

Essex Cross Country Championships

Hadleigh

05 January 2013

Senior Men

1	898	Tom Payn	SM	Run- Fast	46: 59
2	724	Grant Twist	SM	Chelmsford AC	47: 54
3	900	Tom Frith	SM	Southend AC	48: 21
4	996	Harold Wyber	SM	Woodford Green with Essex Ladies	35
5	820	Rob Warner	SM	Havering Mayesbrook	37
6	994	Darren Southcott	SM	Woodford Green with Essex Ladies	49: 06
7	745	Chris Sellens	SM	Colchester Harriers	25
8	982	Angus Holford	SM	Woodford Green with Essex Ladies	28
9	678	Billy Parker Brown	SM	Basildon AC	35
10	725	Dave Fewell	SM	Chelmsford AC	40
11	926	Tristan Windley	SM	Springfield Striders	43
12	987	Kevin Murphy	SM	Woodford Green with Essex Ladies	49
13	876	Jack Stroud	SM	Orion Harriers	50: 20
14	872	Lee Bailey	SM	Orion Harriers	51: 01
15	875	Frankie Conway	SM	Orion Harriers	11
16	825	Malcolm Muir	SM	Ilford AC	14
17	699	Crispian Bloomfield	SM	Billericay Striders	23
18	944	Alex Houghton	SM	Thurrock Harriers	44
19	729	Ryan Prout	SM	Chelmsford AC	52
20	999	Ben Whitworth	SM	Woodford Green with Essex Ladies	53
21	751	John Fryer	SM	Colchester Harriers	52: 10
22	855	Neil McGoun	SM	Orion Harriers	14
23	976	Gareth Cavell	SM	Woodford Green with Essex Ladies	16
24	810	Gramme Knott	SM	Harwich Runners	20
25	873	Daniel Moses	SM	Orion Harriers	23
26	977	Louis Clark	SM	Woodford Green with Essex Ladies	29
27	989	Jim Roche	SM	Woodford Green with Essex Ladies	46
28	807	Robert Reason	SM	Harwich Runners	55
29	759	Simon Bent	SM	Colchester Harriers	53: 08
30	932	Chris Burgoyne	SM	Springfield Striders	23
31	990	Tony Russell	SM	Woodford Green with Essex Ladies	43
32	747	Allen Smalls	SM	Colchester Harriers	44
33	750	Wesley Benton	SM	Colchester Harriers	54: 04
34	749	Rob Gibby	SM	Colchester Harriers	05
35	928	Greg Deacon	SM	Springfield Striders	35
36	865	Barny Foot	SM	Orion Harriers	52
37	861	Ian Clark	SM	Orion Harriers	55: 06
38	829	Stephen Philcox	SM	Ilford AC	27
39	731	Ken Hoye	SM	Chelmsford AC	45
40	705	Spencer Welch	SM	Billericay Striders	54
41	733	Mick Bridgeland	SM	Chelmsford AC	57
42	909	Peter Smale	SM	Southend AC	56: 00
43	812	Ian Anthony	SM	Havering Mayesbrook	09
44	973	Gary Bagnall	SM	Victoria Park Harriers	16
45	988	Tony Pamphilon	SM	Woodford Green with Essex Ladies	18
46	992	Chris Shepherd	SM	Woodford Green with Essex Ladies	18
47	697	Dave Butler	SM	Billericay Striders	57: 04
48	935	John Barker	SM	Thrift Green Trotters	07
49	753	David Allworthy	SM	Colchester Harriers	09
50	742	Paul Owen	SM	Chelmsford AC	12
51	925	James Smith	SM	Springfield Striders	19
52	813	Mat Bland	SM	Havering Mayesbrook	26
53	681	Graham Booty	SM	Benfleet RC	32
54	833	Peter Clinch	SM	Ilford AC	46
55	970	Don Lawless	SM	Thurrock Harriers	51

Results by:

Chris Akehurst (Colchester Harriers)

Roy Meadowcroft (Chelmsford AC)

