

Kirste 5 - Sunday 21st July 2019					
Pos	BIB	Time	Runner	Club/Team	
1		32.14	Stuart Cable	Leigh on Sea Striders	First Male
10		34.06	Lindsey Colman	Southend AC	First lady
4		32.36	Adam Hemsworth	Castle Point Joggers	
68		40.47	Gary Clifford	Castle Point Joggers	
76		41.53	Andy Debnam	Castle Point Joggers	
97		43.52	Paul Varker	Castle Point Joggers	
101		43.59	Martin England	Castle Point Joggers	
123		46.16	Linda Mountford	Castle Point Joggers	
149		49.08	Robert Higgon	Castle Point Joggers	
161		50.15	Lorraine Heal	Castle Point Joggers	
179		51.23	Vivienne Churnside		
181		51.32	Jo McNeilly	Castle Point Joggers	
182		51.33	Debbie Harper	Castle Point Joggers	
206		53.19	Amanda Skeggs	Castle Point Joggers	
236		56.24	Sergio de Melo Barbeitos	Castle Point Joggers	
242		57.20	Joanne Reeves	Castle Point Joggers	
253		58.41	Kay Gill	Castle Point Joggers	
272		1.00.11	Claire Rainbird	Castle Point Joggers	
273		1.00.13	Roy Jones		
290		1.01.54	Gillian Victory	Castle Point Joggers	
291		1.01.54	Beverley Newman	Castle Point Joggers	
300		1.02.56	Samantha Evans	Castle Point Joggers	
318		1.05.43	Janet Clifford	Castle Point Joggers	
378	801	1.44.57	Sophie Glen	Rayeligh Rat Runners	Tail Walker
Kirste 5 - Sunday 22nd July 2018					
Pos	BIB	Time	Runner	Club/Team	
1	386	29.23	Gus Withers	Leigh on Sea Striders	First Male
12	67	34.55	Lindsey Colman	Southend AC	First lady
49	398	39.04	Derek Page		
66	171	40.17	Mike Hopkins	Castle Point Joggers	
68	106	40.52	Colin Dunn	Castle Point Joggers	
83	167	42.45	Anne Hoeb	Castle Point Joggers	
97	59	43.46	Gary Clifford	Castle Point Joggers	
103	231	44.40	Jo McNeilly	Castle Point Joggers	
108	360	45.12	Ian Walker	Castle Point Joggers	
112	26	45.37	Tracey Bradley	Castle Point Joggers	
121	351	46.30	Paul Varker	Castle Point Joggers	
149	218	49.46	Catherine Maylin	Castle Point Joggers	
166	105	51.28	Debbie Dunn	Castle Point Joggers	
168	40	51.33	Chris Cammidge	Castle Point Joggers	
180	147	52.36	Debbie Harper	Castle Point Joggers	
197	366	54.28	Patrick Waters	Castle Point Joggers	
246	330	1:00.21	Jan Steed	Castle Point Joggers	
247	352	1:00.21	Tina Victory	Castle Point Joggers	

