

# Kings Head Canter 2025

## Kings Head Canter 5k

25 August 2025 11:00

Place	Time	Name	Team	Category	Race No	Grading
1	00:15:09	WALKER, Max	Army AA	Senior Men	1	85.9
2	00:15:41	TURNER, James	Brighton & Hove City AC	Senior Men	246	84.6
3	00:15:56	MALLET, George	Hercules Wimbledon AC	Senior Men	145	81.9
4	00:16:04	PEARCE, Fintan	Eastbourne Rovers AC	Senior Men	197	80.9
5	00:16:08	FORREST, Jake	Brighton & Hove AC	Senior Men	281	80.5
6	00:16:11	SIGNY, Jamie	Brighton Phoenix	Senior Men	232	83.5
7	00:16:26	WOODWARD, Robert	Brighton & Hove City AC	Senior Men	275	79.0
8	00:16:26	MARSDEN, Patrick	Eastbourne Rovers AC	Senior Men	150	82.8
9	00:16:30	BRISTOW, Howard	Brighton & Hove City AC	Vet Men 50-54	25	89.4
10	00:16:40	SOUTHALL, Troy	Headington RRC	Senior Men	237	77.9
11	00:16:43	PENROSE, Charlie	Brighton Phoenix	Vet Men 40-44	201	82.0
12	00:16:46	MESSER, Jonah	Eastbourne Rovers AC	Junior Men 14-17	300	80.3
13	00:16:47	DUNN, Cameron	Brighton & Hove City AC	Senior Men	64	77.4
14	00:16:56	VORA, Ashley	Haddington Running Club	Senior Men	296	78.0
15	00:16:59	LUMBER - FRY, Fin	Eastbourne Rovers AC	Junior Men 14-17	143	79.2
16	00:17:01	CLARKE, Josh	Brighton Phoenix	Senior Men	293	76.4
17	00:17:07	WATTAR, Ziad	Brighton & Hove City AC	Vet Men 40-44	262	81.2
18	00:17:07	WALKER, Tom	Brighton Phoenix	Senior Men	255	76.0
19	00:17:08	MACDONALD, Keir	Brighton Phoenix	Senior Men	297	76.7
20	00:17:12	DARGAN, Louis	Hastings Runners	Senior Men	51	75.5
21	00:17:23	CLAYS, Jon	Brighton Phoenix	Vet Men 40-44	44	81.1
22	00:17:31	CELANI, Dan	Lingfield RC	Vet Men 45-49	38	81.8
23	00:17:35	FRANKLIN, Archie	Eastbourne Rovers AC	Junior Men 14-17	2	77.9
24	00:17:38	ISAACS, Lewis	Brighton Phoenix	Vet Men 40-44	125	78.9
25	00:17:39	VAN WELL, Teo	Brighton Phoenix	Vet Men 45-49	251	81.1
26	00:17:43	GARROD, Alex	Brighton Phoenix	Senior Men	87	73.9
27	00:17:48	DICKINSON, Milly	Brighton Phoenix	Senior Women	58	83.0
28	00:17:50	CLAYTON, Richard	Brighton & Hove City AC	Vet Men 40-44	45	76.9
29	00:17:53	HAWKES, Daniel	Brighton Phoenix	Senior Men	108	72.9
30	00:17:56	COOMBER, Izzy	Lewes AC	Senior Women	47	82.9
31	00:18:03	PARSONS, Lewis	Hastings Runners	Senior Men	192	74.9
32	00:18:07	HOATH, Steven	Hastings Runners	Senior Men	116	74.0
33	00:18:12	LAMBERT, Paul	Hastings Runners	Vet Men 40-44	135	75.8
34	00:18:14	UNDERWOOD, Stuart	Brighton & Hove City AC	Vet Men 40-44	248	76.2
35	00:18:24	SMITH, Laura	Brighton Phoenix	Senior Women	236	80.3
36	00:18:35	RUSHFORTH, Suzy	Brighton Phoenix	Vet Women 50-54	223	89.9
37	00:18:36	PARRIS, Alfred		Senior Men	189	69.8

