

**ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION  
CHIGWELL ROW  
VETERANS WOMENS CROSS COUNTRY CHAMPIONSHIPS**

No.	Pos.		Age		Time	No.	Pos.
214	1	W.King		Chelmsford	38 3	277	40
342	2	G.Dawson		Basildon	4	331	41
324	3	B.Pritchett		Woodford Green	10	316	42
290	4	M.Oxlade		Springfield	16	234	43
305	5	T.Swindell		Thurrock	30	247	44
232	6	A.Oakman		Colchester H's	39	264	45
202	7	J.Watson		Benfleet	53	308	46
201	8	C.Stunt		Benfleet	39 5	243	47
219	9	J.Roberts		Colchester H's		279	48
218	10	K.Sandercock		Colchester H's	42	211	49
220	11	L.Higgs	45	Colchester H's	58	322	50
203	12	V.Dodds		Benfleet	40 41	283	51
227	13	D.Cattermole	45	Colchester H's	58	217	52
248	14	Z.Woodward	45	Eton Manor	59	266	53
343	15	T.Alexandrou	45	Springfield	41 30	288	54
212	16	J.Smith		Chelmsford	40	334	55
323	17	A.Possee		Woodford Green	56	239	56
261	18	J.Sullivan		Havering M'brook.	57	314	57
278	19	C.Inch	45	Orion	42 30	249	58
205	20	D.Slack		Benfleet	34	254	59
336	21	M.Ling	45	Southend	36	237	60
291	22	N.Pyle		Springfield	43 7	267	61
204	23	S.Garrard		Benfleet	22	338	62

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5th DECEMBER 2009

	Age		Time
K.Hudson	45	Orion	47 30
L.Garnham	45	Halstead	33
A.Manley	45	Witham	42
S.Bench		East London	57
P.Steere	45	Eton Manor	48 16
N.Hopkinson	45	Ilford	49
C.Gordon		Witham	55
G.Brannon	55	Eton Manor	49 1
A.De-Asha	45	Orion	20
T.Minton	45	Chelmsford	22
S.Panayl		Woodford Green	28
K.Allworthy	45	Orion	31
D.Ford	45	Chelmsford	41
S.Gillam	45	Ilford	54
J.Hill	55	Springfield	50 1
A.Bent	55	Pitsea	59
J.Brown	45	East London	51 32
J.Boyden	45	Witham	40
L.Selby	55	Harlow	44
C.Williamss		Harlow	52 7
K.Weston		East London	23
P.Jones	55	Ilford	53 1`1`
B.De-Smedt		Phoenix	21

**ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION**

**CHIGWELL ROW**

**5th December 2009**

**VETERAN MEN 50+ CHAMPIONSHIP**

No.	Pos	Age		Time	No.	Pos		Time							
7	1		M.Bridgeland	Chelmsford	33	45	114	49	T.Skinner	Tiptree	42	30			
1	2		D.Butter	Billericay S.	34	33	64	50	R.Sargent	Loughton		35			
132	3		A.Rugg	Woodford & E.L.	56		152	51	B. Butcher	60	Mid Essex C.	43	9		
130	4		D.Cox	Woodford & E.L.	35	6	78	52	B.Jouffie	60	Onion		10		
131	5		R.Holland	Woodford & E.L.	53		91	53	G.Romain		Springfield S.		14		
9	6		P.Tullett	Chelmsford	36	2	86	54	R.Goad	60	Pitsea		22		
15	7		M.Bond	Colchester H's	4		74	55	P.Bulatis		Onion		26		
13	8		D.Wright	Colchester H's	16		84	56	K.Jackson	60	Pitsea		29		
5	9		G.Kent	Chelmsford	25		44	57	A.Carter		Halstead		33		
6	10		K.Wilkinson	Chelmsford	47		34	58	S.Flynn		Harlow		36		
140	11		P.Chase	Woodford & E.L.	59		110	59	T.Seward		Thurrock		34		
142	12		T.Pamphilon	Woodford & E.L.	37	5	66	60	S.Bunce		Onion		42		
88	13		C.Purse	Springfield S.	10		67	61	G.Messenger	60	Onion		51		
53	14		A.Catton	Ilford	32		108	62	B.Johnson		Thurrock		44	13	
133	15		T.McCarthy	Woodford & E.L.	41		73	63	W.Barton		Onion		19		
92	16		G.Rayner	Springfield S.	49		24	64	J.Few	60	Eton Manor		20		
104	17		M.Bumstead	Thurrock	53		138	65	V.Wilson	60	Woodford & E.L.		50		
95	18		M.Cooper	Thrft Green T.	54		22	66	B.Abury		Eton Manor		45	6	
155	19		P.Binns	60	Southend	38	25	14	67	R.Cole		Colchester H's		14	
93	20		J.Beaumont	Springfield S.	47		30	68	A.Cootes		Harlow		26		
55	21		C.Togwell	Ilford	50		105	69	C.Reed		Thurrock		34		
36	22		R.Stevens	Harlow	54		118	70	M.Bailey		Tiptree		40		
135	23		A.Holford	Woodford & E.L.	59		124	71	P.Gold		Witham		44		
103	24		P.Oatham	Thurrock	39	9	116	72	R.Hadcraft		Tiptree		51		
25	25		A.Frost	Eton Manor	14		125	73	C.Patry		Witham		46	20	
54	26		A.Nixon	60	Ilford	33		79	74	M.Rostbrook	70	Onion		33	
28	27		I.Lambert	Eton Manor	36		102	75	R.Farrance	60	Thrft Green T.		47	1	
68	28		B.Bennett	Onion	39		129	76	C.Short	60	Witham		18		
3	29		E.Brown	Billericay S.	41		97	77	P.Tree		Thrft Green T.		23		
45	30		D.English	Halstead	45		52	78	M.Clark		Ilford		37		
150	31		R.Alexander	Colchester & Tnd	58		94	79	K.Edwards	60	Springfield S.		45		
51	32		J.Mackenzie	Ilford	40	25	117	80	I.Linton	60	Tiptree		48	17	
50	33		S.Fraker	Ilford	38		43	81	L.Panott	70	Having M brook		20		
48	34		A.Bailey	60	Halstead	43		56	82	G.Williams	60	Ilford		23	
47	35		M.Gresley	Halstead	44		126	83	A.Wood		Witham		30		
31	36		J.Tennant	Harlow	44		10	84	G.Daniel		Chelmsford		48		
2	37		G.O Doherty	Billericay S.	47		82	85	C.Bent	60	Pitsea		52		
136	38		S.Herrington	60	Woodford & E.L.	54		72	86	P.Deadman	60	Onion		49	4
139	39		R.Green	60	Woodford & E.L.	41	5	49	87	P.Spelman		Ilford		10	
123	40		F.McKewen	Witham	23		154	88	R.Bowson	60	Southend		37		
156	41		R.Berry	60	Walthamstow	32		29	89	G.Sayer	60	Eton Manor		50	10
87	42		R.Taylor	Springfield S.	38		26	90	R.Payne		Eton Manor		35		
85	43		R.Everard	Pitsea	49		144	91	S.Phillips		Woodford & E.L.		51	7	
99	44		R.Clark	Thrft Green T.	55		112	92	R.Duffield	70	Tiptree		16		
76	45		D.Milner	Onion	55		158	93	G.Denham		Having '90'		49		
122	46		M.Byford	Witham	42	4	128	94	S.Waller	60	Witham		52	17	
21	47		J.Driscoll	60	Colchester H's	7		157	95	G.Hughes		Phoenix S.		53	2
113	48		V.Monk		Tipree	14		96	96	T.M.Liggins		Thrft Green T.		56	28

**TEAMS**

1	Woodford	23	points
2	Chelmsford	26	
3	Woodford 'B'	88	
4	Springfield S.	91	
5	Ilford	93	
6	Colchester H's	129	
7	Halstead	156	
8	Thurrock	162	

**TEAMS CONTINUED**

9	Onion	180	points
10	Eton Manor	182	
11	Harlow	184	
12	Thrft Green	214	
13	Witham	230	
14	Pitsea	238	
15	Tipree	239	
16	Onion 'B'	256	

ESSEX COUNTY AMATEUR ATHLETIC ASSOCIATION  
 CHIGWELL ROW 5th DECEMBER 2009  
 VETERAN MEN (40 YEAR) CHAMPIONSHIP

Pos			Time
1	M.Bland	Havering M'brook	32 38
2	I.Campbell	Ilford	47
3	G.Chandler	Springfield S.	33 16
10	J.Green	Thurrock	34 36
16	P.Green	Thurrock	35 42
31	E.Shelley	Thurrock	37 56
37	D.Lawless	Thurrock	38 47
46	D.Marchant	Thurrock	39 40
47	C.Scrivener	Thurrock	39 59

TEAMS

1	Colchester H's	25
2	Orion	62
3	Springfield	63
4	Thurrock	94
5	Eton Manor	119
6	Benfleet	153
7	Harlow	193
8	Witham	236

VETERAN MEN 50+ CHAMPIONSHIP

Pos			Time
1	M.Bridgeland	Chelmsford	33 45
2	D.Butler	Billericay S.	34 33
3	A.Rugg	Woodford & E.L.	56
17	M.Bumstead	Thurrock	37 53
24	P.Oatham	Thurrock	39 9
59	T.Seward	Thurrock	43 34
62	B.Johnson	Thurrock	44 13
69	C.Reed	Thurrock	45 34

96 finished

TEAMS

1	Woodford	23
2	Chelmsford	26
3	Woodford 'B'	88
4	Springfield S.	91
5	Ilford	93
6	Colchester H's	129
7	Halstead	156
8	Thurrock	162
9	Orion	180
10	Eton Manor	182
11	Harlow	184
12	Thrift Green	214



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**Minor loss of fidelity**

**# of occurrences**

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