

SOUTH ESSEX CROSS COUNTRY LEAGUE 2015/16

5th ROUND - HADLEIGH PARK (LoSS)

5th March 2017

HELD UNDER UK ATHLETICS RULES

CROSS COUNTRY PERMIT NUMBER UKA/188:16

INDIVIDUAL WINNERS

First Man	Ryan Prout	Thrift Green Trotters	24:33	New course record
First Lady	Laura Brooks	Tri Sport Epping	28:09	New course record

TEAM RESULTS

Division One

Posn	Club	Men	Ladies	Total	Points	
1st	East Essex Tri	92	17	109	6	
2nd	Leigh-on-Sea Striders	138	15	153	5	
3rd	Billericay Striders	110	51	161	4	
4th	Benfleet RC	155	53	208	3	
5th	Thrift Green	294	47	341	2	
6th	TriSport Epping	1176	39	1215	1	2/7 male runners only

Division Two

Posn	Club	Men	Ladies	Total	Points
1st	Rochford RC	338	79	417	6
2nd	Castle Point Joggers	382	114	496	5
3rd	Barking RR	444	208	652	4
4th	Dagenham 88	607	114	721	3

5th	Pitsea RC	484		249		733		2	
6th	Havering 90	718		273		991		1	4/6 male runners only

FINAL STANDINGS

Division One

Posn	Club	R1		R2		R3		R4		R5	
1st	Billericay Striders	4	194	6		5	135	6	109	4	161
2nd	Leigh-on-Sea Striders	5	170	5		6	134	4	160	5	153
3rd	Benfleet RC	6	147	3		4	179	5	147	3	208
4th	East Essex Tri	3	249	4		3	272	3	226	6	109
5th	TriSport	2	278	2		1	461	2	299	1	1215
6th	Thrift Green	1	346	1		2	452	1	571	2	341

Division Two

Posn	Club	R1		R2		R3		R4		R5	
1st	Rochford RC	6	460	5		6	466	2	728	6	417
2nd	Dagenham 88	2	828	6		5	550	6	485	3	721
3rd	Barking RR	5	484	4		3	652	5	592	4	652
4th	Castle Point	4	695	3		4	611	4	628	5	496
5th	Havering 90	3	719	2		2	654	3	720	1	991
6th	Pitsea RC	1	1248	1		1	1470	1	947	2	733

Total	(Total)	
25	599	
25	617	
21	681	
19	856	
8	2253	
7	1710	(R)

