



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

Place	Time	Name	ID	Cat	Gender	Club
1	00:39:15	Hamza Zahir	737	Senior	Male	Leigh-on-Sea Striders
2	00:39:16	Oscar Farley	951	Under 20	Male	Billericay Striders
3	00:41:29	Mathew Stanley	944	Senior	Male	
4	00:42:04	Lee James	875	Senior	Male	Lonely Goat RC
5	00:43:47	Joanna Bolton	88	Veteran	Female	Billericay Striders
6	00:44:39	Michael Woodward	625	Veteran	Male	Corringham Running Club
7	00:44:51	Iam Newman	963	Senior	Male	Benfleet RC
8	00:44:52	Perry Cordery	896	Veteran	Male	Phoenix Striders
9	00:45:06	David Hamilton	959	Veteran	Male	
10	00:46:28	Michael Biggs	957	Veteran	Male	Pitsea Running Club
11	00:46:43	Jamie Enever-dodd	854	Veteran	Male	Phoenix Striders
12	00:47:03	Martin Orford	989	Veteran	Male	Pitsea Running Club
13	00:47:22	Robert Newton	858	Veteran	Male	Pitsea Running Club
14	00:48:17	Jonathan Hammond	940	Veteran	Male	Billericay Striders
15	00:48:46	Matthew Debenham	916	Veteran	Male	Phoenix Striders
16	00:48:53	Thomas Carpenter	93	Senior	Male	
17	00:49:08	Spencer Lewis	986	Veteran	Male	Phoenix Striders
18	00:49:08	Phil Warner	96	Senior	Male	Phoenix Striders
19	00:49:35	Matt Hambleton	977	Veteran	Male	
20	00:49:42	Kamil Tyralla	90	Senior	Male	Thurrock Harriers
21	00:50:09	Tim Martin	100	Veteran	Male	
22	00:50:12	Jamie Smith	885	Veteran	Male	Phoenix Striders
23	00:50:14	George Debenham	915	Senior	Male	Phoenix Striders
24	00:50:21	Lee Hazelwood	971	Veteran	Male	Phoenix Striders
25	00:50:53	John Mills	894	Veteran	Male	Rochford Running Club
26	00:51:35	Paul Strutt	851	Veteran	Male	
27	00:52:34	Rosie Baker	84	Senior	Female	Rochford Running Club
28	00:53:45	Adam Stow	78	Veteran	Male	Pitsea Running Club
29	00:53:51	Simon Lambert	976	Veteran	Male	Phoenix Striders
30	00:54:05	Joanne Ling	952	Veteran	Female	Billericay Striders



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Place	Time	Name	ID	Cat	Gender	Club
31	00:54:09	Tom Smith	979	Senior	Male	
32	00:54:11	Scott Tween	759	Veteran	Male	
33	00:54:18	Ronald Vials	917	Veteran	Male	Barking Road Runners
34	00:54:19	David Adams	934	Veteran	Male	Thurrock Nomads
35	00:54:37	James Pittuck	969	Veteran	Male	Pitsea Running Club
36	00:54:46	Alasdair MacDonald	973	Veteran	Male	
37	00:54:56	Tara Merrell	893	Veteran	Female	
38	00:54:57	Paul Hurn	99	Veteran	Male	Thurrock Nomads
39	00:55:05	Graeme Silcock	873	Senior	Male	
40	00:55:24	Jo Pearce	982	Veteran	Female	Phoenix Striders
41	00:56:19	James Pettit	919	Senior	Male	Rochford Running Club
42	00:56:37	Scott Smith	860	Senior	Male	Pitsea Running Club
43	00:57:46	Lacey Smith	978	Senior	Female	
44	00:57:50	Dawn Caddell	981	Veteran	Female	Phoenix Striders
45	00:57:51	Robert Monger	77	Veteran	Male	Phoenix Striders
46	00:57:52	Sid Choudhury	903	Senior	Male	
47	00:57:54	Catherine Hammond	939	Veteran	Female	Billericay Striders
48	00:57:54	Charley Lesslie	866	Veteran	Female	Phoenix Striders
49	00:57:55	Stewart Morley	960	Veteran	Male	
50	00:57:55	Greg Lloyd	962	Veteran	Male	Rayleigh RAT Runners
51	00:58:23	Jon Wood	907	Veteran	Male	Rochford Running Club
52	00:58:32	Lesley Jenkins	79	Veteran	Female	Pitsea Running Club
53	00:58:35	Victoria Walsh-Herraiz	98	Senior	Female	Pitsea Running Club
54	00:58:55	George Girling	921	Senior	Male	
55	00:58:58	Ronald Gibbons	920	Senior	Male	Leigh-on-Sea Striders
56	00:59:07	George Ellis	891	Senior	Male	
57	00:59:13	Brad Chalk	904	Senior	Male	
58	00:59:17	Ruth Roberts	980	Veteran	Female	Phoenix Striders
59	00:59:21	Allan Lacey	946	Veteran	Male	Dagenham 88 Runners
60	00:59:25	Remi Wood	949	Senior	Female	Thurrock Nomads
61	00:59:48	Ben Norcross	901	Senior	Male	



