

## 10mile - results

| Pos. | Bibno. | Finish time    | Difference | Chip time | Participant        | Sex | Category  | Country | Club/Company/Sponsor              | City            |
|------|--------|----------------|------------|-----------|--------------------|-----|-----------|---------|-----------------------------------|-----------------|
| 1    | 547    | <b>58:09</b>   |            | 58:09     | Maxwell Dumbrell   | M   | Senior    | GBR     | Brighton & Hove AC                |                 |
| 2    | 715    | <b>58:50</b>   | 41.0       | 58:50     | Sam Wigmore        | M   | Senior    | GBR     | Horsham Amphibians Triathlon Club | Horsham         |
| 3    | 735    | <b>1:02:45</b> | 4:36       | 1:02:45   | Harris Amy         | F   | Senior    | GBR     | Horsham Amphibians Triathlon Club | Mannings Heath  |
| 4    | 668    | <b>1:02:54</b> | 4:45       | 1:02:54   | Anthony Snelling   | M   | Senior    | MAR     | Arena 80 AC                       | Brighton        |
| 5    | 605    | <b>1:04:19</b> | 6:10       | 1:04:19   | John Millins       | M   | Senior    | MAR     |                                   | Hove            |
| 6    | 593    | <b>1:04:31</b> | 6:22       | 1:04:31   | John Mcgrath       | M   | Veteran50 | MAR     | Tuff Fitty Triathlon Club         | Worthing        |
| 7    | 500    | <b>1:05:14</b> | 7:05       | 1:05:14   | Mark Furth         | M   | Senior    | MAR     | Team T.H.E.                       | Horsham         |
| 8    | 85     | <b>1:05:46</b> | 7:37       | 1:05:46   | Steve Dallman      | M   | Veteran40 | MAR     | Haywards Heath Harriers           | Haywards Heath  |
| 9    | 744    | <b>1:06:14</b> | 8:05       | 1:06:14   | Julian Carolan     | M   | Veteran40 | MAR     | Brighton Adventure Bugs           | Brighton        |
| 10   | 567    | <b>1:07:26</b> | 9:17       | 1:07:26   | Robert Lane        | M   | Veteran40 | MAR     |                                   | Wimbledon       |
| 11   | 545    | <b>1:07:38</b> | 9:29       | 1:07:38   | Greg Holley        | M   | Senior    | MAR     |                                   | Worthing        |
| 12   | 578    | <b>1:07:48</b> | 9:39       | 1:07:48   | Kim Lo             | F   | Senior    | MAR     | Haywards Heath Harriers           | Haywards Heath  |
| 13   | 527    | <b>1:08:00</b> | 9:51       | 1:08:00   | Jamie Harwood      | M   | Senior    | MAR     |                                   | Shoreham by Sea |
| 14   | 543    | <b>1:08:53</b> | 10:44      | 1:08:53   | Sean Hodges        | M   | Veteran40 | MAR     |                                   | Bognor Regis    |
| 15   | 672    | <b>1:09:48</b> | 11:39      | 1:09:48   | Mike Stainthorpe   | M   | Senior    | MAR     | RSPCA                             | Brighton        |
| 16   | 704    | <b>1:10:15</b> | 12:06      | 1:10:15   | Richard Vandermark | M   | Veteran40 | MAR     |                                   | Brighton        |
| 17   | 713    | <b>1:10:33</b> | 12:24      | 1:10:33   | Jim Whitelegg      | M   | Veteran40 | MAR     | Brighton Phoenix                  | Brighton        |
| 18   | 706    | <b>1:11:22</b> | 13:13      | 1:11:22   | Ray Walsh          | M   | Senior    | MAR     |                                   | Staplehurst     |
| 19   | 533    | <b>1:11:43</b> | 13:34      | 1:11:43   | Paul Herbertson    | M   | Senior    | MAR     | Brighton Tri Club                 | Brighton        |
| 20   | 650    | <b>1:11:45</b> | 13:36      | 1:11:45   | Dean Sanders       | M   | Veteran50 | MAR     |                                   | Brighton        |
| 21   | 613    | <b>1:12:10</b> | 14:01      | 1:12:10   | Tom Morton         | M   | Senior    | MAR     |                                   | Southsea        |
| 22   | 680    | <b>1:12:57</b> | 14:48      | 1:12:57   | Pete Sutton        | M   | Veteran40 | MAR     | Worthing Striders                 | Worthing        |
| 23   | 657    | <b>1:13:04</b> | 14:55      | 1:13:04   | Gavin Sewell       | M   | Senior    | MAR     |                                   | Littlehampton   |
| 24   | 664    | <b>1:13:10</b> | 15:01      | 1:13:10   | Matthew Simpson    | M   | Senior    | GBR     |                                   | Winchester      |
| 25   | 531    | <b>1:13:39</b> | 15:30      | 1:13:39   | Grace Henderson    | F   | Senior    | MAR     | Worthing Striders                 | Worthing        |
| 26   | 632    | <b>1:13:48</b> | 15:39      | 1:13:48   | Graham Powell      | M   | Veteran50 | MAR     | Team T.H.E.                       | Southwater      |
| 27   | 535    | <b>1:13:56</b> | 15:47      | 1:13:56   | Jo Hesketh         | F   | Veteran40 | MAR     | Steyning AC                       | Steyning        |
| 28   | 520    | <b>1:14:01</b> | 15:52      | 1:14:01   | Rob Hammond        | M   | Senior    | MAR     |                                   | Yapton          |
| 29   | 400    | <b>1:14:13</b> | 16:04      | 1:14:13   | Gyles Abbott       | M   | Veteran40 | MAR     |                                   | Lewes           |
| 30   | 743    | <b>1:14:19</b> | 16:10      | 1:14:19   | Ciaran Hill        | M   | U20       | MAR     |                                   | Worthing        |
| 31   | 446    | <b>1:14:33</b> | 16:24      | 1:14:33   | Oliver Carter      | M   | Veteran40 | MAR     | Arunners                          | Littlehampton   |
| 32   | 662    | <b>1:14:57</b> | 16:48      | 1:14:57   | Serdin Sim         | M   | Veteran50 | MAR     | Worthing & District Harriers      | Worthing        |
| 33   | 714    | <b>1:15:01</b> | 16:52      | 1:15:01   | Paul Whitesmith    | M   | Senior    | MAR     |                                   | Backwell        |
