

## Race Report

R119	Saltwood Boxing Day Run	26/12/18	
HADGR1	Rob Hadgraft	00:35:37	
ADD			
R118	Runners Vs Riders	26/12/18	
BARDR1	Bob Bardell	00:31:01	
COLLL1	Luke Collison	00:33:32	
COLLO1	Olivia Collison	00:33:32	
ADD			
R117	Stour Valley Special	28/12/18	
HASKJ1	James Haskey-Jones	tbc	
ADD			
R116	Londonderry 10	29/12/18	
KERRL1	Lee Kerrison	01:23:53	
ADD			
R115	Mersea parkrun	29/12/18	
HADGR1	Rob Hadgraft	00:27:44	SB
ADD			
R114	Stratford upon Avon parkrun	29/12/18	
DAVEM1	Matt Davey	00:19:32	PB
ADD			
R113	Gt Notley parkrun	29/12/18	
FORDT1	Tim Ford	00:24:57	
ADD			
R112	Great Cornard parkrun	29/12/18	
PERRG1	Gary Perryman	00:26:12	
ADD			
R111	Colchester Castle parkrun	29/12/18	
ALEXC1	Charlie Alexander	00:22:49	PB CR
ADD			
R110	Valentines Park parkrun	29/12/18	
ROBIJ1	Jackie Robinson	00:24:56	
ADD			
R109	Roding Valley parkrun	29/12/18	
RHODI1	Iain Rhodes	00:25:32	

## Race Report

ADD			
R108	Maldon Prom parkrun	29/12/18	
BRENS1	Scott Brenton	00:21:28	
LAWSG1	Gavin Laws	00:21:28	
BALLD1	David Ballard	00:21:41	
ARCHJ1	Jessica Archer	00:24:35	PB
HEMBS1	Stacy Hember	00:26:15	SB
MCVER1	Rebecca McVelia	00:26:17	PB
BAKEL1	Lorraine Baker	00:26:24	
GIBBB1	Bryn Gibbons	00:26:52	
HASKJ1	James Haskey-Jones	00:27:02	
HARDC1	Chris Harding	00:27:49	
NEWMH1	Helen Newman	00:27:50	
PEACS1	Stuart Peace	00:27:52	
BAKES1	Simon Baker	00:28:17	
ROBLJ1	Jo Roblin	00:28:53	
KINSP1	Phil Kinsman	00:28:55	
MCVEJ1	John McVelia	00:29:22	
HARDS1	Sharon Hardwicke	00:29:51	SB
BAWDJ1	Julia Bawden	00:30:04	
GRAVM1	Mandy Graves	00:30:18	
GRAVP1	Paul Graves	00:30:21	
ARCHL1	Luke Archer	00:31:05	
HALLB1	Ben Hall	00:31:11	
JACKZ1	Zoe Jackson	00:33:01	SB
HAREC1	Caroline Hare	00:34:26	
HASKR1	Rose Haskey-Jones	00:34:47	
KNIGA1	Anthony Knight	00:36:28	
ADD			
R107	Gt Cornard Christmas Pud 5k	28/12/18	
CONWA1	Andrew Conway	00:19:27	3rd
ADD			
R106	Ilford XC	29/12/18	

## Race Report

HARRD1	Danielle Harrington	01:20:00	1st F
CONWA1	Andrew Conway	01:20:11	
BUNTK1	Kevin Bunton	tbc	
LAWEM1	Mark Lawes	01:23:00	
RHODI1	Iain Rhodes	tbc	
RUSST1	Tracy Russell	tbc	
SKINE1	Edward Skinner	tbc	
ADD			
R105	Six Geese a Laying 10m	30/12/18	
DELLP1	Paul Dellar	01:32:41	
BAKES1	Simon Baker	01:44:37	
BAKEL1	Lorraine Baker	01:44:37	
BAILM1	Malcolm Bailey	01:56:58	
SLATJ1	Jim Slater	01:57:01	
BARDR1	Bob Bardell	01:57:22	
MCVER1	Rebecca McVelia	01:57:22	
HARDC1	Chris Harding	01:59:16	
MCVEJ1	John McVelia	02:17:07	
GOULZ1	Zoe Gould	02:17:07	
HOLDJ1	Julian Holder	02:18:49	
HARDS1	Sharon Hardwicke	02:40:37	
LEAVA1	Anita Leaver	02:41:36	
LONGS1	Sue Long	02:42:09	
DAWSC1	Craig Dawson	01:14:19	3rd
ADD			
R104	Six Geese a Laying 5m	30/12/18	
VINCN1	Nic Vincent	00:51:41	
CONWA1	Andrew Conway	00:54:10	
VINCA1	Alison Vincent	00:56:14	
RHODI1	Iain Rhodes	00:57:44	
RHODP1	Pat Rhodes	00:57:44	
ADD			
R103	Maldon Prom parkrun	25/12/18	

