

2 00:16:03 BARNES, Kieran Crawley AC Senior Men 6 80.9 3 00:16:14 BURKE, Bradley Horsham Blue Star Harriers Senior Men 14 80.0 4 00:16:27 KNAPP, Jamie Brighton & Hove City AC Senior Men 62 79.1 5 00:17:06 LUETCHFORD, Alex Hunters Bog Trotters Senior Men 82 79.1 6 00:17:25 DORRINGTON, Ash Brighton Phoenix Senior Men 30 76.6 7 00:17:31 WITHECOMBE, Will Hastings Runners Senior Men 90 76.3 9 00:18:03 USSHER, Michael Leves AC Vet Men 55-59 127 87.1 10 00:18:16 BURRELL, Joanthan Leves AC Vet Men 55-59 127 87.1 11 00:18:26 ROMBER, Izzy Leves AC Senior Men 10 70.8 12 00:18:26 RAWILINSON, Alexander Brighton & Hove City AC Senior Men 10 70.8 13 00:18:26 RAWILINSON, James Meads Runners Vet Men 40-44 114 75.1 <t< th=""><th>Place</th><th>Time</th><th>Name</th><th>Team</th><th>Category</th><th>Race No</th><th>Grading</th></t<>	Place	Time	Name	Team	Category	Race No	Grading
3 00:16:14 BURKE, Bradley Horsham Blue Star Harriers Senior Men 14 80.0 4 00:16:27 KNAPP, Jamie Brighton & Hove City AC Senior Men 62 79.1 5 00:17:05 LUETCHFORD, Alex Hunters Bog Trotters Senior Men 38 75.8 6 00:17:25 DORRINGTON, Ash Brighton Phoenix Senior Men 30 76.6 7 00:17:31 WITHECOMBE, Will Hastings Runners Senior Men 140 76.2 8 00:17:51 OPPE, Dan Lingfield RC Senior Men 90 76.2 9 00:18:03 USSHER, Michael Lewes AC Vet Men 55-59 127 87.1 10 00:18:16 BURRELL, Jonathan Lewes AC Vet Men 55-59 17 86.0 11 00:18:24 COMBER, Izzy Lewes AC Senior Women 162 80.4 13 00:18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:24 RAWLINSON, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamie Uddfield Runners Senior Men 59 70.0 15 00:18:40 RAWLINSO, John Horley Harriers Running Club Vet Men 40-44 110 77 45.5 16 00:18:40 BEACH, Elicien	1	00:15:14	NAVESEY, Paul	City of Portsmouth AC	Senior Men	84	87.1
4 00:16:27 KNAPP, Jamie Brighton & Hove City AC Senior Men 62 79:1 5 00:17:06 LUETCHFORD, Alex Hunters Bog Trotters Senior Men 68 75:9 6 00:17:25 DORRINGTON, Ash Brighton Phoenix Senior Men 10 76:2 8 00:17:51 WITHECOMBE, Will Hastings Runners Senior Men 10 76:2 8 00:17:51 WITHECOMBE, Will Hastings Runners Senior Men 10 76:2 8 00:17:51 OPPE, Dan Lingfield RC Senior Men 10 76:2 8 00:17:51 OPPE, Dan Lingfield RC Senior Men 10 76:2 8 00:18:03 USSHER, Michael Lewes AC Vet Men 55:59 127 87:1 10 00:18:16 BURRELL, Jonathan Lewes AC Vet Men 55:59 17 86:0 11 00:18:22 COOMBER, Izzy Lewes AC Senior Women 162 80:4 12 00:18:24 RAWILNSON, Alexander Brighton & Hove City AC Senior Women 163 70:6 13 00:18:30 ROBERTS, James Meads Runners Vet Men 40:44 114 75:1 14 00:18:34 KINGDON, Jamie Uckfield Runners Vet Men 40:44 117 75:1 15 00:18:49 RAWILNG, John Hortey Harriers Running Club Vet Men 40:44 107 74:5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 76:7 17 00:18:48 VAUGHAN, Dan Arens 80 AC Vet Men 40:54 113 77.7 18 00:19:09 RIX, Michael Worthing & District Harriers Vet Men 50:54 113 77.7 19 00:19:03 SHANAHAN, Tara Arens 80 AC Vet Women 50:54 161 87:3 20 00:19:03 CALLANDAN, Jamie Burgess Hill Runners Vet Men 50:54 161 87:3 20 00:19:03 CALLANDAN, Dan Burgess Hill Runners Vet Men 50:54 161 