

Selsey10k 2016 Results

Position	Race No	Firstname	Lastname	Club	Category	Time	Chip Time
1	17	James	Baker	Chichester Runners & AC	Senior Male	00:33:36	00:33:35
2	378	Julian	Manning	Denmead Striders	M40-49	00:34:00	00:33:59
3	331	Andrew	White	Eastleigh Running Club	Senior Male	00:35:57	00:35:56
4	188	Paul	Mitchinson	Victory AC	Senior Male	00:35:59	00:35:58
5	311	Andreww	Tugwell	viceroy	Senior Male	00:36:16	00:36:15
6	291	Mark	Stevens		Senior Male	00:37:06	00:37:05
7	140	Nigel	Herron	Brighton Phoenix	M50-59	00:38:03	00:38:02
8	10	Gary	Armstrong	Denmead Striders	Senior Male	00:38:19	00:38:18
9	369	Cassie	Thorp		Senior Female	00:38:46	00:38:45
10	209	Andy	Nicholson	Chichester Runners & AC	M50-59	00:38:49	00:38:48
11	368	Emma	Jolley		Senior Female	00:38:55	00:38:54
12	204	Mikey	Neville	Chichester Runners & AC	Senior Male	00:38:55	00:38:54
13	41	Charlotte	Bowsher		Senior Female	00:39:10	00:39:09
14	27	Gary	Baynes		Senior Male	00:39:14	00:39:13
15	101	Ken	FERRETT		M40-49	00:39:26	00:39:19
16	11	Terry	Arnott	Gosport Road Runners	Senior Male	00:39:28	00:39:21
17	221	Andy	Payne	Arena 80 AC	M50-59	00:39:30	00:39:29
18	75	Robert	Cranstone	Stubbington Green Runners & AC	M50-59	00:39:34	00:39:30
19	380	Robert	Harkness	Denmead Striders	M40-49	00:39:51	00:39:47
20	46	Pete	Bromfield	Horsham Tri Club	Senior Male	00:39:58	00:39:57
21	283	Arron	Smith		Junior Male	00:40:14	00:40:13
22	247	Ivan	Prince	Chichester Runners & AC	M40-49	00:40:16	00:40:14
23	3	Michael	Abdo		Senior Male	00:40:21	00:40:19
24	5	Keith	Akerman	Chichester Runners & AC	M40-49	00:40:22	00:40:20
25	131	Jane	Harrop	Chichester Runners & AC	F50-59	00:40:22	00:40:20
26	359	Jonathan	Lelliott	Burgess Hill Runners	M50-59	00:40:28	00:40:27
27	296	Tom	Swift	Fareham Crusaders	Senior Male	00:40:30	00:40:25
28	300	Simon	Thistlethwaite	Thistlesnake Harriers	M40-49	00:40:40	00:40:35
29	64	Sarah	Cleland	Hart Road Runners	Senior Female	00:40:45	00:40:44
30	216	Nick	Palmer	Chichester Runners & AC	Senior Male	00:40:48	00:40:47
31	245	MAL	PREECE		M50-59	00:40:59	00:40:57
32	38	Steven	Board		Senior Male	00:41:07	00:41:06
33	123	Robert	Hanmore		Senior Male	00:41:13	00:41:09

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34	62	Lee	Clackett	David Lloyd Port Solent	Senior Male	00:41:38	00:41:34
35	337	Gary	Williams	Chichester Runners & AC	M40-49	00:42:00	00:41:58
36	258	Rupert	Rhodes	Portsmouth Triathletes	M40-49	00:42:08	00:42:05
37	346	Andrew	Wingham	Chichester Runners & AC	M50-59	00:42:23	00:42:21
38	133	Matt	Healy	Victory AC	Junior Male	00:42:25	00:42:24
39	334	Bryn	Whitehouse	Gosport Road Runners	Senior Male	00:42:26	00:42:19
40	310	trevor	tucker		Senior Male	00:42:40	00:42:35
41	151	paul	jarvis	Bognor Regis Tone Zone Runners	M50-59	00:42:44	00:42:41
42	67	John	Collis	Liss Runners	M40-49	00:42:46	00:42:39
43	166	darren	knight	Victory AC	Senior Male	00:42:49	00:42:48
