

Essex Cross Country Championships

Gloucester Park, Basildon

04/01/2020

Senior Men

Pos	No	Name	SM	Club	Time	Team Result	
1	410	Adam Hickey	SM	Southend AC	31: 02		
2	381	Francis Conway	SM	Orion Harriers	32: 19	1	Havering AC 80
3	347	James Connor	SM	Havering AC	32	2	WGEL 121
4	246	Callum Charleston	SM	Chelmsford AC	33: 00	3	VPH & TH AC 146
5	367	Ahmed Abdulle	SM	Ilford AC	28	4	Southend AC 154
6	478	Tom Beedell	SM	WGEL	47	5	Ilford AC 185
7	258	Adrian Mussett	SM	Colchester Harriers	55	6	Colchester Harriers 246
8	339	Rob Warner	SM	Havering AC	34: 06	7	Springfield Striders 352
9	340	Grant Twist	SM	Havering AC	12	8	Braintree and District AC 420
10	479	Angus Holford	SM	WGEL	26	9	Havering AC 'B' 438
11	378	Roger Maidment	SM	London Heathside	45	10	Eton Manor 450
12	466	James Cordwell	SM	VPH & TH AC	51	11	Colchester Harriers 'B' 458
13	248	David Fewell	SM	Chelmsford AC	53	12	Benfleet RC 459
14	355	Ben Davis	SM	Havering AC	35: 10	13	VPH & TH AC 'B' 499
15	460	Stephen Strange	SM	Tonbridge AC	12	14	Chelmsford AC 513
16	233	Kurtis Swan	SM	Braintree and District AC	13	15	Billericay Striders 541
17	473	Samuel Cornforth	SM	VPH & TH AC	14	16	Colchester Harriers 'C' 633
18	358	Sam Atkins	SM	Havering AC	29	17	Ilford AC 'B' 649
19	370	Tom Gardner	SM	Ilford AC	38	18	Springfield Striders 'B' 706
20	409	Rhys Gillard	SM	Southend AC	41	19	East London Runners 745
21	463	John Payne	SM	VPH & TH AC	44	20	Thurrock Harriers 791
22	489	Darren Southcott	SM	WGEL	47	21	Benfleet RC 'B' 861
23	469	Pete Dyson	SM	VPH & TH AC	50	22	Castle Point Joggers 953
24	415	Lee Taylor	SM	Southend AC	51	23	Billericay Striders 'B' 978
25	411	Christian Holmes	SM	Southend AC	52	24	Colchester Harriers 'D' 1009
26	483	Daniel Steel	SM	WGEL	52	25	Phoenix Striders 1125
27	480	Harold Wyber	SM	WGEL	53	26	Halstead Road Runners 1132
28	342	Gavin Watts	SM	Havering AC	36: 04	27	Pitsea RR 1141
29	368	Alex Richards	SM	Ilford AC	08	28	Havering 90 Joggers 1218
30	485	James Stockings	SM	WGEL	13	29	
31	359	Paul Grange	SM	Ilford AC	18	30	
32	371	Oscar Peris	SM	Ilford AC	23	31	
