

The

Green *Runner*

MARCH 2018



FROM THE CHAIR

Nearly 80 members attended the club AGM this year and heard all about the exploits and many successes of the club members over the past year and it was good to see so many members at this event and I hope you enjoyed not only the meeting but the refreshments afterwards where we had the opportunity to chat and socialise.

I would like to welcome Lisa Donn, Phil Hobby, Andy Simpson and Simon Gibbon to the new committee and look forward to working with you over the coming year.

We now have well over 400 members – the largest membership for a while, certainly in the last 8 years or so, and a large percentage of these are very active which is great to see.

On the social side of things we have entered a number of teams in the Hart 4 relay as the South Downs relay has been cancelled and there is still time to enter this so please let myself and Marcus know if you want to do this – its as many 4k laps that can be completed in a 4 hour time period by a



The profits from the 10k are still being finalised but will allow us to donate a significant amount to our two charities – Portsmouth Downs Syndrome Association and Charlie's Beah Huts. We will confirm the amount once we have finalised the numbers..

We will need a new charity for this year so please give this some thought and email me with the charity name and your reasons for your nomination by the end of March – chairman@stubbingtongreenrunners.net.

Happy Running
Kevin

team of 4 – cost is £20 and I can let you know how to pay. The committee will pick the teams (to try and make them as equal as possible) so that we can get some friendly rivalry going on the day and a have a prize for the winners.

RR10 LEAGUE 2018 FIXTURES

	2018 DATES	VENUE	TIME	ORGANISERS	DROP OUT
1	Apr-18	Royal Victoria Country Park	7.00pm	Southampton AC / Itchen Spitfires	Halterworth
2	May-02	Stoney Cross	7.15pm	Totton RC	Eastleigh RC / Winchester AC
3	May-16	Wilverley, Sway	7.30pm	New Forest Runners	Hedge End
4	May-30	Recreation Ground, Blackfield	7.30pm	Hardley Runners	Romsey
5	Jun-06	Fleming Park	7.30pm	Running Sisters / Halterworth	Southampton AC / Itchen Spitfires
6	Jun-20	Manor Farm Country Park	7.30pm	Hedge End	New Forest
7	Jul-04	University Sports Ground, Wide Lane, Eastleigh	7.30pm	Eastleigh RC	Hardley / Wessex
8	Jul-11	Whiteley	7.30pm	Stubbington	Lordshill
9	Jul-18	Janesmoor Pond, Stoney Cross	7.30pm	Wessex RR / Romsey RR	Running Sisters / Stubbington
10	Aug-01	Itchen Valley Country Park	7.15pm	Lordshill RR	Totton
11	Aug-15	IBM Hursley Park	7.15pm	Winchester AC	none

CAPTAINS CORNER

Firstly I'd like to thank Marie McDonald and Andrew Stockwell for being our Captains over the last year. Secondly welcome our new Ladies Captain Lisa Donn who I look forward to working with.

Another busy month has passed us by and as I write this I'm looking at the snow on the ground and hoping it doesn't cancel too many races and parkruns at the weekend!

At the end of last month we had the Southern XC Champs at Stanmer Park, Brighton where all the Southern running clubs compete. Our ladies were fabulous finishing in 27th, Beccy Lord, Lucy May, Lara Evans and Penny Forse making up the team. Beccy also came an amazing 35th out of over 350 ladies. Running for the men in a field of over 740 runners were Steve Cumes, Andy Stockwell and Gordon Westley.

National XC Champs last week saw 14 hardy runners take on Parliament Hill and it was great to see Mark Eaton back running in the big one. Thank you Andy for organising the troops and driving the fun bus. Ladies ran really well in particular Kelley Haniver who finished in the top 200 in England and was accompanied by Tina Chantrey and Penny Forse. The men's race had over 2200 runners in it and is a sight to behold when the race starts and runners charge up the first hill. Will Feline was first Stubbie home and Andy Stockwell, Mike White, Dan Foster, Steve Cumes and Mark Eaton made up the team who finished 120th in English clubs. Well done to everyone who took on and conquered Parliament Hill.

