

Worthing 10Km

9th June 2004

Results

1	351	Jason Benniman	M31	0:34:39	77	18	Michael Pain	M39	Wadhurst Runners	0:40:19	
2	75	James Baker	M27	Chichester Runners	0:34:48	78	326	Lawrence Sava	M50	0:40:20	
3	68	John Lowden	M47	Crowborough Runner	0:34:49	79	125	Stewart Morris	M41	Tone Zone Runners	0:40:21
4	84	Tim Ellis	M29	Crawley AC	0:34:55	80	109	Ian Donald	M40	Lewes AC	0:40:23
5	272	Richard Saunder	M37	Worthing & Dist H	0:34:56	81	2	Nigel Brookes	M21	0:40:24	
6	21	Pete O'Connell	M43	Horsham Joggers	0:35:04	82	217	Graham Lyall	M48	Haywards Heath Har	0:40:37
7	342	Brian Hennessey	M38	Crawley AC	0:35:14	83	328	Philip Couch	M35	Phoenix AC	0:40:38
8	116	David Owens	M29	Tone Zone Runners	0:35:38	84	82	Colin Wibley	M50	Lewes AC	0:40:40
9	329	Otto Haas	M33	Bexhill RC	0:35:38	85	295	Dan Pay	M16	Bexhill RC	0:40:41
10	318	Peter Dunn	M42	Lingfield RC	0:35:46	86	268	Paul Holdaway	M23	Bexhill Runners	0:40:42
11	316	Drew Stiles	M38	Burgess Hill Run	0:35:51	87	48	Terry Avey	M53	Phoenix AC	0:40:43
12	53	Steve Wigmore	M42	Horsham Joggers	0:35:53	88	325	Alexander Sava	M52	0:40:45	
13	219	Mark Parry	M43	Crawley AC	0:35:54	89	267	Alan Russell	M46	Maidenhead Ac	0:40:49
14	89	Guy Johnstone	M43	Hailsham Harriers	0:36:02	90	117	Neil Rabone	M40	Worthing Striders	0:40:55
15	104	Mark Halls	M40	Brighton & Hove AC	0:36:03	91	36	Andrew Clapham	M36	Horsham Joggers	0:40:59
16	171	Ian Wilson	M41	RRC	0:36:09	92	355	Robert Reeves	M50	Arena 80 AC	0:41:02
17	188	Henrik Nielsen	M35	0:36:22	93	129	Richard Lisle	M39	Sixth Dimension	0:41:03	
18	261	Vince Golding	M40	Crawley AC	0:36:22	94	118	Stephen Wilson	M53	Horsham Joggers	0:41:05
19	314	Daniel Anderson	M26	0:36:25	95	69	Ross Aldridge	M30	0:41:10		
20	354	Steve Ogborn	M35	Horsham Joggers	0:36:26	96	39	Colin Harley	M47	Chichester Runners	0:41:13
21	297	Philip Morris	M30	Horsham Joggers	0:36:27	97	214	Stephen Eldridge	M43	Sussex Police	0:41:15
22	153	Barry Blackwell	M55	Brighton & Hove AC	0:36:28	98	259	Stefan Wesson	M15	0:41:19	
23	179	Tom Fuller	M18	Worthing Harriers	0:36:40	99	70	Ralph Bernascone	M54	Henfield Joggers	0:41:20
24	287	Ian Gunston	M37	Horsham Joggers	0:36:41	100	121	Jim Watson	M33	Arena 80 AC	0:41:21
25	225	Paul Gasson	M50	Arena 80 AC	0:36:51	101	338	David Whittle	M39	Brighton & Hove AC	0:41:25
26	253	Adrian Cornford	M45	Utopia Runners	0:36:51	102	78	Phillip Summerton	M47	0:41:26	
27	124	Anthony Cross	M57	Seaford Striders	0:36:59	103	281	John Lewis	M40	Henfield Joggers	0:41:27
28	10	Ryan Stewart	M17	Seaford Striders	0:37:02	104	55	Simon Russell	M43	Brighton HHH	0:41:28
29	141	Daniel Holder	M17	Horsham Joggers	0:37:03	105	305	Roberto Proietti	M53	Hailsham Harriers	0:41:31
30	122	Geoffrey Gray	M35	Seaford Striders	0:37:10	106	294	Keith Valentine	M50	Horsham Joggers	0:41:32
