

ESSLXC SNAPE WOOD - 27 NOVEMBER 2022 - SENIORS

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	740	0:29:26	Matthew Grindrod	Brighton & Hove AC	NS	NS	SM	NS	NS	NS
2	763	0:30:49	Michael Maxwell	Hastings AC	HAC	HR/HAC	SM	300	SM1	1
3	668	0:30:54	Patrick Marsden	Polegate Plodders	POLE	PSS	M35	299	SM1	2
4	303	0:30:56	Sam Dowler	Central Park Athletics	CPA	CPA	SM	298	SM1	3
5	207	0:30:59	Graeme Mcintosh	Wadhurst Runners	WAD	WAD	M40	297	M401	4
6	115	0:31:18	Ollie Sprague	Seaford Striders	SEAF	PSS	SM	296	SM2	5
7	571	0:31:24	Euan Baker	Lewes Ac	LEW	LEW	SM	295	SM1	6
8	784	0:31:25	George Stewart	Lewes AC	LEW	LEW	SM	294	SM2	7
9	754	0:31:27	Paul Howard	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	293	M401	8
10	379	0:31:37	Peter Woodward	Crowborough Runners	CROW	CROW	M35	292	SM1	9
11	221	0:31:39	Ricky Coleman	Arena 80 Ac	A80	A80	SM	291	SM1	10
12	780	0:31:50	Oliver Carey	HY Runners	HYR	HYR	SM	290	SM1	11
13	613	0:31:55	Andrea Sansottera	Lewes Ac	LEW	LEW	M35	289	SM3	12
14	171	0:32:02	Jamie Kingdon	Uckfield Runners	UCK	HTH/UCK	SM	288	SM1	13
15	241	0:32:21	Matthew Windham	Arena 80 Ac	A80	A80	M50	287	M501	14
16	137	0:32:34	George Csantos	Team Bodyworks	BDY	EAST/BDY	M40	286	M401	15
17	373	0:32:39	Colin Tricker	Crowborough Runners	CROW	CROW	M40	285	M401	16
18	168	0:32:48	Jamie Keddie	Uckfield Runners	UCK	HTH/UCK	M40	284	M401	17
19	25	0:33:28	Alex Rawlinson	Portslade Hedgehoppers	HEDGE	HEDGE	SM	283	SM1	18
20	617	0:33:34	Adam Vaughan	Lewes Ac	LEW	LEW	M40	282	M401	19
21	585	0:33:38	Richard Docwra	Lewes Ac	LEW	LEW	M50	281	M501	20
22	767	0:33:56	Lewis Davies	Heathfield Road Runners	HEAT	HTH/UCK	SM	280	SM2	21
23	518	0:34:00	Will Withecombe	Hastings Runners	HR	HR/HAC	M35	279	SM2	22
24	475	0:34:03	Nickolaj Kennett	Hastings Ac	HAC	HR/HAC	M40	278	M401	23
25	371	0:34:09	Dean Taylor	Crowborough Runners	CROW	CROW	M45	277	M402	24
26	363	0:34:17	Jonathan Rafferty	Crowborough Runners	CROW	CROW	M45	276	M403	25
27	118	0:34:20	Rowan Tulley	Seaford Striders	SEAF	PSS	SM	275	SM3	26
28	259	0:34:28	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	274	M501	27
29	556	0:34:30	David Woolard	Heathfield Road Runners	HEAT	HTH/UCK	M40	273	M402	28
30	579	0:34:37	Jonathan Burrell	Lewes Ac	LEW	LEW	M55	272	M502	29
31	468	0:34:43	Tim Archer	Hastings Ac	HAC	HR/HAC	M35	271	SM3	30
32	526	0:34:55	Ian Bromley	Heathfield Road Runners	HEAT	HTH/UCK	M40	270	M403	31
33	309	0:35:10	Simon Johnson	Central Park Athletics	CPA	CPA	M40	269	M401	32
34	107	0:35:18	James Marron	Seaford Striders	SEAF	PSS	M50	268	M501	33
35	337	0:35:28	Gordon Berry	Crowborough Runners	CROW	CROW	M45	267	SM2	34
36	389	0:35:31	Richard Davis	Eastbourne Rovers	EAST	EAST/BDY	M35	266	SM1	35
37	240	0:35:35	Gareth Williams	Arena 80 Ac	A80	A80	M40	265	M401	36
38	439	0:35:39	Carl Barton	Hailsham Harriers	HAIL	HAIL	M45	264	M401	37
39	772	0:35:41	Jim Watson	Arena 80 AC	A80	A80	M50	263	M502	38
40	648	0:35:45	Mark Poulton	Meads Runners	MEAD	MEAD	M40	262	M401	39
41	305	0:35:47	Tony Durey	Central Park Athletics	CPA	CPA	M55	261	M501	40
42	410	0:35:51	Alison Moore	Eastbourne Rovers	EAST	EAST/BDY	SF	200	SF1	41
43	362	0:35:55	Peter Noon	Crowborough Runners	CROW	CROW	M40	260	SM3	42
44	466	0:36:01	Graham Wooley	Hailsham Harriers	HAIL	HAIL	M40	259	M402	43
45	570	0:36:09	Benji Symes	Hy Runners	HYR	HYR	M45	258	M401	44
46	266	0:36:18	Tom North	Bexhill Run Tri	BEX	BEX	M40	257	M401	45
47	500	0:36:26	Paul Lambert	Hastings Runners	HR	HR/HAC	M35	256	SM4	46
48	235	0:36:38	Kevin Price	Arena 80 Ac	A80	A80	M50	255	M503	47
49	600	0:36:45	Tom Marchant	Lewes Ac	LEW	LEW	SM	254	SM4	48
