

Arundel Castle 10k Run, West Sussex

Arundel Castle 10k Run, West Sussex 24th August 2025

RESULTS

Results: UKtimers.net & UKresults.net

Pos	Name	Cat	Cat/Pos	Club	ChipTime	GunTime	Pos	Name	Cat	Cat/Pos	Club	ChipTime	GunTime
1	Joshua Bath	MS	1/65	[Unatt]	00:37:01	00:37:01	101	Andrew G.V. Statham	M60	6/32	MidhurstMi	00:54:57	00:55:01
2	Harry Standing	MS	2/65	[Unatt]	00:37:09	00:37:14	102	James Harmon	M50	17/44	RunAcademy	00:54:32	00:55:05
3	Cameron Hutton	MS	3/65	[Unatt]	00:37:33	00:37:34	103	Michelle Goldstein	F35	6/40	[Unatt]	00:54:24	00:55:08
4	David Lewis	MS	4/65	Chichester	00:40:39	00:40:42	104	Norman Scott	M50	18/44	[Unatt]	00:54:21	00:55:10
5	Herbie Hopkins	M40	1/42	GardenCity	00:40:50	00:40:53	105	Martin Richardson	M40	26/42	[Unatt]	00:54:48	00:55:17
6	Dan Gritton	M50	1/44	[Unatt]	00:41:06	00:41:08	106	Charles Bowley	M50	19/44	[Unatt]	00:54:53	00:55:20
7	Matthew Francis	M40	2/42	[Unatt]	00:41:20	00:41:21	107	Andy Knight	M60	7/32	HastingsRn	00:54:58	00:55:24
8	Mark Mellish	M50	2/44	RunAcademy	00:42:17	00:42:18	108	Victoria Gardias	FS	11/45	[Unatt]	00:54:33	00:55:26
9	Marc Flinders	M40	3/42	TuffFittyT	00:42:22	00:42:24	109	Phillipa Gill	FS	12/45	[Unatt]	00:54:56	00:55:28
10	Jack Stroulger	MS	5/65	Stubbingtn	00:42:45	00:42:48	110	Scott Moulding	M40	27/42	[Unatt]	00:54:43	00:55:41
11	Austin Warren	M50	3/44	[Unatt]	00:42:59	00:43:05	111	Samuel Lay	MS	32/65	[Unatt]	00:54:00	00:55:47
12	Richard Bailey	MS	6/65	Fareham RC	00:43:16	00:43:17	112	Vincent Collier	M40	28/42	[Unatt]	00:55:21	00:55:48
13	Lucie Bourne	FS	1/45	BrightonRv	00:43:23	00:43:30	113	Neil Burling	M50	20/44	[Unatt]	00:55:46	00:55:53
14	Michael Kwoka	MS	7/65	Chichester	00:43:41	00:43:41	114	Annabel Cowley	F45	6/44	[Unatt]	00:55:25	00:55:57
15	Richard Shlovogt	M40	4/42	[Unatt]	00:43:46	00:43:50	115	Mark Sole	M50	21/44	[Unatt]	00:55:10	00:56:04
16	Tom Knight	MS	8/65	[Unatt]	00:43:59	00:44:07	116	Charlie Packham	MS	33/65	[Unatt]	00:55:17	00:56:07
17	Mark Ramage	M40	5/42	SteyningAC	00:43:47	00:44:11	117	Mark Burleton	M60	8/32	MidhurstMi	00:56:04	00:56:20
18	Paul Mulcahy	M40	6/42	[Unatt]	00:44:16	00:44:35	118	Quentin Davies	M50	22/44	[Unatt]	00:55:35	00:56:23
19	Will Mytum	MS	9/65	[Unatt]	00:44:43	00:44:48	119	Oriana Lees	FS	13/45	[Unatt]	00:55:59	00:56:25
20	Abi Clark	FS	2/45	TuffFittyT	00:44:45	00:44:51	120	Chris Lee	M60	9/32	[Unatt]	00:55:29	00:56:28
