

Essex County Championships
Woodford (GBR), 3. januar 2015

ZXC (kros) SM							
Pos	Perf	Name	AG	Age	DOB	Coach	Club
1	39:06	Alex Short	U23 M	20	07.01.94	Lisa Pickering	Chelmsford/Cambridge Uni
2	39:12	Alex Cornwell	U23 M	23	14.09.91	Philip Townsend	Woodford Green Essex Ladies/New Mexico Uni
3	39:59	Tom Phillips	SEN M	26	24.10.88	Arwyn Davies	Woodford Green Essex Ladies/Cardiff Met Uni
4	40:12	David Fewell	SEN M	32	08.10.82		Chelmsford/St. Mary's Uni
5	40:38	Tom Beedell	SEN M	28	12.07.86	Frank Horwill	Woodford Green Essex Ladies/Chiltern
6	40:57	Mark Sanford	V35 M	36	19.04.78		Chelmsford
7	41:03	Grant Webb	U23 M	23	11.12.91	Nick Wetheridge	Basildon/Oaklands Col
8	41:21	Frankie Conway	U23 M	23	29.09.91		Orion/Birmingham Uni
9	41:58	Omar Mansour	SEN M	23	16.07.91		Woodford Green Essex Ladies/St. Mary's Uni
10	41:59	Gavin Lewis	SEN M	24	26.10.90		Woodford Green Essex Ladies/St. Mary's Uni
11	42:03	Christopher Sellens	SEN M	30	08.09.84	Peter West	Colchester H
12	42:03	Rob Warner	SEN M	33	30.05.81	Warren Roe	Havering
13	42:12	Harold Wyber	SEN M	29	24.07.85		Woodford Green Essex Ladies
14	42:14	Tomaž Pliberšek	SEN M			Tomaž Pliberšek	Woodford Green Essex Ladies/Slovenia
15	42:21	Tristan Windley	SEN M				Springfield
16	42:23	Donatas Tumaitis	SEN M	30	10.08.84		Woodford Green Essex Ladies/Eton Manor/Lithuania
17	42:26	Malcolm Muir	V40 M	40	02.05.74		Ilford
18	42:33	Michael Christoforou	U23 M	22	10.10.92	Malcolm Blackmore	Enfield & Haringey/Birmingham Uni
19	42:45	Tom Gardner	SEN M	31	26.06.83	Ian Gains	Ilford
20	42:47	Alistair Holford	V55 M				Woodford Green Essex Ladies
21	42:53	James Stockings	U20 M	19	21.04.95	Richard Thurston	Woodford Green Essex Ladies
22	42:55	Ben Hall	SEN M				Orion Harriers
23	43:30	Nick Shasha	V40 M	40	30.04.74	Clive Ridley	Orion/Eastern Vets
24	43:37	Rhys Gillard	U23 M	20	07.04.94	Ron Dawson	Southend/St. Mary's Uni
25	43:55	Tony Russell	SEN M	30	09.09.84	Terry McCarthy	Woodford Green Essex Ladies
26	43:56	Ian Clark	SEN M				Orion
27	43:58	Allen Smalls	V45 M	46	01.04.68	Peter West	Colchester H
28	44:04	Alexander Houghton	SEN M				Thurrock/Warwick Uni
29	44:11	Paul Grange	V35 M	35	17.05.79		Havering
30	44:14	Daniel W Steel	SEN M	30	06.09.84		Woodford Green Essex Ladies
31	44:16	Carwyn Jones	SEN M	31	03.04.83	Peter West	Colchester H
32	44:21	Barnaby Foot	V45 M			Clive Ridley	Orion
33	44:27	Tom Cammack	SEN M				Springfield
34	44:32	Sebastian Cirillo	U23 M	22	23.07.92		Essex Uni/Italy
35	44:37	Colin Read	V45 M				Orion
