

Run The Res 10m

09th June 2019

Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
Run The Res 10 Mile										
1.	56	Nate Filer	Male Senior	Colchester Harriers	01:02:21	01:02:19	1	1	6:14	71.2%
2.	72	Richard Heath	Male V45	Colchester Harriers	01:05:09	01:05:07	2	1	6:30	72.4%
3.	165	Allen Smalls	Male V50	Colchester Harriers	01:06:15	01:06:12	3	1	6:37	74.9%
4.	70	Ian Haw	Male Senior	Colchester Harriers	01:07:48	01:07:45	4	2	6:46	64.9%
5.	157	Alexander Sales	Male Senior	Colchester Harriers	01:08:00	01:07:58	5	3	6:47	64.9%
6.	154	Paul Rodgers	Male V45	Colchester Harriers	01:08:34	01:08:31	6	2	6:51	68.8%
7.	1	Keith Marley	Male V50	Colchester Harriers	01:08:43	01:08:41	7	2	6:52	71.6%
8.	51	Graeme Davies	Male V45	Unattached	01:09:17	01:09:14	8	3	6:55	68.1%
9.	49	Rob Cronshaw	Male Senior	Colchester Harriers	01:09:23	01:09:21	9	4	6:56	63.4%
10.	52	Chris Davis	Male Senior	Unattached	01:09:44	01:09:42	10	5	6:58	64.3%
11.	45	Wayne Cook	Male V45	Colchester Harriers	01:10:18	01:10:15	11	4	7:01	68.3%
12.	58	Barry Frost	Male Senior	Colchester Harriers	01:11:57	01:11:54	12	6	7:11	61.7%
13.	63	Lloyd Gray	Male Senior	Unattached	01:13:42	01:13:39	13	7	7:22	59.8%
14.	95	Jonathan Jones	Male Senior	Unattached	01:13:44	01:13:42	14	8	7:22	59.7%
15.	162	Daryl Selby	Male Senior	Unattached	01:14:08	01:14:04	15	9	7:24	59.9%
16.	24	Jonathan Boyles	Male V40	Running Colchester	01:14:29	01:14:26	16	1	7:26	62.8%
17.	107	Martin Frost	Male Senior	Unattached	01:16:07	01:16:03	17	10	7:36	58.0%
18.	190	Graham White	Male Senior	Eton Manor AC	01:16:29	01:16:26	18	11	7:38	57.5%
19.	89	Stuart James	Male V50	Unattached	01:16:32	01:16:29	19	3	7:39	66.0%
20.	43	Paul Connell	Male V50	Great Bentley Running	01:16:45	01:16:41	20	4	7:40	64.1%
21.	18	Vicky Bird	Female Senior	Run Dem Crew	01:16:46	01:16:41	1	1	7:40	64.9%
22.	130	Lee Fox	Male Senior	Unattached	01:20:57	01:20:55	21	12	8:05	54.5%
23.	148	Deacon Richardson	Male Senior	Unattached	01:21:09	01:21:01	22	13	8:06	54.2%
24.	155	Jane Rukin-White	Female Senior	Eton Manor AC	01:21:42	01:21:38	2	2	8:10	60.5%
25.	184	Stephen Utting	Male V40	Unattached	01:21:44	01:21:34	23	2	8:10	55.9%
26.	47	Neil Cornelius	Male V45	Unattached	01:21:47	01:21:42	24	5	8:10	58.7%
27.	114	Roger Alexander	Male V60	Unattached	01:21:49	01:21:43	25	1	8:10	65.8%
28.	42	Timothy Comer	Male Senior	Running Colchester	01:22:27	01:22:19	26	14	8:14	53.3%
29.	79	Errol Holloway	Male Senior	Unattached	01:22:33	01:22:24	27	15	8:15	54.3%
30.	147	Gary Rayner	Male V60	Colchester Harriers	01:22:55	01:22:39	28	2	8:17	67.5%
31.	59	Bruce Gander	Male V55	Leigh on Sea Striders	01:23:06	01:23:02	29	1	8:18	61.9%
