

BENFLEET 15

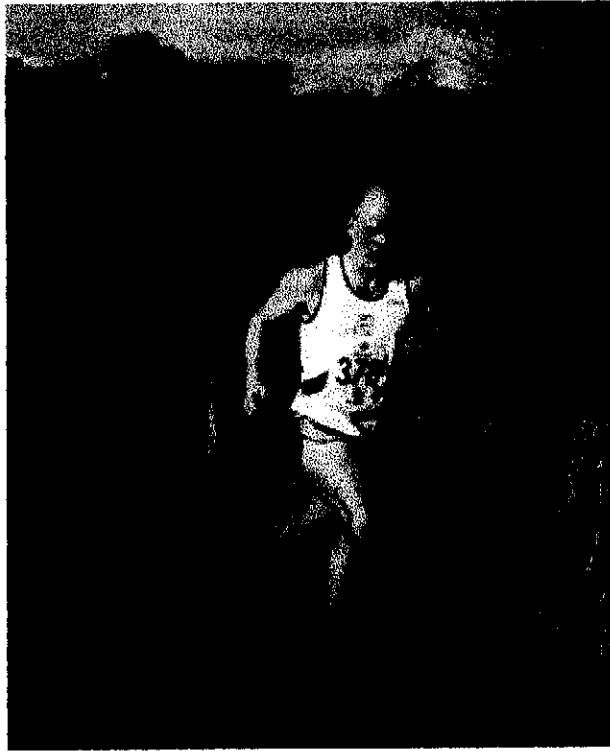


RESULTS

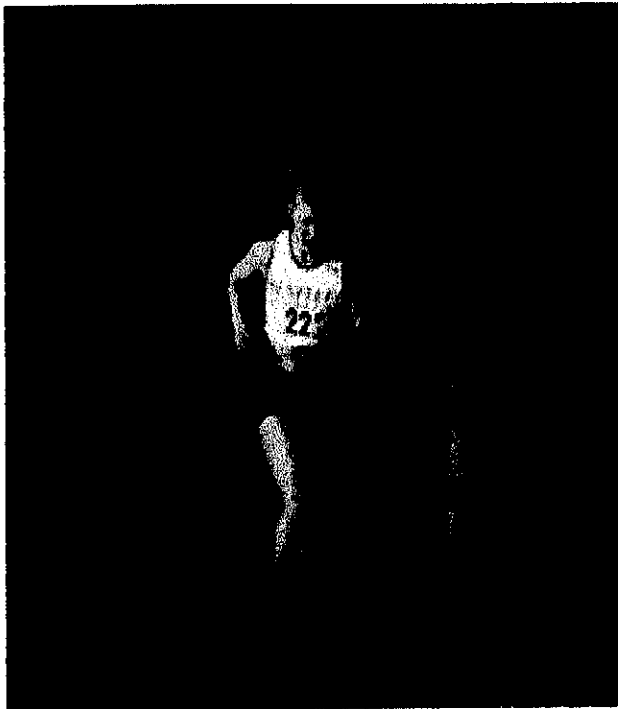
RACE HELD UNDER THE 'RULES OF COMPETITION' OF THE SEAA AND TO PERMIT NUMBER 4054

