

Multisport-Management: The Friston Forest 10 mile and 5 mile Charity Trail Run - Sunday 12-Aug-2018

The Friston Forest Trail runs 10 mile

Rank	RaceNo	Time	Name	Team	Run-Lap1	Run-Lap2
1	16	01:14:36	Ed Plager		00:37:05	00:37:31
2	2	01:16:26	Henry Bull	Wadhurst Runners	00:37:02	00:39:24
3	24	01:17:59	Kieran O'Sullivan		00:37:10	00:40:49
4	13	01:18:30	Milan Matson	Brighton Phoenix AC & Tri	00:33:16	00:45:14
5	23	01:25:42	Toby Bull	Wadhurst Runners	00:40:20	00:45:22
6	22	01:30:49	Oliver Williams		00:42:29	00:48:20
7	6	01:32:05	Brian Frost	Horsham Joggers	00:43:13	00:48:52
8	8	01:38:02	Simon Haizelden		00:46:52	00:51:10
9	9	01:50:56	Kate Hesmer		00:54:08	00:56:48
10	4	01:57:44	Kevin Dawson		00:54:48	01:02:56
11	3	01:59:04	Charlotte Cox	Run Through	00:57:31	01:01:33
12	18	02:11:51	Denise Power		01:02:41	01:09:10
12	7	02:11:51	Maria Funnell		01:02:41	01:09:10

The Friston Forest Trail runs 5 mile

Rank	RaceNo	Time	Name	Team
1	52	00:38:30	Jack Chivers	Haywards Heath Harriers
2	57	00:39:54	Kenneth Sangolt	
3	60	00:40:53	Ian Weston	Polegate Plodders
4	62	00:43:03	Sally Norris	Multisport-Management
4	55	00:43:03	Danny Garbett	Run Wednesdays
6	59	00:45:11	Sarah Watkins	
7	61	00:49:24	Eddie Winter	Arena 80 AC
8	50	00:50:09	Mackenzie Aizlewood	
9	63	00:51:30	Jazz Shiret	Seaford Striders RC
10	20	00:56:38	Lesley Prideaux	
11	21	00:57:15	Jon Prideaux	
12	58	00:57:49	Ann Iren Sangolt	
13	5	01:34:58	Emma Dawson	
14	54	01:37:20	Cynthia Dee	Henfield Joggers
14	53	01:37:20	Michael Dee	Henfield Joggers