

HANGOVER 5 – SENIOR RACE RESULTS

Position	Gender Position	Race Number	Time	First Name	Last Name	Gender	Club
1	1	183	31:53	Graham	Russ	Male	Steyning AC
2	2	307	33:02	Glenn	Mitchell	Male	Saints and Sinners
3	3	293	33:11	Tom	Brown	Male	Henfield Joggers
4	4	174	33:19	Matthew	Windham	Male	Portslade Hedgehoppers
5	5	279	33:20	Mikeey	Kwoka	Male	Chichester Runners
6	6	208	33:53	Matt	Mason	Male	Horsham Joggers
7	7	288	34:10	Marcus	Kimmins	Male	Haywards Heath Harriers
8	8	276	34:23	Wesley	Adams	Male	Chichester Runners
9	9	222	34:24	Max	Blackburn	Male	Arunners
10	10	178	34:37	Joseph	Amess	Male	Steyning AC
11	11	318	34:49	Simon	Turk	Male	Steyning AC
12	12	71	35:03	Simon	Perkins	Male	Horsham Joggers
13	13	436	35:23	Joe	Lunt	Male	Lewes AC
14	14	423	35:28	Colin	Bennett	Male	Lewes AC
15	15	84	35:47	Nik	Barter	Male	Lancing Eagles
16	16	306	36:06	Wayne	Kingsnorth	Male	Saints and Sinners
17	17	127	36:12	Sean	Jordan	Male	Crawley Run Crew
18	18	77	36:13	Andy	Hind	Male	Haywards Heath Harriers
19	19	111	36:18	Roger	Norris	Male	Lancing Eagles
20	1	347	36:24	Lucie	Bourne	Female	Hove Hornets
21	20	109	36:49	Lloyd	Meheux	Male	Lancing Eagles
22	21	287	36:54	Greg	Hilton	Male	Haywards Heath Harriers
23	22	374	36:55	Rob	Swaine	Male	Steyning AC
24	23	240	36:56	Craig	Partridge	Male	Arunners
25	24	236	37:06	Connor	Leeding	Male	Arunners
26	25	49	37:09	Paul	Luttman	Male	Saints and Sinners
27	26	196	37:13	Paul	Quinnell	Male	Fittleworth Flyers
28	2	82	37:20	Charlotte	Reading	Female	Chichester Runners
29	27	343	37:27	Matthew	Wilson	Male	Worthing Harriers
30	3	161	37:27	Geraldine	Moffat	Female	Portslade Hedgehoppers
31	28	209	37:29	Luke	Minogue	Male	Horsham Joggers
32	29	506	37:33	Michael	Ussher	Male	Lewes AC
33	30	119	37:37	Sam	Bacon	Male	Crawley Run Crew
34	31	487	37:37	Nicky	Wilson	Male	Swim-1st Triathlon
35	32	146	37:45	Simon	Coppard	Male	Portslade Hedgehoppers
36	33	495	37:48	Mark	Walford	Male	Tuff Fitty
37	34	309	37:49	Dan	Smiles	Male	Saints and Sinners
38	4	105	38:00	Jenny	McBride	Female	Lancing Eagles
39	35	499	38:03	Simon	Thistlethwaite	Male	Tuff Fitty
40	5	80	38:07	Grace	Willis	Female	Chichester Runners
41	36	339	38:20	Mike	Skinner	Male	Worthing Harriers
42	37	7	38:22	Malcolm	Footer	Male	Horsham Joggers
43	6	322	38:29	Emily	Carman	Female	Worthing Harriers
44	38	95	38:30	Keir	Heyman	Male	Lancing Eagles
45	39	199	38:32	Mark	Alger	Male	Horsham Joggers
46	40	106	38:37	Neil	McBride	Male	Lancing Eagles
47	41	6	38:39	Gareth	Sear	Male	Horsham Joggers
48	42	400	38:42	Mike	Osmon	Male	Worthing Striders
49	43	305	38:46	Ed	Duke	Male	Saints and Sinners
50	44	332	38:48	Garrick	Henty	Male	Worthing Harriers
51	45	359	38:49	Ryan	Johnstone	Male	Hove Hornets
52	46	333	38:59	John	Henty	Male	Worthing Harriers
53	47	260	39:04	Oliver	Day	Male	Burgess Hill Runners
54	7	341	39:05	Laila	Hellyer	Female	Worthing Harriers
55	48	191	39:08	Daniel	Mounce	Male	Steyning AC
56	49	340	39:14	Andrew	Spells	Male	Worthing Harriers
57	50	231	39:16	Jonathan	Daymond	Male	Arunners
