

ESSEX COUNTY A.A.A. 20 MILE ROAD CHAMPIONSHIP

SUNDAY 12h FEBRUARY 2006 GREAT BROMLEY, COLCHESTER

WOMEN

Position	Category	5 miles	10 miles	15 miles	Finish
1 13 S Tucker	Springfield SW.	31 19	63 52	96 22	2 9 46
2 34 S.Spong	Havering 90. W45.	34 32	70 22	105 40	2 22 30
3 36 M Ling	Southend W35	35 5	71 7	107 8	2 23 51
4 38 L.Higgs	Colchester H's. W45	35 5	71 14	107 46	2 24 53
5 40 B.Nordin	Ilford W45.	34 30	70 9	106 54	2 25 30
6 45 J.Palmer	Benfleet W45.		71 56		2 27 41
7 51 E Turk	Springfield W35		75 17	113 36	2 31 4
8 55 L.Cahill	Colchester H's. W35.	38 9	75 52	115 8	2 33 48
9 63 P.Hayhow	Grange Farm W35		75 6	114 39	2 36 15
10 64 N.Hopkinson	Ilford W35.	38 44	77 31	117 0	2 36 36
11 68 D.Smith	Benfleet W35.	38 32	77 55	118 31	2 42 4
12 69 D.Gibbens	Benfleet W35.		79 22	119 24	2 42 38
13 72 S.Gillam	Ilford W35.	40 9	80 54	121 55	2 44 32
14 73 S.Dale	Havering 90. W45.	40 12	80 54	121 55	2 45 29
15 77 S.Thake	Billericay W45.	40 12	81 5	122 34	2 46 42
16 79 L.Perrin	Barking SW.	42 52	86 10	128 53	2 48 57
17 81 M.Dowell	Colchester H's. W35.	35 29	73 31	121 57	2 51 18
18 89 P O'Neill	E London W35		89 12	135 4	2 57 44
19 97 J.Mills	Pitsea W45.	43 28	87 37	132 53	3 1 14
20 98 C.Fryer	Havering 90. SW.	43 28	88 35	134 9	3 1 58
21 ***** F.Clarke	Colchester H's. W35.	44 20	89 16	134 28	3 4 39
22 ***** J.Timbrell	Thrift Green SW.		90 38	138 44	3 9 42
23 ***** S.Macaulay	Springfield W55	44 20		141 38	3 13 44
24 ***** S.Stanton	Springfield W35	43 22	90 54	142 19	3 18 26
25 ***** L.Soane	Pitsea SW.	46 20		145 57	3 21 40

