

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION - SENIOR, JUNIOR & YOUTH CROSS COUNTRY CHAMPIONSHIPS
CHIGWELL ROW, ESSEX, 9th DECEMBER 1989

SENIOR 7½ Miles Championship

TEAM CHAMPIONSHIP

| | | | | | |
|--------------------------------|--------|--------------------------------|-----|-----------------------------|------|
| 1. CHELMSFORD A.C. | 62pts. | 11. ORION H. | 510 | 21. SOUTHEND-ON-SEA A.C. | 896 |
| 2. BASILDON A.C. | 70 | 12. COLCHESTER & TENDRING A.C. | 550 | 22. WOODFORD GREEN A.C. "D" | 900 |
| 3. NEWHAM & ESSEX BEAGLES A.C. | 129 | 13. HAVERING A.C. "B" | 552 | 23. LOUGHTON A.C. | 904 |
| 4. HAVERING A.C. | 175 | 14. COLCHESTER JOGGERS A.C. | 564 | 24. HAVERING A.C. "C" | 978 |
| 5. WOODFORD GREEN A.C. | 185 | 15. WOODFORD GREEN A.C. "C" | 594 | 25. BRENTWOOD A.C. "B" | 1005 |
| 6. CHELMSFORD A.C. "B" | 294 | 16. WALTHAMSTOW A.C. | 620 | 26. SPRINGFIELD STRIDERS | 1117 |
| 7. THURROCK H. | 322 | 17. HALSTEAD R.C. | 757 | 27. EPPING R.C. | 1121 |
| 8. WOODFORD GREEN A.C. "B" | 337 | 18. ORION H. "B" | 770 | 28. HARLOW R.C. "B" | 1206 |
| 9. ILFORD A.C. | 429 | 19. HARLOW R.C. | 828 | 29. WOODFORD GREEN A.C. "E" | 1258 |
| 10. BRENTWOOD A.C. | 444 | 20. PITSEA R.C. | 842 | | |

