



Phoenix Striders

Walking and Running Club, Basildon

1	0:17:55	211	Shane Boxall	M		City of Southend On Sea AC
2	0:18:58	166	John Wray	M		Leigh-on-Sea Striders
3	0:19:42	49	Oscar Farley	M		Billericay Striders
4	0:19:44	253	Sammo Nigh	M		Springfield Striders RC
5	0:20:08	66	Richard Leeson	M		Phoenix Striders
6	0:20:13	16	Michael Wilkes	M		Leigh-on-Sea Striders
7	0:20:20	175	James Ferrant	M		Pitsea Running Club
8	0:20:28	56	Tom McGarr	M		Leigh-on-Sea Striders
9	0:20:32	62	Alex Gauld	M		Pitsea Running Club
10	0:20:57	236	Sam Day	M	Y	Nuclear Races Striders
11	0:21:07	264	Ben Simmonds	M		Pitsea Running Club
12	0:21:08	24	Ian Toal	M		Leigh-on-Sea Striders
13	0:21:13	178	Michael Cook	M		Pitsea Running Club
14	0:21:24	226	Jimmy Justice	M		Phoenix Striders
15	0:21:32	21	John Evans	M		Corringham Running Club
16	0:21:36	136	Alan James	M		Phoenix Striders
17	0:21:40	8	Akay Abdu	M		Thurrock Nomads
18	0:21:46	287	Edward Hazelgrove	M	Y	
19	0:21:50	30	Ewan McFarlane	M		Phoenix Striders
20	0:22:02	210	Victoria Boxall	F		Leigh-on-Sea Striders
21	0:22:06	237	Thomas England	M	Y	Billericay Striders
22	0:22:11	245	Laura Wise	F		Pitsea Running Club
23	0:22:21	67	Robert King	M		
24	0:22:28	172	Nick Trencher	M		Thurrock Harriers
25	0:22:30	261	Archie Fay	M	Y	
26	0:22:30	46	Terry Gregory	M		Phoenix Striders
27	0:22:37	45	Francis Fuller	M		Phoenix Striders
28	0:22:40	218	Grant England	M		Billericay Striders
29	0:22:46	19	Michael Welsh	M		Thurrock Nomads
30	0:22:47	285	Chris Wayman	M		
31	0:22:49	232	Gareth Richards	M		Rochford Running Club
32	0:22:55	176	Ryan Bond	M		Pitsea Running Club
33	0:23:08	50	Paul Hagan	M		Phoenix Striders
34	0:23:36	248	Russell Edgings	M		Havering Tri
35	0:23:44	223	Greg Perry	M		
36	0:23:51	61	Stanley Lavers	M	Y	Pitsea Running Club
37	0:23:55	69	Danielle Robarte	F		Rochford Running Club
38	0:23:56	238	Ben Magee	M	Y	
39	0:24:00	259	Joe Foxen	M		Phoenix Striders
40	0:24:05	41	Martin Orford	M		Pitsea Running Club
41	0:24:16	29	Anthony Mann	M		Rochford Running Club
42	0:24:21	76	Chris Round	M		Pitsea Running Club
43	0:24:37	207	Tracey Cotton	F		Pitsea Running Club
44	0:24:43	244	Paul Aga	M		Pitsea Running Club
45	0:24:49	216	Nathalie Van Lagen	F		Nuclear Races Striders



