The

GreenRunner

JULY 2016

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well we have held the final race of the HRRL at D-Day with some amazing results with 28 Runners from the club in total 10 Ladies and 18 Men,

Andy Stockwell was 1st Stubbie home, even after a fantastic effort the day before on South Downs, Lucy May completing all 12 races with tired legs from also running the South Downs the day prior and Ray Gunner achieving all 12 too, fantastic commitment.

Name	HRRL Position	Team	Total Team Score	Time
Kelley Haniver	7	A	99	41:26
Lottie Lord	29	A		46:40
Lucy May	63	A		52:19
Catherine Charman	66	B	216	52:50
Frances Lord	71	B		53:20
Sadie Bedford	79	B		54:26
Marie McDonald	80	C	297	54:28
Sarah Barron	108	C		1:01:41
Sara McRitchie	109	C		1:02:12
Katherine Chamberlain	113			1:04:14
Andrew Stockwell	58	A	252	40:20
Daniel Foster	59	A		40:25
Mark McDonald	63	A		40:30
Graham Martin	72	A		41:33
Richard Cassell	80	B	357	42:08
Christopher Hall	84	B		42:23
Jon Plomer	88	B		42:37
Haydn Brown	105	B		43:23
Ray Gunner	109	C	472	43:33
Scott Shaw	116	C		44:10
Peter Simpson	120	C		44:18
James Lee	127	C		44:52
Philip May	171	D	758	48:26
Chris Stapleford	186	D		50:22
Chris Roebuck	194	D		51:41
John Simister	207	D		54:56
Andrew Richardson	216			56:20
Nicholas Clarke	232			1:05:37

Overall in the league the Ladies teams did really well, with the A team coming 2nd in the A- Division, well done to all who had taken part.

Position	A-Division 1	Score
1	Winchester	8
2	Stubb'ton	17
3	Lordshill	23

Position	B-Division 1	Score
1	Winchester B	8
2	Winchester C	17
3	Hedge End B	23
4	Stubb'ton B	27
8	Stubb'ton C	56

Position	B-Division 2	Score
1	PompeyJ	12
2	Hedge End C	18
3	Totton	23
6	Stubb'ton D	58

For the men's teams also some good results, well done to all who had taken part, overall the D team score means that if we continue with 4 teams for the next season we will start in B-Division 2 as we were part of the bottom 3 this season, this is primarily down to a drop in runners this year for various reasons

Position	A-Division 1	Score
1	Lordshill	14
2	Winchester	28
3	So'ton AC	31
5	Stubb'ton	34

Position	B-Division 1	Score
1	Lordshill B	10
2	Winchester B	25
3	Stubb'ton B	35
12	Stubb'ton C	82
15	Stubb'ton D	114

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I would like to take this opportunity to thank everyone who ran in this year's HRRL events, very much appreciated and the support the runners get from Stubbington Green Army Supporters is second to none.

I would also like to call out the following Ladies and Men who completed 7 or more HRRL events IN 2015/2016 Season:-

Name	Total Races completed		Name	Total Races completed
Lucy May	**12**		**Ray Gunner**	**12**
Sara McRitchie	10		Andrew Stockwell	11
Sarah Barron	8		Jack Webb	9
Sue Robinson	8		Mark McDonald	9
Hilary Misselbrook	7		Peter Simpson	9
			Andy Simpson	8
			Daniel Foster	8
			Peter Kay	8
			Chris Hall	7
			John Simister	7

So what's next, well we have a few changes to some races for next season, 2016-17 races are as follows:

Club/Event	Distance	Date	Start Time
Overton	5 Mile	04/09/2016	2pm (New Course)
Solent	Half marathon	09/10/2016	10am
Gosport	Half marathon	20/11/2016	10am
Hayling	10 Mile	27/11/2016	09.30am
Victory	5 Mile	04/12/2016	11am
Stubbington	10km	15/01/2017	10am
Ryde	10 Mile	05/02/2017 (tbc)	11am
Salisbury	10 Mile	05/03/2017	10.30am
Eastleigh	10km	19/03/2017	10.30am
Alton	10 Mile	07/05/2017	10.30am
Netley	10km	21/05/2017	10.30am
Lordshill	10km	11/06/2017 (tbc)	10am

Overton 5 will be on a new course, The Hayling 10 mile is back in, and the Lordshill 10 mile will not take place this year as there is major construction work in the area so from a safety point of view for the runners and supporters we (the HRRL committee) agreed that for this season only the Lordshill 10k will run. We have also agreed that the D-day 10k will now no longer be part of the HRRL as this conflicts with other events on the same weekend.

Netley running club have also requested to join the HRRL, so they are going thru the process ready for the new season and also a wee reminder to all runners to use the formal process when leaving a club to run for another club as the HRRL results should only be on 1st claim.

The current plan is to present the awards after the Overton 5, but this is subject to confirmation

Any questions please give me a yell at hrrl-secretary@stubbingtongreenrunners.net

Thanks Mark

Stubbington Green Runners Social Update

We have the summer 6.05 Special on 8th July organised by Mike White, the event will be at Wickham Railway Line starting at 1900 (7pm) and its out and back along the old Wickham railway line (5km-ish out to meet Mike White and then turn around back to where you started). We will gather afterwards at a local pub (details will be announced on the night) for some post run refreshments.

We have our very own Chariots of Fire race along the beach on – Friday 22nd July so put the date in your diary. The Stubbington Green Runners Chariots of Fire Beach Run starts from Meon foreshore by the beach chalets. The run is 4 miles long and apart from the first and last 100 yards is on firm sand. The course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year. At its low point you should be able to run nearly 500 yards from the shoreline. You will get your feet wet, so bring a towel!

After the run, weather permitting we will do some sausages in buns (£1.00) and have some soft drinks available, however you are welcome to bring whatever drink you want. As in the film White Tops and shorts would be good and of course plimsoll's!

This is not an official race just an excuse for a social on what hopefully will be a lovely summers evening.

Hope to see you there.

We are planning to have our annual BBQ on the 31st July BBQ at Manor Farm from about 1200, where we will have games for all the family and over course a run around Manor farm.

Nick Kimber will be head chef controlling and monitoring the BBQ food.

If there are vegetarian request please let us know in advance

There will be a small cost per person (see website for more info), and we will be lighting the fire around 1200 we would also appreciate donations of salads etc as usual.

RR10 #3, 4 & 5

June saw the series deliver, and the Green Army encounter 3 races. And 3 superb outings from all.

We hauled ourselves over to Blackfield on the 1st of June, where we had 23 Ladies and 20 men, all scoring superbly for the team.

Next we skipped over to Fleming Park, Eastleigh with 53 Stubbies giving it there all.

