

Essex Cross Country Championships**SW** **Gloucester Park, Basildon****08/01/2022**

Pos	No	Name		Club	Time
1	102	Victoria Hiscock	SW	Benfleet RC	30: 30
2	100	Charlotte Bishop	SW	Basildon AC	57
3	240	Lindsay Colman	SW	Southend AC	31: 02
4	173	Ginte Bailey	SW	Havering AC	13
5	159	Lucy Barnes	SW	Harlow Running & Tri Club	26
6	136	Lydia Callan	SW	Colchester Harriers	45
7	192	Eleanor Johnson	SW	Leigh-on-Sea Striders	32: 11
8	276	Alicia McArdell	SW	Woodford Green & Essex Ladies AC	14
9	259	Kathryn Spring	SW	Thurrock Harriers AC	19
10	174	Morgan Campbell	SW	Havering AC	24
11	263	Laura Thompson	SW	Victoria Park Harriers & Tower Hamlets AC	51
12	277	Kelly Clark	SW	Victoria Park Harriers & Tower Hamlets AC	33: 01
13	243	Hayley Lamkin	SW	Southend AC	09
14	127	Victoria Primmer	SW	Colchester Harriers	12
15	143	Jenny Heymann	SW	Eton Manor	21
16	131	Emma Burgess	SW	Colchester Harriers	28
17	266	Clare Fisher	SW	Victoria Park Harriers & Tower Hamlets AC	31
18	206	Claire Huggins	SW	Orion Harriers	33
19	180	Robyn Matson	SW	Havering AC	50
20	262	Philippa Robinson	SW	Tonbridge AC	34: 23
21	125	Tracy English	SW	Colchester Harriers	30
22	134	Denise Morley	SW	Colchester Harriers	33
23	106	Charmaine Sterling	SW	Benfleet RC	52
24	264	Rachel Morison	SW	Victoria Park Harriers & Tower Hamlets AC	57
25	200	Mary Knapman	SW	Loughton AC	58
26	175	Clare Davies	SW	Havering AC	35: 09
27	245	Lee Anne Cann	SW	Southend AC	13
28	258	Toni Radley	SW	Thurrock Harriers AC	31
29	214	Hannah White	SW	Orion Harriers	41
30	140	Lee Milne	SW	Eton Manor	53
31	260	Danielle Harrington	SW	Tiptree road runner	59
32	167	Kaye Huggins	SW	Havering '90 Joggers	36: 01
33	193	Hollie Boyd	SW	Leigh-on-Sea Striders	11
34	209	Anna Louis	SW	Orion Harriers	13
35	182	Jordan Hinds	SW	Ilford AC	15
36	216	Rachel Flannigan	SW	Phoenix Striders	17
37	242	Rebecca Taylor	SW	Southend AC	21
38	157	Terri Wiley	SW	Harlow Running & Tri Club	24
39	189	Anna Crawley	SW	Ilford AC	29
40	116	Emily Pereria	SW	Braintree & District AC	30
41	112	Barbara Aldridge	SW	Billericay Striders	30
42	181	Stephanie Phillips	SW	Havering AC	30
43	156	Shukila Jordan	SW	Halstead Road Runners	36

