

ESSLXC SEAFORD HEAD - 11 JANUARY 2026 - SENIORS

Finishing position	Runner no	Time	Runner name	Club	Club Code	Team	Category	PTS	T CAT	T PTS
1	508	00:30:44	Ant Anderson	Eastbourne Rovers AC	EAST	EAST/BDY	M35	300	SM1	1
2	543	00:30:59	Josh Varney	Eastbourne Rovers AC	EAST	EAST/BDY	M35	299	SM2	2
3	108	00:31:39	Thomas Solomon	Peacehaven Run Club	PEACEH	PPSST	M45	298	M401	3
4	478	00:31:46	Matt Mccarthy	Crowborough Runners	CROW	CROW	SM	297	SM1	4
5	339	00:31:55	Graeme McIntosh	Wadhurst Runners	WAD	WAD	M40	296	M401	5
6	821	00:31:58	Joel Eaton	Seaford Striders	SEAF	PPSST	M40	295	M402	6
7	819	00:32:02	Teo van Well	Lewes AC	LEW	LEW	M45	294	M401	7
8	822	00:32:08	Matthew Clare	Seaford Striders	SEAF	PPSST	SM	293	SM1	8
9	27	00:32:13	Julian Good	Lewes AC	LEW	LEW	M40	292	M402	9
10	154	00:32:19	Matthew Windham	Portslade Hedgehoppers	HEDGE	HEDGE	M50	291	M501	10
11	419	00:32:43	Paul Howard	Brighton & Hove Frontrunners	FRONTR	FRONTR	M45	290	M401	11
12	672	00:32:47	James Moat	Heathfield Runners	HEAT	HTH/UCK	SM	289	SM1	12
13	378	00:32:50	Nigel Jewell	Bexhill Run Tri	BEX	BEX	M50	288	M501	13
14	498	00:33:01	Colin Tricker	Crowborough Runners	CROW	CROW	M40	287	M401	14
15	826	00:33:03	Paul Harris	-	NS	NS	M45	NS	NS	
16	839	00:33:05	Izzy Bradford	Lewes AC	LEW	LEW	F35	200	SF1	15
17	860	00:33:10	Adam Vaughan	Lewes AC	LEW	LEW	M45	286	M403	16
18	532	00:33:15	Stuart Pelling	Eastbourne Rovers AC	EAST	EAST/BDY	M35	285	SM3	17
19	802	00:33:20	Alan Marsh	Team Bodyworks	BDY	EAST/BDY	M40	284	M401	18
20	820	00:33:34	Jim Risdale	Lewes AC	LEW	LEW	M40	283	SM1	19
21	632	00:33:40	Paul Lambert	Hastings Runners	HR	HR/HAC	M40	282	M401	20
22	101	00:33:51	Tommy Knight	Peacehaven Run Club	PEACEH	PPSST	SM	281	SM2	21
23	831	00:33:55	Elliot Beesley	RunWednesdays	RUNW	RUNW	SM	280	SM1	22
24	517	00:34:03	Gianluca Del- Gaudio	Eastbourne Rovers AC	EAST	EAST/BDY	SM	279	SM4	23
25	484	00:34:06	Jonathan Rafferty	Crowborough Runners	CROW	CROW	M50	278	M501	24
26	840	00:34:06	Alexander Bonz	phoenix	NS	NS	M45	NS	NS	
27	621	00:34:11	Sam Davies	Hastings Runners	HR	HR/HAC	M40	277	M402	25
28	540	00:34:13	Matt Southam	Eastbourne Rovers AC	EAST	EAST/BDY	M35	276	NSM1	26
29	752	00:34:16	John Babajide	Portslade Hedgehoppers	HEDGE	HEDGE	M35	275	SM1	27
30	456	00:34:20	Neil Couchman	Crowborough Runners	CROW	CROW	M45	274	M402	28
31	837	00:34:23	Michael McLaughlin	Veterans AC	NS	NS	M50	NS	NS	
32	10	00:34:38	Jonathan Burrell	Lewes AC	LEW	LEW	M60	273	M601	29
33	226	00:34:56	James Miles	Seaford Striders	SEAF	PPSST	M40	272	M403	30
34	512	00:35:01	Brian Birkmyre	Eastbourne Rovers AC	EAST	EAST/BDY	M40	271	M402	31
35	505	00:35:10	Peter Woodward	Crowborough Runners	CROW	CROW	M40	270	M403	32
36	521	00:35:19	Liam Gunner	Eastbourne Rovers AC	EAST	EAST/BDY	M35	269	NSM2	33
37	856	00:35:28	Frida Rocha	-	NS	NS	SF	NS	NS	
38	501	00:35:31	Ollie Welch	Crowborough Runners	CROW	CROW	M40	268	SM2	34
39	481	00:35:32	Peter Noon	Crowborough Runners	CROW	CROW	M45	267	SM3	35
40	131	00:35:35	Martin Eccles	Portslade Hedgehoppers	HEDGE	HEDGE	M45	266	M401	36
41	530	00:35:37	Alison Moore	Eastbourne Rovers AC	EAST	EAST/BDY	SF	199	SF1	37
42	548	00:35:38	Carl Barton	Hailsham Harriers	HAIL	HAIL	M45	265	M401	38
43	554	00:35:40	Rob Chrystie	Hailsham Harriers	HAIL	HAIL	M45	264	M402	39