36	44:43	Robert Reason	V35 M	35	14.11.79		Harwich
37	44:50	Mark Boulton	SEN M	31	04.12.83		East London/Ireland
38	44:53	Matthew Bland	V45 M	47	09.02.67	Warren Roe	Havering/Eastern Vets
39	45:13	Jolyon Everitt	V35 M			Terry McCarthy	Woodford Green Essex Ladies
40	45:14	Lee Taylor	V35 M	39	12.05.75	Ian George Glover	Southend

41	45:17	<u>Kieran O'Doherty</u>	SEN M 31	10.10.83		Reading RR/Billericay
42	45:18	<u>James Smith</u>	V35 M 35	03.08.79		Springfield
43	45:21	David Johnson	SEN M			Thurrock Harriers
44	45:28	<u>Robbie Cox</u>	SEN M		<u>Terry McCarthy</u>	Woodford Green Essex Ladies
45	45:31	<u>Robert Wilbraham</u>	SEN M		<u>Terry McCarthy</u>	Woodford Green Essex Ladies
46	45:48	<u>James Williams</u>	SEN M 31	07.05.83		Chelmsford
47	45:50	<u>Jonathan Nears</u>	V40 M		<u>Peter West</u>	Colchester H
48	45:53	<u>John Barker</u>	V45 M 49	21.06.65		Thrift Green
49	46:06	<u>Crispian Bloomfield</u>	V35 M 38	29.04.76		Billericay/Thurrock
50	46:13	<u>Ged Mcmillan</u>	V35 M		<u>Peter West</u>	Colchester H
51	46:28	<u>Stephen Philcox</u>	V45 M 49	14.10.65		Ilford
52	46:35	<u>Neil McGoun</u>	SEN M 34	24.06.80	<u>Clive Ridley</u>	Orion/Eton Manor
53	46:43	<u>Tim Ballard</u>	V35 M 39	08.11.75	<u>Peter West</u>	Colchester H
54	46:53	Richard Ashton	SEN M			Orion Harriers
55	46:56	<u>Scott Rice</u>	V40 M 44	18.11.70	<u>David Staines</u>	Thurrock
56	46:58	Paul Bolton	SEN M			Orion Harriers
57	47:03	<u>Paul Suett</u>	V35 M 37	21.09.77		Dagenham 88
58	47:05	<u>Stuart Raven</u>	V35 M		<u>Paul Anderson</u>	Springfield
59	47:07	<u>Gareth Cavell</u>	V45 M 47	08.11.67		Woodford Green Essex Ladies/Veterans
60	47:11	Adam Mead	SEN M			Woodford Green with Essex Ladies
61	47:12	<u>Tony Pamphilon</u>	V55 M 56	13.06.58		Woodford Green Essex Ladies/Veterans
62	47:16	<u>Alan Rugg</u>	V55 M 55	05.08.59		Woodford Green Essex Ladies/Orion
63	47:17	<u>David Cox</u>	V60 M 61	07.07.53		Woodford Green Essex Ladies/Veterans
64	47:21	<u>Daniel Moses</u>	SEN M 28	18.03.86		Orion/Middlesex Uni
65	47:22	David Wilson	SEN M			Orion Harriers
66	47:29	<u>Paul Hart</u>	V35 M 35	25.06.79		East Essex TC
67	47:30	<u>Kevin Newell</u>	V35 M 39	14.05.75	<u>Rob Sargent</u>	Ilford/Veterans/Orion
68	47:35	<u>Paul Holloway</u>	V45 M 46	03.03.68		Ilford
69	47:41	<u>Russell Price</u>	SEN M			East London
70	47:45	<u>Russell Pixton</u>	V35 M 35	23.11.79		Billericay
71	47:48	<u>Colin Ridley</u>	V50 M 53	28.12.61	<u>Peter West</u>	Colchester H/St. Edmunds Pacers/Eastern Vets
72	47:49	<u>Terence Spooner</u>	V40 M 42	15.06.72	<u>Kevin Steed</u>	Benfleet RC
