



Phoenix Striders

Walking and Running Club, Basildon

Summer Series Rd 4 July 2025

POS	TIME	BIB	NAME	GENDER	U16	CLUB
1	0:18:35	128	John Wray	M		Leigh-on-Sea Striders
2	0:18:56	118	Hamza Zahir	M		leigh on sea striders
3	0:20:14	108	James Ferrant	M		Pitsea Running Club
4	0:20:32	195	Harrison Dessoy	M		
5	0:20:41	96	Tom McGarr	M		Leigh-on-Sea Striders
6	0:21:00	126	Akay Abdu	M		Thurrock Nomads
7	0:21:04	139	Ewan McFarlane	M		Phoenix Striders
8	0:21:25	244	Ian Toal	M		Leigh-on-Sea Striders
9	0:21:34	211	Edward Hazelgrove	M	Y	
10	0:21:37	78	Thomas England	M	Y	Billericay Striders
11	0:21:40	83	Jimmy Justice	M		Phoenix Striders
12	0:21:41	209	David Jellett	M		Rochford Running Club
13	0:21:44	170	Tom Overing	M		Rochford Running Club
14	0:22:02	52	Victoria Boxall	F		Leigh-on-Sea Striders
15	0:22:10	85	Michael Cook	M		Pitsea Running Club
16	0:22:15	197	Sarah Blockley	F		
17	0:22:24	53	Sam Day	M	Y	Nuclear Races Striders
18	0:22:33	190	Laura Wise	F		Pitsea Running Club
19	0:22:40	171	Gareth Richards	M		Rochford Running Club
20	0:22:52	65	Adam Armour	M	Y	Brentwood Beagles AC
21	0:22:53	77	Grant England	M		Billericay Striders
22	0:23:05	125	Stanley Lavers	M	Y	Pitsea Running Club
23	0:23:15	107	Neal Clark	M		Phoenix Striders
24	0:23:24	123	Tony Lavers	M		Pitsea Running Club
25	0:23:33	60	Chris Round	M		Pitsea Running Club
26	0:23:44	142	Siobhan Desmond	F		Basildon AC
27	0:23:53	258	Archie Fay	M	Y	
28	0:23:58	207	Ryan Bond	M		Pitsea Running Club
29	0:24:04	189	Daniel Taylor	M		
30	0:24:10	168	Mike Woodward	M		Pitsea Running Club
31	0:24:18	251	Elliott Jenkins	M	Y	
32	0:24:21	127	tony hyde	M		Pitsea Running Club
33	0:24:25	54	Nathalie Van Lagen	F		Nuclear Races Striders
34	0:24:30	256	Chris Humphrey	M		
35	0:24:32	111	Matt Butler	M		Thurrock Nomads
36	0:24:46	269	Louis Hull	M	Y	
37	0:24:52	71	Ben Magee	M	Y	
38	0:24:55	94	Thomas Carpenter	M		
39	0:24:59	166	Justin Burton	M		Castle Point Joggers
40	0:25:04	98	Tracey Cotton	F		Pitsea Running Club
41	0:25:16	245	John Pumfrett	M		Phoenix Striders
42	0:25:26	208	David Trew	M		
43	0:25:40	51	Anthony Mann	M		Rochford Running Club
44	0:25:43	124	Joseph Smith	M		Pitsea Running Club
45	0:25:46	182	David Everett	M		Fordy Runs
46	0:25:47	75	Neil Cornelius	M		Hockley Trail Runners
47	0:25:49	250	Adam Jenkins	M	Y	
48	0:25:50	133	Lee Hazelwood	M		Phoenix Striders
49	0:25:56	210	Jonathon Hazelgrove	M		
50	0:26:00	138	Ernest Mulryne	M		Kingswood Running Club
51	0:26:18	67	Daniel Clarkson	M		

52	0:26:22	249	John Wood	M		
53	0:26:23	198	Oliver McMeeking	M	Y	
54	0:26:25	254	Benjy Jenkins	M	Y	
55	0:26:30	68	Catherine Magee	F		
56	0:26:41	69	Bryan Magee	M		
57	0:26:45	270	Cameron Hodges	M	Y	
58	0:26:46	137	Gary Rowlett	M		Thurrock Nomads
59	0:26:47	140	Charlotte Killingback	F		Pitsea Running Club
60	0:26:48	109	Scott Smith	M		Pitsea Running Club
61	0:26:50	169	Gracie wade	F		Pitsea Running Club
62	0:26:54	130	Simon Pipe	M		
63	0:26:57	143	Paul Hurn	M		Thurrock Nomads
64	0:27:09	264	Nigel Street	M		
65	0:27:12	73	Jane Yellop	F		Pitsea Running Club
66	0:27:15	46	Alasdair MacDonald	M		
67	0:27:17	173	John Mills	M		Rochford Running Club
68	0:27:28	135	William Holman	M		
69	0:27:31	176	Rosie Baker	F		Rochford Running Club
70	0:27:33	106	Neil Nills	M		Phoenix Striders
71	0:27:36	240	Graham Humphreys	M		Thurrock Nomads
72	0:27:38	95	Dave Lane	M		Phoenix Striders
73	0:27:41	81	aatemah-Zehra Piperd	F		Pitsea Running Club
74	0:27:58	241	Brent Wright	M		Thurrock Nomads
75	0:28:06	102	Jo Pearce	F		Phoenix Striders
76	0:28:19	141	Dermot Desmond	M		Pitsea Running Club
77	0:28:29	47	Simon Constable	M		Basildon AC
78	0:28:30	265	Heidi Trencher	F		Thurrock Nomads
79	0:28:41	246	Debra Pumfrett	F		Phoenix Striders
80	0:28:44	134	Simon Hainsworth	M		Leigh-on-Sea Striders
81	0:28:46	243	Collette Toal	F		Leigh-on-Sea Striders
82	0:28:58	119	Lydia Bazzard	F		Dengie Runners
83	0:29:01	105	Lynsey Gray	F		Phoenix Striders
84	0:29:03	183	Martin Keeble	M		Fordy Runs
85	0:29:06	48	Dan Hutson	M		Phoenix Striders
86	0:29:14	136	Bettina Maccariello	F		Thurrock Nomads
87	0:29:20	188	Claire Fraser	F		Phoenix Striders
88	0:29:30	90	Claire Hitchcock	F		Phoenix Striders
89	0:29:33	70	Emily Magee	F		
90	0:29:45	194	Verity Hill	F		Phoenix Striders
91	0:29:46	268	Lesley Jenkins	F		Pitsea Running Club
92	0:29:47	212	Samantha Thompson	F		
93	0:29:50	167	Tina Burton	F		Castle Point Joggers
94	0:29:51	266	Faye Scott	F		Thurrock Nomads
95	0:29:54	79	Hiren Amin	M		Pitsea Running Club
96	0:29:58	122	Dave Tapsell	M		Phoenix Striders
97	0:30:00	204	Mark Benham	M		Flyers Southend
98	0:30:01	191	Alan Connelly	M		
99	0:30:08	72	Chris Emery	M		Pitsea Running Club
100	0:30:10	242	Alastair Kendrick	M		Southend Running Club
101	0:30:11	113	Robert Monger	M		Phoenix Striders
102	0:30:13	49	Mark Mager	M		Pitsea Running Club
103	0:30:14	255	Milo Spyro	M	Y	
104	0:30:15	97	Mark Holmes	M		Phoenix Striders
105	0:30:32	184	Victoria Walsh-Herranz	F		Pitsea Running Club
106	0:30:48	205	Natalie Packer	F		
107	0:30:49	206	Bobby Packer	M		

