

Essex Cross Country Championships

Ashton Playing Fields

30/11/2013

Men V40

Pos	No	Name	Club	Time	Pos	No	Name	Club	Time
1	529	Adrian Mussett	V40 Colchester Harriers	26: 36	61	544	Simon Deville	V40 Eton Manor AC	36: 06
2	569	Spencer Hempsted	V40 Ilford AC	28: 26	62	572	Gary Floate	V40 Ilford AC	09
3	528	Allen Smalls	V40 Colchester Harriers	41	63	547	Martin Hockey	V40 Eton Manor AC	21
4	612	Gary Chandler	V40 Springfield Striders	52	64	599	Glen Irwin	V40 Orion Harriers	28
5	641	Gareth Cavell	V40 Woodford Green AC	29: 02	65	601	Tony Balding	V40 Southend AC	32
6	585	Barny Foot	V40 Orion Harriers	13	66	542	Steve Adams	V40 Eton Manor AC	37: 17
7	595	Colin Read	V40 Orion Harriers	21	67	537	Grant Conway	V40 East London Runners	24
8	643	Jim Roche	V40 Woodford Green AC	23	68	571	Daniel Cogan	V40 Ilford AC	44
9	562	Matthew Bland	V40 Havering Mayesbrook	34	69	548	Lance Tabraham	V40 Eton Manor AC	38: 15
10	525	Rob Gibby	V40 Colchester Harriers	38	70	576	Steve Luton	V40 Loughton AC	25
11	617	Scott Rice	V40 Thurrock Harriers	42	71	558	Paul Kerrison	V40 Harwich Runners	55
12	609	Paul Dobson	V40 Springfield Striders	46	72	579	Gary Cooper	V40 Loughton AC	39: 10
13	597	Neil Swift	V40 Orion Harriers	49	73	614	Alistair Gillan	V40 Springfield Striders	40: 45
14	570	Stephen Philcox	V40 Ilford AC	30: 03	74	602	Niel Hallam	V40 Southend AC	41: 55
15	608	Mark Waine	V40 Springfield Striders	13	75	631	Mohammed Allali	V40 Thurrock Harriers	42: 42
16	545	Toby Froschaver	V40 Eton Manor AC	29	76	600	John Tracey	V40 Pitsea RC	43: 11
17	516	Spencer Welch	V40 Billericay Striders	36					
18	594	Giles Hopkinson	V40 Orion Harriers	37					
19	611	Kev Harris	V40 Springfield Striders	40					
20	619	John Green	V40 Thurrock Harriers	45					
21	635	Leo Cole	V40 Witham Running Clu	52					
22	566	Martin Chester	V40 Havering Mayesbrook	54					
23	574	Paul Holloway	V40 Ilford AC	57					
24	590	Simon Laver	V40 Orion Harriers	31: 08					
25	513	Andy Coleman (B)	V40 Billericay Striders	16					
26	568	Kevin Wotton	V40 Ilford AC	29					
27	605	Alec Kyriakides	V40 Southend AC	35					
28	503	Alan Clark	V40 Benfleet RC	59					
29	559	Steve Cooper	V40 Harwich Runners	32: 01					
30	539	Manjit Bedi	V40 East London Runners	03					
31	596	Joe Happe	V40 Orion Harriers	04					
32	618	Don Lawless	V40 Thurrock Harriers	07					
33	534	Andrew Baxter	V40 East London Runners	13					
34	518	Andrew Wright	V40 Billericay Striders	13					
35	540	Danny Lee	V40 East London Runners	31					
36	541	Ciaran Canavan	V40 East London Runners	38					
37	621	Nick Trencher	V40 Thurrock Harriers	47					

Team Result

1	Orion Harriers	44
2	Springfield Striders	50
3	Colchester Harriers	55
4	Ilford AC	65
5	Thurrock Harriers	100
6	Billericay Striders	115
7	East London Runners	134
8	Orion Harriers 'B'	165
9	Witham Running Club	184
10	Eton Manor AC	199
11	Harwich Runners	206
12	Southend AC	209
13	Thurrock Harriers 'B'	230

38	533	Gary Riches	V40	Colchester and Tend	33:	03
39	514	Robin McCoy	V40	Billericay Striders		12
40	642	Steve Lambert	V40	Woodford Green AC		16
41	531	Simon Smith	V40	Colchester Harriers		23
42	512	Graham Crockett	V40	Benfleet RC		24
43	604	Al Monte	V40	Southend AC		26
44	530	David Wright	V50	Colchester Harriers		27
45	582	Greg Wisken	V40	Mid Essex Casuals		28
46	589	Glen Gosling	V40	Orion Harriers		37
47	636	Pete Riley	V40	Witham Running Clu		43
48	624	John Russell	V40	Thurrock Harriers		46
49	625	Dave Marchant	V40	Thurrock Harriers		51
50	517	Paul Lodge	V40	Billericay Striders		52
51	561	Andre Besant	V40	Harwich Runners	34:	15
52	535	Paul Thompson	V40	East London Runners		30
53	615	Ken Hands	V40	Springfield Striders		34
54	567	Darren Priestley	V40	Havering Mayesbrook		56
55	560	Richard Flutter	V40	Harwich Runners		58
56	634	Tony Wallen	V40	Witham Running Clu	35:	22
57	527	Pat Marsh	V40	Colchester Harriers		40
58	632	Toby Draper	V40	Thurrock Harriers		48
59	549	Bob Sommerville	V40	Eton Manor AC		53
60	640	Terry Alabaster	V40	Witham Running Clu		55

