

## Essex League Cross Country League Results

Courtesy of : -

**Roy Meadowcroft (Chelmsford AC)**

**Dave Vidler (Basildon AC)**

Hi there everyone. Yes, the double act is back by popular (?) demand.

Once again we are doing our best, but there is a great deal of work here for any mistakes.

**There were some real challenges today with incorrect disks being issued. Please don't be surprised if your finishing position doesn't exactly match the results. The senior men's result kept us confused until 5 o'clock. 177 athletes were issued with disk 38. We came to the conclusion that 2 athletes were issued with disk 38,**

There will certainly be instances where age groups have not been identified. And the inevitable spelling errors where we couldn't read team manager's names.

Please let me know if any changes are required. Don't be afraid to e-mail me. If you don't tell us then we won't know so please e-mail me with a note of what you think. We won't be amending the results on this website, but will try to ensure that the results are correct next time.

**Amendments to: - [miveld.vidler@btinternet.com](mailto:miveld.vidler@btinternet.com)**

so please accept our apologies

**issued in two races.**

**match the disk that you were given.**

**as and 176 disks.**

**, one of whom finished 26th. (Yep, there was a 26 issued as well).**

ied properly, this will be especially true for Veterans.

s writing and then (Surely not) there will some typing errors on our part.

l me.

i any alterations.

at information

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# Essex Cross Country League (1)

Sponsored by Runners Edge

## One Tree Hill

10/10/2009

## U13 Girls

Pos	Name	Team	Time	Pos	Name	Team	Time
1	Tuckfield, Georgia	Orion H	15: 18	41	Ewen, Joelle	Orion H	36
2	Jones, Maisie	Basildon	19	42	Simon, Lizzie	Colchester H	40
3	Smith, Millie	Chelmsford	26	43	Hewitt, Isabelle	Southend	51
4	Hallam, Lydia	Havering M	46	44	Taylor, Georgie	Havering M	21: 18
5	Gough, Madeline	Chelmsford	49	45	Clark, Anna	Loughton	39
6	Solis, Katie	Chelmsford	51	46	Rillington, Rebecca	Southend	22: 27
7	Holloway, Gemma	Thurrock H	16: 03	47	Ling, Chloe	Benfleet	30
8	Surman-Wells, Heidi	Havering M	08	48	Fox, Rebecca	Havering M	51
9	Ives, Isobel	Basildon	10	49	Martin, Alice	Thurrock H	23: 11
10	Tidy-Jones, Antonia	Benfleet	15	50	Dendani, Thiziri	Havering M	55
11	Judd, Jodie	Chelmsford	38	51	Davis, Hannah	Loughton	24: 04
12	Kidwell, Lucy	Southend	39	52	Cockell, Ellie	Braintree	44
13	Dailly, Christy	Chelmsford	39				
14	Jarvis, Emma	Southend	17: 11				
15	Pointing, Daisy	Basildon	20				
16	Diss, Sophia	Braintree	22				
17	Minton-Branfoot, Erin	Chelmsford	25				
18	Fisher, Natasha	Chelmsford	34				
19	Barker, Sophie	West Suffolk	57				
20	Eden, Anna	Braintree	57				
21	Friswell, Georgina	Eastwood Sch.	18: 07				
22	Hall, Amelia	Orion H	09				
23	Carr, Madeline	Orion H	14				
24	Foster-Carter, Alexa	Southend	21				
25	Hicks, Sian	Colchester & T	25				
26	Longdon, Lucy	Chelmsford	30				
27	Christmas, Rebecca	Havering M	42				
28	Avis, Jodie	Eastwood Sch.	44				
29	Williams, Katherine	Chelmsford	48				
30	O'Reardon-Mitchell, Nir	Benfleet	50				
31	Dilgano, Rebecca	Southend	19: 10				
32	Brown, Lucy	Eastwood Sch.	25				
33	Peterson, Frida	Loughton	31				
34	Buckley, Layna	Eastwood Sch.	47				
35	Nicholson, Ella	Orion H	58				
36	Birch, Phoebe	Eastwood Sch.	20: 07				
37	Meredith, Keara	Thurrock H	08				
38	Bastow, Chloe	Eastwood Sch.	20				
39	Baggs, Amy	Havering M	26				

