

ESSEX COUNTY AAA 20 MILES ROAD RUNNING CHAMPIONSHIPS  
Langham, Colchester, Essex 11th February 1996

1.A Koikai	Ilford	1.51.21	61.J Ingleton	Woodford Gn	2.15.03
2.G Heslop	Chelmsford	53.54	62.S Adams	Eton Manor	.21
3.M Bumstead(V)	Thurrock	55.24	63.A Otto(LV)	Woodford Gn	.21
4.P Blanchfield	Amy	57.01	64.R Littlewood(V)	Walthamstow	.57
5.P Johnson(V)	Thurrock	.31	65.M Trew(V)	Havering '90	16.08
6.P Tullett	Chelmsford	58.19	66.J Zarei(V50)	RRC	.42
7.E Brown	Basildon	.59	67.L Stock	U/A	17.19
8.D Mills	Woodford Gn	59.28	68.L Parrott(V60)	Havering M	.58
9.D Lacy(V50)	Colchester H	.31	69.R Sargent(V)	Dagenham '88	18.32
10.L Williams	Harlow RC	.34	70.S Maggiulli(V)	Harlow RC	.44
11.T Cummings	Barking RR	.43	71.D Warley(V)	Chelmsford	.55
12.T Knightley	"	.49	72.C Barraclough	Ranelagh H	.57
13.A Currell	Southend	2.00.09	73.D Keeley(V)	Havering '90	19.05
14.J Russell	Pitsea RC	.55	74.D Mannion	Dulwich RAC	.13
15.P Allen	Gade Valley H	01.11	75.D Brooks(V50)	U/A	.14
16.E White	Halstead RR	.41	76.E Beck	Ford Fitness	.34
17.B Glazebrook	Bishops Stort.	.45	77.M Dolan	U/A	.40
18.M Beckett(V)	Tiptree RR	.46	78.R Platt(V)	Southend	.45
19.P Andrews(V50)	Duke St RC	.48	79.M Carey(V)	"	.45
20.A Fisher(V)	Tiptree RR	02.00	80.J Helliwell(V50)	Tiptree RR	20.07
21.S Game	Dartford H	.13	81.S Haggerty	Barking RR	.24
22.J Salmon	Halstead RR	.38	82.J Conquest(V)	Havering '90	.26
23.S Williams(V)	Pitsea RC	03.00	83.D Game(V)	Witham RC	.44
24.L Heath	Barking RR	.28	84.R Barnard-Hill(V)	Thurrock	.53
25.O Phipps(V)	"	.37	85.B Hockley	Pitsea RC	.54
26.M Muir	U/A	04.25	86.P McLaughlin(V)	"	21.14
27.A Coleman	Woodford Gn	.27	87.E Campbell(V60)	"	.20
28.S Coleman(V)	Havering M.	.30	88.C Ainsworth	U/A	.24
29.P Dobbs(V50)	Thurrock	.34	89.J Bright(LV)	Maidstone H	.30
30.C Purse	Chelmsford	.42	90.D Newman	North London	.59
31.R Neenan(V)	Springfield S	.47	91.C Canter(V)	NEB	22.04
32.J Carter(V)	Colchester H	05.04	92.C Jackson	Aquila	.05
33.T McCarthy	Woodford Gn	.57	93.G Woodruff	Norwich RC	.15
34.H Bell(V)	Dartford H	06.01	94.M Coster	Harlow RC	.22
35.V Nevola	Aquila	07.20	95.R Cresswell	U/A	.24
36.M Jones(V50)	Verlea	08.00	96.R Dobie	Havering '90	.36
37.P Barnett	Colchester H	.23	97.Y Shashoua(L)	East London R	.41
38.J Otto	Woodford Gn	.59	98.M Raynor(LV)	West 4 H	.48
39.C Moody(V)	Harlow RC	09.07	99.W Metcalfe(V50)	NEB	23.01
40.M Clark(V)	Barking RR	.09	100.G Williams(V50)	Ilford	.07
41.J Skelton	Colchester H	.14	101.P Robinson(V)	Orion H	.40
42.S Allen	Ilford	.29	102.P Howard	Stour Valley J	.48
43.P Woodyatt	Duke St RC	.31	103.D Rixon(V)	Dovedale H	.55
44.G Carey(V)	Southend	.39	104.C Raynor(V)	West 4 H	24.00
45.D Adkins	U/A	.58	105.L Garrod(L)	Benfleet RC	.07
46.M Gould	Woking	10.31	106.T Taylor	U/A	.07
47.K Marley	Colchester H	.38	107.J Mehmet	U/A	.07
48.C Heapy	Havering '90	.44	108.J McEwan(V)	Witham RC	.11
49.B Owers	Halstead RR	.45	109.G Tomlinson	Gt Bentley J	.15
50.S Fulker(V)	Billericay S	.48	110.P Clegg(V)	Halstead RR	.20
51.J Hegerty	Barking RR	.53	111.R Abrey	Dagenham '88	.47
52.S Garnham(V)	Colchester H	11.20	112.J Carter(V)	Colchester H	25.24
53.T Hiscox	Mansfield H	12.15	113.G Consigh	"	.27
		.16	114.R Hill(V)	Southend	.31
54.A Rigg	U/A	.18	115.D Hallson(V)	RRC	.47
55.M Byford	Tiptree RR	.22	116.M Dennis	U/A	26.20
56.C Applegate	U/A	.22	117.K Jackson(V)	Pitsea RC	.45
57.M Elliott	U/A	.33	118.A Wilmot(V50)	Halstead RR	.47
58.J Tyler	Dagenham '88	13.15	119.D Fellman	U/A	.50
59.K Walsh(V50)	Colchester H	.59	120.M Boetius	U/A	.52
60.R Hogg	Woodford Gn	14.54			

