

SOUTH ESSEX CROSS COUNTRY LEAGUE 2022

DIVISIONS ONE, TWO & THREE

3rd ROUND - HADLEIGH COUNTRY PARK

24th April 2022

HELD UNDER UK ATHLETICS RULES

CROSS COUNTRY LICENCE NUMBER UKA/CC2022/0385

INDIVIDUAL WINNERS

First Man	Gus Withers (LOSS)	22.50
First Woman	Molly Sweetman (Benfleet)	28.01

TEAM RESULTS

Division One

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Leigh on Sea Striders	88	19	107	4
2nd	Benfleet RC	124	35	159	3
3rd	Billericay Striders	137	41	178	2
4th	East Essex Tri	754	257	1011	1

Division Two

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Rochford RC	293	127	420	4
2nd	Barking RR	358	149	507	3
3rd	Brentwood RC	438	118	556	2
4th	TriSport	1239	446	1685	1

No runners took part

Division Three

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Castle Point Joggers	182	182	364	4
2nd	Pitsea RC	378	236	614	3
3rd	Havering 90	554	294	848	2
4th	Dagenham 88	752	249	1001	1

N.B. *Division 1 & 2 = 7 men (2 vets) & 4 women (1 vet) to score*
Division 3 = 6 Men (2 vets) & 4 women (1 vet) to score

OVERALL TEAM STANDINGS

Division One

<u>Pos</u>	<u>Club</u>	<u>Round 1</u>	<u>Round 2</u>	<u>Round 3</u>	<u>Round 4</u>	<u>Round 5</u>	<u>Total</u>
1st	Leigh on Sea Striders	3	4	4			11
2nd	Billericay Striders	4	3	2			9
3rd	Benfleet RC	2	2	3			7
4th	East Essex Tri	1	1	1			3

Division Two

<u>Pos</u>	<u>Club</u>	<u>Round 1</u>	<u>Round 2</u>	<u>Round 3</u>	<u>Round 4</u>	<u>Round 5</u>	<u>Total</u>
1st	Barking RR	4	4	3			11
2nd	Rochford RC	2	2	4			8
3rd	Brentwood RC	3	1	2			6
4th	TriSport	1	3	1			5

Division Three

<u>Pos</u>	<u>Club</u>	<u>Round 1</u>	<u>Round 2</u>	<u>Round 3</u>	<u>Round 4</u>	<u>Round 5</u>	<u>Total</u>
1st	Castle Point Joggers	4	4	4			12
2nd	Pitsea RC	2	3	3			8
3rd	Havering 90	3	2	2			7
4th	Dagenham 88	1	1	1			3

