

Pos	No	GunTime	Firstname	Lastname	Club	M/F	Cat	ChipPos	ChipTime
1	608	00:33:00	Matt	Dumigan	Worthing and District Harriers	M	SM	1	00:33:00
2	643	00:33:31	Josh	Guilmont	Phoenix AC	M	SM	2	00:33:31
3	401	00:33:55	James	Baker	Chichester Runners	M	SM	3	00:33:54
4	603	00:34:34	Chris	Thomson	Swansea	M	SM	4	00:34:33
5	679	00:34:58	Andrew	Robinson	Horsham Joggers	M	SM	5	00:34:57
6	660	00:35:02	James	Belward	Crawley AC	M	SM	6	00:35:01
7	296	00:35:44	Jo	Corbett		M	SM	7	00:35:44
8	511	00:35:49	Kevin	Rojas	Brighton and Hove City AC	M	SM	8	00:35:48
9	457	00:36:04	Paul	Bond	Worthing and District Harriers	M	SM	9	00:36:03
10	186	00:36:37	Timmy	Gedin	Arena 80 AC	M	SM	10	00:36:37
11	655	00:36:40	Henry	Mountcastle	Hastings AC	M	40	11	00:36:39
12	525	00:36:50	Simon	Gill	Tone Zone Runners	M	SM	12	00:36:49
13	657	00:37:19	Martin	Barwood		M	SM	13	00:37:19
14	461	00:37:30	Gareth	Leighton	Horsham Joggers	M	SM	14	00:37:26
15	185	00:37:57	Mats	Gedin	Arena 80 AC	M	40	15	00:37:55
16	100	00:38:15	Joseph	Francis	Phoenix AC	M	SM	16	00:38:13
17	360	00:38:15	Dean	Angell	Horsham Joggers	M	40	17	00:38:13
18	559	00:38:21	Chris	Jack	Chichester Runners	M	SM	19	00:38:19
19	678	00:38:21	Mark	Greet	Horsham Joggers	M	40	18	00:38:18
20	280	00:38:24	Russell	Shingless		M	SM	20	00:38:22
21	99	00:38:26	Rebecca	Moore	Worthing and District Harriers	F	20	21	00:38:24
22	137	00:38:39	Christopher	Pratt		M	SM	22	00:38:34
23	342	00:38:39	John	Lowden	Brighton and Hove City AC	M	50	23	00:38:38
24	565	00:38:43	Tom	Mullen	Haywards Heath Harriers	M	SM	25	00:38:40
25	492	00:38:44	Jonathan	Austin	Worthing and District Harriers	M	40	26	00:38:42
26	42	00:38:45	Gary	Christie	Brighton and Hove City AC	M	40	24	00:38:38
27	440	00:38:55	Henry	Teague Smith	Worthing and District Harriers	M	20	27	00:38:51
28	271	00:38:58	Phillip	Carr	Seaford Striders	M	40	28	00:38:55
29	711	00:39:00	David	Knight		M	40	29	00:38:57
30	584	00:39:10	Del	Wallace	Arunners	M	SM	30	00:39:07
31	645	00:39:13	Stephen	Fryer	Worthing Striders	M	SM	31	00:39:08
32	558	00:39:14	Benjamin	Ageros	Horsham Joggers	M	SM	32	00:39:08

33	623	00:39:16	Emma	Richards	Hailsham Harriers	F		33	00:39:15
34	364	00:39:18	Bryan	Camfield	Horsham Joggers	M	40	34	00:39:16
35	664	00:39:29	Jamie	Ellinor	Tone Zone Runners	M	SM	35	00:39:21
36	403	00:39:34	Mike	Bannister	Brighton and Hove City AC	M	SM	36	00:39:30
37	585	00:39:45	Mark	Halls	Brighton and Hove City AC	M	40	37	00:39:42
38	464	00:39:57	Matthew	Wilson		M	SM	39	00:39:55
39	385	00:39:58	Matt	Horrocks		M	SM	38	00:39:53
40	693	00:40:07	Nick	McDonald	South Melbourne	M	SM	41	00:40:04
41	684	00:40:10	Andrew	Brearily		M	SM	40	00:40:00
42	685	00:40:16	Jon	Jamison	Brighton and Hove City AC	M	SM	42	00:40:12
43	193	00:40:17	Andy	Nisbet	Worthing and District Harriers	M	40	44	00:40:14
44	498	00:40:18	Sarah	Kingston		F	35	43	00:40:13
45	606	00:40:18	Louise	Vallier	Arena 80 AC	F		46	00:40:17
46	396	00:40:18	Christopher	Bennett	Worthing and District Harriers	M	50	45	00:40:16
47	654	00:40:23	Paul	Garner	Horsham Amphibians	M	40	47	00:40:20
48	415	00:40:25	Graham	Hart	Haywards Heath Harriers	M	40	48	00:40:22
49	615	00:40:29	Tim	Stevens	Burgess Hill Runners	M	40	49	00:40:25
50	687	00:40:33	Chris	Chilton	Brighton and Hove City AC	M	SM	51	00:40:31
51	281	00:40:34	Shaun	Billing	Brighton and Hove City AC	M	40	50	00:40:28
52	303	00:40:37	Dave	Dunstall	Seaford Striders	M	40	52	00:40:35
53	508	00:40:41	Niall	Robinson	Brighton and Hove City AC	M	SM	53	00:40:37
54	143	00:40:58	Andrew	Biggs	Haywards Heath Harriers	M	40	56	00:40:55
55	73	00:41:00	Phil	Payne	Haywards Heath Harriers	M	SM	54	00:40:54
56	124	00:41:03	Scott	Percy	Burgess Hill Runners	M	SM	55	00:40:55
57	265	00:41:03	Jason	Russell	Haywards Heath Harriers	M	SM	59	00:41:00
58	605	00:41:04	Gemma	Sharp	Arena 80 AC	F		60	00:41:02
59	104	00:41:07	Roger	Moore	Worthing and District Harriers	M	40	62	00:41:04
60	58	00:41:07	Tony	Johnson	Horsham Joggers	M	50	57	00:40:56
61	323	00:41:10	Thomas	Jago	Tone Zone Runners	M	SM	61	00:41:03
62	318	00:41:11	Gareth	Hutchinson	Seaford Striders	M	SM	64	00:41:07
63	98	00:41:11	Danny	Garbett	Bexhill runners	M	40	58	00:40:58
64	258	00:41:13	Gareth	Williams	Horsham Joggers	M	SM	63	00:41:04
65	662	00:41:25	Danny	Mahoney	Tone Zone Runners	M	40	65	00:41:18

