

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
1	477	Steven	Way	M	SM	BOURNEMOUTH AC	01:52:22	1	01:52:22	00:57:45	00:57:44
2	492	Jo	Corbett	M	SM	NEWHAM AND ESSEX BEAGLES	01:53:20	2	01:53:20	00:57:01	00:57:01
3	401	Julian	Manning	M	SM	DENMEAD STRIDERS	01:55:26	3	01:55:24	00:57:01	00:56:58
4	417	Nick	Baker	M	M40	DENMEAD STRIDERS	01:55:53	4	01:55:52	00:57:01	00:57:00
5	555	Nick	Buis	M	SM	TOTTON RUNNING CLUB	01:56:07	5	01:56:07	00:57:01	00:57:00
6	210	Paul	O'Callaghan	M	SM	TADWORTH AC	01:59:01	6	01:59:00	00:58:42	00:58:41
7	80	Michael	Rix	M	M40		02:03:31	7	02:03:31	0	0
8	247	David	Williamson	M	M40	TADWORTH AC	02:05:47	8	02:05:47	01:02:11	01:02:11
9	460	Martin	Barwood	M	SM		02:06:51	9	02:06:51	01:03:26	01:03:26
10	279	Clifford	Evans	M	SM	SEAFORD STRIDERS	02:07:36	10	02:07:35	01:03:08	01:03:07
11	541	Maxwell	Bunbrell	M	SM		02:07:37	11	02:07:36	01:03:04	01:03:03
12	573	Leighton	Aspell	M	SM	ARUNNERS	02:08:34	12	02:08:28	01:04:56	01:04:51
13	228	James	Ogilvie	M	SM	FARNHAM RUNNERS	02:08:59	13	02:08:57	01:04:07	01:04:05
14	193	Graham	Bungay	M	M40	TOTTON RUNNING CLUB	02:09:34	14	02:09:32	01:05:25	01:05:23
15	229	Daniel	Bradford	M	SM	WORTHING HARRIERS	02:09:59	15	02:09:57	01:04:03	01:04:01
16	547	Russell	Carr	M	SM	WADHURST RUNNERS	02:10:20	16	02:10:18	01:04:43	01:04:41
17	47	Sarah	Hill	F	W35	FARNHAM RUNNERS	02:11:06	17	02:11:03	01:06:14	01:06:12
18	182	Nolan	Wilkens	M	SM	BECKENHAM RUNNING CLUB	02:11:28	18	02:11:26	01:07:11	01:07:09
19	295	James	Rous	M	SM	ACHILLES AC	02:12:06	19	02:12:00	01:04:02	01:03:56
20	386	Matthew	Dowle	M	SM	HAILSHAM HARRIERS	02:12:38	20	02:12:37	01:03:14	01:03:13
21	100	David	Burfoot	M	SM	WADHURST RUNNERS	02:13:17	21	02:13:16	01:07:57	01:07:56
22	530	Charles	Ashby	M	M40	FARNHAM RUNNERS	02:13:52	23	02:13:49	01:06:19	01:06:16
23	31	Sam	Priestnall	M	SM	PHOENIX AC	02:14:03	24	02:13:58	01:03:55	01:03:50
24	423	Daniel	Pyne	M	SM	DARTFORD HARRIERS	02:14:48	22	02:13:35	01:06:58	01:05:44
25	440	Bob	Nouis	M	M50	PHOENIX AC	02:15:57	25	02:15:52	01:06:21	01:06:16
26	381	Michael	Mackay	M	M40	WADHURST RUNNERS	02:16:52	28	02:16:51	01:06:13	01:06:11
27	549	Mark	Greet	M	M40	HORSHAM JOGGERS	02:17:05	27	02:16:44	01:10:40	01:10:19
28	468	Steve	Nicholls	M	SM	HORSHAM JOGGERS	02:17:05	29	02:17:02	01:10:40	01:10:37
29	432	Stephen	Garvey	M	M40	ORPINGTON ROAD RUNNERS	02:17:25	30	02:17:21	01:06:25	01:06:21
30	408	Steve	Kitney	M	M40	FARNHAM RUNNERS	02:18:09	31	02:18:05	01:07:54	01:07:50
31	494	Susan	Mcdonald	F	W35	SOUTH LONDON HARRIERS	02:18:15	32	02:18:13	01:08:07	01:08:05
32	16	Colin	Brett	M	M40		02:18:44	34	02:18:43	01:09:46	01:09:45
33	196	Iain	Pyle	M	SM		02:18:49	33	02:18:15	01:09:29	01:08:56
34	6	Cedric	Clemerson	M	M50	HEATHFIELD ROAD RUNNERS	02:18:57	35	02:18:56	01:08:48	01:08:47
35	190	Terence	Parkinson	M	M50		02:19:19	36	02:19:16	01:08:29	01:08:26
36	390	Sally	Musson	F	W55	TONBRIDGE AC	02:19:27	37	02:19:25	01:09:27	01:09:25
37	152	Robert	Russell	M	M40		02:20:46	26	02:15:55	01:12:35	01:07:43
38	442	John	Dyckes	M	M50	HORSHAM JOGGERS	02:21:28	39	02:21:25	01:11:21	01:11:18
39	223	Martin	Brine	M	SM		02:21:36	38	02:21:22	01:09:06	01:08:53
40	60	Mark	Speed	M	SM		02:21:50	41	02:21:48	01:12:08	01:12:06
41	360	Colin	Hanks	M	M40		02:21:53	40	02:21:46	01:10:27	01:10:21
42	448	Andrew	Field	M	M60	PHOENIX AC	02:22:02	42	02:21:57	01:08:58	01:08:53
43	290	Martin	Sadler	M	SM		02:22:04	43	02:22:01	01:10:36	01:10:33
44	473	Richard	Blake	M	M60	GREAT YARMOUTH ROAD RUNNERS	02:22:25	44	02:22:21	01:11:22	01:11:18
45	251	Adrian	Campbell	M	M40	SEAFORD STRIDERS	02:22:31	45	02:22:29	01:09:07	01:09:05
46	218	Rupert	Jacobs	M	SM		02:22:59	46	02:22:58	01:07:47	01:07:46
47	172	Keith	Valentine	M	M50	HORSHAM JOGGERS	02:23:02	47	02:22:58	01:10:46	01:10:42
48	548	Nick	Humphrey	M	SM	British Airways	02:23:17	49	02:23:07	01:11:38	01:11:27
49	372	Raymond	Hill	M	M60	IPSWICH JAFFA	02:23:25	50	02:23:08	01:11:22	01:11:05
50	84	Christian	Powell	M	SM		02:23:28	48	02:23:05	01:10:49	01:10:26
51	462	Tom	Lander	M	SM		02:23:39	51	02:23:35	01:12:07	01:12:03
52	418	Peter	Collins	M	SM	CHICHESTER RUNNERS	02:23:39	52	02:23:36	01:12:07	01:12:04
53	465	Katherine	Wilson	F	SW	26.2RRC	02:23:57	53	02:23:54	01:11:29	01:11:26
54	409	Gary	Willis	M	SM		02:24:10	55	02:24:06	01:11:00	01:10:56
55	406	Nathan	Barker	M	SM		02:24:14	56	02:24:11	01:06:33	01:06:30
