

SUSSEX ROAD RELAY CHAMPIONSHIPS 2004

at CHRIST'S HOSPITAL SCHOOL - Large Lap 2miles 104yds - Small Lap 1mile 241yds

RECORDS

SENIOR MEN	PHOENIX	58:57	1996
	Steve Harris (Phoenix)	9:27	1996
OVER 40 MEN	BRIGHTON & HOVE	42:39	1999
	Nigel Gates (Brighton)	10:06	2002
OVER 50 MEN	CHICHESTER RUNNERS	33:58	2003
	Peter Witcomb (Brighton)	10:39	2000
OVER 60 MEN	LEWES	41:28	2003
	Reg Wild (Hastings AC)	12:37	2004
UNDER 15 BOYS	HASTINGS AC	16:54	2003
	Scott Harris (Eastbourne)	5:26	2003
UNDER 13 BOYS	PHOENIX	18:28	2003
	Chris West (Chichester R)	5:47	2003
SENIOR WOMEN	ARENA 80	34:55	2000
	Caroline Hoyte (Arena 80)	10:52	2003
OVER 40 WOMEN	BRIGHTON & HOVE	38:14	2000
	Julia Armstrong (Brighton & H)	12:05	2003
OVER 50 WOMEN	HASTINGS RUNNERS	45:38	2003
	Sylvia Huggett (Hastings Run)	14:14	2003
UNDER 15 GIRLS	CHICHESTER RUNNERS	19:33	2003
	Charlotte Browning (Chichester R)	6:14	2003
UNDER 13 GIRLS	PHOENIX	20:20	2003
	Charlotte Browning (Chichester R)	5:53	2001

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7	HORSHAM BLUE STAR	23:52	N/S	PHOENIX 'C'	24:06
	Amicia Lee	7:51		Alice McGillagin	7:56
	Dominique Bodman	8:27		Bella Camachni	7:34
	Chloe Loader	7:34		Rachel Phelps	8:36
8	LEWES 'B'	24:14	N/S	WORTHING HARRS 'B'	25:01
	Darcie Collier	7:59		Eva Murray	8:24
	Yasmin Collins	8:06		Jessica Patterson	8:28
	Francesca Kirkham	8:09		Emma Phipps	8:09
9	CHICHESTER RUNNS 'C'	26.21	Fastest Laps:		
	Chantelle Kennaugh	8.01		Kayleigh Veentjer	6:31
	Phoebe Adams	9.24		Sundai Boulton	6.33
	Marcia Miles	8.56		Abigail Fowlie	6.43

NEW RECORD

VETERAN MEN O60

Individual

Reg Wild

12:37

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VETERAN WOMEN O50 (3 x 1 Lap)

1	HASTINGS RUNNERS	45:56	N/S	HORSHAM BLUE STAR	
	Sarah Marzioli	15:30		Melanie Marlow	15.47
	Sue Hall	15:57			
	Sylvia Huggett	14:29			
				Fastest Laps:	
2	HAYWARDS HEATH	48.10		Sylvia Huggett	14:29
	Brenda Goodwin	14.59		Brenda Goodwin	14.59
	Marion Hemsworth	15.26		Marion Hemsworth	15.26
	Maureen Wimborn	17.45			

UNDER 15 GIRLS (3 x 1 Small Lap)

1	LEWES 'A'	21:13	4	PHOENIX	21:56
	Natasha Collins	7:18		Sofie Coleman	6:32
	Georgina Rennie	7:02		Hannah Curtis	7:19
	Becky Hawkes	6:53		Emma Coleman	8:05
2	CHICHESTER RUNNERS	21:22	5	LEWES 'B'	23.01
	Laura Varnes	7:06		Faye Williams	8:11
	Amy Richardson	7:09		Emily Woodhall	7.24
	Ayesha Miles	7:07		Belinda Norris	7.26
3	HORSHAM BLUE STAR 'A'	21:48	N/S	HORSHAM BLUE STAR 'B'	
	Annabel Hodgson	7:28		Rebecca Gould	7:16
	Alice Waite	7:18		Christie Reeves	7.23
	Frances Parkes	7:02			
			N/S	WORTHING HARRIERS	
	Fastest Laps:			Lyndsey Mantell	8:05
	Sophie Coleman	6:32		Severina Murray	7.48
	Becky Hawkes	6:53			
	Georgina Rennie	7.02			
	Frances Parkes	7.02			

