

The

# Green *Runner*

May 2019



## FROM THE CHAIR

April continues to be the main marathon month and SGR was well represented across the many different city marathons – I won't single anybody out, but will just say a huge well done to everybody who pulled on the green vest for one of these. It was great supporting at London and seeing all the Stubbies there.

The RR10 season has also kicked off recently at Netley with a fantastic turnout of 120 runners – more than any other club followed by 81 at the 2<sup>nd</sup> RR10 at Stoney Cross again the most of any club. At both races we made up about 1/4 of the total runners – an amazing turnout. If you haven't tried these races yet please try and come along to the next one at Blackfield on the 29<sup>th</sup> May. The

### LONDON MARATHON

309	Brobin, Christopher	02:38:03
654	Gregory, Mike	02:44:04
3252	Shaw, Victoria	03:09:23
4111	Ward, Sylwia	03:15:40
5527	Martin, Graham	03:24:27
6657	Welland, Michael	03:29:38
19757	Donn, Lisa	04:19:17
25472	Tanner, Louise	04:40:56
25524	Burns, Richard	04:41:07
26339	Bennetts, Kelly	04:44:08
27218	Chamberlain, Katherine	04:47:43
27219	Benson, Helen	04:47:43
29290	Mcritchie, Sara	04:55:53
30500	Shaw, Cliff	05:01:05
31953	Shaw, Janet	05:08:58
35026	Thomas, Nicola	05:27:05
35643	Beal, Nicky	05:31:17
37903	Matthews, Yvonne	05:49:36
40420	Bonnar, Susan	06:21:42

combination of a fun supportive race with a chance to rehydrate in the pub afterwards is proving very popular and the more the merrier. On the subject of RR10s, it is our own race on July 10<sup>th</sup> so please look out for requests for help from Grace in order for us to put on another successful race.

You will recall we asked for charity nomination earlier in the year. We had a number of nominations and the committee met to decide who we should support. Whilst all of them were clearly worthwhile candidates we ended up agreeing that we would support two of the charities proposed and following discussions we decided that they would be Rowan's Hospice <https://www.rowanhospice.co.uk/> and the Haven Breast cancer charity that has a base in Titchfield. <https://www.breastcancerhaven.org.uk/wessex>

Both of these charities having a special poignancy for a number of our members.

Details of both charities can be found on their respective websites.

Happy Running

Kevin  
Chairman



Michael Welland 6th in his category

# CAPTAINS CORNER

April has been a busy month in the running calendar.

Typically the month of the Spring marathons, where better place to start than the first big marathon of the month Manchester! After so many attempts Rich Chowns finally got his sub 3 2:59:04 and George Howarth sub 4 3:52:34. Chris Brobin 2:37:33 PB, Lewis Banner and Jon Warner both went sub 3 again with Sarah Barron having a good sub 5 run.

A real special marathon for so many Stubbies this year was Brighton, as they chose this challenge as their first ever marathon! (I'm not going to talk about times as that's all listed later) I think the whole club followed the marathon diary of Tina Mackay with anticipation of what the following week would bring! So inspiring and emotional to read, everyone was with you on the day Tina! Also in our thoughts that day were Tina's fellow marathon first timers Jonathan Harrington and Stuart Bottomley, both smashed their target time and have signed up for more marathons now!! Significant 8 minute PB for Laura Kay. So well done everyone! I know you've inspired a lot of people to sign up for 2020!

On the subject of marathons.... London !!! Such a high profile event, the one that grabs the whole nation! We had a fantastic turnout of Stubby runners this year and everyone was amazing! We had our club place's go to Louise Tanner, Cliff Shaw and Graham Martin – you all did yourselves and the club very proud and embraced the whole experience. We had ballot places go to Kelly Bennetts, Kathy Chamberlain, Helen Benson, Nicky Beal. Adam Jeffery and Nichola Thomas both ballot and first marathons! Our charity runners Sara McRitchie, Dottie Bonnar, Janet Shaw, Lisa Donn – all raised so much money between them as well as all that training. Sylwia ward's PB of 3:15:40, Vicky Shaw finished sub 3:10, Michael Gregory 2:44:04 and made it on the TV! Chris Brobin 2:38:03 Mick Welland's outstanding 3:29:38

What a club!!! It was an incredible run this year, the Expo was fun and the weather on the day couldn't have been better. I must mention our support crew though! I know I wasn't the only one overwhelmed by the number of you that came up to London to support and those that tracked us at

home and rooted for us. It really helps! Thank you all

Closer to home we saw our first RR10 of the season and what a turnout!! Record numbers I believe, over 120 runners! So good to see new faces trying these events and loving them. The post race report stated "we won just about everything!!" – not a bad start then! First male team, first female team, first male – Lewis Banner, first female – Beccy Lord, 1<sup>st</sup> W60 – Penny Forse, 1<sup>st</sup> M40 – Andy Simpson, 1st W50 – Gill Rose, 2<sup>nd</sup> – Sally MacGrath and 3<sup>rd</sup> – Maria Millican, and 2<sup>nd</sup> W40 - Nicki Roebuck and 3<sup>rd</sup> – Helen Nicholls!! Really well done to everyone that ran that night, the finish line was inspiring, such determination and effort was put in by everyone. We did our green vests proud!

