

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

Event Date: 2026-04-23

## The Viper 5 mile Trail Run (Spring Edition)

Race Format: tr5 miles (8km)

### Female Result Category

Rankings		Name	BIB	Team	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	5	Christine Sutcliffe	69	Mid Essex Casuals	00:49:10	2.73		TR: 1/2
2	9	Michelle Cooper	46	Weald Park Warriors	00:53:25	2.51		TR: 1/3
3	11	Heather Eltham	53	Brentwood RC	00:54:07	2.48		TR: 1/2
4	13	Indy Acher	41	Weald Park Warriors	00:54:44	2.45		TR: 2/3
4	13	Shreya Acher	77	Weald Park Warriors	00:54:44	2.45		TR: 2/3
4	13	Tanya Theron	71		00:54:44	2.45		
7	17	Caroline de Groot	50		01:07:54	1.98		
7	17	Sarah Marlow	62		01:07:54	1.98		
9	20	Sue Evans	54	Loughton AC	01:09:18	1.94		TR: 1/1
10	22	Lydia Beard	44	Chelmer Road Runners	01:10:23	1.91		TR: 1/2
11	23	Terri Minns	64		01:17:20	1.73		
11	23	Dawn Berry	45	Chelmer Road Runners	01:17:20	1.73		TR: 2/2

### Male Result Category

Rankings		Name	BIB	Team	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Jamie Setterfield	67		00:39:44	3.38		
2	2	Stuart James	57	Trail Running Association	00:40:04	3.35		TR: 1/1
3	3	Dean Adams	42		00:45:12	2.97		
4	4	Andrew Tietjen	72		00:46:25	2.89		
5	5	Ian Sutcliffe	70	Mid Essex Casuals	00:49:10	2.73		TR: 1/2
6	7	Michael Kavanagh	58		00:50:18	2.67		
6	7	Neil Cooper	47		00:50:18	2.67		
8	10	Daniel Cracknell	49		00:53:32	2.51		
9	11	James MacNish Porter	61	Brentwood RC	00:54:07	2.48		TR: 1/2
10	13	Marc Delea	52		00:54:44	2.45		
11	17	Mike Bignell	43		01:07:54	1.98		
12	20	Dave Evans	55	Fordy Runs Running Club	01:09:18	1.94		TR: 1/1
13	23	Samuel Minns	63		01:17:20	1.73		

\*Rems: 'TR' = RANK within Team inclusively