

Tiptree Road Runners – Results – September 2018

Colchester 15		30/09/18
Paul Mingay	1:37:13	1 st V60, 5 th /98, M60 CR
Andy Conway	1:37:55	PB, 1 st V50, 7 th /98
Gavin Laws	1:41:07	PB, M35 CR
Paul Dellar	1:45:43	PB
Tracy Harrington	1:56:14	PB, F50 CR
Gary Perryman	1:59:21	PB
Windsor Half Marathon		30/09/18
Larina Marsh	2:16:06	PB
Julia Bawden	2:24:05	
Saffron Fast 5		30/09/18
Robyn Harding	44:13	PB
Chris Harding	45:07	SB
The Mitre 10K		30/09/18
Scott Brenton	42:13	PB
Dunton Demon 5		30/09/18
Stuart Meddemmen	40:44	
Peter Fuller	41:02	
Louise Dean	54:02	
Valerie Rees	56:34	
Bradwell Vertigo Trail – 13.5M		30/09/18
Malcolm Bailey	2:30:26	
Jim Slater	2:30:26	
Julian Holder	2:32:37	
John McVelia	2:46:31	
Rebecca McVelia	2:46:31	

Sharon Hardwicke	3:21:33	
Anita Leaver	3:21:33	
Bradwell Vertigo Trail – 7M	30/09/18	
Ann-Marie Bearne	1:22:36	
Anthony Knight	1:22:36	
Sue Long	1:48:21	
Essex XC Relays	29/09/18	
Scott Brenton	22:36	
Sam Godden	22:45	
Kevin Bunton	23:35	
Danielle Harrington	23:37	
Stuart Peace	23:43	
Mark Lawes	23:58	
Bob Bardell	24:07	
Vicky Knight	24:25	
Morven Hurding	24:59	
Danielle Harrington	25:13	
Edward Skinner	25:14	
Lucy Willis	25:58	
Kate Finch	26:15	
Jo Roblin	26:59	
Larina Marsh	27:06	
Anthony Knight	27:45	
Lucy Willis	28:08	
Ann-Marie Bearne	29:26	
Chris Harding	29:30	
Sharon Hardwicke	30:38	
Zoe Gould	31:35	
Chris King	32:08	
Alia Hamden	35:40	
Zoe Jackson	35:40	

Mersea Island Parkrun		29/09/18
Charlie Alexander	22:55	PB, 1 st Lady
Netley Abbey Parkrun		29/09/18
Tim Ford	26:08	
Colchester Castle Parkrun		29/09/18
Marc Griggs	34:45	
Maldon Parkrun		29/09/18
William Radley	18:20	5th
Richard Garrett	22:13	
Vicky Knight	24:11	
Lorraine Baker	24:52	
Simon Baker	24:53	
John McVelia	28:00	
Alison Peace	29:57	
Julia Bawden	29:58	
Caroline Hare	30:52	
Anita Leaver	31:32	
Robyn Harding	32:26	
Sue Long	32:31	SB
Draycote 10M		23/09/18
Tim Ford	1:19:18	
Mount Snowdon Ultra 100M		23/09/18
James Haskey-Jones	41:00:00	10th
Ingatstone 5		23/09/18
Andy Conway	30:02	SB, 1 st V50, 12 th /153
Felixstowe Coastal 10M		23/09/18

Gary Perryman	1:14:55	
Left or Right Trail – 7.5M		23/09/18
Paul Dellar	1:00:53	3 rd /53
Simon Baker	1:23:04	
Lorraine Baker	1:23:06	
Sharon Hardwicke	1:23:08	
John McVelia	1:28:04	
Rebecca McVelia	1:28:06	
Tom Rehal	1:28:52	
Hever Castle Olympic Tri – 10K run		22/09/18
Jono Finch	50:29	
Hever Castle Sprint Tri – 4K run		22/09/18
Kate Finch	21:31	
Julian Holder	26:09	
Mersea Island Parkrun		22/09/18
Bonnita Beckwith	29:54	
Maldon Parkrun		22/09/18
William Radley	18:11	PB, 2 nd
Gavin Laws	18:27	PB, M35 CR, 3 rd
Andrew Conway	20:02	9 th
Kevin Bunton	21:11	SB
Richard Garrett	22:52	
Edward Skinner	23:31	
Simon Baker	25:44	
Phil Kinsman	26:39	
Jon Barter	27:09	
Luke Archer	27:30	
John McVelia	28:05	
Rebecca McVelia	28:31	SB

