

ESSEX COUNTY A.A.A. 20 MILE ROAD CHAMPIONSHIP

7th MARCH 2010

GREAT BROMLEY, COLCHESTER

No.	All	Male	Female	Name	Club	Category
9	1	1.46.21	1	J.Connor	Kent A.C.	M
1	2	1.47.29	2	P.Molyneux	Springfield	M
35	3	1.53.58	3	M.Muir	Iford	M
22	4	1.54.11	4	C.Bloomfield	Billericay	M
10	5	1.55.09	5	R.Scott	Southend	M
201	6	1.56.40	62	G.Chandler	Springfield	M40
619	7	1.59.35	6	G.Ramsay	Barnet	M
233	8	2.00.04	63	A.Smalls	Colchester H's	M40
205	9	2.00.48	64	P.Dobson	Springfield	M40
84	10	2.01.52	7	R.Reason	Harwich	M
253	11	2.02.33	131	M.Bridgeland	Chelmsford	M50
31	12	2.02.59	8	A.Kearton	Colchester H's	M
616	13	2.03.06	65	C.Ridley	West Suffolk	M40
266	14	2.04.59	132	M.Bond	Colchester H's	M50
236	15	2.05.05	66	S.MacMillan	Colchester H's	M40
4	16	2.05.16	9	L.Martin	Springfield	M
203	17	2.06.10	67	M.Molloy	Woodford	M40
263	18	2.06.28	133	D.Butler	Billericay	M50
29	19	2.06.39	10	P.Munro	Colchester H's	M
235	20	2.07.06	68	P.Helliwell	Colchester H's	M40
269	21	2.08.52	134	K.Wilkinson	Chelmsford	M50
48	22	2.09.23	11	J.Booty	Witham	M
3	23	2.09.45	12	C.Pearce	Springfield	M
28	24	2.10.15	13	J.Meachen	Harwich	M
227	25	2.12.01	69	A.Reade	Witham	M40
66	26	2.13.26	70	M.Eden	Grange Farm	M40
241	27	2.13.36	71	N.Crisp	Iford	M40
37	28	2.13.53	14	B.Jones	Iford	M
62	29	2.14.02	72	C.France	Unattached	M40
2	30	2.14.16	15	A.Hopwood	Springfield	M
5	31	2.15.23	16	R.Mills	Springfield	M
610	32	2.15.33	73	S.Tilson	Unattached	M40
230	33	2.15.33	74	M.Rutter	Harwich	M40
212	34	2.15.44	75	G.Jarvis	Southend	M40
381	35	2.15.48		A.Oakman	Colchester H's	W35
209	36	2.16.34	76	J.Heskey-Jones	Tiptree	M40
78	37	2.16.42	17	T.Craven	Springfield	M
58	38	2.16.49		K.Mills	Springfield	W35
210	39	2.16.49	77	G.McDowell	Tiptree	M40
207	40	2.17.24	78	I.Cardy	Springfield	M40
30	41	2.17.28	18	R.Gibby	Colchester H's	M
270	42	2.18.06	135	G.Rayner	Springfield	M50
232	43	2.18.06	79	N.Buxton	Harwich	M40
257	44	2.18.19	136	A.Morris	Benfleet	M50
363	45	2.18.32		B.McCorqudale	Harwich	W35
268	46	2.18.40	137	A.Whiston	Colchester H's	M50
7	47	2.19.58	19	P.Anderson	Springfield	M
202	48	2.20.32	80	B.Plowman	Springfield	M40
59	49	2.20.45		M.Shirley	Sudbury	W
350	50	2.20.55	81	C.Beazley	Springfield	M40
358	51	2.22.05		S.Jeffery	Southend	W
373	52	2.23.22		T.Noble	Thurrock	W35
43	53	2.23.59	20	G.Brett	Harwich	M
588	54	2.24.11		T.Hull	Grange Farm	W45
239	55	2.24.41	82	M.Statham	Colchester H's	M40

