

Bexhill 5K

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Chip Time	Gun Time
1	4	David	Ayling	MS	1	M	1	Hailsham Harriers	0:17:08.60	0:17:08.90
2	168	Matthew	Herring	MJ	1	M	2	Hastings AC	0:17:11.00	0:17:12.30
3	67	Paul	Howard	MS	2	M	3	Brighton and Hove AC	0:17:17.25	0:17:18.85
4	270	Daniel	Russell	MS	3	M	4	Hastings AC	0:17:36.45	0:17:37.85
5	264	Tobias	Baker	MJ	2	M	5	Lewes AC	0:17:47.70	0:17:48.85
6	51	Dan	Gilkes	MS	4	M	6		0:17:56.65	0:17:58.25
7	193	Ian	Peachy	MS	5	M	7		0:18:14.55	0:18:20.35
8	188	Dan	Marshan	MV1	1	M	8	BRT	0:18:21.80	0:18:23.70
9	241	Alex	Mandryko	MS	6	M	9	BRT	0:18:29.65	0:18:31.30
10	253	Simon	Haddon	MS	7	M	10	Hailsham Harriers	0:18:34.40	0:18:36.15
11	265	Jasper	Baker	MJ	3	M	11	Lewes AC	0:18:35.50	0:18:37.60
12	181	Richard	Davis	MS	8	M	12	Eastbourne Rovers AC	0:18:39.00	0:18:42.80
13	126	Tyer	O'Callaghan	MJ	4	M	13		0:18:46.55	0:18:48.15
14	223	Carlo	Forte	MV1	2	M	14	Hastings AC	0:18:48.85	0:18:50.50
15	174	Jason	Wren	MS	9	M	15		0:18:57.75	0:18:58.60
16	153	Jacob	Wilkinson	MS	10	M	16	Hastings Runners	0:19:00.45	0:19:05.15
17	259	Michael	Beaumont	MV2	1	M	17	Icklesham Casuals	0:19:04.20	0:19:06.45
18	212	Giles	Bowmer	MS	11	M	18	Hailsham Harriers	0:19:02.95	0:19:06.75
19	7	Darren	Barzee	MV2	2	M	19		0:19:06.10	0:19:09.40
20	125	Oliver	Platts	MJ	5	M	20	Bodyshock Fitness	0:19:08.05	0:19:09.50
21	266	Stuart	Baker	MV2	3	M	21		0:19:08.05	0:19:09.90
22	25	Erik	Chapman	MS	12	M	22		0:19:21.35	0:19:22.80
23	234	Dean	Sanders	MV3	1	M	23		0:19:26.90	0:19:28.55
24	235	Mal	Preece	MV3	2	M	24		0:19:38.20	0:19:39.60
25	72	Huw	Jones	MS	13	M	25	Hailsham Harriers	0:19:37.05	0:19:41.50
26	210	Dan	Harwood	MV1	3	M	26		0:19:39.85	0:19:43.20
27	83	Riz	Maslen	FV3	1	F	1	Hastings Runners	0:19:41.70	0:19:44.15
28	238	Adam	Maynard	MS	14	M	27		0:19:43.70	0:19:47.60
29	231	Tim	Cox	MV2	4	M	28	BRT	0:19:48.30	0:19:52.25
30	145	Ben	Evet	MV1	4	M	29	BRT	0:20:00.00	0:20:03.65
31	134	Richard	Pringle	MS	15	M	30	RPCC	0:20:04.05	0:20:08.15
32	133	Bill	Solly	MV6	1	M	31		0:20:06.25	0:20:09.30
33	16	Gareth	Brown	MS	16	M	32		0:20:07.60	0:20:11.15
34	22	Ashley	Cahill	MS	17	M	33		0:20:18.95	0:20:23.85
35	239	Edward	Hall	MS	18	M	34		0:20:24.95	0:20:29.25
36	273	Jenna	French	FS	1	F	2	Hastings Runners	0:20:25.30	0:20:30.35
