

# Senior Race, 2026

| Pos | Gender<br>Position | Time  | Bib | Name     | Surname     | Gender | Club                    | WSFRL<br>Points |
|-----|--------------------|-------|-----|----------|-------------|--------|-------------------------|-----------------|
| 1   | 1                  | 31:37 | 381 | Tom      | Teissandier | Male   | Worthing Harriers       | 10              |
| 2   | 2                  | 31:53 | 224 | Gary     | Tomlinson   | Male   | Horsham Joggers         | 10              |
| 3   | 3                  | 32:32 | 197 | Matt     | Gordon      | Male   | Horsham Joggers         | 10              |
| 4   | 4                  | 32:43 | 374 | Ethan    | Neale       | Male   | Worthing Harriers       | 10              |
| 5   | 5                  | 32:52 | 213 | Matt     | Mason       | Male   | Horsham Joggers         | 10              |
| 6   | 6                  | 32:58 | 212 | Tom      | Macdonald   | Male   | Horsham Joggers         | 10              |
| 7   | 7                  | 33:17 | 375 | James    | Neale       | Male   | Worthing Harriers       | 10              |
| 8   | 8                  | 33:23 | 134 | Phil     | Payne       | Male   | Haywards Heath Harriers | 10              |
| 9   | 9                  | 33:29 | 82  | Michael  | Kwoka       | Male   | Chichester Runners      | 10              |
| 10  | 10                 | 34:03 | 144 | Jon      | Boxall      | Male   | Henfield Joggers        | 10              |
| 11  | 11                 | 34:07 | 217 | Simon    | Perkins     | Male   | Horsham Joggers         | 10              |
| 12  | 12                 | 34:10 | 137 | Stuart   | Rowen       | Male   | Haywards Heath Harriers | 10              |
| 13  | 13                 | 34:16 | 260 | Nik      | Barter      | Male   | Lancing Eagles          | 10              |
| 14  | 14                 | 34:21 | 476 | Robyn    | Evans       | Male   | Crawley Run Crew        | 10              |
| 15  | 15                 | 34:39 | 138 | Robert   | Smith       | Male   | Haywards Heath Harriers | 10              |
| 16  | 1                  | 34:56 | 453 | Rhiannon | Navesey     | Female |                         |                 |
| 17  | 16                 | 34:58 | 222 | Mark     | Algar       | Male   | Horsham Joggers         | 10              |
| 18  | 17                 | 35:07 | 83  | David    | Lewis       | Male   | Chichester Runners      | 10              |
| 19  | 2                  | 35:10 | 464 | Nicky    | Wilson      | Female |                         |                 |
| 20  | 18                 | 35:21 | 170 | Emin     | Akbay       | Male   | Horsham Joggers         | 10              |
| 21  | 19                 | 35:36 | 122 | Matt     | Clark       | Male   | Haywards Heath Harriers | 10              |
| 22  | 20                 | 35:39 | 128 | Matt     | King        | Male   | Haywards Heath Harriers | 10              |
| 23  | 21                 | 35:42 | 371 | Richard  | Kimber      | Male   | Worthing Harriers       | 10              |
| 24  | 22                 | 35:47 | 279 | Roger    | Norris      | Male   | Lancing Eagles          | 10              |
| 25  | 23                 | 35:53 | 112 | George   | Adams       | Male   | Haywards Heath Harriers | 10              |
| 26  | 24                 | 35:55 | 380 | Mike     | Skinner     | Male   | Worthing Harriers       | 10              |
| 27  | 25                 | 36:04 | 215 | Chris    | Moore       | Male   | Horsham Joggers         | 10              |
| 28  | 26                 | 36:05 | 315 | Harry    | Jolly       | Male   | Portslade Hedgehoppers  | 10              |
| 29  | 27                 | 36:08 | 304 | John     | Babajide    | Male   | Portslade Hedgehoppers  | 9               |
| 30  | 28                 | 36:21 | 68  | Wesley   | Adams       | Male   | Chichester Runners      | 9               |
| 31  | 29                 | 36:22 | 289 | Stuart   | Underwood   | Male   | Lancing Eagles          | 9               |
| 32  | 30                 | 36:32 | 29  | Craig    | Partridge   | Male   | Arunners                | 9               |
| 33  | 31                 | 36:53 | 5   | James    | Bradley     | Male   | Arunners                | 9               |
| 34  | 32                 | 37:05 | 410 | Tom      | Oakley      | Male   | Worthing Striders       | 9               |
| 35  | 33                 | 37:06 | 331 | Paul     | Luttman     | Male   | Saints and Sinners      | 9               |
| 36  | 34                 | 37:10 | 130 | Mark     | Mellish     | Male   | Haywards Heath Harriers | 9               |
| 37  | 35                 | 37:17 | 263 | Paul     | Cates       | Male   | Lancing Eagles          | 9               |
| 38  | 36                 | 37:36 | 433 | Oliver   | Brown       | Male   |                         |                 |
| 39  | 37                 | 37:37 | 24  | Chris    | Mckeown     | Male   | Arunners                | 9               |
| 40  | 38                 | 37:38 | 392 | Justin   | Dunstan     | Male   | Worthing Striders       | 9               |
| 41  | 39                 | 37:41 | 479 | Jenson   | Price       | Male   | Worthing Harriers       | 9               |
| 42  | 40                 | 37:55 | 175 | Shaun    | Black       | Male   | Horsham Joggers         | 9               |
| 43  | 41                 | 37:59 | 480 | Oliver   | Day         | Male   | Burgess Hill Runners    | 9               |
| 44  | 42                 | 38:08 | 155 | Alan     | Griffiths   | Male   | Henfield Joggers        | 9               |
| 45  | 43                 | 38:10 | 271 | Keir     | Heyman      | Male   | Lancing Eagles          | 9               |
| 46  | 44                 | 38:14 | 348 | Daniel   | Mounce      | Male   | Steyning AC             | 9               |
| 47  | 45                 | 38:18 | 309 | Martin   | Eccles      | Male   | Portslade Hedgehoppers  | 9               |
| 48  | 46                 | 38:21 | 351 | Garry    | Saunders    | Male   | Steyning AC             | 9               |
| 49  | 47                 | 38:27 | 2   | Michael  | Abdo        | Male   | Arunners                | 9               |
| 50  | 48                 | 38:36 | 84  | George   | Lumley      | Male   | Chichester Runners      | 9               |
| 51  | 49                 | 38:43 | 372 | Steve    | Logue       | Male   | Worthing Harriers       | 9               |
| 52  | 50                 | 38:48 | 469 | Scott    | Wallace     | Male   |                         |                 |

|     |    |       |     |          |            |        |                         |    |
|-----|----|-------|-----|----------|------------|--------|-------------------------|----|
