



Phoenix Striders

Walking and Running Club, Basildon

Summer Series Rd 1 April 2025

POS	TIME	BIB	NAME	GENDER	U16	CLUB
1	0:18:16	Shane Boxall	548	M		City of Southend On Sea AC
2	0:18:53	Matthew Houchell	44	M		Basildon RC
3	0:18:57	John Wray	10	M		Leigh-on-Sea Striders
4	0:19:21	Oscar Farley	171	M		Billericay Striders
5	0:19:32	Sammo Nigh	141	M		Springfield Striders RC
6	0:19:47	Tom McGarr	33	M		Leigh-on-Sea Striders
7	0:20:03	James Ferrant	43	M		Pitsea Running Club
8	0:20:32	Alex Gauld	105	M		Pitsea Running Club
9	0:20:35	John Earle-Sodhi	24	M		Leigh-on-Sea Striders
10	0:20:39	Richard Lesson	183	M		Phoenix Striders
11	0:20:41	Ian Toal	41	M		Leigh-on-Sea Striders
12	0:20:53	Sarah Blockley	23	F		N/A
13	0:20:56	Daisy Watson	144	F		Benfleet RC
14	0:21:00	Mathew Stanley	550	M		N/A
15	0:21:09	Ben Simmonds	89	M		Pitsea Running Club
16	0:21:13	Michael Cook	159	M		Pitsea Running Club
17	0:21:16	John Evans	174	M		Thurrock Nomads
18	0:21:23	Louis McQuade	99	M		N/A
19	0:21:36	Akay Abdu	12	M		Thurrock Nomads
20	0:21:55	Joanna Bolton	62	F		Billericay Striders
21	0:22:06	Perry Cordery	54	M		Phoenix Striders
22	0:22:18	Victoria Boxall	649	F		Leigh-on-Sea Striders
23	0:22:38	Freddie Hick	123	M	U 16	N/A
24	0:22:42	Grant England	155	M		Billericay Striders
25	0:22:43	Sam Day	647	M	U 16	Nuclear Races Striders
26	0:22:46	Francis Fuller	5	M		Phoenix Striders
27	0:22:52	Archie Fay	161	M	U 16	N/A
28	0:23:04	Laura Wise	94	F		Pitsea Running Club
29	0:23:04	Paul Hagan	4	M		Phoenix Striders
30	0:23:24	Michael Welsh	164	M		Thurrock Nomads
31	0:23:36	Nick trencher	111	M		Thurrock Harriers
32	0:23:41	Neil Hubbard	192	M		Leigh-on-Sea Striders
33	0:23:42	Mark Butler	29	M		Thurrock Nomads
34	0:23:46	Ryan Bond	152	M		Pitsea Running Club
35	0:23:53	Joe Foxen	80	M		Phoenix Striders
36	0:23:58	Thomas England	156	M	U 16	Billericay Striders
37	0:24:01	Russell Edgings	116	M		Havering Tri
38	0:24:08	Chris Round	191	M		Pitsea Running Club
39	0:24:11	Neal Clark	120	M		Phoenix Striders
40	0:24:14	Tony Balding	52	M		Leigh-on-Sea Striders
41	0:24:24	Charmaine Sterling	58	F		Leigh-on-Sea Striders
42	0:24:29	Ben Magee	648	M	U 16	N/A
43	0:24:33	Stanley Lavers	109	M	U 16	N/A
44	0:24:36	Rachel Flannigan	7	F		Phoenix Striders
45	0:24:39	Edward Hazelgrove	178	M	U 16	N/A
46	0:24:41	James Fallows	93	M	U 16	Pitsea Running Club
47	0:24:46	John Pumfrett	34	M		Phoenix Striders
48	0:24:47	Siobhan Desmond	145	F		Basildon AC
49	0:24:51	Ryan Gauld	86	M		Pitsea Running Club