66	524	00:41:29	Tom	Ulliott	Brighton and Hove City AC	M	50	66	00:41:22
67	314	00:41:30	Matt	Rollings		M	SM	67	00:41:24
68	449	00:41:30	Paul	Gasson	Arena 80 AC	M	50	68	00:41:27
69	358	00:41:36	Keith	Valentine	Horsham Joggers	M	50	70	00:41:33
70	481	00:41:36	Nick	Hoyle	Arunners	M	40	69	00:41:29
71	489	00:41:43	Peter	Wirtzfield	Worthing Striders	M	50	71	00:41:36
72	308	00:41:46	Neil	James	Dorking & Mole Valley AC	M	40	72	00:41:40
73	562	00:41:53	Christian	Faires		M	SM	74	00:41:45
74	418	00:41:53	Sharon	Elder	Worthing and District Harriers	F	35	76	00:41:49
75	147	00:41:54	Caroline	Wood	Arena 80 AC	F	45	77	00:41:50
76	527	00:41:56	Cathy	Ulliott	Brighton and Hove City AC	F	45	78	00:41:51
77	587	00:41:57	Sean	Covey	Arena 80 AC	M	40	80	00:41:53
78	53	00:41:59	Damien	Jones		M	SM	75	00:41:45
79	79	00:42:00	David	Brindley	Arena 80 AC	M	40	79	00:41:53
80	626	00:42:06	Chris	Hall	Dorking & Mole Valley AC	M	40	81	00:41:58
81	80	00:42:15	Andy	Guy		M	SM	73	00:41:44
82	256	00:42:22	Chris	Wigby	Horsham Joggers	M	50	82	00:42:13
83	389	00:42:24	Terry	Avey	Phoenix AC	M	60	84	00:42:19
84	233	00:42:24	Simon	Clarke		M	40	83	00:42:17
85	686	00:42:26	John	Tindell		M	SM	86	00:42:24
86	332	00:42:31	Miles	Seavill		M	20	85	00:42:20
87	557	00:42:34	Nathan	Treadwell	Worthing and District Harriers	M	SM	87	00:42:24
88	328	00:42:39	Darren	Howe	Horsham Joggers	M	40	88	00:42:34
89	398	00:42:43	Paul	Standen-Payne	Hailsham Harriers	M	SM	89	00:42:39
90	300	00:42:49	Andrew	Haig	Phoenix AC	M	60	90	00:42:44
91	325	00:42:54	Nathan	Da Costa		M	SM	91	00:42:46
92	223	00:43:06	Nathan	Barker		M	SM	92	00:42:58
93	257	00:43:07	Michael	Jarvis		M	SM	94	00:43:02
94	513	00:43:17	Stuart	Stoneham	Arena 80 AC	M	SM	93	00:43:02
95	612	00:43:21	Alan	Greig	Horsham Joggers	M	40	98	00:43:17
96	429	00:00:00	David	Mason	Arena 80 AC	M	40	97	00:00:00
97	574	00:43:25	Tom	Foot		M	SM	96	00:43:09
98	386	00:43:28	Andy	Stadden	Arunners	M	40	100	00:43:19

99	394	00:43:29	Kevin	White	Royal Navy	M	40	95	00:43:07
100	599	00:43:30	Robin	Stocker	Worthing and District Harriers	M	35	99	00:43:18
101	46	00:43:30	Kim	Lo	Haywards Heath Harriers	F		102	00:43:25
102	453	00:43:33	Thomas	Caffyn	Arunners	M	20	103	00:43:25
103	676	00:43:35	Keith	Vigar		M	40	109	00:43:35
104	523	00:43:35	Harry	Standing		M	20	97	00:43:10
105	110	00:43:36	Leigh	Kingaby		M	SM	106	00:43:34
106	430	00:43:36	Abdel Kader	Sidi-Moussa	Worthing and District Harriers	M	50	105	00:43:29
107	167	00:43:37	Alan	Clarke	Worthing and District Harriers	M	60	107	00:43:34
108	194	00:43:38	Adrian	Campbell	Seaford Striders	M	40	110	00:43:35
109	212	00:43:42	Brian	Slaughter	Eastbourne Rovers	M	50	111	00:43:38
110	377	00:43:44	Tim	Hicks	Haywards Heath Harriers	M	50	112	00:43:40
111	546	00:47:50	Michael	Scholes	Haywards Heath Harriers	M	50	246	00:47:45
112	444	00:43:46	Michael	Caffyn	Arunners	M	SM	108	00:43:35
113	367	00:43:46	Eric	Gravier		M	SM	104	00:43:28
114	634	00:43:46	Kelly	Jarvis	Lingfield RC	F		117	00:43:44
115	594	00:43:46	Carolyn	Swan	Lingfield RC	F	35	116	00:43:44
116	108	00:43:49	Vincent	Golding	Crawley AC	M	40	101	00:43:20
117	145	00:43:51	Cedric	Clemerson	Heathfield Road Runners	M	50	118	00:43:45
118	556	00:43:54	Mark	Treadwell	Worthing and District Harriers	M	40	115	00:43:43
119	270	00:43:54	James	Hodge	Arunners	M	40	114	00:43:41
120	335	00:43:57	Sebastien	Ronseaux		M	SM	119	00:43:47
121	238	00:43:58	Keith	Hardwell	Tone Zone Runners	M	40	120	00:43:48
122	642	00:44:10	Jonathon	Fox		M	40	122	00:44:05
123	393	00:44:12	Lee	Gulliver	Worthing and District Harriers	M	SM	123	00:44:09
124	580	00:44:18	Gill	Lister	Worthing and District Harriers	F	45	125	00:44:14
125	148	00:44:22	Mark	Stephenson	Arena 80 AC	M	50	126	00:44:15
126	417	00:44:22	Louise	Taylor	Hailsham Harriers	F	35	124	00:44:10
127	622	00:44:26	Michael	Saunders	Horsham Joggers	M	50	129	00:44:21
128	3	00:44:30	Michaela	Furlong	Team Bodyworks XTC TriStore	F	35	128	00:44:19
129	561	00:44:30	Pete	Sharp		M	SM	127	00:44:16
130	478	00:44:32	Joe	Solti		M	40	121	00:43:50
131	61	00:44:33	Craig	Eppy		M	40	130	00:44:23