56	197	Peter	Smith	M	SM		02:24:34	57	02:24:16	01:10:27	01:10:10
57	569	Runner		569	M	SM	02:24:45	54	02:24:02	01:16:08	01:15:25
58	293	Marie	Synnott-Wells	F	W45	RANELAGH HARRIERS	02:24:50	58	02:24:49	01:10:44	01:10:43
59	52	Gary	Tomlinson	M	SM	HORSHAM JOGGERS	02:24:53	59	02:24:53	0	0
60	59	Gareth	Hutchinson	M	SM	SEAFORD STRIDERS	02:25:02	60	02:24:59	01:12:55	01:12:52
61	534	James	Mcguigan	M	SM		02:25:08	61	02:25:06	01:08:26	01:08:24
62	311	Tom	Mullen	M	SM	HAYWARDS HEATH HARRIERS	02:25:09	62	02:25:06	01:08:57	01:08:54
63	56	Mark	Davies	M	SM	HAYWARDS HEATH HARRIERS	02:25:29	63	02:25:26	01:10:29	01:10:25
64	464	Neil	Childerley	M	M40		02:25:41	64	02:25:32	01:12:33	01:12:24
65	312	Ashley	Varley	M	SM		02:25:44	65	02:25:33	01:10:00	01:09:49
66	178	Ed	Warner	M	M40	FITTLEWORTH FLYERS	02:25:49	66	02:25:44	01:12:38	01:12:32
67	198	Chris	Lalley	M	M40	HORSHAM JOGGERS	02:26:01	67	02:25:58	01:13:45	01:13:43
68	554	Benjamin	Ageras	M	SM		02:26:36	69	02:26:33	01:11:21	01:11:17
69	491	Tim	Richardson-Perks	M	M50	CANTERBURY HARRIERS	02:26:37	68	02:26:31	01:11:41	01:11:35
70	565	Anthony	Frankland	M	M50	HORSHAM JOGGERS	02:26:43	71	02:26:39	01:13:12	01:13:08

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
71	262	Gavin	Newton	M	M40	CRAWLEY AC	02:26:53	73	02:26:49	01:13:09	01:13:04
72	507	Phil	Payne	M	SM	HAYWARDS HEATH HARRIERS	02:26:54	72	02:26:48	01:11:30	01:11:24
73	572	Colin	Ashby	M	M40	HORSHAM JOGGERS	02:27:36	70	02:26:34	01:13:25	01:12:23
74	474	Sarah	Steer	F	W35		02:27:47	76	02:27:43	01:11:17	01:11:13
75	475	Martin	Steer	M	SM		02:27:47	75	02:27:43	01:11:17	01:11:13
76	341	Antony	Bishop	M	M40	STEYNING AC	02:27:49	74	02:27:41	01:15:26	01:15:18
77	70	Philip	Ide	M	M50	SOUTH LONDON HARRIERS	02:27:57	77	02:27:54	01:11:55	01:11:52
78	81	Mark	Cooper	M	M50	CANTERBURY HARRIERS	02:28:01	78	02:27:56	01:12:01	01:11:56
79	560	Kurt	Hoyte	M	M40	PHOENIX AC	02:28:09	79	02:28:02	01:11:55	01:11:48
80	561	Kenny	Ives	M	SM		02:28:11	80	02:28:04	01:11:55	01:11:48
81	233	Phillip	Finlinson	M	M50		02:28:19	84	02:28:15	01:11:02	01:10:58
82	459	Graham	Coates	M	M60	BLACKHEATH & BROMLEY HARRIERS AC	02:28:20	81	02:28:11	01:12:41	01:12:32
83	444	Danny	Garbett	M	M40	BEXHILL RUNNERS	02:28:22	83	02:28:14	01:12:58	01:12:50
84	410	Gary	Willis	M	M40	PORTSMOUTH JOGGERS	02:28:25	82	02:28:12	01:13:12	01:12:59
85	471	Peter	Leach	M	SM	WADHURST RUNNERS	02:29:53	85	02:29:51	01:13:02	01:13:00
86	35	Peter	Burfoot	M	M50	WADHURST RUNNERS	02:30:26	86	02:30:24	01:13:01	01:13:00
87	201	Andy	Frith	M	M40	BENFLEET RUNNING CLUB	02:30:52	88	02:30:47	01:14:39	01:14:33
88	509	Williams	Gareth	M	SM		02:31:04	87	02:30:39	01:14:08	01:13:44
89	434	Anthony	Shaw	M	SM	LEWES AC	02:31:14	90	02:31:10	01:15:36	01:15:31
90	536	Gill	Lister	F	W45	WORTHING HARRIERS	02:31:43	91	02:31:39	01:13:08	01:13:04
91	535	Grant	Patterson	M	M40	WORTHING HARRIERS	02:31:44	92	02:31:40	01:13:08	01:13:04
92	558	Joe	Moore	M	SM	HASTINGS RUNNERS	02:31:51	93	02:31:40	01:12:41	01:12:30
93	585	Lee	Oxley	M	M40	STEYNING AC	02:32:12	94	02:31:41	01:10:30	01:09:58
94	350	Andrew	Carter	M	M40		02:32:56	97	02:32:42	01:15:48	01:15:35
95	395	Natalie	Mccreath	F	W35	SEAFORD STRIDERS	02:33:03	95	02:32:37	01:15:56	01:15:30
96	392	Geoffrey	Gray	M	M40	SEAFORD STRIDERS	02:33:04	96	02:32:39	01:15:56	01:15:30
97	451	Andrew	Mowatt	M	SM		02:33:17	98	02:32:54	01:16:18	01:15:55
98	254	Rob	Thomas	M	M40		02:33:54	100	02:33:43	01:15:24	01:15:14
99	79	Peter	Jones	M	M40	ARUNNERS	02:33:57	101	02:33:51	01:15:41	01:15:36
100	160	Alex	Boxall	M	SM		02:34:11	102	02:34:02	01:13:43	01:13:34
101	566	Matthew	Beaver	M	SM	HASTINGS RUNNERS	02:34:29	104	02:34:18	01:14:07	01:13:56
102	62	Adrian	Brookes	M	M40	WOKING	02:34:46	105	02:34:39	01:18:40	01:18:32
103	261	Simon	Bodsworth	M	M40		02:34:51	106	02:34:48	01:13:08	01:13:05
104	148	Lee	Dobson	M	SM	23 MILE CLUB	02:35:04	99	02:33:31	01:18:51	01:17:18
105	181	Andrew	Taylor	M	SM		02:35:30	107	02:35:17	01:17:21	01:17:09
106	143	Colin	Harley	M	M50	CHICHESTER RUNNERS	02:36:04	109	02:36:01	01:15:06	01:15:03
107	403	Adam	Holmes	M	M50	FLEET & CROOKHAM AC	02:36:39	111	02:36:34	01:17:53	01:17:48
108	267	Justin	Eveleigh	M	SM		02:36:51	110	02:36:07	01:18:51	01:18:08
109	511	David	Monk	M	M40		02:37:03	113	02:36:45	01:18:22	01:18:04
110	441	Kevin	Green	M	SM		02:37:06	114	02:36:52	01:15:41	01:15:27
111	528	Louise	Payne	F	W45		02:37:21	115	02:37:15	01:17:41	01:17:36
