

ESSLXC BLACKCAP - 16 OCTOBER 2022 - SENIORS

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	696	0:28:45	Toby Meanwell	Lewes AC	LEW	LEW	M40	300	M401	1
2	668	0:29:47	Patrick Marsden	Polegate Plodders	POLE	PSS	M35	299	SM1	2
3	379	0:30:10	Peter Woodward	Crowborough Runners	CROW	CROW	M35	298	SM1	3
4	687	0:30:20	Paul Howard	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	297	M401	4
5	373	0:30:32	Colin Tricker	Crowborough Runners	CROW	CROW	M40	296	M401	5
6	221	0:30:36	Ricky Coleman	Arena 80 Ac	A80	A80	SM	295	SM1	6
7	518	0:30:46	Will Withecombe	Hastings Runners	HR	HR/HAC	M35	294	SM1	7
8	529	0:30:47	James Cox	Heathfield Road Runners	HEAT	HTH/UCK	M50	293	M501	8
9	207	0:30:53	Graeme McIntosh	Wadhurst Runners	WAD	WAD	M40	292	M401	9
10	171	0:31:04	Jamie Kingdon	Uckfield Runners	UCK	HTH/UCK	SM	291	SM1	10
11	680	0:31:40	George Stewart	Lewes AC	LEW	LEW	SM	290	SM1	11
12	415	0:31:40	Stuart Pelling	Eastbourne Rovers	EAST	EAST/BDY	M35	289	SM1	12
13	571	0:31:41	Euan Baker	Lewes Ac	LEW	LEW	SM	288	SM2	13
14	168	0:32:01	Jamie Keddie	Uckfield Runners	UCK	HTH/UCK	M40	287	M401	14
15	13	0:32:11	Stewart Gregory	Portslade Hedgehoppers	HEDGE	HEDGE	M55	286	M501	15
16	303	0:32:15	Sam Dowler	Central Park Athletics	CPA	CPA	SM	285	SM1	16
17	241	0:32:20	Matthew Windham	Arena 80 Ac	A80	A80	M50	284	M501	17
18	564	0:32:25	Stephen Gates	Hy Runners	HYR	HYR	M35	283	SM1	18
19	289	0:32:28	Maciej Ozimkiewicz	Brighton Tri Club	BTNTRI	BTNTRI	M40	282	M401	19
20	376	0:32:29	Ollie Welch	Crowborough Runners	CROW	CROW	M35	281	SM2	20
21	608	0:32:32	Ben Pepler	Lewes Ac	LEW	LEW	SM	280	SM3	21
22	613	0:32:36	Andrea Sansottera	Lewes Ac	LEW	LEW	M35	279	SM4	22
23	389	0:32:47	Richard Davis	Eastbourne Rovers	EAST	EAST/BDY	M35	278	SM2	23
24	585	0:32:49	Richard Cowwra	Lewes Ac	LEW	LEW	M50	277	M501	24
25	719	0:32:55	Lewis Davies	Heathfield Road Runners	HEAT	HTH/UCK	SM	276	SM2	25
26	440	0:33:16	Martin Bell	Hailsham Harriers	HAIL	HAIL	M50	275	M501	26
27	475	0:33:30	Nickolaj Kennett	Hastings Ac	HAC	HR/HAC	M40	274	M401	27
28	352	0:33:45	Sam Farrington	Crowborough Runners	CROW	CROW	SM	273	SM3	28
29	706	0:33:50	Nathan McGrady	-	NS	NS	SM	NS	NS	NS
30	104	0:33:52	Nick Farley	Seaford Striders	SEAF	PSS	M40	272	M401	29
31	483	0:33:57	Dave Turner	Hastings Ac	HAC	HR/HAC	M50	271	M501	30
32	688	0:34:00	Bowie Lycett	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	270	M402	31
33	363	0:34:05	Jonathan Rafferty	Crowborough Runners	CROW	CROW	M45	269	M402	32
34	337	0:34:09	Gordon Berry	Crowborough Runners	CROW	CROW	M45	268	M403	33
35	556	0:34:12	David Woollard	Heathfield Road Runners	HEAT	HTH/UCK	M40	267	M402	34
36	468	0:34:15	Tim Archer	Hastings Ac	HAC	HR/HAC	M35	266	SM2	35
37	721	0:34:21	Nick Taylor	Lewes AC	LEW	LEW	M35	265	NSM1	36
38	259	0:34:31	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	264	M501	37
39	410	0:34:32	Alison Moore	Eastbourne Rovers	EAST	EAST/BDY	SF	200	SF1	38
40	362	0:34:34	Peter Noon	Crowborough Runners	CROW	CROW	M40	263	SM4	39
41	683	0:34:37	James Shaw	-	NS	NS	SM	NS	NS	NS
42	240	0:34:41	Gareth Williams	Arena 80 Ac	A80	A80	M40	262	M401	40
43	707	0:34:46	Tom Sanderson	Brighton Tri Club	BTNTRI	BTNTRI	M45	261	M402	41
44	290	0:34:48	Angus Peters	Brighton Tri Club	BTNTRI	BTNTRI	SM	260	SM1	42
45	648	0:34:49	Mark Poulton	Meads Runners	MEAD	MEAD	M40	259	M401	43
46	383	0:34:50	Brian Birkmyre	Eastbourne Rovers	EAST	EAST/BDY	M35	258	SM3	44
47	466	0:34:55	Graham Wooley	Hailsham Harriers	HAIL	HAIL	M40	257	M401	45
48	470	0:35:02	Chris Brandt	Hastings Ac	HAC	HR/HAC	M55	256	M502	46
49	442	0:35:04	Laurie Burrett	Hailsham Harriers	HAIL	HAIL	M35	255	SM1	47
50	526	0:35:07	Ian Bromley	Heathfield Road Runners	HEAT	HTH/UCK	M40	254	M403	48
51	404	0:35:10	Juriy Korchev	Eastbourne Rovers	EAST	EAST/BDY	M40	253	M401	49
52	63	0:35:16	Adam Mansbridge	Run Wednesdays	RUNW	RUNW	M40	252	M401	50
53	473	0:35:23	Simon Fidler	Hastings Ac	HAC	HR/HAC	M50	251	M503	51
54	604	0:35:26	Will Monnington	Lewes Ac	LEW	LEW	M35	250	NSM2	52