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38	00:18:44	RAWLINSON, Alexander	Portslade HedgeHoppers	Senior Men	212	69.8
39	00:18:48	HARRIS, Amy	Brighton Phoenix	Senior Women	104	78.5
40	00:18:51	BRISTOW, Matthew	Brighton & Hove City AC	Vet Men 45-49	26	77.1
41	00:18:56	SIMS, Daniel	Uckfield Runners	Vet Men 40-44	233	74.0
42	00:19:18	CHERRY, Toby	Lewes AC	Junior Men 14-17	42	68.6
43	00:19:19	MOFFAT, Geraldine	Brighton & Hove City AC	Vet Women 60-64	168	97.1
44	00:19:23	BARTON, Carl	Hailsham Harriers	Vet Men 45-49	10	75.0
45	00:19:27	RUNNER WITH, No Number	Brighton Phoenix		501	
46	00:19:33	DAVIES, Sam	Hastings Runners	Vet Men 40-44	52	71.6
47	00:19:36	KEITH, Claire	Hailsham Harriers	Senior Women	132	76.9
48	00:19:40	MACKULA, Alex	Thames Hare & Hounds	Vet Men 40-44	144	69.7
49	00:19:42	DEAN, Will	Crowborough Runners	Junior Men 14-17	57	69.6
50	00:19:42	ROYES, Marco	Eastbourne Rovers AC	Senior Men	221	65.9
51	00:19:44	DAY, Oliver	Burgess Hill Runners	Vet Men 60-64	54	80.9
52	00:19:45	WATSON, Jim	Arena 80 AC	Vet Men 55-59	261	77.6
53	00:19:45	WILLIS, James	Lingfield RC	Vet Men 45-49	269	73.6
54	00:19:47	AXELL, Will	Haywards Heath Harriers	Senior Men	7	68.3
55	00:19:51	O'ROURKE, Dermot	Eastbourne Rovers AC	Senior Men	182	65.5
56	00:19:52	BENNETT, Colin	Lewes AC	Vet Men 55-59	15	79.7
57	00:20:00	CRAIG, Maddie		Senior Women	50	73.9
58	00:20:01	OPPE, Daniel	Lingfield RC	Vet Men 40-44	179	69.4
59	00:20:08	SMITH, Jacob	Crowborough Runners	Junior Men 14-17	235	65.8
60	00:20:11	MANZI, Joe	Barnes Runners	Senior Men	148	66.1
61	00:20:13	FIRTH, Danny	Hastings Runners	Senior Men	76	66.9
62	00:20:15	GOODHEAD, Jamie	Lewes AC	Vet Men 50-54	94	74.6
63	00:20:17	DOMACHI, Jamie		Senior Men	61	64.2
64	00:20:20	HOLLANDS, Graham	Eastbourne Rovers AC	Senior Men	120	66.0
65	00:20:20	PEARCE, Shaun		Vet Men 50-54	200	74.8
66	00:20:21	HUCKS, Nathan		Senior Men	122	64.3
67	00:20:27	MILLS, Peter		Senior Men	164	66.1
68	00:20:29	ZORN, Duncan		Vet Men 40-44	278	68.9
69	00:20:33	GOLBEY, Travis	Burgess Hill Runners	Vet Men 50-54	91	74.0
70	00:20:39	THOMAS, Tracy	Worthing & District Harriers	Senior Women	292	73.0
71	00:20:40	WILMSHURST, Matt	Polegate Plodders	Vet Men 40-44	271	66.8
72	00:20:47	HARDING, John	Portslade HedgeHoppers	Vet Men 65-69	103	80.1
73	00:20:52	CLARKE, Cameron	Hastings Runners	Senior Men	43	62.2
74	00:20:56	ORDEN, John	Arena 80 AC	Vet Men 65-69	180	81.7
75	00:21:00	BLACKLEDGE, Paula	Brighton & Hove City AC	Vet Women 50-54	19	79.6

