**Intercounties Invitation 20 mile Championship – 15 March 2025**

***incorporated in Essex 20***

**Men’s Results**

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| **Pos** | **Name** | **Gun Time** | **Net Time** | **Category** | **Club** |
| 1 | James CONNOR | 01:44:00 | 01:43:58 | Ages 40 - 44 | Havering AC |
| 2 | Jonathan ESCALANTE-PHILLIPS | 01:44:43 | 01:44:42 | Seniors | Cambridge & Coleridge AC |
| 3 | David SMALE | 01:45:40 | 01:45:38 | Seniors | City of Southend AC |
| 4 | Alex GLADLEY | 01:46:33 | 01:46:33 | Ages 35 - 39 | Colchester and Tendring |
| 5 | Tom BEEDELL | 01:49:42 | 01:49:40 | Ages 35 - 39 | Woodford Green with Essex Ladies |
| 6 | Christopher SMITH | 01:49:56 | 01:49:52 | Seniors | Hunts AC |
| 7 | Ben SHORT | 01:51:32 | 01:51:31 | Ages 35 - 39 | Crawley |
| 8 | Daegan BEAUMONT | 01:51:55 | 01:51:53 | Seniors | Brighton Phoenix |
| 9 | Dan BRADLEY | 01:52:32 | 01:52:30 | Ages 35 - 39 | Tonbridge AC |
| 10 | Jude BELL | 01:53:27 | 01:53:24 | Seniors | Shaftesbury Barnet Harriers |
| 11 | Kyle BROOKS | 01:53:54 | 01:53:52 | Seniors | Wymondham Athletic Club |
| 12 | Stefano FEDERICI | 01:54:39 | 01:54:36 | Ages 40 - 44 | St Albans Striders |
| 13 | Liam STRUWE | 01:54:48 | 01:54:45 | Seniors | Ware Joggers |
| 14 | Mason WILLIS | 01:55:04 | 01:55:00 | Seniors | Tonbridge AC |
| 15 | Kevin FRANCIS | 01:56:25 | 01:56:22 | Ages 45 - 49 | Ware Joggers |
| 16 | Callum STANFORTH | 01:56:49 | 01:56:46 | Seniors | West Norfolk AC |
| 17 | Hugh TAWELL | 01:56:54 | 01:56:50 | Seniors | Newmarket Joggers |
| 18 | John HUDSON | 01:57:40 | 01:57:38 | Ages 40 - 44 | Norwich Road Runners |
| 19 | Chris GAY | 01:58:00 | 01:57:56 | Ages 40 - 44 | Wymondham Athletic Club |
| 20 | Michael ELLIS | 01:58:34 | 01:58:32 | Seniors | Tonbridge AC |
| 21 | Ryan WAKEFIELD | 01:58:52 | 01:58:46 | Ages 40 - 44 | Cambridge & Coleridge AC |
| 22 | Cameron DUNN | 02:00:05 | 02:00:01 | Seniors | Brighton & Hove AC |
| 23 | Barry BUCHANNAN | 02:01:49 | 02:01:45 | Ages 40 - 44 | HY Running |
| 24 | Adam WILKINSON | 02:02:26 | 02:02:19 | Seniors | Petts Wood Runners |
| 25 | Tom LEVINSON | 02:04:00 | 02:03:57 | Ages 45 - 49 | Ely Runners |
| 26 | Andrew SOUTHWOOD | 02:04:40 | 02:04:36 | Ages 45 - 49 | Saint Edmund Pacers |
| 27 | James SMITH | 02:06:19 | 02:06:11 | Ages 45 - 49 | Newmarket Joggers |