58	51	245	39:17	Andrew	Stadden	Male	Arunners

Position	Gender Position	Race Number	Time	First Name	Last Name	Gender	Club
59	52	263	39:19	Travis	Golbey	Male	Burgess Hill Runners
60	8	327	39:23	Lillie	Hellyer	Female	Worthing Harriers
61	53	148	39:24	Andy	Elphick	Male	Portslade Hedgehoppers
62	54	321	39:24	Tim	Bushby	Male	Worthing Harriers
63	55	320	39:35	Simon	Belton	Male	Worthing Harriers
64	56	363	39:40	Mark	McFarlane	Male	Hove Hornets
65	57	292	39:43	Chris	Brown	Male	Henfield Joggers
66	58	408	39:50	Josh	Barnham	Male	West Worthing Runners
67	9	31	39:52	Rachael	Overton	Female	Haywards Heath Harriers
68	59	317	40:03	Nathan	Rye	Male	Steyning AC
69	60	169	40:11	Mike	Robson	Male	Portslade Hedgehoppers
70	61	453	40:15	Philip	Westbury	Male	Lewes AC
71	62	336	40:25	Cameron	McLatchie	Male	Worthing Harriers
72	63	451	40:30	Mark	Stainthorpe	Male	Lewes AC
73	10	417	40:33	Emily	Muddimer	Female	West Worthing Runners
74	64	68	40:41	Simon	Markham	Male	Horsham Joggers
75	65	120	40:42	Alberto	Da Re	Male	Crawley Run Crew
76	11	368	40:47	Xenia	Parsons	Female	Hove Hornets
77	12	370	40:47	Phoebe	Walters	Female	Hove Hornets
78	66	391	40:50	Stephen	Fryer	Male	Worthing Striders
79	67	369	40:51	Dan	Peters	Male	Hove Hornets
80	68	186	40:58	Simon	Robinson	Male	Haywards Heath Harriers
81	69	416	41:03	Craig	Lynch	Male	West Worthing Runners
82	70	331	41:15	Lee	Gulliver	Male	Worthing Harriers
83	71	291	41:19	Ben	Brown	Male	Henfield Joggers
84	72	1	41:21	James	Smyth	Male	Haywards Heath Harriers
85	73	337	41:28	Chris	Rowe	Male	Worthing Harriers
86	74	349	41:29	Matthew	Dougan	Male	Hove Hornets
87	75	389	41:33	Harry	Foster	Male	Worthing Striders
88	13	176	41:34	Victoria	Berrington	Female	Steyning AC
89	14	430	41:34	Amy	Dunn	Female	Lewes AC
90	76	202	41:36	Ian	Dickinson	Male	Horsham Joggers
91	77	89	41:41	Adam	Collard	Male	Lancing Eagles
92	78	442	41:48	Dominic	Osman-Allu	Male	Lewes AC
93	79	149	41:53	Harvey	McLeod	Male	Portslade Hedgehoppers
94	80	356	41:57	Mike	Howard	Male	Hove Hornets
95	81	280	42:20	Stuart	Loxton	Male	Chichester Runners
96	15	182	42:23	Emma	Russ	Female	Steyning AC
97	82	102	42:25	Mark	Kennard	Male	Lancing Eagles
98	83	220	42:32	Florian	Yeates	Male	Horsham Joggers
99	84	185	42:38	David	Harper	Male	Haywards Heath Harriers
100	85	110	42:40	Burton	Munday	Male	Lancing Eagles
101	86	168	42:44	Chris	Richards	Male	Portslade Hedgehoppers
102	87	314	42:45	Lee	Oxley	Male	Steyning AC
103	16	157	42:46	Jo	Mabbitt	Female	Portslade Hedgehoppers
104	88	223	42:48	Timothy	Boone	Male	Arunners
105	89	403	42:50	Will	Shand	Male	Worthing Striders
106	90	302	42:51	Pugs	Reeves	Male	Henfield Joggers
107	17	19	42:57	Michele	Nixon	Female	Saints and Sinners
108	91	326	43:26	Kevin	Danton	Male	Worthing Harriers
109	92	407	43:29	Darren	Winter	Male	Worthing Striders
110	18	269	43:30	Annette	Maynard	Female	Burgess Hill Runners
111	93	338	43:33	Michael	Rowe	Male	Worthing Harriers
112	94	360	43:34	Nick	Lee	Male	Hove Hornets