| 34   | 686    | <b>1:15:04</b> | 16:55      | 1:15:04   | Andy Tester        | M   | Veteran40 | MAR     | Trinity                           | Worthing        |
| 35   | 688    | <b>1:15:05</b> | 16:56      | 1:15:05   | Richard Thompson   | M   | Veteran40 | MAR     | Brighton Phoenix                  | Hove            |
| 36   | 476    | <b>1:15:07</b> | 16:58      | 1:15:07   | Scott Dove         | M   | Senior    | MAR     | Saints and Sinners                | Rustington      |
| 37   | 512    | <b>1:15:09</b> | 17:00      | 1:15:09   | Pete Goodman       | M   | Senior    | MAR     |                                   | Hove            |
| 38   | 604    | <b>1:15:16</b> | 17:07      | 1:15:16   | Michael Miller     | M   | Veteran50 | MAR     | Arena 80 AC                       | Hove            |
| 39   | 677    | <b>1:15:18</b> | 17:09      | 1:15:18   | Neil Strudwick     | M   | Veteran40 | MAR     | Tone Zone Runners                 | Bognor Regis    |
| 40   | 505    | <b>1:15:41</b> | 17:32      | 1:15:41   | Nick George        | M   | Veteran40 | MAR     |                                   | Brighton        |
| 41   | 550    | <b>1:15:50</b> | 17:41      | 1:15:50   | Jason Hughes       | M   | Veteran40 | MAR     |                                   | Worthing        |
| 42   | 684    | <b>1:15:55</b> | 17:46      | 1:15:55   | Andy Taylor        | M   | Veteran40 | MAR     | Bracknell Forest Runners          | Bracknell       |
| 43   | 551    | <b>1:16:04</b> | 17:55      | 1:16:04   | Nick Hutcheson     | M   | Senior    | MAR     |                                   | Littlehampton   |
| 44   | 712    | <b>1:16:06</b> | 17:57      | 1:16:06   | Martin White       | M   | Senior    | MAR     |                                   | Worthing        |
| 45   | 617    | <b>1:16:17</b> | 18:08      | 1:16:17   | Sophia Newlove     | F   | Senior    | MAR     | TRS                               | Brighton        |
| 46   | 575    | <b>1:16:35</b> | 18:26      | 1:16:35   | Heath Lewis        | M   | Veteran40 | MAR     | Heals Jogging Club                | Bognor Regis    |
| 47   | 468    | <b>1:17:15</b> | 19:06      | 1:17:15   | Pierre D'Alessio   | M   | Veteran40 | MAR     |                                   | London          |
| 48   | 674    | <b>1:17:39</b> | 19:30      | 1:17:39   | Laura Starmer      | F   | Senior    | MAR     | Horsham Amphibians Triathlon Club | Capel           |

| Pos. | Bibno. | Finish time | Difference | Chip time | Participant       | Sex | Category  | Country | Club/Company/Sponsor         | City            |
|------|--------|-------------|------------|-----------|-------------------|-----|-----------|---------|------------------------------|-----------------|
| 49   | 402    | 1:17:52     | 19:43      | 1:17:52   | Lucianne Albrecht | F   | Veteran40 | MAR     | Worthing Striders            | Rustington      |
| 50   | 566    | 1:18:05     | 19:56      | 1:18:05   | Graham Lane       | M   | Senior    | MAR     |                              | Littlehampton   |
| 51   | 619    | 1:18:13     | 20:04      | 1:18:13   | Paul O'Keefe      | M   | Veteran40 | MAR     |                              | Billingshurst   |
| 52   | 504    | 1:18:15     | 20:06      | 1:18:15   | Debbie Gatland    | F   | Veteran50 | MAR     | Tuff Fitty Triathlon Club    | Worthing        |
| 53   | 507    | 1:18:17     | 20:08      | 1:18:17   | Tim George        | M   | Senior    | GBR     |                              | Worthing        |
| 54   | 506    | 1:18:17     | 20:08      | 1:18:17   | Daniel George     | M   | Senior    | MAR     |                              | Worthing        |
| 55   | 522    | 1:18:20     | 20:11      | 1:18:20   | Dee Hare          | M   | Veteran40 | MAR     | Hove Hornets                 | Brighton        |
| 56   | 691    | 1:18:27     | 20:18      | 1:18:27   | Lee Threadingham  | M   | Veteran40 | MAR     |                              | Portsmouth      |
| 57   | 544    | 1:18:37     | 20:28      | 1:18:37   | Tony Holcombe     | M   | Veteran50 | MAR     | Bognor Regis tone zone       | Bognor Regis    |
| 58   | 609    | 1:18:39     | 20:30      | 1:18:39   | Louise Moore      | F   | Veteran40 | MAR     |                              | Hove            |
| 59   | 494    | 1:18:47     | 20:38      | 1:18:47   | Dan Foord         | M   | Senior    | GBR     | Burgess Hill Runners         | Burgess Hill    |
| 60   | 656    | 1:18:50     | 20:41      | 1:18:50   | Peter Seth        | M   | Veteran50 | MAR     | Worthing & District Harriers | Worthing        |
| 61   | 450    | 1:19:01     | 20:52      | 1:19:01   | Marianne Clark    | F   | Veteran40 | MAR     | Brighton Tri Club            | Brighton        |
| 62   | 502    | 1:19:03     | 20:54      | 1:19:03   | Kevin Gardner     | M   | Senior    | MAR     |                              | Littlehampton   |
| 63   | 645    | 1:19:11     | 21:02      | 1:19:11   | Stu Robson        | M   | Veteran40 | MAR     | Bosh Run                     | Hove            |
| 64   | 682    | 1:19:36     | 21:27      | 1:19:36   | Nicky Sykes       | F   | Veteran40 | MAR     |                              | Worthing        |
| 65   | 681    | 1:19:36     | 21:27      | 1:19:36   | Natasha Swan      | F   | Veteran40 | GBR     | Seaford Striders             | Hove            |
| 66   | 439    | 1:19:38     | 21:29      | 1:19:38   | Graham Bull       | M   | Veteran40 | MAR     |                              | Worthing        |
| 67   | 581    | 1:19:41     | 21:32      | 1:19:41   | Simon Lunn        | M   | Senior    | MAR     |                              | Crawley         |
