

Run The Res 10m 09/06/2019

Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	Pace
Run The Res 10 Mile							
1.	56	Nate FILER	Male Senior	Colchester Harriers AC	01:02:21	01:02:19	6:14
2.	72	Richard HEATH	Male V45	Colchester Harriers AC	01:05:09	01:05:07	6:30
3.	165	Allen SMALLS	Male V50	Colchester Harriers AC	01:06:15	01:06:12	6:37
4.	70	Ian HAW	Male Senior	Colchester Harriers AC	01:07:48	01:07:45	6:46
5.	157	Alexander SALES	Male Senior	Colchester Harriers AC	01:08:00	01:07:58	6:47
6.	154	Paul RODGERS	Male V45	Colchester Harriers AC	01:08:34	01:08:31	6:51
7.	1	Keith MARLEY	Male V50	Colchester Harriers AC	01:08:43	01:08:41	6:52
8.	51	Graeme DAVIES	Male V45	Unattached	01:09:17	01:09:14	6:55
9.	49	Rob CRONSHAW	Male Senior	Colchester Harriers AC	01:09:23	01:09:21	6:56
10.	52	Chris DAVIS	Male Senior	Unattached	01:09:44	01:09:42	6:58
11.	45	Wayne COOK	Male V45	Colchester Harriers AC	01:10:18	01:10:15	7:01
12.	58	Barry FROST	Male Senior	Colchester Harriers AC	01:11:57	01:11:54	7:11
13.	63	Lloyd GRAY	Male Senior	Unattached	01:13:42	01:13:39	7:22
14.	95	Jonathan JONES	Male Senior	Unattached	01:13:44	01:13:42	7:22
15.	162	Daryl SELBY	Male Senior	Unattached	01:14:08	01:14:04	7:24
16.	24	Jonathan BOYLES	Male V40	Running Colchester	01:14:29	01:14:26	7:26
17.	107	Martin FROST	Male Senior	Unattached	01:16:07	01:16:03	7:36
18.	190	Graham WHITE	Male Senior	Eton Manor AC	01:16:29	01:16:26	7:38
19.	89	Stuart JAMES	Male V50	Unattached	01:16:32	01:16:29	7:39
20.	43	Paul CONNELL	Male V50	Great Bentley Running Club	01:16:45	01:16:41	7:40
21.	18	Vicky BIRD	Female Senior	Run Dem Crew	01:16:46	01:16:41	7:40
22.	130	Lee FOX	Male Senior	Unattached	01:20:57	01:20:55	8:05
23.	148	Deacon RICHARDSON	Male Senior	Unattached	01:21:09	01:21:01	8:06
24.	155	Jane RUKIN-WHITE	Female Senior	Eton Manor AC	01:21:42	01:21:38	8:10
25.	184	Stephen UTTING	Male V40	Unattached	01:21:44	01:21:34	8:10
26.	47	Neil CORNELIUS	Male V45	Unattached	01:21:47	01:21:42	8:10
27.	114	Roger ALEXANDER	Male V60	Unattached	01:21:49	01:21:43	8:10
28.	42	Timothy COMER	Male Senior	Running Colchester	01:22:27	01:22:19	8:14
29.	79	Errol HOLLOWAY	Male Senior	Unattached	01:22:33	01:22:24	8:15
30.	147	Gary RAYNER	Male V60	Colchester Harriers AC	01:22:55	01:22:39	8:17
31.	59	Bruce GANDER	Male V55	Leigh on Sea Striders	01:23:06	01:23:02	8:18
32.	13	Ian BEARD	Male V55	Unattached	01:23:21	01:23:11	8:20
33.	121	Hollie MUNSON	Female Senior	Unattached	01:23:35	01:23:30	8:21
34.	135	Dean PEPPER	Male Senior	Unattached	01:24:54	01:24:45	8:29
35.	30	Steve BUSBY	Male V55	Unattached	01:25:06	01:24:59	8:30
36.	196	Richard CORNER	Male V50	Unattached	01:26:00	01:25:49	8:35
37.	101	Charlie ALEXANDER	Female Senior	Tiptree Road Runners	01:26:00	01:25:56	8:35
38.	103	Graham LANGFORD	Male V45	Colchester Harriers AC	01:26:41	01:26:28	8:40
