

## Essex Cross Country League (1)

**Apex Playing Fields. Hockley**

**25/09/2021**

**Senior men**

Pos	Age Gp	Name	Team	Time	Teams		
1	SM	Tom Frith	Southend-on-Sea AC	:	1	Havering AC	Div 1 66
2	SM	Grant Twist	Havering AC	:	2	Southend-on-Sea AC	Div 1 115
3	SM	Scott Cousins	Springfield Striders RC	:	3	Orion Harriers	Div 1 237
4	SM	David Fewell	Chelmsford AC	:	4	Chelmsford AC	Div 2 279
5	V40	Rob Warner	Havering AC	:	5	Iford AC	Div 1 282
6	V45	Adrian Mussett	Colchester Harriers AC	:	6	Billericay Striders RC	Div 2 331
7	SM	Michael Bartrum	Cambridge & Coleridge AC	:	7	Benfleet Running Club	Div 1 347
8	SM	James Stewart	Havering AC	:	8	JBR Run and Tri	Div 1 470
9	SM	Kurtis Swan	Braintree & District AC	:	9	Grange Farm & Dunmow Runners	Div 1 477
10	U20	Taite Wallis	Billericay Striders RC	:	10	Pitsea Running Club	Div 2 557
11	U20	Alex Ford	Havering AC	:	11	Halstead RR	Div 1 651
12	U20	Innes Fullerton	Braintree & District AC	:	12	Phoenix Striders	Div 1 681
13	V45	Gary Coombes	Iford AC	:	13	Boxted Runners	Div 2 686
14	SM	Cameron Humphries	Colchester Harriers AC	:	14	Hockley Trail Runners	Div 2 688
15	SM	Kieran O'Hara	Havering AC	:	15	Colchester Harriers AC	Div 1 124 (5)
16	U20	Luke Randall	Southend-on-Sea AC	:	16	Springfield Striders RC	Div 1 282 (5)
17	U20	Thomas Colsell	Colchester Harriers AC	:	17	Mid Essex Casuals	Div 2 459 (5)
18	SM	Matthew Houchell	Basildon AC	:	18	Thurrock Harriers	Div 1 132 (4)
19	SM	Scott Williams	Mid Essex Casuals	:	19	Basildon AC	Div 2 250 (3)
20	V45	Lee Taylor	Southend-on-Sea AC	:	20	Tiptree Road Runners	Div 2 327 (3)
21	SM	Richard Smith	Orion Harriers	:	21	Braintree & District AC	Div 2 21 (2)
22	U20	Samuel Waite	Chelmsford AC	:	22	Cambridge & Coleridge AC	Div 2 7 (1)
23	U20	Taylor Newell	Thurrock Harriers	:	23	East Essex Triathlon Club	Div 2 42 (1)
24	SM	Shane Boxall	Southend-on-Sea AC	:	24	Colchester & Tendring AC	Div 2 87 (1)
25	SM	John Whitehead	Havering AC	:			
26	SM	Joe Ray	Southend-on-Sea AC	:			
27	V40	Rob Trevor	Havering AC	:			
28	SM	Dominic Le Mare	Southend-on-Sea AC	:			
29	SM	Aaron Clark	Grange Farm & Dunmow Runners	:			
30	V45	Malcolm Muir	Iford AC	:			
31	SM	James Hiscock	Benfleet Running Club	:			
32	SM	Adam Dowman	Thurrock Harriers	:			
33	V45	Matthew Randall	Southend-on-Sea AC	:			
34	V50	Lee Martin	Springfield Striders RC	:			
35	V40	Bob Glasgow	Orion Harriers	:			
36	SM	Will Reed-Wright	Orion Harriers	:			
37	V40	Shawn Brown	Thurrock Harriers	:			
38	SM	Michael Feltham	Benfleet Running Club	:			
39	V45	Steve Rand	Havering AC	:			
40	SM	Robert Doyle	Thurrock Harriers	:			
41	U20	Luke Orrin	Colchester Harriers AC	:			
42	SM	Ben Brooks	East Essex Triathlon Club	:			
43	SM	Gareth Allen	Orion Harriers	:			
44	SM	Sebastian Parris	Iford AC	:			
45	V40	Jason Crispin	Havering AC	:			
46	V50	Allen Smalls	Colchester Harriers AC	:			
47	SM	Stephen Miller	JBR Run and Tri	:			
48	V45	Danny Holeyman	Iford AC	:			
49	V50	Colin Read	Orion Harriers	:			
50	SM	Barry Weldon	Billericay Striders RC	:			
51	V50	Anthony Moore	Billericay Striders RC	:			
52	SM	Declan Evans	Grange Farm & Dunmow Runners	:			
53	SM	Khurram Jowlya	Orion Harriers	:			
54	V40	Will Parrott	Chelmsford AC	:			
55	U20	Finlay Staff	Chelmsford AC	:			
56	U20	Tom Keevil	Havering AC	:			
57	SM	Henry Willis	Springfield Striders RC	:			
58	V40	Geoff Keily	Billericay Striders RC	:			
59	V45	Richard Greatbatch	Pitsea Running Club	:			
60	V45	Graham Booty	Benfleet Running Club	:			
61	V50	Tim Wright	Orion Harriers	:			
62	V50	Gary Atkins	Havering AC	:			
63	SM	Gavin Medlin	JBR Run and Tri	:			
64	SM	James Ferrant	Pitsea Running Club	:			
65	V60	Terry Knightley	Iford AC	:			
66	V45	Roy Harwood	Benfleet Running Club	:			
67	SM	Kyle Helleur	JBR Run and Tri	:			
68	SM	Michael Smith	Halstead RR	:			
69	V50	Peter Chubb	Springfield Striders RC	:			
70	V60	Peter Tullett	Chelmsford AC	:			
71	U20	Will Samuels	Southend-on-Sea AC	:			
72	V50	Steve Walker	Havering AC	:			
73	V50	Andy Lunn	Orion Harriers	:			

