

Essex Cross Country League (4)

| <u>Hilly Fields, Colchester</u> | | | <u>Senior Men</u> | <u>11/01/2020</u> | |
|---------------------------------|-----|-----------------------|------------------------------|-------------------|---|
| Pos | Age | Name | Team | Time | Division 1 Teams (6 to score) |
| 1 | SM | Grant Twist | Havering AC | 24: 40 | 1 Havering AC 81 |
| 2 | SM | Ramadan Osman | Colchester Harriers AC | 25: 05 | 2 Colchester Harriers AC 145 |
| 3 | V45 | Adrian Musett | Colchester Harriers AC | : 16 | 3 Southend-on-Sea AC 181 |
| 4 | V40 | Sulivan Smith | Cambridge & Coleridge AC | : 17 | 4 Orion Harriers 220 |
| 5 | SM | Rob Warner | Havering AC | : 19 | 5 Ilford AC 346 |
| 6 | SM | Owen Thomas | Chelmsford AC | : 35 | 6 Thurrock Harriers 428 |
| 7 | SM | Ben Davis | Havering AC | : 42 | 7 Springfield Striders RC 429 |
| 8 | SM | Tom Gardner | Ilford AC | : 50 | 8 Grange Farm & Dunmow Runners 457 |
| 9 | SM | Nick Harris-Fry | Orion Harriers | 26: 01 | 9 Benfleet Running Club 526 |
| 10 | V40 | Paul Grange | Ilford AC | : 05 | 10 JBR Run and Tri 942 |
| 11 | V40 | Lee Taylor | Southend-on-Sea AC | : 07 | 11 Phoenix Striders 931 (5) |
| 12 | SM | Kurtis Swan | Braintree & District AC | : 09 | 12 Halstead RR 550 (3) |
| 13 | V45 | Christian Holmes | Southend-on-Sea AC | : 13 | |
| 14 | SM | James Boshier | Grange Farm & Dunmow Runners | : 14 | Division 2 Teams (6 score) |
| 15 | SM | Duncan Coombs | Cambridge & Coleridge AC | : 19 | 1 Braintree & District AC 174 |
| 16 | SM | George Day | Orion Harriers | : 24 | 2 Cambridge & Coleridge AC 251 |
| 17 | U20 | Karam Adam | Braintree & District AC | : 25 | 3 Chelmsford AC 505 |
| 18 | U20 | Ben Prior | Thurrock Harriers | : 26 | 4 Billericay Striders RC 523 |
| 19 | SM | Gavin Watts | Havering AC | : 27 | 5 Mid Essex Casuals 650 |
| 20 | SM | Aaron Graves | Tiptree Road Runners | : 30 | 6 Tiptree Road Runners 880 |
| 21 | U20 | Sam Atkins | Havering AC | : 30 | 7 Pitsea Running Club 950 |
| 22 | U20 | Lewis Harknett | Orion Harriers | : 43 | 8 Brentwood Running Club 582 (4) |
| 23 | SM | Rob Mahen | Cambridge & Coleridge AC | : 43 | 9 Hockley Trail Runners 761 (4) |
| 24 | U20 | Oliver Randall | Southend-on-Sea AC | 27: 07 | 10 Loughton AC 195 (2) |
| 25 | SM | John Baslington | Cambridge & Coleridge AC | : 11 | 11 Colchester & Tendring AC 240 (2) |
| 26 | SM | Greg Tye | Braintree & District AC | : 13 | 11 Witham Running Club 298 (2) |
| 27 | SM | Chris Sellens | Colchester Harriers AC | : 14 | |
| 28 | V40 | Barry Smith | Havering AC | : 15 | Veteran Team Result (4 to score) |
| 29 | SM | John Whitehead | Havering AC | : 18 | 1 Southend-on-Sea AC 176 |
| 30 | SM | Cameron Humphries | Colchester Harriers AC | : 20 | 2 Colchester Harriers AC 180 |
| 31 | SM | Conor Culham | Braintree & District AC | : 22 | 3 Havering AC 242 |
| 32 | SM | Scott Williams | Mid Essex Casuals | : 24 | 4 Orion Harriers 271 |
| 33 | SM | Pat Walsh | Southend-on-Sea AC | : 26 | 5 Springfield Striders RC 288 |