50	604	0:36:45	Will Monnington	Lewes Ac	LEW	LEW	M35	253	NSM1	49
51	651	0:36:52	James Roberts	Meads Runners	MEAD	MEAD	M40	252	M402	50
52	63	0:36:55	Adam Mansbridge	Run Wednesdays	RUNW	RUNW	M40	251	M401	51
53	773	0:37:04	Richard Pineles-West	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	250	SM1	52
54	327	0:37:13	Mark Smith	Central Park Athletics	CPA	CPA	M40	249	M402	53
55	109	0:37:14	Josh Nisbett	Seaford Striders	SEAF	PSS	SM	248	SM4	54
56	560	0:37:15	Danny Blackman	Hy Runners	HYR	HYR	M45	247	M402	55
57	338	0:37:16	Steve Bolton	Crowborough Runners	CROW	CROW	M60	246	M601	56
58	509	0:37:17	Andrew Shipilov	Hastings Runners	HR	HR/HAC	SM	245	NSM1	57
59	505	0:37:25	Martin Noakes	Hastings Runners	HR	HR/HAC	M55	244	M501	58
60	89	0:37:28	Phil Wood	Run Wednesdays	RUNW	RUNW	M50	243	M501	59
61	779	0:37:30	Jenna Levett	Hastings Ac	HAC	HR/HAC	F35	199	SF1	60
62	766	0:37:31	Adam Styles	Crowborough Runners	CROW	CROW	M50	242	M501	61
63	290	0:37:32	Angus Peters	Brighton Tri Club	BTNTRI	BTNTRI	SM	241	SM1	62
64	602	0:37:33	Andrew McLennan	Lewes Ac	LEW	LEW	M45	240	M402	63
65	360	0:37:34	Kirsty Mcdermott	Crowborough Runners	CROW	CROW	SF	198	SF1	64
66	138	0:37:37	Johanna Dowle	Team Bodyworks	BDY	EAST/BDY	F45	197	F401	65
67	336	0:37:38	Russell Beckett	Crowborough Runners	CROW	CROW	M45	239	SM4	66
68	150	0:37:50	Ben Messer	Tri Tempo	TRIT	TRIT	M45	238	M401	67
69	364	0:37:51	Chris Russell	Crowborough Runners	CROW	CROW	M60	237	M602	68
70	349	0:37:51	Alissa Ellis	Crowborough Runners	CROW	CROW	F45	196	F401	69
71	776	0:37:52	Robyn Lumas	Brighton and Hove Frontrunn	FRONTR	FRONTR	SF	195	SF1	70
72	521	0:37:53	Guy Blackden	Heathfield Road Runners	HEAT	HTH/UCK	M50	236	M501	71
73	474	0:38:07	Laura Gill	Hastings Ac	HAC	HR/HAC	F35	194	SF2	72
74	425	0:38:11	Ben Skinner	Eastbourne Rovers	EAST	EAST/BDY	SM	235	SM2	73
75	540	0:38:14	Sarah Morris	Heathfield Road Runners	HEAT	HTH/UCK	F60	193	F601	74
76	461	0:38:15	Matt Southam	Hailsham Harriers	HAIL	HAIL	SM	234	SM1	75
77	402	0:38:16	Steve Hutchison	Eastbourne Rovers	EAST	EAST/BDY	M45	233	M402	76
78	477	0:38:17	Sophie Markwick	Hastings Ac	HAC	HR/HAC	SF	192	NSF1	77
79	746	0:38:34	Lee Hewson	Eastbourne Rovers	EAST	EAST/BDY	M35	232	SM3	78
80	405	0:38:35	Chris Lennard	Eastbourne Rovers	EAST	EAST/BDY	M45	231	M403	79
81	619	0:38:37	Philip Westbury	Lewes Ac	LEW	LEW	M40	230	M403	80
82	174	0:38:38	Badrinath Mohandas	Uckfield Runners	UCK	HTH/UCK	M45	229	SM3	81
83	22	0:38:39	Geraldine Moffat	Portslade Hedgehoppers	HEDGE	HEDGE	F55	191	F501	82

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84	730	0:38:44	Peter Knee	Arena 80 Ac	A80	A80	M55	228	M402	83
85	163	0:38:46	Richard Goulder	Uckfield Runners	UCK	HTH/UCK	M50	227	M502	84
86	248	0:38:50	Claire Burnham	Bexhill Run Tri	BEX	BEX	SF	190	SF1	85
87	633	0:38:54	Dean Fox	Meads Runners	MEAD	MEAD	M45	226	M403	86
88	737	0:38:55	Caroline Wood	Arena 80 Ac	A80	A80	F55	189	F501	87
89	656	0:38:58	David Wharton	Meads Runners	MEAD	MEAD	M50	225	M501	88
90	751	0:39:00	Kevin Blowers	Hastings Runners	HR	HR/HAC	M60	224	M601	89
91	576	0:39:09	Luke Blythe	Lewes Ac	LEW	LEW	SM	223	NSM2	90
92	611	0:39:12	David Prince-Iles	Lewes Ac	LEW	LEW	M65	222	M601	91
93	614	0:39:16	Helen Sida	Lewes Ac	LEW	LEW	F55	188	F501	92
94	293	0:39:18	Elizabeth Brookes	Central Park Athletics	CPA	CPA	F40	187	F401	93
95	587	0:39:25	Dominic Doran	Lewes Ac	LEW	LEW	SM	221	NSM3	94
96	74	0:39:27	Stephen Offord	Run Wednesdays	RUNW	RUNW	M40	220	M402	95
97	403	0:39:28	Heather Jenner	Eastbourne Rovers	EAST	EAST/BDY	F35	186	SF2	96
98	778	0:39:31	Erik Chan	Brighton Tri Club	BTNTRI	BTNTRI	M40	219	M401	97