Total	(Total)	
25	2071	(P)
22	2584	
21	2380	
20	2430	
11	3084	
6	4398	

Posn	Name		Vet	Time
1	Ryan Prout	Thrift Green Trotters		24:33
2	Harry Smith	East Essex Tri Club		25:34
3	Matibini Matibini	Leigh-on-Sea Striders	V	26:08
4	Kieran O'Doherty	Billericay Striders		26:11
5	Chris O'Hara	Billericay Striders		26:04
6	Gary Poulter	East Essex Tri Club	V	27:13
7	Spencer Welch	Billericay Striders	V	27:23
8	Neil Spicer	Leigh-on-Sea Striders	V	27:34
9	Daniel Harley	East Essex Tri Club		27:39
10	Eddie Cooper	Benfleet RC		27:42
11	Marrti Herent	East Essex Tri Club		27:46
12	Paul Ruffy	Benfleet RC		27:48
13	Christina Gray	East Essex Tri Club		27:55
14	Adam Lysons	Leigh-on-Sea Striders	V	27:59
15	Danny Isaacs	Billericay Striders		28:06
16	Dean Ovel	Leigh-on-Sea Striders	V	28:09
17	Steve Philcox	Barking Road Runners	V	28:10
18	Tony Pecararo	Havering 90 J	V	28:13
19	Gary Coombes	Dagenham 88	V	28:25
20	Chris McClay	Leigh-on-Sea Striders	V	28:33
21	Chris Waymen	Benfleet RC		28:45
22	Terry Spooner	Benfleet RC	V	28:54
23	Andrew Doig	East Essex Tri Club	V	28:58
24	Lloyd Miles	Billericay Striders	V	28:59
25	Graham Booty	Benfleet RC	V	29:04
26	Andy Coleman	Billericay Striders		29:06
27	Joe Neighbour	Rochford Running Club		29:16
28	Tom Muers	East Essex Tri Club	V	29:18
29	Andy Wright	Billericay Striders		29:20
30	Dexter Goward	Benfleet RC		29:23
31	John Barker	Thrift Green Trotters	V	29:26
32	Richard Wilkes	East Essex Tri Club		29:36
33	David Cox	East Essex Tri Club		29:43
34	Ian Toal	Rochford Running Club	V	29:52
35	Alan Clarke	Benfleet RC	V	29:53
36	Ian O'Neal	Thrift Green Trotters	V	29:54
37	Mark Gowers	Billericay Striders	V	30:20
38	Danny Flint	Leigh-on-Sea Striders	V	30:24
39	Matt Rivers	Leigh-on-Sea Striders		30:25
40	Richard Jones	Benfleet RC	V	30:30
41	Adam Shaw	Rochford Running Club		30:32
42	Mike Woodward	Pitsea Running Club		30:36
43	Matt Barrett	Leigh-on-Sea Striders		30:43
44	Anthony Moore	Billericay Striders		30:47
45	Matt Letley	Leigh-on-Sea Striders	V	30:49
46	Keith Thornton	Thrift Green Trotters	V	30:50
47	Brian Venton	Benfleet RC	V	30:52
48	Richard Bonham	Castle Point Joggers	V	30:52
49	Richard Moore	Castle Point Joggers	V	30:52

50	David Nicell	East Essex Tri Club		30:54
51	Matt Stenning	Billericay Striders		30:56
52	Ben Wood	Leigh-on-Sea Striders		31:00
53	Jeff Webster	Dagenham 88		31:17
54	Ian Pike	Benfleet RC	V	31:44
55	Richard Mangham	Leigh-on-Sea Striders	V	31:52
56	Phil Olson	Thrift Green Trotters	V	31:54
57	Alex Wright	Billericay Striders		32:05
58	Steve Jones	Thrift Green Trotters	V	32:07
59	Tim Utting	Rochford Running Club		32:17
60	Nick Jelly	Billericay Striders		32:18
61	Lee Whieldon	Benfleet RC		32:18
62	Jack Martin	East Essex Tri Club		32:18
63	Philip Ellul	Barking Road Runners		32:24
64	Doug Stephens	Benfleet RC	V	32:25
65	Darren Summers	Leigh-on-Sea Striders	V	32:27
66	Nick Knight	Thrift Green Trotters	V	32:31
67	Andrew Bonwick	Thrift Green Trotters	V	32:36
68	Adam Poulton	Castle Point Joggers	V	32:39
69	Dave Butler	Billericay Striders	V	32:45
70	Ben Avery	Castle Point Joggers	V	32:51
71	Martin Palmer	East Essex Tri Club		32:54
72	John Sweeney	Castle Point Joggers	V	32:57
73	Mike Grout	Benfleet RC	V	33:06
74	Alan Bulter	Thrift Green Trotters	V	33:08
75	Adison Poulton	Castle Point Joggers		33:16
76	Jerry Bethell	Leigh-on-Sea Striders	V	33:35
77	Ian Gill	East Essex Tri Club		33:38
78	Peter Binns	Castle Point Joggers	V	33:48
79	Colin Jones	Barking Road Runners	V	33:52
80	Martin England	Castle Point Joggers	V	34:01
81	Gary Matthews	Rochford Running Club	V	34:07
82	Liam Walsh	East Essex Tri Club		34:10
83	Kev Connor	Benfleet RC	V	34:14
84	Mike Turrington	Thrift Green Trotters		34:16
85	Paul Ward	Barking Road Runners		34:18
86	Rick Wade	Castle Point Joggers	V	34:19
87	Adam Harley	East Essex Tri Club		34:25
88	James MacNash Porter	Thrift Green Trotters	V	34:31
89	John Rozee	Havering 90 J	V	34:37
90	Niki Read	Leigh-on-Sea Striders		34:39
91	John Wilson	Billericay Striders	V	34:41
92	Cliff King	Castle Point Joggers	V	34:51
93	Dan Buckley	Billericay Striders		34:52
94	Stephen Foggo	Billericay Striders		34:53
95	John George	Barking Road Runners	V	34:56
96	Mark Robertson	Rochford Running Club	V	34:59
97	Steve Fisher	East Essex Tri Club		35:02
98	Daniel Turner	East Essex Tri Club		35:03
99	Bruce Gander	East Essex Tri Club		35:04

