

Essex Cross Country Championships

Hadleigh

05 January 2013

Senior Women

1	654	Joanne Wilkinson	SW	Thurrock Harriers	35: 01
2	515	Sarah Stradling	SW	Colchester Harriers	36: 27
3	544	Alex Gounelas	SW	Eton Manor AC	30
4	514	Poppy Blake	SW	Chelmsford AC	40
5	572	Faye Fullerton	SW	Havering Mayesbrook AC	37: 35
6	569	Debbie Appleton	SW	Havering Mayesbrook AC	50
7	482	Charlotte Peppiatt	SW	Benfleet RC	55
8	517	Sarah Ivory	SW	Colchester Harriers	38: 13
9	663	Kat Gundersen	SW	Woodford Green with Essex Ladies	17
10	531	Margaret Deasy	SW	Colchester & Tendring	25
11	594	Clare Thurgood	SW	Orion Harriers	28
12	579	Vicky Smith	SW	Havering Mayesbrook AC	33
13	475	Karen Whitmore	SW	Basildon AC	43
14	665	Rachel Lund	SW	Woodford Green with Essex Ladies	43
15	597	Vicky Gill	SW	Orion Harriers	39: 12
16	548	Kate Malcolm	SW	Eton Manor AC	52
17	508	Wendy King	SW	Chelmsford AC	40: 04
18	639	Nikki Brockbank	SW	Springfield Striders	11
19	506	Sally Mhlanga	SW	Chelmsford AC	17
20	577	Gemma Phillips	SW	Havering Mayesbrook AC	20
21	483	Dominique Ballard	SW	Benfleet RC	28
22	568	Kate Hodgkiss	SW	Harwich Runners	34
23	486	Catherine Stunt	SW	Benfleet RC	47
24	512	Vikki Hayes	SW	Chelmsford AC	55
25	622	Sarah Jeffery	SW	Southend AC	41: 03
26	481	Anna Whitfield	SW	Basildon AC	10
27	666	Sarah Nicholas	SW	Woodford Green with Essex Ladies	13
28	625	Jo Baker	SW	Southend AC	28
29	520	Denise Morley	SW	Colchester Harriers	33
30	521	Amanda Henry	SW	Colchester Harriers	43
31	624	Anne Jenkinson	SW	Southend AC	50
32	519	Lyn Higgs	SW	Colchester Harriers	59
33	487	Jacqui Watson	SW	Benfleet RC	42: 07
34	553	Sara Flannaghan	SW	Eton Manor AC	38
35	570	Joanne Sullivan	SW	Havering Mayesbrook AC	47
36	530	Kate Bent	SW	Colchester Harriers	43: 09
37	649	Toni Noble	SW	Thurrock Harriers	32
38	626	Natasha Lagden	SW	Southend AC	42
39	513	Hannah Bonnett	SW	Chelmsford AC	44: 02
40	518	Debbie Cattermole	SW	Colchester Harriers	13
41	493	Sarah Grabowski	SW	Benfleet RC	20
42	511	Jo Smith	SW	Chelmsford AC	28
43	595	Christine Inch	SW	Orion Harriers	47
44	523	Ellie Mayne	SW	Colchester Harriers	51
45	592	Helen Real	SW	Loughton AC	45: 05
46	672	Jenny Thomas	SW	Woodford Green with Essex Ladies	16
47	550	Clare Wagh	SW	Eton Manor AC	26
48	547	Zoe Woodward	SW	Eton Manor AC	31
49	638	Sue Clarke	SW	Springfield Striders	46: 13
50	655	Sam Tuck	SW	Thurrock Harriers	17
51	615	Hayley Stibbs	SW	Phoenix Striders	21
52	652	Jodie Farrell	SW	Thurrock Harriers	24
53	587	Lorna Gaffney	SW	Loughton AC	32
54	525	Fay Emmerson	SW	Colchester Harriers	39
55	601	Mary Armitage	SW	Orion Harriers	47: 33
56	660	Maxine Davies	SW	Woodford Green with Essex Ladies	41
57	491	Louisa Usherwood	SW	Benfleet RC	48
58	656	Victoria Peacock	SW	Thurrock Harriers	48: 12

Results by: Chris Akehurst (Colchester Harriers) Roy Meadowcroft (Chelmsford AC)

