

# ESSLXC NEWPLACE PARK - 18 DECEMBER 2022 - SENIORS

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	829	0:28:46	Bradley Burke	Horsham Blue Star Harriers	NS	NS	SM	NS	NS	NS
2	804	0:28:51	John Barnes	Henfield Joggers	NS	NS	SM	NS	NS	NS
3	668	0:29:23	Patrick Marsden	Polegate Plodders	POLE	PSS	M35	300	SM1	1
4	608	0:30:20	Ben Pepler	Lewes Ac	LEW	LEW	SM	299	SM1	2
5	844	0:30:27	Fraser Macnicoll	Lewes Ac	LEW	LEW	SM	298	SM2	3
6	815	0:30:28	Paul Howard	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	297	M401	4
7	221	0:30:32	Ricky Coleman	Arena 80 Ac	A80	A80	SM	296	SM1	5
8	171	0:30:33	Jamie Kingdon	Uckfield Runners	UCK	HTH/UCK	SM	295	SM1	6
9	518	0:30:54	Will Withecombe	Hastings Runners	HR	HR/HAC	M35	294	SM1	7
10	433	0:31:03	Luke Tomsett	Eastbourne Rovers	EAST	EAST/BDY	SM	293	SM1	8
11	529	0:31:15	James Cox	Heathfield Road Runners	HEAT	HTH/UCK	M50	292	M501	9
12	791	0:31:17	Andrew Green	Uckfield Runners	UCK	HTH/UCK	SM	291	SM2	10
13	805	0:31:25	John Stoddart	Henfield Joggers	NS	NS	SM	NS	NS	NS
14	842	0:31:27	Michael Maxwell	Hastings AC	HAC	HR/HAC	SM	290	SM2	11
15	379	0:31:27	Peter Woodward	Crowborough Runners	CROW	CROW	M35	289	SM1	12
16	415	0:31:28	Stuart Pelling	Eastbourne Rovers	EAST	EAST/BDY	M35	288	SM2	13
17	767	0:31:29	Lewis Davies	Heathfield Road Runners	HEAT	HTH/UCK	SM	287	SM3	14
18	793	0:31:33	George Stewart	Lewes AC	LEW	LEW	SM	286	SM3	15
19	617	0:31:37	Adam Vaughan	Lewes Ac	LEW	LEW	M40	285	M401	16
20	303	0:31:42	Sam Dowler	Central Park Athletics	CPA	CPA	SM	284	SM1	17
21	241	0:31:44	Matthew Windham	Arena 80 Ac	A80	A80	M50	283	M501	18
22	604	0:32:13	Will Monnington	Lewes Ac	LEW	LEW	M35	282	SM4	19
23	115	0:32:19	Ollie Sprague	Seaford Striders	SEAF	PSS	SM	281	SM2	20
24	25	0:32:46	Alex Rawlinson	Portslade Hedgehoppers	HEDGE	HEDGE	SM	280	SM1	21
25	371	0:32:53	Dean Taylor	Crowborough Runners	CROW	CROW	M45	279	M401	22
26	376	0:32:54	Ollie Welch	Crowborough Runners	CROW	CROW	M35	278	SM2	23
27	207	0:33:07	Graeme Mcintosh	Wadhurst Runners	WAD	WAD	M40	277	M401	24
28	363	0:33:12	Jonathan Rafferty	Crowborough Runners	CROW	CROW	M45	276	M402	25
29	389	0:33:18	Richard Davis	Eastbourne Rovers	EAST	EAST/BDY	M35	275	SM3	26
30	579	0:33:19	Jonathan Burrell	Lewes Ac	LEW	LEW	M55	274	M501	27
31	117	0:33:25	Phill Stevenson	Seaford Striders	SEAF	PSS	M35	273	SM3	28
32	139	0:33:26	Matthew Dowle	Team Bodyworks	BDY	EAST/BDY	M45	272	M401	29
33	836	0:33:27	Rowan Tully	Seaford Striders	SEAF	PSS	SM	271	SM4	30
34	469	0:33:28	Grace Baker	Hastings Ac	HAC	HR/HAC	SF	200	SF1	31
35	289	0:33:38	Maciej Ozimkiewicz	Brighton Tri Club	BTNTRI	BTNTRI	M40	270	M401	32
36	13	0:33:39	Stewart Gregory	Portslade Hedgehoppers	HEDGE	HEDGE	M55	269	M501	33
37	259	0:33:44	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	268	M501	34
38	290	0:34:09	Angus Peters	Brighton Tri Club	BTNTRI	BTNTRI	SM	267	SM1	35
39	477	0:34:13	Sophie Markwick	Hastings Ac	HAC	HR/HAC	SF	199	SF2	36
40	107	0:34:16	James Marron	Seaford Striders	SEAF	PSS	M50	266	M501	37
41	337	0:34:18	Gordon Berry	Crowborough Runners	CROW	CROW	M45	265	M403	38
42	444	0:34:20	Rob Chrystie	Hailsham Harriers	HAIL	HAIL	M40	264	M401	39
43	266	0:34:24	Tom North	Bexhill Run Tri	BEX	BEX	M40	263	M401	40
44	104	0:34:26	Nick Farley	Seaford Striders	SEAF	PSS	M40	262	M401	41
45	109	0:34:29	Josh Nisbett	Seaford Striders	SEAF	PSS	SM	261	NSM1	42
