

Tiptree Road Runners – Results – April 2018

Frinton and Walton "Half" (short)		29/04/18
Andrew Conway	01:23:18	2nd, 1st V40
James Haskey-Jones	01:29:41	6th, 1st V50
Tracy Harrington	01:37:52	2nd V50
Mark Lawes	01:39:15	
Ben Clover	01:46:10	
Chris King	02:06:56	
Tina Clarke	02:06:58	
John McVelia	02:12:14	
Rose Haskey-Jones	02:30:17	
Colchester Sprint Tri - 5K		29/04/18
Aaron Graves	00:18:12	
Susan Archer	00:26:27	
Nick Archer	00:26:42	
Luke Archer	00:30:14	
Viper - 15M Trail		29/04/18
Anthony Knight	02:45:06	
Bonnita Beckwith	02:57:46	
Vicky Knight	02:57:46	
Grass Snake - 12M Trail		29/04/18
Anita Leaver	02:24:22	
Billericay Parkrun		28/04/18
Simon Baker	00:23:51	
Lorraine Baker	00:25:11	
Maldon Parkrun		28/04/18
James Haskey-Jones	00:19:54	3rd
Andrew Conway	00:20:59	10th

Iain Rhodes	00:24:50	SB
Bryn Gibbons	00:25:32	
Jon Barter	00:27:43	
Stacy Hember	00:27:43	
Nick Archer	00:28:00	
Susan Archer	00:28:02	
John McVelia	00:28:23	
Tina Clarke	00:28:26	
Jo Roblin	00:28:28	
Anthony Knight	00:28:29	
Ann-Marie Bearne	00:28:43	SB
Larina Marsh	00:29:48	
Anita Leaver	00:30:59	SB, F65 CR
Caroline Hare	00:32:05	
Zoe Jackson	00:33:26	
Alia Hamden	00:36:49	
Kingston Parkrun		
	28/04/18	
Edward Skinner	00:23:47	
Southampton Parkrun		
	28/04/18	
Tim Ford	00:24:55	
Basingstoke Parkrun		
	28/04/18	
Paul Graves	00:26:10	PB
Mandy Graves	00:31:10	
Portsmouth Lakeside Summer 5K		
	25/04/18	
Tim Ford	00:23:48	
Southampton Half		
	22/04/18	
Tim Ford	01:54:26	
St George's Day Marathon		
	23/04/18	

Malcolm Bailey	04:36:05	
Spring Duathlon - 8K Total		22/04/18
Nick Archer	00:43:51	
Susan Archer	00:44:52	
Paul Graves	00:46:48	
Luke Archer	00:56:35	
Skylarks 3K - Wickford		18/04/18
Roger Duffield	00:20:27	
Virgin London Marathon		22/04/18
Paul Dellar	03:32:04	
Peter Banks	03:39:09	PB
Vicky Knight	03:56:49	
Morven Hurding	04:20:55	
Lee Kerrison	04:43:11	
Jo Roblin	05:22:50	
Emma Goodson	05:31:16	
Bradley Cole	05:45:46	
Simon Baker	05:48:55	
Karen Pearse	06:21:33	
Trifram Spring Trail - 10K		21/04/18
Craig Dawson	00:46:14	4th/59
Anthony Knight	01:00:13	
Mersea Island Parkrun		21/04/18
Rob Hadgraft	00:28:35	
Chris King	00:31:18	
Joanne Dickman	00:31:20	
Harwich Parkrun		21/04/18
Gary Perryman	00:21:14	SB

Netley Abbey Parkrun		21/04/18
Tim Ford	00:25:01	
Maldon Parkrun		21/04/18
Andrew Conway	00:18:28	SB, 2nd
Gavin Laws	00:18:57	PB, M35 CR
James Haskey-Jones	00:19:26	8th
William Radley	00:20:15	
Richard Garrett	00:21:31	PB
Kevin Bunton	00:21:36	
Edward Skinner	00:23:05	SB
Vicky Knight	00:26:04	
Robyn Harding	00:26:44	
Paul Gregory	00:28:29	
Ann-Marie Bearne	00:28:46	SB
Mandy Graves	00:29:30	PB
Paul Graves	00:29:34	
Stacy Hember	00:29:39	
Chris Harding	00:29:57	
Pat Rhodes	00:30:00	SB
Luke Archer	00:30:25	
Simon Baker	00:30:50	
Anita Leaver	00:31:09	SB, F65 CR
Caroline Hare	00:31:45	
Peter Banks	00:32:14	
Alia Hamden	00:35:53	
Maldon 5K Series - Race 1		19/04/18
William Radley	00:19:14	
Gavin Laws	00:19:22	PB
Peter Banks	00:19:55	PB
Stuart Meddemmen	00:20:30	