Finally, we had some epic battles during our race at Manor Farm, with some outstanding efforts and cracking sprint finishes (Marie). 30 Ladies and 32 Men all scored for the team.

We are at the halfway point with the Ladies still holding their 1st place in the league. If we can keep momentum with the numbers we are getting then the ladies title is there for the taking.
The men currently hold 4th place in the league and could move up to 3rd with a few good wins over the coming races.

Round 7 is on Wednesday the 6th July, at Marwell Zoo, with a prompt 7.30pm start.

Refreshments post race will be at the Fishers Pond, SO50 7HG.

All the results from these 3 races in addition to the league tables can be found at www.rr10.org.ukk

CAPTAINS CORNER

We have yet again had an action packed month of races. The start of the month saw 3 teams competing in the gruelling South Downs 100 mile relay race which involves 6 runners in a team running 3 legs each in one day which is effectively 3 10k races over undulating terrain. The teams did Stubbington Green proud with the Men's A team finishing 3rd on the day in 11:00:41 and less than 1 minute off 2nd team Haywards Heath and only 5 minutes behind the winners Arena. Vet men were 2nd on the day in 11:22:20 finished behind a very strong Basingstoke team. The Ladies team were awesome on the day as they smashed their course record for the Stubbie ladies by 20 minutes in 12:37:16and set 9 club leg records along the way. Ladies were 3rd on the day and being narrowly pipped to 2nd place by Arena. Team Race accounts and leg times are included in this issue. Thank you to all the marshals at Harting Down and the drivers for the teams.

The last race in the Hampshire Road Race League at D-Day where numbers were down due to the South Downs Relay the day before. Our ladies A team were 4th on the day and men's A were 5th. The HRRL has spanned 12 races across 10 months and we had two runners from the club who completed all 12 races to congratulations to Ray Gunner and Lucy May, who finished highest Stubbie lady in the league in 12th and even more impressive after racing the South Downs the day before. We would like to thank all the people who have competed in the league this year and as special thanks to Mark McDonald for organising the troops and keeping us updated on the league, full report to follow from Mark.

In June we saw 3 RR10 races at Blackfield, Fleming Park and Manor Farm with good turnouts at these meetings with the ladies getting victories at Fleming Park and Manor Farm at the halfway stage in the series lead the event. The men's best result recently was 3rd at Blackfield and currently sit in 4th place. Individual, Beccy Lord won at Manor Farm and we had 5 ladies in the top 10 at that race. Currently Sally McGrath is 7th overall and 2nd vet 50 and Sadie Bedford 4th Vet 40. For the men Nick Crane is 2nd vet 60 with Euan McGrath 4th and Andy Donn 5th vet 40. Next RR10 is at Marwell on the 6th July, followed by our own race at Whiteley which we don't run but marshal the race, if you want to marshal please contact Neil Stantiall.

Bayside 5k had the second race of the series with lots of Stubbies turning out and a few prizes scooped with the Men winning the team prize, Andy Simpson, David Castle, Simon Hearnden and Jon Plomer. Individual the race was won by Andy Simpson, David Castle was 1st vet 40 and John Simister was 1st vet 55. Nikki Roebuck was 3rd lady on the night with Harry Roebuck 4th junior in the 1k race.

Stubbie Away Day for the South Downs Marathon Relay saw 5 mixed ability teams entered for the marathon relay and a few individuals running the half and full marathon. To see who won the club relay then look out for Penny's report in this issue. Andy Stockwell was 1st vet 45 in the half marathon. Seeing the responses and pictures on Facebook everyone had a great time and enjoyed a picnic afterwards in QE Country Park.

The Gosport Golden Mile and 5k race saw Stubbies finishing well with Rob Greenwood 4th in the mile in 4.57 and then went on to run 2nd in the 5k in 17.34. We had 6 Stubbies in the top 13 for the 5k with Simon Hearnden 5th, David Castle 8th. For the ladies first home for the Greens in the mile was Hollie Smith 6.14 and first Stubbie in the 5k was Kerryanne Sawyer 24.21 and second home was Grace Park 26.07.

Miles of Miles relay was a great night at trackside in Southampton with the Green Army in full vocal support of our runners and all 3 teams ran exceptionally well, for race report and results see this issue.

Congratulations to Rob Arkell who competed in the Staffordshire Half Ironman and finished 28th overall and 5th in his age category in 4:33:36. Rob also ran the Solstice 10k this month and finished 1st!

Social events for your diary this month include Friday 8th July 6.05 Special down the Wickham Railway, Chariots of Fire long the beach at Meon Shore Friday 22nd July. Finally the Stubbie Barbie on Sunday 31st July at Manor Farm with a run beforehand and sports games during the afternoon.

The bonus race for July is RR10 at Janesmoor Pond, Stoney Cross on 20 July.

South Downs Way Marathon, Half Marathon and Marathon Relay, Saturday 18 June – Penny Forse

SGR had some brilliant results in the individual races on the South Downs yesterday. Andrew Stockwell was 1st M45 in the Half Marathon with 1h37m28s, and 18th overall. In the Marathon Duncan Borthwick was 8th M40 with 3h59m24s and 48th overall. Graham James was 5th M55 in 4h09m08s and 67th overall.

20 of us ran in 5 mixed teams which scored as Men's Teams (unfortunately!). Having had 2 days of torrential rain we were all concerned, when we met at Slindon College, that we would have the same conditions on the day. However, the weather was ideal, dry and not too sunny. Plenty of mud, though! All 5 SGR teams finished within 10 minutes of each other, with Stubby Minions leading in Worst Pace Scenario, 3 Hens & a Cock, Packless Green Bay Runners and Up on the Downside. There was great team spirit and friendly rivalry throughout the day culminated with a picnic on the slopes of Butser Hill. It seemed to be unanimous that everyone would be up for it next year, with some wanting a winter one to be held (even more mud!)

Well done everyone and thanks to Andy Simpson for doing the paperwork & sorting out teams. It was a fantastic & really well organised event.

