

Poppy 10Km
7th November 2015

| Pos | Bib | Firstname | Lastname | Gender | Gender Pos | Cat | Cat Pos | Club | Chip Time | Gun Time |
|-----|------|-----------|-------------|--------|------------|--------|---------|-------------------------|------------|------------|
| 1 | 436 | Tim | Lunnon | M | 1 | 25-29 | 1 | Crawley AC | 0:34:57.10 | 0:34:58.00 |
| 2 | 338 | Ralph | Collett | M | 2 | 30-34 | 1 | Serpentine | 0:39:04.40 | 0:39:05.60 |
| 3 | 332 | Jack | Chivers | M | 3 | 35-39 | 1 | Haywards Heath Harriers | 0:39:35.85 | 0:39:36.65 |
| 4 | 382 | Dan | Gilkes | M | 4 | 35-39 | 2 | | 0:39:41.05 | 0:39:42.05 |
| 5 | 445 | Dan | Marshman | M | 5 | 40-44 | 1 | BRT / Clapham Chasers | 0:41:36.30 | 0:41:37.30 |
| 6 | 497 | Martyn | Reynolds | M | 6 | 30-34 | 2 | BRT | 0:41:53.75 | 0:41:55.25 |
| 7 | 489 | Graham | Purdye | M | 7 | 55-59 | 1 | Hailsham Harriers | 0:41:59.00 | 0:42:00.90 |
| 8 | 333 | Edward | Chrusciel | M | 8 | Senior | 1 | | 0:42:15.20 | 0:42:18.00 |
| 9 | 484 | Ed | Plager | M | 9 | 30-34 | 3 | | 0:42:19.05 | 0:42:22.00 |
| 10 | 365 | Elizabeth | Durman | F | 1 | 30-34 | 1 | Phoenix | 0:42:41.90 | 0:42:43.15 |
| 11 | 477 | Dave | Palmer | M | 10 | 60-64 | 1 | Hastings A.C. | 0:44:33.20 | 0:44:35.30 |
| 12 | 326 | Liam | Burke | M | 11 | 20-24 | 1 | Wadhurst runners | 0:45:27.15 | 0:45:28.75 |
| 13 | 467 | Simon | Newstead | M | 12 | 30-34 | 4 | | 0:45:59.60 | 0:46:02.00 |
| 14 | 367 | Phil | Eaton | M | 13 | 40-44 | 2 | | 0:45:50.80 | 0:46:06.45 |
| 15 | 509 | Clive | Scammell | M | 14 | 50-54 | 1 | Wimbledon windmilers | 0:46:04.10 | 0:46:13.30 |
| 16 | 424 | Katie | King | F | 2 | 30-34 | 2 | PH Tri Run | 0:46:16.50 | 0:46:18.20 |
| 17 | 374 | Brendon | Fitzpatrick | M | 15 | 50-54 | 2 | | 0:46:24.45 | 0:46:29.40 |
| 18 | 330 | Chris | Castleman | M | 16 | 50-54 | 3 | Born ready runners | 0:47:17.85 | 0:47:20.20 |
| 19 | 537 | Steve | Tinson | M | 17 | 50-54 | 4 | | 0:47:23.20 | 0:47:26.00 |
| 20 | 400 | JJ | Hebson | M | 18 | 30-34 | 5 | | 0:47:10.00 | 0:47:32.20 |
| 21 | 412 | Sonia | Howat | F | 3 | 30-34 | 3 | | 0:48:38.30 | 0:48:41.15 |
| 22 | 340 | John | Connolly | M | 19 | 55-59 | 2 | Haywards Heath harriers | 0:48:37.20 | 0:48:48.55 |
| 23 | 337 | Jane | Coles | F | 4 | 50-54 | 1 | | 0:49:06.50 | 0:49:10.20 |
