

## 10k - results

Pos.	Bibno.	Finish time	Difference	Chip time	Participant	Sex	Category	Country	Club/Company/Sponsor	City
1	1	38:38		38:38	Michael Caffyn	M	Senior	MAR	Arunners	Worthing
2	2	39:08	30.0	39:08	Johanna Spannagl	F	Senior	MAR	RedVenom.co.uk	Kirdford
3	53	39:54	1:16	39:54	Thomas Caffyn	M	Senior	MAR	Arunners	Worthing
4	147	40:13	1:35	40:13	Phil Guest	M	Veteran50	MAR	Portsmouth Joggers	Waterlooville
5	3	41:09	2:31	41:09	Thomas Jackson	M	Veteran50	MAR	Team REP	Worthing
6	138	41:26	2:48	41:26	Christopher Burgin	M	Veteran40	GBR	Arunners	Littlehampton
7	74	42:08	3:30	42:08	Adam Cowlard	M	Senior	MAR	University of Portsmouth Athletics Club	Bognor Regis
8	351	42:16	3:38	42:16	Matt Whittaker	M	Veteran40	GBR	Tuff Fitty Triathlon Club	Angmering
9	21	42:33	3:55	42:33	Gary Baynes	M	Senior	MAR		Littlehampton
10	231	43:08	4:30	43:08	Oliver Mcdonald	M	Senior	MAR	Tuff Fitty Triathlon Club	Worthing
11	370	43:24	4:46	43:24	Kevin Pearson	M	Veteran40	GBR	Tuff Fitty	
12	116	44:02	5:24	44:02	James Ericson	M	Senior	MAR		Rustington
13	124	44:46	6:08	44:46	Jo Fleming	M	Veteran40	MAR	Mid Sussex Tri Club	Haywards Heath
14	8	44:59	6:21	44:59	Terry Avey	M	Veteran60	MAR	Brighton Phoenix	Brighton
15	125	45:01	6:23	45:01	Dave Ford	M	Veteran40	MAR		Worthing
16	247	45:20	6:42	45:20	Stephen O Donnell	M	Veteran50	MAR	Tuff Fitty Triathlon Club	Worthing
17	123	45:26	6:48	45:26	Martin Fidock	M	Senior	MAR		Caterham
18	129	45:43	7:05	45:43	Alex Futcher	M	Senior	MAR		Brighton
19	45	46:02	7:24	46:02	Malcolm Brown	M	Veteran50	MAR		Worthing
20	349	46:17	7:39	46:17	Matt White	M	Veteran40	MAR		Hove
21	250	46:21	7:43	46:21	Michael Osborn	M	Veteran60	MAR	Fittleworth Flyers	Fittleworth
22	254	46:29	7:51	46:29	Jonathan Percival	M	Senior	MAR		Chichester
23	377	46:39	8:01	46:39	Richard Stovell	M	Veteran40	MAR		Worthing
24	315	46:42	8:04	46:42	Phil Stubbs	M	Veteran40	MAR	Tuff Fitty Triathlon Club	Littlehampton
25	379	46:48	8:10	46:48	Anna Titchmarsh	F	Veteran40	MAR	Horsham Joggers	Horsham
26	338	46:52	8:14	46:52	Stefan Sykes	M	Veteran40	GBR		
27	187	47:30	8:52	47:30	Steve Kircher	M	Veteran40	MAR		Brighton
28	87	47:36	8:58	47:36	Matt Daly	M	Veteran40	MAR		Eastbourne
29	103	47:42	9:04	47:42	Richard Dixon	M	Veteran40	MAR		Storrington
30	220	47:51	9:13	47:51	Paul Martin	M	Senior	MAR	Tuff Fitty Triathlon Club	Worthing
31	90	48:11	9:33	48:11	Carl Davey	M	Senior	MAR	Tuff Fitty Triathlon Club	Worthing
32	150	48:15	9:37	48:15	Sheri Halfacree	F	Veteran40	MAR	Arunners	Arundel
33	144	48:19	9:41	48:19	Tom Gray	M	Senior	MAR	Tuff Fitty Triathlon Club	Rustington
34	290	48:23	9:45	48:23	Gemma Shadbolt	F	Senior	MAR	Hove Hornets	Brighton
35	114	48:47	10:09	48:47	Lucy Egan	F	Veteran40	MAR	Hove Hornets	Hove
36	321	49:31	10:53	49:31	Amanda Templeman	F	Senior	MAR	FitBitchRunning Club	Portslade
37	362	49:37	10:59	49:37	Harris Sue	F	Veteran50	MAR	Horsham Amphibians Triathlon ClubAdrian	
38	167	49:59	11:21	49:59	Julie Honess	F	Senior	MAR	Meads Runners	Eastbourne
