

| Pos'n | No | Time | Status | Name | Team | Cat |
|-------|-----|---------|--------|---------------|------------------------------|-----|
| 1 | 7 | 0:15:50 | | GATES, N | The Governors | M45 |
| 2 | 221 | 0:16:32 | | RAW, M | Bingley | SM |
| 3 | 131 | 0:16:35 | | LACEY, R | Phoenix AC | SM |
| 4 | 51 | 0:16:50 | | HOYTE, K | Run | SM |
| 5 | 50 | 0:16:58 | | NAYLOR, T | Run | SM |
| 6 | 53 | 0:17:01 | | LEACH, D | Lewes | M40 |
| 7 | 195 | 0:17:04 | | STEREY, P | Brighton & Hove | SM |
| 8 | 49 | 0:17:10 | | HOYTE, C | Arena 80 AC | SF |
| 9 | 136 | 0:17:23 | | LAMBERT, N | Hastings | SM |
| 10 | 210 | 0:17:25 | | MORLES, P | Crowborough | M40 |
| 11 | 202 | 0:17:29 | | ECCLES, P | Hailsham Harriers | M40 |
| 12 | 123 | 0:17:32 | | BURNLEY, M | Lewes | SM |
| 13 | 109 | 0:17:37 | | LAWRENCE, N | Lewes | SM |
| 14 | 26 | 0:17:41 | | CORNFORD, A | Brighton & Hove | M40 |
| 15 | 62 | 0:17:43 | | REYNOLDS, G | | SM |
| 16 | 148 | 0:17:46 | | GASSON, P | Arena 80 AC | M45 |
| 17 | 78 | 0:17:49 | | BLACKWELL, B | Eastbourne Rovers | M50 |
| 18 | 236 | 0:17:54 | | COUCH, P | Phoenix AC | SM |
| 19 | 219 | 0:18:00 | | EATON, A | Hailsham Harriers | M40 |
| 20 | 160 | 0:18:27 | | COLLICUT, P | Phoenix AC | M40 |
| 21 | 143 | 0:18:29 | | CLARKE, R | | SM |
| 22 | 88 | 0:18:30 | | ISHERWOOD, J | Phoenix AC | M15 |
| 23 | 121 | 0:18:31 | | SIMPSON, C | Phoenix AC | M45 |
| 24 | 173 | 0:18:41 | | BIDMEAD, P | Sussex Police | M50 |
| 25 | 154 | 0:18:42 | | STEPNEY, D | Phoenix AC | M15 |
| 26 | 197 | 0:18:43 | | GEORGE, A | Phoenix AC | M40 |
| 27 | 220 | 0:18:53 | | WILSON, P | Hailsham Harriers | JM |
| 28 | 68 | 0:18:57 | | DONNO, A | | M15 |
| 29 | 207 | 0:18:58 | | FRASER, B | Hailsham Harriers | M50 |
| 30 | 224 | 0:19:14 | | WATSON, J | Arena 80 AC | SM |
| 31 | 167 | 0:19:20 | | JONES, A | Brighton & Hove | SF |
| 32 | 74 | 0:19:27 | | DUFF, M | Aldershot Farnham & District | M55 |
| 33 | 192 | 0:19:29 | | DEPPER, G | Hailsham Harriers | M45 |
| 34 | 80 | 0:19:34 | | STANDEN, P | Hastings | M60 |
| 35 | 215 | 0:19:41 | | CHAPMAN, G | Heathfield | M40 |
| 36 | 184 | 0:19:42 | | CROSS, A | Seaford Striders | M55 |
| 37 | 111 | 0:19:45 | | MARTEN, P | Crowborough | M55 |
| 38 | 36 | 0:19:47 | | HERRON, N | Phoenix AC | SM |
| 39 | 39 | 0:19:48 | | NAYLOR, C | Arena 80 AC | F45 |
| 40 | 196 | 0:19:49 | | STREETER, A | Heathfield | M45 |
| 41 | 94 | 0:19:55 | | JACKSON, I | Brighton & Hove | SM |
| 42 | 145 | 0:20:00 | | CHANT, D | Hailsham Harriers | M40 |
| 43 | 203 | 0:20:03 | | WIBLEY, C | Lewes | M45 |
| 44 | 144 | 0:20:06 | | LEWIS, M | | SM |
| 45 | 9 | 0:20:16 | | HORSCROFT, P | The Governors | M40 |
| 46 | 89 | 0:20:19 | | ISHERWOOD, C | Phoenix AC | M45 |
| 47 | 214 | 0:20:28 | | HIGGS, G | | SM |
