

## Essex Cross Country League (4)

<u>Hilly Fields, Colchester</u>				<u>Senior Women</u>	<u>11/01/2020</u>		
Pos	Age	Name	Team	Time	<b>Division 1 Teams (4 to score)</b>		
1	SW	Alexa Joel	Billericay Striders RC	21: 31	1	Colchester Harriers AC	45
2	SW	Hayley Lamkin	Southend-on-Sea AC	22: 15	2	Orion Harriers	86
3	SW	Clare Thurgood	Orion Harriers	: 27	3	Southend-on-Sea AC	89
4	SW	Ginte Bailey	Havering AC	: 59	4	Havering AC	106
5	SW	Sarah Worley	Billericay Striders RC	23: 03	5	Billericay Striders RC	114
6	U20	Sinead Clark	Benfleet Running Club	: 19	6	Thurrock Harriers	129
7	V45	Claire Hall	Grange Farm & Dunmow Runr	: 40	7	Brentwood Running Club	153
8	SW	Kat Rigby	Colchester Harriers AC	: 43	8	Ilford AC	187
9	SW	Heidi Steele	Colchester Harriers AC	: 50	9	Benfleet Running Club	191
10	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 54	10	Springfield Striders RC	211
11	U20	Rachel Broome	Chelmsford AC	24: 01	11	Chelmsford AC	23 (2)
12	V45	Wendy King	Chelmsford AC	: 15	<b>Division 2 Teams (4 to score)</b>		
13	V50	Denise Morley	Colchester Harriers AC	: 19	1	Tiptree Road Runners	154
14	SW	Isabella Woods	Havering AC	: 33	2	Grange Farm & Dunmow Runr	161
15	SW	Andrea James	Colchester Harriers AC	: 38	3	Halstead RR	240
16	V40	Danielle Harrington	Tiptree Road Runners	: 44	4	Phoenix Striders	313
17	V40	Hayley Rogerson	Orion Harriers	: 47	5	Pitsea Running Club	322
18	SW	Eloise Smith	Brentwood Running Club	: 48	6	Cambridge & Coleridge AC	58 (2)
19	V45	Toni Radley	Thurrock Harriers	: 51	7	Hockley Trail Runners	154 (2)
20	V40	Aiko Hennington	Colchester Harriers AC	: 54	8	Basildon AC	64 (1)
21	SW	Chloe Haines	Cambridge & Coleridge AC	25: 01	9	Braintree & District AC	81 (1)
22	V40	Kathleen Short	Brentwood Running Club	: 02	10	Mid Essex Casuals	82 (1)
23	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 04	11	East Essex Triathlon Club	105 (1)
24	V55	Loretta Sellars	Thurrock Harriers	: 11	<b>Veterans Teams (3 to score)</b>		
25	SW	Jenny Gall	Southend-on-Sea AC	: 12	1	Colchester Harriers AC	61
26	SW	Anna Crawley	Ilford AC	: 16	2	Thurrock Harriers	79
27	SW	Sarah Jeffery	Southend-on-Sea AC	: 29	3	Orion Harriers	83
28	V40	Alexandra Hennessy	Colchester Harriers AC	: 37	4	Tiptree Road Runners	99
29	SW	Rachel Dale	Colchester Harriers AC	: 43	5	Southend-on-Sea AC	132
30	SW	Clare Davies	Havering AC	: 47	6	Brentwood Running Club	135
31	SW	Rachael Roughan	Halstead RR	26: 03	7	Springfield Striders RC	141
32	SW	Ella Jeffries	Colchester Harriers AC	: 17	8	Benfleet Running Club	185
33	SW	Rebecca Cooke	Colchester Harriers AC	: 25	9	Phoenix Striders	207
34	V45	Rachel Flannigan	Phoenix Striders	: 28	10	Ilford AC	209
35	V45	Rebecca Taylor	Southend-on-Sea AC	: 37	11	Pitsea Running Club	280
36	V50	Jodie Farrell	Thurrock Harriers	: 40	12	Grange Farm & Dunmow Runr	85 (2)
37	V40	Vashti Macdonald	Cambridge & Coleridge AC	: 44	13	Billericay Striders RC	118 (2)
38	V40	Vicky Knight	Tiptree Road Runners	: 49	14	Havering AC	135 (2)
39	V40	Polly Bridgeman	Springfield Striders RC	: 55	15	Chelmsford AC	12 (1)
40	V50	Nikki Ranson	Springfield Striders RC	27: 01	16	Cambridge & Coleridge AC	37 (1)
41	V45	Anne Jenkinson	Southend-on-Sea AC	: 04	17	Basildon AC	64 (1)
42	SW	Tina Golubeva	Pitsea Running Club	: 05	18	Halstead RR	73 (1)
43	V55	Pippa Dowswell	Orion Harriers	: 18	19	Hockley Trail Runners	80 (1)
44	SW	Carlie Qirem	Ilford AC	: 21	20	Braintree & District AC	81 (1)
45	V45	Morven Hurding	Tiptree Road Runners	: 32	21	Mid Essex Casuals	82 (1)
					22	East Essex Triathlon Club	105 (1)

