

ESSLXC BLACKCAP - 12 OCTOBER 2025 - SENIORS V2

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	717	0:28:17	Ben McCallion	Hastings AC	HAC	HR/HAC	SM	300	SM1	1
2	528	0:28:38	Patrick Marsden	Eastbourne Rovers AC	EAST	EAST/BDY	M35	299	SM1	2
3	543	0:28:55	Josh Varney	Eastbourne Rovers AC	EAST	EAST/BDY	M35	298	SM2	3
4	712	0:29:17	Patrick Wilding	Lewes AC	LEW	LEW	M35	297	SM1	4
5	508	0:29:22	Ant Anderson	Eastbourne Rovers AC	EAST	EAST/BDY	M35	296	SM3	5
6	721	0:29:30	Toby Meanwell	Lewes AC	LEW	LEW	M45	295	M401	6
7	452	0:29:31	James Bryant	Crowborough Runners	CROW	CROW	SM	294	SM1	7
8	514	0:29:36	Anthony Davey	Eastbourne Rovers AC	EAST	EAST/BDY	SM	293	SM4	8
9	540	0:29:52	Matt Southam	Eastbourne Rovers AC	EAST	EAST/BDY	M35	292	NSM1	9
10	339	0:30:00	Graeme McIntosh	Wadhurst Runners	WAD	WAD	M40	291	M401	10
11	355	0:30:03	Dan Harmer	Arena 80 AC	A80	A80	M45	290	M401	11
12	154	0:30:10	Matthew Windham	Portslade Hedgehoppers	HEDGE	HEDGE	M50	289	M501	12
13	108	0:30:31	Thomas Solomon	Peacehaven Run Club	PEACEH	PPSST	M45	288	M401	13
14	309	0:30:40	Jamie Keddie	Uckfield Runners	UCK	HTH/UCK	M45	287	M401	14
15	498	0:30:43	Colin Tricker	Crowborough Runners	CROW	CROW	M40	286	M401	15
16	516	0:30:47	Richard Davis	Eastbourne Rovers AC	EAST	EAST/BDY	M40	285	M401	16
17	219	0:30:51	Jack Hutchinson	Seaford Striders	SEAF	PPSST	M35	284	SM1	17
18	683	0:30:55	James Cox	Heathfield Runners	HEAT	HTH/UCK	M50	283	M501	18
19	271	0:31:02	Neil Pysden	Team Bodyworks	BDY	EAST/BDY	M45	282	M402	19
20	484	0:31:05	Jonathan Rafferty	Crowborough Runners	CROW	CROW	M50	281	M501	20
21	532	0:31:12	Stuart Pelling	Eastbourne Rovers AC	EAST	EAST/BDY	M35	280	NSM2	21
22	692	0:31:21	Ruby Horton	Brighton Phoenix	NS	NS	SF	NS	NS	NS
23	496	0:31:23	Dean Taylor	Crowborough Runners	CROW	CROW	M50	279	M502	22
24	378	0:31:25	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	278	M501	23
25	554	0:31:40	Rob Chrystie	Hailsham Harriers	HAIL	HAIL	M45	277	M401	24
26	509	0:31:52	Isaac Andrews	Eastbourne Rovers AC	EAST	EAST/BDY	SM	276	NSM3	25
27	521	0:31:54	Liam Gunner	Eastbourne Rovers AC	EAST	EAST/BDY	M35	275	NSM4	26
28	101	0:32:09	Tommy Knight	Peacehaven Run Club	PEACEH	PPSST	SM	274	SM2	27
29	685	0:32:21	Jim Rissdel	-	NS	NS	M40	NS	NS	NS
30	15	0:32:25	Jonathan Darley	Lewes AC	LEW	LEW	M35	273	SM2	28
31	226	0:32:27	James Miles	Seaford Striders	SEAF	PPSST	M40	272	M402	29
32	26	0:32:34	Flamina Gold	Lewes AC	LEW	LEW	SF	200	SF1	30
33	143	0:32:40	Eddie Lancaster	Portslade Hedgehoppers	HEDGE	HEDGE	M45	271	M401	31
34	714	0:32:43	Chris Coffey	Lewes AC	LEW	LEW	M35	270	SM3	32
35	501	0:32:48	Ollie Welch	Crowborough Runners	CROW	CROW	M40	269	M402	33
36	243	0:32:54	Paul Willis	Seaford Striders	SEAF	PPSST	SM	268	SM3	34
37	481	0:33:00	Peter Noon	Crowborough Runners	CROW	CROW	M45	267	M403	35
38	85	0:33:03	Chris Lamour	Meads Runners	MEAD	MEAD	M40	266	M401	36
39	445	0:33:09	Sam Attwood	Crowborough Runners	CROW	CROW	SM	265	SM2	37
40	517	0:33:12	Gianluca Del- Gaudio	Eastbourne Rovers AC	EAST	EAST/BDY	SM	264	NSM5	38
41	720	0:33:15	Elliot Beesley	RunWednesdays	RUNW	RUNW	SM	263	SM1	39
42	209	0:33:19	Luke Boreland	Seaford Striders	SEAF	PPSST	M40	262	M403	40
43	123	0:33:21	John Babajide	Portslade Hedgehoppers	HEDGE	HEDGE	M35	261	SM1	41
44	711	0:33:24	Richard Parr	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	260	M401	42
45	77	0:33:26	Dale Anderton	Meads Runners	MEAD	MEAD	M55	259	M501	43
46	551	0:33:27	Tom Bilton	Hailsham Harriers	HAIL	HAIL	SM	258	SM1	44
47	548	0:33:28	Carl Barton	Hailsham Harriers	HAIL	HAIL	M45	257	M402	45
48	131	0:33:29	Martin Eccles	Portslade Hedgehoppers	HEDGE	HEDGE	M45	256	M402	46
49	699	0:33:31	Philip Stevenson	Seaford Striders	SEAF	PPSST	M40	255	SM4	47
50	406	0:33:33	Paul Arthur	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M35	254	SM1	48
