

The Plough & Harrow Longman 10k trail run

Race Format: tr10k

Female Result Category

Rankings		Name	BIB		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		TR: 1/2
3	11	Carla O'Connell	51	Vegan Runners (UK)	01:05:46	2.53		TR: 2/6
4	13	Nicola Harrison	81	Vegan Runners (UK)	01:06:01	2.52		TR: 3/6
5	15	Kathryn Warren	38	Seaford Striders RC	01:06:08	2.52		TR: 4/5
6	17	Noemi Dali	92	Vegan Runners (UK)	01:07:13	2.48		TR: 4/6
7	21	Joanne French	83	Vegan Runners (UK)	01:11:33	2.33		TR: 6/6
8	23	Natasha Heasman	79	Henfield Joggers	01:12:47	2.29		TR: 2/4
8	23	Caroline King	75	Henfield Joggers	01:12:47	2.29		TR: 2/4
10	26	Rachael Edwards	86		01:13:25	2.27		
11	30	Kirsty Weeding	36		01:14:44	2.23		
11	30	Gayle Mason	66		01:14:44	2.23		
13	32	Kate Custis	93	Orpington Road Runners	01:15:05	2.22		TR: 1/1
14	33	Nicky Calladine	96	Heathfield Runners	01:23:04	2.01		TR: 2/5
15	35	Ruth Le Vesconte	73	Heathfield Runners	01:25:47	1.94		TR: 4/5
16	36	Suzannah Taylor	40	Heathfield Runners	01:25:56	1.94		TR: 5/5
16	36	Clare Warren	37		01:25:56	1.94		

Male Result Category

Rankings		Name	BIB		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		TR: 1/6
2	2	Luke Vuillemey	39		00:49:51	3.34		
4	6	Ian Weston	29	Polegate Plodders	00:56:52	2.93		TR: 1/1
5	7	Rob Fay	85	Seaford Striders RC	00:56:58	2.93		TR: 2/5
6	8	Liam Brooks	98		00:58:10	2.87		
7	9	Raymond Smith	45	Seaford Striders RC	01:02:14	2.68		TR: 3/5
8	10	Tim McArragher	24		01:04:48	2.57		
9	11	David Chase	89	Henfield Joggers	01:05:46	2.53		TR: 1/4
10	13	Tim Horn	78		01:06:01	2.52		
11	16	Matthew Winton	25	Seaford Striders RC	01:06:14	2.52		TR: 5/5
12	17	Max Dunstone	88	Vegan Runners (UK)	01:07:13	2.48		TR: 4/6
13	19	Tom Jay	76		01:10:55	2.35		
14	20	Ben Ruth	48		01:11:23	2.33		
15	21	Simon French	84	Run Wednesdays	01:11:33	2.33		TR: 2/2
16	23	Ben Brown	97		01:12:47	2.29		
17	26	Dean Edwards	87		01:13:25	2.27		
18	28	Mark Ashby	100	Heathfield Runners	01:13:47	2.26		TR: 1/5
19	29	Paul Crowe	94	Henfield Joggers	01:14:31	2.24		TR: 4/4
20	33	Brian Barley	99	Heathfield Runners	01:23:04	2.01		TR: 2/5
21	38	Graham Lee	101	Multisport-Management	01:25:59	1.94		Tail Walker