31	238	Paul Payne	M29	Hailsham Harriers	0:37:12	107	7	David Hibberd	M32	Tone Zone Runners	0:41:33
32	161	Gary Thayre	M42	Crawley AC	0:37:16	108	30	Mark Cummins	M32	Arena 80 AC	0:41:35
33	194	Mark Appleton	M37	0:37:26	109	101	Grahame Hurren	M39	Tone Zone Runners	0:41:38	
34	347	Michael Bannister	M38	Brighton & Hove AC	0:37:27	110	282	Raymond Smith	M33	0:41:47	
35	175	Matthew Price	M33	Seaford Striders	0:37:33	111	345	Ivan Bertram	M49	Fittleworth Flyers	0:41:48
36	137	Miles Davidson	M32	Phoenix AC	0:37:35	112	334	Marc Seatter	M29	Hailsham Harriers	0:41:49
37	245	Cy Lawrence	M32	Worthing Striders	0:37:42	113	157	Michael Batstone	M54	Tone Zone Runners	0:41:50
38	495	Elspeth Turner	F39	0:37:43	114	162	John Taylor	M64	Hailsham Harriers	0:41:51	
39	339	Neil Waxford	M39	Brighton & Hove AC	0:37:45	115	60	James Welbury	M45	Crowborough Runner	0:41:52
40	559	Sarah Wibley	F21	Lewes AC	0:37:46	116	346	John Booker	M51	Horsham Joggers	0:41:56
41	108	Jon Pike	M38	Phoenix AC	0:37:48	117	8	Keith Hardwell	M40	Tone Zone Runners	0:41:57
42	22	Paul Jarvis	M39	Tone Zone Runners	0:37:50	118	304	Tony Whitman	M51	Henfield Joggers	0:42:02
43	262	Stewart Simpson	M31	Senlac Arrows	0:37:50	119	152	Rupert Davidson	M29	0:42:03	
44	41	Peter Gilmartin	M21	Worthing Harriers	0:37:52	120	193	David Holden	M39	Seaford Striders	0:42:06
45	232	John McGrath	M40	Worthing Harriers	0:38:00	121	31	Michael Clark	M47	Tone Zone Runners	0:42:07
46	111	Carl Belcher	M31	Tone Zone Runners	0:38:01	122	38	Mark Johnson	M38	Haywards Heath Har	0:42:09
47	333	Josh Painter	M29	Brighton & Hove AC	0:38:12	123	90	Jonathan Baber	M38	0:42:10	
48	5	John Dyckes	M50	Horsham Joggers	0:38:19	124	135	Colin Burgess	M56	Hailsham Harriers	0:42:16
49	547	Charlotte Saunders	F24	Hailsham Harriers	0:38:25	125	358	Gordon Reay	M46	Horsham Joggers	0:42:23
50	146	Sean Covey	M38	Arena 80 AC	0:38:32	126	54	Robert Garrard	M62	Crowborough Runner	0:42:24
51	16	Marc Steene	M44	Arena 80 AC	0:38:33	127	29	Robert Page	M46	Arena 80 AC	0:42:27
52	236	David Roberts	M39	0:38:38	128	476	Natasha Swan	F30	Arena 80 AC	0:42:30	
53	185	Roger Stone	M48	Crowborough Runner	0:38:43	129	181	Gavin Thomson	M35	0:42:32	
54	536	Babs Bukunola	F42	Calder Valley FR	0:38:49	130	45	Peter Maddison	M52	Crowborough Runner	0:42:35
55	65	Tom Ulliott	M47	Brighton & Hove AC	0:38:53	131	215	Paul Amoo	M41	Sothwick Strollers	0:42:37
56	144	Matthew Horrocks	M31	0:39:02	132	128	Anthony Towers	M38	0:42:39		
57	120	Neil Bowley	M39	0:39:03	133	208	Richard Speller	M40	Worthing Striders	0:42:43	
58	25	Mark Taylor	M40	Seaford Striders	0:39:05	134	187	Andy Carpenter	M57	Worthing Striders	0:42:44