51	148	0:33:41	Geraldine Moffat	Portslade Hedgehoppers	HEDGE	HEDGE	F60	199	F601	49
52	672	0:33:42	James Moat	Heathfield Runners	HEAT	HTH/UCK	SM	253	SM1	50
53	462	0:33:42	Zach Drake	Crowborough Runners	CROW	CROW	M45	252	SM3	51
54	460	0:33:45	Maurizio Di Santo	Crowborough Runners	CROW	CROW	M50	251	M503	52
55	530	0:33:45	Alison Moore	Eastbourne Rovers AC	EAST	EAST/BDY	SF	198	SF1	53
56	2	0:33:47	David Woollard	Heathfield Runners	HEAT	HTH/UCK	M45	250	M402	54
57	224	0:33:47	James Marron	Seaford Striders	SEAF	PPSST	M50	249	M501	55
58	656	0:33:55	Guy Blackden	Heathfield Runners	HEAT	HTH/UCK	M55	248	M502	56
59	366	0:34:01	Barry Pearson	Arena 80 AC	A80	A80	M45	247	M402	57
60	574	0:34:03	Claire Keith	Hailsham Harriers	HAIL	HAIL	F35	197	SF1	58
61	697	0:34:04	Sabrina Holt	-	NS	NS	F35	NS	NS	NS
62	571	0:34:12	Scott Harris	Hailsham Harriers	HAIL	HAIL	M35	246	SM2	59
63	670	0:34:13	Leon Miller	Heathfield Runners	HEAT	HTH/UCK	M50	245	M503	60
64	297	0:34:14	Rod Dempster	Uckfield Runners	UCK	HTH/UCK	M55	244	M403	61
65	609	0:34:17	Tim Archer	Hastings AC	HAC	HR/HAC	M35	243	SM2	62
66	456	0:34:20	Neil Couchman	Crowborough Runners	CROW	CROW	M45	242	SM4	63
67	522	0:34:26	Lee Hewson	Eastbourne Rovers AC	EAST	EAST/BDY	M35	241	NSM6	64
68	33	0:34:29	Ben Hodgson	Lewes AC	LEW	LEW	M50	240	M501	65
69	447	0:34:44	Gordon Berry	Crowborough Runners	CROW	CROW	M45	239	NSM1	66
70	709	0:34:52	Barry Smollens	Peacehaven Run Club	PEACEH	PPSST	M40	238	NSM1	67
71	607	0:34:59	Gary Woolven	Hailsham Harriers	HAIL	HAIL	M45	237	M403	68
72	639	0:35:01	Roman Pavlenko	Hastings Runners	HR	HR/HAC	M45	236	M401	69
73	274	0:35:06	Rachel Stacy	Team Bodyworks	BDY	EAST/BDY	F35	196	SF2	70
74	69	0:35:12	Philip Westbury	Lewes AC	LEW	LEW	M45	235	M402	71
75	552	0:35:14	Laurie Burrett	Hailsham Harriers	HAIL	HAIL	M40	234	SM3	72
76	28	0:35:20	Jamie Goodhead	Lewes AC	LEW	LEW	M50	233	M502	73
77	536	0:35:22	Marco Royes	Eastbourne Rovers AC	EAST	EAST/BDY	SM	232	NS	NS
78	45	0:35:25	Patrick McManus	Lewes AC	LEW	LEW	SM	231	SM4	74
79	610	0:35:27	Chris Brandt	Hastings AC	HAC	HR/HAC	M60	230	M601	75
80	141	0:35:29	Randall Joy-Camacho	Portslade Hedgehoppers	HEDGE	HEDGE	M55	229	M502	76
81	121	0:35:31	Matt Wilmshurst	Polegate Plodders	POLE	PPSST	M40	228	NSM2	77
82	12	0:35:37	Robert Cooper	Lewes AC	LEW	LEW	M50	227	M503	78
83	302	0:35:40	Richard Goulder	Uckfield Runners	UCK	HTH/UCK	M50	226	SM2	79

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84	193	0:35:45	Shane Smith	RunWednesdays	RUNW	RUNW	M35	225	SM2	80
85	412	0:35:50	John Connern	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	224	M402	81
86	713	0:35:51	Graham Baker	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	223	M403	82
87	483	0:35:57	Tim Probert	Crowborough Runners	CROW	CROW	M45	222	NSM2	83
88	282	0:36:01	Eloise Key	Tri Tempo	TRIT	PPSST	SF	195	SF1	84
89	268	0:36:01	Rob Light	Team Bodyworks	BDY	EAST/BDY	M50	221	M501	85
90	91	0:36:07	David Wharton	Meads Runners	MEAD	MEAD	M55	220	M502	86
91	132	0:36:09	Andy Elphick	Portslade Hedgehoppers	HEDGE	HEDGE	M55	219	M503	87
92	606	0:36:13	Graham Woolley	Hailsham Harriers	HAIL	HAIL	M45	218	SM4	88
93	110	0:36:14	Steve Sprague	Peacehaven Run Club	PEACEH	PPSST	M50	217	M502	89
94	134	0:36:15	Craig Gazey	Portslade Hedgehoppers	HEDGE	HEDGE	M40	216	M403	90
95	520	0:36:18	Sue Fry	Eastbourne Rovers AC	EAST	EAST/BDY	F50	194	F501	91
96	637	0:36:20	Martin Noakes	Hastings Runners	HR	HR/HAC	M60	215	M602	92
97	227	0:36:26	Lizzie Miles	Seaford Striders	SEAF	PPSST	F40	193	F401	93
98	109	0:36:26	Ollie Sprague	Peacehaven Run Club	PEACEH	PPSST	SM	214	NSM3	94
99	372	0:36:30	Lee Taylor	Arena 80 AC	A80	A80	M50	213	M501	95
100	64	0:36:39	Mark Stainthorpe	Lewes AC	LEW	LEW	M50	212	M403	96
