



Phoenix Striders & EWT Langdon Hills Discovery Park

Dunton Demon 5 miler – 15/09/2024 – Results

Place	Time	Name	ID	Cat	Gender	Club
1	00:33:35	Hamza Zahir	150	Senior	Male	Rochford Running Club
2	00:34:00	Oscar Farley	319	Under 20	Male	Billericay striders
3	00:34:15	Jamie Ogilby	318	Senior	Male	Orion Harriers
4	00:34:28	Jackie Stretton	330	Senior	Female	Springfield Striders RC
5	00:34:34	Ross Fanning	291	Senior	Male	Nuclear Striders
6	00:35:52	James Ferrant	299	Senior	Male	Pitsea Running Club
7	00:36:00	Harry Smith	298	Senior	Male	
8	00:36:05	Terence Spooner	322	Veteran	Male	Castle Point Joggers
9	00:36:42	Max Wade	265	Senior	Male	
10	00:37:13	Richard Leeson	187	Senior	Male	Phoenix Striders
11	00:37:29	Ben Simmonds	334	Senior	Male	Pitsea Running Club
12	00:37:49	Sarah Blockley	354	Senior	Female	
13	00:38:12	Abdu Akay	262	Veteran	Male	
14	00:38:15	NIKI Read	251	Veteran	Male	Leigh-on-Sea Striders
15	00:38:52	Sam Bishop	321	Senior	Male	RED Runners
16	00:38:56	Alan James	329	Veteran	Male	Phoenix Striders
17	00:39:03	Richard Bonham	312	Veteran	Male	Castle Point Joggers
18	00:39:25	Kristina Read	358	Veteran	Female	Phoenix Striders
19	00:39:27	Neal Clark	311	Veteran	Male	Phoenix Striders
20	00:40:09	Paul Agastina	303	Veteran	Male	Pitsea Running Club
21	00:40:33	Charlotte Allen	338	Veteran	Female	Leigh-on-Sea Striders
22	00:40:58	Jack Morris	310	Senior	Male	Pitsea Running Club
23	00:41:18	Neil Cohen	283	Senior	Male	
24	00:41:33	Paul Backhouse	315	Veteran	Male	South Woodham
25	00:41:42	Andrew Johns	199	Veteran	Male	
26	00:41:53	Paul Hurn	275	Veteran	Male	Thurrock Nomads
27	00:42:00	Jamie Enever-dodd	190	Veteran	Male	Phoenix striders
28	00:42:03	David Blockley	149	Veteran	Male	Leigh-on-Sea Striders
29	00:42:06	Jennifer Bishop	320	Veteran	Female	RED Runners
30	00:42:32	Rachel Flannigan	341	Veteran	Female	Mid Essex Casuals
31	00:42:35	Rick Wade	351	Veteran	Male	Castle Point Joggers
32	00:42:49	Lee Wilgoose	247	Senior	Male	
33	00:42:51	Gary Rowlatt	297	Veteran	Male	Thurrock Harriers
34	00:42:56	Lee Wall	258	Veteran	Male	Thurrock Nomads
35	00:43:01	Ian Mitchell	296	Senior	Male	



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36	00:43:02	Philip Warner	307	Veteran	Male	Phoenix Striders
37	00:43:05	Claire Hurcom	357	Senior	Female	Phoenix Striders
38	00:43:06	Cathy Albertelli	324	Veteran	Female	
39	00:43:16	Michael Summers	286	Veteran	Male	Phoenix Striders
40	00:43:35	Colin Wilkinson	288	Veteran	Male	Phoenix Striders
41	00:44:15	David Adams	253	Veteran	Male	Thurrock Nomads
42	00:44:38	Rael Duncan	333	Senior	Female	Phoenix Striders
43	00:44:39	Ben Duncan	337	Senior	Male	
44	00:45:15	Mark Bramall	301	Veteran	Male	
45	00:45:44	Lee Melvin	309	Veteran	Male	
46	00:45:49	John Sheppard	335	Veteran	Male	Phoenix Striders
47	00:46:06	Lian Simmonds	289	Veteran	Female	RED Runners
48	00:46:09	Surjit Grewal	295	Veteran	Female	Brentwood Running
49	00:46:14	Michael Gould	350	Veteran	Male	Pitsea Running Club
50	00:46:23	Lee Tooy	293	Senior	Male	Vegan Runners UK
51	00:46:33	Gary Cardnell	304	Veteran	Male	Dagenham 88 Runners
52	00:46:36	Chris Floyd	287	Senior	Male	
53	00:46:41	Lee Hazelwood	314	Veteran	Male	Phoenix Striders
54	00:46:59	Keith Dawson	263	Veteran	Male	Phoenix Striders
55	00:47:02	Samantha Thompson	192	Senior	Female	
56	00:47:14	Michelle Lock	300	Veteran	Female	South Woodham
57	00:47:35	Ruth Roberts	195	Veteran	Female	Phoenix Striders
58	00:47:55	Calum Finlay	339	Senior	Male	
59	00:48:04	Andy Badger	328	Veteran	Male	Red Rose Road Runners
60	00:48:07	Jane Yellop	290	Veteran	Female	Pitsea Running Club
61	00:48:10	Emilia Russell	284	Veteran	Female	
62	00:48:12	Leigh Still	356	Veteran	Female	Thurrock Nomads
63	00:48:24	Sid Choudhury	325	Senior	Male	
64	00:48:29	Lesley Jenkins	349	Veteran	Female	Pitsea Running Club
65	00:48:34	Verity Hill	194	Veteran	Female	Phoenix Striders
66	00:49:09	Graham Humphries	260	Veteran	Male	Thurrock Nomads
67	00:49:20	Gavin Davies	342	Senior	Male	Phoenix Striders
68	00:49:24	Zoe Mott	272	Senior	Female	Phoenix Striders
69	00:49:25	Collette Toal	248	Veteran	Female	Leigh-on-Sea Striders
70	00:49:36	Malcolm Woodhouse	249	Veteran	Male	Leigh-on-Sea Striders



