

The Viper 5 mile Trail Run

Race Format: tr5 miles (8km)

Female Result Category

Rankings		Name	BIB		Drtn	Rate m/s	PostLag % Gndr	Rems
Gndr	Open							
1	9	Sandra Rust	22	Harlow RC	00:54:00	2.48		TR: 1/2
2	11	Georgina Flowers	8		00:54:30	2.46	0.93	
2	11	Kim Walker	29		00:54:30	2.46	0.93	
4	14	Dominique Sellors	24	Springfield Striders RC	00:55:22	2.42	2.53	TR: 1/3
4	14	Gráinne Hallahan	11	Colchester and Tendring AC	00:55:22	2.42	2.53	TR: 1/2
6	17	Laura Parrish	19	Springfield Striders RC	00:56:24	2.38	4.45	TR: 2/3
7	18	Kelly Wareham	30		00:56:31	2.37	4.66	
8	19	Christine Hawker	12	Trent Park RC	00:56:34	2.37	4.76	TR: 1/1
9	20	Charlotte Mills	17	Colchester and Tendring AC	00:56:35	2.37	4.79	TR: 2/2
10	21	Kathy Scourfield	23	Billericay Striders	01:12:36	1.85	34.44	TR: 2/6
11	22	Lesley Smart	26	Billericay Striders	01:12:42	1.84	34.63	TR: 3/6
12	23	Dawn Potter	20	Billericay Striders	01:12:50	1.84	34.88	TR: 4/6
13	24	Vicki Robins	21		01:12:58	1.84	35.12	
14	25	Hannah Tippler	31	Multisport-Management	01:12:59	1.84	35.15	TR: 1/2
15	26	Dawn Henning-Reeman	13	Billericay Striders	01:13:20	1.83	35.80	TR: 5/6
16	27	Carolyn Brenchley	1	Billericay Striders	01:13:25	1.83	35.96	TR: 6/6
17	28	Ann Miller	16	Springfield Striders RC	01:27:46	1.53	62.52	TR: 3/3
18	30	Jayne Elliott	7		01:35:35	1.40	76.99	
18	30	Kate Nicholls	18		01:35:35	1.40	76.99	

Male Result Category

Rankings		Name	BIB		Drtn	Rate m/s	PostLag % Gndr	Rems
Gndr	Open							
1	1	David Church	4		00:33:05	4.05		
2	2	Adam U'Glow Jones	28	Little Baddow Ridge Runner	00:38:10	3.51	15.37	TR: 1/1
3	3	Jamie Setterfield	25		00:39:50	3.37	20.41	
4	4	Ryan Domeney	6		00:42:59	3.12	29.92	
5	5	Richard Campbell	2		00:43:00	3.12	29.97	
6	6	Ronald Hill	14	Nuclear Races Striders	00:49:04	2.73	48.30	TR: 1/1
7	7	Simon Cheng	3		00:53:54	2.49	62.92	
8	8	Sam Tarling	27		00:53:56	2.49	63.03	
9	10	Ricky Lee	15	Billericay Striders	00:54:08	2.48	63.64	TR: 1/6
10	13	Sean Flynn	9	Harlow RC	00:54:56	2.44	66.06	TR: 2/2
11	16	Steve Cope	5		00:55:30	2.42	67.76	
12	29	Richard Walker	101	Multisport-Management	01:27:47	1.53	165.32	TR: 2/2