44	331	00:35:51	Leigh Harris	Wadhurst Runners	WAD	WAD	M50	263	M501	40
45	121	00:35:54	Matt Wilmshurst	Polegate Plodders	POLE	PPSST	M40	262	SM3	41
46	109	00:35:59	Ollie Sprague	Peacehaven Run Club	PEACEH	PPSST	SM	261	SM4	42
47	33	00:36:01	Ben Hodgson	Lewes AC	LEW	LEW	M50	260	M501	43
48	639	00:36:05	Roman Pavlenko	Hastings Runners	HR	HR/HAC	M45	259	M403	44
49	460	00:36:12	Maurizio Di Santo	Crowborough Runners	CROW	CROW	M50	258	M502	45
50	827	00:36:18	Adrian Elliott	Team Bodyworks	BDY	EAST/BDY	M45	257	M403	46
51	462	00:36:21	Zach Drake	Crowborough Runners	CROW	CROW	M45	256	SM4	47
52	373	00:36:22	Jim Watson	Arena 80 AC	A80	A80	M55	255	M501	48
53	45	00:36:34	Patrick McManus	Lewes AC	LEW	LEW	SM	254	SM2	49
54	406	00:36:36	Paul Arthur	Brighton & Hove Frontrunners	FRONTR	FRONTR	M35	253	SM1	50
55	861	00:36:40	Alice Denning	Hailsham Harriers	HAIL	HAIL	SF	198	SF1	51
56	809	00:36:42	Hannah Jackson	Crowborough Runners	CROW	CROW	SF	197	SF1	52
57	366	00:36:46	Barry Pearson	Arena 80 AC	A80	A80	M45	252	M401	53
58	546	00:37:05	Phil Wood	Eastbourne Rovers AC	EAST	EAST/BDY	M50	251	M501	54
59	280	00:37:09	Gary Burnham-Jones	Tri Tempo	TRIT	PPSST	M50	250	M501	55
60	525	00:37:17	Steve Hutchison	Eastbourne Rovers AC	EAST	EAST/BDY	M50	249	M502	56
61	828	00:37:22	Alastair Lomax	Crowborough Runners	CROW	CROW	M40	248	NSM1	57
62	492	00:37:33	Adam Styles	Crowborough Runners	CROW	CROW	M50	247	M503	58
63	141	00:37:34	Randall Joy-Camacho	Portslade Hedgehoppers	HEDGE	HEDGE	M55	246	M502	59
64	394	00:37:34	Peter Newstead	Bexhill Run Tri	BEX	BEX	M40	245	M401	60
65	374	00:37:35	Gareth Williams	Arena 80 AC	A80	A80	M40	244	M402	61
66	610	00:37:36	Chris Brandt	Hastings AC	HAC	HR/HAC	M60	243	M601	62
67	2	00:37:45	David Woollard	Heathfield Runners	HEAT	HTH/UCK	M45	242	M401	63
68	824	00:37:53	Matthew Fratesi	Eastbourne Rovers AC	EAST	EAST/BDY	SM	241	NSM3	64
69	818	00:38:00	Ian Peachey	-	NS	NS	M45	NS	NS	
70	104	00:38:07	Mark Millar	Peacehaven Run Club	PEACEH	PPSST	M55	240	M502	65
71	499	00:38:10	Peter Turner	Crowborough Runners	CROW	CROW	SM	239	NSM2	66
72	555	00:38:10	Matt Courtnell	Hailsham Harriers	HAIL	HAIL	M40	238	M403	67
73	227	00:38:12	Lizzie Miles	Seaford Striders	SEAF	PPSST	F40	196	F401	68
74	574	00:38:12	Claire Keith	Hailsham Harriers	HAIL	HAIL	F35	195	SF2	69

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75	412	00:38:23	John Connem	Brighton & Hove Frontrunners	FRONTR	FRONTR	M40	237	M402	70
76	832	00:38:24	James Weston	RunWednesdays	RUNW	RUNW	SM	236	SM2	71
77	606	00:38:27	Graham Woolley	Hailsham Harriers	HAIL	HAIL	M45	235	SM1	72
78	541	00:38:29	Seb Stracey	Eastbourne Rovers AC	EAST	EAST/BDY	SM	234	NSM4	73
79	522	00:38:36	Lee Hewson	Eastbourne Rovers AC	EAST	EAST/BDY	M35	233	NSM5	74
80	193	00:38:43	Shane Smith	RunWednesdays	RUNW	RUNW	M35	232	SM3	75
81	302	00:38:47	Richard Goulder	Uckfield Runners	UCK	HTH/UCK	M50	231	M501	76
82	859	00:38:54	Steve Ramsey	Seaford Striders	SEAF	PPSST	M35	230	NSM1	77
83	520	00:38:56	Sue Fry	Eastbourne Rovers AC	EAST	EAST/BDY	F50	194	F501	78
84	64	00:39:06	Mark Stainthorpe	Lewes AC	LEW	LEW	M50	229	M502	79
85	161	00:39:09	Ollie Blanks	RunWednesdays	RUNW	RUNW	M35	228	SM4	80
86	459	00:39:12	Alan Dean	Crowborough Runners	CROW	CROW	M45	227	NSM3	81