87:3 20 00:19:04 GOODHEAD, Jamie Burgess Hill Runners Vet Men 50:54 161 87:3 20 00:19:14 FREBERT, Jonathan Burgess Hill Runners Vet Men 50:54 17 76:5 20 00:19:15 CARTER, Luke Arens 80 AC Vet Women 45:49 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 50:54 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 50:54 17 76.5 20 00:19:15 CARTER, Luke Arens 80 AC Vet Women 45:49 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 50:54 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 50:54 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 55:59 17 76.5 20 00:19:15 DAY, Oliver Burgess Hill Runners Vet Men 55:59 17 76.5 20 00:19:15 DAY,	2	00:16:03	BARNES, Kieran	Crawley AC	Senior Men	6	80.9
5 00:17:06 LUETCHFORD, Alex Hunters Bog Trotters Senior Men 68 75.9 6 00:17:25 DORRINGTON, Ash Brighton Phoenix Senior Men 30 76.6 7 00:17:31 WITH-ECOMBE, Will Hastings Runners Senior Men 140 76.2 8 00:18:03 USSHER, Michael Leves AC Vot Men 55:59 127 87.1 10 00:18:06 BURRELL, Jonathan Leves AC Vot Men 55:59 17 86.0 11 00:18:26 BURRELL, Jonathan Leves AC Vot Men 55:59 17 86.0 12 00:18:20 COMBER, Izzy Leves AC Senior Women 162 80.4 13 00:18:20 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 107 74.5 15 00:18:40 RAWLING, John Hortey Harriers Running Club Vet Men 40-44 107 74.5 </td <td>3</td> <td>00:16:14</td> <td>BURKE, Bradley</td> <td>Horsham Blue Star Harriers</td> <td>Senior Men</td> <td>14</td> <td>80.08</td>	3	00:16:14	BURKE, Bradley	Horsham Blue Star Harriers	Senior Men	14	80.08
6 00.17:25 DORRINGTON, Ash Brighton Phoenix Senior Men 30 76.6 7 00.17:31 WITHECOMBE, Will Hastings Runners Senior Men 140 76.2 8 00.17:51 OPPE, Dan Lingfield RC Senior Men 90 76.3 9 00.18:05 USSHER, Michael Lewes AC Vet Men 55-59 127 87.1 10 00.18:16 BURRELL, Jonathan Lewes AC Vet Men 55-59 17 86.0 11 00.18:22 COOMBER, Izzy Lewes AC Senior Women 162 80.4 12 00.18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00.18:30 ROBERTS, James Meads Runners Vet Men 40-44 117 75.1 15 00.18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00.18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00.18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5	4	00:16:27	KNAPP, Jamie	Brighton & Hove City AC	Senior Men	62	79.1
7 00:17:31 WITHECOMBE, Will Hastings Runners Senior Men 140 76.2 8 00:17:51 OPPE, Dan Lingfield RC Senior Men 90 76.3 9 00:18:03 USSHER, Michael Lewes AC Vet Men 55:59 127 87.1 10 00:18:16 BURRELL, Jonathan Lewes AC Vet Men 55:59 17 86.0 11 00:18:22 COOMBER, Izzy Lewes AC Senior Women 162 80.4 12 00:18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:30 ROBERTS, James Maads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamile Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Horfey Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:48 BEACH, Eilsen Hastings AC Senior Women 8 78.7 17 00:18:49 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Men 50-54 113 77.7 20 00:19:23 HERBE	5	00:17:06	LUETCHFORD, Alex	Hunters Bog Trotters	Senior Men	68	75.9
