

The 8th Kirste 5 Memorial Race 2019 (est. 2012)

A Community Race, supported by Kirste's friends family with the help of local Clubs and running groups.

Full Results Main Run Sunday 21st July 2019

v6

POSITION			RACE NUMBER	TIME		
1	Stuart	Cable	48	00:32:14	Male	Leigh on Sea Striders
2	Stephen	Kirsh	200	00:32:16	Male	Leigh on Sea Striders
3	Sean	McFarlane	229	00:32:24	Male	Leigh on Sea Striders
4	Adam	Hemsworth	423	00:32:36	Male	Castle Point Joggers
5	David	Bell	25	00:32:43	Male	
6	Eddy	Cooper	74	00:33:02	Male	Benfleet
7	Ciaran	Doherty	94	00:33:17	Male	Benfleet RC
8	Colin	Waggon	363	00:33:20	Male	Rayleigh RAT Runners
9	Nick	Markwell	219	00:33:59	Male	
10	Lindsey	Colman	68	00:34:06	Female	Southend AC
11	Luke	Townley	352	00:34:23	Male	
12	James	Burns	45	00:34:28	Male	Leigh on Sea Striders
13	Alexander	Johanson	186	00:34:41	Male	
14	Chris	Mclay	231	00:34:46	Male	Leigh on Sea Striders
15	Alex	Childs	56	00:35:31	Male	Leigh on Sea Striders
16	Matthew	Shaw	412	00:35:39	Male	
17	Ryan	Gillard	132	00:35:42	Male	Leigh on Sea Striders
18	Peter	Kerr	190	00:35:51	Male	Leigh on Sea Striders
19	Steve	Cooper	75	00:35:53	Male	Rayleigh RAT Runners
20	Graham	Grout	142	00:35:59	Male	Bristol & West AC
21	Liam	Harvey	157	00:36:06	Male	
22	Michael	Woodward	406	00:36:42	Male	Pitsea RC
23	Marc	Downham	96	00:36:50	Male	Leigh on Sea Striders
24	Samantha	Cone	70	00:36:56	Female	Leigh on Sea Striders
25	David	Burke	306	00:37:03	Male	Fitbugs
26	Tony	Dando	413	00:37:06	Male	Leigh on Sea Striders
27	Alistair	Fisher	117	00:37:06	Male	
28	David	Harding	149	00:37:09	Male	Leigh on Sea Striders
29	Daniel	Roche	300	00:37:15	Male	
30	Chris	Wilkins	391	00:37:18	Male	
31	Simon	Wagstaff	365	00:37:37	Male	Rayleigh RAT Runners
32	Stephen	Waites	366	00:37:38	Male	Unaffiliated
33	Daniel	Shed	315	00:37:52	Male	Rayleigh RAT Runners

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POSITION			RACE NUMBER	TIME		
34	Robert	West	382	00:37:57	Male	Leigh on Sea Striders
35	Neal	Marlow	220	00:37:59	Male	Leigh on Sea Striders
36	Katie	Spicer	336	00:38:06	Female	Leigh on Sea Striders
37	Matthew	Eaton	100	00:38:07	Male	
38	David	Brown	38	00:38:19	Male	Hockley Trail Runners
39	Victoria	Wadley-Smith	362	00:38:23	Female	Leigh on Sea Striders
40	Jason	Mitchell	242	00:38:25	Male	Flyers Southend
41	Neal	Clark	59	00:38:25	Male	Phoenix Striders
42	Mark	Samuels	305	00:38:28	Male	Leigh on Sea Striders
43	Daniel	Kudla	203	00:38:31	Male	Leigh on Sea Striders
44	Sean	Parker	266	00:38:38	Male	
45	Lloyd	Richardson	292	00:38:43	Male	Leigh on Sea Striders
46	Anthony	Scarfe	307	00:38:45	Male	
47	Neil	Cornelius	77	00:38:49	Male	Hockley Trail Runners
48	Stace	Middleditch	237	00:38:50	Male	Pitsea RC
49	Alan	Cooke	72	00:39:05	Male	Hockley Trail Runners
50	David	Ward	371	00:39:06	Male	Leigh on Sea Striders
51	Simon	Norris	254	00:39:20	Male	Leigh on Sea Striders
52	Kristina	Read	287	00:39:29	Female	Phoenix Striders
53	Phil	Warner	372	00:39:44	Male	Phoenix Striders
54	Matt	Kirsh	199	00:39:52	Male	Leigh on Sea Striders
55	Michael	Waters	374	00:39:55	Male	Benfleet RC
56	Mike	Grout	143	00:39:59	Male	
57	Matthew	Clark	62	00:40:21	Male	
58	James	Price	279	00:40:26	Male	Phoenix Striders
59	Thomas	Foote	119	00:40:28	Male	
60	Darren	Latter	205	00:40:29	Male	RED Runners
61	Scott	Mangham	218	00:40:29	Male	Leigh on Sea Striders
62	Adrian	Rickard	294	00:40:30	Male	
63	Steve	Healey	166	00:40:31	Male	Phoenix Striders
64	Simon	Panther	263	00:40:32	Male	Hockley Trail Runners
65	Natalija	Trestina	354	00:40:34	Female	Leigh on Sea Striders
66	Martyn	McGrory	230	00:40:42	Male	Lonely Goat RC

