

Poppy 5Km

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Club	Chip Time	Gun Time
1	188	Kevin	Rojas	M	1	Brighton and Hove AC	0:16:11.25	0:16:11.90
2	212	Daniel	Stidder	M	2	eastbourne rovers	0:16:23.20	0:16:23.45
3	25	David	Bradford	M	3	Lewes AC	0:16:31.70	0:16:32.05
4	24	Matt	Bradford	M	4	Lewes AC	0:16:44.90	0:16:45.80
5	203	Lewis	Sida	M	5	Lewes AC	0:17:08.70	0:17:09.95
6	231	JOSHUA	VARNEY	M	6	Eastbourne Rovers AC	0:17:15.90	0:17:16.00
7	264	Gary	Judges	M	7	Hailsham Harriers	0:17:33.00	0:17:34.00
8	120	Paul	Jones	M	8	Wadhurst runners	0:17:37.30	0:17:38.45
9	7	David	Ayling	M	9	Hailsham Harriers	0:17:42.70	0:17:43.30
10	75	Simon	Fletcher	M	10	Seaford Striders RC	0:17:48.55	0:17:50.00
11	258	Marcus	Kimmins	M	11	Haywards Heath Harriers	0:17:56.65	0:17:58.20
12	300	Paul	Holdaway	M	12	PH Fitness	0:18:16.15	0:18:16.80
13	273	Rob	Watts	M	13	Haywards Heath Harriers	0:18:17.20	0:18:18.65
14	41	Jack	Chivers	M	14	Haywards Heath Harriers	0:18:17.40	0:18:18.90
15	232	Dan	Vaughan	M	15	Arena 80 AC	0:18:32.10	0:18:34.10
16	34	Mark	Cage	M	16	Lewes Ac	0:18:35.85	0:18:38.15
17	277	Lee	Woodgate	M	17	Lewes Ac	0:18:39.20	0:18:40.75
18	270	Joscelin	Lowden	F	1	Lewes Ac	0:18:43.80	0:18:46.65
19	218	Henry	Teague-Smith	M	18	Worthing and District Harriers	0:18:47.15	0:18:50.15
20	117	Alex	Jago	M	19	ARENA 80	0:18:52.25	0:18:54.00
21	152	Scott	Newman	M	20		0:18:52.70	0:18:54.40
22	236	Jim	Watson	M	21	Arena 80 AC	0:18:52.00	0:18:54.65
23	228	Holly	Tugwell	F	2	cirenvester AC	0:18:54.55	0:18:56.65
24	189	Emma	Rollings	F	3	lewes ac	0:19:00.70	0:19:02.80
25	104	Nigel	Herron	M	22	Brighton Phoenix	0:19:10.15	0:19:11.30
26	9	Michael	Bale	M	23	Lewes AC	0:19:06.35	0:19:11.80
27	43	Richard	Coates	M	24	Uckfield Runners	0:19:15.50	0:19:16.50
28	40	Robin	Charnock	M	25	Arunners		0:19:22.45
29	53	Matt	Craddock	M	26		0:19:24.35	0:19:25.90
30	37	Daniel	Cartledge	M	27	Arena 80	0:19:23.75	0:19:26.65
31	233	RAFF	VITALE	M	28	Horsham Joggers	0:19:30.40	0:19:33.00
32	241	Paul	Whelpton	M	29	Brighton Phoenix	0:19:33.15	0:19:35.00
33	216	Megan	Taylor	F	4	Lewes AC	0:19:37.85	0:19:40.05
34	28	Toby	Bull	M	30	Wadhurst Runners	0:19:40.10	0:19:41.40
35	298	Keith	Axell	M	31		0:19:39.80	0:19:42.00
36	194	David	Salmons	M	32	Wadhurst Runners	0:19:46.70	0:19:48.20
37	45	Kevin	Cockram	M	33	Wadhurst Runners	0:19:46.05	0:19:48.95
38	61	Mark	Dobbs	M	34	Hastings Runners	0:19:49.40	0:19:53.30
39	284	Carlo	Forte	M	35	Hastings AC	0:19:52.85	0:19:56.65
40	1	Lee	Adams	M	36	Uckfield Runners	0:19:57.80	0:20:00.10
41	74	Ian	Fines	M	37	Lewes AC	0:19:55.40	0:20:01.40
42	23	Benjamin	Boyle	M	38		0:20:01.20	0:20:03.60
43	201	Tara	Shanahan	F	5	Arena 80	0:20:15.65	0:20:19.25
44	21	Luke	Borland	M	39	Seaford Striders	0:20:18.30	0:20:22.70