249	41	1:00.29	Kate Cammidge	Castle Point Joggers	
318	243	1:08.41	Beverley Newman	Castle Point Joggers	
334	115	1:11.43	Cathy Eve	Castle Point Joggers	
338	31	1:13.31	Georgie Burch	Castle Point Joggers	
361	801	1:36.52	Anne Reed	Tail Walker	
Kirste 5 - Sunday 23rd July 2017					
Pos	BIB	Time	Runner	Club/Team	
1	261	29.57	Chris Hatton	Southend AC	First Male
24	219	35.57	Andrea Hughes	Leigh on Sea Striders	First lady
12	135	34.13	Richard Moore	Castle Point Joggers	
27	119	36.46	Adam Poulton	Castle Point Joggers	
28	477	36.47	Adison Poulton	Castle Point Joggers	
29	128	36.56	John Sweeney	Castle Point Joggers	
32	123	37.23	Cliff King	Castle Point Joggers	
35	124	37.48	Colin Dunn	Castle Point Joggers	
36	298	37.49	Rick Wade	Castle Point Joggers	
67	133	40.13	Mike Hopkins	Castle Point Joggers	
78	120	40.56	Anne Hoeb	Castle Point Joggers	
80	122	41.09	Christina Edwards	Castle Point Joggers	
97	211	42.47	Andy Debnam	Castle Point Joggers	
98	131	42.47	Kevin Victory	Castle Point Joggers	
106	192	43.04	Mike Hayward	Castle Point Joggers	
108	25	43.20	Ian Hart	Castle Point Joggers	
113	302	44.33	James Austin	Castle Point Joggers	
116	139	44.58	Tracey Bradley	Castle Point Joggers	
119	136	45.04	Rory Stone	Castle Point Joggers	
121	353	45.11	Paul Varker	Castle Point Joggers	
143	125	46.34	Debbie Dunn	Castle Point Joggers	
144	129	46.34	Kairen Hart	Castle Point Joggers	
152	126	47.14	Gareth Smith	Castle Point Joggers	
166	138	48.30	Tina Victory	Castle Point Joggers	
170	229	48.47	Carol Hardy	Castle Point Joggers	
181	228	49.27	Robert Higgon	Castle Point Joggers	
184	341	49.48	Patrick Waters	Castle Point Joggers	
187	121	50.03	Chris Cammidge	Castle Point Joggers	
191	14	50.27	Lorraine Heal	Castle Point Joggers	
192	225	50.28	Kerry Wenborn	Castle Point Joggers	
210	134	52.15	Phil Ransom	Castle Point Joggers	
216	127	53.02	Jan Steed	Castle Point Joggers	
246	118/1	54.59	Roy Jones	Castle Point Joggers	
276	130	59.12	Kate Cammidge	Castle Point Joggers	
277	226	59.12	Laura Avery	Castle Point Joggers	
309	184	1.01.52	Cathy Eve	Castle Point Joggers	
356	399	1.08.26	Dawn Harvey	Castle Point Joggers	
375	177	1.17.45	Sarah Jackaman	Castle Point Joggers	
401	320	1.25.45	Sarah Vickery	Rayleigh RAT Runners	

Kirste 5 - 2016					
Pos	BIB	Time	Runner	Club/Team	
1	350	30.27	Matibini Matibini	Leigh on Sea Striders	First Male
20	74	36.32	Samantha Pickett	Rochford RC	First lady
21	237	36.45	Martin England	Castle Point Joggers	
23	143	37.11	Andrew Johns	Castle Point Joggers	
25	226	37.24	Adam Poulton	Castle Point Joggers	
26	244	37.27	Cliff King	Castle Point Joggers	
29	160	37.40	John Sweeney	Castle Point Joggers	
40	155	39.13 (PB)	Colin Dunn	Castle Point Joggers	
50	187	40.18	Mike Hopkins	Castle Point Joggers	
67	188	42.46	Christina Edwards	Castle Point Joggers	
70	22	42.56	Ian Hart	Castle Point Joggers	
85	346	44.25	Brian Butcher	Castle Point Joggers	
102	52	45.56	Gareth Smith	Castle Point Joggers	
118	129	47.42	Mike Hayward	Castle Point Joggers	
119	11	47.44	Phil Ransom	Castle Point Joggers	
127	156	48.13 (PB)	Debbie Dunn	Castle Point Joggers	
133	180	48.45	Tracey Bradley	Castle Point Joggers	
142	174	49.50	Patrick Waters	Castle Point Joggers	
150	222	50.55	Tina Victory	Castle Point Joggers	
170	205	53.23	Liz Jackaman	Castle Point Joggers	
174	251	53.53	Jean Greaves	Castle Point Joggers	
175	234	53.54	Jan Steed	Castle Point Joggers	
176	250	53.55	Helen Skinner	Castle Point Joggers	
184	253	54.54	Albert Miles	Castle Point Joggers	
192	149	56.14	Chris Cammidge	Castle Point Joggers	
202	136	56.53	Roy Jones	Castle Point Joggers	
222	165	58.25	Debby Lincoln	Castle Point Joggers	
223	159	58.25	Karen Sweeney	Castle Point Joggers	
250	193	1:01.42	Martin Watson	Castle Point Joggers	
270	204	1:05.43	Sarah Jackaman	Castle Point Joggers	
294	147	1:08.47	Eloise Hewitt	Castle Point Joggers	
299	182	1:10.00	Jayne Hayward	Castle Point Joggers	
300	96	1:10.06	Tracy Bliss	Castle Point Joggers	
301	148	1:10.06	Kate Cammidge	Castle Point Joggers	
338	239	1:23.54	Penny Down		
Kirste 5 - 2015					
Pos	BIB	Time	Runner	Club/Team	
1	240	29.31	Gareth WILLIAMS		First Male
8	250	34.01	Lindsey COLMAN	ROCHFORD RUNNING CLUB	First lady
10	210	34.32	Richard BONHAM	CASTLE POINT JOGGERS	
16	39	35.41	Cliff KING	CASTLE POINT JOGGERS	
19	224	35.50	Adam POULTON	CASTLE POINT JOGGERS	
22	35	36.20	John SWEENEY	CASTLE POINT JOGGERS	