73	47:52	<u>Adam Baker</u>	V40 M 43	18.08.71		Orion
74	47:56	<u>Michael Bridgeland</u>	V55 M 56	12.01.58		Chelmsford/Eastern Vets
75	48:01	<u>Don Lawless</u>	V50 M			Thurrock
76	48:08	<u>Giles Hopkinson</u>	V45 M			Orion
77	48:16	<u>Jon Whitehouse</u>	V40 M 42	18.11.72	<u>Jon Whitehouse</u>	Loughton
78	48:20	<u>George Banbury</u>	V40 M 41	22.02.73		Orion
79	48:21	<u>Jason Crispin</u>	V35 M			Havering
80	48:25	<u>Antony Goodall</u>	V35 M 38	29.06.76		Springfield
81	48:27	<u>Thomas Grimes</u>	SEN M			East London
82	48:29	<u>Paul Boddey</u>	V35 M 37	07.06.77		Eton Manor
83	48:34	<u>Ciaran Canavan</u>	V40 M			East London
84	48:40	<u>Chris O'Hara</u>	SEN M		<u>Nick Anderson</u>	Billericay
85	48:48	<u>Julian Russell</u>	SEN M 34	27.05.80		Woodford Green Essex Ladies
86	49:03	<u>Peter West</u>	V50 M 50	10.02.64		Colchester H
87	49:16	<u>Paul Ruffy</u>	V35 M			Benfleet RC
88	49:21	<u>Michael Woodward</u>	V35 M			Pitsea RC

89	49:26	<u>Sam Rahman</u>	SEN M 32	10.09.82	<u>Rob Sargent</u>	Ilford
90	49:26	<u>Alec Kyriakides</u>	V45 M			Southend
91	49:41	<u>Paul Jeggo</u>	V50 M 54	05.11.60		Springfield
92	49:44	<u>Paul Rodgers</u>	V40 M 41	22.10.73	<u>David Wright</u>	Colchester H
93	49:51	<u>Chris Manby</u>	V35 M			Colchester H
94	49:53	<u>Dan Gritton</u>	V40 M			East London
95	50:00	<u>Ray Dzikowski</u>	V50 M 51	03.06.63		Woodford Green Essex Ladies/West 4
96	50:15	<u>Joe Happe</u>	V45 M 45	09.06.69		Orion
97	50:16	<u>Thomas Gunning</u>	V35 M 38	25.01.76	<u>Paul Anderson</u>	Springfield
98	50:18	<u>Paul Cates</u>	V50 M 52	11.10.62		Eton Manor
99	50:25	<u>Andrew Low</u>	V45 M 45	22.11.69		Benfleet RC
100	50:34	<u>Neil Crisp</u>	V50 M 51	17.01.63	<u>Rob Sargent</u>	Ilford
101	50:52	<u>Dennis Cross</u>	U23 M 21	13.10.93	<u>Nick Wetheridge</u>	Basildon
102	50:58	<u>Andrew Baxter</u>	V45 M			East London
103	51:01	<u>Charlie Keitch</u>	V35 M			Great Bentley
104	51:05	<u>Alan Clark</u>	V45 M 49	05.11.65	<u>Ian Pike</u>	Benfleet RC
105	51:28	<u>Nick Rankin</u>	V50 M 54	28.10.60		Benfleet RC
106	51:30	Neil Ford	SEN M			Woodford Green with Essex Ladies
107	51:30	Nick Trencher	SEN M			Thurock Harriers
108	51:35	<u>Tim Tomlins</u>	V45 M 46	20.10.68	<u>Ian Pike</u>	Benfleet RC
109	51:35	<u>Glenn Gosling</u>	V40 M 42	28.06.72		Orion
110	51:39	<u>Jonathan Metcalf</u>	V50 M 54	04.02.60	<u>David Staines</u>	Thurrock/Eastern Vets
111	51:49	<u>Andrew Doig</u>	V40 M 40	24.01.74		Pitsea RC
112	51:51	<u>Dan Gritton</u>	V40 M			East London