CONGRATULATIONS

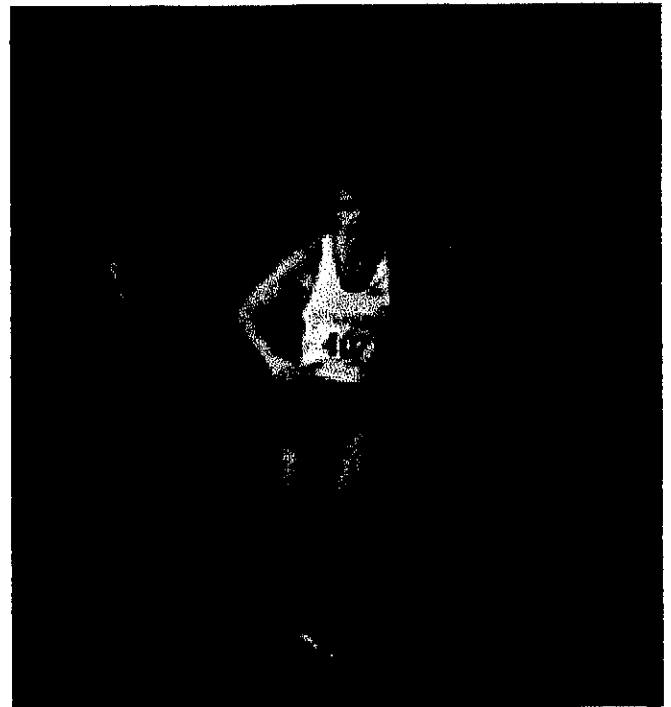
to



JAMIE SEAMARK
WINNER
OF THE 2004 BENFLEET 15



LUCY THOMPSON
1st LADY
& 1st PAST THE CASTLE



PAUL PROSSER
2nd
& 1st PAST THE CASTLE

| | | | | |
|----|---------|------------|-------------------------------|-------------|
| 1 | JAMIE | SEAMARK | [THURROCK HARRIERS] | 1 . 36 . 02 |
| 2 | PAUL | PROSSER | [BENFLEET RC] | 1 . 36 . 34 |
| 3 | JEZ | MANCER | [BENFLEET RC] | 1 . 36 . 52 |
| 4 | JOHN | BARKER | [THRIFT GREEN TROTTERS] | 1 . 36 . 57 |
| 5 | RICHARD | ERIKSSON | [LONDON HEATHSIDE] | 1 . 37 . 44 |
| 6 | GREG | DEACON | [BASILDON AC] | 1 . 38 . 15 |
| 7 | MARK | BUMSTEAD | [THURROCK HARRIERS] | 1 . 38 . 34 |
| 8 | RAYMOND | PEARCE | [ISTEAD & IFIELD RUNNERS] | 1 . 39 . 23 |
| 9 | STEPHEN | WILLIAMS | [THURROCK HARRIERS] | 1 . 39 . 40 |
| 10 | TONY | MEAD | [BENFLEET RC] | 1 . 40 . 04 |
| 11 | DAVID | COLLIER | [CHELMSFORD AC] | 1 . 40 . 38 |
| 12 | MARTIN | PENGILLY | [LLISWERRY RUNNERS] | 1 . 40 . 40 |
| 13 | GLENN | DOEL | [COLCHESTER HARRIERS] | 1 . 40 . 49 |
| 14 | MARTIN | REA | [SPRINGFIELD STRIDERS] | 1 . 41 . 04 |
| 15 | SEAN | KETTERIDGE | [COLCHESTER HARRIERS] | 1 . 41 . 05 |
| 16 | PAUL | TODD | [BENFLEET RC] | 1 . 41 . 34 |
| 17 | GUY | BELLAMY | [N/A] | 1 . 41 . 46 |
| 18 | JAMES | LOWE | [FF FLYERS] | 1 . 41 . 53 |
| 19 | JOHN | GREEN | [THURROCK HARRIERS] | 1 . 42 . 19 |
| 20 | MICHAEL | CATES | [ETON MANOR AC] | 1 . 42 . 54 |
| 21 | DAVID | MELLER | [TRENT PARK RC] | 1 . 43 . 22 |
| 22 | MICHAEL | BUMSTEAD | [THURROCK HARRIERS] | 1 . 43 . 47 |
| 23 | MICHAEL | STACEY | [INVICTA KENT EAST AC] | 1 . 44 . 01 |
| 24 | JOHN | MUJINGA | [BRRC] | 1 . 44 . 14 |
| 25 | STAN | COLEMAN | [THRIFT GREEN TROTTERS] | 1 . 44 . 23 |
| 26 | IAN | DREW | [ISTEAD & IFIELD RUNNERS] | 1 . 46 . 09 |
| 27 | WILLIAM | ALVES | [TOTLEY AC] | 1 . 46 . 25 |
| 28 | STEVE | FULKER | [BILLERICAY STRIDERS] | 1 . 46 . 55 |
| 29 | KEVIN | HAYNES | [TRENT PARK RC] | 1 . 47 . 07 |
| 30 | KEVIN | HINNS | [THRIFT GREEN TROTTERS] | 1 . 47 . 57 |
| 31 | CHRIS | BROTHERTON | [WOODFORD GREEN] | 1 . 47 . 57 |
| 32 | GRAHAM | AXE | [EAST ESSEX TRI-CLUB] | 1 . 48 . 13 |
| 33 | RICHARD | FULLER | [EAST ESSEX TRI-CLUB] | 1 . 48 . 44 |
| 34 | DAVID | MANSFIELD | [THRIFT GREEN TROTTERS] | 1 . 49 . 16 |
| 35 | TREVOR | EDGELY | [INVICTA KENT EAST AC] | 1 . 49 . 51 |
| 36 | GARY | COLLINS | [THURROCK HARRIERS] | 1 . 50 . 17 |
| 37 | PHIL | QUANTRILL | [GT YARMOUTH RR] | 1 . 50 . 36 |
| 38 | KEN | FANCETT | [BECKENHAM RC] | 1 . 51 . 04 |
| 39 | MARTIN | GOULD | [BLACKWATER VALLEY RUNNERS] | 1 . 51 . 17 |
| 40 | JOHN | TYLER | [HAVERING 90 JOGGERS] | 1 . 51 . 27 |
| 41 | CHRIS | TATE | [BISHOPS STORTFORD] | 1 . 52 . 04 |
| 42 | NEIL | RIDDOCH | [HARLOW RC] | 1 . 52 . 12 |
| 43 | RONALD | VIALLS | [BARKING RR] | 1 . 52 . 13 |
| 44 | JOHN | WRIGHT | [SOUTHEND AC] | 1 . 52 . 23 |
| 45 | DAVID | JELICOE | [SPRINGFIELD STRIDERS] | 1 . 52 . 51 |
| 46 | LUCY | THOMPSON | [BENFLEET RC] | 1 . 53 . 21 |
| 47 | CHRIS | SCRIVENER | [THURROCK HARRIERS] | 1 . 53 . 44 |
| 48 | STUART | MANN | [HERTS PHONEIX] | 1 . 54 . 10 |
| 49 | DAVID | DUTTON | [PITSEA RC] | 1 . 54 . 17 |
| 50 | DAVID | SWEET | [BILLERICAY STRIDERS] | 1 . 54 . 19 |
| 51 | WILLIAM | HAINING | [COLCHESTER HARRIERS] | 1 . 54 . 52 |
| 52 | RICHARD | COATES | [N/A] | 1 . 55 . 05 |
| 53 | JAMIE | LUCK | [HARLOW RC] | 1 . 55 . 27 |

