Essex Cross Country League (3)

Sponsored by Runners Edge

Chelmsford **17-Nov-12**

Senior Men

Pos	Age Gp	Name	Team	Time
1	U20	Delo, Macauley	W. Suffolk	25: 58
2	SM	Gikungu, Hoseah	Havering M	59
3	SM	Woodley, Mark	Chelmsford	26: 25
4	SM	Warner, Rob	Havering M	30
5	SM	Sellens, Chris	Colchester H (NS)	33
6	SM	Twist, Grant	Chelmsford	35
7	SM	Wright, Will	Chelmsford	36
8	SM	Smith, Rob	Unattached	49
9	SM	Holford, Angus	Univ Essex	53
10	SM	Moses, Daniel	Orion H	58
11	SM	Pickering, Lee	Chelmsford	27: 04
12	SM	Jenkins, Brian	Orion H	05
13	SM	Webb, Grant	Basildon	06
14	SM	Fewell, David	Chelmsford	19
15	U20	Woodford, Steven	Chelmsford	35
16	SM	Bailey, Lee	Orion H	41
17	SM	Houghton, Alex	Thurrock H	44
18	U20	Richardson, Tonm	Basildon	47
19	V40	Rand, Steve	Havering M	48
20	U20	Van Den Brande, Jens	Chelmsford	28: 00
21	SM	Benton, Wesley	Colchester H	01
22	SM	Strange, Stephen	Basildon	05
23	U20	Robinson, Sam	Chelmsford	06
24	SM	Bent, Simon	Colchester H	14
25	U20	Penfold, Dan	Orion H	18
26	SM	Hall, Ben	Orion H	23
27	SM	Anthony, Ian	Havering M	26
28	U20	Capel, A	Southend	27
29	SM	McGown, Neil	Orion H	30
30	V40	Spowage, Paul	Colchester H	31
31	U20	Revell, Andrew	Ipswich (NS)	32
32	V40	Rice, Scott	Thurrock H	32
33	V40	Read, Colin	Orion H	37
34	SM	Briggs, Mike	Benfleet	39
35	SM	Hall, Auberon	Orion H	42
36	V50	Bridgeland, Mike	Chelmsford	45
37	U20	Cross, Dennis	Thurrock H	48
38	V40	Smalls, Allen	Colchester H	50
39	V40	Doel, Glenn	Colchester H	50
40	SM	Whittaker, Steve	Chelmsford	53
41	U20	Gillard, Rhys	Southend	56
42	SM	Gibby, Rob	Colchester H	58
43	SM	Smith, James	Springfield S	58
44	V40	Foot, Barney	Orion H	29: 05
45	SM	Fulllard, Joshua	Univ Essex	17
46	U20	Smailes, Rob	W. Suffolk	21
47	v40	Philcox, Stephen	Ilford	23
48	V40	Martin, Lee	Springfield S	29
49	V50	Le Mare, Simon	Southend	32
50	V40	Wright, Tim	Orion H	37
51	V50	Paul, Eric	Orion H	43
52	SM	Neugebauer, James	Springfield S	45
53	U20	Finch, Alec	Thurrock H	48
54	V50	Julian, Kevin	Orion H	51
55	SM	Horsburgh, Craig	Orion H	56
56	V40	West, Peter	Colchester H	30: 02
57	SM	Clinch, Peter	Ilford	06
58	SM	Raven, Stuart	Springfield S	13
59	V40	Crisp, Neil	Ilford	14
60	V40	Clark, Alan	Benfleet	21
61	SM	Colgrave, Adam	Chelmsford	25
62	V40	Swift, Neil	Orion H	30
63	SM	Wandasiewicz, Nelson	Thrift Green T	32
64	V40	Lawless, Don	Thurrock H	34
65	SM	Nears, Jonathan	Colchester H	38
66	SM	Anderson, Paul	Springfield S	44
67	V40	Booty, Graham	Benfleet	49
68	V40	Tullett, Dave	Chelmsford	53
69	V40	Rankin, Nick	Benfleet	54
70	SM	Hall, Bix	Orion H	55
71	U20	Dowman, Adam	Thurrock H	31: 04
72	V50	Metcalf, John	Thurrock H	06
73	V50	Berrett, Paul	Havering M	28
74	SM	Johnson, David	Thurrock H	29
75	U20	Grose, Harry	Univ Essex	30
76	V40	Kyriakides, Alec	Southend	37
77	SM	Lamb, Daniel	Basildon	40
78	SM	Jackson, Sam	Havering M	43
79	V40	Grout, Mike	Benfleet	45
80	SM	Tobin, Anthony	Thurrock H	50
81	V40	Freeman, Jeremy	Chelmsford	51
82	SM	Hogan, Graham	Havering M	52
83	V40	Wisken, Greg	Mid Essex C	54
84	SM	Snowden, Chris	Springfield S	56
85	SM	Mills, Rob	Springfield S	32: 04
86	SM	Rayner, Andy	Colchester H	10
87	V60	Bumstead, Mick	Thurrock H	12
88	V50	Brock, Dave	Orion H	15
89	V50	Catton, Andy	Ilford	17
90	V40	Jarvis, Greg	Southend	18
91	SM	Manning, Richard	Springfield S	26
92	V40	Spain, Dave	Benfleet	30
93	SM	Ashton, Alan	Springfield S	36
94	V60	Binns, Peter	Southend	39
95	SM	Guy, B	Orion H	42
96	SM	Coen, Tom	Springfield S	44
97	V40	Instance, Nigel	Thurrock H	55
98	V50	Hart, James	Orion H	33: 00
99	V40	Line, Steve	Benfleet	04