| 53  | 51 | 38:50 | 363 | Rich     | Erdelyi    | Male   | Worthing Harriers       | 9  |
| 54  | 52 | 38:54 | 466 | Kieran   | Whitman    | Male   | Lancing Eagles          | 9  |
| 55  | 53 | 38:56 | 19  | Ben      | Horley     | Male   | Arunners                | 9  |
| 56  | 54 | 38:59 | 13  | Jonathan | Daymond    | Male   | Arunners                | 8  |
| 57  | 55 | 39:04 | 140 | David    | White      | Male   | Haywards Heath Harriers | 8  |
| 58  | 56 | 39:06 | 63  | Paul     | Prosser    | Male   | Burgess Hill Runners    | 8  |
| 59  | 3  | 39:06 | 3   | Tabitha  | Albrecht   | Female | Arunners                | 10 |
| 60  | 57 | 39:08 | 357 | Tim      | Bushby     | Male   | Worthing Harriers       | 8  |
| 61  | 58 | 39:12 | 470 | Reuben   | Aston      | Male   | Worthing Harriers       | 8  |
| 62  | 59 | 39:14 | 276 | Lloyd    | Meheux     | Male   | Lancing Eagles          | 8  |
| 63  | 60 | 39:16 | 56  | Travis   | Golbey     | Male   | Burgess Hill Runners    | 8  |
| 64  | 61 | 39:17 | 192 | Jonathan | Fengaras   | Male   | Horsham Joggers         | 8  |
| 65  | 62 | 39:19 | 221 | Robert   | Shapland   | Male   | Horsham Joggers         | 8  |
| 66  | 63 | 39:21 | 397 | Harry    | Foster     | Male   | Worthing Striders       | 8  |
| 67  | 64 | 39:26 | 93  | David    | Veale      | Male   | Chichester Runners      | 8  |
| 68  | 65 | 39:31 | 379 | Andrew   | Spells     | Male   | Worthing Harriers       | 8  |
| 69  | 4  | 39:38 | 235 | Charlie  | Boden      | Female | Hove Hornets            | 10 |
| 70  | 5  | 39:42 | 75  | Fay      | Cripps     | Female | Chichester Runners      | 10 |
| 71  | 66 | 39:43 | 123 | Tim      | Hicks      | Male   | Haywards Heath Harriers | 8  |
| 72  | 67 | 39:48 | 366 | Mark     | Greet      | Male   | Worthing Harriers       | 8  |
| 73  | 68 | 40:22 | 194 | Malcolm  | Footer     | Male   | Horsham Joggers         | 8  |
| 74  | 6  | 40:23 | 390 | Hannah   | Buckthorpe | Female | Worthing Striders       | 10 |
| 75  | 69 | 40:24 | 46  | Mark     | Wisdom     | Male   | Arunners                | 8  |
| 76  | 70 | 40:37 | 231 | Florian  | Yeates     | Male   | Horsham Joggers         | 8  |
| 77  | 71 | 40:49 | 368 | Garrick  | Henty      | Male   | Worthing Harriers       | 8  |
| 78  | 72 | 40:50 | 265 | Adam     | Collard    | Male   | Lancing Eagles          | 8  |
| 79  | 73 | 40:51 | 411 | Mike     | Osmon      | Male   | Worthing Striders       | 8  |
| 80  | 74 | 40:55 | 378 | Richard  | Saunders   | Male   | Worthing Harriers       | 8  |
| 81  | 7  | 40:56 | 457 | Bonnie   | Rye        | Female | Lancing Eagles          | 10 |
| 82  | 75 | 40:59 | 31  | Luke     | Partridge  | Male   | Arunners                | 8  |
| 83  | 8  | 40:59 | 132 | Rachael  | Overton    | Female | Haywards Heath Harriers | 10 |
| 84  | 9  | 41:01 | 376 | Annie    | Padgett    | Female | Worthing Harriers       | 10 |
| 85  | 76 | 41:01 | 460 | Marlon   | Stapleton  | Male   |                         |    |
| 86  | 77 | 41:14 | 311 | Craig    | Gazey      | Male   | Portslade Hedgehoppers  | 8  |
| 87  | 78 | 41:16 | 369 | John     | Henty      | Male   | Worthing Harriers       | 8  |
| 88  | 79 | 41:16 | 471 | Ed       | Aston      | Male   | Worthing Harriers       | 8  |
| 89  | 10 | 41:19 | 478 | Hannah   | Lavender   | Female | Saints and Sinners      | 10 |
| 90  | 80 | 41:27 | 4   | Lee      | Bailey     | Male   | Arunners                | 8  |
| 91  | 11 | 41:28 | 247 | Xenia    | Parsons    | Female | Hove Hornets            | 10 |
| 92  | 12 | 41:32 | 341 | Victoria | Berrington | Female | Steyning AC             | 10 |
| 93  | 81 | 41:34 | 114 | Sam      | Atkin      | Male   | Haywards Heath Harriers | 7  |
| 94  | 82 | 41:34 | 402 | Alex     | Hoad       | Male   | Worthing Striders       | 7  |
| 95  | 83 | 41:35 | 163 | Chris    | Sharpe     | Male   | Henfield Joggers        | 7  |
| 96  | 13 | 41:36 | 37  | Lorna    | Smith      | Female | Arunners                | 10 |
| 97  | 84 | 41:39 | 11  | Lee      | Craven     | Male   | Arunners                | 7  |
| 98  | 85 | 41:43 | 254 | Ben      | Smith      | Male   | Hove Hornets            | 7  |
| 99  | 86 | 41:44 | 169 | Martin   | Woods      | Male   | Henfield Joggers        | 7  |
| 100 | 87 | 41:47 | 421 | Dan      | Wheele     | Male   | Worthing Striders       | 7  |
| 101 | 88 | 41:48 | 477 | Andrew   | Carter     | Male   |                         |    |
| 102 | 14 | 41:51 | 204 | Katie    | Horton     | Female | Horsham Joggers         | 10 |
| 103 | 89 | 41:54 | 393 | Dominic  | Edwards    | Male   | Worthing Striders       | 7  |
| 104 | 15 | 42:02 | 228 | Victoria | Welsby     | Female | Horsham Joggers         | 10 |
| 105 | 90 | 42:07 | 310 | Andy     | Elphick    | Male   | Portslade Hedgehoppers  | 7  |
| 106 | 91 | 42:14 | 209 | David    | Linberry   | Male   | Horsham Joggers         | 7  |
| 107 | 92 | 42:17 | 118 | David    | Baulk      | Male   | Haywards Heath Harriers | 7  |
| 108 | 93 | 42:23 | 188 | Ian      | Dickinson  | Male   | Horsham Joggers         | 7  |
| 109 | 94 | 42:27 | 297 | Mat      | Homewood   | Male   | Lewes AC                | 7  |

|     |     |       |     |           |            |        |                         |    |
|-----|-----|-------|-----|-----------|------------|--------|-------------------------|----|
| 110 | 95  | 42:31 | 250 | Greg      | Redfearn   | Male   | Hove Hornets            | 7  |
| 111 | 96  | 42:31 | 352 | Tom       | Simmonds   | Male   | Steyping AC             | 7  |
| 112 | 97  | 42:38 | 430 | Andrew    | Birdsey    | Male   | Worthing Harriers       | 7  |
| 113 | 98  | 42:39 | 382 | Matthew   | Bond       | Male   | Worthing Harriers       | 7  |
| 114 | 99  | 42:40 | 370 | Reeve     | Henty      | Male   | Worthing Harriers       | 7  |
| 115 | 100 | 42:40 | 403 | Andrew    | Holdford   | Male   | Worthing Striders       | 7  |
| 116 | 101 | 42:47 | 39  | Andrew    | Stadden    | Male   | Arunners                | 7  |
| 117 | 102 | 42:49 | 300 | Dominic   | Osman-Allu | Male   | Lewes AC                | 7  |
| 118 | 16  | 42:49 | 44  | Victoria  | Voss       | Female | Arunners                | 10 |
| 119 | 17  | 42:54 | 223 | Laura     | Stephenson | Female | Horsham Joggers         | 10 |
| 120 | 103 | 42:58 | 343 | Stephen   | Gwilliam   | Male   | Steyping AC             | 7  |
| 121 | 104 | 43:01 | 33  | Himanshu  | Patel      | Male   | Arunners                | 7  |
| 122 | 105 | 43:05 | 98  | William   | Mulcahy    | Male   | Crawley Run Crew        | 7  |
| 123 | 106 | 43:08 | 73  | Dave      | Bulger     | Male   | Chichester Runners      | 7  |
| 124 | 107 | 43:09 | 350 | Nathan    | Rye        | Male   | Steyping AC             | 6  |
