



BENFLEET

15

RESULTS

Benfleet Running Club.







B E N F L E E T 15

1 9 9 4 R E S U L T S

Thankyou to all who took part in the 4th BENFLEET 15. What glorious weather we laid on for you, even if the conditions were a little muddy and wet underfoot! We hope you had a good run and enjoyed the day.

CONGRATULATIONS, to Steve Young and B. Appleby, the overall Male and Female winners.

Trophy winners were as follows:-

1st	STEVE YOUNG	Thurrock Harriers
2nd	JOHN BARBER (vet)	Billericay Striders
3rd	GREG CALLAGHAN	Canterbury Harriers

1st Vet 40+	MICK FLETCHER	Chelmsford AC
1st Vet 50+	BRIAN THOMAS	Southend AC

1st Team BILLERICAY STRIDERS

1st past the Castle - JOHN BARBER - Billericay Striders

L A D I E S

1st	B. APPLEBY (vet)	Canterbury Harriers
2nd	TANYA BALL (vet)	London Olympiads
3rd	JACKIE ASPINALL (vet)	Billericay Striders

1st Vet 35+	JANE HATHERALL	Bow Street Runners
1st Vet 45+	MYRA GARRETT	Thanet Road Runners

1st Team BILLERICAY STRIDERS

1st past the Castle - B. APPLEBY - Canterbury Harriers.

DATE FOR YOUR DIARY: Next year's BENFLEET 15 has been provisionally booked for 5th FEBRUARY 1995 - make a note and make sure you get your entry in early as this year we reached the maximum our facilities can handle (350 entries).

Many thanks to all those people who helped to make this race a great success:

THE MARSHALLS - BENFLEET RUNNING CLUB
 ST. JOHN AMBULANCE - FOR THEIR EXCELLENT COVERAGE OF THE RACE
 CAPCOM - RADIO COMMUNICATIONS AND RACE CONTROL
 CANVEY ISLAND RUGBY CLUB - FOR THE USE OF THEIR CLUBHOUSE AND REFRESHMENTS

OUR SPONSORS:	ATHLETIC EAST	CLASSIC CARS
	HIGH STREET	TARPOTS CORNER
	WANSTEAD.	BENFLEET.

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: Lorna Garrod



BENFLEET RUNNING CLUB-15 MILES 6 FEBRUARY 1994

* CAT.	NAME		RACE NUMBER	PLACE	TIME min.sec.	AGE	CLUB
A	YOUNG	S	96	1	89.59	27	THURROCK HARRIERS
B	BARBER	J	390	2	91.15	45	BILLERICAY STRIDERS
A	CALLAGHAN	S	251	3	91.40	31	CANTERBURY HARRIERS
B	FLETCHER	M	396	4	92.52	40	CHELMSFORD AC
A	KIGO	S	391	5	93.18	27	HERCULES
B	COLEMAN	S	76	6	93.32	46	HAVERING MAYESBROOK
