

ESSLXC NEWPLACE - 15 DECEMBER 2024 - SENIORS

| Finishing position | Runner no | Time | Runner name | Club | Club Code | Team | Category | PTS | T CAT | T PTS |
|--------------------|-----------|----------|---------------------|------------------------------|-----------|----------|----------|-----|-------|-------|
| 1 | 7 | 00:32:07 | Steve Gates | HY Runners | HYR | HYR | M35 | 300 | SM1 | 1 |
| 2 | 62 | 0:32:28 | Ben Pepler | Lewes AC | LEW | LEW | SM | 299 | SM1 | 2 |
| 3 | 415 | 0:32:56 | Jake Greenwood | Central Park Athletics | CPA | CPA | SM | 298 | SM1 | 3 |
| 4 | 479 | 0:33:33 | COLIN TRICKER | Crowborough Runners | CROW | CROW | M40 | 297 | M401 | 4 |
| 5 | 121 | 0:33:48 | Patrick Marsden | Polegate Plodders | POLE | PSST | M35 | 296 | SM1 | 5 |
| 6 | 540 | 0:34:18 | Chris Doherty | Hailsham Harriers | HAIL | HAIL | M35 | 295 | SM1 | 6 |
| 7 | 367 | 0:34:25 | Paul Howard | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M40 | 294 | M401 | 7 |
| 8 | 312 | 0:34:50 | Graeme McIntosh | Wadhurst Runners | WAD | WAD | M40 | 293 | M401 | 8 |
| 9 | 437 | 0:34:51 | JAMES BRYANT | Crowborough Runners | CROW | CROW | SM | 292 | SM1 | 9 |
| 10 | 488 | 0:35:04 | Ant Anderson | Eastbourne Rovers | EAST | EAST/BDY | M35 | 291 | SM1 | 10 |
| 11 | 703 | 0:35:12 | Teo van Well | Brighton Phoenix | NS | NS | M45 | NS | NS | NS |
| 12 | 736 | 0:35:27 | Lewis Sida | Lewes AC | LEW | LEW | M55 | 290 | M501 | 11 |
| 13 | 71 | 0:35:44 | Miles Shepherd | Lewes AC | LEW | LEW | M35 | 289 | SM2 | 12 |
| 14 | 533 | 0:35:50 | Rob Chrystie | Hailsham Harriers | HAIL | HAIL | M40 | 288 | M401 | 13 |
| 15 | 704 | 0:35:58 | Jim Risdale | Brighton Phoenix | NS | NS | M40 | NS | NS | NS |
| 16 | 431 | 0:36:02 | SAM ATTWOOD | Crowborough Runners | CROW | CROW | SM | 287 | SM2 | 14 |
| 17 | 377 | 0:36:03 | Nigel Jewell | Bexhill Run Tri | BEX | BEX | M50 | 286 | M501 | 15 |
| 18 | 478 | 0:36:08 | DEAN TAYLOR | Crowborough Runners | CROW | CROW | M50 | 285 | M501 | 16 |
| 19 | 206 | 0:36:22 | Matthew Clare | Seaford Striders | SEAF | PSST | SM | 284 | SM2 | 17 |
| 20 | 25 | 0:36:25 | Jonathan Burrell | Lewes AC | LEW | LEW | M60 | 283 | M601 | 18 |
| 21 | 662 | 0:36:29 | JAMES COX | Heathfield Runners | HEAT | HTH/UCK | M50 | 282 | M501 | 19 |
| 22 | 595 | 0:36:39 | Simon Fiddler | Hastings AC | HAC | HR/HAC | M50 | 281 | M501 | 20 |
| 23 | 214 | 0:36:45 | Jack Hutchinson | Seaford Striders | SEAF | PSST | M35 | 280 | SM3 | 21 |
| 24 | 701 | 0:37:08 | Ben McNeill | Hastings Runners | HR | HR/HAC | SM | 279 | SM1 | 22 |
| 25 | 349 | 0:37:44 | JIM WATSON | Arena 80 AC | A80 | A80 | M50 | 278 | M501 | 23 |
| 26 | 474 | 0:38:00 | ADAM STYLES | Crowborough Runners | CROW | CROW | M50 | 277 | M502 | 24 |
| 27 | 461 | 0:38:05 | PETER NOON | Crowborough Runners | CROW | CROW | M40 | 276 | M402 | 25 |
| 28 | 498 | 0:38:10 | Liam Gunner | Eastbourne Rovers | EAST | EAST/BDY | M35 | 275 | SM2 | 26 |
| 29 | 43 | 0:38:12 | Ben Hodgson | Lewes AC | LEW | LEW | M50 | 274 | M502 | 27 |
| 30 | 15 | 0:38:21 | Joseph o'gorman | HY Runners | HYR | HYR | M40 | 273 | M401 | 28 |
| 31 | 203 | 0:38:24 | Luke Borland | Seaford Striders | SEAF | PSST | M35 | 272 | SM4 | 29 |