21	Stuart Harvey	MS	10/65	TuffFittyT	00:44:51	00:44:58	121	Kelly Mulcahy	F35	7/40	[Unatt]	00:56:17	00:56:38
22	Letitia McMullan	FS	3/45	[Unatt]	00:45:02	00:45:09	122	Tanya Boardman	F45	7/44	HorshamJog	00:56:19	00:56:49
23	Jessica Carter	FS	4/45	[Unatt]	00:45:29	00:45:31	123	Paul Reeve	M60	10/32	[Unatt]	00:56:27	00:56:59
24	Peter Wattle	MS	11/65	DidcotRunn	00:45:30	00:45:32	124	Josey Faggetter	F55	3/37	BognorTone	00:56:44	00:57:02
25	Steven Orr	M40	7/42	[Unatt]	00:45:17	00:45:34	125	Sam Atterbury	MS	34/65	[Unatt]	00:56:13	00:57:03
26	Stephen Fryer	M50	4/44	TuffFittyT	00:45:27	00:45:34	126	Chris Watt	M60	11/32	[Unatt]	00:56:20	00:57:04
27	Simon Thistlethwaite	M50	5/44	TuffFittyT	00:45:36	00:45:37	127	Jade Bailey	F35	8/40	[Unatt]	00:56:40	00:57:08
28	Tom Reeves	MS	12/65	[Unatt]	00:45:30	00:45:44	128	Aaron Thomas	MS	35/65	[Unatt]	00:56:59	00:57:12
29	Rocky Shergold	MS	13/65	[Unatt]	00:45:58	00:45:59	129	Christian Cowley	M50	23/44	[Unatt]	00:56:53	00:57:26
30	Lee Pendlebury	M40	8/42	[Unatt]	00:46:00	00:46:05	130	Peter Ramsdale	M60	12/32	[Unatt]	00:57:07	00:57:32
31	Fay Cripps	F45	1/44	Chichester	00:46:17	00:46:23	131	Emma Conway O'Brien	F35	9/40	[Unatt]	00:55:53	00:57:36
32	Tom Gwilliam	MS	14/65	[Unatt]	00:46:19	00:46:29	132	Dannii Cook	FS	14/45	[Unatt]	00:56:00	00:57:38
33	Gareth Sear	M50	6/44	HorshamJog	00:46:33	00:46:41	133	Annabel Caplin	FS	15/45	[Unatt]	00:56:05	00:57:43
34	Richard Miles	M60	1/32	[Unatt]	00:46:33	00:46:42	134	Thomas Martens	M60	13/32	[Unatt]	00:57:24	00:57:46
35	Jan Franke	M40	9/42	[Unatt]	00:46:38	00:46:52	135	Darren King	M50	24/44	[Unatt]	00:56:56	00:57:51
36	Stephen Parkinson	M40	10/42	Levenshulm	00:45:22	00:46:57	136	Jo Cripps	F35	10/40	[Unatt]	00:56:25	00:57:57
37	Jaime Reed	M40	11/42	[Unatt]	00:46:53	00:46:59	137	David McManus	M50	25/44	BognorTone	00:57:36	00:58:04
38	Solene Declas	FS	5/45	Arundel RC	00:46:54	00:47:06	138	Meika Hendriksen	F35	11/40	[Unatt]	00:56:45	00:58:05
39	Cameron Smith	MS	15/65	[Unatt]	00:46:20	00:47:35	139	Samantha Decourcy	F35	12/40	[Unatt]	00:57:41	00:58:08
40	Lee Craven	M40	12/42	[Unatt]	00:47:20	00:47:37	140	Trish Clifford	F55	4/37	MidhurstMi	00:58:06	00:58:10
41	Dan Wheele	MS	16/65	WorthingSt	00:47:45	00:47:59	141	Sam Bartholomew	MS	36/65	[Unatt]	00:57:37	00:58:13
42	E Lillywhite Iredale	F35	1/40	MidhurstMi	00:47:58	00:47:59	142	Eric Lawson	M60	14/32	A545 RC	00:57:51	00:58:15
