The

Green Runner

January 2019

FROM THE CHAIR

Happy New Year everybody and welcome to 2019. Not long now until our 10k race on Sunday 13h 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. Please look out for the communication on the marshals/helpers meeting that is currently scheduled for Friday 11th 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 19th. All the committee positions will be up for re-election and any member of the club can be nominated for any position. We know a number of the committee will be standing down at the Agm so we will definitely need a Secretary, Vice – Chairman and General committee so please give some thought as to whether you can help the club by being nominated for any of these (or indeed any of the other positions) . The current incumbents, Marie and Mark McDonald or any committee member would be happy to give you further information. I am sure in a club of nearly 500 members that we have lots of members who would be willing to step forward and support the club. Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.

Happy Running
Kevin

Committee Nominations

As we draw closer to the AGM in February 2019, we will have a number of vacancies to fill on the Committee and we would like to give you the membership the maximum possible time to consider if you would be interested in one of those roles. If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

All of the Committee positions will need nominations, however there are a number of positions which individuals will be stepping down from and will require someone to volunteer

If you would like to help the following positions will be vacant, they are:-

Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.

Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.

A General Committee Member – Act as representative for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles
HRRL Rep - Act as representatives for all UKA members of the club ensuring that all views are aired appropriately, at HRRL meetings. Organise the volunteers required to support the Stubbington 10k.

If you would like to know more about these roles please contact any of the committee members or the individual currently fulfilling the role.

I am sure that in a club of nearly 500 members we will have enough nominations to ensure a smooth transition of the Committee into the New Year so please don't be shy in going for Committee roles that will allow you to support the growth and progress the Club has made over the years.

Additionally there are other roles within the committee and non-committee where the current person would like to retain their role and will still require nominations from our members, if you would like to be nominated for one of these roles below a short description to assist.

Chairman – Chair club meetings and be the overall focal point for club matters.

Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.

Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.

Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders.

General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles
Green Runner Editor – Produce monthly newsletter.

Social Representative – to assist in the coordination of all social activities related to the club as decided by the Committee.

Kind Regards Mark McDonald (Vice Chairman) – Stubbington Green Runners

CAPTAINS CORNER

Happy New Year from your Captains! We are looking forward to a great year of racing with all our members.

December has been a busy month for races and extra parkruns over Christmas, hopefully you kept the mince pies and chocolates under control over the festive period!

Right at the start of the month we had Victory 5 which will be covered elsewhere in the Green Runner and the day before that Hants XC at Popham. U13 boys got a team out again with Harry home first in 24th, Ryan 43rd and Cameron 81st and they were 7th on the day and currently sit 10th overall. Two more races to achieve a final standing boys. We were thin on the ground again for both ladies and men and probably had something to do with Victory the next day! The senior ladies score relied on the vets helping again with Beccy Lord 12th, Helen Nicholls 30th and Nikki Roebuck 33rd with the team finishing 5th and lying 7th overall. The vet ladies were on fire again with 3rd on the day and sitting 2nd overall with Helen, Nikki being supported by Lara Evans 65th, our other lady finisher was Frances Lord 100th. Just need to get a good team out for Reading! The men only had 6 runners and new boy James MacKinnon lead home the seniors in 146th, with the support of the vets again, Stewart Pepper 149th, Mark Eaton 158th making the senior team which finished 6th and currently lie 5th overall. The vets team had John Blake 160th with Mark and Stewart with were 12th and 13th overall. So the next race is the day before the Stubbie 10k which we are going to struggle for numbers for so if not running our 10k please lace up for Reading XC.

Masters XC at Horspath, Oxford was a huge success for the club, in a race where we had never put teams out before we had 24 people turnout for a Stubbie away day. Ladies were up first and we managed to finish 10th overall with 41st Lara Evans, 61st Sally McGrath and 71st Penny Forse. In the age categories v40-49 saw us finish 7th with Lara, 95th Marie McDonald and 105th Dawn Haynes -Sewell. The v50-59 were 8th, Sally, Penny and 77th Frances Lord. What impressed me at this race was the ladies running their first XC and in one case their first race ever and enjoyed the atmosphere and the day. The other ladies donning the famous green vest were 103rd Julie Ashman, 108th Wendy Haxwell, 111th Katherine Holmes, 114th Lindsay Drysdale-Pratt, 121st Sue Robinson, and 125th Debbie Adams.

The men fared slightly better than the ladies with 8th overall, 35th Andy Simpson, 37th Russ Coleman and 70th Jon Warner with same 3 scoring for v40-49 and narrowly missed out on a medal in 4th. The v50-59 were 12th with 90th Ray Gunner, 105th Chris Hall and 114th Stewart Pepper. The v60+ category was our best chance of winning a medal and again we narrowly missed out with a 4th place, 79th Mike White, 184th Mike Bell and 196th Nick Crane. The other men who sweated for the cause were 109th Simon Bacon, 117th Mark Eaton, and 191st Richard Edmonds. We did get one individual medal on the day with Mike White 2nd v60 and Penny Forse was robbed of 1st due to my misreading of the rules, so sorry Penny but everyone from our team knew you were the rightful winner.