Alison Peace	28:38	
Caroline Hare	30:55	
Anita Leaver	32:44	
Sue Long	33:10	
Burnham-on-Crouch Parkrun		22/09/18
Tracy Harrington	22:25	SB, 1 st lady
Pleshey and Essex Half Marathon		16/09/18
Andrew Conway	01:25:11	County Bronze, SB
Paul Dellar	01:30:44	
Matt Davey	01:33:30	
Jon Barter	01:48:55	
Malcolm Bailey	01:58:23	
World Masters Half Marathon		16/09/18
Paul Mingay	01:21:24	Gold medal
Great East Run		16/09/18
Julia Bawden	02:18:39	
Essex Waterways 10K		16/09/18
Scott Brenton	00:48:47	
Chris Harding	01:01:20	
Larina Marsh	01:02:47	
Alison Peace	01:03:29	
Blackwater Sprint tri - 5K Leg		16/09/18
Aaron Graves	00:21:33	
Danielle Harrington	00:26:05	
Morven Hurding	00:26:51	
Jessica Archer	00:29:00	
Luke Archer	00:29:31	
Sean Pope	00:39:28	

H4H Trail - 10M		16/09/18
Mark Lawes	01:27:43	5th/32
Tracy Harrington	01:32:07	6th/32, 1st= Lady
Vicky Knight	01:32:07	6th/32, 1st= Lady
Simon Baker	01:35:05	
Julian Holder	02:03:17	
Robyn Harding	02:10:25	
Ann-Marie Bearne	02:10:56	
Chris King	02:11:08	
Alia Hamden	02:11:09	
Jo Roblin	02:11:23	
Zoe Jackson	02:11:28	
Frances Gridley	02:19:35	
Anita Leaver	02:29:00	
Sue Long	02:29:00	
Sharon Hardwicke	02:29:00	
H4H Trail - 7M		16/09/18
Olivia Collison	01:14:01	
Luke Collison	01:14:01	
Angela Dellar	01:15:41	
Rebecca McVelia	01:16:06	
Anthony Knight	01:17:31	
Kim Broughton	01:17:31	
Stacy Hember	01:17:31	
Lindsey Visagie	01:17:31	
Kevin Bunton	01:21:00	
Jim Slater	01:21:00	
Lee Kerrison	01:21:00	
Dunmow Carnival Trail		15/09/18
Jim Slater	01:05:25	

Tina Clarke	01:09:48	
John McVelia	01:09:48	
Simon Baker	01:21:36	
Lorraine Baker	01:21:36	
Mersea Island Parkrun		15/09/18
Bonnita Beckwith	00:27:07	
Kesgrave Parkrun		15/09/18
Rob Hadgraft	00:28:03	
Great Cornard Parkrun		15/09/18
Gary Perryman	00:21:30	10th
Brentwood Parkrun		15/09/18
Jeff Fairfull	00:30:59	
Sheringham Parkrun		15/09/18
Anita Leaver	00:35:32	
Netley Abbey Parkrun		15/09/18
Tim Ford	00:25:22	
Hanley Parkrun		15/09/18
Emma Goodson	00:33:13	
Maldon Parkrun		15/09/18
William Radley	00:18:24	2nd, PB
Gavin Laws	00:18:32	3rd, PB, M35 CR
Kevin Bunton	00:21:33	
Andrew Conway	00:25:42	
Stacy Hember	00:25:59	
Phil Kinsman	00:26:03	
Helen Newman	00:27:09	

Paul Gregory	00:27:10	
Scott Brenton	00:27:29	
Frances Gridley	00:27:52	
Lorraine Baker	00:28:36	
Simon Baker	00:28:38	
Vicky Knight	00:28:42	
Luke Archer	00:28:59	
Jon Barter	00:29:29	
Jo Roblin	00:33:27	
Caroline Hare	00:38:37	
Rapheal Parkrun		
	15/09/18	
Iain Rhodes	00:23:32	
Kingston Parkrun		
	15/09/18	
Edward Skinner	00:23:18	
Clacton Tri - Sprint		
	09/09/18	
James Haskey-Jones	00:21:21	
Clacton tri - Std		
	09/09/18	
James Haskey-Jones	00:46:30	
Colchester Stampede Half		
	09/09/18	
Craig Dawson	01:32:11	17th/558
Paul Gregory	02:10:27	
Charlotte Steele	02:14:44	
Langham 10K		
	09/09/18	
Andrew Conway	00:40:45	46th/764
Danielle Harrington	00:44:47	1st F40
Vicky Knight	00:46:00	2nd F40
Lucy Davies	00:48:35	SB
Simon Baker	00:49:53	

