

ESSLXC BLACKCAP - 18 FEBRUARY 2024 - SENIORS

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	177	0:29:28	ANDREW GREEN	Uckfield Runners	UCK	HTH/UCK	SM	300	SM1	1
2	566	0:29:59	JEREMY HENWOOD	Hastings AC	HAC	HR/HAC	M35	299	SM1	2
3	746	0:30:42	BEN PEPLER	Lewes AC	LEW	LEW	SM	298	SM1	3
4	571	0:31:01	MICHAEL MAXWELL	Hastings AC	HAC	HR/HAC	SM	297	SM2	4
5	438	0:31:08	COLIN TRICKER	Crowborough Runners	CROW	CROW	M40	296	M401	5
6	982	0:31:16	Miller Davies	Hastings AC	HAC	HR/HAC	SM	295	SM3	6
7	718	0:31:19	CHRIS COFFEY	Lewes AC	LEW	LEW	M35	294	SM2	7
8	942	0:31:27	RICHARD DOCWRA	Lewes AC	LEW	LEW	M50	293	M501	8
9	873	0:31:44	JACK HUTCHINSON	Seaford Striders	SEAF	PSST	M35	292	SM1	9
10	930	0:31:57	GRACE BAKER	Hastings AC	HAC	HR/HAC	SF	200	SF1	10
11	756	0:32:06	GEORGE STEWART	Lewes AC	LEW	LEW	SM	291	SM3	11
12	476	0:32:08	STUART PELLING	Eastbourne Rovers	EAST	EAST/BDY	M35	290	SM1	12
13	645	0:32:12	WILL WITHECOMBE	Hastings Runners	HR	HR/HAC	M35	289	SM4	13
14	221	0:32:14	GRAEME MCINTOSH	Wadhurst Runners	WAD	WAD	M40	288	M401	14
15	267	0:32:18	TEO VAN WELL	Arena 80 AC	A80	A80	M45	287	M401	15
16	975	0:32:25	PAUL HOWARD	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	286	M401	16
17	707	0:32:33	STUART PIPER	HY Runners	HYR	HYR	M35	285	SM1	17
18	442	0:32:59	PETER WOODWARD	Crowborough Runners	CROW	CROW	M40	284	M402	18
19	397	0:33:18	NEIL COUCHMAN	Crowborough Runners	CROW	CROW	M45	283	M403	19
20	104	0:33:21	MATT CLARE	Seaford Striders	SEAF	PSST	SM	282	SM2	20
21	976	0:33:31	OLIVER BLAYDEN	Heathfield Road Runners	HEAT	HTH/UCK	M45	281	M401	21
22	974	0:33:40	Jim Risdale	Arena 80 AC	A80	A80	M40	280	M402	22
23	485	0:33:41	MATT SOUTHAM	Eastbourne Rovers	EAST	EAST/BDY	M35	279	SM2	23
24	512	0:33:45	DAVID GARRATT	Hailsham Harriers	HAIL	HAIL	M35	278	SM1	24
25	326	0:33:47	JACK UPTON	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	277	M402	25
26	508	0:33:52	CHRIS DOHERTY	Hailsham Harriers	HAIL	HAIL	M35	276	SM2	26
27	701	0:33:56	JONATHAN HATCH	HY Runners	HYR	HYR	M40	275	M401	27
28	759	0:34:00	ADAM VAUGHAN	Lewes AC	LEW	LEW	M40	274	M401	28
29	10	0:34:02	STEWART GREGORY	Portslade Hedgehoppers	HEDGE	HEDGE	M55	273	M501	29
30	843	0:34:07	Damien Mills	-	NS	NS	M35	NS	NS	NS
31	729	0:34:15	BEN HODGSON	Lewes AC	LEW	LEW	M45	272	M402	30
32	494	0:34:21	CARL BARTON	Hailsham Harriers	HAIL	HAIL	M45	271	M401	31
33	500	0:34:26	LOS BURRETT	Hailsham Harriers	HAIL	HAIL	M40	270	M402	32
34	999	0:34:30	Darja Knotkova-Hanley	Lewes AC	LEW	LEW	SF	199	SF1	33
35	390	0:34:40	JAMES BRYANT	Crowborough Runners	CROW	CROW	SM	269	SM1	34
36	556	0:34:48	GARY WOOLVEN	Hailsham Harriers	HAIL	HAIL	M45	268	M403	35
37	969	0:34:56	Patrick McManus	Lewes AC	LEW	LEW	SM	267	SM4	36
38	21	0:34:58	ALEX RAWLINSON	Portslade Hedgehoppers	HEDGE	HEDGE	SM	266	SM1	37
39	624	0:35:01	CLAIRE READ	Hastings Runners	HR	HR/HAC	SF	198	SF2	38
40	612	0:35:03	PAUL LAMBERT	Hastings Runners	HR	HR/HAC	M35	265	NSM1	39
