

Essex Cross Country League (4)

<u>Chingford</u>				<u>Senior Men</u>	<u>12/01/2019</u>		
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)		
1	SM	Grant Twist	Havering AC	26: 06	1	Havering AC	64
2	SM	Ramadan Osman	Colchester Harriers AC	: 54	2	Colchester Harriers AC	146
3	SM	Rob Warner	Havering AC	27: 02	3	Orion Harriers	152
4	U20	Ben Davis	Havering AC	: 46	4	Southend-on-Sea AC	186
5	SM	Alec Finch	Thurrock Harriers	: 49	5	Thurrock Harriers	270
6	SM	Oliver Park	Cambridge & Coleridge AC	: 51	6	Ilford AC	274
7	SM	Duncan Coombs	Cambridge & Coleridge AC	: 51	7	Benfleet Running Club	426
8	U20	George Day	Orion Harriers	28: 00	8	Grange Farm & Dunmow Runners	434
9	U20	Lewis Harknett	Orion Harriers	: 02	9	Chelmsford AC	482
10	SM	Alex Richardson	Ilford AC	: 16	10	Billericay Striders RC	513
11	SM	James Buckley-Stanton	Havering AC	: 19	11	Springfield Striders RC	644
12	SM	Rhys Gillard	Southend-on-Sea AC	: 20	12	Brentwood Running Club	307 (2)
13	U20	Sam Norris	Southend-on-Sea AC	: 22	<b>Division 2 Teams (6 score)</b>		
14	SM	Edward Mitchell	Colchester Harriers AC	: 25	1	Halstead RR	583
15	U20	Owen Thomas	Chelmsford AC	: 29	2	Phoenix Striders	908
16	U20	Taylor Newell	Thurrock Harriers	: 33	3	Basildon AC	1019
17	SM	Nathan Filer	Colchester Harriers AC	: 36	4	JBR Run and Tri	1053
18	V40	Christian Holmes	Southend-on-Sea AC	: 55	5	Cambridge & Coleridge AC	182 (5)
19	SM	Tom Gardner	Ilford AC	29: 00	6	Braintree & District AC	248 (5)
20	SM	David Fewell	Chelmsford AC	: 01	7	Hockley Trail Runners	716 (4)
21	U20	James Stewart	Havering AC	: 02	8	Mid Essex Casuals	550 (3)
22	SM	Joe Ray	Southend-on-Sea AC	: 08	9	Pitsea Running Club	615 (3)
23	V40	Crispian Bloomfield	Billericay Striders RC	: 09	10	Loughton AC	213 (2)
24	SM	Paul Grange	Havering AC	: 18	11	Tiptree Road Runners	184 (1)
25	SM	Kurtis Swan	Braintree & District AC	: 18	<b>Veteran Team Result (4 to score)</b>		
26	SM	Chris Sellens	Colchester Harriers AC	: 20	1	Orion Harriers	143
27	SM	Gavin Watts	Havering AC	: 35	2	Havering AC	219
28	V50	Colin Read	Orion Harriers	: 36	3	Colchester Harriers AC	324
29	SM	Timothy Woulfe	Braintree & District AC	: 38	4	Southend-on-Sea AC	331
30	SM	Lee Pickering	Grange Farm & Dunmow Runners	: 41	5	Billericay Striders RC	340
31	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	: 46	6	Thurrock Harriers	341
32	V40	Bob Glasgow	Orion Harriers	: 48	7	Benfleet Running Club	357
33	SM	Nick Smallwood	Cambridge & Coleridge AC	: 49	8	Springfield Striders RC	385
34	V40	Malcolm Muir	Ilford AC	: 51	9	Ilford AC	392
35	V45	Barnaby Foot	Orion Harriers	: 59	10	Chelmsford AC	447
36	SM	Lee Baynton	Benfleet Running Club	30: 01	11	Grange Farm & Dunmow Runners	487
37	SM	James Smith	Halstead RR	: 04	12	Phoenix Striders	569