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POSITION			RACE NUMBER	TIME		
67	Veronique	Dorothy	420	00:40:43	Female	
68	Gary	Clifford	67	00:40:47	Male	Castle Point Joggers
69	Matt	Harper-Ward	151	00:40:55	Male	
70	Paul	Whitmore	387	00:40:56	Male	Rayleigh RAT Runners
71	Daryl	Fryatt	124	00:41:30	Male	
72	Donald	Sinclair	323	00:41:30	Male	Pitsea RC
73	James	Wakeling	424	00:41:33	Male	JBR run & Tri
74	Michael	Montero	243	00:41:37	Male	
75	Ian	Wilson	399	00:41:44	Male	Rochford Running Club
76	Andy	Debnam	89	00:41:53	Male	Castle Point Joggers
77	Ashley	Pinnock	276	00:41:57	Male	
78	Fiona	Walker	368	00:41:59	Female	Leigh on Sea Striders
79	Rachel	Riggs	295	00:41:59	Female	Leigh on Sea Striders
80	Katherine	Goodchild	135	00:42:04	Female	
81	Lian	Simmonds	320	00:42:06	Female	RED Runners
82	Jon	Strutt	344	00:42:10	Male	
83	Ali	Hayward	162	00:42:11	Female	JBR run & Tri
84	Rea	Evison	108	00:42:15	Female	Leigh on Sea Striders
85	Lance	Brown	43	00:42:21	Male	
86	John	Bedford	22	00:42:25	Male	RED Runners
87	Darren	Baker	11	00:42:39	Male	Jog On
88	Heidi juliet	Nevin	248	00:42:44	Female	Sarah's Running Ladies
89	Paul	Claydon	65	00:42:56	Male	RED Runners
90	Dean	Bates	18	00:43:05	Male	Havering 90 Joggers
91	Tony	Hyde	179	00:43:08	Male	Pitsea RC
92	Michael	Gould	137	00:43:14	Male	Pitsea RC
93	Scott	Hoodless	174	00:43:20	Male	
94	Steve	Wright	409	00:43:23	Male	Hockley Trail Runners
95	Paul	Omer	257	00:43:35	Male	Pitsea RC
96	Angela	Hall	417	00:43:49	Female	Benfleet RC
97	Paul	Varker	358	00:43:52	Male	Castle Point Joggers
98	Tony	Smith	328	00:43:55	Male	
99	Justin	Harris	152	00:43:57	Male	Pitsea RC

