

The Chelmsford Brew Co Trail 10k

Race Format: tr10k

Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	4	Shannon Boden	47		00:55:54	2.98		
2	6	Dominique Sellors	1	Little Baddow Ridge Runner	00:57:03	2.92	2.06	TR: 1/1
3	9	Laura Hammond	24		01:04:06	2.60	14.67	
4	11	Sarah Goodey	22		01:04:39	2.58	15.65	
5	12	Penny Hilton	28		01:04:49	2.57	15.96	
6	13	Jessica Fairman	11		01:05:00	2.56	16.28	
7	15	Emma Delea	16	Brentwood Beagles AC	01:05:30	2.54	17.18	TR: 1/1
8	16	Hayley Smith-Pryor	40		01:05:36	2.54	17.36	
9	19	Suzy Cooper	49	Springfield Striders RC	01:07:37	2.46	20.96	TR: 2/2
10	22	Emily Hayman	30		01:16:02	2.19	36.02	
11	25	Macy Stevens	41		01:16:43	2.17	37.23	
12	26	Abi Eldred	19		01:18:03	2.14	39.63	
13	28	Indy Acher	3	Weald Park Warriors	01:19:34	2.09	42.33	TR: 1/5
14	29	Heather Eltham	20	Brentwood Running Club	01:19:38	2.09	42.45	TR: 1/3
15	30	Tedge King	33	Brentwood Running Club	01:19:43	2.09	42.61	TR: 2/3
16	33	Michelle Cooper	12	Weald Park Warriors	01:20:12	2.08	43.47	TR: 2/5
17	34	Tara Warren	44		01:20:17	2.08	43.62	
18	38	Tanya Theron	43		01:20:43	2.06	44.40	
19	39	Jane Walker	35	Vegan Runners (UK)	01:21:20	2.05	45.50	TR: 1/1
20	40	Angela Parsons	37		01:22:14	2.03	47.10	
21	41	Rowen Holloway	29		01:22:22	2.02	47.34	
22	43	Clare Hills	26		01:25:12	1.96	52.42	
23	44	Rachel Wiltshire	48		01:25:20	1.95	52.65	

Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Peter Anderson	6		00:46:59	3.55		
2	2	Liam White	45	Springfield Striders RC	00:47:04	3.54	0.18	TR: 1/2
3	3	Grant Bailes	7		00:47:07	3.54	0.28	
4	5	Ashley Charlton	10		00:56:25	2.95	20.08	
5	7	Neil Cornelius	14	Hockley Trail Runners	00:57:06	2.92	21.54	TR: 1/1
6	8	Guy Hammett	23	Mid Essex Casuals	00:57:09	2.92	21.64	TR: 1/1
7	10	James Whittaker	46		01:04:12	2.60	36.65	
8	14	Steve Cope	13		01:05:07	2.56	38.60	
9	17	Andrew Hilton	27		01:05:45	2.53	39.94	
10	18	David Simpkin	39		01:07:29	2.47	43.64	
11	20	Max Gayler	21		01:15:43	2.20	61.16	
12	21	Ben Terrington	42		01:15:53	2.20	61.50	
13	23	Steve Jackson	38		01:16:09	2.19	62.07	
14	24	Tom Brown	8		01:16:37	2.18	63.08	
15	27	Mark Eldred	18		01:18:18	2.13	66.67	

MSM - The Chelmsford Brew Co 10k SUMMER Trail Run

Event Date: 2024-06-27

16	31	Michael Kavanagh	32		01:19:49	2.09	69.89	
17	32	James MacNish Porter	34	Brentwood Running Club	01:19:56	2.09	70.13	TR: 3/3
18	35	Dean Adams	4	Weald Park Warriors	01:20:21	2.07	71.03	TR: 3/5
19	36	Simon Adams	5	Weald Park Warriors	01:20:24	2.07	71.12	TR: 4/5
20	37	Pete Acher	2	Weald Park Warriors	01:20:26	2.07	71.20	TR: 5/5
21	42	Stuart James	31	Trail Running Association	01:22:29	2.02	75.56	TR: 1/1

*Rems: 'TR' = RANK within Team inclusively