



PITSEA RUNNING CLUB

BLUEBELL 5 RESULTS 7th MAY 2023



1st Male = Russell McGavock

2nd Male = Shane Boxall

3rd Male = Rhys Gillard

1st Vet Male = Aaron Gosling

1st Female = Jackie Stretton

2nd Female = Stephanie Migliorini

3rd Female = Eleanor Johnson

1st Vet Female = Kelly Fletcher

Position	Time	Race No	Name	Club Name
1	00:28:32	212	Russell McGavock	Unattached
2	00:29:18	33	Shane Boxall	City of Southend On Sea AC
3	00:30:06	351	Rhys Gillard	Southend AC
4	00:31:25	42	James Caldon	Benfleet RC
5	00:31:41	141	Damien Harvey	Leigh on sea striders
6	00:32:27	119	Aaron Gosling	Leigh on Sea Striders
7	00:32:59	83	Jason Donovan	Benfleet RC
8	00:33:20	358	Jackie Stretton	Springfield Striders RC
9	00:33:36	148	Adam Hemsworth	Benfleet RC
10	00:34:10	304	Michael Valbonesi	Benfleet RC
11	00:34:11	29	Graham Booty	Benfleet RC
12	00:34:23	300	Luke Townley	Unattached
13	00:34:38	357	Roy Harwood	Benfleet RC
14	00:35:08	279	Terence Spooner	Castle Point Joggers
15	00:35:16	215	Stephanie Migliorini	Leigh-on-Sea
16	00:35:49	244	Nicholas Rankin	Benfleet RC
17	00:36:14	348	Jimmy Justice	Phoenix Striders
18	00:36:18	171	Eleanor Johnson	Leigh on Sea Striders
19	00:36:24	124	Harry Grose	Leigh-on-Sea Striders
20	00:36:35	28	Richard Bonham	Castle Point Joggers
21	00:36:38	283	Craig Sterling	Benfleet RC
22	00:36:45	232	Mark Partridge	Benfleet RC
23	00:36:48	3	Matthew Aitken	Southend AC
24	00:37:03	100	Danny Flint	Leigh on Sea Striders
25	00:38:34	22	Matthew Bird	Benfleet RC
26	00:38:43	190	Tony Lavers	Pitsea RC
27	00:38:45	125	Mike Grout	East Essex Triathlon Club
28	00:38:48	241	Adam Poulton	Unattached
29	00:38:48	98	Kelly Fletcher	Benfleet RC
30	00:38:52	203	Nick Markwell	Unattached
31	00:38:53	239	Ian Pike	Benfleet RC
32	00:38:54	103	Nicola Frith	Unattached
33	00:39:03	5	Charlotte Allen	Leigh on Sea Striders
34	00:39:12	27	Joanna Bolton	Billericay Striders
35	00:39:12	94	Grant England	Billericay Striders
36	00:39:25	193	Hannah Linehan	RED (Rochford Endurance & Distance) Runners
37	00:39:30	230	Martin Page	Barking Road Runners
38	00:39:45	1	Paul Agastina	Pitsea RC
39	00:40:08	117	Steven Glover	Fordrunners
40	00:40:16	130	Paul Hagan	Pitsea RC
41	00:40:19	290	Neil Taylor	Harold Wood Running Club



