

Race Report

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|--------|------------------------------|----------|----------|
| R143 | Hampshire Champs XC | | 06/01/19 |
| FORDT1 | Tim Ford | 00:58:36 | 174th |
| ADD | | | |
| R141 | East Hanningfield Trail Mara | | 06/01/19 |
| MCVEJ1 | John McVelia | 05:57:33 | |
| HARRT1 | Tracy Harrington | 04:13:02 | 1st F |
| ADD | | | |
| R142 | NYD Flicht Marathon | | 01/01/19 |
| MEDDS1 | Stuart Meddemmen | 04:26:38 | |
| ADD | | | |
| R140 | Barrow 10km | | 06/01/19 |
| CONWA1 | Andrew Conway | 00:40:52 | 1st |
| PERRG1 | Gary Perryman | 00:44:58 | |
| ADD | | | |
| R139 | Barrow 5km | | 06/01/19 |
| CONWA1 | Andrew Conway | 00:19:34 | 1st |
| PERRG1 | Gary Perryman | 00:21:15 | |
| ADD | | | |
| R138 | Essex Champs XC | | 05/01/19 |
| CONWA1 | Andrew Conway | 00:40:36 | 114th |
| LEAVA1 | Anita Leaver | 01:17:22 | 147th |
| RHODI1 | Iain Rhodes | 00:51:14 | 206th |
| ARCHN1 | Nick Archer | 00:55:33 | 214th |
| GRAVP1 | Paul Graves | 00:58:27 | 220th |
| FAIRJ2 | Jeff Fairfull | 01:05:31 | 230th |
| HARRT1 | Tracy Harrington | 00:47:31 | 50th |
| FINCK1 | Kate Finch | 00:51:06 | 67th |
| BAKEL1 | Lorraine Baker | 00:53:42 | 81st |
| HEMBS1 | Stacy Hember | 00:55:25 | 96th |
| MCVER1 | Rebecca McVelia | 00:56:00 | 100th |
| VINCA1 | Alison Vincent | 00:56:04 | 102nd |
| ARCHS1 | Susan Archer | 00:56:36 | 105th |
| KINGC1 | Chris King | 01:01:27 | 127th |

Race Report

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|--------|--------------------------|----------|-------|
| MARSL1 | Larina Marsh | 01:02:21 | 130th |
| HARDS1 | Sharon Hardwicke | 01:03:34 | 134th |
| BAWDJ1 | Julia Bawden | 01:03:46 | 135th |
| GRAVM1 | Mandy Graves | 01:07:30 | 141st |
| LONGS1 | Sue Long | 01:15:15 | 143rd |
| ADD | | | |
| R137 | Gt Dunmow parkrun | 05/01/19 | |
| ROBIJ1 | Jackie Robinson | 00:25:31 | |
| ADD | | | |
| R136 | Gt Notley parkrun | 05/01/19 | |
| FINCJ1 | Jonathan Finch | 00:29:23 | |
| ADD | | | |
| R135 | Great Cornard parkrun | 05/01/19 | |
| PERRG1 | Gary Perryman | 00:36:49 | |
| ADD | | | |
| R134 | Clumber Park parkrun | 05/01/19 | |
| KERRL1 | Lee Kerrison | 00:23:57 | SB |
| ADD | | | |
| R133 | Clacton Seafront parkrun | 05/01/19 | |
| GRAVA1 | Aaron Graves | 00:18:19 | 1st |
| ADD | | | |
| R132 | Maldon Prom parkrun | 05/01/19 | |
| BUNTK1 | Kevin Bunton | 00:21:11 | |
| GARRR1 | Richard Garrett | 00:22:08 | SB |
| HASKJ1 | James Haskey-Jones | 00:22:09 | |
| PEACS1 | Stuart Peace | 00:23:55 | |
| HARDC1 | Chris Harding | 00:25:13 | SB |
| BANKP1 | Peter Banks | 00:26:26 | |
| GREGP2 | Paul Gregory | 00:26:41 | SB |
| PEACA1 | Alison Peace | 00:27:06 | SB |
| HEMBS1 | Stacy Hember | 00:27:07 | |
| ARCHJ1 | Jessica Archer | 00:27:36 | |
| CLART1 | Tina Clarke | 00:28:13 | |