A	MEAD	A	215	7	94.33	27	BENFLEET RUNNING CLUB
A	JONES	D	326	8	95.23	33	BILLERICAY STRIDERS
B	NEENAN	R	350	9	95.27	41	SPRINGFIELD STRIDERS
A	MITCHELL	K	254	10	96.28	34	CANTERBURY HARRIERS
A	O'BRIEN	K	347	11	96.50	31	LEA VALLEY RUNNERS
A	MOORE	R	242	12	97.25	27	U/A
B	COLLYER	P	290	13	97.42	46	EAST LONDON RUNNERS
A	RUSSELL	J	180	14	98.00	37	PITSEA RC
A	COLE	N	330	15	98.16	31	VERLEA AC
A	COBBETT	J	197	16	98.39	22	DAGENHAM 88
A	CAREY	S	110	17	98.46	39	EAST ESSEX TRIATHLETES
B	FULKER	S	319	18	99.20	45	BILLERICAY STRIDERS
A	TYLER	J	196	19	99.31	31	DAGENHAM 88
B	ANDERSON	D	389	20	99.54	45	BILLERICAY STRIDERS
B	MANN	S	332	21	100.09	49	VERLEA AC
A	GOLLAND	N	376	22	101.24	32	ESSEX FIRE SERVICE
A	BRIDGES	R	144	23	101.40	28	CANTERBURY HARRIERS
A	PANNELL	R	88	24	101.52	38	BRAINTREE AC
A	AXE	S	112	25	101.56	33	EAST ESSEX TRIATHLETES
A	SHAW	D	271	26	101.59	24	U/A
B	SEWELL	K	74	27	102.22	42	CORRINGHAM RR
A	POWELL	A	67	28	102.35	35	U/A
A	DAVIES	K	301	29	103.14	37	U/A
A	MUIR	N	243	30	103.27	26	U/A
A	PULLINGER	SJ	191	31	103.31	33	CANTERBURY HARRIERS
A	ANDREWS	P	237	32	103.33	35	BENFLEET RUNNING CLUB
E	APPLEBY	B	336	33	103.35	40	CANTERBURY HARRIERS
C	THOMAS	BS	374	34	103.51	50	SOUTHEND AC
A	THEAKSTONE	I	312	35	104.00	32	DAGENHAM 88
A	SANCTO	D	339	36	104.27	29	U/A
C	PARROTT	LA	327	37	104.51	58	HAVERING MAYESBROOK
A	HEAPY	C	296	38	104.48	36	HAVERING 90 JOGGERS
A	ADKINS	D	366	39	105.02	29	U/A
A	HAYWARD	P	220	40	105.03	36	BENFLEET RUNNING CLUB
A	SMITH	P	279	41	105.30	31	THRIFT GREEN TROTTERS
A	HAYMAN	C	79	42	105.41	32	HAVERING 90 JOGGERS
A	HORSLEY	M	190	43	105.52	39	U/A
A	MACLAUGHLIN	P	500	44	106.32	0	PITSEA RC
B	COMPTON	R	70	45	106.32	42	HAVERING 90 JOGGERS
B	BRADBURY	D	362	46	106.48	44	BILLERICAY STRIDERS
A	PIKE	I	216	47	107.25	21	BENFLEET RUNNING CLUB
A	GIBSON	P	283	48	107.28	30	THRIFT GREEN TROTTERS
A	SHOULDER	R	69	49	107.35	38	THURROCK HARRIERS
C	CLARK	LF	71	50	107.39	60	SPRINGFIELD STRIDERS
A	STEVENS	D	311	51	107.54	27	DAGENHAM 88
A	GREHAN	M	334	52	107.57	32	U/A
A	TINDLE	A	250	53	108.07	37	BOW STREET RUNNERS
B	TITLEY	F	284	54	108.15	41	ISTEAD & IFIELD HARRIERS
E	BALL	T	231	55	108.47	38	LONDON OLYMPIADS

