

ESSLXC BLACKCAP - 12 JANUARY 2025 - SENIORS V3

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	119	0:28:52	Matthew Grindrod	Polegate Plodders	POLE	PSST	SM	300	SM1	1
2	7	0:29:05	Steve Gates	HY AC	HYAC	HYAC	M35	299	SM1	2
3	415	0:29:28	Jake Greenwood	Central Park Athletics	CPA	CPA	SM	298	SM1	3
4	62	0:29:50	Ben Pepler	Lewes AC	LEW	LEW	SM	297	SM1	4
5	479	0:30:23	COLIN TRICKER	Crowborough Runners	CROW	CROW	M40	296	M401	5
6	540	0:30:28	Chris Doherty	Hailsham Harriers	HAIL	HAIL	M35	295	SM1	6
7	312	0:30:29	Graeme McIntosh	Wadhurst Runners	WAD	WAD	M40	294	M401	7
8	437	0:30:34	JAMES BRYANT	Crowborough Runners	CROW	CROW	SM	293	SM1	8
9	367	0:30:37	Paul Howard	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	292	M401	9
10	727	0:30:42	Stuart Rowen	Haywards Heath	NS	NS	M50	NS	NS	NS
11	488	0:30:53	Ant Anderson	Eastbourne Rovers	EAST	EAST/BDY	M35	291	SM1	10
12	764	0:30:56	Stephen Lamprell	Brighton Tri	NS	NS	M45	NS	NS	NS
13	71	0:31:44	Miles Shepherd	Lewes AC	LEW	LEW	M35	290	SM2	11
14	510	0:31:52	Stuart Pelling	Eastbourne Rovers	EAST	EAST/BDY	M35	289	SM2	12
15	796	0:32:02	Jim Risdale	Brighton Phoenix	NS	NS	M40	NS	NS	NS
16	55	0:32:08	Will Monnington	Lewes AC	LEW	LEW	M35	288	SM3	13
17	743	0:32:15	Fraser MacNicol	Lewes AC	LEW	LEW	M35	287	SM4	14
18	752	0:32:19	Jay Hillier	-	NS	NS	M35	NS	NS	NS
19	78	0:32:22	Adam Vaughan	Lewes AC	LEW	LEW	M45	286	M401	15
20	377	0:32:23	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	285	M501	16
21	220	0:32:26	Josh Nisbett	Seaford Striders	SEAF	PSST	SM	284	SM2	17
22	741	0:32:38	Marcus Kimmins	Haywards Heath	NS	NS	M50	NS	NS	NS
23	217	0:32:42	James Marron	Seaford Striders	SEAF	PSST	M50	283	M501	18
24	25	0:32:48	Jonathan Burrell	Lewes AC	LEW	LEW	M60	282	M601	19
25	742	0:32:54	Jez Davison	Lewes AC	LEW	LEW	M40	281	M402	20
26	478	0:32:55	DEAN TAYLOR	Crowborough Runners	CROW	CROW	M50	280	M501	21
27	520	0:32:56	Matt Southam	Eastbourne Rovers	EAST	EAST/BDY	M35	279	SM3	22
28	203	0:33:00	Luke Borland	Seaford Striders	SEAF	PSST	M35	278	SM3	23
29	508	0:33:24	Alison Moore	Eastbourne Rovers	EAST	EAST/BDY	SF	200	SF1	24
30	354	0:33:39	Paul Arthur	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SM	277	SM1	25
31	595	0:33:43	Simon Fiddler	Hastings AC	HAC	HR/HAC	M50	276	M501	26
32	805	0:33:46	Fred Newton	Lewes AC	LEW	LEW	SM	275	NSM1	27
33	498	0:33:46	Liam Gunner	Eastbourne Rovers	EAST	EAST/BDY	M35	274	SM4	28
34	801	0:33:51	Petr Hruska	Brighton Tri	NS	NS	M45	NS	NS	NS
35	38	0:33:53	Dan Goodchild	Lewes AC	LEW	LEW	M35	273	NSM2	29
36	461	0:34:01	PETER NOON	Crowborough Runners	CROW	CROW	M40	272	M402	30
37	738	0:34:03	Darryl Parker	Arena 80 AC	A80	A80	SM	271	SM1	31
38	495	0:34:05	Gianluca Del-Gaudio	Eastbourne Rovers	EAST	EAST/BDY	SM	270	NSM1	32
39	550	0:34:14	Scott Harris	Hailsham Harriers	HAIL	HAIL	M35	269	SM2	33
40	335	0:34:14	DAN HARMER	Arena 80 AC	A80	A80	M45	268	M401	34
41	619	0:34:16	Sam Davies	Hastings Runners	HR	HR/HAC	M40	267	M401	35
42	693	0:34:17	Jonothan Darley	Lewes AC	LEW	LEW	SM	266	NSM3	36
43	804	0:34:27	George Adams	Haywards Heath	NS	NS	SM	NS	NS	NS
44	538	0:34:29	Alice Denning	Hailsham Harriers	HAIL	HAIL	SF	199	SF1	37
45	533	0:34:29	Rob Chrystie	Hailsham Harriers	HAIL	HAIL	M40	265	M401	38
46	257	0:34:31	Gary Burnham-Jones	Tri Tempo	TRIT	PSST	M50	264	M502	39
47	584	0:34:35	Gary Woolven	Hailsham Harriers	HAIL	HAIL	M45	263	M402	40
48	144	0:34:38	Eddie Lancaster	Portslade Hedgehoppers	HEDGE	HEDGE	M45	262	M401	41