HRRL went to Ryde this month for the Ryde 10 with Sara McRitchie organising everyone. This is one of my favourite days where you go across on the ferry and have a good run out, followed by a few beers and chips afterwards for refuelling! Although the weather conditions were not great, people enjoyed it we managed to get 3 ladies and 2 men's complete teams with ladies A team 7th overall and men's A 5th on the day. Rob Greenwood was the stand out runner on the day finishing 5th overall running sub 59 on that course is really impressive. Good luck to everyone running at Eastleigh 10k. A reminder these HRRL races are really popular and fill up quickly, so to avoid disappointment please start looking now at Alton, Netley and Lordshill which are in May and June, to avoid disappointment.

Winchester 10k brought out the green army in force, despite the early start and incredibly cold conditions. Congratulations to Hollie Smith for a top 10 ladies finish and so many PB's on the day... Becca and Andy White, Sadie Bedford, Kate Rant, Helen Benson, Toby Evans and Paul Coverdale. I think a lot of you were surprised at your results given the gradient!

Hampshire XC League ran the last race of the series at Farnborough. The ladies shone brightly finishing 4th ladies and vet ladies teams with Beccy Lord on fire in 3rd place, supporting her in the team was Kelley Haniver 2nd vet, Lara Evans for seniors and Penny Forse making up the vets team. Sadly the men didn't get a team out but Gordon Westley was our sole man! In the overall series results we saw the senior ladies finish mid table in 8th which is really good. The men didn't have a finishing position due to incomplete teams at races. Individually we celebrate two people running enough

races to feature in these results, Gordon Westley who always turns up to these races was 98th overall and 51st vet and Penny Forse was 36th overall but more importantly 1st V65, well done you two.

Park run has so many successes it's hard to keep track. A mention though to John Cox who had a special birthday, moved into a new age category and achieved his PB of 22:57, all on the same day! Good work John.

CC6 saw a trip to Dennywood where we had a large contingency of green vests which was great to see. The ladies were 1st on the day with Beccy Lord yet again notching up another win and Lara Evans 10th and Penny Forse 12th made up the ladies team. Janice Allen accompanied Neil for his first CC6. Well done Team Allen, you got the largest cheer of the day and you were still smiling. The men were 10th on the day led home by Mike White and scoring in the men's team also were Chris Sandy, Chris Hall Junior and Andy Simpson. The last race of the season is on 11th March at Wilverley Plain with the ladies in 2nd overall by only 1 position, so all to play for. Ladies, plea from Lisa and Sadie for our best ever turnout! Could there be a better way to start off Mother's Day!! The men currently are 6th overall going in to the last the race. Let's see if we can get a large number of green vests running.

Southern XC series ran their last race at Polecat Valley with Will Feline finishing in 8th which was unbelievable after doing Parliament Hill the day before. On the day the team finished 16th.

Breacon to Cardiff Ultra was run by two Stubbies who did the 43 miles in rapid times and finished in an amazing 2nd Chris Brobin and Mike Gregory was 3rd to fly the flag for the Greens.

Alan Forse was a force to be reckoned with at the Southern Counties Vets AC Indoor Champs scooping 3 medals in M70 category. Alan is a sprinter and has over the last year or so has donned his spikes back on and competed on the track. He won sliver in 60m and 400m with a bronze in 200m, congratulations Alan.

Mark McDonald was 6th in the Sussex Maverick.

Congratulations to the following people for being selected to run for their counties. Beccy Lord (Hampshire) and Kelley Haniver (Cheshire) for the National Inter-Counties XC Champs at Loughborough.

Congratulations to our junior runners who are going to represent their towns in the Hampshire County School Champs at Basingstoke, Grace Park, Chloe Jones, Ryan Simpson, Freya and Harry Roebuck.

Just over a month to go till the start of the spring marathons so good luck to everyone with their training and 20 mile races in March as they prep for the big one in April. So encouraging to see the number of you achieving your longest ever runs as part of training for your first marathons.



