

ESSEX COUNTY AAA 20 MILES ROAD RUNNING CHAMPIONSHIP 2005, ROCHFORD, ESSEX

13th FEBRUARY 2005

1. G Chandler	SPRINGFIELD	1.56.30	61. B Plowman	SPRING	2.27.23
2. M Muir	ILFORD	58.07	62. M Hinsley(40)	LDN HEATH	.46
3. A Smalls	COL. H	2.00.21	63. J Palmer (L35)	BENFLEET	.50
4. A Broughton (40)	HARLOW	01.25	64. R Hogg	WG AC	.54
5. D Barrett (40)	WG A C	.32	65. J Holder (40)	PITSEA	.59
6. J Lendon	HAV. MAYES.	02.06	66. P Clark	PHOENIX	28.21
7. S Ketteridge	COL. H.	.18	67. N Edgeley(40)	BENEFIT	.28
8. M Bond (40)	COL. H.	03.13	68. M Ling (L35)	S'END	.39
9. C Bloomfield	B'ICAY	.33	69. R R-Wright(L35)	COL. H.	29.30
10. P Todd	BENFLEET	.45	70. B Clarke(40)	"	.30
11. M Bland	HAV. MAYES.	04.52	71. J Syrett	THURROCK	.39
12. J Mancer	BENFLEET	07.51	72. M McColgan(40)	HARLOW	30.23
13. M Waine	SOUTHEND	.57	73. R Fleming	B'ICAY	31.03
14. T Mead	BENFLEET	11.31	74. D Gaidley	HAV. '90	.51
15. R Barbosa	N/A	.50	75. R Gibby	COL. H.	.56
16. G Allen	HALSTEAD	12.13	76. J Devall(40)	N/A	32.05
17. T Knightley(40)	ILFORD	.23	77. J Catmull(40)	SPRING.	.06
18. D Mack	N/A	13.20	78. K Bates(40)	B'ICAY	.07
19. C Powell	N/A	.41	79. A Wilmot(60)	HALSTEAD	.09
20. S Coleman(50)	THRIFT GN	14.13	80. P Hayhow(L35)	GRANGE FM.	.14
21. D Spain(40)	SPRING.	.16	81. A S-JONES (60)	SERP.	.18
22. G McDowell	COL. H.	.39	82. M Norquay(L)	THURROCK	.39
23. A Pearce	ILFORD	.49	83. A Clarke	B'ICAY	33.00
24. J Cottis(40)	COL. H.	.58	84. J Carter(50)	COL. H.	.09
25. G Raynor(50)	SPRING.	15.16	85. S Cardwell(40)	GRANGE FM.	.19
26. G Dawson(L35)	BASILDON	.31	86. D Lacy(60)	COL. H.	34.18
27. P Ross (40)	HAV. '90	17.05	87. D Keeley(40)	HAV. '90	.20
28. J Tyler(40)	"	.23	88. S Newton (L)	SERP.	.33
29. C Moody(50)	HARLOW	.28	89. J Carritt(L)	HIGHGATE	35.06
30. R Langley (40)	HALSTEAD	.44	90. P Stuart	FORD FIT.	36.02
31. L Conn (L)	SOUTHEND	.47	91. A Kennedy(40)	BENFLEET	.08
32. M Herbert	ILFORD	18.24	92. N Martin(L)	ILFORD	.08
33. G Booty	BENFLEET	.41	93. D Gibbins(L35)	BENFLEET	.08
34. D Wright (40)	COL. H.	.48	94. T Turner (40)	"	.08
35. J Powell	WG A C	.57	95. G Moore(40)	"	.14
36. J Shanks (L)	BENFLEET	19.27	96. N Parks	N/A	37.27
37. G Jarvis	N/A	.45	97. D Bottrill	N/A	38.19
38. P Clarke	WG A C	.50	98. T Clark(L45)	THURROCK	39.16
39. C Rothwell (50)	CASTLE P.	.55	99. C Heapy(40)	SPRING.	.50
40. B Lang	SERP.	20.04	100. J Conquest(50)	HAV. '90	.52
41. L Shafier(40)	E LDN.TRI	.10	101. K Cadman	BENFLEET	40.16
42. J Green	THURROCK	.21	102. G Jacob(40)	GT.BENT.	.59
43. G Baker (50)	BRC	.32	103. S James(40)	N/A	42.11
44. P Horsley (40)	BENFLEET	.51	104. No name		.54
45. H Yildirim	ILFORD	.55	105. D Wooller(L45)	COL. & T.	43.28
46. C Brotherton	WG A C	21.05	106. D Turk(40)	SPRING.	.39
47. M Chester	HAV.MAYES.	.14	107. P Spelman	ILFORD	.52
48. J Nunn	B'ICAY	.38	108. T Heapy(50)	HARLOW	44.21
49. R Steven	HARLOW	.42	109. N Bradley(40)	SPRING.	46.35
50. S Tucker (L)	SPRING.	22.31	110. A Cook(L35)	"	47.32
51. S Spong (L45)	HAV. '90	.49	111. P Spelman(50)	ILFORD	.59
52. A Gillan	SPRING.	23.19	112. J Fenton(50)	HAV. '90	48.16
53. C Crisp	RRC	.27	113. L Cudmore(L55)	COL. H.	.30
54. I Parkins (40)	B'ICAY	.42	114. P Marsh	"	.39
55. Shaddock	B'ICAY	24.00	115. V McCloud(60)	BENFLEET	.46
56. E Engdahl(L35)	THURROCK	25.04	116. J Roberts(70)	WITHAM	50.54
57. B Nordin(L45)	ILFORD	.22	117. H Bradley(60)	B'ICAY	51.27
58. S Henshaw	B'ICAY	.22	118. S Dale(L45)	HAV. '90	.28
59. S Power	B'ICAY	26.14	119. M Lovern	HARLOW	.32
60. A Powell	BENFLEET	.18	120. J Cordwell(50)	HARWICH	.44