55	509	0:35:26	Andrew Shipilov	Hastings Runners	HR	HR/HAC	SM	249	SM3	53
56	394	0:35:27	Sue Fry	Eastbourne Rovers	EAST	EAST/BDY	F50	199	F501	54
57	500	0:35:31	Paul Lambert	Hastings Runners	HR	HR/HAC	M35	248	SM4	55
58	656	0:35:36	David Wharton	Meads Runners	MEAD	MEAD	M50	247	M501	56
59	235	0:35:52	Kevin Price	Arena 80 Ac	A80	A80	M50	246	M502	57
60	150	0:35:56	Ben Messer	Tri Tempo	TRIT	TRIT	M45	245	M401	58
61	338	0:36:00	Steve Bolton	Crowborough Runners	CROW	CROW	M60	244	M601	59
62	521	0:36:12	Guy Blackden	Heathfield Road Runners	HEAT	HTH/UCK	M50	243	M502	60
63	372	0:36:17	Anna Tolmachova	Crowborough Runners	CROW	CROW	F35	198	SF1	61
64	554	0:36:17	Guy Williams	Heathfield Road Runners	HEAT	HTH/UCK	M55	242	M503	62
65	336	0:36:18	Russell Beckett	Crowborough Runners	CROW	CROW	M45	241	NSM1	63
66	505	0:36:19	Martin Noakes	Hastings Runners	HR	HR/HAC	M55	240	M402	64
67	85	0:36:22	Richard Vercoe	Run Wednesdays	RUNW	RUNW	M40	239	M402	65
68	138	0:36:25	Johanna Dowle	Team Bodyworks	BDY	EAST/BDY	F45	197	F401	66
69	560	0:36:34	Danny Blackman	Hy Runners	HYR	HYR	M45	238	M401	67
70	725	0:36:35	Chris Turp	-	NS	NS	M45	NS	NS	NS
71	349	0:36:37	Alissa Ellis	Crowborough Runners	CROW	CROW	F45	196	F401	68
72	428	0:36:38	Carlton Spears	Eastbourne Rovers	EAST	EAST/BDY	M50	237	M501	69
73	397	0:36:39	Lee Hewson	Eastbourne Rovers	EAST	EAST/BDY	M35	236	SM4	70
74	691	0:36:46	Robyn Lumas	Brighton and Hove Frontrunn	FRONTR	FRONTR	SF	195	SF1	71
75	22	0:36:54	Geraldine Moffat	Portslade Hedgehoppers	HEDGE	HEDGE	F55	194	F501	72
76	16	0:36:55	John Harding	Portslade Hedgehoppers	HEDGE	HEDGE	M60	235	M601	73
77	576	0:37:01	Luke Blyth	Lewes Ac	LEW	LEW	SM	234	NSM3	74
78	406	0:37:07	Liz Lumber	Eastbourne Rovers	EAST	EAST/BDY	F55	193	F502	75
79	327	0:37:09	Mark Smith	Central Park Athletics	CPA	CPA	M40	233	M401	76
80	463	0:37:12	Sarah Underwood	Hailsham Harriers	HAIL	HAIL	F40	192	F401	77
81	572	0:37:14	David Barham	Lewes Ac	LEW	LEW	M40	232	M402	78
82	476	0:37:21	Jenna Levett	Hastings Ac	HAC	HR/HAC	F35	191	SF1	79
83	393	0:37:24	Richard Fox	Eastbourne Rovers	EAST	EAST/BDY	M55	231	M502	80

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84	11	0:37:28	Andy Elphick	Portslade Hedgehoppers	HEDGE	HEDGE	M55	230	M502	81
85	425	0:37:30	Ben Skinner	Eastbourne Rovers	EAST	EAST/BDY	SM	229	NSM1	82
86	540	0:37:30	Sarah Morris	Heathfield Road Runners	HEAT	HTH/UCK	F60	190	F601	83
87	611	0:37:32	David Prince-Iles	Lewes Ac	LEW	LEW	M65	228	M601	84
88	709	0:37:32	Rachel Carless	Brighton Tri Club	BTNTRI	BTNTRI	F45	189	F401	85
89	220	0:37:37	Andy Clark	Arena 80 Ac	A80	A80	M50	227	M503	86
90	272	0:37:39	Harry Scott	Bexhill Run Tri	BEX	BEX	SM	226	SM1	87
91	422	0:37:43	Louise Ryan	Eastbourne Rovers	EAST	EAST/BDY	SF	188	SF2	88
92	343	0:37:47	Bob Cook	Crowborough Runners	CROW	CROW	M50	225	M501	89
93	662	0:37:51	Liam Brooks	Polegate Plodders	POLE	PSS	M35	224	SM2	90
94	248	0:38:00	Claire Burnham	Bexhill Run Tri	BEX	BEX	SF	187	SF1	91
95	405	0:38:04	Chris Lennard	Eastbourne Rovers	EAST	EAST/BDY	M45	223	M402	92
96	364	0:38:05	Chris Russell	Crowborough Runners	CROW	CROW	M60	222	M602	93
97	390	0:38:06	Natalie Dawson	Eastbourne Rovers	EAST	EAST/BDY	F50	186	F402	94
98	620	0:38:08	Edward Wheeler	Lewes Ac	LEW	LEW	SM	221	NSM4	95
99	257	0:38:08	Andrea Harwood	Bexhill Run Tri	BEX	BEX	F45	185	F401	96
100	141	0:38:13	Paul Guy	Team Bodyworks	BDY	EAST/BDY	M45	220	M403	97
101	54	0:38:14	James Griffiths	Run Wednesdays	RUNW	RUNW	M45	219	M403	98
102	86	0:38:15	Philip Visick	Run Wednesdays	RUNW	RUNW	M60	218	M601	99
103	459	0:38:17	Chris Shout	Hailsham Harriers	HAIL	HAIL	M35	217	SM2	100
104	528	0:38:21	Roy Cooper	Heathfield Road Runners	HEAT	HTH/UCK	M55	216	SM3	101
105	717	0:38:22	Steffan Meyric Hughes	Lewes AC	LEW	LEW	M45	215	M403	102
106	630	0:38:23	Sarah Eddie	Meads Runners	MEAD	MEAD	F35	184	SF1	103
107	358	0:38:28	Tony Lavender	Crowborough Runners	CROW	CROW	M50	214	M502	104
108	496	0:38:35	Neil Jeffries	Hastings Runners	HR	HR/HAC	M60	213	M601	105
109	607	0:38:38	Dominic Osman-Allu	Lewes Ac	LEW	LEW	M55	212	M502	106