59	88	Christopher Bennett	M46	Worthing Harriers	0:39:10	135	150	Bryan Camfield	M38	0:42:44	
60	66	Anthony Hancock	M47	Chichester Runners	0:39:12	136	32	Dave Nichols	M60	Woking AC	0:42:45
61	28	Paul Sparks	M48	0:39:15	137	514	Pogo Paterson	F34	Tone Zone Runners	0:42:46	
62	285	Luis Salazar Donate	M29	0:39:18	138	488	Lorraine Treadwell	F41	Worthing Harriers	0:42:46	
63	205	Chris Luesley	M24	0:39:20	139	47	Peter Harding	M21	Sixth Dimension	0:42:48	
64	92	Edward O'Brien	M19	Worthing Striders	0:39:22	140	311	Paul Smith	M36	0:42:54	
65	211	Nigel Herron	M39	Phoenix AC	0:39:26	141	335	Kevin Walsh	M56	0:42:54	
66	526	Julie Briggs	F35	Crawley AC	0:39:26	142	312	Stephen Scott	M42	Brighton & Hove AC	0:42:56
67	563	Gill Wheeler	F31	Hailsham Harriers	0:39:30	143	590	Jenny Hughes	F43	Arena 80 AC	0:43:05
68	139	Kevin Bush	M44	Brighton & Hove AC	0:39:40	144	231	David Pike	M41	0:43:05	
69	42	Roy Brown	M53	Lewes AC	0:39:43	145	341	John Pudduck	M21	0:43:07	
70	79	Geoff Burrow	M59	Worthing Harriers	0:39:50	146	564	Sue Rowley	F47	0:43:09	
71	61	Michael Coupe	M44	Hailsham Harriers	0:39:54	147	201	Steve Sharples	M51	Utopia Runners	0:43:09
72	27	Tony Kelly	M60	Worthing Striders	0:40:06	148	210	Andrew O'Keefe	M40	0:43:10	
73	306	Matthew O'Hara	M40	Horsham Joggers	0:40:06	149	322	Robert Moir	M49	Lingfield RC	0:43:12
74	34	Richard Vaudin	M37	0:40:07	150	19	Dave Jones	M46	Steyning AC	0:43:19	
75	15	Perry Lee	M40	Tone Zone Runners	0:40:09	151	44	Daniel Hughes	M30	Tone Zone Runners	0:43:21
76	191	Peter Cooper	M53	I.O.W. Vets AC	0:40:12	152	271	Stephen Joyce	M30	Wadhurst Runners	0:43:22

153	257	Alan Lade	M49	Seaford Striders	0:43:29	237	234	Anthony Gritton	M16	Tuff Fitty Tri	0:47:39
154	505	Juliette Parkin	F27	Arena 80 AC	0:43:32	238	321	Phil Saville	M55	Oxted Runners	0:47:40
155	81	Mark Armitage	M34	Haywards Heath Har	0:43:36	239	518	Ilidia Campbell	F47	Henfield Joggers	0:47:42
156	299	Richard Knight	M57	Henfield Joggers	0:43:40	240	107	Colin Shaw	M61	Mel's Milers	0:47:44
157	130	Roger Foord	M40	Brighton & Hove AC	0:43:41	241	361	Barry Goodwing	M52		0:47:46
158	279	David Ellis	M37	Seaford Striders	0:43:44	242	509	Marion Hemswoth	F53	Haywards Heath Har	0:47:51
159	58	Simon Taylor	M40	Henfield Joggers	0:43:45	243	449	Janice Lockyer	F32	Worthing Harriers	0:47:54
160	343	James Burton	M31	Arena 80 AC	0:43:50	244	113	Brian Stevens	M53	Hailsham Harriers	0:48:02
161	229	John Birken	M43	Horsham Joggers	0:43:52	245	308	Mike Wheeler	M40	Steyning AC	0:48:03
162	260	Adam Whitlock	M28	Horsham Joggers	0:43:53	246	255	Simon Payne	M36	Brighton & Hove AC	0:48:04
163	170	John Alexander	M70	Hastings Runners	0:43:53	247	147	Graham Goff	M33	Sixth Dimension	0:48:06
164	52	Nigel Adams	M59	Brighton HHH	0:43:55	248	96	Andy Jefford	M37		0:48:08
