

MSM - 3rd Galloping Grind 10k trail run-Easter Egg Edition! Event Date: 2026-04-01

The Galloping Grind 10k (Easter Egg) trail run

Race Format: tr10k

Female Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	1	Alex Berwick	98	00:54:55	3.03		
2	4	Claire Brewster	95	Little Baddow Ridge Runner	00:57:15	2.91	4.25 TR: 1/2
3	6	Kelly Wareham	48	Little Baddow Ridge Runner	00:58:26	2.85	6.41 TR: 2/2
4	7	Laura Parrish	33	Springfield Striders RC	00:58:40	2.84	6.83 TR: 1/6
5	10	Jenifer Chatwin	94	Springfield Striders RC	01:03:00	2.65	14.72 TR: 3/6
6	11	Michelle Wakeling	50	Springfield Striders RC	01:03:08	2.64	14.96 TR: 4/6
7	13	Christine Sutcliffe	68	Mid Essex Casuals	01:03:16	2.63	15.21 TR: 2/2
8	15	Caroline Dunning	89	Springfield Striders RC	01:03:28	2.63	15.57 TR: 6/6
9	16	Jane Roach	78	Halstead Road Runners	01:04:08	2.60	16.78 TR: 1/1
10	18	Lesley Smart	71	Billericay Striders	01:14:11	2.25	35.08 TR: 2/4
11	19	Christine Deacon	92	Billericay Striders	01:14:53	2.23	36.35 TR: 3/4
12	20	Ann Robinson	77	Billericay Striders	01:14:58	2.22	36.52 TR: 4/4
13	22	Louise Garrett	88	Fordy Runs Running Club	01:16:25	2.18	39.16 TR: 3/6
14	24	Julie Andrews	99	Fordy Runs Running Club	01:16:31	2.18	39.33 TR: 5/6

Male Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	2	Darren Berwick	97	Fordy Runs Running Club	00:55:00	3.03	TR: 1/6
2	3	Andrew Tietjen	60		00:55:47	2.99	1.42
3	5	Pete Riley	96		00:57:29	2.90	4.52
4	8	Ricky Lee	85	Billericay Striders	01:00:21	2.76	9.72 TR: 1/4
5	9	Danny Sharkey	74	Springfield Striders RC	01:02:55	2.65	14.39 TR: 2/6
6	12	Ian Sutcliffe	63	Mid Essex Casuals	01:03:11	2.64	14.88 TR: 1/2
7	14	Steve Parr	82	Springfield Striders RC	01:03:21	2.63	15.18 TR: 5/6
8	17	Len Marten	83	Tiptree Road Runners	01:04:18	2.59	16.90 TR: 1/1
9	21	Liam Andrews	100	Fordy Runs Running Club	01:16:16	2.19	38.66 TR: 2/6
10	23	Nikki Dennis	90	Fordy Runs Running Club	01:16:28	2.18	39.02 TR: 4/6
11	25	John Garrett	87	Fordy Runs Running Club	01:16:37	2.18	39.30 TR: 6/6
12	26	Steve Cope	93		01:19:09	2.11	43.91 Tail Walker

*Rems: 'TR' = RANK within Team inclusively