

## Phoenix Striders Summer Series - 29th April 2025

Place	Time	Name	ID	Cat	Gender	Club
1	00:18:16	Shane Boxall	548		M	City of Southend On Sea AC
2	00:18:53	Matthew Houchell	44		M	Basildon RC
3	00:18:57	John Wray	10		M	Leigh-on-Sea Striders
4	00:19:21	Oscar Farley	171		M	Billericay Striders
5	00:19:32	Sammo Nigh	141		M	Springfield Striders RC
6	00:19:47	Tom McGarr	33		M	Leigh-on-Sea Striders
7	00:20:03	James Ferrant	43		M	Pitsea Running Club
8	00:20:32	Alex Gauld	105		M	Pitsea Running Club
9	00:20:35	John Earle-Sodhi	24		M	Leigh-on-Sea Striders
10	00:20:39	Richard Lesson	183		M	Phoenix Striders
11	00:20:41	Ian Toal	41		M	Leigh-on-Sea Striders
12	00:20:53	Sarah Blockley	23		F	N/A
13	00:20:56	Daisy Watson	144		F	Benfleet RC
14	00:21:00	Mathew Stanley	550		M	N/A
15	00:21:09	Ben Simmonds	89		M	Pitsea Running Club
16	00:21:13	Michael Cook	159		M	Pitsea Running Club
17	00:21:16	John Evans	174		M	Thurrock Nomads
18	00:21:23	Louis McQuade	99		<del>M</del>	N/A
19	00:21:36	Akay Abdu	12		M	Thurrock Nomads
20	00:21:55	Joanna Bolton	62		F	Billericay Striders
21	00:22:06	Perry Cordery	54		M	Phoenix Striders
22	00:22:18	Victoria Boxall	649		F	Leigh-on-Sea Striders
23	00:22:38	Freddie Hick	123	U 16	M	N/A
24	00:22:42	Grant England	155		M	Billericay Striders
25	00:22:43	Sam Day	647	U 16	M	Nuclear Races Striders
26	00:22:46	Francis Fuller	5		M	Phoenix Striders
27	00:22:52	Archie Fay	161	U 16	M	N/A
28	00:23:04	Laura Wise	94		F	Pitsea Running Club
29	00:23:04	Paul Hagan	4		M	Phoenix Striders
30	00:23:24	Michael Welsh	164		M	Thurrock Nomads
31	00:23:36	Nick trencher	111		M	Thurrock Harriers

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Place	Time	Name	ID	Cat	Gender	Club
32	00:23:41	Neil Hubbard	192		M	Leigh-on-Sea Striders
33	00:23:42	Mark Butler	29		M	Thurrock Nomads
34	00:23:46	Ryan Bond	152		M	Pitsea Running Club
35	00:23:53	Joe Foxen	80		M	Phoenix Striders
36	00:23:58	Thomas England	156	U 16	M	Billericay Striders
37	00:24:01	Russell Edgings	116		M	Havering Tri
38	00:24:08	Chris Round	191		M	Pitsea Running Club
39	00:24:11	Neal Clark	120		M	Phoenix Striders
40	00:24:14	Tony Balding	52		M	Leigh-on-Sea Striders
41	00:24:24	Charmaine Sterling	58		F	Leigh-on-Sea Striders
42	00:24:29	Ben Magee	648	U 16	M	N/A
43	00:24:33	Stanley Lavers	109	U 16	M	N/A
44	00:24:36	Rachel Flannigan	7		F	Phoenix Striders
45	00:24:39	Edward Hazelgrove	178	U 16	M	N/A
46	00:24:41	James Fallows	93	U 16	M	Pitsea Running Club
47	00:24:46	John Pumfrett	34		M	Phoenix Striders
48	00:24:47	Siobhan Desmond	145		F	Basildon AC
49	00:24:51	Ryan Gauld	86		M	Pitsea Running Club
50	00:24:53	Philip Tall	30		M	Thurrock Nomads
51	00:24:56	Michal Woodward	163		M	Pitsea Running Club
52	00:25:01	Ian Braybrook	595		M	N/A
53	00:25:02	Phil Warner	57		M	Phoenix Striders
54	00:25:03	Nathalie Van Lagen	636		F	Nuclear Races Striders
55	00:25:06	Paul Hurn	132		M	Thurrock Nomads
56	00:25:08	Spencer Lewis	64		M	Phoenix Striders
57	00:25:19	Steven Cameron	170		M	Phoenix Striders
58	00:25:22	Gary Rolex	61		M	Thurrock Nomads
59	00:25:25	Martin Orford	194		M	Pitsea Running Club
60	00:25:28	David Trew	140		M	N/A
61	00:25:30	Lee Wall	38		M	Thurrock Nomads
62	00:25:46	Paul Strutt	133		M	N/A