| 48 | 226 | 0:20:33 | | WADDINGHAM, E | East Grinstead | SM |
| 49 | 222 | 0:20:34 | | BARNWELL, D | | SM |
| 50 | 12 | 0:20:35 | | STANNARD, C | Thomas Turner Trio | M40 |
| 51 | 172 | 0:20:36 | | KEMP, M | Phoenix AC | M55 |
| 52 | 65 | 0:20:45 | | COATES, I | Crowborough | M55 |
| 53 | 40 | 0:20:51 | | NAYLOR, M | Phoenix AC | M50 |
| 54 | 174 | 0:20:55 | | ALEXANDRIA, S | Sussex Police | SM |
| 55 | 58 | 0:21:02 | | SMITH, S | | SM |
| 56 | 90 | 0:21:10 | | MADDISON, P | Crowborough | M50 |
| 57 | 84 | 0:21:11 | | TOWERS, A | Lewes | M40 |
| 58 | 128 | 0:21:13 | | MILLER, S | Hastings | F40 |
| 59 | 155 | 0:21:15 | | BOOKER, J | Horsham Joggers | M45 |

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| 60 | 138 | 0:21:17 | LOWDEN, D | Lewes | M40 |
| 61 | 55 | 0:21:17 | GUNN, K | Phoenix AC | JF |
| 62 | 233 | 0:21:18 | WEBB, C | Phoenix AC | F40 |
| 63 | 150 | 0:21:18 | ELDER, D | Worthing & District Harriers | SM |
| 64 | 230 | 0:21:26 | LOUBRIDGE, M | | M40 |
| 65 | 141 | 0:21:34 | OGDEN, J | Lewes | M17 |
| 66 | 3 | 0:21:39 | WALTERS, J | East Hoathly Junior Football Cl | M15 |
| 67 | 100 | 0:21:46 | WESTBROOK, P | Elmbridge | M60 |
| 68 | 189 | 0:21:49 | SMITH, D | Seaford Striders | M40 |
| 69 | 204 | 0:21:52 | WTBLEY, S | Lewes | JM |
| 70 | 16 | 0:21:53 | FRIZZELL, C | The Three Decades | SM |
| 71 | 61 | 0:21:54 | PURCHASE, R | Haywards Heath Harriers | M55 |
| 72 | 60 | 0:21:54 | OCKENDEN, R | | M50 |
| 73 | 185 | 0:22:08 | GLADMAN, A | Hastings | M45 |
| 74 | 193 | 0:22:12 | SOROKIN, L | Phoenix AC | SF |
| 75 | 198 | 0:22:13 | CHICKEN, J | Hailsham Harriers | F40 |
| 76 | 75 | 0:22:16 | QUANTRILL, J | South London Harriers | F45 |
| 77 | 25 | 0:22:23 | STARNES, C | Horsham Joggers | M40 |
| 78 | 34 | 0:22:32 | PUGH, J | | M50 |
| 79 | 81 | 0:22:41 | DALBIAC BREWIN, J | | M45 |
| 81 | 120 | 0:22:51 | CLARE, D | | M40 |
| 82 | 134 | 0:22:52 | BRYAN, T | Haywards Heath Harriers | M55 |
| 83 | 190 | 0:22:52 | GEORGE, S | Phoenix AC | F40 |
| 84 | 137 | 0:22:55 | LOWDEN, J | Lewes | M17 |
| 85 | 171 | 0:22:58 | HARDS, A | | SM |
| 86 | 10 | 0:23:03 | BURNS, A | Thomas Turner Trio | M40 |
| 87 | 102 | 0:23:04 | HERNON, J | | NDB |
| 88 | 129 | 0:23:08 | MILLER, L | Hastings | M40 |
| 89 | 133 | 0:23:10 | BULGER, M | Seaford Striders | M50 |
| 90 | 96 | 0:23:14 | CLARE KING, S | | F35 |
| 91 | 176 | 0:23:21 | POLE, R | Dulwich Runners | M45 |
| 92 | 83 | 0:23:23 | HARDS, Dale | Phoenix AC | M17 |
| 93 | 186 | 0:23:24 | HILDER, I | | M40 |
| 94 | 231 | 0:23:28 | DAVIDSON, J | | M45 |
| 95 | 5 | 0:23:30 | WALKER, J | East Hoathly Tennis Club | M40 |
| 96 | 45 | 0:23:31 | COATES, M | Crowborough | SM |
| 97 | 223 | 0:23:34 | GOAD, P | Heathfield | M40 |
| 98 | 1 | 0:23:38 | WALTERS, M | East Hoathly Junior Football Cl | M13 |