46	526	0:34:47	Ian Bromley	Heathfield Road Runners	HEAT	HTH/UCK	M40	260	M401	43
47	327	0:34:56	Mark Smith	Central Park Athletics	CPA	CPA	M40	259	M401	44
48	840	0:35:03	Colin Bennett	Lewes AC	LEW	LEW	M55	258	M502	45
49	439	0:35:03	Carl Barton	Hailsham Harriers	HAIL	HAIL	M45	257	M402	46
50	362	0:35:04	Peter Noon	Crowborough Runners	CROW	CROW	M40	256	SM3	47
51	498	0:35:05	Yolanda King	Hastings Runners	HR	HR/HAC	SF	198	NSF1	48
52	816	0:35:10	Bowie Lycett	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	255	M402	49
53	410	0:35:12	Alison Moore	Eastbourne Rovers	EAST	EAST/BDY	SF	197	SF1	50
54	812	0:35:13	Terry Puxty	HY Runners	HYR	HYR	M45	254	M401	51
55	470	0:35:14	Chris Brandt	Hastings Ac	HAC	HR/HAC	M55	253	M501	52
56	101	0:35:19	Dave Dunstall	Seaford Striders	SEAF	PSS	M60	252	M601	53
57	830	0:35:22	Richard Pineles-West	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	251	SM1	54
58	360	0:35:23	Kirsty McDermott	Crowborough Runners	CROW	CROW	SF	196	SF1	55
59	807	0:35:25	Adam Davies	Hailsham Harriers	HAIL	HAIL	M40	250	M403	56
60	802	0:35:32	Alan Rolf	Eastbourne Rovers	EAST	EAST/BDY	M55	249	M501	57
61	576	0:35:33	Luke Blyth	Lewes Ac	LEW	LEW	SM	248	NSM1	58
62	442	0:35:34	Laurie Burrett	Hailsham Harriers	HAIL	HAIL	M35	247	SM1	59
63	394	0:35:37	Sue Fry	Eastbourne Rovers	EAST	EAST/BDY	F50	195	F501	60
64	505	0:35:38	Martin Noakes	Hastings Runners	HR	HR/HAC	M55	246	M502	61
65	813	0:35:44	Adam Styles	Crowborough Runners	CROW	CROW	M50	245	M501	62
66	338	0:35:45	Steve Bolton	Crowborough Runners	CROW	CROW	M60	244	M601	63
67	485	0:35:46	Darren Barzee	Hastings Runners	HR	HR/HAC	M55	243	M503	64
68	466	0:35:49	Graham Wooley	Hailsham Harriers	HAIL	HAIL	M40	242	SM2	65
69	235	0:35:57	Kevin Price	Arena 80 Ac	A80	A80	M50	241	M502	66
70	202	0:36:00	Leigh Harris	Wadhurst Runners	WAD	WAD	M45	240	M402	67
71	483	0:36:17	Dave Turner	Hastings Ac	HAC	HR/HAC	M50	239	M401	68
72	138	0:36:20	Johanna Dowle	Team Bodyworks	BDY	EAST/BDY	F45	194	F401	69
73	441	0:36:34	Tom Bilton	Hailsham Harriers	HAIL	HAIL	SM	238	SM3	70
74	425	0:36:35	Ben Skinner	Eastbourne Rovers	EAST	EAST/BDY	SM	237	SM4	71
75	89	0:36:36	Phil Wood	Run Wednesdays	RUNW	RUNW	M50	236	M501	72
76	122	0:36:39	Jeff Young	Seaford Striders	SEAF	PSS	M50	235	M502	73
77	402	0:36:44	Steve Hutchison	Eastbourne Rovers	EAST	EAST/BDY	M45	234	M402	74
78	405	0:36:55	Chris Lennard	Eastbourne Rovers	EAST	EAST/BDY	M45	233	M403	75
79	150	0:36:56	Ben Messer	Tri Tempo	TRIT	TRIT	M45	232	M401	76
80	364	0:36:58	Chris Russell	Crowborough Runners	CROW	CROW	M60	231	M602	77
81	174	0:37:01	Badrinath Mohandas	Uckfield Runners	UCK	HTH/UCK	M45	230	M402	78
82	521	0:37:06	Guy Blackden	Heathfield Road Runners	HEAT	HTH/UCK	M50	229	M502	79
83	833	0:37:12	Robyn Lumas	Brighton and Hove Frontrunn	FRONTR	FRONTR	SF	193	SF1	80

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84	474	0:37:14	Laura Gill	Hastings Ac	HAC	HR/HAC	F35	192	NSF2	81
85	220	0:37:19	Andy Clark	Arena 80 Ac	A80	A80	M50	228	M503	82
86	74	0:37:25	Stephen Offord	Run Wednesdays	RUNW	RUNW	M40	227	M401	83
87	496	0:37:27	Neil Jeffries	Hastings Runners	HR	HR/HAC	M60	226	M601	84
88	22	0:37:28	Geraldine Moffat	Portslade Hedgehoppers	HEDGE	HEDGE	F55	191	F501	85
89	406	0:37:30	Liz Lumber	Eastbourne Rovers	EAST	EAST/BDY	F55	190	F502	86
90	792	0:37:34	Peteer Ball	-	NS	NS	M35	NS	NS	NS
