

5 KILOMETRES

Stephen Kemp		15.52	Thundersley	05.07.1987
Peter Smale		17:33	TCC	13.07.2008
Howard Clarke	U20	17:53	TCC	13.07.2008
David Hurley	V40	18:36	PSHB5K	00.08.2008
Ashley Humphreys	U15	19.24	Rochford Rotary Club	1 st AW 28.06.2000
Rhys Gillard	U15	19:41	C5K	07.09.2008
Jordan Lacey	U13	19:51	ValPk	28.09.2008
Nikita Aspinell	U15	20.01	Rochford Rotary Club	2 nd 17.09.2000
K Raven	U15	20.57	Rochford Rotary Club	5 th 17.09.2000
Holly Gillard	U17	21:32	C5K	07.09.2008
Carla Raven		21.46	Rochford Rotary Club	6 th 17.09.2000
Nicola Schade	U15	22.48	Rochford Rotary Club	8 th 17.09.2000
Glen Taylor	V50	24:06	PhS	20.08.2008
Sarah Jeffery	U15	24.08	Rochford Rotary Club	10 th 17.09.2000
Mathew Gillard	V40	24:12	TCC	13.07.2008
Ana Ockendon	W35	28.42	Chelmsford Relay	Silver 01.03.2008

3.5 MILES

Ana Ockendon	W35	24:53	Chelmsford	27.06.2007
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5 MILES

Graham Payne		23.46	Southend	Gold /3rd team	02.04.1985
David Balthasar		24.39	Southend	6 th /3 rd team	02.04.1985
Ronald Dawson		25.09	Romford		00.10.1973
Adam Hickey		25:12	PB5		01.06.2008
Stephen Kemp		25.34	Rayleigh		04.05.1986
Paul Whittaker		25.36	Nicola's 5, Canvey Is	Silver	20.04.2008
Hendrik Zietsman	V	25:55	PB5		01.06.2008
Ben Hunter	U20	26.02	Nicola's 5, Canvey Is		29.04.2007
Leonard Jones		26.24	City of Rochester	19 th 13 th team	00.00.1957
Colin Miles		26.30	Alsager	52 nd	04.02.2007
Steven Whittaker		27.06	Nicola's 5, Canvey Is	5 th	20.04.2008
Roy McCalla		27.22	City of Rochester	42 nd 13 th team	00.00.1957
Michael Mansfield		27.49	Nicola's 5, Canvey Is	5 th	24.04.2006
Peter Binns	M40	27.56	Ingatestone	20 th /4 th V40	11.10.1992
J Daniels		27.65	Southend	Bronze	02.04.1985
Tessa Pike		28.58	Southend	Bronze	02.04.1985
Peter Smale	Snr	29:02	Bluebell	1 st	11.05.2008
Alan Millar		29.14	Nicola's 5, Canvey Is	17 th	29.03.2009
Matthew Wright		29.08	Nicola's 5, Canvey Is		29.04.2007
Joshua Crompton		29.52	Nicola's 5, Canvey Is	24 th	29.03.2009

