



Phoenix Striders & EWT Langdon Hills Discovery Park

Dunton Demon 5 miler – 19/11/2023 – Results

Place	Time	Name	ID	Cat	Gender	Club
1	00:35:46	Oscar Farley	179	U20	Male	Billericay Striders
2	00:36:02	Nick Taylor	7	Senior	Male	Nuclear Races Striders
3	00:36:50	Richard Leeson	105	Senior	Male	Phoenix Striders
4	00:37:19	Jimmy Justice	99	Veteran	Male	Phoenix Striders
5	00:37:34	Harrison Dessoy	87	U20	Male	
6	00:37:36	Paul Hagan	61	Veteran	Male	Pitsea Running Club
7	00:38:26	Joanna Bolton	175	Veteran	Female	Billericay Striders
8	00:38:43	Danny Flint	95	Veteran	Male	Leigh-on-Sea Striders
9	00:38:48	Alan James	97	Veteran	Male	Phoenix Striders
10	00:39:21	Joseph Smith	48	Veteran	Male	Pitsea Running Club
11	00:39:52	Abdu Akay	66	Veteran	Male	
12	00:40:07	Bobby Robertson	181	Veteran	Male	Nuclear Races Striders
13	00:40:23	Lucas Willett	27	U17	Male	Thurrock Harriers
14	00:40:24	Charlotte Allen	104	Veteran	Female	Leigh-on-Sea Striders
15	00:40:27	Tony Lavers	30	Veteran	Male	Pitsea Running Club
16	00:40:35	Grant England	100	Veteran	Male	Billericay Striders
17	00:41:13	Francis Fuller	18	Veteran	Male	Phoenix Striders
18	00:41:14	Rachel Steel	183	Veteran	Female	
19	00:41:29	Hayley Nye	90	Senior	Female	Best Athletics
20	00:41:31	Andrew Robinson	36	Veteran	Male	
21	00:41:41	Paul Mitchell	21	Veteran	Male	Thurrock Harriers
22	00:42:11	Matthew Butler	83	Veteran	Male	Thurrock Nomads
23	00:42:12	Chris Humphrey	96	Veteran	Male	Kingswood Running Club
24	00:42:14	Richard Stockwell	102	Veteran	Male	
25	00:42:51	Joe Foxon	11	Veteran	Male	Phoenix Striders
26	00:42:55	Mark McShane	35	Veteran	Male	Pitsea Running Club
27	00:43:05	Ben Howells	52	Senior	Male	
28	00:43:08	Philip Warner	70	Veteran	Male	Phoenix Striders
29	00:43:11	Paul Hurn	146	Veteran	Male	Thurrock Nomads
30	00:43:12	Magdalena Komorowska	89	Veteran	Female	Great Bentley Running Club



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31	00:43:23	Terry Gregory	58	Senior	Male	
32	00:43:43	Martin Orford	77	Veteran	Male	Pitsea Running Club
33	00:43:50	Tony Agg	68	Veteran	Male	Billericay Striders
34	00:44:01	Robert Newton	20	Veteran	Male	Pitsea Running Club
35	00:44:35	Michael Welsh	31	Veteran	Male	Thurrock Nomads
36	00:44:56	Jamie Enever-dodd	19	Veteran	Male	Phoenix striders
37	00:45:07	Simon Lambert	13	Veteran	Male	Phoenix Striders
38	00:45:11	Peter Binns	81	Veteran	Male	City of Southend On Sea AC
39	00:45:27	Mark Norman	42	Veteran	Male	Harold Wood Running Club
40	00:45:44	Rael Duncan	178	Senior	Female	Phoenix Striders
41	00:45:56	Jonathan Rowley	26	Senior	Male	
42	00:46:07	Adam Stow	94	Veteran	Male	Pitsea Running Club
43	00:46:23	Michael Summers	69	Veteran	Male	Phoenix Striders
44	00:46:31	Gayle McKeand	76	Veteran	Female	Harold Wood Running Club
45	00:46:43	Sarah Goodine	176	Senior	Female	Red Runners
46	00:46:57	Holly Harris	47	Senior	Female	Leigh-on-Sea Striders
47	0:47:11	Amber Hurn	145	Senior	Female	Thurrock Nomads
48	00:47:27	Paul Strutt	34	Veteran	Male	
49	00:47:33	Lee Hazelwood	93	Veteran	Male	Phoenix Striders
50	00:47:35	Adam Cooper	32	Senior	Male	
51	0:47:59	Jo Pearce	17	Veteran	Female	Phoenix Striders
52	00:48:05	Joe Gonella	73	Senior	Male	
53	00:48:07	Surjit Grewal	67	Veteran	Female	Brentwood Running Club
54	00:48:35	Neil Colley	182	Senior	Male	Phoenix Striders
55	00:48:53	James Whiston	6	Senior	Male	
56	00:49:03	Clive Bailey	16	Veteran	Male	Rochford Running Club
57	00:49:34	William Pugh-Jones	170	Veteran	Male	
58	00:49:37	Paul Newland	86	Senior	Male	Harold Wood Running Club
59	00:49:55	Mike James	49	Veteran	Male	