113	19	100	43:44	Sue	Jones	Female	Lancing Eagles
114	20	330	43:44	Laura	Greenhead	Female	Worthing Harriers
115	21	441	43:46	Sally	Norris	Female	Lewes AC
116	95	128	43:49	Joe	Lavery	Male	Crawley Run Crew
117	96	474	43:51	Alex	Gilbert	Male	

Position	Gender Position	Race Number	Time	First Name	Last Name	Gender	Club
118	97	501	43:58	Lathaen	Baylis	Male	
119	98	393	44:00	Greg	Head	Male	Worthing Striders
120	99	355	44:02	Mark	Heath	Male	Hove Hornets
121	100	159	44:06	Dave	Maskell	Male	Portslade Hedgehoppers
122	101	390	44:15	Keith	Fowler	Male	Worthing Striders
123	102	256	44:19	Andrew	Bishop	Male	Burgess Hill Runners
124	22	177	44:20	Camilla	Bishop	Female	Steyning AC
125	103	150	44:20	Nathan	Gale	Male	Portslade Hedgehoppers
126	104	144	44:27	Gary	Chan	Male	Portslade Hedgehoppers
127	23	180	44:35	Lydia	Jordan	Female	Steyning AC
128	105	247	44:36	Dale	Till	Male	Arunners
129	106	366	44:40	Richard	Burrell-Ashbee	Male	Hove Hornets
130	24	44	44:42	Elizabeth	Robinson	Female	Chichester Runners
131	107	238	44:45	Clive	Mills	Male	Arunners
132	108	204	44:46	Tony	Hogben	Male	Horsham Joggers
133	109	75	44:50	Ian	Greenaway	Male	Saints and Sinners
134	25	69	44:51	Anna	McLaughlan	Female	Horsham Joggers
135	110	25	44:55	Steve	Baker	Male	Saints and Sinners
136	111	422	45:00	Matt	Lambert	Male	Hove Hornets
137	26	310	45:03	Moyra	Amess	Female	Steyning AC
138	27	348	45:03	Leanne	Day-Sheriff	Female	Hove Hornets
139	112	50	45:04	Paul	Ford	Male	Chichester Runners
140	113	94	45:08	Alex	Gathern	Male	Lancing Eagles
141	114	201	45:08	Dave	Dawson	Male	Horsham Joggers
142	28	32	45:09	Abigail	Redd	Female	Haywards Heath Harriers
143	115	253	45:13	Steven	Barrett	Male	Burgess Hill Runners
144	116	152	45:16	John	Babajide	Male	Portslade Hedgehoppers
145	29	427	45:17	Tamsyn	d'Arienzo	Female	Lewes AC
146	30	491	45:19	Emma	Nobes	Female	Arunners
147	117	452	45:20	Matt	Stainthorpe	Male	Lewes AC
148	31	42	45:22	Hannah	Lavender	Female	Saints and Sinners
149	118	113	45:27	Ian	Peters	Male	Lancing Eagles
150	119	175	45:29	Tony	Wright	Male	Portslade Hedgehoppers
151	120	154	45:31	Denis	Jenkins	Male	Portslade Hedgehoppers
152	32	385	45:33	Hannah	Buckthorpe	Female	Worthing Striders
153	121	179	45:35	Steve	Jones	Male	Steyning AC
154	33	11	45:37	Laura	Luxton	Female	Horsham Joggers
155	122	214	45:40	Alan	Pettitt	Male	Horsham Joggers
156	123	431	45:44	David	Foster	Male	Lewes AC
157	124	155	45:47	Michael	Jones	Male	Portslade Hedgehoppers
158	34	211	45:50	Lilian	Tse	Female	Horsham Joggers
159	35	492	45:51	Catherine	Bradley	Female	Hove Hornets
160	125	435	45:52	Bob	Hughes	Male	Lewes AC
161	126	206	45:56	James	Klanczkowski	Male	Horsham Joggers
162	127	43	45:57	Mark	Lavender	Male	Saints and Sinners
163	36	424	45:58	Helena	Bowman	Female	Lewes AC
164	37	28	46:03	Nadia	Anderson	Female	Chichester Runners
165	38	493	46:10	Nuala	Smyth	Female	Arunners
166	128	254	46:15	Daniel	Belton	Male	Burgess Hill Runners
167	129	494	46:18	Robert	Swan	Male	Horsham Joggers
