

## Race Report

R051	Nightmare at the Elms	28/11/18	
DAWSC1	Craig Dawson	00:44:27	1st
KERRL1	Lee Kerrison	01:04:54	
HARDC1	Chris Harding	01:04:54	
HOLDJ1	Julian Holder	01:12:07	
HARDS1	Sharon Hardwicke	01:12:08	
BAKES1	Simon Baker	01:12:08	
BAKEL1	Lorraine Baker	01:12:08	
MCVEJ1	John McVelia	01:12:35	
MCVER1	Rebecca McVelia	01:12:35	
ADD			
R50D	Cyprus International - 10k	25/11/18	
MINGP1	Paul Mingay	00:36:59	
DELLP1	Paul Dellar	00:41:15	
CONWA1	Andrew Conway	00:39:21	
ADD			
R50C	Cyprus International - Half	24/11/18	
MINGP1	Paul Mingay	01:26:44	
DELLP1	Paul Dellar	01:32:02	
CONWA1	Andrew Conway	01:42:10	
ADD			
R50B	Cyprus International - 11k Hill	23/11/18	
MINGP1	Paul Mingay	00:59:39	
DELLP1	Paul Dellar	01:00:22	
CONWA1	Andrew Conway	01:04:22	
ADD			
R50A	Cyprus International - 6k TT	22/11/18	
MINGP1	Paul Mingay	00:22:43	
DELLP1	Paul Dellar	00:24:11	
CONWA1	Andrew Conway	00:23:03	
ADD			
R049	Snetterton Marathon	18/11/18	
GRAVA1	Aaron Graves	02:56:58	PB

## Race Report

Race Report			
ADD			
R048	Hatfield 5	25/11/18	
PERRG1	Gary Perryman	00:34:27	
ADD			
R047	Inter-Financial Services XC	25/11/18	
FORDT1	Tim Ford		tbc
ADD			
R046	Wolverton 5 Mile	25/11/18	
HARDC1	Chris Harding	00:43:28	
ADD			
R045	NESS XC Harwich	25/11/18	
ALEXC1	Charlie Alexander		31st
BAKES1	Simon Baker		157th
BANKP1	Peter Banks		111th
BRENS1	Scott Brenton		112th
BUNTK1	Kevin Bunton		133rd
GARRR1	Richard Garrett		160th
GODDS1	Sam Godden		17th
GRAVA1	Aaron Graves		36th
GRAVM1	Mandy Graves		86th
GRAVP1	Paul Graves		190th
HARRD1	Danielle Harrington		11th
HARRT1	Tracy Harrington		22nd
HASKJ1	James Haskey-Jones		115th
HURDM1	Morven Hurding		25th
KINGC1	Chris King		84th
LAWEM1	Mark Lawes		140th
LAWSG1	Gavin Laws		46th
MCVEJ1	John McVelia		201st
MCVER1	Rebecca McVelia		68th
REHAT1	Tom Rehal		25th
RUSST1	Tracy Russell		69th
THEOR1	Royston Theobald		134th

## Race Report

VINCA1	Alison Vincent		61st
VINCN1	Nic Vincent		187th
ADD			
R044	Gnoll parkrun	24/11/18	
ARCHL1	Luke Archer	00:29:49	
ADD			
R043	Alice Holt parkrun	24/11/18	
ARCHN1	Nick Archer	00:29:01	
ADD			
R042	Netley Abbey parkrun	24/11/18	
FORDT1	Tim Ford	00:23:32	SB
ADD			
R041	Maldon Prom parkrun	24/11/18	
LAWSG1	Gavin Laws	00:18:36	
BUNTK1	Kevin Bunton	00:21:26	
HASKJ1	James Haskey-Jones	00:21:30	
PEACS1	Stuart Peace	00:23:27	SB
HURDM1	Morven Hurding	00:23:31	CR
BAKES1	Simon Baker	00:24:05	SB
ROBIJ1	Jackie Robinson	00:24:42	SB
DELLA1	Angela Dellar	00:24:58	SB
CLART1	Tina Clarke	00:25:01	SB
KNIGV1	Vicky Knight	00:26:53	
MCVEJ1	John McVelia	00:27:21	SB
HARDC1	Chris Harding	00:27:25	SB
GRIDF1	Frances Gridley	00:27:59	SB
HARDR1	Robyn Harding	00:28:34	SB
HARDS1	Sharon Hardwicke	00:31:52	
LEAVA1	Anita Leaver	00:32:46	
RHODP1	Pat Rhodes	00:34:32	
KNIGA1	Anthony Knight	00:55:57	
ADD			
R040	Colchester Castle parkrun	24/11/18	

