

Tiptree Road Runners – Results – July 2018

Harwich 5K		31/07/18
Paul Mingay	00:18:34	6th/112
Gavin Laws	00:18:43	7th/112
Matt Davey	00:21:07	
Gary Perryman	00:21:21	
Roger Duffield	00:33:55	
Summer Breeze Half (Florida)		31/07/18
Lorraine Mills	01:53:55	3rd Lady
Great Notley Parkrun		31/07/18
Peter Banks	00:20:58	3rd
Lee Kerrison	00:24:29	
Mersea Island Parkrun		30/07/18
Roger Duffield	00:35:36	
Netley Abbey Parkrun		30/07/18
Tim Ford	00:27:09	
Maldon Parkrun		30/07/18
Gavin Laws	00:19:20	6th
Vicky Knight	00:23:42	
Nick Archer	00:24:40	SB
Simon Baker	00:24:49	
Iain Rhodes	00:25:05	
Helen Newman	00:26:09	
Paul Gregory	00:27:38	
Tina Clarke	00:27:39	
Larina Marsh	00:28:59	
Jo Roblin	00:29:13	
Anthony Knight	00:29:14	
Luke Archer	00:29:42	

Julia Bawden	00:30:30	
John McVelia	00:31:41	
Colchester Castle Parkrun		30/07/18
Aaron Graves	00:18:25	3rd
Paul Graves	00:25:39	
Rebecca Jarvis	00:27:11	PB
Mandy Graves	00:29:16	
Peacehaven Parkrun		30/07/18
Frances Gridley	00:28:59	
Ipswich Parkrun		30/07/18
Rob Hadgraft	00:28:49	
Portsmouth Lakeside 5K		25/07/18
Tim Ford	00:22:48	
Huffer Puffer Trail		25/07/18
Zoe Gould	01:11:28	
Bob Bardell	01:11:28	
Anita Leaver	01:16:00	
Sharon Hardwicke	01:34:50	
Sue Long	01:34:50	
Caterham Haf Marathon		22/07/18
Paul Mingay	01:23:07	British Masters Gold, 13th/275
Maldon Sprint Tri - Run Leg		22/07/18
Jessica Archer	00:27:00	
Luke Archer	00:29:31	
Maldon Olympic Tri - Run Leg		22/07/18
Aaron Graves	00:37:39	

Jurassic Coast 2 Day Challenge		
	21/07/18	
John McVelia	20:55:28	24th/267
South Woodham Ferrers Parkrun		
	21/07/18	
Sharon Hardwicke	00:30:38	
Anita Leaver	00:35:29	
Sue Long	00:35:42	
Mersea Island Parkrun		
	21/07/18	
Kevin Bunton	00:21:40	
Lucy Willis	00:26:12	
Chris Harding	00:28:04	
Robyn Harding	00:28:08	
Frances Gridley	00:28:35	
Tina Clarke	00:28:36	
Jo Roblin	00:28:39	
Zoe Jackson	00:33:54	
Hockley Woods Parkrun		
	21/07/18	
Simon Baker	00:26:15	
Lorraine Baker	00:27:00	
Great Notley Parkrun		
	21/07/18	
Peter Banks	00:21:10	
Brentwood Parkrun		
	21/07/18	
Rob Hadgraft	00:30:29	
Chelmsford Parkrun		
	21/07/18	
Jon Barter	00:23:22	
Netley Abbey Parkrun		
	21/07/18	
Tim Ford	00:23:54	

Stevenage Parkrun		21/07/18
Paul Graves	00:24:59	
Mandy Graves	00:29:19	
Burnham-on-Crouch Parkrun		21/07/18
Gavin Laws	00:19:10	5th
Space Race Marathon		20/07/18
James Haskey-Jones	04:00:10	7th/50
Brantham Friday 5		20/07/18
Gary Perryman	00:34:16	SB
Ipswich Ekiden - 10K		15/07/18
Gavin Laws	00:41:24	
Craig Dawson	00:43:23	
Matt Davey	00:46:04	
Richard Garrett	00:49:32	
Scott Brenton	00:54:48	
Ben Clover	01:00:09	
Ipswich Ekiden - 7.2K		15/07/18
Jonathan Finch	00:29:32	
Kate Finch	00:34:49	
Stacy Hember	00:37:47	
Ipswich Ekiden - 5K		15/07/18
Peter Banks	00:20:52	
Iain Rhodes	00:25:11	
Jim Slater	00:25:31	
Paul Gregory	00:26:39	
Robyn Harding	00:27:20	
Rob Hadgraft	00:27:46	

Chris Harding	00:28:43	
Pat Rhodes	00:29:24	
Sharon Hardwicke	00:29:52	
Anita Leaver	00:33:49	
Orion Forest 5	14/07/18	
Edward Skinner	00:41:32	
Lulworth Cove Marathon	14/07/18	
Mark Lawes	07:07:24	
Lulworth Cove 10K	14/07/18	
John McVelia	01:26:49	
Rebecca McVelia	01:36:02	
Ann-Marie Bearne	01:36:02	
Good Easter Trail - 3.5M	14/07/18	
Roger Duffield	00:30:10	1st/16
Good Easter Trail - 7.5M	14/07/18	
Malcolm Bailey	01:26:20	
Jim Slater	01:26:20	
Mersea Island Parkrun	14/07/18	
Lucy Davies	00:23:05	SB
Great Notley Parkrun	14/07/18	
Paul Graves	00:25:27	
Mandy Graves	00:29:50	
Maldon Prom Parkrun	14/07/18	
Andrew Conway	00:18:31	PB, M50 CR, 1st
Gavin Laws	00:19:05	6th
Kevin Bunton	00:21:22	

