

The

# Green *Runner*

APRIL 2018



# FROM THE CHAIR

As we leave March behind hopefully we have seen the last of the wintry weather and we can start to enjoy warmer runs without so many layers.

As usual April sees many spring marathons and I would just like to wish everybody who is doing them the best of luck whether it's their first or their fiftieth and hope you achieve everything you want to achieve.

April also sees the start of the RR10 series and kicks off on April 18<sup>th</sup> at Netley Royal Victoria Country Park and I look forward to seeing lots of you at these free, friendly, off road races. Last year we had over 80 at this run – let's see whether we can get to three figures this year!

All the other races are detailed on the website and I have set up Facebook events for each of the races. Please look out for requests for help from Neil Stantiall for our own race at Whiteley on July 12<sup>th</sup> as this is the one we organise and marshal but don't run.

On the social side we have plans for a skittle evening at the Crofton – look out for details on this one. I am also pleased to say we now have a total of 12 teams in the Hart 4 relay on Aug 12<sup>th</sup> and we are looking forward to some friendly rivalry amongst club members in an intra club challenge. We are also looking to repeat our BBQ at RVCP in early September and make a note in your diaries for our annual awards evening which is booked for November 10<sup>th</sup> at the David Lloyd centre at Port Solent.

The profits from the 10k have now been finalised and I am pleased to confirm that we have donated £4000 each to Portsmouth Downs Syndrome Association and Charlie's Beach Huts. We will announce this year's charities later in April.

Happy Running

Kevin



## CC6 WILVERLEY

|    |                   |
|----|-------------------|
| 2  | Nikki Roebuck     |
| 11 | Lara Evans        |
| 28 | Lisa Donn         |
| 41 | Becca White       |
| 46 | Shelley Thomas    |
| 56 | Sara Mcritchie    |
| 57 | Kathy Chamberlain |
| 60 | Grace Tyrrell     |
| 73 | Janice Allen      |

|     |                 |
|-----|-----------------|
| 15  | Mike White      |
| 17  | Shaun Anthony   |
| 20  | Scott Colbourne |
| 25  | Daniel Foster   |
| 31  | Chris Hall      |
| 45  | Andy Donn       |
| 47  | Matt Evans      |
| 51  | Joe Goozee      |
| 68  | Jack Goozee     |
| 84  | Nick Crane      |
| 115 | Rob Williams    |
| 127 | Neil Allen      |

| OVERALL |               |
|---------|---------------|
| 14      | Mike White    |
| 19      | Daniel Foster |
| 53      | Andy Donn     |
| 65      | Matt Evans    |
| 93      | Nick Crane    |
| 127     | Rob Williams  |

| OVERALL |                   |
|---------|-------------------|
| 1       | Beccy Lord        |
| 6       | Nikki Roebuck     |
| 15      | Lara Evans        |
| 25      | Frances Lord      |
| 32      | Sadie Bedford     |
| 35      | Lisa Donn         |
| 54      | Shelley Thomas    |
| 57      | Kathy Chamberlain |
| 68      | Grace Tyrrell     |

## CAPTAINS CORNER

It seemed almost impossible to think that any of our March races would be cancelled due to snow, but that Beast from the East returned and got the better of both the Bath and Reading Half's and the Wimbourne 20!

Seemed like the best time to fly to Cyprus and run the Half Marathon instead! Well done Tina Chantery on your trophy finish, we were all routing for you and incredibly envious.

Those still in the UK fought against the elements and the aptly named Frostbite Triathlon was conquered by Kelly Bennetts and Lucy May who finished a very impressive 3<sup>rd</sup> female.

More snow covered pictures came back from the Batty Bimble with a good Green turnout clocking up those laps! Well done to Julie Ashman, Sara McRitchie, and Kathy Chamberlain completing a marathon distance and Chris Stapleford, Simon Gibbons and Gaynor Hefner completing a half marathon.

We had a podium finish at the New Forest 20 mile race with Shaun Beale in 2<sup>nd</sup> place, Wesley Jones 4<sup>th</sup> overall in the 50k and 1<sup>st</sup> vet. Sam Stockwell, Natalie Flack and Claire Johnson all completed the 20m as part of their marathon training.

Was great to see some strong returns from injury this month with Jules Dinwoodie completing the Inverness Half Marathon.