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| 54 | STEPHEN | CARMICHAEL-BROWN | [THRIFT GREEN TROTTERS] | 1 . 55 . 50 |
| 55 | PAUL | JONES | [THURROCK HARRIERS] | 1 . 55 . 59 |
| 56 | TIM | ODONAVON | [TRENT PARK RC] | 1 . 56 . 03 |
| 57 | RUSSELL | ABREY | [DAGENHAM 88] | 1 . 56 . 14 |
| 58 | BEL | WATERS | [HARLOW RC] | 1 . 56 . 19 |
| 59 | KEVAN | WIND | [PITSEA RC] | 1 . 56 . 57 |
| 60 | SHARON | HAWKINS | [MAIDSTONE HARRIERS] | 1 . 56 . 59 |
| 61 | TIM | DEDMAN | [BISHOPS STORTFORD] | 1 . 57 . 04 |
| 62 | DAVID | BOWKER | [ROYSTON RUNNERS] | 1 . 57 . 06 |
| 63 | DARREN | BROWN | [N/A] | 1 . 57 . 09 |
| 64 | ALISON | BENT | [PITSEA RC] | 1 . 57 . 12 |
| 65 | MICHAEL | EAMES | [THRIFT GREEN TROTTERS] | 1 . 57 . 25 |
| 66 | DAVE | WHITE | [N/A] | 1 . 57 . 27 |
| 67 | MICK | SMITH | [SOUTHEND AC] | 1 . 57 . 34 |
| 68 | GRAHAM | BAKER | [ROAD RUNNERS RC] | 1 . 57 . 37 |
| 69 | DANIEL | BENT | [PITSEA RC] | 1 . 57 . 52 |
| 70 | JOHANN | PRINSLOO | [N/A] | 1 . 58 . 14 |
| 71 | HUW | JOHNSON | [N/A] | 1 . 58 . 31 |
| 72 | TONY | COWELL | [BENFLEET RC] | 1 . 58 . 41 |
| 73 | ANDY | COLBERT | [THRIFT GREEN TROTTERS] | 1 . 58 . 57 |
| 74 | PHIL | OATHAM | [THURROCK HARRIERS] | 1 . 59 . 28 |
| 75 | DANIEL | WARD | [N/A] | 1 . 59 . 43 |
| 76 | ROY | FLEMING | [N/A] | 2 . 00 . 04 |
| 77 | JASON | SYRETT | [THURROCK NOMADS] | 2 . 00 . 25 |
| 78 | STEVE | DESBOROUGH | [N/A] | 2 . 00 . 37 |
| 79 | JULIA | PALMER | [BENFLEET RC] | 2 . 00 . 43 |
| 80 | BILL | PARKER | [N/A] | 2 . 00 . 52 |
| 81 | DANIEL | ELLIS | [BENFLEET RC] | 2 . 01 . 04 |
| 82 | MELANIE | LING | [SOUTHEND AC] | 2 . 01 . 14 |
| 83 | LAURENCE | HARRISON | [BILLERICAY STRIDERS] | 2 . 01 . 24 |
| 84 | GEORGE | BARRON | [BISHOPS STORTFORD] | 2 . 01 . 36 |
| 85 | MARK | PEAD | [THRIFT GREEN TROTTERS] | 2 . 01 . 58 |
| 86 | STEVE | BEECH | [PITSEA RC] | 2 . 02 . 31 |
| 87 | ROBIN | GALE | [THRIFT GREEN TROTTERS] | 2 . 02 . 46 |
| 88 | BERNIE | MITCHELL | [N/A] | 2 . 03 . 12 |
| 89 | STEVE | JACKSON | [ETON MANOR AC] | 2 . 03 . 36 |
| 90 | NEIL | TAYLOR | [HAVERING 90 JOGGERS] | 2 . 04 . 05 |
| 91 | JACO | WENTZEL | [N/A] | 2 . 04 . 11 |
| 92 | GARY | JONES | [ESSEX POLICE] | 2 . 04 . 23 |
| 93 | CHRISTOPHER | HEAPY | [HAVERING 90 JOGGERS] | 2 . 04 . 33 |
| 94 | JULIE | WARNER | [N/A] | 2 . 04 . 40 |
| 95 | AMANDA | BUSSEY | [SOUTHEND AC] | 2 . 04 . 44 |
| 96 | STEPHEN | MELLUISH | [N/A] | 2 . 04 . 50 |
| 97 | RICHARD | CONDON | [BENFLEET RC] | 2 . 04 . 55 |
| 98 | NICK | BUTCHER | [N/A] | 2 . 05 . 05 |
| 99 | DAVID | BLAKEY | [BISHOPS STORTFORD] | 2 . 05 . 15 |
| 100 | I | THEAKSTONE | [DAGENHAM 88] | 2 . 05 . 18 |
| 101 | KEN | BENCH | [THRIFT GREEN TROTTERS] | 2 . 05 . 25 |
| 102 | ROB | SCHWARZ | [C.JOGGERS?] | 2 . 05 . 32 |
| 103 | DEREK | SUMMERS | [26.2 RRC] | 2 . 05 . 40 |
| 104 | DENIS | MOLE | [HAVERING 90 JOGGERS] | 2 . 05 . 48 |
| 105 | NEIL | BRADLEY | [SPRINGFIELD STRIDERS] | 2 . 05 . 55 |
| 106 | JOHN | MURPHY | [BOREHAMWOOD AC] | 2 . 06 . 00 |