132	51	00:44:38	Dave	Ford		M	40	133	00:44:31
133	225	00:44:44	Kevin	Martin	Arena 80 AC	M	40	131	00:44:28
134	163	00:44:46	Andrew	Moore	Chichester Runners	M	40	138	00:44:38
135	331	00:44:46	Ed	Andrew		M	40	132	00:44:28
136	178	00:44:47	Catherine	Corck	Horsham Joggers	F		136	00:44:35
137	50	00:44:48	Phillip	Churchill		M	SM	137	00:44:37
138	625	00:44:48	Sidney	Delara	Southampton AC	M	50	141	00:44:41
139	94	00:44:48	Iain	Campbell	Horsham Joggers	M	50	135	00:44:35
140	305	00:44:52	Tony	Earl		M	40	134	00:44:31
141	4	00:44:52	Simon	Bodsworth		M	40	143	00:44:45
142	369	00:44:53	Andy	Carpenter	Worthing Striders	M	60	139	00:44:39
143	490	00:44:54	Jane	Lawrence	Worthing Striders	F	35	140	00:44:41
144	89	00:44:55	Mark	Jennings	Chichester Runners	M	SM	142	00:44:45
145	7	00:44:56	Philip	Williams		M	50	144	00:44:48
146	412	00:44:56	David	Hallson	Road Runners Club	M	50	145	00:44:50
147	588	00:45:02	Allan	Norbury		M	SM	146	00:44:51
148	405	00:45:02	Bill	Fraser	Hailsham Harriers	M	50	154	00:45:00
149	85	00:45:05	Philip	Metcalf		M	SM	156	00:45:01
150	24	00:45:06	Andrew	Mowatt		M	SM	148	00:44:53
151	632	00:45:07	Alison	Gormley	Horsham Joggers	F	40	151	00:44:55
152	658	00:45:08	Annette	Feakes	Hailsham Harriers	F	35	159	00:45:02
153	665	00:45:10	Graham	Hurren	Tone Zone Runners	M	40	153	00:44:59
154	133	00:45:11	Dawn	Piechoczek	Mel's Milers Jogging Club	F	45	157	00:45:01
155	25	00:45:11	Nathan	Broderick		M	SM	147	00:44:53
156	188	00:45:14	Jo	Farrow	Arena 80 AC	F	35	162	00:45:08
157	656	00:45:17	Matthew	Beaver	Hastings Runners	M	SM	160	00:45:05
158	195	00:45:18	Martin	Short		M	40	164	00:45:14
159	391	00:45:19	Tom	Davis		M	20	149	00:44:54
160	402	00:45:19	Linda	Hayes	Wadhurst Runners	F	45	167	00:45:17
161	390	00:45:20	Peter	Davis		M	40	152	00:44:55
162	700	00:45:21	Ian	Culton	Tone Zone Runners	M	SM	158	00:45:01
163	230	00:45:25	Brian	Etheridge	Tone Zone Runners	M	40	166	00:45:15
164	279	00:45:26	Stuart	Condie	Burgess Hill Runners	M	50	163	00:45:13

165	173	00:45:29	Dean	Betts	Hastings Runners	M	40	172	00:45:26
166	245	00:45:29	Richard	Honeyman	Seaford Striders	M	40	165	00:45:15
167	441	00:45:30	David	Mills	Worthing and District Harriers	M	50	169	00:45:21
168	157	00:45:35	Simon	Waters		M	SM	168	00:45:18
169	255	00:45:36	Andy	Taylor		M	SM	161	00:45:07
170	208	00:45:37	Paul	Lawrence		M	40	150	00:44:55
171	552	00:45:39	Peter	Jones	Arunners	M	40	173	00:45:31
172	343	00:45:41	Lesley	Rainger		F	35	175	00:45:36
173	689	00:45:43	Anthony	Pitt		M	SM	174	00:45:32
174	215	00:45:50	Peter	Burfoot	Wadhurst Runners	M	50	181	00:45:47
175	526	00:45:51	Kevin	Ives	Seaford Striders	M	SM	178	00:45:47
176	624	00:45:51	Ad	Appelhof		M	50	179	00:45:47
177	78	00:45:52	Adam	Staniforth	Lancing Eagles	M	SM	170	00:45:24
178	340	00:45:53	Beverley	Chapman	Heathfield Road Runners	F	35	180	00:45:47
179	378	00:45:54	David	Hoy	Road Runners Club	M	50	177	00:45:40
180	210	00:45:58	Paul	Swinburne		M	SM	176	00:45:38
181	704	00:45:59	Jon	Wright		M	50	155	00:45:00
182	268	00:45:59	Alistair	Fitzgerald	Mel's Milers Jogging Club	M	40	182	00:45:49
183	431	00:46:00	Louise	Payne	Arena 80 AC	F	45	184	00:45:52
184	423	00:46:04	Raff	Vitale	Horsham Joggers	M	SM	185	00:45:54
185	202	00:46:07	Ben	Muggridge	Hastings Runners	M	SM	186	00:45:55
186	550	00:46:08	Mark	Watson	Worthing and District Harriers	M	50	190	00:45:58
187	586	00:46:08	Ian	Moore	Tuff Fitty	M	40	171	00:45:26
188	55	00:46:10	Martin	Catling	Arunners	M	40	183	00:45:50
189	581	00:46:11	Barry	Waller	Worthing and District Harriers	M	60	189	00:45:57
190	445	00:46:12	Rodney	Baker	Worthing Striders	M	40	193	00:46:03
191	313	00:46:12	Claire	Rank		F		191	00:46:00
192	136	00:46:13	Alan	Pettitt	Horsham Joggers	M	50	196	00:46:09
193	76	00:46:26	Dorian	Rogers		M	SM	187	00:45:56
194	640	00:46:29	Tim	Jones		M	40	197	00:46:15
195	699	00:46:33	Danny	Cunnett	Trail Runners Association	M	40	194	00:46:04
196	27	00:46:33	Steve	Pidgeon		M	40	199	00:46:24
197	698	00:46:34	Jason	Mcardle		M	40	195	00:46:06

198	18	00:46:36	Mark	Oliver	Tone Zone Runners	M	40	198	00:46:23
199	641	00:46:49	John	Bills		M	60	204	00:46:35
200	320	00:46:50	Nigel	Hole	Worthing Striders	M	40	201	00:46:29
201	35	00:46:50	Simon	Meecham	Ipswich Jaffa	M	40	207	00:46:45
202	240	00:46:52	Carl	Bicknell	Haywards Heath Harriers	M	SM	200	00:46:27
203	334	00:46:54	Rob	Staggs		M	SM	188	00:45:56
204	274	00:46:57	David	Henning		M	SM	192	00:46:02
205	47	00:46:58	Stephen	Wilson	Horsham Joggers	M	60	216	00:46:53
206	540	00:46:59	Nigel	Sarjudeen	Portslade Hedgehoppers	M	40	203	00:46:35
207	614	00:47:01	Andy	Skipton-Carter	Horsham Joggers	M	40	205	00:46:38
208	40	00:47:03	Stephen	Hickman	Ashford	M	50	208	00:46:45
209	149	00:47:04	Karen	Bowler	Hailsham Harriers	F	55	213	00:46:52
210	579	00:47:05	Russell	Brown		M	SM	212	00:46:50
211	206	00:47:06	John	Birkens	Horsham Joggers	M	50	218	00:46:54
212	337	00:47:07	Karen	Harrison	Tone Zone Runners	F	35	217	00:46:53
213	205	00:47:08	Anne	Enes	Tone Zone Runners	F	35	215	00:46:53
214	125	00:47:09	Kevin	Craven		M	40	211	00:46:49
215	712	00:47:10	David	Lewis	A Runners	M	50	223	00:47:03
216	372	00:47:10	Russ	Doherty	Arunners	M	SM	206	00:46:41
217	630	00:47:12	Magdalena	Wujek		F		227	00:47:10
218	458	00:47:16	Clare	Bartlett		F	35	221	00:47:01
219	463	00:47:17	David	Thomas		M	40	224	00:47:05
220	515	00:47:18	Wayne	Davis		M	SM	225	00:47:06
221	28	00:47:19	Milly	Windus		F	20	228	00:47:11
222	168	00:47:21	Mike	Mead		M	50	202	00:46:32
223	533	00:47:22	Naomi	Cikalo		F	35	226	00:47:08
224	501	00:47:23	Neil	Terry	Worthing Striders	M	40	222	00:47:02
225	119	00:47:27	Ian	Bayley	Tone Zone Runners	M	40	230	00:47:12
226	263	00:47:27	Anton	Menzies		M	SM	220	00:46:56
227	514	00:47:28	Michael	Moorcroft	Chichester Runners	M	40	238	00:47:21
228	548	00:47:29	Stuart	Batchelor	Seaford Striders	M	40	214	00:46:53
229	316	00:47:30	Steve	Taggart		M		209	00:46:46
230	71	00:47:32	James	Nash		M	SM	240	00:47:24