41	481	0:35:26	LOUISE RYAN	Eastbourne Rovers	EAST	EAST/BDY	SF	197	SF1	40
42	433	0:35:30	ADAM STYLES	Crowborough Runners	CROW	CROW	M50	264	M501	41
43	269	0:35:31	GARETH WILLIAMS	Arena 80 AC	A80	A80	M40	263	M403	42
44	105	0:35:36	SIMON COPPARD	Seaford Striders	SEAF	PSST	M50	262	M501	43
45	964	0:35:38	Ross Horsman	Hastings AC	HAC	HR/HAC	M40	261	M401	44
46	621	0:35:39	MARTIN NOAKES	Hastings Runners	HR	HR/HAC	M60	260	M601	45
47	584	0:35:41	DARREN BARZEE	Hastings Runners	HR	HR/HAC	M55	259	M501	46
48	337	0:35:43	ANGUS PETERS	Brighton Tri Club	BTNTRI	BTNTRI	SM	258	SM1	47
49	687	0:35:44	DAVID WOOLLARD	Heathfield Road Runners	HEAT	HTH/UCK	M40	257	M402	48
50	464	0:35:45	STEVE HUTCHISON	Eastbourne Rovers	EAST	EAST/BDY	M50	256	M501	49
51	959	0:35:53	BADRINATH MOHANDAS	Uckfield Runners	UCK	HTH/UCK	M45	255	M403	50
52	114	0:35:56	JAMES MARRON	Seaford Striders	SEAF	PSST	M50	254	M502	51
53	977	0:35:59	Dylan Koppschall	-	NS	NS	SM	NS	NS	NS
54	924	0:36:00	GORDON BERRY	Crowborough Runners	CROW	CROW	M45	253	SM2	52
55	350	0:36:04	TONY DUREY	Central Park Athletics	CPA	CPA	M60	252	M601	53
56	417	0:36:07	KIRSTY MCDERMOTT	Crowborough Runners	CROW	CROW	F35	196	SF1	54
57	586	0:36:17	CHRIS BRANDT	Hastings Runners	HR	HR/HAC	M55	251	M502	55
58	712	0:36:19	COLIN BENNETT	Lewes AC	LEW	LEW	M55	250	M502	56
59	132	0:36:21	JEFF YOUNG	Seaford Striders	SEAF	PSST	M50	249	M503	57
60	482	0:36:28	LAURA SEAMAN	Eastbourne Rovers	EAST	EAST/BDY	SF	195	SF2	58
61	497	0:36:39	TOM BILTON	Hailsham Harriers	HAIL	HAIL	SM	248	SM3	59
62	19	0:36:49	GERALDINE MOFFAT	Portslade Hedgehoppers	HEDGE	HEDGE	F55	194	F501	60
63	686	0:36:52	GUY WILLIAMS	Heathfield Road Runners	HEAT	HTH/UCK	M55	247	M501	61
64	70	0:36:59	RORY MCINTYRE	RunWednesdays	RUNW	RUNW	M50	246	M501	62
65	174	0:37:13	RODNEY DEMPSTER	Uckfield Runners	UCK	HTH/UCK	M55	245	M502	63
66	427	0:37:21	CHRIS RUSSELL	Crowborough Runners	CROW	CROW	M60	244	M601	64
67	159	0:37:30	GARY BURNHAM-JONES	Tri Tempo	TRIT	PSST	M50	243	M401	65
68	460	0:37:31	LEE HEWSON	Eastbourne Rovers	EAST	EAST/BDY	M35	242	SM3	66
69	424	0:37:39	JONATHAN RAFFERTY	Crowborough Runners	CROW	CROW	M45	241	SM3	67
70	998	0:37:42	Ed Tuckley	-	NS	NS	M35	NS	NS	NS
71	720	0:37:44	RHIAN DAVIES	Lewes AC	LEW	LEW	SF	193	SF2	68
72	619	0:37:55	MATTHEW MILLER	Hastings Runners	HR	HR/HAC	M55	240	M503	69
73	778	0:37:57	MARK FERRIS	Meads Runners	MEAD	MEAD	M40	239	M401	70
74	823	0:38:10	IAN WESTON	Polegate Plodders	POLE	PSST	M55	238	M402	71
75	984	0:38:17	Alice Denning	Hailsham Harriers	HAIL	HAIL	SF	192	SF1	72
76	477	0:38:22	LUKE REGAN	Eastbourne Rovers	EAST	EAST/BDY	M35	237	SM4	73
77	938	0:38:25	ANDREA HARWOOD	Bexhill Run Tri	BEX	BEX	F45	191	F401	74
78	271	0:38:27	CAROLINE WOOD	Arena 80 AC	A80	A80	F60	190	F601	75
79	400	0:38:28	ZACH DRAKE	Crowborough Runners	CROW	CROW	M40	236	SM4	76
80	411	0:38:30	ANDREW JOAD	Crowborough Runners	CROW	CROW	M55	235	M502	77
