

Essex Relays 2015

Individual Times

1	Rob Walker	5	Havering AC "A"	0: 16 : 10.26
2	Malcolm Muir	22	Ilford AC	0: 16 : 19.91
3	Chris Sellens	1	Colchester Harriers "A"	0: 16 : 21.58
4	Mark Newton	10	Springfield Striders	0: 16 : 26.43
5	Chris McGurk	8	Southend AC "A"	0: 16 : 27.19
6	Ollie Kyriadiades	8	Southend AC "A"	0: 16 : 30.33
7	Rhys Gillard	8	Southend AC "A"	0: 16 : 46.78
8	Stephen Strange	66	Basildon Athletic	0: 16 : 50.02
9	Adam Houchell	66	Basildon Athletic	0: 16 : 51.66
10	paul Grange	5	Havering AC "A"	0: 16 : 52.19
11	Russell Davis	10	Springfield Striders	0: 16 : 55.93
12	Steve Rand	20	Havering AC "A"	0: 16 : 57.61
13	Scott Rice	27	Thurrock Harriers "A"	0: 17 : 2.22
14	Gavin Allen	25	Springfield Striders "A"	0: 17 : 4.10
15	Daniel Ashley	66	Basildon Athletic	0: 17 : 4.42
16	James Smith	10	Springfield Striders	0: 17 : 8.47
17	Alfie Wathaka	5	Havering AC "A"	0: 17 : 9.68
18	Robert Reason	3	Harwich Runners "A"	0: 17 : 11.82
19	Graeme Knott	3	Harwich Runners "A"	0: 17 : 12.59
20	Anthony Barraclough	1	Colchester Harriers "A"	0: 17 : 13.26
21	Simon Hart	20	Havering AC "A"	0: 17 : 22.18
22	Lee Taylor	9	Southend AC "B"	0: 17 : 23.62
23	Gary Chandler	26	Springfield Striders "B"	0: 17 : 27.44
24	Sam Gooding-Matthews	3	Harwich Runners "A"	0: 17 : 27.91
25	Matt Bland	20	Havering AC "A"	0: 17 : 33.00
26	Lee Martin	25	Springfield Striders "A"	0: 17 : 37.97
27	Darren Farrugia	1	Colchester Harriers "A"	0: 17 : 39.52
28	Mark Waive	25	Springfield Striders "A"	0: 17 : 41.33
29	Tommy Carless	10	Springfield Striders	0: 17 : 47.29
30	Jo Range	8	Southend AC "A"	0: 17 : 48.53
31	Mark Finso	14	Witham RC	0: 17 : 49.32
32	Glen Doel	17	Colchester Harriers	0: 17 : 51.48
33	Colin Ridley	34	Colchester Harriers "A"	0: 18 : 0.98
34	Paul Holloway	22	Ilford AC	0: 18 : 4.13
35	James Farren	31	Witham RC "A"	0: 18 : 6.17

Essex Relays 2015

Individual Times

36	Dennis Cross	66	Basildon Athletic	0: 18 : 8.28
37	Robin Mcnelis	22	Ilford AC	0: 18 : 9.04
38	Richard Heath	21	Havering AC "B"	0: 18 : 10.29
39	Nicola Rogers	44	Colchester Harriers "A"	0: 18 : 18.76
40	Paul Mingay	30	Tiptree Road Runners	0: 18 : 24.82
41	Abdul Mohammed	5	Havering AC "A"	0: 18 : 28.18
42	James Crisp	31	Witham RC "A"	0: 18 : 28.51
43	Don Lawless	41	Thurrock Harriers	0: 18 : 30.51
44	Ladam Jordan	9	Southend AC "B"	0: 18 : 35.18
45	Keith Willett	27	Thurrock Harriers "A"	0: 18 : 43.11
46	Robin Brooke	18	Harwich Runners "A"	0: 18 : 43.59
47	Stephen Burbidge	3	Harwich Runners "A"	0: 18 : 47.72
48	Robert Smtih	2	Colchester Harriers "B"	0: 18 : 48.87
49	Chris Martin	14	Witham RC	0: 18 : 51.42
50	Ethan Thrower	1	Colchester Harriers "A"	0: 18 : 57.33
51	Simon Day	4	Harwich Runners "B"	0: 18 : 58.58
52	Mark Rutter	38	Harwich Runners	0: 19 : 4.22
53	Dominique Le Mare	9	Southend AC "B"	0: 19 : 9.78
54	Andy Conway	30	Tiptree Road Runners	0: 19 : 13.07
55	Leo Cole	31	Witham RC "A"	0: 19 : 13.84
56	James haskey Jones	30	Tiptree Road Runners	0: 19 : 14.21
57	Joanna Hudson	44	Colchester Harriers "A"	0: 19 : 20.00
58	Clive Thomas	36	Great Bentley "A"	0: 19 : 22.77
59	Robert Gibby	17	Colchester Harriers	0: 19 : 26.57
60	Claire Cornwall	50	Southend AC "A"	0: 19 : 26.89
61	Kate Hodgkiss	55	Harwich Runners	0: 19 : 28.96
62	David Wroght	34	Colchester Harriers "A"	0: 19 : 29.60
63	Jason Syrett	28	Thurrock Harriers "B"	0: 19 : 36.18
64	Krystle Balogun	48	Ilford AC "A"	0: 19 : 38.19
65	Martyn Clarke	34	Colchester Harriers "A"	0: 19 : 39.57
66	Sarah Jefferies	50	Southend AC "A"	0: 19 : 41.34
67	Rebecca White	56	Saffron Striders	0: 19 : 44.60
68	Mark Underdown	14	Witham RC	0: 19 : 47.96
69	Michael Bumstead	41	Thurrock Harriers	0: 19 : 48.02
70	Rodger Alexander	36	Great Bentley "A"	0: 20 : 2.84

