

Friston Forest 10 Mile

RANK	Name	Team	BIB	Lap1	Lap2	Drtn	Rems
1	Tony Durey	Dartford Harriers AC	34	00:38:26	00:36:14	01:14:40	
2	Ian Highland	Brighton Phoenix Tri Club	44	00:38:37	00:38:24	01:17:01	
2	Gary White	Brighton Phoenix Tri Club	58	00:38:35	00:38:26	01:17:01	
4	Oliver Williams		59	00:37:43	00:40:09	01:17:52	
5	Anoushka Johnson	Dartford Harriers AC	45	00:38:39	00:40:35	01:19:14	
6	Julian Pope		52	00:38:23	00:44:49	01:23:12	
7	Lee Woollard		60	00:43:13	00:45:56	01:29:09	
8	Alex Carr Taylor		25	00:46:21	00:47:53	01:34:14	
9	Barnaby Brown		178	00:46:07	00:50:02	01:36:09	
10	Matthew Masham		48	00:47:59	00:51:38	01:39:37	
11	Colin Shaw	Mel's Milers	56	00:49:33	00:50:08	01:39:41	
12	Graham Smith		57	00:48:06	00:56:43	01:44:49	
13	Becky Greenyer	Haywards Heath Harriers	42	00:50:13	00:57:10	01:47:23	
14	Eddie Diplock		32	00:49:47	00:58:54	01:48:41	
15	Laura Furse	Brighton & Hove Womens RC	41	00:57:40	01:05:03	02:02:43	
16	James Alvey		177	00:56:24	01:12:46	02:09:10	
17	Steve Flook	Mel's Milers	39	00:58:01	01:11:43	02:09:44	

Friston Forest 5 Mile

1	Joel Eaton	Seaford Striders	92			00:31:43	
2	Keith Axell		61			00:36:19	
3	Sally Norris	Multisport-Management	120			00:36:50	
4	Joshua Nisbett	Seaford Striders	104			00:36:51	
5	Ian Weston	Polegate Plodders	117			00:37:29	
6	Huw Jones	Hailsham Harriers	95			00:38:50	
7	Ben Shorer	Seaford Striders	114			00:40:01	
8	Graham Howitt		122			00:41:08	
9	Jade Knights		96			00:41:24	
10	Liam Brooks		66			00:41:57	
11	Gary Skinner	Polegate Plodders	115			00:43:26	
12	Dan McCarthy		49			00:44:42	
13	Andrew Diplock		82			00:47:34	
14	Karin Nolan		14			00:49:02	
15	Claudia Masham		101			00:49:27	
16	Sally Weston	Polegate Plodders	118			00:50:06	
17	Gemma Nagy		103			00:50:30	
18	Jon Prideaux		108			00:50:40	
19	Abigail Chamberlain		67			00:51:30	
20	Jeremy Lowe	Polegate Plodders	97			00:51:31	
21	Lesley Prideaux		107			00:52:47	
22	Karen Adams		2			00:53:25	*
23	Caroline Skinner	Polegate Plodders	116			00:54:08	
24	Emily Eaton	Seaford Striders	90			00:54:10	
25	Tom Diplock		75			00:56:23	
25	Georgina Masham		98			00:56:23	
27	Elizabeth Moore		51			00:56:34	*
28	Lorraine Bell		63			00:57:32	
29	Catherine Scotto	Alfie's Striders	55			01:00:53	*
30	Gemma Ennis		38			01:00:57	*
31	Roger Batho		11			01:01:14	*
32	Alexandria Priddle		53			01:03:04	*
33	Sarah Howitt-Jones		125			01:09:04	

*Defaulted to
5 mile race