| 24 | 536 | Jenny | Tinson | F | 5 | 45-49 | 1 | | 0:49:07.90 | 0:49:10.25 |
| 25 | 534 | Nyree | Thomson | F | 6 | 40-44 | 1 | Hastings Runners | 0:49:22.35 | 0:49:26.00 |
| 26 | 357 | Ben | Davies | M | 20 | 25-29 | 2 | | 0:49:25.50 | 0:49:34.30 |
| 27 | 447 | Nick | Martin | M | 21 | 25-29 | 3 | | 0:49:26.40 | 0:49:46.00 |
| 28 | 492 | Zoe | Rebbeck | F | 7 | 40-44 | 2 | | 0:49:49.75 | 0:49:53.85 |
| 29 | 510 | Paul | Schroder | M | 22 | 30-34 | 6 | Harlow Running Club | 0:49:44.25 | 0:49:57.30 |
| 30 | 518 | Jordan | Sims | M | 23 | 30-34 | 7 | | 0:49:57.35 | 0:50:03.15 |
| 31 | 444 | Jo | Marshall | F | 8 | 20-24 | 1 | | 0:50:05.85 | 0:50:11.60 |
| 32 | 512 | Dale | Scowen | M | 24 | 40-44 | 3 | Hastings Runners | 0:50:25.10 | 0:50:29.45 |
| 33 | 331 | Stephen | Chester | M | 25 | 35-39 | 3 | | 0:50:24.40 | 0:50:35.85 |
| 34 | 465 | Lynda | Muggridge | F | 9 | 35-39 | 1 | Hastings Runners | 0:50:29.50 | 0:50:37.55 |
| 35 | 358 | Tom | Davies | M | 26 | 30-34 | 8 | | 0:50:30.20 | 0:50:39.35 |
| 36 | 506 | Jeremy | Roth | M | 27 | 50-54 | 5 | | 0:50:52.00 | 0:50:55.90 |
| 37 | 554 | Lucy | Wright | F | 10 | 45-49 | 2 | hailsham harriers | 0:50:55.85 | 0:50:59.25 |
| 38 | 551 | Graham | Woodward | M | 28 | 35-39 | 4 | Chichester Runners | 0:50:59.05 | 0:51:02.90 |
| 39 | 415 | Simon | Hulcoop | M | 29 | 35-39 | 5 | | 0:51:03.45 | 0:51:05.25 |
| 40 | 451 | Michael | Mcandrew | M | 30 | 40-44 | 4 | | 0:51:05.30 | 0:51:09.65 |
| 41 | 555 | Sean | Wright | M | 31 | 45-49 | 1 | | 0:51:10.15 | 0:51:13.70 |
| 42 | 425 | Anna | Kwiatkowska | F | 11 | 25-29 | 1 | Hastings ac | 0:51:29.85 | 0:51:38.45 |
| 43 | 493 | Katy | Reed | F | 12 | 30-34 | 4 | | 0:52:11.70 | 0:52:20.60 |
| 44 | 361 | Javier | Diaz | M | 32 | 60-64 | 2 | | 0:52:19.90 | 0:52:22.10 |
| 45 | 372 | Hannah | Eyre | F | 13 | 25-29 | 2 | | 0:51:55.70 | 0:52:22.25 |
| 46 | 773 | Kate | Rowinska | F | 14 | 40-44 | 3 | Arena 80 | 0 | 0:52:34.00 |
| 47 | 501 | Ian | Robertson | M | 33 | 40-44 | 5 | Chichester Runners & AC | 0:52:37.05 | 0:52:40.70 |
| 48 | 550 | Lynette | Woodward | F | 15 | 35-39 | 2 | Chichester Runners & AC | 0:52:37.05 | 0:52:41.25 |
| 49 | 434 | John | Little | M | 34 | 45-49 | 2 | Lancing Eagles | 0:52:28.60 | 0:52:46.65 |
| 50 | 494 | Natasha | Reed | F | 16 | 25-29 | 3 | | 0:52:40.20 | 0:53:00.30 |