Salisbury 10 is a very popular race in the HRRL diary, we had a turnout of 23 Stubbies, and as it clashed with Brighton I think that's great! We had ladies and men's A, B and C Teams. Lots of PB's on the day and some fantastic results all round. Also some great pictures from the day with the giant Stonehenge chair Stubby take over! Special mention to Mick Welland for 1<sup>st</sup> V70!!

Well done to the Stubbies that took on the Red Kite half at the weekend too, looked like a tough course but beautiful scenery. Paul Hammond, Nigel Witcher, Nichola Willoughby, Matt Witcher, Gaynor Heffer and John Cox.

George Howarth also on the trails completed the Jurassic Trail half in an impressive 2:22 – first Stubby great work George!

Park Run continues to be a big event for our club, looking at the 80% age grade achievers for April, just amazing! Well done Mike White, Mike Bell, Ray Gunner, Beccy Lord and Kelley Hanniver. We've been park run tourists, tried it for the first time, anniversary milestone's and PB's ...and just generally enjoyed it, the most important thing.

Have a good spring of running and enjoy these perfect temperatures.



Lisa Donn

Andy Simpson

## RR10 NETLEY

1	Rebecca LORD
6	Katie SIMISTER
7	Nikki ROEBUCK
8	Helen NICHOLLS
13	Tina CHANTREY
20	Gill ROSE
24	Sally MCGRATH
28	Maria MILLICAN
31	Penny FORSE
32	Becky HODSON
33	Lucy MAY
37	Nicola WILLOUGHBY
44	Amy FOX
47	Alison LAWRENCE
54	Hilary MISSELBROOK
59	Francis LORD
64	Beverly WOOLCOCK
66	Elizabeth MILES
75	Danielle CRANSTONE
79	Tracy LANGDALE
80	Kate RANT
84	Dawn HAYNES-SEWELL
89	Becca WHITE
91	Lisa DONN
98	Jodie FRANCIS
101	Alison GOOD
112	Shelley THOMAS
119	Nicky BEAL
123	Joanna BRADLEY
127	Wendy HAWXWELL
128	Jules DINWOODIE
130	Laura KAY
134	Laura ROLLAND
136	Helen BENSON
137	Katherine CHAMBERLAIN
140	Tracie JARVIS
142	Sarah NORTHCOTT
144	Melissa COSENS
146	Pamela KEMP
149	Tiffany SKERRATT
165	Gail OSBORNE
169	Julia LAWTON
177	Rachel GOOZEE
185	Sarah GREGORY
190	Sara MCRITCHIE
192	Sarah BARRON
199	Liz JAMES
209	Sue ROBINSON
212	Melissa BARHAM
217	Louise NICHOLSON
220	Claire HANRAHAN
222	Linda SWANTON
223	Louise SEFTON
240	Jane BODMAN

1	Lewis BANNER
4	Michael GREGORY
5	Andy SIMPSON
11	Will FELINE
17	Iain CROSS
20	David MALLARD
22	Daniel ELLIOTT
27	Russ COLEMAN
33	Mike WHITE
34	Dan FOSTER
36	Rich CHOWNS
42	Jon WARNER
44	Euan MCGRATH
46	Graham MARTIN
47	Tommy BLAKE
50	Dom TRUSLOVE
57	Josh CULLEN
59	Peter LEWIS
63	Steve CUMES
72	Chris SANDY
73	Andy DONN
77	Gareth CHARLES
83	Mitchell HAYNES
84	Mike BELL
86	Lee REYNOLDS
99	Rob ANDERSON
100	Nick CRANE
102	Rich SNELL
104	Joe GOOZEE
107	Jon LEIGH
119	Martyn POORE
127	Paul SMITH
129	Paul HAMMOND

130	Steve FIDLER
134	Graham JAMES
149	Jamie EARLEY
150	Chris STAPLEFORD
153	Matt WHITCHER
156	Tim MATTHEWS
164	Richard JACKS
165	Tom CALLAWAY
166	Andy LEE
181	Chris WHEELER
183	Simon GIBBON
184	Jon COX
192	Nigel WHITCHER
199	Russel MEAD
204	Carl SCHAFFER
208	Rob WILLIAMS
210	George HOWARTH
214	Martin DE WIED
224	Andy WHITE
226	Toby EVANS
228	Martin PARSONS
232	Andy MILES
235	Neil JARVIS
248	Stuart NICHOLSON
254	Martyn BANNER
255	Max JAMES
257	Jack GOOZEE
259	William GILL
260	Kyle MCRITCHIE
261	John SIMISTER
262	Greg ROWE
265	Robert SPENCER
266	Kevin ASHMAN