8 00.17:51 OPPE, Dan Lingfield RC Senior Men 90 76.3 9 00.18:03 USSHER, Michael Lewes AC Vet Men 55:59 127 87.1 10 00.18:16 BURRELL, Jonathan Lewes AC Vet Men 55:59 17 86.0 11 00.18:22 COOMBER, Izzy Lewes AC Senior Women 182 80.4 12 00.18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00.18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00.18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00.18:40 RAWLING, John Hortey Harriers Running Club Vet Men 40-44 107 74.5 16 00.18:46 BEACH, Elieen Hastings AC Senior Women 8 78.7 17 00.18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00.19:00 RIX, Michael Worthing & District Harriers Vet Men 45-49 128 77.8 20 00.19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 113 77.7	6	00:17:25	DORRINGTON, Ash	Brighton Phoenix	Senior Men	30	76.6
9 00.18:03 USSHER, Michael Lewes AC Vet Men 55-59 127 87.1 10 00.18:16 BURRELL, Jonathan Lewes AC Vet Men 55-59 17 86.0 11 00.18:22 COOMBER, Izzy Lewes AC Senior Women 162 80.4 12 00.18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00.18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00.18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00.18:40 RAWLING, John Hortey Harriers Running Club Vet Men 40-44 107 74.5 16 00.18:46 BEACH, Elieen Hastings AC Senior Women 8 78.7 17 00.18:48 VAUGHAN, Dan Arena 80 AC Vet Men 46-49 128 77.8 18 00.19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00.19:03 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00.19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00.19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00.19:44 FRY, Sue Eastbourne Rovers AC Vet Women 40-44 67 78.4 24 00.19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00.19:47 LEMAN, Frey Mary Brighton & Hovers AC Junior Girls U14 158 83.4 25 00.19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00.19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Girls U14 70 75.3 27 00.19:50 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00.19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00.19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 154 77.6 30 00.20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 55-59 154 77.6 31 00.20:10 CLARK, Andy Arena 80 AC Vet Men 55-59 133 77.1 33 00.20:18 WOOD, Phil Run Wednesdays Vet Men 65-49 133 77.1 34 00.20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00.20:24 WHITE, Des Exmouth Harriers AC Vet Women 55+6 69 84.8	7	00:17:31	WITHECOMBE, Will	Hastings Runners	Senior Men	140	76.2
10 00:18:16 BURRELL, Jonathan Lewes AC Vet Men 55:59 17 86.0 11 00:18:22 COOMBER, Izzy Lewes AC Senior Women 162 80.4 12 00:18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:03 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 60-64 167 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 33 82.9 23 00:19:44 FERY, Sue Eastbourne Rovers AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Giris U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton & Hove City AC Senior Men 19 68.6 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Senior Men 19 68.6 26 00:19:57 NOAKES, Martin Hastings Runners Vet Men 