49	525	0:34:45	Carl Barton	Hailsham Harriers	HAIL	HAIL	M45	261	M403	42
50	337	0:34:48	JAMIE HINKS	Arena 80 AC	A80	A80	M35	260	SM2	43
51	524	0:34:49	Phil Wood	Eastbourne Rovers	EAST	EAST/BDY	M50	259	M501	44
52	765	0:34:54	Nigel Herron	Lewes AC	LEW	LEW	M60	258	M602	45
53	443	0:34:55	ZACH DRAKE	Crowborough Runners	CROW	CROW	M45	257	M403	46
54	730	0:34:56	Rob Dyke	Lewes AC	LEW	LEW	M45	256	M403	47
55	799	0:34:57	Penny Brook	Lewes AC	LEW	LEW	SF	198	SF1	48
56	544	0:35:05	David Garratt	Hailsham Harriers	HAIL	HAIL	M35	255	SM3	49
57	53	0:35:15	Patrick McManus	Lewes AC	LEW	LEW	SM	254	NSM4	50
58	682	0:35:23	DAVID WOOLLARD	Heathfield Runners	HEAT	HTH/UCK	M45	253	M401	51
59	433	0:35:30	GORDON BERRY	Crowborough Runners	CROW	CROW	M45	252	SM2	52
60	516	0:35:34	Marco Rours	Eastbourne Rovers	EAST	EAST/BDY	SM	251	NSM2	53
61	43	0:35:36	Ben Hodgson	Lewes AC	LEW	LEW	M50	250	M501	54
62	583	0:35:41	Graham Woolley	Hailsham Harriers	HAIL	HAIL	M40	249	SM4	55
63	15	0:35:47	Joseph o'gorman	HY AC	HYAC	HYAC	M40	248	M401	56
64	34	0:35:48	Ian Fines	Lewes AC	LEW	LEW	M60	247	M502	57
65	503	0:35:50	Steve Hutchison	Eastbourne Rovers	EAST	EAST/BDY	M50	246	M502	58
66	513	0:35:50	Jamie Regan	Eastbourne Rovers	EAST	EAST/BDY	M35	245	NSM3	59
67	554	0:35:54	Claire Keith	Hailsham Harriers	HAIL	HAIL	F35	197	SF2	60
68	728	0:35:55	Aaron Pooley	Seaford Striders	SEAF	PSST	M35	244	SM4	61
69	763	0:35:56	Rik Jansen	Lewes AC	LEW	LEW	SM	243	NSM5	62
70	588	0:35:59	Chris Brandt	Hastings AC	HAC	HR/HAC	M60	242	M601	63
71	251	0:36:03	Robert Light	Team Bodyworks	BDY	EAST/BDY	M50	241	M503	64
72	639	0:36:04	Martin Noakes	Hastings Runners	HR	HR/HAC	M60	240	M602	65
73	147	0:36:04	Geraldine Moffat	Portslade Hedgehoppers	HEDGE	HEDGE	F60	196	F601	66
74	474	0:36:17	ADAM STYLES	Crowborough Runners	CROW	CROW	M50	239	M502	67
75	27	0:36:26	Robert Cooper	Lewes AC	LEW	LEW	M45	238	NSM6	68
76	530	0:36:26	Laurie Burrett	Hailsham Harriers	HAIL	HAIL	M40	237	NSM1	69
77	777	0:36:29	Randall Joy-Camacho	Portslade Hedgehoppers	HEDGE	HEDGE	M55	236	M501	70
78	747	0:36:39	Charlotte Hurst	Durham University	NS	NS	SF	NS	NS	NS
79	80	0:36:42	Philip Westbury	Lewes AC	LEW	LEW	M45	235	NS	NS
80	791	0:36:46	Pete Richardson	Lewes AC	LEW	LEW	M40	234	NS	NS
81	806	0:36:52	Alfie Bunyan	-	NS	NS	SM	NS	NS	NS
82	167	0:36:55	Johanna Dowle	RunWednesdays	RUNW	RUNW	F45	195	F401	71
83	672	0:36:56	LEON MILLER	Heathfield Runners	HEAT	HTH/UCK	M50	233	M501	72

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84	528	0:37:03	Tom Bilton	Hailsham Harriers	HAIL	HAIL	SM	232	NSM2	73
85	500	0:37:10	Lee Hewson	Eastbourne Rovers	EAST	EAST/BDY	M35	231	NSM4	74
86	135	0:37:11	Andy Elphick	Portslade Hedgehoppers	HEDGE	HEDGE	M55	230	M502	75
87	300	0:37:14	Leigh Harris	Wadhurst Runners	WAD	WAD	M50	229	M501	76
88	157	0:37:20	Jessica Beake	RunWednesdays	RUNW	RUNW	F40	194	F402	77
89	235	0:37:23	Austin Warren	Seaford Striders	SEAF	PSST	M55	228	M503	78
90	768	0:37:25	Emma Gibbs	Lewes AC	LEW	LEW	SF	193	SF2	79
91	269	0:37:31	Rodney Dempster	Uckfield Runners	UCK	HTH/UCK	M55	227	M502	80
92	142	0:37:40	John Harding	Portslade Hedgehoppers	HEDGE	HEDGE	M60	226	M601	81
93	671	0:37:44	CHRIS MATTHEWS	Heathfield Runners	HEAT	HTH/UCK	M45	225	M402	82
94	125	0:37:47	Ian Weston	Polegate Plodders	POLE	PSST	M60	224	M601	83
95	751	0:37:49	Jason Hillier	-	NS	NS	M55	NS	NS	NS