CATEGORY **

A = OPEN MEN
 B = MALE VET 40+
 C = MALE S/VET 50+
 D = OPEN LADY
 E = LADY VET 35+
 F = LADY S/VET 45+

07/02/74

2

CAT **

POSITION TIMEAGE

CAT	NAME	INITIALS	TIME	POSITION	TIME	AGE	CLUB
B	CRAMPHORN	J	136	56	109.03	42	HAVERING 90 JOGGERS
A	FALLON	D	247	57	109.14	39	U/A
A	IRESON	P	140	58	109.24	33	LINFORD JOGGERS
A	GARDNER	P	151	59	109.27	36	U/A
E	ASPINALL	J	123	60	109.27	36	BILLERICAY STRIDERS
C	WILLIS	L	354	61	109.41	54	CANTERBURY HARRIERS
B	CONQUEST	J	157	62	110.12	44	HAVERING 90 JOGGERS
D	LEHANE	J	325	63	110.18	34	CANTERBURY HARRIERS
C	BROOKS	D	149	64	110.22	52	THURROCK NOMADS
A	SMITH	DJ	148	65	110.38	24	U/A
A	KEYWOOD	J	253	66	110.40	38	BOW STREET RUNNERS
A	KING	I	257	67	110.46	34	NEW ELTHAM JOGGERS
A	FYFFE	S	130	68	111.08	30	EAST LONDON RUNNERS
B	HAWKINS	R	287	69	111.22	46	ISTEAD & IFIELD STRIDERS
A	GREENSILL	M	115	70	111.36	32	U/A
A	SWINDELL	P	219	71	111.44	27	BENFLEET RUNNING CLUB
B	QUINLIVAN	M	141	72	112.00	42	BILLERICAY STRIDERS
B	MOLE	D	116	73	112.16	45	HAVERING 90 JOGGERS
A	PEACEY	R	259	74	112.25	38	SOUTHEND AC
A	STILL	P	378	75	112.27	38	THURROCK NOMADS
B	STOKOE	J	268	76	112.38	45	BASILDON AC
B	EMMERY	T	264	77	112.40	45	DAGENHAM 88 JOGGERS
A	SINCLAIR	D	58	78	112.54	37	PITSEA AC
A	FAHY	M	252	79	113.04	36	BOW STREET RUNNERS
E	HATHERALL	J	388	80	113.07	43	BOW STREET RUNNERS
A	BARBER	B	113	81	113.10	30	U/A
A	FREEMAN	V	200	82	113.30	32	FORD FITNESS CENTRE
A	COLE	M	341	83	113.33	35	PLUMSTEAD RUNNERS
B	ADAMS	WF	261	84	113.35	43	DAGENHAM 88 JOGGERS
A	HOCKLEY	B	316	85	113.46	26	PITSEA RUNNING CLUB
A	DRIVER	S	273	86	114.08	25	PHILIPS CITY STRIDERS
B	NORTON	P	217	87	114.12	46	BENFLEET RUNNING CLUB
A	MARU	T	320	88	114.15	29	ROAD RUNNERS CLUB
A	MCELROY	D	120	89	114.32	36	PADDOCK WOOD AC
B	DAY	A	167	90	115.23	40	PHILIPS CITY STRIDERS
A	CHEAL	S	127	91	115.33	33	DAGENHAM 88
B	JACKSON	PA	206	92	115.42	46	SOUTHEND AC
A	PIPER	C	270	93	115.50	19	U/A
A	RUMBLE	TS	226	94	116.05	32	U/A
A	WISE	L	246	95	116.17	38	ST BENTLEY JOGGERS
C	BRIAN	T	262	96	116.36	51	DAGENHAM 88 JOGGERS
C	HUCKSON	DW	248	97	116.42	56	SPRINGFIELD STRIDERS
A	CREAGH	M	397	98	116.45	33	U/A
A	HYNES	S	375	99	117.03	26	U/A
B	VAUTIER	R	310	100	117.16	43	CASTLE POINT JOGGERS
B	EDMEADES	A	94	101	117.23	43	HAVERING 90 JOGGERS
B	O'LEARY	P	212	102	117.27	41	BENFLEET RUNNING CLUB
A	STONEHOUSE	G	304	103	117.31	29	U/A
C	SIMPSON	M	278	104	117.37	55	CASTLE POINT JOGGERS
B	CAREY	K	57	105	117.38	46	PITSEA AC
C	EMERICK	D	139	106	117.38	54	SPRINGFIELD STRIDERS
C	DOUBEK	JP	75	107	117.51	51	THURROCK NOMADS
B	BARRETT	SJ	289	108	117.52	43	ISTEAD & IFIELD HARRIERS
C	MANDER	P	160	109	117.54	56	PADDOCK WOOD AC
B	BEDDER	R	232	110	118.05	41	WREAKE RUNNERS
A	EMMETT	J	210	111	118.06	26	BENFLEET RUNNING CLUB
A	FRINDLE	P	100	112	118.08	38	HALSTEAD ROAD RUNNERS
A	COTTIS	R	126	113	118.10	37	SOUTHEND AC
B	WILMOT	A	240	114	118.24	49	HALSTEAD ROAD RUNNERS
B	WITTICH	PC	324	115	118.41	45	BILLERICAY STRIDERS