38	V50	Alan Smalls	Colchester Harriers AC	: 05	13	Halstead RR	583
39	V40	Paul Miles	Springfield Striders RC	: 06	14	Basildon AC	677
40	SM	James Proctor	Orion Harriers	: 07	15	Hockley Trail Runners	716
41	SM	Ian Clark	Orion Harriers	: 13	16	JBR Run and Tri	719
42	SM	Chris O'Hara	Billericay Striders RC	: 16	17	Pitsea Running Club	615 (3)
43	V40	Barry Smith	Havering AC	: 17	18	Cambridge & Coleridge AC	136 (2)
44	SM	Wesley Atkins	Halstead RR	: 23	19	Loughton AC	213 (2)
45	SM	Gareth Allen	Orion Harriers	: 30	20	Mid Essex Casuals	411 (2)
46	U17	Jack Stanton-Stock	Guest C & C	: 31	21	Brentwood Running Club	160 (1)
47	V50	Craig Dyce	Cambridge & Coleridge AC	: 34	22	Tiptree Road Runners	184 (1)
48	V45	Adam Baker	Orion Harriers	: 35			
49	SM	Gavin Scanlon	Colchester Harriers AC	: 38			
50	SM	Luke Fitzjohn	Springfield Striders RC	: 41			
51	U20	Joshua Mulley	Braintree & District AC	: 42			
52	SM	Sebastian Parris	Ilford AC	: 43			
53	SM	Shane Boxall	Southend-on-Sea AC	: 49			
54	SM	Andy Jobling	Colchester Harriers AC	: 52			
55	V45	Scott Rice	Thurrock Harriers	: 53			

Pos	Age	Name	Team	Time
56	V40	Gavin Maley	Havering AC	: 56
57	V45	Adrian Smith	Orion Harriers	: 58
58	SM	John Whitehead	Havering AC	31: 01
59	V40	Rob Trevor	Havering AC	: 02
60	U20	Conor Culham	Braintree & District AC	: 08
61	V40	Martin Chester	Havering AC	: 13
62	U20	Jack Exley	Thurrock Harriers	: 16
63	SM	Robert Doyle	Thurrock Harriers	: 23
64	SM	Michael Feltham	Benfleet Running Club	: 26
65	SM	Matthew Bainbridge	Grange Farm & Dunmow Runners	: 27
66	SM	Neil McGoun	Orion Harriers	: 29
67	SM	David Wilson	Orion Harriers	: 33
68	U20	Oliver Randall	Southend-on-Sea AC	: 36
69	V45	Toby Draper	Thurrock Harriers	: 38
70	V45	Graham Freeman	Grange Farm & Dunmow Runners	: 42
71	SM	Alex Sales	Colchester Harriers AC	: 43
72	SM	Kieran Feltham	Benfleet Running Club	: 45
73	V45	Paul Rodgers	Colchester Harriers AC	: 46
74	SM	Jason Gunn	Colchester Harriers AC	: 47
75	SM	Tom Walsh	Southend-on-Sea AC	: 52
76	V45	Andrew Low	Benfleet Running Club	: 57
77	V60	Michael Bridgeland	Chelmsford AC	32: 07
78	SM	John Crawley	Ilford AC	: 14
79	V55	Tony Pecoraro	Havering AC	: 17
80	SM	Ben Rowlands	Orion Harriers	: 18
81	V50	Stephen Philcox	Ilford AC	: 23
82	V45	Graham Booty	Benfleet Running Club	: 33
83	U20	William Lynes	Braintree & District AC	: 38
84	U20	Kieran O'Hara	Havering AC	: 48
85	V50	Paul Broome	Springfield Striders RC	: 51
86	SM	Will Read-Wright	Orion Harriers	: 53
87	V65	David Butler	Billericay Striders RC	: 55
88	V40	Tim Ballard	Colchester Harriers AC	33: 02
89	V40	Alistair Hodges	Cambridge & Coleridge AC	: 05
90	V45	Tim Wright	Orion Harriers	: 06
91	SM	Sam Rahman	Ilford AC	: 08
92	U20	Phil Ellul	Guest	: 16
93	V45	Scott Reed	Orion Harriers	: 17
94	V40	Keith Willett	Thurrock Harriers	: 19