39	745	50:15	11:37	50:15	Linda Harrington	F	Veteran50	MAR	Brighton & Hove Womens Running Club	Hove
40	273	50:15	11:37	50:15	Geoff Rijlaarsdam	M	Senior	MAR		Littlehampton
41	336	50:19	11:41	50:19	Russ Turner	M	Veteran50	MAR		Southsea
42	272	50:42	12:04	50:42	James Ridpath	M	Veteran50	MAR		Worthing
43	620	50:53	12:15	50:53	Gemma O'Keefe	F	Senior	MAR		East Preston
44	548	50:58	12:20	50:58	Joanna Howley	F	Senior	MAR		Steyning
45	323	50:59	12:21	50:59	Colin Thatcher	M	Veteran50	MAR		Winchester
46	291	51:50	13:12	51:50	Mark Shuter	M	Senior	MAR		Angmering
47	13	51:51	13:13	51:51	Gavin Balchin	M	Senior	MAR		Littlehampton
48	104	51:53	13:15	51:53	Karen Dixon	F	Veteran40	MAR	South Downs Running Club	Storrington

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49	348	52:02	13:24	52:02	Colleen White	F	Veteran40	MAR		Hove
50	78	52:22	13:44	52:22	David Crook	M	Senior	MAR		Hove
51	363	52:24	13:46	52:24	Ross Markham	M	Senior	MAR	Hove Hornets	Hove
52	139	52:29	13:51	52:29	Simon Gilbert	M	Veteran50	MAR		Bognor Regis
53	202	52:42	14:04	52:42	John Little	M	Veteran40	MAR	Lancing Eagles	Worthing
54	151	52:51	14:13	52:51	Clare Halligan	F	Veteran40	MAR		Worthing
55	98	53:05	14:27	53:05	Mark Dewdney	M	Veteran50	MAR		Brighton
56	225	53:14	14:36	53:14	Andy Matthews	M	Veteran50	MAR	Chichester Westgate Triathlon Club	Chichester
57	89	53:18	14:40	53:18	Angela Darton	F	Veteran40	MAR	Lancing Eagles	Shoreham by Sea
58	83	53:24	14:46	53:24	Malcolm Da Costa	M	Veteran60	MAR	Southwick Strollers	Worthing
59	234	53:30	14:52	53:30	Shelley Meyern	F	Senior	MAR	Saints and Sinners	Crawley
60	188	53:44	15:06	53:44	Ian Knight	M	Veteran40	MAR		Ringmer
61	226	53:48	15:10	53:48	Paul Mattocks	M	Veteran40	MAR		Littlehampton
62	365	53:50	15:12	53:50	David Elphick	M	Veteran40	MAR		Worthing
63	174	53:53	15:15	53:53	Brian Jamurath	M	Senior	MAR		Brighton
64	73	54:03	15:25	54:03	Gail Coughlin	F	Veteran40	MAR		Worthing
65	346	54:07	15:29	54:07	Catharine Western	F	Senior	MAR	Tuff Fitty Triathlon Club	Rustington
66	355	54:13	15:35	54:13	Alli Willmore-Horne	F	Veteran40	MAR	Hove Hornets	Brighton
67	134	54:16	15:38	54:16	Mathew Garrett-Dyke	M	Senior	MAR		Brighton
68	11	54:22	15:44	54:22	Simon Bain	M	Senior	MAR		Littlehampton
69	268	54:26	15:48	54:26	Colin Ratcliffe	M	Veteran40	MAR		Rustington
70	20	54:27	15:49	54:27	Tess Bartlett	F	Veteran40	MAR		Worthing
71	35	54:28	15:50	54:28	Neville Boon	M	Senior	MAR		Haywards Heath
72	54	54:35	15:57	54:35	Alex Carter	M	Senior	MAR		Bognor Regis
73	193	54:39	16:01	54:39	Simin Lee	M	Veteran50	MAR		Rowlands Castle
74	299	54:45	16:07	54:45	Geri Smith	F	Senior	MAR		Horsham
75	28	54:49	16:11	54:49	Helen Berry	F	Veteran40	MAR		Godalming
76	162	54:51	16:13	54:51	Mandy Henry	F	Veteran40	MAR		Havant
77	97	54:53	16:15	54:53	Aaron Devereaux	M	Veteran40	MAR		Bognor Regis
78	245	54:56	16:18	54:56	Roger Nicholson	M	Veteran40	GBR	Brighton College	Brighton
79	298	55:04	16:26	55:04	Bob Smith	M	Veteran40	MAR		Portsmouth
80	5	55:10	16:32	55:10	Nicholas Angier	M	Veteran50	MAR		Chichester