32.	13	Ian Beard	Male V55	Unattached	01:23:21	01:23:11	30	2	8:20	61.7%
33.	121	Hollie Munson	Female Senior	Unattached	01:23:35	01:23:30	3	3	8:21	59.1%
34.	135	Dean Pepper	Male Senior	Unattached	01:24:54	01:24:45	31	16	8:29	51.8%
35.	30	Steve Busby	Male V55	Unattached	01:25:06	01:24:59	32	3	8:30	62.1%
36.	196	Richard Corner	Male V50	Unattached	01:26:00	01:25:49	33	5	8:35	58.2%
37.	101	Charlie Alexander	Female Senior	Tiptree Road Runners	01:26:00	01:25:56	4	4	8:35	57.7%
38.	103	Graham Langford	Male V45	Colchester Harriers	01:26:41	01:26:28	34	6	8:40	55.8%
39.	55	Nigel Eden	Male V55	Unattached	01:27:19	01:27:14	35	4	8:43	61.1%
40.	174	Steve Smith	Male V45	Weald Park Warriors	01:27:30	01:27:16	36	7	8:44	55.3%
41.	38	Martin Claydon	Male V45	Colchester Harriers	01:27:32	01:27:19	37	8	8:45	55.3%
42.	149	Jenny Richardson	Female V55	Colchester Harriers	01:27:51	01:27:40	5	1	8:47	70.6%
43.	12	Ruth Bean	Female V45	Unattached	01:28:24	01:28:16	6	1	8:50	60.0%
44.	93	Catherine Johnson	Female V50	Running Colchester	01:28:39	01:28:30	7	1	8:51	64.8%
45.	64	Andrew Grimwade	Male V40	Unattached	01:29:30	01:29:22	38	3	8:56	52.3%
46.	123	Natasha Neighbour	Female Senior	RED Runners	01:29:42	01:29:36	8	5	8:58	55.7%

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Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
47.	163	Lian Simmonds	Female V45	RED Runners	01:29:42	01:29:36	9	2	8:58	59.2%
48.	138	Timothy Pickard	Male V55	Running Colchester	01:29:49	01:29:38	39	5	8:58	58.8%
49.	120	Robert Elliott	Male Senior	Unattached	01:29:52	01:29:52	40	17	8:59	48.9%
50.	61	Steven Glover	Male V50	Unattached	01:30:29	01:30:25	41	6	9:02	55.3%
51.	124	Harry Noble	Male Senior	Unattached	01:30:48	01:30:29	42	18	9:04	48.4%
52.	9	Jackie Bailey	Female V50	Unattached	01:31:40	01:31:16	10	2	9:09	63.5%
53.	99	Shelley Knights	Female Senior	Unattached	01:31:57	01:31:41	11	6	9:11	54.6%
54.	14	Diane Beaver	Female V55	Rochford Running	01:32:19	01:32:12	12	2	9:13	66.3%
55.	77	Kathryn Hills	Female V45	Running Colchester	01:32:24	01:32:13	13	3	9:14	60.0%
56.	117	Lorraine Mills	Female V50	Tiptree Road Runners	01:32:40	01:32:25	14	3	9:15	60.5%
57.	118	Carly Montero	Female Senior	RED Runners	01:32:52	01:32:46	15	7	9:17	53.5%
58.	151	Mark Robertson	Male V55	RED Runners	01:33:13	01:33:06	43	6	9:19	56.2%
59.	10	Gareth Barrett	Male Senior	Unattached	01:33:22	01:33:15	44	19	9:20	47.3%
60.	185	Nuno Vidal	Male Senior	Unattached	01:33:37	01:33:30	45	20	9:21	47.6%
61.	84	Joe Hughes	Male Senior	Unattached	01:33:38	01:33:26	46	21	9:21	47.0%
62.	156	Rachel Sadler	Female V45	Running Colchester	01:34:03	01:33:52	16	4	9:24	57.0%