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59	647	Jo Gemmill	SW	Springfield Striders	32
60	636	Victoria Curren	SW	Springfield Striders	39
61	580	Angela Thompson	SW	Havering Mayesbrook AC	46
62	573	Jane Hallam	SW	Havering Mayesbrook AC	53
63	635	Nikki Pyle	SW	Springfield Striders	56
64	582	Jenni Sheehan	SW	Ilford AC	58
65	497	Wendy Reed	SW	Billericay Striders	49: 11
66	593	Gay Shillaker	SW	Loughton AC	17
67	537	Amanda Heslgrave	SW	Dagenham 88 Runners	18
68	585	Nicola Hopkinson	SW	Ilford AC	32
69	495	Jennie Page	SW	Benfleet RC	51
70	492	Debbie Slack	SW	Benfleet RC	50: 02
71	541	Steph Baxter	SW	Eton Manor AC	08
72	598	Liz Maidment	SW	Orion Harriers	36
73	599	Pippa Dowswell	SW	Orion Harriers	49
74	600	Sarah Maidment	SW	Orion Harriers	50
75	627	Debby Lynn Hallam	SW	Southend AC	51: 21
76	543	Alison Goodlad	SW	Eton Manor AC	40
77	574	Mo Lear	SW	Havering Mayesbrook AC	52: 22
78	558	Chloe Longstaff	SW	East London Runners	40
79	634	Lynn Tanner	SW	Springfield Striders	53: 28
80	501	Lisa Reiffel	SW	Castle Point	54: 29
81	500	Nastassja Simensky	SW	Castle Point	35
82	612	Debra Pumfrett	SW	Phoenix Striders	42
83	566	Cherie Hipkins	SW	Great Bentley	55: 18
84	646	Janet Schuster	SW	Springfield Striders	28
85	496	Frances Webster	SW	Benfleet RC	39
86	524	Charlotte Allen	SW	Colchester Harriers	48
87	645	Sarah Knowles	SW	Springfield Striders	56: 10
88	509	Catherine Sunderland	SW	Chelmsford AC	13
89	559	Susannah McLaren	SW	East London Runners	21
90	640	Karen Chapman	SW	Springfield Striders	31
91	554	Jenni Hall	SW	Eton Manor AC	57: 07
92	637	Sarah Goodwin	SW	Springfield Striders	10
93	499	Tracey Dixon	SW	Castle Point	28
94	562	Lex Carlisle	SW	Great Bentley	43
95	542	Rachel Brittle	SW	Eton Manor AC	58: 07
96	607	Beryl De Smidt	SW	Phoenix Striders	13
97	498	Kate Cammidge	SW	Castle Point	59: 11
98	604	Parmy Boual	SW	Orion Harriers	15
99	644	Sharon Bannister	SW	Springfield Striders	60: 12
101	546	Christins Watson	SW	Eton Manor AC	49
102	583	Pamela Jones	SW	Ilford AC	61: 10
103	620	Teresa Flannigan	SW	Pitsea RC	52
104	551	Sasha Ackland	SW	Eton Manor AC	59
105	614	Debbie Smith	SW	Phoenix Striders	62: 17
106	534	Jennifer Akroyd	SW	Dagenham 88 Runners	18
107	556	Sharon Bolister	SW	Eton Manor AC	51
108	538	Sharon Robinson	SW	Dagenham 88 Runners	64: 46
109	535	Timi Veerasamy	SW	Dagenham 88 Runners	66: 05
110	608	Nicola Hawkins	SW	Phoenix Striders	67: 31
111	586	Michaela Davis	SW	Loughton AC	51
112	564	Lynsey Apps	SW	Great Bentley	68: 31
113	539	Wendy Saunders	SW	Dagenham 88 Runners	69: 22
114	591	Irene Petersen	SW	Loughton AC	70: 12
115	503	Sue Windham	SW	Castle Point	29
116	610	Nicola Maslen	SW	Phoenix Striders	30
117	609	Lavinia Knight	SW	Phoenix Striders	43

Results by: Chris Akehurst (Colchester Harriers) Roy Meadowcroft (Chelmsford AC)

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118	613	Roma Sands	SW	Phoenix Striders	72:	14
119	618	Nicola Gordon	SW	Pitsea RC	75:	20
120	540	Tracey George	SW	Dagenham 88 Runners	77:	54
121	605	Susan Bannoeks	SW	Phoenix Striders	80:	06
122	606	Nicola Burston	SW	Phoenix Striders		08

Team Result

1	Havering Mayesbrook AC	43
2	Chelmsford AC	64
3	Colchester Harriers	69
4	Benfleet RC	84
5	Woodford Green with Essex Ladies	96
6	Eton Manor AC	100
7	Southend AC	122
8	Orion Harriers	124
9	Thurrock Harriers	140
10	Colchester Harriers 'B'	152
11	Springfield Striders	186
12	Havering Mayesbrook AC 'B'	235
13	Benfleet RC 'B'	237
14	Loughton AC	275
15	Eton Manor AC 'B'	286
16	Springfield Striders 'B'	313
17	Orion Harriers 'B'	317
18	Phoenix Striders	334
19	Castle Point	351
20	Dagenham 88 Runners	390
21	Eton Manor AC 'C'	407
22	Phoenix Striders 'B'	461