87	576	00:39:13	Chris Little	Hailsham Harriers	HAIL	HAIL	M40	226	SM2	82
88	72	00:39:16	Joe Whiting	Lewes AC	LEW	LEW	SM	225	SM3	83
89	257	00:39:19	Johanna Bedford	Team Bodyworks	BDY	EAST/BDY	F45	193	F401	84
90	225	00:39:20	Erica Martin	Seaford Striders	SEAF	PPSST	F40	192	F402	85
91	69	00:39:26	Philip Westbury	Lewes AC	LEW	LEW	M45	224	SM4	86
92	417	00:39:30	Poppy Gooch	Brighton & Hove Frontrunners	FRONTR	FRONTR	SF	191	SF1	87
93	615	00:39:35	Darren Barzee	Hastings Runners	HR	HR/HAC	M55	223	M501	88
94	487	00:39:53	Chris Russell	Crowborough Runners	CROW	CROW	M65	222	M601	89
95	80	00:39:55	Sarah Eddie	Meads Runners	MEAD	MEAD	F40	190	F401	90
96	425	00:39:59	Holly O'Flanagan	Brighton & Hove Frontrunners	FRONTR	FRONTR	SF	189	SF2	91
97	385	00:39:59	Grant Docksey	Bexhill Run Tri	BEX	BEX	M55	221	M502	92
98	113	00:40:03	Liam Brooks	Polegate Plodders	POLE	PPSST	M40	220	NSM2	93
99	231	00:40:05	Richard Preece	Seaford Striders	SEAF	PPSST	M60	219	M601	94
100	244	00:40:06	Matthew Winton	Seaford Striders	SEAF	PPSST	M45	218	NSM3	95
101	9	00:40:06	Richard Bailey	Lewes AC	LEW	LEW	M50	217	M503	96
102	637	00:40:08	Martin Noakes	Hastings Runners	HR	HR/HAC	M60	216	M602	97
103	233	00:40:12	Anneka Redley-Cook	Seaford Striders	SEAF	PPSST	F35	188	SF1	98
104	534	00:40:16	Luke Regan	Eastbourne Rovers AC	EAST	EAST/BDY	M35	215	NSM6	99
105	658	00:40:24	Will Blanford	Heathfield Runners	HEAT	HTH/UCK	M60	214	M601	100
106	850	00:40:27	Barry Blackwell	Lewes AC	LEW	LEW	M55	213	NSM1	101
107	384	00:40:28	Duncan Cruttenden	Bexhill Run Tri	BEX	BEX	M55	212	M503	102
108	601	00:40:38	Maria Smith	Hailsham Harriers	HAIL	HAIL	F50	187	F501	103
109	843	00:40:42	Simon Palmer	-	NS	NS	M45	NS	NS	NS
110	377	00:40:43	Caroline Wood	Arena 80 AC	A80	A80	F60	186	F601	104
111	515	00:40:46	Marina Davies	Eastbourne Rovers AC	EAST	EAST/BDY	F55	185	F502	105
112	670	00:40:50	Leon Miller	Heathfield Runners	HEAT	HTH/UCK	M50	211	M502	106
113	89	00:40:55	Wendy Robson	Meads Runners	MEAD	MEAD	F50	184	F501	107
114	649	00:41:00	Claire Thomas	Hastings Runners	HR	HR/HAC	F40	183	F401	108
115	759	00:41:02	Jeremy Sankey	Bexhill Run Tri	BEX	BEX	M60	210	M601	109
116	617	00:41:04	Kevin Blowers	Hastings Runners	HR	HR/HAC	M60	209	M502	110
117	858	00:41:07	Ollie Card	Seaford Striders	SEAF	PPSST	M40	208	NSM4	111
118	71	00:41:10	Ed Wheeler	Lewes AC	LEW	LEW	M35	207	NSM2	112
119	30	00:41:12	Emily Hague	Lewes AC	LEW	LEW	SF	182	SF2	113
120	293	00:41:14	Sean Wright	Tri Tempo	TRIT	PPSST	M55	206	M503	114
121	630	00:41:18	Neil Jeffries	Hastings Runners	HR	HR/HAC	M65	205	M503	115
122	612	00:41:18	Robert Ferguson	Hastings AC	HAC	HR/HAC	M50	204	SM1	116
123	94	00:41:19	Tobias Bunyan	Peacehaven Run Club	PEACEH	PPSST	M50	203	NSM5	117
124	196	00:41:22	Michaela Stringer	RunWednesdays	RUNW	RUNW	F50	181	F501	118
125	379	00:41:48	Alistair Marshman	Bexhill Run Tri	BEX	BEX	M50	202	M402	119
126	50	00:41:49	Sally Norris	Lewes AC	LEW	LEW	F45	180	F401	120
127	289	00:41:52	Jamie Walters	Tri Tempo	TRIT	PPSST	SM	201	NSM6	121
128	61	00:41:58	Emma Rollings	Lewes AC	LEW	LEW	F45	179	F402	122
129	278	00:42:01	Darren Broderick	Tri Tempo	TRIT	PPSST	M55	200	NS	NS
130	493	00:42:04	Christy Styles	Crowborough Runners	CROW	CROW	SF	178	SF2	123