231	437	00:47:32	Ben	Gregory		M	40	219	00:46:56
232	32	00:47:34	Matthew	Gent		M	SM	210	00:46:48
233	629	00:47:35	Paul	Richards	Hailsham Harriers	M	SM	229	00:47:11
234	496	00:47:42	Gary	Sayers		M	SM	234	00:47:15
235	494	00:47:42	Stephen	Hartnett		M	50	232	00:47:13
236	191	00:47:45	Simon	Watts		M	40	242	00:47:31
237	338	00:47:46	Pete	Basford		M	SM	239	00:47:23
238	158	00:47:48	Joseph	Powell		M	SM	231	00:47:12
239	495	00:47:49	Colin	Illsley		M	40	241	00:47:28
240	21	00:47:50	Rebecca	Nicolson	Worthing and District Harriers	F		247	00:47:45
241	474	00:47:50	Michael	O'Grady		M	40	236	00:47:18
242	547	00:43:44	Deborah	Day	Haywards Heath Harriers	F	45	113	00:43:40
243	196	00:47:51	Stewart	Mackman	Horsham Harriers	M	50	245	00:47:38
244	589	00:47:56	Greg	Orbell		M	SM	235	00:47:16
245	102	00:47:57	Dan	Chapman		M	SM	233	00:47:14
246	692	00:47:58	Jo	Mearey	Fit 4	F		250	00:47:49
247	468	00:47:59	John	Dobbelaar		M	SM	249	00:47:49
248	572	00:47:59	Ruth	Blanco		F		243	00:47:32
249	291	00:48:01	Richard	Davis		M	SM	252	00:47:52
250	382	00:48:02	Isobel	Muir	Arena 80 AC	F		251	00:47:50
251	107	00:48:04	Adrian	Adsett	Worthing Striders	M	50	255	00:47:55
252	609	00:48:06	Darren	Chacksfield		M	40	237	00:47:18
253	310	00:48:09	Chris	Hutchinson		M	SM	248	00:47:46
254	646	00:48:10	Emma	Holder		F	35	254	00:47:54
255	516	00:48:11	Angie	Cox	Seaford Striders	F	35	260	00:48:06
256	673	00:48:25	Sean	Gibbs		M	40	244	00:47:35
257	674	00:48:26	Chris	Eaton		M	SM	253	00:47:54
258	519	00:48:27	Zoe	Tetlow	Horsham Joggers	F	35	259	00:48:06
259	485	00:48:27	Richard	Hall		M	SM	257	00:48:03
260	553	00:48:32	Sean	Scutt	Sixth Dimensions	M	SM	256	00:47:58
261	140	00:48:37	Simon	Da Silva		M	SM	265	00:48:21
262	59	00:48:40	Kenny	Harding		M	SM	258	00:48:05
263	566	00:48:42	Lin	Whiting		M	50	262	00:48:15

264	582	00:48:42	Mark	Jerling	Worthing and District Harriers	M	40	263	00:48:19
265	500	00:48:45	Michael	Southwell		M	40	271	00:48:36
266	644	00:48:47	Emily	Proto		F		267	00:48:26
267	366	00:48:48	Chris	Young		M	40	268	00:48:29
268	380	00:48:49	David	Hedges		M	SM	264	00:48:21
269	159	00:48:51	Matthew	Cowdrey		M	SM	274	00:48:40
270	146	00:48:52	Will	Flewett	Phoenix AC	M	50	261	00:48:13
271	171	00:48:53	David	English	Henfield Joggers	M	50	269	00:48:32
272	628	00:48:56	Danny	Bruce	Tuff Fitty	M	40	273	00:48:38
273	287	00:49:00	Ian	Richards	Steyning AC	M	60	279	00:48:52
274	187	00:49:03	John	Tighe	Crowborough Runners	M	40	272	00:48:37
275	480	00:49:11	Louis	Chandler		M	SM	278	00:48:52
276	426	00:49:11	Anne	Miners	Arena 80 AC	F	45	281	00:48:58
277	510	00:49:14	Paul	Hewitt		M	SM	277	00:48:50
278	530	00:49:17	Steve	Molloy		M	40	266	00:48:24
279	583	00:49:18	Leigh	Clarke	Horsham Joggers	F	35	270	00:48:36
280	351	00:49:23	Alex	Cook		M	SM	280	00:48:52
281	72	00:49:24	Felicity	Paton	Tone Zone Runners	F		283	00:49:14
282	224	00:49:25	Sophie	Ruffer		F		275	00:48:45
283	650	00:49:27	Geoffrey	Davies		M	60	284	00:49:16
284	218	00:49:30	Jason	Finch		M	40	282	00:49:13
285	177	00:49:31	David	March		M		276	00:48:49
286	317	00:49:34	Barbara	Widera		F	45	287	00:49:22
287	507	00:49:42	Simone	Osborne-Shaw		F		290	00:49:28
288	30	00:49:47	Dan	King		M	SM	286	00:49:20
289	299	00:49:56	Graham	Clowes	Arunners	M	50	292	00:49:29
290	344	00:50:00	Kevin	Croker		M	40	293	00:49:35
291	213	00:50:07	Mark	Coyle		M	40	288	00:49:24
292	54	00:50:08	Rachelle	Williams	Worthing Striders	F	35	298	00:49:47
293	12	00:50:08	Andrew	Dower		M	SM	285	00:49:19
294	502	00:50:09	Andy	Hedges		M	SM	294	00:49:41
295	703	00:50:12	Martin	Clare		M	SM	291	00:49:29
296	563	00:50:14	Geoffrey	Parker	Horsham Joggers	M	SM	295	00:49:47