45	8	Rowan	Baker	M	40	Heathfield Road Runners	0:20:19.20	0:20:23.00
46	276	Alan	Stewart	M	41	Crowborough RC	0:20:22.55	0:20:25.15
47	161	Huw	Oliphant	M	42	Eastbourne Rovers AC	0:20:20.15	0:20:25.65
48	172	Kevin	Perez-Diaz	M	43	Wadhurst Runners	0:20:31.10	0:20:32.85
49	22	Giles	Bowmer	M	44		0:20:33.55	0:20:37.95
50	165	Adam	Osman	M	45	Hastings ac	0:20:41.85	0:20:43.95
51	87	PHIL	Grabsky	M	46	Brighton Phoenix	0:20:44.50	0:20:47.10
52	90	Andrew	Haig	M	47	Brighton Phoenix	0:20:57.85	0:20:59.50
53	178	Matthew	Quinton	M	48	Haywards Heath Harriers	0:20:54.65	0:21:00.45
54	205	Gary	Smith	M	49	Heathfield RRC	0:20:57.10	0:21:01.20
55	222	Alan	Thornton	M	50		0:21:03.15	0:21:07.05
56	214	Mark	Storey	M	51		0:21:11.95	0:21:14.55
57	126	Tony	Lavender	M	52	Heathfield RR	0:21:12.10	0:21:16.45
58	239	Graham	West	M	53	Uckfield Runners	0:21:17.00	0:21:21.50
59	156	Jake	Nixon	M	54	Bodyworks	0:21:27.40	0:21:27.80
60	292	Alistair	Marshman	M	55	BRT	0:21:28.80	0:21:31.30
61	84	Stewart	Gasson	M	56		0:21:32.85	0:21:36.25
62	229	Ian	Turnbull	M	57	Hailsham Harriers	0:21:34.45	0:21:37.90
63	266	Claire	Keith	F	6	Seaford Striders	0:21:35.20	0:21:40.50
64	299	Graham	Chapman	M	58	Heathfield Road Runners	0:21:37.60	0:21:41.85
65	109	Stewart	Hodsoll	M	59		0:21:39.10	0:21:43.20
66	101	Linda	Hayes	F	7	Wadhurst Runners	0:21:41.15	0:21:44.10
67	113	Jenny	Hughes	F	8	Arena 80	0:21:55.25	0:21:58.50
68	183	Louise	Renforth	F	9	Eastbourne Rovers AC	0:21:57.00	0:22:03.65
69	6	Terry	Avey	M	60	Brighton Phoenix	0:22:01.25	0:22:03.65
70	143	Taryn	May	F	10	Heathfield Road Runners	0:22:06.20	0:22:12.25

Poppy 5Km

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Club	Chip Time	Gun Time
71	202	Jacqueline	Sheppard	F	11	Arunners	0:22:11.80	0:22:15.75
72	51	David	Coulson	M	61	Hailsham Harriers	0:22:13.90	0:22:17.60
73	132	Janine	Littler	F	12	Horsham Joggers	0:22:17.30	0:22:22.15
74	187	Wendy	Robson	F	13	Hailsham harriers	0:22:19.35	0:22:24.85
75	91	Sheri	Halfacree	F	14	Arunners	0:22:31.20	0:22:35.60
76	62	Nathalie	Du Bois	F	15	Wadhurst Waddies	0:22:36.15	0:22:37.65
77	283	Simon	Trevena	M	62	Hastings Runners	0:22:36.70	0:22:40.65
78	223	Michael	Thornton	M	63	Horsham Joggers	0:22:32.40	0:22:41.40
79	121	Michael	Joseph	M	64		0:22:42.00	0:22:48.90
80	167	Bob	Page	M	65	Arena 80	0:22:44.55	0:22:49.40
81	269	Ella	Mundy	F	16	Lewes AC	0:22:48.75	0:22:50.95
82	106	Ian	Hilder	M	66		0:22:44.70	0:22:51.00
83	137	Tina	Macenhill	F	17	hailsham harriers	0:22:51.70	0:22:55.15
84	291	Gary	Spayes	M	67		0:22:53.35	0:22:58.35
85	173	ALAN	PETTITT	M	68	Horsham Joggers	0:23:14.20	0:23:16.50
86	271	Christian	Morton	M	69	Seaford Striders	0:23:15.60	0:23:20.20
87	286	Mike	Walker	D	1		0:23:11.30	0:23:20.75
88	14	Mark	Bassett	M	70	Hailsham Harriers	0:23:14.60	0:23:21.45