81	991	0:38:39	Jay Goulden	Lewes AC	LEW	LEW	M55	234	M503	78
82	995	0:38:39	Helena Rooney	Arena 80 AC	A80	A80	F35	189	SF1	79
83	540	0:38:44	GRAHAM PURDYE	Hailsham Harriers	HAIL	HAIL	M65	233	M601	80

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84	585	0:38:49	KEVIN BLOWERS	Hastings Runners	HR	HR/HAC	M60	232	M602	81
85	792	0:38:54	JAMES PREECE	Meads Runners	MEAD	MEAD	M35	231	SM1	82
86	310	0:38:58	DAMIAN BREWER	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M45	230	M403	83
87	635	0:38:59	CLAIRE THOMAS	Hastings Runners	HR	HR/HAC	F35	188	NSF1	84
88	533	0:39:02	HELEN O'SULLIVAN	Hailsham Harriers	HAIL	HAIL	F45	187	F401	85
89	905	0:39:03	LAURA ULANOWSKI	Brighton Tri Club	BTNTRI	BTNTRI	SF	186	SF1	86
90	563	0:39:06	ROB FERGUSON	Hastings AC	HAC	HR/HAC	M50	229	M402	87
91	545	0:39:13	DAN SHIPTON	Hailsham Harriers	HAIL	HAIL	M45	228	SM4	88
92	887	0:39:23	SAM BRETHERTON	Arena 80 AC	A80	A80	SM	227	SM1	89
93	90	0:39:28	PHILIP VISICK	RunWednesdays	RUNW	RUNW	M60	226	M601	90
94	743	0:39:33	SALLY NORRIS	Lewes AC	LEW	LEW	F40	185	F401	91
95	98	0:39:36	SAMANTHA ALVAREZ	Seaford Striders	SEAF	PSST	F50	184	F501	92
96	537	0:39:50	MARK POPE	Hailsham Harriers	HAIL	HAIL	M35	225	NSM1	93
97	989	0:39:56	Telmo Ferreira	Lewes AC	LEW	LEW	M45	224	M403	94
98	808	0:40:00	LIAM BROOKS	Polegate Plidders	POLE	PSST	M40	223	M403	95
99	739	0:40:01	STEFFAN MEYRIC HUGHE	Lewes AC	LEW	LEW	M45	222	NSM1	96
100	320	0:40:10	COLIN KEAST	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SM	221	SM1	97
101	116	0:40:11	JOSH NISBETT	Seaford Striders	SEAF	PSST	SM	220	SM3	98
102	970	0:40:15	STEPHEN MARSDEN	Eastbourne Rovers	EAST	EAST/BDY	M40	219	M401	99
103	55	0:40:15	JAMES GRIFFITHS	RunWednesdays	RUNW	RUNW	M50	218	M502	100
104	870	0:40:16	Nick Attwood	Hastings Runners	HR	HR/HAC	M40	217	M403	101
105	910	0:40:19	NICKY BIGNELL	Eastbourne Rovers	EAST	EAST/BDY	SF	183	NSF1	102
106	13	0:40:27	JOHN HARDING	Portslade Hedgehoppers	HEDGE	HEDGE	M60	216	M601	103
107	569	0:40:31	JENNA LEVETT	Hastings AC	HAC	HR/HAC	F35	182	NSF2	104
108	323	0:40:32	HOLLY O'FLANAGAN	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	181	SF1	105
109	802	0:40:35	DAVID WHARTON	Meads Runners	MEAD	MEAD	M50	215	M501	106
110	776	0:40:38	SARAH EDDIE	Meads Runners	MEAD	MEAD	F35	180	SF1	107
111	710	0:40:40	MARK WILSON	HY Runners	HYR	HYR	M40	214	M402	108
112	452	0:40:44	MARINA DAVIES	Eastbourne Rovers	EAST	EAST/BDY	F50	179	F501	109
113	231	0:40:50	NEIL THOMAS	Wadhurst Runners	WAD	WAD	M65	213	M601	110
114	551	0:40:56	ROBIN WARWICK	Hailsham Harriers	HAIL	HAIL	M45	212	NSM2	111
115	678	0:41:02	MARIA SMITH	Heathfield Road Runners	HEAT	HTH/UCK	F45	178	F401	112
116	660	0:41:05	EDWARD DIPLOCK	Heathfield Road Runners	HEAT	HTH/UCK	M50	211	M503	113
117	278	0:41:11	GRANT DOCKSEY	Bexhill Run Tri	BEX	BEX	M55	210	M501	114
118	1002	0:41:13	SIMON TREVENA	Hastings Runners	HR	HR/HAC	M50	209	NSM2	115
119	961	0:41:14	Chris Doyle	Brighton Tri Club	BTNTRI	BTNTRI	M50	208	M501	116
