

Essex Cross Country Championships**SM** **Gloucester Park, Basildon****08/01/2022**

| Pos | No | Name | Club | Time |
|------------|-----------|---------------------|---|-------------|
| 1 | 516 | Tom Frith | SM Southend AC | 31: 17 |
| 2 | 563 | Stephen Strange | SM Tonbridge AC | 32: 31 |
| 3 | 445 | Ahmed Abdulle | SM Ilford AC | 51 |
| 4 | 339 | Zach Bridgeland | SM Chelmsford AC | 33: 11 |
| 5 | 581 | James Stockings | SM Woodford Green & Essex Ladies AC | 14 |
| 6 | 429 | Ben Davis | SM Havering AC | 22 |
| 7 | 341 | David Fewell | SM Chelmsford AC | 43 |
| 8 | 347 | Ben Felton | SM Chelmsford AC | 51 |
| 9 | 568 | John Payne | SM Victoria Park Harriers & Tower Hamlets | 55 |
| 10 | 430 | James Stewart | SM Havering AC | 57 |
| 11 | 594 | Darren Southcott | SM Woodford Green & Essex Ladies AC | 34: 02 |
| 12 | 564 | James Hotham | SM Victoria Park Harriers & Tower Hamlets | 05 |
| 13 | 423 | Rob Warner | SM Havering AC | 08 |
| 14 | 584 | Angus Holford | SM Woodford Green & Essex Ladies AC | 30 |
| 15 | 301 | Isaac Brown | SM Basildon AC | 37 |
| 16 | 583 | Josh Entwistle | SM Woodford Green & Essex Ladies AC | 37 |
| 17 | 474 | Nick Harris-Fry | SM Orion Harriers | 39 |
| 18 | 331 | Kurtis Swan | SM Braintree & District AC | 44 |
| 19 | 517 | Rhys Gillard | SM Southend AC | 47 |
| 20 | 473 | Lewis Harknett | SM Orion Harriers | 51 |
| 21 | 555 | Taylor Newell | SM Thurrock Harriers AC | 55 |
| 22 | 579 | Tom Beedell | SM Woodford Green & Essex Ladies AC | 58 |
| 23 | 329 | Conor Culham | SM Braintree & District AC | 35: 00 |
| 24 | 532 | Sam Norris | SM Southend AC | 04 |
| 25 | 321 | Crispian Bloomfield | SM Billericay Striders | 25 |
| 26 | 355 | Jordan Middlemist | SM Colchester Harriers | 36 |
| 27 | 433 | Sam Atkins | SM Havering AC | 47 |
| 28 | 350 | Cameron Humphries | SM Colchester Harriers | 50 |
| 29 | 368 | James Morley | SM Colchester Harriers | 55 |
| 30 | 431 | Kieran O'Hara | SM Havering AC | 57 |
| 31 | 522 | Lee Taylor | SM Southend AC | 36: 04 |
| 32 | 443 | Malcolm Muir | SM Ilford AC | 06 |
| 33 | 586 | Dan Steel | SM Woodford Green & Essex Ladies AC | 09 |
| 34 | 479 | Daniel Moses | SM Orion Harriers | 17 |
| 35 | 478 | Michael McTernan | SM Orion Harriers | 30 |
| 36 | 565 | Nicholas Sharp | SM Victoria Park Harriers & Tower Hamlets | 32 |
| 37 | 369 | David Branfoot | SM Colchester Harriers | 35 |
| 38 | 302 | Mathew Houchal | SM Basildon AC | 46 |
| 39 | 470 | Ben Francis | SM Orion Harriers | 47 |
| 40 | 539 | Luke Fitz-John | SM Springfield Striders | 56 |
| 41 | 590 | Kevin Murphy | SM Woodford Green & Essex Ladies AC | 37: 04 |
| 42 | 530 | Dominic Le Mare | SM Southend AC | 05 |
| 43 | 520 | Matt Randall | SM Southend AC | 05 |

