

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION
CROSS COUNTRY CHAMPIONSHIPS at CHIGWELL ROW
8th January 1977

SENIOR 7½ Miles
TEAM CHAMPIONSHIP

| | | |
|-----------------------------|---------------------------|------------------------|
| 1. THURROCK H. 63 pts. | 8. ESSEX BEAGLES A.C. 358 | 15. ILFORD "B" 632 |
| 2. ILFORD A.C. 94 | 9. HARLOW A.C. 384 | 16. BASILDON A.C. 646 |
| 3. WOODFORD GREEN A.C. 101 | 10. WOODFORD GN. "B" 438 | 17. ORION H. 748 |
| 4. HAVERING A.C. 196 | 11. COLCHESTER A.C. 498 | 18. HAVERING "B" 763 |
| 5. CHELMSFORD A.C. 232 | 12. ETON MANOR A.C. 513 | 19. CHELMSFORD "B" 782 |
| 6. WALTHAMSTOW A.C. 300 | 13. THURROCK "B" 563 | |
| 7. SOUTHEND-on-SEA A.C. 300 | 14. LOUGHTON A.C. 575 | |

INDIVIDUAL CHAMPIONSHIP

| | | | | | |
|---------------------|---------------|-------|------------------------|---------------|-------|
| 1. B. SMITH | THURROCK | 40.41 | 56. C. REED | WOODFORD | 47.32 |
| 2. A. CATTON | ILFORD | .53 | 57. S. HERINGTON | " | .39 |
| 3. S. BARR | THURROCK | 41.31 | 58. D. SKINNER | HARLOW | .49 |
| 4. P. RAFFERTY | HARLOW | 42.09 | 59. P. SKINNER | " | .50 |
| 5. T. CRABB | WOODFORD | .12 | 60. W. SHIRLEY | HAVERING | .55 |
| 6. M. FLETCHER | CHELMSFORD | .37 | 61. T. HART | WOODFORD | .57 |
| 7. S. WALKER | THURROCK | 43.05 | 62. P. BIRD | " | .59 |
| 8. P. RICHARDSON | HAVERING | .08 | 63. E. BROWN | BASILDON | 48.04 |
| 9. R. THURSTON | " | .15 | 64. J. O'BRIEN | WOODFORD | .08 |
| 10. R. GILL | ILFORD | .22 | 65. G. HEWITT | SOUTHEND | .10 |
| 11. A. NIXON | " | .25 | 66. M. PRINGUER | COLCHESTER | .11 |
| 12. R. LEEM-BRUGGEN | WOODFORD | .33 | 67. T. HOYLE | HAVERING | .15 |
| 13. I. BATTY | THURROCK | .39 | 68. M. McVEIGH | " | .18 |
| 14. P. CHEATLE | ESSEX BEAGLES | .42 | 69. E. WINGROVE | WOODFORD | .25 |
| 15. A. JARRETT | THURROCK | .45 | 70. K. BURGESS | CHELMSFORD | .26 |
| 16. M. BENN | WOODFORD | .48 | 71. C. GORDON | ESSEX BEAGLES | .28 |
| 17. P. BRYAN | HAVERING | .55 | 72. A. LOVETT | ILFORD | .29 |
| 18. D. COATES | ILFORD | .57 | 73. A. THOMAS | COLCHESTER | .40 |
| 19. W. FOTHERGILL | " | .57 | 74. H. RHYS | ILFORD | .47 |
| 20. D. COX | WOODFORD | 44.00 | 75. T. EVERETT | ETON MANOR | .49 |
| 21. C. RIDLEY | WALTHAMSTOW | .04 | 76. R. HARRINGTON | ESSEX BEAGLES | .56 |
| 22. J. GOLDRING | " | .05 | 77. D. HORSUP | THURROCK | 49.12 |
| 23. P. SILLIS | WOODFORD | .08 | 78. L. PARROTT | HAVERING | .15 |
| 24. D. STOKES | THURROCK | .13 | 79. E. ANDREWS | " | .17 |
| 25. C. MOXSOM | WOODFORD | .17 | 80. D. MULLAND | CHELMSFORD | .22 |
| 26. P. FLETCHER | CHELMSFORD | .20 | 81. B. EDWARDS | WALTHAMSTOW | .27 |
| 27. B. DISS | HAVERING | .25 | 82. G. VALENTINE | BASILDON | .27 |
| 28. K. HUTCHINS | ETON MANOR | .29 | 83. W. GILHAM | ILFORD | .34 |
| 29. C. WARD | THURROCK | .30 | 84. B. HICKS | WALTHAMSTOW | .40 |
| 30. P. GRONLAND | WOODFORD | .45 | 85. G. SMITH | ETON MANOR | .42 |
| 31. I. DAVISON | THURROCK | .59 | 86. K. WARD | LOUGHTON | .45 |
| 32. J. WEBBER | SOUTHEND | 45.22 | 87. J. BOWLES | ETON MANOR | .49 |
| 33. W. STOWE | " | .29 | 88. J. CASH | LOUGHTON | .52 |
| 34. G. STEWART | ILFORD | .35 | 89. K. WILKINSON | CHELMSFORD | .53 |
| 35. J. BATCHELOR | " | .44 | 90. I. ALLENBY | WOODFORD | 50.00 |
| 36. A. BIRD | NEWHAM | .49 | 91. K. NAYLOR | SOUTHEND | .07 |
| 37. C. TURNER | CHELMSFORD | .55 | 92. M. ETHELLES | ILFORD | .20 |
| 38. D. SPASHETT | SOUTHEND | .57 | 93. M. AUSTIN | THURROCK | .30 |
| 39. N. BURVILL | WOODFORD | 46.19 | 94. K. JONES | ORION | .38 |
| 40. G. BUTLER | CHELMSFORD | .26 | 95. R. DAWSON | SOUTHEND | .42 |
| 41. L. SAWKINS | SOUTHEND | .31 | 96. L. NICHOLLS | COLCHESTER | .44 |
| 42. G. NEWTON | ESSEX BEAGLES | .40 | 97. J. MOUNTAIN | CHELMSFORD | .46 |
| 43. D. STAINES | THURROCK | .42 | 98. D. WARNER | ORION | .53 |
| 44. J. MADDEN | LOUGHTON | .44 | 99. B. HILL-COTTINGHAM | CHELMSFORD | .57 |
| 45. R. ADAMS | WALTHAMSTOW | .54 | 100. K. FORSTER | WALTHAMSTOW | 51.11 |
| 46. B. CONCANNON | HARLOW | .57 | 101. A. ROGERSON | BASILDON | .23 |
| 47. R. HOWE | WALTHAMSTOW | 47.04 | 102. T. CARTER | HARLOW | .24 |
| 48. L. GOUGH | THURROCK | .08 | 103. J. CARRUTHERS | ESSEX BEAGLES | .27 |
| 49. M. HERRING | ILFORD | .11 | 104. E. BUTCHER | COLCHESTER | .28 |
| 50. M. SMITH | WOODFORD | .12 | 105. S. SMITH | THURROCK | .39 |
| 51. P. LANGWORTHY | COLCHESTER | .15 | 106. M. MUNSON | SOUTHEND | .42 |
| 52. D. BROWNE | ESSEX BEAGLES | .18 | 107. E. SMITH | LOUGHTON | .46 |
| 53. T. FARROW | CHELMSFORD | .19 | 108. G. FULLER | COLCHESTER | .51 |

ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS
8th January 1977 (Cont.)

SENIOR 7½ Miles (Cont.)

| | | | | | |
|--------------------|---------------|-------|--------------------|---------------|-------|
| 111. P. KEARSEY | ETON MANOR | 52.18 | 141. C. TOWLER | WOODFORD | 55.17 |
| 112. M. SHIELDS | CHELMSFORD | .25 | 142. P. POSTINGS | ILFORD | .49 |
| 113. J. McNAMEE | ILFORD | .26 | 143. J. CLARKE | CHELMSFORD | 56.07 |
| 114. D. STANLEY | BASILDON | .37 | 144. M. BLAND | COLCHESTER | .14 |
| 115. R. WATSON | HARLOW | .42 | 145. A. TEWKESBURY | HAVERING | .27 |
| 116. V. MONK | THURROCK | .46 | 146. A. POTTER | CHELMSFORD | .40 |
| 117. F. HEANEY | ILFORD | .53 | 147. W. HAZLE | WOODFORD | .48 |
| 118. S. EVERARD | " | .56 | 148. B. SMART | ORION | .57 |
| 119. J. LUSTY | HARLOW | 53.02 | 149. D. SHARP | HARLOW | 57.06 |
| 120. T. SAMUELS | HAVERING | .04 | 150. C. BARRETT | CHELMSFORD | .11 |
| 121. K. ROGERS | CHELMSFORD | .04 | 151. T. WELLIARD | WALTHAMSTOW | .11 |
| 122. L. POWELL | " | .06 | 152. T. WYATT | HARLOW | .19 |
| 123. E. CASH | LOUGHTON | .08 | 153. L. MATHIESON | BASILDON | .20 |
| 124. A. LEWIS | ETON MANOR | .29 | 154. N. FAIRLIE | ESSEX BEAGLES | .55 |
| 125. A. STEADMAN | HAVERING | .40 | 155. D. BUISSON | WALTHAMSTOW | .58 |
| 126. A. AISHFORD | WALTHAMSTOW | .41 | 156. A. SMITH | ORION | .59 |
| 127. D. HOWES | LOUGHTON | .46 | 157. M. CARR | WOODFORD | 58.03 |
| 128. A. COX | ETON MANOR | .57 | 158. L. DUNBAR | ILFORD | .11 |
| 129. G. PHIMISTER | THURROCK | 54.04 | 159. D. CURTIS | WOODFORD | .12 |
| 130. R. HARRIGAN | HARLOW | .20 | 160. W. DENNEY | ORION | .17 |
| 131. D. HARDY | WOODFORD | .22 | 161. S. TOMS | ETON MANOR | .34 |
| 132. J. HOY | ORION | .31 | 162. J. HYLAND | COLCHESTER | 59.43 |
| 133. M. ROSBROOK | BASILDON | .33 | 163. B. HART | WALTHAMSTOW | .45 |
| 134. R. BACK | LOUGHTON | .46 | 164. P. DIXON | HAVERING | 60.39 |
| 135. J. FICKEN | ESSEX BEAGLES | .47 | 165. S. TAYLOR | HAVERING | .54 |
| 136. R. BOND | ORION | .57 | 166. J. CATTON | ILFORD | 62.25 |
| 137. C. MAGOL | WOODFORD | .59 | 167. D. SMITH | WALTHAMSTOW | 63.46 |
| 138. M. BRIDGES | CHELMSFORD | 55.01 | 168. D. BRAYBROOK | ORION | 64.38 |
| 139. G. RICHARDSON | LOUGHTON | .01 | 169. A. POYNTER | WALTHAMSTOW | .57 |
| 140. P. FILLER | ORION | .06 | | | |

