| | L GUESS | S JEWELLERS B | | l 10 Mile Tr | ail Run 2013 www.rawenergypursı | | |
|------------|-----------|---------------------|--------|---------------|---------------------------------------|----------------------|----------|
| Bib | Firstname | Lastname | M/F | Category | Club | Finish Time | Position |
| 273 | Mark | Davies | Male | U40 | Team Raw Energy | 01:01:49 | 1 |
| 195 | Charlton | Rudwick | Male | Vet40+ | Arena 80 AC | 01:02:12 | 2 |
| 154 | Neil | Mcalpine | Male | Vet40+ | South Downs Harriers | 01:04:02 | 3 |
| 5 | Dean | Angell | Male | Vet50+ | Horsham Joggers | 01:04:36 | 4 |
| 98 | Alex | Gregory | Male | U40 | | 01:04:44 | 5 |
| 71 | Henry | Eaton | Male | U40 | Durham University Triathlon Club | 01:05:20 | 6 |
| 59 | Steve | Dallman | Male | U40 | Haywards Heath Harriers | 01:06:27 | 7 |
| 114 | Paul | Hiles | Male | U40 | Denmead Striders | 01:08:01 | 8 |
| 73 | Sharon | Elder | Female | Vet40+ | Arena 80 AC | 01:08:43 | 9 |
| 112 | Simon | Hempenstall | Male | Vet40+ | | 01:09:11 | 10 |
| 108 | Jamie | Harwood | Male | U40 | | 01:09:21 | 11 |
| 111 | Adam | Hempenstall | Male | U40 | | 01:10:07 | 12 |
| 179 | Joe | Pascoe | Male | U40 | Tuff Fitty Triathlon Club | 01:10:17 | 13 |
| 29 | Thomas | Caffyn | Male | U20 | Arunners | 01:10:49 | 14 |
| 279 | Richard | Hollins | Male | U40 | - Aluminois | 01:10:51 | 15 |
| 88 | Dean | Fry | Male | U40 | | 01:10:57 | 16 |
| 63 | Tony | Deacon | Male | Vet50+ | Lewes AC | 01:10:57 | 17 |
| 66 | Mark | | Male | Vet40+ | Lewes AC | 01:11:19 | 18 |
| | | Derry | | | MODELLING & DICTRICT LIADDIEDO | | |
| 241 | Mark | Williams | Male | U40 | WORTHING & DISTRICT HARRIERS | 01:11:40 | 19 |
| 109 | Richard | Haynes | Male | Vet50+ | Haywards Heath Harriers | 01:11:53 | 20 |
| 158 | John | Mckenzie | Male | Vet50+ | Hardley Runners | 01:11:58 | 21 |
| 124 | James | Kearney | Male | U40 | | 01:12:09 | 22 |
| 21 | Stephen | Bowles | Male | Vet40+ | | 01:12:37 | 23 |
| 182 | Bob | Pentland | Male | Vet60+ | Portsmouth Joggers | 01:13:17 | 24 |
| 271 | James | Woodward | Male | U40 | Chichester Runners & AC | 01:13:41 | 26 |
| 155 | Chris | Mccauley | Male | Vet40+ | | 01:13:43 | 27 |
| 237 | Duncan | Wilding | Male | U40 | | 01:13:49 | 28 |
| 272 | Geoff | Newton | Male | Vet60+ | Tadworth AC | 01:14:03 | 29 |
| 212 | Martin | Stacy | Male | Vet40+ | Vegan Runners UK | 01:14:15 | 30 |
| 38 | Richard | Chowns | Male | U40 | Stubbington Green Runners & AC | 01:14:20 | 31 |
| 204 | Serdin | Sim | Male | Vet50+ | | 01:14:36 | 32 |
| 132 | Artur | Kurczak | Male | U40 | | 01:14:45 | 33 |
| 185 | Maresa | Pitt | Female | Vet40+ | Haywards Heath Harriers | 01:15:19 | 34 |
| 223 | Stephen | Thomas | Male | Vet40+ | Lancing Eagles | 01:16:00 | 35 |
| 115 | Steve | Hoare | Male | Vet40+ | | 01:16:07 | 36 |