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|----|------------------------|----|--|--------|
| 44 | 475 Brian Jenkins | SM | Orion Harriers | 09 |
| 45 | 366 Nate Filer | SM | Colchester Harriers | 13 |
| 46 | 361 Chris Sellens | SM | Colchester Harriers | 15 |
| 47 | 499 Adam Bailey | SM | Pitsea Running Club | 17 |
| 48 | 566 Ben Wickham | SM | Victoria Park Harriers & Tower Hamlets | 27 |
| 49 | 432 John Whitehead | SM | Havering AC | 30 |
| 50 | 550 Adam Dowman | SM | Thurrock Harriers AC | 46 |
| 51 | 332 Innes Fullerton | SM | Braintree & District AC | 53 |
| 52 | 394 Paul Boddey | SM | Eton Manor | 55 |
| 53 | 589 Julian Russell | SM | Woodford Green & Essex Ladies AC | 59 |
| 54 | 395 George Fernandez | SM | Eton Manor | 38: 09 |
| 55 | 546 Paul Miles | SM | Springfield Striders | 16 |
| 56 | 373 Joseph Gunn | SM | East London Runners | 21 |
| 57 | 536 Dylan Schubert | SM | Southend AC | 22 |
| 58 | 587 Harold Wyber | SM | Woodford Green & Essex Ladies AC | 24 |
| 59 | 358 Jonathan Nears | SM | Colchester Harriers | 24 |
| 60 | 389 James Pilch | SM | Eton Manor | 24 |
| 61 | 588 Paul Manson | SM | Woodford Green & Essex Ladies AC | 27 |
| 62 | 362 Dan Widdowson | SM | Colchester Harriers | 32 |
| 63 | 337 Adam Hemsworth | SM | Castle Point Joggers | |
| 64 | 411 Paskell Blackwell | SM | Harlow Running & Tri Club | 35 |
| 65 | 345 Peter Waite | SM | Chelmsford AC | 39 |
| 66 | 346 Will Parrott | SM | Chelmsford AC | 40 |
| 67 | 484 David Wilson | SM | Orion Harriers | 41 |
| 68 | 354 Colin Ridley | SM | Colchester Harriers | 42 |
| 69 | 352 Tim Ballard | SM | Colchester Harriers | 47 |
| 70 | 561 Aaron Graves | SM | Tiptree road runners | 50 |
| 71 | 367 Matt Shaw | SM | Colchester Harriers | 39: 08 |
| 72 | 540 Antony Goodall | SM | Springfield Striders | 19 |
| 73 | 549 Shawn Brown | SM | Thurrock Harriers AC | 24 |
| 74 | 523 Jack Whitaker | SM | Southend AC | 35 |
| 75 | 300 Joe Payne | SM | Basildon AC | 38 |
| 76 | 422 James Blog | SM | Havering AC | 43 |
| 77 | 424 Jason Crispin | SM | Havering AC | |
| 78 | 528 Alex Kyrakides | SM | Southend AC | 44 |
| 79 | 440 Ian Anthony | SM | Havering AC | 51 |
| 80 | 388 Dylan Williams | SM | Eton Manor | 54 |
| 81 | 554 Scott Rice | SM | Thurrock Harriers AC | 40: 05 |
| 82 | 348 Simon Knightbridge | SM | Chelmsford AC | 08 |
| 83 | 462 Jon Whitehouse | SM | Loughton AC | 14 |
| 84 | 458 Stuart Cable | SM | Leigh-on-Sea Striders | 29 |
| 85 | 304 Michael Feltham | SM | Benfleet RC | 34 |
| 86 | 342 Nick Hunter | SM | Chelmsford AC | 38 |
| 87 | 451 Darren Lock | SM | Leigh-on-Sea Striders | 42 |
| 88 | 543 Paul Broome | SM | Springfield Striders | 48 |
| 89 | 434 Gary Atkins | SM | Havering AC | 51 |
| 90 | 477 Neil McGoun | SM | Orion Harriers | 53 |
| 91 | 353 Paul Rodgers | SM | Colchester Harriers | 59 |