91	662	0:37:37	Liam Brooks	Polegate Plodders	POLE	PSS	M35	225	NSM2	87
92	476	0:37:38	Jenna Levett	Hastings Ac	HAC	HR/HAC	F35	189	NSF3	88
93	809	0:37:40	Graham Baker	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	224	SM2	89
94	412	0:37:44	Huw Oliphant	Eastbourne Rovers	EAST	EAST/BDY	M35	223	NSM1	90
95	797	0:37:47	Kevin Blowers	Hastings Runners	HR	HR/HAC	M60	222	M602	91
96	656	0:37:51	David Wharton	Meads Runners	MEAD	MEAD	M50	221	M501	92
97	611	0:37:53	David Prince-Iles	Lewes Ac	LEW	LEW	M65	220	M601	93
98	737	0:37:56	Caroline Wood	Arena 80 Ac	A80	A80	F55	188	F501	94
99	16	0:38:01	John Harding	Portslade Hedgehoppers	HEDGE	HEDGE	M60	219	M601	95
100	343	0:38:06	Bob Cook	Crowborough Runners	CROW	CROW	M50	218	M502	96
101	54	0:38:06	James Griffiths	Run Wednesdays	RUNW	RUNW	M45	217	M402	97
102	458	0:38:10	Dan Shipton	Hailsham Harriers	HAIL	HAIL	M45	216	SM4	98
103	385	0:38:12	Dave Buist	Eastbourne Rovers	EAST	EAST/BDY	M35	215	NSM2	99
104	357	0:38:13	Andrew Joad	Crowborough Runners	CROW	CROW	M55	214	M503	100
105	614	0:38:15	Helen Sida	Lewes Ac	LEW	LEW	F55	187	F501	101
106	673	0:38:20	Ian Weston	Polegate Plodders	POLE	PSS	M55	213	M503	102
107	523	0:38:24	William Blanford	Heathfield Road Runners	HEAT	HTH/UCK	M60	212	M601	103
108	86	0:38:25	Philip Visick	Run Wednesdays	RUNW	RUNW	M60	211	M601	104
109	163	0:38:27	Richard Goulder	Uckfield Runners	UCK	HTH/UCK	M50	210	M503	105
110	114	0:38:31	Ray Smith	Seaford Striders	SEAF	PSS	M50	209	M402	106
111	798	0:38:33	Anna Zorn	Uckfield Runners	UCK	HTH/UCK	F40	186	F401	107
112	358	0:38:38	Tony Lavender	Crowborough Runners	CROW	CROW	M50	208	SM4	108
113	540	0:38:42	Sarah Morris	Heathfield Road Runners	HEAT	HTH/UCK	F60	185	F601	109
114	390	0:38:43	Natalie Dawson	Eastbourne Rovers	EAST	EAST/BDY	F50	184	F402	110
115	514	0:38:44	Claire Thomas	Hastings Runners	HR	HR/HAC	F35	183	NSF4	111
116	800	0:38:50	Ross Taylor	-	NS	NS	M35	NS	NS	NS
117	77	0:38:52	Shane Smith	Run Wednesdays	RUNW	RUNW	M35	207	SM1	112
118	452	0:38:55	Helen O'Sullivan	Hailsham Harriers	HAIL	HAIL	F45	182	F401	113
119	799	0:39:03	Rachel Burgess	Arena 80 AC	A80	A80	F50	181	F502	114
120	593	0:39:04	Robert Gerardo	Lewes Ac	LEW	LEW	M40	206	M402	115
121	302	0:39:07	Susan Dixon	Central Park Athletics	CPA	CPA	F55	180	F501	116
122	659	0:39:12	Gill Wheeler	Meads Runners	MEAD	MEAD	F45	179	F401	117
123	547	0:39:16	Maria Smith	Heathfield Road Runners	HEAT	HTH/UCK	F45	178	F402	118
124	810	0:39:17	Brandon Pfeiffer	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	205	SM3	119
125	407	0:39:22	Stephen Marsden	Eastbourne Rovers	EAST	EAST/BDY	M40	204	NSM3	120
126	230	0:39:23	Michael Miller	Arena 80 Ac	A80	A80	M65	203	M601	121
127	403	0:39:33	Heather Jenner	Eastbourne Rovers	EAST	EAST/BDY	F35	177	SF2	122
128	424	0:39:36	Laura Seaman	Eastbourne Rovers	EAST	EAST/BDY	SF	176	NSF1	123
129	446	0:39:38	Jenny Katsoni	Hailsham Harriers	HAIL	HAIL	F35	175	SF1	124
130	582	0:39:40	Tony Deacon	Lewes Ac	LEW	LEW	M60	202	M602	125
131	573	0:39:41	Ed Barnes	Lewes Ac	LEW	LEW	M40	201	M403	126
132	834	0:39:41	James Harris	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	200	SM4	127
133	715	0:39:47	Jim Rowe	Run Wednesdays	RUNW	RUNW	M55	199	M502	128
134	105	0:39:48	Russell Hewlett	Seaford Striders	SEAF	PSS	M45	198	M403	129
135	116	0:39:48	Steve Sprague	Seaford Striders	SEAF	PSS	M45	197	NSM3	130
