

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr Place	Team
1	505	Ben Prior	36:09	36:08	Open	1	1	Thurrock Harriers
2	137	Jim Dodsworth	36:43	36:41	Open	2	2	Leigh on Sea Striders
3	294	Chris Cook	37:06	37:05	Open	3	3	Pitsea Running Club
4	484	Robin Mohseni	38:01	37:59	M 15-39	1	4	
5	492	Alexander Houghton	38:14	38:13	M 15-39	2	5	Orion Harriers
6	37	Alex Robertson	38:22	38:20	M 15-39	3	6	Thurrock Harriers
7	1	Patrick Hayes	38:25	38:23	M 40-49	1	7	St Albans Striders
8	220	Thomas Irish	38:32	38:30	M 15-39	4	8	Herne Hill Harriers
9	454	Dan Meredith	38:55	38:53	M 50-59	1	9	Havering AC
10	72	Robert Doyle	39:50	39:49	M 15-39	5	10	Thurrock Harriers
11	258	Martin Chester	40:00	39:59	M 50-59	2	11	Havering AC
12	107	Tom Anderson	40:02	39:58	M 15-39	6	12	
13	419	Richard May	40:28	40:25	M 40-49	2	13	
14	494	Adam Whitehead	41:54	41:53	M 15-39	7	14	None
15	261	Oliver Bridge	41:59	41:53	M 40-49	3	15	
16	465	David Beatty	42:01	41:59	M 50-59	3	16	Pitsea Running Club
17	499	Dyfan Garmon	42:02	41:58	M 40-49	4	17	Dagenham 88 Runners
18	132	Thomas Jones	42:18	42:15	M 50-59	4	18	Phoenix Striders
19	476	Louis McQuade	42:20	42:17	M 15-39	8	19	
20	65	Guy Hildreth	42:29	42:26	M 40-49	5	20	Havering 90 Joggers
21	485	Kathryn Spring	42:45	42:43	Open	1	1	Thurrock Harriers
22	459	Nigel Swinburne	42:54	42:52	M 40-49	6	21	Dagenham 88 Runners
23	91	Nick Langton	43:03	43:00	M 40-49	7	22	
24	347	Alff Loureiro	43:05	43:03	M 40-49	8	23	
25	507	Charlotte Horton	43:09	43:07	Open	2	2	Leigh on Sea Striders
26	168	Kirsty Obsborn	43:23	43:18	Open	3	3	
27	284	Jimmy Justice	43:29	43:26	M 40-49	9	24	Phoenix Striders
28	68	Lee Veale	43:34	43:31	M 40-49	10	25	Havering 90 Joggers
29	39	Michael Cook	43:39	43:35	M 40-49	11	26	Pitsea Running Club
30	130	Paul Johnson	43:43	43:40	M 15-39	9	27	
31	106	David Sherman	44:02	43:59	M 40-49	12	28	Havering 90 Joggers
32	188	Danni Davies	44:14	44:07	M 40-49	13	29	None
33	269	Richard Bonham	44:29	44:25	M 50-59	5	30	Castle Point Joggers
34	17	David Patten	44:33	44:31	M 15-39	10	31	Leigh on Sea Striders
35	262	Ross Chapelhow	44:34	44:29	M 40-49	14	32	
36	128	Robin McCoy	44:49	44:46	M 50-59	6	33	Springfield Striders
37	13	Ben Kirby	44:55	44:53	M 15-39	11	34	Leigh on Sea Striders
38	287	Gary Flint	45:04	44:59	M 50-59	7	35	Havering 90 Joggers
39	315	Adam Weir	45:19	45:17	M 40-49	15	36	Leigh on Sea Striders
40	321	Antony Freeman	45:24	45:22	M 15-39	12	37	
41	32	Paul Hagan	45:28	45:26	M 40-49	16	38	Pitsea Running Club
42	237	Steve Constantinou	45:30	45:26	M 40-49	17	39	Havering 90 Joggers
43	377	Hayley Nye	45:31	45:29	F 15-39	1	4	
44	182	Julian Vereker	45:41	45:36	M 40-49	18	40	
45	408	Samuel Backhouse	45:56	45:49	M 15-39	13	41	
46	424	James Holland	45:56	45:50	M 50-59	8	42	
47	44	Jonathan Tyrrell	45:57	45:55	M 15-39	14	43	
48	417	James Price	45:58	45:53	M 50-59	9	44	Pitsea Running Club
49	501	Paul Berry	46:10	46:07	M 40-49	19	45	Thurrock Nomads
50	154	Martin Orford	46:11	46:07	M 50-59	10	46	Pitsea Running Club