100	SM	Lenos, Marcus	Colchester H	06
101	V40	Dawson, Jim	Orion H	07
102	V40	Judd, Mike	Chelmsford	09
103	SM	Byford, John	Springfield S	10
104	V40	Lunn, Andy	Orion H	10
105	SM	Sewell, Andrew	Cambridge & C	15
106	SM	Owen, Paul	Chelmsford	22
107	SM	Ellis, Paul	Springfield S	24
108	V60	Nixon, Tony	Ilford	25
109	V40	Broadbent, Quinn	Orion H	33
110	V40	Frost, Kevin	Colchester H	36
111	SM	Woolcott, Chris	Univ Essex	47
112	V40	Capel, Darren	Southend	57
113	V40	Kelly, Peter	Southend (NS)	34: 00
114	V40	Ward, Barry	Havering M	02
115	V50	Cooper, Melvyn	Thrift Green T	07
116	V40	Watts, Phillip	Springfield S	08
117	V50	Brockington, Tim	Springfield S	16
118	V50	Bennett, Bill	Orion H	18
119	V50	Ritchie, Charlie	Cambridge & C	23
120	SM	Gordon, Adam	Pitsea	25
121	SM	Hunton, James	Chelmsford	27
122	SM	Chamberlain, Ben	Cambridge & C	30
123	V40	Cousins, Lee	Braintree	41
124	SM	Green, Dan	Orion H	50
125	V50	Foggo, Stephen	Billericay S	35: 04
126	U20	Dendani, Massi	Havering M	30
127	SM	Belton, Jeff	Southend	34
128	V50	Skinner, Edward	Tiptree	47
129	V50	Thorpe, Barry	Chelmsford	52
130	V40	Gillard, Matt	Southend	36: 01
131	V50	Johnson, Bernard	Thurrock H	08
132	SM	Footer, Chris	Phoenix S	16
133	V50	Hall, Graham	Orion H	17
134	SM	Cullen, Gary	Phoenix S	18
135	V40	Perez, Angel	Orion H	21
136	V40	Jackson, Mark	Braintree	26
137	V50	Bartlett, Gary	Orion H	29
138	V40	Rayney, Duncan	Loughton	33
139	V40	Rowlett, Gary	Thurrock H	35
140	SM	Dudley, Kris	Mid Essex C	41
141	V60	Driscoll, John	Colchester H	49
142	SM	Collins, Tony	Havering M	51
143	V40	Smith, Andy	Braintree	55
144	V60	Smith, Glyn	Cambridge & C	57
145	V40	Glover, Ian	Southend	58
146	V50	Russell, Jim	Pitsea	37: 03
147	V50	Corton, Grant	Orion H	07
148	V50	Sargent, Rob	Ilford	19
149	V50	Meah, Gerald	Cambridge & C	20
150	SM	Harper-Ward, Matt	Benfleet	31
151	V50	Whiffen, Jim	Loughton	33
152	V50	Lane, Dave	Phoenix S	41
153	V50	Platt, John	Ilford	48
154	V40	Martindale, Steve	Thurrock H	38: 10
155	V50	Williams, Paul	Orion H	13
156	V60	Butcher, Brian	Mid Essex C	23
157	V50	Clarke, John	Springfield S	35
158	V60	Jackson, Keith	Pitsea	44
159	V40	Vincent, Nick	Southend	52
160	V40	Hallam, Neal	Southend	39: 01
161	V40	Nadin, Steve	East Essex Tri	05
162	V50	Cheal, Steve	Ilford	25
163	V50	Bulaitus, Peter	Orion H	27
164	V40	Foskew, Ian	Mid Essex C	29
165	V50	Maycraft, Tony	Loughton	46
166	V60	Smith, George	Thrift Green T	40: 01
167	V60	Walker, Keith	Billericay S	08
168	V60	Cole, Roger	Colchester H	14
169	V50	Wiggins, Colin	Havering M	22
170	V60	Hart, John	Loughton	40
171	V50	Georgiou, George	Loughton	42
172	V40	Jordan, Simon	Phoenix S	52
173	V50	Timpson, Steve	Orion H	41: 09
174	V50	Mills, Eddie	Phoenix S	16
175	V50	Daniels, Gerry	Chelmsford	53
176	V50	McCullagh, Nick	Mid Essex C	42: 23
177	V40	Caulfield, Rob	Braintree	32
178	V50	Williams, Steve	Chelmsford	56
179	V60	Hughes, Gwyn	Phoenix S	43: 22
180	V70	Dawson, Ron	Southend	37
181	V60	Bates, Peter	Pitsea	39
182	V60	Hobbs, David	Loughton	44: 02
183	V60	Deadman, Peter	Orion H	48: 13
184	V50	Jeffries, Mike	Southend	69: 13

Team Result

1	Chelmsford	56	
2	Orion H	118	
3	Colchester H	194	
4	Havering M	203	
5	Thurrock H	274	
6	Springfield S	351	
7	Southend	378	
8	Benfleet	401	
9	Ilford	508	
10	Phoenix S	943	
11	Loughton	977	
12	Cambridge & C	639	(5)
13	Mid Essex C	719	(5)
14	Basildon	130	(4)
15	Univ Essex	240	(4)
16	Braintree	579	(4)
17	Pitsea	605	(4)
18	Thrift Green T	344	(3)
19	W. Suffolk	47	(2)
20	Billericay S	292	(2)
21	Tiptree	128	(1)
22	East Essex Tri	161	(1)