

The

# Green *Runner*

January 2020



# FROM THE CHAIR

Happy New Year everybody and welcome to 2020

Not long now until our 10k race on Sunday 12<sup>th</sup> January and we are in the final stages of planning to ensure we have another successful event. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Don't forget the marshals/helpers meeting that is currently scheduled for Friday 10<sup>th</sup> January at 7.30pm. We have loads of club members running and have filled well over 150 helper / marshal positions which shows the fantastic support this club gives the 10k – myself as race director and Sara McRitchie as helper co-ordinator are very grateful so thank you so much.

We are also approaching the time of the year for the AGM which will be held on February 25<sup>th</sup>. We need more than 75 people at the

meeting to ensure we are quorate as we have over 500 people in the club now so we would be grateful to see the support to this meeting from the membership that you give to all the other activities we arrange. All the current committee are happy to stand for re-election but that does not stop any members being nominated for any position. Any of the committee would be happy to explain the roles if any member is interested in standing.

Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.

Happy Running  
Kevin



## South Downs Relay

South Downs 100 mile Relay, on Saturday 6<sup>th</sup> June. We are looking to have a ladies and men's A team with one other men's team depending on entrants.

The race follows route of Bridleways and Footpaths across the South Downs from Eastbourne to Winchester, with 18 legs of approximately 5-7 miles, 6 runners in a team running 3 separate legs in a 10-13 hour period, akin to running flat out 3 separate undulating 10k races in one day!

Highly competitive off road event which requires lots of individual commitment to recce your legs, so you know them inside out as unmarshalled on the day and training hard in the build-up. You do need to be able to recce these legs on your own steam, sometimes people can help with the recces but not always available.

The race organisers do apply time limits and cut offs, we are once again asking for runners who can achieve a sub 43 minute 10k. To get in the Men's A team you need to be of the calibre of 37 minute 10k or faster such is the standard of the field! Deadline for putting your name forward is 16<sup>th</sup> February. A decision on teams will be made after the AGM. If you wish to be considered please contact your Captains.



# CAPTAINS CORNER

December was a very wet month and the training for races was hard going. I think we were all very relieved when the day of the Portsmouth Coastal bought sunshine!!! Being a local event the turnout for Stubbington and our neighbouring clubs is always high. The support is always shared, both on the route and off.

This year we had a fantastic turnout. The year of the 50k Ultra and the muddiest the course has been in 10 years, conditions underfoot were tricky... but... we had 12 ultra, 14 marathon and 7 half marathon runners. The results were great, the Green Army did well. We had some "firsts" on the day – Louise Tanner, Simon Bacon, Simon Gibbons, Kieran Chaplin, Richard Mackay and Jonathan Harrington running their first ultra, Hollie Smith running her first marathon. Congratulations to you all that was a tough course as a first!! Also a shout out for George Howarth coming 3<sup>rd</sup> and Nicola Willoughby coming 5<sup>th</sup> in their age cat's for the Ultra and Chris Brobin coming 2<sup>nd</sup> in his for the marathon. The free beer at the end and colossal medal was definitely earned.

Park Run was a huge success on Christmas day with a total of 543 runners in Lee, 214 in Whiteley, 337 in Fareham and 279 Netley Abbey! Conditions were perfect, crisp, cold and sunny....Apologies to all the people in Lee that I said hello to in my Santa outfit that had no idea who I was!! Was good fun being incognito, although the green sunnies gave a clue! New Year's day was just as popular with a record 987 runners at Lee (made us the 5<sup>th</sup> busiest park run in the UK!) and then the double bubble of Fareham with their record of 484 runners (they ran out of tokens!!) and Whiteley's record of 460 runners....great start to 2020 for our running community.

December park run stats showed 27 Stubby's achieving PB's this month, Ray Gunner, Beccy Lord and Mike White all achieving 80%+ of their age grading and a further 35 Stubby's achieving 70% or better! What a club!

Lots of December milestones too ranging from Edwin Chowns for 1<sup>st</sup> park run to Ray Gunner, Chris Hall, Steve Trotman and Chris Wheeler for their 100<sup>th</sup> park runs!

Southern Cross Country league race this month was my personal favourite at Lord Wandsworth college.

The equally famous muddy course and post race buffet did not disappoint! Although the final field hadn't been freshly ploughed so we were denied that last sinking mud experience!!! We got one ladies team in (Lisa Donn, Sara McRitchie and Melissa Barham) and one mens team (Ian Cross, Mike White, Dom Truslove, Graham Martin and Simon Bacon), plus John Blake and Stewart Bamberger. Some great results for us all, it was particularly muddy on the course this year and a high turnout!