110	461	0:38:39	Matt Southam	Hailsham Harriers	HAIL	HAIL	SM	211	SM3	107
111	424	0:38:41	Laura Seaman	Eastbourne Rovers	EAST	EAST/BDY	SF	183	NSF1	108
112	145	0:38:45	Darren Broderick	Tri Tempo	TRIT	TRIT	M50	210	M501	109
113	210	0:38:47	David Salmons	Wadhurst Runners	WAD	WAD	M50	209	M501	110
114	695	0:38:49	Adam Styles	Crowborough Runners	CROW	CROW	M50	208	M503	111
115	702	0:38:51	James Sava	-	NS	NS	SM	NS	NS	
116	673	0:38:56	Ian Weston	Polegate Plodders	POLE	PSS	M55	207	M501	112
117	293	0:38:56	Elizabeth Brookes	Central Park Athletics	CPA	CPA	F40	182	F401	113
118	305	0:38:57	Tony Durey	Central Park Athletics	CPA	CPA	M55	206	M501	114
119	713	0:38:57	Russell Gardham	Run Wednesdays	RUNW	RUNW	M50	205	M501	115
120	614	0:38:58	Helen Sida	Lewes Ac	LEW	LEW	F55	181	F501	116
121	701	0:38:59	Laurence Sava	-	NS	NS	M65	NS	NS	
122	497	0:39:00	Jamie Kennedy	Hastings Runners	HR	HR/HAC	M40	204	M403	117
123	302	0:39:03	Susan Dixon	Central Park Athletics	CPA	CPA	F55	180	F501	118
124	96	0:39:06	Colin Browne	Seaford Striders	SEAF	PSS	M35	203	SM3	119
125	222	0:39:11	Rob Derkin	Arena 80 Ac	A80	A80	M55	202	M402	120
126	514	0:39:13	Claire Thomas	Hastings Runners	HR	HR/HAC	F35	179	SF2	121
127	686	0:39:14	Andrew Parle	Brighton Phoenix	NS	NS	M55	NS	NS	
128	230	0:39:17	Michael Miller	Arena 80 Ac	A80	A80	M65	201	M601	122
129	20	0:39:20	Joanna Mabbitt	Portslade Hedgehoppers	HEDGE	HEDGE	SF	178	SF1	123
130	692	0:39:25	James Harris	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	200	SM1	124
131	454	0:39:32	Mark Pope	Hailsham Harriers	HAIL	HAIL	M35	199	SM4	125
132	598	0:39:33	Gary Loughlin	Lewes Ac	LEW	LEW	M50	198	M503	126
133	645	0:39:35	Steve Maskell	Meads Runners	MEAD	MEAD	M45	197	M402	127
134	446	0:39:39	Jenny Katsoni	Hailsham Harriers	HAIL	HAIL	F35	177	SF1	128
135	654	0:39:42	Carl Stanger	Meads Runners	MEAD	MEAD	M50	196	M502	129
136	163	0:39:46	Richard Goulder	Uckfield Runners	UCK	HTH/UCK	M50	195	SM4	130
137	708	0:39:47	Dominic Tansley	Lewes AC	LEW	LEW	M45	194	NSM5	131
138	294	0:39:48	Steve Burgess	Central Park Athletics	CPA	CPA	M45	193	M402	132
139	715	0:39:53	Jim Rowe	Run Wednesdays	RUNW	RUNW	M55	192	M502	133
140	92	0:39:54	Christopher Yeomanson	Run Wednesdays	RUNW	RUNW	M50	191	M503	134
141	262	0:39:56	Dan Marshman	Bexhill Run Tri	BEX	BEX	M45	190	M401	135
142	429	0:40:00	Hannah Spears	Eastbourne Rovers	EAST	EAST/BDY	F40	176	NSF2	136
143	530	0:40:01	Andy Diplock	Heathfield Road Runners	HEAT	HTH/UCK	M45	189	NSM1	137
144	516	0:40:02	Martin Turner	Hastings Runners	HR	HR/HAC	M50	188	NSM1	138
145	73	0:40:03	Emma Murphy	Run Wednesdays	RUNW	RUNW	F40	175	F401	139
146	34	0:40:04	Martin Broughton	Run Wednesdays	RUNW	RUNW	M40	187	SM1	140
147	600	0:40:05	Tom Marchant	Lewes Ac	LEW	LEW	SM	186	NSM6	141
148	403	0:40:07	Heather Jenner	Eastbourne Rovers	EAST	EAST/BDY	F35	174	NSF3	142
149	198	0:40:08	Clive De Vulder	Wadhurst Runners	WAD	WAD	M55	185	M502	143
150	697	0:40:08	Annette Feakes	Hailsham Harriers	HAIL	HAIL	F45	173	F402	144
151	480	0:40:09	Amy Rodway	Hastings Ac	HAC	HR/HAC	F40	172	F401	145
152	547	0:40:14	Maria Smith	Heathfield Road Runners	HEAT	HTH/UCK	F45	171	F401	146
153	674	0:40:18	Peter Kennedy	Lewes AC	LEW	LEW	M70	184	M602	147
154	508	0:40:30	Trevor Saunders	Hastings Runners	HR	HR/HAC	M50	183	NSM2	148
155	699	0:40:32	Robyn Strudwick	-	NS	NS	M50	NS	NS	
156	588	0:40:34	Carl Dowling	Lewes Ac	LEW	LEW	M50	182	NS	NS
157	659	0:40:36	Gill Wheeler	Meads Runners	MEAD	MEAD	F45	170	F401	149
158	407	0:40:37	Stephen Marsden	Eastbourne Rovers	EAST	EAST/BDY	M40	181	NSM2	150
159	288	0:40:40	Scott Muir	Brighton Tri Club	BTNTRI	BTNTRI	M55	180	M501	151
160	690	0:40:41	Marc Gumbrell	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	179	SM2	152
161	51	0:40:43	Danny Garbett	Run Wednesdays	RUNW	RUNW	M55	178	SM2	153
162	188	0:40:44	Graham West	Uckfield Runners	UCK	HTH/UCK	M60	177	M601	154
163	225	0:40:46	Jenny Hughes	Arena 80 Ac	A80	A80	F60	169	F601	155