On the back of the Masters event there was an inter-counties event with Beccy Lord wearing a Hampshire vest and coming 25th with Hampshire ladies coming 3rd and getting a bronze medal. Hoping we can repeat this event next year, and the beers afterwards went down nicely.

CC6 at Janesmoor followed the next day after the Masters with quite a few people doubling up. The course was easier than the normal course with it mainly on gravel tracks just a slog up the hill to the finish! We had 17 people run, ladies on the day were 4th and are 4th overall with Beccy Lord 4th, Lara Evans 22nd both racing the day before and Lucy May 23rd making up the team. Men were 5th and currently reside 7th overall the team was 6th Andy Simpson, 14th Shaun Beale, 28th Mike White and 65th Jack Harris.

Winter Handicap had another good turnout right before Christmas, thank you Nick Kimber for organising the route and providing the refreshments and the venue.

Portsmouth Coastal this year offered the full marathon and relay options, both with a healthy dose of sloppy mud! Conditions were reported as being some of the most challenging to date. Didn't deter the Green Army though! We had 12 runners for the full, with top results for Steve Cumes 3:24:24, John Blake 3:31:59 and Simon Bacon 3:50:13 as our top 3 men. The ladies not to be outshone were Melanie Jewett 3:47:07 and Julie (Im not going to run too fast today!!!) Ashman 4:25:14!!! This is a flat course, but it was very muddy, slippery and in some places ankle deep water. Certain parts get very congested, are narrow, shingle and when you have runners coming at you from both directions it's a hectic and exciting course. To complete the full marathon was a real achievement for all that day, that headwind from Eastney along the Southsea sea front made the last 2 miles a tough push (it's hard enough after 8 miles at the Great South let alone 24 miles in!!). So a great marathon day for the Stubby's – well done Sara McRitchie, Simon Gibbons, Lindsay Drysdale-Pratt, Tracey Terry, Kevin Scullion, Amanda Knight and Lisa "why did I dress as an Elf" Donn!!

Our relay Teams did brilliantly! Apologies if I miss anyone from this as teams didn't register as Stubbys, Just as your Team relay name. Top matching results from Paul Hammond & Gaynor Heffer and Rob & Nicola Willoughby placing 36th and 37th overall with a total time of 3:46:13! Best team name has to be "Cagney and Lazy" J well done to Robin Peel and Heather Bow finishing 71st with a total time of 4:22:12. This was out of 120 teams so really well done guys.

Southern X Country league race at Lord Wandsworth College, simply the best way to end the year in my opinion. You know you're in for something special as you drive into the village and grounds of this private estate. This is a 2 lap course of just shy of 5 miles and its mud in its sloppiest form and a cracking couple of hills. A very mixed terrain course that changes rapidly as you race through wooded areas and farmer's fields. The support and marshalling was great and the delicious spread of sandwiches and cakes after has to be seen (and tasted) to be believed!

It was actually ideal racing weather on the day, chilly but calm and soon warmed up on the first long ascent. We had a good turnout of 7 ladies and 7 men. Top results for Kelly Haniver (4th) and Sally McGrath (29th) and Mike White (22nd) and Will Feline (45th)
This was race 4 of the season and has placed our teams as 7th overall for the ladies and 13th for the men. As a club combined we are currently 10th out of 24 teams.

You don't need to pre-enter the Southern's, you can just turn up in your Stubby vest and run! Please keep an eye on Facebook for the last 2 races this season on 20th Jan and 24th Feb.
After Christmas saw a few races with one mad person doing a 45 mile ultra on 27th December and coming in the top 10 well done Shaun Beale.

Sensible people chose the Pub to Pub race which is a 7 mile charity road race and a shorter walk route so catered for everybody who wanted to walk off the Christmas turkey! We had a good turnout from the Greens.

South Downs Relay

South Downs 100 mile Relay, on Saturday 1st 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.

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! A decision on teams will be made around February. If you wish to be considered contact your Captains.