112	266	Kevin	Ives	M	SM	SEAFORD STRIDERS	02:37:38	117	02:37:35	01:15:37	01:15:34
113	484	Tom	Sanderson	M	SM		02:37:39	116	02:37:33	01:17:22	01:17:15
114	488	Collette	Callanan	F	W35		02:37:56	119	02:37:45	01:18:11	01:17:59
115	575	John	Tighe	M	M40	CROWBOROUGH RUNNERS	02:37:57	118	02:37:45	01:18:05	01:17:52
116	51	Noele	Hawker	M	M40		02:37:59	120	02:37:51	01:17:50	01:17:42
117	277	Martin	Catling	M	M40	ARUNNERS	02:38:13	123	02:38:05	01:19:14	01:19:06
118	45	Paul	Nicholson	M	M40	HUNCOTE HARRIERS	02:38:21	121	02:37:55	01:18:51	01:18:25
119	516	Lillias	Griffiths	F	SW		02:38:26	124	02:38:09	01:18:39	01:18:22
120	521	Jim	Mahoney	M	M40		02:38:27	112	02:36:43	01:20:39	01:18:55
121	96	Marcus	Scott	M	SM		02:38:29	125	02:38:12	01:15:49	01:15:32
122	472	Martin	Satchell	M	M40	WORTHING HARRIERS	02:38:35	127	02:38:28	01:17:55	01:17:47
123	374	Adrian	Killick	M	M40	WORTHING HARRIERS	02:38:36	126	02:38:27	01:17:55	01:17:47
124	302	Stephen	Jackett	M	SM	PEWSEY VALE RUNNING CLUB	02:38:40	122	02:38:02	01:17:33	01:16:56
125	231	Alan	Pettitt	M	M50	HORSHAM JOGGERS	02:38:54	128	02:38:51	01:17:44	01:17:41
126	446	Jonathan	Redman	M	M50	BECKENHAM RUNNING CLUB	02:39:08	129	02:39:03	01:17:32	01:17:26
127	358	Sarah	Gardiner	F	W35	PORTSMOUTH TRIATHLETES	02:39:21	130	02:39:05	01:17:26	01:17:10
128	32	Steve	Gardner	M	M40		02:39:41	133	02:39:33	01:20:39	01:20:32
129	522	Stephen	Winfield	M	M40	BECKENHAM RUNNING CLUB	02:39:41	132	02:39:09	01:20:18	01:19:46
130	454	David	Hedley	M	SM		02:39:43	131	02:39:06	01:20:13	01:19:36
131	215	Paul	Robins	M	SM		02:40:14	134	02:39:42	01:20:51	01:20:19
132	421	Albert	Kemp	M	M60	WADHURST RUNNERS	02:40:22	136	02:40:16	01:18:15	01:18:10
133	450	Jenny	Brown	F	SW	CRAWLEY AC	02:40:36	135	02:39:56	01:17:38	01:16:58
134	208	Richard	Honeyman	M	M40	SEAFORD STRIDERS	02:40:40	139	02:40:32	01:19:15	01:19:07
135	362	Leslie	Anderson	M	M50		02:41:09	137	02:40:24	01:20:28	01:19:43
136	281	James	Thomas	M	SM		02:41:11	138	02:40:27	01:20:15	01:19:30
137	205	Mark	Sherwin	M	M40		02:41:18	141	02:41:01	01:17:42	01:17:25
138	581	Richard	May	M	SM		02:41:26	140	02:40:53	01:24:44	01:24:12
139	94	Andrew	Coe	M	M40		02:41:37	142	02:41:05	01:20:13	01:19:41
140	337	Neill	Wates	M	SM	VPH & THAC	02:41:43	103	02:34:12	01:22:45	01:15:14

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
141	351	Ivan	Beaumont	M	M50		02:41:48	143	02:41:31	01:21:39	01:21:23
142	419	Diane	Fletcher	F	W35	SEAFORD STRIDERS	02:41:48	145	02:41:40	01:19:32	01:19:24
143	378	Angie	Cox	F	W35	SEAFORD STRIDERS	02:41:49	146	02:41:40	01:19:15	01:19:07
144	177	Emmett	Mccarthy	M	M40	TOTTON RUNNING CLUB	02:41:49	89	02:31:04	01:27:10	01:16:25
145	241	Andrew	Baker	M	SM		02:42:03	144	02:41:34	01:20:27	01:19:59
146	576	Ian	Gowing	M	M50	CROWBOROUGH RUNNERS	02:42:17	147	02:42:05	01:21:46	01:21:33
147	132	Mick	James	M	M50	ASHFORD TRI CLUB	02:42:34	148	02:42:11	01:21:04	01:20:41
148	359	Jenny	Walton	F	SW	BOURNVILLE HARRIERS	02:42:53	149	02:42:30	01:24:01	01:23:38
149	259	Gill	Senior	F	W35	ASHFORD AND DISTRICT RRC	02:42:53	108	02:35:49	01:25:48	01:18:43
150	314	Will	Green	M	SM		02:42:57	152	02:42:53	01:18:33	01:18:29
151	216	John	Murphy	M	M40	BARNET & DISTRICT AC	02:43:01	153	02:42:56	01:16:39	01:16:33
152	2	Rob	Clark	M	M40		02:43:09	150	02:42:52	01:20:18	01:20:01
153	504	Jennifer	Cale	F	SW		02:43:33	156	02:43:21	01:24:12	01:24:00
154	347	Ian	Flower	M	M40		02:43:47	158	02:43:27	01:18:41	01:18:21
155	99	Adrian	Scott	M	SM		02:43:47	159	02:43:34	01:22:44	01:22:31
156	317	Iain	Martin	M	M50		02:43:50	155	02:43:16	01:25:18	01:24:44
157	404	James	Welbury	M	M50	CROWBOROUGH RUNNERS	02:43:59	160	02:43:46	01:22:41	01:22:28
158	322	Graham	Dance	M	SM		02:44:06	161	02:43:59	01:18:31	01:18:25
159	559	Stephen	Winter	M	SM		02:44:06	162	02:44:00	01:18:31	01:18:25
160	321	Carolyn	Swan	F	W35	LINGFIELD RUNNING CLUB	02:44:11	163	02:44:00	01:23:23	01:23:12
161	352	Rob	Bate	M	M40		02:44:25	164	02:44:01	01:23:17	01:22:52
162	363	Sarah	Reid	F	W35	WINCHESTER AND DISTRICT AC	02:44:29	165	02:44:19	01:20:18	01:20:08
163	17	Adam	Staniforth	M	SM		02:44:59	167	02:44:28	01:26:21	01:25:51
164	449	Helen	Neary	F	W55	WADHURST RUNNERS	02:45:09	169	02:45:03	01:21:50	01:21:44
165	26	Simon	Gilbert	M	M50	TONE ZONE RUNNERS	02:45:14	168	02:44:53	01:23:17	01:22:56
