



B E N F L E E T 1 5

1 9 9 3 R E S U L T S .

Thank you to all who took part in the 3rd "Benfleet 15". We hope you had a good run and enjoyed the day.

Congratulations to Steve Kemp and Sue Coxshall, the overall Male and Female race winners.

Trophy winners were as follows:

1st	STEVE KEMP	Southend AC
2nd	KEITH PURVISS	Southend AC
3rd	MALCOLM PACKER	Thurrock Harriers
1st Vet 40	JOHN BARBER	Billericay Striders
2nd	P. COLLIER	East London Runners
3rd	MERVYN WHITE	Paddock Wood AC
1st Vet 50	MALCOLM BALL	Springfield Striders.

TEAM RESULT - 1st SOUTHEND AC
2nd THURROCK HARRIERS
3rd VERLEA AC
4th BENFLEET RC

1st PAST THE CASTLE - WON A PAIR OF BROOKS SHOES.

KEITH PURVISS.

LADIES RESULT

1st	SUE COXSHALL	Springfield Striders
	New Course Record 1.38.45	
2nd	TRACY SWINDELL	Benfleet RC
3rd	ANGELA DOYLE	Verlea AC
1st Vet 35	BIRGITTA BRAMLEY	East London Runners
2nd	DIANE BIRKIN	Maldon Harriers
3rd	LINDA CLAMPETT	Thurrock Harriers
1st Vet 45	KATHERINE TAYLOR	Maldon Harriers

TEAM RESULT - 1st MALDON HARRIERS
2nd BENFLEET RC
3rd SPRINGFIELD STRIDERS

Chairman: Alan Peggs. Secretary: Diane Norton. Treasurer: Ian Pike.
Membership Secretary: Lyn Hopkins. Fixture Secretary: Clive Hopkins. Social Secretary: Paul Norton.
Men's Captain: Ray Bates Ladies' Captain: Heather Nicholas

SPOT PRIZES
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Spot Prizes were won by:

A. R. DONNS	(51st)	Essex Police
S. HYNES	(101st)	Unattached
P. SWINDELL	(151st)	Benfleet RC
ERICA AKERMAN	(Oldest lady)	Woodstock Runners
A. F. ORFORD	(Oldest man)	Thamesmere Trotters.

At the presentation it was announced that R Challis had won a spot prize for being the first entry received. He did not collect his prize. It was subsequently found that he had not, in fact, turned up to run. Therefore, this prize has become invalid.

Many thanks to all those people who helped to make the race such a great success - the Marshalls, St. John Ambulance and C.A.P.C.O.M. and to the Canvey Island Rugby Club for allowing us to use their clubhouse for our race headquarters.

Thank you very much to our sponsors:

Race Sponsors:- ATHLETIC EAST, HIGH STREET, WANSTEAD E 11.

Spot Prizes:- FORD MOTOR COMPANY.

Contribution towards the trophies:- CLASSIC CARS, TARPOTS CORNER, BENFLEET.

CHARITY BENEFICIARIES:- ST. JOHN AMBULANCE.
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11/02/93

OVERALL RACE RESULTS

BENFLEET RUNNING CLUB-15 MILES 7 FEBRUARY 1993

CAT.	NAME		RACE NUMBER	PLACE	TIME min.sec.	CAT	AGE	CLUB
A	KEMP	S	207	1	86.09	M	32	SOUTHEND A C
A	PURVIS	K	61	2	87.18	M	33	SOUTHEND A C
A	PACKER	M P	140	3	87.27	M	33	THURROCK HARRIERS
A	BADA	A	246	4	87.41	M	34	SOUTHAMPTON CITY A C
B	BARBER	J	318	5	88.24	MV	44	BILLERICAY STRIDERS
A	DOYLE	S	152	6	91.00	M	31	VERLEA A C
A	LEANEY	W	271	7	91.15	M	21	PADDOCK WOOD
B	COLLIER	P L	254	8	91.29	MV	45	EAST LONDON RUNNERS
A	FOSTER	M	90	9	91.52	M	38	BENFLEET R C
A	FOLEY	P	27	10	93.10	M	38	THAMESIDE R C
B	WHITE	M J	144	11	93.44	MV	44	PADDOCK WOOD A C
A	LEAMAN	C	333	12	93.52	M	30	SOUTHEND A C
A	SIFFORD	D	305	13	94.00	M	37	THURROCK HARRIERS
B	BINNS	P J	196	14	94.11	MV	45	SOUTHEND A C
A	GOODYEAR	P	287	15	94.17	M	38	THURROCK HARRIERS
B	OSBORNE	B	151	16	95.26	MV	42	VERLEA A C
A	PANNELL	R	257	17	95.32	M	37	BRAINTREE A C
A	WATSON	M	121	18	95.50	M	30	
A	BUTCHER	S	330	19	96.02	M	34	EAST END ROAD RUNNERS
A	STACEY	M	307	20	96.08	M	30	DAGENHAM JOGGERS
B	CHRISTMAS	P J	248	21	96.34	MV	42	STUBBINGTON GREEN
A	CHRISTMAS	K	326	22	96.44	M	39	PITSEA R C
A	BLISS	T	88	23	96.51	M	26	BENFLEET R C
B	GALLEY	RS	204	24	96.55	MV	40	EAST ESSEX TRIATHLETES
B	NEENAN	R	223	25	96.55	MV	40	CHELMSFORD R R C
B	MOODY	C	3	26	97.28	MV	42	HARLOW R C
A	ROCKALL	D	238	27	97.33	M	31	
A	SHEPPARD	R	177	28	97.35	M	33	
A	MCGREGOR	N	43	29	97.44	M	29	THURROCK HARRIERS
A	JONES	D	322	30	97.45	M	32	BILLERICAY STRIDERS
A	CAMPBELL	A	67	31	98.02	M	26	BRENTWOOD A C
A	CONWAY	A M	8	32	98.03	M	24	MALDON HARRIERS
A	RYAN	M	104	33	98.25	M	36	FORD FITNESS CENTRE
A	HAWKINS	I	72	34	98.30	M	34	METROPOLITAN POLICE A C
A	SIMPSON	C	157	35	98.42	M	38	THURROCK HARRIERS
B	HURLEY	R	156	36	98.43	MV	46	PITSEA R C
A	TYLER	J	51	37	98.45	M	30	DAGENHAM 88 JOGGERS
B	TREMAIN	P	312	38	98.45	MV	46	SPRINGFIELD STRIDERS
F	COXSHALL	S	128	39	98.45	F.S.K.	45	SPRINGFIELD STRIDERS
A	WALES	G D	252	40	99.02	M	28	PHILIPS CITY STRIDERS
A	THORNTON	M	158	41	99.40	M	34	PHILIPS CITY STRIDERS
A	DOWSON	J	21	42	99.56	M	26	EAST LONDON RUNNERS
A	McLAUGHLIN	P	316	43	100.01	M	36	PITSEA R C
A	FOWLER	J	73	44	100.33	M	38	EAST LONDON RUNNERS
A	PIKE	I	87	45	101.05	M	20	BENFLEET R C
B	EVERITT	B	179	46	101.18	MV	48	DULWICH PARK RUNNERS
A	PEGGS	I D	100	47	101.37	M	24	BENFLEET R C
B	SMITH	G G	212	48	101.44	MV	46	HAVERING A C
D	SWINDELL	T	85	49	101.57	F	26	BENFLEET R C
A	THEAKSTONE	I	56	50	102.10	M	31	DAGENHAM 88 JOGGERS
B	DONN	A R	327	51	102.18	MV	42	ESSEX POLICE A C

