

Essex Cross Country League (5)

Hainault Forest

10/02/2024

U13 Girls

Pos	Name	Team	Time
1	Summer Smith	Brentwood Beagles AC	11: 58
2	Francesca Philipps	Chelmsford AC	12: 39
3	Lilly Sanford	Chelmsford AC	13: 00
4	Mia Lawes	Colchester & Tendring AC	13: 10
5	Beatrix Cooke	Chelmsford AC	13: 21
6	Izzy Eida	Chelmsford AC	13: 25
7	Esmé Thomas	Brentwood Beagles AC	13: 42
8	Lucinda Palmer	Braintree & District AC	13: 46
9	Aria Sabado	Brentwood Beagles AC	13: 51
10	Sophie Bickerstaff	Brentwood Beagles AC	13: 55
11	Sadie Owen	SSAthletics	14: 01
12	Isla Kehoe	Chelmsford AC	14: 10
13	Hattie Blackburn	Basildon AC	14: 12
14	Chloe Lee	Basildon AC	14: 34
15	Eden Sloan	Thurrock Harriers	14: 40
16	Darcey Wallis	Basildon AC	14: 45
17	Amalie Twydell	Braintree & District AC	15: 00
18	Katie Carver	SSAthletics	15: 04
19	Caitlin Phillips	Brentwood Beagles AC	15: 19
20	Anna Regan	Basildon AC	15: 34
21	Olivia Clark	Chelmsford AC	15: 46
22	Jeanne Blackburn	Basildon AC	15: 54
23	Keira Nix	Basildon AC	15: 56
24	Hawaa Patel	Ilford AC	17: 22
25	Isla Sandford	Thurrock Harriers	17: 44
26	Robyn Colyer	Brentwood Beagles AC	17: 51
27	Ava O'Neal	Brentwood Beagles AC	17: 52
28	Olivia Atkinson	City of Southend AC	17: 54
29	Piper Bell	Orion Harriers	19: 53
30	Holly James	Benfleet Running Club	21: 16

Pos	Name	Team	Time
Teams			
1	Chelmsford AC		16
2	Brentwood Beagles AC		27
3	Basildon AC		63
4	Braintree & District AC		25 (2)
5	SSAthletics		29 (2)
6	Thurrock Harriers		40 (2)
7	Colchester & Tendring AC		4 (1)
8	Ilford AC		24 (1)
9	City of Southend AC		28 (1)
10	Orion Harriers		29 (1)
11	Benfleet Running Club		30 (1)
12			
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15			
16			

Essex Cross Country League (5)

Hainault Forest

10/02/2024

U13 Boys

Pos	Name	Team	Time
1	Craig Calver	West Suffolk AC	11: 37
2	Fred Ferman	Chelmsford AC	11: 41
3	Ben Tucker	Harlow AC	12: 02
4	Luke Berry	Basildon AC	12: 05
5	Joe Sewell	Havering AC	12: 14
6	Samuel Joyce	Benfleet Running Club	12: 23
7	Ethan Zinzan	Colchester & Tendring AC	12: 25
8	Harry Daley	Basildon AC	12: 26
9	Charlie Lee	SS Athletics	12: 37
10	Freddie Wallace	Basildon AC	12: 45
11	Connor McGurk	Basildon AC	12: 50
12	Charlie Smith	SS Athletics	12: 54
13	George Burgess	Havering AC	12: 56
14	Frankie Edwards	Brentwood Beagles AC	12: 58
15	Matthew Meadows	Basildon AC	13: 02
16	Khaya Fakazi	Chelmsford AC	13: 03
17	Callum Millard Jennings	Havering AC	13: 05
18	Paolo Valente	Colchester Harriers AC	13: 07
19	Evan Henty	SS Athletics	13: 23
20	Barney Perkins	Ilford AC	13: 26
21	George Bangs	Havering AC	13: 28
22	Harry Wing	Basildon AC	13: 34
23	Khalif Ali	Ilford AC	13: 38
24	Jesse Burkett	Basildon AC	13: 40
25	Sebastian Cook	Chelmsford AC	13: 43
26	Charles Jackson	Chelmsford AC	13: 45
27	Ollie Johnson	Brentwood Beagles AC	13: 48
28	Jack de Mendonca	City of Southend AC	13: 50
29	Thomas Burgoyne	Chelmsford AC	14: 17
30	Samuel Green	Colchester & Tendring AC	14: 32
31	Adam Armour	Brentwood Beagles AC	14: 38
32	Logan Hunt	Havering AC	14: 47
33	Tristan de Belligny	Colchester & Tendring AC	14: 49
34	Cruz Carvell	Havering AC	15: 12
35	Dexter Haynes	SS Athletics	15: 15
36	Alex Wynn	Benfleet Running Club	15: 22
37	Max Sillett	Havering AC	16: 18
38	Matthew Cottee	Brentwood Beagles AC	16: 21
39	Alfie Bumstead	Thurrock Harriers	17: 36
40	Finn Buckley	Loughton AC	18: 02
41	Arron Watson	Castle Point Joggers	18: 15
42	Thomas Beaumont	Benfleet Running Club	21: 19