CC6 -Janesmoor Pond

4	Beccy Lord
22	Lara Evans
23	Lucy May
24	Sally McGrath
43	Francis Lord
44	Sadie Bedford
53	Becca White
66	Jules Dinwoodie
67	Ali Pepper
76	Pam Kemp

6	Andy Simpson
14	Shaun Beale
28	Mike White
65	Jack Harris
93	Andy Lee
120	Russell Mead
129	Carl Schafer
130	Rob Williams
133	Andy White

HAMPSHIRE CROSS COUNTRY - POPHAM

24	Harry Roebuck	11:57
43	Ryan Simpson	12:35
81	Cameron Sewell	15:52

12	Rebecca Lord	24:50
30	Helen Nicholls	26:20
33	Nikki Roebuck	26:32
65	Lara Evans	29:05
100	Frances Lord	32:00

146	James MacKinnon	43:37
149	Stewart Pepper	43:44
158	Mark Eaton	44:23
160	John Blake	44:26
231	Matt Evans	49:50
245	Gordon Westley	51:24

Southern Cross Country League - Bourne Woods

Maria Millican	55

Will Feline	11
Steve Fidler	173
Nick Crane	179

CHRISTMAS TREE CHALLENGE 14 miles

3	Gill Rose	01:55:43
4	Richard Snell	01:55:43

Southern Cross Country League - Lord Wandsworth

Mike White	22
Will Feline	45
Simon Bacon	88
Andy Donn	108
Nick Crane	146
Steve Fidler	177
John Parker	210

Kelly Haniver	4
Sally McGrath	29
Frances Lord	45
Lisa Donn	55
Amy Fox	73
Sara McRitchie	141
Kathy Chamberlin	142

Masters XC OXFORD

41	Lara Evans	29:00
61	Sally McGrath	30:22
71	Penny Forse	31:13
77	Frances Lord	32:01
95	Marie McDonald	34:14
103	Julie Ashman	35:45
105	Dawn Haynes-Sewell	36:04
108	Wendy Hawxwell	36:22
111	Katherine Holmes	30:05
114	Lyndsey Drysdale Pratt	39:51
121	Sue Robinson	42:52
125	Debbie Adams	48:04
35	Andy Simpson	36:02
37	Russell Coleman	36:06
70	Jon Warner	37:57
79	Mike White	38:12
90	Ray Gunner	38:37
105	Chris Hall	39:19
109	Simon Bacon	39:25
114	Stewart Pepper	39:30
117	Mark Eaton	39:38
184	Mike Bell	44:04
191	Richard Edmonds	44:52
196	Nick Crane	45:33

Ladies …. Time to embrace the MUD !!!!

You may be thinking that I am talking about a relaxing mud pack at a five star spa ….
Well that comes later ladies!!!

First you have to bite the bullet and enter a X Country race. I ran my first X Country in December with the club and absolutely loved it. I had no idea what to expect or what to do on the day !!! And then the fab SGR members did their thing. I was offered a lift, had fab guidance and support pre race from other runners, and on the day when my nerves really kicked in (and I was thinking what have I done!), the team spirit and encouragement was amazing and I was ready for anything.

The race was 6k in very muddy woods and fields. It was very cold but dry.
Off we went …. I have my own pace and I stuck to that. I came in last but was so proud of my 48 minute time. As I entered the field coming out of the woods all I could hear was my name being shouted by the SGR gang, and many other spectators shouting for the Stubbington runner !!

I was overwhelmed but pushed for the finish line. All I can say if you are unsure or new to the club is to Go For It!!! You will have a great day out, a great run and make many new friends.
Then finally you can check into the spa for the right sort of mud bath !!

Happy Running Debbie Adams

IOW XC chilly hilly?

216	BARRON, Sarah	02:12:34
217	ASHMAN, Julie	02:12:34
221	MCRITCHIE, Sara	02:22:00
222	BAMBERGER, Stuart	02:22:02

TWIXMAS 10K

101	Dawn Haynes-Sewell	55:25.7
159	Lindsay Pratt	1:01:27
164	Claire Kelson	1:02:17

VICTORY 5 MILE

27	Rob Arkell	28:21
66	Shaun Beale	29:48
67	Daniel Elliott	29:47
68	Jonathan Warner	29:47
75	Rus Coleman	29:59
105	Daniel Foster	30:55
125	Richard Chowns	31:44
201	Richard MacKay	34:02
217	Simon Bacon	34:33
235	Haydn Brown	35:05
238	Michael Welland	35:16
253	Graham Donnachie	35:39
256	Richard Jacks	35:42
260	Scott Shaw	35:51
335	Jamie Early	37:50
477	Rob Williams	42:10
506	Carl Schafer	43:21
532	Noah Williams	44:27
622	Greg Rowe	48:31
650	Cliff Shaw	50:12

234	Hannah Molyneaux	34:59
240	Lucy May	35:14
258	Anna Wilby Lopez	35:45
262	Amie Morgan	35:59
351	Hilary Misselbrook	38:19
382	Beverly Woolcock	39:20
385	Amy Fox	39:05
463	Alison Hesselberth	41:46
484	Helen Benson	42:24
500	Jules Dinwoodie	43:07
507	Gemma Christie	43:09
563	Pam Kemp	45:15
568	Katherine Chamberlain	45:37
602	Janet Shaw	47:04
604	Sarah Barron	47:09
606	Lindsay Pratt	47:13
648	Sarah Northcott	50:09
652	Liz James	50:13
718	Tina MacKay	58:49

