

Worthing 10Km

8th June 2005

Results

1	809	Louis Jones	M25	Crawley AC	0:31:20	80	282	Robert Ainsley	M23		0:39:20
2	222	James Baker	M28	Chichester Runners	0:31:37	81	360	Jon Rodgers	M51	Steyning AC	0:39:21
3	803	Tom Naylor	M26	Phoenix AC	0:31:44	82	56	Ryan Stewart	M17	Seaford Striders	0:39:27
4	241	Nigel Gates	M52	Brighton & Hove AC	0:32:43	83	205	Steve Eldridge	M44	Southwick Stroller	0:39:28
5	39	Daniel Anderson	M27		0:32:49	84	871	Michael Bannister	M39	Brighton & Hove AC	0:39:32
6	190	Dave Carter	M30	Phoenix AC	0:33:04	85	838	Mark Eardley	M26	Strdrs of Croydon	0:39:33
7	175	Robert Shannon	M48	Brighton & Hove AC	0:33:33	86	402	Gemma Sharp	F23	Phoenix AC	0:39:36
8	311	Jason Benniman	M32	Brighton & Hove AC	0:33:43	87	186	David Hallson	M52	RRC	0:39:37
9	75	Geoffrey Gray	M36	Seaford Striders	0:33:53	88	273	Anthony Easton	M36		0:39:39
10	55	David Owens	M30	Tone Zone Runners	0:34:00	89	338	Derek Carson	M43	RRC	0:39:45
11	825	Josh Painter	M30	Brighton & Hove AC	0:34:06	90	155	Terry Avey	M54	Phoenix AC	0:39:46
12	35	John Lowden	M48	Crowborough Runner	0:34:32	91	100	Bryan Camfield	M39	Horsham Joggers	0:40:01
13	300	Paul Froud	M39	Brighton & Hove AC	0:34:40	92	374	Simon Steeles	M34	Fittleworth Flyers	0:40:03
14	892	Steve Ogborn	M21	Horsham Joggers	0:34:59	93	67	Howard Nye	M32	Fittleworth Flyers	0:40:04
15	826	Shaun Billing	M39	Brighton & Hove AC	0:35:05	94	854	Barrie Gibson	M48	Worthing Striders	0:40:06
16	173	Steve Wigmore	M43	Horsham Joggers	0:35:13	95	828	Laurence Sava	M51		0:40:08
17	189	Mats Gedin	M42	Arena 80	0:35:19	96	108	Grahame Hurren	M40	Tone Zone Runners	0:40:10
18	988	Recording Error			0:35:28	97	193	Geoff Burrow	M60	Worthing Harriers	0:40:14
19	146	Mark Parry	M44	Crawley AC	0:35:31	98	77	Roland Harrington	M39	Phoenix AC	0:40:15
20	177	Simon James	M43	Steyning AC	0:35:51	99	233	Gary Burchett	M40	Mel's Milers	0:40:20
21	115	John Bristow	M46	Brighton & Hove AC	0:36:02	100	139	Ralph Bernascone	M55	Henfield Joggers	0:40:21
22	349	Peter Warren	M18	Steyning AC	0:36:11	101	895	Tim Bull	M46	Lingfield RC	0:40:23
23	80	John McGrath	M41	Worthing Harriers	0:36:14	102	337	Ivan Bertrum	M50	Fittleworth Flyers	0:40:27
24	847	Drew Stiles	M39	Burgess Hill Run	0:36:17	103	861	Simon Chrismas	M44	Haywards Heath H	0:40:28
25	22	Mark Greet	M37	Henfield Joggers	0:36:18	104	473	Mariann Powell	F40	Horsham Joggers	0:40:28
26	11	Paul Payne	M30	Hailsham Harriers	0:36:27	105	883	Simon Harding	M31		0:40:29
27	188	Adrian Cornford	M46	Utopia Runners	0:36:28	106	124	David Slater	M31		0:40:34
28	211	Vince Golding	M41	Crawley AC	0:36:38	107	415	Rebecca Woodman	F25	RRC	0:40:36
29	367	Peter Lay	M44	Worthing Harriers	0:36:48	108	857	Andy Bone	M39	Phoenix AC	0:40:38