37	121	Kevin	Cobb	MV4	1	M	35		0:20:29.30	0:20:32.65
38	184	Ali	Marshman	MV1	5	M	36	BRT	0:20:33.45	0:20:37.20
39	221	Anthony	Bahadur	MS	19	M	37		0:20:36.25	0:20:39.65
40	226	Stephen	Le Lievre	MV2	5	M	38		0:20:33.45	0:20:41.80
41	164	Mark	Ling	MV2	6	M	39	Bodyshock Fitness	0:20:36.90	0:20:42.10
42	35	David	Crane	MS	20	M	40	Surrey Walking Club	0:20:44.45	0:20:46.80
43	202	Gary	Smith	MV2	7	M	41		0:20:43.00	0:20:48.55
44	57	Mark	Griffin	MJ	6	M	42	BRT	0:20:49.20	0:20:50.35
45	277	Graham	Chapman	MV3	3	M	43	Heathfield Road Runners	0:20:50.10	0:20:53.90
46	149	Kevin	Aslett	MV3	4	M	44	Hastings AC	0:20:50.80	0:20:54.55
47	123	Ewan	Carradine	MV1	6	M	45	BRT	0:21:01.75	0:21:03.85
48	86	Andrew	Olorenshaw	MS	21	M	46		0:21:03.80	0:21:07.15
49	186	Vernon	Deller	MV5	1	M	47		0:21:01.35	0:21:10.35
50	138	James	Clark	MS	22	M	48	Bodyshock Fitness	0:21:11.80	0:21:27.95
51	158	Katie	King	FS	2	F	3	PH Fitness	0:21:29.70	0:21:31.55
52	185	Matt	Dargan	MV1	7	M	49		0:21:32.90	0:21:33.20
53	152	Harry	Abraham	MV3	5	M	50	Paddock Wood	0:21:32.80	0:21:34.55
54	182	Neil	Davidson	MV1	8	M	51	Eastbourne Rovers AC	0:21:26.60	0:21:36.00
55	147	Bill	Fraser	MV5	2	M	52	Hailsham Harriers	0:21:34.70	0:21:36.35
56	112	Mike	Walker	MV2	8	M	53		0:21:33.70	0:21:43.65
57	132	David	Palmer	MV2	9	M	54	BRT	0:21:41.75	0:21:50.75
58	27	Ian	Cole	MV2	10	M	55		0:21:49.35	0:21:53.65
59	129	Jon	Molton	MV2	11	M	56		0:21:49.95	0:21:58.95
60	227	Martin	Tytherleigh	MV3	6	M	57	Hastings Runners	0:21:56.10	0:22:04.80
61	119	Steve	Wilson	MS	23	M	58		0:21:56.65	0:22:05.80
62	19	Peter	Burfoot	MV5	3	M	59	Wadhurst Runners	0:22:03.85	0:22:06.05
63	206	Oliver	Saunders	MS	24	M	60	Bodyshock Fitness	0:22:07.15	0:22:12.35
64	187	Peter	Crotch	MS	25	M	61		0:22:10.25	0:22:13.60
65	183	Jim	McSweeney	MV1	9	M	62	Hastings AC	0:22:14.25	0:22:16.45
66	92	Neal	Robinson	MV2	12	M	63	Hailsham Harriers	0:22:14.10	0:22:18.45
67	215	Dean	Fox	MV1	10	M	64		0:22:17.05	0:22:20.75
68	28	Stuart	Collier	MS	26	M	65	Hastings Direct	0:22:13.55	0:22:21.15
69	254	Audrey	Haddon	FS	3	F	4	Hailsham Harriers	0:22:19.95	0:22:25.65
70	89	Damon	Pinder	MV3	7	M	66		0:22:22.55	0:22:26.45
71	142	Scott	Parsons	MS	27	M	67	Hastings Runers	0:22:24.95	0:22:27.30

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72	207	Hannah	Eyre	FS	4	F	5	Bodyshock Fitness	0:22:25.75	0:22:29.80
