

Essex Cross Country League (3)

Hilly Fields, Colchester

16/11/2024

U11 Girls

Pos	Name	Team	Time
1	Lianne Esterhuysen	Brentwood Beagles Athletics Club	06:47
2	Leila Robinson	Chelmsford Athletics Club	06:51
3	Sienna Finnegan	SS Athletics	07:08
4	Blossom Smith	Brentwood Beagles Athletics Club	07:16
5	Honor Burrows	SS Athletics	07:17
6	Bella Kehoe		07:20
7	Ronni Townsend	Colchester & Tendring AC	07:21
8	Thea Peggy Clark	Brentwood Beagles Athletics Club	07:32
9	Sophia Raffaelli	SS Athletics	07:37
10	Sienna Faulkner	ISA East Anglia	07:43
11	Rosie Coleman	West Suffolk AC	07:45
12	Ã“rlaith Hallahan	Colchester & Tendring AC	07:50
13	Evie Foley	Brentwood Beagles Athletics Club	07:52
14	Olivia Marie Bilby	Chelmsford Athletics Club	08:03
15	Amelia Paige Bright	Havering Athletics Academy	08:05
16	Ava Lynch	Havering Athletics Academy	08:10
17	Ella Silvain	Basildon AC	08:11
18	Kirsten Townsend	Colchester & Tendring AC	08:17
19	Bailey Kehoe	Chelmsford Junior Endurance	08:19
20	Maya Lancaster	Colchester Harriers AC	08:29
21	Florence Beddis	Colchester Harriers AC	08:40
22	Asya Nalcioglu	Thurrock Harriers	08:43
23	Erin Elizabeth Heap	Colchester & Tendring AC	08:56
24	Nethmi Dias Dahanayake	Chelmsford Junior Endurance	08:59
25	Sophia Kempthorne	Harlow AC	09:01
26	Phoebe Ann Hogg	Colchester & Tendring AC	09:04
27	Sofia Fernandes Lyttle	Colchester & Tendring AC	10:10
28	Isabella Izzet	Colchester & Tendring AC	10:24
29	Isabelle Anne Perks	Chelmsford Athletics Club	12:05

Essex Cross Country League (3)**Hilly Fields, Colchester****16/11/2024****U11 Boys**

Pos	Name	Team	Time
1	Dylan Law	Chelmsford Athletics Club	06:26
2	Rowan William Thomas Stringer	Colchester & Tendring AC	06:32
3	Freddie Blacketer	Chelmsford Athletics Club	06:40
4	Rocco Thompson	SS Athletics	06:46
5	James Heath	Colchester Harriers AC	06:56
6	Ellis Quinn	SS Athletics	07:02
7	Pearce Alexander Bennett	East Essex Triathlon Club	07:06
8	George Headford		07:07
9	Arthur Walter Castleton Cooke	Chelmsford Athletics Club	07:07
10	Cian Allen Casey-Bond	Harlow AC	07:08
11	Harris William Fuller	Chelmsford Athletics Club	07:10
12	Bertie Allen	Brentwood Beagles Athletics Club	07:11
13	Elliott Potton	City of Southend On Sea AC	07:12
14	Oscar Gander	Brentwood Beagles Athletics Club	07:12
15	Matthew Feaviour	Colchester Harriers AC	07:16
16	Jacob Smithyes	Chelmsford Athletics Club	07:20
17	Luke Aidan Hathaway	Havering Athletics Academy	07:21
18	Jude Henry Deal	Brentwood Beagles Athletics Club	07:21
19	George Kyprianou	Brentwood Beagles Athletics Club	07:26
20	Byron Mooney	Colchester & Tendring AC	07:31
21	Sam James Bailey	Colchester Harriers AC	07:34
22	Henry Ball	Chelmsford Athletics Club	07:39
23	Freddie David Barrett	Colchester & Tendring AC	07:48
24	Jude McNicholl	Brentwood Beagles Athletics Club	07:49
25	Drew Benson-Bruns	Benfleet RC	07:49
26	Archie Albert Hussey	Brentwood Beagles Athletics Club	07:51
27	Jack Fletcher Brennan	Colchester & Tendring AC	07:53
28	Jude Leggatt	Benfleet RC	07:54
29	Edward Levack	Colchester Harriers AC	07:55
30	Huxley James Richards	Harlow AC	07:57
31	Albie Clark	Colchester Harriers AC	08:07
32	Hudson Brandon		08:09
33	Noah Wilson	Colchester Harriers AC	08:12
34	Luke David Morris	Brentwood Beagles Athletics Club	08:14
35	Luca Isbinda	Colchester Harriers AC	08:35
36	William Godfrey Howard	Colchester Harriers AC	08:57
37	Oliver Francis Jones	Brentwood Beagles Athletics Club	08:58
38	Blake Preston	Colchester Harriers AC	09:27

Essex Cross Country League (3)

Hilly Fields, Colchester

16/11/2024

U13 Girls

Pos	Name	Team	Time
1	Isla Kehoe	Chelmsford Athletics Club	12:58
2	Beatrix Grace Castleton Cooke	Chelmsford Athletics Club	13:09
3	Sadie Owen	SS Athletics	13:17
4	Hattie Mae Blackburn	Chelmsford Athletics Club	13:28
5	Katie Carver	SS Athletics	13:37
6	Fleur Burrows	SS Athletics	13:43
7	Arabella Lily Fenttiman Stevens	SS Athletics	13:49
8	Eden Sloan	Thurrock Harriers	14:13
9	Jessica M. Hobson	Chelmsford Athletics Club	14:15
10	Mia Imogen Lawes	Colchester & Tendring AC	14:17
11	Freya Bailey	Colchester & Tendring AC	14:22
12	Anais Delilah Sandell	SS Athletics	14:40
13	Caitlin Rachel Rose Phillips	Brentwood Beagles Athletics Club	14:55
14	Zenobia Daisy Williams	Chelmsford Athletics Club	15:04
15	Phoebe Thomas	Thurrock Harriers	15:13
16	Clara Wilson	SS Athletics	15:17
17	Holly Bullard	Colchester & Tendring AC	15:20
18	Olivia Sadie Atkinson	City of Southend On Sea AC	15:27
19	Eliza Rose Smith	Colchester Harriers AC	15:40
20	Ivy-Rose Alice Hallahan	Colchester & Tendring AC	15:45
21	Claudia Window	SS Athletics	15:51
22	Kacie Theadora Langton	Colchester & Tendring AC	16:16
23	Tilly Clark	Colchester Harriers AC	16:31
24	Emilia Rose Fairbank	Colchester Harriers AC	16:41
25	Orla Lily Sutcliffe	Colchester Harriers AC	16:58
26	Isla Lee Sandford	Thurrock Harriers	17:21
27	Kandi Shepherd	City of Southend On Sea AC	19:29
28	Inari Rawle	Havering Athletic Club	19:37
29	Jessica Smith	Braintree & District AC	20:11
30	Liara Ronan	Colchester & Tendring AC	23:39