INDIVIDUAL CHAMPIONSHIP

| | | | | | | | | |
|------------------|--------------|-------|-----------------|-----------------|-------|--------------------|----------------|-------|
| 1. D Laughlin | Chelmsford | 38.07 | 46. G Wooton | Thurrock | 43.09 | 91. P Willis | Col. Jog. | 45.42 |
| 2. J Gentry | Newham & EB. | .10 | 47. C Puxley | Newham & EB. | .12 | 92. T Dawson | Basildon | .44 |
| 3. R Denmark | Basildon | .54 | 48. B Sewell | Thurrock | .15 | 93. I Budge | Havering | .49 |
| 4. R Woodley | Chelmsford | 39.09 | 49. B Finnegan | Brentwood | .27 | 94. R Doe | Chelmsford | .52 |
| 5. S Lamb | Basildon | .12 | 50. D Barnett | Woodford Gn. | .31 | 95. T Wellard | Walthamstow | .54 |
| 6. A Cotton | Ilford | .17 | 51. P Tullett | Chelmsford | .32 | 96. D Shore | Havering | .56 |
| 7. P Gentry | Basildon | .19 | 52. D Norman | Chelmsford | .33 | 97. D Hollingworth | Woodford Gn. | 46.00 |
| 8. P Bettridge | Havering | .21 | 53. S Coleman | Havering | .34 | 98. J Williams | Harlow R C | .00 |
| 9. M Yates | Newham & EB. | .51 | 54. C Waugh | Brentwood | .38 | 99. M Herring | Ilford | .01 |
| 10. J Goldring | Woodford Gn. | .56 | 55. R Bannister | Woodford Gn. | .40 | 100. S Fulker | Billericay | .04 |
| 11. M Gornley | Chelmsford | 40.00 | 56. S Wadey | Colchester & T. | .53 | 101. S Harrison | Basildon | .05 |
| 12. R Chapman | Omega | .11 | 57. P Bryan | Havering | .56 | 102. M Healey | Springfield | .07 |
| 13. R Charleston | Chelmsford | .13 | 58. G Pratt | Braintree & D. | .59 | 103. C Marr | Chelmsford | .07 |
| 14. P Haynes | Basildon | .17 | 59. M West | Colchester & T. | 44.00 | 104. C Finney | Orion | .08 |
| 15. R Gray | Newham & EB. | .38 | 60. S Sharp | Woodford Gn. | .04 | 105. R Dunnage | Thurrock | .11 |
| 16. J Freeman | Chelmsford | .43 | 61. R Stevens | Woodford Gn. | .12 | 106. J Wright | Chelmsford | .16 |
| 17. M Gibbs | Chelmsford | .45 | 62. R Pattison | Walthamstow | .14 | 107. T Eccles | Orion | .21 |
| 18. E Brown | Basildon | .47 | 63. R Suffield | Brentwood | .14 | 108. P Darby | Orion | .24 |
| 19. S Vines | Havering | .51 | 64. P Mylrea | Havering | .20 | 109. P Cassidy | Loughton | .31 |
| 20. C Brogan | Woodford Gn. | .59 | 65. S Wallace | Colchester & T. | .23 | 110. T Keenan | Havering | .33 |
| 21. A Coleman | Havering | 41.10 | 66. M Benn | Woodford Gn. | .24 | 111. M White | Orion | .36 |
| 22. N Camp | Woodford Gn. | .11 | 67. K Woulfe | Halstead | .24 | 112. R Mills | Ilford | .37 |
| 23. A Barden | Basildon | .29 | 68. L Sawkins | Southend | .27 | 113. J Noronha | Newham & EB. | .37 |
| 24. J Wheeler | Sunderland | .30 | 69. K Jolley | Halstead | .28 | 114. R Connolly | Orion | .37 |
| 25. S Proage | Col. Jog. | .42 | 70. J Mackenzie | Ilford | .30 | 115. M Singer | Woodford Gn. | .43 |
| 26. P Beattie | Newham & EB. | .46 | 71. A Green | Southend | .34 | 116. D Parkin | Brentwood | .43 |
| 27. P Filler | Orion | .48 | 72. M Bumpstead | Thurrock | .47 | 117. T Murphy | Newham & EB. | 47.01 |
| 28. D Tullett | Chelmsford | .50 | 73. S Brooks | Pitsea | .57 | 118. B Brown | Braintree & D. | .10 |
| 29. D Rose | Walthamstow | .53 | 74. G Nobes | Brentwood | 45.02 | 119. D Moy | Orion | .11 |
| 30. G Floate | Newham & EB. | .56 | 75. S Raw | Colchester & T. | .04 | 120. G Messenger | Orion | .11 |
| 31. M Fletcher | Chelmsford | .57 | 76. J Barber | Billericay | .04 | 121. T Everitt | Eton Manor | .14 |
| 32. J Wallis | Woodford Gn. | 42.09 | 77. I Wignore | Walthamstow | .06 | 122. R Back | Loughton | .24 |
| 33. J Barker | Havering | .10 | 78. S Herington | Woodford Gn. | .07 | 123. V Wilson | Epping R C | .38 |
| 34. P Jones | Thurrock | .12 | 79. V Monk | Thurrock | .17 | 124. M Duncan | Brentwood | .40 |
| 35. D Mills | Harlow A C | .15 | 80. G Murdock | Ilford | .22 | 125. B Concannon | Harlow R C | .43 |
| 36. D Horton | Harlow A C | .20 | 81. R Warner | Orion | .25 | 126. P Robertson | Barking R C | .44 |
| 37. R Dzikowski | Victoria Pk. | .28 | 82. R Aspinall | Thurrock | .26 | 127. D Wright | Col. Jog. | .51 |
| 38. D Griffin | Chelmsford | .33 | 83. P Cressy | Orion | .28 | 128. M Singer | Woodford Gn. | .53 |
| 39. M Upton | Woodford Gn. | .37 | 84. E Campbell | Pitsea | .28 | 129. D Lawless | Thurrock | .54 |
| 40. P Clarke | Woodford Gn. | .41 | 85. S Morgan | Ilford | .30 | 130. D Green | Southend | .56 |
| 41. M Bland | Havering | .44 | 86. J Sear | Woodford Gn. | .32 | 131. P Pimental | Thurrock | .57 |
| 42. P Chase | Woodford Gn. | .49 | 87. M Packer | Linford Jog. | .34 | 132. G Smith | Havering | .59 |
| 43. D Merchant | Thurrock | .51 | 88. J Bates | Brentwood | .36 | 133. K Deally | Harlow R C | 48.00 |
| 44. R Gaine | Col. Jog. | .56 | 89. G Webb | Ilford | .38 | 134. A Richardson | Woodford Gn. | .01 |
| 45. T Pamphillon | Woodford Gn. | 43.01 | 90. A Bird | Woodford Gn. | .40 | 135. P Hpusé | Woodford Gn. | .04 |

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION - SENIOR, JUNIOR & YOUTH CROSS COUNTRY CHAMPIONSHIPS
CHIGWELL ROW, ESSEX 9th DECEMBER 1989

SENIOR CHAMPIONSHIP (CONT.)

