

2017 Bexhill 5K League Table

Overall Pos	Races Completed	FirstName	LastName	Cat	Cat Pos	Gender	Gender Pos	Club	May Chip Time	June Chip Time	July Chip Time	Total Time	AVG Minute/KM Pace	KM/HOUR Pace
1	3	Josh	Varney	MS	1	M	1	Eastbourne Rovers	0:17:01.80	0:17:01.95	0:17:32.80	<b>0:51:36.5</b>	03:26	17.44
2	3	Michael	Bale	MS	2	M	2	Lewes AC	0:18:34.05	0:18:39.10	0:18:42.45	<b>0:55:55.6</b>	03:44	16.09
3	3	Dan	Gilkes	M40	1	M	3		0:18:38.05	0:18:49.35	0:19:13.50	<b>0:56:40.9</b>	03:47	15.88
4	3	Gareth	Taplin	M40	2	M	4	Eastbourne Rovers AC	0:19:50.05	0:19:44.60	0:20:20.90	<b>0:59:55.5</b>	04:00	15.02
5	3	Stephen	Gagola	MS	3	M	5		0:19:40.45	0:19:30.55	0:21:11.25	<b>1:00:22.3</b>	04:01	14.91
6	3	Andy	Knight	M50	1	M	6	Hastings Runners	0:20:07.85	0:20:41.90	0:21:00.00	<b>1:01:49.7</b>	04:07	14.56
7	3	James	Kelly	MS	4	M	7		0:21:05.25	0:20:29.70	0:20:29.85	<b>1:02:04.8</b>	04:08	14.50
8	3	Mike	Walker	M45	1	M	8		0:21:03.65	0:20:49.15	0:21:57.85	<b>1:03:50.6</b>	04:15	14.10
9	3	Adam	Maynard	MS	5	M	9	Hastings Runners	0:20:52.10	0:21:28.20	0:21:47.60	<b>1:04:07.9</b>	04:17	14.03
10	3	Sophie	McGoldrick	F35	1	F	1	Hastings Runners	0:22:20.80	0:22:14.30	0:23:18.55	<b>1:07:53.7</b>	04:32	13.26
11	3	Sam	Brown	MS	6	M	10	WalktoRun	0:22:14.65	0:22:11.80	0:24:04.60	<b>1:08:31.1</b>	04:34	13.14
12	3	Tom	Mann	MS	7	M	11	Hastings Runners	0:28:24.00	0:22:43.95	0:23:55.20	<b>1:15:03.1</b>	05:00	11.99
13	3	Jacqueline	Wooller	F55	1	F	2	Eastbourne Rovers AC	0:25:39.35	0:24:50.35	0:24:58.05	<b>1:15:27.7</b>	05:02	11.93
14	3	Lexie	Coleman	FJ	1	F	3		0:24:37.80	0:24:29.35	0:27:28.30	<b>1:16:35.4</b>	05:06	11.75
15	3	Barry	Ingram	MS	8	M	12	BRT	0:25:27.30	0:25:31.35	0:25:41.35	<b>1:16:40.0</b>	05:07	11.74
16	3	Jim	Cameron	M45	2	M	13		0:22:26.55	0:30:32.65	0:23:59.70	<b>1:16:58.9</b>	05:08	11.69
17	3	Andrew	Wilson	M50	2	M	14		0:26:10.10	0:25:31.05	0:27:41.55	<b>1:19:22.7</b>	05:18	11.34
18	3	Peter	Cobbett	M70	1	M	15	HAYWARDS HEATH HARRIERS	0:27:25.50	0:26:40.90	0:27:17.15	<b>1:21:23.5</b>	05:26	11.06
19	3	Leigh	Yates	M40	3	M	16		0:26:49.65	0:27:35.90	0:27:57.00	<b>1:22:22.5</b>	05:30	10.93
20	3	Claire	Overfield	F40	1	F	4		0:31:26.65	0:25:24.35	0:26:11.50	<b>1:23:02.5</b>	05:32	10.84