168	130	41	46:23	Martyn	Flint	Male	Saints and Sinners
169	131	394	46:23	Alex	Hoad	Male	Worthing Striders
170	132	9	46:24	Matthew	Horne	Male	Horsham Joggers
171	133	402	46:31	Alex	Owen	Male	Worthing Striders
172	39	93	46:33	Simone	Cuthbert	Female	Lancing Eagles
173	134	46	46:34	Peter	Sullivan	Male	Chichester Runners
174	135	156	46:39	Richard	Guest	Male	Portslade Hedgehoppers
175	40	48	46:44	Rebecca	Flint	Female	Saints and Sinners
176	136	262	46:48	Stephen	Divers	Male	Burgess Hill Runners

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177	137	142	46:50	Phil	Gale	Male	Portslade Hedgehoppers
178	41	34	46:51	Cara	Law	Female	Saints and Sinners
179	42	14	46:53	Jo	Tomlinson	Female	Horsham Joggers
180	43	335	46:57	Janice	Lockyer	Female	Worthing Harriers
181	138	382	46:58	Simon	Bain	Male	Worthing Striders
182	139	125	47:05	Adam	Holloway	Male	Crawley Run Crew
183	140	252	47:06	Hugh	Wastnage	Male	Arunners
184	44	197	47:08	Linda	Tombs	Female	Fittleworth Flyers
185	141	53	47:08	Richard	Caddy	Male	Haywards Heath Harriers
186	142	33	47:13	Phil	Scott	Male	Haywards Heath Harriers
187	45	467	47:24	Jennie	Brown	Female	
188	143	16	47:27	Richard	Bryant	Male	Saints and Sinners
189	144	277	47:29	Peter	Dunne	Male	Chichester Runners
190	145	489	47:30	Colin	Simpson	Male	Tuff Fitty
191	46	57	47:31	Gemma	Morgan	Female	Haywards Heath Harriers
192	146	421	47:32	Simon	Fitzpatrick	Male	Haywards Heath Harriers
193	47	55	47:42	Clare	Kenward	Female	Haywards Heath Harriers
194	48	446	47:44	Sarah	Robinson	Female	Lewes AC
195	49	251	47:49	Evie	Wastnage	Female	Arunners
196	50	215	47:58	Jade	Millar	Female	Horsham Joggers
197	147	284	48:01	David	Clark	Male	Crawley Run Crew
198	148	86	48:03	Tony	Blayden	Male	Lancing Eagles
199	149	378	48:05	Wim	Amir	Male	Chichester Runners
200	150	323	48:06	Darren	Chatfield	Male	Worthing Harriers
201	151	444	48:06	Andy	Perris	Male	Lewes AC
202	152	233	48:07	Joe	Elliott	Male	Arunners
203	51	117	48:08	Amanda	Godfrey	Female	Chichester Runners
204	153	122	48:11	Dean	Frazer	Male	Crawley Run Crew
205	154	286	48:20	Paul	Cousins	Male	Haywards Heath Harriers
206	52	373	48:25	Shona	Halsall	Female	Steyning AC
207	155	315	48:26	Ray	Powell	Male	Steyning AC
208	53	85	48:30	Laura	Bazille	Female	Lancing Eagles
209	156	395	48:32	Ross	Holmes	Male	Worthing Striders
210	157	104	48:33	John	Little	Male	Lancing Eagles
211	158	37	48:35	Matt	De Lacy	Male	Chichester Runners
212	159	13	48:47	Richard	Barron	Male	Horsham Joggers
213	160	405	48:48	Dan	Watkins	Male	Worthing Striders
214	161	426	48:52	Andrew	Chitty	Male	Lewes AC
215	162	167	49:02	Paul	Rawlinson	Male	Portslade Hedgehoppers
216	163	35	49:03	James	Mason	Male	Saints and Sinners
217	54	481	49:06	Ella	Humby	Female	
218	55	458	49:07	Sarah	Webb	Female	Worthing Gazelles
219	164	217	49:13	Maldwyn	Thornton	Male	Horsham Joggers
220	165	504	49:14	Jason	Flowers	Male	Worthing Striders
221	166	234	49:15	Rob	Elliott	Male	Arunners
222	167	275	49:17	Graham	Clayton	Male	