| 32 | 508 | 0:38:26 | Alison Moore | Eastbourne Rovers | EAST | EAST/BDY | SF | 200 | SF1 | 30 |
| 33 | 525 | 0:38:27 | Carl Barton | Hailsham Harriers | HAIL | HAIL | M45 | 271 | M402 | 31 |
| 34 | 335 | 0:38:28 | DAN HARMER | Arena 80 AC | A80 | A80 | M45 | 270 | M401 | 32 |
| 35 | 257 | 0:38:35 | Gary Burnham-Jones | Tri Tempo | TRIT | PSST | M50 | 269 | M501 | 33 |
| 36 | 38 | 0:38:39 | Dan Goodchild | Lewes AC | LEW | LEW | M35 | 268 | SM3 | 34 |
| 37 | 495 | 0:38:40 | Gianluca Del-Gaudio | Eastbourne Rovers | EAST | EAST/BDY | SM | 267 | SM3 | 35 |
| 38 | 354 | 0:38:42 | Paul Arthur | Brighton & Hove Frontrunner: | FRONTR | FRONTR | SM | 266 | SM1 | 36 |
| 39 | 700 | 0:38:52 | Ed Tuckley | | NS | NS | M35 | NS | NS | NS |
| 40 | 524 | 0:39:13 | Phil Wood | Eastbourne Rovers | EAST | EAST/BDY | M50 | 265 | M501 | 37 |
| 41 | 443 | 0:39:18 | ZACH DRAKE | Crowborough Runners | CROW | CROW | M45 | 264 | M403 | 38 |
| 42 | 235 | 0:39:20 | Austin Warren | Seaford Striders | SEAF | PSST | M55 | 263 | M502 | 39 |
| 43 | 639 | 0:39:22 | Martin Noakes | Hastings Runners | HR | HR/HAC | M60 | 262 | M601 | 40 |
| 44 | 251 | 0:39:28 | Robert Light | Team Bodyworks | BDY | EAST/BDY | M50 | 261 | M502 | 41 |
| 45 | 503 | 0:39:31 | Steve Hutchinson | Eastbourne Rovers | EAST | EAST/BDY | M50 | 260 | M503 | 42 |
| 46 | 588 | 0:39:39 | Chris Brandt | Hastings AC | HAC | HR/HAC | M60 | 259 | M602 | 43 |
| 47 | 144 | 0:39:41 | Eddie Lancaster | Portslade Hedgehoppers | HEDGE | HEDGE | M45 | 258 | M401 | 44 |
| 48 | 147 | 0:39:50 | Geraldine Moffat | Portslade Hedgehoppers | HEDGE | HEDGE | F60 | 199 | F601 | 45 |
| 49 | 729 | 0:39:56 | Sam Brooks | Brighton & Hove Frontrunner: | FRONTR | FRONTR | SM | 257 | SM2 | 46 |
| 50 | 516 | 0:39:57 | Marco Rours | Eastbourne Rovers | EAST | EAST/BDY | SM | 256 | SM4 | 47 |
| 51 | 624 | 0:40:13 | Steven Hoath | Hastings Runners | HR | HR/HAC | M35 | 255 | SM2 | 48 |
| 52 | 538 | 0:40:17 | Alice Denning | Hailsham Harriers | HAIL | HAIL | SF | 198 | SF1 | 49 |
| 53 | 273 | 0:40:20 | Richard Goulder | Uckfield Runners | UCK | HTH/UCK | M50 | 254 | M502 | 50 |
| 54 | 584 | 0:40:23 | Gary Woolven | Hailsham Harriers | HAIL | HAIL | M45 | 253 | M403 | 51 |
| 55 | 433 | 0:40:24 | GORDON BERRY | Crowborough Runners | CROW | CROW | M45 | 252 | SM3 | 52 |
| 56 | 27 | 0:40:26 | Robert Cooper | Lewes AC | LEW | LEW | M45 | 251 | M401 | 53 |
| 57 | 279 | 0:40:27 | Badrinath Mohandas | Uckfield Runners | UCK | HTH/UCK | M45 | 250 | M401 | 54 |
| 58 | 728 | 0:40:37 | Aaron Pooley | Seaford Striders | SEAF | PSST | M35 | 249 | NSM1 | 55 |
| 59 | 730 | 0:40:48 | Rob Dyke | Lewes AC | LEW | LEW | M45 | 248 | M402 | 56 |
| 60 | 135 | 0:40:51 | Andy Elphick | Portslade Hedgehoppers | HEDGE | HEDGE | M55 | 247 | M501 | 57 |
| 61 | 709 | 0:41:02 | Randall Joy-Camacho | Portslade Hedgehoppers | HEDGE | HEDGE | M55 | 246 | M502 | 58 |
| 62 | 554 | 0:41:05 | Claire Keith | Hailsham Harriers | HAIL | HAIL | F35 | 197 | SF2 | 59 |
| 63 | 53 | 0:41:10 | Patrick McManus | Lewes AC | LEW | LEW | SM | 245 | SM4 | 60 |
