

ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS

HIGHAMS PARK 12th December 1993

Senior Women (4 $\frac{3}{4}$ Miles)

1. R. Briggs	Colchester & Tendering	29m41
2. H. Ruffell	Havering/Mayesbrook	29m48
3. L. Higgs	Colchester Joggers	29m55
4. T. Swindell	Benfleet R.C.	29m56
5. S. Bridges	Thurrock	30m01
6. D. Sullivan	Havering/Mayesbrook	30m23
7. M. Joyce (vet)	Orion H.	30m37
8. L. Branch	Witham R.C.	30m51
9. J. Sullivan	Havering/Mayesbrook	30m57
10. N. Snelling	Chelmsford	31m03
11. J. Skinner	Thurrock	31m05
12. D. Dearlove	Essex Ladies	31m22
13. P. Tester	Ilford	31m44
14. E. Moore	Chelmsford	32m19
15. P. Rich (vet)	Walthamstow	32m37
16. A. Clarke (vet)	Orion H.	32m38
17. S. Honey (vet)	Ilford	32m47
18. D. Morley	Colchester & Tendring	32m51
19. J. Bennett	Colchester Joggers	32m52
20. P. Jones (vet)	Ilford A.C.	32m59
21. T. Minton	Chelmsford A.C.	33m02
22. L. Gaine	Colchester Joggers	33m50
23. M. Ainsley (vet)	Colchester Joggers	33m59
24. J. Smith	Brentwood A.C.	34m00
25. L. Tanner (vet)	Colchester & Tendring	34m00
26. J. Maskell	Chelmsford	34m51
27. S. McCarthy (vet)	East London Runners	35m05
28. H. Papachristos (vet)	Orion H.	35m18
29. C. Bishop (Vet)	Colchester Joggers	35m53
30. C. Munt	Essex Ladies	35m57
31. K. White	East London Runners	36m00
32. L. Cudmore (vet)	Colchester Joggers	36m30
33. L. Morgan	East London Runners	36m43
34. E. Austin (vet)	Orion H.	36m50
35. K. Pugh	Harlow Running Club	37m10
36. L. Shuttleworth (vet)	Southend	37m32
37. J. Chandler (vet)	Southend	37m46
38. V. Wright	Harlow Running Club	37m59
39. L. Matthews	Basildon	38m13
40. H. Sutcliffe	Witham	39m05
41. S. Baker	Tiptree	39m20
42. C. Jenkins (vet)	Witham	39m32
43. N. Everitt	Colchester Joggers	40m02
44. C. Witham	Harlow Running Club	40m16
45. J. Ashton (Vet)	Orion H.	40m22
46. A. Mills (Vet)	Tiptree	40m48
47. G. Brace (vet)	Dagenham '88	41m13
48. M. Winch	Basildon	41m20
49. N. Teague	Loughton	41m21
50. K. Orpin	East London Runners	41m22
51. J. Hobbs (vet)	Loughton	41m24
52. A. Waldrab (Vet)	Orion H.	44m56
53. B. Wallem	Tiptree	45m59
54. M. Ray	Loughton	48m32

ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS

HIGHAMS PARK 12 December 1993

Senior Women

Team Results

1st	Havering/Mayesbrook	17pts	(2,6,9)
2nd	Colchester Joggers 'A'	44pts	(3,19,22)
3rd	Colchester & Tendring	44pts	(1,18,25)
4th	Chelmsford	45pts	(10,14,21)
5th	Ilford A.C.	50pts	(13,17,20)
6th	Orion H. 'A'	51pts	(7,16,28)
7th	Colchester Joggers 'B'	84pts	(23,29,32)
8th	Witham R.C.	90pts	(8,40,42)
9th	East London Runners	91pts	(27,31,33)
10th	Harlow R.C.	117pts	(35,38,44)
11th	Orion H. 'B'	131pts	(34,45,52)
12th	Tiptree R.C.	140pts	(41,46,53)
13th	Loughton	154pts	(49,51,54)

JUNIOR WOMEN UNDER 20 (3 $\frac{3}{4}$ miles)

1.	K Ravenscroft	Thurrock	28m57
2.	C. Willett	Thurrock	29m50
3.	L. Parison	Basildon	31m34
4.	N. White	Ilford	31m47
5.	R. Wadds	Basildon	32m14
6.	N. Brady	Basildon	34m03
7.	C. Gains	Ilford	35m24
8.	J. McConochie	Basildon	37m29
9.	W. Meader	Ilford	38m12