51	199	Christopher Yoxall	46:13	46:03	M 40-49	20	47	
52	160	Jeff West	46:15	46:11	M 15-39	15	48	
53	51	Adam Kirsh	46:21	46:17	M 15-39	16	49	Vegan Runners
54	164	Jack Howes	46:43	46:38	M 15-39	17	50	
55	483	Vincent Charman	46:56	46:52	M 50-59	11	51	Havering 90 Joggers
56	343	Stephen Rimmer	47:14	47:10	M 15-39	18	52	
57	56	Ryan Brewer	47:17	47:07	M 15-39	19	53	
58	100	John Sweeney	47:20	47:11	M 50-59	12	54	Castle Point Joggers
59	221	Joseph Berry	47:25	47:21	M 15-39	20	55	
60	348	Ben Whateley-Harris	47:39	47:32	M 40-49	21	56	Thrift Green Trotters
61	95	Joseph Smith	47:42	47:39	M 40-49	22	57	Pitsea Running Club
62	193	Joe Foxon	47:43	47:39	M 40-49	23	58	
63	194	Philip Warner	47:48	47:42	M 50-59	13	59	Phoenix Striders
64	488	Chris Carroll	47:55	47:47	M 15-39	21	60	
65	14	Leonie Nalcioglu	48:02	47:54	F 40-49	1	5	Thurrock Harriers
66	340	Adam Georgiou	48:03	48:00	M 50-59	14	61	None

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr Place	Team
67	335	Lee Steele	48:03	48:00	M 40-49	24	62	
68	496	Jack Snowling	48:35	48:21	M 15-39	22	63	
69	425	Ben Gamlin	48:44	48:37	M 15-39	23	64	
70	232	Fred Graham	48:51	48:45	M 50-59	15	65	
71	116	Paul Firth	48:52	48:45	M 40-49	25	66	
72	249	Kieran Neary	49:00	48:56	M 15-39	24	67	Castle Point Joggers
73	382	Joaqu? Polo	49:05	48:57	M 40-49	26	68	
74	74	Leila Felix	49:12	49:03	F 15-39	2	6	Havering 90 Joggers
75	329	Paul Hurn	49:14	49:09	M 50-59	16	69	Thurrock Nomads
76	333	Christina Clementson	49:29	49:19	F 50-59	1	7	Havering 90 Joggers
77	320	Nathan Gill	49:31	49:26	M 15-39	25	70	
78	134	Serena Jones	49:52	49:47	F 40-49	2	8	Phoenix Striders
79	185	Eamon Brown	49:57	49:51	M 60-99	1	71	
80	457	Anthony Morris	50:00	49:50	M 15-39	26	72	
81	18	Andrew Robinson	50:01	49:48	M 40-49	27	73	
82	310	Lee Chester	50:09	50:03	M 50-59	17	74	
83	264	Andy McLaren	50:09	49:56	M 50-59	18	75	Havering 90 Joggers
84	260	Lynsey Cornwell	50:12	49:59	F 40-49	3	9	Havering 90 Joggers
85	16	Michael Welsh	50:19	50:06	M 40-49	28	76	
86	235	John Pumfrett	50:21	50:15	M 50-59	19	77	Phoenix Striders
87	404	Neil Taylor	50:35	50:10	M 50-59	20	78	Harold Wood Running Club
88	108	Rahana Islam	50:39	50:32	F 40-49	4	10	Dagenham 88 Runners
89	414	Mark Hayward	50:45	50:38	M 15-39	27	79	Other
90	267	Daniel Jaggard	50:48	50:32	M 40-49	29	80	
91	27	Lee Wall	50:52	50:33	M 40-49	30	81	Thurrock Nomads
92	252	Colin Wilkinson	50:54	50:48	M 50-59	21	82	Phoenix Striders
93	396	Tracey Sheehy	50:57	50:49	F 40-49	5	11	Dagenham 88 Runners
94	73	Neil Colley	50:59	50:53	M 15-39	28	83	Phoenix Striders
95	268	Paul Agastina	51:02	50:56	M 50-59	22	84	Pitsea Running Club
96	184	Mike Warren	51:21	51:16	M 50-59	23	85	
97	96	John Rozee	51:30	51:21	M 50-59	24	86	Havering 90 Joggers
98	176	Andrew Dobson	51:34	51:25	M 40-49	31	87	
99	462	Adam Stow	51:48	51:42	M 50-59	25	88	Pitsea Running Club
100	339	Nils Hollmann	51:48	51:40	M 50-59	26	89	Dagenham 88 Runners
101	111	Jenni Tomblin	51:54	51:49	F 40-49	6	12	Greenwich Tritons