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	<u>NAME</u>		<u>RACE</u> <u>NO</u>	<u>POSITION</u>	<u>TIME</u>	<u>CAT</u>	<u>AGE</u>	<u>CLUB</u>
A	ANSTISS	S	176	52	102.22	M	28	
A	SALISBURY	A	302	53	102.25	M	36	VERLEA
B	GIBSON	J	274	54	102.36	MV	48	LEATHER BOTTLE P H
A	THOMAS	T A	319	55	103.22	M	38	LFBA
A	PEGG	R	304	56	103.22	M	30	LFBA
C	BALL	M	127	57	103.32	M SV	59	SPRINGFIELD STRIDERS
A	STEVENS	D	49	58	103.41	M	26	DAGENHAM 88 JOGGERS
C	MATTHEWS	P	215	59	103.55	M SV	50	CAPITAL ROAD RUNNERS
B	CROFT	AJ	203	60	103.57	MV	46	HAVERING A C
A	BOULDBRIDGE	P	6	61	104.00	M	39	MALDON HARRIERS
B	QUICK	R	138	62	104.04	MV	45	LINFORD JOGGERS
D	DOYLE	A	149	63	104.15	F	31	VERLEA A C
A	McEVoy	D	278	64	104.18	M	38	BASILDON A C
A	LOBODA	J	296	65	104.24	M	28	VIC PARK HARRIERS
A	DAVIES	K	159	66	104.35	M	38	
C	THOMPSON	M	52	67	104.37	M SV	53	DAGENHAM 88 JOGGERS
A	FALLON	D	58	68	104.44	M	38	PADDOCK WOOD A C
B	STOKOE	J	277	69	104.48	MV	43	BASILDON A C
A	OXLEY	M	279	70	104.50	M	25	
C	CLARK	L F	70	71	105.00	M SV	59	SPRINGFIELD STRIDERS
A	HILL	D R	101	72	105.11	M	36	FORD FITNESS CENTRE
A	MULLEN	S	119	73	105.24	M	37	SOUTHEND A C
A	STANLEY	D	311	74	105.37	M	38	BASILDON A C
A	ANDREWS	P	267	75	105.40	M	34	BENFLEET R C
B	NORTON	P	86	76	105.59	MV	45	BENFLEET R C
B	WHITMARSH	J	306	77	106.17	MV	45	CASTLE POINT JOGGERS
B	PIKE	C	276	78	106.26	MV	40	THAMESIDE R C
B	ADAMS	M F	54	79	106.29	MV	43	DAGENHAM 88 JOGGERS
D	FINDLEY-BADA	C	247	80	106.39	F	30	NEW FOREST RUNNERS
B	TITLEY	P	155	81	106.48	MV	40	GRAVESEND R R & A C
A	HUMPHRYES	M	283	82	107.03	M	32	DAGENHAM
A	TINDLE	A	32	83	107.15	M	36	BOW STREET RUNNERS
A	FAHY	M	33	84	107.15	M	35	BOW STREET RUNNERS
A	ARWOOD	A J	265	85	107.31	M	38	ARMY A A
A	HEIDEN	G	175	86	107.33	M	31	
A	CONWAY	G	113	87	107.40	M	35	EAST ESSEX TRIATHLETES
B	VINCE	J	99	88	107.48	MV	44	
E	BRAMLEY	B	125	89	107.51	FV	37	EAST LONDON RUNNERS
A	SHOULDER	R	44	90	107.58	M	37	THURROCK HARRIERS
A	HILL	R	174	91	108.06	M	39	SOUTHEND A C
A	GOLLAND	N	65	92	108.10	M	30	BRENTWOOD A C
B	MUSTO	B	66	93	108.10	MV	42	BRENTWOOD A C
B	STAINES	M	331	94	108.13	MV	45	CASTLE POINT A C
A	HAYWARD	P	268	95	108.25	M	35	BENFLEET R C
A	DOWNY	K	315	96	108.30	M	27	CASTLE POINT A C
A	CARDNELL	G	124	97	108.35	M	35	PITSEA R C
B	DAVIS	J	147	98	108.43	MV	44	VERLEA A C
A	TAYLOR	M	74	99	108.57	M	35	CAPITAL R R C
B	KEBBELL	R	89	100	108.59	MV	45	BASILDON A C
A	HYNES	S	201	101	109.07	M	25	
C	DEACON	G	222	102	109.09	M SV	52	HAVERING A C
B	JACKSON	N	26	103	109.25	MV	46	THAMESIDE R C
A	ESCOTT	A	275	104	109.26	M	33	BILLERICAY STRIDERS
B	JOHNSON	J	188	105	109.30	MV	44	NEWHAM & ESSEX BEAGLES
A	FREEMAN	V J	134	106	109.32	M	31	FORD FITNESS CENTRE
B	NEVIN	J	163	107	109.35	MV	49	PITSEA R C

