

# Essex Relays 2018

## Individual Times

|    |                       |     |                       |    |               |
|----|-----------------------|-----|-----------------------|----|---------------|
| 1  | NATHAN FILER          | 244 | Colchester Harriers   | MO | 0: 15 : 37.74 |
| 2  | ADAM HICKEY           | 274 | Southend AC           | MO | 0: 15 : 47.27 |
| 3  | ELLIOT CORDEREY       | 262 | Havering AC           | MO | 0: 16 : 14.63 |
| 4  | GRANT TWIST           | 261 | Havering AC           | MO | 0: 16 : 33.01 |
| 5  | RAMADAN OSMAN         | 244 | Colchester Harriers   | MO | 0: 16 : 38.07 |
| 6  | JAMES BUCKLEY-STANTON | 261 | Havering AC           | MO | 0: 17 : 0.33  |
| 7  | BEN DAVIS             | 261 | Havering AC           | MO | 0: 17 : 10.08 |
| 8  | SAM ATKINS            | 262 | Havering AC           | MO | 0: 17 : 11.58 |
| 9  | ROB WARNER            | 261 | Havering AC           | MO | 0: 17 : 12.57 |
| 10 | GEORGE DAY            | 270 | Orion Harriers        | MO | 0: 17 : 25.78 |
| 11 | RYAN PROUT            | 238 | Brentwood RC          | MO | 0: 17 : 25.97 |
| 12 | DAVID FEWELL          | 242 | Chelmsford AC         | MO | 0: 17 : 27.76 |
| 13 | ERMEAUS AFERWERKI     | 244 | Colchester Harriers   | MO | 0: 17 : 33.91 |
| 14 | RUNNER1               | 71  | Havering AC           | MO | 0: 17 : 34.11 |
| 15 | ISAAC BROWN           | 51  | Basildon AC           | MO | 0: 17 : 36.86 |
| 16 | GAVIN WATTS           | 262 | Havering AC           | MO | 0: 17 : 41.00 |
| 17 | MARK WOODLEY          | 242 | Chelmsford AC         | MO | 0: 17 : 44.05 |
| 18 | JOE RAY               | 274 | Southend AC           | MO | 0: 17 : 46.84 |
| 19 | JAMES CALDON          | 231 | Benfleet Running Club | MO | 0: 17 : 47.59 |
| 20 | RHYS GILLARD          | 274 | Southend AC           | MO | 0: 17 : 48.58 |
| 21 | BRANDON THORPE        | 51  | Basildon AC           | MO | 0: 17 : 51.70 |
| 22 | PETE ROBINSON         | 255 | Halstead Road Runners | MO | 0: 17 : 54.91 |
| 23 | LEE BAYNTON           | 231 | Benfleet Running Club | MO | 0: 17 : 57.65 |
| 24 | SARAB DHILLON         | 283 | Thurrock Harriers     | MO | 0: 17 : 58.58 |
| 25 | ALEX MANTON           | 278 | Springfield Striders  | MO | 0: 18 : 1.04  |
| 26 | JAMES BOSHER          | 253 | GF & DR               | MO | 0: 18 : 5.85  |
| 27 | OSCAR DAWSON          | 58  | Colchester Harriers   | MO | 0: 18 : 6.30  |
| 28 | RUNNER2               | 71  | Havering AC           | MO | 0: 18 : 6.49  |
| 29 | TOM KEEVIL            | 262 | Havering AC           | MO | 0: 18 : 9.59  |
| 30 | LEE PICKERING         | 253 | GF & DR               | MO | 0: 18 : 11.49 |
| 31 | CONOR CULHAM          | 236 | Braintree & District  | MO | 0: 18 : 14.76 |
| 32 | BRIAN JENKINS         | 74  | Orion Harriers        | MO | 0: 18 : 19.61 |
| 33 | CHRISTIAN HOLMES      | 275 | Southend AC           | MO | 0: 18 : 21.27 |
| 34 | JAMES STEWART         | 263 | Havering AC           | MO | 0: 18 : 22.24 |
| 35 | TAYLOR NEWELL         | 283 | Thurrock Harriers     | MO | 0: 18 : 22.47 |
| 36 | JAMES SMITH           | 255 | Halstead Road Runners | MO | 0: 18 : 29.67 |
| 37 | RUSSELL KOBER         | 232 | Benfleet Running Club | MO | 0: 18 : 30.39 |
| 38 | DAN MOSES             | 74  | Orion Harriers        | MO | 0: 18 : 31.02 |
| 39 | MATT BAINBRIDGE       | 253 | GF & DR               | MO | 0: 18 : 32.24 |
| 40 | GAVIN ALLEN           | 255 | Halstead Road Runners | MO | 0: 18 : 37.91 |
| 41 | MATTHEW STENNING      | 235 | Billericay Striders   | MO | 0: 18 : 38.13 |
| 42 | GAVIN MALEY           | 263 | Havering AC           | MO | 0: 18 : 38.27 |
| 43 | ANDREW LOW            | 231 | Benfleet Running Club | MO | 0: 18 : 41.11 |
| 44 | SAM NORRIS            | 274 | Southend AC           | MO | 0: 18 : 45.02 |
| 45 | DAMIEN HARVEY         | 231 | Benfleet Running Club | MO | 0: 18 : 46.66 |
| 46 | STUART MILLS          | 287 | Witham RC             | MO | 0: 18 : 49.86 |
| 47 | JOSHUA SOWMAN         | 253 | GF & DR               | MO | 0: 18 : 52.17 |
| 48 | THOMAS WALSH          | 276 | Southend AC           | MO | 0: 18 : 52.62 |
| 49 | DAVE SMALE            | 275 | Southend AC           | MO | 0: 18 : 52.92 |