89	33	Amanda	Bussey	F	18	Wadhurst Runners	0:23:23.15	0:23:26.60
90	182	Juliette	Reader	F	19	Arunners RC	0:23:28.00	0:23:35.50
91	31	Colin	Burgess	M	71	Hailsham Harriers	0:23:34.00	0:23:38.85
92	154	Mary	Nightingale	F	20	crowborough	0:23:35.75	0:23:43.40
93	238	Andrew	Weber	M	72	Wadhurst Runners	0:23:46.60	0:23:49.80
94	70	Tracy	Erridge	F	21	Hailsham Harriers	0:23:49.45	0:23:54.70
95	247	Steve	Wilson	M	73		0:23:47.30	0:23:55.00
96	282	Roger	Stone	M	74	Crowborough RC	0:23:52.40	0:23:59.90
97	49	Verity	Coombes	F	22	Haywards Heath Harriers	0:23:59.50	0:24:05.55
98	158	Helen	O'Sullivan	F	23	Hailsham Harriers	0:24:33.35	0:24:38.55
99	159	Caroline	O'Sullivan	F	24	Wadhurst	0:24:40.45	0:24:46.55
100	140	Niki	Marr	F	25	Heathfield Road Runners	0:24:43.30	0:24:48.30
101	163	Will	Oliphant	M	75		0:24:47.40	0:24:53.70
102	18	Derren	Blackabee	M	76	Bodys shock Runners	0:24:48.70	0:24:57.10
103	78	Darren	FOX	M	77	Bodys shockers	0:24:49.40	0:24:57.65
104	108	Oliver	Hitchings	M	78		0:24:53.85	0:25:07.20
105	83	Susan	Garner	F	26	Seaford Striders	0:25:08.10	0:25:13.10
106	254	Katie	Wride	F	27		0:25:18.75	0:25:19.75
107	181	Ian	Reader	M	79	Arunners RC	0:25:13.35	0:25:22.05
108	44	PETER	COBBETT	M	80	Haywards Heath Harriers	0:25:17.80	0:25:24.15
109	96	Norman	Harris	M	81	Hailsham Harriers	0:25:18.85	0:25:25.50
110	206	Paulette	Smith	F	28	Heathfield road runners	0:25:27.60	0:25:31.90
111	272	Klara	Boarder	F	29	Haywards Heath Harriers	0:25:25.50	0:25:32.40
112	259	John	Waterhouse	M	82		0:25:26.70	0:25:38.45
113	48	Jacob	Cook	M	83		0:25:31.25	0:25:41.30
114	278	Adam	Shaw	M	84	ASPT	0:25:32.50	0:25:42.25
115	36	Hannah	CANEY	F	30		0:25:30.45	0:25:47.10
116	110	Kevin	Hooker	M	85		0:25:38.60	0:25:48.40
117	123	Albert	Kemp	M	86	Wadhurst Runners	0:25:43.80	0:25:49.00
118	248	Rachel	Wilson	F	31	Heathfield Road Runners	0:25:57.70	0:26:02.60
119	176	Roberto	Proietti	M	87	Hailsham Harriers	0:26:01.90	0:26:04.80
120	64	Lorraine	Duffy	F	32		0:25:56.20	0:26:05.35
121	242	Peter	Wilkes	M	88	Uckfield runners	0:26:06.60	0:26:20.70
122	88	Brigitte	Groves	F	33	Arena 80	0:26:10.20	0:26:22.00
123	162	Victoria	Oliphant	F	34		0:26:18.40	0:26:24.95
124	185	Craig	Roberts	M	89		0:26:25.30	0:26:34.00
125	256	Sarah	Marzaioli	F	35	Hastings Runners	0:26:16.45	0:26:34.35
126	59	Frances	Delves	F	36	Hailsham Harriers	0:26:32.30	0:26:37.95
127	124	Terry	Kitson	M	90		0:26:36.10	0:26:43.60
128	15	Stephanie	Bassett	F	37		0:26:34.15	0:26:44.50
129	68	Louise	Ellis	F	38	Crowborough Runners	0:26:38.75	0:26:45.70
130	127	Chris	Le Beau	M	91	Seaford Striders	0:26:39.90	0:26:49.05
131	73	DAVID	FEINTUCK	M	92	Lewes AC	0:26:48.75	0:26:59.55
132	168	Luke	Parkes	M	93		0:26:59.05	0:27:06.30
133	157	Anna	Norman	F	39		0:27:02.15	0:27:06.95