Larmer Tree weekend was cold and snowy, but that didn't stop us! Some brilliant results over the weekend with Anna Wilby-Lopez finishing 8<sup>th</sup> lady in the half marathon, Lee Stantial completed her first 20 miler and then Mark McDonald coming 15<sup>th</sup> overall and 1<sup>st</sup> in his age category for the marathon, George Howarth also completed the marathon beating his time from last year and coming in 10<sup>th</sup> in his age category. Richard Snell finished an impressive 5<sup>th</sup> in his age category and our marathon ladies were represented by Gill Rose, Sarah Barron and Lisa Maria Hennen, well done everyone on a very challenging course.

Beccy Lord represented Hampshire and Kelley Haniver represented Cheshire in the National Intercounties XC at Loughborough. Amazing running ladies and in so much mud you did your Counties proud.

CC6 races saw the last of the season at Wilverley Plain, bringing some new faces to the Green Army, among our 13 men we had Jack and Joe Gooze, Shaun Beale and Martin Wedge. It was a challenging and muddy course, what better way for our 9 strong ladies to start their Mother's Day! Team results from Wilverley saw the ladies 3<sup>rd</sup> and Men 4<sup>th</sup>. We finished with an impressive

4<sup>th</sup> out of 17 teams for the Ladies and 6<sup>th</sup> out of 16 teams for the Men. We had some outstanding individual results too with Beccy Lord as 1<sup>st</sup> lady overall and 1<sup>st</sup> senior! Well done Beccy. Nicki Roebuck was 6<sup>th</sup> lady overall and 2<sup>nd</sup> senior, Lara Evans 15<sup>th</sup> overall and 8<sup>th</sup> V40 and Frances Lord 4<sup>th</sup> V50. Our Men's team saw Mike White finishing 14<sup>th</sup> overall and 3<sup>rd</sup> V50, Dan Foster 19<sup>th</sup> overall and 14<sup>th</sup> senior, Andy Donn 11<sup>th</sup> V40 and Matt Evans 14<sup>th</sup> V40 and Nick Crane came 5<sup>th</sup> V60. What a Team! Excellent end to the season and now looking forward to the slightly warmer RR10 season!

Another busy weekend gave us the 100 Acres 10k, unbelievably muddy but a brilliant turnout and great set of results for us! Hollie Smith finished 2<sup>nd</sup>, Rich Mackay 3<sup>rd</sup> and a first ever 10k for Rachel Donnachie and Katherine Holmes, well done ladies!

QEP spring marathon and half drew in a big turnout with Julie Ashman, Simon Gibbons and Sara McRitchie taking the full option! Not for the faint hearted with this hilly 2 loop course! The Half was smashed by Shaun Beale finishing 4<sup>th</sup> and Mark McDonald 6<sup>th</sup> overall, well done guys. Also completing the half was Aga Plombon, Tracey Terry, Mike Donovan, Tiffany Skerratt and Shelley Thomas, great efforts by all.

Cranleigh 15 and 21 mile races were that same weekend, well done to John Leigh, John Warner, Sylwia Ward and Martin de Wied.

London Landmarks Half Marathon is my last to mention from this busy weekend, really well done to Nicki White, Emily Handley and Fiona Quade. You shared some great photos from the race, looked like an emotional and exciting day.

It's been a good month for our younger "Stubby Green Cadets", competing at the Hampshire Schools XC in Basingstoke, well done to Ryan Simpson, Libby Evans, Harry & Freya Roebuck, Grace Park and Chloe Jones. So inspiring to see the next generation of athlete making their mark and enjoying the challenge of a race. Seems fitting to celebrate these young achievers in a month where we sadly lost a legend of running with the passing of Sir Roger Bannister.

So, with April nearly upon us, good luck to all you amazing runners with your spring marathons, make the most of your tapering time. We look forward to supporting you all and hearing your individual stories from these momentous events.

Happy running everyone, spring is finally here!