96	219	0:37:51	Lizzy Miles	Seaford Striders	SEAF	PSST	F40	192	F401	84
97	93	0:37:53	Sarah Eddie	Meads Runners	MEAD	MEAD	F40	191	F401	85
98	795	0:37:54	Angus Peters	Brighton Tri	NS	NS	SM	NS	NS	NS
99	158	0:37:57	Ollie Blanks	RunWednesdays	RUNW	RUNW	M35	223	SM1	86
100	197	0:37:57	Philip Visick	RunWednesdays	RUNW	RUNW	M60	222	M601	87
101	702	0:38:00	Maria Smith	Hailsham Harriers	HAIL	HAIL	F45	190	F401	88
102	681	0:38:00	GUY WILLIAMS	Heathfield Runners	HEAT	HTH/UCK	M55	221	M503	89
103	404	0:38:11	Elizabeth Brookes	Central Park Athletics	CPA	CPA	F45	189	F401	90
104	353	0:38:19	CAROLINE WOOD	Arena 80 AC	A80	A80	F60	188	F601	91
105	452	0:38:20	ANDREW JOAD	Crowborough Runners	CROW	CROW	M60	220	M601	92
106	496	0:38:23	Richard Fox	Eastbourne Rovers	EAST	EAST/BDY	M55	219	M401	93
107	110	0:38:26	Liam Brooks	Polegate Plodders	POLE	PSST	M40	218	M401	94
108	787	0:38:30	TIM PROBERT	Crowborough Runners	CROW	CROW	M45	217	SM3	95
109	613	0:38:32	Kevin Blowers	Hastings Runners	HR	HR/HAC	M60	216	M502	96
110	468	0:38:34	CHRIS RUSSELL	Crowborough Runners	CROW	CROW	M60	215	M602	97
111	218	0:38:37	Erica Martin	Seaford Striders	SEAF	PSST	F40	187	F402	98
112	577	0:38:39	Chris Shout	Hailsham Harriers	HAIL	HAIL	M40	214	NSM3	99
113	40	0:38:41	Emily Hague	Lewes AC	LEW	LEW	SF	186	NSF1	100
114	566	0:38:42	Oli Paterson	Hailsham Harriers	HAIL	HAIL	SM	213	NSM4	101
115	398	0:38:49	Jamie Tiltman	Bexhill Run Tri	BEX	BEX	M35	212	SM1	102
116	748	0:38:49	Daniella Gavin	Crowborough Runners	CROW	CROW	SF	185	SF1	103
117	286	0:38:55	Alan Buckle	Wadhurst Runners	WAD	WAD	M65	211	M601	104
118	651	0:38:56	Martin Turner	Hastings Runners	HR	HR/HAC	M55	210	M503	105
119	750	0:38:59	Phill Green	-	NS	NS	M40	NS	NS	NS
120	446	0:39:01	JOHN EVEREST	Crowborough Runners	CROW	CROW	M35	209	SM4	106
121	574	0:39:02	Katy Reed	Hailsham Harriers	HAIL	HAIL	F40	184	F402	107
122	744	0:39:10	Becky Trotman	Lewes AC	LEW	LEW	F45	183	F401	108
123	48	0:39:11	Ellie King	Lewes AC	LEW	LEW	F40	182	F402	109
124	792	0:39:12	Rob Tolfree	-	NS	NS	M35	NS	NS	NS
125	124	0:39:16	Mark Wardle	Polegate Plodders	POLE	PSST	M60	208	M602	110
126	756	0:39:17	Dominic Doran	Lewes AC	LEW	LEW	M35	207	NS	NS
127	800	0:39:18	Tobias Bunyan	Peacehaven	NS	NS	M50	NS	NS	NS
128	783	0:39:19	Liz Lumber	Eastbourne Rovers	EAST	EAST/BDY	F55	181	F501	111
129	396	0:39:20	Jeremy Sankey	Bexhill Run Tri	BEX	BEX	M60	206	M601	112
130	504	0:39:24	Heather Jenner	Eastbourne Rovers	EAST	EAST/BDY	F40	180	F401	113
131	59	0:39:27	Sally Norris	Lewes AC	LEW	LEW	F45	179	NSF2	114
132	20	0:39:31	Charlotte Bennett	Lewes AC	LEW	LEW	F40	178	NSF3	115
133	70	0:39:32	Emma Shepherd	Lewes AC	LEW	LEW	F35	177	NSF4	116
134	397	0:39:34	Neil Smith	Bexhill Run Tri	BEX	BEX	M45	205	M401	117
135	755	0:39:35	Laura Ulanowski	-	NS	NS	SF	NS	NS	NS
136	176	0:39:37	Robert Hammond	RunWednesdays	RUNW	RUNW	M50	204	M501	118
137	570	0:39:38	Mark Pope	Hailsham Harriers	HAIL	HAIL	M35	203	NSM5	119
138	493	0:39:39	Marina Davies	Eastbourne Rovers	EAST	EAST/BDY	F50	176	F502	120
139	60	0:39:46	Dominic Osman-Allu	Lewes AC	LEW	LEW	M60	202	M503	121
140	581	0:39:51	Robin Warwick	Hailsham Harriers	HAIL	HAIL	M45	201	NSM6	122
141	369	0:39:57	Colin Keast	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SM	200	SM2	123
142	555	0:39:58	Chris Little	Hailsham Harriers	HAIL	HAIL	M40	199	NS	NS
143	390	0:40:00	Alistair Marshman	Bexhill Run Tri	BEX	BEX	M50	198	M502	124
144	384	0:40:01	Grant Docksey	Bexhill Run Tri	BEX	BEX	M55	197	M503	125