44	205	Jasmin Fitzpatrick	SW	Orion Harriers		38
45	197	Charlotte Horton	SW	Leigh-on-Sea Striders		49
46	139	Zoe Woodward	SW	Eton Manor	37:	05
47	118	Nicola Burney Gunn	SW	Brentwood RC		16
48	117	Kathleen Short	SW	Brentwood RC		25
49	148	Jane Rukin-White	SW	Eton Manor		29
50	199	Lorna Gaffney	SW	Loughton AC		41
51	257	Jodie Farrell	SW	Thurrock Harriers AC		45
52	238	Kasia Kostyrka-Allchorne	SW	Southend AC		57
53	184	Carlie Qirem	SW	Ilford AC	38:	06
54	255	Imogen Ovenden	SW	Springfield Striders		10
55	119	Eloise Smith	SW	Brentwood RC		18
56	215	Kristina Read	SW	Phoenix Striders		19
57	194	Michelle Lane	SW	Leigh-on-Sea Striders		25
58	225	Tina Golubeva	SW	Pitsea Running Club		55
59	160	Fieke Blackwell	SW	Harlow Running & Tri Club	39:	19
60	202	Wendy Seymour	SW	Loughton AC		26
61	220	Serena Jones	SW	Phoenix Striders		27
62	212	Joanne Plumb	SW	Orion Harriers		39
63	191	Breege Nordin	SW	Ilford AC		44
64	186	Alison Sale	SW	Ilford AC		52
65	108	Christine Deacon	SW	Billericay Striders		54
66	201	Georgina Taylor	SW	Loughton AC	40:	07
67	228	Hazel Greatbatch	SW	Pitsea Running Club		15
68	210	Karen Lyons	SW	Orion Harriers		17
69	204	Joanna Elferink	SW	Orion Harriers		23
70	269	Rachel Dingley	SW	Witham		41
71	162	Linda Helm-Manley	SW	Harlow Running & Tri Club		51
72	151	Meera Rajoo-Oakley	SW	Great Bentley Running Club	41:	06
73	122	Rebecca Clay	SW	Castle Point Joggers		11
74	190	Gaye Young	SW	Ilford AC		19
75	256	Donna Fisher	SW	Springfield Striders		27
76	230	Kate Howlett	SW	Pitsea Running Club	41:	31
77	155	Wendy Carter	SW	Halstead Road Runners		36
78	179	Emily James	SW	Havering AC		37
79	207	Izzy Jasper	SW	Orion Harriers		41
80	154	Charlotte King	SW	Halstead Road Runners		42
81	213	Katherine Taylor	SW	Orion Harriers		46
82	275	Fiona Collins	SW	Witham		47
83	253	Deborah Hitching	SW	Springfield Striders		49
84	110	Jo Ling	SW	Billericay Striders	42:	08
85	142	Kate Malcolm	SW	Eton Manor		14
86	115	Jane Yellop	SW	Billericay Striders		18
87	178	Charlie Yexley	SW	Havering AC	43:	10
88	223	Karen Heard	SW	Phoenix Striders		11
89	211	Helen Pearce	SW	Orion Harriers		13
90	270	Sharon Read	SW	Witham		26
91	170	Kate Pettit	SW	Havering '90 Joggers		40

92	152	Lisa Rodbourn	SW	Halstead Road Runners	44:	29
93	224	Lynsey Gray	SW	Phoenix Striders		48
94	166	Amber Elliott	SW	Havering '90 Joggers	45:	47
95	188	Diane Crisp	SW	Ilford AC	46:	13
96	144	Janine Durrant	SW	Eton Manor		36
97	232	Angela Smith	SW	Pitsea Running Club	47:	06
98	252	Sarah Goodwin	SW	Springfield Striders		06
99	183	Freida Keane	SW	Ilford AC		07
100	218	Jo Pearce	SW	Phoenix Striders		09
101	147	Hayley Dalton	SW	Eton Manor		12
102	271	Jenny Layley	SW	Witham		18
103	272	Sarah Naughton	SW	Witham		21
104	123	Debbie Harper	SW	Castle Point Joggers		26
105	109	Lesley Smart	SW	Billericay Striders		42
106	229	Helen Williams	SW	Pitsea Running Club	48:	15
107	222	Laura Heard	SW	Phoenix Striders		25
108	226	Caroline Wallis	SW	Pitsea Running Club		31
109	185	Julia Galea	SW	Ilford AC		32
110	227	Gillian Harrison	SW	Pitsea Running Club		40
111	267	Karen Flowers	SW	Witham	49:	18
112	237	Jo Sinfield	SW	Pitsea Running Club		19
113	111	Dawn Potter	SW	Billericay Striders		35
114	231	Marion Breeze	SW	Pitsea Running Club		46
115	153	Lauren Hutley	SW	Halstead Road Runners	50:	07
116	114	Chloe White	SW	Billericay Striders		32
117	268	Céline Elson	SW	Witham	51:	22
118	138	Rachel Le Roux	SW	East London Runners		46
119	234	Sarah Gager	SW	Pitsea Running Club	52:	02
120	221	Nicola Maslen	SW	Phoenix Striders		25
121	219	Nicola Burston	SW	Phoenix Striders	54:	58
122	168	Grace Kelly	SW	Havering '90 Joggers	55:	06
123	163	Lisa Gaskin	SW	Havering '90 Joggers	59:	18
124	165	Tracy Hendy	SW	Havering '90 Joggers	60:	19
125	169	Melissa Burke	SW	Havering '90 Joggers		20

