

**SOS/HAVOC Essex Mid-Week Summer Series 2026****Event 7 - Colchester North - 8 Jul****Organiser:- Tim Hull**

Short Course - Fastest Time

Name	Club	Age Class	Run Time	Incorrect	Missed	Anytime	Penalties	Net Time
John Allen		M75	00:38:04					00:38:04
Colin Jackson	HAVOC	M65	00:39:39					00:39:39
Colin Matheson	FVO	M70	00:40:20					00:40:20
Sarah Mansel	SUFFOC	W60	00:40:36					00:40:36
Thomas Asselin	-	M20	00:42:23					00:42:23
Martin Sellens	SOS	M70	00:45:01					00:45:01
Rachel Barford	SOS	W60	00:54:07					00:54:07
Gary James & Ross James	BOF	M65 & M21	00:55:27					00:55:27
Veronica Machin	SOS	W65	00:55:54					00:55:54
Vicky Riley & Pete Riely		W40 & M55	00:58:28					00:58:28
Rachel Abbott & John Carter	-	W55 & M70	01:01:19					01:01:19
Alan Sibthorp & Wendy Smalley	-	M65 & W60	01:04:58					01:04:58
Fay Smalls	-	W55	01:14:10					01:14:10
Hilary Sellens	SOS	W70	01:00:16		1,7,8		00:15:00	01:15:16

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Long Course - Fastest Time

Name	Club	Age Class	Run Time	Incorrect	Missed	Anytime	Penalties	Net Time
Allen Smalls	-	M55	00:47:03					00:47:03
Dean Pepper	SOS	M35	00:47:12					00:47:12
Roy read		M60	00:51:58					00:51:58
Keith Bennett	DFOK	M50	00:53:19					00:53:19
Guy Lidbury	HAVOC	M55	00:58:00					00:58:00
Stuart Collett & Martin Holtham-Payne	-	M45 & M35	01:01:42					01:01:42
David Float	HAVOC	M55	01:05:54					01:05:54
Jackie Sibthorp	SOS	W60	01:08:42					01:08:42
Kevin Machin	SOS	M65	01:12:36					01:12:36

Lorene Bernhard	-	W21	01:13:21					01:13:21
Rod Mansel	SUFFOC	M65	01:16:56					01:16:56
Lyn West	SOS	W70	01:19:16					01:19:16
Gavin Avey-Hebditch	WSX	M65	01:22:39					01:22:39
Gary Abbott & Melissa Dowell	-	M60 & W60	01:23:56					01:23:56
John Pettifer & Lorna Pettifer	HAVOC	M80 & W60	01:32:02					01:32:02
Lisa Oldman, Nicky Porter, Mel Moore & Rachel Sadler	-	W50, W55, W60 & W50	01:35:28					01:35:28
Stephen Cartwright	SOS	M65	01:46:04					01:46:04
Natalie Roberts	-	W50	01:54:04		15 - 19		00:25:00	02:19:04

**SOS/HAVOC Essex Mid-Week Summer Series 2026****Event 7 - Colchester North - 8 Jul****Organiser:- Tim Hull**

Short Course - Handicap Results

Name	Club	Age Class	Adjusted Time	Handicap	Handicaped time (decimal)	Pts
John Allen		M75	38.07	66	25.12	100
Sarah Mansel	SUFFOC	W60	40.60	66	26.80	94
Colin Matheson	FVO	M70	40.33	72	29.04	87
Colin Jackson	HAVOC	M65	39.65	76	30.13	83
Martin Sellens	SOS	M70	45.02	72	32.41	78
Veronica Machin	SOS	W65	55.90	61	34.10	74
Rachel Barford	SOS	W60	54.12	66	35.72	70
Thomas Asselin	-	M20	42.38	99	41.96	60
Hilary Sellens	SOS	W70	75.27	56	42.15	60
Rachel Abbott & John Carter	-	W55	61.32	70	42.92	59
Vicky Riley & Pete Riely		M55	58.47	83	48.53	52
Alan Sibthorp & Wendy Smalley	-	M65	64.97	76	49.37	51
Fay Smalls	-	W55	74.17	70	51.92	48
Gary James & Ross James	BOF	M21	55.45	100	55.45	45