| | | | | | | | | |
|------------------|-----------------|-------|------------------|----------------|-------|------------------|--------------|-------|
| 136.C Thakwell | Col.Jog. | 48.08 | 171.P McLoughlan | Pitsea | 50.06 | 206.J Overy | Epping R C | 53.04 |
| 137.D Galloway | Havering | .18 | 172.M Bailey | Havering | .06 | 207.T Liggins | Brentwood | .09 |
| 138.N Crisp | Ilford | .24 | 173.A Dyer | Walthamstow | .06 | 208.M Street | Pitsea | .12 |
| 139.M Fernani | Colchester & T. | .25 | 174.M Ball | Pitsea | .08 | 209.K Wood | Newham & EB. | .18 |
| 140.R Campbell | Newham & EB. | .32 | 175.J Clay | Woodford Gn. | .13 | 210.D Herbert | Ilford | .24 |
| 141.P Barrett | Colchester & T. | .34 | 176.P Lowe | Pitsea | .18 | 211.R Mortimer | Ilford | .34 |
| 142.M Deacon | Chelmsford | .39 | 177.J Rowland | Loughton | .19 | 212.N Baker | Southend | .56 |
| 143.E White | Halstead | .42 | 178.A Carter | Halstead | .40 | 213.A Porter | Ilford | 54.09 |
| 144.R Goodridge | Col.Jog. | .43 | 179.G Goodenough | Col.Jog. | .53 | 214.B Richardson | Loughton | .17 |
| 145.R Whitehead | Brentwood | .44 | 180.G Bateman | Braintree & D. | 51.05 | 215.D Gascoyne | Harlow A C | .53 |
| 146.J Hush | Braintree & D. | .44 | 181.A Ward | Havering | .07 | 216.J Little | Epping R C | 55.00 |
| 147.A Dearling | Harlow R C | .44 | 182.K Christmas | Pitsea | .08 | 217.S Marriott | Springfield | .07 |
| 148.K Metcalfe | Halstead | .47 | 183.M Jones | Epping R C | .13 | 218.K Harris | Woodford Gn. | .15 |
| 149.M McVeigh | Havering | .48 | 184.T Bailey | Walthamstow | .16 | 219.J Roberts | Southend | .34 |
| 150.B Skinner | Woodford Gn. | .50 | 185.M Amsworth | Harlow R C | .17 | 220.P Coombes | Barking & D. | .36 |
| 151.D English | Halstead | .52 | 186.J Stock | Havering | .33 | 221.S Harris | Woodford Gn. | .40 |
| 152.A Phillips | Orion | .54 | 187.R Parsons | Harlow R C | .35 | 222.M Miller | Harlow R C | .43 |
| 153.T Hoyles | Havering | .56 | 188.S Barrett | Walthamstow | .36 | 223.D Jones | Woodford Gn. | .57 |
| 154.J Wright | Orion | .56 | 189.R Green | Woodford Gn. | .42 | 224.A Wright | Harlow R C | 56.15 |
| 155.A Stevens | Woodford Gn. | 49.02 | 190.D Cameron | Harlow R C | .44 | 225.L Wells | Harlow R C | |
| 156.G Hewes | Colchester & T. | .13 | 191.G Smith | Eton Manor | .49 | 226.P Mills | Harlow A C | 57.10 |
| 157.R Mossop | Harlow A C | .15 | 192.G Deacon | Havering | .54 | 227.C Ross | Chelmsford | .15 |
| 158.M Stewardson | Woodford Gn. | .18 | 193.D Wells | Barking R C | .57 | 228.G Elliott | Thurrock | .35 |
| 159.S Hart | Loughton | .19 | 194.N Wake | Loughton | 52.03 | 229.D Huckson | Springfield | .51 |
| 160.M Caddy | Epping R C | .27 | 195.B Mustoo | Brentwood | .22 | 230.G Wormald | Loughton | .56 |
| 161.M Bull | Newham & EB. | .27 | 196.R Dawson | Southend | .23 | 231.B Turner | Harlow R C | 58.04 |
| 162.G Pugh | Harlow R C | .29 | 197.A Dicken | Orion | .23 | 232.R Wallis | Woodford Gn. | .47 |
| 163.G Nosedá | Harlow R C | .29 | 198.K Tiffin | Harlow R C | .31 | 233.D Wood | Epping R C | 59.52 |
| 164.T Smith | Pitsea | .33 | 199.A Wheelhouse | Springfield | .35 | 234.B Darling | Harlow R C | .56 |
| 165.P Warren | Brentwood | .36 | 200.E Attlebury | Barking R C | .49 | 235.J Leijs | Harlow R C | 60.07 |
| 166.C Ross | Springfield | .37 | 201.I Wyatt | Linford Jog. | .55 | 236.D King | Linford J. | .19 |
| 167.S Hall | Loughton | .42 | 202.G Gooch | Chelmsford | .56 | 237.J Clarke | Epping R C | 62.03 |
| 168.R Haines | Woodford Gn. | .48 | 203.J Warne | Braintree & D. | .58 | 238.R Apps | Linford J. | .16 |
| 169.J Canning | Brentwood | .56 | 204.K Wright | Springfield | 53.00 | 239.C Lutman | Orion | 63.13 |
| 170.F Cash | Loughton | 50.01 | 205.T Mead | Walthamstow | .01 | | | |

