

Essex Cross Country Championships

Ashton Playing Fields

01/12/2012

Men V40

Pos	No	Name	Club	Time	Pos	No	Name	Club	Time
1	329	Allen Smalls	V40 Colchester Harriers	29: 01	61	414	Al Monte	V40 Southend AC	59
2	438	Scott Rice	V40 Thurrock Harriers	09	62	311	Dave Spain	V40 Benfleet RC	35: 13
3	385	Spencer Hempsted	V40 Ilford AC	11	63	374	Andre Besant	V40 Harwich Runners	15
4	371	Brian Herrington	V40 Harwich Runners	12	64	320	Martin Gibbs	V40 Chelmsford AC	17
5	462	Gareth Cavell	V40 Woodford Green AC	29	65	431	Keith Thornton	V40 Thrift Green Trotters	21
6	405	Colin Read	V40 Orion Harriers	32	66	413	Daren Capel	V40 Southend AC	23
7	394	Tim Wright	V40 Orion Harriers	34	67	399	Glen Gosling	V40 Orion Harriers	31
8	417	Paul Dobson	V40 Springfield Striders	40	68	341	Paul Thompson	V40 East London Runners	35
9	395	Barny Foot	V40 Orion Harriers	47	69	440	John Russell	V40 Thurrock Harriers	38
10	418	Gary Chandler	V40 Springfield Striders	56	70	464	Martin Mack	V40 Woodford Green AC w	39
11	318	Spencer Welch	V40 Billericay Striders	30: 08	71	376	Dennis Warner	V40 Harwich Runners	46
12	330	Glenn Doel	V40 Colchester Harriers	09	72	454	Tony Wallen	V40 Witham Running Club	54
13	302	Nick Wetheridge	V40 Basildon AC	11	73	463	Steve Lambert	V40 Woodford Green AC w	56
14	326	Paul Spowage	V40 Colchester Harriers	13	74	360	Graham Miller	V40 Great Bentley RC	58
15	419	Mark Waine	V40 Springfield Striders	15	75	328	Pat Marsh	V40 Colchester Harriers	36: 27
16	465	Ray Dzikowski	V40 Woodford Green AC	25	76	375	Nick Beales	V40 Harwich Runners	33
17	315	Andy Coleman	V40 Billericay Striders	29	77	345	Steve Adams	V40 Eton Manor AC	37: 03
18	435	John Green	V40 Thurrock Harriers	38	78	393	Duncan Rayney	V40 Loughton AC	18
19	386	Stephen Philcox	V40 Ilford AC	43	79	338	Dave Hallett	V40 East Essex Tri	19
20	377	Matthew Bland	V40 Havering Mayesbroo	49	80	350	Martin Hockey	V40 Eton Manor AC	40
21	379	Simon Hart	V40 Havering Mayesbroo	55	81	339	Mike Blerkom	V40 East Essex Tri	45
22	388	Peter Clinch	V40 Ilford AC	58	82	426	Paul Wheeldon	V40 Springfield Striders	48
23	370	Steve Cooper	V40 Harwich Runners	31: 04	83	415	Mathew Gillard	V40 Southend AC	52
24	327	Peter West	V40 Colchester Harriers	08	84	343	Grant Conway	V40 East London Runners	52
25	444	Paul Green	V40 Thurrock Harriers	08	85	439	Gary Rowlett	V40 Thurrock Harriers	38: 24
26	384	Neil Crisp	V40 Ilford AC	11	86	424	Jon Legge	V40 Springfield Striders	42
27	420	Lee Martin	V40 Springfield Striders	11	87	348	Anthony Lawson	V40 Eton Manor AC	47
28	304	Graham Booty	V40 Benfleet RC	15	88	396	Alan Goldbold	V40 Orion Harriers	39: 00
29	408	Neil Swift	V40 Orion Harriers	20	89	351	Lance Tabraham	V40 Eton Manor AC	14
30	432	John Baker	V40 Thrift Green Trotters	37	90	410	Julian Holder	V40 Pitsea RC	17
31	430	Kevin Harris	V40 Springfield Striders	39	91	411	John Tracey	V40 Pitsea RC	18
32	437	Don Lawless	V40 Thurrock Harriers	39	92	353	Chris Warren	V40 Great Bentley RC	26
33	404	Giles Hopkinson	V40 Orion Harriers	40	93	458	David Jobling	V40 Witham Running Club	41: 24
34	406	Joe Happe	V40 Orion Harriers	42	94	460	Colin Short	V40 Witham Running Club	43: 09
35	457	Pete Riley	V40 Witham Running Clu	53	95	461	Manoj Tripathi	V40 Witham Running Club	16
36	455	Leo Cole	V40 Witham Running Clu	59					
37	340	Andrew Baxter	V40 East London Runner	32: 03					
38	321	David Tullett	V40 Chelmsford AC	09					
39	323	Jeremy Freeman	V40 Chelmsford AC	20					
40	305	Alan Clark	V40 Benfleet RC	26					
41	421	Ian Cardy	V40 Springfield Striders	31					
42	301	Kevin Wotton	V40 Barking Road Runne	35					
43	335	Ian Gorge	V40 East Essex Tri	36					
44	337	Michael Stagg	V40 East Essex Tri	40					
45	369	Mark Rutter	V40 Harwich Runners	43					
46	354	Michael Simmons	V40 Great Bentley RC	52					
47	423	Darren Sutton	V40 Springfield Striders	33: 05					
48	416	Greg Jarvis	V40 Southend AC	11					
49	387	Tony Hyde	V40 Ilford AC	14					
50	314	Reece Robinson	V40 Benfleet RC	35					
51	334	Gary Riches	V40 Colchester and Tend	40					
52	309	Mike Grout	V40 Benfleet RC	44					
53	436	Nick Trencher	V40 Thurrock Harriers	55					
54	442	Nigel Instance	V40 Thurrock Harriers	34: 00					
55	322	Mike Judd	V40 Chelmsford AC	10					
56	373	Richard Flutter	V40 Harwich Runners	16					
57	336	Simon Rawlings	V40 East Essex Tri	29					
58	446	Simon Morgan	V40 Tiptree Road Runner	40					
59	325	Brian Venton	V40 Chelmsford AC	52					
60	422	Gary Joslin	V40 Springfield Striders	58					

Team Result

1	Colchester Harriers	51
2	Orion Harriers	51
3	Springfield Striders	60
4	Ilford AC	70
5	Thurrock Harriers	77
6	Harwich Runners	128
7	Woodford Green AC w	164
8	Benfleet RC	170
9	Springfield Striders 'B'	179
10	Chelmsford AC	191
11	Orion Harriers 'B'	222
12	East Essex Tri	223
13	Witham Running Club	236
14	Southend AC	258
15	Thurrock Harriers 'B'	261