

Bexhill May 5k 2016

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Chip Time	Gun Time
1	36	Simon	Fletcher	V50	1	M	1	Seaford Striders RC	0:17:59.20	0:17:59.55
2	155	Ross	Brocklehurst	Open	1	M	2	Run Wednesdays	0:18:06.75	0:18:07.35
3	130	Martyn	Reynolds	Open	2	M	3	BRT	0:18:40.05	0:18:41.85
4	158	Paul	Bennett	Open	3	M	4	Hastings AC	0:18:42.65	0:18:44.60
5	132	Jack	Madden	Open	4	M	5	Hastings Runners	0:18:51.95	0:18:53.75
6	76	Daniel	Pearson	Open	5	M	6		0:18:53.15	0:18:55.60
7	243	Carlo	Forte	V40	1	M	7	Hastings AC	0:18:54.70	0:18:55.80
8	108	Jacob	Wilkinson	Open	6	M	8	Hastings Runners	0:18:53.60	0:18:56.00
9	59	Fraser	Key	Open	7	M	9	Hastings Runners	0:19:10.90	0:19:13.15
10	145	Mal	Preece	V50	2	M	10		0:19:33.10	0:19:33.65
11	22	Erik	Chapman	Open	8	M	11		0:19:36.60	0:19:37.35
12	112	Graham	Woolley	Open	9	M	12	Hailsham Harriers	0:19:49.00	0:19:51.00
13	141	Adam	Osman	Open	10	M	13	Hastings AC	0:19:52.30	0:19:54.75
14	244	Adam	Day	Open	11	M	14		0:19:55.90	0:19:58.85
15	154	Gareth	Taplin	V40	2	M	15	Run Wednesdays	0:20:03.30	0:20:04.40
16	237	Adam	Maynard	Open	12	M	16		0:20:03.90	0:20:05.55
17	85	Nathan	Russell	Open	13	M	17		0:20:19.20	0:20:21.20
18	238	Ed	Hall	Open	14	M	18		0:20:20.10	0:20:21.80
19	80	Phil	Robinson	V50	3	M	19	Seaford Striders RC	0:20:21.95	0:20:22.85
20	74	Thomas	North	Open	15	M	20		0:20:27.60	0:20:28.65
21	64	Robert	Light	V45	1	M	21		0:20:33.75	0:20:35.55
22	120	Terry	Puxtuy	V40	3	M	22	Hastings AC	0:20:43.85	0:20:45.50
23	52	James	Hennessy	V45	2	M	23		0:20:46.40	0:20:51.90
24	121	Paul	Warburton	V40	4	M	24	Hastings Runners	0:20:50.65	0:20:53.40
25	16	Ashley	Cahill	Open	16	M	25		0:20:45.55	0:20:54.50
26	221	David	O'Reilly	V40	5	M	26		0:20:58.95	0:21:01.70
27	91	Carl	Smith	Open	17	M	27		0:21:02.25	0:21:03.95
28	157	Russell	Levell	V40	6	M	28	Tempo Triathlon	0:21:03.50	0:21:06.55
29	231	Dean	Sanders	V50	4	M	29		0:21:09.80	0:21:12.25
30	223	Shelley	Cornes	Open	1	F	1	Lewes AC	0:21:14.85	0:21:16.30
31	31	Ian	Davis	V40	7	M	30	hailsham harriers	0:21:16.30	0:21:19.35
32	119	Steve	Willis	Open	18	M	31	Hastings Runners	0:21:25.90	0:21:27.85
33	233	Jack	Mangnall	Open	19	M	32	BSF	0:21:26.30	0:21:34.50
34	156	Jacek	Soinski	V45	3	M	33		0:21:38.85	0:21:39.95
35	151	Mike	Walker	V45	4	M	34		0:21:37.25	0:21:40.45
36	216	Bradley	Galloway	Open	20	M	35	Born Ready Fitness	0:21:38.55	0:21:42.75
37	236	Sam	Ellis	Open	21	M	36		0:21:39.90	0:21:46.00