120	723	0:41:14	GERARD DUMMETT	Lewes AC	LEW	LEW	M65	207	M601	117
121	259	0:41:16	MICHAEL MILLER	Arena 80 AC	A80	A80	M65	206	M601	118
122	444	0:41:20	LYDIA ALLITT	Eastbourne Rovers	EAST	EAST/BDY	F45	177	F401	119
123	118	0:41:23	RICHARD PREECE	Seaford Striders	SEAF	PSST	M55	205	SM4	120
124	822	0:41:25	MARK WARDLE	Polegate Plidders	POLE	PSST	M60	204	M601	121
125	734	0:41:26	STEPHEN LANGRIDGE	Lewes AC	LEW	LEW	M60	203	M602	122
126	315	0:41:27	POPPY GOOCH	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	176	SF2	123
127	973	0:41:28	Paul Charlton	Polegate Plidders	POLE	PSST	M60	202	M602	124
128	546	0:41:29	CHRIS SHOULT	Hailsham Harriers	HAIL	HAIL	M40	201	NSM3	125
129	51	0:41:35	DANNY GARBETT	RunWednesdays	RUNW	RUNW	M55	200	M503	126
130	204	0:41:38	MARK CURRAH	Wadhurst Runners	WAD	WAD	M60	199	M602	127
131	610	0:41:40	JAMIE KENNEDY	Hastings Runners	HR	HR/HAC	M40	198	NSM3	128
132	490	0:41:44	MIKE THOMPSON	Eastbourne Rovers	EAST	EAST/BDY	M65	197	M601	129
133	25	0:41:49	LAURENCE SAVA	Portslade Hedgehoppers	HEDGE	HEDGE	M65	196	M602	130
134	332	0:41:55	KEVIN HANCOCK	Brighton Tri Club	BTNTRI	BTNTRI	M60	195	M601	131
135	71	0:42:01	STUART MCKENZIE	RunWednesdays	RUNW	RUNW	M40	194	M401	132
136	994	0:42:01	Chris Richards	Portslade Hedgehoppers	HEDGE	HEDGE	M40	193	M401	133
137	758	0:42:02	DOMINIC TANSLEY	Lewes AC	LEW	LEW	M45	192	NSM2	134
138	611	0:42:05	ANDY KNIGHT	Hastings Runners	HR	HR/HAC	M60	191	NSM4	135
139	738	0:42:13	KATHERINE MCCORRY	Lewes AC	LEW	LEW	F40	175	F402	136
140	431	0:42:20	HEATHER STEVENS	Crowborough Runners	CROW	CROW	F35	174	SF2	137
141	341	0:42:26	STEPHEN BURGESS	Central Park Athletics	CPA	CPA	M50	190	M501	138
142	343	0:42:32	JAMIE BUSHNELL	Central Park Athletics	CPA	CPA	M35	189	SM1	139
143	253	0:42:46	CHARLIE HEMPSTEAD	Arena 80 AC	A80	A80	M60	188	M602	140
144	789	0:42:54	STEVEN MASKELL	Meads Runners	MEAD	MEAD	M45	187	M402	141
145	503	0:43:01	DON CURRIE	Hailsham Harriers	HAIL	HAIL	M55	186	M501	142
146	985	0:43:02	Greg Anderson	Seaford Striders	SEAF	PSST	M50	185	NSM1	143
147	128	0:43:03	JEMMA VILE	Seaford Striders	SEAF	PSST	F35	173	SF1	144
148	257	0:43:05	JENNY HUGHES	Arena 80 AC	A80	A80	F60	172	F602	145
149	316	0:43:05	MARC GUMBRELL	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M35	184	SM2	146
150	120	0:43:07	ANNEKA REDLEY-COOK	Seaford Striders	SEAF	PSST	SF	171	SF2	147
151	110	0:43:08	RUSSELL HEWLETT	Seaford Striders	SEAF	PSST	M50	183	NSM2	148
152	18	0:43:09	DAVID MASKELL	Portslade Hedgehoppers	HEDGE	HEDGE	M60	182	M502	149
153	23	0:43:15	MIKE ROBSON	Portslade Hedgehoppers	HEDGE	HEDGE	M55	181	M503	150
154	530	0:43:17	ABIGAIL MORRIS	Hailsham Harriers	HAIL	HAIL	SF	170	SF2	151
155	333	0:43:19	JAUQUELINE HUNT	Brighton Tri Club	BTNTRI	BTNTRI	F45	169	F401	152
156	124	0:43:23	RAY SMITH	Seaford Striders	SEAF	PSST	M50	180	NSM3	153
157	652	0:43:24	WILLIAM BLANFORD	Heathfield Road Runners	HEAT	HTH/UCK	M60	179	M601	154