131	519	00:42:14	Richard Fox	Eastbourne Rovers AC	EAST	EAST/BDY	M55	199	M503	124
132	157	00:42:16	Maisie Armstrong-Barnes	RunWednesdays	RUNW	RUNW	SF	177	SF1	125
133	111	00:42:17	Lisa Tindle	Peacehaven Run Club	PEACEH	PPSST	F40	176	SF2	126
134	110	00:42:23	Steve Sprague	Peacehaven Run Club	PEACEH	PPSST	M50	198	NS	NS
135	117	00:42:25	Chris Greateorex	Polegate Plodders	POLE	PPSST	M55	197	NS	NS
136	847	00:42:26	Paul Basu	Lewes AC	LEW	LEW	M55	196	NSM3	127
137	527	00:42:27	Liz Lumber	Eastbourne Rovers AC	EAST	EAST/BDY	F55	175	F402	128
138	299	00:42:32	Louise Gamham	Uckfield Runners	UCK	HTH/UCK	F45	174	F401	129
139	88	00:42:36	James Preece	Meads Runners	MEAD	MEAD	M40	195	M401	130
140	287	00:42:39	Joshua Rafferty McWall	Tri Tempo	TRIT	PPSST	SM	194	NS	NS
141	593	00:42:41	Mark Pope	Hailsham Harriers	HAIL	HAIL	M35	193	SM3	131
142	710	00:42:47	Peter Drummond	Eastbourne Rovers AC	EAST	EAST/BDY	M60	192	M601	132
143	787	00:42:52	Joshua Crush	Wadhurst Runners	WAD	WAD	SM	191	SM1	133
144	6	00:42:53	Sonnii Pine	HY AC	HY AC	HY AC	F45	173	F401	134
145	855	00:42:53	Niall Smith	Crowborough Runners	CROW	CROW	M35	190	NSM4	135
146	587	00:42:59	Helen O'Sullivan	Hailsham Harriers	HAIL	HAIL	F45	172	F401	136
147	189	00:43:01	Robert Ramsden	RunWednesdays	RUNW	RUNW	M60	189	M601	137
148	497	00:43:03	Byron Thomas	Crowborough Runners	CROW	CROW	M40	188	NSM5	138
149	786	00:43:07	Anthony Hodgson	Bexhill Run Tri	BEX	BEX	M40	187	M403	139
150	382	00:43:08	Carole Crathern	Bexhill Run Tri	BEX	BEX	F60	171	F601	140

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151	486	00:43:12	Olatz Riuiiz-Smith	Crowborough Runners	CROW	CROW	F40	170	F401	141
152	662	00:43:15	Dean Franklin	Heathfield Runners	HEAT	HTH/UCK	M60	186	M602	142
153	363	00:43:16	Michael Miller	Arena 80 AC	A80	A80	M65	185	M601	143
154	281	00:43:18	Matthew Cheney	Tri Tempo	TRIT	PPSST	M40	184	NS	NS
155	173	00:43:19	James Griffiths	RunWednesdays	RUNW	RUNW	M50	183	M501	144
156	416	00:43:20	Tommy Doyle	Brighton & Hove Frontrunners	FRONTR	FRONTR	M45	182	M403	145
157	823	00:43:21	Peter Jaques	Seaford Striders	SEAF	PPSST	M60	181	M602	146
158	144	00:43:22	Jo Mabbitt	Portslade Hedgehoppers	HEDGE	HEDGE	F35	169	SF1	147
159	99	00:43:23	Sarah Isaacs	Peacehaven Run Club	PEACEH	PPSST	SF	168	NSF1	148
160	796	00:43:31	Emily Danvers	Seaford Striders	SEAF	PPSST	F40	167	NSF2	149
161	579	00:43:34	Jo McGowan	Hailsham Harriers	HAIL	HAIL	F40	166	F402	150
162	116	00:43:41	Chris Findlay-Geer	Polegate Plodders	POLE	PPSST	M45	180	NS	NS
163	98	00:43:50	George Isaacs	Peacehaven Run Club	PEACEH	PPSST	SM	179	NS	NS
164	321	00:43:51	Imogen Burman-Mitchell	Wadhurst Runners	WAD	WAD	F50	165	F501	151
165	151	00:43:53	Laurence Sava	Portslade Hedgehoppers	HEDGE	HEDGE	M70	178	M601	152
166	345	00:44:00	Annabel Preston	Wadhurst Runners	WAD	WAD	F50	164	F502	153
167	32	00:44:02	Ian Hilder	Lewes AC	LEW	LEW	M65	177	M602	154
168	573	00:44:08	Evgenia Katsoni	Hailsham Harriers	HAIL	HAIL	F40	163	NSF1	155
169	91	00:44:09	David Wharton	Meads Runners	MEAD	MEAD	M55	176	M501	156
170	185	00:44:10	David Padgham	RunWednesdays	RUNW	RUNW	SM	175	NSM1	157
171	422	00:44:23	Colin Keast	Brighton & Hove Frontrunners	FRONTR	FRONTR	M35	174	SM2	158