## Race Report

POTTK1	Katie Potter	00:29:49	
ADD			
R039	Hackney Marshes parkrun	24/11/18	
GRAVA1	Aaron Graves	00:17:40	PB CR
BRENS1	Scott Brenton	00:20:11	PB
ADD			
R038	Hadleigh 10 Mile	18/11/18	
FINCJ1	Jonathan Finch	01:08:00	
ADD			
R037	Chelmsford 10k	18/11/18	
KNIGA1	Anthony Knight	00:53:11	
ADD			
R036	Long Sutton 10km	18/11/18	
DAVEM1	Matt Davey	00:40:42	PB
PERRG1	Gary Perryman	00:43:45	SB
ADD			
R035	Rother Valley Half	18/11/18	
CLART1	Tina Clarke	02:04:29	
ADD			
R034	Gosfield Gauntlet Half	18/11/18	
DAWSC1	Craig Dawson	01:43:07	1st
DELLP1	Paul Dellar	01:44:20	
BAKES1	Simon Baker	02:08:23	
BAKEL1	Lorraine Baker	02:08:27	
RUSST1	Tracy Russell	02:23:27	
HARDS1	Sharon Hardwicke	02:43:26	
HAMDA1	Alia Hamden	03:01:05	
MCVER1	Rebecca McVelia	00:01:05	
MCVEJ1	John McVelia	03:01:05	
ADD			
R033	Gosfield Gauntlet Full	18/11/18	
LAWEM1	Mark Lawes	04:40:15	
HARRT1	Tracy Harrington	04:40:15	1st F

## Race Report

HASKJ1	James Haskey-Jones	04:40:15	
ADD			
R032	Hertfordshire Half	18/11/18	
ALEXC1	Charlie Alexander	01:45:07	PB
CONWA1	Andrew Conway	01:25:31	
ADD			
R031	Snetterton Half	18/11/18	
GRAVP1	Paul Graves	02:11:06	
GIBBB1	Bryn Gibbons	01:41:58	Debut
ADD			
R030	Adnams 10km	18/11/18	
BAWDJ1	Julia Bawden	00:58:14	
ADD			
R029	Mersea parkrun	17/11/18	
THEOR1	Royston Theobald	00:22:37	DEBUT
ADD			
R028	Gnoll parkrun	17/11/18	
ARCHL1	Luke Archer	00:29:17	
ADD			
R027	Doncaster parkrun	17/11/18	
KERRL1	Lee Kerrison	00:24:00	SB
ADD			
R026	Clacton Seafront parkrun	17/11/18	
ROBIJ1	Jackie Robinson	00:25:22	Debut
ADD			
R025	Netley Abbey parkrun	17/11/18	
FORDT1	Tim Ford	00:25:22	SB
ADD			
R024	Colchester Castle parkrun	17/11/18	
POTTK1	Katie Potter	00:29:38	SB
GRIGM1	Marc Griggs	00:34:14	
ADD			
R023	Maldon Prom parkrun	17/11/18	
LAWSG1	Gavin Laws	00:18:19	PB CR

