

Essex Cross Country League (4)

Colchester

17-Dec-11

Senior Men

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sanford, Mark	Chelmsford	29: 45	81	V50	Catton, Andy	Ilford	23
2	SM	Twist, Grant	Havering M	30: 08	82	SM	Rayner, Andy	Colchester H	30
3	U20	Short, Alex	Chelmsford	35	83	V40	Capel, Darren	Southend	34
4	SM	Warner, Rob	Havering M	50	84	V40	Lunn, Andy	Orion H	36
5	SM	Windley, Tristan	Springfield S	59	85	V40	Hart, James	Orion H	41
6	U20	Youell, Chris	Chelmsford	31: 05	86	V40	Brewer, Mark	Tiptree	39: 06
7	SM	Wright, Will	Chelmsford	25	87	V50	Williams, Roy	Thrift Green T	34
8	U20	Conway, Frankie	Orion H	36	88	SM	Flutter, Richard	Harwich Gst	50
9	SM	Hunter, Ben	Southend	37	89	SM	Cerny, Michael	Benfleet	53
10	SM	Parker-Brown, Billy	Chelmsford	45	90	V40	Marsh, Pat	Colchester H	40: 11
11	U20	Richards, Alex	Ilford	47	91	V50	Skinner, Ted	Tiptree	35
12	U20	Law, Andy	Basildon	57	92	SM	Coulson, Myles	Braintree	42
13	U20	Webb, Grant	Basildon	58	93	V40	Morgan, Simon	Tiptree	55
14	SM	Fryer, John	Colchester H	32: 00	94	V50	Brockington, Tim	Springfield S	41: 01
15	U20	Gillard, Rhys	Southend	02	95	U20	Akintokan, Akeem	Basildon	09
16	SM	Benton, Wesley	Colchester H	10	96	U20	Green, Buddy	Orion H	11
17	SM	Williams, James	Chelmsford	19	97	V50	Goad, Richard	Pitsea	24
18	V40	Smalls, Allen	Colchester H	20	98	V40	Ling, Jim	Southend	31
19	SM	Houghton, Alex	Thurrock H	25	99	V50	Johnson, Bernard	Thurrock H	41
20	U20	Smale, David	Southend	34	100	V50	Sargent, Rob	Dagenham 88	51
21	U20	Woodley, Mark	Chelmsford	40	101	V40	Lawes, Mark	Tiptree	53
22	V40	Bland, Matt	Havering M	49	102	V40	Glover, Ian	Southend	42: 11
23	V40	Barker, John	Thrift Green T	49	103	SM	Praill, Jason	Springfield S	36
24	SM	Allen, Gavin	Braintree	56	104	V60	Bryan, Paul	Colchester H	43
25	SM	Reason, Robert	Harwich Gst	33: 13	105	SM	Payne, K	Mid Essex C	43: 20
26	SM	Anthony, Ian	Havering M	22	106	V60	Butcher, Brian	Mid Essex C	20
27	SM	Briggs, Mike	Benfleet	25	107	V40	Gwyn-Williams, Seb	Witham	31
28	V40	Ridley, Colin	W. Suffolk	31	108	V40	Speed, Neil	Braintree	49
29	SM	Kearton, Andrew	Colchester H	32	109	V50	Lane, Dave	Phoenix S	50
30	V50	Bridgeland, Mike	Chelmsford	34	110	V50	Driscoll, John	Colchester H	44: 07
31	SM	Smith, James	Springfield S	43	111	V40	Jordan, Simon	Phoenix S	11
32	SM	Gibby, Rob	Colchester H	51	112	SM	Footer, Chris	Phoenix S	14
33	SM	Booty, Graham	Benfleet	55	113	V50	Cheal, Steve	Ilford	18
34	V40	Spowage, Paul	Colchester H	34: 03	114	SM	Harper-Ward, Matt	Benfleet	43
35	SM	Wilson, Simon	Southend	05	115	V60	Smith, George	Thrift Green T	45: 18
36	SM	Hawkins, Peter	Chelmsford	10	116	V50	Frith, Rod	Southend	19