145	374	0:40:02	Amy Richardson	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	175	SF1	126
146	318	0:40:06	Annabel Preston	Wadhurst Runners	WAD	WAD	F50	174	F501	127
147	786	0:40:10	Stephen Ramsey	Seaford Striders	SEAF	PSST	M35	196	NSM1	128
148	767	0:40:14	Steven Barrett	Burgess Hill	NS	NS	M45	NS	NS	NS
149	382	0:40:24	Carole Crathern	Bexhill Run Tri	BEX	BEX	F55	173	F501	129
150	766	0:40:26	Ryan West	Heathfield Runners	HEAT	HTH/UCK	M40	195	M403	130
151	33	0:40:34	Carl Dowling	Lewes AC	LEW	LEW	M50	194	NS	NS
152	223	0:40:38	Richard Preece	Seaford Striders	SEAF	PSST	M55	193	M402	131
153	244	0:40:41	Dave Kitchener	Seaford Shufflers	SHUF	PSST	M60	192	M403	132
154	175	0:40:50	James Griffiths	RunWednesdays	RUNW	RUNW	M50	191	M502	133
155	185	0:40:53	Stuart McKenzie	RunWednesdays	RUNW	RUNW	M40	190	M401	134
156	67	0:40:55	Emma Rollings	Lewes AC	LEW	LEW	F40	172	NS	NS
157	65	0:40:55	David Prince-Iles	Lewes AC	LEW	LEW	M70	189	NS	NS
158	213	0:40:56	Russell Hewlett	Seaford Striders	SEAF	PSST	M50	188	NSM2	135
159	347	0:41:00	HELENA ROONEY	Arena 80 AC	A80	A80	F35	171	SF1	136
160	417	0:41:03	Anoushka Johnson	Central Park Athletics	CPA	CPA	F50	170	F501	137
161	412	0:41:03	Tony Durey	Central Park Athletics	CPA	CPA	M60	187	M601	138
162	573	0:41:04	Graham Purdye	Hailsham Harriers	HAIL	HAIL	M65	186	M601	139
163	150	0:41:08	Laurence Sava	Portslade Hedgehoppers	HEDGE	HEDGE	M70	185	M602	140
164	264	0:41:12	Sean Wright	Tri Tempo	TRIT	PSST	M55	184	NSM3	141
165	162	0:41:15	Lee Burns	RunWednesdays	RUNW	RUNW	M40	183	M402	142
166	294	0:41:16	Mark Currah	Wadhurst Runners	WAD	WAD	M60	182	M602	143
167	10	0:41:18	Matthew Harmer	HY AC	HYAC	HYAC	M35	181	SM2	144
168	631	0:41:22	Andy Knight	Hastings Runners	HR	HR/HAC	M60	180	M402	145
169	778	0:41:27	Michele Nixon	Crawley Saints and Sinners	NS	NS	F45	NS	NS	NS

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170	256	0:41:28	Darren Broderick	Tri Tempo	TRIT	PSST	M55	179	NSM4	146
171	348	0:41:37	ROBERT SMITH	Arena 80 AC	A80	A80	SM	178	SM3	147
172	50	0:41:40	Gary Loughlin	Lewes AC	LEW	LEW	M55	177	NS	NS
173	345	0:41:43	JONATHAN PICKWORTH	Arena 80 AC	A80	A80	M55	176	M501	148
174	341	0:41:49	MICHAEL MILLER	Arena 80 AC	A80	A80	M65	175	M601	149
175	472	0:41:51	HEATHER STEVENS	Crowborough Runners	CROW	CROW	F40	169	F401	150
176	229	0:41:54	Ray Smith	Seaford Striders	SEAF	PSST	M50	174	NSM5	151
177	803	0:41:56	Poppy Gooch	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	168	SF2	152
178	363	0:41:56	Tommy Doyle	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M45	173	M402	153
179	29	0:42:00	Tony Deacon	Lewes AC	LEW	LEW	M60	172	NS	NS
180	288	0:42:04	Imogen Burman-Mitchell	Wadhurst Runners	WAD	WAD	F50	167	F502	154
181	664	0:42:08	MICHAEL GILLINGHAM	Heathfield Runners	HEAT	HTH/UCK	M40	171	SM1	155
182	334	0:42:12	JULIE DRAKE	Arena 80 AC	A80	A80	F55	166	F501	156
183	606	0:42:19	Gareth Purves	Hastings AC	HAC	HR/HAC	M40	170	M403	157
184	753	0:42:23	Chris Doyle	Brighton Tri	NS	NS	M50	NS	NS	NS
185	536	0:42:25	Sarah Day	Hailsham Harriers	HAIL	HAIL	SF	165	NSF1	158
186	802	0:42:25	Lucy Martin	Eastbourne Rovers	EAST	EAST/BDY	SF	164	SF2	159
187	42	0:42:31	Ian Hilder	Lewes AC	LEW	LEW	M65	169	NS	NS
188	455	0:42:37	ALASTAIR LEE	Crowborough Runners	CROW	CROW	M60	168	M503	160
189	106	0:42:47	David Wharton	Meads Runners	MEAD	MEAD	M50	167	M501	161