81	289	55:21	16:43	55:21	Jamie Sellers	M	Veteran50	MAR		Brighton
82	372	55:26	16:48	55:26	Debbie Boxall	F	Senior	GBR	Tuff Fitty	
83	335	55:27	16:49	55:27	Nick Trim	M	Senior	MAR		Hellingly
84	235	55:27	16:49	55:27	Mick Millyard	M	Veteran60	MAR		Bognor Regis
85	275	55:29	16:51	55:29	Claire Riley	F	Senior	MAR		Brighton
86	242	55:40	17:02	55:40	Eleanor Newcomer-Jones	F	Senior	MAR		Rustington
87	149	55:42	17:04	55:42	Sarah Haig	F	Senior	MAR		Chichester
88	219	55:55	17:17	55:55	Paul Martin	M	Veteran40	MAR		Brighton
89	126	55:58	17:20	55:58	Phillip Forrestal	M	Senior	MAR		Bognor Regis
90	166	56:22	17:44	56:22	David Hockley	M	Senior	MAR		London
91	249	56:34	17:56	56:34	Michael Odell	M	Veteran50	MAR		Arundel
92	67	56:46	18:08	56:46	Simon Collyer	M	Senior	MAR	ShoreFit Run Club	Worthing
93	121	56:48	18:10	56:48	Jo Ferris	F	Veteran40	MAR	ShoreFit Run Club	Worthing
94	294	56:50	18:12	56:50	Louise Sivyer	F	Senior	MAR	Tuff Fitty Triathlon Club	Worthing
95	283	56:52	18:14	56:52	Kath Saner	F	Veteran40	MAR		Ferring
96	203	56:52	18:14	56:52	Tom Lockley	M	Senior	MAR		Littlehampton
97	285	56:54	18:16	56:54	David Sansom	M	Senior	MAR		Reading
98	376	57:03	18:25	57:03	Stephanie Cleife	F	Veteran40	MAR	Chichester Runners - Cake Run	Funtington

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99	326	57:03	18:25	57:03	Tracey Thomas	F	Veteran40	MAR	Lancing Eagles	Worthing
100	222	57:04	18:26	57:04	Caroline Mason	F	Veteran50	MAR	Brighton & Hove Womens Running Club	Shoreham by Sea
101	16	57:07	18:29	57:07	Jim Banks	M	Veteran40	MAR		Brighton
102	102	57:10	18:32	57:10	Cathy Dittrich	F	Senior	MAR	Hove Hornets	Hove
103	367	57:15	18:37	57:15	Matt Parkhouse	M	Senior	MAR		Arundel
104	261	57:19	18:41	57:19	Paula Potter	F	Veteran50	MAR	Worthing Running Sisters	Worthing
105	82	57:20	18:42	57:20	Bronya Curwin	F	Senior	MAR		Brighton
106	210	57:28	18:50	57:28	Dan Magrin	M	Senior	MAR		Worthing
107	248	57:38	19:00	57:38	Rachel O'Brien	F	Veteran40	MAR	Southwick Strollers	Worthing
108	84	57:39	19:01	57:39	Sara Da Costa	F	Veteran50	MAR	Southwick Strollers	Worthing
109	42	57:53	19:15	57:53	Dids Branchflower	F	Veteran50	MAR	Fittleworth Flyers	Storrington
110	77	57:55	19:17	57:55	Julie Cresswell	F	Veteran50	MAR	Fittleworth Flyers	Pulborough
111	267	57:57	19:19	57:57	John Raeburn	M	Veteran50	MAR	Worthing & District Harriers	Worthing
112	300	58:07	19:29	58:07	Lesley Smith	F	Veteran40	MAR		Horley
113	157	58:10	19:32	58:10	Amanda Harman	F	Veteran40	MAR		Hove
114	308	58:12	19:34	58:12	Anna Stavrianakis	F	Senior	MAR	FitBitchRunning Club	Hove
115	320	58:13	19:35	58:13	Romy Taylor	F	U20	MAR	FitBitchRunning Club	Brighton
116	177	58:14	19:36	58:14	Julie Johnson	F	Veteran40	MAR	Beckenham Running Club	Bromley
117	201	58:19	19:41	58:19	Chris Lipscombe	M	Senior	MAR		Horsham
118	373	58:25	19:47	58:25	Graham Hill	M	Veteran50	MAR		Yapton
119	143	58:27	19:49	58:27	Joanne Gough	F	Senior	MAR		Caterham
120	212	58:29	19:51	58:29	Jacki Mant	F	Senior	MAR	Foxy Ladies Running Club	Worthing