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Place	Time	Name	ID	Cat	Gender	Club
63	00:25:50	Jacqui Watson	146		F	Benfleet RC
64	00:25:52	Bryan Magee	639		M	N/A
65	00:25:55	Lee Hazelwood	50		M	Phoenix Striders
66	00:26:01	David Hallett	47		M	Rochford Running Club
67	00:26:05	Michael Summers	85		M	Phoenix Striders
68	00:26:09	Alfie Pearce	91	U 16	M	Basildon AC
69	00:26:17	Colin Wilkinson	51		M	Phoenix Striders
70	00:26:21	Neil Nills	176		M	Phoenix Striders
71	00:26:22	Ernest Mulryne	9		M	Kingswood Running Club
72	00:26:23	Chris Humphery	154		M	N/A
73	00:26:24	Gracie Wade	162		F	Pitsea Running Club
74	00:26:27	David Blockley	40		M	Leigh-on-Sea Striders
75	00:26:28	Darren Tower	20		M	Pitsea Running Club
76	00:26:35	Faatemah Piperdy	71		F	Pitsea Running Club
77	00:26:38	Anthony Mann	46		M	Rochford Running Club
78	00:26:44	Graham Humphreys	39		M	Thurrock Nomads
79	00:27:06	Jayden Bowes	118	U 16	M	N/A
80	00:27:07	Rosie Baker	48		F	Rochford Running Club
81	00:27:10	Victoria Ferner	149		F	Thurrock Nomads
82	00:27:15	Jane Yellop	644		F	Pitsea Running Club
83	00:27:15	Aoife Howell	114		F	Pitsea Running Club
84	00:27:19	Alistair Daw	16		M	Billericay Striders
85	00:27:25	Chris Emery	35		M	Pitsea Running Club
86	00:27:28	Dave Lane	696		M	Phoenix Striders
87	00:27:30	John Mills	45		M	Rochford Running Club
88	00:27:33	Catherine Magee	640		F	N/A
89	00:27:35	Holly Harris	115		F	Leigh-on-Sea Striders
90	00:27:36	David Adams	103		M	Thurrock Nomads
91	00:27:45	Scott Smith	28		M	Pitsea Running Club
92	00:27:52	David Everett	137		M	Fordy Runs Running Club
93	00:27:54	Nicola Linnell	184		F	Thurrock Nomads