30	32	Andrew Fessey	M42	Hailsham Harriers	0:36:49	109	123	Stephen Joyce	M31	Wadhurst Runners	0:40:41
31	845	Paul Prosser	M37	Brighton & Hove AC	0:36:52	110	865	David Bashford	M29		0:40:42
32	807	Fraser Dean	M31		0:36:55	111	272	Bill Fraser	M53	Hailsham Harriers	0:40:42
33	84	Mark Halls	M41	Brighton & Hove AC	0:36:56	112	229	Tom Brown	M24	Henfield Joggers	0:40:50
34	47	Dyrol Lumbard	M42		0:37:00	113	21	Dave Guy	M36		0:40:50
35	87	Roger Ockenden	M56	Arena 80	0:37:03	114	46	David Holden	M40	Seaford Striders	0:40:51
36	808	Robert Wright	M31		0:37:04	115	69	Colin Harley	M48	Chichester Runners	0:40:53
37	355	Rob O'Neill	M34	Phoenix AC	0:37:04	116	848	Joan Lennon	F48	Steyning AC	0:40:58
38	58	Ian Jones	M39	Burgess Hill Run	0:37:04	117	852	Jon Bigg	M39	Phoenix AC	0:40:59
39	262	Paul Gasson	M51	Arena 80	0:37:14	118	372	Alan Russell	M47	Maidenhead AC	0:41:00
40	203	Mark Howard	M39		0:37:17	119	4	Perry Lee	M41	Tone Zone Runners	0:41:03
41	819	Richard Bushell	M40		0:37:22	120	271	Chris Clarke	M19		0:41:04
42	160	Chris Edwards	M37	Phoenix AC	0:37:31	121	196	Jeremy Arnold	M37		0:41:05
43	812	Christopher Walker	M39	Burgess Hill Run	0:37:34	122	827	Alexander Sava	M53		0:41:06
44	176	Christopher Bennett	M47	Worthing Harriers	0:37:38	123	28	Tim Hugher	M38	Sussex Police AA	0:41:09
45	237	Matthew Horrocks	M32		0:37:47	124	102	John Booker	M52	Horsham Joggers	0:41:11
46	294	Anthony Cross	M58	Seaford Striders	0:37:49	125	226	Christopher Hayes	M50	Lancing Eagles	0:41:12
47	6	Paul Jarvis	M40	Tone Zone Runners	0:37:56	126	468	Cathy Ulliott	F41	Brighton & Hove AC	0:41:15
48	243	Paul Finch	M29	Strdrs of Croydon	0:37:56	127	363	Raymond Smith	M34	Seaford Striders	0:41:21
49	837	Benjamin Ageras	M29	Horsham Joggers	0:37:57	128	831	Martin Black	M37	Oxted Runners	0:41:22
50	248	Tom Ulliott	M48	Brighton & Hove AC	0:38:03	129	293	Andy Jenkins	M47	Burgess Hill Run	0:41:24
51	264	Cy Lawrence	M35	Worthing Striders	0:38:03	130	119	Brian Friend	M52	Phoenix AC	0:41:26
52	1	Michael Pain	M40	Wadhurst Runners	0:38:05	131	89	Nigel Brookes	M47		0:41:27
53	267	Gary Thayre	M43	Horsham Joggers	0:38:08	132	256	Ian Barnett	M45		0:41:28
54	344	Matt Clarke	M33	Sixth Dimension	0:38:12	133	346	Tony Johnson	M45	Horsham Joggers	0:41:34
55	339	Keith Valentine	M51	Horsham Joggers	0:38:15	134	214	Adrian Downey	M30		0:41:35
56	830	Samantha Alvarez	F35	Hailsham Harriers	0:38:17	135	839	Leslie Huitson	M49	Oxted Runners	0:41:36
57	33	Robin Stocker	M38	Worthing Harriers	0:38:33	136	220	Dermot Doughty	M47		0:41:40
58	314	Jason Anderton	M30		0:38:38	137	265	Tim Jones	M34		0:41:41
59	88	Cedric Clemenson	M50	Heathfield RR	0:38:42	138	887	Natasha Swan	F31	Arena 80	0:41:43
60	331	Josh Guilimant	M21	Phoenix AC	0:38:43	139	296	Adam Harman	M33	Worthing Harriers	0:41:45