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76	00:21:09	HUTCHISON, Steve	Eastbourne Rovers AC	Vet Men 50-54	124	70.8
77	00:21:16	DAWSON, Eilish	Phoenix Panthers	Senior Women	291	69.4
78	00:21:16	PATERSON, Oliver	Hailsham Harriers	Senior Men	194	61.7
79	00:21:24	GIRVAN, Bruce		Vet Men 55-59	90	72.8
80	00:21:27	WESTON, Ian	Polegate Plodders	Vet Men 60-64	266	75.1
81	00:21:29	LOCKWOOD, Claire	Meads Runners	Senior Women	138	70.2
82	00:21:29	NEILL, Rosie	Seaford Striders RC	Senior Women	176	68.9
83	00:21:36	NOAKES, Martin	Hastings Runners	Vet Men 60-64	178	75.2
84	00:21:40	MITCHELL, Emma		Senior Women	166	68.2
85	00:21:42	PRINCE, Lee		Vet Men 50-54	206	68.5
86	00:21:46	ELPHICK, Andy	Portslade HedgeHoppers	Vet Men 55-59	69	72.8
87	00:21:47	DAY, Sarah	Hailsham Harriers	Senior Women	55	68.0
88	00:21:51	FRY, Sue	Eastbourne Rovers AC	Vet Women 50-54	84	78.2
89	00:22:03	WOOD, Caroline	Arena 80 AC	Vet Women 60-64	273	86.2
90	00:22:03	WINTER, Sam		Senior Men	294	59.0
91	00:22:07	FAWLS, Charlie		Junior Boys U14	70	73.6
92	00:22:07	FAWLS, Dom		Vet Men 45-49	71	64.3
93	00:22:10	DONALDSON, Maja		Senior Women	62	66.6
94	00:22:11	EDWARDS, Mia	Brighton Phoenix	Senior Women	67	66.6
95	00:22:14	REGAN, Luke	Eastbourne Rovers AC	Senior Men	215	60.8
96	00:22:15	WARDLE, Mark	Polegate Plodders	Vet Men 60-64	258	73.0
97	00:22:21	COLLINGWOOD, James		Senior Men	46	58.4
98	00:22:26	WOOD, Phil	Eastbourne Rovers AC	Vet Men 50-54	274	67.3
99	00:22:33	GREATOREX, Chris	Polegate Plodders	Vet Men 55-59	99	68.0
100	00:22:39	WEATHERLEY, Simon	Hastings Runners	Vet Men 40-44	263	60.6
101	00:22:42	RUTHERFORD, Danny		Senior Men	224	57.2
102	00:22:44	JENNER, Heather	Eastbourne Rovers AC	Vet Women 40-44	129	67.5
103	00:22:46	RAMSDEN, Robert	Run Wednesdays	Vet Men 60-64	209	72.6
104	00:22:47	RADLOFF, Paul	Uckfield Runners	Vet Men 50-54	208	66.8
105	00:22:52	DIVERS, Stephen	Burgess Hill Runners	Vet Men 45-49	60	63.5
106	00:22:54	BRYANT, Zak	Crowborough Runners	Junior Boys U14	30	67.8
107	00:22:55	BRYANT, James	Crowborough Runners	Senior Men	29	57.6
108	00:22:56	MEYER, Grant	Seafront Shufflers	Vet Men 40-44	160	61.5
109	00:22:56	BLANFORD, William	Heathfield RRC	Vet Men 60-64	21	72.0
110	00:22:57	LUMBER, Liz	Eastbourne Rovers AC	Vet Women 55-59	142	79.8
111	00:23:00	POLL, Sarah	Bodyworks XTC	Vet Women 50-54	204	73.4
112	00:23:04	BURFIELD, Claire		Vet Women 50-54	31	71.6
113	00:23:08	WORSELL, David	Lingfield RC	Vet Men 50-54	276	65.3

