

# Essex Cross Country Championships

**Colchester**

**4 January 2014**

**Senior Women**

<b>Pos</b>	<b>No</b>	<b>Name</b>		<b>Club</b>	<b>Time</b>
1	487	Gemme Kersey	SW	Basildon AC	30: 43
2	576	Faye Fullerton	SW	Havering Mayesbrook AC	31: 48
3	675	Joanne Wilkinson	SW	Thurrock Harriers	32: 25
4	660	Elizabeth Davies	SW	Springfield Striders	29
5	550	Alex Gounelas	SW	Eton Manor AC	46
6	645	June Allen	SW	Springfield Striders	49
7	514	Sarah Strading	SW	Colchester Harriers	49
8	575	Debbie Appleton	SW	Havering Mayesbrook AC	49
9	603	Clare Thurgood	SW	Orion Harriers	33: 49
10	505	Poppy Blake	SW	Chelmsford AC	54
11	513	Carys Sutton	SW	Chelmsford AC	34: 09
12	658	Tracey Ranson	SW	Springfield Striders	10
13	696	Karen Whitmarsh	SW	Basildon AC	20
14	519	Laura Shewbridge	SW	Colchester Harriers	29
15	647	Nikki Brockbank	SW	Springfield Striders	34
16	488	Dominique Ballard	SW	Benfleet RC	56
17	511	Rebecca Rowley	SW	Chelmsford AC	35: 03
18	591	Krystle Balogun	SW	Ilford AC	13
19	584	Vicky Smith	SW	Havering Mayesbrook AC	14
20	520	Denise Morley	SW	Colchester Harriers	21
21	507	Wendy King	SW	Chelmsford AC	27
22	629	Sarah Jeffery	SW	Southend AC	39
23	516	Ellie Mayne	SW	Colchester Harriers	44
24	525	Heidi Steele	SW	Colchester Harriers	58
25	508	Rebecca Luxton	SW	Chelmsford AC	36: 01
26	517	Amanda Henry	SW	Colchester Harriers	21
27	606	Nikkii Barnett	SW	Orion Harriers	38
28	631	Anne Jenkinson	SW	Southend AC	42
29	512	Joanne Smith	SW	Chelmsford AC	45
30	628	Fiona Halls	SW	Saffron Striders	53
31	521	Rebecca Cooke	SW	Colchester Harriers	55
32	518	Lyn Higgs	SW	Colchester Harriers	57
33	670	Toni Noble	SW	Thurrock Harriers	59
34	509	Sally Mhlanga	SW	Chelmsford AC	37: 04
35	568	Emily Zethraeus	SW	Great Bentley RC	17
36	492	Jacqui Watson	SW	Benfleet RC	22
37	547	Sharon Bolister	SW	Eton Manor AC	32
38	673	Jodie Farrell	SW	Thurrock Harriers	43
39	528	Andrea James	SW	Colchester Harriers	44
40	559	Zoe Woodward	SW	Eton Manor AC	54
41	633	Natasha Lagden	SW	Southend AC	38: 01
42	656	Samantha Monk	SW	Springfield Striders	08
43	613	Tracey Alexandrou	SW	Orion Harriers	21
44	662	Laura Brooks	SW	Thrift Green Trotters	23
45	608	Hayley Rogerson	SW	Orion Harriers	25
46	672	Amy Trencher	SW	Thurrock Harriers	26
47	597	Mary Knapman	SW	Loughton AC	27
48	574	Claudine Tisbury	SW	Harwich Runners	29
49	556	Paula Steere	SW	Eton Manor AC	56
50	650	Vic Curren	SW	Springfield Striders	39: 11
51	494	Sarah Grabowski	SW	Benfleet RC	14
52	589	Breege Nordin	SW	Ilford AC	34
53	527	Katie Ireland	SW	Colchester Harriers	40
54	530	Kate Bent	SW	Colchester Harriers	40: 03
55	558	Claire Wagh	SW	Eton Manor AC	04
56	677	Victoria Peacock	SW	Thurrock Harriers	05
57	536	Kimberley Preston	SW	Colchester Harriers	31
58	535	Fran Norris	SW	1 Colchester Harriers	34