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Place	Time	Name	ID	Cat	Gender	Club
62	01:00:00	Rachel Gittins	864	Veteran	Female	Phoenix Striders
63	01:00:12	Bradley Beszant	81	Senior	Male	
64	01:00:21	Aleksandra Matejczuk	933	Veteran	Female	
65	01:00:32	Paul Cole	872	Veteran	Male	
66	01:00:34	Ozzy MacDonald	972	Under 20	Male	
67	01:00:36	Ryan Tomkins	863	Veteran	Male	Pitsea Running Club
68	01:00:46	Scott Burgess	895	Senior	Male	Rochford Running Club
69	01:00:51	Sally Witham	983	Veteran	Female	Phoenix Striders
70	01:01:03	Alan Connelly	945	Veteran	Male	
71	01:01:10	Harry Mowatt	82	Under 20	Male	
72	01:01:11	Michael Whittington	850	Veteran	Male	Phoenix Striders
73	01:01:21	Nicole Whittington	849	Veteran	Female	Phoenix Striders
74	01:01:50	Lindsay Carpenter	92	Veteran	Female	
75	01:01:51	Lauren Day	931	Senior	Female	
76	01:01:52	Marianne Toole	937	Veteran	Female	
77	01:01:53	Paul Merrick	922	Veteran	Male	
78	01:01:54	Cheryl Christie	932	Veteran	Female	
79	01:01:59	Andy Body	936	Veteran	Male	Phoenix Striders
80	01:02:00	Rachel Day	924	Senior	Female	
81	01:02:18	Peter Emery	897	Veteran	Male	Fordy Runs Running Club
82	01:02:21	Mark Benham	880	Veteran	Male	Flyers Southend
83	01:02:50	Nicki Benham	879	Veteran	Female	Flyers Southend
84	01:03:02	Michael Groombridge	988	Veteran	Male	Pitsea Running Club
85	01:03:03	Richard Egan	913	Veteran	Male	
86	01:03:07	Mark Holmes	923	Veteran	Male	Phoenix Striders
87	01:03:13	Wendy Murphy	967	Veteran	Female	
88	01:03:14	Joann Jack	876	Veteran	Female	
89	01:03:39	Sarah Norton	954	Veteran	Female	Castle Point Joggers
90	01:03:47	Steven Crabbe	869	Veteran	Male	Lonely Goat RC
91	01:03:49	Hazel Fay	899	Veteran	Female	Phoenix Striders
92	01:03:50	David Tapsell	898	Veteran	Male	Phoenix Striders