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Place	Time	Name	ID	Cat	Gender	Club
71	00:50:03	Christopher Smith	188	Veteran	Male	
72	00:50:04	David Everett	261	Veteran	Male	East Essex Tri
73	00:51:21	Faye Scott	274	Veteran	Female	Thurrock Nomads
74	00:51:22	Kay Hurn	276	Veteran	Female	Thurrock Nomads
75	00:52:26	Tim Thompson	193	Senior	Male	
76	00:52:36	Emma Cannell	197	Senior	Female	
77	00:52:42	Patrick Harrington	285	Veteran	Male	Phoenix Striders
78	00:52:43	Thomas Smalley	331	Senior	Male	Pitsea Running Club
79	00:53:49	Brandon Aguinaldo	327	Under	Male	
80	00:53:57	Peter Emery	139	Veteran	Male	
81	00:54:05	Philip Baker	255	Veteran	Male	Thurrock Nomads
82	00:54:06	David Tapsell	271	Veteran	Male	Phoenix Striders
83	00:54:30	Sally Piggott	316	Veteran	Female	Phoenix Striders
84	00:54:44	David Hogan	280	Veteran	Male	
85	00:54:47	Turid Hogan	279	Veteran	Female	
86	00:54:49	Sara Hartland	305	Veteran	Female	RED Runners
87	00:55:01	Brian Butcher	359	Veteran	Male	Mid Essex Casuals
88	00:55:03	Sophie Gracia-Thomas	302	Senior	Female	
89	00:55:04	Finley Watson	306	Senior	Male	
90	00:55:14	Michael Harvey	344	Senior	Male	Corringham Run Club
91	00:55:22	Mark Holmes	244	Veteran	Male	Phoenix Striders
92	00:55:23	Yada Woodhouse	250	Veteran	Female	Leigh-on-Sea Striders
93	00:55:33	Sarah Norton	323	Veteran	Female	Castle Point Joggers
94	00:55:58	Mark Mager	183	Veteran	Male	
95	00:56:20	Andy Body	252	Veteran	Male	Phoenix Striders
96	00:57:05	Dudley Khouri	346	Veteran	Male	Vegan Runners UK
97	00:57:21	Duncan Russell	147	Veteran	Male	Phoenix Striders
98	00:57:35	Daniel Clark	332	Veteran	Male	
99	00:57:54	Kieron Finlay	340	Veteran	Male	
100	00:58:01	Alexandra Tourbassova	343	Senior	Female	Rochford Running
101	00:58:24	Nadia Maguire	270	Senior	Female	
102	00:58:25	Carla Khouri	267	Veteran	Female	Vegan Runners UK
103	00:58:33	Richard Carvey	292	Veteran	Male	Lonely Goat RC
104	00:59:01	Sara Omer	345	Veteran	Female	Pitsea Running Club
105	00:59:58	Caroline Mercieca	245	Senior	Female	Phoenix Striders



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106	01:00:01	Ella Gibbs	264	Senior	Female	Phoenix Striders
107	01:00:07	Marie Waite	308	Senior	Female	
108	01:00:18	Barry Marling	140	Veteran	Male	Lonely Goat RC
109	01:00:31	Dan Hutson	268	Veteran	Male	Phoenix Striders
110	01:00:37	Nicola Newnes	184	Veteran	Female	
111	01:00:43	Parm Shina-Wisdom	257	Veteran	Female	Thurrock Nomads
112	01:00:44	Katie Tapfield	198	Senior	Female	
113	01:00:52	Robert Goode	347	Veteran	Male	Pitsea Running Club
114	01:01:14	Amy Bongard	191	Senior	Female	Pitsea Running Club
115	01:01:23	Mark Challis	254	Veteran	Male	Thurrock Nomads
116	01:01:33	Amanda Tooley	294	Senior	Female	Thurrock Nomads
117	01:02:08	Adam Colbear	148	Senior	Male	
118	01:02:48	Derek Staton	256	Veteran	Male	Thurrock Nomads
119	01:03:04	Michelle Holman	313	Veteran	Female	Phoenix Striders
120	01:03:24	Alison Fryatt	281	Veteran	Female	Barking Road Runners
121	01:05:07	Ray Harris	336	Veteran	Male	
122	01:05:10	Theo Suga	326	Veteran	Female	Phoenix Striders
123	01:05:11	Vena Harmon	355	Veteran	Female	
124	01:05:41	Joanne Reeves	186	Veteran	Female	Castle Point Joggers
125	01:05:42	Andy Debnam	185	Veteran	Male	Mid Essex Casuals
126	01:06:34	Jess Pearce	317	Senior	Female	Phoenix Striders
127	01:06:39	Christina Didham	196	Veteran	Female	Phoenix Striders
128	01:08:26	Cheryl Goode	348	Veteran	Female	Pitsea Running Club
129	01:08:44	Christine Crawley	189	Veteran	Female	Roxy Runners
130	01:09:51	Sharon Brown	282	Veteran	Female	Fordy Runs Running Club
131	01:10:24	Caroline Smith	277	Veteran	Female	Rochford Running Club
132	01:11:22	Nicola Maslen	352	Veteran	Female	Phoenix Striders
133	01:11:22	Lynsey Gray	353	Veteran	Female	Phoenix Striders
134	01:12:56	Kim Shead-Fallows	246	Veteran	Female	Pitsea Running Club