Pos	Name	Team	Time
41	Arron Watson	Castle Point Joggers	18: 15
42	Thomas Beaumont	Benfleet Running Club	21: 19

Teams

1	Basildon AC	33
2	Havering AC	56
3	Chelmsford AC	69
4	SS Athletics	75
5	Brentwood Beagles AC	110
6	Colchester & Tendring AC	70 (3)
7	Benfleet Running Club	84 (3)
8	Ilford AC	43 (2)
9	West Suffolk AC	1 (1)
10	Harlow AC	3 (1)
11	Colchester Harriers AC	18 (1)
12	City of Southend AC	28 (1)
13	Thurrock Harriers	39 (1)
14	Loughton AC	40 (1)
15	Castle Point Joggers	41 (1)

Essex Cross Country League (5)

Hainault Forest

10/02/2024

U15 Girls

Pos	Name	Team	Time
1	Olivia Forrest	Brentwood Beagles AC	14: 51
2	Evangeline Warn	Brentwood Beagles AC	15: 53
3	Zara Morley	Basildon AC	15: 57
4	Isabel Forrest	Brentwood Beagles AC	16: 29
5	Orla Friel	Havering AC	16: 39
6	Jessica Walker	City of Southend AC	17: 09
7	Emmie Lole	Havering AC	17: 15
8	Jasmine Asmal	Havering AC	17: 34
9	Poppy Vines	Havering AC	17: 42
10	Annalise Burrows	City of Southend AC	17: 48
11	Naomi Sandercock	Colchester & Tendring AC	17: 49
12	Chloe Fotherby	City of Southend AC	17: 51
13	Sophia Harvey	Colchester & Tendring AC	18: 20
14	Dorka Bakler-Kugler	Basildon AC	18: 22
15	Poppy Pepper	Basildon AC	18: 46
16	Carmen Jones	City of Southend AC	19: 12
17	Ruby Beasley	Havering AC	19: 27
18	Katie Cox	Chelmsford AC	19: 43
19	Beau Burkett	Basildon AC	20: 00
20	Florence Wallace	City of Southend AC	20: 23
21	Evie Gowers	Braintree & District AC	20: 39
22	Martha May	Braintree & District AC	21: 03
23	Grace Tilson	Havering AC	21: 13
24	Ella Gilder-Briggs	Brentwood Beagles AC	21: 20
25	Molly Fenton	Benfleet Running Club	21: 50
26	Tilly Heaton	Castle Point Joggers	21: 57
27	Layla Gregory-Allen	Benfleet Running Club	22: 27
28	Constance Restarick	City of Southend AC	22: 45
29	Honey Peck	Brentwood Beagles AC	23: 40
30	Caitlin Howlett	Castle Point Joggers	23: 54
31	Molly Walker	Braintree & District AC	24: 00
32	Evie Curtis	Basildon AC	34: 09

Pos	Name	Team	Time
Teams			
1	Havering AC		29
2	Brentwood Beagles AC		31
3	City of Southend AC		44
4	Basildon AC		51
5	Braintree & District AC		74 (3)
6	Colchester & Tendring AC		24 (2)
7	Benfleet Running Club		52 (2)
8	Castle Point Joggers		56 (2)
9	Chelmsford AC		18 (1)