| 64 | 604 | 0:41:15 | Paul Mc Cleery | Hastings AC | HAC | HR/HAC | M50 | 244 | M502 | 61 |
| 65 | 693 | 0:41:21 | Jonathan Darley | Lewes AC | LEW | LEW | SM | 243 | NSM1 | 62 |
| 66 | 34 | 0:41:31 | Ian Fines | Lewes AC | LEW | LEW | M60 | 242 | M602 | 63 |
| 67 | 142 | 0:41:36 | John Harding | Portslade Hedgehoppers | HEDGE | HEDGE | M60 | 241 | M601 | 64 |
| 68 | 167 | 0:41:41 | Johanna Dowle | RunWednesdays | RUNW | RUNW | F45 | 196 | F401 | 65 |
| 69 | 513 | 0:41:45 | Jamie Regan | Eastbourne Rovers | EAST | EAST/BDY | M35 | 240 | NSM1 | 66 |
| 70 | 98 | 0:41:53 | Claire Lockwood | Meads Runners | MEAD | MEAD | F35 | 195 | SF1 | 67 |
| 71 | 73 | 0:41:58 | Mark Stainthorpe | Lewes AC | LEW | LEW | M50 | 239 | M503 | 68 |
| 72 | 682 | 0:42:02 | DAVID WOOLLARD | Heathfield Runners | HEAT | HTH/UCK | M45 | 238 | M402 | 69 |
| 73 | 221 | 0:42:06 | Damian Partridge | Seaford Striders | SEAF | PSST | M40 | 237 | M401 | 70 |
| 74 | 353 | 0:42:12 | CAROLINE WOOD | Arena 80 AC | A80 | A80 | F60 | 194 | F601 | 71 |
| 75 | 175 | 0:42:19 | James Griffiths | RunWednesdays | RUNW | RUNW | M50 | 236 | M501 | 72 |
| 76 | 80 | 0:42:21 | Philip Westbury | Lewes AC | LEW | LEW | M45 | 235 | M403 | 73 |
| 77 | 451 | 0:42:25 | HANNAH JACKSON | Crowborough Runners | CROW | CROW | SF | 193 | SF1 | 74 |
| 78 | 574 | 0:42:26 | Katy Reed | Hailsham Harriers | HAIL | HAIL | F40 | 192 | F401 | 75 |
| 79 | 366 | 0:42:31 | Marc Gumbrell | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M35 | 234 | SM3 | 76 |
| 80 | 39 | 0:42:33 | Phil Grabsky | Lewes AC | LEW | LEW | M60 | 233 | NSM2 | 77 |
| 81 | 716 | 0:42:35 | LEON MILLER | Heathfield Runners | HEAT | HTH/UCK | M50 | 232 | M503 | 78 |
| 82 | 452 | 0:42:36 | ANDREW JOAD | Crowborough Runners | CROW | CROW | M60 | 231 | M601 | 79 |
| 83 | 29 | 0:42:38 | Tony Deacon | Lewes AC | LEW | LEW | M60 | 230 | NSM3 | 80 |

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|-----|-----|---------|------------------------|------------------------------|--------|----------|-----|-----|------|-----|
| 84 | 158 | 0:42:40 | Ollie Blanks | RunWednesdays | RUNW | RUNW | M35 | 229 | SM1 | 81 |
| 85 | 286 | 0:42:44 | Alan Buckle | Wadhurst Runners | WAD | WAD | M65 | 228 | M601 | 82 |
| 86 | 396 | 0:42:49 | Jeremy Sankey | Bexhill Run Tri | BEX | BEX | M60 | 227 | M601 | 83 |
| 87 | 269 | 0:42:54 | Rodney Dempster | Uckfield Runners | UCK | HTH/UCK | M55 | 226 | M403 | 84 |
| 88 | 671 | 0:42:57 | CHRIS MATTHEWS | Heathfield Runners | HEAT | HTH/UCK | M45 | 225 | SM1 | 85 |
| 89 | 651 | 0:42:58 | Martin Turner | Hastings Runners | HR | HR/HAC | M55 | 224 | M503 | 86 |
| 90 | 613 | 0:43:04 | Kevin Blowers | Hastings Runners | HR | HR/HAC | M60 | 223 | M401 | 87 |
| 91 | 59 | 0:43:12 | Sally Norris | Lewes AC | LEW | LEW | F45 | 191 | F401 | 88 |
| 92 | 229 | 0:43:18 | Ray Smith | Seaford Striders | SEAF | PSST | M50 | 222 | M503 | 89 |
| 93 | 93 | 0:43:19 | Sarah Eddie | Meads Runners | MEAD | MEAD | F40 | 190 | F401 | 90 |
| 94 | 577 | 0:43:23 | Chris Shout | Hailsham Harriers | HAIL | HAIL | M40 | 221 | SM2 | 91 |
| 95 | 219 | 0:43:25 | Lizzy Miles | Seaford Striders | SEAF | PSST | F40 | 189 | F401 | 92 |
