

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

President: J.HEDGETHORNE, ESQ.

20 Miles Road Running Championship at Chigwell Row, Essex 3rd May 1975

INDIVIDUAL RESULT

| | | FINISH | 5 miles | 10 miles | 15 miles | |
|-----|---------------|---------------------|----------|----------|----------|--------|
| 1. | P. RICHARDSON | HAVERING A.C. | 1 .44.03 | 25.29 | 50.47 | 77.49 |
| 2. | J. BROAD | " " | 49.00 | 26.21 | 52.08 | 80.00 |
| 3. | D. COX | WOODFORD GREEN A.C. | 49.15 | 25.32 | 51.53 | 80.36 |
| 4. | D. HORSUP | THURROCK H. | 50.43 | 26.46 | 53.31 | 82.31 |
| 5. | M. MADDERS | WALTHAMSTOW A.C. | 50.47 | 25.42 | 51.25 | 80.45 |
| 6. | G. NEWTON | ESSEX BEAGLES A.C. | 52.34 | 27.51 | 55.31 | 85.30 |
| 7. | D. STOKES | THURROCK H. | 52.56 | 27.57 | 55.30 | 83.04 |
| 8. | M. PROSSER | ILFORD A.C. | 56.35 | 27.57 | 56.05 | 86.22 |
| 9. | D. PRIOR | WOODFORD GREEN A.C. | 59.18 | 30.15 | 60.10 | 90.37 |
| 10. | M. HERRING | ILFORD A.C. | 2 .00.22 | 28.41 | 57.42 | 89.02 |
| 11. | W. GILHAM | " " | 00.23 | 28.48 | 57.48 | 90.09 |
| 12. | E. BUTCHER | COLCHESTER A.C. | 00.56 | 29.35 | 58.35 | 90.12 |
| 13. | A. LEWIS | ETON MANOR A.C. | 04.41 | 29.35 | 58.45 | 91.50 |
| 14. | T. SAMUELS | HAVERING A.C. | 04.48 | 29.35 | 58.44 | 91.20 |
| 15. | K. BURGESS | CHELMSFORD A.C. | 05.17 | 31.22 | 62.00 | 94.38 |
| 16. | A. HEFFORD | ORION H. | 06.06 | 30.35 | 61.16 | 94.20 |
| 17. | J. MOUNTAIN | CHELMSFORD A.C. | 06.30 | 31.22 | 61.56 | 94.38 |
| 18. | D. MULLANE | " " | 06.54 | 30.16 | 60.18 | 93.14 |
| 19. | D. COOPER | HAVERING A.C. | 07.39 | 31.35 | 63.15 | 96.12 |
| 20. | J. FENN | ORION H. | 07.49 | 30.58 | 61.29 | 95.37 |
| 21. | M. A'BEAR | THURROCK H. | 09.17 | 28.30 | 57.36 | 91.00 |
| 22. | L. DURRANT | ORION H. | 12.35 | 31.37 | 63.47 | 98.37 |
| 23. | R. BLOIS | BASILDON A.A.C. | 17.02 | 32.27 | 65.38 | 100.50 |
| 24. | R. EVERETT | ORION H. | 18.17 | 31.55 | 64.35 | 101.15 |
| 25. | J. PERKINS | HAVERING A.C. | 19.16 | 31.36 | 65.06 | 101.37 |
| 26. | J. FICKEN | ESSEX BEAGLES A.C. | 20.18 | 31.41 | 63.57 | 100.45 |
| 27. | K. JONES | WALTHAMSTOW A.C. | 21.00 | 29.35 | 58.43 | 90.44 |
| 28. | R. KNIGHT | CHELMSFORD A.C. | 24.12 | 32.31 | 66.45 | 105.14 |
| 29. | R. BOND | ORION H. | 31.23 | 31.15 | 62.19 | 102.52 |
| 30. | A. POYNTER | WALTHAMSTOW A.C. | 42.50 | 36.30 | 74.04 | 117.26 |

Non-Finishers

| | | | | |
|------------|---------------------|-------|-------|-------|
| L. GOUGH | ESSEX BEAGLES A.C. | 26.45 | 53.29 | 85.30 |
| E. BARRETT | WOODFORD GREEN A.C. | 31.08 | 67.43 | |

TEAM CHAMPIONSHIP

| | | | | | |
|------------------|-------------|---------|---------------------|--------------|---------|
| 1. HAVERING A.C. | (1, 2, 14) | 17 pts. | 4. CHELMSFORD A.C. | (15, 17, 18) | 50 pts. |
| 2. ILFORD A.C. | (8, 10, 11) | 29 | 5. ORION H. | (16, 20, 22) | 58 |
| 3. THURROCK H. | (4, 7, 21) | 32 | 6. WALTHAMSTOW A.C. | (5, 27, 30) | 62 |

H. Williams.
(Hon. Road Sec.)