## CRANLEIGH 21

|     |                 |          |
|-----|-----------------|----------|
| 77  | Sylwia Ward     | 02:33:08 |
| 113 | Jon Leigh       | 02:43:31 |
| 143 | Susie MacGregor | 02:47:54 |

## CRANLEIGH 15

|     |              |          |
|-----|--------------|----------|
| 99  | Andy Lee     | 02:25:37 |
| 142 | William Gill | 02:58:51 |

## Batty Bimble

|    |                       |          |            |
|----|-----------------------|----------|------------|
| 19 | Katherine Chamberlain | 05:17:28 | 26.4 miles |
| 20 | Sara McRitchie        | 05:17:34 | 26.4 miles |
| 27 | Julie Ashman          | 05:48:44 | 26.4 miles |
| 71 | Simon Gibbon          | 03:22:19 | 16.5 miles |
| 72 | Gaynor Heffer         | 03:22:37 | 16.5 miles |
| 73 | Chris Stapleford      | 03:22:53 | 16.5 miles |

## CYPRUS HALF MARATHON

|     |      |          |          |
|-----|------|----------|----------|
| 104 | Tina | Chantrey | 01:42:01 |
|-----|------|----------|----------|

## Inverness Half Marathon

|      |                 |          |
|------|-----------------|----------|
| 1587 | Jules Dinwoodie | 02:18:44 |
|------|-----------------|----------|

## COMBE GIBBET TO OVERTON

|     |                           |                 |
|-----|---------------------------|-----------------|
| 28  | <i>Andrew Stockwell</i>   | <i>01:57:29</i> |
| 98  | <i>Richard Snell</i>      | <i>02:20:39</i> |
| 110 | <i>Gill Rose</i>          | <i>02:24:17</i> |
| 227 | <i>Samantha Stockwell</i> | <i>03:19:46</i> |

## WEST WIGHT 3 HILLS

|    |            |          |
|----|------------|----------|
| 55 | Nick Crane | 01:11:48 |
|----|------------|----------|

## Larmer Tree Marathon

|     |        |          |          |
|-----|--------|----------|----------|
| 15  | Mark   | McDonald | 03:48:01 |
| 120 | George | Howarth  | 05:04:02 |
| 215 | Sarah  | Barron   | 06:01:55 |

## Larmer Tree 20

|    |         |                 |          |
|----|---------|-----------------|----------|
| 46 | Alethea | Adair-Stantiall | 03:25:00 |
| 75 | Gill    | Rose            | 03:37:29 |
| 76 | Richard | Snell           | 03:37:30 |

## Larmer Tree Half

|    |      |             |          |
|----|------|-------------|----------|
| 37 | Anna | Wilby-Lopez | 02:13:16 |
|----|------|-------------|----------|

## Dark Larmer

|    |      |         |          |
|----|------|---------|----------|
| 49 | Mike | Donovan | 01:27:00 |
|----|------|---------|----------|

# TIME TRIALS

We are looking to go back to time trials being once a month through the summer, starting on Thursday 5<sup>th</sup> April. The format will be same as in previous years over the same 4 mile course. The idea of the time trials is for runners to see their improvement with training throughout the summer.

We will meet at the Crofton Community Centre in Stubbington and jog down to start at Eric Road by the Shell Garage. There are two start times, to get everyone to finish about the same time. So people looking to run 4 miles in over 35 minutes start at 6.45pm at Eric Road and meet at the centre for 6.35pm. For people under 35 minutes, then meet at 6.50pm at the centre and start at 7.00pm. As people progress with their times below 35 minutes they will move up to the 7pm start time, which will in turn help runners to improve their times, so a great win win.

After the time trial there is the option for post hydration in the Red Lion!!

A map of the course is posted on the website with written directions and on the day the course will be explained at the start.

Adding fun to these trials again, we will be looking to highlight time losses runners achieved each month. The male and female people who shave the most off their time trial each month, will receive a small prize in recognition. Across the 6 time trials we are looking for the biggest improvers. To make this fair, we are looking to time band people again, so people can compete with similar paced runners.

At the end of the season, there'll be overall winners, which will be the people in each band who shave the most time off their season's best, versus the best time they posted over the last 2 years' time trials and will receive a prize. If you didn't run over the last 2 years don't worry, we will take the first time that you post this season.

This year we will be doing a random spot prize every time trial which all runners and helpers on the night will be included in.

