



## Phoenix Striders, EWT & Enovert Thameside 10 for 10

### 5k – 14/05/2023 – Results

Place	Time	Name	ID	Cat	Gender	Club
1	00:21:07	Abdu Akay	406	Veteran	Male	
2	00:21:10	Jack Firth	449	U16	Male	
3	00:24:11	James Mabbitt	402	U16	Male	
4	00:25:47	Hannah Dorling	458	Senior	Female	
5	00:25:55	Josh Dorling	457	U16	Male	
6	00:27:10	Ashleigh Dobson	459	Senior	Female	
7	00:27:45	Ruth Roberts	444	Veteran	Female	Phoenix Striders
8	00:28:33	Rhys Hawkins	461	Senior	Male	
9	00:29:15	Lucas Eley	415	U16	Male	
10	00:29:30	Dermot Connell	414	Veteran	Male	
11	00:29:35	Jack Masser	432	U16	Male	
12	00:29:46	Nicola Hawkins	462	Veteran	Female	
13	00:29:52	Martin Cahalane	465	Veteran	Male	
14	00:30:06	Emma Giles	409	Senior	Female	Lonely Goat RC
15	00:30:13	Emily Wray	407	Senior	Female	Phoenix Striders
16	00:30:28	Lucy Dymock	427	Senior	Female	
17	00:32:39	Ellen McPhillips	455	Veteran	Female	Leigh on Sea Striders
18	00:32:43	Lisa Mitchell	425	Veteran	Female	
19	00:32:52	John Pearce	454	Veteran	Male	Pitsea RC
20	00:33:15	Lynn Rivers	456	Veteran	Female	Leigh on Sea Striders
21	00:33:18	Naomi Esser	439	Senior	Female	
22	00:33:35	Helen Brand	401	Veteran	Female	
23	00:34:29	Jane Piper	423	Veteran	Female	Phoenix Striders
24	00:36:05	Rachel Ollington	440	Veteran	Female	
25	00:36:11	Nia Silcock	404	Senior	Female	
26	00:36:12	Laurie Scudder-Walker	435	Senior	Female	
27	00:36:21	Robert Whitrod	417	Veteran	Male	
28	00:36:51	Evelyn Baldwin	429	U16	Female	
29	00:37:08	Tony Cunliffe	450	Veteran	Male	



## Phoenix Striders, EWT & Enovert Thameside 10 for 10

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Place	Time	Name	ID	Cat	Gender	Club
30	00:37:09	Nadia Gaut	405	Veteran	Female	
31	00:37:30	Nicola Baldwin	428	Senior	Female	
32	00:37:45	Lois Whitrod	416	Veteran	Female	Pitsea RC
33	00:37:53	Diana Sewell	418	Veteran	Female	
34	00:37:53	Elizabeth Badman	419	Veteran	Female	
35	00:38:17	Justina Baffore	451	Veteran	Female	
36	00:38:25	Grace Sutton	411	U16	Female	
37	00:38:50	Sophie Gill	436	Senior	Female	
38	00:39:08	Reuben Rogers	422	U16	Male	
39	00:39:08	Matt Rogers	421	Veteran	Male	
40	00:39:24	Bronwyn Glover	442	Senior	Female	
41	00:39:42	Phil Dobson	460	Veteran	Male	
42	00:40:15	Jessica McClements	412	Senior	Female	
43	00:40:15	Michael Draper	413	Veteran	Male	
44	00:41:01	Robert Teer	408	Veteran	Male	Thurrock Nomads
45	00:43:43	Ann-Marie Sutton	410	Veteran	Female	
46	00:43:57	Tony Peploe	463	Veteran	Male	Phoenix Striders
47	00:44:56	Kirsty Masser	431	Veteran	Female	Phoenix Striders
48	00:45:05	Dave Sargent	446	Veteran	Male	Phoenix Striders
49	00:45:06	Lorraine Sargent	445	Veteran	Female	Phoenix Striders
50	00:45:08	Lorraine Borley	424	Veteran	Female	Pitsea RC
51	00:46:22	Marian Ainslie	443	Veteran	Female	Flyers southend
52	00:46:23	Barbara Halling	441	Veteran	Female	Flyers Southend
53	00:47:07	Amanda Pavelin	447	Veteran	Female	Phoenix Striders
54	00:47:08	Patricia Datson	453	Veteran	Female	Phoenix Striders
55	00:49:20	Louise Allan	400	Veteran	Female	
56	00:49:21	Debs Watson	420	Veteran	Female	
57	00:52:35	Julie Colley	434	Veteran	Female	
58	00:53:11	David Datson	452	Veteran	Male	Phoenix Striders



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Place	Time	Name	ID	Cat	Gender	Club
59	00:53:12	Bill Pavelin	448	Veteran	Male	Phoenix Striders
60	00:54:01	Kristina Olliffe	433	Senior	Female	
61	00:56:25	N Fletcher	437	Veteran	Female	
62	00:56:28	D Fletcher	438	Veteran	Female	
63		Natalie Barlow	Sweeper	Veteran	Female	Phoenix Striders