

Essex Cross Country League (4)

Sponsored by Runners Edge

| <u>Southend</u> | | | | <u>11 January 2014</u> | <u>Senior Men</u> | |
|-----------------|--------|---------------------|----------------|------------------------|------------------------|---------|
| Pos | Age Gp | Name | Team | Time | Teams | Teams |
| 1 | SM | Grant Twist | Chelmsford | 22: 42 | 1 Southend | 92 |
| 2 | SM | Guest | Cambridge & C | : 58 | 2 Cambridge & C | 139 |
| 3 | SM | David Gibbon | Southend | 23: 02 | 3 Chelmsford | 148 |
| 4 | SM | Grant Webb | Basildon | : 16 | 4 Colchester H | 151 |
| 5 | SM | Rob Warner | Havering M | : 17 | 5 Orion H | 173 |
| 6 | U20 | Tom Richardson | Basildon | : 29 | 6 Thurrock H | 222 |
| 7 | U20 | Kieran Wood | Cambridge & C | : 38 | 7 Havering M | 235 |
| 8 | U20 | Mac Delo | W. Suffolk | : 44 | 8 Benfleet | 384 |
| 9 | SM | Oliver Kyriakides | Southend | : 56 | 9 Springfield S | 311 (5) |
| 10 | SM | Chris Sellens | Colchester H | 24: 00 | 10 Phoenix S | 505 (5) |
| 11 | SM | Tom Stevens | Cambridge & C | : 02 | 11 Pitsea | 531 (5) |
| 12 | SM | Mark Woodley | Chelmsford | : 19 | 12 Basildon | 197 (4) |
| 13 | U20 | Rhys Gillard | Southend | : 30 | 13 Ilford | 303 (4) |
| 14 | U20 | Darren Blackwell | Chelmsford | : 39 | 14 Mid Essex C | 404 (4) |
| 15 | SM | Brian Jenkins | Orion H | : 42 | 15 Thrift Green T | 99 (2) |
| 16 | SM | Alex Houghton | Thurrock H | : 54 | 16 Loughton | 194 (2) |
| 17 | V40 | Allen Smalls | Colchester H | : 58 | 17 W. Suffolk | 8 (1) |
| 18 | SM | Tom Cammack | Springfield S | 25: 01 | 18 Witham | 52 (1) |
| 19 | U20 | Ashley Capel | Southend | : 08 | 19 Braintree | 85 (1) |
| 20 | SM | Ian Anthony | Havering M | : 10 | 20 Tiptree | 89 (1) |
| 21 | SM | David Allworthy | Colchester H | : 11 | 21 Billericay Striders | 124 (1) |
| 22 | SM | Oliver Park | Cambridge & C | : 14 | | |
| 23 | SM | Patrick Walsh | Southend | : 28 | | |
| 24 | V40 | Colin Read | Orion H | : 31 | | |
| 25 | SM | Lee Taylor | Southend | : 33 | | |
| 26 | SM | Ian Clark | Orion H | : 40 | | |
| 27 | V40 | Craig Dyce | Cambridge & C | : 52 | | |
| 28 | V50 | Colin Ridley | Colchester H | : 55 | | |
| 29 | V40 | Matt Bland | Havering M | : 59 | | |
| 30 | SM | Tim Ballard | Colchester H | 26: 08 | | |
| 31 | SM | Neil McGown | Orion H | : 15 | | |
| 32 | SM | Richard Park | Cambridge & C | : 16 | | |
| 33 | V40 | Neil Swift | Orion H | : 17 | | |
| 34 | SM | Peter Smale | Southend | : 18 | | |
| 35 | V40 | Scott Rice | Thurrock H | : 22 | | |
| 36 | U20 | Tom Lyn-Jones | Thurrock H | : 37 | | |
| 37 | V40 | John Green | Thurrock H | : 38 | | |
| 38 | V50 | Mick Bridgeland | Chelmsford | : 41 | | |
| 39 | V40 | Paul Holloway | Ilford | : 48 | | |
| 40 | SM | Graeme Kennedy | Cambridge & C | : 51 | | |
| 41 | SM | James Williams | Chelmsford | 27: 08 | | |
| 42 | SM | Adam Colgrave | Chelmsford | : 08 | | |
| 43 | U20 | Andrew Holland | Havering M | : 12 | | |
| 44 | V40 | George Banbury | Orion H | : 13 | | |
| 45 | SM | Marc Harrod | Colchester H | : 14 | | |
| 46 | SM | Nelson Wandasiewicz | Thrift Green T | : 16 | | |
| 47 | V40 | Ty Barrer | Southend | : 17 | | |
| 48 | V40 | Don Lawless | Thurrock H | : 18 | | |
| 49 | U20 | James Hall | Benfleet | : 27 | | |
| 50 | SM | Anthony Tobin | Thurrock H | : 28 | | |
| 51 | V40 | Alec Kyriakides | Southend | : 32 | | |
| 52 | V40 | Leo Cole | Witham | : 33 | | |
| 53 | V40 | John Barker | Thrift Green T | : 40 | | |
| 54 | V40 | Alan Clark | Benfleet | : 48 | | |
| 55 | SM | Lee Whitehead | Cambridge & C | 28: 21 | | |
| 56 | V40 | Terry Spooner | Benfleet | : 25 | | |
| 57 | SM | Rob Smith | Colchester H | : 31 | | |
| 58 | V40 | David Wilson | Orion H | : 42 | | |
| 59 | V40 | Greg Wisken | Mid Essex C | : 43 | | |
| 60 | SM | Andy Doig | Pitsea | : 47 | | |
| 61 | SM | Luke Jackson | Havering M | : 49 | | |
| 62 | SM | Kieron McGill | Benfleet | : 55 | | |
| 63 | V50 | John Metcalf | Thurrock H | : 57 | | |
| 64 | V40 | Glen Gosling | Orion H | : 58 | | |
| 65 | V60 | Mike Burnstead | Thurrock H | 29: 08 | | |
| 66 | SM | Stuart Colley | Orion H | : 28 | | |
| 67 | V40 | Alan Monte | Southend | : 36 | | |
| 68 | SM | Mark Buckley | Springfield S | : 38 | | |
| 69 | V40 | Jon Byford | Springfield S | : 39 | | |
| 70 | V40 | Martin Mack | Thurrock H | : 40 | | |
| 71 | V40 | Bradley Brown | Ilford | : 49 | | |
| 72 | V50 | Dave Brock | Orion H | : 50 | | |
| 73 | V40 | John Whitehouse | Loughton | : 58 | | |
| 74 | V50 | Peter Tullett | Chelmsford | : 59 | | |
| 75 | SM | Dan Quartly | Springfield S | 30: 00 | | |
| 76 | SM | Buddy Green | Orion H | : 21 | | |
| 77 | V40 | Barry Ward | Havering M | : 27 | | |
| 78 | V50 | Chris Togwell | Ilford | : 30 | | |
| 79 | SM | Michael Cerny | Benfleet | : 43 | | |
| 80 | V40 | David Findlay | Basildon | : 52 | | |
| 81 | V50 | Tim Brockington | Springfield S | 31: 04 | | |
| 82 | V40 | Gary Cahill | Thurrock H | : 10 | | |
| 83 | SM | Chris Footer | Phoenix S | : 31 | | |
| 84 | V40 | Graham Crockett | Benfleet | : 37 | | |