99	257	0:39:35	Andrea Harwood	Bexhill Run Tri	BEX	BEX	F45	185	F401	98
100	442	0:39:50	Laurie Burrett	Hailsham Harriers	HAIL	HAIL	M35	218	SM2	99
101	523	0:39:50	William Blanford	Heathfield Road Runners	HEAT	HTH/UCK	M60	217	M601	100
102	771	0:39:57	Steffan Meyric Hughes	Lewes AC	LEW	LEW	M45	216	NSM4	101
103	390	0:40:03	Natalie Dawson	Eastbourne Rovers	EAST	EAST/BDY	F50	184	F501	102
104	441	0:40:16	Tom Bilton	Hailsham Harriers	HAIL	HAIL	SM	215	SM3	103
105	37	0:40:17	Lee Burns	Run Wednesdays	RUNW	RUNW	M35	214	SM1	104
106	654	0:40:18	Carl Stanger	Meads Runners	MEAD	MEAD	M50	213	M502	105
107	393	0:40:19	Richard Fox	Eastbourne Rovers	EAST	EAST/BDY	M55	212	M501	106
108	757	0:40:19	Brandon Pfeiffer	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	211	SM2	107
109	357	0:40:20	Andrew Joad	Crowborough Runners	CROW	CROW	M55	210	M502	108
110	496	0:40:21	Neil Jeffries	Hastings Runners	HR	HR/HAC	M60	209	M602	109
111	281	0:40:21	Darren Hale	Brighton Tri Club	BTNTRI	BTNTRI	M50	208	M501	110
112	312	0:40:22	Sally Kyle	Central Park Athletics	CPA	CPA	F45	183	F402	111
113	11	0:40:24	Andy Elphick	Portslade Hedgehoppers	HEDGE	HEDGE	M55	207	M501	112
114	547	0:40:25	Maria Smith	Heathfield Road Runners	HEAT	HTH/UCK	F45	182	F401	113
115	744	0:40:27	Martin Snape	Hastings Runners	HR	HR/HAC	M35	206	NSM2	114
116	262	0:40:32	Dan Marshman	Bexhill Run Tri	BEX	BEX	M45	205	M402	115
117	662	0:40:32	Liam Brooks	Polegate Plidders	POLE	PSS	M35	204	NSM1	116
118	77	0:40:33	Shane Smith	Run Wednesdays	RUNW	RUNW	M35	203	SM2	117
119	424	0:40:34	Laura Seaman	Eastbourne Rovers	EAST	EAST/BDY	SF	181	NSF1	118
120	32	0:40:40	Jessica Beake	Run Wednesdays	RUNW	RUNW	F40	180	F401	119
121	659	0:40:44	Gill Wheeler	Meads Runners	MEAD	MEAD	F45	179	F401	120
122	458	0:40:46	Dan Shipton	Hailsham Harriers	HAIL	HAIL	M45	202	M403	121
123	210	0:40:50	David Salmons	Wadhurst Runners	WAD	WAD	M50	201	M501	122
124	282	0:40:58	Kevin Hancock	Brighton Tri Club	BTNTRI	BTNTRI	M55	200	M502	123
125	787	0:41:06	Steve Burgess	Central Park Athletics	CPA	CPA	M45	199	M403	124
126	114	0:41:10	Ray Smith	Seaford Striders	SEAF	PSS	M50	198	M502	125
127	254	0:41:11	Grant Docksey	Bexhill Run Tri	BEX	BEX	M55	197	M502	126
128	480	0:41:14	Amy Rodway	Hastings Ac	HAC	HR/HAC	F40	178	F401	127
129	54	0:41:15	James Griffiths	Run Wednesdays	RUNW	RUNW	M45	196	M403	128
130	274	0:41:18	Neil Smith	Bexhill Run Tri	BEX	BEX	M45	195	M403	129
131	452	0:41:20	Helen O'Sullivan	Hailsham Harriers	HAIL	HAIL	F45	177	F401	130
132	715	0:41:23	Jim Rowe	Run Wednesdays	RUNW	RUNW	M55	194	M502	131
133	454	0:41:35	Mark Pope	Hailsham Harriers	HAIL	HAIL	M35	193	SM4	132
134	92	0:41:45	Christopher Yeomanson	Run Wednesdays	RUNW	RUNW	M50	192	M503	133
135	52	0:41:58	Richard Gardiner	Run Wednesdays	RUNW	RUNW	M40	191	SM3	134
136	378	0:42:00	Vicki Whitehorn	Crowborough Runners	CROW	CROW	F40	176	F402	135
137	514	0:42:01	Claire Thomas	Hastings Runners	HR	HR/HAC	F35	175	NSF2	136
138	51	0:42:02	Danny Garbett	Run Wednesdays	RUNW	RUNW	M55	190	SM4	137
139	774	0:42:13	Colin Keast	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	189	SM3	138
140	742	0:42:15	Peter Kennedy	Lewes AC	LEW	LEW	M70	188	M602	139
141	145	0:42:19	Darren Broderick	Tri Tempo	TRIT	TRIT	M50	187	M501	140
142	598	0:42:41	Gary Loughlin	Lewes Ac	LEW	LEW	M50	186	M503	141
143	188	0:42:49	Graham West	Uckfield Runners	UCK	HTH/UCK	M60	185	M602	142
144	457	0:42:50	Andy Ruffell	Hailsham Harriers	HAIL	HAIL	M50	184	M501	143
145	105	0:42:51	Russell Hewlett	Seaford Striders	SEAF	PSS	M45	183	M401	144