37	V40	Kettridge, Sean	Tiptree	16	117	V40	Williams, Paul	Orion H	19
38	SM	Colgrave, Adam	Chelmsford	22	118	V50	Hadgraft, Rob	Tiptree	29
39	U20	Cross, Dennis	Thurrock H	31	119	SM	Rolfe, Steve	Braintree	35
40	SM	Hall, Ben	Orion H	49	120	V70	Ross, Charlie	Chelmsford	38
41	SM	Smale, Peter	Southend	56	121	V50	Bulaitus, Peter	Orion H	46: 09
42	SM	Sutton, Darren	Springfield S	35: 00	122	V50	Bailey, Malcolm	Tiptree	11
43	SM	Nears, Jonathan	Colchester H	05	123	V40	Timpson, Steve	Orion H	24
44	V40	Crisp, Neil	Ilford	09	124	SM	Boyd, James	Phoenix S	26
45	SM	Wandasiewicz, Nelson	Thrift Green T	13	125	SM	Whisken, Mike	Southend	30
46	V40	Heskey-Jones, James	Tiptree	13	126	V60	Hobbs, David	Loughton	51
47	SM	Knowles, Matthew	Harwich Gst	16	127	V40	Smith, Andy	Braintree	47: 10
48	U20	Dowman, Adam	Thurrock H	20	128	V70	Rosbrook, Mike	Orion H	24
49	V40	Lawless, Don	Thurrock H	23	129	V40	Gransham, Raoul	Braintree	48: 00
50	SM	Bumstead, Paul	Thurrock H	31	130	V40	Charlton, Ray	Springfield S	50: 14
51	SM	Johnson, David	Chelmsford	36	131	V70	Dawson, Ron	Southend	53
52	V50	Metcalf, John	Thurrock H	37	132	V50	Perry, Steve	Springfield S	53: 43
53	U20	Edwards, Adam	Havering M	40	133	V50	Mills, Eddie	Phoenix S	55: 52
54	U20	Millar, Alan	Southend	42	134	V60	Deadman, Peter	Orion H	58: 15
55	SM	Neugebauer, James	Springfield S	45					
56	V40	Clark, Alan	Benfleet	48					
57	SM	Raven, Stuart	Springfield S	49					
58	U20	Crook, Adam	Chelmsford	49					
59	V50	Shelley, Eamon	Thurrock H	36: 04					
60	V40	Grout, Mike	Benfleet	04					
61	V50	Jeggo, Paul	Springfield S	07	1		Team Result		
62	SM	Thrush, Scott	Southend	20	2		Chelmsford	44	
63	V40	Wright, Tim	Orion H	21	3		Colchester H	143	
64	V40	Cole, Leo	Witham	23	4		Havering M	172	
65	SM	Collins, Neil	Havering M	28	5		Southend	174	
66	V40	Rankin, Nick	Benfleet	33	6		Springfield S	251	
67	V40	Wisken, Greg	Mid Essex C	43	7		Thurrock H	257	
68	V40	Marchant, Dave	Thurrock H	45	8		Benfleet	311	
69	V40	Kennedy, Andy	Benfleet	50	9		Orion H	376	
70	SM	Taylor, Lee	Southend	53	10		Thrift Green T	424	
71	V40	Berrett, Paul	Havering M	56	11		Tiptree	454	
72	SM	Sterling, Craig	Benfleet	37: 01	12		Braintree	599	
73	SM	Anderson, Paul	Springfield S	04	13		Phoenix S	589	(5)
74	SM	Riches, Gary	CATS	13	14		Ilford	249	(4)
75	SM	McCarthy, Barney	Thrift Green T	28	15		Mid Essex C	355	(4)
76	V50	Morris, Andy	Benfleet	30	16		Basildon	120	(3)
77	SM	Augustin, Dan	Mid Essex C	51	17		Witham	171	(2)
78	SM	Newman, Richard	Harwich Gst	54	18		W. Suffolk	28	(1)
79	V50	Cooper, Melvyn	Thrift Green T	38: 04	19		CATS	74	(1)
80	V40	Russell, Rob	Thurrock H	17	20		Pitsea	97	(1)
					21		Dagenham 88	100	(1)
							Loughton	126	(1)

