

## Tiptree Road Runners – Results – May 2018

Maldon 5K - Race 3		31/05/18
Aaron Graves	00:18:13	6th/121
Andrew Conway	00:18:18	SB, 7th/121
Gavin Laws	00:18:53	PB, M35 CR, 12/121
Peter Banks	00:19:53	
Gary Perryman	00:20:35	SB
Kevin Bunton	00:21:24	
Jon Barter	00:22:41	PB
Paul Graves	00:24:45	PB
Robyn Harding	00:24:59	PB
Bryn Gibbons	00:25:09	
Paul Gregory	00:25:32	PB
Anthony Knight	00:26:26	
Jane Steele	00:26:50	
Katie Potter	00:28:29	
Mandy Graves	00:28:37	PB
Louise Dean	00:28:40	PB
Sean Pope	00:32:39	SB
Whirligig Trail - 3.4M		30/05/18
Anthony Knight	00:41:40	1=/18
Ann-Marie Bearne	00:41:40	1=/18
Anita Leaver	00:50:09	
Roger Duffield	00:50:09	
Whirligig Trail - 6M		30/05/18
Simon Baker	00:58:24	
James Haskey-Jones	00:58:46	
Vicky Knight	00:59:52	3rd Lady
Mark Lawes	00:59:52	
Julian Holder	01:11:52	
Tina Clarke	01:18:32	

John McVelia	01:18:32	
Zoe Gould	01:18:32	
Jo Roblin	01:18:32	
Lorraine Baker	01:21:14	
Sharon Hardwicke	01:21:14	
<b>Harwich 5K - Race 2</b>		<b>29/05/18</b>
Tom Rehal	00:17:17	2nd/156
Paul Mingay	00:18:07	5th/156
Andrew Conway	00:18:33	7th/156
Gavin Laws	00:19:13	PB
Peter Banks	00:19:25	PB
William Radley	00:19:21	
Paul Dellar	00:19:29	
Gary Perryman	00:20:40	SB
Roger Duffield	00:32:47	SB
<b>Mayflower Half Marathon (Trail)</b>		<b>27/05/18</b>
Tina Clarke	02:53:49	
Zoe Jackson	02:53:49	
Alia Hamden	02:53:49	
<b>Braintree Track Marathon</b>		<b>26/05/18</b>
James Haskey-Jones	03:42:00	
<b>European Masters 10K</b>		<b>26/05/18</b>
Edward Skinner	00:48:47	
<b>Hatfield Broad Oak 10K</b>		<b>28/05/18</b>
Aaron Graves	00:37:41	PB, 25th/1115
Danielle Harrington	00:44:10	
Mark Lawes	00:44:49	
Vicky Knight	00:45:43	
Iain Rhodes	00:48:31	PB

Paul Graves	00:52:24	
Susan Archer	00:53:13	PB
Lindsay Rolerkite	00:54:48	
Anthony Knight	00:56:25	
Mandy Graves	01:02:50	
Pat Rhodes	01:05:02	
Luke Archer	01:05:23	PB
Vitality London 10K 28/05/18		
Anita Leaver	01:08:52	
Mega-Marathon Challenge 26/05/18		
Malcolm Bailey	05:05:25	
Edinburgh Marathon 27/05/18		
Jo Roblin	04:28:24	PB
Casterbridge Half Marathon 27/05/18		
Tim Ford	02:00:02	
London to Brighton - 1 Day 26/05/18		
Chris Harding	22:18:36	
Lee Kerrison	22:18:40	
London to Brighton - 2 Day - Day 2 27/05/18		
John McVelia	09:29:24	
London to Brighton - 2 Day - Day 1 26/05/18		
John McVelia	08:38:30	
Burnham 10K 27/05/18		
Paul Gregory	00:55:01	
Sue Long	01:14:25	

