

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

President: G.A. HAVELL, ESQ.

20 Miles Road Running Championship at Thurrock, Essex, 2nd May 1976

INDIVIDUAL RESULT

		FINISH	5 miles	10 miles	15 miles	
1.	P. RICHARDSON	HAVERING	1 .46.35	24.53	51.27	78.23
2.	M. FLETCHER	CHELMSFORD	.48.35	25.18	52.34	80.10
3.	A. RICH	WALTHAMSTOW	.48.41	26.07	54.36	81.07
4.	M. MADDERS	"	.50.17	24.20	50.34	77.44
5.	P. FLETCHER	CHELMSFORD	.50.34	25.17	52.34	80.13
6.	D. STOKES	THURROCK	.52.14	25.14	52.34	80.46
7.	J. DAVIES	ESSEX BEAGLES	.52.40	26.07	53.48	82.16
8.	R. GILL	ILFORD	.52.59	25.20	52.34	81.54
9.	D. HORSUP	THURROCK	.55.54	26.07	54.52	84.21
10.	M. HERRING	ILFORD	.56.54		55.24	84.57
11.	L. PARROTT	HAVERING	.57.37		55.46	85.51
12.	I. MCKENZIE	METRO. POLICE (Guest)	.58.06		56.47	86.39
1	W. GILHAM	ILFORD	.59.38		55.35	86.02
14.	K. JONES	ORION	2 .00.17			88.34
15.	E. BUTCHER	COLCHESTER	.00.28			87.54
16.	I. JOLLIFFE	INVICTA (Guest)	.01.26			88.57
17.	S. KING	ILFORD	.02.08			89.03
18.	D. MINNS	BASILDON	.02.48			89.49
19.	B. DISS	HAVERING	.03.10			89.48
20.	B. THOMAS	SOUTHEND	.03.19			89.26
21.	M. SHIELS	CHELMSFORD	.03.26			89.48
22.	H. HAZLEHURST	METRO. POLICE (Guest)	.03.32			89.39
23.	G. BUTLER	CHELMSFORD	.05.36			89.46
24.	D. MULLANE	"	.05.44			89.49
25.	T. SAMUELS	HAVERING	.07.54			90.45
26.	K. WARD	LOUGHTON	.08.08			92.26
27.	H. WILLIAMS	ILFORD	.08.19			90.39
28.	D. COOPER	HAVERING	.08.42			93.30
29.	K. FORSTER	WALTHAMSTOW	.09.25			92.50
30.	G. FULLER	COLCHESTER	.10.57			95.57
31.	M. PRINGUER	"	.11.32			90.32
3	J. MOUNTAIN	CHELMSFORD	.11.39			96.25
33.	R. GIBSON	WOODFORD GREEN	.17.40			97.57
34.	L. DURRAFF	ORION	.18.30			98.50
35.	P. POSTINGS	ILFORD	.19.23			98.54
36.	R. KNIGHT	CHELMSFORD	.21.01			101.27
37.	B. SHARP	ORION	.21.15			102.24
38.	J. HOY	"	.31.15			100.50
39.	A. POYNTER	WALTHAMSTOW	.31.37			109.28

TEAM CHAMPIONSHIP

1.	CHELMSFORD A.C.	(2,5,19)	26 pts.	4.	WALTHAMSTOW A.C.	(3,4,26)	33 pts.
2.	HAVERING A.C.	(1,11,17)	29 "	5.	COLCHESTER A.C.	(14,27,28)	69 "
3.	ILFORD A.C.	(8,10,12)	30 "	6.	ORION H.	(13,34,35)	78 "

H. Williams.

(Hon. Road Sec.)

84 Tyelands, Billericay, Essex.