TEAM RESULT

1 ILFORD A.C.	5. 10. 13 = 26points
2 BENFLEET	6. 11. 12 = 29
3 COLCHESTER H's	4. 8. 17 = 29
4 SPRINGFIELD	1. 7.. 23 = 31

MEN

1 1 G.Chandler	Springfield SM	26 50	54 44	83 11	1 52 38
2 2 M.Muir	Ilford SM	29 21	58 46	87 19	1 56 14
3 3 A.Smalls	Colchester H's. SM	29 21	58 47	87 20	1 56 35
4 4 P.Molyneuz	Springfield SM	29 21	58 46	87 20	1 56 48
5 5 M.Wilkinson	Newham & E.B. SM	28 58	58 17	87 30	1 58 41
6 7 A.Pecararo	Havering 90. M40.	30 43	62 54	94 50	2 6 55
7 8 S.Ketteridge	Colchester H's. SM	29 21	58 46	88 42	2 7 35
8 9 G.Doel	Colchester H's. SM	31 21	63 52	96 11	2 8 35
9 10 A.Kearton	Gt Bentley SM	32 25	64 55	96 47	2 8 45
10 11 P.Clarke	Woodford M40	30 16	63 52	96 15	2 9 36
11 12 T.Knightley	Ilford M40.	31 5	63 52	96 21	2 9 42
12 14 K.Wilkinson	Chelmsford M50.	30 19	61 49	94 18	2 11 56
13 15 C.Brotherton	Woodford SM	32 18	64 57	98 3	2 12 30
14 16 R.Langley	Halstead M50	33 7	66 19	99 37	2 13 7
15 17 K.Jacobs	Billericay M40.	32 51	65 26	98 58	2 13 18
16 18 I.Wilson	Ilford SM	32 51	66 16	99 51	2 13 44
17 20 L.Shaffer	E London M40	32 3	64 55	98 8	2 14 51
18 21 D.Wright	Colchester H's. M40.	32 11	66 0	99 31	2 14 56
19 22 M.Patterson	Gt. Bentley M40	33 8	67 1	101 7	2 15 7
20 23 G.Rayner	Springfield M50.	31 20	63 58	98 20	2 16 0
21 24 C.Moody	Harlow M50.	33 6	67 28	101 56	2 17 57
22 25 A.Wise	Harlow SM	34 30	68 48	102 14	2 18 10
23 26 C.Hellmers	Newham & E.B. M40.	33 9	67 59	102 26	2 18 33
24 29 G.McDowell	Colchester H's. SM	32 46	66 46	101 56	2 20 40
25 30 M.Herbert	Ilford SM	33 38	67 48	103 23	2 20 59
26 31 R.Sargent	Loughton M50.	33 46	68 5	103 50	2 21 0
27 32 K.Thomton	Thrift Green M40	35 27	71 20	106 29	2 21 27
28 33 D.Sweet	Billericay M40.	34 53	70 29	105 33	2 21 57
30 37 R.Everard	Pitsea M50.	34 17	69 49	106 25	2 24 2
31 38 J.Carter	Colchester H's. M50.	35 27	71 37	107 54	2 24 58