| 96 | 496 | 0:43:41 | Richard Fox | Eastbourne Rovers | EAST | EAST/BDY | M55 | 220 | M401 | 93 |
| 97 | 702 | 0:43:45 | Maria Smith | Hailsham Harriers | HAIL | HAIL | F45 | 188 | F402 | 94 |
| 98 | 629 | 0:43:48 | Neil Jeffries | Hastings Runners | HR | HR/HAC | M60 | 219 | M402 | 95 |
| 99 | 566 | 0:43:49 | Oli Paterson | Hailsham Harriers | HAIL | HAIL | SM | 218 | SM3 | 96 |
| 100 | 398 | 0:43:57 | Jamie Tiltman | Bexhill Run Tri | BEX | BEX | M35 | 217 | SM1 | 97 |
| 101 | 504 | 0:44:09 | Heather Jenner | Eastbourne Rovers | EAST | EAST/BDY | F40 | 187 | F401 | 98 |
| 102 | 223 | 0:44:14 | Richard Preece | Seaford Striders | SEAF | PSST | M55 | 216 | M402 | 99 |
| 103 | 369 | 0:44:17 | Colin Keast | Brighton & Hove Frontrunner: | FRONTR | FRONTR | SM | 215 | SM4 | 100 |
| 104 | 197 | 0:44:22 | Philip Visick | RunWednesdays | RUNW | RUNW | M60 | 214 | M601 | 101 |
| 105 | 155 | 0:44:35 | Jonni Andrews | RunWednesdays | RUNW | RUNW | M60 | 213 | M602 | 102 |
| 106 | 40 | 0:44:36 | Emily Hague | Lewes AC | LEW | LEW | SF | 186 | SF1 | 103 |
| 107 | 647 | 0:44:40 | Claire Thomas | Hastings Runners | HR | HR/HAC | F40 | 185 | F401 | 104 |
| 108 | 384 | 0:44:48 | Grant Docksey | Bexhill Run Tri | BEX | BEX | M55 | 212 | M502 | 105 |
| 109 | 150 | 0:44:52 | Laurence Sava | Portslade Hedgehoppers | HEDGE | HEDGE | M70 | 211 | M602 | 106 |
| 110 | 493 | 0:44:58 | Marina Davies | Eastbourne Rovers | EAST | EAST/BDY | F50 | 184 | F501 | 107 |
| 111 | 652 | 0:45:02 | Jacob Wilkinson | Hastings Runners | HR | HR/HAC | M40 | 210 | M403 | 108 |
| 112 | 681 | 0:45:09 | GUY WILLIAMS | Heathfield Runners | HEAT | HTH/UCK | M55 | 209 | SM2 | 109 |
| 113 | 446 | 0:45:11 | JOHN EVEREST | Crowborough Runners | CROW | CROW | M35 | 208 | SM4 | 110 |
| 114 | 555 | 0:45:12 | Chris Little | Hailsham Harriers | HAIL | HAIL | M40 | 207 | SM4 | 111 |
| 115 | 318 | 0:45:17 | Annabel Preston | Wadhurst Runners | WAD | WAD | F50 | 183 | F501 | 112 |
| 116 | 347 | 0:45:31 | HELENA ROONEY | Arena 80 AC | A80 | A80 | F35 | 182 | SF1 | 113 |
| 117 | 124 | 0:45:33 | Mark Wardle | Polegate Plidders | POLE | PSST | M60 | 206 | M601 | 114 |
| 118 | 734 | 0:45:38 | TIM PROBERT | Crowborough Runners | CROW | CROW | M45 | 205 | NSM1 | 115 |
| 119 | 732 | 0:45:41 | Tom Doyle | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M45 | 204 | M402 | 116 |
| 120 | 397 | 0:45:43 | Neil Smith | Bexhill Run Tri | BEX | BEX | M45 | 203 | M401 | 117 |
| 121 | 237 | 0:45:45 | Jennifer Williams | Seaford Striders | SEAF | PSST | F35 | 181 | SF1 | 118 |
| 122 | 185 | 0:45:47 | Stuart McKenzie | RunWednesdays | RUNW | RUNW | M40 | 202 | M401 | 119 |
| 123 | 707 | 0:45:49 | Dave Miller | RunWednesdays | RUNW | RUNW | M45 | 201 | M402 | 120 |
| 124 | 553 | 0:45:51 | Jenny Katsoni | Hailsham Harriers | HAIL | HAIL | F35 | 180 | NSF1 | 121 |
| 125 | 264 | 0:45:55 | Sean Wright | Tri Tempo | TRIT | PSST | M55 | 200 | M403 | 122 |
| 126 | 33 | 0:45:57 | Carl Dowling | Lewes AC | LEW | LEW | M50 | 199 | NSM4 | 123 |
| 127 | 26 | 0:46:01 | Andrew Chitty | Lewes AC | LEW | LEW | M70 | 198 | NSM5 | 124 |