| 250 | Joe | Young | Male | U40 | | 01:16:17 | 37 |
| 24 | David | Brett | Male | Vet50+ | BRIGHTON AND HOVE CITY AC | 01:16:22 | 38 |
| 2 | Joe | Addyman | Male | U40 | | 01:16:39 | 39 |
| 69 | Gerard | Dummett | Male | Vet50+ | Lewes AC | 01:16:46 | 40 |
| 176 | Martin | Packer | Male | Vet40+ | Shoreham | 01:16:51 | 41 |
| 189 | Lesley | Rainger | Female | | | 01:17:10 | 42 |
| 190 | Kirsty | Ralston | Female | 70(101 | Brighton and Hove Womens Running Club | 01:17:12 | 43 |
| 162 | Joanne | Meaney | Female | 1140 | Fit 4 Running Club | 01:17:16 | 44 |
| 104 | Russell | Harker | Male | Vet40+ | Fit 4 Running Club | 01:17:17 | 45 |
| 103 | John | Hardy | Male | Vet60+ | WORTHING & DISTRICT HARRIERS | 01:17:20 | 46 |
| 163 | Phil | Metcalf | Male | U40 | WOTTTING & BIOTHIOT TIAITIETIO | 01:17:20 | 47 |
| 103 | Susanna | Bartlett | Female | | Brighton and Hove Womens Running Club | 01:17:32 | 48 |
| 227 | | Tramontin | | U40 | Brighton and hove Womens numing Club | | 49 |
| | Marc | | Male | | Swim 1St Triathlan Club | 01:17:46 | |
| 208 | Alex | Sogari | Male | U40 | Swim-1St Triathlon Club | 01:18:02 | 50 |
| 211 | Paul | Spurge | Male | Vet60+ | Portsmouth Joggers | 01:18:14 | 51 |
| 160 | Hannah | Moneish | Female | | Stubbington Green Runners & AC | 01:18:16 | 52 |
| 218 | Jen | Tastard | Female | | | 01:18:27 | 53 |
| 17 | Viktor | Bogodi | Male | Vet40+ | | 01:18:30 | 54 |
| 235 | James | Widger | Male | U40 | | 01:18:34 | 55 |
| 25 | Mike | Brewer | Male | Vet40+ | | 01:19:00 | 56 |
| 45 | Stuart | Collins | Male | U40 | | 01:19:13 | 57 |
| 193 | Steve | Rhodes | Male | Vet50+ | Dorking & Mole Valley AC | 01:19:32 | 58 |
| 89 | Lee | Gerry | Male | Vet40+ | Shoreham Sharks | 01:19:46 | 59 |
| | Richard | Stubbings | Male | Vet60+ | Goring Road Runners | 01:19:53 | 60 |
| 214 | | | | | | | |
| 214 248 | Andrew | Wright Broderick | Male | Vet50+ U40 | Victory Athletic Club | 01:20:04 01:20:13 | 61 |

| 102 | Charlotte | Hanney | Female | | | 01:20:18 | 63 |
|--------------------------|--------------------------|--|--------------|--------|------------------------------------|----------------------|------------|
| 18 | Annika | Bond | Female | | | 01:20:19 | 64 |
| 99 | Emma | Gueterbock | Female | | Chichester Westgate Triathlon Club | 01:20:24 | 65 |
| 686 | Jenny | Wear | Female | U40 | | 01:20:43 | 66 |
| 140 | lain | Leighton | Male | U40 | | 01:20:44 | 67 |
| 65 | Mike | Derick | Male | Vet50+ | Haywards Heath Harriers | 01:20:58 | 68 |
| 79 | Suzanna | Faulkes | Female | U40 | | 01:21:06 | 69 |
| 92 | Steven | Gomm | Male | Vet40+ | | 01:21:07 | 70 |
| 119 | Sarah | Hunt | Female | Vet40+ | | 01:21:09 | 71 |
| 123 | Jan | Jonker | Male | Vet40+ | | 01:21:13 | 72 |
| 284 | Lisa | Fountain Johnston | Female | | | 01:21:15 | 73 |
| 95 | Austin | Gray | Male | U40 | Fetch Everyone | 01:21:53 | 74 |