| 68   | 433    | 1:19:47     | 21:38      | 1:19:47   | Tim Brangwyn      | M   | Veteran40 | MAR     |                              | Hassocks        |
| 69   | 461    | 1:19:50     | 21:41      | 1:19:50   | Neil Cox          | M   | Senior    | MAR     |                              | East Preston    |
| 70   | 733    | 1:20:17     | 22:08      | 1:20:17   | Paul Yokom        | M   | Veteran40 | MAR     | Horsham Joggers              | Horsham         |
| 71   | 481    | 1:20:36     | 22:27      | 1:20:36   | Steve Eke         | M   | Veteran50 | MAR     | Portslade Hedgehoppers       | Hove            |
| 72   | 592    | 1:20:45     | 22:36      | 1:20:45   | Karen Mcgrath     | F   | Veteran50 | MAR     | Worthing Striders            | Worthing        |
| 73   | 523    | 1:20:50     | 22:41      | 1:20:50   | Russell Harker    | M   | Veteran40 | MAR     | Fit 4                        | Lancing         |
| 74   | 699    | 1:20:52     | 22:43      | 1:20:52   | Luci Trigg        | F   | Veteran40 | MAR     |                              | Worthing        |
| 75   | 594    | 1:20:56     | 22:47      | 1:20:56   | Paul Mckay        | M   | Veteran40 | MAR     |                              | Hove            |
| 76   | 449    | 1:21:29     | 23:20      | 1:21:29   | Gill Clark        | F   | Veteran40 | MAR     |                              | Hove            |
| 77   | 709    | 1:21:49     | 23:40      | 1:21:49   | Mark Warwick      | M   | Veteran40 | MAR     | Tone Zone Runners            | Bognor Regis    |
| 78   | 666    | 1:22:02     | 23:53      | 1:22:02   | Neil Sinclair     | M   | Veteran40 | MAR     | Wacky Racers                 | Shoreham by Sea |
| 79   | 630    | 1:22:20     | 24:11      | 1:22:20   | Nicola Plank      | F   | Senior    | MAR     |                              | Horsham         |
| 80   | 577    | 1:22:27     | 24:18      | 1:22:27   | Abigail Link      | F   | Senior    | MAR     |                              | Worthing        |
| 81   | 740    | 1:22:35     | 24:26      | 1:22:35   | Rich Ford         | M   | Senior    | MAR     |                              | Brighton        |
| 82   | 509    | 1:22:40     | 24:31      | 1:22:40   | Jo Gilholm        | F   | Veteran40 | MAR     | Victory AC                   | Waterlooville   |
| 83   | 741    | 1:22:51     | 24:42      | 1:22:51   | Susan Barnard     | F   | Veteran50 | MAR     |                              | Horsham         |
| 84   | 477    | 1:22:53     | 24:44      | 1:22:53   | Kris Dunk         | M   | Veteran40 | MAR     |                              | Billingshurst   |
| 85   | 503    | 1:23:04     | 24:55      | 1:23:04   | Jethro Gardner    | M   | Senior    | MAR     |                              | Peacehaven      |
| 86   | 742    | 1:23:21     | 25:12      | 1:23:21   | Amy Jordan        | F   | Senior    | MAR     | Brighton Tri Club            | Brighton        |
| 87   | 463    | 1:23:32     | 25:23      | 1:23:32   | Anita Crawley     | F   | Veteran50 | MAR     | Denmead Striders             | Havant          |
| 88   | 584    | 1:23:33     | 25:24      | 1:23:33   | Steve Mackie      | M   | Senior    | MAR     |                              | Angmering       |
| 89   | 406    | 1:23:42     | 25:33      | 1:23:42   | Matthew Andrews   | M   | Veteran40 | MAR     |                              | Brighton        |
| 90   | 647    | 1:23:47     | 25:38      | 1:23:47   | David Rogers      | M   | Senior    | MAR     |                              | Goring by Sea   |
| 91   | 426    | 1:23:49     | 25:40      | 1:23:49   | Damon Block       | M   | Veteran40 | MAR     | Arunners                     | Rustington      |
| 92   | 718    | 1:23:54     | 25:45      | 1:23:54   | Paul Williams     | M   | Senior    | MAR     |                              | London          |
| 93   | 438    | 1:23:58     | 25:49      | 1:23:58   | Sue Brumwell      | F   | Veteran50 | MAR     | Arena 80 AC                  | Hove            |
| 94   | 411    | 1:24:00     | 25:51      | 1:24:00   | Lucy Baker        | F   | Veteran40 | MAR     |                              | Hove            |
| 95   | 491    | 1:24:06     | 25:57      | 1:24:06   | David Fleming     | M   | Senior    | MAR     |                              | Lewes           |
| 96   | 624    | 1:24:07     | 25:58      | 1:24:07   | Graham Parsons    | M   | Veteran50 | MAR     | Steyning AC                  | Shoreham by Sea |
| 97   | 469    | 1:24:13     | 26:04      | 1:24:13   | Neil Dawson       | M   | Veteran40 | MAR     | Burgess Hill Runners         | Hassocks        |
| 98   | 629    | 1:24:16     | 26:07      | 1:24:16   | John Pitts        | M   | Veteran50 | MAR     |                              | Chichester      |

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|------|--------|-------------|------------|-----------|--------------------------|-----|-----------|---------|------------------------------|------------------|
| 99   | 537    | 1:24:25     | 26:16      | 1:24:25   | Tiffany Hicks            | F   | Veteran50 | MAR     | Fittleworth Flyers           | Pulborough       |
| 100  | 616    | 1:24:27     | 26:18      | 1:24:27   | Sophie Needham           | F   | Senior    | MAR     | Victory AC                   | Emsworth         |
| 101  | 415    | 1:24:38     | 26:29      | 1:24:38   | James Barclay            | M   | Senior    | MAR     |                              | Rustington       |
| 102  | 641    | 1:24:40     | 26:31      | 1:24:40   | Claire Ridley            | F   | Veteran40 | MAR     |                              | Steyning         |
| 103  | 483    | 1:24:54     | 26:45      | 1:24:54   | Rebecca Ellman-Brown     | F   | Senior    | MAR     |                              | Shoreham by Sea  |
