

# Worthing 20

1<sup>st</sup> April 2007

Results (Guntime ~ Official Time. Chiptime ~ Personal Line to Line Time) Sussex Championships ~ Y

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime
1	1218	Nick Baker	M39	Denmead Striders	0:29:06	0:27:51	0:28:18	0:31:08	1:56:22	1:56:23
2	1697	Paul Bleach	M20	City Of Portsmouth AC	0:30:59	0:28:16	0:28:53	0:29:36	1:57:43	1:57:44
3	1628	Paul Froud	M40	Brighton & Hove AC	0:31:32	0:29:12	0:29:57	0:31:44	2:02:24	2:02:24 Y
4	1028	Richard Browne	M39	London Heathside	0:33:40	0:30:03	0:29:54	0:30:47	2:04:22	2:04:26
5	1084	Godfrey Rhimes	M53	City Of Portsmouth AC	0:33:20	0:30:55	0:30:40	0:31:01	2:05:55	2:05:56
6	1391	Mark Parry	M45	Crawley AC	0:32:10	0:30:02	0:31:21	0:32:38	2:06:10	2:06:10 Y
7	1344	Noel O'Dowd	M50	Eastleigh RC	0:33:31	0:31:17	0:31:22	0:30:43	2:06:52	2:06:55
8	1090	David Baker	M40	South London Harr	0:32:10	0:30:15	0:31:12	0:33:36	2:07:11	2:07:12
9	1571	Shaun Billing	M41	Brighton & Hove AC	0:33:52	0:31:04	0:30:45	0:31:34	2:07:14	2:07:16 Y
10	1081	Jeremy Ransom	M37		0:33:15	0:31:00	0:31:17	0:32:56	2:08:26	2:08:28 Y
11	1601	Andrew Aitken	M29	South London Harr	0:32:12	0:30:38	0:31:41	0:34:04	2:08:34	2:08:35
12	1354	Michael Rix	M36	Farnham Runners	0:31:45	0:30:27	0:31:51	0:35:19	2:09:21	2:09:21
13	1667	David Knapman	M26	Winchester & Dist AC	0:34:11	0:32:09	0:31:52	0:31:06	2:09:16	2:09:21
14	1681	Mark Halls	M43	Brighton & Hove AC	0:34:12	0:31:22	0:31:46	0:32:13	2:09:32	2:09:34 Y
15	1393	Bob Novis	M54	Brighton Phoenix	0:33:29	0:31:18	0:31:46	0:33:24	2:09:56	2:10:00 Y
16	1611	Stuart McInnes	M25		0:33:31	0:31:17	0:31:47	0:33:31	2:10:05	2:10:07
17	1517	Kname Okojie	M37	Hercules Wimbledon	0:33:29	0:31:17	0:31:47	0:33:38	2:10:09	2:10:14 Y
18	1077	Stuart Prentice	M31	Haywards Heath Harr	0:33:39	0:31:41	0:32:07	0:32:49	2:10:15	2:10:16 Y
19	1202	Rodney Parker	M35	Isle Of Wight AC	0:33:57	0:31:17	0:31:36	0:33:25	2:10:13	2:10:19
20	1324	Ryan Stewart	M19	Seaford Striders	0:33:19	0:30:56	0:31:54	0:34:12	2:10:19	2:10:20 Y
21	1559	Keith Valentine	M53	Horsham Joggers	0:33:40	0:31:41	0:32:10	0:33:02	2:10:33	2:10:34 Y
22	1781	Andrew Carter	M28		0:35:08		1:03:33		2:10:22	2:10:49
23	1357	Truc Young	M35		0:34:14	0:32:22	0:32:10	0:32:39	2:11:24	2:11:27
24	1067	Richard Price	M28	Southampton RC	0:33:33	0:31:18	0:32:03	0:34:55	2:11:48	2:11:49
25	1345	Sean Bowen	M42	Garden City Runners	0:35:33	0:32:13	0:32:04	0:32:27	2:12:15	2:12:18
26	1410	James Pennicott	M24	Chichester Runners	0:33:39	0:31:53	0:33:09	0:33:45	2:12:25	2:12:26 Y
27	1157	Martin Davies	M47	Eastleigh RC	0:34:48	0:32:34	0:32:15	0:33:19	2:12:55	2:12:57
28	1276	Richard Essex	M29		0:35:11	0:32:28	0:32:35	0:33:20	2:13:32	2:13:34 Y
29	1355	Jonathan Grant	M43		0:35:06	0:32:28	0:32:35	0:33:31	2:13:39	2:13:45 Y
30	1758	Mark Greet	M39	Horsham Joggers	0:35:14	0:32:46	0:32:43	0:33:03	2:13:46	2:13:49
31	1296	Jason Elkington	M40	Chichester Runners	0:33:40	0:31:54	0:33:10	0:35:28	2:14:10	2:14:10
32	1402	Andrew Field	M58	Brighton Phoenix	0:35:08	0:32:28	0:32:36	0:34:20	2:14:31	2:14:35 Y
33	1460	Tom Glandfield	M33	Seaford Striders	0:34:07	0:31:54	0:33:18	0:36:01	2:15:18	2:15:20 Y
34	1246	Richard Harrington	M33	Winchester & Dist AC	0:36:38	0:33:43	0:32:07	0:33:06	2:15:33	2:15:39
35	1513	Graham Lyall	M51	Haywards Heath Harr	0:33:40	0:32:23	0:33:54	0:35:54	2:15:50	2:15:52 Y
36	1633	Grant Patterson	M43	Worthing Harriers	0:34:15	0:32:45	0:33:44	0:35:08	2:15:51	2:15:54 Y
37	1011	Adrian Clark	M41	Gosport RR	0:36:18	0:33:56	0:32:30	0:33:07	2:15:50	2:16:03
38	1653	Georgia McNicol	F33	Winchester & Dist AC	0:36:38	0:33:43	0:32:36	0:33:22	2:16:18	2:16:24
39	1516	David Harris	M23	Goring RR	0:35:08	0:33:02	0:33:45	0:33:43	2:15:37	2:16:29 Y
40	1430	Daniel Vaughan	M35		0:35:41	0:33:15	0:33:18	0:34:15	2:16:28	2:16:31 Y
41	1215	Julian Manning	M31	Denmead Striders	0:31:31	0:29:12	0:30:46	0:45:19	2:16:47	2:16:48
42	1404	David Barnes	M51	Eastleigh RC	0:35:50	0:33:24	0:33:29	0:34:03	2:16:45	2:16:50
43	1800	Adrian Haines	M39	British Airways AC	0:33:40	0:31:50	0:33:57	0:37:34	2:16:59	2:17:01
44	1366	Dave Dunstall	M45	Seaford Striders	0:36:42	0:32:31	0:32:32	0:35:17	2:17:00	2:17:03 Y
45	1561	Robert Cameron-Wood	M39	Hastings Runners	0:33:48	0:33:50	0:34:07	0:35:18	2:17:02	2:17:04 Y
46	1564	Simon Baldwin	M39	2-Tri	0:37:28	0:32:45	0:32:23	0:34:14	2:16:48	2:17:06
47	1749	Zoe Pike	F35	Hercules Wimbledon	0:37:16	0:33:46	0:33:11	0:33:24	2:17:36	2:17:46
48	1279	Neil Walford	M42	Brighton & Hove AC	0:35:46	0:34:16	0:34:00	0:33:52	2:17:53	2:17:56 Y
49	1130	Russ Bestley	M44	Portsmouth Joggers	0:37:32	0:33:29	0:33:20	0:33:44	2:18:03	2:18:07
50	1458	Benjamin Ageros	M31	Horsham Joggers	0:37:05	0:34:27	0:32:43	0:33:47	2:18:00	2:18:10 Y
51	1251	Lucinda Graves	F28	Horsham Joggers	0:37:06	0:33:32	0:33:10	0:34:45	2:18:32	2:18:39 Y
52	1592	Michael Mackay	M44	Wadhurst Runners	0:35:01	0:32:55	0:33:51	0:36:30	2:18:16	2:18:49 Y
53	1762	Alex Burton	M41		0:34:20	0:34:08	0:34:56	0:36:03	2:19:26	2:19:29
54	1266	Paul Finch	M31	Striders Of Croydon	0:36:37	0:33:49	0:34:36	0:34:39	2:19:40	2:19:47
55	1163	Ann Sinnett	F46	Haywards Heath Harr	0:37:45	0:33:17	0:33:50	0:34:54	2:19:45	2:19:52 Y
56	1061	Paul Loader	M31	Vegan Runners	0:34:00	0:33:43	0:34:37	0:37:43	2:20:01	2:20:02 Y
57	1271	Neil Tolfrey	M42	Victory AC	0:36:47	0:34:41	0:33:46	0:34:54	2:20:06	2:20:19
58	1377	Neil Isom	M30	Reigate Priory AC	0:36:03	0:34:24	0:34:30	0:35:24	2:20:19	2:20:23
59	1358	Peter Emery	M49	South London Harr	0:36:43	0:33:44	0:34:31	0:35:30	2:20:27	2:20:27
60	1387	Gary Willis	M45	Portsmouth Joggers	0:37:32	0:33:28	0:34:02	0:35:26	2:20:27	2:20:32
61	1761	David Lague	M39	Saints & Sinners	0:37:03	0:33:39	0:33:14	0:36:50	2:20:45	2:20:52
62	1647	Paul Eccles	M48	Hailsham Harriers	0:33:46	0:34:21	0:35:19	0:37:30	2:20:55	2:20:56 Y
63	1631	Mark Ellison	M46	Blackheath & Bromley Harr	0:36:57	0:34:44	0:34:18	0:34:47	2:20:44	2:20:57
64	1073	Sally Gilbert	F49	Team Southampton	0:37:04	0:34:05	0:34:31	0:35:23	2:21:01	2:21:11
65	1507	Brian Friend	M53	Phoenix AC	0:37:09	0:34:44	0:34:14	0:35:14	2:21:20	2:21:25 Y
66	1660	Mark Hill	M43	Burgess Hill Runners	0:33:27	0:31:23	0:34:05	0:42:28	2:21:22	2:21:28 Y
67	1001	Philip Sanders	M34		0:39:28	0:35:05	0:33:15	0:33:25	2:21:12	2:21:31
68	1284	Mark Friend-James	M38		0:42:09	0:32:39	0:32:30	0:33:55	2:21:11	2:21:47
69	1718	Marie Synnott-Wells	F42	Ranelagh Harriers	0:36:55	0:35:14	0:35:14	0:35:18	2:22:39	2:22:42
70	1746	Julian Ward	M36		0:38:24	0:35:18	0:34:55	0:34:18	2:22:54	2:22:56
71	1652	Alistair McNicol	M40	Winchester & Dist AC	0:36:36	0:33:48	0:35:15	0:37:13	2:22:51	2:22:59
72	1533	Miles Penfold	M39	Horsham Joggers	0:37:59	0:34:55	0:35:10	0:34:50	2:22:52	2:23:01 Y
73	1272	Richard Haynes	M49	Haywards Heath Harr	0:37:17	0:33:48	0:34:39	0:37:13	2:22:56	2:23:06 Y
74	1334	Garry Parsons	M38	London Front Runners	0:37:27	0:34:15	0:35:06	0:36:01	2:22:48	2:23:07
75	1116	Lisa Hale	F27	Fleet & Crookham AC	0:38:09	0:34:57	0:35:16	0:34:53	2:23:14	2:23:17
76	1326	Alan Edwards	M56	Waverley Harriers	0:35:50	0:33:58	0:34:39	0:38:46	2:23:12	2:23:22 Y
77	1775	Andrew Ruffell	M36	Hailsham Harriers	0:37:17	0:34:37	0:35:01	0:36:38	2:23:31	2:23:31