COASTAL MARATHON

52	Steve Cumes	03:24:29
76	John Blake	03:31:59
162	Melanie Jewett	03:47:07
175	Simon Bacon	03:50:13
332	Kevin Scullion	04:13:17
417	Julie Ashman	04:25:14
660	Lisa Donn	05:01:52
703	Sara McRitchie	05:10:16
704	Simon Gibbon	05:10:17
712	Amanda Knight	05:12:10
731	Tracey Terry	05:14:44
733	Lindsay Pratt	05:14:51

Valencia 10k

6868	Linda Swanton	01:07:28

VALENCIA MARATHON

17195	Lara Dent	04:34:13

CLONAKILTY WATERFRONT MARATHON

164	Kevin Scullion	04:06:35

Tadley Xmas XC 5.3miles

100	Chris Wheeler	58.00
103	Toby Evans	58.52

Winter Time Trial - December

Despite the chilly conditions at 3C, we set new records with 26 people running, 10 improvers on the night and 9 people in the pub afterwards! Congratulations to Ali Pepper who scooped biggest female improver with 57 seconds off and got the bottle of Prosecco. Biggest male improver was Jon Warner with 1 minute 12 seconds off and got the tub of Celebrations. Randomator winner was Daniel Elliott who was a lucky first time winner!!

Name	Best 2016/2017 or 2017/2018	October	November	December	Months Best	Total Yearly Best 2018
		20	20	26	10	13
Rob Williams	28.34	27.10	36.22	**26.23**	-0.47	-2.11
Jon Warner	20.30			**19.18**	-1.12	-1.12
Ali Pepper	28.33	28.33		**27.36**	-0.57	-0.57
Tiffany Skeratt	31.24		31.24	**30.30**	-0.54	-0.54
Bev Woolcock	25.53		25.53	**25.04**	-0.49	-0.49
Mark Eaton	22.33		**21.47**	21.47		-0.46
Helen Benson	26.44	26.16		**26.15**	-0.01	-0.29
Jon Leigh	23.11	23.11		**22.49**	-0.22	-0.22
Russ Coleman	20.08	20.08		**19.46**	-0.22	-0.22
Alison Byatt	26.37	26.37	**26.22**			-0.15
Mike Bell	22.57	**22.52**		23.43		-0.05
Julie Ashman	36.18*		36.18*	**29.16**	-7.02	0.00
Peter Lewis	26.23*		26.23*	**22.13**	-4.10	0.00
Alistair Wakefield	26.37	**26.37**				
Andy Donn	22.31		**22.31**			
Andy Simpson	18.32	19.19	20.42	19.07		
Ash Lovell	25.30	**25.30**				
Beccy Lord	19.42			22.09		
Carl Schafer	28.10	**28.10**	28.19			
Chris Laidlaw	31.44			**31.44**		
Daniel Elliott	19.13			**19.13**		
Daniel Foster	20.30			**20.30**		
Eunice Eaton	36.17		**36.17**			
Frances Lord	24.28			25.57		
George Howarth	26.52	29.48	28.12			
Graham Martin	21.49	**21.49**				
Harry Roebuck	21.46		**21.46**			
James Bampton	25.02*	**25.02***				
Jenny Thomson	28.50			**28.50**		
Jodie Francis	27.53			**27.53**		
John Parker	23.23	25.02	23.34			
Jordan McRitchie	20.13					
Julia Webb	31.47			**31.47**		
Kevin Ashman	32.30		**32.30**			
Louise Tanner	29.09		**29.09**			
Lucy Prince	28.50			**28.50**		
Maria Millican	24.16		**24.16**			
Mark McDonald	20.31	**20.31**				
Martin Wedge	36.01		**36.01**			
Mike White	20.29	**20.29**				
Nick Crane	24.20	25.11	25.31	24.44		
Nigel Whitcher	27.16	**27.16**				
Nikki Roebuck	22.14		**22.14**			
Noah Williams	28.08	**28.08**				
Penny Forse	24.20			26.30		
Rich Chowns	22.24					
Sara McRitchie	27.31	31.01				
Sarah Barron	30.03		34.49			
Stephen Andrews	24.53			**24.53**		
Stewart Pepper	21.58		**21.58**	21.58		

Spooky stat of the night surrounded Mark Eaton and Stewart Pepper who both ran exactly the same time as they had the previous month with Stewart finishing right behind Mark on the night again. Can you lads possibly do it next month!!!

Thank you to all Santa's little helpers who stood around in the cold, it was best to be the backmarker on the night, Julia Webb.

Look forward to seeing everyone on Thursday 24th January for the next time trial.