101	525	0:36:41	Steve Hutchison	Eastbourne Rovers AC	EAST	EAST/BDY	M50	211	M502	97
102	558	0:36:48	Sarah Day	Hailsham Harriers	HAIL	HAIL	SF	192	SF2	98
103	267	0:36:52	Nick King	Team Bodyworks	BDY	EAST/BDY	M40	210	M403	99
104	139	0:36:54	John Harding	Portslade Hedgehoppers	HEDGE	HEDGE	M65	209	M601	100
105	518	0:37:04	Laura Downham	Eastbourne Rovers AC	EAST	EAST/BDY	SF	191	NSF1	101
106	385	0:37:07	Grant Docksey	Bexhill Run Tri	BEX	BEX	M55	208	M502	102
107	61	0:37:09	Emma Rollings	Lewes AC	LEW	LEW	F45	190	F401	103
108	492	0:37:10	Adam Styles	Crowborough Runners	CROW	CROW	M50	207	NSM3	104
109	20	0:37:11	Dom Doran	Lewes AC	LEW	LEW	M35	206	NSM1	105
110	218	0:37:12	Russell Hewlett	Seaford Striders	SEAF	PPSST	M50	205	M503	106
111	377	0:37:13	Caroline Wood	Arena 80 AC	A80	A80	F60	189	F601	107
112	576	0:37:19	Chris Little	Hailsham Harriers	HAIL	HAIL	M40	204	NSM1	108
113	270	0:37:19	Matthew Pysden	Team Bodyworks	BDY	EAST/BDY	M40	203	NS	NS
114	422	0:37:27	Colin Keast	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M35	202	SM2	109
115	80	0:37:30	Sarah Eddie	Meads Runners	MEAD	MEAD	F40	188	F401	110
116	415	0:37:34	Patrick Doddy	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M50	201	M501	111
117	698	0:37:36	Jeremy Sankey	Bexhill Run Tri	BEX	BEX	M60	200	M601	112
118	120	0:37:37	Ian Weston	Polegate Plodders	POLE	PPSST	M60	199	M601	113
119	369	0:37:38	Helena Rooney	Arena 80 AC	A80	A80	F35	187	SF1	114
120	89	0:37:45	Wendy Robson	Meads Runners	MEAD	MEAD	F50	186	F501	115
121	701	0:37:50	Emily Danvers	Seaford Striders	SEAF	PPSST	F40	185	F402	116
122	244	0:37:53	Matthew Winton	Seaford Striders	SEAF	PPSST	M45	198	NSM4	117
123	43	0:37:54	Marcus McConnell	Lewes AC	LEW	LEW	M40	197	NSM2	118
124	555	0:37:55	Matt Courtnell	Hailsham Harriers	HAIL	HAIL	M40	196	NSM2	119
125	396	0:37:56	Michael Pain	Bexhill Run Tri	BEX	BEX	M60	195	M602	120
126	652	0:37:58	Martin Turner	Hastings Runners	HR	HR/HAC	M55	194	M501	121
127	44	0:37:59	Katherine McCorry	Lewes AC	LEW	LEW	F40	184	F402	122
128	233	0:38:02	Anneka Redley-Cook	Seaford Striders	SEAF	PPSST	F35	183	SF2	123
129	389	0:38:05	Kimberley Hitchens	Bexhill Run Tri	BEX	BEX	SF	182	SF1	124
130	94	0:38:08	Tobias Bunyan	Peacehaven Run Club	PEACEH	PPSST	M50	193	NSM5	125
131	707	0:38:15	Rob Stanway	Lewes AC	LEW	LEW	M55	192	NSM3	126
132	426	0:38:20	Amy Richardson	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	181	SF1	127
133	409	0:38:21	Sam Brooks	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SM	191	SM3	128
134	173	0:38:23	James Griffiths	RunWednesdays	RUNW	RUNW	M50	190	M501	129
135	715	0:38:28	Telmo Ferreira	Lewes AC	LEW	LEW	M50	189	NSM4	130
136	449	0:38:32	Steve Bolton	Crowborough Runners	CROW	CROW	M65	188	M601	131
137	541	0:38:34	Seb Stracey	Eastbourne Rovers AC	EAST	EAST/BDY	SM	187	NS	NS
138	689	0:38:37	Joseph O'Gorman	HY Runners	HYRun	HYRun	M40	186	M401	132
139	51	0:38:44	Dominic Osman-Allu	Lewes AC	LEW	LEW	M60	185	M601	133
140	693	0:38:45	Andrew Parle	Brighton Phoenix	NS	NS	M55	NS	NS	NS
141	570	0:38:47	Dan Harris	Hailsham Harriers	HAIL	HAIL	M40	184	NSM3	134
142	658	0:38:49	Will Blanford	Heathfield Runners	HEAT	HTH/UCK	M60	183	M601	135
143	196	0:38:54	Michaela Stringer	RunWednesdays	RUNW	RUNW	F50	180	F501	136
144	9	0:38:54	Richard Bailey	Lewes AC	LEW	LEW	M50	182	NSM5	137
145	465	0:38:56	John Everest	Crowborough Runners	CROW	CROW	M40	181	NSM4	138
146	527	0:38:56	Liz Lumber	Eastbourne Rovers AC	EAST	EAST/BDY	F55	179	F502	139
147	345	0:38:59	Annabel Preston	Wadhurst Runners	WAD	WAD	F50	178	F501	140
148	8	0:39:06	Jason Wright	HY Runners	HYRun	HYRun	M55	180	M501	141
149	534	0:39:08	Luke Regan	Eastbourne Rovers AC	EAST	EAST/BDY	M35	179	NS	NS
150	264	0:39:09	Anya Hughes	Team Bodyworks	BDY	EAST/BDY	SF	177	NSF2	142
151	189	0:39:10	Robert Ramsden	RunWednesdays	RUNW	RUNW	M60	178	M601	143
