



Phoenix Striders

Walking and Running Club, Basildon

Summer Series Rd 3 June 2025

POS	TIME	BIB	NAME	GENDER	U16	CLUB
1	0:18:02	212	Shane Boxall	M		City of Southend On Sea AC
2	0:18:52	282	John Wray	M		Leigh-on-Sea Striders
3	0:18:57	38	Hamza Zahir	M		Rochford Running Club
4	0:19:16	270	Robert Vinicombe	M		
5	0:20:17	261	Tom McGarr	M		Leigh-on-Sea Striders
6	0:20:27	262	Michael Wilkes			Leigh-on-Sea Striders
7	0:20:46	132	Ben Simmonds	M		Pitsea Running Club
8	0:20:51	226	Alex Gauld	M		Pitsea Running Club
9	0:20:57	247	Akay Abdu	M		Thurrock Nomads
10	0:21:08	198	James Ferrant	M		Pitsea Running Club
11	0:21:41	266	Ewan McFarlane	M		Phoenix Striders
12	0:21:44	219	Kofi Cham	M		
13	0:21:45	20	Thomas England	M	Y	Billericay Striders
14	0:21:53	42	Victoria Boxall	F		Leigh-on-Sea Striders
15	0:22:02	207	Lee James	M		Lonley Goat
16	0:22:09	145	Laura Wise	F		Pitsea Running Club
17	0:22:17	243	Tom Overing	M		Rochford Running Club
18	0:22:23	18	David Jellett	M		Rochford Running Club
19	0:22:26	246	Terry Gregory	M		Phoenix Striders
20	0:22:37	204	RichardSmith	M		Dengie Runners
21	0:23:15	280	Nick Trencher	M		Thurrock Harriers
22	0:23:18	238	Gareth Richards	M		Rochford Running Club
23	0:23:19	251	Ryan Bond	M		Pitsea Running Club
24	0:23:27	284	Chris Round	M		Pitsea Running Club
25	0:23:47	240	Mike Woodward	M		Pitsea Running Club
26	0:23:52	19	Grant England	M		Billericay Striders
27	0:23:53	225	Ryan Gauld	M		Pitsea Running Club
28	0:23:59	41	Neal Clark	M		Phoenix Striders
29	0:24:03	260	Russell Edgings	M		Havering Tri
30	0:24:13	29	Daniel Taylor	M		
31	0:24:15	295	Neil Hubbard	M		Leigh-on-Sea Striders
32	0:24:18	202	Martin Orford	M		Pitsea Running Club
33	0:24:24	17	Michael Welsh	M		Thurrock Nomads
34	0:24:35	293	Chris Humphrey	M		
35	0:24:40	221	Matt Butler	M		Thurrock Nomads
36	0:24:48	115	Joe Foxen	M		Phoenix Striders
37	0:24:52	32	Nick Leech	M		
38	0:24:57	144	Philip Warner	M		Phoenix Striders
39	0:24:59	110	Sam Day	M	Y	Nuclear Races Striders
40	0:24:59	201	John Pumfrett	M		Phoenix Striders
41	0:25:00	192	Rachel Flannigan	F		Phoenix Striders
42	0:25:03	22	Tracey Cotton	F		Pitsea Running Club
43	0:25:20	141	Nathalie Van Lagen	F		Nuclear Races Striders
44	0:25:25	34	Siobhan Desmond	F		Basildon AC
45	0:25:40	190	Natalie Simmons	F		
46	0:25:55	227	Spencer Lewis	M		Phoenix Striders
47	0:26:09	271	Simon Pipe	M		
48	0:26:12	27	Rachel Platt	F		
49	0:26:13	24	Lee Wall	M		Thurrock Nomads
50	0:26:23	114	Archie Fay	M	Y	
51	0:26:24	140	Darren Tower	M		Pitsea Running Club