Team Result

1	Colchester Harriers	57
2	Havering AC	59
3	Victoria Park Harriers & Tower Ha	64
4	Southend AC	80
5	Orion Harriers	125
6	Eton Manor	140
7	Leigh-on-Sea Striders	142
8	Harlow Running & Tri Club	173
9	Ilford AC	190
10	Loughton AC	201
11	Phoenix Striders	241
12	Billericay Striders	276

13	Orion Harriers 'B'	278
14	Halstead Road Runners	292
15	Pitsea Running Club	298
16	Springfield Striders	310
17	Ilford AC 'B'	332
18	Havering '90 Joggers	339
19	Witham	344
20	Phoenix Striders 'B'	420
21	Pitsea Running Club 'B'	436

Essex Cross Country Championships**SM** **Gloucester Park, Basildon****08/01/2022**

Pos	No	Name	Club	Time
1	516	Tom Frith	SM Southend AC	31: 17
2	563	Stephen Strange	SM Tonbridge AC	32: 31
3	445	Ahmed Abdulle	SM Ilford AC	51
4	339	Zach Bridgeland	SM Chelmsford AC	33: 11
5	581	James Stockings	SM Woodford Green & Essex Ladies AC	14
6	429	Ben Davis	SM Havering AC	22
7	341	David Fewell	SM Chelmsford AC	43
8	347	Ben Felton	SM Chelmsford AC	51
9	568	John Payne	SM Victoria Park Harriers & Tower Hamlets	55
10	430	James Stewart	SM Havering AC	57
11	594	Darren Southcott	SM Woodford Green & Essex Ladies AC	34: 02
12	564	James Hotham	SM Victoria Park Harriers & Tower Hamlets	05
13	423	Rob Warner	SM Havering AC	08
14	584	Angus Holford	SM Woodford Green & Essex Ladies AC	30
15	301	Isaac Brown	SM Basildon AC	37
16	583	Josh Entwistle	SM Woodford Green & Essex Ladies AC	37
17	474	Nick Harris-Fry	SM Orion Harriers	39
18	331	Kurtis Swan	SM Braintree & District AC	44
19	517	Rhys Gillard	SM Southend AC	47
20	473	Lewis Harknett	SM Orion Harriers	51
21	555	Taylor Newell	SM Thurrock Harriers AC	55
22	579	Tom Beedell	SM Woodford Green & Essex Ladies AC	58
23	329	Conor Culham	SM Braintree & District AC	35: 00
24	532	Sam Norris	SM Southend AC	04
25	321	Crispian Bloomfield	SM Billericay Striders	25
26	355	Jordan Middlemist	SM Colchester Harriers	36
27	433	Sam Atkins	SM Havering AC	47
28	350	Cameron Humphries	SM Colchester Harriers	50
29	368	James Morley	SM Colchester Harriers	55
30	431	Kieran O'Hara	SM Havering AC	57
31	522	Lee Taylor	SM Southend AC	36: 04
32	443	Malcolm Muir	SM Ilford AC	06
33	586	Dan Steel	SM Woodford Green & Essex Ladies AC	09
34	479	Daniel Moses	SM Orion Harriers	17
35	478	Michael McTernan	SM Orion Harriers	30
36	565	Nicholas Sharp	SM Victoria Park Harriers & Tower Hamlets	32
37	369	David Branfoot	SM Colchester Harriers	35
38	302	Mathew Houchal	SM Basildon AC	46
39	470	Ben Francis	SM Orion Harriers	47
40	539	Luke Fitz-John	SM Springfield Striders	56
41	590	Kevin Murphy	SM Woodford Green & Essex Ladies AC	37: 04
42	530	Dominic Le Mare	SM Southend AC	05
43	520	Matt Randall	SM Southend AC	05