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POSITION			RACE NUMBER	TIME		
100	Paul	West	381	00:43:57	Male	Hockley Trail Runners
101	Martin	England	105	00:43:59	Male	Castle Point Joggers
102	Jim	Edwards	103	00:44:05	Male	
103	Matt	Johanson	187	00:44:07	Male	
104	Steve	Hall	148	00:44:14	Male	Rayleigh RAT Runners
105	Neil	Forster	121	00:44:19	Male	Rayleigh RAT Runners
106	Charlotte	Killingback	193	00:44:21	Female	Pitsea RC
107	Zoe	Storrar	342	00:44:21	Female	Leigh on Sea Striders
108	Kev	Maguire	214	00:44:41	Male	Flyers Southend
109	Peter	Wiseman	402	00:44:46	Male	RED Runners
110	Andy	Badger	6	00:44:47	Male	RED Runners
111	Paula	Shrimpton	318	00:44:57	Female	
112	Diane	Beaver	21	00:45:07	Female	Hockley Trail Runners
113	Sarah	de Cristofano	87	00:45:17	Female	Benfleet RC
114	Elisha	Letley	210	00:45:18	Female	Leigh on Sea Striders
115	Mark	Robertson	297	00:45:24	Male	RED Runners
116	Tina	Reeve	289	00:45:25	Female	Leigh on Sea Striders
117	Carla	Nolan	251	00:45:26	Female	RED Runners
118	Keith	Makinson	216	00:45:36	Male	JBR run & Tri
119	Colin	Murdoch	246	00:45:45	Male	Rayleigh RAT Runners
120	Charley	Lesslie	209	00:45:59	Female	Phoenix Striders
121	David	Beatty	20	00:46:08	Male	Pitsea RC
122	Jessica	Darby	82	00:46:11	Female	Fittology
123	Linda	Mountford	244	00:46:16	Female	Castle Point Joggers
124	Rachel	Wood	404	00:46:18	Female	Leigh on Sea Striders
125	Dennis	Sherwood	316	00:46:23	Male	Springfield Striders
126	Gordon	Greenhalgh	139	00:46:56	Male	
127	Jaimie	Davies	83	00:47:01	Male	
128	Ingo	Dierkschnieder	91	00:47:02	Male	Pitsea RC
129	Katie	Darby	81	00:47:04	Female	Fittology
130	Claire	Townley	353	00:47:07	Female	
131	Cheryl	Macdonald	213	00:47:11	Female	Pitsea RC
132	Jenni	Paterson	270	00:47:12	Female	Leigh on Sea Striders

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133	Stacey	Payne	272	00:47:16	Female	Dengie 100 runners
134	Mick	Dodge	93	00:47:18	Male	LDWA Essex/Herts (Walker)
135	Edward	Short	317	00:47:19	Male	(Walker)
136	Matthew	Sutton	346	00:47:24	Male	Leigh on Sea Striders
137	Kerry	Slessor	325	00:47:41	Female	Leigh on Sea Striders
138	Johnny	Lau	206	00:47:45	Male	Leigh on Sea Striders
139	Adam	Kirsh	198	00:47:49	Male	Leigh on Sea Striders
140	Michael	Williams	395	00:48:03	Male	Pitsea RC
141	Mark	Scott	310	00:48:04	Male	VI GUIDE
142	Catherine	Marriott	221	00:48:05	Female	Catherine Marriott
143	Keith	Lovell	212	00:48:08	Male	RED Runners
144	Michael	Enwright	106	00:48:20	Male	Pitsea RC
145	Zoe	Randall	285	00:48:21	Female	Fitbugs
146	Steve	Pettitt	275	00:48:27	Male	Leigh on Sea Striders
147	Jo	Pearce	273	00:48:36	Female	Pitsea RC
148	Angela	Smith	327	00:48:37	Female	Pitsea RC
149	Robert	Higgon	168	00:49:08	Male	Castle Point Joggers
150	Matthew	Hall	145	00:49:21	Male	Leigh on Sea Striders
151	Andy	Pearson	274	00:49:23	Male	Rochford Running Club
152	Helena	O'Connell	255	00:49:25	Female	Leigh on Sea Striders
153	Graham	price	278	00:49:25	Male	Hockley Trail Runners
154	Simon	Webber	377	00:49:33	Male	Hockley Trail Runners
155	Nicola	Lennox	208	00:49:39	Female	
156	Tony	Griffin	140	00:49:48	Male	Pitsea RC
157	Jason	Goodman	136	00:49:51	Male	
158	Mark	Armitage	3	00:49:55	Male	Leigh on Sea Striders
159	Amanda	Finch	114	00:49:56	Female	Leigh on Sea Striders
160	Robin	Williams	396	00:50:12	Male	
161	Lorraine	Heal	164	00:50:15	Female	Castle Point Joggers
162	Lisa	Westwick	384	00:50:19	Female	Leigh on Sea Striders
163	Amanda	Bradfield	36	00:50:21	Female	
164	Andy	Fisher	116	00:50:29	Male	Fittology
165	Laura	Sutton	345	00:50:37	Female	Leigh on Sea Striders