UNDER 13 GIRLS (3 x 1 Small Lap)

1	PHOENIX 'A'	20:23	4	WORTHING HARRS 'A'	21.51
	Sundai Boulton	6:33		Emma Phipps	7:15
	Savannah Etchell-			Emily Herring	7:53
	Thompson	6:49		Abigail Fowlie	6:43
	Millie Jones	7:01			
2	LEWES 'A'	21:18	5	PHOENIX 'B'	22.39
	Emily Weaver	7:16		Stephanie Dowd	7:00
	Lizzie Keep	6:58		Beth Curtis	7:45
	Charlotte White	7:04		Naomi Berrio Allan	7.54
3	CHICHESTER RUNNS 'A'	21:32	6	CHICHESTER RUNNS 'B'	23.46
	Kayleigh Veentjer	6:31		Emma Kearsey	7:43
	Fiona Clinch	8:14		Ellen Kiely	8.20
	Suzie Fitzmaurice	6:47		Coco Allingham	7.43

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19	HASTINGS AC	46:07	21	STEYNING 'B'	47:22
	Lesley Barnes	14:53		Nicola Bean	15:46
	Patience Cooper	15:21		Cherry Neate	16:26
	Pamela Brayford	15:53		Amanda Oxley	15:10

20	CHICHESTER RUNNS 'B'	46:34	22	WORTHING STRIDERS	47:31
	Jasmine Heard	15:15		Cherry Cannon	15:20
	Amanda Godfrey	14:28		Jane Lawrence	15:45
	Lynn Harley	16:51		Liz Fox	16:26

Fastest Laps

Seniors

Julia Armstrong	11:46
Fiona Clark	11:47
Kate Austen	12:03

Under 17

Esme Jalla	12:42
Rachel Shram	13:13
Keely Gunn	13:30

N/S

ARENA 80 'D'

Sarah Silberston	15:16
Mary Ward	22:00

N/S

CRAWLEY 'B'

Laura Davis	13:20
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N/S

HAYWARDS HEATH 'B'

Jenny Denyer	18:59
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VETERAN WOMEN O40 (3 x 1 Lap)

1	ARENA 80	39:13	5	PHOENIX 'A'	44:33
	Clare Aquilina	13:19		Carol Webb	13:34
	Jenny Hughes	13:21		Chris Greenough	15:40
	Chris Naylor	12:33		Sue George	15:19

2	STEYNING	42:50	6	AMPHIBIANS 2 TRI	44:42
	Joan Lennon	13:01		Bea Downey	13:22
	Alison Brown	15:40		Julie Gallagher	15:58
	Gill Brown	14:09		Karen Reynolds	15:22

3	HASTINGS RUNNERS	43:43	7	PHOENIX 'B'	47:11
	Sally Lovell	14:00		Carolyn Austen	15:16
	Di Nash	16:06		Jayne Stephens	15:42
	Steph Miller	13:37		Mandy Velasquez	16:13

4	WORTHING HARRS 'A'	43:58	8	WORTHING HARRS 'B'	48:16
	Lorraine Treadwell	13:51		Jill Child	16:00
	Louissa Ridgeman	14:23		Maureen Stephens	16:34
	Phillipa Challis	15:44		Anne Wilkinson	15:42

Fastest Laps

Chris Naylor	12:33
Joan Lennon	13:01
Clare Aquilina	13:19

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N/S	LEWES			Fastest Laps:	
	Louis Gower	7:16		Andrew Woods	6:16
	Joe Lee	7:16		Adam Clark	6:20
				Jethro Light	6:22
N/S	HASTINGS AC 'B'				
	Peter Henworth	6:30			

SENIOR WOMEN (3 x 1 Lap)