ESSEX '20'		FEBRUARY 2005 (Cont.)	
121. A Taylor(60)	N/A	2.51.53	
122. J Mulchrone	B'icay	52.31	
123. M Williams	BENFLEET	.50	
124. L Cahill(L35)	SPRING.	.59	
125. T Corkell	BENFLEET	53.47	
126. S Morley	"	54.36	
127. C Cammige (40)	CASTLE P.	55.20	
128. R Dobig(40)	HAV. '90	.37	
129. L Copeland (L35)	"	56.01	
130. B Law(L55)	GT BENTLEY	.42	
131. M Mason(50)	BARKING	.46	
132. R Richaerd-Wright(L35)	COL.H	.55	
133. H McDonald(L35)	"	.55	
134. G Howard(L35)	B'ICAY	.58	
135. J Neilsen(L45)	SPRING.	57.22	
136. M Maison(L45)	BARKING	.40	
137. J Packman(50)	PHOENIX	.53	
138. J King (L35)	"	58.01	
139. J Wallis	SOUTHEND	.38	
140. A Frith	N/A	.47	
141. N Wicks	N/A	.47	
142. G Hughes(50)	PHOENIX	.55	
143. L Selby(L55)	HARLOW	59.19	
144. A L ABROPOULOS	N/A	.33	
145. S Page(40)	HARLOW	3.00.50	
146. R Scales(40)	FORD FIT.	01.46	
147. P Watson(50)	BENFLEET	02.45	
148. N Claydon	ISTEAD & I	03.37	
149. L Clamplatt(L45)	THURROCK	.51	
150. D Gridley(40)	SPRING.	04.59	
151. P Evans(40)	N/A	.59	
152. G Calliste(L45)	ISTEAD & I	05.14	
153. S Stanton(L35)	SPRING.	06.32	
154. B Ball(L)	N/A	.47	
155. S Aurighi	COL. H.	.59	
156. J Cauthland(40)	BENFLEET	09.09	
157. B Elson(L)	SPRING.	.47	
158. W Lodge(L45)	HARLOW	10.05	
159. G Saville(40)	"	11.34	
160. F Gardner(50)	GT. BENTLEY	13.23	
161. V Dawson(40)	N/A	14.00	
162. S Hampshire(L45)	B'ICAY	.00	
163. H Bailey(L)	"	15.50	
164. C Marriott(L)	N/A	17.25	
165. N Pugh (60)	CASTLE P.	.50	
166. S Potts(L40)	N/A	18.07	
167. D Pugh (70)	CASTLE P.	.57	
168. J Mills(L45)	PITSEA	19.13	
169. A Selby(L35)	BARKING	20.36	

170. B Rowell (40)	HAV'90	3.21.35
171. J Collier(L45)	PHOENIX	50
172. E Williams(L55)	"	22.13
173. K Scrivener(60)	GT BENTLE	.49
174. J Driscoll(L55)	SPRING.	23.18
175. T Kavanagh(60)	HAV. '90	25.38
176. J Burston(L55)	PHOENIX	30.13
177. C Orton(L)	N/A	33.16
178. E Oddie(L45)	RRC	48.38

TEAM CHAMPIONSHIPS

MEN

1. COLCHESTER H.	18pts
2. BENFLEET R R	36
3. ILFORD A C	42

WOMEN

1. BENFLEET RR	26
2. THURROCK H	32
3. SPRINGFIELD S.	44

IND. CHAMPS.

SENIOR MEN -

G Chandler (Spring)	1.56.30
VET MEN'40	
A Broughton (Harlow)	2.01.25
VET MEN'50	
S Coleman(Thrift Gn)	2.14.13
VET MEN'60	
A Wilmot (Halstead)	2.32.09

SENIOR WOMEN -

G Dawson (Basildon)	2.15.31
VET WOMEN'35	
E Engdahl (Thurrock)	2.25.04
VET WOMEN '45	
S Spong Havering '90	2.22.49
VET.WOMEN '55	
L Cudmore (Colchester H.	2.48.30

ESSEX WISH TO THANK SOUTHEND ATHLETIC CLUB and ALL THE OFFICIALS & MARSHALLS FOR ASSISTING WITH TODAY'S CHAMPIONSHIPS.

Howard Williams (Hon Road Sec.)

84 tyelands, Billericay, Essex CM12 9PB. 01277 625294)

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