

Essex Cross Country League (4)

<u>Hainault Forest</u>			<u>Senior Men</u>	<u>22/01/2022</u>	
Pos	Age	Name	Team	Time	Division 1 Teams (6 to score)
1	SM	Ahmed Abdullah	Ilford AC	28: 23	1 Havering AC 81
2	SM	Jack Gray	Cambridge & Coleridge AC	28: 52	2 Southend-on-Sea AC 127
3	SM	Ben Felton	Chelmsford AC	30: 16	3 Orion Harriers 152
4	SM	James Connor	Havering AC	30: 28	4 Ilford AC 242
5	SM	Ben Austin	Southend-on-Sea AC	30: 31	5 Thurrock Harriers 257
6	SM	David Fewell	Chelmsford AC	30: 40	6 Benfleet Running Club 430
7	SM	Ben Davis	Havering AC	30: 45	7 Springfield Striders RC 559
8	U20	Taite Wallis	Billericay Striders RC	30: 46	8 Phoenix Striders 712
9	V40	Rob Warner	Havering AC	30: 48	9 JBR Run and Tri 837
10	SM	Taylor Newell	Thurrock Harriers	31: 09	10 Halstead RR 575 (5)
11	SM	Lewis Harknett	Orion Harriers	31: 17	11 Colchester Harriers AC 27 (1)
12	SM	Conor Culham	Braintree & District AC	31: 28	12 Grange Farm & Dunmow Runners 72 (1)
13	SM	James Stewart	Havering AC	31: 35	
14	SM	Ethan Ackroyd	Colchester & Tendring AC	31: 37	Division 2 Teams (6 score)
15	SM	Isaac Brown	Basildon AC	31: 50	1 Chelmsford AC 163
16	SM	Kurtis Swan	Braintree & District AC	31: 59	2 Braintree & District AC 308
17	SM	Rhys Gillard	Southend-on-Sea AC	32: 00	3 Billericay Striders RC 391
18	U20	Max Stapleton	Southend-on-Sea AC	32: 05	4 Boxted Runners 653
19	SM	Nick Harris-Fry	Orion Harriers	32: 14	5 Mid Essex Casuals 654
20	U20	Samuel Waite	Chelmsford AC	32: 17	6 Pitsea Running Club 695
21	SM	Richard Smith	Orion Harriers	32: 20	7 Hockley Trail Runners 652 (5)
22	SM	Kieran O'Hara	Havering AC	32: 26	8 Cambridge & Coleridge AC 26 (2)
23	V45	Lee Taylor	Southend-on-Sea AC	32: 31	9 Colchester & Tendring AC 128 (2)
24	U20	Paul Cahen	Cambridge & Coleridge AC	32: 37	10 Tiptree Road Runners 185 (2)
25	SM	Dan Moses	Orion Harriers	32: 37	11 Innovation Multisport 239 (2)
26	U20	Alex Ford	Havering AC	33: 12	12 Basildon AC 15 (1)
27	SM	Chris Sellens	Colchester Harriers AC	33: 14	
28	SM	Sam Atkins	Havering AC	33: 17	Veteran Team Result (4 to score)
29	V45	Malcolm Muir	Ilford AC	33: 19	1 Havering AC 175
30	U20	Luke Randall	Southend-on-Sea AC	33: 35	2 Southend-on-Sea AC 183
31	U20	Chandler Dhillon	Thurrock Harriers	33: 42	3 Ilford AC 229
32	U20	Innes Fullerton	Braintree & District AC	33: 50	4 Springfield Striders RC 289
33	SM	Tim Whitcombe	Benfleet Running Club	34: 01	5 Thurrock Harriers 317
34	V45	Matthew Randall	Southend-on-Sea AC	34: 06	6 Billericay Striders RC 348
35	U20	Nathan Boase	Orion Harriers	34: 29	7 Pitsea Running Club 395
36	V50	Lee Martin	Springfield Striders RC	34: 36	8 Phoenix Striders 469
37	SM	Adam Hemsworth	Mid Essex Casuals	34: 36	9 Boxted Runners 481
38	SM	Joe Ray	Southend-on-Sea AC	34: 37	10 Halstead RR 492
39	U20	Ethan Reilly	Chelmsford AC	34: 38	11 Hockley Trail Runners 539