172	817	00:44:28	Stephen Sedgwick	Crowborough Runners	CROW	CROW	M55	173	NSM6	159
173	13	00:44:32	Stephanie Crespin	Lewes AC	LEW	LEW	F50	162	F501	160
174	547	00:44:32	Robert Young	Eastbourne Rovers AC	EAST	EAST/BDY	M55	172	NS	NS
175	833	00:44:38	Melanie Mclean	-	NS	NS	F45	NS	NS	NS
176	588	00:44:40	Oliver Paterson	Hailsham Harriers	HAIL	HAIL	SM	171	SM4	161
177	782	00:44:41	Richard Guest	Portslade Hedgehoppers	HEDGE	HEDGE	M55	170	M503	162
178	600	00:44:43	Gary Smith	Hailsham Harriers	HAIL	HAIL	M55	169	M501	163
179	413	00:44:55	Alex Darsley	Brighton & Hove Frontrunners	FRONTR	FRONTR	M40	168	SM3	164
180	749	00:44:57	Carl Sykes	Lewes AC	LEW	LEW	M60	167	NSM4	165
181	103	00:44:57	Lynsey Millar	Peacehaven Run Club	PEACEH	PPSST	F50	161	F501	166
182	631	00:45:00	Andy Knight	Hastings Runners	HR	HR/HAC	M60	166	SM2	167
183	523	00:45:08	Natalie Hoadley	Eastbourne Rovers AC	EAST	EAST/BDY	F50	160	SF2	168
184	835	00:45:13	Alexander Wood	Peacehaven Run Club	PEACEH	PPSST	SM	165	NS	NS
185	164	00:45:18	Graham Chapman	RunWednesdays	RUNW	RUNW	M60	164	M602	169
186	205	00:45:22	Phillip Wright	RunWednesdays	RUNW	RUNW	M50	163	M502	170
187	22	00:45:25	Gerard Dummett	Lewes AC	LEW	LEW	M65	162	NSM5	171
188	704	00:45:33	Eddie Diplock	Hailsham Harriers	HAIL	HAIL	M50	161	M502	172
189	595	00:45:37	Graham Purdye	Hailsham Harriers	HAIL	HAIL	M65	160	M601	173
190	220	00:45:39	Kevin Ives	Seaford Striders	SEAF	PPSST	M50	159	NS	NS
191	250	00:45:45	Ian King	Seafront Shufflers	SHUF	PPSST	M55	158	NS	NS
192	851	00:46:17	Michele Nixon	crawley	NS	NS	F45	NS	NS	NS
193	169	00:46:22	Hannah Eddleston	RunWednesdays	RUNW	RUNW	F45	159	F401	174
194	376	00:46:23	Patrycja Wollnik	Arena 80 AC	A80	A80	F45	158	F401	175
195	494	00:46:30	Claire Styles	Crowborough Runners	CROW	CROW	F55	157	F501	176
196	495	00:46:37	Bryan Tapsell	Crowborough Runners	CROW	CROW	M70	157	M602	177
197	764	00:46:39	Lucy Wright	-	NS	NS	F55	NS	NS	NS
198	54	00:46:41	Poppy Pittock	Lewes AC	LEW	LEW	SF	156	NSF1	178
199	511	00:46:47	Nicky Bignell	Eastbourne Rovers AC	EAST	EAST/BDY	F35	155	NSF1	179
200	524	00:46:47	Tasnim Humaid	Eastbourne Rovers AC	EAST	EAST/BDY	SF	154	NSF2	180
201	11	00:46:50	Andrew Chitty	Lewes AC	LEW	LEW	M70	156	NSM6	181
202	41	00:46:54	Gary Loughlin	Lewes AC	LEW	LEW	M55	155	NS	NS
203	641	00:46:59	Guy Ramage	Hastings Runners	HR	HR/HAC	M55	154	SM3	182
204	863	00:47:05	Neil Squires	Hailsham Harriers	HAIL	HAIL	M55	153	M503	183
205	23	00:47:11	Robin Edwards	Lewes AC	LEW	LEW	M55	152	NS	NS
206	424	00:47:14	Scott Oakley	Brighton & Hove Frontrunners	FRONTR	FRONTR	M35	151	SM4	184
207	845	00:47:21	Owen Power	Hastings	NS	NS	SM	NS	NS	NS
208	853	00:47:24	Laura Torrance	Hastings Runners	HR	HR/HAC	F40	153	F402	185
209	836	00:47:27	John Little	Lancing Eagles	NS	NS	M50	NS	NS	NS
210	457	00:47:31	John Crockford	Crowborough Runners	CROW	CROW	M55	150	NS	NS
211	808	00:47:32	Jane Coles	Hastings Runners	HR	HR/HAC	F60	152	F601	186
212	364	00:47:34	Bob Page	Arena 80 AC	A80	A80	M65	149	M602	187
213	253	00:47:35	Grant Meyer	Seafront Shufflers	SHUF	PPSST	M40	148	NS	NS
214	311	00:47:37	Chris Lugg	Uckfield Runners	UCK	HTH/UCK	M45	147	M402	188
215	24	00:47:42	David Foster	Lewes AC	LEW	LEW	M60	146	NS	NS
216	178	00:47:50	Al Marshall	RunWednesdays	RUNW	RUNW	M55	145	M503	189