CC6 DENNYWOOD

1	Beccy Lord	25	Mike White
10	Lara Evans	36	Chris Sandy
12	Penny Forse	43	Chris Hall
19	Frances Lord	46	Andy Simpson
20	Sadie Bedford	62	Andy Donn
31	Lisa Donn	68	Matt Evans
49	Kathy Chamberlain	72	Mike Bell
51	Becca White	78	Arron Hall
58	Shelley Thomas	93	Nick Crane
65	Julia Webb	123	Russell Mead
79	Grace Tyrrell	150	Andy White
88	Jules Dinwoodie	154	Mike Donovan
94	Donna Caswell	168	Neil Allen
98	Janice Allen		

BRAMLEY 10 MILE

72	Richard Cassell	01:08:31
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BRAMLEY 20 MILE

102	Andrew Stockwell	02:21:15
103	Jonathan Warner	02:21:14
130	Susie Macgregor	02:25:50
544	Julie Ashman	03:13:59

Long Mynd Valleys Fell Race

45	William Feline	02:09:27
77	Mike White	02:20:19

Sussex Maverick

6th	Mark McDonald	01:50:20
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CHICHESTER 10K

36	Rob Arkell	32.32
68	Lewis Banner	36.12
132	James Lee	38.34
187	Chris Hall	40.07
242	David Thorpe	41.22
1243	William Gill	01.02.29

WINCHESTER 10K

56	GARETH CHARLES	40.46
112	HOLLIE SMITH	43.19
193	PAUL COVERDALE	45.41
294	SIMON BACON	46.16
358	SADIE BEDFORD	49.22
366	GREIG BENSON	49.28
384	KATIE RANT	49.49
404	GAVIN RENNIE	50.11
542	JOHN COX	52.59
574	HELEN BENSON	53.25
714	REBECCA WHITE	56.19
806	CARL SCHAFFER	58.07
848	ANDY WHITE	58.53
884	AGA PLOMBON	59.22
916	TOBY EVANS	59.57
1071	GRACE TYRRELL	64.02

Breacon to Cardiff Ultra 70km

2	Chris Brobin	05:48:21
3	Mike Gregory	05:54:39

4 TRIGS SIDMOUTH

This tough route is around 17 miles in distance and involves over 4000ft of climb, so is not for the faint hearted.

9th	Will Feline	02:51:29
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Alan Forse M70

Southern Counties Vets AC Indoor Championships, Lee Valley, 18th February 2018. 2nd 60m 9.53s (pb indoors) 3rd 200m 31.86s 2nd 400m 76.05s

South of England Masters Indoor Championships, Lee Valley, 25th February 2018. 3rd 200m 31.31s (pb indoors) 2nd 400m 74.99s (pb indoors)

Alan has been selected to run for his age group in the England Inter-Area Indoor 400m and 4 x 200m Relay at Lee Valley on 4th March, 2018.



WORTHING HALF MARATHON

226	Sylwia Ward	01:35:10
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DORNEY HALF

14	Andy Simpson	01:22:38
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HAMPSHIRE CROSS COUNTRY LEAGUE ALDERSHOT

3	Rebecca Lord	24.44
15	Kelley Haniver	26.16
46	Lara Evans	30.01
53	Lucy May	30.31
56	Penny Forse	30.53
68	Frances Lord	31.44

172	Gordon Westley	51.35
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Portsmouth Coastal Half Marathon

14	Andrew Stockwell	01:26:46
174	Anna Wilby-Lopez	01:46:19
227	Hannah Molyneaux	01:50:00
445	Louise Tanner	02:02:40
446	Gemma Christie	02:02:43
590	Pam Kemp	02:12:02
654	Simone Shepherd	02:17:03
655	Deborah Madeira	02:17:05
666	Samantha Stockwell	02:17:48
694	Sue Moore	02:20:43
695	Lindsay Pratt	02:20:44
750	Kate Vaughan	02:26:54
764	Tracey Terry	02:28:07
815	Susan Bonnar	02:39:06
866	Greg Rowe	03:22:48

NATIONAL CROSS COUNTRY CHAMPIONSHIPS

William Feline 761st 51.35
Andrew Stockwell 997th 53.59
Mike White 1076th 54.40
Daniel Foster 1259th 56.31
Steve Cumes 1450th 58.29
Mark Eaton 1657th 1.00.51
Peter Kay 1800th 1.02.45
Jon Leigh 1932nd 1.04.56
Nick Crane 2084th 1.08.28
Gordon Westley 2243rd 1.15.42

Kelley Haniver 192nd 35.31
Tina Chantrey 561st 41.27
Penny Forse 606th 42.07

RYDE 10

5	Rob Greenwood	0:58:42
30	Russ Coleman	1:03:14
71	Mark McDonald	1:08:47
91	Scott Shaw	1:11:00
103	Richard Chowns	1:12:14
156	Simon Bacon	1:15:56
278	Simon Gibbon	1:28:13
385	Rob Williams	1:40:00