  

<u>Teams</u>	
	Chelmsford 25
	Havering M 78
	Southend 81
	Orion H 81
	Eastwood Sch. 115
	Basildon 26 (3)
	Benfleet 87 (3)
	Braintree 88 (3)
	Thurrock 93 (3)
	Loughton 129 (3)
	West Suffolk 19 (1)
	Colchester & T 25 (1)
	Colchester H 42 (1)



# Essex Cross Country League (1)

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## One Tree Hill

10/10/2009

## U13 Boys

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Teams</b>	
1	Elliot, George	Eastwood Sch.	14: 49	1 Eastwood Sch.	45
2	Pullam, Billy	Basildon	55	2 Havering M	57
3	Charlston, Callum	Chelmsford	15: 03	3 Orion H	60
4	McLarty, Callum	Orion H	14	4 Southend	98
5	Inwood, Zak	Southend	31	5 Benfleet	64 (3)
6	Foster, Adam	Benfleet	32	6 Braintree	89 (3)
7	Keefe, Freddie	Havering M	33	7 Chelmsford	18 (2)
8	Davies, Steven	Thurrock H	35	8 Harlow	61 (2)
9	Wilson, Sean	Havering M	38	9 Basildon	2 (1)
10	Howard, Ben	Billericay S	39	10 Thurrock H	8 (1)
11	Frimley, Daniel	Eastwood Sch.	40	11 Billericay S	10 (1)
12	Deasy, William	Colchester & T	44	12 Colchester & T	12 (1)
13	Antoine-Chagar, Cheyenn	Orion H	48		
14	Ray, Joe	Eastwood Sch.	50		
15	Waltham, Chris	Chelmsford	57		
16	Mayo, Bernard	Braintree	58		
17	Weston, Charlie	Orion H	16: 03		
18	Woodgate, Robert	Havering M	05		
19	Nadin, James	Eastwood Sch.	12		
20	Steeles, Alex	Benfleet	12		
21	Rushworth, Jamie	Harlow	16		
22	Broomfield, Aaron	Southend	25		
23	Hill, Adam	Havering M	36		
24	Thompson, Sam	Havering M	39		
25	Allen, Luke	Braintree N/S	44		
26	Hutchinson, Tom	Orion H	47		
27	Hammond, Charles	Havering M	57		
28	Aquilina, Chris	Eastwood Sch.	17: 01		
29	Wade, Nick	Havering M	03		
30	Scott, Fraser	Havering M	13		
31	Hart, William	Havering M	26		
32	Perlata, Connor	Eastwood Sch.	44		
33	Fox, Jordan	Havering M	47		
34	Murphy, James	Braintree	18: 11		
35	Cockerill, Ben	Southend	20		
36	Morgan, Edward	Southend	30		
37	Gill, Mason	Southend	51		
38	Formosa, James	Benfleet	55		
39	Culham, Connor	Braintree	19: 01		
40	Bailey, Joe	Harlow	03		