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Place	Time	Name	ID	Cat	Gender	Club
94	00:27:58	Surgit Grewal	126		F	Thurrock Nomads
95	00:28:06	William Holman	180		M	N/A
96	00:28:10	Jo Pearce	1		F	Phoenix Striders
97	00:28:11	Gary French	650		M	N/A
98	00:28:23	Bob Mills	55		M	Thurrock Nomads
99	00:28:24	Jake Everett	136	U 16	M	N/A
100	00:28:26	James Pittuck	596		M	Pitsea Running Club
101	00:28:29	Collette Toal	42		F	Leigh-on-Sea Striders
102	00:28:31	Heidi Trencher	110		F	Thurrock Nomads
103	00:28:47	Charlotte Killingback	193		F	Pitsea Running Club
104	00:28:51	Simon Constable	591		M	Basildon AC
105	00:28:55	Bettina Maccariello	81		F	Thurrock Nomads
106	00:28:59	Victoria Walshherranz	36		F	Pitsea Running Club
107	00:29:01	Claire Fraser	182		F	Phoenix Striders
108	00:29:04	Craig Sterling	59		M	Benfleet RC
109	00:29:20	Ellis Stevens	166		M	Thurrock Nomads
110	00:29:29	Oscar MacDonald	645	U 16	M	N/A
111	00:29:31	Lesley Jenkins	70		F	Pitsea Running Club
112	00:29:33	Dermot Desmond	135		M	Pitsea Running Club
113	00:29:37	Adam Stow	190		M	Pitsea Running Club
114	00:29:38	Samantha Thompson	98		F	N/A
115	00:29:40	Julie Lester	124		F	Thurrock Nomads
116	00:29:43	Robert Monger	8		M	Phoenix Striders
117	00:29:44	Nicky Betts	142		M	Pitsea Running Club
118	00:29:47	Charley Lesslie	181		F	Phoenix Striders
119	00:29:48	Tim Thompson	97		M	N/A
120	00:29:58	Alasdair MacDonald	547		M	N/A
121	00:29:59	Simon Lewinton	695		M	Dengie 100 Runners
122	00:30:04	Jason Merritt	14		M	N/A
123	00:30:08	Nicola Jaques	27		F	Pitsea Running Club
124	00:30:12	Michael Gould	77		M	Pitsea Running Club

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Place	Time	Name	ID	Cat	Gender	Club
125	00:30:14	Hiren Amin	634		M	Pitsea Running Club
126	00:30:16	Verity Hill	69		F	Phoenix Striders
127	00:30:57	Lynsey Gray	83		F	Phoenix Striders
128	00:31:03	Michael Groombridge	84		M	Pitsea Running Club
129	00:31:05	Karen Dymock	593		F	Phoenix Striders
130	00:31:06	Fay Scott	185		F	Thurrock Nomads
131	00:31:08	Sam Hart	600		M	Phoenix Striders
132	00:31:10	Dave Tapsell	11		M	Phoenix Striders
133	00:31:19	Sally Witham	65		F	Phoenix Striders
134	00:31:22	Paula Harley	138		F	Thurrock Nomads
135	00:31:30	Chloe Pearce	3		F	Phoenix Striders
136	00:31:35	Lee Levey	173		M	N/A
137	00:31:36	Joanne Robinson	129		F	N/A
138	00:31:42	Sam Halsey	76		M	N/A
139	00:31:43	Rachel Gittins	143		F	Phoenix Striders
140	00:31:54	Oliver Street	646	U 16	M	N/A
141	00:31:54	Steven Walker	131		M	Thurrock Nomads
142	00:31:57	John Grantham	694		M	N/A
143	00:32:00	Nigel Street	635		M	N/A
144	00:32:04	Charlotte Dessoy	157		F	N/A
145	00:32:05	John Hazelgrove	177		M	N/A
146	00:32:24	Mark Benham	698		M	Flyers Southend
147	00:32:27	Kathryn Curtis	82		F	N/A
148	00:32:29	Robin Hardy	592		M	N/A
149	00:32:30	Nicki Benham	697		F	Flyers Southend
150	00:32:30	Cherry Box	172		F	Pitsea Running Club
151	00:32:32	Julie Dessoy	158		F	N/A
152	00:32:36	Mark Gillam	60		M	Thurrock Nomads
153	00:32:40	Meriel Cameron	169		F	Phoenix Striders
154	00:32:44	Mark Mager	21		M	N/A
155	00:32:53	Hazel Fay	160		F	Phoenix Striders