# Essex Relays 2018

## Individual Times

|    |                     |     |                       |    |              |
|----|---------------------|-----|-----------------------|----|--------------|
| 50 | RYAN DAY            | 250 | Great Bentley RC      | MO | 0: 18 :55.40 |
| 51 | GEMMA KERSEY        | 142 | Basildon AC           | FO | 0: 18 :57.24 |
| 52 | KIERAN O'DOHERTY    | 53  | Billericay Striders   | MO | 0: 19 :0.41  |
| 53 | JOHN WHITEHEAD      | 263 | Havering AC           | MO | 0: 19 :2.27  |
| 54 | JESS MITCHELL       | 170 | Havering AC           | FO | 0: 19 :3.88  |
| 55 | CHRIS MARTIN        | 288 | Witham RC             | MO | 0: 19 :4.97  |
| 56 | ROB TREVOR          | 264 | Havering AC           | MO | 0: 19 :5.32  |
| 57 | ANDY JOBLING        | 57  | Colchester Harriers   | MO | 0: 19 :8.03  |
| 58 | BARRY SMITH         | 264 | Havering AC           | MO | 0: 19 :8.42  |
| 59 | PAUL RODGERS        | 57  | Colchester Harriers   | MO | 0: 19 :10.57 |
| 60 | BEN HOLGATE         | 236 | Braintree & District  | MO | 0: 19 :10.80 |
| 61 | JACK EXLEY          | 283 | Thurrock Harriers     | MO | 0: 19 :11.55 |
| 62 | INNES FULLERTON     | 236 | Braintree & District  | MO | 0: 19 :11.55 |
| 63 | TERENCE SPOONER     | 232 | Benfleet Running Club | MO | 0: 19 :12.06 |
| 64 | ANTHONY GOODALL     | 278 | Springfield Striders  | MO | 0: 19 :12.49 |
| 65 | ADAM COLGRAVE       | 242 | Chelmsford AC         | MO | 0: 19 :12.98 |
| 66 | CHARLES FLETCHER    | 237 | Braintree & District  | MO | 0: 19 :13.32 |
| 67 | MATT BLAND          | 263 | Havering AC           | MO | 0: 19 :15.80 |
| 68 | ROBBIE COOMAN       | 264 | Havering AC           | MO | 0: 19 :16.23 |
| 69 | HEYDON MIZON        | 288 | Witham RC             | MO | 0: 19 :16.35 |
| 70 | MATTHEW HOUCHELL    | 230 | Basildon AC           | MO | 0: 19 :17.82 |
| 71 | KURTIS SWAN         | 236 | Braintree & District  | MO | 0: 19 :18.07 |
| 72 | LOUISE JUBY         | 74  | Orion Harriers        | MO | 0: 19 :18.74 |
| 73 | KATE O'NEILL        | 170 | Havering AC           | FO | 0: 19 :19.23 |
| 74 | FREDDIE KEEFE       | 265 | Havering AC           | MO | 0: 19 :19.91 |
| 75 | JOE BODEN           | 59  | Colchester Harriers   | MO | 0: 19 :21.35 |
| 76 | ELIZABETH DAVIES    | 184 | Springfield Striders  | FO | 0: 19 :21.64 |
| 77 | RACHAL WISEMAN      | 142 | Basildon AC           | FO | 0: 19 :22.40 |
| 78 | SCOTT RICE          | 283 | Thurrock Harriers     | MO | 0: 19 :23.51 |
| 79 | CHRIS O'HARA        | 53  | Billericay Striders   | MO | 0: 19 :23.63 |
| 80 | JAMES CRISP         | 288 | Witham RC             | MO | 0: 19 :24.51 |
| 81 | MIKEY SMITH         | 245 | Colchester Harriers   | MO | 0: 19 :25.37 |
| 82 | KIMBERLY JOHANSEN   | 153 | Chelmsford AC         | FO | 0: 19 :27.93 |
| 83 | ROB SMITH           | 246 | Colchester Harriers   | MO | 0: 19 :28.01 |
| 84 | ALAISTAIR BROWN     | 66  | GF & DR               | MO | 0: 19 :29.68 |
| 85 | OLLY RANDELL        | 275 | Southend AC           | MO | 0: 19 :30.44 |
| 86 | WES ATKINS          | 255 | Halstead Road Runners | MO | 0: 19 :31.01 |
| 87 | JOSHUA MULLEY       | 237 | Braintree & District  | MO | 0: 19 :32.05 |
| 88 | SCOTT DARNEY        | 288 | Witham RC             | MO | 0: 19 :33.30 |
| 89 | PAUL ANDERSON       | 278 | Springfield Striders  | MO | 0: 19 :33.87 |
| 90 | GREG TYE            | 237 | Braintree & District  | MO | 0: 19 :35.00 |
| 91 | DAN REYNOLDS        | 66  | GF & DR               | MO | 0: 19 :35.69 |
| 92 | DOMINIC NICIEJEWSKI | 59  | Colchester Harriers   | MO | 0: 19 :35.88 |
| 93 | MARTIN CHESTER      | 265 | Havering AC           | MO | 0: 19 :36.84 |
| 94 | MARK MEADOWS        | 230 | Basildon AC           | MO | 0: 19 :37.19 |
| 95 | ADAM SMITH          | 250 | Great Bentley RC      | MO | 0: 19 :38.17 |
| 96 | ALEX SALE           | 245 | Colchester Harriers   | MO | 0: 19 :38.41 |
| 97 | MARK READ           | 238 | Brentwood RC          | MO | 0: 19 :40.53 |
| 98 | KEITH WILLETT       | 77  | Thurrock Harriers     | MO | 0: 19 :42.40 |

