

Essex Cross Country League (5)

Sponsored by Runners Edge

Orion

12/01/2013

Senior Women

Pos	Cat	Name	Team	Time	Pos	Cat	Name	Team	Time
1	V35	Stradling, Sarah	Colchester H	27: 21	61	V35	Bannister, Sharon	Springfield S	42: 03
2	V35	Appleton, Debbie	Havering M	30	62	V45	De Smedt, Beryl	Phoenix	14
3	SW	Fullerton, Faye	Havering M	44	63	SW	Smith, Ella	Orion H	22
4	SW	Peppiatt, Charlotte	Benfleet	58	64	V45	Goodwin, Sarah	Springfield S	46
5	SW	Smith, Vicky	Havering M	28: 06	65	V45	Smith, Debbie	Phoenix	54
6	SW	Ivory, Sarah	Colchester H	07	66	V35	Maslen, Nicola	Phoenix	44: 02
7	SW	Whitmarsh, Karen	Basildon	16	67	V55	Flannigan, Teresa	Pitsea	24
8	V45	Deasey, Margaret	CATS	19	68	V55	De Asha, Anne	Orion H	35
9	SW	Thurgood, Claire	Orion H	34	69	V45	Farridge, Nicola	Orion H	45: 11
10	SW	Blake, Poppy	Chelmsford	29: 08	70	V45	Miller, Ann	Springfield S	30
11	SW	Evans, Megan	Chelmsford	22	71	V45	Burston, Nicola	Phoenix	42
12	V35	King, Wendy	Chelmsford	32	72	V35	Drake, Michala	Orion H	52
13	SW	Jeffery, Sarah	Southend	51	73	SW	Sands, Roma	Phoenix	46: 24
14	V35	Watson, Jacqui	Benfleet	57	74	V45	Davis, Michaela	Loughton	49
15	V35	Morley, Denise	Colchester H	30: 10	75	V45	Hawkins, Nicola	Phoenix	47: 14
16	V35	Malanga, Sally	Chelmsford	25	76	V45	Harwood, Gwen	Loughton	29
17	V35	Sullivan, Jo	Havering M	37	77	SW	Gordon, Nicky	Pitsea	48: 27
18	V45	Baker, Jo	Southend	41					
19	V35	Jenkinson, Anne	Southend	55					
20	SW	Holland, Kerry	Southend	31: 24					
21	V35	Smith, Jane	Braintree	34					
22	V45	Mathers, Vanessa	Southend	35					
23	V45	Smith, Jo	Chelmsford	45					
24	SW	Edwards, Jade	Havering M	48					
25	SW	Bent, Kate	Colchester H	48					
26	V45	Grant, Helen	Cambridge & C	32: 15					
27	V35	Clifford, Liza	Orion H	22					
28	SW	Sterling, Charmaine	Benfleet	54					
29	V35	Bognarova-Meridith, S	Thurrock H	55					
30	SW	Real, Helen	Loughton	33: 12					
31	V35	Thompson, Angie	Havering M	51					
32	SW	Sheehan, Jenny	Ilford	34: 16					
33	V35	Barron, Hayley	Orion H	23					
34	V35	Cox, Sam	Thurrock H	26					
35	V35	Gaffney, Lorna	Loughton	35					
36	V45	Pyle, Nicola	Springfield S	37					
37	V35	Curren, Victoria	Springfield S	41					
38	SW	Armitage, Mary	Orion H	46					
39	V35	Peacock, Victoria	Thurrock H	35: 16					
40	V35	Maidment, Sarah	Orion H	38					
41	V35	Maidment, Liz	Orion H	39					
42	V35	Burtenshaw, Jo	Benfleet	43					
43	V45	Shillaker, Gaye	Loughton	45					
44	SW	Page, Jennie	Benfleet	36: 06					
45	V35	Driver, Sarah	Thurrock H	11					
46	V45	Ward, Juliet	Havering M	13					
47	V35	Williams, Kirsty	Springfield S	17					
48	V35	Lear, Maureen	Havering M	26					
49	V45	Rolerkite, Lindsey	Braintree	40					
50	V45	Dowswell, Pippa	Orion H	57					
51	V45	Heeks, Anne	Loughton	37: 44					
52	V55	Tanner, Lynn	Springfield S	47					
53	V45	Webster, Fran	Benfleet	38: 04					
54	SW	Sunderland, Kathryn	Chelmsford	06					
55	V35	Westwood, Bobby	Havering M	45					
56	SW	Hudson, Kym	Orion H	39: 04					
57	V45	O'Neill, Tracy	Havering M	40					
58	V45	Pumfrett, Debra	Phoenix	50					
59	SW	Knowles, Sarah	Springfield S	41: 31					
60	SW	Timpson, Melissa	Orion H	49					

Teams

1	Havering M	27
2	Colchester H	47
3	Chelmsford	49
4	Southend	70
5	Benfleet	88
6	Orion H	107
7	Thurrock H	147
8	Loughton	159
9	Springfield S	172
10	Phoenix	251
11	Braintree	70 (2)
12	Pitsea	144 (2)
13	Basildon	7 (1)
14	CATS	8 (1)
15	Cambridge & C	26 (1)
16	Ilford	32 (1)