

NPS Lions Half Marathon: Seaford - Sunday 12 May 2019

Rank	Name	Bib	Team	Time
1	Darren Bird (m)	40	Haywards Heath Harriers	01:29:32
2	Anthony Snelling (m)	30	Arena 80 AC	01:32:09
3	Ed Plager (m)	32		01:32:30
4	Ian Peachey (m)	42		01:33:10
5	Ian Wilding (m)	102		01:34:22
6	Aaron O'Shaughnessy (m)	13		01:35:25
7	David Ervine (m)	4		01:35:51
8	Ed Holt (m)	14		01:35:55
9	Darren Ekins (m)	121		01:36:00
10	Lee Eastman (m)	18		01:39:58
11	Tara Shanahan (f)	208	Arena 80 AC	01:40:58
12	Craig Whiteley (m)	92	Runpals	01:41:40
13	Alan Twomey (m)	114	Brighton Outdoor Fitness	01:41:46
14	Steven Whittemore (m)	25		01:43:07
15	Benjamin Reams (m)	103		01:43:52
15	Paul Parkinson (m)	28		01:43:52
17	Gareth Gillatt (m)	39	Brighton Outdoor Fitness	01:45:50
18	Peter Coplestone (m)	47		01:46:31
19	Jonathan Hebson (m)	23		01:47:11
20	Gavin Bailey (m)	120		01:47:50
21	Sean Gibson (m)	162	Brighton & Hove City AC	01:48:07
22	Geoff Davies (m)	104	Brighton Outdoor Fitness	01:48:19
23	Michael Osmon (m)	11	Worthing Striders	01:48:51
24	Lee Chapman (m)	250	Lewes AC	01:49:03
25	Richard Mullen (m)	27		01:49:21
26	Mat Shipley (m)	93		01:49:49
27	Nick Phillips (m)	106		01:51:23
28	Tyler Herridge (m)	5		01:51:27
29	Antony Mills (m)	139		01:51:57
30	Alex Handley (m)	33		01:52:15
31	Sally Norris (f)	177	Lewes AC	01:52:21
32	Lucy Egan (f)	207		01:52:23
33	Dean Sanders (m)	174		01:52:33
34	Stephen Copping (m)	158		01:52:42
35	Evie Rothwell (f)	56		01:52:44
36	Rachel Burgess (f)	204	Arena 80 AC	01:52:55
37	Phil Kerbey (m)	147		01:53:19
38	Chris Death (m)	38		01:53:28
39	Greg Head (m)	49		01:53:42
40	Darren Evans (m)	150		01:53:55
41	Paul Mitchell (m)	163	South London Harriers Tri Club	01:54:03
42	Jodie Rigg (m)	112	Arena 80 AC	01:54:06
43	Jackie Rymell (f)	223	Arena 80 AC	01:54:17
44	Neil Masters (m)	155		01:55:57
45	Warren Wadsworth (m)	100		01:56:39
46	William Courage (m)	3		01:56:46
47	Adam Haverly (m)	24	Seaford Striders RC	01:57:04
48	Tim Dymott (m)	16	Seaford Striders RC	01:57:04
48	Jazz Shiret (f)	60	Seaford Striders RC	01:57:04
50	Bryony Clarke (f)	87	Seaford Striders RC	01:57:11
51	Teresa Tamplin (f)	221	Lewes AC	01:57:29