33	271	Chris Sellens	SM	Colchester Harriers	26	32	
34	467	Paul Gaimster	SM	VPH & TH AC	30	33	
35	444	James Sullivan	SM	Springfield Striders	40	34	
36	434	Luke Fitz-John	SM	Springfield Striders	49	35	
37	537	James Hutchison	SM	Eton Manor	50	36	
38	509	Lee Baynton	SM	Benfleet RC	51	37	
39	464	James Bewley	SM	VPH & TH AC	53	38	
40	405	Shane Boxall	SM	Southend AC	37: 01	39	
41	230	Gregory Tye	SM	Braintree and District AC	09	40	
42	346	Barry Smith	SM	Havering AC	12	41	
43	262	Cameron Humphries	SM	Colchester Harriers	13	42	
44	428	Dominic Le Mare	SM	Southend AC	15	43	
45	229	Conor Culham	SM	Braintree and District AC	26	44	
46	530	Paul Boddey	SM	Eton Manor	35	45	
47	327	Martin Westley	SM	Harlow Running Club	37	46	
48	484	Kevin Murphy	SM	WGEL	43	47	
49	457	Robert Doyle	SM	Thurrock Harriers	54	48	
50	269	Dan Widdowson	SM	Colchester Harriers	38: 05	49	
51	445	Paul Miles	SM	Springfield Striders	08	50	
52	471	Ben Wickham	SM	VPH & TH AC	12	51	
53	344	James Stewart	SM	Havering AC	16	52	
54	341	John Whitehead	SM	Havering AC	17	53	
55	294	Tom Cresswell	SM	Colchester Harriers	20	54	
56	510	Christopher Wayman	SM	Benfleet RC	21		
57	465	Duncan Steen	SM	VPH & TH AC	26		
58	280	Keith Marley	SM	Colchester Harriers	35		
59	418	Jack Whitaker	SM	Southend AC	56		
60	261	Paul Rodgers	SM	Colchester Harriers	59		
61	238	David Doel	SM	Brentwood RC	39: 02		
62	353	Matthew Bland	SM	Havering AC	04		
63	540	Dylan Williams	SM	Eton Manor	08		
64	308	Thomas Grimes	SM	East London Runners	13		
65	268	Jon Nears	SM	Colchester Harriers	14		
66	404	Philip Whitehouse	SM	Serpentine Running Club	18		
67	440	Antony Goodall	SM	Springfield Striders	19		
68	470	Gareth Evans	SM	VPH & TH AC	20		
69	364	Paul Holloway	SM	Ilford AC	27		
70	507	Kieran Feltham	SM	Benfleet RC	28		
71	313	Dan Reynolds	SM	Grange Farm & Dunmow Runners	29		
72	222	Crispian Bloomfield	SM	Billericay Striders	37		
73	380	Ian Clark	SM	Orion Harriers	41		
74	476	Scott Darney	SM	Witham RC	43		
75	252	Peter Waite	SM	Chelmsford AC	44		
76	234	Ben Holdgate	SM	Braintree and District AC	48		
77	291	Samuel Higgins	SM	Colchester Harriers			