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| 107 | MANDY | BROWN | [26.2 RRC] | 2 . 06 . 05 |
| 108 | MICHAEL | WILSON | [EAST LONDON RUNNERS] | 2 . 05 . 16 |
| 109 | JOANNE | NEWSTEAD | [N/A] | 2 . 06 . 17 |
| 110 | GARY | CRAMPTON | [N/A] | 2 . 06 . 19 |
| 111 | JOANNE | SULLIVAN | [HAVERING 90 JOGGERS] | 2 . 06 . 20 |
| 112 | BRIAN | SMITH | [BLACKHEATH HARRIERS] | 2 . 06 . 37 |
| 113 | MIKE | ROSBROOK | [ORION HARRIERS] | 2 . 07 . 00 |
| 114 | TONY | ODONNELL | [N/A] | 2 . 07 . 06 |
| 115 | DAVID | RIXON | [DOVEDALE HARRIERS] | 2 . 07 . 15 |
| 116 | IAIN | STEWART | [N/A] | 2 . 07 . 25 |
| 117 | RICHARD | MAINWARING | [EAST LONDON RUNNERS] | 2 . 07 . 38 |
| 118 | DEBORAH | SULLIVAN | [HAVERING MAYESBROOK AC] | 2 . 07 . 43 |
| 119 | DAVID | WOOD | [LITTLE BADDOW RR] | 2 . 07 . 46 |
| 120 | ROBERT | DONN | [N/A] | 2 . 08 . 02 |
| 121 | STEPHEN | ALLEN | [N/A] | 2 . 08 . 11 |
| 122 | ROB | PEACEY | [BENFLEET RC] | 2 . 08 . 25 |
| 123 | DAVID | GRIDLEY | [HAVERING 90 JOGGERS] | 2 . 08 . 33 |
| 124 | CLIVE | TOZELAND | [DAGENHAM 88] | 2 . 08 . 46 |
| 125 | RICHARD | MERRY | [COLCHESTER HARRIERS] | 2 . 08 . 52 |
| 126 | DENNIS | MCDERMOTT | [HAVERING 90 JOGGERS] | 2 . 08 . 53 |
| 127 | DAVID | KING | [BLACKHEATH HARRIERS] | 2 . 09 . 02 |
| 128 | TERENCE | WHALLEY | [FF FLYERS] | 2 . 09 . 05 |
| 129 | CHRIS | HUGGINS | [PITSEA RC] | 2 . 09 . 11 |
| 130 | MICK | STAINES | [CASTLE POINT JOGGERS] | 2 . 09 . 31 |
| 131 | STEPHEN | BARIS | [N/A] | 2 . 09 . 47 |
| 132 | STEPHEN | PARKER | [FF FLYERS] | 2 . 09 . 55 |
| 133 | PAUL | EVANS | [GT YARMOUTH RR] | 2 . 10 . 03 |
| 134 | STEPHEN | TATE | [LEIGH STRIDERS] | 2 . 10 . 09 |
| 135 | J | POPE | [EAST LONDON RUNNERS] | 2 . 10 . 11 |
| 136 | MARTIN | GRAY | [N/A] | 2 . 10 . 27 |
| 137 | VICKY | GARDINER | [GT YARMOUTH RR] | 2 . 10 . 29 |
| 138 | CLAIRE | WAGH | [ETON MANOR AC] | 2 . 10 . 30 |
| 139 | CHRIS | COOPER | [DORKING & MOLE VALLEY RC] | 2 . 10 . 54 |
| 140 | GRAHAM | BLOOMFIELD | [ESSEX POLICE] | 2 . 11 . 00 |
| 141 | PETER | LOVELL | [BLACKHEATH HARRIERS] | 2 . 11 . 04 |
| 142 | NINA | WAGSTAFF | [N/A] | 2 . 11 . 10 |
| 143 | LORRAINE | WILSON | [SOUTHEND AC] | 2 . 11 . 12 |
| 144 | ANDREW | HAMBLIN | [N/A] | 2 . 11 . 17 |
| 145 | KIRK | JOHNSON | [EAST LONDON RUNNERS] | 2 . 11 . 25 |
| 146 | LOUISE | NEVILLE | [N/A] | 2 . 11 . 30 |
| 147 | DEBBIE | SMITH | [BENFLEET RC] | 2 . 11 . 32 |
| 148 | ANNETTE | MUSSETT | [N/A] | 2 . 11 . 34 |
| 149 | BECKY | GRIFFITH | [ETON MANOR AC] | 2 . 11 . 38 |
| 150 | PAUL | FOWLER | [SITTINGBOURNE STRIDERS] | 2 . 11 . 42 |
| 151 | BERNARD | WRIGHT | [SOUTHEND AC] | 2 . 11 . 50 |
| 152 | PAUL | ROW | [BISHOPS STORTFORD] | 2 . 12 . 00 |
| 153 | JOHNNY | CONQUEST | [HAVERING 90 JOGGERS] | 2 . 12 . 03 |
| 154 | JON | KEMP | [PITSEA RC] | 2 . 12 . 13 |
| 155 | MARK | ROBINSON | [N/A] | 2 . 12 . 25 |
| 156 | JOHN | COOK | [HARLOW RC] | 2 . 12 . 31 |
| 157 | MICK | DAVIDSON | [N/A] | 2 . 12 . 36 |
| 158 | MARK | OSBORN | [ROAD RUNNERS RC] | 2 . 12 . 37 |
| 159 | HELEN | TOMPKINS | [PITSEA RC] | 2 . 13 . 01 |

