

**SPORTS  
EVENTS**

Your number 1 choice for race equipment hire

# Poppy Half Marathon



## Overall Female Results

Gender Pos	Position	Firstname	Lastname	Club	Gender	Cat	Category Position	Split1	Split2	Split3	Split4	Finish	ChipTime
1	20	Susie	Casebourne	Bexhill Runners	F	FV2	1	0:22:27.90	0:22:14.85	0:22:04.55	0:22:13.20	1:29:00.50	1:28:52.90
2	25	Sophie	Grant	Serpentine	F	FS	1	0:22:25.15	0:22:19.05	0:22:15.75	0:23:05.90	1:30:05.85	1:30:00.75
3	42	Ali	Farrall	Wadhurst Runners	F	FV1	1	0:22:55.90	0:23:23.35	0:23:43.65	0:24:08.75	1:34:11.65	1:34:06.65
4	48	Beverley	Chapman	Heathfield Road Runners	F	FV2	2	0:22:50.25	0:23:31.60	0:24:05.80	0:24:40.30	1:35:07.95	1:35:03.70
5	49	Michaela	Kossuth		F	FS	2	0:23:55.20	0:23:42.20	0:23:42.85	0:24:33.60	1:35:53.85	1:35:47.35
6	63	Karen	Hancock	Serpentine Rc	F	FV5	1	0:23:51.40	0:24:06.30	0:24:26.95	0:25:19.80	1:37:44.45	1:37:38.80
7	69	Karen	Gordon		F	FV1	2	0:23:03.25	0:24:00.95	0:24:56.35	0:26:51.20	1:38:51.75	1:38:48.10
8	72	Claire	Brentnall		F	FS	3	0:23:50.80	0:24:22.80	0:24:30.55	0:26:41.00	1:39:25.15	1:39:17.10
9	80	Rosemary	Ferguson		F	FV3	1	0:24:59.55	0:24:30.30	0:24:57.30	0:25:51.85	1:40:19.00	1:40:04.95
10	82	Hilde	Bakkeli	Clapham Chasers	F	FS	4	0:24:37.10	0:24:32.90	0:25:45.55	0:25:56.10	1:40:51.65	1:40:33.70
11	86	Erica	Terblanche		F	FV1	3	0:25:27.65	0:25:37.15	0:24:57.55	0:25:26.10	1:41:28.45	1:41:23.60
12	97	Teresa	Barford		F	FV2	3	0:26:19.05	0:25:34.35	0:25:52.45	0:25:29.20	1:43:15.05	1:42:54.65
13	99	Eleanor	Vida		F	FS	5	0:25:30.60	0:25:23.55	0:25:56.00	0:26:32.35	1:43:22.50	1:43:12.95
14	101	Charlotte	Wylie		F	FS	6	0:24:53.10	0:25:37.80	0:26:13.55	0:26:47.55	1:43:32.00	1:43:25.65
15	104	Jo	Mainard		F	FV2	4	0:26:06.00	0:25:50.45	0:26:03.15	0:26:13.85	1:44:13.45	1:44:01.85
16	105	Anne	Thorniley		F	FS	7	0:26:40.40	0:25:31.70	0:26:10.80	0:25:52.95	1:44:15.85	1:43:51.70
17	109	Katherine	Emery		F	FS	8	0:25:32.05	0:25:27.45	0:26:21.60	0:27:22.55	1:44:43.65	1:44:27.45
18	110	Cat	Gibbons		F	FS	9	0:26:33.85	0:26:15.45	0:26:13.60	0:25:44.45	1:44:47.35	1:44:41.55
19	114	Tina	Wren	Hastings Runners	F	FV2	5	0:25:40.15	0:25:58.05	0:26:39.00	0:27:14.80	1:45:32.00	1:45:17.75
20	129	Emma	Faulkner	Bexhill Runners	F	FS	10	0:26:58.35	0:26:30.30	0:27:06.70	0:25:59.75	1:46:35.10	1:46:30.35
21	132	Louise	Ryder		F	FS	11	0:26:21.10	0:26:43.80	0:27:01.60	0:26:40.10	1:46:46.60	1:46:33.65
22	138	Annalise	Laidlow		F	FS	12	0:26:50.70	0:26:07.10	0:26:25.35	0:28:17.65	1:47:40.80	1:47:16.90
23	146	Natasha	Fielden	Hastings Runners	F	FS	13	0:27:13.95	0:26:51.45	0:27:25.75	0:27:18.60	1:48:49.75	1:48:25.10
24	151	Angela	Morrison	Brighton & Hove Running Sisters	F	FV3	2	0:28:31.30	0:27:16.85	0:27:26.30	0:26:24.15	1:49:38.60	1:49:12.20
25	158	Kelly	Gomez	Lewes Athletics Club	F	FS	14	0:28:35.85	0:26:45.45	0:27:10.00	0:27:55.10	1:50:26.40	1:49:58.65
26	159	Sarah	Marzaioli	Hastings Runners	F	FV6	1	0:27:51.10	0:27:25.05	0:27:54.60	0:27:17.65	1:50:28.40	1:50:01.90
27	160	Beth	Hall	Run Wednesdays	F	FS	15	0:27:21.45	0:27:04.45	0:27:38.40	0:28:25.70	1:50:30.00	1:50:15.50
28	161	Caroline	Meaby	East London Runners	F	FV1	4	0:27:09.05	0:27:16.20	0:27:53.65	0:28:23.80	1:50:42.70	1:50:30.55
29	163	Helen	Rogers		F	FS	16	0:26:51.10	0:26:39.30	0:28:20.20	0:29:00.40	1:50:51.00	1:50:17.60
30	165	Kim	Goodheart		F	FV1	5	0:28:48.85	0:28:03.50	0:27:30.25	0:26:48.25	1:51:10.85	1:51:00.65
31	168	Karin	Polcerova	Evolution Triathlon Club	F	FS	17	0:27:00.50	0:27:26.55	0:28:37.70	0:28:21.60	1:51:26.35	1:51:09.05
32	170	Clare	Syers		F	FV1	6	0:27:13.95	0:27:00.00	0:28:03.90	0:29:16.40	1:51:34.25	1:51:17.05

