

Rank	Race number	race	Fname	Lname	Gndr	gndr Rank	Team	Canl	Lap 1 time	Lap 2 time	Lap 3 time	Lap 4 time	Total
1	33	10k	Andy	Crawford	1	1	Tuff fitty	y	00:47:30				0:47:30
2	30	10k	robin	charnock	1	2	arunners		00:48:00				0:48:00
3	31	10k	Tamara	Lake	0	1			00:53:20	X	X	X	0:53:20
4	32	10k	Steve	Gracey	1	3			00:54:03				0:54:03
5	27	10k	Sy	Daymond	1	4	promenade plodders		00:54:48	X	X	X	0:54:48
6	17	10k	Nick	Sandford-Smith	1	5			00:57:56	X	X	X	0:57:56
7	18	10k	Sean	Scutt	1	6			00:58:52	X	X	X	0:58:52
8	66	10k	Paul	Stevens	1	7			01:03:00	X	X	X	1:03:00
9	28	10k	Lorraine	Treadwell	0	2			01:05:13	X	X	X	1:05:13
10	13	10k	Tim	Brown	1	8			01:05:16	X	X	X	1:05:16
11	14	10k	Steph	Clark	0	3			01:07:38	X	X	X	1:07:38
12	21	10k	Paul	Whelan	1	9			01:07:38	X	X	X	1:07:38
13	19	10k	Tony	Stedman	1	10			01:08:06	X	X	X	1:08:06

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14	7	10k	Lynzi	Mulford	0	4	Adur & Worthing Canicross	y	01:10:26	X	X	X	1:10:26
15	3	10k	desmond	daymond	1	11	promenade plodders		01:10:40	X	X	X	1:10:40
16	43	10k	Sue	Crabtree	0	5	Arunners AC		01:15:37	X	X	X	1:15:37
17	46	10k	Deborah	Rooke	0	6			01:17:10	X	X	X	1:17:10
18	26	10k	Kelly	Parkhouse	0	7			01:21:14	X	X	X	1:21:14
19	9	10k	Samantha	Stockwell	0	8	Stubbington Green		01:21:42	X	X	X	1:21:42
20	15	10k	Julie	Cleeves	0	9			01:24:07	X	X	X	1:24:07
21	2	10k	Sarah	Daymond	0	10	Promenade Plodders		01:26:21	X	X	X	1:26:21
22	10	10k	Karen	Wainwright	0	11			01:28:54	X	X	X	1:28:54
23	35	10k	Kim	Bowers	0	12		y	01:31:31				1:31:31
24	4	10k	Natalie	Flack	0	13	Stubbington Green		01:31:35	X	X	X	1:31:35
25	5	10k	Claire	Johnson	0	14	Stubbington Green		01:31:37	X	X	X	1:31:37
26	8	10k	Wendy	Squires	0	15	Arunners		01:38:29	X	X	X	1:38:29

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27	25	10k	Tim	Bayliss	1	12			01:38:49	X	X	X	1:38:49
28	1	10k	Judi	Bond	0	16	Arunners RC		01:56:24	X	X	X	1:56:24
29	11	10k	Samantha	Yates	0	16	Tone Zone		01:56:24	X	X	X	1:56:24
30	34	10k	Shelley	Harris	0	16	tail runner		01:56:24	X	X	X	1:56:24
31	24	10k	Ray	Blackwell	1	13			01:56:25	X	X	X	1:56:25
32	6	10k	Peter	Chittenden	1	17	Tone Zone		02:27:11	X	X	X	2:27:11
DNF	99	10k	tobias	mynharde	1								0:00:00
1	29	half	Rowan	Davies	1	1			00:52:10	00:52:02	X	X	1:44:12
2	68	Half	Sam	Tucknott	1	2			00:52:10	00:54:03			1:46:13
3	64	Half	Trevor	Strowger	1	3			00:55:05	00:58:37	X	X	1:53:42
4	53	Half	Brian	Friend	1	4	Adur & Worthing Canicross	y	00:58:14	01:00:31	X	X	1:58:45
5	63	Half	Charlotte	Gibb	0	1	Ful-On Tri		00:59:01	01:00:10	X	X	1:59:11
6	58	Half	Paul	Wells	1	5			00:59:06	01:01:08	X	X	2:00:14

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7	67	Half	kerry	langley	0	2			00:59:20	01:03:52	X	X	2:03:12
8	47	Half	Ann	Shellard	0	3	Wimbledon Windmilers		01:02:10	01:05:31	X	X	2:07:41
9	60	Half	Marcus	White	1	6			00:59:40	01:08:57	X	X	2:08:37
10	65	Half	Gary	Gaskin	1	7	Tone Zone		01:06:01	01:19:27	X	X	2:25:28
11	56	Half	Jo	Stamp	0	4			01:13:27	01:12:37	X	X	2:26:04
12	57	Half	Jan	Stopps	0	5			01:13:27	01:13:37	X	X	2:27:04
13	61	Half	Rachel	Woolfenden	0	6			01:13:34	01:17:18	X	X	2:30:52
14	62	Half	Selina	Parsons	0	7			01:13:34	01:17:19	X	X	2:30:53
15	51	Half	James	Wainwright	1	8			01:11:00	01:24:45	X	X	2:35:45
16	23	half	Darren	Groves	1	9			01:10:39	01:26:22	X	X	2:37:01
17	45	Half	Sarah	Mann	0	8		y	01:14:39	01:23:49	X	X	2:38:28
18	48	Half	David	Sinclair	1	10	Tone Zone		01:15:00	01:23:32	X	X	2:38:32
19	50	Half	Carolyn	Till	0	9	Arunners RC		01:18:02	01:22:13	X	X	2:40:15