## See below the handicap bandings:-

|                    |                    |                    |
|--------------------|--------------------|--------------------|
| Under 25 mins      | 25.01 – 28.00 mins | 28.01 – 31.00 mins |
| 31.01 – 35.00 mins | Over 35 mins       |                    |

## Dates for time trials are as follows:-

|                       |                      |                       |  |
|-----------------------|----------------------|-----------------------|--|
| 5 <sup>th</sup> April | 17 <sup>th</sup> May | 14 <sup>th</sup> June |  |
| July - TBC            | August - TBC         | September - TBC       |  |

**The committee will time keep again, but if anybody who is not running on the night who wants to help out, then we will gratefully receive your help and if you could message Andy Simpson on Facebook. We as committee look forward to seeing everyone's improvements. Enjoy the runs and have fun!**



|  |                                   |                              |                             |                               |
|--|-----------------------------------|------------------------------|-----------------------------|-------------------------------|
| <b>Havant</b> <b>3 March</b>               | Andrew STOCKWELL 00:21:19         | Jamie STOCKWELL 00:26:51 PB  | Carl SCHAFER 00:29:02       | Keith WHITAKER 00:29:29       |
| <b>Winchester</b> <b>3 March</b>           | Gordon WESTLEY 00:34:28           |                              |                             |                               |
| <b>Bevendean Down</b> <b>3 March</b>       | Robert SPENCER 00:37:30           |                              |                             |                               |
| <b>Bushy</b> <b>10 March</b>               | Jon LEIGH 00:21:05                | Rita LEIGH 00:30:51          |                             |                               |
| <b>Whiteley</b> <b>10 March</b>            | Nikki ROEBUCK 00:19:50            | Daniel FOSTER 00:20:31       | John PARKER 00:21:03        | Hollie SMITH 00:21:28 PB      |
|  | Gavin RENNIE 00:22:09 PB          | Simon ELLIS 00:22:39         | Helen BENSON 00:25:27       | Jack GOOZEE 00:26:05          |
|  | Jamie EARLEY 00:26:17             | Carl SCHAFER 00:26:24        | Beverly STICKLAND 00:27:20  | Toby EVANS 00:27:36 PB        |
|  | Chris WHEELER 00:27:36            | William GILL 00:28:30        | Pamela KEMP 00:28:31        | Charlotte MAISEY 00:28:38     |
|  | Liz JAMES 00:33:40                | Christopher WILLS 00:36:36   |                             |                               |
| <b>Eastleigh</b> <b>10 March</b>           | Haydn BROWN 00:24:20              |                              |                             |                               |
| <b>Winchester</b> <b>10 March</b>          | Gordon WESTLEY 00:26:50           |                              |                             |                               |
| <b>Margate</b> <b>10 March</b>             | Tim MATTHEWS 00:22:44 PB          |                              |                             |                               |
| <b>Humber Bridge</b> <b>10 March</b>       | Liz WEIGHELL 00:36:31             |                              |                             |                               |
| <b>Chichester</b> <b>10 March</b>          | Jonathan HARRINGTON 00:29:19      |                              |                             |                               |
| <b>Hogmoor Inclosure</b> <b>10 March</b>   | Keith WHITAKER 00:31:52           | Robert SPENCER 00:34:37      |                             |                               |
| <b>Lee-on-the-Solent</b> <b>10 March</b>   | Lewis BANNER 00:16:59             | Rob GREENWOOD 00:18:05       | James LEE 00:19:23          | Andrew STOCKWELL 00:19:40     |
|  | Richard BAILEY 00:21:58           | Matthew EVANS 00:22:54       | Jamie STOCKWELL 00:23:03 PB | Amie MORGAN 00:23:36          |
|  | Phil MORGAN 00:23:39              | Graham MARTIN 00:24:36       | Russell MEAD 00:25:19       | Richard BURNS 00:25:44        |
|  | Cathy WEBB 00:26:09               | Paul HAMMOND 00:26:13        | George HOWARTH 00:26:40     | Andy LEE 00:26:56             |