165	93	Jeremy Donegan	M38	Arena 80 AC	0:43:55	249	477	Susan Coupe	F33		0:48:11
166	182	Andy Moore	M31	Sixth Dimension	0:43:56	250	264	Kevin Neal	M47	Tone Zone Runners	0:48:11
167	180	Dan Purchase	M26	Billingshurst Run	0:43:57	251	57	Bernard McKernan	M28		0:48:15
168	240	Ian Baker	M50		0:43:58	252	293	Graham Cross	M19	Southdowners	0:48:17
169	595	Val Purnell	F44	Horsham Joggers	0:43:59	253	571	Liz Halliday	F41	Phoenix AC	0:48:18
170	336	Micky Green	M42		0:43:59	254	579	Jackie Parsons	F40	Henfield Joggers	0:48:18
171	313	Greg Hearne	M23	Henfield Joggers	0:44:00	255	158	Kevin Battell	M41	Crowborough Runner	0:48:21
172	504	Louisa Ridgman	F44	Worthing Harriers	0:44:06	256	265	David Randall	M50	Worthing & Dist H	0:48:24
173	226	Nick Cowell	M31	Horsham Joggers	0:44:08	257	77	Mark Harmsworth	M41		0:48:24
174	14	Michael Young	M60	Tone Zone Runners	0:44:09	258	244	Andrew Parkinson	M45	Seaford Striders	0:48:29
175	493	Elaine Everill	F30	Brighton & Hove AC	0:44:14	259	292	Rob Stanway	M35	Maltese Ospreys	0:48:35
176	309	Guy Robinson	M39		0:44:15	260	291	Mark England	M31	Maltese Ospreys	0:48:36
177	199	Tom Brook	M45	Crawley AC	0:44:16	261	195	Stephen Roberts	M43		0:48:39
178	278	Jonathan Beeching	M15		0:44:17	262	307	Rob Morris	M54		0:48:41
179	178	Jonathan Fox	M36	Worthing Harriers	0:44:19	263	557	Louise Baber	F37	Mel's Milers	0:48:42
180	256	Ian Duncan	M57	Worthing & Dist H	0:44:22	264	164	Clive Turrell	M43	Horsham Joggers	0:48:42
181	356	Phil Shimell	M34		0:44:23	265	173	Ross Jones	M34		0:48:48
182	254	Nick Crocker	M44	Veterans AC	0:44:23	266	270	Mike Brown	M31	Mel's Milers	0:48:48
183	596	Karen Harrison	F36	Tone Zone Runners	0:44:24	267	136	Andrew Wilding	M25	Sussex Univ Tri	0:48:50
184	458	Gillian Lister	F40	Worthing Harriers	0:44:26	268	51	Jonathan Britten	M42	Arena 80 AC	0:48:54
185	317	Simon Norris	M38	Lancing College	0:44:27	269	575	Karen Wigmore	F47	Horsham Joggers	0:48:56
186	296	David Tong	M63		0:44:34	270	246	P Zirngast	M39		0:48:57
187	568	Cathy Ulliott	F40	Brighton & Hove AC	0:44:34	271	567	Catherine Ryan	F34	Tone Zone Runners	0:48:58
188	455	Heather Daly	F38	Brighton & Hove AC	0:44:35	272	87	John Asbridge	M26		0:49:05
189	143	Mark Sykes	M45	Haywards Heath Har	0:44:35	273	221	Mike Lambley	M46	OCS Harriers	0:49:09
190	85	Stephen Gillett	M42		0:44:41	274	80	Ray Verrall	M46	Hailsham Harriers	0:49:09
191	460	Carolyn Firmager	F37	Lingfield RC	0:44:44	275	503	Carolyn Austen	F51	Phoenix AC	0:49:15
192	507	Amanda Parkman	F36		0:44:44	276	471	Shirley Goodridge	F39	Worthing & Dist H	0:49:16
193	577	Hayley Jackson	F35	Horsham Joggers	0:44:47	277	133	Kevin Stillwell	M37		0:49:17
194	4	Spencer Kemp	M52		0:44:51	278	542	Jill Child	F56	Worthing Harriers	0:49:20