100	Paul Champion	Leigh-on-Sea Striders	V	35:07
101	Laurence Harrison	Billericay Striders	V	35:09
102	Simon Rawlins	East Essex Tri Club		35:12
103	Graham Douglas	Benfleet RC	V	35:19
104	Paul Franklin	Castle Point Joggers	V	35:20
105	Trevor Cooper	Barking Road Runners	V	35:21
106	Dave Joy	Rochford Running Club	V	35:26
107	Tom Gowers	Billericay Striders		35:48
108	Nimo Saeed	Thrift Green Trotters	V	36:00
109	Mike Hopkins	Castle Point Joggers	V	36:02
110	Jon McDavitt	Castle Point Joggers		36:06
111	Ian Hart	Castle Point Joggers	V	36:10
112	Alistair Daw	Billericay Striders		36:11
113	Marc Downham	Leigh-on-Sea Striders	V	36:12
114	David Dutton	Rochford Running Club	V	36:25
115	Toby Knight	East Essex Tri Club		36:32
116	Scott Thrush	Leigh-on-Sea Striders		36:34
117	Arron Salmon	Leigh-on-Sea Striders	V	36:54
118	Graham Smith	Leigh-on-Sea Striders	V	37:00
119	Richard Essl	Tri Sport Epping	V	37:27
120	Warren Sutton	East Essex Tri Club		37:29
121	Michael Haylett	Leigh-on-Sea Striders	V	37:36
122	Dave Flanagan	Castle Point Joggers	V	37:44
123	Trevor Robinson	Dagenham 88	V	37:46
124	Gary Sloman	Thrift Green Trotters	V	37:54
125	Daniel Lethby	East Essex Tri Club		37:55
126	Mark Freeman	Rochford Running Club	V	38:06
127	Roger Hagan	Havering 90 J	V	38:24
128	Mark Whitney	Castle Point Joggers	V	38:33
129	Richard Lee	Billericay Striders	V	38:34
130	Jeff Marsham	Thrift Green Trotters	V	38:53
131	Andy Deacon	Rochford Running Club	V	39:02
132	Steve Wright	Billericay Striders	V	39:09
133	Gary Cardnell	Dagenham 88	V	39:24
134	Peter Adeleke	Pitsea Running Club	V	39:36
135	Keith Walker	Billericay Striders	V	39:45
136	Ian Cummins	Dagenham 88	V	40:11
137	Martin Swain	Benfleet RC	V	40:18
138	Keiron Chapman	Barking Road Runners		40:23
139	Anil Vaidya	Billericay Striders	V	40:24
140	Graham Jones	Billericay Striders	V	40:26
142	Ian Bartram	Castle Point Joggers	V	40:29
142	Ingo Dierschnieder	Pitsea Running Club	V	40:48
143	Steve Whitfield	Dagenham 88	V	41:19
144	Dave Morgan	Billericay Striders	V	41:29
145	Mike Kavanagh	Thrift Green Trotters	V	41:30
146	Martyn McKean	Rochford Running Club	V	41:38
147	Joaquin Polo	Havering 90 J		41:43
148	Bob Prigg	Leigh-on-Sea Striders	V	42:31
149	Paul Hellen	Rochford Running Club	V	42:33

