

Essex Cross Country League (5)

<u>Chingford</u>					<u>Senior Men</u>				
Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SM	Sanford, Mark	Chelmsford	25: 33	101	V50	Goad, Richard	Pitsea	35: 02
2	SM	Williams, James	Chelmsford	35	102	SM	Fryatt, D	Southend	12
3	SM	Twist, Grant	Havering M	37	103	SM	Colley, Stuart	Orion H	15
4	SM	Windley, Tristan	Springfield S	39	104	V40	Cummins, Ian	Dagenham 88	18
5	SM	Briggs, John	Basildon	45	105	V50	Russell, Jim	Pitsea	23
6	SM	Warner, Rob	Havering M	26: 03	106	V60	Green, Roger	Orion H	29
7	U20	Webb, Grant	Basildon	29	107	V50	Hall, Graham	Orion H	41
8	SM	Misson, Matthew	Chelmsford	46	108	V50	Sargent, Rob	Dagenham 88	52
9	SM	Prout, Ryan	Chelmsford	59	109	V40	Ward, Barry	Havering M	36: 01
10	SM	Houghton, Alex	Thurrock H	27: 13	110	U20	Green, Buddy	Orion H	05
11	U20	Smale, David	Southend	16	111	V50	Whiffen, Jim	Loughton	07
12	U20	Gillard, Rhys	Southend	17	112	V60	Adams, Bill	Dagenham 88	18
13	V40	Bland, Matt	Havering M	22	113	V60	Butcher, Brian	Mid Essex C	21
14	V40	Smalls, Allen	Colchester H	32	114	SM	Taylor, Laine	Phoenix S	34
15	V40	Rice, Scott	Thurrock H	35	115	SM	Luton, Steve	Loughton	34
16	SM	Anthony, Ian	Havering M	51	116	V40	Spain, Dave	Benfleet	49
17	SM	Wright, Will	Chelmsford	57	117	V50	Bunce, Steve	Orion H	50
18	SM	Weatheridge, Nick	Basildon	28: 03	118	V40	Glover, Ian	Southend	37: 00
19	SM	Rand, Steve	Havering M	07	119	V50	Ling, Jim	Southend	06
20	V40	Ridley, Colin	W. Suffolk	09	120	V60	Reed, Chris	Pitsea	15
21	SM	Briggs, Mike	Benfleet	12	121	V50	Cheal, Steve	Ilford	31
22	V50	Bridgeland, Mike	Chelmsford	15	122	V40	Smith, Andy	Braintree	35
23	SM	Prosser, Steve	Thurrock H	21	123	SM	Burgess, Ian	Thurrock H	40
24	SM	Smale, Peter	Southend	24	124	SM	Rolfe, Steve	Braintree	45
25	SM	Johnson, David	Chelmsford	26	125	V50	Brockington, Tim	Springfield S	48
26	SM	Colgrave, Adam	Chelmsford	28	126	V50	De Souza, Bosco	Pitsea	54
27	SM	Clark, Ian	Orion H	29	127	SM	Tyson, David	Loughton	55
28	V40	Spowage, Paul	Colchester H	32	128	V50	Childs, Simon	Loughton	38: 01
29	SM	Jones, Ben	Ilford	35	129	V60	Wilson, Vic	Orion H	22
30	SM	Jenkins, Brian	Orion H	37	130	SM	Stroud, Jack	Orion H	26
31	SM	Shaw, Jamie	W. Suffolk	43	131	V40	Weller, Andrew	Orion H	35
32	SM	Gibby, Rob	Colchester H	49	132	SM	Footer, Chris	Phoenix S	40
33	SM	Philcox, Steve	Ilford	52	133	V40	Speed, Neil	Braintree	42
34	V40	Swift, Neil	Orion H	29: 04	134	V50	McLaughlin, Peter	Pitsea	52
35	V50	Paul, Eric	Orion H	06	135	V50	Frith, Rod	Southend	39: 00
36	SM	Neugebauer, James	Springfield S	08	136	V40	Lee, Ricky	Billericay S	04
37	SM	Nears, Jonathan	Colchester H	12	137	SM	Boyd, James	Phoenix S	08
38	U20	Crook, Adam	Chelmsford	17	138	V60	Smith, George	Thrift Green T	10
39	SM	Wandasiewicz, Nelson	Thrift Green T	30	139	V40	Timpson, Steve	Orion H	21
40	SM	Woodman, Matt	Gst - Orion	43	140	V40	Williams, Paul	Orion H	22