73	252	Michael	Clark	MV2	13	M	68	Hastings AC	0:22:34.35	0:22:36.60
74	40	Andrew	Edmonds	MV1	11	M	69		0:22:34.40	0:22:42.30
75	104	Martyn	Stockton	MV5	4	M	70		0:22:51.45	0:22:53.90
76	247	Richard	Roberston	MV3	8	M	71	Hastings AC	0:22:52.10	0:22:55.45
77	248	Gary	Newport	MV2	14	M	72		0:22:53.00	0:22:58.65
78	47	Darren	Fox	MV2	15	M	73	Bodyshockers	0:22:46.40	0:23:00.70
79	148	Paul	Jenner	MV2	16	M	74		0:22:55.15	0:23:01.30
80	102	Steve	Stanfield	MV4	2	M	75		0:22:53.00	0:23:03.05
81	197	Liam	Parker	MS	28	M	76		0:22:59.65	0:23:05.15
82	136	Dale	Scowen	MV1	12	M	77		0:23:09.60	0:23:19.70
83	156	Jemima	Hilton-Berry	FS	5	F	6	Bodyshock Fitness	0:23:16.50	0:23:22.15
84	179	Alice	Forte	FV1	1	F	7	Bodyshock Fitness	0:23:16.20	0:23:22.25
85	283	Gennifer	Ling	FV1	2	F	8		0:23:22.45	0:23:26.00
86	173	Paula	Chase	FV1	3	F	9		0:23:24.60	0:23:28.60
87	107	Richard	Swatton	MV1	13	M	78		0:23:29.05	0:23:33.95
88	23	Stephen	Calladine-Evans	MV2	17	M	79		0:23:27.10	0:23:37.05
89	163	Andy	Bishop	MV4	3	M	80	BRT	0:23:29.05	0:23:38.70
90	195	Katy	Sumner	FS	6	F	10	Hastings Runners	0:23:35.55	0:23:41.35
91	251	Catherine	Mullane	FS	7	F	11	Eastbourne Rovers AC	0:23:39.60	0:23:49.45
92	175	Carole	Crathem	FV3	2	F	12		0:23:43.40	0:23:49.65
93	228	Dave	Pendleton	MV2	18	M	81	Hastings Runners	0:23:39.75	0:23:54.30
94	176	Tim	Primrose	MV2	19	M	82		0:23:48.10	0:23:56.15
95	222	David	Walker	MV2	20	M	83	Hastings Direct	0:23:54.25	0:24:00.25
96	144	Stephen	Hickman	MV4	4	M	84	Isle of Wight RRC	0:23:54.60	0:24:00.60
97	106	Sarah	Swatton	FV2	1	F	13		0:23:33.20	0:24:01.55
98	135	Nyree	Thomson	FV2	2	F	14		0:23:53.25	0:24:03.95
99	42	Mr	Ellis	MS	29	M	85		0:23:54.00	0:24:14.95
100	9	Reece	Beard	MJ	7	M	86		0:24:09.10	0:24:16.65
101	218	Antonio	Serrano	MV2	21	M	87	BRT	0:24:17.00	0:24:18.70
102	165	Sean	Tester	MV2	22	M	88	Eastbourne Rovers AC	0:24:17.10	0:24:26.45
103	12	Karen	Bowler	FV7	1	F	15	Hailsham Harriers	0:24:29.65	0:24:34.10
104	271	James	Graham	MV2	23	M	89	BRT	0:24:31.80	0:24:40.65
105	137	Andy	Croft	MV2	24	M	90	BRT	0:24:37.05	0:24:46.65
106	240	Rosie	Ross	FV1	4	F	16	Bodyshock Fitness	0:24:42.35	0:24:48.50
107	91	Katy	Reed	FS	8	F	17		0:24:34.15	0:24:50.00