Andy Simpson

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10th Oct 2017
Ladies's	Beccy Lord	19.42	10th Oct 2017

Ipswich	1 Dec	
Lucy TAYLOR	30:12	

Whiteley	1 Dec	
Gareth CHARLES	20:16	
Matt EMERY	20:38	
Jamie EARLEY	24:01	
Jack GOOZEE	24:08	
Danielle CRANSTONE	24:54	
Stuart HALL	25:06	
Martin DE WIED	25:16	
Kate RANT	25:26	
Keith WHITAKER	28:23	
Martyn BANNER	28:56	
Dominique BECHELEY	28:59	

Eastleigh	1 Dec	
Haydn BROWN	22:56	

Netley Abbey	1 Dec	
Stephen ANDREWS	24:10	
Aga PLOMBON	27:30	

Chichester	1 Dec	
Jonathan HARRINGTON	29:47	

Lee-on-the-Solent	1 Dec	
Tommy BLAKE	20:08	
Simon HEARNDEN	20:15	
Tim MATTHEWS	24:47	
Richard BURNS	24:59	
Zac CONATY	26:26	
Simon GIBBON	26:41	
Paul HAMMOND	26:53	
Toby EVANS	27:45	
Stuart NICHOLSON	29:24	
Janet SHAW	29:28	
Vicky WILLIAMS	30:35	
Emily PEAL	32:25	
Claire PEAL	32:26	
Robin PEAL	32:27	
Cliff SHAW	32:44	
Jane BODMAN	35:36	

Portsmouth Lakeside	1 Dec	
Martin PARSONS	27:32	PB
Robert SPENCER	36:56	

Fareham	1 Dec	
David MALLARD	19:52	
Mark John EATON	20:21	
Steve FIDLER	22:33	
Andy LEE	24:59	
Alison LAWRENCE	26:59	
David MACSWAYNE	38:25	

Albert, Melbourne	8 Dec	
Sean BENDELL	21:05	

Southampton	8 Dec	
Jack HARRIS	20:55	PB

Preston Park, Brighton	8 Dec	
Neil ALLEN	34:48	
Janice ALLEN	34:52	

Whiteley	8 Dec	
Harry ROEBUCK	20:49	
Russell WISEMAN	21:08	
Marcus LEE	21:33	
Jon LEIGH	21:35	
Beverly WOOLCOCK	23:49	
Chris WHEELER	25:31	
Anna WILBY-LOPEZ	25:45	
Carl SCHAFER	25:52	
Tracy LANGDALE	26:02	
Toby EVANS	27:04	
Amy FOX	27:13	
John PARKER	27:14	
Martin DE WIED	28:12	
Laura ROLLAND	28:37	PB
Keith WHITAKER	28:46	
Nicky BEAL	29:29	
Martin READ	29:39	
Tiffany SKERRATT	30:41	
Greig BENSON	34:33	
Helen BENSON	34:35	

Newbury	8 Dec	
Tomas STINSON	22:00	

Newport	8 Dec	
Andrew William THOMAS	20:40	

Winchester	8 Dec	
Gordon WESTLEY	25:29	

Netley Abbey	8 Dec	
Stephen ANDREWS	22:29	
Steve TROTMAN	25:31	

Rushcliffe	8 Dec	
Stuart NICHOLSON	29:02	

Lee-on-the-Solent	8 Dec	
Will FELINE	18:38	
Maria MILLICAN	22:35	
Andy LEE	22:52	
Philip MAY	23:51	
Tim MATTHEWS	24:08	
Richard BURNS	24:44	
Amie MORGAN	24:52	
Mick WELLAND	25:01	
Phil MORGAN	25:01	
Vernon WILDE	25:31	
Zac CONATY	25:39	
Gaynor HEFFER	26:08	
Paul HAMMOND	26:09	
George HOWARTH	26:09	
Cathy WEBB	26:25	
Jonathan O'NEIL	26:35	
Andy WHITE	26:37	
Russell MEAD	28:20	
Martyn BANNER	28:43	
Claire PEAL	29:10	
Robin PEAL	29:11	
Jodie FRANCIS	29:54	
Christine LAIDLAW	31:05	
Sara MCRITCHIE	31:27	
Cliff SHAW	31:55	
Susan BONNAR	32:53	
Janet SHAW	39:56	

Eastleigh	8 Dec	
Haydn BROWN	22:43	

Portsmouth Lakeside	8 Dec	
Rob ARKELL	17:54	
Jules DINWOODIE	26:41	PB
Martin PARSONS	27:30	PB
Robert SPENCER	34:56	

Fareham	8 Dec	
David MALLARD	19:31	
Gareth CHARLES	21:53	
Kate RANT	25:55	
Alison LAWRENCE	28:50	
Eunice EATON	31:10	
David MACSWAYNE	33:00	

Lincoln	8 Dec	
Rachael OPENSHAW	23:47	

Cardiff	15 Dec	
Yvonne FISHER	33:28	

Tamar Trails	15 Dec	
Sara MCRITCHIE	33:47	

Southampton	15 Dec	
Carl SCHAFER	27:25	
Louisa KNIGHT	42:38	
Tina MACKAY	42:38	
Louise TANNER	42:39	