Teams

1	Chelmsford Athletics Club	16
2	SS Athletics	21
3	Colchester & Tendring AC	58
4	Colchester Harriers AC	91
5	Thurrock Harriers	49 (3)
6	City of Southend On Sea AC	45 (2)
7	Brentwood Beagles Athletics Club	13 (1)
8	Havering Athletic Club	28 (1)
9	Braintree & District AC	29 (1)
10		

Essex Cross Country League (3)

Hilly Fields, Colchester

16/11/2024

U13 Boys

Pos	Name	Team	Time
1	Toby Edward Ketterer	Colchester & Tendring AC	12:28
2	Samuel Brown	SS Athletics	12:29
3	Joshua Dalton	Chelmsford Athletics Club	12:36
4	Harry Wing	Basildon AC	12:38
5	Thomas Burgoyne	Chelmsford Athletics Club	12:51
6	Charlie Smith	SS Athletics	13:04
7	Max Faulkner	Colchester Harriers AC	13:11
8	Sebastian Cook	Chelmsford Athletics Club	13:14
9	Lucas Ward	Basildon AC	13:23
10	Harrison Sewell	Havering Athletic Club	13:25
11	Teddy Mullin	SS Athletics	13:27
12	Rafferty Denny George Winborn	Colchester Harriers AC	13:33
13	Gregory James Fry	Colchester & Tendring AC	13:35
14	Jude Benson-Bruns	Benfleet RC	13:40
15	Adam Armour	Brentwood Beagles Athletics Club	13:45
16	Harry Philip Cunningham	Basildon AC	13:47
17	James Francis Pollard	Chelmsford Athletics Club	13:52
18	Daniel James Smith	Chelmsford Athletics Club	13:53
19	Dexter Flynn Haynes	SS Athletics	13:55
20	Charles Jackson	Chelmsford Athletics Club	13:58
21	Cruz Adam Hewlett Carvell	Havering Athletic Club	14:01
22	Luke Smith	Harlow AC	14:03
23	Mason Grindrod	Brentwood Beagles Athletics Club	14:05
24	Jamie Kaan Murphy	Brentwood Beagles Athletics Club	14:07
25	James Dylan Bilby	Basildon AC	14:09
26	Benjamin James Bleakley	SS Athletics	14:16
27	Mason Partridge	Colchester & Tendring AC	14:20
28	Archie Bernard Bright	Havering Athletic Club	14:25
29	Alex Blanco	Colchester & Tendring AC	14:29
30	Edward Lyne	Colchester Harriers AC	14:44
31	Cameron Young	Brentwood Beagles Athletics Club	14:51
32	Riley Richard Duff	Colchester & Tendring AC	15:01
33	Max Massarella	Brentwood Beagles Athletics Club	15:02
34	Thomas Layton	SS Athletics	15:06
35	Harrison Nolan	Havering Athletic Club	15:08
36	Jack Rowlandson	Havering Athletic Club	15:09
37	Alex Wynn	Benfleet RC	15:11
38	Cameron Smith	Havering Athletic Club	15:19
39	Oliver Trevor	Brentwood Beagles Athletics Club	15:34
40	Harry Michael Stephen Baird	Colchester & Tendring AC	15:38
41	Jacob James Stanley	Brentwood Beagles Athletics Club	15:41
42	Samuel Kirk	Havering Athletic Club	15:49
43	Sidney Victor John Allen	Brentwood Beagles Athletics Club	15:59
44	Ben Kingswell	Benfleet RC	17:46
45	Ben Howlett	Castle Point Joggers	18:35

Teams

1	Chelmsford Athletics Club	33
2	SS Athletics	38
3	Basildon AC	54
4	Colchester & Tendring AC	70
5	Brentwood Beagles Athletics Club	93
6	Havering Athletic Club	94
7	Colchester Harriers AC	49 (3)
8	Benfleet RC	95 (3)
9	Harlow AC	22 (1)
10	Castle Point Joggers	45 (1)

Essex Cross Country League (3)**4 To Score****Hilly Fields, Colchester****16/11/2024****U15 Girls**