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Senior Men

| | | | | | |
|-----|-----|-------------------|---------------|-----|----|
| 85 | V40 | Myles Coulson | Braintree | : | 42 |
| 86 | U20 | Alex Chrisostomou | Orion H | : | 46 |
| 87 | V50 | Bill Bennett | Orion H | : | 59 |
| 88 | V50 | Bernard Johnson | Thurrock H | 32: | 18 |
| 89 | V50 | Ted Skinner | Tiptree | : | 21 |
| 90 | V50 | Bryan Newman | Orion H | : | 23 |
| 91 | SM | Ben Shore | Orion H | : | 29 |
| 92 | SM | Stephen Harris | Phoenix S | : | 31 |
| 93 | V40 | Matt Gillard | Southend | : | 37 |
| 94 | SM | Alan Huckle | Cambridge & C | : | 46 |
| 95 | V50 | Quinton Broadbent | Orion H | : | 51 |
| 96 | V50 | Gary Bartlett | Orion H | : | 52 |
| 97 | V50 | Gary Howard | Havering M | : | 58 |
| 98 | V40 | Julian Davies | Havering M | 33: | 05 |
| 99 | V50 | Grant Corton | Orion H | : | 17 |
| 100 | V40 | Ian Glover | Southend | : | 24 |
| 101 | SM | James Hunton | Chelmsford | : | 26 |
| 102 | V50 | Paul Williams | Orion H | : | 35 |
| 103 | V50 | Dave Lane | Phoenix S | : | 50 |
| 104 | V50 | Stephen Middleton | Southend | 34: | 06 |
| 105 | SM | Jon Brown | Southend | : | 34 |
| 106 | V40 | Andrew Dodd | Orion H | : | 40 |
| 107 | SM | Ricky Bullis | Basildon | : | 42 |
| 108 | V60 | Bob Jousiffe | Orion H | : | 55 |
| 109 | V40 | Nick Vincent | Southend | 35: | 12 |
| 110 | V50 | Richard Goad | Pitsea | : | 38 |
| 111 | SM | Robert Frost | Phoenix S | : | 50 |
| 112 | V60 | Brian Butcher | Mid Essex C | 36: | 1 |
| 113 | V40 | Nigel Pointer | Pitsea | : | 49 |
| 114 | V60 | David Game | Mid Essex C | 37: | 14 |
| 115 | V50 | Steve Cheal | Ilford | 38: | 52 |
| 116 | V50 | Eddie Mills | Phoenix S | 39: | 4 |
| 117 | V50 | Paul Hart | Orion H | : | 27 |
| 118 | V70 | Charlie Ross | Chelmsford | : | 29 |
| 119 | SM | Leighton Williams | Mid Essex C | : | 33 |
| 120 | V50 | Peter Bulaitis | Orion H | : | 34 |
| 121 | V60 | David Hobbs | Loughton | 40: | 3 |
| 122 | V60 | Peter Bates | Pitsea | 41: | 1 |
| 123 | V50 | Colin Wiggins | Havering M | : | 26 |
| 124 | V70 | Ernie Easterby | Billericay S | 42: | 13 |
| 125 | V50 | Steve Williams | Chelmsford | 44: | 22 |
| 126 | V40 | David Davidson | Pitsea | 46: | 51 |