102	20	Gary Taylor	51:55	51:43	M 40-49	32	90	None
103	455	Liam Appleyard	52:00	51:55	M 15-39	29	91	
104	500	Richard Leeson	52:11	52:06	M 15-39	30	92	Phoenix Striders
105	386	Bryn Giddings	52:19	51:54	M 60-99	2	93	Harold Wood Running Club
106	491	Charlotte Killingback	52:29	52:23	F 15-39	3	13	Pitsea Running Club
107	62	Michael Summers	52:38	52:23	M 40-49	33	94	Phoenix Striders
108	22	Jon Strutt	52:48	52:44	M 15-39	31	95	Castle Point Joggers
109	319	Adam Webb	52:50	52:44	M 15-39	32	96	
110	379	Kathryn Ellis	52:56	52:52	F 15-39	4	14	
111	504	Phillip Ellis	52:56	52:52	M 15-39	33	97	
112	118	William Clissold	53:10	53:00	M 60-99	3	98	
113	489	Kevin Jacobson	53:14	52:50	M 15-39	34	99	
114	94	Martin Lee	53:17	53:00	M 15-39	35	100	
115	279	Eleanor Mole	53:24	53:11	F 40-49	7	15	Havering 90 Joggers
116	216	Liam Smith	53:32	53:16	M 15-39	36	101	
117	131	Andy Debnam	53:36	53:08	M 50-59	27	102	Castle Point Joggers
118	143	David Jackson	53:42	53:35	M 50-59	28	103	Phoenix Striders
119	304	Jane Yellop	53:53	53:35	F 50-59	2	16	Pitsea Running Club
120	418	Dani Hodgkin	53:56	53:49	F 40-49	8	17	
121	174	Dave Dickins	53:57	53:43	M 15-39	37	104	
122	117	Faatemah Piperdy	54:00	53:42	F 15-39	5	18	Pitsea Running Club
123	33	David Ward	54:05	53:54	M 60-99	4	105	Leigh on Sea Striders
124	394	Lee Hazelwood	54:14	54:09	M 50-59	29	106	Phoenix Striders
125	198	Robert Elson	54:14	54:09	M 15-39	38	107	Pitsea Running Club
126	376	Peter Burdett	54:27	54:14	M 50-59	30	108	Havering 90 Joggers
127	102	Pam Bell	54:29	54:12	F 15-39	6	19	
128	97	Anne Mitchell	54:30	54:23	F 15-39	7	20	Thurrock Nomads
129	325	John Mills	54:32	54:15	M 50-59	31	109	Rochford Running Club
130	213	Lewis Galea	54:49	54:33	M 15-39	39	110	
131	392	Susan Munns	55:00	54:57	F 60-99	1	21	Harold Wood Running Club
132	446	Alex Connor	55:01	54:40	M 15-39	40	111	
133	298	Jack Firth	55:13	55:05	M 15-39	41	112	

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr	Team Place
134	381	Dean Adams	55:15	54:38	M 50-59	32	113	
135	135	Abbie Jones	55:19	55:01	F 15-39	8	22	
136	296	Roger Lebek	55:23	54:50	M 50-59	33	114	Havering 90 Joggers
137	439	David Clancy	55:27	55:04	M 60-99	5	115	Phoenix Striders
138	420	Mike James	55:29	55:02	M 40-49	34	116	Havering 90 Joggers
139	151	Gary Cardnell	55:31	55:12	M 60-99	6	117	Dagenham 88 Runners
140	410	Paul Backhouse	55:33	55:16	M 50-59	34	118	
141	470	Bryony Irvine	55:35	55:23	M 40-49	35	119	
142	495	Daniel Spong	55:40	55:17	M 15-39	42	120	
143	38	John Hughes	55:41	55:21	M 50-59	35	121	Dagenham 88 Runners
144	438	Chris Smith	55:44	55:28	M 40-49	36	122	
145	150	Sarah Friend	55:44	55:11	F 40-49	9	23	Harold Wood Running Club
146	163	Ryan Cutts	55:48	55:42	M 15-39	43	123	
147	149	Brian Parish	55:53	55:37	M 40-49	37	124	Havering 90 Joggers
148	31	David Clark	56:02	55:41	M 50-59	36	125	Thurrock Nomads
149	508	Jochan Tree	56:09	55:51	M 50-59	37	126	
150	43	Bob Mills	56:12	55:52	M 60-99	7	127	Thurrock Nomads
151	77	Tony Gray	56:17	55:51	M 60-99	8	128	Havering 90 Joggers