43	Andy Cohen	M40	13/42	[Unatt]	00:48:08	00:48:11	143	Fiona Thomas	F65	1/14	DorkingMol	00:57:45	00:58:17
44	Peter Roper	M50	7/44	[Unatt]	00:47:40	00:48:19	144	Joe Jones	MS	37/65	[Unatt]	00:57:58	00:58:21
45	Colin Moore	M40	14/42	[Unatt]	00:48:19	00:48:23	145	Collette Allen	FS	16/45	[Unatt]	00:57:22	00:58:28
46	Caroline Whelan	F45	2/44	DorkingMol	00:48:15	00:48:23	146	Luke Massey	MS	38/65	[Unatt]	00:57:12	00:58:29
47	John McDonald	M40	15/42	[Unatt]	00:48:14	00:48:29	147	Stewart Mackman	M60	15/32	HorshamBSH	00:57:35	00:58:32
48	Robert Searle	M50	8/44	[Unatt]	00:48:24	00:48:44	148	Grace Rose	FS	17/45	[Unatt]	00:58:20	00:58:36
49	Anne Kari Enes	F55	1/37	[Unatt]	00:48:41	00:48:51	149	Garry Gaskin	M60	16/32	BognorTone	00:58:25	00:58:45
50	Matt Maltby	MS	17/65	[Unatt]	00:48:54	00:49:06	150	Michael Mehta	M60	17/32	[Unatt]	00:58:06	00:58:47
51	Jabbar Boukhris	M40	16/42	[Unatt]	00:49:03	00:49:16	151	Robert Mears	MS	39/65	[Unatt]	00:58:21	00:59:08
52	Simon Yates	MS	18/65	[Unatt]	00:48:30	00:49:24	152	Lindsay Watt	F45	8/44	[Unatt]	00:58:40	00:59:08
53	Amanda Parkes	FS	6/45	[Unatt]	00:49:07	00:49:32	153	Callum Kalbfell	MS	40/65	TuffFittyT	00:57:23	00:59:09
54	Neil Strachan	M60	2/32	MidhurstMi	00:49:38	00:49:47	154	Robert Hedges	MS	41/65	[Unatt]	00:58:47	00:59:10
55	John Francis	M40	17/42	[Unatt]	00:49:57	00:49:58	155	Kate Ward	F45	9/44	[Unatt]	00:58:26	00:59:11
56	Jonathan Crockett	MS	19/65	[Unatt]	00:49:43	00:50:09	156	Imogen Southgate	FS	18/45	Regis RR	00:58:28	00:59:25
57	Mike Howard	M50	9/44	100 HJ	00:49:54	00:50:15	157	Jack Orange	MS	42/65	[Unatt]	00:58:44	00:59:27
58	Ellen Nicholas	FS	7/45	[Unatt]	00:50:26	00:50:36	158	Richard Waddup	M60	18/32	[Unatt]	00:59:17	00:59:43
59	Chris Scanlon	M40	18/42	[Unatt]	00:50:33	00:50:38	159	Julia McIntyre	F55	5/37	[Unatt]	00:59:29	00:59:45
60	Katie Young	F55	2/37	TuffFittyT	00:50:34	00:50:42	160	Dean Gower	M50	26/44	[Unatt]	00:59:38	00:59:48
61	Susan Cooper	F45	3/44	ArunnersRC	00:50:24	00:50:45	161	Stuart Thomson	M60	19/32	BognorTone	00:59:25	00:59:49
62	Luke Barker	MS	20/65	[Unatt]	00:50:54	00:51:06	162	Jimmy Carter	M60	20/32	[Unatt]	00:59:05	00:59:54
63	Alan Heath	M60	3/32	[Unatt]	00:50:52	00:51:09	163	Dee Thomas	F35	13/40	[Unatt]	00:58:29	01:00:07
64	Maggie Smith	F45	4/44	[Unatt]	00:51:19	00:51:30	164	Ben Tapp	M40	29/42	GrandadsPS	00:58:43	01:00:10
65	Zoe Stephens	FS	8/45	[Unatt]	00:50:54	00:51:31	165	Charlie Mason	MS	43/65	[Unatt]	00:59:43	01:00:12