| 104  | 692    | 1:25:27     | 27:18      | 1:25:27   | Chris Ticehurst          | M   | Veteran40 | GBR     | Team T.H.E                   | Crawley          |
| 105  | 697    | 1:25:31     | 27:22      | 1:25:31   | Adele Tremenheere-Fox    | F   | Senior    | MAR     |                              | Walton-on-Thames |
| 106  | 665    | 1:25:37     | 27:28      | 1:25:37   | Lindsey Simpson-Girling  | F   | Veteran40 | MAR     |                              | Hove             |
| 107  | 685    | 1:25:58     | 27:49      | 1:25:58   | Sherrian Taylor          | F   | Senior    | MAR     |                              | Lancing          |
| 108  | 532    | 1:26:01     | 27:52      | 1:26:01   | Toby Henry               | M   | Senior    | MAR     |                              | Worthing         |
| 109  | 549    | 1:26:11     | 28:02      | 1:26:11   | Nicola Hoy               | F   | Veteran40 | MAR     |                              | Sidcup           |
| 110  | 434    | 1:26:12     | 28:03      | 1:26:12   | Ian Briscoe              | M   | Senior    | MAR     |                              | Southsea         |
| 111  | 611    | 1:26:21     | 28:12      | 1:26:21   | Rodney Morley            | M   | Veteran50 | MAR     | Heals Jogging Club           | Bognor Regis     |
| 112  | 437    | 1:26:23     | 28:14      | 1:26:23   | Dumbleton Nick           | M   | Veteran40 | MAR     |                              | Worthing         |
| 113  | 413    | 1:26:27     | 28:18      | 1:26:27   | Nina Baldwinson          | F   | Senior    | MAR     | Bognor Regis tone zone       | Bognor Regis     |
| 114  | 738    | 1:26:29     | 28:20      | 1:26:29   | Borley Neil              | M   | Veteran40 | MAR     | Bognor Regis tone zone       | Bognor Regis     |
| 115  | 661    | 1:26:36     | 28:27      | 1:26:36   | Steve Silvester          | M   | Senior    | MAR     |                              | Worthing         |
| 116  | 600    | 1:26:47     | 28:38      | 1:26:47   | Robert Miles             | M   | Veteran40 | MAR     |                              | Worthing         |
| 117  | 717    | 1:26:56     | 28:47      | 1:26:56   | Rachelle Williams        | F   | Veteran40 | MAR     | Tuff Fitty Triathlon Club    | Worthing         |
| 118  | 700    | 1:27:03     | 28:54      | 1:27:03   | Lesley Tugwell           | F   | Veteran40 | MAR     | Worthing & District Harriers | Worthing         |
| 119  | 625    | 1:27:12     | 29:03      | 1:27:12   | Kerry Paxton             | F   | Veteran40 | MAR     | 0                            | Worthing         |
| 120  | 459    | 1:27:14     | 29:05      | 1:27:14   | Geogry Collins           | M   | Veteran50 | MAR     | Horsham Joggers              | Horsham          |
| 121  | 582    | 1:27:23     | 29:14      | 1:27:23   | Bree Macdonald           | F   | Veteran40 | MAR     |                              | Hove             |
| 122  | 601    | 1:27:35     | 29:26      | 1:27:35   | Andrew Miles             | M   | Veteran40 | MAR     | Tone Zone Runners            | Bognor Regis     |
| 123  | 479    | 1:27:39     | 29:30      | 1:27:39   | Claire Milsan            | F   | Veteran50 | GBR     | Brighton Tri race series     |                  |
| 124  | 587    | 1:27:41     | 29:32      | 1:27:41   | Saverio Mastronardi      | M   | Veteran40 | MAR     | Horrocks Greengrocer         | Chichester       |
| 125  | 588    | 1:27:42     | 29:33      | 1:27:42   | Samantha Maton           | F   | Senior    | MAR     |                              | Worthing         |
| 126  | 689    | 1:27:45     | 29:36      | 1:27:45   | Jessica Thomson          | F   | Senior    | MAR     | Tone Zone Runners            | Littlehampton    |
| 127  | 693    | 1:27:50     | 29:41      | 1:27:50   | Sharon Tidmarsh          | F   | Senior    | MAR     | Bosh Run                     | Worthing         |
| 128  | 435    | 1:28:02     | 29:53      | 1:28:02   | Sarah Brockwell          | F   | Senior    | MAR     |                              | Bognor Regis     |
| 129  | 701    | 1:28:05     | 29:56      | 1:28:05   | Hazel Tuppen@Hotmail.Com | F   | Senior    | MAR     | Mid Sussex Tri Club          | Warninglid       |
| 130  | 564    | 1:28:06     | 29:57      | 1:28:06   | James Koiston Ashby      | M   | Senior    | MAR     |                              | Littlehampton    |
| 131  | 562    | 1:28:21     | 30:12      | 1:28:21   | Lucy Kircher             | F   | Veteran40 | MAR     |                              | Brighton         |
| 132  | 568    | 1:28:27     | 30:18      | 1:28:27   | Jodie Langdell           | F   | Senior    | MAR     |                              | Worthing         |
| 133  | 456    | 1:28:30     | 30:21      | 1:28:30   | Paul Coe                 | M   | Veteran40 | MAR     | Tone Zone Runners            | Yapton           |
| 134  | 573    | 1:28:32     | 30:23      | 1:28:32   | Laura Newell             | F   | Senior    | MAR     | Bognor Regis tone zone       |                  |
| 135  | 482    | 1:28:35     | 30:26      | 1:28:35   | Sharla Elder             | F   | Senior    | MAR     | Worthing & District Harriers | Littlehampton    |
| 136  | 719    | 1:28:39     | 30:30      | 1:28:39   | Jackie Williamson        | F   | Veteran40 | MAR     | Bognor Regis tone zone       | Bognor Regis     |
| 137  | 569    | 1:28:41     | 30:32      | 1:28:41   | Kate Lassman             | F   | Veteran40 | MAR     |                              | Worthing         |
| 138  | 419    | 1:29:03     | 30:54      | 1:29:03   | Laura Bedson             | F   | Senior    | MAR     | Worthing & District Harriers | Goring by Sea    |