# Essex Relays 2018

## Individual Times

|     |                  |     |                        |    |              |
|-----|------------------|-----|------------------------|----|--------------|
| 99  | JON NEARS        | 245 | Colchester Harriers    | MO | 0: 19: 44.89 |
| 100 | CALLUM WALLACE   | 275 | Southend AC            | MO | 0: 19: 45.41 |
| 101 | SIMON BOWRING    | 278 | Springfield Striders   | MO | 0: 19: 46.21 |
| 102 | TONY PECARARO    | 265 | Havering AC            | MO | 0: 19: 48.03 |
| 103 | NATASHA LAGDEN   | 180 | Southend AC            | FO | 0: 19: 48.34 |
| 104 | TIM BALLARD      | 250 | Great Bentley RC       | MO | 0: 19: 54.82 |
| 105 | RUSS SHARP       | 64  | Great Bentley RC       | MO | 0: 19: 56.86 |
| 106 | WILLIAM LYNES    | 237 | Braintree & District   | MO | 0: 19: 58.68 |
| 107 | COLIN RIDLEY     | 58  | Colchester Harriers    | MO | 0: 19: 59.74 |
| 108 | FRED RICHARDSON  | 60  | Colchester & Tendering | MO | 0: 20: 5.63  |
| 109 | ISOBEL IVES      | 142 | Basildon AC            | FO | 0: 20: 5.78  |
| 110 | NATHAN ROULSON   | 256 | Halstead Road Runners  | MO | 0: 20: 6.03  |
| 111 | PAUL BROOME      | 279 | Springfield Striders   | MO | 0: 20: 9.26  |
| 112 | SARAH STRADLING  | 155 | Colchester Harriers    | FO | 0: 20: 9.72  |
| 113 | NIKKI BROCKBANK  | 184 | Springfield Striders   | FO | 0: 20: 12.53 |
| 114 | ED MITCHELL      | 244 | Colchester Harriers    | MO | 0: 20: 14.14 |
| 115 | GARY ATKINS      | 265 | Havering AC            | MO | 0: 20: 14.31 |
| 116 | RUNNER3          | 71  | Havering AC            | MO | 0: 20: 15.47 |
| 117 | JACK MORGAN      | 276 | Southend AC            | MO | 0: 20: 18.40 |
| 118 | SARAH WORLEY     | 147 | Billericay Striders    | FO | 0: 20: 20.89 |
| 119 | MAT HUTLEY       | 256 | Halstead Road Runners  | MO | 0: 20: 22.16 |
| 120 | DAN BUCKLEY      | 54  | Billericay Striders    | MO | 0: 20: 22.38 |
| 121 | PETER BARRETT    | 238 | Brentwood RC           | MO | 0: 20: 23.86 |
| 122 | PETER WAITE      | 242 | Chelmsford AC          | MO | 0: 20: 24.35 |
| 123 | JAMES WATERTON   | 245 | Colchester Harriers    | MO | 0: 20: 26.50 |
| 124 | CHARLIE KEITCH   | 250 | Great Bentley RC       | MO | 0: 20: 26.74 |
| 125 | CRAIG MITCHELL   | 248 | Colchester Harriers    | MO | 0: 20: 26.76 |
| 126 | LLOYD MILES      | 235 | Billericay Striders    | MO | 0: 20: 27.66 |
| 127 | AIKO HENNINGTON  | 155 | Colchester Harriers    | FO | 0: 20: 28.33 |
| 128 | JOHN BARKER      | 238 | Brentwood RC           | MO | 0: 20: 29.65 |
| 129 | KIERON O'HARA    | 264 | Havering AC            | MO | 0: 20: 29.88 |
| 130 | CHARLOTTE BISHOP | 51  | Basildon AC            | MO | 0: 20: 33.42 |
| 131 | RICHARD BONHAM   | 240 | Castle Point Joggers   | MO | 0: 20: 34.16 |
| 132 | VANNESSA MATHERS | 180 | Southend AC            | FO | 0: 20: 36.53 |
| 133 | JACK HODGES      | 232 | Benfleet Running Club  | MO | 0: 20: 37.59 |
| 134 | CONNOR JOHNSON   | 254 | GF & DR                | MO | 0: 20: 38.10 |
| 135 | RUNNER4          | 71  | Havering AC            | MO | 0: 20: 38.33 |
| 136 | DANIEL ELWOOD    | 259 | Havering 90 Joggers    | MO | 0: 20: 38.59 |
| 137 | EION MACCONMIDHE | 248 | Colchester Harriers    | MO | 0: 20: 39.72 |
| 138 | TIM BALLARD      | 246 | Colchester Harriers    | MO | 0: 20: 40.38 |
| 139 | LEO COLE         | 287 | Witham RC              | MO | 0: 20: 40.52 |
| 140 | GAVIN RIPTON     | 256 | Halstead Road Runners  | MO | 0: 20: 41.59 |
| 141 | KIRSTY TYDERMAN  | 51  | Basildon AC            | MO | 0: 20: 42.28 |
| 142 | MEGAN EVANS      | 153 | Chelmsford AC          | FO | 0: 20: 43.24 |
| 143 | SOPHIE RAND      | 170 | Havering AC            | FO | 0: 20: 44.32 |
| 144 | GILES SOWERBY    | 287 | Witham RC              | MO | 0: 20: 46.39 |
| 145 | IVAN FILCHEN     | 256 | Halstead Road Runners  | MO | 0: 20: 46.53 |
| 146 | CHRIS MANBY      | 246 | Colchester Harriers    | MO | 0: 20: 46.92 |
| 147 | DAVID PENNINGTON | 72  | JBR Run & Tri          | MO | 0: 20: 49.91 |

# Essex Relays 2018

## Individual Times

|     |                    |     |                        |    |               |
|-----|--------------------|-----|------------------------|----|---------------|
| 148 | KEVIN MARSHALL     | 254 | GF & DR                | MO | 0: 20 : 53.12 |
| 149 | JON BYFORD         | 279 | Springfield Striders   | MO | 0: 20 : 57.01 |
| 150 | ELSIE GRAY         | 60  | Colchester & Tendering | MO | 0: 20 : 59.01 |
| 151 | ANDY WRIGHT        | 235 | Billericay Striders    | MO | 0: 21 : 1.41  |
| 152 | STEVE WALKER       | 266 | Havering AC            | MO | 0: 21 : 1.84  |
| 153 | NICK RANKIN        | 232 | Benfleet Running Club  | MO | 0: 21 : 4.67  |
| 154 | CIARAN BYRNE       | 233 | Benfleet Running Club  | MO | 0: 21 : 6.44  |
| 155 | ALEX KYRIAKIDES    | 276 | Southend AC            | MO | 0: 21 : 6.61  |
| 156 | REBECCA WHITE      | 179 | Saffron Striders       | FO | 0: 21 : 7.27  |
| 157 | MARK DALBY         | 259 | Havering 90 Joggers    | MO | 0: 21 : 8.02  |
| 158 | BRUCE GANDER       | 63  | East Essex Tri         | MO | 0: 21 : 9.95  |
| 159 | ROB DICKENSON      | 267 | Havering AC            | MO | 0: 21 : 10.93 |
| 160 | ANTHONY TOBIN      | 77  | Thurrock Harriers      | MO | 0: 21 : 11.19 |
| 161 | EMMA MACKILLOP     | 69  | Harwich Runners        | MO | 0: 21 : 11.70 |
| 162 | KEVIN HIGGINS      | 248 | Colchester Harriers    | MO | 0: 21 : 12.82 |
| 163 | KEVIN JACOB        | 258 | Billericay Striders    | MO | 0: 21 : 15.80 |
| 164 | MARIANNE NAYLOR    | 179 | Saffron Striders       | FO | 0: 21 : 16.78 |
| 165 | TIM MARTIN         | 284 | Thurrock Harriers      | MO | 0: 21 : 16.90 |
| 166 | NICK TRENCHER      | 284 | Thurrock Harriers      | MO | 0: 21 : 20.13 |
| 167 | JOHN HENNINGTON    | 247 | Colchester Harriers    | MO | 0: 21 : 23.90 |
| 168 | NICOLA BREDIN      | 143 | Benfleet RC            | FO | 0: 21 : 25.74 |
| 169 | STEPHEN CHURCHYARD | 233 | Benfleet Running Club  | MO | 0: 21 : 27.70 |
| 170 | SAMANTHA BILBIE    | 184 | Springfield Striders   | FO | 0: 21 : 28.84 |
| 171 | STEVE READ         | 254 | GF & DR                | MO | 0: 21 : 29.57 |
| 172 | KEITH MARTIN       | 284 | Thurrock Harriers      | MO | 0: 21 : 32.46 |
| 173 | LEE HOLOHAN        | 247 | Colchester Harriers    | MO | 0: 21 : 33.77 |
| 174 | DEBBIE SULLIVAN    | 171 | Havering AC            | FO | 0: 21 : 34.75 |
| 175 | REBECCA COOKE      | 58  | Colchester Harriers    | MO | 0: 21 : 36.46 |
| 176 | NICK HUNTER        | 243 | Chelmsford AC          | MO | 0: 21 : 36.89 |
| 177 | PAUL CONNELL       | 64  | Great Bentley RC       | MO | 0: 21 : 38.34 |
| 178 | STEVE FOGGO        | 258 | Billericay Striders    | MO | 0: 21 : 38.87 |
| 179 | HOLLY GILLARD      | 76  | Southend AC            | MO | 0: 21 : 39.70 |
| 180 | STEVE MAY          | 257 | Halstead Road Runners  | MO | 0: 21 : 39.89 |
| 181 | FIONA HALLS        | 179 | Saffron Striders       | FO | 0: 21 : 41.68 |
| 182 | CHRISTIAN GRAY     | 63  | East Essex Tri         | MO | 0: 21 : 41.98 |
| 183 | PAUL BERRETT       | 267 | Havering AC            | MO | 0: 21 : 42.91 |
| 184 | ALAN FULLERTON     | 254 | GF & DR                | MO | 0: 21 : 44.61 |
| 185 | JASON CRISPIN      | 266 | Havering AC            | MO | 0: 21 : 44.62 |
| 186 | GARY JOSLIN        | 279 | Springfield Striders   | MO | 0: 21 : 45.10 |
| 187 | CLAIRE HALL        | 159 | GF & DR                | FO | 0: 21 : 46.64 |
| 188 | DENISE MORLEY      | 59  | Colchester Harriers    | MO | 0: 21 : 49.80 |
| 189 | HEIDI STEELE       | 58  | Colchester Harriers    | MO | 0: 21 : 53.03 |
| 190 | ROY HARWOOD        | 233 | Benfleet Running Club  | MO | 0: 21 : 53.35 |
| 191 | RUTH CHANDNEY      | 147 | Billericay Striders    | FO | 0: 21 : 54.58 |
| 192 | DAN HOLLINSHEAD    | 257 | Halstead Road Runners  | MO | 0: 21 : 57.86 |
| 193 | RUSSELL GOODRIDGE  | 247 | Colchester Harriers    | MO | 0: 21 : 59.51 |
| 194 | RIK WADE           | 240 | Castle Point Joggers   | MO | 0: 21 : 59.67 |
| 195 | RICHARD ROE        | 266 | Havering AC            | MO | 0: 22 : 2.06  |
| 196 | DAVE SWEET         | 258 | Billericay Striders    | MO | 0: 22 : 5.46  |