108	63	Stacey	Hayler	FS	9	F	18	Hastings runners	0:24:43.75	0:24:51.40
109	127	David	Akinson	MV2	25	M	91		0:24:58.80	0:25:00.70
110	260	Barry	Ingram	MS	30	M	92	BRT	0:24:55.70	0:25:03.95
111	246	Jamie	Turner	MS	31	M	93	Bodyshock Fitness	0:24:59.95	0:25:05.95
112	167	Matt	Lambourne	MV2	26	M	94	Bodyshock Fitness	0:25:01.75	0:25:07.15
113	140	Bob	Phipps	MV2	27	M	95	Bodyshock Fitness	0:24:57.60	0:25:12.55
114	154	Frank	Keith	MV7	1	M	96	Hastings Runners	0:25:06.25	0:25:14.95
115	219	Darren	Thomas	MV1	14	M	97	Hercules Wimbledon AC	0:25:06.35	0:25:19.55
116	70	David	Jago	MS	32	M	98		0:25:19.90	0:25:26.85
117	14	Terri	Boyce	FS	10	F	19	Hastings Direct	0:25:26.80	0:25:34.85
118	178	Tony	Baker	MV2	28	M	99	Bodyshock Fitness	0:25:40.75	0:25:46.15
119	150	Sarah	Cornelius	FV1	5	F	20		0:25:42.75	0:25:50.35
120	143	Penny	Braker	FS	11	F	21		0:25:45.90	0:25:55.55
121	214	Suzannah	Martin	FS	12	F	22		0:26:02.35	0:26:09.55
122	55	Ben	Goring	MS	33	M	100		0:26:03.00	0:26:11.05
123	79	Oli	Luck-Baker	MS	34	M	101		0:26:13.00	0:26:20.40
124	128	Joshua	Atkinson	MS	35	M	102		0:26:20.30	0:26:20.70
125	255	Daryl	West	MV2	29	M	103		0:26:20.85	0:26:29.85
126	232	Pam	Matthews	FV3	3	F	23	BRT	0:26:19.50	0:26:30.05
127	278	Marcos	Miranda	MS	36	M	104	BRT	0:26:25.30	0:26:36.35
128	279	Thomas	Gallini	MS	37	M	105		0:26:25.10	0:26:36.60
129	250	Alan	Roberts	MV3	9	M	106	Hailsham Harriers	0:26:34.60	0:26:44.20
130	81	Janice	Machin	FV3	4	F	24		0:26:46.40	0:26:53.80
131	166	Julie	Tester	FV4	1	F	25	Eastbourne Rovers AC	0:26:45.30	0:26:55.40
132	8	Cathy	Bate	FV5	1	F	26	Bexhill Runners & Triathletes	0:26:44.70	0:26:55.60
133	103	Siobhan	Steuart - Pownall	FS	13	F	27		0:26:50.20	0:26:56.55
134	213	Amy	Moore	FS	14	F	28		0:26:49.65	0:26:57.10
135	96	Robyn	Saunders	FS	15	F	29		0:26:47.25	0:27:00.10
136	111	Louise	Wakefield	FV3	5	F	30		0:26:55.10	0:27:10.35
137	114	Lauren	Williams	FS	16	F	31		0:26:56.15	0:27:11.30
138	2	Madeleine	Alberts	FV5	2	F	32		0:27:06.30	0:27:19.50
139	130	Michael	Gregory	MV5	5	M	107		0:27:07.20	0:27:22.55
140	50	Lauren	Fry	FS	17	F	33		0:27:17.60	0:27:33.55
141	44	Emily	Flanagan	FS	18	F	34	Bodyshock Runners	0:27:30.75	0:27:44.50
142	256	Derren	Blackabee	MJ	8	M	108	Bodyshock Fitness	0:27:33.00	0:27:47.80