Becca and Lewis both finished first at Netley

## BRIGHTON MARATHON

513	alistair wakefield	03:17:44
1131	richard mackay	03:34:10
1676	simon hearnden	03:43:11
2644	stuart bottomley	03:55:48
6497	jack goozee	04:45:43
7184	jonathan harrington	04:56:01
10009	tina mackay	06:36:41

## BOSTON MARATHON

6639	Mark Mcdonald	03:20:20
21011	Marie Mcdonald	04:26:24

## BOURNEMOUTH BAY HALF

103	Rob Egerton	01:37:27
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## BATTERSEA 10K

304	LINDA SWANTON	01:08:17
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## NEWPORT TO RYDE 7

28	EATON, Mark	00:56:00
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## Bournemouth Quarter Marathon

150	Chris Wheeler	01:00:59
175	Toby Evans	01:03:30

## PARIS MARATHON

7522	Shaun Beale	03:29:50
15739	Kevin Scullion	03:50:56

## GDANSK MARATHON

Aga Plombon	03:57:00
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## MANCHESTER MARATHON

51	Christopher Brobin	02:37:33
536	Jonathan Warner	02:57:58
636	Richard Chowns	02:59:04
772	Phil Morgan	03:01:35
4026	Amie Morgan	03:41:49
5009	George Howarth	03:52:34
11254	Sarah Barron	04:58:47
12790	William Gill	05:46:35

## GOODWOOD 10K

297	louise nicholson	01:05:45
382	Sharon Simpson	01:13:29

## LAKESIDE 5

66	Robert Egerton	20.42
102	Russell Mead	24.09
114	Jules Dinwoodie	26.23

## WEST WIGHT 3 HILLS

54	Nick CRANE	01:07:23
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## GOODWOOD 10K

297	Louise Nicholson	01:05:45
382	Sharon Simpson	01:13:29

## GOSPORT 5K SERIES RACE 1

2	Oliver Caudwell	00:17:00
12	Richard Bailey	00:18:53
16	Tommy Blake	00:19:09
23	Nikki Roebuck	00:20:09
56	Christopher Wheeler	00:23:27
62	Toby Evans	00:24:08
74	Jules Dinwoodie	00:26:21
80	Emma Baker	00:26:50
83	Jade Leahy	00:27:14
105	William Gill	00:30:22
119	Nicola Thomas	00:35:19

## Jurassic Trail Half

37	George Howarth	02:18:49
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## RED KITE HALF

24	Matt Witcher	02:24:30
35	Nigel Witcher	02:32:52
43	Nicola Willoughby	02:43:08
44	Paul Hammond	02:43:08
46	Gaynor Heffer	02:46:29
47	John Cox	02:46:29

## COMBE GIBBET TO OVERTON 16MILE

56	CHRIS HALL	02:08:49
68	GILL ROSE	02:11:48
69	RICHARD SNELL	02:11:48
77	NICK CRANE	02:13:32
93	SALLY MCGRATH	02:19:56
96	PAUL HAMMOND	02:20:20
161	ANDY LEE	02:40:31

## SALISBURY 10 MILE

35	Russ Coleman	01:02:18	
43	Richard Chowns	01:02:45	
51	Mike White	01:03:25	M60 1st
59	Jonathan Warner	01:04:04	
94	Graham Martin	01:06:56	
119	Dave Thorpe	01:08:18	
162	Graham Donnachie	01:11:11	
242	Mick Welland	01:15:38	M70 1st
286	Jamie Earley	01:18:45	
415	David Abrams	01:24:11	
505	Carl Schafer	01:28:34	
542	Stuart Bamberger	01:30:38	

310	Amy Fox	01:19:35	
573	Kathy Chamberlain	01:32:45	
574	Sara McRitchie	01:32:45	
612	Wendy Hawxwell	01:35:01	
628	Jodie Francis	01:36:29	
664	Lindsay Pratt	01:39:06	
666	Janet Shaw	01:39:11	
679	Julia Lawton	01:40:24	
722	Sarah Barron	01:44:04	
754	Karen Charlton	01:48:09	
774	Catrina Groves	01:52:12	

# Time Trial - April

Conditions for the first Summer Time Trial were anything but Summery with rain and wind during most of day with only a small downpour on the course and the wind was howling around. That said 40 runners took part in the time trial with 13 first timers/ lapsed runners.