| 240 | Emma | Williams | Female | | BRIGHTON AND HOVE CITY AC | 01:22:06 | 75 |
| 144 | | | Male | Vet50+ | BRIGITION AND HOVE CITT AC | 01:22:08 | 76 |
| | Matthew | Long | | | | | |
| 178 | Dave | Parkes | Male | Vet40+ | | 01:22:27 | 77 |
| 33 | Samantha | Caroen | Female | | | 01:22:58 | 78 |
| 180 | Mark | Pelley | Male | Vet50+ | Denmead Striders | 01:23:01 | 79 |
| 120 | Nick | Hutcheson | Male | U40 | Rustington | 01:23:13 | 80 |
| 16 | Andrew | Boardman | Male | U40 | | 01:24:16 | 81 |
| 44 | Michael | Clowes | Male | Vet40+ | | 01:24:38 | 82 |
| 152 | Nigel | May | Male | Vet40+ | | 01:24:53 | 83 |
| 226 | Dominic | Timm | Male | U40 | | 01:25:14 | 84 |
| 106 | Andrew | Harrold | Male | | | 01:25:19 | 85 |
| 86 | Samantha | Franke | Female | U40 | | 01:25:47 | 86 |
| 52 | Anita | Crawley | Female | | Denmead Striders | 01:25:52 | 87 |
| 168 | Andrew | Mowatt | Male | U40 | | 01:25:59 | 88 |
| 236 | David | Wilbourn | Male | Vet50+ | | 01:26:04 | 89 |
| 238 | Debbie | Wilkes | Female | | Lingfield RC | 01:26:13 | 90 |
| 251 | Karen | Woodward | Female | | Linglicia 110 | 01:26:50 | 91 |
| 51 | Chris | | Male | U40 | | 01:26:56 | 92 |
| | | Cox | | | | | |
| 136 | Martyn | Langton | Male | Vet40+ | 4 00 40 | 01:27:03 | 93 |
| 164 | Anne | Miners | | | Arena 80 AC | 01:27:17 | 94 |
| 220 | Amanda | Taylor | Female | | | 01:27:24 | 95 |
| 147 | Orla | Maher | Female | | | 01:27:44 | 96 |
| 174 | Sue | Oakes | Female | Vet40+ | Southwick Striders | 01:27:48 | 97 |
| 225 | Andy | Tilleray | Male | Vet50+ | SOUTHWICK STROLLERS | 01:27:50 | 98 |
| 87 | David | Friend | Male | Vet40+ | | 01:27:55 | 99 |
| 76 | Rebecca | Ellman-Brown | Female | U40 | | 01:27:57 | 100 |
| 219 | Sherrian | Taylor | Female | U40 | | 01:27:58 | 101 |
| 82 | Amy | Flain | Female | U40 | | 01:28:12 | 102 |
| 175 | Jewel | O'Connell | Female | U40 | | 01:28:23 | 103 |
| 61 | Nuala | Davitt | Female | | | 01:28:25 | 104 |
| 127 | Gary | Kellas | Male | U40 | | 01:28:31 | 105 |
| 242 | Nick | Wilson | Male | Vet40+ | | 01:28:45 | 106 |
| 191 | Jonathan | Reid | Male | Vet40+ | | 01:28:46 | 100 |
| | | | Female | | Cooke Bridge Cruisers | | |
| 67 | Jane | Disney | | | Cooks Bridge Cruisers | 01:28:55 | 108 |
| 280 | Michelle | Feest | Female | | Tuff Fitty | 01:29:26 | 109 |
| 57 | Katherine | Daily | Female | | Stubbington Green Runners & AC | 01:29:37 | 110 |
| 210 | Sarah | Spinks | Female | | | 01:29:38 | 111 |
| 37 | Abigail | Chester | Female | | | 01:29:50 | 112 |
| 283 | Matt | Crawley | Male | Vet40+ | | 01:30:01 | 113 |
| 188 | John | Raeburn | Male | Vet50+ | WORTHING & DISTRICT HARRIERS | 01:30:13 | 114 |
| 128 | Martin | Kirby | Male | Vet40+ | | 01:30:16 | 115 |
| 1 | Louisa | Abbott | Female | U40 | Stubbington Green Runners & AC | 01:30:59 | 116 |