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Position	Time	Race No	Name	Club Name
42	00:40:20	293	Jason Thomas	Rayleigh RAT runners
43	00:40:24	281	Mike Stapleton	City of Southend On Sea AC
44	00:40:27	286	Adam Stow	Pitsea RC
45	00:40:34	65	Matthew Cops	Benfleet RC
46	00:40:35	317	Peter Watson	Unattached
47	00:40:44	303	Steve Turner	Leigh-on-Sea Striders
48	00:41:21	92	Jamie Enever-dodd	Phoenix striders
49	00:41:26	55	Martin Orford	Pitsea Running Club
50	00:41:28	63	Michael Cook	Pitsea RC
51	00:41:30	187	Michelle Lane	Leigh on Sea Striders
52	00:41:50	37	Tim Brockington	Springfield Striders RC
53	00:42:07	176	Colin Jones	Barking Road Runners
54	00:42:13	361	Tina Golubeva	Pitsea RC
55	00:42:18	335	Zoe Williamson	Unattached
56	00:42:19	156	Duncan Holland	Benfleet RC
57	00:42:26	177	Owen Jones	Leigh-on-Sea Striders
58	00:42:35	112	John George	Barking Road Runners
59	00:42:46	356	Fiona Walker	Leigh on Sea Striders
60	00:42:49	325	Paul West	Hockley Trail Runners
61	00:42:56	267	Paul Sitch	Rayleigh RATS
62	00:42:57	132	Steve Hall	Rayleigh RAT Runners
63	00:42:57	2	Tony Agg	Billericay Striders
64	00:42:58	236	Laura Penfold	Unattached
65	00:43:09	280	Ella Marie Stapleton	Leigh-on-Sea Striders
66	00:43:20	133	Angela Hall	Rayleigh RAT Runners
67	00:43:31	50	Mark Catmore	Rayleigh rat runners
68	00:43:43	115	Brynley Giddings	Harold Wood Running Club
69	00:43:52	347	Jane Yellop	Pitsea RC
70	00:43:58	250	Tina Reeve	Leigh on Sea Striders
71	00:43:59	363	Neil Colley	Phoenix Striders
72	00:44:02	99	Mark Fletcher	Unattached
73	00:44:24	23	Dean Blackwell	Fordy Runs Running Club
74	00:44:27	353	Philip Tall	Thurrock Nomads
75	00:44:38	292	Jamie Taylor	Pitsea Running Club
76	00:44:54	282	Max Stapleton	City of Southend On Sea AC
77	00:45:14	263	Mohammed Shofiuzzaman	Benfleet RC
78	00:45:17	228	Paul Oconnell	Unattached
79	00:45:31	144	Michael Haylett	Leigh on Sea Striders
80	00:45:37	57	Rebecca Clay	Unattached
81	00:45:40	289	Julia Summers	Leigh-on-Sea Striders
82	00:45:43	301	Claire Townley	Unattached
83	00:45:44	34	Tracey Bradley	Castle Point Joggers
84	00:45:49	298	Maurice Tomline	Hockley Trail Runners
85	00:46:09	179	Kevin Judge	Benfleet RC
86	00:46:13	182	Tony Kenyon	Unattached
87	00:46:23	214	Jason Merritt	Unattached
88	00:46:27	331	Paul Whitmore	Rayleigh Road and Trail Runners



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Position	Time	Race No	Name	Club Name
89	00:46:34	166	Rachel Hurrell	Unattached
90	00:46:41	237	Dave Penson	Unattached
91	00:46:46	346	Esther Wynn	Benfleet RC
92	00:46:47	45	David Cant	Pitsea RC
93	00:46:47	213	Tara Merrell	Unattached
94	00:47:00	157	Owen Hollingbery	Unattached
95	00:47:04	48	Eleanor Carmichael	Leigh on Sea Striders
96	00:47:09	295	Michelle Thomas	Unattached
97	00:47:23	229	Dean Oconnell	Unattached
98	00:47:24	220	Susan Munns	Harold Wood Running Club
99	00:47:29	84	Graham Douglass	Benfleet RC
100	00:47:34	319	Darren Wayland	havering90joggers
101	00:47:39	36	Jade Britton	Hockley Trail Runners
102	00:47:41	164	David Hudson	Benfleet RC
103	00:47:46	66	Natasha Crago	Leigh on Sea Striders
104	00:48:07	270	Gareth Smith	Castle Point Joggers
105	00:48:17	233	Jo Pearce	Phoenix Striders
106	00:48:22	344	Kelly Worboys	Fordy Runs Running Club
107	00:48:25	113	Nick Giannotti	Castle Point Joggers
108	00:48:28	288	Paul Strutt	Unattached
109	00:48:41	362	Duncan Russell	Phoenix Striders
110	00:49:05	169	Paul Jennings	Unattached
111	00:49:24	337	Jon Wood	Rochford Running Club
112	00:49:34	255	Peter Russell	Unattached
113	00:49:35	61	Kate Collins	Unattached
114	00:49:45	184	John King	Unattached
115	00:49:45	4	Zoe Storrar	Leigh on Sea Striders
116	00:49:48	218	Eleanor Mole	Havering '90 Joggers
117	00:49:52	17	Sarah Bardell	Unattached
118	00:49:57	86	Louise Dugdale	Leigh on Sea Striders
119	00:50:17	111	Roxanne George	Leigh-on-Sea Striders
120	00:50:18	276	Caroline Smith	Rochford Running Club
121	00:50:20	56	Louise Chappell	Barking Road Runners
122	00:50:21	160	De Hoops	Unattached
123	00:50:21	243	Lorraine Ramet	Unattached
124	00:50:26	64	Mandy Cooper	Benfleet RC
125	00:50:33	240	Faatemah-Zehra Piperdy	Pitsea RC
126	00:50:42	74	Sarah de Cristofano	Benfleet RC
127	00:50:52	339	Alan Woodroof	Harold Wood Running Club
128	00:50:53	172	Barrie Jones	Flyers Southend
129	00:50:53	129	Roy Guit	Benfleet Running Club
130	00:50:58	38	Andrew Bunkle	Castle Point Joggers
131	00:51:06	224	Wayne Newby	Rayleigh RAT Runners
132	00:51:07	49	Simon Carter	Pitsea Running Club
133	00:51:15	323	Katie Weir	Pitsea RC
134	00:51:15	121	Michael Gould	Pitsea RC
135	00:51:38	82	Helen Docherty	Unattached
136	00:51:40	262	Lloyd Shields	Unattached



