

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

- Mens 12 Stage Stage 3 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Philip Crout	Shaftesbur A	19:39	52:39	+ 1	28	Louis Clark	WoodfordGr B	22:19	59:40	0
2	Matthew Revier	Southamptn	20:18	53:07	- 1	29	Kevin Oholleran	Cambridge& B	22:17	59:49	+ 1
3	Peter Chambers	HighgateHa A	19:28	53:14	+ 6	30	Robert Chenery	IpswichJaf A	21:26	1:00:13	+ 3
4	Russell Bentley	KentAc A	20:17	53:24	0	31	David Hall	DartfordHa	24:01	1:01:02	- 6
5	Jack Douglas	Bedford&Co A	20:44	53:47	- 2	32	Andrea Spaccatrosi	HighgateHa B	23:37	1:01:14	- 1
6	Dan Gaffney	SoutLondon	20:37	53:57	+ 1	33	Alex Cruttenden	Serpentine B	22:44	1:01:36	+ 1
7	Steven Connor	AldershotF A	20:17	53:58	+ 1	34	Dan Holmes	ClaphamCha A	23:02	1:01:54	+ 1
8	Angus Holford	WoodfordGr A	20:50	54:04	- 3	35	Gareth Marshall	LondonHeat B	23:30	1:03:42	+ 3
9	Daniel Bradley	TonbridgeA A	21:04	54:23	- 3	36	Jon Anderson	Cambridge& C	24:25	1:04:12	+ 1
10	Chris Darling	Cambridge& A	20:40	54:34	0	37	Paul Jones	Istead&lf	23:40	1:04:39	+ 3
11	Phil Sesemann	Blackheath	19:36	54:42	+ 7	38	James Ward	HerneHillH B	25:59	1:05:29	- 2
12	Jake Waldron	Newham&Ess A	20:27	54:55	0	39	John Thorpe	IpswichJaf B	24:26	1:05:45	+ 2
13	Luke Prior	WellsCityH	20:45	54:58	- 2	40	David Ford	ThamesVall B	27:56	1:10:57	+ 2
14	John Franklin	Serpentine A	20:26	55:00	0	Fastest runners over stage 3:					
15	Aaron Burgess	OxfordCity	20:55	55:52	+ 2	1	Peter Chambers	HighgateHa A	19:28		
16	John Kettle	HerneHillH A	21:20	55:55	- 1	2	Phil Sesemann	Blackheath	19:36		
17	Edward Auden	BelgraveHa A	20:35	56:10	+ 4	3	Philip Crout	Shaftesbur A	19:39		
18	James Laing	Hillingdon	21:02	56:23	+ 1	4	Steven Connor	AldershotF A	20:17		
19	Michael Ellis	TonbridgeA B	21:58	56:27	- 6	5	Russell Bentley	KentAc A	20:17		
20	Belal Ahmed	HerculesWi	21:12	56:59	+ 2	6	Matthew Revier	Southamptn	20:18		
21	Ben Tyler	Medway&Mai	22:20	57:06	- 5	7	John Franklin	Serpentine A	20:26		
22	Calum Fraser	KentAc B	21:34	57:22	+ 1	8	Jake Waldron	Newham&Ess A	20:27		
23	Adrian Mason	Barnet&Dis A	22:51	58:17	- 3	9	Edward Auden	BelgraveHa A	20:35		
24	James Ellis	ThamesVall A	21:24	58:29	+ 2	10	Dan Gaffney	SoutLondon	20:37		
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						