78	1496	Matthew Cantwell	M34		0:37:09	0:35:14	0:34:16	0:35:52	2:22:29	2:23:34
79	1320	Graeme Fitzjohn	M42		0:38:12	0:35:28	0:35:07	0:34:57	2:23:43	2:24:03 Y

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime
80	1476	Patrick Moran	M53	Trent Park RC	0:37:04	0:34:59	0:35:18	0:36:45	2:24:05	2:24:11
81	1535	Mick James	M50	Ashford & Dist RRC	0:37:16	0:35:15	0:35:08	0:36:23	2:24:01	2:24:19
82	1286	David Beattie	M59	Crawley AC	0:35:36	0:34:30	0:36:02	0:38:14	2:24:21	2:24:21
83	1041	Derek Pratt	M44		0:37:48	0:34:32	0:34:49	0:36:37	2:23:45	2:24:27
84	1703	Darren Smart	M31	Dartford Harriers	0:37:09	0:34:27	0:34:48	0:38:06	2:24:29	2:24:46
85	1300	David Sandham	M38	Horsham Joggers	0:37:05	0:34:00	0:35:56	0:37:52	2:24:50	2:24:59
86	1440	James Priest	M51	Worthing Harriers	0:36:34	0:33:56	0:36:40	0:37:59	2:25:07	2:25:11
87	1182	Chris Morton	M42	Striders Of Croydon	0:37:48	0:35:22	0:35:34	0:36:40	2:25:23	2:25:23
88	1455	Colin Harley	M50	Chichester Runners	0:36:17	0:34:45	0:36:11	0:38:09	2:25:21	2:25:26
89	1679	Crispin Scott	M48	Haslemere Border AC	0:39:26	0:35:47	0:34:55	0:35:21	2:25:28	2:25:34
90	1216	John Murphy	M38	Barnet & Dist AC	0:36:30	0:33:56	0:37:09	0:38:44	2:26:18	2:26:32
91	1577	David Day	M40	Dartford RR	0:36:55	0:35:09	0:36:21	0:38:12	2:26:36	2:26:41
92	1788	Ross Rainham	M30	Horsham Joggers	0:38:21	0:35:33	0:35:41	0:37:12	2:26:45	2:26:50
93	1179	Rob Dryden	M37	Portsmouth Joggers	0:37:41	0:34:58	0:36:25	0:37:48	2:26:50	2:26:55
94	1478	David Johnson	M26	Collingwood AC	0:38:45	0:35:10	0:35:43	0:37:33	2:27:09	2:27:29
95	1415	Christopher Parkin	M28	Reigate Priory AC	0:37:14	0:35:24	0:36:15	0:38:47	2:27:39	2:27:42
96	1418	Paul Abbott	M33	Reigate Priory AC	0:37:13	0:35:24	0:36:15	0:38:47	2:27:38	2:27:42
97	1669	Ewart Lister	M37	RRC	0:38:54	0:36:11	0:36:01	0:36:38	2:27:42	2:27:53
98	1027	Amanda Hester	F45	Brighton & Hove AC	0:38:55	0:36:11	0:36:01	0:36:38	2:27:43	2:27:53
99	1471	Nicholas Stock	M42	Sandhurst Joggers	0:38:29	0:36:09	0:36:02	0:37:21	2:27:59	2:28:13
100	1313	Pete Nevill	M34		0:38:15	0:35:31	0:36:29	0:37:56	2:28:09	2:28:24
101	1530	Lee Rodwell	M26		0:38:07	0:35:46	0:35:43	0:38:40	2:28:14	2:28:36
102	1719	Richard Lisle	M42	Sixth Dimension	0:37:51	0:35:53	0:36:42	0:38:11	2:28:35	2:28:50
103	1670	Michael Alldis	M38		0:38:12	0:35:40	0:37:58	0:36:47	2:28:36	2:28:55
104	1474	Steve Neale	M47	Dartford RR	0:38:29	0:36:53	0:36:23	0:37:07	2:28:51	2:28:58
105	1593	Simon Bampfyllds	M34	Serpentine RC	0:39:21	0:36:23	0:36:30	0:36:48	2:29:00	2:29:15
106	1731	Cassie Carson	F29	Twilight Runners	0:39:11	0:35:38	0:37:11	0:37:37	2:29:36	2:29:40
107	1599	Ed Warner	M43	Fittleworth Flyers	0:39:25	0:36:50	0:36:25	0:37:03	2:29:41	2:29:55
108	1144	Jonathan Redman	M53		0:39:41	0:35:15	0:36:25	0:38:59	2:30:19	2:30:19
109	1217	Kim Nelson	F41	Havant AC	0:39:24	0:36:48	0:36:38	0:37:28	2:30:17	2:30:22
110	1787	Graham Chapman	M44	Heathfield RR	0:40:41	0:36:36	0:36:04	0:37:32	2:30:52	2:30:57
111	1576	James Durrant	M26		0:38:46	0:37:17	0:37:31	0:37:17	2:30:51	2:31:07
112	1166	Malcolm Allen	M55	Trent Park RC	0:37:22	0:35:44	0:37:09	0:40:49	2:31:03	2:31:09
113	1428	Terence Barnes	M43	Crawley AC	0:36:40	0:34:24	0:38:00	0:42:08	2:31:11	2:31:12
114	1048	John Taylor	M67	Hailsham Harriers	0:39:08	0:36:40	0:37:17	0:38:06	2:31:10	2:31:19
115	1801	Carrie Hague	F29	Dartford RR	0:38:50	0:36:28	0:37:17	0:38:18	2:30:52	2:31:30
116	1658	Tim Moloney	M38	Seaford Striders	0:39:07	0:38:18	0:37:36	0:36:26	2:31:25	2:31:39
117	1293	Sue Gardener	F45	Victory AC	0:41:49	0:38:04	0:35:46	0:35:55	2:31:33	2:31:46
118	1751	Neil Gausden	M46	Hailsham Harriers	0:37:34	0:36:12	0:37:25	0:40:39	2:31:48	2:31:58
119	1617	Robb Birchley	M30	Victoria Park Harr	0:38:11	0:35:29	0:39:54	0:38:17	2:31:49	2:32:10
120	1253	Andy Frith	M37	Benfleet RC	0:39:07	0:36:40	0:37:17	0:38:53	2:31:55	2:32:38
121	1184	William Fraser	M54	Hailsham Harriers	0:40:23	0:36:12	0:37:28	0:38:41	2:32:43	2:32:45
122	1729	Ian Carroll	M40	Twilight Runners	0:40:20	0:37:33	0:37:06	0:37:45	2:32:43	2:32:48
123	1321	John Flint	M54		0:39:20	0:36:58	0:37:25	0:39:00	2:32:40	2:32:49
124	1505	Paul Peskett	M40		0:42:19	0:36:47	0:36:27	0:36:17	2:31:49	2:32:50
125	1283	Andrew Holley	M29	Fittleworth Flyers	0:43:53	0:34:35	0:35:09	0:39:20	2:32:55	2:32:55
126	1495	Tony Titcombe	M53		0:40:14	0:37:24	0:37:30	0:37:42	2:32:49	2:32:57
127	1098	Kevin Bashford	M47	East Grinstead Tri	0:41:47	0:37:07	0:36:48	0:37:14	2:32:55	2:33:28
128	1699	Dave King	M20		0:39:39	0:36:57	0:37:34	0:39:06	2:33:15	2:33:32
129	1723	Michael Bickers	M28	Worthing Striders	0:40:17	0:37:45	0:37:26	0:38:09	2:33:35	2:33:42
130	1750	Michael Martin	M47	Seaford Striders	0:40:13	0:37:19	0:37:26	0:38:55	2:33:53	2:34:08
131	1673	Michael Sutton	M44	Mount Pleasant AC	0:38:16	0:35:32	0:36:34	0:43:39	2:34:00	2:34:10
132	1677	David Spring	M26		0:41:32	0:38:11	0:38:35	0:35:37	2:33:54	2:34:21
133	1760	Ian Pearce	M43	Saints & Sinners	0:37:51	0:35:48	0:38:30	0:42:10	2:34:18	2:34:25
134	1025	Albert Kemp	M60	Wadhurst Runners	0:39:49	0:37:35	0:38:04	0:39:23	2:34:50	2:34:58
135	1241	Michael Henderson	M25		0:37:41	0:36:11	0:37:43	0:43:28	2:35:02	2:35:10
136	1080	Rob Leake	M34	Hastings Runners	0:40:05	0:36:28	0:36:34	0:41:26	2:34:32	2:35:10
137	1262	Adrian Baty	M29		0:40:09	0:39:00	0:37:51	0:38:11	2:35:11	2:35:24
138	1726	Nicola Watts	F38	Crowborough Runners	0:41:10	0:37:24	0:37:40	0:38:40	2:34:53	2:35:45
139	1594	Gavin Baylis	M48		0:39:42	0:38:03	0:38:01	0:39:54	2:35:40	2:35:49
140	1244	Karen Harrison	F39	Tone Zone	0:41:55	0:37:45	0:37:23	0:38:16	2:35:18	2:35:55
141	1172	Clare Settle	F36	South London Harr	0:40:58	0:37:58	0:38:30	0:38:26	2:35:51	2:36:00
142	1068	Alan Tulip	M43	Saints & Sinners	0:42:03	0:37:43	0:37:22	0:38:23	2:35:29	2:36:01
143	1205	Kerry Backshell	F38	Striders Of Croydon	0:41:38	0:37:43	0:37:59	0:38:07	2:35:25	2:36:07
144	1091	Marcus Lee	M36	Stubbington Green	0:41:18	0:38:02	0:38:24	0:38:16	2:35:59	2:36:16
145	1672	Olivia Knight-Adams	F28		0:41:52	0:37:12	0:37:38	0:38:54	2:35:35	2:36:30
146	1528	Hannah Arnold	F23	Crowborough Runners	0:40:59	0:38:28	0:37:35	0:38:41	2:35:41	2:36:33
147	1414	Adam Jenner	M26		0:40:45	0:37:21	0:37:44	0:39:49	2:35:38	2:36:41
148	1364	Colin Young	M28	South London Harr	0:41:38	0:37:36	0:37:53	0:39:43	2:36:48	2:36:57
149	1459	Chris Lalley	M43	Horsham Joggers	0:40:00	0:38:26	0:39:02	0:39:28	2:36:55	2:37:02
150	1546	Niv Ben-Yehuda	M49	London Front Runners	0:39:51	0:38:14	0:38:42	0:40:03	2:36:49	2:37:06
151	1133	Donna Tew	F29	Eastleigh RC	0:40:48	0:38:20	0:38:32	0:39:14	2:36:54	2:37:14
152	1009	Nick Kimber	M48	Stubbington Green	0:41:01	0:38:18	0:38:25	0:39:26	2:37:09	2:37:26
153	1383	Ian Mintram	M49	Horsham Joggers	0:41:21	0:37:59	0:38:06	0:40:04	2:37:29	2:37:42
154	1382	Daniel Ralley	M32		0:40:41	0:36:29	0:37:31	0:42:31	2:37:11	2:37:44
155	1319	Fiona Bussell	F27	Burgess Hill Runners	0:40:25	0:38:29	0:38:38	0:39:47	2:37:18	2:37:47
156	1501	Richard Peers	M32	Haywards Heath Harr	0:40:17	0:38:11	0:39:04	0:40:24	2:37:55	2:38:06
157	1665	David Jenman	M39	Southampton RC	0:38:08	0:36:13	0:40:23	0:43:12	2:37:55	2:38:06
158	1586	Gemma Anderson	F25	Dartford RR	0:41:24	0:38:00	0:38:12	0:40:35	2:38:09	2:38:19