27/02/94

CAT**

Position Time Age

				Position	Time	Age
A	CHAMPION	J	87	116	118.47	37 CASTLE POINT JOGGERS
B	COLE	M	329	117	118.53	32 GARDEN CITY JOGGERS
C	BRADBROW	S	331	118	118.54	51 VERLER AC
D	EVANS	G	97	119	119.03	38 DAGENHAM 88
E	ADAMS	D	265	120	119.10	46 DAGENHAM 88 JOGGERS
F	HOBEN	D	399	121	119.13	41 PHILIPS CITY STRIDERS AC
G	GALLEY	P	281	122	119.25	41 SOUTHEND AC
H	SIMMOCK	H	300	123	119.59	49 SOUTHEND AC
I	ADKINS	P	365	124	120.07	19 U/A
J	MOYES	LA	204	125	120.47	41 FORD FITNESS CENTRE
K	BEDDER	S	233	126	120.49	42 REDHILL ROAD RUNNERS
L	STOUT	T	104	127	120.52	47 SOUTHEND AC
M	DONOGHUE	S	192	128	121.01	31 HAVERING 90 JOGGERS
N	MARKHAM	J	101	129	121.07	37 HALSTEAD ROAD RUNNERS
O	STAINES	M	293	130	121.13	46 CASTLE POINT JOGGERS
P	KING	R	392	131	121.20	42 PLUMSTEAD RUNNERS
Q	JERL	AP	295	132	121.26	44 PHILIPS CITY STRIDERS
R	JOY	D	165	133	121.30	31 CANTERBURY HARRIERS
S	WELBOURN	P	377	134	121.31	50 HAVERING 90 JOGGERS
T	SHARPE	P	344	135	121.48	35 PLUMSTEAD RUNNERS
U	HOSKYN	J	288	136	122.05	41 SPRINGFIELD STRIDERS
V	BRYAN	P	370	137	122.09	36 ESSEX POLICE AC
W	CHAPLIN	D	282	138	122.11	31 SOUTHEND AC
X	WATMOUGH	S	372	139	122.12	41 U/A
Y	BLOIS	R	303	140	122.15	67 SOUTHEND AC
Z	BENNETT	C	53	141	122.23	39 U/A
AA	CUTTRELL	MJ	198	142	122.23	50 BILLERICAY STRIDERS
AB	RIVERS	A	103	143	122.23	48 HALSTEAD ROAD RUNNERS
AC	COLE	B	387	144	122.23	38 PHILIPS CITY STRIDERS
AD	MATTHEWS	P	328	145	122.24	51 CAPITAL ROAD RUNNERS
AE	BARDELL	G	54	146	122.24	34 U/A
AF	MONKS	P	307	147	122.42	31 BILLERICAY STRIDERS
AG	WOOTTON	T	256	148	122.54	46 NEW ELTHAM JOGGERS
AH	BLACKMAN	C	291	149	122.58	34 ISTEAD & IFIELD HARRIERS
AI	MANDER	R	274	150	122.59	48 THRIFT GREEN TROTTERS
AJ	SMITH	J	290	151	123.00	26 BRENTWOOD
AK	WOODARD	P	60	152	123.04	42 THURROCK NOMADS
AL	COLEMAN	A	299	153	123.35	32 SPRINGFIELD STRIDERS
AM	KISBLE	R	137	154	123.47	34 U/A
AN	McBERMID	J	385	155	123.51	19 U/A
AO	PHILLIPS	M	207	156	124.05	45 HAVERING JOGGERS
AP	FOULDS	J	367	157	124.19	54 U/A
AQ	KEYS	J	202	158	124.29	39 FORD FITNESS CENTRE
AR	HALL	P	201	159	124.29	34 FORD FITNESS CENTRE
AS	LAUNDON	K	285	160	124.40	51 U/A
AT	HALSTEAD	P	176	161	125.03	41 SOUTHERN COUNTIES VETS AC
AU	KELLY	C	66	162	125.18	29 U/A
AV	MELVIN	T	395	163	125.27	31 CASTLE POINT JOGGERS
AW	HALSTEAD	R	177	164	125.34	42 SWANLEY & DISTRICT AC
AX	LIVERMORE	D	195	165	125.35	51 COLLIER ROW STRIDERS
AY	EASTHOPE	J	145	166	125.40	35 CAMBRIDGE HARRIERS
AZ	WHITLEY	J	161	167	125.48	38 DAGENHAM 88
BA	JENNETT	J	55	168	126.05	39 THURROCK NOMADS
BB	HAYWARD	P	368	169	126.14	40 U/A
BC	BRIDGEMAN	GN	337	170	126.31	38 ESSEX FIRE SERVICE
BD	WILLIAMS	D	174	171	126.36	42 BILLERICAY STRIDERS
BE	RUSTON	K	223	172	126.48	55 PITSEA AC
BF	STEWARTSEN	G	118	173	127.06	53 DAGENHAM 88
BG	FOOLEY	K	353	174	127.07	42 PADDOCK WOOD AC
CH	DONOVAN	N	218	175	127.08	52 BENFLEET RUNNING CLUB

