

Trifarm SUMMER Trail 10k

Race Format: tr10k

Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	5	Jenni Tomblin	26	Blackwater Tri Club	00:55:17	3.01		TR: 2/2
2	7	Melanie Carrington	1	South Woodham Runners	00:59:30	2.80	7.63	TR: 1/3
3	9	Clarice Sanderson	20	Witham RC	00:59:44	2.79	8.05	TR: 1/1
4	10	Dominique Sellors	21	Little Baddow Ridge Runner	01:01:08	2.73	10.58	TR: 1/1
5	11	Heidi Fountain	30		01:01:46	2.70	11.73	
6	13	Issy Richardson	19		01:02:57	2.65	13.87	
7	17	Katie Rawlinson	18	Tiptree Road Runners	01:08:59	2.42	24.78	TR: 3/3
8	18	Talia Cullum	4		01:10:32	2.36	27.58	
9	22	Kath Jaggard	10	Southampton Running Club	01:15:30	2.21	36.57	TR: 1/1

Male Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Tom Anderson	32	Blackwater Tri Club	00:41:40	4.00		TR: 1/2
2	2	Brendan Toal	25	Multisport-Management	00:47:40	3.50	14.40	TR: 1/5
3	3	Russell Dolton	27	GoodGym Race Team	00:51:55	3.21	24.60	TR: 1/1
4	4	Andy Lonergan	16		00:52:41	3.16	26.44	
5	6	Steve Dickson	5		00:55:38	3.00	33.51	
6	8	Jim Holland	7	South Woodham Runners	00:59:37	2.80	43.08	TR: 2/3
7	12	James Fountain	31		01:02:24	2.67	49.77	
8	14	Tim Huxtable	28	Tiptree Road Runners	01:03:34	2.62	52.56	TR: 1/3
8	14	Laurence King	11	South Woodham Runners	01:03:34	2.62	52.56	TR: 3/3
10	16	Neil Want	29	Tiptree Road Runners	01:08:38	2.43	64.72	TR: 2/3
11	18	Dion Kipping	13	Multisport-Management	01:10:32	2.36	69.29	TR: 2/5
12	20	Andrew Tietjen	24		01:14:53	2.23	79.73	
13	21	Ashley Charlton	2	Multisport-Management	01:14:57	2.22	79.89	TR: 3/5
14	23	Steve Cope	3	Multisport-Management	01:15:58	2.19	82.32	TR: 4/5
15	24	Graham Lee	101	Multisport-Management	01:16:15	2.19	83.02	TailWalker

*Rems: 'TR' = RANK within Team inclusively