159	1192	Peter Leuw	M48	Horsham Joggers	0:41:17	0:38:01	0:38:18	0:40:32	2:38:06	2:38:23
160	1074	Wayne Smith	M32	Eastleigh RC	0:41:21	0:38:08	0:38:59	0:39:36	2:38:02	2:38:31
161	1249	Peter Plowman	M62	Hailsham Harriers	0:41:00	0:38:03	0:38:59	0:40:30	2:38:30	2:38:35
162	1607	Stephen Strudwick	M28		0:39:14	0:35:52	0:36:41	0:40:00	2:31:45	2:38:36

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime	
163	1335	Len Phillips	M49	Waverley Harriers	0:40:54	0:38:42	0:39:13	0:39:37	2:38:24	2:38:38	
164	1580	Keelie Brooks	F31	Ilford AC	0:40:51	0:37:57	0:38:41	0:40:50	2:38:17	2:38:48	
165	1051	Esme Ireland	F53	Winchester & Dist AC	0:42:26	0:39:20	0:38:02	0:38:25	2:38:12	2:38:49	
166	1588	Nick Bunclark	M32		0:37:10	0:36:25	0:40:08	0:45:03	2:38:45	2:38:54	
167	1314	Nathan Wicks	M27		0:39:08	0:36:40	0:39:16	0:43:11	2:38:14	2:38:56	
168	1372	Liz Halliday	F44	Phoenix AC	0:41:00	0:38:19	0:39:22	0:40:04	2:38:44	2:38:59	Y
169	1799	Justin Towner	M29		0:40:45	0:37:21	0:37:44	0:42:11	2:38:00	2:39:03	
170	1360	Ian Hilder	M47		0:38:38	0:36:53	0:38:34	0:44:38	2:38:41	2:39:08	
171	1347	James Welbury	M49	Crowborough Runners	0:41:38	0:38:56	0:39:05	0:39:39	2:39:16	2:39:29	Y
172	1488	Martin Foster	M51	Bournville Harriers	0:40:24	0:38:31	0:41:11	0:39:21	2:39:26	2:39:33	
173	1691	Sohan Amohia	M37	Chichester Runners	0:38:12	0:35:42	0:40:39	0:45:06	2:39:37	2:39:42	
174	1556	Martin Pilcher	M38	Paddock Wood AC	0:41:11	0:38:09	0:38:32	0:41:42	2:39:32	2:39:47	
175	1656	Keith Turner	M39	Arena 80	0:41:31	0:39:02	0:38:55	0:40:06	2:39:32	2:39:51	Y
176	1655	Michael Miller	M49	Arena 80	0:41:31	0:39:02	0:38:55	0:40:07	2:39:33	2:39:51	Y
177	1567	Dominic Stoffel	M36		0:42:14	0:39:47	0:39:15	0:38:17	2:39:31	2:39:58	
178	1386	Mark Hollingworth	M35		0:41:58	0:38:18	0:38:15	0:39:10	2:37:39	2:40:02	
179	1111	Alan Pettitt	M46	Horsham Joggers	0:40:08	0:38:39	0:39:56	0:41:26	2:40:06	2:40:06	Y
180	1621	Merrill April	F43		0:39:38	0:38:36	0:39:57	0:41:46	2:39:56	2:40:11	
181	1223	Pete Francis	M27	Horsham Joggers	0:41:35	0:38:01	0:38:43	0:41:40	2:39:58	2:40:14	
182	1497	Andy Munroe	M38		0:40:16	0:38:12	0:40:00	0:41:51	2:40:18	2:40:38	
183	1748	Gary Hoad	M44		0:39:25	0:37:51	0:39:38	0:43:41	2:40:33	2:40:38	
184	1397	Bryan McHugh	M40		0:41:26	0:36:35	0:37:42	0:43:45	2:39:27	2:40:39	
185	1431	Melanie Jewett	F35	Eastleigh RC	0:41:38	0:39:10	0:39:24	0:39:52	2:40:01	2:40:39	
186	1555	Steve Warner	M50	East Grinstead AC	0:40:14	0:37:49	0:39:26	0:43:00	2:40:28	2:40:47	Y
187	1663	Freddie Brunt	M21	Newcastle Uni	0:43:36	0:35:49	0:36:52	0:43:31	2:39:48	2:40:53	
188	1504	Stephanie Upton	F39	Striders Of Croydon	0:40:14	0:38:46	0:40:01	0:41:39	2:40:38	2:40:55	
189	1626	Kate Custis	F43	Striders Of Croydon	0:40:25	0:38:18	0:39:22	0:42:49	2:40:52	2:40:57	
190	1101	Carolyn Firmager	F40	Lingfield RC	0:43:58	0:40:06	0:38:38	0:37:51	2:40:31	2:40:59	Y
191	1482	Jeff Collier	M52	Crowborough Runners	0:41:39	0:39:02	0:39:23	0:41:10	2:41:12	2:41:25	Y
192	1173	Peter Maddison	M55	Crowborough Runners	0:41:39	0:39:00	0:39:24	0:41:10	2:41:12	2:41:25	Y
193	1042	David Hastie	M29		0:43:35	0:38:51	0:38:25	0:39:50	2:40:40	2:41:31	
194	1639	Chris Brace	M28		0:42:06	0:37:55	0:38:11	0:42:24	2:40:36	2:42:01	Y
195	1285	Paul Armer	M43	Horsham Joggers	0:42:13	0:39:30	0:39:46	0:40:25	2:41:53	2:42:06	Y
196	1050	Jacqui Callaghan	F38	Dorking & Mole Valley	0:41:33	0:38:57	0:40:32	0:40:53	2:41:53	2:42:10	
197	1267	Andrew Halfacree	M35		0:44:54	0:40:47	0:37:23	0:38:29	2:41:31	2:42:19	
198	1075	June Avery	F48	Burgess Hill Runners	0:40:45	0:37:58	0:40:49	0:42:52	2:42:23	2:42:24	Y
199	1159	Tony Johnson	M47	Horsham Joggers	0:42:16	0:40:15	0:39:28	0:40:03	2:42:02	2:42:27	Y
200	1456	Angela O'Connell	F45	Horsham Joggers	0:42:08	0:39:30	0:39:46	0:40:46	2:42:10	2:42:27	Y
201	1457	James Tysome	M30		0:43:50	0:38:44	0:38:50	0:41:00	2:42:23	2:42:44	Y
202	1065	Ralph Bernascone	M57	Henfield Joggers	0:39:28	0:36:34	0:40:38	0:45:49	2:42:28	2:42:52	Y
203	1769	Kevin Stone	M45		0:44:18	0:39:17	0:38:45	0:39:33	2:41:52	2:42:58	
204	1754	Julian Crowley	M41		0:43:39	0:39:16	0:38:58	0:40:36	2:42:27	2:43:02	
205	1605	Rick Clarke	M41		0:43:36	0:39:20	0:39:54	0:39:41	2:42:29	2:43:03	
206	1165	Cheryl Hill	F48	Gosport RR	0:40:47	0:39:16	0:40:21	0:42:40	2:43:02	2:43:09	
207	1466	Craig Meeten	M36		0:43:17	0:38:59	0:39:25	0:40:55	2:42:35	2:43:18	
208	1033	Mark Clawson	M35	Saints & Sinners	0:42:45	0:40:01	0:39:18	0:40:57	2:43:00	2:43:22	
209	1738	Adrian Brown	M42	Mels Milers	0:42:48	0:38:36	0:39:33	0:42:21	2:43:17	2:43:31	
210	1044	Andy Sly	M43	Serpentine RC	0:43:05	0:39:08	0:39:19	0:41:32	2:43:02	2:43:44	
211	1743	Darren Chilcott	M40	Burgess Hill Runners	0:40:55	0:38:42	0:39:22	0:44:17	2:43:15	2:43:46	
212	1467	Hayden Waghorn	M47	Worthing Striders	0:36:37	0:40:29	0:39:32	0:47:09	2:43:46	2:43:54	Y
213	1468	Arthur Waghorn	M48	Saints & Sinners	0:39:20	0:37:44	0:40:54	0:45:51	2:43:47	2:43:54	Y
214	1426	Frank Moran	M53	Trent Park RC	0:40:29	0:39:12	0:40:25	0:43:53	2:43:58	2:44:07	
215	1185	Fern Kettle	F46	Seaford Striders	0:40:19	0:39:30	0:40:41	0:43:36	2:44:05	2:44:15	Y
216	1583	Rhona Brown	F39		0:43:00	0:40:32	0:39:36	0:40:44	2:43:51	2:44:18	
217	1730	Francesca Nelson	F41	Crowborough Runners	0:41:16	0:38:54	0:40:42	0:43:00	2:43:51	2:44:43	
218	1052	Richard Knight	M60	Henfield Joggers	0:43:44	0:39:48	0:39:02	0:42:04	2:44:36	2:44:59	Y
219	1661	Alison Bugg	F46	Orion Harriers	0:43:20	0:40:24	0:40:28	0:40:30	2:44:41	2:45:02	
220	1400	Robin Thorne	M36		0:44:09	0:38:44	0:39:06	0:42:29	2:44:27	2:45:03	
221	1635	Steve Drake	M34		0:39:38	0:38:25	0:38:40	0:40:01	2:36:43	2:45:26	
222	1574	Mandy Brown	F52	26.2.RRC	0:42:25	0:39:40	0:40:29	0:43:04	2:45:37	2:45:44	
223	1350	Richard Duffy	M42	Mels Milers	0:41:37	0:39:03	0:40:55	0:43:37	2:45:09	2:45:52	
224	1425	Debbie Saint	F34	Burgess Hill Runners	0:41:03	0:39:27	0:40:51	0:44:04	2:45:24	2:45:56	Y
225	1146	John Weekes	M46	Christchurch Runners	0:43:45	0:40:15	0:40:09	0:41:41	2:45:50	2:45:59	
226	1688	Sandra Wescott	F43		0:42:51	0:40:30	0:40:45	0:41:54	2:45:58	2:46:09	
227	1021	Philip Greenfield	M47	Bromley Vets AC	0:41:44	0:40:55	0:40:55	0:42:27	2:45:59	2:46:13	
228	1755	Richard Harper	M35		0:43:19	0:42:09	0:38:52	0:41:40	2:45:58	2:46:15	
229	1378	James Lewis	M29		0:42:01	0:40:05	0:40:43	0:43:11	2:45:58	2:46:18	
230	1446	Ben Langdon	M43		0:41:01	0:40:15	0:42:22	0:42:34	2:46:11	2:46:26	
231	1741	Duncan Cruttenden	M38	Watford Harriers	0:41:12	0:40:15	0:40:51	0:44:10	2:46:27	2:46:33	
232	1379	Bertie Matthews	M46	RRC	0:43:02	0:40:47	0:41:24	0:41:09	2:46:20	2:46:37	
233	1356	Dean Chatburn	M42	Deal Tri	0:39:08	0:37:29	0:41:58	0:47:41	2:46:15	2:46:39	
234	1178	Anthony Shaw	M20	Crawley AC	0:42:19	0:38:32	0:39:03	0:46:36	2:46:29	2:46:45	Y
235	1250	Ivan Lyons	M39	Brighton Hash	0:44:45	0:40:45	0:40:38	0:39:58	2:46:06	2:46:47	Y
236	1291	Neil Barnard	M51		0:41:00	0:38:27	0:41:10	0:46:08	2:46:44	2:46:52	
237	1222	Bridgit Weekes	F49	Bromley Vets AC	0:43:27	0:40:24	0:40:34	0:42:12	2:46:35	2:46:53	
238	1237	Philip Brand	M44	Dover RR	0:43:03	0:40:24	0:39:58	0:43:30	2:46:54	2:47:18	
239	1035	Marie-Louise Coombes	F42	Dover RR	0:43:04	0:40:23	0:41:03	0:42:25	2:46:54	2:47:18	