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121.J Cranphom(V)	Havering '90	2.27.10	181.P Harvey	North Norfolk RR	2.40.38
122.W Adams(V)	Dagenham'88	.19	182.V Spain	Springfield S	.56
123.P Priest	U/A	.31	183.J Platt(LV)	Southend	41.06
124.M Hemmings	Havering '90	.34	184.M Silkstone	U/A	.24
125.D Milton(V)	Springfield S	.39	185.C Thackwell(V50)	Colchester H	.29
126.A Lashmar	U/A	28.01	186.S Honey (LV)	Ilford	.31
127.F Cooke(LV)	March Braza	.04	187.G Laundon(V)	SVAC	.36
128.G Stacey(V)	U/A	.16	188.P Marshall	Dovedale H	.52
129.M Henderson(V)	Witham RC	.43	189.T Stout(V)	Southend	.52
130.J Everett	Colchester H	.51	190.D Mole(V)	Havering '90	42.05
131.I Maltby	Dartford H	.54	191.D Emerick(V50)	Springfield S	.29
132.R Houdijk	U/A	29.00	192.A Croucher(V50)	Orion H	.59
133.A Welsh	Stour Valley J	.04	193.N Bailey	Chelmsford	43.18
134.T Jopson	Springfield S	.07	194.M Read	M & B AC	44.31
135.J Harris	Lea Valley H	.10	195.R Valins(V)	Orion H	.32
136.C Short(V)	Witham RC	.20	196.J Macauley(V)	U/A	.58
137.N Yevko(L)	Southend	.22	197.M Shephard	Milocarlan	45.13
138.E Roussoun	U/A	.32	198.R Winston(V)	Havering M	.20
139.S Bennett	Ilford	.43	199.P Osborn	Burgess Hill R	.25
140.Y Stainer(L)	Verlea	.50	200.D Adams(V)	Dagenham '88	.29
141.T Rivers(V50)	Halstead RR	30.46	201.D Frazer	Springfield S	.36
142.G Sexton(V50)	Tiptree RR	31.00	202.N Bonham(V50)	Sawston R	.46
143.B Gould(V)	Colchester H	.11	203.E Brett(V)	Havering M	46.09
144.P Jones(LV50)	Halstead RR	.12	204.K Taylor(LV50)	Blackwater H	.21
145.L Tanner(V35)	Colchester & T	.30	205.C Gibbons(LV60)	Duke St R	.35
146.P Nagl(V)	Kettering T H	.41	206.R Gibbons(V50)	"	.36
147.M King	Pitsea RC	.43	207.L Graham(LV)	Springfield S	47.09
148.P Jones(LV50)	Ilford	.49	208.A Migliorini(L)	U/A	.34
149.C Akehurst(V)	Colchester H	32.06	209.M Holloway	Eton Manor	.55
150.J King(V)	Witham RC	.19	210.D Porter	Dartford H	48.46
151.A Reed	Colchester H	.42	211.P Malyon(LV50)	Harlow RC	.55
152.A Oliver(V)	Echmonton RC	.50	212.C Bore(LV)	"	49.00
153.C Poole(V50)	Blackheath H	.52	213.R Russell(V60)	Castle Point J	.07
154.R Griffin(V)	"	.52	214.B Hatch(LV)	Cambridge H	50.39
155.V McCloud(V50)	Benfleet	.58	215.J Darcy(V)	Havering '90	.46
156.J Hoy(V50)	Orion H	33.05	216.K Scrivener(V50)	U/A	51.08
157.N Everett(L)	Colchester H	.06	217.D Thomas(V)	Havering M	.25
158.C Marsh(L)	Halstead RR	.13	218.P Adereke	Pitsea RC	.40
159.G Crampton	U/A	.28	219.C Richer(V50)	Bishops Stort.	52.14
160.C Hendry	U/A	.29	220.T Inkling(L)	Dagenham '88	.40
161.R Barton	Havering '90	34.02	221.S Young(L)	U/A	.40
162.C Gaitley	Pitsea RC	.25	222.K Fletcher	U/A	.42
163.I Willmott	Dartford H	.40	223.G Booth(V60)	Forbanks	.42
164.J Devall	U/A	35.02	224.P Wright	U/A	.42
165.D Jobling	Witham RC	.07	225.J Galvin(V)	Dagenham '88	53.42
166.T Day(V50)	Bingley H	.16	226.P Wink	U/A	54.34
167.K Edwards(V)	Springfield S	.21	227.B Taylor(V50)	Blackwater H	55.44
168.D Gridley	Havering '90	.37	228.P Bates(V)	Pitsea RC	56.20
169.T Carpenter	Dagenham '88	.41	229.M Martin(V)	U/A	57.20
170.P Frindle	Halstead RR	36.52	230.K Franklin(LV50)	Ilford	.42
171.L Wise(V)	Gt Bentley J	.56	231.C Hale(V)	U/A	58.00
172.S Beckett(V)	Eton Manor	37.09	232.K Ruston(V)	Pitsea RC	3.00.55
173.D Birkin(V)	Blackwater H	.23	233.C Scordis(LV)	Colchester H	01.23
174.S.Pace	"	.38	234.A Palmer	Ipswich J	.39
175.B Smith	Blackheath H	.40	235.P Madura(V60)	Herts & Ware	.58
176.P Bouldstridge(V)	Blackwater H	38.13	236.E Pohl(L)	Linford J	02.20
177.P Reeve	Gt Bentley J	.30	237.J Newton(L)	Havering '90	.29
178.C Tozeland	U/A	.45	238.R Leeburn(LV50)	Dartford H	.31
179.R Hill(V)	Pitsea RC	.53	239.A Bonich	"	03.41
180.J Wilding(V)	Brecon	40.31	240.S Abrahams(L)	Ilford	04.41