| 128 | 374 | 0:46:08 | Amy Richardson | Brighton & Hove Frontrunner: | FRONTR | FRONTR | SF | 179 | SF1 | 125 |
| 129 | 10 | 0:46:16 | Matthew Harmer | HY Runners | HYR | HYR | M35 | 197 | SM2 | 126 |
| 130 | 333 | 0:46:20 | SIMON CLARK | Arena 80 AC | A80 | A80 | M55 | 196 | M502 | 127 |
| 131 | 670 | 0:46:34 | TONY LAVENDER | Heathfield Runners | HEAT | HTH/UCK | M50 | 195 | SM3 | 128 |
| 132 | 50 | 0:46:39 | Gary Loughlin | Lewes AC | LEW | LEW | M55 | 194 | NSM6 | 129 |
| 133 | 106 | 0:46:47 | David Wharton | Meads Runners | MEAD | MEAD | M50 | 193 | M501 | 130 |
| 134 | 725 | 0:46:49 | Michele Nixon | Crawley Saints and Sinners | NS | NS | F45 | NS | NS | |
| 135 | 581 | 0:46:54 | Robin Warwick | Hailsham Harriers | HAIL | HAIL | M45 | 192 | NSM1 | 131 |
| 136 | 244 | 0:46:58 | Dave Kitchener | Seaford Shufflers | SHUF | PSST | M60 | 191 | M602 | 132 |
| 137 | 341 | 0:47:01 | MICHAEL MILLER | Arena 80 AC | A80 | A80 | M65 | 190 | M601 | 133 |
| 138 | 321 | 0:47:03 | David Smith | Wadhurst Runners | WAD | WAD | M60 | 189 | M602 | 134 |
| 139 | 631 | 0:47:04 | Andy Knight | Hastings Runners | HR | HR/HAC | M60 | 188 | SM3 | 135 |
| 140 | 112 | 0:47:05 | Paul Charlton | Polegate Plidders | POLE | PSST | M60 | 187 | NSM2 | 136 |
| 141 | 154 | 0:47:22 | Tony Wright | Portslade Hedgehoppers | HEDGE | HEDGE | M60 | 186 | M503 | 137 |
| 142 | 70 | 0:47:33 | Emma Shepherd | Lewes AC | LEW | LEW | F35 | 178 | SF2 | 138 |
| 143 | 171 | 0:47:43 | Simon French | RunWednesdays | RUNW | RUNW | M50 | 185 | M502 | 139 |
| 144 | 334 | 0:47:48 | JULIE DRAKE | Arena 80 AC | A80 | A80 | F55 | 177 | F501 | 140 |
| 145 | 172 | 0:47:50 | Richard Gardiner | RunWednesdays | RUNW | RUNW | M45 | 184 | M403 | 141 |
| 146 | 145 | 0:47:57 | Jo Mabbitt | Portslade Hedgehoppers | HEDGE | HEDGE | F35 | 176 | SF1 | 142 |
| 147 | 360 | 0:48:01 | Alex Darsley | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M40 | 183 | M403 | 143 |
| 148 | 523 | 0:48:06 | Mike Thompson | Eastbourne Rovers | EAST | EAST/BDY | M65 | 182 | M601 | 144 |
| 149 | 60 | 0:48:10 | Dominic Osman-Allu | Lewes AC | LEW | LEW | M60 | 181 | NS | NS |
| 150 | 606 | 0:48:16 | Gareth Purves | Hastings AC | HAC | HR/HAC | M40 | 180 | SM4 | 145 |
| 151 | 42 | 0:48:23 | Ian Hilder | Lewes AC | LEW | LEW | M65 | 179 | NS | NS |
| 152 | 712 | 0:48:26 | Lucy Walter | Bexhill Run Tri | BEX | BEX | F40 | 175 | F401 | 146 |
| 153 | 455 | 0:48:28 | ALASTAIR LEE | Crowborough Runners | CROW | CROW | M60 | 178 | M602 | 147 |
| 154 | 365 | 0:48:31 | Poppy Gooch | Brighton & Hove Frontrunner: | FRONTR | FRONTR | SF | 174 | SF2 | 148 |
| 155 | 356 | 0:48:33 | James Blurring | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M40 | 177 | NSM1 | 149 |
| 156 | 140 | 0:48:43 | Richard Guest | Portslade Hedgehoppers | HEDGE | HEDGE | M55 | 176 | M402 | 150 |
| 157 | 169 | 0:49:05 | Hannah Edleston | RunWednesdays | RUNW | RUNW | F45 | 173 | F402 | 151 |
| 158 | 338 | 0:49:06 | JENNY HUGHES | Arena 80 AC | A80 | A80 | F60 | 172 | F602 | 152 |
| 159 | 570 | 0:49:11 | Mark Pope | Hailsham Harriers | HAIL | HAIL | M35 | 175 | NSM2 | 153 |