# Essex Relays 2018

## Individual Times

|     |                      |     |                       |    |               |
|-----|----------------------|-----|-----------------------|----|---------------|
| 197 | STACEY EYRES         | 155 | Colchester Harriers   | FO | 0: 22 : 5.61  |
| 198 | TIM COMER            | 246 | Colchester Harriers   | MO | 0: 22 : 6.02  |
| 199 | PETER BENTON         | 65  | Great Bentley RC      | MO | 0: 22 : 8.50  |
| 200 | HELEN TACZYNSKI      | 57  | Colchester Harriers   | MO | 0: 22 : 8.93  |
| 201 | ANDREA JAMES         | 57  | Colchester Harriers   | MO | 0: 22 : 10.93 |
| 202 | JENNIFER LOVELOCK    | 186 | Springfield Striders  | FO | 0: 22 : 12.96 |
| 203 | DAN BEARD            | 248 | Colchester Harriers   | MO | 0: 22 : 14.00 |
| 204 | VIC CURRAN           | 185 | Springfield Striders  | FO | 0: 22 : 14.14 |
| 205 | JOHNATHAN MASKELL    | 62  | East Essex Tri        | MO | 0: 22 : 15.91 |
| 206 | PAUL HOLLIDGE        | 65  | Great Bentley RC      | MO | 0: 22 : 16.35 |
| 207 | STEVEN WATSON        | 286 | Witham RC             | MO | 0: 22 : 17.28 |
| 208 | GARY FLINT           | 259 | Havering 90 Joggers   | MO | 0: 22 : 17.52 |
| 209 | RYAN WILLIAMS        | 247 | Colchester Harriers   | MO | 0: 22 : 19.04 |
| 210 | ROB HEMPSTEAD        | 258 | Billericay Striders   | MO | 0: 22 : 19.21 |
| 211 | HAYLEY RODGERSON     | 74  | Orion Harriers        | MO | 0: 22 : 20.44 |
| 212 | RUNNER1              | 181 | Southend AC           | FO | 0: 22 : 21.75 |
| 213 | JOHN SWEENEY         | 240 | Castle Point Joggers  | MO | 0: 22 : 22.74 |
| 214 | DANNY FLINT          | 76  | Southend AC           | MO | 0: 22 : 24.09 |
| 215 | CLARE DAVIES         | 171 | Havering AC           | FO | 0: 22 : 25.59 |
| 216 | STEVE BUGDEN         | 280 | Springfield Striders  | MO | 0: 22 : 26.87 |
| 217 | TRACY ENGLISH        | 76  | Southend AC           | MO | 0: 22 : 26.88 |
| 218 | STUART HENRIK DARNEY | 280 | Springfield Striders  | MO | 0: 22 : 27.42 |
| 219 | LUCY THOMPSON        | 143 | Benfleet RC           | FO | 0: 22 : 28.00 |
| 220 | PAUL HINSLEY         | 257 | Halstead Road Runners | MO | 0: 22 : 30.35 |
| 221 | IAN RATTRAY          | 249 | Colchester Harriers   | MO | 0: 22 : 31.52 |
| 222 | GARETH THOMAS        | 279 | Springfield Striders  | MO | 0: 22 : 31.60 |
| 223 | JAMES CAMPION        | 76  | Southend AC           | MO | 0: 22 : 31.95 |
| 224 | HANNAH WATSON        | 144 | Benfleet RC           | FO | 0: 22 : 32.62 |
| 225 | TONI RADLEY          | 77  | Thurrock Harriers     | MO | 0: 22 : 33.57 |
| 226 | SCOTTY BRENTON       | 79  | Tiptree Road Runners  | MO | 0: 22 : 35.46 |
| 227 | DAVID WRIGHT         | 249 | Colchester Harriers   | MO | 0: 22 : 35.72 |
| 228 | JAMIE                | 61  | Dagenham 88 Runners   | MO | 0: 22 : 37.81 |
| 229 | NAOMI MOSS           | 159 | GF & DR               | FO | 0: 22 : 40.74 |
| 230 | IAN PIKE             | 234 | Benfleet Running Club | MO | 0: 22 : 43.40 |
| 231 | SAM GODDAM           | 79  | Tiptree Road Runners  | MO | 0: 22 : 44.88 |
| 232 | ISABELLA WOODS       | 171 | Havering AC           | FO | 0: 22 : 45.53 |
| 233 | ETHAN DOUGLASS       | 233 | Benfleet Running Club | MO | 0: 22 : 45.90 |
| 234 | COLIN DUNN           | 240 | Castle Point Joggers  | MO | 0: 22 : 49.01 |
| 235 | PHILIP WATTS         | 281 | Springfield Striders  | MO | 0: 22 : 50.32 |
| 236 | EMILY ZETHRAEUS      | 64  | Great Bentley RC      | MO | 0: 22 : 52.52 |
| 237 | STEPHEN BURTON       | 234 | Benfleet Running Club | MO | 0: 22 : 56.44 |
| 238 | MALCOLM JARVIS       | 251 | Great Bentley RC      | MO | 0: 22 : 57.11 |
| 239 | SARAH PENNINGTON     | 180 | Southend AC           | FO | 0: 22 : 57.84 |
| 240 | UNKNOWN              | 174 | Havering AC           | FO | 0: 22 : 58.93 |
| 241 | RUNNER2              | 272 | Pitsea RC             | MO | 0: 22 : 59.61 |
| 242 | CHRIS APPLGATE       | 284 | Thurrock Harriers     | MO | 0: 23 : 3.35  |
| 243 | PAUL CARLISLE        | 251 | Great Bentley RC      | MO | 0: 23 : 6.05  |
| 244 | RACHAEL ROUGHAM      | 163 | Halstead Road Runners | FO | 0: 23 : 7.10  |
| 245 | NICOLA O'DOHERTY     | 53  | Billericay Striders   | MO | 0: 23 : 7.61  |