Mark Lawes	00:20:33	
Gary Perryman	00:20:45	SB
Andrew Conway	00:20:52	
Kevin Bunton	00:21:31	
Jon Barter	00:23:14	PB
Phil Kinsman	00:25:24	
Paul Gregory	00:25:37	
Robyn Harding	00:25:46	
Paul Graves	00:26:01	
Jane Steele	00:26:14	
Anthony Knight	00:26:26	
Louise Dean	00:29:10	
Mandy Graves	00:29:18	
Sean Pope	00:34:03	
Stuart Peace	00:21:41	
Brighton Marathon	15/04/18	
Lorraine Mills	03:58:30	PB
Stuart Peace	03:59:35	PB
Lorraine Baker	04:13:45	PB
Graeme Moon	04:32:09	SB
Stacy Hember	04:34:33	PB
Kim Broughton	04:48:05	
Alison Peace	04:54:29	PB
John McVelia	04:57:21	PB
Julia Bawden	05:05:55	F55 CR
Michael Broughton	05:08:28	
Larina Marsh	05:09:46	
Anita Leaver	05:33:54	2nd F65, F65 CR
Sharon Hardwicke	05:46:38	
Lowestoft 5 Mile Prom Dash	15/04/18	
Andrew Conway	00:30:54	12th/170

Fowlmead 12Hr Challenge		14/04/18
James Haskey-Jones	30 Miles	04:32:47
Maldon Parkrun		14/04/18
Aaron Graves	00:17:53	1st, PB, MS CR
Andrew Conway	00:19:18	8th
Paul Dellar	00:19:19	9th, SB
William Radley	00:19:37	PB
Peter Banks	00:20:05	
Kevin Bunton	00:21:26	SB
Richard Garrett	00:21:52	PB
Phil Kinsman	00:25:42	
Paul Gregory	00:26:27	
Frances Gridley	00:28:07	
Morven Hurding	00:28:43	
Anthony Knight	00:28:44	
Mandy Graves	00:29:49	
Paul Graves	00:29:50	
Caroline Hare	00:31:26	
Bob Sees	00:32:01	M65 CR
Luke Archer	00:32:17	
Danielle Harrington	00:32:38	
Alia Hamden	00:35:11	
Rebecca McVelia	00:37:38	SB
Hove Promenade Parkrun		14/04/18
John McVelia	00:26:28	SB
Lorraine Baker	00:26:32	
Simon Baker	00:29:40	
Great Cornard Parkrun		14/04/18
Gary Perryman	00:21:39	SB

Rob Hadgraft	00:28:14	
Colchester Castle Parkrun		14/04/18
Sean Pope	00:33:57	SB
Whitely Parkrun		14/04/18
Tim Ford	00:23:26	
Bromley 10K		08/04/18
Paul Mingay	00:36:13	County Gold
Paul Dellar	00:39:14	PB
Jonathan Finch	00:39:15	PB
Gavin Laws	00:39:42	PB, M35 CR
Matt Davey	00:41:03	PB
Danielle Harrington	00:42:30	PB
Mark Lawes	00:43:02	
Gary Perryman	00:43:42	SB
Richard Garrett	00:45:28	PB
Malcolm Bailey	00:48:36	
Jackie Robinson	00:52:25	
Bungay Marathon		08/04/18
Aaron Graves	03:01:50	PB, 4th/132
Bungay Half Marathon		08/04/18
Susan Archer	01:56:36	
Nick Archer	01:57:23	
Paul Graves	02:00:02	
Manchester Marathon		08/04/18
Andrew Conway	03:05:03	PB, M45 CR
Basildon Aquathon - 5K		08/04/18
James Haskey-Jones	00:22:04	