223	168	181	49:24	Brian	Mason	Male	Steyning AC
224	56	38	49:25	Paivi	Leivo	Female	Chichester Runners
225	169	468	49:26	Stephen	Brown	Male	
226	170	377	49:29	Mike	Moorcroft	Male	Chichester Runners
227	171	490	49:40	Mark	Sole	Male	Tuff Fitty
228	57	342	49:42	Katia	Vamvakiti	Female	Worthing Harriers
229	172	27	49:43	Peter	Anderson	Male	Chichester Runners
230	173	319	49:47	Warren	Beeke	Male	Worthing Harriers
231	58	325	49:51	Kate	Cooper	Female	Worthing Harriers
232	174	205	50:05	Damon	Hughes	Male	Horsham Joggers
233	59	166	50:06	Charlotte	Rawlinson	Female	Portslade Hedgehoppers
234	175	345	50:09	David	Hodgkin	Male	Henfield Joggers
235	60	158	50:10	Europa	Malynicz	Female	Portslade Hedgehoppers

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236	176	271	50:11	Chris	Page	Male	Burgess Hill Runners
237	177	187	50:12	Andrew	Bullock	Male	Saints and Sinners
238	61	140	50:17	Gill	Cammack	Female	Portslade Hedgehoppers
239	178	171	50:18	Ben	Walsh	Male	Portslade Hedgehoppers
240	179	296	50:19	Andy	Fountain	Male	Henfield Joggers
241	62	285	50:21	Shelley	Meyern	Female	Crawley Run Crew
242	180	278	50:22	Jan	Hill	Male	Chichester Runners
243	181	189	50:30	Ian	Gurling	Male	Saints and Sinners
244	182	497	50:31	James	Harmston	Male	Run Academy Worthing
245	183	66	50:34	Carl	Laver	Male	Horsham Joggers
246	63	228	50:35	Louise	Clifford	Female	Arunners
247	184	229	51:05	Sam	Confrey	Male	Arunners
248	185	143	51:23	Neal	Cass	Male	Portslade Hedgehoppers
249	186	464	51:25	Russell	Banks	Male	
250	187	324	51:33	Andy	Collings	Male	Worthing Harriers
251	188	351	51:39	Deni	Elsden	Male	Hove Hornets
252	189	364	51:45	Mike	Miller	Male	Hove Hornets
253	64	162	51:47	Leah	Nimz	Female	Portslade Hedgehoppers
254	190	116	51:50	Guido	Tapia	Male	Lancing Eagles
255	191	380	51:56	John	Miles	Male	Chichester Runners
256	192	250	51:57	Marcus	Vine	Male	Arunners
257	193	259	52:03	Nigel	Cruttenden	Male	Burgess Hill Runners
258	194	72	52:08	Andrew	Wright	Male	Horsham Joggers
259	195	283	52:19	Sean	Butterfield	Male	Crawley Run Crew
260	196	454	52:19	James	Hedley	Male	Burgess Hill Runners
261	197	357	52:46	Nick	Jackson-Smith	Male	Hove Hornets
262	198	470	52:48	Arungandhi	Chinnasamy	Male	
263	65	92	52:56	Kate	Custis	Female	Lancing Eagles
264	66	300	53:01	Christina	Lyon	Female	Henfield Joggers
265	67	130	53:03	Caroline	Robins	Female	Crawley Run Crew
266	199	160	53:21	James	Millen	Male	Portslade Hedgehoppers
267	200	328	53:26	Ian	Foster	Male	Worthing Harriers
268	201	311	53:30	Jon	Barker	Male	Steyning AC
269	68	192	53:32	Nicola	Pettitt	Female	Steyning AC
270	69	26	53:35	Mary	Freestone	Female	Saints and Sinners
271	202	383	53:37	Dan	Barnett	Male	Worthing Striders
272	203	358	53:39	Simon	Jenner	Male	Hove Hornets
273	204	88	53:42	Josh	Cable	Male	Lancing Eagles
274	205	266	53:45	Phil	Latham	Male	Burgess Hill Runners
275	70	257	53:45	Nicky	Callus	Female	Burgess Hill Runners
276	71	264	53:55	Chania	Hemsley-Smith	Female	Burgess Hill Runners
277	72	107	53:56	Sharon	McHale	Female	Lancing Eagles
