

South Essex Cross Country League. 2008 – 2009.

Round 5. Weald Park.
22nd. February 2009.

Results.

Division 1.

1.	Benfleet R.C.	86.
2.	Billericay Str.	243.
3.	Thrift Green Tr.	291.
4.	Havering 90.	297.
5.	East Essex Tri.	420.

Division 2.

1.	Barking R.C.	358.
2.	Castle Point.	382.
3.	Ford Fitness.	420.
4.	Pitsea R.C.	485.
5.	Phoenix Str.	936.

Positions after 5 events.

1.	Benfleet R.C.	25 points.
2.	Thrift Green.	18.
3.	Billericay Str.	17.
4.	Havering 90.	8.
5.	East Essex.	7.

1.	Castle Point.	22.
2=.	Ford Fitness.	19.
2=.	Barking R.C.	19.
4.	Pitsea.	11.
5.	Phoenix Str.	5.

First female runner. Karen Goode.
First male runner. R. Warner.

Benfleet.
Havering 90.

Congratulations to Benfleet who are the Division 1 Champions with the maximum score, and also to Castle Point who are the Division 2 Champions, and are therefore promoted to Division 1 next season.

Commiserations to East Essex Triathletes who are relegated.

D. Godfrey
22.2.2009.

South Essex Cross Country League. 2008/9.

Final event. Weald Park. 22.2.2009.

Men's Results.

Position	Name	Club	Time.
1	Rob Warner	Havering 90	25.07
2	Graham Booty	Benfleet	26.03
3	Greg Deacon	Castle Point	26.13
4	N. Collins	Havering 90	26.34
5	Jez Mancer	Benfleet	26.45
6	Kevin Jacob	Billericay	26.50
7	Mike Briggs	Benfleet	26.59
8	Tony Pecoraro	Havering 90	27.09
9	Les Henderson	Ford Fitness	27.11
10	Mark Laing	Ford Fitness	27.12
11	Alan Butler	Thrift Green	27.19
12	Phil Cooper	Thrift Green	27.29
13	Colin Rothwell	Benfleet	27.33
14	Kevin Wootton	Barking	27.36
15	Andy Morris	Benfleet	27.37
16	M. Chester	Havering 90	27.48
17	Kieran McGill	Benfleet	27.54
18	Steve Philcox	Barking	27.55
19	Anthony Carne	Thrift Green	28.26
20	Andy Coleman	Billericay	28.31
21	Dave Thomson	Benfleet	28.38
22	Stuart Watson	Benfleet	28.39
23	James Roberts	East Essex	28.43
24	Glen Keny	Phoenix	28.50
25	Peter Binns	Castle Point	29.03
26	Mike Day	Billericay	29.07
27	Alan Clark	Billericay	29.09
28	Kevin Steed	Benfleet	29.12
29	William Daley	Barking	29.14
30	Keith Thornton	Thrift Green	29.18
31	Ian Budge	Billericay	29.33
32	Kurtis Swan	Billericay	29.39
33	Nicky Rankin	Benfleet	29.42
34	John Hunt	Benfleet	29.43
35	T. Hide	Pitsea	29.45
36	Kevin Hinns	Thrift Green	29.58
37	Paul Jackaman	Castle Point	30.01
38	Richard Banham	Castle Point	30.01
39	J.Holder	Pitsea	30.05
40	Andy Kennedy	Benfleet	30.06
41	Peter Anderson	Benfleet	30.13
42	Mark Duncan	Ford Fitness	30.19
42	D. Hallam	Havering 90	30.35
44	Martin Page	Barking	31.03
45	Martin Palmer	East Essex	31.09
46	Peter Adeleke	Castle Point	31.09

47	Matt Copse	Benfleet	31.13
48	Colin Jones	Barking	31.27
49	Rob Fulbrook	Ford Fitness	31.29
50	J. Pumfrett	Pitsea	31.32
51	Ashley Rose	Ford Fitness	31.44
52	Laurence Harrison	Billericay	31.45
53	Dan Stuart	East Essex	31.49
54	Chris Milne	East Essex	31.55
55	Phil Street	Benfleet	32.01
56	Bradley Brown	Barking	32.05
57	Rob Percey	Benfleet	32.16
58	Ron Vials	Barking	32.27
59	P. McLaughlin	Pitsea	32.29
60	R. Merchant	Pitsea	32.34
61	Steve Pallett	East Essex	32.38
62	Anthony Anderson	Billericay	32.44
63	Robin Clark	East Essex	32.44
64	C. McDonnell	Havering 90	32.45
65	Peter Van Der Brandt	Ford Fitness	32.48
66	Dave Gretton	Ford Fitness	32.55
67	Nigel Burvill	Billericay	33.01
68	Dermot Robinson	East Essex	33.01
69	Mark Brown	East Essex	33.02
70	John Barker	Thrift Green	33.03
71	M. Hemmings	Havering 90	33.12
72	A.Smith	Pitsea	33.18
73	Rhys Davies	Ford Fitness	33.32
74	C. Hutchings	Pitsea	33.37
75	Bob Armstrong	Barking	33.44
76	Paul Gribbon	East Essex	33.5
77	Ian Bartram	Castle Point	33.49
78	Mike Wheatley	Billericay	34.01
79	Chris Cammidge	Castle Point	34.02
80	Terry Whalley	Ford Fitness	34.09
81	James McNish Porter	Thrift Green	34.12
82	Ian Pike	Benfleet	34.26
83	Stan Coleman	Thrift Green	34.29
84	Ian Grant	Billericay	34.43
85	Richard Sharrock	Ford Fitness	34.44
86	Dave Gibson	East Essex	34.55
87	Nigel Whitehead	Billericay	35.06
88	Daniel Morrissey	Thrift Green	35.11
89	Neil Lynch	East Essex	35.37
90	S. McDonnell	Havering 90	35.45
91	Steve Fisher	East Essex	35.48
92	Roy Farrance	Thrift Green	35.49
93	George Smith	Thrift Green	35.55
94	C. Bent	Pitsea	36.01
95	S. Beech	Pitsea	36.01
96	F. Fuente	Havering 90	36.06
97	G. Warwick	Pitsea	36.09
98	T. Shea	Pitsea	36.18
99	Joe Packman	Phoenix	36.18
100	Ken Bench	Thrift Green	36.22
101	Gerry O'Mahoney	Ford Fitness	36.48
102	Alan Porter	Billericay	37.12