| 245 | Jennet | Woolford | Female | Vet40+ | Stubbington Green Runners & AC | 01:31:01 | 117 |
| | Lorraine | Slaughter | Female | | TBC | 01:31:02 | 118 |
| 206 | | Lever | Male | Vet40+ | | 01:31:17 | 119 |
| | Nick | The second secon | 1 | | Horsham Joggers | 01:31:17 | 120 |
| 141 | | Yokom | Male | | | | 0 |
| 141 249 | Paul | Yokom | Male | Vet50. | Tioroniam deggere | | 101 |
| 141 249 246 | Paul Lester | Woollard | Male | Vet50+ | | 01:31:32 | |
| 141 249 246 252 | Paul Lester Gideon | Woollard Sherwood | Male Male | U40 | Royal Navy Triathlon Association | 01:31:32 01:31:33 | 121 122 |
| 141 249 246 | Paul Lester | Woollard | Male | U40 | | 01:31:32 | |

| 101 | Stuart | Hammond | Male | Vet40+ | | 01:33:15 | 126 |
|-----|-----------|--------------|--------|--------|------------------------------|----------|-----|
| 48 | Peter | Cordiner | Male | Vet50+ | | 01:33:53 | 127 |
| 166 | Andrew | Moreman | Male | Vet40+ | | 01:33:55 | 128 |
| 62 | Carla | Day | Female | U40 | WORTHING & DISTRICT HARRIERS | 01:33:57 | 129 |
| 60 | Jane | Davison | Female | | | 01:34:14 | 130 |
| 74 | Marion | Ellingham | Female | | Waverley Harriers | 01:34:15 | 131 |
| 153 | Sarah | Mayfield | Female | | Waveney Hamers | 01:34:19 | 132 |
| 221 | Thomas | Taylor | Male | Vet40+ | | 01:34:19 | 133 |
| | | • | | U40 | <u> </u> | 01:34:24 | |
| 55 | Joanne | Crossman | Female | 040 | 1 10 | | 134 |
| 274 | Hannah | Burrage | Female | 1110 | Lewes AC | 01:34:26 | 135 |
| 15 | Geraldine | Bloomfield | Female | | Fit Bitch Running Club | 01:34:27 | 136 |
| 35 | Melissa | Chalmers | Female | | | 01:34:28 | 137 |
| 129 | Lucy | Kircher | Female | | | 01:35:00 | 138 |
| 150 | Karen | Massie | Female | Vet40+ | | 01:35:04 | 139 |
| 156 | Gary | Mccawley | Male | Vet40+ | Denmead Striders | 01:35:19 | 140 |
| 56 | Charlotte | Cumming | Female | U40 | | 01:35:26 | 141 |
| 159 | Katherine | Mcnaughton | Female | U40 | | 01:35:39 | 142 |
| 58 | Jennifer | Dalby | Female | U40 | | 01:35:44 | 143 |
| 198 | Greg | Saunders | Male | Vet40+ | | 01:35:47 | 144 |
| 194 | Peter | Rudwick | Male | Vet40+ | Arena 80 AC | 01:36:01 | 145 |
| 213 | Anna | Stavrianakis | Female | U40 | Fit Bitch Running Club | 01:36:06 | 146 |
| 19 | Samantha | Booth | Female | | <u> </u> | 01:37:15 | 147 |
| 84 | David | Forshaw | Male | Vet40+ | + | 01:37:19 | 148 |
| 34 | Sally | Cartwright | Female | | + | 01:37:45 | 149 |
| 278 | Eloise | Smith | Female | | | 01:37:58 | 150 |
| 151 | Samantha | Matthews | Female | | | 01:37:36 | 151 |
| | | | | | Curryhausyah Dynasaus | | |
| 43 | Barry | Clarke | Male | Vet40+ | Crowborough Runners | 01:38:31 | 152 |
| 42 | Katerina | Clarke | Female | | Crowborough Runners | 01:38:39 | 153 |
| 121 | Helen | Hyde | Female | | | 01:38:42 | 154 |
| 149 | Gillian | Marston | Female | | | 01:38:56 | 155 |