61	204	Paul Foster	M24	Tone Zone Runners	0:38:47	140	212	Roger Foord	M41	Brighton & Hove AC	0:41:48
62	829	Ryan Winn	M58	Hailsham Harriers	0:38:49	141	290	Paul Walters	M41	Reigate Priory	0:41:50
63	98	Alan Clarke	M55	Worthing Harriers	0:38:51	142	840	Nik Tabutt	M28	Horsham Joggers	0:41:51
64	326	Kevin Battell	M42	Crowborough Runner	0:38:54	143	813	Roberto Proietti	M55	Hailsham Harriers	0:41:51
65	235	David Barnard	M43	Mel's Milers	0:38:58	144	134	Chris Luesley	M25		0:41:54
66	281	Kevin Bush	M45	Brighton & Hove AC	0:39:00	145	43	Neil Allen	M35		0:41:56
67	151	Richard Vaudin	M38		0:39:01	146	834	Justin Acklan	M29		0:41:57
68	194	Daniel Walker	M17		0:39:03	147	480	Anne Morgan	F41	Arena 80	0:41:58
69	254	Michael Coupe	M45	Hailsham Harriers	0:39:05	148	152	Anthony Towers	M39	Tuff Fitty Tri	0:41:58
70	352	Dennis Williams	M59	Hercules W'bledon	0:39:06	149	185	Paddy Duly	M58	Hastings Runners	0:42:03
71	890	Tim Jury	M51	Hastings Runners	0:39:07	150	227	Phillip Carr	M40	Seaford Striders	0:42:04
72	306	Paul McElhinney	M38		0:39:08	151	245	Richard Nind	M33	Horsham Joggers	0:42:05
73	811	Caroline Hoyte	F34	Arena 80	0:39:13	152	260	John Pudduck	M44		0:42:07
74	320	Mark Treadwell	M43	Arunners RC	0:39:15	153	583	Camilla Moyle	F36	Brighton & Hove AC	0:42:10
75	859	Andrew Haig	M59	Phoenix AC	0:39:16	154	221	Alastair Pease	M43	Shoreham Coasters	0:42:14
76	330	David Whittle	M40	Brighton & Hove AC	0:39:16	155	187	David Pike	M42		0:42:22
77	261	James Miles	M23	Phoenix AC	0:39:18	156	30	Damien Jones	M29		0:42:23
78	307	Marc Steene	M45	Arena 80	0:39:19	157	197	Andy Carpenter	M58		0:42:25
79	27	Paul Sparks	M49		0:39:19	158	421	Laura Burton	F22	Brighton & Hove AC	0:42:25

159	263	David Brindley	M42	Arena 80	0:42:27	242	842	David Canavan	M30		0:45:22
160	231	Neil Sampson	M31		0:42:27	243	93	Julian Wilson	M45		0:45:24
161	862	Jonathan Fox	M37		0:42:29	244	49	Steve Pidgeon	M40		0:45:25
162	48	Peter Baker	M48	Hastings AC	0:42:32	245	444	Julia D'Albiac	F48	Heathfield RR	0:45:25
163	122	Matthew Joyce	M28		0:42:36	246	148	Peter Knee	M38		0:45:28
164	277	Barry Finch	M56	Strdrs of Croydon	0:42:37	247	486	Louise Baber	F38	Mel's Milers	0:45:30
165	436	Hilana Marais	F23	Brighton & Hove AC	0:42:42	248	805	Andrew Ward	M39		0:45:31
166	198	Matthew O'Hara	M41	Horsham Joggers	0:42:48	249	169	Mark Baker	M22		0:45:33
167	284	David Mercer	M36		0:42:49	250	461	Diana Gorham	F31	Shoreham Coasters	0:45:35
168	59	Jonathan Herbert	M38	Burgess Hill Run	0:42:49	251	325	Robert Garrard	M63	Crowborough Runner	0:45:39
169	860	Heather Daly	F39	Brighton & Hove AC	0:42:51	252	38	Simon Trimmer	M43	Worthing Harriers	0:45:40
170	184	Jeremy MacKeown	M39	Fittleworth Flyers	0:42:53	253	183	Tim Mottram	M52	Seaford Striders	0:45:42