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Place	Time	Name	ID	Cat	Gender	Club
156	00:32:56	Julie Ferner	148		F	Thurrock Nomads
157	00:33:03	Lucy Dymock	594		F	N/A
158	00:33:07	Magdalena Miedlar	127		F	Thurrock Nomads
159	00:33:10	Robert Goode	134		M	Pitsea Running Club
160	00:33:12	Jane Piper	17		F	Phoenix Striders
161	00:33:13	Mark Challis	119		M	Thurrock Nomads
162	00:33:31	Nicola Farbridge	75		F	Rayleigh RAT runners
163	00:33:37	Lucy Ringshall	125		F	Phoenix Striders
164	00:33:42	Nicola Topliss	102		F	Thurrock Nomads
165	00:33:44	John White	73		M	Pitsea Running Club
166	00:33:46	Joann Jack	165		F	Thurrock Nomads
167	00:33:57	Laura-May Hatfield	597		F	Phoenix Striders
168	00:33:58	Michele Drabwell	13		F	N/A
169	00:34:03	Steve Richardson	168		M	Thurrock Nomads
170	00:34:15	Harold Monk	56		M	Thurrock Nomads
171	00:34:29	Tracy Smith	67		F	Phoenix Striders
172	00:34:32	Robbie Watson-Levey	147		M	N/A
173	00:34:34	Jo Sinfield	100		F	Pitsea Running Club
174	00:34:35	Katie Darby	151		F	Pitsea Running Club
175	00:34:41	Clar Medhurst	175		F	Hockley Trail Runners
176	00:34:47	Marguerite Sharpe	74		F	Rayleigh RAT runners
177	00:34:51	Derek Staton	121		M	Thurrock Nomads
178	00:35:01	Nicola Newnes	22		F	N/A
179	00:35:07	Parm Shina-Wisdom	167		F	Thurrock Nomads
180	00:35:08	Rachel Topliss	643		F	N/A
181	00:35:09	Olga Szultk	642		F	N/A
182	00:35:11	Katie Hammond	633		F	Phoenix Striders
183	00:35:21	John Pearce	196		M	Pitsea Running Club
184	00:35:26	Teresa Flannigan	31		F	East Essex Tri
185	00:35:28	Tracey Barraclough	88		F	Rayleigh RAT Runners
186	00:35:43	Jess Pearce	90		F	Phoenix Striders

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Place	Time	Name	ID	Cat	Gender	Club
187	00:35:44	Claire Dean	117		F	Phoenix Striders
188	00:36:01	Hazel Chinchilla	598		F	N/A
189	00:36:17	Dean Russell	101		M	Thurrock Nomads
190	00:36:49	Chris Shaw	113		M	Thurrock Nomads
191	00:36:58	Sue Allen	641		F	N/A
192	00:36:58	Laura McDermott	79		F	Benfleet RC
193	00:37:55	Nicola Maslen	2		F	Phoenix Striders
194	00:37:58	Ian Mizen	153		M	Phoenix Striders
195	00:38:51	Neil Atkinson	15		M	N/A
196	00:38:57	Peter Woodard	37		M	Thurrock Nomads
197	00:39:03	Michelle Holman	96		F	Phoenix Striders
198	00:39:58	Emily Rose Body	599		F	Phoenix Striders
199	00:41:55	Becky Ely	6		F	N/A
200	00:42:11	Steven Bowers	128		M	N/A
201	00:42:38	Julie King	26		F	Pitsea Running Club
202	00:43:22	Lisa Mitchell	130		F	Thurrock Nomads
203	00:43:28	Rachel Pepper	32		F	Pitsea Running Club
204	00:44:24	Caroline Smith	49		F	Rochford Running Club
205	00:45:33	Michelle Maxted	637		F	Phoenix Striders
206	00:45:33	Kristina Root	66		F	Phoenix Striders
207	00:45:34	Carole Vinicombe	19		F	Phoenix Striders
208	00:45:35	Kim Vinicombe	18		M	Phoenix Striders
209	00:45:46	Skye Bennett	108		F	N/A
210	00:46:07	Janet Head	150		F	Pitsea Running Club
211	00:46:10	Tracey Warren	68		F	Pitsea Running Club
212	00:46:13	Kim Fallows	92		F	Pitsea Running Club
213	00:46:24	Karen White	72		F	Pitsea Running Club
214	00:46:41	Bonnie Fitch	95		F	N/A
215	00:46:42	Dalton Friend	106		M	N/A
216	00:48:03	Lorraine Borley	53		F	Phoenix Striders
217	00:48:33	Brea Bennett	107		F	N/A

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Place	Time	Name	ID	Cat	Gender	Club
218	00:52:52	Tracey Jones	78		F	Benfleet RC