Essex Relays 2015

Individual Times

71	Al Mante	23	Southend AC "A"	0: 20 : 3.71
72	Nick Trencher	27	Thurrock Harriers "A"	0: 20 : 7.59
73	Russ Middleton	21	Havering AC "B"	0: 20 : 12.35
74	Andre Besant	18	Harwich Runners "A"	0: 20 : 14.84
75	Paul Chandler	42	Witham RC	0: 20 : 15.05
76	Alice Addison	45	Colchester Harriers "B"	0: 20 : 18.18
77	Anne Jenkinson	57	Southend AC "A"	0: 20 : 22.85
78	Darren McGill	2	Colchester Harriers "B"	0: 20 : 25.20
79	William Haining	38	Harwich Runners	0: 20 : 26.31
80	John Russell	28	Thurrock Harriers "B"	0: 20 : 28.44
81	Jason Bilton	17	Colchester Harriers	0: 20 : 28.89
82	Martin Mack	28	Thurrock Harriers "B"	0: 20 : 30.26
83	Denise Morley	62	Colchester Harriers	0: 20 : 33.67
84	Rebecca Cooke	44	Colchester Harriers "A"	0: 20 : 37.78
85	Charlie Scott	9	Southend AC "B"	0: 20 : 42.99
86	Tony Wallen	32	Witham RC "B"	0: 20 : 43.92
87	Toni Noble	52	Thurrock Harriers	0: 20 : 44.45
88	Alex Stuckey	33	Witham RC "C"	0: 20 : 45.61
89	Chris McDonnell	15	Dengie 100 Runners	0: 20 : 46.98
90	Nick Beals	19	Harwich Runners "B"	0: 20 : 48.21
91	Simon Morgan	13	Tiptree Road Runners	0: 20 : 48.33
92	Mark Austin	42	Witham RC	0: 20 : 48.98
93	Charlotte Smith	53	Colchester Harriers	0: 20 : 50.74
94	Lee Pembroke	32	Witham RC "B"	0: 20 : 51.29
95	Simon Smith	2	Colchester Harriers "B"	0: 20 : 52.20
96	Paul Berrett	21	Havering AC "B"	0: 20 : 56.95
97	Debbis Cattermole	62	Colchester Harriers	0: 20 : 57.20
98	Peter Binns	26	Springfield Striders "B"	0: 20 : 58.36
99	Claudine Tisbury	63	Harwich Runners	0: 20 : 59.03
100	Melissa Dowell	62	Colchester Harriers	0: 20 : 59.64
101	Holly Gillard	51	Southend AC "B"	0: 21 : 2.34
102	Ella Neal	45	Colchester Harriers "B"	0: 21 : 2.40
103	Matt Doran	4	Harwich Runners "B"	0: 21 : 3.24
104	Malcolm Jarvis	37	Great Bentley "B"	0: 21 : 3.37
105	Bill Smithe	32	Witham RC "B"	0: 21 : 4.52