The beginning of December saw the Oxford Masters inter counties XC race. Beccy Lord was on true form and bought us home the bronze for Hampshire! Congratulations Beccy. Running for our ladies team we had Dawn Haynes-Sewell, Tina Chantrey, Mel Barham, Penny Forse (3<sup>rd</sup> in 65-69 age cat), Helen Nicholls (4<sup>th</sup> in age cat). Well done ladies – overall team finishing position of 9<sup>th</sup>, V40 team was 5<sup>th</sup>. The men's team also had a successful day out with V60 Stewart Pepper, Mike White and Mike Bell winning silver team prize. Also representing the Green Army we had Colin Trigg, Russ Coleman, Andy Simpson, Nick Crane and Matt Witcher. The Vet 40 men were 6<sup>th</sup> and overall the men were 6<sup>th</sup>.

An impressive (or mad) few took the double challenge of the CC6 in Janesmoor Pond the following morning! We had 13 runners in total, 2 with hangovers (that confessed!)...that's December for you!

Lots of club socials this month too with Mike Whites kitchen sink run pulling in a fabulous runners! The photos reflected what a great morning you all had, despite the freezing cold water and mud slides! Nick Kimber's mulled wine handicap was also very popular, congratulations to Grace Tyrrell and Marcus Lee for winning with the closest finish times.

Hope you've all had a happy and successful 2019, but here's to a year just made for milestones and adventures....2020....looking forward to seeing what's next for you all. Happy New Year from your Captains, Andy and Lisa



## Victory 5

18	Amie Morgan	34.14
45	Amy Fox	36.25
46	Lucy May	36.30
81	Claire Light	38.59
111	Jodie Francis	41.05
147	Jenna Lloyd	43.47
159	Gail Osborne	44.39
170	Jules Dinwoodie	45.23
207	Melissa Barham	47.43
214	Sarah Barron	48.22
235	Cat Groves	50.03
240	Hannah Paine	50.42
257	Rachel Goozee	52.45
259	Louise Nicholson	52.45
305	Jane Bodman	1.00.15
309	Debbie Adams	1.01.50

26	Rob Arkell	28.00
53	Phil Morgan	29.18
91	Alistair Wakefield	31.02
95	Daniel Foster	31.10
100	David Thorpe	31.21
106	John Parker	31.43
114	Graham Martin	31.56
159	Richard Edmunds	33.56
169	Kieran Chaplin	34.10
195	Richard Jacks	34.52
240	Philip May	36.57
252	Bryan Newell	37.49
258	Jack Goozee	37.59
322	Phil Page	43.03
334	Carl Schafer	44.21
338	Stuart Nicholson	44.56

## Pub to Pub

6	Will Feline	46:44
17	John Blake	53:48
24	Maria Millican	56:04
27	Nick Crane	56:31
35	Jon Leigh	58:11
38	Jamie Earley	59:06
48	Stuart Bamberger	1:04:12
58	Sara McRitchie	1:11:30

## CC6 JANESMOOR POND

10	Gill Rose
31	Becca White
62	Sara McRitchie
68	Melissa Barham
10	Andy Simpson
15	Mike White
36	Simon Bacon
68	Richard Snell
73	Nick Crane
81	Phillip Townley
96	Stuart Bamberger
119	Rob Williams
121	Russell Mead

## Southern Cross Country Lord Wandsworth College

60	Lisa Donn
121	Sara McRitchie
137	Melissa Barham
21	Ian Cross
29	Mike White
98	Dom Truslove
107	Graham Martin
121	Simon Bacon
145	John Blake
214	Stewart Bamberger

## Portsmouth Coastal Marathon

11	Russ Coleman	03:08:18
164	Hollie Smith	03:52:53
198	Phil Morgan	03:58:13
199	Anna Wilby-Lopez	03:58:14
205	Jonathan Warner	03:59:29
206	Richard Chowns	03:59:31
207	Nikki Roebuck	03:59:32
208	Daniel Foster	03:59:36
288	Amie Morgan	04:11:47
579	Wendy Hawxwell	04:53:47
580	Rob Williams	04:53:49
648	Julia Lawton	05:06:23
697	Dawn Haynes-Sewell	05:16:25
704	Sara McRitchie	05:17:33
705	Stuart Bamberger	05:17:34