164	533	0:40:52	Michael Gillingham	Heathfield Road Runners	HEAT	HTH/UCK	M35	176	NSM2	156
165	28	0:40:55	Jonni Andrews	Run Wednesdays	RUNW	RUNW	M55	175	SM3	157
166	689	0:40:58	Colin Keast	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	174	SM3	158
167	457	0:41:04	Andy Ruffell	Hailsham Harriers	HAIL	HAIL	M50	173	M502	159
168	499	0:41:10	Andy Knight	Hastings Runners	HR	HR/HAC	M55	172	NSM3	160
169	456	0:41:14	Wendy Robson	Hailsham Harriers	HAIL	HAIL	F45	168	SF2	161

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170	573	0:41:15	Ed Barnes	Lewes Ac	LEW	LEW	M40	171	NS	
171	52	0:41:19	Richard Gardiner	Run Wednesdays	RUNW	RUNW	M40	170	SM4	162
172	105	0:41:19	Russell Hewlett	Seaford Striders	SEAF	PSS	M45	169	M402	163
173	339	0:41:20	Ashley Box	Crowborough Runners	CROW	CROW	M50	168	NSM2	164
174	43	0:41:23	Martyna Dalecka	Run Wednesdays	RUNW	RUNW	SF	167	SF1	165
175	69	0:41:24	Rory McIntyre	Run Wednesdays	RUNW	RUNW	M50	167	NSM1	166
176	174	0:41:25	Badrinath Mohandas	Uckfield Runners	UCK	HTH/UCK	M45	166	NSM3	167
177	531	0:41:26	Edward Diplock	Heathfield Road Runners	HEAT	HTH/UCK	M50	165	NSM4	168
178	283	0:41:28	Jacqueline Hunt	Brighton Tri Club	BTNTRI	BTNTRI	F45	166	F402	169
179	684	0:41:31	Emily Sims	HY Runners	HYR	HYR	F40	165	F401	170
180	705	0:41:32	Charlie Hempstead	Arena 80 AC	A80	A80	M60	164	M602	171
181	120	0:41:34	Robin Warwick	Seaford Striders	SEAF	PSS	M40	163	M403	172
182	21	0:41:40	David Maskell	Portslade Hedgehoppers	HEDGE	HEDGE	M60	162	M602	173
183	720	0:41:42	Darren Evans	Seaford Striders	SEAF	PSS	M55	161	M502	174
184	716	0:41:43	Ian Fines	Lewes AC	LEW	LEW	M35	160	NS	NS
185	580	0:41:45	Andrew Chitty	Lewes Ac	LEW	LEW	M65	159	NS	NS
186	244	0:41:48	John Wright	Arena 80 Ac	A80	A80	M55	158	M403	175
187	300	0:41:51	Paul Curd	Central Park Athletics	CPA	CPA	M55	157	M502	176
188	61	0:41:57	Tina Macenhill	Run Wednesdays	RUNW	RUNW	F50	164	F501	177
189	378	0:41:58	Vicki Whitehorn	Crowborough Runners	CROW	CROW	F40	163	F402	178
190	261	0:42:01	Alistair Marshman	Bexhill Run Tri	BEX	BEX	M50	156	M502	179
191	432	0:42:02	Mike Thompson	Eastbourne Rovers	EAST	EAST/BDY	M65	155	M601	180
192	111	0:42:02	Anneka Redley-Cook	Seaford Striders	SEAF	PSS	SF	162	SF1	181
193	545	0:42:04	Andrew Saunders	Heathfield Road Runners	HEAT	HTH/UCK	M55	154	NSM5	182
194	369	0:42:04	Bryan Tapsell	Crowborough Runners	CROW	CROW	M65	153	NSM3	183
195	634	0:42:05	Ashley Gosling	Meads Runners	MEAD	MEAD	M35	152	SM1	184
196	242	0:42:05	Patrycja Wollnik	Arena 80 Ac	A80	A80	F45	161	F401	185
197	39	0:42:09	Samantha Chan	Run Wednesdays	RUNW	RUNW	SF	160	SF2	186
198	252	0:42:09	Carole Crathern	Bexhill Run Tri	BEX	BEX	F55	159	F501	187
199	525	0:42:09	Anne Bromley	Heathfield Road Runners	HEAT	HTH/UCK	F40	158	F402	188
200	722	0:42:11	Kitty Taylor	Lewes AC	LEW	LEW	SF	157	SF1	189
201	682	0:42:14	Harriet Cunningham	Brighton Tri Club	BTNTRI	BTNTRI	F40	156	SF1	190
202	287	0:42:26	Kevin Mould	Brighton Tri Club	BTNTRI	BTNTRI	M40	151	M403	191
203	355	0:42:29	Alexander Gusak	Crowborough Runners	CROW	CROW	M35	150	NSM4	192
204	277	0:42:31	Geoff Tondeur	Bexhill Run Tri	BEX	BEX	M55	149	M503	193
205	637	0:42:33	Kat Hone	Meads Runners	MEAD	MEAD	SF	155	SF2	194
206	618	0:42:35	Becca Weir	Lewes Ac	LEW	LEW	F40	154	F401	195
207	48	0:42:39	Hannah Edleston	Run Wednesdays	RUNW	RUNW	F45	153	F402	196
208	76	0:42:42	Steve Shimmons	Run Wednesdays	RUNW	RUNW	M45	148	NSM2	197
209	653	0:42:47	Will Smart	Meads Runners	MEAD	MEAD	M35	147	SM2	198
210	513	0:42:51	Mark Storey	Hastings Runners	HR	HR/HAC	M50	146	NSM4	199
211	577	0:42:52	Helen Bowman	Lewes Ac	LEW	LEW	F55	152	F502	200
212	487	0:43:01	Piers Brunning	Hastings Runners	HR	HR/HAC	M60	145	M602	201
213	589	0:43:05	Gerard Dummett	Lewes Ac	LEW	LEW	M65	144	NS	NS
214	408	0:43:09	Laura Mitchell	Eastbourne Rovers	EAST	EAST/BDY	SF	151	NSF4	202
215	279	0:43:13	Ros Addison	Brighton Tri Club	BTNTRI	BTNTRI	F60	150	F601	203
216	413	0:43:14	Scott O'Rourke	Eastbourne Rovers	EAST	EAST/BDY	M45	143	NSM3	204
217	12	0:43:27	Phil Gale	Portslade Hedgehoppers	HEDGE	HEDGE	M40	142	M401	205