146	530	0:42:53	Andy Diplock	Heathfield Road Runners	HEAT	HTH/UCK	M45	182	SM4	145
147	191	0:42:55	Imogen Burman-Mitchell	Wadhurst Runners	WAD	WAD	F50	174	F501	146
148	533	0:42:59	Michael Gillingham	Heathfield Road Runners	HEAT	HTH/UCK	M35	181	NSM1	147
149	645	0:43:00	Steve Maskell	Meads Runners	MEAD	MEAD	M45	180	SM1	148
150	448	0:43:01	Chris Little	Hailsham Harriers	HAIL	HAIL	M40	179	NSM1	149
151	589	0:43:03	Gerard Dummett	Lewes Ac	LEW	LEW	M65	178	NSM5	150
152	673	0:43:04	Ian Weston	Polegate Plidders	POLE	PSS	M55	177	M503	151
153	775	0:43:06	Marc Gumbrell	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	176	SM4	152
154	61	0:43:08	Tina Macenhill	Run Wednesdays	RUNW	RUNW	F50	173	F501	153
155	753	0:43:10	Tom Doyle	Brighton and Hove Frontrunn	FRONTR	FRONTR	M45	175	M402	154
156	147	0:43:11	Daniel Laurent	Tri Tempo	TRIT	TRIT	M50	174	M502	155
157	20	0:43:16	Joanna Mabbitt	Portslade Hedgehoppers	HEDGE	HEDGE	SF	172	SF1	156
158	225	0:43:20	Jenny Hughes	Arena 80 Ac	A80	A80	F60	171	F601	157
159	765	0:43:21	Fiona Norman-Brown	HY Runners	HYR	HYR	SF	170	SF1	158
160	783	0:43:26	Kevin Lowe	Arena 80 AC	A80	A80	M60	173	M601	159
161	177	0:43:31	Paul Radloff	Uckfield Runners	UCK	HTH/UCK	M50	172	M503	160
162	781	0:43:49	simon Trevena	Hastings Runners	HR	HR/HAC	M50	171	M502	161
163	197	0:44:01	Mark Currah	Wadhurst Runners	WAD	WAD	M60	170	M601	162
164	420	0:44:07	Steven Riggs	Eastbourne Rovers	EAST	EAST/BDY	SM	169	SM4	163
165	21	0:44:12	David Maskell	Portslade Hedgehoppers	HEDGE	HEDGE	M60	168	M601	164
166	283	0:44:13	Jacqueline Hunt	Brighton Tri Club	BTNTRI	BTNTRI	F45	169	F401	165
167	369	0:44:14	Bryan Tapsell	Crowborough Runners	CROW	CROW	M65	167	M503	166
168	50	0:44:15	Tracy Erridge	Run Wednesdays	RUNW	RUNW	F50	168	F502	167
169	407	0:44:18	Stephen Marsden	Eastbourne Rovers	EAST	EAST/BDY	M40	166	NSM1	168

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170	252	0:44:22	Carole Crathern	Bexhill Run Tri	BEX	BEX	F55	167	F501	169
171	432	0:44:27	Mike Thompson	Eastbourne Rovers	EAST	EAST/BDY	M65	165	M601	170
172	545	0:44:30	Andrew Saunders	Heathfield Road Runners	HEAT	HTH/UCK	M55	164	NSM2	171
173	58	0:44:33	Robert Kelleher	Run Wednesdays	RUNW	RUNW	M55	163	NSM1	172
174	277	0:44:35	Geoff Tondeur	Bexhill Run Tri	BEX	BEX	M55	162	M503	173
175	580	0:44:42	Andrew Chitty	Lewes Ac	LEW	LEW	M65	161	NSM6	174
176	355	0:44:44	Alexander Gusak	Crowborough Runners	CROW	CROW	M35	160	NSM1	175
177	768	0:44:47	Mike Stokes	Bexhill Run Tri	BEX	BEX	M70	159	M601	176
178	769	0:44:49	Darren Evans	Seaford Striders	SEAF	PSS	M55	158	M402	177
179	295	0:44:51	Jamie Bushnell	Central Park Athletics	CPA	CPA	M35	157	SM2	178
180	48	0:44:54	Hannah Edleston	Run Wednesdays	RUNW	RUNW	F45	166	F402	179
181	233	0:45:00	Bob Page	Arena 80 Ac	A80	A80	M60	156	M602	180
182	242	0:45:02	Patrycja Wollnik	Arena 80 Ac	A80	A80	F45	165	F401	181
183	249	0:45:14	Frances Burnham	Bexhill Run Tri	BEX	BEX	F60	164	F601	182
184	734	0:45:19	Mark Stephenson	Arena 80 Ac	A80	A80	M60	155	M403	183
185	99	0:45:22	Jemma Crawford	Seaford Striders	SEAF	PSS	F35	163	SF1	184
186	339	0:45:26	Ashley Box	Crowborough Runners	CROW	CROW	M50	154	NSM2	185
187	176	0:45:29	Dionne Radloff	Uckfield Runners	UCK	HTH/UCK	F50	162	F501	186
188	72	0:45:30	Kevin Moulding	Run Wednesdays	RUNW	RUNW	M45	153	NSM2	187
189	143	0:45:31	Chris Roberts	Team Bodyworks	BDY	EAST/BDY	M55	152	M502	188
190	609	0:45:34	Andy Perris	Lewes Ac	LEW	LEW	M55	151	NS	NS
191	499	0:45:34	Andy Knight	Hastings Runners	HR	HR/HAC	M55	150	M503	189
192	755	0:45:37	James Bluring	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	149	M403	190