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Position	Time	Race No	Name	Club Name
137	00:51:51	150	Robert Higgon	Castle Point Joggers
138	00:51:53	54	Emma Chapman	Rayleigh RAT
139	00:52:13	72	Katie Darby	Pitsea RC
140	00:52:14	199	John Lynch	Unattached
141	00:52:41	294	Helen Thomas	Unattached
142	00:52:43	209	Leilah McClay	Leigh on Sea Striders
143	00:52:44	257	Rebecca Shadbolt	Unattached
144	00:52:45	6	Lee Allen	Benfleet RC
145	00:52:47	275	Diane Smith	Rochford Running Club
146	00:52:50	114	Tracy Giddings	Harold Wood Running Club
147	00:52:50	143	Martin Hawker	Harold Wood Running Club
148	00:52:58	88	Debbie Dunn	Castle Point Joggers
149	00:52:58	87	Colin Dunn	Castle Point Joggers
150	00:52:59	26	Andy Body	Phoenix Striders
151	00:53:10	9	Sulie Anstis	Castle Point Joggers
152	00:53:17	252	Jennifer Restarick	Rayleigh RAT runners
153	00:53:20	73	Mic Davidson	Unattached
154	00:53:46	311	Martin Victory	Castle Point Joggers
155	00:53:47	355	Brian Butcher	Unattached
156	00:53:56	309	John Victory	Unattached
157	00:54:03	226	Sarah Norton	Castle Point Joggers
158	00:54:05	138	Madeline Harris	Pitsea RC
159	00:54:08	338	Claire Woodley	Unattached
160	00:54:15	108	Sarah Gager	Pitsea RC
161	00:54:20	297	Collette Toal	Leigh-on-Sea Striders
162	00:54:21	277	Kate Smith	Unattached
163	00:54:21	206	Sarah Louise Mason	Castle Point Joggers
164	00:54:39	318	Peter Leonard Watson	Benfleet RC
165	00:54:45	139	Gillian Harrison	Pitsea RC
166	00:54:46	67	Nikki Cranmer	Barking Road Runners
167	00:55:06	227	Maxine O Brien	Havering '90 Joggers
168	00:55:09	350	Amanda Skeggs	Castle Point Joggers
169	00:55:09	40	Tina Burton	Castle Point Joggers
170	00:55:37	149	Sarah Hemsworth	Castle Point Joggers
171	00:55:44	248	Janette Reed	Amigos Running Club
172	00:55:53	44	Julia Cannon	Flyers Southend
173	00:55:55	205	Martin Mason	Unattached
174	00:55:56	285	Susanna Stidston	Benfleet Running Club
175	00:55:57	354	Michelle Coates	Benfleet RC
176	00:55:58	14	Helen Baker	Unattached
177	00:56:16	310	Claire Victory	Unattached
178	00:56:26	16	Hannah Bardell	JBR Run and Tri Club
179	00:56:28	238	Mike Petchey	Unattached
180	00:56:29	343	Linda Woodward	Castle Point Joggers
181	00:56:34	266	Keely Sinclair	Amigos Running Club
182	00:56:35	19	Carolyn Beal	Amigos Running Club
183	00:56:39	329	Faye White	Castle Point Joggers