| 160 | 683 | 0:49:17 | Brian Slaughter | Eastbourne Rovers | EAST | EAST/BDY | M65 | 174 | M602 | 154 |
| 161 | 332 | 0:49:18 | JULIET FINE | Arena 80 AC | A80 | A80 | F50 | 171 | F502 | 155 |
| 162 | 183 | 0:49:41 | Allan Marshall | RunWednesdays | RUNW | RUNW | M50 | 173 | M503 | 156 |
| 163 | 400 | 0:49:42 | Geoffrey Tondeur | Bexhill Run Tri | BEX | BEX | M55 | 172 | M503 | 157 |
| 164 | 136 | 0:49:43 | Phil Gale | Portslade Hedgehoppers | HEDGE | HEDGE | M45 | 171 | M403 | 158 |
| 165 | 272 | 0:49:51 | Nic Gibson | Uckfield Runners | UCK | HTH/UCK | M55 | 170 | SM4 | 159 |
| 166 | 477 | 0:50:04 | BRYAN TAPSELL | Crowborough Runners | CROW | CROW | M65 | 169 | M503 | 160 |
| 167 | 436 | 0:50:05 | ASHLEY BOX | Crowborough Runners | CROW | CROW | M50 | 168 | NSM2 | 161 |
| 168 | 472 | 0:50:13 | HEATHER STEVENS | Crowborough Runners | CROW | CROW | F40 | 170 | F401 | 162 |
| 169 | 288 | 0:50:21 | Imogen Burman-Mitchell | Wadhurst Runners | WAD | WAD | F50 | 169 | F502 | 163 |

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| 170 | 281 | 0:50:24 | Kevin Smith | Uckfield Runners | UCK | HTH/UCK | M55 | | 167 | NSM1 | 164 |
| 171 | 462 | 0:50:36 | JANIE PERRY | Crowborough Runners | CROW | CROW | F50 | | 168 | F501 | 165 |
| 172 | 8 | 0:50:39 | Susannah Gates | HY Runners | HYR | HYR | F35 | | 167 | SF1 | 166 |
| 173 | 476 | 0:50:40 | CLAIRE STYLES | Crowborough Runners | CROW | CROW | F55 | | 166 | F502 | 167 |
| 174 | 259 | 0:50:42 | Phil Long | Tri Tempo | TRIT | PSST | M55 | | 166 | NSM3 | 168 |
| 175 | 706 | 0:50:45 | Jamie Yates | RunWednesdays | RUNW | RUNW | M35 | | 165 | SM2 | 169 |
| 176 | 534 | 0:50:48 | Belinda Cramp | Hailsham Harriers | HAIL | HAIL | F55 | | 165 | F501 | 170 |
| 177 | 122 | 0:50:49 | Michelle Pope | Polegate Plidders | POLE | PSST | F40 | | 164 | F402 | 171 |
| 178 | 151 | 0:50:55 | Ben Walsh | Portslade Hedgehoppers | HEDGE | HEDGE | M60 | | 164 | SM1 | 172 |
| 179 | 719 | 0:51:10 | Tim Perkins | RunWednesdays | RUNW | RUNW | M45 | | 163 | SM3 | 173 |
| 180 | 444 | 0:51:10 | LOUISE ELLIS | Crowborough Runners | CROW | CROW | F50 | | 163 | F402 | 174 |
| 181 | 148 | 0:51:17 | Paul Rawlinson | Portslade Hedgehoppers | HEDGE | HEDGE | M65 | | 162 | SM2 | 175 |
| 182 | 715 | 0:51:38 | RACHEL MILLER | Heathfield Runners | HEAT | HTH/UCK | F50 | | 162 | F501 | 176 |
| 183 | 484 | 0:51:43 | SCOTT WERNER | Crowborough Runners | CROW | CROW | M40 | | 161 | NSM3 | 177 |
| 184 | 241 | 0:51:46 | Jo French | Seafrost Shufflers | SHUF | PSST | F45 | | 161 | SF2 | 178 |
| 185 | 737 | 0:51:48 | Nick Pierce | Tunbridge Wells Harriers | NS | NS | M65 | NS | NS | NS | |
| 186 | 438 | 0:51:59 | LORNA BUCKWELL | Crowborough Runners | CROW | CROW | F45 | | 160 | SF2 | 179 |
| 187 | 287 | 0:52:44 | Peter Burfoot | Wadhurst Runners | WAD | WAD | M70 | | 160 | M501 | 180 |
| 188 | 11 | 0:52:48 | Michelle Hart | HY Runners | HYR | HYR | F50 | | 159 | F501 | 181 |
| 189 | 618 | 0:52:54 | Jane Coles | Hastings Runners | HR | HR/HAC | F55 | | 158 | F501 | 182 |
| 190 | 722 | 0:53:05 | Daniella Gavin | | - | NS | NS | SF | NS | NS | NS |
| 191 | 721 | 0:53:06 | Alice Richardson | | - | NS | NS | SF | NS | NS | NS |