217	659	00:47:51	Beverley Chapman	Heathfield Runners	HEAT	HTH/UCK	F55	151	F501	190
218	838	00:47:51	Trixie Nisbet	Peacehaven Run Club	PEACEH	PPSST	F60	150	F601	191
219	647	00:47:53	Deborah Small	Hastings Runners	HR	HR/HAC	F45	149	SF1	192
220	46	00:47:54	Peter Miller	Lewes AC	LEW	LEW	M55	144	NS	NS
221	453	00:47:55	Loma Buckwell	Crowborough Runners	CROW	CROW	F45	148	F402	193
222	500	00:48:27	Eileen Welch	Crowborough Runners	CROW	CROW	F45	147	NSF1	194
223	489	00:48:39	Heather Stevens	Crowborough Runners	CROW	CROW	F40	146	NSF2	195
224	490	00:48:41	Bex Stevens	Crowborough Runners	CROW	CROW	F35	145	NSF3	196
225	842	00:48:53	Tracey Marsh	Bodyworks	NS	NS	F45	NS	NS	NS
226	841	00:49:00	Tom Stanton	Team Bodyworks	BDY	EAST/BDY	M45	143	NS	NS

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227	636	00:49:03	Jo Nevett	Hastings Runners	HR	HR/HAC	F50	144	F501	197
228	650	00:49:04	Dave Timmins	Hastings Runners	HR	HR/HAC	M55	142	SM4	198
229	156	00:49:07	Melvin Yeo	Portslade Hedgehoppers	HEDGE	HEDGE	M55	141	M402	199
230	848	00:49:09	Claire Davis	Lewes AC	LEW	LEW	F45	143	NSF2	200
231	36	00:49:10	Bob Hughes	Lewes AC	LEW	LEW	M70	140	NS	NS
232	332	00:49:10	Linda Hayes	Wadhurst Runners	WAD	WAD	F65	142	F601	201
233	170	00:49:12	Danny Garbett	RunWednesdays	RUNW	RUNW	M60	139	M401	202
234	542	00:49:18	Mike Thompson	Eastbourne Rovers AC	EAST	EAST/BDY	M65	138	M602	203
235	854	00:49:20	Nikki Quitmann	Wadhurst Runners	WAD	WAD	F50	141	F401	204
236	611	00:49:21	Francis Burnham	Hastings AC	HAC	HR/HAC	F65	140	F602	205
237	485	00:49:21	Alice Richardson	Crowborough Runners	CROW	CROW	SF	139	NSF4	206
238	467	00:49:22	Ella Gavin	Crowborough Runners	CROW	CROW	SF	138	NS	NS
239	171	00:49:28	Richard Gardiner	RunWednesdays	RUNW	RUNW	M45	137	M402	207
240	17	00:49:34	Karin Divall	Lewes AC	LEW	LEW	F65	137	F601	208
241	230	00:49:42	Stacey Pollard	Seaford Striders	SEAF	PPSST	F40	136	NSF3	209
242	246	00:49:42	Darren Wymer	Seaford Striders	SEAF	PPSST	M45	136	NS	NS
243	275	00:49:43	Paul Standen-Payne	Team Bodyworks	BDY	EAST/BDY	M50	135	NS	NS
244	567	00:49:45	Darren Grice	Hailsham Harriers	HAIL	HAIL	M35	134	NSM1	210
245	455	00:49:49	Sarah Cooper (Crow)	Crowborough Runners	CROW	CROW	F55	135	F502	211
246	119	00:49:55	Roger Humphries	Polegate Plodders	POLE	PPSST	M65	133	NS	NS
247	105	00:49:55	Nicole Page	Peacehaven Run Club	PEACEH	PPSST	SF	134	NSF4	212
248	31	00:50:05	Claire Hawes	Lewes AC	LEW	LEW	F50	133	F502	213
249	625	00:50:08	Paul Hope	Hastings Runners	HR	HR/HAC	M65	132	NSM1	214
250	428	00:50:09	Mackenzie Soley	Brighton & Hove Frontrunners	FRONTR	FRONTR	M40	131	NSM1	215
251	115	00:50:12	Peter Cook	Polegate Plodders	POLE	PPSST	M65	130	NS	NS
252	463	00:50:18	Louise Ellis	Crowborough Runners	CROW	CROW	F55	132	NS	NS
253	648	00:50:21	Ruth Spiller	Hastings Runners	HR	HR/HAC	F60	131	F502	216
254	753	00:50:48	Shellie Marshall	RunWednesdays	RUNW	RUNW	F40	130	F402	217
255	660	00:50:52	Andy Diplock	Heathfield Runners	HEAT	HTH/UCK	M50	129	M503	218
256	557	00:51:04	Ros Daintree	Hailsham Harriers	HAIL	HAIL	F65	129	F601	219
257	829	00:51:06	Josh Zahangir	Polegate Plodders	POLE	PPSST	M35	128	NS	NS
258	421	00:51:16	David Hurst	Brighton & Hove Frontrunners	FRONTR	FRONTR	M65	127	M601	220