38	153	Russel	Eldridge	Open	22	M	37		0:21:45.85	0:21:52.25
39	93	Gary	Smith	V45	5	M	38	heathfield	0:21:50.20	0:21:55.30
40	21	Chris	Castleman	V50	5	M	39	Born ready fitness	0:21:56.05	0:21:59.40

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41	211	Mark	Bassett	V40	8	M	40	Hailsham Harriers	0:22:00.65	0:22:03.40
42	217	Ivor	Rumsey	V60	1	M	41	Hailsham Harriers	0:22:03.60	0:22:06.65
43	114	Paul	Worman	V40	9	M	42		0:21:52.80	0:22:07.90
44	135	Sophie	McGoldrick	V35	1	F	2		0:22:22.00	0:22:24.30
45	60	Katie	King	Open	2	F	3		0:22:24.60	0:22:25.75
46	39	Dean	Fox	V40	10	M	43	Hastings Runners	0:22:31.00	0:22:33.80
47	44	Dan	Gorringe	Open	23	M	44		0:22:28.40	0:22:37.90
48	78	David	Roberts	V50	6	M	45	South Shields Harriers & AC	0:22:34.75	0:22:38.55
49	133	Martin	Kennett	V50	7	M	46	Hailsham Harriers	0:22:38.20	0:22:41.75
50	103	David	Turner	V40	11	M	47	Bodyshock Fitness	0:22:34.30	0:22:44.10
51	87	Dale	Scowen	V40	12	M	48	Hastings Runners	0:22:44.95	0:22:48.65
52	109	Stephen	Wilson	Open	24	M	49	Body Shock runners	0:22:50.05	0:22:56.90
53	147	Mark	Ryalls	V45	6	M	50	BRT/BodyShock Fitness	0:22:59.25	0:23:06.15
54	235	Ryan	Ellis	Open	25	M	51		0:23:05.95	0:23:11.85
55	146	Hannah	Eyre-Weeks	Open	3	F	4	BodyShock Fitness	0:23:09.00	0:23:17.90
56	115	Eddie	Winter	V45	7	M	52	Arena 80	0:23:16.05	0:23:20.25
57	95	Richard	Stanley	Open	26	M	53	Raw	0:23:21.60	0:23:29.80
58	15	Peter	Burfoot	V60	2	M	54	Wadhurst Runners	0:23:33.55	0:23:35.85
59	99	Nyree	Thomson	V40	1	F	5	Hastings Runners	0:23:39.70	0:23:44.60
60	128	Paul	Howell	V50	8	M	55		0:23:35.80	0:23:45.80
61	65	Simon	Linklater	Open	27	M	56	Hastings Runners	0:23:40.50	0:23:46.45
62	123	Holly	Batten	V40	2	F	6	NAS	0:23:56.40	0:24:00.15
63	107	Karl	Wheeler	V50	9	M	57	Born ready	0:24:04.05	0:24:07.90
64	47	Dave	Gunston	Open	28	M	58	Body shock Fitness	0:23:57.80	0:24:08.00
65	23	Paula	Chase	V35	2	F	7		0:24:06.10	0:24:10.30
66	66	Clare	Lippiatt	V35	3	F	8	Hastings Runners	0:24:16.30	0:24:21.50
67	218	Jamie	Turner	V40	13	M	59	BSF	0:24:11.10	0:24:21.90
68	58	James	Kelly	Open	29	M	60		0:24:25.85	0:24:31.55
69	101	Richard	Tickner	V50	10	M	61	Hailsham Harriers	0:24:30.15	0:24:33.40
70	62	Jeremy	Laws	V40	14	M	62	None	0:24:28.15	0:24:37.85
71	215	Samantha	Cusku	V40	3	F	9	Born Ready Ftiness	0:24:52.60	0:24:57.50
72	129	Louise	Murphy	V45	1	F	10		0:25:02.65	0:25:06.85
73	136	Vickki	Taylor-Meek	Open	4	F	11		0:25:14.10	0:25:18.50
74	127	Stephanie	Bassett	V35	4	F	12	Hailsham Harriers	0:25:14.90	0:25:21.20
