



## Phoenix Striders, EWT 10 / 5 / 1 - 2024

### 10k – 26/05/2024 – Results

**1<sup>st</sup> Male – Toby Draper, 1<sup>st</sup> Female – Joanna Bolton,**

**1<sup>st</sup> Male Vet – Erikas Butkus, 1<sup>st</sup> Female Vet – Leonie Nalcioğlu**

| Place | Time     | Name              | ID  | Cat     | Gender | Club                  |
|-------|----------|-------------------|-----|---------|--------|-----------------------|
| 1     | 00:37:58 | Toby Draper       | 760 | Veteran | Male   | Thurrock Harriers     |
| 2     | 00:40:05 | Oscar Farley      | 844 | Senior  | Male   | Billericay Striders   |
| 3     | 00:40:32 | Erikas Butkus     | 750 | Veteran | Male   |                       |
| 4     | 00:41:09 | Hamza Zahir       | 482 | Senior  | Male   | Rochford Running Club |
| 5     | 00:41:20 | Nick Trencher     | 832 | Veteran | Male   | Thurrock Harriers     |
| 6     | 00:41:37 | Matthew Stanley   | 836 | Senior  | Male   | Rayleigh RAT Runners  |
| 7     | 00:42:13 | Joanna Bolton     | 630 | Veteran | Female | Billericay Striders   |
| 8     | 00:42:26 | Hayley Nye        | 629 | Senior  | Female | Best Athletics        |
| 9     | 00:42:59 | Michael Cook      | 817 | Veteran | Male   | Pitsea Running Club   |
| 10    | 00:43:27 | David Butler      | 633 | Veteran | Male   | Billericay Striders   |
| 11    | 00:43:30 | Sam Priddy        | 842 | Senior  | Male   |                       |
| 12    | 00:44:13 | David Hawkins     | 839 | Senior  | Male   |                       |
| 13    | 00:44:16 | Jack Howes        | 739 | Senior  | Male   |                       |
| 14    | 00:44:43 | Peter Watson      | 801 | Veteran | Male   | Benfleet RC           |
| 15    | 00:45:50 | Francis Fuller    | 824 | Veteran | Male   | Phoenix Striders      |
| 16    | 00:45:53 | Paul Johnson      | 749 | Veteran | Male   | Brentwood Beagles AC  |
| 17    | 00:46:05 | Tony James        | 762 | Senior  | Male   |                       |
| 18    | 00:46:40 | Lucas Willett     | 792 | Senior  | Male   | Thurrock Harriers     |
| 19    | 00:46:44 | Richard Smith     | 806 | Senior  | Male   | Dengie 100 Runners    |
| 20    | 00:46:46 | Eric Barwell      | 503 | Veteran | Male   |                       |
| 21    | 00:47:08 | Bobby Robertson   | 841 | Veteran | Male   | Nuclear Striders      |
| 22    | 00:47:20 | Tony Agg          | 822 | Veteran | Male   | Billericay Striders   |
| 23    | 00:47:27 | Richard Cornwell  | 724 | Senior  | Male   |                       |
| 24    | 00:47:31 | Neil Cornelius    | 766 | Veteran | Male   | Hockley Trail Runners |
| 25    | 00:47:34 | Terry Gregory     | 722 | Senior  | Male   |                       |
| 26    | 00:47:35 | Jamie Enever-dodd | 491 | Veteran | Male   | Phoenix striders      |
| 27    | 00:48:26 | Bradley Coombes   | 816 | Senior  | Male   |                       |



