

# Essex Cross Country Championships

Colchester

4 January 2013

Senior Men

Pos	No	Name		Club	Time
1	752	Alex Short	SM	Chelmsford AC	39: 56
2	743	David Fewell	SM	Chelmsford AC	40: 26
3	754	Grant Twist	SM	Chelmsford AC	39
4	914	Frankie Conway	SM	Orion Harriers	41: 19
5	848	Rob Warner	SM	Havering Mayesbrook	32
6	758	Stephen Woodford	SM	Chelmsford AC	56
7	731	Crispian Bloomfield	SM	Billericay Striders	42: 13
8	751	Mark Sanford	SM	Chelmsford AC	16
9	854	Malcolm Muir	SM	Ilford AC	30
10	896	Nick Shasha	SM	Orion Harriers	48
11	759	Mark Woodley	SM	Chelmsford AC	49
12	705	Dale Clutterbuck	SM	Basildon AC	50
13	810	Donatas Tumaitis	SM	Eton Manor AC	54
14	239	Kevin Murphy	SM	Woodford Green with Essex Ladies	57
15	747	Lee Pickering	SM	Chelmsford AC	43: 15
16	703	Grant Webb	SM	Basildon AC	22
17	762	Chris Sellens	SM	Colchester Harriers	37
18	969	Tom Cammack	SM	Springfield Striders	40
19	899	Brian Jenkins	SM	Orion Harriers	53
20	765	Allen Smalls	SM	Colchester Harriers	44: 04
21	839	Graeme Knott	SM	Harwich Runners	10
22	741	Gavin Chatterton	SM	Chelmsford AC	21
23	766	John Fryer	SM	Colchester Harriers	26
24	906	Colin Read	SM	Orion Harriers	29
25	972	Ed Charlton-Weedy	SM	Springfield Striders	32
26	967	Chris Burgoyne	SM	Springfield Striders	36
27	840	Ian Anthony	SM	Havering Mayesbrook	37
28	744	Peter Hawkins	SM	Chelmsford AC	37
29	243	Gareth Cavell	SM	Woodford Green with Essex Ladies	37
30	971	Gary Chandler	SM	Springfield Striders	42
31	246	Jim Roche	SM	Woodford Green with Essex Ladies	54
32	767	David Allworthy	SM	Colchester Harriers	45: 03
33	770	Colin Ridley	SM	Colchester Harriers	25
34	779	Simon Bent	SM	Colchester Harriers	26
35	238	Harold Wyber	SM	Woodford Green with Essex Ladies	28
36	904	Barny Foot	SM	Orion Harriers	28
37	913	Ben Hall	SM	Orion Harriers	31
38	730	Dave Butler	SM	Billericay Striders	33
39	200	Alex Houghton	SM	Thurrock Harriers	40
40	237	Tom Beedell	SM	Woodford Green with Essex Ladies	43
41	702	Sebastian Cirillo	SM	Basildon AC	45
42	900	Ian Clark	SM	Orion Harriers	53
43	841	Mat Bland	SM	Havering Mayesbrook	58
44	909	Neil Swift	SM	Orion Harriers	46: 00
45	795	Patrick Brown	SM	East London Runners	01
46	866	Steve Philcox	SM	Ilford AC	03
47	786	Sam Clayton	SM	Colchester & Tendring	05
48	249	Joe Everitt	SM	Woodford Green with Essex Ladies	11
49	952	Lee Taylor	SM	Southend AC	14
50	745	Ken Hoye	SM	Chelmsford AC	20
51	921	Andrew Dyson	SM	Oxford University XC Club	39
52	202	Scott Rice	SM	Thurrock Harriers	47
53	244	Robbie Cox	SM	Woodford Green with Essex Ladies	47: 04
54	894	Neil McGoun	SM	Orion Harriers	07
55	964	Paul Anderson	SM	Springfield Striders	16
56	853	Kevin Newell	SM	Ilford AC	20
57	980	Stuart Raven	SM	Springfield Striders	29
58	772	Jon Nears	SM	1 Colchester Harriers	31