Overall	Club Pos.	Chip time	Name	7.5M	13.1M	20M	26.2M	Overall Pace
22	1	03:41:06	Stubby Minions	Andrew McEwan	Jo Lewis	Richard Snell	Penny Forse	8:26 min/ mile
				55m22s	57m35s	60m01s	48m08s	
29	2	03:46:18	Worst Pace Scenario	Sarah Cranstone	Shelley Thomas	Phil Hobby	Sadie Bedford	8:38 min/ mile
				64m20s	48m35s	57m58s	55m25s	
30	3	03:46:28	Three Hens And A Cock	Gareth Charles	Charlotte Maisey	Gill Rose	Kate Rant	8:38 min/ mile
				58m08s	54m10s	60m39s	53m31s	
34	4	03:49:49	Packless Green Bay Runners	Andy Donn	Lynsey Adamson	Matthew Evans	Dawn Haynes-Sewell	8:46 min/ mile
				63m25s	49m41s	61m32s	55m11s	
37	5	03:51:33	Up On The Downside	Rich Chowns	Sarah Barron	Lara Evans	Kat Chowns	8:50 min/ mile
				60m48s	55m37s	63m50s	51m18s	

Hayling Billy 5 Mile

28	Jordan McRitchie	34.05
53	Jack Tuckwell	36.16
111	Lynsey Adamson	41.47
174	Sara McRitchie	46.31
193	Sarah Barron	47.47
236	April Howlett	50.42
237	Amy Wadhams	50.44

WOMENS RUNNING 10K SERIES

28	Lynsey Adamson	53.48

PORTSMOUTH JOGGERS SUMMER CROSS COUNTRY

3	Joshua Crowther	31.42
90	Shelley Thomas	46.48
101	Mike Donovan	48.10
113	Lynsey Adamson	49.42

SYDLING HILL RACE 10K ish

5	Mark	McDonald	00:51:21
39	Marie	McDonald	01:09:06

Alresford 10k

55	Peter	Simpson	45.15

Enduroman 100 mile

2nd	Julie Ashman	26:49:48	First Lady

Gosport Golden Mile

4	Rob Greenwood	00:04:57
10	James Lee	00:05:19
14	Andrew Stockwell	00:05:30
21	Jordan McRitchie	00:05:44
26	John Blake	00:06:00
33	Hollie Smith	00:06:14
42	Mike Bell	00:06:26
69	Kerryanne Sawyer	00:07:11
71	Andy Richardson	00:07:12
84	Dawn Haynes Sewell	00:07:55
163	Tina Chantry	00:12:00

GIANTS HEAD MARATHON

267	Karen	Salmon	06:23:34
268	Nicki	White	06:23:35

Cotswold Way Challenge 102.5 miles over 4 days

George Howarth 24 hours 44 minutes

LORDSHILL 10K

22	DAN FOSTER	39.45
72	HOLLIE SMITH	44.12
33	MARTIN GRAHAM	41.05
55	HAYDN BROWN	42.20
187	ANDY RICHARDSON	52.33
186	SADIE BEDFORD	52.33
196	AGA PLOMBON	52.57

BRADING 10K

145	SARAH BARRON	01:04:58

Romsey 5

7	GRAHAM BELL	31.17
231	SARAH MARTIN	49.15

Fareham Summer Solstice 10k

1	Rob Arkell	43:12
13	Ray Gunner	42.15
97	Natalie Summer-Anderson	59.16

Hants Division - SCVAC T&F League, Basingstoke, 20th June 1500m F50 race

Penny Forse 2nd 6m10.7s (1st F65)

Wedding Cow Marathon

4	Mark	McDonald	03:30:00

GOSPORT 5K SUMMER SERIES

1	Andy Simpson	00:16:59
8	David Castle	00:18:22
9	Simon Hearnden	00:18:37
14	Jon Plomer	00:19:20
19	Mark McDonald	00:19:54
24	Nikki Roebuck	00:20:19
27	John Blake	00:20:32
32	Haydn Brown	00:20:57
38	Tina Chantrey	00:21:48
49	Gavin Lennie	00:22:23
57	John Simister	00:24:19
61	Dawn Haynes Sewell	00:25:01
62	Marie McDonald	00:25:02
63	Calum Mcdonald	00:25:15
65	Elizabeth Miles	00:25:18
73	Helen Benson	00:26:33
89	Sarah Barron	00:28:04
96	Sandie McIntosh	00:28:28
97	Sara McRitchie	00:28:34
99	Sue Robinson	00:29:23
100	Robert Spencer	00:29:27
110	Ann Blake	00:31:21
113	Tommy Blake	00:31:50
117	Nikkie Plomer	00:32:54

MILES OF MILES

Team	STUBBINGTON SPITFIRES		
Leg No.	Runner's Name	Cumulative Time (mm:ss)	Individual Time
1	BECCY LORD	5:14	5:14
2	LUCY MAY	11:10	5:56
3	NIKKI ROEBUCK	17:09	5:59
4	JON PLOMER	22:40	5:31
5	DAN FOSTER	28:10	5:30
6	MARK MCDONALD	33:56	5:46
7	RICH CHOWNS	39:50	5:54
8	ANDY SIMPSON	44:50	5:00
9	MIKE BELL	51:04	6:14
10	ROB GREENWOOD	56:00	4:56
	Total	**56:00**	**3RD**

Team	STUBBINGTON STRIDERS		
Leg	Runner's Name	Cumulative	Individual
1	MARIE MCDONALD	6:57	6:57
2	PENNY FORSE	13:41	6:44
3	KAT CHOWNS	21:06	7:25
4	RUSSELL MEAD	28:02	6:56
5	KATIE SIMISTER	34:15	6:13
6	CHRIS STAPLEFORD	41:27	7:12
7	GARETH CHARLES	47:10	5:43
8	MELISSA COSENS	54:07	6:57
9	JOHN SIMISTER	61:04	6:57
10	HAYDN BROWN	67:11	6:07
	Total	**67:11**	**16TH**

Team	STUBBINGTON ALLSTARS		
Leg No.	Runner's Name	Cumulative Time (mm:ss)	Individual Time
1	JULIA WEBB	8:28	8:28
2	JO LEWIS	16:23	7:55
3	CAMERON SEWELL	24:20	7:57
4	FINLEY SEWELL	33:21	9:01
5	HARRY ROEBUCK	39:59	6:38
6	RYAN SIMPSON	46:20	6:21
7	MICHELLE SIMPSON	54:45	8:25
8	HELEN BENSON	62:14	7:29
9	DAWN HAYNES-SEWELL	69:35	7:21
10	BRIGID HONE	77:33	7:58
	Total	**77:33**	**29TH**

For the second year running we were invited to do the Miles of Miles event down at Southampton Sports Centre track, hosted by last year's winners Eastleigh. Over 30 teams entered the event with 4 junior teams, we entered 3 teams, Stubbington Spitfires, Striders and Allstars. The rules were simply run 4 laps of the track which is a mile, as fast as you can and handover to your team mate. Each team had 10 runners to include a minimum of 2 ladies. The rock bottom entry fee was a bargain £20 team or £2 per person with money raised (£680) going to charity.

We had a few nervous Stubbies before the event, worried about running on a track which soon evaporated once they got out on the track. Lots of people on track meant you had to duck and dive in between people but the great thing was you got encouraged every lap by your noisy team mates, shouting your name from the sidelines.