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166	Valerie	Sinclair	322	00:50:40	Female	Pitsea RC
167	Hayley	Waggon	364	00:50:46	Female	Rayleigh RAT Runners
168	Katherine	Forster	120	00:50:49	Female	Rayleigh RAT Runners
169	Stephen	Tate	347	00:50:54	Male	Leigh on Sea Striders
170	Roxanne	Harvey	158	00:50:55	Female	
171	Mark	Hembling	167	00:50:56	Male	
172	Jo-Anne	Hall	147	00:51:00	Female	Leigh on Sea Striders
173	Michelle	Hope	175	00:51:01	Female	Pitsea RC
174	David	Walker	367	00:51:07	Male	Leigh on Sea Striders
175	Jacqui	Knowles	201	00:51:08	Female	Rochford Running Club
176	Emma	Marston	222	00:51:08	Female	Hadleigh Allsorts
177	Martin	Cahalane	49	00:51:12	Male	Pitsea RC
178	Nic	Miller	238	00:51:19	Male	Pitsea RC
179	Vivienne	Churnside	58	00:51:23	Female	
180	Hannah	Brown	39	00:51:30	Female	Hockley Trail Runners
181	Jo	McNeilly	232	00:51:32	Female	Castle Point Joggers
182	Debbie	Harper	150	00:51:33	Female	Castle Point Joggers
183	Alison	Dunn	99	00:51:39	Female	Leigh on Sea Striders
184	Tracy	Rodd	301	00:51:43	Female	JBR run & Tri
185	Steve	Kilcoyne	192	00:51:47	Male	Rochford Running Club
186	Louise	Hart	154	00:51:48	Female	Dengie 100 runners
187	Andzej	Gatbutowicz	127	00:51:51	Male	
188	Marc	Sharp	312	00:51:55	Male	Flyers Southend
189	Louisa	Garlick	126	00:51:56	Female	
190	Laura	Williams	397	00:51:58	Female	
191	Juliet	Milne	240	00:52:11	Female	Rayleigh RAT Runners
192	Anthony	Wellington	378	00:52:11	Male	Flyers Southend
193	Dawn	Hart	156	00:52:24	Female	Hockley Trail Runners
194	Mark	Whitby	386	00:52:24	Male	Hockley Trail Runners
195	john	KING	197	00:52:25	Male	Hockley Trail Runners
196	Rachel	Scott Yates	311	00:52:30	Female	Hockley Trail Runners
197	Tim	Watts	376	00:52:40	Male	Fitbugs
198	Owen	Williams	398	00:52:46	Male	

