Striders RC	46:49
264	V40	Robert West	Leigh on Sea Striders	47:18
265	V60	Duncan Ian Russell	Phoenix Striders	47:31
266	V40	Michael Groombridge	Pitsea Running Club	48:06
267	V55	Jim Tilbrook	Ilford AC	49:13
268	V50	Allan Lacey	Dagenham 88 Runners	49:39
269	V70	Brian Butcher	Mid Essex Casuals	50:10
270	V55	Richard Mark Bennett	Hockley Trail Runners	50:52
271	V75	Keith Walker	Billericay Striders RC	54:38