| 51 | 524 | Wendy | Spring | F | 17 | 45-49 | 3 | Harlow Running Club | 0:52:59.70 | 0:53:13.35 |
| 52 | 371 | Caz | evans | F | 18 | 30-34 | 5 | | 0:53:02.85 | 0:53:13.45 |
| 53 | 523 | Mark | Smith | M | 35 | 30-34 | 9 | | 0:53:41.00 | 0:53:45.80 |
| 54 | 545 | Karl | Wheeler | M | 36 | 50-54 | 6 | | 0:53:51.80 | 0:54:02.80 |
| 55 | 389 | Sarah | Hallworth | F | 19 | 35-39 | 3 | | 0:53:58.00 | 0:54:13.65 |
| 56 | 405 | Mark | Hines | M | 37 | 25-29 | 4 | | 0:54:16.45 | 0:54:20.40 |
| 57 | 549 | Adam | Wilson | M | 38 | 30-34 | 10 | | 0:54:08.00 | 0:54:23.05 |
| 58 | 344 | Stephen | Cornick | M | 39 | 35-39 | 6 | | 0:54:18.40 | 0:54:25.30 |
| 59 | 394 | Beth | Hancock | F | 20 | 20-24 | 2 | | 0:54:15.50 | 0:54:37.80 |
| 60 | 437 | Janice | Machin | F | 21 | 50-54 | 2 | | 0:54:54.45 | 0:54:59.55 |
| 61 | 1559 | Joseph | Macquire | M | 40 | 30-34 | 11 | | 0 | 0:55:02.90 |
| 62 | 480 | Mary | Penfold | F | 22 | 50-54 | 3 | | 0:54:59.55 | 0:55:19.85 |
| 63 | 387 | Dave | Gunston | M | 41 | 35-39 | 7 | | 0:55:21.70 | 0:55:28.80 |
| 64 | 316 | David | Betts | M | 42 | 30-34 | 12 | | 0:55:05.35 | 0:55:29.10 |
| 65 | 426 | Tegan | Larvin | F | 23 | 25-29 | 4 | | 0:55:13.65 | 0:55:43.45 |
| 66 | 301 | Oliver | Agar | M | 43 | 30-34 | 13 | | 0:55:37.65 | 0:55:50.80 |
| 67 | 307 | Pasquale | Arvonio | M | 44 | 55-59 | 3 | | 0:55:49.30 | 0:56:01.10 |
| 68 | 319 | Natalina | Bonassera | F | 24 | 30-34 | 6 | | 0:55:44.00 | 0:56:12.55 |
| 69 | 474 | Becky | Oxendale | F | 25 | 35-39 | 4 | | 0:55:46.95 | 0:56:15.50 |
| 70 | 559 | Adam | Young | M | 45 | 40-44 | 6 | | 0:56:08.10 | 0:56:17.80 |
| 71 | 384 | Sarah | Goldsack | F | 26 | 40-44 | 4 | | 0:56:11.30 | 0:56:20.50 |
| 72 | 342 | Brian | Cope | M | 46 | 55-59 | 4 | | 0:56:21.55 | 0:56:24.80 |
| 73 | 488 | Kate | Preston | F | 27 | 30-34 | 7 | | 0:56:28.20 | 0:56:35.30 |
| 74 | 539 | Joanne | Van Heerden | F | 28 | 40-44 | 5 | | 0:56:22.20 | 0:56:42.00 |
| 75 | 341 | Suzanne | Cook | F | 29 | 40-44 | 6 | | 0:56:19.35 | 0:56:50.55 |
| 76 | 532 | Vikki | Taylor meek | F | 30 | 25-29 | 5 | | 0:56:43.95 | 0:56:51.15 |
| 77 | 460 | Graham | Mitchell | M | 47 | 55-59 | 5 | | 0:56:44.45 | 0:56:54.50 |

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| Pos | Bib | Firstname | Lastname | Gender | Gender Pos | Cat | Cat Pos | Club | Chip Time | Gun Time |