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|------------|--------------------------|----|--|-----|----|
| 92 | 570 Kevin Long | SM | Victoria Park Harriers & Tower Hamlets | 41: | 03 |
| 93 | 498 Richard Greatbatch | SM | Pitsea Running Club | | 04 |
| 94 | 340 Adam Colgrave | SM | Chelmsford AC | | 07 |
| 95 | 483 Stephen Thompson | SM | Orion Harriers | | 18 |
| 96 | 476 Phu Ly | SM | Orion Harriers | | 19 |
| 97 | 382 Paul Cates | SM | Eton Manor | | 21 |
| 98 | 582 Richard Holland | SM | Woodford Green & Essex Ladies AC | | 24 |
| 99 | 365 Peter West | SM | Colchester Harriers | | 27 |
| 100 | 314 Neil Jennings | SM | Billericay Striders | | 31 |
| 101 | 305 Roy Harwood | SM | Benfleet RC | | 39 |
| 102 | 575 Pete Riley | SM | Witham | | 45 |
| 103 | 383 Quentin Grieu | SM | Eton Manor | | 53 |
| 104 | 406 Nathan Roulson | SM | Halstead Road Runners | 42: | 02 |
| 105 | 544 Paul Jeggo | SM | Springfield Striders | | 09 |
| 106 | 461 Elliot Carter | SM | Leigh-on-Sea Striders | | 10 |
| 107 | 514 Philip Whitehouse | SM | Serpentine Running Club | | 16 |
| 108 | 349 Simon Bowring | SM | Chelmsford AC | | 30 |
| 109 | 574 Leo Cole | SM | Witham | | 32 |
| 110 | 409 Martin Westley | SM | Harlow Running & Tri Club | | 45 |
| 111 | 442 John Crawley | SM | Ilford AC | | 47 |
| 112 | 325 Barry Weldon | SM | Billericay Striders | | 48 |
| 113 | 489 Jimmy Justice | SM | Phoenix Striders | | 53 |
| 114 | 439 Tony Pecoraro | SM | Havering AC | | 55 |
| 115 | 336 Richard Bonham | SM | Castle Point Joggers | 43: | 13 |
| 116 | 450 Alex Childs | SM | Leigh-on-Sea Striders | | 16 |
| 117 | 449 Diarmuid Mac Donnell | SM | Ilford AC | | 31 |
| 118 | 444 Terry Knightley | SM | Ilford AC | | 44 |
| 119 | 323 Dan Goodson | SM | Billericay Striders | | 49 |
| 120 | 384 David Cato | SM | Eton Manor | 44: | 01 |
| 121 | 558 Jonathan Metcalf | SM | Thurrock Harriers AC | | 04 |
| 122 | 463 Benjamin Leeds | SM | Mid Essex Casuals | | 11 |
| 123 | 320 Geoff Kiely | SM | Billericay Striders | | 13 |
| 124 | 436 Steve Walker | SM | Havering AC | | 14 |
| 125 | 446 Neil Crisp | SM | Ilford AC | | 15 |
| 126 | 335 Kieran Neary | SM | Castle Point Joggers | | 16 |
| 127 | 375 James Nichols | SM | East London Runners | | 21 |
| 128 | 454 Bruce Gander | SM | Leigh-on-Sea Striders | | 24 |
| 129 | 404 Gavin Ripton | SM | Halstead Road Runners | | 26 |
| 130 | 492 Perry Cordery | SM | Phoenix Striders | | 30 |
| 131 | 448 Steve Crane | SM | Ilford AC | | 32 |
| 132 | 556 John O'Shea | SM | Thurrock Harriers AC | | 43 |
| 133 | 542 David Weldon | SM | Springfield Striders | | 46 |
| 134 | 334 Luke Fordham | SM | Braintree & District AC | | 50 |
| 135 | 380 Louis Le Roux | SM | East London Runners | | 55 |
| 136 | 372 Karan Gadhia | SM | East London Runners | 45: | 05 |
| 137 | 452 Harry Grose | SM | Leigh-on-Sea Striders | | 08 |
| 138 | 344 Peter Tullett | SM | Chelmsford AC | | 23 |
| 139 | 399 Luca Predebon | SM | Grange Farm & Dunmow Runners | | 27 |