259	228	00:51:32	Michelle Mills	Seaford Striders	SEAF	PPSST	F50	128	F502	221
260	351	00:51:47	Rob Weighell	Wadhurst Runners	WAD	WAD	M65	126	M601	222
261	657	00:52:01	Fleur Blanford	Heathfield Runners	HEAT	HTH/UCK	F60	127	F601	223
262	25	00:52:06	Emma Gardner	Lewes AC	LEW	LEW	F55	126	NSF3	224
263	325	00:52:10	Peter Clark	Wadhurst Runners	WAD	WAD	M50	125	M502	225
264	618	00:52:18	Piers Brunning	Hastings Runners	HR	HR/HAC	M65	124	NSM2	226
265	285	00:52:26	Jamie Martin	Tri Tempo	TRIT	PPSST	SM	123	NS	NS
266	147	00:52:43	Dave Maskell	Portslade Hedgehoppers	HEDGE	HEDGE	M60	122	M602	227
267	362	00:52:46	Jenny Hughes	Arena 80 AC	A80	A80	F65	125	F602	228
268	165	00:52:53	Samantha Crompton	RunWednesdays	RUNW	RUNW	F45	124	SF2	229
269	176	00:52:53	Danielle Lee	RunWednesdays	RUNW	RUNW	F40	123	NSF1	230
270	195	00:52:54	David Stringer	RunWednesdays	RUNW	RUNW	M55	121	M403	231
271	857	00:52:59	Benny Fiddimoare	Wadhurst Runners	WAD	WAD	SM	120	SM2	232
272	411	00:53:08	Steven Chantrey	Brighton & Hove Frontrunners	FRONTR	FRONTR	M60	119	M602	233
273	254	00:53:11	Richard Meyer	Seaford Shufflers	SHUF	PPSST	M40	118	NS	NS
274	513	00:53:22	Jo Birkmyre	Eastbourne Rovers AC	EAST	EAST/BDY	F50	122	NSF3	234
275	844	00:53:29	Steve Power	Hastings	NS	NS	M55	NS	NS	NS
276	825	00:53:35	David Pettitt	Uckfield Runners	UCK	HTH/UCK	M55	117	M403	235
277	142	00:53:39	Kerry Kipling	Portslade Hedgehoppers	HEDGE	HEDGE	F55	121	F501	236
278	450	00:53:41	Ashley Box	Crowborough Runners	CROW	CROW	M55	116	NS	NS
279	187	00:53:42	Katie Perkins	RunWednesdays	RUNW	RUNW	F45	120	NSF2	237
280	290	00:53:45	Mark Wardle	Tri Tempo	TRIT	PPSST	M60	115	NS	NS
281	174	00:53:48	Amelia Jameson-Allen	RunWednesdays	RUNW	RUNW	SF	119	NSF3	238
282	130	00:54:17	Debra Crisp	Portslade Hedgehoppers	HEDGE	HEDGE	F55	118	F502	239
283	158	00:54:24	Mary Austin-Olsen	RunWednesdays	RUNW	RUNW	F70	117	F601	240
284	451	00:54:26	Marco Brivio	Crowborough Runners	CROW	CROW	M40	114	NS	NS
285	475	00:54:30	Pearl Manser	Crowborough Runners	CROW	CROW	F60	116	F601	241
286	320	00:54:34	Peter Burfoot	Wadhurst Runners	WAD	WAD	M70	113	M602	242
287	577	00:54:43	Victoria Little	Hailsham Harriers	HAIL	HAIL	F45	115	NSF2	243
288	581	00:54:44	Abigail Morris	Hailsham Harriers	HAIL	HAIL	SF	114	NSF3	244
289	18	00:54:47	Patrick Donovan	Lewes AC	LEW	LEW	M55	112	NS	NS
290	166	00:55:21	Nicola Davie	RunWednesdays	RUNW	RUNW	F50	113	F502	245
291	163	00:55:22	Sarah Case	RunWednesdays	RUNW	RUNW	F50	112	NSF4	246
292	172	00:55:22	Evelyn Griffiths	RunWednesdays	RUNW	RUNW	F55	111	NS	NS
293	180	00:55:23	Sally Mason	RunWednesdays	RUNW	RUNW	F50	110	NS	NS
294	849	00:55:38	Adrian Pope	Vegan Running Club	NS	NS	M60	NS	NS	NS
295	16	00:55:45	Julie Deakin	Lewes AC	LEW	LEW	F60	109	F602	247
296	352	00:55:53	Eleanor Wigram	Wadhurst Runners	WAD	WAD	F60	108	F602	248
297	846	00:56:03	N Bennington	Lewes AC	LEW	LEW	F60	107	NSF4	249
298	458	00:56:09	Ron Cutbill	Crowborough Runners	CROW	CROW	M65	111	NS	NS
299	310	00:56:13	James Kilvington	Uckfield Runners	UCK	HTH/UCK	M50	110	SM2	250
300	604	00:56:16	Felicity Williams	Hailsham Harriers	HAIL	HAIL	F55	106	F502	251
301	862	00:56:20	Samantha Barden	Peacehaven Run Club	PEACEH	PPSST	F35	105	NS	NS
302	852	00:56:31	Paul Crawley	Uckfield Runners	UCK	HTH/UCK	M55	109	SM3	252

