

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION

President: G. TOWLER, ESQ.

20 Miles Road Running Championship at Woodford, Essex on 1st May 1977

INDIVIDUAL RESULT

			<u>FINISH</u>	<u>5 Miles</u>	<u>10 Miles</u>	<u>15 Miles</u>
1.	C. MOXSOM	WOODFORD GREEN A.C.	1 .47.59	26.16	52.40	79.33
2.	P. BRYAN	HAVERING A.C.	.48.05	26.30	52.50	79.51
3.	P. RICHARDSON	"	.51.01	26.16	52.40	80.59
4.	B. DISS	"	.54.18	26.41	54.29	83.20
5.	M. HERRING	ILFORD A.C.	.55.36	26.47	55.11	84.40
6.	A. THOMAS	COLCHESTER A.C.	.58.46	27.55	57.24	87.39
7.	G. VALENTINE	BASILDON A.C.	2 .01.58	30.37	61.41	91.33
8.	D. MINNS	"	.02.01	30.37	61.41	91.36
9.	T. HOYLE	HAVERING A.C.	.02.04	29.41	58.56	90.14
10.	B. THOMAS	SOUTHEND-ON-SEA A.C.	.03.18	30.30	61.05	91.45
11.	K. JONES	ORION H.	.04.28	30.37	61.41	92.43
12.	G. FULLER	COLCHESTER A.C.	.05.02	30.25	61.08	92.43
13.	M. SHIELDS	CHELMSFORD A.C.	.05.58	31.11	62.31	94.11
14.	D. HORSUP	THURROCK H.	.06.22	28.01	58.45	90.55
15.	E. BUTCHER	COLCHESTER A.C.	.06.39	31.50	63.02	94.43
16.	J. MOUNTAIN	CHELMSFORD A.C.	.08.00	31.22	63.02	94.55
17.	R. SMITH	BASILDON A.C.	.08.40	30.37	61.41	92.43
18.	T. SAMUELS	HAVERING A.C.	.08.45	30.12	61.46	94.38
19.	A. LEWIS	ETON MANOR A.C.	.11.42	31.25	63.24	95.53
20.	D. MULLANE	CHELMSFORD A.C.	.14.05	28.41	58.17	89.22
21.	K. WILKINSON	"	.14.25	30.28	62.16	97.33
22.	L. DURRANT	ORION H.	.15.27	32.25	66.05	100.37
23.	R. BOND	"	.15.57	31.28	64.00	98.38
24.	B. HURRELL	COLCHESTER A.C.	.16.35	30.37	62.56	97.20
25.	L. BROWN	WOODFORD GREEN A.C.	.19.47	32.18	67.45	103.16
26.	D. JONES	" "	.24.11	33.09	68.22	104.49
27.	S. VANE	THURROCK H.	.28.04	33.29	68.05	104.56
28.	J. FENN	ORION H.	.28.33	34.00	69.04	105.33
29.	A. POTTER	CHELMSFORD A.C.	.30.18	33.20	68.36	106.37
30.	M. BRIDGES	"	.33.05	32.58	69.05	108.01

Non-Finishers

K. BURGESS	CHELMSFORD A.C.	31.23	63.02	95.57
L. NICHOLS	COLCHESTER A.C.	27.55	58.40	90.48
W. GILHAM	ILFORD A.C.	29.32	62.50	97.30
D. WARNER	ORION H.	32.42	67.15	111.52
D. WHEATON	THURROCK H.	33.29	69.24	111.50
D. WILLOCK	WALTHAMSTOW A.C.	26.16		
K. FORSTER	"	30.37	61.18	
E. BARRETT	WOODFORD GREEN A.C.	35.37		

TEAM RESULT

1. HAVERING A.C.	9 pts.	4. CHELMSFORD A.C.	49 pts.
2. BASILDON A.C.	32 pts.	5. WOODFORD GREEN A.C.	52 pts.
3. COLCHESTER A.C.	33 pts.	6. ORION H.	56 pts.

H. WILLIAMS.  
(Hon. Road Secretary)