52	Keith Alger (m)	10		01:58:08
53	Paul Harris (m)	149	Crawley AC	01:58:21
54	Gabor Csikos (m)	41		01:58:39
55	Brian Courage (m)	130		01:58:49
56	Matthew Wood (m)	9		01:58:50
57	Emily Smith (f)	63	Epsom Allsorts	01:58:58
57	James Smith (m)	17	Seaford Striders RC	01:58:58
59	Cassie Burgess (f)	178		01:59:11
60	Lorraine Hale (f)	201	Arena 80 AC	02:00:30
61	Martin Clevelly (m)	50		02:00:43
62	David Stacey (m)	170		02:00:47
63	Jason Bryce (m)	151		02:00:50
64	Steve Davey (m)	233		02:00:52
65	Melanie Pilkington (f)	80		02:01:11
66	Max Arnold (m)	29		02:01:30
67	Philip Groves (m)	36		02:01:33
68	Andy Vero (m)	141	Plumstead Runners	02:01:35
69	Emily Polling (f)	68		02:01:37
70	Alison Mowbray (f)	227		02:02:04
71	Gary Bedford (m)	101	Team Philo Bedo	02:02:21
72	Caroline Maynard-Burrows (f)	186		02:02:49
73	Nick Goodman (m)	127		02:02:52
74	Paul Spirou (m)	124		02:02:54
75	Helen Block (f)	192	Arena 80 AC	02:03:09
75	Kirsty Pugh (f)	203		02:03:09
77	Dean Sutton (m)	35		02:03:36
78	Alison Moore (f)	65	Brighton Phoenix AC & Tri	02:04:10
79	David Turner (m)	161		02:04:34
80	Dani Battersby (f)	75		02:05:09
81	Mathilde Jaeger (f)	70		02:05:40
82	Louisa Tucker (f)	72		02:06:31
83	Leigh Pullan (m)	97	Runpals	02:06:37
83	Lyndsey Whiley (f)	179	Runpals	02:06:37
83	Jon Binney (m)	94	Runpals	02:06:37
83	Adam Haigh (m)	37	Runpals	02:06:37
87	Chris Maynard (m)	156		02:07:07
88	Sophie van de Moortel (f)	181		02:07:13
89	Graham Smith (m)	172	Seaford Striders RC	02:07:38
90	Mike Ellis (m)	159	Beckenham Running Club	02:08:04
91	Paul Heywood (m)	46	Bexhill Runners & Tri	02:08:57
92	Heidi Attwood (f)	200		02:09:18
93	Paul Parker (m)	154		02:09:46
94	Donna Warren (f)	230	Run Wednesdays	02:09:47
95	Stephen Whitehurst (m)	122	Arena 80 AC	02:10:32
96	Vicky Hall (f)	185		02:10:54
97	Luke Martin (m)	22		02:11:46
98	Paul Choi (m)	237		02:12:07
99	Saliha Graine (f)	222		02:12:50
100	David Wharton (m)	91		02:12:57
101	Andrew Cain (m)	175		02:13:26
101	Andy Towers (m)	232		02:13:26
103	Martin Rose (m)	167		02:13:41
103	Phil Mason (m)	166		02:13:41
105	Joe Mendes (m)	105		02:14:22

106	Walter (Jim) Ballard (m)	171	Heart And Soul	02:14:26
107	Sian Williams (f)	193		02:14:35
108	John Hughes (m)	116		02:14:39
109	Nick Smart (m)	235		02:15:25
110	Russell Banks (m)	125	Run Wednesdays	02:15:40
110	Tim Moloney (m)	145		02:15:40
112	David Hayes (m)	164	Seaford Bonfire Society	02:15:58
113	Reece Childs (m)	12		02:16:17
114	Jake Davidson (m)	6		02:16:40
114	Terry Parkinson (m)	234		02:16:40
116	Hazel Bennington (f)	225	Lewes AC	02:16:45
116	Ingrid Logan (f)	67		02:16:45
118	Jack Danzey (m)	15		02:17:05
118	Sharna Pearce (m)	8		02:17:05
120	Amy O'Connell (f)	180		02:17:31
121	Caroline Bell (f)	228		02:17:36
122	Matthew Trump (m)	119		02:19:22
123	Harvey Martin (m)	117	Twitten Runners	02:19:57
124	Sian White (f)	212		02:20:19
125	Branton McGill (m)	143		02:20:42
126	Rachel Burstow (f)	218		02:21:03
127	Laura Thom (f)	176	Worthing Striders	02:21:13
128	Charlotte Harrison (f)	58		02:22:06
129	Ian Wilkinson (m)	132		02:22:08
130	Lindsay Tearle (f)	215	Seaford Striders RC	02:22:09
131	Katie Baurer (f)	61		02:22:37
131	Mc Brisbois (f)	86		02:22:37
131	Timur Bati (m)	43		02:22:37
134	Joe Runchman (m)	7	Gingerfit	02:23:36
135	Henry Chandler (m)	1		02:24:06
136	Ricardo Viveiros (m)	123		02:24:20
137	Andrew Gorrie (m)	126	Seaford Striders RC	02:24:50
137	David Moore (m)	128		02:24:50
137	Nicola Martin (f)	195		02:24:50
140	Hayley Smith-Pryor (f)	81	Navestock Harriers	02:24:58
140	Emma Delea (f)	199	Navestock Harriers	02:24:58
142	Colin Hartland (m)	231	Lewes AC	02:26:20
143	Zhe Zhao (m)	108		02:27:12
144	Angela Gardner (f)	213	Mojo Running And Fitness	02:27:24
145	Emma Lancefield (f)	189		02:27:25
146	Mark Weedon (m)	146		02:27:32
147	Holly Miller (f)	64	Seaford Striders RC	02:27:37
147	Tracy Pragnell (f)	219	Seaford Striders RC	02:27:37
149	Miranda Murphy-Merrydew (f)	182		02:28:42
150	Carlo Becu (m)	107		02:28:54
151	Jayne Robinson (f)	210		02:30:15
152	Alex Pond (m)	137		02:30:27
153	Katherine Simmons (f)	194	Seaford Striders RC	02:30:45
154	Ron van Heuvelen (m)	153	Seaford Striders RC	02:30:48
155	Millie Chandler (f)	52		02:30:50
156	Tracey Higgin (f)	206		02:31:40
157	Sonja Bracco (f)	190		02:32:56
158	Caroline Dooley (f)	191	Lonely Goat RC	02:33:56
159	Ian Chappell (m)	169	The Stragglers RC	02:35:14