158	526	0:43:24	CHARLIE LONG	Hailsham Harriers	HAIL	HAIL	F40	168	F402	155
159	67	0:43:29	ALLAN MARSHALL	RunWednesdays	RUNW	RUNW	M50	178	M402	156
160	1000	0:43:32	Steven Barrett	Burgess Hill Runner	NS	NS	M45	NS	NS	NS
161	773	0:43:33	NICKY DEACY	Meads Runners	MEAD	MEAD	F45	167	F401	157
162	717	0:43:33	ANDREW CHITTY	Lewes AC	LEW	LEW	M65	177	NSM3	158
163	542	0:43:34	NADINE REYNOLDS	Hailsham Harriers	HAIL	HAIL	F40	166	NSF1	159
164	515	0:43:34	CONNIE GRIFFIN	Hailsham Harriers	HAIL	HAIL	F35	165	NSF2	160
165	992	0:43:40	Helen Bowman	Lewes AC	LEW	LEW	F55	164	F501	161
166	301	0:43:45	GEOFF TONDEUR	Bexhill Run Tri	BEX	BEX	M55	176	M502	162
167	270	0:43:48	PATRYCJA WOLLNIK	Arena 80 AC	A80	A80	F45	163	F401	163
168	187	0:43:55	NEIL MALTBY	Uckfield Runners	UCK	HTH/UCK	M55	175	SM2	164
169	736	0:44:06	GARY LOUGHLIN	Lewes AC	LEW	LEW	M50	174	NSM4	165

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170	434	0:44:07	CLAIRE STYLES	Crowborough Runners	CROW	CROW	F50	162	F501	166
171	262	0:44:12	BOB PAGE	Arena 80 AC	A80	A80	M65	173	M501	167
172	731	0:44:18	BOB HUGHES	Lewes AC	LEW	LEW	M70	172	NSM5	168
173	52	0:44:25	RICHARD GARDINER	RunWednesdays	RUNW	RUNW	M45	171	M403	169
174	157	0:44:25	FRANK BRENNAN	Tri Tempo	TRIT	PSST	M70	170	NSM4	170
175	820	0:44:30	MICHELLE POPE	Polegate Plodders	POLE	PSST	F40	161	F401	171
176	968	0:44:34	Susan Rae	Hastings Runners	HR	HR/HAC	F60	160	F601	172
177	206	0:44:40	CLIVE DE VULDER	Wadhurst Runners	WAD	WAD	M55	169	M501	173
178	181	0:44:43	TARA JOHNSON	Uckfield Runners	UCK	HTH/UCK	F45	159	F402	174
179	972	0:44:49	MICHAEL LOCKWOOD	Eastbourne Rovers	EAST	EAST/BDY	M35	168	NSM1	175
180	810	0:44:59	PETER COOK	Polegate Plodders	POLE	PSST	M60	167	NSM5	176
181	374	0:45:09	LINDSEY SANDERS	Central Park Athletics	CPA	CPA	F40	158	F401	177
182	990	0:45:10	Barry Angell	Central Park Athletics	CPA	CPA	M50	166	M502	178
183	978	0:45:18	IAN KING	Seaford Shufflers	SHUF	PSST	M55	165	NSM6	179
184	198	0:45:31	IMOGEN BURMAN-MITCHELL	Wadhurst Runners	WAD	WAD	F50	157	F501	180
185	325	0:45:35	ERNE STODDART	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M55	164	M501	181
186	475	0:45:43	BEN PAWLEY	Eastbourne Rovers	EAST	EAST/BDY	M40	163	M402	182
187	11	0:46:02	RICHARD GUEST	Portslade Hedgehoppers	HEDGE	HEDGE	M55	162	M402	183
188	788	0:46:03	CLAIRE LOCKWOOD	Meads Runners	MEAD	MEAD	F35	156	SF2	184
189	623	0:46:12	GUY RAMAGE	Hastings Runners	HR	HR/HAC	M55	161	NSM5	185
190	140	0:46:15	IAN PRATT	Seaford Shufflers	SHUF	PSST	M55	160	NS	NS
191	441	0:46:18	SCOTT WERNER	Crowborough Runners	CROW	CROW	M40	159	NSM1	186
192	200	0:46:25	GILES CLARK	Wadhurst Runners	WAD	WAD	M60	158	M502	187
193	180	0:46:31	LIZZIE HILLIER	Uckfield Runners	UCK	HTH/UCK	F40	155	SF1	188
194	40	0:46:33	SARAH CASE	RunWednesdays	RUNW	RUNW	F50	154	F501	189
195	306	0:46:38	PAUL ZIPPERLEN	Bexhill Run Tri	BEX	BEX	M50	157	M503	190