# Essex Relays 2018

## Individual Times

|     |                      |     |                       |    |               |
|-----|----------------------|-----|-----------------------|----|---------------|
| 246 | DAVID FINDLAY        | 230 | Basildon AC           | MO | 0: 23 : 7.99  |
| 247 | KAREN PICKERING      | 159 | GF & DR               | FO | 0: 23 : 9.04  |
| 248 | IAN GILL             | 62  | East Essex Tri        | MO | 0: 23 : 9.38  |
| 249 | KAT SHORT            | 149 | Brentwood RC          | FO | 0: 23 : 9.87  |
| 250 | ALISTAIR GILLAN      | 280 | Springfield Striders  | MO | 0: 23 : 10.07 |
| 251 | HAYLEY PEGG          | 153 | Chelmsford AC         | FO | 0: 23 : 13.59 |
| 252 | MADDY LEWIS          | 68  | Harwich Runners       | MO | 0: 23 : 14.92 |
| 253 | DON ENGLISH          | 257 | Halstead Road Runners | MO | 0: 23 : 16.13 |
| 254 | ROY JAMES            | 267 | Havering AC           | MO | 0: 23 : 20.21 |
| 255 | GRAHAM DOUGLASS      | 52  | Benfleet RC           | MO | 0: 23 : 23.95 |
| 256 | BEN WEIR             | 269 | JBR Run & Tri         | MO | 0: 23 : 27.64 |
| 257 | RUSS MIDDLETON       | 267 | Havering AC           | MO | 0: 23 : 28.27 |
| 258 | ANDREW WATSON        | 234 | Benfleet Running Club | MO | 0: 23 : 29.06 |
| 259 | KEV BUNTON           | 285 | Tiptree Road Runners  | MO | 0: 23 : 35.00 |
| 260 | EMILY SMITH          | 185 | Springfield Striders  | FO | 0: 23 : 35.72 |
| 261 | GRANT ENGLAND        | 235 | Billericay Striders   | MO | 0: 23 : 35.93 |
| 262 | DANIELLE HARRINGTON  | 79  | Tiptree Road Runners  | MO | 0: 23 : 36.59 |
| 263 | JOHN ROZER           | 260 | Havering 90 Joggers   | MO | 0: 23 : 40.26 |
| 264 | STUART PEARCE        | 285 | Tiptree Road Runners  | MO | 0: 23 : 42.05 |
| 265 | JO SULLIVAN          | 172 | Havering AC           | FO | 0: 23 : 43.25 |
| 266 | TOM ROBINSON         | 234 | Benfleet Running Club | MO | 0: 23 : 43.31 |
| 267 | JENNIE PAGE          | 72  | JBR Run & Tri         | MO | 0: 23 : 43.99 |
| 268 | BILL SMYTHE          | 287 | Witham RC             | MO | 0: 23 : 46.36 |
| 269 | CATHERINE SUNDERLAND | 147 | Billericay Striders   | FO | 0: 23 : 49.03 |
| 270 | ANNETTE OAKMAN       | 59  | Colchester Harriers   | MO | 0: 23 : 50.46 |
| 271 | CLIVE BURROW         | 259 | Havering 90 Joggers   | MO | 0: 23 : 51.40 |
| 272 | RUNNER3              | 272 | Pitsea RC             | MO | 0: 23 : 55.40 |
| 273 | RUNNER3              | 181 | Southend AC           | FO | 0: 23 : 55.99 |
| 274 | JAYNE STACEY         | 143 | Benfleet RC           | FO | 0: 23 : 57.10 |
| 275 | MARK LAWES           | 79  | Tiptree Road Runners  | MO | 0: 23 : 57.13 |
| 276 | THOMAS ASHLEY        | 286 | Witham RC             | MO | 0: 23 : 57.51 |
| 277 | STEPH AGER           | 72  | JBR Run & Tri         | MO | 0: 24 : 0.04  |
| 278 | BOB BARDELL          | 78  | Tiptree Road Runners  | MO | 0: 24 : 6.57  |
| 279 | KERRY HARRINGTON     | 66  | GF & DR               | MO | 0: 24 : 7.24  |
| 280 | JODIE FARREL         | 77  | Thurrock Harriers     | MO | 0: 24 : 7.62  |
| 281 | TONY COLLINS         | 266 | Havering AC           | MO | 0: 24 : 11.31 |
| 282 | KATE SANDERCOCK      | 156 | Colchester Harriers   | FO | 0: 24 : 14.59 |
| 283 | VICKY PRESLAND       | 64  | Great Bentley RC      | MO | 0: 24 : 14.90 |
| 284 | JULES LAWRENCE       | 68  | Harwich Runners       | MO | 0: 24 : 15.05 |
| 285 | KEN HANDS            | 281 | Springfield Striders  | MO | 0: 24 : 15.92 |
| 286 | KATE GIBSON          | 157 | Colchester Harriers   | FO | 0: 24 : 16.27 |
| 287 | STEVE WISE           | 52  | Benfleet RC           | MO | 0: 24 : 22.84 |
| 288 | TIM BROCKINGTON      | 280 | Springfield Striders  | MO | 0: 24 : 23.10 |
| 289 | VICKY KNIGHT         | 191 | Tiptree Road Runners  | FO | 0: 24 : 24.01 |
| 290 | JAMES PATRICK        | 243 | Chelmsford AC         | MO | 0: 24 : 24.06 |
| 291 | MEERA RAJOO-OAKLEY   | 65  | Great Bentley RC      | MO | 0: 24 : 24.83 |
| 292 | DOMINIQUE HART       | 144 | Benfleet RC           | FO | 0: 24 : 27.74 |
| 293 | REBECCA GILL         | 62  | East Essex Tri        | MO | 0: 24 : 32.98 |
| 294 | REBECCA TAYLOR       | 182 | Southend AC           | FO | 0: 24 : 33.30 |