33	171	Esme	Ireland	Winchester And District Ac	F	FV5	2	0:27:36.75	0:27:44.90	0:28:07.65	0:28:06.10	1:51:35.40	1:51:13.40
34	173	Eva	Schroeder		F	FS	18	0:26:26.30	0:27:04.80	0:29:26.80	0:28:44.60	1:51:42.50	1:51:23.60
35	175	Helena	Braddock		F	FS	19	0:27:39.60	0:27:42.20	0:28:15.05	0:28:22.55	1:51:59.40	1:51:31.95
36	177	Nerida	Cain		F	FS	20	0:27:43.10	0:26:44.65	0:28:23.65	0:29:10.00	1:52:01.40	1:51:36.40
37	179	Claire	Dimmer		F	FV1	7	0:27:41.35	0:26:50.50	0:28:27.95	0:29:05.80	1:52:05.60	1:51:44.40
38	180	Miss	Wannan		F	FS	21	0:27:39.60	0:27:42.65	0:28:14.45	0:28:37.75	1:52:14.45	1:51:47.00
39	184	Deborah	Stamp	Tunbridge Wells Harriers	F	FV1	8	0:28:32.10	0:27:28.50	0:28:23.50	0:27:59.65	1:52:23.75	1:51:56.60
40	185	Nina	Gregory		F	FS	22	0:26:09.25	0:27:03.25	0:28:51.05	0:30:27.80	1:52:31.35	1:52:23.85
41	196	Jewel	O'Connell		F	FS	23	0:26:59.80	0:27:30.30	0:29:31.80	0:29:46.20	1:53:48.10	1:53:38.95
42	198	Christine	Gorham	City Of Salisbury	F	FV3	3	0:28:19.30	0:27:29.95	0:28:42.70	0:29:30.25	1:54:02.20	1:53:32.85
43	200	Juliette	Ramsey	Hastings Runners	F	FV2	6	0:28:31.30	0:27:49.65	0:28:59.95	0:29:10.05	1:54:30.95	1:54:06.25
44	201	Joanna	Furneaux		F	FS	24	0:27:07.75	0:27:33.00	0:29:16.55	0:30:35.55	1:54:32.85	1:54:26.25
45	212	Pia	Hardeid		F	FS	25	0:28:48.00	0:29:14.60	0:29:49.50	0:28:19.00	1:56:11.10	1:56:04.10
46	213	Sara-Jo	Crowe		F	FV1	9	0:27:25.00	0:28:21.70	0:29:49.20	0:30:49.55	1:56:25.45	1:56:15.75
47	217	Anne	Summers		F	FS	26	0:28:57.90	0:28:38.70	0:29:35.15	0:29:32.15	1:56:43.90	1:56:13.10
48	218	Nathalie	Lockton	Dulwich Park Runners	F	FS	27	0:27:22.70	0:28:41.60	0:30:06.30	0:30:45.35	1:56:55.95	1:56:48.75
49	219	Cassie	Colvin	Hastings Runners	F	FV1	10	0:28:31.55	0:29:06.95	0:29:40.40	0:29:42.15	1:57:01.05	1:56:27.80
50	222	Zoe	Gardener		F	FS	28	0:28:15.50	0:28:39.45	0:29:50.30	0:30:21.05	1:57:06.30	1:56:47.65
51	222	Kim	Riches		F	FS	29	0:29:53.85	0:28:41.65	0:29:08.10	0:29:22.70	1:57:06.30	1:56:43.40
52	223	Rebecca	Trumble		F	FS	30	0:28:34.35	0:28:20.70	0:29:49.90	0:30:21.40	1:57:06.35	1:56:48.10
53	225	Catherine	Cattell		F	FV4	1	0:27:32.95	0:28:39.75	0:30:23.45	0:30:56.50	1:57:32.65	1:57:26.60
54	227	Kim	Parkham		F	FV3	4	0:29:09.30	0:28:19.55	0:29:41.55	0:30:27.10	1:57:37.50	1:57:08.90
55	228	Karen	Wigmore	Horsham Joggers	F	FV4	2	0:28:33.30	0:28:38.40	0:29:51.80	0:30:36.45	1:57:39.95	1:57:21.30
56	231	Tamsin	Mowbray	Bexhill Runners	F	FV1	11	0:26:59.50	0:28:15.05	0:30:34.85	0:32:32.70	1:58:22.10	1:58:17.80
57	233	Catherine	Mullane		F	FS	31	0:30:05.10	0:29:13.75	0:29:31.80	0:29:49.60	1:58:40.25	1:58:06.40
58	236	Catherine	Buckingham		F	FV5	3	0:27:43.95	0:28:38.00	0:30:45.20	0:31:40.65	1:58:47.80	1:58:24.50
59	240	Charlotte	Wilkinson		F	FV3	5	0:28:56.45	0:29:24.75	0:30:10.65	0:30:30.10	1:59:01.95	1:58:37.70
60	241	Susan	Norman		F	FV4	3	0:29:14.80	0:28:55.80	0:30:18.05	0:30:38.45	1:59:07.10	1:58:46.60
61	243	Teresa	Harber	Wimbledon Windmilers	F	FV2	7	0:28:07.70	0:29:23.00	0:30:52.00	0:30:46.00	1:59:08.70	1:58:57.45
62	246	Verity	Bradley	Istead And Ifield Harriers	F	FV3	6	0:28:59.70	0:28:37.70	0:30:02.60	0:31:36.75	1:59:16.75	1:58:40.55
63	257	Sarah	Ferguson		F	FS	32	0:29:07.00	0:29:45.65	0:30:27.30	0:30:55.95	2:00:15.90	2:00:02.05
64	258	Kristin	Simmers		F	FS	33	0:29:47.75	0:29:33.85	0:30:35.85	0:30:20.05	2:00:17.50	2:00:07.05
65	263	Claire	Killwick		F	FV2	8	0:29:51.20	0:28:45.00	0:30:03.95	0:32:09.30	2:00:49.45	2:00:18.10
66	266	Lucy	Syers		F	FV1	12	0:28:49.15	0:29:21.40	0:30:23.95	0:32:53.55	2:01:28.05	2:01:10.85
67	267	Rebecca	Holland		F	FV1	13	0:28:35.20	0:30:19.85	0:30:55.00	0:31:45.00	2:01:35.05	2:01:20.95
68	272	Angela	Gribbins		F	FV3	7	0:30:32.70	0:30:08.10	0:30:45.90	0:30:51.65	2:02:18.35	2:01:48.40
69	275	Polly	Hoad		F	FV6	2	0:29:24.20	0:30:18.05	0:31:06.45	0:32:17.50	2:03:06.20	2:02:37.20
70	277	Jane	Lavington		F	FV3	8	0:31:36.05	0:30:59.05	0:30:43.80	0:29:52.85	2:03:11.75	2:02:35.70
71	280	Clare	Pitchford		F	FS	34	0:29:33.25	0:29:25.60	0:31:14.50	0:33:33.60	2:03:46.95	2:03:33.70
72	281	Judy	Newton		F	FV2	9	0:28:24.20	0:29:43.10	0:31:30.75	0:34:09.90	2:03:47.95	2:03:26.50
73	282	Sarah	Lighton		F	FV1	14	0:32:39.10	0:32:25.40	0:33:45.05	0:24:58.55	2:03:48.10	2:03:38.70
74	285	Jacqueline	Yardley		F	FV2	10	0:30:00.90	0:30:02.70	0:31:36.35	0:33:13.65	2:04:53.60	2:04:25.30
75	287	Diane	Delderfield	Burgess Hill Runners	F	FV4	4	0:30:36.60	0:31:23.35	0:31:56.15	0:31:11.40	2:05:07.50	2:04:52.00
76	288	Cathy	Burke	Wadhurst Runners	F	FV3	9	0:31:14.70	0:30:27.90	0:31:24.85	0:32:42.20	2:05:49.65	2:05:21.40
77	291	Rose	Baker		F	FV2	11	0:30:48.70	0:30:47.65	0:32:06.45	0:33:00.10	2:06:42.90	2:06:09.10
78	295	Lucille	Chitty		F	FV2	12	0:30:49.80	0:32:01.45	0:32:04.10	0:32:18.35	2:07:13.70	2:07:02.30
79	296	Carol	Crouch		F	FV3	10	0:30:53.15	0:29:54.90	0:31:35.40	0:34:53.60	2:07:17.05	2:06:37.50
80	298	Helen	Saunders		F	FV3	11	0:30:16.70	0:30:23.70	0:32:01.40	0:34:46.60	2:07:28.40	2:06:59.80

