

## Southend 10k : 8th October 2006

### Veterans over 40

1 Glenn Whellams..V40... Salford	33.32
2 Luke Armitage...V40... Kent AC	34.00
3 Andy FarquharsonV40... Kent AC	34.18
4 John Knibb.....V40... Derby&Co	34.28
5 Dave Tullett....V40... Chelmsfd	34.31
6 Geoffrey Symon..V40... Thurrock	35.38
7 John Barker.....V40... ThriftGn	35.39
8 Kevin Jacob.....V40... Billeric	35.45
9 John Green.....V40... Thurrock	36.33
10 Keith Thornton..V40... ThriftGn	37.27

### Veterans over 45

1 Richard Holland.V45... WoodfdGr	33.36
2 Garon Heslop...V45... Chelmsfd	34.15
3 Iain Cumming...V45... WoodfdGr	36.18
4 Phil Oatham....V45... Thurrock	37.16
5 Terry Knightley.V45... IlfordAC	37.53
6 Mike Whittaker..V45... Southend	38.17
7 Richard Fuller..V45... EEssexT	38.26
8 Mark Jackson...V45... MidEssx	38.43
9 Eamonn Shelley..V45... Thurrock	39.02
10 Graham Foster...V45... Haverng	39.07

### Veterans over 50

1 Dave Cox.....V50... WoodfdGr	34.33
2 Keith Wilkinson.V50... Chelmsfd	35.48
3 Alan Butler....V50... ThriftGn	36.27
4 Andy Catton....V50... IlfordAC	38.56
5 David Butler...V50... ( 1078)	40.07
6 Rob Sargent....V50... Dagenham	40.14
7 Ronald Viallis..V50... BarkingR	40.34
8 Peter Cross....V50... Belgrave	40.41
9 Ronald Vialls...V50... BarkingR	41.01
10 Tony Hall.....V50... ( 832)	41.37

### Veterans over 65

1 John Reynolds...V65... Castlept	43.13
2 Ronald Dawson...V65... Southend	44.49
3 Brian Cowling...V65... Billeric	47.30
4 Roger Duffield..V65... Tiptree	49.00
5 Neil Robins.....V65... ( 436)	53.00
6 Michael Dee.....V65... Henfield	54.54
7 Paul Evans.....V65... Hayes&Ha	55.59
8 George Hewitt...V65... StanCtyV	56.08
9 William Donovan.V65... Benfleet	57.48
10 Terence KavanaghV65... Havrng90	1:00.05

### Veterans over 70

1 Simon Witton...V75... ( 683)	43.08
2 Thomas Everitt..V70... EtonMnr	46.05
3 Victor Pridmore.V70... Billeric	47.06
4 Gerry Pells....V70... IlfordAC	57.08
5 Albert Miles....V70... Castlept	58.18
6 Ron Franklin...V75... Barnet&D	59.19
7 Ken Eaton.....V75... Benfleet	1:00.51
8 John Virgo.....V75... Castlept	1:02.46
9 Gordon Franklin.V70... ( 270)	1:10.17
10 John Burns.....V70... Southend	1:10.43

### Ladies

1 Danielle Sale...L18... ( 2308)	35.47
2 Karen Sindall...L..... ( 3004)	36.31
3 Harriet Scott...L..... Haverng	36.46
4 Gail Dawson....L40... Basildon	38.18
5 Dee Smale.....L45... Straggle	39.40
6 Toni Noble.....L35... Thurrock	39.58
7 Lee-Anne Cann..L..... Southend	40.28
8 Elin Engdahl...L40... Thurrock	40.45
9 Julia Palmer....L45... Benfleet	40.56
10 Marnie Ellison..L..... Dartford	41.05

### Ladies over 40

1 Gail Dawson....L40... Basildon	38.18
2 Elin Engdahl...L40... Thurrock	40.45
3 Debbie Smith...L40... Benfleet	44.56
4 Sarah R-Smith...L40... ThriftGn	45.04
5 Lorraine Wilson.L40... Southend	45.06
6 Erica Ryder....L40... ( 2865)	45.09
7 Jill Eley.....L40... ( 2237)	45.31
8 Sarah Ward.....L40... LeighOnS	45.34
9 Stephanie Wood..L40... Swanley	45.41
10 Denise Ford....L40... Chelmsfd	46.12