50-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 50-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 50-59 87 78.8 30 00:20:12 WESTON, Ian Polegate Plodders Vet Men 50-59 133 77.1 31 00:20:12 WESTON, Ian Polegate Plodders Vet Men 50-59 144 72.1 32 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 33 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Women 55-5 69 84.8 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Women 55-6 69 84.8 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55-6 69 84.8 36 00:20:36 LUMBER, Liz Eastbourne Rovers	8	00:17:51	OPPE, Dan	Lingfield RC	Senior Men	90	76.3
11 00:18:22 COOMBER, Izzy Lewes AC Senior Women 162 80.4 12 00:18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamile Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Hortey Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamile Burgess Hill Runners Vet Women 45-49 31 82.9 23 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:45 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:	9	00:18:03	USSHER, Michael	Lewes AC	Vet Men 55-59	127	87.1
12 00:18:24 RAWLINSON, Alexander Brighton & Hove City AC Senior Men 108 70.6 13 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:09 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 10:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 <t< td=""><td>10</td><td>00:18:16</td><td>BURRELL, Jonathan</td><td>Lewes AC</td><td>Vet Men 55-59</td><td>17</td><td>86.0</td></t<>	10	00:18:16	BURRELL, Jonathan	Lewes AC	Vet Men 55-59	17	86.0
13 00:18:30 ROBERTS, James Meads Runners Vet Men 40-44 114 75.1 14 00:18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamile Burgess Hill Runners Vet Wen 45-49 41 74.4 22 00:19:41 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 <td>11</td> <td>00:18:22</td> <td>COOMBER, Izzy</td> <td>Lewes AC</td> <td>Senior Women</td> <td>162</td> <td>80.4</td>	11	00:18:22	COOMBER, Izzy	Lewes AC	Senior Women	162	80.4
14 00:18:34 KINGDON, Jamie Uckfield Runners Senior Men 59 70.0 15 00:18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Girls U14	12	00:18:24	RAWLINSON, Alexander	Brighton & Hove City AC	Senior Men	108	70.6
15 00:18:40 RAWLING, John Horley Harriers Running Club Vet Men 40-44 107 74.5 16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14	13	00:18:30	ROBERTS, James	Meads Runners	Vet Men 40-44	114	75.1
16 00:18:46 BEACH, Eileen Hastings AC Senior Women 8 78.7 17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6	14	00:18:34	KINGDON, Jamie	Uckfield Runners	Senior Men	59	70.0
17 00:18:48 VAUGHAN, Dan Arena 80 AC Vet Men 45-49 128 77.8 18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 178.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 55-59 133 77.1 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 55-59 133 77.1 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	15	00:18:40	RAWLING, John	Horley Harriers Running Club	Vet Men 40-44	107	74.5
18 00:19:00 RIX, Michael Worthing & District Harriers Vet Men 50-54 113 77.7 19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19<	16	00:18:46	BEACH, Eileen	Hastings AC	Senior Women	8	78.7