81	300	Jackie	Smith		F	FV2	13	0:30:27.25	0:30:59.70	0:32:20.55	0:33:55.50	2:07:43.00	2:07:09.90
82	301	Rebecca	Atkinson		F	FS	35	0:31:15.30	0:31:40.30	0:32:02.85	0:32:55.30	2:07:53.75	2:07:12.85
83	302	Tracey	Youngusband		F	FS	36	0:28:35.30	0:29:36.15	0:32:31.30	0:37:36.80	2:08:19.55	2:08:00.35
84	306	Lucy	Hopper		F	FS	37	0:32:15.25	0:31:38.65	0:32:34.20	0:33:00.40	2:09:28.50	2:09:02.60
85	308	Diane	Lister		F	FS	38	0:31:27.80	0:32:01.55	0:33:05.70	0:33:20.35	2:09:55.40	2:09:38.95
86	310	Kim	O'Donoghue		F	FV4	5	0:30:12.20	0:31:15.35	0:33:17.20	0:35:25.95	2:10:10.70	2:09:46.85
87	312	Alexandra	Vasey	Serpentine	F	FS	39	0:28:38.45	0:32:02.85	0:33:54.35	0:35:37.75	2:10:13.40	2:10:06.80
88	313	Alexa	Laidlow		F	FS	40	0:30:36.00	0:31:57.80	0:33:42.25	0:34:14.95	2:10:31.00	2:10:07.85
89	314	Rachel	Matthews	Heathfield Road Runners	F	FV2	14	0:32:13.40	0:32:29.45	0:33:10.05	0:32:45.15	2:10:38.05	2:10:17.85
90	316	Julia	Owen		F	FV2	15	0:32:13.60	0:32:28.80	0:33:10.80	0:32:45.00	2:10:38.20	2:10:09.10
91	317	Emma	Kirk		F	FV1	15	0:32:04.50	0:31:35.60	0:33:23.65	0:33:51.45	2:10:55.20	2:10:24.65
92	319	Sara	Kelly		F	FS	41	0:31:11.70	0:31:15.75	0:33:46.65	0:34:55.55	2:11:09.65	2:11:06.40
93	320	Fiona	Ryall		F	FV3	12	0:32:35.55	0:32:08.75	0:32:56.35	0:33:30.70	2:11:11.35	2:10:53.95
94	321	Tina	Obrien	Almost Athletes	F	FV3	13	0:32:35.20	0:32:08.65	0:32:56.90	0:33:30.70	2:11:11.45	2:10:54.25
95	323	Inga	Siwicka		F	FV1	16	0:27:12.95	0:29:31.95	0:32:31.25	0:41:57.90	2:11:14.05	2:11:01.35
96	324	Kirsti	Davidson	Brighton And Hove Womens Running Club	F	FV1	17	0:31:09.95	0:30:08.85	0:32:36.00	0:37:32.25	2:11:27.05	2:10:59.10
97	325	Moir	Macdonald		F	FV3	14	0:32:08.70	0:31:56.25	0:33:38.85	0:33:43.30	2:11:27.10	2:11:07.20
98	328	Tina	Murphy		F	FS	42	0:30:40.70	0:33:17.90	0:32:18.30	0:35:35.65	2:11:52.55	2:11:46.35
99	329	Vicky	Wheeler	Seaford Striders	F	FV1	18	0:31:19.95	0:31:56.55	0:34:17.05	0:35:12.35	2:12:45.90	2:12:17.90
100	330	Lindsay	Roff	Running Inn	F	FV5	4	0:30:11.95	0:30:38.55	0:34:44.35	0:37:13.45	2:12:48.30	2:12:29.75
101	332	Katie	Burtonshaw		F	FV2	16	0:31:57.80	0:32:23.50	0:35:09.90	0:33:22.20	2:12:53.40	2:12:28.30
102	334	Lavinia	Triggs	Fittleworth Flyers	F	FV4	6	0:29:42.70	0:31:23.75	0:32:59.75	0:39:40.75	2:13:46.95	2:13:35.25
103	336	Hiroka	McGregor		F	FS	43	0:29:43.00	0:30:00.35	0:33:21.10	0:41:12.25	2:14:16.70	2:13:44.05
104	338	Susie	Dye		F	FS	44	0:31:41.40	0:32:47.15	0:34:24.45	0:35:38.55	2:14:31.55	2:14:23.55
105	341	Helen	Tickner		F	FV2	17	0:30:43.65	0:32:56.05	0:34:30.60	0:36:46.60	2:14:56.90	2:14:43.05
106	343	Laura	Mason		F	FS	45	0:32:09.60	0:32:31.45	0:33:56.30	0:36:31.35	2:15:08.70	2:14:55.45
107	347	Fiona-Nicole	Porter		F	FV3	15	0:29:14.85	0:30:11.70	0:36:27.35	0:40:27.15	2:16:21.05	2:15:59.90
108	349	Deborah	Pearse		F	FV2	18	0:31:55.60	0:33:35.20	0:35:14.05	0:35:44.25	2:16:29.10	2:16:05.70
109	350	Chrissie	Reyniers		F	FV4	7	0:31:56.15	0:33:34.75	0:34:29.80	0:36:28.50	2:16:29.20	2:16:05.70
110	351	Carol	Ward		F	FV1	19	0:31:06.10	0:32:23.85	0:34:10.40	0:39:38.95	2:17:19.30	2:16:59.75
111	352	Mags	Newton		F	FV1	20	0:32:17.50	0:31:23.40	0:35:22.95	0:38:28.45	2:17:32.30	2:16:52.80
112	353	Deborah	Dixon		F	FV4	8	0:32:00.30	0:33:08.40	0:35:02.60	0:37:27.05	2:17:38.35	2:17:02.45
113	354	Helen	Pigott		F	FV3	16	0:33:42.40	0:33:54.65	0:35:23.40	0:34:47.20	2:17:47.65	2:17:17.15
114	357	Marian	Lawrence		F	FS	46	0:31:28.95	0:32:10.25	0:36:28.90	0:38:26.50	2:18:34.60	2:18:13.10
115	359	Katie	Hemblade		F	FS	47	0:30:15.70	0:34:30.95	0:35:31.45	0:38:32.90	2:18:51.00	2:18:33.05
116	360	Michelle	Samuel		F	FV1	21	0:32:23.85	0:34:39.70	0:36:21.45	0:35:47.40	2:19:12.40	2:18:52.65
117	361	Liz	Wilkinson	Serpentine Running Club	F	FV2	19	0:33:20.65	0:33:38.50	0:35:46.60	0:36:48.70	2:19:34.45	2:19:14.95
118	362	Janet	Walsh		F	FV3	17	0:32:37.85	0:34:24.15	0:35:40.80	0:36:53.65	2:19:36.45	2:19:12.60
119	363	Julienne	Stuart-Colwill	Mid Sussex Tri Club	F	FS	48	0:33:22.20	0:33:45.40	0:35:41.50	0:37:01.15	2:19:50.25	2:19:22.85
120	364	Louise	Smart		F	FV2	20	0:33:41.55	0:34:27.00	0:35:40.65	0:36:22.30	2:20:11.50	2:19:41.75
121	367	Georgina	Gould		F	FS	49	0:30:40.65	0:33:18.45	0:36:59.35	0:39:35.60	2:20:34.05	2:20:28.35
122	368	Susan	Mercer	Hastings Road Runners	F	FV3	18	0:34:16.60	0:34:27.20	0:35:24.45	0:36:27.20	2:20:35.45	2:20:03.10
123	375	Lynda	Mullins		F	FV2	21	0:36:09.75	0:35:28.45	0:35:40.35	0:35:11.75	2:22:30.30	2:22:20.95
124	377	Veronica	Banks		F	FS	50	0:33:51.70	0:36:08.60	0:36:23.20	0:36:28.30	2:22:51.80	2:22:22.55
125	378	Amanda	Mitchell		F	FV1	22	0:35:20.30	0:33:41.10	0:35:19.75	0:38:40.35	2:23:01.50	2:22:36.60
126	379	Louise	Hunter		F	FS	51	0:35:20.60	0:33:40.95	0:35:19.35	0:38:40.85	2:23:01.75	2:22:36.95
127	381	Tamasyn	Streets		F	FV2	22	0:33:43.00	0:34:32.90	0:37:26.30	0:37:21.90	2:23:04.10	2:22:52.50

128	381	Jane	Streets		F	FV3	19	0:33:43.45	0:34:32.90	0:37:27.00	0:37:20.75	2:23:04.10	2:22:52.25
129	383	Pam	Morley	Bexhill Runners	F	FV4	9	0:34:04.10	0:34:40.25	0:35:49.25	0:40:18.00	2:24:51.60	2:24:15.15
130	384	Rikki	Dove	Run Wednesday	F	FS	52	0:31:53.70	0:37:13.05	0:39:30.45	0:37:13.15	2:25:50.35	2:25:24.50
131	386	Michelle	Kay		F	FV1	23	0:34:26.30	0:35:39.70	0:37:23.95	0:38:56.50	2:26:26.45	2:26:11.25
132	388	Clare	Rampton		F	FV1	24	0:35:42.95	0:35:27.30	0:37:44.25	0:37:42.65	2:26:37.15	2:25:54.20
133	391	Katarzyna	Walczak		F	FS	53	0:33:36.60	0:34:59.50	0:39:13.85	0:39:59.25	2:27:49.20	2:27:29.75
134	394	Victoria	McMillan		F	FS	54	0:35:02.95	0:36:38.10	0:39:05.45	0:38:36.55	2:29:23.05	2:28:45.85
135	396	Victoria	Legge	Striders Of Croydon	F	FV2	23	0:35:15.05	0:36:46.90	0:38:12.35	0:39:33.20	2:29:47.50	2:29:42.65
136	397	Marje	Cooper		F	FV1	25	0:36:58.35	0:34:14.50	0:38:37.90	0:40:30.45	2:30:21.20	2:29:54.85
137	399	Claire	Hanks		F	FV2	24	0:36:12.90	0:37:09.45	0:38:59.30	0:41:24.45	2:33:46.10	2:33:19.75
138	401	Ana	Villamor		F	FV2	25	0:36:20.95	0:35:48.00	0:41:01.45	0:46:04.25	2:39:14.65	2:38:32.55
139	403	Emily	Tilbrook		F	FS	55	0:38:50.50	0:39:41.90	0:40:26.10	0:43:08.65	2:42:07.15	2:41:25.10
140	404	Vicky	Bertram	Bexhill Runners	F	FS	56	0:35:51.95	0:38:10.65	0:43:44.20	0:47:03.60	2:44:50.40	2:44:14.50
141	406	Zoey	Greenwood	Bexhill Runners	F	FS	57	0:39:32.30	0:43:53.50	0:47:26.15	0:49:04.75	2:59:56.70	2:59:20.00
142	407	Sarah	Holmes		F	FS	58	0:39:38.50	0:43:28.70	0:47:59.75	0:48:57.05	3:00:04.00	2:59:37.35