218	159	0:43:28	Rodney Dempster	Uckfield Runners	UCK	HTH/UCK	M50	141	NSM6	206
219	609	0:43:28	Andy Perris	Lewes Ac	LEW	LEW	M55	140	NS	NS
220	114	0:43:30	Ray Smith	Seaford Striders	SEAF	PSS	M50	139	M503	207
221	386	0:43:31	Emma Cooper	Eastbourne Rovers	EAST	EAST/BDY	SF	149	NS	NS
222	596	0:43:41	Bob Hughes	Lewes Ac	LEW	LEW	M70	138	NS	NS
223	247	0:43:42	Richard Baxendale	Bexhill Run Tri	BEX	BEX	M40	137	M402	208
224	7	0:43:47	Neal Cass	Portslade Hedgehoppers	HEDGE	HEDGE	M45	136	M402	209
225	524	0:43:50	Richard Blott	Heathfield Road Runners	HEAT	HTH/UCK	M50	135	NS	NS
226	494	0:43:59	Stephen Ingram	Hastings Runners	HR	HR/HAC	M55	134	NSM5	210
227	584	0:44:00	Karin Divall	Lewes Ac	LEW	LEW	F60	148	F601	211
228	233	0:44:02	Bob Page	Arena 80 Ac	A80	A80	M60	133	SM2	212
229	420	0:44:04	Steven Riggs	Eastbourne Rovers	EAST	EAST/BDY	SM	132	NSM4	213
230	676	0:44:07	Paul Rackstraw	HY Runners	HYR	HYR	M60	131	M601	214
231	664	0:44:09	Peter Cook	Polegate Plodders	POLE	PSS	M60	130	M601	215
232	265	0:44:10	Mark Mitchell	Bexhill Run Tri	BEX	BEX	M45	129	M403	216
233	644	0:44:11	James Martin	Meads Runners	MEAD	MEAD	M45	128	M403	217
234	694	0:44:11	Gareth Smith	Bexhill Run Tri	BEX	BEX	M55	127	SM2	218
235	517	0:44:15	Tamsin West	Hastings Runners	HR	HR/HAC	F35	147	NSF1	219
236	489	0:44:15	Jane Coles	Hastings Runners	HR	HR/HAC	F55	146	F501	220
237	237	0:44:18	John Thompson	Arena 80 Ac	A80	A80	M60	126	SM3	221
238	714	0:44:21	Sue Brumwell	Arena 80 AC	A80	A80	F60	145	F602	222
239	361	0:44:25	Sue Newman	Crowborough Runners	CROW	CROW	F55	144	F501	223
240	102	0:44:28	Jazz Dymott	Seaford Striders	SEAF	PSS	SF	143	SF2	224
241	297	0:44:33	Sally Carr	Central Park Athletics	CPA	CPA	F50	142	F502	225
242	724	0:44:39	Alice Weston-Smith	Lewes AC	LEW	LEW	SF	141	SF2	226
243	542	0:44:45	Sharon Reed	Heathfield Road Runners	HEAT	HTH/UCK	F45	140	SF1	227
244	249	0:44:47	Frances Burnham	Bexhill Run Tri	BEX	BEX	F60	139	F601	228
245	367	0:44:47	Heather Stevens	Crowborough Runners	CROW	CROW	F35	138	SF2	229
246	350	0:44:48	Louise Ellis	Crowborough Runners	CROW	CROW	F50	137	F502	230
247	72	0:44:49	Kevin Moulding	Run Wednesdays	RUNW	RUNW	M45	125	NSM3	231
248	197	0:44:50	Mark Currah	Wadhurst Runners	WAD	WAD	M60	124	M601	232
249	49	0:45:02	Andy Edwards	Run Wednesdays	RUNW	RUNW	M45	123	NSM4	233
250	162	0:45:06	Nic Gibson	Uckfield Runners	UCK	HTH/UCK	M55	122	NS	NS
251	29	0:45:11	Kathryn Atkinson	Run Wednesdays	RUNW	RUNW	F40	136	NSF1	234
252	351	0:45:15	Manfred Engler	Crowborough Runners	CROW	CROW	M55	121	NSM5	235
253	212	0:45:17	Robert Weighell	Wadhurst Runners	WAD	WAD	M60	120	M602	236
254	180	0:45:17	Kevin Smith	Uckfield Runners	UCK	HTH/UCK	M50	119	NS	NS
255	55	0:45:19	Nicole Henze	Run Wednesdays	RUNW	RUNW	F45	135	NSF2	237

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256	66	0:45:33	Allan Marshall	Run Wednesdays	RUNW	RUNW	M50	118	NSM5	238
257	693	0:45:36	Harriet Thompson	Eastbourne Rovers	EAST	EAST/BDY	SF	134	NS	NS
258	26	0:45:38	Ben Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	M60	117	M503	239
259	666	0:45:40	Roger Humphries	Polegate Plodders	POLE	PSS	M65	116	M602	240
260	62	0:45:45	Fenella Maloney	Run Wednesdays	RUNW	RUNW	F55	133	F502	241
261	173	0:45:46	Chris Lugg	Uckfield Runners	UCK	HTH/UCK	M40	115	NS	NS
262	655	0:45:58	Fiona Wallace	Meads Runners	MEAD	MEAD	F45	132	F402	242
263	190	0:46:03	Peter Burfoot	Wadhurst Runners	WAD	WAD	M65	114	M503	243
264	663	0:46:13	Kevin Burton	Polegate Plodders	POLE	PSS	M65	113	SM4	244
265	129	0:46:17	Grant Meyer	Seafront Shufflers	SHUF	PSS	M40	112	NSM1	245
266	438	0:46:25	Stu York	Eastbourne Rovers	EAST	EAST/BDY	SM	111	NSM5	246
267	370	0:46:30	Tania Taran	Crowborough Runners	CROW	CROW	SF	131	NSF1	247
268	15	0:46:32	Fran Hamilton	Portslade Hedgehoppers	HEDGE	HEDGE	F50	130	F502	248
269	321	0:46:35	Rob O'Halloran	Central Park Athletics	CPA	CPA	M45	110	M403	249
270	451	0:46:40	Samantha Neame	Hailsham Harriers	HAIL	HAIL	F35	129	NSF1	250
