



Phoenix Striders

Walking and Running Club, Basildon

Summer Series Rd 5 Aug 2025

POS	TIME	BIB	NAME	GENDER	U16	CLUB
1	0:18:30	61	Crispian Bloomfield	M		Billericay Striders
2	0:18:50	40	Hamza Zahir	M		Leigh On Sea Striders
3	0:19:24	49	John Wray	M		Leigh-on-Sea Striders
4	0:20:13	217	Oscar Farley	M		Billericay Striders
5	0:20:41	147	Daisy Watson	F		Benfleet RC
6	0:20:44	276	Thomas England	M	Y	Billericay Striders
7	0:20:45	138	James Ferrant	M		Pitsea Running Club
8	0:20:55	283	Sam Day	M	Y	Nuclear Races Striders
9	0:20:56	133	Ben Simmonds	M		Pitsea Running Club
10	0:21:08	251	Tristan Smith	M	Y	Daws Heath Harriers
11	0:21:10	207	Alex Gauld	M		Pitsea Running Club
12	0:21:14	44	Ian Toal	M		Leigh-on-Sea Striders
13	0:21:30	47	Akay Abdu	M		Thurrock Nomads
14	0:21:41	134	Sarah Blockley	F		
15	0:21:47	268	Lee James	M		Corringham Run Club
16	0:22:03	232	Alan James	M		Phoenix Striders
17	0:22:31	292	Victoria Boxall	F		Leigh-on-Sea Striders
18	0:22:40	221	Nick Trencher	M		Thurrock Harriers
19	0:23:01	154	Anthony Mead	M		Daws Heath Harriers
20	0:23:06	213	Michael Welsh	M		Thurrock Nomads
21	0:23:08	124	Joseph Smith	M		Pitsea Running Club
22	0:23:13	131	Daniel Taylor	M		
23	0:23:16	209	Ryan Gauld			
24	0:23:21	299	Adam Armour	M	Y	Brentwood Beagles Athletics Club
25	0:23:22	277	Grant England	M		Billericay Striders
26	0:23:34	60	Gareth Richards	M		Rochford Running Club
27	0:23:38	246	Lee Tooley	M		Vegan Runners UK
28	0:23:42	288	Michael Cook	M		Pitsea Running Club
29	0:23:50	57	Ryan Bond	M		Pitsea Running Club
30	0:24:08	31	Anthony Mann	M		Rochford Running Club
31	0:24:13	212	Russell Edgings	M		Havering Tri
32	0:24:20	228	Alasdair Daw	M		Billericay Striders
33	0:24:28	150	Rachel Flannigan	F		Phoenix Striders
34	0:24:29	136	Ewan McFarlane	M		Phoenix Striders
35	0:24:37	243	Nathalie Van Lagen	F		Nuclear Races Striders
36	0:24:39	76	Matt Butler	M		Thurrock Nomads
37	0:24:48	123	Martin Orford	M		Pitsea Running Club
38	0:25:05	286	Tracey Cotton	F		Pitsea Running Club
39	0:25:10	158	Natalie Simmons	F		
40	0:25:22	215	John Wood	M		
41	0:25:35	210	Spencer Lewis	M		Phoenix Striders
42	0:25:43	52	Kofi Cham	M		
43	0:25:50	244	Darren Tower	M		Pitsea Running Club
44	0:25:54	287	Neil Cornelius	M		Hockley Trail Runners
45	0:26:13	132	Rachel Platt	F		
46	0:26:27	125	David Trew	M		Pitsea Running Club
47	0:26:33	144	David Cant	M		Phoenix Striders
48	0:26:41	230	John Sheppard	M		Phoenix Striders
49	0:26:51	142	Nigel Street	M		Phoenix Striders
50	0:26:56	77	Colin Wilkinson	M		
51	0:27:05	293	Jayden Bowers	M	Y	
52	0:27:07	296	Mathew Bennett	M		Daws Heath Harriers
53	0:27:08	129	James Hilliard	M		Pitsea Running Club
54	0:27:11	70	Scott Smith	M		

