

## Trifarm SUMMER Trail 10k

Race Format: tr10k

## Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	2	Shukila Jordan	28	Halstead Road Runners	00:50:21	3.31		TR: 1/1
2	7	Dominique Sellors	1	Little Baddow Ridge Runner	00:58:40	2.84	16.52	TR: 1/1
3	8	Rachel Pearsons	64	Braintree & District AC	01:01:55	2.69	22.97	TR: 1/1
4	13	Diane Card	10		01:11:50	2.32	42.67	
5	14	Emma Thomson	68		01:17:18	2.16	53.52	
6	16	Kate Hayward	19		01:18:16	2.13	55.45	
7	18	Emily Pitt	65		01:18:25	2.13	55.74	

## Male Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	David Church	44		00:40:23	4.13		
2	3	Terry Alabaster	41	Witham RC	00:50:22	3.31	24.72	TR: 1/2
3	4	Tony James	47		00:50:27	3.30	24.92	
4	5	Brendan Toal	72		00:50:46	3.28	25.71	
5	6	James Card	42		00:58:31	2.85	44.91	
6	9	Dion Kipping	49		01:02:12	2.68	54.04	
7	10	Ashley Charlton	43		01:05:23	2.55	61.92	
8	11	Mike Hulett	46	Springfield Striders RC	01:11:01	2.35	75.87	TR: 1/1
9	12	Ross Silvertan	71	Witham RC	01:11:12	2.34	76.30	TR: 2/2
10	15	Graham Lee	67	Trail Running Association	01:17:59	2.14	93.12	TR: 1/1
11	17	Steve Cope	45		01:18:18	2.13	93.87	

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