07/02/94

<u>CAT**</u>				<u>Position</u>	<u>Time</u>	<u>Age</u>	
B	LAUNDON	G	266	176	127.09	47	SOUTHERN COUNTIES VET AC
F	BARRETT	M	358	177	127.10	50	THANET ROAD RUNNERS
B	RIVERS	T	102	178	127.12	48	HALSTEAD ROAD RUNNERS
A	MOORE	GJ	225	179	127.15	34	U/A
A	JELlicoe	R	249	180	127.28	27	SPRINGFIELD STRIDERS
C	HAYES	EJ	213	181	127.35	52	BENFLEET RUNNING CLUB
B	SMITH	B	186	182	127.40	46	BILLERICAY STRIDERS
A	HEATHCOTE	A	221	183	128.06	29	U/A
E	TOOKE-KIRBY	A	171	184	128.10	39	THRIFTGREEN TROTTERS
E	PRESTON	S	111	185	128.17	40	GRAVESEND ROAD RUNNERS
C	MILES	A	269	186	128.20	57	CASTLE POINT JOGGERS
D	SUTLIFF	A	166	187	128.32	33	PORTSMOUTH JOGGERS
A	TREE	P	393	188	128.38	39	THRIFT GREEN TROTTERS
C	RUSSELL	R	209	189	128.49	60	CASTLE POINT JOGGERS
C	SCRIVENER	K	147	190	128.50	51	LUSAKA HASH HOUSE HARRIER
C	BARRETT	T	357	191	128.54	51	BEXLEY BOROUGH AC
C	GITTO	K	78	192	129.16	56	U/A
C	METCALFE	W	313	193	129.33	51	NEWHAM & ESSEX BEAGLES
A	JOHNSTON	A	277	194	129.39	38	THRIFT GREEN TROTTERS
C	SHARMAN	RG	234	195	129.55	61	U/A
C	RICHER	C	241	196	129.56	54	HALSTEAD RR
C	YOUNG	M	93	197	129.57	59	HALSTEAD ROAD RUNNERS
A	BADURA	JP	203	198	129.59	31	FORD FITNESS CENTRE
D	CATES	K	156	199	130.00	32	HAVERING 90 JOGGERS
B	MONTAGUE	P	56	200	130.02	40	DARTFORD HARRIERS
F	LINDSEY	V	107	201	130.25	45	PADDOCK WOOD AC
B	STATON	D	59	202	130.34	42	THURROCK NOMADS
A	HENDY	K	298	203	130.47	34	U/A
A	GUY	J	373	204	131.03	29	BLACKHEATH HARRIERS AC
A	PAYNE	DA	121	205	131.06	37	BRAINTREE & DISTRICT AC
B	LEEDS	A	86	206	131.08	40	LEATHER BOTTLE
A	LISTER	R	82	207	131.17	30	LEATHER BOTTLE
A	McDONALD	I	306	208	131.50	39	COLLIER ROW STRIDERS
B	RAMPLING	L	106	209	132.31	46	ESSEX POLICE AC
B	FREEMAN	DC	90	210	132.36	40	DAGENHAM 88
C	HOWELL	RJ	162	211	133.17	50	HAVERING 90 JOGGERS
C	LILLY	J	146	212	133.36	52	VETERANS ATHLETIC CLUB
C	NEVIN	J	170	213	133.42	50	PITSEA RC
C	WILLIAMS	J	295	214	133.46	50	NEW ELTHAM JOGGERS
F	CHARKIEWICZ	A	258	215	133.46	45	NEW ELTHAM JOGGERS
C	HOOPER	C	169	216	133.58	53	U/A
B	MALONEY	M	333	217	134.35	43	CASTLEPOINT JOGGERS
A	WATSON	S	175	218	135.05	36	PADDOCK WOOD AC
C	ROOKE	D	80	219	135.16	57	BILLERICAY
B	BONE	G	81	220	135.16	43	U/A
A	PRICE	W	338	221	135.36	37	LINFORD JOGGERS
F	THOMPSON	J	345	222	136.09	45	SERPENTINE
B	NASH	R	184	223	136.14	44	U/A
B	PETTITT	JRW	185	224	136.14	42	U/A
C	JOHNSON	D	179	225	136.26	60	AYLESHAM RR
A	FRASER	D	292	226	137.02	37	SPRINGFIELD STRIDERS
B	OWEN	DW	85	227	137.15	44	U/A
A	CHAMPION	B	98	228	137.38	37	DAGENHAM 88
F	LITTLE	G	143	229	137.47	48	PLUMSTEAD RUNNERS
A	MELTON	SP	349	230	138.52	34	U/A
B	WATSON	K	342	231	139.18	48	PLUMSTEAD RUNNERS
E	WILLIAMS	B	173	232	139.19	44	BILLERICAY STRIDERS
B	HAYNES	F	308	233	139.25	46	SAFFRON STRIDERS
C	D'RAWE	A	208	234	139.30	52	SOUTHEND AC
B	GREGORY	B	189	235	139.37	46	U/A