55	0:27:13	211	William Holman	M		
56	0:27:18	290	Daniel Clarkson	M		Phoenix Striders
57	0:27:24	236	Keith Dawson	M		
58	0:27:25	62	Surgjit Grewal	F		Thurrock Nomads
59	0:27:28	149	Richard Jones	M		Daws Heath Harriers
60	0:27:29	240	Jane Yellop	F		Pitsea Running Club
61	0:27:32	289	Simon Constable	M		Basildon AC
62	0:27:36	278	Chris Emery	M		Pitsea Running Club
63	0:27:38	256	Faatemah Piperdy-Zehra	F		Pitsea Running Club
64	0:27:41	237	Zilda Brackenbury	F		City of Southend
65	0:27:42	45	Brent Wright	M		Thurrock Nomads
66	0:27:44	222	Heidi Trencher	F		Thurrock Nomads
67	0:27:46	214	Adam Stow	M		Pitsea Running Club
68	0:27:50	264	Alasdair MacDonald	M		
69	0:27:53	267	Dave Lane	M		Phoenix Striders
70	0:27:55	241	Jon Wood	M		Rochford Running Club
71	0:27:59	271	Victoria Hopkins	F		East Essex Tri
72	0:28:02	148	Jackie Watson	F		Benfleet
73	0:28:07	127	Scott Burgess	M		Rochford Running Club
74	0:28:13	38	Jake Everett	M	Y	East Essex Tri
75	0:28:14	37	David Everett	M		Fordy Runs
76	0:28:32	156	Justin Burton	M		Castle Point Joggers
77	0:28:33	63	Alfie Pearce	M	Y	
78	0:28:34	79	Jo Pearce	F		Phoenix Striders
79	0:28:42	252	Tim Smith	M		
80	0:28:45	269	Dan Hutson	M		Phoenix Striders
81	0:28:46	157	Tina Burton	F		Castle Point Joggers
82	0:28:54	270	Adrian Hunt	M		Thames Hare & Hounds
83	0:28:56	272	Holly Harris	F		Leigh-on-Sea Striders
84	0:28:58	43	Collette Toal	F		Leigh-on-Sea Striders
85	0:29:18	34	Jason Merrick	M		
86	0:29:19	151	Nicola Jaques	F		Pitsea Running Club
87	0:29:22	33	Claire Fraser	F		Phoenix Striders
88	0:29:24	227	Lee Levey	M		
89	0:29:25	297	Clive Bailey	M		Rochford Running Club
90	0:29:26	263	Oscar MacDonald	M	Y	
91	0:29:28	262	Mark Mager	M		Pitsea Running Club
92	0:29:29	253	Gareth Smith	M		Daws Heath Harriers
93	0:29:33	233	Julie Lester	F		Thurrock Nomads
94	0:29:34	46	Graham Humphries	M		Thurrock Nomads
95	0:29:43	257	James Pittit	M		Rochford Running Club
96	0:29:48	145	Bettina Maccariello	F		Thurrock Nomads
97	0:29:54	238	Alistar Kendrick	M		City of Southend
98	0:30:14	36	Rachel Gittins	F		Phoenix Striders
99	0:30:18	249	Kevin Steed	M		Daws Heath Harriers
100	0:30:30	282	Andy Dennington	M		
101	0:30:32	229	Emily Sheppard	F		Phoenix Striders
102	0:30:36	65	Gary French	M		
103	0:30:40	41	Michael Groombridge	M		Pitsea Running Club
104	0:30:42	128	Vicki Hilliard	F		Daws Heath Harriers
105	0:30:43	137	Steve Ferrant	M		Pitsea Running Club
106	0:30:52	68	Warren Rump	M		
107	0:31:18	50	Adebola Adediran	F		Pitsea Running Club
108	0:31:19	223	Dave Sadler	M		
109	0:31:20	298	Max Attack	M		
110	0:31:31	248	Michael Summers	M		Phoenix Striders
111	0:31:44	284	Kathryn Curtis	F		
112	0:31:53	146	Rose Harris	F	Y	SS Athletics
113	0:31:56	58	Michael Riley	M		