44	174	Graham	Martin	Stubbington Green Runners & AC	M40-49	00:42:57	00:42:52
45	374	Duncan	Stephenson-Gill	Bognor Regis Tone Zone	M50-59	00:43:05	00:43:04
46	80	Adam	Dart	Bracknell Athletic Club	Junior Male	00:43:08	00:43:02
47	14	Paul	Ayre		M40-49	00:43:13	00:43:08
48	207	Tom	Newbery	Chichester Runners & AC	Senior Male	00:43:32	00:43:28
49	21	Nina	Baldwinson	Bognor Regis Tone Zone Runners	Senior Female	00:43:36	00:43:34
50	294	neil	strudwick	Bognor Regis tonezone runners	M40-49	00:43:42	00:43:40
51	219	Matt	Parker		Senior Male	00:43:49	00:43:46
52	288	Dan	Starkey	Denmead Striders	Senior Male	00:44:12	00:44:03
53	377	Dan	Sillence		Senior Female	00:44:26	00:44:17
54	349	Graham	Woodward	Chichester Runners & AC	Senior Male	00:44:32	00:44:24
55	376	Kevin	White	Gosport R R	Senior Male	00:44:50	00:44:42
56	286	Ashley	Spratt		Senior Male	00:44:52	00:44:46
57	257	Toby	Reid		M40-49	00:45:04	00:45:01
58	161	wlodek	keder		M40-49	00:45:06	00:44:54
59	254	Michael	Reed		M50-59	00:45:10	00:44:59
60	135	Rory	Heard	Denmead Striders	M40-49	00:45:11	00:44:54
61	290	Anthony	Stevens		M40-49	00:45:19	00:44:56
62	321	MARK	WARWICK	Bognor Regis Tone Zone Runners	M40-49	00:45:25	00:45:19
63	365	David	Pike	Chichester	M50-59	00:45:29	00:45:22
64	312	Peter	Tugwell		M50-59	00:45:32	00:45:27
65	195	David	Morris		M40-49	00:45:33	00:45:18
66	328	Dale	Western	Havant AC	M40-49	00:45:34	00:45:27
67	299	mark	temple	Worthing	Senior Male	00:45:37	00:45:35

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68	77	Peter	Cross	Belgrave Harriers	M60-69	00:45:40	00:45:37
69	48	Ben	Brown		Senior Male	00:45:47	00:45:44
70	354	Eamon	McGoldrick			00:45:50	00:45:47
71	128	Steve	Harris		M50-59	00:45:52	00:45:48
72	276	Daniel	Shawyer	Denmead Striders	Senior Male	00:46:04	00:45:45
73	141	James	Holcombe		Junior Male	00:46:05	00:45:52
74	89	ryan	dibley		Senior Male	00:46:05	00:45:52
75	222	Louise	Payne	Arena 80 AC	F50-59	00:46:07	00:46:03
76	134	terry	healy	Victory AC	M60-69	00:46:08	00:46:02
77	256	Kelly	Reid		F40-49	00:46:09	00:46:06
78	205	Polly	Neville	Chichester Runners	Senior Female	00:46:33	00:46:23
79	381	Andrew	Wake		Senior Male	00:46:36	00:46:03
80	277	Anita	Sherman		F50-59	00:46:36	00:46:27
81	13	Terry	Avery	Brighton Phoenix	M50-59	00:46:43	00:46:39
82	248	jon	puddick		Senior Male	00:46:51	00:46:36
83	68	Andrew	Colman		M40-49	00:46:56	00:46:51
84	212	Sean	O'Donnell		M40-49	00:46:56	00:46:50
85	325	Paul	Wells		M50-59	00:47:02	00:46:48
86	175	Jack	Marwood		Junior Male	00:47:16	00:47:05
87	316	Guy	Wakeford		M40-49	00:47:23	00:47:18
88	191	Jenner	Moore	Gosport Road Runners	Senior Female	00:47:32	00:47:23
89	201	Kim	Nelson	Chichester Runners & AC	F50-59	00:47:40	00:47:33
90	117	Philip	Green		Senior Male	00:47:45	00:47:40
91	116	Richard	Gray		Senior Male	00:47:46	00:47:21
92	275	Ross	Shaw		Senior Male	00:47:47	00:47:44