<u>CAT **</u>				<u>Position</u>	<u>Time</u>	<u>Age</u>
B	NEVILL	D	317	236	140.25	43 U/A
D	WALLIESSI	R	244	237	140.36	25 U/A
B	GATES	P	64	238	140.47	45 PITSEA AC
B	PAIN	W	335	239	140.49	43 U/A
A	FLATT	N	359	240	141.01	28 U/A
A	HORRY	S	194	241	141.10	38 U/A
E	GOLD	J	227	242	141.15	42 HAVERING 90 JOGGERS
A	BRUNDY	S	228	243	141.15	39 HAVERING 90 JOGGERS
A	DIXON	A	305	244	141.36	31 U/A
C	PORTER	K	61	245	141.43	51 BLACKHEATH HARRIERS
B	ROBINSON	P	109	246	142.22	45 HAVERING JOGGERS
A	GARCIA	M	323	247	143.14	33 EAST END ROAD RUNNERS
D	PLATER	L	236	248	143.15	24 COLCHESTER JOGGERS
A	RAINER	G	229	249	143.15	34 EAST END ROAD RUNNERS
D	HUTCHINS	K	245	250	143.15	28 EASTEND ROAD RUNNERS
A	PINDER	T	193	251	143.34	26 U/A
E	FREEMAN	J	89	252	144.27	40 DAGENHAM 88
	PARKER	S	276	253	144.54	37 U/A
A	OLSON	VR	294	254	144.54	23 U/A
B	WATTS	E	183	255	145.02	43 THRIFTGREEN TROTTERS
F	GATES	L	65	256	145.22	46 PITSEA AC
C	TOBIN	DA	128	257	145.22	53 PITSEA AC
A	ANDERSON	G	95	258	145.32	31 DAGENHAM 88 JOGGERS
A	COCKCROFT	P	138	259	145.57	38 PADDOCK WOOD AC
A	ROWE	K	369	260	146.18	37 ESSEX POLICE AC
E	ROSS	C	398	261	146.50	38 SPRINGFIELD STRIDERS
A	THORPE	M	211	262	147.01	29 BENFLEET RUNNING CLUB
C	ROLSTONE	W	122	263	147.13	60 BILLERICAY STRIDERS
A	BUTCHER	S	355	264	147.20	26 U/A
B	PARDON	B	182	265	148.11	47 CASTLE POINT JOGGERS
E	WING	JA	91	266	148.13	43 MEDWAY AC
D	KELLY	N	286	267	148.41	43 U/A
A	LEEDS	L	83	268	149.07	38 LEATHER BOTTLE
B	THOMPSON	R	275	269	149.17	40 U/A
C	DENNESS	J	364	270	149.21	59 100 KM ASSOCIATION
E	JOHNSON	K	124	271	149.42	36 BILLERICAY STRIDERS
A	BURGESS	A	309	272	149.43	28 MEDWAY AC
D	PEACEY	S	222	273	151.00	33 SPENBOROUGH AC
B	KNELL	P	267	274	151.56	41 U/A
B	SARLEY	AC	77	275	152.22	46 ESSEX POLICE AC
B	CRUSH	B	348	276	152.35	49 U/A
E	REED	E	272	277	152.50	59 HALSTEAD ROAD RUNNERS
A	SHARMAN	RP	235	278	153.33	36 U/A
D	MANCKTELOW	L	168	279	153.37	27 PHILIPS CITY STRIDERS
E	PERMAN	J	199	280	154.09	44 PADDOCK WOOD AC
F	MITCHELL	A	117	281	154.10	48 PADDOCK WOOD AC
E	McATAMNEY	J	346	282	154.31	43 CASTLE POINT JOGGERS
E	HAMPSHIRE	S	108	283	154.55	36 BILLERICAY STRIDERS
B	CARDY	D	238	284	155.31	49 BENFLEET RUNNING CLUB
E	MILLS	J	62	285	156.06	35 PITSEA AC
B	FRAKE	R	63	286	156.07	44 PITSEA AC
B	TROTTER	E	397	287	156.56	46 COLLIER ROW STRIDERS
E	WALKER	Y	129	288	156.58	37 COLLIER ROW STRIDERS
A	SMITH	I	181	289	157.13	31 HARLOW FUN RUNNERS
F	BATES	J	214	290	157.37	46 BENFLEET RUNNING CLUB
D	TURK	E	99	291	159.00	26 SPRINGFIELD STRIDERS
C	NOLAN	LE	260	292	160.27	52 U/A
C	WATERS	M	92	293	162.43	61 SPRINGFIELD STRIDERS
E	MORGAN	C	343	294	168.00	41 PLUMSTEAD RUNNERS
C	FORD	JL	382	295	168.53	56 HERNE HILL HARRIERS