| 34 | SM | Kieran O'Hara | Havering AC | : 27 | 6 Ilford AC 309 |
| 35 | U20 | Innes Fullerton | Braintree & District AC | : 29 | 7 Billericay Striders RC 322 |
| 36 | SM | Dominic Le Mare | Southend-on-Sea AC | : 30 | 8 Benfleet Running Club 431 |
| 37 | SM | Luke Fitz John | Springfield Striders RC | : 41 | 9 Thurrock Harriers 493 |
| 38 | SM | James Buckley-Stanton | Havering AC | : 45 | 10 Pitsea Running Club 551 |
| 39 | SM | James Stewart | Havering AC | : 52 | 11 Brentwood Running Club 582 |
| 40 | SM | Robert Doyle | Thurrock Harriers | : 59 | 12 Chelmsford AC 583 |
| 41 | SM | Andrew Jobling | Colchester Harriers AC | 28: 01 | 13 Grange Farm & Dunmow Runners 591 |
| 42 | V45 | Jon Nears | Colchester Harriers AC | : 05 | 14 Mid Essex Casuals 615 |
| 43 | U20 | Thomas Palmer | Colchester Harriers AC | : 12 | 15 Tiptree Road Runners 666 |
| 44 | SM | Sam Higgins | Colchester Harriers AC | : 13 | 16 Phoenix Striders 716 |
| 45 | V40 | James Smith | Guest | : 18 | 17 Hockley Trail Runners 761 |
| 46 | V45 | Adam Baker | Orion Harriers | : 21 | 18 Halstead RR 550 (3) |
| 47 | SM | Michael Feltham | Benfleet Running Club | : 23 | 19 Loughton AC 195 (2) |
| 48 | SM | Kieran Feltham | Benfleet Running Club | : 24 | 20 Witham Running Club 298 (2) |
| 49 | SM | Declan Evans | Grange Farm & Dunmow Runners | : 25 | 21 Basildon AC 344 (2) |
| 50 | SM | Dap Abati | Thurrock Harriers | : 27 | 22 Cambridge & Coleridge AC 4 (1) |
| 51 | V50 | Matthew Bland | Havering AC | : 28 | 23 Colchester & Tendring AC 140 (1) |
| 52 | V40 | Anthony Goodall | Springfield Striders RC | : 32 | 24 Braintree & District AC 184 (1) |
| 53 | SM | Ben Holdgate | Braintree & District AC | : 34 | 25 JBR Run and Tri 185 (1) |
| 54 | SM | William Wu | Billericay Striders RC | : 35 | |
| 55 | U20 | Charles Fletcher | Braintree & District AC | : 35 | |

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| Pos | Age | Name | Team | Time |
|-----|-----|--------------------|------------------------------|--------|
| 56 | V50 | Keith Marley | Colchester Harriers AC | : 39 |
| 57 | SM | Tom Cresswell | Colchester Harriers AC | : 41 |
| 58 | SM | Jason Gunn | Colchester Harriers AC | : 42 |
| 59 | SM | Stephen Millar | JBR Run and Tri | : 45 |
| 60 | V50 | Paul Holloway | Ilford AC | : 46 |
| 61 | V50 | Colin Read | Orion Harriers | : 47 |
| 62 | U20 | Joe Lane | Chelmsford AC | : 48 |
| 63 | SM | Daniel Reynolds | Grange Farm & Dunmow Runners | : 49 |
| 64 | U20 | Sam Wheatley | Southend-on-Sea AC | : 50 |
| 65 | V45 | Lee Martin | Springfield Striders RC | : 52 |
| 66 | SM | Henry Giddens | Orion Harriers | : 52 |
| 67 | U20 | Louis Berrett | Havering AC | : 55 |
| 68 | SM | Barry Weldon | Billericay Striders RC | 29: 04 |
| 69 | V50 | Alec Kyrakides | Southend-on-Sea AC | : 05 |
| 70 | V40 | Martin Chester | Havering AC | : 06 |
| 71 | V45 | Jon Whitehouse | Loughton AC | : 08 |
| 72 | SM | Gavin Scanlan | Colchester Harriers AC | : 10 |