278	206	438	53:57	Peter	Miller	Male	Lewes AC
279	207	459	53:59	Kieran	Harris	Male	Worthing Striders
280	73	372	54:07	Alice	Amess	Female	Steyning AC
281	74	503	54:11	Anna	Barnes	Female	Crawley Run Crew
282	75	255	54:26	Jill	Bennett	Female	Burgess Hill Runners
283	208	30	54:35	Richard	Jobling	Male	Haywards Heath Harriers
284	76	267	54:38	Jayne	Leaney	Female	Burgess Hill Runners
285	209	21	54:40	Jim	Scott	Male	Saints and Sinners
286	210	207	54:50	Marcus	Leach	Male	Horsham Joggers
287	77	449	55:10	Bev	Sheridan	Female	Lewes AC
288	211	447	55:12	Richard	Rudd	Male	Lewes AC
289	212	224	55:13	Gavin	Booth	Male	Arunners
290	213	243	55:15	Ian	Reader	Male	Arunners
291	78	265	55:19	Katherine	Hughes	Female	Burgess Hill Runners
292	214	471	55:20	James	Colver	Male	
293	215	56	55:29	Graham	Kenward	Male	Haywards Heath Harriers
294	216	297	55:31	David	Hughes	Male	Henfield Joggers

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295	217	418	55:35	Tony	Pearce	Male	West Worthing Runners
296	218	386	55:41	Christopher	Cole	Male	Worthing Striders
297	79	172	55:42	Karen	Walsh	Female	Portslade Hedgehoppers
298	80	164	55:42	Erica	Partridge	Female	Portslade Hedgehoppers
299	81	54	55:45	Sarah	Hamilton	Female	Haywards Heath Harriers
300	219	483	55:46	Mark	Mellish	Male	Run Academy Worthing
301	82	415	55:54	Clair	Lynch	Female	West Worthing Runners
302	83	388	55:54	Natalie	Evans	Female	Worthing Striders
303	220	469	56:00	Chris	Bullock	Male	
304	84	216	56:03	Helen	Woods	Female	Horsham Joggers
305	85	367	56:05	Georgina	Pacelli	Female	Hove Hornets
306	86	465	56:07	Charley	Boswell	Female	
307	87	392	56:11	Tracey	Goult	Female	Worthing Striders
308	88	460	56:14	Vanessa	Green	Female	Tuff Fitty
309	221	58	56:20	Michael	Parish	Male	Haywards Heath Harriers
310	89	151	56:24	Julie	Gregory	Female	Portslade Hedgehoppers
311	222	59	56:27	Philip	Beaken	Male	Horsham Joggers
312	90	51	56:28	Sue	Baker	Female	Chichester Runners
313	91	432	56:30	Emma	Gardner	Female	Lewes AC
314	223	47	56:42	Nick	Baker	Male	Saints and Sinners
315	92	190	56:43	Louise	Mitchell	Female	Saints and Sinners
316	93	70	56:55	Sue	Newman	Female	Horsham Joggers
317	94	103	56:56	Kate	Lassman	Female	Lancing Eagles
318	95	188	56:59	Sharon	Chladek	Female	Saints and Sinners
319	96	62	57:02	Karen	England	Female	Horsham Joggers
320	97	352	57:08	Cathy	Fall	Female	Hove Hornets
321	224	450	57:10	Hugh	St John	Male	Lewes AC
322	225	248	57:14	Duncan	Toms	Male	Arunners
323	98	200	57:22	Joanne	Bull	Female	Horsham Joggers
324	99	488	57:23	Vicki	Hedger	Female	Tuff Fitty
325	226	2	57:38	Paul	Crowe	Male	Henfield Joggers
326	100	138	57:40	Val	Brockwell	Female	Portslade Hedgehoppers
327	101	239	57:43	Abbi	O'Neill	Female	Arunners
328	102	480	57:44	Tina	Hudson	Female	
329	227	479	57:45	Kevin	Hudson	Male	
330	103	137	58:18	Jasmine	Bennett	Female	Portslade Hedgehoppers
331	104	124	58:22	Carolyn	Hartfield	Female	Crawley Run Crew
332	228	123	58:22	Henry	Harris	Male	Crawley Run Crew