Despite the conditions we had 6 improvers on the night with the biggest improvers female and male being Julia Lawton 2 minutes 28 seconds and Martin Wedge 2 minutes 1 second with Julia leading the 35+ handicap

banding group. Simon Gibbon is currently leading the 31.01 to 35 mins group with 1 minute 53 seconds improvement.

We'll run everyone in tricky conditions, look forward to seeing everyone for the next one on Thursday 16<sup>th</sup> May with 2 start times, 18.45 for people who are going to run 35+ minutes for 4 miles which equates to 8 minute 45 second milling or 19.00 for people running 4 miles in less than 35 minutes. Suitable for all abilities and pace.

Course Records	Name	Time	Date
Men's	Daniel O'Boyle	20.25	20th Aug 2015
Ladies's	Beccy Lord	23.27	8th Sep 2016
<b>2nd Fastest</b>			
Men's	Mark Le Gassick	20.43	Oct 2005
Ladies's	Beverley Hard (Brown)	23.48	1st Jun 1993

Name	Best 2016/2017	April	Months Best	Total Yearly Best 2018
		40	6	6
Andy Simpson	22.33	23.54		
Beccy Lord	29.37*	29.37		
Iain Cross	23.52	23.52		
Graham Martin	25.41	26.19		
James Bampton	26.22	29.28		
Mike Bell	26.48	28.29		
Mike White	25.51	34.47		
Peter Lewis	26.34	27.14		
Richard Mackay	26.01	27.14		
Steve Cumes	26.58	26.58		
Steve Fidler	27.56	28.00		
Chris Stapleford	30.32	30.32		
Frances Lord	30.52	32.48		
Josh Cullen	29.28	29.28		
Rob Anderson	29.28	29.28		
Tommy Blake	30.35*	30.35		
Simon Gibbon	31.58	30.05	-1.53	-1.53
Heather Hudson	33.55	33.44	-0.11	-0.11
Matt Smith	31.34	31.33	-0.01	-0.01
Stephen Andrews	34.07	34.07		
Ali Pepper	34.33	34.33		
Alison Lawrence	31.26	32.00		
Andy Lee	31.22	34.50		
Carl Schafer	32.55	33.59		
George Howarth	31.49	37.09		
Kevin Finch	31.19	31.32		
Mark Jenkins	32.55	32.55		

## Handicap Bandings

Under 25 mins

25.01 – 28 mins

28.01 – 31 mins

31.01 – 35 mins

35+ mins

Under 25 mins

25.01 – 28 mins

28.01 – 31 mins

31.01 – 35 mins

Julia Lawton	40.44	<b>38.16</b>	-2.28	-2.28
Martin Wedge	45.31	<b>43.30</b>	-2.01	-2.01
Tiffany Skeratt	38.09	<b>37.11</b>	-0.58	-0.58
Claire Hanrahan	43.39	<b>43.39</b>		
Debbie Madeira	38.16	<b>38.16</b>		
Greg Rowe	38.51	41.21		
Joanna Reed	42.42	<b>42.42</b>		
Jules Dinwoode	35.07	35.39		
Julia Webb	35.38	36.38		
Lindsay Pratt	36.18	49.53		
Louise Nicholson	44.15	<b>44.15</b>		
Tina Mackay	45.12	46.16		
Tracey Jenkins	49.53	<b>49.53</b>		

35+ mins

## WMAF Indoors and Non-Stadia Event Championships, Torun, Poland 24-30 March – Penny Forse

On the Monday was my 8km XC in Rudelka Park, comprising 4 x 2km loops of the twistiest, turniest, sandiest route I've ever run on. It was extremely cold and damp, and a 35 minute delay to the start (after I'd completed my warm up) didn't help. Enough of my excuses – it was the same for all of us! I was disappointed to come 4<sup>th</sup> but was pleased to be the leading Brit and we won team Silver.

I jogged back to the wonderful indoor stadium in time to wish Alan Good Luck for the 400m heats. He came 2<sup>nd</sup> in a pb as a Master athlete, so he was really pleased. Unfortunately the following day a calf problem that he'd had for a month reappeared and that put paid to him contesting the final, which on paper would have given him the Silver.

Wednesday came and I had my 10km on a cool but bright morning, with just a slight breeze. I came 1<sup>st</sup>, beating the 2 Germans who had been 2<sup>nd</sup> and 3<sup>rd</sup> in the XC, so I did enjoy my time on the podium, singing our National Anthem.

Our next major athletic trip is the European Masters Athletics Championships in Jesolo, near Venice on the 5 – 15 September. Ex-internationals are in the minority and most of the participants have taken up the sport well into their Master years. I will soon post the range of times that were achieved on the track, 10km and Half Marathon in an effort to persuade some of you that its worth having a go, too!