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143	124	Vince	Platts	MV2	30	M	109	Bodyshock Fitness	0:27:41.35	0:27:48.15
144	139	Francis	Dowdall	MV5	6	M	110		0:27:45.65	0:28:10.25
145	34	Peter	Crane	MV7	2	M	111	Surrey WC	0:27:52.25	0:28:10.30
146	180	Debbie	Davis	FS	19	F	35	Eastbourne Rovers AC	0:28:10.70	0:28:14.55
147	272	Katie	Taylor	FS	20	F	36	Bodyshock Fitness	0:27:59.20	0:28:15.05
148	280	Mel	Thomas	MV2	31	M	112	Bodyshock Fitness	0:28:07.30	0:28:15.20
149	5	Dawn	Ballard	Unknown	1	F	37		0:27:59.50	0:28:15.30
150	43	Karen	Fisher	FV2	3	F	38		0:28:24.95	0:28:32.20
151	194	Lorna	Cotter	FV3	6	F	39	BRT	0:28:23.80	0:28:34.15
152	236	Ian	Hollands	MV4	5	M	113		0:28:21.10	0:28:34.45
153	211	Rob	Day	MS	38	M	114		0:28:18.30	0:28:40.70
154	274	Lydia	Bayes	FS	21	F	40		0:28:29.05	0:28:43.55
155	48	Ruth	Frais	FV2	4	F	41		0:28:33.40	0:28:44.90
156	71	Kate	Johnson	FS	22	F	42	Bodyshock Fitness	0:28:30.95	0:28:48.15
157	118	Aleksandra	Wilson	FS	23	F	44		0:28:40.70	0:28:51.70
158	95	Dagmar	Sandrejova	FV1	6	F	43		0:28:40.50	0:28:51.70
159	243	Nicki	Hosier	MS	39	M	115		0:28:34.35	0:28:53.35
160	10	David	Bedwell	MV2	32	M	116		0:28:45.00	0:28:55.25
161	225	Elliot	Heynes	MJ	9	M	117	BRT	0:28:56.70	0:28:58.15
162	13	Ashley	Boxall	MS	40	M	118		0:28:59.60	0:29:04.05
163	116	Mike	Wilmshurst	MV3	10	M	119		0:28:48.15	0:29:04.90
164	41	Daniel	Eldridge	MS	41	M	120		0:28:53.95	0:29:14.40
165	6	George	Balmer	MV6	2	M	121	Eastbourne Rovers	0:29:04.10	0:29:15.60
166	257	Tim	Stickland	MV5	7	M	122		0:28:55.35	0:29:18.30
167	59	Anne	Hannah	FV5	3	F	45		0:29:07.60	0:29:23.20
168	282	Pam	Hart	FV7	2	F	46		0:29:15.60	0:29:25.20
169	131	Dave	Oxbrow	MV6	3	M	123	BRT	0:29:03.00	0:29:26.45
170	161	Eleanor	Busby	FV1	7	F	47		0:29:19.65	0:29:27.80
171	267	Giles	Baker	MJ	10	M	124		0:29:15.75	0:29:28.90
172	208	Emma	Pratt	FV2	5	F	48	Bodyshock Fitness	0:29:19.75	0:29:29.55
173	237	Daisy	Cox	FJ	1	F	49	BRT	0:29:34.10	0:29:45.10
174	49	Hannah	Frais	FJ	2	F	50		0:29:33.30	0:29:45.85
175	169	Anita	Joseph	FV2	6	F	51	Swatt	0:29:27.15	0:29:47.45
176	258	Catherine	Bright	FS	24	F	52		0:29:38.35	0:29:48.90
177	110	Shaun	Utting	MS	42	M	125		0:29:43.20	0:29:50.60
178	141	Emily	Hobbs	Unknown	2	F	53		0:29:36.45	0:29:51.75
179	172	Natalie	Lingwood	FV1	8	F	54	BRF	0:29:38.55	0:29:52.30
180	38	Jill	Duckett	FV2	7	F	55		0:29:47.25	0:30:00.65