63.	44	Elisabeth Connor	Female V40	Unattached	01:34:15	01:34:06	17	1	9:25	54.1%
64.	35	Gemma Charville	Female Senior	Ware Joggers	01:34:38	01:34:29	18	8	9:27	52.8%
65.	100	Anna Kocinska	Female Senior	I Can Run Club	01:35:05	01:35:00	19	9	9:30	53.3%
66.	102	Alan Lambert	Male V55	Unattached	01:35:26	01:35:12	47	7	9:32	53.9%
67.	36	Erin Chilvers	Female Senior	Unattached	01:35:26	01:35:12	20	10	9:32	51.7%
68.	195	Lucy Willis	Female Senior	Tiptree Road Runners	01:35:47	01:35:32	21	11	9:34	51.5%
69.	92	David Jobling	Male V60	Witham RC	01:36:24	01:36:19	48	3	9:38	57.5%
70.	65	Ruth Hall	Female V45	Benfleet RC	01:36:52	01:36:44	22	5	9:41	55.3%
71.	127	Emma Nunn	Female V40	Benfleet RC	01:36:57	01:36:49	23	2	9:41	54.2%
72.	125	Carla Nolan	Female Senior	RED Runners	01:37:03	01:36:57	24	12	9:42	52.2%
73.	88	Lynwen James	Female V45	Unattached	01:37:37	01:37:23	25	6	9:45	56.1%
74.	112	Orla MacRae	Female Senior	Unattached	01:37:40	01:37:27	26	13	9:45	50.6%
75.	11	Francis Bartleet	Male Senior	Unattached	01:37:40	01:37:27	49	22	9:45	45.1%
76.	177	Debbie Stares	Female Senior	Grange Farm &	01:37:52	01:37:30	27	14	9:47	50.7%
77.	21	Claire Bleck	Female V40	JME	01:39:09	01:39:01	28	3	9:54	52.2%
78.	22	Paul Bleck	Male V40	Unattached	01:39:09	01:39:01	50	4	9:54	46.4%
79.	90	Richard Jeffries	Male Senior	Unattached	01:39:18	01:39:04	51	23	9:55	44.9%
80.	81	Lisa Houghton	Female V45	Unattached	01:39:30	01:39:17	29	7	9:56	55.7%
81.	129	Josephine Oakley	Female Senior	Unattached	01:39:31	01:39:11	30	15	9:57	49.6%
82.	113	Charmaine Marks	Female V45	Hockley Trail Runners	01:39:38	01:39:31	31	8	9:57	53.8%
83.	192	Caroline Widdowson	Female V45	Running Colchester	01:39:41	01:39:25	32	9	9:58	53.2%
84.	5	Tony Adolphus	Male V60	Ipswich Jaffa RC	01:40:18	01:40:12	52	4	10:0	54.2%
85.	76	Gary Hill	Male V45	Great Bentley Running	01:40:25	01:40:12	53	9	10:0	47.8%
86.	150	Chris Ringrose	Male V45	Running Colchester	01:41:01	01:40:46	54	10	10:0	47.9%
87.	188	Fi Wattam	Female V45	Unattached	01:41:18	01:41:01	33	10	10:0	54.1%
88.	71	Valerie Haynes	Female V55	Running Colchester	01:41:27	01:41:08	34	3	10:0	58.8%
89.	180	Clare Thompson	Female V65	Unattached	01:41:34	01:41:09	35	1	10:0	68.3%
90.	27	Carolyn Brenchley	Female V45	Billericay Striders	01:41:44	01:41:27	36	11	10:1	53.2%
91.	153	Sharon Robey	Female V50	Unattached	01:41:48	01:41:37	37	4	10:1	57.1%
92.	54	Lisa Dove	Female Senior	Unattached	01:42:46	01:42:32	38	16	10:1	48.8%
93.	86	Robert Hunt	Male V55	Unattached	01:42:46	01:42:45	55	8	10:1	51.9%
94.	85	Andrea Hunt	Female V40	Unattached	01:42:46	01:42:32	39	4	10:1	49.6%

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Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