Penny W65 8km XC – 4<sup>th</sup> 40m20s  
 Alan M75 400m Heat – 2<sup>nd</sup> 74.22s  
 Penny W65 10km Road – 1<sup>st</sup> 45m57s







			<b>Peter Pan</b> Liz WEIGHELL 31:14 PB	<b>6 April</b>		<b>Hazelwood</b> Keith WHITAKER Robert SPENCER 28:00 31:25	<b>6 April</b>
			<b>Brockenhurst</b> Carl SCHAFER 25:53 PB	<b>6 April</b>		<b>Southampton</b> Andy WHITE 27:12	<b>13 April</b>
			<b>Lee-on-the-Solent</b> Shaun BEALE 17:51 Rebecca Margaret LORD 18:11 Richard BAILEY 19:12 Mike WHITE 19:21 Matthew EVANS 21:24 Tim MATTHEWS 22:20 Andrew MORGAN 22:52  Andy DONN 23:00 Dominic SHEPHERD 23:28 Vernon WILDE 23:56 Mick WELLAND 23:58 Mark JENKINS 24:02 PB Frances Louise LORD 24:35 Cathy WEBB 25:36 Richard BURNS 26:01 Jules DINWOODIE 26:25 Graham MARTIN 26:30  Karen SALMON 26:36 Andy WHITE 26:39 Jonathan HARRINGTON 26:57 Paul HAMMOND 27:05 Simon GIBBON 27:07 Gaynor HEFFER 27:17 Nigel WHITCHER 27:20 Jodie FRANCIS 27:23 Rob WILLIAMS 27:36 Tracie JARVIS 27:58 PB Russell MEAD 28:03 Julia WEBB 28:13 Jade LEAHY 28:24 Laura DEVINE 28:27 Martyn BANNER 28:42 Liz JAMES 29:52 Stuart NICHOLSON 30:57 Sandie MCINTOSH 31:38 Sue ROBINSON 31:38 Cat GROVES 31:42 Kevin ASHMAN 32:09 Diane WILSON 32:54 PB Martin WEDGE 33:04 PB Jenny HEARNDEN 33:26 Susan BONNAR 34:58 Janet SHAW 35:17 Andy LEE 38:39	<b>6 April</b>		<b>Southsea</b> Hilary MISSELBROOK 23:53  <b>Havant</b> Jon PLOMER 23:10  <b>Whiteley</b> Daniel FOSTER 18:25 Harry ROEBUCK 19:25 Matt EMERY 20:16 Nikki ROEBUCK 20:39 Robert EGERTON 20:59 Stuart HALL 22:49 Sadie Lee BEDFORD 23:09 PB Sarah CRANSTONE 23:13 Tracy LANGDALE 24:20 PB Ryan GRANGER 24:42  Jon LEIGH 24:48 Danielle CRANSTONE 25:13 Beverly WOOLCOCK 25:44 Pamela KEMP 28:17 William GILL 28:30 Keith WHITAKER 28:57 Jeremy TURNER 29:01 PB Martyn BANNER 29:10 Katharine TUCKER 30:30 Mark TUCKER 30:30 Charlotte MAISEY 34:12 Helen BENSON 34:44 Gareth CHARLES 37:54 Kate RANT 40:12  <b>Eastleigh</b> Tommy BLAKE 19:26 PB Steve CUMES 20:42 John BLAKE 22:13 Ceri METCALF 38:48 Ann BLAKE 38:50  <b>Lincoln</b> Rachael OPENSHAW 23:58  <b>Winchester</b> Gordon WESTLEY 25:46  <b>Netley Abbey</b> Rob ANDERSON 21:07 PB Graham JAMES 22:30 Steve TROTMAN 23:49 Frances Louise LORD 24:16 Rebecca Margaret LORD 24:17 Martin WEDGE 34:18  <b>Queen Elizabeth</b> Andy SIMPSON 18:18  <b>Skipton</b> Jules DINWOODIE 28:12 PB	<b>6 April</b>
<b>Southampton</b> Stuart BOTTOMLEY 22:54 PB	<b>6 April</b>						
<b>Whiteley</b> Sean BENDELL 20:20 Russell WISEMAN 20:32 Nikki ROEBUCK 20:37 Hannah MOLY-NEAUX 21:08 Marcus LEE 21:12 Jamie EARLEY 21:16 Ben GRAHAM 22:08 Gareth CHARLES 22:10 Ryan GRANGER 22:18 Simon VINGOE 22:58 Stuart HALL 23:40 Matt SMITH 23:44 PB Simon ELLIS 24:07 Danielle CRANSTONE 24:43 Richard JACKS 25:26 Martin PARSONS 25:51 PB Laura ROLLAND 26:54 PB Pamela KEMP 28:22 Nicky BEAL 30:41 Martyn POORE 30:42 Tiffany SKERRATT 30:58 Charlotte MAISEY 31:13 Greig BENSON 33:14 Helen BENSON 33:32 Louise NICHOLSON 35:21 Jack GOOZEE 59:19  <b>Eastleigh</b> Michael PARKES 21:12 Jon PLOMER 21:55 Haydn BROWN 22:34  <b>Newbury</b> Tomas STINSON 23:57 Allan STINSON 40:07  <b>Upton House</b> Ray GUNNER 19:50  <b>Abingdon</b> Jon LEIGH 21:59 Rita LEIGH 31:04  <b>Netley Abbey</b> Matt EMERY 20:11 PB Daniel FOSTER 20:52 Steve TROTMAN 23:04 Aga PLOMBON 28:40 Caroline STREET 35:26 Louisa KNIGHT 40:26 Tina MACKAY 40:26  <b>Dewsbury</b> David MALLARD 19:36	<b>6 April</b>						
			<b>Portsmouth Lakeside</b> Daniel ELLIOTT 18:05 Chris HALL 23:09 Daisy MCCLEMENTS 23:11 Kevin SAUNDERS 25:49 Wendy HALL 30:54  <b>Fareham</b> Robert CRANSTONE 21:08 Sarah CRANSTONE 23:44 Alison LAWRENCE 27:16 David MACSWAYNE 35:08 Andrew SMITH 43:08	<b>6 April</b>			