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56	919	Paul Jeggo	SM	Springfield Striders		59
57	818	Simon Hart	SM	Havering Mayesbrook	58:	02
58	754	Jon Nears	SM	Colchester Harriers		05
59	906	Simon LeMare	SM	Southend AC		22
60	828	Kevin Newell	SM	Ilford AC		44
61	979	Joe Everitt	SM	Woodford Green with Essex Ladies		47
62	799	Russ Sharp	SM	Great Bentley		50
63	682	Billie Burroughs	SM	Benfleet RC		51
64	923	Stuart Raven	SM	Springfield Striders		54
65	821	Sam Jackson	SM	Havering Mayesbrook	59:	06
66	688	Mike Grout	SM	Benfleet RC		12
67	867	Colin Read	SM	Orion Harriers		31
68	869	Dan Penfold	SM	Orion Harriers		41
69	947	David Johnson	SM	Thurrock Harriers		47
70	744	James Williams	SM	Chelmsford AC		54
71	937	Ian O'Neill	SM	Thrift Green Trotters		58
72	689	Andy Morris	SM	Benfleet RC	60:	02
73	834	Paul Holloway	SM	Ilford AC		12
74	766	Ian George	SM	East Essex Tri		29
75	936	Nick Knight	SM	Thrift Green Trotters		35
76	941	Sion Parry	SM	Thrift Green Trotters		36
77	690	Terence Spooner	SM	Benfleet RC		44
78	931	Paul Anderson	SM	Springfield Striders		50
79	686	Nick Rankin	SM	Benfleet RC		52
80	905	Alec Kyrakides	SM	Southend AC	61:	03
81	835	Terry Knightley	SM	Ilford AC		08
82	957	Eamonn Shelley	SM	Thurrock Harriers		13
83	848	Greg Wisken	SM	Mid Essex Casuals		37
84	798	Roger Alexander	SM	Great Bentley		50
85	849	Daniel Augustin	SM	Mid Essex Casuals	62:	02
86	830	Sam Rahman	SM	Ilford AC		08
87	693	Dave Spain	SM	Benfleet RC		20
88	956	Michael Bumstead	SM	Thurrock Harriers		24
89	968	Mark Cable	SM	Thurrock Harriers		48
90	687	Reece Robinson	SM	Benfleet RC		52
91	761	Chris Manby	SM	Colchester Harriers		53
92	762	Marcus Lemus	SM	Colchester Harriers		58
93	868	Joe Happe	SM	Orion Harriers	63:	03
94	819	Robert Dickenson	SM	Havering Mayesbrook		13
95	805	Dan Foster	SM	Great Bentley		15
96	974	Leo Cole	SM	Witham Running Club		31
97	985	Martin Mack	SM	Woodford Green with Essex Ladies		34
98	954	Nigel Instance	SM	Thurrock Harriers		37
99	680	Jez Mancer	SM	Benfleet RC		43
100	981	Alistair Holford	SM	Woodford Green with Essex Ladies		45
101	917	David Gibbon	SM	Southend AC	64:	01
102	691	Matt Cops	SM	Benfleet RC		03
103	991	Richard Hogg	SM	Woodford Green with Essex Ladies		04
104	826	Neil Crisp	SM	Ilford AC		20
105	789	Adrian Frost	SM	Eton Manor AC		23
106	962	Jason Syrett	SM	Thurrock Harriers		27
107	698	Eamon Brown	SM	Billericay Striders		39
108	856	Craig Horsburgh	SM	Orion Harriers		55
109	984	Steve Lambert	SM	Woodford Green with Essex Ladies		56
110	904	Greg Jarvis	SM	Southend AC	65:	08