240	1076	Mark Cummins	M34	Arena 80	0:43:27	0:40:23	0:40:48	0:42:25	2:47:02	2:47:21	
241	1774	Mark Henshall	M46		0:42:49	0:40:04	0:40:11	0:43:33	2:46:36	2:47:29	
242	1375	Roland Brook	M48	Nutfield Priory	0:41:14	0:38:03	0:44:01	0:43:53	2:47:09	2:47:30	
243	1792	Nathalie Juchall	F35		0:41:30	0:39:31	0:42:42	0:43:41	2:47:22	2:47:34	
244	1141	Simeon Swift	M36	Hailsham Harriers	0:40:18	0:38:59	0:40:18	0:47:56	2:47:30	2:47:36	
245	1747	Susanna Rust	F28		0:46:05	0:40:36	0:40:40	0:39:57	2:47:17	2:47:40	

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime	
246	1030	Ian Bayley	M40	Tone Zone	0:42:41	0:40:05	0:41:08	0:43:36	2:47:29	2:47:51	
247	1552	Christopher Perry	M31	Sixth Dimension	0:39:14	0:43:03	0:41:14	0:44:08	2:47:37	2:47:53	Y
248	1365	Keith Ayres	M44	Horsham Joggers	0:42:11	0:39:00	0:39:47	0:46:42	2:47:38	2:47:59	
249	1197	Malcolm Peskett	M42		0:47:15	0:40:46	0:38:45	0:40:15	2:47:00	2:48:00	
250	1690	Eddie Wattenbach	M43	Wadhurst Runners	0:41:03	0:38:58	0:41:18	0:46:26	2:47:44	2:48:05	Y
251	1694	Andrew Giffin	M34		0:44:48	0:40:47	0:38:06	0:43:39	2:47:18	2:48:11	
252	1763	Rachel Davies	F37	Wadhurst Runners	0:42:34	0:40:53	0:41:10	0:43:19	2:47:54	2:48:12	
253	1417	Sally Gillam	F44	Ilford AC	0:43:31	0:40:25	0:41:15	0:42:30	2:47:39	2:48:13	
254	1203	Gary Glass	M52	Lordshill RR	0:44:42	0:40:11	0:42:11	0:40:51	2:47:53	2:48:23	
255	1190	Reg Garrido	M62	Lingfield RC	0:44:13	0:40:46	0:40:54	0:42:11	2:48:03	2:48:29	Y
256	1107	Kath Garrido	F59	Lingfield RC	0:44:12	0:40:47	0:40:53	0:42:11	2:48:02	2:48:30	Y
257	1302	Kate Marchant	F39	Beckenham RC	0:40:51	0:39:45	0:41:56	0:46:03	2:48:33	2:48:44	Y
258	1036	Sue Lambert	F66	Serpentine RC	0:42:07	0:39:28	0:42:07	0:45:05	2:48:45	2:48:57	
259	1413	Adrian Willard	M31	Tuff Fitty Tri Club	0:44:12	0:40:37	0:40:29	0:43:09	2:48:26	2:49:00	Y
260	1744	Roberto Proietti	M57	Hailsham Harriers	0:41:11	0:39:59	0:44:17	0:43:44	2:49:10	2:49:12	
261	1242	Zoe Sanderson	F26		0:44:56	0:40:48	0:40:41	0:42:00	2:48:24	2:49:16	Y
262	1151	Stephen McLean	M41	Portsmouth Joggers	0:45:38	0:41:58	0:41:07	0:40:23	2:49:05	2:49:23	
263	1085	Phil Aiken	M40	Ranelagh Harriers	0:38:59	0:36:33	0:39:36	0:53:35	2:48:41	2:49:27	
264	1342	George Macdonald	M49	Bracknell Forest Runners	0:42:29	0:40:18	0:41:19	0:44:38	2:48:43	2:49:46	
265	1265	Marion Hemsworth	F56	Haywards Heath Harr	0:43:29	0:40:52	0:42:40	0:42:22	2:49:22	2:50:03	Y
266	1230	Jonathan Reynolds	M34		0:38:54	0:37:17	0:39:55	0:54:04	2:50:08	2:50:16	
267	1716	Peter Chapman	M25	Hastings Runners	0:42:16	0:38:40	0:41:29	0:47:38	2:50:02	2:50:19	
268	1226	Scott Goodwin	M29		0:43:07	0:40:47	0:41:48	0:44:39	2:50:21	2:50:32	
269	1260	Ken Boulby	M50		0:43:04	0:40:56	0:41:45	0:44:34	2:50:17	2:50:32	
270	1082	John Leeming	M50		0:42:27	0:39:44	0:41:41	0:44:18	2:48:09	2:50:40	Y
271	1713	Michael Grumbridge	M22		0:40:26	0:39:13	0:39:44	0:51:10	2:50:32	2:50:44	
272	1532	Carole McCullagh	F42	Portsmouth Joggers	0:42:18	0:40:20	0:41:03	0:41:45	2:45:25	2:50:45	Y
273	1675	John Flynn	M50		0:45:55	0:41:28	0:41:21	0:41:31	2:50:13	2:50:49	
274	1757	Rachael Hornigold	F29	Utopia Runners	0:44:47	0:41:11	0:41:36	0:42:39	2:50:11	2:50:50	
275	1369	Phil Mazur	M47	Striders Of Croydon	0:43:06	0:40:29	0:42:14	0:45:19	2:51:06	2:51:06	
276	1189	Sue Binks	F33	Horsham Joggers	0:42:29	0:40:15	0:40:59	0:47:13	2:50:54	2:51:07	Y
277	1176	Grant Ellis	M29	Horsham Joggers	0:41:35	0:37:57	0:41:54	0:49:27	2:50:51	2:51:07	Y
278	1756	Antony Neaves	M44	Chichester Runners	0:43:32	0:40:34	0:42:14	0:44:26	2:50:44	2:51:18	
279	1695	Graham Wade	M41	Dorking & Mole Valley	0:43:33	0:40:33	0:42:14	0:44:26	2:50:45	2:51:18	
280	1129	Debbie Hockley	F32	Portsmouth Joggers	0:44:57	0:41:58	0:41:07	0:42:19	2:50:20	2:51:19	
281	1126	Geoff White	M40		0:42:39	0:40:26	0:42:14	0:45:10	2:50:28	2:51:20	
282	1659	Pete Goddard	M48		0:43:19	0:40:31	0:41:40	0:45:42	2:51:10	2:51:24	
283	1566	Nicholas Stoffel	M38		0:44:10	0:42:18	0:41:32	0:43:09	2:51:07	2:51:34	
284	1282	Jenny Castle	F51	Fittleworth Flyers	0:44:51	0:41:11	0:41:35	0:43:26	2:51:02	2:51:37	Y
285	1152	Annamarie Seymour	F34	Hercules Wimbledon	0:43:10	0:43:07	0:42:46	0:42:15	2:51:16	2:51:42	
286	1463	Peter Tree	M52	Thrift Green Trotters	0:44:47	0:41:53	0:42:10	0:42:55	2:51:44	2:51:53	
287	1651	Chris Rumbles	M33	23 Mile Club	0:44:38	0:41:53	0:41:54	0:43:15	2:51:38	2:51:55	
288	1349	Ildia Campbell	F50	Henfield Joggers	0:45:01	0:41:33	0:42:18	0:43:08	2:51:58	2:52:20	Y
289	1541	Angus McLean	M31		0:49:30	0:44:05	0:39:05	0:39:12	2:51:51	2:52:23	
290	1480	Sarah Dopson	F24		0:44:53	0:41:31	0:42:19	0:43:12	2:51:54	2:52:25	
291	1058	Deborah Haden	F30	Tone Zone	0:45:53	0:41:13	0:41:41	0:43:22	2:52:08	2:52:48	Y
292	1072	Roger Sales	M54	Steyning AC	0:43:50	0:41:33	0:42:13	0:44:42	2:52:16	2:52:52	
293	1618	Emily Mosedale	F29	Victoria Park Harr	0:45:01	0:41:32	0:42:20	0:43:41	2:52:32	2:52:54	
294	1102	Steven Horn	M37	Haywards Heath Harr	0:42:59	0:40:58	0:43:17	0:45:03	2:52:15	2:52:56	
295	1705	Gerald Baron	M53	Larkfield AC	0:43:49	0:41:15	0:42:15	0:44:36	2:51:53	2:53:03	
296	1435	Victoria Carter	F35	Serpentine RC	0:44:43	0:41:30	0:41:58	0:44:42	2:52:51	2:53:04	Y
297	1525	Siobhan Reddy	F35	Serpentine RC	0:44:23	0:41:04	0:41:58	0:44:42	2:52:06	2:53:05	
298	1798	Samantha Michau	F38	Burgess Hill Runners	0:41:23	0:40:28	0:43:43	0:47:04	2:52:37	2:53:08	
299	1240	Sarah Marzaioli	F58	Hastings Runners	0:44:36	0:43:05	0:42:18	0:42:35	2:52:32	2:53:10	Y
300	1341	Philippa Mardon	F25		0:45:02	0:41:43	0:42:07	0:44:15	2:53:05	2:53:19	
301	1213	James Croft	M27	Serpentine RC	0:39:19	0:39:42	0:43:51	0:50:22	2:53:12	2:53:20	
302	1657	Howard Pickett	M35	Mid Sussex Tri	0:43:56	0:40:31	0:41:46	0:46:39	2:52:50	2:53:22	Y
303	1406	Samantha Francis	F29		0:49:50	0:40:47	0:42:44	0:40:07	2:53:26	2:53:26	Y
304	1579	Sonia Rushby	F34	Eastleigh RC	0:45:09	0:41:45	0:42:00	0:43:48	2:52:41	2:53:30	
305	1739	Ian Slaiding	M48		0:44:24	0:41:17	0:41:08	0:45:43	2:52:30	2:53:32	
306	1506	Nikki Hooper	F40	Brighton & Hove AC	0:45:52	0:41:20	0:41:26	0:44:18	2:52:55	2:53:36	Y
307	1570	Shane Last	M42	Wadhurst Runners	0:44:53	0:41:48	0:43:03	0:43:52	2:53:35	2:53:55	Y
308	1575	Derek Summers	M55	26.2.RRC	0:42:31	0:41:56	0:43:47	0:45:40	2:53:52	2:53:59	
309	1211	Jennifer Bryant	F38	Portsmouth Joggers	0:47:02	0:41:59	0:42:03	0:41:57	2:52:59	2:54:04	
310	1728	Stephen Docherty	M44		0:42:20	0:40:49	0:43:09	0:47:49	2:54:06	2:54:14	
311	1070	Ben May	M29		0:43:36	0:40:03	0:44:08	0:45:37	2:53:24	2:54:15	
312	1537	Harry Callaghan	M44		0:44:05	0:39:39	0:41:36	0:48:04	2:53:24	2:54:21	Y
313	5001	No Entry Details			0:44:31	0:41:17	0:42:51	0:45:20	2:53:58	2:54:27	
314	1257	Anne Yendell	F45	Portsmouth Joggers	0:47:02	0:41:59	0:42:03	0:42:21	2:53:24	2:54:28	Y
315	1238	Katie Carew-Robinson	F29	Portsmouth Joggers	0:47:02	0:41:59	0:42:03	0:42:21	2:53:24	2:54:28	
316	1225	Vicky Hawker	F41		0:45:00	0:41:31	0:42:20	0:45:27	2:54:17	2:54:39	
317	1198	Peter Tibbitts	M29		0:46:51	0:41:52	0:42:14	0:42:58	2:53:55	2:54:50	
318	1569	Tamzin Readman	F25		0:46:19	0:42:16	0:42:13	0:42:28	2:53:15	2:55:02	
319	1447	Helen Tompkins	F50	Pitsea RC	0:44:20	0:42:15	0:43:56	0:44:24	2:54:53	2:55:04	
320	1644	Ferdinand Bravo	M33	Portslade Hedge	0:44:38	0:40:38	0:42:06	0:46:41	2:54:02	2:55:06	Y
