



# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## - Mens 12 Stage Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Philip Crout	Shaftesbur A	19:39	52:39	+ 1
2	Matthew Revier	Southamptn	20:18	53:07	- 1
3	Peter Chambers	HighgateHa A	19:28	53:14	+ 6
4	Russell Bentley	KentAc A	20:17	53:24	0
5	Jack Douglas	Bedford&Co A	20:44	53:47	- 2
6	Dan Gaffney	SoutLondon	20:37	53:57	+ 1
7	Steven Connor	AldershotF A	20:17	53:58	+ 1
8	Angus Holford	WoodfordGr A	20:50	54:04	- 3
9	Daniel Bradley	TonbridgeA A	21:04	54:23	- 3
10	Chris Darling	Cambridge& A	20:40	54:34	0
11	Phil Sesemann	Blackheath	19:36	54:42	+ 7
12	Jake Waldron	Newham&Ess A	20:27	54:55	0
13	Luke Prior	WellsCityH	20:45	54:58	- 2
14	John Franklin	Serpentine A	20:26	55:00	0
15	Aaron Burgess	OxfordCity	20:55	55:52	+ 2
16	John Kettle	HerneHillH A	21:20	55:55	- 1
17	Edward Auden	BelgraveHa A	20:35	56:10	+ 4
18	James Laing	Hillingdon	21:02	56:23	+ 1
19	Michael Ellis	TonbridgeA B	21:58	56:27	- 6
20	Belal Ahmed	HerculesWi	21:12	56:59	+ 2
21	Ben Tyler	Medway&Mai	22:20	57:06	- 5
22	Calum Fraser	KentAc B	21:34	57:22	+ 1
23	Adrian Mason	Barnet&Dis A	22:51	58:17	- 3
24	James Ellis	ThamesVall A	21:24	58:29	+ 2
25	Peter Haarer	RanelaghHa	22:01	58:31	- 1
26	Andy Barnes	LondonHeat A	21:26	58:42	+ 1
27	David Branfoot	(HarrowAc )	21:29	58:51	+ 2

  

Fastest runners over stage 3:			
1	Peter Chambers	HighgateHa A	19:28
2	Phil Sesemann	Blackheath	19:36
3	Philip Crout	Shaftesbur A	19:39
4	Steven Connor	AldershotF A	20:17
5	Russell Bentley	KentAc A	20:17
6	Matthew Revier	Southamptn	20:18
7	John Franklin	Serpentine A	20:26
8	Jake Waldron	Newham&Ess A	20:27
9	Edward Auden	BelgraveHa A	20:35
10	Dan Gaffney	SoutLondon	20:37

## - Mens 12 Stage Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Alex Yee	KentAc A	12:32	1:05:56	+ 3
2	Ben Rochford	Shaftesbur A	13:45	1:06:24	- 1
3	Brahma Pochee	HighgateHa A	13:33	1:06:47	0
4	William Bardsley	SoutLondon	13:21	1:07:18	+ 2
5	Abdi Mahamed	Southamptn	14:17	1:07:24	- 3
6	Massi Dendani	Bedford&Co A	13:57	1:07:44	- 1
7	Macgregor Cox	AldershotF A	13:47	1:07:45	0
8	Timothy Cobden	Cambridge& A	13:27	1:08:01	+ 2
9	Donatas Tumaitis	WoodfordGr A	13:58	1:08:02	- 1
10	Corey Death	TonbridgeA A	13:48	1:08:11	- 1
11	G Vacharopoulos	Blackheath	13:56	1:08:38	0
12	Xavier Gruot	Serpentine A	13:51	1:08:51	+ 2
13	Felix Rusby	WellsCityH	14:06	1:09:04	0
14	Rob Cole	Newham&Ess A	14:55	1:09:50	- 2
15	Toby Ralph	TonbridgeA B	13:35	1:10:02	+ 4
16	Gary Ironmonger	HerneHillH A	14:12	1:10:07	0
17	Ewan Gault	OxfordCity	14:31	1:10:23	- 2
18	Will Cockerell	BelgraveHa A	14:16	1:10:26	- 1
19	Andrew Penney	HerculesWi	13:29	1:10:28	+ 1
20	Paul Cuddihy	Hillingdon	14:46	1:11:09	- 2
21	Alex Linfield	Medway&Mai	15:12	1:12:18	0
22	Luke Armitage	KentAc B	15:46	1:13:08	0
23	Pete Bakewell	LondonHeat A	14:51	1:13:33	+ 3
24	Alan Wray	(HarrowAc )	14:59	1:13:50	+ 3
25	Manuel Dasilva	ThamesVall A	15:46	1:14:15	- 1
26	Neil Baxter	Cambridge& B	14:31	1:14:20	+ 3
27	Vaughan Ramsay	RanelaghHa	16:44	1:15:15	- 2

  

Fastest runners over stage 4:			
1	Alex Yee	KentAc A	12:32
2	William Bardsley	SoutLondon	13:21
3	Timothy Cobden	Cambridge& A	13:27
4	Andrew Penney	HerculesWi	13:29
5	Brahma Pochee	HighgateHa A	13:33
6	Toby Ralph	TonbridgeA B	13:35
7	Ben Rochford	Shaftesbur A	13:45
8	Macgregor Cox	AldershotF A	13:47
9	Corey Death	TonbridgeA A	13:48
10	Xavier Gruot	Serpentine A	13:51

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## - Mens 12 Stage Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Owen Hind	KentAc A	19:14	1:25:10	0	26	Oliver Kean	HighgateHa B	21:25	1:36:42	+ 2
2	Mark Pearce	Shaftesbur A	20:09	1:26:33	0	27	Istvan Jacso	Cambridge& B	22:39	1:36:59	- 1
3	Robert Wilson	HighgateHa A	20:18	1:27:05	0	28	Benjamin Turley	IpswichJaf A	22:03	1:37:59	+ 2
4	James Hoad	Bedford&Co A	20:01	1:27:45	+ 2	29	Nicholas Twomey	RanelaghHa	22:54	1:38:09	- 2
5	Rob Drake	SoutLondon	20:38	1:27:56	- 1	30	Rob Wilbraham	WoodfordGr B	23:21	1:39:36	+ 1
6	Matthew Arnold	AldershotF A	20:12	1:27:57	+ 1	31	Darren White	Barnet&Dis A	23:45	1:39:38	- 2
7	Tom Beedell	WoodfordGr A	20:06	1:28:08	+ 2	32	Richard Bull	ClaphamCha A	22:48	1:39:53	0
8	Ross Tennant	Cambridge& A	20:09	1:28:10	0	33	Nick Varley	DartfordHa	24:29	1:41:35	0
9	Max Costley	Southamptn	20:59	1:28:23	- 4	34	Nick Osborn	Cambridge& C	23:21	1:42:34	+ 1
10	James West	TonbridgeA A	20:28	1:28:39	0	35	Fergus Power	HerneHillH B	22:49	1:43:32	+ 1
11	Will Fuller	Blackheath	20:09	1:28:47	0	36	Gavin Evans	LondonHeat B	24:49	1:45:42	+ 1
12	Dave Morgan	Serpentine A	20:19	1:29:10	0	37	Mark Champion	Istead&Ifi	24:29	1:47:08	+ 2
13	Matthew Dickinson	WellsCityH	20:20	1:29:24	0	38	Carl Ashton	IpswichJaf B	25:05	1:47:38	0
14	Josh Trigwell	Newham&Ess A	19:57	1:29:47	0	<b>Fastest runners over stage 5:</b>					
15	Paskar Owor	BelgraveHa A	19:53	1:30:19	+ 3	1	Owen Hind	KentAc A	19:14		
16	Alex Robinson	HerculesWi	20:49	1:31:17	+ 3	2	Paskar Owor	BelgraveHa A	19:53		
17	Jamie Bryant	TonbridgeA B	21:32	1:31:34	- 2	3	Josh Trigwell	Newham&Ess A	19:57		
18	Simon Fisher	OxfordCity	21:37	1:32:00	- 1	4	James Hoad	Bedford&Co A	20:01		
19	Andrew Grigg	HerneHillH A	22:45	1:32:52	- 3	5	Tom Beedell	WoodfordGr A	20:06		
20	Simon Connell	Hillingdon	22:37	1:33:46	0	6	Will Fuller	Blackheath	20:09		
21	Tom Muddiman	KentAc B	21:44	1:34:52	+ 1	7	Mark Pearce	Shaftesbur A	20:09		
22	Barry Royden	Medway&Mai	22:39	1:34:57	- 1	8	Ross Tennant	Cambridge& A	20:09		
23	Andrew Mitchell	ThamesVall A	21:23	1:35:38	+ 2	9	Matthew Arnold	AldershotF A	20:12		
24	Sean Ledger	(HarrowAc )	22:06	1:35:56	0	10	Robert Wilson	HighgateHa A	20:18		
25	Chris Hartley	LondonHeat A	22:26	1:35:59	- 2						