41	SM	Lyne, Eliot	Colchester H	46	141	V50	Georgiou, George	Loughton	23
42	SM	Newell, Kevin	Ilford	51	142	V60	Hobbs, David	Loughton	25
43	V40	Foot, Barney	Orion H	54	143	V40	Mills, Clive	Orion H	32
44	SM	Bumstead, Paul	Thurrock H	30: 13	144	SM	Godbold, Alan	Orion H	35
45	SM	Raven, Stuart	Springfield S	16	145	SM	Groves, Darren	Dagenham 88	37
46	V50	Metcalfe, John	Thurrock H	18	146	V70	Ross, Charlie	Chelmsford	37
47	V50	Jeggo, Paul	Springfield S	20	147	V40	Gillan, Alistair	Springfield S	40: 10
48	SM	Thrush, Scott	Southend	25	148	V50	Bartlett, Gary	Orion H	22
49	V40	Crisp, Neil	Ilford	26	149	V50	McCullagh, Nick	Mid Essex C	28
50	V40	Berrett, Paul	Havering M	29	150	V40	Green, Billy	Ilford	55
51	U20	Gifford, Tom	CATS	36	151	SM	Smale, Geoff	Southend	41: 14
52	V40	Brock, Dave	Orion H	41	152	V40	Charlton, Ray	Springfield S	31
53	V50	Shelley, Eamon	Thurrock H	43	153	V40	Mallis, Johnny	Gst - Orion	42: 06
54	SM	Staines, Martyn	Thurrock H	47	154	V70	Dawson, Ron	Southend	48
55	V50	Rugg, Alan	Gst - Orion	47	155	V60	Deadman, Peter	Orion H	45: 21
56	V40	Rankin, Nick	Benfleet	48	156	V50	Perry, Steve	Springfield S	22
57	V40	Lawless, Don	Thurrock H	52	157	V50	Mills, Eddie	Phoenix S	57
58	SM	Anderson, Paul	Springfield S	56	158	V60	Maggio, Robert	Gst - Orion	46: 59
59	SM	Taylor, Lee	Southend	59	159	V60	Adams, Doug	Dagenham 88	50: 04
60	SM	Horsburgh, Craig	Orion H	31: 04					
61	V40	Hopkinson, Giles	Orion H	11					
62	SM	Riches, Gary	CATS	12					
63	SM	Spooner, Terry	Benfleet	12					
64	V40	Clark, Alan	Benfleet	13					
65	v50	Sexton, Kevin	Benfleet	22					
66	SM	Smale, Simon	Southend	29					
67	V40	Kennedy, Andy	Benfleet	33					
68	SM	Rolfe, Andrew	Thurrock H	38					
69	V40	Broadbent, Quinn	Orion H	42					
70	V40	Marchant, Dave	Thurrock H	47					
71	SM	Knight, Nick	Thrift Green T	53					
72	V50	Catton, Andy	Ilford	57					
73	V40	Lunn, Andy	Orion H	32: 00					
74	SM	Warner, Andrew	Orion H	01					
75	V40	Groat, Mike	Benfleet	03					
76	SM	Doig, Andy	Pitsea	23					
77	V40	Wisken, Greg	Mid Essex C	27					
78	SM	Rahman, Sam	Dagenham 88	32					
79	SM	Harper-Brown, Gavin	Loughton	33					
80	V40	Veall, Craig	Loughton	41					
81	V40	Judd, Mike	Chelmsford	49					
82	V40	Hart, James	Orion H	55					
83	SM	Moon, Tony	Mid Essex C	33: 01					
84	V60	Binns, Peter	Southend	07					
85	V50	Cooper, Melvyn	Thrift Green T	12					
86	V40	Capel, Darren	Southend	30					
87	V40	Marsh, Pat	Colchester H	34					
88	V50	Tullett, Peter	Chelmsford	40					
89	SM	Green, David	Southend Gst	42					
90	V40	Frost, Kevin	CATS	50					
91	V40	Dawson, Jim	Orion H	53					
92	V50	O'Doherty, Gerry	Billericay S	59					
93	V40	Cooper, Phil	Thrift Green T	34: 03					
94	V50	Skinner, Ted	Tiptree	11					
95	SM	Venton, Brian	Chelmsford	18					
96	V40	Tempest, Mark	Orion H	23					
97	V50	Bennett, Bill	Orion H	24					
98	SM	Coulson, Myles	Braintree	28					
99	SM	Cousins, Lee	Braintree	39					
100	SM	Cerny, Michael	Benfleet	47					

