

SENIOR MENS CHAMPIONSHIP

TEAM CHAMPIONSHIP

1. BASILDON A.C.	87pts.	17. BARKING R.C.	675pts
2. CHELMSFORD A.C.	93	18. BRENTWOOD A.C.	717
3. COLCHESTER JOGGERS A.C.	138	19. COLCHESTER JOGGERS "C"	719
4. WOODFORD GREEN A.C.	169	20. HALSTEAD R.C.	743
5. HAVERING MAYESBROOK A.C.	193	21. WOODFORD GREEN "C"	784
6. THURROCK H.	236	22. WITHAM R.C.	856
7. COLCHESTER JOGGERS "B"	343	23. BILLERICAY STRIDERS	909
8. ILFORD A.C.	404	24. TIPTREE R.C.	929
9. WOODFORD GREEN "B"	414	25. EAST LONDON R.C.	991
10. NEWHAM & ESSEX BEAGLES	455	26. ORION "B"	1036
11. ORION H	540	27. BENFLEET R.C.	1105
12. SPRINGFIELD STRIDERS	578	28. PITSEA R.C.	1118
13. CHELMSFORD "B"	578	29. SPINGFIELD STIDERS "B"	1129
14. HAVERING MAYESBROOK "B"	582	30. DAGENHAM '88 JOGGERS	1267
15. HARLOW R.C.	642	31. ESSEX POLICE A.C.	1312
16. THURROCK "B"	659		

INDIVIDUAL CHAMPIONSHIP

1. J Gascoyne	Boro of Enfield	30.46	41. I Maris	Woodford Green	34.13
2. J Gentry	Newham & Essex Beagles	31.20	42. P Chase	"	.17
3. A Mussett	Chelmsford	.37	43. P Johnson	Thurrock	.27
4. M Hicks	Basildon	.58	44. D Norris	Orion	.30
5. S Hempstead	Newham & EB	32.05	45. D Marchant	Thurrock	.31
6. M Whelan	Basildon	.13	46. A Pamphilon	Woodford Gn	.33
7. J Freeman	Chelmsford	.23	47. C Dunn	Colchester J	.34
8. P Strutt	Colchester Joggers	.28	48. K Marley	Witham	.37
9. P Barr	Basildon	.35	49. M Silver	Harlow R C	.38
10. J Mills	Chelmsford	.38	50. B McCarthy	East London	.41
11. N Wetheridge	Basildon	.41	51. J Knibb	Boro of Enfield	.50
12. S Thomas	Colchester Joggers	.44	52. M Bond	Colchester J	35.04
13. S Sear	Woodford Green	.50	53. D Papworth	"	.09
14. D Tullett	Chelmsford	.53	54. M Moore	Chelmsford	.11
15. A Huckson	Chelmsford	.53	55. S Reuby	Havering M	.13
16. J Wallis	Woodford Green	.54	56. B Drury	Halstead	.14
17. T Barden	Basildon	.56	57. S Raw	Colchester J	.15
18. P Bettridge	Havering Mayesbrook	.58	58. J Jason	East London	.16
19. P Wardle	Woodford Green	33.08	59. K Harris	Springfield	.16
20. A Catton	Ilford	.08	60. T Seakins	Colchester J	.23
21. D Rose	Walthamstow	.11	61. G Morris	Harlow	.25
22. P Jones	Thurrock	.13	62. C Matthams	Woodford Gn	.27
23. M Gibbs	Chelmsford	.21	63. M Bumstead	Thurrock	.29
24. J Barker	Havering M	.22	64. G Murdock	Ilford	.32
25. R Dzikowski	Ilford	.23	65. D Barrett	Woodford Gn	.33
26. D English	Havering M	.31	66. S Campbell	Havering M	.35
27. R Gaine	Colchester J	.39	67. R Maddams	Harlow	.36
28. P Spowage	"	.56	68. N Camp	Woodford Gn	.39
29. D Thomas	Thurrock	.58	69. G Nobes	Brentwood	.41
30. P McHugh	Colchester J	34.00	70. S Mannix	Barking R C	.44
31. P Bryan	Havering M	.02	71. D Littnoden	Springfield	.48
32. K Bunting	Unattached	.03	72. E White	Halstead	.55
33. J Wood	Colchester J	.04	73. P Baker	Thurrock	.57
34. P Prosser	Thurrock	.04	74. P Willis	Colchester J	.58
35. A Buckingham	Newham & EB	.06	75. M West	"	36.00
36. G Lillywhite	Chelmsford	.07	76. W Murray	Barking	.01
37. P Tullett	"	.09	77. G Courtney	Thurrock	.02
38. D Cox	Woodford Gn	.10	78. R Suffield	Chelmsford	.06
39. M Bland	Havering M	.10	79. R Davies	Basildon	.16
40. S Titmarsh	Basildon	.12	80. T Bliss	Benfleet	.17