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Position	Time	Race No	Name	Club Name
184	00:56:45	296	Stuart Tidd	Havering '90 Joggers
185	00:56:53	354	Michelle Coates	Benfleet RC
186	00:56:53	271	Hayley Smith	Harold Wood Running Club
187	00:57:24	188	Danielle Last	Havering '90 Joggers
188	00:57:34			
189	00:57:35	152	Malcolm Hiscock	Benfleet RC
190	00:57:36	122	Melanie Green	Havering '90 Joggers
191	00:57:36	118	Michelle Gordon	Castle Point Joggers
192	00:57:44	291	Suzanne Taylor	Harold Wood Running Club
193	00:58:03	254	Penny Rumsby	Unattached
194	00:58:05	41	Karl Cadman	Rayleigh RATS
195	00:58:07	352	Peter Eates	Phoenix Striders
196	00:58:16	109	Keiley Gardner	Harold Wood Running Club
197	00:58:20	207	Lisa McAdams	Harold Wood Running club
198	00:58:26	107	Emma Gadlin	Unattached
199	00:58:26	106	Elizabeth Gadlin	Pitsea RC
200	00:58:43	137	Gary Harford	Barking Road Runners
201	00:58:45	201	Sarah Makinson	Unattached
202	00:58:47	284	Lisa Stevens	Unattached
203	00:58:50	142	Louise Hawker	Harold Wood Running Club
204	00:58:52	59	Alison Clifford	Havering '90 Joggers
205	00:59:03	10	Lauren Archer	Harold Wood Running Club
206	00:59:08	332	Zoe William	Leigh on Sea Striders
207	00:59:09	196	Jackie Ludlow	Havering '90 Joggers
208	00:59:09	217	Leanne Mitchell	Harold Wood Running Club
209	00:59:19	155	Jim Holland	South Woodham Runners
210	00:59:24	116	Melissa Gilmour	Havering '90 Joggers
211	00:59:27	31	Russell Bost	Castle Point Joggers
212	00:59:43	320	Frances Webster	Benfleet RC
213	00:59:44	170	Annette Johnson	Benfleet RC
214	00:59:45	210	Kelly McClenaghan	Benfleet RC
215	00:59:56	168	Les Jay	Unattached
216	01:00:06	8	Vicki Almond	Castle Point Joggers
217	01:00:07	225	Charis Newitt	Castle Point Joggers
218	01:00:12	269	Susan Smith	Castle Point Joggers
219	01:00:16	161	Paula Hope	South Woodham Runners
220	01:00:22	256	Martin Sanderson	Fittology RC
221	01:00:22	287	Penelope Street	Unattached
222	01:00:30	75	Roberto de Cristofano	Benfleet RC
223	01:00:44	158	Aisling Hollingbery	Unattached
224	01:00:47	91	Stephanie Elsey	Harold Wood Running Club
225	01:00:48	326	Mike Westmore	Harold wood running club
226	01:01:03	349	Beverly Markham	Castle Point Joggers
227	01:01:13	189	Justine Lategan	Unattached
228	01:01:13	197	Julie Ludlow	Flyers Southend
229	01:01:15	104	Alison Fryatt	Barking Road Runners
230	01:01:19	200	Jo Mabon	Unattached
231	01:01:25	198	Grant Ludlow	Flyers Southend