|-----|------|-----------|-----------------|--------|------------|-------|---------|--------------------------|------------|------------|
| 78 | 459 | Kate | Mitchell | F | 31 | 20-24 | 3 | | 0:56:43.70 | 0:56:54.60 |
| 79 | 377 | Rebecca | Forster Simmons | F | 32 | 30-34 | 8 | | 0:56:28.35 | 0:56:55.20 |
| 80 | 390 | Stephanie | Ham | F | 33 | 40-44 | 7 | SLGR | 0:56:44.30 | 0:56:59.80 |
| 81 | 473 | Claire | Overfield | F | 34 | 40-44 | 8 | | 0:57:21.15 | 0:57:26.90 |
| 82 | 1444 | Leanne | Howells | F | 35 | 35-39 | 5 | Rhondda Valley Runners | 0 | 0:57:28.55 |
| 83 | 318 | Adam | Bolland | M | 48 | 50-54 | 7 | Hastings Runners | 0:57:25.20 | 0:57:34.00 |
| 84 | 499 | Ray | Ringwood | M | 49 | 55-59 | 6 | Bexley Athletic Club | 0:57:25.35 | 0:57:44.05 |
| 85 | 446 | Tamson | Martin | F | 36 | 35-39 | 6 | | 0:57:24.15 | 0:57:44.60 |
| 86 | 442 | Tom | Mann | M | 50 | 20-24 | 2 | | 0:57:35.00 | 0:57:45.40 |
| 87 | 540 | Louise | Voss | F | 37 | 40-44 | 9 | | 0:57:26.50 | 0:57:53.10 |
| 88 | 398 | SARAH | HAYTER | F | 38 | 35-39 | 7 | | 0:57:59.25 | 0:58:01.90 |
| 89 | 376 | Victoria | Forster | F | 39 | 25-29 | 6 | | 0:57:35.15 | 0:58:02.30 |
| 90 | 530 | Rebecca | Taylor | F | 40 | 30-34 | 9 | | 0:57:59.60 | 0:58:02.90 |
| 91 | 456 | Caroline | Medhurst | F | 41 | 40-44 | 10 | | 0:57:56.25 | 0:58:23.10 |
| 92 | 385 | Ben | Goring | M | 51 | 35-39 | 8 | | 0:58:11.35 | 0:58:25.90 |
| 93 | 325 | Cathy | Burke | F | 42 | 0 | 1 | | 0:58:42.85 | 0:59:00.20 |
| 94 | 336 | Lauren | Coleman | F | 43 | 30-34 | 10 | | 0:58:55.60 | 0:59:00.70 |
| 95 | 472 | Stephanie | Ong | F | 44 | 25-29 | 7 | | 0:58:48.75 | 0:59:04.70 |
| 96 | 481 | Cathy | Pennock | F | 45 | 40-44 | 11 | Meads Runners | 0:58:57.15 | 0:59:06.65 |
| 97 | 360 | Natalie | Davys | F | 46 | 35-39 | 8 | Dulwich Runners | 0:59:00.40 | 0:59:10.00 |
| 98 | 441 | Susan | Mann | F | 47 | 55-59 | 1 | hastings runners | 0:59:01.45 | 0:59:11.75 |
| 99 | 349 | Sarah | Cox | F | 48 | 40-44 | 12 | | 0:59:06.55 | 0:59:14.05 |
| 100 | 514 | Daniel | Shaw | M | 52 | 35-39 | 9 | | 0:59:07.85 | 0:59:32.35 |
| 101 | 495 | Adrian | Relfe | M | 53 | 40-44 | 7 | Hastings runners | 0:59:05.25 | 0:59:34.10 |
| 102 | 302 | Madeleine | Alberts | F | 49 | 55-59 | 2 | | 0:59:34.20 | 0:59:46.15 |