SENIOR CHAMPIONSHIPS (Cont.)

81.G Messenger	Orion	36.20	144.P Claydon	Springfield	39.06
82.S Allen	Ilford	.20	145.D Hill	Ford Fitness	.07
83.M Robinson	Havering M	.23	146.T Price	Tiptree	.11
84.L Roworth	Ilford	.25	147.D Anderson	Billericay	.13
85.P Clarke	Woodford Gn	.28	148.A Ferguson	Thurrock	.17
86.P Berrett	Havering M	.32	149.K Wright	Springfield	.21
87.S Longhorn	East London	.33	150.G Smith	Havering M	.30
88.P Stockings	Woodford Gn	.33	151.A Bird	Woodford Gn	.31
89.D Lacy	Colchester J	.34	152.A Hurlock	Barking	.33
90.J Gates	Woodford Gn	.35	153.M Wells	Orion	.38
91.G Kelly	Orion	.36	154.M Bradbrook	Epping	.40
92.P Maddison	Witham	.37	155.S Smith	Chelmsford	.45
93.P Hemon	Woodford Gn	.39	156.J Hart	Colchester J	.50
94.T Cummings	Barking	.43	157.T Ford	Tiptree	.50
95.G Pratt	Braintree	.45	158.T Tidy	Witham	.54
96.M Pask	Harlow	.45	159.G Green	Chelmsford	.56
97.R Doe	Chelmsford	.48	160.R Taylor	Springfield	40.03
98.J Barber	Billericay	.52	161.S Murray	Thrift Green	.05
99.P Binns	Southend	.53	162.N Mullins	Woodford Gn	.06
100.P Hurley	Orion	.53	163.K Christmas	Pitsea	.06
101.B Brown	Halstead	37.00	164.K Douse	East London	.08
102.I Budge	Havering M	.05	165.T Keenan	Havering M	.09
103.A Campbell	Brentwood	.06	166.M Byford	Tiptree	.10
104.M Healey	Springfield	.09	167.I Mahoney	Newham & EB	.12
105.D Norman	"	.21	168.R Parsons	Harlow	.15
106.S Cole	Newham & EB	.22	169.C Turner	Essex Police	.15
107.K Naylor	Southend	.26	170.R Littlewood	Walthamstow	.17
108.C Waugh	Brentwood	.32	171.D Wells	Barking	.18
109.L Broadridge	Springfield	.42	172.C Finney	Orion	.19
110.D Wigmore	Chelmsford	.47	173.A Carter	Halstead	.20
111.T Eccles	Orion	.49	174.M McVeigh	Havering M	.22
112.O Phipps	Barking	.50	175.J White	East London	.24
113.R Warner	Orion	.53	176.L Hislop	Ilford	.25
114.N Golland	Brentwood	.56	177.M Herring	"	.26
115.G Robbins	Havering M	.57	178.D Stevens	Dagenham '88	.30
116.S Blake	Thurrock	38.00	179.S Fulker	Billericay	.36
117.J Russell	Pitsea	.02	180.I Jennings	Essex Police	.37
118.A Barnard	Colchester J	.04	181.M Singer	Woodford Gn	.39
119.P McLaughlin	Pitsea	.06	182.P Griggs	Chelmsford	.40
120.I Pike	Benfleet	.18	183.R Whitehead	Ilford	.42
121.D Warner	Orion	.19	184.J Mercer	Orion	.45
122.C Crump	Woodford Gn	.20	185.S Hall	Loughton	.56
123.M Ryan	Ford Fitness	.23	186.P Norton	Benfleet	.58
124.F Palmer	Thurrock	.24	187.J Hart	Loughton	41.02
125.D Jones	Billericay	.25	188.C Knight	Tiptree	.03
126.B Skinner	Woodford Gn	.28	189.V Phillips	Thrift Green	.06
127.J Tyler	Dagenham '88	.30	190.B Murnaghan	Essex Police	.11
128.S Morgan	East London	.30	191.N Eden	Brentwood	.13
129.P Eustace	Ilford	.33	192.C Short	Witham	.14
130.D Navarrette	Springfield	.34	193.M Fergnani	Colchester J	.14
131.S Dobson	Tiptree	.36	194.P Harvey	Tiptree	.15
132.P Smith	Brentwood	.37	195.T Stout	Southend	.18
133.S Dunn	Woodford Gn	.41	196.J Cramphorn	Havering '90	.18
134.C Simson	Thurrock	.42	197.J Clay	Woodford Gn	.24
135.P Pimental	"	.43	198.M Rosbrook	Orion	.26
136.J Wallace	Witham	.46	199.P Milrea	Havering M	.30
137.D English	Halstead	.49	200.B Woodgate	East London	.31
138.M Caddy	Epping	.54	201.M Wells	Harlow	.31
139.S Garnham	Colchester J	.55	202.W Metcalfe	Newham & EB	.33
140.M Ringstead	Newham & EB	.57	203.A Richardson	Woodford Gn	.35
141.D Glister	Tiptree	39.00	204.T Bird	Halstead	.40
142.P Barnett	Colchester J	.01	205.P Green	Southend	.42
143.W Lundigren	Billericay	.03	206.R Ricketts	Harlow	.53