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	<u>NAME</u>		<u>RACE</u> <u>N°</u>	<u>POSITION</u>	<u>TIME</u>	<u>CAT.</u>	<u>AGE</u>	<u>CLUB</u>
A	UNSWORTH	L	160	108	109.38	M	38	AVON VALLEY RUNNERS
B	SILVERTON	R	189	109	109.45	MV	43	
B	FOSTER	D	286	110	109.46	MV	40	
B	JEWELL	D J	199	111	110.09	MV	44	SOUTHEND A C
A	WESTON	BJP	234	112	110.19	M	35	CLASSY RUNNERS A C
C	SULLIVAN	M	148	113	110.37	M SV	54	VERLEA A C
B	BARRETT	S	260	114	111.15	MV	42	GRAVESEND R R A C
A	SINCLAIR	D	314	115	111.21	M	36	PITSEA R C
C	MCCLEOD	V	83	116	111.22	M SV	52	BENFLEET R C
B	HANKINS	R	261	117	111.24	MV	45	GRAVESEND R R A C
B	COMPTON	R	182	118	111.41	MV	41	
A	PAYNE	D	217	119	111.41	M	34	IPSWICH JAFFA
A	STEPHENSON-OLIVER	S	76	120	112.06	M	31	TUNBRIDGE WELLS RUNNERS
B	TAYLOR	B	11	121	112.17	MV	49	MALDON HARRIERS
E	BIRKIN	D	9	122	112.17	FV	44	MALDON HARRIERS
C	READ	A	187	123	112.28	M SV	59	NEWHAM & ESSEX BEAGLES
C	WILLIAMS	J	130	124	113.02	M SV	52	
B	HUNT	J	141	125	113.02	MV	49	EAST ESSEX TRIATHLETES
C	EMERICK	D	237	126	113.12	M SV	53	BRAINTREE A C
B	MARTIN	R	310	127	113.17	MV	48	EAST LONDON RUNNERS
A	WISE	L	220	128	113.20	M	37	GT.BENTLEY JOGGERS
B	BRETT	E G	206	129	113.40	MV	43	HAVERING A C
D	CHAPMAN	J	7	130	113.40	F	27	MALDON HARRIERS
B	LEE	R	95	131	113.56	MV	40	EAST LONDON RUNNERS
B	GADE	J	107	132	113.58	MV	48	SOUTHERN COUNTIES VETS
A	NEWELL	M	321	133	114.02	M	34	CAMBRIDGE HARRIERS
C	WRAFTER	T	28	134	114.07	M SV	54	THAMESIDE R C
B	MARVELL	C A	263	135	114.24	MV	44	LINFORD JOGGERS
E	CLAMPETT	L	139	136	114.34	FV	40	THURROCK HARRIERS
B	HARRIS	H	91	137	114.46	MV	46	
B	ADAMS	D	95	138	114.50	MV	45	DAGENHAM 88 JOGGERS
A	RHODES	J	328	139	114.50	M	22	CASTLE POINT A C
A	KHAN	A	115	140	114.53	M	31	
E	SMITH	F L	235	141	115.27	FV	43	
E	QUINLIVAN	M	227	142	115.40	MV	41	BILLERICAY STRIDERS
A	HORTON	J	309	143	115.53	M	33	V/A
B	COLLINS	V	15	144	116.16	MV	48	HAVERING 90 JOGGERS
C	WALTON	R B	96	145	116.23	M SV	50	SPRINGFIELD STRIDERS
A	ACOURT	A C	120	146	116.34	M	30	
B	DIMMOCK	H	123	147	116.35	MV	48	SOUTHEND A C
B	MOLE	D	231	148	116.44	MV	44	
A	KHAIHRA	H	229	149	116.50	M	38	
B	BELL	A	126	150	116.51	MV	46	BROMLEY VETS A C
A	SWINDELL	P	84	151	117.14	M	26	BENFLEET R C
A	BROCKENBANK	M	337	152	117.24	M	29	
C	MANDER	P	240	153	117.47	M SV	55	PADDOCK WOOD
B	WEST	R	166	154	117.55	MV	42	
A	WATTS	G	194	155	117.59	M	33	COLCHESTER JOGGERS
C	VIRGO	C	133	156	118.00	M SV	53	CASTLE POINT JOGGERS
F	TAYLOR	K	10	157	118.00	F SV	48	MALDON HARRIERS
E	HATHERALL	J	34	158	118.16	FV	42	BOW STREET RUNNERS
B	WILLIAMS	A	109	159	118.33	MV	48	BICESTER R R
A	LEEDS	A	169	160	118.41	M	39	LEATHER BOTTLE P H
A	PACE	S D	36	161	118.51	M	34	MALDON HARRIERS
A	MELVIN	T	228	162	118.51	M	30	CASTLE POINT JOGGERS
A	SMITH	C	183	163	119.00	M	33	BOW STREET RUNNERS