- Mens 12 Stage Stage 4 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Alex Yee	KentAc A	12:32	1:05:56	+ 3	28	Michael Dan	HighgateHa B	14:03	1:15:17	+ 4
2	Ben Rochford	Shaftesbur A	13:45	1:06:24	- 1	29	Peter Ellis	Barnet&Dis A	17:36	1:15:53	- 6
3	Brahma Pochee	HighgateHa A	13:33	1:06:47	0	30	Adam Wade	IpswichJaf A	15:43	1:15:56	0
4	William Bardsley	SoutLondon	13:21	1:07:18	+ 2	31	Julian Russell	WoodfordGr B	16:35	1:16:15	- 3
5	Abdi Mahamed	Southamptn	14:17	1:07:24	- 3	32	George Bright	ClaphamCha A	15:11	1:17:05	+ 2
6	Massi Dendani	Bedford&Co A	13:57	1:07:44	- 1	33	Jeremy Pridmore	DartfordHa	16:04	1:17:06	- 2
7	Macgregor Cox	AldershotF A	13:47	1:07:45	0	34	Simon Morris	Serpentine B	16:03	1:17:39	- 1
8	Timothy Cobden	Cambridge& A	13:27	1:08:01	+ 2	35	Steven Green	Cambridge& C	15:01	1:19:13	+ 1
9	Donatas Tumaitis	WoodfordGr A	13:58	1:08:02	- 1	36	Keith Newton	HerneHillH B	15:14	1:20:43	+ 2
10	Corey Death	TonbridgeA A	13:48	1:08:11	- 1	37	Gavin Parish	LondonHeat B	17:11	1:20:53	- 2
11	G Vacharopoulos	Blackheath	13:56	1:08:38	0	38	Marcus Boon	IpswichJaf B	16:48	1:22:33	+ 1
12	Xavier Gruot	Serpentine A	13:51	1:08:51	+ 2	39	Jonathan Crowle	Istead&lf	18:00	1:22:39	- 2
13	Felix Rusby	WellsCityH	14:06	1:09:04	0	40	Scott Brewer	ThamesVall B	16:26	1:27:23	0
14	Rob Cole	Newham&Ess A	14:55	1:09:50	- 2	Fastest runners over stage 4:					
15	Toby Ralph	TonbridgeA B	13:35	1:10:02	+ 4	1	Alex Yee	KentAc A	12:32		
16	Gary Ironmonger	HerneHillH A	14:12	1:10:07	0	2	William Bardsley	SoutLondon	13:21		
17	Ewan Gault	OxfordCity	14:31	1:10:23	- 2	3	Timothy Cobden	Cambridge& A	13:27		
18	Will Cockerell	BelgraveHa A	14:16	1:10:26	- 1	4	Andrew Penney	HerculesWi	13:29		
19	Andrew Penney	HerculesWi	13:29	1:10:28	+ 1	5	Brahma Pochee	HighgateHa A	13:33		
20	Paul Cuddihy	Hillingdon	14:46	1:11:09	- 2	6	Toby Ralph	TonbridgeA B	13:35		
21	Alex Linfield	Medway&Mai	15:12	1:12:18	0	7	Ben Rochford	Shaftesbur A	13:45		
22	Luke Armitage	KentAc B	15:46	1:13:08	0	8	Macgregor Cox	AldershotF A	13:47		
23	Pete Bakewell	LondonHeat A	14:51	1:13:33	+ 3	9	Corey Death	TonbridgeA A	13:48		
24	Alan Wray	(HarrowAc)	14:59	1:13:50	+ 3	10	Xavier Gruot	Serpentine A	13:51		
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						

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- Mens 12 Stage Stage 5 - Provisional Results

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

Fastest runners over stage 5:

1	Owen Hind	KentAc A	19:14
2	Paskar Owor	BelgraveHa A	19:53
3	Josh Trigwell	Newham&Ess A	19:57
4	James Hoad	Bedford&Co A	20:01
5	Tom Beedell	WoodfordGr A	20:06
6	Will Fuller	Blackheath	20:09
7	Mark Pearce	Shaftesbur A	20:09
8	Ross Tennant	Cambridge& A	20:09
9	Matthew Arnold	AldershotF A	20:12
10	Robert Wilson	HighgateHa A	20:18

- Mens 12 Stage Stage 6 - Provisional Results

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

Fastest runners over stage 6:

