

1. C Bloomfield	B'icay	25.43	61. D Cox (40)	U/A	32.48
2. R Prout	Thrift Gn	.51	62. I Lawson (40)	Dunmow	.48
3. S Sterling	NEB	26.12	63. J Palmer (L45)	Benfleet	.51
4. P Whittaker	Benfleet	.50	64. A Marsh	Spring.	33.02
5. K Harris (40)	Spring.	27.26	65. C Jones (40)	Barking	.14
6. G Chandler	"	.41	66. A Thomson	Hav. '90	.15
7. C Borgoyne	"	.42	67. T Noble (L35)	Thurrock	.17
8. M Bridgeland(50)	Chelms.	.45	68. D Hipperson	Benfleet	.17
9. D Dickinson	Hav. Mays.	.55	69. K Holland (L)	S'end	.19
10. C Nanton	Barking RR28	.11	70. M Read	Thrift Gn.	.20
11. D Butler (50)	B'icay	.18	71. V Dodds(L35)	Benfleet	.24
12. S Whittaker	Benfleet	.31	72. G Thomas (40)	Harlow	.25
13. P Smilie	Southend	.34	73. M Savage (60)	Spring.	.28
14. D Tullett (40)	Chelms.	.41	74. B Tyrell(50)	Hav. '90	.28
15. G Garner	Thurrock	.58	75. M Page (50)	Barking	.29
16. D Bottrill	Ilford	29.01	76. S Parker(50)	Ilford	.30
17. A Britain	Benfleet	.03	77. A Thomson(50)	Hav. '90	.37
18. M Waine	Spring.	.15	78. H McDonald	Ford Fit.	.40
19. C Pearce	"	.24	79. D Gibbins(45)	Benfleet	.40
20. P Coates	Hav.Mays.	.29	80. B Nordin(L45)	Ilford	.44
21. K Jacob (40)	B'icay	.34	81. D Pike	Hav. '90	.48
22. I Macdonald	Ilford	.43	82. D Corot	Edmonton	.51
23. G Tomlinson(40)	Gt Bentley	.48	83. R Vialls (50)	Barking	.53
24. J Russell	Thurrock	.52	84. A Escott(40)	B'icay	.55
25. T Ranson (L)	Spring.	.53	85. S Barr (40)	U/A	.57
26. T Mead (40)	Benfleet	.56	86. M Askew (40)	U/A	34.00
27. M Deasy (L35)	Col. & T.	.57	87. P Tullett(40)	Chelms.	.03
28. N Crisp (40)	Ilford	.58	88. M Grout	Benfleet	.05
29. M Whittaker (40)	Benfleet	30.03	89. G Jones	"	.08
30. P Cooper	Thrift Gn	.04	90. N Pyle (L35)	Col. & Ten.	.08
31. A Clark (40)	B'icay	.04	91. N Taylor(40)	Hav. '90	.09
32. A Broughton(40)	Harlow	.21	92. H Pegg(L)	Thrift Gn.	.11
33. A Coleman (40)	B'icay	.24	93. M Norquay (L)	Thurrock	.14
34. H Scott(L)	Hav.Mays	.33	94. M Cops	Benfleet	.16
35. K Wotton (40)	Barking	.34	95. P McInerney	U/A	.21
36. P Adkins	U/A	.42	96. C McDonnell(60)	Hav. '90	.22
37. M Staines	Thurrock	.47	97. D Morrissey	Thrift Gn.	.22
38. N Markwell	U/A	.54	98. S Spong (L45)	Hav. '90	.28
39. M Gibbs (40)	Chelms.	31.04	99. L Harrison	B'icay	.43
40. G Rothwell (50)	Benfleet	.09	100. J Holder (40)	Pitsea	.45
41. R Steven (50)	Harlow	.13	101. S Harknett(L35)	Benfleet	.54
42. G Kent (50)	Phoenix	.21	102. C Hull (L)	Spring.	.59
43. P Binns (60)	Southend	.24	103. K Walker (60)	B'icay	35.02
44. S Mackenzie(40)	Harlow	.26	104. J Fenton(50)	Hav. '90	.04
45. T Hyde (40)	Pitsea	.50	105. M Bray	U/A	.05
46. C Nanton	Barking	.57	106. L Barker (L35)	Ilford	.07
47. K Thornton (40)	Thrift Gn.	32.01	107. R Fulbrook(40)	Ford Fit.	.20
48. K Flower	Hav. '90	.04	108. I Hall (40)	U/A	.31
49. K Hinns (40)	Thrift Gn	.06	109. T Newman	U/A	.38
50. A Catton (50)	Ilford	.13	110. A Partridge(40)	Ilford	.39
51. R Taylor (50)	Spring.	.19	111. C King	Hav. '90	.42
52. B Thorpe (50)	Chelms.	.20	112. J Bridge	U/A	.44
53. D Adkins (40)	U/A	.22	113. J Boreham(50)	Benfleet	.47
54. N Rankin (40)	Benfleet	.30	114. R Farrance(60)	Thrift Gn.	.52
55. V Haigh	Harlow	.31	115. P Martin	U/A	.54
56. D Jarvis	Dag. '88	.32	116. L Latham (L)	Benfleet	.55
57. J Tennant (50)	Harlow	.32	117. P pellecoma(50)	Harlow	.56
58. D Spencer	U/A	.39	118. D Keeley(50)	Hav. '90	.57
59. S Dear	Benfleet	.43	119. J Freeman	Thrift	36.00
60. C Pearce	Spring.	.45	120. A Sprules	U/A	.00