|  | Andy WHITE 00:27:12               | Karen SALMON 00:27:22        | Sara MCRITCHIE 00:28:51     | Martyn BANNER 00:29:43        |
|  | Christine LAIDLAW 00:30:35 PB     | Chris STAPLEFORD 00:30:55    | Mandy BURTON 00:30:55       | Vicky WILLIAMS 00:30:57       |
|  | Simon GIBBON 00:31:00             | Louise TANNER 00:32:53       | Susan BONNAR 00:33:51       | Sue ROBINSON 00:35:07         |
|  | Sandie MCINTOSH 00:35:32          | Amanda KNIGHT 00:35:33       | Janet SHAW 00:40:02         | Cliff SHAW 00:40:21           |
| <b>Portsmouth Lakeside</b> <b>10 March</b> | Andy DONN 00:20:36                | Lisa DONN 00:24:33           | Kevin SAUNDERS 00:30:39     | Tina Louise CHANTREY 00:30:41 |
| <b>Fareham</b> <b>10 March</b>             | Jon PLOMER 00:19:52 PB            | Ray GUNNER 00:20:21          | Chris HALL 00:20:30         | Mark John EATON 00:20:50      |
|  | Nikkie Katrina PLOMER 00:32:12 PB | David MACSWAYNE 00:36:15     | Trina READINGS 00:40:54     | Andrew SMITH 00:53:51         |
| <b>Cardiff</b> <b>17 March</b>             | Daniel ELLIOTT 00:18:55           |                              |                             |                               |
| <b>Southampton</b> <b>17 March</b>         | Mark MCDONALD 00:21:10            | Calum MCDONALD 00:29:07      | Marie MCDONALD 00:29:08     |                               |
| <b>Longrun Meadow</b> <b>17 March</b>      | Pamela KEMP 00:29:34              |                              |                             |                               |
| <b>Woking</b> <b>17 March</b>              | David Matthew CASTLE 00:26:49     |                              |                             |                               |
| <b>Havant</b> <b>17 March</b>              | William GILL 00:30:30             |                              |                             |                               |
| <b>Whiteley</b> <b>17 March</b>            | Nikki ROEBUCK 00:21:32            | Mike BELL 00:21:46           | Harry ROEBUCK 00:22:58      | Jack GOOZEE 00:23:00          |
|  | Martyn POORE 00:23:15             | Rob WILLIAMS 00:26:37        | Beverly STICKLAND 00:26:55  | Martin DE WIED 00:28:23       |
|  | Keith WHITAKER 00:29:01           | Martyn BANNER 00:30:26       |                             |                               |
| <b>Eastleigh</b> <b>17 March</b>           | Ray GUNNER 00:21:25               | Jon PLOMER 00:22:32          | Haydn BROWN 00:29:04        |                               |
| <b>Newbury</b> <b>17 March</b>             | Jon LEIGH 00:21:23                | Tomas STINSON 00:21:30       |                             |                               |
| <b>Winchester</b> <b>17 March</b>          | Gordon WESTLEY 00:26:54           |                              |                             |                               |
| <b>Netley Abbey</b> <b>17 March</b>        | Rob ANDERSON 00:23:02             |                              |                             |                               |
| <b>Homewood</b> <b>17 March</b>            | Lewis BANNER 00:18:47             |                              |                             |                               |
| <b>Chichester</b> <b>17 March</b>          | Carl SCHAFER 00:27:24             | Jonathan HARRINGTON 00:28:17 |                             |                               |
| <b>Lee-on-the-Solent</b> <b>17 March</b>   | Matt EMERY 00:20:31               | Tim MATTHEWS 00:22:12        | Jamie STOCKWELL 00:22:54 PB | Andrew STOCKWELL 00:25:01     |
|  | Rebecca WHITE 00:25:06            | Neil JARVIS 00:25:13         | Gaynor HEFFER 00:26:42      | Simon GIBBON 00:26:43         |
|  | Andy WHITE 00:26:52               | Karen SALMON 00:27:24        | Cathy WEBB 00:28:03         | Cliff SHAW 00:30:27           |
|  | Claire PEAL 00:32:36              | Susan BONNAR 00:35:48        | Janet SHAW 00:39:54         |                               |
| <b>Fareham</b> <b>17 March</b>             | James LEE 00:19:22                | Andy LEE 00:25:08            | Robert SPENCER 00:30:20     | Tom MELLOR 00:31:42           |
|  | Paul SOUTHON 00:35:10             | David MACSWAYNE 00:35:44     | Andrew SMITH 00:41:52       | Wendy SMITH 00:42:02          |



