

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

President: E.C.BRANCH, ESQ.

20 Miles Running Championship, at Colchester, Essex. 15th April 1984

INDIVIDUAL CHAMPIONSHIP

1.	P.RICHARDSON	CHELMSFORD	1.49.55	27.35	54.13	81.20
2.	P.BRYAN	HAVERING	50.17	27.42	54.13	81.31
3.	G.WEBB	ILFORD	50.50	28.03	56.17	83.54
4.	P.DOBES	THURROCK	51.53	28.03	55.47	83.58
5.	D.NORMAN	CHELMSFORD	52.02	27.35	54.55	83.08
6.	R.THURSTON	HAVERING	52.27	27.42	54.59	83.54
7.	W.HAGAN	SOUTHEND	53.58	28.03	56.01	84.31
8.	P.WHYMARK (Guest)		54.12	27.47	55.53	84.45
9.	J.MACKENZIE	ILFORD	54.29	27.35	55.06	83.54
10.	A.BARDEN	BASILDON	55.10	27.47	55.57	85.07
11.	D.CRIPPS	BASILDON	55.43	28.21	56.55	86.13
12.	B.HEMPSTEAD	COLCHESTER	56.13	28.53	57.34	86.48
13.	J.BARROWCLOUGH	CHELMSFORD	56.42	28.03	56.15	85.18
14.	C.CHALK	COLCHESTER	56.56	28.38	57.34	86.48
15.	A.COPE	BASILDON	57.13	28.03	56.31	86.05
16.	B.DISS	HAVERING	57.45	27.47	56.15	86.19
17.	P.CODDEN	CHELMSFORD	58.06	28.53	58.03	87.45
18.	P.WEST	COLCHESTER	58.11	28.38	57.34	86.48
19.	J.STELFOX	THURROCK	58.17	28.14	57.11	87.08
20.	G.CODDEN	SOUTHEND	59.04	28.21	58.03	88.05
21.	G.CODDEN	BRAINTREE	2.00.01	29.25	59.44	89.34
22.	J.WILLIAMS	HARLOW	00.12	29.56	59.44	89.45
23.	J.MOUNTAIN	CHELMSFORD	00.40	29.56	59.44	89.43
24.	D.WHITE (Guest)		00.51	29.56	59.51	90.09
25.	J.BARTON	CHELMSFORD	01.08	29.56	59.08	89.03
26.	J.TURNER	ESSEX POLICE	01.15	28.21	58.53	90.40
27.	M.LEECHMORE	HARLOW	01.38	29.56	59.51	90.14
28.	M.DEACON	CHELMSFORD	02.19	29.56	59.08	89.04
29.	L.PARROTT	HAVERING	02.34	29.56	59.55	90.29
30.	R.HILL	SOUTHEND	03.07	29.07	59.11	90.09
31.	J.EVERITT	COLCHESTER	04.22	29.07	59.08	90.12
32.	KIM WEBB (Guest)		04.35	31.17	62.16	
33.	L.ROWARTH	ILFORD	04.42	31.36	62.16	
34.	C.PARISH	HARLOW	05.10	29.56	59.39	91.10
35.	B.ALLEN	TENDRING	06.53	30.43	61.25	
36.	R.SELWYN	CANVEY	08.43	31.52	64.10	96.19
37.	S.COLEMAN	HAVERING	08.52	29.56	59.11	90.09
38.	D.HARRIGAN	HARLOW	09.00	30.43	61.19	
39.	C.MOLD	HAVERING	09.07	31.23	63.25	95.42
40.	D.BARRETT	THURROCK	09.11	30.51	62.43	95.24
41.	N.CRISP	ILFORD	09.31	29.56	60.39	93.39
42.	C.BRITTAIN	TENDRING	09.51	30.49	62.16	
43.	H.RHYS	ILFORD	10.13	31.17	62.16	94.07
44.	J.METCALFE	NEWHAM & E.B.	10.39	31.24	63.54	96.40
45.	G.SMITH	STOCK EXCHANGE	10.50	31.43	63.42	96.40
46.	A.BOARDMAN	COLCHESTER	10.58	29.56	59.51	91.42
47.	A.TAYLOR	COLCHESTER	11.15	31.50	64.30	97.56
48.	S.SPENCER	COLCHESTER	12.12	32.33	64.42	97.46
49.	J.BEACH	THURROCK	13.35	31.37	64.16	98.12
50.	I.BISHOP	ILFORD	14.28	31.17	63.56	98.19
51.	I.EDWARDS	LONDON RNRS.	15.01	31.36	64.29	98.46
52.	M.HILLS	HARLOW	15.03	31.25	63.55	97.42
53.	D.WARNER	ORION	15.16	32.46	66.05	99.54
54.	M.BURGESS	BASILDON	15.27	32.39	65.56	99.57
55.	D.COOPER	CANVEY	15.36	32.46	66.01	100.29
56.	M.LOVE	THURROCK	17.04	33.05	66.39	100.50
57.	R.BLOIS	BASILDON	18.17	33.58	68.19	102.48
58.	J.DOWNS	ILFORD	19.21	35.21	70.15	104.44
59.	D.HARRIS	HARLOW	20.39	33.29	67.15	102.53
60.	R.GREENFIELD	ESSEX POLICE	21.54	34.10	68.56	104.09