# Essex Cross Country Championships

**Colchester**

**4 January 2013**

**Senior Men**

<b>59</b>	768	Rob Gibby	SM	Colchester Harriers	39
<b>60</b>	959	David Girt	SM	Southend AC	47
<b>61</b>	259	Dennis Cross	SM	Basildon AC	48
<b>62</b>	781	Anthony Barraclough	SM	Colchester Harriers	53
<b>63</b>	837	Mark Lloyd	SM	Harwich Runners	48: 00
<b>64</b>	775	Mark Harrod	SM	Colchester Harriers	04
<b>65</b>	738	Michael Bridgeland	SM	Chelmsford AC	19
<b>66</b>	798	Paul Boddey	SM	Eton Manor AC	24
<b>67</b>	920	George Banbury	SM	Orion Harriers	34
<b>68</b>	231	Leo Cole	SM	Witham Running Club	35
<b>69</b>	248	CJ Shepherd	SM	Woodford Green with Essex Ladies	40
<b>70</b>	938	Simon LeMare	SM	Southend AC	52
<b>71</b>	974	Paul Jeggo	SM	Springfield Striders	54
<b>72</b>	862	Paul Holloway	SM	Iford AC	57
<b>73</b>	774	Tim Ballard	SM	Colchester Harriers	49: 08
<b>74</b>	799	Paul Cates	SM	Eton Manor AC	20
<b>75</b>	987	James Marshall	SM	Thrift Green Trotters	32
<b>76</b>	729	Terence Spooner	SM	Benfleet RC	33
<b>77</b>	205	Anthony Tobin	SM	Thurrock Harriers	57
<b>78</b>	756	James Williams	SM	Chelmsford AC	58
<b>79</b>	856	Sam Rahman	SM	Iford AC	59
<b>80</b>	937	Alec Kyrakides	SM	Southend AC	50: 15
<b>81</b>	865	Tony Hyde	SM	Iford AC	16
<b>82</b>	855	Neil Crisp	SM	Iford AC	18
<b>83</b>	252	Julian Russell	SM	Woodford Green with Essex Ladies	38
<b>84</b>	782	Chris Manby	SM	Colchester Harriers	51: 07
<b>85</b>	710	Alan Clark	SM	Benfleet RC	09
<b>86</b>	258	Steve Lambert	SM	Woodford Green with Essex Ladies	14
<b>87</b>	916	Adam Baker	SM	Orion Harriers	18
<b>88</b>	778	Keith Marley	SM	Colchester Harriers	28
<b>89</b>	825	Ben Ficken	SM	Great Bentley RC	31
<b>90</b>	824	Dave Goldsmith	SM	Great Bentley RC	33
<b>91</b>	908	Glen Gosling	SM	Orion Harriers	35
<b>92</b>	213	Mick Bumstead	SM	Thurrock Harriers	43
<b>93</b>	789	Russell Price	SM	East London Runners	46
<b>94</b>	968	Jon Byford	SM	Springfield Striders	49
<b>95</b>	942	Al Monte	SM	Southend AC	58
<b>96</b>	764	Robert Smith	SM	Colchester Harriers	52: 00
<b>97</b>	214	Martin Mack	SM	Thurrock Harriers	02
<b>98</b>	818	Michael Simmons	SM	Great Bentley RC	07
<b>99</b>	885	Dan Augustin	SM	Mid Essex Casuals	17
<b>100</b>	777	Darren McGill	SM	Colchester Harriers	19
<b>101</b>	788	Gary Riches	SM	Colchester & Tendring	22
<b>102</b>	929	Andy Doig	SM	Pitsea RC	23
<b>103</b>	816	Kevin Stevens	SM	Great Bentley RC	25
<b>104</b>	903	Stuart Colley	SM	Orion Harriers	28
<b>105</b>	233	Steve Norris	SM	Witham Running Club	31
<b>106</b>	225	Simon Morgan	SM	Tiptree Road Runners	39
<b>107</b>	792	Paul Thompson	SM	East London Runners	40
<b>108</b>	858	Darren Bottrill	SM	Iford AC	48
<b>109</b>	807	Ian Lambert	SM	Eton Manor AC	53
<b>110</b>	977	Anthony Marsh	SM	Springfield Striders	59
<b>111</b>	783	Jason Bilton	SM	Colchester Harriers	53: 02
<b>112</b>	804	Adrian Frost	SM	Eton Manor AC	05
<b>113</b>	834	Richard Newman	SM	Harwich Runners	12
<b>114</b>	973	Ken Hands	SM	Springfield Striders	24
<b>115</b>	966	Mark Buckley	SM	Springfield Striders	43
<b>116</b>	784	Dave Gayor	SM	Colchester Harriers	44
<b>117</b>	879	John Whitehoues	SM	Loughton	47