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	<u>NAME</u>		<u>Race No</u>	<u>Position</u>	<u>TIME</u>	<u>CAT.</u>	<u>AGE</u>	<u>CLUB</u>
B	CHIDDICKS	D J	170	164	119.17	MV	41	
A	JOYCE	A	320	165	119.20	M	36	CAMBRIDGE HARRIERS
A	JONES	J	111	166	119.22	M	39	SPRINGFIELD STRIDERS
A	HENDY	K	19	167	119.25	M	33	
A	HILL	R	103	168	119.29	M	28	FORD FITNESS CENTRE
A	CHAMPION	J	122	169	119.31	M	38	CASTLE POINT JOGGERS
A	MONKS	P	136	170	119.48	M	30	BILLERICAY STRIDERS
A	COUSINS	J	202	171	120.05	M	24	
B	SMITH	D E	214	172	120.15	MV	49	CAMBRIDGE HARRIERS
B	GOODWIN	P	135	173	120.28	MV	41	DOVEDALE HARRIERS
A	STILL	P	334	174	120.36	M	37	THURROCK NOMADS
A	BARNES	T	245	175	120.36	M	38	WARE JOGGERS
C	BROOKS	D	264	176	121.08	M SV	51	THURROCK NOMADS
B	BAUKHAM	R	259	177	121.11	MV	43	GRAVESEND R R A C
C	LAUNDON	K	308	178	121.15	M SV	50	TRA
B	BATES	B	145	179	121.26	MV	46	
B	SMITH	B	172	180	121.28	MV	45	BILLERICAY STRIDERS
B	LEAFE	M	31	181	121.55	MV	41	MALDON HARRIERS
B	DEARMAN	K	78	182	121.56	MV	49	
C	GITTOS	K	313	183	122.03	M SV	55	
E	LINDSEY	V	59	184	122.23	FV	44	PADDOCK WOOD A C
B	CAPELING	S F	60	185	122.23	MV	41	PADDOCK WOOD A C
A	FRINDLE	T	280	186	122.33	M	36	HALSTEAD R R
A	WHITLEY	J	50	187	122.42	M	37	DAGENHAM 88 JOGGERS
B	GIBBS	R	146	188	122.43	MV	43	MALDON HARRIERS
D	NEENAN	J	224	189	122.45	F	27	CHELMSFORD R R C
C	JOHNSON	D	241	190	122.54	M SV	59	AYLESHAM R R
A	BROCKINGTON	T C	112	191	123.33	M	36	
E	PRESTON	S	197	192	123.40	FV	39	GRAVESEND R R
C	BROWN	M	262	193	123.40	M SV	54	GRAVESEND R R A C
B	CARDY	D	81	194	123.57	MV	48	BENFLEET R C
B	TRACEY	B	142	195	124.31	MV	45	
A	BURGESS	A	323	196	124.42	M	27	MEDWAY A C
A	STEINPRESS	L	284	197	124.44	M	37	NORTH LONDON A C
C	PORTER	K	68	198	124.50	M SV	50	BLACKHEATH HARRIERS
B	WILLIAMS	D	230	199	125.45	MV	41	BILLERICAY STRIDERS
A	LEEDS	L	273	200	125.52	M	37	LEATHER BOTTLE P H
B	GATTELY	C	325	201	125.54	MV	44	PITSEA R C
C	RUSHTON	K J	41	202	125.55	M SV	54	PITSEA R C
B	BLACKIE	R	298	203	126.00	MV	42	VIC PARK HAARIERS
D	BERTI	S	150	204	126.04	F	34	VERLEA A C
B	GREEN	T	219	205	126.08	MV	47	
B	WADE	S	250	206	126.13	MV	41	HALSTEAD R R
C	LILLEY	J	186	207	126.20	M SV	51	VETERANS A C
B	STOUT	T	12	208	126.27	MV	46	SOUTHEND A C
B	RAMPLING	L E	69	209	126.27	MV	45	ESSEX POLICE A C
B	LAUNDON	G	129	210	126.30	MV	46	SOUTHERN COUNTIES VETS
B	CALAZ	K	77	211	126.48	MV	43	SOUTHEND A C
C	WHITAKER	J	79	212	126.53	M SV	59	SOUTHERN VETS
B	KELLEWAY	N	143	213	127.05	MV	41	
C	SHARMAN	R G	22	214	127.37	M SV	60	
A	COTTIS	R	185	215	127.38	M	36	
A	GEORGE	T	258	216	128.21	M	27	
C	ROOKE	D	42	217	129.04	M SV	56	BILLERICAY STRIDERS
B	BONE	G	63	218	129.04	MV	42	
A	MAY	R	108	219	129.07	M	36	

