

Howard
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Just the ones passed onto
AW
Pen

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

1st MARCH 2009

GREAT BROMLEY, COLCHESTER

No.	Position All	Time	Position Male	Female	Name	Club	Category
600	1	1.49.06	1		B.Powell	Woodford Green & E.L.	Open
48	2	34	2		P.Molyneux	Springfield	M
113	3	54.21	3		G.Chandler	Springfield	M40
167	4	2.01.11	4		P.Helliwell	Colchester H's.	M40
47	5	2.02	5		J.Nunn	Billericay	M
215	6	31	6		M.Bridgeland	Chelmsford	M50
30	7	39	7		C.Sellens	Colchester H's.	M
603	8	54	8		G.Ramsey	Barnet	Open
276	9	3.23	9		K.Wilkinson	Chelmsford	M50
25	10	39	10		J.Mancer	Benfleet	M
4	11	59	11		M.Waine	Springfield	M
15	12	4.51	12		M.Mansfield	Leigh on Sea	M
21	13	52	13		G.Booty	Benfleet	M
413	14	54		1	S.Stradling	Colchester H's.	W
160	15	58	14		S.Desborough	Benfleet	M40
16	16	6.42	15		J.Revell	Harlow	M
273	17	7.02	16		M.Bond	Colchester H's.	M50
277	18	8.59	17		D.Butler	Billericay	M50
163	19	9.20	18		S.McMillen	Colchester H's.	M40
42	20	10.17	19		P.Cooper	Thrift Green	M
44	21	11.17	20		A.Came	Thrift Green	M
11	22	33	21		R.Mills	Springfield	M
19	23	12.18	22		R.McNelis	Ilford	M
12	24	46	23		M.Knowles	Harwich	M
38	25	13.15	24		P.Wyatt	Billericay	M
159	26	30	25		N.Rankin	Benfleet	M40
13	27	44	26		N.Laughton	Grange Farm	M
145	28	56	27		A.Clare	Billericay	M40
181	29	14.14	28		G.Crockett	Benfleet	M40
156	30	43	29		N.Crisp	Ilford	M40
168	31	15.38	30		A.Reads	Witham	M40
146	32	16.16	31		A.Wise	Harlow	M40
151	33	41	32		C.Thomas	Gt Bentley	M40
248	34	17.05	33		C.Moody	Harlow	M50
41	35	18.11	34		M.Briggs	Benfleet	M
459	36	16		2	W.King	Chelmsford	W35
152	37	33	35		K.Jeffries	Gt Bentley	M40
269	38	19.14	36		E.Jenson	Benfleet	M50
274	39	25	37		A.Whisken	Colchester H's.	M50
147	40	20.06	38		S.Mackenzie	Harlow	M40
51	41	25	39		S.Radley	Springfield	M
49	42	39	40		N.Ords	Springfield	M
394	43	53		3	L.Higgs	Colchester H's.	W45
149	44	22.4	41		K.Cox	Gt Bentley	M40
34	45	23.23	42		G.McDowell	Tiptree	M
126	46	24.18	43		B.Rowman	Springfield	M40
133	47	24	44		N.Buxton	Harwich	M40
33	48	26	45		J.Nears	Colchester H's.	M
131	49	28	46		M.Rutter	Harwich	M40
128	50	32	47		J.Catmull	Springfield	M40
460	51	32		4	B.McCorquodale	Harwich	W35
165	52	58	48		J.Cottis	Colchester H's.	M40
132	53	25.43	49		R.Newman	Harwich	M40
170	54	26.02	50		H.H-Jones	Tiptree	M40

182	55	16	51		J.Holder	Pitsea	M40
389	56	25		5	T.Hull	Grange Farm	W45
45	57	44	52		A.Thomson	Havering 90	M
393	58	56		6	J.Palmer	Benfleet	W45
18	59	27.00	53		I.Burdin	Iford	M
242	60	16	54		R.Sargent	Loughton	M50
171	61	37	55		S.Morgan	Tiptree	M40
246	62	43	56		H.Jardine	Grange Farm	M50
414	63	43		7	S.Ivory	Colchester H's.	W
174	64	46	57		K.Frost	Colchester & Tnd	M40
271	65	50	58		D.Wright	Colchester H's.	M50
468	66	28.34		8	J.Watson	Benfleet	W35
50	67	42	59		A.Jamieson	Unattached	M
130	68	50	60		P.Young	Raven R.	M40
474	69	51		9	W.Lagden	Southend	W35
17	70	29.17	61		J.Byford	Springfield	M
20	71	20	62		A.Frith	Benfleet	M
176	72	52	63		K.Jacob	Billericay	M40
10	73	55	64		J.Praill	Springfield	M
387	74	56		10	M.Ling	Southend	W45
43	75	30.57	65		P.Anderson	Springfield	M
127	76	31.16	66		G.Joslin	Springfield	M40
312	77	48	67		M.Savage	Springfield	M60
392	78	55		11	B.Nordin	Iford	W45
37	79	32.38	68		L.Harrison	Billericay	M
24	80	38	69		S.Ling	Benfleet	M
380	81	34.03		12	D.Gibbens	Benfleet	W45
129	82	35.08	70		J.Ling	Southend	M40
134	83	13	71		G.Donoghue	Harwich	M40
22	84	36.07	72		K.Challis	Benfleet	M
1	85	12	73		I.Stobirsilki	Witham	M
211	86	19	74		D.Smith	Witham	M50
214	87	20	75		R.Burns	Leigh on Sea	M50
471	88	29		13	M.Dowell	Colchester H's.	W35
46	89	48	76		D.Bates	Havering 90	M
135	90	37.14	77		S.Payne	Southend	M40
475	91	20		14	A.Ockendon	Southend	W35
326	92	38.12	78		P.Warrior	Billericay	M
81	93	45	79		P.Munro	Springfield	M50
84	94	52	80		A.Sumner	Thrift Green	M50
148	95	59	81		A.Broughton	Harlow	M40
52	96	39.23	82		A.Finch	Unattached	M
606	97	23	83		J.Tite	Unattached	Open
407	98	33		15	N.Brockbank	Springfield	W
169	99	40.03	84		A.Stuckey	Witham	M40
515	100	44		16	D.Wooler	Colchester & Tnd	W55
279	101	41.15	85		D.Sinclair	Pitsea	M50
381	102	25		17	B.Wallen	Witham	W45
162	103	59	86		G.Moore	Benfleet	M40
457	104	42.11		18	E.Turk	Springfield	W35
601	105	58	87		P.Turner	Fetch R.C.	Open
36	106	43.51	88		D.Howell	Billericay	M
266	107	58	89		B.Watt	Gt Bentley	M50
164	108	44.27	90		P.Marsh	Colchester H's.	M40
528	109	31		19	S.Dale	Havering 90	W55
270	110	45.40	91		S.Jewell	Southend	M50
470	111	46.30		20	S.Barton	Benfleet	W35
461	112	47.11		21	K.Thomas	Harwich	W35
396	113	16		22	D.Ford	Chelmsford	W45
245	114	48.16	92		G.Taylor	Southend	M50
469	115	26		23	N.Burtonshaw	Benfleet	W35