Essex Cross Country League (5)

Hainault Forest

10/02/2024

U15 Boys

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Freddie Rowe	Havering AC	13: 40				
2	Sam Horsley	Ilford AC	14: 07				
3	George Watkins	Harlow AC	14: 24				
4	Declan Capp	Colchester & Tendring AC	14: 41				
5	Jude Hearn	Brentwood Beagles AC	14: 45				
6	Findlay McLaren	Havering AC	14: 48				
7	Austin Kelly	Chelmsford AC	14: 50				
8	Josh Eida	Chelmsford AC	14: 52				
9	Jacob Parrott	Chelmsford AC	14: 57				
10	Hayden Potton	City of Southend AC	15: 09				
11	Ben Smith	Chelmsford AC	15: 13				
12	Shea Sweeney	Havering AC	15: 16				
13	Thomas Carter	Chelmsford AC	15: 30				
14	Manny Richards	Harlow AC	15: 38				
15	Lewis Jopling	City of Southend AC	15: 39				
16	Joseph Delaney	Chelmsford AC	15: 42				
17	Lewis Turner	Colchester & Tendring AC	15: 52				
18	Aron Berhe	Ilford AC	16: 07				
19	Liam Battrum	Havering AC	16: 10				
20	Ryder Islam	Ilford AC	16: 25				
21	Aidan Buckley	Loughton AC	16: 37				
22	George Webb	City of Southend AC	16: 48				
23	Jake Mitchell	Brentwood Beagles AC	17: 17				
24	Ethan Carroll	Havering AC	17: 19				
25	Charlie Ryde	Chelmsford AC	17: 21				
26	Hayden Silvain	Basildon AC	18: 01				
27	Jake Smith	Benfleet Running Club	18: 11				
28	Daniel Hundley	Harlow AC	18: 26				
29	Sean Christinan Mugagga	Havering AC	18: 29				
30	Aaron Samuels	City of Southend AC	18: 33				
31	Jerome Nimako	Basildon AC	18: 36				
32	Oliver Howard	Braintree & District AC	19: 20				
33	Luke Thake	Ilford AC	19: 39				
34	Leo Smith	City of Southend AC	19: 49				
35	Owen Williamson	Loughton AC	19: 57				
36	Kye Williamson	Orion Harriers	20: 06				
37	Jayden-Kyle McDermott	Ilford AC	20: 34				
38	Matthew Jones	Brentwood Beagles AC	20: 44				
39	Toby Aitken	City of Southend AC	21: 05				
40	Charlie Lingley	Brentwood Beagles AC	23: 41				

Teams	
1	Chelmsford AC 35
2	Havering AC 38
3	Ilford AC 73
4	City of Southend AC 77
5	Brentwood Beagles AC 106
6	Harlow AC 45 (3)
7	Colchester & Tendring AC 21 (2)
8	Loughton AC 56 (2)
9	Basildon AC 57 (2)
10	Benfleet Running Club 27 (1)
11	Braintree & District AC 32 (1)
12	Orion Harriers 36 (1)

Essex Cross Country League (5)

Hainault Forest

10/02/2024

U17 Women

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Liliana Taylor	City of Southend AC	22: 51				
2	Lucy Nuttall	Chelmsford AC	23: 08				
3	Amy Milburn	Colchester & Tendring AC	23: 33				
4	Abi Aitken	City of Southend AC	24: 04				
5	Emma Cox	Chelmsford AC	24: 36				
6	Mara Thomas	Brentwood Beagles AC	24: 44				
7	Hannah Evans	Havering AC	25: 02				
8	Rosie Warner	Havering AC	25: 30				
9	Lucy Thompson	Colchester & Tendring AC	26: 05				
10	Leila Lauder	Ilford AC	30: 00				

Teams

1	City of Southend AC	5	(2)
2	Chelmsford AC	7	(2)
3	Colchester & Tendring AC	12	(2)
4	Havering AC	15	(2)
5	Brentwood Beagles AC	6	(1)
6	Ilford AC	10	(1)
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Essex Cross Country League (5)