## - Mens 12 Stage Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Ben Hope	KentAc A	14:05	1:39:15	0	27	Martin Bright	HighgateHa B	16:25	1:53:07	- 1
2	Richard Williams	Shaftesbur A	13:04	1:39:37	0	28	Glynn Thomas	IpswichJaf A	15:33	1:53:32	0
3	Ed Hickmancasey	HighgateHa A	13:42	1:40:47	0	29	Bertie Powell	WoodfordGr B	14:18	1:53:54	+ 1
4	Ian Bailey	AldershotF A	13:10	1:41:07	+ 2	30	Alex Morgan	RanelaghHa	16:11	1:54:20	- 1
5	Tom Holden	SoutLondon	13:17	1:41:13	0	31	Rob Scott	Barnet&Dis A	16:36	1:56:14	0
6	Stephen Headley	Bedford&Co A	14:03	1:41:48	- 2	32	Connor Burford	DartfordHa	15:21	1:56:56	+ 1
7	Simon Beedell	WoodfordGr A	13:54	1:42:02	0	33	Matthew Dickinson	ClaphamCha A	17:56	1:57:49	- 1
8	Tim Corby	TonbridgeA A	13:41	1:42:20	+ 2	34	Ben Jones	Cambridge& C	15:24	1:57:58	0
9	Matthew Slater	Cambridge& A	14:17	1:42:27	- 1	35	Dan Hallam	HerneHillH B	16:13	1:59:45	0
10	Simon Barrett	Serpentine A	13:54	1:43:04	+ 2	36	James Rigby	LondonHeat B	16:36	2:02:18	0
11	Richard Webb	Blackheath	14:25	1:43:12	0	37	Christopher Bing	IpswichJaf B	17:44	2:05:22	+ 1
12	Peter Costley	Southamptn	15:40	1:44:03	- 3	38	Andrew Archer	Istead&Ifi	23:34	2:10:42	- 1
13	Nick Buckle	BelgraveHa A	13:57	1:44:16	+ 2	<b>Fastest runners over stage 6:</b>					
14	Mike Glover	WellsCityH	15:25	1:44:49	- 1	1	Richard Williams	Shaftesbur A	13:04		
15	Robert Tuer	HerculesWi	14:30	1:45:47	+ 1	2	Ian Bailey	AldershotF A	13:10		
16	Dan Blake	OxfordCity	14:15	1:46:15	+ 2	3	Tom Holden	SoutLondon	13:17		
17	Alex Hookway	TonbridgeA B	15:04	1:46:38	0	4	Adam Kirksmith	LondonHeat A	13:40		
18	George Choat	Newham&Ess A	16:56	1:46:43	- 4	5	Tim Corby	TonbridgeA A	13:41		
19	Nathan Bekele	HerneHillH A	14:31	1:47:23	0	6	Ed Hickmancasey	HighgateHa A	13:42		
20	Paul Leppard	Hillingdon	15:16	1:49:02	0	7	Simon Barrett	Serpentine A	13:54		
21	Cameron Payas	Medway&Mai	14:13	1:49:10	+ 1	8	Simon Beedell	WoodfordGr A	13:54		
22	Adam Kirksmith	LondonHeat A	13:40	1:49:39	+ 3	9	Nick Buckle	BelgraveHa A	13:57		
23	Richard Mathie	KentAc B	15:06	1:49:58	- 2	10	Stephen Headley	Bedford&Co A	14:03		
24	Botond Safar	ThamesVall A	15:02	1:50:40	- 1						
25	Peter Norris	(HarrowAc )	15:35	1:51:31	- 1						
26	David Barber	Cambridge& B	15:26	1:52:25	+ 1						

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## - Mens 12 Stage Stage 7 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Richard Goodman	Shaftesbur A	18:59	1:58:36	+ 1
2	Ben Harding	KentAc A	20:00	1:59:15	- 1
3	Andy Maud	HighgateHa A	18:46	1:59:33	0
4	Joshua Grace	AldershotF A	19:15	2:00:22	0
5	Joe Croft	SoutLondon	20:25	2:01:38	0
6	John Eves	Bedford&Co A	20:08	2:01:56	0
7	Tom Cox	TonbridgeA A	20:22	2:02:42	+ 1
8	Daniel Steel	WoodfordGr A	20:48	2:02:50	- 1
9	Jack Bowden	Cambridge& A	21:19	2:03:46	0
10	Martin Oconnell	Serpentine A	20:58	2:04:02	0
11	MahamedMahamed	Southamptn	20:31	2:04:34	+ 1
12	Peter Tucker	Blackheath	21:25	2:04:37	- 1
13	Kris Gauson	BelgraveHa A	20:31	2:04:47	0
14	Jack Bancroft	WellsCityH	20:10	2:04:59	0
15	Dominic Kiralfi	HerculesWi	21:01	2:06:48	0
16	Maxwell Robinson	OxfordCity	21:21	2:07:36	0
17	Niall Sheehan	Newham&Ess A	21:12	2:07:55	+ 1
18	Jack Keywood	TonbridgeA B	21:56	2:08:34	- 1
19	Jeff Cunningham	HerneHillH A	21:53	2:09:16	0
20	Robert Thompson	Hillingdon	20:51	2:09:53	0
21	Jack Tyler	Medway&Mai	22:23	2:11:33	0
22	Chris Thomas	ThamesVall A	21:03	2:11:43	+ 2
23	Kimon Doulis	LondonHeat A	22:37	2:12:16	- 1
24	Ian Ellwood	KentAc B	22:23	2:12:21	- 1
25	Matt Judson	(HarrowAc )	22:28	2:13:59	0
26	Axel Finke	Cambridge& B	22:22	2:14:47	0
27	Gavin Davies	IpswichJaf A	21:59	2:15:31	+ 1
28	Ben Whitworth	WoodfordGr B	21:49	2:15:43	+ 1
29	Alex Davidson	HighgateHa B	23:05	2:16:12	- 2
30	Nicholas Impey	RanelaghHa	22:47	2:17:07	0
31	Alex Lepretre	Barnet&Dis A	21:39	2:17:53	0
32	Mick Keating	ClaphamCha A	22:30	2:20:19	+ 1
33	Lee Pretlove	Cambridge& C	22:31	2:20:29	+ 1
34	Matthew Erwood	DartfordHa	24:19	2:21:15	- 2
35	Eric Dol	HerneHillH B	24:26	2:24:11	0
36	J Litchfield	LondonHeat B	24:08	2:26:26	0
37	Brian Rogers	IpswichJaf B	27:12	2:32:34	0
38	Mark Pywell	Istead&lfi	24:49	2:35:31	0