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93	01:03:51	Jo Hall	94	Veteran	Female	Leigh-on-Sea Striders
94	01:04:10	Steve Colloff	911	Veteran	Male	Barking Road Runners
95	01:04:17	Robin Hardy	970	Veteran	Male	
96	01:04:36	Stephen Adams	912	Veteran	Male	Thurrock Nomads
97	01:04:41	Michelle Henderson	868	Veteran	Female	Thurrock Nomads
98	01:04:43	Chris Smith	91	Veteran	Male	Fordy Runs Running Club
99	01:04:45	Charlotte Dessoy	925	Senior	Female	
100	01:04:53	Mark Mager	861	Veteran	Male	
101	01:05:42	Brad Cooper	881	Senior	Male	
102	01:05:49	Leeanne Carter	943	Veteran	Female	
103	01:06:06	Chloe Pearce	984	Senior	Female	Phoenix Striders
104	01:06:25	Kelly McClenaghan	953	Veteran	Female	Benfleet RC
105	01:06:25	Sharon Johnson	906	Veteran	Female	Benfleet RC
106	01:06:26	Laurence Levine	741	Veteran	Male	Phoenix Striders
107	01:07:55	Catherine Patterson	95	Senior	Female	Leigh-on-Sea Striders
108	01:07:58	Nicola Ann Maslen	985	Veteran	Female	Phoenix Striders
109	01:08:20	Claire Twidell	902	Veteran	Female	Rochford Running Club
110	01:08:31	Julie Dessoy	926	Veteran	Female	
111	01:08:41	Clair Medhurst	889	Veteran	Female	Hockley Trail Runners
112	01:08:53	Claire Downham	968	Veteran	Female	Leigh-on-Sea Striders
113	01:09:08	Mark Pearce	86	Veteran	Male	
114	01:09:18	Parm Shina-Wisdom	855	Veteran	Female	Thurrock Nomads
115	01:09:21	Kelly Broad	974	Senior	Female	
116	01:09:54	Caroline Mercieca	852	Senior	Female	Phoenix Striders
117	01:09:55	lynn Rivers	80	Veteran	Female	Leigh-on-Sea Striders
118	01:09:58	Nicola Newnes	862	Veteran	Female	
119	01:10:45	Derek Appleton	965	Veteran	Male	Phoenix Striders
120	01:10:55	Ellen McPhillips	83	Veteran	Female	Leigh-on-Sea Striders
121	01:10:56	Alison Fryatt	909	Veteran	Female	Barking Road Runners
122	01:11:55	Lisa Sneader	886	Veteran	Female	Thurrock Nomads
123	01:11:55	Dean Russell	853	Veteran	Male	Thurrock Nomads



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124	01:12:07	Derek Staton	927	Veteran	Male	Thurrock Nomads
125	01:12:13	James McBride	871	Veteran	Male	Phoenix Striders
126	01:12:14	Adrienne Bristow Ellen	975	Veteran	Female	
127	01:12:28	Barry Marling	900	Veteran	Male	Lonely Goat RC
128	01:13:30	David Lacey	947	Veteran	Male	
129	01:13:38	Caron Nicola Hiscock	950	Veteran	Female	Benfleet RC
130	01:13:43	Mark Challis	856	Veteran	Male	Thurrock Nomads
131	01:13:55	Duncan Russell	966	Veteran	Male	Phoenix Striders
132	01:14:19	Emily George	883	Senior	Female	
133	01:14:27	Janet Head	956	Veteran	Female	Pitsea Running Club
134	01:14:58	Richard Sneader	874	Veteran	Male	Thurrock Nomads
135	01:15:36	Patrick Harrington	958	Veteran	Male	Phoenix Striders
136	01:15:37	Kiki Kanarachos-Freese	757	Veteran	Female	Thurrock Nomads
137	01:16:38	Cherry Box	870	Veteran	Female	Pitsea Running Club
138	01:16:43	Keith Passingham	928	Veteran	Male	100 Marathon Club
139	01:17:20	Marion Breeze	961	Veteran	Female	Pitsea Running Club
140	01:17:26	Christina Didham	857	Veteran	Female	Phoenix Striders
141	01:19:27	Emily Rose Body	710	Senior	Female	Phoenix Striders
142	01:19:33	Michelle Holman	987	Veteran	Female	Phoenix Striders
143	01:21:36	Lizzy Amey	744	Veteran	Female	
144	01:22:46	Jack Speight	85	Senior	Male	
145	01:23:09	Steven Bowers	87	Senior	Male	
146	01:23:09	Justin Heath	888	Veteran	Male	Fordy Runs Running Club
147	01:23:10	Magda Wade	887	Veteran	Female	Fordy Runs Running Club
148	01:24:17	Lottie Lane	892	Senior	Female	Phoenix Striders
149	01:30:40	Andi Wright	882	Veteran	Female	Harold Wood Running Club