| 125 | 108 | 43:20 | 364 | Laurent   | Gourdain   | Male   | Worthing Harriers       | 6  |
| 126 | 109 | 43:20 | 439 | Sean      | Goring     | Male   |                         |    |
| 127 | 110 | 43:21 | 412 | Alex      | Owen       | Male   | Worthing Striders       | 6  |
| 128 | 18  | 43:34 | 427 | Becky     | Yates      | Female | Worthing Striders       | 10 |
| 129 | 111 | 43:34 | 387 | Ian       | Bland      | Male   | Worthing Striders       | 6  |
| 130 | 112 | 43:35 | 468 | Kenny     | Harding    | Male   | Lancing Eagles          | 6  |
| 131 | 19  | 43:44 | 88  | Elizabeth | Robinson   | Female | Chichester Runners      | 9  |
| 132 | 113 | 43:49 | 314 | John      | Harding    | Male   | Portslade Hedgehoppers  | 6  |
| 133 | 114 | 43:52 | 461 | George    | Sullivan   | Male   | Chichester Runners      | 6  |
| 134 | 115 | 44:00 | 346 | James     | Luto       | Male   | Steyping AC             | 6  |
| 135 | 116 | 44:07 | 465 | Danny     | Cunnett    | Male   |                         |    |
| 136 | 117 | 44:08 | 373 | Nick      | Murray     | Male   | Worthing Harriers       | 6  |
| 137 | 118 | 44:15 | 302 | Rob       | Stanway    | Male   | Lewes AC                | 6  |
| 138 | 20  | 44:22 | 74  | Nicki     | Bulger     | Female | Chichester Runners      | 9  |
| 139 | 119 | 44:23 | 182 | Oliver    | Cannon     | Male   | Horsham Joggers         | 6  |
| 140 | 120 | 44:25 | 248 | Dan       | Peters     | Male   | Hove Hornets            | 6  |
| 141 | 121 | 44:26 | 452 | Uros      | Marolt     | Male   |                         |    |
| 142 | 122 | 44:28 | 320 | Laurence  | Sava       | Male   | Portslade Hedgehoppers  | 6  |
| 143 | 123 | 44:33 | 278 | Burton    | Munday     | Male   | Lancing Eagles          | 6  |
| 144 | 21  | 44:37 | 273 | Alice     | Kendall    | Female | Lancing Eagles          | 9  |
| 145 | 124 | 44:37 | 153 | Jonathan  | Edwards    | Male   | Henfield Joggers        | 6  |
| 146 | 125 | 44:38 | 249 | Dan       | Pimblett   | Male   | Hove Hornets            | 6  |
| 147 | 126 | 44:39 | 234 | Peter     | Barnes     | Male   | Hove Hornets            | 6  |
| 148 | 127 | 44:43 | 129 | Robin     | Langton    | Male   | Haywards Heath Harriers | 6  |
| 149 | 22  | 44:48 | 115 | Kerry     | Bannister  | Female | Haywards Heath Harriers | 9  |
| 150 | 23  | 44:49 | 333 | Michele   | Nixon      | Female | Saints and Sinners      | 9  |
| 151 | 24  | 44:50 | 190 | Pauline   | Emsley     | Female | Horsham Joggers         | 9  |
| 152 | 128 | 44:51 | 339 | Luke      | Taylor     | Male   | Saints and Sinners      | 6  |
| 153 | 25  | 44:53 | 383 | Katia     | Vamvakiti  | Female | Worthing Harriers       | 9  |
| 154 | 129 | 44:57 | 99  | Gerhard   | Nel        | Male   | Crawley Run Crew        | 6  |
| 155 | 26  | 44:58 | 219 | Rosaline  | Pollard    | Female | Horsham Joggers         | 9  |
| 156 | 27  | 45:04 | 38  | Nuala     | Smyth      | Female | Arunners                | 9  |
| 157 | 28  | 45:05 | 336 | Sarah     | Stanbridge | Female | Saints and Sinners      | 9  |
| 158 | 130 | 45:07 | 100 | Callum    | Parker     | Male   | Crawley Run Crew        | 6  |
| 159 | 131 | 45:20 | 237 | Matthew   | Dougan     | Male   | Hove Hornets            | 6  |
| 160 | 132 | 45:31 | 398 | Keith     | Fowler     | Male   | Worthing Striders       | 6  |
| 161 | 133 | 45:32 | 183 | Paul      | Chantler   | Male   | Horsham Joggers         | 6  |
| 162 | 134 | 45:33 | 45  | James     | Winchester | Male   | Arunners                | 6  |
| 163 | 29  | 45:36 | 60  | Annette   | Maynard    | Female | Burgess Hill Runners    | 9  |
| 164 | 30  | 45:39 | 261 | Laura     | Bazille    | Female | Lancing Eagles          | 9  |
| 165 | 31  | 45:40 | 269 | Catherine | Harris     | Female | Lancing Eagles          | 9  |
| 166 | 135 | 45:45 | 159 | Charlie   | Orr        | Male   | Henfield Joggers        | 6  |

|     |     |       |     |           |                   |        |                         |   |
|-----|-----|-------|-----|-----------|-------------------|--------|-------------------------|---|
| 167 | 136 | 45:47 | 81  | Ashley    | Hiom              | Male   | Chichester Runners      | 5 |
| 168 | 137 | 45:48 | 195 | Brian     | Frost             | Male   | Horsham Joggers         | 5 |
| 169 | 138 | 46:05 | 125 | Greg      | Hilton            | Male   | Haywards Heath Harriers | 5 |
| 170 | 32  | 46:13 | 241 | Marisa    | Guest             | Female | Hove Hornets            | 9 |
| 171 | 139 | 46:16 | 349 | Ray       | Powell            | Male   | Steyning AC             | 5 |
| 172 | 140 | 46:19 | 323 | Steve     | Baker             | Male   | Saints and Sinners      | 5 |
| 173 | 141 | 46:21 | 139 | James     | Smyth             | Male   | Haywards Heath Harriers | 5 |
| 174 | 142 | 46:22 | 96  | Sion      | Evans             | Male   | Crawley Run Crew        | 5 |
| 175 | 33  | 46:27 | 10  | Suzie     | Crabtree          | Female | Arunners                | 9 |
| 176 | 143 | 46:28 | 253 | Cliff     | Saran             | Male   | Hove Hornets            | 5 |
| 177 | 144 | 46:30 | 103 | Neil      | Roberts           | Male   | Crawley Run Crew        | 5 |
| 178 | 145 | 46:32 | 53  | Stephen   | Divers            | Male   | Burgess Hill Runners    | 5 |
| 179 | 146 | 46:44 | 34  | Ian       | Puttock           | Male   | Arunners                | 5 |
| 180 | 34  | 46:47 | 330 | Cara      | Law               | Female | Saints and Sinners      | 9 |
| 181 | 35  | 46:48 | 454 | Chloe     | Oakes             | Female |                         |   |
| 182 | 147 | 46:57 | 294 | Gerard    | Dummett           | Male   | Lewes AC                | 5 |
| 183 | 148 | 46:59 | 431 | Ben       | Brown             | Male   |                         |   |
| 184 | 149 | 47:04 | 156 | Alex      | Lyon              | Male   | Henfield Joggers        | 5 |
| 185 | 150 | 47:07 | 41  | Andy      | Tillsley          | Male   | Arunners                | 5 |
| 186 | 151 | 47:13 | 377 | James     | Sansom-Costantini | Male   | Worthing Harriers       | 5 |
| 187 | 152 | 47:18 | 396 | Jason     | Flowers           | Male   | Worthing Striders       | 5 |
| 188 | 153 | 47:20 | 120 | James     | Buckeridge        | Male   | Haywards Heath Harriers | 5 |
| 189 | 154 | 47:29 | 77  | Gareth    | Deere             | Male   | Chichester Runners      | 5 |
| 190 | 155 | 47:29 | 207 | James     | Klanczkowski      | Male   | Horsham Joggers         | 5 |
| 191 | 156 | 47:29 | 178 | Kristian  | Bowbrick          | Male   | Horsham Joggers         | 5 |
| 192 | 36  | 47:32 | 318 | Charlotte | Rawlinson         | Female | Portslade Hedgehoppers  | 8 |
| 193 | 157 | 47:35 | 274 | John      | Little            | Male   | Lancing Eagles          | 5 |