1	ARENA 80 'A'	36:59	10	HAILSHAM	43:10
	Vicky Boyle	12:07		Julie Chicken	14:35
	Liz Lumber	12:40		Alyson Smith	15:51
	Alice Naylor	12:12		Samantha Alvarez	12:44
2	BRIGHTON & HOVE 'A'	37:10	11	ARENA 80 'C'	43:12
	Judith Carder	12:42		Tam Coleman	14:00
	Esme Jalla	12:42		Lisa Jones	14:24
	Julia Armstrong	11:46		Gaynor Prior	14:48
3	CRAWLEY AC 'A'	37:31	12	CHICHESTER RUNNS 'A'	43:53
	Hayley Stanton	12:31		Jenni Harley	14:09
	Fiona Clark	11:47		Hannah Adams	15:13
	Rachel Shram	13:13		Lauren Kennaugh	14:31
4	PHOENIX 'A'	37:58	13	HORSHAM BLUE STAR	44:02
	Liz Austen	12:25		Teresa Mainstone	15:33
	Keely Gunn	13:30		Elspeth Turner	12:33
	Kate Austen	12:03		Rebecca Sissons	15:56
5	STEYNING 'A'	39:38	14	AMPHIBIANS 2 TRI	44:48
	Paula Standing	12:56		Marian Jones	14:10
	Mel Stone	14:22		Marie Powell	15:52
	Tracey Martin	12:20		Sandy Wright	14:46
6	BRIGHTON & HOVE 'B'	40:47	15	WORTHING HARR'S 'B'	44:53
	Camilla Moyle	13:26		Janice Lockyer	14:31
	Jeanette Kenneally	13:41		Shirley Goodridge	15:17
	Sue Graysmark	13:40		Gill Lister	15:05
7	ARENA 80 'B'	40:51	16	BRIGHTON & HOVE 'C'	45:09
	Julie Drake	13:05		Claire Brookes	13:48
	Juliette Parkin	13:45		Jaci Blackwell	17:05
	Liz Bowers	14:01		Amanda Hester	14:16
8	PHOENIX 'B'	42:42	17	PHOENIX 'C'	45:31
	Kelly Gunn	12:40		Emma Greenough	14:45
	Danielle Svoboda	14:52		Julie Ellis	15:56
	Catherine Rowan	15:10		Cara Webb	14:50
9	WORTHING HARRS 'A'	43:04	18	HAYWARDS HEATH 'A'	45:53
	Donna Harris	13:50		Linda Tullett	17:01
	Susan Eames	14:49		Gill Underwood	15:03
	Deana Baker	14:25		Julie Essex	13:49

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5	HAYWARDS HEATH 'B'	49:17	N/S	BRIGHTON & HOVE	
	Colin Johnson	16:20		Martin Duff	13:03
	Dave Walker	16:58			
	Neil Sutherland	15:59	N/S	LEWES 'B'	
				Peter Whitworth	15:04

Fastest Laps:

Reg Wild	12:37	Record
Martin Duff	13:03	
Alistair Matson	13:08	

UNDER 15 BOYS (3 x 1 Small Lap)

1	HASTINGS AC 'A'	17:20	4	CHICHESTER RUNNS	18:22
	Alex Ambridge	5:32		Chris West	5:54
	David Cooper	5:44		Joe Parker	6:47
	Stefan Emary	6:04		Sam Gillert	5:41
2	PHOENIX	18:03	5	BRIGHTON & HOVE	18:32
	Matt Barrie	5:49		Ashley Witcomb	6:00
	Sam Rigby	5:54		Adam Kish	6:25
	Sonny Burchell	6:20		Jack Kanrahan	6:07
3	HASTINGS AC 'B'	18:20	N/S	HASTINGS AC 'C'	
	Oliver Lambrechts	6:08		Mohamady Elgaby	7:04
	Adam Nichols	5:49			
	David Hollands	6:23			

Fastest Laps

Alex Ambridge	5:32
Sam Gillert	5:41
David Cooper	5:44

UNDER 13 BOYS (3 x 1 Small Lap)

1	HASTINGS AC 'A'	18:58	5	WORTHING HARRS 'B'	21:08
	Andrew Woods	6:16		Dayle McGilvray	6:50
	Jethro Light	6:22		Jake Compton	7:21
	Adam Clark	6:20		Ali Giammattei	6:57
2	CHICHESTER RUNNS 'A'	19:37	6	HORSHAM BLUE STAR	22:18
	Tom Padginton	6:24		Matthew Sprigg	7:08
	Sam Ravening	6:44		David Patey	7:37
	Harry Richardson	6:29		Tom Dodd	7:33
3	WORTHING HARRS 'A'	20:26	7	CHICHESTER RUNNS 'C'	22:48
	James Percy	6:58		Sam Godfrey	7:18
	Bradley James	7:05		Adam Pankhurst	7:50
	Tom Marsden	6:23		Max Robertson	7:40
4	CHICHESTER RUNNS 'B'	20:59	N/S	CHICHESTER RUNNS 'D'	21:08
	Charlie Roe	6:49		Lewis Adams	7:12
	Sam Roe	7:04		Joe Gregory	7:25
	Danny Walker	7:06		Tom Padginton	6:31