**Fastest runners over stage 7:**

1	Andy Maud	HighgateHa A	18:46
2	Richard Goodman	Shaftesbur A	18:59
3	Joshua Grace	AldershotF A	19:15
4	Ben Harding	KentAc A	20:00
5	John Eves	Bedford&Co A	20:08
6	Jack Bancroft	WellsCityH	20:10
7	Tom Cox	TonbridgeA A	20:22
8	Joe Croft	SoutLondon	20:25
9	Mahamed Mahamed	Southamptn	20:31
10	Kris Gauson	BelgraveHa A	20:31

## - Mens 12 Stage Stage 8 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Will Rylehodes	Shaftesbur A	13:05	2:11:41	0
2	Peter Hawkings	HighgateHa A	13:30	2:13:03	+ 1
3	Peter Lighting	KentAc A	13:59	2:13:14	- 1
4	William Davies	AldershotF A	14:00	2:14:22	0
5	Matt Bray	Bedford&Co A	13:49	2:15:45	+ 1
6	Christian Lennard	SoutLondon	14:10	2:15:48	- 1
7	Harry Paton	TonbridgeA A	13:35	2:16:17	0
8	Tony Russell	WoodfordGr A	14:06	2:16:56	0
9	Nick Beer	Cambridge& A	13:48	2:17:34	0
10	Simon Craddock	Serpentine A	14:13	2:18:15	0
11	Gus Upton	BelgraveHa A	13:36	2:18:23	+ 2
12	Michael Tanner	Southamptn	15:11	2:19:45	- 1
13	David Beadle	Blackheath	16:19	2:20:56	- 1
14	Andrew Mapstone	WellsCityH	15:58	2:20:57	0
15	Neil Fraser	HerculesWi	14:31	2:21:19	0
16	Ryan Meredith	OxfordCity	14:37	2:22:13	0
17	Alan Barnes	HerneHillH A	13:54	2:23:10	+ 2
18	Francois Turpault	Newham&Ess A	16:01	2:23:56	- 1
19	Sam Avis	TonbridgeA B	15:44	2:24:18	- 1
20	Daniel Thompson	Hillingdon	15:20	2:25:13	0
21	James Griffin	Medway&Mai	14:43	2:26:16	0
22	Robert Laing	KentAc B	14:27	2:26:48	+ 2
23	Stephen Norris	ThamesVall A	15:24	2:27:07	- 1
24	Jacob Phillips	LondonHeat A	15:17	2:27:33	- 1
25	Glen Wrightcolopy	(HarrowAc )	14:38	2:28:37	0
26	Sean Mckenna	Cambridge& B	14:42	2:29:29	0
27	Dale Robinson	IpswichJaf A	15:30	2:31:01	0
28	Tony Pamphilon	WoodfordGr B	15:21	2:31:04	0
29	John Oshea	HighgateHa B	17:35	2:33:47	0
30	Richard Holme	RanelaghHa	16:52	2:33:59	0
31	T Rischbieth	ClaphamCha A	14:22	2:34:41	+ 1
32	Jerry Bryan	Barnet&Dis A	17:23	2:35:16	- 1
33	Rodrigo Santos	Cambridge& C	16:17	2:36:46	0
34	Des Adkinson	DartfordHa	16:39	2:37:54	0
35	Damien Wilson	HerneHillH B	17:39	2:41:50	0
36	Samuel Thompson	LondonHeat B	16:36	2:43:02	0
37	John Adams	IpswichJaf B	18:38	2:51:12	0
38	Darren Harger	Istead&lfi	16:34	2:52:05	0

**Fastest runners over stage 8:**

1	Will Rylehodes	Shaftesbur A	13:05
2	Peter Hawkings	HighgateHa A	13:30
3	Harry Paton	TonbridgeA A	13:35
4	Gus Upton	BelgraveHa A	13:36
5	Nick Beer	Cambridge& A	13:48
6	Matt Bray	Bedford&Co A	13:49
7	Alan Barnes	HerneHillH A	13:54
8	Peter Lighting	KentAc A	13:59
9	William Davies	AldershotF A	14:00
10	Tony Russell	WoodfordGr A	14:06

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## - Mens 12 Stage Stage 9 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Richard Horton	Shaftesbur A	18:50	2:30:31	0
2	Chris Rainsford	HighgateHa A	19:33	2:32:36	0
3	Neil Phillips	KentAc A	20:28	2:33:42	0
4	Jack Rowe	AldershotF A	19:51	2:34:13	0
5	Andy Hamilton	SoutLondon	20:26	2:36:14	+ 1
6	Matt Janes	Bedford&Co A	20:30	2:36:15	- 1
7	George Duggan	TonbridgeA A	20:08	2:36:25	0
8	Stephan Wenk	WoodfordGr A	20:21	2:37:17	0
9	Phil Wicks	BelgraveHa A	19:05	2:37:28	+ 2
10	Hugh Torry	Serpentine A	20:51	2:39:06	0
11	Alastair Hodges	Cambridge& A	21:44	2:39:18	- 2
12	James Smith	Southamptn	21:20	2:41:05	0
13	Sam Somerville	WellsCityH	21:06	2:42:03	+ 1
14	Daniel Kennedy	Blackheath	21:31	2:42:27	- 1
15	Frederick Slembeck	HerculesWi	21:17	2:42:36	0
16	Tegid Jones	OxfordCity	22:00	2:44:13	0
17	Robin Jones	HerneHillH A	21:46	2:44:56	0
18	Davis Filippell	Newham&Ess A	21:51	2:45:47	0
19	Greg Cole	TonbridgeA B	21:41	2:45:59	0
20	Ed Dyer	Hillingdon	22:15	2:47:28	0
21	Tewelde Menges	Medway&Mai	21:32	2:47:48	0
22	Tim Alexander	KentAc B	22:04	2:48:52	0
23	Ryan Mccrickerd	LondonHeat A	22:04	2:49:37	+ 1
24	Fahad Abdi	ThamesVall A	23:04	2:50:11	- 1

  

