

Benfleet 15 Results- 30th January 2005

Pos	No	Name	Club	Age	Sx	H	M	S		
1	98	Greg	DEACON	Basildon AC	M17-39	M	1	28	53	1st Male
2	81	Dan	MERCHEL	n/a	M17-39	M	1	31	50	2nd Male
3	332	Alan	BROUGHTON	n/a HARLOW	M40-49	M	1	32	30	3rd Male
4	19	Jamie	SEAMARK	Thurrock Harriers	M17-39	M	1	33	14	
5	64	Paul	TODD	Benfleet RC	M17-39	M	1	34	07	
6	127	Sean	KETTERIDGE	Colchester Harriers	M17-39	M	1	34	34	
7	128	Allen	SMALLS	Colchester Harriers	M17-39	M	1	34	44	
8	46	Tony	MEAD	Benfleet RC	M17-39	M	1	35	23	
9	699	Kevin	MURISON	Gravesend RR	M40-49	M	1	35	36	1st VET
10	54	Simon	LEVY	City of Norwich AC	M17-39	M	1	37	08	
11	700	Kevin	JACOB	Billericay Striders	M40-49	M	1	37	45	2nd VET
12	250	Dave	SPAIN	Benfleet RC	M40-49	M	1	38	38	3rd VET
13	53	Glen	DUNHAM	City of Norwich AC	M17-39	M	1	38	53	
14	118	Gavin	ALLEN	Halstead Road Runners	M17-39	M	1	39	24	
15	703	?	CHAMBERS	Thurrock Harriers	M40-49	M	1	40	30	
16	204	John	BIRCH	Long Eaton RC	M40-49	M	1	40	43	
17	268	Stan	COLMAN	Thrift Green Trotters	M50-59	M	1	40	48	1st Svet
18	79	Mark	CHAMPION	Istead & Ifield Harriers	M17-39	M	1	41	12	
19	333	Robert	LANGLEY	Halstead Road Runners	M40-49	M	1	41	40	
20	69	Steve	DESBOROUGH	n/a	M17-39	M	1	41	53	
21	209	Paul	ROSS	Havering 90 Joggers	M40-49	M	1	42	11	
22	114	Phillip	COOPER	Thrift Green Trotters	M17-39	M	1	42	18	
23	27	Paul	ROW	Bishops Stortford RC	M17-39	M	1	42	26	
24	129	Mark	WAINE	n/a	M17-39	M	1	42	34	
25	228	Phil	OATHAM	Thurrock Harriers	M40-49	M	1	42	45	
26	125	Dan	SOLOMONS	Thrift Green Trotters	M17-39	M	1	42	48	
27	349	David	WRIGHT	Colchester Harriers	M40-49	M	1	43	29	
28	96	Scott	HENSHAW	Billericay Striders	M17-39	M	1	43	51	
29	124	Hidir	YILDIRIM	IAC	M17-39	M	1	43	53	
30	40	Chris	SCRIVENER	Thurrock Harriers	M17-39	M	1	43	55	
31	126	Barry	LOVEDAY	Havering 90 Joggers	M17-39	M	1	44	00	
32	705	Ian	PARKINS	Billericay Striders	M40-49	M	1	44	04	
33	240	Chris	HELLMERS	Latton Runners	M40-49	M	1	44	22	
34	66	Steven	POWER	Billericay Striders	M17-39	M	1	44	45	
35	191	Ian	KING	New Eltham Joggers	M40-49	M	1	44	57	
36	80	Tim	ELLIS	Haverhill RC	M17-39	M	1	45	00	
37	261	Ken	FANCETT	Beckenham RC	M50-59	M	1	45	15	
38	708	John	COTTIS	Colchester Harriers	M40-49	M	1	45	38	
39	37	Stuart	SCOTT	Beckenham RC	M17-39	M	1	45	38	
40	175	John	TYLER	Havering 90 Joggers	M40-49	M	1	45	40	
41	241	Gordon	MILLAR	Haverhill RC	M40-49	M	1	46	15	
42	227	Ian	CARDY	n/a	M40-49	M	1	46	33	
43	200	Andrew	MASON	Springfield Striders	M40-49	M	1	46	40	
44	76	Nick	ASKEW	City of Norwich AC	M17-39	M	1	46	52	
45	65	Graham	BOOTY	Benfleet RC	M17-39	M	1	46	54	
46	115	Mark	TAYLOR	Beckenham RC	M17-39	M	1	47	00	
47	146	Mark	GREET	Henfield Joggers	M17-39	M	1	47	26	
48	311	Peter	BINNS	Southend AC	M50-59	M	1	47	28	
49	221	Trevor	MOORE	n/a	M40-49	M	1	48	22	
50	190	David	SWEET	Billericay Striders	M40-49	M	1	48	24	
51	148	Adam	FITCH	Thrift Green Trotters	M17-39	M	1	48	25	
52	728	Darren	THOMAS	Grange Farm Trotters	M17-39	M	1	48	45	
53	211	Nick	POLLARD	n/a	M40-49	M	1	48	48	
54	67	Alex	WEBB	Haverhill RC	M17-39	M	1	48	50	
55	72	Jeremy	BETHELL	Southend AC	M17-39	M	1	48	57	
56	111	Jamie	LUCK	Harlow RC	M17-39	M	1	49	30	
57	77	Daniel	WARD	Epping Tri-Sport	M17-39	M	1	49	32	
58	131	Alex	EWIN	n/a	M17-39	M	1	49	42	
59	203	Richard	FULLER	East Essex Tri-Club	M40-49	M	1	50	00	
60	139	Greg	JARVIS	n/a	M17-39	M	1	50	25	
61	685	David	LESLEY	Southend AC	M60+	M	1	50	34	1st SSVet
62	38	Kevin	WOTTON	Barking Road Runners	M17-39	M	1	50	43	
63	257	Ronald	VIALLS	Barking Road Runners	M50-59	M	1	50	46	
64	97	Colin	JONES	Barking Road Runners	M17-39	M	1	50	58	
65	109	Willie	SMIT	Beckenham RC	M17-39	M	1	51	06	
66	143	Dave	COMISH	Tiptree Road Runners	M17-39	M	1	51	25	
67	342	Andrew	BAILEY	Halstead Road Runners	M60+	M	1	51	28	
68	59	Ian	GEORGE	East Essex Tri-Club	M17-39	M	1	51	32	
69	223	Andy	CLARKE	Thrift Green Trotters	M40-49	M	1	51	40	
70	10	Alan	CLARK	Billericay Striders	M17-39	M	1	51	42	
71	7	Michael	GREHAN	Dunstable Road Runners	M17-39	M	1	51	51	
72	712	Kevin	BATES	Billericay Striders	M40-49	M	1	51	56	
73	673	Ken	BENCH	Thrift Green Trotters	M60+	M	1	52	02	