108	0:31:00	80	James Bristow	M	
109	0:31:07	104	Chloe Pearce	F	Phoenix Striders
110	0:31:08	202	Gemma Sier	F	Phoenix Striders
111	0:31:09	187	Charley Lesslie	F	Phoenix Striders
112	0:31:09	201	Caroline Lionel	F	Phoenix Striders
113	0:31:29	263	Steve Richardson	M	Thurrock Nomads
114	0:31:34	101	Neal Beaumont	M	Dengie 100 Runners
115	0:31:34	84	Michael Groombridge	M	Pitsea Running Club
116	0:31:52	257	Hazel Fay	F	Phoenix Striders
117	0:31:57	193	Lucy Ringshall	F	Phoenix Striders
118	0:32:12	55	Kathryn Curtis	F	
119	0:32:13	92	Max Attack	M	
120	0:32:18	262	Joann Jack	F	Thurrock Nomads
121	0:32:49	273	Cherry Box	F	Pitsea Running Club
122	0:32:50	59	Robin Hardy	M	
123	0:33:04	275	Fae Footer	F	
124	0:33:14	238	Duncan Russell	M	Phoenix Striders
125	0:33:21	114	Mark Gillam	M	Thurrock Nomads
126	0:33:36	271	Lisa Hinbest	F	
127	0:33:38	117	Chris McDonald	M	Dengie 100 Runners
128	0:33:57	181	Nick Searle	M	Dengie 100 Runners
129	0:34:24	82	Beth Gadlin	F	Pitsea Running Club
130	0:34:27	214	Terry Whalley	M	
131	0:34:36	103	John Pearce	M	Pitsea Running Club
132	0:34:39	121	Laura McDermott	F	Benfleet RC
133	0:35:08	62	Jack Pittman	M	
134	0:35:09	93	Lindsay Oliver	F	
135	0:35:14	185	Robbie Watson-Levey	M	
136	0:35:15	248	Harry Monk	M	Thurrock Nomads
137	0:35:17	186	Vikki Chilveirs	F	
138	0:35:19	272	Clair Medhurst	F	Hockley Trail Runners
139	0:35:29	99	Elizabeth Cox	F	Pitsea Running Club
140	0:35:31	58	Amanda Tooley	F	Pitsea Running Club
141	0:35:49	178	Helen Olley	F	Rochford Running Club
142	0:35:56	112	John Mahoney	M	Thurrock Nomads
143	0:35:59	239	Parm Shina-Wilson	F	Thurrock Nomads
144	0:36:03	132	Niamh Pipe	F	
145	0:36:04	131	Emma Pipe	F	
146	0:36:06	110	John White	M	Pitsea Running Club
147	0:36:08	116	Chris Shaw	M	Thurrock Nomads
148	0:36:13	57	Leo Tooley	M	Y Vegan Runners UK
149	0:36:14	267	Ian Mizen	M	Phoenix Striders
150	0:36:22	199	John Parker	M	Phoenix Striders
151	0:36:42	129	Theo Suga	F	Phoenix Striders
152	0:36:47	274	Eleanor Carmichael	F	Leigh-on-Sea Striders
153	0:36:48	76	Sue Allen	F	Pitsea Running Club
154	0:36:57	120	Tracey Jones	F	Benfleet RC
155	0:37:07	213	Tim Thompson	M	
156	0:37:09	196	Julie Desso	F	
157	0:37:24	247	Lorraine Borley	F	Phoenix Striders
158	0:37:52	100	Joscelyn McInnes	F	Dengie 100 Runners
159	0:38:37	91	Tiffany Prince	F	
160	0:39:33	115	Peter Woodard	M	Thurrock Nomads
161	0:39:56	200	Michelle Holman	F	Phoenix Striders
162	0:40:21	61	Michelle Maxted	F	Phoenix Striders
163	0:40:56	87	Steve Bowen	M	Phoenix Striders