95	V40	Alex Elferink	Guest	: 20
96	V50	Alan Clark	Benfleet Running Club	: 26
97	V50	Alex Kyriakides	Southend-on-Sea AC	: 27
98	SM	Shawn Brown	Thurrock Harriers	: 37
99	V40	Jon Whitehouse	Loughton AC	: 41
100	V45	Peter Waite	Chelmsford AC	: 46
101	V45	Steve Walker	Havering AC	: 59
102	SM	William Breeze	Orion Harriers	34: 1
103	V50	Richard Jones	Benfleet Running Club	: 20
104	SM	Tom Porter	Halstead RR	: 22
105	SM	Ciaran Byrne	Benfleet Running Club	: 26
106	V50	Peter Tullett	Chelmsford AC	: 27
107	V45	Matt Randall	Southend-on-Sea AC	: 27
108	V45	Ian Pike	Benfleet Running Club	: 31
109	V45	James Champion	Southend-on-Sea AC	: 33
110	V40	Roy Harwood	Benfleet Running Club	: 38

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
111	V60	Chris Purse	Springfield Striders RC	: 38
112	V50	Lloyd Miles	Billericay Striders RC	: 43
113	V55	Nick Rankin	Benfleet Running Club	: 46
114	V45	Steve Palmer	Loughton AC	: 53
115	SM	Philip Davies	Ilford AC	: 56
116	V50	Alan Fullerton	Grange Farm & Dunmow Runners	35: 01
117	V60	Andrew Morris	Phoenix Striders	: 08
118	V50	Andy Wright	Billericay Striders RC	: 09
119	V60	Bob Langley	Halstead RR	: 21
120	SM	John Sable	Orion Harriers	: 25
121	SM	Buddy Green	Orion Harriers	: 43
122	SM	Luca Preddbon	Grange Farm & Dunmow Runners	: 47
123	V55	Eamon Shelley	Thurrock Harriers	: 49
124	SM	Colin Smith	Orion Harriers	: 59
125	V50	Simon Morgan	Colchester Harriers AC	36: 01
126	V65	Andy Catton	Ilford AC	: 12
127	V40	Steven Ball	Thurrock Harriers	: 18
128	SM	Raphael Zenou	Orion Harriers	: 19
129	V45	Dan Green	Orion Harriers	: 21
130	V40	Stuart Colley	Orion Harriers	: 23
131	SM	Barry Weldon	Billericay Striders RC	: 26
132	SM	Tim Freeland	Orion Harriers	: 30
133	SM	Richard Battams	JBR Run and Tri	: 39
134	V50	David Findlay	Basildon AC	: 40
135	V50	Rob Moore	Orion Harriers	: 44
136	V60	Donald English	Halstead RR	: 54
137	V55	Christopher Applegate	Thurrock Harriers	: 56
138	V50	Colin White	Billericay Striders RC	37: 00
139	SM	Ben Leeds	Mid Essex Casuals	: 03
140	SM	Joe McGrath	Basildon AC	: 05
141	V50	Neil Clark	Phoenix Striders	: 13
142	V50	Darren Priestley	Havering AC	: 15
143	V55	Paul Hinsley	Halstead RR	: 24
144	V45	Neil Hitchcock	Grange Farm & Dunmow Runners	: 28
145	V50	Lee Hazelwood	Phoenix Striders	: 29
146	SM	Bradley Frankel	Orion Harriers	: 29
147	SM	Ben Whateley-Harris	Brentwood Running Club	: 31
148	V60	John Smith	Orion Harriers	: 33
149	V40	Andrew Taczynski	Colchester Harriers AC	: 39
150	V60	Tim Brockington	Springfield Striders RC	: 40
151	V55	Alan Pearl	Ilford AC	: 45
152	V40	Gary Rowlatt	Thurrock Harriers	: 46
153	V55	Doug Stephens	Benfleet Running Club	: 55
154	V45	Roy James	Havering AC	: 59
155	V50	Andy Hawes	JBR Run and Tri	38: 00
156	V55	Gary Bartlett	Orion Harriers	: 01
