

ESSEX COUNTY VETERANS ROAD RELAY CHAMPIONSHIPS , SPRINGFIELD PARK, ESSEX.
20th March 2005

ALL MEN RAN TWO LAPS, Each lap of 3,000m.

THE FIRST LADY RAN ONE LAP OF 3,000m THE OTHER TWO LADIES EACH RAN TWO LAPS, Each lap of 3,000m.

LADIES RELAY

1. CHELMSFORD A C 58.10 B Wallen 12.09 J Smith 23.22 C Hayes 22.39
2. WOODFORD GRENN & EL 58.20 S McCarthy 12.44 L Jackson 21.50 B Pritchett 23.46
3. COLCHESTER & TEND. 58.29 T Smedley 12.30 L Tanner 24.40 M Deasy 21.19
4. COLCHESTER H 59.35 M Dowell 11.43 D Morley 24.00 L Higgs 23.52
5. COLCHESTER H'B' 67.45 F Norris 13.16 S Cole 27.28 A Barrett 27.01
6. COLCHESTER & T'B' 68.30 D Tatum 15.27 L Bradley 27.44 N Pyle 25.19
7. CHELMSFORD 'B' 70.49 M Jarvis 13.18 T Minton 27.22 E Missen 30.09
8. COLCHESTER H'D' 73.21 F Clark 14.59 R R-Wright 29.22 T Wile 29.00
9. COLCHESTER H'D' 75.32 C May 14.02 G Coates 33.14 L Cudmore 28.16
10. PITSEA RR 76.29 H Jackson 15.59 H Tomkins 29.06 J Mills 31.24

FASTEST SHORT LAP M DOWELL (Colchester H) 11.43

FASTEST LONG LAP M Deasy (Colchester & T) 21.19

MENS RELAY

1. COLCHESTER H 60.57 M Gamble-Thompson 20.04 M Bond 20.41 P Spowage 20.12
2. CHELMSFORD A C 63.06 C Waugh 20.30 S Vines 20.32 M Bibbs 22.04
3. THURROCK H 64.00 G Wiseman 20.25 N McGregor 21.08 S Williams 22.27
4. ILFORD A C 64.07 T Knightley 22.10 I Campbell 19.30 M Clarke 22.27
5. CHELMSFORD A C'B' 66.09 M Bridgeland 21.45 D Pavitt 21.55 B Thorpe 22.29
6. BILLERICAY ST. 66.48 K Jacob 21.21 I Budge 23.10 I Parkins 22.17
7. SPRINGFIELD ST. 67.49 L Broadbridge 22.22 D Norman 22.44 G Rayner 22.43
8. COLCHESTER H'B' 68.39 P West 20.11 E White 22.10 B Haining 26.18
9. CHELMSFORD 'C' 69.18 P Tullett 22.19 D Barnett 24.00 G Hart 22.56
10. TIPTREE RR 71.10 M Brewer 24.19 G Byford 22.59 C Peterson 23.52
11. ILFORD AC'B' 73.40 A Catton 23.14 J McKenzie 24.28 G Murdoch 25.58
12. BILLERICAY'B' 75.14 D Sweet 23.49 I Grant 26.01 K Walker 25.24
13. TIPTREE 'B' 75.50 K Bownes 23.53 R Hadcraft 26.57 I Foskew 25.00
14. PITSEA RR 79.00 K Jackson 25.27 J Holder 23.51 P Williams 29.42
15. TIPTREE 'C' 81.37 R Duffield 27.03 B Dobson 29.23 N Smith 25.11

Incomplete Team - HAVERING MAYES. M Jenkins 24.14

CHELMSFORD A C M Branfoot 24.14

FASTEST LAP I CAMPBELL (Ilford) 19.30

Howard Williams (Hon Road & CC Sec.)

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ESSEX COUNTY AAA YOUNG ATHLETES ROAD RELAYS, Springfield Park, Essex
20th March 2005

ALL EVENTS 3 x 3000m

UNDER 13 GIRLS

1. ORION H 35.51 C Lecuyer 12.00 e.Lecuyer 12.21 L Tempey 11.30
 2. HAVERING MAYES A C 36.53 G Davies 12.16 R Luck 12.38 S Sales 11.59
 3. CHELMSFORD A C 37.28 V Hayes 12.06 J Condrón 12.29 R Chester 12.53
 4. WOODFORD GN & EL 41.08 J Wyre 12.31 C Galloway 12.15 R A-West 12.49
 5. COLCHESTER H 37.35 E Neale 12.01 P May 12.57 G Hardy 12.37
 6. COLCHESTER & T A C 38.09 H Shears 14.15 I Sharp 14.10 L Collins 13.12
 7. WOODFORD GN & EL 'B' 41.08 K Francis 12.53 K Stockings 13.21 C Conway 14.54
 8. ORION H 'B' 41.13 M Timson 14.26 K Ward 13.55 L Macgregor 12.52
 9. COLCHESTER & T 'B' 47.45 J Porter 15.31 H Ager 16.34 A Charlesworth 15.40
 10. SOUTHEND A C 45.06 H Inwood 14.47 R Marshall 15.19 S Jones 15.00
 11. COLCHESTER & T 'C' D Boyden 12.15 J Bond 13.04 M Galbraith 12.50
- Incomplete HAVERING MAYES 'B' E Bounds 12.44
- FASTEST LAP L TEMBEY (Orion) 11.30