353	56	2.24.50		3	N.Brockbank	Springfield	W
79	57	2.25.32	21		D.Wright	Great Bentley	M
241	58	2.25.43	138		M.Clarke	Ilford	M50
583	59	2.25.50		48	B.Nordin	Ilford	W45
83	60	2.25.54	22		J.Byford	Springfield	M
302	61	2.31.34			Unknown		
618	62	2.26.25	23		R.De Fries	Unattached	M
72	63	2.26.53	24		P.Kelly	Spitfire R.C	M
45	64	2.27.14	25		A.Terreell	Harlow	M
231	65	2.27.34	83		P.Clarke	Harwich	M40
53	66	2.27.52	84		J.Happe	Orion	M40
351	67	2.27.54		4	C.Knapett	Colchester & T'nd	W
226	68	2.27.58	85		K.Jacob	Billericay	M40
82	69	2.28.22	86		K.Cox	Unattached	M40
248	70	2.28.24	87		J.Bull	Harlow	M40
6	71	2.28.26	26		A.Ashton	Springfield	M
87	72	2.29.05	88		J.Burne	Leigh on Sea	M40
14	73	2.19.13	27		A.Hibbins	Benfleet	M
382	74	2.29.13		21	M.Dowell	Colchester H's	W35
68	75	2.29.22	28		A.Marsh	Springfield	M
377	76	2.29.46		22	C.Howard	Billericay	W35
237	77	2.30.12	89		J.Cottis	Colchester H's	M40
85	78	2.30.35	90		G.Donaghue	Harwich	M40
204	79	2.30.39	91		K.Frost	Colchester & T'nd	M40
393	80	2.31.03		23	P.Hayhow	Grange Farm	W35
586	81	2.31.31		49	S.Sponge	Havering Joggers	W45
307	82	2.31.34	153		R.Everard	Pitsea	M60
255	83	2.31.46	139		C.Purse	Springfield	M50
273	84	2.32.00	140		P.Bulaitis	Orion	M50
206	85	2.32.25	92		S.Lambert	Woodford	M40
224	86	2.32.26	93		L.Harrison	Billericay	M40
385	87	2.32.29		24	D.Jones	Harlow	W35
372	88	2.32.32		25	A.Ockendon	Southend	W35
39	89	2.32.34	29		C.Ryan	Thrift Green	M
551	90	2.32.48		50	D.Gibbins	Benfleet	W45
374	91	2.32.59	30		V.Govender	Springfield	M
106	92	2.33.21	94		D.Pike	Havering Joggers	M40
57	93	2.34.00	31		L.Cousins	Braintree	M
103	94	2.34.04	95		N.Taylor	Havering Joggers	M40
228	95	2.34.05	96		D.Andrews	Witham	M40
301	96	2.34.08			Unknown		
8	97	2.34.37	32		M.Keeble	Leigh on Sea	M
67	98	2.34.42	97		J.Arthur	Thurrock	M40
246	99	2.34.53	98		S.Ambrose	Harlow	M40
262	100	2.35.18	141		N.Whitehead	Billericay	M50
272	101	2.35.28	142		D.Keeley	Havering Joggers	M50
355	102	2.35.41		5	M.Norquay	Thurrock	W
577	103	2.35.44		51	B.Wallen	Witham	W45
243	104	2.36.15	99		S.Parker	Ilford	M40
254	105	2.36.26	143		M.Avent	Tiptree	M50
356	106	2.36.37		6	T.Parker	Benfleet	W
42	107	2.36.41	33		N.Steadman	Harwich	M
26	108	2.36.43	34		D.Pearce	Harwich	M
51	109	2.37.04	35		M.Woodward	Pitsea	M
88	110	2.37.50	36		D.O'Neill	Colchester H's	M
32	111	2.37.37	37		R.Lane	Colchester H's	M
367	112	2.38.05		7	C.Adams	Colchester H's	W
69	113	2.38.07	38		J.Hames	Unattached	M
70	114	2.38.23	154		M.Savage	Springfield	M60
380	115	2.39.26		26	S.Wray	Witham	W35
40	116	2.40.11	39		N.Probert	Springfield	M