150	Daniel Plawiak	Barking Road Runners	V	42:41
151	Rick Deacon	Billericay Striders	V	42:55
152	Dennis Spencer Perkins	Barking Road Runners	V	42:57
153	Steve Pettitt	Leigh-on-Sea Striders	V	43:02
154	Peter Watson	Benfleet RC	V	43:11
155	Michael Peggall	Dagenham 88		43:41
156	Chris Groves	Barking Road Runners	V	43:52
157	Jim Rourke	Billericay Striders	V	44:01
158	Trevor Hands	East Essex Tri Club		44:30
159	Anthony Maughan	Barking Road Runners	V	44:33
160	Roy Ferdy	Rochford Running Club	V	44:36
161	Brian Slade	Havering 90 J	V	44:48
162	Mark Rawlinson	Tri Sport Epping	V	45:11
163	Brian Harding	Thrift Green Trotters	V	46:08
164	Gary Harford	Barking Road Runners	V	46:10
165	Leigh Moring	Dagenham 88	V	46:35
166	Chris Cammidge	Castle Point Joggers	V	46:45
167	Peter Bates	Pitsea Running Club	V	46:52
168	Robert Higgon	Castle Point Joggers	V	46:54
169	Dave Finch	Barking Road Runners	V	48:04
170	Ernie Easterby	Billericay Striders	V	49:55
171	Jim Jennett	Leigh-on-Sea Striders	V	50:45
172	Rob Courtier	Barking Road Runners	V	50:52
173	John Butcher	Rochford Running Club	V	51:27
174	Dave Godfrey	Billericay Striders	V	52:33
175	Sam Veerasamy	Dagenham 88	V	53:11
176	Steve Shoekey	Havering 90 J	V	54:56
177	Micky Ball	Barking Road Runners	V	56:25
178	Ken Summerfield	Barking Road Runners	V	57:25

Chip posn	Actual Posn	Name	Club	Vet	Time
1	1	Laura Brooks	Tri Sport Epping		28:09
2	2	Hayley Hawes	East Essex Tri Club	V	30:15
3	3	Andrea Hughes	Leigh-on-Sea Striders	V	31:06
4	4	Sarah Pennington	Leigh-on-Sea Striders		31:12
5	5	Lorna Almond	Billericay Striders		31:24
6	6	Janice Brown	East Essex Tri Club	V	31:36
7	7	Hayley Pegg	Thrift Green Trotters		32:02
8	8	Stephanie Simpson	Leigh-on-Sea Striders	V	32:42
9	9	Deborah Appleton	East Essex Tri Club	V	33:12
10	10	Tora Bishop	East Essex Tri Club		33:30
11	11	Jo Sullivan	East Essex Tri Club		33:54
12	12	Jacqui Watson	Benfleet RC	V	34:07
13	13	Sara Beedell	Thrift Green Trotters		34:18
14	14	Katie Spicer	Leigh-on-Sea Striders	V	34:22
15	15	Caroline Tuck	Dagenham 88	V	34:29
16	16	Jennie Page	East Essex Tri Club		35:36
17	17	Sally Baker	Tri Sport Epping	V	35:44
18	18	Katie Wilkinson	Benfleet RC		35:47
19	19	Helen Kidgell	Leigh-on-Sea Striders	V	36:08
20	20	Lisa Bolton	Rochford Running Club	V	36:15
21	21	Louise Rawlinson	Tri Sport Epping	V	36:23
22	22	Clare Warley	Billericay Striders		36:26
23	23	Jany Stacey	Benfleet RC		36:27
24	24	Ruth Havis	Billericay Striders	V	36:38
25	25	Jane Bramble	East Essex Tri Club		36:42
26	26	Emma Hatcher	Thrift Green Trotters		36:44
27	27	Marijke Van Eetvelde	Thrift Green Trotters	V	36:54
28	28	Luisa Miller	Rochford Running Club	V	37:09
29	29	Fiona Walker	Leigh-on-Sea Striders	V	37:14
30	30	Nina Barrett	Thrift Green Trotters	V	37:23
31	31	Lian Simmonds	Rochford Running Club	V	37:35
32	32	Chris Deacon	Billericay Striders	V	37:43
33	33	Anne Hoeb	Castle Point Joggers	V	37:46
34	34	Rhianna Islam	Dagenham 88	V	37:47
35	35	Nicki Hatfield	Thrift Green Trotters	V	37:48
36	36	Debi Mitchell	Leigh-on-Sea Striders	V	37:56
37	37	Lauren Parker	Castle Point Joggers	V	38:13
38	38	Gail Alexander	Leigh-on-Sea Striders	V	38:32
39	39	Kelly McClenaghan	Benfleet RC	V	38:39
40	40	Chloe Bilby	East Essex Tri Club		38:42
41	41	Kerry Williams	Benfleet RC		39:00
42	42	Deborah Mangham	Leigh-on-Sea Striders	V	39:05
43	43	Tina Reeve	Leigh-on-Sea Striders	V	39:13
44	44	Christina Edwards	Castle Point Joggers	V	39:15
45	45	Sarah Norton	Benfleet RC	V	39:30
46	46	Jo Ling	Billericay Striders	V	39:41
47	47	Jemma Lee	Leigh-on-Sea Striders		39:49
48	48	Dawn Foster	Leigh-on-Sea Striders	V	40:00