40	SM	James Hiscock	Benfleet Running Club	34: 39	12 Mid Essex Casuals 558
41	V50	Colin Read	Orion Harriers	34: 40	13 Chelmsford AC 172 (3)
42	SM	Aaron Graves	Tiptree Road Runners	34: 41	14 Orion Harriers 271 (3)
43	SM	Shane Boxall	Southend-on-Sea AC	34: 57	15 JBR Run and Tri 423 (3)
44	SM	Alex Finch	Thurrock Harriers	34: 59	16 Benfleet Running Club 173 (2)
45	V50	Peter Waite	Chelmsford AC	35: 03	17 Colchester & Tendring AC 114 (1)
46	SM	Joshua Mulley	Braintree & District AC	35: 04	18 Tiptree Road Runners 143 (1)
47	V40	Shawn Brown	Thurrock Harriers	35: 05	19 Innovation Multisport 161 (1)
48	U20	Farris Vakil	Ilford AC	35: 06	
49	V45	Gary Coombes	Ilford AC	35: 08	
50	V40	Will Parrott	Chelmsford AC	35: 21	
51	SM	Dominic Le Mare	Southend-on-Sea AC	35: 27	
52	SM	Jack Whitaker	Southend-on-Sea AC	35: 36	
53	SM	Dylan Schubert	Southend-on-Sea AC	35: 39	
54	V40	Rob Trevor	Havering AC	35: 42	
55	V40	Barry Smith	Havering AC	35: 47	

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Pos	Age	Name	Team	Time	Individual positions (best 3 scores)		
56	U20	Steve Philcox	Iford AC	35: 56	1 Taite Wallis	25	U20
57	V40	Jason Crispin	Havering AC	35: 57	2 Luke Randall	65	U20
58	U20	Ifeoluwa Adebuseye	Thurrock Harriers	36: 03	3 Alex Ford	67	U20
59	U20	Dylan Harrod	Iford AC	36: 05	4 Samuel Waite	75	U20
60	V40	John Staunton	Southend-on-Sea AC	36: 10	5 Chandler Dhillon	77	U20
61	SM	Armand Vigors	Boxted Runners	36: 12	6 Innes Fullerton	84	U20
62	V45	Roy Harwood	Benfleet Running Club	36: 16	7 Nathan Boase	115	U20
63	V45	Richard Greatbatch	Pitsea Running Club	36: 24			
64	SM	Gareth Allen	Orion Harriers	36: 33	1 Jack Gray	5	SM
65	SM	Michael Feltham	Benfleet Running Club	36: 39	2 Ben Davis	14	SM
66	V55	Alex Kyriakides	Southend-on-Sea AC	36: 51	3 David Fewell	15	SM
67	V50	Scott Rice	Thurrock Harriers	36: 52	4 James Stewart	28	SM
68	SM	John Crawley	Iford AC	36: 54	5 Kurtis Swan	34	SM
69	V45	Danny Holeyman	Iford AC	37: 14	6 Kieran O'Hara	49	SM
70	V50	Neil Jennings	Billericay Striders RC	37: 27	7 Ben Felton	50	SM
71	V50	Gary Atkins	Havering AC	37: 35	8 Conor Culham	53	SM
72	SM	Declan Evans	Grange Farm & Dunmow Runners	37: 39	9 Cameron Humphries	59	SM
73	SM	Dean Noble	Billericay Striders RC	37: 50	10 Taylor Newell	64	SM
74	V45	Martin Chester	Havering AC	37: 54	11 Richard Smith	66	SM
75	V55	Paul Broome	Springfield Striders RC	38: 08	12 Dan Moses	78	SM
76	SM	Barry Weldon	Billericay Striders RC	38: 16	13 Shane Boxall	84	SM
77	V60	Peter Tullett	Chelmsford AC	38: 23	14 James Hiscock	117	SM
78	SM	Martin Westley	Innovation Multisport	38: 31	15 Adam Dowman	122	SM
79	V50	Anthony Moore	Billericay Striders RC	39: 04	16 Dominic Le Mare	124	SM
80	V60	Paul Jeggo	Springfield Striders RC	39: 04	17 Michael Feltham	160	SM
81	V60	Simon Le Mare	Southend-on-Sea AC	39: 17	18 Adam Hemsworth	162	SM
