Essex Cross Country League (2)

Sponsored by Runners Edge

Colchester **10-Nov-12** **Senior Men**

Pos	Age Gp	Name	Team	Time
1	SM	Twist, Grant	Chelmsford	29: 58
2	SM	Warner, Rob	Havering M	30: 30
3	U20	Delo, Macauley	W. Suffolk	43
4	SM	Woodley, Mark	Chelmsford	48
5	SM	Sellens, Chris	Colchester H (NS)	56
6	U20	Woodford, Steven	Chelmsford	31: 00
7	U20	Gikungu, Hosaam	Havering M	07
8	SM	Holford, Angus	Univ Essex	09
9	SM	Wright, Will	Chelmsford	13
10	SM	Gibbon, David	Southend	23
11	SM	Webb, Grant	Basildon	26
12	SM	Moses, Daniel	Orion H	33
13	SM	Houghton, Alex	Thurrock H	41
14	SM	, Matt	Chelmsford N/S	47
15	SM	Pickering, Lee	Chelmsford	32: 06
16	SM	Stroud, Jack	Orion H	12
17	SM	Fewell, David	Chelmsford	18
18	SM	Jenkins, Brian	Orion H	20
19	SM	Bailey, Lee	Orion H	22
20	SM	Fryer, John	Colchester H	22
21	SM	Munro, Phil	Colchester H	24
22	U20	Kyriakides, Oliver	Southend	30
23	U20	Penfold, Dan	Orion H	32
24	SM	Briggs, Mike	Benfleet	32
25	V40	Smalls, Allen	Colchester H	33
26	SM	Prosser, Steve	Thurrock H	45
27	SM	Strange, Stephen	Basildon	52
28	SM	Anthony, Ian	Havering M	54
29	V40	Rice, Scott	Thurrock H	56
30	U20	Richardson, Tonm	Basildon	58
31	U20	Gillard, Rhys	Southend	59
32	SM	Parker- Brown, Billy	Basildon N/S	33: 02
33	SM	Pritchard, Alan	Cambridge & C	02
34	SM	Allworthy, David	Colchester H	20
35	V40	Foot, Barney	Orion H	24
36	V40	Spowage, Paul	Colchester H	27
37	U20	Gibbon, Joe	CATS	28
38	V40	Doel, Glenn	Colchester H	33
39	SM	Smith, James	Springfield S	39
40	V50	Bridgeland, Mike	Chelmsford	44
41	SM	McGown, Neil	Orion H	49
42	V40	Bland, Matt	Havering M	52
43	V40	Martin, Lee	Springfield S	56
44	SM	Gibby, Rob	Colchester H	59
45	V40	Fergusson, John	Cambridge & C	34: 08
46	SM	Hoye, Ken	Chelmsford	19
47	SM	Newell, Kevin	Ilford	22
48	SM	Coleman, Andy	Billericay S	26
49	U20	Finch, Alec	Thurrock H	27
50	U20	Buckley-Stanton, Jamie	Havering M	31
51	SM	Wetheridge, Nick	Basildon	34
52	U20	Clayton, Sam	CATS	44
53	V40	Booty, Graham	Benfleet	48
54	SM	Wandasiewicz, Nelson	Thrift Green T	50
55	SM	Raven, Stuart	Springfield S	35: 06
56	V40	Crisp, Neil	Ilford	07
57	SM	Burroughs, Billy	Benfleet	13
58	SM	Tyldesley, Alex	Basildon	15
59	V50	Julian, Kevin	Orion H	15
60	SM	Horsburgh, Craig	Orion H	16
61	SM	Wood, Iain	Cambridge & C	20
62	V40	Lawless, Don	Thurrock H	25
63	V40	Swift, Neil	Orion H	27
64	V40	Clark, Alan	Benfleet	30
65	SM	Carrington, Neil	Cambridge & C	46
66	SM	Thompson, Ben	Loughton	47
67	V40	Happe, Joe	Orion H	57
68	SM	Anderson, Paul	Springfield S	36: 02
69	SM	Snowden, Chris	Springfield S	09
70	V40	O'Neill, Ian	Thrift Green T	15
71	SM	McGill, Kieron	Benfleet	18
72	V40	Wisken, Greg	Mid Essex C	23
73	V50	Metcalf, John	Thurrock H	24
74	V40	Thomson, Dave	Benfleet	28
75	V40	Shields, Andrew	cambridge & C	28
76	SM	Hunt, Markus	Chelmsford	29
77	SM	Tobin, Anthony	Thurrock H	30
78	SM	Jackson, Sam	Havering M	32
79	V40	Jarvis, Greg	Southend	41
80	SM	Reahman, Sam	Dagenham 88	47
81	V40	Rankin, Nick	Benfleet	50
82	V50	Wright, Dave	Colchester H	37: 04
83	U20	Gough, Harry	Braintree	06
84	SM	Grose, Harry	Univ Essex	09
85	V40	Toogood, Seteve	Chelmsford	12
86	V50	Morris, Andy	Benfleet	14
87	V40	Kyriakides, Alec	Southend	16
88	V50	Brock, Dave	Orion H	17
89	V40	Berrett, Paul	Havering M	18
90	SM	Rayner, Andy	Colchester H	21
91	SM	Bumstead, Paul	Thurrock H	22
92	V40	Riches, Gary	CATS	27
93	V50	Shelley, Eamon	Thurrock H	44
94	V60	Binns, Peter	Southend	52
95	V40	Instance, Nigel	Thurrock H	38: 01
96	V40	Judd, Mike	Chelmsford	05
97	V40	Lunn, Andy	Orion H	06
98	SM	Lenos, Marcus	Colchester H	08
99	SM	Woolcott, Chris	Univ Essex	10
100	V40	Grout, Mike	Benfleet	11