136	254	0:39:49	Grant Docksey	Bexhill Run Tri	BEX	BEX	M55	196	M502	131
137	52	0:39:53	Richard Gardiner	Run Wednesdays	RUNW	RUNW	M40	195	M403	132
138	820	0:39:53	Colin Keast	Brighton and Hove Frontrunn	FRONTR	FRONTR	SM	194	NSM1	133
139	607	0:39:54	Dominic Osman-Allu	Lewes Ac	LEW	LEW	M55	193	M503	134
140	51	0:39:56	Danny Garbett	Run Wednesdays	RUNW	RUNW	M55	192	M503	135
141	828	0:39:57	Hannah Roberts	-	NS	NS	SF	NS	NS	NS
142	73	0:40:10	Emma Murphy	Run Wednesdays	RUNW	RUNW	F40	174	F401	136
143	198	0:40:11	Clive De Vulder	Wadhurst Runners	WAD	WAD	M55	191	M501	137
144	448	0:40:15	Chris Little	Hailsham Harriers	HAIL	HAIL	M40	190	NSM1	138
145	20	0:40:27	Joanna Mabbitt	Portslade Hedgehoppers	HEDGE	HEDGE	SF	173	SF1	139
146	825	0:40:31	Darren Evans	Seaford Striders	SEAF	PSS	M55	189	NSM4	140
147	372	0:40:37	Anna Tolmachova	Crowborough Runners	CROW	CROW	F35	172	SF2	141
148	821	0:40:40	Marc Gumbrell	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	188	NSM2	142
149	811	0:40:41	Tom Doyle	Brighton and Hove Frontrunn	FRONTR	FRONTR	M45	187	M403	143
150	480	0:40:48	Amy Rodway	Hastings Ac	HAC	HR/HAC	F40	171	F401	144
151	111	0:40:52	Anneka Redley-Cook	Seaford Striders	SEAF	PSS	SF	170	SF1	145
152	145	0:40:53	Darren Broderick	Tri Tempo	TRIT	TRIT	M50	186	M501	146
153	819	0:40:58	Michele Nixon	Saint and Sinners	NS	NS	M45	NS	NS	NS
154	598	0:41:00	Gary Loughlin	Lewes Ac	LEW	LEW	M50	185	NSM2	147
155	787	0:41:02	Steve Burgess	Central Park Athletics	CPA	CPA	M45	184	M402	148
156	595	0:41:06	Ian Hilder	Lewes Ac	LEW	LEW	M60	183	NSM3	149
157	147	0:41:12	Daniel Laurent	Tri Tempo	TRIT	TRIT	M50	182	M502	150
158	516	0:41:14	Martin Turner	Hastings Runners	HR	HR/HAC	M50	181	M402	151
159	796	0:41:15	Peter Kennedy	Lewes AC	LEW	LEW	M70	180	NSM4	152
160	790	0:41:21	Liv Wise	Uckfield Runners	UCK	HTH/UCK	SF	169	SF1	153
161	252	0:41:29	Carole Crathern	Bexhill Run Tri	BEX	BEX	F55	168	F501	154
162	197	0:41:33	Mark Currah	Wadhurst Runners	WAD	WAD	M60	179	M601	155
163	191	0:41:36	Imogen Burman-Mitchell	Wadhurst Runners	WAD	WAD	F50	167	F501	156
164	378	0:41:37	Vicki Whitehorn	Crowborough Runners	CROW	CROW	F40	166	F401	157
165	69	0:41:38	Rory McIntyre	Run Wednesdays	RUNW	RUNW	M50	178	SM2	158
166	99	0:41:39	Jemma Crawford	Seaford Striders	SEAF	PSS	F35	165	SF2	159
167	43	0:41:39	Martyna Dalecka	Run Wednesdays	RUNW	RUNW	SF	164	SF1	160
168	432	0:41:49	Mike Thompson	Eastbourne Rovers	EAST	EAST/BDY	M65	177	M601	161
169	159	0:41:52	Rodney Dempster	Uckfield Runners	UCK	HTH/UCK	M50	176	M403	162

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170	242	0:41:54	Patrycja Wollnik	Arena 80 Ac	A80	A80	F45	163	F401	163
171	61	0:42:06	Tina Macenhill	Run Wednesdays	RUNW	RUNW	F50	162	F501	164
172	225	0:42:10	Jenny Hughes	Arena 80 Ac	A80	A80	F60	161	F601	165
173	735	0:42:11	Teo Van Well	Arena 80 Ac	A80	A80	M40	175	M401	166
174	835	0:42:20	Alex Darsley	Brighton and Hove Frontrunn	FRONTR	FRONTR	M35	174	NSM3	167
175	277	0:42:22	Geoff Tondeur	Bexhill Run Tri	BEX	BEX	M55	173	M503	168
176	499	0:42:24	Andy Knight	Hastings Runners	HR	HR/HAC	M55	172	M403	169
177	822	0:42:31	Paul Charlton	Team Bodyworks	BDY	EAST/BDY	M60	171	M602	170
178	843	0:42:32	James Bluring	Brighton and Hove Frontrunn	FRONTR	FRONTR	M40	170	NSM4	171
179	50	0:42:42	Tracy Erridge	Run Wednesdays	RUNW	RUNW	F50	160	F502	172