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114	00:23:09	DEAN, Alan	Crowborough Runners	Vet Men 45-49	56	61.8
115	00:23:11	BISHOP, Andrew	Burgess Hill Runners	Vet Men 55-59	18	68.3
116	00:23:12	HEDGES, Rebecca	Haywards Heath Harriers	Senior Women	113	64.1
117	00:23:13	CHAMPION, Alex		Senior Men	283	57.4
118	00:23:22	RUSHFORTH, Emily	Brighton Phoenix	Junior Women 14-17	222	64.2
119	00:23:24	MITCHELL, Laura		Senior Women	167	63.1
120	00:23:33	ZORN, Holly		Junior Women 14-17	280	65.9
121	00:23:42	COLLINS, Arthur	Ealing Eagles Running Club	Senior Men	96	54.8
122	00:23:45	GOODHEAD, Hannah		Senior Women	93	62.2
123	00:23:53	MILLER, Michael	Arena 80 AC	Vet Men 65-69	162	71.6
124	00:23:55	BURFIELD, Toby		Senior Men	32	54.3
125	00:24:02	PLAYFOOT, Tim	Wadhurst Runners	Vet Men 65-69	203	71.9
126	00:24:03	DAY, Nathan		Senior Men	53	54.3
127	00:24:07	STEED, Nicola	Hastings Runners	Senior Women	299	61.8
128	00:24:07	ANDREWS, Siobhan	Brighton & Hove City AC	Senior Women	4	61.2
129	00:24:09	IDE, Philip	South London Harriers	Vet Men 70+	298	74.2
130	00:24:12	POPE, Michelle	Lewes AC	Vet Women 40-44	205	63.9
131	00:24:14	O'ROURKE, Scott	Run Wednesdays	Vet Men 50-54	185	61.8
132	00:24:19	RAWLINSON, Charlotte	Portslade HedgeHoppers	Senior Women	213	61.2
133	00:24:19	WALFORD, Neil	Brighton & Hove City AC	Vet Men 60-64	253	66.2
134	00:24:21	WITHAM, Gerard	Hastings Runners	Vet Men 50-54	272	62.0
135	00:24:23	TORRANCE, Laura	Hastings Runners	Vet Women 40-44	17	63.4
136	00:24:27	HEDGES, Glen	Haywards Heath Harriers	Senior Men	112	54.3
137	00:24:34	CHERRY, Andrew		Vet Men 55-59	40	62.4
138	00:24:38	GRAY, Peter		Senior Men	98	52.7
139	00:24:42	STEPHENSON, Mark	Arena 80 AC	Vet Men 65-69	241	67.4
140	00:24:46	PARRIS, Hector		Junior Men 14-17	190	54.3
141	00:24:49	HULL, Sue	Hastings Runners	Vet Women 50-54	123	68.8
142	00:24:51	SPILLER, Ruth	Hastings Runners	Vet Women 60-64	239	74.6
143	00:24:51	LITTMODEN, Megan		Senior Women	137	59.4
144	00:24:56	MORRIS, Abigail	Hailsham Harriers	Senior Women	173	59.2
145	00:24:57	GARBETT, Daniel	Run Wednesdays	Vet Men 60-64	86	64.5
146	00:25:03	PARKER, David	Uckfield Runners	Vet Men 70+	188	69.7
147	00:25:06	LONG, Heather	Polegate Plodders	Vet Women 45-49	139	65.2
148	00:25:11	SHORT, Robin	Hastings Runners	Vet Men 60-64	230	64.5
149	00:25:12	BEGAN, Kevin		Vet Men 50-54	14	59.4
150	00:25:20	SEYMOUR, Kate	Lewes AC	Vet Women 55-59	227	69.0
151	00:25:20	FIELD, Gemma		Senior Women	73	58.3