Pos	Name	Team	Time	Team Result	
1	Francesca Philipps	Chelmsford Athletics Club	15:20	1 Chelmsford Athletics Club	22
2	Izzy Daisy Eida	Chelmsford Athletics Club	15:50	2 Basildon AC	30
3	Amelie Mae Shipton	Chelmsford Athletics Club	16:07	3 SS Athletics	65
4	Dorka Bakler-Kugler	Basildon AC	16:50	4 Havering Athletic Club	124
5	Demitria Robinson	Basildon AC	17:01	5 Braintree & District AC	128
6	Heidi Bailey	Basildon AC	17:06	6 Colchester Harriers AC	52 (3)
7	Isabelle Young	Brentwood Beagles Athletics Club	17:08	7 Colchester & Tendring AC	71 (3)
8	Orla Maisie Bowd	SS Athletics	17:15	8 Brentwood Beagles Athletics Club	17 (2)
9	Sophie Mia Rogers	Colchester Harriers AC	17:34	9 City of Southend On Sea AC	60 (2)
10	Esme Thomas	Brentwood Beagles Athletics Club	17:38	10 Benfleet RC	63 (2)
11	Sophia Louisa Harvey	Colchester & Tendring AC	17:51	11 Woodford Green AC with Essex Ladies	14 (1)
12	Isabella Gonsalves	SS Athletics	17:57	12 Daws Heath Harriers	25 (1)
13	Ella Marie Licence	Colchester Harriers AC	18:05	13 Thurrock Harriers	41 (1)
14	Isla Louise Fulling	Woodford Green AC with Essex Ladies	18:08	14 Harlow Running and Tri Club	44 (1)
15	Keira Nix	Basildon AC	18:10		
16	Chloe Ember Rose Haycock	Chelmsford Athletics Club	18:13		
17	Daisy Cossey-Atkins	Havering Athletic Club	18:15		
18	Florence Emily Wallace	City of Southend On Sea AC	18:17		
19	Mila Cubeddu	SS Athletics	18:23		
20	Stephanie Smith	Chelmsford Athletics Club	18:27		
21	Chloe Lee	Basildon AC	18:36		
22	Lily Isabella Penny Hartman	Chelmsford Athletics Club	19:04		
23	Eadie Wood	Braintree & District AC	19:05		
24	Darcey Isabella Wallis	Basildon AC	19:07		
25	Ryden Higgins	Daws Heath Harriers	19:09		
26	Anna Smith	SS Athletics	19:13		
27	Florence Jones	Benfleet RC	19:15		
28	Evie Gowers	Braintree & District AC	19:17		
29	Imogen Rose Stringer	Colchester & Tendring AC	19:19		
30	Evelyn Hazel Clapp	Colchester Harriers AC	19:26		
31	Evie Rose Foster	Colchester & Tendring AC	19:29		
32	Callie Ziepe	Havering Athletic Club	19:40		
33	Ashleigh Louise Holland	Basildon AC	19:42		
34	Martha May	Braintree & District AC	19:59		
35	Anna Regan	Basildon AC	20:02		
36	Layla Gregory-Allen	Benfleet RC	20:27		

37 Olivia Bradbury	Havering Athletic Club	20:31
38 Alexandria Field	Havering Athletic Club	20:47
39 Holly Bradbury	Havering Athletic Club	20:49
40 Skye Eastman	Havering Athletic Club	20:50
41 Molly Elizabeth Garner	Thurrock Harriers	21:35
42 Isla-May Randall	City of Southend On Sea AC	22:00
43 Molly Jane Walker	Braintree & District AC	23:16
44 Layla Mary Gamble	Harlow Running and Tri Club	24:19

Essex Cross Country League (3)

Hilly Fields, Colchester

16/11/2024

U15 Boys

Pos	Name	Team	Time
1	Jacob Parrott	Chelmsford Athletics Club	14:13
2	Ben Tucker	Harlow AC	14:23
3	Lewis Jopling	City of Southend On Sea AC	14:25
4	Jamie Paul Gilbey	Basildon AC	14:29
5	Joseph Delaney	Chelmsford Athletics Club	14:38
6	William Hughes	Basildon AC	14:52
7	Fred Ferman	Chelmsford Athletics Club	15:05
8	Samuel Joyce	Benfleet RC	15:07
9	Connor McGurk	Basildon AC	15:09
10	Daniel Francis Pollard	Chelmsford Athletics Club	15:11
11	Matthew Meadows	Basildon AC	15:13
12	Tiernan Coleman	WaldenTRI	15:16
13	Joe Sewell	Havering Athletic Club	15:16
14	Hayden Preston	Colchester Harriers AC	15:16
15	George Webb	City of Southend On Sea AC	15:16
16	Otis Tabor	City of Southend On Sea AC	15:27
17	Adam Oliver Hart	Colchester & Tendring AC	15:32
18	Harrison Cumner	Colchester Harriers AC	15:33
19	Jake Smith	Benfleet RC	15:34
20	Matthew Delea	Brentwood Beagles Athletics Club	15:47
21	Ethan Carroll	Havering Athletic Club	15:56
22	Logan Dearsley	Colchester & Tendring AC	16:04
23	Alex Philip Derrick	Colchester & Tendring AC	16:05
24	Sean Christinan Mugagga	Havering Athletic Club	16:12
25	Khaya Fakazi	Chelmsford Athletics Club	16:14
26	Evan James Henty	SS Athletics	16:16
27	Harry Murphy	City of Southend On Sea AC	16:20
28	Harrison Brown	Harlow AC	16:24
29	Frankie Edwards	Brentwood Beagles Athletics Club	16:24
30	Matthew David Jones	Brentwood Beagles Athletics Club	16:24
31	Hayden Fox	Colchester & Tendring AC	16:25
32	Patrick Francis Bisoni	Colchester & Tendring AC	16:34
33	Rupert Clark	Colchester & Tendring AC	16:36
34	Tam Bradford	Colchester & Tendring AC	16:38
35	Daniel Mee	Colchester & Tendring AC	16:45
36	Paolo Valente	Colchester Harriers AC	16:47
37	Jesse Michael William Burkett	Basildon AC	16:59
38	Noah Vivian	Colchester & Tendring AC	17:19
39	Oliver Vincent	Braintree & District AC	17:43
40	George Anthony Burgess	Havering Athletic Club	17:49
41	Matthew Davey	Colchester & Tendring AC	17:54
42	Samuel Anthony Hedges	City of Southend On Sea AC	18:06
43	Harry Fairbrass	City of Southend On Sea AC	18:16
44	Eli Wigginton	Colchester & Tendring AC	21:06
45	Harrison James Miller	Colchester & Tendring AC	21:15

Teams (4 to score)

1	Chelmsford Athletics Club	23
2	Basildon AC	30
3	City of Southend On Sea AC	61
4	Colchester & Tendring AC	93
5	Havering Athletic Club	98
6	Colchester Harriers AC	68 (3)
7	Brentwood Beagles Athletics Club	79 (3)
8	Benfleet RC	27 (2)
9	Harlow AC	30 (2)
10	WaldenTRI	12 (1)
11	SS Athletics	26 (1)
12	Braintree & District AC	39 (1)

Essex Cross Country League (3)**Hilly Fields, Colchester****16/11/2024****U17 Women**