190	23	0:42:49	Helen Bowman	Lewes AC	LEW	LEW	F55	163	F501	162
191	514	0:42:51	Luke Regan	Eastbourne Rovers	EAST	EAST/BDY	M35	166	NSM5	163
192	224	0:42:59	Anneka Redley-Cook	Seaford Striders	SEAF	PSST	SF	162	SF1	164
193	400	0:42:59	Geoffrey Tondeur	Bexhill Run Tri	BEX	BEX	M55	165	M402	165
194	122	0:43:00	Michelle Pope	Polegate Plodders	POLE	PSST	F40	161	SF2	166
195	352	0:43:01	PATRYCJA WOLLNIK	Arena 80 AC	A80	A80	F45	160	F401	167
196	332	0:43:05	JULIET FINE	Arena 80 AC	A80	A80	F50	159	F502	168
197	364	0:43:06	Dave Farr	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M45	164	M403	169
198	171	0:43:07	Simon French	RunWednesdays	RUNW	RUNW	M50	163	M503	170
199	136	0:43:08	Phil Gale	Portslade Hedgehoppers	HEDGE	HEDGE	M45	162	M402	171
200	169	0:43:09	Hannah Edleston	RunWednesdays	RUNW	RUNW	F45	158	SF1	172
201	475	0:43:24	CHRISTY STYLES	Crowborough Runners	CROW	CROW	SF	157	SF2	173
202	501	0:43:25	Natalie Hoadley	Eastbourne Rovers	EAST	EAST/BDY	F50	156	F402	174
203	739	0:43:26	Toby Bull	Wadhurst Runners	WAD	WAD	M45	161	M402	175
204	172	0:43:28	Richard Gardiner	RunWednesdays	RUNW	RUNW	M45	160	M403	176
205	436	0:43:36	ASHLEY BOX	Crowborough Runners	CROW	CROW	M50	159	NSM1	177
206	523	0:43:41	Mike Thompson	Eastbourne Rovers	EAST	EAST/BDY	M65	158	M601	178
207	272	0:43:44	Nic Gibson	Uckfield Runners	UCK	HTH/UCK	M55	157	SM2	179
208	32	0:43:46	Sharon Donovan	Lewes AC	LEW	LEW	F45	155	NS	NS
209	241	0:43:49	Jo French	Seafont Shufflers	SHUF	PSST	F45	154	NSF1	180
210	462	0:43:50	JANIE PERRY	Crowborough Runners	CROW	CROW	F50	153	F501	181
211	338	0:43:52	JENNY HUGHES	Arena 80 AC	A80	A80	F60	152	F602	182
212	61	0:43:58	Jenny Patterson	Lewes AC	LEW	LEW	F45	151	NS	NS
213	771	0:44:05	Stuart Brown	Arena 80 AC	A80	A80	M60	156	M602	183
214	706	0:44:12	Jamie Yates	RunWednesdays	RUNW	RUNW	M35	155	SM2	184
215	146	0:44:23	Dave Maskell	Portslade Hedgehoppers	HEDGE	HEDGE	M60	154	M503	185
216	46	0:44:25	Bob Hughes	Lewes AC	LEW	LEW	M70	153	NS	NS
217	8	0:44:28	Susannah Gates	HY AC	HYAC	HYAC	F35	150	SF1	186
218	749	0:44:34	Alice Richardson	Crowborough Runners	CROW	CROW	SF	149	NSF1	187
219	57	0:44:37	Emily Murray	Lewes AC	LEW	LEW	F35	148	NS	NS
220	447	0:44:39	LAWRY FREEMAN	Crowborough Runners	CROW	CROW	M50	152	NSM2	188
221	321	0:44:44	David Smith	Wadhurst Runners	WAD	WAD	M60	151	M502	189
222	543	0:44:48	Annette Feakes	Hailsham Harriers	HAIL	HAIL	F45	147	NSF2	190
223	758	0:44:49	Nicola Twilley	-	NS	NS	F45	NS	NS	NS
224	148	0:44:59	Paul Rawlinson	Portslade Hedgehoppers	HEDGE	HEDGE	M65	150	M403	191
225	343	0:45:10	BOB PAGE	Arena 80 AC	A80	A80	M65	149	M502	192
226	438	0:45:13	LORNA BUCKWELL	Crowborough Runners	CROW	CROW	F45	146	F402	193
227	131	0:45:14	Judith Carder	Portslade Hedgehoppers	HEDGE	HEDGE	F65	145	F602	194
228	762	0:45:21	Orla Coghlan	Lewes AC	LEW	LEW	SF	144	NS	NS
229	246	0:45:22	Grant Meyer	Seafont Shufflers	SHUF	PSST	M40	148	NSM6	195
230	618	0:45:23	Jane Coles	Hastings Runners	HR	HR/HAC	F55	143	F501	196
231	797	0:45:34	Neil Squires	Hailsham Harriers	HAIL	HAIL	M50	147	M501	197
232	638	0:45:36	Jo Nevett	Hastings Runners	HR	HR/HAC	F50	142	F502	198
233	28	0:45:37	Claire Davis	Lewes AC	LEW	LEW	F45	141	NS	NS
234	249	0:45:38	Ian Pratt	Seafont Shufflers	SHUF	PSST	M55	146	NS	NS
235	798	0:45:41	Lucy Morrison	-	NS	NS	F50	NS	NS	NS
236	784	0:45:56	Rebecca Stevens	-	NS	NS	F35	NS	NS	NS
237	120	0:46:15	Roger Humphries	Polegate Plodders	POLE	PSST	M65	145	NS	NS