145	Lucy May	1:14:43
253	Sadie Bedford	1:25:50
262	Gaynor Heffer	1:26:39
313	Katherine Chamberlain	1:31:01
322	Katherine Chowns	1:31:20
329	Emily-Jane Handley	1:31:39
348	Sara McRitchie	1:34:58
379	Julia Webb	1:39:09
389	Sarah Northcott	1:41:30
399	Sarah Barron	1:43:46

TRAINING SESSIONS

Mon	05/03/2018	Solent Hotel	06:30	Penny Forse	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tue	06/03/2018	Locks Heath Sports Ground	7pm		Sovereign Crescent	1ml repetitions (3 to 5 or ~40min)	2min
Thu	08/03/2018	Crofton Community Centre	6:30pm		Lee	England Athletics CLUB RUN Session with Peter Haynes	
Mon	12/03/2018	Solent Hotel	06:30		Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tue	13/03/2018	Locks Heath Sports Ground	7pm	Mike White	Titchfield Hill	Figure of 8 (modified route through Garsons road).	Effort on hills
Thu	15/03/2018	Crofton Community Centre	7pm		Anker lane	40 min of 1km loops	350m jog
Mon	19/03/2018	Solent Hotel	06:30		Whiteley	1 mile loops, (3 to 5 reps or about 40min)	2 min
Tue	20/03/2018	Locks Heath Sports Ground	7pm		Sovereign Crescent	2x4x800, (or ~40min)	Jog back to start
Thu	22/03/2018	Locks Heath Sports Ground	7pm	Julie Ashman	Coach Hill	Hill repetitions	On down hills
Mon	26/03/2018	Solent Hotel	06:30	Mike White	Whiteley	Short hill loops (focus on down hill technique)	
Tue	27/03/2018	Car park opposite Titchfield Mill	7pm		Titchfield Hill (towards Fareham)	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thu	29/03/2018	Crofton Community Centre	7pm	Mike White	Bluebird Cafe	1ml loops (40mins)	2min

WINTER TIME TRIAL	Best from last Winter	10th Oct 2017	12th Dec 2017	13th Feb 2018	Improvement
Andy simpson		18:32.0		20:08.0	
Beccy Lord		19:42.0	25:16.0		
Jordan McRitchie	20:13.0		26:48.0		
Nick Cuff				20:23.0	
Colin Trigg		20:25.0			
Lewis Banner	20:45.0				
Andy Stockwell			20:53.0		
Tim Mulcare	21:08.0				
Gareth Charles	21:10.0				
Daren Tanner				21:25.0	
Jon Plomer			21:33.0		
Graham Morton	21:35.0				
John Warner		21:38.0		20:30.0	01:08.0
Matt Emery	21:54.0	21:49.0		22:20.0	
Craig Wigley			21:51.0		
James Mckinnon	22:14.0				
Jack Tuckwell	22:23.0	22:56.0			
Richard Chowns	22:24.0				
Mark Eaton			22:33.0		
Mike Bell	22:57.0			23:58.0	
Robert Egerton			23:12.0	22:19.0	00:53.0
John Parker				23:23.0	
Penny Forse	24:20.0			27:02.0	
Nick Crane	24:22.0	24:20.0	25:03.0		
Frances Lord		24:28.0	25:16.0		
Paul Smith		24:32.0			
Martyn Poore	24:43.0				
Gavin Rennie		25:15.0			
Dave Langrish	25:31.0				
Daisy Mclements	26:02.0				
Emily Johnson	26:03.0				
Simon Gibbon	26:08.0			28:56.0	
Andrew Holden	26:12.0				
Russel Mead	26:35.0				
Helen Benson	26:44.0				
George Howarth	26:52.0	DNF		27:45.0	
Emily Handley				27:07.0	
Liam Dredge	27:10.0				
Lisa Hennen				27:13.0	
Sara McRitchie	27:31.0				
Seve Cumes	27:42.0				
Robert Spencer	29:40.0				
Rob Williams			29:53.0	28:34.0	01:19.0
Louisa Page			29:55.0	28:20.0	01:35.0
Suzanne Woyke	29:59.0				
Sarah Baron	30:03.0		31:19.0	30:51.0	00:28.0
Greg Rowe	30:03.0				
Ashley Lovell		DNF			



