

# The 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.

## Mens Results for 5 Mile Main Race Sunday 21st July 2019

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	
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
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	Shead	315	00:37:52	Male	Rayleigh RAT Runners
34	Robert	West	382	00:37:57	Male	Leigh on Sea Striders
35	Neal	Marlow	220	00:37:59	Male	Leigh on Sea Striders
37	Matthew	Eaton	100	00:38:07	Male	
38	David	Brown	38	00:38:19	Male	Hockley Trail Runners
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

POSITION			RACE NUMBER	TIME		
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
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
66	Martyn	McGrory	230	00:40:42	Male	Lonely Goat RC
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	
82	Jon	Strutt	344	00:42:10	Male	
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
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
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

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
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
115	Mark	Robertson	297	00:45:24	Male	RED Runners
118	Keith	Makinson	216	00:45:36	Male	JBR run & Tri
119	Colin	Murdoch	246	00:45:45	Male	Rayleigh RAT Runners
121	David	Beatty	20	00:46:08	Male	Pitsea RC
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
134	Mick	Dodge	93	00:47:18	Male	LDWA Essex and Herts
135	Edward	Short	317	00:47:19	Male	
136	Matthew	Sutton	346	00:47:24	Male	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
143	Keith	Lovell	212	00:48:08	Male	RED Runners
144	Michael	Enwright	106	00:48:20	Male	Pitsea RC
146	Steve	Pettitt	275	00:48:27	Male	Leigh on Sea Striders
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
153	Graham	price	278	00:49:25	Male	Hockley Trail Runners
154	Simon	Webber	377	00:49:33	Male	Hockley Trail Runners
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
160	Robin	Williams	396	00:50:12	Male	
164	Andy	Fisher	116	00:50:29	Male	Fittology
169	Stephen	Tate	347	00:50:54	Male	Leigh on Sea Striders
171	Mark	Hembling	167	00:50:56	Male	
174	David	Walker	367	00:51:07	Male	Leigh on Sea Striders
177	Martin	Cahalane	49	00:51:12	Male	Pitsea RC
178	Nic	Miller	238	00:51:19	Male	Pitsea RC
185	Steve	Kilcoyne	192	00:51:47	Male	Rochford Running Club
187	Andzej	Gatbutowicz	127	00:51:51	Male	
188	Marc	Sharp	312	00:51:55	Male	Flyers Southend
192	Anthony	Wellington	378	00:52:11	Male	Flyers Southend

POSITION			RACE NUMBER	TIME		
194	Mark	Whitby	386	00:52:24	Male	Hockley Trail Runners
195	john	KING	197	00:52:25	Male	Hockley Trail Runners
197	Tim	Watts	376	00:52:40	Male	Fitbugs
198	Owen	Williams	398	00:52:46	Male	
200	Phil	Baitrun	419	00:53:03	Male	
201	Gary	Fernon	112	00:53:06	Male	
203	Paul	Stranks	418	00:53:13	Male	
207	Andrew	Badlad	426	00:53:31	Male	
208	James	Jennett	185	00:53:59	Male	Leigh on Sea Striders
214	Dave	Mullender	245	00:54:35	Male	Pitsea RC
215	Federico	Scarpa	309	00:54:37	Male	
218	Thomas	Parker	265	00:55:01	Male	
221	Patrick	Waters	375	00:55:23	Male	Essex Ladies Running Club
222	Richard	Carvey	52	00:55:32	Male	Dengie 100 runners
226	David	Mills	239	00:55:42	Male	Phoenix Striders
231	Mike	George	128	00:55:54	Male	
234	Jon	Wood	405	00:56:03	Male	
236	Sergio	De Melo Barbeitos	88	00:56:24	Male	Castle Point Joggers
237	Tim	Reeves	291	00:56:35	Male	Hockley Trail Runners
240	Simon	Tidman	350	00:56:50	Male	Rayleigh RAT Runners
244	Paul	Bowling	35	00:57:39	Male	Rochford Running Club
248	Sam	Bishop	31	00:58:04	Male	
254	Graham	Bardell	421	00:58:45	Male	JBR run & Tri
255	Paul	McCutcheon	227	00:58:46	Male	
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
271	Chris	King	196	01:00:02	Male	Friends and Family
273	Roy	Jones	188	01:00:13	Male	
275	John	Baker	9	01:00:25	Male	Flyers Southend
282	Bob	Chapman	415	01:01:20	Male	
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	
292	Greg	Hall	146	01:01:55	Male	Leigh on Sea Striders
293	Robert	Harris	153	01:01:55	Male	
297	Martyn	Edbrook	102	01:02:18	Male	
305	Andrew	Chaplin	55	01:03:37	Male	Pitsea RC
307	Howard	Gale	125	01:03:44	Male	
311	Trevor	Stevens	339	01:04:43	Male	
320	Greg	Smith	330	01:05:45	Male	
326	Peter	Freeman	123	01:06:43	Male	Flyers Southend
329	Paul	Brown	41	01:07:40	Male	Rochford Running Club
330	Ian	Smith	326	01:08:05	Male	Flyers Southend
331	John	Welsh	380	01:08:06	Male	Flyers Southend

POSITION			RACE NUMBER	TIME		
334	Chris	Kelly	189	01:08:07	Male	Flyers Southend
339	Tony	Maynard	225	01:08:47	Male	Flyers Southend
342	Rhys	Hawkins	161	01:10:18	Male	Pitsea RC
347	Dimitri	Djiakouris	92	01:11:14	Male	
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	
373	Nigel	Pointer	411	01:32:33	Male	Pitsea RC
374	Tim	Shea	314	01:32:35	Male	Pitsea RC

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