Hainault Forest

10/02/2024

U17 Men

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Jacob Hurrell	Chelmsford AC	18: 11				
2	Toby Jones	City of Southend AC	18: 19				
3	Preston Taylor	Brentwood Beagles AC	19: 11				
4	Danny Curran	Basildon AC	19: 24				
5	Finlay Evison	Basildon AC	19: 39				
6	Laurence Sleath	Basildon AC	19: 47				
7	Archie Durham	Chelmsford AC	19: 58				
8	William Sweeney	Chelmsford AC	20: 08				
9	Lochlan Dyer	City of Southend AC	20: 17				
10	Aaron Hick	Ilford AC	20: 29				
11	Samuel Crane	Ilford AC	20: 49				
12	Jack Izzet	Colchester & Tendring AC	20: 54				
13	Bradley Silvain	Basildon AC	21: 13				
14	Alfie Cockx	Colchester Harriers AC	21: 46				
15	Ryan Carroll	Havering AC	21: 56				
16	Dylan Robins	Chelmsford AC	22: 10				
17	Toby Johnson	Havering AC	22: 25				
18	Lawrence Stone	City of Southend AC	22: 50				
19	Oliver Fisher	City of Southend AC	22: 54				
20	Gabriel Buckley	Loughton AC	22: 59				
21	James Thake	Ilford AC	23: 17				
22	Calum Buckley	Loughton AC	23: 38				
23	Oliver Daly	Basildon AC	23: 59				
24	Lucas Willett	Thurrock Harriers	24: 31				
25	Max Bell	Orion Harriers	24: 47				
26	Fraser Hughes	Chelmsford AC	27: 20				

Teams	
1	Basildon AC 15
2	Chelmsford AC 16
3	City of Southend AC 29
4	Ilford AC 42
5	Havering AC 32 (2)
6	Loughton AC 42 (2)
7	Brentwood Beagles AC 3 (1)
8	Colchester & Tendring AC 12 (1)
9	Colchester Harriers AC 14 (1)
10	Thurrock Harriers 24 (1)
11	Orion Harriers 25 (1)

Essex Cross Country League (5)