121. D Dudley (L45)	Benfleet	36.04	181. M Keeble	U/A	40.41
122. G Bowlt (40)	U/A	.09	182. T Hill (L45)	Hav.(0	43
123. C Harris	B'icay	.17	183. S Jolly(40)	B'icay	.48
124. C Howard (L35)	"	.21	184. S Mapplebeck (L)	Spring	.50
125. N Goade (L)	Benfleet	.24	185. S Ingle (40)	ThriftGn	.53
126. P Warriar (40)	B'icay	.39	186. L Waters(L)	Barking	.59
127. M Surry	Benfleet	.45	187. S Gillam(L45)	Ilford	41.00
128. N Hopkinson(L45)	Ilford	.51	188. T Flannigan(L55)	Pitsea	.01
129. L Tanner(55)	Eastern V.	.53	189. E Mole (L)	Hav.'90	.02
130. S Coleman (60)	Thrift Gn.	.55	190. P Williams(50)	Pitsea	.04
131. S Crow (35)	Benfleet	37.03	191. C Tighe (L35)	Hav.'90	.04
132. M Clarke (50)	Ilford	.07	192. A Dutson (50)	U/A	.06
133. L Davies (50)	Hav.'90	.10	193. G Spencer (60)	U/A	.07
134. D Scott(40)	Thrift Gn.	.17	194. H Tompkins(L50)	Pitsea	.12
135. B Giddings(40)	U/A	.21	195. J Barber(L)	Benfleet	.15
136. A Wisbey	U/A	.34	196. G Timbrell	Thrift	.15
137. R Muse	Hav.'90	.37	197. S McDonnell	Hav.'90	.16
138. J Morgan	U/A	.44	198. K Wastell(60)	U/A	.16
139. P Taylor	U/A	.47	199. J Taylor (50)	U/A	.17
140. B Gear (40)	Spring.	.47	200. M Frubbles	Hav.'90	.17
141. G Smith (60)	Thrift Gn.	.53	201. C Armstrong(L)	Thurrock	.23
142. S Morley (40)	Benfleet	.55	202. D Smith (L45)	Benfleet	.26
143. L Perrin (L35)	Barking	.58	203. P McAdams (50)	U/A	.29
144. D Gridley (50)	Spring.	38.06	204. D S-Perkins(50)	Benfleet	.30
145. I Macauley (L)	"	.09	205. J Pardon(50)	B'icay	.39
146. J Skinner (40)	Benfleet	.11	206. T Dradey (60)	U/A	.39
147. J Pardon (L55)	B'icay	.11	207. V Taylor(L35)	U/A	.44
148. D Stanley (60)	Orion	.15	208. J Willett(L35)	U/A	.56
149. G Levey (40)	U/A	.22	209. L Conn (L)	U/A	.56
150. C Mansfield(40)	Hav.'90	.23	210. D Taylor	U/A	42.00
151. D Crisp(L45)	Ilford	.26	211. A Allgood(L45)	U/A	.01
152. N Moses (40)	Hav.'90	.26	212. S Mold(L35)	U/A	.04
153. M Hemmings	"	.30	213. J Braybrook(40)	Hav.'90	.04
154. B Cowling (70)	B'icay	.35	214. T Hopwood	U/A	.07
155. N Burtenshaw (L35)	Benfleet	.36	215. J Wyndham	U/A	.12
156. K Menditta (L35)	Hav.'90	.39	216. V Freeman (40)	Thrift	.12
157. J Timbrell(L35)	Thrift Gn	.41	217. S Rawlinson(40)	Dag.'88	.15
158. A Porter (50)	B'icay	.52	218. R Dobie(40)	Hav.'90	.18
159. K Porter	"	.52	219. P O'Brien	B'icay	.18
160. A Killeen(L45)	U/A	.53	220. M Phillips(60)	Hav.'90	.22
161. D Hull	Spring.	.59	221. L Price(L)	U/A	.24
162. C Evans (40)	Ilford	39.00	222. C Edwards(L)	B'icay	.28
163. M Reddish (40)	Benfleet	.36	223. S Sheekey(40)	Hav.'90	.34
164. V McCloud(60)	"	.37	224. C Coedell(L55)	Pitsea	.36
165. V Apps (L)	Ilford	.37	225. M Roper	U/A	.42
166. K Menditta (L35)	Hav.'90	.44	226. J Pickard(60)	Thrift	.45
167. M King	U/A	.47	227. D Timbrell(60)	"	.48
168. S Wills	U/A	.49	228. C Clifford	Hav'90	43.01
169. J McDonnell	Hav.'90	.55	229. J Butcher(50)	Benfleet	.10
170. S Gray	Benfleet	40.00	230. K Penfold	Hav'90	.16
171. R Newton (50)	Harlow	.02	231. J Finch(L45)	Barking	.26
172. G Tucker	Barking	.05	232. T Coates(L)	Dag'88	.34
173. M Wilby (40)	"	.17	233. D Brookes(L45)	Thrift	.34
174. G Bonney(40)	U/A	.20	234. J Pinner(L35)	"	.35
175. P Jones (L70)	Ilford	.21	235. A Edgeler (40)	U/A	.49
176. D Davies (L45)	Hav.'90	.22	236. D Bradley (50)	U/A	.49
177. R MacMillan(40)	Benfleet	.29	237. B Parish	Hav'90	.50
178. S Macaulay (L55)	Spring.	.31	238. J McHale(L35)	Spring	.51
179. J Ling (L35)	B'icay	.33	239. B McDonnell(L45)	Hav'90	.55
180. R Spong (50)	U/A	.39	240. M Pearce(40)	U/A	.56