| 194 | 158 | 47:36 | 404 | Ross      | Holmes            | Male   | Worthing Striders       | 5 |
| 195 | 159 | 47:37 | 160 | Steve     | Peet              | Male   | Henfield Joggers        | 5 |
| 196 | 37  | 47:38 | 291 | Zoe       | Woodward          | Female | Lancing Eagles          | 8 |
| 197 | 160 | 47:39 | 259 | Clint     | Williams          | Male   | Hove Hornets            | 5 |
| 198 | 161 | 47:40 | 145 | Chris     | Brown             | Male   | Henfield Joggers        | 5 |
| 199 | 162 | 47:42 | 409 | Phil      | Mason             | Male   | Worthing Striders       | 5 |
| 200 | 163 | 47:44 | 344 | Matt      | Honey             | Male   | Steyning AC             | 4 |
| 201 | 164 | 47:48 | 165 | Ian       | Simpson           | Male   | Henfield Joggers        | 4 |
| 202 | 165 | 47:50 | 355 | Andy      | Born              | Male   | Worthing Harriers       | 4 |
| 203 | 38  | 47:51 | 362 | Polly     | Cooper            | Female | Worthing Harriers       | 8 |
| 204 | 166 | 47:57 | 158 | Ian       | Newbold           | Male   | Henfield Joggers        | 4 |
| 205 | 167 | 47:58 | 326 | Ian       | Greenaway         | Male   | Saints and Sinners      | 4 |
| 206 | 39  | 47:59 | 361 | Kate      | Cooper            | Female | Worthing Harriers       | 8 |
| 207 | 168 | 47:59 | 358 | Darren    | Chatfield         | Male   | Worthing Harriers       | 4 |
| 208 | 40  | 48:00 | 157 | Amy       | Marley            | Female | Henfield Joggers        | 8 |
| 209 | 41  | 48:01 | 168 | Emily     | Whiting           | Female | Henfield Joggers        | 8 |
| 210 | 169 | 48:02 | 252 | Lloyd     | Ritchie           | Male   | Hove Hornets            | 4 |
| 211 | 170 | 48:04 | 161 | Pugs      | Reeves            | Male   | Henfield Joggers        | 4 |
| 212 | 171 | 48:05 | 186 | Dave      | Dawson            | Male   | Horsham Joggers         | 4 |
| 213 | 42  | 48:12 | 345 | Joan      | Lennon            | Female | Steyning AC             | 8 |
| 214 | 43  | 48:12 | 69  | Nadia     | Anderson          | Female | Chichester Runners      | 8 |
| 215 | 172 | 48:14 | 85  | David     | Meller            | Male   | Chichester Runners      | 4 |
| 216 | 173 | 48:15 | 423 | Dave      | Willmer           | Male   | Worthing Striders       | 4 |
| 217 | 174 | 48:19 | 164 | Matthew   | Sharpe            | Male   | Henfield Joggers        | 4 |
| 218 | 175 | 48:22 | 136 | Chris     | Rowe              | Male   | Haywards Heath Harriers | 4 |
| 219 | 176 | 48:26 | 240 | Jamie     | Guest             | Male   | Hove Hornets            | 4 |
| 220 | 177 | 48:27 | 251 | Grant     | Ritchie           | Male   | Hove Hornets            | 4 |
| 221 | 178 | 48:27 | 86  | Mike      | Moorcroft         | Male   | Chichester Runners      | 4 |
| 222 | 179 | 48:44 | 108 | David     | Edwards           | Male   | Fittleworth Flyers      | 4 |
| 223 | 44  | 48:49 | 432 | Jennie    | Brown             | Female |                         |   |

|     |     |       |     |          |               |        |                         |   |
|-----|-----|-------|-----|----------|---------------|--------|-------------------------|---|
| 224 | 180 | 48:51 | 218 | Alan     | Pettit        | Male   | Horsham Joggers         | 4 |
| 225 | 45  | 48:51 | 109 | Linda    | Tombs         | Female | Fittleworth Flyers      | 8 |
| 226 | 181 | 48:55 | 154 | Andy     | Fountain      | Male   | Henfield Joggers        | 4 |
| 227 | 182 | 48:58 | 347 | Brian    | Mason         | Male   | Steyning AC             | 4 |
| 228 | 183 | 49:03 | 322 | Melvyn   | Yeo           | Male   | Portslade Hedgehoppers  | 4 |
| 229 | 46  | 49:10 | 441 | Alex     | Hand          | Female |                         |   |
| 230 | 184 | 49:15 | 456 | Jason    | Rae           | Male   |                         |   |
| 231 | 185 | 49:17 | 449 | Grant    | Mansfield     | Male   |                         |   |
| 232 | 186 | 49:18 | 92  | Peter    | Sullivan      | Male   | Chichester Runners      | 4 |
| 233 | 187 | 49:22 | 367 | Lee      | Gulliver      | Male   | Worthing Harriers       | 4 |
| 234 | 188 | 49:24 | 43  | Marcus   | Vine          | Male   | Arunners                | 4 |
| 235 | 189 | 49:31 | 425 | Darren   | Winter        | Male   | Worthing Striders       | 4 |
| 236 | 47  | 49:37 | 52  | Michelle | Craen         | Female | Burgess Hill Runners    | 8 |
| 237 | 190 | 49:37 | 59  | Tshepho  | Mati          | Male   | Burgess Hill Runners    | 3 |
| 238 | 191 | 49:37 | 15  | Rob      | Elliott       | Male   | Arunners                | 3 |
| 239 | 48  | 49:39 | 225 | Jo       | Tomlinson     | Female | Horsham Joggers         | 8 |
| 240 | 49  | 49:46 | 356 | Grace    | Shearing      | Female | Worthing Harriers       | 8 |
| 241 | 50  | 49:49 | 27  | Hannah   | Moyle         | Female | Arunners                | 8 |
| 242 | 51  | 49:53 | 124 | Clare    | Hilton        | Female | Haywards Heath Harriers | 8 |
| 243 | 52  | 49:55 | 210 | Kelly    | Docherty      | Female | Horsham Joggers         | 8 |
| 244 | 192 | 49:56 | 338 | Frank    | Stone         | Male   | Saints and Sinners      | 3 |
| 245 | 193 | 49:58 | 25  | David    | Merridue      | Male   | Arunners                | 3 |
| 246 | 53  | 50:04 | 443 | Margo    | Herbert       | Female |                         | 3 |
| 247 | 54  | 50:08 | 424 | Sue      | Wingate       | Female | Worthing Striders       | 8 |
| 248 | 194 | 50:10 | 290 | Barry    | Walters       | Male   | Lancing Eagles          | 3 |
| 249 | 195 | 50:11 | 9   | Kevin    | Challen       | Male   | Arunners                | 3 |
| 250 | 55  | 50:13 | 342 | Sue      | Ford-Dunn     | Female | Steyning AC             | 8 |
| 251 | 56  | 50:14 | 126 | Clare    | Kenward       | Female | Haywards Heath Harriers | 7 |
| 252 | 196 | 50:16 | 328 | Steve    | Hurst         | Male   | Saints and Sinners      | 3 |
| 253 | 197 | 50:19 | 334 | Dave     | Penfold       | Male   | Saints and Sinners      | 3 |
| 254 | 198 | 50:20 | 286 | Daren    | Robertson     | Male   | Lancing Eagles          | 3 |
| 255 | 199 | 50:21 | 445 | Kevin    | Hudson        | Male   |                         |   |
| 256 | 200 | 50:23 | 256 | Steve    | Spalding      | Male   | Hove Hornets            | 3 |
| 257 | 201 | 50:24 | 264 | Brian    | Churchard     | Male   | Lancing Eagles          | 3 |
| 258 | 202 | 50:24 | 419 | Dan      | Watkins       | Male   | Worthing Striders       | 3 |
| 259 | 203 | 50:25 | 7   | Neil     | Burling       | Male   | Arunners                | 3 |
| 260 | 57  | 50:26 | 54  | Loretta  | Gendle        | Female | Burgess Hill Runners    | 7 |
| 261 | 58  | 50:29 | 435 | Tamara   | Chiltern-Hunt | Female |                         |   |