181	68	Stacey	Hude	FS	25	F	56	Bodyshock Fitness	0:29:49.85	0:30:07.40
182	32	Johanna	Cox	FS	26	F	57		0:29:50.45	0:30:07.65
183	249	Sam	Turner	FV1	9	F	58	Bodyshock Fitness	0:29:55.35	0:30:12.80
184	122	Nicki	Ralph	FV3	7	F	59		0:30:03.35	0:30:15.85
185	73	Mike	Jones	MS	43	M	126	Bodyshock Fitness	0:30:27.25	0:30:34.80
186	281	Rochelle	Bemslow	FV3	8	F	60	Meads	0:30:33.25	0:30:41.20
187	200	Yvette	Huxstep	FV4	2	F	61	Hatings AC	0:30:36.50	0:30:43.90
188	284	Nicola	Harrison	FV2	8	F	62		0:30:41.15	0:30:46.10
189	26	Debbie	Cole	FV4	3	F	63		0:30:41.15	0:30:46.20
190	17	Natalie	Bumpus	FS	27	F	64	Bodyshock fitness	0:30:29.80	0:30:47.60
191	109	Georgina	Thompson	FS	28	F	65		0:30:55.00	0:31:02.70
192	113	Gemma	Warne	FS	29	F	66		0:30:56.90	0:31:03.80
193	159	Ian	Isherwood	MV5	8	M	127	Hercules Wimbledon AC	0:30:49.10	0:31:06.95
194	224	Lucas	Heynes	MJ	11	M	128	BRT	0:31:06.70	0:31:08.65
195	245	Jeremy	Over	MV1	15	M	129	Bodyshock Fitness	0:30:50.20	0:31:09.60
196	66	Matt	Hogan	MS	44	M	130		0:31:09.55	0:31:19.35
197	160	Rhys	Gibbon	MS	45	M	131	Bodyshock Fitness	0:31:02.80	0:31:19.65
198	52	Rachael	Goldsmith	FV1	10	F	67	NAS Bexhill	0:31:08.90	0:31:25.25
199	216	Donia	Pankhurst	FV4	4	F	68	BRT	0:31:31.20	0:31:43.15
200	151	Ann	Kelly	FV4	5	F	69		0:31:35.85	0:31:54.30
201	192	Hayley	Bullen	FJ	3	F	70		0:31:43.05	0:31:57.65
202	33	Michelle	Cramp	FS	30	F	71		0:31:46.35	0:32:00.70
203	56	Caroline	Griffin	FV2	9	F	72		0:32:01.25	0:32:03.35
204	94	Louise	Rumble	FV1	11	F	73		0:31:57.00	0:32:15.70
205	120	Andrea	Yardy	FV1	12	F	74		0:32:03.75	0:32:15.70
206	146	Susan	Mann	FV5	4	F	75		0:32:04.85	0:32:16.60
207	177	Alexandra	Burt	FS	31	F	76		0:32:36.55	0:32:51.35
208	230	Lucy	Davison	FV3	9	F	77	Bodyshock Fitness	0:32:52.60	0:33:06.05
209	157	Keith	Beckley	MV5	9	M	132		0:33:04.65	0:33:19.65
210	205	Angela	Sharman	FV4	6	F	78		0:33:05.45	0:33:19.75
211	261	Jack	McWilliams	MJ	12	M	133		0:33:10.65	0:33:33.50
212	155	Maureen	Keith	FV8	1	F	79	Hastings Runners	0:33:23.70	0:33:37.90
213	275	Pam	Morely	FV5	5	F	80	BRT	0:33:27.30	0:33:39.60

Bexhill 5K

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Chip Time	Gun Time
214	203	Audrey	Emberton	FV7	3	F	81		0:33:28.80	0:33:41.70
215	171	Fiona	Goble	FV2	10	F	83	Swatt	0:33:30.40	0:33:50.55