Pos	Name	Team	Time
1	Evangeline Warn	Brentwood Beagles Athletics Club	23:59
2	Lily Ann Tyler	Colchester Harriers AC	24:08
3	Zara Morley	Basildon AC	25:35
4	Jessica Walker	Chelmsford Athletics Club	25:57
5	Mara Thomas	Brentwood Beagles Athletics Club	26:20
6	Emma Cox	Chelmsford Athletics Club	26:30
7	Naomi Sandercock	Colchester & Tendring AC	26:32
8	Chloe Fotherby	City of Southend On Sea AC	27:04
9	Connie Coates	Benfleet RC	27:10
10	Bea Ellen Sivyver	Colchester Harriers AC	27:12
11	Annika Ezrow	Colchester & Tendring AC	27:35
12	Liliana Taylor	City of Southend On Sea AC	27:45
13	Chloe Barnard	Basildon AC	28:14
14	Katie Cox	Chelmsford Athletics Club	28:25
15	Beau Lindsey Sue Burkett	Basildon AC	28:35
16	Poppy Petal Pepper	Basildon AC	28:49
17	Tilly Christina Heaton	Castle Point Joggers	29:28
18	Ella Denham	Colchester & Tendring AC	30:00
19	Lucy Thompson	Colchester & Tendring AC	30:20
20	Caitlin Howlett	Castle Point Joggers	38:23

Teams	
1 Chelmsford Athletics Club	24
2 Basildon AC	31
3 Colchester & Tendring AC	36
4 Brentwood Beagles Athletics Club	6 (2)
5 Colchester Harriers AC	12 (2)
6 City of Southend On Sea AC	20 (2)
7 Castle Point Joggers	37 (2)
8 Benfleet RC	9 (1)

Essex Cross Country League (3)**3 To Score****Hilly Fields, Colchester****16/11/2024****U17 Men**

Pos	Name	Team	Time	Team Result
1	Jacob Hurrell	Chelmsford Athletics Club	20:09	1 Chelmsford Athletics Club 14
2	Max Sanderson	Brentwood Beagles Athletics Club	20:25	2 Basildon AC 24
3	Finlay Ryan Evison	Basildon AC	21:24	3 Harlow AC 38
4	Finley Greenleaf	Colchester Harriers AC	21:40	4 Colchester & Tendring AC 39
5	Austin Kelly	Chelmsford Athletics Club	21:44	5 Colchester Harriers AC 18 (2)
6	Jack Ali Izzet	Colchester & Tendring AC	22:24	6 Brentwood Beagles Athletics 2 (1)
7	Findlay McLaren	Haverling Athletic Club	22:31	7 Haverling Athletic Club 7 (1)
8	Thomas Carter	Chelmsford Athletics Club	22:43	8 Witham RC 11 (1)
9	Bradley Silvain	Basildon AC	23:10	
10	Manny Richards	Harlow AC	23:37	
11	Henry Crates	Witham RC	23:46	
12	Hayden Silvain	Basildon AC	24:54	
13	Conor Vincent James McEwen	Harlow AC	25:18	
14	Gregory Crane	Colchester Harriers AC	25:28	
15	Daniel Hundley	Harlow AC	25:53	
16	Daniel Cooper	Colchester & Tendring AC	26:10	
17	Benjamin Charles Howard	Colchester & Tendring AC	26:13	

Essex Cross Country League (3)

Hilly Fields, Colchester

16/11/2024

Senior Women

Pos	Name	Team	Time	Teams	
1	Kate O'Neill	Havering Athletic Club	25:43	1 Havering Athletic Club	41
2	Gemma Marie Kersey	Basildon AC	25:48	2 Colchester Harriers AC	44
3	Kirsty Fitzgibbon	Basildon AC	27:24	3 Chelmsford Athletics Club	50
4	Megan Williams	Chelmsford Athletics Club	28:13	4 Leigh-on-Sea Striders	87
5	Sarah Williams	Grange Farm & Dunmow Runners	28:36	5 Grange Farm & Dunmow Runners	140
6	Emma Burgess	Colchester Harriers AC	28:52	6 Great Bentley Running Club	165
7	Heidi Hogan-Steele	Colchester Harriers AC	29:08	7 Orion Harriers	172
8	Victoria Primmer	Colchester Harriers AC	29:33	8 City of Southend On Sea AC	186
9	Eleanor Johnson	Leigh-on-Sea Striders	29:43	9 Loughton AC	199
10	Madeline Barker	Havering Athletic Club	29:46	10 Benfleet RC	227
11	Morgan Campbell	Havering Athletic Club	29:54	11 Colchester & Tendring AC	256
12	Lucy Nuttall	Chelmsford Athletics Club	30:08	12 Thurrock Harriers	258
13	Rachel Broome	Chelmsford Athletics Club	30:20	13 Springfield Striders RC	286
14	Kirsty Osborn	Thurrock Harriers	30:25	14 Ilford AC	311
15	Jordan Mae Hinds	Ilford AC	30:38	15 Mid Essex Casuals	321
16	Hollie Boyd	Leigh-on-Sea Striders	30:42	16 Phoenix Striders	343
17	Andrea James	Great Bentley Running Club	30:44	17 Pitsea RC	355
18	Maddy Sutton	Leigh-on-Sea Striders	30:47	18 Brentwood Running Club	367
19	Hannah Evans	Havering Athletic Club	30:48	19 South Woodham Runners	398
20	Mary Kate Knapman	Loughton AC	31:10	20 Billericay Striders	424
21	Wendy King	Chelmsford Athletics Club	31:30	21 Tiptree Road Runners	504
22	Hayley Rogerson	Orion Harriers	31:44	22 Braintree & District AC	231 3
23	Eleanor Mayne	Colchester Harriers AC	31:49	23 Halstead RRC	332 3
24	Neve Gribble	Benfleet RC	31:52	24 Basildon AC	5 2
25	Maddy Melodie Thorne	Braintree & District AC	31:54	25 Brentwood Beagles Athletics Club	76 2
26	Hannah McIlvenna	Grange Farm & Dunmow Runners	31:58	26 Daws Heath Harriers	105 2
27	Charlotte Evans	Havering Athletic Club	32:00	27 Harlow AC	31 1
28	Brooke Mensah	Thurrock Harriers	32:02	28 Witham RC	128 1
29	Georgia Couzens	City of Southend On Sea AC	32:04	29 Castle Point Joggers	130 1
30	Lisa Briggs	Great Bentley Running Club	32:08	30 East Essex Triathlon Club	141 1
31	Eilidh Malcolm	Harlow AC	32:11	31 Dagenham 88 Runners	143 1
32	Abi Aitken	City of Southend On Sea AC	32:15		
33	Ulrike Weiss	Grange Farm & Dunmow Runners	32:32		
34	Sophie Denise McCall	Chelmsford Athletics Club	32:34		
35	Annette Oakman	Colchester Harriers AC	32:36		
36	Lorraine Massarella	Brentwood Beagles Athletics Club	32:40		
37	Emma Jeffery	Benfleet RC	32:50		
38	Anna Nuttall	Chelmsford Athletics Club	33:05		
39	Emily Smith	Springfield Striders RC	33:08		
40	Francesca Gordon	Brentwood Beagles Athletics Club	33:12		
41	Emma Mitchell	Daws Heath Harriers	33:17		
42	Ellie Cumner	Colchester Harriers AC	33:19		
43	Katie Gibson	Colchester Harriers AC	33:20		
44	Joanne Bolter	Leigh-on-Sea Striders	33:21		
45	Denise Morley	Colchester Harriers AC	33:23		
46	Amy Milburn	Colchester & Tendring AC	33:31		
47	Nikkii Barnett	Orion Harriers	33:35		
48	Christine Kennedy	Orion Harriers	33:39		
49	Kristina Read	Phoenix Striders	33:42		
50	Kate Emma Heap	Colchester & Tendring AC	33:57		
51	Rebecca Taylor	City of Southend On Sea AC	34:00		
52	Lorna Gaffney	Loughton AC	34:07		
53	Rebecca Jane O'Rourke	Havering Athletic Club	34:14		
54	Mary Lloyd	Brentwood Running Club	34:16		
55	Lorraine Gosling	Orion Harriers	34:33		
56	Mia Lynch	Leigh-on-Sea Striders	34:37		
57	Alexandra Hennessy	Colchester Harriers AC	34:39		
58	Meera Rajoo-Oakley	Great Bentley Running Club	34:45		