50	0:24:53	Philip Tall	30	M		Thurrock Nomads
51	0:24:56	Michal Woodward	163	M		Pitsea Running Club
52	0:25:01	Ian Braybrook	595	M		N/A
53	0:25:02	Phil Warner	57	M		Phoenix Striders
54	0:25:03	Nathalie Van Lagen	636	F		Nuclear Races Striders
55	0:25:06	Paul Hurn	132	M		Thurrock Nomads
56	0:25:08	Spencer Lewis	64	M		Phoenix Striders
57	0:25:19	Steven Cameron	170	M		Phoenix Striders
58	0:25:22	Gary Rolex	61	M		Thurrock Nomads
59	0:25:25	Martin Orford	194	M		Pitsea Running Club
60	0:25:28	David Trew	140	M		N/A
61	0:25:30	Lee Wall	38	M		Thurrock Nomads
62	0:25:46	Paul Strutt	133	M		N/A
63	0:25:50	Jacqui Watson	146	F		Benfleet RC
64	0:25:52	Bryan Magee	639	M		N/A
65	0:25:55	Lee Hazelwood	50	M		Phoenix Striders
66	0:26:01	David Hallett	47	M		Rochford Running Club
67	0:26:05	Michael Summers	85	M		Phoenix Striders
68	0:26:09	Alfie Pearce	91	M	U 16	Basildon AC
69	0:26:17	Colin Wilkinson	51	M		Phoenix Striders
70	0:26:21	Neil Nills	176	M		Phoenix Striders
71	0:26:22	Ernest Mulryne	9	M		Kingswood Running Club
72	0:26:23	Chris Humphery	154	M		N/A
73	0:26:24	Gracie Wade	162	F		Pitsea Running Club
74	0:26:27	David Blockley	40	M		Leigh-on-Sea Striders
75	0:26:28	Darren Tower	20	M		Pitsea Running Club
76	0:26:35	Faatemah Piperdy	71	F		Pitsea Running Club
77	0:26:38	Anthony Mann	46	M		Rochford Running Club
78	0:26:44	Graham Humphreys	39	M		Thurrock Nomads
79	0:27:06	Jayden Bowes	118	M	U 16	N/A
80	0:27:07	Rosie Baker	48	F		Rochford Running Club
81	0:27:10	Victoria Ferner	149	F		Thurrock Nomads
82	0:27:15	Jane Yellop	644	F		Pitsea Running Club
83	0:27:15	Aoife Howell	114	F		Pitsea Running Club
84	0:27:19	Alistair Daw	16	M		Billericay Striders
85	0:27:25	Chris Emery	35	M		Pitsea Running Club
86	0:27:28	Dave Lane	696	M		Phoenix Striders
87	0:27:30	John Mills	45	M		Rochford Running Club
88	0:27:33	Catherine Magee	640	F		N/A
89	0:27:35	Holly Harris	115	F		Leigh-on-Sea Striders
90	0:27:36	David Adams	103	M		Thurrock Nomads
91	0:27:45	Scott Smith	28	M		Pitsea Running Club
92	0:27:52	David Everett	137	M		Fordy Runs Running Club
93	0:27:54	Nicola Linnell	184	F		Thurrock Nomads
94	0:27:58	Surgit Grewal	126	F		Thurrock Nomads
95	0:28:06	William Holman	180	M		N/A
96	0:28:10	Jo Pearce	1	F		Phoenix Striders
97	0:28:11	Gary French	650	M		N/A
98	0:28:23	Bob Mills	55	M		Thurrock Nomads
99	0:28:24	Jake Everett	136	M	U 16	N/A
100	0:28:26	James Pittuck	596	M		Pitsea Running Club
101	0:28:29	Collette Toal	42	F		Leigh-on-Sea Striders
102	0:28:31	Heidi Trencher	110	F		Thurrock Nomads
103	0:28:47	Charlotte Killingback	193	F		Pitsea Running Club