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152	00:25:26	BOWLEY, Charles	Hastings Runners	Vet Men 55-59	23	62.3
153	00:25:34	TANNER, Justine	Horsham Blue Star Harriers	Vet Women 45-49	243	61.5
154	00:25:41	HAYWARD, Jess	Hastings Runners	Senior Women	295	57.5
155	00:25:49	SALLOWS, Ben	Hastings Runners	Vet Men 50-54	225	57.1
156	00:25:50	KEDWARDS, Samantha	Uckfield Runners	Vet Women 50-54	130	64.7
157	00:25:50	LUGG, Christopher	Uckfield Runners	Vet Men 45-49	141	55.4
158	00:25:51	TOMLINSON, Lee		Vet Women 50-54	288	64.6
159	00:25:52	CARTLEDGE, Judith	Lingfield RC	Vet Women 60-64	35	74.4
160	00:25:52	CHAMBERS, Keith	Lingfield RC	Vet Men 65-69	39	64.9
161	00:26:00	FRENCH, Jo	Hastings Runners	Vet Women 60-64	80	72.2
162	00:26:15	HEASMAN, Pete	Hastings Runners	Vet Men 55-59	110	58.4
163	00:26:27	FLOOD, Harriett		Senior Women	78	55.8
164	00:26:28	BATTELL, Kevin	Crowborough Runners	Vet Men 60-64	12	61.3
165	00:26:46	PAYNE, Allan	Hastings Runners	Vet Men 70+	196	67.0
166	00:27:00	GOODHEAD, Emma	Lewes AC	Vet Women 50-54	11	63.9
167	00:27:04	RATNARAJAH, Daniel	Hastings Runners	Vet Men 55-59	165	56.6
168	00:27:05	STRYCHARSKA, Magda		Vet Women 45-49	242	58.5
169	00:27:06	TWIDDY, Stan		Junior Boys U14	247	51.8
170	00:27:08	FAWLS, Emily		Vet Women 40-44	72	57.4
171	00:27:11	NIGHTINGALE, Mary	Crowborough Runners	Vet Women 65-69	177	74.6
172	00:27:13	ALABASTER, Andy	Hastings Runners	Vet Men 65-69	220	61.2
173	00:27:19	CARTLEDGE, Hannah	Lingfield RC	Senior Women	34	54.1
174	00:27:21	WATKINS, Ian	Lingfield RC	Vet Men 65-69	260	60.9
175	00:27:22	CARTLEDGE, Tom	Lingfield RC	Vet Men 60-64	36	58.8
176	00:27:31	MARTEN, Paula		Vet Women 55-59	153	64.3
177	00:27:33	LESTER, Gordon	Kingston AC & Polytechnic Harriers	Senior Men	136	47.7
178	00:27:40	RAWLINSON, Paul	Portslade HedgeHoppers	Vet Men 65-69	214	61.3
179	00:27:43	DWYER, Sean	Hastings Runners	Senior Men	66	47.2
180	00:27:46	GOODSELL, Keith	Hastings Runners	Vet Men 60-64	95	59.5
181	00:27:48	WILLIS, Jennifer	Lingfield RC	Vet Women 45-49	270	58.2
182	00:27:49	GIBBONS, Michael	Arena 80 AC	Vet Men 65-69	89	61.5
183	00:27:53	SHIMMONS, Steve	Run Wednesdays	Vet Men 50-54	229	52.9
184	00:27:55	IVALDI, Anna	Crowborough Runners	Junior Women 14-17	127	54.6
185	00:28:00	FRIZZELL, Jake		Junior Boys U14	82	50.1
186	00:28:04	COPPING, Tim		Senior Men	48	48.5
187	00:28:14	AVEY, Terry	Brighton Phoenix	Vet Men 70+	5	65.3
188	00:28:16	FRIZZELL, Joseph		Junior Boys U14	83	57.6
189	00:28:16	DOWE, Kimberley		Senior Women	63	53.1