180	838	0:42:51	Carol Walters	Lewes AC	LEW	LEW	F60	159	F601	173
181	48	0:42:58	Hannah Edleston	Run Wednesdays	RUNW	RUNW	F45	158	F402	174
182	261	0:43:07	Alistair Marshman	Bexhill Run Tri	BEX	BEX	M50	169	M402	175
183	12	0:43:11	Phil Gale	Portslade Hedgehoppers	HEDGE	HEDGE	M40	168	M401	176
184	233	0:43:15	Bob Page	Arena 80 Ac	A80	A80	M60	167	M602	177
185	531	0:43:19	Edward Diplock	Heathfield Road Runners	HEAT	HTH/UCK	M50	166	SM4	178
186	525	0:43:25	Anne Bromley	Heathfield Road Runners	HEAT	HTH/UCK	F40	157	SF2	179
187	584	0:43:27	Karin Divall	Lewes Ac	LEW	LEW	F60	156	F602	180
188	826	0:43:31	Ron Van Heuvelen	Seaford Striders	SEAF	PSS	M55	165	NSM5	181
189	768	0:43:33	Mike Stokes	Bexhill Run Tri	BEX	BEX	M70	164	M601	182
190	566	0:43:36	Matthew Harmer	Hy Runners	HYR	HYR	M35	163	SM1	183
191	284	0:43:39	Rob Jessop	Brighton Tri Club	BTNTRI	BTNTRI	M35	162	SM2	184
192	831	0:43:40	John Thompson	Arena 80 Ac	A80	A80	M60	161	M402	185
193	285	0:43:40	Gabriel Lau	Brighton Tri Club	BTNTRI	BTNTRI	M45	160	M402	186
194	180	0:43:43	Kevin Smith	Uckfield Runners	UCK	HTH/UCK	M50	159	NSM1	187
195	173	0:43:47	Chris Lugg	Uckfield Runners	UCK	HTH/UCK	M40	158	NSM2	188
196	370	0:43:48	Tania Taran	Crowborough Runners	CROW	CROW	SF	155	NSF1	189
197	609	0:43:51	Andy Perris	Lewes Ac	LEW	LEW	M55	157	NSM5	190
198	788	0:43:59	Stuart McTeer	Central Park Athletics	CPA	CPA	M45	156	M403	191
199	361	0:44:02	Sue Newman	Crowborough Runners	CROW	CROW	F55	154	F501	192
200	279	0:44:03	Ros Addison	Brighton Tri Club	BTNTRI	BTNTRI	F60	153	F601	193
201	817	0:44:06	Ernie Stoddart	Brighton and Hove Frontrunn	FRONTR	FRONTR	M55	155	M501	194
202	479	0:44:09	Gareth Purves	Hastings Ac	HAC	HR/HAC	M40	154	SM3	195
203	435	0:44:10	Ciaran Weldon	Eastbourne Rovers	EAST	EAST/BDY	M50	153	M502	196
204	156	0:44:11	Gary Chown	Uckfield Runners	UCK	HTH/UCK	M55	152	NSM3	197
205	162	0:44:14	Nic Gibson	Uckfield Runners	UCK	HTH/UCK	M55	151	NSM4	198
206	591	0:44:19	David Foster	Lewes Ac	LEW	LEW	M55	150	NSM6	199
207	487	0:44:21	Piers Brunning	Hastings Runners	HR	HR/HAC	M60	149	SM4	200
208	297	0:44:26	Sally Carr	Central Park Athletics	CPA	CPA	F50	152	F502	201
209	176	0:44:29	Dionne Radloff	Uckfield Runners	UCK	HTH/UCK	F50	151	F501	202
210	489	0:44:32	Jane Coles	Hastings Runners	HR	HR/HAC	F55	150	F501	203
211	827	0:44:34	Leeland Pavey	Hailsham Harriers	HAIL	HAIL	M50	148	M501	204
212	461	0:44:36	Matt Southam	Hailsham Harriers	HAIL	HAIL	SM	147	NSM2	205
213	577	0:44:49	Helen Bowman	Lewes Ac	LEW	LEW	F55	149	F502	206
214	445	0:44:55	Hannah Deubert-Chapman	Hailsham Harriers	HAIL	HAIL	SF	148	SF2	207
215	664	0:45:00	Peter Cook	Polegate Plodders	POLE	PSS	M60	146	M602	208
216	666	0:45:00	Roger Humphries	Polegate Plodders	POLE	PSS	M65	145	NSM6	209
217	88	0:45:08	Fiona Williams	Run Wednesdays	RUNW	RUNW	SF	147	SF2	210
218	367	0:45:08	Heather Stevens	Crowborough Runners	CROW	CROW	F35	146	NSF2	211
219	524	0:45:13	Richard Blott	Heathfield Road Runners	HEAT	HTH/UCK	M50	144	NSM5	212
220	90	0:45:18	Philip Wright	Run Wednesdays	RUNW	RUNW	M45	143	SM3	213
221	655	0:45:24	Fiona Wallace	Meads Runners	MEAD	MEAD	F45	145	F402	214
222	504	0:45:30	Jo Nevett	Hastings Runners	HR	HR/HAC	F45	144	F402	215
223	212	0:45:38	Robert Weighell	Wadhurst Runners	WAD	WAD	M60	142	M602	216
224	517	0:45:41	Tamsin West	Hastings Runners	HR	HR/HAC	F35	143	NS	
