

MSM - The Viper 5 mile Trail Run (Spring Edition)

Event Date: 2025-04-24

The Viper 5 mile Trail Run (Spring Edition)

Race Format: tr5 miles (8km)

Female Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	5	Mary Lloyd	80	Brentwood RC	00:39:05	3.43	TR: 1/5
2	7	Milly Presland	85	Colchester Harriers AC	00:47:00	2.85	20.25 TR: 1/1
2	7	Tricia Stacey	93	Great Bentley RC	00:47:00	2.85	20.25 TR: 1/3
4	13	Laura Parrish	83	Springfield Striders RC	00:51:02	2.63	30.58 TR: 1/1
4	13	Kelly Wareham	96	Little Baddow Ridge Runner	00:51:02	2.63	30.58 TR: 1/2
6	16	Dominique Sellors	95	Little Baddow Ridge Runner	00:51:50	2.59	32.63 TR: 2/2
7	17	Anna Whitehead	98	Weald Park Warriors	00:53:30	2.51	36.89 TR: 3/10
8	18	Michelle Cooper	58	Weald Park Warriors	00:53:31	2.51	36.93 TR: 4/10
9	19	Geri Danby	62	Weald Park Warriors	00:53:32	2.51	36.97 TR: 5/10
10	21	Sarah Goodey	70	Brentwood Beagles AC	00:53:34	2.50	37.06 TR: 1/2
11	24	Indrani Acher	53	Weald Park Warriors	00:53:37	2.50	37.19 TR: 6/10
12	25	Gina Cuschieri	61	Tri Spirt Essex	00:53:38	2.50	37.23 TR: 1/1
13	27	Clarice Sanderson	90	Witham RC	00:53:56	2.49	37.99 TR: 3/4
14	28	Vicky Presland	87	Great Bentley RC	00:53:57	2.49	38.05 TR: 3/3
15	29	Julia Gardiner	68	Harlow RC	00:54:00	2.48	38.16 TR: 1/1
16	30	Sandra Rust	89	Harlow AC	00:55:37	2.41	42.31 TR: 1/1
16	30	Linda Helm-Manley	74	Harlow Running & Tri Club	00:55:37	2.41	42.31 TR: 1/1
18	32	Surjit Grewal	71	Brentwood RC	00:55:47	2.40	42.73 TR: 3/5
19	33	Sally Piggott	84	Phoenix Striders	00:56:18	2.38	44.05 TR: 1/1
20	35	Heather Eltham	65	Brentwood RC	00:58:33	2.29	49.81 TR: 4/5
21	36	Katie Grove	72		00:58:34	2.29	49.86
22	37	Tedge King	79	Brentwood RC	00:58:49	2.28	50.49 TR: 5/5
23	42	Lisa-Marie Jobson	77	Weald Park Warriors	00:59:51	2.24	53.14 TR: 10/10
24	43	Sue Smith	92	Witham RC	00:59:58	2.24	53.42 TR: 4/4

Male Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	1	David Church	10		00:33:13	4.04	
2	2	Steve Danby	63	Weald Park Warriors	00:38:37	3.47	16.25 TR: 1/10
3	3	Brian Longman	81		00:38:44	3.46	16.60
4	4	Pete Acher	52	Weald Park Warriors	00:39:03	3.43	17.56 TR: 2/10
5	6	Ian Sutcliffe	94	Mid Essex Casuals	00:45:20	2.96	36.48 TR: 1/2
6	7	Phil Presland	86	Great Bentley RC	00:47:00	2.85	41.50 TR: 1/3
7	10	Geoff Reddin	88	Witham RC	00:48:39	2.76	46.46 TR: 1/4
8	11	Andy White	97	Witham RC	00:48:50	2.75	47.02 TR: 2/4
9	12	Russell Fox	66		00:49:20	2.72	48.52
10	13	Marc Craddock	59	Brentwood RC	00:51:02	2.63	53.63 TR: 2/5
11	20	Neil Cooper	57		00:53:33	2.50	61.21
12	22	Darren Goodey	69		00:53:35	2.50	61.32
13	23	Stuart Crowther	60	Brentwood Beagles AC	00:53:36	2.50	61.37 TR: 2/2
14	26	David Mackay	82	Weald Park Warriors	00:53:39	2.50	61.52 TR: 7/10

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15	34	Guy Hammett	73	Mid Essex Casuals	00:56:19	2.38	69.55	TR: 2/2
16	38	Michael Kavanagh	78		00:58:52	2.28	77.21	
17	39	Ashley Charlton	56		00:58:58	2.27	77.53	
18	40	Dean Adams	54	Weald Park Warriors	00:59:00	2.27	77.62	TR: 8/10
19	41	Andrew Fox	67	Weald Park Warriors	00:59:50	2.24	80.12	TR: 9/10
20	44	Andrew Jobson	76		01:00:00	2.24	80.64	
21	45	Steve Cope	51	Multisport-Management	01:00:03	2.23	80.77	TR: 1/2
22	46	Graham Lee	50	Multisport-Management	01:00:23	2.22	81.79	Tail Walker

*Rems: 'TR' = RANK within Team inclusively