

MSM - THE FRISTON 5 MILE HALLOWEEN NIGHT TRAIL RUN EVENT DATE: 2024-10-31

THE PLOUGH AND HARROWEEN 5 MILE NIGHT TRAIL RUN

RACE FORMAT: TR 5MILES (8KM)



Female Result Category



RANKINGS GNDR OPEN	NAME	BIB		DURATION	RATE M/S	POSTLAG % GNDR	*REMS
1	4	Carla Stevens	82	Vegon Runners (UK)	00:51:59	2.58	TR: 1/1
2	5	Michelle Pope	88	Polegate Plodders	00:52:01	2.58	0.06 TR: 2/2
3	8	Sally Norris	83	Lewes AC	00:52:12	2.57	0.42 TR: 1/1
4	9	Erica Martin	79	Seaford Striders RC	00:52:38	2.70	1.25 3M ISPOOK PNLT
5	11	Meg Markwick	63		00:55:02	2.68	5.86 5M ISPOOK PNLT
6	12	Lydia Rice	92		01:03:57	2.10	23.02
7	16	Helen O'Sullivan	85	Hailsham Harriers	01:05:33	2.05	26.10 TR: 1/6
7	16	Charlotte Long	77	Hailsham Harriers	01:05:33	2.05	26.10 TR: 1/6
9	18	Victoria Little	76	Hailsham Harriers	01:05:36	2.04	26.20 TR: 3/6
10	19	Annette Fedkes	71	Hailsham Harriers	01:05:40	2.04	26.33 TR: 4/6
11	20	Julie Deakin	70	Hailsham Harriers	01:05:43	2.04	26.42 TR: 5/6
12	22	Chloe Herbert	73	Eastbourne Rovers AC	01:07:21	1.99	29.57 TR: 2/2
13	23	Aianna Mansell	78		01:10:23	1.99	35.39 3M ISPOOK PNLT
14	24	Claire Shimmons	95	Run Wednesdays	01:19:46	1.68	53.44 TR: 4/5
15	26	Rebecca Holland	74	Run Wednesdays	01:23:42	1.68	61.00 4M ISPOOK PNLT



Male Result Category



RANKINGS GNDR OPEN	NAME	BIB		DURATION	RATE M/S	POSTLAG % GNDR	*REMS
1	1	Ian Weston	148	Polegate Plodders	00:46:30	2.88	TR: 1/2
2	2	Phil Wood	65	Eastbourne Rovers AC	00:51:02	2.91	9.75 5M ISPOOK PNLT
3	3	Stuart McKenzie	81	Run Wednesdays	00:51:03	2.63	9.78 TR: 1/5
4	6	James Griffiths	72	Run Wednesdays	00:52:03	2.58	11.93 TR: 2/5
5	7	Scott O'Rourke	84	Run Wednesdays	00:52:08	2.57	12.12 TR: 3/5
6	10	Shaun Westbrook	64		00:54:58	2.68	18.20 5M ISPOOK PNLT
7	13	Jim McCulloch	80	Multisport Management	01:04:00	2.10	37.63 TR: 1/2
8	14	Carl Titherly	98	Lonely Goat RC	01:05:03	2.06	39.90 TR: 1/1
9	15	Andrew Titherly	99		01:05:08	2.06	40.08
10	21	Oliver Paterson	86	Hailsham Harriers	01:06:20	2.02	42.65 TR: 6/6
11	25	Graham Lee	150	Multisport Management	01:19:50	1.68	71.67 TR: 2/2

*Rems: 'TR' = RANK within Team inclusively