## Race Report

LAWSG1	Gavin Laws	00:20:04	
GIBBB1	Bryn Gibbons	00:24:29	
BAILM1	Malcolm Bailey	00:24:52	
BAKEL1	Lorraine Baker	00:25:15	
COLLL1	Luke Collison	00:25:22	
KERRL1	Lee Kerrison	00:25:37	
KNIGV1	Vicky Knight	00:25:47	
PEACS1	Stuart Peace	00:25:57	
BARTJ1	Jon Barter	00:26:37	
ROBIJ1	Jackie Robinson	00:26:41	
CLART1	Tina Clarke	00:26:55	
CONWA1	Andrew Conway	00:27:00	
MOONG1	Graeme Moon	00:28:23	SB
GRAVP1	Paul Graves	00:28:26	
HEMBS1	Stacy Hember	00:28:27	
GREGP2	Paul Gregory	00:28:28	
BROUK1	Kim Broughton	00:29:16	
MCVEJ1	John McVelia	00:29:57	
MCVER1	Rebecca McVelia	00:30:08	
BAWDJ1	Julia Bawden	00:30:09	
BAKES1	Simon Baker	00:31:05	
RHODP1	Pat Rhodes	00:31:23	SB
RHODI1	Iain Rhodes	00:31:23	
GRAVM1	Mandy Graves	00:33:00	
LEAVA1	Anita Leaver	00:33:21	
VINCA1	Alison Vincent	00:34:04	
HASKJ1	James Haskey-Jones	00:34:27	
HARDS1	Sharon Hardwicke	00:37:33	
KNIGA1	Anthony Knight	00:39:17	
ADD			
R102	Colchester Castle parkrun	25/12/18	
BARDR1	Bob Bardell	00:25:32	

## Race Report

GOULZ1	Zoe Gould	00:34:54	
ADD			
R101	Witham Boxing Day 5	26/12/18	
GRAVA1	Aaron Graves	00:28:52	1st M 18-39 PB
MINGP1	Paul Mingay	00:28:57	1st M60-69
RADLW1	William Radley	00:29:57	Debut
LAWSG1	Gavin Laws	00:30:01	PB CR
CONWA1	Andrew Conway	00:31:42	
BANKP1	Peter Banks	00:32:30	PB
PERRG1	Gary Perryman	00:33:51	PB
BALLD1	David Ballard	00:34:46	Debut
HARRT1	Tracy Harrington	00:35:01	1st F45-54 PB CR
GIBBB1	Bryn Gibbons	00:36:29	Debut
FINCK1	Kate Finch	00:38:52	
KNIGV1	Vicky Knight	00:38:16	
MILLL1	Lorraine Mills	00:39:30	PB
VINCA1	Alison Vincent	00:40:46	PB
VINCN1	Nic Vincent	00:40:47	Debut
HEMBS1	Stacy Hember	00:41:40	PB
YELLS1	Sam Yell	00:42:13	Debut
HARDC1	Chris Harding	00:42:58	PB
MCVER1	Rebecca McVelia	00:43:20	PB
GRAVP1	Paul Graves	00:44:22	
HARDS1	Sharon Hardwicke	00:47:24	PB
BAWDJ1	Julia Bawden	00:47:25	
HARDR1	Robyn Harding	00:48:08	
CLART1	Tina Clarke	00:48:25	
CHEUS1	Sam Cheung	00:48:25	
MCVEJ1	John McVelia	00:50:41	
KNIGA1	Anthony Knight	00:50:41	
GRAVM1	Mandy Graves	00:50:08	
BEARA1	Ann-Marie Bearne	00:46:57	PB
ADD			