Men's results

<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>	<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>
1	Gus Withers		LOSS	22.50	88	David Patten		LOSS	33.55
2	Taite Wallis		Billericay	23.01	89	Adrian Davison	Vet	Barking	34.04
3	Paul Grange	Vet	Barking	24.21	90	Keith Nevett	Vet	Castle Point	34.18
4	Tom Beedell		Brentwood	24.32	91	Anthony Leckerman	Vet	LOSS	34.19
5	Tim Whitcombe		Benfleet	24.44	92	Mike Turrington		LOSS	34.26
6	Kieran O'Doherty		Billericay	25.30	93	Tony Collins	Vet	Havering 90	34.40
7	David Doel		Billericay	25.27	94	Justin Burton	Vet	Castle Point	34.43
8	David Raffelli		LOSS	25.35	95	Ben Whateley-Harris		Brentwood	34.46
9	James Hiscock		Benfleet	25.47	96	Steve Dear	Vet	Castle Point	34.47
10	Damian Harvey		LOSS	26.05	97	Dave Beaty	Vet	Pitsea	34.52
11	Adam Hemsworth		Castle Point	26.16	98	Steve Turner	Vet	LOSS	34.57
12	James Caldon		Benfleet	26.25	99	Trevor Cooper	Vet	Barking	34.58
13	Lee Baynton		Benfleet	26.26	100	Colin Jones	Vet	Barking	34.59
14	Dean Ovel	Vet	LOSS	27.08	101	Paul Aga	Vet	Pitsea	34.59
15	Jack Hodges		Castle Point	27.12	102	Adam Edwards		Rochford	35.07
16	Darren Lock	Vet	LOSS	27.14	103	David Harding	Vet	LOSS	35.13
17	Lukasz Sachzweski		LOSS	27.21	104	Patrick Velarde		LOSS	35.16
18	Chris Cook		Pitsea	27.23	105	John Wheeler	Vet	Castle Point	35.18
19	Simon Abeledo	Vet	Barking	27.32	106	Stuart Forgione	Vet	EET	35.23
20	Michael Feltham		Benfleet	27.43	107	David Blockley	Vet	LOSS	35.24
21	Steve Philcox	Vet	Barking	27.45	108	Daniel Miller	Vet	Dagenham 88	35.42
22	James Beasley		LOSS	28.26	109	Daniel Plawiak	Vet	Barking	35.45
23	Chris O'Hara	Vet	Billericay	28.13	110	Colin White	Vet	Billericay	35.48
24	Stuart Cable	Vet	LOSS	28.26	111	Lloyd Rowe		Castle Point	35.50
25	Roy Harwood	Vet	Benfleet	28.28	112	Simon Taylor	Vet	LOSS	35.55
26	Terry Spooner	Vet	Castle Point	28.34	113	Gary Rowley	Vet	LOSS	36.14
27	Adam Lysons	Vet	LOSS	28.35	114	Rory Burr		Barking	36.17
28	Stephen Kirsch		Rochford	28.36	115	Scott Mangham		LOSS	36.20
29	James Ferrant		Pitsea	28.38	116	Paul Champion	Vet	LOSS	36.27
30	Barry Weldon	Vet	Billericay	28.43	117	Lee Veale	Vet	Havering 90	36.31
31	Ian Toal	Vet	Rochford	28.45	118	Nick Hill	Vet	LOSS	36.35
32	Richard Bonham	Vet	Castle Point	28.49	119	Martin Page	Vet	Barking	36.39
33	Tom Phillips		Benfleet	28.53	120	Sam McGee		LOSS	36.42
34	Peter Tullett	Vet	Billericay	28.55	121	John George	Vet	Barking	36.48
35	Andy Wright	Vet	Billericay	28.57	122	James MacNish Porter	Vet	Brentwood	37.12
36	Alan Burridge	Vet	Rochford	28.58	123	Luke Knight		Havering 90	37.21
37	James Doncaster	Vet	Brentwood	28.59	124	Toby Dando	Vet	LOSS	37.22
38	Clive Cheese	Vet	LOSS	29.02	125	Mark New		Barking	37.42
39	Kieran Neary		Castle Point	29.04	126	Mark Roberston	Vet	Rochford	37.45
40	Ross Hollands	Vet	Benfleet	29.06	127	John Nolan	Vet	LOSS	38.00
41	Dave Jellett		Rochford	29.14	128	Nehal Patel		Barking	38.06
42	Elliott Carter	Vet	LOSS	29.17	129	Ian Gill	Vet	EET	38.08
43	James Lowndes	Vet	Barking	29.21	130	Justin Macal	Vet	Castle Point	38.29
44	Ben Brooks		EET	29.24	131	Tony Gray	Vet	Havering 90	38.37
45	Daniel Lee		Benfleet	29.29	132	Dave Flanagan	Vet	Castle Point	38.47
46	Toby Stubbington		LOSS	29.42	133	Costas Kotrofis	Vet	Dagenham 88	38.49
47	Colin Andrews		Rochford	29.44	134	Bruce Mail	Vet	Billericay	39.03
48	Matt Bird		Benfleet	29.48	135	Ian Barton	Vet	Billericay	39.19
49	Aaron Gosling		LOSS	29.50	136	Mark Freeman	Vet	Billericay	39.27
50	Nigel Swinburne	Vet	Dagenham 88	30.05	137	Graham Smith	Vet	LOSS	39.43
51	Terry Knightley	Vet	Billericay	30.19	138	Ron Vials	Vet	Barking	39.50
52	Bruce Gander	Vet	LOSS	30.34	139	Gary Cardnell	Vet	Dagenham 88	39.57
53	Ian Wilson		Rochford	30.40	140	Jon Furlong	Vet	Barking	40.06
54	Phil Olson	Vet	Brentwood	30.55	141	John Mills	Vet	Rochford	40.24
55	Geoff Reilly	Vet	Billericay	31.00	142	Mark Passey	Vet	Rochford	40.46
56	Mike Grout	Vet	EET	31.03	143	Tony Figgins	Vet	Pitsea	40.59
57	Peter Ellis		Rochford	31.08	144	Steve Constantinou	Vet	Havering 90	41.02
58	Mark Meader	Vet	Brentwood	31.12	145	Paul Franklin	Vet	Castle Point	41.24
59	Ade Orr	Vet	Castle Point	31.13	146	Gareth Smith	Vet	Castle Point	41.28
60	David Butler	Vet	Billericay	31.15	147	Martin England	Vet	Castle Point	41.43
61	Martin Beales	Vet	LOSS	31.19	148	Richard Harmer	Vet	Brentwood	42.16
62	Ben Horsburgh		Rochford	31.20	149	Rob Dunn	Vet	Castle Point	42.19
63	Harry Grose	Vet	LOSS	31.21	150	John Hughes	Vet	Dagenham 88	42.22
64	Emmanuel Brousse	Vet	LOSS	31.24	151	Alain Cooper	Vet	Barking	42.51