74	88	Mark	JAGGER	MCAA	M17-39	M	1	52	18	
75	93	Lee	MEAD	n/a	M17-39	M	1	52	49	
76	273	Graham	COLLINS	City of Norwich AC	M50-59	M	1	52	51	
77	163	Stephen	CARDNELL	Grange Farm Trotters	M40-49	M	1	52	54	
78	483	Janet	COBBY	New Eltham Joggers	L35-44	L	1	53	07	1st Lady
79	183	Steve	ELLIOTT	Beckenham RC	M40-49	M	1	53	08	
80	104	Antony	COWELL	Benfleet RC	M17-39	M	1	53	11	
81	116	Sam	WOLTON	Halstead Road Runners	M17-39	M	1	53	28	
82	721	Andrew	DICK	Tiptree Road Runners	M40-49	M	1	53	41	
83	286	Stephen	BISHOP	Chelmsford AC	M50-59	M	1	53	54	
84	100	Mark	REYNOLDS	n/a	M17-39	M	1	54	02	
85	449	Julia	PALMER	Benfleet RC	L35-44	L	1	54	20	2nd Lady
86	427	Tracey	ALEXANDROU	Thrift Green Trotters	L35-44	L	1	54	49	3rd Lady
87	249	John	GEORGE	Barking Road Runners	M40-49	M	1	54	50	
88	102	Daryl	ARNOLD	n/a	M17-39	M	1	55	09	
89	404	Melaine	LING	Southend AC	L35-44	L	1	55	13	
90	720	Ian	GLYNN	n/a	M40-49	M	1	55	17	
91	113	Stephen	MELLUISH	n/a	M17-39	M	1	55	18	
92	701	Shaun	GRAVES	Istead & Ifield Harriers	M40-49	M	1	55	27	
93	28	Andrew	OWEN	Great Bentley RC	M17-39	M	1	55	29	
94	105	Andy	WRAY	Bedford & County AC	M17-39	M	1	55	44	
95	320	Keith	WALKER	Billericay Striders	M50-59	M	1	55	55	
96	401	Amanda	BUSSEY	Southend AC	L35-44	L	1	55	59	
97	242	Phil	CUNNINGHAM	Shaftesbury Barnet Harriers	M40-49	M	1	56	14	
98	182	Mark	COTTAM	Ilford AC	M40-49	M	1	56	29	
99	417	Angela	COSTER	Thrift Green Trotters	L35-44	L	1	56	32	
100	195	Andy	COLBERT	Thrift Green Trotters	M40-49	M	1	56	32	
101	299	Steve	JONES	n/a	M50-59	M	1	56	33	
102	224	Andrew	SMITH	n/a	M40-49	M	1	56	42	
103	6	R	BONHAM	Castle Point Joggers	M17-39	M	1	56	45	
104	70	Ian	PARMENTER	Haverhill RC	M17-39	M	1	56	49	
105	199	Kevin	DAVIDSON	n/a	M40-49	M	1	56	51	
106	30	Roy	FLEMING	Billericay Striders	M17-39	M	1	56	55	
107	363	Eleanor	HALL	Mid Essex Casuals	L17-34	L	1	56	56	
108	188	John	CLARKE	Grange Farm Trotters	M40-49	M	1	57	00	
109	709	Roger	MERCHANT	Pitsea RC	M40-49	M	1	57	01	
110	3	Andy	LUCKING	n/a	M17-39	M	1	57	10	
111	278	Roger	MYERS	n/a	M50-59	M	1	57	14	
112	307	Dennis	MCDERMOTT	Havering 90 Joggers	M50-59	M	1	57	19	
113	144	Mark	BIDSTON	East Essex Tri-Club	M17-39	M	1	57	25	
114	36	Tony	BAGWELL	Beckenham RC	M17-39	M	1	57	28	
115	274	Graham	BAKER	Road Runners Club	M50-59	M	1	57	39	
116	16	Stephen	ALLEN	n/a	M17-39	M	1	57	43	
117	13	James	HAASE	n/a	M17-39	M	1	58	02	
118	123	Andrew	ARCHER	Istead & Ifield Harriers	M17-39	M	1	58	04	
119	210	Charlie	BAYNES	Southend AC	M40-49	M	1	58	06	
120	271	Derek	MUNT	Beckenham RC	M50-59	M	1	58	09	
121	238	Ian	HOAD	Maidstone Harriers	M40-49	M	1	58	16	
122	22	Mark	ROBINSON	n/a	M17-39	M	1	58	22	
123	246	Nik	BARBER	Blackheath Harriers	M40-49	M	1	58	40	
124	68	Chris	SANSOM	n/a	M17-39	M	1	58	44	
125	293	Keith	JACKSON	Pitsea RC	M50-59	M	1	58	45	
126	375	Catrina	MCCRACKEN	Beckenham RC	L17-34	L	1	58	54	
127	206	Martin	PAGE	Barking Road Runners	M40-49	M	1	59	00	
128	95	Kevin	PAYNE	Witham RC	M17-39	M	1	59	05	
129	133	Jason	ISSACS	n/a	M17-39	M	1	59	27	
130	272	Ralph	BERNASCONE	Henfield Joggers	M50-59	M	1	59	33	
131	717	Richard	MAINWARING	East London Runners	M40-49	M	1	59	38	
132	443	Helen	HOYLE	Barnet & District	L35-44	L	1	59	46	
133	189	Mark	PEAD	Thrift Green Trotters	M40-49	M	2	00	11	
134	309	Denis	MOLE	Havering 90 Joggers	M50-59	M	2	00	18	
135	486	Pru	HAYHOW	Grange Farm Trotters	L35-44	L	2	00	31	
136	686	Stuart	MANN	Herts Phoenix AC	M60+	M	2	00	43	
137	15	John	MURPHY	BorehamWood AC	M17-39	M	2	00	49	
138	132	Jarlath	FITZGERALD	n/a	M17-39	M	2	00	54	
139	197	Bill	PARKER	n/a	M40-49	M	2	01	0	
140	289	Les	THURSTON	Bishops Stortford RC	M50-59	M	2	01	07	
141	331	Mike	GREALY	Halstead Road Runners	M40-49	M	2	01	18	
142	61	Andrew	SMITH	Pitsea RC	M17-39	M	2	01	45	
143	285	David	MORGAN	Billericay Striders	M50-59	M	2	01	47	
144	350	Chris	HATHEW	Grange Farm Trotters	M40-49	M	2	01	51	
145	74	Laurence	HARRISON	Billericay Striders	M17-39	M	2	01	53	
146	413	Lorraine	WILSON	Southend AC	L35-44	L	2	02	07	
147	110	Mick	EAMES	Thrift Green Trotters	M17-39	M	2	02	24	
148	236	N	MANLEY	Witham RC	M40-49	M	2	02	29	
149	220	Gary	CARDNELL	Dagenham 88 Runners	M40-49	M	2	02	29	
150	205	Steve	BEECH	Pitsea RC	M40-49	M	2	02	29	