<b>Fell Foot</b>	<b>13 April</b>		<b>Fareham</b>	<b>13 April</b>		<b>Eastleigh</b>	<b>20 April</b>	
Ali HOGG	28:00		Ray GUNNER	19:09	PB	Michael PARKES	21:00	
<b>Maidenhead</b>	<b>13 April</b>		David MALLARD	19:30		Jon PLOMER	21:30	
Daisy MCCLEMENTS	24:37		Andy DONN	21:04		Keith WHITAKER	32:55	
<b>Lee-on-the-Solent</b>	<b>13 April</b>		Stuart HISCOCK	23:19		<b>Bournemouth</b>	<b>20 April</b>	
Mark WESTBROOK	18:08	PB	Richard JACKS	24:30		Chris WHEELER	26:59	
Graham MARTIN	19:37		Chris WHEELER	24:44	PB	Toby EVANS	27:20	
Hollie SMITH	19:55		Toby EVANS	26:37	PB	<b>Medina I.O.W.</b>	<b>20 April</b>	
Mike BELL	21:09		Alison LAWRENCE	27:32		Simon VINGOE	28:59	
Jonathan O'NEIL	22:48		Katherine BURDETT	28:12		<b>Eden Project</b>	<b>20 April</b>	
Andy LEE	22:54		Tom MELLOR	31:57		Julia LAWTON	30:14	
Philip MAY	23:32		David MACSWAYNE	34:05		<b>Winchester</b>	<b>20 April</b>	
Rob WILLIAMS	24:36		Melissa BARHAM	36:04		Harry REARDON	21:35	
Alison HESSELBERTH	25:14		Wendy SMITH	44:23		<b>Netley Abbey</b>	<b>20 April</b>	
Karen SALMON	25:17		Andrew SMITH	44:58		Stuart BOTTOMLEY	22:03	
Cathy WEBB	25:23		<b>Mountbatten School</b>	<b>13 April</b>		Aga PLOMBON	29:34	
Andy RICHARDSON	25:32		Carl SCHAFER	26:36	PB	Martin WEDGE	35:53	
Amie MORGAN	26:26		Haydn BROWN	27:20		<b>Burgess</b>	<b>20 April</b>	
Phil MORGAN	26:26		<b>Littlehampton Prom</b>	<b>13 April</b>		Kelley HANIVER	19:20	
Richard BURNS	26:27		Martin PARSONS	25:53		<b>Shorne Woods</b>	<b>20 April</b>	
Mick WELLAND	26:28		Robert SPENCER	30:43		Mary SEFTON	32:44	
Gaynor HEFFER	26:35		<b>Southampton</b>	<b>20 April</b>		<b>Queen Elizabeth</b>	<b>20 April</b>	
Paul HAMMOND	26:36		Calum MCDONALD	29:29		Colin TRIGG	20:00	
Lara DENT	26:57		Marie MCDONALD	29:33		Martin DE WIED	30:44	
Stuart NICHOLSON	28:05		Mark MCDONALD	29:34		<b>Weymouth</b>	<b>20 April</b>	
Laura ROLLAND	28:09	PB	<b>Andover</b>	<b>20 April</b>		Robert CRANSTONE	20:36	
Louisa KNIGHT	28:56	PB	Mark GREEN	24:42	PB	Jack GOOZEE	23:33	
Rachel DONNACHIE	29:05	PB	<b>Sheffield Hallam</b>	<b>20 April</b>		Sarah CRANSTONE	23:53	
Julia LAWTON	29:18		Marcus LEE	21:57		Danielle CRANSTONE	26:49	
Peter REDMAN	29:22		<b>Whiteley</b>	<b>20 April</b>		Rachel GOOZEE	31:28	PB
Sandie MCINTOSH	30:00		Katie LEATHERLAND	19:39		<b>Rising Sun</b>	<b>20 April</b>	
Jodie FRANCIS	30:11		Nikki ROEBUCK	20:13		Alison HESSELBERTH	26:04	
Sue ROBINSON	30:53		Sean BENDELL	20:21		<b>Rushmoor</b>	<b>20 April</b>	
Amanda KNIGHT	31:30		Greig BENSON	20:50		Louise NICHOLSON	31:54	
Sarah BARRON	32:25		Ben GRAHAM	21:36		<b>parkrun du Bois de Boulogne</b>	<b>20 April</b>	
Kevin ASHMAN	32:56		Robert EGERTON	21:44		Sarah Barron	28:15	
Sara MCRITCHIE	33:02		Jon LEIGH	21:52		<b>Dalby Forest</b>	<b>20 April</b>	
Susan BONNAR	33:03		Jamie EARLEY	22:11		Julia WEBB	30:14	PB
Jenny HEARNDEN	33:57		Stuart HALL	23:21		<b>Portsmouth Lakeside</b>	<b>20 April</b>	
Janet SHAW	34:07		Steve TROTMAN	23:23		Kevin SAUNDERS	26:06	
Sue SIMISTER	34:53		Matt SMITH	23:55		<b>Worthing</b>	<b>20 April</b>	
Geraldine MAY	36:07		Ryan GRANGER	24:03		Ray GUNNER	19:33	
Dominic SHEPHERD	36:31		Mark JENKINS	24:21	PB	<b>parkrun de Rouen</b>	<b>20 April</b>	
Richard WEEKS	1:05:		Amy FOX	24:53		Kieran CHAPLIN	23:02	
<b>Stratford-upon-Avon</b>	<b>13 April</b>		Beverly WOOLCOCK	25:36		Emma BAKER	31:59	
Jamie EARLEY	23:02		Rachael PAYNE	26:57		<b>Fairview</b>	<b>20 April</b>	
<b>Portsmouth Lakeside</b>	<b>13 April</b>		Pamela KEMP	27:47		Josh CULLEN	21:12	
Sylwia WARD	20:02		William GILL	28:11				
Kevin SAUNDERS	25:46		Katharine TUCKER	30:08				
			Mark TUCKER	30:08				
			Ali HOGG	30:14				
			Liz JAMES	30:18				
			Helen BENSON	32:18				
			Charlotte MAISEY	34:56				
			<b>Torbay Velopark</b>	<b>20 April</b>				
			Nigel WHITCHER	24:30				



