

**2016 Sussex County 10k Championships  
(part of Brighton Phoenix 10k)**

**Medals**

| <b>MALES</b>                                                                                                                                                                                                                                                                                        | <b>FEMALES</b>                                                                                                                                                                                                                                                                       |
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| <b>Championship (All Ages)</b><br>1st Neil Boniface (Horsham Joggers)<br>2nd Kevin Rojas (Brighton & Hove City AC)<br>3rd Matt Bradford (Lewes AC)                                                                                                                                                  | <b>Championship (All Ages)</b><br>1st Rebecca Moore (Chichester AC)<br>2nd Izzy Coomber (Lewes AC)<br>3rd Helen Buller (Worthing & District Harriers)                                                                                                                                |
| <b>Teams (All Ages Score)</b><br>1 <sup>st</sup> Haywards Heath Harriers - 28<br>Glenn Driver, Phillip Hardaway, Russ Mullen<br>2 <sup>nd</sup> Brighton & Hove City AC - 32<br>Kevin Rojas, Graham Godden, Louis Taub<br>3 <sup>rd</sup> Lewes AC -32<br>Matt Bradford, Lewis Sida, Joshua Burgess | <b>Teams (All Ages Score)</b><br>1 <sup>st</sup> Lewes AC - 15<br>Izzy Coomber, Emma Rollings, Maria Barrow<br>2 <sup>nd</sup> Arena 80 AC - 21<br>Tara Shanahan, Dani Tarleton, Katherine O'Hara<br>3 <sup>rd</sup> Hailsham Harriers – 43<br>Sue Fry, Cat Bounds, Michaela Furlong |
| <b>40-49</b><br>1st Karl Spielman (Midhurst Milers)<br>2nd Lewis Sida (Lewes AC)<br>3rd Graham Godden (Brighton & Hove City AC)                                                                                                                                                                     | <b>40-49</b><br>1st Tara Shanahan (Arena 80 AC)<br>2nd Dani Tarleton (Arena 80 AC)<br>3rd Katherine O'Hara (Arena 80 AC)                                                                                                                                                             |
| <b>50-59</b><br>1st Simon Fletcher (Seaford Striders)<br>2nd Dean Angell (Horsham Joggers)<br>3rd Jonathan Burrell (Lewes AC)                                                                                                                                                                       | <b>50-59</b><br>1st Elspeth Turner (Horsham Blue Stars)<br>2nd Caroline Wood (Arena 80 AC)<br>3rd Cathy Ulliott (Brighton & Hove City AC)                                                                                                                                            |
| <b>60-69</b><br>1st Paul Whelton (Brighton Phoenix AC)<br>2nd John Hardy (Lancing Eagles)<br>3rd Terry Avey (Brighton Phoenix)                                                                                                                                                                      | <b>60 PLUS</b><br>1st Frances Delves (Hailsham Harriers)<br>2nd Marion Hemsworth (Haywards Heath Harriers)<br>3rd Anita Amies (Lewes AC)                                                                                                                                             |
| <b>70 PLUS GOLD ONLY</b><br>1st Andrew Haig (Brighton Phoenix AC)                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                      |

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