193	487	0:45:40	Piers Brunning	Hastings Runners	HR	HR/HAC	M60	148	M402	191
194	76	0:45:48	Steve Shimmions	Run Wednesdays	RUNW	RUNW	M45	147	NSM3	192
195	39	0:45:54	Samantha Chan	Run Wednesdays	RUNW	RUNW	SF	161	SF1	193
196	350	0:45:57	Louise Ellis	Crowborough Runners	CROW	CROW	F50	160	F501	194
197	531	0:46:05	Edward Diplock	Heathfield Road Runners	HEAT	HTH/UCK	M50	146	NSM3	195
198	525	0:46:09	Anne Bromley	Heathfield Road Runners	HEAT	HTH/UCK	F40	159	F402	196
199	455	0:46:16	Graham Purdye	Hailsham Harriers	HAIL	HAIL	M65	145	M601	197
200	69	0:46:27	Rory McIntyre	Run Wednesdays	RUNW	RUNW	M50	144	NSM4	198
201	43	0:46:28	Martyna Dalecka	Run Wednesdays	RUNW	RUNW	SF	158	SF2	199
202	12	0:46:29	Phil Gale	Portslade Hedgehoppers	HEDGE	HEDGE	M40	143	M401	200
203	33	0:46:29	Juliet Bradley	Run Wednesdays	RUNW	RUNW	F50	157	NSF1	201
204	55	0:46:29	Nicole Henze	Run Wednesdays	RUNW	RUNW	F45	156	NSF2	202
205	316	0:46:30	Julian Mills	Central Park Athletics	CPA	CPA	M60	142	M601	203
206	284	0:46:36	Rob Jessop	Brighton Tri Club	BTNTRI	BTNTRI	M35	141	SM2	204
207	285	0:46:37	Gabriel Lau	Brighton Tri Club	BTNTRI	BTNTRI	M45	140	M402	205
208	382	0:46:39	Nicky Bignell	Eastbourne Rovers	EAST	EAST/BDY	SF	155	NSF2	206
209	6	0:46:40	Judith Carder	Portslade Hedgehoppers	HEDGE	HEDGE	F65	154	F601	207
210	244	0:46:43	John Wright	Arena 80 Ac	A80	A80	M55	139	SM2	208
211	144	0:46:58	Frank Brennan	Tri Tempo	TRIT	TRIT	M70	138	M601	209
212	180	0:47:10	Kevin Smith	Uckfield Runners	UCK	HTH/UCK	M50	137	NSM4	210
213	664	0:47:12	Peter Cook	Polegate Plodders	POLE	PSS	M60	136	M601	211
214	148	0:47:19	Anne-Marie Linton	Tri Tempo	TRIT	TRIT	F45	153	F401	212
215	162	0:47:22	Nic Gibson	Uckfield Runners	UCK	HTH/UCK	M55	135	NSM5	213
216	53	0:47:26	Evelyn Griffiths	Run Wednesdays	RUNW	RUNW	F55	152	NSF3	214
217	24	0:47:26	Nick Parsons	Portslade Hedgehoppers	HEDGE	HEDGE	M55	134	M502	215
218	591	0:47:31	David Foster	Lewes Ac	LEW	LEW	M55	133	NS	NS
219	318	0:47:37	Christine Munday	Central Park Athletics	CPA	CPA	F45	151	SF1	216
220	542	0:47:38	Sharon Reed	Heathfield Road Runners	HEAT	HTH/UCK	F45	150	SF1	217
221	88	0:47:57	Fiona Williams	Run Wednesdays	RUNW	RUNW	SF	149	NSF4	218
222	517	0:48:02	Tamsin West	Hastings Runners	HR	HR/HAC	F35	148	NSF3	219
223	777	0:48:05	Lemmy Buxton	Brighton and Hove Frontrunn	FRONTR	FRONTR	F40	147	F401	220
224	413	0:48:06	Scott O'Rourke	Eastbourne Rovers	EAST	EAST/BDY	M45	132	NSM2	221
225	38	0:48:16	Joanna Cain	Run Wednesdays	RUNW	RUNW	F35	146	NS	NS
226	584	0:48:18	Karin Divall	Lewes Ac	LEW	LEW	F60	145	F601	222
227	66	0:48:19	Allan Marshall	Run Wednesdays	RUNW	RUNW	M50	131	NSM5	223
228	445	0:48:20	Hannah Deubert-Chapman	Hailsham Harriers	HAIL	HAIL	SF	144	SF1	224
229	666	0:48:30	Roger Humphries	Polegate Plodders	POLE	PSS	M65	130	M602	225
230	321	0:48:47	Rob O'Halloran	Central Park Athletics	CPA	CPA	M45	129	SM3	226
231	201	0:48:49	Colin Harris	Wadhurst Runners	WAD	WAD	M55	128	M502	227
232	451	0:48:51	Samantha Neame	Hailsham Harriers	HAIL	HAIL	F35	143	SF2	228
233	90	0:48:52	Philip Wright	Run Wednesdays	RUNW	RUNW	M45	127	NSM6	229
234	741	0:49:02	Lisa Buchanan	HY Runners	HYR	HYR	F35	142	SF2	230
235	15	0:49:18	Fran Hamilton	Portslade Hedgehoppers	HEDGE	HEDGE	F50	141	F502	231
236	479	0:49:18	Gareth Purves	Hastings Ac	HAC	HR/HAC	M40	126	M403	232
237	465	0:49:21	Doug Wood	Hailsham Harriers	HAIL	HAIL	M35	125	NSM2	233
238	770	0:49:23	Harriet Thompson	Eastbourne Rovers	EAST	EAST/BDY	SF	140	NSF3	234
239	596	0:49:36	Bob Hughes	Lewes Ac	LEW	LEW	M70	124	NS	NS
240	173	0:49:40	Chris Lugg	Uckfield Runners	UCK	HTH/UCK	M40	123	NSM6	235