UNDER 15 GIRLS

1. BASILDON A C 34.13 D Lovelock 11.48 K Sefton 11.16 D Dignum 11.09
 2. HAVERING MAYES 34.49 I deane 11.13 C Robinson 11.53 H Thomas 11.43
 3. ORION H 35.12 J Ward 11.27 T Conway 11.52 N Akram 11.53
 4. CHELMSFORD A C 36.46 A Dunn 11.45 S Unsworth 14.11 L Condrón 10.52
 5. HAVERING M 'B' 37.15 G Sales 12.09 R Newman 12.52 J Edwards 12.14
 6. HAVERING M 'C' 38.37 C Humphreys 11.58 A Adams 12.29 R Kerr 14.10
 7. WOODFORD GN(Comp) 38.57 K Solder 12.03 R Banfield 13.24 A Holford 13.30
 8. COLCHESTER H 44.04 K Spiller 14.10 S Cole 16.00 L Lancaster 14.04
- FASTEST LAP L CONDRON (CHELMS) 10.50

UNDER 17 WOMEN

1. ORION H 34.15 D Sale 10.13 C Mussington 12.21 N Kipps 11.41
 2. BASILDON A C 34.21 A Whitfield 11.05 S DeSmedt 12.12 H Moore 11.04
 3. CHELMSFORD A C 36.35 J Dunn 11.34 K Bassick 11.21 A Missen 13.40
 4. ORION H 40.21 J Kennedy 13.15 E Hawkes 14.33 L Richardson 12.33
- FASTEST LAP D SALES (Orion) 10.13

UNDER 13 BOYS

1. CHELMSFORD A C 32.10 M Reynolds 10.48 J Woodley 10.41 R Judge 10.41
2. SOUTHEND A C 32.25 T Frith 10.33 M Lee 11.25 D Smale 10.27
3. WOODFORD GN & EL 32.53 Z Fadhill 10.37 B Phillips 11.30 A Cornwell 10.46
4. HAVERING MAYES 33.59 T Shanney 11.07 L Jones 11.42 D Shanney 11.10
5. ORION H 35.56 F Conway 11.33 T Black 12.30 A Gordon 11.53
6. COLCHESTER & T 38.15 T Jennings 10.42 T Gifford 12.42 E Field 14.51
7. WOODFORD GN & EL 'B' 38.19 K Ali 12.03 G grenfell 12.01 D Levicki 14.15
8. NEWHAM & EB 39.11 B Clarke 13.30 J O'Brien 13.10 J Harris 12.31
9. COLCHESTER & T 'B' 41.44 L Dillon 13.25 A D'Andrea 13.13 T Sweeney 15.06

Incomplete Team - SOUTHEND A C 'B' H Foster-Clark 11.27 A Stapleton 12.25

FASTEST LAP D SMALES (Southend) 10.27

UNDER 15 BOYS

1. HAVERING MAYES. 30.04 M Bloy 9.43 B Tungatt 10.26 S McLachlan 9.55
2. COLCHESTER & TEND. 30.15 D jennings 9.58 D Gibbon 10.20 A Gladley 9.57
3. HAVERING M 'B' 30.41 C McLachlan 10.06 G Twist 10.28 D Webster 10.07
4. orion h 31.00 G Lewis 9.56 A Wright 10.21 A Farmer 10.43
5. COLCHESTER & TEND. 32.45 A Poole 11.01 S Wilson 10.43 L Heard 11.01
6. BASILDON AC 32.50 M Samford 11.26 K Mitchell 10.38 J Wright 10.46
7. CHELMSFORD A C 35.57 P Thorpe 11.13 S Hampson 11.32 C Misson 13.12

FASTEST LAP M BLOY (Havering) 9.43

UNDER 17 MEN

1. WOODFORD GN & EL 29.08 A Holford 9.48 T Phillips 10.00 M Burgess 9.20
2. COLCHESTER H 29.10 M Kirby 9.49 D Holgate 9.58 L Gamble-Thomson 9.23
3. THURROCK H 30.46 R Doyle 10.14 A Houghton 10.05 N Houghton 10.27
5. NEWHAM & EB. 35.23 A Russo 11.51 G Jacobs 11.35 A Doque 11.57

Incomplete Teams -

CHELMSFORD A C M Woodley 9.36

SOUTHEND A C M Jones 11.29

FASTEST LAP M BURGESS (woodford) 9.20

DISQU. BASILDON A C H Guans 10.57 S Phillips 10.45

ON BEHALF OF ESSEX COUNTY AAA I would like to thank all the OFFICIALS & MARSHALLS who assisted with todays Championships. I hope all Clubs & athletes liked the New course. I WOULD LIKE TO HEAR ANY VIEWS REGARDING THE COURSE & FACILITIES, WHICH WE DO KNOW ARE NOT THE BEST, BUT IF YOU HAVE A COURSE WHICH YOU FEEL MIGHT BE ABLE TO STAGE THE EVENT PLEASE LET ME KNOW, REMEMBER IT SHOULD BE ABLE TO GIVE US A COUSE OF APPROX. 3,300m AND BE SAFE, WHICH I HOPE YOU WILL AGREE TODA'S COURSE WAS. PLEASE NOTE WE RAN TODAYS MEETING ON A VERY FEW OFFICIALS - WE MUST GET MORE OR THERE WILL NOT BE A CHAMPIONSHIP.

Howard Williams (Hon Road & CC Sec.)