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Fastest Laps

Keith Newton	10:18
Rob Shannon	10:28
Dave Raynor	10:48

VETERAN MEN O50 (3 x 1 Lap)

1	CHICHESTER RUNNS 'A'	34:52	8	WORTHING HARRIERS	39:34
	Rob Wiggins	11:49		David Barry	12:08
	David Worcester	11:32		Geoff Burrows	12:47
	David Dorning	11:31		John Crosbie	14:39
2	BRIGHTON & HOVE 'A'	35:08	9	HAYWARDS HEATH	41:02
	Peter Crowhurst	12:20		Andy Carter	14:16
	Barry Blackwell	11:40		Alan Newton	13:04
	Peter Witcomb	11:08		Richard Bates	13:42
3	PHOENIX 'A'	36:36	10	HORSHAM BLUE STAR	41:15
	Malcolm Kemp	13:22		William Crawley	13:04
	Colin Simpson	12:00		Lawrence Howick	14:02
	Bob Novis	11:14		Ian Sissons	14:21
4	ARENA 80 'A'	36:58	11	BRIGHTON & HOVE 'B'	43:29
	Mike Naylor	12:32		Dan Maskell	12:39
	Martin Booty	12:45		Brian Bartholomew	15:58
	Paul Gasson	11:41		Mike Airey	14:52
5	CRAWLEY	37:35	12	ARENA 80 'C'	47:49
	Jeremy Carmichael	12:47		John Mason	15:43
	Colin Hickman	12:10		Roger Ockenden	14:20
	Tony Lintern	12:38		Martin Yates	17:46
6	LEWES	38:16	N/S	CHICHESTER RUNNS 'B'	39:18
	Ron Brown	12:29		Alistair Kennaugh	12:45
	Bob Hughes	13:21		Bob West	13:45
	Colin Wibley	12:26		Rob Wiggins	12:48
7	ARENA 80 'B'	38:52		Fastest Laps	
	Bob Reeves	12:36		Peter Witcomb	11:08
	Keith Slaughter	13:08		Bob Novis	11:14
	Bob Ward	13:08		David Dorning	11:31

VETERAN MEN O60 (3 x 1 Lap)

1	HASTINGS AC	41:35	3	LEWES 'A'	44:20
	Reg Wild	12:37		Peter Masters	13:26
	Peter Standen	13:26		Mike Lane	14:15
	Ken Camac	15:28		Fen Tunley	16:39
2	HAYWARDS HEATH 'A'	43:54	4	CRAWLEY	45:49
	John Gill	13:39		Alistair Matson	13:08
	Rupert Purchase	13:53		Percy Jordan	16:33
	John Humphreys	16:22		Chris Bridgewater	16:08

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N/S	PHOENIX		Fastest Laps	
	Paul Wishart	11:04	Senior	
	Carl Svoboda	12:49	Tim Batley	9:51
			Joel Kidger	9:53
			Chris Bird	10:02
			Under 17	
			Stephen Jules	10:28
			Rob Mullet	10:30
			Lee Jules	10:37

VETERAN MEN O40 (4 x 1 Lap)

1	BRIGHTON & HOVE	44:24	8	STEYNING	52:56
	Keith Newton	10:18		Adrian Brown	11:31
	Mike Brown	11:32		David Wolf	16:30
	Rob Shannon	10:28		Martin Atkinson	13:23
	Tom Ulliott	12:06		Simon James	11:32
2	CRAWLEY	44:37	9	PHOENIX 'C'	55:34
	Vince Golding	11:29		Steve Webb	14:13
	Mark Parry	11:14		Martin Barrie	13:49
	Dave Rayner	10:48		Chris Lord	13:07
	Viesturs Dude	11:06		Andrew Haig	14:25
3	WORTHING HARR'S	47:35	10	ARENA 80 'B'	56:10
	Steve Powell	11:34		Robert Page	13:01
	Pete Lay	11:34		Neil Barrett	15:25
	John McGrath	12:15		Jonathan Britten	12:55
	Tim Cattermole	12:12		Robert Reeves	14:49
4	PHOENIX 'A'	47:56	11	HASTINGS RUNNERS	56:24
	Tony Holborn	12:28		Rod King	14:19
	Paul Collicutt	11:30		Lee Miller	14:09
	Andy George	11:55		Michael Hall	15:12
	Pete Wallis	12:03		Martin Noakes	12:44
5	ARENA 80 'A'	48:09	12	HAYWARDS HEATH	59:18
	Philip Penfold	11:46		Ray Smith	14:44
	Colin Hannant	12:10		S Humpheys	14:12
	Marc Steene	12:11		Bob Hughes	17:03
	Paul Gasson	12:02		Mark Sykes	13:19
6	PHOENIX 'B'	52:05	NS	AMPHIBIANS 2 TRI 'B'	
	Steve Smart	13:49		Tony Harris	12:18
	Phil Hampshire	13:02		Graham Everson	12:27
	Stuart Potts	12:48		Mick Dicker	12:04
	Malcolm Hughes	12:26		Tom Jackson	11:41
7	AMPHIBIANS 2 TRI 'A'	52:48	N/S	HASTINGS AC	
	Ray Powell	12:52		Peter Baker	13:15
	Marc Davies	12:36		Neil Rothwell	14:21
	Nigel Rogers	14:29		Paul Emerson	17:03
	Marc Dintto	12:51			

