

MSM - The Friston Longman 10k evening hike & trail runs Event Date: 2026-06-08

The Plough & Harrow Longman 10k trail run

Race Format: tr10k

Female Result Category

Rankings		Name	BIB	Team	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	4	Sarah Lawrence	74	Team Bodyworks	00:53:15	3.13		TR: 1/1
2	5	Magdalena Schoerner	22	Run Wednesdays	00:53:42	3.10	0.85	TR: 1/2
3	11	Carla O'Connell	51	Vegan Runners (UK)	01:05:46	2.53	23.50	TR: 2/6
4	13	Nicola Harrison	81	Vegan Runners (UK)	01:06:01	2.52	23.98	TR: 3/6
5	15	Kathryn Warren	38	Seaford Striders RC	01:06:08	2.52	24.19	TR: 4/5
6	17	Noemi Dali	92	Vegan Runners (UK)	01:07:13	2.48	26.23	TR: 4/6
7	21	Joanne French	83	Vegan Runners (UK)	01:11:33	2.33	34.37	TR: 6/6
8	23	Natasha Heasman	79	Henfield Joggers	01:12:47	2.29	36.69	TR: 2/4
8	23	Caroline King	75	Henfield Joggers	01:12:47	2.29	36.69	TR: 2/4
10	26	Rachael Edwards	86		01:13:25	2.27	37.87	
11	30	Kirsty Weeding	36		01:14:44	2.23	40.35	
11	30	Gayle Mason	66		01:14:44	2.23	40.35	
13	32	Kate Custis	93	Orpington Road Runners	01:15:05	2.22	41.00	TR: 1/1
14	33	Nicky Calladine	96	Heathfield Runners	01:23:04	2.01	55.98	TR: 2/5
15	35	Ruth Le Vesconte	73	Heathfield Runners	01:25:47	1.94	61.11	TR: 4/5
16	36	Suzannah Taylor	40	Heathfield Runners	01:25:56	1.94	61.37	TR: 5/5
16	36	Clare Warren	37		01:25:56	1.94	61.37	

Male Result Category

Rankings		Name	BIB	Team	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Matt Clare	95	Seaford Striders RC	00:45:20	3.68		TR: 1/5
2	2	Benedict O'Connell	56	Vegan Runners (UK)	00:49:51	3.34	9.96	TR: 1/6
2	2	Luke Vuillemey	39		00:49:51	3.34	9.96	
4	6	Ian Weston	29	Polegate Plodders	00:56:52	2.93	25.44	TR: 1/1
5	7	Rob Fay	85	Seaford Striders RC	00:56:58	2.93	25.66	TR: 2/5
6	8	Liam Brooks	98		00:58:10	2.87	28.30	
7	9	Raymond Smith	45	Seaford Striders RC	01:02:14	2.68	37.29	TR: 3/5
8	10	Tim McArragher	24		01:04:48	2.57	42.94	
9	11	David Chase	89	Henfield Joggers	01:05:46	2.53	45.07	TR: 1/4
10	13	Tim Horn	78		01:06:01	2.52	45.62	
11	16	Matthew Winton	25	Seaford Striders RC	01:06:14	2.52	46.11	TR: 5/5
12	17	Max Dunstone	88	Vegan Runners (UK)	01:07:13	2.48	48.28	TR: 4/6
13	19	Tom Jay	76		01:10:55	2.35	56.45	
14	20	Ben Ruth	48		01:11:23	2.33	57.46	
15	21	Simon French	84	Run Wednesdays	01:11:33	2.33	57.83	TR: 2/2
16	23	Ben Brown	97		01:12:47	2.29	60.54	
17	26	Dean Edwards	87		01:13:25	2.27	61.94	
18	28	Mark Ashby	100	Heathfield Runners	01:13:47	2.26	62.76	TR: 1/5
19	29	Paul Crowe	94	Henfield Joggers	01:14:31	2.24	64.37	TR: 4/4
20	33	Brian Barley	99	Heathfield Runners	01:23:04	2.01	83.25	TR: 2/5

*Rems: 'TR' = RANK within Team inclusively