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|------------|---------------------------|----|----------------------------------|-----|----|
| 140 | 322 Lewis Sartin | SM | Billericay Striders | | 29 |
| 141 | 357 Kevin Higgins | SM | Colchester Harriers | | 35 |
| 142 | 580 Rob Wilbraham | SM | Woodford Green & Essex Ladies AC | | 41 |
| 143 | 534 Matt Aitken | SM | Southend AC | | 46 |
| 144 | 576 Simon Scott | SM | Witham | | 50 |
| 145 | 573 Thomas Ashley | SM | Witham | | 53 |
| 146 | 438 Roy James | SM | Havering AC | | 58 |
| 147 | 494 Neal Clark | SM | Phoenix Striders | 46: | 10 |
| 148 | 562 Mark Lawes | SM | Tiptree road runners | | 22 |
| 149 | 572 David Carey | SM | Witham | | 26 |
| 150 | 315 Steve Foggo | SM | Billericay Striders | | 26 |
| 151 | 312 Dave Butler | SM | Billericay Striders | | 32 |
| 152 | 559 Christopher Applegate | SM | Thurrock Harriers AC | | 34 |
| 153 | 316 Andrew Morris | SM | Billericay Striders | | 40 |
| 154 | 330 Gregory Tye | SM | Braintree & District AC | | 44 |
| 155 | 408 Darren Powell | SM | Halstead Road Runners | | 50 |
| 156 | 502 Martin Orford | SM | Pitsea Running Club | | 53 |
| 157 | 396 Daniel Reynolds | SM | Grange Farm & Dunmow Runners | 47: | 15 |
| 158 | 398 James Hawkes | SM | Grange Farm & Dunmow Runners | | 24 |
| 159 | 486 Jamie Enever-Dodd | SM | Phoenix Striders | | 27 |
| 160 | 403 Robert Langley | SM | Halstead Road Runners | | 34 |
| 161 | 311 Chris Coates | SM | Benfleet RC | | 38 |
| 162 | 310 Ian Pike | SM | Benfleet RC | | 47 |
| 163 | 491 Colin Wilkinson | SM | Phoenix Striders | | 50 |
| 164 | 377 Finbar Sheahan | SM | East London Runners | | 52 |
| 165 | 327 Phil Cooper | SM | Billericay Striders | | 56 |
| 166 | 459 Neil Hubbard | SM | Leigh-on-Sea Striders | 48: | 00 |
| 167 | 593 Tom Phillips | SM | Woodford Green & Essex Ladies AC | | 20 |
| 168 | 507 Ross Taylor | SM | Pitsea Running Club | | 52 |
| 169 | 577 Ben O'leary | SM | Witham | | 58 |
| 170 | 416 Aaron Freeman | SM | Havering '90 Joggers | 49: | 17 |
| 171 | 524 Peter Binns | SM | Southend AC | | 21 |
| 172 | 464 Steve Bennett | SM | Orion Harriers | | 58 |
| 173 | 512 Nicolas Miller | SM | Pitsea Running Club | 50: | 02 |
| 174 | 392 Richard Seddon | SM | Eton Manor | | 20 |
| 175 | 307 Chris Diggins | SM | Benfleet RC | | 21 |
| 176 | 313 Colin White | SM | Billericay Striders | | 29 |
| 177 | 363 Dan Macey | SM | Colchester Harriers | | 33 |
| 178 | 505 Michael Gould | SM | Pitsea Running Club | | 35 |
| 179 | 378 Michael Wilson | SM | East London Runners | | 38 |
| 180 | 412 Chris Arnell | SM | Harlow Running & Tri Club | | 47 |
| 181 | 405 Alan Fancy | SM | Halstead Road Runners | | 47 |
| 182 | 472 Simon Haigh | SM | Orion Harriers | 51: | 24 |
| 183 | 490 Lee Hazelwood | SM | Phoenix Striders | | 38 |
| 184 | 447 Tony Young | SM | Ilford AC | | 48 |
| 185 | 379 Mounir Dahbi | SM | East London Runners | 52: | 12 |
| 186 | 324 Alastair Daw | SM | Billericay Striders | | 15 |
| 187 | 501 Paul Omer | SM | Pitsea Running Club | | 25 |

