

Essex Cross Country League (1)

<u>One Tree Hill</u>		<u>Senior Women</u>	<u>12/10/2019</u>	
Pos	Age	Name	Team	Time
1	V40	Liz Davies	Springfield Striders RC	23: 47
2	SW	Lauren Deadman	Havering AC	24: 59
3	SW	Morgan Campbell	Havering AC	25: 45
4	SW	Ginte Bailey	Havering AC	26: 15
5	SW	Hayley Lamkin	Southend-on-Sea AC	: 25
6	SW	Sarah Worley	Billericay Striders RC	: 54
7	V40	Sarah Stradling	Colchester Harriers AC	: 57
8	SW	Rebecca Cole	Chelmsford AC	27: 09
9	U20	Sinead Clarke	Benfleet Running Club	: 14
10	V45	Wendy King	Chelmsford AC	: 26
11	U20	Hayley Instance	Thurrock Harriers	: 37
12	V45	Claire Hall	Grange Farm & Dunmow Runr	: 42
13	V45	Sam Bilbie	Springfield Striders RC	: 47
14	V50	Denise Morley	Colchester Harriers AC	28: 10
15	SW	Robyn Matson	Havering AC	: 34
16	V40	Danielle Harrington	Tiptree Road Runners	: 41
17	SW	Rebecca Cooke	Colchester Harriers AC	: 42
18	SW	Chloe Haines	Cambridge & Coleridge AC	: 48
19	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 53
20	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 58
21	V45	Debbie Appleton	Havering AC	29: 02
22	V55	Loretta Sollars	Guest	: 23
23	SW	Eloise Smith	Brentwood Running Club	: 33
24	V40	Kathleen Short	Brentwood Running Club	: 38
25	SW	Rachael Roughan	Halstead RR	: 50
26	SW	Rachel Dale	Colchester Harriers AC	: 53
27	SW	Kate Walsh	JBR Run and Tri	30: 00
28	SW	Carlie Qirem	Ilford AC	: 06
29	V40	Jennie Page	JBR Run and Tri	: 17
30	SW	Natasha Pinborough	JBR Run and Tri	: 29
31	V55	Debbie Cattermole	Colchester Harriers AC	: 31
32	V45	Natasha Lagden	Southend-on-Sea AC	: 45
33	V40	Nicola Evans	Benfleet Running Club	: 52
34	V40	Polly Bridgeman	Springfield Striders RC	: 53
35	V50	Jodie Farrell	Thurrock Harriers	: 55
36	V50	Lorna Gaffney	Loughton AC	: 56
37	SW	Amy-Louise Bird	Ilford AC	: 58
38	V45	Jacqui Watson	Benfleet Running Club	31: 02
39	V45	Lorraine Gosling	Orion Harriers	: 04
40	V40	Victoria Peacock	Thurrock Harriers	: 06
41	SW	Amy Gornall	Brentwood Running Club	: 09
42	V40	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 10
43	SW	Elizabeth Gilchrist	Cambridge & Coleridge AC	: 17
44	V40	Vicky Knight	Tiptree Road Runners	: 20
45	V45	Joanne Sullivan	Havering AC	: 24

<u>Division 1 Teams (4 to score)</u>		
1	Havering AC	24
2	Colchester Harriers AC	64
3	Springfield Striders RC	100
4	Southend-on-Sea AC	134
5	Brentwood Running Club	145
6	Benfleet Running Club	147
7	JBR Run and Tri	150
8	Orion Harriers	167
9	Billericay Striders RC	181
10	Ilford AC	203
11	Thurrock Harriers	86 (3)
12	Chelmsford AC	135 (3)

<u>Division 2 Teams (4 to score)</u>		
1	Tiptree Road Runners	242
2	Halstead RR	279
3	Phoenix Striders	304
4	Pitsea Running Club	332
5	East Essex Triathlon Club	403
6	Cambridge & Coleridge AC	120 (3)
7	Grange Farm & Dunmow Runr	132 (3)
8	Loughton AC	221 (3)
9	Mid Essex Casuals	240 (3)
10	Hockley Trail Runners	176 (2)
11	Dagenham 88	244 (2)

<u>Veterans Teams (3 to score)</u>		
1	Springfield Striders RC	48
2	Colchester Harriers AC	52
3	Orion Harriers	106
4	Southend-on-Sea AC	129
5	Benfleet Running Club	138
6	Brentwood Running Club	141
7	Havering AC	156
8	Tiptree Road Runners	164
9	Billericay Striders RC	189
10	JBR Run and Tri	191
11	Phoenix Striders	216
12	Mid Essex Casuals	240
13	Pitsea Running Club	301
14	East Essex Triathlon Club	338
15	Thurrock Harriers	75 (2)
16	Chelmsford AC	127 (2)
17	Ilford AC	138 (2)
18	Loughton AC	139 (2)
19	Halstead RR	196 (2)
20	Grange Farm & Dunmow Runr	12 (1)
21	Hockley Trail Runners	79 (1)
22	Dagenham 88	120 (1)