297	695	00:50:15	Paul	Weston	Horsham Joggers	M	50	300	00:49:54
298	347	00:50:16	Andrew	Huntly		M	40	301	00:49:55
299	543	00:50:19	Gordon	Reay	Horsham Joggers	M	50	303	00:50:05
300	151	00:50:19	David	Sidonio	Worthing and District Harriers	M	50	305	00:50:11
301	239	00:50:19	Kathy	Boltwood		F	35	304	00:50:05
302	592	00:50:24	Robyn	Delivett		F		309	00:50:19
303	520	00:50:26	Phyl	Weston	Horsham Joggers	F	45	302	00:50:04
304	387	00:50:26	Jason	Gough		M		297	00:49:47
305	411	00:50:29	Jordan	Lydia		F		306	00:50:12
306	422	00:50:32	Helen	Neary	Wadhurst Runners	F	55	311	00:50:25
307	324	00:50:34	Malcolm	Da Costa		M	50	310	00:50:24
308	201	00:50:37	David	Guiel		M	40	299	00:49:53
309	82	00:50:42	Efrem	Brynin		M	SM	307	00:50:15
310	534	00:50:44	Iain	Mcgregor		M		296	00:49:47
311	618	00:50:45	Roberto	Proieti	Horsham Harriers	M	60	314	00:50:38
312	333	00:50:45	Sheena	Bassett	Mel's Milers Jogging Club	F	45	312	00:50:31
313	118	00:50:47	Darren	Groves		M	SM	308	00:50:17
314	253	00:50:59	Alana	Remnant		F	35	317	00:50:44
315	93	00:51:00	Jo	Etheridge	Brtighton & Hove Womens Running Cluk	F	65	318	00:50:44
316	283	00:51:05	Richard	Wiles	Wadhurst Runners	M	50	315	00:50:41
317	472	00:51:08	Roger	Smith		M	50	319	00:50:51
318	497	00:51:09	Richard	Townson		M	SM	326	00:50:59
319	216	00:51:14	Claire	Lucas		F		313	00:50:38
320	197	00:51:15	Kath	Garrido	Lingfield RC	F	55	323	00:50:52
321	521	00:51:16	Alistair	Howitt	Wadhurst Runners	M	50	316	00:50:42
322	661	00:51:17	Imogen	Brown		F	35	325	00:50:55
323	162	00:51:17	Ian	Walker	Seaford Striders	M	50	332	00:51:11
324	44	00:51:17	Albert	Kemp		M	60	322	00:50:52
325	43	00:51:17	Christine	Egglestone	Lingfield RC	F	55	324	00:50:54
326	541	00:51:17	Graham	Lyne	Tone Zone Runners	M	40	327	00:51:02
327	454	00:51:21	Roger	Foord	Brighton and Hove City AC	M	40	320	00:50:51
328	598	00:51:24	John	Raeburn	Worthing and District Harriers	M	50	333	00:51:12
329	60	00:51:28	Claire	Nunn		F		338	00:51:19

330	329	00:51:34	Richard	Bicknell		M	40	328	00:51:08
331	48	00:51:40	David	Cremor		M	60	335	00:51:14
332	135	00:51:43	Keith	Collier		M	40	321	00:50:52
333	535	00:51:45	Juliette	Reader	Arunners	F	20	334	00:51:13
334	591	00:51:50	Andrew	Pinker		M	SM	289	00:49:25
335	381	00:51:51	Ian	Betts	UKnetrunner.co.uk	M	40	341	00:51:26
336	97	00:52:00	James	Barclay		M	SM	354	00:51:52
337	675	00:52:02	Brian	Mchue		M	40	330	00:51:09
338	209	00:52:02	Emily	Myhill		F		331	00:51:10
339	8	00:52:03	Ian	Puttock		M	40	339	00:51:21
340	22	00:52:03	David	Clark		M	50	342	00:51:27
341	637	00:52:04	Phillip	Zirngast		M	40	337	00:51:17
342	172	00:52:06	Duncan	Farrer		M	40	329	00:51:08
343	26	00:52:06	Jewel	O'Connell		F		344	00:51:30
344	350	00:52:07	Peter	Reilly		M	50	346	00:51:40
345	705	00:52:08	Claire	Davidson	Sixth Dimension	F		336	00:51:16
346	204	00:52:08	Amelia	Roberts		F	20	349	00:51:46
347	297	00:52:11	Hayden	Smith		M	SM	343	00:51:28
348	65	00:52:13	Tim	Marshallsay		M	SM	345	00:51:38
349	302	00:52:14	John	Crosbie	Worthing and District Harriers	M	60	347	00:51:41
350	200	00:52:15	Peter	Cobbett	Haywards Heath Harriers	M	60	340	00:51:26
351	326	00:52:17	Denise	Wadson	Worthing and District Harriers	F	35	348	00:51:44
352	356	00:52:18	Lesley	Tugwell	Worthing and District Harriers	F	35	350	00:51:46
353	697	00:52:20	Michele	Hulme		F	35	353	00:51:50
354	288	00:52:22	Glen	Penfold	Tone Zone Runners	M	40	357	00:51:59
355	336	00:52:24	Glynn	Thompson	Horsham Joggers	M	50	359	00:52:02
356	244	00:52:25	Sarah	Marzaioli	Hastings Runners	F	55	351	00:51:47
357	321	00:52:26	Louise	Lawrence	Brighton and Hove City AC	F	35	363	00:52:13
358	659	00:52:26	Adrian	Brown	Mel's Milers Jogging Club	M	SM	364	00:52:14
359	595	00:52:31	Michelle	Huges	Worthing and District Harriers	F	45	352	00:51:49
360	370	00:52:31	Eric	Shoubridge	Lingfield RC	M	60	356	00:51:57
361	647	00:52:33	Marcus	Fowle		F		355	00:51:56
362	128	00:52:38	Rodney	Morley		M	40	370	00:52:27

