

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

President: H. A. RAY, ESQ. J. P.

20 Miles Road Running Championship at Rochford, Essex, on 6th May 1978

INDIVIDUAL RESULT

		<u>FINISH</u>	<u>5 Miles</u>	<u>10 Miles</u>	<u>15 Miles</u>	
1.	J. BROAD	HAVERING A.C.	1.45.26	25.50	51.56	78.30
2.	P. RICHARDSON	"	51.30	26.53	54.36	82.40
3.	G. STANTON	COLCHESTER A.C.	55.45	28.10	56.23	84.50
4.	M. HERRING	ILFORD A.C.	56.52	27.26	55.55	84.57
5.	P. BRYAN	HAVERING A.C.	58.38	26.47	53.36	82.00
6.	G. CARPENTER	COLCHESTER A.C.	58.50	28.40	57.25	87.15
7.	G. HEWITT	SOUTHEND-ON-SEA A.C.	59.50	29.25	57.59	89.03
8.	T. HOYLES	HAVERING A.C.	2.02.00	29.25	58.50	89.25
9.	A. THOMAS	COLCHESTER A.C.	02.46	28.10	57.25	87.30
10.	G. VALENTINE	BASILDON A.C.	03.18	29.36	59.50	90.55
11.	M. ROSBROOK	"	05.31	29.36	59.50	90.55
12.	D. HORSUP	THURROCK H.	06.04	28.20	57.07	93.00
13.	P. THOMAS	CHELMSFORD A.C.	06.06	30.32	61.39	93.54
14.	J. MOUNTAIN	"	06.20	30.54	62.11	94.15
15.	D. PRIOR	WOODFORD GREEN A.C.	07.16	30.42	62.28	93.58
16.	A. BUTCHER	COLCHESTER A.C.	09.17	30.25	61.39	94.17
17.	D. MINNS	BASILDON A.C.	11.11	29.36	59.50	90.55
18.	K. BURGESS	CHELMSFORD A.C.	11.27	30.54	62.11	95.20
19.	E. ANDREWS	HAVERING A.C.	13.37	29.40	60.29	93.25
20.	I. MCKENZIE	LESTRO. POLICE (Guest)	14.36	30.43	63.08	97.40
21.	W. GILHAM	ILFORD A.C.	15.02	29.36	61.29	98.40
22.	G. FULLER	COLCHESTER A.C.	15.41	30.22	62.11	96.12
23.	A. HEFFORD	ORION H.	15.55	33.15	67.19	100.45
24.	R. SMITH	WOODFORD GREEN A.C.	16.07	30.58	63.51	98.42
25.	T. SAMUELS	HAVERING A.C.	16.46	30.41	62.51	96.15
26.	R. BLOIS	BASILDON A.C.	18.31	31.40	65.53	100.40
27.	M. BARRETT	THURROCK H.	18.35	31.35	64.56	99.18
28.	L. BROWN	WOODFORD GREEN A.C.	18.46	32.12	66.31	101.15
29.	D. JONES	"	21.49	30.58	65.09	102.50
30.	D. WARNER	ORION H.	25.14	30.58	64.13	101.30
31.	R. KNIGHT	CHELMSFORD A.C.	25.42	32.45	67.52	104.50
32.	F. DOWTOFT	ILFORD A.C.	29.26	29.36	62.41	109.30
33.	D. WHEATON	THURROCK H.	33.55	34.12	69.36	107.30
34.	V. HONK	"	35.27	34.18	70.48	111.26
35.	J. HOY	ORION H.	36.09	33.15	68.44	108.12
36.	A. POTTER	CHELMSFORD A.C.	37.58	34.00	70.12	111.55
37.	S. VANE	THURROCK H.	38.46	34.18	69.15	109.12

		<u>Non-finishers</u>		
W. FOTHERGILL	ILFORD A.C.	27.00	55.26	86.00
B. DISS	HAVERING A.C.	27.26	55.55	
J. HUNTINGTON	COLCHESTER A.C.	29.30	63.43	
B. HICKS	WALTHAMSTOW A.C.	29.36	60.08	
L. POWELL	CHELMSFORD A.C.	30.50	62.28	
G. MOLD	HAVERING A.C.	30.44	66.38	
H. BARRETT	WOODFORD GR. A.C.	32.37		

TEAM CHAMPIONSHIP

1. HAVERING A.C.	8pts.	4. CHELMSFORD A.C.	45pts.	7. THURROCK H.	70pts.
2. COLCHESTER A.C.	18	5. ILFORD A.C.	55	8. ORION H.	85
3. BASILDON A.C.	38	6. WOODFORD GREEN A.C.	65		

H. WILLIAMS.
(Hon. Road Secretary)