| 139  | 572    | 1:29:09     | 31:00      | 1:29:09   | Jane Lawrence            | F   | Senior    | MAR     | Horsham Joggers              | Horsham          |
| 140  | 659    | 1:29:16     | 31:07      | 1:29:16   | Sophie Shaul             | F   | Senior    | MAR     |                              | Leytonstone      |
| 141  | 499    | 1:29:29     | 31:20      | 1:29:29   | David Friend             | M   | Veteran40 | MAR     |                              | Worthing         |
| 142  | 478    | 1:29:39     | 31:30      | 1:29:39   | Heather Durkowski        | F   | Senior    | MAR     |                              | Worthing         |
| 143  | 570    | 1:29:42     | 31:33      | 1:29:42   | Victoria Laverick        | F   | Veteran40 | MAR     |                              | East Preston     |
| 144  | 678    | 1:29:47     | 31:38      | 1:29:47   | Carina Strutt            | F   | Veteran40 | MAR     |                              | Worthing         |
| 145  | 541    | 1:30:02     | 31:53      | 1:30:02   | Jo Hinkley               | F   | Senior    | MAR     | Bognor Regis tone zone       | Bognor Regis     |
| 146  | 473    | 1:30:46     | 32:37      | 1:30:46   | Keith Delderfield        | M   | Veteran50 | MAR     | Burgess Hill Runners         | Burgess Hill     |
| 147  | 517    | 1:30:54     | 32:45      | 1:30:54   | Julia Griggs             | F   | Senior    | MAR     | Foxy Ladies Running Club     | Worthing         |
| 148  | 705    | 1:30:55     | 32:46      | 1:30:55   | Denise Wadeson           | F   | Veteran40 | MAR     |                              | Worthing         |

| Pos. | Bibno. | Finish time | Difference | Chip time | Participant             | Sex | Category  | Country | Club/Company/Sponsor               | City            |
|------|--------|-------------|------------|-----------|-------------------------|-----|-----------|---------|------------------------------------|-----------------|
| 149  | 515    | 1:30:57     | 32:48      | 1:30:57   | Zoe Micyala Greenaway   | F   | Senior    | MAR     |                                    | Crawley         |
| 150  | 646    | 1:30:59     | 32:50      | 1:30:59   | Georgie Rock            | F   | Senior    | MAR     |                                    | Brighton        |
| 151  | 660    | 1:31:01     | 32:52      | 1:31:01   | Malcolm Sheward         | M   | Veteran40 | MAR     | Arunners                           | Angmering       |
| 152  | 405    | 1:31:03     | 32:54      | 1:31:03   | Megan Anderson          | F   | Senior    | MAR     | Chichester Runners AC              | Ford            |
| 153  | 716    | 1:31:06     | 32:57      | 1:31:06   | Rod Wilcock             | M   | Veteran50 | MAR     | Arunners                           | Bognor Regis    |
| 154  | 526    | 1:31:06     | 32:57      | 1:31:06   | Nick Hartfield          | M   | Veteran40 | MAR     | Arunners                           | Littlehampton   |
| 155  | 510    | 1:31:08     | 32:59      | 1:31:08   | Chopin Mark             | M   | Veteran50 | MAR     | Mels Milers                        | Horsham         |
| 156  | 448    | 1:31:15     | 33:06      | 1:31:15   | Stephen Chiverton       | M   | Veteran50 | MAR     |                                    | Hayling Island  |
| 157  | 498    | 1:31:22     | 33:13      | 1:31:22   | Peter French            | M   | Veteran40 | MAR     | Arunners                           | Littlehampton   |
| 158  | 746    | 1:31:37     | 33:28      | 1:31:37   | Belinda Gordon          | F   | Senior    | MAR     |                                    | Hove            |
| 159  | 729    | 1:31:42     | 33:33      | 1:31:42   | Paul Woodcock           | M   | Veteran50 | MAR     |                                    | Worthing        |
| 160  | 561    | 1:32:46     | 34:37      | 1:32:46   | Kerry Kipling           | F   | Veteran40 | MAR     | Brighton & Hove City AC            | Brighton        |
| 161  | 429    | 1:32:57     | 34:48      | 1:32:57   | Mark Booker             | M   | Veteran40 | MAR     |                                    | Horsham         |
| 162  | 590    | 1:33:03     | 34:54      | 1:33:03   | Sarah Mayfield          | F   | Veteran40 | MAR     |                                    | Brighton        |
| 163  | 432    | 1:33:23     | 35:14      | 1:33:23   | Jeannie Boyle           | F   | Senior    | MAR     |                                    | Hove            |
| 164  | 690    | 1:33:26     | 35:17      | 1:33:26   | Stuart Thomson          | M   | Veteran50 | MAR     | Bognor Regis tone zone             | Storrington     |
| 165  | 410    | 1:33:27     | 35:18      | 1:33:27   | Sarah Baker             | F   | Senior    | MAR     | Bognor Regis tone zone             | Bognor Regis    |
| 166  | 651    | 1:33:29     | 35:20      | 1:33:29   | William Santer          | M   | Senior    | MAR     |                                    | Brighton        |
| 167  | 536    | 1:33:31     | 35:22      | 1:33:31   | Angela Hibbin           | F   | Senior    | MAR     | Worthing & District Harriers       | Lymminster      |
| 168  | 470    | 1:33:33     | 35:24      | 1:33:33   | Nicola Dawson           | F   | Veteran40 | MAR     | Burgess Hill Runners               | Keymer          |
| 169  | 707    | 1:33:40     | 35:31      | 1:33:40   | Clodagh Warde           | F   | Veteran50 | MAR     |                                    | Brighton        |
| 170  | 436    | 1:34:00     | 35:51      | 1:34:00   | Imogen Brown            | F   | Veteran40 | MAR     |                                    | Clapham         |
| 171  | 424    | 1:34:18     | 36:09      | 1:34:18   | Kerrie Blackmer         | F   | Senior    | MAR     |                                    | Brighton        |