195	166	Martin Bulger	M54	Seaford Striders	0:44:56	279	475	Tanya Edmondson	F53	Crowborough Runner	0:49:23
196	515	Debbie Marriage	F34		0:44:58	280	213	Alfredo Noya-Lamas	M56	Hailsham Harriers	0:49:28
197	224	Peter Leuw	M44	Horsham Joggers	0:45:19	281	197	Bill Sholl	M37	Seaford Striders	0:49:29
198	510	Jackie Wells	F46	Utopia Runners	0:45:25	282	189	Chris Beaken	M40	Horsham Joggers	0:49:32
199	243	Peter Gooding	M39		0:45:26	283	490	Susan Eames	F20	Worthing Harriers	0:49:36
200	168	Robert Webber	M47	Seaford Striders	0:45:28	284	200	Alan Argent	M57	Tone Zone Runners	0:49:43
201	73	Neil Edmonds	M37		0:45:31	285	216	John Little	M33	Lancing Eagles	0:49:46
202	531	Sally Smoker	F34	Lingfield RC	0:45:31	286	20	Trevor Harvey	M57	Seaford Striders	0:49:52
203	23	Stephen Hickman	M44	Ashford & Dist AC	0:45:42	287	533	Carol Stanbridge	F56	Southdowners	0:49:53
204	544	Debbie Friis	F30	Phoenix AC	0:45:44	288	159	Patrick Clynes	M35		0:49:54
205	160	Steve Neal	M36		0:45:46	289	248	Reg Garrido	M59	Lingfield RC	0:49:55
206	478	Kath Garrido	F57	Lingfield RC	0:45:46	290	83	Philip Dray	M34	Seaford Striders	0:49:56
207	331	Pete Sovegiarto	M40		0:45:47	291	71	Marc Vonlanthen	M42	Tone Zone Runners	0:50:00
208	543	Nicola Watts	F35	Crowborough Runner	0:45:55	292	212	Moray Carey	F51	Reigate Priory AC	0:50:00
209	357	Paul Shimell	M37		0:46:04	293	486	Claire Salmon	M28	Horsham Joggers	0:50:01
210	198	Tim Wickens	M32		0:46:07	294	302	Robert Reid	M54		0:50:03
211	192	Neil Gavsden	M43	Hailsham Harriers	0:46:09	295	167	Adam Thomson	M33		0:50:04
212	174	Bob Luck	M61	Brighton HHH	0:46:17	296	258	David Shepherd	M50	Seaford Striders	0:50:04
213	541	Lucinda Simmons	F28	Horsham Joggers	0:46:18	297	183	Michael Cockcrust	M57	Brighton HHH	0:50:06
214	323	Daniel Creefield	M38		0:46:21	298	72	Kio Vejdani	M65	Lingfield RC	0:50:07
215	472	Charlotte Long	F23	Seaford Striders	0:46:25	299	276	Jamie Dawson	M43	Goring RR	0:50:15
216	222	Stewart Mackman	M46	Nat West Bank AC	0:46:26	300	220	Stephen Gibson	M43	OCS Harriers	0:50:18
217	13	Barry Long	M43		0:46:28	301	131	Hugh Foord	M75	Brighton & Hove AC	0:50:21
218	263	Albert Kemp	M58	Wadhurst Runners	0:46:30	302	209	Martin Baker	M26		0:50:40
219	570	Bernadette McGinley	F39		0:46:30	303	301	Russell Taylor	M48	Crowborough Runner	0:50:43
220	202	Christopher Parkman	M35		0:46:36	304	555	Patricia Martyn-Smith	F53		0:50:52
221	456	Julie Ellis	F38	Phoenix AC	0:46:38	305	324	George Vargha	M62	Henfield Joggers	0:50:56
222	148	Ivan Jones	M55	Billingshurst Run	0:46:41	306	17	Andy Pain	M36	Wadhurst Runners	0:50:57
223	558	Fern Ketley	F43	Seaford Striders	0:46:42	307	344	Nigel Davies	M35		0:50:59
224	239	Andrew Spriggs	M55	Horsham Joggers	0:46:50	308	529	Pat Heddon	F52	Goring RR	0:51:00