65	Tom McGarr		LOSS	31.40	152	Jim Dooley	Vet	LOSS	43.12
66	Tom Overing		Rochford	31.44	153	Jason Li	Vet	Barking	43.16
67	Marc Outen	Vet	Rochford	31.49	154	Jon Wood	Vet	Rochford	43.25
68	Ian Booker	Vet	Brentwood	31.57	155	Kirk Johnson	Vet	Rochford	43.29
69	Brian Fry	Vet	Havering 90	32.05	156	Mark Colquhoun	Vet	Castle Point	43.46
70	Tim Tomlins	Vet	EET	32.06	157	Russ Bost	Vet	Castle Point	44.03
71	Phil Nippard		Rochford	32.08	158	Rob West	Vet	LOSS	44.26
72	Martin Orford	Vet	Pitsea	32.10	159	Brian Butcher	Vet	Castle Point	44.26
73	Martin Howlett	Vet	Castle Point	32.26	160	Steve Kilcoyne	Vet	Rochford	44.31
74	Ian Pike	Vet	Benfleet	32.29	161	Stuart Tidd	Vet	Havering 90	44.33
75	Gary Flint	Vet	Havering 90	32.30	162	Gary Harford	Vet	Barking	45.00
76	Sam Bishop		Rochford	32.33	163	Bernard Savage	Vet	Havering 90	46.12
77	Aaron Freeman		Havering 90	32.46	164	Mark Collins	Vet	Castle Point	46.26
78	Colin Dunn	Vet	Castle Point	33.00	165	Martin Mason	Vet	Barking	47.10
79	Steve Foggo	Vet	Billericay	33.02	166	Dave Mullender	Vet	Pitsea	48.11
80	Steve Healey	Vet	Pitsea	33.05	167	Brian Slade	Vet	Havering 90	48.34
81	Phil Cooper	Vet	Billericay	33.12	168	Les Jay	Vet	Barking	48.50
82	Tony Hyde	Vet	Pitsea	33.17	169	Peter Chaplin	Vet	Pitsea	51.11
83	Andy Badger	Vet	Rochford	33.19	170	Rob Courtier	Vet	Barking	54.35
84	Jagbir Bassi		Barking	33.23	171	Lee Kyson	Vet	Havering 90	55.35
85	Matt Simson	Vet	Rochford	33.26	172	Kresh Veerasamy	Vet	Dagenham 88	57.05
86	Matt Cops	Vet	Benfleet	33.40	173	Micky Ball	Vet	Barking	63.41
87	Kevin Downey	Vet	LOSS	33.47	DNF	Darren Radford	Vet	Havering 90	-