321	1297	Sarah Calver	F38	Windle Valley	0:48:42	0:42:30	0:41:48	0:41:15	2:54:14	2:55:08	
322	1645	Richard Fitzpatrick	M55	Portslade Hedge	0:44:39	0:41:07	0:43:07	0:45:15	2:54:07	2:55:11	Y
323	1064	Cathy Hall	F37	Wadhurst Runners	0:42:22	0:41:02	0:41:48	0:50:05	2:55:16	2:55:37	Y
324	1602	Paul Higgins-Drysdale	M32	Zero2Zero	0:43:28	0:40:38	0:41:43	0:49:02	2:54:49	2:55:45	
325	1725	Andrew Taylor	M41	Lingfield RC	0:44:41	0:41:37	0:42:55	0:46:42	2:55:54	2:56:21	
326	1540	David Peel	M62	Haywards Heath Harr	0:44:42	0:41:31	0:43:15	0:46:49	2:56:16	2:56:30	Y
327	1766	Jim Ferris	M34		0:44:05	0:40:01	0:41:53	0:50:14	2:56:12	2:56:35	
328	1767	Ian Macara	M34		0:44:06	0:40:01	0:41:51	0:50:16	2:56:13	2:56:35	

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime
329	1175	Kate Kelly	F29		0:42:59	0:42:04	0:44:09	0:47:26	2:56:38	2:56:49
330	1289	Gary Lane	M37		0:45:48	0:42:22	0:42:38	0:45:44	2:56:31	2:57:00
331	1317	Michael Cox	M61	Dartford Harriers	0:42:03	0:40:35	0:45:49	0:47:59	2:56:25	2:57:05
332	1674	Paul Gregory	M54		0:46:23	0:42:19	0:42:23	0:44:40	2:55:43	2:57:17
333	1572	Hannah Wallington	F24	Eastleigh RC	0:46:53	0:43:42	0:44:12	0:42:35	2:57:20	2:57:20 Y
334	1710	David Brooks	M65	Thurrock Harr	0:45:57	0:41:39	0:42:46	0:45:26	2:55:46	2:57:21
335	1269	Chris Browne	M51		0:46:18	0:42:04	0:43:22	0:45:29	2:57:11	2:57:29
336	1523	Paul Jones	M53		0:48:07	0:43:25	0:42:19	0:42:56	2:56:46	2:57:58
337	1499	Paul Carroll	M36		0:42:54	0:40:25	0:40:58	0:53:08	2:57:24	2:58:10
338	1408	Catherine Riley	F24		0:47:28	0:43:03	0:42:52	0:44:13	2:57:34	2:58:12 Y
339	1183	Peter Needham	M33		0:47:33	0:44:09	0:43:30	0:42:11	2:57:22	2:58:16
340	1452	Peter Cobbett	M63	Blackheath & Bromley Harr	0:45:50	0:42:23	0:44:01	0:45:28	2:57:40	2:58:21
341	1615	Simon Wood	M37	Headington RR	0:46:01	0:41:18	0:42:51	0:47:45	2:57:53	2:58:29
342	1268	Sheri Halfacree	F35	Arunners	0:48:15	0:42:49	0:42:26	0:44:14	2:57:43	2:58:30
343	1348	Claire Lock	F36		0:48:15	0:42:48	0:42:27	0:44:14	2:57:42	2:58:30 Y
344	1419	Helen Eyre	F43	Burgess Hill Runners	0:45:43	0:42:30	0:43:40	0:46:01	2:57:52	2:58:31
345	1640	Kevin Patten	M47	Fittleworth Flyers	0:44:17	0:41:25	0:42:46	0:49:31	2:57:57	2:58:31
346	1550	Vicki Young	F40	Arunners	0:45:32	0:41:48	0:44:03	0:46:44	2:58:05	2:58:32 Y
347	1328	Lora Gelsthorpe	F25	Trent Park RC	0:44:21	0:43:23	0:43:33	0:47:18	2:58:33	2:58:42
348	1520	Michael Noble	M49		0:44:55	0:42:24	0:43:44	0:46:55	2:57:56	2:58:46
349	1638	Russell Bennett	M28		0:42:32	0:39:56	0:42:49	0:52:07	2:57:23	2:58:48 Y
350	1573	Sheila Drake	F40	Eastleigh RC	0:46:04	0:43:42	0:44:13	0:44:10	2:58:07	2:58:56
351	1095	Ian Dartnell	M29	Canterbury Harriers	0:45:47	0:44:17	0:43:49	0:44:54	2:58:45	2:59:04
352	1587	Norman Harris	M60	Hailsham Harriers	0:46:02	0:43:15	0:43:57	0:45:28	2:58:42	2:59:05 Y
353	1361	Darryl Fairhead	M53	Guildford & Godalming	0:46:03	0:43:08	0:44:00	0:45:28	2:58:38	2:59:06
354	1597	Sue Cooper	F47	Hailsham Harriers	0:46:02	0:43:15	0:43:57	0:45:29	2:58:42	2:59:06
355	1054	Jeremy Price	M51	Heathfield RR	0:44:26	0:42:48	0:45:00	0:46:39	2:58:52	2:59:11 Y
356	1104	Sarra Tucker	F36	Swindon Harriers	0:45:56	0:43:24	0:43:58	0:45:35	2:58:52	2:59:12
357	1539	Christopher Farnelo	M49		0:46:40	0:42:45	0:43:03	0:46:42	2:59:07	2:59:16 Y
358	1373	Lorayne Hockin	F46	Bracknell Forest Runners	0:48:41	0:43:21	0:43:13	0:43:16	2:58:30	2:59:25
359	1209	Debbie Evers	F47	Phoenix AC	0:46:38	0:43:01	0:43:29	0:45:38	2:58:46	2:59:27 Y
360	1548	Carla Davies	F27		0:42:59	0:42:39	0:45:43	0:47:59	2:59:19	2:59:31 Y
361	1331	Deborah Spurgeon	F43		0:54:34	0:59:46	3 Laps	Only?	2:59:13	2:59:34 Y
362	1720	Jemma Matkovich	F33		0:47:46	0:43:08	0:42:04	0:46:18	2:59:14	3:00:18
363	1120	Stephen Phillips	M48	RRC	0:47:40	0:44:00	0:43:35	0:44:50	3:00:04	3:00:28
364	1138	Alison Morganfield	F36	Lancing Eagles	0:45:57	0:42:20	0:43:56	0:47:58	3:00:10	3:00:46
365	1522	Clive Jefferies	M41		0:47:51	0:43:52	0:45:06	0:43:36	3:00:23	3:00:50
366	1022	Oliver Smith	M30		0:43:58	0:40:46	0:43:58	0:52:24	3:01:05	3:01:14
367	1089	David Brown	M46		0:47:42	0:44:29	0:44:06	0:44:30	3:00:46	3:01:38
368	1727	David Theunissen	M50	Crowborough Runners	0:44:59	0:41:30	0:45:16	0:49:33	3:01:16	3:01:40
369	1409	Sam Riley	M24		0:47:28	0:43:03	0:42:52	0:47:46	3:01:07	3:01:44 Y
370	1490	Christine Young	F50	Bromley Vets AC	0:48:42	0:44:51	0:44:03	0:43:53	3:01:27	3:01:45
371	1292	Kevin Smith	M43		0:46:02	0:42:30	0:43:51	0:48:40	3:01:02	3:01:48
372	1603	John Pattison	M52	Zero2Zero	0:47:15	0:42:08	0:45:37	0:45:49	3:00:48	3:01:49
373	1498	Alison Chase	F39	Portsmouth Joggers	0:47:58	0:44:32	0:44:06	0:44:32	3:01:06	3:02:06
374	1416	Andy Cairns	M37	Gosport RR	0:49:58	0:42:36	0:41:48	0:47:34	3:01:55	3:02:26
375	1764	Jenny Wilk	F25		0:46:13		1:28:34		3:01:57	3:02:40
376	1680	Lai Chu	M31	Dulwich Park Runners	0:47:43	0:43:18	0:46:00	0:44:44	3:01:43	3:02:46
377	1708	Jo Obertell	F44	Sandhurst Joggers	0:48:42	0:43:20	0:43:00	0:46:50	3:01:51	3:02:46
378	1180	Trevor Delahoy	M58	Blackheath & Bromley Harr	0:43:12	0:42:19	0:48:01	0:49:49	3:03:18	3:03:24
379	1261	Barry Kneale	M42		0:48:32	0:45:47	0:44:20	0:44:16	3:02:53	3:03:25 Y
380	1155	Gill Hardy	F37		0:49:54	0:44:22	0:43:08	0:42:33	2:59:55	3:03:28
381	1103	Elisabeth Stoddart	F40	Portsmouth Joggers	0:48:21	0:43:38	0:44:40	0:45:50	3:02:28	3:03:31
382	1634	Julian Wood	M38		0:48:32	0:45:47	0:44:20	0:44:32	3:03:10	3:03:42
383	1595	Elaine Deed	F53		0:45:07	0:43:39	0:45:36	0:49:21	3:03:42	3:03:53 Y
384	1150	Michelle McLean	F42	Portsmouth Joggers	0:47:56	0:44:32	0:44:13	0:46:15	3:02:55	3:03:57
385	1685	Bill Hague	M58	Dartford RR	0:45:19	0:43:24	0:44:45	0:50:13	3:03:40	3:04:18
386	1047	Sue O'Connell	F42	Swindon Harriers	0:45:55	0:43:24	0:47:21	0:47:23	3:04:02	3:04:23
387	1420	David Eyre	M43	Burgess Hill Runners	0:44:19	0:42:00	0:45:06	0:52:29	3:03:52	3:04:31 Y
388	1568	David Gunaratnam	M49	Striders Of Croydon	0:48:04	0:44:35	0:44:07	0:46:44	3:03:28	3:04:35
389	1333	Helen Reid	F23		0:50:26	0:45:54	0:44:34	0:43:02	3:03:56	3:04:58 Y
390	1405	Josh Gonnella	M35	Serpentine RC	0:46:22	0:43:38	0:44:42	0:49:49	3:04:31	3:05:01
391	1191	Tony Smith	M53		0:46:54	0:45:22	0:45:06	0:47:08	3:04:29	3:05:05
392	1512	Damion Keasey	M28		0:46:53	0:43:04	0:43:19	0:51:30	3:04:45	3:05:10
393	1590	Andrew Burgess	M41	Maidstone Harriers	0:44:41	0:41:26	0:45:16	0:52:53	3:04:15	3:05:11
394	1668	Neil Daly	M34		0:43:51	0:40:50	0:45:17	0:48:17	2:58:14	3:05:30
395	1786	John Dent	M20		0:42:54	0:41:18	0:43:57	0:57:34	3:05:41	3:05:45
396	1288	Cathy Burke	F46	Wadhurst Runners	0:46:59	0:44:31	0:45:33	0:48:16	3:05:18	3:05:52 Y
397	1016	Brian Chamberlain	M68	Hart RR	0:45:47	0:43:45	0:44:52	0:51:20	3:05:42	3:05:52
398	1210	Karen Williams	F44	Gosport RR	0:49:27	0:46:41	0:42:57	0:46:37	3:05:41	3:06:11
399	1142	Andy Clutton	M41	Gosport RR	0:49:27	0:46:41	0:42:57	0:46:37	3:05:41	3:06:11
400	1053	Julie Price	F41	Heathfield RR	0:47:35	0:44:43	0:46:33	0:46:51	3:05:40	3:06:21 Y
401	1385	Lorna Pettifer	F41	Pitsea RC	0:46:48	0:44:19	0:45:37	0:48:47	3:05:29	3:06:27
402	1521	Robin Wombill	M54	Perth RR	0:45:47	0:42:29	0:45:04	0:52:03	3:05:21	3:06:28