Whiteley	3 February			Southampton	3 February		Whiteley	10 February
Nikki ROEBUCK	00:20:16			Stephen WILLIAMS	00:23:28		Daniel FOSTER	00:19:11
Richard JACKS	00:21:45			Marie MCDONALD	00:28:49		Nikki ROEBUCK	00:20:17
Mike BELL	00:22:12			Calum MCDONALD	00:29:17		Jon LEIGH	00:21:01
Jamie EARLEY	00:23:01			Mark MCDONALD	00:29:19		Harry ROEBUCK	00:21:09
Neil RICHARDSON	00:23:13						Mike BELL	00:21:47
Amy FOX	00:24:01	PB		Riverside	3 February		Martyn POORE	00:22:38
Greig BENSON	00:24:46			David LANGRISH	00:22:04		Neil RICHARDSON	00:22:54
Martin DE WIED	00:25:25	PB					Andrew STOCKWELL	00:23:18
Chris MCGAW	00:26:59			Wimpole Estate	3 February		Simon ELLIS	00:23:19
Keith WHITAKER	00:28:12			Lucy TAYLOR	00:28:39		Sadie Lee BEDFORD	00:23:30
William GILL	00:29:52						Amy FOX	00:23:52
Kim ACHURCH	00:30:37			Newbury	3 February		Jamie STOCKWELL	00:24:02
Julie Elizabeth RYMAN	00:31:08			Tomas STINSON	00:21:36	PB	Kate RANT	00:24:09
Helen BENSON	00:32:33						Helen BENSON	00:24:53
				Winchester	3 February		Beverly STICKLAND	00:26:16
Netley Abbey	3 February			Gordon WESTLEY	00:32:59		Keith WHITAKER	00:26:31
Rebecca Margaret LORD	00:18:44						Katherine CHOWNS	00:28:34
Steve TROTMAN	00:22:33			Havant	3 February			
Frances Louise LORD	00:23:34			Andy WHITE	00:28:34		Lee-on-the-Solent	10 February
Haydn BROWN	00:25:30						Rob GREENWOOD	00:16:47
Russell MEAD	00:25:46			Portsmouth Lakeside	3 February		Richard MACKAY	00:19:43
Jules DINWOODIE	00:30:19			Daniel ELLIOTT	00:19:53		Matthew EVANS	00:20:21
				Kevin SAUNDERS	00:35:19		Jon PLOMER	00:20:45
Humber Bridge	3 February						Mark John EATON	00:20:53
Liz WEIGHELL	00:33:49			Fareham	3 February		Hollie SMITH	00:21:12
				Thomas MCCLEMENTS	00:19:57		Hilary MISSELBROOK	00:22:37
Chichester	3 February			Mark John EATON	00:21:10		Tim MATTHEWS	00:23:07
Jonathan HARRINGTON	00:27:55			Chris HALL	00:22:19		Mick WELLAND	00:23:08
				Robert SPENCER	00:29:59		Neil JARVIS	00:23:39
Lee-on-the-Solent	3 February			Wendy HALL	00:30:43		Robin PEAL	00:23:59
Darren TANNER	00:18:57	PB		Tom MELLOR	00:31:44		John COX	00:24:28
Gareth CHARLES	00:19:07			Paul SOUTHON	00:32:57		Russell MEAD	00:24:45
Jon PLOMER	00:21:15			David MACSWAYNE	00:35:36		Alison HESSELBERTH	00:25:05
Richard BAILEY	00:22:00						Cliff SHAW	00:25:09
Amie MORGAN	00:22:38			Southampton	10 February		Cathy WEBB	00:25:23
Tim MATTHEWS	00:22:47			Stephen WILLIAMS	00:22:40		Rebecca WHITE	00:25:58
Mick WELLAND	00:23:10						Philip MAY	00:26:26
Paul HAMMOND	00:23:58			Portsmouth Lakeside	10 February		Rob WILLIAMS	00:26:39
Kate RANT	00:24:06			Daniel ELLIOTT	00:19:35	PB	Karen SALMON	00:26:45
Richard BURNS	00:24:14						Gaynor HEFFER	00:26:46
Andrew STOCKWELL	00:25:01			Fareham	10 February		Toby EVANS	00:27:08
Alison HESSELBERTH	00:25:02			James LEE	00:18:58	PB	Andy WHITE	00:27:16
Cathy WEBB	00:25:40			Andy DONN	00:20:59		Lisa DONN	00:27:40
Carl SCHAFFER	00:25:54	PB		Thomas MCCLEMENTS	00:21:17		Simon GIBBON	00:27:40
Cliff SHAW	00:26:24			Chris HALL	00:21:47		Jules DINWOODIE	00:28:43
Karen SALMON	00:27:23			Andy LEE	00:24:46		Sarah BARRON	00:28:44
Gaynor HEFFER	00:27:24			Wendy HALL	00:30:19		Richard WEEKS	00:29:00
Simon GIBBON	00:27:24			Robert SPENCER	00:30:36		Liz JAMES	00:29:36
Andy LEE	00:27:29			Liz WEIGHELL	00:33:06		Vicky WILLIAMS	00:29:48
Toby EVANS	00:27:32	PB		Tom MELLOR	00:33:12		Janet SHAW	00:30:34
Richard WEEKS	00:28:49			Trina READINGS	00:35:45		Jenny HEARN DEN	00:34:08
Phil CLARK	00:29:31			Andrew SMITH	00:44:57		Susan BONNAR	00:35:49
Kevin ASHMAN	00:30:28			Wendy SMITH	00:45:00			
Dayna GIBB	00:33:29						York	10 February
Diane WILSON	00:39:37			Billericay	10 February		David Matthew CASTLE	00:18:18
Janet SHAW	00:39:51			Jamie EARLEY	00:21:43			
				Kim ACHURCH	00:25:58		Netley Abbey	10 February
							Haydn BROWN	00:22:12
				Sewerby	10 February			
				Julia WEBB	00:28:06		Queen Elizabeth	10 February
							Ray GUNNER	00:22:22
				Cardiff	17 February		William GILL	00:39:34
				David MACSWAYNE	00:34:51			
							Chichester	10 February
							Jonathan HARRINGTON	00:27:37