52	0:26:40	126	Alfie Pearce	M	Y	
53	0:26:41	298	David Everett	M		Fordy Runs
54	0:26:48	281	Richard Jones	M		Daws Heath Harriers
55	0:26:49	220	Ernest Mulryne	M		Kingswood Running Club
56	0:27:06	233	David Blockley	M		Leigh-on-Sea Striders
57	0:27:07	208	David Adams	M		Thurrock Nomads
58	0:27:15	119	James Hilliard	M		Daws Heath Harriers
59	0:27:25	106	Simon Constable	M		Basildon AC
60	0:27:26	16	Richard Haidon	M		Dagenham 88
61	0:27:30	33	Dermot Desmond	M		Pitsea Running Club
62	0:27:32	121	Alasdair MacDonald	M		
63	0:27:35	237	Scott Smith	M		Pitsea Running Club
64	0:27:43	205	Graham Humphreys	M		Thurrock Nomads
65	0:27:44	210	Victoria Peacock	F		Thurrock Nomads
66	0:27:48	149	Jane Yellop	F		Pitsea Running Club
67	0:27:54	194	Dave Spain	M		Daws Heath Harriers
68	0:27:56	148	Jon Wood	M		Rochford Running Club
69	0:28:04	43	Nicol Linnell	F		Thurrock Nomads
70	0:28:07	269	Victoria Hopkins	F		East Essex Tri
71	0:28:08	23	Jonathon Hazelgrove	M		
72	0:28:16	254	Jayden Bowes	#N/A	#N/A	#N/A
73	0:28:20	5	William Holman	M		
74	0:28:23	300	Surgit Grewal	F		Thurrock Nomads
75	0:28:26	118	Holly Harris	F		Leigh-on-Sea Striders
76	0:28:31	224	Emilia Russell	F		
77	0:28:34	186	Colin Wilkinson	M		Phoenix Striders
78	0:28:49	31	Gary Rowlett	M		Thurrock Nomads
79	0:28:53	1	James Price	M		Pitsea Running Club
80	0:29:02	179	Ruth Roberts	F		Phoenix Striders
81	0:29:07	143	Victoria Walsh-Herranz	F		Pitsea Running Club
82	0:29:08	128	Faatemah Piperdy	F		Pitsea Running Club
83	0:29:11	200	Debra Pumfrett	F		Phoenix Striders
84	0:29:11	279	Heidi Trencher	F		Thurrock Nomads
85	0:29:14	297	Bettina Maccariello	F		Thurrock Nomads
86	0:29:14	112	Chris Emery	M		Pitsea Running Club
87	0:29:15	3	Kay Hurn	F		Thurrock Nomads
88	0:29:17	289	Collette Toal	F		Leigh-on-Sea Striders
89	0:29:17	288	Ian Toal	M		Leigh-on-Sea Striders
90	0:29:28	25	Jason Merritt	M		
91	0:29:37	206	Brent Wright	M		Thurrock Nomads
92	0:29:38	229	Jo Pearce	F		Phoenix Striders
93	0:29:39	216	Claire Fraser	F		Phoenix Striders
94	0:29:43	12	Gavin Wilkins	M		
95	0:29:47	287	Neil Beaumont	M		Dengie 100 Runners
96	0:29:49	257	Victoria Furner	F		Thurrock Nomads
97	0:29:50	188	Justin Macal	M		Daws Heath Harriers
98	0:30:05	235	Alastair Kendrick	M		Southend Running Club
99	0:30:16	258	Lee Levey	M	Y	
100	0:30:26	120	Steve Lovett	M		Phoenix Striders
101	0:30:30	187	Lynsey Gray	F		Phoenix Striders
102	0:30:34	273	Tina Burton	F		Castle Point Joggers
103	0:30:35	189	adebola adediran	F		Pitsea Running Club
104	0:30:37	195	Kevin Steed	M		Daws Heath Harriers
105	0:30:40	122	Oscar MacDonald	M	Y	
106	0:30:41	245	Mark Benham	M		Flyers Southend
107	0:30:48	299	Alan Connelly	M		