363	404	00:52:40	Robert	Little	Tone Zone Runners	M	40	373	00:52:31
364	631	00:52:46	Nick	Kearley		M	SM	362	00:52:09
365	62	00:52:48	Barbara	Bassett	Brighton and Hove City AC	F	45	372	00:52:31
366	184	00:52:49	Matt	Barnes	Worthing Striders	M	SM	375	00:52:32
367	248	00:52:52	Bradley	Simpson		M	SM	374	00:52:31
368	217	00:52:52	Laura	Raeburn	Worthing and District Harriers	F		366	00:52:22
369	633	00:52:53	Nigel	Edney	Horsham Joggers	M	40	368	00:52:23
370	164	00:52:54	Wendy	Perretta		F	35	365	00:52:14
371	139	00:52:54	Steve	Eastty		M	SM	360	00:52:05
372	319	00:52:55	Jack	Owen		F	35	380	00:52:44
373	254	00:52:55	Lee	Fisher		M	40	367	00:52:23
374	189	00:52:56	Hugo	Wastnage		M	40	358	00:52:01
375	182	00:52:58	Jackie	Bone	Worthing Striders	F	35	376	00:52:38
376	221	00:52:59	Stephen	Hallett		M	SM	377	00:52:39
377	617	00:53:08	Paul	Dines	Tone Zone Runners	M	40	379	00:52:43
378	475	00:53:09	Alan	Macdonald		M	40	369	00:52:25
379	10	00:53:10	Nick	Gray		M	40	371	00:52:29
380	183	00:53:11	Lisa	Osborne-Shaw		F	35	385	00:52:57
381	627	00:53:20	Alan	Sweatman	Horsham Joggers	M	50	378	00:52:43
382	682	00:53:25	Emma	Doherty		F	35	384	00:52:55
383	355	00:53:28	Julian	French		M	40	381	00:52:47
384	433	00:53:31	John	Little	Lancing Eagles	M	40	382	00:52:51
385	5	00:53:39	Justin	Doll		M	SM	386	00:52:59
386	365	00:53:39	Lucy	Kircher		F	35	383	00:52:52
387	596	00:53:47	Roger	Ockenden	Arena 80 AC	M	60	390	00:53:18
388	467	00:53:51	Judi	Maledy	Worthing and District Harriers	F	35	392	00:53:19
389	602	00:53:53	Sarah	Baker		F		391	00:53:18
390	241	00:53:54	Sharon	Tipler		F	45	400	00:53:32
391	459	00:53:54	Simon	Dugdale	Tone Zone Runners	M	40	401	00:53:39
392	130	00:53:54	Andy	Hall		M	40	387	00:53:14
393	706	00:53:56	Justin	Geri		M	40	388	00:53:15
394	150	00:53:56	Carolynn	Martin		F		396	00:53:27
395	160	00:53:57	Tricia	Evans	Horsham Joggers	F	35	405	00:53:45

396	249	00:53:59	Sara	Brown		F	45	407	00:53:47
397	564	00:54:00	Sue	Oakes		F	45	397	00:53:29
398	260	00:54:00	Clare	Baker		F	35	389	00:53:17
399	544	00:54:02	Susan	Eames	Worthing and District Harriers	F		403	00:53:43
400	652	00:54:03	Sue	Baker	Chichester Runners	F	55	399	00:53:32
401	414	00:54:04	Steve	Kelly		M	60	395	00:53:25
402	293	00:54:04	Alison	Lacey	Lingfield RC	F	35	394	00:53:25
403	70	00:54:08	Jo	Stakim		F	35	406	00:53:46
404	570	00:54:11	Nic	Bauer		M	SM	393	00:53:21
405	220	00:54:12	Kerry	Kipling		F	35	398	00:53:31
406	141	00:54:15	Helen	Todd	Brighton and Hove City AC	F	35	409	00:53:57
407	301	00:54:19	Nikki	Marr	Heathfield Road Runners	F	35	404	00:53:44
408	621	00:54:28	Chris	Gallagher	Stubbington Green Runners	M		402	00:53:43
409	64	00:54:28	Yvonne	Odell		F	45	415	00:54:17
410	571	00:54:30	Glenn	Cameron		M	SM	361	00:52:07
411	374	00:54:32	Kevin	Puttock		M	SM	408	00:53:49
412	190	00:54:33	David	Bubloz		M	40	411	00:53:59
413	264	00:54:36	Caroline	Lowe		F	35	410	00:53:59
414	349	00:54:37	Russell	Fellows		M	40	413	00:54:04
415	702	00:54:45	Celia	Wilson		F	35	412	00:54:03
416	362	00:54:46	Sharon	Saunders	Heathfield Road Runners	F	35	414	00:54:11
417	419	00:54:49	Roy	Webb	Tone Zone Runners	M	70	418	00:54:32
418	438	00:54:50	Graham	Morrey	Worthing and District Harriers	M	50	419	00:54:32
419	166	00:55:03	Mark	De Wolf		M	40	416	00:54:21
420	144	00:55:06	Darren	Jones		M	40	430	00:54:55
421	638	00:55:07	Brendon	Free		M	SM	428	00:54:51
422	487	00:55:10	Martin	Rogers		M	60	420	00:54:32
423	600	00:55:14	Alan	Attfield		M	40	423	00:54:40
424	132	00:55:16	Clare	Schruers		F		421	00:54:35
425	289	00:55:17	John	Russell		M	50	429	00:54:52
426	126	00:55:17	Paul	Martin		M	50	424	00:54:48
427	379	00:55:18	Gregory	Collins		M	50	417	00:54:26
428	505	00:55:24	Indra	Jevstafjeva		F	45	425	00:54:49

429	152	00:55:26	Rachel	Prew		F		427	00:54:51
430	611	00:55:29	Andy	Steven	Hailsham Harriers	M	SM	422	00:54:37
431	696	00:55:34	Sonia	Latham		F		426	00:54:50
432	41	00:55:35	Emma	Catlow	Horsham Joggers	F	35	431	00:54:57
433	353	00:55:38	Dean	Widdows		M	40	438	00:55:26
434	232	00:55:42	Luci	Trigg		F	35	435	00:55:22
435	456	00:55:44	Vimukta	Thurlow	Phoenix AC	M	50	432	00:54:58
436	275	00:55:54	Pat	Henning		F	45	433	00:55:13
437	537	00:55:55	Ian	Reader	Arunners	M	50	436	00:55:23
438	619	00:55:56	Alma	England	Heathfield Road Runners	F	45	434	00:55:20
439	666	00:56:00	Sarah	Wickens		F	40	445	00:55:34
440	161	00:56:01	Emma	Sumner-Wilson		F		453	00:55:51
441	122	00:56:01	Marina	Bullivant		F	45	450	00:55:50
442	420	00:56:02	David	Feintuck	Lewes AC	M	60	442	00:55:29
443	15	00:56:03	Bill	Regan		M	60	437	00:55:25
444	407	00:56:03	Kate	Binstead		F	35	446	00:55:37
445	427	00:56:06	John	Mason	Arena 80 AC	M	70	443	00:55:33
446	198	00:56:06	Rebeca	Tweed		F		439	00:55:27
447	476	00:56:10	Marianne	Wheatley		F	35	444	00:55:33
448	482	00:56:13	Rachel	Tarr		F	35	458	00:55:56
449	486	00:56:16	Andrew	Kimber		M	40	440	00:55:29
450	512	00:56:16	Ruth	Musk		F	35	441	00:55:29
451	668	00:56:22	Susi	Briggs	Tone Zone Runners	F	40	457	00:55:55
452	246	00:56:22	Vivien	Baker	Tone Zone Runners	F	45	459	00:55:56
453	129	00:56:23	Thomas	Brooker	Crawley AC	M	50	447	00:55:42
454	428	00:56:23	Julia	Mason	Arena 80 AC	F		451	00:55:50
455	434	00:56:24	Brian	Griffiths	Henfield Joggers	M	50	454	00:55:52
456	142	00:56:25	Andy	Jefford		M	40	449	00:55:49
457	37	00:56:25	Anna	Curry		F	35	469	00:56:23
458	235	00:56:27	Amanda	Taylor		F	35	455	00:55:53
459	19	00:56:30	Erica	Consterdine		F		464	00:56:06
460	549	00:56:32	Anne	Belchambers	Worthing and District Harriers	F	55	465	00:56:06
461	416	00:56:36	John	Taylor	Hailsham Harriers	M	70	462	00:56:03

