

ESSEX COUNTY AAA 20 MILES ROAD RUNNING CHAMPIONSHIP, Chigwell Roow,
Essex, 11th March 1989

			5 Mls.	10Mls.	15Mls.
1. A.Catton	1.50.04	Ilford	27.12	55.02	1.22.19
2. M.Bond	54.42	Colchester & T.	26.53	55.23	24.32
3. G.Webb	56.23	Ilford	28.43	58.42	26.54
4. J.Mackenzie	57.46	Ilford	27.32	56.38	26.38
5. S.Wallace	59.10	Colchester & T.	27.16	56.57	27.42
6. A.Robinson	59.38	Chelmsford	28.26	59.09	29.58
7. B.Myers	2.00.01	Colchester & T.	27.40	57.43	28.35
8. B.Meadows	00.07	Ilford	27.32	56.18	23.48
9. S.Coleman	00.09	Havering	28.43	58.42	28.08
10. V.Hills	01.11	Chelmsford	28.12	58.45	30.00
11. R.Berry	01.41	Walthamstow	28.26	59.16	30.03
12. S.Fulker	03.20	Billericay S.	27.14	57.05	28.35
13. R.Suffield	03.37	Brentwood	28.50	60.19	32.17
14. T.McCarthy	04.42	Woodford Gn.	28.43	59.29	31.18
15. P.Douglas	04.51	Havering	28.43	59.25	31.26
16. C.Finney	05.29	Orion	29.35	61.07	33.03
17. E.Trotter	06.14	Havering	29.33	61.01	32.55
18. G.Cobden	06.37	Braintree & D.	28.07	60.43	32.41
19. Mrs L.Vandyke	07.59	Essex Ladies	29.00	61.19	34.18
20. S.Herington	08.39	Woodford Gn.	30.48	62.59	35.14
21. K.Cobden	08.56	Braintree & D.	28.28	59.24	31.04
22. R.Hill	09.15	Southend	31.09	63.26	36.13
23. Gra.Cobden	09.34	Braintree & D.	28.43	60.53	34.39
24. W.Metcalf	10.18	Newham & EB.	29.56	62.50	35.35
25. K.Pallett	10.32	Chelmsford	27.52	58.32	29.47
26. C.Ross	11.15	Chelmsford	30.18	63.51	37.18
27. E.Johnson	11.47	Chelmsford	30.18	63.50	37.18
28. B.Brown	12.59	Braintree & D.	29.11	60.32	33.17
29. B.Edgar	14.27	Southend	33.30	67.15	40.15
30. R.Sargent	17.34	Barking & D.	29.57	63.33	37.50
31. R.Peacey	17.52	Southend	33.30	68.15	43.02
32. T.Neild	17.59	Thurrock	31.33	65.56	41.08
33. B.Allen	18.43	Colchester & T.	32.18	67.10	42.10
34. C.Adams	18.51	Orion	31.59	66.38	40.40
35. C.Clark	20.01	Southend	33.08	68.14	43.04
36. R.Blois	21.44	Basildon	33.17	68.45	44.58
37. R.Gunthorpe	22.19	Havering	34.05	69.25	45.15
38. R.Whitehead	22.34	Brentwood	33.24	67.59	43.12
39. P.McKenny	22.47	Newham & EB.	32.48	68.09	44.35
40. P.Day	23.40	Ford Basildon	33.30	69.08	45.28
41. N.Baker	23.42	Southend	32.13	65.56	40.41
42. D.Anderson	24.41	Billericay S.	29.54	62.45	39.39
43. B.Musto	25.59	Brentwood	33.49	69.06	45.35
44. A.Giles	26.33	Unattached	34.50	72.13	49.03
45. M.Morgan	32.53	Chelmsford	34.50	73.07	52.20
46. P.Coombes	33.35	Barking & D.	35.40	74.00	54.18
47. A.Syson	35.36	Chelmsford	34.38	72.20	51.58
48. D.Howell	36.12	Barking & D.	35.59	74.54	54.32
49. P.Franklin	36.17	Ford Basildon	36.15	74.48	54.04
50. A.Tullett	38.53	Chelmsford	34.50	73.07	53.57
51. J.Soubly	40.05	Epping RC.	36.46	75.54	56.39
52. G.Crowe	40.59	Southend	37.51	78.02	58.30
53. J.Overy	44.58	Epping RC.	36.13	74.11	53.35

	8pts.	Team Result		60pts.
1. Ilford A.C.	14		5. Braintree & District A.C.	79
2. Colchester & Tendring A.C.	41		6. Southend-on-Sea A.C.	92
3. Havering A.C.	41		7. Brentwood A.C.	121
4. Chelmsford A.C.			8. Barking & Dagenham A.C.	

Howard Williams(Hon Secretary)
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