# Essex Cross Country League (1)

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## One Tree Hill

10/10/2009

## U15 Girls

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>
1	Judd, Jessica	Chelmsford	16: 57	1 Southend 27
2	Riches, Sophie	Chelmsford	18: 03	2 Chelmsford 32
3	Garnett, Aimee	Southend	37	3 Basildon 57
4	Stanley, Becky	Havering M	58	4 Havering M 59
5	Johnson, Eleanor	Basildon	19: 32	5 Braintree 56 (2)
6	Dodd, Kaylee	Basildon	43	6 Colchester H 10 (1)
7	Williams, Chloe	Southend	48	7 Thurrock H 17 (1)
8	Crowe, Emily	Southend	59	8 Ilford 26 (1)
9	Imbush, Sarah	Southend	20: 13	9 Harlow 28 (1)
10	Straiton, Kirsty	Colchester H	20	10 Benfleet 32 (1)
11	Baxland, Amanda	Havering M	25	11 Orion H 33 (1)
12	Lacy, Jordan	Southend	30	
13	Morgan, Alex	Southend	41	
14	Swaine, Jessica	Chelmsford	20: 55	
15	Warren, Isabella	Chelmsford	21: 01	
16	Bullis, Emily	Basildon	14	
17	Barnard, Rebecca	Thurrock H	21	
18	Freeman, Lucy	Chelmsford	23	
19	Mead, Jessica	Southend	31	
20	Wade, Rebecca	Chelmsford	35	
21	McLachlan, Lindsay	Havering M	37	
22	Monagan, Kelsie	Southend	39	
23	Loynes, Avril	Havering M	52	
24	Jarvis, Sophie	Southend	56	
25	Sullivan, Shannon	Havering M	22: 26	
26	Swords, Laura	Ilford	23: 14	
27	Solomon, Daisy	Braintree	16	
28	Moss, Isobel	Harlow	24: 12	
29	Cockell, Chloe	Braintree	22	
30	Easden, Zoe	Basildon	41	
31	Wiggins, Lindsey	Havering M	52	
32	Warren, Georgina	Benfleet	26: 02	
33	Jung, Emily	Orion H	29: 12	

# Essex Cross Country League (1)

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One Tree Hill

10/10/2009

U15 Boys

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Team Scores</u>	
1	Kiyraikides, Oliver	Southend	16: 03	1 Southend	25
2	Woodford, Stephen	Chelmsford	18	2 Chelmsford	57
3	Kerridge, Jon	Southend	40	3 Havering M	64
4	Gikungu, Hoseah	Havering M	55	4 Colchester & T	68
5	Porter, Michael	Colchester & T	17: 00	5 Orion H	98
6	Hoy, George	Orion H	11	6 Thurrock H	107
7	Alexander, Joe	Colchester & T	12	7 Basildon	117
8	Robinson, Sam	Chelmsford	14	8 Benfleet	69 (2)
9	Frith, Rob	Southend	17	9 West Suffolk	22 (1)
10	Richardson, Tom	Thurrock H	17	10 Ilford	41 (1)
11	Gibbon, Joseph	Colchester & T	24		
12	Masterson, Alex	Southend	25		
13	Adcock, Steven	Chelmsford	30		
14	Beard, Joe	Southend	38		
15	Davis, Thomas	Havering M	42		
16	Stennett, Richard	Southend	42		
17	Shade, Nick	Havering M	46		
18	Jamieson, J	Thurrock H	48		
19	Hancock, Steven	Southend	51		
20	Baron, Tate	Southend	57		
21	Franklin, Ben	Southend	18: 12		
22	Rankin, Toby	West Suffolk	16		
23	Hall, James	Benfleet	17		
24	Capel, Ashley	Southend	18		
25	Eaton, Chris	Basildon	19		
26	Taylor, Jess	Orion H	27		
27	Dalton, James	Basildon	28		
28	Connors, Josh	Havering M	37		
29	Williams, Lewis	Southend	42		
30	Hall, Auberic	Orion H	48		
31	Hegarty, Josh	Southend	19: 11		
32	Ballard, Will	Basildon	23		
33	Watson, Tom	Basildon	24		
34	Crook, Jack	Chelmsford	34		
35	Wilson, Danny	Havering M	57		
36	Waller, Jack	Orion H	59		
37	Howes, Connor	Thurrock H	20: 18		
38	Hall, Zachariah	Orion H	24		
39	Bapikee, Faiz	Orion H	27		
40	Maklouf, Tom	Basildon	32		
41	King, Thomas	Ilford	39		
42	Deighton, Charlie	Thurrock H	47		
43	Holland, Andrew	Havering M	22: 07		
44	Bell, Andrew	Thurrock H	08		
45	Chittock, Josh	Colchester & T	24		
46	Hatton, Alex	Benfleet	25: 23		