93	236	Ashley	Pledger		Senior Male	00:47:49	00:47:29
94	244	Stephen	Pratt		M50-59	00:47:49	00:47:25
95	189	Daniel	Moger		Senior Male	00:47:50	00:47:47
96	102	Mike	Fisher		Senior Male	00:47:52	00:47:49
97	360	Ian	Boshier	Eastleigh RC	M50-59	00:47:58	00:47:47
98	213	Alex	O'Loughlin		Senior Female	00:47:59	00:47:51
99	293	Julian	Stopps		M40-49	00:48:00	00:47:51
100	303	Jessica	Thomson	Bognor Regis Tone Zone Runners	Senior Female	00:48:01	00:47:56
101	243	Scott	Pratt		Senior Male	00:48:02	00:47:46

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102	51	Daniel	Bye		Senior Male	00:48:04	00:47:47
103	192	Richard	Moore		M50-59	00:48:21	00:47:46
104	142	Phil	Holcombe		M40-49	00:48:23	00:48:10
105	272	Sandra	Sellis	Liss Runners	F40-49	00:48:30	00:48:24
106	84	Helen	Dean	Chichester Runners & AC	F60-69	00:48:32	00:48:28
107	73	John	Cowlin	Victory AC	M40-49	00:48:33	00:48:26
108	50	Michelle	Butler	Victory AC	F40-49	00:48:45	00:48:37
109	105	Sean	France		M40-49	00:48:46	00:48:25
110	343	Deborah	Wilson		Senior Female	00:48:51	00:48:36
111	307	Abigail	Trickey		Senior Female	00:48:52	00:48:39
112	339	Wayne	Williams		M50-59	00:48:55	00:48:50
113	185	Andrew	Miles	Bognor Regis Tone Zone Runners	M50-59	00:49:01	00:48:50
114	1	James	Savage	Bognor Regis Tone Zone Runners	M50-59	00:49:03	00:48:32
115	319	Christina	Waltho		F40-49	00:49:05	00:49:02
116	227	Ian	Pearce		M40-49	00:49:05	00:48:50
117	353	Stephen	Young		Senior Male	00:49:09	00:48:50
118	375	Krzysztof	Janiszek		Senior Male	00:49:16	00:49:04
119	239	emerson	potter	Victory AC	M40-49	00:49:20	00:48:44
120	169	WILLIAM	LLOYD		M40-49	00:49:21	00:49:08
121	229	Ellen	Perry		Senior Female	00:49:26	00:49:09
122	49	Carl	Bryant	Bognor Regis Tone Zone Runners	M40-49	00:49:29	00:49:19
123	127	Jack	Harrington	Chichester Runners & AC	Junior Male	00:49:31	00:49:30
124	168	John	Little	Lancing Eagles	M40-49	00:49:36	00:49:07
125	138	abby	hermans		Senior Female	00:49:40	00:49:31
126	332	nicola	white	Gosport Road Runners	F40-49	00:49:45	00:49:38
127	23	Graeme	Banks		Senior Male	00:49:49	00:49:16
128	315	Paul	Wainwright		M40-49	00:50:04	00:49:41
129	260	kirsty	Rickman	Lordshill Road Runners	F40-49	00:50:10	00:49:51
130	242	graham	pratt		M50-59	00:50:23	00:50:06
131	72	matthew	court		M40-49	00:50:29	00:50:08
132	262	mark	roman		M40-49	00:50:38	00:50:31
133	278	Philip	Skeet		Senior Male	00:50:41	00:50:21
134	47	Tom	Bromfield		M40-49	00:50:47	00:50:32
135	93	Martyn	barnes	Gosport Road Runners	M40-49	00:50:49	00:50:39

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136	206	Emma	Newbery	Chichester Runners & AC	Senior Female	00:50:57	00:50:40
137	341	Robert	Willison	Horsham Joggers Club	Senior Male	00:51:01	00:50:34
138	358	Darren	Hill		M40-49	00:51:10	00:50:56
139	281	Jeff	Smart	Alton running club	M50-59	00:51:25	00:51:14
140	6	Mark	Angell		M40-49	00:51:31	00:51:06