<b>Lee-on-the-Solent</b>	<b>20 April</b>		<b>Fareham</b>	<b>20 April</b>		<b>Netley Abbey</b>	<b>27 April</b>
Lewis BANNER	17:18		David MALLARD	19:35		Chris DAVIDSON	23:47
Richard BAILEY	18:25	PB	Graham MARTIN	19:49	PB	Jules DINWOODIE	27:10
Shaun BEALE	18:30		Gareth CHARLES	20:27		Russell MEAD	28:35
Mark WESTBROOK	18:30		Carl SCHAFER	24:57	PB	Martyn BANNER	29:51
Tommy BLAKE	19:46		Kate RANT	25:47		Caroline STREET	43:39
Mike BELL	20:28		Alison LAWRENCE	28:09			
Andrew MORGAN	21:39		Melissa BARHAM	31:49		<b>Crane Park</b>	<b>27 April</b>
Darren TANNER	21:43		Tom MELLOR	32:31		Sara MCRITCHIE	30:56
Graham DONNACHIE	22:13		Wendy SMITH	41:45			
David OLDHAM	22:54		Andrew SMITH	57:47		<b>Rushcliffe</b>	<b>27 April</b>
Rachael OPENSHAW	22:55					Stuart NICHOLSON	28:36
Lucy MAY	23:02		<b>Hull</b>	<b>27 April</b>			
Tim MATTHEWS	23:13		Liz WEIGHELL	29:33	PB	<b>Brockenhurst</b>	<b>27 April</b>
Ashley LOVELL	23:56					Chris WHEELER	24:58
Jonathan O'NEIL	24:04		<b>Havant</b>	<b>27 April</b>		Toby EVANS	27:29
Keith CARTER	24:24		Lewis BANNER	16:58	PB		
Amie MORGAN	24:27					<b>Lee-on-the-Solent</b>	<b>27 April</b>
Mick WELLAND	24:28		<b>Whiteley</b>	<b>27 April</b>		Mark WESTBROOK	18:38
Zac CONATY	24:38		Daniel FOSTER	18:36		James MACKINNON	19:47
John BLAKE	24:42		Tommy BLAKE	19:08		Richard MACKAY	21:43
Paul HAMMOND	24:45		Sean BENDELL	19:34		Ian MILES	22:58
Phil MORGAN	24:53		Russell WISEMAN	20:20		Andrew MORGAN	23:10
Nicola WILLOUGHBY	24:58		Nick CUFF	20:30		Michael LOVELL	24:09
Vernon WILDE	25:03		Nikki ROEBUCK	21:41		Chris STAPLEFORD	24:39
Rebecca WHITE	25:40		Jamie EARLEY	22:05		Ashley LOVELL	24:43
Philip MAY	25:42		Gavin RENNIE	22:10		Jonathan O'NEIL	25:31
Richard BURNS	25:43		Jack GOOZEE	22:25		Zac CONATY	25:39
Martin PARSONS	25:49	PB	Stuart HALL	22:49		Andy RICHARDSON	26:28
Haydn BROWN	26:03		Matt SMITH	23:21	PB	Alison HESSELBERTH	26:36
Jules DINWOODIE	26:20		Mark GREEN	23:46	PB	Neil JARVIS	26:40
Karen SALMON	27:21		Amie MORGAN	24:06		Jonathan HARRINGTON	27:35
Andy WHITE	27:32		Rob WILLIAMS	24:17	PB	Greg ROWE	30:35
