

Kingsford SEE, 4.6.09: The Results

Green: 3.8k, 150m

1	Colin Spears	50.46
2	Charlie Nelson	55.22
3	Russ Fauset	58.06
4	Robert Vickers	66.45
5	Steve Nightingale	69.08
6	Paul Hammond	71.23
7	Pat Pay (WRE)	74.44
8	John Bennison (OD)	76.32
9	John Bowden (OD)	76.40
10	Derek Turner (WRE)	77.02
11	Susanna Roughton	
	Paul Ridley	98.50
	Suzette Spears	Rtd

Blue: 5.9k, 180m

1	John Embrey	50.39
2	Richard Pay (OD)	64.12
3	Steve Parker	69.50
4	John Leeson	70.00
5	Mike Baggott	70.56
6	Peter Langmaid	75.35
7	Barry Houghton	76.22
8	Alan McKinley	77.33
9	Barry McGowan	81.40
10	Colin Palmer	101.44
11	Jackie Embrey	105.40
12	Roger Keeling	106.30
13	Nigel Cousins	141.30

It was a most pleasant evening for a run, and the contours of Kingsford Country Park gave full value for money! As I collected controls, there were several small fires in the lower western part of the area caused, thankfully, by foolish youths rather than by the speed of Colin's and John's running! I called the fire brigade, but they were already on the way.

Andy Hemsted