462	601	00:56:37	Jacque	Russell	Lingfield RC	F	45	448	00:55:43
463	443	00:56:39	Peter	Haddleton		M	50	466	00:56:11
464	251	00:56:44	Colin	Maggs		M	40	452	00:55:50
465	88	00:56:45	Suzannah	Lamb		F		456	00:55:54
466	285	00:56:47	Joanna	Horn		F	35	463	00:56:04
467	69	00:56:53	Katie	Perry		F		467	00:56:12
468	86	00:56:55	Chris	Stapleton	Worthing and District Harriers	M	40	461	00:56:03
469	409	00:56:57	John	Barden		M	50	460	00:56:01
470	165	00:57:00	Nicola	Cox		F	35	468	00:56:20
471	36	00:57:00	Andrew	Duncan		M	50	470	00:56:24
472	247	00:57:13	Steve	Hickey	Crowborough Runners	M	40	471	00:56:36
473	471	00:57:18	Alison	Taylor		F		474	00:56:47
474	278	00:57:28	James	Mullan	Brighton and Hove City AC	M	20	473	00:56:46
475	6	00:57:28	Kenneth	Dickie		M	SM	475	00:56:49
476	613	00:57:29	Leonard	Apps		M	40	472	00:56:38
477	384	00:57:30	Robin	Evenden	Fittleworth Flyers	M	70	476	00:56:52
478	66	00:57:36	Jacqueline	Foster		F		478	00:57:08
479	307	00:57:40	Sara	Stockil		F		487	00:57:16
480	339	00:57:40	Karen	Harrison	Horsham Joggers	F	45	488	00:57:17
481	84	00:57:41	Sean	Keet		M	SM	483	00:57:12
482	531	00:57:45	Roger	Locke	Lancing Eagles	M	70	477	00:57:03
483	491	00:57:50	George	Ross		M	50	485	00:57:15
484	484	00:57:50	Catherine	Golding		F	35	486	00:57:16
485	504	00:57:54	Andy	Foster		M	40	481	00:57:09
486	509	00:57:54	Steve	Gardner		M	40	480	00:57:09
487	460	00:58:03	Brian	Barnard		M	SM	482	00:57:12
488	465	00:58:06	Craig	Harvey		M	SM	497	00:57:56
489	636	00:58:08	Jeffrey	Marriott		M	60	479	00:57:08
490	538	00:58:09	Neil	Turner		M	SM	484	00:57:14
491	406	00:58:11	Sue	Gosden		F	45	496	00:57:47
492	120	00:58:12	Clare	Vickers		F	35	489	00:57:25
493	671	00:58:12	Rhoda	Hatton		F	45	491	00:57:33
494	669	00:58:13	Karen	Shaw		F	45	492	00:57:34

495	106	00:58:19	Alexander	White		M	SM	490	00:57:29
496	276	00:58:20	John	Baitup		M	60	499	00:57:58
497	639	00:58:24	Mark	Laycock		M	SM	495	00:57:47
498	536	00:58:28	Deborah	Slade	Henfield Joggers	F	45	493	00:57:40
499	229	00:58:33	Sally	Miles		F	45	494	00:57:42
500	539	00:58:39	Jason	Rae	Tone Zone Runners	M	40	504	00:58:21
501	214	00:58:42	Annabel	Pribelszki		F	35	498	00:57:56
502	14	00:58:42	Becky	Morrell		F	20	501	00:58:04
503	707	00:58:44	Angela	Jarvis		F	40	500	00:58:04
504	488	00:58:50	David	Friend		M	40	508	00:58:31
505	269	00:58:55	Raymond	Blackwell	Tone Zone Runners	M	70	511	00:58:35
506	138	00:58:58	Pat	Heddon		F	55	506	00:58:27
507	410	00:59:00	Delia	Westley	Henfield Joggers	F	65	512	00:58:38
508	708	00:59:02	Sharon	Knight		F	40	517	00:58:50
509	473	00:59:02	Christian	Andrews		M	SM	503	00:58:12
510	590	00:59:02	James	Lambert	Horsham Joggers	M	SM	502	00:58:12
511	237	00:59:08	Lorraine	Slaughter		F	35	509	00:58:34
512	352	00:59:11	Andrew	Driver		M	40	507	00:58:30
513	49	00:59:12	Linda	Cremor		F	55	515	00:58:46
514	277	00:59:12	Benita	Milton	Tone Zone Runners	F	35	519	00:58:55
515	651	00:59:12	Daniel	Hughes	Tone Zone Runners	M	SM	516	00:58:47
516	462	00:59:14	Sandra	Lopez		F		505	00:58:26
517	77	00:59:25	Malcolm	Muir	Brighton and Hove City AC	M	60	510	00:58:34
518	413	00:59:27	Geoff	Attree		M	60	514	00:58:44
519	400	00:59:29	Michele	Hulme		F	35	522	00:59:04
520	432	00:59:30	Peter	Chittenden	Tone Zone Runners	M	70	525	00:59:12
521	528	00:59:30	Yvonne	Lee	Tone Zone Runners	F	35	521	00:59:04
522	75	00:59:33	Zeina	Clare		F	35	513	00:58:38
523	667	00:59:34	Vikki	Samson		F		520	00:59:02
524	153	00:59:34	Tim	Bowler	Hailsham Harriers	M	60	528	00:59:18
525	388	00:59:35	Colin	Shaw	Mel's Milers Jogging Club	M	60	518	00:58:51
526	448	00:59:41	Donna	Duval		F		537	00:59:34
527	483	00:59:42	Kathryn	Beaven		F	35	524	00:59:07