171	898	Chris Iddles	M23		0:42:56	254	167	Alan Turner	M52	Crawley AC	0:45:44
172	158	Mark Taylor	M41	Seaford Striders	0:43:01	255	195	Andrew Seivewright	M29	Tri Running	0:45:45
173	315	Adam McCulloch	M34		0:43:05	256	141	John Shearing	M35		0:45:47
174	29	Phil Lankshear	M35	Sussex Police AA	0:43:09	257	889	Martin Rogers	M60	Arena 80	0:45:48
175	258	Richard Bourne	M32	Horsham Joggers	0:43:10	258	876	Tim Elton	M39		0:45:49
176	333	James Welbruy	M46	Crowborough Runner	0:43:12	259	448	Debra Harwood	F41	Steyning AC	0:45:49
177	843	Gordon Reay	M47	Horsham Joggers	0:43:18	260	279	Roger Sales	M52	Steyning AC	0:45:50
178	313	Hayden Waghorn	M45	Worthing Striders	0:43:20	261	359	Stephen Bishop	M41	Burgess Hill Run	0:45:52
179	51	Guy Robinson	M40		0:43:20	262	53	Phil Cooper	M35		0:45:53
180	552	Jeanette Kenneally	F35	Brighton & Hove AC	0:43:22	263	318	Colin Shaw	M62	Mel's Milers	0:45:57
181	863	David Ellis	M38	Seaford Striders	0:43:24	264	532	Bernadette McGinley	F40		0:46:01
182	125	Simon Taylor	M41	Henfield Joggers	0:43:24	265	441	Helen Alexander	F35		0:46:03
183	457	Jane Lawrence	F36	Worthing Striders	0:43:25	266	472	Jackie Webber	F44	Seaford Striders	0:46:04
184	321	Michael Green	M43	RRC	0:43:27	267	567	Liz Halliday	F42	Phoenix AC	0:46:06
185	328	Christopher Lee	M46	Horsham Blue Star	0:43:31	268	432	Susannah Turgoose	F36		0:46:13
186	114	John Alexander	M71		0:43:35	269	525	Elaine Borley	F44	Seaford Striders	0:46:14
187	20	Barry Long	M44		0:43:37	270	308	David English	M47	Henfield Joggers	0:46:16
188	322	Andy Clapham	M43	Horsham Joggers	0:43:40	271	477	Susan Barnard	F43		0:46:18
189	63	Peter Wallace	M37		0:43:43	272	9	Albert Kemp	M59	Wadhurst Runners	0:46:20
190	94	Martin Baker	M27		0:43:47	273	25	Roy Webb	M71	Tone Zone Runners	0:46:22
191	99	Jon Roper	M41	Tuff Fitty Tri	0:43:48	274	288	Ted Baker	M68	Reigate Priory	0:46:23
192	849	Brian Gilford	M48	Oxted Runners	0:43:50	275	304	Mark England	M32	Maltese Ospreys	0:46:25
193	303	Miles Penfold	M37	Horsham Joggers	0:43:51	276	841	Rachel Wilson	F35	Wadhurst Runners	0:46:29
194	224	Tony Mackenzie	M47		0:43:52	277	157	Steve Sharples	M52	Utopia Runners	0:46:30
195	885	Katherine Shepherd	F32	Worthing Harriers	0:43:53	278	216	Stephen Spinner	M42		0:46:32
196	345	Jeremy Phillips	M40	Wadhurst Runners	0:43:57	279	891	Ashley Jury	M28		0:46:35
197	174	Ian Baker	M51		0:44:03	280	342	Matthew Johnson	M17	Tuff Fitty Tri	0:46:35
198	95	Gary Lee	M28	Seaford Striders	0:44:05	281	66	Spencer Kemp	M53		0:46:37
199	145	Martin Torjussen	M35	Seaford Striders	0:44:06	282	508	Tess Howell	F40	Seaford Striders	0:46:45
200	113	Greg Hearne	M24	Henfield Joggers	0:44:08	283	170	Stevie Morthilloff	M37		0:46:46