Pos	Name	Club	Leg Time	Cum Time	Time Gain
25	Harry Topham	Cambridge& B	22:05	2:51:34	+ 1
26	Richard Francis	(HarrowAc )	25:01	2:53:38	- 1
27	Steve Fraserlim	IpswichJaf A	22:52	2:53:53	0
28	Jamie Bannister	ClaphamCha A	22:26	2:57:07	+ 3
29	Dave Gilbert	HighgateHa B	24:17	2:58:04	0
30	Tim Edwards	Barnet&Dis A	23:05	2:58:21	+ 2
31	Ian Richardson	Cambridge& C	24:12	3:00:58	+ 2
32	Reuben Burford	DartfordHa	23:13	3:01:07	+ 2
33	Craig Barney	HerneHillH B	24:39	3:06:29	+ 2
34	John Mcknight	LondonHeat B	26:56	3:09:58	+ 2
35	Joe Peat	IpswichJaf B	24:43	3:15:55	+ 2
36	Mark Simmonds	Istead&Ifi	25:27	3:17:32	+ 2

**Fastest runners over stage 9:**

1	Richard Horton	Shaftesbur A	18:50
2	Phil Wicks	BelgraveHa A	19:05
3	Chris Rainsford	HighgateHa A	19:33
4	Jack Rowe	AldershotF A	19:51
5	George Duggan	TonbridgeA A	20:08
6	Stephan Wenk	WoodfordGr A	20:21
7	Andy Hamilton	SoutLondon	20:26
8	Neil Phillips	KentAc A	20:28
9	Matt Janes	Bedford&Co A	20:30
10	Hugh Torry	Serpentine A	20:51

## - Mens 12 Stage Stage 10 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain
1	Ronan Breen	Shaftesbur A	14:12	2:44:43	0
2	Dominic Smith	HighgateHa A	13:27	2:46:03	0
3	Ellis Cross	AldershotF A	12:54	2:47:07	+ 1
4	Phil Sanders	KentAc A	13:57	2:47:39	- 1
5	Stuart Brown	TonbridgeA A	13:34	2:49:59	+ 2
6	Andrew Headley	Bedford&Co A	14:00	2:50:15	0
7	Syuart Major	SoutLondon	14:14	2:50:28	- 2
8	Harold Wyber	WoodfordGr A	13:53	2:51:10	0
9	Royston Maddams	BelgraveHa A	14:04	2:51:32	0
10	Escalantephillips	Cambridge& A	13:33	2:52:51	+ 1
11	Martin Hodgkiss	Serpentine A	14:38	2:53:44	- 1
12	Ashley Forbes	Southamptn	14:30	2:55:35	0
13	A Calvertansari	HerculesWi	15:01	2:57:37	+ 2
14	Simon Prior	WellsCityH	16:14	2:58:17	- 1
15	Dan Anderson	OxfordCity	15:17	2:59:30	+ 1
16	Jack Brotchie	HerneHillH A	14:43	2:59:39	+ 1
17	Nic Corry	Blackheath	17:34	3:00:01	- 3
18	Bruce Raeside	Newham&Ess A	14:34	3:00:21	0
19	Jordan Saul	TonbridgeA B	15:43	3:01:42	0
20	Dominic Speight	Hillingdon	15:29	3:02:57	0
21	Allen Jones	Medway&Mai	15:40	3:03:28	0
22	Adam Garcia	KentAc B	15:11	3:04:03	0
23	Pete Northall	LondonHeat A	15:28	3:05:05	0
24	Christian Nielsen	ThamesVall A	15:20	3:05:31	0
25	Curtis Wood	Cambridge& B	15:01	3:06:35	0

  

Pos	Name	Club	Leg Time	Cum Time	Time Gain
26	Noor Mohamoud	(HarrowAc )	14:57	3:08:35	0
27	Marc Briggs	IpswichJaf A	15:57	3:09:50	0
28	James Neave	ClaphamCha A	14:53	3:12:00	0
29	A Machinpaley	HighgateHa B	14:27	3:12:31	0
30	Paul Carter	Barnet&Dis A	16:37	3:14:58	0
31	Adam Tapley	Cambridge& C	15:25	3:16:23	0
32	Janusz Latala	DartfordHa	15:26	3:16:33	0
33	Valdis Pauzers	HerneHillH B	18:54	3:25:23	0
34	Manuel Caeiro	LondonHeat B	17:59	3:27:57	0
35	David Sancto	Istead&Ifi	16:40	3:34:12	+ 1
36	Rob Swain	IpswichJaf B	19:30	3:35:25	- 1

**Fastest runners over stage 10:**

1	Ellis Cross	AldershotF A	12:54
2	Dominic Smith	HighgateHa A	13:27
3	Escalantephillips	Cambridge& A	13:33
4	Stuart Brown	TonbridgeA A	13:34
5	Harold Wyber	WoodfordGr A	13:53
6	Phil Sanders	KentAc A	13:57
7	Andrew Headley	Bedford&Co A	14:00
8	Royston Maddams	BelgraveHa A	14:04
9	Ronan Breen	Shaftesbur A	14:12
10	Syuart Major	SoutLondon	14:14

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## - Mens 12 Stage Stage 11 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Dan Watts	Shaftesbur A	20:22	3:05:05	0
2	Ben Noad	HighgateHa A	20:52	3:06:55	0
3	Elliot Robinson	AldershotF A	20:00	3:07:07	0
4	James Connor	KentAc A	20:17	3:07:56	0
5	Ben Cole	TonbridgeA A	19:45	3:09:44	0
6	Nick Goolab	BelgraveHa A	18:55	3:10:27	+ 3
7	Josh Lunn	Bedford&Co A	20:44	3:10:59	- 1
8	Ryan Evans	SoutLondon	20:44	3:11:12	- 1
9	Matt Gunby	WoodfordGr A	20:08	3:11:18	- 1
10	Patrick Ohare	Cambridge& A	20:50	3:13:41	0
11	Hussein Ahmed	Serpentine A	20:45	3:14:29	0
12	Richard Waldron	Southamptn	20:45	3:16:20	0
13	Richard Mcdowell	HerculesWi	21:46	3:19:23	0
14	David Mulvee	HerneHillH A	20:13	3:19:52	+ 2
15	Christian Green	WellsCityH	22:23	3:20:40	- 1
16	Julian Richardson	OxfordCity	21:13	3:20:43	- 1
17	Wayne Bell	Newham&Ess A	21:39	3:22:00	+ 1
18	Steve Pairman	Blackheath	22:44	3:22:45	- 1
19	Simon Fraser	TonbridgeA B	22:36	3:24:18	0
20	Martin Bateman	Hillingdon	21:28	3:24:25	0
21	Tom Collins	Medway&Mai	22:03	3:25:31	0
22	Tim Lawrence	KentAc B	21:44	3:25:47	0
23	Olivier Lepolain	LondonHeat A	20:59	3:26:04	0
24	Toby Clyde	ThamesVall A	21:03	3:26:34	0
25	Michael Moore	Cambridge& B	22:10	3:28:45	0
26	Jonathan Hill	(HarrowAc )	22:19	3:30:54	0
27	Bryn Reynolds	ClaphamCha A	21:27	3:33:27	+ 1
28	Ian Old	IpswichJaf A	23:45	3:33:35	- 1
29	Jonathan Deane	HighgateHa B	22:45	3:35:16	0
30	Ed Price	Barnet&Dis A	21:32	3:36:30	0
31	Craig Sharp	DartfordHa	22:29	3:39:02	+ 1
32	David Harrison	Cambridge& C	24:05	3:40:28	- 1
33	Deron Fagan	HerneHillH B	22:41	3:48:04	0
34	Tony Killilea	LondonHeat B	24:28	3:52:25	0
35	Ashley Smy	IpswichJaf B	25:38	4:01:03	+ 1
36	Matt Baxter	Istead&Ifi	27:25	4:01:37	- 1