121	64	58:31	19:53	58:31	Helen Cobb	F	Veteran40	MAR	Foxy Ladies Running Club	Worthing
122	217	58:32	19:54	58:32	Jeffrey Marriott	M	Veteran60	MAR		Worthing
123	232	58:38	20:00	58:38	Helen Mcteer	F	Veteran40	MAR		Pulborough
124	200	58:40	20:02	58:40	Jennifer Linford	F	Veteran40	MAR		Chichester
125	244	58:48	20:10	58:48	Wendy Newman	F	Veteran50	MAR	Hove Hornets	Portslade
126	52	58:52	20:14	58:52	David Butt	M	Veteran40	MAR	St. Barnabas	Angmering
127	380	58:55	20:17	58:55	Laura Manning	F	Senior	MAR		Brighton
128	71	59:14	20:36	59:14	David Cornell	M	Veteran50	MAR	Bognor Regis tone zone	Bognor Regis
129	325	59:21	20:43	59:21	Clifford Thomas	M	Veteran50	MAR	Tuff Fitty Triathlon Club	Rustington
130	43	59:23	20:45	59:23	Nathan Brennan	M	Senior	MAR		Rustington
131	146	59:25	20:47	59:25	Mary Greening	F	Veteran40	MAR	Foxy Ladies Running Club	Worthing
132	58	59:28	20:50	59:28	Rachel Chapman	F	Senior	MAR		Worthing
133	75	59:28	20:50	59:28	Nem Cowley	F	Senior	MAR		Brighton
134	353	59:31	20:53	59:31	Ann Williams	F	Veteran50	MAR	Mels Milers	Horsham
135	61	59:33	20:55	59:33	Gill Clarke	F	Senior	MAR		East Preston
136	44	59:35	20:57	59:35	Andrea Brogan	F	Veteran40	MAR		Horsham
137	119	59:37	20:59	59:37	Helena Felice	F	Senior	MAR		Arundel
138	159	59:40	21:02	59:40	Sally Harris	F	Senior	MAR		Findon Village
139	185	59:43	21:05	59:43	Tracey King	F	Senior	MAR	Brighton & Hove City AC	Hassocks
140	60	59:44	21:06	59:44	Sharon Clark	F	Veteran40	MAR	Fitso	Brighton
141	112	59:49	21:11	59:49	Claire Dunk	F	Veteran40	MAR		Billingshurst
142	164	59:50	21:12	59:50	Lee Hilton	M	Veteran40	MAR	Angmering Cycling Club	Littlehampton
143	128	59:55	21:17	59:55	Judy Fox	F	Veteran40	MAR		Hove
144	366	59:59	21:21	59:59	Astley Sharon	F	Veteran40	MAR	Nick Rivett Run Squad	Hove
145	199	1:00:04	21:26	1:00:04	Alison Lindley	F	Veteran50	MAR	Bognor Regis Tone Zone Runners	Chichester
146	165	1:00:07	21:29	1:00:07	Theresa Hipwell	F	Veteran40	MAR		Hove
147	133	1:00:12	21:34	1:00:12	Chloë Garrett-Dyke	F	Senior	MAR		Brighton
148	221	1:00:15	21:37	1:00:15	Talia Martin	F	Veteran40	MAR		Brighton

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149	39	1:00:16	21:38	1:00:16	Stella Bowser	F	Veteran40	MAR	The Run Squad	Lancing
150	168	1:00:19	21:41	1:00:19	Emma Horner	F	Senior	MAR		London
151	277	1:00:21	21:43	1:00:21	Mark Romaine	M	Senior	MAR		London
152	198	1:00:22	21:44	1:00:22	Owen Lewis	M	Senior	MAR		Portslade
153	33	1:00:23	21:45	1:00:23	Jackie Bone	F	Veteran40	MAR		Hove
154	633	1:00:41	22:03	1:00:41	Gillian Rae	F	Senior	MAR	Hailsham Harriers	Eastbourne
155	141	1:00:47	22:09	1:00:47	Ali Goode	F	Veteran40	MAR		Chichester
156	339	1:00:49	22:11	1:00:49	Ellen Walkinshaw	F	Veteran40	MAR		Westcott
157	256	1:00:52	22:14	1:00:52	David Peters	M	Veteran70	MAR	Veterans AC	Eastergate
158	281	1:00:59	22:21	1:00:59	Trudi Ryan	F	Veteran40	MAR	Foxy Ladies Running Club	Worthing
159	317	1:01:13	22:35	1:01:13	Nicole Sullivan-Klietz	F	Senior	MAR		Worthing
