

Essex Cross Country League (5)

Sponsored by Runners Edge

Orion					Senior Men				
Pos	Cat	Name	Team	Time	Pos	Cat	Name	Team	Time
1	SM	Twist, Grant	Chelmsford	31: 02	61	V50	Shelley, Eamonn	Thurrock H	11
2	SM	Warner, Rob	Havering M	37	62	V50	Catton, Andy	Ilford	17
3	SM	Fewell, David	Chelmsford	42	63	SM	Augustin, Dan	Mid Essex C	27
4	SM	Webb, Grant	Basildon	32: 13	64	SM	Watson, Stuart	Benfleet	33
5	SM	Sellens, Chris	Colchester H (NS)	21	65	V40	Shields, Andrew	Cambridge & C	41
6	SM	Mussett, Adrian	Colchester H	27	66	U20	Malpass, Sam	Ilford	43
7	SM	Wright, Will	Chelmsford	46	67	V40	Riches, Gary	CATS	48
8	SM	Houghton, Alex	Thurrock H	53	68	SM	Hogan, Graham	Havering M	50
9	SM	Bailey, Lee	Orion H	54	69	U20	Green, Buddy	Orion H	56
10	U20	Kyriakides, Oliver	Southend	33: 01	70	V60	Bumstead, Mick	Thurrock H	39: 07
11	U20	Buckley-Stanton, Jamie	Havering M	07	71	V40	Spain, Dave	Benfleet	33
12	SM	Gardner, Tom	Ilford	25	72	V40	Cole, Leo	Witham	34
13	SM	Pickering, Lee	Chelmsford	29	73	SM	McHugh, Peter	Orion H	39
14	SM	Bent, Simon	Colchester H	32	74	V40	Rankin, Nick	Benfleet	46
15	V40	Rand, Steve	Havering M	48	75	SM	Nkrumah, Jeffrey	Ilford	40: 22
16	SM	McGown, Neil	Orion H	58	76	SM	Gosling, Glen	Orion H	23
17	SM	Strange, Stephen	Basildon	34: 14	77	V40	Ward, Barry	Havering M	23
18	V40	Smalls, Allen	Colchester H	15	78	SM	Allen, Tom	Mid Essex C	25
19	SM	Pritchard, Alan	Cambridge & C	18	79	V40	Broadbent, Quinn	Orion H	34
20	U20	Gillard, Rhys	Southend	27	80	V50	Shaw, Gerry	Orion H	39
21	V40	Spowage, Paul	Colchester H	29	81	V50	Hart, James	Orion H	48
22	V40	Read, Colin	Orion H	33	82	V40	Judd, Mike	Chelmsford	55
23	SM	Clark, Ian	Orion H	44	83	V40	Cousins, Lee	Braintree	58
24	SM	Briggs, Mike	Benfleet	52	84	V60	Binns, Peter	Southend	41: 03
25	V40	Rice, Scott	Thurrock H	54	85	V40	Venton, Brian	Chelmsford	08
26	V40	Wright, Tim	Orion H	58	86	SM	Cullen, Gary	Phoenix S	22
27	SM	Anthony, Ian	Havering M	35: 06	87	SM	Moon, Tony	Mid Essex C	29
28	V40	Foot, Barney	Orion H	11	88	V50	Ritchie, Charlie	Cambridge & C	31
29	V40	Clinch, Peter	Ilford	19	89	SM	Gordon, Adam	Pitsea	58
30	SM	Colgrave, Adam	Chelmsford	23	90	V40	Jarvis, Greg	Southend	42: 08
31	SM	Gibby, Rob	Colchester H	25	91	V50	Veall, Craig	Loughton	10
32	SM	Williams, James	Chelmsford	29	92	V50	Bennett, Bill	Orion H	10
33	V40	Bland, Matt	Havering M	36	93	SM	Colly, Stuart	Orion H	17
34	v40	Philcox, Stephen	Ilford	38	94	SM	Coulson, Myles	Braintree	41
35	V50	Bridgeland, Mike	Chelmsford	47	95	SM	Footer, Chris	Phoenix S	59
36	U20	Capel, A	Southend	36: 08	96	V50	Skinner, Edward	Tiptree	43: 09
37	SM	Nears, Jonathan	Colchester H	11	97	V50	Tullett, Peter	Chelmsford	38
38	SM	Newell, Kevin	Ilford	16	98	V40	Rayney, Duncan	Loughton	58
39	V40	Booty, Graham	Benfleet	20	99	V40	Jackson, Mark	Braintree	44: 23
40	U20	Millar, Alan	Southend	27	100	V60	Smith, Glyn	Cambridge & C	33
41	V40	Hopkinson, Giles	Orion H	27	101	SM	Green, Dan	Orion H	36
42	V40	Lawless, Don	Thurrock H	36	102	V40	Tawn, Paul	Mid Essex C	52
43	V40	Ferguson, John	Cambridge & C	42	103	SM	Collins, Tony	Havering M	45: 08
44	SM	Horsburgh, Craig	Orion H	49	104	V50	Hall, Graham	Orion H	20
45	V40	Crisp, Neil	Ilford	58	105	V40	Rowlett, Gary	Thurrock H	43
46	V40	Hart, Simon	Havering M	37: 06	106	V50	Bartlett, Gary	Orion H	47
47	SM	Grange, Paul	Havering M	08	107	V50	Johnson, Bernard	Thurrock H	57
48	SM	Hall, Auberon	Orion H	09	108	V50	Platt, John	Ilford	46: 01
49	SM	Smith, James	Springfield S	14	109	V40	Cahill, Gary	Thurrock H	05
50	V40	West, Peter	Colchester H	15	110	V60	Driscoll, John	Colchester H	18
51	V50	Julian, Kevin	Orion H	25	111	SM	Wheeldon, Paul	Springfield S	20
52	V40	O'Neill, Ian	Thrift Green T	28	112	V50	Meah, Gerald	Cambridge & C	58
53	SM	Carrington, Neil	Cambridge & C	30	113	V50	Williams, Paul	Orion H	47: 04
54	SM	Raven, Stuart	Springfield S	31	114	V40	Gillard, Matt	Southend	40
55	V50	Metcalf, John	Thurrock H	33	115	V40	Sewell, Adam	Braintree	46
56	V40	Kyriakides, Alec	Southend	40	116	SM	Chamberlain, Ben	Cambridge & C	49
57	V40	Tieman, Niall	Thrift Green T	42	117	V60	Jackson, Keith	Pitsea	58
58	V50	Brock, Dave	Orion H	44	118	SM	Godbold, Alan	Orion H	48: 12
59	V40	Wisken, Greg	Mid Essex C	38: 00	119	SM	Swain, Ryan	Chelmsford N/S	35
60	SM	Jackson, Sam	Havering M	07	120	V40	Hocken, Adam	Witham	47