225	839	0:45:45	Paul Rawlinson	Portslade Hedgehoppers	HEDGE	HEDGE	M60	141	M602	NS 217
226	249	0:45:49	Frances Burnham	Bexhill Run Tri	BEX	BEX	F60	142	F601	218
227	824	0:45:51	Sue Burnwell	Arena 80 AC	A80	A80	F60	141	F602	219
228	6	0:45:59	Judith Carder	Portslade Hedgehoppers	HEDGE	HEDGE	F65	140	F601	220
229	803	0:46:17	Guy Ramage	Hastings Runners	HR	HR/HAC	M55	140	NSM1	221
230	413	0:46:23	Scott O'Rourke	Eastbourne Rovers	EAST	EAST/BDY	M45	139	NSM4	222
231	41	0:46:28	Samantha Crompton	Run Wednesdays	RUNW	RUNW	F40	139	NSF1	223
232	316	0:46:29	Julian Mills	Central Park Athletics	CPA	CPA	M60	138	M601	224
233	33	0:46:33	Juliet Bradley	Run Wednesdays	RUNW	RUNW	F50	138	NSF2	225
234	395	0:46:35	Connie Hannam	Eastbourne Rovers	EAST	EAST/BDY	SF	137	NSF2	226
235	121	0:46:36	Peter Weeks	Seaford Striders	SEAF	PSS	M70	137	NS	NS
236	539	0:46:39	Jonathan Morris	Heathfield Road Runners	HEAT	HTH/UCK	M60	136	M602	227
237	512	0:46:43	Ruth Spiller	Hastings Runners	HR	HR/HAC	F55	136	F502	228
238	318	0:46:46	Christine Munday	Central Park Athletics	CPA	CPA	F45	135	F401	229
239	492	0:46:51	Paul Hope	Hastings Runners	HR	HR/HAC	M60	135	NSM2	230
240	542	0:46:54	Sharon Reed	Heathfield Road Runners	HEAT	HTH/UCK	F45	134	NSF1	231
241	15	0:46:59	Fran Hamilton	Portslade Hedgehoppers	HEDGE	HEDGE	F50	133	F502	232
242	333	0:47:07	Chris Ashby	Crowborough Runners	CROW	CROW	M55	134	NSM1	233
243	449	0:47:11	Victoria Little	Hailsham Harriers	HAIL	HAIL	F40	132	F402	234
244	38	0:47:13	Joanna Cain	Run Wednesdays	RUNW	RUNW	F35	131	NSF3	235
245	146	0:47:16	Ian Foxall	Tri Tempo	TRIT	TRIT	M45	133	M402	236
246	26	0:47:21	Ben Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	M60	132	M502	237
247	451	0:47:30	Samantha Neame	Hailsham Harriers	HAIL	HAIL	F35	130	NSF1	238
248	789	0:47:37	Kirsten McTeer	Central Park Athletics	CPA	CPA	F45	129	F402	239
249	136	0:47:50	Russell Aitkenhead	Team Bodyworks	BDY	EAST/BDY	M55	131	M503	240
250	193	0:47:53	Giles Clark	Wadhurst Runners	WAD	WAD	M60	130	M502	241
251	368	0:47:53	Roger Stone	Crowborough Runners	CROW	CROW	M65	129	NSM2	242
252	727	0:48:00	Shawn Buck	Arena 80 Ac	A80	A80	M65	128	M403	243
253	818	0:48:04	Frank Stone	Saint and Sinners	NS	NS	M60	NS	NS	NS
254	46	0:48:07	Nicola Degl'Innocenti	Run Wednesdays	RUNW	RUNW	F40	128	NSF4	244
255	801	0:48:09	Eileen Welch	Crowborough Runners	CROW	CROW	F45	127	F402	245

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256	170	0:48:17	Denise Kingdon	Uckfield Runners	UCK	HTH/UCK	SF		126	NSF2		246
257	35	0:48:18	Colin Burbage	Run Wednesdays	RUNW	RUNW	M60		127	M602		247
258	823	0:48:23	Matt Bocci		- NS	NS	M50	NS		NS	NS	
259	670	0:48:29	Michelle Pope	Polegate Plidders	POLE	PSS	F40		125	F401		248
260	622	0:48:42	Yan Wu	Lewes Ac	LEW	LEW	F50		124	F401		249
261	55	0:48:46	Nicole Henze	Run Wednesdays	RUNW	RUNW	F45		123	NS	NS	
262	161	0:48:52	Emily Gibson	Uckfield Runners	UCK	HTH/UCK	F45		122	NSF3		250
263	443	0:48:59	Julie Chicken	Hailsham Harriers	HAIL	HAIL	F60		121	F601		251
264	837	0:49:06	David Pettitt	Uckfield Runners	UCK	HTH/UCK	M55		126	NSM6		252
265	142	0:49:14	Karen Jaques	Team Bodyworks	BDY	EAST/BDY	M50		125	NSM5		253
266	522	0:49:18	Fleur Blanford	Heathfield Road Runners	HEAT	HTH/UCK	F60		120	F602		254
267	135	0:49:18	Julie Tremlin	Seafront Shufflers	SHUF	PSS	F60		119	F601		255