66	Ian Craig	M40	19/42	[Unatt]	00:51:22	00:51:32	166	Clare Worgan	F35	14/40	[Unatt]	00:59:23	01:00:18
67	Hannah Brazier	FS	9/45	[Unatt]	00:51:00	00:51:37	167	Isabella Kwiatkowska	F45	10/44	MidhurstMi	01:00:14	01:00:19
68	Henry Searle	MS	21/65	[Unatt]	00:51:46	00:52:06	168	Megan Aspell	FS	19/45	[Unatt]	00:59:36	01:00:23
69	Christopher Gent	M40	20/42	DickVanDyk	00:51:59	00:52:13	169	Emilia Robinson	F55	6/37	MidhurstMi	01:00:32	01:00:38
70	David Durrant	M70	1/5	BognorTone	00:52:16	00:52:34	170	Lloyd Ritchie	MS	44/65	[Unatt]	00:59:54	01:01:07
71	Tony Kershaw	M60	4/32	[Unatt]	00:52:24	00:52:38	171	Andrew Buchan	M50	27/44	[Unatt]	00:59:26	01:01:08
72	Rob McCorquodale	M40	21/42	[Unatt]	00:51:09	00:52:40	172	Grant Ritchie	M50	28/44	[Unatt]	00:59:55	01:01:08
73	Rod McMullan	M60	5/32	[Unatt]	00:52:33	00:52:41	173	Geoff Davidson	M40	30/42	DorkingMol	01:00:10	01:01:08
74	Josh Cassidy-Rice	MS	22/65	[Unatt]	00:51:58	00:52:46	174	Mackenzie Gorfin	MS	45/65	[Unatt]	01:00:49	01:01:12
75	Graham Wells	M50	10/44	[Unatt]	00:52:30	00:52:50	175	Joanna Burns	F35	15/40	[Unatt]	01:00:53	01:01:22
76	Billy Wraight	MS	23/65	[Unatt]	00:52:18	00:52:54	176	Elaine Cruttenden	F45	11/44	Chichester	00:59:40	01:01:31
77	Nidhin Laji	MS	24/65	[Unatt]	00:52:51	00:53:07	177	Richard Jende	M40	31/42	[Unatt]	01:00:35	01:01:34
78	Joanne Hunt	F35	2/40	[Unatt]	00:52:19	00:53:08	178	Paul Edmunds	MS	46/65	[Unatt]	01:01:02	01:01:39
79	Richard Guest	M50	11/44	[Unatt]	00:52:56	00:53:16	179	Dean Thompson	M40	32/42	[Unatt]	01:00:47	01:01:40
80	Peter Drake	M50	12/44	[Unatt]	00:52:56	00:53:21	180	Richard Arnell-Smith	MS	47/65	[Unatt]	00:59:51	01:01:41
81	J Sinclair	M40	22/42	[Unatt]	00:52:36	00:53:26	181	Mark Brooks	M40	33/42	[Unatt]	01:00:07	01:01:42
82	Eli Amoo	MS	25/65	[Unatt]	00:53:21	00:53:28	182	Sandy Staples	F55	7/37	RunAcademy	01:01:10	01:01:43
83	Sam Jones	MS	26/65	[Unatt]	00:53:09	00:53:31	183	Jodie Davidson	F45	12/44	DorkingMol	01:00:54	01:01:54
84	Hazel Tuppen	F35	3/40	TuffFittyT	00:53:25	00:53:32	184	Amelia Joy	F55	8/37	[Unatt]	01:01:41	01:01:57
85	Tanya Shlovogt	F35	4/40	[Unatt]	00:53:18	00:53:42	185	Karen Campbell	F45	13/44	[Unatt]	01:01:33	01:02:17
86	Becky Yates	F35	5/40	WorthingSt	00:53:33	00:53:47	186	Philip Glanville	M40	34/42	[Unatt]	01:00:47	01:02:23
87	Cameron Lambourne	MS	27/65	WorthingSt	00:53:34	00:53:47	187	Will King	M50	29/44	TuffFittyT	01:01:03	01:02:25