Essex 20 Miles, 15th April 1984 (Cont.)

61.	P. WITTICK	BASILDON	2.22.25	35.23	69.59	105.02
62.	C. DANDO	SOUTHEND	22.33	33.23	68.24	104.20
63.	P. MORDEY	CHELMSFORD	23.23	34.10	68.56	104.09
64.	T. KEARNEY	CHELMSFORD	25.44	34.43	70.08	107.19
65.	D. JONES	ILFORD	25.25	32.39	67.56	104.44
66.	J. MOUBRAY	THURROCK	26.51	36.54	73.19	110.05
67.	D. WHEATON	THURROCK	28.01	36.38	72.58	109.57
68.	C. CONNELLY	TENDRING	29.21	36.29	72.46	110.11
69.	G. O'DEA	ILFORD	30.18	35.20	71.23	109.31
70.	G. PELLIS	ILFORD	32.27	36.48	74.45	112.45
71.	D. COLEMAN	BASILDON	39.45	35.11	71.00	110.55
72.	A. PORTER	ILFORD	40.52	37.55	76.36	117.23
73.	A. SIGSTONE	ILFORD	40.52	37.55	76.36	117.23
74.	R. BATTEN	DUNMOW	42.40	39.17	79.03	119.47
75.	N. HILL	BRENTWOOD	45.53	40.47	80.41	122.33
76.	D. ROBINSON	BRAINTREE	48.01	39.49	79.57	121.47

Non-Finishers

D. WATTS	CHELMSFORD	27.42	55.49	
F. SEAL	COLCHESTER	28.03	56.31	86.16
A. DOWN	ESSEX POLICE	28.21	58.53	
G. CARPENTER	COLCHESTER	29.09	59.18	
R. BROOK	TENDRING	30.43	61.28	95.36
T. GALE	CANVEY ISLAND	31.52	64.09	
ANN TAMPLIN	HARLOW (Guest)	32.29	65.10	
P. WEST	BASILDON	32.46	66.07	100.16
V. BURLEY	BASILDON	35.21	72.26	115.37
R. CORKER	BASILDON	36.59	76.20	119.35

TEAM CHAMPIONSHIP

1. CHELMSFORD A.C.	18pts.	6. SOUTHEND-ON-SEA A.C.	54pts.	10. HAVERING A.C. "B"	97
2. HAVERING A.C.	23	7. THURROCK H.	59	11. ILFORD A.C. "B"	125
3. BASILDON A.A.C.	33	8. CHELMSFORD A.C. "B"	61	12. TENDRING A.C.	136
4. COLCHESTER A.C.	41	9. HARLOW A.C.	77	13. HARLOW A.C. "B"	140
5. ILFORD A.C.	41				

ESSEX COUNTY A.A.A. wish to thank COLCHESTER ATHLETIC CLUB for the facilities and course for today's Championship. We also wish to thank all Officials and Helpers who assisted.

Howard Williams
(Hon. Road Sec.)