152	440	David Bacon	56:28	56:19	M 60-99	9	129	Havering 90 Joggers
153	435	Kate Daly	56:31	56:05	F 40-49	10	24	Eton Manor
154	472	Emily Scott	56:36	56:25	F 15-39	9	25	
155	272	Lee Elliston	56:40	56:36	M 40-49	38	130	
156	326	Jo Pearce	56:44	56:26	F 50-59	3	26	Phoenix Striders
157	283	Peter Hall	56:52	56:50	M 40-49	39	131	
158	122	Hafsa Hussain	57:03	56:31	F 15-39	10	27	Havering 90 Joggers
159	207	Vicki Riley	57:03	56:49	F 15-39	11	28	Witham Running Club
160	215	David Hillier	57:27	57:10	M 15-39	44	132	
161	344	Kaysha Keane	57:40	57:17	F 40-49	11	29	
162	246	Allison Tynan	57:41	57:01	F 50-59	4	30	Leigh on Sea Striders
163	206	John Brinkman	57:41	56:56	M 60-99	10	133	
164	482	Karen Heard	57:44	57:29	F 40-49	12	31	Phoenix Striders
165	444	Danielle Gutteridge	57:44	57:22	F 40-49	13	32	
166	155	George Daly	57:50	57:25	M 15-39	45	134	
167	299	Jon Gamble	57:53	57:07	M 50-59	38	135	
168	469	Michael Peggall	58:02	57:38	M 40-49	40	136	Dagenham 88 Runners
169	76	Steven Lovett	58:07	57:48	M 50-59	39	137	Phoenix Striders
170	374	Colette Green	58:10	57:57	F 15-39	12	33	Havering 90 Joggers
171	282	Louise Rushmer	58:19	57:50	F 50-59	5	34	
172	475	Luke Bonham	58:19	58:05	M 15-39	46	138	Castle Point Joggers
173	243	Ryan McDonach	58:32	57:57	M 15-39	47	139	
174	35	Dave Penson	58:35	57:44	M 40-49	41	140	
175	506	Ben Howells	58:38	58:05	M 15-39	48	141	
176	98	Michelle Lock	58:42	58:14	F 50-59	6	35	
177	218	Louise Rushmer	58:47	58:17	F 50-59	7	36	None
178	19	Faye Scott	58:48	58:42	F 60-99	2	37	Thurrock Nomads
179	204	Joseph Brinkman	58:51	58:01	M 15-39	49	142	
180	301	Simon Bayfield	58:54	58:45	M 15-39	50	143	100 Marathon Club
181	30	Debbie Smith	58:55	58:37	F 50-59	8	38	
182	84	Donna Maxen	58:59	58:37	F 50-59	9	39	
183	224	Mark Norman	59:00	58:26	M 50-59	40	144	Harold Wood Running Club
184	477	Evie Clarke	59:00	58:49	F 15-39	13	40	
185	171	Alan Woodroof	59:03	58:31	M 60-99	11	145	Harold Wood Running Club
186	278	Ray Spong	59:07	58:44	M 60-99	12	146	Havering 90 Joggers
187	28	Julie Lester	59:15	58:54	F 40-49	14	41	Thurrock Nomads
188	26	Carly Banks	59:16	58:57	F 40-49	15	42	Thurrock Nomads
189	209	Tony O'Callaghan	59:17	58:51	M 60-99	13	147	Havering 90 Joggers
190	481	Laura Heard	59:20	59:02	F 40-49	16	43	Phoenix Striders
191	461	Alicia Murphy	59:22	58:50	F 15-39	14	44	Havering 90 Joggers
192	274	Surjit Grewal	59:23	59:00	F 50-59	10	45	Thurrock Nomads
193	502	Ben Price	59:26	59:04	M 15-39	51	148	Pitsea Running Club
194	167	James Clasby	59:27	59:17	M 15-39	52	149	
195	257	Christopher Madell	59:29	58:55	M 50-59	41	150	Harold Wood Running Club
196	289	Julie Walker	59:33	59:08	F 50-59	11	46	
197	361	Lacey Smith	59:34	59:22	F 15-39	15	47	
198	181	Darren Radford	59:37	59:22	M 50-59	42	151	Havering 90 Joggers
199	234	Debra Pumfrett	59:39	59:08	F 50-59	12	48	Phoenix Striders
200	52	Lara Harradine	59:42	59:26	F 50-59	13	49	Havering 90 Joggers

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr	Team Place