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60	00:50:01	Collette Toal	1	Veteran	Female	Leigh-on-Sea Striders
61	00:50:01	Ian Toal	2	Veteran	Male	Leigh-on-Sea Striders
62	00:50:35	Lesley Jenkins	92	Veteran	Female	
63	00:50:44	David Clark	82	Veteran	Male	Lonely Goat RC
64	00:50:52	Deborah Hall	103	Veteran	Female	East Essex Triathlon Club
65	0:50:59	Victoria Hopkins	88	Veteran	Female	
66	0:51:11	Julie Lester	54	Veteran	Female	Thurrock Nomads
67	00:51:18	Debbie Bailey	46	Veteran	Female	Harold Wood Running Club
68	0:51:35	Ian Murton	8	Veteran	Male	
69	00:51:35	Charley Lesslie	78	Veteran	Female	Phoenix Striders
70	00:51:38	Patrick Harrington	85	Veteran	Male	Phoenix Striders
71	00:51:43	Danielle Hughes	144	Veteran	Female	Red Runners
72	00:52:06	Catherine Dunmore	141	Veteran	Female	
73	00:52:24	Darren Wayland	56	Veteran	Male	Havering '90 Joggers
74	00:52:30	Louise Newland	60	Senior	Female	Harold Wood Running Club
75	00:52:56	Alan Woodroof	44	Veteran	Male	Harold Wood Running Club
76	00:53:19	Brian Butcher	177	Veteran	Male	Mid Essex Casuals
77	00:53:38	Laura Heard	37	Veteran	Female	Phoenix Striders
78	00:53:39	Ruth Roberts	29	Veteran	Female	Phoenix Striders
79	00:53:39	Karen Heard	38	Veteran	Female	Phoenix Striders
80	00:53:55	Dion Kipping	64	Veteran	Male	
81	00:54:10	Joanne Robinson	143	Veteran	Female	
82	00:54:48	Julie Cahill	84	Veteran	Female	Phoenix Striders
83	00:55:00	Brad Binos	33	Senior	Male	
84	00:55:42	Lloyd Shields	140	Veteran	Male	
85	00:55:48	Rachel Peck	45	Veteran	Female	Harold Wood Running Club
86	00:56:36	Maxine O'Brien	65	Veteran	Female	Havering '90 Joggers
87	00:56:53	Graham Humphries	142	Veteran	Male	



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88	00:56:54	David Adams	53	Veteran	Male	
89	00:57:14	Mark Mager	9	Veteran	Male	
90	00:57:19	Stuart Tidd	51	Veteran	Male	Havering '90 Joggers
91	00:57:19	Simon Carter	98	Veteran	Male	Pitsea Running Club
92	00:57:56	Joy Leader	171	Veteran	Female	Phoenix Striders
93	00:57:57	Andy Body	63	Veteran	Male	Phoenix Striders
94	00:58:51	Peter Tree	28	Veteran	Male	Brentwood Running Club
95	00:58:55	Carol Norman	43	Veteran	Female	Harold Wood Running Club
96	00:58:56	Mike Westmore	41	Veteran	Male	Harold Wood Running Club
97	00:58:57	John White	180	Veteran	Male	Pitsea Running Club
98	00:59:04	Philip Baker	91	Veteran	Male	Thurrock Nomads
99	00:59:14	Steve Kilco	80	Veteran	Male	Rochford Running Club
100	00:59:15	Lucie Card	57	Veteran	Female	Rochford Running Club
101	00:59:19	Teresa Flannigan	79	Veteran	Female	
102	00:59:28	Jackie Ludlow	50	Veteran	Female	Havering '90 Joggers
103	00:59:45	Claire Twidell	101	Veteran	Female	Rochford Running Club
104	01:00:50	Carla Khouri	22	Veteran	Female	Vegan Runners UK
105	01:00:50	Nadia Maguire	23	Senior	Female	
106	01:01:04	Anna Bailey	40	Veteran	Female	Harold Wood Running Club
107	01:03:00	Derek Staton	15	Veteran	Male	Thurrock Nomads
108	01:03:24	Steve Wisdom	173	Veteran	Male	
109	01:03:25	Parm Shina-Wisdom	55	Veteran	Female	
110	01:04:06	Ollie Stevenson	172	Veteran	Female	David Lloyd Run Club
111	01:05:18	Michelle Holman	71	Veteran	Female	Phoenix Striders
112	01:07:00	Caroline Smith	62	Veteran	Female	Rochford Running Club
113	01:07:49	Ian Mizen	174	Veteran	Male	Phoenix Striders
114	01:09:02	Brittany Bell	72	Senior	Female	



PHOENIX STRIDERS
WALKING AND RUNNING CLUB, BASILDON



Essex
Wildlife Trust

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115	01:11:20	Christina Didham	14	Veteran	Female	Phoenix Striders