Yet again when we had a good night at the track with everyone running their socks off for their team mates and the club. We had some great sprint finishes in to the home straight. None better timed on the last lap, on the anchor lake and being closed down and passed in the home straight was Rob Greenwood who fought back to pip the Eastleigh runner and for Stubbington to finish ONE second in front of Eastleigh. Everyone ran really well and had fun on the night, especially the 5 juniors who got to stay up late on a school night!! Thank you to everyone who supported and shouted their colleagues on.

Preseli Beast (24 miles / 1450m)

A really lovely race in rural Pembrokeshire. Wonderful views over the sea combined with bluebell-filled woods and high fell terrain. The friendliest race we've ever done - the locals insisted on buying us beers afterwards. There's also 11 mile and 32 mile options and the fantastic coastal path nearby. Well marked for a long fell race. Highly recommended - make a weekend of it. *Will*

Will Feline 5th 4:12:46
Laura Wainwright 26 (4th lady) 4:50:26

Man vs Horse (22 miles, 1490m)

Tough, hilly, full of horses. Unique.

Andy Stockwell 150th (inc. horses) 3:38:16
Laura Wainwright (334th) 4:08:23

Vegan Welsh 3000s ultra (V3K - 35 miles, 4000m) & half (14 miles / 1100m)

I entered this whilst sidelined with injury last year and had been looking forward to it ever since. It's a real bucket-list race - all the Welsh mountains over 3000 feet high in a day. It's organised by vegans so an unusual addition to the rule book was that no animal products were to be eaten for the day.

Setting off at 5am we climbed Snowdon via the quiet and picturesque south ridge, before the grade 1 scramble (hands needed!) across the knife-edge of Crib Goch, descending via the scree of the north ridge. Next up was a brutal 900 metre climb from sea level to the summit of Elidir Fawr, before traversing the tricky boulder field of the Glyders and a fun scramble up Tryfan. The steep 900 metre descent off the west face of Tryfan was quad-destroying and I stopped for 20 minutes at the aid station in the valley for some much-needed food. The half joined the main event for the final big ascent of the day, up Pen yr Ole Wen. Once at the top there was just the small matter of a comparatively flat 14 mile run in to the finish.

Unfortunately the weather didn't quite play ball and much of the day was spent in cloud, but at least there wasn't much wind. Towards the end of the day the cloud broke up and the wonderful views opened up. This is a brutally tough route with good navigation and mountain skills needed, but on a good day it pays back with truly some of the most jaw-droppingly spectacular scenery in the country. Absolutely brilliant. *Will*

Will Feline 59th 11:47:47
Laura Wainwright (half) 19th 4:01:43

South Downs Way Senior Men's Team

Early Saturday morning, the Stubbington Green Senior Men's Team descended on the Solent Hotel car park. Our team consisted of Boe Harper, Pere Capdevila, Will Feline, Rob Greenwood, Russ Coleman and Mike Gregory. Navigating, driving, and keeping up team morale was James Lewington and Dan Foster.

Arriving at Beachy Head we enjoyed the chance to see the Men's Vet team head off before refocusing on our own task at hand. Our competition looked as strong as we all knew they would be, and the butterflies in our stomachs had begun to flutter.

This seemed to be the best time to wheel out the man of the hour; Pere. Helping to put all our minds at ease as he vanished in to the stunning morning sun. Only one man was able to keep an eye on Pere, and to do so he chopped a sizeable chunk of the leg off, luckily not Pere's! This gave us a 13 minute lead on the team in second due to the time keeper's penalty. This was proving to be the positive start we were hoping for.

Russ Coleman then took over the batten and headed for the hills. With three strong teams chasing him down, he held on to a strong second position. Handing over to Rob Greenwood we could all see that Russ had given his all and that is was going to be a close run thing. Rob steadied the ship and got things under control by hunting down the front runners and putting some distance behind him for third position to fight against. I took up the challenge of leg four and tried to build on the hard work that the team had put in. I was able to extend our lead on the third team but unfortunately could not minimise the gap on the team in first, but never fear, it was time for Boe to stretch his legs! He did just that by flying up the Ditchling Beacon putting Basingstoke Vets well behind us and keeping a steady time to the leaders. Handing over to Will and then hopping into the van without the chance of an ice cream!

We all knew that Will was looking forward to a speedy first leg with a steep decent, and it was with this that Will came in to his own. Descending quicker than my bank balance after payday, Will had great fun toying with the other teams and bringing us in to leg 7 and a hand over to Russ.

At this point we had all tried our legs and running ability against the opposition. Looking ever more likely that second was going to be a good result considering the high competition, news was starting to spread that Arena had made an early start in the day and seemed to be steeling the march on all of the final teams to run. The cheek of it.

Unfortunately despite some fine running by the team, fantastic navigation by the drivers, and enthusiastic support, we couldn't stop Arena finishing on top with Stubbington receiving third on the day.

A massive thanks must be said to all the hard work that every team member put in to the very end and pushing to the last. This day was made extra special by Dan and James who got us to every leg start and kept us all smiling throughout the day. A massive thank you from me to all involved.
Mike Gregory

South Downs Way Relay 4 June 2016 by Ladies Captain Marie McDonald

Now that's what I call an early start. The morning of 4th June dawned and we had 6 runners and 4 supporters pitch up at 3.45 at the Solent hotel car park to begin our epic day taking on the South Downs Way 100 Relay event. The ladies have all been training hard for months leading up to this day and now it was time to put all those recces into practice for real.

We arrived at our starting destination at 5.30, registered and prepared for the 6.30 start.
Vicky Shaw led us off.

Vicky had a strong start moving up the running pack, we held a good position and by the time Beccy and Helen exchanged Beccy and had broken her first record completing the hilly 5.5 miles in 41.38 and overtook several other runners on her way. Helen then swiftly leg 3 in 30.47, another record.

In fact it was a day of many new records with 9 in total. The Team encountered various events along the way, there was Cowgate and Lorrygate both testing the team's ability to adapt and overcome the 100 mile route.

Daisy was heading down the final stages of leg 11 when she was brought to a standstill by a huge herd of cows that the nice farmer had decided to relocate much earlier than planned, we were all looking on in dismay as there wasn't anything Daisy could do except jump up and down frantically waving at us. Fortunately the marshals had already seen what was about to happen and within a few minutes Nikki was allowed to head off along her leg 12. But we still had to retrieve Daisy from the cows before we could get to the next leg, time ticked on and eventually the cows freed Daisy and we could make our way to meet Nikki.

Heading up to the end of leg 9 (Nr. Springhead Hill) involved a drive up a very narrow single track which runs for about 1 mile, safely to the top we are met with a very large lorry that's about to head down, we all think that was lucky. Little do we know that after collecting Helen and depositing Lucy we started off back down the track there was another very large lorry heading back up, it was carnage! Well all I can say is between Sally's amazing driving skills and Helens careful driving directions we got out alive, sounds very dramatic but let me paint a picture for you - minibus and lorry inverted with only a couple of millimetres between them, each half up on the bank on either side, Sally's hand reaching for the minibus wing mirror before we lost it only for the lorry to start moving and me with a slight tone of concern pointing out that she may wish to move her hand sharpish. And breathe, we waste time navigating our way past but we got past, leg 10 is only 3.75 miles so not much time for us to get to the next destination. We made it, only just, but unfortunately other runners weren't so fortunate and they arrived before their teams managed to get to them, some unhappy faces.

I am so proud of the ladies Vicky Shaw, Beccy Lord, Helen Nicholls, Lucy May, Daisy Hall and Nikki Roebuck that ran on the 4th June, they took 20 minutes off last years' time coming in 12 hours and 37 minutes. The team came third out of a field of 10 competing ladies teams. They all gave every ounce of sweat and determination to every step until they handed over that baton on every leg. Absolutely spent when they finished their third and final leg, on average 10 kilometres per leg, relief washing over them, with emotional highs at what they and their team had just completed, it's difficult to put into words as I didn't run but I could see it in their faces the exhaustion and the utter satisfaction they did it, well done team you were awesome.

Thanks have to go to Sally McGrath on the day, driving the Team around for 18 + hours! It is a tough job navigating the team to their next destination, down what at times were very narrow country lanes, but nothing phased Sally and she new all the short cuts in the business.

To Penny Forse for being the coach supporting the team and me in my duties from the beginning of this journey to the day itself. Not least of all thanks to our supports who travelled with us on the day Susie McGregor and Rachael Openshaw, and those who cheered us along at Harting Hill and at the Sustainability Centre, it meant a lot.

Helen Nicholls (Legs 3, 9, 15)
It was with a mix of excitement and dread that I woke up on the 4th June. In the background I had been battling injury (torn hip cartilage) and illness (enlarged red blood cell issues) for the past 2 months and had been consistently training but not doing anything that I would class as Top Level/Race training as just being able to cope with the load of swim/bike and running (For Tri) basic sessions each week was enough. I gained confidence from my recce's though as all seemed OK however I know too much about the SDW relay to think that one swift run over 4 miles means anything!

Without boring you about how hard the hills were and how exciting it was, it is hard to put into words what is entailed in the day. For me it is a fantastic challenge, it is not just about the running – it is about recovery, it is about nutrition and most of all it is about controlling that little devil on your shoulder that pops up when you're working hard up Hill number 1 and says 'I don't know how on earth you think you are going to complete your third Leg' sowing little seeds of doubt in your mind. Keeping those thoughts under control, keeping the pace and effort levels near the edge but not over it and not panicking at any stage about time/race position or your own inner ability is the key to success. Running in one of the strongest women's teams in the South of England adds an extra injection of confidence and ability to push beyond and I am so proud of my team mates, captain, coach and supporters. Personally I was delighted to put mind over matter and run three leg records (2 of them previously my own anyway!) The SDW relay is what club running is all about and despite not being able to walk for a good 48 hours postrace, I loved it and hope to make the team and do it all again next year! PS We WILL win this race at some point in the next few years!

Lucy May (Legs 4, 10, 16)
I didn't have the best lead up to race day but was happy to run quicker than expected on leg 4 & around what I expected on leg 10. Leg 16 hurt after a long day but I'm so happy with our result & time. Thank you once again to everyone that helps all the teams on the day

Eastbourne to Winchester over the South Downs (VETS)

Some poor souls journey to Beachy Head in the early hours to jump out of a cruel world into oblivion, we go there for an entirely different reason thank god. Runners are amongst the luckiest people in the world we love to challenge our bodies at the edge of what's comfortable or even possible and the mind looks after itself.

For me there's nothing comparable that you can do standing up which gives you the same enormous satisfaction that running your little legs off as part of a team of fellow runners and friends can give. Quite simply for all of us, this race is the highlight of the year and thank you Stubbington Green runners for selecting me once again to represent our beautiful club in the South Downs Way Relay this year. Can't say it was without a slight sense of foreboding that I put myself forward after last year's senior moment at leg 11 where I went wrong at "spaghetti junction" doh!

No such slip ups this year I'm pleased to report and I made doubly sure by downloading all the GPS route files in my Suunto as a back-up. Simmo, the SGR red wine wunderkind, started us off in absolute blistering form on leg 1 smashing the vet's record and his opponent, a skinny little guy juxtaposed our Simmo, who must have wondered what the hell was happening. Simmo also did the club proud as the team leader in the weeks and months leading up, chivvying us all to recce our legs, laying on a team building pasta supper and of course you could hear his shouts of encouragement on race day from Eastbourne to Winchester!

We nailed it, Andy Simpson, Marcus Lee, Simon Hearnden, Andy Stockwell, Euan McGrath and Mike White, as a team we burned up the course, hammered the opposition, (well almost, if I choose to forget Steve Jeffery and the other youngsters in the Basingstoke Vets team!). We won the Cooper Cup which is awarded to the first age graded team and that's a big one, literally.

We also got 5th overall and second Vets Team behind Basingstoke. This day is all about giving everything, you just can't hold back, Andy Stockwell recalled feeling that he was going as fast as he possibly could at one point but then decided that actually he could find even more and went harder still. Every bit of path, every straight, every incline and decline, on every leg, that's what it's like you just kill yourself all day, that's the South Downs Way Relay. It's unbelievable and I want to do it all again.

We also need to give big thanks to the 7th member of the team, Nick Kimber who drove us expertly in a T5 rental all day, he couldn't seem to find first gear and seemed to have similar difficulty finding the brakes on occasion on those narrow lanes but at least this meant we always arrived at the next leg with more than enough time to recover from the drive from the end of the last leg!

South Downs Relay 2016 Leg Times

Team Members		
A Team	**Vet Team**	**Ladies Team**
Mike Gregory	Andy Simpson	Vicky Shaw
Pere Capdevila	Mike White	Beccy Lord
Russ Coleman	Marcus Lee	Helen Nichols
Rob Greenwood	Euan McGrath	Lucy May
Boe Harper	Andy Stockwell	Daisy Hall
Will Feline	Simon Hearnden	Nikki Roebuck

* Club leg records for the leg

	From	To	Miles	A team		Vets team		Ladies Team	
1	Beachy Head (592 960)	Exceat	6.25	Pere	39.36*	Andy Simp	41.05*	Vicky	49.54
2	Exceat	Bo Peep	5.5	Russ	39.54	Mike W	41.10	Beccy	41.38*
3	Bo Peep	A26 Itford Farm	4.5	Rob	28.10	Marcus	31.42	Helen	30.47*
4	A26 Itford Farm	A27 Lay by	7.5	Mike G	45.42	Euan	47.51*	Lucy	57.52
5	A27 Lay by	Ditchlin Beacon	5	Boe	36.32	Andy	38.05	Daisy	40.40*
6	Ditchling Beacon	Saddlescombe	5	Will	31.56	Simon	31.33	Nikki	35.55*
7	Saddlescombe	A283 lay-by R.Adur Footbridge	5.25	Russ	35.43	Mike W	36.09	Vicky	38.40
8	R.Adur footbridge	Washington	6	Pere	41.26	Andy Simp	41.54*	Beccy	48.07*
9	Washington	Nr. Springhead Hill	4.5	Rob	28.35	Marcus	33.41	Helen	31.24*
10	Nr. Springhead Hill	Houghton Lane	3.75	Mike G	22.39	Euan	23.31	Lucy	28.00
11	Houghton Lane	A285 Littleton Farm	5.25	Boe	42.49	Andy	40.51	Daisy	45.03*
12	A285 Littleton Farm	A286 Nr. Hill Barn	5.25	Will	35.43	Simon	34.49	Nikki	39.20
13	A286 Nr. Hill Barn	Harting Hill c/park	6.25	Pere	44.28	Andy Simp	44.51*	Vicky	53.38
14	Harting Hill c/park	Q.E Country Park (Benhams Corner)	5.5	Russ	38.28	Mike W	40.34	Beccy	40.17
15	Q.E Country Park (Benhams Corner)	Sustainability Centre	4	Rob	27.47	Marcus	32.32	Helen	31.25*
16	Sustainability Centre	Old Winchester Hill Car Park	4	Will	25.47	Andy	26.09	Lucy	32.31
17	Old Winchester Hill Car park	Holding Farm	8.6	Mike G	56.57	Euan	57.56	Daisy	71.09
18	Holding Farm	Chilcomb Sports Grd.	5.5	Boe	38.29?	Simon	36.46	Nikki	40.56*
		Total			**11.00.41**		**11.22.20**		**12.37.16**
					3RD		**2ND**		**3RD**

Two New Race Events

Porchester Castle Autumn Series

The Portchester Castle 5k Autumn Series takes place in the shadows of the iconic Portchester Castle.

The course takes in grassy fields, wild meadows, gravel shoreline paths, and Tarmac footpaths.
The series commences on the 28th September, starting at 7pm prompt. Further races in the series are planned for 12th October, 26th October, 9th November, with the finale event on the 23rd November. Later races in the series will require the wearing of head torches.

Every finisher will receive a medal, with all racers who complete the full 5 race series receiving a free, bespoke, race tech tee shirt. It would be great if we could rely on the support of local clubs, especially Stubbington Green Runners.

Entry price is £13. Online entry will be open on Wednesday 22nd June.

We look forward to seeing you at the series events.

The Twist 10K

As a keen runner are you on the lookout for the next challenge?
We've got one right here for you.

It combines magnificent views, a chip-timed run and a challenging course, all on your doorstep. Right in Watership Down Country.

But if you want to be chip-timed and receive a medal you **must register before the 3rd July** at http://www.racesonline.uk/race-entry/twist/
The Twist 10K will be taking place on the 17th July at 10.30am. We have a 10K and a 10K Elite event but if you don't fancy a full 10K then we have a 5k too, and a 5K Under 16s. All courses start at the Fieldgate Centre in Kingsclere. You can find us at RG20 5SQ.

We've already got lots of runners signed up and raring to go. There are limited places though so don't leave it too late to sign up. In fact you can sign up now right here.

Only £12 for UKA affiliated members and £14 for non-affiliated members £7 for £5k runners and £3 for under 16s. All the funds raised by this event will go towards keeping open a Kingsclere community centre that gives local sports groups a place to call home, new sporting talent an opportunity to develop and an invaluable social centre for the community.

We've worked hard to put together this event but we need to ask a little favour of you. Even if you can't make it yourself, please could you share this email with your runner friends to help us spread the news about this spectacular event.

The event is being sponsored by award-winning Kingsclere hair salon Twist.
Here's that link again so you can sign up and get your chip timer and medal reserved.
http://www.racesonline.uk/race-entry/twist/

We hope to see you on the 17th July. If you have any questions in the meantime drop us a message on our Fieldgate Centre Facebook Page.

June Time Trial

Small turnout for June's time trial probably had something to do with the RR10 the night before. That said over a third of the runners got PBs on the night, so says something for the running conditions.

The two winners on the night for biggest improvers was Sarah Barron 2 minutes 10 seconds and Andy Richardson 1 minute 31 seconds. Current standings for biggest improvers in the handicap bandings sees Simon Hearnden leading under 25 with -0.15, Mark Eaton 25.01-28.00 with -1.57, Lee Adair-Stantiall 28.01-31.00 with -1.04, Andy Richardson with -1.45 and Julie Ashman -3.37.

The next time trial is on Thursday 14th July, hope to see all there with rehydration in the Red Lion afterwards.

Name	Best 2015	April	May	June	June Diff	Difference
						1st - Best
		32	29	19	7	15
Simon Hearnden	24.15	27.34	26.05	**24.00**	-0.15	-0.15
Adrian Piddington	24.54					
Andy Simpson	22.29					
Chris Hall (New Member)	24.46					
Daniel Foster	23.39			25.28		
Daniel O'Boyle	20.25					
David Castle	23.44	24.30	24.29	24.30		
James Lee	24.56	27.03	26.38			
James Sawyer	23.32	24.18				
Jon Plomer	24.40	26.59				
Lewis Banner	22.45	22.59	23.34			
Lewis Chalk	22.29*					
Mike Gregory	23.49*					
Mike White	24.49		25.54			
Rob Greenwood	23.18					
Russ Coleman	24.40					
Tom MacSwayne	23.09*					
Tom McClements	24.08					
Mark Eaton		27.07	**25.10**			-1.57
Andy Stockwell	25.31					
Chris Davidson	27.34					
Chris Hall	25.36					
Chris Leach	25.03					
Daisy Hall	25.35					
Donna Mitchell	27.03					
Gareth Charles		**25.46**				
Graham Martin			**26.22**			
Haydn Brown	26.37	26.52	27.16	27.21		
Jon Leigh	26.10					
Liam Dredge	26.02					
Mark McDonald	25.03					
Mike Bell	27.20		28.06			
Nick Crane	27.00		27.50			
Nikki Roebuck	27.39					
Peter Kay	26.56	27.11				
Philip Martin	26.36					
Rich Chowns			**26.38**			
Richard Edmunds			**27.41**	28.48		
Richard Snell	27.28			29.37		
Steve Williams	25.55					
Stuart Hiscock	25.35					
Susie MacGregor	25.41					
Tim Crumpton	26.33					
Tom Callaway	27.42	28.09				
Lee Adair-Stantiall	30.28	**29.24**				-1.04
Phil Hobby	30.20	**29.24**				-0.56
Andy Donn	28.23	**27.52**	28.33			-0.31
Philip May	30.36	32.16	31.32	**30.21**	-0.15	-0.15
Peter Simpson	28.22					
Andy Lee	28.22	30.59	31.45			
David Abrams	29.51					
David Langrish	28.21					
Dawn Haynes-Sewell	30.52					

Under 25 mins

25:01- 28:00

28:01 - 31:00

Dean Oxley		**28.59**				
Frances Lord	30.13			32.26		
Gill Rose				**29.49**		
Hollie Smith	29.50					
Jack Tuckwell		**30.32**				
John Simister	30.53	32.11		32.09		
Keith Carter	30.56					
Keith Whittaker	30.46					
Kerry Dodsworth	29.47					
Kerry Sawyer	29.08					
Mike Coghlan	30.43					
Neil Richardson	28.49					
Nigel Whitcher	29.19					
Sam Leahy	30.27					
Steve Cumes		**28.46**				
Tim Matthews	30.07					
Tina Chantrey	28.37	28.56				
Victoria Joel	29.05					
Andy Richardson		34.28	34.14	**32.43**	-1.31	-1.45
George Howarth	32.05	31.42	**30.34**			-1.31
Chris Stapleford	31.58			**30.34**	-1.24	-1.24
Alison Hesselberth	34.40	33.57	**33.32**			-1.08
Shelly Thomas		**34.53**	**34.20**			-0.33
Bizz Cozens	31.05	31.58	32.25	**30.58**	-0.07	-0.07
Adam Joel	31.20					
Aga Plombon			**31.37**			
Anne Trotman	32.14					
Callum MacDonald	31.02					
Chris Roebuck			**33.16**			
Eileen Duff				**34.10**		
Eunice Hoare	33.45					
Gaynor Heffer	32.23			32.52		
Hilary Misselbrook	31.49					
James Barron	34.30					
Kate Rant			**31.54**			
Katherine Coghlan	33.00					
Kathy Chamberlain	33.57			36.16		
Lottie Lord	31.48					
Louise Tanner			**33.34**			
Lynsey Adamson		**33.58**				
Matt Smith			**31.40**			
Melissa Hutton-Dunton	32.23					
Mike Donovan	32.20	33.00				
Mike Wotton	33.52					
Rachel Leach	33.32					
Russell Mead	31.52					
Sarah Martin	34.59	37.15				
Tracey Terry	34.55					
Julie Ashman	36.45	**33.08**				-3.37
Sarah Barron	39.11			**37.01**	-2.10	-2.10
Amy Wadhams			41.28	**40.49**	-0.39	-0.39
Ann Blake	35.44					
April Howlett	35.55					
James Lewington	38.47*					
Jamie Stockwell	36.02					
Jennie Lee	40.31					
Jo Lewis		**37.15**	40.08	37.54		
Karen Salmon	36.27					
Kevin Ashman	36.44					
Martyn Banner			**44.37**			
Robert Spencer	36.28					
Samantha Gallagher	39.59					
Sandie McIntosh	35.51					
Sandra Abrams	38.40					
Sara McRitchie	35.33		38.30			
Sarah Hobby	37.35					
Sharon Clarke	37.02					
Sue Robinson	37.19	38.02				
Yvonne Fisher	40.17					

28:01 - 31:00

31:01 - 35:00

35 + mins

Southsea	4 June
Laura WAINWRIGHT	00:25:34
Karen BARNICOAT	00:25:58
Cambridge	**4 June**
Daniel Richard HORSCROFT	00:34:40
Eastleigh	**4 June**
Haydn BROWN	00:27:52
Keith WHITAKER	00:29:23
Newbury	**4 June**
Allan STINSON	00:28:33
Tomas STINSON	00:30:42
Winchester	**4 June**
Gordon WESTLEY	00:24:11
Rachel LEACH	00:25:17
Netley Abbey	**4 June**
Andrew William THOMAS	00:19:38
Charlotte LORD	00:22:02
Frances Louise LORD	00:23:58
Chris STAPLEFORD	00:23:59
Riverside	**4 June**
David LANGRISH	00:22:27
Stewart, Middlesbrough	**4 June**
Kerry DODSWORTH	00:22:34
Queen Elizabeth	**4 June**
Mark MCDONALD	00:21:15
Phil HOBBY	00:22:54
Humber Bridge	**4 June**
Liz WEIGHELL	00:31:24
Maidenhead	**4 June**
Louise TANNER	00:29:18

Lee-on-the-Solent	4 June
Chris BROBIN	00:17:04
David Matthew CASTLE	00:18:08
Jon PLOMER	00:19:51
Steve CUMES	00:20:26
Scott SHAW	00:21:03
Tom CALLAWAY	00:21:39
Michael WELLAND	00:22:15
Zac CONATY	00:23:01
Andy LEE	00:23:14
Kerryanne SAWYER	00:23:54
Jon LEIGH	00:24:37
Alison HESSELBERTH	00:25:17
Andy RICHARDSON	00:25:36
Helen BENSON	00:27:07
William GILL	00:29:17
Sarah BARRON	00:29:19
John BLAKE	00:29:37
Cliff SHAW	00:30:28
Kaarina MAY	00:31:52
Claire JOHNSON	00:31:55
Sue SIMISTER	00:32:50
John SIMISTER	00:32:51
Michelle SIMPSON	00:34:04
Sarah HOBBY	00:34:28
Ann BLAKE	00:34:43
Tommy BLAKE	00:34:43
Nikkie Katrina PLOMER	00:34:47
Jennie LEE	00:39:39
Fareham	**4 June**
Katherine CHOWNS	00:24:31
Katherine BURDETT	00:27:04
Alison MACSWAYNE	00:27:56
Ryan THOMAS	00:28:04
Robert SPENCER	00:31:43
John SALT	00:31:44
Wendy HOLLOWAY	00:36:40
Andrew SMITH	00:39:28
Cardiff	**11 June**
Alison MACSWAYNE	00:28:21
David MACSWAYNE	00:31:22
Moors Valley	**11 June**
Gareth CHARLES	00:19:51
Kate RANT	00:24:14
Eastleigh	**11 June**
James LEWINGTON	00:20:15
Haydn BROWN	00:28:59
San CLARK	00:30:24

Winchester	11 June
Gordon WESTLEY	00:23:25
Netley Abbey	**11 June**
Chris BROBIN	00:17:02
Rebecca Margaret LORD	00:19:35
Toby GREENFIELD	00:21:46
Charlotte LORD	00:22:06
Del GRANGER	00:22:08
Chris STAPLEFORD	00:24:36
Frances Louise LORD	00:25:24
Jules DINWOODIE	00:29:08
Peckham Rye	**11 June**
Allan STINSON	00:39:55
Watergrove, Rochdale	**11 June**
Andy SIMPSON	00:18:21
Oakwell Hall	**11 June**
Rachel LEACH	00:28:49
Tring	**11 June**
Daniel FOSTER	00:20:48
Lee-on-the-Solent	**11 June**
Simon HEARNDEN	00:18:26
James LEE	00:19:40
Jon PLOMER	00:20:43
Scott SHAW	00:20:55
Tom CALLAWAY	00:21:45
Nikki ROEBUCK	00:21:49
Harry ROEBUCK	00:21:49
Michael WELLAND	00:22:02
David ABRAMS	00:22:50
Richard BURNS	00:23:09
Andy LEE	00:23:14
John SIMISTER	00:23:52
Paul HAMMOND	00:24:36
Cliff SHAW	00:25:13
Louise TANNER	00:25:29
Helen BENSON	00:27:14
Matthew EVANS	00:28:16
Libby EVANS	00:28:16
Sarah BARRON	00:28:58
Sandra ABRAMS	00:29:55
Claire JOHNSON	00:32:05
Sue SIMISTER	00:32:59
Michelle SIMPSON	00:33:55
Jennie LEE	00:46:01

Worthing	11 June
Keith WHITAKER	00:28:43
Fareham	**11 June**
James SAWYER	00:19:05
Richard CHOWNS	00:21:16
Jane ADLARD	00:24:48
Daniel Richard HORSCROFT	00:26:20
Ryan THOMAS	00:28:44
Sarah MARTIN	00:28:46
Robert SPENCER	00:30:19
Amy WADHAMS	00:30:58
Wendy HOLLOWAY	00:38:07
Andrew SMITH	00:38:08
Southampton	**18 June**
Gavin RENNIE	00:25:48
Eastleigh	**18 June**
Haydn BROWN	00:27:48
Darley	**18 June**
Rachel LEACH	00:27:34
Newbury	**18 June**
Allan STINSON	00:29:43
Netley Abbey	**18 June**
Rebecca Margaret LORD	00:19:18
Daniel FOSTER	00:19:24
Del GRANGER	00:21:26
Charlotte LORD	00:22:44
Chris STAPLEFORD	00:23:53
Frances Louise LORD	00:24:03
Martin WEDGE	00:39:23
Preston Park, Brighton	**18 June**
Keith WHITAKER	00:28:41
Queen Elizabeth	**18 June**
David LANGRISH	00:24:01

Druridge Bay	18 June
Rachael OPENSHAW	00:22:01
Bognor Regis	**18 June**
Jon PLOMER	00:20:50
Lee-on-the-Solent	**18 June**
David Matthew CASTLE	00:19:03
Simon HEARNDEN	00:19:03
Tom CALLAWAY	00:21:16
Michael WELLAND	00:21:55
Richard BURNS	00:23:18
Ashley LOVELL	00:23:53
John SIMISTER	00:23:57
Zac CONATY	00:24:28
Russell MEAD	00:24:45
Louise TANNER	00:25:14
Andy RICHARDSON	00:25:15
Cliff SHAW	00:25:36
Paul HAMMOND	00:25:38
Jules DINWOODIE	00:28:43
William GILL	00:29:23
Tina Louise CHANTREY	00:30:30
Amy WADHAMS	00:31:08
Sue SIMISTER	00:32:39
Sally MARTIN	00:32:40
Jenny HEARNDEN	00:35:15
Fareham	**18 June**
Kelley HANIVER	00:20:24
James LEE	00:22:11
Andy LEE	00:23:54
Ryan THOMAS	00:26:20
Alison MACSWAYNE	00:28:12
John SALT	00:28:56
Robert SPENCER	00:30:57
David MACSWAYNE	00:33:37
Jennie LEE	00:36:02
Eastbourne	**25 June**
John SIMISTER	00:25:08
Southampton	**25 June**
Peter KAY	00:20:48
Julie WOODMAN	00:30:23
Eastleigh	**25 June**
Haydn BROWN	00:20:58
Inverness	**25 June**
Kate ALDOM	00:24:57
Winchester	**25 June**
Gordon WESTLEY	00:23:00

Netley Abbey	25 June
Andy SIMPSON	00:17:42
Daniel FOSTER	00:19:23
Rebecca Margaret LORD	00:19:42
Del GRANGER	00:21:56
Julia PARK	00:27:38
Martin WEDGE	00:37:09
Kingsbury Water	**25 June**
Rachel LEACH	00:27:03
Clair	**25 June**
Keith WHITAKER	00:27:58
Queen Elizabeth	**25 June**
David LANGRISH	00:24:05
Lee-on-the-Solent	**25 June**
James LEE	00:19:27
Nikki ROEBUCK	00:20:41
Rachael OPENSHAW	00:21:52
Richard EDMUNDS	00:22:44
Richard BURNS	00:23:32
Paul HAMMOND	00:24:36
Andy LEE	00:24:42
Dawn HAYNES-SEWELL	00:24:52
Andy RICHARDSON	00:26:12
Louise TANNER	00:26:36
William GILL	00:28:07
Cliff SHAW	00:30:07
Linda KOPINSKA	00:34:29
Sandie MCINTOSH	00:46:52
Portsmouth Lakeside	**25 June**
Toby GREENFIELD	00:23:02
Fareham	**25 June**
Chris HALL	00:20:04
Daisy HALL	00:21:17
Richard CHOWNS	00:21:18
Jane ADLARD	00:23:51
Daniel Richard HORSCROFT	00:24:12
Emily JOHNSON	00:24:46
Paul SOUTHON	00:24:52
Alison MACSWAYNE	00:28:06
Robert SPENCER	00:28:40
John SALT	00:29:55
Wendy HALL	00:30:09
David MACSWAYNE	00:34:41
Jan SOUTHON	00:37:48
Andrew SMITH	00:39:15
Wendy HOLLOWAY	00:39:38
Ballincollig	**25 June**
Allan STINSON	00:31:09