201	127	Nick Crocker	M45	Veterans AC	0:44:10	284	171	Jimmy Allen	M27		0:46:46
202	319	Steve Neal	M37		0:44:10	285	72	William Hilton-Jackson	M16		0:46:48
203	52	David Hibberd	M33	Tone Zone Runners	0:44:16	286	309	Clinton Corin	M33		0:46:50
204	802	Jeff Blumsdon	M34	Worthing Harriers	0:44:17	287	485	Christine Judd	F40	Lancing Eagles	0:46:52
205	531	Karen Harrison	F37	Tone Zone Runners	0:44:18	288	348	Andy Jefford	M39	Horsham Joggers	0:46:57
206	218	Simon Gilbert	M46	Tone Zone Runners	0:44:18	289	471	Rosemarie Blatch	F41	Heathfield RR	0:46:59
207	364	James Clegg	M65	Lingfield RC	0:44:19	290	133	Nigel Adams	M60	Brighton Hash Har	0:47:00
208	181	Rupert Purchase	M61	Haywards Heath H	0:44:19	291	62	Robert Porter	M56		0:47:06
209	269	Nigel Finch	M42	Strdrs of Croydon	0:44:22	292	12	Richard Honeyman	M43	Seaford Striders	0:47:07
210	259	Tim Kerr	M38		0:44:22	293	199	Russell Taylor	M49	Crowborough Runner	0:47:09
211	116	David Elder	M40		0:44:23	294	13	Alan Turner	M50	Arena 80	0:47:11
212	305	Richard Burge	M37		0:44:23	295	526	Julie Howey	F48		0:47:11
213	416	Marie Nordin	F20		0:44:28	296	206	Gavin Dutton	M28	Tone Zone Runners	0:47:19
214	864	Simon Robinson	M38		0:44:30	297	496	Marilyn Gray	F49	Arena 80	0:47:20
215	291	Adrian Harwood	M42	Steyning AC	0:44:31	298	560	Marion Hemsworth	F54	Haywards Heath H	0:47:27
216	426	Nicola Watts	F36	Crowborough Runner	0:44:32	299	110	Stephen Pearce	M50		0:47:30
217	117	Mark Watson	M46	Worthing Harriers	0:44:35	300	368	Andrew Moulding	M41		0:47:32
218	833	Amyr Khan	M45		0:44:36	301	317	Vincent Shirley	M18	Goring RR	0:47:33
219	853	Andrew Puttick	M24		0:44:38	302	10	John Barden	M45		0:47:34
220	835	Lisa Cowdrey	F37	Crawley AC	0:44:38	303	299	Tim Warren	M38		0:47:38
221	824	Susan Clark	F46	Tone Zone Runners	0:44:41	304	351	Jamie Dawson	M44	Goring RR	0:47:41
222	316	Reg Shirley	M47	Goring RR	0:44:42	305	369	John Raeburn	M46	Worthing Harriers	0:47:42
223	866	John Bateman	M50		0:44:44	306	575	Catherine Ryan	F35	Tone Zone Runners	0:47:43
224	76	Kevin Soady	M44		0:44:45	307	353	Clive Turrell	M44	Horsham Joggers	0:47:46
225	856	Peter Leuw	M45	Horsham Joggers	0:44:46	308	120	Martyn Bowen	M45		0:47:48
226	121	Ross Jones	M35		0:44:47	309	451	Melanie Simmons	F34	Reigate Priory	0:47:53
227	323	John Taylor	M65	Hailsham Harriers	0:44:49	310	91	Malcolm Da Costa	M50		0:47:56
228	585	Rosalie Wilson	F25		0:44:49	311	806	Michael Barrett	M31		0:47:57
229	401	Dee Pope	F42	Phoenix AC	0:44:58	312	132	Michael Cockcroft	M58	Brighton Hash Har	0:47:59
230	50	Stephen Hickman	M45	Ashford & Dist AC	0:44:59	313	143	John Dobbelaar	M32		0:48:03
231	896	Phoebie Webster	F24		0:45:03	314	836	Glenn Parisi	M39	Tuff Fitty Tri	0:48:04
