

Bexhill 5K  
27th May 2015

| Pos | Bib | Firstname  | Lastname     | Gender | Gender Pos | Cat | Cat Pos | Club                   | Chip Time | Gun Time |
|-----|-----|------------|--------------|--------|------------|-----|---------|------------------------|-----------|----------|
| 1   | 32  | Gary       | Foster       | M      | 1          | MS  | 1       | Hastings athletic club | 16:27.3   | 16:27.7  |
| 2   | 114 | Matthew    | Herring      | M      | 2          | MJ  | 1       | Hastings AC            | 16:36.7   | 16:37.0  |
| 3   | 217 | Tobias     | Baker        | M      | 3          | MJ  | 2       |                        | 17:17.5   | 17:17.9  |
| 4   | 39  | Dan        | Gilkes       | M      | 4          | MS  | 2       |                        | 17:39.0   | 17:40.1  |
| 5   | 154 | Daniel     | Russell      | M      | 5          | MS  | 3       | Hastings AC            | 17:46.1   | 17:48.4  |
| 6   | 212 | Jack       | Butcher      | M      | 6          | MS  | 4       |                        | 17:56.4   | 17:57.6  |
| 7   | 120 | Peter      | Blomfield    | M      | 7          | MV2 | 1       | Hastings AC            | 17:58.0   | 17:59.8  |
| 8   | 203 | Alex       | Mandryko     | M      | 8          | MS  | 5       | BRT                    | 17:59.5   | 18:01.0  |
| 9   | 155 | Ian        | Peachy       | M      | 9          | MS  | 6       |                        | 17:59.6   | 18:03.7  |
| 10  | 200 | Oli        | Anson        | M      | 10         | MJ  | 3       | PH Fitness             | 18:05.8   | 18:06.3  |
| 11  | 7   | Darren     | Barzee       | M      | 11         | MV2 | 2       |                        | 18:07.0   | 18:08.9  |
| 12  | 219 | Jasper     | Baker        | M      | 12         | MJ  | 4       |                        | 18:10.1   | 18:11.5  |
| 13  | 174 | Paul       | Bennett      | M      | 13         | MS  | 7       | Hastings AC            | 18:11.0   | 18:12.4  |
| 14  | 134 | Carlo      | Forte        | M      | 14         | MV1 | 1       | Hastings AC            | 18:11.5   | 18:13.1  |
| 15  | 35  | Sue        | Fry          | F      | 1          | FV2 | 1       | Hailsham Harriers      | 18:16.4   | 18:17.3  |
| 16  | 109 | Ollie      | Platts       | M      | 15         | MJ  | 5       | Bodyshock Fitness      | 18:23.4   | 18:24.2  |
| 17  | 142 | Jason      | Wren         | M      | 16         | MS  | 8       |                        | 18:27.3   | 18:31.0  |
| 18  | 159 | Andy       | Hitch        | M      | 17         | MS  | 9       | Crossfit Firehills     | 18:29.7   | 18:31.4  |
| 19  | 223 | Martyn     | Reynolds     | M      | 18         | MS  | 10      | BRT                    | 18:39.7   | 18:41.7  |
| 20  | 160 | Phil       | Scott        | M      | 19         | MS  | 11      | Hastings Runners       | 18:47.4   | 18:48.2  |
| 21  | 228 | Richard    | Devine       | M      | 20         | MS  | 12      | Hastings Runners       | 18:49.5   | 18:52.3  |
| 22  | 175 | Mal        | Prisect      | M      | 21         | MV3 | 1       |                        | 19:13.0   | 19:13.4  |
| 23  | 218 | Stuart     | Baker        | M      | 22         | MV2 | 3       |                        | 19:14.8   | 19:16.6  |
| 24  | 56  | Huw        | Jones        | M      | 23         | MS  | 13      | Hailsham harriers      | 19:17.9   | 19:20.7  |
| 25  | 220 | Adam       | Maynard      | M      | 24         | MS  | 14      |                        | 19:20.0   | 19:22.0  |
| 26  | 190 | Riz        | Maslen       | F      | 2          | FV3 | 1       | Hastings Runners       | 19:19.9   | 19:22.9  |