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SENIOR MEN (6 x 1 Lap)

1	CRAWLEY 'A'	62:31	8	LEWES	71:31
	Simon Fortnam	10:37		Rob Mullet	10:30
	Tim Ellis	10:46		Nick Lucas	10:49
	Andy McDermott	10:51		Andrew Masters	12:00
	Tim Kimber	10:21		Mat Homewood	12:51
	Joel Kidger	9:53		John Coleman	13:39
	Louis Jones	10:03		Tom Grant	11:42
2	BRIGHTON & HOVE 'A'	62:51	9	HORSHAM BLUE STAR	73:40
	Josh Painter	10:40		Jonathan Randle	10:16
	Tim Bayley	9:51		Scott Randall	11:22
	Nigel Gates	10:06		Andy Dunstan	11:35
	Dave Boyce	10:38		Piers Morfey	12:11
	Paul Illott	10:51		Chris Lee	13:21
	Matt Bristow	10:45		Ian Bodman	14:55
3	HASTINGS AC	63:46	10	ARENA 80	74:06
	Emile Tambeh	10:11		J Hollingdale	11:22
	Simon Baker	10:56		T Clayton	11:40
	Stephen Jules	10:28		S Covey	12:03
	Lee Jules	10:37		Jim Watson	12:48
	Paul Wilson	10:54		J Donegen	13:57
	Mark Barham	10:40		Philip Penfold	12:16
4	WORTHING HARR'S	64:20	11	HAYWARDS HEATH	76:27
	Richard Clayton	10:26		Vic Beard	15:42
	Fraser Dean	10:45		Mark McLaughlin	11:42
	Tom Fuller	10:45		Joe Pascoe	11:26
	Matt Furber	10:45		Mike Essex	13:30
	Matt Morgan	11:37		Stuart Prentice	12:20
	Chris Bird	10:02		Tim Popkin	11:47
5	CHICHESTER RUNNS 'A'	64:24	12	WORTHING STRIDERS	78:04
	Joe Corbett	10:07		Edward O'Brien	11:40
	James Baker	10:08		Richard Speller	13:04
	Conor McLarnon	10:49		Dave Swain	13:20
	J Worcester	10:54		Neil Rabone	13:04
	Mark Warrington	11:31		Haydon Waghorn	13:41
	J Garland	10:55		Peter Wirtzfeld	13:15
6	BRIGHTON & HOVE 'B'	66:49	13	CHICHESTER RUNNS 'B'	78:46
	Andrew Donno	11:07		David Worcester	11:49
	Brian Brett	10:56		David Dorning	11:45
	Paul Prosser	10:54		David Bourne	12:18
	Paul Froud	10:56		Philip Peters	12:50
	Louis Taub	11:05		James de Bouneville	14:39
	Julian Langley	11:51		Ray Adams	15:25
7	CRAWLEY 'B'	69:37	14	STEYNING	80:18
	Ian Barrett	10:52		Andy Bullimore	13:58
	Joel Clewett	11:00		Martin Hesketh	12:48
	Dave Tibbles	11:52		Peter Warren	11:15
	Bob Freeman	12:39		Ben Harris	14:33
	Gary Thayre	11:48		Andy Kennedy	12:35
	Dave Beattie	11:26		David Wolf	15:09