333	105	139	58:23	Shawna	Brookman	Female	Portslade Hedgehoppers
334	106	411	58:25	Francesca	Crockford	Female	West Worthing Runners
335	107	270	58:27	Jane	Owen	Female	Burgess Hill Runners
336	108	226	58:29	Juliett	Cassidy	Female	Arunners
337	109	29	58:29	Marion	Hemsworth	Female	Haywards Heath Harriers
338	110	230	58:30	Liz	Crockford	Female	Arunners
339	111	63	58:32	Clare	Gray	Female	Horsham Joggers
340	112	235	59:04	Olivia	French	Female	Arunners
341	113	17	59:08	Clare	Hall	Female	Saints and Sinners
342	114	20	59:27	Louise	Redgrave	Female	Saints and Sinners
343	115	131	59:34	Fiona	Tek	Female	Crawley Run Crew
344	116	414	59:37	Sarah	Lloyd	Female	West Worthing Runners
345	229	399	59:44	Fraser	Macdonald	Male	Worthing Striders
346	230	153	59:49	Peter	Hedgethorne	Male	Portslade Hedgehoppers
347	231	301	59:54	Ian	Newbold	Male	Henfield Joggers
348	117	10	1:00:02	Mary	Klanczkowski	Female	Horsham Joggers
349	118	303	1:00:24	Daisy	Stoddart	Female	Henfield Joggers
350	119	60	1:00:28	Yuko	Casey	Female	Horsham Joggers
351	120	419	1:00:43	Debbie	Peters	Female	West Worthing Runners
352	121	289	1:00:50	Emma	Pryor	Female	Haywards Heath Harriers
353	122	67	1:00:52	Helen	Mallows	Female	Horsham Joggers

Position	Gender Position	Race Number	Time	First Name	Last Name	Gender	Club
354	123	12	1:00:57	Amanda	Sullivan	Female	Horsham Joggers
355	124	232	1:01:49	Marian	Drew	Female	Arunners
356	232	212	1:01:59	Geoff	Noble	Male	Horsham Joggers
357	233	173	1:02:03	Andrew	Wilkinson	Male	Portslade Hedgehoppers
358	234	98	1:02:06	Ian	Hughes	Male	Lancing Eagles
359	125	147	1:02:10	Sonia	Edwards	Female	Portslade Hedgehoppers
360	126	381	1:02:12	Katy	B	Female	Worthing Striders
361	127	313	1:02:19	Lyndsey	Nash	Female	Steyning AC
362	128	316	1:02:20	Carly	Pretty	Female	Steyning AC
363	129	8	1:02:30	Christina	Harrison	Female	Horsham Joggers
364	130	433	1:02:35	Abbie	Hills	Female	Lewes AC
365	131	298	1:02:42	Jennie	Hughes	Female	Henfield Joggers
366	132	412	1:02:54	Jordy	Evans	Female	West Worthing Runners
367	133	312	1:02:57	Liz	Claridge	Female	Steyning AC
368	134	83	1:03:00	Sue	Acaster	Female	Lancing Eagles
369	135	99	1:03:13	Claire	Johnson	Female	Lancing Eagles
370	136	76	1:03:14	Nina	Ware	Female	Saints and Sinners
371	137	384	1:03:29	Michelle	Maxim	Female	Worthing Striders
372	235	78	1:03:31	Carys	Hind	Male	Haywards Heath Harriers
373	138	5	1:03:34	Stephanie	Charman	Female	Horsham Joggers
374	139	74	1:03:54	Theresa	Donohue	Female	Saints and Sinners
375	140	456	1:04:06	Danielle	Mussellwhite	Female	Horsham Joggers
376	141	361	1:04:06	Sorcha	Lee	Female	Hove Hornets
377	142	135	1:04:11	Sarah	Palmer	Female	Lancing Eagles
378	143	409	1:04:27	Helen	Black	Female	West Worthing Runners
379	144	121	1:04:39	Angela	Frazer	Female	Crawley Run Crew
380	145	420	1:04:45	Gemma	Shaw	Female	West Worthing Runners
381	146	346	1:05:03	Kathy	Sealy	Female	Henfield Joggers
382	147	141	1:05:11	Denise	Cording	Female	Portslade Hedgehoppers
383	236	198	1:05:26	Martin	Ward	Male	Fittleworth Flyers