19 00:19:08 SHANAHAN, Tara Arena 80 AC Vet Women 50-54 161 87.3 20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 55-59 133 77.1 33 00:20:10 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:12 WESTON, Ian Polegate Plodders Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	17	00:18:48	VAUGHAN, Dan	Arena 80 AC	Vet Men 45-49	128	77.8
20 00:19:23 HERBERT, Jonathan Burgess Hill Runners Vet Men 50-54 157 78.5 21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-4	18	00:19:00	RIX, Michael	Worthing & District Harriers	Vet Men 50-54	113	77.7
21 00:19:40 GOODHEAD, Jamie Burgess Hill Runners Vet Men 45-49 41 74.4 22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 <td>19</td> <td>00:19:08</td> <td>SHANAHAN, Tara</td> <td>Arena 80 AC</td> <td>Vet Women 50-54</td> <td>161</td> <td>87.3</td>	19	00:19:08	SHANAHAN, Tara	Arena 80 AC	Vet Women 50-54	161	87.3
22 00:19:44 FRY, Sue Eastbourne Rovers AC Vet Women 45-49 33 82.9 23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.	20	00:19:23	HERBERT, Jonathan	Burgess Hill Runners	Vet Men 50-54	157	78.5
23 00:19:44 LEMAN, Freya Mary Brighton & Hove City AC Vet Women 40-44 67 78.4 24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry <td>21</td> <td>00:19:40</td> <td>GOODHEAD, Jamie</td> <td>Burgess Hill Runners</td> <td>Vet Men 45-49</td> <td>41</td> <td>74.4</td>	21	00:19:40	GOODHEAD, Jamie	Burgess Hill Runners	Vet Men 45-49	41	74.4
24 00:19:46 PEARCE, Freda Eastbourne Rovers AC Junior Girls U14 158 83.4 25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Women 55+ 69 84.8	22	00:19:44	FRY, Sue	Eastbourne Rovers AC	Vet Women 45-49	33	82.9
25 00:19:47 MARTIN, Erica Brighton Phoenix Vet Women 35-39 74 76.2 26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Women 55+ 69 84.8 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	23	00:19:44	LEMAN, Freya Mary	Brighton & Hove City AC	Vet Women 40-44	67	78.4
26 00:19:49 LUMBER - FRY, Fin Eastbourne Rovers AC Junior Boys U14 70 75.3 27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	24	00:19:46	PEARCE, Freda	Eastbourne Rovers AC	Junior Girls U14	158	83.4
27 00:19:51 CARTER, Luke Arena 80 AC Senior Men 19 68.6 28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	25	00:19:47	MARTIN, Erica	Brighton Phoenix	Vet Women 35-39	74	76.2
28 00:19:55 DAY, Oliver Burgess Hill Runners Vet Men 55-59 154 77.6 29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	26	00:19:49	LUMBER - FRY, Fin	Eastbourne Rovers AC	Junior Boys U14	70	75.3
29 00:19:57 NOAKES, Martin Hastings Runners Vet Men 55-59 87 78.8 30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	27	00:19:51	CARTER, Luke	Arena 80 AC	Senior Men	19	68.6
30 00:20:10 STEPHENS, Adam Worthing & District Harriers Vet Men 45-49 122 72.6 31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	28	00:19:55	DAY, Oliver	Burgess Hill Runners	Vet Men 55-59	154	77.6
31 00:20:10 CLARK, Andy Arena 80 AC Vet Men 50-54 20 73.7 32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	29	00:19:57	NOAKES, Martin	Hastings Runners	Vet Men 55-59	87	78.8