## Race Report

R100		Reindeer Roundup	23/12/18
HARRT1	Tracy Harrington		00:58:02
SLATJ1	Jim Slater		00:58:02
BAKES1	Simon Baker		01:01:37
BAKEL1	Lorraine Baker		01:01:37
HARDS1	Sharon Hardwicke		01:01:37
ADD			
R099		Elves 11	23/12/18
CONWA1	Andrew Conway		01:50:28
HARDC1	Chris Harding		02:19:55
HARDR1	Robyn Harding		02:19:47
KERRL1	Lee Kerrison		02:19:55
MCVEJ1	John McVelia		02:20:28
MCVER1	Rebecca McVelia		02:20:18
KINGC1	Chris King		02:20:31
RUSST1	Tracy Russell		02:23:41
MARSL1	Larina Marsh		02:25:47
HEMBS1	Stacy Hember		02:25:52
BROUK1	Kim Broughton		02:26:15
BAWDJ1	Julia Bawden		02:26:18
PEACS1	Stuart Peace		02:26:19
RHODI1	Iain Rhodes		02:26:19
PEACA1	Alison Peace		02:26:27
VISAL1	Lindsey Visagie		02:26:28
ARCHN1	Nick Archer		02:26:41
GRAVM1	Mandy Graves		02:26:41
GRAVP1	Paul Graves		02:26:48
ARCHS1	Susan Archer		02:26:51
LONGS1	Sue Long		03:08:33
ADD			
R098		An Elf Trail	22/12/18
DAWSC1	Craig Dawson		00:58:17

## Race Report

RUSST1	Tracy Russell	01:14:27	
SLATJ1	Jim Slater	01:14:30	
VINCA1	Alison Vincent	01:23:17	
MCVEJ1	John McVelia	01:24:58	
MCVER1	Rebecca McVelia	01:24:58	
HARDS1	Sharon Hardwicke	01:34:17	
LEAVA1	Anita Leaver	01:34:44	
ADD			
R097	Mersea parkrun	22/12/18	
DAVEM1	Matt Davey	00:20:29	
PERRG1	Gary Perryman	00:21:42	SB
ALEXC1	Charlie Alexander	00:22:55	Debut CR
ADD			
R095	Sheringham parkrun	22/12/18	
BUNTK1	Kevin Bunton	00:22:52	
ADD			
R094	Maldon Prom parkrun	22/12/18	
LAWSG1	Gavin Laws	00:18:52	1st
BALLD1	David Ballard	00:22:29	
GARRR1	Richard Garrett	00:22:36	
KNIGV1	Vicky Knight	00:23:31	2nd F
BARTJ1	Jon Barter	00:24:13	SB
BRENS1	Scott Brenton	00:25:05	
DELLA1	Angela Dellar	00:25:26	
GRAVP1	Paul Graves	00:26:57	
HEMBS1	Stacy Hember	00:27:20	
NEWMH1	Helen Newman	00:27:24	
KINSP1	Phil Kinsman	00:29:05	
CLART1	Tina Clarke	00:29:10	
ROBLJ1	Jo Roblin	00:29:12	
MCVER1	Rebecca McVelia	00:29:27	SB
PEACA1	Alison Peace	00:29:40	
BAWDJ1	Julia Bawden	00:29:42	

## Race Report

RHODP1	Pat Rhodes	00:32:02	SB
RHODI1	Iain Rhodes	00:32:04	
MCVEJ1	John McVelia	00:32:09	
JACKZ1	Zoe Jackson	00:33:53	
CONWA1	Andrew Conway	00:46:21	
KNIGA1	Anthony Knight	00:46:22	
ADD			
R093	Colchester Castle parkrun	22/12/18	
GRAVA1	Aaron Graves	00:18:18	
FINCK1	Kate Finch	00:29:29	
ADD			
R092	Kingston parkrun	22/12/18	
SKINE1	Edward Skinner	00:24:11	
ADD			
R091	Ipswich parkrun	22/12/18	
ROBIJ1	Jackie Robinson	00:25:56	
ADD			
R090	Search for Santa	19/12/18	
KERRL1	Lee Kerrison	01:18:04	28:04 after Bonus
HARDC1	Chris Harding	01:18:04	28:04 after Bonus
BAKEL1	Lorraine Baker	01:23:25	38:25 after Bonus
BAKES1	Simon Baker	01:23:25	38:25 after Bonus
HOLDJ1	Julian Holder	01:30:58	1:00:58 after Bonus
MCVER1	Rebecca McVelia	01:43:06	1:03:06 after Bonus
MCVEJ1	John McVelia	01:43:06	1:03:06 after Bonus
ADD			
R089	Sikhs in City 15 Mile	16/12/18	
MCVEJ1	John McVelia	03:01:11	
ADD			
R088	Sikhs in the City	16/12/18	
MCVER1	Rebecca McVelia	02:35:36	
ADD			
R087	Horse Heath XC	15/12/18	