| 99 | 232 | 0:23:42 | WEBB, S | Phoenix AC | M45 |
| 100 | 98 | 0:23:44 | FARMER, D | | SM |
| 101 | 162 | 0:23:49 | MATTHEWS, D | | M45 |
| 102 | 8 | 0:23:51 | TAYLOR, K | The Governors | SM |
| 103 | 209 | 0:23:53 | BARRETT, N | Arena 80 AC | M45 |
| 104 | 130 | 0:24:13 | HARDWICK, T | Hastings | M45 |
| 105 | 82 | 0:24:15 | HARDS, Darryl | Phoenix AC | JM |
| 106 | 127 | 0:24:17 | UZZELL, S | Hastings | M55 |
| 107 | 108 | 0:24:29 | PIKE, J | | SF |
| 108 | 161 | 0:24:29 | ROBLIN, A | Phoenix AC | NDB |
| 109 | 11 | 0:24:38 | STANNARD, J | Thomas Turner Trio | F35 |
| 110 | 234 | 0:24:39 | WEBB, C | Phoenix AC | SF |
| 111 | 169 | 0:24:44 | SKINNER, C | Hastings | F40 |
| 112 | 153 | 0:24:47 | LARKIN, A | | M40 |
| 113 | 92 | 0:24:53 | EDMONSON, T | Utopia Runners | F50 |
| 114 | 114 | 0:24:57 | BLANFORD, W | | M40 |
| 115 | 188 | 0:25:00 | BROWNING, G | Hastings | M55 |
| 116 | 159 | 0:25:08 | URBANOWICZ, M | | M45 |
| 117 | 183 | 0:25:09 | COVEY, W | Utopia Runners | M45 |
| 118 | 48 | 0:25:15 | MEEKS, S | | SM |
| 119 | 103 | 0:25:20 | HOLBECH, N | | M40 |
| 120 | 54 | 0:25:22 | ELLIS, J | Phoenix AC | F35 |

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| 121 | 99 | 0:25:25 | WESTBROOK, G | Elmbridge | F45 |
| 122 | 126 | 0:25:27 | NASH, D | Hastings | F50 |
| 123 | 213 | 0:25:30 | EDMONDS, J | Phoenix AC | F50 |
| 124 | 212 | 0:25:31 | HAIG, A | Phoenix AC | M55 |
| 125 | 199 | 0:25:31 | HUMPHREYS, H | Seaford Striders | F50 |
| 126 | 178 | 0:25:38 | MARTIN, S | | M13 |
| 127 | 201 | 0:25:46 | BOWLER, T | Hailsham Harriers | M50 |
| 128 | 64 | 0:25:47 | COATES, L | Crowborough | F45 |
| 129 | 179 | 0:25:50 | MARTIN, B | | M40 |
| 133 | 6 | 0:25:52 | LITTLEHALES, M | East Hoathly Tennis Club | M45 |
| 134 | 4 | 0:25:53 | BURRELL, D | East Hoathly Tennis Club | M65 |
| 135 | 194 | 0:26:00 | MILLER, M | | SM |
| 137 | 105 | 0:26:12 | HUNTER, E | Ashford AC | M13 |
| 138 | 211 | 0:26:14 | KATON, S | Hailsham Harriers | F50 |
| 139 | 227 | 0:26:17 | WALSH, A | | M45 |
| 141 | 217 | 0:26:25 | MONTGOMERY, L | | F15 |
| 142 | 218 | 0:26:32 | MONTGOMERY, S | | M45 |
| 143 | 17 | 0:26:39 | COTTINGHAM, S | The Three Decades | M40 |
| 144 | 181 | 0:26:40 | WARREN, P | Dulwich Runners | M45 |
| 145 | 30 | 0:26:44 | ELLIS, S | Utopia Runners | F40 |
| 146 | 77 | 0:26:48 | BLACKWELL, J | Eastbourne Rovers | F45 |
| 147 | 168 | 0:26:49 | TAYLOR, F | | F35 |
| 148 | 18 | 0:26:54 | PETTIT, H | The Three Decades | M50 |
| 149 | 182 | 0:27:02 | LEBERL, G | Veterans AC | M55 |
| 150 | 79 | 0:27:09 | BARNHURST, B | | SM |
| 151 | 95 | 0:27:11 | JACKSON, A | Veterans AC | M55 |
| 152 | 113 | 0:27:12 | BLANFORD, F | | F40 |
| 153 | 63 | 0:27:16 | WASHINGTON, C | | F45 |
| 154 | 67 | 0:27:18 | ELVERY, V | | SF |
