

## Essex Cross Country League (3)

Gt NotleySenior Men18/12/2021

Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)	
1	SM	Jonathan Esclante Phillips	Cambridge & Coleridge AC	29: 39	1 Southend-on-Sea AC	108
2	SM	Jack Gray	Cambridge & Coleridge AC	: 41	2 Havering AC	167
3	SM	Michael Bartrum	Cambridge & Coleridge AC	30: 57	3 Orion Harriers	175
4	SM	Ben Davis	Havering AC	31: 07	4 Thurrock Harriers	236
5	SM	Adam Hickey	Southend-on-Sea AC	: 17	5 Chelmsford AC	319
6	SM	Adam Houchell	Guest	: 35	6 Billericay Striders RC	381
7	U20	Taite Wallis	Billericay Striders RC	: 42	7 Ilford AC	388
8	V40	Sullivan Smith	Cambridge & Coleridge AC	: 48	8 Braintree & District AC	402
9	SM	Steve Strange	Guest	: 51	9 Springfield Striders RC	427
10	SM	Michael Gilbert	Cambridge & Coleridge AC	32: 02	10 Grange Farm & Dunmow Runn	553
11	V40	Rob Warner	Havering AC	: 04	11 Colchester Harriers AC	441 (5)
12	SM	James Stewart	Havering AC	: 07	12 Benfleet Running Club	410 (3)
13	SM	Sam Norris	Southend-on-Sea AC	: 10	<b>Division 2 Teams (6 to score)</b>	
14	SM	Lewis Harknett	Orion Harriers	: 28	1 Cambridge & Coleridge AC	39
15	SM	Brogan McCawley	Cambridge & Coleridge AC	: 32	2 Mid Essex Casuals	834
16	SM	Isaac Brown	Basildon AC	: 35	3 Boxted Runners	898
17	SM	Rhys Gillard	Southend-on-Sea AC	: 35	4 Halstead RR	927
18	SM	Ollie Randall	Southend-on-Sea AC	: 42	5 Walden Tri	612 (5)
19	SM	Ben Prior	Thurrock Harriers	: 50	6 Pitsea Running Club	707 (5)
20	SM	George Day	Orion Harriers	: 54	7 Phoenix Striders	773 (5)
21	V40	Paul Grange	Ilford AC	: 57	8 JBR Run and Tri	785 (5)
22	SM	Ethan Ackroyd	Colchester & Tendring AC	33: 05	9 Hockley Trail Runners	834 (5)
23	SM	Conor Culham	Braintree & District AC	: 18	10 Tiptree Road Runners	546 (4)
24	U20	Paul Cahen	Cambridge & Coleridge AC	: 22	11 Witham Running Club	363 (3)
25	V45	Lee Taylor	Southend-on-Sea AC	: 35	12 Basildon AC	90 (2)
26	U20	Chandler Dhillon	Thurrock Harriers	: 38	13 Innovation Multisport	299 (2)
27	SM	Dan Moses	Orion Harriers	: 42	14 Colchester & Tendring AC	22 (1)
28	U20	Jak Wright	Ilford AC	: 46	<b>Veterans (4 to score)</b>	
29	SM	Cameron Humphries	Colchester Harriers AC	: 48	1 Havering AC	180
30	U20	Max Stapleton	Southend-on-Sea AC	: 53	2 Southend-on-Sea AC	254
31	U20	Taylor Newell	Thurrock Harriers	: 56	3 Orion Harriers	285
32	SM	Richard Smith	Orion Harriers	: 58	4 Springfield Striders RC	288
33	U20	Samuel Waite	Chelmsford AC	34: 01	5 Billericay Striders RC	323
34	SM	Adam Bailey	Pitsea Running Club	: 03	6 Chelmsford AC	343
35	SM	Kurtis Swan	Braintree & District AC	: 06	7 Ilford AC	361
36	U20	Luke Randall	Southend-on-Sea AC	: 08	8 Colchester Harriers AC	412
37	SM	Kieran O'Hara	Havering AC	: 18	9 Walden Tri	421
38	V40	Brian Jenkins	Orion Harriers	: 28	10 Grange Farm & Dunmow Runn	446
39	V45	Jason Lendon	Havering AC	: 31	11 Thurrock Harriers	459
40	U20	Innes Fullerton	Braintree & District AC	: 34	12 Boxted Runners	634
41	U20	Tom Woodward	Chelmsford AC	: 37	13 Hockley Trail Runners	642
42	SM	Luke Fitz-John	Springfield Striders RC	: 39	14 Mid Essex Casuals	650
43	SM	Ben Felton	Chelmsford AC	: 43	15 Halstead RR	652
44	U20	Nathan Boase	Orion Harriers	: 45	16 Phoenix Striders	653
45	SM	Dominic Le Mare	Southend-on-Sea AC	: 54	17 Pitsea Running Club	673
46	U20	James Perkins	Braintree & District AC	: 57	18 Witham Running Club	363 (3)
47	SM	Shane Boxall	Southend-on-Sea AC	35: 02	19 JBR Run and Tri	464 (3)
48	SM	Hamish Morton	Cambridge & Coleridge AC	: 05	20 Tiptree Road Runners	493 (3)
49	SM	Adam Dowman	Thurrock Harriers	: 10	21 Benfleet Running Club	239 (2)
50	SM	Richard Park	Cambridge & Coleridge AC	: 11	22 Cambridge & Coleridge AC	8 (1)
51	V45	Matthew Randall	Southend-on-Sea AC	: 15	23 Loughton AC	71 (1)
52	SM	Alex Finch	Thurrock Harriers	: 19	24 Braintree & District AC	188 (1)
53	SM	Aaron Graves	Tiptree Road Runners	: 43	25 Innovation Multisport	193 (1)
54	V55	Colin Ridley	Colchester Harriers AC	: 49		
55	U20	Scott Thomas	Chelmsford AC	: 58		
56	SM	Simon Bond	Grange Farm & Dunmow Runners	36: 06		