### Overall Male Results

Gender Pos	Position	Firstname	Lastname	Club	Gender	Cat	Category Position	Split1	Split2	Split3	Split4	Finish	ChipTime
1	1	Nick	Shasha	Torq Fitness	M	MS	1	0:18:33.15	0:18:16.25	0	0	1:13:37.50	1:13:36.25
2	2	Joshua	Varney	Hastings Ac	M	MS	2	0:19:32.45	0:19:34.55	0:19:50.45	0:20:09.00	1:19:06.45	1:19:05.25
3	3	Robert	Jeffery		M	MS	3	0:19:32.15	0:19:34.55	0:19:50.75	0:20:31.20	1:19:28.65	1:19:26.40
4	4	Steve	Wigmore	Horsham Joggers	M	MV2	1	0:20:18.80	0:20:24.10	0:20:28.15	0:21:06.35	1:22:17.40	1:22:06.65
5	5	Simon	Casebourne		M	MV1	1	0:20:16.85	0:20:26.35	0:21:00.55	0:21:10.65	1:22:54.40	1:22:50.45
6	6	Clem	Dixon	Cambridge Harriers	M	MV2	2	0:20:16.55	0:20:27.15	0:20:44.45	0:21:31.90	1:23:00.05	1:22:57.40
7	7	Simon	Donaghy	Herne Hill Harriers	M	MV2	3	0:20:26.40	0:20:49.50	0:21:16.75	0:21:33.30	1:24:05.95	1:24:03.90
8	8	Alastair	Maher	Serpentine Rc	M	MS	4	0:20:27.40	0:20:49.25	0:21:18.85	0:21:59.55	1:24:35.05	1:24:31.65
9	9	Mark	Baker	Canterbury Harriers	M	MS	5	0:20:27.80	0:21:01.15	0:21:38.55	0:22:04.40	1:25:11.90	1:25:09.70
10	10	Phillip	Carr	Seaford Striders	M	MV2	4	0:20:26.00	0:21:46.30	0:21:43.85	0:21:49.90	1:25:46.05	1:25:43.95
11	11	Michael	Whyte	Phoenix Ac	M	MV1	2	0:21:05.70	0:21:14.50	0:21:55.70	0:21:41.80	1:25:57.70	1:25:55.80
12	12	Laurence	Ellis		M	MS	6	0:21:31.60	0:22:07.50	0:22:03.80	0:21:48.70	1:27:31.60	1:27:24.00
13	13	David	Vaccaro	Sevenoaks Ac	M	MS	7	0:20:29.45	0:21:45.05	0:22:28.15	0:23:02.15	1:27:44.80	1:27:43.30
14	14	Dan	Brown		M	MS	8	0:20:17.25	0:21:34.55	0:22:23.00	0:23:36.80	1:27:51.60	1:27:41.20
15	15	Robert	Ainsley		M	MS	9	0:20:49.45	0:22:12.30	0:22:18.95	0:22:44.30	1:28:05.00	1:27:56.05
16	16	Gordon	Mitchell		M	MS	10	0:21:46.45	0:21:54.15	0:21:53.55	0:22:34.10	1:28:08.25	1:27:52.30
17	17	Alan	Greig	Horsham Joggers	M	MV1	3	0:21:46.75	0:22:09.30	0:22:11.75	0:22:11.40	1:28:19.20	1:28:15.05
18	18	James	Sullivan		M	MS	11	0:21:03.60	0:22:08.40	0:22:28.45	0:23:15.05	1:28:55.50	1:28:48.70
19	19	Andrew	Stadden	Arunners	M	MV2	5	0:21:34.20	0:22:22.50	0:22:23.70	0:22:39.25	1:28:59.65	1:28:56.85
20	21	Andrew	Norton	Gade Valley Harriers	M	MV1	4	0:21:54.55	0:22:17.85	0:22:39.00	0:22:31.35	1:29:22.75	1:29:21.25
21	22	Ewen	Purcell	Worthing District Harriers	M	MS	12	0:22:36.80	0:22:36.10	0:22:22.25	0:21:55.05	1:29:30.20	1:29:27.70
22	23	Tom	Hopkins		M	MS	13	0:20:49.95	0:21:26.05	0:22:29.90	0:24:58.50	1:29:44.40	1:29:36.35
23	24	Tim	Cox	Bexhill Runners	M	MS	14	0:22:28.05	0:22:14.90	0:22:30.45	0:22:37.70	1:29:51.10	1:29:44.10
24	26	Colin	Hanks		M	MV1	5	0:21:25.85	0:22:08.85	0:22:57.75	0:23:37.95	1:30:10.40	1:30:06.70
25	27	Alun	Marks		M	MS	15	0:23:34.10	0:22:30.70	0:22:14.50	0:22:03.20	1:30:22.50	1:30:11.15
26	28	Pete	Blomfield	Hastings Runners	M	MV1	6	0:22:34.05	0:22:10.00	0:22:41.45	0:23:03.60	1:30:29.10	1:30:10.25
27	29	Jason	Russell	Haywards Heath Harriers	M	MS	16	0:21:44.05	0:22:49.95	0:22:56.60	0:23:02.40	1:30:33.00	1:30:28.70
28	30	John	Dyckes	Horsham Joggers	M	MV3	1	0:22:08.50	0:22:36.10	0:22:47.40	0:23:05.65	1:30:37.65	1:30:32.65
29	31	Robert	Cameron-Wood	Hastings Runners	M	MS	17	0:21:45.80	0:22:11.20	0:23:14.20	0:23:34.95	1:30:46.15	1:30:43.15

30	32	Russ	Bestley		M	MV2	6	0:21:55.80	0:22:46.75	0:23:01.15	0:23:07.45	1:30:51.15	1:30:49.55
31	33	Matthew	Green	Wadhurst Runners	M	MV1	7	0:22:02.00	0:22:12.30	0:22:47.60	0:24:03.40	1:31:05.30	1:31:00.20
32	34	Daniel	Barfoot		M	MS	18	0:21:29.70	0:22:53.55	0:23:30.50	0:23:47.70	1:31:41.45	1:31:38.05
33	35	Alan	Egan		M	MS	19	0:21:35.05	0:22:22.90	0:23:24.25	0:24:48.00	1:32:10.20	1:32:00.15
34	36	William	Smith	St Albans Striders	M	MV2	7	0:22:45.90	0:22:56.10	0:23:22.20	0:23:14.40	1:32:18.60	1:31:56.85
35	37	Brian	O'Riordan		M	MV2	8	0:23:33.75	0:23:04.00	0:23:28.40	0:23:34.75	1:33:40.90	1:33:18.20
36	38	Neil	Evans		M	MS	20	0:23:02.80	0:23:12.95	0:23:36.60	0:23:52.25	1:33:44.60	1:33:41.25
37	39	Marc	Townsend	Bexhill Runners/Team Lifestyle	M	MS	21	0:23:02.95	0:23:12.95	0:23:36.80	0:23:52.05	1:33:44.75	1:33:40.95
38	40	Simon	Hassett	Swanley & District Ac	M	MV1	8	0:23:50.25	0:23:33.90	0:23:21.95	0:23:15.20	1:34:01.30	1:33:48.90
39	41	James	Faulkner	Team Lifestyle	M	MS	22	0:22:28.45	0:23:56.25	0:23:54.30	0:23:47.90	1:34:06.90	1:34:02.45
40	43	Kester	Mann	Reigate Priory Athletic Club	M	MS	23	0:23:53.20	0:23:32.60	0:23:34.85	0:23:26.45	1:34:27.10	1:34:14.30
41	44	Ronnie	Jacques	Macies Ramblers Club	M	MS	24	0:23:47.45	0:23:50.25	0:23:43.00	0:23:25.10	1:34:45.80	1:34:34.75
42	45	Mark	Fox	Hailsham Harriers	M	MV1	9	0:22:20.25	0:23:32.65	0:23:59.20	0:24:53.85	1:34:45.95	1:34:40.60
43	46	Ben	Sadler		M	MS	25	0:23:51.10	0:23:48.15	0:23:41.85	0:23:29.80	1:34:50.90	1:34:36.40
44	48	Graham	Chapman	Heathfield Road Runners	M	MV2	9	0:23:09.10	0:23:53.60	0:23:30.05	0:24:35.20	1:35:07.95	1:35:03.80
45	50	Nick	Webb	Hastings Runners	M	MV3	2	0:23:30.20	0:24:04.70	0:24:20.95	0:23:59.00	1:35:54.85	1:35:46.15
46	51	Rafn	Streets		M	MS	26	0:23:05.75	0:23:27.80	0:24:22.05	0:25:09.95	1:36:05.55	1:35:54.45
47	52	Jason	Thorburn	Dulwich Park Runners	M	MV1	10	0:24:44.65	0:23:36.75	0:23:33.60	0:24:15.70	1:36:10.70	1:35:39.40
48	53	Christopher	Dean	B2P Triathlon Club	M	MV1	11	0:21:03.90	0:23:11.55	0:24:50.50	0:27:05.50	1:36:11.45	1:36:08.15
49	54	Tim	Palmer		M	MS	27	0:23:20.00	0:23:40.30	0:24:23.70	0:24:58.15	1:36:22.15	1:36:15.00
50	55	Jonathan	Wise		M	MS	28	0:24:26.45	0:23:56.05	0:24:17.25	0:24:05.95	1:36:45.70	1:36:29.80
51	57	Kevin	Ryder		M	MV2	10	0:24:26.05	0:23:54.60	0:24:18.05	0:24:13.05	1:36:51.75	1:36:43.50
52	58	Mark	Fincher		M	MV1	12	0:24:37.65	0:23:49.25	0:24:06.20	0:24:31.90	1:37:05.00	1:36:50.20
53	59	Gareth	Francis	Francis Flyers	M	MS	29	0:22:45.15	0:23:58.10	0:24:27.80	0:25:58.75	1:37:09.80	1:37:07.25
54	60	Craig	Kircher		M	MS	30	0:25:18.95	0:24:09.20	0:24:02.65	0:23:50.40	1:37:21.20	1:36:40.70
55	61	Paul	Warren		M	MV3	3	0:23:28.90	0:23:59.50	0:24:25.25	0:25:30.65	1:37:24.30	1:37:21.65
56	62	Rory	Chandler	Macies Rambles Club	M	MS	31	0:23:49.65	0:24:13.70	0:24:26.50	0:25:02.80	1:37:32.65	1:37:21.10
57	64	Colin	Grossman		M	MS	32	0:23:37.55	0:24:32.20	0:24:49.55	0:24:57.30	1:37:56.60	1:37:49.85
58	65	Ivor	Rumsey		M	MV4	1	0:24:07.85	0:24:15.20	0:24:27.50	0:25:17.65	1:38:08.20	1:37:55.85
59	66	Tom	Purcell		M	MS	33	0:23:58.45	0:23:41.30	0:24:34.50	0:26:01.70	1:38:15.95	1:37:50.05
60	67	Ivan	Lyons	Phoenix	M	MV1	13	0:23:20.90	0:24:14.95	0:25:08.60	0:25:37.10	1:38:21.55	1:38:18.60
61	68	John	Gorham	City Of Salisbury	M	MV3	4	0:24:01.00	0:24:15.30	0:24:45.85	0:25:39.75	1:38:41.90	1:38:33.30
62	70	Andy	Eggleton		M	MV1	14	0:23:13.60	0:25:24.80	0:25:46.60	0:24:39.00	1:39:04.00	1:38:58.60
63	71	Matthew	Beaver	Hastings Runners	M	MS	34	0:24:14.10	0:24:04.10	0:25:30.20	0:25:28.70	1:39:17.10	1:39:00.35
64	73	Eamonn	McClellan		M	MV1	15	0:23:30.55	0:24:21.05	0:25:34.75	0:26:14.95	1:39:41.30	1:39:35.20
65	74	Chris	Law	Hastings Runners	M	MS	35	0:24:13.50	0:24:04.05	0:25:30.20	0:26:03.25	1:39:51.00	1:39:34.65
66	75	Kirk	John		M	MV3	5	0:23:28.10	0:24:10.60	0:25:34.10	0:26:38.50	1:39:51.30	1:39:48.50
67	76	Laurie	Bantin		M	MS	36	0:23:49.35	0:24:17.25	0:25:11.95	0:26:34.90	1:39:53.45	1:39:44.90
68	77	Robert	Konowalchuk		M	MS	37	0:23:49.80	0:25:39.50	0:25:05.30	0:25:18.90	1:39:53.50	1:39:48.10
69	78	Andy	Fairweather		M	MV1	16	0:23:29.45	0:24:20.90	0:24:52.75	0:27:23.80	1:40:06.90	1:39:59.60
70	79	Nathan	Broderick		M	MS	38	0:25:09.90	0:24:31.90	0:25:26.60	0:24:59.20	1:40:07.60	1:39:50.00
71	81	Wojciech	Kozielski	Crystal Palace Tri	M	MS	39	0:23:19.00	0:25:06.30	0:25:58.75	0:26:23.35	1:40:47.40	1:40:36.80
72	83	Richard	Perry		M	MS	40	0:25:27.85	0:24:34.95	0:25:15.55	0:25:38.00	1:40:56.35	1:40:16.85
73	84	Stephen	Scobie		M	MV2	11	0:25:33.50	0:24:46.25	0:25:24.80	0:25:29.15	1:41:13.70	1:40:56.50
74	85	Mark	Travers	Gade Valley Harriers	M	MV2	12	0:24:48.25	0:25:40.05	0:26:05.85	0:24:50.55	1:41:24.70	1:41:22.80
75	87	Matthew	Wickham		M	MS	41	0:25:12.70	0:25:09.70	0:25:24.25	0:25:43.15	1:41:29.80	1:41:17.35
76	88	Gerard	Kidgell		M	MS	42	0:25:56.65	0:24:55.90	0:25:33.85	0:25:08.05	1:41:34.45	1:41:06.40
77	89	Robert	Thomas	Hastings Runners	M	MV2	13	0:25:23.45	0:25:02.15	0:25:39.50	0:25:32.35	1:41:37.45	1:41:18.40