196	211	0:46:41	COLIN HARRIS	Wadhurst Runners	WAD	WAD	M55	156	M503	191
197	5	0:46:44	JUDITH CARDER	Portslade Hedgehoppers	HEDGE	HEDGE	F65	153	F601	192
198	142	0:46:47	JULIE TREMLIN	Seaford Shufflers	SHUF	PSST	F60	152	F601	193
199	401	0:46:58	MAX EAGER	Crowborough Runners	CROW	CROW	M55	155	M503	194
200	243	0:47:02	SUE BRUMWELL	Arena 80 AC	A80	A80	F60	151	F501	195
201	479	0:47:04	JENNY ROWLINSON	Eastbourne Rovers	EAST	EAST/BDY	SF	150	NSF2	196
202	12	0:47:08	FRAN HAMILTON	Portslade Hedgehoppers	HEDGE	HEDGE	F50	149	F502	197
203	983	0:47:14	POPPY ALDRICH	Hastings AC	HAC	HR/HAC	SF	148	NSF3	198
204	17	0:47:16	JO MABBITT	Portslade Hedgehoppers	HEDGE	HEDGE	SF	147	SF1	199
205	653	0:47:18	RICHARD BLOTT	Heathfield Road Runners	HEAT	HTH/UCK	M50	154	SM3	200
206	916	0:47:22	Holly Horseman	Hastings AC	HAC	HR/HAC	F40	146	F401	201
207	986	0:47:35	Robert Adams	Crowborough Runners	CROW	CROW	M50	153	NSM2	202
208	504	0:47:52	ROS DAINTREE	Hailsham Harriers	HAIL	HAIL	F65	145	F601	203
209	987	0:47:53	Monica Matseke	Wadhurst Runners	WAD	WAD	F50	144	F502	204
210	73	0:47:56	SARAH MORRIS (RW)	RunWednesdays	RUNW	RUNW	F45	143	F401	205
211	980	0:48:18	HAZEL AKEHURST	Seaford Shufflers	SHUF	PSST	F40	142	F402	206
212	307	0:48:21	TERRY AYRES	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M65	152	M601	207
213	363	0:48:25	JULIAN MILLS	Central Park Athletics	CPA	CPA	M60	151	M602	208
214	420	0:48:31	MARY NIGHTINGALE	Crowborough Runners	CROW	CROW	F65	141	F601	209
215	631	0:48:31	RUTH SPILLER	Hastings Runners	HR	HR/HAC	F55	140	F501	210
216	393	0:48:36	PERI CHEAL	Crowborough Runners	CROW	CROW	F60	139	F602	211
217	223	0:48:43	GILLIAN MILES	Wadhurst Runners	WAD	WAD	F55	138	F401	212
218	815	0:48:43	ROGER HUMPHRIES	Polegate Plodders	POLE	PSST	M65	150	NS	NS
219	459	0:48:52	HAYLEY HARRIS	Eastbourne Rovers	EAST	EAST/BDY	SF	137	NSF3	213
220	981	0:48:58	John Little	Lancing Eagles	NS	NS	M50	NS	NS	NS
221	646	0:49:00	JAN YOUNG	Hastings Runners	HR	HR/HAC	F60	136	F602	214
222	76	0:49:05	SCOTT O'ROURKE	RunWednesdays	RUNW	RUNW	M50	149	SM1	215
223	993	0:49:24	PIERS BRUNNING	Hastings Runners	HR	HR/HAC	M60	148	NSM6	216
224	900	0:49:32	DAVID BRATBY	Hastings Runners	HR	HR/HAC	M65	147	NS	NS
225	962	0:49:36	Paul Standen-Payne	Team Bodyworks	BDY	EAST/BDY	M45	146	M403	217
226	435	0:49:36	BRYAN TAPSELL	Crowborough Runners	CROW	CROW	M65	145	M602	218
227	967	0:49:50	Julie Chicken	Hailsham Harriers	HAIL	HAIL	F60	135	F602	219
228	319	0:49:56	DAVID HURST	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M65	144	M602	220
229	6	0:49:58	NEAL CASS	Portslade Hedgehoppers	HEDGE	HEDGE	M45	143	M403	221
230	408	0:50:01	JANE HEASMAN	Crowborough Runners	CROW	CROW	F45	134	F401	222
231	521	0:50:06	DEAN LAYEN	Hailsham Harriers	HAIL	HAIL	M40	142	NSM4	223
232	137	0:50:10	GRANT MEYER	Seaford Shufflers	SHUF	PSST	M40	141	NS	NS
233	213	0:50:11	DAVID HAYES	Wadhurst Runners	WAD	WAD	M55	140	M402	224