| 192 | 561 | 0:53:11 | Abi Morris | Hailsham Harriers | HAIL | HAIL | SF | | 157 | NSF2 | 183 |
| 193 | 199 | 0:53:14 | Philip Wright | RunWednesdays | RUNW | RUNW | M45 | | 159 | SM4 | 184 |
| 194 | 120 | 0:53:18 | Roger Humphries | Polegate Plidders | POLE | PSST | M65 | | 158 | NSM4 | 185 |
| 195 | 453 | 0:53:28 | LOUISE KNAPP | Crowborough Runners | CROW | CROW | SF | | 156 | NSF1 | 186 |
| 196 | 723 | 0:53:37 | Benny Fiddimore | Wadhurst Runners | WAD | WAD | SM | | 157 | SM1 | 187 |
| 197 | 46 | 0:53:43 | Bob Hughes | Lewes AC | LEW | LEW | M70 | | 156 | NS | NS |
| 198 | 330 | 0:53:45 | SUE BRUMWELL | Arena 80 AC | A80 | A80 | F60 | | 155 | F401 | 188 |
| 199 | 447 | 0:53:47 | LAWRY FREEMAN | Crowborough Runners | CROW | CROW | M50 | | 155 | NSM4 | 189 |
| 200 | 131 | 0:53:53 | Judith Carder | Portslade Hedgehoppers | HEDGE | HEDGE | F65 | | 154 | F602 | 190 |
| 201 | 181 | 0:53:56 | Danielle Lee | RunWednesdays | RUNW | RUNW | F40 | | 153 | SF1 | 191 |
| 202 | 535 | 0:53:58 | Ros Daintree | Hailsham Harriers | HAIL | HAIL | F65 | | 152 | F601 | 192 |
| 203 | 402 | 0:54:02 | Paul Zipperlen | Bexhill Run Tri | BEX | BEX | M50 | | 154 | M402 | 193 |
| 204 | 325 | 0:54:04 | Rob Weighell | Wadhurst Runners | WAD | WAD | M65 | | 153 | M502 | 194 |
| 205 | 32 | 0:54:07 | Sharon Donovan | Lewes AC | LEW | LEW | F45 | | 151 | F402 | 195 |
| 206 | 61 | 0:54:14 | Jenny Patterson | Lewes AC | LEW | LEW | F45 | | 150 | NSF1 | 196 |
| 207 | 724 | 0:54:15 | Claire Alleguen | Brighton & Hove Frontrunner: | FRONTR | FRONTR | F45 | | 149 | F401 | 197 |
| 208 | 252 | 0:54:17 | Paul Payne | Team Bodyworks | BDY | EAST/BDY | M50 | | 152 | M402 | 198 |
| 209 | 64 | 0:54:24 | Poppy Pittock | Lewes AC | LEW | LEW | SF | | 148 | NSF2 | 199 |
| 210 | 708 | 0:54:30 | Philippa Jones | | - | NS | NS | F55 | NS | NS | NS |
| 211 | 54 | 0:54:41 | Peter Miller | Lewes AC | LEW | LEW | M55 | | 151 | NS | NS |
| 212 | 638 | 0:54:51 | Jo Nevelt | Hastings Runners | HR | HR/HAC | F50 | | 147 | F502 | 200 |
| 213 | 589 | 0:54:54 | Francis Burnham | Hastings AC | HAC | HR/HAC | F65 | | 146 | F601 | 201 |
| 214 | 552 | 0:54:57 | Felicity Williams | Hailsham Harriers | HAIL | HAIL | F50 | | 145 | F502 | 202 |
| 215 | 659 | 0:54:59 | WILLIAM BLANFORD | Heathfield Runners | HEAT | HTH/UCK | M60 | | 150 | M601 | 203 |
| 216 | 164 | 0:55:10 | Sarah Case | RunWednesdays | RUNW | RUNW | F50 | | 144 | F501 | 204 |
| 217 | 99 | 0:55:15 | Paul Lockwood | Meads Runners | MEAD | MEAD | M70 | | 149 | M601 | 205 |
| 218 | 249 | 0:55:26 | Ian Pratt | Seafrost Shufflers | SHUF | PSST | M55 | | 148 | NSM5 | 206 |
| 219 | 28 | 0:55:29 | Claire Davis | Lewes AC | LEW | LEW | F45 | | 143 | NSF3 | 207 |
| 220 | 383 | 0:55:29 | Catherine Crombie | Bexhill Run Tri | BEX | BEX | F50 | | 142 | F501 | 208 |
| 221 | 563 | 0:55:32 | Kevin Morris | Hailsham Harriers | HAIL | HAIL | M60 | | 147 | M601 | 209 |
| 222 | 713 | 0:55:34 | Amy McKeown | Seafrost Shufflers | SHUF | PSST | F35 | | 141 | NSF1 | 210 |
| 223 | 182 | 0:55:38 | Fenella Maloney | RunWednesdays | RUNW | RUNW | F55 | | 140 | F502 | 211 |
| 224 | 83 | 0:55:45 | Fran Witt | Lewes AC | LEW | LEW | F55 | | 139 | F501 | 212 |