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| Place | Time     | Name             | ID  | Cat     | Gender | Club                                         |
|-------|----------|------------------|-----|---------|--------|----------------------------------------------|
| 28    | 00:48:55 | Kelly Unett      | 829 | Senior  | Female | Castle Point Joggers                         |
| 29    | 00:48:58 | David Blockley   | 833 | Veteran | Male   | Leigh-on-Sea Striders                        |
| 30    | 00:49:28 | Leonie Nalcioglu | 778 | Veteran | Female | Thurrock Harriers                            |
| 31    | 00:49:42 | Gary Rowlatt     | 773 | Veteran | Male   | Thurrock Harriers                            |
| 32    | 00:49:44 | Sami Page        | 813 | Senior  | Female |                                              |
| 33    | 00:49:45 | Adam Stow        | 810 | Veteran | Male   | Pitsea Running Club                          |
| 34    | 00:50:26 | Jochen Tree      | 504 | Veteran | Male   |                                              |
| 35    | 00:50:50 | Neve Gribble     | 815 | Senior  | Female | Benfleet RC                                  |
| 36    | 00:50:55 | Lee Hazelwood    | 791 | Veteran | Male   | Phoenix Striders                             |
| 37    | 00:51:01 | Philip Warner    | 805 | Veteran | Male   | Phoenix Striders                             |
| 38    | 00:51:36 | Holly Sayer      | 736 | Senior  | Female | Billericay Striders<br>Rochford Running Club |
| 39    | 00:51:39 | John Mills       | 634 | Veteran | Male   |                                              |
| 40    | 00:51:40 | Stephen Barry    | 752 | Senior  | Male   |                                              |
| 41    | 00:52:05 | Paul Strutt      | 527 | Veteran | Male   |                                              |
| 42    | 00:52:33 | Chris Ribaud     | 742 | Veteran | Male   |                                              |
| 43    | 00:52:50 | Simon Lambert    | 555 | Veteran | Male   | Phoenix Striders                             |
| 44    | 00:53:18 | Neil Phoenix     | 745 | Senior  | Male   | Phoenix Striders                             |
| 45    | 00:53:19 | Rael Duncan      | 772 | Senior  | Female | Phoenix Striders                             |
| 46    | 00:53:25 | Debbielyn Hallam | 830 | Veteran | Female | FitBugs                                      |
| 47    | 00:53:27 | Leigh Still      | 837 | Veteran | Female | Thurrock Nomads                              |
| 48    | 00:53:28 | Hiren Amin       | 734 | Veteran | Male   | Pitsea Running Club                          |
| 49    | 00:53:45 | Christine Deacon | 753 | Veteran | Female | Billericay Striders                          |
| 50    | 00:53:47 | Georgie Musson   | 779 | Senior  | Female |                                              |
| 51    | 00:53:52 | Gracie Wade      | 528 | Senior  | Female | Pitsea Running Club                          |
| 52    | 00:54:32 | Neal Beaumont    | 807 | Veteran | Male   | Dengie 100 Runners                           |
| 53    | 00:54:35 | Harry Smith      | 831 | Senior  | Male   |                                              |
| 54    | 00:54:44 | David Adams      | 771 | Veteran | Male   | Thurrock Nomads                              |



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| Place | Time     | Name                | ID  | Cat     | Gender | Club                  |
|-------|----------|---------------------|-----|---------|--------|-----------------------|
| 55    | 00:54:45 | Graham Humphries    | 767 | Veteran | Male   | Thurrock Nomads       |
| 56    | 00:54:49 | Spencer Lewis       | 835 | Veteran | Male   | Phoenix Striders      |
| 57    | 00:54:54 | Tara Merrell        | 729 | Veteran | Female |                       |
| 58    | 00:55:02 | Ed Morgan           | 827 | Veteran | Male   |                       |
| 59    | 00:55:27 | David Clancy        | 725 | Veteran | Male   | Phoenix Striders      |
| 60    | 00:55:47 | Rick Deacon         | 754 | Veteran | Male   | Billericay Striders   |
| 61    | 00:56:09 | Darren Hallissey    | 823 | Senior  | Male   |                       |
| 62    | 00:56:11 | Adam Cooper         | 735 | Senior  | Male   |                       |
| 63    | 00:56:44 | Paul Merrick        | 769 | Veteran | Male   |                       |
| 64    | 00:56:58 | Lesley Jenkins      | 797 | Veteran | Female | Pitsea Running Club   |
| 65    | 00:57:31 | Robert Monger       | 826 | Veteran | Male   | Phoenix Striders      |
| 66    | 00:57:55 | Lacey Smith         | 784 | Senior  | Female |                       |
| 67    | 00:58:11 | Stuart Mercer       | 782 | Senior  | Male   |                       |
| 68    | 00:58:26 | Sandeep Singh       | 828 | Senior  | Male   |                       |
| 69    | 00:58:44 | Gavin Davies        | 776 | Senior  | Male   | Phoenix Striders      |
| 70    | 00:58:52 | Matthew Harris      | 783 | Senior  | Male   |                       |
| 71    | 00:59:07 | Abbie Bauckham      | 787 | Senior  | Female |                       |
| 72    | 00:59:11 | Michael Groombridge | 793 | Veteran | Male   | Pitsea Running Club   |
| 73    | 00:59:16 | Cheryl Macdonald    | 804 | Veteran | Female | Pitsea Running Club   |
| 74    | 00:59:19 | Debbie Pattison     | 689 | Veteran | Female | Rochford Running Club |
| 75    | 00:59:43 | Jim Holland         | 786 | Veteran | Male   | South Woodham Runners |
| 76    | 00:59:46 | Nicola Jaques       | 781 | Senior  | Female | Pitsea Running Club   |
| 77    | 00:59:48 | Nicole Whittington  | 696 | Veteran | Female |                       |
| 78    | 00:59:49 | Michael Whittington | 711 | Veteran | Male   |                       |
| 79    | 01:00:10 | Debbie Walker       | 800 | Veteran | Female |                       |
| 80    | 01:00:10 | Emily Sheppard      | 798 | Senior  | Female | Phoenix Striders      |
| 81    | 01:00:30 | Patrick Harrington  | 738 | Veteran | Male   | Phoenix Striders      |