### Ladies over 45

1 Dee Smale.....L45... Straggle	39.40
2 Julia Palmer...L45... Benfleet	40.56
3 Sue Spong.....L45... Havrng90	41.41
4 Debbie Gibbins..L45... Benfleet	44.04
5 Mandy Smith....L45... EEssexT	45.59
6 Sue Simpson....L45... ( 2745)	46.41
7 V Dorothy.....L45... ( 2175)	48.06
8 Georgina Hales..L45... ( 2361)	49.00
9 Sharon GriffithsL45... PhoenixS	49.24
10 Helen Kelly....L45... FitnessF	51.32

### Ladies over 50

1 Janet Pardon...L50... Billeric	45.40
2 Pat Halstead...L50... Swanley	46.27
3 Angela Bent....L50... PitseaRR	47.16
4 Carolyn Severne.L50... ( 2415)	49.48
5 Fran Humphries..L50... ThriftGn	51.31
6 Elisabeth Ross..L50... ( 2359)	51.50
7 Pauline Edmunds.L50... Edmonton	51.52
8 Janet Finch....L50... BarkingR	54.50
9 Angie Standing..L50... ( 2631)	54.55
10 Suzanne Walker..L50... ThriftGn	56.24

## Veterans over 55

1	Peter Binns.....V55...	Southend	38.37
2	John Tennant....V55...	HarlowRC	39.01
3	Steve Fulker....V55...	Billeric	39.11
4	Alan Rich.....V55...	Wlthmstw	40.13
5	Godfrey Mather..V55...	Benfleet	43.27
6	Richard Hurley..V55...	( 315)	43.34
7	Keith Walker....V55...	Billeric	43.49
8	Jack Park.....V55...	RRunners	44.01
9	Jeff Fenton.....V55...	Havrng90	44.18
10	Mike Collins....V55...	Sittingb	44.36

## Veterans over 60

1	Malcolm Reynard.V60...	Hardley	38.44
2	Mike Bowler.....V60...	( 268)	40.03
3	Tom Dawson.....V60...	Benfleet	42.03
4	John Few.....V60...	EtonMnr	42.40
5	David Lesley...V60...	Southend	44.19
6	Chris McDonnell.V60...	Havrng90	45.52
7	John McAvoy....V60...	FordFit	46.11
8	Eric Shaw.....V60...	GtBently	46.17
9	Robert Abrey....V60...	?Dagenham	46.36
10	Trevor Brown....V60...	NDerbysh	49.02

## Ladies over 35

1	Toni Noble.....L35...	Thurrock	39.58
2	Sue Nel.....L35...	Benfleet	42.51
3	Jenny Downey...L35...	Maidstne	44.27
4	Melanie EveleighL35...	( 2208)	45.32
5	Chrisine Mowle..L35...	( 2329)	45.51
6	Michelle Looy...L35...	GtBently	46.18
7	Christine HowardL35...	Billeric	46.34
8	Nikki Donno.....L35...	( 2489)	46.47
9	Janet Parr.....L35...	( 2695)	46.49
10	Elaine Banville.L35...	Billeric	47.00

## Ladies over 55

1	Sheila Macaulay.L55...	Springfd	52.43
2	Sue Ward.....L55...	Benfleet	53.32
3	Linda Brown....L55...	NDerbysh	58.40
4	Margaret Newman.L55...	Hayes&Ha	59.09
5	Sheila Bettaney.L55...	( 2396)	1:00.41
6	Tina Leung.....L55...	ThriftGn	1:05.36
7	Rosemary Abrey..L55...	Dagenham	1:06.39
8	Mary Manley....L55...	( 2705)	1:06.46
9	Christine PorterL55...	Billeric	1:06.51
10	Jean Driscoll...L55...	Springfd	1:07.24

## Ladies over 60

1	Pauline Rich....L60...	Serpent	46.54
2	Valerie Taylor..L60...	LeightFR	50.16
3	Barbara Oliver..L60...	Benfleet	50.18
4	Valerie Furbank.L60...	Havrng	1:01.49
5	Heather Jackson.L60...	PitseARR	1:03.33
6	Val Taylor.....L60...	( 2001)	1:04.53
7	Jennifer Ward...L60...	FitnessF	1:08.46
8	Hastings Jean...L60...	Halstead	1:10.56
9	CynthiaMay Dee..L60...	Henfield	1:31.02