113	51:53	<u>Alan Monte</u>	V40 M 43	30.06.71	<u>Ian George Glover</u>	Southend
114	51:56	<u>Mark Cambridge</u>	V40 M 43	21.04.71		Woodford Green Essex Ladies
115	52:00	<u>Andrew Morris</u>	V55 M 56	18.10.58		Benfleet RC
116	52:02	<u>David Cato</u>	V35 M			Eton Manor
117	52:03	<u>James Perry</u>	V40 M			Woodford Green Essex Ladies
118	52:21	Martyn Clarke	SEN M			Colchester Harriers
119	52:32	<u>Anthony Marsh</u>	V35 M			Springfield
120	52:43	Tim Butt	SEN M			Billericay Striders
121	52:50	<u>Simon Deville</u>	V45 M			Eton Manor
122	52:53	<u>Jonathan Webster</u>	V35 M 37	20.12.77		Woodford Green Essex Ladies
123	52:56	<u>Richard Hogg</u>	V45 M 46	08.05.68	<u>Richard Hogg</u>	Woodford Green Essex Ladies
124	52:58	<u>Paul Prior</u>	V45 M 46	01.07.68		Dagenham 88
125	53:03	<u>Keith Thornton</u>	V50 M 50	28.07.64		Thrift Green
126	53:07	<u>Gary Cahill</u>	V45 M 48	18.06.66		Thurrock
127	53:17	Simon Smith	SEN M			Colchester Harriers
128	53:17	<u>Dave Dauqirda</u>	V50 M			Eton Manor
129	53:25	<u>Mike Bumstead</u>	V60 M 63	02.07.51		Thurrock
130	53:26	<u>Alex Elferink</u>	V40 M			Serpentine
131	53:28	<u>Neil Swift</u>	V45 M			Orion
132	53:32	<u>Richard Flutter</u>	V45 M 47	04.10.67		Harwich
133	53:54	<u>Kenneth Hands</u>	V45 M			Springfield/Unattached
134	54:06	<u>Daniel Hall</u>	V40 M 40	01.09.74		Eton Manor
135	54:09	<u>Carl Easton</u>	V45 M 48	24.05.66		Phoenix Striders
136	54:11	Brett Savidge	SEN M			RG Active Race Team
137	54:13	<u>Nicholas Knight</u>	V40 M			Thrift Green
138	54:17	<u>Stuart Colley</u>	V40 M			Orion
139	54:38	<u>Simon Morgan</u>	V45 M			Tiptree
140	54:47	<u>Jim Roche</u>	V40 M			Woodford Green Essex Ladies

141	54:55	<u>Myles Coulson</u>	V40 M		Braintree
142	55:07	<u>Mike Grout</u>	V40 M		Benfleet RC
143	55:17	<u>Philip Watts</u>	V40 M		Springfield
144	55:36	<u>Peter Binns</u>	V65 M 67	22.06.47	Southend
145	55:36	<u>Dan Summers</u>	SEN M 32	24.03.82	<u>Paul Anderson</u> Springfield
146	55:41	<u>Iain Scott</u>	V35 M 37	17.08.77	Thurrock
147	55:41	<u>Emmet Fitzgibbon</u>	V35 M 35	11.04.79	East London
148	56:01	<u>Kevin Kirby</u>	V50 M 53	18.01.61	Chelmsford
149	56:10	<u>Rob Sommerville</u>	V45 M 46	21.05.68	Eton Manor
150	56:15	<u>Leo Cole</u>	V45 M		Witham
151	56:19	<u>Paul Mitchell</u>	V35 M 39	14.04.75	Thurrock
152	56:31	<u>Joel Denning</u>	V35 M		Dagenham 88
153	56:34	<u>David Gayer</u>	V35 M 35	12.10.79	Colchester H
154	56:43	<u>Michael Cerny</u>	SEN M		Benfleet RC
155	56:48	<u>Grant Conway</u>	V45 M		East London
156	56:49	<u>Bill Bennett</u>	V55 M		Orion