241. L Irving(L)	Spring.	43.56	301. M Rackham (L45)	Thorndon	49.19
242. A Mullett	Dag'88	44.05	302. L Hilton (L)	U/A	.22
243. R Hunt (40)	U/A	.12	303. S Spencer(L)	Barking	.27
244. G Tovey(L35)	U/A	.14	304. G Clark (L)	"	.27
245. G Mckewer(L35)	U/A	.14	305. J Cason (L35)	Thrift	.42
246. A Game(40)	Hav'90	.16	306. L Adams(L45)	"	.48
247. R Lee(40)	B'icay	.16	307. M Tamlyn (L45)	U/A	.50
248. T Lee(L)	"	.16	308. D Wyatt (L55)	Thrift	50.11
249. B Oliver(L55)	Benfleet	.17	309. N McNair (L45)	U/A	.21
250. P Watson (50)	"	.26	310. M Noakes(L)	Thrift	.48
251. J O'Brien (50)	B'icay	.28	311. L Davis(40)	Dag'88	.52
252. L Duquemin (L)	Thrift	.35	312. S Johnstone(L)	Thrift	.57
253. S Hunt(L35)	U/A	.37	313. H Spencer (L35)	"	51.19
254. B Lozowski	U/A	.47	314. L Clark(L45)	"	.39
255. A Byrom (40)	U/A	.51	315. B Phillips (50)	Barking	.52
256. C Haigh (L35)	U/A	.57	316. S Westear (L)	"	.52
258. J Rush(L35)	U/A	45.01	317. A Gash	Thrift	.54
259. L Isaacs(40)	Hav.'90	.02	318. B Giddings (L)	U/A	.56
260. S Staerek	"	.12	319. T Vernon (40)	Spring	52.02
261. D Payne	U/A	.16	320. G Bray (L45)	Hav'90	.18
262. S Gregory (L)	Thrift	.21	321. T Comack (L35)	Dag'88	.26
263. S Formosa(L)	Benfleet	.26	322. M Flower(60)	U/A	.26
264. S Goodwin (L35)	U/A	.33	323. P Lief (40)	Dag'88	.44
265. B Crowley L70)	Thrift	.36	324. I Jordan(40)	Benfleet	53.17
266. G Pells(70)	Ilford	.39	325. P Morris (50)	U/A	.34
267. G Glenister (50)	Thrift	.41	326. N Smith(70)	Tiptree	.54
268. J Mercer (L55)	U/A	.42	327. J Flower (L55)	U/A	54.21
269. J McCarthy	Benfleet	.51	328. L Bannister (55)	Thrift	.22
270. D Cotterill(L35)	U/A	.56	329. G Harrison (L45)	Pitsea	.22
271. S Reid(L35)	Hav'90	46.06	330. V Bannister (L)	Thrift	.24
272. W Smith(40)	Dag'88	.13	331. G Chevalier(40)	U/A	55.00
273. S Issa	Barking	.25	332. D Riscoll(60)	V P H	.24
274. P Collins(L45)	U/A	.26	333. M Wheatley (L45)	U/A	.26
275. E Dootson (L45)	U/A	.26	334. S Day (L45)	Thrift	.38