268	30	0:49:21	Mary Austin-Olsen	Run Wednesdays	RUNW	RUNW	F65		118	F601		256
269	326	0:49:24	Lindsey Sanders	Central Park Athletics	CPA	CPA	F40		117	SF1		257
270	832	0:49:35	Juliet Fines	Arena 80 AC	A80	A80	F50		116	F402		258
271	575	0:49:39	Hazel Bennington	Lewes Ac	LEW	LEW	F60		115	F402		259
272	14	0:49:43	Richard Guest	Portslade Hedgehoppers	HEDGE	HEDGE	M55		124	M503		260
273	113	0:49:53	Beverly Sheridan	Seaford Striders	SEAF	PSS	F60		114	F602		261
274	158	0:49:59	Paul Crawley	Uckfield Runners	UCK	HTH/UCK	M50		123	NS	NS	
275	605	0:50:19	Tim Monson	Lewes Ac	LEW	LEW	M60		122	NS	NS	
276	794	0:50:23	Sarah Hannam		- NS	NS	F45	NS		NS	NS	
277	795	0:50:23	Colin Hanks		- NS	NS	M55	NS		NS	NS	
278	738	0:50:26	Felicity Williams	Hailsham Harriers	HAIL	HAIL	F50		113	F501		262
279	503	0:50:33	Phil Morris	Hastings Runners	HR	HR/HAC	M55		121	NSM3		263
280	366	0:50:39	Graham Stevens	Crowborough Runners	CROW	CROW	M70		120	NSM3		264
281	131	0:50:42	Ian Pratt	Seafront Shufflers	SHUF	PSS	M50		119	NS	NS	
282	260	0:50:47	Malcolm Jones	Bexhill Run Tri	BEX	BEX	M65		118	M602		265
283	10	0:50:47	Steve Eke	Portslade Hedgehoppers	HEDGE	HEDGE	M65		117	M402		266
284	749	0:50:50	Graham Clark	Eastbourne Rovers	EAST	EAST/BDY	M65		116	NSM6		267
285	486	0:50:56	David Bratby	Hastings Runners	HR	HR/HAC	M65		115	NSM4		268
286	348	0:50:58	Mary Down	Crowborough Runners	CROW	CROW	F50		112	F502		269
287	234	0:50:59	Yvonne Patrick	Arena 80 Ac	A80	A80	F60		111	SF1		270
288	596	0:51:00	Bob Hughes	Lewes Ac	LEW	LEW	M70		114	NS	NS	
289	663	0:51:02	Kevin Burton	Polegate Plidders	POLE	PSS	M65		113	NS	NS	
290	214	0:51:04	Iain Willatt	Wadhurst Runners	WAD	WAD	M65		112	M503		271
291	484	0:51:25	Trish Audis	Hastings Runners	HR	HR/HAC	F65		110	F601		272
292	723	0:51:35	Swati Patel	Crowborough Runners	CROW	CROW	F50		109	NSF3		273
293	335	0:51:42	Kevin Battell	Crowborough Runners	CROW	CROW	M60		111	NSM4		274
294	553	0:51:51	Eleanor Wilkes	Heathfield Road Runners	HEAT	HTH/UCK	F45		108	NSF4		275
295	82	0:52:05	Richard Tickner	Run Wednesdays	RUNW	RUNW	M55		110	SM4		276
296	275	0:52:15	John Syddall	Bexhill Run Tri	BEX	BEX	M70		109	M403		277
297	380	0:52:21	Brioni Allcorn	Eastbourne Rovers	EAST	EAST/BDY	F55		107	NSF3		278
298	603	0:52:34	Peter Miller	Lewes Ac	LEW	LEW	M50		108	NS	NS	
299	132	0:52:38	Jon Raper	Seafront Shufflers	SHUF	PSS	M60		107	NS	NS	
300	112	0:52:44	Bronwyn Ryan	Seaford Striders	SEAF	PSS	SF		106	NSF1		279
301	204	0:52:49	Denise Jeffrey	Wadhurst Runners	WAD	WAD	F60		105	F601		280
302	181	0:53:01	Sarah Smith	Uckfield Runners	UCK	HTH/UCK	F50		104	F502		281
303	550	0:53:16	Steve Thompsett	Heathfield Road Runners	HEAT	HTH/UCK	M50		106	NS	NS	
304	416	0:53:24	Graham Penny	Eastbourne Rovers	EAST	EAST/BDY	M50		105	NS	NS	
305	538	0:53:45	Mark Hill	Heathfield Road Runners	HEAT	HTH/UCK	M50		104	NS	NS	
306	808	0:53:48	James Welburey	Crowborough Runners	CROW	CROW	M60		103	NSM5		282
307	186	0:53:57	Christine Tait	Uckfield Runners	UCK	HTH/UCK	F60		103	NS	NS	
308	520	0:54:00	Brian Barley	Heathfield Road Runners	HEAT	HTH/UCK	M50		102	NS	NS	
309	502	0:54:15	Sarah Marzaoli	Hastings Runners	HR	HR/HAC	F70		102	F602		283
310	551	0:54:31	Ann Townsend	Heathfield Road Runners	HEAT	HTH/UCK	F60		101	NS	NS	
311	224	0:54:32	Brigitte Groves	Arena 80 Ac	A80	A80	F60		100	SF2		284
312	1	0:54:40	Brian Winn	Polegate Plidders	POLE	PSS	M70		101	NS	NS	