201	127	Melanie Green	59:51	59:36	F 50-59	14	50	Havering 90 Joggers
202	219	Lilian Irish	59:56	59:43	F 15-39	16	51	Herne Hill Harriers
203	322	Lynsey Gray	1:00:00	59:43	F 50-59	15	52	Phoenix Striders
204	286	Andrew Stirrup	1:00:07	59:45	M 50-59	43	152	
205	503	Christopher Eates	1:00:16	59:45	M 40-49	42	153	Phoenix Striders
206	165	Simon Nead	1:00:18	59:58	M 40-49	43	154	
207	385	Tracy Giddings	1:00:24	59:57	F 50-59	16	53	Harold Wood Running Club
208	120	Matthew Gavan	1:00:25	59:39	M 15-39	53	155	
209	88	David Dixon	1:00:31	59:59	M 60-99	14	156	Havering 90 Joggers
210	355	Wayne Whiting	1:00:31	59:41	M 15-39	54	157	None
211	93	Louise Copas	1:00:41	1:00:21	F 40-49	17	54	
212	126	Martin Hawker	1:00:43	1:00:10	M 40-49	44	158	Harold Wood Running Club
213	271	Janine Durrant	1:00:44	1:00:32	M 40-49	45	159	Eton Manor
214	436	Kay Hurn	1:00:47	1:00:16	F 50-59	17	55	Thurrock Nomads
215	36	Hiren Amin	1:00:52	1:00:28	M 40-49	46	160	Pitsea Running Club
216	112	Mark Gillam	1:00:56	1:00:21	M 50-59	44	161	None
217	480	Nirvana Asplin-Davies	1:01:00	1:00:09	F 15-39	17	56	Havering 90 Joggers
218	189	Evie Davies	1:01:30	1:01:21	M 15-39	55	162	None
219	173	Joel Davies	1:01:30	1:01:22	M 40-49	47	163	
220	342	Clive Rew	1:01:31	1:01:04	M 60-99	15	164	
221	369	Paul Strutt	1:01:32	1:00:49	M 40-49	48	165	
222	197	Ruth Roberts	1:01:34	1:00:56	F 50-59	18	57	Phoenix Striders
223	445	Scott Riddle	1:01:36	1:01:15	M 15-39	56	166	
224	5	Philip Tall	1:01:40	1:01:21	M 50-59	45	167	Thurrock Nomads
225	265	Katherine Jaggard	1:01:48	1:01:24	F 40-49	18	58	
226	349	Steve Watson	1:01:49	1:01:26	M 40-49	49	168	
227	161	John Cattini	1:01:54	1:01:40	M 60-99	16	169	
228	58	Michelle Henderson	1:01:56	1:01:34	F 60-99	3	59	Thurrock Nomads
229	292	Michael Hill	1:01:58	1:01:46	M 50-59	46	170	Havering 90 Joggers
230	403	Richard Ballam	1:02:01	1:01:46	M 40-49	50	171	Havering 90 Joggers
231	158	Carol Nelson	1:02:05	1:01:35	F 60-99	4	60	Harold Wood Running Club
232	421	Robert Monger	1:02:14	1:01:35	M 50-59	47	172	Phoenix Striders
233	42	Deborah Walker	1:02:24	1:01:39	F 40-49	19	61	Vegan Runners
234	75	Emily Sheppard	1:02:24	1:01:38	F 15-39	18	62	Phoenix Striders
235	353	Joanne Payton	1:02:27	1:02:04	F 40-49	20	63	Other
236	254	Lisa Harland	1:02:32	1:02:00	F 50-59	19	64	Phoenix Striders
237	406	Neal Clark	1:02:32	1:02:02	M 50-59	48	173	Phoenix Striders
238	433	Ian Poole	1:02:46	1:02:15	M 40-49	51	174	
239	327	Scott Burgess	1:02:59	1:02:42	M 15-39	57	175	Rochford Running Club
240	306	Collette Toal	1:03:18	1:02:52	F 50-59	20	65	Leigh on Sea Striders
241	317	Isabel Rushmer	1:03:48	1:03:19	F 15-39	19	66	
242	324	James McBride	1:03:49	1:03:10	M 50-59	49	176	Phoenix Striders
243	240	William Holman	1:03:51	1:03:22	M 15-39	58	177	
244	82	Charley Lesslie	1:03:57	1:03:39	F 40-49	21	67	Phoenix Striders
245	373	Rachel Peck	1:04:03	1:03:35	F 40-49	22	68	Harold Wood Running Club
246	447	Paul Cadogan	1:04:25	1:03:57	M 15-39	59	178	
247	362	Thomas Smith	1:04:36	1:04:25	M 15-39	60	179	