238	454	0:46:29	FRANCIS LEARY	Crowborough Runners	CROW	CROW	M55	144	NSM3	199
239	789	0:46:32	Jack Knapp	Crowborough Runners	CROW	CROW	SM	143	NSM4	200
240	769	0:46:33	Claire Alleguen	Brighton & Hove Frontrunner:	FRONTR	FRONTR	F45	140	F401	201
241	444	0:46:37	LOUISE ELLIS	Crowborough Runners	CROW	CROW	F50	139	F502	202
242	476	0:46:37	CLAIRE STYLES	Crowborough Runners	CROW	CROW	F55	138	NSF2	203
243	790	0:46:53	Steven Stamos	Lewes AC	LEW	LEW	M55	142	NS	NS
244	646	0:46:57	Ruth Spiller	Hastings Runners	HR	HR/HAC	F60	137	F601	204
245	659	0:47:11	WILLIAM BLANFORD	Heathfield Runners	HEAT	HTH/UCK	M60	141	M601	205
246	770	0:47:23	Daniel Schindler	Vegan Runners	NS	NS	M50	NS	NS	NS
247	740	0:47:28	Philippa Jones	-	NS	NS	F55	NS	NS	NS
248	535	0:47:30	Ros Daintree	Hailsham Harriers	HAIL	HAIL	F65	136	F601	206
249	287	0:47:37	Peter Burfoot	Wadhurst Runners	WAD	WAD	M70	140	M503	207
250	181	0:47:47	Danielle Lee	RunWednesdays	RUNW	RUNW	F40	135	SF2	208
251	330	0:47:56	SUE BRUMWELL	Arena 80 AC	A80	A80	F60	134	F402	209
252	64	0:48:12	Poppy Pittock	Lewes AC	LEW	LEW	SF	133	NS	NS
253	242	0:48:20	Ian King	Seafont Shufflers	SHUF	PSST	M55	139	NS	NS
254	187	0:48:26	Sarah Morris	RunWednesdays	RUNW	RUNW	F45	132	NSF1	210
255	164	0:48:26	Sarah Case	RunWednesdays	RUNW	RUNW	F50	131	F501	211

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256	41	0:48:34	Claire Hawes	Lewes AC	LEW	LEW	F50	130	F502	212
257	252	0:48:38	Paul Payne	Team Bodyworks	BDY	EAST/BDY	M50	138	M402	213
258	355	0:48:48	Gareth Berry	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M45	137	SM3	214
259	137	0:48:52	Gemma Gilroy	Portslade Hedgehoppers	HEDGE	HEDGE	F45	129	F401	215
260	735	0:48:54	KIRSTY WEEDING	Crowborough Runners	CROW	CROW	SF	128	NSF3	216
261	325	0:49:04	Rob Weighell	Wadhurst Runners	WAD	WAD	M65	136	M403	217
262	402	0:49:09	Paul Zipperlen	Bexhill Run Tri	BEX	BEX	M50	135	M403	218
263	222	0:49:18	Stacey Pollard	Seaford Striders	SEAF	PSST	F35	127	NSF2	219
264	54	0:49:24	Peter Miller	Lewes AC	LEW	LEW	M55	134	NS	NS
265	656	0:49:31	BRIAN BARLEY	Heathfield Runners	HEAT	HTH/UCK	M50	133	SM3	220
266	298	0:49:37	Sally Green	Wadhurst Runners	WAD	WAD	F40	126	F401	221
267	299	0:49:38	Stuart Green	Wadhurst Runners	WAD	WAD	M40	132	SM1	222
268	793	0:49:39	Phillip Naylor	Brighton Tri	NS	NS	M55	NS	NS	NS
269	564	0:49:41	Sam Neame	Hailsham Harriers	HAIL	HAIL	F35	125	NSF3	223
270	151	0:49:46	Ben Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	M60	131	SM1	224
271	368	0:49:47	David Hurst	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M65	130	M601	225
272	788	0:49:53	Mary Down	Crowborough Runners	CROW	CROW	F55	124	NSF4	226
273	336	0:50:07	CHARLIE HEMPSTEAD	Arena 80 AC	A80	A80	M60	129	M503	227
274	710	0:50:18	Tatiana Nedialkova	Lewes AC	LEW	LEW	F40	123	NS	NS
275	190	0:50:19	Wayne Preston-Hunt	RunWednesdays	RUNW	RUNW	M50	128	SM3	228
276	114	0:50:30	Chris Findlay-Geer	Polegate Plodders	POLE	PSST	M45	127	NS	NS
277	545	0:50:35	Andrea Gilkes	Hailsham Harriers	HAIL	HAIL	F40	122	NSF4	229
278	239	0:50:42	Hazel Akehurst	Seafront Shufflers	SHUF	PSST	F40	121	NSF3	230
279	186	0:50:45	Gina Morelli	RunWednesdays	RUNW	RUNW	F45	120	NSF2	231
280	280	0:50:49	David Pettitt	Uckfield Runners	UCK	HTH/UCK	M55	126	SM4	232
281	141	0:50:53	Fran Hamilton	Portslade Hedgehoppers	HEDGE	HEDGE	F50	119	F501	233
282	129	0:50:57	Liz Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F45	118	F402	234