# Essex Cross Country League (1)

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One Tree Hill

10/10/2009

U17 Men

<b>Pos</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Team Result</b>
1	Fitsall, Jack	Basildon	28: 04	1 Southend 39
2	Hall, Auberon	Orion H	17	2 Havering M 59
3	Buckley-Stanton, J	Havering M	39	3 Thurrock H 66
4	Brown, Sam	Southend	41	4 Orion H 95
5	Clayton, Sam	Colchester & T	46	5 Chelmsford 52 (3)
6	Short, Alex	Chelmsford	29: 13	6 Basildon 8 (2)
7	Law, Andy	Basildon	17	7 Colchester & T 29 (2)
8	Worbey, Darryl	Thurrock H	23	8 Ilford 47 (2)
9	Thackeray, Domini	West Suffolk	25	9 Braintree 53 (1)
10	Moxon, George	Southend	30: 33	10 West Suffolk 9 (1)
11	Vaughan, James	Thurrock H	30: 37	
12	Gillard, Rhys	Southend	31: 02	
13	Grose, Harry	Southend	08	
14	Richards, Alex	Ilford	11	
15	Waked, Joseph	Havering M	54	
16	Knight, Max	Southend	32: 17	
17	Parker, Charlie	Southend	22	
18	Pollitt, Richard	Braintree	25	
19	Bush, Liam	Havering M	45	
20	Dowman, Adam	Thurrock H	33: 21	
21	Crook, Adam	Chelmsford	29	
22	Earney, Ross	Havering M	50	
23	Foster-Carter, Harr	Southend	34: 03	
24	Bird, Ben	Colchester & T	47	
25	Hardy, Steven	Chelmsford	49	
26	Dendani, Massi	Havering M	35: 04	
27	Thompson, Lenno	Thurrock H	22	
28	Wileman, Adam	Havering M	33	
29	Atkins, Chris	Orion H	38	
30	Glynn, Joseph	Orion H	51	
31	Seekings, Jonathan	Havering M	36: 19	
32	Protheroe, Lewis	Thurrock H	43	
33	Rashid, Omar	Ilford	40: 24	
34	Glynn, Nathaniel	Orion H	44: 14	
35	Pitts, Jake	Braintree		

# Essex Cross Country League (1)

Sponsored by Runners Edge

## One Tree Hill

10/10/2009

## U17/U20W

Pos	Age Gp	Name	Team	Time	Team Result
1	U20	Kersey, Gemma	Basildon	18: 20	1 Basildon 38
2	U17	McGregor, Lauren	Orion H	26	2 Orion H 62
3	U17	McGowan-Jones, Hann	Thurrock H	45	3 Colchester & T 23 (3)
4	U20	Condron, Laura	Colchester & T	54	4 Southend 40 (3)
5	U17	Ballard, Emily	Basildon	19: 05	5 Chemsford 40 (3)
6	U20	Hillyard, Laura	Colchester & T	31	6 Colchester H 27 (2)
7	U17	Smee, Camilla	Southend	40	7 Havering M 30 (2)
8	U20	Tuttlebury, Kattie	Chelmsford	42	8 Thurrock H 3 (1)
9	U17	Andrews, Jay	Orion H	45	9 West Suffolk 20 (1)
10	U17	Blake, Poppy	Chelmsford	53	10 Loughton 21 (1)
11	U17	Sadler, Rachel	Havering M	20: 13	
12	U20	Neale, Ella	Colchester H	22	
13	U17	Redgrave, Sam	Colchester & T	32	
14	U17	Bishop, Charlotte	Basildon	34	
15	U17	Abbott, Anabelle	Colchester H	57	
16	U17	Gillard, Hollie	Southend	59	
17	U17	Ling, Alice	Southend	21: 54	
18	U17	Corcoran, Eleanor	Basildon	22: 12	
19	U17	McWeeney, Patsy	Havering M	19	
20	U20	Baker, Emily	West Suffolk	29	
21	U17	Petersen, Fiona	Loughton	23: 23	
22	U17	O'Connor, Laura	Chelmsford	54	
23	U20	Emberton, Leanne	Braintree	24: 02	
24	U17	Glasson, Sophie	Basildon	25: 18	
25	U17	Timpson, Melissa	Orion H	26: 22	
26	U17	Jung, Amy	Orion H	27: 32	