## Race Report

CONWA1	Andrew Conway	00:19:23	
RADLW1	William Radley	00:20:03	
BUNTK1	Kevin Bunton	00:21:20	
GARRR1	Richard Garrett	00:22:25	
WILLL1	Lucy Willis	00:23:15	PB CR
DELLA1	Angela Dellar	00:25:19	
BAKEL1	Lorraine Baker	00:25:20	SB
HEMBS1	Stacy Hember	00:26:47	SB
HARDC1	Chris Harding	00:28:12	SB
BAKES1	Simon Baker	00:28:54	SB
PEACA1	Alison Peace	00:28:56	
HARDR1	Robyn Harding	00:29:06	
BAWDJ1	Julia Bawden	00:29:08	
RHODI1	Iain Rhodes	00:29:09	
GREGP2	Paul Gregory	00:30:00	
HARDS1	Sharon Hardwicke	00:31:16	
KNIGA1	Anthony Knight	00:31:16	
LONGS1	Sue Long	00:33:48	
LEAVA1	Anita Leaver	00:34:05	
HASKJ1	James Haskey-Jones	00:21:06	
ADD			
R022	Hants XC Aldershot	10/11/18	
FORDT1	Tim Ford		286th
ADD			
R021	Beckley 10km	04/11/18	
FORDT1	Tim Ford	00:48:32	
ADD			
R020	The Hobble - 14.0 Miles	11/11/18	
CONWA1	Andrew Conway	01:45:26	
RADLW1	William Radley	01:52:10	
DELLP1	Paul Dellar	01:52:10	
DAVEM1	Matt Davey	02:02:23	
HARRT1	Tracy Harrington	02:12:12	

## Race Report

LAWEM1	Mark Lawes	02:12:12	
BAKEL1	Lorraine Baker	02:42:37	
BAKES1	Simon Baker	02:42:37	
SLATJ1	Jim Slater	02:46:52	
BAILM1	Malcolm Bailey	02:47:21	
MCVEJ1	John McVelia	02:49:43	
CLART1	Tina Clarke	02:49:53	
KINGC1	Chris King	02:49:53	
MARSL1	Larina Marsh	03:05:01	
HEMBS1	Stacy Hember	03:05:01	
BROUM1	Michael Broughton	03:05:01	
BROUK1	Kim Broughton	03:05:01	
PEACA1	Alison Peace	03:05:01	
BAWDJ1	Julia Bawden	03:05:01	
VISAL1	Lindsey Visagie	03:05:01	
GRIDF1	Frances Gridley	03:18:30	
ADD			
R019	The Hobble - 5.8 Miles	11/11/18	
LEAVA1	Anita Leaver	01:24:47	
HARDS1	Sharon Hardwicke	01:24:47	
ADD			
R018	Winter 10 Wales	10/11/18	
VINCN1	Nic Vincent	01:58:32	
VINCA1	Alison Vincent	01:58:32	
R017	Mersea parkrun	10/11/18	
BECKB1	Bonnita Beckwith	00:28:40	
ADD			
R016	Gt Notley parkrun	10/11/18	
BANKP1	Peter Banks	00:22:07	
ADD			
R015	Maldon Prom parkrun	10/11/18	
LAWSG1	Gavin Laws	00:18:42	2nd

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CONWA1	Andrew Conway	00:20:19	
BUNTK1	Kevin Bunton	00:21:36	
GRAVP1	Paul Graves	00:27:07	
KINSP1	Phil Kinsman	00:27:31	
HEMBS1	Stacy Hember	00:28:03	
PEACA1	Alison Peace	00:28:05	SB
MCVEJ1	John McVelia	00:28:33	
BAKEL1	Lorraine Baker	00:28:39	
KNIGA1	Anthony Knight	00:29:01	
BAKES1	Simon Baker	00:29:02	
GREGP2	Paul Gregory	00:29:44	
GRAVM1	Mandy Graves	00:30:03	
HAREC1	Caroline Hare	00:31:47	SB
HARDC1	Chris Harding	00:32:40	
HARDS1	Sharon Hardwicke	00:33:11	
LEAVA1	Anita Leaver	00:33:12	
WILLL1	Lucy Willis	00:59:59	Tail
ADD			
R014	Barnsley parkrun	10/11/18	
KERRL1	Lee Kerrison	00:25:24	
ADD			
R013	Colchester Castle parkrun	10/11/18	
GRAVA1	Aaron Graves	00:18:06	
ARCHL1	Luke Archer	00:30:13	
ADD			
R012	Ipswich parkrun	10/11/18	
HADGR1	Rob Hadgraft	00:28:54	
ADD			
R011	XC Essex League One Tree Hill	10/11/18	
HARRT1	Tracy Harrington		39th
RUSST1	Tracy Russell		96th
GRAVA1	Aaron Graves		22nd
RADLW1	William Radley		109th