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
46	SW	Jade Edwards	Havering AC	: 26
47	V55	Pippa Dowswell	Orion Harriers	: 36
48	SW	Tina Golubeva	Pitsea Running Club	: 54
49	V40	Ruth Havis	Billericay Striders RC	32: 06
50	V45	Kate Gibson	Colchester Harriers AC	: 08
51	V40	Kristina Read	Phoenix Striders	: 14
52	SW	Imogen Ovenden	Springfield Striders RC	: 22
53	V60	Breege Nordin	Ilford AC	: 26
54	V55	Christine Deacon	Billericay Striders RC	: 40
55	V45	Rebecca Taylor	Southend-on-Sea AC	: 47
56	V50	Paula Purtell	Mid Essex Casuals	: 52
57	V50	Mary Lloyd	Brentwood Running Club	: 56
58	SW	Kelly Judge	Halstead RR	: 58
59	SW	Eileen Coughlan	Cambridge & Coleridge AC	33: 02
60	V40	Lisa James	Brentwood Running Club	: 08
61	V55	Christine Inch	Orion Harriers	: 12
62	V40	Nina Barrett	Brentwood Running Club	: 16
63	V40	Sarah Demetriou	Springfield Striders RC	: 18
64	V40	Debbie Keene	JBR Run and Tri	: 21
65	SW	Deborah Hall	East Essex Triathlon Club	: 34
66	V45	Isobel Gowers	Springfield Striders RC	: 53
67	V45	Heidi Nevin	Benfleet Running Club	: 59
68	V45	Madeleine Knight	Brentwood Running Club	34: 07
69	V45	Dianne Fairchild	Brentwood Running Club	: 25
70	V50	Sharon Skidmore	Mid Essex Casuals	: 46
71	V45	Kirsty Williams	Springfield Striders RC	: 47
72	SW	Emma De Cruz	Billericay Striders RC	: 54
73	V40	Louise Maggs	Benfleet Running Club	: 57
74	V50	Wendy Carter	Halstead RR	35: 08
75	V45	Kelly McLenaghan	Benfleet Running Club	: 13
76	V40	Deborah Hitching	Springfield Striders RC	: 17
77	V45	Nichola Hands	Springfield Striders RC	: 19
78	SW	Jess Archer	Tiptree Road Runners	: 21
79	V50	Diane Wagstaff	Hockley Trail Runners	: 27
80	V65	Lynn Tanner	Springfield Striders RC	: 29
81	V50	Lynsey Gray	Phoenix Striders	: 36
82	SW	Georgie Gillott	Loughton AC	: 39
83	V45	Julie Wilson	Brentwood Running Club	: 45
84	V55	Debra Pumfrett	Phoenix Striders	: 46
85	V55	Nicola Hopkinson	Ilford AC	: 48
86	V45	Joanne Ling	Billericay Striders RC	: 52
87	SW	Lynsey Hawkins	Braintree & District AC	36: 04
88	V45	Ruth Roberts	Phoenix Striders	: 09
89	SW	Ellen Triggs	Billericay Striders RC	: 20
90	V55	Tracy O'Neill	Havering AC	: 23

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE

Pos	Age	Name	Team	Time
91	SW	Gemma Higgs	Pitsea Running Club	: 31
92	V45	Sarah De Cristofano	Benfleet Running Club	: 33
93	V55	Joanne Day	Brentwood Running Club	37: 06
94	V55	Joanne Pearce	Pitsea Running Club	: 27
95	V45	Amanda Bradfield	Benfleet Running Club	: 46
96	SW	Vicki Calleja	Brentwood Running Club	: 47
97	SW	Josie Aplin	Hockley Trail Runners	38: 19
98	V40	Jacky Green	JBR Run and Tri	: 25
99	V60	Helen Williams	Pitsea Running Club	: 36
100	V40	Manuela Gordea	Benfleet Running Club	39: 14
101	SW	Jenny Suckling	Grange Farm & Dunmow Runr	: 22
102	V50	Debbie Robertson	Benfleet Running Club	: 23
103	V40	Nadine Holland	Loughton AC	: 32
104	V50	Sharon Hardwicke	Tiptree Road Runners	: 38
105	V40	Emma Flin	East Essex Triathlon Club	: 40
106	SW	Audrey Morris	Benfleet Running Club	: 59
107	V50	Jane Hallam	Havering AC	40: 03
108	V65	Valerie Sinclair	Pitsea Running Club	: 13
109	V40	Tracy Rodd	JBR Run and Tri	: 57
110	V50	Nicola Maslen	Phoenix Striders	41: 19
111	V50	Annette Johnson	Benfleet Running Club	: 29
112	V60	Gillian Harrison	Pitsea Running Club	: 47
113	V40	Suzy Stidston	Benfleet Running Club	42: 11
114	V60	Julie Peacock	Mid Essex Casuals	: 26
115	V65	Theresa Flannigan	East Essex Triathlon Club	: 31
116	V50	Sue Long	Tiptree Road Runners	43: 00
117	V55	Tracy Minton	Chelmsford AC	: 11
118	V40	Vicki Andreetti	East Essex Triathlon Club	: 38
119	V50	Sharon Wilkinson	Phoenix Striders	44: 25
120	V40	Lynne Northcott	Dagenham 88	: 29
121	V45	Joanne Key	Benfleet Running Club	45: 28
122	V40	Maria Nichol	Halstead RR	48: 5
123	V60	Christine Judge	Benfleet Running Club	49: 38
124	SW	Saima Zeb	Dagenham 88	50: 16

Find us on Facebook under ESSEX CROSS COUNTRY LEAGUE