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241.R Corting(V)	Halstead RR	3.05.26	251.B Flynn	Bishops Stort.	3.13.12
242.S Gardiner(LV)	Ipswich J	.48	252.G Allison(LV)	Ipswich J	.12
243.R Howell(V50)	Havering '90	06.08	253.A Jarvis(LV)	Stour Valley J	.39
244.L Collier(V)	Stour Valley J	.11	254.P Jarvis(V)	"	.39
245.D Taylor(L)	U/A	07.16	255.R Gibbs(V)	Blackwater H	17.38
246.F Cattell(V50)	Eton Manor	09.06	256.M Hoy(V)	Ilford	19.15
247.J Burgess(V)	Burgess Hill R	10.41	257.K Eaton(V60)	Benfleet RC	.40
248.S Risley(V60)	Forbanks	11.32	258.J Chubb(L)	U/A	22.27
249.H Bartlett(L)	Ipswich J	.49	259.T Coombes(L)	Dartford H	.36
250.E Perry(V)	U/A	12.35	260.H Thomas	U/A	26.10
			261.E Frewin(LV)	Benfleet RC	28.29
			262.J Green(LV)	"	.29
			263.C Halpin(LV)	Linford J	30.18
			264.J Dunell(LV50)	RRC	32.08
			265.L Hopkins(LV50)	Benfleet RC	33.22
			266.D Bonich(L)	Dartford H	37.37

TEAM RESULTS

MEN

1. THURROCK H	29pts
2. CHELMSFORD A C	30
3. BARKING RR	39
4. WOODFORD GREEN A C	53

LADIES

1. ILFORD A C	39pts
2. BENFLEET R C	52

On behalf of the ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION I would like to thank COLCHESTER HARRIERS ATHLETIC CLUB for staging these Championships. I thank them for the well marshalled course and for providing the venue.

Howard Williams(President/Road Secretary)

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