Hainault Forest

10/02/2024

Pos	Age Gp	Name	Team	Time		
1	V40	Sarah Williams	Grange Farm & Dunmow Runners	23: 54	Division 1	
2	V40	Rebecca Luxton	Chelmsford AC	24: 00	1	Chelmsford AC 43
3	SW	Rebecca O'Kill	City of Southend AC	24: 43	2	Havering AC 56
4	SW	Ginte Bailey	Havering AC	25: 11	3	Grange Farm & Dunmow Runners 66
5	SW	Robyn Matson	Havering AC	25: 14	4	City of Southend AC 68
6	SW	Morgan Campbell	Havering AC	25: 34	5	Orion Harriers 117
7	SW	Sarah Griffith	City of Southend AC	25: 55	6	Thurrock Harriers 124
8	V40	Kathryn Spring	Thurrock Harriers	26: 20	7	Ilford AC 140
9	SW	Rachel Broome	Chelmsford AC	26: 44	8	Loughton AC 200
10	V50	Wendy King	Chelmsford AC	26: 47	9	Billericay Striders RC 279
11	SW	Jordan Hinds	Ilford AC	26: 52	10	JBR Run and Tri 322 (3)
12	V40	Mary Knapman	Loughton AC	26: 55	11	Colchester Harriers AC 39 (2)
13	SW	Hollie Boyd	Leigh on Sea Striders	26: 59	12	Phoenix Striders 158 (2)
14	SW	Juliette Le Mare	City of Southend AC	27: 03		
15	V45	Hannah McIlvenna	Grange Farm & Dunmow Runners	27: 17	Division 2	
16	V40	Andrea Burkett	Leigh on Sea Striders	27: 31	1	Leigh on Sea Striders 109
17	V45	Hayley Rogerson	Orion Harriers	27: 38	2	Benfleet Running Club 168
18	V50	Annette Oakman	Colchester Harriers AC	28: 07	3	Springfield Striders RC 177
19	V50	Nikkii Barnett	Orion Harriers	28: 16	4	Tiptree Road Runners 188
20	V45	Katy Denny	Tiptree Road Runners	28: 18	5	Halstead RR 234
21	V50	Denise Morley	Colchester Harriers AC	28: 20	6	Pitsea Running Club 277
22	V50	Anna Nuttall	Chelmsford AC	28: 23	7	Brentwood Beagles AC 288
23	V45	Joanna Bolton	Billericay Striders RC	28: 26	8	South Woodham Runners 330
24	V50	Clare Hayes	Grange Farm & Dunmow Runners	28: 34	9	Mid Essex Casuals 227 (3)
25	SW	Brooke Mensah	Thurrock Harriers	28: 36	10	Harlow Running and Tri Club 268 (3)
26	V45	Abi Rayner	Grange Farm & Dunmow Runners	28: 40	11	Dagenham 88 Runners 299 (3)
27	V40	Emily Smith	Springfield Striders RC	28: 42	12	Braintree & District AC 134 (2)
28	U20	Isobel Calabritto	Basildon AC	28: 44	13	Basildon AC 28 (1)
29	V40	Katie Spicer	Leigh on Sea Striders	28: 46	14	Castle Point Joggers 100 (1)
30	SW	Abbi-May Walters	Benfleet Running Club	28: 48	15	East Essex Triathlon Club 106 (1)
31	SW	Emma Jeffery	Benfleet Running Club	28: 54		
32	V40	Rowena de Belligny	Tiptree Road Runners	29: 00	Veterans	
33	SW	Nicole Frisby	Springfield Striders RC	29: 15	1	Chelmsford AC 34
34	SW	Kirsty Osborn	Thurrock Harriers	29: 19	2	Grange Farm & Dunmow Runners 40
35	V40	Rachael Roughan	Halstead RR	29: 23	3	Orion Harriers 74
36	V45	Ulrike Weiss	Grange Farm & Dunmow Runners	29: 26	4	Leigh on Sea Striders 96
37	SW	Anna Crawley	Ilford AC	29: 42	5	Loughton AC 125
38	V40	Joanna Elferink	Orion Harriers	29: 44	6	Springfield Striders RC 144
39	V45	Debbie Coyle	Brentwood Beagles AC	29: 57	7	Halstead RR 160
40	SW	Carlie Qirem	Ilford AC	30: 01	8	Billericay Striders RC 174
41	U20	Rebecca O'Rourke	Havering AC	30: 21	9	Brentwood Beagles AC 191
42	SW	Neve Gribble	Benfleet Running Club	30: 25	10	City of Southend AC 191
43	V65	Christine Kennedy	Orion Harriers	30: 28	11	Ilford AC 201
44	V50	Rebecca Taylor	City of Southend AC	30: 31	12	Pitsea Running Club 215
45	V45	Emily Pereira	Braintree & District AC	30: 33	13	Mid Essex Casuals 227
46	V45	Isobel Gowers	Springfield Striders RC	30: 43	14	South Woodham Runners 240
47	V55	Jill Eley	Mid Essex Casuals	30: 46	15	Dagenham 88 Runners 299