234	663	0:50:23	CHRISTOPHER GOLDING	Heathfield Road Runners	HEAT	HTH/UCK	M65	139	M602	225
235	31	0:50:33	MARY AUSTIN-OLSEN	RunWednesdays	RUNW	RUNW	F70	133	F601	226
236	649	0:50:36	BRIAN BARLEY	Heathfield Road Runners	HEAT	HTH/UCK	M50	138	SM4	227
237	412	0:50:37	JONATHAN KELLY	Crowborough Runners	CROW	CROW	M50	137	NSM3	228
238	58	0:50:42	CHRISSEY HIGGINS	RunWednesdays	RUNW	RUNW	F45	132	F402	229
239	979	0:51:01	ROSY CLEMENTS	Hastings AC	HAC	HR/HAC	F45	131	F402	230
240	117	0:51:13	STACEY POLLARD	Seaford Striders	SEAF	PSST	F35	130	NSF1	231
241	532	0:51:14	SAMANTHA NEAME	Hailsham Harriers	HAIL	HAIL	F35	129	NSF3	232
242	583	0:51:20	TRISH AUDIS	Hastings Runners	HR	HR/HAC	F65	128	F502	233
243	651	0:51:28	FLEUR BLANFORD	Heathfield Road Runners	HEAT	HTH/UCK	F60	127	F601	234
244	266	0:51:28	MARK STEPHENSON	Arena 80 AC	A80	A80	M60	136	M502	235
245	209	0:51:38	SALLY GREEN	Wadhurst Runners	WAD	WAD	F40	126	F402	236
246	210	0:51:40	STUART GREEN	Wadhurst Runners	WAD	WAD	M40	135	M403	237
247	280	0:51:43	DAGMARA GINTER	Bexhill Run Tri	BEX	BEX	F45	125	F402	238
248	416	0:51:55	SALLY MCCLEVERTY	Crowborough Runners	CROW	CROW	F60	124	F502	239
249	432	0:51:56	ROGER STONE	Crowborough Runners	CROW	CROW	M65	134	NSM4	240
250	764	0:51:59	YAN WU	Lewes AC	LEW	LEW	F50	123	F502	241
251	988	0:52:02	Lee Turner	Wadhurst Runners	WAD	WAD	M55	133	SM1	242
252	958	0:52:13	EMILIE MOFFAT	Seaford Shufflers	SHUF	PSST	SF	122	NSF2	243
253	373	0:52:23	DENISE ROSE	Central Park Athletics	CPA	CPA	F60	121	F601	244
254	37	0:52:25	COLIN BURBAGE	RunWednesdays	RUNW	RUNW	M60	132	M602	245
255	103	0:52:37	KAT CHAMBERLINE	Seaford Striders	SEAF	PSST	F35	120	NSF3	246

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256	604	0:52:43	PAUL HOPE	Hastings Runners	HR	HR/HAC	M65	131	NS	NS
257	149	0:52:45	JOE LAND	Team Bodyworks	BDY	EAST/BDY	M40	130	NSM2	247
258	665	0:52:51	MARK HILL	Heathfield Road Runners	HEAT	HTH/UCK	M55	129	NSM1	248
259	809	0:53:12	KEVIN BURTON	Polegate Plodders	POLE	PSST	M65	128	NS	NS
260	637	0:53:19	NICK THOMPSON	Hastings Runners	HR	HR/HAC	M50	127	NS	NS
261	199	0:53:28	BRIGID BURNHAM	Wadhurst Runners	WAD	WAD	F60	119	F601	249
262	971	0:53:30	Paul Lockwood	-	NS	NS	M70	NS	NS	NS
263	597	0:53:31	WILLIAM EDMONDSON	Hastings Runners	HR	HR/HAC	M65	126	NS	NS
264	430	0:53:36	GRAHAM STEVENS	Crowborough Runners	CROW	CROW	M70	125	NSM5	250
265	312	0:53:58	LENNY BUXTON	Brighton & Hove Frontrunner:	FRONTR	FRONTR	F40	118	F401	251
266	236	0:54:02	ELEANOR WIGRAM	Wadhurst Runners	WAD	WAD	F60	117	F602	252
267	24	0:54:26	SARAH RUSSELL	Portslade Hedgehoppers	HEDGE	HEDGE	F55	116	F401	253
268	897	0:54:34	Kelly Trebell	Hastings Runners	HR	HR/HAC	F45	115	NSF4	254
269	3	0:54:42	VAL BROCKWELL	Portslade Hedgehoppers	HEDGE	HEDGE	F70	114	F602	255
270	311	0:54:45	JOHN BROWN	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M55	124	M502	256
271	616	0:54:59	SARAH MARZAIOLI	Hastings Runners	HR	HR/HAC	F70	113	NS	NS