151	711	Christopher	HEAPY	Havering 90 Joggers	M40-49	M	2	02	41	
152	308	Terence	WHALLEY	Tri Sport Epping	M50-59	M	2	02	44	
153	306	Roger	EVERARD	Pitsea RC	M50-59	M	2	02	53	
154	44	Martin	GRAY	n/a	M17-39	M	2	03	34	
155	121	Andy	COLEMAN	Billericay Striders	M17-39	M	2	03	36	
156	675	Victor	PRIDMORE	Billericay Striders	M60+	M	2	03	44	
157	312	David	STANLEY	Orion Harriers	M50-59	M	2	03	54	
158	499	Joanna	BIDSTON	East Essex Tri-Club	L35-44	L	2	04	03	
159	29	Guy	WADE	MPAA	M17-39	M	2	04	10	
160	327	Michael	WILSON	East London Runners	M40-49	M	2	04	23	
161	291	Colm	DONNELLY	Thrift Green Trotters	M50-59	M	2	04	31	
162	1	Richard	HALL	Blackheath Harriers	M17-39	M	2	04	33	
163	473	Angela	BENT	Pitsea RC	L45-54	L	2	04	39	1st S.Vet
164	248	Stephen	KEYS	?	M40-49	M	2	04	43	
165	122	Neil	TAYLOR	Havering 90 Joggers	M17-39	M	2	04	51	
166	17	Chris	PARR	n/a	M17-39	M	2	04	53	
167	310	Johnny	CONQUEST	Havering 90 Joggers	M50-59	M	2	04	54	
168	724	Gary	CRAMPTON	n/a	M40-49	M	2	05	04	
169	283	Brian	BUTCHER	Mid Essex Casuals	M50-59	M	2	05	10	
170	219	R	COTTIS	Southend AC	M40-49	M	2	05	13	
171	321	Terry	HEAPY	Harlow RC	M50-59	M	2	05	15	
172	194	Neil	BRADLEY	Springfield Striders	M40-49	M	2	05	24	
173	302	Mick	STAINES	Castle Point Joggers	M50-59	M	2	05	30	
174	442	Jacquie	PARR	Castle Point Joggers	L35-44	L	2	05	32	
175	697	Mark	PEARSON	Thurrock Harriers	M40-49	M	2	05	43	
176	282	Ross	SILVERTON	Blackwater Harriers	M50-59	M	2	05	47	
177	161	Clive	JONES	Great Bentley RC	M40-49	M	2	05	48	
178	329	John	MCIVEQ	New Eltham Joggers	M40-49	M	2	05	51	
179	319	Rob	COMPTON	Havering 90 Joggers	M50-59	M	2	06	09	
180	470	Karen	WHITE	East London Runners	L45-54	L	2	06	17	
181	458	Sue	CLARKE	Grange Farm Trotters	L45-54	L	2	06	22	
182	213	Trevor	PEACOCK	Thrift Green Trotters	M40-49	M	2	06	27	
183	185	Richard	GOWERS	n/a	M40-49	M	2	06	32	
184	297	William	ADAMS	Dagenham 88 Runners	M50-59	M	2	06	43	
185	166	Mike	HAYWARD	Castle Point Joggers	M40-49	M	2	06	49	
186	704	Dave	KNIGHT	East London Runners	M40-49	M	2	06	55	
187	361	Cherie	HIPKINS	Great Yarmouth Road Runners	L17-34	L	2	07	00	
188	120	Pat	OCONNER	Thrift Green Trotters	M17-39	M	2	07	05	
189	456	Mandy	BROWN	26.2RRC	L45-54	L	2	07	31	
190	41	Andrew	THOMSON	Havering 90 Joggers	M17-39	M	2	07	42	
191	367	Louise	PERRIN	Barking Road Runners	L17-34	L	2	07	50	
192	90	John	GAVIN	Serpentine	M17-39	M	2	08	01	
193	222	John	GWILLIM	Great Bentley RC	M40-49	M	2	08	07	
194	63	Chris	HALL	n/a	M17-39	M	2	08	20	
195	152	Gary	HAMILL	Met Police Sports	M40-49	M	2	08	40	
196	301	Ray	VAUTIER	Castle Point Joggers	M50-59	M	2	08	45	
197	134	Paul	CHARTERS	n/a	M17-39	M	2	09	06	
198	101	Darren	SMART	Dartford Harriers	M17-39	M	2	09	38	
199	232	Paul	DAVIS	Dagenham 88 Runners	M40-49	M	2	09	49	
200	229	D	ANDREWS	Witham RC	M40-49	M	2	09	50	
201	481	Kay	WICKS	New Eltham Joggers	L35-44	L	2	09	53	
202	482	Lisa	CAMPBELL	New Eltham Joggers	L35-44	L	2	09	53	
203	343	Robert	ABREY	Dagenham 88 Runners	M60+	M	2	09	56	
204	355	Janet	HILL	n/a	L17-34	L	2	09	57	
205	86	Mark	HAESTIER	MPAA	M17-39	M	2	09	59	
206	49	Patrick	MARSH	Colchester Harriers	M17-39	M	2	10	04	
207	237	David	KEELEY	Havering 90 Joggers	M40-49	M	2	10	11	
208	51	Richard	OSBOURNE	Bedford Harriers	M17-39	M	2	10	28	
209	160	Nik	BESTOW	Ipswich Triathlon	M40-49	M	2	10	47	
210	379	Wendy	FREEMAN	Haverhill RC	L17-34	L	2	10	52	
211	230	Neil	GODIER	n/a	M40-49	M	2	11	09	
212	300	Frank	GARDINER	Great Bentley RC	M50-59	M	2	11	11	
213	713	Steve	SMITH	Castle Point Joggers	M40-49	M	2	11	26	
214	380	Donna	RUDD	n/a	L17-34	L	2	11	21	
215	184	Steve	FERRAR	Beckenham RC	M40-49	M	2	11	26	
216	430	Ali	HOLLINGTON	Marlborough RC	L35-44	L	2	11	33	
217	153	Glen	TAYLOR	Southend AC	M40-49	M	2	11	35	
218	214	David	PAYNE	Witham RC	M40-49	M	2	11	45	
219	42	John	HARRINGTON	n/a	M17-39	M	2	11	54	
220	437	Bettina	MACCARIELLO	Thurrock Harriers	L35-44	L	2	11	58	
221	295	Russell	DEVITT	Shaftesbury Barnet Harriers	M50-59	M	2	12	01	
222	256	Derek	SUMMERS	26.2RRC	M50-59	M	2	12	07	
223	689	Andrew	WILMOT	Haistead Road Runners	M60+	M	2	12	10	
224	112	Simone	AURIGHI	Colchester Harriers	M17-39	M	2	12	14	
225	726	Stephen	LAVERTY	n/a	M40-49	M	2	12	21	
226	266	Dave	GREENHAM	Haverhill RC	M50-59	M	2	12	25	
227	142	Colin	WRIGHT	Haverhill RC	M17-39	M	2	12	25	

