

Essex Cross Country Championships

Gloucester Park, Basildon

04/01/2020

Senior Women

Pos	No	Name	Club	Time	Team Result
1	59	Jessica Judd	SW Blackburn Harriers AC	35: 03	1 VPH & TH AC 65
2	60	Hannah Irwin	SW Braintree and District AC	36: 00	2 Basildon AC 67
3	176	Liz Davies	SW Springfield Striders	37: 33	3 Colchester Harriers 76
4	50	Rachel Wiseman	SW Basildon AC	49	4 Havering AC 103
5	206	Victoria Hiscock	SW Benfleet RC	39: 40	5 Springfield Striders 113
6	53	Emma Houchell	SW Basildon AC	45	6 Southend AC 129
7	192	Laura Kaye	SW VPH & TH AC	40: 00	7 Thurrock Harriers 141
8	51	Charlotte Bishop	SW Basildon AC	17	8 Colchester Harriers 'B' 170
9	191	Katherine Gundersen	SW VPH & TH AC	19	9 East London Runners 186
10	120	Morgan Campbell	SW Havering AC	21	10 Benfleet RC 195
11	142	Clare Thurgood	SW Orion Harriers	26	11 Eton Manor 199
12	169	Hayley Lamkin	SW Southend AC	49	12 Ilford AC 221
13	127	Sally Judd	SW Herts and Phoenix	41: 00	13 Grange Farm & Dunmow Runners 246
14	63	Laura Hubbard	SW Colchester Harriers	08	14 Halstead Road Runners 275
15	87	Jennifer Ansell	SW East London Runners	16	15 Havering 90 Joggers 276
16	200	Alicia McArdell	SW WGEL	32	16 Springfield Striders 'B' 304
17	64	Sarah Stradling	SW Colchester Harriers	52	17 Phoenix Striders 318
18	184	Nikki Woodyard	SW Springfield Striders	42: 29	18 Eton Manor 'B' 323
19	190	Josephine Hall	SW VPH & TH AC	43: 01	19 East London Runners 'B' 348
20	56	Sarah Worley	SW Billericay Striders	11	20 Dagenham 88 Runners 360
21	102	Claire Hall	SW Grange Farm & Dunmow Runners	12	21 Pitsea RR 373
22	72	Katherine Rigby	SW Colchester Harriers	20	22 Halstead Road Runners 'B' 407
23	67	Denise Morley	SW Colchester Harriers	49	23 Ilford AC 'B' 424
24	121	Robyn Matson	SW Havering AC	44: 03	24 East London Runners 'C' 427
25	199	Rachel Lund	SW WGEL	13	25 Benfleet RC 'B' 447
26	68	Andrea James	SW Colchester Harriers	54	26
27	189	Loretta Sollars	SW Thurrock Harriers	57	27
28	55	Claire Baglin	SW Billericay Striders	45: 01	28
29	99	Philippa Robinson	SW Grange Farm & Dunmow Runners	06	29
30	194	Rachel Morison	SW VPH & TH AC	12	30
31	186	Toni Radey	SW Thurrock Harriers	13	31
32	129	Anna Crawley	SW Ilford AC	14	32
33	185	Lucy Golding	SW Thurrock Harriers	19	33
34	122	Clare Davies	SW Havering AC	23	34
35	125	Isabella Woods	SW Havering AC	43	35
36	170	Sarah Jeffery	SW Southend AC	52	36
37	172	Jenny Gall	SW Southend AC	46: 00	37
38	523	Jennifer Heymann	SW Eton Manor	42	38
39	526	Jane Ruskin-White	SW Eton Manor	51	39
40	73	Ella Jeffries	SW Colchester Harriers	59	40
41	181	Victoria Curren	SW Springfield Striders	47: 00	41
42	145	Rachel Flannigan	SW Phoenix Striders	02	42
43	106	Rachael Roughan	SW Halstead Road Runners	03	43
44	168	Rebecca Taylor	SW Southend AC	04	44
45	119	Joanne Reeves	SW Havering 90 Joggers	22	45
46	65	Rebecca Cooke	SW Colchester Harriers	24	46
47	208	Jacqui Watson	SW Benfleet RC	29	47
48	92	Caroline Frith	SW East London Runners	35	
49	52	Louise Douglass	SW Basildon AC	37	
50	187	Jodie Farrell	SW Thurrock Harriers	47	
51	182	Nicola Ranson	SW Springfield Striders	54	
52	135	Amy Louise Bird	SW Ilford AC	48: 03	
53	193	Charlotte Bewley	SW VPH & TH AC	05	
54	188	Victoria Peacock	SW Thurrock Harriers	20	
55	528	Zoe Woodward	SW Eton Manor	50	
56	114	Stephanie Phillips	SW Havering 90 Joggers	49: 01	
57	91	Becky Evans	SW East London Runners	03	
58	76	Kate Sandercock	SW Colchester Harriers	18	
59	136	Breege Nordin	SW Ilford AC	23	
60	71	Melissa Dowell	SW Colchester Harriers	38	
61	158	Hazel Greatbatch	SW Pitsea RR	50: 05	
62	103	Meera Rajoo-Oakley	SW Great Bentley RC	23	
63	108	Kelly Judge	SW Halstead Road Runners	43	
64	490	Nicola Evans	SW Benfleet RC	50	
65	153	Tina Golubeva	SW Pitsea RR	51: 33	
66	97	Kasia Stachowiak	SW East London Runners	46	
67	521	Sarah Giles	SW Eton Manor	50	
68	93	Maud Hodson	SW East London Runners	59	
69	124	Joanne Sullivan	SW Havering AC	52: 11	
70	525	Ruth Rose	SW Eton Manor	19	
71	173	Isobel Gowers	SW Springfield Striders	20	
72	85	Hannah Sheikh	SW Dagenham 88 Runners	53: 47	
73	175	Lynn Tanner	SW Springfield Striders	54: 01	
74	101	Charlotte King	SW Grange Farm & Dunmow Runners	18	
75	522	Gail Hennessey	SW Eton Manor	35	
76	86	Deborah Hall	SW East Essex Tri	43	
77	174	Deborah Hitching	SW Springfield Striders	53	

