

**Thameside 10/5/1 - 5K : 25 May 2025**

Place	Time	Name	ID	Cat	Gender	Club
1	00:18:41	Robert Vinicombe	390	Veteran	Male	
2	00:19:31	Chris Cook	398	Senior	Male	Corringham Running Club
3	00:20:50	Akay Abdu	375	Veteran	Male	Thurrock Nomads
4	00:20:58	David Massam	367	Veteran	Male	
5	00:22:03	Paul Hagan	399	Veteran	Male	Phoenix Striders
6	00:23:12	Michael Welsh	387	Veteran	Male	Thurrock Nomads
7	00:23:23	Lee Massam	368	Under 16	Male	
8	00:24:01	Paul Mitchell	259	Veteran	Male	Thurrock Harriers
9	00:25:17	Graham Jones	397	Veteran	Male	Billericay Striders
10	00:26:40	Emilia Russell	405	Veteran	Female	
11	00:27:12	Samantha Thompson	221	Senior	Female	
12	00:27:21	Olivia Atkinson	388	Under 16	Female	City of Southend On Sea AC
13	00:27:26	Leigh Still	403	Veteran	Male	Thurrock Nomads
14	00:28:09	Robert Goode	396	Senior	Male	Pitsea Running Club
15	00:28:34	Nicola Jaques	383	Senior	Female	Pitsea Running Club
16	00:28:56	Sam Halsey	395	Senior	Male	
17	00:29:17	Molly Blake	377	Senior	Female	
18	00:29:17	Bailey White	376	Senior	Female	
19	00:29:26	Tim Thompson	222	Senior	Male	
20	00:30:53	Lizzie-Beth Garraghan	381	Veteran	Female	Barking Road Runners
21	00:30:54	Adam Colbear	369	Senior	Male	
22	00:31:11	Harry Parker	371	Senior	Male	Thurrock Harriers
23	00:32:22	Jacob Desso	380	Senior	Male	
24	00:32:57	John Pearce	394	Veteran	Male	Pitsea Running Club
25	00:32:59	Clare Sturgess	385	Veteran	Female	Thurrock Nomads
26	00:34:04	Sara Darbo	402	Veteran	Female	Thurrock Nomads
27	00:34:13	Melanie Enever-Dodd	273	Veteran	Female	
28	00:34:23	Tracey White	365	Veteran	Female	
29	00:35:18	Amanda Hamilton	378	Veteran	Female	
30	00:36:53	Hannah Magner-Brandon	266	Senior	Female	
31	00:36:54	Denis Magner	269	Veteran	Male	
32	00:37:16	Jessica McClements	363	Senior	Female	
33	00:37:17	Michael Draper	362	Veteran	Male	
34	00:38:04	Siobhan Clarke	404	Veteran	Female	Thurrock Nomads



**Phoenix Striders**  
Walking and Running Club, Basildon

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Place	Time	Name	ID	Cat	Gender	Club
35	00:39:17	Lisa Mitchell	374	Veteran	Female	
36	00:39:26	Julie King	400	Veteran	Female	Pitsea Running Club
37	00:39:29	Robert Dessoy	379	Veteran	Male	
38	00:40:11	Lianne Stanley	389	Senior	Female	
39	00:41:57	Raymond Challis	366	Veteran	Male	Phoenix Striders
40	00:42:13	Rachel Pepper	382	Veteran	Female	Pitsea Running Club
41	00:43:20	Carole Vinicombe	392	Veteran	Female	Phoenix Striders
42	00:43:21	Kim vinicombe	391	Veteran	Male	
43	00:43:43	Natalie Delucia	393	Senior	Female	
44	00:44:06	Tracey Warren	401	Veteran	Female	Pitsea Running Club
45	00:44:24	Christine Egan	370	Veteran	Female	
46	00:44:53	Tayler Dunn	372	Senior	Male	Phoenix Striders
47	00:46:42	Lorraine Sargent	373	Veteran	Female	Phoenix Striders
48	00:51:36	Allan Penstone	386	Veteran	Male	