283	471	0:51:06	GRAHAM STEVENS	Crowborough Runners	CROW	CROW	M70	125	NSM5	235
284	517	0:51:07	Jenny Rowlinson	Eastbourne Rovers	EAST	EAST/BDY	SF	117	NSF1	236
285	746	0:51:11	David Ryan	Lewes AC	LEW	LEW	M55	124	NS	NS
286	658	0:51:20	FLEUR BLANFORD	Heathfield Runners	HEAT	HTH/UCK	F60	116	F601	237
287	228	0:51:24	Katherine Simmons	Seaford Striders	SEAF	PSST	F45	115	NSF4	238
288	234	0:51:25	Ron Van Heuvelen	Seaford Striders	SEAF	PSST	M55	123	NS	NS
289	785	0:51:30	Ruth Levesconte	Heathfield Runners	HEAT	HTH/UCK	F50	114	F501	239
290	134	0:51:33	Debra Crisp	Portslade Hedgehoppers	HEDGE	HEDGE	F55	113	F502	240
291	625	0:51:40	Paul Hope	Hastings Runners	HR	HR/HAC	M65	122	SM1	241
292	779	0:51:44	Frank Stone	Crawley Saints and Sinners	NS	NS	M60	NS	NS	NS
293	304	0:51:48	Denise Jeffrey	Wadhurst Runners	WAD	WAD	F60	112	F601	242
294	399	0:51:59	Amanda Tondeur	Bexhill Run Tri	BEX	BEX	F50	111	F502	243
295	292	0:52:07	Peter Clark	Wadhurst Runners	WAD	WAD	M50	121	SM2	244
296	667	0:52:09	VANESSA HARROLD	Heathfield Runners	HEAT	HTH/UCK	F55	110	F502	245
297	457	0:52:13	SALLY McCLEVERTY	Crowborough Runners	CROW	CROW	F65	109	F601	246
298	68	0:52:25	Richard Rudd	Lewes AC	LEW	LEW	M60	120	NS	NS
299	161	0:52:47	Colin Burbage	RunWednesdays	RUNW	RUNW	M65	119	M602	247
300	111	0:52:57	Kevin Burton	Polegate Plodders	POLE	PSST	M65	118	NS	NS
301	243	0:53:04	Becca Kitchener	Seafront Shufflers	SHUF	PSST	SF	108	NS	NS
302	44	0:53:08	Emma Hodgson	Lewes AC	LEW	LEW	F50	107	NS	NS
303	247	0:53:19	Richard Meyer	Seafront Shufflers	SHUF	PSST	M40	117	NS	NS
304	361	0:53:29	Lee Dillon	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M50	116	M501	248
305	611	0:53:39	Trish Audis	Hastings Runners	HR	HR/HAC	F65	106	F602	249
306	302	0:53:53	Alistair Howitt	Wadhurst Runners	WAD	WAD	M65	115	SM3	250
307	772	0:54:03	Mackenzie Soley	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	114	SM4	251
308	421	0:54:13	Julian Mills	Central Park Athletics	CPA	CPA	M60	113	M602	252
309	473	0:54:32	ROGER STONE	Crowborough Runners	CROW	CROW	M65	112	NSM6	253
310	687	0:54:39	David Greenaway	Polegate Plodders	POLE	PSST	M50	111	NS	NS
311	130	0:55:03	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70	105	SF1	254
312	775	0:55:24	Larissa Purdie	Lewes AC	LEW	LEW	F60	104	F601	255
313	205	0:55:27	Kat Chamberlain	Seaford Striders	SEAF	PSST	F35	103	NS	NS
314	745	0:55:49	Susie Turner	Lewes AC	LEW	LEW	F50	102	NS	NS
315	760	0:55:54	Kelly Trebell	Hastings Runners	HR	HR/HAC	F45	101	F401	256
316	680	0:55:58	EMMA WILLIAMS	Heathfield Runners	HEAT	HTH/UCK	F35	100	SF1	257
317	665	0:56:03	CHRIS GOLDING	Heathfield Runners	HEAT	HTH/UCK	M65	110	M602	258
318	268	0:56:04	Paul Crawley	Uckfield Runners	UCK	HTH/UCK	M50	109	NSM1	259
319	442	0:56:05	RON CUTBILL	Crowborough Runners	CROW	CROW	M65	108	NS	NS
320	31	0:56:08	Patrick Donovan	Lewes AC	LEW	LEW	M55	107	NS	NS
321	76	0:56:13	Adrian Thompson	Lewes AC	LEW	LEW	M60	106	NS	NS
322	358	0:56:21	John Brown	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M55	105	M502	260
323	688	0:56:25	Dagmara Ginter	Bexhill Run Tri	BEX	BEX	F50	99	F401	261
324	262	0:56:26	Dee Poole	Tri Tempo	TRIT	PSST	F55	98	F501	262
325	761	0:56:27	Kevin Wilks	-	NS	NS	M45	NS	NS	NS
326	420	0:56:28	Mike Lawlor	Central Park Athletics	CPA	CPA	M50	104	M501	263
327	152	0:56:29	Karen Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	F55	97	SF2	264