88	Seb Foster	M40	23/42	[Unatt]	00:53:05	00:53:48	188	Andrew Miles	M60	21/32	[Unatt]	01:01:47	01:02:25
89	David Elphick	M50	13/44	[Unatt]	00:53:26	00:53:57	189	Jessica Coombes	FS	20/45	TuffFittyT	01:00:44	01:0

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Pos	Name	Cat	Cat/Pos	Club	ChipTime	GunTime	Pos	Name	Cat	Cat/Pos	Club	ChipTime	GunTime	Pos	Name
201	Lisa Slight	F45	14/44	[Unatt]	01:04:02	01:04:19	285	Kerry Stewart	FS	30/45	[Unatt]	01:11:12	01:12:03		
202	Jo Cummings	F55	9/37	RunAcademy	01:03:50	01:04:24	286	Yian Solomon	F65	3/14	LancingEag	01:11:33	01:12:04		
203	Sarah Hamilton	F55	10/37	[Unatt]	01:03:53	01:04:32	287	Lisa Piper	F55	22/37	[Unatt]	01:10:27	01:12:08		
204	Benjamin Reid	MS	50/65	[Unatt]	01:03:37	01:04:35	288	Rob Sked	M40	40/42	[Unatt]	01:10:50	01:12:11		
205	Robert Cox	MS	51/65	[Unatt]	01:04:00	01:04:44	289	Gracie Bedson	FS	31/45	[Unatt]	01:10:46	01:12:29		
206	Debbie Austin	F35	19/40	[Unatt]	01:03:03	01:04:47	290	Louise Ball	F45	27/44	[Unatt]	01:11:27	01:12:32		
207	S. Bennett-James	FS	23/45	[Unatt]	01:03:05	01:04:49	291	Phoebe Clifford	FS	32/45	[Unatt]	01:11:32	01:12:38		
208	David Grant	M50	32/44	[Unatt]	01:03:50	01:05:00	292	Lucie Armstrong	F45	28/44	[Unatt]	01:12:33	01:12:42		
209	Danny Stenning-West	M40	36/42	[Unatt]	01:03:09	01:05:02	293	Katie Greenhalf	F35	34/40	[Unatt]	01:12:30	01:12:43		
210	Dylan Foster	M40	37/42	[Unatt]	01:03:56	01:05:09	294	Sheena Reeve	F55	23/37	DorkingMol	01:11:46	01:12:48		
211	Becky Hughes	F35	20/40	[Unatt]	01:04:09	01:05:13	295	Sandra Humphrey	F55	24/37	SheetStrid	01:12:19	01:12:54		
212	Corin Francis	MS	52/65	[Unatt]	01:04:02	01:05:14	296	Richard Bayley	M40	41/42	Run Verity	01:11:55	01:12:56		
213	Stuart White	M50	33/44	[Unatt]	01:04:41	01:05:15	297	Mark Macdonald	M50	40/44	[Unatt]	01:12:01	01:13:15		
214	Ben Walsh	M60	23/32	PortsladeH	01:03:30	01:05:16	298	Sian Anderson	FS	33/45	WorthingSt	01:12:33	01:13:24		
215	Thomas Bond	MS	53/65	[Unatt]	01:04:13	01:05:25	299	Matthew Pearce	MS	62/65	[Unatt]	01:11:57	01:13:25		
216	Holly Leong	F35	21/40	[Unatt]	01:04:42	01:05:26	300	Hollie Nairn	FS	34/45	HoveHornet	01:12:49	01:13:26		
217	Sandra Lobato	F35	22/40	[Unatt]	01:04:49	01:05:27	301	Chris Lees	M50	41/44	[Unatt]	01:12:30	01:13:34		
218	Sue Harms-ton-Essex	F45	15/44	RunAcademy	01:04:56	01:05:31	302	Tracey Steer	F45	29/44	BognorTone	01:13:03	01:13:41		
