The Green Runner

AUGUST 2016

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

It's the start of a new HRRL season 2016/17, after a successful 2015/16 for the Stubbington Green Runners.

The attendance at each of the HRRL events last season was superb, from the runners taken part and from all the Stubbington Green Supporters so thank you.

Okay a bit of reflection from last season:-

- We had 148 Stubbington Green Runners who had taken part in one or more of the HRRL races this is a 15% drop from previous season.
- Out of the 148 this was split between 65 Ladies and 83 Men, thank you all of you.
- The Ladies Teams
  - A team achieved 2nd place, a fantastic result
  - As for B Division 1 we finished at a respectable 4th and 8th place in the overall placing.
  - In B Division 2 we achieved 6th place.
- The Men's Teams
  - A team achieved 5th place overall
  - As for B Division 1 the B group finished 3rd place, great running guys.
  - Also for B Division 1 the C group finished 12 and the D group finished 15th which means D group will be relegated to B Division 2.

The plan is to present the trophies after the Overton 5 event, final details still to be confirmed.

So if you fancy a challenge across various distances on the road from 5miles, 10k, 10miles or even half marathon events, book yourself on HRRL races, remember these races are open for all abilities.

The dates for the races are as follows:-

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Club	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

A few details about the up and coming races in September / October

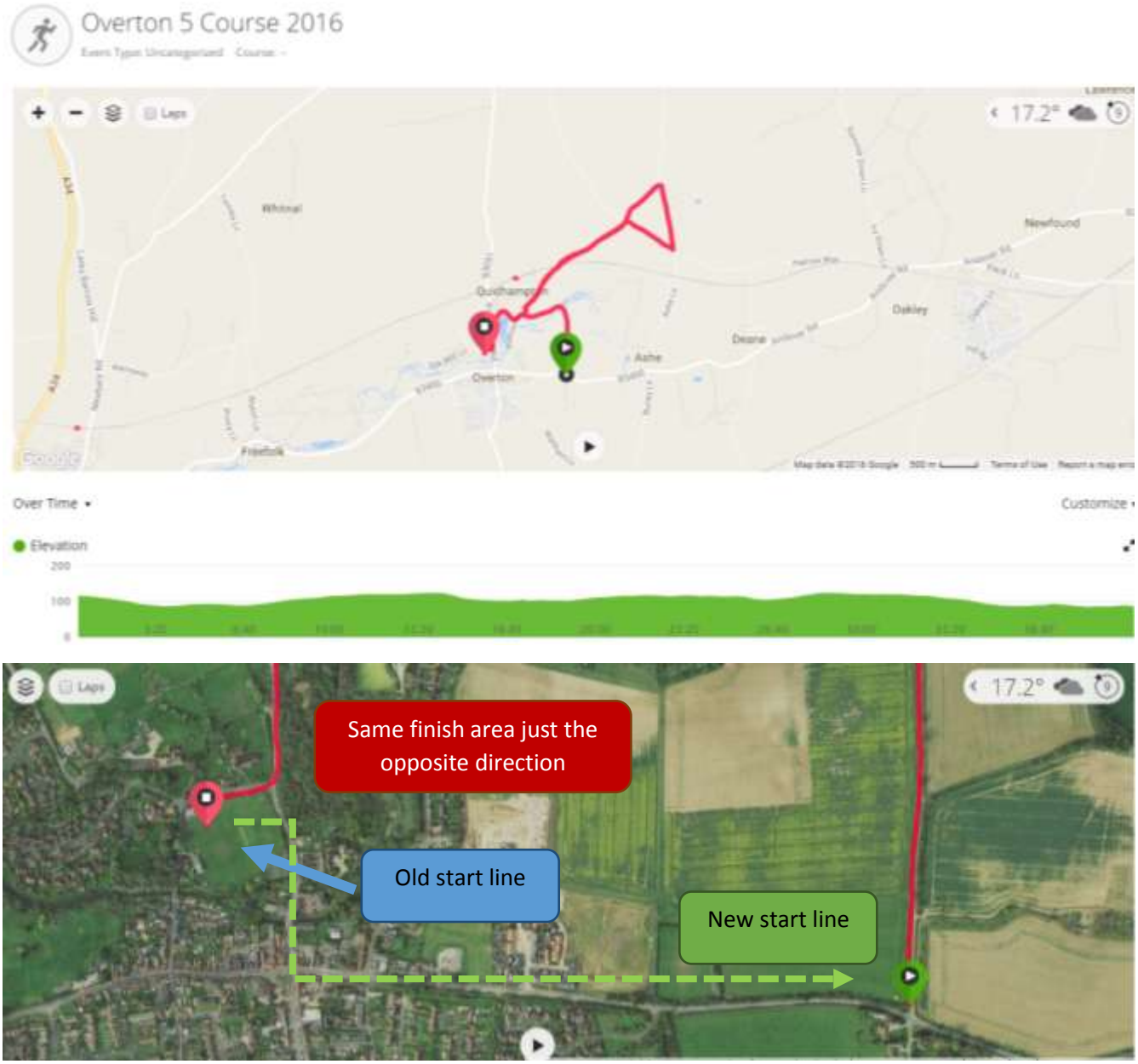
Overton 5 Mile Road Race

Sunday 2pm on the 4th September 2016. This year will be the 28th running of the Overton 5.

To make this a family friendly day they will be hosting children's races on the field at Race HQ from 1pm.

Entry fees for the Overton 5 will be £13 for affiliated runners, £15 for non-affiliated. As the race sold out last year I would expect the race to sell out so enter early to avoid disappointment.

The five mile race is now on a new flatter faster course that is on fully closed or traffic managed roads that show off the wonderful countryside around Overton. This will mean that the start is a short 10-15 minute walk (ideal 5-9 minute warm up run) from the finish and Race HQ and this will be sign posted the day. The course map and elevation profile are below.



Car Parking location is to be confirmed, I am assuming it will be at Overton CE Primary School which is situated approximately 600 meters from Overton Recreation Centre on Court Drove on the north side of the village **(Sat Nav: RG25 3ES)**.

I would also expect a charge of £2 per car will collected as you enter the car park, so let's car share where we can.

