

**Essex Cross Country Championships**

**U17 Men**

**Claybury**

**09/01/2016**

**Under 17 Men**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Team Result</b>	
1	663	Ahmed Abdulle	U17M Ilford AC	18: 39	1 Orion Harriers	49
2	679	Canaan Solomon	U17M Woodford Green with Essex Ladies	48	2 Basildon AC	61
3	638	Mason Webb	U17M Basildon AC	19: 08	3 Havering AC	72
4	656	Harrison Smith	U17M East Essex Tri Club	18	4 Woodford Green with Essex Ladies	82
5	653	Joseph Patterson	U17M Colchester & Tendring	37	5 Thurrock Harriers	88
6	671	Daniel Richards	U17M Orion Harriers	40	6 Chelmsford AC	88
7	636	Brandon Thorpe	U17M Basildon AC	43		
8	674	Tobu Wright	U17M Southend AC	47		
9	669	Jordan Chrisostomou	U17M Orion Harriers	20: 01		
10	658	Ben Davies	U17M Havering AC	13		
11	651	Owen Thomas	U17M Chelmsford AC	18		
12	654	Benjamin Miller	U17M Colchester & Tendring	20		
13	659	Lewis Debenham	U17M Havering AC	29		
14	676	Oliver Mann	U17M Thurrock Harriers	32		
15	640	Gus Withers	U17M Basildon AC	39		
16	668	George Day	U17M Orion Harriers	42		
17	648	Jordan Denyer	U17M Chelmsford AC	46		
18	666	Eden Coleman	U17M Orion Harriers	52		
19	664	Usamah Patel	U17M Ilford AC	55		
20	672	Michael Hodges	U17M Southend AC	58		
21	677	Jody Meredith	U17M Thurrock Harriers	21: 05		
22	660	Oliver Bath	U17M Havering AC	05		
23	680	James Waterfield	U17M Woodford Green with Essex Ladies	08		
24	675	Joe Logan	U17M Thurrock Harriers	10		
25	681	Harry Cavell	U17M Woodford Green with Essex Ladies	21		
26	647	Nathan Brearley	U17M Chelmsford AC	27		
27	661	Oliver Morter	U17M Havering AC	22: 20		
28	657	James Stewart	U17M Havering AC	31		
29	678	Samuel Smith	U17M Thurrock Harriers	33		
30	665	Josh Iton	U17M Orion Harriers	38		
31	655	Ben Goodwin	U17M East Essex Tri Club	45		
32	682	Owen Armstrong	U17M Woodford Green with Essex Ladies	46		
33	646	Conor Culham	U17M Braintree & District	23: 08		
34	652	William Gray	U17M Chelmsford AC	11		
35	662	Kieran O'Hara	U17M Havering AC	12		
36	637	Sam Walsh	U17M Basildon AC	21		

**Essex Cross Country Championships**

**U17 Women**

**Claybury**

**09/01/2016**

**Under 17 Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b><u>Team Result</u></b>	
<b>1</b>	527	Khahisa Mhlanga	U17W Chelmsford AC	20 43	<b>1</b> Chelmsford AC	<b>12</b>
<b>2</b>	526	Jodie Judd	U17W Chelmsford AC	21 00		
<b>3</b>	528	Rachael Broome	U17W Chelmsford AC	37		
<b>4</b>	523	Sinead Clark	U17W Benfleet RC	22 10		
<b>5</b>	520	Niamh Smith	U17W Basildon AC	23 33		
<b>6</b>	530	Lydia Callan	U17W Chelmsford AC	57		
<b>7</b>	517	Jemima Walker	U17W Basildon AC	24 01		
<b>8</b>	525	Emma Perks	U17W Chelmsford AC	05		
<b>9</b>	531	Georgina Sturgeon	U17W Colchester & Tendring	26 26		
<b>10</b>	533	Lois Wyatt	U17W Havering AC	30		
<b>11</b>	518	Meg Rapley	U17W Basildon AC	39		
<b>12</b>	534	Georgia Phillips	U17W Havering AC	28 36		

