



Setting the Pace

Tempo 10k Results 12th October 2014

Position	Race Number	First Name	Surname	Club	Classification	Gender Position	Time
1	72	Gary	Judges	Hailsham Harriers	MV	1	35'14
2	133	Lee	Ashworth	Hailsham Harriers	MV	2	36'19
3	6	Adrian	Elliott	Hailsham Harriers	MS	3	38'00
4	141	Dean	Fry		MS	4	39'19
5	138	Stephen	Delea	Hailsham Harriers	MV	5	40'05
6	82	Yacine	Leghmara	Freedom Runners	MS	6	40'33
7	80	Sam	Alvarez	Hailsham Harriers	FV	1	41'09
8	121	Giles	Bowmer	Hailsham Harriers	MS	7	41'21
9	101	Liz	Lumber	Hailsham Harriers	FV	2	41'38
10	25	Laurence	Collier		MS	8	41'48
11	24	Simon	Vieweg	Bodyworks XTC	MV	9	42'01
12	115	Oliver	Priddle		J	10	42'10
13	23	Ian	Weston	Polegate Plodders	MV	11	42'22
14	78	Jamie	Regan	Run Wednesdays	MS	12	42'30
15	142	Joe	Young		MS	13	42'46
16	116	Johnni	Andrews	Run Wednesdays	MV	14	42'50
17	100	Fiona	Bugler	Hailsham Harriers	FV	3	42'59
18	55	Richard	Davis	Eastbourne Rovers AC	MS	15	43'04
19	34	Phil	Wood	Run Wednesdays	MV	16	43'17
20	76	Matt	Walter	Run Wednesdays	MS	17	43'25
21	110	Steven	Durie	Hailsham Harriers	MV	18	43'31
22	29	Jeremy	Lowe	Polegate Plodders	MV	19	43'40
23	44	Daniel	May		MS	20	43'46

24	40	Clive	Richardson	Polegate Plodders	MV	21	43'54
25	125	Simon	Jones		MV	22	44'02
26	94	Andy	Knight	Hastings Runners	MV	23	44'09
27	136	Sam	Jackson		MS	24	44'35
28	147	David	McKevitt	Eastbourne Rovers AC	MV	25	44'48
29	53	Ian	Turnbull	Hailsham Harriers	MV	26	45'05
30	148	Matt	Daly		MV	27	45'27
31	14	Marco	Fortmann	Eastbourne Rovers AC	MV	28	45'36
32	99	Stuart	Mole	Polegate Plodders	MV	29	45'38
33	143	Leonardo	Morabito		MS	30	45'49
34	68	Kevin	Key		MV	31	45'59
35	45	Matthew	Roberts		MS	32	46'09
36	35	Hannah	Edleston	Run Wednesdays	FS	4	46'10
37	73	Gary	Pibworth		MS	33	46'11
38	92	Mark	Williams		MV	34	46'15
39	13	Donna	Ball	Run Wednesdays	FS	5	46'18
40	16	Lee	Dunstall	Run Wednesdays	MS	35	46'37
41	4	Mark	Pope		MS	36	46'38
42	93	Stuart	Doidge		MV	37	46'39
43	43	Jack	Loveland		MS	38	46'58
44	118	Adrian	Thomas	Hailsham Harriers	MS	39	47'01
45	123	Jamie	Ayres	Bodyworks XTC	MV	40	47'07
46	64	Peter	Nightingale		MS	41	47'25
47	54	Craig	Shingfield	Eastbourne Rovers AC	MV	42	48'06
48	51	Marianne	Galea	Eastbourne Rovers AC	FS	6	48'07
49	71	Caroline	Bell		FV	7	48'11
50	112	James	Waite		MS	43	48'22
51	128	Vicky	Burford		FV	8	49'06