152	719	0:39:11	James Weston	-	NS	NS	SM	NS	NS	NS
153	293	0:39:13	Sean Wright	Tri Tempo	TRIT	PPSST	M55	177	NSM6	144
154	278	0:39:15	Darren Broderick	Tri Tempo	TRIT	PPSST	M55	176	NS	NS
155	151	0:39:21	Laurence Sava	Portslade Hedgehoppers	HEDGE	HEDGE	M70	175	M602	145
156	593	0:39:29	Mark Pope	Hailsham Harriers	HAIL	HAIL	M35	174	NSM4	146
157	535	0:39:31	Steven Riggs	Eastbourne Rovers AC	EAST	EAST/BDY	M35	173	NS	NS
158	524	0:39:32	Tasnim Humaid	Eastbourne Rovers AC	EAST	EAST/BDY	SF	176	NSF3	147
159	117	0:39:33	Chris Greateorex	Polegate Plodders	POLE	PPSST	M55	172	NS	NS
160	21	0:39:42	Carl Dowling	Lewes AC	LEW	LEW	M50	171	NSM6	148
161	231	0:39:45	Richard Preece	Seaford Striders	SEAF	PPSST	M60	170	M602	149
162	125	0:39:50	Peter Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	M45	169	SM2	150
163	145	0:39:50	Nick Maloney	Portslade Hedgehoppers	HEDGE	HEDGE	M50	168	SM3	151
164	595	0:39:52	Graham Purdye	Hailsham Harriers	HAIL	HAIL	M65	167	M601	152
165	649	0:39:53	Claire Thomas	Hastings Runners	HR	HR/HAC	F40	175	F401	153
166	579	0:39:54	Jo McGowan	Hailsham Harriers	HAIL	HAIL	F40	174	F401	154
167	408	0:39:57	James Bluring	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	166	SM4	155
168	261	0:40:00	Paul Guy	Team Bodyworks	BDY	EAST/BDY	M50	165	M503	156
169	489	0:40:17	Heather Stevens	Crowborough Runners	CROW	CROW	F40	173	F401	157

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170	13	0:40:19	Stephanie Crespin	Lewes AC	LEW	LEW	F50	172	F501	158
171	662	0:40:20	Dean Franklin	Heathfield Runners	HEAT	HTH/UCK	M60	164	M602	159
172	417	0:40:21	Poppy Gooch	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	171	SF2	160
173	459	0:40:28	Alan Dean	Crowborough Runners	CROW	CROW	M45	163	NSM5	161
174	474	0:40:29	Alastair Lee	Crowborough Runners	CROW	CROW	M60	162	M602	162
175	497	0:40:29	Byron Thomas	Crowborough Runners	CROW	CROW	M40	161	NSM6	163
176	157	0:40:30	Maisie Armstrong-Barnes	RunWednesdays	RUNW	RUNW	SF	170	SF1	164
177	703	0:40:31	Dan Allistone	-	NS	NS	SM	NS	NS	
178	363	0:40:36	Michael Miller	Arena 80 AC	A80	A80	M65	160	M601	165
179	581	0:40:39	Abigail Morris	Hailsham Harriers	HAIL	HAIL	SF	169	NSF1	166
180	14	0:40:42	Jennifer Daley	Lewes AC	LEW	LEW	F40	168	SF2	167
181	681	0:40:45	Colin Browne	Seaford Striders	SEAF	PPSST	M40	159	NS	NS
182	688	0:40:48	William Darby	HY Runners	HYRun	HYRun	M60	158	M601	168
183	67	0:40:50	Carl Sykes	Lewes AC	LEW	LEW	M60	157	M602	169
184	272	0:40:55	Nicky Pysden	Team Bodyworks	BDY	EAST/BDY	F40	167	F401	170
185	111	0:40:58	Lisa Tindle	Peacehaven Run Club	PEACEH	PPSST	F40	166	NSF1	171
186	486	0:41:00	Olatz Riuiz-Smith	Crowborough Runners	CROW	CROW	F40	165	F402	172
187	22	0:41:21	Gerard Dummett	Lewes AC	LEW	LEW	M65	156	NS	NS
188	273	0:41:29	Chris Roberts	Team Bodyworks	BDY	EAST/BDY	M55	155	NS	NS
189	60	0:41:38	Sarah Robinson	Lewes AC	LEW	LEW	F60	164	F601	173
190	379	0:41:39	Alistair Marshman	Bexhill Run Tri	BEX	BEX	M50	154	M503	174
191	41	0:41:41	Gary Loughlin	Lewes AC	LEW	LEW	M55	153	NS	NS
192	569	0:41:43	Simon Haddon	Hailsham Harriers	HAIL	HAIL	M45	152	NSM5	175
193	613	0:41:46	Mary Sanderson	Hastings AC	HAC	HR/HAC	F55	163	F501	176
194	471	0:41:47	Jack Knapp	Crowborough Runners	CROW	CROW	SM	151	NS	NS
195	52	0:41:48	Jenny Patterson	Lewes AC	LEW	LEW	F45	162	NSF1	177
196	260	0:41:55	Matthew Fry	Team Bodyworks	BDY	EAST/BDY	M45	150	NS	NS
197	402	0:42:00	Geoff Tondeur	Bexhill Run Tri	BEX	BEX	M55	149	M401	178
198	493	0:42:01	Christy Styles	Crowborough Runners	CROW	CROW	SF	161	SF1	179
199	164	0:42:06	Graham Chapman	RunWednesdays	RUNW	RUNW	M60	148	M602	180
200	457	0:42:15	John Crockford	Crowborough Runners	CROW	CROW	M55	147	NS	NS
201	702	0:42:19	Joe Wells	Eastbourne Rovers AC	EAST	EAST/BDY	SM	146	NS	NS
