

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION  
Seventeenth Road Relay Championship, 10th March 1984  
Melbourne Park, Chelmsford, Essex.

BASILDON A.A.C.	99.49(Record)	P.BARR 16.39(1) T.BARDEN 16.56(1) S.LAMB 16.05(1) E.BROWN G.COUCH 17.58(1) E.MARTIN 15.41(1)	16.30(1)
ILFORD A.C.	101.11	B.MEADOWS 17.13(8) G.WEBB 16.48(5) K.HICK 16.53(2) D.COATES 16.32(3) A.GILHAM 16.59(2) A.CAPTON 16.46(2)	
CHELMSFORD A.C.	102.06	M.GIBBS 16.55(4) D.LAUGHLIN 16.52(3) J.FREEMAN 17.33(3) R.CHARLESTON 16.04(2) M.O'HALLORAN 17.51(3) R.WOODLEY 16.51(3)	
CHELMSFORD A.C. "B"	104.32	G.HARMER 16.56(5) M.GORMLEY 16.41(2) M.FLETCHER 18.12(5) S.BISHOP B.THORPE 17.44(5) J.BISHOP 17.32(4)	17.27(5)
BASILDON A.A.C. "B"	104.41	K.WAY 17.09(6) R.PORTER 17.00(6) D.SWIFT 17.14(4) P.HAYNES 17.42(4) J.MEPHERELL 17.36(4) P.STERLING 17.54(5)	
NEWHAM & E.B.A.C.	104.58	S.CLARK 17.10(7) D.THOMAS 17.42(9) A.BUCKINGHAM 17.15(8) S.DEBENHAM 18.05(7) G.FLOAT 17.39(7) M.CAPLIN 17.07(6)	
SOUTHEND A.C.	105.19	N.WEBBER 17.18(9) R.RIDGE 17.20(8) F.TREANOR 17.59(10) D.BALTHASAR 16.49(6) T.PATTERSON 18.10(6) M.MAYNARD 17.43(7)	
HAVERING A.C.	106.21	N.TYLER 16.52(3) S.VINES 17.37(7) T.PAILTHORPE(V) 17.41(9) A.COLEMAN 18.05(8) R.THURSTON 17.48(9) W.BULLOCK 18.18(8)	
WOODFORD GREEN A.C.	107.01	M.BENN 17.27(10) M.O'DONNELL 17.33(10) D.COX 17.02(7) M.EMMS 18.13(9) C.MATTHAM 17.46(8) P.STOCKINGS 19.00(9)	
ILFORD A.C. "B"	107.46	P.INGVORSEN 16.46(2) J.MACKENZIE 17.13(4) D.SINGH 17.56(6) D.GRAY L.MALCOLM 18.23(10) M.HERRING 18.46(10)	18.42(10)
THURROCK H.	109.18	B.NASH 17.37(12) V.MONK 18.07(13) M.BEER 18.23(12) C.BENNETT 18.17(12) D.LAWLESS 18.29(12) S.HILDITCH 18.25(11)	
WOODFORD GN.A.C. "B"	112.17	M.BURGESS 18.44(19) M.GREEN 18.11(17) R.LEEM-BRUGGEN 18.33(15) G.PRIBUL 19.09(18) N.BURVILL 18.20(15) A.STEVENS 18.20(12)	
ILFORD A.C. "C"	112.36	A.ROBINSON 17.31(11) C.HOLDEN 18.31(14) J.SAYERS 18.29(13) J.BOLTON 19.05(13) R.SHORPMAN 20.09(16) D.NORMAN 17.51(13)	
HARLOW A.C.	112.38	J.WILLIAMS 18.17(16) D.HORTON 16.48(11) I.McLEAVY 20.06(14) R.STEVENS 19.00(15) C.PARISH 19.04(13) D.HARRIGAN 19.23(14)	
NEWHAM & E.B.A.C. "B"	114.28	M.KEMP 18.25(17) K.JIGGINS 18.53(19) G.HYDE 20.02(20) J.MORANHA 18.08(17) G.DIGGINES 20.05(18) M.COLEMAN 18.55(15)	
COLCHESTER A.C.	115.35	R.EAREY 17.48(13) G.CARPENTER 18.59(16) B.TURLEY 19.53(18) S.MEAD 19.10(19) M.WEST 20.02(19) S.CHALK 19.43(16)	