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POSITION			RACE NUMBER	TIME		
199	Lynn	Rivers	296	00:53:01	Female	Leigh on Sea Striders
200	Phil	Baitrun	419	00:53:03	Male	
201	Gary	Fernon	112	00:53:06	Male	
202	Emma	Warrington	373	00:53:11	Female	Hadleigh Allsorts
203	Paul	Stranks	418	00:53:13	Male	
204	Dee	Mimms	241	00:53:14	Female	Rayleigh RAT Runners
205	Jacky	Fisher	115	00:53:16	Female	Fittology
206	Amanda	Skeggs	324	00:53:19	Female	Castle Point Joggers
207	Andrew	Badlad	426	00:53:31	Male	
208	James	Jennett	185	00:53:59	Male	Leigh on Sea Striders
209	Elaine	Oddie	256	00:54:06	Female	
210	Catherine	Patterson	271	00:54:07	Female	Leigh on Sea Striders
211	Emma	Conroy	71	00:54:14	Female	
212	Nicola	Hawkins	160	00:54:14	Female	Phoenix Striders
213	Janet	Head	163	00:54:35	Female	Pitsea RC
214	Dave	Mullender	245	00:54:35	Male	Pitsea RC
215	Federico	Scarpa	309	00:54:37	Male	
216	Susan	Vine	360	00:54:55	Female	Phoenix Striders
217	Tracey	Barracough	15	00:54:58	Female	Rayleigh RAT Runners
218	Thomas	Parker	265	00:55:01	Male	
219	Hannah	Mickleburgh-Gardh	236	00:55:13	Female	Benfleet RC
220	Caroline	Soutar	333	00:55:21	Female	
221	Patrick	Waters	375	00:55:23	Male	Essex Ladies Running Club
222	Richard	Carvey	52	00:55:32	Male	Dengie 100 runners
223	Donna	Foote	118	00:55:33	Female	
224	Ellen	McPhillips	233	00:55:34	Female	Leigh on Sea Striders
225	Jenny	Wheals	385	00:55:40	Female	Rayleigh RAT Runners
226	David	Mills	239	00:55:42	Male	Phoenix Striders
227	Hayley	Kilminster	194	00:55:52	Female	
228	Emma	Brind	37	00:55:52	Female	
229	Laura	Hicks	414	00:55:53	Female	Leigh on Sea Striders
230	Jessica	Francis	122	00:55:54	Female	
231	Mike	George	128	00:55:54	Male	

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232	Julie	Haslett	159	00:55:57	Female	Leigh on Sea Striders
233	Judith	Beehag-Fisher	24	00:56:01	Female	Rochford Running Club
234	Jon	Wood	405	00:56:03	Male	
235	Carole	Westley	383	00:56:15	Female	Hockley Trail Runners
236	Sergio	De Melo Barbeitos	88	00:56:24	Male	Castle Point Joggers
237	Tim	Reeves	291	00:56:35	Male	Hockley Trail Runners
238	Wendy	Lammin	204	00:56:47	Female	
239	Julie	Burns	44	00:56:48	Female	Essex Ladies Running Club
240	Simon	Tidman	350	00:56:50	Male	Rayleigh RAT Runners
241	Clare	Barham	12	00:56:51	Female	
242	Joanne	Reeves	290	00:57:20	Female	Castle Point Joggers
243	Marnie	Bowling	34	00:57:37	Female	Rochford Running Club (Walker)
244	Paul	Bowling	35	00:57:39	Male	Rochford Running Club (Walker)
245	Carly	Badland	7	00:57:47	Female	Rochford Running Club
246	Francesca	Newell	249	00:58:00	Female	Rochford Running Club
247	Jenny	Bishop	30	00:58:04	Female	RED Runners
248	Sam	Bishop	31	00:58:04	Male	
249	Caitlin	Gillard	131	00:58:10	Female	Leigh on Sea Striders
250	Karen	Callow	50	00:58:11	Female	Leigh on Sea Striders
251	Megan	Koprash	202	00:58:32	Female	
252	Clare	Clark	61	00:58:35	Female	
253	Kay	Gill	130	00:58:41	Female	Castle Point Joggers
254	Graham	Bardell	421	00:58:45	Male	JBR run & Tri
255	Paul	McCutcheon	227	00:58:46	Male	
256	Helen	Baker	8	00:58:51	Female	Essex Ladies Running Club
257	Jenny	Packer	261	00:58:52	Female	Hockley Trail Runners
258	Claire	Panther	262	00:58:53	Female	Hockley Trail Runners
259	Lisa	Wilson	400	00:58:55	Female	Rochford Running Club
260	Cheryl	Wilson	401	00:58:56	Female	Pitsea RC
261	Sara	Omer	258	00:58:57	Female	Pitsea RC
262	Charlotte	Bell	26	00:59:08	Female	
263	Lynne	Barrett	16	00:59:23	Female	
264	Melanie	Panting	264	00:59:24	Female	(Walker)