160	152	1:01:23	22:45	1:01:23	Grace Hancock	F	Senior	MAR		Brighton
161	368	1:01:24	22:46	1:01:24	Kelly Parkhouse	F	Senior	MAR		Arundel
162	284	1:01:27	22:49	1:01:27	Elizabeth Sansom	F	Senior	MAR		Shoreham by Sea
163	257	1:01:29	22:51	1:01:29	Zuleika Pilling	F	Veteran40	MAR		Hove
164	313	1:01:33	22:55	1:01:33	Lynsey Stuart	F	Senior	MAR		Littlehampton
165	296	1:01:36	22:58	1:01:36	Susan Smith	F	Senior	MAR		Worthing
166	357	1:01:38	23:00	1:01:38	Daniel Wood	M	Senior	MAR		Shoreham by Sea
167	304	1:01:40	23:02	1:01:40	Jo Stakim	F	Veteran40	MAR		Lancing
168	312	1:01:47	23:09	1:01:47	Mark Stimpson	M	Veteran40	MAR		Shoreham by Sea
169	196	1:01:55	23:17	1:01:55	Ali Lewis	F	Veteran40	MAR		Littlehampton
170	10	1:01:56	23:18	1:01:56	Natalie Bailey-Tofield	F	Senior	MAR		Rustington
171	266	1:01:58	23:20	1:01:58	Gina Quest	F	Senior	MAR		Chichester
172	260	1:02:00	23:22	1:02:00	Clare Plater	F	Veteran40	MAR		Chichester
173	297	1:02:06	23:28	1:02:06	Zoe Smith	F	Veteran40	MAR		Worthing
174	271	1:02:09	23:31	1:02:09	Julia Richards	F	Senior	MAR	Tuff Fitty Triathlon Club	Arundel
175	117	1:02:11	23:33	1:02:11	Tamara Evans	F	Veteran40	MAR		Worthing
176	12	1:02:13	23:35	1:02:13	Tamsyn Balchin	F	Senior	MAR		Littlehampton
177	122	1:02:14	23:36	1:02:14	Victoria Ferris	F	Veteran40	MAR	SDHF Run Club	Amberley
178	375	1:02:16	23:38	1:02:16	Laura Topping	F	Veteran50	GBR	B&H Womens Running	
179	179	1:02:19	23:41	1:02:19	Heidi Jones	F	Veteran40	MAR	Foxy Ladies Running Club	Worthing
180	311	1:02:30	23:52	1:02:30	Dale Stevens	M	Veteran50	MAR	Bognor Regis tone zone	Bognor Regis
181	206	1:02:43	24:05	1:02:43	Tina Macauley	F	Veteran50	MAR		Hove
182	223	1:02:46	24:08	1:02:46	Clair Mason	F	Senior	MAR	Bognor Regis tone zone	Bognor Regis
183	40	1:02:57	24:19	1:02:57	Rachel Boxall	F	Senior	MAR	Hove Hornets	Crawley
184	99	1:03:03	24:25	1:03:03	Jon Dickinson	M	Veteran40	MAR	BTRS	Brighton
185	15	1:03:05	24:27	1:03:05	Sara Banks	F	Senior	MAR	Foxy Ladies Running Club	Worthing
186	23	1:03:13	24:35	1:03:13	Hannah Beattie	F	Senior	MAR		Brighton
187	324	1:03:30	24:52	1:03:30	Becky Thomas	F	Veteran40	MAR	Foxy Ladies Running Club	Rustington
188	160	1:03:39	25:01	1:03:39	Andrew Harrold	M	Veteran40	MAR		Hove
189	350	1:03:43	25:05	1:03:43	Vicki Whitesmith	F	Senior	MAR		Backwell
190	95	1:03:50	25:12	1:03:50	Diane Delderfield	F	Veteran50	MAR	Burgess Hill Runners	Burgess Hill
191	282	1:03:51	25:13	1:03:51	Janet Sanders	F	Veteran50	MAR	Burgess Hill Runners	Hurstpierpoint
192	148	1:03:53	25:15	1:03:53	Jenny Guisqet	F	Senior	MAR	FitBitchRunning Club	Brighton
193	238	1:03:58	25:20	1:03:58	Mike Monk	M	Veteran70	MAR	Bognor Regis tone zone	Bognor Regis
194	322	1:04:10	25:32	1:04:10	Jane Tewsley	F	Veteran50	MAR	Fittleworth Flyers	Storrington
195	107	1:04:14	25:36	1:04:14	Ele Dolton	F	Veteran40	MAR		Brighton
196	105	1:04:20	25:42	1:04:20	Frances Dobinson	F	Veteran40	GBR		Pagham
197	263	1:04:21	25:43	1:04:21	Michael Preece	M	Veteran50	MAR		Littlehampton