Women's results

<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>	<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>
1	Molly Sweetman		Benfleet	28.01	56	Teresa Uscategui	Vet	Brentwood	41.54
2	Eleanor Johnson		LOSS	28.48	57	Deborah Hall	Vet	EET	41.58
3	Stephanie Miglioni		LOSS	29.16	58	Carrie Shaw	Vet	LOSS	42.12
4	Ruth Chadney		Billericay	29.55	59	Julie Pateman	Vet	LOSS	42.17
5	Sarah Griffiths		LOSS	30.24	60	Louise Dugdale	Vet	LOSS	42.20
6	Charlotte Horton		LOSS	30.43	61	Emma Dudman	Vet	Dagenham 88	42.26
7	Lorna Almond		Billericay	31.33	62	Tina Burton	Vet	Castle Point	42.27
8	Kelly Fletcher		Benfleet	31.57	63	Kathy Scourfield	Vet	Billericay	42.28
9	Andrea Hughes	Vet	LOSS	32.13	64	Lara Harradine	Vet	Havering 90	42.31
10	Rachel Riggs		LOSS	32.18	65	Lesley Smart	Vet	Billericay	42.34
11	Tracy Swindell	Vet	Benfleet	32.33	66	Kate Howlett	Vet	Pitsea	42.46
12	Katie Spicer	Vet	LOSS	32.39	67	Gemma Jones	Vet	Pitsea	42.46
13	Emily Ballard		Billericay	32.46	68	Jenni Paterson	Vet	LOSS	43.03
14	Hollie Boyd		LOSS	33.05	69	Sarah Norton	Vet	Castle Point	43.19
15	Sinead Clark		Benfleet	33.15	70	Carole Adams	Vet	Dagenham 88	43.44
16	Abbi-May Walters		Benfleet	33.20	71	Chris Newitt	Vet	Castle Point	43.54
17	Barbara Aldridge	Vet	Billericay	33.21	72	Collette Toal	Vet	Rochford	44.06
18	Nicola Burney-Gunn	Vet	Brentwood	33.29	73	Penny Harris	Vet	Rochford	44.14
19	Dominika Rudnicka Noulin		Rochford	34.21	74	Louise Chappell	Vet	Barking	44.20
20	Helen Kidgell	Vet	LOSS	34.41	75	Michelle Roberts	Vet	LOSS	44.35
21	Neve Gribble		Benfleet	35.14	76	Sonya Byeers	Vet	Dagenham 88	44.40
22	Maxine Brown	Vet	Barking	35.19	77	Amelia Howe		LOSS	44.44
23	Hannah Lineham		Rochford	35.26	78	Amanda Skeggs	Vet	Castle Point	45.01
24	Tina Remiz		Pitsea	35.51	79	Caz Wallis	Vet	Pitsea	45.07
25	Jo Bolter	Vet	LOSS	35.58	80	Debbie Harper	Vet	Castle Point	45.26
26	Nicola O'Doherty		Billericay	36.02	81	Jo Sinfield	Vet	Pitsea	45.30
27	Tina Reeve	Vet	LOSS	36.12	82	Sarah Hemsworth	Vet	Castle Point	45.51
28	Fiona Walker	Vet	LOSS	36.14	83	Selon Timi Veerasamy	Vet	Dagenham 88	46.04
29	Emma Blainey		LOSS	36.31	84	Laura Ponting		Castle Point	46.25
30	Rosie Booker		Brentwood	36.48	85	Linda Woodward	Vet	Castle Point	46.50
31	Marjike Van Eetvelde	Vet	Brentwood	37.32	86	Sullie Anstis	Vet	Castle Point	46.54
32	Holly Harris		LOSS	37.45	87	Jess Ellis	Vet	LOSS	46.55
33	Robyn Childs		Rochford	37.51	88	Chloe White		Billericay	47.17
34	Tracey Bradley	Vet	Castle Point	37.55	89	Ann Smith	Vet	Rochford	47.36
35	Belinda Riches	Vet	Barking	38.08	90	Jane Johnson		Rochford	47.51
36	Jo Ling	Vet	Billericay	38.17	91	Laura Kelly	Vet	Havering 90	48.04
37	Julia Summers	Vet	LOSS	38.18	92	Claire Twidell	Vet	Rochford	48.30
38	Jane Yellop	Vet	Billericay	38.43	93	Christina Kelekun	Vet	Havering 90	48.34
39	Surjit Grewal	Vet	Brentwood	38.48	94	Claire Downham	Vet	LOSS	48.43
40	Anne Gunn	Vet	LOSS	39.05	95	Beverley Markham	Vet	Castle Point	48.49
41	Natasha Webb		Castle Point	39.08	96	Nichola Meader	Vet	Brentwood	48.50
42	Rahana Islam	Vet	Dagenham 88	39.12	97	Lorraine Borley	Vet	Pitsea	49.01
43	Joyce Golder	Vet	Barking	39.28	98	Ellen McPhillips	Vet	LOSS	49.06
44	Zena Shean	Vet	EET	39.39	99	Alison Fryatt	Vet	Barking	49.07
45	Carol Wraight	Vet	Castle Point	39.52	100	Pascalina Pamba	Vet	Dagenham 88	49.31
46	Tilly White		Havering 90	39.57	101	Suzanne Figgins	Vet	Pitsea	51.00
47	Kerry Slesser	Vet	LOSS	40.02	102	Teresa Flanigan	Vet	EET	51.48
48	Esther Wynn	Vet	Benfleet	40.10	103	Dawn Gould	Vet	Pitsea	52.31
49	Christina Coooper	Vet	Barking	40.19	104	Debbie Jones	Vet	Havering 90	53.58
50	Jade Hogg	Vet	Brentwood	40.22	105	Julie Gillender	Vet	Barking	56.58
51	Zoe Storrar	Vet	LOSS	40.34	106	Denise Woolston	Vet	Dagenham 88	57.34
52	Kelly Elliott	Vet	Rochford	40.37	107	Lois Whitrod	Vet	Pitsea	58.31
53	Angela Rowe	Vet	LOSS	40.50	108	Jacqui Elliott	Vet	Dagenham 88	61.21
54	Victoria Hopkins	Vet	EET	41.26	109	Ronnie Waller	Vet	Dagenham 88	64.02
55				41.30					