| 103 | 386 | Kirsty | Gumbrell | F | 50 | 30-34 | 11 | | 0:59:21.80 | 0:59:49.55 |
| 104 | 404 | Jemima | Hilton-Berry | F | 51 | 25-29 | 8 | | 0:59:22.15 | 0:59:50.10 |
| 105 | 504 | Victoria | Robinson | F | 52 | 25-29 | 9 | | 0:59:56.20 | 1:00:10.50 |
| 106 | 517 | Victoria | Sims | F | 53 | 35-39 | 9 | | 1:00:15.60 | 1:00:20.85 |
| 107 | 352 | Hollie | Crone | F | 54 | 20-24 | 4 | | 1:00:09.55 | 1:00:34.55 |
| 108 | 513 | Nicola | Seevaraj | F | 55 | 30-34 | 12 | Brighton & Hove Women RC | 1:00:34.30 | 1:00:39.30 |
| 109 | 379 | Jo | French | F | 56 | 50-54 | 4 | Hastings Runners | 1:00:33.45 | 1:00:43.75 |
| 110 | 543 | Emma | Watkins | F | 57 | 25-29 | 10 | | 1:00:47.80 | 1:00:58.70 |
| 111 | 323 | Occles | Brown | M | 54 | 55-59 | 7 | Bexley AC | 1:00:52.20 | 1:01:10.50 |
| 112 | 343 | Kathleen | Cornell | F | 58 | 35-39 | 10 | Mels Milers | 1:01:39.95 | 1:01:47.40 |
| 113 | 438 | Elizabeth | Maddams | F | 59 | 40-44 | 13 | | 1:01:20.25 | 1:01:49.00 |
| 114 | 553 | Claire | Woolford | F | 60 | 35-39 | 11 | | 1:01:59.20 | 1:02:05.70 |
| 115 | 462 | Mick | Montgomery | M | 55 | 60-64 | 3 | | 1:02:14.45 | 1:02:17.70 |
| 116 | 375 | Lianne | Foreman | F | 61 | 40-44 | 14 | | 1:02:10.75 | 1:02:21.05 |
| 117 | 466 | Hannah | Mullane | F | 62 | 30-34 | 13 | Hailsham Harriers | 1:02:11.60 | 1:02:26.10 |
| 118 | 402 | Verity | Hemsley | F | 63 | 30-34 | 14 | | 1:02:11.15 | 1:02:37.50 |
| 119 | 419 | Rachael | Inns | F | 64 | 30-34 | 15 | | 1:02:27.10 | 1:02:37.90 |
| 120 | 432 | Penelope | Lewis | F | 65 | 35-39 | 12 | | 1:02:46.05 | 1:03:08.65 |
| 121 | 351 | Karen | Crewe | F | 66 | 55-59 | 3 | Wimbledon windmilers | 1:02:45.45 | 1:03:09.25 |
| 122 | 461 | Teresa | Mitchell | F | 67 | 45-49 | 4 | | 1:02:58.80 | 1:03:18.70 |
| 123 | 348 | LORNA | COTTER | F | 68 | 45-49 | 5 | BRT | 1:02:59.15 | 1:03:24.30 |
| 124 | 435 | Natalia | Lodej | F | 69 | 25-29 | 11 | | 1:03:42.15 | 1:03:54.90 |
| 125 | 500 | Vicky | Ringwood | F | 70 | 45-49 | 6 | Bexley Athletic Club | 1:03:41.00 | 1:03:59.75 |
| 126 | 535 | Helen | Tickner | F | 71 | 45-49 | 7 | | 1:03:57.30 | 1:04:04.30 |
| 127 | 411 | Neil | Hosie | M | 56 | 60-64 | 4 | | 1:04:05.65 | 1:04:17.90 |
| 128 | 427 | Tracy | Latham | F | 72 | 30-34 | 16 | Bodyshock fitness | 1:04:30.80 | 1:04:40.25 |