198	197	1:04:26	25:48	1:04:26	Vanessa Lewis	F	Veteran40	MAR		Brighton

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199	243	1:04:28	25:50	1:04:28	Wendy Newman	F	Veteran50	MAR	Hove Hornets	Brighton
200	175	1:04:29	25:51	1:04:29	Louise Jarman	F	Veteran40	MAR	Fittleworth Flyers	Pulborough
201	7	1:04:33	25:55	1:04:33	Caroline Ashbolt	F	Veteran40	MAR	Steyning AC	Shoreham by Sea
202	96	1:04:34	25:56	1:04:34	Sarah Denscombe	F	Veteran40	MAR	Worthing & District Harriers	Goring by Sea
203	145	1:04:36	25:58	1:04:36	Dave Green	M	Senior	MAR		Goring by Sea
204	259	1:04:41	26:03	1:04:41	Jonquil Pinto	F	Veteran40	MAR		Hove
205	110	1:04:43	26:05	1:04:43	Nicky Duncanson	F	Veteran40	MAR		Worthing
206	286	1:04:45	26:07	1:04:45	Sue Saunders	F	Veteran50	MAR	Arunners	Rustington
207	17	1:05:02	26:24	1:05:02	Simon Barker	M	Senior	MAR		Worthing
208	55	1:05:07	26:29	1:05:07	Leanne Casey	F	Senior	MAR	Brighton Adventure Bugs	Brighton
209	287	1:05:09	26:31	1:05:09	Anne Seward	F	Senior	MAR		Steyning
210	354	1:05:11	26:33	1:05:11	Dee Williams	F	Veteran40	MAR		St. Marys
211	156	1:05:15	26:37	1:05:15	Jennifer Harland-Jones	F	Veteran40	MAR	Chichester Runners - Cake Run	Bosham
212	295	1:05:19	26:41	1:05:19	Rebecca Smith	F	Veteran40	MAR		Steyning
213	309	1:05:20	26:42	1:05:20	Catherine Steele	F	Senior	MAR		Reading
214	50	1:05:24	26:46	1:05:24	Jordan Burnill	F	Senior	MAR		Brighton
215	94	1:05:29	26:51	1:05:29	Nicola Delahunty	F	Veteran40	MAR		London
216	329	1:05:31	26:53	1:05:31	Clara Thomson	F	Senior	MAR		Worthing
217	106	1:05:32	26:54	1:05:32	Frances Doe	F	Veteran60	MAR	Hailsham Harriers	Hailsham
218	189	1:05:41	27:03	1:05:41	Suzannah Lamb	F	Senior	MAR		Hove
219	24	1:06:08	27:30	1:06:08	Tracey Beck	F	Veteran40	MAR		Brighton
220	301	1:06:22	27:44	1:06:22	Yian Solomon	F	Veteran60	MAR	Lancing Eagles	Southwick
221	25	1:06:24	27:46	1:06:24	Helen Bence	F	Senior	MAR		Littlehampton
222	316	1:06:26	27:48	1:06:26	Barry Sullivan	M	Veteran50	MAR		Nyetimber
223	314	1:06:28	27:50	1:06:28	Sheila Stuart	F	Veteran60	MAR		Haywards Heath
224	59	1:06:28	27:50	1:06:28	Andrea Childs	F	Veteran40	MAR	FitBitchRunning Club	Brighton
225	100	1:06:51	28:13	1:06:51	Samya Dickinson	F	Veteran40	MAR	BTRS	Brighton
226	252	1:06:59	28:21	1:06:59	Dan Parton	M	Senior	MAR		Worthing
227	302	1:07:01	28:23	1:07:01	Bex Speed	F	Senior	MAR		Worthing
228	191	1:07:04	28:26	1:07:04	Teresa Lanigan	F	Veteran40	MAR	Foxy Ladies Running Club	Worthing
229	49	1:07:04	28:26	1:07:04	Louise Budd	F	Senior	MAR		Brighton
230	69	1:07:14	28:36	1:07:14	Brianne Considine	F	Senior	MAR		Worthing
231	173	1:07:23	28:45	1:07:23	Alistair Jackson	M	Veteran70	MAR	Veterans AC	Brighton
232	207	1:07:24	28:46	1:07:24	Helen Macdonald	F	Senior	MAR	Fitso	Brighton
233	218	1:07:36	28:58	1:07:36	Laura Marshall	F	Senior	MAR	FitBitchRunning Club	Brighton
234	270	1:07:39	29:01	1:07:39	Kathryn Regan	F	Veteran40	MAR		Brighton
235	328	1:07:41	29:03	1:07:41	Kathryn Thomson	F	Senior	MAR	FitBitchRunning Club	Brighton
