

FIRLE 5kms	trail handicap race	finish	handicap	actual	
POSITION	NAME	time	mark	time	club
1	Giles Clark	0:39:04	12:40	0:26:24	Wadhurst Runners
2	Helen Munday	0:39:11	2:00	0:37:11	Hastings Runners
3	Ralph Jennings	0:39:16	11:20	0:27:56	
4	Christine Jackson	0:39:37	8:00	0:31:37	Cuckmere Valley Run Club
5	Kathryn Donkin	0:40:25	10:00	0:30:25	Seaford Striders
6	Robert Ramsden	0:40:34	17:00	0:23:34	Run Wednesday
7	Nicola Sansom	0:40:40	15:40	0:25:00	Seaford Striders
8	Jonathan Spring	0:40:49	12:40	0:28:09	
9	Graeme McIntosh	0:40:52	22:15	0:18:37	Wadhurst Runners
10	Joe Cruttenden	0:41:01	21:00	0:20:01	Hastings Runners
11	James Dopson	0:41:09	18:45	0:22:24	Seaford Striders
12	Kerry Pierce-Histed	0:41:21	15:30	0:25:51	T. Wells Harriers
13	Alison Melford	0:41:27	11:00	0:30:27	Cuckmere Valley Run Club
14	Nicola Twilley	0:41:28	16:15	0:25:13	
15	Bruce Sutherland	0:41:32	11:00	0:30:32	
16	James Griffiths	0:41:44	18:00	0:23:44	Run Wednesday
17	Sam Bridger	0:42:00	18:00	0:24:00	T. Wells Harriers
18	Kevin Blowers	0:42:03	19:30	0:22:33	Hastings Runners
19	Samantha Ramsden	0:42:15	6:20	0:35:55	Run Wednesday
20	Suzanne Linger	0:42:23	14:00	0:28:23	
21	Victoria Maleski	0:42:29	6:35	0:35:54	Seaford Striders
22	Katie Perkins	0:42:37	11:00	0:31:37	Run Wednesday
23	Jacky White	0:42:54	6:20	0:36:34	Run Wednesday
24	Milene Lopez	0:42:59	3:00	0:39:59	Seaford Striders
25	Steve Shimmonds	0:43:10	14:00	0:29:10	Run Wednesday
26	David Scott	0:43:18	11:40	0:31:38	
27	Peter Clark	0:43:23	11:20	0:32:03	Wadhurst Runners
28	Lucinda Dopson	0:43:35	14:00	0:29:35	Seaford Striders
29	Claire Shimmonds	0:43:38	11:00	0:32:38	Run Wednesday
30	Margaret Osborne	0:44:58	0:00	0:44:58	Seaford Striders

31	Guy Pratt	0:46:22	2:00	0:44:22	Cuckmere Valley Run Club
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