Teams

1st	Basildon	14pts (3,5,6,)
2nd	Ilford	20pts (4,7,9,)

UNDER 17 WOMEN (3 $\frac{3}{4}$)

1.	C. Goff	Colchester & Tendring	27m18
2.	C. Greenhalgh	Colchester & Tendring	27m40
3.	H. Cole	Colchester & Tendring	28m16
4.	J. Marie	Chelmsford	29m14
5.	J. Carswell	Colchester & Tendring	29m46
6.	S. Owles	Southend	29m51
7.	A. Tulloch	Harlow	30m03
8.	K. Knight	Basildon	30m23
9.	C. Mooney	Southend	30m40
10.	C. Brown	Chelmsford	31m38
11.	M. Barham	Basildon	31m48
12.	T. Francis	Southend	31m50
13.	S. West	Southend	32m11
14.	A. Cook	Thurrock	32m11
15.	K. Howell	Harlow A.C.C	34m32
16.	C. Keeling	Southend	34m39
17.	T. Skelton	Ilford	35m40
18.	P. Hooper	Loughton	39m05

Teams

1st	Colchester & Tendring	6pts (1,2,3,)
2nd	Southend	27pts (6,9,12)

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HIGHAMS PARK 12th December 1993

Girls Under 13 (2miles)

1. L.Williams	Chelmsford	14m13
2. E.Moronas	Basildon	14m34
3. L.Neville	Havering/mayesbrook	14m37
4. M.Morgan	Essex Ladies	14m39
5. S.Goodman	Colchester/Tendring	14m42
6. K.Gasper	Essex Ladies	14m49
7. R.Conway	Harlow Running Club	14m55
8. E.Wallace	Havering Mayesbrook	14m55
9. H.Brook	Basildon	14m55
10. A.Deer	Braintree	14m57
11. L.Sandford	Braintree	15m01
12. L.Harris	Southend	15m06
13. R.Connelly	Essex Ladies	15m12
14. C.Barry	Southend	15m14
15. K.Smith	Basildon	15m29
16. C.Latchford	Harlow Running Club	15m29
17. K.Reilly	Essex Ladies	15m35
18. R.Hobbs	Loughton	15m35
19. K.Cox	Orion H.	15m40
20. L.Cole	Basildon	15m41
21. N.Smellie	Essex Ladies	15m50
22. R.Taylor	Southend	15m51
23. C.Struthers	Ilford	16m00
24. L.Wallend	Chelmsford	16m03
25. L.Butterworth	Basildon	16m05
26. D.Carroll	Basildon	16m09
27. D.Price	Colchester/Tendring	16m10
28. C.May	Chelmsford	16m12
29. L.Winter	Chelmsford	16m16
30. L.Williams	Southend	16m36
31. L.Camfield	Orion H.	16m38
32. J.Calender	Havering/Mayesbrook	16m38
33. L.Brown	Basildon	16m41
34. S.Brenley	Southend	16m41
35. V.Harris	Basildon	16m49
36. K.Wallace	Ilford	16m53
37. E.Hendle	Chelmsford	16m53
38. K.Sheern	Southend	16m58
39. L.Maher	Orion H.	17m00
40. Z.Kourtis	Havering/mayesbrook	17m01
41. K.Rolstone	Ilford	17m02
42. M.Foley	Colchester/Tendring	17m17
43. L.Rees	Walthamstow	17m28
44. S.Leachman	Ilford	17m49
45. R.Smith	Southend	18m03
46. S.Bailey	Essex Ladies	18m12
47. K.Waldrab	Orion H.	18m14
48. L.Manning	Ilford	18m16
49. K.Corbett	Ilford	18m24
50. H.Chandler	Southend	18m24
51. R.Shuttleworth	Southend	18m25
52. K.Moss	Harlow Running Club	18m30
53. S.Stevens	Havering/Mayesbrook	18m58
54. Hearne	Ilford	19m02
55. D.Allabush	Basildon	19m52
56. T.Martin	Walthamstow	19m54
57. A.Hooper	Loughton	23m12
58. M.Newan	Essex Ladies	25m14

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ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS

HIGHAMS PARK 12th December 1993

Girls Under 13

Team Results

1st	Essex Ladies 'A'	23pts (4,6,13,0)
2nd	Basildon 'AA'	26pts (2,9,15,)
3rd	Havering/Mayesbrook 'A'	43pts (3,8,32,)
4th	SOUTHEND 'A'	48pts (12,14,32,)
5th	Chelmsford 'A'	53pts (1,24,28,)
6th	Basildon 'B'	71pts (20,25,26,)
7th	Colchester/Tendring 'A'	74pts (5,27,42,)
8th	Harlow Running Club 'A'	75pts(7,16,52,)
9th	Essex Ladies 'B'	84pts (17,21,46,)
10th	Orion H. 'A'	89pts (10,31,39,)
11th	Ilford 'A'	100pts (23,36,41,)
12th	Southend 'B'	102pts (30,34,38,)
13th	Basildon 'C'	123pts (35,33,55,)
14th	Ilford 'B'	141pts (44,48,49,)
15th	Southend 'C'	146pts (45,50,51,)

Girls Under 15 (2 3/4 Miles)

1.	J.Lawford	Basildon	17m42
2.	E.Allen	Chelmsford	17m53
3.	V.Tester	Havering/Mayesbrook	18m07
4.	L.Gahagan	SOUTHEND	18m20
5.	I.Mcquire	Harlow R.C.	18m23
6.	J.Martin	Orion H.	18m25
7.	T.Webster	Dagenham '88	18m29
8.	S.Osborne	Havering/Mayesbrook	18m32
9.	D.Ward	Harlow A.C.	18m33
10.	H.Spackman	Southend	18m36
11.	H.Matthew	Ilford	18m38
12.	D.Sterling	Basildon	18m48
13.	J.Eckersley	Thurrock	18m48
14.	L.Hawkes	Southend	18m54
15.	K.Butterworth	Basildon	18m58
16.	J.Andrews	Harlow A..C.	19m00
17.	E.Mole	Havering/Mayesbrook	19m12
18.	C.Beeston	Harlow A.C.	19m21
19.	F.Richards	Orion H.	19m22
20.	L.Cadman	Harlow A.C.	19m24
21.	C.Barclay	Harlow A.C.	19m27
22.	L.Chaff	Essex Ladies	19m35
23.	H.Wingrove	Basildon	19m37
24.	H.Cox	Orion H.	19m46
25.	R.Skelton	Ilford	19m48
26.	E.Platt	Havering/Mayesbrook	19m50
27.	M.Gambardella	Havering/Mayesbrook	19m52
28.	K.Thursto	Essex Ladies	19m53
29.	A.Biscoe	Southend	19m55
30.	L.Naylor	Havering Mayesbrook	19m55
31.	C.Walters	Essex Ladies	20m05
32.	K.Galvin	Dagenham '88	20m13
33.	T.Mordecai	Loughton	20m30
34.	K.Blackman	Loughton	20m45
35.	M.Hobbs	Loughton	20m57
36.	K.Ellingford	Essex Ladies	21m04
37.	M.Bates	Basildon	21m23
38.	L.Houghton	Woodford Green	21m29
39.	S.Lovegrove	Essex Ladies	21m51
40.	C.Denmark	Basildon	21m56

ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS

HIGHAMS PARK 12th December 1993

Girls Under 15 (ctd)

41.	S. Scraze	Dagenham '88	22m10
42.	A. Murphy	Havering Mayesbrook	22m15
43.	M. Joyce	Orion H.	22m27
44.	D. Marie	Chelmsford	22m30
45.	L. Henty	Dagenham '88	22m33
46.	L. Martin Acton	Southend A.C.	22m57
47.	C. Real	Loughton	23m04
48.	V. Manning	Ilford A.C.	23m08
49.	D. Canton	Dagenham '88	26m02

Team Results

1st	Southend 'A'	28pts(4, 10, 14,)
2nd	Basildon 'A'	28pts(1, 12, 15,)
3rd	Havering Mayesbrook 'A'	28pts(3, 8, 17,)
4th	Harlow A.C. 'A'	43pts(9, 16, 18,)
5th	Orion H. 'A'	49pts(6, 19, 24,)
6th	Dagenham '88 'A'	80pts(7, 32, 41,)
7th	Essex Ladies 'A'	81pts(22, 28, 31,)
8th	Havering Mayesbrook 'B'	83pts(26, 27, 30,)
9th	Ilford A.C.	84pts (11, 25, 48,
10th	Basildon 'B'	100pts(23, 37, 40)
11th	Loughton 'A'	102pts(33, 34, 35,)

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