| 262 | 204 | 50:31 | 233 | Paul     | Bancroft      | Male   | Hove Hornets            | 3 |
| 263 | 59  | 50:31 | 152 | Jessamie | Dunton-Rose   | Female | Henfield Joggers        | 7 |
| 264 | 205 | 50:33 | 319 | Paul     | Rawlinson     | Male   | Portslade Hedgehoppers  | 3 |
| 265 | 206 | 50:36 | 262 | Tony     | Blayden       | Male   | Lancing Eagles          | 3 |
| 266 | 207 | 50:37 | 434 | Stephen  | Brown         | Male   |                         |   |
| 267 | 60  | 50:41 | 95  | Sarah    | Webster       | Female | Chichester Runners      | 7 |
| 268 | 208 | 50:42 | 142 | Habib    | Amir          | Male   | Henfield Joggers        | 3 |
| 269 | 61  | 50:42 | 359 | Zeina    | Clare         | Female | Worthing Harriers       | 7 |
| 270 | 62  | 50:42 | 467 | Hollie   | Whitman       | Female |                         |   |
| 271 | 209 | 50:44 | 360 | Andy     | Collings      | Male   | Worthing Harriers       | 3 |
| 272 | 210 | 50:46 | 299 | Peter    | Miller        | Male   | Lewes AC                | 3 |
| 273 | 211 | 50:54 | 65  | John     | Schofield     | Male   | Burgess Hill Runners    | 3 |
| 274 | 212 | 50:57 | 230 | Andrew   | Wright        | Male   | Horsham Joggers         | 3 |
| 275 | 213 | 51:03 | 106 | Paul     | Carpenter     | Male   | Fittleworth Flyers      | 3 |
| 276 | 214 | 51:05 | 459 | Chris    | Stapleton     | Male   |                         |   |
| 277 | 215 | 51:07 | 6   | Andrew   | Buchan        | Male   | Arunners                | 3 |
| 278 | 216 | 51:11 | 482 | Paul     | Cook          | Male   |                         |   |
| 279 | 63  | 51:14 | 64  | Fran     | Ruocco        | Female | Burgess Hill Runners    | 7 |
| 280 | 217 | 51:16 | 298 | Bob      | Hughes        | Male   | Lewes AC                | 3 |

|     |     |       |     |           |                |        |                         |   |
|-----|-----|-------|-----|-----------|----------------|--------|-------------------------|---|
| 281 | 64  | 51:17 | 32  | Tia       | Partridge      | Female | Arunners                | 7 |
| 282 | 65  | 51:18 | 121 | Kath      | Buckeridge     | Female | Haywards Heath Harriers | 7 |
| 283 | 218 | 51:20 | 203 | Matthew   | Horne          | Male   | Horsham Joggers         | 3 |
| 284 | 219 | 51:24 | 335 | Jim       | Scott          | Male   | Saints and Sinners      | 2 |
| 285 | 220 | 51:25 | 283 | Ian       | Peters         | Male   | Lancing Eagles          | 2 |
| 286 | 221 | 51:26 | 55  | Richard   | Gendle         | Male   | Burgess Hill Runners    | 2 |
| 287 | 66  | 51:29 | 189 | Georgie   | Drinkall       | Female | Horsham Joggers         | 7 |
| 288 | 67  | 51:31 | 395 | Natalie   | Evans          | Female | Worthing Striders       | 7 |
| 289 | 68  | 51:35 | 293 | Claire    | Davies         | Female | Lewes AC                | 7 |
| 290 | 69  | 51:39 | 143 | Zsuzsanna | Bodog          | Female | Henfield Joggers        | 7 |
| 291 | 222 | 51:42 | 472 | Joni      | Ford-Dunn      | Male   |                         |   |
| 292 | 223 | 51:46 | 450 | Julia     | Marolt         | Male   |                         |   |
| 293 | 224 | 51:52 | 270 | Stefan    | Hartzthorne    | Male   | Lancing Eagles          | 2 |
| 294 | 70  | 51:52 | 399 | Michelle  | Goldstein      | Female | Worthing Striders       | 7 |
| 295 | 71  | 51:58 | 116 | Jac       | Barnes         | Female | Haywards Heath Harriers | 7 |
| 296 | 225 | 52:08 | 149 | David     | Court          | Male   | Henfield Joggers        | 2 |
| 297 | 226 | 52:15 | 455 | Les       | Pearce         | Male   |                         |   |
| 298 | 72  | 52:22 | 295 | Claire    | Hawes          | Female | Lewes AC                | 7 |
| 299 | 73  | 52:23 | 47  | Selina    | Anderson       | Female | Burgess Hill Runners    | 7 |
| 300 | 74  | 52:25 | 462 | Lotta     | Sundstrom      | Female |                         |   |
| 301 | 227 | 52:26 | 236 | Robert    | Dobbs          | Male   | Hove Hornets            | 2 |
| 302 | 75  | 52:29 | 48  | Jill      | Bennett        | Female | Burgess Hill Runners    | 6 |
| 303 | 76  | 52:29 | 255 | Louise    | Smith          | Female | Hove Hornets            | 6 |
| 304 | 77  | 52:36 | 97  | Shelley   | Meyern         | Female | Crawley Run Crew        | 6 |
| 305 | 228 | 52:41 | 208 | Carl      | Laver          | Male   | Horsham Joggers         | 2 |
| 306 | 229 | 52:43 | 389 | Stephen   | Brown          | Male   | Worthing Striders       | 2 |
| 307 | 230 | 53:00 | 17  | Chris     | Gregory        | Male   | Arunners                | 2 |
| 308 | 231 | 53:10 | 384 | Andy      | Whitman        | Male   | Worthing Harriers       | 2 |
| 309 | 78  | 53:15 | 296 | Amar      | Saggar         | Female | Lewes AC                | 6 |
| 310 | 232 | 53:16 | 227 | Clive     | Walker         | Male   | Horsham Joggers         | 2 |
| 311 | 79  | 53:20 | 220 | Margreet  | Potter         | Female | Horsham Joggers         | 6 |
| 312 | 80  | 53:21 | 312 | Sophie    | Goodall-Smith  | Female | Portslade Hedgehoppers  | 6 |
| 313 | 233 | 53:30 | 111 | Alan      | Young          | Male   | Fittleworth Flyers      | 2 |
| 314 | 234 | 53:31 | 436 | Michael   | Fullerton      | Male   |                         |   |
| 315 | 81  | 53:36 | 16  | Olivia    | French         | Female | Arunners                | 6 |
| 316 | 235 | 53:45 | 89  | Andrew    | Salter         | Male   | Chichester Runners      | 2 |
| 317 | 236 | 53:48 | 127 | Graham    | Kenward        | Male   | Haywards Heath Harriers | 2 |
| 318 | 82  | 54:05 | 28  | Lucy      | Neville-Davies | Female | Arunners                | 6 |
| 319 | 237 | 54:06 | 288 | Guido     | Tapia          | Male   | Lancing Eagles          | 2 |
| 320 | 238 | 54:10 | 80  | Jan       | Hill           | Male   | Chichester Runners      | 2 |
| 321 | 239 | 54:33 | 243 | Nick      | Jackson-Smith  | Male   | Hove Hornets            | 2 |
| 322 | 240 | 54:40 | 167 | Phil      | Szwarc         | Male   | Henfield Joggers        | 2 |
| 323 | 241 | 54:43 | 61  | Chris     | Page           | Male   | Burgess Hill Runners    | 2 |
| 324 | 83  | 54:53 | 76  | Elaine    | Cruttenden     | Female | Chichester Runners      | 6 |
| 325 | 84  | 55:08 | 214 | Lee       | McGeean        | Female | Horsham Joggers         | 6 |
| 326 | 85  | 55:13 | 185 | Isabelle  | Coles          | Female | Horsham Joggers         | 6 |
| 327 | 242 | 55:26 | 151 | Paul      | Crowe          | Male   | Henfield Joggers        | 2 |
| 328 | 243 | 55:53 | 394 | Matthew   | England        | Male   | Worthing Striders       | 2 |
| 329 | 86  | 55:54 | 428 | Hannah    | Yates          | Female | Worthing Striders       | 6 |
| 330 | 87  | 55:56 | 317 | Leah      | Nimz           | Female | Portslade Hedgehoppers  | 6 |