Rugby	15 Dec	
Martin READ	29:58	

Whiteley	15 Dec	
Mark MCDONALD	19:41	
Steve CUMES	19:46	
Mike WHITE	19:52	
Alistair WAKEFIELD	20:35	
Matt EMERY	21:23	
Nikki ROEBUCK	21:27	
Hannah MOLYNEAUX	21:40	
Marcus LEE	22:25	
Rob WILLIAMS	24:40	PB
Chris WHEELER	25:50	
Toby EVANS	26:55	
Keith WHITAKER	28:14	
Martin PARSONS	28:19	
Dominique BECHELEY	29:02	
Laura ROLLAND	30:08	
Katharine TUCKER	30:23	
Robert SPENCER	31:16	
Erica MAGGS	37:03	
Richard JACKS	47:00	

Lincoln	15 Dec	
Rachael OPENSHAW	23:21	

Newport	15 Dec	
Andrew William THOMAS	20:25	

Winchester	15 Dec	
Gordon WESTLEY	25:46	

Netley Abbey	15 Dec	
Stephen ANDREWS	22:50	
Russell MEAD	27:22	
Jules DINWOODIE	28:21	

Chichester	15 Dec	
Jonathan HARRINGTON	29:26	

Bushy	**15 Dec**	
Jade BOTTERILL	25:52	
Hogmoor Inclosure	**15 Dec**	
Chris HALL	20:34	
Lee-on-the-Solent	**15 Dec**	
Michael GREGORY	18:06	
Jonathan O'NEIL	23:17	
Lucy MAY	23:54	
Mick WELLAND	25:15	
Rebecca WHITE	25:21	
Jodie FRANCIS	25:59	
Kate RANT	26:08	
Andy WHITE	26:17	
George HOWARTH	27:10	
Simon GIBBON	27:26	
Paul HAMMOND	27:37	
Alison HESSELBERTH	27:46	
Sarah BARRON	29:05	
Nigel WHITCHER	29:38	
Christine LAIDLAW	30:05	
Sarah GREGORY	30:22	PB
Stuart NICHOLSON	31:32	
Ann BLAKE	33:53	
Philip MAY	36:13	
Geraldine MAY	36:15	PB
Fareham	**15 Dec**	
Ray GUNNER	20:08	
David MALLARD	20:46	
Andy DONN	21:40	
Andy LEE	24:34	
Alison LAWRENCE	26:29	
Charlotte MAISEY	31:29	
Wendy SMITH	43:22	
Andrew SMITH	43:23	
Southampton	**22 Dec**	
Seamus STINSON	23:28	PB
Whiteley	**22 Dec**	
John PARKER	19:56	PB
Harry ROEBUCK	20:00	
Sean BENDELL	20:13	
Nikki ROEBUCK	21:04	
Amie MORGAN	21:49	PB
Jon LEIGH	21:53	
Phil MORGAN	21:54	PB
Gareth CHARLES	22:23	
Chris WHEELER	22:27	PB
Kevin FINCH	22:50	PB
Matt EMERY	23:12	
Jack GOOZEE	24:34	
Tracy LANGDALE	25:28	PB
Haydn BROWN	25:29	
Carl SCHAFER	26:37	
Jules DINWOODIE	26:52	
Toby EVANS	27:29	
Russell MEAD	28:53	
Martyn BANNER	28:59	
Lauren FOWLER	29:03	
Martin READ	30:17	
Katharine TUCKER	30:34	
Martin DE WIED	30:39	
Charlotte MAISEY	33:13	

Moors Valley	**22 Dec**	
Bex CLEARY	19:47	PB
Eastleigh	**22 Dec**	
Keith WHITAKER	31:29	
Newport	**22 Dec**	
Andrew William THOMAS	20:12	
Winchester	**22 Dec**	
Gordon WESTLEY	26:53	
Netley Abbey	**22 Dec**	
Beccy And Skye DOG	18:42	
Stephen ANDREWS	22:55	
Didcot	**22 Dec**	
Sean STINSON	24:55	
Tomas STINSON	24:56	
Chichester	**22 Dec**	
Jonathan HARRINGTON	28:28	
Heslington	**22 Dec**	
Richard JACKS	48:58	
Lee-on-the-Solent	**22 Dec**	
Rob GREENWOOD	17:40	
Lewis CHALK	18:52	
Tommy BLAKE	20:21	
Richard MACKAY	20:30	
Jamie EARLEY	21:14	PB
Maria MILLICAN	22:25	
Andy LEE	22:42	
Mick WELLAND	23:16	
Tim MATTHEWS	23:36	
Vernon WILDE	24:37	
Rebecca WHITE	24:48	
Richard BURNS	25:34	
Nigel WHITCHER	26:06	
Josh CULLEN	26:18	
Cathy WEBB	26:21	
Andy WHITE	26:47	
Stuart NICHOLSON	27:03	
Lee LOVE	28:43	
Nicola WILLOUGHBY	29:01	
Paul HAMMOND	29:02	
Gaynor HEFFER	29:06	
Simon GIBBON	29:07	
Christine LAIDLAW	29:11	
Bryn CLARK	30:01	PB
Dylan CLARK	30:07	PB
Phil CLARK	30:21	
Eunice EATON	30:29	
Vicky WILLIAMS	30:53	
Susan BONNAR	31:51	
Cliff SHAW	33:16	
Claire PEAL	35:17	
Janet SHAW	36:31	
Tina MACKAY	1:04:57	
Fareham	**22 Dec**	
David MALLARD	19:17	
Ray GUNNER	20:11	
Hugh AGGLETON	20:26	
Alison LAWRENCE	26:52	
Martin PARSONS	27:50	
David MACSWAYNE	33:05	
Wendy SMITH	40:18	
Andrew SMITH	52:32	

