

| Hastings Runners Handicap 5K | | 17th July 24 |
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| Provisional Results | | |
| Pos | Name | Gun Time |
| 1 | Mark Dunn | 38:25 |
| 2 | Tony Skinner | 38:44 |
| 3 | Ashley Vora | 38:50 |
| 4 | Nigel Thornley | 38:51 |
| 5 | Maria Newstead | 39:00 |
| 6 | Andy Knight | 39:13 |
| 7 | Karl Beaney | 39:22 |
| 8 | Sarah Stewart | 39:24 |
| 9 | Danny Firth | 39:25 |
| 10 | Chris White | 39:30 |
| 11 | Steve Stanley | 39:33 |
| 12 | Kelly de Rosa | 39:37 |
| 13 | Jacqueline Scott | 39:37 |
| 14 | Alice Tigwell | 39:38 |
| 15 | Sue Palmer | 39:39 |
| 16 | Dave Turner | 39:40 |
| 17 | James Winder | 39:40 |
| 18 | Lewis Parsons | 39:41 |
| 19 | Ben Muggridge | 39:42 |
| 20 | Klare Beecroft | 39:43 |
| 21 | Chris Brandt | 39:44 |
| 22 | Mark Rodriguez | 39:45 |
| 23 | Nick Atwood | 39:48 |
| 24 | Neil Jeffries | 39:51 |
| 25 | Danny Ratnarajah | 39:54 |
| 26 | Kieran Price | 39:55 |
| 27 | Nicola Steed | 39:57 |
| 28 | Kate Lewis | 39:58 |
| 29 | Sue Wilkinson | 39:59 |
| 30 | Sue Hull | 40:00 |
| 31 | Graeme Grass | 40:00 |
| 32 | Rebecca Richardson | 40:02 |
| 33 | Al Moore | 40:03 |
| 34 | Jo French | 40:03 |
| 35 | Zoe Hapgood | 40:05 |
| 36 | Hayley Ranson | 40:09 |
| 37 | Adrian Barratt | 40:10 |
| 38 | Ben Sallows | 40:11 |
| 39 | Keith Goodsell | 40:15 |
| 40 | Tracy Ratnarajah | 40:15 |
| 41 | Louise Hart | 40:16 |

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| 42 | Matt Ripley | 40:18 |
| 43 | Henry Burchett | 40:22 |
| 44 | Sue Quincey | 40:25 |
| 45 | Jess Hayward | 40:26 |
| 46 | Robert White | 40:27 |
| 47 | Luke Day | 40:28 |
| 48 | Denise White | 40:31 |
| 49 | Guy Ramage | 40:31 |
| 50 | Manami Cheves | 40:32 |
| 51 | Rachael Inns | 40:32 |
| 52 | Steve Uzzell | 40:36 |
| 53 | Joanna Fellows | 40:40 |
| 54 | Chris Barraclough | 40:45 |
| 55 | Jaqueline Mannering | 40:47 |
| 56 | Shana Burchett | 40:53 |
| 57 | Debra Van Aalst | 40:55 |
| 58 | Esmee Russell | 40:58 |
| 59 | Claire Thomas | 40:59 |
| 60 | Sylvia Huggett | 41:00 |
| 61 | Caz Hall | 41:00 |
| 62 | Scott Hilton | 41:04 |
| 63 | Stephen Ingram | 41:08 |
| 64 | Sean Dwyer | 41:29 |
| 65 | Alison Gray | 41:33 |
| 66 | Liz Hands | 41:50 |
| 67 | Dave Morrow | 41:52 |
| 68 | Paul Rackstraw | 42:02 |
| 69 | Adam Holland | 42:15 |
| 70 | Steve Power | 42:30 |
| 71 | Sue Mann | 42:44 |
| 72 | Charles Bowley | 42:59 |
| 73 | Henry Worthington | 44:16 |
| 74 | Jo Edwards | 44:19 |
| 75 | Chris Sanderson | 46:29 |
| 76 | Chris Rackstraw | 47:32 |