| 27  | 173 | Ben        | McCallion    | M      | 25         | MJ  | 6       | Hastings AC            | 19:21.3   | 19:26.9  |
| 28  | 243 | Phil       | Robinson     | M      | 26         | MV3 | 2       | Seaford Striders       | 19:18.9   | 19:31.9  |
| 29  | 141 | Tom        | Banks        | M      | 27         | MV1 | 2       | Hastings AC            | 19:33.5   | 19:36.1  |
| 30  | 107 | Kevin      | Cobb         | M      | 28         | MV4 | 1       |                        | 19:31.4   | 19:37.2  |
| 31  | 149 | Ben        | Muggridge    | M      | 29         | MS  | 15      | Hastings Runners       | 19:35.4   | 19:39.5  |
| 32  | 241 | Tim        | Cox          | M      | 30         | MJ  | 7       | BRT                    | 19:35.2   | 19:41.7  |
| 33  | 157 | Matthew    | Scott        | M      | 31         | MV3 | 3       | Eastbourne Rovers AC   | 19:42.2   | 19:42.9  |
| 34  | 125 | Bill       | Solly        | M      | 32         | MV5 | 1       |                        | 19:40.8   | 19:46.1  |
| 35  | 202 | Nick       | Webb         | M      | 33         | MV4 | 2       | Hastings Runners       | 19:47.9   | 19:51.5  |
| 36  | 179 | Fiona      | Bugler       | F      | 3          | FV3 | 2       | Hailsham Harriers      | 20:07.7   | 20:08.1  |
| 37  | 65  | Joe        | McCann       | M      | 34         | MS  | 16      |                        | 0         | 20:13.1  |
| 38  | 23  | David      | Crane        | M      | 35         | MS  | 17      | Surrey Walking Club    | 20:18.1   | 20:20.6  |
| 39  | 240 | Harry      | Abraham      | M      | 36         | MV3 | 4       | Paddockwood AC         | 20:19.4   | 20:21.1  |
| 40  | 213 | Oly        | Curtis       | M      | 37         | MS  | 18      |                        | 20:16.8   | 20:29.1  |
| 41  | 191 | Neil       | Davidson     | M      | 38         | MV1 | 3       | Eastbourne Rovers AC   | 20:25.2   | 20:30.1  |
| 42  | 170 | Dean       | Garry        | M      | 39         | MV3 | 5       | Hastings AC            | 20:27.5   | 20:31.1  |
| 43  | 75  | Andrew     | Olorenshaw   | M      | 40         | MS  | 19      |                        | 20:28.7   | 20:33.9  |
| 44  | 152 | Kevin      | Aslett       | M      | 41         | MV3 | 6       | Hastings AC            | 20:39.0   | 20:42.7  |
| 45  | 91  | Grant      | Stevens      | M      | 42         | MS  | 20      |                        | 20:46.6   | 20:50.1  |
| 46  | 50  | Linda      | Hayes        | F      | 4          | FV5 | 1       | Wadhurst Runners       | 20:49.6   | 20:52.4  |
| 47  | 177 | Mark       | Ryalls       | M      | 43         | MV2 | 4       | BRT & BSF              | 20:46.2   | 20:52.5  |
| 48  | 103 | Jacqueline | Haas         | F      | 5          | FV2 | 2       | Bodyshock Fitness      | 20:51.1   | 20:54.9  |
| 49  | 150 | Jo         | Campbell     | F      | 6          | FV1 | 1       | Hastings AC            | 20:58.8   | 21:02.3  |
| 50  | 143 | Oliver     | Saunders     | M      | 44         | MS  | 21      | Bodyshock Fitness      | 20:57.9   | 21:02.9  |
| 51  | 18  | Ashley     | Cahill       | M      | 45         | MS  | 22      |                        | 20:58.4   | 21:05.7  |
| 52  | 176 | David      | Palmer       | M      | 46         | MV1 | 4       | BRT                    | 21:01.2   | 21:06.7  |
| 53  | 47  | Adrian     | Hammond      | M      | 47         | MS  | 23      |                        | 21:01.4   | 21:07.0  |
| 54  | 238 | Graham     | Chapman      | M      | 48         | MV3 | 7       | Heathfield RR          | 21:18.8   | 21:23.0  |