228	378	Suzanne	CROUDASS	n/a	L17-34	L	2	12	27
229	259	Jim	KIRKLAND	Plumstead Runners	M50-59	M	2	12	34
230	725	Danny	SCHNEIDER	MPAA	M40-49	M	2	12	39
231	436	Tara	CORBETT	Grange Farm Trotters	L35-44	L	2	12	40
232	50	John	WILLIS	Southend AC	M17-39	M	2	12	51
233	314	Keith	CHRISTMAS	Pitsea RC	M50-59	M	2	12	56
234	45	Terry	COCKELL	Benfleet RC	M17-39	M	2	13	24
235	422	Sharon	NEWELL	East London Runners	L35-44	L	2	13	29
236	158	Mick	DAVIDSON	n/a	M40-49	M	2	13	32
237	170	Chris	HUGGINS	Pitsea RC	M40-49	M	2	13	52
238	317	Gary	WARWICK	Pitsea RC	M50-59	M	2	13	52
239	276	Godfrey	MATHER	Vestall Virgins	M50-59	M	2	13	57
240	450	Liz	CAHILL	Colchester Harriers	L35-44	L	2	14	15
241	277	Bernard	WRIGHT	Southend AC	M50-59	M	2	14	22
242	365	Gail	HAYSTOW	Billericay Striders	L17-34	L	2	14	33
243	83	Nick	FRANCIS	MPAA	M17-39	M	2	14	46
244	82	Steve	RYAN	MPAA	M17-39	M	2	14	46
245	262	Nick	MCCULLAGH	Castle Point Joggers	M50-59	M	2	14	54
246	55	Daniel	SHAILS	n/a	M17-39	M	2	15	01
247	91	Farouk	VAWDA	n/a	M17-39	M	2	15	08
248	460	Johanne	NEWSTEAD	26.2RRC	L45-54	L	2	15	12
249	723	Andrew	STROUD	Thrift Green Trotters	M17-39	M	2	15	24
250	193	Ulrich	COX	n/a	M40-49	M	2	15	36
251	135	Sat	BHACHU	n/a	M17-39	M	2	15	48
252	423	Joanne	KING	Phoenix Striders	L35-44	L	2	15	48
253	679	David	GODFREY	Billericay Striders	M60+	M	2	15	48
254	33	Paul	CLAYDON	City Of London Police	M17-39	M	2	15	55
255	85	Dave	THOMPSON	MPAA	M17-39	M	2	15	59
256	316	Ray	HILL	Pitsea RC	M50-59	M	2	16	01
257	35	Andrew	BURGESS	Maidstone Harriers	M17-39	M	2	16	22
258	296	Doug	ADAMS	Dagenham 88 Runners	M50-59	M	2	16	32
259	303	Les	PULLEN	Cambridge Harriers	M50-59	M	2	17	00
260	431	Geraldine	HOWARD	Billericay Striders	L35-44	L	2	17	03
261	716	Alan	POTTER	Dagenham 88 Runners	M40-49	M	2	17	07
262	447	Zoe	FLETCHER	Long Eaton RC	L35-44	L	2	17	10
263	184	Robin	SCALES	n/a	M40-49	M	2	17	15
264	683	Laurence	DEACON	Castle Point Joggers	M60+	M	2	17	20
265	265	Peter	BOULDSTRIDGE	Blackwater Harriers	M50-59	M	2	17	26
266	225	Paul	BARHAM	MPAA	M40-49	M	2	17	29
267	154	Michael	MASON	n/a	M40-49	M	2	17	41
268	234	Phillip	LAYCOCK	n/a	M40-49	M	2	17	43
269	674	James	WILLIAMS	New Eltham Joggers	M60+	M	2	17	49
270	217	Larry	WISE	Great Bentley RC	M40-49	M	2	17	52
271	706	Kim	MOSS	Haverhill RC	M40-49	M	2	18	09
272	313	?	SAYER	Haverhill RC	M50-59	M	2	18	09
273	279	Raymond	PLATT	Southend AC	M50-59	M	2	18	11
274	288	Graham	HILBERY	Southend AC	M50-59	M	2	18	12
275	410	Sally	GILLIAM	Ilford AC	L35-44	L	2	18	15
276	251	Keith	PASSINGHAM	Pitsea RC	M50-59	M	2	18	29
277	292	Derek	POLLETT	Springfield Striders	M50-59	M	2	18	33
278	186	Andrzej	GAJBUTOWICZ	VPH THAC	M40-49	M	2	18	39
279	147	Daniel	LEE	n/a	M17-39	M	2	18	41
280	39	Mark	FRIBBENS	n/a	M17-39	M	2	18	49
281	58	James	RENNIE	n/a	M17-39	M	2	18	50
282	415	Clare	DRIVER	Blackwater Harriers	L35-44	L	2	18	54
283	723	Steve	DYMOND	n/a	M40-49	M	2	19	03
284	298	Martin	MASON	Barking Road Runners	M50-59	M	2	19	19
285	484	Rachel	RICHARDSON-WRIGHT	Colchester Harriers	L35-44	L	2	19	27
286	336	Ian	FOSKEW	Mid Essex Casuals	M40-49	M	2	19	31
287	252	David	FOX	Road Runners Club	M50-59	M	2	20	07
288	198	Chris	CAMMIDGE	Castle Point Joggers	M40-49	M	2	20	09
289	707	Ronald	DOBIE	Havering 90 Joggers	M40-49	M	2	20	16
290	680	Anthony	TAYLOR	Trail Running Assc	M60+	M	2	20	26
291	328	Simeon	ASKEW	n/a	M40-49	M	2	20	34
292	381	Julie	BOUCHARD-ROUSSIN	n/a	L17-34	L	2	20	48
293	341	John	MCAVOY	Ford Fitness Flyers	M60+	M	2	20	49
294	84	Danny	DIXON	MPAA	M17-39	M	2	20	50
295	141	Ben	DEAN	Bishops Stortford RC	M17-39	M	2	20	54
296	73	Richard	LEE	Billericay Striders	M17-39	M	2	20	59
297	75	Nick	DUNN	n/a	M17-39	M	2	21	00
298	304	Ron	LUCK	Harlow RC	M50-59	M	2	21	18
299	168	Phil	HAMMOND	n/a	M40-49	M	2	21	34
300	420	Gillian	TWELFTREE	Haverhill RC	L35-44	L	2	21	51
301	690	Roger	IVES	n/a	M60+	M	2	21	53
302	287	Tom	REAY	Ranelagh Harriers	M50-59	M	2	22	13
303	25	Nathan	WICKS	n/a	M17-39	M	2	22	18
304	24	Andy	FIRTH	n/a	M17-39	M	2	22	18