75	54	Barry	Ingram	Open	30	M	63	Bexhill Runners & Triathletes	0:25:26.35	0:25:30.40
76	125	Catherine	Mullane	V35	5	F	13	Eastbourne Rovers	0:25:45.60	0:25:49.95
77	137	Joshua	Thomas	Open	31	M	64		0:25:53.10	0:26:03.70
78	210	Penny	Braker	V35	6	F	14		0:26:04.35	0:26:12.85
79	71	Jack	McConnell	Open	32	M	65		0:26:14.80	0:26:16.50
80	126	Kyle	Stanley	J	1	M	66		0:26:12.40	0:26:20.40

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81	20	Andy	Castle	V60	3	M	67		0:26:07.50	0:26:22.10
82	201	Jakub	Slusarczyk	Open	33	M	68		0:26:19.30	0:26:25.10
83	209	Alan	Roberts	V55	1	M	69	Eastbourne Rovers	0:26:21.95	0:26:25.60
84	208	Kimberley	Kempster	Open	5	F	15		0:26:22.60	0:26:25.80
85	124	Gavin	Ramsden	Open	34	M	70		0:26:22.55	0:26:25.90
86	79	Craig	Roberts	Open	35	M	71	Bodyshock Fitness	0:26:19.40	0:26:29.10
87	3	Lauren	Aldred	Open	6	F	16		0:26:24.05	0:26:30.90
88	50	Verity	Hemsley	Open	7	F	17		0:26:26.60	0:26:35.80
89	226	Janice	Machin	V50	1	F	18	BSF	0:26:32.30	0:26:39.15
90	2	Madeleine	Alberts	V55	1	F	19		0:26:31.20	0:26:40.00
91	14	Jamie	Britt	Open	36	M	72		0:26:36.90	0:26:46.00
92	205	Francis	Dowdall	V60	4	M	73		0:26:34.05	0:26:52.55
93	134	Grhan	Ibrahim	V40	15	M	74		0:26:54.55	0:27:01.15
94	142	Louise	Voss	V40	4	F	20		0:27:00.30	0:27:05.00
95	51	Scott	Hemsley	V40	16	M	75		0:26:58.45	0:27:07.75
96	222	Damon	Pinder	V50	11	M	76	BSF	0:26:58.50	0:27:07.90
97	25	Peter	Cobbett	V70	1	M	77	HAYWARDS HEATH HARRIERS	0:27:02.65	0:27:08.60
98	116	Faye	Dargan	Open	8	F	21		0:27:06.60	0:27:11.50
99	202	David	Atkinson	V45	8	M	78		0:27:08.05	0:27:12.65
100	212	Lauren	Howell	Open	9	F	22		0:27:03.05	0:27:13.25
101	224	Lee	Cornes	V60	5	M	79		0:27:09.20	0:27:14.00
102	81	Louise	Rollison	Open	10	F	23		0:27:09.85	0:27:14.20
103	117	Matthew		V40	17	M	80		0:27:09.90	0:27:15.15
104	100	Helen	Tickner	V45	2	F	24	Hailsham harriers	0:27:10.70	0:27:16.50
105	148	Louise	Wright	V45	3	F	25		0:27:14.20	0:27:20.50
106	149	Jason	Wright	V45	9	M	81		0:27:15.85	0:27:21.10
107	43	rachael	goldsmith	V35	7	F	26		0:27:04.30	0:27:23.20
108	11	Jemma	Bonnici	V35	8	F	27	Bodyshock Fitness	0:27:10.05	0:27:25.60
109	97	Richard	Swatton	V40	18	M	82	Bodyshock fitness	0:27:28.15	0:27:35.75
110	225	Mike	Jones	Open	37	M	83	BSF	0:27:28.40	0:27:35.85
111	55	Kate	Johnson	V35	9	F	28		0:27:31.60	0:27:44.45
112	239	Stacey	Hide	V35	10	F	29	BSF	0:27:31.90	0:27:44.80
113	220	Kirsty	Gumbrell	Open	11	F	30	BSF	0:27:36.20	0:27:53.60