202	603	0:42:20	Robin Warwick	Hailsham Harriers	HAIL	HAIL	M45	145	NSM6	181
203	704	0:42:22	Eddie Diplock	Hailsham Harriers	HAIL	HAIL	M50	144	M501	182
204	55	0:42:23	Michelle Pope	Lewes AC	LEW	LEW	F40	160	NSF2	183
205	250	0:42:24	Ian King	Seaford Shufflers	SHUF	PPSST	M55	143	NS	NS
206	321	0:42:29	Imogen Burman-Mitchell	Wadhurst Runners	WAD	WAD	F50	159	F502	184
207	281	0:42:30	Matthew Cheney	Tri Tempo	TRIT	PPSST	M40	142	NS	NS
208	710	0:42:30	Peter Drummond	Eastbourne Rovers AC	EAST	EAST/BDY	M60	141	M601	185
209	691	0:42:31	Lewis Stevens	-	NS	NS	M35	NS	NS	NS
210	181	0:42:36	Stuart McKenzie	RunWednesdays	RUNW	RUNW	M40	140	M401	186
211	156	0:42:39	Melvin Yeo	Portslade Hedgehoppers	HEDGE	HEDGE	M55	139	SM4	187
212	403	0:42:45	Lucy Walter	Bexhill Run Tri	BEX	BEX	F40	158	F401	188
213	17	0:42:48	Karin Divall	Lewes AC	LEW	LEW	F60	157	F602	189
214	184	0:42:49	Scott O'Rourke	RunWednesdays	RUNW	RUNW	M50	138	M502	190
215	542	0:42:51	Mike Thompson	Eastbourne Rovers AC	EAST	EAST/BDY	M65	137	M602	191
216	684	0:42:55	Martyn Craddock	Seaford Striders	SEAF	PPSST	M55	136	NS	NS
217	640	0:43:01	Paul Rackstraw	Hastings Runners	HR	HR/HAC	M65	135	M502	192
218	357	0:43:02	Sue Brumwell	Arena 80 AC	A80	A80	F60	156	F602	193
219	178	0:43:03	Al Marshall	RunWednesdays	RUNW	RUNW	M55	134	M503	194
220	371	0:43:04	Mark Stephenson	Arena 80 AC	A80	A80	M65	133	M602	195
221	116	0:43:08	Chris Findlay-Geer	Polegate Plodders	POLE	PPSST	M45	132	NS	NS
222	706	0:43:08	Claire Davis	Lewes AC	LEW	LEW	F45	155	NSF3	196
223	251	0:43:13	Dave Kitchener	Seaford Shufflers	SHUF	PPSST	M60	131	NS	NS
224	316	0:43:16	Graham West	Uckfield Runners	UCK	HTH/UCK	M65	130	SM3	197
225	510	0:43:16	Ria Beal	Eastbourne Rovers AC	EAST	EAST/BDY	SF	154	NSF4	198
226	47	0:43:20	Emily Murray	Lewes AC	LEW	LEW	F40	153	NSF4	199
227	495	0:43:24	Bryan Tapsell	Crowborough Runners	CROW	CROW	M70	129	NS	NS
228	314	0:43:25	Kevin Smith	Uckfield Runners	UCK	HTH/UCK	M55	128	SM4	200
229	285	0:43:26	Jamie Martin	Tri Tempo	TRIT	PPSST	SM	127	NS	NS
230	296	0:43:30	Stephen Delaney	Uckfield Runners	UCK	HTH/UCK	M70	126	NSM1	201
231	455	0:43:33	Sarah Cooper (Crow)	Crowborough Runners	CROW	CROW	F55	152	F501	202
232	364	0:43:34	Bob Page	Arena 80 AC	A80	A80	M65	125	M502	203
233	277	0:43:35	Frank Brennan	Tri Tempo	TRIT	PPSST	M70	124	NS	NS
234	523	0:43:38	Natalie Hoadley	Eastbourne Rovers AC	EAST	EAST/BDY	F50	151	F402	204
235	669	0:43:41	Stuart Meeks	Heathfield Runners	HEAT	HTH/UCK	M55	123	NSM2	205
236	694	0:43:51	Shaun McMullen	-	NS	NS	M60	NS	NS	NS
237	671	0:43:52	Rachel Miller	Heathfield Runners	HEAT	HTH/UCK	F50	150	F501	206
238	494	0:43:55	Claire Styles	Crowborough Runners	CROW	CROW	F55	149	F502	207
239	636	0:43:56	Jo Nevett	Hastings Runners	HR	HR/HAC	F50	148	F502	208
240	490	0:43:58	Bex Stevens	Crowborough Runners	CROW	CROW	F35	147	SF2	209
241	695	0:44:00	Peter Vondras	-	NS	NS	M40	NS	NS	NS
242	155	0:44:13	Tony Wright	Portslade Hedgehoppers	HEDGE	HEDGE	M60	122	NSM1	210
243	284	0:44:17	Phil Long	Tri Tempo	TRIT	PPSST	M55	121	NS	NS
244	19	0:44:26	Sharon Donovan	Lewes AC	LEW	LEW	F45	146	NS	NS
245	65	0:44:29	Steve Stamos	Lewes AC	LEW	LEW	M60	120	NS	NS
246	645	0:44:30	Gillian Sellman	Hastings Runners	HR	HR/HAC	F50	145	F402	211
247	641	0:44:43	Guy Ramage	Hastings Runners	HR	HR/HAC	M55	119	M503	212
248	580	0:44:55	Andy Moore	Hailsham Harriers	HAIL	HAIL	M60	118	M602	213
249	506	0:44:56	Russell Aitkenhead	Eastbourne Rovers AC	EAST	EAST/BDY	M55	117	NS	NS
250	23	0:44:57	Robin Edwards	Lewes AC	LEW	LEW	M55	116	NS	NS
251	502	0:44:57	Paul Wells	Crowborough Runners	CROW	CROW	M55	115	NS	NS
252	411	0:44:58	Steven Chantrey	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M60	114	M601	214
253	152	0:45:02	Ben Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	M60	113	NSM2	215
