

## Tiptree Road Runners – Results – August 2018

Farmhouse Trail - 7.5M		29/08/18
Lorraine Baker	01:21:56	
Simon Baker	01:21:56	
Farmhouse Trail - 4.5M		29/08/18
Anita Leaver	01:04:56	
Portsmouth Lakeside 5K		29/08/18
Tim Ford	00:22:25	PB
Mersea 10		26/08/18
William Radley	01:04:53	10th/140
Stuart Meddemmen	01:13:13	
Alison Vincent	01:28:31	
Jo Roblin	01:34:55	
Tina Clarke	01:34:56	
Louise Dean	01:42:01	
Mersea 5		26/08/18
Chris Harding	00:45:58	
Robyn Harding	00:46:19	PB
Alia Hamden	00:55:09	
The Wonder Trail - 5.5M		26/08/18
Rob Hadgraft	01:08:08	
The Wonder Trail - 9.75M		26/08/18
Paul Dellar	01:23:48	6th/40
Simon Baker	01:34:38	
Lorraine Baker	01:34:40	
Julian Holder	01:53:49	

South Coast Challenge 100K		25/08/18
John McVelia	17:19:43	
Ras Beca Trail (5M)		25/08/18
Nick Archer	00:59:05	
Jessica Archer	01:06:24	
Susan Archer	01:06:58	
MSM Trifarm 10K		25/08/18
Craig Dawson	00:48:50	
Mersea Island Parkrun		25/08/18
Aaron Graves	00:19:01	4th, Pacer
Gavin Laws	00:19:33	6th, Pacer
Matt Davey	00:21:38	Pacer
Kevin Bunton	00:22:05	
Bob Bardell	00:23:28	
Bryn Gibbons	00:23:37	PB
Richard Garrett	00:23:47	Pacer
Charlie Alexander	00:23:49	
Simon Baker	00:25:28	
Paul Graves	00:25:37	
Lorraine Baker	00:27:56	
Mandy Graves	00:29:27	
Stacy Hember	00:31:03	Pacer
Chris Harding	00:31:51	Pacer
Robyn Harding	00:34:02	Pacer
Jo Roblin	00:46:26	Tail Runner
Colby Parkrun		25/08/18
Rebecca Jarvis	00:27:32	
Graham Proctor	00:29:51	

Brandon County Parkrun		25/08/18	
Paul Gregory	00:27:58		
Chelmsford Parkrun		25/08/18	
Jon Barter	00:23:54		
Aberystwyth Parkrun		25/08/18	
Luke Collison	00:30:25		
Netley Abbey Parkrun		25/08/18	
Tim Ford	00:24:36		
Maldon Parkrun		25/08/18	
Paul Dellar	00:20:40	SB	
Vicky Knight	00:22:58		
Lucy Davies	00:23:43		
Phil Kinsman	00:26:34		
Anthony Knight	00:30:16		
Caroline Hare	00:32:11		
Kingston Parkrun		25/08/18	
Edward Skinner	00:23:43		
Whirligig 3 (4M)		22/08/18	
Roger Duffield	00:54:19		
Whirligig 3 (6M)		22/08/18	
Craig Dawson	00:45:14	3rd/67	
Mark Lawes	00:51:56		
Vicky Knight	00:51:56	2nd Lady	
Simon Baker	00:59:22		
Lorraine Baker	00:59:22		
Peter Banks	01:04:44		
Sharon Hardwicke	01:07:09		

Tina Clarke	01:07:53	
Chris King	01:07:53	
Jo Roblin	01:07:53	
John McVelia	01:07:53	
Julian Holder	01:16:19	
Clacton Half Marathon		19/08/18
Aaron Graves	01:26:28	PB, 11th/396
Susan Archer	02:07:12	
Paul Graves	02:08:08	
Mandy Graves	02:21:05	
Clacton 10K		19/08/18
Jessica Archer	01:03:09	
Kimbolton Half Marathon		19/08/18
Paul Mingay	01:19:57	1st MV60, 9th/499
Admiral McHardy Way Trail (11.5M)		19/08/18
Andrew Conway	01:22:54	3rd/86
Tracy Harrington	01:53:25	
Mark Lawes	01:53:25	
Lorraine Baker	02:01:49	
Simon Baker	02:01:49	
Jim Slater	02:10:01	
Malcolm Bailey	02:10:01	
Julian Holder	02:27:23	
Frances Gridley	02:29:52	
Sue Long	02:45:33	
Sharon Hardwicke	02:45:33	
South Woodham Ferrers Parkrun		18/08/18
Paul Gregory	00:26:32	