134	42	Natalie	Chivers	F	40	Haywards Heath Harriers	0:27:05.95	0:27:15.10
135	107	Claire	Hitchings	F	41		0:27:07.30	0:27:20.70
136	297	Nick	Paxman	M	94		0:27:19.20	0:27:31.30
137	16	Olivia	Beeney-Bennett	F	42	Heathfield Road Runners	0:27:33.35	0:27:40.20
138	60	Shazra	Dobbs	F	43	Hastings Runners	0:27:53.20	0:28:03.30
139	131	Dan	Linford-Jones	M	95	Hailsham Harriers	0:28:10.30	0:28:16.25
140	191	Tom	Roper	M	96	Seaford Striders	0:28:16.25	0:28:23.55

Poppy 5Km

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Club	Chip Time	Gun Time
141	98	Vicky	Hatt	F	44		0:28:11.35	0:28:26.15
142	200	Elisabeth	Scott	F	45	Horsham Joggers	0:28:12.85	0:28:31.80
143	237	Sue	Weber	F	46	Wadhurst Runners	0:28:35.40	0:28:38.50
144	69	John	Ensell	M	97		0:28:32.35	0:28:44.85
145	219	Mel	Thomas	M	98	Bodyshock	0:28:33.90	0:28:45.10
146	190	Louise	Rollison	F	47		0:28:42.15	0:28:52.40
147	130	Julie	Lewis-clements	F	48		0:29:16.25	0:29:24.35
148	196	Michele	Saunders	F	49	Arena80	0:29:17.20	0:29:29.10
149	38	Paul	Chandler	M	99	Horsham Joggers	0:29:18.55	0:29:37.70
150	122	Sarah	Keeble	F	50		0:29:31.35	0:29:40.80
151	280	Charles	Shaw	M	100	ASPT	0:29:44.80	0:29:55.35
152	279	Tom	Shaw	M	101	ASPT	0:29:45.00	0:29:55.65
153	20	Gill	Boorman	F	51	Heathfield Road Runners	0:30:03.20	0:30:11.45
154	112	Alex	Huddart	F	52		0:29:59.90	0:30:11.80
155	230	Marion	Underdown	F	53	Hailsham Harriers	0:30:13.90	0:30:21.70
156	257	Tony	Richardson	M	102		0:30:24.00	0:30:28.40
157	293	Rachel	Marshman	F	54	BRT	0:30:24.85	0:30:30.15
158	27	Pam	Browne	F	55		0:30:27.15	0:30:33.75
159	289	Lotte	Orley	F	56		0:30:38.80	0:30:48.15
160	103	Scott	Hemsley	M	103		0:30:38.50	0:30:55.65
161	174	John	Phillips	M	104	none	0:30:44.70	0:30:56.10
162	99	John	Hatt	M	105		0:30:52.40	0:31:06.65
163	4	Vicky	Ashby	F	57		0:30:53.15	0:31:13.00
164	246	Ola	Wilson	F	58		0:31:01.65	0:31:19.40
165	195	Dagmar	Sandrejova	F	59		0:31:07.25	0:31:25.65
166	217	Sinead	Taylor	F	60	Uckfield Runners	0:31:24.15	0:31:38.70
167	57	Michael	Dee	M	106	Henfield Joggers	0:31:28.65	0:31:40.05
168	288	Lisa	Peterson	F	61	Hastings Runners	0:31:34.90	0:31:46.50
169	199	Julian	Sawyers	M	107		0:31:36.00	0:31:49.40
170	67	William	Edmondson	M	108	Hastings Runners	0:31:15.35	0:31:51.50
171	184	Sudari	Rickwood	F	62	none	0:31:42.10	0:31:53.80
172	55	Anne	Cross	F	63		0:32:01.05	0:32:14.40
173	77	Becky	Forte	F	64		0:32:09.45	0:32:25.45
174	144	Phil	McErlain	M	109		0:32:18.95	0:32:28.55
175	209	Laura	Spies	F	65		0:32:34.65	0:32:49.25
176	221	Simon	Thomas	M	110		0:32:56.20	0:33:06.55
177	285	Jacqui	Beeney	F	66		0:33:24.00	0:33:31.30
178	46	Amanda	Cole	F	67		0:33:28.35	0:33:41.70
179	249	Keith	Wilson	M	111	BodyShock Fitness	0:33:31.75	0:33:46.90
180	287	Sinead	Evans	F	68		0:33:37.40	0:33:48.40