232	268	Paul Harris	M37	Crawley AC	0:45:03	315	823	Julia Toby	F39	Hailsham Harriers	0:48:06
233	90	Grant Patterson	M41	Worthing Harriers	0:45:05	316	814	John Wise	M44	Seaford Striders	0:48:06
234	528	Val Purnell	F45	Horsham Joggers	0:45:06	317	804	Kevin Stillwell	M38		0:48:08
235	858	Sheila Dunne	F45	Horsham Joggers	0:45:07	318	161	Roger Talbot	M37		0:48:11
236	324	Richard Bicknell	M42		0:45:12	319	433	Jan Beves	F46		0:48:12
237	82	Pete O'Connell	M44	Horsham Joggers	0:45:17	320	422	Susan Eames	F21	Worthing Harriers	0:48:12
238	431	Kim Shayne	F35	Tone Zone Runners	0:45:19	321	428	Sue Revill	F49	Worthing Harriers	0:48:14
239	810	Dan Purchase	M27		0:45:19	322	417	Helen Neary	F54	Wadhurst Runners	0:48:18
240	283	Ian Hughes	M49	Lancing Eagles	0:45:20	323	57	Trevor Blaskett	M38		0:48:20
241	178	David Stephens	M17	Horsham Blue Star	0:45:21	324	97	Michael Young	M61	Tone Zone Runners	0:48:20

325	275	Martin Weaire	M48	Lingfield RC	0:48:26	408	26	Tom Batts	M51	Seaford Striders	0:52:01
326	544	Marie Prior	F42	Seaford Striders	0:48:30	409	569	Linda Cooper	F33		0:52:04
327	191	Terry Bryan	M58	Haywards Heath H	0:48:32	410	536	Vivien Baker	F40	Tone Zone Runners	0:52:06
328	408	Ilidia Campbell	F48	Henfield Joggers	0:48:34	411	336	Kio Vejdani	M66	Lingfield RC	0:52:08
329	440	Sue Jones	F36	B&H Running Sister	0:48:35	412	153	David Bickers	M49	Burgess Hill Run	0:52:11
330	200	Mel Smalley	M45	Tone Zone Runners	0:48:37	413	427	Diana Nash	F53	Hastings Runners	0:52:13
331	884	Martin Gray	M37		0:48:37	414	230	Peter Chittenden	M67	RRC	0:52:20
332	332	Richard Cushnie	M40		0:48:37	415	246	David Bubloz	M40	Portslade H'hopper	0:52:23
333	429	Alison Hatch	F36	Burgess Hill Run	0:48:38	416	292	Ian Goodridge	M45	Worthing Harriers	0:52:27
334	361	James Burke	M59	Stragglers	0:48:39	417	570	Briony Moss	F31	Tone Zone Runners	0:52:32
335	92	John Little	M34	Lancing Eagles	0:48:41	418	150	David Clarke	M45		0:52:33
336	167	Alan Turner	M52	Crawley AC	0:48:42	419	410	Suzanna McGregor	F36		0:52:34
337	334	Peter Wickson	M40		0:48:44	420	582	Lesley Besson	F54	Henfield Joggers	0:52:35
338	875	Louise Stapley	F45	Crowborough Runner	0:48:50	421	107	Mike Rance	M23		0:52:35
339	103	Jez Rogers	M40	Rotary RR	0:48:54	422	870	Tracey Beck	F31		0:52:37
340	130	David Feintuck	M54	Lewes AC	0:48:56	423	880	Paul Slaughter	M47		0:52:40
341	507	Jenny Castle	F59	Fittleworth Flyers	0:48:56	424	576	Sally Flood	F55	Brighton Hash Har	0:52:43
342	366	Andy Scutt	M36	Goring RR	0:49:00	425	343	Steve Collingham	M31	Haywards Heath H	0:52:45
343	893	Paula Wallace	F32		0:49:03	426	73	Bob Hughes	M57	Haywards Heath H	0:52:45
344	447	Shirley Goodridge	F40	Worthing Harriers	0:49:09	427	541	Eileen Quinton	F75		0:52:46