160	Lisa Furnival (f)	188		02:36:26
161	Mark Pappenheim (m)	236	Lewes AC	02:36:54
161	Anne Hagan (f)	246	Lewes AC	02:36:54
163	Fay Stevensova (f)	229	Polegate Plodders	02:38:11
163	Joanna Kolodziej (f)	79		02:38:11
163	June Streeter (f)	226		02:38:11
166	Kai Newcombe (m)	2		02:38:52
167	Sara Cutting (f)	249		02:39:03
168	Rosie Flint (f)	197		02:39:06
169	Darren Speer (m)	115		02:39:09
170	Josephine Woodrow-Hill (f)	196		02:39:52
170	David Burtenshaw (m)	157	Hove Hornets	02:39:52
172	Kasia Richards (f)	74	Seaford Striders RC	02:40:24
173	Jane Kemp (f)	82		02:40:39
174	Karen Castle (f)	216		02:41:02
175	Alice Line (f)	54		02:41:30
176	Annie Line (f)	55		02:42:58
177	Jo Beagley (f)	184		02:43:53
178	Nigel Chandler (m)	133		02:44:01
179	Leigh-anne Wells (f)	59		02:44:34
180	Michael Young (m)	44	Tri-Tempo (Eastbourne)	02:44:36
181	Emma Levett (f)	205		02:45:13
181	Isabelle Martin (f)	224		02:45:13
181	Robert Bienkowski (m)	241		02:45:13
184	Jo Sexton (f)	209		02:49:12
185	Louise Cave (f)	247		02:49:30
186	Michelle Mitham (f)	198	Heart And Soul	02:50:23
187	Robyn Ball (f)	73		02:51:06
188	Tristan Daynes (m)	173		02:51:26
189	Mick Young (m)	136		02:53:06
190	Gemma Hamilton (f)	71	Runpals	02:56:14
190	Andrew Donno (m)	48		02:56:14
192	Milene Lopez (f)	84	Runpals	02:56:38
193	Gary Cahill (m)	34	Itchen Spitfires Rc	03:01:11
194	Claire Moor (f)	78	Heart And Soul	03:03:54
195	Claire Carponen (f)	77		03:04:53
196	Joshua Spearpoint (m)	26		03:08:20
197	Zingy Thetho (f)	187	Seaford Striders RC	03:09:47
197	Olivia Trimbee (f)	220		03:09:47
199	Tom Roper (m)	239	Seaford Striders RC	03:11:04
200	Ellie Tebrook (f)	53		03:14:55
201	Ken Sinar (m)	242	Virgin Active Falmer	03:59:20
201	Derek Taylor (m)	243		03:59:20
201	Sean Mitchell (m)	20		03:59:20