Stuart Peace	00:23:45	
Lucy Willis	00:25:17	PB
Stacy Hember	00:26:07	
Tina Clarke	00:29:06	
Jo Roblin	00:29:07	
Sharon Hardwicke	00:30:20	SB
Caroline Hare	00:32:04	
Luke Archer	00:32:31	
Anita Leaver	01:04:31	Tail Runner
Colchester Castle Parkrun		14/07/18
Graham Proctor	00:28:36	
Rebecca Jarvis	00:29:01	
Southampton Parkrun		14/07/18
Tim Ford	00:22:35	
Maldon 5k - Race 5		12/07/18
Aaron Graves	00:17:43	4th/79
Andrew Conway	00:18:10	PB, 6th/79
Gavin Laws	00:18:54	
Stuart Meddemmen	00:19:39	PB
Peter Banks	00:20:04	
Stuart Peace	00:21:45	
Morven Hurding	00:22:01	2nd Lady
Jon Barter	00:22:40	
Jessica Archer	00:23:41	
Paul Graves	00:24:13	
Paul Gregory	00:26:01	
Lucy Willis	00:28:17	
Mandy Graves	00:28:22	
Louise Dean	00:28:41	
Sean Pope	00:29:57	SB

Harwich 5K - Race 4		11/07/18
Gavin Laws	00:18:37	PB, M35 CR
Paul Mingay	00:18:49	
Matt Davey	00:20:26	
Roger Duffield	00:32:33	
Tour of Terling Day 3 -Ford Race		10/07/18
Tom Rehal	00:24:23	1st/62
Andrew Conway	00:26:15	3rd/62
Peter Banks	00:28:30	5th/62
Mark Lawes	00:28:30	
Vicky Knight	00:28:30	1st Lady
Morven Hurding	00:32:06	2nd Lady
Lorraine Mills	00:33:27	
Nic Vincent	00:33:27	
Georgina Haskey-Jones	00:36:51	
James Haskey-Jones	00:36:51	
Alison Vincent	00:36:51	
Sharon Hardwicke	00:43:43	
Anita Leaver	00:48:59	
Tour of Terling Day 2 - 5.2M Trail		09/07/18
Tom Rehal	00:25:03	2nd/65
Mark Lawes	00:30:51	
Andrew Conway	00:31:23	
Peter Banks	00:44:04	
Zoe Gould	00:45:38	
Rebecca McVelia	00:45:39	
Anthony Knight	00:46:33	
John McVelia	00:48:31	
Alison Vincent	00:49:04	
Sharon Hardwicke	00:49:04	

Bentley Friday 5 Mile		06/07/18	
Andrew Conway	00:30:06	SB, 41/423	
Gavin Laws	00:31:32	PB, M35 CR	
Matt Davey	00:34:13		
Gary Perryman	00:35:14		
Great Barrow Half		07/07/18	
Anthony Knight	2:22:47		
Tour of Terling – 8 Mile Trail		08/07/18	
Mark Lawes	1:13:24	2 nd Lady	
Vicky Knight	1:14:06		
John McVelia	1:32:19		
Anthony Knight	1:35:52		
Sharon Hardwicke	1:41:44		
Alison Vincent	1:41:44		
Nic Vincent	1:41:44		
Tour of Terling – 4 Mile Trail			08/07/18
Roger Duffield	49:33		
Fambridge Half Iron-man – Run Leg (short)		08/07/18	
Aaron Graves	1:27:33		
Sue Archer	1:56:03		
SVAC – Lee Valley Stadium – 5000M		07/07/18	
Edward Skinner	22:22		
Draycote Water 7		07/07/18	
Anita Leaver	49:01		
Fell Foot Parkrun		07/07/18	
Jeff Fairfull	30:05	SB, TW Award	

Netley Abbey Parkrun		07/07/18
Tim Ford	23:43	
Maldon Prom Parkrun		07/07/18
Andy Conway	20:37	
Kevin Bunton	21:17	
Stuart Peace	23:20	
Jon Barter	23:35	
Paul Graves	24:38	PB
Nick Archer	25:51	SB
Helen Newman	26:21	
Stacy Hember	27:29	
Paul Gregory	27:59	
Tina Clarke	28:04	
Graeme Moon	28:05	
Mandy Graves	28:26	
Aaron Graves	28:27	
Alison Peace	29:21	
Julia Bawden	31:03	
Luke Archer	34:11	
Colchester Castle Parkrun		07/07/18
Katy Potter	30:24	
Coventry Parkrun		07/07/18
Anita Leaver	35:00	
Western Whirligig 2 - 6M		04/07/18
Craig Dawson	45:16	2 nd /64
Tom Rehal	48:22	5 th /64
Peter Banks	52:43	
Vicky Knight	52:52	

Anthony Knight	1:09:21	
Ann-Marie Bearne	1:09:21	
Morven Hurding	1:09:21	
Jo Roblin	1:20:15	
Chris King	1:20:15	
Tina Clarke	1:20:15	
John McVelia	1:20:15	
Rebecca McVelia	1:20:15	
Julian Holder	1:20:37	
Western Whirligig 2 - 3M		04/07/18
Roger Duffield	48:56	
Stort 5		01/07/18
Glen Reeve	00:37:02	3rd M50
Nayland 10K		01/07/18
Sue Long	01:25:24	
Brentwood 10K		01/07/18
Paul Graves	00:53:56	
Mandy Graves	01:01:50	PB