248	3	Steven Agha	1:04:38	1:04:11	M 50-59	50	180	Leigh on Sea Striders
249	53	Del Appleton	1:05:00	1:04:31	M 60-99	17	181	Phoenix Striders
250	415	Liz Strathern	1:05:01	1:04:33	M 50-59	51	182	
251	245	Ellie Jackman	1:05:06	1:04:24	F 15-39	20	69	
252	201	Jason Hetterley	1:05:08	1:04:19	M 50-59	52	183	Havering 90 Joggers
253	357	Rosina Salmon	1:05:12	1:04:35	F 50-59	21	70	Dagenham 88 Runners
254	441	Phil Hales	1:05:14	1:04:37	M 50-59	53	184	
255	217	Debbie Bailey	1:05:20	1:04:45	F 60-99	5	71	Harold Wood Running Club
256	101	Karen Sweeney	1:05:23	1:04:53	F 50-59	22	72	Castle Point Joggers
257	442	Joe Clancy	1:05:30	1:05:08	M 15-39	61	185	
258	427	Michael Groombridge	1:05:43	1:05:20	M 40-49	52	186	Pitsea Running Club
259	157	Lucy Irvine	1:05:57	1:05:45	F 40-49	23	73	
260	186	Lyndon Heldt	1:06:01	1:05:35	M 50-59	54	187	
261	263	Danielle Last	1:06:06	1:05:19	F 40-49	24	74	Havering 90 Joggers
262	89	Kerry Curtis	1:06:15	1:05:28	F 40-49	25	75	Havering 90 Joggers
263	61	Stuart Tidd	1:06:19	1:05:27	M 60-99	18	188	Havering 90 Joggers
264	372	Hayley Smith	1:06:21	1:05:54	F 15-39	21	76	Harold Wood Running Club
265	413	Hazel Fay	1:06:21	1:05:59	F 40-49	26	77	
266	183	Steve Gourley	1:06:22	1:05:49	M 50-59	55	189	Harold Wood Running Club
267	196	Wilkie Ainsworth-coles	1:06:22	1:06:13	M 15-39	62	190	

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr Place	Team
268	384	Sean Kavanagh	1:06:33	1:05:56	M 60-99	19	191	Harold Wood Running Club
269	123	Stuart Goldsmith	1:06:50	1:06:25	M 15-39	63	192	
270	125	Louise Hawker	1:07:16	1:06:39	F 40-49	27	78	Harold Wood Running Club
271	140	Mark Nason	1:07:26	1:07:15	M 60-99	20	193	
272	366	Andy Body	1:07:35	1:07:14	M 60-99	21	194	Phoenix Striders
273	471	Sandra Dalton	1:07:38	1:06:49	F 60-99	6	79	Havering 90 Joggers
274	210	Amanda Keasley	1:07:39	1:06:50	F 50-59	23	80	Havering 90 Joggers
275	231	Sarah Gager	1:07:58	1:07:20	F 50-59	24	81	Pitsea Running Club
276	474	Leanne Mitchell	1:08:00	1:07:30	F 50-59	25	82	Harold Wood Running Club
277	114	Steven Crabbe	1:08:00	1:07:18	M 40-49	53	195	
278	205	Nancy Root	1:08:02	1:07:16	F 15-39	22	83	
279	428	Keiley Gardner	1:08:03	1:07:28	F 50-59	26	84	Harold Wood Running Club
280	200	Sally Kinsley	1:08:27	1:08:00	F 50-59	27	85	
281	148	Henry Monaghan	1:08:32	1:07:56	M 60-99	22	196	Havering 90 Joggers
282	452	Graham Pike	1:08:37	1:08:12	M 40-49	54	197	
283	463	David Adams	1:08:39	1:08:17	M 50-59	56	198	
284	478	Matt Laffan	1:08:39	1:08:17	M 40-49	55	199	
285	11	Harold Monk	1:08:39	1:08:19	M 60-99	23	200	Thurrock Nomads
286	323	John Wilkinson	1:08:53	1:08:16	M 60-99	24	201	Phoenix Striders
287	291	Brigid Mallee	1:08:57	1:08:09	F 50-59	28	86	Havering 90 Joggers
288	367	Kim Parker	1:09:04	1:08:16	F 50-59	29	87	Havering 90 Joggers
289	281	Katie Mills	1:09:05	1:08:19	F 15-39	23	88	
290	121	Paul Cole	1:09:08	1:08:23	M 40-49	56	202	
291	60	Jackie Ludlow	1:09:12	1:08:22	F 50-59	30	89	Havering 90 Joggers
292	450	Stephanie Elsey	1:09:15	1:08:39	F 15-39	24	90	Harold Wood Running Club