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Pos	Age	Name	Team	Time
57	V50	Lee Martin	Springfield Striders RC	: 09
58	V50	Colin Read	Orion Harriers	: 14
59	V50	Scott Rice	Thurrock Harriers	: 16
60	V45	Alistair Brown	Grange Farm & Dunmow Runners	: 26
61	V45	Simon Lashmar	Billericay Striders RC	: 33
62	SM	Robin Mohseni	Billericay Striders RC	: 35
63	SM	Adam Hemsworth	Mid Essex Casuals	: 36
64	V40	Rob Trevor	Havering AC	: 38
65	V40	Paul Miles	Springfield Striders RC	: 39
66	V40	Jason Crispin	Havering AC	: 41
67	SM	Sebastian Parris	Iford AC	: 48
68	V40	William Wu	Billericay Striders RC	: 51
69	V50	Craig Dyce	Walden Tri	: 59
70	V50	Peter Waite	Chelmsford AC	37: 01
71	V45	Jon Whitehouse	Loughton AC	: 02
72	V40	Jonathan Hughes	Springfield Striders RC	: 05
73	SM	Dylan Schubert	Southend-on-Sea AC	: 06
74	SM	Joe Payne	Basildon AC	: 08
75	V55	Alex Kyriakides	Southend-on-Sea AC	: 10
76	SM	Declan Evans	Grange Farm & Dunmow Runners	: 17
77	V45	Simon Knightbridge	Chelmsford AC	: 21
78	U20	Louis Berrett	Havering AC	: 22
79	SM	Dave Wilson	Orion Harriers	: 26
80	SM	Freddi Russo	Thurrock Harriers	: 40
81	V60	Peter Tullett	Chelmsford AC	: 48
82	SM	Henry Giddens	Orion Harriers	: 54
83	SM	Jack Whitaker	Southend-on-Sea AC	: 55
84	U20	Dylan Harrod	Iford AC	: 56
85	V50	Gary Atkins	Havering AC	: 59
86	U20	Kane Pugsley	Southend-on-Sea AC	38: 00
87	SM	Barry Weldon	Billericay Striders RC	: 05
88	V45	Roy Harwood	Benfleet Running Club	: 08
89	V50	Peter Riley	Witham Running Club	: 12
90	V50	Tim Wright	Orion Harriers	: 14
91	V55	John Barker	Havering AC	: 16
92	U20	Ethan Reilly	Chelmsford AC	: 18
93	V45	Danny Holeyman	Iford AC	: 23
94	V55	Paul Broome	Springfield Striders RC	: 33
95	SM	John Crawley	Iford AC	: 35
96	V50	Neil Jennings	Billericay Striders RC	: 40
97	V40	Scott Sterling	Springfield Striders RC	: 44
98	V50	Anthony Moore	Billericay Striders RC	: 46
99	V40	Stephen Thompson	Orion Harriers	: 50
100	SM	Scott Thrush	Guest	: 54
101	V40	Ian Anthony	Havering AC	: 56
102	V40	Phu Ly	Orion Harriers	39: 4
103	V60	Simon Le Mare	Southend-on-Sea AC	: 18
104	V50	Leo Cole	Witham Running Club	: 24
105	V55	Peter West	Colchester Harriers AC	: 29
106	SM	Martin Westley	Innovation Multisport	: 33
107	V50	Jon Cooke	Walden Tri	: 41
108	V50	Steven Read	Grange Farm & Dunmow Runners	: 50
109	V55	Tony Pecraro	Havering AC	: 57
110	V45	Jerry Walder	Colchester Harriers AC	40: 2
111	V45	Graham Hogan	Havering AC	: 5
112	SM	Michael Smith	Halstead RR	: 8