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| 160 | TIM | RUMBLE | [CASTLE POINT JOGGERS] | 2 . 13 . 12 |
| 161 | TREVOR | CROSBY | [LITTLE BADDOW RR] | 2 . 13 . 15 |
| 162 | ROBERT | TEER | [THURROCK NOMADS] | 2 . 13 . 16 |
| 163 | DEB | SLACK | [BENFLEET RC] | 2 . 13 . 20 |
| 164 | STEVEN | KEYY | [FF FLYERS] | 2 . 13 . 47 |
| 165 | JAMES | SHIPMAN | [BISHOPS STORTFORD] | 2 . 14 . 11 |
| 166 | ANDREW | TATE | [MAIDSTONE HARRIERS] | 2 . 14 . 24 |
| 167 | PETER | OSBORNE | [N/A] | 2 . 14 . 35 |
| 168 | KAREN | WHITE | [EAST LONDON RUNNERS] | 2 . 14 . 51 |
| 169 | RAY | RAWLINSON | [ILFORD AC] | 2 . 15 . 03 |
| 170 | ANDREW | SMITH | [PITSEA RC] | 2 . 15 . 07 |
| 171 | DAVID | PAYNE | [N/A] | 2 . 15 . 24 |
| 172 | LINDA | CLAMPETT | [THURROCK HARRIERS] | 2 . 15 . 38 |
| 173 | ANNEMARIE | VISSER | [N/A] | 2 . 15 . 47 |
| 174 | JAMES | IGOE | [SALE HARRIERS] | 2 . 15 . 53 |
| 175 | ROBERT | HALL | [SALE HARRIERS] | 2 . 15 . 54 |
| 176 | STUART | PAYNE | [LEIGH STRIDERS] | 2 . 15 . 55 |
| 177 | RICHARD | HOWE | [SALE HARRIERS] | 2 . 15 . 56 |
| 178 | GARY | JACKETS | [EAST END RR] | 2 . 16 . 17 |
| 179 | ANNE | HOWE | [CASTLE POINT JOGGERS] | 2 . 16 . 18 |
| 180 | HAZELL | FULKER | [BILLERICAY STRIDERS] | 2 . 16 . 19 |
| 181 | IAN | HUDGELL | [N/A] | 2 . 16 . 34 |
| 182 | NIGEL | NEPEAN | [N/A] | 2 . 16 . 35 |
| 183 | NICOLA | HOPKINSON | [ILFORD AC] | 2 . 16 . 57 |
| 184 | ANGELA | BENT | [PITSEA RC] | 2 . 17 . 21 |
| 185 | LES | PULLEN | [CAMBRIDGE HARRIERS] | 2 . 17 . 22 |
| 186 | GUY | HAMMETT | [N/A] | 2 . 17 . 23 |
| 187 | JUSTIN | OLLEY | [N/A] | 2 . 17 . 25 |
| 188 | JEFF | HOWE | [DARTFORD RR] | 2 . 17 . 43 |
| 189 | RICHARD | BONHAM | [CASTLE POINT JOGGERS] | 2 . 17 . 46 |
| 190 | RUSSELL | DEVITT | [SHAFTESBURY HARRIERS] | 2 . 17 . 57 |
| 191 | RAY | HILL | [PITSEA RC] | 2 . 18 . 17 |
| 192 | KRYZIA | BRODA | [EPSOM ALLSORTS] | 2 . 18 . 20 |
| 193 | DEAN | CHATBURN | [DEAL TRI-CLUB] | 2 . 19 . 07 |
| 194 | DEREK | BOSTOCK | [ROAD RUNNERS RC] | 2 . 19 . 08 |
| 195 | MICK | JUDD | [N/A] | 2 . 19 . 16 |
| 196 | KEITH | RUSTON | [PITSEA RC] | 2 . 19 . 38 |
| 197 | AIMAN | ETRA | [SITTINGBOURNE STRIDERS] | 2 . 19 . 52 |
| 198 | VICTOR | PRIDMORE | [BILLERICAY STRIDERS] | 2 . 19 . 54 |
| 199 | JANET | PARDON | [BILLERICAY STRIDERS] | 2 . 19 . 55 |
| 200 | NICK | MCCULLAGH | [CASTLE POINT JOGGERS] | 2 . 20 . 15 |
| 201 | RACHEL | RICHARDSON-WRIGHT | [COLCHESTER HARRIERS] | 2 . 20 . 28 |
| 202 | GRAHAM | HILBERY | [SOUTHEND AC] | 2 . 20 . 38 |
| 203 | MIKE | HAWKINS | [LARKFIELD AC] | 2 . 20 . 51 |
| 204 | MICHAEL | BEAMONT | [N/A] | 2 . 21 . 02 |
| 205 | NIK | BESTOW | [IPSWICH TRIATHLON CLUB] | 2 . 21 . 07 |
| 206 | MARK | SEATON | [BARKING RR] | 2 . 21 . 13 |
| 207 | IAN | LEWIS | [CASTLE POINT JOGGERS] | 2 . 21 . 14 |
| 208 | CHERIE | HIPKINS | [6T YARMOUTH RR] | 2 . 21 . 16 |
| 209 | DAVID | GREENHAM | [HAVERHILL RC] | 2 . 21 . 22 |
| 210 | JEREMY | RAYNER | [N/A] | 2 . 21 . 23 |
| 211 | CHRIS | BENT | [PITSEA RC] | 2 . 21 . 32 |
| 212 | E | OCHILTREE | [HARLOW RC] | 2 . 21 . 43 |

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|-----|------------|------------|---------------------------|-------------|
| 213 | BEN | DEAN | [BISHOPS STORTFORD] | 2 . 21 . 48 |
| 214 | PETER | SHORTER | [N/A] | 2 . 22 . 05 |
| 215 | PATRICK | MARSH | [COLCHESTER HARRIERS] | 2 . 22 . 17 |
| 216 | PAUL | ANDERSON | [E.P.S.A] | 2 . 22 . 32 |
| 217 | MARTIN | HILLER | [N/A] | 2 . 22 . 36 |
| 218 | CAROLINE | WEEKES | [N/A] | 2 . 22 . 38 |
| 219 | ROY | COTTIS | [SOUTHEND AC] | 2 . 22 . 46 |
| 220 | JAMES | MORRISON | [N/A] | 2 . 23 . 11 |
| 221 | PETER | BRYAN | [ESSEX POLICE] | 2 . 23 . 41 |
| 222 | STEVE | JONES | [N/A] | 2 . 23 . 44 |
| 223 | DENISE | WARNER | [N/A] | 2 . 24 . 01 |
| 224 | CHRIS | DOMONEY | [THRIFT GREEN TROTTERS] | 2 . 24 . 03 |
| 225 | PETER | STRANGE | [THRIFT GREEN TROTTERS] | 2 . 24 . 04 |
| 226 | DAVID | GODFREY | [BILLERICAY STRIDERS] | 2 . 24 . 37 |
| 227 | TERRY | COCKELL | [N/A] | 2 . 24 . 52 |
| 228 | APRYL | HAMMETT | [N/A] | 2 . 24 . 58 |
| 229 | PAMELA | JONES | [ILFORD AC] | 2 . 25 . 18 |
| 230 | WILLIAM | METCALFE | [BASILDON AC] | 2 . 25 . 25 |
| 231 | ROBIN | SCALES | [FF FLYERS] | 2 . 25 . 27 |
| 232 | BEN | TYLER | [N/A] | 2 . 25 . 39 |
| 233 | SUSAN | PRESTON | [GRAVESEND RR & AC] | 2 . 25 . 55 |
| 234 | DEREK | ATKINSON | [THURROCK NOMADS] | 2 . 25 . 57 |
| 235 | WARREN | RHODES | [N/A] | 2 . 26 . 04 |
| 236 | SACHA | ACKLAND | [ETON MANOR AC] | 2 . 26 . 13 |
| 237 | ROBERT | WEST | [SOUTHEND AC] | 2 . 26 . 17 |
| 238 | ANGELA | COSTER | [THRIFT GREEN TROTTERS] | 2 . 26 . 21 |
| 239 | JACQUELINE | FISHER | [PITSEA RC] | 2 . 26 . 22 |
| 240 | JOHN | CRAMPHORN | [HAVERING 90 JOGGERS] | 2 . 27 . 00 |
| 241 | PETER | BATES | [PITSEA RC] | 2 . 27 . 09 |
| 242 | BRIAN | JOHNSON | [N/A] | 2 . 27 . 11 |
| 243 | DOUGLAS | ADAMS | [DAGENHAM 88] | 2 . 27 . 22 |
| 244 | ROGER | IVES | [N/A] | 2 . 27 . 36 |
| 245 | RONALD | DOBIE | [HAVERING 90 JOGGERS] | 2 . 27 . 44 |
| 246 | KENNETH | WILSON | [EAST END RR] | 2 . 27 . 53 |
| 247 | DAVID | BROOKS | [THURROCK HARRIERS] | 2 . 27 . 57 |
| 248 | STEVE | BAKER | [N/A] | 2 . 28 . 09 |
| 249 | ALAN | POTTER | [DAGENHAM 88] | 2 . 28 . 51 |
| 250 | LESLEY | HOLMES | [THRIFT GREEN TROTTERS] | 2 . 29 . 00 |
| 251 | CAROL | PARSONS | [TOTLEY AC] | 2 . 29 . 07 |
| 252 | ROBERT | COURTIER | [BARKING RR] | 2 . 29 . 13 |
| 253 | GISELLE | DEVLIN | [CASTLE POINT JOGGERS] | 2 . 29 . 50 |
| 254 | PETER | GREEN | [N/A] | 2 . 30 . 00 |
| 255 | MATT | GREEN | [READING AC] | 2 . 30 . 01 |
| 256 | CHRIS | HALE | [ROAD RUNNERS RC] | 2 . 30 . 11 |
| 257 | MARTIN | MASON | [BARKING RR] | 2 . 30 . 20 |
| 258 | SLLAY | GILLAM | [ILFORD AC] | 2 . 30 . 44 |
| 259 | TONY | BRADLEY | [DAGENHAM 88] | 2 . 30 . 53 |
| 260 | STEPHEN | BUCKINGHAM | [ROAD RUNNERS RC] | 2 . 30 . 58 |
| 261 | JOHN | COLLINS | [BARKING RR] | 2 . 31 . 25 |
| 262 | MALCOLM | LUPTON | [N/A] | 2 . 31 . 38 |
| 263 | BRIAN | HARDING | [THRIFT GREEN TROTTERS] | 2 . 31 . 45 |
| 264 | RAYMOND | FRENCH | [THRIFT GREEN TROTTERS] | 2 . 31 . 46 |
| 265 | KEITH | RICHARDSON | [ROAD RUNNERS RC] | 2 . 32 . 07 |