528	83	00:59:45	Helen	Norton		F		532	00:59:25
529	181	00:59:48	Rebecca	Hayes		F	45	529	00:59:23
530	286	00:59:50	Selina	Akehurst		F	35	523	00:59:05
531	670	00:59:51	Jackie	Sage	Tone Zone Runners	F	40	530	00:59:24
532	395	00:59:52	Sue	Teague Smith	Worthing and District Harriers	F		538	00:59:35
533	90	00:59:55	Judith	Howarth	Worthing and District Harriers	F	45	539	00:59:36
534	425	00:59:57	Sandra	Bushby	Worthing and District Harriers	F	35	540	00:59:37
535	439	00:59:58	Anne	Morrey	Worthing and District Harriers	F	45	541	00:59:40
536	284	01:00:00	Lucy	Iago		F	35	526	00:59:15
537	357	01:00:00	Sally	Sugden	Worthing and District Harriers	F	45	531	00:59:24
538	493	01:00:06	Keith	Haynes		M	60	527	00:59:17
539	466	01:00:15	Kerry	Dolan		F	45	534	00:59:29
540	361	01:00:16	Mike	Yung-Hok		M	40	536	00:59:34
541	11	01:00:20	Ronnie	Mair		M	60	535	00:59:30
542	207	01:00:21	Tracy	Cooper	Seaford Striders	F	45	554	01:00:15
543	266	01:00:24	Jim	Ward		M	40	533	00:59:27
544	442	01:00:28	Debi	Holden		F	35	545	00:59:59
545	236	01:00:28	Ros	Andrews		F	45	544	00:59:54
546	192	01:00:33	Eddie	Omolu		M	50	560	01:00:29
547	109	01:00:36	Caroline	Martin	Brighton & Hove Womens Running Club	F	45	557	01:00:19
548	226	01:00:41	Katie	Walding		F	35	542	00:59:47
549	506	01:00:41	Lisa	Ogborn		F	35	551	01:00:09
550	315	01:00:42	David	Nash		M	60	552	01:00:11
551	555	01:00:43	Frances	Doe	Hailsham Harriers	F	55	543	00:59:52
552	68	01:00:44	Peter	Thompson	Brighton and Hove City AC	M	50	546	01:00:00
553	96	01:00:47	Paula	Leal		F	45	559	01:00:26
554	87	01:00:50	Craig	Melvin		M	40	547	01:00:02
555	154	01:00:50	Adam	Bates		M	40	548	01:00:02
556	648	01:00:56	Ester	Van Hearndon		F		550	01:00:03
557	649	01:00:56	Robynne	Keen		M	SM	549	01:00:03
558	295	01:01:03	Amanda	Bond	Mel's Milers Jogging Club	F	35	555	01:00:16
559	117	01:01:03	Karen	Scutt		F	35	561	01:00:35
560	348	01:01:05	Brian	Lynsdale		M	50	558	01:00:22

561	518	01:01:07	Bob	Russell		M	60	553	01:00:14
562	672	01:01:08	Alison	Mcloughlin	Tone Zone Runners	F	40	562	01:00:49
563	620	01:01:10	Alexandra	Pittford		F		556	01:00:18
564	607	01:01:33	June	Pope	Worthing and District Harriers	F	45	564	01:01:15
565	282	01:01:38	Amanda	Shepherd	Tone Zone Runners	F		566	01:01:22
566	680	01:01:50	Richard	Martin		M	SM	563	01:01:04
567	105	01:01:59	Nick	Coard		M	50	568	01:01:42
568	436	01:02:04	Alistair	Jackson	Vets AC	M	60	565	01:01:17
569	67	01:02:12	Jennifer	Wear		F		569	01:01:51
570	180	01:02:26	Richard	Kimber	Seaford Striders	M	60	567	01:01:34
571	252	01:02:41	Liam	Kipling		M	SM	571	01:02:04
572	312	01:02:53	Gill	Boorman	Heathfield Road Runners	F	35	573	01:02:17
573	228	01:02:56	Amanda	Skilton		F	35	570	01:02:02
574	371	01:03:04	Ross	Graham		M	SM	572	01:02:14
575	435	01:03:13	Jackie	Griffiths	Henfield Joggers	F	55	574	01:02:24
576	421	01:03:14	Martin	Payne	Worthing and District Harriers	M	50	577	01:02:54
577	408	01:03:16	Danny	Barker		M	40	578	01:02:54
578	311	01:03:18	Laura	Battell		F		575	01:02:33
579	532	01:03:19	Kathrine	Maynard		F		576	01:02:34
580	39	01:03:36	Neil	Olney		M	SM	579	01:02:55
581	691	01:03:48	Claire	Platter		F	35	583	01:03:26
582	690	01:03:48	Leanne	Racabodo		F		582	01:03:26
583	452	01:03:55	Michael	Dee	Henfield Joggers	M	70	580	01:03:09
584	545	01:04:01	Lucy	Phillips		F		585	01:03:43
585	290	01:04:11	Paula	Russell		F	45	587	01:03:45
586	174	01:04:12	Sheila	Stuart		F	55	581	01:03:19
587	81	01:04:17	Simon	Elliott		M	SM	584	01:03:42
588	575	01:04:31	Jeremy	Rawlings		M	60	588	01:03:45
589	573	01:04:31	Amy	Rawlings		F		586	01:03:44
590	683	01:04:34	Darren	Casey		M	SM	589	01:03:48
591	262	01:04:38	Sharon	Wickings	Tone Zone Runners	F	35	591	01:04:21
592	616	01:04:53	Kelly	Dines	Tone Zone Runners	F	35	592	01:04:30
593	610	01:05:03	Donald	Peacock		M	60	590	01:04:15

594	127	01:05:24	Ashley	Bauermeister		M	40	595	01:05:07
595	13	01:05:34	Martin	Morrell		M	50	594	01:04:55
596	23	01:05:38	Emma	Hayes		F		593	01:04:50
597	56	01:05:42	Alison	Stead	Tone Zone Runners	F	35	596	01:05:11
598	681	01:05:46	Adrian	Price		M	50	598	01:05:13
599	345	01:06:05	Susan	Dallimore		F		597	01:05:12
600	469	01:06:20	Susan	Lyndon		F	45	599	01:05:46
601	368	01:06:51	Michelle	Camisa	Worthing and District Harriers	F	35	601	01:06:32
602	123	01:06:55	Paul	Arnold		M	SM	603	01:06:53
603	688	01:07:03	Alice	Clarke	A Runners	F	20	602	01:06:33
604	346	01:07:15	Ronald	Green		M	50	600	01:06:27
605	322	01:07:58	Vickie	Ashby		F	35	604	01:07:10
606	272	01:08:12	Sarah	Kinloch		F		605	01:07:47
607	121	01:08:29	Anne-Marie	Clarke		F	35	606	01:07:48
608	653	01:08:50	Hailey	Scammell		F	45	607	01:08:06
609	710	01:08:50	Clare	Berry		F		608	01:08:06
610	701	01:09:39	Chris	Evans	Tuff Fitty	M	50	609	01:08:47
611	455	01:10:28	Hugh	Foord	Brighton and Hove City AC	M	70	611	01:09:57
612	709	01:10:38	Sharon	Ergira		F	35	610	01:09:53
613	392	01:10:49	Verity	Hart		F	45	612	01:10:19
614	663	01:11:10	Meg	Gilton	Tuff Fitty	F	50	614	01:10:51
615	694	01:11:10	Claire	Moyle	Tuff Fitty	F	50	613	01:10:50
616	554	01:13:33	Douglas	Hay	Redhill District Royal Mail	M	40	617	01:13:02
617	273	01:13:40	Jane	Roweth		F	35	616	01:12:56
618	155	01:13:41	Mary	O'Rourke		F	55	615	01:12:55
619	131	01:14:26	Trevor	Crowhurst	Lingfield RC	M	70	618	01:13:27
620	175	01:18:19	Lindsey	Stuart		F		619	01:17:25
621	45	01:19:01	Vikki	Burcombe	Worthing Running Sisters	F	35	620	01:18:06
622	74	01:19:02	Sue	Farley		F	45	621	01:18:06