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| Place | Time     | Name                  | ID  | Cat     | Gender | Club                    |
|-------|----------|-----------------------|-----|---------|--------|-------------------------|
| 82    | 01:00:47 | Sophie Gracia-Thomas  | 785 | Senior  | Female |                         |
| 83    | 01:00:59 | Scott Smith           | 788 | Senior  | Male   | Pitsea Running Club     |
| 84    | 01:01:05 | Catherine Dinmore     | 795 | Veteran | Female |                         |
| 85    | 01:01:39 | Sally Witham          | 818 | Veteran | Female | Phoenix Striders        |
| 86    | 01:02:40 | Sid Choudhury         | 802 | Senior  | Male   |                         |
| 87    | 01:02:40 | Brad Chalk            | 721 | Senior  | Male   |                         |
| 88    | 01:02:46 | Peter Tree            | 726 | Veteran | Male   | Brentwood Running Club  |
| 89    | 01:02:48 | Karen Dymock          | 681 | Veteran | Female | Phoenix Striders        |
| 90    | 01:02:50 | Peter Emery           | 756 | Veteran | Male   |                         |
| 91    | 01:03:00 | Elizabeth Gadlin      | 777 | Veteran | Female | Pitsea Running Club     |
| 92    | 01:03:11 | Pete Osborne          | 670 | Veteran | Male   | Rochford Running Club   |
| 93    | 01:03:19 | Lizzie-Beth Garraghan | 820 | Veteran | Female | Barking Road Runners    |
| 94    | 01:03:19 | Steve Colloff         | 821 | Veteran | Male   | Barking Road Runners    |
| 95    | 01:03:35 | Kathy Scourfield      | 774 | Veteran | Female | Billericay Striders     |
| 96    | 01:03:35 | Ann Robinson          | 755 | Veteran | Female | Billericay Striders     |
| 97    | 01:03:36 | Ethan Martin          | 811 | Senior  | Male   |                         |
| 98    | 01:03:36 | John Sheppard         | 799 | Veteran | Male   | Phoenix Striders        |
| 99    | 01:03:39 | Jane Palmer           | 794 | Veteran | Female | Fordy Runs Running Club |
| 100   | 01:03:43 | Richard Egan          | 743 | Veteran | Male   |                         |
| 101   | 01:03:54 | Emily May             | 796 | Senior  | Female | Corringham Run Club     |
| 102   | 01:04:06 | Sharon Roche          | 789 | Veteran | Female | Fordy Runs Running Club |
| 103   | 01:05:53 | Alison Fryatt         | 775 | Veteran | Female | Barking Road Runners    |
| 104   | 01:05:54 | Kristine Pearson      | 746 | Veteran | Female | Phoenix Striders        |
| 105   | 01:06:22 | Brian Butcher         | 838 | Veteran | Male   | Mid Essex Casuals       |
| 106   | 01:06:49 | Lisa Harland          | 747 | Veteran | Female | Phoenix Striders        |
| 107   | 01:06:51 | Allan Lacey           | 765 | Veteran | Male   | Dagenham 88 Runners     |
| 108   | 01:06:53 | Abbie Georghoudis     | 825 | Senior  | Female |                         |



