

Essex Cross Country Championships

Ashton Playing Fields

30/11/2013

Men V50

Pos	No	Name	Club	Time	Pos	No	Name	Club	Time
1	9	Dave Butler	V60 Billericay Striders	28: 55	61	148	Mark Williams	V50 Witham Running Club	26
2	37	Paul Spowage	V50 Colchester Harriers	29: 32	62	39	Ramesh Pala	V50 East London Runners	34
3	113	Dean Moy	V50 Orion Harriers	57	63	116	Chris Reed	V60 Pitsea Running Club	45
4	33	Colin Ridley	V50 Colchester Harriers	30: 01	64	63	Nick Beales	V50 Harwich Runners	49
5	159	Raymond Dzikowski	V50 Woodford Green with	36	65	125	Stephen Middleton	V50 Southend AC	39: 00
6	71	Paul Berrett	V50 Havering Mayesbrook	41	66	103	Gerry Shaw	V50 Orion Harriers	10
7	153	Tony Pamphilon	V50 Woodford Green with	49	67	109	David Thomas	V50 Orion Harriers	15
8	163	Dave Cox	V60 Woodford Green with	31: 00	68	12	Keith Walker	V60 Billericay Striders	18
9	132	Paul Jeggo	V50 Springfield Striders	04	69	131	Robert Rodie	V50 Springfield Striders	35
10	25	Mick Bridgeland	V50 Chelmsford AC	09	70	119	Jim Russell	V50 Pitsea Running Club	49
11	134	Eamonn Shelley	V50 Thurrock Harriers	54	71	114	James Hart	V50 Orion Harriers	51
12	156	Alan Rugg	V50 Woodford Green with	32: 05	72	106	Paul Williams	V50 Orion Harriers	54
13	11	Mark Gowers	V50 Billericay Striders	09	73	86	Rob Sargent	V50 Ilford AC	59
14	129	Ian Cardy	V50 Springfield Striders	10	74	46	John Few	V70 Eton Manor AC	40: 03
15	51	Paul Cates	V50 Eton Manor AC	11	75	118	Richard Goad	V50 Pitsea Running Club	17
16	101	Kevin Julian	V50 Orion Harriers	21	76	96	Jim Whiffin	V50 Loughton AC	30
17	32	David Wright	V50 Colchester Harriers	27	77	122	Bosco De Souza	V50 Pitsea Running Club	41: 16
18	53	Quamil Isufaj	V50 Eton Manor AC	31	78	99	Brian Butcher	V60 Mid Essex Casuals	35
19	16	Kevin Jacob	V50 Billericay Striders	39	79	18	Nigel Burvill	V60 Billericay Striders	37
20	1	Nick Rankin	V50 Benfleet RC	47	80	97	David Game	V60 Mid Essex Casuals	49
21	133	Chris Purse	V50 Springfield Striders	48	81	19	Mike Hayward	V50 Castle Point Joggers	58
22	8	Ian Budge	V50 Billericay Striders	51	82	40	Tom Woods	V60 East London Runners	42: 04
23	135	Jon Metcalf	V50 Thurrock Harriers	53	83	149	Johnny Kerr	V50 Witham Running Club	34
24	78	Neil Crisp	V50 Ilford AC	33: 02	84	38	Frank Brownlie	V60 East London Runners	36
25	100	Eric Paul	V50 Orion Harriers	04	85	50	John Wilks	V60 Eton Manor AC	40
26	5	Mick Valbonesi	V50 Benfleet RC	07	86	23	Charlie Ross	V70 Chelmsford AC	45
27	26	Peter Tullett	V50 Chelmsford AC	10	87	120	Peter McLaughlin	V50 Pitsea Running Club	51
28	108	Gary Bartlett	V50 Orion Harriers	11	88	130	Ken Edwards	V60 Springfield Striders	52
29	62	Mark Rutter	V50 Harwich Runners	12	89	76	Steve Cheal	V50 Ilford AC	43: 20
30	141	Mick Bumstead	V60 Thurrock Harriers	22	90	150	Stuart Phillips	V50 Woodford Green with f	39
31	49	Ian Lambert	V50 Eton Manor AC	34: 02	91	21	Ray Vautier	V60 Castle Point Joggers	54
32	4	Colin Rothwell	V50 Benfleet RC	14	92	15	Ian Carmichael	V50 Billericay Striders	44: 27
33	2	Andy Morris	V50 Benfleet RC	17	93	98	John Pettifer	V60 Mid Essex Casuals	33
34	157	Andy Coleman (W)	V50 Woodford Green with	30	94	142	Pat Dobbs	V70 Thurrock Harriers	58
35	115	Quin Broadbent	V50 Orion Harriers	34	95	144	Colin Short	V60 Witham Running Club	45: 49
36	36	Arthur Whiston	V60 Colchester Harriers	40	96	68	Kevin White	V50 Havering Mayesbrook	51
37	124	Peter Binns	V60 Southend AC	47	97	92	David Hobbs	V60 Loughton AC	46: 00

38	47	Adrian Frost	V50	Eton Manor AC		51	98	72	Colin Wiggins	V50	Havering Mayesbrook	58
39	3	Kevin Sexton	V50	Benfleet RC		56	99	29	Gerry Daniel	V60	Chelmsford AC	47: 26
40	64	John Francis	V50	Harwich Runners	35:	06	100	82	Graham Williams	V70	Ilford AC	45
41	52	Dave Daugirda	V50	Eton Manor AC		11	101	123	Ronald Dawson	V70	Southend AC	48: 08
42	7	Eamon Brown	V50	Billericay Striders		20	102	13	Ernie Easterby	V70	Billericay Striders	30
43	10	Gerry O'Doherty	V50	Billericay Striders		35	103	69	Derick Earney	V50	Havering Mayesbrook	40
44	24	Stuart Robertson	V50	Chelmsford AC		45						
45	126	Tim Brockington	V50	Springfield Striders		49						
46	137	Phil Oatham	V50	Thurrock Harriers		54						
47	17	Steve Foggo	V50	Billericay Striders	36:	01						
48	105	Bill Bennett	V50	Orion Harriers		04						
49	145	Mark Austin	V50	Witham Running Clu		54						
50	65	Steven Kent	V50	Harwich Runners		54						
51	56	John Tennant	V60	Harlow Running Club		57						
52	42	Michael Wilson	V50	East London Runner:	37:	05						
53	58	Roy Stevens	V60	Harlow Running Club		06						
54	138	Bernie Johnson	V60	Thurrock Harriers		12						
55	143	Edward Skinner	V50	Tiptree Road Runne		26						
56	22	Ray Selwyn	V60	Castle Point Joggers		38						
57	74	Terry Knightley	V50	Ilford AC		39						
58	30	Paul Bryan	V60	Colchester Harriers		54						
59	88	Steven Parker	V50	Ilford AC	38:	05						
60	127	John Williams	V60	Springfield Striders		19						

Team Result

1	Woodford Gn with EL	32
2	Billericay Striders	55
3	Colchester Harriers	59
4	Orion Harriers	72
5	Springfield Striders	89
6	Eton Manor AC	102
7	Thurrock Harriers	110
8	Benfleet RC	111
9	Chelmsford AC	167
10	Harwich Runners	183
11	Billericay Striders 'B'	200
12	Ilford AC	213
13	Orion Harriers 'B'	216
14	East London Runners	280
15	Pitsea Running Club	285
16	Witham Running Club	288
17	Havering Mayesbrook	303

