

Vet men 40 - 49**Writtle University College****04/12/2021**

Pos	No	Name		Club
1	640	Rob Warner	V40	Havering AC
2	684	Chris Burgoyne	V40	Springfield Striders
3	608	Crispian Bloomfield	V45	Billericay Striders
4	667	Nick Shasha	V45	Orion Harriers
5	675	Lee Taylor	V45	Southend on Sea AC
6	673	Christian Holmes	V45	Southend on Sea AC
7	680	James Sullivan	V40	Springfield Striders
8	631	Richard Heath	V45	Great Bentley Running Club
9	644	Jason Lendon	V45	Havering AC
10	620	Jonathan Nears	V45	Colchester Harriers AC
11	615	Dan Widdowson	V40	Colchester Harriers AC
12	629	Doug McGillivray	V40	Great Bentley Running Club
13	692	Heydon Mizon	V45	Witham RC
14	653	Malcolm Muir	V45	Ilford AC
15	663	Brian Jenkins	V40	Orion Harriers
16	645	Gavin Maley	V40	Havering AC
17	676	Antony Goodall	V45	Springfield Striders
18	674	Matthew Randall	V45	Southend on Sea AC
19	677	Alex Manton	V40	Springfield Striders
20	683	Paul Miles	V40	Springfield Striders
21	647	Rob Trevor	V40	Havering AC
22	648	Steve Rand	V45	Havering AC
23	605	Simon Lashmar	V45	Billericay Striders
24	686	Shawn Brown	V40	Thurrock Harriers AC
25	655	Fabrizio Stefanoni	V45	Ilford AC
26	685	Jonathan Hughes	V40	Springfield Striders
27	613	Simon Knightbridge	V45	Chelmsford AC
28	641	Jason Crispin	V40	Havering AC
29	660	Jon Whitehouse	V45	Loughton AC
30	662	Bob Glasgow	V45	Orion Harriers
31	616	Paul Rodgers	V45	Colchester Harriers AC
32	652	Danny Holeyman	V45	Ilford AC
33	639	James Blog	V40	Havering AC
34	678	David Lindsay	V40	Springfield Striders
35	600	Roy Harwood	V45	Benfleet RC
36	611	Nick Hunter	V45	Chelmsford AC
37	612	Will Parrott	V40	Chelmsford AC
38	638	Martin Chester	V45	Havering AC
39	649	Ian Anthony	V40	Havering AC
40	606	Spencer Welch	V45	Billericay Striders
41	630	Craig Mitchell	V45	Great Bentley Running Club
42	665	Neil McGoun	V40	Orion Harriers
43	642	Graham Hogan	V45	Havering AC
44	669	Stephen Thompson	V45	Orion Harriers
45	618	Jerry Walder	V45	Colchester Harriers AC
46	632	Matthew Julier	V40	Great Bentley Running Club

47	664	Phu Ly	V40	Orion Harriers
48	614	Simon Bowring	V45	Chelmsford AC
49	627	Charles Keitch	V40	Great Bentley Running Club
50	668	Colin Smith	V45	Orion Harriers
51	604	Geoff Kiely	V40	Billericay Striders
52	694	Rob Frost	V40	Witham RC
53	671	Jamie Enever-Dodd	V40	Phoenix Striders
54	657	Darren Murphy	V40	Little Baddow Ridge Runners
55	670	Jimmy Justice	V40	Phoenix Striders
56	628	Rob Dyer	V40	Great Bentley Running Club
57	679	David Weldon	V45	Springfield Striders
58	697	Chris Surfield	V45	Springfield Striders
59	619	Ian Rattray	V45	Colchester Harriers AC
60	622	Daniel Meecham	V40	Colchester Harriers AC
61	666	John Sable	V40	Orion Harriers
62	682	Jon Byford	V45	Springfield Striders
63	609	Mark Meader	V45	Brentwood Running Club
64	636	Sam Wolton	V40	Halstead Road Runners
65	621	Dan Macey	V45	Colchester Harriers AC
66	659	Michael Greenslades	V45	Little Baddow Ridge Runners
67	689	Bryn Gibbons	V45	Tiptree Road Runners
68	681	Benjamin Sutherland	V40	Springfield Striders
69	607	Alasdair Daw	V45	Billericay Striders
70	672	Michael Gould	V40	Pitsea Running Club
71	602	Tony Agg	V45	Billericay Striders
72	603	Sacha Petrovic	V45	Billericay Striders
73	633	Jonathan Briggs	V45	Great Bentley Running Club
74	635	Keith Brades	V45	Havering '90 Joggers
75	661	Steve Worrall	V45	Loughton AC
76	637	Phil Jeffries	V40	Halstead Road Runners
77	690	Jason Lilley	V40	Witham RC
78	634	Jason Hetterley	V45	Havering '90 Joggers
79	688	Ben Hall	V40	Tiptree Road Runners

<u>Time</u>	<u>Team Result</u>	
26: 27	1 Springfield Striders	45
27: 07	2 Havering AC	47
11	3 Orion Harriers	91
25	4 Colchester Harriers AC	97
27	5 Great Bentley Running Club	107
41	6 Billericay Striders	117
53	7 Havering AC 'B'	121
54	8 Springfield Striders 'B'	137
56	9 Chelmsford AC	148
28: 15	10 Orion Harriers 'B'	202
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