

MSM - The Friston 5 Mile night trail run

Event Date: 2024-03-21

Friston 5 mile

Race Format: tr5 miles (8km)

Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	2	Sally Norris	53	Lewes AC	00:44:54	2.99		
2	4	Maria Stack	32		00:45:28	2.95	1.27	
3	5	Magdalena Schoerner	30	Run Wednesdays	00:45:34	2.94	1.48	
4	7	Erica Martin	19	Brighton Phoenix Tri Club	00:45:42	2.93	1.78	
5	9	Ellie King	18	Lewes AC	00:47:13	2.84	5.16	
6	11	Michelle Pope	26	Polegate Plodders	00:54:43	2.45	21.86	
7	12	Lauren Parnell	23		00:54:53	2.44	22.23	
8	14	Michaela Stringer	33	Run Wednesdays	00:56:09	2.39	25.06	
9	15	Jane Attew	3		00:56:13	2.39	25.20	
10	18	Carla Stevens	44	Vegan Runners (UK)	00:56:30	2.37	25.83	
11	19	Elizabeth Halliday	13	Brighton Phoenix AC & Tri	00:57:12	2.34	27.39	
12	21	Kathryn Harnett	15		00:57:17	2.34	27.58	
13	24	Carrie Blunden	7	Run Wednesdays	01:01:01	2.20	35.89	
14	25	Rebecca Murphy	20		01:01:06	2.20	36.07	
15	26	Taline Halpern	14	Rogue Runners	01:06:44	2.01	48.63	
16	28	Emma Burkitt	8	Eastbourne Rovers AC	01:11:03	1.89	58.25	
16	28	Chloe Herbert	16		01:11:03	1.89	58.25	
18	30	Helen Sanderson	29	Eastbourne Rovers AC	01:12:30	1.85	61.47	
19	32	Debs Pawley	24	Eastbourne Rovers AC	01:19:50	1.68	77.81	
19	32	Diane Aldridge	2	Lonely Goat RC	01:19:50	1.68	77.81	
21	34	Lisa Chudasama	10	Heathfield Road Runners	01:27:36	1.53	95.08	
21	34	Gilly Nickols	21	Heathfield Road Runners	01:27:36	1.53	95.08	

Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Benedict O'Connell	42	Vegan Runners (UK)	00:39:16	3.42		
2	3	John Babajide	5	Portslade Hedgehoppers	00:45:18	2.96	15.37	
3	6	Ian Weston	37	Polegate Plodders	00:45:37	2.94	16.17	
4	8	Michael Gillingham	12	Heathfield Road Runners	00:47:04	2.85	19.86	
5	10	Pete Randall	27		00:54:38	2.45	39.14	
6	13	Carl Titherly	35	Lonely Goat RC	00:55:12	2.43	40.57	
7	16	Mark Chandler	9		00:56:16	2.38	43.29	
8	17	Scott O'Rourke	22	Run Wednesdays	00:56:18	2.38	43.37	
9	19	Chris Richards	28	Vegan Runners (UK)	00:57:12	2.34	45.67	
10	22	Alistair Waller	36		00:58:50	2.28	49.84	
11	23	Tim Gendre	1		00:59:29	2.25	51.49	
12	26	Henry Speight	31	Rogue Runners	01:06:44	2.01	69.95	
13	30	David Stringer	34	Run Wednesdays	01:12:30	1.85	84.64	
14	36	Graham Lee	72	Multisport-Management	01:29:05	1.51	126.86	