44	475 Brian Jenkins	SM	Orion Harriers	09
45	366 Nate Filer	SM	Colchester Harriers	13
46	361 Chris Sellens	SM	Colchester Harriers	15
47	499 Adam Bailey	SM	Pitsea Running Club	17
48	566 Ben Wickham	SM	Victoria Park Harriers & Tower Hamlets	27
49	432 John Whitehead	SM	Havering AC	30
50	550 Adam Dowman	SM	Thurrock Harriers AC	46
51	332 Innes Fullerton	SM	Braintree & District AC	53
52	394 Paul Boddey	SM	Eton Manor	55
53	589 Julian Russell	SM	Woodford Green & Essex Ladies AC	59
54	395 George Fernandez	SM	Eton Manor	38: 09
55	546 Paul Miles	SM	Springfield Striders	16
56	373 Joseph Gunn	SM	East London Runners	21
57	536 Dylan Schubert	SM	Southend AC	22
58	587 Harold Wyber	SM	Woodford Green & Essex Ladies AC	24
59	358 Jonathan Nears	SM	Colchester Harriers	24
60	389 James Pilch	SM	Eton Manor	24
61	588 Paul Manson	SM	Woodford Green & Essex Ladies AC	27
62	362 Dan Widdowson	SM	Colchester Harriers	32
63	337 Adam Hemsworth	SM	Castle Point Joggers	
64	411 Paskell Blackwell	SM	Harlow Running & Tri Club	35
65	345 Peter Waite	SM	Chelmsford AC	39
66	346 Will Parrott	SM	Chelmsford AC	40
67	484 David Wilson	SM	Orion Harriers	41
68	354 Colin Ridley	SM	Colchester Harriers	42
69	352 Tim Ballard	SM	Colchester Harriers	47
70	561 Aaron Graves	SM	Tiptree road runners	50
71	367 Matt Shaw	SM	Colchester Harriers	39: 08
72	540 Antony Goodall	SM	Springfield Striders	19
73	549 Shawn Brown	SM	Thurrock Harriers AC	24
74	523 Jack Whitaker	SM	Southend AC	35
75	300 Joe Payne	SM	Basildon AC	38
76	422 James Blog	SM	Havering AC	43
77	424 Jason Crispin	SM	Havering AC	
78	528 Alex Kyrakides	SM	Southend AC	44
79	440 Ian Anthony	SM	Havering AC	51
80	388 Dylan Williams	SM	Eton Manor	54
81	554 Scott Rice	SM	Thurrock Harriers AC	40: 05
82	348 Simon Knightbridge	SM	Chelmsford AC	08
83	462 Jon Whitehouse	SM	Loughton AC	14
84	458 Stuart Cable	SM	Leigh-on-Sea Striders	29
85	304 Michael Feltham	SM	Benfleet RC	34
86	342 Nick Hunter	SM	Chelmsford AC	38
87	451 Darren Lock	SM	Leigh-on-Sea Striders	42
88	543 Paul Broome	SM	Springfield Striders	48
89	434 Gary Atkins	SM	Havering AC	51
90	477 Neil McGoun	SM	Orion Harriers	53
91	353 Paul Rodgers	SM	Colchester Harriers	59