| 172  | 702    | 1:34:20     | 36:11      | 1:34:20   | Charlotte Turner        | F   | Senior    | MAR     |                                    | Worthing        |
| 173  | 721    | 1:34:23     | 36:14      | 1:34:23   | Kathleen Wilson         | F   | Senior    | MAR     |                                    | Hove            |
| 174  | 401    | 1:34:26     | 36:17      | 1:34:26   | Mark Adams              | M   | Veteran40 | MAR     |                                    | Worthing        |
| 175  | 508    | 1:34:33     | 36:24      | 1:34:33   | Sarah Gibb              | F   | Veteran40 | MAR     | Worthing Running Sisters           | Worthing        |
| 176  | 516    | 1:34:35     | 36:26      | 1:34:35   | Paul Gregory            | M   | Veteran50 | MAR     |                                    | Peacehaven      |
| 177  | 412    | 1:34:40     | 36:31      | 1:34:40   | Vicky Baldwin           | F   | Senior    | MAR     | Worthing Striders                  | Worthing        |
| 178  | 636    | 1:34:49     | 36:40      | 1:34:49   | Paul Reynolds           | M   | Senior    | MAR     | Chichester Westgate Triathlon Club | Chichester      |
| 179  | 465    | 1:34:54     | 36:45      | 1:34:54   | Helen Crunden           | F   | Veteran40 | MAR     | Arunners                           | Chichester      |
| 180  | 441    | 1:34:56     | 36:47      | 1:34:56   | Lisa Burstow            | F   | Veteran40 | MAR     | FitBitchRunning Club               | Brighton        |
| 181  | 667    | 1:35:06     | 36:57      | 1:35:06   | Lars Skagerlind         | M   | Veteran60 | MAR     | Arunners                           | East Preston    |
| 182  | 597    | 1:35:29     | 37:20      | 1:35:29   | Lucy Merritt            | F   | Senior    | MAR     |                                    | Brighton        |
| 183  | 595    | 1:35:50     | 37:41      | 1:35:50   | Alan Mcternan           | M   | Senior    | MAR     | Tone Zone Runners                  | Bognor Regis    |
| 184  | 404    | 1:36:04     | 37:55      | 1:36:04   | Sarah Allison           | F   | Veteran40 | MAR     |                                    | Worthing        |
| 185  | 460    | 1:36:10     | 38:01      | 1:36:10   | Finbarr Cotter          | M   | Veteran60 | MAR     | Horsham Joggers                    | Horsham         |
| 186  | 652    | 1:36:11     | 38:02      | 1:36:11   | Bianca Sarri            | F   | Veteran40 | MAR     |                                    | Brighton        |
| 187  | 703    | 1:36:15     | 38:06      | 1:36:15   | Vivienne Underhill      | F   | Veteran50 | MAR     | Horsham Joggers                    | Horsham         |
| 188  | 528    | 1:36:24     | 38:15      | 1:36:24   | Natasha Hayes           | F   | Veteran40 | MAR     | Horsham Joggers                    | Horsham         |
| 189  | 696    | 1:36:49     | 38:40      | 1:36:49   | Sophia Tremenheere      | F   | Senior    | MAR     |                                    | West Drayton    |
| 190  | 497    | 1:37:02     | 38:53      | 1:37:02   | Nathalie French         | F   | Senior    | MAR     | Arunners                           | Littlehampton   |
| 191  | 649    | 1:37:11     | 39:02      | 1:37:11   | Nigel Rosenthal         | M   | Veteran40 | MAR     |                                    | Emsworth        |
| 192  | 643    | 1:37:22     | 39:13      | 1:37:22   | Glen Robertson          | M   | Veteran50 | MAR     | Trail Running Association          | Colchester      |
| 193  | 731    | 1:37:25     | 39:16      | 1:37:25   | Paul Woolford           | M   | Veteran40 | MAR     | Stubbington Green Runners          | Titchfield      |
| 194  | 730    | 1:37:27     | 39:18      | 1:37:27   | Jennet Woolford         | F   | Veteran40 | MAR     | Stubbington Green Runners          | Titchfield      |
| 195  | 525    | 1:37:28     | 39:19      | 1:37:28   | Kristine Harrison       | F   | Senior    | MAR     |                                    | Brighton        |
| 196  | 614    | 1:37:29     | 39:20      | 1:37:29   | Miranda Murphy-Merrydew | F   | Senior    | MAR     |                                    | Hove            |
| 197  | 529    | 1:37:31     | 39:22      | 1:37:31   | Laura-Jayne Hazzard     | F   | Senior    | MAR     |                                    | Shoreham by Sea |
| 198  | 552    | 1:37:47     | 39:38      | 1:37:47   | Sally Ismay             | F   | Veteran50 | MAR     |                                    | Petersfield     |

| Pos. | Bibno. | Finish time | Difference | Chip time | Participant            | Sex | Category  | Country | Club/Company/Sponsor                | City            |
|------|--------|-------------|------------|-----------|------------------------|-----|-----------|---------|-------------------------------------|-----------------|
| 199  | 553    | 1:37:47     | 39:38      | 1:37:47   | Hannah Ismay           | F   | U20       | MAR     |                                     | Petersfield     |
| 200  | 708    | 1:37:53     | 39:44      | 1:37:53   | Pam Warren             | F   | Senior    | MAR     | Horsham Joggers                     | Horsham         |
| 201  | 556    | 1:37:56     | 39:47      | 1:37:56   | Michelle Jerling       | F   | Veteran40 | MAR     |                                     | Worthing        |
| 202  | 457    | 1:37:57     | 39:48      | 1:37:57   | Karen Coleman          | F   | Veteran50 | MAR     | David Lloyd                         | Patching        |
| 203  | 599    | 1:38:04     | 39:55      | 1:38:04   | Mark Middleton         | M   | Veteran40 | MAR     | Chichester Runners - Cake Run       | Chichester      |
| 204  | 628    | 1:38:19     | 40:10      | 1:38:19   | Stephen Phillips       | M   | Veteran50 | MAR     |                                     | Bognor Regis    |