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265	Zoe	William	393	00:59:38	Female	Leigh on Sea Striders
266	J.A.	Rickard	293	00:59:41	Male	
267	Bernard	Smith	332	00:59:49	Male	
268	Mark	Hinton	170	00:59:53	Male	Rochford Running Club
269	Liz	Jackaman	181	01:00:00	Female	
270	Eleanor	King	195	01:00:02	Female	Friends and Family
271	Chris	King	196	01:00:02	Male	Friends and Family
272	Claire	Rainbird	283	01:00:11	Female	Castle Point Joggers
273	Roy	Jones	188	01:00:13	Male	
274	Lisa	Causton	54	01:00:14	Female	Flyers Southend
275	John	Baker	9	01:00:25	Male	Flyers Southend
276	Fiona	Baker	10	01:00:25	Female	Flyers Southend
277	Jacqueline	Patching	268	01:00:29	Female	Rayleigh RAT Runners
278	Sarah	Patching	269	01:00:30	Female	
279	Julie	Basher	17	01:00:38	Female	
280	Gabby	Atling	4	01:01:00	Female	Hockley Trail Runners
281	Natalie	Lewis	211	01:01:02	Female	Leigh on Sea Striders
282	Bob	Chapman	415	01:01:20	Male	
283	Laura	Dawson	86	01:01:23	Female	Hockley Trail Runners
284	Mick	Southam	335	01:01:25	Male	
285	Michael	Maloney	217	01:01:34	Male	Rochford Running Club
286	Darren	Maynard	226	01:01:40	Male	
287	Jonathan	Barr	14	01:01:44	Male	
288	Sally	Rothwell	302	01:01:45	Female	Flyers Southend
289	Jessica	Ellis	104	01:01:46	Female	Leigh on Sea Striders
290	Gillian	Victory	359	01:01:54	Female	Castle Point Joggers
291	Beverley	Newman	250	01:01:54	Female	Castle Point Joggers
292	Greg	Hall	146	01:01:55	Male	Leigh on Sea Striders
293	Robert	Harris	153	01:01:55	Male	
294	Angela	Hopkins	176	01:01:56	Female	Dengie 100 runners
295	Louise	Clark	63	01:01:58	Female	(Walker)
296	Carrie	Bond	32	01:01:59	Female	
297	Martyn	Edbrook	102	01:02:18	Male	

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POSITION			RACE NUMBER	TIME		
298	Lesley	Edbrook	101	01:02:18	Female	Rochford Running Club
299	Stacey	Robison	298	01:02:42	Female	
300	Samantha	Evans	107	01:02:56	Female	Castle Point Joggers
301	Keri	Rungay	304	01:03:02	Female	Fittology
302	Terry	Robison	299	01:03:12	Female	
303	Faatemah-Z	Piperdy	277	01:03:36	Female	Pitsea RC
304	Suzanne	Figgins	113	01:03:36	Female	Pitsea RC
305	Andrew	Chaplin	55	01:03:37	Male	Pitsea RC
306	Dawn	Gould	138	01:03:37	Female	
307	Howard	Gale	125	01:03:44	Male	
308	Sarah	Walsh	369	01:03:47	Female	
309	Alison	Applin	2	01:04:23	Female	
310	Catherine	Stevens	340	01:04:42	Female	
311	Trevor	Stevens	339	01:04:43	Male	
312	Angela	Smith	329	01:05:12	Female	
313	Joanna	Davis	84	01:05:15	Female	
314	Nadine	Birtles	29	01:05:16	Female	Rea's Recruits
315	Linda	Coombe	73	01:05:26	Female	Flyers Southend
316	Jodie	Sharp	313	01:05:27	Female	Rochford Running Club
317	Lorraine	Brown	40	01:05:41	Female	Rochford Running Club
318	Janet	Clifford	66	01:05:43	Female	Castle Point Joggers
319	suzy	Smith	331	01:05:44	Female	
320	Greg	Smith	330	01:05:45	Male	
321	Tina	Terry	349	01:05:50	Female	Hockley Trail Runners
322	Cheryl	Southam	334	01:05:51	Female	Hockley Trail Runners
323	Sian	Priestley	280	01:05:52	Female	Hockley Trail Runners
324	Julie	Stokes	341	01:06:21	Female	Leigh on Sea Striders
325	Angela	Cowell	78	01:06:28	Female	Flyers Southend
326	Peter	Freeman	123	01:06:43	Male	Flyers Southend
327	Paz	Casado	53	01:06:47	Female	Dengie 100 runners
328	Pam	Murdoch	247	01:06:48	Female	Rayleigh RAT Runners
329	Paul	Brown	41	01:07:40	Male	Rochford Running Club
330	Ian	Smith	326	01:08:05	Male	Flyers Southend

The 8th Kirste 5 Memorial Race 2019

(est. 2012)

A Community Race, supported by Kirste's friends family with the help of local Clubs and running groups.