## Portsmouth Coastal Half Marathon

206	Laura Farmer	02:01:03
275	Karen Charlton	02:08:04
304	Jules Dinwoodie	02:10:32
353	Hannah Martin	02:16:17
445	Debby Madeira	02:27:40
452	Cat Groves	02:29:07
520	Louise Nicholson	02:47:14

## MILTON KEYNES HALF

489	KATE RANT	01:47:39
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## Portsmouth Coastal 50K

63	Simon Bacon	04:46:38
76	Richard MacKay	04:52:29
80	Nicola Willoughby	04:52:57
107	Michael Parkes	05:03:46
183	Karen Salmon	05:40:11
192	George Howarth	05:46:08
253	Lindsay Pratt	06:32:19
254	Lisa Donn	06:32:20
255	Laura Kay	06:32:20
256	Louise Tanner	06:32:22
265	Simon Gibbon	06:40:57
272	Jonathan Harrington	06:50:28
276	Tracey Terry	07:09:19

## MASTERS CROSS COUNTRY

	Beccy Lord	23.51
16	Helen Nicholls	26.20
47	Tina Chantrey	30.20
52	Penny Forse	31.49
66	Dawn Haynes-Sewell	34.34
74	Mel Barham	40.29
29	Colin Trigg	34.56
34	Russ Coleman	35.14
37	Andy Simpson	35.25
83	Mike White	38.11
111	Stewart Pepper	40.47
144	Mike Bell	44.27
151	Nick Crane	45.06
163	Matt Witcher	48.05

## Christchurch Christmas 10K

20	IAN CROSS	37.21
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# Winter Time Trial - December

After a horrendous days rain the clouds dispersed and the wind dropped to leave a pleasant night to run. We had 16 hardcore runners who turned up with 3 improvers on the night. The biggest lady improver was Melissa Barham knocking 15 seconds off her time. The biggest male improver saw Ian Reed chopping 57 seconds off his best. The randomator saw Stephen Andrews being the lucky winner on the night. A big thank you to all my marshals, time keeper and backmarker on the night. The next time trial is Thursday 9<sup>th</sup> January.

Name	Best 2017/2018/2019	October	November	December	Months Best	Total Yearly Best 2018				
		17	24	16	3	8				
Ian Reed	22.48		<b>22.48</b>	<b>21.51</b>	-0.57	-0.57				
Melissa Barham	32.32		<b>31.19</b>	<b>31.04</b>	-0.15	-1.28				
Martyn Banner	30.52		<b>30.52</b>	<b>30.38</b>	-0.14	-0.14				
Rhona Phillips	29.11	<b>29.11</b>	<b>28.20</b>			-0.51				
Daniel Foster	20.30	20.14	<b>19.55</b>			-0.35				
Stephen Andrews	23.54	<b>23.35</b>	30.09	24.46		-0.19				
Nick Crane	24.44	<b>24.31</b>	24.50	25.18		-0.13				
Russ Coleman	19.36		<b>19.31</b>	22.24		-0.05				
Aga Plombon	28.02		<b>28.02</b>							
Amie Morgan	23.09		<b>23.09</b>				Course Records	Name	Time	Date
Amy Fox	25.18		<b>25.18</b>							
Andy Simpson	18.42		20.56	21.42			Men's	Andy Simpson	18.32	10/10/17
Brian Robinson	31.12		<b>31.12</b>				Ladies's	Beccy Lord	19.42	10/10/17
Carl Schafer	27.50	30.29		29.13						
Dominic Shepherd	24.26		25.40	25.37						
George Howarth	25.29	28.30	27.22	27.08						
Graham Martin	21.49	22.19		22.29						
Iain Cross	19.08	19.43								
James Bampton	21.29	22.13	27.18	22.43						
John Parker	22.04	27.49	27.18							
Jon Leigh	22.49	24.32	23.43							
Jon Warner	19.18		19.27							
Jules Dinwoode	28.56		30.15	30.52						
Kyle McRitchie	30.32		<b>30.32</b>							
Marcus Lee	25.00			<b>25.00</b>						
Maria Millican	23.11	24.32	31.24							
Mark Jenkins	26.30	<b>26.30</b>								
Phil Morgan	20.00		<b>20.00</b>							
Rich Chowns	22.24			23.38						
Richard Edmunds	22.33	<b>22.33</b>								
Richard Jacks	22.56	<b>22.56</b>								
Rob Egerton	22.53	<b>22.53</b>								
Rob Williams	26.23		28.15							
Stewart Pepper	21.58			22.58						
Visitor										
Kali Kalirai	33.10	<b>33.10</b>								



