

Essex Cross Country League (4)

Sponsored by Runners Edge

Southend

11/01/2014

Senior Women

Pos	Age Gp	Name	Team	Time	Team	
1	V35	Debbie Sullivan	Havering M	21: 42	1 Colchester H	44
2	SW	Claire Thurgood	Orion H	: 47	2 Cambridge & C	46
3	V35	Sarah Stradling	Colchester H	22: 01	3 Chelmsford	60
4	SW	Vicky Smith	Havering M	: 02	4 Orion H	90
5	V45	Margaret Deasey	Colchester & T	: 27	4 Havering M	90
6	SW	Karen Whitmarsh	Basildon	: 32	6 Southend	99
7	SW	Claire Somerton	Cambridge & C	: 33	7 Benfleet	133
8	SW	Dominique Ballard	Benfleet	: 45	8 Springfield S	157
9	SW	Carla Brown	Cambridge & C	: 48	9 Ilford	162
10	SW	Carys Sutton	Chelmsford	: 51	10 Braintree	205
11	V35	Denise Morley	Colchester H	: 55	11 Loughton	210
12	SW	Laura Shoebridge	Colchester H	23: 03	12 Phoenix	253
13	SW	Natalie Griffiths	Cambridge & C	: 04	13 Basildon	60 (3)
14	SW	Rebecca Rowley	Chelmsford	: 08	14 E Essex Tri	65 (2)
15	V35	Wendy King	Chelmsford	: 19	15 Thrift Green T	83 (2)
16	SW	Sarah Jeffery	Southend	: 48	16 Colchester & T	5 (1)
17	SW	Carrie Bedingfield	Cambridge & C	: 53	17 Pitsea	72 (1)
18	V35	Amanda Henry	Colchester H	: 56		
19	SW	Hayley Hawes	E Essex Tri	: 59		
20	SW	Heidi Steele	Colchester H	24: 06		
21	V35	Sally Mhlanga	Chelmsford	: 08		
22	V35	Jacqui Watson	Benfleet	: 24		
23	SW	Nikki Barnett	Orion H	: 31		
24	SW	Laura Brooks	Thrift Green T	: 57		
25	V35	Anne Jenkinson	Southend	25: 00		
26	SW	Nicola Bredin	Basildon	: 02		
27	V35	Natasha Lagden	Southend	: 16		
28	SW	Emily Ballard	Basildon	: 34		
29	V35	Hayley Rogerson	Orion H	: 49		
30	SW	sarah Colbert	Springfield S	: 55		
31	SW	Vanessa Mather	Southend	: 58		
32	SW	Andrea James	Colchester H	26: 00		
33	V35	Mary Knapman	Loughton	: 22		
34	V35	Vic Curen	Springfield S	: 29		
35	V45	Dianne Crisp	Ilford	: 39		
36	V45	Christine Inch	Orion H	: 53		
37	V55	Bree Nordin	Ilford	27: 13		
38	SW	Patsy McSweeney	Havering M	: 18		
39	V45	Lorna Gaffney	Loughton	: 28		
40	V35	Lorraine Gosling	Orion H	: 37		
41	V45	Lindsey Rolerkite	Braintree	: 39		
42	SW	Jenny Sheehan	Ilford	: 41		
43	V45	Josie Sheffield	Braintree	: 49		
44	V35	Nichola Hands	Springfield S	: 51		
45	V45	Annette Johnson	Benfleet	28: 17		
46	SW	Jenny Page	E Essex Tri	: 31		
47	V45	Jane Hallam	Havering M	: 37		
48	V45	Nicola Hopkinson	Ilford	: 47		
49	V45	Alison Gillan	Springfield S	: 49		
50	V35	Maureen Lear	Havering M	: 54		
51	V45	Melanie Moore	Colchester H	29: 10		
52	SW	Kayleigh Beedon	Braintree	: 21		
53	V35	Kirsty Williams	Springfield S	: 32		
54	V45	Elaine Tibley	Springfield S	: 37		
55	V35	Sarah Hammond	Springfield S	30: 05		
56	SW	Amelia Kyriakides	Southend	: 15		
57	V45	Debbie Smith	Phoenix	: 24		
58	V35	Angela Benfield	Benfleet	: 32		
59	SW	Daisy Martin	Thrift Green T	: 35		
60	V45	Tracy O'Neill	Havering M	: 37		
61	V35	Ruth Roberts	Phoenix	: 46		
62	SW	Katheryn Sunderland	Chelmsford	: 49		
63	V55	Jean Hobbs	Loughton	31: 10		

64	V45	Sally Newman-Russell	Southend	:	20
65	V35	Clare Rudgley	Havering M	:	22
66	V45	Teresa Pearmain	Southend	32:	12
67	V45	Beryl De Smedt	Phoenix	:	29
68	V45	Debra Pumfrett	Phoenix	:	36
69	V35	Alpa Day	Braintree	34:	21
70	V45	Nicola Maslen	Phoenix	:	27
71	SW	Nicky Gordon	Phoenix	:	37
72	V55	Teresa Flannigan	Pitsea	35:	17
73	SW	Keeley Watson	Southend	:	24
74	V45	Sarah Goodwin	Springfield S	:	25
75	V45	Michaela Davis	Loughton	:	50
76	V75	Pam Jones	Ilford	36:	03
77	V45	Adele Moggan	Phoenix	:	17
78	V55	Susan Vine	Phoenix	:	52
79	V45	Gwen Harwood	Loughton	38:	29