219	Emma Ellis	FS	24/45	[Unatt]	01:04:23	01:05:43	303	Vicky Wilson	F55	25/37	[Unatt]	01:12:18	01:13:57		
220	Sarah Rose	F55	11/37	[Unatt]	01:04:35	01:05:51	304	Jenni Price	FS	35/45	[Unatt]	01:13:13	01:13:59		
221	Matt Campbell	M50	34/44	[Unatt]	01:03:46	01:06:02	305	Sarah Wade	F55	26/37	SheetStrid	01:13:28	01:14:03		
222	Jess Gormley	F35	23/40	[Unatt]	01:05:33	01:06:05	306	Pippa Pinn	F55	27/37	RunAcademy	01:13:36	01:14:06		
223	Martyn Haddock	M50	35/44	[Unatt]	01:04:51	01:06:07	307	Abbey Watson	FS	36/45	[Unatt]	01:12:51	01:14:15		
224	Claire Ticehurst	F45	16/44	[Unatt]	01:05:00	01:06:08	308	Thomas Farrar	MS	63/65	[Unatt]	01:12:49	01:14:16		
225	Heather Parton	F35	24/40	[Unatt]	01:05:48	01:06:10	309	Sharron Parker	F65	4/14	[Unatt]	01:13:50	01:14:24		
226	Thomas Ratcliffe	MS	54/65	[Unatt]	01:05:55	01:06:16	310	Simon Saxton	M50	42/44	BognorTone	01:14:06	01:14:47		
227	Carys Ratcliffe	FS	25/45	[Unatt]	01:05:54	01:06:16	311	Kiley Steer	M50	43/44	BognorTone	01:14:08	01:14:48		
228	Carol Aylward	F45	17/44	[Unatt]	01:05:31	01:06:40	312	Maz Hall	F45	30/44	[Unatt]	01:13:20	01:14:49		
229	Joanne Glossop	F55	12/37	[Unatt]	01:04:53	01:06:41	313	Julie Winchester	F45	31/44	WorthingSt	01:14:15	01:14:52		
230	Guy Hodgson	M50	36/44	BognorTone	01:05:22	01:06:49	314	Helen Foord	F45	32/44	[Unatt]	01:13:48	01:14:53		
231	Katie Hall	F35	25/40	Portsmouth	01:06:00	01:06:55	315	Samantha Hinshelwood	F45	33/44	[Unatt]	01:14:01	01:15:03		
232	Gaynor Penn	F45	18/44	[Unatt]	01:06:01	01:07:01	316	Tony Cullen	M70	5/5	[Unatt]	01:14:01	01:15:03		
233	Hannah Anderson	F35	26/40	WorthingSt	01:06:15	01:07:06	317	Emma Francis	F35	35/40	[Unatt]	01:13:50	01:15:12		
234	Warrell Harries	M60	24/32	[Unatt]	01:05:38	01:07:12	318	Carol Stanbridge	F65	5/14	RunAcademy	01:14:51	01:15:26		
235	Samuel Mahe	MS	55/65	TuffFittyT	01:06:39	01:07:33	319	Kelly Parkhouse	F45	34/44	[Unatt]	01:13:49	01:15:29		
236	Daisy Robinson	FS	26/45	Chichester	01:06:06	01:07:38	320	Laura Dowsell	F45	35/44	[Unatt]	01:13:59	01:15:29		
237	Michael Portsmouth	MS	56/65	[Unatt]	01:06:07	01:07:40	321	Amy Davies	FS	37/45	[Unatt]	01:14:19	01:15:38		
238	Karen Griffiths	F55	13/37	[Unatt]	01:07:06	01:07:47	322	Jane Bryant	F55	28/37	[Unatt]	01:14:29	01:15:44		
239	Karen Walsh	F55	14/37	[Unatt]	01:06:21	01:07:50	323	Natasha White	F45	36/44	[Unatt]	01:14:24	01:15:45		
240	Neil Skinner	M40	38/42	[Unatt]	01:06:52	01:07:59	324	Carrie Saxby	FS	38/45	[Unatt]	01:15:08	01:15:56		