Brandon Parkrun		26/05/18
Andrew Conway	00:18:46	2nd
Netley Abbey Parkrun		26/05/18
Tim Ford	00:27:06	
Maldon Parkrun		26/05/18
James Haskey-Jones	00:19:38	7th
Paul Dellar	00:19:45	8th
Ben Clover	00:22:29	
Iain Rhodes	00:22:50	SB
Jon Barter	00:23:20	PB
Simon Baker	00:23:29	
Phil Kinsman	00:25:22	
Stacy Hember	00:26:24	
Tina Clarke	00:26:38	SB
Paul Gregory	00:26:38	
Lorraine Baker	00:26:39	
Graeme Moon	00:27:40	
Frances Gridley	00:28:05	
Anthony Knight	00:28:42	
Pat Rhodes	00:28:55	SB
Luke Archer	00:30:42	
Anita Leaver	00:31:28	
Rose Haskey-Jones	00:32:00	SB
Alia Hamden	00:34:20	
Caroline Hare	00:35:26	
Kingston Parkrun		26/05/18
Edward Skinner	00:23:34	
Old Deer Parkrun		26/05/18
Robyn Harding	00:28:09	

Lakeside 5K Series - Portsmouth		23/05/18	
Tim Ford		00:22:31	
Brotherhood Memorial 5K - NY		23/05/18	
Bonnita Beckwith		00:25:33	
New York 14M Charity		23/05/18	
Bonnita Beckwith		02:22:24	
Hackney half-marathon		20/05/18	
Marc Griggs		02:48:56	
Bluebell 5		20/05/18	
Rebecca McVelia		00:55:09	
Silver End Scouts 4 Mile Fun Run		20/05/18	
Craig Dawson		00:24:05	1st
Peter Banks		00:25:20	3rd
Outlaw Half IronMan - Half Mara		20/05/18	
Stuart Peace		02:03:00	
Woodbridge 10K		20/05/18	
Matt Davey		00:43:19	
Boxted 10K		20/05/18	
John McVelia		01:02:15	
Chris Harding		01:05:53	
Braintree 5		20/05/18	
Andrew Conway		00:30:48	1st V40, 9th/204
Colchester Zoo Stampede 10K		20/05/18	
Lucy Davies		00:50:36	8th V40

Stacy Hember	00:54:43	SB
Anita Leaver	01:06:47	PB, F65 CR, 1st V65
Sue Long	01:09:04	PB
Chislehurst Half-marathon		
	20/05/18	
James Haskey-Jones	01:34:06	2nd V50, 25th/373
Hanningfield Tri - 10K Leg		
	19/05/18	
James Haskey-Jones	00:39:00	
Mersea Island Parkrun		
	19/05/18	
Rob Hadgraft	00:27:59	
Brundall Parkrun		
	19/05/18	
Andrew Conway	00:19:21	2nd
Netley Abbey Parkrun		
	19/05/18	
Tim Ford	00:24:28	
Maldon Parkrun		
	19/05/18	
Gavin Laws	00:19:29	5th
Jon Barter	00:23:34	PB
Graeme Moon	00:23:59	SB
Phil Kinsman	00:24:44	
Robyn Harding	00:25:45	PB
Iain Rhodes	00:26:09	
Stacy Hember	00:26:15	
Kim Broughton	00:26:45	PB
John McVelia	00:26:56	
Ann-Marie Bearne	00:28:05	SB
Larina Marsh	00:29:37	
Luke Archer	00:30:57	
Jo Roblin	00:30:59	
Caroline Hare	00:31:21	