**Essex Cross Country Championships**

**U20 Women**

**Claybury**

**09/01/2016**

**Under 20 Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b><u>Team Result</u></b>
<b>1</b>	483	Gemma Holloway	U20W Thurrock Harriers	19 50	<b>1 Orion Harriers 38</b>
<b>2</b>	470	Megan Williams	U20W Chelmsford AC	23 02	
<b>3</b>	474	Sarah Wilson	U20W Havering AC	43	
<b>4</b>	471	Katie Solis	U20W Chelmsford AC	53	
<b>5</b>	467	Victoria Hiscock	U20W Benfleet RC	24 04	
<b>6</b>	472	Isabella Woods	U20W Havering AC	25 16	
<b>7</b>	482	Annabel Matthews-Smith	U20W Southend AC	26	
<b>8</b>	477	Joelle Ewen	U20W Orion Harriers	26 33	
<b>9</b>	478	Serena Espeute	U20W Orion Harriers	28 58	
<b>10</b>	476	Madeleine Carr	U20W Orion Harriers	28 13	
<b>11</b>	480	Hannah Julian	U20W Orion Harriers	32 45	

## Essex Cross Country Championships

U20 Men

Claybury

09/01/2016

Under 20 Men

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b><u>Team Result</u></b>
1	873	Jordan Rowe	U20M Colchester Harriers	28: 48	1 Basildon AC 30
2	862	George Elliott	U20M Basildon AC	58	
3	874	Ramadan Osman	U20M Colchester & Tendring	29: 50	
4	871	Darren Blackwell	U20M Chelmsford AC	30: 03	
5	885	Joe Ray	U20M Southend AC	07	
6	866	Adam Houchell	U20M Basildon AC	15	
7	861	Dan Ashley	U20M Basildon AC	47	
8	867	James Hiscock	U20M Benfleet RC	31: 53	
9	876	Matthew Braybrook	U20M Havering AC	32: 04	
10	884	Dominc LeMare	U20M Southend AC	19	
11	880	Thomas Young	U20M Orion Harriers	20	
12	879	Charlie Weston	U20M Orion Harriers	34: 00	
13	875	Abdul Mohamed	U20M Havering AC	17	
14	882	Joel Hayhow	U20M Orion Harriers	35: 54	
15	860	Steve Davies	U20M Basildon AC	57	
16	864	Joe Payne	U20M Basildon AC	37: 45	

Essex Cross Country Championships

## Senior Women

Claybury09/01/2016Senior Women

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Team Result</b>	
1	302	Gemme Kersey	SW Basildon AC	30: 02	1 Basildon AC	35
2	400	Stacey Ward	SW Herne Hill Harriers	33	2 Chelmsford AC	46
3	372	Alex Gounelas	SW Eton Manor AC	32: 07	3 Colchester Harriers	59
4	449	Joanne Wilkinson	SW Thurrock Harriers	21	4 Southend AC	95
5	334	Sarah Strading	SW Colchester Harriers	26	5 Havering AC	100
6	394	Alexa Joel	SW Havering AC	32	6 Eton Manor AC	118
7	466	Emma Houchell	SW Basildon AC	56	7 Thurrock Harriers	146
8	326	Megan Evans	SW Chelmsford AC	33: 21	8 Springfield Striders	176
9	337	Laura Shewbridge	SW Colchester Harriers	57	9 East London Runners	188
10	427	Clare Cornwell	SW Southend AC	34: 00	10 Ilford AC	245
11	327	Gemma Barry	SW Chelmsford AC	11	11 Halsted Road Runners	253
12	325	Sally Judd	SW Chelmsford AC	18	12 Eton Manor AC 'B'	260
13	301	Kirsty Tydeman	SW Basildon AC	25	13 Billericay Striders	282
14	306	Laura Brooks	SW Basildon AC	29	14 Harwich Runners	286
15	330	Rebecca Cole	SW Chelmsford AC	32	15 East London Runners 'B'	308
16	350	Hayley Hawes	SW East Essex Tri Club	56	16 Springfield Striders 'B'	335
17	407	Clare Thurgood	SW Orion Harriers	35: 18	17 East London Runners 'C'	363
18	442	Samantha Barnes Bilbie	SW Springfield Striders	19	18 Eton Manor AC 'C'	379
19	397	Vicky Smith	SW Havering AC	26		
20	338	Denise Morley	SW Colchester Harriers	50		
21	461	Rachel Lund	SW Woodford Green with Essex Ladies	36: 21		
22	418	Fiona Halls	SW Saffron Striders	22		
23	465	Emily Bullis	SW Basildon AC	29		
24	431	Tracey English	SW Southend AC	35		
25	348	Debbie Cattermole	SW Colchester Harriers	51		
26	355	Jennifer Ansell	SW East London Runners	54		
27	309	Charmaine Sterling	SW Benfleet RC	58		
28	430	Sarah Pennington	SW Southend AC	37: 04		
29	370	Sharon Bolister	SW Eton Manor AC	05		
30	339	Rebecca Cooke	SW Colchester Harriers	06		
31	454	Rachel Morison	SW Victoria Park Harriers	07		
32	396	Robyn Matson	SW Havering AC	07		
33	423	Natasha Lagden	SW Southend AC	18		
34	336	Lyn Higgs	SW Colchester Harriers	22		
35	307	Louise Douglass	SW Basildon AC	27		
36	444	Toni Noble	SW Thurrock Harriers	34		
37	305	Charlotte Bishop	SW Basildon AC	46		
38	410	Hayley Rogerson	SW Orion Harriers	38: 07		
39	343	Ella Neale	SW Colchester Harriers	26		
40	373	Clair Fisher	SW Eton Manor AC	36		
41	401	Jenni Sheehan	SW Ilford AC	36		
42	440	Rachael Roughan	SW Springfield Striders	39: 03		
43	395	Jo Sillivan	SW Havering AC	09		
44	432	Polly Bridgman	SW Springfield Striders	13		
45	420	Kasia Kostyrka	SW Southend AC	36		
46	380	Claire Wagh	SW Eton Manor AC	40: 00		
47	371	Niomi Dews	SW Eton Manor AC	05		
48	391	Maddy Lewis	SW Harwich Runners	19		
49	403	Breege Nordin	SW Ilford AC	22		
50	311	Kate Wilkinson	SW Benfleet RC	39		