254	115	0:45:06	Peter Cook	Polegate Plodders	POLE	PPSST	M65	112	NS	NS
255	212	0:45:07	Charis Crudgington	Seaford Striders	SEAF	PPSST	SF	144	NSF2	216

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256	500	0:45:14	Eileen Welch	Crowborough Runners	CROW	CROW	F45	143	NSF1		217
257	266	0:45:20	Will Johnston	Team Bodyworks	BDY	EAST/BDY	M55	111	NS	NS	
258	567	0:45:22	Darren Grice	Hailsham Harriers	HAIL	HAIL	M35	110	NS	NS	
259	275	0:45:24	Paul Standen-Payne	Team Bodyworks	BDY	EAST/BDY	M50	109	NS	NS	
260	36	0:45:26	Bob Hughes	Lewes AC	LEW	LEW	M70	108	NS	NS	
261	128	0:45:27	Judith Carder	Portslade Hedgehoppers	HEDGE	HEDGE	F65	142	F602		218
262	686	0:45:27	Josh Zahangir	Polegate Plodders	POLE	PPSST	M35	107	NS	NS	
263	349	0:45:31	Monica Turner	Wadhurst Runners	WAD	WAD	F55	141	F401		219
264	348	0:45:31	Lee Turner	Wadhurst Runners	WAD	WAD	M55	106	M501		220
265	611	0:45:33	Francis Burnham	Hastings AC	HAC	HR/HAC	F65	140	F601		221
266	383	0:45:34	Jenny Crouch	Bexhill Run Tri	BEX	BEX	F35	139	SF2		222
267	147	0:45:37	Dave Maskell	Portslade Hedgehoppers	HEDGE	HEDGE	M60	105	NSM3		223
268	429	0:45:52	Sophie Warner	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	138	NSF1		224
269	420	0:45:52	Eve Hughes	Brighton & Hove Frontrunner:	FRONTR	FRONTR	SF	137	NSF2		225
270	659	0:46:00	Beverley Chapman	Heathfield Runners	HEAT	HTH/UCK	F55	136	F502		226
271	453	0:46:03	Lorna Buckwell	Crowborough Runners	CROW	CROW	F45	135	NSF2		227
272	135	0:46:10	Gemma Gilroy	Portslade Hedgehoppers	HEDGE	HEDGE	F45	134	F401		228
273	362	0:46:14	Jenny Hughes	Arena 80 AC	A80	A80	F65	133	F501		229
274	427	0:46:16	Peter Roche	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M50	104	M502		230
275	42	0:46:21	Steph Masters	Lewes AC	LEW	LEW	SF	132	NS	NS	
276	230	0:46:26	Stacey Pollard	Seaford Striders	SEAF	PPSST	F40	131	NSF3		231
277	146	0:46:34	Europa Malynicz	Portslade Hedgehoppers	HEDGE	HEDGE	F50	130	F501		232
278	466	0:46:35	Lawry Freeman	Crowborough Runners	CROW	CROW	M50	103	NS	NS	
279	300	0:46:40	Emily Gibson	Uckfield Runners	UCK	HTH/UCK	F50	129	F401		233
280	405	0:46:42	Paul Zipperlen	Bexhill Run Tri	BEX	BEX	M50	102	M402		234
281	687	0:46:44	Paul Hawkins	-	NS	NS	M50	NS	NS	NS	
282	253	0:46:47	Grant Meyer	Seafont Shufflers	SHUF	PPSST	M40	101	NS	NS	
283	276	0:47:00	Tom Stanton	Team Bodyworks	BDY	EAST/BDY	M45	100	NS	NS	
284	335	0:47:11	Denise Jeffery	Wadhurst Runners	WAD	WAD	F60	128	F601		235
285	461	0:47:17	Mary Down	Crowborough Runners	CROW	CROW	F55	127	NSF3		236
286	228	0:47:18	Michelle Mills	Seaford Striders	SEAF	PPSST	F50	126	F501		237
287	165	0:47:22	Samantha Crompton	RunWednesdays	RUNW	RUNW	F45	125	F401		238
288	195	0:47:26	David Stringer	RunWednesdays	RUNW	RUNW	M55	99	M402		239
289	351	0:47:32	Rob Weighell	Wadhurst Runners	WAD	WAD	M65	98	M601		240
290	54	0:47:33	Poppy Pittock	Lewes AC	LEW	LEW	SF	124	NS	NS	
291	138	0:47:35	Fran Hamilton	Portslade Hedgehoppers	HEDGE	HEDGE	F55	123	F502		241
292	222	0:47:45	Kate Lewis	Seaford Striders	SEAF	PPSST	F45	122	NSF4		242
293	25	0:47:59	Emma Gardner	Lewes AC	LEW	LEW	F55	121	F502		243
294	553	0:48:04	Julie Chicken	Hailsham Harriers	HAIL	HAIL	F65	120	F601		244
295	428	0:48:05	Mackenzie Soley	Brighton & Hove Frontrunner:	FRONTR	FRONTR	M40	97	NSM1		245
296	168	0:48:08	Pauline Delaney	RunWednesdays	RUNW	RUNW	F50	119	F502		246
297	657	0:48:09	Fleur Blanford	Heathfield Runners	HEAT	HTH/UCK	F60	118	F601		247
298	654	0:48:10	Emma Allen	Heathfield Runners	HEAT	HTH/UCK	F45	117	F402		248
299	605	0:48:10	Louise Williams	Hailsham Harriers	HAIL	HAIL	F45	116	F402		249
300	158	0:48:23	Mary Austin-Olsen	RunWednesdays	RUNW	RUNW	F70	115	F601		250
301	577	0:48:26	Victoria Little	Hailsham Harriers	HAIL	HAIL	F45	114	NSF2		251
302	655	0:48:27	Brian Barley	Heathfield Runners	HEAT	HTH/UCK	M50	96	NSM3		252
