

Hastings Seafront 10K**29/09/2024**

Pos	Name	Age Cat	Gun Time	Chip Time
5	Steve Hoath	MS	00:37:23	00:37:23
6	Sam Evans	MS	00:37:43	00:37:40
11	Lewis Parsons	MS	00:39:15	00:39:13
15	Kieran Price	M50	00:40:03	00:40:01
18	Adam Weller	MS	00:40:57	00:40:52
21	Jake Stewart	MS	00:42:30	00:42:27
25	Steven Stanley	M60	00:43:31	00:43:27
29	Matt Button	M40	00:44:46	00:44:39
32	Andy Knight	M60	00:45:37	00:45:23
35	Michael Norris	M50	00:45:53	00:45:48
36	Laurine Waille	F35	00:46:05	00:46:01
37	Sarah Bendle	F45	00:46:35	00:46:31
38	Patrick Bermingham	MS	00:46:48	00:46:44
39	Nicola Steed	F35	00:47:03	00:46:54
41	Sarah Stewart	FS	00:47:15	00:47:11
44	Chris Piper	M40	00:48:40	00:48:31
53	Simon Weatherley	MS	00:49:36	00:49:27
54	Adrian Barratt	M40	00:49:36	00:49:29
58	Lindsey Jones	F35	00:50:40	00:50:27
59	Sean Edmunds	M50	00:50:55	00:50:40
63	Sue Hull	F45	00:51:29	00:51:23
64	Dave Morrow	M40	00:51:31	00:51:23
66	Andy Alabaster	M60	00:52:00	00:51:51
69	Louise Hart	F35	00:52:31	00:52:16
73	Guy Ramage	M50	00:53:09	00:53:04
78	Nick Webb	M60	00:53:32	00:53:21
81	Pete Heasman	M50	00:54:24	00:54:08
82	Sean Dwyer	MS	00:54:45	00:54:40
93	Susan Wilkinson	F45	00:57:00	00:56:49
99	Louise Cavill	F35	00:57:55	00:57:33
100	Nigel Thornely	M50	00:57:55	00:57:44
103	Helen Cassell	F35	00:58:13	00:57:57

104	Kate Lewis	F45	00:58:38	00:58:22
105	Alison Gray	F45	00:58:40	00:58:31
106	Su Sparkes	F45	00:58:47	00:58:37
110	Maria Newstead	FS	00:59:17	00:59:06
113	Christopher White	MS	01:00:45	01:00:39
115	Sue Alabaster	F55	01:02:11	01:02:01
117	Louise Moor	F35	01:02:55	01:02:45
120	Yock Lin Richardson	F65+	01:04:30	01:04:10
124	Adrian Sheppard	M50	01:05:37	01:05:22
126	Al Moore	MS	01:05:58	01:05:46
127	Katy Harrison	F45	01:06:11	01:05:50
133	Caz Hall	F45	01:08:27	01:08:07
138	Alys Woodward	F55	01:12:25	01:12:05
141	Christine Morgan	F35	01:12:55	01:12:34
142	Sarah Heasman	F45	01:13:44	01:13:24
143	Adam Holland	MS	01:14:15	01:13:55
150	Ellie Miller	F45	01:17:12	01:16:51
151	Rachel Gower	F35	01:17:13	01:16:52
163	Henry Worthington	M50	01:50:39	01:50:15