		<b>Lee-on-the-Solent</b>	<b>7 December</b>		<b>Whiteley</b>	<b>14 December</b>	
		Lewis BANNER	16:33		Iain CROSS	17:48	PB
		Rob GREENWOOD	18:29		Russell WISEMAN	20:23	
		Graham MARTIN	19:47		Sean BENDELL	21:04	
		Jon PLOMER	19:51		Philip PAGE	23:35	
		Richard BAILEY	20:29		Steve TROTMAN	25:05	
		Amie MORGAN	20:31	PB	Steven HYLAND	25:08	PB
		Mark John EATON	20:32		Claire JONES	25:09	
		John BLAKE	20:33		Danielle CRANSTONE	25:12	
		Richard EDMUNDS	20:58		Beverly WOOLCOCK	25:22	
		Jonathan MILLS	21:30		Helen BENSON	26:20	
		Philip MAY	23:15	PB	Greig BENSON	26:29	
		Tim MATTHEWS	23:42		Ryan GRANGER	27:26	
		Stuart BAMBERGER	24:12		Mark TUCKER	28:13	
		Andy DONN	24:17		Martin DE WIED	28:50	
		Lisa DONN	24:31		Dave JUDSON	29:07	
		Alison BYATT	24:49		Aga PLOMBON	29:30	
		George HOWARTH	24:57		Louisa ABBOTT	29:47	
		Sally GEE	25:20		Rachel GOOZEE	33:21	
		Cathy WEBB	26:19		Jack GOOZEE	33:23	
		Emma BAKER	27:28				
		Claire PEAL	28:24		<b>Abingdon</b>	<b>14 December</b>	
		Sara MCRITCHIE	28:30		Dominic SHEPHERD	25:02	
		John SIMISTER	29:02				
		Sarah CLANSEY	29:25		<b>Lee-on-the-Solent</b>	<b>14 December</b>	
		Richard WEEKS	29:56		Lewis BANNER	17:04	
		Russell MEAD	30:19		Rob ARKELL	17:47	
		Gillian SHUTLER	31:41		Phil MORGAN	19:19	
		Peter REDMAN	32:08		Mark WESTBROOK	19:44	
		Mandy WHITE	32:21		Ian REED	20:28	
		Simon GIBBON	32:37		Graham MARTIN	20:31	
		Jenny HEARNDEN	33:27		Richard BAILEY	20:44	
		Claire JOHNSON	33:35		Steve CUMES	22:00	
		Ann COOPER	33:35		Jon PLOMER	22:24	
		Stuart NICHOLSON	33:47		Graham DONNACHIE	23:18	
		Catherine CHAMBERLAIN	33:49		Andy DONN	23:22	
		Claire HANRAHAN	35:57		Tim MATTHEWS	24:16	
		Tina MACKAY	39:58		Vernon WILDE	24:17	
		Neil ALLEN	39:58		Stuart BAMBERGER	24:30	
		Jade LEAHY	40:02		Bryan NEWELL	24:32	PB
		Geraldine MAY	42:28		Neil JARVIS	24:45	
		Janice ALLEN	44:38		Amie MORGAN	24:50	
					Jodie FRANCIS	25:47	
		<b>Whiteley junior</b>	<b>8 December</b>		Robin PEAL	25:52	
		Edwin CHOWNS	12:22	PB	Richard BURNS	26:14	
					Andy LEE	26:20	
		<b>Reading</b>	<b>14 December</b>		Alison HESSELBERTH	26:36	
		Keith WHITAKER	29:38	PB	Cathy WEBB	27:02	
					George HOWARTH	27:14	
		<b>Southampton</b>	<b>14 December</b>		Wendy HAWXWELL	27:35	
		Rebecca Margaret LORD	18:17	PB	Kim ACHURCH	27:40	
					Richard JACKS	27:40	
		<b>Netley Abbey</b>	<b>14 December</b>		Jamie EARLEY	27:41	
		Stuart BOTTOMLEY	21:06		Kirstie GRAHAM	28:06	
		Nigel WHITCHER	27:14		Sara MCRITCHIE	30:02	
					Sarah CLANSEY	30:11	
		<b>Woodley</b>	<b>14 December</b>		Russell MEAD	30:24	
		Kieran CHAPLIN	22:03		Martin READ	30:47	
		Emma BAKER	28:43		Peter REDMAN	31:36	
					Diane WILSON	31:53	
		<b>Queen Elizabeth</b>	<b>14 December</b>		Gillian SHUTLER	32:05	
		Rebecca WHITE	26:09	PB	Jenny HEARNDEN	34:15	
		Andy WHITE	31:48		Kevin ASHMAN	35:32	
					Heather GRAHAM	35:36	
		<b>Salisbury</b>	<b>14 December</b>		Catherine CHAMBERLAIN	35:43	
		Peter KAY	23:21		Susan BONNAR	36:06	
					Stuart NICHOLSON	36:08	
		<b>Eastleigh</b>	<b>14 December</b>		Jade LEAHY	38:23	
		Nikki ROEBUCK	24:07		Jonathan O'NEIL	46:28	
		Haydn BROWN	28:18				
					<b>Durham</b>	<b>14 December</b>	
		<b>Eden Project</b>	<b>14 December</b>		Simon GIBBON	30:45	
		Philip MAY	24:56				
		Geraldine MAY	39:48		<b>Moors Valley</b>	<b>14 December</b>	
					David MACSWAYNE	36:40	
<b>Reading</b>	<b>7 December</b>						
Keith WHITAKER	30:08		PB				
<b>Southampton</b>	<b>7 December</b>						
Carl SCHAFER	26:41						
<b>Southsea</b>	<b>7 December</b>						
Max JAMES	26:07		PB				
Liz JAMES	28:50		PB				
<b>Whiteley</b>	<b>7 December</b>						
Jonathan WARNER	18:57						
Sean BENDELL	20:48						
Matt EMERY	20:48						
Nikki ROEBUCK	20:53						
Robert EGERTON	21:18						
Ben GRAHAM	21:32						
Greig BENSON	23:39						
Steve TROTMAN	23:53						
Philip PAGE	24:28						
Stephen ANDREWS	24:43						
Mark TUCKER	24:47						
Beverly WOOLCOCK	24:50						
Martin PARSONS	26:07						
Danielle CRANSTONE	26:37						
Helen BENSON	26:50						
Jack GOOZEE	27:11						
Rachael PAYNE	27:33						
Sarah NORTHCOTT	27:42						
Jade BOTTERILL	27:52						
Wendy HAWXWELL	28:12						
Martyn BANNER	28:23						
William GILL	29:11						
Louisa ABBOTT	29:23						
Pamela KEMP	30:28						
Hannah PAINE	31:34						
Cat GROVES	34:34						
Louise NICHOLSON	36:52						
Richard JACKS	42:52						
<b>Eastleigh</b>	<b>7 December</b>						
Chris HALL	22:35						
<b>Winchester</b>	<b>7 December</b>						
Gordon WESTLEY	25:56						
<b>Netley Abbey</b>	<b>7 December</b>						
Nigel WHITCHER	27:06						
<b>Queen Elizabeth</b>	<b>7 December</b>						
Phillip TOWNLEY	25:05						
<b>Portsmouth Lakeside</b>	<b>7 December</b>						
Simon VINGOE	22:52						
<b>Fareham</b>	<b>7 December</b>						
David MALLARD	19:07						
Ray GUNNER	20:13						
Alison LAWRENCE	24:35						
Ray BERNICE	29:11						
David MACSWAYNE	38:14						
Wendy SMITH	39:14						
Andrew SMITH	48:27						
<b>Stokes Bay junior</b>	<b>8 December</b>						
Amelie TANNER	12:18						