51	367 Eleanor Wilkinson	SW East London Runners	41: 00
52	447 Jodie Farrell	SW Thurrock Harriers	14
53	354 Rebecca Young	SW East London Runners	26
54	451 Victoria Peacock	SW Thurrock Harriers	41
55	322 Jane Edgar	SW Billericay Striders	49
56	386 Mel Candler	SW Halsted Road Runners	54
57	409 Mary Armitage	SW Orion Harriers	56
58	351 Sarah Burns	SW East London Runners	42: 11
59	384 Hazel Buist	SW Halsted Road Runners	15
60	381 Zoe Woodward	SW Eton Manor AC	19
61	402 Nicola Hopkinson	SW Ilford AC	30
62	411 Danielle Hughes	SW Phoenix Striders	41
63	317 Wendy Reed	SW Billericay Striders	45
64	453 Joyce Berry	SW Victoria Park Harriers	43: 09
65	383 Wendy Carter	SW Halsted Road Runners	18
66	448 Charlotte Edwards	SW Thurrock Harriers	23
67	388 Carrie Hook	SW Harwich Runners	35
68	419 Collette Frampton	SW Southend AC	40
69	393 Elspeth Knott	SW Harwich Runners	52
70	379 Louise Vacher	SW Eton Manor AC	44: 09
71	359 Sheetal Dandgey	SW East London Runners	40
72	433 Sharon Bannister	SW Springfield Striders	58
73	385 Rosie Atkins	SW Halsted Road Runners	45: 01
74	312 Annette Johnson	SW Benfleet RC	03
75	452 Lindsey Rolerkite	SW Tiptree RR	12
76	441 Kirsty Williams	SW Springfield Striders	18
77	352 Maud Hodson	SW East London Runners	27
78	424 Debby Lynn Hallam	SW Southend AC	38
79	356 Lucy Barron	SW East London Runners	48
80	320 Christine Deacon	SW Billericay Striders	46: 00
81	361 Gemma Foxall	SW East London Runners	06
82	435 Karen Chapman	SW Springfield Striders	17
83	377 Paula Steere	SW Eton Manor AC	22
84	319 Jo Ling	SW Billericay Striders	30
85	365 Celia Payaneeandee	SW East London Runners	35
86	436 Elaine Tribley	SW Springfield Striders	55
87	376 Jenni Hall	SW Eton Manor AC	47: 16
88	366 Gina Radford	SW East London Runners	27
89	369 Rachel Brittle	SW Eton Manor AC	39
90	360 Fiona Day	SW East London Runners	48: 06
91	439 Amelie Mollinghoff	SW Springfield Striders	38
92	414 Debbie Smith	SW Phoenix Striders	39
93	415 Theresa Howe	SW Pitsea RC	49: 30
94	404 Melinda Jones	SW Ilford AC	50: 15
95	405 Krystle Balogun	SW Ilford AC	38
96	417 Teresa Flannigan	SW Pitsea RC	51: 11
97	413 Nicola Maslen	SW Phoenix Striders	31
98	387 Nicole Smith	SW Halsted Road Runners	33
99	368 Sasha Ackland	SW Eton Manor AC	46
100	353 Caroline Moore	SW East London Runners	54
101	416 Angela Smith	SW Pitsea RC	52: 03
102	389 Michelle Greenfield	SW Harwich Runners	53: 29
103	406 Doris Gaga	SW Ilford AC	54: 22
104	378 Christina Watson	SW Eton Manor AC	57: 32

