

ESSEX COUNTY AAA CROSS COUNTRY CHAMPIONSHIP RESULTS 1993/4 & INTER-COUNTY CHAMPIONSHIPS 1994

6th November 1993 at Stubbers

Under 13 Boys	1.M Church	NEB	11.46	Teams	1.Barking Abbey School	48pts.
	2.D Singh	Basildon	11.55		2.Basildon A.C.	55
	3.D Davies	Woodford Gn.	12.02		3.Thurrock H.	64
Under 15 Boys	1.S Sterling	Basildon	14.45	1.Basildon A.C.	27pts.	
	2.S Austin	Woodford Gn.	14.57	2.Thurrock H.	30	
	3.W Martin	Basildon	14.59	3.Woodford Green A.C.	55	
Veterans Over 50	1.P Dobbs	Thurrock	32.11	1.Havering Mayesbrook A.C.	22pts.	
	2.A Green	Southend	32.47	2.Thurrock H.	69	
	3.W Roe	Havering	33.05	3.Southend-on-Sea A.C.	78	
Veterans Over 60	1.M Ball	Springfield S.	35.37			
	2.L Clark	"	35.41			
	3.L Mead	Havering	37.17			
Veterans Over 40	1.H Emerton	Colchester J.	29.06	1.Thurrock H.	31pts.	
	2.S Sear	Woodford Gn.	29.41	2.Colchester Joggers A.C.	41	
	3.D Cox	"	29.44	3.Woodford Green A.C.	51	

11th December 1993 at Danbury Park

Under 17 Men	1.S Allen	Thurrock H.	18.42	1.Havering Mayesbrook A.C.	40pts.
	2.G Maley	Havering M.	18.55	2.Newham & Essex Beagles	66
	3.D Walker	"	19.24		
Under 20's Men	1.K Murphy	Woodford Gn.	21.48	1.Chelmsford A.C.	42pts.
	2.I Hollingsworth	Basildon	22.20		
	3.I Smith	Thurrock	22.42		
Senior Men	1.J Gascoyne	Boro of Enfield	30.46	1.Basildon A.C.	87pts.
	2.J Gentry	Newham & EB.	31.20	2.Chelmsford A.C.	93
	3.A Mussett	Chelmsford	31.37	3.Colchester Joggers A.C.	138

12th December 1993 at Highams Park

Under 13 Girls	1.L Williams	Chelmsford	14.13	1.Essex Ladies A.C.	23pts.
	2.E Morenas	Basildon	14.34	2.Basildon A.C.	26
	3.L Neville	Havering M.	14.37	3.Havering Mayesbrook A.C.	43
Under 15 Girls	1.J Lawford	Basildon	17.42	1.Southend-on-Sea A.C.	28pts.
	2.E Allen	Chelmsford	17.53	2.Basildon A.C.	28
	3.V Tester	Havering M.	18.07	3.Havering Mayesbrook A.C.	28
Under 17 Women	1.C Goff	Colchester & T.	27.18	1.Colchester & Tendring A.C.	6pts.
	2.C Greenhalgh	"	27.40	2.Southend-on-Sea A.C.	27
	3.H Cole	"	28.16		
Under 20 Women	1.K Ravenscroft	Thurrock	28.57	1.Basildon A.C.	14pts.
	2.C Willett	"	29.50	2.Ilford A.C.	20
	3.L Parison	Basildon	31.34		
Senior Women	1.R Briggs	Colchester & T.	29.41	1.Havering Mayesbrook A.C.	17pts.
	2.H Ruffell	Havering M.	29.48	2.Colchester Joggers A.C.	44
	3.L Higgs	Colchester J.	29.55	3.Colchester & Tendring A.C.	44