# Essex Cross Country League (1)

Sponsored by Runners Edge

## One Tree Hill

10/10/2009

## Senior Women

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	SW	Rogers, Nicole	Basildon	29: 29	61	V45	Francis, Helen	Braintree	29
2	SW	Scott, Harriett	Havering M	46	62	SW	Tuff, Becky	Springfield S	39
3	V45	Deasey, Margaret	Colchester & T	30: 48	63	V45	MacDonald, Cheryl	Pitsea	47
4	SW	Smith, Charlotte	Colchester H	52	64	SW	Real, Helen	Loughton	50
5	SW	Luck, Sarah	Havering M	31: 16	65	SW	Levene, Michelle	Chelmsford	43: 01
6	SW	Donovan, Clare	Orion H	34	66	V45	Minton, Tracey	Chelmsford	46
7	SW	Peppiatt, Charlotte	Benfleet	32: 01	67	V55	Bent, Angela	Pitsea	58
8	SW	Tatum, Danni	Colchester & T	14	68	V55	Hill, Janet	Springfield S	44: 03
9	SW	Goode, Karen	Basildon	40	69	SW	Riley, Jo	Dagenham 88	18
10	V35	Appleton, Debbie	Havering M	48	70	SW	Metson, Kimberley	Colchester & T	24
11	SW	Ivory, Sarah	Colchester H	54	71	V45	De Smedt, Beryl	Phoenix	29
12	SW	Shrewbrige, Laura	Tiptree	33: 25	72	SW	Coates, Tracy	Dagenham 88	57
13	SW	Thurgood, Claire	Orion H	31	73	V55	Flannigan, Teresa	Pitsea	45: 06
14	SW	Luxton, Rebecca	Chelmsford	34: 01	74	V35	Clarke, Tina	Tiptree	46: 04
15	SW	Holland, Kerry	Southend	06	75	V45	Missen, Elspeth	Chelmsford	47: 34
16	SW	Ward, Teresa	Basildon	21	76	SW	Ryan, Joanne	Loughton	43
17	SW	Bradford, Jo	Southend	22	77	V35	Petersen, Irena	Loughton	48: 52
18	SW	Watson, Jacqui	Benfleet	33	78	V45	Hillyard, Shirley	Colchester & T	50: 15
19	SW	Jeffery, Sarah	Southend	40	79	SW	Knowles, Sarah	Springfield S	51: 08
20	SW	Mancer, Lucy	Benfleet	41	80	V35	Davis, Michaela	Loughton	52: 43
21	SW	Pegg, Hayley	Thrift Green T	45	81	SW	Lamb, Marnie	Springfield S	53: 37
22	V35	Sandercock, Kate	Colchester H	35: 09	82	V35	Potter, Dawn	Springfield S	54: 15
23	SW	Adams, Becky	Colchester & T	16	83	V35	Stanton, Sandra	Springfield S	17
24	SW	Westcott, Lucy	Springfield S	47	84	SW	Floate, Meredith	Ilford	58: 08
25	V35	Gaffney, Lorna	Loughton	52	85	SW	MacKintosh, Sarah	Thrift Green T	60: 51
26	SW	Real, Caroline	Loughton	36: 04	86	V35	Wadley, Caroline	Orion H	62: 59
27	V35	Lagden, Tasha	Southend	22					
28	SW	Croudass, Sue	Billericay S	45					
29	V35	Howard, Christine	Billericay S	55					
30	SW	Slack, Debbie	Benfleet	59					
31	SW	Brown, Grace	Basildon	37: 08					
32	SW	Douglas, Laurie	Colchester & T	40					
33	SW	Bloomfield, Helen	Colchester & T	38: 01					
34	V45	Jones, Mel	Ilford	12					
35	V45	Ling, Melanie	Southend	15					
36	V35	Thompson, Angela	Havering M	19					
37	SW	Burtenshaw, Jo	Benfleet	21					
38	V45	Howard, Geraldine	Billericay S	26					
39	V55	Tanner, Lynn	Springfield S	33					
40	SW	Mhalanga, Sally	Springfield S	38					
41	V35	Banville, Elaine	Billericay S	54					
42	V35	Ockendon, Anna	Southend	39: 00					
43	V45	Moore, Melanie	Colchester H	05					
44	V45	Nordin, Bree	Ilford	20					
45	SW	Gathercoles, Penny	Phoenix	25					
46	SW	Richardson, Lauren	Orion H	28					
47	V35	Sheffield, Josie	Braintree	31					
48	SW	Timbrick, Jodie	Thrift Green T	55					
49	SW	Bright, Katy	Orion H	58					
50	V45	Cole, Sue	Colchester H	40: 03					
51	SW	Knapman, Mary	Loughton	11					
52	V35	Hallam, Jane	Havering M	21					
53	V45	Jarvis, Margaret	Chelmsford	36					
54	V45	Hopkinson, Nicola	Ilford	57					
55	V45	Crompton, Sue	Southend	41: 21					
56	V45	Gilham, Sally	Ilford	37					
57	V35	Rolerwicz, Linsdey	Braintree	51					
58	SW	Stevens, Maxine	Mid Essex Cas	58					
59	SW	Ashton, Lauren	Springfield S	42: 13					
60	V55	Smith, Linda	Havering M	15					