82	V45	Diamuid MacDonnie	Iford AC	39: 36	19 Gareth Allen	168	SM
83	SM	Gavin Ripton	Halstead RR	39: 39	20 Declan Evans	187	SM
84	V60	Terry Knightley	Iford AC	39: 45	21 Jack Whitaker	211	SM
85	SM	Dan Goodson	Billericay Striders RC	39: 53	22 Barry Weldon	213	SM
86	SM	Chris Youell	Chelmsford AC	39: 55	23 John Crawley	242	SM
87	SM	Greg Tye	Braintree & District AC	39: 57	24 Armand Vigors	259	SM
88	SM	Jimmy Justice	Phoenix Striders	39: 59	25 Martin Westley	267	SM
89	SM	Scott Thrush	Guest	40: 01	26 Ben Leeds	284	SM
90	SM	Ben Leeds	Mid Essex Casuals	40: 13	27 Greg Tye	324	SM
91	V60	Jonathan Metcalf	Thurrock Harriers	40: 15	28 Jimmy Justice	330	SM
92	V55	Neil Crisp	Iford AC	40: 29	29 Daniel Reynolds	362	SM
93	V50	Steve Walker	Havering AC	40: 35	30 Lewis Burgess	407	SM
94	V45	Karl Graves	Boxted Runners	40: 39	31 Adam Box	422	SM
95	V55	Tony Hyde	Pitsea Running Club	40: 55	32 Perry James	434	SM
96	V55	Neal Clark	Phoenix Striders	40: 57	33 Daniel Steptoe-Thompson	460	SM
97	V40	Geoff Keily	Billericay Striders RC	41: 13	34 Chris Diggins	469	SM
98	V60	Chris Purse	Springfield Striders RC	41: 22	35 John Roberts	496	SM
99	V55	Matthew Aitken	Southend-on-Sea AC	41: 33			
100	V45	Graham Hogan	Havering AC	41: 47	1 Rob Warner	21	V40
101	V40	Steve Crane	Iford AC	41: 51	2 Rob Trevor	130	V40
102	V65	Dave Butler	Billericay Striders RC	41: 57	3 Shawn Brown	137	V40
103	V40	Jamie Enever-Dodd	Phoenix Striders	42: 13	4 Will Parrott	162	V40
104	V65	Paul Morris	Hockley Trail Runners	42: 22	5 Jason Crispin	168	V40
105	V50	Darren Powell	Halstead RR	42: 33	6 Geoff Keily	280	V40
106	V45	Stephen Ames	Boxted Runners	42: 41	7 Steve Crane	317	V40
107	V50	Roy James	Havering AC	42: 45	8 Graham Clark	373	V40
108	V55	Martin Orford	Pitsea Running Club	42: 47			
109	V45	Glenn Gosling	Orion Harriers	42: 50	1 Lee Taylor	68	V45
110	V50	Toby Dando	JBR Run and Tri	43: 03	2 Gary Coombes	96	V45
					3 Malcolm Muir	98	V45
					4 Matthew Randall	118	V45

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Pos	Age	Name	Team	Time			
111	V45	Ian Pike	Benfleet Running Club	43: 15	5	Danny Holeyman	193 V45
112	V60	Christopher Applegate	Thurrock Harriers	43: 19	6	Richard Greatbatch	214 V45
113	SM	Harley Lloyd	Hockley Trail Runners	43: 28	7	Roy Harwood	216 V45
114	V45	John Henington	Colchester & Tendring AC	43: 33	8	Graham Hogan	310 V45
115	U20	Haydn Hawkins	Braintree & District AC	43: 42	9	Ian Pike	345 V45
116	SM	Lewis Burgess	JBR Run and Tri	43: 53	10	Steve Lovett	481 V45
117	V65	Robert Langley	Halstead RR	43: 59	11	Mark Wigley	503 V45
118	V45	Wayne Hickey	Ilford AC	44: 06	1	Lee Martin	110 V50
119	U20	Archie Connors	Benfleet Running Club	44: 09	2	Colin Read	148 V50
120	V40	Grant Eweland	Billericay Striders RC	44: 10	3	Peter Waite	169 V50
121	V50	Steve Bennett	Orion Harriers	44: 44	4	Scott Rice	191 V50