78	90	Daniel	Crosby	Bexhill Runners	M	MS	43	0:24:54.10	0:25:27.10	0:26:10.75	0:25:06.25	1:41:38.20	1:41:23.85
79	91	Neil	Barr		M	MS	44	0:26:25.20	0:25:24.05	0:25:06.40	0:24:47.75	1:41:43.40	1:41:26.80
80	92	Miles	Wilson		M	MS	45	0:25:02.40	0:25:18.35	0:25:47.60	0:25:36.75	1:41:45.10	1:41:29.60
81	93	Graham	Redmayne	Dulwich Park Runners	M	MS	46	0:23:51.70	0:25:00.60	0:26:01.50	0:26:52.60	1:41:46.40	1:41:31.45
82	94	Chris	Baldam		M	MS	47	0:25:31.90	0:24:53.45	0:25:19.65	0:26:08.10	1:41:53.10	1:41:37.70
83	95	Alan	Downton		M	MV2	14	0:23:39.05	0:23:43.95	0:24:26.20	0:30:13.20	1:42:02.40	1:41:58.60
84	96	David	Thwaites		M	MS	48	0:25:08.95	0:25:24.95	0:25:42.15	0:25:54.85	1:42:10.90	1:42:02.55
85	98	Paul	McManus	Lingfield Rc	M	MV2	15	0:26:16.85	0:25:15.75	0:25:25.60	0:26:16.90	1:43:15.10	1:42:41.40
86	100	Richard	O'Sullivan		M	MV1	17	0:25:30.75	0:25:25.15	0:26:09.00	0:26:24.55	1:43:29.45	1:43:20.00
87	102	Keith	Lamb	Ashford Tri Club	M	MS	49	0:23:37.60	0:24:39.30	0:27:03.10	0:28:36.90	1:43:56.90	1:43:49.40
88	103	Philip	Loney		M	MS	50	0:25:54.75	0:25:11.85	0:25:45.50	0:27:10.05	1:44:02.15	1:43:27.15
89	106	David	Hansel		M	MV1	18	0:25:27.10	0:25:04.40	0:26:07.70	0:27:41.85	1:44:21.05	1:44:04.55
90	107	Paul	Barnes		M	MS	51	0:27:21.40	0:25:44.90	0:26:02.15	0:25:17.75	1:44:26.20	1:44:00.40
91	108	Nicholas	Jameson-Allen	Bexhill Runners	M	MS	52	0:26:39.35	0:26:18.20	0:26:25.25	0:25:17.45	1:44:40.25	1:44:25.35
92	111	Steven	Anderson		M	MS	53	0:26:57.80	0:26:03.75	0:26:21.75	0:25:58.45	1:45:21.75	1:44:46.75
93	112	Aidan	Cunningham	Kent Athletics Club	M	MV1	19	0:24:57.65	0:25:54.50	0:26:43.70	0:27:54.15	1:45:30.00	1:45:19.10
94	113	Jason	Martin		M	MV1	20	0:24:51.25	0:26:25.60	0:27:01.65	0:27:11.80	1:45:30.30	1:45:26.40
95	115	Simon	Hughes		M	MS	54	0:27:04.60	0:26:27.05	0:26:01.05	0:26:02.40	1:45:35.10	1:45:28.15
96	116	Derrick	Wood	Seaford Striders	M	MS	55	0:27:29.05	0:26:11.60	0:25:57.35	0:26:00.45	1:45:38.45	1:45:06.25
97	117	Kenn	Saffery	Veterans Ac	M	MV5	1	0:25:55.25	0:26:15.45	0:26:37.00	0:26:55.85	1:45:43.55	1:45:37.50
98	118	James	Seymour		M	MV2	16	0:26:44.55	0:25:52.20	0:26:30.15	0:26:49.25	1:45:56.15	1:45:25.25
99	119	Darren	Stanbury		M	MV1	21	0:25:35.65	0:26:15.00	0:27:04.90	0:27:01.20	1:45:56.75	1:45:47.80
100	120	Henry	Milward		M	MS	56	0:28:16.10	0:26:03.40	0:25:20.55	0:26:18.10	1:45:58.15	1:45:28.80
101	121	Simon	Jones		M	MS	57	0:26:14.80	0:26:04.55	0:26:21.30	0:27:19.35	1:46:00.00	1:45:35.95
102	122	Mark	Speed	Bexhill Runners	M	MS	58	0:25:43.00	0:26:07.05	0:26:57.20	0:27:24.60	1:46:11.85	1:45:57.50
103	123	Tom	Jennings		M	MV3	6	0:25:54.35	0:25:36.80	0:26:54.25	0:27:51.40	1:46:16.80	1:46:04.15
104	124	David	Hawkins		M	MV4	2	0:28:22.00	0:26:11.00	0:26:13.75	0:25:38.00	1:46:24.75	1:46:09.80
105	125	Simon	Llewellyn		M	MS	59	0:26:47.90	0:25:05.00	0:26:14.85	0:28:18.15	1:46:25.90	1:45:59.50
106	126	Charlie	Pickin		M	MV1	22	0:26:56.85	0:25:56.75	0:26:40.00	0:26:53.05	1:46:26.65	1:45:51.20
107	127	Nigel	Gordon-Johnson		M	MV1	23	0:25:30.40	0:25:53.85	0:27:21.05	0:27:44.20	1:46:29.50	1:45:59.95
108	128	Simon	Hodges	Brighton & Hove City Ac	M	MV1	24	0:26:58.95	0:26:10.20	0:26:33.30	0:26:51.35	1:46:33.80	1:46:28.40
109	130	Mike	Church		M	MV2	17	0:26:04.45	0:25:47.90	0:27:09.85	0:27:35.60	1:46:37.80	1:46:19.65
110	131	David	Bulmer		M	MS	60	0:29:15.00	0:27:30.10	0:26:11.45	0:23:45.50	1:46:42.05	1:46:26.15
111	133	Steve	Barnfield	Tunbridge Wells Harriers	M	MV4	3	0:26:30.15	0:26:05.45	0:26:36.90	0:27:38.50	1:46:51.00	1:46:26.00
112	134	Kevan	Wilkinson	Serpentine	M	MV3	7	0:25:55.05	0:26:16.05	0:27:02.00	0:27:39.10	1:46:52.20	1:46:33.30
113	135	John	Tighe	Crowborough Runners	M	MV2	18	0:26:47.30	0:26:09.80	0:26:44.85	0:27:13.60	1:46:55.55	1:46:31.15
114	136	Roy	Beeley		M	MV5	2	0:25:55.95	0:25:55.60	0:27:04.80	0:28:03.15	1:46:59.50	1:46:45.60
115	137	Dazza	Wall		M	MV1	25	0:26:21.30	0:25:31.05	0:26:45.40	0:28:39.75	1:47:17.50	1:46:57.50
116	139	Tim	Gray		M	MV1	26	0:25:45.70	0:26:17.25	0:27:32.10	0:28:10.00	1:47:45.05	1:47:28.35
117	140	Martin	Knight		M	MV1	27	0:26:07.80	0:26:56.45	0:27:01.35	0:27:45.60	1:47:51.20	1:47:40.60
118	141	Tim	Walker		M	MS	61	0:26:27.05	0:25:46.15	0:26:39.65	0:29:03.45	1:47:56.30	1:47:28.85
119	142	Gideon	Mountford		M	MS	62	0:24:53.80	0:26:27.30	0:27:32.55	0:29:09.20	1:48:02.85	1:47:52.85
120	143	Michael	Walton		M	MV2	19	0:27:16.90	0:27:34.55	0:27:11.30	0:26:17.85	1:48:20.60	1:47:59.15
121	144	Sachio	Shimizu		M	MS	63	0:25:01.60	0:25:23.35	0:27:40.65	0:30:30.55	1:48:36.15	1:48:22.90
122	145	Nigel	Wood		M	MV3	8	0:28:18.75	0:27:30.20	0:27:24.95	0:25:23.35	1:48:37.25	1:48:15.25
123	147	Ben	Mayhew		M	MS	64	0:25:08.55	0:26:57.20	0:27:31.05	0:29:13.75	1:48:50.55	1:48:39.30
124	148	Anthony	Williams		M	MS	65	0:27:19.45	0:27:36.25	0:27:39.70	0:26:49.00	1:49:24.40	1:49:02.45
125	149	Paul	Wood		M	MS	66	0:27:28.85	0:26:12.10	0:27:15.15	0:28:29.35	1:49:25.45	1:48:54.05