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Position	Time	Race No	Name	Club Name
232	01:02:15	223	Carol Nelson	Harold Wood Running Club
233	01:02:25	128	Trish Groves	Harold Wood Running Club
234	01:02:28	221	Peter Murray	Unattached
235	01:02:29	127	Keiron Groves	Unattached
236	01:02:40	53	Peter Chaplin	Pitsea Running Club
237	01:02:49	145	Dawn Haylett	Leigh on Sea Striders
238	01:03:01	60	Jackie Cole	Unattached
239	01:03:03	316	Donna Watson	Unattached
240	01:03:04	154	Michelle Hodgson	Fordy Runs Running Club
241	01:03:07	39	Beverley Burgess	Unattached
242	01:03:08	13	Anna Bailey	Harold Wood Running Club
243	01:03:29	162	Susan Horton	Benfleet RC
244	01:03:38	278	Dennis Spencer-Perkins	Barking Road Runners
245	01:03:39	70	Dawn Curtis	Barking Road Runners
246	01:03:44	191	Leroy Lendor	Unattached
247	01:03:47	151	Caron Nicola Hiscock	Benfleet RC
248	01:03:50	202	Lynsey Mann	Harold Wood Running Club
249	01:04:18	208	Chris McAdams	Unattached
250	01:04:29	102	John Ford	Havering '90 Joggers
251	01:04:59	265	Jane Simia	Unattached
252	01:05:07	126	Ashleigh Groves	Unattached
253	01:05:23	146	Janet Head	Pitsea RC
254	01:05:36	242	Vikki Pound-Firth	Unattached
255	01:05:41	7	Terry Allen	Benfleet RC
256	01:05:55	147	Julie Healey	Pitsea Running Club
257	01:06:28	11	Tina Ashleigh	Unattached
258	01:06:29	195	Alison Lucas	Southend Flyers
259	01:06:29	78	Ingrid Dias	Harold Wood Running Club
260	01:06:31	52	Lorna Chaplin	Pitsea RC
261	01:06:32	51	Andrew Chaplin	Pitsea RC
262	01:06:46	312	Lorna Waites	Leigh-on-Sea Striders
263	01:07:24	62	Sandra Comber	Harold Wood Running Club
264	01:07:24	46	Lucie Card	Rochford Running Club
265	01:07:48	274	Caroline Smith	Unattached
266	01:07:55	12	Nerys Aylen	Unattached
267	01:07:56	69	Kathryn Curtis	Unattached
268	01:08:02	71	Amy Daniels	Unattached
269	01:08:16	120	Dawn Gould	Pitsea running club
270	01:08:20	167	Amanda Jameson	Harold Wood Running Club
271	01:08:42	68	Christine Crawley	Roxy Runners
272	01:09:04	327	Clare Whitby	Harold Wood Running Club
273	01:09:17	30	Lorraine Borley	Pitsea RC
274	01:09:39	359	Lois Whitrod	Pitsea RC
275	01:09:47	89	Helen Eager	Unattached
276	01:09:53	90	Suzanne Elman	Unattached
277	01:10:15	81	Ruth Deborah Docherty	Unattached
278	01:10:18	330	Karen White	Pitsea RC
279	01:10:33	314	Lucy Walker	Harold Wood Running Club



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Position	Time	Race No	Name	Club Name
280	01:10:39	194	Charlie Lloyd	Pitsea RC
281	01:10:41	18	Natalie Barlow	Phoenix Striders
282	01:10:43	328	Julie White	Harold Wood Running Club
283	01:10:47	159	Elisabeth Honeysett	Harold Wood Running Club
284	01:11:30	173	Tracey Jones	Benfleet RC
285	01:11:31	211	Laura McDermott	Benfleet RC
286	01:11:44	43	Maggie Campbell-Freeman	Flyers Southend
287	01:11:45	181	Katie Kennington	Unattached
288	01:13:02	186	Diane Kralik	Unattached
289	01:13:03	360	Sharon Eastland	Southend Flyers
290	01:13:23	178	Christine Judge	Benfleet RC
291	01:13:34	249	Loretta Reehill	Harold Wood Running Club
292	01:14:32	47	Kenneth Carey	Pitsea Running Club
293	01:15:20	258	Tim Shea	Pitsea RC
294	01:15:20	340	John Woods	Unattached
295	01:15:26	259	Charley Shea	Pitsea running club
296	01:16:27	85	Samantha Dray	Harold Wood Running Club
297	01:16:58	345	Andi Wright	Harold Wood Running Club
298	01:16:59	35	Maria Brill	Harold Wood Running Club
299	01:17:01	216	David Mills	Phoenix Striders
300	01:18:28	15	Michael Ball	Barking Road Runners
301	01:37:57	180	Maria Keeble	Pitsea running club