|                            |                 |                            |                 |                          |                 |
|----------------------------|-----------------|----------------------------|-----------------|--------------------------|-----------------|
| <b>Portsmouth Lakeside</b> | <b>17 March</b> | <b>Lee-on-the-Solent</b>   | <b>24 March</b> | <b>Whiteley</b>          | <b>31 March</b> |
| Kevin SAUNDERS             | 00:25:45        | Will FELINE                | 00:17:50 PB     | Nikki ROEBUCK            | 00:20:27        |
| <b>Southampton</b>         | <b>24 March</b> | Matt EMERY                 | 00:20:10        | John PARKER              | 00:20:31 PB     |
| Mark MCDONALD              | 00:20:55        | Steve FIDLER               | 00:21:26        | Robert EGERTON           | 00:20:51        |
| Calum MCDONALD             | 00:28:46        | Peter KAY                  | 00:21:33        | Harry ROEBUCK            | 00:20:52 PB     |
| Marie MCDONALD             | 00:28:48        | Jon PLOMER                 | 00:22:10        | Daniel FOSTER            | 00:20:52        |
| <b>Ipswich</b>             | <b>24 March</b> | Gaynor HEFFER              | 00:24:09        | Mike BELL                | 00:21:26 PB     |
| Lucy TAYLOR                | 00:29:18        | George HOWARTH             | 00:24:49        | Simon ELLIS              | 00:22:42        |
| <b>Plymvalley</b>          | <b>24 March</b> | Chris STAPLEFORD           | 00:24:59        | Jamie STOCKWELL          | 00:23:39 PB     |
| Claire PEAL                | 00:32:00 PB     | Alison HESSELBERTH         | 00:25:10        | Amy FOX                  | 00:23:45 PB     |
| <b>Southsea</b>            | <b>24 March</b> | Rebecca WHITE              | 00:25:14        | Helen BENSON             | 00:24:53        |
| Andy DONN                  | 00:20:36        | Cathy WEBB                 | 00:25:29        | Beverly STICKLAND        | 00:26:32        |
| Lisa DONN                  | 00:23:45        | Karen SALMON               | 00:26:14 PB     | William GILL             | 00:28:34        |
| Russell MEAD               | 00:24:29        | Andy WHITE                 | 00:26:29        | Katherine CHOWNS         | 00:28:36        |
| <b>Whiteley</b>            | <b>24 March</b> | Pamela KEMP                | 00:27:07        | Pamela KEMP              | 00:30:00        |
| Daniel FOSTER              | 00:19:36        | Toby EVANS                 | 00:27:36        | Julia WEBB               | 00:30:01        |
| Robert EGERTON             | 00:20:48        | Martyn BANNER              | 00:27:56        | Charlotte MAISEY         | 00:32:12        |
| John PARKER                | 00:20:50        | Robin PEAL                 | 00:28:21        | Kevin ASHMAN             | 00:32:34        |
| Hannah MOLYNEAUX           | 00:21:34 PB     | Vicky WILLIAMS             | 00:28:51 PB     | Martin DE WIED           | 00:32:40        |
| Tim MATTHEWS               | 00:22:04        | Sarah BARRON               | 00:28:57        | Martin READ              | 00:32:47        |
| Marcus LEE                 | 00:22:15        | Cliff SHAW                 | 00:29:56        | Greig BENSON             | 00:33:46        |
| Simon ELLIS                | 00:22:40        | Phil CLARK                 | 00:30:41        | Keith WHITAKER           | 00:33:53        |
| Simon VINGOE               | 00:22:51 PB     | Christine LAIDLAW          | 00:30:46        | Christopher WILLS        | 00:35:39        |
| Jon LEIGH                  | 00:23:28        | Jenny HEARNDEN             | 00:34:29        | <b>Eastville</b>         | <b>31 March</b> |
| Amy FOX                    | 00:25:09        | Susan BONNAR               | 00:34:37        | Andrew STOCKWELL         | 00:19:45        |
| Helen BENSON               | 00:25:19        | Janet SHAW                 | 00:39:54        | Holly STOCKWELL          | 00:35:59        |
| Dominique BECHELEY         | 00:27:24        | <b>Portsmouth Lakeside</b> | <b>24 March</b> | Samantha STOCKWELL       | 00:35:59        |
| Beverly STICKLAND          | 00:27:25        | Lara EVANS                 | 00:22:17        | <b>Netley Abbey</b>      | <b>31 March</b> |
| Martin DE WIED             | 00:28:02        | Kate RANT                  | 00:24:27        | Michael GREGORY          | 00:17:47        |
