

Tiptree Road Runners – Results – October 2018

NESS XC League – Writtle – Ladies		28/10/2018
Vicky Knight	15 th	1 st Scorer
Tracy Harrington	18 th	2 nd Scorer
Jess Archer	33 rd	3 rd Scorer
Lucy Willis	43 rd	
Tracy Russell	56 th	
Sue Archer	65 th	
Stacy Hember	68 th	
Rebecca McVelia	69 th	
Larina Marsh	81 st	
Julia Bawden	82 nd	
Mandy Graves	91 st	
NESS XC League - Writtle - Men		28/10/2018
Aaron Graves	17 th	1 st Scorer
Andy Conway	30 th	2 nd Scorer
Gavin Laws	40 th	3 rd Scorer
Paul Dellar	49 th	4 th Scorer
Peter Banks	79 th	5 th Scorer
Scott Brenton	87 th	6 th Scorer
David Ballard	97 th	
Mark Lawes	98 th	
Kevin Bunton	111 th	
Richard Garrett	129 th	
Simon Baker	144 th	
Edward Skinner	145 th	
Nick Archer	160 th	
Anthony Knight	165 th	
Paul Graves	171 st	
Paul Gregory	175 th	

Julian Holder	181 st	
John McVelia	182 nd	
Stort 30 28/10/2018		
Sharon Hardwicke	6:43:59	
Essex Tough 10K 27/10/2018		
Vicky Knight	52:36	12 th /183, 2 nd Lady
Anthony Knight	1:05:12	
Essex League XC – Hockley - Men 27/10/2018		
Mark Lawes	43:32	163 rd
Edward Skinner	46:40	188 th
Mersea Island Parkrun 27/10/2018		
Matt Davey	20:06	PB, 7 th
Gary Perryman	21:40	
Great Notley Parkrun 27/10/2018		
Peter Banks	26:52	
Fritton Lake Parkrun 27/10/2018		
Zoe Jackson	36:10	
Netley Abbey Parkrun 27/10/2018		
Tim Ford	22:51	
Maldon Parkrun 27/10/2018		
Andrew Conway	19:35	4 th
Kevin Bunton	21:46	
Lee Kerrison	24:13	
Malcolm Bailey	24:21	
Lucy Willis	24:48	PB
Jess Archer	25:29	PB

Simon Baker	25:59	
Lorraine Baker	26:17	
Stacy Hember	27:16	
Paul Gregory	27:59	
John McVelia	28:04	
Graeme Moon	28:10	
Frances Gridley	28:45	
Luke Archer	28:46	
Larina Marsh	28:51	
Julia Bawden	28:55	
Mandy Graves	29:42	
Paul Graves	29:42	
Caroline Hare	32:29	
Colchester Castle Parkrun		27/10/2018
Katy Potter	31:01	
Marc Griggs	33:13	PB
Chelmsford Marathon		21/10/2018
Aaron Graves	2:57:43	PB, 15 th /582, GFA
Gavin Laws	3:11:17	PB, M35 CR, 39 th /582
Will Radley	3:24:11	PB
Jon Barter	4:06:15	PB
Jo Roblin	4:41:59	
Tracy Russell	5:03:01	
Wix 5 (Inc. Essex Championships)		21/10/2018
Paul Mingay	28:44	1 st V60, County Gold, M60 CR
Andrew Conway	30:03	44 th /455
Paul Dellar	32:14	
Matt Davey	32:47	
Danielle Harrington	34:02	F40 CR
Gary Perryman	34:51	

Edward Skinner	38:13	
Malcolm Bailey	40:12	
Rebecca McVelia	46:31	SB
Great South Run – 10M 21/10/2018		
Simon Baker	1:24:26	
Lorraine Baker	1:24:56	PB
Leigh-on-Sea 10K 21/10/2018		
Scott Brenton	43:28	55 th /597
Wenham 64 Trail – 10 miles 21/10/2018		
Mark Lawes	1:28:26	5 th /32
John McVelia	1:50:13	
Wenham 64 Trail – 6.4 miles 21/10/2018		
Sharon Hardwicke	1:31:49	
Anita Leaver	1:32:23	
Sue Long	1:33:02	
South Woodham Ferrers Parkrun 20/10/2018		
Scott Brenton	20:39	PB, 8th
Mersea Island Parkrun 20/10/2018		
Peter Banks	22:45	
Vicky Knight	23:05	2 nd Lady
Great Cornard Parkrun 20/10/2018		
Gary Perryman	38:47	Guide Runner
Brentwood Parkrun 20/10/2018		
Jeff Fairfull	30:15	
Netley Abbey Parkrun 20/10/2018		