345	370	David Randall	M51	Worthing Harriers	0:49:11	428	580	Neil Warren	M30		0:52:46
346	577	Judy Brucker	F61	Horsham Joggers	0:49:12	429	42	Kevin Clarke	M30		0:52:56
347	126	Paul DalGLISH	M30		0:49:15	430	418	Julia Gregurec	F51	Horsham Joggers	0:52:57
348	897	Mick Patch	M54	Veterans AC	0:49:16	431	244	Norman Bass	M45	Shoreham Coasters	0:53:08
349	879	Becky Dick	F26		0:49:21	432	70	Philip Wright	M60	Hastings Runners	0:53:08
350	844	Daniel Hughes	M31	Tone Zone Runners	0:49:23	433	464	Rebecca Scarratt	F48	Goring RR	0:53:19
351	144	Ian Wilkinson	M35	Seaford Striders	0:49:24	434	65	Jonathan Buss	M52		0:53:23
352	450	Annette Morris	F48	Reigate Priory	0:49:24	435	516	Min Smithers	F55	Crowborough Runner	0:53:37
353	234	Ken Hales	M67	Goring RR	0:49:25	436	817	Desmond Edmonson	M61		0:53:40
354	822	Maria Hillman	F33	Hailsham Harriers	0:49:27	437	493	Kerry Dutton	F26	Tone Zone Runners	0:53:44
355	563	Joanne Broad	F26		0:49:32	438	874	Spencer Bailey	M31		0:53:46
356	255	Martin Smith	M43		0:49:43	439	373	Bernard Griffin	M70	Haywards Heath H	0:53:52
357	87	Roger Ockenden	M56	Arena 80	0:49:45	440	517	Avis Holden	F49	Crowborough Runner	0:53:57
358	854	Barrie Gibson	M48	Worthing Striders	0:49:48	441	543	Abbie Wearing	F23		0:54:01
359	238	Barry Hemsley	M40		0:49:48	442	545	Stephanie Berry	F49	Mel's Milers	0:54:02
360	882	Rob Stanway	M36	Maltese Ospreys	0:49:51	443	37	Daniel Harber	M17		0:54:03
361	19	Martyn Faint	M45		0:49:52	444	164	Marc Vonlanthen	M43	Tone Zone Runners	0:54:06
362	335	Gerwyn Bowen	M39		0:49:54	445	872	June Streeter	F45	Seaford Striders	0:54:09
363	215	David Martin	M23		0:49:57	446	869	Carolyn Conway	F21		0:54:10
364	818	Tanya Edmonson	F54	Crowborough Runner	0:49:58	447	868	Alan Thomasson	M37		0:54:10
365	357	Daniel Sanderson	M25		0:50:02	448	31	Gregory Bentley	M18		0:54:15
366	445	Diane Wells	F48	Burgess Hill Run	0:50:05	449	166	Geoff Steward	M52		0:54:26
367	154	Mark Gilbert	M30		0:50:06	450	591	Debbie Tunesi	F38		0:54:27
368	287	Michael Hartnett	M37	Worthing Striders	0:50:08	451	505	Rachel Khan	F31		0:54:30
369	163	Phil Saville	M56	Chalden Creakers	0:50:11	452	365	David Harris	M61	Goring RR	0:54:34
370	109	Frank Murphy	M48		0:50:12	453	556	Philippa Eastwood	F27		0:54:35
371	131	Louise Baker	F27	Arena 80	0:50:16	454	274	Alastair Smith	M42	Henfield Joggers	0:54:40
372	503	Pat Heddon	F53	Goring RR	0:50:17	455	3	Patrick Bastow	M37	Tone Zone Runners	0:54:42
373	899	Brian Farrell	M37		0:50:32	456	500	Michelle Etheridge	F40	Tone Zone Runners	0:54:44
374	223	John Moore	M70	Arunners RC	0:50:35	457	512	Amanda Heard	F23		0:54:46
375	278	Mark Harmsworth	M42		0:50:39	458	228	Hugh Stevenage	M39	Burgess Hill Run	0:54:51
376	298	Jon Farmer	M40		0:50:41	459	558	Barbara Allen	F53		0:55:01