166	519	Marion	Hemsworth	F	W55	HAYWARDS HEATH HARRIERS	02:45:14	170	02:45:05	01:23:16	01:23:07
167	384	Richard	Roche	M	M40		02:45:18	166	02:44:27	01:21:09	01:20:17
168	366	Daniel	Pettitt	M	SM		02:45:51	173	02:45:42	01:19:43	01:19:34
169	482	Neil	Thomas	M	M50	WADHURST RUNNERS	02:46:04	174	02:45:59	01:18:33	01:18:28
170	485	Darren	Emery	M	M40		02:46:16	172	02:45:33	01:17:38	01:16:55
171	153	Philip	Eccleston	M	SM		02:46:21	176	02:46:07	01:20:31	01:20:16
172	40	Aristotle	Akanno	M	SM		02:46:24	175	02:46:00	01:23:48	01:23:24
173	583	Neil	Walbrook	M	SM		02:46:28	171	02:45:21	01:21:50	01:20:43
174	252	Tim	Warren	M	SM	ASHFORD AND DISTRICT RRC	02:46:36	177	02:46:12	01:22:32	01:22:08
175	110	Kelly	Clark	F	SW		02:46:40	151	02:42:53	01:31:38	01:27:51
176	420	Stuart	Batchelor	M	M40	SEAFORD STRIDERS	02:47:09	179	02:47:01	01:19:32	01:19:23
177	192	Stephen	Hickman	M	M50	ASHFORD AND DISTRICT RRC	02:47:42	180	02:47:19	01:23:15	01:22:52
178	370	Paul	Foreman	M	M50	SWANLEY & DISTRICT AC	02:47:44	178	02:46:58	01:22:57	01:22:11
179	524	Tony	Hufflett	M	M40		02:47:50	182	02:47:37	01:22:03	01:21:50
180	323	Melanie	Wates	F	W35		02:48:17	157	02:43:22	01:24:40	01:19:46
181	495	Naomi	Cikalo	F	W35		02:48:29	183	02:48:20	01:22:58	01:22:49
182	307	Phil	Grimes	M	M40		02:48:47	184	02:48:35	01:20:56	01:20:45
183	355	Debbie	Hallett	F	W45	PORTSMOUTH TRIATHLETES	02:48:47	186	02:48:44	01:23:47	01:23:43
184	469	Simon	Brook	M	M40	WORTHING STRIDERS	02:48:50	185	02:48:42	01:24:26	01:24:19
185	217	Elizabeth	Fairs	F	SW	WORTHING HARRIERS	02:49:10	188	02:48:59	01:22:32	01:22:21
186	508	Peter	Maddison	M	M50	CROWBOROUGH RUNNERS	02:49:21	190	02:49:08	01:22:48	01:22:35
187	282	Steve	Molloy	M	M40		02:49:21	187	02:48:46	01:24:51	01:24:16
188	237	Alex	Johnson	M	SM		02:49:21	189	02:49:07	01:22:21	01:22:07
189	242	Heidi	Hyde	F	W35		02:49:33	194	02:49:18	01:19:39	01:19:24
190	243	Matt	Hyde	M	SM		02:49:34	195	02:49:19	01:19:39	01:19:24
191	89	Clare	Stoneley	F	SW		02:49:36	196	02:49:24	01:23:37	01:23:24
192	230	Joanna	Rendall	F	SW	BURGESS HILL RUNNERS	02:49:36	197	02:49:24	01:23:36	01:23:25
193	128	Alison	Gaunt	F	SW	LARKFIELD AC	02:49:42	191	02:49:11	01:24:52	01:24:22
194	27	Andrew	Brotherton	M	SM		02:49:51	198	02:49:41	01:21:12	01:21:02
195	487	Jeremy	Emery	M	SM		02:50:05	199	02:49:44	01:21:11	01:20:49
196	377	Antony	Overstall	M	SM		02:50:09	200	02:49:48	01:21:10	01:20:49
197	356	Keith	Stretch	M	M40		02:50:35	202	02:50:17	01:24:02	01:23:44
198	539	Christopher	Levitt	M	SM	TUFF FITTY	02:50:38	204	02:50:21	01:25:02	01:24:46
199	439	Sarah	Marzaioli	F	W55	HASTINGS RUNNERS	02:50:39	205	02:50:23	01:24:57	01:24:41
200	269	Sean	Scutt	M	SM	THE SIXTH DIMENSION	02:50:39	201	02:50:11	01:25:10	01:24:42
201	278	Ian	Bayley	M	M40	TONE ZONE RUNNERS	02:50:40	203	02:50:20	01:22:45	01:22:25
202	546	Deborah	Day	F	W45		02:50:45	207	02:50:41	01:21:09	01:21:05
203	24	Geoffrey	Parker	M	M50	HORSHAM JOGGERS	02:51:03	208	02:50:46	01:25:39	01:25:22
204	129	Tim	Caselton	M	M40		02:51:15	211	02:51:04	01:24:11	01:24:00
205	486	Trevor	Riley	M	M40	REIGATE PRIORY AC	02:51:16	209	02:50:57	01:24:07	01:23:48
206	470	Michelle	De-Kisshazy	F	W45	SWANLEY & DISTRICT AC	02:51:17	206	02:50:26	01:24:27	01:23:36
207	305	Iain	Smith	M	M40		02:51:36	216	02:51:30	01:23:41	01:23:36
208	297	Dan	King	M	SM		02:51:36	214	02:51:21	01:23:23	01:23:08
209	164	Michael	Russell	M	M50	WARE JOGGERS	02:51:37	215	02:51:28	01:24:33	01:24:24
210	130	Nicholas	Jameson-Allen	M	SM	BEXHILL RUNNERS	02:51:40	217	02:51:32	01:27:09	01:27:01

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
211	220	Jonathan	Chrisp	M	M50		02:51:42	218	02:51:36	01:24:38	01:24:32
212	562	Aiden	Roworth	M	SM		02:51:46	210	02:51:03	01:23:04	01:22:21
213	286	Sophie	Gladman	F	SW		02:51:57	212	02:51:09	01:25:55	01:25:07
214	285	Russell	Weston	M	SM		02:51:57	213	02:51:09	01:25:55	01:25:07
215	568	Rob	Deakin	M	SM	SERPENTINE	02:52:00	154	02:43:11	01:32:48	01:23:59
216	429	Keith	Ayres	M	M40	HENFIELD JOGGERS	02:52:07	220	02:51:48	01:23:08	01:22:50
217	102	Rick	Evans	M	M40		02:52:17	223	02:52:06	01:28:02	01:27:51
218	436	Stewart	Mackman	M	M50	HORSHAM JOGGERS	02:52:17	222	02:51:57	01:25:03	01:24:43
219	200	Katie	Cruz	F	SW		02:52:19	225	02:52:12	01:25:46	01:25:40
220	221	Ildia	Campbell	F	W45	HENFIELD JOGGERS	02:52:27	219	02:51:48	01:27:46	01:27:07
221	36	Kathryn	Murtagh	F	SW		02:52:27	192	02:49:12	01:25:59	01:22:43