241	377	0:49:41	Scott Werner	Crowborough Runners	CROW	CROW	M35	122	NSM3	236
242	193	0:49:42	Giles Clark	Wadhurst Runners	WAD	WAD	M60	121	M602	237
243	368	0:49:47	Roger Stone	Crowborough Runners	CROW	CROW	M65	120	NSM4	238
244	430	0:49:51	Mark Stattersfield	Eastbourne Rovers	EAST	EAST/BDY	M45	119	NSM3	239
245	539	0:49:58	Jonathan Morris	Heathfield Road Runners	HEAT	HTH/UCK	M60	118	NS	NS
246	504	0:49:59	Jo Nevett	Hastings Runners	HR	HR/HAC	F45	139	F402	240
247	146	0:50:11	Ian Foxall	Tri Tempo	TRIT	TRIT	M45	117	M402	241
248	761	0:50:12	Paul Rawlinson	Portslade Hedgehoppers	HEDGE	HEDGE	M60	116	M602	242
249	121	0:50:17	Peter Weeks	Seaford Striders	SEAF	PSS	M70	115	M403	243
250	537	0:50:21	Graeme Heaton	Heathfield Road Runners	HEAT	HTH/UCK	M60	114	NS	NS
251	548	0:50:36	Suzannah Taylor	Heathfield Road Runners	HEAT	HTH/UCK	F50	138	F502	244
252	552	0:50:39	Louise Waghorn	Heathfield Road Runners	HEAT	HTH/UCK	F40	137	SF2	245
253	41	0:50:40	Samantha Crompton	Run Wednesdays	RUNW	RUNW	F40	136	NS	NS
254	23	0:50:43	Leah Nimz	Portslade Hedgehoppers	HEDGE	HEDGE	SF	135	SF2	246
255	670	0:50:44	Michelle Pope	Polegate Plodders	POLE	PSS	F40	134	F401	247

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256	346	0:50:45	Reuben Coppard	Crowborough Runners	CROW	CROW	SM	113	NSM5	248
257	566	0:50:47	Matthew Harmer	Hy Runners	HYR	HYR	M35	112	SM2	249
258	376	0:50:47	Ollie Welch	Crowborough Runners	CROW	CROW	M35	111	NSM6	250
259	341	0:50:51	Peri Cheal	Crowborough Runners	CROW	CROW	F60	133	F601	251
260	30	0:50:53	Mary Austin-Olsen	Run Wednesdays	RUNW	RUNW	F65	132	F601	252
261	190	0:50:54	Peter Burfoot	Wadhurst Runners	WAD	WAD	M65	110	M503	253
262	449	0:50:57	Victoria Little	Hailsham Harriers	HAIL	HAIL	F40	131	F402	254
263	565	0:50:58	Jenna Harmer	Hy Runners	HYR	HYR	F35	130	NSF1	255
264	395	0:51:05	Connie Hannam	Eastbourne Rovers	EAST	EAST/BDY	SF	129	NSF4	256
265	306	0:51:08	Damian Gibbs	Central Park Athletics	CPA	CPA	M50	109	M502	257
266	522	0:51:15	Fleur Blanford	Heathfield Road Runners	HEAT	HTH/UCK	F60	128	F602	258
267	663	0:51:32	Kevin Burton	Polegate Plodders	POLE	PSS	M65	108	NSM2	259
268	170	0:51:44	Denise Kingdon	Uckfield Runners	UCK	HTH/UCK	SF	127	NSF1	260
269	748	0:51:47	Guy Ramage	Hastings Runners	HR	HR/HAC	M55	107	NSM3	261
270	492	0:51:49	Paul Hope	Hastings Runners	HR	HR/HAC	M60	106	NSM4	262
271	78	0:51:51	David Stringer	Run Wednesdays	RUNW	RUNW	M50	105	NS	NS
272	135	0:51:57	Julie Tremlin	Seaford Shufflers	SHUF	PSS	F60	126	F601	263
273	535	0:52:02	Christopher Golding	Heathfield Road Runners	HEAT	HTH/UCK	M65	104	NS	NS
274	35	0:52:06	Colin Burbage	Run Wednesdays	RUNW	RUNW	M60	103	M601	264
275	351	0:52:08	Manfred Engler	Crowborough Runners	CROW	CROW	M55	102	NS	NS
276	40	0:52:12	Helen Chatterton	Run Wednesdays	RUNW	RUNW	F55	125	NS	NS
277	738	0:52:16	Felicity Williams	Hailsham Harriers	HAIL	HAIL	F50	124	F501	265
278	196	0:52:26	Millie Compton	Wadhurst Runners	WAD	WAD	SF	123	SF1	266
279	94	0:52:28	Jackie Baxter	Seaford Striders	SEAF	PSS	F55	122	F501	267
280	486	0:52:31	David Bratby	Hastings Runners	HR	HR/HAC	M65	101	NSM5	268
281	745	0:52:44	Michael Gordon		NS	NS	M60	NS	NS	NS
282	315	0:52:46	Mark Mcmillan	Central Park Athletics	CPA	CPA	M50	100	M503	269
283	326	0:52:47	Lindsey Sanders	Central Park Athletics	CPA	CPA	F40	121	SF2	270
284	129	0:52:51	Grant Meyer	Seaford Shufflers	SHUF	PSS	M40	99	NSM3	271
285	546	0:53:03	Sharon Saunders	Heathfield Road Runners	HEAT	HTH/UCK	F55	120	NSF2	272
286	161	0:53:08	Emily Gibson	Uckfield Runners	UCK	HTH/UCK	F45	119	NSF3	273