<u>Team Result</u>			
1	Chelmsford	59	
2	Havering M	107	
3	Thurrock H	191	
4	Southend	220	
5	Orion H	221	
6	Colchester H	239	
7	Springfield S	315	
8	Benfleet	336	
9	Ilford	346	
10	Loughton	640	
11	Pitsea	662	
12	Dagenham 88	706	
13	Thrift Green T	426	(5)
14	Braintree	576	(5)
15	Mid Essex C	422	(4)
16	Phoenix S	540	(4)
17	Basildon	30	(3)
18	CATS	203	(3)
19	W. Suffolk	51	(2)
20	Billericay S	228	(2)
21	Tiptree	94	(1)

Essex Cross Country League (5)
Sponsored by Runners Edge

<u>Final Individual Standings</u>				<u>Senior Men</u>
1	Sanford, Mark	Chelmsford	SM	8
2	Short, Alex	Chelmsford	U20	10
3	Twist, Grant	Havering M	SM	17
4	Warner, Rob	Havering M	SM	18
5	Windley, Tristan	Springfield S	SM	24
6	Law, Andy	Basildon	U20	43
7	Williams, James	Chelmsford	SM	45
8	Wright, Will	Chelmsford	SM	47
9	Youell, Chris	Chelmsford	U20	60
10	Smalls, Allen	Colchester H	V40	63
11	Houghton, Alex	Thurrock H	SM	64
12	Gillard, Rhys	Southend	U20	72
13	Bland, Matt	Havering M	V40	79
14	Rice, Scott	Thurrock H	V40	85
15	Briggs, Mike	Benfleet	SM	99
16	Barker, John	Thrift Green T	V40	99
17	Bridgeland, Mike	Chelmsford	V50	114
18	Ridley, Colin	W. Suffolk	V40	118
19	Spowage, Paul	Colchester H	V40	126
20	Johnson, David	Chelmsford	SM	139
21	Smale, Peter	Southend	SM	141
22	Anthony, Ian	Havering M	SM	144
23	Colgrave, Adam	Chelmsford	SM	148
24	Cross, Dennis	Thurrock H	U20	178
25	Neugebauer, James	Springfield S	SM	180
26	Wandasiewicz, Nelson	Thrift Green T	SM	181
27	Lyne, Eliot	Colchester H	SM	183
28	Clark, Alan	Benfleet	V40	196
29	Crook, Adam	Chelmsford	U20	208
30	Shelley, Eamon	Thurrock H	V50	209
31	Raven, Stuart	Springfield S	SM	209
32	Lawless, Don	Thurrock H	V40	217
33	Metcalf, John	Thurrock H	V50	221
34	Crisp, Neil	Ilford	V40	223
35	Spooner, Terry	Benfleet	SM	238
36	Jeggo, Paul	Springfield S	V50	245
37	Collins, Neil	Havering M	SM	260
38	Grout, Mike	Benfleet	V40	261
39	Cole, Leo	Witham	V40	270
40	Marchant, Dave	Thurrock H	V40	271
41	Berrett, Paul	Havering M	V40	274
42	Rankin, Nick	Benfleet	V40	275
43	Taylor, Lee	Southend	SM	280
44	Wisken, Greg	Mid Essex C	V40	284
45	Kennedy, Andy	Benfleet	V40	302
46	Riches, Gary	CATS	SM	303
47	Cooper, Melvyn	Thrift Green T	V50	314
48	Knight, Nick	Thrift Green T	SM	315
49	Catton, Andy	Ilford	V50	341
50	Capel, Darren	Southend	V40	349
51	Judd, Mike	Chelmsford	V40	365
52	Marsh, Pat	Colchester H	V40	387
53	Binns, Peter	Southend	V60	388
54	Tullett, Peter	Chelmsford	V50	400
55	Skinner, Ted	Tiptree	V50	411
56	Coulson, Myles	Braintree	SM	416
57	Morgan, Simon	Tiptree	V40	423
58	Green, Buddy	Orion H	U20	443
59	Butcher, Brian	Mid Essex C	V60	461
60	Sargent, Rob	Dagenham 88	V50	463
61	Glover, Ian	Southend	V40	471
62	Hall, Graham	Orion H	V50	472
63	Brockington, Tim	Springfield S	V50	482
64	Footer, Chris	Phoenix S	SM	510
65	Burgess, Ian	Thurrock H	SM	518
66	Cheal, Steve	Ilford	V50	527
67	Speed, Neil	Braintree	V40	544
68	Jordan, Simon	Phoenix S	V40	547
69	Williams, Paul	Orion H	V40	556
70	Smith, George	Thrift Green T	V60	559
71	Frith, Rod	Southend	V50	561
72	Ross, Charlie	Chelmsford	V70	566
73	Timpson, Steve	Orion H	V40	581
74	Hobbs, David	Loughton	V60	596
75	Charlton, Ray	Springfield S	V40	613
76	Dawson, Ron	Southend	V70	617
77	Perry, Steve	Springfield S	V50	624
78	Deadman, Peter	Orion H	V60	629
79	Mills, Eddie	Phoenix S	V50	640