# Essex Relays 2018

## Individual Times

|     |                     |     |                        |    |               |
|-----|---------------------|-----|------------------------|----|---------------|
| 295 | EILEEN SHADFORD     | 160 | Great Bentley RC       | FO | 0: 24 : 34.34 |
| 296 | GENEVIEVE PATE      | 145 | Benfleet RC            | FO | 0: 24 : 35.33 |
| 297 | PAT MARSH           | 249 | Colchester Harriers    | MO | 0: 24 : 35.42 |
| 298 | ANDY DEBNAM         | 241 | Castle Point Joggers   | MO | 0: 24 : 40.03 |
| 299 | GERALDINE SPRINGETT | 65  | Great Bentley RC       | MO | 0: 24 : 41.24 |
| 300 | RAY CHARLTON        | 281 | Springfield Striders   | MO | 0: 24 : 48.00 |
| 301 | RICKY LEE           | 55  | Billericay Striders    | MO | 0: 24 : 49.30 |
| 302 | MORVEN HURDING      | 191 | Tiptree Road Runners   | FO | 0: 24 : 58.40 |
| 303 | FRAN NORRIS         | 156 | Colchester Harriers    | FO | 0: 25 : 1.25  |
| 304 | ISOBELLE GOWERS     | 188 | Springfield Striders   | FO | 0: 25 : 1.56  |
| 305 | TREVOR LEWIS        | 68  | Harwich Runners        | MO | 0: 25 : 2.13  |
| 306 | CATHERINE HULL      | 185 | Springfield Striders   | FO | 0: 25 : 2.56  |
| 307 | RUNNER2             | 181 | Southend AC            | FO | 0: 25 : 3.17  |
| 308 | AMY GORNALL         | 149 | Brentwood RC           | FO | 0: 25 : 4.96  |
| 309 | GARY CLIFFORD       | 241 | Castle Point Joggers   | MO | 0: 25 : 6.96  |
| 310 | TRICIA STACEY       | 160 | Great Bentley RC       | FO | 0: 25 : 7.76  |
| 311 | CATHERINE BARKER    | 172 | Havering AC            | FO | 0: 25 : 7.90  |
| 312 | TOMASZ KOMOROWSKI   | 252 | Great Bentley RC       | MO | 0: 25 : 8.34  |
| 313 | JENNY RICHARDSON    | 157 | Colchester Harriers    | FO | 0: 25 : 8.99  |
| 314 | JAMES CARTER        | 251 | Great Bentley RC       | MO | 0: 25 : 10.70 |
| 315 | DANIELLE HARRINGTON | 78  | Tiptree Road Runners   | MO | 0: 25 : 12.51 |
| 316 | EDWARD SKINNER      | 78  | Tiptree Road Runners   | MO | 0: 25 : 13.25 |
| 317 | PHIL PRESLAND       | 252 | Great Bentley RC       | MO | 0: 25 : 17.10 |
| 318 | RUTH HAVIS          | 148 | Billericay Striders    | FO | 0: 25 : 17.59 |
| 319 | CLIVE BAILEY        | 269 | JBR Run & Tri          | MO | 0: 25 : 19.55 |
| 320 | LYNSEY PRENTICE     | 150 | Brentwood RC           | FO | 0: 25 : 20.21 |
| 321 | PRU HAYHOW          | 66  | GF & DR                | MO | 0: 25 : 21.81 |
| 322 | JUSTIN BURTON       | 241 | Castle Point Joggers   | MO | 0: 25 : 26.68 |
| 323 | GLENN HOBBS         | 60  | Colchester & Tendering | MO | 0: 25 : 27.61 |
| 324 | DAVID JOBLING       | 286 | Witham RC              | MO | 0: 25 : 29.04 |
| 325 | JOAQUIN POLO        | 260 | Havering 90 Joggers    | MO | 0: 25 : 29.57 |
| 326 | SASHA TOURBASSOVA   | 73  | JBR Run & Tri          | MO | 0: 25 : 31.23 |
| 327 | MARY LYOLD          | 150 | Brentwood RC           | FO | 0: 25 : 31.35 |
| 328 | LUKE SIMON          | 72  | JBR Run & Tri          | MO | 0: 25 : 36.23 |
| 329 | NICK GIANOTTI       | 241 | Castle Point Joggers   | MO | 0: 25 : 37.30 |
| 330 | DONNA HINDLE        | 187 | Springfield Striders   | FO | 0: 25 : 37.40 |
| 331 | MICHELLE EVANS      | 176 | JBR Run & Tri          | FO | 0: 25 : 38.46 |
| 332 | BRUCE MAIL          | 260 | Havering 90 Joggers    | MO | 0: 25 : 38.69 |
| 333 | SARAH COLBERT       | 186 | Springfield Striders   | FO | 0: 25 : 39.04 |
| 334 | LEE PROWSE          | 67  | GF & DR                | MO | 0: 25 : 39.53 |
| 335 | GERRY O'DOHERTY     | 54  | Billericay Striders    | MO | 0: 25 : 44.40 |
| 336 | RUNNER1             | 272 | Pitsea RC              | MO | 0: 25 : 48.22 |
| 337 | PAUL OMER           | 273 | Pitsea RC              | MO | 0: 25 : 49.10 |
| 338 | DIANA FAIRCHILD     | 149 | Brentwood RC           | FO | 0: 25 : 50.67 |
| 339 | KIERON CALLAGHAN    | 249 | Colchester Harriers    | MO | 0: 25 : 51.50 |
| 340 | HELEN THURLOW       | 156 | Colchester Harriers    | FO | 0: 25 : 51.59 |
| 341 | DEBORAH HALL        | 63  | East Essex Tri         | MO | 0: 25 : 53.01 |
| 342 | LIANE CONNERS       | 145 | Benfleet RC            | FO | 0: 25 : 54.92 |
| 343 | LUCY WILLIS         | 78  | Tiptree Road Runners   | MO | 0: 25 : 57.15 |