<b>Tooting Common</b> Chris HALL	<b>14 December</b> 20:00	<b>Henley-on-Thames</b> Chris HALL	<b>21 December</b> 23:20	<b>Lee-on-the-Solent</b> Lewis BANNER	<b>25 December</b> 16:46
<b>Portsmouth Lakeside</b> Kevin SAUNDERS	<b>14 December</b> 26:43	<b>Winchester</b> Gordon WESTLEY	<b>21 December</b> 28:29	Rob GREENWOOD	17:23
<b>Fareham</b> David MALLARD Ray GUNNER Martin PARSONS Alison LAWRENCE Ray BERNICE Wendy SMITH Andrew SMITH	<b>14 December</b> 20:18 20:25 26:17 29:03 29:23 39:51 50:34	<b>Netley Abbey</b> Nigel WHITCHER Louise NICHOLSON	<b>21 December</b> 26:44 33:46	Phil MORGAN	18:13
<b>Jersey Farm</b> Carl SCHAFFER	<b>14 December</b> 28:37	<b>Varsity Lakes</b> Melissa HUTTON-DUNTON	<b>21 December</b> 23:33	Mark WESTBROOK	18:54
<b>Mountbatten School</b> Robert EGERTON	<b>14 December</b> 24:05	<b>Lee-on-the-Solent</b> Rebecca Margaret LORD Ian REED Josh CULLEN Mark John EATON John BLAKE Jonathan MILLS Amie MORGAN Rachael OPENSHAW Phil MORGAN Rebecca WHITE Andy LEE Mick WELLAND Stuart BAMBERGER Jodie FRANCIS Robin PEAL Andy WHITE Dominic SHEPHERD Philip MAY Lara DENT George HOWARTH Ray BERNICE Emma BAKER Richard WEEKS Sara MCRITCHIE Gillian SHUTLER Joanna REED Louise TANNER Catherine YARROW Ann COOPER Vikki TAYLOR Stuart NICHOLSON Angela PRICE Geraldine MAY Cliff SHAW Janet SHAW Tina MACKAY	<b>21 December</b> 18:20 19:47 19:52 21:22 21:38 22:21 22:43 23:50 24:06 24:31 24:56 25:25 25:32 25:40 25:52 26:02 26:12 26:45 27:49 28:17 28:57 28:59 29:16 29:58 31:11 31:47 32:44 32:44 32:50 33:19 33:31 33:46 39:03 44:24 44:25 50:14	Richard BAILEY	19:45
<b>Littlehampton Prom</b> Chris WHEELER Toby EVANS	<b>14 December</b> 25:19 25:39	<b>Southampton</b> Carl SCHAFFER	<b>21 December</b> 27:48	Darren TANNER	21:14
<b>Havant</b> Martin PARSONS Helen NICHOLLS	<b>21 December</b> 28:06 33:27	<b>Havant</b> Martin PARSONS Helen NICHOLLS	<b>21 December</b> 28:06 33:27	Richard EDMUNDS	21:22
<b>Whiteley</b> Lewis BANNER Rob GREENWOOD Dom TRUSLOVE Sean BENDELL Stephen ANDREWS Jamie EARLEY Steve TROTMAN Bryan NEWELL Phillip TOWNLEY Ryan GRANGER Jon LEIGH Max JAMES Kim ACHURCH Richard JACKS Dave JUDSON Mark TUCKER Katharine TUCKER Millie HOSKINS Martin READ Simon GIBBON Keith WHITAKER Hannah PAINE Jack GOOZEE	<b>21 December</b> 16:50 17:56 19:39 21:30 22:41 24:25 24:32 24:34 25:39 25:57 26:44 27:12 27:40 27:41 27:49 29:27 30:11 30:16 30:44 31:56 33:05 33:59 33:59	<b>Whiteley</b> Lewis BANNER Rob GREENWOOD Dom TRUSLOVE Sean BENDELL Stephen ANDREWS Jamie EARLEY Steve TROTMAN Bryan NEWELL Phillip TOWNLEY Ryan GRANGER Jon LEIGH Max JAMES Kim ACHURCH Richard JACKS Dave JUDSON Mark TUCKER Katharine TUCKER Millie HOSKINS Martin READ Simon GIBBON Keith WHITAKER Hannah PAINE Jack GOOZEE	<b>21 December</b> 16:50 17:56 19:39 21:30 22:41 24:25 24:32 24:34 25:39 25:57 26:44 27:12 27:40 27:41 27:49 29:27 30:11 30:16 30:44 31:56 33:05 33:59 33:59	Jon PLOMER	21:56
<b>Oldham</b> Andy SIMPSON	<b>21 December</b> 18:17	<b>Portsmouth Lakeside</b> Claire JONES Kevin SAUNDERS	<b>21 December</b> 25:40 26:19	Stephen ANDREWS	21:59
		<b>Frimley Lodge</b> Colin TRIGG	<b>25 December</b> 18:51	Maria MILLICAN	22:07
		<b>Southampton</b> Kate RANT Gareth CHARLES	<b>25 December</b> 23:14 23:14	Graham DONNACHIE	22:39
		<b>Sheffield Castle</b> Richard JACKS	<b>25 December</b> 22:03	Katy BRADLEY	22:42
		<b>Hogmoor Inclosure</b> Rebecca Margaret LORD	<b>25 December</b> 19:26	Dominic SHEPHERD	23:12
				Simon BACON	23:20
				Lara EVANS	23:20
				Andy DONN	23:35
				Ashley LOVELL	23:44
				Amie MORGAN	25:37
				Mick WELLAND	25:37
				Alison PEPPER	25:45
				George HOWARTH	26:04
				Cathy WEBB	26:17
				Tracie JARVIS	26:31
				Andy WHITE	26:36
				Steve CUMES	26:42
				Matthew EVANS	26:43
				Wendy HAWXWELL	26:46
				Terry JOHNS	26:50
				Ray BERNICE	27:24
				Jules DINWOODIE	27:40
				John COX	27:57
				Kyle MCRITCHIE	28:33
				Cliff SHAW	28:51
				Russell MEAD	28:55
				Richard WEEKS	29:11
				Peter REDMAN	29:21
				Sara MCRITCHIE	29:28
				Stuart BAMBERGER	29:28
				Dave JUDSON	29:46
				Kirstie GRAHAM	30:00
				Joanna REED	30:05
				Janet SHAW	30:23
				Laura ROLLAND	30:43
				Karen CHARLTON	31:02
				Julia LAWTON	31:03
				Emily PEAL	32:28
				Robin PEAL	32:31
				Grace TYRRELL	32:43
				Charlie EVANS	33:10
				Lisa DONN	33:12
				Angela PRICE	33:19
				Gillian SHUTLER	33:36
				Heather GRAHAM	33:56
				Jonathan HARRINGTON	34:04
				Laura DEVINE	34:05
				Claire HANRAHAN	34:37
				Gail OSBORNE	34:46
				Stuart NICHOLSON	34:48
				Emma BAKER	37:36
				Kieran CHAPLIN	37:37
				Philip MAY	37:57
				Geraldine MAY	38:21
				Lucy MAY	38:22
				Mark SHEPHERD	38:31
				Tina MACKAY	38:54
				Susan BONNAR	39:22
				Rachel DONNACHIE	40:40