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|-------|----------|------------------------|-----|---------|--------|-------------------------|
| 109   | 01:07:20 | Kiki Kanarachos-Freese | 732 | Veteran | Female |                         |
| 110   | 01:07:22 | Chris McDonnell        | 809 | Veteran | Male   | Dengie 100 Runners      |
| 111   | 01:07:41 | Jasmine Harris         | 812 | Senior  | Female |                         |
| 112   | 01:07:58 | Joyce Golder           | 803 | Veteran | Female | Barking Road Runners    |
| 113   | 01:08:43 | Chris Shaw             | 819 | Veteran | Male   | Thurrock Nomads         |
| 114   | 01:09:32 | Ella Gibbs             | 843 | Senior  | Female | Phoenix Striders        |
| 115   | 01:09:33 | Hazel Fay              | 536 | Veteran | Female | Phoenix Striders        |
| 116   | 01:09:33 | David Tapsell          | 780 | Veteran | Male   | Phoenix Striders        |
| 117   | 01:09:34 | Derek Appleton         | 761 | Veteran | Male   | Phoenix Striders        |
| 118   | 01:09:38 | Michelle Holman        | 790 | Veteran | Female | Phoenix Striders        |
| 119   | 01:09:42 | Katie Barrett          | 731 | Veteran | Female |                         |
| 120   | 01:09:57 | Sharon Johnson         | 768 | Veteran | Female | Benfleet RC             |
| 121   | 01:10:01 | Caron Nicola Hiscock   | 814 | Veteran | Female | Benfleet RC             |
| 122   | 01:10:06 | Louise Barry           | 751 | Veteran | Female |                         |
| 123   | 01:10:25 | Clair Medhurst         | 748 | Veteran | Female | Rochford Running Club   |
| 124   | 01:10:35 | Michele Ribaudo        | 730 | Veteran | Female |                         |
| 125   | 01:11:16 | Nicola Maslen          | 834 | Veteran | Female | Phoenix Striders        |
| 126   | 01:11:35 | John O'Toole           | 694 | Veteran | Male   | Bromley Veterans AC     |
| 127   | 01:11:36 | Stephen Adams          | 740 | Veteran | Male   | Thurrock nomads         |
| 128   | 01:11:40 | Steven Crabbe          | 677 | Veteran | Male   | Lonely Goat RC          |
| 129   | 01:13:16 | Peter Woodard          | 840 | Veteran | Male   | Thurrock Nomads         |
| 130   | 01:13:58 | Helen Olley            | 763 | Veteran | Female | Rochford Running Club   |
| 131   | 01:15:09 | Courtney Freese        | 733 | Veteran | Male   |                         |
| 132   | 01:15:22 | Shaun Watkins          | 517 | Veteran | Male   |                         |
| 133   | 01:16:29 | Joscelyn McInnes       | 808 | Veteran | Female | Dengie 100 Runners      |
| 134   | 01:18:27 | Deeprise Wendy         | 728 | Veteran | Female | Fordy Runs Running Club |
| 135   | 01:18:54 | Christina Didham       | 490 | Veteran | Female | Phoenix Striders        |



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|-------|----------|----------------------|-----|---------|--------|-----------------------|
| 136   | 01:19:23 | Sarah Merrick        | 770 | Veteran | Female | Rochford Running Club |
| 137   | 01:23:00 | Shelley Edmeades     | 764 | Veteran | Female | Rochford Running Club |
| 138   | 01:24:01 | Rosemary Russell     | 654 | Senior  | Female | Rochford Running Club |
| 139   | 01:27:00 | Caroline Smith       | 723 | Veteran | Female | Rochford Running Club |
| 140   | 01:34:39 | Robert Fenegan-Hurst | 648 | Veteran | Male   | Rochford Running Club |