225	98	Tony Fallowfield	M56	Brighton HHH	0:46:51	309	177	Mark Gilbert	M28		0:51:01
226	233	James Clegg	M64	Lingfield RC	0:46:57	310	438	Marjorie Thompson	F40	Brighton & Hove AC	0:51:07
227	9	Alan Turner	M49	Arena 80 AC	0:47:02	311	310	Peter Wilkes	M58	Utopia Runners	0:51:07
228	115	David Barnard	M42		0:47:04	312	481	Jane Lawrence	F35	Worthing Striders	0:51:09
229	204	Ian Bayley	M37	Tone Zone Runners	0:47:06	313	556	Barbara Andrews	F48	Seaford Striders	0:51:16
230	95	Martyn Bowen	M44		0:47:07	314	50	Alistair Jackson	M61	Veterans AC	0:51:23
231	546	Susan Barnard	F42		0:47:21	315	300	Johnathan Ide	M38		0:51:27
232	126	Roger Ockenden	M55	Arena 80 AC	0:47:27	316	247	Martin Gill	M34		0:51:32
233	551	Marilyn Gray	F48	Arena 80 AC	0:47:31	317	539	Louise Gregory	F38	Phoenix AC	0:51:35
234	184	Andrew Gardner	M41	Fittleworth Flyers	0:47:32	318	479	Paula Wallace	F31		0:51:42
235	298	Peter Corbett	M60	Blackheath & B'ley	0:47:35	319	453	Mandy Britton	F36		0:51:46
236	464	Claire Brooks	F27	Brighton & Hove AC	0:47:38	320	587	Judy Brucker	F60	Horsham Joggers	0:51:47

321	466	Jane Edmonds	F53	Phoenix AC	0:51:50	404	165	Richard Turrell	M70	Horsham Joggers	0:56:34
322	251	Ray Edmondson	M61	Utopia Runners	0:51:52	405	320	Colin Miller	M56	Amphibians 2 Tri	0:56:35
323	156	Steven Horn	M34	Haywards Heath Har	0:52:00	406	86	Sid Wills	M63	Serpentine Runners	0:56:37
324	585	Wendy Harding	F42	Tone Zone Runners	0:52:07	407	91	Stephen Hacking	M38	Sussex Yacht Club	0:56:37
325	519	Jaci Blackwell	F48	Brighton & Hove AC	0:52:12	408	127	Leonard Cumbers	M73	Crowborough Runner	0:56:38
326	37	Colin Johnson	M68	Haywards Heath Har	0:52:17	409	580	Judith Clarke	F42		0:56:49
327	352	Stephen Taylor	M34		0:52:18	410	435	Anne Nally	F62	Veterans AC	0:56:54
328	99	Max Gilbert	M20	Sixth Dimension	0:52:23	411	103	John Ramsden	M71	Brighton & Hove AC	0:56:57
329	327	William Camp	M37		0:52:31	412	468	Joanna Cox	F27	Horsham Joggers	0:56:59
330	3	Timothy Leigh	M39		0:52:31	413	500	Jenny Rhodes	F41	Bexhill RC	0:57:05
331	545	Natalie Dawson	F33	Seaford Striders	0:52:32	414	516	Sharon Wheeler	F43	Crowborough Runner	0:57:08
332	140	Wayne Covey	M47	Utopia Runners	0:52:35	415	499	Debbie Slade	F41	Henfield Joggers	0:57:10
333	350	Chris Ludlow	M29		0:52:38	416	319	Robert Baldwin	M48	Crawley AC	0:57:16
334	349	Ashley Bence	M40		0:52:38	417	537	Delia Westley	F61	Henfield Joggers	0:57:26
335	496	Joanne Broad	F25		0:52:38	418	470	Elaine Tholen	F42	Mel's Milers	0:57:30
336	196	Jon Farmer	M39		0:52:41	419	359	Paul Jackson	M37		0:57:37
337	35	John Albon	M57		0:52:45	420	473	Lisa Ann Jago	F24	Lingfield RC	0:57:47
338	289	Mark Heighway	M45	British Airways AC	0:52:47	421	442	Renee Last	F30		0:57:56