Kelly BENNETTS	27:36		Simon GIBBON	24:20		Sarah BARRON	30:37
Jonathan HARRINGTON	28:07		Matt EMERY	24:44		Vicky WILLIAMS	30:59
Simon GIBBON	28:27		Tracy LANGDALE	25:02		Peter REDMAN	31:39
Rob WILLIAMS	28:29		John BLAKE	26:27		Sandie MCINTOSH	31:59
Sarah NORTHCOTT	28:52		Phil MORGAN	26:28		Louisa KNIGHT	32:27
Jodie FRANCIS	28:53		Amy FOX	26:55		Claire HANRAHAN	33:12
Katherine HOLMES	29:40		Laura ROLLAND	27:00		Tina MACKAY	34:59
Martyn BANNER	29:46		Steve CUMES	27:03		Diane WILSON	35:04
Russell MEAD	30:35		Sarah NORTHCOTT	27:25		Jenny HEARNDEN	35:52
Robert SPENCER	30:41		Martin PARSONS	28:40		Geraldine MAY	37:50
Rachel DONNACHIE	30:56		Liz JAMES	28:44	PB	Philip MAY	37:52
Vicky WILLIAMS	31:54		Charlotte MAISEY	33:34		Susan WAKEFIELD	39:19
Stuart NICHOLSON	32:02		Ann BLAKE	33:37			
Claire MEAD	32:13		Martin DE WIED	37:50		<b>Portsmouth Lakeside</b>	<b>27 April</b>
Sue ROBINSON	32:25					Kevin SAUNDERS	25:02
Diane WILSON	32:48	PB	<b>Nonsuch</b>	<b>27 April</b>			
Mandy WHITE	33:05		Keith WHITAKER	27:37		<b>Fareham</b>	<b>27 April</b>
Laura DEVINE	33:34		Robert SPENCER	29:40		David MALLARD	19:03
Kevin ASHMAN	33:36					Ray GUNNER	19:17
Kyle MCRITCHIE	34:15		<b>Eastleigh</b>	<b>27 April</b>		Andy DONN	21:02
Sara MCRITCHIE	34:16		Haydn BROWN	26:45		Zoe DENNIS	27:50
Susan WAKEFIELD	34:28					Alison LAWRENCE	28:12
Janet SHAW	34:51		<b>Boston</b>	<b>27 April</b>		Melissa BARHAM	29:00
Susan BONNAR	35:44		Dominic SHEPHERD	35:25		David MACSWAYNE	35:02
Geraldine MAY	37:52					Wendy SMITH	40:47
Jade LEAHY	38:24		<b>Lincoln</b>	<b>27 April</b>		Andrew SMITH	44:44
Louise TANNER	38:26		Rachael OPENSHAW	24:14			
Tina MACKAY	44:35					<b>Victoria Dock</b>	<b>27 April</b>
			<b>Newbury</b>	<b>27 April</b>		Janet SHAW	32:59
<b>Chadderton Hall</b>	<b>20 April</b>		Tomas STINSON	23:04		Cliff SHAW	33:00
Andy SIMPSON	18:49		Allan STINSON	43:19			
Michelle SIMPSON	33:19		<b>Mountbatten School</b>	<b>27 April</b>		<b>Market Rasen Racecourse</b>	<b>27 April</b>
			Carl SCHAFER	26:09	PB	Rebecca WHITE	25:00
						Andy WHITE	26:52