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Long Course - Handicap Results

Name	Age Class	Club	Adjusted Time	Handicap	Handicaped time (decimal)	Pts
Allen Smalls	-	M55	47.05	83	39.05	100
Roy read		M60	51.97	79	41.05	95
Lyn West	SOS	W70	79.27	56	44.39	88
Jackie Sibthorp	SOS	W60	68.70	66	45.34	86
Dean Pepper	SOS	M35	47.20	97	45.78	85
Keith Bennett	DFOK	M50	53.32	86	45.85	85
Guy Lidbury	HAVOC	M55	58.00	83	48.14	81
David Float	HAVOC	M55	65.90	83	54.70	71
Kevin Machin	SOS	M65	72.60	76	55.18	71
Rod Mansel	SUFFOC	M65	76.93	76	58.47	67

Stuart Collett & Martin Holtham-Payne	-	M35	61.70	97	59.85	65
John Pettifer & Lorna Pettifer	HAVOC	W60	92.03	66	60.74	64
Gavin Avey-Hebditch	WSX	M65	82.65	76	62.81	62
Lorene Bernhard	-	W21	73.35	87	63.81	61
Gary Abbott & Melissa Dowell	-	M60	83.93	79	66.31	59
Lisa Oldman, Nicky Porter, Mel Moore & Rachel Sadler	-	W50	95.47	75	71.60	55
Stephen Cartwright	SOS	M65	106.07	76	80.61	48
Natalie Roberts	-	W50	139.07	75	104.30	37

5 min penalty for each incorrect or missed control (included in overall recorded time)

Age/Gender handicaps applied to league. Details available

Multiple runners, score based on lowest value handicap

SOS/HAVOC Essex Mid-Week Summer Series 2026

Short Course

			Great Notley	Writtle	Danbury	Aveley/Belhus	Chelmsford	Langdon Hills	Colchester North		Best 6	On The Night Bonus	Total
Christopher Childs	SOS	M75	79	73	100	97	79	100	100		-73	105	660
Colin Jackson	HAVOC	M65	84	65	96	93	86	88	83		-65	105	635
Veronica Machin	SOS	W65	61		77	67	84		74			75	438
Alan Sibthorp		M65	50		66	56	56	64	51			60	403
Ross James	BOF	M21	45		45		48		45			60	243
Gary James	BOF	M65	45		45		48		45			60	243
John Allen	SOS	M75						100	100			30	230
John Carter	-	M70	60				59		59			45	223
Sarah Mansel	SUFFOC	W60	96						94			30	220
Dale Bennett	HAVOC	M60	85	100								30	215
Teresa Wood	SOS	W50	67				99					30	196
Rachel Abbott	-	W55					59		59			30	148
Rachel Barford	SOS	W60		46					70			30	146
Fay Smalls	-	W55	46						48			30	124
Wendy Smalley		W60	56						51			15	122
Roger Gooding	SOS	M50	100									15	115
Lulu Gooding	SOS	W14	100									15	115
Miroslav Benes	-	M45		100								15	115
Garry Parmenter	HAVOC	M80				100						15	115
Phil Hazell	-	M65					100					15	115
Colin Matheson	FVO	M70							87			15	102
Martin Sellens	SOS	M70							78			15	93
Luke Hazell	-	M21					71					15	86
Rachel Read	-	W55	71									15	86
Tereza Krupova	-	W35		68								15	83
Henry Marston	SYO	M80			67							15	82
Jaikaar Tratt		M18				66						15	81
Rob Tratt		M45				66						15	81
Graham Batty	HAVOC	M65		63								15	78
Emma Morum	SOS	W35					63					15	78
Thomas Asselin	-	M20							60			15	75
Hilary Sellens	SOS	W70							60			15	75
Alexander Watts	-	M55	55									15	70
Erica Watts		W50	55									15	70
Timothe Gilles	-	M20	54									15	69
Vicky Riley		W40							52			15	67
Pete Riely		M55							52			15	67