21	3	Mark	Potter	M40	4	M	17		0:28:59.55	0:27:28.15	0:27:29.10	<b>1:23:56.8</b>	05:36	10.72
22	3	David	Beawell	M45	2	M	18		0:29:14.55	0:27:47.90	0:28:32.40	<b>1:25:34.9</b>	05:42	10.52
23	3	Joanna	Swap	F40	2	F	5	BRT	0:31:26.55	0:29:15.35	0:29:20.30	<b>1:30:02.2</b>	06:00	10.00
24	3	Kallista	Owen	FS	1	F	6		0:28:24.45	0:31:14.95	0:30:27.60	<b>1:30:07.0</b>	06:00	9.99
25	3	Matt	Jennings	MS	9	M	19		0:36:05.95	0:31:54.90	0:30:17.10	<b>1:38:18.0</b>	06:33	9.16
26	3	Carrie	Hanrahan	F40	3	F	7	Bodys shock Runners	0:32:46.50	0:35:08.20	0:36:30.90	<b>1:44:25.6</b>	06:58	8.62
27	3	Angela	Brennan	F45	1	F	8		0:36:34.50	0:34:20.70	0:37:50.70	<b>1:48:45.9</b>	07:15	8.27
28	3	David	Wonnacott	M45	3	M	20		0:37:14.10	0:36:03.50	0:35:31.65	<b>1:48:49.3</b>	07:15	8.27
29	3	Nikki	Young	F45	2	F	9	Eastbourne Rovers AC	0:36:32.35	0:36:21.30	0:36:50.50	<b>1:49:44.2</b>	07:19	8.20
1	2	Ross	Brocklehurst	MS	1	M	1	Eastbourne Rovers	0:17:14.15	0:17:31.10		<b>0:34:45.3</b>	03:29	17.26
2	2	Jacob	Wilkinson	MS	2	M	2	Hastings Runners	0:18:01.20	0:18:12.90		<b>0:36:14.1</b>	03:37	16.56
3	2	Jasper	Baker	MJ	1	M	3	Lewes AC	0:18:08.30		0:18:52.05	<b>0:37:00.4</b>	03:42	16.21
4	2	Richard	Davis	MS	3	M	4	Eastbourne Rovers AC		0:18:14.10	0:18:50.90	<b>0:37:05.0</b>	03:42	16.18
5	2	Huw	Jones	MS	4	M	5	Hailsham Harriers		0:19:35.30	0:19:55.70	<b>0:39:31.0</b>	03:57	15.18
6	2	Polly	Pitcairn-Knowles	FS	1	F	1	Tonbridge AC	0:19:38.80	0:19:58.75		<b>0:39:37.6</b>	03:58	15.14
7	2	Kelsi	Cornish	FJ	1	F	2	Blackheath and Bromley Harriers		0:19:01.60	0:20:47.00	<b>0:39:48.6</b>	03:59	15.07
8	2	Jacek	Soinski	M45	1	M	6		0:19:56.85	0:20:21.45		<b>0:40:18.3</b>	04:02	14.89
9	2	Aislinn	Darvell	FS	2	F	3	Eastbourne Rovers	0:20:33.20	0:20:24.15		<b>0:40:57.3</b>	04:06	14.65
10	2	Kevin	Cobb	M55	2	M	7			0:20:14.30	0:20:54.25	<b>0:41:08.5</b>	04:07	14.58

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11	2	Robert	Young	M45	2	M	8	Eastbourne Rovers AC		0:20:33.65	0:21:12.90	<b>0:41:46.5</b>	04:11	14.36
12	2	Terry	Puxty	M40	1	M	9	Hastings AC	0:21:31.50	0:20:22.50		<b>0:41:54.0</b>	04:11	14.32
13	2	Matt	Daly	M45	3	M	10	Tri Tempo	0:20:53.95		0:21:38.65	<b>0:42:32.6</b>	04:15	14.10
14	2	Robert	Shepherd	M45	4	M	11	na	0:20:59.65		0:21:38.35	<b>0:42:38.0</b>	04:16	14.07