Anita Leaver	00:31:42	
Rebecca McVelia	00:31:49	SB
Sharon Hardwicke	00:32:23	
Zoe Jackson	00:32:27	
Tina Clarke	00:32:28	
Ipswich Parkrun		19/05/18
Paul Gregory	00:26:52	
Galleywood Gallop Trail - 5.3M		16/05/18
Mark Lawes	00:42:58	
James Haskey-Jones	00:44:11	
Vicky Knight	00:47:59	
Malcolm Bailey	00:51:03	
Andrew Conway	00:53:53	
Anthony Knight	00:52:53	
Ann-Marie Bearne	00:54:42	
John McVelia	00:54:42	
Jo Roblin	00:54:42	
Tina Clarke	00:54:42	
Pat Rhodes	00:59:17	
Iain Rhodes	00:59:17	
Anita Leaver	01:09:22	
Rebecca McVelia	01:09:22	
Roger Duffield	01:09:24	
Caroline Hare	01:09:55	
Halstead and Essex Marathon		13/05/18
Andrew Conway	03:32:05	
William Radley	03:36:50	PB
Tracy Harrington	03:41:30	County Gold
Kate Finch	04:14:55	
Glen Reeve	04:15:07	

Malcolm Bailey	04:31:32	County Bronze
Julian Holder	04:36:56	PB
Ben Clover	04:43:41	PB
<b>Great Baddow 10 Mile</b>		
	13/05/18	
Paul Dellar	01:07:07	PB, 29th/530
Phil Kinsman	01:28:48	
Tina Clarke	01:34:13	SB
Chris King	01:35:36	SB
Julia Bawden	01:37:47	
Joanne Dickman	01:38:05	SB
Larina Marsh	01:45:25	PB
Caroline Hare	01:49:30	PB
<b>Colchester 10K</b>		
	13/05/18	
Matt Davey	00:42:40	
Robyn Harding	00:54:18	PB
Richard Garrett	00:55:10	Pacer
Katie Potter	00:56:59	PB
Chris Harding	00:57:43	
<b>Pete Bouldstridge Mem Trail - 9.6M</b>		
	13/05/18	
Simon Baker	01:26:30	
Kim Broughton	01:55:23	
Stacy Hember	01:55:23	
Jim Slater	01:55:23	
Jon Barter	01:55:23	
Graeme Moon	01:55:23	
Anthony Knight	01:55:23	
Zoe Gould	02:12:12	
<b>Pete Bouldstridge Mem Trail - 5M</b>		
	13/05/18	
Rebecca McVelia	01:09:15	



Alison Peace	01:11:02	
Roger Duffield	01:18:41	
Pete Bouldstridge Mem Trail - 3M		13/05/18
Ann-Marie Bearne	00:54:27	1=/7
Alia Hamden	01:07:06	
Zoe Jackson	01:07:06	
Dragon Slayer Duathlon		13/05/18
James Haskey-Jones	00:34:07	
Ipswich Twilight 5K		12/05/18
Paul Mingay	00:17:38	
Bewl Water Half-Marathon		12/05/18
Mark Lawes	01:53:22	
Vicky Knight	02:03:26	
Bewl Water 10K		12/05/18
Ann-Marie Bearne	01:00:42	
Mersea Island Parkrun		12/05/18
Aaron Graves	00:18:01	1st
Bonnita Beckwith	00:25:31	
Paul Graves	00:25:46	PB
Mandy Graves	00:30:09	
Maldon Parkrun		12/05/18
Gavin Laws	00:20:08	8th
Kevin Bunton	00:21:23	
Simon Baker	00:22:39	SB
Jon Barter	00:25:01	
Lorraine Baker	00:25:35	
Stuart Peace	00:25:42	

Susan Archer	00:26:02	
Stacy Hember	00:26:47	
Paul Gregory	00:27:22	
John McVelia	00:28:47	
Julia Bawden	00:29:00	
Frances Gridley	00:29:02	
Graeme Moon	00:29:03	
Larina Marsh	00:29:11	SB
Luke Archer	00:29:37	
Alia Hamden	00:35:44	
<b>Faelledparkren Parkrun</b>		
	12/05/18	
Tim Ford	00:22:54	
<b>Maldon 5K Series - Race 2</b>		
	10/05/18	
Aaron Graves	00:17:45	PB, 6th/106
William Radley	00:18:52	PB, 9th/106
Stuart Meddemmen	00:19:44	PB
Peter Banks	00:19:48	
Mark Lawes	00:20:36	
Kevin Bunton	00:21:09	PB
Stuart Peace	00:21:09	PB
Jon Barter	00:22:46	PB
Paul Graves	00:25:01	PB
Chris Harding	00:25:11	
Paul Gregory	00:25:44	
Robyn Harding	00:26:14	
Katie Potter	00:28:29	
Mandy Graves	00:28:58	PB
Sean Pope	00:33:08	SB
<b>Harwich 5K - Race 1</b>		
	08/05/18	
Paul Mingay	00:17:55	