Results by Chris Akehurst/Graeme Knott (chip timing)

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Senior Men

78	442	Scott Dryden	SM	Springfield Striders	50
79	213	William Wu	SM	Billericay Striders	52
80	501	Graham Booty	SM	Benfleet RC	52
81	426	Alex Kyrakides	SM	Southend AC	55
82	211	David Butler	SM	Billericay Striders	40: 01
83	264	Colin Ridley	SM	Colchester Harriers	05
84	365	Sebastian Parris	SM	Ilford AC	10
85	450	Neil Wildin	SM	Springfield Striders	16
86	292	Robert Smith	SM	Colchester Harriers	20
87	267	Michael Smith	SM	Colchester Harriers	24
88	281	Daniel Summersgill	SM	Colchester Harriers	27
89	532	Simon Cottle	SM	Eton Manor	32
90	240	Adam Hemsworth	SM	Castle Point Joggers	34
91	413	Matt Randall	SM	Southend AC	35
92	488	Paul Manson	SM	WGEL	40
93	275	Tim Ballard	SM	Colchester Harriers	41
94	472	Andy Waterman	SM	VPH & TH AC	49
95	212	William Edwards	SM	Billericay Striders	54
96	260	Gavin Scanlan	SM	Colchester Harriers	55
97	372	John Crawley	SM	Ilford AC	57
98	215	Andy Wright	SM	Billericay Striders	41: 01
99	458	Keith Willett	SM	Thurrock Harriers	03
100	439	Paul Broome	SM	Springfield Striders	05
101	435	Paul Anderson	SM	Springfield Striders	12
102	504	Ross Hollands	SM	Benfleet RC	17
103	474	Kevin Long	SM	VPH & TH AC	18
104	249	Nick Hunter	SM	Chelmsford AC	24
105	351	Steve Walker	SM	Havering AC	26
106	363	Diarmuid Mac Donnell	SM	Ilford AC	30
107	535	George Fernandez	SM	Eton Manor	32
108	531	David Cato	SM	Eton Manor	35
109	278	Alex Sales	SM	Colchester Harriers	44
110	282	Russell Goodridge	SM	Colchester Harriers	46
111	449	Simon Bowring	SM	Springfield Striders	50
112	373	Sam Rahman	SM	Ilford AC	53
113	500	Steve Churchyard	SM	Benfleet RC	42: 08
114	231	Joseph Nourse	SM	Braintree and District AC	19
115	219	Neil Jennings	SM	Billericay Striders	20
116	305	Peter Craik	SM	East London Runners	22
117	376	Daniel Holyman	SM	Ilford AC	29
118	477	Leo Cole	SM	Witham RC	30
119	309	James Nichols	SM	East London Runners	34
120	539	Graham White	SM	Eton Manor	35
121	251	Peter Tullett	SM	Chelmsford AC	36
122	354	Tony Pecoraro	SM	Havering AC	50
123	406	James Champion	SM	Southend AC	52
124	217	Mark Gower	SM	Billericay Striders	53
125	462	Paul Mee	SM	VPH & TH AC	57
126	536	James Howlett	SM	Eton Manor	59
127	436	Peter Chubb	SM	Springfield Striders	43: 01
128	232	Joshua Mulley	SM	Braintree and District AC	04
129	443	David Lindsay	SM	Springfield Striders	05
130	348	Graham Hogan	SM	Havering AC	05
131	499	Roy Harwood	SM	Benfleet RC	07
132	508	Michael Feltham	SM	Benfleet RC	15
133	360	Haydn Newland	SM	Ilford AC	15
134	382	Alex Elferink	SM	Orion Harriers	21
135	303	Andrew Baxter	SM	East London Runners	26
136	245	Antony Moon	SM	Castle Point Joggers	38
137	277	Chris Manby	SM	Colchester Harriers	43
138	448	Richard Twumasi	SM	Springfield Striders	49
139	307	Karan Gadhia	SM	East London Runners	55
140	366	Terry Knightley	SM	Ilford AC	59
141	502	Alan Clark	SM	Benfleet RC	44: 05
142	505	Richard Jones	SM	Benfleet RC	11
143	239	Richard Bonham	SM	Castle Point Joggers	16
144	374	Alan Pearl	SM	Ilford AC	18
145	538	Robert Sommerville	SM	Eton Manor	19
146	534	Dave Daugirda	SM	Eton Manor	23
147	210	Joseph Payne	SM	Basildon AC	42
148	453	John O'Shea	SM	Thurrock Harriers	44
149	317	Jon Mann	SM	Great Bentley RC	49
150	533	Owain Crispin	SM	Eton Manor	54
151	400	James Price	SM	Pitsea RR	57
152	322	Mike Smith	SM	Halstead Road Runners	59
153	515	Brian Vernon	SM	Benfleet RC	45: 01
154	286	Mark Howard	SM	Colchester Harriers	07
155	288	Lee Holohan	SM	Colchester Harriers	13
156	226	Phil Cooper	SM	Billericay Striders	17

Results by Chris Akehurst/Graeme Knott (chip timing)