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	<u>NAME</u>		<u>RACE Nº</u>	<u>Position</u>	<u>TIME</u>	<u>CAT.</u>	<u>AGE</u>	<u>CLUB</u>
A	BARDELL	G	300	220	129.10	M	34	
A	JENNETT	J	335	221	129.15	M	39	THURROCK NOMADS
A	BADURA	J P	216	222	129.40	M	31	
C	SCRIVENER	K	218	223	129.54	M SV	50	LUSAC HASH HOUSE HARRIERS
B	HOWELL	R J	213	224	130.07	MV	49	
A	KELLY	D	282	225	130.13	M	32	
B	JONES	D	249	226	130.15	MV	44	MOUNT PLEASANT A C
A	HALL	K	118	227	131.03	M	25	
D	GARROD	L	94	228	131.08	F	24	BENFLEET R C
B	EDMEADES	A	71	229	131.39	MV	42	HAVERING 90
A	BENNETT	C	301	230	131.42	M	38	EAST ESSEX TRIATHLETES
A	BROUGHTON	A I	131	231	131.57	M	22	
B	PAIN	W	132	232	131.57	MV	42	
B	LESLIE	F	153	233	132.03	MV	47	VERLEA A C
A	CARTWRIGHT	S	192	234	132.16	M	33	
P	LEE	E	48	235	132.20	M	37	
C	MARTIN	H	253	236	133.12	M SV	60	BLACKHEATH HARRIERS
B	LAMB	D	232	237	133.55	MV	43	
D	MILLER	J	75	238	134.00	F	29	SPRINGFIELD STRIDERS
C	SMITH	A	178	239	134.20	M SV	54	CASTLE POINT JOGGERS
E	FREESTONE	L	110	240	134.52	FV	40	CAPITAL ROAD RUNNERS
B	WILCOX	D	233	241	135.03	MV	48	MAIDSTONE HARRIERS
D	NICHOLAS	H	295	242	135.18	F	27	BENFLEET R C
A	SILVER	G	285	243	135.18	M	31	
A	QUINN	P	297	244	135.50	M	36	VIC PARK HARRIERS
D	PROUDLOVE	S	281	245	135.57	F	30	MEDWAY A C
C	BAKER	A J	193	246	136.55	M SV	51	PITSEA R C
C	TOBIN	D A	329	247	136.55	M SV	52	PITSEA R C
E	WILLIAMS	L	18	248	137.17	FV	38	GRAVESEND R R
A	PIGRAM	A	291	249	137.25	M	38	SPRINGFIELD STRIDERS
A	LIVETT	A	184	250	138.08	M	30	CASTLE POINT A C
A	STERN	P	168	251	138.19	M	39	
A	CHURCH	J M	47	252	139.45	M	37	
B	LONG	D	14	253	139.50	MV	48	
B	WILLMOTT	T	244	254	140.07	M	39	HORSHAM JOGGERS
B	MOSS	B	165	255	140.12	MV	41	
E	WING	J A	324	256	140.47	FV	42	MEDWAY A C
A	ROBINSON	D J	62	257	142.10	M	28	
C	NILES	A	114	258	142.23	M SV	56	CASTLE POINT JOGGERS
A	CHISHOLM	I	290	259	142.56	M	33	SOUTHEND A C
C	PAYNE	G	180	260	143.21	M SV	55	PITSEA R C
A	COCKCROFT	P	57	261	143.35	M	38	PADDOCK WOOD A C
C	BRADSWAN	S	154	262	144.25	M SV	50	VERLEA A C
A	BUTLER	C	293	263	144.25	M	37	VIC PARK HARRIERS
C	PARSONS	D	292	264	144.36	M SV	53	VIC PARK HARRIERS
A	SCOTT	G	45	265	144.39	M	32	
C	REID	C	303	266	144.41	M SV	58	VIC PARK HARRIERS
C	WILLIAMS	R	17	267	147.06	M SV	63	GRAVESEND R R
A	BROCKENBANK	M	336	268	147.13	M	25	
B	PERMAN	D	270	269	148.18	MV	41	PADDOCK WOOD
F	BATES	J	82	270	148.24	F SV	47	BENFLEET R C
B	CLARK	A F	97	271	148.34	MV	44	SPRINGFIELD STRIDERS
E	RICHARDSON	A	5	272	148.34	FV	37	SPRINGFIELD STRIDERS
A	SHARMAN	R P	23	273	148.53	M	35	
A	BILLIA	S	105	274	151.26	M	39	
B	SKERRATT	C	256	275	151.27	MV	46	MOUNT PLEASANT A C

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	<u>NAME</u>		<u>Race No</u>	<u>Position</u>	<u>TIME</u>	<u>CAT.</u>	<u>AGE</u>	<u>CLUB</u>
B	ENGLEZOU	G	226	276	152.35	MV	43	PITSEA R C
C	WHERRY	C	181	277	153.31	M SV	57	VETERANS
A	COX	J	317	278	154.20	M	36	
F	AKERMAN	E	20	279	155.51	F SV	52	WOODSTOCK RUNNERS
C	WARNES	AJ	38	280	156.15	M SV	54	THAMESMERE TROTTERS
E	HAMPSHIRE	S	116	281	157.16	FV	35	ROAD RUNNERS CLUB
A	WISE	L T	98	282	160.27	M	34	
B	BERGER	M M	272	283	163.34	MV	47	PADDOCK WOOD
B	GREEN	R	294	284	167.30	MV	45	WOODFORD GREEN A C
C	ORFORD	A F	39	285	169.50	M SV	72	THAMESMERE TROTTERS
A	WHITE	M	236	286	169.50	M	31	
A	PIGRAM	C	289	287	170.09	M	38	SPRINGFIELD STRIDERS
C	DUNNICO	C R	40	288	173.14	M SV	51	CASTLE POINT JOGGERS
C	PARSONS	R	164	289	175.17	M SV	58	
B	NUGENT	D	221	290	179.20	MV	43	ST.BENTLEY JOGGERS
A	ADAMS	L M	195	291	181.20	M	34	
B	CARPENTER	R	209	292	190.58	MV	41	
A	GORMAN	L	93	293	191.43	M	24	