236	184	1:07:52	29:14	1:07:52	Natalie King	F	Veteran50	MAR	Bognor Regis tone zone	Littlehampton
237	88	1:07:55	29:17	1:07:55	Lindsey Darby-Brown	F	Veteran50	MAR		Arundel
238	224	1:08:22	29:44	1:08:22	Katharine Matthews	F	Veteran40	MAR		Hove
239	140	1:08:25	29:47	1:08:25	Hannah Going	F	Senior	MAR	Clapham Runners	London
240	109	1:08:28	29:50	1:08:28	Karrie Duddy	F	Veteran40	MAR		Hove
241	208	1:08:39	30:01	1:08:39	Ruth Mackenzie	F	Veteran50	MAR		Brighton
242	258	1:08:45	30:07	1:08:45	Olivia Pinkney	F	Veteran40	MAR		Storrington
243	161	1:08:46	30:08	1:08:46	Clare Hedley	F	Veteran40	MAR		Brackley
244	276	1:08:57	30:19	1:08:57	Adam Rockliffe	M	Senior	MAR		Findon Village
245	66	1:08:58	30:20	1:08:58	Sadie Collis	F	Senior	MAR		Findon Village
246	345	1:09:08	30:30	1:09:08	Jenny Wear	F	Senior	MAR		Worthing
247	374	1:09:10	30:32	1:09:10	Claire Flux	F	Senior	MAR		Worthing
248	342	1:09:26	30:48	1:09:26	Michelle Warner	F	Veteran40	MAR	Brighton & Hove Womens Running Club	Ashington

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249	27	1:09:26	30:48	1:09:26	Tracey Bennett	F	Veteran40	MAR	Brighton & Hove Womens Running Club	Hove
250	278	1:09:31	30:53	1:09:31	Becky Rosenthal	F	Veteran40	MAR		Emsworth
251	239	1:09:33	30:55	1:09:33	Donna Moore	F	Veteran40	MAR		Bognor Regis
252	240	1:09:40	31:02	1:09:40	Carole Mulry	F	Veteran50	MAR	Bognor Regis tone zone	Chichester
253	359	1:09:44	31:06	1:09:44	Sue Wormsley	F	Veteran50	MAR	FitBitchRunning Club	Hove
254	251	1:09:52	31:14	1:09:52	Steven Parry	M	Senior	MAR		Brighton
255	303	1:09:55	31:17	1:09:55	Karen Spencer	F	Veteran50	MAR		Horsham
256	255	1:09:59	31:21	1:09:59	Anna Perrott	F	Senior	MAR		Brighton
257	31	1:10:24	31:46	1:10:24	Melissa Blake	F	-	MAR		Shoreham by Sea
258	101	1:10:40	32:02	1:10:40	Jo Dipple	F	Veteran60	MAR	Horsham Amphibians Triathlon Club	Dorking
259	131	1:10:42	32:04	1:10:42	Tara Gambling	F	Senior	MAR		Angmering
260	280	1:10:44	32:06	1:10:44	Charlotte Russell	F	Veteran40	MAR		Angmering
261	228	1:10:46	32:08	1:10:46	Dom Justice	M	Veteran40	MAR		London
262	215	1:10:49	32:11	1:10:49	Alison Marino	F	Veteran40	MAR		Worthing
263	192	1:11:08	32:30	1:11:08	Tania Lee	F	Veteran50	MAR		Rowlands Castle
264	288	1:11:10	32:32	1:11:10	Shelly Seal	F	Senior	MAR		Bexleyheath
265	264	1:11:13	32:35	1:11:13	Susan Pryor	F	Veteran50	MAR		Brighton
266	34	1:11:14	32:36	1:11:14	Joanne Bonwick	F	Veteran40	MAR		Brighton
267	305	1:11:30	32:52	1:11:30	Louise Stanley	F	Veteran50	MAR		Ferndown
268	37	1:11:45	33:07	1:11:45	Ellen Bowen	F	Senior	MAR		Beckenham
269	178	1:11:48	33:10	1:11:48	Nicki Jones	F	Veteran40	MAR		Hove
270	76	1:11:55	33:17	1:11:55	Claire Creeke	F	Veteran40	MAR		Brighton
271	29	1:12:11	33:33	1:12:11	Nicky Binning	F	Veteran40	MAR		Brighton
272	111	1:12:17	33:39	1:12:17	Claudia Dungey	F	Senior	MAR	ShoreFit Run Club	Worthing
273	91	1:12:18	33:40	1:12:18	Lisa Day	F	Veteran40	MAR	ShoreFit Run Club	Worthing
274	163	1:13:18	34:40	1:13:18	Karen Higgs	F	Senior	MAR		East Preston
275	113	1:13:45	35:07	1:13:45	Rebecca Efford	F	Senior	MAR		Haywards Heath
