

Essex Cross Country League (3)

<u>Writtle</u>			<u>Senior Women</u>	<u>14/12/2019</u>	
Pos	Age	Name	Team	Time	
1	SW	Lydia Hallam	Havering AC	24: 54	
2	SW	Morgan Campbell	Havering AC	26: 05	
3	SW	Becky Hair	Cambridge & Coleridge AC	: 17	
4	SW	Ginte Bailey	Havering AC	: 26	
5	SW	Clare Thurgood	Orion Harriers	: 51	
6	U20	Sinead Clarke	Benfleet Running Club	27: 02	
7	V40	Nikki Woodyard	Springfield Striders RC	: 03	
8	SW	Megan Evans	Chelmsford AC	: 08	
9	SW	Philippa Robinson	Grange Farm & Dunmow Runr	: 15	
10	SW	Sarah Worley	Billericay Striders RC	: 40	
11	SW	Heidi Steel	Colchester Harriers AC	: 47	
12	SW	Hayley Lamkin	Southend-on-Sea AC	: 57	
13	V45	Wendy King	Chelmsford AC	28: 00	
14	V50	Denise Morley	Colchester Harriers AC	: 15	
15	U20	Hayley Instance	Thurrock Harriers	: 23	
16	V45	Debbie Appleton	Havering AC	: 32	
17	V45	Alison Trauttmansdorff-Wein	Orion Harriers	: 01	
18	V40	Danielle Harrington	Tiptree Road Runners	: 59	
19	V40	Kathleen Short	Brentwood Running Club	29: 03	
20	V45	Toni Radley	Thurrock Harriers	: 10	
21	V55	Loretta Sellars	Thurrock Harriers	: 29	
22	SW	Sarah Jeffery	Southend-on-Sea AC	: 35	
23	V40	Hayley Rogerson	Orion Harriers	: 41	
24	SW	Clare Davies	Havering AC	: 57	
25	SW	Jenny Gall	Southend-on-Sea AC	30: 01	
26	SW	Eloise Smith	Brentwood Running Club	: 03	
27	SW	Anna Crawley	Ilford AC	: 11	
28	SW	Louise Douglass	Basildon AC	: 23	
29	SW	Rachel Dale	Colchester Harriers AC	: 24	
30	V45	Lorraine Gosling	Orion Harriers	: 26	
31	V45	Anne Jenkinson	Southend-on-Sea AC	: 32	
32	V40	Alexandra Hennessy	Colchester Harriers AC	: 35	
33	V45	Rachel Flannigan	Phoenix Striders	: 36	
34	SW	Kate Walsh	JBR Run and Tri	: 40	
35	SW	Jenny Sheehan	Ilford AC	: 55	
36	SW	Rachael Roughan	Halstead RR	: 59	
37	V50	Jodie Farrell	Thurrock Harriers	31: 08	
38	SW	Hayley Pegg	Chelmsford AC	: 11	
39	V45	Jacqui Watson	Benfleet Running Club	: 23	
40	SW	Jade Edwards	Havering AC	: 29	
41	V40	Kasia Kostyrka-Allchorne	Southend-on-Sea AC	: 34	
42	V55	Pippa Dowswell	Orion Harriers	: 35	
43	V55	Debbie Cattermole	Colchester Harriers AC	: 38	
44	SW	Amy Gornall	Brentwood Running Club	: 42	
45	V45	Morven Hurding	Tiptree Road Runners	: 42	

  

<b>Division 1 Teams (4 to score)</b>		
1	Havering AC	23
2	Orion Harriers	75
3	Colchester Harriers AC	86
4	Southend-on-Sea AC	90
5	Brentwood Running Club	146
6	Benfleet Running Club	172
7	Springfield Striders RC	180
8	Ilford AC	181
9	Chelmsford AC	59 (3)
10	Grange Farm & Dunmow Runr	140 (3)
11	Basildon AC	28 (1)

  

<b>Division 2 Teams (4 to score)</b>		
1	Thurrock Harriers	93
2	Tiptree Road Runners	168
3	Billericay Striders RC	188
4	Halstead RR	221
5	Phoenix Striders	321
6	JBR Run and Tri	336
7	Pitsea Running Club	282 (3)
8	East Essex Triathlon Club	142 (2)
9	Braintree & District AC	144 (2)
10	Cambridge & Coleridge AC	3 (1)
11	Mid Essex Casuals	80 (1)

  

<b>Veterans Teams (3 to score)</b>		
1	Orion Harriers	70
2	Thurrock Harriers	78
3	Colchester Harriers AC	89
4	Springfield Striders RC	117
5	Southend-on-Sea AC	120
6	Tiptree Road Runners	121
7	Brentwood Running Club	135
8	Havering AC	142
9	Benfleet Running Club	166
10	Billericay Striders RC	178
11	Ilford AC	190
12	Phoenix Striders	215
13	Halstead RR	231
14	Pitsea Running Club	200 (2)
15	JBR Run and Tri	203 (2)
16	Chelmsford AC	13 (1)
17	East Essex Triathlon Club	56 (1)
18	Grange Farm & Dunmow Runr	64 (1)
19	Braintree & District AC	66 (1)
20	Mid Essex Casuals	80 (1)