| 73 | SM | Will Reed-Wright | Orion Harriers | : 13 |
| 74 | V50 | Scott Reed | Orion Harriers | : 19 |
| 75 | V40 | Mike Woodward | Pitsea Running Club | : 21 |
| 76 | U20 | Danny Millward | Colchester Harriers AC | : 22 |
| 77 | SM | Joshua Mulley | Braintree & District AC | : 25 |
| 78 | SM | Sam Rahman | Ilford AC | : 28 |
| 79 | V40 | Tim Ballard | Colchester Harriers AC | : 29 |
| 80 | SM | Sebastian Parris | Ilford AC | : 32 |
| 81 | SM | Daniel Summersgill | Colchester Harriers AC | : 36 |
| 82 | V45 | Anthony Moore | Billericay Striders RC | : 39 |
| 83 | V45 | Matt Randall | Southend-on-Sea AC | : 41 |
| 84 | V55 | Colin Ridley | Colchester Harriers AC | : 43 |
| 85 | V40 | Paul Anderson | Springfield Striders RC | : 44 |
| 86 | V45 | Simon Bowring | Springfield Striders RC | : 47 |
| 87 | V65 | David Butler | Billericay Striders RC | : 48 |
| 88 | V55 | Peter West | Colchester Harriers AC | : 50 |
| 89 | SM | Leigh Garmory | Cambridge & Coleridge AC | : 51 |
| 90 | V45 | Tim Wright | Orion Harriers | 30: 00 |
| 91 | V45 | Keith Willett | Thurrock Harriers | : 02 |
| 92 | SM | Matthew Bainbridge | Grange Farm & Dunmow Runners | : 04 |
| 93 | V50 | Steve Walker | Havering AC | : 05 |
| 94 | V40 | Nick Hunter | Chelmsford AC | : 06 |
| 95 | SM | Brian Koteor | Cambridge & Coleridge AC | : 10 |
| 96 | V45 | Graham Booty | Benfleet Running Club | : 15 |
| 97 | SM | David Wilson | Orion Harriers | : 15 |
| 98 | V55 | Simon Le Mare | Southend-on-Sea AC | : 21 |
| 99 | V50 | Andrew Wright | Billericay Striders RC | : 24 |
| 100 | SM | Lee Fox | Colchester & Tendring AC | : 27 |
| 101 | U20 | Henri Willett | Thurrock Harriers | : 29 |
| 102 | V60 | Peter Tullett | Chelmsford AC | : 31 |
| 103 | V50 | Leo Cole | Witham Running Club | : 32 |
| 104 | V50 | Paul Broome | Springfield Striders RC | : 33 |
| 105 | V45 | James Champion | Southend-on-Sea AC | : 48 |
| 106 | V40 | Roy Harwood | Benfleet Running Club | : 52 |
| 107 | SM | Christopher Youell | Chelmsford AC | 31: 0 |
| 108 | V45 | Richard Dobson | Springfield Striders RC | : 9 |
| 109 | V50 | Gary Atkins | Havering AC | : 12 |
| 110 | SM | Haydon Newland | Ilford AC | : 13 |

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| Pos | Age | Name | Team | Time |
|-----|-----|-----------------------|------------------------------|--------|
| 111 | SM | Tom Walsh | Southend-on-Sea AC | : 18 |
| 112 | V50 | Kevin Marshall | Grange Farm & Dunmow Runners | : 39 |
| 113 | V50 | Chris Seymour | Mid Essex Casuals | : 43 |
| 114 | V55 | Nick Rankin | Benfleet Running Club | : 46 |
| 115 | V50 | Alan Clark | Benfleet Running Club | 32: 03 |
| 116 | V50 | Darren Priestley | Havering AC | : 10 |
| 117 | V55 | Terry Knightley | Ilford AC | : 14 |
| 118 | V55 | Phil Olsen | Brentwood Running Club | : 15 |
| 119 | SM | Richard Twumasi | Springfield Striders RC | : 18 |
| 120 | SM | Ben Leeds | Mid Essex Casuals | : 31 |
| 121 | V50 | John Hood | Mid Essex Casuals | : 36 |