39.	55	Nigel EDEN	Male V55	Unattached	01:27:19	01:27:14	8:43
40.	174	Steve SMITH	Male V45	Weald Park Warriors	01:27:30	01:27:16	8:44
41.	38	Martin CLAYDON	Male V45	Colchester Harriers AC	01:27:32	01:27:19	8:45
42.	149	Jenny RICHARDSON	Female V55	Colchester Harriers AC	01:27:51	01:27:40	8:47
43.	12	Ruth BEAN	Female V45	Unattached	01:28:24	01:28:16	8:50
44.	93	Catherine JOHNSON	Female V50	Running Colchester	01:28:39	01:28:30	8:51
45.	64	Andrew GRIMWADE	Male V40	Unattached	01:29:30	01:29:22	8:56
46.	123	Natasha NEIGHBOUR	Female Senior	RED Runners	01:29:42	01:29:36	8:58
47.	163	Lian SIMMONDS	Female V45	RED Runners	01:29:42	01:29:36	8:58
48.	138	Timothy PICKARD	Male V55	Running Colchester	01:29:49	01:29:38	8:58



Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	Pace
49.	120	Robert ELLIOTT	Male Senior	Unattached	01:29:52	01:29:52	8:59
50.	61	Steven GLOVER	Male V50	Unattached	01:30:29	01:30:25	9:02
51.	124	Harry NOBLE	Male Senior	Unattached	01:30:48	01:30:29	9:04
52.	9	Jackie BAILEY	Female V50	Unattached	01:31:40	01:31:16	9:09
53.	99	Shelley KNIGHTS	Female Senior	Unattached	01:31:57	01:31:41	9:11
54.	14	Diane BEAVER	Female V55	Rochford Running Club	01:32:19	01:32:12	9:13
55.	77	Kathryn HILLS	Female V45	Running Colchester	01:32:24	01:32:13	9:14
56.	117	Lorraine MILLS	Female V50	Tiptree Road Runners	01:32:40	01:32:25	9:15
57.	118	Carly MONTERO	Female Senior	RED Runners	01:32:52	01:32:46	9:17
58.	151	Mark ROBERTSON	Male V55	RED Runners	01:33:13	01:33:06	9:19
59.	10	Gareth BARRETT	Male Senior	Unattached	01:33:22	01:33:15	9:20
60.	185	Nuno VIDAL	Male Senior	Unattached	01:33:37	01:33:30	9:21
61.	84	Joe HUGHES	Male Senior	Unattached	01:33:38	01:33:26	9:21
62.	156	Rachel SADLER	Female V45	Running Colchester	01:34:03	01:33:52	9:24
63.	44	Elisabeth CONNOR	Female V40	Unattached	01:34:15	01:34:06	9:25
64.	35	Gemma CHARVILLE	Female Senior	Ware Joggers	01:34:38	01:34:29	9:27
65.	100	Anna KOCINSKA	Female Senior	I Can Run Club Ipswich	01:35:05	01:35:00	9:30
66.	102	Alan LAMBERT	Male V55	Unattached	01:35:26	01:35:12	9:32
67.	36	Erin CHILVERS	Female Senior	Unattached	01:35:26	01:35:12	9:32
68.	195	Lucy WILLIS	Female Senior	Tiptree Road Runners	01:35:47	01:35:32	9:34
69.	92	David JOBLING	Male V60	Witham RC	01:36:24	01:36:19	9:38
70.	65	Ruth HALL	Female V45	Benfleet RC	01:36:52	01:36:44	9:41
71.	127	Emma NUNN	Female V40	Benfleet RC	01:36:57	01:36:49	9:41
72.	125	Carla NOLAN	Female Senior	RED Runners	01:37:03	01:36:57	9:42
73.	88	Lynwen JAMES	Female V45	Unattached	01:37:37	01:37:23	9:45
74.	112	Orla MACRAE	Female Senior	Unattached	01:37:40	01:37:27	9:45
75.	11	Francis BARTLEET	Male Senior	Unattached	01:37:40	01:37:27	9:45
76.	177	Debbie STARES	Female Senior	Grange Farm & Dunmow Runners	01:37:52	01:37:30	9:47
77.	21	Claire BLECK	Female V40	JME	01:39:09	01:39:01	9:54