### Team Result

1	Havering M	53
2	Basildon	57
3	Colchester & T	66
4	Benfleet	75
5	Southend	78
6	Colchester H	80
7	Orion H	114
8	Billericay S	136
9	Springfield S	162
10	Loughton	166
11	Ilford	188
12	Chelmsford	198
13	Thrift Green T	156 (3)
14	Braintree	165 (3)
15	Pitsea	203 (3)
16	Tiptree	86 (2)
17	Phoenix	116 (2)
18	Dagenham 88	141 (2)
19	Mid Essex Cas	58 (1)

# Essex Cross Country League (1)

## One Tree Hill

10-Oct-09

## Senior Men

Pos	Age Gp	Name	Team	Time	Pos	Age Gp	Name	Team	Time
1	U20	Whittaker, Paul	Southend	28: 47	76	V40	Scrivener, Chris	Thurrock	16
2	U20	Dunbar, Alex	W. Suffolk	29: 44	77	SM	Augustin, Dan	Mid Essex C	18
3	U20	Frith, Tom	Southend	58	78	SM	Cooper, Phil	Thrift Green T	21
4	SM	Fewell, David	Chelmsford	30: 00	79	V40	Gibbs, Martin	Chelmsford	27
5	SM	Riddell, Gareth	Basildon	23	80	SM	Rice, Scott	Thurrock	33
6	SM	Moses, Daniel	Orion H	34	81	SM	Broadbent, Quinn	Orion H	44
7	SM	Weatheridge, Nick	Basildon	39	82	V40	Rolfe, Mick	Loughton	45
8	SM	Warner, Rob	Havering M	47	83	SM	Hunton, James	Chelmsford	50
9	SM	Wright, Will	Chelmsford	54	84	SM	Cops, Matt	Benfleet	51
10	U20	Cripps, Mike	W. Suffolk	31: 02	85	V50	Catton, Andy	Ilford	56
11	SM	Hall, Ben	Orion H	08	86	V40	Mason, Andy	Springfield S	37: 00
12	SM	Bunn, Andy	C o Norwich GST	13	87	V50	Cooper, Melvyn	Thrift Green T	09
13	SM	O'Doherty, Kieran	Billericay S	15	88	SM	Collins, Neil	Havering M	17
14	SM	Pickering, Lee	Chelmsford	21	89	V40	Russell, Rob	Thurrock	25
15	U20	Sutton, Callum	Havering M	26	90	V40	Thornton, Keith	Thrift Green T	27
16	U20	Dawson, Adam	Thurrock	28	91	V40	Hurley, David	Southend	34
17	SM	Prout, Ryan	Thrift Green T	37	92	SM	Mills, Rob	Springfield S	40
18	SM	Joyce, Shay	Orion H	39	93	V40	Shelley, Eamon	Thurrock	41
19	V40	Harris, Kevin	Springfield S	47	94	V40	Judd, Mike	Thurrock	43
20	V40	Spowage, Paul	Colchester H	52	95	V40	Hyde, Tony	Pitsea	45
21	SM	Stroud, Jack	Orion H	59	96	V40	Kennedy, Andy	Benfleet	57
22	V40	Bland, Matt	Havering M	32: 01	97	SM	Tyson, David	Loughton	38: 06
23	V40	Ketteridge, Sean	Colchester H	05	98	V40	Jarvis, Greg	Southend	09
24	U20	Heard, Lloyd	Colchester & T	13	99	SM	Anderson, Paul	Springfield S	11
25	U20	Clarke, Howard	Southend	17	100	V60	Binns, Peter	Southend	15
26	V40	Ridley, Colin	W. Suffolk	18	101	V40	Middleton, Russell	Havering M	18
27	V40	Paul, Eric	Orion H	24	102	V40	Veall, Craig	Loughton	26
28	V50	Bridgeland, Mike	Chelmsford	28	103	V50	Taylor, Richard	Springfield S	29
29	U20	Smale, David	Southend	31	104	0	Other, AN	Guest	30
30	SM	Mcgoun, Neil	Orion H	35	105	V40	Hall, Graham	Orion H	31
31	U20	Conway, Frankie	Orion H	38	106	V50	Togwell, Chris	Ilford	40
32	SM	Bootey, Graham	Benfleet	41	107	SM	Praill, Jason	Springfield S	43
33	V40	Helliwell, Paul	Colchester H	42	108	V50	Alexander, Roger	Colchester & T	49
34	SM	Parker-Brown, Billy	Chelmsford	49	109	V40	Mennell, Simon	Braintree	52