| 55  | 194 | Rob        | Platt        | M      | 49         | MS  | 24      |                        | 21:19.2   | 21:24.6  |
| 56  | 196 | Michael    | Clark        | M      | 50         | MV2 | 5       | Hastings AC            | 21:21.7   | 21:24.8  |
| 57  | 110 | Adam       | Coleman      | M      | 51         | MS  | 25      | Hastings runners       | 21:17.6   | 21:27.7  |
| 58  | 21  | Chris      | Castleman    | M      | 52         | MV3 | 8       |                        | 21:26.0   | 21:28.8  |
| 59  | 195 | Gary       | Smith        | M      | 53         | MV2 | 6       | Heathfield             | 21:19.9   | 21:31.4  |
| 60  | 59  | Katie      | King         | F      | 7          | FS  | 1       | PH Fitness             | 21:33.5   | 21:35.6  |
| 61  | 181 | George     | Crathem      | M      | 54         | MJ  | 8       |                        | 21:34.2   | 21:40.2  |
| 62  | 208 | Anthony    | Gardner      | M      | 55         | MV3 | 9       | Hastings Runners       | 21:35.0   | 21:41.5  |
| 63  | 118 | Jim        | McSweeney    | M      | 56         | MV1 | 5       | Hastings AC            | 21:47.1   | 21:49.8  |
| 64  | 186 | Paul       | Grenfell     | M      | 57         | MV3 | 10      | Mead Runners           | 21:48.8   | 21:52.1  |
| 65  | 205 | Ian        | Cole         | M      | 58         | MV2 | 7       |                        | 21:52.3   | 21:56.8  |
| 66  | 137 | Matthew    | Dargon       | M      | 59         | MV1 | 6       |                        | 21:48.9   | 21:57.8  |
| 67  | 74  | Peter      | O'Donoghue   | M      | 60         | MS  | 26      |                        | 0         | 22:04.9  |
| 68  | 131 | Eddie      | Winter       | M      | 61         | MV2 | 8       | Arena 80               | 22:01.9   | 22:06.5  |
| 69  | 27  | Ryan       | Ellis        | M      | 62         | MS  | 27      |                        | 22:02.0   | 22:08.6  |
| 70  | 133 | Jemima     | Hilton-Berry | F      | 8          | FS  | 2       | Bodyshock Fitness      | 22:16.4   | 22:21.0  |
| 71  | 216 | Gary       | Newport      | M      | 63         | MV2 | 9       |                        | 22:15.1   | 22:22.2  |
| 72  | 57  | James      | Kelly        | M      | 64         | MS  | 28      |                        | 22:12.7   | 22:23.0  |
| 73  | 80  | Damon      | Pinder       | M      | 65         | MV3 | 11      |                        | 22:14.4   | 22:26.1  |
| 74  | 135 | Alice      | Forte        | F      | 9          | FV1 | 2       | Bodyshock Fitness      | 22:22.2   | 22:26.7  |
| 75  | 178 | Richard    | Robertson    | M      | 66         | MV3 | 12      | Hastings AC            | 22:23.4   | 22:27.6  |

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|-----|-----|-----------|-----------------|--------|------------|-----|---------|-------------------------|-----------|----------|
| 76  | 90  | Paulette  | Smith           | F      | 10         | FV2 | 3       | Heathfield road runners | 22:18.7   | 22:28.4  |
| 77  | 201 | Suzi      | Frost           | F      | 11         | FV2 | 4       |                         | 22:26.1   | 22:30.1  |
| 78  | 138 | John-Alex | Dobson          | M      | 67         | MS  | 29      |                         | 22:24.9   | 22:31.4  |
| 79  | 34  | Darren    | Fox             | M      | 68         | MV2 | 10      | Bodyshockers            | 22:32.8   | 22:39.7  |
| 80  | 92  | Martyn    | Stockton        | M      | 69         | MV5 | 2       |                         | 0         | 22:40.9  |