181	134	LOUISE	LOWERS	F	69		0:33:38.75	0:33:49.40
182	148	Kayleigh	Moreton	F	70		0:33:44.00	0:33:55.80
183	245	Erica	Wilson	F	71	Hastings Runners	0:33:47.75	0:34:05.50
184	3	Marie	Appleton	F	72	Hastings Runners	0:33:48.55	0:34:07.30
185	290	Gary	Smith	M	112		0:35:07.50	0:35:17.90
186	267	Janice	Hardy	F	73		0:35:06.40	0:35:25.05
187	136	Maria	Lowry	F	74		0:35:19.90	0:35:34.15
188	235	Vicky	Walker	F	75		0:35:54.95	0:36:04.60
189	268	Steve	Hardy	M	113		0:36:31.55	0:36:48.10
190	50	Daniel	Cope	M	114		0:36:45.05	0:36:59.30
191	262	Chloe	Waterhouse	F	76		0:37:33.15	0:37:45.50
192	29	Dawn	Burfitt	F	77		0:37:34.35	0:37:51.00
193	155	Jane	Nightingale	F	78		0:37:37.10	0:37:56.10
194	263	Susan	Feldmanis	F	79		0:37:48.90	0:38:07.65
195	39	Jane	Chapman	F	80	Heart 2 Heart Training	0:38:35.20	0:38:41.15
196	179	Annabel	Rainbow	F	81		0:39:01.70	0:39:10.40
197	138	Victoria	MacRae	F	82		0:39:02.45	0:39:11.05
198	72	Salem	Fadell	M	115		0:38:57.35	0:39:18.80
199	100	Johnathan	Hawley	M	116		0:39:00.70	0:39:22.70
200	93	Carrie	Hanrahan	F	83	Bodyshock Runners	0:39:21.85	0:39:37.35
201	89	Karen	Gunston	F	84		0:40:13.15	0:40:28.00
202	180	Stefanie	Ransley	F	85	Worthing Striders	0:40:15.60	0:40:28.45
203	160	Gabrielle	Okeeffe	F	86		0:40:44.25	0:41:05.30
204	82	Gaynor	Fuller	F	87		0:41:44.60	0:42:00.40
205	92	Helen	Handrihan	F	88	BSF	0:41:45.05	0:42:02.10
206	265	Catherine	Cantrell	F	89		0:42:10.25	0:42:25.60
207	58	Cynthia	Dee	F	90	Henfield Joggers	0:42:22.70	0:42:43.05
208	145	Michael	Middleton	M	117		0:42:32.45	0:42:53.70
209	261	Emily	Waterhouse	F	91		0:43:18.25	0:43:36.20
210	260	Heidi	Waterhouse	F	92		0:43:22.70	0:43:40.40

## Poppy 5Km

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Club	Chip Time	Gun Time
211	224	Robert	Thrussell	M	118		0:43:55.05	0:44:15.90
212	197	Catriona	Sawyers	F	93		0:44:02.30	0:44:18.10
213	208	Laura	Southey	F	94		0:44:08.95	0:44:24.95
214	17	Sarah	Berlanga	F	95	Hove Hornets	0:44:21.00	0:44:35.80
215	244	Allison	Willcox	F	96	Burgess Hill runners	0:44:56.15	0:45:05.60
216	94	Jane	Harle	F	97	Burgess Hill Runners	0:45:11.25	0:45:20.05
217	95	Joshua	Harle	M	119	Burgess Hill Runners	0:47:14.85	0:47:23.10
218	274	Sam	Hurley	F	98		0:47:38.90	0:47:49.60
219	413	Julie	Howells	F	99		0:47:43.55	0:47:57.00
220	198	David	Sawyers	M	120		0:48:10.75	0:48:25.85
221	71	Carolyne	Evans	F	100		0:48:29.95	0:48:42.65
222	294	Natasha	Heyburn	F	101	Hamstreet Run England	0:49:32.55	0:49:49.05
223	296	Angela	Williams	F	102		0:49:34.65	0:49:51.10
224	170	Susan	Pellett	F	103		0:50:10.20	0:50:23.30
225	97	Angela	Hastings	F	104		0:50:09.95	0:50:23.60
226	26	Carrie-anne	Bradford	F	105		0:50:10.15	0:50:23.80
227	275	Kristina	Portelli	F	106		0:50:10.25	0:50:23.95
228	295	Jill	Boucher	F	107		1:00:35.60	1:00:51.85