157	V60	Martin Atkinson	Grange Farm & Dunmow Runners	: 09
158	V70	Peter Binns	Southend-on-Sea AC	: 24
159	V55	Grant Corton	Orion Harriers	: 26
160	V50	James Macnish-Porter	Brentwood Running Club	: 28
161	SM	Chris Chapman	Orion Harriers	: 36
162	V55	Stephen Foggo	Billericay Striders RC	: 39
163	V45	Andrew Turner	Basildon AC	: 50
164	V55	Kevin Kirby	Chelmsford AC	39: 02
165	V70	Anthony Nixon	Ilford AC	: 06

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
166	V45	Paul Agastina	Phoenix Striders	: 43
167	V55	Dave Lane	Phoenix Striders	: 59
168	V55	John O'Shea	Thurrock Harriers	40: 00
169	V40	Spencer Garlic	Hockley Trail Runners	: 12
170	V55	Lee Prowse	Grange Farm & Dunmow Runners	: 20
171	V50	Anthony Young	Ilford AC	: 24
172	V50	Martin Orford	Phoenix Striders	: 26
173	V40	Tony Collins	Havering AC	: 29
174	V60	Stephen Burton	Benfleet Running Club	: 43
175	V45	Alan Cooke	Hockley Trail Runners	: 57
176	V50	Matt Gillard	Southend-on-Sea AC	41: 09
177	V60	Bernard Johnson	Thurrock Harriers	: 12
178	V45	Trevor Robinson	Ilford AC	: 18
179	V40	Nick Gardner	Hockley Trail Runners	: 22
180	V40	James Hawkes	Grange Farm & Dunmow Runners	: 26
181	V50	Colin Wilkinson	Phoenix Striders	: 29
182	V50	Clive Bailey	JBR Run and Tri	: 57
183	V50	Ricky Lee	Billericay Striders RC	42: 11
184	V60	Edward Skinner	Tiptree Road Runners	: 18
185	V60	Andy Carter	Halstead RR	: 24
186	V55	Mark Hardiong	JBR Run and Tri	: 35
187	V70	Roger Green	Orion Harriers	: 41
188	V50	John Rex	Basildon AC	: 54
189	V60	Simon King	Grange Farm & Dunmow Runners	: 58
190	V60	Donald Sinclair	Pitsea Running Club	: 59
191	V60	Ernie Forsyth	Ilford AC	43: 00
192	V45	Justin Harris	Basildon AC	: 24
193	V50	Adrian Mathers	Hockley Trail Runners	: 46
194	V45	Simon Burpitt	Grange Farm & Dunmow Runners	44: 15
195	V45	Darren Powell	Halstead RR	: 18
196	V45	R Vernon	JBR Run and Tri	: 35
197	V50	Dave Girt	Southend-on-Sea AC	45: 03
198	V70	Keith Walker	Billericay Striders RC	: 26
199	SM	William Holman	Phoenix Striders	: 27
200	V40	Nikhelesh Chowdhury	Guest - Dagenham 88	: 29
201	V45	Jon Brown	JBR Run and Tri	: 56
202	V55	Rhys Davis	Basildon AC	46: 02
203	V50	Henry Ricketts	Ilford AC	: 47
204	V60	Graham Bardell	JBR Run and Tri	47: 13
205	V60	Brian Butcher	Mid Essex Casuals	: 22
206	V65	Ray Vautier	Mid Essex Casuals	: 58
207	V60	Peter Eates	Phoenix Striders	48: 13
208	V50	Angus Aldridge	Southend-on-Sea AC	: 33
209	V50	Dennis Sherwood	Springfield Striders RC	49: 35
210	SM	Anthony Oliveri	JBR Run and Tri	: 56
211	V70	Peter Bates	Pitsea Running Club	50: 44
212	V55	Ray Sparra Everingham	Ilford AC	54: 02
213	V60	Peter Spelman	Ilford AC	58: 07
214	V60	Peter McLaughlin	Pitsea Running Club	60: 32
215	V70	James Huddart	Ilford AC	63: 13

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE