The Green Runner

August 2019

FROM THE CHAIR

Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 12th January 2020.

If you can offer any help in the run up to the event then please contact me at chairman@stubbingtongreenrunners.net or Sara McRitchie who is co-ordinating the marshal/helper list. This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward.

We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day.

We are looking forward to the Hart 4 relay on August 11th where we have 14 teams running meaning there will be at least 56 Stubbies out at this fun and popular event.

Our next social event is the Autumn Do at Sarisbury Green Community Centre on 14th September where we will have a live band and a hog roast, all for the great value of £15 (or £10 for Under 16s)

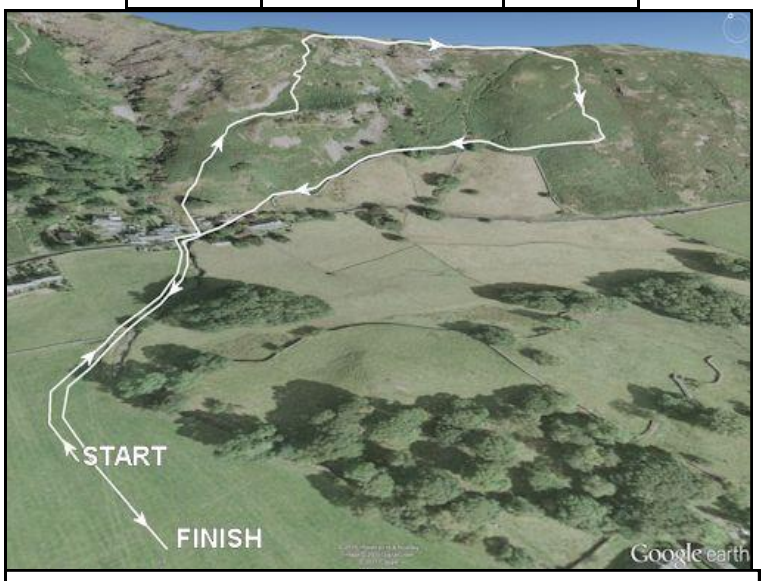
We have a parkrun takeover coming up at Lee on 7th September – thank you to everybody who has put their name forward to help and look out for your allocated role in the lead up to the day – let's show everybody what a great club Stubbington Green Runners is. Talking about great supporting thanks to everybody (and especially Grace Tyrell) who helped out at our re-arranged RR10 at Manor Farm – the late change of location didn't faze us and we put on a great race.

Also, our celebration/awards evening is on Saturday 9th November at David Lloyd - we will confirm ticket details as soon as possible but it would be lovely to see as many people there as possible at this popular annual event.

Happy Running
Kevin

Langdale Gala Fell Race

11	Will Feline	13:20



A very short, very steep scramble up the western slopes of Silver How as far as Spedding Crag, along the ridge and right back down again. 1.9km with 178 metres of ascent

Serpent Trail 10K

30	Vernon Wilde	01:07:46

Serpent Trail 50K

190	Rob Williams	07:52:07

Serpent Trail Half Marathon

42	Andy Lee	02:07:16

CAPTAINS CORNER

July has seen us turn around our RR10 in couple of weeks from Whiteley to Manor Farm after the forestry work meant we couldn't host at Whiteley. Thank you to everyone who helped Grace get the course ready and all the marshals on the night, the race was a huge success.

RR10 saw 3 races in July with one being the race we hosted. Race 8 was at Wide Lane with us getting 7 ladies and 7 men's teams out on the night. Ladies were 5th on the night with team led home by Beccy Lord 2nd, 12th Nikki Roebuck and 32nd Lara Evans. Men were 4th that evening with Mike Gregory 7th, 23rd David Mallard, 25th Colin Trigg, 28th Dan Foster and 29th Russell Coleman.

Race 10 was at the legendary Janesmoor Pond course which saw the lowest turnout for men in the league only 178 runners and a very low turnout for ladies of 135 runners which was due to a lot of big clubs (Eastleigh, Hedge End and Winchester) having this race as their drop out. It meant that a lot of 56 Stubbie runners finished up on their finish position! For the ladies Beccy Lord was back to winning ways, Gill Rose was second Stubbie home in 12th with Amy Fox completing the team in 27th. Ladies were 4th on the night and lie 2nd overall with one race to go. The men had 3 runners in top 10 but had to settle for 2nd on the night, narrowly missing out by 4 places! Iain Cross had his best race yet in the series as he is getting back to form and led the men in with 5th. Next home was Will Feline 6th, Andy Simpson 8th, Dan Foster 13th and Jon Warner 22nd.

The men are currently 2nd overall but will need a minor miracle to overhaul Romsey. In the individual standings Beccy Lord is currently 1st overall with Gill Rose 7th overall and 1st V50. For the men Andy Simpson is 3rd overall and 1st V40 and David Mallard 10th overall and 3rd V40. The next race at Itchen and is our drop out race with the last race of the season being at IBM, Hursley Park on the 14th August at the earlier time of 7pm. Let's finish the season with a big turnout of Stubbies.

MacMillian Mile took place in July on Monday night after people's warm ups with over £200 being raised on the night so with the clubs donation took the amount to over £400 for Macmillan. Well done everyone who took part on the night and a few people got PBs!

The 7.05 Special organised by Mike White saw 64 runners turning out with 31 Stubbies, 25 Holly Hill Runners, 3 Bayside Tri, 3 Hedge End Runners and 2 unaffiliated runners. The two distances on the out and back course on the old Wickham Railway Line was 5k and 10k. Stubbington won both distances with a clean sweep on the podium for the 5k with Beccy Lord 1st 19.49, 2nd Katie Simister 21.13 and 3rd Chris Sandy 22.06. In the 10k the podium was shared by 3 clubs with Simon Hearnden flying home 1st in 40.04 for Stubbington, 2nd Glen Sloane 40.40 from Hedge End and 3rd Steve Ripley 42.32 of Bayside Tri. Thank you to the helpers on the night.

Going to our International branch and wearing the green vest with pride, saw Andrew Stockwell racing The Bintulu Half Marathon in Borneo and finishing 4th vet which scooped him around £50 which was nearly enough to cover the cost of two nights at hotel and 400 miles of petrol. Well done Andy, keep flying the flag abroad.

Ultra news saw Rob Williams completing his first Ultra, the Serpentine Trail 50k which is run across a mixture of terrains from Petworth to Petersfield. Rob finished 190th in 7 hours 52 minutes.

George Howarth did 100k in the Race to the Stones off road trail race, finishing 576th overall but impressive 9th V60 in 16 hours 47 minutes. George has said this was his last ultra, we'll see George when you get twitch feet! Great achievement George.

Enjoy your August running which sees the Hart 4 relay and the inter-club competition, also a ladies, men's and mixed team bidding for silverware.

MACMILLAN MILE

Phil Morgan 5:23	Marie McDonald 7:42
Becky Lord 5:39	Emmeline White 7:42
James Bampton 5:50	Lisa Donn 7:47
Tommy Blake 6:00	Haydn Brown 7:49
Josh Cullen 6:02	Carl Schafer 7:50
Sylwia Ward 6:12	Rachael Payne 7:51
Amie Morgan 6:13	Hayley Milam 7:57
Mark McDonald 6:20	Howard Broadribb 8:01
Andy Donn 6:32	Tracy Langdale 8:04
Graham Hoskins 6:31	Kathy Chamberlain 8:13
Tim Mathews 6:42	Pam Kemp 8:15
Jon Leigh 6:42	Steve Cumes 8:16
Jon Warner 6:42	Wendy Hawxwell 8:17
Beverly Woolcock 6:45	Laura Davey 8:23
Dominic Shepherd 6:46	Stuart Nicholson 8:24
Stephen Andrews 6:50	Katie Scott 8:44
Steve Aspinall 6:50	Sarah Barron 8:44
Mike Coghlan 6:51	Hannah Paine 8:45
Robert Egerton 6:54	Abigail Lee 8:48
Jack Goozee 6:55	Marcus Lee 8:48
Simon Ellis 7:00	Bizz Cozens 8:50
Richard Snell 7:02	Sarah Northcott 8:50
Gill Rose 7:03	Kelly Bennetts 8:50
Derrick Morgan 7:09	Phil Hobby 8:52
Matt Smith 7:09	Cathy Webb 8:57
Mick Welland 7:11	Greg Rowe 9:04
Paul Smith 7:12	Liz James 9:04
Kevin Saunders 7:14	Lisa Cameron 9:10
Mark Green 7:16	Debby Madeira 9:20
Kevin Finch 7:18	Melissa Barham 9:22
Dean Skerratt 7:19	Milly Hoskins 9:30
Harry Barton 7:19	Cat Groves 9:35
Hayley O'Connor 7:20	Linda Swanton 9:46
Helen Benson 7:21	Mandy White 9:54
Jodie Francis 7:22	Ann Cooper 9:58
Ben Holder 7:24	Andy Lee 9:59
Liam Dredge 7:25	Rachel Goozee 10:20
Jonathan Harrington 7:25	Liz Hall 10:24
Russell Mead 7:26	Adam Cook 10:56
Claire Farmer 7:27	Lucie Matthams 11:27
Euan McGrath 7:27	John Vose 12:07
Mike White 7:28	Kaarina May 12:08
Ciara Mullaly 7:32	Sarah Winspear 12:33
George Howarth 7:36	Nick Wrights 13:30
Rob Williams 7:40	Sue Morgan 15:22

7.05 challenge

5K

Becky Lord	19:49
Katie Simister	21:13
Chris Sandy	22:06
Jules Dinwoodie	27:59
John Simister	30:39
Kyke McRitchie	32:55
Greg Rowe	33:34
Robert Spencer	34:40
Sue Simister	34:42
Tracey Jenkins	38:55

10K

Simon Hearnden	40:04
Richard McKay	43:36
Robert Egerton	45:31
Hannah Molyneaux	47:32
Gill Rose	49:19
Dominic Ogburn	49:37
Mark Jenkins	51:40
Steve Aspinall	51:50
George Howarth	52:00
Liam Dredge	52:10
Stuart Bamberger	54:52
Andy Richardson	55:21
Rachael Payne	55:51
Stuart Nicholson	56:04
Sara McRitchie	62:27
Cathy Chamberlain	62:28
Natalie Flack	63:16
Claire Johnson	71:02
Melissa Barham	76:42
Jan Allen	77:13
Neil Allen	77:21

RR10 University Fields Eastleigh

Michael GREGORY	7
David MALLARD	23
Colin TRIGG	25
Dan FOSTER	28
Russ COLEMAN	29
Jon WARNER	31
Chris SANDY	34
Iain CROSS	37
Nick CUFF	46
Dom TRUSLOVE	47
Graham MARTIN	53
Sean BENDELL	54
Gareth CHARLES	61
Andy DONN	88
Stewart PEPPER	93
Jon PLOMER	104
Marcus LEE	109
Mike BELL	113
Jamie EARLEY	119
Steve CUMES	139
Jack GOOZEE	142
Andy LEE	147
Tim MATTHEWS	149
Haydn BROWN	150
Phil PAGE	153
Jon LEIGH	162
Mark JENKINS	166
John COX	171
George HOWARTH	180
Richard JACKS	181
Carl SCHAFER	182
Mark GREEN	186
Rob WILLIAMS	189
Keith WHITAKER	192
Martin PARSONS	194
Andy WHITE	195
Mike WOOTTON	203
Robert SPENCER	209
Kyle MCRITCHIE	212

Rebecca LORD	2
Nikki ROEBUCK	12
Lara EVANS	32
Amy FOX	35
Penny FORSE	38
Beverly WOOLCOCK	45
Elizabeth MILES	54
Tracy LANGDALE	65
Kim ACHURCH	68
Helen BENSON	69
Jodie FRANCIS	71
Becca WHITE	72
Alison BYATT	73
Alison LAWRENCE	75
Alison PEPPER	83
Julia WEBB	92
Jules DINWOODIE	98
Wendy HAWXWELL	104
Julia LAWTON	119
Sara MCRITCHIE	130
Louise NICHOLSON	131

Rebecca LORD	1
Gill ROSE	12
Amy FOX	27
Lara DENT	30
Penny FORSE	35
Katy BRADLEY	38
Beverly WOOLCOCK	43
Elizabeth MILES	49
Tracy LANGDALE	60
Jodie FRANCIS	61
Lucy MAY	64
Becca WHITE	65
Wendy HAWXWELL	72
Alison BYATT	75
Helen BENSON	83
Julia WEBB	84
Jules DINWOODIE	86
Katherine CHAMBERLAIN	100
Sara MCRITCHIE	101
Julia LAWTON	103
Melissa BARHAM	118
Louise NICHOLSON	122
Tiffany SKERRATT	123
Rachel GOOZEE	125

RR10 Janesmoor Pond

Iain CROSS	5
Will FELINE	6
Andy SIMPSON	8
Dan FOSTER	13
Jon WARNER	22
Chris SANDY	23
Dom TRUSLOVE	25
Nick CUFF	28
Mike WHITE	34
Graham MARTIN	38
Gareth CHARLES	42
Andy DONN	56
Stewart PEPPER	67
Jon LEIGH	73
Marcus LEE	74
Euan MCGRATH	79
Nick CRANE	82
Rich SNELL	94
Andy LEE	100
Jack GOOZEE	103
Phil PAGE	126
Mark JENKINS	138
Liam DREDGE	140
Russel MEAD	142
Stuart BAMBERGER	144
Steve CUMES	148
Stuart NICHOLSON	149
Michael GREGORY	150
Rob WILLIAMS	153
Andy WHITE	158
Martyn BANNER	161
Greg ROWE	178

Charmouth Challenge

122	Nicola	Willoughby	01:21:49
124	Paul	Hammond	01:21:59
167	Nigel	Whitcher	01:29:19
215	John	Cox	01:37:02
242	Gaynor	Heffer	01:42:11
243	Simon	Gibbon	01:42:09

Race to the Stones 100K

576	George Howarth	16:47:00

Lakeside 5K series

24	Graham Martin	19.43
75	Russell Mead	25.29
86	Jules Dinwoodie	27.51

WYVERN 10K

35	John Parker	39.36
63	Hollie Smith	41.54
79	Marcus Lee	43.18
158	Amy Fox	47.09
242	Vernon Wilde	50.56
381	Carl Schafer	56.09
394	Katherine Chamberlain	56.57
524	Tiffany Skerratt	63.41
544	Robert Spencer	64.03
546	Martin Parsons	64.50
547	Gillian Shutler	64.29
571	Joanna Reed	66.09

Gosport 5K Series Race 4

2	Lewis Banner	00:16:39
12	Tommy Blake	00:18:39
22	Jonathan Plomer	00:19:45
27	Andy Donn	00:20:28
48	Christopher Wheeler	00:23:15
61	Toby Evans	00:26:06
65	Emma Baker	00:26:15
69	Jules Dinwoodie	00:26:46

Hampshire Vets by Penny Forse

3 of us Stubbies took part in the Hampshire Vets T&F League match in Aldershot on the evening of Monday 8th July : -

Mike Bell (M65) was 5th in the M50 3000m in 12m12.7s.

Gordon Westley was 6th in the M50 Javelin with 23.92m

I (W70) was 3rd in the W50 800m in 3m19.6s then 2nd in the W50 3000m in 13m38.4s.

It was lovely to see Kelley Haniver there supporting us and we look forward to seeing her at the Hart 4 Relays next month

Fish and Chip Handicap 11th September 2019

Start and finish outside the Rising Sun pub, Warsash.

Course is just under 6 miles and is a mix of beach, footpaths and road.
Yes, all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP! The handicap will be held on Wednesday 11th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way!

A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to 7.30 pm.

Prizes for first male and female runner closest to the target finish time. Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head (for Northerners (Andy Simpson) Pie and Chips is an option!).

Please pay on the night but we must know exact numbers, so please email or call Nick Kimber (nick@hookpark.co.uk or 07977411452) by Monday 9th Sept if you would like some fine English cuisine – otherwise **NO NAME NO GRUB!**

ROUTE:
Start outside the Rising Sun at Warsash and run along the road (Shore Road) pass Warsash Sailing Club boat storage on your left.

Then keeping left along a path (Solent Way) towards Holly Hill, taking the coastal path (Sea should be on your left).

After about half a mile take the footpath on your right, this path is only uncovered 2 and half hours before and after low water. At the end of the footpath turn left and follow Brook Ave to the end.

Turn right into Brook Lane, then take the 1st Left into Greenaway lane. After 400 meters take a right, signposted 'Vero' this path meets Warsash Road, then turn right and then take the 2nd left which is Church Road. Go to the end of Church Road and then follow the footpath at the end.

Once you get to the end of the Footpath turn right into Hook Park Road (Gravel). Take the next left into Workman's Lane and keeping right at the fork, follow it until you reach the Sea.

Turn Right and follow the coastal path all the way until reach the Finish.
Please be careful when crossing roads, both Warsash Road and Brook Ave can be busy.

Time Trial - July

Leaders Table

Handicap Bandings	Name	Improvement
Under 25 mins	N/A	N/A
25.01 – 28 mins	Tommy Blake	-5.22
28.01 – 31 mins	Graham Donnachie	-1.10
31.01 – 35 mins	Heather Hudson	-2.23
35+ mins	Peter Redman	-2.30

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Name	Best 2017/2018	April	May	June	July	Months Best	Total Yearly Best 2019	
		40	45	41	32	7	31	
Andy Simpson	22.33	23.54	22.47					Under 25 mins
Beccy Lord	29.37*	**29.37**						
Iain Cross	23.52	**23.52**						
Russ Coleman	24.15		0.00					
Ray Gunner	24.40		**24.40**	24.42				
Dom Truslove	24.49				**24.49**			
Tommy Blake	30.35*	**30.35**		**25.13**			-5.22	25.01 – 28 mins
Peter Lewis	26.34	27.14	25.47				-0.47	
Graham Martin	25.41	26.19	**25.28**	27.17	36.43		-0.13	
Richard Mackay	26.01	27.14	**25.56**				-0.05	
Mark Eaton	25.27		26.24					
Kate Simister	25.43		26.14					
Brandon Chaplin	25.47			**25.47**				
Rich Chowns	31.34*		**25.19**					
Mike White	25.51	34.47	28.26		26.42			
James Bampton	26.22	29.28	26.26					
Darren Tanner	26.37			**26.37**				
Andy Donn	26.42		26.54	28.09				
Mike Bell	26.48	28.29						
Steve Cumes	26.58	**26.58**			34.39			
Simon Bacon	27.24				33.42			
Steve Fidler	27.56	28.00						
Graham Donnachie	29.20		**28.10**				-1.10	28.01 – 31 mins
Maria Millican	29.51			**28.59**			-0.52	
John Parker	28.31		**28.20**				-0.11	
Haydn Brown	28.10		28.15					
Toni Whitrey	28.25		**28.25**					
Jon Plomer	29.23			**29.23**				
Josh Cullen	29.28	**29.28**						
Rob Anderson	29.28	**29.28**						
Richard Jacks	29.40				**29.40**			
Katy Bradley	29.42				**29.42**			
Ash Lovell	29.45		31.24					
Nick Crane	29.52		**29.52**					
Tim Matthews	30.08		**30.08**					
Philip May	30.19		30.55	31.51	31.44			
Chris Stapleford	30.32	**30.32**						
Dominic Shepherd	30.40			**30.40**				
Frances Lord	30.52	32.48						

Heather Hudson	33.55	33.44	**31.32**	32.41	32.03		-2.23	31.01 – 35 mins
Simon Gibbon	31.58	**30.05**					-1.53	
Ali Pepper	34.33	34.33	**33.00**				-1.33	
Louise Tanner	34.29		**34.29**		**32.59**	-1.30	-1.30	
Mark Jenkins	32.55	32.55	**31.28**	31.31	32.34		-1.27	
Andy Lee	31.22	34.50		**30.09**			-1.13	
Mark Shepherd	32.55				**31.53**	-1.02	-1.02	
Andy Richardson	33.58			**33.58**	**33.30**	-0.28	-0.28	
Wendy Hawxwell	34.46		**34.46**		**34.34**	-0.12	-0.12	
Matt Smith	31.34	**31.33**					-0.01	
Kevin Finch	31.19	31.32						
Alison Lawrence	31.26	32.00						
Gaynor Heffer	31.27				33.00			
George Howarth	31.49	37.09	35.00		32.30			
Stephen Andrews	34.07*	34.07	**31.13**					
Russell Mead	32.26			35.10				
Vernon Wilde	32.37				**32.37**			
Rob Williams	32.51		33.00	32.51				
Carl Schafer	32.55	33.59		33.43	34.01			
Keith Whittaker	33.14			34.46				
Martyn Francis	33.31			**33.31**				
Jenna Lloyd	33.36		36.08					
Shelly Thomas	33.42			37.08				
Andy White	33.45			34.56	36.09			
Jodie Francis	34.44			**34.44**				
Peter Redman	44.02			**44.02**	**41.32**	-2.30	-2.30	35+ mins
Julia Lawton	40.44	**38.16**	48.17	53.12	38.32		-2.28	
Martin Wedge	45.31	43.30	**43.29**				-2.02	
Ray Bernice	35.06			**35.06**	**33.10**	-1.56	-1.56	
Louise Nicholson	44.15	**44.15**	44.50		**42.35**	-1.40	-1.40	
Claire Hanrahan	43.39	43.39	**42.03**				-1.36	
Tracey Jenkins	49.53	49.53	**48.17**		51.18		-1.36	
Jonathan Harrington	35.20			**33.48**			-1.32	
William Gill	38.28		**37.16**	39.48	39.07		-1.12	
Tiffany Skeratt	38.09	**37.11**			51.19		-0.58	
Joanna Reed	42.42	42.42		**41.47**	41.52		-0.55	
Adam Grey	36.50		36.50	**36.03**			-0.47	
Melissa Barham	38.21		38.21	**38.00**	44.45		-0.21	
Janet Shaw	36.59		**36.53**				-0.06	
Lara Dent	35.05			**35.05**				
Jules Dinwoode	35.07	35.39		36.10	36.16			
Sara McRitchie	35.17		37.17					
Dominic Ogburn	35.29			**35.29**				
Julia Webb	35.38	36.38		36.20				
Lindsay Pratt	36.18	49.53						
Martyn Banner	36.34		37.35					
Emma Baker	36.39			**36.39**				
Tracy Langdale	36.56		**36.56**					
Kevin Ashman	37.48			43.45	44.47			
Ryan Simpson	38.12*			38.12				
Debbie Madeira	38.16	**38.16**		39.41	39.30			
Greg Rowe	38.51	41.21						
Sarah Barron	38.57		40.30					
Tom Mellor	40.15				**40.15**			
Catrina Groves	40.42		**40.42**					
Susan Bonnar	43.12		**43.12**	44.01				
Tina Mackay	45.12	46.16						
Angela Price	45.27			**45.27**				
Geraldine May	48.04		**48.04**	53.12				

Southampton	6 July	
Carl SCHAFER	26:09	
Southsea	**6 July**	
Martin PARSONS	25:24	PB
Robert SPENCER	29:35	
Whiteley	**6 July**	
Russell WISEMAN	20:29	
Nikki ROEBUCK	20:44	
Marcus LEE	21:07	
Jack GOOZEE	22:51	
Steve TROTMAN	22:54	
Robert EGERTON	22:56	
Gavin RENNIE	22:57	
Robert HINKLEY	23:43	PB
Philip PAGE	23:55	
Chris WHEELER	24:33	
Keith WHITAKER	25:39	PB
Amy FOX	26:23	
Toby EVANS	27:36	
Sarah GREGORY	33:33	
Pamela KEMP	54:56	
Royal Tunbridge Wells	**6 July**	
David Matthew CASTLE	19:40	
Shepton Mallet	**6 July**	
Colin TRIGG	18:40	
Eastleigh	**6 July**	
Amie MORGAN	22:18	
Phil MORGAN	22:20	
Mick WELLAND	23:42	
Haydn BROWN	25:08	
Winchester	**6 July**	
Martin DE WIED	29:56	
Gordon WESTLEY	30:58	
Netley Abbey	**6 July**	
Stuart BOTTOMLEY	21:23	
Charlotte LORD	24:30	
Stephen WALLBRIDGE	28:28	
Caroline STREET	32:12	
Erica WALLBRIDGE	40:21	
Queen Elizabeth	**6 July**	
Richard JACKS	23:12	
Jamie EARLEY	23:37	
Weymouth	**6 July**	
Robert CRANSTONE	20:23	

Burnham and Highbridge	6 July	
Thomas MCCLEMENTS	21:47	
Lee-on-the-Solent	**6 July**	
Richard BAILEY	18:55	
Matt EMERY	19:49	
Jon PLOMER	20:19	
Andrew MORGAN	21:14	
Greig BENSON	21:28	PB
Katy BRADLEY	22:42	PB
Jonathan O'NEIL	22:52	
Chris DAVIDSON	22:54	
Tim MATTHEWS	23:24	
Tom CALLAWAY	24:05	
George HOWARTH	24:35	
Sally WATFORD	24:53	
Josh CULLEN	25:02	
Rebecca WHITE	25:52	
Dominic SHEPHERD	27:03	
Sarah CLANSEY	27:39	
Andy WHITE	27:40	
Jules DINWOODIE	27:43	
Stuart NICHOLSON	29:30	
Janet SHAW	29:34	
Cliff SHAW	29:35	
Sara MCRITCHIE	29:53	
Richard MACKAY	31:04	
Gillian SHUTLER	31:22	
Diane WILSON	31:36	PB
Kirstie GRAHAM	31:45	PB
Susan BONNAR	31:53	
Karen CHARLTON	31:54	
Sarah BARRON	32:04	
Sarah NORTHCOTT	32:20	
Jodie FRANCIS	32:21	
Russell MEAD	32:36	
Louisa KNIGHT	32:39	
Louise TANNER	32:40	
Joanna REED	33:16	
Mandy WHITE	33:42	
Vicky WILLIAMS	34:15	
Claire HANRAHAN	34:17	
Jenny HEARNDEN	34:35	
Helen BENSON	35:21	
Andy DONN	36:21	
Claire WRIGHT	37:05	PB
Claire JOHNSON	40:54	
Janice ALLEN	40:55	
Tina MACKAY	43:22	
Lara DENT	46:14	
Jersey	**6 July**	
Rob GREENWOOD	17:27	
Portsmouth Lakeside	**6 July**	
Lewis BANNER	17:52	
Kevin SAUNDERS	25:34	

Fareham	6 July	
David MALLARD	19:20	
Richard EDMUNDS	21:59	
Andy RICHARDSON	26:15	PB
Alison LAWRENCE	29:37	
Tom MELLOR	31:11	
David MACSWAYNE	35:25	
Melissa BARHAM	39:49	
Wendy SMITH	40:55	
Andrew SMITH	54:34	
Cirencester	**6 July**	
Mark TUCKER	29:44	
Katharine TUCKER	30:33	PB
Southampton	**13 July**	
Martin PARSONS	27:52	
Robert SPENCER	29:13	
Rebecca PARKS	32:56	
Kingston	**13 July**	
Ray GUNNER	19:01	
Plymvalley	**13 July**	
Robin PEAL	28:01	
Claire PEAL	32:02	
Whiteley	**13 July**	
Daniel FOSTER	18:32	
Dave THORPE	19:24	
Matt EMERY	19:54	PB
Russell WISEMAN	20:21	
Sean BENDELL	20:54	
Hannah MOLYNEAUX	21:02	
Nikki ROEBUCK	21:24	
Robert EGERTON	22:15	
Steve TROTMAN	22:22	PB
Jamie EARLEY	22:43	
Greig BENSON	23:58	
Dominic OGBURN	24:12	
Philip PAGE	24:35	
Tracy LANGDALE	25:16	
Helen BENSON	26:10	
Rachael PAYNE	26:18	
Martin DE WIED	27:52	
Danielle CRANSTONE	28:29	
Laura ROLLAND	28:38	
Jamie STOCKWELL	28:48	
Maddison SMITH	29:28	
Matt SMITH	29:28	
Katharine TUCKER	30:17	
Mark TUCKER	30:17	
William GILL	31:32	
Natalie FLACK	32:06	
Tiffany SKERRATT	32:29	
Indigo SMITH	33:10	
Samantha STOCKWELL	33:32	
Claire JOHNSON	33:33	
Sarah GREGORY	34:42	
Liz WEIGHELL	34:52	

Torbay Velopark	13 July	
Maria MILLICAN	21:54	
Hannah MILLICAN	40:29	
Eastleigh	**13 July**	
Tom CALLAWAY	23:38	
Haydn BROWN	25:32	
Keith WHITAKER	27:44	
Lloyd, Croydon	**13 July**	
Jack GOOZEE	29:06	
Rachel GOOZEE	34:38	
Winchester	**13 July**	
Phil MORGAN	19:35	
Amie MORGAN	21:32	
Mick WELLAND	23:34	
Gordon WESTLEY	32:07	
Abingdon	**13 July**	
Jon LEIGH	21:33	
Netley Abbey	**13 July**	
Stuart BOTTOMLEY	20:54	
Carl SCHAFER	26:28	
Stephen WALLBRIDGE	27:54	
Caroline STREET	32:32	
Erica WALLBRIDGE	40:02	
Crichton	**13 July**	
Gavin RENNIE	22:45	
Rushmoor	**13 July**	
Kelley HANIVER	20:14	
Bognor Regis	**13 July**	
Sylwia WARD	21:18	
Fareham	**13 July**	
Tommy BLAKE	18:39	PB
David MALLARD	18:55	
Melissa BARHAM	28:18	PB
Andy RICHARDSON	30:34	
Tom MELLOR	32:36	
Alison LAWRENCE	50:15	
Cwmbran	**13 July**	
Hannah PAINE	31:31	
Melksham	**13 July**	
Toby EVANS	29:10	
Chris WHEELER	29:11	

Lee-on-the-Solent	13 July	
Rob GREENWOOD	17:18	
Chris BROBIN	18:07	
Dom TRUSLOVE	19:07	PB
Graham MARTIN	19:53	
Darren TANNER	20:49	
Aaron KINGSTON	20:52	
Ian MILES	21:06	
Andrew MORGAN	21:13	
Andy DONN	21:48	
Shaun BEALE	22:30	
Andy LEE	22:36	
Tim MATTHEWS	23:17	
Jonathan O'NEIL	24:42	
Jodie FRANCIS	24:54	PB
Katy BRADLEY	24:58	
Rob WILLIAMS	25:35	
Cliff SHAW	26:22	
Cathy WEBB	26:30	
Tracie JARVIS	26:48	
Russ COLEMAN	27:02	
Andy WHITE	27:46	
Stuart NICHOLSON	28:01	
Sarah CLANSEY	28:22	
Philip MAY	28:25	
Martyn BANNER	28:47	
Libby WAKEFIELD	28:48	PB
Catherine YARROW	29:05	
Gaynor HEFFER	29:24	
Simon GIBBON	29:24	
Nigel WHITCHER	29:29	
Louisa KNIGHT	29:44	
Gillian SHUTLER	30:16	
Russell MEAD	30:25	
Kirstie GRAHAM	30:38	PB
Sara MCRITCHIE	30:56	
Noah WILLIAMS	31:25	
Susan WAKEFIELD	31:26	PB
Susan BONNAR	32:00	
Peter REDMAN	32:43	
Janet SHAW	32:46	
Mandy WHITE	33:55	
Julia WEBB	34:17	
Vicky WILLIAMS	34:22	
Gail OSBORNE	34:37	
Sandie MCINTOSH	34:38	
Kevin ASHMAN	34:59	
Rachael OPENSHAW	35:04	
Sally MARTIN	35:09	
Martin READ	35:16	
Jenny HEARNDEN	35:24	
Sarah REAY	35:40	PB
Claire WRIGHT	35:40	PB
Martin WEDGE	37:49	
Geraldine MAY	38:49	
Catherine CHAMBERLAIN	39:39	
Lara DENT	42:42	
Lucy CHIDGEY	44:15	

Bushy	20 July	
Richard JACKS	22:23	
Newcastle	**20 July**	
Dominic SHEPHERD	24:30	
Southsea	**20 July**	
Sean BENDELL	21:04	
Daniel ELLIOTT	21:12	
Keith WHITAKER	26:30	PB
Havant	**20 July**	
Jamie EARLEY	23:18	
Katharine TUCKER	31:33	
Mark TUCKER	31:44	
Eastleigh	**20 July**	
Michael PARKES	21:08	
Tom CALLAWAY	22:52	
Haydn BROWN	25:34	
Congleton	**20 July**	
Rebecca WHITE	25:59	
Andy WHITE	27:58	
Poole	**20 July**	
Chris WHEELER	27:46	
Toby EVANS	27:56	
Horsham	**20 July**	
Ray GUNNER	19:27	
Netley Abbey	**20 July**	
Steve TROTMAN	22:47	
Queen Elizabeth	**20 July**	
Louise NICHOLSON	38:52	
Rushmoor	**20 July**	
Kelley HANIVER	20:14	
Colby	**20 July**	
Lewis BANNER	17:30	
Penrose	**20 July**	
Martin DE WIED	26:23	
Fareham	**20 July**	
David JENNINGS	20:04	
Thomas MCCLEMENTS	21:48	
Wendy HALL	33:23	
Alison LAWRENCE	37:34	
Melissa BARHAM	38:17	
Wendy SMITH	42:24	
Chris HALL	44:55	
Andrew SMITH	51:56	

Lee-on-the-Solent	**20 July**	
Tommy BLAKE	18:20	PB
Phil MORGAN	19:00	
Graham MARTIN	19:57	
Russell WISEMAN	20:38	
Jon PLOMER	20:48	
Andrew MORGAN	21:12	
Phillip TOWNLEY	21:58	PB
Maria MILLICAN	22:27	
Matt EMERY	22:40	
Andy LEE	22:54	
Jack GOOZEE	22:55	
Mick WELLAND	23:38	
Ashley LOVELL	23:39	
Jonathan O'NEIL	23:45	
Amie MORGAN	24:22	
Josh CULLEN	24:22	
Paul HAMMOND	24:24	
Simon GIBBON	25:10	
Nigel WHITCHER	25:44	
Richard BURNS	26:15	
Philip MAY	26:17	
Neil JARVIS	26:42	
Russell MEAD	27:06	
Jules DINWOODIE	27:23	
Dave JUDSON	28:03	PB
Sarah CLANSEY	28:52	
Stuart NICHOLSON	28:55	
Gillian SHUTLER	30:09	
Janet SHAW	31:36	
Susan BONNAR	31:59	
Catherine YARROW	33:04	
Louisa KNIGHT	33:14	
Angela PRICE	33:22	
Louise TANNER	33:22	
Claire JOHNSON	34:24	
Jenny HEARNDEN	34:38	
Sarah NORTHCOTT	34:55	
Jodie FRANCIS	34:56	
Catherine CHAMBERLAIN	37:29	
Hannah MILLICAN	38:28	
Geraldine MAY	39:26	
Tina MACKAY	44:13	

Portsmouth Lakeside	**20 July**
Dave THORPE	19:31
Vernon WILDE	24:21
Carl SCHAFER	26:24
Kevin SAUNDERS	29:56
Sara MCRITCHIE	31:17

parkrun de Rouen	**20 July**
Lisa DONN	26:21
Andy DONN	21:20

St Mary's	**20 July**
Martin PARSONS	33:49

Beverley Westwood	**20 July**
Liz WEIGHELL	33:22

Bushy	**27 July**	
Dominic SHEPHERD	23:14	

Southampton	**27 July**	
Nick CUFF	18:47	PB
Gareth CHARLES	19:31	
Eileen DUFF	23:00	
Vernon WILDE	24:02	PB
Kate RANT	25:23	

Maidstone	**27 July**
Andrew MORGAN	24:56

Whiteley	**27 July**	
Daniel FOSTER	18:08	
Russell WISEMAN	20:05	PB
Sean BENDELL	20:26	
Marcus LEE	21:21	
Stuart HALL	21:38	PB
Jamie EARLEY	21:53	
Richard JACKS	22:27	
Rachael OPENSHAW	23:03	
Nikki ROEBUCK	25:04	
Jack GOOZEE	25:04	
Helen BENSON	25:50	
Carl SCHAFER	25:58	
Rachael PAYNE	26:18	
Martin PARSONS	26:30	
Phillip TOWNLEY	27:18	
Keith WHITAKER	28:22	
Lynsey ADAMSON	28:36	
Pamela KEMP	30:15	
Aga PLOMBON	30:17	
William GILL	31:08	
Tiffany SKERRATT	31:27	
Mark GREEN	35:53	

Moors Valley	**27 July**
Aaron KINGSTON	23:17

Eastleigh	**27 July**
Tom CALLAWAY	22:03
Kirstie GRAHAM	35:02
Heather GRAHAM	39:11

Winchester	**27 July**
Gordon WESTLEY	26:25

Portsmouth Lakeside	**27 July**
Lewis BANNER	18:27

Fareham	**27 July**
Shaun BEALE	18:51
David JENNINGS	20:03
Richard EDMUNDS	21:11
Alison LAWRENCE	27:46
Melissa BARHAM	31:23
David MACSWAYNE	35:48
David MALLARD	37:52
Wendy SMITH	40:51
Andrew SMITH	54:56

Woolacombe Dunes	**27 July**
Matt EMERY	24:55
Angela PRICE	46:16

Netley Abbey	**27 July**
Stuart BOTTOMLEY	21:08
Steve TROTMAN	24:00

Southwark	**27 July**
Rebecca WHITE	26:02
Andy WHITE	26:22

Ganavan Sands	**27 July**
Jules DINWOODIE	29:13

Queen Elizabeth	**27 July**
John SIMISTER	34:53
Sue SIMISTER	37:55

Lee-on-the-Solent	**27 July**	
Rob GREENWOOD	17:12	
Iain CROSS	17:56	
James MACKINNON	18:25	
Mark WESTBROOK	18:37	
Graham MARTIN	19:38	
Ian MILES	21:05	
Kieran CHAPLIN	21:24	
David OLDHAM	21:39	
Matthew EVANS	21:49	
Maria MILLICAN	21:51	
Andy LEE	22:22	
Paul HAMMOND	22:23	
Katy BRADLEY	22:27	PB
Lara EVANS	22:43	
Mick WELLAND	23:05	
Tim MATTHEWS	23:10	
Tim SULLIVAN	23:22	
Amy FOX	24:04	
Ashley LOVELL	24:05	
Simon GIBBON	24:41	
Simon ELLIS	24:48	
Amie MORGAN	24:58	
Richard BURNS	25:05	
Nigel WHITCHER	25:20	
Cathy WEBB	26:02	
Tracie JARVIS	26:10	PB
Philip MAY	26:15	
Russell MEAD	27:23	
Stuart NICHOLSON	28:28	
Sara MCRITCHIE	29:24	
Natalie FLACK	29:48	PB
Martin READ	29:56	
Sarah NORTHCOTT	30:07	
Gillian SHUTLER	30:14	
Louisa KNIGHT	31:11	
Susan BONNAR	32:27	
Sarah REAY	33:45	PB
Jenny HEARNDEN	34:45	
Jonathan O'NEIL	35:44	
Claire HANRAHAN	36:43	
Ann COOPER	36:50	PB
Janice ALLEN	38:14	
Claire JOHNSON	38:15	
Geraldine MAY	39:07	

Grangemoor	**27 July**
Ray GUNNER	19:28

Haldon Forest	**27 July**
Chris HALL	23:26