

# Kings Head Canter 5K 2022

## Kings Head Canter 5k

29 August 2022 11:00

Place	Time	Name	Team	Category	Race No	Grading
1	00:15:59	SHORT, Ben	Crawley AC	Senior Men	118	82.5
2	00:16:07	BAKER, James	Chichester Runners & AC	Vet Men 45-49	13	88.2
3	00:16:18	BARNES, Jon	Henfield Joggers	Senior Men	14	80.9
4	00:16:40	MARSDEN, Patrick	Polegate Plodders	Senior Men	88	80.0
5	00:17:06	GEDIN, Timmy	Arena 80 AC	Senior Men	169	76.5
6	00:17:12	MULLEN, Russ	Haywards Heath Harriers	Senior Men	94	77.5
7	00:17:41	GREEN, Andrew	Uckfield Runners	Senior Men	174	73.4
8	00:17:45	TOMSETT, Luke	Eastbourne Rovers AC	Senior Men	127	73.1
9	00:17:51	DAVIS, Richard	Eastbourne Rovers AC	Senior Men	40	76.3
10	00:17:52	BRADFORD, David	Lewes AC	Vet Men 40-44	22	76.8
11	00:17:55	NAVESEY, Emma	Lewes AC	Senior Women	187	82.8
12	00:17:56	SIDA, Lewis	Lewes AC	Vet Men 50-54	119	84.2
13	00:18:16	REED, Matt	Lewes AC	Senior Men	200	71.5
14	00:18:38	GREGORY, Stewart	Portslade HedgeHoppers	Vet Men 55-59	61	83.6
15	00:18:40	LUMBER - FRY, Fin	Eastbourne Rovers AC	Junior Boys U14	84	77.3
16	00:18:40	HUNTER, Austen	Brighton Phoenix	Vet Men 45-49	75	78.4
17	00:18:53	ALEXANDROU, Nick	Brighton Phoenix	Vet Men 45-49	2	75.3
18	00:19:01	MORGAN, Chris	Brighton Phoenix	Vet Men 45-49	92	75.3
19	00:19:10	DAY, Oliver	Burgess Hill Runners	Vet Men 55-59	170	81.3
20	00:19:12	VAUGHAN, Dan	Arena 80 AC	Vet Men 50-54	131	76.8
21	00:19:14	LAIDLAW, Mari		Vet Women 40-44	80	79.3
22	00:19:16	FRY, Sue	Eastbourne Rovers AC	Vet Women 50-54	51	85.7
23	00:19:19	CHRISTIE, Rob	Hailsham Harriers	Vet Men 40-44	35	72.0
24	00:19:20	ARMSTRONG, Kevin	Eastbourne Rovers AC	Vet Men 40-44	9	70.9
25	00:19:28	NICKLIN, Callum	Brighton Phoenix	Senior Men	165	66.9
26	00:19:29	LOWDEN, John	Brighton & Hove City AC	Vet Men 60+	81	86.2
27	00:19:30	MOORE, Alison	Eastbourne Rovers AC	Senior Women	91	75.7
28	00:19:33	BARTON, Carl	Hailsham Harriers	Vet Men 45-49	15	72.7
29	00:19:34	WIGG, Matthew		Senior Men	164	69.1
30	00:19:45	GRABSKY, Phil	Brighton Phoenix	Vet Men 55-59	60	80.2
31	00:19:51	PEARCE, Fintan	Eastbourne Rovers AC	Junior Men 14-17	105	67.7
32	00:19:53	WOOD, Phil	Run Wednesdays	Vet Men 50-54	145	74.2
33	00:19:54	PETROVA, Raya	Eastbourne Rovers AC	Junior Girls U14	108	81.0
34	00:19:56	HAINES, Adrian	Brighton Phoenix	Vet Men 55-59	64	76.9
35	00:20:11	GOLBEY, Travis	Burgess Hill Runners	Vet Men 50-54	56	73.7
36	00:20:13	CHERRY, Toby	Lewes AC / Team Cherry	Junior Boys U14	34	69.4
37	00:20:17	GOODHEAD, Jamie	Burgess Hill Runners	Vet Men 50-54	58	72.7

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38	00:20:29	AXELL, Will		Senior Men	12	64.7
39	00:20:42	LUMBER, Liz	Eastbourne Rovers AC	Vet Women 55+	83	85.4
40	00:20:52	ZORN, Duncan	Team Zorn	Vet Men 40-44	150	66.1
41	00:21:00	PEARCE, Freda	Eastbourne Rovers AC	Junior Girls U14	106	76.7
42	00:21:01	DOWLE, Jo	Bodyworks XTC Tri Store	Vet Women 45-49	188	74.8
43	00:21:03	RYAN, Louise	Eastbourne Rovers AC	Senior Women	117	70.1
44	00:21:14	MANWILL, Michael	Lingfield RC	Vet Men 45-49	190	67.9
45	00:21:18	RING, Daniel	Team DDP	Junior Boys U14	197	72.9
46	00:21:19	WESTON, Ian	Polegate Plodders	Vet Men 55-59	140	73.7
47	00:21:26	ZORN, Anna	Uckfield Runners / Team Zorn	Vet Women 40-44	149	71.1
48	00:21:28	WOODS, Darren	Striders of Croydon AC	Senior Men	146	61.8
49	00:21:29	O'SULLIVAN, Helen	Hailsham Harriers	Vet Women 45-49	101	73.8
50	00:21:34	VERCOE, Richard	Run Wednesdays	Vet Men 40-44	177	64.0
51	00:21:35	ARMSTRONG, Darren	North Norfolk Beach Runners	Vet Men 45-49	8	67.4
52	00:21:37	TURLEY, Nigel	Lonely Goats RC	Vet Men 60+	129	75.1
53	00:21:42	MILLER, Michael	Arena 80 AC	Vet Men 60+	90	76.7
54	00:21:49	BURFIELD, Claire		Vet Women 45-49	26	73.3
55	00:21:52	ANDREWS, Jonni	Run Wednesdays	Vet Men 55-59	6	71.9
56	00:22:06	SMITH, Maria	Heathfield RRC / Team Elvis	Vet Women 45-49	158	72.4
57	00:22:06	LOWRY-SMITH, Steven	Brighton & Hove City AC	Vet Men 55-59	82	70.5
58	00:22:12	PLAYFOOT, Tim	Wadhurst Runners	Vet Men 60+	110	75.7
59	00:22:15	KILFIGER, James	Lingfield RC	Vet Men 45-49	206	65.8
60	00:22:16	GARDINER, Richard	Run Wednesdays	Vet Men 40-44	52	63.3
61	00:22:20	WEBSTER, Joshua	Eastbourne Rovers AC	Junior Boys U14	135	66.8
62	00:22:35	BLANFORD, William	Heathfield RRC	Vet Men 60+	20	71.3
63	00:22:43	DONALDSON, Maja		Senior Women	47	65.0
64	00:22:45	STRINGER, Michaela	Run Wednesdays	Vet Women 45-49	125	71.9
65	00:22:47	PURDYE, Graham	Hailsham Harriers	Vet Men 60+	112	73.1
66	00:22:47	THOMPSON, Richard	Brighton Phoenix	Vet Men 50-54	175	66.3
67	00:22:48	WORSELL, David	Lingfield RC	Vet Men 50-54	147	64.7
68	00:22:54	PARRIS, Alfred		Junior Men 14-17	103	57.9
69	00:22:56	DOWLING, Carl	Lewes AC	Vet Men 50-54	199	64.3
70	00:23:03	FITZPATRICK, Richard	Portslade HedgeHoppers	Vet Men 60+	172	76.7
71	00:23:04	HUGHES, Jenny	Arena 80 AC	Vet Women 55+	72	81.4
72	00:23:13	SMITH, Gary	Hailsham Harriers	Vet Men 50-54	122	65.0
73	00:23:14	THOMPSON, John	Arena 80 AC	Vet Men 60+	126	68.7
74	00:23:16	HILDER, Ian	Lewes AC	Vet Men 60+	70	69.8
75	00:23:20	ROBERTS, Byron	Eastbourne Rovers AC	Junior Boys U14	114	63.9