108	0:30:51	193	Nicola Jaques	F		Pitsea Running Club
109	0:30:55	274	Julie Lester	F		Thurrock Nomads
110	0:30:58	14	Faye Scott	F		Thurrock Nomads
111	0:31:11	108	Kathryn Curtis	F		
112	0:31:15	252	Eleanor Carmichael	F		Leigh-on-Sea Striders
113	0:31:18	263	Malcolm Woodhouse	M		Leigh-on-Sea Striders
114	0:31:20	36	Gina Mason	F		Daws Heath Harriers
115	0:31:32	215	Rachel Gittins	F		Phoenix Striders
116	0:31:34	241	Lydia Bazzard	F		Dengie Runners
117	0:31:43	283	Natalie Packer	F		
118	0:31:52	222	Mark Mager	M		Pitsea Running Club
119	0:32:06	197	Steve Ferrant	M		Pitsea Running Club
120	0:32:10	232	Rob Monger	M		Phoenix Striders
121	0:32:14	277	Vikki Vincent	F		Phoenix Striders
122	0:32:24	244	Nicki Benham	F		Flyers Southend
123	0:32:25	242	Steven Walker	M		Thurrock Nomads
124	0:32:25	113	Hazel Fay	F		Phoenix Striders
125	0:32:27	213	Remi Wood	F		Thurrock Nomads
126	0:32:28	103	James Bristow	M		
127	0:32:36	231	Chloe Pearce	F		Phoenix Striders
128	0:32:36	291	Lucy Ringshall	F		Phoenix Striders
129	0:32:39	102	Hiren Amin	M		Pitsea Running Club
130	0:32:44	196	Joann Jack	F		Thurrock Nomads
131	0:32:48	278	Cherry Box	F		Pitsea Running Club
132	0:32:54	228	Sally Witham	F		Phoenix Striders
133	0:33:10	250	Magdalena Miedlar	F		Thurrock Nomads
134	0:33:27	275	Mark Gillam	M		Thurrock Nomads
135	0:33:29	248	Jan Steed	F		Daws Heath Harriers
136	0:33:37	117	Robin Hardy	M		
137	0:33:46	264	Jenna Gomez	F		Daws Heath Harriers
138	0:33:55	26	Neil Atkinson	M		
139	0:34:02	13	Fae Footer	F		
140	0:34:36	272	Emma Pipe	F		
141	0:34:37	134	Oliver Street	M	Y	
142	0:34:38	268	Mark Challis	M		Thurrock Nomads
143	0:34:41	133	Nigel Street	M		
144	0:34:44	223	Nicola Newnes	F		Pitsea Running Club
145	0:34:52	40	Jo Sinfield	F		Pitsea Running Club
146	0:35:03	296	Steve Richardson	M		Thurrock Nomads
147	0:35:43	285	Elaine Odlin	F		Dengie 100
148	0:35:47	107	Elizabeth Cox	F		Pitsea Running Club
149	0:35:56	30	Jane Piper	F		Phoenix Striders
150	0:36:10	234	Harry Monk	M		Thurrock Nomads
151	0:36:15	239	John White	M		Pitsea Running Club
152	0:36:25	230	John Pearce	M		Pitsea Running Club
153	0:36:33	265	John Mahoney	M		Thurrock Nomads
154	0:36:35	218	Charlotte Dessoy	F		
155	0:36:53	123	Nicola Maslen	F		Phoenix Striders
156	0:37:03	259	Robbie Watson-Levey	M	Y	
157	0:37:06	286	Joscelyn McInnes	F		Dengie 100 Runners
158	0:37:13	199	Jessica McClements	F		
159	0:37:17	253	Hayley Sharman	F		
160	0:37:19	292	Ian Mizen	M		Phoenix Striders
161	0:37:27	37	Clair Medhurst	F		Hockley Trail Runners
162	0:37:31	101	Sue Allen	F		Pitsea Running Club
163	0:37:37	129	Jack Pittman	M		