141	130	Andrew	Harrop	Chichester Runners & AC	M60-69	00:51:38	00:51:32
142	259	Wayne	Rickard		M40-49	00:51:41	00:51:34
143	326	Jan	West		M50-59	00:51:44	00:51:21
144	379	Spare	Carpenter	Denmead Striders	M40-49	00:51:47	00:51:28
145	225	David	Pear		F50-59	00:51:49	00:51:31
146	137	Alexandra	Hemingway	Portsmouth Triathletes	F40-49	00:51:51	00:51:47
147	228	Lisa-Marie	Peckover	Denmead Striders	Senior Female	00:51:52	00:51:32
148	199	Ross	Muckleston		Senior Male	00:51:57	00:51:41
149	364	Hayden	Scott		Junior Male	00:52:05	00:51:51
150	210	Chris	Nightingale		M50-59	00:52:09	00:51:55
151	197	James	Mortimore		Senior Male	00:52:33	00:52:07
152	327	richard	westbrook	Victory AC	M50-59	00:52:33	00:52:15
153	52	Adam	Byrne		Senior Male	00:52:33	00:52:18
154	65	Paul	Cliff		M40-49	00:52:39	00:52:18
155	26	Penny	Barron	Horsham Joggers Club	F50-59	00:52:40	00:52:19
156	304	Stuart	Thomson	Bognor Regis Tone Zone Runners	M50-59	00:52:41	00:52:11
157	280	Gary	Heather	Victory AC	M50-59	00:52:46	00:52:36
158	30	Laura	Beavis		Senior Female	00:52:46	00:52:33
159	179	Jamie	Mckinlay		Senior Male	00:52:58	00:52:43
160	253	tim	Ransom		M50-59	00:53:07	00:52:45
161	33	Robert	Bewes		M40-49	00:53:12	00:52:47
162	289	Michael	Stead	Bognor Regis Tone Zone Runners	M40-49	00:53:21	00:53:12
163	183	Sarah	Mercer	Rotary Road Runners	F40-49	00:53:23	00:53:02
164	292	PAUL	STEVENSON	TONE ZONE RUNNERS	M50-59	00:53:35	00:53:05
165	71	Frank	Corby		M50-59	00:53:37	00:53:07
166	218	Jason	Parker		M40-49	00:53:38	00:53:18
167	372	Daniel	Hughes	Bognor Regis Tone Zone	M40-49	00:53:47	00:53:37
168	329	Phillip	Western	Havant AC	M60-69	00:53:51	00:53:26
169	314	James	Vidler	BOSH	M40-49	00:53:51	00:53:17

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170	198	Denise	Moznabi	Bognor Regis Tone Zone Runners	M50-59	00:53:56	00:53:46
171	148	Colin	Ireland		M50-59	00:53:59	00:53:20
172	297	Debra	Talbert	Gosport Road Runners	F50-59	00:54:05	00:53:56
173	356	Simon	Webb			00:54:13	00:53:55
174	145	Sandra	Humphrey	Liss Runners	F50-59	00:54:21	00:54:14
175	164	Natalie	King	Bognor Regis Tone Zone Runners	F50-59	00:54:23	00:54:13
176	226	elizabeth	pearce		Senior Female	00:54:25	00:54:01
177	250	Katie	Pugh	Victory AC	Senior Female	00:54:26	00:54:08
178	382	James	Noakes	Southwick Strollers	M60-69	00:54:28	00:54:06
179	108	Martin	Fryer		M50-59	00:54:32	00:54:23
180	263	Christine	Rounds	Bognor Regis Tone Zone Runners	F40-49	00:54:38	00:54:11
181	160	Urszula	Keder		F40-49	00:54:51	00:54:38
182	106	Caroline	Freeman	Alton Runners	F50-59	00:54:59	00:54:48
183	180	Sara	McRitchie	Stubbington Green Runners & AC	F40-49	00:54:59	00:54:47
184	352	stephen	wroe		M50-59	00:55:04	00:54:47
185	306	Charlotte	Torrance		Senior Female	00:55:08	00:54:48
186	274	Gordon	Shaw		M50-59	00:55:09	00:54:36
187	113	garry	gaskin	TONE ZONE RUNNERS	M50-59	00:55:17	00:54:48