157	56:57	<u>Tim Brockington</u>	V55 M		Springfield
158	57:01	<u>Nigel Instance</u>	V45 M 46	08.04.68	Thurrock
159	57:17	<u>Lemuel English</u>	SEN M 34	04.04.80	Eton Manor
160	57:25	<u>Thomas A Spanyol</u>	V55 M		Woodford Green Essex Ladies
161	57:36	<u>Adrian Frost</u>	V55 M		Eton Manor
162	57:37	<u>Stephen Bugden</u>	V55 M 55	19.03.59	Springfield
163	57:57	<u>Julian Catmull</u>	V50 M 50	17.04.64	Springfield
164	58:02	<u>Bernard Johnson</u>	V55 M		Thurrock
165	58:04	<u>Peter Hatley</u>	V40 M 40	15.05.74	East London
166	58:23	<u>Graham Hall</u>	V45 M 47	11.04.67	Orion
167	58:39	<u>Steve Dunn</u>	V40 M		Eton Manor
168	58:43	<u>Paul Manson</u>	SEN M		Eton Manor
169	58:43	<u>Tom Robinson</u>	V45 M 47	20.09.67	Benfleet RC
170	59:13	<u>Terry Knightley</u>	V50 M 54	22.07.60	Ilford
171	59:14	<u>Paul Eagles</u>	V45 M 47	21.01.67	Dagenham 88
172	59:33	<u>Chris Reed</u>	V60 M 63	11.01.51	Pitsea RC/Southern Counties Vets/Thurrock
173	60:00	<u>Jason Bilton</u>	V45 M		Colchester H
174	60:03	<u>Roy Harwood</u>	V35 M 38	25.08.76	Benfleet RC
175	60:17	<u>Chris Footer</u>	SEN M 33	27.05.81	Phoenix Striders
176	60:20	<u>Jim Whiffin</u>	V55 M		Loughton
177	60:21	<u>Simon Miller</u>	V45 M 46	17.04.68	<u>Paul Anderson</u> Springfield
178	60:37	<u>Stuart Mcmeekin</u>	V40 M		Benfleet RC
179	60:49	<u>Stephen Burton</u>	V55 M		Benfleet RC
180	62:12	<u>Keith Willett</u>	V40 M 41	16.01.73	Thurrock
181	62:14	<u>Brian Butcher</u>	V65 M		Mid Essex
182	62:37	<u>Ian Cummins</u>	V45 M		Dagenham 88
183	62:53	<u>Steve Adams</u>	V45 M		Eton Manor
184	62:54	<u>Eric Paul</u>	V50 M 54	21.04.60	<u>Clive Ridley</u> Orion
185	63:24	<u>Donald Sinclair</u>	V55 M		Pitsea RC
186	63:59	Kevin Cottrell	SEN M		RG Active Race Team
187	64:08	<u>Gary Cardnell</u>	V55 M		Dagenham 88
188	65:06	Peter Exton	SEN M		RG Active Race Team
189	65:18	<u>Michael Peggall</u>	SEN M 34	30.08.80	Dagenham 88
190	65:37	<u>Muhammad Iqbal</u>	SEN M 33	13.08.81	East London
191	65:47	Robert Bower	SEN M		RG Active Race Team

192	67:09	<u>Peter McLaughlin</u>	V55 M		Pitsea RC
193	67:25	Kelly Langley	SEN M		RG Active Race Team
194	68:03	<u>Roger Albury</u>	V50 M		Eton Manor
195	68:40	<u>David Mills</u>	V55 M	55 08.07.59	Phoenix Striders
196	72:28	<u>Jason Levy</u>	V40 M		East London
197	72:30	<u>Neil Colley</u>	SEN M	29 05.05.85	Phoenix Striders
198	78:33	<u>Daniel Allen</u>	SEN M	32 25.06.82	Dagenham 88
199	79:28	<u>Patrick Knowles</u>	V60 M		Springfield
200	81:23	<u>Jeff Webster</u>	SEN M	23 03.04.91	Dagenham 88