104	0:28:51	Simon Constable	591	M		Basildon AC
105	0:28:55	Bettina Maccariello	81	F		Thurrock Nomads
106	0:28:59	Victoria Walshherranz	36	F		Pitsea Running Club
107	0:29:01	Claire Fraser	182	F		Phoenix Striders
108	0:29:04	Craig Sterling	59	M		Benfleet RC
109	0:29:20	Ellis Stevens	166	M		Thurrock Nomads
110	0:29:29	Oscar MacDonald	645	M	U 16	N/A
111	0:29:31	Lesley Jenkins	70	F		Pitsea Running Club
112	0:29:33	Dermot Desmond	135	M		Pitsea Running Club
113	0:29:37	Adam Stow	190	M		Pitsea Running Club
114	0:29:38	Samantha Thompson	98	F		N/A
115	0:29:40	Julie Lester	124	F		Thurrock Nomads
116	0:29:43	Robert Monger	8	M		Phoenix Striders
117	0:29:44	Nicky Betts	142	M		Pitsea Running Club
118	0:29:47	Charley Lesslie	181	F		Phoenix Striders
119	0:29:48	Tim Thompson	97	M		N/A
120	0:29:58	Alasdair MacDonald	547	M		N/A
121	0:29:59	Simon Lewinton	695	M		Dengie 100 Runners
122	0:30:04	Jason Merritt	14	M		N/A
123	0:30:08	Nicola Jaques	27	F		Pitsea Running Club
124	0:30:12	Michael Gould	77	M		Pitsea Running Club
125	0:30:14	Hiren Amin	634	M		Pitsea Running Club
126	0:30:16	Verity Hill	69	F		Phoenix Striders
127	0:30:57	Lynsey Gray	83	F		Phoenix Striders
128	0:31:03	Michael Groombridge	84	M		Pitsea Running Club
129	0:31:05	Karen Dymock	593	F		Phoenix Striders
130	0:31:06	Fay Scott	185	F		Thurrock Nomads
131	0:31:08	Sam Hart	600	M		Phoenix Striders
132	0:31:10	Dave Tapsell	11	M		Phoenix Striders
133	0:31:19	Sally Witham	65	F		Phoenix Striders
134	0:31:22	Paula Harley	138	F		Thurrock Nomads
135	0:31:30	Chloe Pearce	3	F		Phoenix Striders
136	0:31:35	Lee Levey	173	M		N/A
137	0:31:36	Joanne Robinson	129	F		N/A
138	0:31:42	Sam Halsey	76	M		N/A
139	0:31:43	Rachel Gittins	143	F		Phoenix Striders
140	0:31:54	Oliver Street	646	M	U 16	N/A
141	0:31:54	Steven Walker	131	M		Thurrock Nomads
142	0:31:57	John Grantham	694	M		N/A
143	0:32:00	Nigel Street	635	M		N/A
144	0:32:04	Charlotte Dessoy	157	F		N/A
145	0:32:05	John Hazelgrove	177	M		N/A
146	0:32:24	Mark Benham	698	M		Flyers Southend
147	0:32:27	Kathryn Curtis	82	F		N/A
148	0:32:29	Robin Hardy	592	M		N/A
149	0:32:30	Nicki Benham	697	F		Flyers Southend
150	0:32:30	Cherry Box	172	F		Pitsea Running Club
151	0:32:32	Julie Dessoy	158	F		N/A
152	0:32:36	Mark Gillam	60	M		Thurrock Nomads
153	0:32:40	Meriel Cameron	169	F		Phoenix Striders
154	0:32:44	Mark Mager	21	M		N/A
155	0:32:53	Hazel Fay	160	F		Phoenix Striders
156	0:32:56	Julie Ferner	148	F		Thurrock Nomads
157	0:33:03	Lucy Dymock	594	F		N/A