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| 266 | NICOLA | TIMOTHY | [BARKING RR] | 2 . 32 . 24 |
| 267 | JOANNE | WHITTAKER | [THORNBURY RC] | 2 . 33 . 07 |
| 268 | WENDY | KNEE | [SITTINGBOURNE STRIDERS] | 2 . 33 . 15 |
| 269 | GARY | HARBER | [N/A] | 2 . 33 . 38 |
| 270 | HELEN | TREACHER | [NOLFOLK GAZELLES] | 2 . 34 . 14 |
| 271 | ALAN | PEDDER | [N/A] | 2 . 34 . 27 |
| 272 | COLIN | RUSSELL | [ROAD RUNNERS RC] | 2 . 34 . 35 |
| 273 | ALEXANDER | YATES | [N/A] | 2 . 34 . 42 |
| 274 | JASON | CHIPPERFIELD | [THANET ROADRUNNERS AC] | 2 . 34 . 45 |
| 275 | SUE | THAKE | [BILLERICAY STRIDERS] | 2 . 34 . 47 |
| 276 | MICHAEL | COTTERELL | [BILLERICAY STRIDERS] | 2 . 34 . 48 |
| 277 | CHRISKA | PIRIE | [BISHOPS STORTFORD] | 2 . 34 . 58 |
| 278 | MIRIAM | ADCOCK | [LEIGHTON FUN RUNNERS] | 2 . 35 . 20 |
| 279 | BILL | BRUNTON | [BISHOPS STORTFORD] | 2 . 35 . 24 |
| 280 | ANDY | FORSTER | [N/A] | 2 . 35 . 31 |
| 281 | CHRIS | PITT | [N/A] | 2 . 35 . 53 |
| 282 | LORRAINE | EVANS | [BISHOPS STORTFORD] | 2 . 35 . 54 |
| 283 | AMANDA | TRUMP | [HAVERING 90 JOGGERS] | 2 . 36 . 40 |
| 284 | ALAN | GEE | [HADLEIGH T-O-W] | 2 . 36 . 48 |
| 285 | BRIAN | REID | [SPRINGFIELD STRIDERS] | 2 . 36 . 52 |
| 286 | SHEILA | GILLIE | [N/A] | 2 . 37 . 03 |
| 287 | FRANCES | HUMPHRIES | [THRIFT GREEN TROTTERS] | 2 . 37 . 03 |
| 288 | DAVID | FOX | [N/A] | 2 . 37 . 19 |
| 289 | DENIS | GRAY | [N/A] | 2 . 37 . 51 |
| 290 | RICHARD | SMITHER | [N/A] | 2 . 37 . 56 |
| 291 | BRIAN | TELFORD | [GREAT BENTLEY RC] | 2 . 38 . 11 |
| 292 | CATHERINE | SLADE | [THRIFT GREEN TROTTERS] | 2 . 38 . 17 |
| 293 | ANNIE | SMITH | [THRIFT GREEN TROTTERS] | 2 . 38 . 18 |
| 294 | BARRY | SHORT | [THRIFT GREEN TROTTERS] | 2 . 38 . 19 |
| 295 | ALVIN | CHAMBERS | [SITTINGBOURNE STRIDERS] | 2 . 38 . 20 |
| 296 | MEGHAN | ALLEN | [N/A] | 2 . 38 . 24 |
| 297 | MARIA | SHEHU | [FF FLYERS] | 2 . 38 . 25 |
| 298 | KEITH | PASSINGHAM | [FF FLYERS] | 2 . 38 . 26 |
| 299 | BRIAN | TYRRELL | [HAVERING 90 JOGGERS] | 2 . 40 . 42 |
| 300 | NIGEL | KENT | [NEW ELTHAM JOGGERS] | 2 . 40 . 51 |
| 301 | RONALD | LUCK | [HARLOW RC] | 2 . 41 . 02 |
| 302 | JOHN | DYER | [DAGENHAM 88] | 2 . 41 . 17 |
| 303 | MIKE | BATTLE | [HADLEIGH TOWN] | 2 . 41 . 31 |
| 304 | DAVID | THOMPSON | [HADLEIGH TOWN] | 2 . 41 . 32 |
| 305 | JAMES | FOULKES | [N/A] | 2 . 41 . 47 |
| 306 | CHRIS | SHORT | [N/A] | 2 . 43 . 11 |
| 307 | KEVIN | HUGHES | [N/A] | 2 . 43 . 14 |
| 308 | JACQUELINE | MILLS | [PITSEA RC] | 2 . 43 . 24 |
| 309 | MARIE | HOCKLEY | [BISHOPS STORTFORD] | 2 . 43 . 56 |
| 310 | VANESSA | ASHDOWN | [CASTLE POINT JOGGERS] | 2 . 44 . 14 |
| 311 | EILEEN | HAMMOND | [CASTLE POINT JOGGERS] | 2 . 44 . 15 |
| 312 | LORRAINE | HEAL | [CASTLE POINT JOGGERS] | 2 . 44 . 16 |
| 313 | JULIE | ROBINSON | [WOODFORD GREEN] | 2 . 44 . 20 |
| 314 | BILL | CRUSH | [N/A] | 2 . 44 . 54 |
| 315 | STEPHEN | CONNOLLY | [CASTLE POINT JOGGERS] | 2 . 47 . 17 |
| 316 | SEONARD | BROOKS | [BISHOPS STORTFORD] | 2 . 47 . 27 |
| 317 | JACQUELINE | CHUBB | [N/A] | 2 . 47 . 50 |
| 318 | EDWARD | BRIGGS | [N/A] | 2 . 48 . 44 |