07/02/74

CAT ^{10*}

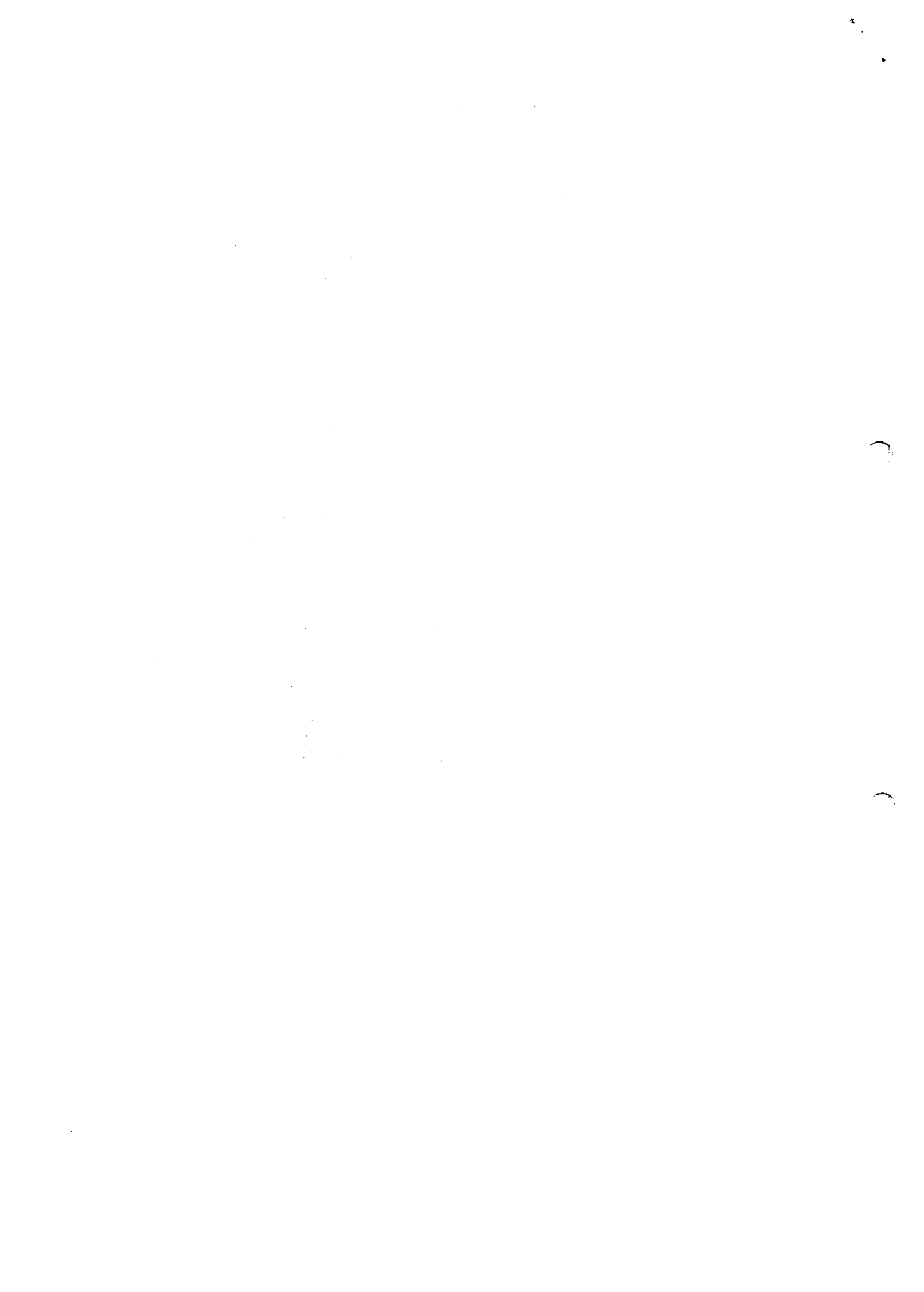
			<u>POSITION</u>	<u>TIME</u>	<u>AGE</u>	
E	PRESTON	E	363	296	170.35	41 HAVERING 90 JOGGERS
C	WHERRY	C	239	297	170.54	52 VETERANS
F	AKERNAN	E	394	298	173.15	53 SITTINGBOURNE STRIDERS
D	PROUDLOVE	S	68	299	174.21	31 MEDWAY AC
F	GODDARD	S	114	300	176.49	47 100 MARATHON CLUB
A	WALKER	A	72	301	177.25	32 U/A
C	READ	JW	73	302	177.25	51 U/A
B	WHENMOUTH	LEG	133	303	178.24	46 BENFLEET RC
B	GIBSON	J	84	304	178.38	49 LEATHER BOTTLE
C	WARNES	A	142	305	180.41	54 PLUNSTEAD RUNNERS
D	CHRISTOFI	AN	318	306	187.25	32 EDMONTON RUNNING CLUB