52	113	Michael	Storey		MV	44	49'09
53	117	Fenella	Maloney	Run Wednesdays	FV	9	49'13
54	59	Lance	Boseley	Polegate Plodders	MV	45	49'39
55	27	Gary	Skinner		MV	46	49'47
56	1	Martin	Davies		MS	47	49'51
57	103	Darren	Barlow	Robertsbridge Runners	MV	48	50'13
58	37	Kevin	Burton	Polegate Plodders	MV	49	50'21
59	129	Mags	Southam		FV	10	50'46
60	144	Emma	Ramsden	BRT	FV	11	50'49
61	74	Leane	Bell	Run Wednesdays	FS	12	51'09
62	114	Richard	Gardiner		MS	50	51'23
63	137	Tracy	Erridge	Hailsham Harriers	FV	13	51'27
64	95	Rosy	Clements	Hastings AC	FV	14	51'33
65	52	Tina	Macenhill		FV	15	51'49
66	31	Bruce	English	Eastbourne Rovers AC	MV	51	51'54
67	146	Tim	Mullins		MS	52	51'57
68	96	Koosha	Movafagh		MV	53	52'00
69	150	Paul	Willis		MV	54	52'05
70	69	Paul	Rogers	Run Wednesdays	MS	55	52'12
71	77	James	Wishman	Run Wednesdays	MS	56	52'13
72	145	Richard	Hollobone		MS	57	52'14
73	48	Suzi	Frost	Hastings Runners	FV	16	52'16
74	57	Andy	Webb		MV	58	52'19
75	98	Jacqueline	Wooller	Eastbourne Rovers AC	FV	17	52'34
76	58	Caine	Hemmingway		MS	59	52'57
77	108	Louise	Taylor		FV	18	53'02
78	38	Catherine	Brewer		FV	19	53'10
79	79	Tracey	Fuller		FV	20	53'30

80	33	Sarah	Piggott		FV	21	53'32
81	87	John	Taylor	Hailsham Harriers	MV	60	53'40
82	91	Kate	Mitchell		FS	22	53'58
83	90	Graham	Mitchell		MV	61	53'59
84	86	Colin	Burbage	Run Wednesdays	MV	62	54'02
85	107	Lyndsey	Armstrong		FS	23	54'05
86	50	Melissa	Shanley		FS	24	54'07
87	22	Sally	Weston	Polegate Plodders	FV	25	54'13
88	30	Mark	Hastings		MV	63	54'51
89	63	Alan	Nightingale		MV	64	54'53
90	104	Kate	Barlow	Robertsbridge Runners	FV	26	54'55
91	42	Zoe	Gardham	Eastbourne Rovers AC	FV	27	55'06
92	41	Russell	Gardham	Eastbourne Rovers AC	MV	65	55'07
93	47	Dave	Pendleton	Hastings Runners	MV	66	55'51
94	132	Danny	McIntyre		MV	67	56'21
95	84	Leon	Goldsack	Dover Roadrunners	MV	68	56'42
96	97	Nicki	Howard	Eastbourne Rovers AC	FV	28	56'52
97	18	Tich	Chambers		MV	69	57'19
98	19	Jez	Chambers		MV	70	57'20
99	67	Sally	Palfrey	Brighton Tri Club	FV	29	57'47
100	56	Riyaz	Khusal		MV	71	57'52
101	106	Stephen	Crouch		MV	72	58'03
102	81	Vicki	Cowen		FV	30	58'17
103	75	Simon	Woroniecki	Hastings Runners	MS	73	58'25
104	109	John	Stott		MV	74	58'29
105	126	Dani	Henderson		FS	31	58'55
106	127	Paul	Henderson	Hailsham Harriers	MS	75	58'58
107	36	Michael	Young		MS	76	59'09

108	89	Daniela	Fasciolo-Barnes		FS	32	61'08
109	88	Scott	Fasciolo-Barnes		MS	77	61'10
110	83	Bill	Barnes		MV	78	61'11
111	111	Kate	Waite		FS	33	62'38
112	49	Saskia	Jupp		FS	34	62'57
113	122	Kaz	Breese	Hailsham Harriers	FV	35	63'29
114	131	Adrien	Coyne	Eastbourne Rovers AC	MV	79	63'30
115	62	Emma	Richardson	Run Wednesdays	FS	36	63'35
116	149	Caroline	Garland		FV	37	63'49
117	26	Caroline	Skinner		FV	38	63'53
118	120	Lorna	Cotter	BRT	FV	39	63'57
119	130	Karen	Hoskin		FV	40	64'10
120	139	Olga	Holcakova		FS	41	64'25
121	17	Emma-Jane	Wheatley		FS	42	65'04
122	3	Lorna	Cheesewright		FS	43	65'11
123	2	Sharon	Davies		FV	44	65'23
124	65	Michael	Dee	Henfield Joggers	MV	80	67'17
125	124	Shannon	Murphy		FS	45	67'22
126	15	Liz	Joiner		FV	46	67'23
127	85	Veronique	Lain		FV	47	67'23
128	134	Tracy	Hall		FV	48	69'06
129	70	Ashlea	Dyson		FS	49	69'24
130	8	Charlotte	Edwards		J	50	76'54
131	28	Lisa	Hadland		FV	51	80'59
132	66	Cynthia	Dee	Henfield Joggers	FV	52	96'34