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION - SENIOR, JUNIOR & YOUTH CROSS COUNTRY CHAMPIONSHIPS,
CHIGWELL ROW, ESSEX, 9th DECEMBER 1989

YOUTHS 4 1/4 Miles Championship

TEAM CHAMPIONSHIP

1. WOODFORD GREEN A.C. 25pts. 2. NEWHAM & ESSEX BEAGLES A.C. 62pts. 3. HAVERING A.C. 75pts.

INDIVIDUAL CHAMPIONSHIP

| | | | | | | | | |
|-----------------|-----------------|-------|------------------|-----------------|-------|----------------|--------------|-------|
| 1. S Hewes | Colchester & T. | 21.31 | 11. T McAllister | Southend | 23.01 | 21. M Norris | Basildon | 24.24 |
| 2. S Maxwell | Woodford Gn. | .38 | 12. D Lucas | Woodford Gn. | .12 | 22. T Robinson | Havering | .29 |
| 3. D Belbeck | Havering | .51 | 13. M Hitchen | Woodford Gn. | .18 | 23. N Stanford | Havering | .38 |
| 4. N Wetheridge | Basildon | .57 | 14. R Hush | Braintree & D. | .20 | 24. A Sharp | Brentwood | 25.45 |
| 5. A Jones | Woodford Gn. | 22.00 | 15. K Murphy | Woodford Gn. | .30 | 25. S Fenton | Newham & EB. | .50 |
| 6. J Whitehouse | Woodford Gn. | .12 | 16. D Collier | Colchester & T. | .32 | 26. K Knowles | Chelmsford | 26.01 |
| 7. J Guest | Thurrock | .20 | 17. A Thomas | Thurrock | .43 | 27. J Daniel | Havering | .40 |
| 8. S Maclean | Chelmsford | .27 | 18. R Sell | Newham & EB. | .50 | | | |
| 9. R Wilson | Newham & EB. | .42 | 19. M Larmin | Basildon | .52 | | | |
| 10. R Clifton | Newham & EB. | .51 | 20. S Ford | Colchester & T. | .54 | | | |

JUNIOR 5 1/4 Miles Championship

TEAM CHAMPIONSHIP

1. SOUTHEND-ON-SEA A.C. 41pts. 2. NEWHAM & ESSEX BEAGLES A.C. 45pts. 3. ILFORD A.C. 86pts.

INDIVIDUAL CHAMPIONSHIP

| | | | | | | | | |
|----------------|-----------------|-------|--------------------|--------------|-------|---------------|--------------|-------|
| 1. A Mussett | Colchester & T. | 27.07 | 11. D Barker | Newham & EB. | 29.25 | 21. J Mills | Harlow | 31.50 |
| 2. R Malseed | Colchester & T. | .39 | 12. M Mansfield | Southend | .44 | 22. V Wallace | Woodford Gn. | .53 |
| 3. S Hempstead | Newham & EB. | .51 | 13. G Spring | Thurrock | .56 | 23. K Bunting | Harlow | .57 |
| 4. J Blowers | Southend | 28.16 | 14. P Clinch | Ilford | 30.02 | 24. I Mahoney | Newham & EB. | 33.12 |
| 5. S Denmark | Basildon | .17 | 15. D Wright | Chelmsford | .17 | 25. T Balding | Southend | 34.55 |
| 6. C Brown | Southend | .19 | 16. C Macconnichie | Basildon | .29 | 26. D Ball | Ilford | 36.09 |
| 7. J Parsons | Newham & EB. | .25 | 17. D Constable | Halstead | 31.16 | 27. N Rodgers | Newham & EB. | 39.41 |
| 8. J Chellow | Havering | .41 | 18. N Lambert | Ilford | .21 | 28. M Howarth | Ilford | 46.02 |
| 9. I Itchell | Woodford Gn. | .50 | 19. M Waine | Southend | .32 | | | |
| 10. A Huckson | Springfield | 29.14 | 20. I Maris | Woodford Gn. | .46 | | | |

Howard Williams (Hon C C Sec.)
84 Tyelands, Billericay,
Essex, CM12 9PB. (0277 625294)

ESSEX COUNTY AAA wish to thank Newham & Essex Beagles Athletic Club for providing the course, marshalls and use of their facilities for today's Championships. We also wish to thank all the Officials who assisted in making this the best County cross country Championship meeting so far. We also congratulate all the runners who contributed to this record field in the Senior race. We wish the Seasons Greetings to all Clubs and wish them all a successful New Year in 1990.