Alison Vincent	00:28:09	
Nic Vincent	00:28:50	
Presentation Trail - 10M		08/04/18
Simon Baker	01:37:24	
Tracy Harrington	01:38:01	
James Haskey-Jones	01:38:01	
Luke Collison	01:48:25	
Olivia Collison	01:08:25	
Julian Holder	01:52:30	
Stacy Hember	02:05:40	
Larina Marsh	02:05:40	
Jon Barter	02:05:40	
Julia Bawden	02:05:40	
Alison Peace	02:05:40	
Tina Clarke	02:08:04	
John McVelia	02:08:40	
Alia Hamden	02:08:04	
Presentation Trail - 10K		08/04/18
Anthony Knight	01:05:54	
Angela Dellar	01:09:47	
Anita Leaver	01:28:30	
Rebecca McVelia	01:30:18	
Presentation Trail - 3.7M		08/04/18
Ann-Marie Bearne	00:47:45	
Roger Duffield	00:49:36	
Wendy Smalley	00:50:49	
Mersea Island Parkrun		07/04/18
Rob Hadgraft	00:28:13	
Chelmsford Parkrun		07/04/18

Robyn Harding	00:26:25	PB
Anthony Knight	00:27:11	
Netley Abbey Parkrun		07/04/18
Tim Ford	00:25:49	
Maldon Parkrun		07/04/18
James Haskey-Jones	00:19:46	5th
William Radley	00:19:55	PB, 6th
Richard Garrett	00:22:00	
Jon Barter	00:24:26	SB
Lorraine Baker	00:26:16	
Peter Banks	00:26:17	
Phil Kinsman	00:26:19	
Chris Harding	00:26:48	
Paul Gregory	00:26:50	
Graeme Moon	00:27:39	
John McVelia	00:27:42	
Stacy Hember	00:28:21	
Kim Broughton	00:28:46	
Tina Clarke	00:28:57	
Jo Roblin	00:28:57	
Mandy Graves	00:29:47	PB
Aaron Graves	00:29:47	
Susan Archer	00:29:48	
Danielle Harrington	00:31:56	
Rose Haskey-Jones	00:32:27	SB
Caroline Hare	00:33:23	
Alia Hamden	00:33:28	SB
Rebecca McVelia	00:42:54	
Cannock Chase Parkrun		07/04/18
Luke Archer	00:30:10	

Kingston Parkrun		
	07/04/18	
Edward Skinner	00:23:28	SB
Easter Eggs - Day 4 - 6.4M		
	02/04/18	
Andrew Conway	00:49:45	10th/180
James Haskey-Jones	00:59:02	
Simon Baker	01:05:32	
Lorraine Baker	01:05:32	
Mark Lawes	01:06:48	
Julian Holder	01:22:48	
Stacy Hember	01:23:02	
Julia Bawden	01:23:02	
Pat Rhodes	01:30:21	
Iain Rhodes	01:30:21	
Jo Roblin	01:35:35	
Alia Hamden	01:35:35	
Chris King	01:35:35	
Tina Clarke	01:35:35	
John McVelia	01:35:35	
Paul Graves	01:37:51	
Mandy Graves	01:37:51	
Susan Archer	01:37:51	
Nick Archer	01:37:51	
Easter Eggs - Day 3 - 4M		
	01/04/18	
Roger Duffield	01:08:14	
Anita Leaver	01:10:42	
Rebecca McVelia	01:10:42	
Easter Eggs - Day 3 - 6.5M		
	01/04/18	
Craig Dawson	00:51:41	8th/116
Mark Lawes	01:02:10	

James Haskey-Jones	01:02:10
Lorraine Baker	01:04:33
Simon Baker	01:04:33
Luke Collison	01:06:46
Olivia Collison	01:06:48
Pat Rhodes	01:17:40
Iain Rhodes	01:17:40
Julian Holder	01:19:01
Jo Roblin	01:20:17
Alia Hamden	01:20:17
John McVelia	01:20:17
Chris King	01:20:17