78.	22	Paul BLECK	Male V40	Unattached	01:39:09	01:39:01	9:54
79.	90	Richard JEFFRIES	Male Senior	Unattached	01:39:18	01:39:04	9:55
80.	81	Lisa HOUGHTON	Female V45	Unattached	01:39:30	01:39:17	9:56
81.	129	Josephine OAKLEY	Female Senior	Unattached	01:39:31	01:39:11	9:57
82.	113	Charmaine MARKS	Female V45	Hockley Trail Runners	01:39:38	01:39:31	9:57
83.	192	Caroline WIDDOWSON	Female V45	Running Colchester	01:39:41	01:39:25	9:58
84.	5	Tony ADOLPHUS	Male V60	Ipswich Jaffa RC	01:40:18	01:40:12	10:01
85.	76	Gary HILL	Male V45	Great Bentley Running Club	01:40:25	01:40:12	10:02
86.	150	Chris RINGROSE	Male V45	Running Colchester	01:41:01	01:40:46	10:06
87.	188	Fi WATTAM	Female V45	Unattached	01:41:18	01:41:01	10:07
88.	71	Valerie HAYNES	Female V55	Running Colchester	01:41:27	01:41:08	10:08
89.	180	Clare THOMPSON	Female V65	Unattached	01:41:34	01:41:09	10:09
90.	27	Carolyn BRENCHLEY	Female V45	Billericay Striders	01:41:44	01:41:27	10:10
91.	153	Sharon ROBEY	Female V50	Unattached	01:41:48	01:41:37	10:10
92.	54	Lisa DOVE	Female Senior	Unattached	01:42:46	01:42:32	10:16
93.	86	Robert HUNT	Male V55	Unattached	01:42:46	01:42:45	10:16
94.	85	Andrea HUNT	Female V40	Unattached	01:42:46	01:42:32	10:16
95.	168	Brian SMITH	Male V50	Colchester Harriers AC	01:43:37	01:43:19	10:21
96.	137	Chloe PHELPS	Female Senior	Serpentine RC	01:44:02	01:43:38	10:24
97.	73	Paul HELLEN	Male V60	Rochford Running Club	01:44:16	01:44:04	10:25
98.	171	Les SMITH	Male V55	Running Colchester	01:44:28	01:44:09	10:26

Overall Results



Place	Bib	Name	AG	Club	Gun	Chip	Pace
99.	33	Simon CARDEN	Male V45	Team Carden	01:46:09	01:45:57	10:36
100.	57	Alison FORBES	Female V50	Billericay Striders	01:46:17	01:45:58	10:37
101.	46	Samantha COOPER	Female V50	Hadleigh Hares AC	01:46:52	01:46:42	10:41
102.	4	Judith ADOLPHUS	Female V55	Ipswich Jaffa RC	01:47:31	01:47:25	10:45
103.	176	Zak SPEER	Male Senior	Unattached	01:47:40	01:47:14	10:45
104.	23	Sarah BOWERMAN	Female V50	Unattached	01:47:44	01:47:34	10:46
105.	142	Phil POULTER	Male V45	Unattached	01:47:59	01:47:44	10:47
106.	189	Lucy WEST	Female V45	Running Colchester	01:47:59	01:47:46	10:47
107.	140	Nicky PORTER	Female V50	Running Colchester	01:48:00	01:47:46	10:47
108.	40	Gary COLE	Male V55	Running Colchester	01:48:00	01:47:44	10:47
109.	179	Ann THOMAS	Female V55	Unattached	01:48:12	01:48:02	10:49
110.	3	Susan ADKINS	Female V50	Rochford Running Club	01:48:38	01:48:27	10:51
111.	96	Barry KAY	Male V45	Rochford Running Club	01:48:38	01:48:26	10:51
112.	53	Sally DENWOOD	Female Senior	Unattached	01:48:52	01:48:42	10:53
113.	39	Tim CLIFTON	Male V45	Unattached	01:48:53	01:48:43	10:53
114.	17	Jo BIDGOOD	Female Senior	Unattached	01:49:39	01:49:23	10:57
115.	34	Sarah CARTER	Female Senior	Unattached	01:49:39	01:49:23	10:57