114	0:32:17	64	Barrie Jones	M		Flyers Southend
115	0:32:18	231	holly Jones	F		
116	0:32:19	152	Louis McQuade	M		
117	0:32:28	140	Joann Jack	F		Thurrock Nomads
118	0:32:43	80	Chloe Pearce	F		Phoenix Striders
119	0:32:50	226	Robbie Watson-Levey	M		
120	0:33:09	141	Oliver Street	M	Y	
121	0:33:10	153	Jim Jennett	M		Leigh-on-Sea Striders
122	0:33:11	250	Jan Steed	F		Daws Heath Harriers
123	0:33:14	300	Hiren Amin	M		Pitsea Running Club
124	0:33:15	234	Nick Searle	M		Dengie 100 Runners
125	0:33:18	30	Tim Thompson	M		
126	0:33:26	273	Robin Hardy	M		
127	0:33:33	235	Mark Gillam	M		Thurrock Nomads
128	0:33:43	208	Duncan Russell	M		Phoenix Striders
129	0:33:53	224	Vikki Chilvers	F		
130	0:33:58	247	Amanda Tooley	F		Pitsea Running Club
131	0:34:08	126	Jack Pittman	M		
132	0:34:14	225	Grace Chilvers	F		
133	0:34:18	74	Phil Hudson	M		Ware Joggers
134	0:34:20	160	Magdalena Lech	F		Phoenix Striders
135	0:34:29	75	Teresa Flannigan	F		East Essex Tri
136	0:34:31	42	Yuliana Ignatova	F		
137	0:34:44	122	Terry Whalley	M		
138	0:34:46	220	Emma Pipe	F		
139	0:34:48	219	Niamh Pipe	F		
140	0:34:49	55	Maxine Seward	F		Phoenix Striders
141	0:34:50	218	Simon Pipe	M		
142	0:34:54	143	Clair Medhurst	F		Hockley Trail Runners
143	0:35:01	73	John White	M		Pitsea Running Club
144	0:35:07	51	Helen Olley	F		Rochford Running Club
145	0:35:48	78	John Pearce	M		Pitsea Running Club
146	0:36:10	275	Beth Gadlin	F		Pitsea Running Club
147	0:36:11	69	Nicole Conroy	F		Pitsea Running Club
148	0:36:13	285	Elizabeth Cox	F		Pitsea Running Club
149	0:36:27	139	Ian Mizen	M		Phoenix Striders
150	0:37:13	261	Michelle Maxted	F		Phoenix Striders
151	0:37:29	53	Charlotte Dessoy	F		
152	0:37:51	56	Lorraine Borley	F		Phoenix Striders
153	0:38:04	54	Julie Dessoy	F		
154	0:38:19	39	Michelle Holman	F		Phoenix Striders
155	0:38:39	72	Julie King	F		Pitsea Running Club
156	0:39:21	242	Carole Vinicombe	F		Phoenix Striders
157	0:39:25	254	Caroline Smith	F		Rochford Running Club
158	0:39:29	67	Peter Woodard	M		Thurrock Nomads
159	0:39:33	266	Claire Leeks	F		Phoenix Striders
160	0:39:44	294	Steven Bowers	M		
161	0:39:51	135	Derek Staton	M		Thurrock Nomads
162	0:39:54	32	Tiffany Prince	F		
163	0:39:57	66	Lydia Bazzard	F		Dengie Runners
164	0:39:57	279	Shelly Edmeades	F		Rochford Running Club
165	0:42:15	260	Jessica McClements	F		
166	0:42:16	281	Michael Draper	M		
167	0:42:53	291	Ray Challis	M		Phoenix Striders
168	0:44:01	130	Liz Taylor	F		
169	0:44:21	71	Tracey Warren	F		Pitsea Running Club
170	0:44:21	59	Jo Sinfield	F		Pitsea Running Club
171	0:47:05	159	Janet Brownsey	F		Phoenix Striders
172	0:47:10	245	Leo Tooley	M	Y	Vegan Runners UK

173	0:49:27	255	Alan Prince	M		
174	0:51:34	259	Eddie Mills	M		Phoenix Striders
175	0:51:34	239	Susan Vine	F		Phoenix Striders