403	1629	Philip Worsdell	M35		0:43:20	0:42:26	0:44:51	0:55:39	3:06:15	3:06:31 Y
404	1442	Melanie Lewis	F45		0:46:49	0:44:16	0:46:46	0:47:53	3:05:42	3:06:39
405	1332	Emma Wilson	F32		0:47:20	0:44:38	0:45:36	0:48:36	3:06:08	3:06:40 Y
406	1514	Louise Poole	F38	Brighton & Hove Run Sis	0:51:03	0:45:55	0:45:16	0:44:01	3:06:14	3:07:04
407	1167	Paula Wallace	F34	Goring RR	0:48:07	0:45:20	0:45:43	0:47:27	3:06:36	3:07:05 Y
408	1168	Scott Wallace	M34		0:48:08	0:45:19	0:45:44	0:47:27	3:06:37	3:07:05 Y
409	1239	John Crosbie	M60	Worthing Harriers	0:43:32	0:43:50	0:47:08	0:52:40	3:07:09	3:07:13 Y
410	1367	Susan Robinson	F43	Haywards Heath Harr	0:48:48	0:43:53	0:47:24	0:46:45	3:06:49	3:07:31 Y
411	1771	Andi March	M40	Beckenham RC	0:48:49	0:45:17	0:45:05	0:47:13	3:06:23	3:07:32

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime
412	1772	Clare Saunders	F46	Larkfield AC	0:48:11	0:44:33	0:45:34	0:48:15	3:06:33	3:07:33
413	1646	Geoff Keeling	M42		0:47:27	0:46:07	0:46:10	0:47:08	3:06:50	3:07:43 Y
414	1662	Bruce Dupe	M35		0:43:31	0:41:03	0:45:11	0:50:40	3:00:23	3:08:01
415	1399	Mark Smedley	M35	Dartford Harriers	0:44:52	0:42:58	0:47:17	0:49:43	3:04:49	3:08:46
416	1099	Steven Clark	M34	Dartford Harriers	0:44:45	0:43:05	0:47:17	0:49:44	3:04:50	3:08:47
417	1124	Penny Elliott	F64	Waverley Harriers	0:48:56	0:46:54	0:45:04	0:47:23	3:08:15	3:08:56
418	1500	Helen Carroll	F34		0:47:29	0:45:07	0:45:56	0:50:00	3:08:30	3:09:17
419	1622	Elizabeth Fairs	F24		0:47:29	0:44:35	0:46:49	0:50:12	3:09:03	3:09:30 Y
420	1136	Theresa Garside	F34		0:46:57	0:45:24	0:47:07	0:49:49	3:09:15	3:09:50
421	1384	John Pettifer	M60	Pitsea RC	0:46:18	0:43:57	0:45:54	0:52:49	3:08:55	3:09:54
422	1782	Phil Ost	M39		0:48:01	0:46:40	0:47:36	0:46:45	3:09:01	3:09:57
423	1330	Peter Bakker	M40	Surrey Fire Service	0:49:32	0:44:56	0:46:04	0:48:50	3:09:20	3:10:13
424	1687	Niki Marr	F38	Heathfield RR	0:47:50	0:44:53	0:47:44	0:49:24	3:09:50	3:10:13 Y
425	1686	Graham Dann	M51	Heathfield RR	0:47:50	0:44:45	0:47:52	0:49:24	3:09:50	3:10:13 Y
426	1737	Simon Stoner	M40		0:51:37	0:45:17	0:44:34	0:48:00	3:09:26	3:10:14
427	1542	Helen Atkins	F31		0:49:32	0:46:52	0:46:11	0:47:13	3:09:45	3:10:18
428	1100	Kio Vejdani	M68	Lingfield RC	0:48:27	0:46:23	0:47:26	0:47:36	3:09:52	3:10:19
429	1654	Stephen Hollis	M32	Brighton & Hove AC	0:50:34	0:47:43	0:48:05	0:43:27	3:09:47	3:10:35 Y
430	1636	Richard Carter	M41	Brighton & Hove AC	0:50:34	0:47:43	0:48:29	0:43:08	3:09:52	3:10:39 Y
431	1071	Nikkie Wall	F33		0:48:22	0:45:22	0:46:43	0:49:29	3:09:54	3:10:41
432	1793	Moctar Sacande	M44		0:42:11	0:40:28	0:44:29	1:03:25	3:10:31	3:11:10
433	1287	Martin Burke	M51	Wadhurst Runners	0:50:02	0:44:35	0:46:21	0:49:47	3:10:44	3:11:18 Y
434	1477	Rik Taub	M61	Haywards Heath Harr	0:48:01	0:45:04	0:46:16	0:51:22	3:10:41	3:11:23 Y
435	1201	John Richardson	M24	Gosport RR	0:49:51	0:46:12	0:46:11	0:48:28	3:10:40	3:11:33
436	1443	Peter Chittenden	M69	RRC	0:47:23	0:44:42	0:46:11	0:52:56	3:11:11	3:11:35 Y
437	1060	Edward Clements	M55	Reigate Priory AC	0:43:50	0:44:14	0:49:07	0:53:49	3:10:59	3:11:43
438	1693	Mark Phillips	M38		0:49:49	0:44:15	0:46:21	0:50:58	3:11:22	3:12:14 Y
439	1508	Ruth Cook	F34		0:50:26	0:45:55	0:44:38	0:50:19	3:11:16	3:12:18
440	1511	Andy Corney	M39		0:50:12	0:45:51	0:46:04	0:49:21	3:11:26	3:12:20 Y
441	1770	Steve Sharpuss	M54	Utopia Runners	0:45:39	0:41:21	0:41:33	0:42:55	3:11:26	3:12:26
442	1486	Julian French	M44	Brighton & Hove AC	0:52:35	0:44:17	0:46:07	0:48:46	3:11:43	3:12:34 Y
443	1753	Andrew Barnes	M26		0:48:46	0:45:41	0:47:05	0:50:36	3:12:06	3:12:42
444	1752	Emma Greenough	F24		0:48:45	0:45:42	0:47:05	0:50:36	3:12:06	3:12:43
445	1199	Andy Faichen	M52	Gosport RR	0:49:52	0:46:12	0:46:12	0:49:40	3:11:54	3:12:46
446	1252	Carol Brunner	F48	Romsey RR	0:47:06	0:44:43	0:47:38	0:52:49	3:12:14	3:12:55
447	1363	Diane Delderfield	F50	Burgess Hill Runners	0:49:34	0:46:18	0:48:32	0:47:56	3:12:19	3:12:58 Y
448	1664	Anthony Lee	M49		0:48:14	0:46:19	0:47:52	0:49:51	3:12:15	3:13:00
449	1376	Helen Vowels	F28		0:49:24	0:45:37	0:46:32	0:51:18	3:12:50	3:13:12
450	1549	Sarah Rooney	F31	Dulwich Park Runners	0:49:14	0:45:37	0:46:31	0:51:19	3:12:40	3:13:12
451	1108	David Sussman	M51	Brighton & Hove AC	0:47:41	0:45:09	0:46:17	0:53:15	3:12:20	3:13:17
452	1056	Linda Hills	F58	Haywards Heath Harr	0:49:46	0:46:17	0:48:03	0:48:30	3:12:34	3:13:29
453	1243	Martin Harrison	M43	Tone Zone	0:48:39	0:46:15	0:46:26	0:51:34	3:12:51	3:13:34 Y
454	1214	Lorraine Tebbett	F39	Gosport RR	0:50:00	0:46:02	0:49:20	0:48:01	3:13:22	3:13:51
455	1765	Michael Dutton	M59	Gosport RR	0:49:59	0:46:01	0:49:20	0:48:01	3:13:21	3:13:52
456	1389	Karen McDermott	F34	Striders Of Croydon	0:50:58	0:45:51	0:46:55	0:49:27	3:13:10	3:13:53
457	1606	Emma Brady	F34		0:47:29	0:44:55	0:47:21	0:53:40	3:13:24	3:13:56
458	1448	Paul Williams	M49	Pitsea RC	0:45:34	0:45:06	0:49:29	0:53:41	3:13:49	3:14:01
459	1702	Philip Ward	M40		0:50:10	0:46:37	0:47:25	0:49:20	3:13:31	3:14:31
460	1343	Michael Barker	M56	Gosport RR	0:50:00	0:46:48	0:47:26	0:49:42	3:13:54	3:14:47
461	1441	John Thompson	M38	Dulwich Park Runners	0:50:08	0:48:07	0:46:53	0:48:36	3:13:42	3:14:51
462	1248	Elizabeth Brindley	F55	Henfield Joggers	0:47:43	0:46:22	0:48:37	0:52:18	3:15:00	3:15:22 Y
463	1196	Carolyn Wilson	F48		0:49:51	0:47:07	0:48:28	0:49:30	3:14:55	3:15:43
464	1616	Carol Palmer	F58	Chichester Runners	0:49:40	0:46:31	0:47:14	0:51:41	3:15:04	3:15:49 Y
465	1412	Chris Albon	M38		0:48:34	0:45:53	0:48:04	0:52:49	3:15:18	3:15:49
466	1735	Juliet Dibbs	F30	Twilight Runners	0:48:50	0:50:01	0:50:06	0:46:52	3:15:47	3:15:51
467	1394	Steven Short	M54		0:50:10	0:46:04	0:47:40	0:50:55	3:14:47	3:15:52
468	1306	Paul Booth	M52	Dartford Harriers	0:53:59	0:46:17	0:45:16	0:49:30	3:15:01	3:16:02
469	1715	Mick Quinlivan	M55		0:52:56	0:47:50	0:46:14	0:47:50	3:14:49	3:16:04
470	1773	Julie Hicks	F34	Larkfield AC	0:48:12	0:44:33	0:44:34	0:57:55	3:15:12	3:16:12
471	1779	Melanie Crighton	F40		0:48:33	0:46:40	0:47:59	0:52:35	3:15:45	3:16:20
472	1600	Jennifer Rule	F24		0:47:29	0:45:33	0:49:25	0:54:00	3:16:25	3:16:51 Y
473	1032	Graham Goff	M36	Sixth Dimension	0:47:08	0:44:59	0:49:03	0:54:58	3:16:08	3:16:54
474	1484	Linda Ward	F47		0:50:57	0:45:32	0:48:13	0:51:28	3:16:09	3:17:19
475	1483	Rupert Little	M41		0:52:28	0:47:00	0:46:38	0:50:05	3:16:09	3:17:19
476	1307	Christopher Rust	M54	Dartford Harriers	0:53:34	0:46:47	0:45:53	0:50:11	3:16:24	3:17:22
477	1315	Jill Holliday	F36	Dulwich Park Runners	0:52:06	0:47:54	0:47:38	0:47:31	3:15:07	3:17:28
478	1534	Stuart Batchelor	M37		0:49:09	0:46:09	0:47:57	0:53:43	3:16:56	3:17:36 Y
479	1131	Irene Paull	F49	Metros	0:52:06	0:47:58	0:47:49	0:49:07	3:16:59	3:17:39
480	1560	Eamonn Kennedy	M32		0:48:17	0:45:42	0:48:09	0:54:28	3:16:34	3:17:40
481	1145	Sharon Clutton	F47	Gosport RR	0:50:30	0:47:57	0:48:37	0:49:49	3:16:51	3:17:44
482	1613	Joanne Hayes	F27	Crystal Palace Fun Runners	0:50:46	0:47:59	0:48:14	0:50:17	3:17:14	3:18:04
483	1437	Astrid Cunningham	F44		0:50:32	0:47:44	0:49:19	0:49:34	3:17:06	3:18:04
484	1596	Jason Sugden	M36		0:46:49	0:44:16	0:47:08	0:59:15	3:17:26	3:18:23
485	1547	Rachael Ballard	F32	Chichester Runners	0:49:40	0:46:31	0:48:15	0:53:35	3:17:59	3:18:43 Y