95.	168	Brian Smith	Male V50	Colchester Harriers	01:43:37	01:43:19	56	7	10:2	48.7%
96.	137	Chloe Phelps	Female Senior	Serpentine RC	01:44:02	01:43:38	40	17	10:2	48.2%
97.	73	Paul Hellen	Male V60	Rochford Running	01:44:16	01:44:04	57	5	10:2	52.6%
98.	171	Les Smith	Male V55	Running Colchester	01:44:28	01:44:09	58	9	10:2	50.1%
99.	33	Simon Carden	Male V45	Team Carden	01:46:09	01:45:57	59	11	10:3	45.6%
100.	57	Alison forbes	Female V50	Billericay Striders	01:46:17	01:45:58	41	5	10:3	55.4%
101.	46	Samantha Cooper	Female V50	Hadleigh Hares AC	01:46:52	01:46:42	42	6	10:4	52.5%
102.	4	Judith Adolphus	Female V55	Ipswich Jaffa RC	01:47:31	01:47:25	43	4	10:4	57.7%
103.	176	Zak Speer	Male Senior	Unattached	01:47:40	01:47:14	60	24	10:4	40.8%
104.	23	Sarah Bowerman	Female V50	Unattached	01:47:44	01:47:34	44	7	10:4	52.7%
105.	142	Phil Poulter	Male V45	Unattached	01:47:59	01:47:44	61	12	10:4	44.8%
106.	189	Lucy West	Female V45	Running Colchester	01:47:59	01:47:46	45	12	10:4	51.3%
107.	140	Nicky Porter	Female V50	Running Colchester	01:48:00	01:47:46	46	8	10:4	51.9%
108.	40	Gary Cole	Male V55	Running Colchester	01:48:00	01:47:44	62	10	10:4	48.5%
109.	179	Ann Thomas	Female V55	Unattached	01:48:12	01:48:02	47	5	10:4	58.1%
110.	3	Susan Adkins	Female V50	Rochford Running	01:48:38	01:48:27	48	9	10:5	54.2%
111.	96	Barry Kay	Male V45	Rochford Running	01:48:38	01:48:26	63	13	10:5	44.5%
112.	53	Sally Denwood	Female Senior	Unattached	01:48:52	01:48:42	49	18	10:5	46.6%
113.	39	Tim Clifton	Male V45	Unattached	01:48:53	01:48:43	64	14	10:5	43.7%
114.	17	Jo Bidgood	Female Senior	Unattached	01:49:39	01:49:23	50	19	10:5	46.2%
115.	34	Sarah Carter	Female Senior	Unattached	01:49:39	01:49:23	51	20	10:5	46.0%
116.	31	John Byrne	Male V45	Unattached	01:49:46	01:49:25	65	15	10:5	43.0%
117.	94	Wendy Johnston	Female V50	Running Colchester	01:50:40	01:50:31	52	10	11:0	51.9%
118.	15	Andy Begent	Male V50	Unattached	01:51:07	01:50:52	66	8	11:0	45.4%
119.	128	Annabelle Oakley	Female Senior	Unattached	01:51:43	01:51:23	53	21	11:1	44.1%
120.	161	Kathryn Scourfield	Female V50	Billericay Striders	01:51:47	01:51:29	54	11	11:1	52.0%
121.	116	Rebecca McVelia	Female V45	Tiptree Road Runners	01:52:43	01:52:22	55	13	11:1	47.1%
122.	106	Amy Lester	Female Senior	Unattached	01:52:57	01:52:46	56	22	11:1	44.7%
123.	115	John McVelia	Male V50	Tiptree Road Runners	01:53:09	01:52:49	67	9	11:1	44.2%
124.	97	Natalie Kent	Female Senior	Unattached	01:53:13	01:52:48	57	23	11:1	43.5%
125.	172	Madeline Smith	Female Senior	Unattached	01:53:19	01:53:01	58	24	11:1	43.5%