| 81  | 99  | Steve     | Wilson          | M      | 70         | MS  | 30      |                         | 22:31.5   | 22:45.9  |
| 82  | 183 | Katy      | Sumner          | F      | 12         | FS  | 3       | Hastings Runners        | 22:47.4   | 22:52.2  |
| 83  | 95  | Lloyd     | Waughman        | M      | 71         | MS  | 31      |                         | 22:42.2   | 22:56.7  |
| 84  | 185 | Catherine | Mullane         | F      | 13         | FS  | 4       | Eastbourne Rovers AC    | 22:49.5   | 22:57.2  |
| 85  | 126 | Richard   | Swatton         | M      | 72         | MV1 | 7       | Bodyshock Fitness       | 22:53.8   | 22:59.0  |
| 86  | 111 | Daniel    | Langham         | M      | 73         | MS  | 32      |                         | 22:43.9   | 23:01.4  |
| 87  | 28  | Hannah    | Eyre            | F      | 14         | FS  | 5       |                         | 22:58.2   | 23:06.9  |
| 88  | 45  | Mark      | Griffin         | M      | 74         | MJ  | 9       | BRT                     | 23:04.7   | 23:12.3  |
| 89  | 180 | Carole    | Crathem         | F      | 15         | FV3 | 3       |                         | 23:11.7   | 23:17.3  |
| 90  | 192 | Ben       | Britt           | M      | 75         | MS  | 33      |                         | 23:09.3   | 23:19.9  |
| 91  | 117 | Nathan    | Atkinson        | M      | 76         | MS  | 34      |                         | 23:17.9   | 23:20.2  |
| 92  | 187 | Paul      | Richards        | M      | 77         | MV1 | 8       |                         | 23:07.7   | 23:22.0  |
| 93  | 166 | Nicole    | Proudfoot       | F      | 16         | FS  | 6       |                         | 23:15.7   | 23:30.9  |
| 94  | 124 | Nynee     | Thomson         | F      | 17         | FV2 | 5       |                         | 23:28.3   | 23:33.8  |
| 95  | 207 | Ed        | Cole            | M      | 78         | MV2 | 11      | BSF                     | 23:22.7   | 23:34.8  |
| 96  | 26  | Andrew    | Edmonds         | M      | 79         | MV1 | 9       |                         | 23:37.2   | 23:45.0  |
| 97  | 19  | Stephen   | Calladine-Evans | M      | 80         | MV2 | 12      |                         | 23:46.5   | 24:00.0  |
| 98  | 233 | Niki      | Marr            | F      | 18         | FV3 | 4       | Heathfield RR           | 23:48.9   | 24:00.7  |
| 99  | 161 | Amanda    | Bahadur         | F      | 19         | FS  | 7       |                         | 23:53.2   | 24:07.9  |
| 100 | 242 | James     | Grahal          | M      | 81         | MJ  | 10      |                         | 23:49.7   | 24:08.5  |
| 101 | 41  | Ben       | Goring          | M      | 82         | MS  | 35      |                         | 24:09.0   | 24:15.0  |
| 102 | 224 | Tracy     | Erridge         | F      | 20         | FV2 | 6       | Hailsham Harriers       | 24:06.4   | 24:16.3  |
| 103 | 239 | Dain      | Jewsen          | M      | 83         | MV2 | 13      | Hastings AC             | 24:09.7   | 24:18.0  |
| 104 | 119 | Andy      | Croft           | M      | 84         | MV2 | 14      | BRT                     | 24:14.1   | 24:23.4  |
| 105 | 231 | Rachel    | Wilson          | F      | 21         | FV2 | 7       | Heathfield RR           | 24:14.5   | 24:26.2  |
| 106 | 197 | Kim       | Callow          | M      | 85         | MV4 | 3       | Hastings Runners        | 24:22.4   | 24:31.2  |
| 107 | 76  | Claire    | Overfield       | F      | 22         | FV1 | 3       |                         | 24:28.5   | 24:37.9  |
| 108 | 72  | Marisa    | Nixon           | F      | 23         |     | 1       |                         | 24:28.4   | 24:37.9  |