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76	00:23:20	HALL, Nick	Lingfield RC	Vet Men 40-44	65	60.4
77	00:23:23	ROBERTS, James	Meads Runners	Vet Men 40-44	115	59.9
78	00:23:24	SMITH, Harry	Team Elvis	Junior Men 14-17	157	58.5
79	00:23:26	RUFFELL, Andrew	Hailsham Harriers	Vet Men 50-54	166	63.5
80	00:23:31	NAYLOR, Chris	Arena 80 AC	Vet Women 55+	96	86.2
81	00:23:42	DEXTER, Sean	Heathfield RRC	Vet Men 60+	45	68.5
82	00:23:44	HEDGES, Glen		Senior Men	69	55.1
83	00:23:49	YEATES, Nicky	Arena 80 AC	Vet Women 55+	148	82.9
84	00:23:51	PUGH, Rebecca		Senior Women	111	62.0
85	00:24:00	CURRIE, Donald	Hailsham Harriers	Vet Men 55-59	38	65.5
86	00:24:02	DIPLOCK, Eddie	Heathfield RRC	Vet Men 50-54	46	61.9
87	00:24:20	HANCOCK, Beth	Lewes AC	Senior Women	202	60.7
88	00:24:25	PARTRIDGE, Orlando		Junior Boys U14	201	57.5
89	00:24:28	PARRIS, Hector		Junior Boys U14	104	59.0
90	00:24:30	WAINWRIGHT, Jenni	Eastbourne Rovers AC	Senior Women	132	60.3
91	00:24:43	CHAMPNESS, Benjamin	East Grinstead & District AC	Junior Boys U14	30	62.8
92	00:24:48	WEBSTER, Felicity	Hailsham Harriers	Vet Women 40-44	191	62.8
93	00:24:49	PELLING, Bernadette	Portslade HedgeHoppers	Vet Women 45-49	107	63.3
94	00:24:53	CHAMPNESS, Fiona	Lingfield RC	Vet Women 45-49	31	65.0
95	00:24:57	BRUMWELL, Sue	Arena 80 AC	Vet Women 55+	24	73.4
96	00:24:57	WRIGHT, Bayly		Junior Men 14-17	163	53.1
97	00:24:58	WRIGHT, Sean		Vet Men 50-54	161	60.5
98	00:25:03	PAGE, Bob	Arena 80 AC	Vet Men 60+	102	65.9
99	00:25:04	HEARN, Nick		Vet Men 60+	67	64.8
100	00:25:05	MUIR, Isobel	Arena 80 AC	Vet Women 40-44	93	62.1
101	00:25:05	RAWLINSON, Charlotte	Portslade HedgeHoppers	Senior Women	171	58.9
102	00:25:07	GOODHEAD, Emma	Burgess Hill Runners	Vet Women 50-54	57	66.5
103	00:25:28	HAFFENDEN, Tim	Team Elvis	Vet Men 45-49	156	56.6
104	00:25:30	BURFIELD, Reuben	Ardingly Rowing Club	Junior Men 14-17	195	51.9
105	00:25:31	ALKABANI, Feras		Vet Men 40-44	3	53.8
106	00:25:36	MALONEY, Fenella	Run Wednesdays	Vet Women 55+	85	70.7
107	00:25:38	BURFIELD, Toby	Ardingly Rowing Club	Junior Men 14-17	196	51.7
108	00:25:41	BASS, Jessica		Senior Women	16	57.5
109	00:25:44	SMITH, Wendy	Lingfield RC	Vet Women 50-54	189	67.1
110	00:25:47	FRASER, Bill	Hailsham Harriers	Vet Men 60+	50	67.7
111	00:25:49	GIBBONS, Michael	Arena 80 AC	Vet Men 60+	54	64.5
112	00:25:50	WATKINS, Ian	Lingfield RC	Vet Men 60+	133	62.8
113	00:26:12	STRINGER, David	Run Wednesdays	Vet Men 50-54	124	57.2