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46	0:24:51	54	Joseph Smith	M		Pitsea Running Club
47	0:24:53	74	Siobhan Desmond	F		Basildon AC
48	0:25:04	40	Lee Hazelwood	M		Phoenix Striders
49	0:25:10	26	John Pumfrett	M		Phoenix Striders
50	0:25:12	71	David Trew	M		
51	0:25:14	204	Daniel Taylor	M		
52	0:25:17	63	Paul Hurn	M		Thurrock Nomads
53	0:25:24	55	Gary Rowlett	M		Thurrock Nomads
54	0:25:27	153	Natalie Simmons	F		
55	0:25:33	208	Niki Read	M		Leigh-on-Sea Striders
56	0:25:34	206	Phil Warner	M		Phoenix Striders
57	0:25:35	60	James Fallows	M	Y	Pitsea Running Club
58	0:25:35	240	Alfie Pearce	M	Y	
59	0:25:41	217	Neil Cornelius	M		Hockley Trail Runners
60	0:25:56	219	Bryan Magee	M		
61	0:26:04	28	John Mills	M		Rochford Running Club
62	0:26:10	70	Darren Tower	M		Pitsea Running Club
63	0:26:16	266	Rosie Baker	F		Rochford Running Club
64	0:26:23	275	Ryan Gauld	M		Pitsea Running Club
65	0:26:29	215	Jane Yellop	F		Pitsea Running Club
66	0:26:29	156	Colin Wilkinson	M		Phoenix Striders
67	0:26:31	159	Simon Lambert	M		Phoenix Striders
68	0:26:34	73	Dermot Desmond	M		Pitsea Running Club
69	0:26:38	203	Rachel Platt	F		
70	0:26:44	5	Neil Nills	M		Phoenix Striders
71	0:26:46	57	Faatemah Piperdy	F		Pitsea Running Club
72	0:26:46	48	Paul Omar	M		Pitsea Running Club
73	0:26:50	6	Michael Gould	M		Pitsea Running Club
74	0:26:57	161	Chris Emery	M		Pitsea Running Club
75	0:26:58	220	Catherine Magee	F		
76	0:27:11	283	David Everett	M		Fordy Runs
77	0:27:12	221	Daniel Clarkson	M		
78	0:27:19	258	Robin Groves	M		
79	0:27:20	249	Dave Lane	M		Phoenix Striders
80	0:27:23	68	Adam Stow	M		Pitsea Running Club
81	0:27:29	212	Holly Harris	F		Leigh-on-Sea Striders
82	0:27:40	265	Leigh Still	M		Thurrock Nomads
83	0:27:43	163	Bob Mills	M		Thurrock Nomads
84	0:27:45	235	Oscar MacDonald	M	Y	
85	0:27:51	197	Alasdair MacDonald	M		
86	0:27:52	138	David Nomads	M		Thurrock Nomads
87	0:27:54	154	Surgit Grewal	F		Thurrock Nomads
88	0:27:57	25	Mike Woodward	M		Pitsea Running Club
89	0:28:02	42	William Holman	M		
90	0:28:09	271	Jayden Bowes	M	Y	



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91	0:28:11	255	Victoria Furner	F		Thurrock Nomads
92	0:28:14	187	James Pittuck	M		Pitsea Running Club
93	0:28:16	150	Jo Pearce	F		Phoenix Striders
94	0:28:17	171	Heidi Trencher	F		Thurrock Nomads
95	0:28:22	189	Simon Constable	M		Basildon AC
96	0:28:29	274	Emilia Russell	F		
97	0:28:30	286	Jonathon Hazelgrove	M		
98	0:28:41	213	Ann Reed	F		Pitsea Running Club
99	0:28:44	252	Jason Merrick	M		
100	0:28:45	72	Hiren Amin	M		Pitsea Running Club
101	0:28:48	256	David Cant	M		Pitsea Running Club
102	0:28:49	1	Scott Smith	M		Pitsea Running Club
103	0:28:49	7	Ruth Roberts	F		Phoenix Striders
104	0:28:50	278	Kerry Slessor	F		Leigh-on-Sea Striders
105	0:28:52	64	Kay Hurn	F		
106	0:28:53	14	Charlie Newell	M		
107	0:28:54	180	Scott Burgess	M		Rochford Running Club
108	0:28:56	181	John Wood	M		Rochford Running Club
109	0:28:58	27	Debra Pumfrett	F		Phoenix Striders
110	0:29:01	2	Alastair Kendrick	M		Southend Running Club
111	0:29:08	231	Nigel Street	M		
112	0:29:14	280	Simon Hainsworth	M		Leigh-on-Sea Striders
113	0:29:19	36	Charley Lesslie	F		Phoenix Striders
114	0:29:26	18	Julie Lester	F		Thurrock Nomads
115	0:29:26	13	Malcolm Woodhouse	M		Leigh-on-Sea Striders
116	0:29:27	15	Ethan Woodhouse	M		Leigh on Sea
117	0:29:29	4	Robert Monger	M		Phoenix Striders
118	0:29:51	65	Verity Hill	F		Phoenix Striders
119	0:29:57	37	Claire Fraser	F		Phoenix Striders
120	0:30:02	20	Nicola Jaques	F		Pitsea Running Club
121	0:30:15	277	Paula Harley	F		Thurrock Nomad
122	0:30:21	229	Lisa Garner	F		Phoenix Striders
123	0:30:29	239	Oliver Street	M	Y	
124	0:30:29	230	Lynsey Gray	F		Phoenix Striders
125	0:30:40	157	Steve Lovett	M		Phoenix Striders
126	0:30:51	34	Faye Scott	F		Thurrock Nomads
127	0:30:57	247	Dan Hutson	M		Phoenix Striders
128	0:30:58	250	Rachel Gittins	F		Phoenix Striders
129	0:31:01	282	Alan Connelly	M		
130	0:31:03	185	Jack Huggins	M		
131	0:31:26	201	Kathryn Curtis	F		
132	0:31:47	137	Nicky Onslow	M		
133	0:31:52	284	Karen O'Brien	F		
134	0:31:52	160	Mark Mager	M		
135	0:32:15	43	Tom Donnelly	M		