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|------------|-------------------------|----|-----------------------|--------|
| 188 | 571 David Jobling | SM | Witham | 40 |
| 189 | 538 Justin King | SM | Southend AC | 48 |
| 190 | 418 Lee Young | SM | Havering '90 Joggers | 49 |
| 191 | 560 Bernard Johnson | SM | Thurrock Harriers AC | 53: 13 |
| 192 | 504 David Beatty | SM | Pitsea Running Club | 54: 00 |
| 193 | 495 Neil Colley | SM | Phoenix Striders | 11 |
| 194 | 407 Andy Carter | SM | Halstead Road Runners | 16 |
| 195 | 469 Benjamin Fisher | SM | Orion Harriers | 26 |
| 196 | 509 George Gager | SM | Pitsea Running Club | 37 |
| 197 | 421 Roger Hagan | SM | Havering '90 Joggers | 51 |
| 198 | 417 Darren Radford | SM | Havering '90 Joggers | 55: 33 |
| 199 | 578 Andrew Read | SM | Witham | 51 |
| 200 | 385 Sebastiano Ferraris | SM | Eton Manor | 56: 55 |
| 201 | 545 David Scarfe | SM | Springfield Striders | 57: 32 |
| 202 | 487 James McBride | SM | Phoenix Striders | 58: 18 |
| 203 | 413 Keith Brades | SM | Havering '90 Joggers | 59: 11 |
| 204 | 420 Sanjeev Sharma | SM | Havering '90 Joggers | 60: 39 |
| 205 | 376 John O'Brien | SM | East London Runners | 61: 55 |
| 206 | 419 Jason Hetterley | SM | Havering '90 Joggers | 62: 20 |
| 207 | 488 Steve Lovett | SM | Phoenix Striders | 40 |
| 208 | 497 Andy Boddy | SM | Phoenix Striders | 63: 24 |
| 209 | 541 Mark Moughton | SM | Springfield Striders | 65: 27 |
| 210 | 496 John Wilkinson | SM | Phoenix Striders | 66: 34 |
| 211 | 513 David Mullender | SM | Pitsea Running Club | 68: 45 |
| 212 | 493 Chris Maskell | SM | Phoenix Striders | 69: 37 |
| 213 | 338 Mark Collins | SM | Castle Point Joggers | 72: 17 |
| 214 | 414 Lee Kyson | SM | Havering '90 Joggers | 76: 30 |

Team Result

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| 1 | Woodford Green & Essex Ladies AC | 101 |
| 2 | Havering AC | 135 |
| 3 | Southend AC | 160 |
| 4 | Orion Harriers | 189 |
| 5 | Colchester Harriers | 211 |
| 6 | Chelmsford AC | 232 |
| 7 | Colchester Harriers 'B' | 420 |
| 8 | Eton Manor | 446 |
| 9 | Woodford Green & Essex Ladies AC 'B' | 453 |
| 10 | Thurrock Harriers AC | 478 |
| 11 | Springfield Striders | 493 |
| 12 | Ilford AC | 506 |
| 13 | Havering AC 'B' | 559 |
| 14 | Billericay Striders | 619 |
| 15 | Leigh-on-Sea Striders | 658 |
| 16 | Orion Harriers 'B' | 702 |
| 17 | Southend AC 'B' | 712 |
| 18 | East London Runners | 797 |
| 19 | Pitsea Running Club | 815 |

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| 20 | Witham | 818 |
| 21 | Phoenix Striders | 895 |
| 22 | Halstead Road Runners | 923 |
| 23 | Billericay Striders 'B' | 981 |
| 24 | Havering '90 Joggers | 1162 |
| 25 | Phoenix Striders 'B' | 1232 |