| 225 | 532 | 0:55:53 | Julie Chicken | Hailsham Harriers | HAIL | HAIL | F60 | | 138 | F602 | 213 |
| 226 | 68 | 0:55:54 | Richard Rudd | Lewes AC | LEW | LEW | M60 | | 146 | NS | NS |
| 227 | 41 | 0:55:56 | Claire Hawes | Lewes AC | LEW | LEW | F50 | | 137 | F502 | 214 |
| 228 | 137 | 0:56:24 | Gemma Gilroy | Portslade Hedgehoppers | HEDGE | HEDGE | F45 | | 136 | F401 | 215 |
| 229 | 687 | 0:56:37 | David Greenaway | Polegate Plidders | POLE | PSST | M50 | | 145 | NSM6 | 216 |
| 230 | 304 | 0:56:42 | Denise Jeffrey | Wadhurst Runners | WAD | WAD | F60 | | 135 | F601 | 217 |
| 231 | 222 | 0:56:52 | Stacey Pollard | Seaford Striders | SEAF | PSST | F35 | | 134 | NSF2 | 218 |
| 232 | 21 | 0:56:56 | Hazel Bennington | Lewes AC | LEW | LEW | F60 | | 133 | F601 | 219 |
| 233 | 186 | 0:56:59 | Gina Morelli | RunWednesdays | RUNW | RUNW | F45 | | 132 | SF2 | 220 |
| 234 | 735 | 0:57:03 | KIRSTY WEEDING | Crowborough Runners | CROW | CROW | SF | | 131 | NSF2 | 221 |
| 235 | 616 | 0:57:06 | Piers Brunning | Hastings Runners | HR | HR/HAC | M60 | | 144 | NSM1 | 222 |
| 236 | 646 | 0:57:13 | Ruth Spiller | Hastings Runners | HR | HR/HAC | F60 | | 130 | F602 | 223 |
| 237 | 36 | 0:57:27 | Emma Gardner | Lewes AC | LEW | LEW | F50 | | 129 | NSF4 | 224 |
| 238 | 246 | 0:57:56 | Grant Meyer | Seafrost Shufflers | SHUF | PSST | M40 | | 143 | NS | NS |
| 239 | 717 | 0:58:15 | Laura Scott | Hastings AC | HAC | HR/HAC | F40 | | 128 | F402 | 225 |
| 240 | 726 | 0:58:20 | Frank Stone | Crawley Saints and Sinners | NS | NS | M60 | NS | NS | NS | |
| 241 | 705 | 0:58:32 | Stephanie Bassett | Hailsham Harriers | HAIL | HAIL | F45 | | 127 | NSF3 | 226 |
| 242 | 556 | 0:58:33 | Victoria Little | Hailsham Harriers | HAIL | HAIL | F40 | | 126 | NSF4 | 227 |
| 243 | 537 | 0:58:40 | Julie Deakin | Hailsham Harriers | HAIL | HAIL | F55 | | 125 | NS | NS |
| 244 | 718 | 0:58:42 | Graham Panton | Brighton & Hove Frontrunner: | FRONTR | FRONTR | M40 | | 142 | NSM2 | 228 |
| 245 | 658 | 0:58:49 | FLEUR BLANFORD | Heathfield Runners | HEAT | HTH/UCK | F60 | | 124 | F601 | 229 |
| 246 | 141 | 0:58:53 | Fran Hamilton | Portslade Hedgehoppers | HEDGE | HEDGE | F50 | | 123 | F501 | 230 |
| 247 | 710 | 0:58:56 | Tatiana Nedialkova | Lewes AC | LEW | LEW | F40 | | 122 | NS | NS |
| 248 | 156 | 0:59:10 | Mary Austin-Olsen | RunWednesdays | RUNW | RUNW | F70 | | 121 | F601 | 231 |
| 249 | 432 | 0:59:34 | KEVIN BATTLE | Crowborough Runners | CROW | CROW | M60 | | 141 | NSM5 | 232 |
| 250 | 457 | 1:00:01 | SALLY McCLEVERTY | Crowborough Runners | CROW | CROW | F65 | | 120 | F601 | 233 |
| 251 | 421 | 1:00:02 | Julian Mills | Central Park Athletics | CPA | CPA | M60 | | 140 | M601 | 234 |
| 252 | 161 | 1:00:18 | Colin Babbage | RunWednesdays | RUNW | RUNW | M65 | | 139 | NSM1 | 235 |
| 253 | 439 | 1:00:19 | MEG CALCUTT | Crowborough Runners | CROW | CROW | SF | | 119 | NSF3 | 236 |
| 254 | 471 | 1:00:43 | GRAHAM STEVENS | Crowborough Runners | CROW | CROW | M70 | | 138 | NSM6 | 237 |
| 255 | 656 | 1:00:59 | BRIAN BARLEY | Heathfield Runners | HEAT | HTH/UCK | M50 | | 137 | NSM2 | 238 |