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78	131	Sharon Honey	SW	Ilford AC	55:	02
79	495	Kelly McClenaghan	SW	Benfleet RC		09
80	524	Christina Long	SW	Eton Manor		19
81	152	Emily Wray	SW	Phoenix Striders		23
82	126	Clare Rudgley	SW	Havering AC		27
83	179	Elaine Tribley	SW	Springfield Striders		29
84	111	Lisa Rodbourn	SW	Halstead Road Runners		33
85	109	Emma Healy	SW	Halstead Road Runners		34
86	115	Eleanor Mole	SW	Havering 90 Joggers		44
87	84	Emma Dudman	SW	Dagenham 88 Runners		52
88	133	Alison Sale	SW	Ilford AC		53
89	116	Kate Pettit	SW	Havering 90 Joggers	56:	21
90	110	Anna Bambridge	SW	Halstead Road Runners		32
91	94	Catriona Hoult	SW	East London Runners		35
92	205	Rahana Islam	SW	Dagenham 88 Runners		40
93	113	Sandi Robinson-Miller	SW	Halstead Road Runners	57:	21
94	89	Veronica Carrasco	SW	East London Runners		49
95	96	Sandra Preston	SW	East London Runners		54
96	150	Jo Pearce	SW	Phoenix Striders	58:	06
97	88	Kate Brett.	SW	East London Runners		09
98	519	Janine Durrant	SW	Eton Manor		23
99	151	Debra Pumfrett	SW	Phoenix Striders		33
100	207	Annette Johnson	SW	Benfleet RC		42
101	118	Lynne Wade	SW	Havering 90 Joggers		46
102	117	Sandra Dalton	SW	Havering 90 Joggers	59:	58
103	180	Honor Wood	SW	Springfield Striders	60:	23
104	178	Sarah Goodwin	SW	Springfield Striders		38
105	107	Treena Carder	SW	Halstead Road Runners		43
106	90	Fiona Day	SW	East London Runners	61:	04
107	517	Hayley Dalton	SW	Eton Manor		32
108	137	Julia Galea	SW	Ilford AC		44
109	77	Jane Swanson Sprent	SW	Dagenham 88 Runners	62:	07
110	493	Debbie Robertson	SW	Benfleet RC		31
111	98	Lauren Stevenson	SW	East London Runners		36
112	134	Doris Gaga	SW	Ilford AC		36
113	95	Alexandra Rutishauser-Per	SW	East London Runners		43
114	491	Audrey Morris	SW	Benfleet RC		56
115	83	Timi Veerasamy	SW	Dagenham 88 Runners	63:	52
116	128	Frieda Keane	SW	Ilford AC	64:	06
117	80	Jackie Frewin	SW	Dagenham 88 Runners	67:	06
118	144	Nicola Burston	SW	Phoenix Striders		14
119	112	Lauren Hutley	SW	Halstead Road Runners		24
120	138	Lovedip Dhaliwal	SW	Ilford AC	68:	12
121	157	Marion Breeze	SW	Pitsea RR		44
122	100	Louise Garrett	SW	Grange Farm & Dunmow Runners	69:	02
123	494	Susan Horton	SW	Benfleet RC		44
124	139	Launa Broadley	SW	Ilford AC	70:	07
125	148	Michelle Holman	SW	Phoenix Striders	71:	30
126	160	Cheryl Wilson	SW	Pitsea RR	72:	40
127	156	Sarah Gager	SW	Pitsea RR	74:	16
128	149	Sharon Wilkinson	SW	Phoenix Striders		16
129	104	Teresa Jones	SW	Great Bentley RC	76:	42
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