Roundshaw Downs	17 February	
Rebecca Margaret LORD	00:20:02	
Southampton	17 February	
Kate RANT	00:23:31	PB
Whiteley	17 February	
Andrew STOCKWELL	00:19:08	
Nikki ROEBUCK	00:19:45	PB
Robert CRANSTONE	00:19:58	
Ray GUNNER	00:20:32	
John PARKER	00:21:00	
Jamie EARLEY	00:22:09	PB
Jack GOOZEE	00:22:44	PB
Simon ELLIS	00:22:46	
Simon VINGOE	00:23:24	PB
Jamie STOCKWELL	00:24:31	
David JENNINGS	00:24:37	
Claire JONES	00:25:23	
Keith WHITAKER	00:27:35	
William GILL	00:29:35	
Helen BENSON	00:33:20	
Greig BENSON	00:33:30	
Christopher WILLS	00:35:04	
Brundall	17 February	
Andy LEE	00:25:02	
Lee-on-the-Solent	17 February	
Lewis BANNER	00:16:49	
Graham MARTIN	00:19:22	
Matt EMERY	00:19:42	PB
Russ COLEMAN	00:20:44	
Mike WHITE	00:20:49	
Will FELINE	00:20:51	
Laura WAINWRIGHT	00:21:25	
Tim MATTHEWS	00:21:59	
Amie MORGAN	00:22:00	
Michael LOVELL	00:22:45	
Mick WELLAND	00:22:49	
Darren TANNER	00:23:13	
Russell MEAD	00:23:52	
Richard BURNS	00:23:54	
Chris STAPLEFORD	00:24:35	
Cathy WEBB	00:25:28	
Alison BYATT	00:25:29	
Victoria Kate JOEL	00:25:29	
Paul HAMMOND	00:26:19	
Gaynor HEFFER	00:26:21	
Simon GIBBON	00:26:21	
Rob WILLIAMS	00:26:55	
Richard WEEKS	00:28:46	
Olivia TITMUSS	00:29:38	PB
Phil CLARK	00:29:44	
Christine LAIDLAW	00:30:55	
Amy WADHAMS	00:31:10	
Susan BONNAR	00:35:56	
Julie ASHMAN	00:35:58	