1	Richard Williams	Shaftesbur A	13:04
2	Ian Bailey	AldershotF A	13:10
3	Tom Holden	SoutLondon	13:17
4	Adam Kirksmith	LondonHeat A	13:40
5	Tim Corby	TonbridgeA A	13:41
6	Ed Hickmancasey	HighgateHa A	13:42
7	Simon Barrett	Serpentine A	13:54
8	Simon Beedell	WoodfordGr A	13:54
9	Nick Buckle	BelgraveHa A	13:57
10	Stephen Headley	Bedford&Co A	14:03

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

- Mens 12 Stage Stage 7 - Provisional 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 - Provisional 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

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- Mens 12 Stage Stage 9 - Provisional Results

Pos	Name	Club	Leg Time	Cum 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	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 - Provisional Results

Pos	Name	Club	Leg Time	Cum 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	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 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	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	Southampton	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	*Not Declared*	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	Southampton	20:45
11	Hussein Ahmed	Serpentine A	20:45

- Mens 12 Stage Stage 12 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	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	Southampton	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 — Provisional

(nn) is team position after the appropriate stage.

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

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

<p>17 Oxford City Ac 3:38:21</p> <p>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</p>	<p>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</p>	<p>26 Ipswich Jaffa Rc 'A' 3:49:25</p> <p>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</p> <p>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</p>
<p>18 Hillingdon Ac 3:39:28</p> <p>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</p>	<p>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</p>	<p>27 Highgate Harriers 'B' 3:49:55</p> <p>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</p> <p>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</p>
<p>19 Blackheath & Bromley H 3:39:31</p> <p>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</p>	<p>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</p>	<p>28 Clapham Chasers Rc 'A' 3:51:19</p> <p>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</p> <p>2 Konstantin Penkov (35) 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</p>
<p>20 Medway & Maidstone Ac 3:40:32</p> <p>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</p>	<p>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</p>	<p>29 Barnet & District Ac 'A' 3:52:26</p> <p>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</p> <p>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</p>
<p>21 Tonbridge Ac 'B' 3:40:35</p> <p>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</p>	<p>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</p>	<p>30 Dartford Harriers Ac 3:54:06</p> <p>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</p> <p>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</p>
<p>22 London Heathside Ac 'A' 3:40:51</p> <p>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 Mccrickerd (23) 22:04 11 Olivier Lepolain (23) 20:59</p>	<p>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</p>	<p>31 Cambridge & Coleridge Ac 'C' 3:56:20</p> <p>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</p> <p>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</p>
<p>23 Thames Valley Harriers 'A' 3:40:52</p> <p>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</p>	<p>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</p>	<p>32 Herne Hill Harriers 'B' 4:03:28</p> <p>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</p> <p>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</p>
<p>24 Kent Ac 'B' 3:40:57</p> <p>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</p>	<p>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</p>	<p>33 London Heathside Ac 'B' 4:09:45</p> <p>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</p> <p>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</p>
<p>25 Cambridge & Coleridge Ac 'B' 3:43:07</p> <p>1 Daniel Hurst (33) 22:55 3 Kevin Oholleran (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</p>	<p>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</p>	<p>34 Istead & Ifield Harriers 4:18:49</p> <p>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</p> <p>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 Beaney (35) 17:12</p>

SEAA Road Relay Championships at Gravesend on Sunday 20 March 2016

Disqualified -

Harrow Ac		3:46:01
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:

Ipswich Jaffa Rc		'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	Undeclared (35) 25:38	

Woodford Green W Essex Ladies		'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'		
1	Javier Gomez (34) 23:08	2 Luke Parker (34) 15:44
3	Alex Cruttenden (33) 22:44	4 Simon Morris (34) 16:03

Thames Valley Harriers

'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'		
1	Erwan Weber (35) 23:14	2 Andrew Mcmulkin (32) 14:35

Aldershot Farnham & Dac

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

Newham & Essex Beagles Ac

'B'	
1	Andy Robinson (42) 25:01

Fastest of all long legs — Provisional

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 — Provisional

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 Rylehodges	Shaftesbur	A	13:05
9	Ian Bailey	AldershotF	A	13:10
=	James Stockings	WoodfordGr	A	13:10