32 00:20:12 WESTON, Ian Polegate Plodders Vet Men 55-59 133 77.1 33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	30	00:20:10	STEPHENS, Adam	Worthing & District Harriers	Vet Men 45-49	122	72.6
33 00:20:18 WOOD, Phil Run Wednesdays Vet Men 45-49 141 72.1 34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	31	00:20:10	CLARK, Andy	Arena 80 AC	Vet Men 50-54	20	73.7
34 00:20:22 CHERRY, Toby Team Cherry Junior Boys U14 148 70.8 35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	32	00:20:12	WESTON, Ian	Polegate Plodders	Vet Men 55-59	133	77.1
35 00:20:24 WHITE, Des Exmouth Harriers AAC Vet Men 60+ 136 83.1 36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	33	00:20:18	WOOD, Phil	Run Wednesdays	Vet Men 45-49	141	72.1
36 00:20:36 LUMBER, Liz Eastbourne Rovers AC Vet Women 55+ 69 84.8	34	00:20:22	CHERRY, Toby	Team Cherry	Junior Boys U14	148	70.8
	35	00:20:24	WHITE, Des	Exmouth Harriers AAC	Vet Men 60+	136	83.1
37 00:20:46 RICHARDSON, Oscar Senior Men 172 62.5	36	00:20:36	LUMBER, Liz	Eastbourne Rovers AC	Vet Women 55+	69	84.8
	37	00:20:46	RICHARDSON, Oscar		Senior Men	172	62.5



38 (00:20:50 MANWILL, Michael	Lingfield RC	Vet Men 45-49	73	68.7
39 (00:20:51 KNIGHTS, Rebecca	Arena 80 AC	Vet Women 40-44	63	73.2
40 0	00:20:52 BLOWERS, Kevin	Hastings Runners	Vet Men 55-59	10	75.9
41 (00:20:53 BURGESS, Rachel	Arena 80 AC	Vet Women 45-49	13	78.3
42 (00:20:56 ADAMS, Richard	Lingfield RC	Vet Men 40-44	173	66.4
43 (00:20:58 JEFFRIES, Neil	Hastings Runners	Vet Men 60+	156	76.8
44 (00:21:09 TURLEY, Nigel	Lonely Goats RC	Vet Men 60+	124	76.1
45 (00:21:23 STRINGER, Will	Great Expectations	Senior Men	151	60.7
46 0	00:21:23 YOUNG, Robert		Vet Men 50-54	167	69.0
47 (00:21:25 GASSON, Paul	Arena 80 AC	Vet Men 60+	35	79.1
48 0	00:21:28 GASSON, Rosie	Brighton & Hove City AC	Junior Women 14-17	36	73.5
49 (00:21:29 PRINCE-ILES, David	Lewes AC	Vet Men 60+	101	78.9
50 (00:21:35 BARTON, Carl	Hailsham Harriers	Vet Men 40-44	7	65.3
51 (00:21:37 PLAYFOOT, Tim	Wadhurst Runners	Vet Men 60+	99	77.0
52 (00:22:07 PEARCE, Fintan	Eastbourne Rovers AC	Junior Men 14-17	159	62.0
53 (00:22:08 ALLEN, Tony	Lingfield RC	Vet Men 55-59	3	69.8
54 (00:22:10 MAY, Taryn	Heathfield RRC	Vet Women 50-54	76	74.5
55 (00:22:13 HUGHES, Jenny	Arena 80 AC	Vet Women 55+	52	83.4
56 (00:22:16 RAE, Susan	Hastings Runners	Vet Women 55+	105	84.3
57 (00:22:27 HUSBANDS, Jessica	Hunters Bog Trotters	Senior Women	53	65.8
58 (00:22:29 ANDREWS, Jonathan	Run Wednesdays	Vet Men 55-59	4	69.3
59 (00:22:33 VUILLEMEY, Luke		Senior Men	176	57.7
60 0	00:22:38 COLLARD-WOOLMER, Odette	Dover Road Runners AC	Vet Women 40-44	22	68.8
61 (00:22:48 MUIR, Isobel	Arena 80 AC	Vet Women 40-44	81	67.9
62 (00:22:53 HILDER, lan	Lewes AC	Vet Men 60+	49	70.4
63 (00:22:56 NAYLOR, Chris	Arena 80 AC	Vet Women 55+	85	87.2
64 (00:23:07 PARRIS, Alfred		Junior Men 14-17	93	58.2
65 (00:23:09 PRYDE, Derek		Vet Men 55-59	102	66.7
66 (00:23:12 PLAYLE, Lee		Vet Men 55-59	100	68.2
67 (00:23:24 RAVEN, Derek	Portslade HedgeHoppers	Senior Men	106	55.6
68 (00:23:33 SMITH, Maria	Heathfield RRC	Vet Women 45-49	165	67.3