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157	326	Gavin Ripton	SM	Halstead Road Runners	27
158	459	Steven Ball	SM	Thurrock Harriers	36
159	302	Matthew Aitken	SM	East Essex Tri	44
160	452	Christopher Applegate	SM	Thurrock Harriers	54
161	350	Roy James	SM	Havering AC	57
162	512	Doug Stephens	SM	Benfleet RC	59
163	333	Gary Flint	SM	Havering 90 Joggers	46: 08
164	314	Luca Predebon	SM	Grange Farm & Dunmow Runners	13
165	290	Ian Rattray	SM	Colchester Harriers	34
166	437	Steve Bugden	SM	Springfield Striders	34
167	221	Steve Foggo	SM	Billericay Striders	42
168	214	Alastair Daw	SM	Billericay Striders	47
169	242	Cliff King	SM	Castle Point Joggers	54
170	224	Nick Jelley	SM	Billericay Striders	47: 01
171	395	Andrew Morris	SM	Pitsea RR	02
172	304	Calvin Bobin	SM	East London Runners	06
173	432	David Weldon	SM	Springfield Striders	06
174	287	Simon Miller	SM	Colchester Harriers	10
175	385	Lee Hazlewood	SM	Phoenix Striders	16
176	389	John Pumfrett	SM	Phoenix Striders	19
177	456	Michael Bumstead	SM	Thurrock Harriers	23
178	461	Robert Skedgell	SM	VPH & TH AC	40
179	265	Simon Morgan	SM	Colchester Harriers	48
180	399	Paul Agastina	SM	Pitsea RR	53
181	312	Alan Fullerton	SM	Grange Farm & Dunmow Runners	56
182	284	Patrick Marsh	SM	Colchester Harriers	59
183	299	Andrew Wright	SM	Dagenham 88 Runners	48: 02
184	296	Gary Cardnell	SM	Dagenham 88 Runners	03
185	345	Tony Collins	SM	Havering AC	13
186	357	Chris Coates	SM	Havering AC	21
187	391	Scott O'Loughlin	SM	Phoenix Striders	22
188	306	Mounir Dahbi	SM	East London Runners	30
189	316	Ben Myhill	SM	Great Bentley RC	38
190	243	John Sweeney	SM	Castle Point Joggers	49: 38
191	454	Bernard Johnson	SM	Thurrock Harriers	48
192	514	Tom Robinson	SM	Benfleet RC	50: 30
193	216	Ricky Lee	SM	Billericay Striders	51
194	393	Alexander Hall	SM	Phoenix Striders	53
195	386	Colin Wilkinson	SM	Phoenix Striders	59
196	250	Kevin Kirby	SM	Chelmsford AC	51: 06
197	482	Tom Spanyol	SM	WGEL	32
198	392	Philip Warner	SM	Phoenix Striders	52: 42
199	330	Bruce Mail	SM	Havering 90 Joggers	57
200	320	Andy Carter	SM	Halstead Road Runners	53: 22
201	310	Michael Wilson	SM	East London Runners	43
202	375	Jim Tilbrook	SM	Ilford AC	58
203	256	David Cahill	SM	Colchester and Tendring AC	54: 15
204	325	Alan Fancy	SM	Halstead Road Runners	23
205	323	Ross Kemble	SM	Halstead Road Runners	27
206	475	David Jobling	SM	Witham RC	35
207	335	Darren Radford	SM	Havering 90 Joggers	55: 03
208	329	Joaquin Polo	SM	Havering 90 Joggers	03
209	390	Kieran Kavanagh	SM	Phoenix Striders	08
210	401	George Gager	SM	Pitsea RR	18
211	361	Trevor Robinson	SM	Ilford AC	30
212	516	Kevin Judge	SM	Benfleet RC	56: 06
213	403	Ingo Dierkschnieder	SM	Pitsea RR	29
214	324	Dan Roughan	SM	Halstead Road Runners	57: 06
215	511	Ian Caldwell	SM	Benfleet RC	12
216	398	David Spriggs	SM	Pitsea RR	17
217	301	Andy Beazeley	SM	Dagenham 88 Runners	21
218	297	Ian Cummins	SM	Dagenham 88 Runners	55
219	334	Michael Robinson	SM	Havering 90 Joggers	59: 04
220	447	Paul King	SM	Springfield Striders	07
221	298	Micheal Pegnall	SM	Dagenham 88 Runners	40
222	328	Ron Seddon	SM	Havering 90 Joggers	49
223	315	David Jones	SM	Great Bentley RC	61: 49
224	338	Denis Mole	SM	Havering 90 Joggers	63: 48
225	244	Nicholas McCullagh	SM	Castle Point Joggers	66: 02
226	332	Perry Tidbury	SM	Havering 90 Joggers	67: 02
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Senior Men

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