271	90	0:46:44	Phillip Wright	Run Wednesdays	RUNW	RUNW	M45	109	NSM6	251
272	178	0:46:45	Debbie Reed	Uckfield Runners	UCK	HTH/UCK	F55	128	F501	252
273	333	0:46:50	Chris Ashby	Crowborough Runners	CROW	CROW	M55	108	NSM6	253
274	94	0:46:52	Jackie Baxter	Seafront Striders	SEAF	PSS	F55	127	F501	254
275	14	0:46:59	Richard Guest	Portslade Hedgehoppers	HEDGE	HEDGE	M55	107	M403	255
276	504	0:47:07	Jo Nevett	Hastings Runners	HR	HR/HAC	F45	126	F402	256
277	318	0:47:08	Christine Munday	Central Park Athletics	CPA	CPA	F45	125	F402	257
278	395	0:47:13	Connie Hannam	Eastbourne Rovers	EAST	EAST/BDY	SF	124	NS	NS
279	131	0:47:15	Ian Pratt	Seafront Shufflers	SHUF	PSS	M50	106	NSM2	258
280	123	0:47:23	Mike Buckley	Seafront Shufflers	SHUF	PSS	M60	105	NSM3	259
281	53	0:47:28	Evelyn Griffiths	Run Wednesdays	RUNW	RUNW	F55	123	NSF3	260
282	377	0:47:29	Scott Werner	Crowborough Runners	CROW	CROW	M35	104	NS	NS
283	38	0:47:34	Joanna Cain	Run Wednesdays	RUNW	RUNW	F35	122	NSF4	261
284	196	0:47:37	Millie Compton	Wadhurst Runners	WAD	WAD	SF	121	SF1	262
285	622	0:47:41	Yan Wu	Lewes Ac	LEW	LEW	F50	120	F402	263
286	552	0:47:44	Louise Waghorn	Heathfield Road Runners	HEAT	HTH/UCK	F40	119	SF2	264
287	430	0:48:01	Mark Stattersfield	Eastbourne Rovers	EAST	EAST/BDY	M45	103	NSM6	265
288	660	0:48:02	Verity Wilde	Meads Runners	MEAD	MEAD	F35	118	NSF1	266
289	231	0:48:05	Anne Miners	Arena 80 Ac	A80	A80	F60	117	F501	267
290	548	0:48:09	Suzannah Taylor	Heathfield Road Runners	HEAT	HTH/UCK	F50	116	F502	268
291	30	0:48:16	Mary Austin-Olsen	Run Wednesdays	RUNW	RUNW	F65	115	F601	269
292	519	0:48:17	Sarah Ballinger	Heathfield Road Runners	HEAT	HTH/UCK	F45	114	NSF1	270
293	199	0:48:19	Sally Green	Wadhurst Runners	WAD	WAD	F35	113	SF2	271
294	200	0:48:20	Stuart Green	Wadhurst Runners	WAD	WAD	M40	102	M402	272
295	492	0:48:22	Paul Hope	Hastings Runners	HR	HR/HAC	M60	101	NSM6	273
296	154	0:48:25	Emma Allen	Uckfield Runners	UCK	HTH/UCK	F45	112	NSF2	274
297	586	0:48:27	Sharon Donovan	Lewes Ac	LEW	LEW	F40	111	NSF1	275
298	175	0:48:35	Richard Page	Uckfield Runners	UCK	HTH/UCK	M65	100	M602	276
299	133	0:48:37	Stefano Russo	Seafront Shufflers	SHUF	PSS	SM	99	NSM4	277
300	486	0:48:39	David Bratby	Hastings Runners	HR	HR/HAC	M65	98	NS	NS
301	368	0:48:42	Roger Stone	Crowborough Runners	CROW	CROW	M65	97	NS	NS
302	445	0:48:46	Hannah Deubert-Chapman	Hailsham Harriers	HAIL	HAIL	SF	110	NSF2	278
303	35	0:48:48	Colin Burbage	Run Wednesdays	RUNW	RUNW	M60	96	M602	279
304	416	0:48:53	Graham Penny	Eastbourne Rovers	EAST	EAST/BDY	M50	95	M503	280
305	704	0:48:59	Matt Bocci	-	NS	NS	M50	NS	NS	NS
306	146	0:49:04	Ian Foxall	Tri Tempo	TRIT	TRIT	M45	94	M402	281
307	136	0:49:05	Russell Aitkenhead	Team Bodyworks	BDY	EAST/BDY	M55	93	NS	NS
308	326	0:49:09	Lindsey Sanders	Central Park Athletics	CPA	CPA	F40	109	SF1	282
309	151	0:49:10	Dee Poole	Tri Tempo	TRIT	TRIT	F50	108	F501	283
310	443	0:49:15	Julie Chicken	Hailsham Harriers	HAIL	HAIL	F60	107	F601	284
311	675	0:49:22	Rosy Clements	Hastings AC	HAC	HR/HAC	F45	106	NSF2	285
312	31	0:49:29	Leigh Baker	Run Wednesdays	RUNW	RUNW	M40	92	NS	NS
313	565	0:49:31	Jenna Harmer	Hy Runners	HYR	HYR	F35	105	SF1	286
314	135	0:49:37	Julie Trenlin	Seafront Shufflers	SHUF	PSS	F60	104	F601	287
315	605	0:49:38	Tim Monson	Lewes Ac	LEW	LEW	M60	91	NS	NS
316	128	0:49:44	Ian King	Seafront Shufflers	SHUF	PSS	M55	90	NSM5	288
317	315	0:49:46	Mark Mcmillan	Central Park Athletics	CPA	CPA	M50	89	M503	289
318	204	0:49:47	Denise Jeffrey	Wadhurst Runners	WAD	WAD	F60	103	F601	290
319	161	0:49:52	Emily Gibson	Uckfield Runners	UCK	HTH/UCK	F45	102	NSF3	291
320	575	0:49:57	Hazel Bennington	Lewes Ac	LEW	LEW	F60	101	F602	292
321	40	0:50:07	Helen Chatterton	Run Wednesdays	RUNW	RUNW	F55	100	NS	NS
322	464	0:50:07	Felicity Williams	Hailsham Harriers	HAIL	HAIL	F50	99	F501	293
323	346	0:50:08	Reuben Coppard	Crowborough Runners	CROW	CROW	SM	88	NS	NS
324	170	0:50:10	Denise Kingdon	Uckfield Runners	UCK	HTH/UCK	SF	98	NSF4	294
325	306	0:50:21	Damian Gibbs	Central Park Athletics	CPA	CPA	M50	87	SM2	295