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ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION
 SENIOR, JUNIOR & YOUTH CROSS COUNTRY CHAMPIONSHIPS,
 BEDFORDS PARK, HAVERING, ESSEX.
 10th DECEMBER 1988

SENIOR 7½ Miles CHAMPIONSHIP

TEAM CHAMPIONSHIP

| | | | | | |
|--------------------------------|--------|-------------------------------|-----|--------------------------|-----|
| 1. CHELMSFORD A.C. | 51pts. | 8. COLCHESTER & TENDRING A.C. | 331 | 15. ORION H. | 570 |
| 2. BASILDON A.A.C. | 80 | 9. THURROCK H. | 333 | 16. SOUTHEND-ON-SEA A.C. | 594 |
| 3. WOODFORD GREEN A.C. | 170 | 10. WALTHAMSTOW A.C. | 362 | 17. WOODFORD GN."C" | 651 |
| 4. HAVERING A.C. | 170 | 11. WOODFORD GREEN A.C."B" | 396 | 18. NEWHAM & EB."B" | 662 |
| 5. NEWHAM & ESSEX BEAGLES A.C. | 174 | 12. HAVERING A.C."B" | 440 | 19. LOUGHTON A.C. | 703 |
| 6. CHELMSFORD A.C."B" | 198 | 13. BRAINTREE & DISTRICT A.C. | 475 | 20. CHELMSFORD "C" | 715 |
| 7. ILFORD A.C. | 234 | 14. HAVERING A.C."C" | 559 | | |