69 (00:23:37 DEXTER, Sean	Heathfield RRC	Vet Men 60+	28	68.2
70 (00:23:44 FORDHAM, Stuart	Triumphant Trio	Vet Men 50-54	169	62.7
71 (00:23:48 PAGE, Bob	Arena 80 AC	Vet Men 60+	177	68.8
72 (00:23:56 SMITH, Gary	Hailsham Harriers	Vet Men 50-54	119	62.6
73 (00:24:02 RAWLINSON, Paul	Portslade HedgeHoppers	Vet Men 60+	110	68.1
74 (00:24:03 BEGAN, Kevin		Vet Men 45-49	9	60.4
75 (00:24:04 MCFALL, Martin		Vet Men 50-54	77	62.2



-		V=1==0				
-		YEATES, Nicky	Arena 80 AC	Vet Women 55+	142	80.8
		GRAHAM, James	BRT Bexhill Runnners and Triathletes	Vet Men 50-54	175	62.2
		PARRIS, Hector		Junior Boys U14	94	61.2
79	00:24:41	HAFFENDEN, Tim		Vet Men 45-49	166	58.0
80	00:24:41	CHERRY, Andrew	Team Cherry	Vet Men 50-54	146	60.2
81	00:24:45	HARRISON PETTIT, Wilf	Great Expectations	Senior Men	150	52.5
82	00:24:48	NOTTIDGE, David	Lingfield RC	Vet Men 60+	88	67.1
83	00:24:57	IDE, Philip	South London Harriers	Vet Men 60+	56	68.5
84	00:25:06	HEATON, Graeme	Heathfield RRC	Vet Men 60+	47	64.1
85	00:25:10	GIBBONS, Michael	Arena 80 AC	Vet Men 60+	38	65.6
86	00:25:11	AVEY, Terry	Brighton Phoenix	Vet Men 60+	5	69.4
87	00:25:22	WATKINS, lan	Lingfield RC	Vet Men 60+	54	63.5
88	00:25:23	SMITH, Wendy	Lingfield RC	Vet Women 50-54	120	67.3
89	00:25:39	CRAWFORD, Marie	Hastings Runners	Vet Women 45-49	25	61.8
90	00:25:45	TURLEY, Penny	Lonely Goats RC	Vet Women 55+	125	75.7
91	00:25:52	HEDGES, Glen		Senior Men	48	50.5
92	00:25:59	RAWLINSON, Charlotte	Portslade HedgeHoppers	Senior Women	109	56.8
93	00:26:05	WHITE, Alison	Exmouth Harriers AAC	Vet Women 55+	135	76.7
94	00:26:11	HANNAM, Connie	Eastbourne Rovers AC	Junior Women 14-17	43	58.3
95	00:26:12	PUGH, Rebecca		Senior Women	103	56.4
96	00:26:18	SPILLER, Ruth	Hastings Runners	Vet Women 55+	121	67.2
97	00:26:36	PUXLEY, Helen	Hove Hornets	Vet Women 50-54	104	63.5
98	00:26:42	MALONEY, Fenella	Run Wednesdays	Vet Women 50-54	71	64.7
99	00:26:52	FINE, Juliet	Arena 80 AC	Vet Women 50-54	31	61.5
100	00:26:54	GOODHEAD, Emma	Burgess Hill Runners	Vet Women 50-54	40	61.4
101	00:26:58	WILKES, Debbie	Lingfield RC	Vet Women 55+	138	74.2
102	00:27:17	O'SULLIVAN, Helen	Hailsham Harriers	Vet Women 45-49	89	57.6
103	00:27:24	GARNER, Sue	Lingfield RC	Vet Women 55+	34	81.6
104	00:27:32	MARTEN, Chace		Junior Boys U14	145	54.2
105	00:27:40	MILLYARD, Michael		Vet Men 60+	79	61.3
106	00:27:44	BOOTH, Sue		Vet Women 55+	11	72.1
107	00:27:46	PIPER, Mark	Lingfield RC	Vet Men 55-59	98	56.1
108	00:27:49	PHILLIPS, Peter	Lingfield RC	Vet Men 60+	97	60.9
109	00:27:50	MCKENZIE, Stuart	Run Wednesdays	Senior Men	78	48.6
110	00:28:02	MARTEN, Vincent		Junior Boys U14	144	51.5
111	00:28:14	RICH, Alan	Run Academy Worthing	Vet Men 60+	111	62.6
112	00:28:15	RICH, Pauline	Run Academy Worthing	Vet Women 55+	112	81.5
113	00:28:17	DE LUCA, Donna	Lingfield RC	Vet Women 35-39	26	53.3



114 00:28:28 PANK, Bob	Lingfield RC	Vet Men 60+	92	63.8
115 00:28:39 COTTINGHAM, David	The Old Crocks	Vet Men 60+	24	57.6
116 00:28:51 WESTON, Sally	Polegate Plodders	Vet Women 55+	134	60.6
117 00:29:04 HEARN, Nick		Vet Men 60+	46	55.4
118 00:29:08 DEWDNEY, Mark		Vet Men 55-59	27	53.5