| 70 | Amy | Dury | Female | | | 01:39:02 | 156 |
| 281 | Mel | Williams | Female | Vet40+ | Arunners | 01:39:21 | 157 |
| 275 | Olivia | Pinkney | Female | Vet40+ | | 01:39:23 | 158 |
| 276 | Clare | Hedley | Female | Vet40+ | | 01:39:25 | 159 |
| 199 | Dean | Scott | Male | Vet40+ | | 01:39:59 | 160 |
| 8 | Coral | Avis | Female | U40 | | 01:40:07 | 161 |
| 205 | Richard | Simpson | Male | Vet40+ | | 01:40:32 | 162 |
| 173 | Antonia | Norton | Female | U40 | | 01:40:39 | 163 |
| 234 | Roy | Whitwell | Male | Vet50+ | | 01:40:42 | 164 |
| 32 | Jonathan | Carlton | Male | Vet40+ | | 01:41:13 | 165 |
| 137 | Sonia | Latham | Female | | David Lloyd Worthing | 01:41:15 | 166 |
| 142 | Chloe | Limmer | Female | | David Lloyd Worthing | 01:41:17 | 167 |
| 277 | Edward | | Male | U40 | | | 168 |
| | | Long | | | Charaham Charles | 01:41:55 | |
| 90 | Paul | Gerry | Male | U40 | Shoreham Sharks | 01:42:17 | 169 |
| 13 | Fleur | Blanford | Female | | Heathfield Road Runners | 01:42:38 | 170 |
| 14 | William | Blanford | Male | Vet50+ | Heathfield Road Runners | 01:42:39 | 171 |
| 282 | Joanna | Fraser | Female | | | 01:42:42 | 172 |
| 143 | Amanda | Long | Female | | | 01:44:34 | 173 |
| 126 | Georgina | Keenan | Female | Vet40+ | | 01:44:45 | 174 |
| 172 | Valerie | Nicolle | Female | Vet40+ | | 01:44:59 | 175 |
| 68 | Sara | Doughty | Female | Vet40+ | | 01:45:50 | 176 |
| 78 | Jess | Estcourt | Female | U40 | WORTHING & DISTRICT HARRIERS | 01:48:33 | 177 |
| 85 | Jifang | Fox | Female | Vet40+ | SDHF Running Club | 01:48:34 | 178 |
| 9 | John | Baitup | Male | Vet60+ | <u> </u> | 01:49:15 | 179 |
| 183 | Richard | Perrett | Male | Vet50+ | + | 01:49:52 | 180 |
| 170 | Belinda | Muir | Female | | Fit Bitch Running Club | 01:50:10 | 181 |
| 171 | Scott | Muir | Male | Vet30+ | | 01:50:10 | 182 |
| 96 | | Greaves | Male | Vet50+ | Fittleworth Flyers | 01:50:12 | 183 |
| | Martyn | | | | i illeworth Flyets | 01:50:17 | |
| 134 | Kim | Langridge | Female | | - | | 184 |
| 135 | David | Langridge | Male | U40 | | 01:51:48 | 185 |
| 7 | Rachel | Austin | Female | | Chichester Runners & AC | 01:52:58 | 186 |
| 46 | Melissa | Compton | Female | | | 01:53:31 | 187 |
| 222 | Kate | Thomas | Female | U40 | | 01:54:36 | 188 |

| 133 | Sarah | Lane | Female | Vot40 | | 01:54:42 | 189 |
|-----|-----------|---------------|--------|------------------|--|----------|-----|
| 231 | Michael | Turner | Male | Vet40+ Vet40+ | Fittleworth Flyers | 01:55:23 | 190 |
| 80 | Liz | Fearis | Female | | Fittleworth Flyers | 01:55:23 | 190 |
| 181 | Deb | Pentland | Female | | Doutomouth loggers | 01:55.25 | 192 |
| 50 | Daniel | Cox | Male | U40 | Portsmouth Joggers TriTalk.co.uk (17:38) TBC | DNF | 192 |
| | | | | | TITTAIK.CO.UK (17:38) TBC | DNS | 193 |
| 11 | Colin | Basett | Male | Vet40+ | | | |
| 83 | Simon | Fluendy | Male | Vet40+ | | DNS | 195 |