222	412	Dianne	August	F	W55	CANTERBURY HARRIERS	02:52:33	226	02:52:14	01:23:44	01:23:25
223	300	Lotte	Katz	F	W35	HENFIELD JOGGERS	02:52:34	221	02:51:55	01:26:41	01:26:03
224	88	Tamzin	Readman	F	SW		02:52:36	193	02:49:14	01:25:49	01:22:26
225	283	Kieth	Duffy-Penny	M	M40	BLACKHEATH & BROMLEY HARRIERS AC	02:52:43	224	02:52:08	01:24:53	01:24:18
226	336	Paul	Taylor	M	M60		02:52:46	227	02:52:19	01:24:37	01:24:10
227	23	Andrew	Blake	M	M40	LANCING EAGLES	02:52:54	228	02:52:20	01:26:21	01:25:47
228	580	Robert	Guy	M	SM		02:53:02	229	02:52:29	01:25:38	01:25:05
229	275	Stephen	English	M	M40	ELMBRIDGE ROAD RUNNERS	02:53:10	230	02:52:48	01:26:22	01:25:59
230	529	Richard	Harper	M	SM		02:53:15	231	02:53:01	01:27:18	01:27:03
231	553	Tim	Jones	M	SM		02:53:45	235	02:53:34	01:22:07	01:21:56
232	310	Janine	Littler	F	W35	HORSHAM JOGGERS	02:53:46	234	02:53:29	01:25:39	01:25:23
233	168	Oliver	Marsh	M	SM		02:53:52	232	02:53:11	01:33:08	01:32:28
234	435	Robert	Sayers	M	M40		02:54:01	239	02:53:59	01:22:54	01:22:51
235	505	Ralph	Bernascone	M	M60	HENFIELD JOGGERS	02:54:07	233	02:53:28	01:26:42	01:26:02
236	257	Sarah	Gillam	F	SW		02:54:10	237	02:53:43	01:22:05	01:21:38
237	313	Helen	Sheard	F	SW		02:54:17	236	02:53:38	01:25:54	01:25:15
238	315	Colin	Waters	M	M40		02:54:26	238	02:53:49	01:26:01	01:25:24
239	545	Sarah	Marsh	F	W45	Mells Milers	02:54:28	241	02:54:04	01:26:52	01:26:29
240	171	Amanda	Norton	F	SW		02:54:28	240	02:54:01	01:26:28	01:26:01
241	166	John	Trory	M	M60	ROADRUNNERS CLUB	02:54:29	243	02:54:13	01:28:24	01:28:07
242	107	Kristina	Stiles	F	SW		02:54:32	242	02:54:05	01:26:28	01:26:01
243	496	Paul	Gregory	M	M50		02:54:44	245	02:54:14	01:26:46	01:26:16
244	502	Bryan	Mchugh	M	M40		02:55:03	244	02:54:14	01:21:52	01:21:03
245	5	John	Birkens	M	M50	HORSHAM JOGGERS	02:55:12	246	02:54:55	01:26:49	01:26:32
246	382	Paul	Armer	M	M40	HORSHAM JOGGERS	02:55:13	247	02:54:56	01:26:49	01:26:32
247	207	Richard	Wiles	M	M50	WADHURST RUNNERS	02:55:20	248	02:55:14	01:21:51	01:21:45
248	19	Russ	Doherty	M	SM	ARUNNERS	02:55:34	249	02:55:14	01:26:38	01:26:18
249	127	Simon	Wagstaff	M	M50	THE SIXTH DIMENSION	02:55:45	250	02:55:17	01:26:54	01:26:26
250	430	Jade	Asargiotakis	F	SW	GORING ROAD RUNNERS	02:55:53	252	02:55:33	01:27:43	01:27:23
251	361	Karen	Clinton	F	W45	SEAFORD STRIDERS	02:56:00	253	02:55:45	01:25:03	01:24:47
252	445	Ellen	Cottom	F	W35		02:56:04	251	02:55:27	01:25:31	01:24:54
253	1	Jeff	Salt	M	M40		02:56:11	254	02:55:52	01:24:56	01:24:37
254	101	Claire	Blakeway	F	SW		02:56:12	181	02:47:23	01:32:50	01:24:01
255	114	Kevin	Craven	M	M40		02:56:18	257	02:56:00	01:28:52	01:28:34
256	53	Brian	Chamberlain	M	M70	HART ROAD RUNNERS	02:56:18	258	02:56:12	01:26:35	01:26:29
257	240	Chris	Eaton	M	SM		02:56:29	256	02:55:58	01:24:01	01:23:30
258	567	Terry	Bourne	M	M50	HENFIELD JOGGERS	02:56:31	255	02:55:53	01:27:59	01:27:21
259	225	Rob	Willcox	M	M40		02:56:57	260	02:56:34	01:27:28	01:27:05
260	523	Stefan	Klincewicz	M	M40	FARNHAM RUNNERS	02:57:00	259	02:56:33	01:26:55	01:26:28
261	526	Wendy	Carley	F	W35		02:57:13	261	02:56:46	01:26:55	01:26:28
262	173	Angela	Morrison	F	W45	BRIGHTON & HOVE WOMENS RC	02:57:25	262	02:56:57	01:32:29	01:32:01
263	126	Clare	Saunders	F	W45	LARKFIELD AC	02:57:48	264	02:57:17	01:29:37	01:29:05
264	239	Christine	Egglestone	F	W55	LINGFIELD RUNNING CLUB	02:57:50	266	02:57:40	01:26:12	01:26:02
265	104	Kath	Garrido	F	W55	LINGFIELD RUNNING CLUB	02:57:50	265	02:57:40	01:26:12	01:26:02
266	55	Rob	Holmes	M	SM		02:58:05	263	02:57:13	01:27:09	01:26:17
267	109	Malcolm	Gumbrell	M	M60	WINCHESTER AND DISTRICT AC	02:58:06	268	02:57:52	01:27:48	01:27:34
268	7	Stuart	Austin	M	SM		02:58:25	269	02:57:58	01:22:33	01:22:06
269	479	David	Butler	M	M50	TONE ZONE RUNNERS	02:58:29	267	02:57:43	01:27:52	01:27:06
270	115	Stephen	Goddard	M	M40		02:58:59	272	02:58:37	01:27:50	01:27:28
271	93	Kate	Power	F	SW	SOUTHAMPTON ATHLETIC CLUB	02:59:02	273	02:58:40	01:30:13	01:29:51
272	537	Sue	Lambert	F	W65	SERPENTINE	02:59:29	275	02:59:11	01:26:11	01:25:53
273	119	Ralph	Petts	M	M50	DARTFORD HARRIERS	02:59:32	271	02:58:12	01:25:58	01:24:37
274	67	Keith	Delderfield	M	M50	BURGESS HILL RUNNERS	02:59:36	277	02:59:24	01:25:57	01:25:44
275	500	Andrew	Harrold	M	SM		02:59:42	278	02:59:28	01:24:25	01:24:11
276	453	Andrew	Popham	M	M50	PORTSMOUTH JOGGERS	02:59:48	279	02:59:30	01:25:29	01:25:11