### Fastest runners over stage 11:

1	Nick Goolab	BelgraveHa A	18:55
2	Ben Cole	TonbridgeA A	19:45
3	Elliot Robinson	AldershotF A	20:00
4	Matt Gunby	WoodfordGr A	20:08
5	David Mulvee	HerneHillH A	20:13
6	James Connor	KentAc A	20:17
7	Dan Watts	Shaftesbur A	20:22
8	Ryan Evans	SoutLondon	20:44
9	Josh Lunn	Bedford&Co A	20:44
10	Richard Waldron	Southamptn	20:45
11	Hussein Ahmed	Serpentine A	20:45

## - Mens 12 Stage Stage 12 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Robert Lightowler	Shaftesbur A	14:25	3:19:30	0
2	Gus Cockle	AldershotF A	12:37	3:19:44	+ 1
3	Peter Downie	HighgateHa A	14:10	3:21:05	- 1
4	Mark Hall	KentAc A	13:36	3:21:32	0
5	Chris Olley	TonbridgeA A	12:57	3:22:41	0
6	Nick Smallwood	BelgraveHa A	14:18	3:24:45	0
7	Daniel Bruynooghe	WoodfordGr A	13:38	3:24:56	+ 2
8	Billy Casserley	SoutLondon	14:01	3:25:13	0
9	Neil Miller	Bedford&Co A	14:21	3:25:20	- 2
10	Alex Eggeman	Cambridge& A	14:08	3:27:49	0
11	M Harrisontosatto	Serpentine A	14:13	3:28:42	0
12	Richard Finch	Southamptn	15:09	3:31:29	0
13	John Tayleur	HerneHillH A	14:04	3:33:56	+ 1
14	Finn Johnson	HerculesWi	14:50	3:34:13	- 1
15	Kevin Skinner	Newham&Ess A	14:18	3:36:18	+ 2
16	Andrew Deamer	WellsCityH	16:02	3:36:42	- 1
17	John Exley	OxfordCity	17:38	3:38:21	- 1
18	Joel Pope	Hillingdon	15:03	3:39:28	+ 2
19	Bryan Donnelly	Blackheath	16:46	3:39:31	- 1
20	Mark Wilkins	Medway&Mai	15:01	3:40:32	+ 1
21	George Kelly	TonbridgeA B	16:17	3:40:35	- 2
22	Ben Wolfe	LondonHeat A	14:47	3:40:51	+ 1
23	Kieron Sexton	ThamesVall A	14:18	3:40:52	+ 1
24	Len Reilly	KentAc B	15:10	3:40:57	- 2
25	Jan Rus	Cambridge& B	14:22	3:43:07	0
26	Kevin Concannon	(HarrowAc )	15:07	3:46:01	0
27	Garry Cullum	IpswichJaf A	15:50	3:49:25	+ 1
28	Tom Christopher	HighgateHa B	14:39	3:49:55	+ 1
29	Mike Hindle	ClaphamCha A	17:52	3:51:19	- 2
30	Nick Barber	Barnet&Dis A	15:56	3:52:26	0
31	Chris Biddle	DartfordHa	15:04	3:54:06	0
32	Oliver Young	Cambridge& C	15:52	3:56:20	0
33	Jon Key	HerneHillH B	15:24	4:03:28	0
34	Steve Armstrong	LondonHeat B	17:20	4:09:45	0
35	Jason Beaney	Istead&Ifi	17:12	4:18:49	+ 1

### Fastest runners over stage 12:

1	Gus Cockle	AldershotF A	12:37
2	Chris Olley	TonbridgeA A	12:57
3	Mark Hall	KentAc A	13:36
4	Daniel Bruynooghe	WoodfordGr A	13:38
5	Billy Casserley	SoutLondon	14:01
6	John Tayleur	HerneHillH A	14:04
7	Alex Eggeman	Cambridge& A	14:08
8	Peter Downie	HighgateHa A	14:10
9	M Harrisontosatto	Serpentine A	14:13
10	Kieron Sexton	ThamesVall A	14:18
11	Kevin Skinner	Newham&Ess A	14:18
12	Nick Smallwood	BelgraveHa A	14:18

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## Mens 12 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