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|--------|-----------------------------|----------|-----|
| ROBLJ1 | Jo Roblin | 00:28:15 | |
| BAWDJ1 | Julia Bawden | 00:29:30 | |
| RHODI1 | Iain Rhodes | 00:29:31 | |
| ARCHL1 | Luke Archer | 00:30:44 | |
| MCVEJ1 | John McVelia | 00:30:45 | |
| HAREC1 | Caroline Hare | 00:32:39 | |
| JACKZ1 | Zoe Jackson | 00:33:01 | |
| SEESB1 | Bob Sees | 00:33:40 | |
| ADD | | | |
| R131 | Burnham on Crouch parkrun | 05/01/19 | |
| LAWSG1 | Gavin Laws | 00:19:01 | 1st |
| ADD | | | |
| R130 | Colchester Castle parkrun | 05/01/19 | |
| GRIGM1 | Marc Griggs | 00:32:57 | PB |
| ADD | | | |
| R129 | NYD Kingston parkrun | 01/01/19 | |
| SKINE1 | Edward Skinner | 00:24:59 | |
| ADD | | | |
| R128 | RAF Marham 10k | 31/12/18 | |
| PERRG1 | Gary Perryman | 00:42:18 | PB |
| ADD | | | |
| R127 | NYD Clacton parkrun | 01/01/19 | |
| ALEXC1 | Charlie Alexander | 00:25:35 | |
| ADD | | | |
| R126 | Hair of the Dog Trail Long | 01/01/19 | |
| HOLDJ1 | Julian Holder | 01:17:31 | |
| BAKES1 | Simon Baker | 00:54:19 | |
| ADD | | | |
| R125 | Hair of the Dog Trail Short | 01/01/19 | |
| MCVER1 | Rebecca McVelia | 00:41:06 | |
| MCVEJ1 | John McVelia | 00:41:03 | |
| HARDR1 | Robyn Harding | 00:41:08 | |
| HARDC1 | Chris Harding | 00:41:10 | |
| ADD | | | |

Race Report

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|--------|------------------------|----------|--------------|
| R124 | NYE Fritchway Marathon | 31/12/18 | |
| GRAVA1 | Aaron Graves | 02:57:05 | 1st |
| GIBBB1 | Bryn Gibbons | 04:00:21 | Debut |
| HARRT1 | Tracy Harrington | 03:48:59 | |
| FINCJ1 | Jonathan Finch | 03:36:39 | |
| RADLW1 | William Radley | 03:48:56 | |
| ADD | | | |
| R123 | NYD parkrun Colchester | 01/01/19 | |
| ALEXC1 | Charlie Alexander | 00:22:11 | PB CR |
| KINGC1 | Chris King | 00:29:32 | SB 1st A/Cat |
| ADD | | | |
| R122 | NYD parkrun Chelmsford | 01/01/19 | |
| ROBIJ1 | Jackie Robinson | 00:25:09 | |
| MCVER1 | Rebecca McVelia | 00:30:45 | |
| HARDC1 | Chris Harding | 00:29:20 | |
| HARDR1 | Robyn Harding | 00:31:06 | |
| MCVEJ1 | John McVelia | 00:31:14 | |
| ADD | | | |
| R121 | NYD parkrun SWF | 01/01/19 | |
| CONWA1 | Andrew Conway | 00:19:38 | |
| BANKP1 | Peter Banks | 00:21:13 | |
| BRENS1 | Scott Brenton | 00:23:02 | |
| HEMBS1 | Stacy Hember | 00:27:33 | |
| RHODI1 | Iain Rhodes | 00:27:34 | |
| GRAVP1 | Paul Graves | 00:28:22 | |
| GRAVM1 | Mandy Graves | 00:32:52 | |
| HARDS1 | Sharon Hardwicke | 00:32:53 | |
| RHODP1 | Pat Rhodes | 00:32:55 | |
| LEAVA1 | Anita Leaver | 00:35:59 | |
| ADD | | | |
| R120 | NYD parkrun Maldon | 01/01/19 | |
| CONWA1 | Andrew Conway | 00:19:30 | |
| BANKP1 | Peter Banks | 00:20:00 | |

Race Report

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| BRENS1 | Scott Brenton | 00:20:44 | |
| BUNTK1 | Kevin Bunton | 00:22:11 | |
| ROBIJ1 | Jackie Robinson | 00:24:47 | |
| ARCHS1 | Susan Archer | 00:26:23 | |
| GRAVP1 | Paul Graves | 00:27:19 | |
| RHODI1 | Iain Rhodes | 00:28:04 | |
| HEMBS1 | Stacy Hember | 00:28:08 | |
| HARDC1 | Chris Harding | 00:28:37 | |
| CLART1 | Tina Clarke | 00:29:01 | |
| ROBLJ1 | Jo Roblin | 00:29:02 | |
| HARDR1 | Robyn Harding | 00:30:24 | |
| MCVER1 | Rebecca McVelia | 00:31:15 | |
| RHODP1 | Pat Rhodes | 00:31:15 | SB |
| ARCHL1 | Luke Archer | 00:31:18 | |
| ARCHN1 | Nick Archer | 00:31:19 | |
| MCVEJ1 | John McVelia | 00:31:27 | |
| GRAVM1 | Mandy Graves | 00:31:50 | |
| JACKZ1 | Zoe Jackson | 00:32:45 | SB |
| LEAVA1 | Anita Leaver | 00:33:42 | |
| HARDS1 | Sharon Hardwicke | 00:33:43 | |

ADD