## Race Report

GRAVA1	Aaron Graves	00:33:13	65th
CONWA1	Andrew Conway	00:33:46	77th
RADLW1	William Radley	00:34:07	81st
SKINE1	Edward Skinner	00:45:10	168th
LAWEM1	Mark Lawes	00:39:56	145th
ADD			
R086	Maldon Santa run 5km	16/12/18	
CONWA1	Andrew Conway	00:19:47	1st
ADD			
R085	Christmas 5km Olympic Park	16/12/18	
KERRL1	Lee Kerrison	00:22:18	2nd V45 PB
ADD			
R084	David Randall 5k Santa Funrun	16/12/18	
LONGS1	Sue Long	tbc	
ADD			
R083	Waterside 10km Huntingdon	16/12/18	
HARDC1	Chris Harding	00:54:54	PB
ADD			
R082	Jersey Farm parkrun	15/12/18	
ROBIJ1	Jackie Robinson	00:25:46	
ADD			
R081	Mersea parkrun	15/12/18	
KERRL1	Lee Kerrison	00:24:07	
HARDC1	Chris Harding	00:26:21	SB
BECKB1	Bonnita Beckwith	00:27:15	SB
ADD			
R080	Harwich parkrun	15/12/18	
HADGR1	Rob Hadgraft	00:28:59	
ADD			
R079	Chelmsford parkrun	15/12/18	
KNIGV1	Vicky Knight	00:23:19	SB
ADD			
R078	Netley Abbey parkrun	15/12/18	
FORDT1	Tim Ford	00:28:00	

## Race Report

Race Report			
ADD			
R077	Maldon Prom parkrun	15/12/18	
LAWSG1	Gavin Laws	00:18:32	1st
DELLP1	Paul Dellar	00:20:08	7th
BALLD1	David Ballard	00:21:19	PB
BUNTK1	Kevin Bunton	00:21:25	
CONWA1	Andrew Conway	00:21:49	
GIBBB1	Bryn Gibbons	00:21:51	PB
PEACS1	Stuart Peace	00:24:01	
BAKES1	Simon Baker	00:24:03	
RHODI1	Iain Rhodes	00:24:04	SB
BAKEL1	Lorraine Baker	00:24:52	SB
DELLA1	Angela Dellar	00:25:09	
GRAVP1	Paul Graves	00:26:35	SB
NEWMH1	Helen Newman	00:26:55	Debut
GREGP2	Paul Gregory	00:27:17	SB
HEMBS1	Stacy Hember	00:27:59	
VISAL1	Lindsey Visagie	00:29:40	
GRAVM1	Mandy Graves	00:29:53	SB
HARDS1	Sharon Hardwicke	00:30:40	
HALLB1	Ben Hall	00:30:48	Debut
LEAVA1	Anita Leaver	00:32:33	
HAREC1	Caroline Hare	00:32:40	
ADD			
R076	Colchester Castle parkrun	15/12/18	
GRAVA1	Aaron Graves	00:18:29	3rd
ADD			
R075	Ware Cup XC Loughton	08/12/18	
SKINE1	Edward Skinner	00:40:40	63rd
ADD			
R074	Princess Cracker Trail	09/12/18	
CONWA1	Andrew Conway	00:54:06	1st
ADD			

## Race Report

R073	Southend Rudolph Run	09/12/18	
GRAVP1	Paul Graves	00:43:35	PB
HARDC1	Chris Harding	00:44:55	
GRAVM1	Mandy Graves	00:50:05	PB
KERRL1	Lee Kerrison	00:38:23	
ADD			
R072	Not the Flitch Switch 9.5	09/12/18	
DELLP1	Paul Dellar	01:12:07	
HARRT1	Tracy Harrington	01:19:56	
KNIGV1	Vicky Knight	01:19:56	
LAWEM1	Mark Lawes	01:19:56	
BAKES1	Simon Baker	01:25:24	
BAILM1	Malcolm Bailey	01:34:43	
HARDS1	Sharon Hardwicke	01:54:03	
HOLDJ1	Julian Holder	01:54:44	
MARSL1	Larina Marsh	01:56:46	
BAWDJ1	Julia Bawden	01:56:46	
HEMBS1	Stacy Hember	01:56:46	
VISAL1	Lindsey Visagie	01:56:46	
BROUK1	Kim Broughton	01:56:46	
BROUM1	Michael Broughton	01:56:46	
ADD			
R071	Not the Flitch Switch 5.5	09/12/18	
MCVEJ1	John McVelia	01:08:26	
MCVER1	Rebecca McVelia	01:08:26	
KINGC1	Chris King	01:08:26	
ADD			
R070	Haverhill parkrun	08/12/18	
HADGR1	Rob Hadgraft	00:29:01	
ADD			
R069	Mersea parkrun	08/12/18	
MCVEJ1	John McVelia	00:28:45	
KINGC1	Chris King	00:31:19	SB 1st A/Cat