<b>1 Shaftesbury Barnet Harriers 'A' 3:19:30</b>			<b>9 Bedford &amp; County Ac 'A' 3:25:20</b>		
1 Glen Watts (3) 19:38	2 Anthony Whiteman (2) 13:22	1 Luke Humphreys (7) 20:03	2 Michael Harrison (3) 13:00	3 Philip Crout (1) 19:39	4 Ben Rochford (2) 13:45
5 Mark Pearce (2) 20:09	6 Richard Williams (2) 13:04	3 Jack Douglas (5) 20:44	4 Massi Dendani (6) 13:57	7 Richard Goodman (1) 18:59	8 Will Rylehodes (1) 13:05
9 Richard Horton (1) 18:50	10 Ronan Breen (1) 14:12	5 James Hoad (4) 20:01	6 Stephen Headley (6) 14:03	11 Dan Watts (1) 20:22	12 Robert Lightowler (1) 14:25
		7 John Eves (6) 20:08	8 Matt Bray (5) 13:49		
		9 Matt Janes (6) 20:30	10 Andrew Headley (6) 14:00		
		11 Josh Lunn (7) 20:44	12 Neil Miller (9) 14:21		
<b>2 Aldershot Farnham &amp; Dac 'A' 3:19:44</b>			<b>10 Cambridge &amp; Coleridge Ac 'A' 3:27:49</b>		
1 Jamie Ashton (14) 20:23	2 George Gathercole (8) 13:18	1 Oliver Park (21) 21:06	2 Kieran Wood (10) 12:48	3 Steven Connor (7) 20:17	4 Macgregor Cox (7) 13:47
5 Matthew Arnold (6) 20:12	6 Ian Bailey (4) 13:10	3 Chris Darling (10) 20:40	4 Timothy Cobden (8) 13:27	7 Joshua Grace (4) 19:15	8 William Davies (4) 14:00
9 Jack Rowe (4) 19:51	10 Ellis Cross (3) 12:54	5 Ross Tennant (8) 20:09	6 Matthew Slater (9) 14:17	11 Elliot Robinson (3) 20:00	12 Gus Cockle (2) 12:37
		7 Jack Bowden (9) 21:19	8 Nick Beer (9) 13:48		
		9 Alastair Hodges (11) 21:44	10 Escalantephillips (10) 13:33		
		11 Patrick Ohare (10) 20:50	12 Alex Eggeman (10) 14:08		
<b>3 Highgate Harriers 'A' 3:21:05</b>			<b>11 Serpentine Rc 'A' 3:28:42</b>		
1 Robel Bahelbi (9) 20:05	2 Jonathan Laybourn (9) 13:41	1 Richard Phillips (11) 20:08	2 Peter Holmes (14) 14:26	3 Peter Chambers (3) 19:28	4 Brahma Pochee (3) 13:33
5 Robert Wilson (3) 20:18	6 Ed Hickmancasey (3) 13:42	3 John Franklin (14) 20:26	4 Xavier Gruot (12) 13:51	7 Andy Maud (3) 18:46	8 Peter Hawkings (2) 13:30
9 Chris Rainsford (2) 19:33	10 Dominic Smith (2) 13:27	5 Dave Morgan (12) 20:19	6 Simon Barrett (10) 13:54	11 Ben Noad (2) 20:52	12 Peter Downie (3) 14:10
		7 Martin Oconnell (10) 20:58	8 Simon Craddock (10) 14:13		
		9 Hugh Torry (10) 20:51	10 Martin Hodgkiss (11) 14:38		
		11 Hussein Ahmed (11) 20:45	12 M Harrisonosatto (11) 14:13		
<b>4 Kent Ac 'A' 3:21:32</b>			<b>12 Southampton AC 3:31:29</b>		
1 Chris Greenwood (4) 19:41	2 James Bowler (4) 13:26	1 Alex Wallclarke (2) 19:36	2 Ben Brewsete (1) 13:13	3 Russell Bentley (4) 20:17	4 Alex Yee (1) 12:32
5 Owen Hind (1) 19:14	6 Ben Hope (1) 14:05	3 Matthew Revier (2) 20:18	4 Abdi Mahamed (5) 14:17	7 Ben Harding (2) 20:00	8 Peter Lighting (3) 13:59
9 Neil Phillips (3) 20:28	10 Phil Sanders (4) 13:57	5 Max Costley (9) 20:59	6 Peter Costley (12) 15:40	11 James Connor (4) 20:17	12 Mark Hall (4) 13:36
		7 Mahamed Mahamed (11) 20:31	8 Michael Tanner (12) 15:11		
		9 James Smith (12) 21:20	10 Ashley Forbes (12) 14:30		
		11 Richard Waldron (12) 20:45	12 Richard Finch (12) 15:09		
<b>5 Tonbridge Ac 'A' 3:22:41</b>			<b>13 Herne Hill Harriers 'A' 3:33:56</b>		
1 Alex Howard (10) 20:06	2 Donald Carter (6) 13:13	1 Sean Fitzpatrick (22) 21:11	2 Mike Cummings (15) 13:24	3 Daniel Bradley (9) 21:04	4 Corey Death (10) 13:48
5 James West (10) 20:28	6 Tim Corby (8) 13:41	3 John Kettle (16) 21:20	4 Gary Ironmonger (16) 14:12	7 Tom Cox (7) 20:22	8 Harry Paton (7) 13:35
9 George Duggan (7) 20:08	10 Stuart Brown (5) 13:34	5 Andrew Grigg (19) 22:45	6 Nathan Bekele (19) 14:31	11 Ben Cole (5) 19:45	12 Chris Olley (5) 12:57
		7 Jeff Cunningham (19) 21:53	8 Alan Barnes (17) 13:54		
		9 Robin Jones (17) 21:46	10 Jack Brotchie (16) 14:43		
		11 David Mulvee (14) 20:13	12 John Tayleur (13) 14:04		
<b>6 Belgrave Harriers 'A' 3:24:45</b>			<b>14 Hercules Wimbledon Ac 3:34:13</b>		
1 Zekeriya Abery (6) 19:55	2 Tom Chandy (21) 15:40	1 Joe Toomey (24) 21:23	2 Barnaby Woods (22) 14:24	3 Edward Auden (17) 20:35	4 Will Cockerell (18) 14:16
5 Paskar Owor (15) 19:53	6 Nick Buckle (13) 13:57	3 Belal Ahmed (20) 21:12	4 Andrew Penney (19) 13:29	7 Kris Gauson (13) 20:31	8 Gus Upton (11) 13:36
9 Phil Wicks (9) 19:05	10 Royston Maddams (9) 14:04	5 Alex Robinson (16) 20:49	6 Robert Tuer (15) 14:30	11 Nick Goolab (6) 18:55	12 Nick Smallwood (6) 14:18
		7 Dominic Kiralfi (15) 21:01	8 Neil Fraser (15) 14:31		
		9 Frederick Slemeck (15) 21:17	10 A Calvertansari (13) 15:01		
		11 Richard Mcdowell (13) 21:46	12 Finn Johnson (14) 14:50		
<b>7 Woodford Green W Essex Ladies 'A' 3:24:56</b>			<b>15 Newham &amp; Essex Beagles Ac 'A' 3:36:18</b>		
1 Tom Phillips (8) 20:04	2 James Stockings (5) 13:10	1 Billy Dee (12) 20:19	2 Steve Hepples (12) 14:09	3 Angus Holford (8) 20:50	4 Donatas Tumaitis (9) 13:58
5 Tom Beedell (7) 20:06	6 Simon Beedell (7) 13:54	3 Jake Waldron (12) 20:27	4 Rob Cole (14) 14:55	7 Daniel Steel (8) 20:48	8 Tony Russell (8) 14:06
9 Stephan Wenk (8) 20:21	10 Harold Wyber (8) 13:53	5 Josh Trigwell (14) 19:57	6 George Choat (18) 16:56	11 Matt Gunby (9) 20:08	12 Daniel Bruynooghe (7) 13:38
		7 Niall Sheehan (17) 21:12	8 Francois Turpault (18) 16:01		
		9 Davis Filippell (18) 21:51	10 Bruce Raeside (18) 14:34		
		11 Wayne Bell (17) 21:39	12 Kevin Skinner (15) 14:18		
<b>8 South London Harriers 3:25:13</b>			<b>16 Wells City Harriers 3:36:42</b>		
1 Ben Coldray (1) 19:34	2 Gary Laybourne (7) 13:46	1 Oliver Fox (5) 19:48	2 Pete Grist (11) 14:25	3 Dan Gaffney (6) 20:37	4 William Bardsley (4) 13:21
5 Rob Drake (5) 20:38	6 Tom Holden (5) 13:17	3 Luke Prior (13) 20:45	4 Felix Rusby (13) 14:06	7 Joe Croft (5) 20:25	8 Christian Lennard (6) 14:10
9 Andy Hamilton (5) 20:26	10 Syuart Major (7) 14:14	5 Matthew Dickinson (13) 20:20	6 Mike Glover (14) 15:25	11 Ryan Evans (8) 20:44	12 Billy Casserley (8) 14:01
		7 Jack Bancroft (14) 20:10	8 Andrew Mapstone (14) 15:58		
		9 Sam Somerville (13) 21:06	10 Simon Prior (14) 16:14		
		11 Christian Green (15) 22:23	12 Andrew Deamer (16) 16:02		

# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## 17 Oxford City Ac

1 Les Newell	(20)	20:57
3 Aaron Burgess	(15)	20:55
5 Simon Fisher	(18)	21:37
7 Maxwell Robinson	(16)	21:21
9 Tegid Jones	(16)	22:00
11 Julian Richardson	(16)	21:13