06/02/94

LADIES ONLY

BENFLEET RUNNING CLUB-15 MILES 6 FEBRUARY 1994

CAT.	LADIES RACE POSITION	NAME		RACE NUMBER	PLACE OVERALL	TIME min. sec.	AGE	CLUB	
E	1	APPLEBY	B	336	33	103.35	40	CANTERBURY HARRIERS	1st (VET)
E	2	BALL	T	231	55	108.47	38	LONDON OLYMPIADS	2nd (VET)
E	3	ASPINALL	J	123	60	109.27	36	BILLERICAY STRIDERS	3rd (VET)
D	4	LEHANE	J	325	63	110.18	34	CANTERBURY HARRIERS	
E	5	HATHERALL	J	388	80	113.07	43	BOW STREET RUNNERS	1st VET PRIZE
D	6	COLE	M	329	117	118.53	32	GARDEN CITY JOGGERS	
E	7	COLE	B	387	144	122.23	38	PHILIPS CITY STRIDERS	
D	8	SMITH	J	280	151	123.00	26	BRENTWOOD	
E	9	HALSTEAD	P	176	161	125.03	41	SOUTHERN COUNTIES VETS AC	
F	10	GARRETT	M	358	177	127.10	50	THANET ROAD RUNNERS	1st S/VET
E	11	TOOKE-KIRBY	A	171	184	128.10	39	THRIFTGREEN TROTTERS	
E	12	PRESTON	S	111	185	128.17	40	GRAVESEND ROAD RUNNERS	
D	13	SUTLIFF	A	166	187	128.32	33	PORTSMOUTH JOGGERS	
D	14	CATES	K	156	199	130.00	32	HAVERING 90 JOGGERS	
F	15	LINDSEY	V	107	201	130.25	45	PADDOCK WOOD AC	
F	16	CHARKIENICZ	A	258	215	133.46	45	NEW ELFTHAM JOGGERS	
F	17	THOMPSON	J	345	222	136.09	45	SERPENTINE	
F	18	LITTLE	G	143	229	137.47	48	PLUMSTEAD RUNNERS	
E	19	WILLIAMS	B	173	232	139.19	44	BILLERICAY STRIDERS	
D	20	WALLIESSI	R	244	237	140.36	25	U/A	
E	21	GOLD	J	227	242	141.15	42	HAVERING 90 JOGGERS	
D	22	PLATER	L	236	248	143.15	24	COLCHESTER JOGGERS	
D	23	HUTCHINS	K	245	250	143.15	28	EASTEND ROAD RUNNERS	
E	24	FREEMAN	J	89	252	144.27	40	DAGENHAM 88	
F	25	BATES	L	65	256	145.22	46	PITSEA RC	
E	26	ROSS	C	398	261	146.50	38	SPRINGFIELD STRIDERS	
E	27	WING	JA	91	266	148.13	43	MEDWAY AC	
E	28	JOHNSON	K	124	271	149.42	36	BILLERICAY STRIDERS	
D	29	PEACEY	S	222	273	151.00	33	SPENBOROUGH AC	
E	30	REED	E	272	277	152.50	39	HALSTEAD ROAD RUNNERS	
D	31	MANCKTELOW	L	168	279	153.37	27	PHILIPS CITY STRIDERS	
E	32	PERMAN	J	199	280	154.09	44	PADDOCK WOOD AC	
F	33	MITCHELL	A	117	281	154.10	48	PADDOCK WOOD AC	
E	34	MCATAMNEY	J	346	282	154.31	43	CASTLE POINT JOGGERS	
E	35	HAMPSHIRE	S	108	283	154.55	36	BILLERICAY STRIDERS	
E	36	MILLS	J	62	285	156.06	35	PITSEA RC	
E	37	WALKER	Y	129	288	156.58	37	COLLIER ROW STRIDERS	
F	38	BATES	J	214	290	157.37	46	BENFLEET RUNNING CLUB	
D	39	TURK	E	99	291	159.00	26	SPRINGFIELD STRIDERS	
E	40	MORGAN	C	343	294	168.00	41	PLUMSTEAD RUNNERS	
E	41	PRESTON	E	363	296	170.35	41	HAVERING 90 JOGGERS	
F	42	AKERMAN	E	394	298	173.15	53	SITTINGBOURNE STRIDERS	
D	43	PROUDLOVE	S	68	299	174.21	31	MEDWAY AC	
F	44	GODDARD	S	114	300	176.48	47	100 MARATHON CLUB	
D	45	CHRISTOFI	AN	318	306	187.25	32	EDMONTON RUNNING CLUB	



TEAM RESULTS

MEM

		<u>POINTS</u>
1	Billericay Striders	28
2	Canterbury Harriers	36
3	Dagenham '88 Joggers	70
4	Benfleet R.C.	79
5	Havering 90 Joggers	125
6	Pitsea R.C.	136
7	Verlea A.C.	154
8	Springfield Striders	156
9	Bow Street Runners	198
10	Southend A.C.	200
11	Thrift Green Trotters	239
12	Thurrock Nomads	246
13	Philips City Striders	308
14	Istead & Ifield Harriers	311
15	Castle Point Joggers	320
16	Plumstead Runners	349
17	Halstead Road Runners	355
18	Ford Fitness Centre	365
19	Paddock Wood A.C.	372
20	New Eltham Joggers	429
21	Essex Police A.C.	606
22	Collier Row Striders	660
23	Leather Bottle	681

LADIES

1	Billericay Striders	50
2	Havering 90 Joggers	76
3	Paddock Wood A.C.	80