241	Nigel Gibbens	M60	25/32	A545 RC	01:07:05	01:08:01	325	Chrissie Scutt	F55	29/37	[Unatt]	01:14:36	01:16:06		
242	Denise Cook	F55	15/37	[Unatt]	01:06:28	01:08:03	326	Vicky Lewis	F45	37/44	[Unatt]	01:15:08	01:16:12		
243	Daniel Pope	M40	39/42	DickVanDyk	01:06:52	01:08:04	327	Sarah Jessop	F55	30/37	[Unatt]	01:14:56	01:16:31		
244	Lorna Richard	F45	19/44	SheetStrid	01:07:31	01:08:12	328	Mal Campbell	F55	31/37	[Unatt]	01:15:22	01:16:41		
245	Martyn T. Kingsley	M70	2/5	[Unatt]	01:07:18	01:08:15	329	Leanne Mills	FS	39/45	WorthingSt	01:15:51	01:16:41		
246	Philip Smith	M60	26/32	[Unatt]	01:06:57	01:08:17	330	Amanda Boyd	F55	32/37	WorthingSt	01:16:31	01:16:44		
247	Eamon Hall	MS	57/65	[Unatt]	01:07:09	01:08:26	331	Una Palmer	F65	6/14	[Unatt]	01:16:53	01:17:00		
248	Mark Edmonds	MS	58/65	[Unatt]	01:07:59	01:08:38	332	Richard Scrase	MS	64/65	AltonRunnr	01:16:42	01:17:25		
249	Rachel Kidd	F35	27/40	[Unatt]	01:07:23	01:08:39	333	Caroline Freeman	F55	33/37	AltonRunnr	01:16:44	01:17:26		
250	Joanne Apps	F55	16/37	[Unatt]	01:07:36	01:08:44	334	Victoria Lawrence	FS	40/45	[Unatt]	01:16:39	01:17:32		
251	Trevor Ellery	M70	3/5	[Unatt]	01:07:53	01:08:47	335	Lydia Bishop	FS	41/45	[Unatt]	01:16:06	01:17:32		
252	Gina Gonzalez	F55	17/37	[Unatt]	01:07:31	01:08:51	336	Hannah Boyns	F45	38/44	FoxyLadies	01:16:33	01:17:34		
253	Adam Meadows	MS	59/65	ArunnersRC	01:07:39	01:08:55	337	Hayley Warren	F45	39/44	Chichester	01:16:31	01:18:10		
254	Tiffany Fletcher	F45	20/44	[Unatt]	01:07:59	01:08:59	338	Victoria Maleski	F65	7/14	[Unatt]	01:17:31	01:18:23		
255	John Prideaux	M60	27/32	[Unatt]	01:07:41	01:09:04	339	Anna Curry	F45	40/44	[Unatt]	01:16:55	01:18:35		
256	Roger Thomson	M50	37/44	[Unatt]	01:08:21	01:09:07	340	Louise Veck	F55	34/37	[Unatt]	01:17:19	01:18:45		
257	Andrew Pooley	M60	28/32	[Unatt]	01:08:15	01:09:10	341	Sophie Bell	FS	42/45	[Unatt]	01:17:24	01:18:50		
258	Aaron Pooley	MS	60/65	[Unatt]	01:08:15	01:09:11	342	Nick Bailey	M60	31/32	A545 RC	01:19:09	01:19:24		
259	Louise Peacock	F35	28/40	[Unatt]	01:07:48	01:09:21	343	Anne Smith	F55	35/37	[Unatt]	01:18:08	01:19:34		
260	Stephen Goddard	M60	29/32	InspireRun	01:07:59	01:09:23	344	Lynne Hughes	F65	8/14	[Unatt]	01:18:30	01:19:37		
261	Lucy Brooks	F35	29/40	[Unatt]	01:07:56	01:09:31	345	Claire Hanrahan	F45	41/44	Stubbingtn	01:18:56	01:20:04		