126	150	Wayne	Davis		M	MS	67	0:26:42.15	0:26:49.25	0:27:41.90	0:28:21.15	1:49:34.45	1:49:16.50
127	152	Neil	Hutchison		M	MS	68	0:27:06.30	0:26:49.90	0:27:27.50	0:28:15.15	1:49:38.85	1:49:19.35
128	153	Rob	Crouch		M	MV3	9	0:26:55.10	0:26:49.95	0:28:12.60	0:28:11.85	1:50:09.50	1:49:56.85
129	154	Michael	Veevers		M	MS	69	0	0	0	0	1:50:10.50	1:50:10.50
130	155	Anthony	Harvey		M	MV1	28	0:27:15.55	0:26:30.70	0:27:49.50	0:28:41.35	1:50:17.10	1:50:03.25
131	156	Duncan	Harper		M	MS	70	0:28:06.80	0:27:33.70	0:27:49.85	0:26:48.45	1:50:18.80	1:49:57.10
132	157	Bart	Sommerville		M	MS	71	0:28:33.95	0:27:30.95	0:27:23.15	0:26:53.15	1:50:21.20	1:50:11.15
133	162	Robin	Wakefield	Windle Valley Runners	M	MV2	20	0:26:33.20	0:27:08.65	0:28:03.90	0:29:01.25	1:50:47.00	1:50:28.75
134	164	Dean	Edwards	Road Runners	M	MS	72	0:26:50.60	0:27:10.65	0:27:59.90	0:29:08.55	1:51:09.70	1:51:01.05
135	166	Martin	Willard		M	MV1	29	0:26:22.90	0:26:59.50	0:28:40.00	0:29:11.20	1:51:13.60	1:51:06.60
136	167	Malcolm	Gumbrell	Winchester And District Ac	M	MV5	3	0:27:47.80	0:27:33.40	0:28:08.20	0:27:44.70	1:51:14.10	1:50:52.25
137	169	Jason	Newton		M	MV1	30	0:27:04.30	0:26:40.05	0:28:22.45	0:29:25.90	1:51:32.70	1:51:11.85
138	172	Nick	Bedford		M	MV1	31	0:26:29.20	0:27:14.00	0:28:50.45	0:29:05.80	1:51:39.45	1:51:27.15
139	174	Mat	Lawrence	Macies Ramblers Club	M	MS	73	0:26:59.95	0:27:24.60	0:28:31.70	0:29:02.95	1:51:59.20	1:51:47.60
140	176	Alasdair	Flint		M	MV4	4	0:28:56.75	0:27:33.30	0:27:52.25	0:27:37.90	1:52:00.20	1:51:35.30
141	178	Alan	Barnett		M	MV2	21	0:27:22.20	0:27:22.50	0:28:23.70	0:28:56.45	1:52:04.85	1:51:44.85
142	181	Scott	Robbins		M	MS	74	0:28:08.10	0:28:06.45	0:28:09.20	0:27:52.50	1:52:16.25	1:52:00.45
143	182	Richard	Overton	Bexhill Runners	M	MV2	22	0:27:07.05	0:27:21.25	0:28:28.55	0:29:19.75	1:52:16.60	1:52:09.60
144	183	David	Crosby	Bexhill Runners	M	MV1	32	0:27:41.35	0:28:01.05	0:28:03.60	0:28:34.40	1:52:20.40	1:52:05.50
145	186	Dan	King		M	MS	75	0:28:41.40	0:27:58.80	0:28:11.10	0:27:55.70	1:52:47.00	1:52:13.80
146	187	Doug	Hart		M	MV3	10	0:27:43.70	0:26:50.45	0:28:02.10	0:30:15.10	1:52:51.35	1:52:23.75
147	188	Stephen	Poole		M	MS	76	0:26:26.00	0:26:21.40	0:29:08.65	0:31:08.85	1:53:04.90	1:52:37.95
148	189	Marcel	Faulstich		M	MV1	33	0:26:13.35	0:27:28.85	0:28:45.80	0:30:43.10	1:53:11.10	1:53:07.30
149	190	Gary	Beeston		M	MS	77	0:26:20.45	0:26:47.50	0:28:13.35	0:31:55.70	1:53:17.00	1:52:53.70
150	191	Danny	Garbett	Bexhill Runners	M	MV2	23	0:32:14.40	0:34:45.55	0:23:17.55	0:23:10.50	1:53:28.00	1:53:02.10
151	192	Rob	Love		M	MV1	34	0:27:40.45	0:27:59.70	0:28:37.90	0:29:15.30	1:53:33.35	1:53:08.65
152	193	James	Ryan	Bodyworks Xtc	M	MS	78	0:44:34.45	0:22:26.70	0:23:00.80	0:23:40.55	1:53:42.50	1:31:16.90
153	194	Sean	Gallagher	Striders Of Croydon	M	MV2	24	0:27:21.35	0:26:40.20	0:27:57.10	0:31:45.95	1:53:44.60	1:53:15.75
154	195	Jim	Collins		M	MS	79	0:28:41.80	0:27:20.90	0:28:05.50	0:29:37.15	1:53:45.35	1:53:13.70
155	197	Ralph	Astley		M	MV3	11	0:26:14.50	0:27:03.45	0:29:16.95	0:31:24.45	1:53:59.35	1:53:44.15
156	199	Alex	Fordyce		M	MJ	1	0:28:40.35	0:27:51.90	0:27:50.85	0:29:56.00	1:54:19.10	1:54:14.65
157	202	Bob	Luck	East Grinstead Tri Club	M	N/A		0:29:21.15	0:28:43.35	0:28:42.40	0:28:02.20	1:54:49.10	1:54:31.40
158	203	Scott	Parsons	Hasting Athletics Club	M	MS	80	0:28:48.60	0:28:04.25	0:28:01.05	0:29:56.00	1:54:49.90	1:54:39.95
159	204	Ben	Evet		M	MS	81	0:28:28.90	0:27:16.60	0:28:05.35	0:31:01.20	1:54:52.05	1:54:36.25
160	205	Diego	Jazanovich		M	MS	82	0:27:22.10	0:27:24.85	0:29:25.75	0:30:44.00	1:54:56.70	1:54:50.90
161	206	Jonathan	Parkham		M	MV3	12	0:29:08.80	0:28:04.40	0:28:13.50	0:29:43.50	1:55:10.20	1:54:41.30
162	207	Paul	Green		M	MV1	35	0:26:29.50	0:27:14.05	0:29:46.25	0:31:41.70	1:55:11.50	1:54:59.15
163	208	Scott	Phillips		M	N/A		0:27:01.80	0:27:47.20	0:29:23.40	0:31:02.50	1:55:14.90	1:55:09.95
164	209	Wayne	Aldous		M	MS	83	0:27:10.00	0:28:01.20	0:28:55.95	0:31:17.65	1:55:24.80	1:55:10.20
165	210	Martin	Roberts		M	MV1	36	0	0	0	0	1:55:42.15	1:55:42.15
166	211	Ian	Foxall		M	MS	84	0:27:53.70	0:27:30.10	0:29:20.50	0:31:12.65	1:55:56.95	1:55:27.05
167	214	David	Simpson		M	MS	85	0:28:29.70	0:27:46.95	0:28:32.00	0:31:39.05	1:56:27.70	1:55:52.85
168	215	Chris	Eaton		M	MS	86	0:29:23.20	0:28:12.40	0:28:34.40	0:30:29.15	1:56:39.15	1:56:11.05
169	216	Kelvin	Macdonald		M	MV5	4	0:28:32.30	0:28:19.35	0:29:15.15	0:30:34.00	1:56:40.80	1:56:08.00
170	220	Mark	Ryalls	Bexhill Runners	M	MV1	37	0:26:28.15	0:26:53.65	0:29:35.05	0:34:06.15	1:57:03.00	1:56:49.60
171	224	Neil	Looseley		M	MS	87	0:27:55.15	0:28:07.75	0:29:18.20	0:31:52.85	1:57:13.95	1:56:43.15
172	226	Aaron	Little		M	MS	88	0:27:48.60	0:28:21.10	0:29:57.40	0:31:25.90	1:57:33.00	1:57:05.65
173	229	Robert	Meeson		M	MV1	38	0:31:28.35	0:29:00.70	0:28:31.75	0:28:41.10	1:57:41.90	1:56:58.50