INDIVIDUAL CHAMPIONSHIP

| | | | | | |
|-----------------------|-----------------|-------|------------------|-----------------|-------|
| 1. D. LAUGHLIN | CHELMSFORD | 37.39 | 45. G. WOOTTON | THURROCK | 42.54 |
| 2. J. FREEMAN | CHELMSFORD | .57 | 46. T. BRAND | NEWHAM & EB. | .55 |
| 3. A. TAYLOR | BASILDON | 38.23 | 47. B. MYERS | COLCHESTER & T. | .56 |
| 4. P. BETTRIDGE | HAVERING | .44 | 48. K. WORSDELL | HARLOW | 43.00 |
| 5. S. LAMB | BASILDON | .53 | 49. P. STOCKINGS | WOODFORD GN. | .09 |
| 6. M. GORMLEY | CHELMSFORD | .58 | 50. N. CAMP | WOODFORD GN. | .16 |
| 7. P. BARR | BASILDON | 39.09 | 51. C. MATTHAMS | WOODFORD GN. | .20 |
| 8. G. COUCH | BASILDON | .17 | 52. M. STAGG | HAVERING | .32 |
| 9. R. WOODLEY | CHELMSFORD | .24 | 53. I. WIGMORE | WALTHAMSTOW | .36 |
| 10. A. CATTON | ILFORD | .29 | 54. M. BOND | COLCHESTER & T. | .44 |
| 11. J. GOLDRING | WOODFORD GN. | .51 | 55. L. ROWORTH | ILFORD | .49 |
| 12. R. CHARLESTON | CHELMSFORD | 40.00 | 56. V. MONK | THURROCK | .51 |
| 13. K. HUGGINS COOPER | NEWHAM & EB. | .06 | 57. R. BANNISTER | WOODFORD GN. | .51 |
| 14. C. BROGAN | ILFORD | .08 | 58. M. TAYLOR | HAVERING | .55 |
| 15. S. VINES | HAVERING | .21 | 59. S. WALLACE | COLCHESTER & T. | .58 |
| 16. L. KEITHLEY | COLCHESTER & T. | .34 | 60. S. COLEMAN | HAVERING | .59 |
| 17. J. KNIBB | SOUTHEND | 41.02 | 61. R. DOE | CHELMSFORD | 44.00 |
| 18. M. O'DONNELL | WOODFORD GN. | .09 | 62. S. SHARP | WOODFORD GN. | .01 |
| 19. P. CHASE | WOODFORD GN. | .11 | 63. R. WARNER | ORION | .03 |
| 20. M. BLAND | HAVERING | .12 | 64. R. SUFFIELD | BRENTWOOD | .04 |
| 21. M. GIBBS | CHELMSFORD | .14 | 65. T. McCARTHY | WOODFORD GN. | .10 |
| 22. D. SILVERMAN | CHELMSFORD | .15 | 66. R. HUNT | HAVERING | .12 |
| 23. S. SEAR | WOODFORD GN. | .20 | 67. R. BRITTON | ORION | .14 |
| 24. S. SURRIDGE | WALTHAMSTOW | .21 | 68. K. JUGGINS | NEWHAM & EB. | .14 |
| 25. D. PRIESTLEY | NEWHAM & EB. | .26 | 69. M. WEST | COLCHESTER & T. | .20 |
| 26. G. FLOATE | NEWHAM & EB. | .32 | 70. R. THURSTON | HAVERING | .25 |
| 27. E. BROWN | BASILDON | .38 | 71. R. COBDEN | BRAINTREE | .28 |
| 28. P. CHEATLE | NEWHAM & EB. | .43 | 72. J. WRIGHT | CHELMSFORD | .32 |
| 29. P. TULLETT | CHELMSFORD | .46 | 73. I. WALKER | WALTHAMSTOW | .34 |
| 30. J. METHERELL | BASILDON | .47 | 74. S. PHILLIPS | ILFORD | .43 |
| 31. D. LAWLESS | THURROCK | .55 | 75. K. JOLLEY | BRAINTREE | .50 |
| 32. M. FLETCHER | CHELMSFORD | 42.06 | 76. J. WILLIAMS | HARLOW | .57 |
| 33. D. MILLS | LOUGHTON | .20 | 77. L. SAWKINS | SOUTHEND | 45.04 |
| 34. J. BISHOP | CHELMSFORD | .27 | 78. R. ASPINALL | THURROCK | .13 |
| 35. D. ROSE | WALTHAMSTOW | .30 | 79. N. INGLES | WOODFORD GN. | .15 |
| 36. S. DEBENHAM | NEWHAM & EB. | .32 | 80. M. CUTTS | HAVERING | .19 |
| 37. G. WEBB | ILFORD | .34 | 81. J. LOCKHART | THURROCK | .22 |
| 38. B. THORPE | CHELMSFORD | .36 | 82. T. PAMPLILON | WOODFORD GN. | .25 |
| 39. P. BRYAN | HAVERING | .39 | 83. S. HARRISON | BASILDON | .28 |
| 40. D. SHORE | HAVERING | .42 | 84. J. FLETCHER | WOODFORD GN. | .34 |
| 41. G. PRATT | BRAINTREE | .45 | 85. P. BINNS | SOUTHEND | .37 |
| 42. B. SEWELL | THURROCK | .46 | 86. D. BYRNES | COLCHESTER & T. | .38 |
| 43. D. TULLETT | CHELMSFORD | .52 | 87. C. STRINGER | NEWHAM & EB. | .43 |
| 44. D. CREAVALLE | ILFORD | .53 | 88. T. WELLARD | WALTHAMSTOW | .48 |

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION
SENIOR CROSS COUNTRY CHAMPIONSHIP (CONT.)