**Women’s Results**

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| 1 | 25 | Heather HANN | 02:03:46 | 02:03:41 | Ages 35 - 39 | St Albans Striders |
| 2 | 28 | Nicolene HANEKOM | 02:04:40 | 02:04:34 | Ages 45 - 49 | Sevenoaks AC |
| 3 | 30 | Katy WOODWARD | 02:07:18 | 02:07:12 | Ages 40 - 44 | Ware Joggers |
| 4 | 31 | Anna KLUCNIKA | 02:08:16 | 02:08:13 | Seniors | Cambridge & Coleridge AC |
| 5 | 32 | Heidi HOGAN-STEELE | 02:09:05 | 02:09:01 | Seniors | Colchester Harriers |
| 6 | 33 | Alice ROBINSON | 02:10:45 | 02:10:41 | Ages 35 - 39 | Worthing Harriers |
| 7 | 34 | Catherine O'CONNOR | 02:10:52 | 02:10:48 | Seniors | St Albans Striders |
| 8 | 35 | Rachel SWEATT | 02:11:34 | 02:11:29 | Seniors | Halstead Road Runners |
| 9 | 36 | Harriet CARR | 02:12:32 | 02:12:23 | Ages 35 - 39 | Wymondham Athletic Club |
| 10 | 37 | Alessandra SERRA | 02:13:31 | 02:13:26 | Seniors | Cambridge & Coleridge AC |
| 11 | 38 | Louise MCDONNELL | 02:13:36 | 02:13:29 | Ages 45 - 49 | Wymondham Athletic Club |
| 12 | 39 | Amy DIXON | 02:13:46 | 02:13:38 | Ages 45 - 49 | HY Running |
| 13 | 40 | Nikki WOODYARD | 02:14:02 | 02:13:58 | Ages 45 - 49 | Springfield Striders |
| 14 | 41 | Fliss TOURNANT | 02:14:11 | 02:14:05 | Seniors | Watford Joggers |
| 15 | 42 | Victoria PRIMMER | 02:14:17 | 02:14:12 | Seniors | Colchester Harriers |
| 16 | 43 | Soulla WRIGHT | 02:14:27 | 02:14:23 | Ages 45 - 49 | Arena 80 |
| 17 | 44 | Amelie KARLSSON | 02:14:52 | 02:14:45 | Seniors | Tunbridge Wells Harriers |
| 18 | 45 | Melody KANE | 02:15:26 | 02:15:19 | Seniors | Petts Wood Runners |
| 19 | 46 | Katie KING | 02:15:47 | 02:15:37 | Ages 35 - 39 | Saint Edmund Pacers |
| 20 | 47 | Valeria SESTO | 02:16:48 | 02:16:42 | Ages 50 - 54 | Lymington Athletes |
| 21 | 48 | Jess WILLIAMS | 02:16:57 | 02:16:53 | Seniors | Hunts AC |
| 22 | 49 | Poppy TANNER | 02:17:55 | 02:17:50 | Seniors | Hardley Runners |
| 23 | 50 | Gem CARTER | 02:18:21 | 02:18:16 | Ages 35 - 39 | Saint Edmund Pacers |
| 24 | 51 | Rosie LINDSAY | 02:18:23 | 02:18:18 | Seniors | Cambridge & Coleridge AC |
| 25 | 52 | Juliette WATKINSON | 02:18:34 | 02:18:23 | Ages 40 - 44 | Wymondham Athletic Club |
| 26 | 53 | Emma STEVENS | 02:18:56 | 02:18:49 | Ages 45 - 49 | Petts Wood Runners |
| 27 | 54 | Tracy THOMAS | 02:19:57 | 02:19:51 | Ages 35 - 39 | Worthing Harriers |
| 28 | 55 | Carol CARTER | 02:21:23 | 02:21:20 | Ages 50 - 54 | Newmarket Joggers |
| 29 | 56 | Alice BURCH | 02:23:48 | 02:23:46 | Ages 40 - 44 | Southampton AC |
| 30 | 57 | Kate GOODING | 02:29:35 | 02:29:15 | Ages 40 - 44 | Wymondham Athletic Club |
| 31 | 58 | Lucy HARRISON | 02:29:46 | 02:29:41 | Seniors | Southampton AC |