<b>Whiteley</b>	<b>25 December</b>	
Daniel FOSTER	18:35	
Russ COLEMAN	19:39	
Jonathan WARNER	19:40	
Russell WISEMAN	19:42	PB
Susie MACGREGOR	21:31	
Haydn BROWN	21:50	PB
Philip PAGE	23:31	
Robert EGERTON	24:11	
Tracy LANGDALE	24:27	
Martin PARSONS	25:28	PB
Steve TROTMAN	25:31	
Alison BYATT	25:49	
Danielle CRANSTONE	26:01	
Jamie EARLEY	26:02	
Nikki ROEBUCK	27:02	
Carl SCHAFER	27:28	
Simon GIBBON	27:46	
Chris WHEELER	27:54	
Nigel WHITCHER	28:16	
Toby EVANS	28:33	
Martin READ	29:26	
Pamela KEMP	29:44	
Mark TUCKER	29:48	
Katharine TUCKER	29:53	
Helen BENSON	30:19	
Greig BENSON	30:20	
Liz JAMES	30:23	
Keith WHITAKER	32:10	
Anna WILBY-LOPEZ	32:13	
Rachael OPENSHAW	32:23	
Louise NICHOLSON	34:58	
Sian SNOOK	37:34	
Katherine CHOWNS	39:46	
Edwin CHOWNS	46:20	
Rachel GOOZEE	46:20	
<b>Netley Abbey</b>	<b>25 December</b>	
Andy SIMPSON	18:23	
Mike WHITE	19:56	
Charlotte LORD	23:12	
Caroline STREET	35:38	
Michelle SIMPSON	35:51	
<b>Fareham</b>	<b>25 December</b>	
David MALLARD	19:13	
Ray GUNNER	19:51	
Vernon WILDE	23:51	PB
Andy LEE	25:59	
Melissa BARHAM	29:01	
<b>Colney Lane</b>	<b>28 December</b>	
Andy LEE	33:55	
<b>Southend</b>	<b>28 December</b>	
Ray GUNNER	19:18	
<b>Netley Abbey</b>	<b>28 December</b>	
Nigel WHITCHER	27:31	
Kate ALDOM	29:17	
Sian SNOOK	38:41	