15	2	Paul	Payne	M40	2	M	12	Bodyworks XTC	0:21:06.90		0:21:31.55	<b>0:42:38.5</b>	04:16	14.07
16	2	Bill	Solly	M65	1	M	13			0:21:15.70	0:21:39.25	<b>0:42:54.9</b>	04:17	13.98
17	2	Matt	Beaver	M40	3	M	14	Hastings Runners	0:21:53.25	0:21:39.30		<b>0:43:32.6</b>	04:21	13.78
18	2	Scott	Standen	MS	5	M	15			0:21:48.45	0:21:50.65	<b>0:43:39.1</b>	04:22	13.75
19	2	Bill	Fraser	M65	2	M	16	Hailsham Harriers	0:22:08.85	0:21:38.25		<b>0:43:47.1</b>	04:23	13.70
20	2	Justin	Etkin	M40	4	M	17	BRT Bexhill Runners and Triathletes		0:21:50.30	0:22:13.00	<b>0:44:03.3</b>	04:24	13.62
21	2	Matt	Dargan	M45	5	M	18		0:22:08.05		0:22:36.30	<b>0:44:44.4</b>	04:28	13.41
22	2	Gary	Smith	M45	6	M	19	hailsham harriers		0:22:36.40	0:22:31.35	<b>0:45:07.7</b>	04:31	13.30
23	2	Paula	Chase	F35	1	F	4	BRT		0:22:38.50	0:23:00.65	<b>0:45:39.1</b>	04:34	13.14
24	2	Graham	Weir	M55	3	M	20	Eastbourne Rovers AC	0:23:22.85	0:23:48.10		<b>0:47:10.9</b>	04:43	12.72
25	2	Tom	Jennings	M60	1	M	21		0:24:24.35	0:24:16.60		<b>0:48:41.0</b>	04:52	12.32
26	2	Rachel	Comotto	FS	3	F	5	FetchEveryone Running Club		0:23:42.30	0:25:22.20	<b>0:49:04.5</b>	04:54	12.23
27	2	Helen	Cohen	F45	1	F	6	Tonbridge ac	0:24:44.85	0:24:29.50		<b>0:49:14.4</b>	04:55	12.19
28	2	Susan	Drake	F60	1	F	7	Eastbourne Rovers AC		0:24:41.10	0:25:57.15	<b>0:50:38.2</b>	05:04	11.85
29	2	Jade	Coleman	FJ	2	F	8		0:25:22.20	0:25:31.10		<b>0:50:53.3</b>	05:05	11.79
30	2	Helen	Truman	F50	1	F	9	Eastbourne Rovers AC		0:25:21.80	0:25:37.45	<b>0:50:59.2</b>	05:06	11.77
31	2	Andy	Castle	M60	2	M	22	None	0:25:35.80		0:26:09.15	<b>0:51:44.9</b>	05:10	11.59
32	2	Anna	Larner	F35	2	F	10	Petts Wood Runners		0:26:02.65	0:26:14.15	<b>0:52:16.8</b>	05:14	11.48
33	2	Will	Sherwood	MS	6	M	23		0:26:50.05	0:25:46.90		<b>0:52:37.0</b>	05:16	11.40
34	2	Penny	Baker	F35	3	F	11		0:26:55.60		0:25:53.20	<b>0:52:48.8</b>	05:17	11.36
35	2	Mike	Ellis	M65	3	M	24	Hastings Runners	0:26:07.95		0:27:04.20	<b>0:53:12.1</b>	05:19	11.28
36	2	Sasha	Stevens	F45	2	F	12	Eastbourne Rovers	0:26:32.95		0:27:36.00	<b>0:54:09.0</b>	05:25	11.08
37	2	Jo	French	F50	2	F	13	Hastings Runners	0:26:29.45		0:27:43.40	<b>0:54:12.8</b>	05:25	11.07
38	2	Andrea	Brackenbury	F40	1	F	14		0:27:16.40	0:27:07.10		<b>0:54:23.5</b>	05:26	11.03