# Essex Cross Country Championships

**Colchester**

**4 January 2013**

**Senior Men**

<b>118</b>	990	Nick Knight	SM	Thrift Green Trotters		52
<b>119</b>	801	Dave Daugirda	SM	Eton Manor AC	54:	20
<b>120</b>	811	Rob Sommerville	SM	Eton Manor AC		24
<b>121</b>	763	James Waterson	SM	Colchester Harriers		30
<b>122</b>	984	Dan Quartly	SM	Springfield Striders		39
<b>123</b>	982	Phillip Watts	SM	Springfield Striders		40
<b>124</b>	785	Andy Raynor	SM	Colchester Harriers		54
<b>125</b>	833	Richard Flutter	SM	Harwich Runners	55:	00
<b>126</b>	851	Barry Ward	SM	Havering Mayesbrook		05
<b>127</b>	802	Simon Deville	SM	Eton Manor AC		14
<b>128</b>	897	Bill Bennett	SM	Orion Harriers		26
<b>129</b>	981	Andy Thomas	SM	Springfield Striders		49
<b>130</b>	803	Dave Campbell	SM	Eton Manor AC		56
<b>131</b>	819	Tom Fowler	SM	Great Bentley RC	56:	02
<b>132</b>	910	Graham Hall	SM	Orion Harriers		10
<b>133</b>	256	Richard Hogg	SM	Woodford Green with Essex Ladies		17
<b>134</b>	794	Lee Wollaston	SM	East London Runners		18
<b>135</b>	823	John Booty	SM	Great Bentley RC		20
<b>136</b>	210	Mark Cable	SM	Thurrock Harriers		24
<b>137</b>	776	Pat Marsh	SM	Colchester Harriers		32
<b>138</b>	997	Keith Thornton	SM	Thrift Green Trotters		36
<b>139</b>	821	Malcolm Jarvis	SM	Great Bentley RC		38
<b>140</b>	948	David Gibbon	SM	Southend AC		46
<b>141</b>	257	Alistair Holford	SM	Woodford Green with Essex Ladies		55
<b>142</b>	219	Nigel Instance	SM	Thurrock Harriers	57:	16
<b>143</b>	970	Julian Catmull	SM	Springfield Striders		25
<b>144</b>	975	Gary Joslin	SM	Springfield Striders		26
<b>145</b>	780	Arthur Whiston	SM	Colchester Harriers		27
<b>146</b>	827	Mark Ross	SM	Great Bentley RC		32
<b>147</b>	923	Carl Easton	SM	Phoenix Striders		39
<b>148</b>	221	Bernie Johnson	SM	Thurrock Harriers		48
<b>149</b>	736	Myles Coulson	SM	Braintree and District		54
<b>150</b>	228	Edward Skinner	SM	Tiptree Road Runners		59
<b>151</b>	716	Michael Cerny	SM	Benfleet RC	58:	02
<b>152</b>	831	Paul Carlisle	SM	Great Bentley RC		05
<b>153</b>	820	Dan Foster	SM	Great Bentley RC		17
<b>154</b>	797	Steve Adams	SM	Eton Manor AC		21
<b>155</b>	805	Martin Hockey	SM	Eton Manor AC		54
<b>156</b>	230	Marc Underdown	SM	Witham Running Club	59:	26
<b>157</b>	925	Stephen Harris	SM	Phoenix Striders		28
<b>158</b>	924	Chris Footer	SM	Phoenix Striders		32
<b>159</b>	832	John Dixon	SM	Great Bentley RC		54
<b>160</b>	957	Stephen Middleton	SM	Southend AC	60:	11
<b>161</b>	813	Lemuel English	SM	Eton Manor AC		25
<b>162</b>	842	Tony Collins	SM	Havering Mayesbrook		42
<b>163</b>	232	Chris Martin	SM	Witham Running Club	61:	05
<b>164</b>	808	Boguslav Mikolajczuk	SM	Eton Manor AC		38
<b>165</b>	836	Paul Kerrison	SM	Harwich Runners		56
<b>166</b>	234	Stuart Mills	SM	Witham Running Club	62:	20
<b>167</b>	932	Jim Russell	SM	Pitsea RC		29
<b>168</b>	700	Neil Coombs	SM	Basildon AC		37
<b>169</b>	829	Shawn Leek	SM	Great Bentley RC	63:	03
<b>170</b>	701	Ryan Holden	SM	Basildon AC		59
<b>171</b>	884	Brian Butcher	SM	Mid Essex Casuals	64:	13
<b>172</b>	930	Julian Holder	SM	Pitsea RC		56
<b>173</b>	882	Leighton Williams	SM	Mid Essex Casuals	66:	50
<b>174</b>	863	Dan Cogan	SM	Ilford AC	67:	37
<b>175</b>	931	John Tracey	SM	Pitsea RC	68:	34
<b>176</b>	881	David Game	SM	3 Mid Essex Casuals		47

# Essex Cross Country Championships

Colchester

4 January 2013

Senior Men

<b>177</b>	927	David 'Eddie' Mills	SM	Phoenix Striders	70: 04
<b>178</b>	838	Matt Doran	SM	Harwich Runners	73: 11
<b>179</b>	235	Terry Alabaster	SM	Witham Running Club	75: 02
<b>180</b>	735	Ernie Easterby	SM	Billericay Striders	78: 01

## Team Result

<b>1</b>	Chelmsford AC	31
<b>2</b>	Orion Harriers	130
<b>3</b>	Colchester Harriers	159
<b>4</b>	Woodford Green with Essex Ladies	197
<b>5</b>	Springfield Striders	211
<b>6</b>	Chelmsford AC 'B'	258
<b>7</b>	Ilford AC	343
<b>8</b>	Orion Harriers 'B'	385
<b>9</b>	Colchester Harriers 'B'	400
<b>10</b>	Basildon AC	468
<b>11</b>	Eton Manor AC	493
<b>12</b>	Thurrock Harriers	493
<b>13</b>	Southend AC	494
<b>14</b>	Woodford Green with Essex Ladies 'B'	565
<b>15</b>	Springfield Striders 'B'	626
<b>16</b>	Colchester Harriers 'C'	632
<b>17</b>	Great Bentley RC	646
<b>18</b>	Harwich Runners	665
<b>19</b>	Witham Running Club	837
<b>20</b>	Eton Manor AC 'B'	847
<b>21</b>	Great Bentley RC 'B'	918