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190	00:28:26	FRIZZELL, Colin		Vet Men 50-54	81	53.1
191	00:28:26	CAVILL, Louise	Hastings Runners	Senior Women	37	53.0
192	00:28:28	FURNESS, Helen		Vet Women 55-59	85	63.6
193	00:28:33	VAN AALST, Debra	Hastings Runners	Vet Women 65-69	250	69.1
194	00:28:36	GOLDING, Christopher		Vet Men 65-69	92	60.4
195	00:28:39	O'REILLY, Rob		Vet Men 40-44	181	49.2
196	00:28:42	MORRIS, Kevin	Hailsham Harriers	Vet Men 60-64	175	56.1
197	00:28:58	HAGAN, Anne	Lewes AC	Vet Women 65-69	101	70.9
198	00:29:04	PAPPENHEIM, Mark	Lewes AC	Vet Men 65-69	187	59.5
199	00:29:04	ROBINSON, Sarah	Lewes AC	Vet Women 60-64	217	63.8
200	00:29:18	MARKS, Jacy		Vet Women 50-54	149	58.9
201	00:29:18	LE VESCONTE, Ruth	Haddington Running Club	Vet Women 55-59	102	59.6
202	00:29:26	BURFOOT, Peter	Wadhurst Runners	Vet Men 70+	33	60.9
203	00:29:29	BENNETT, Jill	Burgess Hill Runners	Vet Women 45-49	16	55.5
204	00:29:31	COTTINGHAM, David		Vet Men 65-69	49	57.9
205	00:29:48	WARREN, Clare	Heathfield RRC	Vet Women 60-64	259	62.2
206	00:29:50	FRANKLIN, Dean	Haddington Running Club	Vet Men 60-64	284	53.5
207	00:29:56	BACKLER, Liam		Vet Men 50-54	8	50.8
208	00:30:05	FIELD, Richard		Vet Men 65-69	75	55.9
209	00:30:07	PEARCE, Niamh		Vet Women 55-59	199	58.0
210	00:30:09	PAWLEY, Debs	Eastbourne Rovers AC	Vet Women 40-44	195	51.3
211	00:30:14	CHALK, Theresa	Badgers	Vet Women 60-64	79	62.8
212	00:30:23	WILKINSON, Susan	Hastings Runners	Vet Women 50-54	268	56.8
213	00:30:24	KIRKPATRICK, Sarah		Vet Women 55-59	134	58.2
214	00:30:25	CHERRY, Jess		Senior Women	41	48.6
215	00:30:28	SHIMMONS, Claire	Run Wednesdays	Vet Women 45-49	228	53.7
216	00:30:29	AXELL, Katherine		Senior Women	6	48.8
217	00:30:35	WEST, Emma		Senior Women	265	48.3
218	00:30:37	WALKER, Bea		Senior Women	254	48.4
219	00:30:42	WEST, David		Vet Men 60-64	264	52.4
220	00:30:53	MORRIS, Jayne	Hailsham Harriers	Vet Women 55-59	174	57.2
221	00:30:56	PARRIS, Karen		Vet Women 50-54	191	55.8
222	00:30:59	MOORE, Al	Hastings Runners	Senior Men	170	42.4
223	00:31:02	MELVILLE, Kerry	Uckfield Runners	Vet Women 50-54	159	54.4
224	00:31:04	JONES, Malcolm	Bexhill Runners & Triathletes	Vet Men 65-69	286	55.0
225	00:31:09	MARZAIOLI, Sarah	Hastings Runners	Vet Women 70+	155	74.0
226	00:31:10	BOOTH, Sue		Vet Women 70+	22	67.8
227	00:31:11	CLAYS, Sophie		Vet Women 45-49	289	50.4