**3:38:21**

2 Matthew Marshall	(17)	14:00
4 Ewan Gault	(17)	14:31
6 Dan Blake	(16)	14:15
8 Ryan Meredith	(16)	14:37
10 Dan Anderson	(15)	15:17
12 John Exley	(17)	17:38

## 26 Ipswich Jaffa Rc

1 James Calvert	(30)	22:35
3 Robert Chenery	(30)	21:26
5 Benjamin Turley	(28)	22:03
7 Gavin Davies	(27)	21:59
9 Steve Fraserlim	(27)	22:52
11 Ian Old	(28)	23:45

**'A' 3:49:25**

2 Terry Back	(33)	16:12
4 Adam Wade	(30)	15:43
6 Glynn Thomas	(28)	15:33
8 Dale Robinson	(27)	15:30
10 Marc Briggs	(27)	15:57
12 Garry Cullum	(27)	15:50

## 18 Hillingdon Ac

1 Abdishakur Nageeye	(16)	20:38
3 James Laing	(18)	21:02
5 Simon Connell	(20)	22:37
7 Robert Thompson	(20)	20:51
9 Ed Dyer	(20)	22:15
11 Martin Bateman	(20)	21:28

**3:39:28**

2 Andy Moore	(19)	14:43
4 Paul Cuddihy	(20)	14:46
6 Paul Leppard	(20)	15:16
8 Daniel Thompson	(20)	15:20
10 Dominic Speight	(20)	15:29
12 Joel Pope	(18)	15:03

## 27 Highgate Harriers

1 Michael Ussher	(31)	22:40
3 Andrea Spaccatrosi	(32)	23:37
5 Oliver Kean	(26)	21:25
7 Alex Davidson	(29)	23:05
9 Dave Gilbert	(29)	24:17
11 Jonathan Deane	(29)	22:45

**'B' 3:49:55**

2 Joseph Lowe	(31)	14:57
4 Michael Dan	(28)	14:03
6 Martin Bright	(27)	16:25
8 John Oshea	(29)	17:35
10 A Machinpaley	(29)	14:27
12 Tom Christopher	(28)	14:39

## 19 Blackheath & Bromley H

1 B Bruclittlewood	(13)	20:20
3 Phil Sesemann	(11)	19:36
5 Will Fuller	(11)	20:09
7 Peter Tucker	(12)	21:25
9 Daniel Kennedy	(14)	21:31
11 Steve Pairman	(18)	22:44

**3:39:31**

2 Andy Rayner	(18)	14:46
4 G Vacharopoulos	(11)	13:56
6 Richard Webb	(11)	14:25
8 David Beadle	(13)	16:19
10 Nic Corry	(17)	17:34
12 Bryan Donnelly	(19)	16:46

## 28 Clapham Chasers Rc

1 Martin Rutter	(28)	22:08
3 Dan Holmes	(34)	23:02
5 Richard Bull	(32)	22:48
7 Mick Keating	(32)	22:30
9 Jamie Bannister	(28)	22:26
11 Bryn Reynolds	(27)	21:27

**'A' 3:51:19**

2 Konstantin Penkov	(34)	16:44
4 George Bright	(32)	15:11
6 Matthew Dickinson	(33)	17:56
8 T Rischbieth	(31)	14:22
10 James Neave	(28)	14:53
12 Mike Hindle	(29)	17:52

## 20 Medway & Maidstone Ac

1 Adrian Lowther	(15)	20:29
3 Ben Tyler	(21)	22:20
5 Barry Royden	(22)	22:39
7 Jack Tyler	(21)	22:23
9 Tewelde Menges	(21)	21:32
11 Tom Collins	(21)	22:03

**3:40:32**

2 Niall Stewart	(16)	14:17
4 Alex Linfield	(21)	15:12
6 Cameron Payas	(21)	14:13
8 James Griffin	(21)	14:43
10 Allen Jones	(21)	15:40
12 Mark Wilkins	(20)	15:01

## 29 Barnet & District Ac

1 Dan Davies	(19)	20:49
3 Adrian Mason	(23)	22:51
5 Darren White	(31)	23:45
7 Alex Lepretre	(31)	21:39
9 Tim Edwards	(30)	23:05
11 Ed Price	(30)	21:32

**'A' 3:52:26**

2 Will Morris	(20)	14:37
4 Peter Ellis	(29)	17:36
6 Rob Scott	(31)	16:36
8 Jerry Bryan	(32)	17:23
10 Paul Carter	(30)	16:37
12 Nick Barber	(30)	15:56

## 21 Tonbridge Ac

1 Julian Rendall	(17)	20:45
3 Michael Ellis	(19)	21:58
5 Jamie Bryant	(17)	21:32
7 Jack Keywood	(18)	21:56
9 Greg Cole	(19)	21:41
11 Simon Fraser	(19)	22:36

**'B' 3:40:35**

2 Miles Weatherseed	(13)	13:44
4 Toby Ralph	(15)	13:35
6 Alex Hookway	(17)	15:04
8 Sam Avis	(19)	15:44
10 Jordan Saul	(19)	15:43
12 George Kelly	(21)	16:17

## 30 Dartford Harriers Ac

1 Alex Cameron	(32)	22:43
3 David Hall	(31)	24:01
5 Nick Varley	(33)	24:29
7 Matthew Erwood	(34)	24:19
9 Reuben Burford	(32)	23:13
11 Craig Sharp	(31)	22:29

**3:54:06**

2 Terry Hawkey	(25)	14:18
4 Jeremy Pridmore	(33)	16:04
6 Connor Burford	(32)	15:21
8 Des Adkinson	(34)	16:39
10 Janusz Latala	(32)	15:26
12 Chris Biddle	(31)	15:04

## 22 London Heathside Ac

1 James Wooldridge	(27)	21:58
3 Andy Barnes	(26)	21:26
5 Chris Hartley	(25)	22:26
7 Kimon Doulis	(23)	22:37
9 Ryan McCrickard	(23)	22:04
11 Olivier Lepolain	(23)	20:59

**'A' 3:40:51**

2 John Flahive	(27)	15:18
4 Pete Bakewell	(23)	14:51
6 Adam Kirksmith	(22)	13:40
8 Jacob Phillips	(24)	15:17
10 Pete Northall	(23)	15:28
12 Ben Wolfe	(22)	14:47

## 31 Cambridge & Coleridge Ac

1 Paul Aste	(38)	24:14
3 Jon Anderson	(36)	24:25
5 Nick Osborn	(34)	23:21
7 Lee Pretlove	(33)	22:31
9 Ian Richardson	(31)	24:12
11 David Harrison	(32)	24:05

**'C' 3:56:20**

2 Neil Carrington	(37)	15:33
4 Steven Green	(35)	15:01
6 Ben Jones	(34)	15:24
8 Rodrigo Santos	(33)	16:17
10 Adam Tapley	(31)	15:25
12 Oliver Young	(32)	15:52

## 23 Thames Valley Harriers

1 Conor Kissanewood	(37)	23:22
3 James Ellis	(24)	21:24
5 Andrew Mitchell	(23)	21:23
7 Chris Thomas	(22)	21:03
9 Fahad Abdi	(24)	23:04
11 Toby Clyde	(24)	21:03

