

MSM - The Viper 5 mile Trail Run

Event Date: 2024-04-18

The Viper 5 mile Trail Run

Race Format: tr5 miles (8km)

Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	5	Sandra Rust	100	Harlow AC	00:47:42	2.81		TR: 1/1
2	8	Vicky Presland	62	Great Bentley RC	00:48:00	2.79	0.62	TR: 1/4
3	10	Liza Scott	81	Brentwood Running Club	00:48:45	2.75	2.20	TR: 1/4
4	13	Tricia Stacey	66	Great Bentley RC	00:49:01	2.74	2.76	TR: 3/4
5	14	Julia Gardiner	67	Harlow RC	00:49:03	2.73	2.83	TR: 1/1
6	16	Jennie O'Halloran	86		00:53:00	2.53	11.11	
7	17	Kelly Wareham	98		00:53:07	2.52	11.36	
8	18	Laura Parrish	97	Springfield Striders RC	00:53:08	2.52	11.40	TR: 1/1
9	19	Mary Lloyd	93		00:53:10	2.52	11.46	
10	20	heather Eltham	95		00:53:11	2.52	11.50	
11	21	Surjit Grewal	80	Brentwood Running Club	00:53:15	2.52	11.63	TR: 3/4
12	27	Jill Thorne	65		00:59:00	2.27	23.69	
13	28	Dawn Mellish	64		00:59:30	2.25	24.73	
13	28	Tanya Theron	91		00:59:30	2.25	24.73	
15	30	Emma Delea	79	Brentwood Beagles AC	00:59:57	2.24	25.68	TR: 1/1
16	31	Hayley Smith-Pryor	77	Navestock Harriers	00:59:58	2.24	25.72	TR: 1/1
17	32	Gillian Harrison	70	Pitsea Running Club	01:00:01	2.23	25.82	TR: 1/1
17	32	Maria Yarnold	83	Brentwood Running Club	01:00:01	2.23	25.82	TR: 4/4
17	32	Emily Sheppard	76	Phoenix Striders	01:00:01	2.23	25.82	TR: 1/2
17	32	Helen Williams	69		01:00:01	2.23	25.82	
21	38	Alex Bessent	101	Multisport-Management	01:00:02	2.23	25.85	TR: 2/2

Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	David Church	99	Multisport-Management	00:37:00	3.62		TR: 1/2
2	2	Stuart James	63	Trail Running Association	00:40:30	3.31	9.46	TR: 1/1
3	3	Pete Acher	73	Weald Park Warriors	00:40:40	3.30	9.91	TR: 1/3
4	4	Martin Howlett	74	Castle Point Joggers	00:40:47	3.29	10.23	TR: 1/1
5	6	Andrew Franklin	85		00:47:50	2.80	29.28	
6	7	Andrew Fox	87	Weald Park Warriors	00:47:51	2.80	29.33	TR: 2/3
7	8	Phil Presland	61	Great Bentley RC	00:48:00	2.79	29.74	TR: 1/4
8	11	James MacNish Porter	90	Brentwood Running Club	00:48:50	2.75	31.98	TR: 2/4
9	12	Ryan Derrick	84		00:49:00	2.74	32.43	
10	15	Phil Hales	88	Weald Park Warriors	00:52:51	2.54	42.84	TR: 3/3
11	22	Michael Kavanagh	82		00:53:20	2.51	44.13	
12	23	Steve Cope	78		00:53:21	2.51	44.20	
13	24	David Mackay	92		00:53:50	2.49	45.50	
14	25	Guy Hammett	72	Mid Essex Casuals	00:57:26	2.34	55.23	TR: 1/1
15	26	Neil Cornelius	94	Hockley Trail Runners	00:57:27	2.33	55.28	TR: 1/1
16	32	John Sheppard	75	Phoenix Striders	01:00:01	2.23	62.21	TR: 1/2
16	32	Roy Williams	96	Great Bentley RC	01:00:01	2.23	62.21	TR: 4/4