

## MSM - The Colchester Kawasaki charity 10 mile Trail Run Event Date: 2023-11-04

Colchester 10 mile trail run

Race Format: tr10 miles (16.1km)

## Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	4	Lisa James	61	Brentwood Running Club	01:40:38	2.67		
2	6	Dominique Sellors	70	Little Baddow Ridge Runner	01:41:30	2.64	0.86	
3	10	Kelly Rayner	66		01:49:24	2.45	8.71	
4	13	Chanta Renee	67		01:52:11	2.39	11.48	
5	14	Clarice Sanderson	69	Witham RC	02:03:53	2.17	23.11	
6	15	Christine Israel	60	Witham RC	02:03:55	2.16	23.14	
7	16	Daisy Farthing	57		02:05:15	2.14	24.46	
8	17	Shelley Myall	77		02:11:46	2.04	30.94	
9	18	Claire Walsh	75		02:11:54	2.03	31.06	
10	19	Sophie Manderson	64		02:11:57	2.03	31.11	
11	20	Rhina Villalon	74		02:20:38	1.91	39.74	

## Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	David Church	55	Multisport-Management	01:05:23	4.10		
2	2	Simon Carrington	54	South Woodham Runners	01:16:56	3.49	17.66	
3	3	Rupert Bulgin	53	Witham RC	01:18:24	3.42	19.90	
4	5	Mark Toublic	72		01:40:39	2.66	53.94	
5	7	Alexander Guille	59		01:42:18	2.62	56.47	
6	8	David Giles	58		01:45:27	2.54	61.29	
7	9	Dion Kipping	62		01:45:48	2.54	61.81	
8	11	Keith Thornton	71	Brentwood Running Club	01:49:35	2.45	67.59	
9	12	Andrew Rowley	68		01:51:33	2.40	70.62	
10	20	Christian Velasquez	73		02:20:38	1.91	115.10	
11	22	Richard Walker	78	Multisport-Management	02:20:40	1.91	115.15	