

## Trifarm AUTUMN Trail 10k

Race Format: tr10k

## Female Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	5	Shukila Jordan	51	Halstead Road Runners	00:49:04	3.40	TR: 1/1
2	7	Dominique Sellors	55	Little Baddow Ridge Runner	00:52:27	3.18	6.89 TR: 1/2
3	9	Deborah Hitching	49	Springfield Striders RC	00:59:22	2.81	20.99 TR: 1/1
4	12	Clarice Sanderson	54	Witham RC	01:05:08	2.56	32.75 TR: 3/4
5	14	Carey Hassall	47		01:08:21	2.44	39.30
6	15	Caitlain Hassall	48		01:08:44	2.42	40.08

## Male Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	1	David Church	44		00:39:05	4.26	
2	2	Brendan Toal	57		00:47:16	3.53	20.93
3	3	Jamie Setterfield	58	Multisport-Management	00:47:43	3.49	22.09 TR: 1/4
4	4	Sam Allen	42		00:48:55	3.41	25.16
5	6	Terry Alabaster	41	Witham RC	00:49:16	3.38	26.06 TR: 1/4
6	7	Darren Murphy	53	Little Baddow Ridge Runner	00:52:27	3.18	34.19 TR: 1/2
7	9	Gerry Greenwold	46	Witham RC	00:59:22	2.81	51.91 TR: 2/4
8	11	Dion Kipping	52	Multisport-Management	01:02:32	2.67	60.00 TR: 2/4
9	13	Ross Silvertan	56	Witham RC	01:07:50	2.46	73.55 TR: 4/4
10	16	Steve Cope	45	Multisport-Management	01:09:25	2.40	77.62 TR: 3/4
11	17	Graham Lee	59	Multisport-Management	01:09:26	2.40	77.65 TR: 4/4

\*Rems: 'TR' = RANK within Team inclusively