272	749	0:55:26	RICHARD RUDD	Lewes AC	LEW	LEW	M60	123	NSM6	257
273	681	0:55:33	STEVE THOMPSETT	Heathfield Road Runners	HEAT	HTH/UCK	M50	122	NSM2	258
274	398	0:56:10	RON CUTBILL	Crowborough Runners	CROW	CROW	M65	121	NSM6	259
275	113	0:56:22	JANE KEMP	Seaford Striders	SEAF	PSST	F40	112	NSF4	260
276	812	0:56:27	CAROLINE GEARING	Polegate Plodders	POLE	PSST	F55	111	F502	261
277	741	0:56:42	TIM MONSON	Lewes AC	LEW	LEW	M60	120	NS	NS
278	261	0:56:49	CHRIS NAYLOR	Arena 80 AC	A80	A80	F65	110	F502	262
279	348	0:56:50	SAM DISSANAYAKA	Central Park Athletics	CPA	CPA	M55	119	M503	263
280	648	0:57:01	FIONA BANFIELD	Heathfield Road Runners	HEAT	HTH/UCK	F55	109	F501	264
281	513	0:57:09	LOUISA GEER	Hailsham Harriers	HAIL	HAIL	F35	108	NSF4	265
282	93	0:57:10	ROSALIND WILKINS	RunWednesdays	RUNW	RUNW	F50	107	F502	266
283	165	0:57:27	DEE POOLE	Tri Tempo	TRIT	PSST	F50	106	NS	NS
284	218	0:57:39	DENISE JEFFREY	Wadhurst Runners	WAD	WAD	F60	105	SF1	267
285	428	0:57:39	JOJO SMITH	Crowborough Runners	CROW	CROW	F50	104	F402	268
286	358	0:57:40	MIKE LAWLOR	Central Park Athletics	CPA	CPA	M50	118	M401	269
287	997	0:58:03	Krista Barzee	Hastings Runners	HR	HR/HAC	F50	103	NS	NS
288	682	0:58:04	ANN TOWNSEND	Heathfield Road Runners	HEAT	HTH/UCK	F60	102	F602	270
289	201	0:58:06	PETER CLARK	Wadhurst Runners	WAD	WAD	M50	117	SM2	271
290	590	0:58:13	SHANA BURCHETT	Hastings Runners	HR	HR/HAC	F45	101	NS	NS
291	380	0:58:17	PETE THOMAS	Central Park Athletics	CPA	CPA	M65	116	M402	272
292	215	0:58:19	HELEN HOWARD	Wadhurst Runners	WAD	WAD	F45	100	SF2	273
293	205	0:58:19	SARA DALY	Wadhurst Runners	WAD	WAD	F40	99	NSF1	274
294	62	0:58:31	ANNE LOZAC'H	RunWednesdays	RUNW	RUNW	F45	98	SF1	275
295	963	0:58:36	Abbie Hills	Lewes AC	LEW	LEW	SF	97	NSF1	276
296	410	0:58:42	SARAH HILLIARD	Crowborough Runners	CROW	CROW	F60	96	NSF1	277
297	357	0:59:18	ANN KOMZOLIK	Central Park Athletics	CPA	CPA	F60	95	F602	278
298	141	0:59:28	JON RAPER	Seaford Shufflers	SHUF	PSST	M60	115	NS	NS
299	300	1:00:39	JOANNA SWAP	Bexhill Run Tri	BEX	BEX	F45	94	SF1	279
300	283	1:00:40	MANDIE HENDERSON	Bexhill Run Tri	BEX	BEX	F50	93	F501	280
301	598	1:00:59	JO EDWARDS	Hastings Runners	HR	HR/HAC	F60	92	NS	NS
302	230	1:01:18	SUSANNAH TAPP	Wadhurst Runners	WAD	WAD	F60	91	NSF2	281
303	996	1:02:30	Katherine Lambert	-	NS	NS	SF	NS	NS	NS
304	232	1:05:59	WAN SZE WALBRIDGE	Wadhurst Runners	WAD	WAD	F45	90	NSF3	282
305	238	1:06:00	ANTHONY WILSON	Wadhurst Runners	WAD	WAD	M70	114	SM3	283
306	220	1:07:01	JANE LAMBERT	Wadhurst Runners	WAD	WAD	F60	89	NSF4	284
307	664	1:08:37	NESS GRAY	Heathfield Road Runners	HEAT	HTH/UCK	F55	88	F502	285
308	680	1:08:38	NICKY THOMPSETT	Heathfield Road Runners	HEAT	HTH/UCK	F50	87	SF2	286
309	445	1:09:07	ROSIE BEALE	Eastbourne Rovers	EAST	EAST/BDY	SF	86	NSF4	287
310	449	1:09:07	EMMA BRIGGS	Eastbourne Rovers	EAST	EAST/BDY	F50	85	F502	288
311	535	1:16:04	GRAHAM PEARSON	Hailsham Harriers	HAIL	HAIL	M50	113	M502	289

DNF

No DNFs