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20	54	Half	John	Hayes	1	11			01:19:47	01:26:59	X	X	2:46:46
21	42	Half	Tania	Carter	0	10			01:23:32	01:27:46	X	X	2:51:18
22	41	Half	Sandra	Burgess	0	11			01:25:03	01:26:40	X	X	2:51:43
23	52	Half	Amanda	Wells	0	12	Victory A C		01:18:11	01:36:15	X	X	2:54:26
24	55	Half	Danny	Northfield	1	12	Beginner 2 runners		01:10:12	01:44:14	X	X	2:54:26
25	59	Half	Wendy	Whelan	0	13			01:25:41	01:38:31	X	X	3:04:12
DNF	49	Half	Jessica	Thomson	0	dnf	Tone Zone		01:04:52	X	X	X	1:04:52
1	102	Full	Tim	Boone	1	1	Arunners RC		00:56:16	00:59:16	01:03:36	01:11:50	4:10:58
2	115	Full	Daren	Stemp	1	2	Arunners		00:58:40	01:01:06	01:14:06	01:10:22	4:24:14
3	117	Full	Megan	Lenox	0	1			00:59:45	01:06:18	01:13:19	01:12:48	4:32:10
4	116	Full	Simon	Williamson	1	3			01:16:24	01:03:26	01:08:12	01:09:37	4:37:39
5	120	Full	Tara	Taylor	0	2	Tunbridge Wells Harriers		01:17:07	01:07:36	01:07:40	01:07:14	4:39:37
6	113	Full	Andrew	Stalley	1	4	Collingwood AC		01:17:10	01:11:38	01:16:45	01:18:23	5:03:56

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7	103	Full	Janet	Cobby	0	3	100 Marathon Club		01:21:18	01:08:22	01:10:56	01:24:22	5:04:58
8	107	Full	David	Lewis	1	5	100 Marathon Club		01:21:16	01:08:25	01:10:56	01:24:23	5:05:00
9	118	Full	Ian	Stanford	1	6			01:17:18	01:07:27	01:17:02	01:31:15	5:13:02
10	109	Full	Maria	Pali	0	4	Vegan Runners UK		01:09:55	01:14:51	02:11:16	00:46:47	5:22:49
11	110	Full	Peter	Ramsdale	1	7	Tone Zone		01:17:23	01:10:56	01:25:10	01:34:33	5:28:02
12	112	Full	Jonathan	Ryan	1	8	Vegan Runners		01:14:16	01:18:25	01:26:05	01:31:33	5:30:19
13	114	Full	Dave	Standing	1	9	Arunners RC		01:38:50	01:07:43	01:18:14	01:30:08	5:34:55
14	101	Full	David	Bird	1	10	100 Marathon Club		01:22:09	01:16:08	01:29:01	01:28:04	5:35:22
15	104	Full	Anna	Finn	0	5	100 Marathon Club		01:20:01	01:23:39	01:28:57	01:26:20	5:38:57
16	108	Full	Philip	Longster	1	11	Fetch Everyone		01:17:06	01:14:26	01:30:07	01:40:35	5:42:14
17	105	Full	Louise	Garratt	0	6	Chineham park		01:24:49	01:28:25	01:30:51	01:31:13	5:55:18
DNF	119	Full	richard	daubney	1	dnf			01:17:22	01:13:41	01:22:50	dnf	dnf
1	71	Relay	Peter	Davey		1	Arunners RC		01:00:27	01:04:51	00:59:10	00:59:15	4:03:43

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2	79	Relay	Nuala	Smyth		2	4 DO 26.2 (ARUNNERS)		01:00:13	01:17:31	01:01:42	00:54:47	4:14:13
3	75	Relay	Malcolm	Sheward		3	Arruners		01:17:23	01:03:20	01:07:34	01:10:07	4:38:24
4	83	Relay	David	Thomas		4	The Fantastic Four		01:00:22	01:15:26	01:23:01	00:59:51	4:38:40

Marathon

Male
Tim Boone
Gareth Stemp

Female
Megan Lennox
Tara Taylor

Half Marathon

Male
Rowan Davies
Sam Tucknott

Female
Charlotte Gibb
Kerry Langley

10k

Male
Andy Crawford
Robin Charnock

Female
Tamara Clark
Lorraine Treadwell

Total	Lap 4 time	Lap 3 time	Lap 2 time	Lap 1 time	Cani	Team	gndr Rank	Gndr	Lname	Fname	face	Race number	Rank

Strava Hill Climb

Mark Cheeseman
Megan Lennox

Cani Cross