305	488	Lesley	HOLMES	?	L35-44	L	2	22	21
306	150	Neil	TILBURY	n/a	M17-39	M	2	22	39
307	334	David	FINCH	Barking Road Runners	M40-49	M	2	22	52
308	322	Derek	STATION	Thurrock Nomads	M50-59	M	2	22	55
309	461	Hazel	WAREING	Billericay Striders	L45-54	L	2	22	57
310	326	Steve	PAGE	Harlow RC	M40-49	M	2	23	10
311	419	Ann	SELBY	Barking Road Runners	L35-44	L	2	23	12
312	280	Stephen	BECKWITH	Benfleet RC	M50-59	M	2	23	12
313	149	Andrew	LYNCH	n/a	M17-39	M	2	23	13
314	433	Claire	PAYNE	n/a	L35-44	L	2	23	25
315	441	Kellie	NESDALE	n/a	L35-44	L	2	23	25
316	719	James	COUGHLAN	Benfleet RC	M40-49	M	2	23	44
317	305	Gwyn	HUGHES	Phoenix Striders	M50-59	M	2	23	53
318	177	Christopher	MANSFIELD	Havering 90 Joggers	M40-49	M	2	24	08
319	495	Patricia	ONEILL	East London Runners	L35-44	L	2	24	29
320	480	Mary	OBRIEN	East London Runners	L45-54	L	2	24	29
321	493	Mary	CONNOLLY	East London Runners	L35-44	L	2	24	29
322	426	Susan	AVES	Witham RC	L35-44	L	2	24	55
323	492	Ruth	PAYNE	Witham RC	L35-44	L	2	24	56
324	475	Teresa	FLANNIGAN	Pitsea RC	L45-54	L	2	25	29
325	263	Michael	BEAMONT	n/a	M50-59	M	2	25	37
326	269	Michael	POULTER	Witham RC	M50-59	M	2	25	43
327	434	Diane	KNIGHTS	Witham RC	L35-44	L	2	25	43
328	455	Ann	TOOKE-KIRBY	Billericay Striders	L45-54	L	2	25	50
329	356	Nikki	HOWE	Castle Point Joggers	L17-34	L	2	26	01
330	354	Mel	PARKER	Castle Point Joggers	L17-34	L	2	26	01
331	378	Tracey	MAGGS	Southend AC	L17-34	L	2	26	09
332	156	Mark	PRESTON	n/a	M40-49	M	2	26	09
333	218	Kenneth	WILSON	East End Road Runners	M40-49	M	2	26	19
334	92	Mike	MAGUIRE	n/a	M17-39	M	2	26	22
335	727	David	PETERS	Castle Point Joggers	M40-49	M	2	26	25
336	432	Diane	BUCKLEY	Tunbridge Wells Harriers	L35-44	L	2	26	43
337	678	Nick	PUGH	Castle Point Joggers	M60+	M	2	27	13
338	130	Peter	SHORTER	Benfleet RC	M17-39	M	2	27	31
339	20	Ian	GLOVER	Southend AC	M17-39	M	2	27	41
340	179	Hugh	SIGRIST	n/a	M40-49	M	2	27	44
341	466	Margaret	MAISON	Barking Road Runners	L45-54	L	2	27	46
342	452	Frances	HUMPHRIES	Thrift Green Trotters	L45-54	L	2	27	59
343	157	Paul	WILLIAMS	Pitsea RC	M40-49	M	2	28	03
344	294	Dave	MANZE	Edmonton	M50-59	M	2	28	06
345	490	Vanessa	ASHDOWN	Castle Point Joggers	L35-44	L	2	28	14
346	672	Roger	DUFFIELD	Tiptree Road Runners	M60+	M	2	30	03
347	275	Dave	LEWIS	New Eltham Joggers	M50-59	M	2	30	05
348	688	Don	FORD	Orion Harriers	M60+	M	2	30	14
349	136	Mark	CHARTERS	n/a	M17-39	M	2	30	30
350	281	Colin	MORRIS	Vets A/O	M50-59	M	2	31	20
351	2	William	OBERHOZER	n/a	M17-39	M	2	31	34
352	496	Annie	SMITH	Thrift Green Trotters	L35-44	L	2	31	46
353	464	Catherine	SLADE	Thrift Green Trotters	L45-54	L	2	31	46
354	243	Richard	FRANKLIN	n/a	M40-49	M	2	31	48
355	119	John	FERNANDEZ	Comets Rd RC	M17-39	M	2	31	49
356	137	Daniel	PARKS	n/a	M17-39	M	2	31	59
357	459	Sylvia	CLARE	Thrift Green Trotters	L45-54	L	2	32	03
358	696	Andy	JOHNSTON	Thrift Green Trotters	M40-49	M	2	32	05
359	424	Elaine	BANVILLE	Billericay Striders	L35-44	L	2	32	43
360	28	Rob	DUNN	n/a	M17-39	M	2	32	52
361	702	Barry	ROWELL	Havering 90 Joggers	M40-49	M	2	32	54
362	106	Brian	TELFORD	Great Bentley RC	M17-39	M	2	33	54
363	231	Neil	BROWN	n/a	M40-49	M	2	33	06
364	691	Fran	SMITH	n/a	L55+	L	2	33	08
365	677	Malcolm	SMITH	n/a	M60+	M	2	33	09
366	445	Joanna	FISHER	n/a	L35-44	L	2	33	11
367	94	Paul	SMAILES	n/a	M17-39	M	2	33	14
368	208	Terry	ARNOLD	n/a	M40-49	M	2	33	16
369	435	Gail	PATMAN	Southend AC	L35-44	L	2	33	25
370	344	William	METCALFE	n/a	M60+	M	2	34	28
371	487	Bev	BICKFORD	Southend AC	L35-44	L	2	34	18
372	176	Paul	HODGE	n/a	M40-49	M	2	34	40
373	138	David	GEE	Hadleigh TOW	M17-39	M	2	34	47
374	78	Steve	CORBERSMITH	n/a	M17-39	M	2	35	03
375	315	Mike	BATTLE	Hadleigh TOW	M50-59	M	2	35	04
376	710	David	THOMPSON	Hadleigh TOW	M40-49	M	2	35	05
377	469	Susan	HAMPSHIRE	Billericay Striders	L45-54	L	2	35	16
378	494	Liz	TAYLOR	n/a	L35-44	L	2	35	39
379	270	Ken	CAREY	Pitsea RC	M50-59	M	2	35	57
380	715	Rob	JACKSON	Witham RC	M40-49	M	2	36	05
381	474	Catherine	MARRIOTT	RSPB Staff Assc	L45-54	L	2	36	08