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228	00:31:14	DUNN, Mark	Hastings Runners	Vet Men 60-64	65	52.9
229	00:31:20	HILLIARD, Sarah	Crowborough Runners	Vet Women 65-69	114	63.0
230	00:31:29	UZZELL, Steve	Hastings Runners	Vet Men 70+	249	63.0
231	00:31:34	BAKER, Emily		Senior Women	9	47.0
232	00:31:40	SKEATS, Martin	Burgess Hill Runners	Vet Men 70+	234	56.6
233	00:31:44	HARVEY, Sophie-Anne		Vet Women 45-49	106	50.0
234	00:31:55	HILTON, Scott	Hastings Runners	Vet Men 50-54	115	47.7
235	00:31:57	HEASMAN, Sarah	Hastings Runners	Vet Women 50-54	111	52.8
236	00:32:06	STAFFA, Laura	Hailsham Harriers	Vet Women 45-49	240	49.0
237	00:32:09	SWAP, Joanna	Bexhill Runners & Triathletes	Vet Women 45-49	287	49.8
238	00:32:13	WHEELER, Sharon	Crowborough Runners	Vet Women 65-69	267	61.2
239	00:32:35	HATTON, Joanna	Hastings Runners	Senior Women	107	45.3
240	00:32:38	FIELD, Michelle	Run Wednesdays	Vet Women 50-54	74	52.9
241	00:32:50	MCKIE, Keara		Senior Women	158	45.0
242	00:32:50	MCKIE, Fraser	Hastings Runners	Vet Men 55-59	157	47.5
243	00:32:51	ROMERIL, Maureen		Vet Women 60-64	218	57.8
244	00:32:55	EGLINGTON, Jodie	Hastings Runners	Senior Women	68	44.9
245	00:33:01	PALMER, Sue	Hastings Runners	Vet Women 60-64	186	59.0
246	00:33:01	ALDRED, Nancy	Hastings Runners	Vet Women 55-59	3	55.5
247	00:33:03	TAYLOR, Simon		Vet Men 60-64	244	49.1
248	00:33:12	HOLLANDS, Nicola		Vet Women 40-44	290	45.7
249	00:33:15	SANCHEZ, Luisa		Vet Women 55-59	285	53.8
250	00:33:20	GREEN, Stephen	Uckfield Runners	Vet Men 55-59	100	47.2
251	00:33:37	FITZGERALD, Anthony		Vet Men 65-69	77	50.9
252	00:33:37	MARSHALL, Gillian	Hastings Runners	Vet Women 60-64	152	55.8
253	00:33:40	SHEPPARD, Adrian	Hastings Runners	Vet Men 60-64	105	47.4
254	00:33:43	GIBBONS, Christine	Arena 80 AC	Vet Women 65-69	88	60.9
255	00:33:59	RAMSDEN, Samantha	Run Wednesdays	Vet Women 55-59	210	53.9
256	00:34:01	JAMES, Julia	Hastings Runners	Vet Women 65-69	128	60.4
257	00:34:04	HOWARD, Nikki		Senior Women	121	43.3
258	00:34:17	MANN, Susan	Hastings Runners	Vet Women 65-69	147	58.3
259	00:34:29	GOWER, Rachel	Hastings Runners	Senior Women	97	43.2
260	00:34:30	BEALE, Rosie		Senior Women	13	42.9
261	00:34:57	CALLANDER, Sarah		Vet Women 50-54	282	47.8
262	00:35:09	MOOR, Louise	Hastings Runners	Vet Women 45-49	169	44.7
263	00:36:01	O'ROURKE, Nuala		Senior Women	184	41.0
264	00:36:02	GOW, Kim	Badgers	Vet Women 65-69	211	57.8
265	00:36:31	PURCHASE, Rupert	Haywards Heath Harriers	Vet Men 70+	207	58.2



# Kings Head Canter 2025

## Kings Head Canter 5k

25 August 2025 11:00

266	00:36:54	MANN, Henry	Hastings Runners	Vet Men 65-69	146	45.5
267	00:37:09	MILLER, Ellie	Hastings Runners	Vet Women 50-54	161	46.5
268	00:37:28	HODGES, Jennifer		Senior Women	117	39.6
269	00:37:47	RATNARAJAH, Tracy	Hastings Runners	Vet Women 60-64	226	49.7
270	00:37:47	MORGAN, Christine	Hastings Runners	Vet Women 45-49	172	41.6
271	00:38:09	MOORE, Veronica	Uckfield Runners	Vet Women 55-59	171	45.8
272	00:38:12	DIELD, Francis		Vet Men 50-54	59	39.8
273	00:38:54	O'ROURKE, Helen		Vet Women 50-54	183	43.9
274	00:39:16	BURRETT, Beau		Junior Boys U14	24	41.5
275	00:39:17	KEDWARDS, Tess		Junior Girls U14	131	41.0
276	00:39:17	BURRETT, Laurie	Haddington Running Club	Vet Men 40-44	27	35.4
277	00:40:34	ZORN, Emily		Junior Girls U14	279	42.9
278	00:40:35	ZORN, Anna	Uckfield Runners	Vet Women 40-44	277	38.4
279	00:40:46	MARTIN, Susan	Vegan Runners	Vet Women 65-69	154	50.4
280	00:41:33	LOWDEN, John	Brighton & Hove City AC	Vet Men 65-69	140	41.6
281	00:41:59	ROPER, Tom	Seaford Striders RC	Vet Men 70+	219	41.6
282	00:42:48	SOUTHGATE, Catherine	Hastings Runners	Vet Women 45-49	238	38.2
283	00:44:38	HOLDSTOCK, Grace		Junior Women 14-17	118	34.2
284	00:44:39	HOLDSTOCK, Michelle		Vet Women 45-49	119	35.8
285	00:44:45	ROBINSON, Michelle	Haywards Heath Harriers	Vet Women 45-49	216	35.4
286	01:03:57	DOBBS, David		Vet Men 70+	28	36.1