114	00:26:17	NOTTIDGE, David	Lingfield RC	Vet Men 60+	98	63.9
115	00:26:25	STATHAM-BERRY, Maggie	Lingfield RC	Vet Women 55+	123	78.8
116	00:26:31	TURLEY, Penny	Lonely Goats RC	Vet Women 55+	130	74.4
117	00:26:36	HEATON, Graeme	Heathfield RRC	Vet Men 60+	68	61.0
118	00:26:45	CHERRY, Andrew	Team Cherry	Vet Men 50-54	32	56.0
119	00:26:52	CAIRNS, Dylan	Team DDP	Junior Boys U14	194	53.7
120	00:27:08	FRAMPTON, Katherine		Senior Women	49	54.5
121	00:27:14	AVEY, Terry	Brighton Phoenix	Vet Men 60+	11	64.9
122	00:27:16	TWIDDY, Stanley		Junior Boys U14	176	57.0
123	00:27:19	COLLINS, Ben		Senior Men	184	47.5
124	00:27:26	BATTELL, Kevin	Crowborough Runners	Vet Men 60+	205	58.2
125	00:27:50	BLANFORD, Fleur	Heathfield RRC	Vet Women 55+	19	66.6
126	00:28:28	BOOTH, Sue		Vet Women 55+	21	71.2
127	00:28:33	JOHNSON, Tanja		Vet Women 50-54	77	60.5
128	00:28:36	PARKER, Rebecca	Tri Tempo	Vet Women 40-44	167	54.1
129	00:28:37	DUNSTALL, Lee	Tri Tempo	Vet Men 40-44	168	49.3
130	00:28:38	WEST, David		Vet Men 55-59	137	54.9
131	00:28:56	WILLIAMS, Felicity	Hailsham Harriers	Vet Women 50-54	143	58.4
132	00:28:57	BROCKWELL, Val	Portslade HedgeHoppers	Vet Women 55+	23	75.0
133	00:29:07	GRABSKY, Ella	Brighton Phoenix	Senior Women	59	50.7
134	00:29:19	DONNO, Kimberley		Vet Women 40-44	48	52.0
135	00:29:31	ZORN, Holly	Team Zorn	Junior Girls U14	151	55.9
136	00:29:33	WELBURY, James	Crowborough Runners	Vet Men 60+	203	55.4
137	00:29:36	BUCKLEY, Samantha	Lewes AC	Junior Women 14-17	25	52.4
138	00:29:37	PIPER, Mark		Vet Men 55-59	109	53.1
139	00:29:53	DEANS, Marcus		Junior Men 14-17	41	45.9
140	00:30:17	CANNAN-BRANIFF, Fergus		Vet Men 40-44	29	46.2
141	00:30:28	H, Grace		Junior Girls U14	63	63.3
142	00:30:28	HARVEY, Dave		Vet Men 40-44	66	46.3
143	00:30:44	TOWNSEND, Ann	Heathfield RRC	Vet Women 55+	128	61.1
144	00:30:47	BUCKLEY, Ciara	Heathfield RRC	Senior Women	183	48.0
145	00:30:56	DEANS, Michael		Vet Men 55-59	44	50.8
146	00:31:18	WILKINS, Rosalind	Run Wednesdays	Vet Women 50-54	142	53.3
147	00:31:32	GREEN, Stephen	Uckfield Runners	Vet Men 55-59	173	48.6
148	00:31:40	MCDONOUGH, Neil	Striders of Croydon AC	Vet Men 40-44	192	44.2
149	00:31:42	GIBBONS, Christine	Arena 80 AC	Vet Women 55+	53	62.2
150	00:32:03	NICKOLS, Gilly	Heathfield RRC	Vet Women 55+	97	57.8
151	00:32:10	CHERRY, Joseph	Team Cherry	Junior Boys U14	33	50.6