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Pos	Age	Name	Team	Time
46	V45	Marzana Ward	Billericay Striders RC	: 48
47	SW	Jess Archer	Tiptree Road Runners	: 57
48	V45	Rebecca Taylor	Southend-on-Sea AC	: 57
49	V50	Nikki Ranson	Springfield Striders RC	: 58
50	V60	Breege Nordin	Ilford AC	32: 12
51	V45	Joanne Sullivan	Havering AC	: 15
52	SW	Kelly Judge	Halstead RR	: 26
53	V40	Ruth Havis	Billericay Striders RC	: 40
54	V50	Vanessa Mathers	Southend-on-Sea AC	: 47
55	V40	Nicola Evans	Benfleet Running Club	33: 03
56	V45	Rebecca Gill	East Essex Triathlon Club	: 24
57	V40	Lisa James	Brentwood Running Club	: 29
58	V50	Tracy Harrington	Tiptree Road Runners	: 44
59	V50	Mary Lloyd	Brentwood Running Club	: 47
60	V55	Christine Inch	Orion Harriers	: 48
61	V45	Isobel Gowers	Springfield Striders RC	34: 04
62	V45	Madeleine Knight	Brentwood Running Club	: 07
63	V50	Hilda O'Kelly	Springfield Striders RC	: 24
64	V50	Hayley Smith	Grange Farm & Dunmow Runr	: 33
65	V50	Wendy Carter	Halstead RR	: 39
66	V50	Josephine Sheffield	Braintree & District AC	: 48
67	SW	Charlotte King	Grange Farm & Dunmow Runr	: 56
68	SW	Anna Bambridge	Halstead RR	: 59
69	V55	Nicola Hopkinson	Ilford AC	35: 05
70	V65	Lynn Tanner	Springfield Striders RC	: 07
71	V50	Alison Sale	Ilford AC	: 08
72	V40	Louise Maggs	Benfleet Running Club	: 30
73	SW	Simone Hillard	Tiptree Road Runners	: 41
74	V45	Dianne Fairchild	Brentwood Running Club	: 46
75	V55	Tracy O'Neill	Havering AC	: 47
76	V55	Elaine Tribbley	Springfield Striders RC	: 51
77	V45	Julie Wilson	Brentwood Running Club	: 54
78	SW	Lynsey Hawkins	Braintree & District AC	: 59
79	V45	Joanne Ling	Billericay Striders RC	36: 02
80	V50	Lorna Pettifer	Mid Essex Casuals	: 16
81	V40	Emma Healy	Halstead RR	: 21
82	SW	Gemma Higgs	Pitsea Running Club	: 25
83	V55	Diane Crisp	Ilford AC	: 30
84	SW	Emily Penkett	Springfield Striders RC	: 37
85	V50	Lisa Rodbourn	Halstead RR	: 42
86	SW	Deborah Hall	East Essex Triathlon Club	: 43
87	V50	Sandi Robinson-Miller	Halstead RR	: 45
88	V55	Debra Pumfrett	Phoenix Striders	37: 22
89	SW	Vicki Calleja	Brentwood Running Club	: 50
90	SW	Emma De Cruz	Billericay Striders RC	38: 2

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<b>Pos</b>	<b>Age</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>
91	V55	Jacky Green	JBR Run and Tri	: 40
92	V50	Sharon Hardwicke	Tiptree Road Runners	: 43
93	V50	Annette Johnson	Benfleet Running Club	: 52
94	V55	Jo Pearce	Phoenix Striders	: 58
95	V55	Jo Day	Brentwood Running Club	39: 50
96	V50	Debbie Robertson	Benfleet Running Club	40: 14
97	V60	Helen Williams	Pitsea Running Club	: 20
98	V40	Suzy Stidston	Benfleet Running Club	: 41
99	SW	Hannah Bardell	JBR Run and Tri	41: 00
100	V55	Frances Gridley	Tiptree Road Runners	: 03
101	V40	Manuela Gordea	Benfleet Running Club	: 04
102	V50	Zoe Gould	Tiptree Road Runners	: 12
103	V60	Gillian Harrison	Pitsea Running Club	: 24
104	V55	Doris Gaga	Ilford AC	: 45
105	SW	Lauren Hutley	Halstead RR	42: 25
106	V50	Nicola Maslen	Phoenix Striders	44: 25
107	V55	Nicola Burston	Phoenix Striders	: 30
108	V65	Susannah Horton	Benfleet Running Club	: 59
109	V45	Lovedip Dhaliwal	Ilford AC	45: 06
110	V50	Sue Long	Tiptree Road Runners	46: 01
111	V50	Sharon Wilkinson	Phoenix Striders	: 05
112	V40	Sarah Makinson	JBR Run and Tri	49: 04
113	V50	Michelle Holman	Phoenix Striders	: 55
114	V65	Anita Leaver	Tiptree Road Runners	54: 39

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