188	147	Jason	Hylands	Rotary road Runners	Senior Male	00:55:39	00:55:04
189	78	Michelle	Crowley		F40-49	00:55:46	00:55:34
190	22	Rachael	Ballard	Chichester Runners & AC	F40-49	00:55:48	00:55:23
191	58	Katherine	Chamberlain	Stubbington Green Runners & AC	F40-49	00:55:53	00:55:41
192	20	Sue	Baker	Chichester Runners & AC	F60-69	00:55:57	00:55:33
193	83	Caroline	Daykin	Horsham Joggers Club	F50-59	00:56:00	00:55:46
194	2	Graham	Woodison		M60-69	00:56:04	00:55:56
195	235	Nicola	Pink		F40-49	00:56:05	00:55:44
196	171	Rosie	Mackay	Itchen Spitfires	F40-49	00:56:10	00:55:39
197	370	Abi	Archer		Senior Female	00:56:14	00:56:01
198	32	Sue	Benjamin		F40-49	00:56:15	00:55:49
199	284	Joy	Smith	Fareham Crusaders	F40-49	00:56:19	00:56:02
200	357	John	Mears		Senior Male	00:56:23	00:56:20
201	241	Chris	Pratt		Senior Male	00:56:24	00:56:08
202	59	del	chandler	Victory A.C	M60-69	00:56:25	00:55:52
203	122	Samantha	Gwyn-Griffiths		F40-49	00:56:27	00:55:52

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204	12	Tracy	Austin		F40-49	00:56:29	00:56:17
205	94	KERRY	DOWN	GOSPORT ROAD RUNNERS	Senior Female	00:56:32	00:56:25
206	373	John	Hunt	Portsmouth Joggers	M60-69	00:56:39	00:56:08
207	269	Dave	Savin		M50-59	00:56:41	00:56:22
208	66	Paula	Collins		F40-49	00:56:41	00:56:23
209	220	Mike	Patterson		M40-49	00:56:43	00:56:25
210	338	Sarah	Williams		F40-49	00:56:44	00:56:31
211	342	Helena	Wilmers	Bognor Regis Tone Zone Runners	F40-49	00:57:03	00:56:35
212	345	Zoe	Windsor	Gosport Road Runners	Senior Female	00:57:05	00:56:56
213	173	Gabriella	Marth		Senior Female	00:57:24	00:56:56
214	167	Paul	Leeves		M50-59	00:57:26	00:57:04
215	34	David	Bickers		M60-69	00:57:31	00:57:07
216	208	Terry	Newman	Alton Runners	M60-69	00:57:38	00:57:27
217	351	Nathan	Woolmer		M40-49	00:57:40	00:57:03
218	57	Chris	Campbell		Senior Male	00:57:44	00:57:25
219	196	Laura	Morris		Senior Female	00:57:45	00:57:33
220	344	Lorraine	Wilson		F40-49	00:57:49	00:57:31
221	230	Leon	Perry		Senior Male	00:57:51	00:57:23
222	115	Andy	Gray		Senior Male	00:57:56	00:57:31
223	232	Emma	Phillips		Senior Female	00:58:16	00:58:03
224	335	Graham	Wiggins		M40-49	00:58:17	00:58:14
225	202	Steven	Nelson		Senior Male	00:58:21	00:58:08
226	103	Julie	Flenley		Senior Female	00:58:24	00:58:15
227	347	Deborah	Winn	Portsmouth Joggers	F50-59	00:58:33	00:58:04
228	348	Carla	wood	Chichester Runners & AC	F40-49	00:58:42	00:58:16
229	39	Amy	Boniface		Senior Female	00:58:43	00:58:21
230	333	Sarah	White		Senior Female	00:58:44	00:58:23
231	152	Rachel	Jarvis	Victory Athletic Club	F50-59	00:58:46	00:58:28
232	139	jonathan	hermans		M40-49	00:58:54	00:58:44
233	60	Donna	Chikuti		F40-49	00:59:06	00:58:47
234	9	Chris	Armstead		Senior Male	00:59:10	00:58:34
235	203	Sandra	Nemorin-Noel		F50-59	00:59:15	00:58:51
236	318	Adam	Walters	Gosport Road Runners	Senior Male	00:59:19	00:59:10