Pos	Cat	Name	Team	Time	Teams	Time
121	V60	Vautier, R	Mid Essex C	49: 40	1	Chelmsford 86
122	V50	Frith, Ramon	Southend	58	2	Orion H 124
123	V40	Jordan, Simon	Phoenix S	50: 28	3	Colchester H 127
124	V40	Martindale, Steve	Thurrock H	34	4	Havering M 134
125	V70	Ross, Charlie	Chelmsford	38	5	Ilford 220
126	V60	Butcher, Brian	Mid Essex C	56	6	Southend 246
127	V50	Clarke, John	Springfield S	51: 04	7	Thurrock H 261
128	V50	McCullagh, Nick	Mid Essex C	12	8	Cambridge & C 369
129	V60	Bates, Peter	Pitsea	18	9	Benfleet 415
130	V50	Robinson, Paul	Orion H	29	10	Mid Essex C 513
131	u20	Nyabowa, Tinotenda	Ilford	35	11	Phoenix S 728
132	V60	Hobbs, David	Loughton	42	12	Springfield S 490 (5)
133	V50	Cheal, Steve	Ilford	52: 23	13	Braintree 393 (4)
134	V50	Mills, Eddie	Phoenix S	53: 26	14	Loughton 324 (3)
135	V60	Green, Roger	Orion H	54: 12	15	Pitsea 338 (3)
136	V50	Timpson, Steve	Orion H	15	16	Basildon 21 (2)
137	U20	Wa-Beya, Ridge	Ilford	16	17	Thrift Green T 109 (2)
138	V50	Wiggins, Colin	Havering M	55: 35	18	Witham 194 (2)
139	V50	Davis, Tony	Phoenix S	56	19	CATS 67 (1)
140	SM	Williams, Leighton	Mid Essex C	56: 08	20	Tiptree 97 (1)
141	V60	O'Rawe, Alan	Benfleet	16		
142	V60	Hughes, Gwyn	Phoenix S	37		
143	SM	Maggio, Robert	Orion H (Guest)	59		
144	V40	Pope, Sean	Springfield S	62: 08		