Full Results Main Run Sunday 21st July 2019

v6

POSITION			RACE NUMBER	TIME		
331	John	Welsh	380	01:08:06	Male	Flyers Southend
332	Celine	Delgrange	90	01:08:06	Female	Celine Delgrange
333	Dawan	Chuithong	57	01:08:07	Female	Flyers Southend
334	Chris	Kelly	189	01:08:07	Male	Flyers Southend
335	Katy	Duddridge	98	01:08:08	Female	Flyers Southend
336	Anna	Prowse	281	01:08:08	Female	Flyers Southend
337	Emily	Maynard	224	01:08:46	Female	Flyers Southend
338	Debbie	Daws	85	01:08:46	Female	Flyers Southend
339	Tony	Maynard	225	01:08:47	Male	Flyers Southend
340	Louise	McDonnell	228	01:09:57	Female	Ashford Striders
341	Katie	Iggulden	180	01:09:58	Female	Ashford Striders
342	Rhys	Hawkins	161	01:10:18	Male	Pitsea RC
343	Catherine	Sims	321	01:10:54	Female	Rochford Running Club
344	Paula	Hinds	169	01:11:12	Female	
345	Emma	Baldwin	425	01:11:13	Female	
346	Joanna	Welsh	379	01:11:14	Female	Flyers Southend
347	Dimitri	Djiakouris	92	01:11:14	Male	
348	Jo	Trower	355	01:11:31	Female	Fittology
349	Dee	Meech	235	01:11:36	Female	Fittology
350	Clair	Medhurst	234	01:11:47	Female	Rochford Running Club
351	Kerry	Ematt	422	01:12:16	Female	
352	Marilyn	Whittington	389	01:14:17	Female	Rochford Running Club
353	Lauren	Whittington	388	01:14:18	Female	Rochford Running Club
354	Judith	Beehag-Fisher	23	01:14:42	Female	Rochford Running Club
355	Julie	Aldridge	1	01:15:01	Female	Flyers Southend
356	Tina	Boswell	33	01:15:01	Female	Flyers Southend
357	Sharon	Maker	215	01:15:02	Female	Flyers Southend (Walker)
358	Pam	Felton	111	01:15:02	Female	Flyers Southend
359	Emma	Jackson	182	01:15:40	Female	Flyers Southend
360	Paula	Young	410	01:15:41	Female	Flyers Southend
361	Karen	Drew	97	01:15:53	Female	Flyers Southend
362	Bridgett	Dowdy	95	01:16:03	Female	Flyers Southend
363	Lin	Taylor	348	01:16:04	Female	Flyers Southend

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Full Results Main Run Sunday 21st July 2019

v6

POSITION			RACE NUMBER	TIME		
364	Julie	Healey	165	01:17:05	Female	Phoenix Striders
365	Carole	Vinicombe	361	01:17:05	Female	Phoenix Striders
366	Donna	Cresswell	80	01:17:06	Female	Phoenix Striders
367	Margaret	Holland	173	01:17:26	Female	
368	Raymond	Holland	172	01:17:27	Male	
369	Ken	Carey	51	01:20:01	Male	Pitsea RC
370	Glenn	Burton	47	01:21:06	Male	
371	Vivienne	Willett	392	01:24:29	Female	Benfleet RC
372	Kelly	Woulds	407	01:26:16	Female	Rochford Running Club
373	Nigel	Pointer	411	01:32:33	Male	Pitsea RC
374	Tim	Shea	314	01:32:35	Male	Pitsea RC
375	Lisa	Bennett	27	01:33:20	Female	Rochford Running Club
376	Tina	Cramp	79	01:33:21	Female	Rochford Running Club
377	Zoe	Scarpa	308	01:44:35	Female	
378	Sophie	Glen	133	01:44:57	Female	Rayleigh RAT Runners TAILWALKER

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