| | | | | | |
|------------------|-----------------|-------|-------------------|-----------------|-------|
| 89. R.PATTISON | WALTHAMSTOW | 45.51 | 131. M.LAYZELL | ILFORD | 48.58 |
| 90. A.DAVIES | COLCHESTER & T. | .55 | 132. G.HEWITT | SOUTHEND | 49.04 |
| 91. J.NORONHA | NEWHAM & EB. | .58 | 133. A.RITA | CHELMSFORD | .09 |
| 92. B.BROWN | BRAINTREE | 46.00 | 134. R.MOSSOP | HARLOW | .11 |
| 93. K.HUTCHIN | WALTHAMSTOW | .04 | 135. J.CASH | LOUGHTON | .16 |
| 94. K.WOULFE | BRAINTREE | .07 | 136. B.PERRY | WOODFORD GN. | .21 |
| 95. C.FINNEY | ORION | .10 | 137. R.PARSONS | HARLOW | .27 |
| 96. I.BUDGE | HAVERING | .25 | 138. B.BAKER | WOODFORD GN. | .34 |
| 97. B.FINNEGAN | BRENTWOOD | .28 | 139. L.STOWE | ORION | .37 |
| 98. B.SKINNER | WOODFORD GN. | .38 | 140. T.PRIBUL | WOODFORD GN. | .41 |
| 99. D.PICKLES | HAVERING | .40 | 141. T.BAILEY | WALTHAMSTOW | .53 |
| 100. G.WORMALD | LOUGHTON | .43 | 142. M.FERGNANI | COLCHESTER & T. | .55 |
| 101. T.EVERITT | ETON MANOR | .46 | 143. N.WAKE | LOUGHTON | 50.08 |
| 102. G.COBDEN | BRAINTREE | .51 | 144. R.DUNNAGE | THURROCK | .18 |
| 103. M.HERRING | ILFORD | .53 | 145. T.STEVENS | WOODFORD GN. | .22 |
| 104. P.MYLREA | HAVERING | .56 | 146. A.GIBB | HAVERING | .37 |
| 105. P.BAKER | THURROCK | 47.06 | 147. C.CRUMP | WOODFORD GN. | .39 |
| 106. R.MIDDLETON | HAVERING | .07 | 148. M.LAYZELL | ILFORD | .56 |
| 107. P.HOUSE | WOODFORD GN. | .08 | 149. A.TEWKESBURY | HAVERING | .59 |
| 108. G.SMITH | HAVERING | .09 | 150. M.STEWARDSON | WOODFORD GN. | 51.18 |
| 109. K.DENVER | WALTHAMSTOW | .18 | 151. A.DICKIN | ORION | .07 |
| 110. P.HOXBY | CHELMSFORD | .20 | 152. M.ROBINSON | HAVERING | .38 |
| 111. N.CORPER | ORION | .21 | 153. R.PEACEY | SOUTHEND | .38 |
| 112. G.SAYER | ETON MANOR | .22 | 154. A.RICHARDSON | WOODFORD GN. | 52.35 |
| 113. M.SINGER | WOODFORD GN. | .26 | 155. V.PHILLIPS | THRIFT GREEN | .40 |
| 114. P.DOUGLAS | HAVERING | .30 | 156. D.HORSUP | THURROCK | 53.01 |
| 115. A.PHILLIPS | ORION | .32 | 157. S.PATTLE | HAVERING | .08 |
| 116. J.HUSH | BRAINTREE | .34 | 158. A.ARMYTAGE | ORION | .09 |
| 117. G.COBDEN | BRAINTREE | .46 | 159. A.LOVETT | ILFORD | .20 |
| 118. J.STOCK | HAVERING | .59 | 160. R.McKENNY | NEWHAM & EB. | .21 |
| 119. P.ADDISON | ORION | 48.06 | 161. B.WILLS | WOODFORD GN. | 54.04 |
| 120. L.PARROTT | HAVERING | .09 | 162. A.SMITH | COLCHESTER & T. | .25 |
| 121. S.BLAKE | THURROCK | .12 | 163. J.BURKE | HAVERING | 55.12 |
| 122. J.MERCER | ORION | .13 | 164. J.ROWLANDS | LOUGHTON | .15 |
| 123. D.BARRETT | WOODFORD GN. | .17 | 165. D.HOLLAND | HAVERING | .19 |
| 124. G.SMITH | ETON MANOR | .22 | 166. G.SCAMMELL | LOUGHTON | .26 |
| 125. J.EYES | BASILDON | .24 | 167. G.ELLIOTT | THURROCK | .31 |
| 126. A.CRAMP | WOODFORD GN. | .27 | 168. D.JONES | ILFORD | 56.59 |
| 127. W.METCALFE | NEWHAM & EB. | .34 | 169. M.MORGAN | CHELMSFORD | 58.16 |
| 128. J.HART | LOUGHTON | .36 | 170. J.CLARK | CHELMSFORD | 60.07 |
| 129. J.PERCIFUL | NEWHAM & EB. | .38 | 171. R.ABBOTT | ORION | 65.07 |
| 130. A.GUNN | SOUTHEND | .49 | | | |

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION
 SENIOR, JUNIOR & YOUTH CROSS COUNTRY CHAMPIONSHIPS 1988 (CONT.)
 HAVERING, ESSEX. 10th DECEMBER 1988