92	570 Kevin Long	SM	Victoria Park Harriers & Tower Hamlets	41:	03
93	498 Richard Greatbatch	SM	Pitsea Running Club		04
94	340 Adam Colgrave	SM	Chelmsford AC		07
95	483 Stephen Thompson	SM	Orion Harriers		18
96	476 Phu Ly	SM	Orion Harriers		19
97	382 Paul Cates	SM	Eton Manor		21
98	582 Richard Holland	SM	Woodford Green & Essex Ladies AC		24
99	365 Peter West	SM	Colchester Harriers		27
100	314 Neil Jennings	SM	Billericay Striders		31
101	305 Roy Harwood	SM	Benfleet RC		39
102	575 Pete Riley	SM	Witham		45
103	383 Quentin Grieu	SM	Eton Manor		53
104	406 Nathan Roulson	SM	Halstead Road Runners	42:	02
105	544 Paul Jeggo	SM	Springfield Striders		09
106	461 Elliot Carter	SM	Leigh-on-Sea Striders		10
107	514 Philip Whitehouse	SM	Serpentine Running Club		16
108	349 Simon Bowring	SM	Chelmsford AC		30
109	574 Leo Cole	SM	Witham		32
110	409 Martin Westley	SM	Harlow Running & Tri Club		45
111	442 John Crawley	SM	Ilford AC		47
112	325 Barry Weldon	SM	Billericay Striders		48
113	489 Jimmy Justice	SM	Phoenix Striders		53
114	439 Tony Pecoraro	SM	Havering AC		55
115	336 Richard Bonham	SM	Castle Point Joggers	43:	13
116	450 Alex Childs	SM	Leigh-on-Sea Striders		16
117	449 Diarmuid Mac Donnell	SM	Ilford AC		31
118	444 Terry Knightley	SM	Ilford AC		44
119	323 Dan Goodson	SM	Billericay Striders		49
120	384 David Cato	SM	Eton Manor	44:	01
121	558 Jonathan Metcalf	SM	Thurrock Harriers AC		04
122	463 Benjamin Leeds	SM	Mid Essex Casuals		11
123	320 Geoff Kiely	SM	Billericay Striders		13
124	436 Steve Walker	SM	Havering AC		14
125	446 Neil Crisp	SM	Ilford AC		15
126	335 Kieran Neary	SM	Castle Point Joggers		16
127	375 James Nichols	SM	East London Runners		21
128	454 Bruce Gander	SM	Leigh-on-Sea Striders		24
129	404 Gavin Ripton	SM	Halstead Road Runners		26
130	492 Perry Cordery	SM	Phoenix Striders		30
131	448 Steve Crane	SM	Ilford AC		32
132	556 John O'Shea	SM	Thurrock Harriers AC		43
133	542 David Weldon	SM	Springfield Striders		46
134	334 Luke Fordham	SM	Braintree & District AC		50
135	380 Louis Le Roux	SM	East London Runners		55
136	372 Karan Gadhia	SM	East London Runners	45:	05
137	452 Harry Grose	SM	Leigh-on-Sea Striders		08
138	344 Peter Tullett	SM	Chelmsford AC		23
139	399 Luca Predebon	SM	Grange Farm & Dunmow Runners		27

140	322 Lewis Sartin	SM	Billericay Striders		29
141	357 Kevin Higgins	SM	Colchester Harriers		35
142	580 Rob Wilbraham	SM	Woodford Green & Essex Ladies AC		41
143	534 Matt Aitken	SM	Southend AC		46
144	576 Simon Scott	SM	Witham		50
145	573 Thomas Ashley	SM	Witham		53
146	438 Roy James	SM	Havering AC		58
147	494 Neal Clark	SM	Phoenix Striders	46:	10
148	562 Mark Lawes	SM	Tiptree road runners		22
149	572 David Carey	SM	Witham		26
150	315 Steve Foggo	SM	Billericay Striders		26
151	312 Dave Butler	SM	Billericay Striders		32
152	559 Christopher Applegate	SM	Thurrock Harriers AC		34
153	316 Andrew Morris	SM	Billericay Striders		40
154	330 Gregory Tye	SM	Braintree & District AC		44
155	408 Darren Powell	SM	Halstead Road Runners		50
156	502 Martin Orford	SM	Pitsea Running Club		53
157	396 Daniel Reynolds	SM	Grange Farm & Dunmow Runners	47:	15
158	398 James Hawkes	SM	Grange Farm & Dunmow Runners		24
159	486 Jamie Enever-Dodd	SM	Phoenix Striders		27
160	403 Robert Langley	SM	Halstead Road Runners		34
161	311 Chris Coates	SM	Benfleet RC		38
162	310 Ian Pike	SM	Benfleet RC		47
163	491 Colin Wilkinson	SM	Phoenix Striders		50
164	377 Finbar Sheahan	SM	East London Runners		52
165	327 Phil Cooper	SM	Billericay Striders		56
166	459 Neil Hubbard	SM	Leigh-on-Sea Striders	48:	00
167	593 Tom Phillips	SM	Woodford Green & Essex Ladies AC		20
168	507 Ross Taylor	SM	Pitsea Running Club		52
169	577 Ben O'leary	SM	Witham		58
170	416 Aaron Freeman	SM	Havering '90 Joggers	49:	17
171	524 Peter Binns	SM	Southend AC		21
172	464 Steve Bennett	SM	Orion Harriers		58
173	512 Nicolas Miller	SM	Pitsea Running Club	50:	02
174	392 Richard Seddon	SM	Eton Manor		20
175	307 Chris Diggins	SM	Benfleet RC		21
176	313 Colin White	SM	Billericay Striders		29
177	363 Dan Macey	SM	Colchester Harriers		33
178	505 Michael Gould	SM	Pitsea Running Club		35
179	378 Michael Wilson	SM	East London Runners		38
180	412 Chris Arnell	SM	Harlow Running & Tri Club		47
181	405 Alan Fancy	SM	Halstead Road Runners		47
182	472 Simon Haigh	SM	Orion Harriers	51:	24
183	490 Lee Hazelwood	SM	Phoenix Striders		38
184	447 Tony Young	SM	Ilford AC		48
185	379 Mounir Dahbi	SM	East London Runners	52:	12
186	324 Alastair Daw	SM	Billericay Striders		15
187	501 Paul Omer	SM	Pitsea Running Club		25