| 109 | 77  | Barry     | Oxendale        | M      | 86         | MS  | 36      |                         | 24:31.6   | 24:39.5  |
| 110 | 29  | Graham    | Fenney          | M      | 87         | MS  | 37      | Bodyshock Fitness       | 24:39.6   | 24:41.8  |
| 111 | 148 | Sonia     | Appleton        | F      | 24         | FV1 | 4       | Bodyshock Fitness       | 24:36.7   | 24:44.0  |
| 112 | 172 | Rebecca   | Forster-Simmons | F      | 25         | FS  | 8       | Bodyshock Fitness       | 24:33.0   | 24:44.9  |
| 113 | 237 | Anna      | Kwiatkowska     | F      | 26         | FS  | 9       | Bodyshock Fitness       | 24:33.5   | 24:45.0  |
| 114 | 60  | Samantha  | Kusku           | F      | 27         | FV2 | 8       |                         | 24:33.3   | 24:49.1  |
| 115 | 46  | Gemma     | Hammond         | F      | 28         | FS  | 10      |                         | 24:42.9   | 24:50.2  |
| 116 | 189 | Jamie     | Turner          | M      | 88         | MS  | 38      | BSF                     | 24:47.8   | 24:54.8  |
| 117 | 104 | Darren    | Thomas          | M      | 89         | MV1 | 10      |                         | 24:54.6   | 24:59.4  |
| 118 | 105 | Jim       | Elliott         | M      | 90         | MV3 | 13      |                         | 24:59.3   | 25:09.2  |
| 119 | 16  | Skye      | Brockhurst      | F      | 29         | FS  | 11      |                         | 24:59.6   | 25:12.4  |
| 120 | 20  | Andrew    | Castle          | M      | 91         | MV5 | 3       |                         | 25:01.3   | 25:12.8  |
| 121 | 116 | David     | Atkinson        | M      | 92         | MV2 | 15      |                         | 25:14.8   | 25:16.8  |
| 122 | 232 | Louise    | Crocombe        | F      | 30         | FV2 | 9       | Heathfield RR           | 25:07.2   | 25:19.5  |
| 123 | 71  | Tess      | Murray          | F      | 31         | FS  | 12      |                         | 25:09.8   | 25:20.5  |
| 124 | 2   | James     | Allen           | M      | 93         | MS  | 39      |                         | 25:12.6   | 25:24.5  |
| 125 | 136 | Faye      | Dargon          | F      | 32         | FS  | 13      |                         | 25:59.0   | 26:07.5  |
| 126 | 144 | Mike      | Ellis           | M      | 94         | MV6 | 1       | Hastings Runners        | 26:14.0   | 26:22.7  |
| 127 | 69  | Samantha  | Mewett          | F      | 33         | FS  | 14      |                         | 26:23.2   | 26:28.2  |
| 128 | 115 | Joshua    | Atkinson        | M      | 95         | MS  | 40      |                         | 26:31.0   | 26:32.6  |
| 129 | 184 | Alan      | Roberst         | M      | 96         | MV3 | 14      | Hailsham Harriers       | 26:26.6   | 26:34.0  |
| 130 | 8   | Cathy     | Bate            | F      | 34         | FV5 | 2       | BRT                     | 26:29.4   | 26:36.3  |
| 131 | 14  | Ashley    | Boxall          | M      | 97         | MS  | 41      |                         | 26:26.3   | 26:37.3  |
| 132 | 222 | Daryl     | West            | M      | 98         | MV2 | 16      |                         | 26:38.3   | 26:40.6  |
| 133 | 43  | Michael   | Gregory         | M      | 99         | MV5 | 4       |                         | 26:40.8   | 26:48.1  |
| 134 | 236 | Helen     | Atkin           | F      | 35         | FV3 | 5       | Heathfield RR           | 26:37.6   | 26:54.1  |
| 135 | 31  | Emily     | Flanagan        | F      | 36         | FS  | 15      | Bodyshock Runners       | 26:57.7   | 27:02.0  |
