

MSM - The Ale Trail 15 mile Trail Run

Event Date: 2026-04-26

The Ale Trail 15 mile Trail Run

Race Format: tr15 miles (24.14km)

Female Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	3	Sally Norris	21	Lewes AC	03:11:40	1.96	TR: 1/5
1	3	Ellie King	16	Lewes AC	03:11:40	1.96	TR: 1/5
3	10	Zoe Miles	20	Rogue Runners	03:26:16	1.82	TR: 2/4
4	11	Kate Seymour	27	Lewes AC	03:33:14	1.76	TR: 3/5
4	11	Rachael Edwards	8		03:33:14	1.76	
4	11	Libby West	34	Lewes AC	03:33:14	1.76	TR: 3/5
7	15	Ros Bryant	2	Arunners RC	03:35:13	1.74	TR: 1/2
8	19	Simone Collard	3	Lancing Eagles RC	03:39:32	1.71	TR: 2/4
9	23	Lucy Dagg	7		03:47:52	1.65	
9	23	Leah Wright	35	Worthing Gazelles	03:47:52	1.65	TR: 1/1
9	23	Charlotte Taylor	31	Rogue Runners	03:47:52	1.65	TR: 3/4
12	26	Chloe Garrett	11	Rogue Runners	03:48:06	1.65	TR: 4/4

Male Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	1	Tom Jay	14		02:17:34	2.73	
2	2	Daniel Elswood	10		02:24:26	2.60	
3	5	Rory Harding	30		03:12:28	1.95	
3	5	Michael Harding	13		03:12:28	1.95	
5	7	Andy Covington	6	Petts Wood Runners	03:13:43	1.94	TR: 1/1
6	8	James Ruff	26	Rogue Runners	03:25:50	1.82	TR: 1/4
7	9	Joe Light	17		03:26:01	1.82	
8	11	Dean Edwards	9		03:33:14	1.76	
9	15	Wayne Cooper	5	Arunners RC	03:35:13	1.74	TR: 1/2
10	17	Andrew Perris	23	Lewes AC	03:36:45	1.73	TR: 5/5
11	18	Adam Collard	4	Lancing Eagles RC	03:39:15	1.71	TR: 1/4
12	19	Nicholas Barter	1	Lancing Eagles RC	03:39:32	1.71	TR: 2/4
12	19	Keir Heyman	15	Lancing Eagles RC	03:39:32	1.71	TR: 2/4
14	22	Owen Sharp	28	Dean Street Devils RC	03:43:38	1.68	TR: 1/1
15	27	Carl Titherly	32		03:48:21	1.64	
16	28	Andrew Titherly	33		03:48:23	1.64	

*Rems: 'TR' = RANK within Team inclusively