188	571 David Jobling	SM	Witham	40
189	538 Justin King	SM	Southend AC	48
190	418 Lee Young	SM	Havering '90 Joggers	49
191	560 Bernard Johnson	SM	Thurrock Harriers AC	53: 13
192	504 David Beatty	SM	Pitsea Running Club	54: 00
193	495 Neil Colley	SM	Phoenix Striders	11
194	407 Andy Carter	SM	Halstead Road Runners	16
195	469 Benjamin Fisher	SM	Orion Harriers	26
196	509 George Gager	SM	Pitsea Running Club	37
197	421 Roger Hagan	SM	Havering '90 Joggers	51
198	417 Darren Radford	SM	Havering '90 Joggers	55: 33
199	578 Andrew Read	SM	Witham	51
200	385 Sebastiano Ferraris	SM	Eton Manor	56: 55
201	545 David Scarfe	SM	Springfield Striders	57: 32
202	487 James McBride	SM	Phoenix Striders	58: 18
203	413 Keith Brades	SM	Havering '90 Joggers	59: 11
204	420 Sanjeev Sharma	SM	Havering '90 Joggers	60: 39
205	376 John O'Brien	SM	East London Runners	61: 55
206	419 Jason Hetterley	SM	Havering '90 Joggers	62: 20
207	488 Steve Lovett	SM	Phoenix Striders	40
208	497 Andy Boddy	SM	Phoenix Striders	63: 24
209	541 Mark Moughton	SM	Springfield Striders	65: 27
210	496 John Wilkinson	SM	Phoenix Striders	66: 34
211	513 David Mullender	SM	Pitsea Running Club	68: 45
212	493 Chris Maskell	SM	Phoenix Striders	69: 37
213	338 Mark Collins	SM	Castle Point Joggers	72: 17
214	414 Lee Kyson	SM	Havering '90 Joggers	76: 30

Team Result

1	Woodford Green & Essex Ladies AC	101
2	Havering AC	135
3	Southend AC	160
4	Orion Harriers	189
5	Colchester Harriers	211
6	Chelmsford AC	232
7	Colchester Harriers 'B'	420
8	Eton Manor	446
9	Woodford Green & Essex Ladies AC 'B'	453
10	Thurrock Harriers AC	478
11	Springfield Striders	493
12	Ilford AC	506
13	Havering AC 'B'	559
14	Billericay Striders	619
15	Leigh-on-Sea Striders	658
16	Orion Harriers 'B'	702
17	Southend AC 'B'	712
18	East London Runners	797
19	Pitsea Running Club	815

20	Witham	818
21	Phoenix Striders	895
22	Halstead Road Runners	923
23	Billericay Striders 'B'	981
24	Havering '90 Joggers	1162
25	Phoenix Striders 'B'	1232