174	230	Mark	Rayner		M	MS	89	0:28:06.00	0:28:09.60	0:29:22.35	0:32:09.80	1:57:47.75	1:57:27.40
175	232	Rob	Walter		M	MV1	39	0:30:28.00	0:29:12.35	0:29:47.85	0:29:09.50	1:58:37.70	1:57:59.70
176	234	Paul	Cordeux	Hastings Road Runners	M	MV3	13	0:28:27.00	0:28:03.80	0:30:33.50	0:31:36.00	1:58:40.30	1:58:15.90
177	235	Scott	Frazier		M	MS	90	0:30:27.75	0:29:12.05	0:29:48.00	0:29:16.50	1:58:44.30	1:58:06.90
178	237	Chris	Parrott		M	MS	91	0:30:26.00	0:28:56.50	0:29:09.55	0:30:23.90	1:58:55.95	1:58:08.50
179	238	Tony	Parrott		M	MS	92	0:30:26.40	0:28:56.05	0:29:09.95	0:30:24.05	1:58:56.45	1:58:09.50
180	239	Richard	Bourne	Horsham Joggers	M	MS	93	0:30:12.60	0:29:19.65	0:29:34.45	0:29:54.10	1:59:00.80	1:58:29.20
181	242	Kieth	Emery		M	MV5	5	0:28:33.50	0:29:05.65	0:29:45.85	0:31:42.55	1:59:07.55	1:58:41.10
182	244	David	Palmer	Bexhill Runners	M	MV1	40	0:29:31.30	0:29:08.10	0:29:50.80	0:30:42.65	1:59:12.85	1:58:38.55
183	245	David	Applegate		M	MS	94	0:28:23.30	0:28:45.30	0:29:42.00	0:32:25.90	1:59:16.50	1:59:01.55
184	247	Philip	Broadley		M	MV2	25	0:29:30.75	0:29:15.55	0:29:55.30	0:30:37.00	1:59:18.60	1:58:45.35
185	248	Nick	Dann		M	MV2	26	0:29:00.40	0:29:21.20	0:29:55.55	0:31:04.20	1:59:21.35	1:58:44.25
186	249	Michael	Puszyk		M	MS	95	0:28:47.35	0:29:03.20	0:29:50.35	0:32:10.25	1:59:51.15	1:59:40.70
187	250	Guy	Whitehead	Tunbridge Wells Harriers	M	MV2	27	0:28:51.10	0:28:15.60	0:29:52.25	0:32:56.60	1:59:55.55	1:59:05.75
188	251	Tim	Loftus		M	MS	96	0:28:57.20	0:29:23.55	0:30:10.65	0:31:24.90	1:59:56.30	1:59:31.00
189	252	Bob	Scott		M	MV2	28	0:27:23.65	0:27:38.90	0:30:33.05	0:34:27.40	2:00:03.00	1:59:42.05
190	253	Chris	Mayle		M	MS	97	0:28:41.80	0:29:02.05	0:30:32.65	0:31:54.35	2:00:10.85	1:59:36.35
191	254	Peter	Gamson		M	MS	98	0:31:17.35	0:29:43.25	0:29:41.00	0:29:30.80	2:00:12.40	1:59:23.25
192	255	Lee	Fisher		M	MV2	29	0:28:21.10	0:29:10.65	0:30:42.40	0:32:00.05	2:00:14.20	1:59:51.70
193	256	Charles	Ferguson		M	MV5	6	0:29:07.50	0:29:45.05	0:30:28.25	0:30:54.90	2:00:15.70	2:00:02.00
194	259	Iain	Henderson		M	MS	99	0:31:22.00	0:29:50.60	0:29:26.95	0:29:38.40	2:00:17.95	1:59:37.65
195	260	Richard	Tickner		M	MV2	30	0:29:32.95	0:29:02.95	0:30:24.00	0:31:36.10	2:00:36.00	2:00:22.15
196	261	Philip	Balding	Brighton & Hove City Ac	M	MV3	14	0:31:02.00	0:29:55.35	0:29:54.90	0:29:45.15	2:00:37.40	1:59:56.40
197	262	Steve	Moran		M	MV1	41	0:29:18.95	0:28:49.90	0:29:51.85	0:32:48.45	2:00:49.15	1:59:59.70
198	264	Barry	Ingram	Bexhill Runners	M	MS	100	0:29:26.95	0:29:34.10	0:30:05.20	0:31:44.95	2:00:51.20	2:00:17.00
199	265	John	Huntingdon		M	MV2	31	0:30:18.85	0:30:14.20	0:30:15.25	0:30:27.05	2:01:15.35	2:00:36.85
200	268	Steve	Quantrill		M	MV1	42	0:30:06.95	0:29:13.15	0:30:20.20	0:32:01.30	2:01:41.60	2:01:23.45
201	269	Jon	Mellor		M	MV1	43	0:28:30.50	0:29:07.45	0:30:43.85	0:33:33.10	2:01:54.90	2:01:36.50
202	270	Alex	Williams		M	MS	101	0:31:16.00	0:29:40.50	0:30:32.00	0:30:27.80	2:01:56.30	2:01:25.80
203	271	Michael	Barton		M	MV6	1	0:28:43.20	0:29:24.70	0:30:39.50	0:33:28.60	2:02:16.00	2:02:04.15
204	273	Jonathon	Sadler		M	MV4	5	0:29:06.30	0:31:07.95	0:31:11.85	0:30:53.20	2:02:19.30	2:02:12.50
205	274	William	Brierley		M	MS	102	0:30:22.50	0:29:56.15	0:30:28.75	0:31:49.60	2:02:37.00	2:02:02.80
206	276	Nick	Sargant		M	MV1	44	0:28:09.70	0:30:11.70	0:31:36.75	0:33:08.25	2:03:06.40	2:02:45.90
207	278	Stevd	Manwaring		M	MV2	32	0:31:18.45	0:30:10.85	0:30:47.70	0:31:00.30	2:03:17.30	2:02:26.90
208	279	Terry	O'Donnell		M	MV3	15	0:26:23.20	0:30:59.25	0:31:06.70	0:35:11.95	2:03:41.10	2:03:25.30
209	283	Adam	Cooke		M	MS	103	0:29:43.40	0:30:36.20	0:31:26.50	0:32:05.90	2:03:52.00	2:03:36.10
210	284	Rick	Ryder		M	MV5	7	0:29:51.00	0:30:21.75	0:31:26.60	0:32:39.65	2:04:19.00	2:03:56.15
211	286	Paul	Lehane		M	MV3	16	0:32:03.80	0:32:20.20	0:30:14.35	0:30:19.55	2:04:57.90	2:04:17.40
212	289	Gavin	Crickett	Comets Rrc	M	MV2	33	0:29:42.20	0:30:57.70	0:32:02.50	0:33:10.65	2:05:53.05	2:05:36.30
213	290	Robert	Sharpe		M	MS	104	0:26:42.00	0:30:24.40	0:32:46.25	0:36:09.30	2:06:01.95	2:05:53.35
214	292	Mohamed	Hefni		M	MV5	8	0:29:59.50	0:30:36.95	0:31:24.10	0:34:48.25	2:06:48.80	2:06:38.80
215	293	Clive	Wood	Road Runners	M	MV4	6	0:29:35.95	0:31:02.10	0:32:39.45	0:33:50.05	2:07:07.55	2:06:45.55
216	294	Simon	Elliott		M	MS	105	0:29:04.70	0:30:13.15	0:31:56.90	0:35:54.30	2:07:09.05	2:06:56.70
217	297	Stan	McIntosh		M	N/A		0:31:09.30	0:31:45.70	0:32:01.25	0:32:27.35	2:07:23.60	2:06:52.05
218	299	Stephen	McGinley		M	MV3	17	0:30:52.20	0:30:37.95	0:32:09.55	0:33:56.95	2:07:36.65	2:07:04.35
219	303	Mike	Noorbaccus	Oxted Runners	M	MV4	7	0:31:29.90	0:30:37.90	0:31:35.90	0:34:53.05	2:08:36.75	2:07:58.10
220	304	Richard	Newbigin		M	MS	106	0:30:28.35	0:31:11.85	0:32:33.40	0:34:39.70	2:08:53.30	2:08:11.60
221	305	Martin	Burke	Wadhurst Runners	M	MV4	8	0:31:57.00	0:31:07.75	0:32:12.10	0:33:38.70	2:08:55.55	2:08:25.35