Inter-Counties at Luton 15th January 1994

Category	Rank	Name	Time	County	Rank	County	Points
Senior Men	1.	A Pearson	36.48	Yorks.	1.	Yorkshire	95pts.
	26.	J Freeman	38.43	Essex	8.	Essex	517
	54.	M Hicks	39.36				
	96.	A Mussett	40.22				
	104.	P Barr	40.33				
	109.	S Hempstead	40.36				
	128.	P Strutt	40.57				
	163.	M Whelan	41.29				
	164.	A Huckson	41.31				
	271.	N Wetheridge	43.20				
Under 20 Men	1.	C Jones	24.27	North Wales	1.	Greater Manchester	188pts.
	46.	I Hollingsworth	26.36	Essex	15.	Essex	686
	101.	B Shadwell	27.32				
	111.	J Lendon	27.37				
	119.	K Murphy	27.40				
	147.	S Henty	28.01				
	161.	M Harrop	28.16				
	254.	G Chatterton	30.24				
	288.	I Smith	31.56				
	295.	P Milson	32.29				
Under 17 Men	1.	J Foreshew	19.16		1.	North East Counties	126pts.
	44.	G Maley	20.18		14.	Essex	638
	70.	D Walker	20.36				
	106.	G Conway	20.57				
	134.	S Allen	21.11				
	136.	J Daniels	21.12				
	148.	E Denmark	21.19				
	167.	G Brown	21.28				
	197.	M Sandford	21.49				
	200.	P Hagan	21.50				
Under 15 Boys	1.	P Morby	14.37	Warwickshire	1.	Greater Manchester	127pts.
	24.	S Sterling	15.10	Essex	8.	Essex	517
	76.	S Austin	15.39				
	107.	K Chatterton	15.52				
	125.	W Norton	15.59				
	147.	K Cressy	16.07				
	149.	N Bangs	16.07				
	178.	J Church	16.18				
	186.	P King	16.20				
	*38.	G Riddell	15.18				
Under 13 Boys	1.	G Melvin	11.08	Cumbria	1.	Merseyside	151pts.
	35.	D Hart	11.45	Essex	8.	Essex	516
	36.	D Davies	11.45				
	72.	D Singh	12.06				
	98.	S Burgoyne	12.18				
	135.	S Frost	12.36				
	140.	T Pounds	12.38				
	196.	C Hawkins	13.03				
	218.	V Davies	13.18				
	219.	M Evans	13.19				
Senior Women	1.	S McGeorge	20.35	Sussex	1.	Sussex	206pts.
	38.	J Holden	22.29	Essex	12.	Essex	571
	66.	T Swindell	23.06				
	98.	D Sullivan	23.31				
	106.	H Ruffell	23.39				
	122.	R Briggs	23.50				
	141.	S Bridger	24.04				
	146.	J Skinner	24.12				
	209.	J Sullivan	25.09				

ESSEX COUNTY AAA CROSS COUNTRY CHAMPIONSHIP RESULTS 1993/4 & INTER-COUNTY CHAMPIONSHIPS 1994 (Cont.)

Inter-Counties at Luton 15th January 1994 (Cont.)

Junior Women	1.H Boulder	18.21	Avon	1.Bedfordshire	89pts.
	68.P Arthurs	21.57	Essex	14.Essex	361
	89.M Barham	22.46			
	92.L Parison	22.54			
	112.R Wadds	24.34			
Under 17 Women	1.D Lee	18.46	Somerset	1.Lancashire	68pts.
	33.C Goff	20.05	Essex	11.Essex	272
	45.G Greenhalgh	20.25			
	95.S Owles	21.20			
	99.J Marie	21.22			
	119.S Wells	21.36			
	162.J Carswell	22.01			
	183.K Knight	22.32			
	189.A Tullock	22.40			
Under 15 Girls	1.D Adams	15.50	Merseyside	1.North East Counties	50pts.
	49.J Lawford	17.45	Essex	22.Essex	845
	108.H Matthew	18.24			
	146.J Eckersley	18.45			
	159.J Martin	18.53			
	166.S Osborne	18.57			
	217.L McGuire	19.27			
	230.E Allen	19.34			
	251.V Tester	19.46			
	261.J Andrews	19.55			
Under 13 Girls	1.J Shorthall	11.59	Merseyside	1.Merseyside	106pts.
	67.L Williams	13.12	Essex	17.Essex	762
	95.K Gasper	13.23			
	126.E Wallace	13.39			
	141.L Neville	13.45			
	146.L Sandford	13.47			
	187.A Deer	13.58			
	201.S Goodman	14.03			
	264.R Conway	14.20			

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