486	1181	Leonard Keech	M54	Gosport RR	0:50:31	0:47:58	0:49:33	0:49:53	3:17:54	3:18:46
487	1160	Julia Gregurec	F53	Horsham Joggers	0:47:30	0:46:16	0:49:55	0:55:08	3:18:47	3:19:20 Y
488	1721	Julia Stein	F39	Portsmouth Joggers	0:50:29	0:47:35	0:48:11	0:52:16	3:18:29	3:19:31
489	1742	Midgie Thompson	F42	Phoenix Tri	0:50:33	0:47:43	0:48:06	0:52:26	3:18:46	3:19:34
490	1487	Brigitte Groves	F47	Brighton & Hove Run Sis	0:52:38	0:48:32	0:48:39	0:48:59	3:18:46	3:19:36 Y
491	1745	Brian Emery	M42		0:46:34	0:43:37	0:52:22	0:56:04	3:18:36	3:19:50
492	1543	Sasha Bent	M29		0:50:26	0:47:35	0:49:09	0:51:40	3:18:48	3:19:53
493	1114	Julia Stacey	F33	Bracknell Forest Runners	0:50:29	0:47:35	0:49:08	0:51:42	3:18:52	3:19:55
494	1083	Elizabeth Cooper	F40	Burgess Hill Runners	0:52:19	0:48:31	0:48:54	0:49:48	3:19:30	3:20:09 Y

Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime
495	1187	Jackie Murphy	F46	Orpington RR	0:48:52	0:47:14	0:51:36	0:52:20	3:20:01	3:20:16
496	1671	Helen Kellar	F31		0:49:57	0:47:10	0:50:12	0:52:04	3:19:21	3:20:16
497	1734	Emma Barker	F36		0:53:11	0:49:38	0:49:12	0:47:48	3:19:47	3:20:18
498	1733	Peter Jordan	M46	Southampton Tri	0:53:11	0:49:37	0:49:12	0:47:48	3:19:48	3:20:18
499	1531	Matt Botha	M39		0:48:15	0:46:20	0:47:52	0:57:22	3:19:48	3:20:33 Y
500	1113	Neil Gough	M37		0:48:13	0:46:20	0:47:53	0:57:31	3:19:56	3:20:42
501	1235	Simon Wagstaff	M48	Sixth Dimension	0:52:19	0:48:37	0:50:36	0:48:41	3:20:11	3:21:18
502	1785	Andy Guest	M30		0:50:27	0:47:49	0:52:16	0:50:20	3:20:51	3:21:19
503	1295	Jacqueline Hooton	F44	Sixth Dimension	0:52:21	0:48:37	0:50:38	0:48:40	3:20:14	3:21:21
504	1396	Joanna Bailey	F22		0:52:46	0:48:52	0:48:53	0:50:13	3:20:43	3:21:38
505	1395	Sophie Tye	F22		0:52:46	0:48:52	0:48:53	0:50:13	3:20:43	3:21:38
506	1562	Jo Westbrook	F20		0:50:21	0:47:39	0:49:37	0:53:57	3:21:33	3:21:58
507	1519	Sophie Davis	F27		0:51:06	0:49:27	0:50:58	0:50:07	3:21:35	3:22:01
508	1088	Gerald Gresham-Cooke	M65	Fittleworth Flyers	0:45:02	0:43:03	0:49:22	1:04:11	3:21:37	3:22:11 Y
509	1049	John Nicel	M59	Fittleworth Flyers	0:45:00	0:43:00	0:49:24	1:04:12	3:21:35	3:22:11
510	1096	Nicola Brown	F37		0:47:47	0:48:11	0:50:47	0:55:35	3:22:19	3:22:34
511	1004	Kathie Gates	F21	Wadhurst Runners	0:48:37	0:46:32	0:51:45	0:55:23	3:22:17	3:22:52
512	1641	Greg Scott	M21		0:43:37	0:46:28	1:01:11	0:50:50	3:22:05	3:23:11
513	1392	Samantha Haffenden	F31		0:50:15	0:48:14	0:50:13	0:53:56	3:22:36	3:23:15
514	1232	Suzi Hill	F40		0:50:16	0:48:13	0:50:12	0:53:56	3:22:36	3:23:15
515	1008	Maureen Guard	F65	Dartford RR	0:51:45	0:48:28	0:50:07	0:53:00	3:23:18	3:23:31
516	1470	Bernard Scanlon	M68		0:50:38	0:45:51	0:46:59	0:59:12	3:22:39	3:23:43
517	1797	Chris Buttery	M39		0:52:57	0:48:46	0:48:42	0:52:46	3:23:09	3:24:01
518	1390	Justin Macenhill	M34	Striders Of Croydon	0:52:14	0:49:03	0:49:47	0:52:25	3:23:28	3:24:11
519	1227	Ruth Truelove	F25		0:50:28	0:47:27	0:50:26	0:54:44	3:23:03	3:24:11
520	1401	Philip Bates	M45		0:50:56	0:46:49	0:48:29	0:57:26	3:23:38	3:24:29
521	1598	Sharon Hunt	F37		0:54:10	0:49:56	0:49:15	0:50:13	3:23:33	3:24:36
522	1736	Stephen Woods	M42		0:52:09	0:48:22	0:49:15	0:54:24	3:24:09	3:24:58
523	1526	Patricia Moody	F40	Serpentine RC	0:50:32	0:47:43	0:49:19	0:58:22	3:25:54	3:26:52
524	1485	Lara Clibbon	F40		0:48:31	0:46:53	0:52:05	0:58:48	3:26:16	3:26:58
525	1228	John Routledge	M51		0:50:28	0:47:27	0:49:13	0:59:09	3:26:16	3:27:23
526	1492	Clare McGuire	F33		0:53:42	0:49:50	0:50:25	0:52:50	3:26:45	3:27:29
527	1768	Carla Wood	F32	Chichester Runners	0:50:11	0:47:50	0:53:03	0:55:48	3:26:52	3:27:37
528	1020	Jane Greenfield	F47	Bromley Vets AC	0:54:31	0:48:41	0:49:55	0:54:00	3:27:05	3:28:04
529	1208	John Barrett	M61		0:53:15	0:49:58	0:51:24	0:52:48	3:27:23	3:28:20 Y
530	1784	Dave Elston	M40		0:50:26	0:47:35	0:50:29	0:58:51	3:27:20	3:28:29
531	1186	George Huntley	M56	Portsmouth Joggers	0:53:43	0:47:18	0:48:51	0:58:19	3:28:10	3:28:34
532	1732	Imogen Pringle-Pattison	F27	Twilight Runners	0:48:50	0:50:01	0:53:03	0:56:40	3:28:33	3:28:37
533	1449	Barbara Ockendon	F54	Istead & Ifield Harriers	0:57:31	0:51:32	0:50:35	0:48:06	3:27:42	3:28:44
534	1584	Hayden Smith	M29		0:47:40	0:44:49	0:54:32	1:01:48	3:28:46	3:29:26 Y
535	1233	Anja Goossens	F34		0:52:59	0:49:27	0:58:30	0:47:57	3:28:52	3:29:40
536	1796	Jean Du Plessis	M32	Blackheath & Bromley Harr	0:46:27	0:45:53	0:52:31	1:04:06	3:28:55	3:29:42
537	1434	Robert Field	M56	Victory AC	0:52:33	0:49:42	0:51:11	0:55:36	3:29:00	3:29:57
538	1323	Helen Fee	F30		0:56:28	0:50:46	0:51:12	0:50:59	3:29:22	3:30:33 Y
539	1472	Rachel Potter	F31		0:56:28	0:50:45	0:51:12	0:50:59	3:29:22	3:30:33
540	1143	Rebecca Scarratt	F50	Worthing Run Sis	0:50:52	0:50:19	0:53:20	0:55:29	3:29:58	3:30:35 Y
541	1509	Jeffrey Gordon	M73	Thames Hare & Hounds	0:52:33	0:51:12	0:52:21	0:54:38	3:30:43	3:31:19
542	1097	Helen Philpott	F24		0:50:54	0:48:07	0:51:09	1:01:10	3:31:18	3:31:40
543	1290	Joanne Campbell	F33	Horsham Joggers	0:54:48	0:50:23	0:51:42	0:53:49	3:30:41	3:31:42
544	1614	Hilary Durrant	F44		0:50:51	0:48:19	0:51:13	1:01:16	3:31:38	3:32:14
545	1005	Anthony Gates	M49	Wadhurst Runners	0:48:36	0:46:31	0:51:52	1:04:41	3:31:39	3:32:14
546	1515	Catherine Cleary	F49	Phoenix AC	0:55:11	0:51:32	0:50:54	0:54:34	3:32:09	3:32:39 Y
547	1370	Sarah Hilliard	F47	Crowborough Runners	0:52:16	0:48:28	0:50:33	1:00:41	3:31:57	3:32:40 Y
548	1582	Doug Earle	M50		0:52:33	0:52:02	0:53:35	0:54:24	3:32:33	3:32:55
549	1014	Joanne Brown	F27	Crawley AC	0:52:35	0:52:07	0:53:32	0:54:21	3:32:34	3:32:55
550	1612	Carol Hayes	F57	Crystal Palace Fun Runners	0:50:35	0:48:14	0:52:33	1:01:35	3:32:57	3:33:46
551	1538	John Moore	M72	Arunners	0:50:51	0:49:30	0:51:51	1:01:15	3:33:25	3:33:51 Y
552	1258	Sue Stevens	F44	Croydon Run Sister	0:53:36	0:50:24	0:50:19	0:58:58	3:33:15	3:34:00
553	1643	Jen Morris	F57		0:51:00	0:50:22	0:54:11	0:57:32	3:33:04	3:34:06 Y
554	1642	Rob Morris	M57		0:51:00	0:50:22	0:54:11	0:57:32	3:33:04	3:34:06 Y
555	1700	Paul Price	M20		0:51:52	0:48:34	0:53:51	0:59:21	3:33:37	3:34:28
556	1609	Alan Bungay	M68	Dartford Harriers	0:51:03	0:49:17	0:54:52	0:58:28	3:33:38	3:34:33
557	1776	Karen Williams	F33		1:02:28	1:04:32	1:13:40	0:08:43	3:29:21	3:34:41
558	1794	Karen Riley	F46	Reigate Priory AC	0:52:55	0:50:44	0:53:05	0:57:51	3:34:34	3:34:59
559	1231	Tamara Phillips	F25		0:52:53	0:49:06	0:50:04	1:02:23	3:34:25	3:35:20
560	1093	Mark Mahoney	M44		0:51:35	0:51:23	0:52:37	0:59:11	3:34:44	3:35:38
561	1433	Marina Barnes	F36		0:54:35	0:52:46	0:55:08	0:52:08	3:34:36	3:35:40
562	1128	Marianne Taylor	F34	Runners World	0:58:40	0:51:08	0:51:56	0:53:13	3:34:55	3:35:42
563	1169	Edwina Watson	F36	New Eltham Joggers	0:55:44	0:51:14	0:51:50	0:54:07	3:32:54	3:35:43
564	1684	Tony Lanning	M40		0:48:51	0:51:14	0:54:51	1:00:58	3:35:52	3:36:04 Y
565	1299	Kevin Kilminster	M34		0:48:07	0:45:17	0:54:29	1:08:45	3:36:38	3:37:28 Y
566	1711	Laura Bellamy	F27		0:54:32	0:51:46	0:54:34	0:55:41	3:36:33	3:37:39
567	1627	Brenda Styles	F61	Crowborough Runners	0:52:15	0:49:29	0:56:31	0:59:44	3:37:57	3:38:41 Y
568	1469	Louise Jones	F25		0:50:50	0:50:36	0:53:57	1:03:10	3:38:32	3:38:44
569	1714	Zoe Grumbridge	F24		0:52:33	0:51:29	0:53:34	1:01:34	3:39:08	3:39:21