Mersea Island Parkrun		18/08/18	
Gavin Laws	00:18:45	2nd, PB, M35 CR	
Andrew Conway	00:18:51	3rd	
Chris Harding	00:31:19		
Robyn Harding	00:33:47		
Aaron Graves	00:45:50	Tail Runner	
Great Cornard Parkrun		18/08/18	
Gary Perryman	00:21:08	SB	
Netley Abbey Parkrun		18/08/18	
Tim Ford	00:25:14		
Wanstead Flats Parkrun		18/08/18	
Peter Banks	00:19:50	9th	
Burnham-on-Crouch Parkrun		18/08/18	
Iain Rhodes	00:24:17		
Simon Baker	00:25:43		
Kingston Parkrun		18/08/18	
Edward Skinner	00:22:59	SB	
Chelmer Trail		15/08/18	
Bob Bardell	00:42:09	6th/80	
Tina Clarke	00:54:45		
John McVelia	00:54:45		
Chris King	00:54:45		
Zoe Gould	00:54:45		
Alia Hamden	00:54:45		
Run for Wildlife Trail - 11.5M		12/08/18	
Andrew Conway	01:39:39		
Malcolm Bailey	02:22:16		

Jim Slater	02:22:16	
Julian Holder	02:41:48	
Aliens v Trail Half (Night)	12/08/18	
Craig Dawson	01:48:09	5th
Lucy Willis	02:50:51	
Aliens v Trail Half (Day)	12/08/18	
Craig Dawson	02:05:45	
Nic Vincent	02:14:47	
Susan Archer	02:18:22	
Paul Graves	02:18:26	
Nick Archer	02:31:37	
Louise Dean	02:51:57	
Alison Vincent	02:51:57	
St Albans 10K	12/08/18	
Paul Mingay	00:37:24	1st M60, 9th/480
Wye Valley Ultra	12/08/18	
John McVelia	20:40:35	
Orion Forest 5	11/08/18	
Edward Skinner	00:39:56	
Haverhill Parkrun	11/08/18	
Rob Hadgraft	00:27:07	
Stratford-Upon-Avon Parkrun	11/08/18	
Tim Ford	00:22:34	
Great Notley Parkrun	11/08/18	
Peter Banks	00:21:48	

Clare Castle Parkrun		11/08/18
Paul Gregory	00:26:13	
Chelmsford Parkrun		11/08/18
Jon Barter	00:23:06	PB
Maldon Parkrun		11/08/18
Andrew Conway	00:18:39	1st
Gavin Laws	00:18:58	3rd
Bryn Gibbons	00:24:18	PB
Stacy Hember	00:27:16	
Anthony Knight	00:27:17	
Iain Rhodes	00:27:21	
Phil Kinsman	00:27:59	
Mandy Graves	00:28:08	
Aaron Graves	00:28:08	
Luke Collison	00:28:10	
Jo Roblin	00:29:42	
Stuart Peace	00:29:42	
Caroline Hare	00:31:53	
Anita Leaver	00:32:32	
Sharon Hardwicke	00:32:54	
Poole Parkrun		11/08/18
Katie Potter	00:29:47	
Chipping Away Trail		08/08/18
Bob Bardell	00:48:40	
Simon Baker	00:48:48	
Lorraine Baker	00:48:48	
Anita Leaver	01:05:54	
Sharon Hardwicke	01:05:54	
Tina Clarke	01:07:09	

Rebecca McVelia	01:07:09	
Zoe Gould	01:07:09	
Scouting Trail - 10.5M		05/08/18
Andrew Conway	01:15:43	3rd/57
Craig Dawson	01:23:51	4th/57
Peter Banks	01:31:17	7th/57
Simon Baker	01:54:12	
Lorraine Baker	01:54:12	
Julian Holder	02:17:39	
Scouting Trail - 5.2M		05/08/18
Malcolm Bailey	00:52:42	
Jim Slater	00:52:42	
Roger Duffield	01:07:53	
Anita Leaver	01:11:59	
Sharon Hardwicke	01:11:59	
Sue Long	01:11:59	
Alia Hamden	01:16:52	
Zoe Jackson	01:16:52	
Chris King	01:16:52	
John McVelia	01:16:52	
Rebecca McVelia	01:16:52	
Tina Clarke	01:16:52	
Jo Roblin	01:16:52	
Lucy Willis	01:16:52	
Great Notley Parkrun		04/08/18
Peter Banks	00:20:56	
Brockenhurst Parkrun		04/08/18
Edward Skinner	00:23:51	
Netley Abbey Parkrun		04/08/18



Tim Ford	00:23:52	
Burnham-on-Crouch Parkrun		04/08/18
Helen Newman	00:26:16	
Phil Kinsman	00:27:08	
Iain Rhodes	00:28:46	
Stacy Hember	00:28:46	
Sharon Hardwicke	00:29:49	
Jo Roblin	00:30:52	
John McVelia	00:31:01	
Caroline Hare	00:33:19	
Anita Leaver	00:33:33	
Colchester Castle Parkrun		04/08/18
Simon Baker	00:25:20	
Lorraine Baker	00:26:40	
Rebecca Jarvis	00:26:47	PB
Ipswich Twilight 10K		03/08/18
Matt Davey	00:42:08	
Gary Perryman	00:45:30	