| 228 | Luci | Trigg | Female | | | DNS | 196 |
| 4 | Gillian | Almond | Female | | | DNS | 197 |
| 6 | Vera | Austermann | Female | | | DNS | 198 |
| 12 | William | Bell | Male | U40 | | DNS | 199 |
| 20 | Johanna | Bordass | Female | | | DNS | 200 |
| 22 | Graham | Bowpitt | Male | Vet40+ | Denmead Striders | DNS | 201 |
| 23 | Joanna | Brett | Female | | | DNS | 202 |
| 36 | Liz | Chapman | Female | | | DNS | 203 |
| 39 | Nicola | Clark | Female | U40 | | DNS | 204 |
| 40 | Nigel | Clark | Male | Vet40+ | Felpham | DNS | 205 |
| 41 | Louis | Clark | Male | U40 | Woodford Green AC | DNS | 206 |
| 47 | Tom | Coombe | Male | U40 | | DNS | 207 |
| 53 | Fay | Cripps | Female | U40 | Southdown Bikes | DNS | 208 |
| 64 | Martin | Denholm | Male | Vet50+ | | DNS | 209 |
| 75 | Simeon | Elliott | Male | Vet50+ | Arena 80 AC | DNS | 210 |
| 81 | Helen | Fitzgerald | Female | Vet40+ | BRIGHTON AND HOVE CITY AC | DNS | 211 |
| 91 | David | Gilmartin | Male | Vet40+ | | DNS | 212 |
| 94 | Nick | Gosling | Male | Vet40+ | MLCC | DNS | 213 |
| 97 | Georgina | Green | Female | U40 | | DNS | 214 |
| 100 | Ben | Hamer | Male | U40 | | DNS | 215 |
| 105 | Russell | Harker | Male | Vet40+ | Fit 4 Running Club | DNS | 216 |
| 107 | Rebecca | Harwood | Female | U40 | | DNS | 217 |
| 116 | George | Holdcroft | Male | U40 | | DNS | 218 |
| 130 | Paula | Knee | Female | Vet40+ | Fit Bitch Running Club | DNS | 219 |
| 131 | Fumane | Kokoali | Female | | 3 | DNS | 220 |
| 138 | Sarah | Leach | Female | | | DNS | 221 |
| 146 | Samantha | Macintosh | Female | | | DNS | 222 |
| 148 | Helen | Mallows | Female | | Horsham Joggers | DNS | 223 |
| 157 | Helen | Mcgivern | Female | | Indiana deggere | DNS | 224 |
| 169 | Trisha | Mueller | Female | | | DNS | 225 |
| 177 | Kat | Palmer | Female | | | DNS | 226 |
| 184 | Deborah | Peters | Female | | | DNS | 227 |
| 186 | Lola | Puddephatt | Female | | | DNS | 228 |
| 187 | Kenny | Quinnell | Male | Vet40+ Vet40+ | Swim-1St Triathlon Club | DNS | 229 |
| 196 | Catherine | Ruffle | Female | | Gwini- 10t Thathion Olub | DNS | 230 |
| | | | | | Sharaham Pawing Club | DNS | 230 |
| 197 | Garry | Saunders | Male | Vet40+ | Shoreham Rowing Club | | |
| 202 | Tara | Shanahan | Female | | | DNS | 232 |
| 209 | Angela | Spinks | Female | | | DNS | 233 |
| 217 | Nicky | Sykes | Female | | | DNS | 234 |
| 224 | Deborah | Tiley | Female | | | DNS | 235 |
| 229 | Patricia | Trijbits | Female | | | DNS | 236 |
| 230 | Simon | Troupe | Male | U40 | | DNS | 237 |
| 232 | Samuel | Van Den Broek | Male | U40 | | DNS | 238 |
| 239 | David | Wilkes | Male | Vet60+ | Lingfield RC | DNS | 239 |
| 243 | Neil | Wood | Male | | | DNS | 240 |
| 244 | Paul | Woodcock | Male | Vet50+ | | DNS | 241 |
| 247 | Alison | Wotherspoon | Female | Vet40+ | | DNS | 242 |