# Essex Relays 2018

## Individual Times

|     |                       |     |                       |    |               |
|-----|-----------------------|-----|-----------------------|----|---------------|
| 344 | NIKKI LEIGH           | 145 | Benfleet RC           | FO | 0: 25 : 57.48 |
| 345 | NICHOLA NORMAN        | 186 | Springfield Striders  | FO | 0: 25 : 57.70 |
| 346 | MIA SLESSOR           | 182 | Southend AC           | FO | 0: 25 : 58.71 |
| 347 | MEGAN YALLOP          | 157 | Colchester Harriers   | FO | 0: 26 : 4.41  |
| 348 | AMELIA DAY            | 173 | Havering AC           | FO | 0: 26 : 5.15  |
| 349 | THOMAS HUERTAS        | 67  | GF & DR               | MO | 0: 26 : 7.39  |
| 350 | NATALIE SNOW          | 165 | Halstead Road Runners | FO | 0: 26 : 8.60  |
| 351 | PHIL JEFFRIES         | 56  | Halstead Road Runners | MO | 0: 26 : 8.80  |
| 352 | ANNA BAMBRIDGE        | 163 | Halstead Road Runners | FO | 0: 26 : 12.39 |
| 353 | KATE FINCH            | 191 | Tiptree Road Runners  | FO | 0: 26 : 14.04 |
| 354 | HELEN O'HARA          | 53  | Billericay Striders   | MO | 0: 26 : 18.53 |
| 355 | JO LING               | 148 | Billericay Striders   | FO | 0: 26 : 25.14 |
| 356 | BRIAN TELFORD         | 251 | Great Bentley RC      | MO | 0: 26 : 28.87 |
| 357 | SARAH FROST           | 164 | Halstead Road Runners | FO | 0: 26 : 29.47 |
| 358 | ANGELA THOMPSON       | 172 | Havering AC           | FO | 0: 26 : 31.11 |
| 359 | NICHOLA HANDS         | 187 | Springfield Striders  | FO | 0: 26 : 34.63 |
| 360 | HILDA O'KELLY         | 189 | Springfield Striders  | FO | 0: 26 : 35.21 |
| 361 | MICHAEL BRIMFIELD     | 269 | JBR Run & Tri         | MO | 0: 26 : 43.12 |
| 362 | SARAH DEMETRIOU       | 188 | Springfield Striders  | FO | 0: 26 : 46.19 |
| 363 | HELEN CAREY           | 160 | Great Bentley RC      | FO | 0: 26 : 53.05 |
| 364 | ALLISON GILLAN        | 187 | Springfield Striders  | FO | 0: 26 : 56.11 |
| 365 | DANIELLE GIANNOTTI    | 144 | Benfleet RC           | FO | 0: 26 : 56.39 |
| 366 | DARREN POWELL         | 56  | Halstead Road Runners | MO | 0: 26 : 56.69 |
| 367 | MARK HARDING          | 73  | JBR Run & Tri         | MO | 0: 26 : 57.97 |
| 368 | JO ROBLIN             | 192 | Tiptree Road Runners  | FO | 0: 26 : 58.53 |
| 369 | DEBORAH HALL          | 63  | East Essex Tri        | MO | 0: 27 : 0.32  |
| 370 | DARREN RADFORD        | 260 | Havering 90 Joggers   | MO | 0: 27 : 1.74  |
| 371 | LARINA MARSH          | 193 | Tiptree Road Runners  | FO | 0: 27 : 5.36  |
| 372 | ANITA GRANGER         | 195 | Witham RC             | FO | 0: 27 : 9.03  |
| 373 | MICK                  | 61  | Dagenham 88 Runners   | MO | 0: 27 : 9.11  |
| 374 | KARL EVANS            | 73  | JBR Run & Tri         | MO | 0: 27 : 10.61 |
| 375 | CHARLOTTE ALLEN       | 55  | Billericay Striders   | MO | 0: 27 : 11.50 |
| 376 | SANDI ROBINSON-MILLER | 163 | Halstead Road Runners | FO | 0: 27 : 13.12 |
| 377 | SARAH LENGTHORN       | 55  | Billericay Striders   | MO | 0: 27 : 14.34 |
| 378 | LOUISE HUTCHINGS      | 168 | Havering 90 Joggers   | FO | 0: 27 : 14.54 |
| 379 | PETER BATES           | 273 | Pitsea RC             | MO | 0: 27 : 14.63 |
| 380 | KERRY MARSH           | 188 | Springfield Striders  | FO | 0: 27 : 19.52 |
| 381 | WENDY CARTER          | 164 | Halstead Road Runners | FO | 0: 27 : 21.64 |
| 382 | JENNY                 | 61  | Dagenham 88 Runners   | MO | 0: 27 : 31.31 |
| 383 | PAUL TOURBASSOVA      | 269 | JBR Run & Tri         | MO | 0: 27 : 33.22 |
| 384 | JACKIE BUTLER         | 168 | Havering 90 Joggers   | FO | 0: 27 : 34.32 |
| 385 | COLIN SHORT           | 286 | Witham RC             | MO | 0: 27 : 39.43 |
| 386 | ANDY CHAPLIN          | 75  | Pitsea RC             | MO | 0: 27 : 40.16 |
| 387 | KATE PETTIT           | 168 | Havering 90 Joggers   | FO | 0: 27 : 42.13 |
| 388 | DAVINA SWINDELL       | 161 | Great Bentley RC      | FO | 0: 27 : 42.47 |
| 389 | AMY YOUNG             | 162 | Great Bentley RC      | FO | 0: 27 : 42.66 |
| 390 | LUKE                  | 61  | Dagenham 88 Runners   | MO | 0: 27 : 42.75 |
| 391 | DAVE GIRT             | 276 | Southend AC           | MO | 0: 27 : 43.86 |
| 392 | ANT KNIGHT            | 285 | Tiptree Road Runners  | MO | 0: 27 : 44.96 |