570	1502	Stephen Kennard	M51		0:49:49	0:48:30	0:57:14	1:03:57	3:39:28	3:40:00 Y
571	1263	Sarah Slade	F23		0:56:03	0:50:47	0:54:18	0:53:10	3:34:16	3:40:14
572	1275	Deborah Jackson	F44	Istead & Ifield Harriers	0:57:33	0:52:14	0:54:47	0:55:04	3:39:36	3:40:38
573	1424	Simon Cockram	M26		0:49:27	0:47:37	0:54:02	1:05:24	3:36:28	3:41:18 Y
574	1245	Terry Ash	M20	Gosport RR	0:55:42	0:50:57	0:54:03	1:00:09	3:40:49	3:41:43
575	1212	Denise Francis	F52	Gosport RR	0:55:42	0:50:57	0:54:03	1:00:08	3:40:49	3:41:43
576	1432	Maria McGrath	F52	Trent Park RC	0:52:35	0:53:27	1:00:10	0:55:26	3:41:36	3:41:44
577	1147	Jane Wyatt	F51	Ranelagh Harriers	0:54:48	0:52:46	0:56:33	0:57:08	3:41:14	3:42:04



Pos	No	Name	Cat	Team	Lap1	Lap2	Lap3	Lap4	Chiptime	Guntime	
578	1381	Alan Anderton	M50	Heathfield RR	0:55:02	0:56:35	0:51:59	0:57:38	3:41:13	3:42:18	Y
579	1312	Marian Read	F48	Dartford Harriers	0:54:47	0:51:59	0:54:48	0:59:55	3:41:27	3:42:26	
580	1059	Dawn Bage	F41	Running4Women	0:54:36	0:53:43	0:55:47	0:58:26	3:42:31	3:43:27	
581	1352	Wendy Hirst	F37	Horsham Joggers	0:54:26	0:52:04	0:57:47	0:58:22	3:42:37	3:43:36	Y
582	1351	Nicholas Woodward	M40	Horsham Joggers	0:54:26	0:52:04	0:57:46	0:58:22	3:42:36	3:43:36	Y
583	1318	Janet Pyne	F58	Dartford Harriers	0:52:12	0:51:09	0:56:29	1:03:38	3:43:26	3:44:24	
584	1046	Laura Booth	F27	Tone Zone	0:58:19	0:53:24	0:54:21	0:58:04	3:44:06	3:44:31	Y
585	1040	Joanne Rea	F34	Tone Zone	0:58:18	0:53:24	0:54:21	0:58:21	3:44:23	3:44:48	Y
586	1010	Sally Bourn	F47	Crawley AC	0:48:39	0:51:09	0:56:23	1:08:54	3:45:04	3:45:24	
587	1122	Karen Smith	F37	Crawley AC	0:52:56	0:54:16	0:55:23	1:02:31	3:45:04	3:45:24	
588	1308	Syd Goodwin	M56	Dartford Harriers	0:54:04	0:49:17	0:56:29	1:04:45	3:44:33	3:45:31	
589	1623	Patsy Mills	F42	Crystal Palace Fun Runners	0:56:01	0:54:19	0:56:05	0:58:18	3:44:42	3:45:31	Y
590	1444	Shirley Watkins	F45	Brighton & Hove Run Sis	0:56:01	0:55:01	0:55:45	0:57:57	3:44:43	3:45:31	Y
591	1473	Alison Crook	F32		0:59:47	0:56:29	0:57:49	0:51:57	3:46:01	3:46:20	
592	1717	Lynn Mallery	F58	Dartford RR	0:55:43	0:55:39	0:55:37	0:58:43	3:45:41	3:46:40	
593	1724	Niky Bauckhaun	F41		0:54:39	0:54:41	0:56:45	0:59:57	3:45:59	3:46:45	
594	1380	Karen Anderton	F59	Heathfield RR	0:55:36	0:53:31	0:56:14	1:00:46	3:46:05	3:47:11	Y
595	1789	Richard Morrissey	M60		0:52:21	0:52:09	0:57:08	1:05:53	3:47:30	3:48:18	
596	1439	Polly Tudor-Williams	F33		0:57:30	0:55:13	0:56:44	0:57:27	3:46:53	3:49:24	
597	1777	Bruce Knight	M49	Runners World	0:49:07	0:51:15	0:53:48	1:10:09	3:44:19	3:49:37	
598	1423	Donna Walker	F30		0:55:01	0:51:24	0:54:13	1:08:16	3:48:54	3:50:21	
599	1422	Robert Taylor	M34		0:55:01	0:51:24	0:54:11	1:08:19	3:48:54	3:50:21	
600	1309	Ken Pickett	M56	Dartford Harriers	0:56:04	0:52:12	1:01:08	1:00:50	3:50:13	3:51:13	
601	1310	Lisa Nichols	F41	Dartford Harriers	0:56:06	0:52:12	1:01:07	1:00:50	3:50:14	3:51:13	
602	1712	Nashreen Oderuth	F28		0:53:48	0:53:00	0:59:21	1:04:58	3:51:05	3:51:42	
603	1427	Jeannette Giles	F68	Istead & Ifield Harriers	0:59:14	0:57:57	0:55:50	0:58:16	3:51:15	3:52:00	
604	1264	Sarah Henderson	F26		0:55:01	0:54:00	0:57:37	1:04:33	3:51:11	3:52:11	
605	1031	Alison Dooley	F27		0:59:00	0:56:47	0:56:36	0:58:55	3:51:17	3:52:19	
606	1683	Roy Cook	M51		0:53:48	0:53:50	0:56:26	1:05:37	3:49:40	3:53:11	
607	1398	Jennifer O'Callaghan	F55	Worthing Harriers	0:54:41	0:54:30	0:59:19	1:04:15	3:52:44	3:53:26	
608	1632	Stephanie Worrell	F22		0:54:57	0:53:32	1:00:45	1:03:52	3:53:05	3:53:33	
609	1802	Sara Wrenn	F48	Wadhurst Runners	0:57:42	0:56:50	0:59:11	1:03:39	3:57:20	3:57:58	
610	1608	Julie Beerling	F44	Hastings Runners	0:55:05	0:57:05	1:00:22	1:05:44	3:58:14	3:58:54	Y
611	1709	Terry Kitson	M55	Hastings Runners	0:55:05	0:57:05	1:00:22	1:05:44	3:58:14	3:58:54	
612	1221	Kim Eastwood	F40	Utopia Runners	0:56:47	0:56:39	1:00:21	1:04:44	3:58:29	4:00:45	
613	1220	Mark Nevill	M36		0:54:14	0:55:31	1:04:39	1:04:06	3:58:30	4:00:45	
614	1254	John Butler	M62	Stratford upon Avon RC	0:53:25	0:53:11	1:01:09	1:12:07	3:59:50	4:00:51	
615	1451	Nigel Thomas	M50		1:01:00	0:54:19	0:59:58	1:06:48	4:02:02	4:03:11	Y
616	1450	Frances Valdes	F48		1:01:02	0:54:19	0:59:58	1:06:47	4:02:05	4:03:11	Y
617	1117	Fiona Brice	F29		0:55:32	0:56:41	1:02:01	1:09:56	4:04:09	4:04:25	
618	1063	Cassie Byfield	F29	Tone Zone	0:56:32	0:56:34	1:03:02	1:10:25	4:06:31	4:06:58	Y
619	1236	Jane Berkeley	F58		0:59:41	0:59:04	1:01:43	1:07:59	4:08:25	4:08:37	
620	1156	Nina Cron	F36	Sandhurst Joggers	0:59:29	0:58:24	1:01:45	1:09:17	4:08:54	4:09:56	
621	1648	Dawn Helps	F41		1:17:59	0:56:04	0:57:18	0:59:52	4:11:12	4:11:24	
622	1649	Michael Helps	M41		1:18:00	0:56:04	0:57:18	0:59:53	4:11:13	4:11:25	
623	1346	Dominique Welbury	F50	Crowborough Runners	0:57:28	0:57:34	1:04:06	1:12:57	4:12:03	4:12:46	Y
624	1780	Kaye Brenton	F37		0:55:28	0:55:57	1:06:16	1:14:03	4:11:41	4:12:57	
625	1003	Helen Lawson	F20	Crawley AC	1:03:20	1:00:53	1:05:02	1:03:47	4:13:01	4:13:22	
626	1368	Jacqui Mazur	F45	Striders Of Croydon	0:53:37	0:53:28	1:07:55	1:22:35	4:17:34	4:18:19	
627	1565	Susan Haynes	F37	Striders Of Croydon	0:53:36	0:53:28	1:07:55	1:22:36	4:17:33	4:18:19	
628	1421	Gordon Hyde	M66	Lingfield RC	1:04:15	1:06:24	1:04:18	1:07:01	4:21:56	4:23:06	
629	1510	Helen Wakeford	F35		0:56:12	1:02:24	1:10:20	1:17:02	4:25:57	4:28:27	
630	1740	Kate Knight	F47	Collingwood AC	1:04:25	1:09:03	1:21:29	1:25:50	5:00:46	5:01:25	
631	1650	Susan Dunbar	F42		1:12:04	1:16:11			5:28:23	5:28:36	
632	1676	Alex Thornton	M31		0:41:32	0:38:11	0:39:14				
633	1273	Richard Light	M42	Eastleigh RC	0:45:36	0:41:58	0:43:01				
634	1722	Tim Wilks	M50	Southampton Tri	0:53:11	0:49:38	0:53:38				
635	1012	Joanne Clark	F43	Gosport RR	0:55:43	0:51:27	0:57:02				
636	1494	Andrew Payne	M43	Arena 80	0:34:31	0:36:38					Y
637	1619	Raymond Hickman	M44	Milton Keynes AC	0:37:44	0:34:39					
638	1329	Laura Sell	F34	Dartford RR	0:39:16	0:36:30					
639	1135	Christine Costiff	F45	South London Harr	0:39:25	0:37:20					
640	1362	Keith Delderfield	M49	Burgess Hill Runners	0:40:00	0:39:14					Y
641	1411	Derek Pennicott	M57	Chichester Runners	0:41:57	0:39:36					Y
642	1795	Allen Grant	M41	Hailsham Harriers	0:40:35	0:41:48					
643	1140	Carl Davenport	M34		0:43:57	0:40:18					
644	1445	Sue Brumwell	F44	Arena 80	0:42:47	0:42:41					Y
645	1578	Ian Rushby	M37	Eastleigh RC	0:45:05	0:40:55					
646	1171	John Troty	M59		0:46:48	0:46:36					Y
647	1604	Alfredo Noya-Lamas	M58	Hailsham Harriers	0:46:27	0:50:00					Y
648	1234	Bob Dibley	M60		0:52:59	0:49:27					
649	1039	Julia Males	F32		0:51:57	0:50:38					
650	1759	Claire Greenfield	F45	Henfield Joggers	0:52:43	0:50:38					
651	1327	Anna Edwards	F24	Waverley Harriers	0:54:00	0:53:24					Y
652	1778	Steve Lewis	M47	Larkfield AC	0:58:20	0:55:55					
653	1790	Joan Short	F53		1:00:12	0:56:58					
654	1783	Rob Taylor	M28		0:57:51	1:00:59					
655	1585	Leigh Seymour	M34		0:38:57						
656	1581	Duncan Turner	M31	Ilford AC	0:40:51						
657	1637	Jonathan Bowcott	M40	Twilight Runners	0:43:30						
658	1464	Julian Gabriel	M38		0:44:31						
659	1536	Gary Bibby	M39		0:50:57						
660	1403	Celia Poke	F47	Istead & Ifield Harriers	1:03:16						