101	U20	Green, Buddy	Orion H	12
102	SM	Olukutukei, Haggar	Colchester H	12
103	V40	Trencher, Nick	Thurrock H	21
104	SM	Rosum, Simon	Univ Essex	25
105	V40	Veall, Craig	Loughton	29
106	SM	Augustin, Dan	Mid Essex C	30
107	V40	Barker, John	Thrift Green T	32
108	SM	McCarthy, Barney	Thrift Green T	34
109	V40	Morgan, Simon	Tiptree	35
110	V40	Kelly, P	Guest	38
111	V50	Russell, Rob	Thurrock H	41
112	V40	Venton, Brian	Chelmsford	56
113	V40	Broadbent, Quinn	Orion H	39: 02
114	V50	Hart, James	Orion H	04
115	V40	Holloway, Paul	Ilford	07
116	V40	Frost, Kevin	Colchester H	16
117	V50	Ritchie, Charlie	Cambridge & C	18
118	V40	Dawson, Jim	Orion H	24
119	V50	Brockington, Tim	Springfield S	28
120	V40	Ward, Barry	Havering M	34
121	V50	Herman, Phil	Orion H	41
122	V50	O'Doherty, Gerry	Billericay S	43
123	V60	Nixon, Tony	Ilford	58
124	SM	Chamberlain, Ben	Cambridge & C	40: 02
125	V40	Dellar, Paul	Tiptree	19
126	SM	Hunton, James	Chelmsford	22
127	V50	Arthur, John	Thurrock H	46
128	V50	Tullett, Peter	Chelmsford	55
129	SM	Green, Dan	Orion H	56
130	V40	Perez, Angel	Orion H	41: 11
131	SM	Allen, Tom	Mid Essex C	16
132	V40	Gillard, Matt	Southend	18
133	SM	Coulson, Myles	Braintree	20
134	V50	Goad, Richard	Pitsea	26
135	V40	Marsh, Pat	Colchester H	28
136	SM	Colly, Stuart	Orion H	49
137	V50	Johnson, Bernard	Thurrock H	51
138	V50	Skinner, Ted	Tiptree	53
139	V40	Rowlett, Gary	Thurrock H	42: 19
140	SM	Thomas, Andy	Springfield S	25
141	V40	Glover, Ian	Southend	44
142	V40	Smith, Andy	Braintree	51
143	V50	Russell, Jim	Pitsea	53
144	SM	Rolfe, Steve	Braintree	43: 06
145	V40	Jackson, Mark	Braintree	12
146	V50	Lane, Dave	Phoenix S	12
147	SM	Footer, Chris	Phoenix S	13
148	V50	Sargent, Rob	Ilford	16
149	V50	Driscoll, John	Colchester H	17
150	V40	Sewell, Adam	Braintree	28
151	V50	Bartlett, Gary	Orion H	35
152	V40	Payne, Kevin	Mid Essex C	52
153	V40	Hocken, Adam	Witham	55
154	V50	Colton, Grant	Orion H	56
155	V60	Walker, Keith	Billericay S	57
156	V60	Reed, Chris	Pitsea	58
157	V60	Butcher, Brian	Mid Essex C	44: 05
158	SM	Harris, Stephen	Phoenix S	19
159	V50	Williams, Paul	Orion H	28
160	V50	Ford, Tim	Tiptree	38
161	V50	Platt, John	Ilford	43
162	SM	Godbold, Alan	Orion H	45: 00
163	V50	Clarke, John	Springfield S	38
164	V40	Hallam, Neal	Southend	52
165	V40	Jordan, Simon	Phoenix S	54
166	V60	Monk, Vince	Tiptree	55
167	V60	Jackson, Keith	Pitsea	46: 23
168	V40	Emerson, Bruce	Mid Essex C	58
169	V50	Cheal, Steve	Ilford	47: 10
170	V60	Smith, George	Thrift Green T	29
171	V40	Foskew, Ian	Mid Essex C	33
172	V60	Cole, Roger	Colchester H	41
173	V50	Mills, Eddie	Phoenix S	46
174	V40	Wiggins, Colin	Havering M	53
175	SM	Ravet, Emmanuel	Univ Essex	57
176	V70	Ross, Charlie	Chelmsford	48: 10
177	V40	Vincent, Mick	Southend	30
178	V50	Timpson, Steve	Orion H	49: 39
179	V50	Williams, Steve	Chelmsford	50: 11
180	V70	Dawson, Ron	Southend	51: 08
181	V60	Hughes, Gwyn	Phoenix S	34
182	V50	Davis, Tony	Phoenix S	53: 45
183	V60	Bates, Peter	Pitsea	54: 11
184	SM	Williams, Leighton	Mid Essex C	57: 17
185	V60	Deadman, Peter	Orion H	62: 02
186	V50	Knowles, Pat	Springfield S	68: 25
187	V60	Potter, Malcolm	Springfield S	

Team Result

1	Chelmsford	52	
2	Orion H	123	
3	Colchester H	174	
4	Havering M	207	
5	Thurrock H	252	
6	Southend	323	
7	Benfleet	343	
8	Springfield S	393	
9	Cambridge & C	396	
10	Ilford	650	
11	Mid Essex C	786	
12	Braintree	797	
13	Phoenix S	970	
14	Basildon	177	(5)
15	Univ Essex	470	(5)
16	Thrift Green T	509	(5)
17	Tiptree	698	(5)
18	Pitsea	783	(5)
19	CATS	181	(3)
20	Billericay S	325	(3)
21	Loughton	171	(2)
22	W. Suffolk	3	(1)
23	Dagenham 88	80	(1)
24	Witham	153	(1)