293	214	Simon Wiggins	1:09:25	1:09:08	M 15-39	64	203	
294	211	Camille Whitcher	1:09:44	1:08:54	F 40-49	28	91	Havering 90 Joggers
295	431	Chloe Woodhead	1:10:19	1:10:07	F 40-49	29	92	Eton Manor
296	66	Veerasamy Timi Selon	1:10:23	1:09:39	F 60-99	7	93	Dagenham 88 Runners
297	83	Paul Smith	1:10:33	1:10:14	M 40-49	57	204	Dagenham 88 Runners
298	208	Steve Peacock	1:10:36	1:09:47	M 60-99	25	205	
299	239	Debbie Jones	1:10:38	1:09:49	F 50-59	31	94	Havering 90 Joggers
300	497	Peter Woodard	1:11:07	1:10:16	M 60-99	26	206	Thurrock Nomads
301	10	Philip Baker	1:11:21	1:11:03	M 60-99	27	207	Thurrock Nomads
302	453	Andy Sturrock-McMoore	1:11:26	1:11:26	M 40-49	58	208	
303	225	Carol Norman	1:11:41	1:11:05	F 40-49	30	95	
304	338	Samantha Dray	1:11:44	1:11:05	F 50-59	32	96	Harold Wood Running Club
305	334	Elizabeth Tree	1:11:49	1:11:08	F 15-39	25	97	None
306	332	Lisa Mitchell	1:11:49	1:11:02	F 50-59	33	98	
307	69	Peter Tree	1:11:51	1:11:09	M 60-99	28	209	Thrift Green Trotters
308	416	Gavin Strathern	1:12:13	1:11:45	M 50-59	57	210	
309	92	Mick Southam	1:12:21	1:12:10	M 50-59	58	211	
310	145	Maria Brill	1:12:22	1:11:53	F 60-99	8	99	Harold Wood Running Club
311	228	David Tapsell	1:12:37	1:11:57	M 40-49	59	212	
312	64	Brian Slade	1:12:55	1:12:07	M 60-99	29	213	Havering 90 Joggers
313	78	Vanessa Wheeler	1:13:22	1:12:48	F 60-99	9	100	Striders of Croydon
314	328	Caroline Hooper	1:13:22	1:12:48	F 50-59	34	101	None
315	405	Gary French	1:13:26	1:12:31	M 40-49	60	214	
316	136	Jake Larsen	1:13:43	1:12:48	M 15-39	65	215	
317	34	Laura Ponting	1:13:48	1:13:03	F 15-39	26	102	Castle Point Joggers
318	170	Anne Clark	1:13:48	1:13:22	F 40-49	31	103	
319	305	Andrew Beazeley	1:14:01	1:13:37	M 40-49	61	216	Dagenham 88 Runners
320	103	Laura Burton	1:14:02	1:13:39	F 40-49	32	104	
321	67	Lisa Gaskin	1:14:13	1:13:20	F 50-59	35	105	Havering 90 Joggers
322	290	Claire Downham	1:14:22	1:13:57	F 50-59	36	106	Leigh on Sea Striders
323	12	Shirley Dargan Bloss	1:14:31	1:14:09	F 40-49	33	107	Thurrock Nomads
324	7	Wendy Turpin	1:14:43	1:14:22	F 50-59	37	108	Thurrock Nomads
325	180	Kathy Webb	1:14:43	1:14:32	F 60-99	10	109	Eton Manor
326	270	Mark Collins	1:14:49	1:14:05	M 50-59	59	217	Castle Point Joggers
327	451	Sarah Welch	1:15:14	1:14:36	F 40-49	34	110	
328	147	Marie Saunders	1:15:34	1:15:09	F 40-49	35	111	
329	2	Jenny Shade	1:15:41	1:15:20	F 50-59	38	112	Thurrock Nomads
330	8	Dave Springham	1:16:02	1:15:22	M 50-59	60	218	Thurrock Nomads
331	29	Amy Springham	1:16:02	1:15:21	F 15-39	27	113	
332	222	Katherine Tsang-Orr	1:16:16	1:15:30	F 40-49	36	114	Castle Point Joggers
333	138	Joanne Reeves	1:16:20	1:15:48	F 50-59	39	115	Castle Point Joggers
334	63	Laura Kelly	1:16:26	1:15:30	F 50-59	40	116	Havering 90 Joggers

## David Staines Horndon 10k 2023 Results

O/ all	Bib	Name	Gun Time	Chip Time	Div'n	Div. Pla	GenDr	Team
335	275	Jenny O'Hanlon	1:16:41	1:15:59	F 40-49	37	117	Dagenham 88 Runners
336	363	Emma O'Shea	1:16:42	1:15:58	F 40-49	38	118	Dagenham 88 Runners
