

Essex Cross Country League (4)

Sponsored by Runners Edge

Basildon				15-Dec-12		Senior Men			
Pos	Cat	Name	Team	Time	Pos	Cat	Name	Team	Time
1	SM	Frith, Tom	Southend	28: 46	104	SM	Russell, John	Thurrock H	38: 01
2	SM	Warner, Rob	Havering M	29: 16	105	V40	Morgan, Simon	Tiptree	08
3	SM	Holford, Angus	Univ Essex	20	106	V40	Venton, Brian	Chelmsford	18
4	SM	Gikungu, Hoseah	Havering M	27	107	V40	Dawson, Jim	Orion H	31
5	U20	Delo, Macauley	W. Suffolk	32	108	SM	Moon, Tony	Mid Essex C	45
6	SM	Sanford, Mark	Chelmsford	34	109	V40	Cousins, Lee	Braintree	57
7	U20	Woodford, Steven	Chelmsford	40	110	V40	Line, Steve	Benfleet	39: 08
8	SM	Bailey, Lee	Orion H	47	111	V40	Monte, Alan	Southend	23
9	SM	Fewell, David	Chelmsford	53	112	V50	Brockington, Tim	Springfield S	26
10	SM	Wright, Will	Chelmsford	56	113	V50	Ritchie, Charlie	Cambridge & C	31
11	SM	Webb, Grant	Basildon	59	114	SM	Cullen, Gary	Phoenix S	35
12	SM	Gibbon, David	Southend	30: 10	115	V50	Huckle, Alan	Cambridge & C	48
13	SM	Sellens, Chris	Colchester H (NS)	21	116	SM	Gordon, Adam	Pitsea	51
14	SM	Pickering, Lee	Chelmsford	25	117	V50	Skinner, Edward	Tiptree	58
15	U20	Richardson, Tomrn	Basildon	27	118	SM	Chamberlain, Ben	Cambridge & C	40: 04
16	U20	Conway, Frankie	Orion H	37	119	V50	Johnson, Bernard	Thurrock H	07
17	SM	Fitsall, Jack	Basildon	45	120	V40	Marsh, Pat	Colchester H	12
18	SM	Moses, Daniel	Orion H	49	121	SM	Green, Dan	Orion H	33
19	U20	Dunbar, Alex	W. Suffolk	31: 01	122	V40	Jackson, Mark	Braintree	44
20	SM	Fryer, John	Colchester H	03	123	V50	Taylor, Richard	Springfield S	51
21	SM	Bent, Simon	Colchester H	04	124	SM	Colly, Stuart	Orion H	55
22	SM	Houghton, Alex	Thurrock H	06	125	V40	Oatham, Phil	Thurrock H	41: 07
23	U20	Revell, Andrew	Ipswich (NS)	08	126	V50	Hall, Graham	Orion H	27
24	SM	Briggs, Mike	Benfleet	17	127	V50	Arthur, John	Thurrock H	40
25	U17	Anthony, Seb	W. Suffolk	21	128	SM	Bridges, Paul	Springfield S	49
26	SM	Prout, Ryan	Chelmsford	24	129	V60	Smith, Glyn	Cambridge & C	55
27	U20	Gillard, Rhys	Southend	27	130	V40	Rowlett, Gary	Thurrock H	42: 04
28	V40	Rand, Steve	Havering M	30	131	V60	Driscoll, John	Colchester H	40
29	SM	Strange, Stephen	Basildon	37	132	SM	Footer, Chris	Phoenix S	43
30	V40	Rice, Scott	Thurrock H	39	133	V50	Lane, Dave	Phoenix S	50
31	V40	Smalls, Allen	Colchester H	43	134	V40	Rayney, Duncan	Loughton	59
32	SM	Gardner, Tom	Ilford	53	135	V40	Gillard, Matt	Southend	43: 06
33	V40	Wright, Tim	Orion H	32: 12	136	V50	Sargent, Rob	Ilford	17
34	SM	Anthony, Ian	Havering M	18	137	V60	Walker, Keith	Billericay S	28
35	SM	Prosser, Steve	Thurrock H	19	138	V50	Williams, Paul	Orion H	41
36	SM	Allworthy, David	Colchester H	20	139	V40	Martindale, Steve	Thurrock H	44: 37
37	V40	Foot, Barney	Orion H	25	140	V60	Jackson, Keith	Pitsea	46
38	V40	Read, Colin	Orion H	43	141	V40	Vincent, Nick	Southend	48
39	U20	Gibbon, Joe	CATS	45	142	V50	Clarke, John	Springfield S	52
40	V40	Ferguson, John	Cambridge & C	47	143	V70	Ross, Charlie	Chelmsford	57
41	SM	Newell, Kevin	Ilford	47	144	V60	Reed, Chris	Pitsea	45: 03
42	V40	Doel, Glenn	Colchester H	54	145	V40	Jordan, Simon	Phoenix S	08
43	SM	McGown, Neil	Orion H	56	146	V60	Butcher, Brian	Mid Essex C	10
44	SM	Clark, Ian	Orion H	58	147	V50	Frith, Ramon	Southend	11