237	43	Kevin	Bradfield		M50-59	00:59:20	00:58:57

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238	211	Amy	O'Donnell		Junior Female	00:59:21	00:58:59
239	215	Carol	Palmer	Chichester Runners & AC	F60-69	00:59:22	00:58:56
240	153	Roger	Jasper		M60-69	00:59:24	00:59:08
241	261	Kate	Rider		Senior Female	00:59:24	00:58:48
242	146	Matthew	Hutt		Senior Male	00:59:25	00:58:49
243	324	Amanda	Wells	Victory AC	F50-59	00:59:26	00:59:03
244	249	Debbie	Pugh	Victory AC	F50-59	00:59:33	00:59:15
245	231	David	Peters	Veterans AC	M70+	00:59:35	00:59:08
246	223	Vicki	Payne		Senior Female	00:59:37	00:59:05
247	265	Brett	satturley		Senior Male	00:59:42	00:59:20
248	8	Robert	Archer		M60-69	00:59:56	00:59:31
249	340	Joanne	Willison	Horsham Joggers Club	Senior Female	00:59:57	00:59:25
250	224	John	Peall		Senior Male	01:00:11	00:59:54
251	104	Lizzie	Floyd		Senior Female	01:00:13	00:59:56
252	69	Nadine	Colman		F40-49	01:00:14	01:00:09
253	383	Justin	Biddle		M40-49	01:00:18	00:59:41
254	279	Bogumila	Skladanek	Bognor Regis Tone Zone Runners	F40-49	01:00:19	00:59:52
255	159	Katrina	Jurd	Gosport road runners	F40-49	01:00:19	01:00:11
256	54	Roger	Byrne		M50-59	01:00:19	00:59:42
257	35	Sarah	Bishop	Gosport Road Runners	F40-49	01:00:24	01:00:16
258	255	Victoria	Reed		F40-49	01:00:25	01:00:00
259	4	Sonsoles	Acosta	Chichester Runners & AC	Senior Female	01:00:27	01:00:13
260	144	Amy	Humphrey	Havant AC	Junior Female	01:00:46	01:00:40
261	44	nicola	Bradford		F40-49	01:00:51	01:00:20
262	31	Mark	Beavis		Senior Female	01:00:52	01:00:39
263	384	Peter	Jenkins	Worthing Striders		01:00:55	01:00:28
264	305	Molly	Thorns		Junior Female	01:00:57	01:00:56
265	246	Lisa	Price		Senior Female	01:00:57	01:00:41
266	156	Nicky	Jones		F40-49	01:01:05	01:00:46
267	74	Lucy	Cowlin	Victory Ac	F40-49	01:01:05	01:00:46
268	132	Bethany	Hatfield		Senior Female	01:01:08	01:00:34
269	97	Robert	Edwards	Victory AC	M70+	01:01:13	01:00:42
270	100	Elizabeth	Farrell	Selsey Striders	F60-69	01:01:23	01:01:08
271	126	Jennifer	Harland-jones	Chichester Runners & AC	F40-49	01:01:32	01:01:18

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272	143	Jamie	Honywood		Senior Male	01:01:34	01:01:07
273	162	Lucy	Keil		Senior Female	01:01:52	01:01:46
274	63	Ros	Clarke	Gosport Road Runners	Senior Female	01:01:58	01:01:50
275	76	Paul	Crockford		M40-49	01:02:02	01:01:37
276	182	Paul	Meades		M50-59	01:02:17	01:01:46
277	42	Kelly	Boyland		Senior Female	01:02:30	01:02:19
278	217	Clare	Parker		Senior Female	01:02:49	01:02:23
279	366	Miranda	Allemand		Senior Female	01:02:50	01:02:25
280	313	Christine	Turner	Victory AC	F60-69	01:03:00	01:02:43
281	330	Lisa	Wharton		F40-49	01:03:28	01:03:04
282	150	Helen	Jamieson		F60-69	01:03:30	01:02:58
283	238	PHIL	POLLARD	Portsmouth Joggers	M70+	01:03:39	01:03:10
284	149	Alistair	Jackson	Veterans AC	M70+	01:03:55	01:03:25