216	170	Fran	Basher	FV3	10	F	82	Swatt	0:33:30.55	0:33:50.55
217	190	Kate	Bullen	FV2	11	F	84		0:33:42.90	0:33:57.70
218	117	Keith	Wilson	MV2	33	M	134	Bodyshock fitness	0:33:50.05	0:33:59.90
219	262	John	McWilliams	MV3	11	M	135		0:33:38.75	0:34:01.60
220	45	Sarah	Fletton	FV1	13	F	85		0:33:44.60	0:34:01.65
221	115	Sara	Williams	FS	32	F	86	RPCC	0:33:51.20	0:34:01.85
222	229	Gillian	Allam	FV1	14	F	87	Bodyshock Fitness	0:34:06.55	0:34:18.90
223	191	Laura	Bullen	FS	33	F	88		0:34:15.50	0:34:30.60
224	276	Sarah	Gold sack	FV2	12	F	89	Bodyshock Fitness	0:34:15.95	0:34:31.90
225	3	Sasje	Annandale-Johnston	FV1	15	F	90	Bodyshock Fitness	0:34:15.55	0:34:32.05
226	269	Jodie	Betts	FS	34	F	91	Bodyshock Fitness	0:34:28.15	0:34:40.55
227	77	Gemma	Leigh	FS	35	F	92		0:34:31.95	0:34:49.25
228	217	Andi	Reif	FV4	7	F	93		0:34:56.65	0:35:08.25
229	87	Rebecca	Orr	FS	36	F	94	Bodyshock fitness	0:35:38.00	0:35:55.35
230	263	Chris	Sage	FV5	6	F	95	BRT	0:36:00.25	0:36:13.70
231	233	Maryam	Jago	FV2	13	F	96		0:36:18.40	0:36:26.00
232	204	Steve	Emberton	MV6	4	M	136		0:36:26.80	0:36:39.35
233	189	Amanda	Carey	FV2	14	F	98		0:36:51.00	0:37:04.60
234	30	Gemma	Cook	FV1	16	F	97		0:36:51.00	0:37:04.60
235	24	Nicola	Carey	FV2	15	F	99		0:37:12.75	0:37:30.05
236	242	Victoria	Hosier	FS	37	F	100	Bodyshock Fitness	0:37:30.05	0:37:48.75
237	18	Dawn	Burfitt	FV1	17	F	101		0:37:40.90	0:38:00.30
238	101	Naomi	Smith	FS	38	F	102	Bodyshock Fitness	0:37:51.90	0:38:07.60
239	268	Gaynor	Fuller	FV1	18	F	103	Bodyshock Fitness	0:37:59.00	0:38:11.50
240	85	Marisa	Nixon	Unknown	3	F	104		0:38:34.25	0:38:52.60
241	244	Caroline	Over	FS	39	F	105	Bodyshock Fitness	0:38:34.25	0:38:52.70
242	196	Felicity	Parker	FS	40	F	106		0:39:01.25	0:39:21.35
243	198	Sally	Eves	FV1	19	F	107		0:39:05.50	0:39:34.10
244	199	Graham	Dann	MS	46	M	137		0:39:05.85	0:39:34.15
245	36	Joanne	Davies	FV1	20	F	108		0:41:06.15	0:41:25.95
246	220	Kelly	Richardson	FS	41	F	109	Bodyshock Fitness	0:41:39.65	0:41:59.35
247	53	Katy	Goodfellow	FV1	21	F	110		0:41:40.05	0:41:59.45
248	209	Lisa	Honisset	FV1	22	F	111	Autism Bexhill	0:42:19.15	0:42:35.90
249	201	Helen	Haudvina	FV3	11	F	112	Bodyshock Fitness	0:42:53.05	0:43:12.50
250	162	James	Boardman	MS	47	M	138	Bodyshock Fitness	0:42:59.40	0:43:18.35