**'A' 3:40:52**

2 Robert Vallance	(26)	13:43
4 Manuel Dasilva	(25)	15:46
6 Botond Safar	(24)	15:02
8 Stephen Norris	(23)	15:24
10 Christian Nielsen	(24)	15:20
12 Kieron Sexton	(23)	14:18

## 32 Herne Hill Harriers

1 Simon Messenger	(36)	23:17
3 James Ward	(38)	25:59
5 Fergus Power	(35)	22:49
7 Eric Dol	(35)	24:26
9 Craig Barney	(33)	24:39
11 Deron Fagan	(33)	22:41

**'B' 4:03:28**

2 Alexander Marks	(36)	16:13
4 Keith Newton	(36)	15:14
6 Dan Hallam	(35)	16:13
8 Damien Wilson	(35)	17:39
10 Valdis Pauzers	(33)	18:54
12 Jon Key	(33)	15:24

## 24 Kent Ac

1 Che Compton	(23)	21:17
3 Calum Fraser	(22)	21:34
5 Tom Muddiman	(21)	21:44
7 Ian Ellwood	(24)	22:23
9 Tim Alexander	(22)	22:04
11 Tim Lawrence	(22)	21:44

**'B' 3:40:57**

2 David Longley	(23)	14:31
4 Luke Armitage	(22)	15:46
6 Richard Mathie	(23)	15:06
8 Robert Laing	(22)	14:27
10 Adam Garcia	(22)	15:11
12 Len Reilly	(24)	15:10

## 33 London Heathside Ac

1 Jake Spencer	(40)	24:53
3 Gareth Marshall	(35)	23:30
5 Gavin Evans	(36)	24:49
7 J Litchfield	(36)	24:08
9 John Mcknight	(34)	26:56
11 Tony Killilea	(34)	24:28

**'B' 4:09:45**

2 Jacob Howe	(38)	15:19
4 Gavin Parish	(37)	17:11
6 James Rigby	(36)	16:36
8 Samuel Thompson	(36)	16:36
10 Manuel Caeiro	(34)	17:59
12 Steve Armstrong	(34)	17:20

## 25 Cambridge & Coleridge Ac

1 Daniel Hurst	(33)	22:55
3 Kevin Oholeran	(29)	22:17
5 Istvan Jacso	(27)	22:39
7 Axel Finke	(26)	22:22
9 Harry Topham	(25)	22:05
11 Michael Moore	(25)	22:10

**'B' 3:43:07**

2 Richard Park	(30)	14:37
4 Neil Baxter	(26)	14:31
6 David Barber	(26)	15:26
8 Sean Mckenna	(26)	14:42
10 Curtis Wood	(25)	15:01
12 Jan Rus	(25)	14:22

## 34 Istead & Ifield Harriers

1 Steve Mitchell	(41)	25:00
3 Paul Jones	(37)	23:40
5 Mark Champion	(37)	24:29
7 Mark Pywell	(38)	24:49
9 Mark Simmonds	(36)	25:27
11 Matt Baxter	(36)	27:25

**4:18:49**

2 Dan Walsh	(40)	15:59
4 Jonathan Crowle	(39)	18:00
6 Andrew Archer	(38)	23:34
8 Darren Harger	(38)	16:34
10 David Sancto	(35)	16:40
12 Jason Beane	(35)	17:12



# SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

## Disqualified -

<b>Harrow Ac</b>		<b>3:46:01</b>	
1 DISQUALIFIED (25) 21:28	2 Lewis Hawkins (29) 15:54		
3 David Branfoot (27) 21:29	4 Alan Wray (24) 14:59		
5 Sean Ledger (24) 22:06	6 Peter Norris (25) 15:35		
7 Matt Judson (25) 22:28	8 Glen Wrightcolopy (25) 14:38		
9 Richard Francis (26) 25:01	10 NoorMohamoud (26) 14:57		
11 Jonathan Hill (26) 22:19	12 Kevin Concannon (26) 15:07		

## Incomplete Teams:

<b>Ipswich Jaffa Rc</b>		<b>'B'</b>	
1 Scott Macsephney (39) 24:48	2 Jordan Beaumont (41) 16:31		
3 John Thorpe (39) 24:26	4 Marcus Boon (38) 16:48		
5 Carl Ashton (38) 25:05	6 Christopher Bing (37) 17:44		
7 Brian Rogers (37) 27:12	8 John Adams (37) 18:38		
9 Joe Peat (35) 24:43	10 Rob Swain (36) 19:30		
11 Ashley Smy (35) 25:38			

<b>Woodford Green W Essex Ladies</b>		<b>'B'</b>	
1 Pete Caton (29) 22:33	2 Gareth Cavell (28) 14:48		
3 Louis Clark (28) 22:19	4 Julian Russell (31) 16:35		
5 Rob Wilbraham (30) 23:21	6 Bertie Powell (29) 14:18		
7 Ben Whitworth (28) 21:49	8 Tony Pamphilon (28) 15:21		

## Ranelagh Harriers

1 Carl Assmundson (18) 20:48	2 Lars Lunqvist (24) 15:42		
3 Peter Haarer (25) 22:01	4 Vaughan Ramsay (27) 16:44		
5 Nicholas Twomey (29) 22:54	6 Alex Morgan (30) 16:11		
7 Nicholas Impey (30) 22:47	8 Richard Holme (30) 16:52		

## Serpentine Rc

<b>'B'</b>			
1 Javier Gomez (34) 23:08	2 Luke Parker (35) 15:44		
3 Alex Cruttenden (33) 22:44	4 Simon Morris (34) 16:03		

## Thames Valley Harriers

<b>'B'</b>			
1 Richard Hooley (43) 25:40	2 Louis Marriott (42) 17:21		
3 David Ford (40) 27:56	4 Scott Brewer (40) 16:26		

## Bedford & County Ac

<b>'B'</b>			
1 Erwan Weber (35) 23:14	2 Andrew Mcmulkin (32) 14:35		

## Aldershot Farnham & Dac

<b>'B'</b>			
1 Dan Rickards (26) 21:56	2 Tony Davies (39) 18:52		

## Newham & Essex Beagles Ac

<b>'B'</b>			
1 Andy Robinson (42) 25:01			

## Fastest of all long legs

1 Andy Maud	HighgateHa	A	18:46
2 Richard Horton	Shaftesbur	A	18:50
3 Nick Goolab	BelgraveHa	A	18:55
4 Richard Goodman	Shaftesbur	A	18:59
5 Phil Wicks	BelgraveHa	A	19:05
6 Owen Hind	KentAc	A	19:14
7 Joshua Grace	AldershotF	A	19:15
8 Peter Chambers	HighgateHa	A	19:28
9 Chris Rainsford	HighgateHa	A	19:33
10 Ben Coldray	SoutLondon		19:34

## Fastest of all short legs

1 Alex Yee	KentAc	A	12:32
2 Gus Cockle	AldershotF	A	12:37
3 Kieran Wood	Cambridge&	A	12:48
4 Ellis Cross	AldershotF	A	12:54
5 Chris Olley	TonbridgeA	A	12:57
6 Michael Harrison	Bedford&Co	A	13:00
7 Richard Williams	Shaftesbur	A	13:04
8 Will Rylehodes	Shaftesbur	A	13:05
9 Ian Bailey	AldershotF	A	13:10
= James Stockings	WoodfordGr	A	13:10