

2023	Littehampton 10k	Eastbourne Half	Haywards Heath 10 miles	WSFRL Arunners Beach run
MU18/Junior	Ryan Rothe		Ryan Rothe	Ryan Rothe
MSen	Michael Daly	Matt Mason	Chris Watkins	Michael Daly
M40			Andy Robins	Russell Harwood
M45	Steve Wright	Matthew Horne	Matthew Horne	Gary Tomlinson
M50	Brian Stone		Brian Stone	Simon Perkins
M55	Malcolm Footer	Paul Chantler		Malcolm Footer
M60	Christopher Lee	Brian Frost	Brian Frost	Andrew Wright
M65	David Dawson	John Dyckes	David Dawson	David Dawson
M70	Geoff Fisher			Geoff Fisher
M75			Mick Duplock	Mick Duplock
FU18/Junior				Maddy Gilman-Davis
FSen	Emma Wooley	Lea Quentin	Lilian Tse	Amy Johnson
F35				Vicky Holliday
F40	Stephanie Charman	Emma Walters	Victoria Robins	Melissa Galea
F45	Jo Stone	Jo Stone	Jo Tomlinson	Jo Tomlinson
F50	Miranda Morley		Miranda Morley	Miranda Morley
F55	Miranda Huisman	Phyl Weston	Miranda Huisman	Miranda Huisman
F60	Mary Klanczkowski	Penny Barron	Penny Barron	Penny Barron
F65	Sue Newman	Elizabeth Sessions	Caroline Bransden	Sue Newman
F75			Lorraine Hunter	