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303	265	00:57:19	Karen Jaques	Team Bodyworks	BDY	EAST/BDY	F55		104	NSF4		253
304	221	00:57:34	Jane Kemp	Seaford Striders	SEAF	PPSST	F40		103	NS	NS	
305	834	00:57:37	Charles Atkinson		-	NS	NS	M50	NS	NS		
306	816	00:57:39	Giles Clark	Wadhurst Runners	WAD	WAD	M65		108	M503		254
307	304	00:57:40	Stephen Green	Uckfield Runners	UCK	HTH/UCK	M55		107	SM4		255
308	97	00:58:11	Helen Furlong	Peacehaven Run Club	PEACEH	PPSST	F65		102	F602		256
309	437	00:58:18	Julian Mills	Central Park Athletics	CPA	CPA	M60		106	M601		257
310	315	00:58:23	Christine Tait	Uckfield Runners	UCK	HTH/UCK	F65		101	F602		258
311	479	00:58:26	Sally McCleverty	Crowborough Runners	CROW	CROW	F65		100	F602		259
312	203	00:59:32	Rosalind Wilkins	RunWednesdays	RUNW	RUNW	F50		99	NS	NS	
313	288	00:59:44	Rachael Stephens	Tri Tempo	TRIT	PPSST	F50		98	NS	NS	
314	664	00:59:57	Vanessa Gray	Heathfield Runners	HEAT	HTH/UCK	F55		97	F502		260
315	126	01:00:08	Val Brockwell	Portslade Hedgehoppers	HEDGE	HEDGE	F70		96	F601		261
316	333	01:00:09	Alistair Howitt	Wadhurst Runners	WAD	WAD	M70		105	M402		262
317	480	01:00:37	Jayne Meyers	Crowborough Runners	CROW	CROW	F60		95	NS	NS	
318	286	01:00:45	Dee Poole	Tri Tempo	TRIT	PPSST	F55		94	NS	NS	
319	353	01:00:56	Iain Willatt	Wadhurst Runners	WAD	WAD	M65		104	M403		263
320	68	01:01:33	Adrian Thompson	Lewes AC	LEW	LEW	M65		103	NS	NS	
321	642	01:01:43	Yock Lin Richardson	Hastings Runners	HR	HR/HAC	F70		93	SF2		264
322	622	01:01:50	Jo Edwards	Hastings Runners	HR	HR/HAC	F60		92	NSF1		265
323	337	01:01:58	Albert Kemp	Wadhurst Runners	WAD	WAD	M70		102	SM3		266
324	682	01:02:16	Lu Sanchez	Seaford Striders	SEAF	PPSST	F55		91	NS	NS	
325	305	01:02:55	Laura Grove	Uckfield Runners	UCK	HTH/UCK	F45		90	F402		267
326	294	01:02:55	Sue Collett	Uckfield Runners	UCK	HTH/UCK	F45		89	SF1		268
327	830	01:02:58	Charlotte Webb		-	NS	NS	SF	NS	NS	NS	
328	192	01:03:20	Claire Shimmons	RunWednesdays	RUNW	RUNW	F45		88	NS	NS	
329	179	01:04:28	Melissa Marshall	RunWednesdays	RUNW	RUNW	F45		87	NS	NS	
330	661	01:04:39	Lorraine Diplock	Heathfield Runners	HEAT	HTH/UCK	F55		86	SF2		269
331	477	01:04:41	Shirley Matthews	Crowborough Runners	CROW	CROW	F65		85	NS	NS	
332	443	01:04:59	Bob Archer	Crowborough Runners	CROW	CROW	M70		101	NS	NS	
333	190	01:05:30	Samantha Ramsden	RunWednesdays	RUNW	RUNW	F55		84	NS	NS	
334	673	01:05:37	Gilly Nickols	Heathfield Runners	HEAT	HTH/UCK	F60		83	NSF1		270
335	177	01:05:49	Anne Lozach	RunWednesdays	RUNW	RUNW	F50		82	NS	NS	
336	464	01:07:55	Julie Erxleben	Crowborough Runners	CROW	CROW	F60		81	NS	NS	
337	186	01:08:23	Rebekah Padgham	RunWednesdays	RUNW	RUNW	SF		80	NS	NS	
338	397	01:08:45	Christine Sage	Bexhill Run Tri	BEX	BEX	F65		79	F602		271
339	395	01:08:45	Dave Oxbrow	Bexhill Run Tri	BEX	BEX	M70		100	M602		272
340	814	01:09:50	Catherine Carr		-	NS	NS	F55	NS	NS	NS	
341	200	01:15:12	Jade Turner	RunWednesdays	RUNW	RUNW	F45		78	NS	NS	
342	199	01:15:12	Emma Trenaman	RunWednesdays	RUNW	RUNW	F45		77	NS	NS	
343	771	01:23:52	Graham Pearson	Hailsham Harriers	HAIL	HAIL	M50		99	NSM2		273
DNF												
	95		Anne Caruthers	Peacehaven Run Club		PEACEH						
	112		Aaron Trowell	Peacehaven Run Club		PEACEH						