119 00:29:14 JAMES, Sue	Tonbridge AC	Vet Women 55+	57	72.2
120 00:29:14 NEWMAN, Alan	Tonbridge AC	Vet Men 60+	86	58.5
121 00:29:21 BRATBY, David	Hastings Runners	Vet Men 60+	153	56.7
122 00:29:23 SCOTT, Jacqueline	Hastings Runners	Vet Women 45-49	117	55.6
123 00:29:26 MARZAIOLI, Sarah	Hastings Runners	Vet Women 55+	75	73.8
124 00:29:28 WEST, David		Vet Men 55-59	131	52.9
125 00:29:44 UNDERWOOD, Gillian		Vet Women 55+	126	60.1
126 00:29:54 GOODHEAD, Hannah		Senior Women	152	49.4
127 00:30:14 IDE, Jacqui		Vet Women 50-54	55	54.6
128 00:30:21 KASPERUK, Shaun	Great Expectations	Vet Men 60+	149	52.6
129 00:30:29 MARTEN, Paula		Vet Women 50-54	143	55.4
130 00:30:47 GIBBONS, Christine	Arena 80 AC	Vet Women 55+	37	63.3
131 00:31:10 LAPOSOVA, Martina		Senior Women	64	47.4
132 00:31:26 BURNS, Andrew	The Old Crocks	Vet Men 60+	15	51.2
133 00:31:32 CANNAN-BRANIFF, Fergus		Vet Men 40-44	18	44.1
134 00:31:33 EVANS, Micheal		Vet Men 60+	155	51.0
135 00:31:37 WHEELER, Sharon	Crowborough Runners	Vet Women 55+	168	59.4
136 00:31:41 JENKINS, Peter	Worthing Striders	Vet Men 60+	58	55.8
137 00:31:58 HARVEY, Grace		Junior Girls U14	45	62.9
138 00:31:59 HARVEY, Dave		Vet Men 40-44	44	43.8
139 00:32:39 FORDHAM, Erin	Triumphant Trio	Junior Women 14-17	170	48.3
140 00:32:41 WILKES, Pete	Uckfield Runners	Vet Men 60+	171	58.4
141 00:32:46 LE BEAU, Chris	Seaford Striders RC	Vet Men 60+	65	56.3
142 00:32:50 WILLMENT, Lynda	Lingfield RC	Vet Women 55+	139	53.9
	Linghold NO		100	
143 00:33:08 WILKES, Dave	Lingfield RC	Vet Men 60+	137	55.7
				55.7 54.9
143 00:33:08 WILKES, Dave		Vet Men 60+	137	
143 00:33:08 WILKES, Dave 144 00:33:38 MORRISSEY, Richie	Lingfield RC	Vet Men 60+	137	54.9
143 00:33:08 WILKES, Dave 144 00:33:38 MORRISSEY, Richie 145 00:34:15 KITSON, Irene	Lingfield RC	Vet Men 60+ Vet Men 60+ Vet Women 55+	137 80 60	54.9
143 00:33:08 WILKES, Dave 144 00:33:38 MORRISSEY, Richie 145 00:34:15 KITSON, Irene 146 00:34:15 WEST, Emma	Lingfield RC Hastings Runners	Vet Men 60+ Vet Women 55+ Senior Women	137 80 60 132	54.9 60.0 43.1
143 00:33:08 WILKES, Dave 144 00:33:38 MORRISSEY, Richie 145 00:34:15 KITSON, Irene 146 00:34:15 WEST, Emma 147 00:34:45 GILBERT, Barry	Lingfield RC Hastings Runners	Vet Men 60+ Vet Women 55+ Senior Women Vet Men 60+	137 80 60 132 39	54.9 60.0 43.1 53.1
143 00:33:08 WILKES, Dave 144 00:33:38 MORRISSEY, Richie 145 00:34:15 KITSON, Irene 146 00:34:15 WEST, Emma 147 00:34:45 GILBERT, Barry 148 00:35:12 COLLIER, Barbara	Lingfield RC Hastings Runners Wadhurst Runners	Vet Men 60+ Vet Men 60+ Vet Women 55+ Senior Women Vet Men 60+ Vet Women 55+	137 80 60 132 39 23	54.9 60.0 43.1 53.1 56.8



Kings Head Canter 5K 30 August 2021 11:00

152	2 00:36:49 SOUTHGATE, Catherine	Hastings Runners	Vet Women 45-49	174	42.7
153	00:39:21 GREENLAND, Ruby		Junior Girls U14	164	47.2
154	00:39:21 GREENLAND, Lee		Senior Men	163	33.9
155	00:39:40 PARRIS, Karen		Vet Women 50-54	95	41.6
156	00:40:50 LOCKE, Roger	Lancing Eagles RC	Vet Men 60+	160	53.4
157	00:42:03 KITSON, Terry	Hastings Runners	Vet Men 60+	61	41.5
158	3 00:54:43 DOBBS, David		Vet Men 60+	178	37.9