SOS/HAVOC Essex Mid-Week Summer Series 2026  
Long Course

			Great Notley	Writtle	Danbury	Aveley/Belhus	Chelmsford	Langdon Hills	Colchester North		Best 6	On the Night Bonus	Total
Jackie Sibthorp	SOS	W60	84	100	100	97	96	100	86		-84	75	654
Keith Bennett	DFOK	M50	83	85	82	80	100	97	85		-80	90	622
Dean Pepper	SOS	M35	100	74	74	78	84	69	85		-69	105	600
David Float	HAVOC	M55	79	86	78	77	92	73	71		-71	105	590
Timothy Hull	SOS	M75	70	81	62	88	88		100			90	579
John Pettifer	HAVOC	M80		82	44	68	72	86	64			75	491
Lorna Pettifer	HAVOC	W60		82	44	68	72	86	64			75	491
Gavin Avey-Hebditch	WSX	M65		60	59	64	66	57	62			90	458
Gerry McGovern	SOS	M70	77	84	88	86	0	66				45	446
Kevin Machin	SOS	M65	72	74	68		96		71			60	441
Lyn West	SOS	W70	82		82		100		88			60	412
David Lumby	SOS	M65		88	72	75	90					60	385
Andy Debnam	HAVOC	M55	64	55	53	77		85				45	379
Guy Lidbury	HAVOC	M55	87			85		77	81			45	375
Justin Ruggles	-	M55	70	79	76		78					60	363
Paul Beckett	HAVOC	M65		92	84	100	0					60	336
Chloe Fowler	HAVOC	W21				89	95	84				45	313
Natalie Roberts	SOS	W50	48	72	62				37			60	279
Rod Mansel	SUFFOC	M65	79	86					67			45	277
Stuart Collett	-	M45			71		92		65			45	273
Thomas Wood	SOS	M18	74		66		85					45	270
Stephen Cartwright		M65	45	56	55				48			30	234
Luke Bennett	DFOK	M18	100		100							30	230
Kathryn Rehal	SOS	W55	48	72	62							45	227
Allen Smalls	-	M55	93						100			30	223
Lewis Judge		M21				88	100					30	218
Roy Read	-	M60	79						95			30	204
Christopher Prince	HAVOC	M21				88	82					30	200
Seb Parris	HAVOC	M40				100	83					15	198
Kevin Gard	-	M55		82	77							30	189
Colin West	SOS	M70	68				100					15	183
Iain Ambler	CHIG	M50		69	74							30	173
Eddie Banks	SOS	M70	79		72							15	166
Gary Abbott	-	M60					55		59			30	144
Melissa Dowell	-	W60					55		59			30	144
Barbara Beckett	HAVOC	W70		15	53	56							124
Simon Fowler		M55						100				15	115

Stephen Borrill	WAOC	M55	95									15	110
Laura Parrish	-	W40		83								15	98
Kelly Wareham	-	W40		83								15	98
Benjamin Leeds	-	M40			79							15	94
Sarah Mansel	SUFFOC	W60		77								15	92
Graham Denney	SAX	M55						73				15	88
Malcolm Bailey	-	M65					72					15	87
John Allen	-	M75					72					15	87
Linda Day	-	W50		71								15	86
Robert Lewis	-	M60		71								15	86
James Goddard	-	M65					70					15	85
Suzanne Talbot	BAOC	W40	68									15	83
Graham Batty	HAVOC	M65				68						15	83
Martin Holtham-Payne		M35						65				15	80
Thomas Elgood	CHIG	M60					64					15	79
Lorene Bernhard	-	W21						61				15	76
Ted Coday	HAVOC	M21		75									75
Alan Sibthorp	-	M65		56								15	71
Lisa Oldman		W50						55				15	70
Nicky Porter		W55						55				15	70
Mel Moore		W60						55				15	70
Rachel Sadler		W50						55				15	70
Terry Archer		M50			51							15	66
Torsten Archer		M21			51							15	66
Alison Sale		W60				66							66
Frieda Keane		W60				66							66
Veronica Machin	SOS	W65		63									63
Gary James	BOF	M65		43								15	58
Ross James	BOF	M21		43								15	58
Ruth Kanyepi		W35		36								15	51
Richard Sirett		M50	48										48
Dominique Lazanski	CHIG	W50										15	15

\* Organiser/Planners score 100 points for their event, shown in red  
Age/Gender handicaps applied to league. Details available  
League positions determined by best 6 runs in the series