49	49	Tracy Bradley	Castle Point Joggers	V	40:07
50	50	Diane Fairchild	Thrift Green Trotters	V	40:09
51	51	Anne Howe	Leigh-on-Sea Striders	V	40:40
52	52	Diane Beaver	Rochford Running Club	V	40:44
53	53	Cristina Cooper	Barking Road Runners	V	40:48
54	54	Mandy Cooper	Benfleet RC	V	40:50
55	55	Linda Dutton	Rochford Running Club	V	41:02
56	56	Liane Cooners	Benfleet RC		41:06
57	57	Debbie Dunn	Castle Point Joggers	V	41:12
58	58	Sue Mayes	East Essex Tri Club		41:20
59	59	Sarah De Christofarno	Benfleet RC	V	41:28
60	60	Hannah Kane	East Essex Tri Club		41:29
61	61	Claire Hills	Thrift Green Trotters	V	41:36
62	62	Annette Johnson	Benfleet RC	V	41:53
63	63	Catherine Hughes	Benfleet RC		41:56
64	64	Vicki Calleja	Thrift Green Trotters		42:17
65	65	Hannah Sheikh	Dagenham 88	V	42:24
66	66	Jennifer Akroyd	Dagenham 88		42:30
67	67	Pat Green	Tri Sport Epping	V	42:59
68	68	Lorraine Heal	Castle Point Joggers	V	43:01
69	69	Helen Williams	Pitsea Running Club	V	43:03
70	70	Kerry Slessor	Leigh-on-Sea Striders	V	43:06
71	71	Laura Williams	Benfleet RC		43:26
72	72	Jacqui Knowles	Rochford Running Club	V	43:34
73	73	Rachel Yates	Rochford Running Club	V	43:42
74	74	Val Sinclair	Pitsea Running Club	V	43:59
75	75	Dawn Blake	Barking Road Runners	V	44:09
76	76	Laura Kelly	Havering 90 J	V	44:20
77	77	Lyn River	Leigh-on-Sea Striders	V	44:25
78	78	Zoe Starrar	Leigh-on-Sea Striders	V	44:43
79	79	Loise Chappell	Dagenham 88	V	44:50
80	80	Alison Fryatt	Barking Road Runners	V	44:51
81	81	Suzanne Caster	Dagenham 88	V	45:02
82	82	Katie Holland	Castle Point Joggers		45:15
83	83	Teresa Flannigan	East Essex Tri Club		45:39
84	84	Debbie Pattison	Rochford Running Club	V	45:43
85	85	Ellen McPhillips	Leigh-on-Sea Striders	V	45:50
86	86	Collette Noad	Rochford Running Club	V	46:09
87	87	Jackie Woodroofe	Thrift Green Trotters	V	46:23
88	88	Tina Victory	Castle Point Joggers	V	46:28
89	89	Debbie Priest	Leigh-on-Sea Striders	V	46:32
90	90	Dawn Potter	Billericay Striders	V	46:46
91	91	Jo Thomas	Rochford Running Club	V	46:50
92		Token found on floor			
93	92	Emma O'Shea	Dagenham 88	V	46:51
94	93	Sonu Thethy	Barking Road Runners	V	46:58
95	94	Vicky Groves	Barking Road Runners	V	46:59
96	95	Caroline Cummins	Dagenham 88	V	47:12
97	96	Lisa Gaskin	Havering 90 J	V	47:39
98	97	Kate Cammidge	Castle Point Joggers	V	47:47