| 136 | 61  | Kelly     | Leonard         | F      | 37         | FV1 | 5       |                         | 27:09.3   | 27:13.1  |
| 137 | 156 | Simon     | Palmer          | M      | 100        | MS  | 42      | Bodyshock Fitness       | 27:04.9   | 27:20.1  |
| 138 | 225 | Lorna     | Cotter          | F      | 38         | FV3 | 6       | BRT                     | 27:22.0   | 27:28.4  |
| 139 | 214 | Brad      | Aldous          | M      | 101        | MJ  | 11      |                         | 27:15.0   | 27:33.7  |
| 140 | 171 | John      | Scott           | M      | 102        | MV5 | 5       |                         | 27:21.7   | 27:34.7  |
| 141 | 30  | Nicola    | Field           | F      | 39         |     | 2       |                         | 27:25.5   | 27:36.6  |
| 142 | 230 | Pam       | Matthews        | F      | 40         | FV3 | 7       | BRT                     | 27:34.5   | 27:40.5  |
| 143 | 22  | Peter     | Crane           | M      | 103        | MV7 | 1       | Surrey WC               | 27:29.5   | 27:45.1  |
| 144 | 198 | Sarah     | Oliver          | F      | 41         | FS  | 16      | Bodyshock Fitness       | 27:43.3   | 27:48.1  |
| 145 | 78  | Becky     | Oxendale        | M      | 104        | MS  | 43      |                         | 27:42.7   | 27:50.4  |
| 146 | 73  | Carla     | O'donoghue      | F      | 42         | FS  | 17      | Bodyshock Fitness       | 27:41.2   | 27:51.1  |
| 147 | 139 | Nikki     | Vaughan         | F      | 43         | FV3 | 8       | Bodyshock Fitness       | 27:35.4   | 27:53.3  |
| 148 | 52  | Verity    | Hemsley         | F      | 44         | FS  | 18      |                         | 27:34.9   | 27:53.4  |
| 149 | 132 | Gill      | Colquhoun       | F      | 45         | FV4 | 1       |                         | 27:47.6   | 28:00.9  |
| 150 | 188 | Lianne    | Foreman         | F      | 46         | FV2 | 10      |                         | 27:50.3   | 28:03.7  |

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|-----|-----|-----------|---------------|--------|------------|-----|---------|--------------------|-----------|----------|
| 151 | 108 | Vince     | Platts        | M      | 105        | MV2 | 17      | Bodyshock Fitness  | 28:03.0   | 28:11.3  |
| 152 | 221 | Mel       | Thomas        | M      | 106        | MV2 | 18      |                    | 28:05.6   | 28:16.3  |
| 153 | 1   | Gillian   | Allam         | F      | 47         | FV1 | 6       |                    | 28:12.3   | 28:19.6  |
| 154 | 40  | Sarah     | Goldsack      | F      | 48         | FV2 | 11      | Bodyshockers       | 28:14.0   | 28:22.5  |
| 155 | 9   | David     | Bedwell       | M      | 107        | MV2 | 19      |                    | 28:09.4   | 28:25.6  |
| 156 | 130 | Shane     | Millar        | M      | 108        | MS  | 44      | Bodyshock Fitness  | 28:09.8   | 28:26.1  |
| 157 | 193 | Maddie    | Williams      | F      | 49         | FS  | 19      |                    | 28:13.0   | 28:26.3  |
| 158 | 42  | Cara      | Grant         | F      | 50         | FV1 | 7       | BSF                | 28:19.0   | 28:30.0  |
| 159 | 63  | Charlotte | Low           | F      | 51         | FS  | 20      | Bodyshock Runners  | 28:24.6   | 28:33.1  |
| 160 | 97  | Mike      | Wilmshurst    | M      | 109        | MV3 | 15      |                    | 28:13.1   | 28:33.7  |
| 161 | 112 | George    | Balmer        | M      | 110        | MV6 | 2       | Eastbourne Ravens  | 28:24.6   | 28:40.1  |
| 162 | 94  | Samantha  | Turner        | F      | 52         | FV1 | 8       | Bodyshock Fitness  | 28:37.5   | 28:48.6  |