| William GILL               | 00:28:26        | Carl SCHAFER               | 00:26:28 PB     | Chris BROBIN             | 00:18:26        |
| Keith WHITAKER             | 00:28:29        | <b>Hogmoor Inclosure</b>   | <b>24 March</b> | Rebecca Margaret LORD    | 00:19:09        |
| Charlotte MAISEY           | 00:28:44        | Andrew STOCKWELL           | 00:20:40        | Steve TROTMAN            | 00:22:35        |
| <b>Eastleigh</b>           | <b>24 March</b> | Jamie STOCKWELL            | 00:25:08        | Frances Louise LORD      | 00:24:41        |
| Haydn BROWN                | 00:28:23        | Samantha STOCKWELL         | 00:32:36        | <b>Queen Elizabeth</b>   | <b>31 March</b> |
| Netley Abbey               | 24 March        | <b>Southampton</b>         | <b>31 March</b> | Matt EMERY               | 00:23:57        |
| Ray GUNNER                 | 00:19:53        | Stuart HALL                | 00:22:36        | Chris WHEELER            | 00:33:51        |
| Steve TROTMAN              | 00:22:20        | <b>Portsmouth Lakeside</b> | <b>31 March</b> | Toby EVANS               | 00:33:51        |
| Amie MORGAN                | 00:22:53 PB     | Daniel ELLIOTT             | 00:19:42        | <b>Lee-on-the-Solent</b> | <b>31 March</b> |
| Frances Louise LORD        | 00:24:19        | <b>Fareham</b>             | <b>31 March</b> | Lewis BANNER             | 00:17:31        |
| Julia PARK                 | 00:29:15        | James LEE                  | 00:19:42        | Andy DONN                | 00:22:03        |
| <b>Fareham</b>             | <b>24 March</b> | Ray GUNNER                 | 00:20:19        | Keith CARTER             | 00:24:24        |
| Chris HALL                 | 00:20:17        | Mark John EATON            | 00:20:32        | Kate RANT                | 00:24:38        |
| Laura WAINWRIGHT           | 00:21:15        | Andy LEE                   | 00:25:56        | Gareth CHARLES           | 00:24:39        |
| Andy LEE                   | 00:27:04        | Paul SOUTHON               | 00:31:05        | Kelly BENNETTS           | 00:25:04 PB     |
| Robert SPENCER             | 00:31:00        | Liz WEIGHELL               | 00:31:34        | Haydn BROWN              | 00:25:11        |
| Paul SOUTHON               | 00:31:01        | Tom MELLOR                 | 00:32:19        | Rebecca WHITE            | 00:25:12        |
| Wendy HALL                 | 00:32:18        | David MACSWAYNE            | 00:35:59        | Graham MARTIN            | 00:25:52        |
| Liz WEIGHELL               | 00:35:19        | Robert SPENCER             | 00:36:46        | Gaynor HEFFER            | 00:26:09        |
| Trina READINGS             | 00:45:18        | Trina READINGS             | 00:42:35        | Simon GIBBON             | 00:26:10        |
| Wendy SMITH                | 00:45:21        | Wendy SMITH                | 00:43:56        | Cathy WEBB               | 00:26:11        |
| Andrew SMITH               | 00:45:27        | Andrew SMITH               | 00:43:57        | Andy WHITE               | 00:26:30        |
| <b>Chichester</b>          | <b>24 March</b> | <b>North Harbour</b>       | <b>31 March</b> | Martyn BANNER            | 00:28:04        |
| Jonathan HARRINGTON        | 00:28:42        | Jamie EARLEY               | 00:25:30        | Sara MCRITCHIE           | 00:28:20        |
| <b>Lee-on-the-Solent</b>   | <b>31 March</b> | <b>Parke</b>               | <b>31 March</b> | Robin PEAL               | 00:28:43        |
| Jonathan HARRINGTON        | 00:29:25        | Carl SCHAFER               | 00:29:29        | John SIMISTER            | 00:28:51        |
|                            |                 | <b>Chichester</b>          | <b>31 March</b> | Sarah BARRON             | 00:28:53        |
|                            |                 | Jonathan HARRINGTON        | 00:29:25        | Claire PEAL              | 00:28:54 PB     |
|                            |                 |                            |                 | Richard WEEKS            | 00:30:23        |
|                            |                 |                            |                 | Amy WADHAMS              | 00:32:07        |
|                            |                 |                            |                 | Susan BONNAR             | 00:37:51        |