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136	0:32:20	260	Hazel Fay	F		Phoenix Striders
137	0:32:22	184	Chris Huggins	M		Pitsea
138	0:32:37	225	Max Attack	M		
139	0:32:49	254	Julie Furmer	F		Thurrock Nomads
140	0:33:03	53	Lucy Ringshall	F		Phoenix Striders
141	0:33:07	183	Karen Wright	F		Rochford running club
142	0:33:13	281	Duncan Russell	M		Phoenix Striders
143	0:33:15	214	Paul Reed	M		Pitsea Running Club
144	0:33:25	165	Emma Pipe	F		
145	0:33:26	164	Simon Pipe	M		
146	0:33:27	47	Mark Gillam	M		Thurrock Nomads
147	0:33:30	224	James Bristow	M		
148	0:33:32	267	Michael Groombridge	M		Pitsea Running Club
149	0:33:41	22	Laura-May Hatfield	F		Phoenix Striders
150	0:33:57	243	Chloe Trigg	F		
151	0:33:57	242	Emma Gadlin	F		
152	0:33:58	241	Beth Gadlin	F		Pitsea Running Club
153	0:34:31	162	Harry Monk	M		Thurrock Nomads
154	0:34:36	23	Gemma Tweedie	F		Phoenix Striders
155	0:34:39	151	John Pearce	M		Pitsea Running Club
156	0:34:40	279	Desmond Fox	M		
157	0:34:49	262	Magdalena Lech	F		Phoenix Striders
158	0:34:56	158	Cherry Box	F		Pitsea Running Club
159	0:35:18	75	Clair Medhurst	F		Hockley Trail Runners
160	0:35:31	51	Janet Head	F		Pitsea Running Club
161	0:35:33	52	Dean Russell	M		Thurrock Nomads
162	0:35:44	168	Teresa Flannigan	F		East Essex Tri
163	0:35:49	179	Julie Desso	F		Billericay Striders
164	0:36:01	174	Maisie White	F	Y	
165	0:36:01	17	Derek Appleton	M		Phoenix Striders
166	0:36:02	227	Nicola Maslen	F		Phoenix Striders
167	0:36:03	35	Eleanor Carmichael	F		Leigh-on-Sea Striders
168	0:36:11	173	John White	M		Pitsea Running Club
169	0:36:13	155	John Mahoney	M		Thurrock Nomads
170	0:36:27	263	David Davidson	M		Pitsea Running Club
171	0:36:29	31	Maxine Seward	F		Phoenix Striders
172	0:36:31	59	Chris Shaw	M		Thurrock Nomads
173	0:36:46	234	Sue Allen	F		Pitsea Running Club
174	0:36:51	199	Tiffany Prince	F		
175	0:36:59	186	Charlotte Desso	F		Billericay Striders
176	0:37:08	273	Ian Mizen	M		Phoenix Striders
177	0:38:02	169	Shirley Dargan-Bloss	F		Thurrock Nomads
178	0:38:03	198	Sara Darbro	F		Thurrock Nomads
179	0:38:20	139	Helen Olley	F		Rochford Running Club
180	0:38:33	3	Peter Woodard	M		Thurrock Nomads



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181	0:38:46	39	Michelle Holman	F		Phoenix Striders
182	0:38:55	146	Emily Cox	F		
183	0:38:55	147	Chloe Brown	F		
184	0:38:59	152	Cheryl Goode	F		Pitsea Running Club
185	0:39:17	251	Eddie Murphy	M		
186	0:40:19	272	Steven Bowers	M		
187	0:40:33	38	Lorraine Borley	F		Phoenix Striders
188	0:41:05	44	Becky Ely	F		
189	0:41:13	12	Maxine Newell	F		Phoenix Striders
190	0:41:35	170	Siobhan Clarke	F		Thurrock Nomads
191	0:41:40	257	Shelly Edmeades	F		Rochford Running Club
192	0:41:50	246	Christina Didham	F		Phoenix Striders
193	0:41:53	11	Carole Vinicombe	F		Phoenix Striders
194	0:42:02	9	Julie King	F		Pitsea Running Club
195	0:42:09	167	Kelly Pegram	F		
196	0:42:22	205	Ray Challis	M		Phoenix Striders
197	0:42:27	182	Caroline Smith	F		Rochford Running Club
198	0:43:17	33	Ella Price	F		
199	0:43:18	32	Chris Humphrey	M		
200	0:43:47	276	Lisa Mitchell	F		Thurrock Nomads
201	0:44:33	177	Tracey Warren	F		Pitsea Running Club
202	0:44:34	10	Kim Vinicombe	M		Phoenix Striders
203	0:44:36	58	Kim Shead-Fallows	F		Pitsea Running Club
204	0:45:14	228	Rachel Pepper	F		Pitsea Running Club
205	0:45:15	269	Rosemary Russell	F		Rochford Running Club
206	0:46:07	268	Ken Carey	M		Pitsea Running Club
207	0:47:33	200	Alan Prince	M		