285	361	Janet	Durham	Victory AC	F50-59	01:03:56	01:03:36
286	70	Damien	Coonan		Senior Male	01:04:01	01:03:46
287	81	Susan	Dart		F50-59	01:04:23	01:04:11
288	367	Jo	Lewis	Stubbinton Green Runners	Senior Female	01:04:27	01:04:16
289	176	Anni Kaarina	May	Stubbington Green Runners & AC	F60-69	01:04:42	01:04:30
290	181	Erika	Meades	MSE Fitness	F50-59	01:04:43	01:04:12
291	18	Jo	Baker		F40-49	01:04:48	01:04:25
292	363	Owen	Scott		Junior Male	01:04:56	01:04:42
293	96	Emma	Duquemin		F40-49	01:05:06	01:04:38
294	270	Warren	Scott	None	M40-49	01:05:10	01:04:45
295	99	Melanie	espin		F50-59	01:05:16	01:04:51
296	178	tony	Mccarthy		M40-49	01:05:35	01:05:16
297	125	Rob	Harker		Senior Male	01:05:48	01:05:16
298	355	Louise	Cato			01:06:06	01:05:33
299	129	Susan	Harris		F50-59	01:06:08	01:05:46
300	302	Alice	Thompson		F50-59	01:06:14	01:05:55
301	112	Celeste	Gaskell		F40-49	01:06:25	01:06:11
302	155	Julie	Jones		F50-59	01:06:41	01:06:23
303	285	Claire	Solliss	Chichester Runners & AC	F40-49	01:06:52	01:06:38
304	287	Cat	Spratt		Senior Female	01:07:11	01:06:37
305	7	Karen	Archer		F50-59	01:07:14	01:06:43

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306	136	Rebecca	Hemes		Senior Female	01:07:44	01:07:26
307	187	Edward	Mitchell		Senior Male	01:07:44	01:07:26
308	350	Lynette	Woodward	Chichester Runners & AC	Senior Female	01:07:56	01:07:30
309	40	Steve	Bousfield		M40-49	01:08:03	01:07:41
310	121	Joanna	Guy	Liss Runners	Senior Female	01:08:40	01:08:07
311	194	Lorraine	Morgan	Portsmouth Joggers	M40-49	01:08:42	01:08:14
312	264	Jackie	Sage		F40-49	01:08:55	01:08:20
313	240	Kerrie	Potts		Senior Female	01:08:55	01:08:20
314	282	Alison	Smith	Portsmouth Joggers	F40-49	01:09:06	01:08:37
315	362	Lynette	Meredith		F60-69	01:09:46	01:09:26
316	163	Nicola	Kettley	Bognor Regis Tone Zone Runners	F40-49	01:10:15	01:09:48
317	186	Michelle	Miles	Bognor Regis Tone Zone Runners	F40-49	01:10:15	01:09:48
318	233	Lucy	Pickett	worthing running sisters	Senior Male	01:10:21	01:09:53
319	165	Liane	Kisch		Senior Female	01:11:20	01:10:52
320	118	Robin	Greenfield	Liss Runners	M40-49	01:11:57	01:11:24
321	322	Anita	Watkins		F50-59	01:12:26	01:12:04
322	371	Mandy	Read		F50-59	01:13:23	01:13:00
323	157	Nikki	Jones	Fareham Crusaders	Senior Female	01:13:23	01:13:00
324	92	Verity	Dods	Horsham Joggers Club	F40-49	01:13:43	01:13:11
325	323	Leigh	Paige		F40-49	01:14:48	01:14:25
326	107	Jenny	French	Alton Runners	F50-59	01:15:50	01:15:17
327	95	Hannah	Drummond		Senior Female	01:25:29	01:24:56
328	119	Karen	Griffiths	Victory AC	F40-49	01:29:34	01:29:00
329	45	Val	Bray		F60-69	01:30:44	01:30:08
330	237	irene	pollard	Portsmouth Joggers	F70+	01:31:20	01:30:45
331	61	Peter	Chittenden	Bognor Regis Tone Zone Runners	M70+	01:36:26	01:35:57
332	177	Andrea	Maynard	Portsmouth Joggers	F50-59	01:39:39	01:39:05
333	385	Mary	Short	Victory AC	F50-59	01:39:39	01:39:02