276. V Groves (40)	Barking	.28	335. L Josman (L)	"	.56
277. L Smart (L35)	B'icay	.35	336. C Green (L)	"	56.02
278. P Burchell(50)	Hav'90	.35	337. L Allen (L55)	Spring	.46
279. S Orly (L35)	U/A	.40	338. S Hornsby (L45)	Thrift	.55
280. M Harvey(40)	Hav'90	.45	339. N Cadzow	"	.55
281. I Bell (50)	U/A	.52	340. K Eaton (60)	Benfleet	57.56
282. J Chaffin (60)	Benfleet	47.02	341. J King (L/£)	U/A	58.09
283. J Herrington(L35)	Thrift	.05	342. P Price (40)	Thrift	.09
284. C Randall(L45)	U/A	.10	343. L Jackson(L35)	"	.17
285. J Jewkns(70)	U/A	.20	344. S Cameron (L55)	"	.41
286. D McDormell	Hav'90	.33	345. T Patience (L35)	"	59.21
287. D Brooks (50)	Dag'88	.43	346. S Woodcock (")	"	60.29
288. J Rourke(40)	B'icay	.45	347. C Chandler (L35)	Spring	63.13
289. M Cottrell (60)	"	.52	348. S Yallop (L55)	Thrift	64.28
290. M Clarke (50)	Spring	48.02	349. D Said (L)	"	65.13
291. B Rowell (40)	Hav'90	.07	350. S Lee (L45)	"	.18
292. D Potter(L35)	Spring	.11	351. E Port (L35)	"	70.39
293. A Hing	"	.22	352. J Freeman(L)	"	71.54
294. R Godfrey	U/A	.25	353. D Wyatt (L55)	"	74.09
295. D Godfrey (60)	B'icay	.25	354. S Macintosh (50)	"	74.10
296. S Farmer	U/A	.31			
297. R Hyam	U/A	.32			
298. C Booty (40)	Thrift	.32			
299. S Buckley (40)	"	.32			
300. D Rontree	Pitsea	.59			

TEAMS

Men

1. Springfield St.	18pts
2. Billericay St.	32
3. Benfleet R R	33

Women

1. Benfleet R R	20pts
2. Springfield St.	28
3. Ilford A C	31

On behalf of the Organisers of the INGATESTONE 5 MILES ROAD RACE,
I would like to thank all the Officials, Marshalls, St Johns Ambulance,
Police and the many others I have failed to mention for their
assistance with todays race.

I would also like to thank the Sponsors of the race - HEPBURNS OF
SHENFIELD and PRIMARK who have contributed to the Prizes over the
past few years.

We look forward to seeing you at the 26th race, which will be in
September 2009.

Howard Williams & Keith Cranmer (Organisers)