Lorraine Mills	00:50:28	
Lorraine Baker	00:51:20	PB
Larina Marsh	00:59:21	
Sue Long	01:12:05	
Langham 5K 09/09/18		
Andrew Conway	00:18:18	1st V50, 7th/84
Matt Davey	00:20:09	SB
Anthony Knight	00:26:07	SB
Gary Perryman	00:26:08	
Toppesfield Trail - 7.5M 09/09/18		
Paul Dellar	00:53:27	1st/68
Jim Slater	01:15:39	
Malcolm Bailey	01:15:39	
Julian Holder	01:27:29	
Bob Bardell	01:32:58	
Zoe Gould	01:32:58	
Tina Clarke	01:33:00	
Zoe Jackson	01:33:00	
Chris King	01:33:00	
Anita Leaver	01:40:34	
Sharon Hardwicke	01:40:34	
World Masters 10K - Malaga 09/09/18		
Paul Mingay	00:36:38	Silver Medal, SB
Thames Path Challenge Ultra 08/09/18		
John McVelia	15:31:57	
Nuclear Races 10K OCR 08/09/18		
Lee Kerrison	02:02:07	
Burnham-on-Crouch Parkrun 08/09/18		

Iain Rhodes	00:23:12	
Great Cornard Parkrun	08/09/18	
Gary Perryman	00:21:16	
Maldon Parkrun	08/09/18	
Scott Brenton	00:21:12	
Paul Graves	00:24:36	PB
Lorraine Baker	00:25:53	
Helen Newman	00:26:25	
Graeme Moon	00:26:30	
Jon Barter	00:26:31	
Anthony Knight	00:28:56	
Simon Baker	00:28:56	
Ann-Marie Bearne	00:28:59	
Lindsey Visagie	00:29:46	
Stacy Hember	00:29:51	
Frances Gridley	00:30:24	
Julia Bawden	00:30:46	
Alison Vincent	00:31:00	
Sharon Hardwicke	00:31:06	
Anita Leaver	00:32:00	
Chris Harding	00:32:28	
Minehead Parkrun	08/09/18	
Tim Ford	00:23:41	
Old Deer Park Parkrun	08/09/18	
Rob Hadgraft	00:27:47	
Wissey Half Marathon	02/09/18	
Andrew Conway	01:26:12	1st M50, 15th/255
Gavin Laws	01:29:06	PB, M35 CR, 22nd/255
Paul Dellar	01:36:51	

Peter Banks	01:43:49	
Gary Perryman	01:48:11	
Essex Way Leg 10 - 5.5M		02/09/18
Jonathan Finch	22nd	
Craig Dawson	33rd	
Larina Marsh	60th	
Rob Hadgraft	61st	
Essex Way Leg 9 - 5.3M		02/09/18
Craig Dawson	13th	
Bob Bardell	33rd	
Robyn Harding	50th	
John McVelia	51st	
Essex Way Leg 8 - 8M		02/09/18
James Haskey-Jones	15th	
Kate Finch	42nd	
Simon Baker	43rd	
Anthony Knight	59th	
Essex Way Leg 7 - 11.2M		02/09/18
Mark Lawes	49th	
Tracy Harrington	50th	
Morven Hurding	52nd	
Alison Vincent	53rd	
Essex Way Leg 6 - 5.7M		02/09/18
Chris King	65th	
Joanne Dickman	66th	
Zoe Gould	67th	
Georgina Haskey-Jones	68th	
Essex Way Leg 5 - 9.4M		02/09/18

Lorraine Baker	42nd	
Julian Holder	51st	
Fiona Lock	60th	
Julia Bawden	61st	
Essex Way Leg 4 - 10.1M		02/09/18
Jonathan Finch	11th	
Vicky Knight	36th	
Iain Rhodes	45th	
Stuart Peace	46th	
Essex Way Leg 3 - 9.5M		02/09/18
William Radley	4th	
Lee Kerrison	40th	
Richard Garrett	48th	
Scott Brenton	60th	
Essex Way leg 2 - 9.5M		02/09/18
Jim Slater	41st	
Anthony Knight	59th	
Sharon Hardwicke	67th	
Ann-Marie Bearne	68th	
Essex Way Leg 1 - 7.5M		02/09/18
Kim Broughton	59th	
Graeme Moon	60th	
Tina Clarke	61st	
Lindsey Visagie	62nd	
Mersea Island Parkrun		01/09/18
Lucy Davies	00:22:56	SB, 4th female
Penrose Parkrun		01/09/18
Emma Goodson	00:29:02	

Maldon Parkrun	01/09/18	
Paul Mingay	00:18:36	3rd
Vicky Knight	00:24:27	
Chris Harding	00:25:21	SB
Jon Barter	00:25:23	
Angela Dellar	00:26:06	
Anthony Knight	00:26:53	
Luke Collison	00:27:10	
Paul Gregory	00:27:24	
Lucy Willis	00:28:45	
Julia Bawden	00:29:09	
Iain Rhodes	00:29:12	
Luke Archer	00:29:54	
Sharon Hardwicke	00:30:41	
John McVelia	00:30:48	
Anita Leaver	00:32:24	
Robyn Harding	00:33:16	
Valentines (Ilford) Parkrun	01/09/18	
Edward Skinner	00:23:40	
Torbay Velopark Parkrun	01/09/18	
Tim Ford	00:26:20	