122	SM	Chris Diggins	Benfleet Running Club	44: 54	5	Gary Atkins	218 V50
123	SM	Alex Sancassani	Boxted Runners	45: 09	6	Anthony Moore	228 V50
124	V45	Colin Dunn	Mid Essex Casuals	45: 18	7	Steve Walker	272 V50
125	V40	Tony Agg	Billericay Striders RC	45: 50	8	Roy James	327 V50
126	SM	Louie Cross	Mid Essex Casuals	45: 52	9	Mark Lawes	349 V50
127	V50	Colin White	Billericay Striders RC	46: 00	10	Colin White	371 V50
128	V40	Graham Clark	Boxted Runners	46: 01	11	Lee Hazelwood	395 V50
129	V50	Pavi Aga	Pitsea Running Club	46: 07	12	Colin Wilkinson	416 V50
130	V60	Tim Brockington	Springfield Striders RC	46: 31	13	Richard Bennett	491 V50
131	V55	Mike Stapleton	Southend-on-Sea AC	46: 37			
132	V55	Alan Fancy	Halstead RR	46: 41	1	Alex Kyriakides	210 V55
133	V45	Spencer Garlick	Hockley Trail Runners	47: 13	2	Paul Broome	262 V55
134	V50	Lee Hazelwood	Phoenix Striders	47: 15	3	John Barker	280 V55
135	V60	James Goddard	Mid Essex Casuals	47: 33	4	Neal Clark	291 V55
136	V55	David Jackson	Phoenix Striders	47: 45	5	Kevin Marshall	316 V55
137	V65	Bernard Johnson	Thurrock Harriers	48: 18	6	Martin Orford	340 V55
138	V60	Andy Carter	Halstead RR	48: 28	7	Matthew Aitken	354 V55
139	V55	Bruce Mail	Billericay Striders RC	48: 59	8	Alan Fancy	418 V55
140	V55	Richard Rule	Springfield Striders RC	49: 25	9	Adrian Mathers	436 V55
141	SM	Daniel Steptoe-Thompson	Boxted Runners	49: 32	10	Paul Omer	480 V55
142	V55	Darren Radford	Mid Essex Casuals	49: 38			
143	V65	Edward Skinner	Tiptree Road Runners	49: 38	1	Peter Tullett	228 V60
144	V55	Adrian Mathers	Hockley Trail Runners	49: 55	2	Terry Knightley	246 V60
145	V60	Steve Cheal	Ilford AC	50: 11	3	Simon Le Mare	278 V60
146	V40	Tony Collins	Havering AC	50: 37	4	Chris Purse	331 V60
147	V50	Ricky Deacon	Billericay Striders RC	50: 53	5	Jonathan Metcalf	348 V60
148	SM	Bernard Williams	JBR Run and Tri	51: 03	6	Christopher Applegate	399 V60
149	V55	George Gager	Pitsea Running Club	51: 08	7	Andy Carter	428 V60
150	SM	John Roberts	JBR Run and Tri	52: 35	8	Steve Cheal	461 V60
151	V65	Donald Sinclair	Pitsea Running Club	53: 54	9	Tim Brockington	464 V60
152	V55	Dave Girt	Southend-on-Sea AC	55: 13			
153	V45	Matt Kett	Boxted Runners	55: 42	1	Paul Morris	327 V65
154	V45	Craig Brittnie	JBR Run and Tri	56: 22	2	Robert Langley	371 V65
155	V65	Andy Body	Phoenix Striders	56: 28	3	Donald Sinclair	430 V65
156	V45	Steve Lovett	Phoenix Striders	56: 34	4	Edward Skinner	446 V65
157	V70	Brian Butcher	Mid Essex Casuals	58: 10	5	Bernard Johnson	475 V65
158	V50	Richard Bennett	Hockley Trail Runners	58: 47	6	Ronald Peacock	550 V65
159	V50	Jon Brown	JBR Run and Tri	59: 16			
160	V55	John Wilkinson	Phoenix Striders	63: 11	1	Brian Butcher	478 V70
161	V65	Ronald Peacock	Innovation Multisport	66: 03			
162	V50	Billy Green	Ilford AC	66: 03	1	Ernie Easterby	503 V75
163	V75	Ernie Easterby	Billericay Striders RC	:			