377	85	Steve Page	M46	Hailsham Harriers	0:50:48	460	247	Adam Irvine	M18		0:55:01
378	547	Alyson Page	F42	Hailsham Harriers	0:50:49	461	469	Grace Irvine	F21		0:55:07
379	86	Doug Chant	M46	Hailsham Harriers	0:50:49	462	347	Jim Marshall	M35	Steyning AC	0:55:13
380	403	Charlotte Scutt	F32	Goring RR	0:50:55	463	168	Steven Fluck	M38		0:55:18
381	815	Peter Wilkes	M59	Utopia Runners	0:50:56	464	44	Mark Kimber	M37		0:55:19
382	213	Hugh Foord	M76	Brighton & Hove AC	0:51:05	465	572	Louise Wells	F24		0:55:22
383	559	Natalie Dawson	F34	Seaford Striders	0:51:06	466	571	Carrie Humphreys	F25		0:55:22
384	514	Lucy Spencer	F35	Henfield Joggers	0:51:09	467	527	Maureen Winborn	F56	Haywards Heath H	0:55:27
385	510	Catherine Cary	F34		0:51:10	468	406	Catherine Avcock	F32	Seaford Striders	0:55:33
386	501	Ruth Saunders	F34	Shoreham Coasters	0:51:11	469	894	John Errey	M48	Seaford Striders	0:55:33
387	581	Maureen Rea	F58	Haywards Heath H	0:51:13	470	820	Nicholas Ainley	M53		0:55:39
388	172	John Albon	M58		0:51:16	471	419	Lorraine King	F42	Goring RR	0:55:42
389	182	Mark Bunce	M38	Tone Zone Runners	0:51:18	472	832	Stephen Gretton	M39	Henfield Joggers	0:55:43
390	2	Andy Pain	M36	Wadhurst Runners	0:51:19	473	404	Deborah Locke	F46	Henfield Joggers	0:55:44
391	129	Stephen Tee	M44		0:51:22	474	438	Linda James	F41	Worthing Harriers	0:55:46
392	250	Andy Cobby	M48	Worthing Harriers	0:51:30	475	478	Christina Piercy	F50	Goring RR	0:55:47
393	439	Rosemary Davis	F43	Henfield Joggers	0:51:32	476	596	Rosie McConnall	F35	Tone Zone Runners	0:55:50
394	564	Rachel O'Brien	F37		0:51:33	477	456	Ruth Spurway	F38		0:55:56
395	546	Sara Da Costa	F46		0:51:33	478	45	Sam Payne	M18		0:55:58
396	180	Victor Gretton Snr	M64	Henfield Joggers	0:51:35	479	588	Gillian Hatton	F57	Goring RR	0:55:58
397	276	Trevor Crowhurst	M68	Lingfield RC	0:51:35	480	446	Tracy Colbourne	F40	Worthing Harriers	0:56:02
398	149	Darren Goldsmith	M39		0:51:36	481	535	Jenny Rhodes	F42	Bexhill Runners	0:56:03
399	878	Sandra Smith	F36	Brighton & Hove AC	0:51:37	482	479	Delia Westley	F62	Henfield Joggers	0:56:07
400	554	Wendy Harding	F43	Tone Zone Runners	0:51:37	483	286	Karl John	M21		0:56:08
401	54	Mark Chadd	M48	Seaford Striders	0:51:38	484	873	June Watkins	F44		0:56:12
402	550	Michelle Dobson	F36	Seaford Striders	0:51:38	485	474	Elaine Tholen	F43	Mel's Milers	0:56:13
403	14	Paul Clarke	M28		0:51:52	486	538	Catherine Chapman	F29		0:56:16
404	104	Sean Chapman	M26		0:51:55	487	487	Fiona Sutherland	F26		0:56:17
405	270	Kenneth Spurway	M40		0:51:56	488	566	Karen Wallace	F42		0:56:18
406	15	Tony Flint	M60	Tone Zone Runners	0:51:56	489	553	Liz Eastwood	F55	Worthing Harriers	0:56:19
407	816	Jan Lavis	F42		0:51:58	490	78	Simon Curd	M30	Wadhurst Runners	0:56:28