126.	16	Debbie Benn	Female V45	Unattached	01:54:40	01:54:18	59	14	11:2	46.7%
127.	160	Katie Scott	Female Senior	Running Colchester	01:55:30	01:55:05	60	25	11:3	43.5%
128.	119	Kara Morgan	Female Senior	Unattached	01:56:33	01:56:10	61	26	11:3	42.4%
129.	69	Sharon Hardwicke	Female V50	Tiptree Road Runners	01:56:33	01:56:12	62	12	11:3	50.5%
130.	139	Annabel Porter	Female Senior	Running Colchester	01:56:46	01:56:31	63	27	11:4	42.2%
131.	8	Julia Bacon	Female V45	Witham RC	01:57:06	01:56:58	64	15	11:4	47.3%
132.	29	Michaela Burr	Female V45	Unattached	01:57:19	01:57:01	65	16	11:4	46.2%
133.	28	Aimee Brinzer	Female V55	Witham RC	01:57:20	01:57:12	66	6	11:4	53.5%
134.	62	Alex Graham	Male V60	Unattached	01:57:40	01:57:22	68	6	11:4	47.5%
135.	175	Suzy Smith	Female V40	Unattached	01:57:42	01:57:27	67	5	11:4	44.7%
136.	2	Simon Adams	Male V50	Weald Park Warriors	01:57:42	01:57:27	69	10	11:4	42.9%
137.	141	Dawn Potter	Female V45	Billericay Striders	01:58:33	01:58:15	68	17	11:5	46.7%
138.	67	Louise Hammond	Female V40	Billericay Striders	01:58:33	01:58:15	69	6	11:5	43.3%
139.	146	Sarah Prince	Female Senior	Running Colchester	01:58:41	01:58:17	70	28	11:5	41.7%
140.	145	Rosemary Prince	Female V60	Unattached	01:58:41	01:58:17	71	1	11:5	53.7%
141.	178	Nicholas Tate	Male Senior	Unattached	01:59:15	01:58:52	70	25	11:5	36.9%
142.	134	Jo Pearce	Female V40	Unattached	01:59:17	01:58:53	72	7	11:5	43.0%

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143.	199	Louise Wright	Female V45	Unattached	01:59:43	01:59:21	73	18	11:5	45.7%
144.	50	Sue Cross	Female V50	Running Colchester	01:59:43	01:59:21	74	13	11:5	49.2%
145.	136	Belinda Perkins	Female V50	Unattached	02:00:52	02:00:29	75	14	12:0	48.1%
146.	159	Helen Scott	Female Senior	Running Colchester	02:00:53	02:00:31	76	29	12:0	41.7%
147.	37	Alison Clarke	Female V65	Great Bentley Running	02:03:25	02:03:13	77	2	12:2	55.4%
148.	200	Sue Wright	Female V60	Great Bentley Running	02:06:03	02:05:51	78	2	12:3	51.2%
149.	110	Sue Long	Female V50	Tiptree Road Runners	02:11:22	02:11:00	79	15	13:0	44.3%
150.	143	Natasha Pratley	Female Senior	Unattached	02:12:36	02:12:11	80	30	13:1	37.2%
151.	109	Justin Long	Male V45	Unattached	02:17:18	02:16:57	71	16	13:4	34.9%
152.	198	Sarah Woods	Female Senior	Unattached	02:18:47	02:18:20	81	31	13:5	35.5%
153.	98	Hannah King	Female Senior	Unattached	02:21:10	02:20:52	82	32	14:0	34.9%
154.	131	Richard Palmer	Male Senior	Unattached	02:21:10	02:20:52	72	26	14:0	31.1%
155.	104	Anita Leaver	Female V65	Tiptree Road Runners	02:21:55	02:21:34	83	3	14:1	48.8%
156.	105	Casey Leaver	Female V40	Massey Ferguson RC	02:21:55	02:21:33	84	8	14:1	35.9%
