

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION  
CROSS COUNTRY CHAMPIONSHIPS at WOODFORD

3rd January 1976

SENIOR 7½ miles  
TEAM CHAMPIONSHIP

1. CHELMSFORD A.C.	68 pts.	8. ESSEX BEAGLES A.C.	289 pts.
2. WOODFORD GREEN A.C.	81	9. ILFORD A.C. "B"	480
3. THURROCK H.	111	10. ETON MANOR A.C.	511
4. HAVERING A.C.	124	11. HAVERING A.C. "B"	537
5. WALTHAMSTOW A.C.	178	12. WOODFORD GREEN A.C. "B"	552
6. ILFORD A.C.	185	13. COLCHESTER A.C.	602
7. SOUTHEND-ON-SEA A.C.	273	14. LOUGHTON A.C.	605

INDIVIDUAL CHAMPIONSHIP

1. B. SMITH	THURROCK	38.52	53. I. PEARCE	HAVERING	44.45
2. C. MOXSOM	WOODFORD GREEN	39.01	54. D. SPASHEPT	SOUTHEND	.55
3. M. FLETCHER	CHELMSFORD	.06	55. K. GILL	ESSEX BEAGLES	.57
4. T. CRABB	WOODFORD GREEN	.54	56. D. STAINES	THURROCK	45.07
5. D. COX	" "	40.13	57. S. TAYLOR	HAVERING	.12
6. A. CATTON	ILFORD	.19	58. K. JONES	WALTHAMSTOW	.18
7. R. YOUNG	HAVERING	.22	59. D. BLACKMAN	WOODFORD GREEN	.20
8. J. WILLOUGHBY	CHELMSFORD	.40	60. W. SHIRLEY	BASILDON	.25
P. FLETCHER	"	.43	61. R. MILLS	ILFORD	.31
10. M. BATTY	THURROCK	.54	62. L. WEST	SOUTHEND	.34
11. P. RICHARDSON	HAVERING	.57	63. M. SMITH	WOODFORD GREEN	.36
12. R. CHARLESTON	CHELMSFORD	41.02	64. H. RHYS	ILFORD	.38
13. M. WEEKS	"	.05	65. M. HERRING	"	.43
14. A. NIXON	ILFORD	.10	66. D. PLATER	"	.50
15. P. BRYAN	HAVERING	.19	67. J. BROAD	HAVERING	.53
16. D. STOKES	THURROCK	.21	68. D. WATTS	ESSEX BEAGLES	46.00
17. K. HUTCHIN	ETON MANOR	.36	69. M. McVEIGH	HAVERING	.03
18. D. RAFFERTY	HARLOW	.38	70. J. MADDEN	LOUGHTON	.09
19. C. REED	WOODFORD GREEN	.40	71. M. A'BEAR	THURROCK	.11
20. P. CHEATLE	ESSEX BEAGLES	.46	72. M. PRINGUER	COLCHESTER	.16
21. S. BARR	THURROCK	.48	73. A. LOVETT	ILFORD	.17
22. M. EMMS	WOODFORD GREEN	.58	74. B. STEFFENS	"	.22
23. P. FULCHER	CHELMSFORD	42.06	75. D. ARCHER	WALTHAMSTOW	.24
24. R. THURSTON	HAVERING	.12	76. C. SAUNDERS	WOODFORD GREEN	.27
25. C. RIDLEY	WALTHAMSTOW	.18	77. J. PLATT	ILFORD	.33
26. A. RICH	"	.23	78. B. EDWARDS	WALTHAMSTOW	.35
27. R. HOWE	"	.28	79. K. BURGESS	CHELMSFORD	.39
? D. HORSUP	THURROCK	.37	80. D. WARREN	HAVERING	.40
29. T. PRIBUL	WOODFORD GREEN	.40	81. M. SHIELDS	CHELMSFORD	.40
30. J. HALLIDAY	HAVERING	.42	82. T. FARROW	"	.46
31. M. MADDERS	WALTHAMSTOW	.45	83. W. GILHAM	ILFORD	.48
32. W. FOTHERGILL	ILFORD	.47	84. R. BROWNING	SOUTHEND	47.06
33. D. HURLOCK	WALTHAMSTOW	43.08	85. T. EVERITT	ETON MANOR	.06
34. W. STOWE	SOUTHEND	.16	86. E. BARRETT	WOODFORD GREEN	.20
35. C. WARD	THURROCK	.19	87. L. NICHOLS	COLCHESTER	.26
36. P. HATTO	WALTHAMSTOW	.21	88. B. HURRELL	"	.27
37. B. DISS	HAVERING	.24	89. E. ANDREWS	HAVERING	.34
38. D. SMITH	SOUTHEND	.33	90. J. BOWLES	ETON MANOR	.39
39. B. MEADOWS	ILFORD	.33	91. K. WARD	LOUGHTON	.51
40. J. LUSTY	HARLOW	.36	92. R. DAWSON	SOUTHEND	48.03
41. G. HEWITT	SOUTHEND	.50	93. A. STEADMAN	HAVERING	.07
42. B. HILL-COTTINGHAM	CHELMSFORD	.53	94. G. SMITH	ETON MANOR	.10
43. M. THEOBALD	HAVERING	.57	95. A. TIFFIN	ILFORD	.13
44. L. SAWKINS	SOUTHEND	44.02	96. S. KING	"	.16
45. G. NEWTON	ESSEX BEAGLES	.06	97. J. CASH	LOUGHTON	.16
46. F. BONTOFT	ILFORD	.23	98. T. DRADEY	HARLOW	.18
47. D. NIXON	WOODFORD GREEN	.26	99. A. WEIR	SOUTHEND	.22
48. H. ANDERSON	ILFORD	.28	100. G. PELLIS	ILFORD	.37
49. B. CONCANNON	HARLOW	.30	101. D. HOLLAND	HAVERING	.42

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 CROSS COUNTRY CHAMPIONSHIPS at WOODFORD  
 3rd January 1976

SENIOR 7½ miles (Cont.)