THURROCK H. "B"	115.52	B.NEVIN 19.03(23) J.STELFOX 18.31(20) J.TAYLOR 19.43(19) P.JONES 20.21 M.MORGAN(V) 19.06(21) D.STAINES(V) 19.08(17)	(21)
HAVERING A.C. "B"	116.01	M.ROBINSON(V) 18.27(18) S.PATTLE 18.19(15) T.KEENAN 19.29(17) I.PEARCE(V) 19.06(16) M.McVEIGH 19.49(17) D.HOLLAND(V) 21.01(18)	
ILFORD A.C. "C"	117.18	S.MAY 18.58(21) V.HEANEY 18.40(21) S.RICHARDSON 19.46(21) M.ETCHELLS 18.27(20) B.MUSTO 19.41(20) B.ARMSTRONG 20.46(19)	
CHELMSFORD A.C. "D"	117.54	J.MOUNPAIN(V) 19.38(25) P.KEARNEY 20.57(25) M.BRANFOOT 18.30(22) K.BURGESS(V) 19.36(23) M.BRIDGES(V) 20.05(22) D.MULLANE 19.08(20)	
BRAINTREE & D.A.C.	119.32	K.JOLLEY 19.09(24) M.BRIGHT 20.21(23) B.PANNELL 19.46(23) P.SCILLITOE 19.05(22) C.MILLER 21.08(23) G.COBDEN 20.03(21)	
ILFORD A.C. "D"	120.41	J.BATCHELOR(V) 18.46(20) L.HISLOP 20.01(22) H.WILLIAM S(V) 21.21(24) G.PELLS(V) 20.22(24) A.LOVEITT(V) 20.18(24) D.PLATER(V) 19.53(22)	
BRENTWOOD A.C.	125.55	P.SMITH 20.17(28) D.BARNETT 19.30(24) P.MELLON 20.22(25) R.BASZCZAK 21.30(25) K.WAITE(V) 21.42(25) B.MONLEY(V) 22.34(23)	
ILFORD A.C. "E"	128.20	P.POSTINGS(V) 21.58(33) S.CAPLIN(V) 20.42(31) R.WHITEHEAD(V) 22.25(27) A.NIXON 19.26(26) J.BROOKS 21.35(26) R.MALCOLM(V) 22.14(24)	
HARLOW A.C. "B"	131.17	D.COTTON 19.54(26) M.BOLDINGER 21.42(29) T.LEE 23.49(28) T.BAKER 21.20(27) E.NAFZGER 21.53(27) N.ERICSON 22.39(25)	
COMPLETE TEAMS - BASILDON A.A.C. "C"		A.ROSBROOK 18.03(15) D.STANLEY 19.04(18) J.WILSON 18.38(16) R.GOAD 18.16(14) M.GREENWOOD 19.54(14)	
BRAINTREE & D.A.C. "B"		J.HUSH 20.26(30) M.SAUNDERS 22.42(32) B.SCILLITOE 22.18(29) G.KNIGHT(V) 21.51(28) R.ROULTER(V) 23.41(28)	
HAVERING A.C. "C"		S.COLEMAN 20.22(29) A.TEWKESBURY(V) 22.08(30)	
WOODFORD A.C. "F"		L.ROWARTH 19.59(27) D.JONES(V) 21.11(28)	
NEWHAM & E.B. "C"		C.GORDON(V) 19.02(22)	
SOUTHEND A.C. "C"		M.ERRIDGE(V) 21.31(32) G.HEWITT(V) 19.15(26) F.MORALES 21.21(26) M.SEAMAN(V) 27.00(29)	
THURROCK H. "C"		G.PHIMISTER(V) 20.43(31) D.HORSUP(V) 20.14(27) D.WHEATON(V) 20.54(30)	
WOODFORD GN.A.C. "C"		L.BURNETT(V) 25.17(34) S.HERRINGTON 24.25(33)	
SOUTHEND A.C. "B"		P.WELLS 17.37(14) W.STOWE 17.33(12) A.GREEN(V) 17.29(11) S.DURHAM FASTEST LAPS. P.BINNS 18.29(11) 18.59(11)	
1. E.MARTIN (Basildon A.A.C.)	15.41(Record)	4. E.BROWN (Basildon A.A.C.)	16.30
2. R.CHARLESTON (Chelmsford A.C.)	16.04	5. D.COATES (Ilford A.C.)	16.32