BENFLEET 15 LADIES

<u>Pos.</u>	<u>Name</u>	<u>Time</u>	<u>Cat.</u>	<u>Club</u>
1	S. Coxshall	98.45	FSV	Springfield Striders
2	T. Swindell	101.57		Benfleet R C
3	A. Doyle	104.15		Verlea A C
4	C. Findley-Bada	106.39		New Forest Runners
5	B. Bramley	107.51	FV	East London Runners
6	D. Birkin	112.17	FV	Maldon Harriers
7	J. Chapman	113.40		Maldon Harriers
8	L. Clampett	114.34	FV	Thurrock Harriers
9	F. Smith	115.27	FV	U/A
10	K. Taylor	118.00	FSV	Maldon Harriers
11	J. Hatherall	118.16	FV	Bow Street Runners
12	V. Lindsey	122.23	FV	Paddock Wood A C
13	J. Neenan	122.45		Chelmsford R R C
14	S. Preston	123.40	FV	Gravesend R R
15	S. Berti	126.04		Verlea A C
16	L. Garrod	131.08		Benfleet R C
17	J. Miller	134.00		Springfield Striders
18	L. Freestone	134.52	FV	Capital Road R
19	H. Nicholas	135.18		Benfleet R C
20	S. Proudlove	135.57		Medway A C
21	L. Williams	137.17	FV	Gravesend R R
22	J. Wing	140.47	FV	Medway A C
23	J. Bates	148.24	FSV	Benfleet R C
24	A. Richardson	148.34	FV	Springfield Striders
25	E. Akerman	155.51	FSV	Woodstock Runners
26	S. Hampshire	157.16	FV	Road Runners Club

RESULT BY CATEGORY

CAT.	NAME	RACE NUMBER	PLACE OVERALL RACE	TIME min.sec.	AGE	CLUB
<u>VET LADIES (35-44)</u>						
E	1	BRAMLEY B	125	89	107.51	37 EAST LONDON RUNNERS
E	2	BIRKIN D	9	122	112.17	44 MALDON HARRIERS
	3	CLAMPETT L	139	136	114.34	40 THURROCK HARRIERS
E	4	SMITH F L	235	141	115.27	43
E	5	HATHERALL J	34	158	118.16	42 BOW STREET RUNNERS
E	6	LINDSEY V	59	184	122.23	44 PADDOCK WOOD A C
E	7	PRESTON S	197	192	123.40	39 GRAVESEND R R
E	8	FREESTONE L	110	240	134.52	40 CAPITAL ROAD RUNNERS
E	9	WILLIAMS L	18	248	137.17	38 GRAVESEND R R
E	10	WING J A	324	256	140.47	42 MEDWAY A C
E	11	RICHARDSON A	5	272	148.34	37 SPRINGFIELD STRIDERS
E	12	HAMPSHIRE S	116	281	157.16	35 ROAD RUNNERS CLUB

CAT.	NAME	RACE NUMBER	RACE PLACE	TIME min.sec.	AGE	CLUB
<u>S/VET LADIES 45 UPWARDS</u>						
F	1	COXSHALL S	128	39	98.45	45 SPRINGFIELD STRIDERS
F	2	TAYLOR K	10	157	118.00	48 MALDON HARRIERS
F	3	BATES J	82	270	148.24	47 BENFLEET R C
F	4	AKERMAN E	20	279	155.51	52 WOODSTOCK RUNNERS

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RESULT BY AGE CATEGORYVET MEN 40 TO 49