Essex Relays 2015

Individual Times

106	Fiona Halls	56	Saffron Striders	0: 21 : 4.59
107	Peter Clarke	38	Harwich Runners	0: 21 : 4.75
108	Annabell Mathews Smith	50	Southend AC "A"	0: 21 : 8.97
109	George Barrington	16	Harwich Runners	0: 21 : 10.22
110	Steven Sawyer	15	Dengie 100 Runners	0: 21 : 10.91
111	Natasha Lagden	57	Southend AC "A"	0: 21 : 14.07
112	Steve Kent	19	Harwich Runners "B"	0: 21 : 16.76
113	Patrick Marsh	2	Colchester Harriers "B"	0: 21 : 20.01
114	Paul Carlile	36	Great Bentley "A"	0: 21 : 20.08
115	Janet Lipski	56	Saffron Striders	0: 21 : 20.93
116	Bernard Johnson	41	Thurrock Harriers	0: 21 : 28.87
117	Rebecca McCorquodale	55	Harwich Runners	0: 21 : 42.01
118	Jodie Farrell	52	Thurrock Harriers	0: 21 : 43.66
119	Terry Alabaster	42	Witham RC	0: 21 : 45.16
120	Gary Perryman	13	Tiptree Road Runners	0: 21 : 50.15
121	Jenni Sheehan	48	Iford AC "A"	0: 21 : 51.90
122	Colin Locke	18	Harwich Runners "A"	0: 21 : 52.02
123	Willian Roxby-Clarke	4	Harwich Runners "B"	0: 21 : 52.75
124	Madeline Lewis	55	Harwich Runners	0: 21 : 53.07
125	Vanessa Mathers	57	Southend AC "A"	0: 21 : 53.13
126	Annette Oakman	53	Colchester Harriers	0: 21 : 53.20
127	Heather Eastwood	65	Springfield Striders	0: 21 : 54.38
128	Holly Eagan	45	Colchester Harriers "B"	0: 21 : 54.95
129	Amy Trencher	52	Thurrock Harriers	0: 21 : 58.50
130	Melissa Dowell	53	Colchester Harriers	0: 22 : 6.04
131	Tom Glover	23	Southend AC "A"	0: 22 : 7.04
132	Francis Mills	16	Harwich Runners	0: 22 : 13.53
133	Des Bishop	37	Great Bentley "B"	0: 22 : 15.65
134	Breege Nordin	48	Iford AC "A"	0: 22 : 23.53
135	Dennis Warner	19	Harwich Runners "B"	0: 22 : 49.34
136	Dave Smith	33	Witham RC "C"	0: 22 : 55.23
137	Jack Barrington	16	Harwich Runners	0: 23 : 4.02
138	Mat Gillard	23	Southend AC "A"	0: 23 : 5.06
139	Kerry Marsh	59	Springfield Striders "A"	0: 23 : 5.24
140	Brigid Wallen	61	Witham RC	0: 23 : 17.49

Essex Relays 2015

Individual Times

141	Elspeth Knott	63	Harwich Runners	0: 23 : 33.61
142	Andy Fuller	37	Great Bentley "B"	0: 23 : 38.61
143	Rob Hagraft	13	Tiptree Road Runners	0: 23 : 57.02
144	Malcolm Bailey	13	Tiptree Road Runners	0: 23 : 59.56
145	Sharan Ryder	63	Harwich Runners	0: 23 : 59.59
146	Dianne Crisp	64	Iford AC	0: 24 : 8.77
147	Allison Gillan	65	Springfield Striders	0: 24 : 10.11
148	Andrew Ralph	40	Southend AC	0: 24 : 23.27
149	Kieran Callaghan	4	Harwich Runners "B"	0: 24 : 28.99
150	James Montgomery	33	Witham RC "C"	0: 24 : 46.34
151	Harry Borley	14	Witham RC	0: 24 : 49.25
152	Mark Moughton	26	Springfield Striders "B"	0: 25 : 0.87
153	Tricia Stacey	54	Great Bentley	0: 25 : 2.78
154	Collette Framnton	51	Southend AC "B"	0: 25 : 2.82
155	Lesley Fuller	54	Great Bentley	0: 25 : 15.13
156	Elaine Tribley	65	Springfield Striders	0: 25 : 17.24
157	Anita Grainger	61	Witham RC	0: 25 : 21.92
158	Jo Overton	61	Witham RC	0: 25 : 51.74
159	Charlotte Laurence	60	Springfield Striders "B"	0: 26 : 16.16
160	Joe McDonnell	15	Dengie 100 Runners	0: 26 : 18.55
161	Trevor Mathews	16	Harwich Runners	0: 26 : 19.03
162	Sarah Goodwin	60	Springfield Striders "B"	0: 27 : 4.58
163	Julia Galea	64	Iford AC	0: 27 : 9.87
164	Hilda O Kelly	59	Springfield Striders "A"	0: 27 : 49.74
165	Debbie Cubbery	54	Great Bentley	0: 28 : 7.72
166	Sarah Knowles	59	Springfield Striders "A"	0: 28 : 28.06
167	Stephen Jordan	40	Southend AC	0: 28 : 34.76
168	Gail Barker	60	Springfield Striders "B"	0: 29 : 59.82
169	Mich Hodges	40	Southend AC	0: 31 : 19.12
170	Pam Jones	64	Iford AC	0: 31 : 23.05
171	Sue Brown	51	Southend AC "B"	0: 32 : 24.83
172	Dan McDonnell	15	Dengie 100 Runners	0: 32 : 33.98