222	307	John	Dodd		M	MV5	9	0:32:14.40	0:32:26.80	0:32:36.15	0:32:33.00	2:09:50.35	2:09:06.70
223	309	Neil	Sanders		M	MS	107	0:31:18.95	0:31:45.20	0:33:17.05	0:33:43.50	2:10:04.70	2:09:35.15
224	311	Patrick	Myles		M	MS	108	0:30:07.10	0:31:28.30	0:33:11.75	0:35:24.35	2:10:11.50	2:10:02.80
225	316	Steve	Owen		M	MV1	45	0:32:13.10	0:32:29.35	0:33:10.15	0:32:45.60	2:10:38.20	2:10:17.30
226	318	Sean	Creasey	Bexhill Runners	M	MS	109	0:29:31.80	0:29:01.85	0:32:20.75	0:40:12.85	2:11:07.25	2:10:45.65
227	322	Dave	Pendleton		M	MV1	46	0:29:51.80	0:30:09.30	0:33:00.35	0:38:11.65	2:11:13.10	2:10:37.90
228	326	Mark	Thomas		M	MV2	34	0:30:48.10	0:32:06.85	0:33:51.50	0:34:54.90	2:11:41.35	2:11:34.05
229	327	Alex	Brierley		M	MS	110	0:30:52.30	0:30:38.50	0:32:44.90	0:37:33.90	2:11:49.60	2:11:17.15
230	331	Tony	Lawler		M	MV5	10	0:34:03.95	0:32:33.25	0:33:05.55	0:33:07.25	2:12:50.00	2:12:08.50
231	333	Ian	Lovell	Hastings Runners	M	MV3	18	0:29:12.15	0:31:36.50	0:32:44.10	0:39:47.25	2:13:20.00	2:12:54.25
232	335	Kevin	Triggs	Fittleworth Flyers	M	MV4	9	0:29:41.60	0:31:25.05	0:32:59.35	0:39:41.40	2:13:47.40	2:13:35.55
233	337	Oliver	Mayhall		M	MJ	2	0:28:40.95	0:31:44.45	0:35:28.60	0:38:26.35	2:14:20.35	2:14:15.80
234	339	Anthony	Bedford		M	MV2	35	0:36:21.05	0:35:47.75	0:31:53.65	0:30:42.60	2:14:45.05	2:14:03.00
235	340	Robert	Thickett		M	MS	111	0:32:06.60	0:33:30.55	0:33:24.45	0:35:45.20	2:14:46.80	2:14:05.70
236	342	Peter	Greig		M	MV6	2	0:33:26.60	0:33:13.10	0:33:36.60	0:34:51.15	2:15:07.45	2:14:33.85
237	344	Matthew	Moore		M	MS	112	0:32:07.85	0:31:41.30	0:35:33.85	0:35:59.75	2:15:22.75	2:14:33.55
238	345	Ray	Ellis		M	MV4	10	0:31:35.10	0:32:00.45	0:35:14.75	0:37:06.30	2:15:56.60	2:15:38.80
239	346	Shaun	Wood	Road Runners	M	MV1	47	0:29:55.35	0:32:31.20	0:35:59.90	0:37:48.60	2:16:15.05	2:15:52.45
240	348	Stephen	Tyler		M	MV4	11	0:31:56.50	0:32:48.80	0:34:36.20	0:37:07.30	2:16:28.80	2:16:00.10
241	355	Steve	Barnes		M	MV2	36	0:33:42.50	0:33:54.10	0:35:23.35	0:34:48.00	2:17:47.95	2:17:16.90
242	356	Paul	Ellis		M	MV2	37	0:29:42.95	0:31:41.95	0:35:11.20	0:41:45.25	2:18:21.35	2:18:17.85
243	358	John	Pembery		M	MS	113	0:31:29.25	0:32:10.25	0:36:28.70	0:38:26.65	2:18:34.85	2:18:13.40
244	365	Steve	Sharpe		M	MV3	19	0:29:50.40	0:33:32.80	0:35:41.65	0:41:12.75	2:20:17.60	2:20:09.25
245	366	Tim	Triggs		M	MV1	48	0:30:02.10	0:33:16.95	0:37:11.45	0:39:49.65	2:20:20.15	2:20:09.85
246	369	Gary	Walsh		M	MV2	38	0:32:36.95	0:34:24.35	0:35:41.70	0:38:09.20	2:20:52.20	2:20:28.90
247	370	Colin	Haffenden		M	MS	114	0:28:34.75	0:32:53.75	0:36:41.45	0:43:11.80	2:21:21.75	2:21:16.10
248	371	Matthew	Dolan		M	MS	115	0:28:33.75	0:32:54.45	0:36:41.15	0:43:12.65	2:21:22.00	2:21:15.60
249	372	Anthony	Appadoo		M	MS	116	0:30:27.15	0:31:34.95	0:37:57.65	0:41:37.25	2:21:37.00	2:21:05.40
250	373	Andrew	Smith		M	MV5	11	0:33:52.95	0:34:51.80	0:35:25.30	0:37:45.50	2:21:55.55	2:21:33.35
251	374	Takashi	Kitatani		M	MS	117	0:31:40.15	0:32:39.25	0:37:47.90	0:39:52.10	2:21:59.40	2:21:27.25
252	377	Gordon	Banks		M	MS	118	0:33:52.10	0:36:08.25	0:36:23.10	0:36:28.35	2:22:51.80	2:22:22.25
253	382	Simon	Chapman	Bexhill Runners	M	N/A		0:30:53.60	0	0	0	2:23:26.25	2:22:53.00
254	385	Jim	Newton		M	MV1	49	0:31:23.50	0:31:01.35	0:38:40.55	0:45:06.85	2:26:12.25	2:25:32.85
255	388	James	Rampton		M	MV1	50	0:35:43.00	0:35:27.35	0:37:44.10	0:37:42.70	2:26:37.15	2:25:54.45
256	389	Kevin	Barbet		M	MV3	20	0:35:42.25	0:35:27.35	0:37:43.95	0:37:43.70	2:26:37.25	2:25:54.75
257	390	Gary	Winterton	Team Lifestyle	M	MV1	51	0:35:16.00	0:34:46.10	0:35:53.35	0:40:52.15	2:26:47.60	2:26:06.90
258	392	Gary	Wenham		M	MV2	39	0:32:38.20	0:34:24.30	0:38:59.45	0:42:24.05	2:28:26.00	2:28:01.80
259	394	Roy	Colam		M	MV5	12	0:35:03.40	0:36:38.15	0:39:04.85	0:38:36.65	2:29:23.05	2:28:45.85
260	395	Alistair	Colam		M	MS	119	0:35:03.10	0:36:37.10	0:39:05.65	0:38:37.30	2:29:23.15	2:28:45.45
261	398	Bob	Claridge		M	MV6	3	0:34:49.20	0:36:46.80	0:38:12.70	0:42:52.70	2:32:41.40	2:32:30.95
262	400	Phil	Jack		M	MV2	40	0:33:35.80	0:35:43.35	0:40:15.75	0:47:48.70	2:37:23.60	2:36:45.75
263	402	Thomas	Harrison	St Marys Tri Club	M	MJ	3	0:35:01.35	0:38:07.30	0:43:28.25	0:44:08.45	2:40:45.35	2:40:09.55
264	405	Eddie	Dolan	Bexhill Runners	M	MV7	1	0:39:39.35	0:41:55.15	0:45:45.00	0:49:20.50	2:56:40.00	2:56:02.00
265	408	Mark	Bonner		M	MV2	41	0:37:57.10	0:42:36.10	0:50:34.05	0:58:51.15	3:09:58.40	3:09:23.85
266	409	Robert	Turner		M	MS	120	0:37:57.55	0:42:36.35	0:50:32.90	0:58:51.75	3:09:58.55	3:09:23.70
	56		Unknown Runner			N/A		0:24:25.90	0:23:55.10	0:24:17.95	0:24:12.50	1:36:51.45	1:36:43.70