

Essex Cross Country Championships

Chigwell Row

03/12/2011

Men V40

Pos	ID	Name	Club	Time	Pos	ID	Name	Club	Time
1	477	Spencer Hempsted	V40 Ilford	32: 20	61	474	Joe Ashman	V40 Havering 90	40: 11
2	468	Matthew Bland	V40 Havering M	25	62	339	Martin Mack	V45 Woodford G&EL	12
3	315	John Baker	V45 Thrift Green T	34	63	312	Julian Catmull	V45 Springfield S	16
4	305	Paul Dobson	V40 Springfield S	39	64	467	Richard Flutter	V40 Harwich	29
5	318	Scott Rice	V40 Thurrock H	47	65	454	John Bull	V45 Harlow	37
6	425	Paul Spowage	V45 Colchester H	33: 19	66	375	Simon Morgan	V40 Tiptree	51
7	479	Raymond Dzikowski	V45 Ilford	21	67	432	Rob Taylor	V40 Dagenham 88	56
8	336	Gareth Cavell	V40 Woodford G&EL	24	68	334	Dave Barrett	V45 Woodford G&EL	51: 04
9	408	Andy Coleman	V40 Billericay S	26	69	445	Steve Adams	V45 Eton Manor	05
10	424	Allen Smalls	V40 Colchester H	29	70	338	Steve Lambert	V45 Woodford G&EL	12
11	307	Lee Martin	V40 Springfield S	39	71	415	Dave Miller	V40 Castle Point	15
12	323	John Green	V45 Thurrock H	43	72	406	David Spain	V45 Benfleet	42: 05
13	463	Brian Herrington	V40 Harwich	45	73	483	Steve Luton	V40 Loughton	22
14	304	Gary Chandler	V40 Springfield S	59	74	484	Duncan Rayney	V40 Loughton	29
15	306	Kev Harris	V40 Springfield S	34: 07	75	498	Andrew Dodd	V45 Orion H	47
16	476	Stephen Philcox	V45 Ilford	38	76	438	Grant Conway	V40 East London	43: 03
17	496	Neil Swift	V45 Orion H	42	77	331	Seb Gwyn-Williams	V40 Witham	16
18	430	Peter West	V45 Colchester H	43	78	442	Paul Thompson	V40 East London	42
19	400	Alan Clark	V45 Benfleet	45	79	444	Richard Mainwaring	V45 Eton Manor	44: 08
20	409	Kevin Jacob	V45 Billericay S	58	80	414	Mike Hayward	V45 Castle Point	59
21	451	Quamil Isufaj	V45 Eton Manor	35: 06	81	412	Laurence Harrison	V40 Billericay S	45: 09
22	470	Simon Hart	V45 Havering M	07	82	329	Adam Hocken	V45 Witham	46: 02
23	309	Darren Sutton	V40 Springfield S	08	83	308	Darren Hull	V40 Springfield S	28
24	433	Ian George	V40 East Essex Tri Club	09	84	473	Dave Evans	V40 Havering 90	48: 18
25	475	Neil Crisp	V45 Ilford	10	85	333	Paul Hedger	V40 Witham	49: 08
26	302	Mark Waive	V40 Springfield S	11	86	417	Rick Goldsmith	V49 Castle Point	52: 14
27	497	Barny Foot	V40 Orion H	16	87	416	Simon Fittall	V45 Castle Point	15
28	447	Paul Cates	V45 Eton Manor	21	88	443	Mike Barclay	V45 East London	18
29	324	Paul Green	V45 Thurrock H	43	89				
30	303	Ian Cardy	V45 Springfield S	45	90				
31	327	Leo Cole	V40 Witham	47	91				
32	319	Don Lawless	V45 Thurrock H	36: 01	92				
33	401	Mike Grout	V40 Benfleet	10	93				
34	491	Quin Broadbent.	V45 Orion H	12	94				
35	316	Ian O'Neill	V40 Thrift Green T	13	95				
36	322	Dave Marchant	V45 Thurrock H	17	96				
37	462	Mark Rutter	V45 Harwich	23	97				
38	492	Tim Wright	V40 Orion H	25	98				
39	420	David Tullett	V45 Chelmsford	26	99				
40	423	Paul Freeman	V45 Chelmsford	28	100				
41	488	Joe Happe.	V40 Orion H	30	101				
42	493	Daniel Rose	V45 Orion H	50	102				
43	428	David Wright	V50 Colchester H	37: 00	103				
44	487	Greg Wisken	V45 Mid Essex C	23	104				
45	321	John Russell	V40 Thurrock H	29	105				
46	461	Paul McClelland	V45 Harwich	37	106				
47	402	Andrew Kennedy	V45 Benfleet	43					
48	311	Andrew Mason	V45 Springfield S	38: 21					
49	435	Neil Bearwish	V45 East Essex Tri Club	39					
50	310	Gary Joslin	V45 Springfield S	42					
51	421	Mike Judd	V45 Chelmsford	45					
52	448	Dave Daugiada	V45 Eton Manor	47					
53	481	David Green	V40 Leigh on Sea	54					
54	429	Andy Rayner	V45 Colchester H	39: 04					
55	418	Martin Gibbs	V45 Chelmsford	11					
56	332	Ian Stoborski	V40 Witham	18					
57	434	Simon Rawlings	V40 East Essex Tri Club	27					
58	326	Tony Wallen	V40 Witham	49					
59	486	Craig Veall	V45 Loughton	55					
60	437	Derek Wright	V40 East London	58					

Team Result

1	Springfield S	44
2	Ilford	49
3	Colchester H	77
4	Thurrock H	78
5	Orion H	116
6	Springfield S 'B'	127
7	Harwich	160
8	Eton Manor	170
9	Benfleet	171
10	Chelmsford	185
11	Woodford G&EL	208
12	Witham	222
13	East London	302
14	Castle Point	324
15		