<b>Bushy</b>	<b>28 December</b>	
Emma BAKER	27:02	
Kieran CHAPLIN	43:43	
<b>Southampton</b>	<b>28 December</b>	
Martin READ	30:01	
<b>Guildford</b>	<b>28 December</b>	
Chris WHEELER	26:18	
Toby EVANS	27:32	
<b>Plymvalley</b>	<b>28 December</b>	
Robin PEAL	32:48	
Emily PEAL	32:54	
<b>Southsea</b>	<b>28 December</b>	
Max JAMES	26:58	
<b>Whiteley</b>	<b>28 December</b>	
Russ COLEMAN	18:45	
Phil MORGAN	19:48	
Hollie SMITH	20:00	
Nikki ROEBUCK	20:53	
Russell WISEMAN	21:17	
Amie MORGAN	21:20	PB
Steve DILLEY	21:22	PB
Susie MACGREGOR	21:27	
Marcus LEE	21:42	
Sean BENDELL	21:44	
Jamie EARLEY	23:33	
Simon VINGOE	23:58	
Philip PAGE	24:06	
Rachael OPENSHAW	24:21	
Mick WELLAND	24:38	
Tracy LANGDALE	24:49	
Steve TROTMAN	24:51	
Beverly WOOLCOCK	26:03	
Danielle CRANSTONE	26:14	
Kim ACHURCH	26:57	
Richard JACKS	26:57	
Louisa ABBOTT	27:40	
Katie LEATHERLAND	28:06	
Rachael PAYNE	28:45	
Mark TUCKER	29:33	
Katharine TUCKER	29:50	
Laura ROLLAND	31:11	
Keith WHITAKER	31:27	
William GILL	32:03	
Rachel GOOZEE	35:30	
Louise NICHOLSON	35:39	
<b>Bath Skyline</b>	<b>28 December</b>	
Keith CARTER	27:33	
<b>Boston</b>	<b>28 December</b>	
Dominic SHEPHERD	23:17	PB
<b>Alice Holt</b>	<b>28 December</b>	
Matt EMERY	22:02	
<b>Pegwell Bay</b>	<b>28 December</b>	
Tim MATTHEWS	22:25	
<b>East Coast Park</b>	<b>28 December</b>	
Andrew STOCKWELL	21:32	
Samantha STOCKWELL	30:40	
<b>Dawesville</b>	<b>28 December</b>	
Iain GALLAGHER	30:31	