| 129 | 538 | Debbie | Tyler | F | 73 | 55-59 | 4 | | 1:04:44.90 | 1:05:04.90 |
| 130 | 395 | Jess | Hancock | F | 74 | 25-29 | 12 | | 1:05:04.25 | 1:05:26.85 |
| 131 | 485 | Jamie | Powell | M | 57 | 35-39 | 10 | | 1:05:14.50 | 1:05:40.40 |
| 132 | 531 | James | Taylor | M | 58 | 30-34 | 14 | | 1:05:41.10 | 1:05:50.85 |
| 133 | 414 | Julie | Hudson | F | 75 | 50-54 | 5 | | 1:05:40.35 | 1:05:54.00 |
| 134 | 464 | Cliff. | Moule | M | 59 | 50-54 | 8 | | 0 | 1:06:23.75 |
| 135 | 519 | Karen | Skinner | F | 76 | 35-39 | 13 | | 1:06:16.40 | 1:06:30.20 |
| 136 | 429 | Rohan | Lee | M | 60 | 30-34 | 15 | | 1:06:16.10 | 1:06:30.40 |
| 137 | 378 | Ruth | Frais | F | 77 | 40-44 | 15 | | 1:06:15.55 | 1:06:40.70 |
| 138 | 339 | Michelle | Connell | F | 78 | 50-54 | 6 | N/A | 1:06:46.85 | 1:07:14.45 |
| 139 | 364 | Jill | Duckett | F | 79 | 40-44 | 16 | | 1:06:50.55 | 1:07:16.15 |
| 140 | 525 | Vicky | Squire | F | 80 | 20-24 | 5 | | 1:06:41.55 | 1:07:16.35 |
| 141 | 420 | David | Jones | M | 61 | 20-24 | 3 | | 1:06:41.40 | 1:07:16.45 |
| 142 | 313 | David | Bedwell | M | 62 | 45-49 | 3 | | 1:06:54.40 | 1:07:17.60 |
| 143 | 452 | Hannah | Mckinley | F | 81 | 25-29 | 13 | So Let's Go Running | 1:07:09.15 | 1:07:25.50 |
| 144 | 455 | Avril | Mcnamara | F | 82 | 45-49 | 8 | | 1:07:12.15 | 1:07:27.20 |
| 145 | 304 | Gillian | Allam | F | 83 | 35-39 | 14 | | 1:07:12.45 | 1:07:36.05 |
| 146 | 498 | Vanessa | Richards | F | 84 | 25-29 | 14 | | 1:07:21.15 | 1:07:51.60 |
| 147 | 388 | Andrea | Hall | F | 85 | 30-34 | 17 | | 1:07:28.35 | 1:07:53.10 |
| 148 | 433 | Wayne | Liddle | M | 63 | 30-34 | 16 | | 1:07:55.85 | 1:08:18.85 |
| 149 | 478 | Sara | Parham | F | 86 | 35-39 | 15 | | 1:08:18.70 | 1:08:31.00 |
| 150 | 373 | Laura | Ferguson | F | 87 | 35-39 | 16 | | 1:08:07.45 | 1:08:40.30 |
| 151 | 417 | Gemma | Hyjek | F | 88 | 30-34 | 18 | | 1:08:07.95 | 1:08:40.35 |
| 152 | 418 | Tomasz | Hyjek | M | 64 | 25-29 | 5 | | 1:08:07.00 | 1:08:41.15 |
| 153 | 303 | Dave | Alberts | M | 65 | 55-59 | 8 | | 1:08:32.50 | 1:08:44.55 |
| 154 | 370 | Sian | Evans | F | 89 | 45-49 | 9 | | 1:08:36.75 | 1:08:51.90 |

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| Pos | Bib | Firstname | Lastname | Gender | Gender Pos | Cat | Cat Pos | Club | Chip Time | Gun Time |