35	V40	Barker, John	Thrift Green T	57	110	V40	Clark, Paul	Phoenix S	53
36	SM	Leeman, Matt	Benfleet	33: 11	111	V50	Goad, Richard	Pitsea	54
37	SM	Newton, Mark	Springfield S	13	112	V40	Floate, Gary	Ilford	55
38	SM	Smale, Peter	Southend	17	113	V40	Clarke, Phil	Tiptree	39: 02
39	V40	Smalls, Allen	Colchester H	24	114	V40	Condron, Brian	Colchester & T	09
40	SM	Clark, Ian	Orion H	24	115	SM	Marsh, Anthony	Springfield S	13
41	U20	Penfold, Denny	Orion H	36	116	SM	Warner, Dave	Orion H	23
42	SM	Bottrill, Darren	Ilford	44	117	V50	Sargent, Rob	Dagenham 88	27
43	V40	Berrett, Paul	Havering M	47	118	V40	Maru, Tony	Orion H	33
44	SM	Bootey, Jon	Witham	48	119	V40	West, Mike	Colchester H	35
45	SM	Hogan, Graham	Havering M	53	120	V50	O'Doherty, Gerry	Billericay S	45
46	SM	Williams, James	Chelmsford	57	121	V40	Babbs, Tony	Loughton	47
47	V40	West, Peter	Colchester H	34: 01	122	SM	Dodd, Andrew	Orion H	48
48	U20	Miller, A	Southend	03	123	V40	Fall, Richard	Springfield S	54
49	V50	Butler, Alan	Thrift Green T	08	124	SM	McCarthy, Barney	Thrift Green T	58
50	V40	Leeman, Chris	Benfleet	24	125	??	Unknown, AN	Guest	40: 01
51	V40	Mead, Tony	Benfleet	34	126	SM	Nixon, Rob	Ilford	06
52	V40	Brock, Dave	Orion H	38	127	SM	Joyce, Colin	Braintree	16
53	V40	Wisken, Greg	Mid Essex C	46	128	V40	Marsh, Pat	Colchester H	18
54	SM	Read, mark	Thrift Green T	50	129	SM	Johnson, David	Thurrock	21
55	V40	Crisp, Neil	Ilford	53	130	SM	Taylor, Keith	Witham	23
56	V50	Wright, Dave	Colchester H	56	131	V50	Longhurst, Jim	Southend	33
57	SM	Sutton, Darren	Springfield S	35: 00	132	V50	Skinner, Ted	Tiptree	41: 02
58	SM	Briggs, Mike	Benfleet	05	133	V60	Jousiff, Bob	Orion H	06
59	V40	Metcalf, John	Thurrock	08	134	V50	Butcher, Brian	Mid Essex C	23
60	SM	Wheeler, Ben	Basildon	14	135	V40	Cowley, David	Phoenix S	44
61	SM	Hunton, Tom	Chelmsford	18	136	U20	Aldridge, K	Southend	46
62	SM	Whittaker, Steven	Southend	20	137	V50	Wheatley, Mike	Billericay S	42: 03
63	V40	Anderson, Peter	Benfleet	21	138	V40	Woodford, James	Chelmsford	11
64	SM	Lyne, Eliot	Colchester H	23	139	V40	Crompton, Gareth	Southend	15
65	V40	Coleman, Andy	Billericay S	25	140	V40	Lawless, Don	Thurrock	21
66	V40	Knightly, Terry	Ilford	39	141	V40	Boyer, Ross	Braintree	28
67	V50	Morris, Andy	Benfleet	48	142	V40	Fribbens, Mark	Braintree	33
68	SM	Marshall, Jim	Thrift Green T	50	143	V50	Cole, Roger	Colchester H	39
69	V50	Purse, Chris	Springfield S	52	144	V40	Warrior, Pete	Billericay S	43
70	V40	Rankin, Nick	Benfleet	58	145	V50	McEwan, Joe	Braintree	44
71	SM	Warner, Andrew	Orion H	36: 00	146	V50	Johnson, Bernard	Thurrock	46
72	SM	Condron, Jack	Colchester & T	03	147	SM	Robinson, Paul	Orion H	43: 03
73	V50	Bumstead, Mike	Thurrock	05	148	V40	Glover, L	Southend	05
74	V50	Tullett, Peter	Chelmsford	09	149	SM	Hartshorne, Damien	Braintree	09

