



Phoenix Striders, EWT & Enovert Thameside 10 for 10 Two

5k – 10/09/2023 – Results

Place	Time	Name	ID	Cat	Gender	Club
1	00:20:58	Louis McQuade	548		Male	
2	00:21:39	Paul Berry	506		Male	Thurrock Nomads
3	00:22:43	Abdu Akay	521		Male	
4	00:24:17	Anthony Brien	523		Male	
5	00:24:19	Stuart Parnaby	517		Male	Billericay Striders
6	00:25:11	Lisa Collins	512		Female	
7	00:26:31	Mia Parnaby	516	15	Female	
8	00:27:12	Eve Richardson	508		Female	
9	00:27:17	Jenne Seibolt	514		Male	
10	00:28:52	Emily Sheppard	546		Female	Phoenix Striders
11	00:29:36	David Gudgion	545		Male	Phoenix Striders
12	00:30:16	Lisa Tyrrell	513		Female	Havering '90 Joggers
13	00:32:36	Gary Hole	532		Male	
14	00:32:38	Jay Richardson	509	13	Male	
15	00:33:16	Abbie Brien	522		Female	
16	00:33:40	Chris Couch	541		Male	
17	00:33:45	Courtney Freese	527		Male	
18	00:34:37	Yee-Lin Richardson	490		Female	
19	00:35:04	Kiki Kanarachos-Freese	526		Female	
20	00:35:21	John Pearce	547		Male	Pitsea Running Club
21	00:36:34	Tony Peploe	542		Male	Phoenix Striders
22	00:37:10	Teresa Turner	544		Female	CJP
23	00:37:12	Karen Brand	543		Female	CJP
24	00:39:09	Angela Maddison	515		Female	
25	00:39:51	Jake Parnaby	519	12	Male	
26	00:40:44	Kelly Marie Dunn	520		Female	Castle Point Joggers
27	00:41:11	Steve Bowen	502		Male	Phoenix Striders
28	00:41:21	Katie Grey	511		Female	
29	00:41:56	David Mills	534		Male	Phoenix Striders



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Place	Time	Name	ID	Cat	Gender	Club
30	00:42:21	Kerry Hunter	530		Female	
31	00:42:31	Kelly Parkes	503		Female	
32	00:43:20	Mark Barber	529		Male	
33	00:43:36	Chloe Ling	536		Female	
34	00:46:23	Amanda Pavelin	540		Female	Phoenix Striders
35	00:46:25	Angela Horncastle	531		Female	Phoenix Striders
36	00:46:27	Cornel Wooten	539		Male	Phoenix Striders
37	00:46:28	Patsy Datson	528		Female	Phoenix Striders
38	00:51:01	Aimee Eates	504	14	Female	
39	00:54:18	Dave Sargent	538		Male	Phoenix Striders
40	00:54:18	Lorraine Sargent	537		Female	Phoenix Striders
41	00:54:19	Taylor Dunn	535		Male	