



Phoenix Striders

Walking and Running Club, Basildon

Phoenix Striders – Stanford-le-Hope 5k – 18/08/2019 – Results

Place	Time	Name	ID	Category	Gender	Running Club
1	21:03.8	Oscar Farley	356	J	Male	Billericay Striders
2	22:19.7	Bruce Gander	379	S	Male	Leigh On Sea Striders
3	22:36.2	Cian Gill	376	S	Male	
4	22:38.3	Olivia Forrest	359	J	Female	Thurrock Harriers
5	23:29.0	Isabel Forrest	358	J	Female	Thurrock Harriers
6	24:49.7	Shawn Brown	349	S	Male	
7	26:02.7	Chris De Smedt	381	S	Male	Phoenix Striders
8	27:27.5	Brad Morland	378	S	Male	
9	28:39.6	Alicia Jones	363	S	Female	
10	31:03.8	Simon Mason	377	S	Male	
11	31:04.5	Sharon Ede	355	S	Female	
12	32:57.7	Stephen Shynn	368	S	Male	Kingswood Running Club
13	33:28.1	Steve Richardson	366	S	Male	
14	33:46.7	Rhona Parker	380	S	Female	Phoenix Striders
15	34:22.7	Debbie Graves	361	S	Female	
16	35:09.2	Stephen Easley	353	S	Male	
17	35:31.7	Sarah Foreman	357	S	Female	
18	35:54.2	Jim Kevany	373	S	Male	Phoenix Striders
19	36:07.8	Marie Parker	382	S	Female	
20	36:10.6	David Rontree	367	S	Male	Pitsea
21	37:30.6	Nikki Martin	364	S	Female	
22	38:37.4	Carole Vinicombe	375	S	Female	Phoenix Striders
23	38:37.7	Terence Edward Wilson	372	S	Male	Phoenix Striders
24	40:05.6	Francesca Antino	348	S	Female	
25	40:38.5	Robert Teer	374	S	Male	Thurrock Nomads
26	41:05.5	Rebecca Fry	383	S	Female	
27	46:58.7	Lauren Sipos	369	S	Female	