BENFLEET RUNNING CLUB-15 MILES 7 FEBRUARY 1993

CAT.	Position IN Category	NAME		RACE NUMBER	OVERALL PLACE	TIME min.sec.	AGE	CLUB
B	1	BARBER	J	318	5	88.24	44	BILLERICAY STRIDERS
B	2	COLLIER	P L	254	8	91.29	45	EAST LONDON RUNNERS
B	3	WHITE	M J	144	11	93.44	44	PADDOCK WOOD A C
B	4	BINNS	P J	196	14	94.11	45	SOUTHEND A C
B	5	OSBORNE	B	151	16	95.26	42	VERLEA A C
B	6	CHRISTMAS	P J	248	21	96.34	42	STUBBINGTON GREEN
B	7	GALLEY	RS	204	24	96.55	40	EAST ESSEX TRIATHLETES
B	8	NEENAN	R	223	25	96.55	40	CHELMSFORD R R C
B	9	MOODY	C	3	26	97.28	42	HARLOW R C
B	10	HURLEY	R	156	36	98.43	46	PITSEA R C
B	11	TREMAIN	P	312	38	98.45	46	SPRINGFIELD STRIDERS
B	12	EVERITT	B	179	46	101.18	48	DULWICH PARK RUNNERS
B	13	SMITH	G G	212	48	101.44	46	HAVERING A C
B	14	DONN	A R	327	51	102.18	42	ESSEX POLICE A C
B	15	GIBSON	J	274	54	102.36	48	LEATHER BOTTLE P H
B	16	CROFT	AJ	203	60	103.57	46	HAVERING A C
B	17	QUICK	R	138	62	104.04	45	LINFORD JOGGERS
B	18	STOKOE	J	277	69	104.48	43	BASILDON A C
B	19	NORTON	P	86	76	105.59	45	BENFLEET R C
B	20	WHITMARSH	J	306	77	106.17	45	CASTLE POINT JOGGERS
B	21	PIKE	C	276	78	106.26	40	THAMESIDE R C
B	22	ADAMS	M F	54	79	106.29	43	DAGENHAM 88 JOGGERS
B	23	TITLEY	P	155	81	106.48	40	GRAVESEND R R & A C
B	24	VINCE	J	99	88	107.48	44	
B	25	MUSTO	B	66	93	108.10	42	BRENTWOOD A C
B	26	STAINES	M	331	94	108.13	45	CASTLE POINT A C
B	27	DAVIS	J	147	98	108.43	44	VERLEA A C
B	28	KEBBELL	R	89	100	108.59	45	BASILDON A C
B	29	JACKSON	N	26	103	109.25	46	THAMESIDE R C
B	30	JOHNSON	J	188	105	109.30	44	NEWHAM & ESSEX BEAGLES
B	31	NEVIN	J	163	107	109.35	49	PITSEA R C
B	32	SILVERTON	R	189	109	109.45	43	
B	33	FOSTER	D	286	110	109.46	40	
B	34	JEWELL	D J	199	111	110.09	44	SOUTHEND A C
B	35	BARRETT	S	260	114	111.15	42	GRAVESEND R R A C
B	36	HAWKINS	R	261	117	111.24	45	GRAVESEND R R A C
B	37	COMPTON	R	182	118	111.41	41	
B	38	TAYLOR	B	11	121	112.17	49	MALDON HARRIERS
B	39	HUNT	J	141	125	113.02	49	EAST ESSEX TRIATHLETES
B	40	MARTIN	R	310	127	113.17	48	EAST LONDON RUNNERS
B	41	BRETT	E G	206	129	113.40	43	HAVERING A C
B	42	LEE	R	95	131	113.56	40	EAST LONDON RUNNERS
B	43	GADE	J	107	132	113.58	48	SOUTHERN COUNTIES VETS
B	44	MARVELL	C A	263	135	114.24	44	LINFORD JOGGERS
B	45	HARRIS	H	91	137	114.46	46	
B	46	ADAMS	D	55	138	114.50	45	DAGENHAM 88 JOGGERS
B	47	QUINLIVAN	M	227	142	115.40	41	BILLERICAY STRIDERS
B	48	COLLINS	V	15	144	116.16	48	HAVERING 90 JOGGERS
B	49	DIMMOCK	H	123	147	116.35	48	SOUTHEND A C
B	50	MOLE	D	231	148	116.44	44	
B	51	BELL	A	126	150	116.51	46	BROMLEY VETS A C

VET MEN (CONT)

B	52	WEST	R	166	154	117.55	42
B	53	WILLIAMS	A	109	159	118.33	48 BICESTER R R
B	54	CHIDDICKS	D J	170	164	119.17	41
B	55	SMITH	D E	214	172	120.15	49 CAMBRIDGE HARRIERS
B	56	GOODWIN	P	135	173	120.28	41 DOVEDALE HARRIERS
B	57	BAUKHAM	R	259	177	121.11	43 GRAVESEND R R A C
B	58	BATES	B	145	179	121.26	46
B	59	SMITH	B	172	180	121.28	45 BILLERICAY STRIDERS
B	60	LEAFE	M	31	181	121.55	41 MALDON HARRIERS
B	61	DEARMAN	K	78	182	121.56	49
B	62	CAPELING	S F	60	185	122.23	41 PADDOCK WOOD A C
B	63	GIBBS	R	146	188	122.43	43 MALDON HARRIERS
B	64	CARDY	D	81	194	123.57	48 BENFLEET R C
B	65	TRACEY	B	142	195	124.31	45
B	66	WILLIAMS	D	230	199	125.45	41 BILLERICAY STRIDERS
B	67	GATTELY	C	325	201	125.54	44 PITSEA R C
B	68	BLACKIE	R	298	203	126.00	42 VIC PARK HARRIERS
B	69	GREEN	T	219	205	126.08	47
B	70	WADE	S	250	206	126.13	41 HALSTEAD R R
B	71	STOUT	T	12	208	126.27	46 SOUTHEND A C
B	72	RAMPLING	L E	69	209	126.27	45 ESSEX POLICE A C
B	73	LAUNDON	G	129	210	126.30	46 SOUTHERN COUNTIES VETS
B	74	CALAZ	K	77	211	126.48	43 SOUTHEND A C
B	75	KELLEWAY	N	143	213	127.05	41
B	76	BONE	G	63	218	129.04	42
B	77	HOWELL	R J	213	224	130.07	49
B	78	JONES	D	249	226	130.15	44 MOUNT PLEASANT A C
B	79	EDMEADES	A	71	229	131.39	42 HAVERING 90
B	80	PAIN	W	132	232	131.57	42
B	81	LESLIE	F	153	233	132.03	47 VERLEA A C
B	82	LAMB	D	232	237	133.55	43
B	83	WILCOX	D	233	241	135.03	48 MAIDSTONE HARRIERS
B	84	LONG	D	14	253	139.50	48
B	85	MOSS	B	165	255	140.12	41
B	86	PERMAN	D	270	269	148.18	41 PADDOCK WOOD
B	87	CLARK	A F	97	271	148.34	44 SPRINGFIELD STRIDERS
B	88	SKERRATT	C	256	275	151.27	46 MOUNT PLEASANT A C
B	89	ENGLEZOU	G	226	276	152.35	43 PITSEA R C
B	90	BERGER	M M	272	283	163.34	47 PADDOCK WOOD
B	91	GREEN	R	294	284	167.30	45 WOODFORD GREEN A C
B	92	NUGENT	D	221	290	179.20	43 ST. BENTLEY JOGGERS
B	93	CARPENTER	R	209	292	190.58	41