1st SSVet

382	451	Helen	TOMPKINS	Pitsea RC	L45-54	L	2	36	11
383	671	Albert	MILES	Castle Point Joggers	M60+	M	2	36	26
384	472	Marilyn	MANZE	Edmonton	L45-54	L	2	36	31
385	239	Mark	HOGAN	n/a	M40-49	M	2	36	34
386	107	John	YEXLEY	n/a	M17-39	M	2	36	35
387	411	Anne	BALLINGER	n/a	L35-44	L	2	36	48
388	359	Tracey	FLETCHER	n/a	L17-34	L	2	37	04
389	201	Tom	BAILEY	Billericay Striders	M40-49	M	2	37	14
390	264	Malcolm	LUPTON	n/a	M50-59	M	2	37	29
391	318	Steve	DOHERTY	n/a	M50-59	M	2	37	33
392	360	Louise	HAMMOND	Billericay Striders	L17-34	L	2	37	47
393	362	Karen	PARMENTER	Billericay Striders	L17-34	L	2	37	49
394	416	Carole	BIRCH	Long Eaton RC	L35-44	L	2	37	49
395	698	John	RICKARD	Leigh Striders	M40-49	M	2	37	57
396	418	Linda	PYKE	Pitsea RC	L35-44	L	2	38	00
397	453	Sheila	GILLIE	Norwich Road Runners	L45-54	L	2	38	30
398	684	Tony	BUCKMASTER	n/a	M60+	M	2	38	47
399	62	Alan	STEPHENS	n/a	M17-39	M	2	39	08
400	216	Gavin	SILVER	n/a	M40-49	M	2	39	16
401	258	Brian	SILLITOE	Barking Road Runners	M50-59	M	2	39	19
402	676	Keith	SCRIVENER	Great Bentley RC	M60+	M	2	39	42
403	408	Dawn	COULTER	n/a	L35-44	L	2	41	25
404	260	Stephen	LANAWAY	Ford Fitness Flyers	M50-59	M	2	41	25
405	485	Pam	KAVANAGH	n/a	L35-44	L	2	41	34
406	448	Sarah	WEBBER	Harlow RC	L35-44	L	2	41	39
407	687	Maurice	YOUNG	Halstead Road Runners	M60+	M	2	41	44
408	714	Gary	KENT	Plumstead Runners	M40-49	M	2	41	47
409	403	Christine	ORTON	n/a	L35-44	L	2	41	53
410	491	Jessica	MCDONALD	Wymondham AC	L35-44	L	2	42	15
411	330	?	COURTIER	Barking Road Runners	M40-49	M	2	42	31
412	235	Charlie	STANNETT	Ipswich Triathlon	M40-49	M	2	43	11
413	174	Louise	BAKER	Bishops Stortford RC	L35-44	L	2	43	31
414	245	John	UDAL	n/a	M40-49	M	2	43	51
415	479	Teresa	MITCHELL	n/a	L45-54	L	2	45	01
416	462	Jaqueline	MILLS	Pitsea RC	L45-54	L	2	45	11
417	247	Michael	LINSTEAD	Dagenham 88 Runners	M40-49	M	2	46	42
418	692	Daphne	PUGH	Castle Point Joggers	L55+	L	2	47	02
419	718	Paul	WEBB	n/a	M40-49	M	2	47	33
420	446	Diane	SHELLITO	East Essex Tri-Club	L35-44	L	2	47	53
421	171	Martin	JONES	n/a	M40-49	M	2	47	53
422	89	Neil	CORNELIUS	n/a	M17-39	M	2	47	54
423	187	Stephen	WHEATLEY	n/a	M40-49	M	2	49	36
424	335	Daryl	ANGUS	n/a	M40-49	M	2	49	43
425	352	Hazel	ADAMS	n/a	L17-34	L	2	49	54
426	351	Faye	RICHARDS	n/a	L17-34	L	2	49	54
427	478	Carol	WEALD	Pitsea RC	L45-54	L	2	50	09
428	457	Linda	ASHPOLE	n/a	L45-54	L	2	50	32
429	244	Mike	JEFFREY	Southend AC	M40-49	M	2	51	00
430	71	Richard	KENNEDY	n/a	M17-39	M	2	51	16
431	476	Janet	FINCH	Barking Road Runners	L45-54	L	2	52	31
432	467	Lesley	MORGAN	Castle Point Joggers	L45-54	L	2	53	24
433	681	John	VIRGO	Castle Point Joggers	M60+	M	2	54	12
434	192	Peter	RILEY	New Eltham Joggers	M40-49	M	2	56	43
435	373	Karen	HOPEGOOD	Witham RC	L17-34	L	2	57	04
436	233	James	HOPEGOOD	Serpentine	M40-49	M	2	57	04
437	368	Tracey	GURR	n/a	L17-34	L	2	57	34
438	421	Jean	HUGHES	n/a	L35-44	L	2	57	34
439	465	Alison	KEENE	Bishops Stortford RC	L45-54	L	2	57	37
440	471	Julie	WING	Maidstone Harriers	L45-54	L	2	58	48
441	47	Paul	CAVALLA	n/a	M17-39	M	2	58	02
442	429	Sam	HOWARD	n/a	L35-44	L	2	58	02
443	145	Robert	MACMILLAN	n/a	M17-39	M	2	59	05
444	489	Jane	HAYWARD	Castle Point Joggers	L35-44	L	3	01	01
445	497	Jude	SMITH	Castle Point Joggers	L35-44	L	3	01	01
446	255	Glenn	STEVENS	n/a	M50-59	M	3	01	17
447	477	Melita	MCDERMOTT	Havering 90 joggers	L45-54	L	3	02	20
448	693	Janet	MULLEY	Havering 90 joggers	L55+	L	3	02	20
449	117	Aaron	SCRIVENER	Road Runners Club	M17-39	M	3	02	20
450	108	Michael	FROST	n/a	M17-39	M	3	07	58
451	103	Paul	CADDEN	n/a	M17-39	M	3	15	49
452	405	Julie	EVERETT	Castle Point Joggers	L35-44	L	3	31	27