27	270	37.06	Martin ENGLAND		
23	162	36.36	Rick WADE	CASTLE POINT JOGGERS	
40	218	38.30	Mike HOPKINS	CASTLE POINT JOGGERS	
53	279	40.15	Brian BUTCHER	MID ESSEX CASUALS	
69	114	42.16	Ian HART	CASTLE POINT JOGGERS	
90	242	44.12	Mike HAYWARD	CASTLE POINT JOGGERS	
111	185	46.31	Colin DUNN	THE FLYING STARTS	
118	239	47.11	Kairen HART		
130	296	48.12	Rory STONE		
143	237	49.34	Helen SKINNER		
144	186	49.34	Debbie DUNN		
151	34	50.12	Karen SWEENEY	CASTLE POINT JOGGERS	
157	117	50.41	Patrick WATERS	CASTLE POINT JOGGERS	
182	149	53.11	Liz JACKAMAN	CASTLE POINT JOGGERS	
183	283	53.24	Jan STEED		
202	267	56.59	Roy JONES	CASTLE POINT JOGGERS	
206	38	57.45	Martin WATSON	CASTLE POINT JOGGERS	
232	47	1.00.50	Debby LINCOLN		
233	244	1.00.52	Eloise HEWITT		
237	263	1.02.25	Jayne HAYWARD	CASTLE POINT JOGGERS	
269	941	1.15.48	Jenny BAILEY		

Kirste 5 - 2014

Pos	BIB	Time	Runner	Club/Team	
1	201	31.21	James ELLIS	CLAPHAM CHASERS	First Male
11	118	36.42	Tracy ENGLISH	LEIGH-ON-SEA STRIDERS	First lady
19	349	37.40	Peter BINNS	Southend on Sea Athletic	
21	335	37.58	Richard BONHAM		
32	363	40.01	Paul JACKAMAN	CASTLE POINT JOGGERS	
33	109	40.05	John SWEENEY	CASTLE POINT JOGGERS	
41	355	41.33	Brian BUTCHER		
67	356	44.26	Rory STONE		
76	26	45.19	Cliff KING	CASTLE POINT JOGGERS	
90	171	47.13	Colin DUNN	FLYERS SMASH IT SMURFS	
93	247	47.33	James BEDDOW	TEAM BEDDOW	
123	76	51.14	Debby LINCOLN	ESSEX BOOT CAMP	
124	77	51.16	Gareth SMITH	ESSEX BOOT CAMP	
133	164	52.32	Patrick WATERS	CASTLE POINT JOGGERS	
186	296	58.22	Karen SWEENEY	CASTLE POINT JOGGERS	
195	248	59.18	Bev BEDDOW	TEAM BEDDOW	
208	291	1.00.39	Claire RENWICK	CASTLE POINT JOGGERS	
214	138	1.01.16	Liz JACKAMAN	CASTLE POINT JOGGERS	
223	27	1.02.11	Martin WATSON	CASTLE POINT JOGGERS	
225	292	1.03.27	Sue HICKEY	CASTLE POINT JOGGERS	
232	107	1.04.33	Jane HOPKINS	CASTLE POINT JOGGERS	
244	295	1.06.45	Sarah JACKAMAN	CASTLE POINT JOGGERS	
316	265	02.00.00	Sam WORSFIELD	TEAM KATY	