116.	31	John BYRNE	Male V45	Unattached	01:49:46	01:49:25	10:58
117.	94	Wendy JOHNSTON	Female V50	Running Colchester	01:50:40	01:50:31	11:03
118.	15	Andy BEGENT	Male V50	Unattached	01:51:07	01:50:52	11:06
119.	128	Annabelle OAKLEY	Female Senior	Unattached	01:51:43	01:51:23	11:10
120.	161	Kathryn SCOURFIELD	Female V50	Billericay Striders	01:51:47	01:51:29	11:10
121.	116	Rebecca MCVELIA	Female V45	Tiptree Road Runners	01:52:43	01:52:22	11:16
122.	106	Amy LESTER	Female Senior	Unattached	01:52:57	01:52:46	11:17
123.	115	John MCVELIA	Male V50	Tiptree Road Runners	01:53:09	01:52:49	11:18
124.	97	Natalie KENT	Female Senior	Unattached	01:53:13	01:52:48	11:19
125.	172	Madeline SMITH	Female Senior	Unattached	01:53:19	01:53:01	11:19
126.	16	Debbie BENN	Female V45	Unattached	01:54:40	01:54:18	11:27
127.	160	Katie SCOTT	Female Senior	Running Colchester	01:55:30	01:55:05	11:32
128.	119	Kara MORGAN	Female Senior	Unattached	01:56:33	01:56:10	11:39
129.	69	Sharon HARDWICKE	Female V50	Tiptree Road Runners	01:56:33	01:56:12	11:39
130.	139	Annabel PORTER	Female Senior	Running Colchester	01:56:46	01:56:31	11:40
131.	8	Julia BACON	Female V45	Witham RC	01:57:06	01:56:58	11:42
132.	29	Michaela BURR	Female V45	Unattached	01:57:19	01:57:01	11:43
133.	28	Aimee BRINZER	Female V55	Witham RC	01:57:20	01:57:12	11:43
134.	62	Alex GRAHAM	Male V60	Unattached	01:57:40	01:57:22	11:45
135.	175	Suzy SMITH	Female V40	Unattached	01:57:42	01:57:27	11:46
136.	2	Simon ADAMS	Male V50	Weald Park Warriors	01:57:42	01:57:27	11:46
137.	141	Dawn POTTER	Female V45	Billericay Striders	01:58:33	01:58:15	11:51
138.	67	Louise HAMMOND	Female V40	Billericay Striders	01:58:33	01:58:15	11:51
139.	146	Sarah PRINCE	Female Senior	Running Colchester	01:58:41	01:58:17	11:52
140.	145	Rosemary PRINCE	Female V60	Unattached	01:58:41	01:58:17	11:52
141.	178	Nicholas TATE	Male Senior	Unattached	01:59:15	01:58:52	11:55
142.	134	Jo PEARCE	Female V40	Unattached	01:59:17	01:58:53	11:55
143.	199	Louise WRIGHT	Female V45	Unattached	01:59:43	01:59:21	11:58
144.	50	Sue CROSS	Female V50	Running Colchester	01:59:43	01:59:21	11:58
145.	136	Belinda PERKINS	Female V50	Unattached	02:00:52	02:00:29	12:05
146.	159	Helen SCOTT	Female Senior	Running Colchester	02:00:53	02:00:31	12:05
147.	37	Alison CLARKE	Female V65	Great Bentley Running Club	02:03:25	02:03:13	12:20
148.	200	Sue WRIGHT	Female V60	Great Bentley Running Club	02:06:03	02:05:51	12:36



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Place	Bib	Name	AG	Club	Gun	Chip	Pace
149.	110	Sue LONG	Female V50	Tiptree Road Runners	02:11:22	02:11:00	13:08
150.	143	Natasha PRATLEY	Female Senior	Unattached	02:12:36	02:12:11	13:15
151.	109	Justin LONG	Male V45	Unattached	02:17:18	02:16:57	13:43
152.	198	Sarah WOODS	Female Senior	Unattached	02:18:47	02:18:20	13:52