# Essex Relays 2018

## Individual Times

|     |                     |     |                        |    |               |
|-----|---------------------|-----|------------------------|----|---------------|
| 393 | DEBORAH HOLLIDGE    | 161 | Great Bentley RC       | FO | 0: 27 : 51.68 |
| 394 | JODIE TIMBRELL      | 150 | Brentwood RC           | FO | 0: 27 : 55.66 |
| 395 | KATHRYN SCOURFIELD  | 148 | Billericay Striders    | FO | 0: 27 : 55.89 |
| 396 | ANN REED            | 146 | Benfleet RC            | FO | 0: 28 : 3.00  |
| 397 | ANNA MEGGIT         | 158 | East Essex Tri         | FO | 0: 28 : 3.78  |
| 398 | LORRAINE GARNHAM    | 164 | Halstead Road Runners  | FO | 0: 28 : 4.14  |
| 399 | LUCY WILLIS         | 192 | Tiptree Road Runners   | FO | 0: 28 : 7.20  |
| 400 | CLAIRE RUDGLEY      | 174 | Havering AC            | FO | 0: 28 : 8.75  |
| 401 | EMILY PENKETT       | 189 | Springfield Striders   | FO | 0: 28 : 11.31 |
| 402 | JO PEARCE           | 177 | Pitsea RC              | FO | 0: 28 : 16.97 |
| 403 | TREENA CARDER       | 165 | Halstead Road Runners  | FO | 0: 28 : 18.79 |
| 404 | TRISHA HOLMES       | 182 | Southend AC            | FO | 0: 28 : 23.73 |
| 405 | JANE HALLAM         | 174 | Havering AC            | FO | 0: 28 : 26.20 |
| 406 | KRIS DALBY          | 69  | Harwich Runners        | MO | 0: 28 : 27.53 |
| 407 | SARAH DE CRISTOFANO | 146 | Benfleet RC            | FO | 0: 28 : 28.57 |
| 408 | ANGELICA THOMPSON   | 173 | Havering AC            | FO | 0: 28 : 37.68 |
| 409 | PIP FATAMAH-ZEMKA   | 177 | Pitsea RC              | FO | 0: 28 : 37.86 |
| 410 | CAZ WALLIS          | 177 | Pitsea RC              | FO | 0: 28 : 40.23 |
| 411 | JACKIE GREEN        | 176 | JBR Run & Tri          | FO | 0: 28 : 48.14 |
| 412 | DAWN POTTER         | 54  | Billericay Striders    | MO | 0: 28 : 51.97 |
| 413 | ANNETTE JOHNSON     | 146 | Benfleet RC            | FO | 0: 28 : 53.84 |
| 414 | VAL KERRISON        | 56  | Halstead Road Runners  | MO | 0: 28 : 57.41 |
| 415 | TRACY O'NEILL       | 173 | Havering AC            | FO | 0: 29 : 2.07  |
| 416 | SHARON METSON       | 62  | East Essex Tri         | MO | 0: 29 : 2.15  |
| 417 | SUE SHIPPEY         | 195 | Witham RC              | FO | 0: 29 : 4.03  |
| 418 | DAVE JONES          | 252 | Great Bentley RC       | MO | 0: 29 : 10.08 |
| 419 | JACKIE ADAMS        | 67  | GF & DR                | MO | 0: 29 : 10.68 |
| 420 | TERESA FLANNIGAN    | 158 | East Essex Tri         | FO | 0: 29 : 19.61 |
| 421 | LESLEY SMART        | 54  | Billericay Striders    | MO | 0: 29 : 24.48 |
| 422 | ANN-MARIE BEARNE    | 194 | Tiptree Road Runners   | FO | 0: 29 : 25.44 |
| 423 | KEITH WALKER        | 55  | Billericay Striders    | MO | 0: 29 : 25.78 |
| 424 | HOLLY THOMPSON      | 190 | Springfield Striders   | FO | 0: 29 : 29.37 |
| 425 | CHRIS HARDING       | 285 | Tiptree Road Runners   | MO | 0: 29 : 29.76 |
| 426 | MARCUS TURNER       | 69  | Harwich Runners        | MO | 0: 29 : 29.99 |
| 427 | JO DAY              | 151 | Brentwood RC           | FO | 0: 29 : 35.03 |
| 428 | RUNNER4             | 272 | Pitsea RC              | MO | 0: 29 : 44.40 |
| 429 | STEVE BRAME         | 281 | Springfield Striders   | MO | 0: 29 : 44.91 |
| 430 | TRACEY CHAPMAN      | 60  | Colchester & Tendering | MO | 0: 29 : 46.85 |
| 431 | LISA CLARK          | 165 | Halstead Road Runners  | FO | 0: 29 : 47.06 |
| 432 | CLAUDIA KEITCH      | 162 | Great Bentley RC       | FO | 0: 29 : 49.18 |
| 433 | KAREN FLOWERS       | 195 | Witham RC              | FO | 0: 29 : 54.61 |
| 434 | SAMIE FRANKLIN      | 69  | Harwich Runners        | MO | 0: 29 : 55.28 |
| 435 | VAL SINCLAIR        | 75  | Pitsea RC              | MO | 0: 29 : 55.98 |
| 436 | RON DOBIE           | 70  | Havering 90 Joggers    | MO | 0: 29 : 56.06 |
| 437 | CHARLII BOWER       | 166 | Halstead Road Runners  | FO | 0: 29 : 59.26 |
| 438 | STEPHANIE MILLIGAN  | 176 | JBR Run & Tri          | FO | 0: 30 : 0.03  |
| 439 | BRIAN SLADE         | 70  | Havering 90 Joggers    | MO | 0: 30 : 0.08  |
| 440 | MANDY COOPER        | 52  | Benfleet RC            | MO | 0: 30 : 0.61  |
| 441 | GILLIAN HARRISON    | 178 | Pitsea RC              | FO | 0: 30 : 2.61  |

# Essex Relays 2018

## Individual Times

|     |                  |     |                       |    |               |
|-----|------------------|-----|-----------------------|----|---------------|
| 442 | STEVE MACDONALD  | 273 | Pitsea RC             | MO | 0: 30 : 14.20 |
| 443 | SHEILA MACAULEY  | 189 | Springfield Striders  | FO | 0: 30 : 28.48 |
| 444 | CAT OWEN         | 166 | Halstead Road Runners | FO | 0: 30 : 32.00 |
| 445 | LOUISE GARRETT   | 67  | GF & DR               | MO | 0: 30 : 34.03 |
| 446 | SHARON HARDWICK  | 193 | Tiptree Road Runners  | FO | 0: 30 : 37.77 |
| 447 | HELEN WILLIAMS   | 178 | Pitsea RC             | FO | 0: 30 : 50.80 |
| 448 | ANGELA COSTER    | 151 | Brentwood RC          | FO | 0: 30 : 52.35 |
| 449 | SARAH GOODWIN    | 190 | Springfield Striders  | FO | 0: 30 : 57.79 |
| 450 | CLAIRE LAWRENCE  | 68  | Harwich Runners       | MO | 0: 31 : 2.84  |
| 451 | CLARE BOSTON     | 158 | East Essex Tri        | FO | 0: 31 : 3.71  |
| 452 | SUSANNA STIDSTON | 52  | Benfleet RC           | MO | 0: 31 : 9.36  |
| 453 | JILL THORNE      | 151 | Brentwood RC          | FO | 0: 31 : 29.05 |
| 454 | ZOE GOULD        | 194 | Tiptree Road Runners  | FO | 0: 31 : 34.89 |
| 455 | MARION BREEZE    | 178 | Pitsea RC             | FO | 0: 31 : 36.25 |
| 456 | TIM SHEA         | 75  | Pitsea RC             | MO | 0: 31 : 53.56 |
| 457 | CLAIRE POOLE     | 162 | Great Bentley RC      | FO | 0: 31 : 57.21 |
| 458 | LUCY BURDETT     | 169 | Havering 90 Joggers   | FO | 0: 32 : 4.86  |
| 459 | CHRIS KING       | 194 | Tiptree Road Runners  | FO | 0: 32 : 7.52  |
| 460 | MARK CRITTENDEN  | 252 | Great Bentley RC      | MO | 0: 32 : 26.03 |
| 461 | CHARLOTTE MAY    | 166 | Halstead Road Runners | FO | 0: 32 : 29.18 |
| 462 | SANDRA STANTON   | 190 | Springfield Striders  | FO | 0: 34 : 10.38 |
| 463 | LAURA KELLY      | 169 | Havering 90 Joggers   | FO | 0: 34 : 12.35 |
| 464 | NINA SIMMONS     | 161 | Great Bentley RC      | FO | 0: 34 : 19.35 |
| 465 | SUZANNE GREEN    | 70  | Havering 90 Joggers   | MO | 0: 34 : 37.84 |
| 466 | DEBBIE JONES     | 169 | Havering 90 Joggers   | FO | 0: 34 : 57.11 |
| 467 | DEBBIE PARTRIDGE | 56  | Halstead Road Runners | MO | 0: 35 : 12.55 |
| 468 | ZOE JACKSON      | 192 | Tiptree Road Runners  | FO | 0: 35 : 39.25 |
| 469 | ALIA ABU-HAMDAW  | 193 | Tiptree Road Runners  | FO | 0: 35 : 39.45 |
| 470 | DEBI LOVELAND    | 73  | JBR Run & Tri         | MO | 0: 37 : 3.88  |
| 471 | JOSY HUGHES      | 70  | Havering 90 Joggers   | MO | 0: 38 : 15.22 |
| 472 | LINDA BATES      | 75  | Pitsea RC             | MO | 0: 39 : 31.87 |
| 473 | PETER MCLAUGHLIN | 273 | Pitsea RC             | MO | 0: 40 : 51.45 |