287	575	0:53:10	Hazel Bennington	Lewes Ac	LEW	LEW	F60	118	F602	274
288	764	0:53:16	Amanda Tondeur	Bexhill Run Tri	BEX	BEX	F50	117	F502	275
289	366	0:53:18	Graham Stevens	Crowborough Runners	CROW	CROW	M70	98	NS	NS
290	553	0:53:19	Eleanor Wilkes	Heathfield Road Runners	HEAT	HTH/UCK	F45	116	NSF4	276
291	348	0:53:23	Mary Down	Crowborough Runners	CROW	CROW	F50	115	F502	277
292	132	0:53:25	Jon Raper	Seaford Shufflers	SHUF	PSS	M60	97	NSM4	278
293	605	0:53:29	Tim Monson	Lewes Ac	LEW	LEW	M60	96	NS	NS
294	543	0:53:37	Mark Robinson	Heathfield Road Runners	HEAT	HTH/UCK	M60	95	NS	NS
295	331	0:53:39	Alex Valentino	Central Park Athletics	CPA	CPA	M60	94	M602	279
296	669	0:53:40	Dave Moran	Polegate Plodders	POLE	PSS	M35	93	NSM5	280
297	181	0:53:57	Sarah Smith	Uckfield Runners	UCK	HTH/UCK	F50	114	NS	NS
298	205	0:54:08	Albert Kemp	Wadhurst Runners	WAD	WAD	M70	92	M402	281
299	759	0:54:22	Michelle Hollands	Hailsham Harriers	HAIL	HAIL	F45	113	NSF1	282
300	67	0:54:23	Sally Mason	Run Wednesdays	RUNW	RUNW	F50	112	NS	NS
301	786	0:54:25	Matthew King	Arena 80 AC	A80	A80	M35	91	SM3	283
302	749	0:54:28	Graham Clark	Eastbourne Rovers	EAST	EAST/BDY	M65	90	M602	284
303	365	0:54:32	Jojo Smith	Crowborough Runners	CROW	CROW	F50	111	SF2	285
304	128	0:54:40	Ian King	Seaford Shufflers	SHUF	PSS	M55	89	NSM6	286
305	743	0:54:49	Paul Standen-Payne	Team Bodyworks	BDY	EAST/BDY	M45	88	NSM4	287
306	401	0:54:53	Sophie Hutchison	Eastbourne Rovers	EAST	EAST/BDY	SF	110	NS	NS
307	484	0:54:54	Trish Audis	Hastings Runners	HR	HR/HAC	F65	109	F601	288
308	488	0:54:59	Rick Burne	Hastings Runners	HR	HR/HAC	M65	87	NSM6	289
309	520	0:55:00	Brian Barley	Heathfield Road Runners	HEAT	HTH/UCK	M50	86	NS	NS
310	10	0:55:05	Steve Eke	Portslade Hedgehoppers	HEDGE	HEDGE	M65	85	M503	290
311	307	0:55:21	Victoria Gibbs	Central Park Athletics	CPA	CPA	F50	108	F501	291
312	555	0:55:25	Rachel Wilson	Heathfield Road Runners	HEAT	HTH/UCK	F45	107	NS	NS
313	416	0:55:36	Graham Penny	Eastbourne Rovers	EAST	EAST/BDY	M50	84	M503	292
314	538	0:55:44	Mark Hill	Heathfield Road Runners	HEAT	HTH/UCK	M50	83	NS	NS
315	131	0:55:46	Ian Pratt	Seaford Shufflers	SHUF	PSS	M50	82	NS	NS
316	503	0:55:56	Phil Morris	Hastings Runners	HR	HR/HAC	M55	81	NS	NS
317	532	0:55:58	Lorraine Diplock	Heathfield Road Runners	HEAT	HTH/UCK	F55	106	NS	NS
318	70	0:56:00	Stuart Mckenzie	Run Wednesdays	RUNW	RUNW	M35	80	NS	NS
319	760	0:56:10	Marie Bolton	Crowborough Runners	CROW	CROW	F45	105	NSF1	293
320	747	0:56:13	Lisa Herbert	Crowborough Runners	CROW	CROW	F50	104	NSF2	294
321	1	0:56:27	Brian Winn	Polegate Plodders	POLE	PSS	M70	79	NS	NS
322	93	0:56:28	Samantha Alvarez	Seaford Striders	SEAF	PSS	F50	103	F502	295
323	113	0:56:29	Beverly Sheridan	Seaford Striders	SEAF	PSS	F60	102	F602	296
324	758	0:56:48	Dean Layen	Hailsham Harriers	HAIL	HAIL	M40	78	NSM3	297
325	610	0:57:05	Livvie Perris	Lewes Ac	LEW	LEW	SF	101	SF1	298
326	380	0:57:12	Brioni Allcorn	Eastbourne Rovers	EAST	EAST/BDY	F55	100	F502	299
327	550	0:57:14	Steve Thompssett	Heathfield Road Runners	HEAT	HTH/UCK	M50	77	NS	NS
328	186	0:57:17	Christine Tait	Uckfield Runners	UCK	HTH/UCK	F60	99	NS	NS
329	204	0:57:23	Denise Jeffrey	Wadhurst Runners	WAD	WAD	F60	98	F601	300
330	502	0:57:27	Sarah Marzaoli	Hastings Runners	HR	HR/HAC	F70	97	F602	301
331	603	0:57:52	Peter Miller	Lewes Ac	LEW	LEW	M50	76	NS	NS
332	752	0:58:00	Kevin Wilks		NS	NS	M50	NS	NS	NS
333	762	0:58:04	Jo French	Hastings Runners	HR	HR/HAC	F55	96	F501	302
334	356	0:58:17	Sarah Hilliard	Crowborough Runners	CROW	CROW	F60	95	F602	303
335	347	0:58:22	Ron Cutbill	Crowborough Runners	CROW	CROW	M65	75	NS	NS
