



Phoenix Striders, EWT 10 / 5 / 1 - 2024

5k – 26/05/2024 – Results

1st Male – Abdu Akay, 1st Female – Hayley Case,

1st Male under 16 – Noah Goldsmith, 1st Female U16 – Carla Debenham

Place	Time	Name	ID	Cat	Gender	Club
1	00:21:49	Abdu Akay	30	Veteran	Male	
2	00:21:56	Paul Hagan	49	Veteran	Male	Phoenix Striders
3	00:22:53	Paul Berry	41	Veteran	Male	Thurrock Nomads
4	00:23:39	Keith Willett	50	Veteran	Male	Thurrock Harriers
5	00:23:59	Hayley Case	31	Veteran	Female	
6	00:25:11	Abbie Jones	59	Senior	Female	
7	00:26:34	Graeme Silcock	46	Senior	Male	
8	00:28:43	Kayleigh Sartin	28	Senior	Female	
9	00:29:18	Kai Pickford	6	Senior	Male	
10	00:30:35	Noah Goldsmith	45	U16	Male	
11	00:31:02	Amanda Tooley	24	Senior	Female	Thurrock Nomads
12	00:31:10	Jane Piper	17	Veteran	Female	Phoenix Striders
13	00:31:16	Ben Norcross	22	Senior	Male	
14	00:31:34	Molly Blake	56	Senior	Female	
15	00:31:34	Bailey White	43	Senior	Female	
16	00:33:04	Vince Gallagher	57	Veteran	Male	
17	00:34:15	Christopher Eates	23	Veteran	Male	Phoenix Striders
18	00:34:45	Nachhatar Singh	52	Senior	Male	
19	00:34:50	Adam Colbear	16	Senior	Male	
20	00:35:26	Shirley Dargan-Bloss	40	Veteran	Female	Thurrock Nomads
21	00:35:27	Parm Shina-Wisdom	38	Veteran	Female	Thurrock Nomads
22	00:35:30	Hannah Magner-Brown	47	Senior	Female	
23	00:35:31	Dennis Magner	48	Veteran	Male	
24	00:36:24	Nia Silcock	51	Senior	Female	
25	00:36:33	Lisa Sneader	39	Veteran	Female	Thurrock Nomads
26	00:36:47	Lisa Mitchell	9	Veteran	Female	
27	00:36:48	Dean Russell	60	Veteran	Male	Thurrock Nomads



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Place	Time	Name	ID	Cat	Gender	Club
28	00:38:24	Sarah Debenham	36	Veteran	Female	Phoenix Striders
29	00:38:35	Claire Dean	54	Veteran	Female	Phoenix Striders
30	00:38:54	Jess Pearce	8	Senior	Female	Phoenix Striders
31	00:39:28	Carla Debenham	37	U16	Female	Phoenix Striders
32	00:39:40	Chloe Catherine LingLing	12	Senior	Female	
33	00:39:54	Victoria Gallagher	58	Senior	Female	
34	00:39:57	Heidi Adams	32	Veteran	Female	
35	00:39:58	Nadia Gaut	42	Veteran	Female	
36	00:40:35	Michael Draper	21	Veteran	Male	
37	00:40:36	Jessica McClements	20	Senior	Female	
38	00:40:41	Emma Hallissey	44	Senior	Female	
39	00:41:16	Laura Roberts	25	Veteran	Female	
40	00:41:52	Andrew Gaut	55	Senior	Male	
41	00:42:00	Melissa Watson	2	Veteran	Female	Flyers Southend
42	00:43:04	Lorraine Borley	27	Veteran	Female	Phoenix Striders
43	00:46:22	Taylor Dunn	11	Senior	Male	
44	00:46:37	Patsy Datson	14	Veteran	Female	Phoenix Striders
45	00:46:42	David Datson	15	Veteran	Male	Phoenix Striders
46	00:46:56	Lee Massam	35	U16	Male	
47	00:46:57	David Massam	34	Veteran	Male	
48	00:47:15	Christine Egan	18	Veteran	Female	
49	00:47:38	Lorraine Sargent	10	Veteran	Female	Phoenix Striders
50	00:47:39	Claire Barrington	13	Veteran	Female	Phoenix Striders
51	00:49:41	Sarah Elphick	3	Veteran	Female	Billericay Striders
52	00:49:41	David Mills	53	Veteran	Male	Phoenix Striders
53	00:51:57	Isabel Elphick	7	Senior	Female	
54	00:52:01	Julie Colley	33	Veteran	Female	