157.	158	Sophie Saunders	Female Senior	Unattached	02:28:07	02:27:43	85	33	14:4	33.3%
158.	41	Clare Collins	Female V50	Running Colchester	02:28:07	02:27:42	86	16	14:4	38.3%
159.	66	Kate Hamblin	Female Senior	Unattached	02:28:07	02:27:43	87	34	14:4	33.3%
160.	82	Rachel Howatson	Female Senior	Unattached	02:36:29	02:36:04	88	35	15:3	31.5%
161.	32	Paul Carden	Male V70+	Team Carden	02:40:20	02:40:07	73	1	16:0	37.9%
DNS	91	Mark Brewer	Male V55	Unattached			-1	-1		
DNS	108	Alice Lochore	Female Senior	Unattached			-1	-1		
DNS	111	Calum MacLeod	Male Senior	Unattached			-1	-1		
DNS	122	Andrew Murphy	Male V40	Unattached			-1	-1		
DNS	126	Andy Notley	Male Senior	Witham RC			-1	-1		
DNS	132	Andy Parton	Male V50	Capel Cheetahs			-1	-1		
DNS	133	Diane Parton	Female V50	Capel Cheetahs			-1	-1		
DNS	144	Emma Preston	Female Senior	Running Colchester			-1	-1		
DNS	152	Jade Robey	Female Senior	Unattached			-1	-1		
DNS	164	Joanna Sinnett	Female Senior	Unattached			-1	-1		
DNS	166	Fay Smalls	Female V45	Running Colchester			-1	-1		
DNS	167	Lesley Smart	Female V50	Billericay Striders			-1	-1		
DNS	169	Cheryl Smith	Female V45	Unattached			-1	-1		
DNS	170	Claire Smith	Female V45	Unattached			-1	-1		
DNS	173	Michelle Smith	Female V45	Weald Park Warriors			-1	-1		
DNS	181	Roy Thomson	Male V45	Unattached			-1	-1		
DNS	182	Collette Toal	Female V45	Rochford Running			-1	-1		
DNS	183	Ian Toal	Male V40	Rochford Running			-1	-1		
DNS	186	Susan Waller-Toyne	Female V50	Colchester Harriers			-1	-1		
DNS	187	Kim Wallis	Female Senior	Unattached			-1	-1		
DNS	191	Anna Whitehead	Female V45	Weald Park Warriors			-1	-1		
DNS	193	Ian Widdowson	Male V45	Running Colchester			-1	-1		
DNS	194	Alexea Williams	Female Senior	Unattached			-1	-1		
DNS	197	Peter Wiseman	Male Senior	RED Runners			-1	-1		
DNS	6	Terry Alabaster	Male V55	Witham RC			-1	-1		
DNS	7	Martin Frost	Male Senior	Unattached			-1	-1		
DNS	19	Matthew Bland	Male V50	Havering AC			-1	-1		
DNS	20	Wendy Bland	Female V50	Weald Park Warriors			-1	-1		
DNS	25	Bridgette Bradley	Female V50	Unattached			-1	-1		

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DNS	26	Elliot Branton	Male Senior	Unattached			-1	-1		
DNS	48	John Croghan	Male V40	LWFitness4All			-1	-1		
DNS	60	Hayley Gladwell	Female V40	West Mersea Boot			-1	-1		
DNS	68	Amin Haque	Male V50	Unattached			-1	-1		
DNS	74	Doug Herbert	Male V40	Unattached			-1	-1		
DNS	75	Kelly Herbert	Female V40	Unattached			-1	-1		
DNS	78	Duncan Holland	Male V45	Benfleet RC			-1	-1		
DNS	80	Chas Holt	Male V40	Unattached			-1	-1		
DNS	83	Mark Howson	Male Senior	Unattached			-1	-1		
DNS	87	Duncan Hyams	Male V60	Unattached			-1	-1		

Number of records: 200