11/02/93

RESULT BY AGE CATEGORYSNET MEN 50 UPWARDS ⁶

BENFLEET RUNNING CLUB-15 MILES 7 FEBRUARY 1993

CAT.	<u>POSITION</u> <u>IN</u> <u>CAT.</u>	NAME		RACE NUMBER	RACE PLACE	TIME min.sec.	AGE	CLUB
C	1	BALL	M	127	57	103.32	59	SPRINGFIELD STRIDERS
C	2	MATTHEWS	P	215	59	103.55	50	CAPITAL ROAD RUNNERS
C	3	THOMPSON	M	52	67	104.37	53	DAGENHAM 88 JOGGERS
C	4	CLARK	L F	70	71	105.00	59	SPRINGFIELD STRIDERS
C	5	DEACON	G	222	102	109.09	52	HAVERING A C
C	6	SULLIVAN	M	148	113	110.37	54	VERLEA A C
C	7	McCLOUD	V	83	116	111.22	52	BENFLEET R C
C	8	READ	A	187	123	112.28	59	NEWHAM & ESSEX BEAGLES
C	9	WILLIAMS	J	130	124	113.02	52	
C	10	EMERICK	D	237	126	113.12	53	BRAINTREE A C
C	11	WRAFTER	T	28	134	114.07	54	THAMESIDE R C
C	12	WALTON	R B	96	145	116.23	50	SPRINGFIELD STRIDERS
C	13	MANDER	P	240	153	117.47	55	PADDOCK WOOD
C	14	VIRGO	C	133	156	118.00	53	CASTLE POINT JOGGERS
C	15	BROOKS	D	264	176	121.08	51	THURROCK NOMADS
C	16	LAUNDON	K	308	178	121.15	50	TRA
C	17	GITTOS	K	313	183	122.03	55	
C	18	JOHNSON	J	241	190	122.54	59	AYLESHAM R R
C	19	BROWN	M	262	193	123.40	54	GRAVESEND R R A C
C	20	PORTER	K	68	198	124.50	50	BLACKHEATH HARRIERS
C	21	RUSHTON	K J	41	202	125.55	54	PITSEA R C
C	22	LILLEY	J	186	207	126.20	51	VETERANS A C
C	23	WHITAKER	J	79	212	126.53	59	SOUTHERN VETS
C	24	SHARMAN	R B	22	214	127.37	60	
C	25	ROOKE	D	42	217	129.04	56	BILLERICAY STRIDERS
C	26	SCRIVENER	K	218	223	129.54	50	LUSAC HASH HOUSE HARRIERS
C	27	MARTIN	H	253	236	133.12	60	BLACKHEATH HARRIERS
C	28	SMITH	A	178	239	134.20	54	CASTLE POINT JOGGERS
C	29	BAKER	A J	193	246	136.55	51	PITSEA R C
C	30	TOBIN	D A	329	247	136.55	52	PITSEA R C
C	31	MILES	A	114	258	142.23	56	CASTLE POINT JOGGERS
C	32	PAYNE	G	180	260	143.21	55	PITSEA R C
C	33	BRADSWAN	S	154	262	144.25	50	VERLEA A C
C	34	PARSONS	D	292	264	144.36	53	VIC PARK HARRIERS
C	35	REID	C	303	266	144.41	58	VIC PARK HARRIERS
C	36	WILLIAMS	R	17	267	147.06	63	GRAVESEND R R
C	37	WHERRY	C	181	277	153.31	57	VETERANS
C	38	WARNES	AJ	38	280	156.15	54	THAMESMERE TROTTERS
C	39	ORFORD	A F	39	285	169.50	72	THAMESMERE TROTTERS
C	40	DUNNICO	C R	40	288	173.14	51	CASTLE POINT JOGGERS
C	41	PARSONS	R	164	289	175.17	58	

BENFLEET 15

MENS TEAM RESULTS
(3 to score)

1	Southend AC	15
2	Thurrock Harriers	31
3	Verlea AC	75
4	Benfleet	77
5	Paddock Wood	86
6	East London	94
7	Pitsea	101
8	Dagenham Joggers	107
9	Billericay Striders	139
10	Springfield Striders	166
11	Thameside	191
12	Basildon	207
13	Havering	210
14	Ford Fitness Centre	211
15	Maldon	214
16	Brentwood	216
17	East Essex Triathletes	236
18	Gravesend	312
19	Castle Point AC	329
20	Bow Street Runners	330
21	Castle Point Joggers	395
22	Leather Bottle	414
23	Cambridge Harriers	470
24	Victoria Park Harriers	512
25	Thurrock Nomads	571