313	93	0:54:41	Samantha Alvarez	Seaford Striders	SEAF	PSS	F50		99	F501		285
314	87	0:54:43	Rosalind Wilkins	Run Wednesdays	RUNW	RUNW	F50		98	NS	NS	
315	4	0:54:58	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70		97	F602		286
316	330	0:55:00	Peter Thomas	Central Park Athletics	CPA	CPA	M65		100	M602		287
317	152	0:55:11	Rachael Stephens	Tri Tempo	TRIT	TRIT	F50		96	F501		288
318	81	0:55:16	Helen Tickner	Run Wednesdays	RUNW	RUNW	F55		95	NS	NS	
319	331	0:55:38	Alex Valentino	Central Park Athletics	CPA	CPA	M60		99	M501		289
320	423	0:55:41	Helen Sanderson	Eastbourne Rovers	EAST	EAST/BDY	F50		94	NSF4		290
321	752	0:55:45	Kevin Wilks		- NS	NS	M50	NS		NS	NS	
322	356	0:55:54	Sarah Hilliard	Crowborough Runners	CROW	CROW	F60		93	F601		291
323	806	0:55:58	Dylan Beaver		- NS	NS	M45	NS		NS	NS	
324	216	0:56:02	Deborah Abalom	Arena 80 Ac	A80	A80	F65		92	NSF1		292
325	814	0:56:06	Sharon Wheeler	Crowborough Runners	CROW	CROW	F60		91	F602		293
326	346	0:56:07	Reuben Coppard	Crowborough Runners	CROW	CROW	SM		98	NSM6		294
327	130	0:56:08	Richard Meyer	Seafront Shufflers	SHUF	PSS	M40		97	NS	NS	
328	750	0:56:18	Nick Thompson	Hastings Runners	HR	HR/HAC	M45		96	NSM5		295
329	782	0:56:33	Amanda Davis	Seafront Shufflers	SHUF	PSS	F35		90	NSF2		296
330	53	0:56:35	Evelyn Griffiths	Run Wednesdays	RUNW	RUNW	F55		89	NS	NS	
331	164	0:56:36	Stephen Green	Uckfield Runners	UCK	HTH/UCK	M55		95	NS	NS	
332	70	0:56:41	Stuart Mckenzie	Run Wednesdays	RUNW	RUNW	M35		94	NSM1		297
333	67	0:56:42	Sally Mason	Run Wednesdays	RUNW	RUNW	F50		88	NS	NS	
334	541	0:56:56	Gilly Nickols	Heathfield Road Runners	HEAT	HTH/UCK	F60		87	NS	NS	
335	462	0:57:12	Ros Thomson	Hailsham Harriers	HAIL	HAIL	F50		86	F502		298
336	506	0:57:22	Yockie Richardson	Hastings Runners	HR	HR/HAC	F70		85	NS	NS	
337	151	0:57:37	Dee Poole	Tri Tempo	TRIT	TRIT	F50		84	F502		299
338	5	0:58:09	Simone Button	Portslade Hedgehoppers	HEDGE	HEDGE	F60		83	F401		300
339	311	0:58:27	Ann Komzolik	Central Park Athletics	CPA	CPA	F60		82	F601		301
340	165	0:58:35	Laura Grove	Uckfield Runners	UCK	HTH/UCK	F40		81	NS	NS	
341	179	0:58:36	Debra Richmond	Uckfield Runners	UCK	HTH/UCK	F50		80	NS	NS	

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342	169	0:58:51	James Kilvington	Uckfield Runners	UCK	HTH/UCK	M50	93	NS	NS
343	9	0:59:14	Ann Eke	Portslade Hedgehoppers	HEDGE	HEDGE	F65	79	F402	302
344	215	0:59:53	Anthony Wilson	Wadhurst Runners	WAD	WAD	M70	92	M403	303
345	511	1:00:07	Natasha Slow	Hastings Runners	HR	HR/HAC	F45	78	NS	NS
346	17	1:00:26	Peter Hedgethorpe	Portslade Hedgehoppers	HEDGE	HEDGE	M65	91	M403	304
347	419	1:00:39	Julie Reeves	Eastbourne Rovers	EAST	EAST/BDY	F40	77	NS	NS
348	549	1:01:11	Nicky Thompsett	Heathfield Road Runners	HEAT	HTH/UCK	F45	76	NS	NS
349	211	1:02:11	Wan Sze Walbridge	Wadhurst Runners	WAD	WAD	F45	75	F401	305
350	218	1:02:25	Richard Bates	Arena 80 Ac	A80	A80	M70	90	SM2	306
351	83	1:03:04	Emma Trenaman	Run Wednesdays	RUNW	RUNW	F40	74	NS	NS
352	75	1:03:05	Claire Shimmons	Run Wednesdays	RUNW	RUNW	F45	73	NS	NS
353	183	1:18:25	Beryl Stewart	Uckfield Runners	UCK	HTH/UCK	F70	72	NS	NS
354	157	1:18:27	Sarah Cooper	Uckfield Runners	UCK	HTH/UCK	F65	71	NS	NS

### DNF

734	Mark Stephenson	Arena 80 Ac	A80
293	Elizabeth Brookes	Central Park Athletics	CPA
127	Pam Hart	Seafront Shufflers	SHUF