

The Black Bull 10k charity Trail Run

Race Format: tr10k

| Female Result Category |      |                       |           |                         |                 |             |                   |            |
|------------------------|------|-----------------------|-----------|-------------------------|-----------------|-------------|-------------------|------------|
| Rankings               |      | Name                  | BIB       |                         | Duration        | Rate<br>m/s | PostLag<br>% Gndr | *Rems      |
| Gndr                   | Open |                       |           |                         |                 |             |                   |            |
| 1                      | 2    | Melanie Carrington    | 10        | South Woodham Runners   | 00:53:26        | 3.12        |                   | TR: 1/2    |
| 2                      | 7    | Rachel Mitchell       | 33        | Vegan Runners (UK)      | 01:05:12        | 2.56        |                   | TR: 1/1    |
| 3                      | 10   | Louise Garrett        | 12        | Fordy Runs Running Club | 01:08:12        | 2.44        |                   | TR: 2/11   |
| 4                      | 11   | Susan McNally         | 28        | Fordy Runs Running Club | 01:08:50        | 2.42        |                   | TR: 3/11   |
| 5                      | 13   | Rositsa Trifonova     | 34        |                         | 01:17:03        | 2.16        |                   |            |
| 6                      | 14   | Clare Lawrence        | 11        | Hockley Trail Runners   | 01:17:28        | 2.15        |                   | TR: 1/1    |
| 7                      | 18   | Sue Evans             | 29        | Loughton AC             | 01:23:36        | 1.99        |                   | TR: 1/1    |
| 7                      | 18   | Shannon Lee           | 15        | Fordy Runs Running Club | 01:23:36        | 1.99        |                   | TR: 7/11   |
| 7                      | 18   | Alison Bullyment      | 16        | Fordy Runs Running Club | 01:23:36        | 1.99        |                   | TR: 7/11   |
| 10                     | 21   | Jane Walker           | 35        |                         | 01:24:33        | 1.97        |                   |            |
| 10                     | 21   | Olivia Nineberg       | 19        | Fordy Runs Running Club | 01:24:33        | 1.97        |                   | TR: 9/11   |
| 10                     | 21   | Kelly Nineberg        | 18        | Fordy Runs Running Club | 01:24:33        | 1.97        |                   | TR: 9/11   |
| 10                     | 21   | Kirsten Widdowson     | 25        | Fordy Runs Running Club | 01:24:33        | 1.97        |                   | TR: 9/11   |
| 14                     | 25   | Katie Rawlinson       | 8         | Tiptree Road Runners    | 01:32:50        | 1.80        |                   | TR: 1/2    |
|                        |      | <i>Sarah Jane Law</i> | <i>39</i> | <i>Teesmedals</i>       | <i>01:06:22</i> |             |                   | <i>DNF</i> |

| Male Result Category |      |                      |     |                         |          |             |                   |          |
|----------------------|------|----------------------|-----|-------------------------|----------|-------------|-------------------|----------|
| Rankings             |      | Name                 | BIB |                         | Duration | Rate<br>m/s | PostLag<br>% Gndr | *Rems    |
| Gndr                 | Open |                      |     |                         |          |             |                   |          |
| 1                    | 1    | Fraser Kettle        | 32  |                         | 00:39:30 | 4.22        |                   |          |
| 2                    | 2    | Simon Carrington     | 27  | South Woodham Runners   | 00:53:26 | 3.12        |                   | TR: 1/2  |
| 3                    | 4    | Martin Howlett       | 36  | Castle Point Joggers    | 00:56:19 | 2.96        |                   | TR: 1/1  |
| 4                    | 5    | Stephen Barr         | 17  | Fordy Runs Running Club | 01:01:29 | 2.71        |                   | TR: 1/11 |
| 4                    | 5    | David Jeffrey        | 26  |                         | 01:01:29 | 2.71        |                   |          |
| 6                    | 8    | Oliver Newton        | 5   |                         | 01:06:13 | 2.52        |                   |          |
| 6                    | 8    | James Tomlinson      | 6   |                         | 01:06:13 | 2.52        |                   |          |
| 8                    | 12   | Steve Cope           | 7   |                         | 01:15:00 | 2.22        |                   |          |
| 9                    | 15   | Nikki Dennis         | 23  | Fordy Runs Running Club | 01:22:51 | 2.01        |                   | TR: 4/11 |
| 9                    | 15   | Dave Evans           | 30  | Fordy Runs Running Club | 01:22:51 | 2.01        |                   | TR: 4/11 |
| 9                    | 15   | John Garrett         | 13  | Fordy Runs Running Club | 01:22:51 | 2.01        |                   | TR: 4/11 |
| 12                   | 25   | Martin Holtham-Payne | 9   | Tiptree Road Runners    | 01:32:50 | 1.80        |                   | TR: 1/2  |
| 12                   | 25   | Derek Chaplan        | 37  |                         | 01:32:50 | 1.80        |                   |          |

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