Mens Team Competition

| Place | Runner | | Time |
|----------------------|--------|---------|---------------|
| 1.BENFLEET RC | | | 15 pts |
| 2 | PAUL | PROSSER | 1 . 36 . 34 |
| 3 | JEZ | MANCER | 1 . 36 . 52 |
| 10 | TONY | MEAD | 1 . 40 . 04 |

| | | | |
|----------------------------|---------|----------|--------------|
| 2.THURROCK HARRIERS | | | 17pts |
| 1 | JAMIE | SEAMARK | 1 . 36 . 02 |
| 7 | MARK | BUMSTEAD | 1 . 38 . 34 |
| 9 | STEPHEN | WILLIAMS | 1 . 39 . 40 |

| | | | |
|--------------------------------|-------|---------|--------------|
| 3.THRIFT GREEN TROTTERS | | | 59pts |
| 4 | JOHN | BARKER | 1 . 36 . 57 |
| 25 | STAN | COLEMAN | 1 . 44 . 23 |
| 30 | KEVIN | HINNS | 1 . 47 . 57 |

| | | |
|-----|------------------------|--------|
| 4. | COLCHESTER HARRIERS | 79pts |
| 5. | TRENT PARK RC | 106pts |
| 6. | BILLERICAY STRIDERS | 161pts |
| 7. | SPRINGFIELD STRIDERS | 164pts |
| 8. | PITSEA RC | 177pts |
| 9. | BISHOPS STORTFORD | 186pts |
| 10. | HAVERING 90 JOGGERS | 223pts |
| 11. | HARLOW RC | 251pts |
| 12. | SOUTHEND AC | 262pts |
| 13. | FORD FITNESS | 278pts |
| 14. | DAGENHAM 88 | 281pts |
| 15. | EAST LONDON RR | 370pts |
| 16. | BLACKHEATH HARRIERS | 380pts |
| 17. | ROAD RUNNERS | 420pts |
| 18. | ESSEX POLICE | 453pts |
| 19. | THURROCK NOMADS | 473pts |
| 20. | CASTLE POINT JOGGERS | 479pts |
| 21. | BARKING RR | 501pts |
| 22. | SALE HARRIERS | 526pts |
| 23. | SITTINGBOURNE STRIDERS | 642pts |