336	423	0:58:27	Helen Sanderson	Eastbourne Rovers	EAST	EAST/BDY	F50	94	F402	304
337	750	0:58:30	Nick Thompson	Hastings Runners	HR	HR/HAC	M45	74	NS	NS
338	169	0:59:05	James Kilvington	Uckfield Runners	UCK	HTH/UCK	M50	73	NS	NS
339	493	0:59:12	Sylvia Huggett	Hastings Runners	HR	HR/HAC	F70	93	F502	305
340	4	0:59:14	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70	92	F602	306
341	782	0:59:23	Amanda Davis	Seaford Shufflers	SHUF	PSS	F35	91	SF2	307

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342	320	0:59:29	Larrissa O'Halloran	Central Park Athletics	CPA	CPA	F45	90	NSF1	308
343	164	0:59:34	Stephen Green	Uckfield Runners	UCK	HTH/UCK	M55	72	NS	NS
344	18	0:59:37	Kerry Kipling	Portslade Hedgehoppers	HEDGE	HEDGE	F50	89	F401	309
345	224	1:00:08	Brigitte Groves	Arena 80 Ac	A80	A80	F60	88	F602	310
346	311	1:00:14	Ann Komzolik	Central Park Athletics	CPA	CPA	F60	87	F601	311
347	541	1:00:15	Gilly Nickols	Heathfield Road Runners	HEAT	HTH/UCK	F60	86	NS	NS
348	215	1:00:48	Anthony Wilson	Wadhurst Runners	WAD	WAD	M70	71	M403	312
349	506	1:00:51	Yockie Richardson	Hastings Runners	HR	HR/HAC	F70	85	NSF4	313
350	621	1:00:53	Toby Wolpe	Lewes Ac	LEW	LEW	M65	70	NS	NS
351	328	1:00:54	Sandra Speers	Central Park Athletics	CPA	CPA	F55	84	F502	314
352	155	1:01:25	Emma Bussey	Uckfield Runners	UCK	HTH/UCK	F45	83	NS	NS
353	165	1:01:28	Laura Grove	Uckfield Runners	UCK	HTH/UCK	F40	82	NS	NS
354	17	1:02:09	Peter Hedgethorpe	Portslade Hedgehoppers	HEDGE	HEDGE	M65	69	M402	315
355	313	1:02:14	Mike Lawlor	Central Park Athletics	CPA	CPA	M50	68	SM4	316
356	551	1:02:32	Ann Townsend	Heathfield Road Runners	HEAT	HTH/UCK	F60	81	NS	NS
357	421	1:02:39	Alan Roberts	Eastbourne Rovers	EAST	EAST/BDY	M60	67	NSM5	317
358	60	1:02:45	Anne Lozac'H	Run Wednesdays	RUNW	RUNW	F45	80	NS	NS
359	152	1:03:00	Rachael Stephens	Tri Tempo	TRIT	TRIT	F50	79	F501	318
360	84	1:03:05	Jade Turner	Run Wednesdays	RUNW	RUNW	F40	78	NS	NS
361	218	1:03:12	Richard Bates	Arena 80 Ac	A80	A80	M70	66	SM4	319
362	330	1:03:18	Peter Thomas	Central Park Athletics	CPA	CPA	M65	65	NSM1	320
363	314	1:03:26	Michaela McIllan	Central Park Athletics	CPA	CPA	F50	77	NSF2	321
364	208	1:04:29	Helen Neary	Wadhurst Runners	WAD	WAD	F70	76	F602	322
365	436	1:04:40	Penelope Weyman	Eastbourne Rovers	EAST	EAST/BDY	F55	75	NS	NS
366	213	1:04:44	Eleanor Wigram	Wadhurst Runners	WAD	WAD	F60	74	F502	323
367	400	1:05:09	Amy Hope	Eastbourne Rovers	EAST	EAST/BDY	F35	73	NS	NS
368	756	1:06:02	Vinod Kalia	Central Park Athletics	CPA	CPA	M60	64	NSM2	324
369	83	1:07:40	Emma Trenaman	Run Wednesdays	RUNW	RUNW	F40	72	NS	NS
370	739	1:07:40	Martin Harman	Central Park Athletics	CPA	CPA	M50	63	NSM3	325
371	549	1:08:38	Nicky Thompsett	Heathfield Road Runners	HEAT	HTH/UCK	F45	71	NS	NS
372	75	1:09:38	Claire Shimmons	Run Wednesdays	RUNW	RUNW	F45	70	NS	NS
373	9	1:11:04	Ann Eke	Portslade Hedgehoppers	HEDGE	HEDGE	F65	69	F402	326
374	399	1:11:56	Annabelle Holford	Eastbourne Rovers	EAST	EAST/BDY	F55	68	NS	NS
375	392	1:12:17	Alison Fox	Eastbourne Rovers	EAST	EAST/BDY	F55	67	NS	NS
376	387	1:12:19	Emma Davey	Eastbourne Rovers	EAST	EAST/BDY	F50	66	NS	NS
377	411	1:12:21	Lisa Murton	Eastbourne Rovers	EAST	EAST/BDY	F55	65	NS	NS
378	409	1:12:21	Teresa Mitchell	Eastbourne Rovers	EAST	EAST/BDY	F50	64	NS	NS
379	127	1:14:49	Pam Hart	Seafront Shufflers	SHUF	PSS	F70	63	F402	327

DNF

317			Katy Mumt	Central Park Athletics	CPA					
422			Louise Ryan	Eastbourne Rovers	EAST					
29			Kathryn Atkinson	Run Wednesdays	RUNW					
98			Bryony Clarke	Seaford Striders	SEAF					
44										
785			Charlie Critchley	Lewes AC	LEW					