JUNIOR 5 Miles

TEAM CHAMPIONSHIP

| | | | | | |
|-----------------------|---------|--------------------|-----|------------------|-----|
| 1. HAVERING A.C. | 28 pts. | 4. CHELMSFORD A.C. | 102 | 6. LOUGHTON A.C. | 132 |
| 2. ESSEX BEAGLES A.C. | 34 | 5. THURROCK H. | 130 | 7. HAVERING "B" | 161 |
| 3. HARLOW A.C. | 79 | | | | |

INDIVIDUAL CHAMPIONSHIP

| | | | | | |
|-------------------|-------------------|-------|------------------|---------------|-------|
| 1. G. FELL | ESSEX BEAGLES | 27.56 | 27. R. EVANS | LOUGHTON | 32.32 |
| 2. P. BEMTERIDGE | HAVERING | 28.03 | 28. D. WIGMORE | HARLOW | .35 |
| 3. E. MARTIN | BASILDON | .14 | 29. S. TINGLE | " | .37 |
| 4. A. MURPHY | HAVERING | .35 | 30. A. BIRD | WOODFORD | 33.08 |
| 5. T. BARR | THURROCK | .51 | 31. S. CLARK | HAVERING | .13 |
| 6. P. KEMP | ESSEX BEAGLES | .53 | 32. A. HAYMAN | SOUTHEND | .23 |
| 7. S. VINES | HAVERING | .57 | 33. J. STOCK | HAVERING | .33 |
| 8. G. PAYNE | SOUTHEND | 29.06 | 34. K. DUNNINGS | ESSEX BEAGLES | .47 |
| 9. D. HORTON | HARLOW | .27 | 35. P. WHYMARK | COLCHESTER | 34.04 |
| 10. C. MARR | CHELMSFORD | .41 | 36. J. WINDLEY | CHELMSFORD | .08 |
| 11. G. NORMAN | ESSEX BEAGLES | .58 | 37. P. KILSBY | THURROCK | .34 |
| 12. R. WOODLEY | CHELMSFORD | 30.08 | 38. K. HICK | ILFORD | .35 |
| 13. A. BRIDGE | HARLOW | .29 | 39. K. GILDEA | HAVERING | 35.00 |
| 14. G. EDWARDS | THAMESIDE | .38 | 40. T. HARRISON | ETON MANOR | .05 |
| 15. P. MYLREA | HAVERING | .38 | 41. Z. VANE | THURROCK | .05 |
| 16. J. LAY | ESSEX BEAGLES | 31.08 | 42. M. BRIGGS | LOUGHTON | .28 |
| 17. N. TYLER | HAVERING | .14 | 43. S. THORPE | HAVERING | .43 |
| 18. D. COUSINS | LOUGHTON | .26 | 44. L. CRACKNELL | CHELMSFORD | 35.52 |
| 19. D. BARNETT | ESSEX BEAGLES | .27 | 45. J. BORAM | LOUGHTON | 36.36 |
| 20. R. GREEN | DURHAM UNIVERSITY | .40 | 46. D. BURFOOT | TENDRING | .48 |
| 21. M. CARRUTHERS | ESSEX BEAGLES | .54 | 47. D. CRAWFORD | THURROCK | .53 |
| 22. S. SHATFORD | WALTHAMSTOW | 32.02 | 48. P. GOOD | HAVERING | .54 |
| 23. R. HUNT | HAVERING | .10 | 49. M. TRICKER | " | 37.33 |
| 24. D. SMITH | " | .12 | 50. A. BORAM | LOUGHTON | 40.10 |
| 25. C. TURNER | WOODFORD | .22 | 51. M. WILLIAMS | CHELMSFORD | 43.24 |
| 26. M. SMITH | " | .26 | | | |