Michael Whittaker	M50	29.55	Nicola's 5, Canvey Is	25 th	29.03.2009
Rhys Gillard		29.57	Nicola's 5, Canvey Is	26 th	29.03.2009
Peter Field		30.02	City of Rochester	109 th 13 th team	00.00.1957
Clifford Crabb		30.02	City of Rochester	110 th 13 th team	00.00.1957
Claire Colmer		30.05	Nicola's 5, Canvey Is		29.04.2007
Sarah Mullins	W	30.22	Nicola's 5, Canvey Is	29 th	24.04.2006
James Lowen		30.44	City of Rochester	124 th 13 th team	00.00.1957
Brian Thomas	M50	30.53	Nicola's 5, Canvey Is	1 st M50	14.04.1996
David Hurley	V40	30:56	SSFNR		13.06.2008
Danielle Hurley	W	31.14	Nicola's 5, Canvey Is	35 th	20.04.2008
John Macklin		31.21	City of Rochester	132 nd 13 th team	00.00.1957
Keiron McGill		31.30	Nicola's 5, Canvey Is	48 th	24.04.2006
Allan Currell	M	32.13	Nicola's 5, Canvey Is		29.04.2007
Kerry Holland	W	32.13	Nicola's 5, Canvey Is	59 th	29.03.2009
David West	M50	33.00	Ingatestone	109 th /14 th V50	11.10.1992
Sarah Jeffery	W	33.14	Nicola's 5, Canvey Is	78 th	29.03.2009
Amanda Bussey	W	33.49	Nicola's 5, Canvey Is	95 th	24.04.2006
Glen Taylor		34.27	Ingatestone		18.09.2005
John Roberts	M50	34.42	Ingatestone 137 th		11.10.1992
Melanie Ling	W	34.44	Nicola's 5, Canvey Is		29.04.2007
Kyle Aldridge		34.54	Nicola's 5, Canvey Is	83 rd	20.04.2008
Jordan Lacey		35.09	Nicola's 5, Canvey Is	113 rd	29.03.2009
Gareth Crompton	V40	35:15	Tilty Hilly 5		01.06.2008
Roy Cottis	M40	35.35	Nicola's 5, Canvey Is	135 th	24.04.2006
Glen Taylor	M50	35.35	Nicola's 5, Canvey Is	118 th	29.03.2009
Carran Lefever		36.01	Nicola's 5, Canvey Is	145 th	24.04.2006
Paul Green		36.06	Southend Classic	75 th	13.10.1996
Ana Ockendon	W35	37.00	Basildon		01.06.2008
Leslie Sawkins	M50	37.03	Southend Classic	101 st	13.10.1996
Graham Weaver		37.38	Southend Classic	118 th	13.10.1996
David Lesley	M50	38.04	Nicola's 5, Canvey Is	153 rd	29.03.2009
Sheila Kamdar	W45	38.05	Nicola's 5, Canvey Is	191 st	24.04.2006
Keiron McGill		38.07	Southend Classic	132 nd	13.10.1996
Colin Miles		38.21	Southend Classic	140 th	13.10.1996
Susan Crompton	W35	38.32 pb	Nicola's 5, Canvey Is	162 nd	29.03.2009
Mark Williamson	M40	38.46	Nicola's 5, Canvey Is	209 th	24.04.2006
Jeremy Barfoot		38.53	Southend Classic	156 th	13.10.1996
Fiona Hawkins	W35	39.01	Nicola's 5, Canvey Is	155 th	20.04.2008
Robert Hill		39.16	Southend Classic	174 th	13.10.1996
Lucy Edwards	WU20	39.20	Ingatestone		11.10.1992
Michael Bailey	M40	39.22	Nicola's 5, Canvey Is		29.04.2007
Steven Jewell	M40	39.27	Nicola's 5, Canvey Is	229 th	24.04.2006
Mathew Gillard	V	40:01	Bluebell		11.05.2008
Bernard Wright	M50	40.15	Nicola's 5, Canvey Is		29.04.2007

Holly Gillard		40:33	Bluebell		11.05.2008
Sarah West	WU20	42.38	Ingatestone	220 th	11.10.1992
Ian Miller		43.06	Nicola's 5, Canvey Is	310 th	24.04.2006
Ray Platt	M50	43.06	Nicola's 5, Canvey Is	311 st	24.04.2006
Gail Patman	W35	43.32	Nicola's 5, Canvey Is	319 th	24.04.2006
Janet Platt	W35	43.39	Nicola's 5, Canvey Is	322 nd	24.04.2006
David Balding	M40	44.10	Nicola's 5, Canvey Is	158 th	20.04.2008
Jessica Platt		44.17	Nicola's 5, Canvey Is	340 th	24.04.2006
Catherine Wright		44.43	Nicola's 5, Canvey Is	347 th	24.04.2006
Deborah Friswell	W35	44.49	Nicola's 5, Canvey Is	280 th	29.03.2009
Jane Wright	W45	47.04	Nicola's 5, Canvey Is	381 st	24.04.2006
Marion Bullock	W45	47.58	Nicola's 5, Canvey Is	322 nd	20.04.2008
Malcolm Fyfe	M40	49.22	Nicola's 5, Canvey Is	400 th	24.04.2006
Anthony Bullock	M50	51.07	Nicola's 5, Canvey Is	422 nd	24.04.2006

Nicola's 5 results recorded:
2006, 2007, 2008, 2009

* assume Springfield Striders Friday Night Race was over 5M?

Essex PB5 – 1st June – SAC 1st Men's team.