158	0:33:07	Magdalena Miedlar	127	F	Thurrock Nomads
159	0:33:10	Robert Goode	134	M	Pitsea Running Club
160	0:33:12	Jane Piper	17	F	Phoenix Striders
161	0:33:13	Mark Challis	119	M	Thurrock Nomads
162	0:33:31	Nicola Farbridge	75	F	Rayleigh RAT runners
163	0:33:37	Lucy Ringshall	125	F	Phoenix Striders
164	0:33:42	Nicola Topliss	102	F	Thurrock Nomads
165	0:33:44	John White	73	M	Pitsea Running Club
166	0:33:46	Joann Jack	165	F	Thurrock Nomads
167	0:33:57	Laura-May Hatfield	597	F	Phoenix Striders
168	0:33:58	Michele Drabwell	13	F	N/A
169	0:34:03	Steve Richardson	168	M	Thurrock Nomads
170	0:34:15	Harold Monk	56	M	Thurrock Nomads
171	0:34:29	Tracy Smith	67	F	Phoenix Striders
172	0:34:32	Robbie Watson-Levey	147	M	N/A
173	0:34:34	Jo Sinfield	100	F	Pitsea Running Club
174	0:34:35	Katie Darby	151	F	Pitsea Running Club
175	0:34:41	Clar Medhurst	175	F	Hockley Trail Runners
176	0:34:47	Marguerite Sharpe	74	F	Rayleigh RAT runners
177	0:34:51	Derek Staton	121	M	Thurrock Nomads
178	0:35:01	Nicola Newnes	22	F	N/A
179	0:35:07	Parm Shina-Wisdom	167	F	Thurrock Nomads
180	0:35:08	Rachel Topliss	643	F	N/A
181	0:35:09	Olga Szultk	642	F	N/A
182	0:35:11	Katie Hammond	633	F	Phoenix Striders
183	0:35:21	John Pearce	196	M	Pitsea Running Club
184	0:35:26	Teresa Flannigan	31	F	East Essex Tri
185	0:35:28	Tracey Barraclough	88	F	Rayleigh RAT Runners
186	0:35:43	Jess Pearce	90	F	Phoenix Striders
187	0:35:44	Claire Dean	117	F	Phoenix Striders
188	0:36:01	Hazel Chinchilla	598	F	N/A
189	0:36:17	Dean Russell	101	M	Thurrock Nomads
190	0:36:49	Chris Shaw	113	M	Thurrock Nomads
191	0:36:58	Sue Allen	641	F	N/A
192	0:36:58	Laura McDermott	79	F	Benfleet RC
193	0:37:55	Nicola Maslen	2	F	Phoenix Striders
194	0:37:58	Ian Mizen	153	M	Phoenix Striders
195	0:38:51	Neil Atkinson	15	M	N/A
196	0:38:57	Peter Woodard	37	M	Thurrock Nomads
197	0:39:03	Michelle Holman	96	F	Phoenix Striders
198	0:39:58	Emily Rose Body	599	F	Phoenix Striders
199	0:41:55	Becky Ely	6	F	N/A
200	0:42:11	Steven Bowers	128	M	N/A
201	0:42:38	Julie King	26	F	Pitsea Running Club
202	0:43:22	Lisa Mitchell	130	F	Thurrock Nomads
203	0:43:28	Rachel Pepper	32	F	Pitsea Running Club
204	0:44:24	Caroline Smith	49	F	Rochford Running Club
205	0:45:33	Michelle Maxted	637	F	Phoenix Striders
206	0:45:33	Kristina Root	66	F	Phoenix Striders
207	0:45:34	Carole Vinicombe	19	F	Phoenix Striders
208	0:45:35	Kim Vinicombe	18	M	Phoenix Striders
209	0:45:46	Skye Bennett	108	F	N/A
210	0:46:07	Janet Head	150	F	Pitsea Running Club
211	0:46:10	Tracey Warren	68	F	Pitsea Running Club

212	0:46:13	Kim Fallows	92	F	Pitsea Running Club
213	0:46:24	Karen White	72	F	Pitsea Running Club
214	0:46:41	Bonnie Fitch	95	F	N/A
215	0:46:42	Dalton Friend	106	M	N/A
216	0:48:03	Lorraine Borley	53	F	Phoenix Striders
217	0:48:33	Brea Bennett	107	F	N/A
218	0:52:52	Tracey Jones	78	F	Benfleet RC