

Essex Cross Country League (5)

Sponsored by Runners Edge

<u>Orion</u>					<u>08/02/2014</u>	<u>Senior Women</u>	
Pos	Age Gp	Name	Team	Time		Team	
1	V35	Debbie Appleton	Havering M	24: 22		1 Colchester H	32
2	SW	Dominique Ballard	Benfleet	: 26		2 Chelmsford	54
3	SW	Claire Somerton	Cambridge & C	: 29		3 Cambridge & C	67
4	SW	Nicola Rogers	Colchester H	: 31		4 Southend	68
5	SW	Clare Thurgood	Orion H	: 41		5 Orion H	85
6	SW	Carla Brown	Cambridge & C	25: 39		6 Havering M	106
7	SW	Natalie Griffiths	Cambridge & C	: 48		7 Loughton	162
8	SW	Heidi Steele	Colchester H	: 49		8 Phoenix	205
9	SW	Laura Shewbridge	Colchester H	: 50		9 Springfield S	137 (3)
10	SW	Carys Sutton	Chelmsford	: 52		10 Benfleet	28 (2)
11	V35	Denise Morley	Colchester H	: 59		11 Basildon	49 (2)
12	V35	Wendy King	Chelmsford	26: 04		12 Ilford	63 (2)
13	SW	Sarah Jeffery	Southend	: 13		13 Braintree	74 (2)
14	SW	Claire Cornwell	Southend	: 14		14 Thrift Green T	18 (1)
15	SW	Rebecca Rowley	Chelmsford	: 21		15 Billericay S	36 (1)
16	V35	Ellie Mayne	Colchester H	: 26		16 Mid Essex Cas	37 (1)
17	V35	Sally Mhlanga	Chelmsford	: 32		17 Pitsea	56 (1)
18	SW	Laura Brooks	Thrift Green T	27: 14			
19	SW	Nikki Barnett	Orion H	: 49			
20	V35	Anne Jenkinson	Southend	28: 01			
21	V35	Natasha Lagden	Southend	: 33			
22	SW	Nicola Bredin	Basildon	: 38			
23	SW	Vanessa Mather	Southend	: 50			
24	V35	Jo Sullivan	Havering M	29: 01			
25	V35	Mary Knapman	Loughton	: 06			
26	SW	Elizabeth Peterson	Benfleet	: 21			
27	SW	Emily Ballard	Basildon	: 34			
28	SW	Jenny Sheehan	Ilford	30: 05			
29	V45	Lorna Gaffney	Loughton	: 33			
30	V35	Lorraine Gosling	Orion H	: 49			
31	V45	Christine Inch	Orion H	: 58			
32	V45	Lindsey Rolerkite	Braintree	31: 19			
33	V45	Jane Hallam	Havering M	: 32			
34	SW	Mary Armitage	Orion H	: 41			
35	V45	Nicola Hopkinson	Ilford	: 47			
36	V55	Wendy Read	Billericay S	: 52			
37	V45	Sharon Skidmore	Mid Essex Cas	32: 03			
38	V45	Alison Gillan	Springfield S	: 22			
39	V45	Pippa Dowswell	Orion H	: 43			
40	V35	Kirsty Williams	Springfield S	: 58			
41	V45	Toni Wilson	Colchester H	33: 15			
42	SW	Kayleigh Beedon	Braintree	: 52			
43	V35	Debbielyn Hallam	Southend	: 53			
44	V45	Louise Vacher	Orion H	: 54			
45	V35	Ruth Roberts	Phoenix	34: 25			
46	V45	Teresa Pearmain	Southend	: 31			
47	V45	Sue Crompton	Southend	: 32			
48	V35	Clare Rudgley	Havering M	: 44			
49	V35	Hayley Barron	Orion H	35: 01			
50	V55	Jean Hobbs	Loughton	: 12			
51	SW	Victoria Coe	Cambridge & C	: 34			
52	SW	Roma Sands	Phoenix	36: 11			
53	V45	Debra Pumfrett	Phoenix	37: 15			
54	V45	Nikki Farbridge	Orion H	38: 24			
55	V45	Beryl De Smedt	Phoenix	: 46			
56	V55	Teresa Flannigan	Pitsea	39: 16			
57	V35	Michaela Drake	Orion H	: 57			
58	V45	Michaela Davis	Loughton	41: 15			
59	V45	Sarah Goodwin	Springfield S	42: 02			
60	V45	Adele Moggan	Phoenix	44: 12			
61	V35	Lavina Knight	Phoenix	: 12			
62	V45	Nicola Maslen	Phoenix	: 12			