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<b>59</b>	654	Nichola Hands	SW	Springfield Striders	38
<b>60</b>	588	Dianne Crisp	SW	Ilford AC	45
<b>61</b>	537	Helen Bloomfield	SW	Colchester Harriers	48
<b>62</b>	534	Ella Neale	SW	Colchester Harriers	56
<b>63</b>	587	Jenni Sheehan	SW	Ilford AC	41: 00
<b>64</b>	548	Susan Edwards	SW	Eton Manor AC	09
<b>65</b>	612	Lorraine Gosling	SW	Orion Harriers	18
<b>66</b>	687	Kate Stockings	SW	Woodford Green with Essex Ladies	28
<b>67</b>	544	Alexandra Wilkinson	SW	East London Runners	34
<b>68</b>	676	Sam Tuck	SW	Thurrock Harriers	46
<b>69</b>	610	Hayley Barron	SW	Orion Harriers	51
<b>70</b>	510	Hayley Pegg	SW	Chelmsford AC	59
<b>71</b>	572	Elsbeth Knott	SW	Harwich Runners	42: 00
<b>72</b>	567	Anna Mills	SW	Great Bentley RC	04
<b>73</b>	504	Kayleigh Beedon	SW	Braintree & District	09
<b>74</b>	500	Wendy Reed	SW	Billericay Striders	12
<b>75</b>	529	Charlotte Allen	SW	Colchester Harriers	20
<b>76</b>	542	Celia Payaneeandee	SW	East London Runners	23
<b>77</b>	651	Allison Gillan	SW	Springfield Striders	27
<b>78</b>	605	Liz Maidment	SW	Orion Harriers	27
<b>79</b>	495	Annette Johnson	SW	Benfleet RC	29
<b>80</b>	604	Sarah Maidment	SW	Orion Harriers	30
<b>81</b>	664	Jayne Pinner	SW	Thrift Green Trotters	32
<b>82</b>	601	Sharon Skidmore	SW	Mid Essex Casuals	46
<b>84</b>	611	Pippa Dowsell	SW	Orion Harriers	56
<b>85</b>	543	Fiona Day	SW	East London Runners	43: 19
<b>86</b>	667	Marijke Van Eetvelde	SW	Thrift Green Trotters	32
<b>87</b>	659	Lynn Tanner	SW	Springfield Striders	46
<b>88</b>	653	Sarah Hammond	SW	Springfield Striders	44: 33
<b>89</b>	661	Elaine Tribley	SW	Springfield Striders	49
<b>90</b>	609	Lisa Thorn	SW	Orion Harriers	51
<b>91</b>	566	Lorna Sharp	SW	Great Bentley RC	45: 05
<b>92</b>	623	Debbie Smith	SW	Phoenix Striders	16
<b>93</b>	619	Ruth Roberts	SW	Phoenix Striders	35
<b>94</b>	503	Jo Ling	SW	Billericay Striders	44
<b>95</b>	573	Claire Bransby	SW	Harwich Runners	50
<b>96</b>	648	Karen Chapman	SW	Springfield Striders	50
<b>97</b>	657	Nikki Pyle	SW	Springfield Striders	58
<b>98</b>	596	Jean Hobbs	SW	Loughton AC	46: 04
<b>99</b>	565	Davina Swindell	SW	Great Bentley RC	17
<b>100</b>	655	Kerry Marsh	SW	Springfield Striders	41
<b>101</b>	663	Daisy Martin	SW	Thrift Green Trotters	46
<b>102</b>	639	Sally Newman-Russell	SW	Southend AC	49
<b>103</b>	571	Sally Gillam	SW	Harwich Runners	59
<b>104</b>	646	Sharon Bannister	SW	Springfield Striders	47: 19
<b>105</b>	602	Katy Rehal	SW	Mid Essex Casuals	22
<b>106</b>	561	Lex Carlisle	SW	Great Bentley RC	25
<b>107</b>	583	Clare Rudgley	SW	Havering Mayesbrook AC	27
<b>108</b>	617	Beryl De Smidt	SW	Phoenix Striders	48: 44
<b>109</b>	620	Nicola Maslen	SW	Phoenix Striders	49: 08
<b>110</b>	546	Rachel Brittle	SW	Eton Manor AC	11
<b>111</b>	569	Sue Sorrell	SW	Great Bentley RC	31
<b>112</b>	555	Jane Stichbury	SW	Eton Manor AC	42
<b>113</b>	570	Emma Town	SW	Great Bentley RC	46
<b>114</b>	560	Christina Watson	SW	Eton Manor AC	51
<b>115</b>	627	Caroline Wallis	SW	Pitsea RC	50: 41
<b>116</b>	649	Rebecca Charlton-Weedy	SW	Springfield Striders	51: 20
<b>117</b>	626	Teresa Flannigan	SW	Pitsea RC	33
<b>118</b>	652	Sarah Goodwin	SW	Springfield Striders	52: 10

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<b>119</b>	595	Anne Heeks	SW	Loughton AC	54:	18
<b>120</b>	621	Adele Moggan	SW	Phoenix Striders		28
<b>121</b>	593	Michaela Davis	SW	Loughton AC	55:	33
<b>122</b>	599	Gwen Harwood	SW	Loughton AC	58:	28
<b>122</b>	606	Nicola Burston	SW	Phoenix Striders		08

## Team Result

<b>1</b>	Springfield Striders	37
<b>2</b>	Chelmsford AC	59
<b>3</b>	Colchester Harriers	64
<b>4</b>	Colchester Harriers 'B'	113
<b>5</b>	Thurrock Harriers	120
<b>6</b>	Orion Harriers	124
<b>7</b>	Eton Manor AC	131
<b>8</b>	Havering Mayesbrook AC	135
<b>9</b>	Chelmsford AC 'B'	158
<b>10</b>	Benfleet RC	182
<b>11</b>	Southend AC	192
<b>12</b>	Ilford AC	193
<b>13</b>	Colchester Harriers 'C'	203
<b>14</b>	Springfield Striders 'B'	228
<b>15</b>	Colchester Harriers 'D'	256
<b>16</b>	Orion Harriers 'B'	292
<b>17</b>	Great Bentley RC	295
<b>18</b>	Thrift Green Trotters	310
<b>19</b>	Harwich Runners	315
<b>20</b>	Eton Manor AC 'B'	339
<b>21</b>	Springfield Striders 'C'	356
<b>22</b>	Loughton AC	382
<b>23</b>	Phoenix Striders	398
<b>24</b>	Springfield Striders 'D'	413