303	142	0:48:29	Kerry Kipling	Portslade Hedgehoppers	HEDGE	HEDGE	F55	113	F402		253
304	401	0:48:30	Amanda Tondeur	Bexhill Run Tri	BEX	BEX	F50	112	F501		254
305	16	0:48:32	Julie Deakin	Lewes AC	LEW	LEW	F60	111	NS	NS	
306	667	0:48:34	Ruth Le Vesconte	Heathfield Runners	HEAT	HTH/UCK	F55	110	SF1		255
307	254	0:48:44	Richard Meyer	Seafont Shufflers	SHUF	PPSST	M40	95	NS	NS	
308	124	0:48:57	Liz Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F45	109	SF1		256
309	584	0:48:59	Sam Neame	Hailsham Harriers	HAIL	HAIL	F35	108	NSF3		257
310	249	0:49:04	Amanda Davis	Seafont Shufflers	SHUF	PPSST	F35	107	NS	NS	
311	153	0:49:13	Karen Walsh	Portslade Hedgehoppers	HEDGE	HEDGE	F55	106	SF2		258
312	172	0:49:18	Evelyn Griffiths	RunWednesdays	RUNW	RUNW	F55	105	F402		259
313	708	0:49:19	Mika Dave	RunWednesdays	RUNW	RUNW	F40	104	SF2		260
314	180	0:49:19	Sally Mason	RunWednesdays	RUNW	RUNW	F50	103	NSF1		261
315	583	0:49:24	Kevin Morris	Hailsham Harriers	HAIL	HAIL	M60	94	M502		262
316	663	0:49:28	Christopher Golding	Heathfield Runners	HEAT	HTH/UCK	M65	93	NSM4		263
317	352	0:49:29	Eleanor Wigram	Wadhurst Runners	WAD	WAD	F60	102	F602		264
318	451	0:49:33	Marco Brivio	Crowborough Runners	CROW	CROW	M40	92	NS	NS	
319	320	0:49:48	Peter Burfoot	Wadhurst Runners	WAD	WAD	M70	91	M602		265
320	286	0:50:10	Dee Poole	Tri Tempo	TRIT	PPSST	F55	101	F502		266
321	444	0:50:12	Meg Attwood	Crowborough Runners	CROW	CROW	SF	100	NSF4		267
322	448	0:50:14	Marie Bolton	Crowborough Runners	CROW	CROW	F50	99	NS	NS	
323	130	0:50:28	Debra Crisp	Portslade Hedgehoppers	HEDGE	HEDGE	F55	98	NSF1		268
324	705	0:50:30	Liz Long	Lewes AC	LEW	LEW	F60	97	NS	NS	
325	283	0:50:32	Helen Key	Tri Tempo	TRIT	PPSST	F55	96	NS	NS	
326	68	0:50:41	Adrian Thompson	Lewes AC	LEW	LEW	M65	90	NS	NS	
327	237	0:50:42	Kathrine Simmons	Seaford Striders	SEAF	PPSST	F50	95	NS	NS	
328	5	0:50:48	Jason Johnstone	HY Runners	HYRun	HYRun	M50	89	M502		269
329	625	0:50:49	Paul Hope	Hastings Runners	HR	HR/HAC	M65	88	M402		270
330	700	0:50:50	Steve Eke	Portslade Hedgehoppers	HEDGE	HEDGE	M65	87	NSM4		271
331	582	0:51:02	Jayne Morris	Hailsham Harriers	HAIL	HAIL	F55	94	F501		272
332	341	0:51:07	Patricia O'Higgins	Wadhurst Runners	WAD	WAD	F65	93	F402		273
333	696	0:51:07	Leonie Brown	-	NS	NS	F35	NS	NS	NS	
334	660	0:51:25	Andy Diplock	Heathfield Runners	HEAT	HTH/UCK	M50	86	NSM5		274
335	215	0:51:27	Chiara Di Giorgi	Seaford Striders	SEAF	PPSST	F50	92	NS	NS	
336	618	0:51:40	Piers Brunning	Hastings Runners	HR	HR/HAC	M65	85	M403		275
337	265	0:51:45	Karen Jaques	Team Bodyworks	BDY	EAST/BDY	F55	91	NS	NS	
338	34	0:51:53	Emma Hodgson	Lewes AC	LEW	LEW	F50	90	NS	NS	
339	166	0:51:58	Nicola Davie	RunWednesdays	RUNW	RUNW	F50	89	NSF2		276
340	176	0:52:03	Danielle Lee	RunWednesdays	RUNW	RUNW	F40	88	NSF3		277
341	174	0:52:03	Amelia Jameson-Allen	RunWednesdays	RUNW	RUNW	SF	87	NSF4		278

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342	635	0:52:05	Sarah Marzaioli	Hastings Runners	HR	HR/HAC	F70	86	F602	279
343	315	0:52:07	Christine Tait	Uckfield Runners	UCK	HTH/UCK	F65	85	F602	280
344	213	0:52:12	Kay Crush	Seaford Striders	SEAF	PPSST	F60	84	F601	281
345	393	0:52:18	Pam Matthews	Bexhill Run Tri	BEX	BEX	F55	83	F502	282
346	651	0:52:26	Simon Trevena	Hastings Runners	HR	HR/HAC	M55	84	SM3	283
347	410	0:52:36	John Brown	Brighton & Hove Frontrunner	FRONTR	FRONTR	M55	83	M503	284
348	333	0:52:38	Alistair Howitt	Wadhurst Runners	WAD	WAD	M70	82	M502	285
349	718	0:52:44	Wendy Trevena	Hastings AC	HAC	HR/HAC	F50	82	SF1	286
350	431	0:52:45	Sam Dissanayaka	Central Park Athletics	CPA	CPA	M55	81	M501	287
351	690	0:52:57	Andrew Wilkinson	Portslade Hedgehoppers	HEDGE	HEDGE	M60	80	NSM5	288
352	70	0:52:58	Catriona Wheeler	Lewes AC	LEW	LEW	F35	81	NS	NS