Kirste 5 - 2013					
Pos	BIB	Time	Runner	Club/Team	
1	697	28.49	Crispian BLOOMFIELD	Billericay Striders	First Male
11	189	34.10	Kerry HOLLAND	Southend AC	First lady
52	6112	41.09	Brian BUTCHER	MID ESSEX CASUALS	
60	6101	42.01	Dave SIFFORD	CASTLE POINT JOGGERS	
61	333	42.11	Mike HOPKINS	CASTLE POINT JOGGERS	
89	692	44.01	Rory STONE		
101	129	45.26	John SWEENEY		
102	247	45.28	Mike HAYWARD	CASTLE POINT JOGGERS	
111	209	46.28	Chris CAMMIDGE	CASTLE POINT JOGGERS	
128	273	47.37	Mark ARMITAGE	CASTLE POINT JOGGERS	
138	323	48.29	Nick McCULLAGH	CASTLE POINT JOGGERS	
139	108	48.35	Danny BRADY	CASTLE POINT JOGGERS	
153	208	49.25	Kate Cammidge	CASTLE POINT JOGGERS	
176	128	51.37	Karen SWEENEY		
177	114	51.42	Debby LINCOLN	BLOOD, SWEAT & BEERS	
198	264	54.11	Claire RENWICK	CASTLE POINT JOGGERS	
219	6100	55.57	Malcolm JACKAMAN	CASTLE POINT JOGGERS	
220	292	56.01	Martin WATSON	CASTLE POINT JOGGERS	
231	99	56.49	Tracy BLISS	Pink Peeps	
246	696	58.09	Liz JACKAMAN	CASTLE POINT JOGGERS	
282	255	1.02.36	Sue MCKAY	CASTLE POINT JOGGERS	
290	107	1.03.12	Angie MITCHELL	CASTLE POINT JOGGERS	
299	248	1.04.10	Mary MORRIS	CASTLE POINT JOGGERS	
305	324	1.06.27	Val McCULLAGH	CASTLE POINT JOGGERS	
329	204	1.52.43	Sheila GLEESON	Team McMillan	
Kirste 5 - 2012					
Pos	BIB	Time	Runner	Club/Team	
1	216	29.43	Dale CLUTTERBUCK	BASILDON	First Male
10	253	35.25	Kerry HOLLAND		First lady
38	264	40.23	Brian BUTCHER	MID ESSEX CASUALS	
82	47	45.04	Mel BRADY		
98	48	45.56	Paul BRADY		
119	200	47.31	Patrick WATERS	CASTLE POINT JOGGERS	
132	56	48.39	Chris CAMMIDGE	CASTLE POINT JOGGERS	
145	55	50.29	Kate Cammidge	CASTLE POINT JOGGERS	
147	209	50.34	Malcolm JACKAMAN	CASTLE POINT JOGGERS	
149	118	50.57	Ian HART		
161	218	52.04	Roy JONES	CASTLE POINT JOGGERS	
162	102	52.42	Tracy BLISS	EAST ESSEX TRI	
202	137	59.30	Mary MORRIS	CASTLE POINT JOGGERS	
209	237	59.56	Sarah JACKAMAN		
212	238	1.00.14	Liz JACKAMAN		

216	162	1.00.38	Brenda CERNY	CASTLE POINT JOGGERS	
238	277	1.10.15	Tony PHILLIPS	Benfleet RC	

