

Friston Forest Trail Runs - 06/11/2016

Issue: v0 - 13:00 - 06/11/2016

Friston Forest - 10 mile forest trail run (The Adder)

Rank	RaceNo	Name	Team	OA-Time
1	62	Aiden Briffett		01:05:48
2	61	Alex Bonzi	Brighton Phoenix AC & Tri	01:06:30
3	88	Maciek Kalus		01:13:44
4	78	Justin Eggins	Chichester Runners & AC	01:14:42
5	93	Erica Martin	Brighton Phoenix AC & Tri	01:14:57
6	117	Sarah Underwood		01:16:16
7	94	Oliver Martin		01:17:02
8	98	Sally Norris		01:17:30
9	105	James Smith		01:21:15
10	104	Alex Slack	Southdowns Trailblazers	01:21:37
10	120	Mark Wavell		01:21:37
12	92	Roland Baines	Hastings Runners	01:21:55
13	111	Marek Szymonski		01:22:11
14	95	James Luce	Eastbourne Challengers	01:22:59
15	86	Ian Jones	Burgess Hill Runners	01:23:03
16	106	Dan Snellgrove		01:23:12
17	84	Kathryn Harnett	Brighton Phoenix AC & Tri	01:23:39
18	60	Nic Blomfield		01:25:19
19	100	Michelle Peckham	Horsham Amphibians Tri Club	01:25:38
20	90	Lee Kelly		01:27:01
21	103	Mark Sallis		01:28:09
22	102	Peter Rose		01:29:20
23	114	Paul Townsend		01:29:54
24	83	Elizabeth Halliday	Brighton Phoenix AC & Tri	01:31:07
25	76	Lee Dodimead		01:31:32
26	79	Martin Clevelly		01:31:46
27	113	James Taylor		01:32:52
28	96	Paul Newman		01:32:53
29	69	Julian Clements		01:34:48
29	77	Tim Dowling		01:34:48
31	115	Stephanie Turley	Southdowns Trailblazers	01:35:55
32	65	Ian Brooker		01:36:45
33	89	Paul Kelly		01:37:36
34	143	Nick Mould		01:37:47
35	81	Chris Geer	Polegate Plodders	01:38:28
36	122	Louise Williams		01:40:36
37	118	Philip Usher		01:40:54
38	91	Tom Lockley		01:41:50
39	80	Danielle Gaynor		01:45:53
39	70	Megan Corrigan		01:45:53
41	85	Jacqui Ide		01:49:08
42	101	Philip Ide		01:49:35
43	68	Hugh Charles		01:54:13
44	99	Liz Pamment	Henfield Joggers	01:58:53
44	108	Sue Spiers	Henfield Joggers	01:58:53

46	116	Alison Turner	Henfield Joggers	01:59:16
47	74	Raissa De Guzman		01:59:59
48	71	Katherine Curran		02:00:33

Friston Forest - 5 mile forest trail run

Rank	RaceNo	Name	Team	OA-Time
1	139	Maria Kowal	Fittleworth Flyers	00:35:40
2	159	Greg Salmon		00:36:14
3	161	Bruce Salter	Pie-Athletes	00:38:03
4	154	Ian Weston	Polegate Plodders	00:38:45
5	157	Sam Winter	Multisport-Management	00:39:22
6	97	Danny Nicholls		00:43:01
7	148	Kirsty Pugh		00:43:08
8	126	Helen Block		00:43:14
9	123	Tom Belk		00:44:33
10	163	John Thompson		00:45:01
11	164	Elvia Acosta		00:45:24
12	137	Philippa Jones		00:45:34
13	110	Swavek Szymonski		00:46:18
14	132	Cathy Wood		00:46:30
15	162	John Tutt		00:47:13
16	155	Sally Weston	Polegate Plodders	00:48:05
17	109	Lucy Szymonski		00:48:25
18	145	Abbegail O'Dell		00:49:19
18	160	Dominique Eldersmans		00:49:19
20	121	Sam Weller		00:49:50
21	112	Erik Szymonski		00:50:13
22	140	Kerry Lum		00:51:09
23	73	Bethan Davies		00:51:32
23	134	Kevin Coda		00:51:32
25	129	Abigail Chamberlain		00:52:37
26	128	Keith Briffett		00:52:44
27	125	Will Blackwell		00:53:37
28	158	Timothy Wood		00:54:29
29	133	Thomas Dunn		00:55:21
29	138	Max Kenney-Herbert		00:55:21
31	147	Alexandria Priddle		00:59:08
32	124	Laura Bint		01:00:53
32	144	Gemma Nagy		01:00:53
34	131	Sandra Coleman	Seaford Striders	01:02:41
35	141	Andy McDonald	Seaford Striders	01:02:43
36	127	Matthew Breach		01:03:16
36	156	Emma-Jane Wheatley		01:03:16
38	135	Jack Harrison		01:13:56
38	152	Aisha Smith		01:13:56
40	130	Jenny Cobby	Henfield Joggers	01:14:13
41	151	Andrew Smith	PSOF	01:14:49