411	116	26		24	S.Grabowski	Benfleet	W
26	117	49.12	93		R.Lane	Colchester H's.	M
465	118	18		25	P.Hayhow	Grange Farm	W35
418	119	50.09		26	S.Fry	Chelmsford	W
180	120	19	94		M.Fribbens	Braintree	M40
5	121	51.02	95		R.Manning	Springfield	M
137	122	22	96		A.Smith	Grange Farm	M40
178	123	30	97		I.Glover	Southend	M40
184	124	47	98		C.Byford	Tiptree	M40
154	125	52.20	99		T.Adams	Gt Bentley	M40
409	126	56		27	D.Swindell	Gt Bentley	W
466	127	53.05		28	J.Reeves	Grange Farm	W35
325	128	34	100		H.Bradley	Billericay	M60 2
173	129	46	101		I.Bilboe	Springfield	M40
278	130	50	102		N.Whitehead	Billericay	M50
327	131	54.27	103		G.Hilberry	Southend	M60 3
412	132	56.01		29	T.Parker	Benfleet	W
391	133	1		30	S.Gillam	Ilford	W45
183	134	36	104		L.Alexander	Colchester & Tnd	M40
275	135	48	105		K.Walsh	Colchester H's.	M50
179	136	57	106		G.Halliday	Gt Bentley	M40
172	137	57.33	107		M.Gillard	Southend	M40
410	138	58.38		31	V.Burns	Ilford	W
244	139	59.33	108		J.Cordwell	Harwich	M50
250	140	3.02.14	109		R.Steven	Harlow	M50
157	141	3.35	110		G.Evans	Ilford	M40
417	142	40		32	E.Allen	Chelmsford	W
514	143	4.33		33	S.Macauley	Springfield	W55
602	144	39	111		J.Mann	Unattached	Open
136	145	49	112		I.Lawson	Grange Farm	M40
388	146	51		34	J.Adams	Grange Farm	W45
403	147	5.21		35	S.Wenman	Springfield	W
607	148	5.57	113		M.Gardner	Unattached	M
513	149	6.57		36	B.Law	Gt Bentley	W55
404	150	7.10		37	K.Marsh	Springfield	W
254	151	9.51	114		S.Baggs	Gt Bentley	M50
155	152	11.00	115		I.Miller	Southend	M40
456	153	14		38	S.Bannister	Springfield	W35
464	154	12.12		39	K.Robertson	Grange Farm	W35
158	155	13.18	116		I.Pergira	Benfleet	M40
329	156	16.41	117		C.Macdonald	Havering 90	M60
398	157	17.00		40	H.Scott	Thrift Green	W45
185	158	34	118		C.Dolden	Tiptree	M40
527	159	41		41	C.Cogdell	Pitsea	W55
6	160	19.04	119		M.Daniels	Springfield	M
383	161	21		42	P.Clarke	Witham	W45
462	162	20.15		43	M.Raynes	Harwich	W35
406	163	22.31		44	G.Foster	Springfield	W
324	164	24.20	120		S.Walker	Witham	M60
82	165	25.21	121		R.Nordin	Unattached	M50
386	166	26.19		45	L.Garey	Springfield	W45
384	167	27.24		46	M.May	Witham	W45
453	168	24		47	S.Shippey	Witham	W35
320	169	28.11	122		P.Burns	Witham	M60
408	170	29.20		48	C.King	Grange Farm	W
454	171	24		49	S.Bellis	Witham	W35
477	172	32.36		50	T.Frost	Colchester & Tnd	W35
321	173	35.26	123		K.Scrivener	Gt Bentley	M60
144	174	37.27	124		G.Foster	Grange Farm	M40
405	175	38.42		51	S.Knowles	Springfield	W

TEAMS MEN	
1 SPRINGFIELD	16
2 COLCHESTER HARRIERS	27
3 BENFLEET	37
4 BILLERICAY	46
5 HARLOW	79
6 BENFLEET	87

TEAM WOMEN	
1 COLCHESTER HARRIERS	11
2 BENFLEET	26
3 SOUTHEND	33
4 CHELMSFORD	50
5 GRANGE FARM	58
6 SPRINGFIELD	66