| 331 | 244 | 55:59 | 306 | Sean      | Carter         | Male   | Portslade Hedgehoppers  | 2 |
| 332 | 88  | 56:02 | 305 | Shawna    | Brookman       | Female | Portslade Hedgehoppers  | 6 |
| 333 | 245 | 56:07 | 62  | John      | Palmer         | Male   | Burgess Hill Runners    | 2 |
| 334 | 89  | 56:12 | 451 | Sara      | Marolt         | Female |                         |   |
| 335 | 246 | 56:28 | 244 | Simon     | Jenner         | Male   | Hove Hornets            | 2 |
| 336 | 247 | 56:41 | 119 | Carl      | Bicknell       | Male   | Haywards Heath Harriers | 2 |
| 337 | 90  | 56:53 | 266 | Simone    | Collard        | Female | Lancing Eagles          | 6 |

|     |     |         |     |           |              |        |                         |   |
|-----|-----|---------|-----|-----------|--------------|--------|-------------------------|---|
| 338 | 91  | 56:54   | 275 | Sharon    | McHale       | Female | Lancing Eagles          | 6 |
| 339 | 92  | 56:55   | 440 | Vanessa   | Green        | Female |                         |   |
| 340 | 248 | 57:17   | 308 | Neal      | Cass         | Male   | Portslade Hedgehoppers  | 1 |
| 341 | 249 | 57:21   | 166 | John      | Stoddart     | Male   | Henfield Joggers        | 1 |
| 342 | 93  | 57:25   | 179 | Chloe     | Briffa       | Female | Horsham Joggers         | 5 |
| 343 | 250 | 57:46   | 245 | Ivan      | Lyons        | Male   | Hove Hornets            | 1 |
| 344 | 251 | 57:53   | 272 | Ian       | Hughes       | Male   | Lancing Eagles          | 1 |
| 345 | 94  | 57:57   | 57  | Karen     | Harvey       | Female | Burgess Hill Runners    | 5 |
| 346 | 95  | 58:03   | 150 | Ashleigh  | Crellin      | Female | Henfield Joggers        | 5 |
| 347 | 96  | 58:03   | 284 | Tracey    | Ridley       | Female | Lancing Eagles          | 5 |
| 348 | 97  | 58:07   | 446 | Tina      | Hudson       | Female |                         |   |
| 349 | 98  | 58:08   | 337 | Val       | Stanbridge   | Female | Saints and Sinners      | 5 |
| 350 | 99  | 58:09   | 79  | Amanda    | Godfrey      | Female | Chichester Runners      | 5 |
| 351 | 100 | 58:09   | 325 | Mary      | Freestone    | Female | Saints and Sinners      | 5 |
| 352 | 101 | 58:10   | 332 | Lou       | Mitchell     | Female | Saints and Sinners      | 5 |
| 353 | 252 | 58:19   | 141 | James     | Allison      | Male   | Henfield Joggers        | 1 |
| 354 | 102 | 58:24   | 173 | Tamarah   | Bartlett     | Female | Horsham Joggers         | 5 |
| 355 | 103 | 58:33   | 444 | Tanya     | Holloway     | Female |                         |   |
| 356 | 104 | 58:37   | 198 | Clare     | Gray         | Female | Horsham Joggers         | 5 |
| 357 | 105 | 59:01   | 191 | Karen     | England      | Female | Horsham Joggers         | 5 |
| 358 | 106 | 59:02   | 268 | Fran      | Haines       | Female | Lancing Eagles          | 5 |
| 359 | 107 | 59:07   | 282 | Chloe     | Parks        | Female | Lancing Eagles          | 5 |
| 360 | 108 | 59:13   | 448 | Nikki     | Maher        | Female |                         |   |
| 361 | 253 | 59:38   | 281 | Steve     | Palmer       | Male   | Lancing Eagles          | 1 |
| 362 | 254 | 59:43   | 408 | Paul      | Lewis        | Male   | Worthing Striders       | 1 |
| 363 | 109 | 59:44   | 407 | Emily     | Lambourne    | Female | Worthing Striders       | 5 |
| 364 | 110 | 59:51   | 413 | Michelle  | Payne        | Female | Worthing Striders       | 5 |
| 365 | 111 | 59:51   | 238 | Michelle  | Duplock      | Female | Hove Hornets            | 5 |
| 366 | 112 | 59:54   | 391 | Sarah     | Clements     | Female | Worthing Striders       | 4 |
| 367 | 255 | 1:00:05 | 473 | Fraser    | Moyle        | Male   | Arunners                | 1 |
| 368 | 113 | 1:00:07 | 135 | Shelagh   | Robinson     | Female | Haywards Heath Harriers | 4 |
| 369 | 114 | 1:00:09 | 216 | Danielle  | Mussellwhite | Female | Horsham Joggers         | 4 |
| 370 | 115 | 1:00:10 | 18  | Izzy      | Harrison     | Female | Arunners                | 4 |
| 371 | 116 | 1:00:10 | 105 | Greta     | Carpenter    | Female | Fittleworth Flyers      | 4 |
| 372 | 117 | 1:00:30 | 481 | Stephanie | Harding      | Female | Burgess Hill Runners    | 4 |
| 373 | 118 | 1:00:53 | 12  | Sarah     | Dalmon       | Female | Arunners                | 4 |
| 374 | 119 | 1:00:53 | 239 | Cathy     | Fall         | Female | Hove Hornets            | 4 |
| 375 | 256 | 1:01:01 | 104 | Mark      | Anderson     | Male   | Fittleworth Flyers      | 1 |
| 376 | 120 | 1:01:04 | 474 | Kelly     | Cavanagh     | Female | Arunners                | 4 |
| 377 | 121 | 1:01:06 | 162 | Elisabeth | Scott        | Female | Henfield Joggers        | 4 |
| 378 | 122 | 1:01:13 | 102 | Jules     | Roberts      | Female | Crawley Run Crew        | 4 |
| 379 | 257 | 1:01:16 | 107 | Stephen   | Colwell      | Male   | Fittleworth Flyers      | 1 |
| 380 | 123 | 1:01:21 | 58  | Tlou      | Mati         | Female | Burgess Hill Runners    | 4 |
| 381 | 124 | 1:01:22 | 21  | Claire    | Hutcheson    | Female | Arunners                | 4 |
| 382 | 258 | 1:01:27 | 257 | Marlon    | Webb         | Male   | Hove Hornets            | 1 |
| 383 | 125 | 1:01:32 | 14  | Marian    | Drew         | Female | Arunners                | 4 |
| 384 | 126 | 1:01:35 | 258 | Karen     | Weller       | Female | Hove Hornets            | 4 |
| 385 | 127 | 1:01:37 | 49  | Theresa   | Chalk        | Female | Burgess Hill Runners    | 4 |
| 386 | 128 | 1:01:41 | 205 | Louise    | Johnson      | Female | Horsham Joggers         | 3 |
| 387 | 129 | 1:02:01 | 196 | Liz       | Giannopoulos | Female | Horsham Joggers         | 3 |
| 388 | 130 | 1:02:10 | 1   | Abbi      | O'Neil       | Female | Arunners                | 3 |
| 389 | 131 | 1:02:27 | 184 | Stephanie | Charman      | Female | Horsham Joggers         | 3 |
| 390 | 259 | 1:02:36 | 70  | Peter     | Anderson     | Male   | Chichester Runners      | 1 |
| 391 | 132 | 1:02:39 | 72  | Sue       | Baker        | Female | Chichester Runners      | 3 |
| 392 | 133 | 1:02:49 | 181 | Claire    | Butler       | Female | Horsham Joggers         | 3 |
| 393 | 134 | 1:03:04 | 400 | Emily     | Greatorrex   | Female | Worthing Striders       | 3 |
| 394 | 260 | 1:03:06 | 22  | Finlay    | Macnab       | Male   | Arunners                | 1 |

|     |     |         |     |           |                      |        |                         |   |
|-----|-----|---------|-----|-----------|----------------------|--------|-------------------------|---|
| 396 | 135 | 1:03:09 | 327 | Vanessa   | Harrold              | Female | Saints and Sinners      | 3 |
| 397 | 136 | 1:03:12 | 8   | Juliet    | Cassidy              | Female | Arunners                | 3 |