59	Helen Wilson	Colchester Harriers AC	35:16
60	Magdalena Komorowska	Great Bentley Running Club	35:21
61	Anna Jane Waterman	Orion Harriers	35:24
62	Kristina Siupsinskaite	Loughton AC	35:25
63	Karen Lyons	Orion Harriers	35:30
64	Aryn Smith	Daws Heath Harriers	35:37
65	Mel Bourne	Loughton AC	35:39
66	Sharon Emma Skidmore	Mid Essex Casuals	35:43
67	Apryl Hammett	Mid Essex Casuals	35:49
68	Kate Sandercock	Colchester Harriers AC	35:52
69	Teresa Davis	Leigh-on-Sea Striders	35:54
70	Donna Marie Howard	Colchester & Tendring AC	36:04
71	Jill Eley	Mid Essex Casuals	36:06
72	Donna Fisher	Springfield Striders RC	36:07
73	Alison Sale	Ilford AC	36:27
74	Zilda Brackenbury	City of Southend On Sea AC	36:30
75	Serena Jones	Phoenix Striders	36:37
76	Megan Batchelor	Grange Farm & Dunmow Runners	36:41
77	Rebecca Manby	Colchester Harriers AC	36:43
78	Jodie Farrell	Thurrock Harriers	36:45
79	Isobel Gowers	Springfield Striders RC	36:49
80	Louise Edwards	Braintree & District AC	36:57
81	Sharon Jayne Palmer	Loughton AC	37:01
82	Esther Wynn	Benfleet RC	37:03
83	Hazel Greatbatch	Pitsea RC	37:05
84	Isla Louise Sinclair	Benfleet RC	37:08
85	Jacqui Sutton	City of Southend On Sea AC	37:14
86	Jane Yellop	Pitsea RC	37:20
87	Eloise Amy Nicole Pooley	South Woodham Runners	37:21
88	Anoushka Springett	Halstead RRC	37:24
89	Christine Inch	Orion Harriers	37:26
90	Sophie Jones	Colchester & Tendring AC	37:59
91	Geraldine Howard	Billericay Striders	38:01
92	Gracie Wade	Pitsea RC	38:04
93	Keeley Swords	Colchester & Tendring AC	38:20
94	Tracey Cotton	Pitsea RC	38:21
95	Chloe Wilson	Colchester & Tendring AC	38:23
96	Deborah Hitching	Springfield Striders RC	38:28
97	Surjit Grewal	Brentwood Running Club	38:31
98	Michelle Lock	South Woodham Runners	38:34
99	Wendy Carter	Halstead RRC	38:53
100	Rosanna Holden	Colchester & Tendring AC	39:02
101	Emma Hodson	Tiptree Road Runners	39:05
102	Nicola Moughton	Billericay Striders	39:07
103	Pauline Tester	Ilford AC	39:08
104	Louise Copas	South Woodham Runners	39:09
105	Kate Jane Howlett	Phoenix Striders	39:10
106	Marijke Van Eetvelde	Brentwood Running Club	39:12
107	Joanne Marie Ling	Billericay Striders	39:13
108	Jacquie King	Colchester Harriers AC	39:15
109	Deborah Head	South Woodham Runners	39:34
110	Teresa Uscategui	Brentwood Running Club	39:38
111	Collette Toal	Leigh-on-Sea Striders	39:58
112	Sarah Brown	Colchester & Tendring AC	40:15
113	Sally Banyard	Tiptree Road Runners	40:24
114	Danielle Thomas	Phoenix Striders	40:38
115	Clare Rudgley	Havering Athletic Club	41:02
116	Grainne Hallahan	Colchester & Tendring AC	41:06
117	Lorna Pettifer	Mid Essex Casuals	41:14
118	Alison Dunn	Leigh-on-Sea Striders	41:23
119	Samantha Cooper	Colchester & Tendring AC	41:30
120	Dianne Crisp	Ilford AC	41:51
121	Cathy Hadden	Grange Farm & Dunmow Runners	42:06
122	Jade Hogg	Brentwood Running Club	42:30
123	Debra Pumfrett	Phoenix Striders	42:32
124	Lisa Matthews	Billericay Striders	42:42