| 163 | 147 | Emma      | Dratt         | F      | 53         | FV2 | 12      | Bodyshock Fitness  | 28:44.9   | 28:53.0  |
| 164 | 140 | Bradley   | Peoples       | M      | 111        | MS  | 45      |                    | 28:50.0   | 28:57.3  |
| 165 | 146 | Janet     | Purser        | F      | 54         | FV8 | 1       | BRT                | 28:44.0   | 29:01.2  |
| 166 | 123 | Dave      | Oxbrow        | M      | 112        | 0   | 1       | BRT                | 28:38.1   | 29:01.8  |
| 167 | 121 | Al        | Douglas-Smith | M      | 113        | MV2 | 20      | The Slow Shufflers | 28:39.9   | 29:02.0  |
| 168 | 38  | Rhys      | Gibbon        | M      | 114        | MS  | 46      |                    | 28:53.4   | 29:05.4  |
| 169 | 102 | Tony      | Boardman      | M      | 115        | MV6 | 3       |                    | 28:57.4   | 29:12.2  |
| 170 | 234 | Barb      | Lamont        | F      | 55         | FV4 | 2       |                    | 28:59.6   | 29:13.8  |
| 171 | 215 | Anna      | Aldous        | F      | 56         | FV2 | 13      |                    | 29:01.6   | 29:20.1  |
| 172 | 98  | Ola       | Wilson        | F      | 57         | FS  | 21      |                    | 29:10.4   | 29:26.7  |
| 173 | 87  | Dagmar    | Šandrejova    | F      | 58         | FV1 | 9       |                    | 29:26.1   | 29:43.0  |
| 174 | 6   | Dawn      | Ballard       | F      | 59         | FV1 | 10      |                    | 29:29.1   | 29:45.4  |
| 175 | 101 | Clive     | Wood          | M      | 116        | MV5 | 6       | Road Runners Club  | 29:37.0   | 29:46.6  |
| 176 | 55  | Lyndsey   | Jamison       | F      | 60         | FS  | 22      | Bodyshock fitness  | 29:54.0   | 30:13.3  |
| 177 | 235 | Gill      | Boorman       | F      | 61         | FV2 | 14      | Heathfield RR      | 30:08.3   | 30:24.0  |
| 178 | 106 | Nicki     | Ralph         | F      | 62         | FV3 | 9       |                    | 30:31.0   | 30:43.8  |
| 179 | 162 | Vincent   | Saunders      | M      | 117        | MS  | 47      | Hastings Runners   | 30:36.5   | 30:44.5  |
| 180 | 44  | Caroline  | Griffin       | F      | 63         | FV2 | 15      |                    | 30:48.1   | 30:55.0  |
| 181 | 153 | Michelle  | Veale         | F      | 64         | FV1 | 11      |                    | 30:43.4   | 30:56.2  |
| 182 | 128 | Rachael   | Benny         | F      | 65         | FS  | 23      | Bodyshock Fitness  | 31:05.7   | 31:09.9  |
| 183 | 129 | Danielle  | Radford       | F      | 66         | FS  | 24      | Bodyshock Fitness  | 31:06.1   | 31:10.1  |
| 184 | 53  | Scott     | Hemsley       | M      | 118        | MV1 | 11      |                    | 31:14.7   | 31:35.4  |
| 185 | 85  | Kelly     | richardson    | F      | 67         | FS  | 25      |                    | 31:51.3   | 32:02.2  |
| 186 | 70  | Natalie   | Millar        | F      | 68         | FS  | 26      |                    | 31:45.6   | 32:02.3  |
| 187 | 226 | N         | Harrison      | F      | 69         | FV2 | 16      |                    | 32:07.2   | 32:20.4  |
| 188 | 204 | Debbie    | Cole          | F      | 70         | FV4 | 3       |                    | 32:06.7   | 32:20.5  |
| 189 | 58  | Ann       | Kelly         | F      | 71         | FV4 | 4       |                    | 32:23.1   | 32:32.3  |
| 190 | 86  | Louise    | Rumble        | F      | 72         | FV1 | 12      |                    | 32:23.5   | 32:32.6  |
| 191 | 127 | Sarah     | Swatton       | F      | 73         | FV2 | 17      | Bodyshock Fitness  | 32:24.3   | 32:32.9  |