Essex Cross Country Championships

Senior Men

Claybury

09/01/2016

Senior Men

Pos	No	Name	Club	Time	Team Result		
1	274	Tom Phillips	SM Woodford Green with Essex Ladies	39: 43	1	Woodford Green with Essex Ladies	51
2	236	Tristan Windley	SM Springfield Striders	40: 08	2	Colchester Harriers	139
3	275	Tom Beedell	SM Woodford Green with Essex Ladies	22	3	Orion Harriers	175
4	300	Angus Holford	SM Woodford Green with Essex Ladies	33	4	Springfield Striders	189
5	40	Chris Sellens	SM Colchester Harriers	48	5	Woodford Green with Essex Ladies 'B'	228
6	35	Grant Twist	SM Chelmsford AC	51	6	Ilford AC	231
7	34	Mark Sanford	SM Chelmsford AC	41: 12	7	Havering AC	274
8	41	Carwyn Jones	SM Colchester Harriers	16	8	Southend AC	302
9	289	Kevin Murphy	SM Woodford Green with Essex Ladies	22	9	Colchester Harriers 'B'	458
10	229	Tom Cammack	SM Springfield Striders	26	10	Orion Harriers 'B'	473
11	2	Grant Webb	SM Basildon AC	28	11	Woodford Green with Essex Ladies 'C'	491
12	38	Will Wright	SM Chelmsford AC	33	12	East London Runners	496
13	149	Tom Gardner	SM Ilford AC	37	13	Harwich Runners	534
14	26	Crispian Bloomfield	SM Billericay Striders	43	14	Springfield Striders 'B'	559
15	249	Alec Finch	SM Thurock Harriers	42: 04	15	Eton Manor AC	593
16	292	Daniel Steel	SM Woodford Green with Essex Ladies	11	16	Billericay Striders	602
17	42	Darren Farrugia	SM Colchester Harriers	31	17	Benfleet RC	632
18	276	Harold Wyber	SM Woodford Green with Essex Ladies	42	18	East London Runners 'B'	800
19	145	Malcolm Muir	SM Ilford AC	48	19	Eton Manor AC 'B'	916
20	179	Jack Stroud	SM Orion Harriers	53			
21	139	Rob Warner	SM Havering AC	59			
22	165	Daniel Moses	SM Orion Harriers	43: 07			
23	283	Tony Russell	SM Woodford Green with Essex Ladies	13			
24	151	Blair McWhirter	SM Ilford AC	18			
25	131	Paul Grange	SM Havering AC	23			
26	293	Darren Southcott	SM Woodford Green with Essex Ladies	32			
27	120	Robert Reason	SM Harwich Runners	37			
28	44	Richard Heath	SM Colchester Harriers	41			
29	200	Oliver Kyrakides	SM Southend AC	47			
30	172	Barny Foot	SM Orion Harriers	56			
31	169	Ian Clark	SM Orion Harriers	44: 07			
32	210	Pat Walsh	SM Southend AC	29			
33	222	Lee Taylor	SM Southend AC	37			
34	227	Gav Allen	SM Springfield Striders	39			
35	174	Colin Read	SM Orion Harriers	41			
36	90	Thomas Grimes	SM East London Runners	45			
37	166	Fabio Rizzo	SM Orion Harriers	51			
38	18	Kurtis Swan	SM Billericay Striders	52			
39	287	Joe Everitt	SM Woodford Green with Essex Ladies	54			
40	53	Mark Harrod	SM Colchester Harriers	56			
41	45	Colin Ridley	SM Colchester Harriers	45: 09			
42	171	Nial McGoun	SM Orion Harriers	15			
43	132	Mat Bland	SM Havering AC	21			
44	284	Jim Roche	SM Woodford Green with Essex Ladies	29			
45	225	James Smith	SM Springfield Striders	33			
46	233	Chris Burgoyne	SM Springfield Striders	40			
47	288	Rob Wilbraham	SM Woodford Green with Essex Ladies	41			
48	148	Paul Holloway	SM Ilford AC	42			
49	290	Julian Russell	SM Woodford Green with Essex Ladies	42			
50	74	Lee Baynton	SM East Essex Tri Club	47			
51	281	Gareth Cavell	SM Woodford Green with Essex Ladies	46: 07			
52	235	Stuart Raven	SM Springfield Striders	10			
53	223	Anthony Goodall	SM Springfield Striders	11			
54	219	Callum Wallace	SM Southend AC	16			
55	137	Ian Anthony	SM Havering AC	21			
56	48	Paul Rogers	SM Colchester Harriers	25			
57	294	Pete Caton	SM Woodford Green with Essex Ladies	30			