125	Deborah Louise Davies	Loughton AC	42:59
126	Lynsey Hawkins	Braintree & District AC	43:13
127	Linda Donnelly	City of Southend On Sea AC	43:19
128	Anita Grainger	Witham RC	43:53
129	Sally Kinsley	South Woodham Runners	44:01
130	Sarah Jane Norton	Castle Point Joggers	44:11
131	Susanna Stidston	Benfleet RC	44:23
132	Jane Hallam	Havering Athletic Club	44:33
133	Katie Weir	Pitsea RC	44:42
134	Jill Langton	South Woodham Runners	44:47
135	Kathryn Scourfield	Billericay Striders	45:03
136	Caz Wallis	Pitsea RC	45:13
137	Frieda Keane	Ilford AC	45:52
138	Gloria Bullen	Thurrock Harriers	47:09
139	Ella Gibbs	Phoenix Striders	47:12
140	Gillian Harrison	Pitsea RC	47:35
141	Teresa Jane Flannigan	East Essex Triathlon Club	48:08
142	Lorraine Borley	Phoenix Striders	48:25
143	Selon Timi Veerasamy	Dagenham 88 Runners	49:12
144	Anna Taylor	Tiptree Road Runners	50:07
145	Valerie Evelyn Kerrison	Halstead RRC	50:17
146	Sharon Hardwicke	Tiptree Road Runners	50:21
147	Susan Horton	Benfleet RC	51:36
148	Cheryl Goode	Pitsea RC	52:47

Essex Cross Country League (2)

Hilly Fields, Colchester

16/11/2024

Senior Men

Pos	Name	Team	Time	<u>Teams</u>	
1	Sam Norris	City of Southend On Sea AC	26:08	1 Colchester Harriers AC	92
2	Peter Coates	Braintree & District AC	26:12	2 City of Southend On Sea AC	94
3	Adrian Mussett	Colchester Harriers AC	26:15	3 Havering Athletic Club	101
4	James Stewart	Havering Athletic Club	26:17	4 Orion Harriers	257
5	Kieran O'Hara	Havering Athletic Club	26:21	5 Thurrock Harriers	287
6	James Aaron Morley	Colchester Harriers AC	26:30	6 Braintree & District AC	298
7	Russell McGavock	Benfleet RC	26:44	7 Grange Farm & Dunmow Runners	414
8	Dylan Schubert	City of Southend On Sea AC	26:46	8 Ilford AC	424
9	Taylor Newell	Thurrock Harriers	26:59	9 Leigh-on-Sea Striders	503
10	Ben Davis	Havering Athletic Club	27:04	10 Springfield Striders RC	505
11	Robert Warner	Havering Athletic Club	27:06	11 Benfleet RC	538
12	Conor Ivan Culham	Braintree & District AC	27:09	12 Billericay Striders	619
13	Angus David Claxton	Colchester Harriers AC	27:11	13 Colchester & Tendring AC	717
14	Joseph Patterson	Colchester Harriers AC	27:14	14 Loughton AC	788
15	Chander Dhillon	Thurrock Harriers	27:18	15 Tiptree Road Runners	972
16	Tom Gardner	Ilford AC	27:20	16 Phoenix Striders	1034
17	Oliver Randall	City of Southend On Sea AC	27:23	17 South Woodham Runners	1140
18	Richard Williams	Grange Farm & Dunmow Runners	27:26	18 Pitsea RC	1195
19	Arron Clark	Grange Farm & Dunmow Runners	27:28	19 Chelmsford Athletics Club	544 5
20	David Fewell	Chelmsford Athletics Club	27:32	20 Great Bentley Running Club	747 4
21	Rhys William Gillard	City of Southend On Sea AC	27:34	21 Witham RC	820 4
22	Sam William Schubert	City of Southend On Sea AC	27:35	22 Brentwood Beagles Athletics Club	263 3
23	Nate Filer	Colchester Harriers AC	27:37	23 Halstead RRC	576 3
24	Ifeoluwa Adebuseye	Thurrock Harriers	27:38	24 Dagenham 88 Runners	617 3
25	Max stapleton	City of Southend On Sea AC	27:40	25 Harlow Running and Tri Club	100 3
26	Roger Maidment	Orion Harriers	27:42	26 Basildon AC	417 3
27	Kurtis Swan	Braintree & District AC	27:43	27 Daws Heath Harriers	496 3
28	Brian Jenkins	Orion Harriers	27:45	28 Castle Point Joggers	129 1
29	Sam Atkins	Havering Athletic Club	27:48	29 Mid Essex Casuals	158 1
30	Christian Holmes	City of Southend On Sea AC	27:55	30 Harlow AC	201 1
31	Luke Kevin Randall	City of Southend On Sea AC	28:00		
32	Lee Taylor	City of Southend On Sea AC	28:04		
33	Christopher Sellens	Colchester Harriers AC	28:09		
34	Michael McTernan	Orion Harriers	28:14		
35	Aaron Graves	Tiptree Road Runners	28:19		
36	Cameron Humphries	Colchester Harriers AC	28:23		
37	Oliver Dominic Prince	Colchester Harriers AC	28:29		
38	Matthew Randall	City of Southend On Sea AC	28:31		
39	Martin Westley	Harlow Running and Tri Club	28:37		
40	Hugo Owain Jones	City of Southend On Sea AC	28:42		
41	Andrew Risk	Colchester Harriers AC	28:47		
42	Ryan Carroll	Havering Athletic Club	28:52		
43	Chris Burgoyne	Springfield Striders RC	28:55		
44	Scott Brooks	Brentwood Beagles Athletics Club	28:56		
45	Alex Young	Brentwood Beagles Athletics Club	28:57		
46	Alistair Brown	Grange Farm & Dunmow Runners	29:00		
47	Jason Wray	Orion Harriers	29:04		
48	Sean Eales	Colchester Harriers AC	29:08		
49	Jamie Apal Odoki	Orion Harriers	29:11		
50	Chris Ryan	Colchester Harriers AC	29:14		
51	Richard James Beasley	Leigh-on-Sea Striders	29:16		
52	Charlie Burgess	Havering Athletic Club	29:19		
53	Luke Richard Fitz-John	Springfield Striders RC	29:23		
54	Will Kirk	Havering Athletic Club	29:25		
55	Alex Penfold	Colchester & Tendring AC	29:28		
56	Joshua Hall	Billericay Striders	29:31		
57	Joshua Adler	Ilford AC	29:33		