105. J. FICKEN	ESSEX BEAGLES	49.08	127. P. CRESSY	LOUGHTON	52.27
106. D. HARDY	WOODFORD GREEN	.11	128. T. MILCHARD	WALTHAMSTOW	.55
107. D. TAYLOR	SOUTHEND	.20	129. E. CASH	LOUGHTON	.58
108. G. SAYER	ETON MANOR	.23	130. I. MCGREGOR	ESSEX BEAGLES	53.01
109. B. ARMSTRONG	ILFORD	.26	131. G. WOOD	ETON MANOR	.21
110. K. ROGERS	CHELMSFORD	.36	132. C. FOX	ILFORD	.28
111. L. DUNBAR	ILFORD	.47	133. P. POSTINGS	"	.41
112. A. ROGERSON	BASILDON	.50	134. M. CARR	WOODFORD GREEN	.50
113. L. SMITH	LOUGHTON	.52	135. R. VILE	WALTHAMSTOW	54.15
114. G. MESSENGER	"	.56	136. B. HART	"	.19
115. B. WREFORD	COLCHESTER	50.08	137. L. MATHIESON	BASILDON	.33
116. M. ROBINSON	HAVERING	.08	138. J. McEVOY	COLCHESTER	55.03
117. P. KEARSEY	ETON MANOR	.12	139. J. CRAFER	LOUGHTON	.13
118. A. LEWIS	" "	.15	140. E. WARREN	ETON MANOR	56.33
119. A. COX	" "	.45	141. B. RUSSELL	ESSEX BEAGLES	57.12
120. W. MASKELL	LOUGHTON	.50	142. J. CATTON	ILFORD	.29
121. T. SAMUELS	HAVERING	.52	143. E. AYLING	"	59.18
122. J. LEWIS	WALTHAMSTOW	51.06	144. J. DANIELS	WOODFORD GREEN	60.57
123. A. AISHFORD	"	.25	145. D. BUISSON	WALTHAMSTOW	63.37
124. N. BURVILL	WOODFORD GREEN	.47	146. A. POYNTER	"	64.42
125. N. FAIRLEE	ESSEX BEAGLES	.54			
126. G. RICHARDSON	LOUGHTON	52.00			

JUNIOR CHAMPIONSHIP 5 miles

TEAM CHAMPIONSHIP

1. HARLOW A.C.	43 pts.	5. ILFORD A.C.	98 pts.
2. HAVERING A.C.	53	6. SOUTHEND-ON-SEA A.C.	114
3. WOODFORD GREEN A.C.	69	7. THAMESIDE A.C.	171
4. CHELMSFORD A.C.	76		

INDIVIDUAL CHAMPIONSHIP

1. R. GREEN	HARLOW	26.38	27. P. WYMARK	COLCHESTER	31.09
2. I. DAVISON	THURROCK	.57	28. R. TURNER	WOODFORD GREEN	.11
3. P. BETTRIDGE	HAVERING	27.03	29. A. BIRD	" "	.24
4. J. GOLDRING	WALTHAMSTOW	.18	30. N. ADAMS	SOUTHEND	.37
5. P. GRONLAND	WOODFORD GREEN	.28	31. K. NAYLOR	"	.38
6. G. BARR	THURROCK	.43	32. K. DUNNINGS	ESSEX BEAGLES	.48
7. D. COATES	ILFORD	.53	33. J. O'BRIEN	WOODFORD GREEN	32.04
8. P. KEMP	ESSEX BEAGLES	.55	34. D. KETTLES	SOUTHEND	.12
9. R. RAFFERTY	HARLOW	28.08	35. A. BRIDGE	HARLOW	.27
10. C. MARR	CHELMSFORD	.19	36. D. COUSINS	LOUGHTON	.32
11. P. HORTON	HARLOW	.28	37. S. TINGLE	HARLOW	33.42
12. C. TURNER	CHELMSFORD	.35	38. D. CRAWFORD	THAMESIDE	.54
13. A. ALI	WOODFORD GREEN	.42	39. C. KIRWAN	CHELMSFORD	.57
14. C. TILLEY	HAVERING	.53	40. A. BARDELL	"	34.16
15. R. WOODLEY	CHELMSFORD	29.13	41. Z. VANE	THAMESIDE	.34
16. P. MYLREA	HAVERING	.17	42. J. JACKSON	HARLOW	35.18
17. E. BROWN	BASILDON	.24	43. T. STEVENS	THAMESIDE	.19
18. D. WHELAN	ILFORD	.30	44. R. HUNT	HAVERING	.20
19. G. PAYNE	SOUTHEND	.38	45. P. STANLEY	SOUTHEND	.50
20. R. BOLAM	HAVERING	.58	46. C. HAGUE	"	36.28
21. J. LAY	ESSEX BEAGLES	30.01	47. J. BORAM	LOUGHTON	.28
22. C. PASCO	HARLOW	.02	48. M. MCGUIRE	ILFORD	37.11
23. J. BIRD	WOODFORD GREEN	.12	49. J. CALLISON	THAMESIDE	.31
24. S. PULLEN	BASILDON	.28	50. A. BORAM	LOUGHTON	38.38
25. G. WEBB	ILFORD	.57	51. K. GROVER	THAMESIDE	43.19
26. S. SHAFFORD	WALTHAMSTOW	31.02	52. D. BENNETT	"	.19