32	41	D. Butler	Billericay	M50.	34 48	70 31	106 49	2 25 33
33	42	P. Jewson	Benfleet	M40	35 27	71 16	103 40	2 26 53
34	43	F. Bees.	Gt Bentley	M60	35 27	71 14	108 40	2 26 57
35	44	J. Syrett	Thurrock	SM		69 50	106 2	2 27 20
36	46	A. Clarke	Billericay	M40.	32 51	66 34	102 13	2 27 50
38	49	S. Mannell	Witham	M40	37 26	74 27	111 52	2 28 36
39	50	C. Jones	Barking	M40	35 34	71 58	110 17	2 30 58
40	54	B. Clarke	Colchester H's.	M40.	35 59	73 46	112 5	2 33 19
41	56	D. Mole	Havering 90.	M50.	38 8	75 25	114 17	2 34 22
42	57	D. Lacey	Colchester H's.	M60.	36 16	74 16	114 0	2 34 25
43	58	C. Hayhow	Grange Farm	M40	37 27	74 26	113 43	2 35 2
44	59	J. Fryer	Colchester H's.	M50.	36 15	73 53	113 9	2 35 10
45	60	N. Taylor	Havering 90	SM	38 4	75 58	115 27	2 35 11
46	61	G. Pugh	Harlow	M40.	37 25	74 26	113 7	2 35 16
47	62	S. Meiluish	U/A	SM	38 17	75 50	115 19	2 35 24
48	65	J. Luck	Harlow	SM	32 53	67 28	104 36	2 37 14
49	66	R. Fleming	Billericay	SM	35 34	72 46	116 22	2 39 13
50	67	D. Keeley	Havering 90.	M50.	39 0	79 15	119 8	2 39 40
51	70	G. Wright	Springfield	M40		75 17	116 3	2 44 1
52	71	C. McCann	Springfield	M50	39 0	78 24	120 4	2 44 10
53	74	L. Harrison	Billericay	SM	40 4	80 54	122 18	2 46 31
54	75	T. Batey	Colchester H's.	SM	33 46	68 5		2 46 42
55	76	K. Bates	Billericay	M40.	40 12	81 5	122 34	2 46 42
56	78	K. Adams	Billericay	SM	39 54	79 24	119 22	2 47 55
57	80	J. Fenton	Havering 90.	M50.	39 0	80 44	124 29	2 50 50
58	83	P. Marsh	Colchester H's.	SM	40 48	81 3	122 18	2 54 8
59	84	M. Ambrose	Barking	SM	43 9	86 10	128 54	2 54 9
60	85	L. Dunham	Colchester H's.	M50.	41 5	83 6	126 4	2 54 19
61	87	M. Jones	Harlow	M40.	38 25	77 55	123 2	2 55 16
62	88	S. Issa	Barking	SM	41 52	86 11		2 57 8
63	90	R. Luck	Harlow	M50.	42 46	86 0	130 59	2 57 46
64	91	P. Ashley	Benfleet	M40.		90 38	135 4	2 57 46
65	92	S. Morley	Benfleet	SM	44 20	90 38	135 4	2 57 54
66	93	J. Roberts	Witham	M70	42 55	87 25	132 26	2 58 56
67	94	D. Gridley	Springfield	M50	42 58	86 21	131 26	2 59 54
68	95	I. Soane	Ilford	M40	41 48	85 49	131 49	3 0 17
69	96	R. Bennington	Colchester H's.	M40.	41 45	85 39	131 26	3 1 0
70	99	K. Scrivener	Gt. Bentley	M60.	41 18	84 47	131 26	3 3 55
71	101	P. Dowell	Colchester H's.	M40	41 45	84 38	131 54	3 5 50
72	102	B. Johnson	Harwich	M70.	43 28	88 55	136 12	3 6 32
73	103	I. Lawson	Grange Farm	M40	42 21	85 49	133 11	3 9 5
74	105	C. Baker	Colchester H's.	M50.	44 20	89 28	134 41	3 11 17
75	106	B. Hutchinson	Colchester H's.	SM	41 45	85 44	146 12	3 13 43
76	108	J. Macauley	Springfield	M50	45 9		141 38	3 13 48
77	109	P. Burns	Witham	M50.	47 6		145 1	3 17 32
78	112	M. Cottrell	Billericay	M60.	47 8		149 59	3 20 3
79	115	T. Kavanagh	Havering 90.	M60.	47 8		151 35	3 34 20

TEAM RESULT

1 Colchester H's.	3. 7. 8 = 18points
2 Springfield Striders	1. 4. 20 = 25
3 Ilford	2. 11. 16 = 29

OPEN

6	B Powell	Woodford	SM/Guest	30 17	62 36	91 21	2 2 2
19	P. Preston	Sudbury	SM./ Guest	32 17	64 3	96 20	2 14 4
27	A. Buck	Sudbury	M40./ Guest	34 30	69 6	104 53	2 20 29
28	I. Forrest	Maidstone	SM./ Guest	33 21	68 5		2 20 35
35	S. Hunt	Hadleigh	M40./ Guest	34 30	68 48	102 14	2 23 8
47	S. Cable	Istead & Ifield	SM./ Guest	37 43	74 20	111 30	2 28 30
48	E. Sandford	Sudbury	W. / Guest	36 2	73 40	111 12	2 28 31
52	S. Tilsen	U/A	Guest	34 32	70 49	108 25	2 31 28
53	J. Smith	Sudbury	SM./ Guest	38 32	75 52	115 27	2 31 53
82	V. Manly	Wymondham	W./Guest	42 56	86 5	129 9	2 52 58
86	D. Fellman	Ipswich	SM./ Guest	41 29	84 8	127 18	2 54 41
111	R. Spinks	Ipswich Jaffa	M60/Guest	43 30	90 54	142 19	3 18 26
114	G. Calliste	Istead & Ifield	W./ Guest	48 45		151 54	3 25 57