Portsmouth Lakeside	**22 Dec**	
Kevin SAUNDERS	29:10	
Oranmore	**22 Dec**	
Sally MARTIN	32:25	
Graham MARTIN	32:26	
Richmond	**25 Dec**	
Jon LEIGH	21:44	
Rita LEIGH	32:46	
Cardiff	**25 Dec**	
Hugh AGGLETON	18:17	
Southsea	**25 Dec**	
Hilary MISSELBROOK	23:59	
Whiteley	**25 Dec**	
Jonathan WARNER	18:44	PB
Mark MCDONALD	19:30	PB
Harry ROEBUCK	20:05	
Nikki ROEBUCK	20:35	
John PARKER	22:36	
Jamie EARLEY	23:19	
Simon GIBBON	24:07	
Joe GOOZEE	24:24	
Sean BENDELL	26:09	
Carl SCHAFER	26:49	
Calum MCDONALD	28:34	
Marie MCDONALD	28:35	
Katharine TUCKER	29:24	
Nicky BEAL	29:40	
Martyn POORE	29:41	
Martin DE WIED	29:52	
Martin READ	30:01	
Charlotte MAISEY	30:32	
Danielle CRANSTONE	30:33	
Steve CUMES	30:39	
Rachael OPENSHAW	30:40	
Anna WILBY-LOPEZ	30:40	
Kevin ASHMAN	31:40	
Toby EVANS	37:24	
Lindsey DOWNES	39:08	PB
Phil CLARK	44:08	
Dylan CLARK	44:08	
Bryn CLARK	45:00	
Chris WHEELER	51:24	
Eastleigh	**25 Dec**	
Michael PARKES	22:11	
Netley Abbey	**25 Dec**	
Andy SIMPSON	18:20	
Michael GREGORY	21:12	
Stephen ANDREWS	23:56	
Martin PARSONS	28:34	
Sarah GREGORY	31:10	
Michelle SIMPSON	32:42	
Robert SPENCER	35:02	
Caroline STREET	40:41	
Queen Elizabeth	**25 Dec**	
James LEWINGTON	17:43	PB
Shelley THOMAS	35:22	
Chichester	**25 Dec**	
Jonathan HARRINGTON	28:53	
Penrose	**25 Dec**	
Russell WISEMAN	23:13	PB

Lee-on-the-Solent	25 Dec	
Phil MORGAN	19:01	
Richard MACKAY	20:36	
Tommy BLAKE	20:59	
Amie MORGAN	21:43	PB
Maria MILLICAN	21:49	PB
Mick WELLAND	22:21	
Andy LEE	22:33	
Matthew EVANS	22:37	
Lara EVANS	22:39	
Lucy MAY	22:41	
Vernon WILDE	23:49	
Sally GEE	24:15	PB
Keith CARTER	24:19	
Rebecca WHITE	24:38	
Jodie FRANCIS	25:17	
Paul HAMMOND	26:29	
Jules DINWOODIE	26:33	
Andy WHITE	26:34	
Wendy HAWXWELL	26:46	PB
Olivia TITMUSS	27:37	PB
Russell MEAD	27:37	
Christine LAIDLAW	27:53	PB
Martyn BANNER	28:00	
Cathy WEBB	28:54	
Tanyalouise TITMUSS	30:18	
Sara MCRITCHIE	30:58	
Susan BONNAR	31:00	
Mandy WHITE	31:32	PB
John SIMISTER	31:39	
Emily PEAL	31:44	
Robin PEAL	31:45	
Claire PEAL	31:47	
Lindsay PRATT	32:20	
Cliff SHAW	32:49	
Stuart NICHOLSON	35:49	
Sarah HOBBY	36:05	
Kelly BENNETTS	36:05	
Phil HOBBY	36:06	
Philip MAY	36:07	
Geraldine MAY	36:08	PB
Janet SHAW	42:33	
Sue SIMISTER	45:41	
Tina MACKAY	59:59	