Ipswich	17 February	
Lucy TAYLOR	00:30:46	
Havant	17 February	
James LEE	00:19:44	
Eden Project	17 February	
Robert SPENCER	00:29:46	
Winchester	17 February	
Gordon WESTLEY	00:26:49	
Hereford	17 February	
Sara MCRITCHIE	00:27:43	
Netley Abbey	17 February	
Charlotte LORD	00:22:29	
Steve TROTMAN	00:23:01	
Haydn BROWN	00:27:28	
Kelly BENNETTS	00:28:42	
Sarah NORTHCOTT	00:28:43	
Portsmouth Lakeside	17 February	
Marcus LEE	00:20:53	
Kevin SAUNDERS	00:25:21	PB
Fareham	17 February	
Hugh AGGLETON	00:17:36	
Thomas MCCLEMENTS	00:20:05	
Wendy HALL	00:30:37	
Chris HALL	00:30:37	
Mike DONOVAN	00:31:15	
Andrew SMITH	00:44:16	
Wendy SMITH	00:44:19	
Southsea	17 February	
Jon PLOMER	00:18:55	PB
Mark John EATON	00:19:55	
Matthew EVANS	00:20:03	
Lara EVANS	00:22:16	
Nikkie Katrina PLOMER	00:28:59	
Whiteley	24 February	
John PARKER	00:20:36	
Mike BELL	00:21:36	
Hannah MOLYNEAUX	00:22:17	
Jack GOOZEE	00:22:41	PB
Simon ELLIS	00:23:04	
Simon VINGOE	00:23:15	PB
Jamie EARLEY	00:23:52	
Carl SCHAFER	00:28:25	
William GILL	00:29:05	
Gareth CHARLES	00:29:25	
Martin DE WIED	00:30:20	
Kevin ASHMAN	00:31:32	
Liz JAMES	00:31:32	
Charlotte MAISEY	00:32:39	
Natalie SUMMER-ANDERSON	00:32:39	
Greig BENSON	00:33:37	
Helen BENSON	00:33:38	
Netley Abbey	24 February	
Steve TROTMAN	00:21:40	
Chris DAVIDSON	00:23:25	
Frances Louise LORD	00:23:40	
Haydn BROWN	00:26:05	

Newbury	17 February	
Tomas STINSON	00:21:17	PB
Alice Holt	17 February	
Katherine CHOWNS	00:35:08	
Chichester	17 February	
Jonathan HARRINGTON	00:28:06	
Portsmouth Lakeside	24 February	
Kevin SAUNDERS	00:29:13	
Fareham	24 February	
Robert CRANSTONE	00:20:16	
Chris HALL	00:21:14	
Michael LOVELL	00:22:45	
Ashley LOVELL	00:23:25	
Philip MAY	00:24:53	
Emily JOHNSON	00:25:48	
Andy LEE	00:27:51	
Robert SPENCER	00:29:34	
Wendy HALL	00:30:57	
David JENNINGS	00:31:58	
David MACSWAYNE	00:37:22	
Trina READINGS	00:46:31	
Lee-on-the-Solent	24 February	
David Matthew CASTLE	00:18:17	
Graham MARTIN	00:19:25	
Richard MACKAY	00:19:30	PB
Ray GUNNER	00:20:06	
Tim MATTHEWS	00:21:38	
Simon GIBBON	00:22:52	PB
John COX	00:22:58	PB
Phil HOBBY	00:22:59	
Paul HAMMOND	00:23:01	
Chris STAPLEFORD	00:23:10	
Robin PEAL	00:23:25	
Amie MORGAN	00:23:46	
Phil MORGAN	00:23:47	
Mick WELLAND	00:23:51	
Gaynor HEFFER	00:24:00	
Cathy WEBB	00:24:52	
Alison BYATT	00:25:38	
Victoria Kate JOEL	00:25:39	
Alison HESSELBERTH	00:25:44	
Kelly BENNETTS	00:25:58	PB
Sarah NORTHCOTT	00:27:35	
Cliff SHAW	00:27:39	
Katherine HOLMES	00:28:52	PB
Janet SHAW	00:29:38	
Louise TANNER	00:31:31	
Sarah HOBBY	00:32:52	
Diane WILSON	00:39:23	
Liz WEIGHELL	00:40:39	
Pendle	24 February	
Tom MELLOR	00:33:20	
Chichester	24 February	
Jonathan HARRINGTON	00:27:33	
Eastleigh	24 February	
Keith WHITAKER	00:27:37	
Southampton	24 February	
Russell MEAD	00:25:04	
Jules DINWOODIE	00:29:59	