| 192 | 165 | Beverley  | Attridge      | F      | 74         | FV5 | 3       |                    | 32:36.0   | 32:51.4  |
| 193 | 169 | Karen     | Fox           | F      | 75         | FV2 | 18      | Barclays Bank      | 32:30.3   | 32:51.7  |
| 194 | 199 | Julie     | Marshman      | F      | 76         | FV2 | 19      |                    | 32:55.5   | 33:05.6  |
| 195 | 163 | Jack      | McGorry       | M      | 119        | MV2 | 21      |                    | 32:55.7   | 33:05.9  |
| 196 | 164 | Natascha  | Gordon        | F      | 77         | FS  | 27      |                    | 32:56.3   | 33:06.0  |
| 197 | 100 | Keith     | Wilson        | M      | 120        | MV2 | 22      | Bodyshock Fitness  | 33:11.0   | 33:13.3  |
| 198 | 229 | Pam       | Morley        | F      | 78         | FV4 | 5       | BRT                | 32:56.3   | 33:14.6  |
| 199 | 168 | Lizzie    | King          | F      | 79         | FS  | 28      |                    | 33:00.4   | 33:15.0  |
| 200 | 209 | Tim       | Stickland     | M      | 121        | MV5 | 7       |                    | 33:08.4   | 33:27.5  |
| 201 | 211 | Angela    | Brennan       | F      | 81         | FV3 | 10      |                    | 33:09.0   | 33:27.6  |
| 202 | 210 | Julia     | Pipes         | F      | 80         | FV5 | 4       |                    | 33:09.2   | 33:27.6  |
| 203 | 151 | Cathy     | Andrews       | F      | 82         | FV3 | 11      | Bodyshock Fitness  | 33:24.3   | 33:45.6  |
| 204 | 25  | Nikki     | Done          | F      | 83         | FV1 | 13      |                    | 34:02.2   | 34:09.5  |
| 205 | 66  | Sarah     | McDonald      | F      | 84         | FV1 | 14      | Bodyshock runners  | 34:01.0   | 34:22.0  |
| 206 | 182 | Martin    | Hayes         | M      | 122        | MV5 | 8       | Sandhurst Striders | 34:10.2   | 34:25.3  |
| 207 | 81  | Teresa    | Pinder        | F      | 85         | FV3 | 12      |                    | 34:10.7   | 34:31.4  |
| 208 | 145 | Fiona     | Godfrey       | F      | 86         | FV2 | 20      | Bodyshock Fitness  | 34:13.9   | 34:35.1  |
| 209 | 158 | Rebecca   | Ore           | F      | 87         | FS  | 29      | Bodyshock Fitness  | 34:17.3   | 34:37.0  |
| 210 | 68  | Dave      | Mercer        | M      | 123        | MV4 | 4       |                    | 34:20.2   | 34:37.6  |
| 211 | 167 | Amanda    | Bruce         | F      | 88         | FV2 | 21      | Bodyshock Fitness  | 35:00.6   | 35:08.4  |
| 212 | 67  | Sue       | Mercer        | F      | 89         | FV4 | 6       | Hastings runners   | 34:56.3   | 35:14.0  |
| 213 | 36  | Gaynor    | Fuller        | F      | 90         | FV1 | 15      |                    | 35:55.7   | 36:02.4  |
| 214 | 5   | Suzanne   | Bailey        | F      | 91         | FS  | 30      |                    | 36:30.4   | 36:50.2  |
| 215 | 206 | Chris     | Sage          | F      | 92         | FV5 | 5       | BRT                | 36:50.6   | 37:08.2  |
| 216 | 93  | Janet     | Thomas        | F      | 93         | FV1 | 16      | Bodyshock Fitness  | 40:21.5   | 40:41.4  |
| 217 | 122 | Viola     | Gordon        | F      | 94         | FS  | 31      | The Slow Shufflers | 40:30.9   | 40:53.0  |
| 218 | 96  | Rachel    | Willcox       | F      | 95         | FS  | 32      | Bodyshockers       | 40:42.6   | 41:02.3  |
| 219 | 12  | James     | Boardman      | M      | 124        | MS  | 48      |                    | 41:08.4   | 41:14.4  |
| 220 | 48  | Helen     | Handrihan     | F      | 96         | FV3 | 13      |                    | 40:54.5   | 41:14.8  |