|-----|-----|-------------|------------|--------|------------|--------|---------|-----------------------------|------------|------------|
| 155 | 522 | Gemma | Smith | F | 90 | 30-34 | 19 | | 1:08:27.70 | 1:08:55.45 |
| 156 | 486 | Denise | Power | F | 91 | 40-44 | 17 | | 1:09:10.90 | 1:09:20.70 |
| 157 | 32 | Hazel | Austin | F | 92 | 35-39 | 17 | Lancing Eagles | 0 | 1:09:34.80 |
| 158 | 458 | Shane | Millar | M | 66 | 30-34 | 17 | | 1:09:35.10 | 1:09:53.20 |
| 159 | 310 | Michelle | Baker | F | 93 | 40-44 | 18 | | 1:09:40.30 | 1:09:54.25 |
| 160 | 552 | Liz | Woolf | F | 94 | 40-44 | 19 | | 1:09:49.20 | 1:09:57.70 |
| 161 | 508 | Brea | Sargent | F | 95 | 25-29 | 15 | | 1:09:54.85 | 1:10:12.25 |
| 162 | 449 | Sara | Mayes | F | 96 | 55-59 | 5 | | 1:09:55.10 | 1:10:25.25 |
| 163 | 315 | Vivian | Bennett | F | 97 | 30-34 | 20 | | 1:10:18.85 | 1:10:27.05 |
| 164 | 403 | Sian | Heyburn | F | 98 | Senior | 1 | | 1:10:20.40 | 1:10:33.80 |
| 165 | 430 | Lisa | Leonard | F | 99 | 30-34 | 21 | | 1:10:59.70 | 1:11:17.25 |
| 166 | 401 | Sam | Hedges | F | 100 | 40-44 | 20 | | 1:11:00.05 | 1:11:17.30 |
| 167 | 392 | Elizabeth | Hamilton | F | 101 | 60-64 | 1 | | 1:11:09.25 | 1:11:24.30 |
| 168 | 368 | Jean | England | F | 102 | 40-44 | 21 | | 1:11:34.05 | 1:12:05.15 |
| 169 | 505 | Victoria | Rose | F | 103 | 35-39 | 18 | Dagenham 88 runners | 1:11:57.85 | 1:12:13.80 |
| 170 | 393 | David | Hammond | M | 67 | 35-39 | 11 | Seaford Striders | 1:11:53.05 | 1:12:17.10 |
| 171 | 314 | Julie | Beerling | F | 104 | 50-54 | 7 | Hastings runners | 1:11:48.30 | 1:12:18.60 |
| 172 | 327 | Martin | Burke | M | 68 | 0 | 1 | | 1:12:22.55 | 1:12:41.65 |
| 173 | 350 | Michelle | Cramp | F | 105 | 30-34 | 22 | Born Ready Runners | 1:12:39.30 | 1:13:00.20 |
| 174 | 381 | Rhys | Gibbon | M | 69 | 30-34 | 18 | Bodyshock fitness | 1:12:32.00 | 1:13:01.30 |
| 175 | 482 | Carol | Penny | F | 106 | 50-54 | 8 | SLGR | 1:12:45.15 | 1:13:02.30 |
| 176 | 311 | Emma | Baldwin | F | 107 | 30-34 | 23 | Bodyshock fitness | 1:12:39.50 | 1:13:08.80 |
| 177 | 546 | Erika | wheeler | F | 108 | 35-39 | 19 | | 1:12:57.00 | 1:13:14.75 |
| 178 | 457 | Natalie | Millar | F | 109 | 30-34 | 24 | | 1:12:57.00 | 1:13:14.85 |
| 179 | 383 | David | Godward | M | 70 | 30-34 | 19 | | 1:12:58.50 | 1:13:21.50 |