39	2	Eleanor	Hanion	FS	4	F	15	Bodyworks	0:27:58.30		0:26:37.40	<b>0:54:35.7</b>	05:28	10.99
40	2	Lisa	Sim	F45	3	F	16	Eastbourne Rovers AC		0:27:08.35	0:28:09.50	<b>0:55:17.8</b>	05:32	10.85
41	2	Lesley	Reid	FS	5	F	17			0:27:18.70	0:28:06.70	<b>0:55:25.4</b>	05:33	10.83
42	2	Alan	Roberts	M55	4	M	25	Eastbourne Rovers AC	0:27:05.30		0:28:26.70	<b>0:55:32.0</b>	05:33	10.80
43	2	Viki	Ashby	F40	2	F	18		0:27:23.95		0:28:35.40	<b>0:55:59.3</b>	05:36	10.72
44	2	Darren	Speer	M40	5	M	26	Heart and Sole Running Group		0:27:41.95	0:28:48.85	<b>0:56:30.8</b>	05:39	10.62
45	2	Jenni	Farrell	F40	3	F	19	Run Wednesday	0:29:14.05	0:28:02.05		<b>0:57:16.1</b>	05:44	10.48
46	2	Sally	Hylands	F50	3	F	20	Eastbourne Rovers AC		0:28:11.65	0:29:46.75	<b>0:57:58.4</b>	05:48	10.35
47	2	Claire	Moor	FS	6	F	21			0:29:15.30	0:29:45.75	<b>0:59:01.1</b>	05:54	10.17
48	2	Iain	Austin	M40	6	M	27	BRT		0:29:53.55	0:29:31.70	<b>0:59:25.2</b>	05:57	10.10
49	2	Nathan	Sargent	MS	7	M	28		0:29:02.60	0:31:14.45		<b>1:00:17.1</b>	06:02	9.95

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50	2	Lianne	Foreman	F40	4	F	22			0:28:56.30	0:31:30.35	<b>1:00:26.6</b>	06:03	9.93
51	2	Susan	Mann	F55	1	F	23	Hastings Runners	0:29:14.65		0:31:13.40	<b>1:00:28.1</b>	06:03	9.92
52	2	Sarah	Brennan	F35	4	F	24		0:31:33.95	0:30:17.65		<b>1:01:51.6</b>	06:11	9.70
53	2	Michelle	Pain	FS	7	F	25		0:31:34.10	0:31:33.00		<b>1:03:07.1</b>	06:19	9.51
54	2	Leon	Goldsack	M50	1	M	29	Dover RoadRunners AC	0:32:26.45		0:33:59.45	<b>1:06:25.9</b>	06:39	9.03
55	2	Tim	Strickland	M60	3	M	30			0:29:32.70	0:37:49.80	<b>1:07:22.5</b>	06:44	8.91
56	2	Ashley	Boxall	MS	8	M	31			0:33:41.00	0:37:21.25	<b>1:11:02.2</b>	07:06	8.45
57	2	Caroline	Dugdale	F40	5	F	26			0:35:07.75	0:36:31.00	<b>1:11:38.8</b>	07:10	8.37
58	2	Emma	Tricker	F40	6	F	27	Vegan Runners	0:35:00.90		0:37:57.90	<b>1:12:58.8</b>	07:18	8.22
59	2	Liz	Foster	F45	4	F	28		0:37:13.90	0:36:03.15		<b>1:13:17.0</b>	07:20	8.19
60	2	Julia	Pipes	F55	2	F	29		0:36:33.30		0:37:51.10	<b>1:14:24.4</b>	07:26	8.06
61	2	Becky	Izzard	F45	5	F	30		0:38:53.95		0:38:55.85	<b>1:17:49.8</b>	07:47	7.71
62	2	Serena	Mathews	F35	5	F	31		0:39:27.25	0:39:01.55		<b>1:18:28.8</b>	07:51	7.65
63	2	Lorraine	McLaughlin	F50	4	F	32		0:40:48.35		0:40:58.50	<b>1:21:46.9</b>	08:11	7.34