384	237	136	1:05:53	Mike	Airey	Male	Portslade Hedgehoppers
385	148	221	1:06:05	Debbie	Birch	Female	Arunners
386	238	195	1:06:06	Nigel	Porter	Male	Fittleworth Flyers
387	239	45	1:06:17	Ian	Stevens	Male	Chichester Runners
388	149	401	1:06:26	Siân	Osmon	Female	Worthing Striders
389	150	213	1:06:28	Viv	Underhill	Female	Horsham Joggers
390	240	334	1:06:29	Simon	Lewis	Male	Worthing Harriers
391	151	115	1:06:35	Yian	Solomon	Female	Lancing Eagles
392	241	193	1:06:44	Stephen	Colwell	Male	Fittleworth Flyers
393	152	371	1:06:46	Allison	Willmore	Female	Hove Hornets
394	242	428	1:06:47	Johnny	Denis	Male	Lewes AC
395	153	295	1:06:48	Emma	Budd	Female	Henfield Joggers
396	154	24	1:06:48	Theresa	Wright	Female	Saints and Sinners
397	243	23	1:06:51	Luke	Taylor	Male	Saints and Sinners
398	155	484	1:06:56	Melanie	Mitchell	Female	
399	244	308	1:07:14	Trevor	Montague	Male	Saints and Sinners
400	245	249	1:07:32	Kevin	Valentine	Male	Arunners
401	246	52	1:07:38	Richard	Bates	Male	Haywards Heath Harriers
402	156	365	1:07:45	Rebecca	Miller	Female	Hove Hornets
403	247	354	1:08:04	Dave	Harvey	Male	Hove Hornets
404	157	475	1:08:07	Liz	Godden	Female	
405	248	476	1:08:08	Simon	Godden	Male	
406	158	486	1:08:35	Gaynor	Toms	Female	Foxy Ladies
407	159	413	1:09:07	Myra	Jasper	Female	West Worthing Runners
408	160	410	1:09:08	Jacky	Brown	Female	West Worthing Runners
409	161	261	1:09:27	Ruth	Day	Female	Burgess Hill Runners
410	162	81	1:09:35	Vanessa	Harrold	Female	Saints and Sinners
411	163	387	1:09:49	Kellie	Ellis	Female	Worthing Striders
412	164	353	1:09:55	Karen	Hall	Female	Hove Hornets

Position	Gender Position	Race Number	Time	First Name	Last Name	Gender	Club
413	165	258	1:10:10	Theresa	Chalk	Female	Burgess Hill Runners
414	166	404	1:10:25	Anita	Watkins	Female	Worthing Striders
415	167	39	1:10:51	Wendy	Whelan	Female	Chichester Runners
416	249	397	1:11:53	Peter	Jenkins	Male	Worthing Striders
417	250	268	1:12:12	Chris	Evans	Male	Tuff Fitty
418	168	61	1:12:19	Samantha	Edwards	Female	Horsham Joggers
419	169	64	1:12:19	Sue	Hensman	Female	Horsham Joggers
420	251	241	1:12:26	Himanshu	Patel	Male	Arunners
421	170	96	1:12:28	Fiona	Hilditch	Female	Lancing Eagles
422	252	272	1:12:32	Malcolm	Slater	Male	Burgess Hill Runners
423	171	73	1:12:56	Sandrine	Yeates	Female	Horsham Joggers
424	253	273	1:13:07	Hugh	Stevenage	Male	Burgess Hill Runners
425	172	91	1:13:22	Becky	Cowen	Female	Lancing Eagles
426	254	473	1:13:23	Tony	Fowler	Male	
427	173	165	1:13:31	Griz	Phillips	Female	Portslade Hedgehoppers
428	174	496	1:14:38	Joanne	Apps	Female	
429	175	329	1:14:38	Sarah	Green	Female	Worthing Harriers
430	176	114	1:16:58	Stef	Ransley	Female	Lancing Eagles
431	177	282	1:19:26	Karen	Butterfield	Female	Crawley Run Crew
432	178	129	1:19:27	Sarah	Lucy	Female	Crawley Run Crew
433	179	350	1:21:43	Tracy	Eaton	Female	Hove Hornets
434	255	362	1:21:43	Kelvin	McDonald	Male	Hove Hornets
435	180	90	1:35:48	Cheryl	Costello	Female	Lancing Eagles