LADIES RACE RESULTS



| | | | | | | | | |
|----|------------|-------------------|----------------------------|-------|---|---|----|----|
| 1 | LUCY | THOMPSON | [BENFLEET RC] | 19-34 | - | 1 | 53 | 21 |
| 2 | BEL | WATERS | [HARLOW RC] | 35-44 | - | 1 | 56 | 19 |
| 3 | SHARON | HAWKINS | [MAIDSTONE HARRIERS] | 35-44 | - | 1 | 56 | 59 |
| 4 | ALISON | BENT | [PITSEA RC] | 19-34 | - | 1 | 57 | 12 |
| 5 | JULIA | PALMER | [BENFLEET RC] | 35-44 | - | 2 | 00 | 43 |
| 6 | MELANIE | LING | [SOUTHEND AC] | 35-44 | - | 2 | 01 | 14 |
| 7 | JULIE | WARNER | [N/A] | 19-34 | - | 2 | 04 | 40 |
| 8 | AMANDA | BUSSEY | [SOUTHEND AC] | 35-44 | - | 2 | 04 | 44 |
| 9 | MANDY | BROWN | [26.2 RRC] | 45-54 | - | 2 | 06 | 05 |
| 10 | JOANNE | NEWSTEAD | [N/A] | 45-54 | - | 2 | 06 | 17 |
| 11 | JOANNE | SULLIVAN | [HAVERING 90 JOGGERS] | 19-34 | - | 2 | 06 | 20 |
| 12 | DEBORAH | SULLIVAN | [HAVERING MAYESBROOK AC] | 19-34 | - | 2 | 07 | 43 |
| 13 | J | POPE | [EAST LONDON RUNNERS] | 45-54 | - | 2 | 10 | 11 |
| 14 | VICKY | GARDINER | [GT YARMOUTH RR] | 19-34 | - | 2 | 10 | 29 |
| 15 | CLAIRE | WAGH | [ETON MANOR AC] | 19-34 | - | 2 | 10 | 30 |
| 16 | NINA | WAGSTAFF | [N/A] | 19-34 | - | 2 | 11 | 10 |
| 17 | LORRAINE | WILSON | [SOUTHEND AC] | 35-44 | - | 2 | 11 | 12 |
| 18 | LOUISE | NEVILLE | [N/A] | 19-34 | - | 2 | 11 | 30 |
| 19 | FRIBBIE | SMITH | [BENFLEET RC] | 35-44 | - | 2 | 11 | 32 |
| 20 | ANNETTE | MUSSETT | [N/A] | 19-34 | - | 2 | 11 | 34 |
| 21 | BECKY | GRIFFITH | [ETON MANOR AC] | 35-44 | - | 2 | 11 | 38 |
| 22 | HELEN | TOMPKINS | [PITSEA RC] | 45-54 | - | 2 | 13 | 01 |
| 23 | DEB | SLACK | [BENFLEET RC] | 35-44 | - | 2 | 13 | 20 |
| 24 | KAREN | WHITE | [EAST LONDON RUNNERS] | 45-54 | - | 2 | 14 | 51 |
| 25 | LINDA | CLAMPETT | [THURROCK HARRIERS] | 45-54 | - | 2 | 15 | 38 |
| 26 | ANNEMARIE | VISSER | [N/A] | 35-44 | - | 2 | 15 | 47 |
| 27 | ANNE | HOWE | [CASTLE POINT JOGGERS] | 35-44 | - | 2 | 16 | 18 |
| 28 | HAZELL | FULKER | [BILLERICAY STRIDERS] | 35-44 | - | 2 | 16 | 19 |
| 29 | NICOLA | HOPKINSON | [ILFORD AC] | 35-44 | - | 2 | 16 | 57 |
| 30 | ANGELA | BENT | [PITSEA RC] | 45-54 | - | 2 | 17 | 21 |
| 31 | KRYSIA | BRODA | [EPSOM ALLSORTS] | 45-54 | - | 2 | 18 | 20 |
| 32 | JANET | PARDON | [BILLERICAY STRIDERS] | 45-54 | - | 2 | 19 | 55 |
| 33 | RACHEL | RICHARDSON-WRIGHT | [COLCHESTER HARRIERS] | 35-44 | - | 2 | 20 | 28 |
| 34 | CHERIE | HIPKINS | [GT YARMOUTH RR] | 19-34 | - | 2 | 21 | 16 |
| 35 | | OCHILTREE | [HARLOW RC] | 35-44 | - | 2 | 21 | 43 |
| 36 | CAROLINE | WEEKES | [N/A] | 35-44 | - | 2 | 22 | 38 |
| 37 | DENISE | WARNER | [N/A] | 35-44 | - | 2 | 24 | 01 |
| 38 | APRYL | HAMMETT | [N/A] | 19-34 | - | 2 | 24 | 58 |
| 39 | PAMELA | JONES | [ILFORD AC] | 55+ | - | 2 | 25 | 18 |
| 40 | SUSAN | PRESTON | [GRAVESEND RR & AC] | 45-54 | - | 2 | 25 | 55 |
| 41 | SACHA | ACKLAND | [ETON MANOR AC] | 19-34 | - | 2 | 26 | 13 |
| 42 | ANGELA | COSTER | [THRIFT GREEN TROTTERS] | 35-44 | - | 2 | 26 | 21 |
| 43 | JACQUELINE | FISHER | [PITSEA RC] | 35-44 | - | 2 | 26 | 22 |
| 44 | LESLEY | HOLMES | [THRIFT GREEN TROTTERS] | 35-44 | - | 2 | 29 | 00 |
| 45 | CAROL | PARSONS | [TOTLEY AC] | 35-44 | - | 2 | 29 | 07 |
| 46 | GISELLE | DEVLIN | [CASTLE POINT JOGGERS] | 35-44 | - | 2 | 29 | 50 |
| 47 | SLLAY | GILLAM | [ILFORD AC] | 35-44 | - | 2 | 30 | 44 |
| 48 | NICOLA | TIMOTHY | [BARKING RR] | 19-34 | - | 2 | 32 | 24 |
| 49 | JOANNE | WHITTAKER | [THORNBURY RC] | 19-34 | - | 2 | 33 | 07 |
| 50 | WENDY | KNEE | [SITTINGBOURNE STRIDERS] | 45-54 | - | 2 | 33 | 15 |
| 51 | HELEN | TREACHER | [NOLFOLK GAZELLES] | 35-44 | - | 2 | 34 | 14 |
| 52 | SUE | THAKE | [BILLERICAY STRIDERS] | 35-44 | - | 2 | 34 | 47 |
| 53 | CHRISKA | PIRIE | [BISHOPS STORTFORD] | 35-44 | - | 2 | 34 | 58 |



| Place | Runner | | Time |
|----------------|--------|----------|-------------|
| 1: BENFLEET RC | | | 25pts |
| 1 | LUCY | THOMPSON | 1 . 53 . 34 |
| 5 | JULIA | PALMER | 2 . 00 . 43 |
| 19 | DEBBIE | SMITH | 2 . 11 . 32 |

| | | | |
|----------------|----------|--------|-------------|
| 2: SOUTHEND AC | | | 31pts |
| 6 | MELANIE | LING | 2 . 01 . 14 |
| 8 | AMANDA | BUSSEY | 2 . 04 . 44 |
| 17 | LORRAINE | WILSON | 2 . 11 . 12 |

| | | | |
|--------------|--------|----------|-------------|
| 3: PITSEA RC | | | 59pts |
| 4 | ALISON | BENT | 1 . 57 . 12 |
| 22 | HELEN | TOMPKINS | 2 . 13 . 01 |
| 30 | ANGELA | BENT | 2 . 17 . 21 |

| | | | |
|---|-----------------------|--|--------|
| 4 | ETON MANOR AC | | 77pts |
| 5 | BILLERICAY STRIDERS | | 112pts |
| 6 | ILFORD AC | | 115pts |
| 7 | CASTLEPOINT JOGGERS | | 138pts |
| 8 | THRIFT GREEN TROTTERS | | 144pts |
| 9 | BISHOPS STORTFORD | | 172pts |

THANKS

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