277	371	Roger	Ward	M	M50		02:59:56	276	02:59:23	01:29:52	01:29:20
278	499	Steven	Horn	M	M40		03:00:18	281	03:00:08	01:27:22	01:27:13
279	298	Scott	Chinchen	M	SM		03:00:21	280	03:00:08	01:23:06	01:22:53
280	490	Phil	Allen	M	M40		03:00:37	283	03:00:28	01:26:11	01:26:02

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
281	61	Michelle	Baldwin	F	SW		03:00:49	285	03:00:38	01:24:19	01:24:07
282	260	Gary	Johnston	M	M40		03:00:50	282	03:00:17	01:26:34	01:26:01
283	578	Mr	Knight	M	M40		03:01:11	286	03:00:38	01:29:41	01:29:09
284	564	Jez	Robinson	M	SM		03:01:15	287	03:00:39	01:25:51	01:25:15
285	149	Vicki	Young	F	W35	ARUNNERS	03:01:21	288	03:01:01	01:30:31	01:30:11
286	299	David	Beales	M	SM		03:01:46	289	03:01:12	01:28:28	01:27:55
287	563	Jamie	Rivett	M	SM		03:02:04	290	03:01:23	01:25:55	01:25:13
288	159	Clare	Gladman	F	SW		03:02:33	274	02:58:48	01:30:54	01:27:09
289	195	Ruth	Henderson	F	SW		03:02:49	291	03:02:15	01:28:01	01:27:27
290	64	Trevor	Figg	M	M50	HORSHAM JOGGERS	03:02:49	292	03:02:16	01:31:22	01:30:49
291	113	Wendy	Hadley	F	W45		03:02:59	293	03:02:33	01:30:30	01:30:04
292	579	Russell	Brown	M	SM		03:03:06	296	03:03:01	01:25:00	01:24:55
293	334	Barbara	Ockendon	F	W55	ISTEAD AND IFIELD HARRIERS	03:03:06	295	03:02:45	01:30:11	01:29:50
294	369	Gill	Munns	F	W35		03:03:08	294	03:02:42	01:33:13	01:32:47
295	134	Nicholas	Le-Faye	M	M40		03:03:23	270	02:58:03	01:35:49	01:30:29
296	256	Stephen	Stoffell	M	M50		03:03:41	297	03:03:26	01:27:31	01:27:16
297	493	Philip	Worsdell	M	SM		03:04:42	300	03:04:27	01:27:54	01:27:40
298	145	Richard	Duffy	M	M40	MEL'S MILERS JOGGING CLUB	03:05:13	301	03:04:36	01:28:27	01:27:51
299	270	Lisa	Swan	F	W35		03:05:27	302	03:05:12	01:29:53	01:29:37
300	413	Simon	Hodges	M	M40	BRIGHTON AC	03:05:44	299	03:03:47	01:33:29	01:31:31
301	131	Wilson	Susan	F	W45		03:06:25	304	03:06:11	01:33:51	01:33:38
302	276	Claire	Nunn	F	SW		03:07:03	306	03:06:53	01:28:52	01:28:42
303	183	Linda	Cooper	F	W35	ARUNNERS	03:07:14	307	03:06:56	01:34:19	01:34:01
304	38	Toby	Berry	M	SM		03:07:31	309	03:07:19	01:27:35	01:27:24
305	111	Neil	Cooper	M	M40	ARUNNERS	03:07:32	308	03:07:16	01:34:19	01:34:03
306	503	Tryphena	Davies	F	W35	ASHFORD AND DISTRICT RRC	03:07:35	284	03:00:30	01:33:09	01:26:04
307	258	Kevin	Hawthorne	M	SM		03:07:42	303	03:06:03	01:31:47	01:30:09
308	438	Graham	Morrey	M	M50	WORTHING HARRIERS	03:08:00	311	03:07:37	01:31:15	01:30:53
309	501	Suzanne	Harris	F	W35		03:08:03	312	03:07:42	01:34:20	01:33:58
310	340	Linsey	Robins	F	SW		03:08:04	313	03:07:42	01:34:20	01:33:58
311	584	Will	Dickens	M	SM		03:08:56	315	03:08:49	01:22:02	01:21:56
312	46	Julia	Johnson	F	W55	HORSHAM JOGGERS	03:09:05	314	03:08:44	01:33:14	01:32:53
313	520	Louise	Childs	F	SW		03:09:13	298	03:03:44	01:36:17	01:30:49
314	550	Steve	Driscall	M	SM		03:09:35	317	03:09:02	01:34:33	01:33:59
315	498	Denise	Roythorne	F	W45	TONE ZONE RUNNERS	03:09:44	316	03:08:59	01:33:18	01:32:32
316	146	Louise	Bruce	F	W45		03:09:46	310	03:07:36	01:33:03	01:30:53
317	318	Amanda	Tombs	F	W45		03:10:02	319	03:09:51	01:28:27	01:28:16
318	517	Janet	Willerton	F	W55	WATFORD JOGGERS	03:10:11	318	03:09:39	01:34:26	01:33:54
319	428	Trevor	Jones	M	M50	STEYING AC	03:10:24	321	03:10:15	01:34:09	01:33:59
320	557	James	White	M	SM	HEATHFIELD ROAD RUNNERS	03:10:42	323	03:10:18	01:37:18	01:36:55
321	551	Jade	Lovell-Knight	F	SW	TONE ZONE RUNNERS	03:10:54	324	03:10:30	01:35:11	01:34:47
322	236	Lesley	Hope	F	W35		03:11:22	328	03:11:07	01:33:04	01:32:49
323	342	Angela	Soffe	F	W35	TOTTON RUNNING CLUB	03:11:22	329	03:11:12	01:33:04	01:32:54
324	135	Jolanne	Le-Faye	F	W45	PURPLE PATCH RUNNERS	03:11:38	305	03:06:18	01:37:38	01:32:18
325	41	Ashley	Picton	M	SM		03:12:14	332	03:12:02	01:28:00	01:27:48
326	375	Joan	Lennon	F	W45	STEYNING AC	03:12:15	330	03:11:51	01:36:33	01:36:08
327	11	Christine	Thornborrow	F	W45		03:12:30	325	03:10:32	01:35:49	01:33:50
328	12	Denise	Thornborrow	F	SW		03:12:30	326	03:10:32	01:35:48	01:33:50
329	513	Hilary	Wagstaff	F	W45		03:12:31	331	03:11:59	01:35:14	01:34:42
330	518	Martin	Boakes	M	M40		03:12:31	335	03:12:17	01:35:14	01:35:00
331	427	Carole	Dyke	F	W65	FITTLEWORTH FLYERS	03:12:35	334	03:12:16	01:35:39	01:35:21
332	339	Christina	Doherty	F	W35	FITTLEWORTH FLYERS	03:12:35	320	03:10:06	01:35:39	01:33:11
333	133	Kirk	Mcleod	M	M40		03:12:44	336	03:12:20	01:36:12	01:35:48