326	203	0:50:24	Alistair Howitt	Wadhurst Runners	WAD	WAD	M65	86	M403	296
327	67	0:50:29	Sally Mason	Run Wednesdays	RUNW	RUNW	F50	97	NS	NS
328	449	0:50:37	Victoria Little	Hailsham Harriers	HAIL	HAIL	F40	96	NSF3	297
329	546	0:50:39	Sharon Saunders	Heathfield Road Runners	HEAT	HTH/UCK	F55	95	NS	NS
330	503	0:50:52	Phil Morris	Hastings Runners	HR	HR/HAC	M55	85	NS	NS
331	555	0:50:54	Rachel Wilson	Heathfield Road Runners	HEAT	HTH/UCK	F45	94	NS	NS
332	366	0:51:00	Graham Stevens	Crowborough Runners	CROW	CROW	M70	84	NS	NS
333	700	0:51:05	Ashley Langstrath	-	NS	NS	SF	NS	NS	NS
334	158	0:51:12	Paul Crawley	Uckfield Runners	UCK	HTH/UCK	M50	83	NS	NS
335	155	0:51:18	Emma Bussey	Uckfield Runners	UCK	HTH/UCK	F45	93	NS	NS
336	234	0:51:23	Yvonne Patrick	Arena 80 Ac	A80	A80	F60	92	F502	298
337	484	0:51:32	Trish Audis	Hastings Runners	HR	HR/HAC	F65	91	F601	299
338	703	0:51:34	Brian Kirkdale	Hastings Runners	HR	HR/HAC	M60	82	NS	NS
339	246	0:51:39	Jo Swap	Bexhill Run Tri	BEX	BEX	F45	90	F402	300
340	82	0:51:45	Richard Tickner	Run Wednesdays	RUNW	RUNW	M55	81	NS	NS
341	214	0:51:49	Iain Willatt	Wadhurst Runners	WAD	WAD	M65	80	SM1	301

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342	681	0:51:55	Amar Sagar	- NS	NS	F50	NS	NS	NS	
343	723	0:52:06	Swati Patel	Crowborough Runners	CROW	CROW	F50	89	NSF2	302
344	192	0:52:10	Brigid Burnham	Wadhurst Runners	WAD	WAD	F60	88	F602	303
345	18	0:52:11	Kerry Kipling	Portslade Hedgehoppers	HEDGE	HEDGE	F50	87	F401	304
346	164	0:52:16	Stephen Green	Uckfield Runners	UCK	HTH/UCK	M55	79	NS	NS
347	275	0:52:23	John Syddall	Bexhill Run Tri	BEX	BEX	M70	78	M601	305
348	553	0:52:26	Eleanor Wilkes	Heathfield Road Runners	HEAT	HTH/UCK	F45	86	NS	NS
349	132	0:52:26	Jon Raper	Seafront Shufflers	SHUF	PSS	M60	77	NSM6	306
350	181	0:52:30	Sarah Smith	Uckfield Runners	UCK	HTH/UCK	F50	85	NS	NS
351	130	0:52:31	Richard Meyer	Seafront Shufflers	SHUF	PSS	M40	76	NS	NS
352	610	0:52:45	Livvie Perris	Lewes Ac	LEW	LEW	SF	84	NSF2	307
353	502	0:52:48	Sarah Marzaoli	Hastings Runners	HR	HR/HAC	F70	83	F602	308
354	685	0:52:53	Susan Steed	- NS	NS	F60	NS	NS	NS	
355	70	0:52:56	Stuart Mckenzie	Run Wednesdays	RUNW	RUNW	M35	75	NS	NS
356	538	0:53:07	Mark Hill	Heathfield Road Runners	HEAT	HTH/UCK	M50	74	NS	NS
357	384	0:53:08	Joanne Birkmyre	Eastbourne Rovers	EAST	EAST/BDY	F45	82	NS	NS
358	81	0:53:14	Helen Tickner	Run Wednesdays	RUNW	RUNW	F55	81	NS	NS
359	208	0:53:17	Helen Neary	Wadhurst Runners	WAD	WAD	F70	80	F501	309
360	639	0:53:24	Alicia Jolly	Meads Runners	MEAD	MEAD	SF	79	NSF2	310
361	493	0:53:36	Sylvia Huggett	Hastings Runners	HR	HR/HAC	F70	78	F502	311
362	331	0:53:37	Alex Valentino	Central Park Athletics	CPA	CPA	M60	73	M601	312
363	195	0:53:38	Maureen Comben	Wadhurst Runners	WAD	WAD	F55	77	F502	313
364	134	0:53:40	Anne Steinacher	Seafront Shufflers	SHUF	PSS	F60	76	F602	314
365	550	0:53:42	Steve Thompsett	Heathfield Road Runners	HEAT	HTH/UCK	M50	72	NS	NS
366	391	0:53:52	Susan Drake	Eastbourne Rovers	EAST	EAST/BDY	F65	75	F601	315
367	216	0:53:54	Deborah Absalom	Arena 80 Ac	A80	A80	F65	74	F402	316
368	356	0:53:58	Sarah Hilliard	Crowborough Runners	CROW	CROW	F60	73	F601	317
369	712	0:54:01	Howard Eaton	Heathfield Road Runners	HEAT	HTH/UCK	M65	71	NS	NS
370	253	0:54:10	Ellie Docksey	Bexhill Run Tri	BEX	BEX	SF	72	SF2	318
371	112	0:54:16	Bronwyn Ryan	Seaford Striders	SEAF	PSS	SF	71	NSF1	319
372	169	0:54:32	James Kilvington	Uckfield Runners	UCK	HTH/UCK	M50	70	NS	NS
373	520	0:54:37	Brian Barley	Heathfield Road Runners	HEAT	HTH/UCK	M50	69	NS	NS
374	179	0:54:38	Debra Richmond	Uckfield Runners	UCK	HTH/UCK	F50	70	NS	NS
375	4	0:54:39	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70	69	F601	320
376	224	0:54:44	Brigitte Groves	Arena 80 Ac	A80	A80	F60	68	SF1	321
377	506	0:54:50	Yockie Richardson	Hastings Runners	HR	HR/HAC	F70	67	NSF3	322
378	47	0:55:02	Nicole Dyson	Run Wednesdays	RUNW	RUNW	F55	66	NS	NS
379	310	0:55:18	Vinod Kalia	Central Park Athletics	CPA	CPA	M60	68	M602	323