58	Jason Lendon	Havering Athletic Club	29:34
59	Jason Leeds	Braintree & District AC	29:36
60	Antony Goodall	Springfield Striders RC	29:37
61	Rob Lowe	Harlow Running and Tri Club	29:38
62	Marc Day	Colchester & Tendring AC	29:39
63	Manuel Caeiro Vigo	Ilford AC	29:40
64	Dean Semple	Colchester Harriers AC	29:45
65	James Arnold	Benfleet RC	29:46
66	Matt Thomas	Halstead RRC	29:53
67	Dominic Le Mare	City of Southend On Sea AC	29:57
68	Paul Christopher Miles	Springfield Striders RC	29:59
69	Stephen David Philcox	Ilford AC	30:02
70	Steve Mason	Colchester Harriers AC	30:06
71	Will Parrott	Chelmsford Athletics Club	30:14
72	Jason Townsend	Colchester & Tendring AC	30:21
73	Bob Glasgow	Orion Harriers	30:24
74	Nick Barker	Loughton AC	30:29
75	Harry Peter Alan David Wyatt	Thurrock Harriers	30:33
76	Shawn Dean Brown	Thurrock Harriers	30:35
77	Barry Smith	Havering Athletic Club	30:36
78	Nathan Trevor Hart	Havering Athletic Club	30:37
79	Oscar Harry Farley	Billericay Striders	30:39
80	Ian Anthony	Havering Athletic Club	30:42
81	Ben Holdgate	Braintree & District AC	30:45
82	Michael Wilkes	Leigh-on-Sea Striders	30:50
83	Hamza Zahir	Leigh-on-Sea Striders	30:55
84	Colin Ridley	Colchester Harriers AC	30:56
85	Nick Hunter	Chelmsford Athletics Club	30:58
86	Thomas McGarr	Leigh-on-Sea Striders	31:02
87	James Redman	Billericay Striders	31:03
88	Robert Doyle	Thurrock Harriers	31:05
89	Matthew Bland	Havering Athletic Club	31:06
90	Allen Smalls	Colchester Harriers AC	31:07
91	Neil McGoun	Orion Harriers	31:11
92	Jamie Ogilby	Orion Harriers	31:13
93	Geoff Keily	Billericay Striders	31:14
94	Scott Lee Thrush	Thurrock Harriers	31:16
95	James Hiscock	Benfleet RC	31:21
96	Alec Schubert	Leigh-on-Sea Striders	31:23
97	Robert Trevor	Havering Athletic Club	31:25
98	Ben Troughton	Colchester Harriers AC	31:27
99	Michael David Patrick Banham	Benfleet RC	31:38
100	Dyfan Garmon	Dagenham 88 Runners	31:39
101	Daniel Hadden	Grange Farm & Dunmow Runners	31:40
102	Jamie Davidson	Witham RC	31:42
103	Malcolm John Muir	Ilford AC	31:44
104	Jon Whitehouse	Loughton AC	31:48
105	Ian Gordon Toal	Leigh-on-Sea Striders	31:53
106	Jerry Walder	Colchester Harriers AC	31:56
107	Tim Ballard	Colchester Harriers AC	31:58
108	Jake Connolly	Colchester Harriers AC	32:00
109	Russell Brown	Orion Harriers	32:02
110	Paul Spowage	Colchester Harriers AC	32:05
111	Steven James Read	Grange Farm & Dunmow Runners	32:06
112	Daniel King	Colchester Harriers AC	32:08
113	Max Bell	Orion Harriers	32:11
114	Oliver William Fisher	City of Southend On Sea AC	32:13
115	Paul Weightman	Colchester Harriers AC	32:15
116	Richard Morris	Ilford AC	32:17
117	Daniel Bade	Braintree & District AC	32:19
118	Julian Wareham	Colchester Harriers AC	32:20
119	Daryl Savage	Grange Farm & Dunmow Runners	32:21
120	Paul Broome	Springfield Striders RC	32:23
121	James Deag	Colchester Harriers AC	32:25

122	Shane Patrick Morris	Colchester Harriers AC	32:28
123	Kevin Marshall	Grange Farm & Dunmow Runners	32:30
124	Josh Mulley	Braintree & District AC	32:33
125	Tom Abbott	Loughton AC	32:35
126	Sebastian Parris	Ilford AC	32:44
127	Ben Gamlin	South Woodham Runners	32:51
128	Zach Shuttlewood	Grange Farm & Dunmow Runners	32:56
129	Terence Spooner	Castle Point Joggers	33:00
130	Daniel Holeyman	Ilford AC	33:03
131	David Wright	Great Bentley Running Club	33:07
132	Louis Berrett	Havering Athletic Club	33:12
133	Tom Davis	Leigh-on-Sea Striders	33:20
134	Felix Shaw	Benfleet RC	33:22
135	Jake Phillips	Colchester Harriers AC	33:25
136	Anthony Moore	Billericay Striders	33:34
137	Jimmy Justice	Phoenix Striders	33:37
138	Barnaby Mowson	Benfleet RC	33:45
139	Robert Smith	Colchester Harriers AC	33:49
140	Russell Ian Goodridge	Colchester Harriers AC	33:52
141	Dominic King	Colchester Harriers AC	33:56
142	Olatunde Akerele	Thurrock Harriers	34:05
143	Ed Taylor	Colchester Harriers AC	34:13
144	Alan James	Phoenix Striders	34:20
145	Steven Lynch	Leigh-on-Sea Striders	34:22
146	David Beatty	Thurrock Harriers	34:24
147	Craig Mitchell	Great Bentley Running Club	34:31
148	Christopher David Edwards	Colchester Harriers AC	34:33
149	Niki Read	Leigh-on-Sea Striders	34:34
150	Steve Chissell	Ilford AC	34:35
151	Robin Daines	Loughton AC	34:36
152	Alan Fricker	Loughton AC	34:37
153	Toby Johnson	Havering Athletic Club	34:39
154	Glenn Gosling	Orion Harriers	34:41
155	Jason Finch	South Woodham Runners	34:43
156	Gary Atkins	Havering Athletic Club	34:45
157	Steve Walker	Havering Athletic Club	34:48
158	Benjamin Leeds	Mid Essex Casuals	34:52
159	Michael John Woodward	Pitsea RC	34:56
160	Peter Tullett	Chelmsford Athletics Club	35:00
161	David Weldon	Springfield Striders RC	35:02
162	Martin Stuart Taylor	Grange Farm & Dunmow Runners	35:03
163	Christopher Purse	Springfield Striders RC	35:06
164	Richard Leeson	Phoenix Striders	35:13
165	Terry Knightley	Ilford AC	35:16
166	Lawrence Ezrow	Colchester & Tendring AC	35:18
167	Matthew Aitken	City of Southend On Sea AC	35:21
168	Stephen Foggo	Billericay Striders	35:26
169	Alex Elferink	Orion Harriers	35:33
170	Lee Heley	Leigh-on-Sea Striders	35:38
171	Mark Gowers	Billericay Striders	35:43
172	Keith Willett	Thurrock Harriers	35:46
173	Neal Clark	Phoenix Striders	35:52
174	Daniel Esterhuysen	Brentwood Beagles Athletics Club	35:57
175	Rob Milburn	Colchester & Tendring AC	35:59
176	James Plant	Colchester Harriers AC	36:00
177	Ross Shaw	Colchester Harriers AC	36:05
178	Bruce Gander	Leigh-on-Sea Striders	36:09
179	Bob Bardell	Tiptree Road Runners	36:15
180	Kevin McAlinden	Colchester Harriers AC	36:18
181	Chris Gardiner	Tiptree Road Runners	36:20
182	Steve Palmer	Loughton AC	36:22
183	Sam Backhouse	South Woodham Runners	36:23
184	Mark Farrar	Orion Harriers	36:24
185	Bradley Brown	Ilford AC	36:28