Tim Ford	25:44	
Maldon Parkrun		
20/10/2018		
Andrew Conway	20:33	8 th
Kevin Bunton	21:28	
Simon Thompson	24:06	
Paul Gregory	25:13	
Phil Kinsman	26:16	
John McVelia	27:16	
Robyn Harding	27:41	
Frances Gridley	27:52	
Sharon Hardwicke	28:53	PB
Luke Archer	29:28	
Jess Archer	29:49	
Simon Baker	30:41	
Lorraine Baker	30:51	
Anita Leaver	31:16	
Stacy Hember	31:16	
Caroline Hare	31:20	
Graeme Moon	31:42	
Kim Broughton	31:42	
Lindsey Visagie	31:42	
Bob Sees	32:17	
Colchester Castle Parkrun		
20/10/2018		
Marc Griggs	33:32	PB
Tarmac Twister		
17/10/2018		
Craig Dawson	44:13	2 nd /114
Lorraine Baker	57:02	
Simon Baker	57:14	
John McVelia	1:04:41	
Rebecca McVelia	1:04:41	

Tina Clarke	1:04:41	
Julian Holder	1:05:53	
Sharon Hardwicke	1:18:22	
Frances Gridley	1:18:22	
Anita Leaver	1:18:22	
Tiptree 10 (Inc Essex Champs) 14/10/2018		
Paul Mingay	59:38	1 st V60, County Gold
Andrew Conway	1:02:15	3 rd V50, County Bronze
Paul Dellar	1:06:43	PB
Matt Davey	1:09:31	PB
Bryn Gibbons	1:19:38	
Lucy Davies	1:23:10	PB
Malcolm Bailey	1:23:51	
Paul Gregory	1:32:19	
Robyn Harding	1:34:38	PB
Julia Bawden	1:41:49	
Mandy Graves	1:43:49	PB
Richard Garrett	1:50:10	Pacer
Royal Parks Half Marathon 14/10/2018		
Jess Archer	1:57:54	PB
Sue Archer	2:02:28	
Mersea Island Parkrun 13/10/2018		
Bonnita Beckwith	31:07	
Keswick Parkrun 13/10/2018		
Kevin Bunton	22:29	
Great Cornard Parkrun 13/10/2018		
Gary Perryman	39:38	Guide runner
Maldon Parkrun 13/10/2018		

Andrew Conway	19:57	8th
Scott Brenton	21:17	
Gavin Laws	21:18	
Danielle Harrington	21:35	1 st Lady, F40 CR, SB
Peter Banks	23:17	
Stuart Peace	24:06	
Paul Graves	25:38	
Phil Kinsman	26:46	
Lorraine Baker	27:32	
Simon Baker	27:32	
Stacy Hember	27:51	
Iain Rhodes	29:46	
Tina Clarke	30:03	
Jo Roblin	30:39	
Anthony Knight	30:39	
Caroline Hare	31:39	
Sharon Hardwicke	32:07	
Frances Gridley	32:08	
Anita Leaver	32:38	
Sue Long	34:35	
Barnsley Parkrun		
	13/10/2018	
Lee Kerrison	27:56	
Saltmarsh 75 – Runners		
	7/10/2018	
Morven Hurding	17:08:36	
Stuart Peace	17:08:46	
Saltmarsh 75 – Walkers		
	7/10/2018	
Rebecca McVelia	21:50:01	
Nic Vincent	22:23:43	
Alison Vincent	22:23:51	

Harold Wood Charity 5		7/10/2018	
Simon Baker		40:41	
Lorraine Baker		42:28	PB
Flower of Suffolk Marathon		7/10/2018	
Tracy Harrington		4:46:00	
South Woodham Ferrers Parkrun		6/10/2018	
Simon Baker		24:41	
Kingston Parkrun		6/10/2018	
Edward Skinner		23:44	
Colchester Castle Parkrun		6/10/2018	
Matt Davey		20:22	PB
Marc Griggs		33:12	
Netley Abbey Parkrun		6/10/2018	
Tim Ford		25:56	
Preston Park Parkrun		6/10/2018	
Rebecca Jarvis		27:06	