249	117	2.40.44	100		D.Croly	Harlow	M40
18	118	2.41.40	40		S.Melluish	Benfleet	M
612	119	2.41.42	101		P.Cano-Lopez	Unattached	M40
44	120	2.41.45	41		J.Bethell	Harwich	M
219	121	2.42.06	102		A.White	Benfleet	M40
56	122	2.42.17	103		D.Miller	Castle Point	M40
15	123	2.43.20	42		T.Mickleburgh	Benfleet	M
360	124	2.43.24		8	S.Fry	Chelmsford	W
591	125	2.43.28		58	S.Dale	Havering Joggers	W55
384	126	2.43.50		27	M.Jones	Ilford	W35
614	127	2.43.54	43		J.Tite	Unattached	M
259	128	2.44.19	144		G.Newman	Benfleet	M50
575	129	2.44.35		52	D.Ford	Chelmsford	W45
244	130	2.44.44	104		J.Daly	Springfield	M40
240	131	2.44.52	105		M.Fribbens	Braintree	M40
260	132	2.44.56	145		G.Moore	Benfleet	M50
74	133	2.45.00	106		C.Thackeray	Unattached	M40
19	134	2.45.10	44		D.Hull	Springfield	M
369	135	2.45.19		9	K.Herington	Harlow	W
25	136	2.45.36	45		A.Stuckey	Witham	M
352	137	2.45.41		10	S.Wenman	Springfield	W
375	138	2.45.56		28	F.Hawkins	Southend	W35
24	139	2.46.14	46		P.Wheeldon	Springfield	M
109	140	2.46.19	107		M.Gillard	Southend	M40
611	141	2.46.21	108		R.Sandford	Unattached	M40
238	142	2.47.03	109		A.Wilson	Colchester H's	M40
256	143	2.47.11	146		G.Taylor	Southend	M50
34	144	2.47.23	47		C.Saunders	Colchester H's	M
80	145	2.47.58	147		A.Cole	Orion	M50
220	146	2.48.09	110		M.Gaitley	Benfleet	M40
354	147	2.48.35		11	L.Ashton	Springfield	W
300	148	2.48.42	155		P.Dobbs	Thurrock	M60
379	149	2.49.12		29	R O'Connor	Witham	W35
392	150	2.50.02		30	J.Smith	Grange Farm	W35
395	151	2.50.02		31	J.Reeves	Grange Farm	W35
304	152	2.50.37	156		D.Mole	Havering Joggers	M60
258	153	2.50.43	148		G.Mather	Benfleet	M50
216	154	2.50.50	111		R.Guilt	Benfleet	M40
376	155	2.51.03		32	S.Barton	Benfleet	W35
245	156	2.51.11	112		I.Glover	Southend	M40
46	157	2.51.55	48		J.Primmer	Havering Joggers	M
218	158	2.52.34	113		M.Harper-Ward	Benfleet	M40
620	159	2.52.46	114		D.Huby	Unattached	M40
582	160	2.52.47		53	S.Gillam	Ilford	W45
13	161	2.52.49	49		A.Eden	Benfleet	M
621	162	2.52.50		33	G.Clark	Unattached	W35
208	163	2.53.40	115		D.Bridge	Southend	M40
265	164	2.53.54	149		M.Poulter	Witham	M50
585	165	2.54.47		54	D.St Ledger	Sudbury	W45
71	166	2.55.06		34	J.Kelly	Spitfire R.C	W35
102	167	2.55.12	116		S.Mackenzie	Harlow	M40
217	168	2.55.19	117		K.Cadman	Benfleet	M40
229	169	2.55.52	118		A.Hocken	Witham	M40
221	170	2.56.28	119		S.Morley	Benfleet	M40
378	171	2.57.11		35	L.Stuckey	Witham	W35
223	172	2.57.12	120		P.Davenport	Billericay	M40
394	173	2.57.13		36	K.Birks	Grange Farm	W35
73	174	2.57.13	50		W.Day	Springfield	M
38	175	2.57.27	51		R.Alexander	Ilford	M