114	45	michael	gregory	V60	6	M	84	BSF UK	0:27:48.70	0:27:56.20
115	203	Joshua	Atkinson	Open	38	M	85		0:27:57.55	0:28:03.10
116	232	Rachel	Hempe	Open	12	F	31		0:27:58.10	0:28:08.00
117	138	Georgia	Harbert	Open	13	F	32		0:28:07.65	0:28:17.85
118	34	Katie	Ellis	Open	14	F	33	RPCC	0:28:21.80	0:28:25.35
119	139	Susan	Bowes	V45	4	F	34		0:28:21.95	0:28:30.45
120	159	Mel	Thomas	V50	2	F	35	BodyShock Fitness	0:28:24.95	0:28:33.45

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121	70	David	McConnell	V65	1	M	86		0:28:20.55	0:28:33.90
122	240	Sarah	Oliver	V35	11	F	36	BSF	0:28:32.55	0:28:48.55
123	150	Kay	Colman	V45	5	F	37		0:28:46.90	0:28:53.75
124	204	Mark	Rosser	V45	10	M	87		0:28:45.45	0:28:58.15
125	207	Rick	Drury	V45	11	M	88		0:28:46.70	0:28:59.10
126	13	ANDREA	BRACKENBURY	V40	5	F	38	N/A	0:29:09.35	0:29:15.70
127	90	Victoria	Sims	V35	12	F	39	Body shock fitness	0:29:06.85	0:29:17.60
128	41	Rhys	Gibbon	Open	39	M	89		0:29:06.45	0:29:17.60
129	234	Carla	O'Donoughe	Open	15	F	40	BSF	0:29:26.05	0:29:36.50
130	19	Lynne	Carter	Open	16	F	41		0:29:27.35	0:29:36.95
131	28	Lucy-Jane	Currie	Open	17	F	42		0:29:34.60	0:29:41.80
132	61	Michael	Langlois	Open	40	M	90		0:29:38.85	0:29:46.20
133	73	Tess	Murray	Open	18	F	43		0:29:38.35	0:29:46.35
134	140	Ashley	Boxall	V45	12	M	91	BodyShock Fitness	0:29:34.85	0:29:53.15
135	98	Sarah	Swatton	V40	6	F	44		0:29:44.10	0:29:56.70
136	33	Daniel	Eldridge	Open	41	M	92		0:29:46.25	0:29:57.75
137	113	Natalie	Wordsworth	V35	13	F	45		0:29:49.75	0:30:07.95
138	219	Sam	Turner	V35	14	F	46	BSF	0:29:53.25	0:30:10.80
139	5	Viki	Ashby	V40	7	F	47		0:30:00.30	0:30:17.60
140	245	Ian	Hollands	V55	2	M	93		0:30:32.60	0:30:41.70
141	214	Dee	Le Lacheu	V40	8	F	48	BodyShock Fitness	0:30:58.25	0:31:12.20
142	7	Zoe	Barnes	V40	9	F	49	Heathfield Road Runners	0:31:05.50	0:31:19.65
143	88	Naomi	Scully	V35	15	F	50	Bexhill Runners Beginners Group	0:31:08.85	0:31:19.65
144	56	Anita	Joseph	V40	10	F	51		0:31:25.05	0:31:37.15
145	53	Aimee	Hills	Open	19	F	52		0:31:19.40	0:31:38.10
146	83	Louise	Rumble	V35	16	F	53		0:31:31.40	0:31:43.00
147	37	Sarah	Fletton	V35	17	F	54	Running for the National Autistic Society in Bexhill & Hastings	0:31:36.80	0:31:56.05
148	67	Holli	Longley	Open	20	F	55		0:31:57.00	0:32:07.45
149	143	Denise	Wood	V45	6	F	56		0:32:08.95	0:32:17.15
150	102	Shell	Tucker	V40	11	F	57		0:32:45.85	0:32:57.00
151	4	gillian	allam	V35	18	F	58		0:32:41.65	0:33:00.35