# Essex Cross Country League (1)

## One Tree Hill

10-Oct-09

## Senior Men

Pos	Age Gp	Name
75	SM	Craven, Terry

Team	Time
Southend	12

Pos	Age Gp	Name
150	U20	Baker, Jason

Team	Time
Dagenham 88	21

## Essex Cross Country League (1)

### One Tree Hill

10-Oct-09

### Senior Men

<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Pos</b>	<b>Age Gp</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
151	V50	McLaughlin, Peter	Pitsea	23			<b>Team Result</b>		
152	SM	Bulitus, Peter	Orion H	26	1		Orion H		113
153	V40	Gillard, Matt	Southend	33	2		Chelmsford		135
154	V50	Bailey, Malcolm	Tiptree	44: 01	3		Southend		144
155	V40	Bolton, Jon	Mid Essex C	29	4		Colchester H		218
156	V40	Cammidge, Chris	Mid Essex C	43	5		Havering M		221
157	V50	Maycraft, Tony	Loughton	57	6		Benfleet		290
158	V40	Phillips, Stuart	Braintree	45: 33	7		Thrift Green T		301
159	V40	Scollard, Colin	Braintree	46: 21	8		Springfield S		360
160	V40	Hayward, Mike	Mid Essex C	27	9		Thurrock		393
161	V60	Dedman, Peter	Orion H	30	10		Ilford		466
162	V50	Reed, Chris	Thurrock	36	11		Loughton		722
163	SM	Gilbert, Paul	Loughton	45	12		Mid Essex C		735
164	SM	Hurley, Scott	Loughton	48	13		Braintree		813
165	V40	Caulfield, Robert	Braintree	47: 03	14		Billericay		480 (5)
166	V70	Rosbrook, Mike	Orion H	32	15		Colchester & T		318 (4)
167	SM	Wright, Lee	Loughton	21	16		Pitsea		527 (4)
168	V40	Speed, Neil	Braintree	36	17		Tiptree		570 (4)
169	V60	Hobbs, David	Loughton	53	18		Dagenham 88		617 (4)
170	V60	Bates, Peter	Pitsea	38	19		West Suffolk		38 (3)
171	V70	Duffield, Roger	Tiptree	57	20		Basildon		73 (3)
172	V50	Jackaman, Malcolm	Mid Essex C	05	21		Phoenix S		419 (3)
173	V60	Adams, Doug	Dagenham 88	23	22		Witham		174 (2)
174	V60	Hughes, Gwyn	Phoenix S	09					
175	SM	Powell, Robert	Springfield S	10					
176	V40	Cockell, Kevin	Braintree	21					
177	V40	Linstead, Mike	Dagenham 88	09					