334	83	Andrew	Mackay Miller	M	SM		03:12:45	333	03:12:15	01:25:33	01:25:03
335	49	Claire	Parsons	F	SW		03:13:01	338	03:12:42	01:29:40	01:29:21
336	394	Raymond	Blackwell	M	M70	TONE ZONE RUNNERS	03:13:12	337	03:12:26	01:33:38	01:32:51
337	540	Rachel	Perry	F	W35		03:13:31	339	03:13:11	01:34:27	01:34:06
338	226	Karen	Glasby	F	W45		03:13:34	327	03:11:02	01:39:16	01:36:44
339	533	Mike	Brown	M	SM		03:13:57	340	03:13:22	01:29:41	01:29:05
340	455	George	Ross	M	M50		03:14:03	342	03:13:47	01:35:58	01:35:42
341	29	Sarah	Mines	F	W35	MK LAKESIDE RUNNERS	03:14:04	322	03:10:17	01:36:22	01:32:35
342	184	Hayden	Smith	M	SM		03:14:10	341	03:13:46	01:30:21	01:29:57
343	457	Carolyn	Eva	F	SW	WORTHING HARRIERS	03:14:22	343	03:14:02	01:33:06	01:32:46
344	414	Nick	Tate	M	M40		03:14:33	344	03:14:18	01:34:19	01:34:03
345	37	Heidi	Bridle	F	SW		03:14:49	345	03:14:20	01:37:43	01:37:15
346	63	Ann	Figg	F	W55	HORSHAM JOGGERS	03:14:58	346	03:14:27	01:35:10	01:34:39
347	556	Sam	Wright	M	M40	HEATHFIELD ROAD RUNNERS	03:15:18	347	03:14:55	01:37:18	01:36:55
348	344	Paul	Wade	M	M40		03:15:35	349	03:15:13	01:35:46	01:35:24
349	151	Christopher	Youles	M	SM		03:15:37	348	03:14:56	01:33:10	01:32:30
350	309	Katie	Perry	F	SW		03:16:53	351	03:16:20	01:32:42	01:32:09

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
351	66	Diane	Delderfield	F	W45	BURGESS HILL RUNNERS	03:16:59	352	03:16:46	01:37:37	01:37:24
352	387	Daniel	Yearsley	M	SM		03:17:36	350	03:16:02	01:32:27	01:30:52
353	480	Miyako	Scott	F	W45	TONE ZONE RUNNER	03:17:51	353	03:17:05	01:36:45	01:35:59
354	424	Michael	Cox	M	M60	DARTFORD HARRIERS	03:18:39	354	03:17:37	01:27:37	01:26:35
355	202	Lorri	Gibson	F	W35	BENFLEET RUNNING CLUB	03:18:52	357	03:18:27	01:39:34	01:39:08
356	478	Steve	Bishopp	M	M40	BURGESS HILL RUNNERS	03:19:38	358	03:19:25	01:35:18	01:35:05
357	544	Russell	Gardner	M	SM		03:19:52	359	03:19:30	01:29:26	01:29:04
358	179	John	Atkinson	M	SM		03:19:59	356	03:18:03	01:40:38	01:38:42
359	263	Joe	Daniels	M	M40		03:20:08	362	03:19:56	01:31:01	01:30:49
360	506	Nuala	Smyth	F	W45	ARUNNERS	03:20:23	363	03:20:03	01:35:51	01:35:31
361	391	Nick	Darracot	M	SM		03:20:41	364	03:20:19	01:35:49	01:35:27
362	514	Victoria	Bytel	F	W35		03:20:54	365	03:20:30	01:38:53	01:38:29
363	265	Sharon	Burchett	F	W35	MEL'S MILERS JOGGING CLUB	03:21:15	366	03:20:39	01:43:53	01:43:17
364	532	Terry	Smith	M	M50	HORSHAM JOGGERS	03:22:00	368	03:21:35	01:33:34	01:33:09
365	280	Irene	Leitner	F	W35	REIGATE PRIORY AC	03:22:01	360	03:19:34	01:43:46	01:41:18
366	112	Sue	Sawyer	F	W45	SWANLEY & DISTRICT AC	03:22:09	367	03:21:25	01:36:49	01:36:05
367	162	Stella	Daff	F	W35	FITTLEWORTH FLYERS	03:22:09	355	03:17:45	01:38:55	01:34:31
368	376	Lee	Mcbride	M	SM		03:22:59	361	03:19:46	01:39:03	01:35:50
369	18	Ivor	Rumsey	M	M50		03:23:42	369	03:22:22	01:40:28	01:39:08
370	90	Samantha	Cresswell	F	SW		03:23:43	370	03:22:23	01:40:28	01:39:08
371	552	Claire	Collard	F	SW		03:23:46	371	03:23:12	01:31:07	01:30:33
372	510	Naomi	Collier	F	W45		03:24:05	372	03:23:35	01:42:32	01:42:01
373	43	Bijay	Lama	M	SM		03:24:06	377	03:23:58	01:42:46	01:42:37
374	447	Lisa	Hewitt	F	W35		03:24:22	373	03:23:45	01:33:51	01:33:15
375	330	Cara	Fitzgerald	F	SW		03:24:23	374	03:23:56	01:41:00	01:40:32
376	331	Pete	Beveridge	M	SM		03:24:24	375	03:23:56	01:41:00	01:40:32
377	582	Tim	Manny	M	M40		03:25:03	378	03:24:15	01:38:20	01:37:33
378	288	Wendy	Collyer	F	SW		03:25:41	380	03:25:32	01:42:45	01:42:36
379	338	Zena	Harper	F	W55	SWANLEY & DISTRICT AC	03:26:35	382	03:25:51	01:37:52	01:37:08
380	170	Mark	Austin	M	M40		03:26:51	384	03:26:23	01:33:58	01:33:29
381	169	Jacqueline	Foster	F	SW		03:27:30	381	03:25:43	01:42:22	01:40:34
382	264	Simon	Thorp	M	M50		03:28:16	385	03:27:32	01:40:54	01:40:10
383	33	Nancy	Brooker	F	SW		03:28:18	379	03:24:32	01:43:48	01:40:02
384	138	Kelly	Smith	F	SW		03:28:24	386	03:27:42	01:43:48	01:43:06
385	125	Alison	Milborrow	F	W35	REIGATE PRIORY AC	03:28:34	383	03:26:06	01:47:34	01:45:07
386	348	Joanne	Hall	F	W45		03:28:56	390	03:28:31	01:43:34	01:43:09
387	357	Jan	Lensen	M	M40		03:29:56	392	03:29:35	01:38:27	01:38:05
388	525	Charles	Freedman	M	SM		03:30:01	394	03:29:54	01:39:35	01:39:27
389	574	Rachel	Misselbrook	F	W40		03:30:05	387	03:28:00	01:44:13	01:42:08
390	512	Andrew	Hicks	M	SM		03:30:14	393	03:29:53	01:43:27	01:43:06