55	176	2.57.35	134		P.Cairns	Unattached	M
371	177	2.58.17		41	J.Mears	Springfield	W35
370	178	2.58.17		42	J.Tinson	Springfield	W35
27	179	2.58.27	135		B.Hammick	Harwich	M
214	180	2.58.42	136		D.Emmett	Benfleet	M40
261	181	2.59.12	137		M.Wheatley	Billericay	M50
104	182	2.59.33	138		N.Moses	Havering Joggers	M40
581	183	3.00.34		43	J.Hill	Springfield	W55
271	184	3.01.02	139		J.Higgon	Harwich	M50
65	185	3.01.03	140		T.Sibley	Braintree	M40
75	186	3.02.25	141		M.Simmons	Unattached	M40
322	187	3.02.29	142		L.Prowse	Grange Farm	M40
63	188	3.03.03	143		S.Enders	Unattached	M
101	189	3.04.32	144		M.Jones	Harlow	M40
590	190	3.05.29		44	T.Hill	Havering Joggers	W55
305	191	3.05.36	145		J.Gregory	Havering Joggers	M60
90	192	3.06.57		45	L.Bush	Benfleet	W
390	193	3.07.10		46	C.Tighe	Havering Joggers	W35
61	194	3.07.20	146		A.Wilson	Sudbury	M
579	195	3.07.35		47	D.Lewis	Witham	W45
593	196	3.07.56		48	B.Law	Gt.Bentley	W65
389	197	3.08.57		49	S.Staerck	Havering Joggers	W35
277	198	3.09.54	147		K.Passingham	Pitsea	M50
76	199	3.10.10		50	A.Piercy	Harwich	W55
368	200	3.11.31		51	J.Chung	Harlow	W
89	201	3.12.59		52	E.Lucien	Havering Joggers	W65
617	202	3.14.16	148		A.Baker	Unattached	M
86	203	3.15.29	149		B.Rowell	Havering Joggers	M40
17	204	3.16.57	150		M.Shodfuzzaman	Benfleet	M
64	205	3.17.57	151		M.Newton	Unattached	M
388	206	3.18.42		53	C.Williams	Harlow	W35
397	207	3.19.14		54	E.Cardwell	Phoenix Striders	W35
153	208	3.19.17		55	E.Collier	Phoenix Striders	W
592	209	3.19.25		56	L.Foster	Gt.Bentley	W55
609	210	3.21.00	152		A.Lawrence	Unattached	M40
613	211	3.21.28	153		J.Wyndham	Unattached	M
81	212	3.21.26	154		S.Cummins	Unattached	M
77	213	3.23.44	155		S.Sheekey	Havering Joggers	M40
589	214	3.23.54		57	R.Moggan	Phoenix Striders	W45
151	215	3.24.04		58	N.Foster	Gt.Bentley	W
388	216	3.24.41		59	A.Bull	Harlow	W35
50	217	3.25.45	156		K.Fleming	Springfield	M
320	218	3.28.05	157		G.Foster	Grange Farm	M40
105	219	3.29.42		60	P.Thompson	Havering Joggers	W45
594	220	3.30.33		61	J.Collier	Phoenix Striders	W55
643	221	3.30.33		62	J.Massinger	Unattached	W35
387	222	3.33.37		63	S.Dewen	Harlow	W35
150	223	3.36.59		64	S.Morley	Harlow	W
60	224	3.39.22		65	W.Spring	Harlow	W35

TEAMS

MEN

1	Springfield Striders	18 points	(1. 5. 7)
2	Colchester Harriers	30	(6.10.12)
3	Ilford	53	(2.25.26)
4	Harwich	61	(8.22.31)

WOMEN

1	Colchester Harriers	31	(1.10.20)
2	Springfield Striders	36	(2.7.27)
3	Southend	47	(4. 15.18)
4	Grange Farm	49	(6. 12.31)