| 122 | V60 | Alan Pearl | Ilford AC | : 38 |
| 123 | V55 | David Hilson | Colchester Harriers AC | : 39 |
| 124 | V55 | James Lambden | Loughton AC | : 40 |
| 125 | SM | Adam Hunter | Mid Essex Casuals | : 44 |
| 126 | SM | Richard Battams | JBR Run and Tri | : 51 |
| 127 | SM | Luca Predebon | Grange Farm & Dunmow Runners | : 52 |
| 128 | V60 | John O'Shea | Thurrock Harriers | : 54 |
| 129 | V45 | Glen Gosling | Orion Harriers | : 56 |
| 130 | V45 | Ian Pike | Benfleet Running Club | : 56 |
| 131 | V50 | Bob Bardell | Tiptree Road Runners | : 59 |
| 132 | V40 | Steven Ball | Thurrock Harriers | 33: 02 |
| 133 | V55 | Stephen Foggo | Billericay Striders RC | : 06 |
| 134 | SM | James Williams | Chelmsford AC | : 16 |
| 135 | V60 | Chris Purse | Springfield Striders RC | : 28 |
| 136 | V45 | James Price | Pitsea Running Club | : 34 |
| 137 | SM | Ed Lunn | Orion Harriers | : 46 |
| 138 | V40 | Dennis Briggs | Ilford AC | : 48 |
| 139 | SM | Daniel Quartly | Mid Essex Casuals | : 53 |
| 140 | V45 | John Hennington | Colchester & Tendring AC | : 55 |
| 141 | V60 | Doug Stephens | Benfleet Running Club | : 59 |
| 142 | V55 | Christopher Applegate | Thurrock Harriers | 34: 02 |
| 143 | V45 | Roy James | Havering AC | : 05 |
| 144 | V50 | Mark Wellsted | Colchester Harriers AC | : 09 |
| 145 | V45 | Roy Perrott | Orion Harriers | : 15 |
| 146 | V40 | Alasdair Daw | Billericay Striders RC | : 22 |
| 147 | V45 | Ian Booker | Brentwood Running Club | : 26 |
| 148 | V50 | Colin White | Billericay Striders RC | : 32 |
| 149 | V45 | Bryn Gibbons | Tiptree Road Runners | : 34 |
| 150 | V45 | Andy Lunn | Orion Harriers | : 37 |
| 151 | V55 | James MacNish-Porter | Brentwood Running Club | : 43 |
| 152 | V55 | Alan Fullerton | Grange Farm & Dunmow Runners | : 46 |
| 153 | V70 | Peter Binns | Southend-on-Sea AC | : 48 |
| 154 | V60 | Bill Bennett | Orion Harriers | : 49 |
| 155 | V50 | Neil Poulter | Halstead RR | : 54 |
| 156 | V40 | James Hawkes | Grange Farm & Dunmow Runners | : 59 |
| 157 | V50 | Simon Morgan | Colchester Harriers AC | 35: 07 |
| 158 | V55 | John Pumfrett | Phoenix Striders | : 12 |
| 159 | V65 | Michael Bumstead | Thurrock Harriers | : 27 |
| 160 | V50 | Lee Hazlewood | Phoenix Striders | : 30 |
| 161 | V50 | Andrew Turner | Basildon AC | : 35 |
| 162 | V45 | Paul Agastina | Pitsea Running Club | : 38 |
| 163 | V55 | Paul Berrett | Havering AC | 36: 00 |
| 164 | V55 | Gary Bartlett | Orion Harriers | : 01 |
| 165 | V40 | Tony Collins | Havering AC | : 07 |

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|-----|-----|-------------------|------------------------------|--------|
| 166 | V55 | Peter Sheridan | Brentwood Running Club | : 10 |
| 167 | V60 | Tim Brockington | Springfield Striders RC | : 13 |
| 168 | V60 | Bernard Johnson | Thurrock Harriers | : 20 |
| 169 | V50 | Gary Rowlatt | Thurrock Harriers | : 25 |
| 170 | V55 | Kevin Kirby | Chelmsford AC | : 33 |