103	Richard Lee	Billericay	37.13
104	M.Fribbins	Havering 90	37.17
105	R.Muse	Havering 90	37.34
106	Nick McCullagh	Castle Point	37.41
107	John Roach	Ford Fitness	37.59
108	Mick Wilby	Barking	38.02
109	N.Moses	Havering 90	38.24
110	Mel Delgatty	Ford Fitness	38.32
111	Ian Steddon	East Essex	38.32
112	P.Williams	Pitsea	39.03
113	Martin Mason	Barking	39.03
114	M.Phillips	Havering 90	39.07
115	John Pickard	Thrift Green	39.27
116	Keith Eldred	Ford Fitness	39.38
117	Stuart Macintosh	Thrift Green	39.42
118	N.Conway	Havering 90	40.01
119	T.Denham	Havering 90	40.14
120	Danny Timbrell	Thrift Green	40.28
121	R.Dobie	Havering 90	40.44
122	C.Clifford	Havering 90	40.56
123	Dennis Spencer-Perkins	Barking	40.59
124	Mike Jordan	Benfleet	41.03
125	K.Penfold	Havering 90	41.33
126	M.Kennedy	Pitsea	41.43
127	Paul Price	Thrift Green	42.03
128	D.Wayland	Havering 90	42.06
129	Mick Swan	Barking	42.44
130	Gwyn Hughes	Phoenix	43.16
131	Mick Ball	Barking	43.51
132	Mike Hoy	Benfleet	44.07
133	Peter Watson	Benfleet	44.23
134	S.Sheekey	Havering 90	44.24
135	S..Lawson	Havering 90	44.33
136	Malcolm Jackaman	Castle Point	44.41
137	B.Rowell	Havering 90	45.22
138	D.Holland	Havering 90	49.21
139	John Virgo	Castle Point	49.37
140	C.Turner	Havering 90	50.09

Ladies Results.

Position.	Name.	Club.	Time.
1	Karen Goode	Benfleet	29.29
2	Tracey Swindell	Benfleet	29.49
3	Gail Dawson	Benfleet	29.53
4	Charlotte Peppiatt	Benfleet	30.09
5	Jacqui Watson	Benfleet	30.21
6	Vanessa Dodds	Benfleet	31.24
7	Denise Dudley	Castle Point	31.38
8	Helen Smith	Thrift Green	32.09
9	Tao Liu	Benfleet	32.51
10	Lindsay Barker	Thrift Green	33.01
11	Nicky Goode	Benfleet	33.02
12	Geraldine Howard	Billericay	34.12
13	Louisa Latham	Benfleet	34.13
14	Anne Pickard	Thrift Green	34.14
15	Chris Mowle	East Essex	34.39
16	Jemma Tune	East Essex	35.29
17	Ellen Waters	Barking	35.59
18	Angela Coster	Thrift Green	36.03
19	Katie Wilkenson	Benfleet	36.12
20	Wendy Read	Billericay	36.33
21	K. Mendita	Havering 90	36.58
22	Jackie Evers	East Essex	37.24
23	Nicky Sayle	Ford Fitness	38.11
24	Beverley Clark	Thrift Green	38.13
25	Kate Cammidge	Castle Point	38.31
26	Jan Burrows	East Essex	38.33
27	Joanne Ling	Billericay	38.57
28	Janice Brown	East Essex	38.53
29	T. Flannigan	Pitsea	40.05
30	Sonia Sheridan	Thrift Green	40.43
31	M. Dwyer	Havering 90	41.08
32	Jodie Timbrell	Thrift Green	41.16
33	H. Thompkins	Pitsea	41.32
34	W. Millard	Pitsea	41.41
35	Susanah McLaren	Barking	42.03
36	Ruth Roberts	Phoenix	42.06
37	Diane Shellito	East Essex	42.19
38	B. McDonnell	Havering 90	42.34
39	Janet Finch	Barking	42.57
40	Jan Collier	Phoenix	43.12
41	Moira Pidgeon	Billericay	43.41
42	Carolyn Fiddes	Benfleet	44.04
43	Debra Pumfrett	Phoenix	44.19
44	Vicky Groves	Barking	44.21
45	Jayne Hayward	Castle Point	45.37
46	Sally Spencer	Barking	45.51
47	Val McCullagh	Castle Point	46.14
48	Daphne Pugh	Castle Point	48.38
49	Sam Worstear	Barking	49.38
50	L. Marsham	Havering 90	50.47
51	C. Southerland	Havering 90	51.15