152	00:32:11	RING, Paddy	Team DDP	Junior Boys U14	198	50.6
153	00:32:23	DARGAN, Faye		Vet Women 40-44	39	46.8
154	00:32:24	MALONEY, Lucie		Vet Women 55+	86	55.9
155	00:32:24	ANDREWS, Molly		Vet Women 55+	7	55.9
156	00:32:25	ANDREWS, Beatrice		Vet Women 55+	4	55.8
157	00:32:26	ANDREWS, Freddie		Vet Men 55-59	5	48.5
158	00:32:50	GRACE, Sara	Uckfield Runners	Vet Women 55+	182	53.2
159	00:32:50	SIMS, Daniel	Uckfield Runners	Vet Men 40-44	120	41.8
160	00:32:53	TYSON, Yasmin	Ardingly Rowing Club	Senior Women	193	44.9
161	00:33:09	HUNNISETT, Darren	Heathfield RRC	Vet Men 50-54	73	45.9
162	00:33:17	COLLIER, Barbara		Vet Women 55+	37	60.9
163	00:33:20	CHUDASAMA, Lisa	Heathfield RRC	Vet Women 45-49	36	48.5
164	00:33:27	JENKINS, Peter	Worthing Striders	Vet Men 60+	76	53.6
165	00:33:41	MORRISSEY, Richard		Vet Men 60+	162	55.7
166	00:33:47	GROOM, Jan	Uckfield Runners	Vet Women 55+	62	62.5
167	00:33:47	RING, Kieren		Senior Men	207	40.3
168	00:33:58	BURNAND, Rob		Vet Men 60+	160	48.6
169	00:34:20	RALLS, Chris		Vet Men 40-44	185	40.8
170	00:34:36	MARSDEN, Tracey	Run Wednesdays	Vet Women 55+	89	52.3
171	00:34:36	MARSDEN, Nicola	Run Wednesdays	Senior Women	87	42.7
172	00:34:37	SMITH, Jessica		Senior Women	179	42.7
173	00:34:37	SMITH, John		Vet Men 50-54	180	44.0
174	00:34:40	WEST, Emma		Senior Women	138	42.6
175	00:35:02	JONES, Tracy	Heathfield RRC	Vet Women 55+	79	52.9
176	00:35:19	HOBEN, David	Striders of Croydon AC	Vet Men 60+	71	48.9
177	00:35:30	WILLMENT, Lynda	Lingfield RC	Vet Women 55+	144	50.4
178	00:35:31	GILBERT, Barry	Wadhurst Runners	Vet Men 60+	55	52.8
179	00:35:42	ROPER, Tom	Seaford Striders RC	Vet Men 60+	116	47.5
180	00:36:28	JONATHAN, Mark		Vet Men 60+	78	46.1
181	00:36:29	NAHVI, Jaleh	Uckfield Runners	Vet Women 40-44	186	42.4
182	00:36:38	HUNNISETT, Sandra	Heathfield RRC	Vet Women 55+	74	47.7
183	00:37:04	MOORE, Veronica	Uckfield Runners	Vet Women 50-54	178	45.5
184	00:37:16	FRIZZELL, Jake	Team Past and Present	Junior Boys U14	154	41.7
185	00:37:16	FRIZZELL, Colin	Team Past and Present	Vet Men 50-54	153	39.6
186	00:37:42	DEANS, Mariette		Vet Women 45-49	42	41.7
187	00:38:25	STEWART, Beryl	Uckfield Runners	Vet Women 55+	181	55.0
188	00:40:30	WELBURY, Dominique	Crowborough Runners	Vet Women 55+	204	48.7
189	00:41:18	BEGAN, Tracey		Vet Women 55+	18	44.4



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190	00:43:43	FRIZZELL, Joseph	Team Past and Present	Junior Boys U14	155	45.0
191	00:43:44	COTTINGHAM, David	Team Past and Present	Vet Men 60+	152	38.1
192	00:44:42	BEGAN, Kevin		Vet Men 45-49	17	32.7
193	00:56:17	DOBBS, David		Vet Men 60+	159	37.8