186	Robert Sleath	Basildon AC	36:29
187	Matthew Vivian	Colchester & Tendring AC	36:32
188	Alan Pearl	Ilford AC	36:35
189	Philip Nicholls	Tiptree Road Runners	36:39
190	Christopher Round	Pitsea RC	36:48
191	Joan Carles Blanco	Colchester & Tendring AC	36:51
192	Nick Hill	Pitsea RC	36:54
193	Glen Head	Tiptree Road Runners	37:01
194	Taliesin Stevenson	Colchester & Tendring AC	37:17
195	Mark Lawes	Tiptree Road Runners	37:33
196	Tony Agg	Billericay Striders	37:34
197	Justin Brown	Grange Farm & Dunmow Runners	37:40
198	Danny Antony Flint	Leigh-on-Sea Striders	37:43
199	Darren Priestley	Havering Athletic Club	37:48
200	Toby Dando	Leigh-on-Sea Striders	37:56
201	James Malyon	Harlow AC	37:59
202	Graeme Bell	Orion Harriers	38:01
203	Jamie Enever-Dodd	Phoenix Striders	38:06
204	Mike Stapleton	City of Southend On Sea AC	38:16
205	Tomasz Komorowski	Great Bentley Running Club	38:23
206	Martin Orford	Pitsea RC	38:26
207	Mark Jeffrey	Springfield Striders RC	38:28
208	Michael Bridgeland	Chelmsford Athletics Club	38:31
209	Paul Berrett	Havering Athletic Club	38:33
210	Simon Morgan	Colchester Harriers AC	38:35
211	Peter John Binns	City of Southend On Sea AC	38:49
212	Paul Tom Backhouse	South Woodham Runners	38:51
213	Neil Colley	Phoenix Striders	38:55
214	Lee Dale	Orion Harriers	38:56
215	Paul Agastina	Pitsea RC	39:00
216	Darren Paul Green	Colchester & Tendring AC	39:08
217	Benjamin Fisher	Orion Harriers	39:17
218	John Pumfrett	Phoenix Striders	39:25
219	Simon Cresswell	Witham RC	39:31
220	Jim Tilbrook	Ilford AC	39:33
221	Alistair Holford	Woodford Green AC with Essex Ladies	39:36
222	Andrew Catton	Ilford AC	39:39
223	Nicholas Booth	Colchester & Tendring AC	39:41
224	Andy Stringer	Colchester & Tendring AC	39:43
225	Arthur Winn	South Woodham Runners	39:51
226	Andy Lunn	Orion Harriers	39:53
227	David James Ward	Leigh-on-Sea Striders	40:02
228	David Hilson	Colchester Harriers AC	40:05
229	Lee Holohan	Colchester Harriers AC	40:07
230	Ben Oliver Chamberlain	Cambridge & Coleridge AC	40:24
231	David Findlay	Basildon AC	40:38
232	Simon Carter	Orion Harriers	40:51
233	James Price	Pitsea RC	40:53
234	Nigel Eden	Colchester Harriers AC	40:56
235	Robert Charles King	Tiptree Road Runners	41:01
236	Steve Hunt	Colchester Harriers AC	41:05
237	Richard Jones	Daws Heath Harriers	41:17
238	Simon Nead	South Woodham Runners	41:24
239	Macer Twydell	Braintree & District AC	41:28
240	Anthony Young	Ilford AC	41:32
241	Colin Jackson	Grange Farm & Dunmow Runners	41:43
242	Colin Rothwell	South Woodham Runners	41:47
243	David Rayner	Springfield Striders RC	41:52
244	Hiren Amin	Pitsea RC	41:56
245	Kieran Callaghan	Colchester Harriers AC	42:05
246	Robert West	Leigh-on-Sea Striders	42:15
247	Michael Conroy	Witham RC	42:24
248	Ian Lawson	Grange Farm & Dunmow Runners	42:45
249	Gary Rowley	Leigh-on-Sea Striders	43:11

250	Bernard Johnson	Thurrock Harriers	43:14
251	Tim Brockington	Springfield Striders RC	43:20
252	David Jobling	Witham RC	43:31
253	Andrew Jobling	Colchester Harriers AC	44:38
254	Paul Gerrard	Halstead RRC	44:56
255	Stephen John Parr	Springfield Striders RC	45:06
256	Anthonie Nieuwoudt	Halstead RRC	45:38
257	Roger Stephen Westwood	Dagenham 88 Runners	45:51
258	Haydn Hawkins	Braintree & District AC	46:01
259	Kevin Raymond Steed	Daws Heath Harriers	46:50
260	Allan Lacey	Dagenham 88 Runners	48:10
261	Terry Clark	Braintree & District AC	48:38
262	Michael Groombridge	Pitsea RC	48:56
263	Andy Body	Phoenix Striders	48:58
264	Paul Richard Smith	Great Bentley Running Club	50:28
265	Duncan Ian Russell	Phoenix Striders	51:41