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**Senior men**

Pos	Age Gp	Name	Team	Time	Teams
74	SM	Darren Blackwell	Chelmsford AC	:	
75	SM	Kieran Feltham	Benfleet Running Club	:	
76	SM	Jack Whitaker	Southend-on-Sea AC	:	
77	V55	Alan Clark	Benfleet Running Club	:	
78	V50	Lloyd Miles	Billericay Striders RC	:	
79	V55	Kevin Marshall	Grange Farm & Dunmow Runners	:	
80	V45	Alan Cooke	Hockley Trail Runners	:	
81	V50	Richard Lewis	Southend-on-Sea AC	:	
82	V40	Steve Crane	Ilford AC	:	
83	SM	Ben Leeds	Mid Essex Casuals	:	
84	V60	Stephen Foggo	Billericay Striders RC	:	
85	V55	Neal Clark	Phoenix Striders	:	
86	V40	Graham Clark	Boxted Runners	:	
87	V45	John Henington	Colchester & Tendring AC	:	
88	V55	John Barker	Havering AC	:	
89	V65	Paul Morris	Hockley Trail Runners	:	
90	V45	Dennis Briggs	Ilford AC	:	
91	V40	Adam Coals	Ilford AC	:	
92	V50	Roy James	Havering AC	:	
93	V45	Derren Hamon	Boxted Runners	:	
94	V50	Bob Beardell	Tiptree Road Runners	:	
95	V55	Andy Hawes	JBR Run and Tri	:	
96	SM	Daniel Reynolds	Grange Farm & Dunmow Runners	:	
97	SM	Kelvin Cuffy	JBR Run and Tri	:	
98	V45	James Price	Pitsea Running Club	:	
99	V45	Ian Pike	Benfleet Running Club	:	
100	V50	Mark Lawes	Tiptree Road Runners	:	
101	V45	Ian Rodd	JBR Run and Tri	:	
102	V55	David Findlay	Basilidon AC	:	
103	V55	David Hurley	Mid Essex Casuals	:	
104	V50	Colin White	Billericay Striders RC	:	
105	V55	Martin Orford	Pitsea Running Club	:	
106	V60	Ian Lawson	Grange Farm & Dunmow Runners	:	
107	V65	Robert Langley	Halstead RR	:	
108	SM	Perry James	Halstead RR	:	
109	V50	Lee Hazelwood	Phoenix Striders	:	
110	V40	Tony Collins	Havering AC	:	
111	V40	Ben Fisher	Orion Harriers	:	
112	V50	Colin Wilkinson	Phoenix Striders	:	
113	SM	Adam Box	Boxted Runners	:	
114	V45	Adam Stow	Pitsea Running Club	:	
115	V45	James Hawkes	Grange Farm & Dunmow Runners	:	
116	V55	David Jackson	Phoenix Striders	:	
117	V65	Donald Sinclair	Pitsea Running Club	:	
118	V55	Adrian Mathers	Hockley Trail Runners	:	
119	V50	Ray Charlton	Springfield Striders RC	:	
120	V55	Alan Fancy	Halstead RR	:	
121	V45	Christopher McGlade	Boxted Runners	:	
122	V60	Paul Tawn	Mid Essex Casuals	:	
123	SM	Joseph Slee	Halstead RR	:	
124	V60	Dave Lane	Phoenix Striders	:	
125	V60	Andy Carter	Halstead RR	:	
126	V45	Scott Wood	JBR Run and Tri	:	
127	V55	Alan Fullerton	Grange Farm & Dunmow Runners	:	
128	V55	Paul Omer	Pitsea Running Club	:	
129	V55	Mark Witby	Hockley Trail Runners	:	
130	V40	Joe McGeath	Basilidon AC	:	
131	V55	Trevor Dobie	Hockley Trail Runners	:	
132	V70	Brian Butcher	Mid Essex Casuals	:	
133	V65	Edward Skinner	Tiptree Road Runners	:	
134	V60	Steve Cheal	Ilford AC	:	
135	SM	Neil Colley	Phoenix Striders	:	
136	V45	Mark Wigley	Boxted Runners	:	
137	V55	Ian Bown	Boxted Runners	:	
138	V55	Dave Girt	Southend-on-Sea AC	:	
139	V45	Steve Lovett	Phoenix Striders	:	
140	V65	Robert Sargent	Ilford AC	:	
141	V50	Richard Bennett	Hockley Trail Runners	:	
142	SM	Daniel Steptoe-Thompson	Boxted Runners	:	
143	V65	Peter Eates	Phoenix Striders	:	
144	V55	John Wilkinson	Phoenix Striders	:	
145	V75	Ernie Easterby	Billericay Striders RC	:	

