

ESSEX COUNTY 20 Miles Road Running Championship 1974
 Venue: Chelmsford A.C.'s. H.Q. Melbourne Park
 4th May 1974

INDIVIDUAL RESULT

		<u>Final Time</u>	<u>5 m.</u>	<u>10 m.</u>	<u>15 m.</u>	
1.	P. RICHARDSON	Havering A.C.	1. 44.48	26.09	52.21	78.42
2.	M. EMMS	Woodford Green A.C.	48.41	26.32	53.37	81.16
3.	M. WEEKS	Chelmsford A.C.	48.57	26.32	53.37	81.25
4.	D. WATTS	Essex Beagles A.C.	53.20	28.23	57.23	85.48
5.	A. LOVETT	Ilford A.C.	54.33	29.37	57.59	86.08
6.	G. HEWITT	Southend-on-Sea A.C.	57.05	29.23	58.25	87.08
7.	C. McSWEENEY	Orion H.	57.11	28.31	57.42	87.37
8.	R. HOWE	Walthamstow A.C.	57.17	26.19	53.39	83.46
9.	D. HORSUP	Thurrock H.	58.19	29.50	59.00	88.22
10.	J. HUSSEY	Guest	58.28	29.23	58.42	88.42
11.	M. A'BEAR	Thurrock H.	59.23	30.01	59.51	89.57
12.	E. BUTCHER	Colchester A.C.	2. 00.47	29.37	58.46	89.34
13.	D. PRIOR	Woodford Green A.C.	02.21	30.06	59.34	89.32
14.	M. HERRING	Ilford A.C.	03.03	29.37	57.59	87.51
15.	A. DOWN	Thurrock H.	04.13	29.14	57.23	88.57
16.	A. HEFFORD	Orion H.	04.30	30.32	61.54	93.37
17.	R. BLOIS	Basildon A.A.C.	04.32	31.12	62.24	94.11
	E. ANDREWS	Havering A.C.	05.31	29.41	60.12	92.26
19.	K. BURGESS	Chelmsford A.C.	06.16	31.09	62.16	94.16
20.	J. MOUNTAIN	" "	07.22	30.52	61.16	92.46
21.	P. FILLER	Orion H.	07.40	29.49	59.59	92.25
22.	L. DURRANT	" "	14.45	32.00	64.49	99.00
23.	A. TIFFIN	Ilford A.C.	15.47	32.31	65.31	100.12
24.	J. FENN	Orion H.	17.07	34.08	68.14	102.40
25.	J. LEWIS	Walthamstow A.C.	27.35	32.46	66.02	101.50
26.	R. BOND	Orion H.	28.36	32.31	66.15	103.49
27.	D. JONES	Ilford A.C.	30.57	34.24	69.47	109.35
28.	D. STEWART	Essex Beagles A.C.	37.02	34.24	69.47	109.36
29.	A. POYNTER	Walthamstow A.C.	40.17	36.41	75.38	116.53

Non - Finishers

		<u>5 m.</u>	<u>10 m.</u>	<u>15 m.</u>
M. PROSSER	Ilford A.C.	29.37	59.49	
B. HICKS	Walthamstow A.C.	29.37	58.42	89.21
D. TAYLOR	Hadleigh O.A.C.	30.01	60.22	
D. MULLANE	Chelmsford A.C.	30.52	62.07	
J. PERKINS	Havering A.C.	34.00	69.44	

TEAM RESULT

1.	THURROCK H.	(9.10.14)	33 pts.
2.	CHELMSFORD A.C.	(3.18.19)	40
3.	ILFORD A.C.	(5.13.22)	40
4.	ORION H.	(7.15.20)	42
5.	WALTHAMSTOW A.C.	(8.24.28)	60

H. WILLIAMS.
 (Hon. Race Secretary)