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
113	V60	Terry Knightley	Ilford AC	: 12
114	V50	Chris Seymour	Mid Essex Casuals	: 18
115	V45	Simon Bowring	Chelmsford AC	: 19
116	V60	Chris Purse	Springfield Striders RC	: 21
117	V45	Simon Page	Walden Tri	: 23
118	V40	Alex Elferink	Orion Harriers	: 34
119	V60	Jonathan Metcalf	Thurrock Harriers	: 40
120	SM	Jimmy Justice	Phoenix Striders	: 49
121	SM	Armand Vigors	Boxted Runners	: 51
122	SM	Ben Leeds	Mid Essex Casuals	41: 24
123	SM	Luke Fordham	Braintree & District AC	: 39
124	V55	Kevin Marshall	Grange Farm & Dunmow Runners	: 46
125	V40	Geoff Keily	Billericay Striders RC	: 51
126	V50	Mark Lawes	Tiptree Road Runners	: 58
127	V55	Martin Orford	Pitsea Running Club	42: 16
128	V40	Paul Woodley	Walden Tri	: 22
129	SM	Luca Predebon	Grange Farm & Dunmow Runners	: 44
130	V55	Matthew Aitken	Southend-on-Sea AC	: 47
131	V55	David Mail	Billericay Striders RC	: 49
132	V40	John Sable	Orion Harriers	: 51
133	V50	Roy James	Havering AC	: 54
134	V40	Steve Crane	Ilford AC	: 58
135	SM	Greg Tye	Braintree & District AC	43: 07
136	V65	Paul Morris	Hockley Trail Runners	: 20
137	V50	Toby Dando	JBR Run and Tri	: 34
138	SM	Daniel Bade	Braintree & District AC	: 35
139	V45	Stephen Ames	Boxted Runners	: 50
140	V50	Gary Rowlett	Thurrock Harriers	: 53
141	V60	Christopher Applegate	Thurrock Harriers	: 58
142	SM	Harry Grose	Guest	44: 03
143	V45	Dan Macey	Colchester Harriers AC	: 09
144	V50	Colin White	Billericay Striders RC	: 11
145	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 40
146	V50	Colin Wilkinson	Phoenix Striders	: 40
147	V65	Robert Langley	Halstead RR	: 49
148	SM	Lewis Burgess	JBR Run and Tri	: 55
149	V50	Darren Powell	Halstead RR	45: 03
150	V45	Derren Hamon	Boxted Runners	: 10
151	V45	Ian Pike	Benfleet Running Club	: 39
152	SM	Adam Box	Boxted Runners	: 43
153	V40	Alistair Daw	Billericay Striders RC	: 54
154	V45	James Hawkes	Grange Farm & Dunmow Runners	46: 02
155	V55	Trevor Dobie	Hockley Trail Runners	: 04
156	V50	Lee Hazelwood	Phoenix Striders	: 08
157	V65	Andy Catton	Ilford AC	: 19
158	SM	Aaron Manby	Billericay Striders RC	: 30
159	V40	Graham Clark	Boxted Runners	: 32
160	V45	Ian Rodd	JBR Run and Tri	: 55
161	V55	Anthony Young	Ilford AC	: 59
162	V60	Tim Brockington	Springfield Striders RC	47: 10
163	SM	Perry James	Halstead RR	: 44
164	V65	Robert King	Mid Essex Casuals	: 58
165	V55	Bruce Mail	Billericay Striders RC	48: 16
166	V55	Phil Warner	Phoenix Striders	: 37
167	V50	David Jacobs	JBR Run and Tri	: 48
168	V40	Ben Fisher	Orion Harriers	: 49

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
169	V65	Bernard Johnson	Thurrock Harriers	: 51
170	V65	David Jobling	Witham Running Club	: 55
171	SM	Chris Diggins	Benfleet Running Club	49: 04
172	V60	Andy Carter	Halstead RR	: 20
173	SM	John Roberts	JBR Run and Tri	: 39
174	V55	Paul Omer	Pitsea Running Club	: 42
175	V55	Adrian Mathers	Hockley Trail Runners	: 47
176	V55	Mark Whitby	Hockley Trail Runners	: 53
177	SM	Daniel Steptoe-Thompson	Boxted Runners	50: 01
178	V65	Donald Sinclair	Pitsea Running Club	: 04
179	SM	Gareth Harris-Fry	Grange Farm & Dunmow Runners	: 13
180	V65	Edward Skinner	Tiptree Road Runners	: 14
181	V45	Jason King	Southend-on-Sea AC	: 58
182	V55	Darren Radford	Mid Essex Casuals	: 59
183	V65	David Kelly	Springfield Striders RC	52: 00
184	V40	Joby Humm	Halstead RR	: 20
185	V45	James McBride	Phoenix Striders	: 29
186	V45	Mark Wigley	Boxted Runners	: 59
187	V60	Nick Archer	Tiptree Road Runners	53: 00
188	V75	David Reaves	Braintree & District AC	54: 10
189	SM	David Leeds	Mid Essex Casuals	: 40
190	V70	Brian Butcher	Mid Essex Casuals	55: 04
191	V50	Mike Parsfield	Walden Tri	56: 05
192	V50	Richard Bennett	Hockley Trail Runners	60: 50
193	V65	Ronald Peacock	Innovation Multisport	66: 01
194	V70	Peter Bates	Pitsea Running Club	68: 46
195	V75	Ernie Easterby	Billericay Striders RC	86: 57

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