<b>58</b>	128	Mark Lloyd	SM Harwich Runners	32
<b>59</b>	280	Louis Clark	SM Woodford Green with Essex Ladies	38
<b>60</b>	152	Steve Philcox	SM Ilford AC	47
<b>61</b>	5	Graham Booty	SM Benfleet RC	47: 05
<b>62</b>	50	Jon Nears	SM Colchester Harriers	15
<b>63</b>	173	Paul Bolton	SM Orion Harriers	16
<b>64</b>	141	Martin Chester	SM Havering AC	18
<b>65</b>	160	Adrian Smith	SM Orion Harriers	21
<b>66</b>	135	Jason Crispin	SM Havering AC	23
<b>67</b>	147	Sam Rahman	SM Ilford AC	43
<b>68</b>	201	Alec Kyrakides	SM Southend AC	53
<b>69</b>	153	John Whitehoues	SM Loughton	58
<b>70</b>	82	Jon Brombley	SM East London Runners	48: 00
<b>71</b>	267	Gary Bagnall	SM Victoria Park Harriers	15
<b>72</b>	91	Dan Gritton	SM East London Runners	23
<b>73</b>	224	Paul Anderson	SM Springfield Striders	26
<b>74</b>	102	David Cato	SM Eton Manor AC	31
<b>75</b>	238	Tom Gunning	SM Springfield Striders	35
<b>76</b>	124	Sam Gooding-Matthews	SM Harwich Runners	37
<b>77</b>	100	Paul Boddey	SM Eton Manor AC	
<b>78</b>	146	Neil Crisp	SM Ilford AC	40
<b>79</b>	150	Kevin Wotton	SM Ilford AC	44
<b>80</b>	47	Martyn Clarke	SM Colchester Harriers	47
<b>81</b>	6	Terry Spooner	SM Benfleet RC	49: 13
<b>82</b>	49	Peter West	SM Colchester Harriers	25
<b>83</b>	61	Keith Marley	SM Colchester Harriers	37
<b>84</b>	296	James Perry	SM Woodford Green with Essex Ladies	42
<b>85</b>	16	Lloyd Miles	SM Billericay Striders	45
<b>86</b>	218	Charlie Parker	SM Southend AC	50: 01
<b>87</b>	75	Andrew Doig	SM East Essex Tri Club	02
<b>88</b>	176	Robert Hayday	SM Orion Harriers	08
<b>89</b>	110	Simon Cottle	SM Eton Manor AC	10
<b>90</b>	10	Nick Rankin	SM Benfleet RC	11
<b>91</b>	101	Paul Cates	SM Eton Manor AC	12
<b>92</b>	203	James Champion	SM Southend AC	26
<b>93</b>	268	Paul Mee	SM Victoria Park Harriers	50
<b>94</b>	144	Robin McNelis	SM Ilford AC	52
<b>95</b>	52	Russell Goodridge	SM Colchester Harriers	56
<b>96</b>	89	Spencer Evans	SM East London Runners	51: 03
<b>97</b>	55	David Wright	SM Colchester Harriers	16
<b>98</b>	181	David Wilson	SM Orion Harriers	26
<b>99</b>	246	Jon Metcalf	SM Thurock Harriers	30
<b>100</b>	189	Carl Easton	SM Phoenix Striders	35
<b>101</b>	59	James Waterson	SM Colchester Harriers	47
<b>102</b>	192	Jack Morris	SM Pitsea RC	48
<b>103</b>	271	Scot Darney	SM Witham RC	48
<b>104</b>	266	Paul Dellar	SM Tiptree Road Runners	58