| 155 | 175 | 0:27:39 | BURLET, J | | SM |
| 156 | 101 | 0:27:43 | BURNS, W | | NDB |
| 157 | 122 | 0:27:45 | HUDSON, S | Phoenix AC | F45 |
| 158 | 2 | 0:28:00 | WATERS, H | East Hoathly Junior Football C | F40 |
| 159 | 33 | 0:28:28 | PUGH, C | | F50 |
| 160 | 85 | 0:28:29 | SAVAGE, P | Phoenix AC | M60 |
| 161 | 59 | 0:28:32 | AHLERS, S | | F40 |
| 162 | 104 | 0:28:38 | HUNTER, Sorrel | Ashford AC | F15 |
| 163 | 132 | 0:28:55 | DAVIES, B | | SM |
| 164 | 47 | 0:28:58 | STONE, M | | M40 |
| 165 | 229 | 0:29:08 | COOLEY, B | | M50 |
| 166 | 29 | 0:29:12 | WINTON, M | Hailsham Harriers | F50 |
| 167 | 149 | 0:29:15 | BARTRUM, S | Worthing & District Harriers | F35 |
| 168 | 106 | 0:29:18 | HUNTER, Siriol | Ashford AC | F40 |
| 169 | 177 | 0:29:42 | CAMDEN, B | | F55 |
| 170 | 191 | 0:29:55 | WELLS, E | Utopia Runners | FC |
| 171 | 187 | 0:30:18 | HUMBER, B | | M13 |
| 172 | 46 | 0:30:26 | WICKENS, J | Utopia Runners | F45 |
| 173 | 146 | 0:30:34 | YOUNG, W | Seaford Striders | M65 |
| 174 | 86 | 0:30:35 | WELBURY, D | Crowborough | F45 |
| 175 | 87 | 0:30:48 | WELBURY, J | Crowborough | M40 |
| 176 | 66 | 0:30:57 | FREEMAN, S | | F35 |
| 177 | 228 | 0:31:14 | GODDEN, C | | F45 |
| 178 | 32 | 0:31:20 | BUSH, J | | M50 |
| 179 | 235 | 0:31:21 | MOLL, S | | M45 |
| 180 | 71 | 0:31:23 | CLAYTON, Y | | F40 |
| 181 | 206 | 0:31:48 | JOHNSON, C | | NDB |
| 182 | 205 | 0:32:00 | TIER, G | | F35 |
| 183 | 152 | 0:32:32 | COOMBE, G | Hastings | F55 |
| 184 | 73 | 0:32:32 | TURNER, K | | F50 |
| 185 | 237 | 0:32:33 | BARNES, Z | | SF |

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| 186 | 166 | 0:32:39 | LITTLEHALES, M | Tennis Club | F40 |
| 187 | 31 | 0:32:40 | BUSH, C | | F45 |
| 188 | 14 | 0:32:42 | GREENLAND, L | Kings Head Couch Potatoes | JM |
| 189 | 124 | 0:32:52 | MARDEN, N | | F40 |
| 190 | 125 | 0:34:23 | HUMBER, V | | F40 |
| 191 | 170 | 0:34:25 | HARDS, S | | SF |
| 192 | 140 | 0:34:53 | OGDEN, B | Lewes | F45 |
| 193 | 158 | 0:35:05 | KNOWLDEN, R | | SM |
| 194 | 15 | 0:35:59 | SEWELL, D | Kings Head Couch Potatoes | JM |
| 195 | 13 | 0:36:07 | GREENLAND, J | Kings Head Couch Potatoes | M17 |
| 196 | 119 | 0:37:34 | FORDHAM, S | Utopia Runners | SM |
| 197 | 118 | 0:37:35 | FORDHAM, L | Utopia Runners | SF |
| 198 | 37 | 0:38:03 | FORSTER, D | Seaford Striders | F45 |
| 199 | 157 | 0:38:05 | ELLIOTT, J | | SF |
| 200 | 115 | 0:38:15 | ALLEN, L | | F50 |
| 201 | 117 | 0:41:32 | AKEHURST, R | | F65 |
| 203 | 116 | 1:02:00 | COTTINGHAM, D | | F45 |

| Categories | | | Reports | View | Refresh |
|-----------------|--|---------|---------|---------|---------|
| All Competitors | | | Indiv. | Entry | Now |
| | | | Team | Finish | Auto |
| | | | Prizes | Meeting | |
| | | More... | | Note | Close |