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111	927	Gary Joslin	SM	Springfield Striders	26
112	986	Chris Maybin	SM	Woodford Green with Essex Ladies	36
113	953	Nicholas Trencher	SM	Thurrock Harriers	57
114	803	Ben Ficken	SM	Great Bentley	59
115	933	Keith Thornton	SM	Thrift Green Trotters	66: 03
116	801	John Booty	SM	Great Bentley	09
117	871	Graham Hall	SM	Orion Harriers	29
118	772	Nelson Anderson	SM	East Essex Tri	33
119	899	Daren Capel	SM	Southend AC	67: 12
120	959	John Russell	SM	Thurrock Harriers	15
121	712	Danny Brady	SM	Castle Point	28
122	843	Craig Veall	SM	Loughton	44
123	784	Gavin Stebbing	SM	East London Runners	48
124	781	Russell Price	SM	East London Runners	49
125	704	Lloyd Miles	SM	Billericay Striders	50
126	995	Paul Stockings	SM	Woodford Green with Essex Ladies	59
127	716	Peter Osborne	SM	Castle Point	68: 08
128	797	Michael Simmons	SM	Great Bentley	10
129	930	Andrew Mason	SM	Springfield Striders	11
130	746	Paul Helliwell	SM	Colchester Harriers	14
131	940	Philip Cooper	SM	Thrift Green Trotters	16
132	943	James Marshall	SM	Thrift Green Trotters	23
133	740	Peter Tullett	SM	Chelmsford AC	26
134	895	Wayne Russell	SM	Pitsea RC	27
135	785	Steve Adams	SM	Eton Manor AC	28
136	684	Keiron McGill	SM	Benfleet RC	69: 01
137	787	Dave Daugirda	SM	Eton Manor AC	05
138	760	Andrew Raynor	SM	Colchester Harriers	07
139	877	Gary Cullen	SM	Phoenix Striders	10
140	764	Gary Cardnell	SM	Dagenham 88 Runners	22
141	851	Antony Moon	SM	Mid Essex Casuals	35
142	993	Tom Spanyol	SM	Woodford Green with Essex Ladies	48
143	774	Paul Thompson	SM	East London Runners	70: 12
144	836	Stephen Parker	SM	Ilford AC	27
145	778	Peter Rains	SM	East London Runners	32
146	911	Al Monte	SM	Southend AC	48
147	711	Myles Coulson	SM	Braintree and District	57
148	802	Barry Martin	SM	Great Bentley	71: 05
149	972	Ted Skinner	SM	Tiptree Road Runners	52
150	864	Stuart Colley	SM	Orion Harriers	72: 14
151	842	Duncan Rayney	SM	Loughton	31
152	922	Andy Thomas	SM	Springfield Striders	73: 24
153	767	Paul Gribbon	SM	East Essex Tri	45
154	757	Pat Marsh	SM	Colchester Harriers	45
155	892	John Tracey	SM	Pitsea RC	74: 08
156	850	Leighton Williams	SM	Mid Essex Casuals	13
157	788	Simon Deville	SM	Eton Manor AC	14
158	800	Paul Carlisle	SM	Great Bentley	19
159	924	Paul Bridges	SM	Springfield Striders	27
160	790	Dan Hall	SM	Eton Manor AC	40
161	879	Chris Footer	SM	Phoenix Striders	41
162	939	Melvyn Cooper	SM	Thrift Green Trotters	75: 32
163	783	Emmet Fitzgibbon	SM	East London Runners	41
164	859	Paul Williams	SM	Orion Harriers	76: 27
165	804	Mark Ross	SM	Great Bentley	49

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166	769	Darren Cassidy	SM	East Essex Tri	77:	20
167	710	Ryan Askew	SM	Braintree and District		58
168	709	Matt Stenning	SM	Billericay Striders	78:	07
169	847	Brian Butcher	SM	Mid Essex Casuals		26
170	921	John Clarke	SM	Springfield Striders		41
171	814	Tony Collins	SM	Havering Mayesbrook		48
172	721	Gavin Etheridge	SM	Castle Point		58
173	796	Lance Tabraham	SM	Eton Manor AC	79:	21
174	896	Owen Wilkins	SM	Pitsea RC		59
175	934	George Smith	SM	Thrift Green Trotters	81:	17
176	714	Mike Hopkins	SM	Castle Point		31
177	777	Dan Spinks	SM	East London Runners	82:	48
178	891	Peter Bates	SM	Pitsea RC	83:	11
179	846	Ray Vautier	SM	Mid Essex Casuals		30
180	884	Dave Lane	SM	Phoenix Striders		38
181	715	Nick McCullagh	SM	Castle Point		44
182	894	Adam Gordon	SM	Pitsea RC	84:	06
183	713	Chris Cammidge	SM	Castle Point		55
184	838	George Georgiou	SM	Loughton	85:	43
185	963	John Arthur	SM	Thurrock Harriers		46
186	897	Andrew Chaplin	SM	Pitsea RC	87:	17
187	719	Paul Eve	SM	Castle Point		23
188	770	Patrick Cassidy	SM	East Essex Tri		24
189	881	Gwyn Hughes	SM	Phoenix Striders	89:	59
190	885	David 'Eddie' Mills	SM	Phoenix Striders	90:	53
191	883	Simon Jordan	SM	Phoenix Striders	93:	42
192	736	Stephen Williams	SM	Chelmsford AC	94:	14
193	706	Ernie Easterby	SM	Billericay Striders	99:	07

Team Result

1	Woodford Green with Essex Ladies	73
2	Orion Harriers	125
3	Colchester Harriers	156
4	Chelmsford AC	161
5	Woodford Green with Essex Ladies 'B'	236
6	Springfield Striders	247
7	Havering Mayesbrook	316
8	Ilford AC	322
9	Southend AC	395
10	Thurrock Harriers	401
11	Benfleet RC	410
12	Orion Harriers 'B'	490
13	Billericay Striders	504
14	Thrift Green Trotters	516
15	Colchester Harriers 'B'	558
16	Great Bentley	599
17	Woodford Green with Essex Ladies 'C'	647
18	Springfield Striders 'B'	799
19	Mid Essex Casuals	813
20	Eton Manor AC	867
21	East London Runners	875
22	Castle Point	960
23	Pitsea RC	1009
24	Phoenix Striders	1050

Results by:

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