48	V40	Kristina Read	Phoenix Striders	30: 55	16 JBR Run and Tri	322
49	V55	Vanessa Mathers	City of Southend AC	31: 03	17 Colchester Harriers AC	39 (2)
50	V40	Simone Hilliard	Tiptree Road Runners	31: 10	18 Thurrock Harriers	65 (2)
51	V45	Helen Kidgell	Leigh on Sea Striders	31: 14	19 Tiptree Road Runners	106 (2)
52	V55	Alison Sale	Ilford AC	31: 18	20 Braintree & District AC	134 (2)
53	V45	Kristina Siupsinskaite	Loughton AC	31: 22	21 Benfleet Running Club	156 (2)
54	V45	Lucilla Ashton	Orion Harriers	31: 37	22 Phoenix Striders	158 (2)
55	V45	Charlotte Allen	Leigh on Sea Striders	31: 50	23 Harlow Running and Tri Club	199 (2)
56	V45	Lorraine Gosling	Orion Harriers	31: 53	24 Castle Point Joggers	100 (1)
57	V55	Jodie Farrell	Thurrock Harriers	32: 01	25 East Essex Triathlon Club	106 (1)
58	V45	Hazel Greatbatch	Pitsea Running Club	32: 16	26 Havering AC	107 (1)
59	V40	Anna Waterman	Orion Harriers	32: 20		
60	V45	Georgina Taylor	Loughton AC	32: 23		
61	V40	Anoushka Springett	Halstead RR	32: 27		
62	SW	Gracie Wade	Pitsea Running Club	32: 29		
63	V60	Annie Cook	Grange Farm & Dunmow Runners	32: 44		
64	V40	Emma Healy	Halstead RR	33: 00		
65	V45	Liane Connors	Benfleet Running Club	33: 10		
66	V55	Pauline Tester	Ilford AC	33: 17		
67	V45	Michelle Lane	Leigh on Sea Striders	33: 20		
68	V50	Tedge King	Brentwood Beagles AC	33: 29		
69	SW	Louise Kedge	Harlow Running and Tri Club	33: 40		
70	V40	Melanie Carrington	South Woodham Runners	34: 21		
71	V45	Deborah Hitching	Springfield Striders RC	34: 24		
72	V55	Jane Yellop	Pitsea Running Club	34: 29		
73	V50	Joanne Ling	Billericay Striders RC	34: 31		
74	V55	Wendy Carter	Halstead RR	34: 36		
75	V45	Michelle Ayrton	Loughton AC	34: 40		
76	V45	Rahana Islam	Dagenham 88 Runners	34: 44		
77	V55	Helen Pearce	Orion Harriers	35: 00		
78	V40	Nicola Moughton	Billericay Striders RC	35: 03		
79	U20	Eva Zabulionyte	Loughton AC	35: 19		
80	V55	Dianne Beer	Springfield Striders RC	35: 23		
81	V55	Lorna Pettifer	Mid Essex Casuals	35: 36		
82	V40	Louise Copas	South Woodham Runners	36: 04		
83	V60	Dianne Crisp	Ilford AC	36: 11		
84	V55	Mary Lloyd	Brentwood Beagles AC	36: 38		
85	V45	Kate Howlett	Pitsea Running Club	36: 43		
86	V45	Emma Hodson	Tiptree Road Runners	36: 58		
87	SW	Faatemah-Zehra Piperdy	Pitsea Running Club	37: 01		
88	V40	Joanne Payton	South Woodham Runners	37: 12		
89	V45	Lynsey Hawkins	Braintree & District AC	37: 20		
90	V45	Deborah Head	South Woodham Runners	37: 32		
91	V60	Mandy Cooper	Benfleet Running Club	37: 51		
92	V55	Sally Kinsley	South Woodham Runners	38: 06		
93	V60	Lorraine Garnham	Halstead RR	38: 56		
94	V40	Jody Smith	Halstead RR	39: 28		
95	V50	Lisa Hyde	JBR Run and Tri	39: 33		
96	V40	Sandra Webber	Harlow Running and Tri Club	39: 44		
97	V60	Joanne Day	Brentwood Beagles AC	40: 16		
98	V65	Linda Donnelly	City of Southend AC	40: 24		
99	V40	Dawn Hopper	Mid Essex Casuals	40: 38		
100	V50	Sarah Norton	Castle Point Joggers	40: 47		
101	V60	Frieda Keane	Ilford AC	41: 02		
102	V65	Gillian Harrison	Pitsea Running Club	41: 35		

103	V40	Selina Morgan	Harlow Running and Tri Club	41: 54
104	V65	Julia Galea	Ilford AC	42: 12
105	SW	Chloe White	Billericay Striders RC	43: 04
106	V70	Teresa Flannigan	East Essex Triathlon Club	43: 56
107	V45	Haleema Asmal	Havering AC	44: 48
108	V40	Katie Weir	Pitsea Running Club	45: 39
109	V55	Launa Broadley	Ilford AC	46: 31
110	V55	Lorraine Borley	Phoenix Striders	47: 23
111	V45	Grace Kelly	Dagenham 88 Runners	48: 15
112	V50	Melissa Embery	Dagenham 88 Runners	48: 22
113	V50	Jane Chaplin	JBR Run and Tri	48: 32
114	V55	Erika Goddard	JBR Run and Tri	48: 37