SENIOR CHAMPIONSHIPS (Cont.)

207.J Conquest	Havering '90	41.54	238.T Johnson	Chelmsford	44.13
208.A Armitage	Orion	.58	239.D Stewart	Harlow	.16
209.M Bailey	Havering M	.59	240.T Cudmore	Colchester J	.19
210.T Brian	Dagenham '88	442.00	241.A Austin	Orion	.22
211.A Smith	Pitsea	.02	242.J Keys	Ford Fitness	.24
212.K Bench	Thrift Green	.05	243.G Pells	Ilford	.25
213.B Turner	Harlow	.12	244.L Mayes	Ford Fitness	.26
214.P McQuillan	Barking	.13	245.R Holness	Epping	.28
215.D West	Southend	.20	246.D Sinclair	Pitsea	.32
216.T Ingleton	Newham & EB	.27	247.P Frindel	Halstead	.41
217.P Wittich	Billericay	.28	248.J Clark	Chelmsford	.45
218.M Jeffrey	Springfield	.31	249.D Huckson	Springfield	.55
219.T Wellard	Walthamstow	.38	250.C Hopkins	Benfleet	45.33
220.R Compton	Havering '90	.41	251.G Richardson	Loughton	.41
221.T Everitt	Eton Manor	.43	252.P Bryan	Essex Police	.47
222.C Akehrst	Colchester J	.45	253.R Lowndes	Thrift Green	.55
223.R Rodie	Springfield	.46	254.D Horsup	Thurrock	.59
224.D Darnell	East London	.49	255.J Whitley	Dagenham '88	46.24
225.B Musto	Brentwood	.53	256.L Rampling	Essex Police	.48
226.A Lovett	Ilford	43.06	257.T Rivers	Halstead	.57
227.J Blowers	Southend	.12	258.N Stansfield	Witham	47.24
228.M Jones	Epping	.15	259.D Fraser	Springfield	.28
229.E Cash	Loughton	.18	260.T Brame	East London	.34
230.J Kerr	Witham	.24	261.S Harle	Springfield	.41
231.T Emery	Dagenham '88	.44	262.R Frake	Pitsea	48.09
232.P Swindell	Benfleet	.47	263.S Pope	Springfield	49.45
233.R Dobie	Havering '90	.49	264.A Tullett	Chelmsford	50.32
234.P Thomas	Colchester J	.51	265.K Rowe	Essex Police	.56
235.R Walton	Springfield	.58	266.G Roberts	Dagenham '88	51.19
236.P Ireson	Linford Joggers	44.09	267.A Bates	Pitsea	53.10
237.V McCloud	Benfleet	.12			