Fareham	25 Dec	
Thomas MACSWAYNE	18:10	
David MALLARD	19:20	
Ray GUNNER	19:59	
Alison LAWRENCE	26:46	
David JENNINGS	28:16	
Mike DONOVAN	28:22	
Wendy HALL	31:46	

Hogmoor Inclosure	25 Dec	
Rebecca Margaret LORD	19:20	PB

Banstead Woods	29 Dec	
Lauren FOWLER	29:05	

Southsea	29 Dec	
Amie MORGAN	20:57	PB
Phil MORGAN	20:58	PB
Mick WELLAND	22:00	PB

Whiteley	29 Dec	
Nikki ROEBUCK	20:42	
Daniel FOSTER	20:58	
Hannah MOLYNEAUX	21:04	
Sean BENDELL	21:23	
Marcus LEE	21:31	
Rachael OPENSHAW	22:31	
Neil RICHARDSON	23:26	
Beverly WOOLCOCK	24:17	
Jon LEIGH	24:18	
Robert HINKLEY	24:22	
Stuart HALL	24:27	
Harry ROEBUCK	24:32	
John PARKER	25:58	
Danielle CRANSTONE	26:15	
Jamie EARLEY	26:16	
Mike DONOVAN	27:52	
Pamela KEMP	28:20	
Laura ROLLAND	28:28	PB
Kay SADLER	28:52	PB
Martin DE WIED	29:10	
Martin READ	29:48	
Charlotte MAISEY	30:07	
Richard JACKS	30:18	
Jade BOTTERILL	30:29	
Katie LEATHERLAND	31:12	
William GILL	32:19	

Oldham	29 Dec
Andy SIMPSON	17:55
Michelle SIMPSON	33:47

Moors Valley	29 Dec
James LEWINGTON	19:47
Bex CLEARY	19:49

Cambridge	29 Dec
Keith CARTER	25:05

Eastleigh	29 Dec
Haydn BROWN	22:29
Keith WHITAKER	31:09

Winchester	29 Dec
Matt EMERY	20:38
Gordon WESTLEY	36:24

Netley Abbey	29 Dec
Stephen ANDREWS	24:10
Steve TROTMAN	25:03
Jules DINWOODIE	26:59
Russell MEAD	27:19

Tees Barrage	29 Dec
Susan BONNAR	32:30

Llyn Llech Owain	29 Dec
Wendy HALL	33:43

Weymouth	29 Dec
Jack GOOZEE	23:22

Chichester	29 Dec
Jonathan HARRINGTON	28:03

Lullingstone	29 Dec
Jodie FRANCIS	27:50

Lee-on-the-Solent	29 Dec	
Rob GREENWOOD	17:05	
Josh CULLEN	18:45	
Mike WHITE	19:11	
David JENNINGS	20:02	
Steve CUMES	20:05	
Gareth CHARLES	20:09	
Richard MACKAY	20:22	
Tommy BLAKE	20:53	
Simon HEARNDEN	22:24	
Andy LEE	22:59	
Nicola WILLOUGHBY	23:15	
Tim MATTHEWS	24:18	
Paul HAMMOND	24:24	
Sally GEE	24:29	
Gaynor HEFFER	24:38	
Robin PEAL	25:00	
Kate RANT	25:09	
Rob WILLIAMS	25:22	
Simon GIBBON	25:23	
George HOWARTH	25:32	
Cathy WEBB	25:54	
Nigel WHITCHER	26:06	
Andy WHITE	26:56	
Wendy HAWXWELL	28:00	
Martyn BANNER	28:24	
Lee LOVE	29:45	
Richard WEEKS	30:41	
Vicky WILLIAMS	30:42	
Sue ROBINSON	30:57	
Stuart NICHOLSON	31:15	
Amanda KNIGHT	32:26	
Sandie MCINTOSH	32:27	
Kevin ASHMAN	32:44	
Janet SHAW	33:45	
Jenny HEARNDEN	34:19	
Jane BODMAN	34:57	PB
Julie ASHMAN	34:59	
Louisa KNIGHT	35:01	
Tina MACKAY	35:03	
Louise TANNER	35:04	
Cliff SHAW	35:20	
Vernon WILDE	35:58	
Diane WILSON	36:51	
Debbie ADAMS	37:04	

Portsmouth Lakeside	29 Dec	
Lara EVANS	22:11	PB
Matthew EVANS	22:22	
Chris WHEELER	25:38	PB
Toby EVANS	27:01	PB

Fareham	29 Dec
David MALLARD	18:51
Ray GUNNER	20:39
Martin PARSONS	27:10
Anne TROTMAN	28:10
Robert SPENCER	32:37

Cirencester	29 Dec	
Katharine TUCKER	30:39	PB

Hogmoor Inclosure	29 Dec
Beccy And Skye DOG	18:23

Teignmouth Promenade	29 Dec
Carl SCHAFER	26:43