339	284	Duncan Steele	M45		0:52:48	422	463	Jo Duffy	F45	Mel's Milers	0:57:57
340	203	Hugh Stevenage	M38	Burgess Hill Run	0:52:49	423	450	Bridget Hollis	F48	Lingfield RC	0:58:04
341	252	Ian Goodridge	M45	Worthing & Dist H	0:52:59	424	469	Catherine Acock	F31	Seaford Striders	0:58:10
342	112	Jim Dicker	M48		0:53:02	425	444	Sian Anderson	F15		0:58:12
343	508	Patricia Argent	F55	Tone Zone Runners	0:53:03	426	574	Semone McNamara	F28	A Browns Fit Club	0:58:13
344	290	Ian Sillince	M41	Bexhill RC	0:53:04	427	538	Anita Riseborough	F32	Tone Zone Runners	0:58:22
345	540	Penny Rea	F65	Utopia Runners	0:53:08	428	446	Lucy Anderson	F41		0:58:24
346	451	Elaine Scott	F55	Steyning AC	0:53:09	429	549	Maureen Winborn	F55	Haywards Heath Har	0:58:28
347	497	Melanie Simmons	F33	Reigate Priory AC	0:53:09	430	119	Peter Robinson	M70	Chichester Runners	0:58:32
348	459	Sue Turgoose	F35		0:53:11	431	560	Penny Lewis	F45	RRC	0:58:41
349	521	Maureen Rea	F57	Haywards Heath Har	0:53:13	432	576	Kim Andrews	F42	Wadhurst Runners	0:58:49
350	230	Jez Rogers	M39	?? RR	0:53:20	433	441	Laura Jackson	F37		0:58:50
351	337	David Diamond	M15		0:53:35	434	474	Cherry Williams	F57	Tone Zone Runners	0:58:51
352	269	Simon Tubb	M44		0:53:35	435	588	Imogen Edwards	F32		0:58:51
353	581	Catherine Harding	F33		0:53:37	436	597	Lynn Long	F40		0:59:11
354	94	Trevor Crowhurst	M67	Lingfield RC	0:53:39	437	457	Tracy Prince	F33	Worthing Harriers	0:59:12
355	74	Christopher Seaton	M42	Tone Zone Runners	0:53:40	438	105	John Hay	M78	Brighton & Hove AC	0:59:13
356	487	Rebecca Grover	F32	Tone Zone Runners	0:53:41	439	26	Anthony Sorrell	M56	Wadhurst Runners	0:59:18
357	562	Charlotte Seaton	F41	Tone Zone Runners	0:53:42	440	6	David Feintuck	M53		0:59:33
358	266	Adrian Monti	M35		0:53:46	441	600	Jill Stevenson	F39		1:00:00
359	40	Clive Cary	M39		0:53:47	442	49	Rob Hare	M21		1:00:12
360	454	Alison Dack	F41		0:53:49	443	102	Stephen Gretton	M38	Henfield Joggers	1:00:12
361	242	Des Fitzpatrick	M40		0:53:49	444	332	Tony Hobson	M66	Portslade HH	1:00:22
362	535	Eileen Quiton	F74	Horsham Joggers	0:53:51	445	524	Linda Cooper	F32		1:00:49
363	114	Kenneth Spurway	M39		0:53:53	446	163	Phil Cooper	M34		1:00:49
364	176	David Bickers	M48		0:54:07	447	578	Gill Hatton	F56	Goring RR	1:00:52
365	288	Michael Balch	M59	Hastings AC	0:54:14	448	249	Steve McGinness	M33		1:00:59
366	330	Roger Brown	M42	Henfield Joggers	0:54:17	449	482	Kate Parkinson	F43	Seaford Striders	1:01:26
367	348	David Clarke	M44		0:54:22	450	448	Ellen Seymour	F47	Brighton Run Sis	1:01:30
368	206	Peter Grant	M35	Sixth Dimension	0:54:24	451	110	David Skinner	M69	Sussex Yacht Club	1:02:21
369	525	Lesley Besson	F53	Henfield Joggers	0:54:26	452	584	Sue Bickell	F47	Tone Zone Runners	1:02:36