JUNIOR 5 Miles CHAMPIONSHIP

TEAM CHAMPIONSHIP

1. NEWHAM & ESSEX BEAGLES A.C. 17pts. 2. BASILDON A.A.C. 27pts.

INDIVIDUAL CHAMPIONSHIP

| | | | | | |
|--------------|--------------|-------|-------------------|--------------|-------|
| 1. R.DENMARK | BASILDON | 24.15 | 9. D.WRIGHT | ILFORD | 27.32 |
| 2. J.GENTRY | NEWHAM & EB. | 25.08 | 10. S.HEMPSTEAD | NEWHAM & EB. | .57 |
| 3. T.RAHMAN | WALTHAMSTOW | .20 | 11. C.MACONNACHIE | BASILDON | 28.33 |
| 4. M.YATES | NEWHAM & EB. | .52 | 12. J.ANSELL | SOUTHEND | 29.15 |
| 5. J.PARSONS | NEWHAM & EB. | .55 | 13. D.CUTTS | HAVERING | .58 |
| 6. C.PUXLEY | NEWHAM & EB. | 26.15 | 14. K.BUNTING | HARLOW | 30.17 |
| 7. D.THOMSON | BASILDON | .23 | 15. I.MAHOONEY | NEWHAM & EB. | 31.46 |
| 8. S.DENMARK | BASILDON | .36 | 16. N.ROGERS | NEWHAM & EB. | 32.36 |

YOUTHS 4 Miles CHAMPIONSHIP

TEAM CHAMPIONSHIP

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|-------------------------------|--------|--------------------------------|--------|
| 1. WOODFORD GREEN A.C. | 31pts. | 4. NEWHAM & ESSEX BEAGLES A.C. | 73pts. |
| 2. COLCHESTER & TENDRING A.C. | 42 | 5. WOODFORD GREEN A.C. "C" | 112 |
| 3. WOODFORD GREEN A.C. "B" | 60 | 6. HAVERING A.C. | 119 |

INDIVIDUAL CHAMPIONSHIP

| | | | | | |
|------------------|-----------------|-------|------------------|-----------------|-------|
| 1. K.CULLEN | CHELMSFORD | 20.58 | 19. R.WILSON | NEWHAM & EB. | 23.07 |
| 2. R.MALSEED | COLCHESTER & T. | 21.17 | 20. D.BLUETT | COLCHESTER & T. | .08 |
| 3. J.MILLS | HARLOW | .29 | 21. G.SPRING | THURROCK | .15 |
| 4. R.MUSSETT | COLCHESTER & T. | .34 | 22. T.BEDFORD | CHELMSFORD | .39 |
| 5. C.BROWN | SOUTHEND | .38 | 23. I.MARIS | WOODFORD GN. | .42 |
| 6. M.MITCHELL | WOODFORD GN. | .40 | 24. T.McALLISTER | SOUTHEND | .49 |
| 7. S.MAXWELL | WOODFORD GN. | .52 | 25. D.BELBECK | HAVERING | .51 |
| 8. A.JONES | WOODFORD GN. | 22.04 | 26. P.CLINCH | ILFORD | 24.04 |
| 9. D.BULL | NEWHAM & EB. | .20 | 27. D.BROCKWAY | WOODFORD GN. | .07 |
| 10. S.FINNEY | WOODFORD GN. | .29 | 28. T.ROBINSON | HAVERING | .29 |
| 11. J.BAILLIE | WOODFORD GN. | .39 | 29. R.PHILLIPS | WOODFORD GN. | .33 |
| 12. M.MANSFIELD | SOUTHEND | .41 | 30. R.SELL | NEWHAM & EB. | .39 |
| 13. D.WRIGHT | CHELMSFORD | .44 | 31. S.THOMPSON | HARINGAY A.C. | 25.16 |
| 14. D.LUCAS | WOODFORD GN. | .46 | 32. M.CHESTER | HAVERING | 26.33 |
| 15. D.BARKER | NEWHAM & EB. | .52 | 33. A.VILE | WOODFORD GN. | 26.07 |
| 16. S.HEWES | COLCHESTER & T. | .56 | 34. G.EAGER | HAVERING | .19 |
| 17. J.WHITEHOUSE | WOODFORD GN. | 23.03 | 35. M.EVANSON | HAVERING | .52 |
| 18. S.GOODFELLOW | WOODFORD GN. | .05 | 36. R.RILEY | BASILDON | 27.16 |

ESSEX COUNTY AAA wish to thank HAVERING ATHLETIC CLUB, all the Officials & Marshalls who have assisted in today's Championships.

THE COUNTY WILL BE SENDING TEAMS TO BOTH THE SENIOR, JUNIOR & YOUTHS CHAMPIONSHIPS AT DERBY on 28th JANUARY 1989 - anyone interested in travelling to support the Teams should contact Howard Williams (0277 625294) and the BOYS & COLTS CHAMPIONSHIPS at Shrewsbury on 28th January 1989 - anyone interested in supporting the Teams should contact either Michael Seaman (0702 584043) or Shirley Brainwood (0375 380119)

Howard Williams (Hon CC Secretary)
 84 Tyelands, Billericay, Essex, CM12 9PE
 (0277 625294)

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