UNDER 20's CHAMPIONSHIP

TEAM CHAMPIONSHIP

1. CHELMSFORD A.C. 42pts.

INDIVIDUAL CHAMPIONSHIP

1. K Murphy	Woodford Green	21.48	11. J Milson	Walthamstow	23.54
2. I Hollingsworth	Basildon	22.20	12. M Pearce	Thurrock	.57
3. I Smith	Thurrock	.42	13. M Delaney	Newham & Essex Beagles	.59
4. J Lendon	Havering	.52	14. G James	Southend	24.06
5. P Milson	Walthamstow	.59	15. P Harrington	Southend	.31
6. S Henty	Dagenham '88	23.05	16. J Soul	Chelmsford	.54
7. B Shadwell	Chelmsford	.13	17. C Hall	Havering	25.24
8. M Harrop	Brentwood	.28	18. J George	Braintree	.47
9. G Chatterton	Chelmsford	.36	19. M Wright	Southend	27.18
10. S Watson	"	.47			

UNDER 17' CHAMPIONSHIP

TEAM CHAMPIONSHIP

1. HAVERING MAYESBROOK A.C. 40pts.      2. NEWHAM & ESSEX BEAGLES 66pts.

INDIVIDUAL CHAMPIONSHIP

1. S Allen	Thurrock	18.42	15. P Cox	Southend	20.41
2. G Maley	Havering M	.55	16. G Thomas	Chelmsford	.42
3. D Walker	"	19.24	17. S Haynes	Saffron Walden	.46
4. M Sandford	Braintree	.26	18. C Maidment	Loughton	.48
5. G Brown	"	.35	19. S Baxendale	Woodford Green	21.13
6. E Denmark	Basildon	.40	20. S Niwaz	Newham & EB	.45
7. P Hagan	Havering M	.50	21. D Bundy	Tiptree	.53
8. J Daniels	Woodford Green	.56	22. B Monk	Thurrock	22.13
9. G Conway	Newham & Essex Beagles	20.00	23. G Cannon	Newham & EB	23.06
10. M Brady	Braintree	.14	24. R Sheffield	Chelmsford	.17
11. G Bangs	Thurrock	.24	25. N Sanders	Colchester & T	.30
12. G Harper	Loughton	.24	26. G Willis	Dagenham '88	.48
13. M Houghton	Woodford Green	.27	27. M Carrington	Newham & EB	24.26
14. D Taylor	Newham & EB	.39	28. T Collins	Havering M	.47

ESSEX COUNTY AAA would like to thank Chelmsford Athletic Club for the use of their course in Danbury Park and all the Officials & Marshalls & other helpers who have made today's Championships possible.

The UK Inter-Counties Championships will be held at Luton on 15th January 1994 starting at 12 noon. The Essex Teams will be selected primarily on the basis of today's results and all selected runners will be advised shortly. All Essex runners and Officials who would like to support the Teams, both men & women at Luton will be very welcome.

Howard Williams (Hon CC Secretary)  
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