328	306	0:56:32	Albert Kemp	Wadhurst Runners	WAD	WAD	M70	103	SM4	265
329	754	0:56:54	Julia Loucks	-	NS	NS	F35	NS	NS	NS
330	794	0:56:54	Sophie Robards	Brighton Tri	NS	NS	F35	NS	NS	NS
331	759	0:56:55	Nick Thompson	-	NS	NS	M50	NS	NS	NS
332	149	0:56:56	Sarah Russell	Portslade Hedgehoppers	HEDGE	HEDGE	F55	96	NSF1	266
333	283	0:56:58	Christine Tait	Uckfield Runners	UCK	HTH/UCK	F65	95	F602	267
334	118	0:56:59	Leon Greck	Polegate Plodders	POLE	PSST	M45	102	NS	NS
335	193	0:57:02	Helen Tickner	RunWednesdays	RUNW	RUNW	F55	94	F502	268
336	327	0:57:04	Iain Willatt	Wadhurst Runners	WAD	WAD	M65	101	NSM1	269
337	432	0:57:07	KEVIN BATTELL	Crowborough Runners	CROW	CROW	M60	100	NS	NS
338	642	0:57:10	Yock Lin Richardson	Hastings Runners	HR	HR/HAC	F70	93	F402	270
339	539	0:57:18	Hannah Deubert-Chapman	Hailsham Harriers	HAIL	HAIL	F35	92	NS	NS
340	546	0:57:18	Cathy Gilling	Hailsham Harriers	HAIL	HAIL	F65	91	F602	271
341	556	0:57:19	Victoria Little	Hailsham Harriers	HAIL	HAIL	F40	90	NS	NS

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342	774	0:57:27	Anna Nicol-Smits	Lewes AC	LEW	LEW	F60	89	F602	272
343	198	0:57:41	Rosalind Wilkins	RunWednesdays	RUNW	RUNW	F50	88	NSF3	273
344	263	0:57:56	Rachael Stephens	Tri Tempo	TRIT	PSST	F50	87	F502	274
345	289	0:58:04	Brigid Burnham	Wadhurst Runners	WAD	WAD	F60	86	F602	275
346	225	0:58:06	Justine Ridgway	Seaford Striders	SEAF	PSST	F50	85	NS	NS
347	215	0:58:09	Jane Kemp	Seaford Striders	SEAF	PSST	F40	84	NS	NS
348	308	0:58:10	Caroline Lambert	Wadhurst Runners	WAD	WAD	F55	83	F402	276
349	126	0:58:20	Frank Wood	Polegate Plodders	POLE	PSST	M60	99	NS	NS
350	274	0:58:23	Stephen Green	Uckfield Runners	UCK	HTH/UCK	M55	98	NSM2	277
351	733	0:58:30	Anthony Wilson	Wadhurst Runners	WAD	WAD	M70	97	NSM2	278
352	410	0:58:39	Sam Dissonayaxa	Central Park Athletics	CPA	CPA	M55	96	M502	279
353	776	0:58:51	Anna Tait	Seaford Striders	SEAF	PSST	F60	82	F601	280
354	284	0:59:04	Graham West	Uckfield Runners	UCK	HTH/UCK	M60	95	NSM3	281
355	757	0:59:05	Sarah Fabito		-	NS	NS	SF	NS	NS
356	621	0:59:10	Jo Edwards	Hastings Runners	HR	HR/HAC	F60	81	SF1	282
357	16	0:59:13	Jacqueline patton	HY AC	HYAC	HYAC	F60	80	F601	283
358	143	0:59:35	Peter Hedgethorpe	Portslade Hedgehoppers	HEDGE	HEDGE	M65	94	SM2	284
359	266	1:00:08	Sue Collett	Uckfield Runners	UCK	HTH/UCK	F45	79	F401	285
360	275	1:00:09	Laura Grove	Uckfield Runners	UCK	HTH/UCK	F45	78	F402	286
361	386	1:01:29	James Graham	Bexhill Run Tri	BEX	BEX	M55	93	SM2	287
362	430	1:03:55	BOB ARCHER	Crowborough Runners	CROW	CROW	M70	92	NS	NS
363	666	1:04:14	DIANE HAMMOND	Heathfield Runners	HEAT	HTH/UCK	F60	77	SF2	288
364	207	1:04:25	Haley Cole	Seaford Striders	SEAF	PSST	F40	76	NS	NS
365	781	1:04:42	Jane Chant	Peacehaven	NS	NS	F50	NS	NS	NS
366	782	1:04:42	Helen Furlong	Peacehaven	NS	NS	F65	NS	NS	NS
367	780	1:04:46	Anne Carruthers	Peacehaven	NS	NS	F65	NS	NS	NS
368	617	1:06:12	Shana Burchett	Hastings Runners	HR	HR/HAC	F50	75	SF2	289
369	773	1:06:12	Krista Barzee	Hastings Runners	HR	HR/HAC	F50	74	NSF1	290
370	674	1:07:20	GILLY NICKOLS	Heathfield Runners	HEAT	HTH/UCK	F60	73	NSF1	291
371	116	1:07:48	Becky Goldsmith	Polegate Plodders	POLE	PSST	F45	72	NS	NS
372	117	1:07:50	Helen Greck	Polegate Plodders	POLE	PSST	F40	71	NS	NS
373	632	1:11:37	Susan Mann	Hastings Runners	HR	HR/HAC	F65	70	NSF2	292
374	568	1:27:54	Graham Pearson	Hailsham Harriers	HAIL	HAIL	M50	91	M502	293

DNF

No DNFs