370	501	Su Austin	F39		0:54:27	453	594	Francesca Jarvis	F39	Tone Zone Runners	1:02:36
371	24	Tony Flint	M59	Tone Zone Runners	0:54:28	454	569	Julie Brightmore	F45	Tone Zone Runners	1:02:37
372	439	Valerie Barr	F43		0:54:28	455	452	Jocelyn Dodgson	F39		1:02:41
373	303	Francis Wright	M45	Seaford Striders	0:54:29	456	190	Barry Lightwood	M60	Brighton & Hove AC	1:02:41
374	491	Rachel Khan	F30		0:54:30	457	250	Tony Hewett	M64		1:03:15
375	62	Mike Monk	M60	Tone Zone Runners	0:54:38	458	512	Alex Curd	F29	Wadhurst Runners	1:03:25
376	76	John Barden	M44		0:54:39	459	280	Les Moy	M59		1:03:30
377	589	June Streeter	F44	Seaford Striders	0:54:42	460	340	Andrew Foley	M42		1:03:46
378	513	Ann Carpenter	F53	Goring RR	0:54:42	461	573	Dominique Welbury	F47	Crowborough Runner	1:03:48
379	550	Vivien Baker	F39	Tone Zone Runners	0:54:43	462	492	Amy Wilde	F26		1:04:09
380	445	Vanessa Porter	F34		0:54:44	463	494	Jenny Cobby	F56	Steyning AC	1:04:16
381	353	Mike Hartright	M36		0:54:44	464	553	Anna Marioni	F39		1:04:18
382	437	Liz McVeigh	F38		0:54:50	465	443	Linda Huet	F57		1:04:48
383	591	Maureen Flint	F53	Tone Zone Runners	0:54:51	466	498	Sara Wren	F45	Wadhurst Runners	1:06:33
384	440	Jacqueline Cast	F39		0:54:52	467	237	Dennis Thompson	M76	Haywards Heath Har	1:08:55
385	485	Sarah Baltruschat	F47	Bexhill Runners	0:54:54	468	134	Gordon Hyde	M63	Lingfield RC	1:10:40
386	480	Samantha Plagaro Cowe	F35		0:55:04	469	63	Anthony McGowan	M54	Tone Zone Runners	1:11:10
387	502	Hazel Spencer	F55	Sixth Dimension	0:55:07	470	132	Kenneth Lancaster	M75	Henfield Joggers	1:11:15
388	59	Chris Griffin	M36		0:55:09	471	462	Dawn Heighway	F43		1:11:39
389	523	Avis Holden	F48	Crowborough Runner	0:55:10	472	593	Vanessa Rishman	F39	Tone Zone Runners	1:14:31
390	522	Min Smithers	F54	Crowborough Runner	0:55:10	473	548	Ruth Spurway	F37		1:16:24
391	517	Julia Gregurec	F50	Horsham Joggers	0:55:10	474	552	Janet Nethercott-Cable	F40		1:16:24
392	235	David Bubwoz	M39	RRC	0:55:13	475	241	Ian Stephens	M71	Sussex Yacht Club	1:16:29
393	436	Julie Fowlie	F44	Brighton & Hove AC	0:55:15	476	527	Dawn Vatcher	F43	Sussex Yacht Club	1:18:07
394	33	Lloyd Moreton	M47		0:55:15	477	46	Derek Copeman	M47		1:18:14
395	582	Lynn Harley	F45	Chichester Runners	0:55:49	478	483	Elizabeth Flight	F54	Sussex Yacht Club	1:19:49
396	228	Raymond Adams	M46	Chichester Runners	0:55:50						
397	461	Tina Brady	F43	Hastings AC	0:55:52						
398	566	Rachel Fivash	F49	A Browns Fit Club	0:55:54						
399	277	Joe Daniels	M39		0:56:07						
400	447	Brigitte Groves	F44	Brighton Run Sis	0:56:28						
401		Funnel Recording Error			0:56:29						
402	467	Michelle Etheridge	F39	Tone Zone Runners	0:56:33						
403	511	Victoria Weiss	F58	Tone Zone Runners	0:56:34						