<b>Tring</b>	<b>28 December</b>	
Daniel FOSTER	21:03	
<b>Jells</b>	<b>28 December</b>	
Melissa HUTTON-DUNTON	25:51	
<b>Lee-on-the-Solent</b>	<b>28 December</b>	
Ian REED	19:21	
Haydn BROWN	21:32	
Graham DONNACHIE	23:07	
Ashley LOVELL	23:09	
Vernon WILDE	23:11	
Stephen ANDREWS	23:13	
Philip MAY	23:18	
Jonathan MILLS	25:05	
Cathy WEBB	26:02	
Alison HESSELBERTH	26:15	
Laura DEVINE	26:21	
Maria MILLICAN	27:33	
Gail OSBORNE	28:21	
Stuart NICHOLSON	28:23	
Karen CHARLTON	29:02	PB
Richard WEEKS	30:04	
Jade Lorelle EATON	30:21	
Claire HANRAHAN	32:10	
Lindsay PRATT	32:23	
Angela PRICE	32:40	
Lara DENT	32:41	
Louisa KNIGHT	33:04	
Catherine YARROW	33:04	
Louise TANNER	33:05	
George HOWARTH	33:09	
Jenny HEARDEN	33:23	
Joanna REED	34:29	
Richard BAILEY	37:36	
Geraldine MAY	37:41	
Jane BODMAN	37:56	
Debbie ADAMS	37:57	
Wendy SMITH	41:09	
Andrew SMITH	49:29	
<b>Crosby</b>	<b>28 December</b>	
Sarah CLANSEY	32:25	
<b>Fareham</b>	<b>28 December</b>	
Thomas MACSWAYNE	17:58	
David MALLARD	19:09	
Chris HALL	20:03	
Martin PARSONS	26:18	
Melissa BARHAM	27:39	PB
Alison LAWRENCE	30:39	
David MACSWAYNE	35:32	
<b>New Earswick</b>	<b>28 December</b>	
Andy RICHARDSON	28:06	
<b>Highwoods</b>	<b>28 December</b>	
Claire JOHNSON	41:42	
<b>Haldon Forest</b>	<b>28 December</b>	
Carl SCHAFER	29:21	
<b>St Mary's</b>	<b>28 December</b>	
Janet SHAW	30:16	
Cliff SHAW	30:17	
<b>Whiteley junior</b>	<b>29 December</b>	
Indigo SMITH	11:37	PB
Edwin CHOWNS	12:18	PB