| 180 | 421 | Kay | Kapsalis | F | 110 | 50-54 | 9 | SLGR | 1:13:07.60 | 1:13:24.25 |
| 181 | 487 | Mel | Preston | F | 111 | 45-49 | 10 | slgr | 1:13:08.20 | 1:13:24.45 |
| 182 | 317 | Emma | Birks | F | 112 | 40-44 | 22 | Wadhurst Runner | 1:13:07.40 | 1:13:38.30 |
| 183 | 366 | Fiona | Eastes | F | 113 | 25-29 | 16 | | 1:13:37.65 | 1:13:42.15 |
| 184 | 886 | Paul | Teague | M | 71 | 55-59 | 9 | Road Runners | 0 | 1:13:43.05 |
| 185 | 454 | Tom | Mcleish | M | 72 | 40-44 | 8 | | 1:14:14.00 | 1:14:22.60 |
| 186 | 491 | Lawrence | Raj | M | 73 | 30-34 | 20 | | 1:14:48.95 | 1:15:03.35 |
| 187 | 321 | Kelly | Breen | F | 114 | 35-39 | 20 | | 1:15:55.30 | 1:16:09.55 |
| 188 | 423 | Ruth | Kennedy | F | 115 | 30-34 | 25 | | 1:16:14.25 | 1:16:29.90 |
| 189 | 422 | Danielle | Keane | F | 116 | 35-39 | 21 | | 1:16:54.20 | 1:17:15.80 |
| 190 | 541 | Liz | Walisko | F | 117 | 35-39 | 22 | | 1:17:21.05 | 1:17:37.75 |
| 191 | 284 | Anne | Duggan | F | 118 | 45-49 | 11 | Dagenham 88 runners | 0 | 1:17:44.20 |
| 192 | 468 | Mary | O'Connor | F | 119 | 45-49 | 12 | Dagenham 88 runners | 1:17:38.30 | 1:17:44.90 |
| 193 | 347 | Cheryl | Costello | F | 120 | 45-49 | 13 | Brighton & hove women's RC | 1:17:32.90 | 1:17:47.95 |
| 194 | 507 | Janet | Russell | F | 121 | 65+ | 1 | | 1:17:41.50 | 1:18:03.20 |
| 195 | 397 | DOUGLAS | HAY | M | 74 | 45-49 | 4 | Redhill District Royal Mail | 1:19:15.40 | 1:19:47.50 |
| 196 | 353 | Euan | Crooks | M | 75 | 30-34 | 21 | | 1:19:45.85 | 1:20:05.25 |
| 197 | 391 | Heather | Hambrook | F | 122 | 55-59 | 6 | | 1:21:26.25 | 1:21:43.05 |
| 198 | 511 | Liz | Scotney | F | 123 | 35-39 | 23 | | 1:22:00.90 | 1:22:07.50 |
| 199 | 306 | Tracey | Armstrong | F | 124 | 50-54 | 10 | | 1:27:05.35 | 1:27:18.70 |
| 200 | 548 | Pompea | Whittaker | F | 125 | 45-49 | 14 | | 1:26:51.10 | 1:27:24.75 |
| 201 | 453 | Lorraine | McLaughlin | F | 126 | 50-54 | 11 | | 1:26:51.40 | 1:27:24.90 |
| 202 | 354 | Christopher | Crossley | M | 76 | 65+ | 1 | | 1:28:59.75 | 1:29:24.75 |
| 203 | 399 | Jacqueline | Hazelton | F | 127 | 55-59 | 7 | | 1:31:39.65 | 1:31:58.75 |
| 204 | 450 | Andrea | Maynard | F | 128 | 55-59 | 8 | Portsmouth Joggers | 1:33:11.50 | 1:33:20.30 |
| 205 | 558 | Nikki | Young | F | 129 | 45-49 | 15 | eastbourne rovers ac | 1:39:02.40 | 1:39:16.45 |