| 398 | 137 | 1:03:16 | 226 | Vivienne  | Underhill            | Female | Horsham Joggers         | 3 |
| 399 | 138 | 1:03:18 | 35  | Lorna     | Schmidt              | Female | Arunners                | 3 |
| 400 | 261 | 1:03:44 | 66  | Hugh      | Stevenage            | Male   | Burgess Hill Runners    | 1 |
| 401 | 139 | 1:03:52 | 485 | Gina      | Sweeting             | Female |                         |   |
| 402 | 262 | 1:03:52 | 484 | Antony    | Young                | Male   |                         |   |
| 403 | 263 | 1:04:50 | 386 | Dan       | Barnett              | Male   | Worthing Striders       | 1 |
| 404 | 264 | 1:04:51 | 401 | Kieran    | Harris               | Male   | Worthing Striders       | 1 |
| 405 | 140 | 1:04:51 | 324 | Stella    | Daff                 | Female | Saints and Sinners      | 3 |
| 406 | 141 | 1:04:59 | 340 | Nina      | Ware                 | Female | Saints and Sinners      | 3 |
| 407 | 265 | 1:05:04 | 321 | Andrew    | Wilkinson            | Male   | Portslade Hedgehoppers  | 1 |
| 408 | 142 | 1:05:08 | 280 | Sarah     | Palmer               | Female | Lancing Eagles          | 3 |
| 409 | 143 | 1:05:23 | 437 | Liz       | Godden               | Female |                         |   |
| 410 | 266 | 1:05:24 | 438 | Simon     | Godden               | Male   |                         |   |
| 411 | 144 | 1:05:29 | 148 | Jo        | Cole                 | Female | Henfield Joggers        | 3 |
| 412 | 267 | 1:05:35 | 133 | Michael   | Parish               | Male   | Haywards Heath Harriers | 1 |
| 413 | 268 | 1:05:55 | 110 | Martin    | Ward                 | Male   | Fittleworth Flyers      | 1 |
| 414 | 145 | 1:05:58 | 277 | Isla      | Morris               | Female | Lancing Eagles          | 3 |
| 415 | 146 | 1:05:59 | 94  | Hayley    | Warren               | Female | Chichester Runners      | 3 |
| 416 | 147 | 1:05:59 | 51  | Ella      | Chislett (Stanbrook) | Female | Burgess Hill Runners    | 2 |
| 417 | 148 | 1:06:00 | 417 | Joanna    | Uwins                | Female | Worthing Striders       | 2 |
| 418 | 149 | 1:06:00 | 420 | Mary      | Wheatland            | Female | Worthing Striders       | 2 |
| 419 | 150 | 1:06:03 | 385 | Sian      | Anderson             | Female | Worthing Striders       | 2 |
| 420 | 151 | 1:06:32 | 285 | Danielle  | Robertson            | Female | Lancing Eagles          | 2 |
| 421 | 152 | 1:06:35 | 415 | Lizzie    | Quiggan              | Female | Worthing Striders       | 2 |
| 422 | 153 | 1:06:35 | 405 | Laura     | Hutchison            | Female | Worthing Striders       | 2 |
| 423 | 154 | 1:06:42 | 442 | Vicki     | Hedger               | Female |                         |   |
| 424 | 155 | 1:06:48 | 26  | Nikki     | Merridue             | Female | Arunners                | 2 |
| 425 | 156 | 1:06:52 | 78  | Katya     | Deere                | Female | Chichester Runners      | 2 |
| 426 | 157 | 1:07:07 | 211 | Gill      | Lunn                 | Female | Horsham Joggers         | 2 |
| 427 | 269 | 1:07:08 | 242 | Dave      | Harvey               | Male   | Hove Hornets            | 1 |
| 428 | 158 | 1:07:08 | 199 | Christina | Harrison             | Female | Horsham Joggers         | 2 |
| 429 | 159 | 1:07:14 | 475 | Jo        | Hurley               | Female |                         |   |
| 430 | 160 | 1:07:55 | 232 | Sandrine  | Yeates               | Female | Horsham Joggers         | 2 |
| 431 | 161 | 1:07:58 | 23  | Lynsey    | Macnab               | Female | Arunners                | 2 |
| 432 | 162 | 1:07:59 | 246 | Rebecca   | Miller               | Female | Hove Hornets            | 2 |
| 433 | 163 | 1:08:00 | 316 | Jan       | Morgan               | Female | Portslade Hedgehoppers  | 2 |
| 434 | 164 | 1:08:00 | 20  | Nicola    | Hunt                 | Female | Arunners                | 2 |
| 435 | 270 | 1:08:25 | 91  | Ian       | Stevens              | Male   | Chichester Runners      | 1 |
| 436 | 165 | 1:08:47 | 36  | Christina | Scutt                | Female | Arunners                | 1 |
| 437 | 271 | 1:09:29 | 30  | Jeff      | Partridge            | Male   | Arunners                | 1 |
| 438 | 166 | 1:10:04 | 193 | Jane      | Footer               | Female | Horsham Joggers         | 1 |
| 439 | 167 | 1:10:08 | 388 | Amanda    | Boyd                 | Female | Worthing Striders       | 1 |
| 440 | 168 | 1:10:29 | 429 | Joanne    | Apps                 | Female |                         |   |
| 441 | 169 | 1:10:39 | 458 | Emma      | Sinclair             | Female |                         |   |
| 442 | 170 | 1:10:59 | 187 | Rachel    | Detnon               | Female | Horsham Joggers         | 1 |
| 443 | 171 | 1:11:24 | 200 | Sue       | Hensman              | Female | Horsham Joggers         | 1 |
| 444 | 172 | 1:11:25 | 229 | Dawn      | Whamond              | Female | Horsham Joggers         | 1 |
| 445 | 173 | 1:11:25 | 131 | Melanie   | Mitchell             | Female | Haywards Heath Harriers | 1 |
| 446 | 174 | 1:11:26 | 174 | Holly     | Black                | Female | Horsham Joggers         | 1 |
| 447 | 175 | 1:11:56 | 101 | Liz       | Parker               | Female | Crawley Run Crew        | 1 |
| 448 | 176 | 1:13:23 | 176 | Jodi      | Bowbrick             | Female | Horsham Joggers         | 1 |
| 449 | 272 | 1:13:42 | 117 | Richard   | Bates                | Male   | Haywards Heath Harriers | 1 |
| 450 | 273 | 1:14:37 | 406 | Peter     | Jenkins              | Male   | Worthing Striders       | 1 |
| 451 | 274 | 1:14:41 | 483 | Chris     | Evans                | Male   |                         |   |
| 452 | 275 | 1:15:58 | 90  | James     | Savage               | Male   | Chichester Runners      | 1 |

|            |     |         |     |        |           |        |                        |   |
|------------|-----|---------|-----|--------|-----------|--------|------------------------|---|
| <b>453</b> | 177 | 1:17:47 | 307 | Jenny  | Cass      | Female | Portslade Hedgehoppers | 1 |
| <b>454</b> | 178 | 1:18:35 | 416 | Fran   | Smith     | Female | Worthing Striders      | 1 |
| <b>455</b> | 179 | 1:21:49 | 426 | Hannah | Wise      | Female | Worthing Striders      | 1 |
| <b>456</b> | 180 | 1:21:49 | 422 | Jayne  | Wilkinson | Female | Worthing Striders      | 1 |
| <b>457</b> | 181 | 1:21:49 | 418 | Anita  | Watkins   | Female | Worthing Striders      | 1 |
| <b>458</b> | 182 | 1:26:46 | 287 | Yian   | Solomon   | Female | Lancing Eagles         | 1 |
| <b>459</b> | 276 | 1:26:48 | 556 | Jeremy | Aston     | Male   | Worthing Gazelles      | 1 |

# Junior Race, 2026

| Pos | Gender<br>Position | Time | Bib | Name       | Surname      | Gender | Club                    | WSFRL<br>Points |