380	427	0:55:39	Steve Smith	Eastbourne Rovers	EAST	EAST/BDY	M45	67	NS	NS
381	450	0:55:41	Katie Manley	Hailsham Harriers	HAIL	HAIL	F35	65	NSF4	324
382	347	0:55:42	Ron Cutbill	Crowborough Runners	CROW	CROW	M65	66	NS	NS
383	490	0:56:16	Jo Edwards	Hastings Runners	HR	HR/HAC	F55	64	NSF4	325
384	561	0:56:24	Hayley Foster	Hy Runners	HYR	HYR	F40	63	F402	326
385	447	0:56:31	Julie Lewis-Clements	Hailsham Harriers	HAIL	HAIL	F45	62	NS	NS
386	84	0:56:32	Jade Turner	Run Wednesdays	RUNW	RUNW	F40	61	NS	NS
387	125	0:56:34	Amanda Davis	Seafront Shufflers	SHUF	PSS	F35	60	NSF2	327
388	718	0:56:36	Alexandra Robinson	Petts Wood Runners	NS	NS	F40	NS	NS	NS
389	278	0:56:40	Laura Ward	Bexhill Run Tri	BEX	BEX	F45	59	NSF1	328
390	328	0:56:45	Sandra Speers	Central Park Athletics	CPA	CPA	F55	58	SF2	329
391	320	0:56:46	Larrissa O'Halloran	Central Park Athletics	CPA	CPA	F45	57	NSF1	330
392	665	0:57:13	Caroline Gearing	Polegate Plidders	POLE	PSS	F55	56	F502	331
393	56	0:57:14	Chrissy Higgins	Run Wednesdays	RUNW	RUNW	F40	55	NS	NS
394	541	0:57:21	Gilly Nickols	Heathfield Road Runners	HEAT	HTH/UCK	F60	54	F602	332
395	1	0:57:29	Brian Winn	Polegate Plidders	POLE	PSS	M70	65	NS	NS
396	93	0:57:30	Samantha Alvarez	Seaford Striders	SEAF	PSS	F50	53	F401	333
397	5	0:57:31	Simone Button	Portslade Hedgehoppers	HEDGE	HEDGE	F60	52	F602	334
398	215	0:57:35	Anthony Wilson	Wadhurst Runners	WAD	WAD	M70	64	SM2	335
399	64	0:57:43	Nicola Marsden	Run Wednesdays	RUNW	RUNW	SF	51	NS	NS
400	83	0:57:43	Emma Trenaman	Run Wednesdays	RUNW	RUNW	F40	50	NS	NS
401	91	0:57:44	Jamie Yates	Run Wednesdays	RUNW	RUNW	SM	63	NS	NS
402	421	0:58:26	Alan Roberts	Eastbourne Rovers	EAST	EAST/BDY	M60	62	M602	336
403	462	0:58:28	Ros Thomson	Hailsham Harriers	HAIL	HAIL	F50	49	F502	337
404	17	0:58:42	Peter Hedgethorpe	Portslade Hedgehoppers	HEDGE	HEDGE	M65	61	SM1	338
405	436	0:58:47	Penelope Weyman	Eastbourne Rovers	EAST	EAST/BDY	F55	48	NS	NS
406	698	0:58:49	Bethan Sutch	Wadhurst Runners	WAD	WAD	F50	47	F401	339
407	710	0:59:01	Rachel Sadler	Uckfield Runners	UCK	HTH/UCK	F55	46	NS	NS
408	400	0:59:48	Amy Hope	Eastbourne Rovers	EAST	EAST/BDY	F35	45	NS	NS
409	258	1:01:00	Mandie Henderson	Bexhill Run Tri	BEX	BEX	F50	44	F502	340
410	263	1:01:00	Pam Matthews	Bexhill Run Tri	BEX	BEX	F50	43	NSF2	341
411	322	1:01:39	Brent Parker	Central Park Athletics	CPA	CPA	M65	60	SM3	342
412	126	1:02:14	Lauren Ellis	Seafront Shufflers	SHUF	PSS	F55	42	F402	343
413	218	1:02:17	Richard Bates	Arena 80 Ac	A80	A80	M70	59	SM4	344
414	677	1:03:05	Laura Dearsley	HY Runners	HYR	HYR	F40	41	SF2	345
415	511	1:03:16	Natasha Slow	Hastings Runners	HR	HR/HAC	F45	40	NS	NS
416	387	1:03:27	Emma Davey	Eastbourne Rovers	EAST	EAST/BDY	F50	39	NS	NS
417	409	1:03:33	Teresa Mitchell	Eastbourne Rovers	EAST	EAST/BDY	F50	38	NS	NS
418	392	1:03:34	Alison Fox	Eastbourne Rovers	EAST	EAST/BDY	F55	37	NS	NS
419	678	1:04:00	Donna Foster	HY Runners	HYR	HYR	F40	36	NSF1	346
420	711	1:04:08	Jaleh Nahvi	Uckfield Runners	UCK	HTH/UCK	F40	35	NS	NS
421	124	1:04:09	Nicole Cunningham	Seafront Shufflers	SHUF	PSS	F60	34	NSF3	347
422	149	1:05:27	Debbie Mcdermott	Tri Tempo	TRIT	TRIT	F55	33	F502	348
423	679	1:05:28	Joanne Robinson	Seaford Striders	SEAF	PSS	F45	32	NSF4	349
424	549	1:06:35	Nicky Thompsett	Heathfield Road Runners	HEAT	HTH/UCK	F45	31	NS	NS
425	270	1:09:30	Chris Sage	Bexhill Run Tri	BEX	BEX	F60	30	F602	350
426	268	1:09:31	David Oxbrow	Bexhill Run Tri	BEX	BEX	M70	58	M602	351
427	127	1:11:07	Pam Hart	Seafront Shufflers	SHUF	PSS	F70	29	NS	NS

ESSLXC BLACKCAP - 16 OCTOBER 2022 - SENIORS

428	621	1:11:39	Toby Wolpe	Lewes Ac	LEW	LEW	M65	57	NS	NS
429	414	1:14:07	Kimberly Page	Eastbourne Rovers	EAST	EAST/BDY	F35	28	NS	NS
430	411	1:14:08	Lisa Murton	Eastbourne Rovers	EAST	EAST/BDY	F55	27	NS	NS
431	388	1:14:09	Debbie Davis	Eastbourne Rovers	EAST	EAST/BDY	F35	26	NS	NS
432	399	1:14:10	Annabelle Holford	Eastbourne Rovers	EAST	EAST/BDY	F55	25	NS	NS

DNF

	202		Leigh Harris	Wadhurst Runners	WAD					
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