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Pos	Age	Name	Team	Time
46	V40	Nicola Evans	Benfleet Running Club	: 37
47	V45	Lorraine Gosling	Orion Harriers	: 40
48	SW	Kelly Judge	Halstead RR	: 42
49	V45	Kate Gibson	Colchester Harriers AC	: 45
50	V40	Kathrn Spring	Thurrock Harriers	28: 19
51	SW	Catherine Sunderland	Billericay Striders RC	: 48
52	V60	Breege Nordin	Ilford AC	: 50
53	SW	Victoria Primmer	Colchester Harriers AC	: 52
54	V40	Nina Barrett	Brentwood Running Club	: 56
55	V50	Tracy Harrington	Tiptree Road Runners	29: 02
56	V50	Vanessa Caine	Southend-on-Sea AC	: 03
57	V55	Christine Deacon	Billericay Striders RC	: 05
58	V45	Joanne Sullivan	Havering AC	: 09
59	V40	Lisa James	Brentwood Running Club	: 11
60	V45	Madeleine Knight	Brentwood Running Club	: 28
61	V40	Ruth Havis	Billericay Striders RC	: 30
62	V45	Isobel Gowers	Springfield Striders RC	: 34
63	V50	Mary Lloyd	Brentwood Running Club	: 36
64	V45	Mandy Wetheridge	Basildon AC	: 45
65	V55	Nicola Hopkinson	Ilford AC	30: 02
66	SW	Charlotte King	Grange Farm & Dunmow Runr	: 09
67				: 16
68	V40	Liane Connors	Benfleet Running Club	: 28
69	V45	Julie Wilson	Brentwood Running Club	: 32
70	V45	Kirsty Williams	Springfield Striders RC	: 39
71	V45	Kelly McLenaghan	Benfleet Running Club	: 50
72	V65	Lynn Tanner	Springfield Striders RC	: 51
73	V40	Emma Healy	Halstead RR	: 52
74	SW	Josie Aplin	Hockley Trail Runners	31: 05
75	V55	Elaine Tribley	Springfield Striders RC	: 17
76	V55	Diane Beaver	Guest	: 22
77	V55	Tracy O'Neill	Havering AC	: 24
78	V45	Samantha Chambers	Grange Farm & Dunmow Runr	: 38
79	SW	Fiona Storey	Springfield Striders RC	: 57
80	V50	Diane Wagstaff	Hockley Trail Runners	: 58
81	V40	Lynsey Hawkins	Braintree & District AC	32: 00
82	V50	Lorna Pettifer	Mid Essex Casuals	: 02
83	V55	Debra Pumfrett	Phoenix Striders	: 24
84	SW	Lucy Willis	Tiptree Road Runners	: 40
85	V40	Nicola Chitticks	Pitsea Running Club	: 50
86	V50	Sharon Hardwicke	Tiptree Road Runners	: 54
87	V50	Annette Johnson	Benfleet Running Club	33: 02
88	SW	Victoria Metson	Halstead RR	: 08
89	V45	Nichole Smith	Guest	: 39
90	V55	Jo Pearce	Phoenix Striders	: 58

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	SW	Nina Wu	Billericay Striders RC	34: 13
92	V55	Doris Gaga	Ilford AC	: 14
93	SW	Robyn Harding	Tiptree Road Runners	: 18
94	SW	Jenny Suckling	Grange Farm & Dunmow Runr	35: 06
95	V55	Frances Gridley	Tiptree Road Runners	: 28
96	V55	Freda Keane	Ilford AC	: 33
97	V60	Helen Williams	Pitsea Running Club	: 37
98	V60	Gillian Harrison	Pitsea Running Club	:
99	V65	Valerie Sinclair	Pitsea Running Club	:
100	V50	Sue Long	Tiptree Road Runners	:
101	V45	Lovedip Dhaliwal	Ilford AC	:
102	SW	Holly Shinkwin	Colchester Harriers AC	37: 19
103	V55	Marion Breeze	Pitsea Running Club	: 25
104	V50	Launa Broadley	Ilford AC	: 35
105	V65	Theresa Flannigan	East Essex Triathlon Club	: 45
106	V50	Michelle Holman	Phoenix Striders	39: 44
107	V50	Sharon Wilkinson	Phoenix Striders	: 44

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