353	433	0:52:59	Martin Harmen	Central Park Athletics	CPA	CPA	M50	79	M502	289
354	437	0:53:03	Julian Mills	Central Park Athletics	CPA	CPA	M60	78	M601	290
355	62	0:53:17	Richard Rudd	Lewes AC	LEW	LEW	M60	77	NS	NS
356	480	0:53:19	Jayne Meyers	Crowborough Runners	CROW	CROW	F60	80	F601	291
357	245	0:53:22	Ellie Woolcott	Seaford Striders	SEAF	PPSST	SF	79	NS	NS
358	18	0:53:23	Patrick Donovan	Lewes AC	LEW	LEW	M55	76	NS	NS
359	436	0:53:42	Mike Lawlor	Central Park Athletics	CPA	CPA	M55	75	M503	292
360	37	0:54:09	Peter Kennedy	Lewes AC	LEW	LEW	M70	74	NS	NS
361	288	0:54:14	Rachael Stephens	Tri Tempo	TRIT	PPSST	F50	78	NS	NS
362	126	0:54:17	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70	77	NSF2	293
363	262	0:54:21	Maddie Hawkins	Team Bodyworks	BDY	EAST/BDY	F40	76	NS	NS
364	399	0:54:36	Joanna Swap	Bexhill Run Tri	BEX	BEX	F45	75	F402	294
365	96	0:54:38	Jane Chant	Peacehaven Run Club	PEACEH	PPSST	F50	74	NS	NS
366	458	0:54:42	Ron Cutbill	Crowborough Runners	CROW	CROW	M65	73	NS	NS
367	150	0:54:50	Sarah Russell	Portslade Hedgehoppers	HEDGE	HEDGE	F55	73	NSF3	295
368	722	0:54:58	Naomi Ross	Lewes AC	LEW	LEW	F45	72	NS	NS
369	66	0:55:05	Camila Supervielle	Lewes AC	LEW	LEW	F50	71	NS	NS
370	353	0:55:46	Iain Willatt	Wadhurst Runners	WAD	WAD	M65	72	M503	296
371	682	0:56:06	Lu Sanchez	Seaford Striders	SEAF	PPSST	F55	70	NS	NS
372	404	0:56:23	Laura Ward	Bexhill Run Tri	BEX	BEX	F50	69	NSF1	297
373	586	0:56:28	Mandy Oakley	Hailsham Harriers	HAIL	HAIL	F60	68	F602	298
374	192	0:56:46	Claire Shimmons	RunWednesdays	RUNW	RUNW	F45	67	NS	NS
375	476	0:56:56	Charlotte Mathers	Crowborough Runners	CROW	CROW	F40	66	NS	NS
376	387	0:56:57	James Graham	Bexhill Run Tri	BEX	BEX	M55	71	M403	299
377	177	0:57:10	Anne Lozach	RunWednesdays	RUNW	RUNW	F50	65	NS	NS
378	642	0:57:15	Yock Lin Richardson	Hastings Runners	HR	HR/HAC	F70	64	SF2	300
379	575	0:57:27	Julie Lewis-Clements	Hailsham Harriers	HAIL	HAIL	F45	63	NSF4	301
380	443	0:57:41	Bob Archer	Crowborough Runners	CROW	CROW	M70	70	NS	NS
381	294	0:57:42	Sue Collett	Uckfield Runners	UCK	HTH/UCK	F45	62	SF2	302
382	305	0:57:42	Laura Grove	Uckfield Runners	UCK	HTH/UCK	F45	61	NSF1	303
383	661	0:57:51	Lorraine Diplock	Heathfield Runners	HEAT	HTH/UCK	F55	60	NSF2	304
384	673	0:57:52	Gilly Nickols	Heathfield Runners	HEAT	HTH/UCK	F60	59	NSF3	305
385	634	0:58:39	Sue Mann	Hastings Runners	HR	HR/HAC	F65	58	NSF1	306
386	340	0:59:01	Helen Neary	Wadhurst Runners	WAD	WAD	F70	57	SF1	307
387	619	0:59:44	Shana Burchett	Hastings Runners	HR	HR/HAC	F50	56	NSF2	308
388	616	0:59:45	Krista Barzee	Hastings Runners	HR	HR/HAC	F50	55	NSF3	309
389	190	0:59:48	Samantha Ramsden	RunWednesdays	RUNW	RUNW	F60	54	F602	310
390	179	1:00:27	Melissa Marshall	RunWednesdays	RUNW	RUNW	F45	53	NS	NS
391	235	1:00:42	Jo Robinson	Seaford Striders	SEAF	PPSST	F50	52	NS	NS
392	626	1:01:05	Sylvia Huggett	Hastings Runners	HR	HR/HAC	F70	51	NSF4	311
393	208	1:01:11	Sara Baitup	Seaford Striders	SEAF	PPSST	F40	50	NS	NS
394	118	1:01:12	Helen Greck	Polegate Plodders	POLE	PPSST	F45	49	NS	NS
395	242	1:01:58	Jeanette Wells	Seaford Striders	SEAF	PPSST	F55	48	NS	NS
396	239	1:02:08	Sandra Standen	Seaford Striders	SEAF	PPSST	F70	47	F602	312
397	464	1:02:48	Julie Erxleben	Crowborough Runners	CROW	CROW	F60	46	F602	313
398	186	1:03:06	Rebekah Padgham	RunWednesdays	RUNW	RUNW	SF	45	NS	NS
399	223	1:03:14	Judith Linsell	Seaford Striders	SEAF	PPSST	F65	44	NS	NS
400	200	1:03:15	Jade Turner	RunWednesdays	RUNW	RUNW	F45	43	NS	NS
401	199	1:03:16	Emma Trenaman	RunWednesdays	RUNW	RUNW	F45	42	NS	NS
402	397	1:03:58	Christine Sage	Bexhill Run Tri	BEX	BEX	F65	41	F601	314
403	395	1:03:59	Dave Oxbrow	Bexhill Run Tri	BEX	BEX	M70	69	SM1	315
404	716	1:04:21	John Gately	-	NS	NS	M70	NS	NS	NS
DNF										
	604		Felicity Williams	Hailsham Harriers	HAIL					