Essex Cross Country League (4)

Sponsored by Runners Edge

Individual Standings after 4 Races

Senior Men

1	Short, Alex	Chelmsford	U20	7	61	Riches, Gary	CATS	SM	241
2	Sanford, Mark	Chelmsford	SM	7	62	Knight, Nick	Thrift Green T	SM	244
3	Warner, Rob	Havering M	SM	12	63	Capel, Darren	Southend	V40	263
4	Twist, Grant	Havering M	SM	14	64	Earney, Ross	Havering M	U20	268
5	Windley, Tristan	Springfield S	SM	20	65	Catton, Andy	Ilford	V50	269
6	Law, Andy	Basildon	U20	29	66	Jarvis, Greg	Southend	V40	276
7	Wright, Will	Chelmsford	SM	30	67	Judd, Mike	Chelmsford	V40	284
8	Hunter, Ben	Southend	SM	31	68	Snowden, Chris	Springfield S	SM	288
9	Youell, Chris	Chelmsford	U20	33	69	Marsh, Pat	Colchester H	V40	300
10	Williams, James	Chelmsford	SM	43	70	Binns, Peter	Southend	V60	304
11	Richards, Alex	Ilford	U20	45	71	Morgan, Simon	Tiptree	V40	305
12	Smalls, Allen	Colchester H	V40	49	72	Tullett, Peter	Chelmsford	V50	312
13	Fryer, John	Colchester H	SM	52	73	Skinner, Ted	Tiptree	V50	317
14	Houghton, Alex	Thurrock H	SM	54	74	Coulson, Myles	Braintree	SM	318
15	Gillard, Rhys	Southend	U20	60	75	Green, Buddy	Orion H	U20	333
16	Bland, Matt	Havering M	V40	66	76	Williams, Roy	Thrift Green T	V50	334
17	Barker, John	Thrift Green T	V40	69	77	Akintokan, Akeem	Basildon	U20	336
18	Rice, Scott	Thurrock H	V40	70	78	Bridges, Paul	Springfield S	SM	343
19	Briggs, Mike	Benfleet	SM	78	79	Butcher, Brian	Mid Essex C	V60	348
20	Parker, Charlie	Southend	U20	91	80	Glover, Ian	Southend	V40	353
21	Bridgeland, Mike	Chelmsford	V50	92	81	Sargent, Rob	Dagenham 88	V50	355
22	Wilson, Simon	Southend	SM	93	82	Brockington, Tim	Springfield S	V50	357
23	Spowage, Paul	Colchester H	V40	98	83	Hall, Graham	Orion H	V50	365
24	Ridley, Colin	W. Suffolk	V40	98	84	Gwyn-Williams, Seb	Witham	V40	373
25	Hall, Ben	Orion H	SM	100	85	Rayney, Duncan	Loughton	V40	378
26	Booty, Graham	Benfleet	SM	101	86	Footer, Chris	Phoenix S	SM	378
27	Johnson, David	Chelmsford	SM	114	87	Howard, Gary	Havering M	V50	391
28	Smale, Peter	Southend	SM	117	88	Burgess, Ian	Thurrock H	SM	395
29	Colgrave, Adam	Chelmsford	SM	122	89	Jordan, Simon	Phoenix S	V40	398
30	Allworthy, David	Colchester H	SM	127	90	Cheal, Steve	Ilford	V50	406
31	Anthony, Ian	Havering M	SM	128	91	Speed, Neil	Braintree	V40	411
32	Freeman, Jeremy	Chelmsford	V40	130	92	Bulaitus, Peter	Orion H	V50	416
33	Cross, Dennis	Thurrock H	U20	130	93	Williams, Paul	Orion H	V40	416
34	Clark, Alan	Benfleet	V40	140	94	Ross, Charlie	Chelmsford	V70	420
35	Lyne, Eliot	Colchester H	SM	142	95	Smith, George	Thrift Green T	V60	421
36	Wandasiewicz, Nelson	Thrift Green T	SM	142	96	Miller, Danny	Dagenham 88	SM	423
37	Neugebauer, James	Springfield S	SM	144	97	Frith, Rod	Southend	V50	426
38	Shelley, Eamon	Thurrock H	V50	156	98	Timpson, Steve	Orion H	V40	442
39	Lawless, Don	Thurrock H	V40	160	99	Hobbs, David	Loughton	V60	454
40	Raven, Stuart	Springfield S	SM	164	100	Sibley, Trevor	Braintree	V40	461
41	Crook, Adam	Chelmsford	U20	170	101	Charlton, Ray	Springfield S	V40	461
42	O'Neill, Ian	Thrift Green T	V40	171	102	Dawson, Ron	Southend	V70	463
43	Crisp, Neil	Ilford	V40	174	103	Perry, Steve	Springfield S	V50	468
44	Spooner, Terry	Benfleet	SM	175	104	Deadman, Peter	Orion H	V60	474
45	Metcalf, John	Thurrock H	V50	175	105	Mills, Eddie	Phoenix S	V50	483
46	Millar, Alan	Southend	U20	179	106	Mitchell, Barry	Braintree	V40	487
47	Jacob, Kevin	Billericay S	V40	185					
48	Collins, Neil	Havering M	SM	189					
49	GROUT, Mike	Benfleet	V40	193					
50	Cole, Leo	Witham	V40	194					
51	Freeman, Paul	Chelmsford	V40	196					
52	Jeggo, Paul	Springfield S	V50	198					
53	Marchant, Dave	Thurrock H	V40	201					
54	Wisken, Greg	Mid Essex C	V40	207					
55	Rankin, Nick	Benfleet	V40	219					
56	Taylor, Lee	Southend	SM	221					
57	Sterling, Craig	Benfleet	SM	224					
58	Berrett, Paul	Havering M	V40	224					
59	Cooper, Melvyn	Thrift Green T	V50	229					
60	Kennedy, Andy	Benfleet	V40	235					