## Race Report

LAWEM1	Mark Lawes		173rd
SKINE1	Edward Skinner		202nd
ADD			
R010	XC Vets - Loughton	03/11/18	
SKINE1	Edward Skinner		TBC
ADD			
R009	Trail By The Sea (Holland)	04/11/18	
HOLDJ1	Julian Holder	02:24:55	
ADD			
R008	Elmstead Market Trail Half Maratho	04/11/18	
DAWSC1	Craig Dawson	02:01:59	1st
RUSST1	Tracy Russell	02:41:46	
ADD			
R007	Leeds Abbey Dash 10km	04/11/18	
KERRL1	Lee Kerrison	00:50:30	
ADD			
R006	Nuclear Fallout 7K	03/11/18	
KNIGV1	Vicky Knight	02:00:03	
KNIGA1	Anthony Knight	02:00:03	
ADD			
R005	NESS XC - Gt Notley	04/11/18	
GODDS1	Sam Godden		8th
HARRT1	Tracy Harrington		24th
CLART1	Tina Clarke		58th
BAKEL1	Lorraine Baker		62nd
MCVER1	Rebecca McVelia		75th
GRIDF1	Frances Gridley		85th
GRAVM1	Mandy Graves		94th
LEAVA1	Anita Leaver		98th
GRAVA1	Aaron Graves		25th
REHAT1	Tom Rehal		28th
CONWA1	Andrew Conway		29th
LAWSG1	Gavin Laws		45th

## Race Report

RADLW1	William Radley		51st
DELLP1	Paul Dellar		71st
BANKP1	Peter Banks		95th
BRENS1	Scott Brenton		120th
LAWEM1	Mark Lawes		135th
THEOR1	Royston Theobald		139th
BALLD1	David Ballard		143rd
GIBBB1	Bryn Gibbons		156th
GARRR1	Richard Garrett		189th
BAKES1	Simon Baker		198th
ADD			
R004	Billericay 10K	04/11/18	
KNIGV1	Vicky Knight	00:47:23	
HEMBS1	Stacy Hember	00:54:45	
BAWDJ1	Julia Bawden	00:58:08	
LONGS1	Sue Long	01:10:22	
ADD			
R003	Maldon Prom parkrun	03/11/18	
RADLW1	William Radley	00:18:49	4th
CONWA1	Andrew Conway	00:18:58	
BRENS1	Scott Brenton	00:20:14	PB
GARRR1	Richard Garrett	00:22:12	
YELLS1	Sam Yell	00:23:09	
WILLL1	Lucy Willis	00:23:48	PB CR
PEACS1	Stuart Peace	00:24:25	
HEMBS1	Stacy Hember	00:27:31	
CLART1	Tina Clarke	00:27:35	
ROBLJ1	Jo Roblin	00:27:46	
BAWDJ1	Julia Bawden	00:28:46	
MOONG1	Graeme Moon	00:28:50	
ARCHL1	Luke Archer	00:29:06	
PEACA1	Alison Peace	00:29:30	

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HARDS1	Sharon Hardwicke	00:31:15	
GRIDF1	Frances Gridley	00:31:15	
HAREC1	Caroline Hare	00:31:52	
LEAVA1	Anita Leaver	00:31:58	
ADD			

R002	Riddlesdown parkrun	03/11/18	
FORDT1	Tim Ford	00:25:23	
ADD			