152	63	jasmin	levitt	Open	21	F	59		0:32:46.40	0:33:04.20
153	152	Becky	Forte	V40	12	F	60	BRT	0:33:03.45	0:33:11.95
154	241	Tilly	Wilson	V35	19	F	61	NAS	0:33:08.70	0:33:20.60
155	49	Maria	Hayler	V40	13	F	63		0:33:17.25	0:33:31.40
156	96	Luisa	Stratford	V40	14	F	62		0:33:16.85	0:33:31.40
157	57	Eliza	Karel	V40	15	F	64		0:33:23.40	0:33:37.35
158	38	Sarah	Foot	V35	20	F	65	Bodyshock Fitness	0:33:38.90	0:33:53.75
159	6	Emma	Baldwin	Open	22	F	66		0:33:45.05	0:33:56.25
160	77	Jessica	Ridgway	Open	23	F	67		0:34:05.00	0:34:21.60

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161	131	Wendi	Goodsell	V45	7	F	68	Ladies Rise To Shine	0:34:49.60	0:35:03.10
162	42	Fiona	Goble	V40	16	F	69	Swat Club	0:35:00.30	0:35:13.00
163	8	Francesca	Basher	V45	8	F	70	Swat Club	0:35:01.10	0:35:13.60
164	242	Amy	Pilcher	V35	21	F	71	NAS	0:35:09.75	0:35:21.85
165	89	Caroline	Sheppard	Open	24	F	72		0:35:52.00	0:36:07.40
166	17	Allan	Campbell	V40	19	M	94		0:35:54.05	0:36:09.60
167	213	Day Entry		Open	42	M	95		0:36:19.60	0:36:33.90
168	18	Nicola	Carey	V40	17	F	73	National autistic society	0:36:16.75	0:36:35.15
169	206	Carrie	Hanrahan	V40	18	F	74	BodyShock Fitness	0:37:00.50	0:37:16.65
170	122	Bethan	Blackby	J	1	F	75	BodyShop Runners	0:37:02.50	0:37:18.20
171	68	Moseline	Majoni	Open	25	F	76	Bodyshock Fitness	0:37:11.20	0:37:18.50
172	46	Karen	Gunston	V35	22	F	77	Bodyshock Fitness	0:37:02.25	0:37:19.20
173	72	Carly	Moore	Open	26	F	78		0:37:21.35	0:37:34.25
174	69	Graham	McConnell	Open	43	M	96		0:37:20.80	0:37:34.25
175	94	Nikki	Stanley	Open	27	F	79	Bodyshock Fitness	0:37:47.85	0:38:01.65
176	40	Gaynor	Fuller	V40	19	F	80	Bodyshock Runners	0:38:09.80	0:38:28.75
177	10	Natalina	Bonassera	Open	28	F	81	Bodyshock Fitness	0:38:48.20	0:39:04.50
178	27	Jodie	Crouch	Open	29	F	82		0:38:47.95	0:39:04.75
179	48	Helen	Handrihan	V45	9	F	83	BSF	0:39:39.65	0:39:57.65
180	104	Paula	Warne	V40	20	F	84		0:39:40.85	0:39:57.80
181	32	Caroline	Dugdale	V35	23	F	85		0:40:53.05	0:41:07.80
182	118	Jaqueline	Haas	V45	10	F	86		0:40:53.75	0:41:08.05
183	230	Laura	Holmes	Open	30	F	87		0:45:39.50	0:45:55.35
184	229	Mason	Holmes	Open	44	M	97		0:45:39.60	0:45:55.75
185	144	Ian	Bloe	V50	12	M	98		0:45:49.05	0:46:05.70
186	84	Katy	Rushton	V35	24	F	88	Bodyshock fitness	1:02:09.75	1:02:27.25
187	227	Jemima	Hilton-Berry	Open	31	F	89	BSF	1:02:11.15	1:02:28.55
188	228	James	Boardman	Open	45	M	99	BSF	1:02:11.20	1:02:28.75