| 205  | 466    | 1:38:33     | 40:24      | 1:38:33   | Sally Crundwell        | F   | Senior    | MAR     |                                     | Hove            |
| 206  | 546    | 1:38:53     | 40:44      | 1:38:53   | Imogen Hosker          | F   | Senior    | MAR     | Horsham Joggers                     | Horsham         |
| 207  | 501    | 1:39:09     | 41:00      | 1:39:09   | Laetitia Gallardo      | F   | Senior    | MAR     |                                     | London          |
| 208  | 430    | 1:39:19     | 41:10      | 1:39:19   | Charlotte Borjesson    | F   | Senior    | MAR     | Horsham Joggers                     | Horsham         |
| 209  | 521    | 1:39:21     | 41:12      | 1:39:21   | Clare Hannington       | F   | Veteran40 | MAR     | Hove Hornets                        | Upper Bedding   |
| 210  | 710    | 1:39:30     | 41:21      | 1:39:30   | Sally Washington       | F   | Veteran50 | MAR     | Portslade Hedgehoppers              | Brighton        |
| 211  | 462    | 1:39:46     | 41:37      | 1:39:46   | Danielle Louistr Craig | F   | Veteran40 | MAR     |                                     | Sidcup          |
| 212  | 511    | 1:39:48     | 41:39      | 1:39:48   | Carly Goddard          | F   | Veteran40 | MAR     | Foxy Ladies Running Club            | Angmering       |
| 213  | 618    | 1:39:56     | 41:47      | 1:39:56   | Kelly O'Haire          | F   | Veteran40 | MAR     |                                     | Worthing        |
| 214  | 455    | 1:40:02     | 41:53      | 1:40:02   | Fiona Clifton          | F   | Veteran50 | MAR     | Horsham Joggers                     | Horsham         |
| 215  | 488    | 1:40:07     | 41:58      | 1:40:07   | Danielle Fisher        | F   | Senior    | MAR     |                                     | Gerrards Cross  |
| 216  | 443    | 1:40:17     | 42:08      | 1:40:17   | Rebecca Byrne          | F   | Senior    | MAR     |                                     | Hillingdon      |
| 217  | 725    | 1:40:25     | 42:16      | 1:40:25   | Rees Brian             | M   | Veteran60 | MAR     | Portsmouth Joggers                  | Portsmouth      |
| 218  | 408    | 1:41:01     | 42:52      | 1:41:01   | Sophie Bailey          | F   | Senior    | MAR     |                                     | Hailsham        |
| 219  | 639    | 1:41:05     | 42:56      | 1:41:05   | Patricia Riche         | F   | Veteran40 | MAR     | Brighton & Hove Womens Running Club | Hove            |
| 220  | 485    | 1:41:18     | 43:09      | 1:41:18   | Mark Emerton           | M   | Senior    | MAR     |                                     | Angmering       |
| 221  | 440    | 1:41:30     | 43:21      | 1:41:30   | Sharon Burchett        | F   | Veteran40 | MAR     | Mels Milers                         | Southwater      |
| 222  | 452    | 1:41:34     | 43:25      | 1:41:34   | Barry Clarke           | M   | Veteran40 | MAR     | Crowborough Runners                 | Blackboys       |
| 223  | 451    | 1:41:37     | 43:28      | 1:41:37   | Katerina Clarke        | F   | Veteran40 | MAR     | Crowborough Runners                 | Blackboys       |
| 224  | 490    | 1:41:40     | 43:31      | 1:41:40   | Amy Flain              | F   | Senior    | MAR     |                                     | Shoreham by Sea |
| 225  | 421    | 1:41:43     | 43:34      | 1:41:43   | Gill Berglund          | F   | Veteran50 | MAR     | Burgess Hill Runners                | Brighton        |
| 226  | 423    | 1:41:56     | 43:47      | 1:41:56   | Tomasz Bielinski       | M   | Veteran40 | MAR     |                                     | Horsham         |
| 227  | 720    | 1:42:44     | 44:35      | 1:42:44   | Joanne Willison        | F   | Senior    | MAR     | Horsham Joggers                     | Horsham         |
| 228  | 414    | 1:44:08     | 45:59      | 1:44:08   | Kate Banfield          | F   | Senior    | MAR     | FitBitchRunning Club                | Brighton        |
| 229  | 420    | 1:44:17     | 46:08      | 1:44:17   | Deborah Belcher        | F   | Veteran40 | MAR     | BHWRC                               | Brighton        |
| 230  | 442    | 1:44:28     | 46:19      | 1:44:28   | Emily Burton           | F   | Senior    | MAR     |                                     | Hove            |
| 231  | 554    | 1:44:55     | 46:46      | 1:44:55   | Matthew Jackson        | M   | Senior    | MAR     |                                     | Dulwich         |
| 232  | 518    | 1:44:58     | 46:49      | 1:44:58   | Bryony Griggs          | F   | Senior    | MAR     | Fitso                               | Brighton        |
| 233  | 654    | 1:45:00     | 46:51      | 1:45:00   | Catherine Scotto       | F   | Veteran40 | GBR     |                                     | Whitstable      |
| 234  | 640    | 1:45:01     | 46:52      | 1:45:01   | Philippa Richmond      | F   | Veteran50 | MAR     |                                     | Hayling Island  |
| 235  | 530    | 1:45:02     | 46:53      | 1:45:02   | Vicky Hemstedt         | F   | Veteran40 | MAR     |                                     | Brighton        |
| 236  | 486    | 1:45:04     | 46:55      | 1:45:04   | Gemma Ennis            | F   | Senior    | MAR     | Fitso                               | Brighton        |
| 237  | 579    | 1:45:07     | 46:58      | 1:45:07   | Amanda Logan           | F   | Senior    | GBR     | Queens Park Harriers                | London          |
| 238  | 655    | 1:45:36     | 47:27      | 1:45:36   | Carol Selley           | F   | Veteran50 | MAR     | Brighton & Hove Womens Running Club | Hove            |