## Race Report

DICKJ1	Joanne Dickman	00:31:20	
CLART1	Tina Clarke	00:36:30	
ADD			
R068	Clacton Seafront parkrun	08/12/18	
PERRG1	Gary Perryman	00:21:45	SB
ADD			
R067	Upton Court parkrun	08/12/18	
ROBIJ1	Jackie Robinson	00:25:09	
ADD			
R066	Southend parkrun	08/12/18	
LAWSG1	Gavin Laws	00:18:22	2nd
ADD			
R065	Maldon Prom parkrun	08/12/18	
CONWA1	Andrew Conway	00:19:28	1st
HARRD1	Danielle Harrington	00:21:34	
BALLD1	David Ballard	00:22:06	Debut
BAKES1	Simon Baker	00:24:00	
BAKEL1	Lorraine Baker	00:25:44	
BARTJ1	Jon Barter	00:24:34	SB
RHODI1	Iain Rhodes	00:27:25	SB
PEACS1	Stuart Peace	00:27:26	
HEMBS1	Stacy Hember	00:27:38	
HARDR1	Robyn Harding	00:27:39	SB
GREGP2	Paul Gregory	00:27:44	SB
HARDC1	Chris Harding	00:27:48	
HARDS1	Sharon Hardwicke	00:30:02	SB
GRIDF1	Frances Gridley	00:30:03	
SEESB1	Bob Sees	00:33:29	Debut
KNIGA1	Anthony Knight	00:48:15	
ADD			
R064	Colchester Castle parkrun	08/12/18	
GRIGM1	Marc Griggs	00:34:33	
ADD			

## Race Report

R061	Hackney Marshes parkrun	08/12/18	
BANKP1	Peter Banks	00:19:50	SB
ADD			
R063	York parkrun	08/12/18	
GRAVA1	Aaron Graves	00:18:15	
ADD			
R062	Newcastle parkrun	08/12/18	
FORDT1	Tim Ford	00:24:46	
ADD			
R060	Saxon Viking & Normans Event	26/11/18	
SLATJ1	Jim Slater	04:20:23	
ADD			
R059	Saxon Viking & Normans Event	26/11/18	
BAILM1	Malcolm Bailey	05:06:16	
ADD			
R058	Prince Pie Trail	02/12/18	
CONWA1	Andrew Conway	00:45:06	1st
BAKES1	Simon Baker	00:57:13	
BAKEL1	Lorraine Baker	01:00:19	
HOLDJ1	Julian Holder	01:06:07	
HARDS1	Sharon Hardwicke	01:22:06	
ADD			
R057	Essex Vets - Hilly Fields	01/12/18	
HARRD1	Danielle Harrington	00:32:44	
HARRT1	Tracy Harrington	00:34:36	
HEMBS1	Stacy Hember	00:40:07	
GRAVM1	Mandy Graves	00:47:02	
CONWA1	Andrew Conway	00:28:13	
DELLP1	Paul Dellar	00:30:16	
LAWEM1	Mark Lawes	00:32:51	
BUNTK1	Kevin Bunton	00:34:24	
HASKJ1	James Haskey-Jones	00:36:55	
SKINE1	Edward Skinner	00:37:05	

## Race Report

BAILM1	Malcolm Bailey	00:39:08	
GRAVP1	Paul Graves	00:42:14	
ADD			
R056	Mersea parkrun	01/12/18	
LAWSG1	Gavin Laws	00:18:59	1st
ADD			
R055	Bognor Regis parkrun	01/12/18	
ROBIJ1	Jackie Robinson	00:26:13	
ADD			
R054	Southend parkrun	01/12/18	
GRAVA1	Aaron Graves	00:18:16	1st
ADD			
R053	Maldon Prom parkrun	01/12/18	
GIBBB1	Bryn Gibbons	00:21:55	PB
BAKES1	Simon Baker	00:23:27	SB
BARTJ1	Jon Barter	00:24:36	
BAKEL1	Lorraine Baker	00:25:16	SB
PEACS1	Stuart Peace	00:25:38	
MCVEJ1	John McVelia	00:28:36	
GREGP2	Paul Gregory	00:28:45	SB
ARCHL1	Luke Archer	00:29:35	
GRIDF1	Frances Gridley	00:30:47	
PEACA1	Alison Peace	00:30:56	
BAWDJ1	Julia Bawden	00:31:01	
HARDS1	Sharon Hardwicke	00:31:42	
ADD			
R052	Colchester Castle parkrun	01/12/18	
HADGR1	Rob Hadgraft	00:29:46	
ADD			