153.	98	Hannah KING	Female Senior	Unattached	02:21:10	02:20:52	14:06
154.	131	Richard PALMER	Male Senior	Unattached	02:21:10	02:20:52	14:06
155.	104	Anita LEAVER	Female V65	Tiptree Road Runners	02:21:55	02:21:34	14:11
156.	105	Casey LEAVER	Female V40	Massey Ferguson RC	02:21:55	02:21:33	14:11
157.	158	Sophie SAUNDERS	Female Senior	Unattached	02:28:07	02:27:43	14:48
158.	41	Clare COLLINS	Female V50	Running Colchester	02:28:07	02:27:42	14:48
159.	66	Kate HAMBLIN	Female Senior	Unattached	02:28:07	02:27:43	14:48
160.	82	Rachel HOWATSON	Female Senior	Unattached	02:36:29	02:36:04	15:38
161.	32	Paul CARDEN	Male V70+	Team Carden	02:40:20	02:40:07	16:01
DNS	91	Mark BREWER	Male V55	Unattached			0:00
DNS	108	Alice LOCHORE	Female Senior	Unattached			0:00
DNS	111	Calum MACLEOD	Male Senior	Unattached			0:00
DNS	122	Andrew MURPHY	Male V40	Unattached			0:00
DNS	126	Andy NOTLEY	Male Senior	Witham RC			0:00
DNS	132	Andy PARTON	Male V50	Capel Cheetahs			0:00
DNS	133	Diane PARTON	Female V50	Capel Cheetahs			0:00
DNS	144	Emma PRESTON	Female Senior	Running Colchester			0:00
DNS	152	Jade ROBEY	Female Senior	Unattached			0:00
DNS	164	Joanna SINNETT	Female Senior	Unattached			0:00
DNS	166	Fay SMALLS	Female V45	Running Colchester			0:00
DNS	167	Lesley SMART	Female V50	Billericay Striders			0:00
DNS	169	Cheryl SMITH	Female V45	Unattached			0:00
DNS	170	Claire SMITH	Female V45	Unattached			0:00
DNS	173	Michelle SMITH	Female V45	Weald Park Warriors			0:00
DNS	181	Roy THOMSON	Male V45	Unattached			0:00
DNS	182	Collette TOAL	Female V45	Rochford Running Club			0:00
DNS	183	Ian TOAL	Male V40	Rochford Running Club			0:00
DNS	186	Susan WALLER-TOYNE	Female V50	Colchester Harriers AC			0:00
DNS	187	Kim WALLIS	Female Senior	Unattached			0:00
DNS	191	Anna WHITEHEAD	Female V45	Weald Park Warriors			0:00
DNS	193	Ian WIDDOWSON	Male V45	Running Colchester			0:00
DNS	194	Alexea WILLIAMS	Female Senior	Unattached			0:00
DNS	197	Peter WISEMAN	Male Senior	RED Runners			0:00
DNS	6	Terry ALABASTER	Male V55	Witham RC			0:00
DNS	7	Martin FROST	Male Senior	Unattached			0:00
DNS	19	Matthew BLAND	Male V50	Havering AC			0:00
DNS	20	Wendy BLAND	Female V50	Weald Park Warriors			0:00
DNS	25	Bridgette BRADLEY	Female V50	Unattached			0:00
DNS	26	Elliot BRANTON	Male Senior	Unattached			0:00
DNS	48	John CROGHAN	Male V40	LWFitness4All			0:00
DNS	60	Hayley GLADWELL	Female V40	West Mersea Boot Camps			0:00
DNS	68	Amin HAQUE	Male V50	Unattached			0:00
DNS	74	Doug HERBERT	Male V40	Unattached			0:00
DNS	75	Kelly HERBERT	Female V40	Unattached			0:00
DNS	78	Duncan HOLLAND	Male V45	Benfleet RC			0:00
DNS	80	Chas HOLT	Male V40	Unattached			0:00

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DNS	83	Mark HOWSON	Male Senior	Unattached			0:00
DNS	87	Duncan HYAMS	Male V60	Unattached			0:00

Number of records: 200