337	23	Mark Massey	1:16:46	1:16:20	M 50-59	61	219	Leigh on Sea Striders
338	162	Elaine Thompson	1:16:53	1:16:41	F 50-59	41	119	Eton Manor
339	399	Michelle Holman	1:16:54	1:16:20	F 50-59	42	120	Phoenix Striders
340	253	Sharon Wilkinson	1:16:58	1:16:25	F 50-59	43	121	Phoenix Striders
341	9	Gary Elliot	1:17:04	1:16:16	M 60-99	30	220	Thurrock Nomads
342	47	Laura Thomas	1:17:12	1:16:56	F 40-49	39	122	Havering 90 Joggers
343	129	Sonya Byers	1:17:14	1:16:30	F 40-49	40	123	Dagenham 88 Runners
344	105	Lorraine Hilton	1:17:15	1:16:31	F 60-99	11	124	Dagenham 88 Runners
345	99	Trudy Kielty	1:17:56	1:17:05	F 40-49	41	125	
346	473	Albert Miles	1:18:20	1:17:36	M 60-99	31	221	Castle Point Joggers
347	153	Lee Kyson	1:18:23	1:17:33	M 60-99	32	222	Havering 90 Joggers
348	409	Jo Backhouse	1:18:30	1:17:59	F 40-49	42	126	
349	486	Lisa Sayers	1:18:31	1:18:00	F 40-49	43	127	
350	288	Adele Davis	1:18:31	1:18:00	F 50-59	44	128	
351	378	Ronald Vialls	1:18:44	1:18:35	M 60-99	33	223	Barking Road Runners
352	330	Marion Breeze	1:19:04	1:18:27	F 60-99	12	129	Pitsea Running Club
353	124	Debbie Rowe	1:19:39	1:19:20	F 40-49	44	130	
354	133	Neil Sykes	1:19:40	1:19:20	M 50-59	62	224	
355	314	Nick McCullagh	1:19:49	1:19:07	M 60-99	34	225	Castle Point Joggers
356	467	Lynsey Mann	1:20:43	1:20:06	F 40-49	45	131	Harold Wood Running Club
357	387	Mike Westmore	1:20:43	1:20:07	M 50-59	63	226	Harold Wood Running Club
358	393	Ingrid Dias	1:20:44	1:20:04	F 50-59	45	132	Harold Wood Running Club
359	70	Hannah Mayo	1:21:59	1:21:18	F 15-39	28	133	None
360	479	Thomas McInnes	1:22:14	1:21:24	M 60-99	35	227	
361	71	Kerrie Mansfield	1:22:15	1:21:33	F 15-39	29	134	None
362	152	Cheryl Goode	1:23:05	1:22:27	F 40-49	46	135	Pitsea Running Club
363	142	Elaine Richardson	1:23:23	1:22:47	F 60-99	13	136	Harold Wood Running Club
364	80	Paul White	1:24:07	1:23:23	M 50-59	64	228	
365	81	Sherry White	1:24:17	1:23:33	F 50-59	46	137	
366	45	Alison Pridgeon	1:24:44	1:24:05	F 40-49	47	138	
367	115	Vikki Pound-Firth	1:25:10	1:24:31	F 40-49	48	139	Phoenix Striders
368	280	Josy Hughes	1:25:57	1:25:02	F 60-99	14	140	Havering 90 Joggers
369	375	Lucy Burdett	1:25:57	1:25:03	F 40-49	49	141	Havering 90 Joggers
370	6	Heidi Adams	1:26:11	1:25:42	F 50-59	47	142	Thurrock Nomads
371	402	Bettina Maccariello	1:26:11	1:25:43	F 50-59	48	143	
372	21	Philip Scholfield	1:26:26	1:25:58	M 60-99	36	229	Thurrock Nomads
373	458	Denise Woolston	1:26:28	1:25:34	F 50-59	49	144	Dagenham 88 Runners
374	179	Jacqui Elliott	1:26:28	1:25:35	F 50-59	50	145	Dagenham 88 Runners
375	397	Siobhan Eaton	1:26:54	1:26:14	F 15-39	30	146	Harold Wood Running Club
376	187	Kenneth Carey	1:27:37	1:26:56	M 60-99	37	230	Pitsea Running Club
377	456	Jennie Ohalloran	1:27:52	1:27:14	F 60-99	15	147	
378	256	Julie Madell	1:28:34	1:27:54	F 60-99	16	148	Harold Wood Running Club
379	202	Esther Hetterley	1:32:36	1:31:41	F 40-49	50	149	Havering 90 Joggers
380	356	Allan Steel	1:32:43	1:32:26	M 40-49	62	231	