391	431	Samantha	Yates	F	W35	TONE ZONE RUNNERS	03:30:27	388	03:28:22	01:44:14	01:42:09
392	139	Benita	Milton	F	W35	TONE ZONE RUNNERS	03:30:27	389	03:28:23	01:44:13	01:42:09
393	349	Sarah	Nicholls	F	W45		03:30:45	395	03:30:20	01:43:34	01:43:09
394	42	Emma	Catlow	F	W35	HORSHAM JOGGERS	03:31:17	376	03:23:57	01:52:07	01:44:46
395	75	Jennifer	Horton	F	SW		03:31:45	396	03:31:15	01:39:29	01:38:59
396	380	Daniel	Hare	M	SM		03:31:46	397	03:31:16	01:39:29	01:38:59
397	273	Nicky	Moss-Butler	F	W35		03:33:26	399	03:33:11	01:41:43	01:41:28
398	206	Neil	Peddie	M	SM		03:34:47	400	03:34:30	01:36:45	01:36:28
399	176	Sean	Conlan	M	M40		03:34:55	402	03:34:43	01:42:32	01:42:20
400	538	Nick	Harris	M	SM		03:35:31	406	03:35:20	01:39:41	01:39:30
401	354	Jules	Dedman	F	W35		03:35:32	405	03:35:15	01:44:33	01:44:17
402	301	Amanda	Bond	F	W35	MEL'S MILERS JOGGING CLUB	03:35:43	403	03:35:07	01:46:57	01:46:21
403	106	Antony	Hyams-Parish	M	M40		03:35:52	391	03:29:15	01:42:40	01:36:03
404	353	Michelle	Palmer	F	W45		03:35:55	408	03:35:38	01:44:33	01:44:16
405	69	Kenton	Green	M	SM		03:36:11	407	03:35:33	01:39:32	01:38:54
406	185	Clare	Ryan	F	W35		03:37:02	410	03:36:40	01:43:47	01:43:24
407	222	Jason	Rae	M	M40		03:37:06	409	03:36:20	01:38:21	01:37:35
408	416	Andrew	Cox	M	M50	HILLINGDON	03:38:19	412	03:37:38	01:52:31	01:51:51
409	405	Ken	Bobbet	M	M60	HILLINGDON	03:38:19	411	03:37:38	01:52:31	01:51:50
410	91	George	Huntley	M	M60		03:38:40	413	03:38:11	01:41:36	01:41:07
411	373	Philippa	Erasmus	F	W55		03:39:06	414	03:38:39	01:42:01	01:41:33
412	577	Claire	Troit	F	W40		03:39:44	398	03:31:24	01:47:43	01:39:23
413	165	Sally	Bromley	F	W45		03:40:14	415	03:38:48	01:50:09	01:48:43
414	570	Jason	Dover	M	SM		03:40:52	401	03:34:34	01:54:31	01:48:13
415	542	Donna	Walker	F	SW		03:40:52	416	03:40:24	01:43:38	01:43:10
416	497	Alison	Gilbert	F	W35		03:42:29	418	03:41:45	01:49:14	01:48:30
417	180	Lisa	Atkinson	F	SW		03:42:31	417	03:40:35	01:49:40	01:47:45
418	163	Colleen	Conti	F	W45	HORSHAM JOGGERS	03:42:32	404	03:35:12	01:52:07	01:44:47
419	456	Leanne	Harris	F	W35		03:42:33	420	03:41:57	01:50:01	01:49:25
420	103	Gurdev	Ruprai	M	M50		03:43:31	421	03:42:55	01:41:48	01:41:12

2011 Worthing 20

Gun										Gun 10	Chip 10
Pos	RaceNo	Firstname	Lastname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime	Mile	Mile
421	367	Luke	O'Loughlin	M	SM		03:44:19	424	03:44:09	01:41:33	01:41:23
422	144	Tamasine	Tasker	F	SW		03:45:16	427	03:45:14	01:33:58	01:33:56
423	328	Jeannette	Giles	F	W65	ISTEAD AND IFIELD HARRIERS	03:45:32	425	03:45:10	01:51:48	01:51:27
424	194	Pam	Bungay	F	W45	TOTTON RUNNING CLUB	03:45:44	426	03:45:12	01:46:07	01:45:35
425	238	Mark	Brocklehurst	M	SM		03:45:49	428	03:45:24	01:42:44	01:42:19
426	161	Naomi	Haskins	F	SW		03:47:29	422	03:43:44	01:45:08	01:41:23
427	158	Katie	Gladman	F	SW		03:47:30	423	03:43:45	01:45:08	01:41:23
428	571	Sara	Stoddard	F	SW		03:48:08	419	03:41:50	01:55:02	01:48:44
429	248	Hannah	Sunderland	F	SW		03:48:44	431	03:48:36	01:41:30	01:41:21
430	411	Richard	Simpson	M	M60	FLEET & CROOKHAM AC	03:51:24	432	03:49:14	01:52:19	01:50:09
431	443	Helen	Lawson	F	W35	CRAWLEY AC	03:51:39	433	03:51:13	01:52:38	01:52:13
432	294	Sonja	Du Plessis	F	W45		03:52:12	434	03:52:12	01:50:25	01:50:25
433	211	Jo	Chadwick	F	SW		03:54:08	429	03:47:32	01:53:40	01:47:05
434	212	Louise	Richards	F	W35		03:54:08	430	03:47:33	01:53:47	01:47:11
435	326	Davinia	Hill	F	W35	HASTINGS RUNNERS	03:54:40	435	03:54:24	01:52:46	01:52:30
436	15	Barbara	Cousens	F	W45	EPSOM ALLSORTS	03:56:59	437	03:56:25	01:51:56	01:51:22
437	155	Sandra	Hill	F	W35		03:57:24	438	03:56:52	01:52:53	01:52:21
438	388	Katie	Pyne	F	W35	DARTFORD HARRIERS	03:58:37	439	03:57:15	01:52:52	01:51:30
439	289	Kate	Bance	F	SW		04:01:35	436	03:55:00	01:58:23	01:51:47
440	136	Martyn	Cotton	M	M50		04:02:25	441	04:01:47	01:54:11	01:53:33
441	398	Fee	Pooloo	F	W45	EPSOM ALLSORTS	04:02:39	442	04:02:14	01:52:07	01:51:41
442	213	Jennifer	Emerson	F	SW		04:03:39	443	04:03:20	01:53:14	01:52:54
443	393	Gilva	Wainwright	F	W45	LEWES AC	04:03:41	440	03:58:03	01:58:20	01:52:43
444	3	Sarah	Moore	F	W45		04:03:51	444	04:03:31	01:44:49	01:44:29
445	422	John	Barden	M	M50		04:07:21	445	04:06:36	01:42:01	01:41:16
446	365	Gayle	Williams	F	W35		04:23:11	446	04:22:28	02:03:45	02:03:01
447	515	Barbara	Avern	F	W35		04:23:11	447	04:22:28	02:03:44	02:03:01