99	98	Veronica Barikor	Barking Road Runners	V	48:06
100	99	Jacqueline Butler	Havering 90 J	V	48:21
101	100	Cathy Salmon	Leigh-on-Sea Striders	V	48:27
102	101	Kathy Scourfield	Billericay Striders	V	48:31
103	102	Charmaine	Rochford Running Club	V	48:47
104	103	Jacqui Prigg	Leigh-on-Sea Striders	V	49:15
105	104	Claire Matthews	Rochford Running Club	V	49:34
106	105	Marion Breeze	Pitsea Running Club	V	49:36
107	106	Debs Park	Rochford Running Club	V	49:51
108		Missing Token			
109	107	Sara Prior	Dagenham 88	V	49:56
110	108	Jan Steed	Castle Point Joggers	V	49:57
111	109	Kelly Drake Tapscott	Dagenham 88	V	50:12
112	110	Debbie Jones	Havering 90 J	V	50:19
113	111	Beverly Eagles	Dagenham 88	V	50:22
114	112	Nikki Cranmer	Barking Road Runners	V	50:25
115	113	Melanie Green	Havering 90 J	V	50:33
116	114	Judith Clark	Rochford Running Club	V	51:12
117	115	Lara Harradine	Havering 90 J	V	51:20
118	116	Helen McKenzie	Havering 90 J	V	53:24
119	117	Jane Swanson Sprent	Dagenham 88	V	54:15
120	118	Julie Gillender	Barking Road Runners	V	54:27
121	119	Maria Brill	Havering 90 J	V	54:57
122	120	Andi Wright	Havering 90 J	V	55:07
123	121	Christine Lardner	Dagenham 88	V	55:48
124	122	Carol Moring	Dagenham 88	V	55:49
125	123	Claire Twidell	Rochford Running Club	V	56:00
126	124	Tina Leung	Thrift Green Trotters	V	56:22
127	125	Maggie Score	Havering 90 J	V	56:55
128	126	Trish Murphy	Havering 90 J	V	57:10
129	127	Emma Tudor	Havering 90 J	V	57:28
130	128	Sharon Wiltshire	Rochford Running Club	V	57:45
131	129	Fiona Lawrence	Rochford Running Club	V	58:06
132	130	Laura Avery	Castle Point Joggers		58:43
133	131	Jayne Hayward	Castle Point Joggers	V	58:43
134	132	Tracy Bliss	Castle Point Joggers	V	58:43
135	133	Julie Cardnell	Dagenham 88	V	59:06
136	134	Lisa Maughan	Barking Road Runners	V	59:21
137	135	Linda Bates	Pitsea Running Club	V	60:39