Benfleet 15 Ladies Results- 30th January 2005

Pos	No	Name	Club	Age	H	M	S	
1	483	Janet	COBBY	New Eltham Joggers	L35-44	1	53	07
2	449	Julia	PALMER	Benfleet RC	L35-44	1	54	20
3	427	Tracey	ALEXANDROU	Thrft Green Trotters	L35-44	1	54	49
4	404	Melaine	LING	Southend AC	L35-44	1	55	13
5	401	Amanda	BUSSEY	Southend AC	L35-44	1	55	59
6	417	Angela	COSTER	Thrft Green Trotters	L35-44	1	56	32
7	363	Eleanor	HALL	Mid Essex Casuals	L17-34	1	56	56
8	375	Catriona	MCCRACKEN	Beckenham RC	L17-34	1	58	54
9	443	Helen	HOYLE	Barnet & District	L35-44	1	59	46
10	486	Pru	HAYHOW	Grange Farm Trotters	L35-44	2	00	31
11	413	Lorraine	WILSON	Southend AC	L35-44	2	02	07
12	499	Joanna	BIDSTON	East Essex Tri-Club	L35-44	2	04	03
13	473	Angela	BENT	Pitsea RC	L45-54	2	04	39
14	442	Jacque	PARR	Castle Point Joggers	L35-44	2	05	32
15	470	Karen	WHITE	East London Runners	L45-54	2	06	17
16	458	Sue	CLARKE	Grange Farm Trotters	L45-54	2	06	22
17	361	Cherie	HIPKINS	Great Yarmouth Road Runners	L17-34	2	07	00
18	456	Mandy	BROWN	26.2RRC	L45-54	2	07	31
19	367	Louise	PERRIN	Barking Road Runners	L17-34	2	07	50
20	481	Kay	WICKS	New Eltham Joggers	L35-44	2	09	53
21	482	Lisa	CAMPBELL	New Eltham Joggers	L35-44	2	09	53
22	355	Janet	HILL	n/a	L17-34	2	09	57
23	379	Wendy	FREEMAN	Haverhill RC	L17-34	2	10	52
24	380	Donna	RUDD	n/a	L17-34	2	11	21
25	430	Alli	HOLLINGTON	Marlborough RC	L35-44	2	11	33
26	437	Bettina	MACCARIELLO	Thurrock Harriers	L35-44	2	11	58
27	378	Suzanne	CROUDASS	n/a	L17-34	2	12	27
28	436	Tara	CORBETT	Grange Farm Trotters	L35-44	2	12	40
29	422	Sharon	NEWELL	East London Runners	L35-44	2	13	29
30	450	Liz	CAHILL	Colchester Harriers	L35-44	2	14	15
31	365	Gail	HAYSTOW	Billericay Striders	L17-34	2	14	33
32	460	Johanne	NEWSTEAD	26.2RRC	L45-54	2	15	12
33	423	Joanne	KING	Phoenix Striders	L35-44	2	15	48
34	431	Geraldine	HOWARD	Billericay Striders	L35-44	2	17	03
35	447	Zoe	FLETCHER	Long Eaton RC	L35-44	2	17	10
36	410	Sally	GILLIAM	Ilford AC	L35-44	2	18	15
37	415	Clare	DRIVER	Blackwater Harriers	L35-44	2	18	54
38	484	Rachel	RICHARDSON-WRIGHT	Colchester Harriers	L35-44	2	19	27
39	381	Julle	BOUCHARD-ROUSSIN	n/a	L17-34	2	20	48
40	420	Gillian	TWELFTREE	Haverhill RC	L35-44	2	21	51
41	488	Lesley	HOLMES	?	L35-44	2	22	21
42	461	Hazel	WAREING	Billericay Striders	L45-54	2	22	57
43	419	Ann	SELBY	Barking Road Runners	L35-44	2	23	12
44	433	Claire	PAYNE	n/a	L35-44	2	23	25
45	441	Kellie	NESDALE	n/a	L35-44	2	23	25
46	495	Patricia	ONEILL	East London Runners	L35-44	2	24	29
47	480	Mary	O'BRIEN	East London Runners	L45-54	2	24	29
48	493	Mary	CONNOLLY	East London Runners	L35-44	2	24	29
49	426	Susan	AVES	Witham RC	L35-44	2	24	55
50	492	Ruth	PAYNE	Witham RC	L35-44	2	24	56
51	475	Teresa	FLANNIGAN	Pitsea RC	L45-54	2	25	29
52	434	Diane	KNIGHTS	Witham RC	L35-44	2	25	43
53	455	Ann	TOOKE-KIRBY	Billericay Striders	L45-54	2	25	50
54	356	Nikki	HOWE	Castle Point Joggers	L17-34	2	26	01
55	354	Mel	PARKER	Castle Point Joggers	L17-34	2	26	01
56	376	Tracey	MAGGS	Southend AC	L17-34	2	26	09
57	432	Diane	BUCKLEY	Tunbridge Wells Harriers	L35-44	2	26	43
58	466	Margaret	MAISON	Barking Road Runners	L45-54	2	27	46
59	452	Frances	HUMPHRIES	Thrft Green Trotters	L45-54	2	27	59
60	490	Vanessa	ASHDOWN	Castle Point Joggers	L35-44	2	28	14
61	496	Annie	SMITH	Thrft Green Trotters	L35-44	2	31	46
62	464	Catherine	SLADE	Thrft Green Trotters	L45-54	2	31	46
63	459	Sylvia	CLARE	Thrft Green Trotters	L45-54	2	32	03
64	424	Elsaine	BANVILLE	Billericay Striders	L35-44	2	32	43
65	691	Fran	SMITH	n/a	L55+	2	33	08
66	445	Joanna	FISHER	n/a	L35-44	2	33	11
67	435	Gail	PATMAN	Southend AC	L35-44	2	33	25
68	487	Bev	BICKFORD	Southend AC	L35-44	2	34	18
69	469	Susan	HAMPSHIRE	Billericay Striders	L45-54	2	35	16
70	494	Liz	TAYLOR	n/a	L35-44	2	35	39
71	474	Catherine	MARRIOTT	RSPB Staff Assc	L45-54	2	36	08
72	451	Helen	TOMPKINS	Pitsea RC	L45-54	2	36	11
73	472	Marilyn	MANZE	Edmonton	L45-54	2	36	31
74	411	Anne	BALLINGER	n/a	L35-44	2	36	48
75	359	Tracey	FLETCHER	n/a	L17-34	2	37	04