262	Paula Wallace	F45	21/44	[Unatt]	01:08:23	01:09:34	346	Janet Shepherd	F65	9/14	TuffFittyT	01:19:31	01:20:30		
263	Kat Farram	F45	22/44	[Unatt]	01:09:28	01:09:34	347	Natalie Ruzyllo	F35	36/40	[Unatt]	01:19:07	01:20:52		
264	Lyndsay Smith	F35	30/40	Chichester	01:08:03	01:09:35	348	Rebecca Loisy	F35	37/40	[Unatt]	01:19:45	01:20:54		
265	Louise Tully	F35	31/40	[Unatt]	01:07:56	01:09:38	349	Louise Strong	F35	38/40	[Unatt]	01:20:45	01:21:52		
266	Alex Willetts	F45	23/44	BognorTone	01:09:05	01:09:46	350	Sashi Laji	F55	36/37	[Unatt]	01:21:53	01:22:12		
267	Stacy Payne	F35	32/40	[Unatt]	01:09:36	01:09:54	351	Angela Buckley	FS	43/45	[Unatt]	01:21:21	01:22:41		
268	Colin Simmons	M50	38/44	[Unatt]	01:08:27	01:09:57	352	Gail Gibbens	F65	10/14	A545 RC	01:21:49	01:22:57		
269	Jo-Blaise Martin	F45	24/44	[Unatt]	01:09:54	01:10:03	353	Catherine Southgate	F45	42/44	HastingsRn	01:21:20	01:23:01		
270	David Thomas	M60	30/32	[Unatt]	01:08:16	01:10:05	354	Benedict Goddard	MS	65/65	InspireRun	01:21:59	01:23:22		
271	Julie Broad	F55	18/37	[Unatt]	01:09:10	01:10:05	355	Emma Baars	F35	39/40	[Unatt]	01:22:03	01:23:48		
272	Pamela Adamson	F45	25/44	[Unatt]	01:08:48	01:10:16	356	Karen Duck	F55	37/37	[Unatt]	01:24:59	01:26:22		
273	Sarah Saunders	F35	33/40	[Unatt]	01:09:21	01:10:33	357	Molly Parkinson	FS	44/45	[Unatt]	01:24:42	01:26:26		
274	Michelle Finnighan	F55	19/37	Gosport RR	01:09:22	01:10:37	358	Hayley Dudley	F35	40/40	[Unatt]	01:24:45	01:26:29		
275	Jessica Monk	FS	27/45	[Unatt]	01:09:27	01:10:43	359	Stephen Knott	M60	32/32	Arena80 AC	01:27:47	01:29:12		
276	Steve Taylor	M50	39/44	DorkingMol	01:09:56	01:11:00	360	Jayne Wilkinson	F45	43/44	WorthingSt	01:29:21	01:29:33		
277	Jacqueline Roper	F55	20/37	[Unatt]	01:09:42	01:11:22	361	Denise Wynne	F65	11/14	[Unatt]	01:29:27	01:31:04		
278	Anna Clunes	F45	26/44	[Unatt]	01:10:15	01:11:23	362	Steve White	M50	44/44	[Unatt]	01:30:40	01:32:17		
279	Lynne Clarke	F55	21/37	[Unatt]	01:10:38	01:11:24	363	Lucy Wilson	FS	45/45	[Unatt]	01:30:43	01:32:21		
280	Millie Ellis	FS	28/45	[Unatt]	01:10:13	01:11:32	364	Debbie Pentland	F65	12/14	Portsmouth	01:31:00	01:32:23		
281	Theresa Williams	F65	2/14	St.Austell	01:10:55	01:11:47	365	Julia Revill	F65	13/14	DenmeadStr	01:31:00	01:32:23		
282	Jon Slattery	M70	4/5	[Unatt]	01:10:34	01:11:52	366	Joe Clunes	M40	42/42	[Unatt]	01:31:37	01:32:50		
283	Louise Woodgate	FS	29/45	[Unatt]	01:10:14	01:11:57	367	Rebecca Clunes							