| 171 | V55 | Ian Lawson | Grange Farm & Dunmow Runners | : 36 |
| 172 | SM | Gary Tolley | JBR Run and Tri | : 48 |
| 173 | V50 | Matt Gillard | Southend-on-Sea AC | : 51 |
| 174 | V60 | Stephen Burton | Benfleet Running Club | : 59 |
| 175 | V50 | Adrian Mathers | Hockley Trail Runners | 37: 01 |
| 176 | SM | Kieran Callaghan | Colchester Harriers AC | : 10 |
| 177 | V50 | Anthony Young | Ilford AC | : 39 |
| 178 | V50 | George Gaga | Pitsea Running Club | : 43 |
| 179 | V40 | Spencer Garlick | Hockley Trail Runners | : 54 |
| 180 | V45 | Justin Ruggles | Mid Essex Casuals | 38: 03 |
| 181 | V60 | Simon King | Grange Farm & Dunmow Runners | : 08 |
| 182 | V50 | Ricky Lee | Billericay Striders RC | : 11 |
| 183 | V45 | Justin Harris | Basildon AC | : 24 |
| 184 | V75 | David Reaves | Braintree & District AC | : 32 |
| 185 | V40 | Ian Rodd | JBR Run and Tri | : 36 |
| 186 | V50 | Colin Wilkinson | Phoenix Striders | : 37 |
| 187 | V45 | Lee Kerrison | Tiptree Road Runners | : 40 |
| 188 | V40 | Nick Gardener | Guest | : 58 |
| 189 | V60 | Andy Carter | Halstead RR | 39: 12 |
| 190 | V50 | Jim Tilbrook | Ilford AC | : 14 |
| 191 | V55 | Mark Whitby | Hockley Trail Runners | : 20 |
| 192 | V45 | Trevor Robinson | Ilford AC | : 35 |
| 193 | SM | Clive Bailey | JBR Run and Tri | : 47 |
| 194 | SM | Chris Harding | Tiptree Road Runners | 40: 00 |
| 195 | V60 | David Jobling | Witham Running Club | : 12 |
| 196 | V60 | Donald Sinclair | Pitsea Running Club | : 29 |
| 197 | V50 | Dave Girt | Southend-on-Sea AC | : 33 |
| 198 | V60 | Kevin Judge | Benfleet Running Club | : 38 |
| 199 | V60 | Edward Skinner | Tiptree Road Runners | : 41 |
| 200 | V50 | Patrick Marshall | Colchester Harriers AC | : 45 |
| 201 | V60 | James Goddard | Mid Essex Casuals | : 50 |
| 202 | SM | David Leeds | Mid Essex Casuals | : 58 |
| 203 | V45 | David Beatty | Pitsea Running Club | 41: 00 |
| 204 | V50 | Nick Archer | Tiptree Road Runners | : 40 |
| 205 | V60 | Paul Graves | Tiptree Road Runners | : 57 |
| 206 | V45 | Darren Powell | Halstead RR | 42: 06 |
| 207 | SM | Richard Fisher | JBR Run and Tri | : 24 |
| 208 | V70 | Keith Walker | Billericay Striders RC | : 46 |
| 209 | V50 | Kevin Payne | Mid Essex Casuals | 43: 15 |
| 210 | V65 | Robert Sargent | Ilford AC | : 34 |
| 211 | V55 | Angus Aldridge | Southend-on-Sea AC | : 37 |
| 212 | V65 | Peter Eates | Phoenix Striders | : 49 |
| 213 | V50 | Anthony Knightley | Tiptree Road Runners | : 54 |
| 214 | SM | Peter Holman | Pitsea Running Club | 45: 17 |
| 215 | V55 | David Mills | Phoenix Striders | 47: 45 |
| 216 | V50 | Richard Bennett | Hockley Trail Runners | 48: 52 |
| 217 | V60 | Stephen Williams | Chelmsford AC | 50: 58 |
| 218 | V60 | Peter McLaughlin | Pitsea Running Club | 54: 48 |
| 219 | V70 | James Huddart | Ilford AC | 55: 29 |
| 220 | V60 | Mike Jeffery | Southend-on-Sea AC | 58: 42 |
| 221 | V70 | Ernie Easterby | Billericay Striders RC | 69: 04 |

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