45	V40	Spowage, Paul	Colchester H	58	148	V60	Smith, George	Thriff Green T	17
46	SM	Smith, James	Springfield S	33: 11	149	V60	Hart, John	Loughton	33
47	v40	Philcox, Stephen	Ilford	21	150	V50	Cheal, Steve	Ilford	46: 08
48	SM	Hoye, Ken	Chelmsford	24	151	V50	Bartlett, Gary	Orion H	25
49	U20	Finch, Alec	Thurrock H	26	152	V60	Costello, Neil	Cambridge & C	33
50	U20	Jones, Oliver	Ipswich (NS)	32	153	V50	Georgiou, George	Loughton	41
51	U20	Capel, A	Southend	34	154	SM	Watson, Jeremy	Havering M	47: 21
52	V40	Crisp, Neil	Ilford	35	155	V50	Mills, Eddie	Phoenix S	44
53	V50	Bridgeland, Mike	Chelmsford	40	156	V50	Williams, Steve	Chelmsford	55
54	U20	Law, Andy	Basildon	43	157	V60	Hobbs, David	Loughton	48: 04
55	SM	Horsburgh, Craig	Orion H	46	158	V50	Timpson, Steve	Orion H	35
56	U20	Swan, Kurtis	Billericay S	48	159	V40	Cambridge, Chris	Mid Essex C	44
57	V40	Bland, Matt	Havering M	49	160	V50	McCullagh, Nick	Mid Essex C	49: 20
58	V40	Lawless, Don	Thurrock H	53	161	V60	Hughes, Gwyn	Phoenix S	34
59	SM	Johnson, David	Thurrock H	54	162	V60	Bates, Peter	Pitsea	50: 00
60	SM	Raven, Stuart	Springfield S	55	163	V70	Dawson, Ron	Southend	51: 03
61	U20	Cross, Dennis	Thurrock H	34: 04	164	V50	Davis, Tony	Phoenix S	57
62	SM	Smith, Phil	Springfield S	09	165	SM	Maggio, Robert	Orion H (Guest)	52: 18
63	U20	Gifford, Tom	CATS	10	166	SM	Williams, Leighton	Mid Essex C	38
64	V40	Booty, Graham	Benfleet	11					
65	V40	West, Peter	Colchester H	13					
66	V40	Martin, Lee	Springfield S	18					
67	V50	Le Mare, Simon	Southend	24					
68	SM	Williams, James	Chelmsford	49					
69	V40	Hopkinson, Giles	Orion H	58					
70	V50	Metcalf, John	Thurrock H	35: 04					
71	V40	Happe, Joe	Orion H	10					
72	SM	Grange, Paul	Havering M	12					
73	V40	Kyriakides, Alec	Southend	15					
74	SM	Jackson, Sam	Havering M	18					
75	V50	Shelley, Earmon	Thurrock H	32					
76	SM	Anderson, Paul	Springfield S	36					
77	SM	Cook, Martin	East Essex Tri	37					
78	SM	Callis, Luke	Orion H	40					
79	V40	Cole, Leo	Witham	42					
80	SM	Lamb, Daniel	Basildon	48					
81	V40	Riches, Gary	CATS	54					
82	SM	McGill, Kieron	Benfleet	36: 01					
83	V40	Grout, Mike	Benfleet	05					
84	V40	Wisken, Greg	Mid Essex C	07					
85	SM	Hogan, Graham	Havering M	10					
86	V50	Catton, Andy	Ilford	12					
87	SM	Augustin, Dan	Mid Essex C	15					
88	O	Unknown,	Unknown	17					
89	V40	Jarvis, Greg	Southend	25					
90	V40	Ward, Barry	Havering M	31					
91	V60	Binns, Peter	Southend	40					
92	V40	Spain, Dave	Benfleet	45					
93	V40	Broadbent, Quinn	Orion H	48					
94	V40	Robinson, Reece	Benfleet	51					
95	SM	Syrett, Jason	Thurrock H	56					
96	V40	Bonham, Richard	Mid Essex C	37: 13					
97	V40	Brightwell, Simon	Cambridge & C	19					
98	V40	Instance, Nigel	Thurrock H	37					
99	V40	Holloway, Paul	Ilford	44					
100	V40	Lunn, Andy	Orion H	47					
101	U20	Green, Buddy	Orion H	49					
102	V40	Judd, Mike	Chelmsford	52					
103	V50	Tullett, Peter	Chelmsford	56					

Teams		
1	Chelmsford	72
2	Orion H	150
3	Colchester H	195
4	Havering M	197
5	Basildon	206
6	Southend	231
7	Thurrock H	253
8	Ilford	357
9	Springfield S	422
10	Benfleet	439
11	Cambridge & C	612
12	Mid Essex C	680
13	Phoenix S	840
14	Pitsea	562 (4)
15	Loughton	593 (4)
16	W. Suffolk	49 (3)
17	CATS	183 (3)
18	Billericay S	193 (2)
19	Tiptree	222 (2)
20	Witham	79 (1)