| 239  | 538    | 1:46:01     | 47:52      | 1:46:01   | Philip Hill            | M   | Veteran50 | MAR     |                                     | Worthing        |
| 240  | 615    | 1:46:06     | 47:57      | 1:46:06   | Nicola Nash            | F   | Veteran40 | MAR     |                                     | Shoreham by Sea |
| 241  | 598    | 1:46:09     | 48:00      | 1:46:09   | Sadie Middleton        | F   | Veteran40 | MAR     | Chichester Runners - Cake Run       | Hambrook        |
| 242  | 453    | 1:46:10     | 48:01      | 1:46:10   | Lyndsey Clay           | F   | Senior    | MAR     |                                     | Brighton        |
| 243  | 571    | 1:46:34     | 48:25      | 1:46:34   | Su Lawrence            | F   | Veteran40 | MAR     | Brighton Multisports                | Brighton        |
| 244  | 580    | 1:46:42     | 48:33      | 1:46:42   | Melanie Lovell Knight  | F   | Veteran40 | MAR     | Arunners                            | Ford            |
| 245  | 612    | 1:47:06     | 48:57      | 1:47:06   | Linda Morris           | F   | Veteran50 | MAR     | Horsham Joggers                     | Horsham         |
| 246  | 634    | 1:47:45     | 49:36      | 1:47:45   | Maria Rayment          | F   | Veteran50 | MAR     |                                     | Bexley          |
| 247  | 422    | 1:48:34     | 50:25      | 1:48:34   | Kjell Berglund         | M   | Veteran60 | MAR     | Burgess Hill Runners                | Brighton        |
| 248  | 583    | 1:50:22     | 52:13      | 1:50:22   | Clare Mackie           | F   | Senior    | MAR     |                                     | Angmering       |

| Pos. | Bibno. | Finish time | Difference | Chip time | Participant      | Sex | Category  | Country | Club/Company/Sponsor                | City         |
|------|--------|-------------|------------|-----------|------------------|-----|-----------|---------|-------------------------------------|--------------|
| 249  | 631    | 1:50:28     | 52:19      | 1:50:28   | Jennifer Pollitt | F   | Senior    | MAR     |                                     | Worthing     |
| 250  | 607    | 1:50:35     | 52:26      | 1:50:35   | Emma Mitchell    | F   | Veteran40 | MAR     |                                     | Hove         |
| 251  | 471    | 1:50:38     | 52:29      | 1:50:38   | Marina De Santis | F   | Veteran40 | MAR     |                                     | Hove         |
| 252  | 489    | 1:50:44     | 52:35      | 1:50:44   | Amanda Flain     | F   | Veteran50 | MAR     |                                     | Angmering    |
| 253  | 739    | 1:50:45     | 52:36      | 1:50:45   | Alison Paine     | F   | Senior    | GBR     |                                     | Burgess Hill |
| 254  | 487    | 1:50:58     | 52:49      | 1:50:58   | Brenda Enticott  | F   | Veteran40 | MAR     |                                     | Worthing     |
| 255  | 431    | 1:51:47     | 53:38      | 1:51:47   | Kim Bowers       | F   | Senior    | MAR     |                                     | Bognor Regis |
| 256  | 728    | 1:52:07     | 53:58      | 1:52:07   | Lorna Winter     | F   | Senior    | GBR     | Henfield Joggers                    | Henfield     |
| 257  | 621    | 1:52:14     | 54:05      | 1:52:14   | Natasha Palmer   | F   | Senior    | MAR     |                                     | Worthing     |
| 258  | 711    | 1:52:32     | 54:23      | 1:52:32   | Saffron Webber   | F   | Veteran40 | MAR     | Horsham Triathlon Club              | Horsham      |
| 259  | 574    | 1:52:36     | 54:27      | 1:52:36   | Caron Lee        | F   | Veteran50 | MAR     |                                     | Horsham      |
| 260  | 658    | 1:53:54     | 55:45      | 1:53:54   | Naomi Sharp      | F   | Senior    | MAR     | Brighton & Hove Womens Running Club | Hove         |
| 261  | 602    | 1:55:18     | 57:09      | 1:55:18   | Michelle Miles   | F   | Veteran40 | MAR     | Tone Zone Runners                   | Bognor Regis |
| 262  | 418    | 1:55:21     | 57:12      | 1:55:21   | Jane Beaven      | F   | Veteran40 | MAR     | Tone Zone Runners                   | Bognor Regis |
| 263  | 673    | 1:55:25     | 57:16      | 1:55:25   | Carol Stanbridge | F   | Veteran60 | MAR     | Worthing Running Sisters            | Worthing     |
| 264  | 638    | 1:55:36     | 57:27      | 1:55:36   | Emma Richardson  | F   | Senior    | MAR     | Female Run Wednesdays               | Eastbourne   |
| 265  | 637    | 2:00:16     | 1:02:07    | 2:00:16   | Jenny Reynolds   | F   | Senior    | MAR     |                                     | Angmering    |
| 266  | 727    | 2:19:16     | 1:21:07    | 2:19:16   | Clark Karen      | F   | Veteran40 | MAR     | Portsmouth Joggers                  | Portsmouth   |
| 267  | 722    | 2:19:18     | 1:21:09    | 2:19:18   | Debbie Winn      | F   | Veteran50 | MAR     | Portsmouth Joggers                  | Portsmouth   |
| 268  | 726    | 2:19:20     | 1:21:11    | 2:19:20   | Smith Alison     | F   | Veteran40 | MAR     | Portsmouth Joggers                  | Portsmouth   |
| 269  | 724    | 2:19:22     | 1:21:13    | 2:19:22   | Shepherd Albert  | M   | Veteran60 | MAR     | Portsmouth Joggers                  | Portsmouth   |
| 270  | 627    | 2:19:24     | 1:21:15    | 2:19:24   | Deb Pentland     | F   | Veteran50 | MAR     | Portsmouth Joggers                  | Portsmouth   |
| 271  | 626    | 2:19:25     | 1:21:16    | 2:19:25   | Bob Pentland     | M   | Veteran60 | MAR     | Portsmouth Triathletes              | Portsmouth   |
| 272  | 723    | 2:19:27     | 1:21:18    | 2:19:27   | Shepherd John    | M   | Veteran60 | MAR     | Portsmouth Joggers                  | Portsmouth   |