76	360	Louise	HAMMOND	Billericay Striders	L17-34	2	37	47
77	362	Karen	PARMENTER	Billericay Striders	L17-34	2	37	49
78	416	Carole	BIRCH	Long Eaton RC	L35-44	2	37	49
79	418	Linda	PYKE	Pitsea RC	L35-44	2	38	00
80	453	Sheila	GILLIE	Norwich Road Runners	L45-54	2	38	30
81	408	Dawn	COULTER	n/a	L35-44	2	41	25
82	485	Pam	KAVANAGH	n/a	L35-44	2	41	34
83	448	Sarah	WEBBER	Harlow RC	L35-44	2	41	39
84	403	Christine	ORTON	n/a	L35-44	2	41	53
85	491	Jessica	MCDONALD	Wyomondham AC	L35-44	2	42	15
86	174	Louise	BAKER	Bishops Stortford RC	L35-44	2	43	31
87	479	Teresa	MITCHELL	n/a	L45-54	2	45	01
88	462	Jaqueline	MILLS	Pitsea RC	L45-54	2	45	11
89	692	Daphne	PUGH	Castle Point Joggers	L55+	2	47	02
90	446	Diane	SHELLITO	East Essex Tri-Club	L35-44	2	47	53
91	352	Hazel	ADAMS	n/a	L17-34	2	49	54
92	351	Faye	RICHARDS	n/a	L17-34	2	49	54
93	478	Carol	WEALD	Pitsea RC	L45-54	2	50	09
94	457	Linda	ASHPOLE	n/a	L45-54	2	50	32
95	476	Janet	FINCH	Barking Road Runners	L45-54	2	52	31
96	467	Lesley	MORGAN	Castle Point Joggers	L45-54	2	53	24
97	373	Karen	HOPEGOOD	Witham RC	L17-34	2	57	04
98	368	Tracey	GURR	n/a	L17-34	2	57	34
99	421	Jean	HUGHES	n/a	L35-44	2	57	34
100	465	Alison	KEENE	Bishops Stortford RC	L45-54	2	57	37
101	471	Julie	WING	Maidstone Harriers	L45-54	2	58	48
102	429	Sam	HOWARD	n/a	L35-44	2	58	02
103	489	Jane	HAYWARD	Castle Point Joggers	L35-44	3	01	01
104	497	Jude	SMITH	Castle Point Joggers	L35-44	3	01	01
105	477	Melita	MCDERMOTT	Havering 90 joggers	L45-54	3	02	20
106	693	Janet	MULLEY	Havering 90 joggers	L55+	3	02	20
107	405	Julie	EVERETT	Castle Point Joggers	L35-44	3	31	27

Benfleet 15 2005 Team Results

Mens

1st		Benfleet Running Club				25pts		
5	64	Paul	TODD	Benfleet RC	M17-39	1	34	07
8	46	Tony	MEAD	Benfleet RC	M17-39	1	35	23
12	250	Dave	SPAIN	Benfleet RC	M40-49	1	38	38

2nd		Colchester Harriers				40pts		
6	127	Sean	KETTERIDGE	Colchester Harriers	M17-39	1	34	34
7	128	Allen	SMALLS	Colchester Harriers	M17-39	1	34	44
27	349	David	WRIGHT	Colchester Harriers	M40-49	1	43	29

3rd		Thurrock Harriers				44pts		
4	19	Jamie	SEAMARK	Thurrock Harriers	M17-39	1	33	14
15	703	?	CHAMBERS	Thurrock Harriers	M40-49	1	40	30
25	228	Phil	OATHAM	Thurrock Harriers	M40-49	1	42	45

4th		Thrift Green Trotters				65pts		
17	268	Stan	COLMAN	Thrift Green Trotters	M50-59	1	40	48
22	114	Phillip	COOPER	Thrift Green Trotters	M17-39	1	42	18
26	125	Dan	SOLOMONS	Thrift Green Trotters	M17-39	1	42	48

5th		City of Norwich AC				67pts		
10	54	Simon	LEVY	City of Norwich AC	M17-39	1	37	06
13	53	Glen	DUNHAM	City of Norwich AC	M17-39	1	38	53
44	76	Nick	ASKEW	City of Norwich AC	M17-39	1	46	52

6th	Billericay Striders	71pts
7th	Havering 90 Joggers	92pts
8th	Halstead Road Runners	100pts
9th	Beckenham RC	122pts
10th	Haverhill RC	131pts

Ladies

1st		Southend AC				20pts		
4	404	Melaine	LING	Southend AC	L35-44	1	55	13
5	401	Amanda	BUSSEY	Southend AC	L35-44	1	55	59
11	413	Lorraine	WILSON	Southend AC	L35-44	2	02	07

2nd		New Eltham Joggers				42pts		
1	483	Janet	COBBY	New Eltham Joggers	L35-44	1	53	07
20	481	Kay	WICKS	New Eltham Joggers	L35-44	2	09	53
21	482	Lisa	CAMPBELL	New Eltham Joggers	L35-44	2	09	53

3rd		Grange Farm Trotters				54pts		
10	486	Pru	HAYHOW	Grange Farm Trotters	L35-44	2	00	31
16	458	Sue	CLARKE	Grange Farm Trotters	L45-54	2	06	22
28	436	Tara	CORBETT	Grange Farm Trotters	L35-44	2	12	40

4th		Thrift Green Trotters				68pts		
3	427	Tracey	ALEXANDROU	Thrift Green Trotters	L35-44	1	54	49
6	417	Angela	COSTER	Thrift Green Trotters	L35-44	1	56	32
59	452	Frances	HUMPHRIES	Thrift Green Trotters	L45-54	2	27	59

5th		East London Runners				90pts		
15	470	Karen	WHITE	East London Runners	L45-54	2	06	17
29	422	Sharon	NEWELL	East London Runners	L35-44	2	13	29
46	495	Patricia	ONEILL	East London Runners	L35-44	2	24	29

6th	Billericay Striders	107pts
7th	Barking Road Runners	120pts
8th	Castle Point Joggers	123pts
9th	Pitsea RC	136pts
10th	Witham RC	151pts