276	153	1:13:51	35:13	1:13:51	Wendy Harbour	F	Veteran60	MAR	Lancing Eagles	Brighton
277	56	1:14:03	35:25	1:14:03	Polly Castelo	F	Veteran40	MAR		Cheam
278	364	1:14:15	35:37	1:14:15	Emma Blurton	F	Senior	MAR		Worthing
279	369	1:14:17	35:39	1:14:17	Carly Millard	F	Senior	MAR		Brighton
280	378	1:14:21	35:43	1:14:21	Tanya May	F	Senior	MAR	Foxy Ladies Running Club	Worthing
281	194	1:14:24	35:46	1:14:24	Sammi Leese	F	Veteran40	MAR		Fittleworth
282	209	1:14:26	35:48	1:14:26	Morag Macneill	F	Veteran50	MAR		Brighton
283	92	1:14:27	35:49	1:14:27	Lindsay De Grouchy	F	Veteran40	MAR		Fittleworth
284	358	1:14:31	35:53	1:14:31	Katie Woodward	F	Veteran40	MAR		Worthing
285	341	1:14:36	35:58	1:14:36	Debbie Ware	F	Veteran50	MAR		Cuckfield
286	186	1:14:39	36:01	1:14:39	Kirsten King	F	Senior	MAR	BHWRC	Portslade
287	41	1:14:56	36:18	1:14:56	Asuka Boyle	F	Senior	MAR		Brighton
288	132	1:14:58	36:20	1:14:58	Chloe Gardner	F	Senior	MAR		Littlehampton
289	253	1:14:59	36:21	1:14:59	Melissa Paton	F	Senior	MAR		East Preston
290	343	1:15:37	36:59	1:15:37	Anita Watkins	F	Veteran50	MAR		Yapton
291	180	1:16:38	38:00	1:16:38	Richard Kimber	M	Veteran70	MAR	Seaford Striders	Brighton
292	47	1:17:20	38:42	1:17:20	Robert Brown	M	Senior	MAR	Graham Butt Estate Agents	East Preston
293	182	1:17:21	38:43	1:17:21	Stephanie King	F	Senior	MAR	Graham Butt Estate Agents	East Preston
294	70	1:17:30	38:52	1:17:30	Catherine Coppard	F	Veteran40	MAR	Bri Tri	Hove
295	93	1:17:31	38:53	1:17:31	Claire De Nervaux	F	Veteran50	MAR	Brighton Tri Club	Hove
296	72	1:18:20	39:42	1:18:20	Cheryl Costello	F	Veteran40	MAR	Brighton & Hove Womens Running Club	Hove
297	86	1:19:31	40:53	1:19:31	Sarah Dalmon	F	Veteran40	MAR		Worthing
298	38	1:19:33	40:55	1:19:33	Tim Bowler	M	Veteran60	MAR	Hailsham Harriers	Hailsham

Pos.	Bibno.	Finish time	Difference	Chip time	Participant	Sex	Category	Country	Club/Company/Sponsor	City
299	347	1:20:17	41:39	1:20:17	Sandra Weston	F	Veteran40	MAR		Worthing
300	352	1:23:51	45:13	1:23:51	Deborah Wilkinson	F	Veteran40	MAR		Brighton
301	327	1:23:55	45:17	1:23:55	Tracey Thompson	F	Veteran40	MAR		Sevenoaks
302	205	1:25:14	46:36	1:25:14	Claire Luckham	F	Veteran40	MAR		Bognor Regis
303	214	1:25:21	46:43	1:25:21	Lucy Marchant	F	Veteran40	MAR		Tonbridge
304	274	1:26:00	47:22	1:26:00	Caroline Riley	F	Veteran40	MAR		Goring by Sea
305	65	1:26:02	47:24	1:26:02	Nadene Collins	F	Veteran40	MAR		Ferring
306	265	1:26:02	47:24	1:26:02	Justin Pursaill	M	Veteran40	MAR		Hove
307	262	1:27:25	48:47	1:27:25	Sharon Preece	F	Veteran40	MAR		Worthing
308	340	1:28:00	49:22	1:28:00	Jan Walls	F	Veteran40	MAR		Hove
309	306	1:28:07	49:29	1:28:07	Sarah Stanley	F	Senior	MAR		Ferndown
310	169	1:28:09	49:31	1:28:09	Nicole Ingerson	F	Senior	MAR		Hove
311	195	1:28:40	50:02	1:28:40	Madalena Leitao	F	Veteran40	MAR		Brighton
312	51	1:30:28	51:50	1:30:28	Caroline Burton	F	Veteran40	MAR		Fareham
313	6	1:39:55	1:01:17	1:39:55	Richard Armstrong	M	Senior	MAR		Haywards Heath