|-----|--------------------|------|-----|------------|--------------|--------|-------------------------|-----------------|
| 1   | 1                  | 4:18 | 531 | Isaiah     | Hatton       | Male   | Worthing Harriers       | 10              |
| 2   | 2                  | 4:23 | 514 | Luke       | Overton      | Male   | Haywards Heath Harriers | 10              |
| 3   | 3                  | 4:30 | 544 | Bertie     | Cresswell    | Male   | Worthing Harriers       | 10              |
| 4   | 4                  | 4:31 | 541 | Isaac      | Yeboah-Regis | Male   | Worthing Harriers       | 9               |
| 5   | 5                  | 4:32 | 528 | Harryson   | Crowley      | Male   | Worthing Harriers       | 9               |
| 6   | 6                  | 4:39 | 540 | Leo        | Whyatt       | Male   | Worthing Harriers       | 8               |
| 7   | 7                  | 4:54 | 509 | Gilbert    | Copeland     | Male   | Chichester Runners      | 8               |
| 8   | 8                  | 5:02 | 512 | Rohan      | Barnes       | Male   | Haywards Heath Harriers | 8               |
| 9   | 9                  | 5:04 | 510 | Louis      | Copeland     | Male   | Chichester Runners      | 7               |
| 10  | 1                  | 5:04 | 511 | Bethany    | Rees         | Female | Chichester Runners      | 10              |
| 11  | 2                  | 5:11 | 507 | Harriet    | Bulger       | Female | Chichester Runners      | 10              |
| 12  | 10                 | 5:13 | 521 | Oliver     | Hinchliffe   | Male   | Steyping AC             | 7               |
| 13  | 11                 | 5:13 | 522 | Henry      | Rye          | Male   | Steyping AC             | 6               |
| 14  | 3                  | 5:14 | 530 | Imogen     | Hatton       | Female | Worthing Harriers       | 9               |
| 15  | 12                 | 5:16 | 500 | Lucas      | Bradley      | Male   | Arunners                | 6               |
| 16  | 13                 | 5:23 | 504 | Jasper     | Robertson    | Male   | Arunners                | 6               |
| 17  | 4                  | 5:28 | 513 | Lucy       | Overton      | Female | Haywards Heath Harriers | 9               |
| 18  | 5                  | 5:31 | 527 | Sienna     | Bradford     | Female | Worthing Harriers       | 9               |
| 19  | 6                  | 5:38 | 532 | Isabelle   | McGregor     | Female | Worthing Harriers       | 8               |
| 20  | 7                  | 5:39 | 552 | India      | Luto-Newson  | Female | Steyping AC             | 8               |
| 21  | 14                 | 5:39 | 534 | Tom        | Murray       | Male   | Worthing Harriers       | 5               |
| 22  | 8                  | 5:48 | 535 | Adelaide   | Padgett      | Female | Worthing Harriers       | 7               |
| 23  | 9                  | 5:56 | 524 | Lana       | Birdsey      | Female | Worthing Harriers       | 7               |
| 24  | 15                 | 6:07 | 519 | George     | Willmer      | Male   | Lancing Eagles          | 5               |
| 25  | 16                 | 6:16 | 516 | William    | Cole         | Male   | Henfield Joggers        | 4               |
| 26  | 10                 | 6:31 | 505 | Ava        | Solly        | Female | Arunners                | 7               |
| 27  | 17                 | 6:31 | 547 | Charlie    | Reader       | Male   | Steyping AC             | 4               |
| 28  | 11                 | 6:33 | 529 | Hattie     | Franklin     | Female | Worthing Harriers       | 6               |
| 29  | 18                 | 6:36 | 523 | Ted        | Rye          | Male   | Steyping AC             | 4               |
| 30  | 12                 | 6:41 | 559 | Jessica    | Reed         | Female | Steyping AC             | 6               |
| 31  | 13                 | 6:50 | 517 | Edith      | Slater       | Female | Henfield Joggers        | 5               |
| 32  | 19                 | 6:51 | 537 | Phoenix    | Padgett      | Male   | Worthing Harriers       | 3               |
| 33  | 20                 | 7:00 | 560 | George     | Hurley       | Male   |                         |                 |
| 34  | 21                 | 7:04 | 503 | Finlay     | Robertson    | Male   | Arunners                | 3               |
| 35  | 22                 | 7:07 | 515 | James      | Cole         | Male   | Henfield Joggers        | 2               |
| 36  | 23                 | 7:12 | 551 | Arthur     | Cromb        | Male   | Worthing Gazelles       | 2               |
| 37  | 24                 | 7:15 | 542 | Arlo       | Randall      | Male   |                         |                 |
| 38  | 25                 | 7:26 | 554 | Arthur     | Baker-Irons  | Male   | Worthing Gazelles       | 2               |
| 39  | 14                 | 7:33 | 546 | Gracie     | Whitman      | Female |                         |                 |
| 40  | 15                 | 7:33 | 545 | Lola       | Whitman      | Female |                         |                 |
| 41  | 26                 | 7:40 | 525 | Billy      | Bradford     | Male   | Worthing Harriers       | 1               |
| 42  | 16                 | 7:53 | 550 | Esme       | Cromb        | Female | Worthing Gazelles       | 5               |
| 43  | 17                 | 7:55 | 548 | Roisin     | Murphy       | Female | Worthing Gazelles       | 4               |
| 44  | 18                 | 7:58 | 549 | Oonagh     | Murphy       | Female | Worthing Gazelles       | 4               |
| 45  | 19                 | 8:08 | 518 | Paige      | Slater       | Female | Henfield Joggers        | 4               |
| 46  | 20                 | 8:09 | 553 | Phoebe     | Born         | Female | Worthing Harriers       | 3               |
| 47  | 21                 | 8:11 | 501 | Betsy      | Macnab       | Female | Arunners                | 3               |
| 48  | 22                 | 8:20 | 533 | Ella       | Murray       | Female | Worthing Harriers       | 2               |
| 49  | 23                 | 8:37 | 502 | Adya       | Patel        | Female | Arunners                | 2               |
| 50  | 24                 | 9:03 | 543 | Margaux    | Wilson       | Female |                         |                 |
| 51  | 25                 | 9:18 | 536 | Alexandria | Padgett      | Female | Worthing Harriers       | 2               |
| 52  | 26                 | 9:19 | 538 | Savannah   | Padgett      | Female | Worthing Harriers       | 1               |

|    |    |      |     |      |          |        |          |   |
|----|----|------|-----|------|----------|--------|----------|---|
| 53 | 27 | 9:21 | 558 | Izzy | Cavanagh | Female | Arunners | 1 |
| 54 | 27 | 9:44 | 557 | Olly | Cavanagh | Male   | Arunners | 1 |