William Radley	00:19:10	PB
Paul Dellar	00:19:18	
Peter Banks	00:19:32	PB
Gary Perryman	00:21:19	
Roger Duffield	00:34:46	
<b>The Lucy Trails - 12M</b>		
	06/05/18	
Craig Dawson	01:37:43	1st/27
Mark Lawes	01:50:25	
Julian Holder	02:31:09	
<b>The Lucy Trails - 6M</b>		
	06/05/18	
Tina Clarke	01:29:30	
Rebecca McVelia	01:29:30	
<b>Witham May Day 10</b>		
	07/05/18	
Gary Perryman	01:21:10	
Morven Hurding	01:21:41	PB
Lorraine Mills	01:26:53	
Simon Baker	01:27:09	SB
Lorraine Baker	01:30:53	
Paul Graves	01:31:33	
Robyn Harding	01:37:38	
Tracy Russell	01:38:12	
Phil Kinsman	01:37:50	
Kelly Rogers	01:38:50	
Danielle Harrington	01:38:50	
Tina Clarke	01:40:22	
Jo Roblin	01:40:22	
Chris King	01:40:33	
Joanne Dickman	01:46:54	
Mandy Graves	01:46:57	
Caroline Hare	01:53:14	

Chris Harding	01:57:20	
Zoe Jackson	02:01:06	
Alia Hamden	02:01:07	
Ashdon 10K		
	07/05/18	
Vicky Knight	00:48:11	2nd Lady
Sue Long	01:19:14	
Milton Keynes Marathon		
	07/05/18	
Aaron Graves	03:10:16	34th/1880
Gavin Laws	03:45:01	M35 CR
Breckland 10K		
	07/05/18	
Andrew Conway	00:39:19	
Young at Heart Trail - 5.5M		
	07/05/18	
Malcolm Bailey	00:58:43	6th/49
Jim Slater	00:58:47	7th/49
Rob Hadgraft	01:17:57	
Thurston 10K		
	06/05/18	
Anthony Knight	00:56:11	
Isle of Wight Challenge - Day 2		
	06/05/18	
John McVelia	09:48:18	
Isle of Wight Challenge - Day 1		
	05/05/18	
John McVelia	08:45:58	
Great Birmingham 10K		
	06/05/18	
Paul Mingay	00:37:36	1st V60, Gold
Conkers Parkrun		
	05/05/18	
Rob Hadgraft	00:30:36	

Maldon Parkrun		
	05/05/18	
Andrew Conway	00:18:38	2nd
James Haskey-Jones	00:20:11	9th
Kevin Bunton	00:21:17	SB
Simon Baker	00:23:14	SB
Lorraine Baker	00:24:53	SB
Angela Dellar	00:25:25	SB
Robyn Harding	00:26:07	PB
Phil Kinsman	00:26:13	
Fiona Lock	00:27:22	
Frances Gridley	00:28:01	
Jo Roblin	00:28:41	
Ann-Marie Bearne	00:28:44	
Graeme Moon	00:30:05	
Anita Leaver	00:31:27	
Caroline Hare	00:32:25	
Zoe Jackson	00:34:09	
Colchester Castle Parkrun		
	05/05/18	
Tim Ford	00:23:52	
Katie Potter	00:29:28	
Andover Parkrun		
	05/05/18	
Zoe Gould	00:31:01	