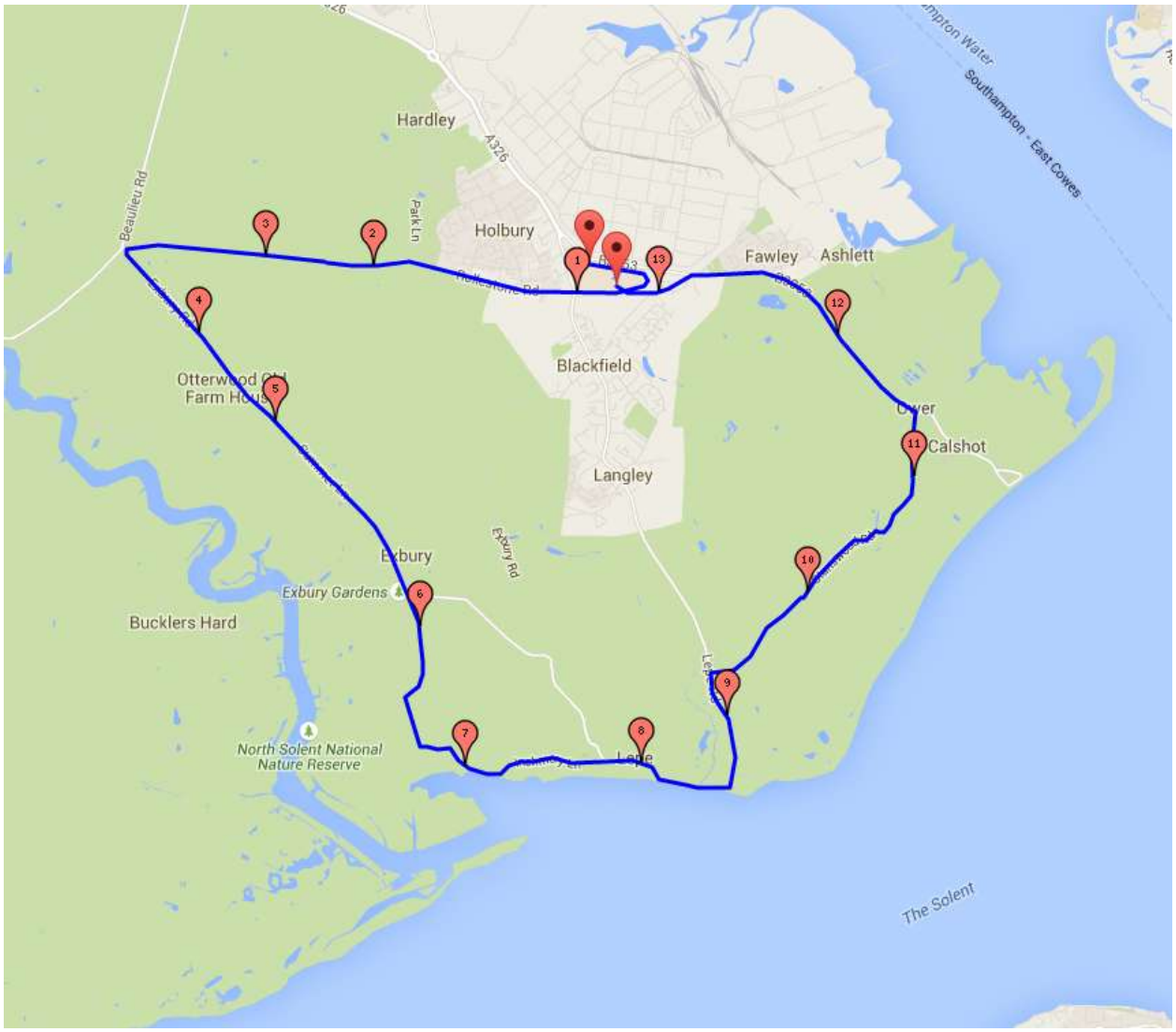
Solent half Marathon

Sunday 9th October 2016 at 10am

The entry fee is £18 (affiliated) or £20 unaffiliated.

TIMETABLE

- 8.30 – 9.30am collect your race number and timing chip from the sports hall, **SO45 1GA**.
- 10.00am half marathon Start (and the Finish) will be at Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA.
- Homemade cakes will be on sale after the half marathon race.



Car parking is free but please car share if possible as spaces are limited.

Looking forward to seeing you at the HRRL races, Mark McDonald (HRRL Secretary) my email address is hrrl-secretary@stubbingtongreenrunners.net.

FROM THE CHAIR

Although it is still summer thoughts are already turning to our 10k race that is scheduled for the 15th January 2017, which will be my first as race director.

If you can offer any help in the run up to the event then please contact me at chairman@stubbingtongreenrunners.net
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.

Our last two social events have been very successful , namely the 6.05 special and the Chariots of Fire run , for which Nick Kimber ordered a lovely evening along with his legendary sausages. At the time of writing I am looking forward to the Summer BBQ , which hopefully will also be graced with good weather.

We have noticed that there has been a bit of a drop off in numbers at training sessions recently – this could be simply the summer holidays but if anybody has any concerns please feel free to email or message me.

Happy Running
Kevin

DORSET INVADER HALF MARATHON

11	Mark	McDonald	01:41:30
43	Alethea	Adair-Stantiall	01:55:37
68	Gill	Rose	02:01:06
110	Phil	Hobby	02:09:43
139	Kat	Chowns	02:15:37
182	Marie	McDonald	02:27:47
183	Calum	McDonald	02:27:49
184	Karen	Barnicoat	02:27:50
294	Sue	Robinson	02:50:38
296	Sandie	McIntosh	02:50:49

DORSET INVADER MARATHON

149	Jane	Adlard	05:51:44
184	George	Howarth	06:06:00

ULTIMATE TRAILS 110K

19	Euan McGrath	14:56:22
33	Mike White	15:58:56

ULTIMATE TRAILS 55K

16	Wez Jones	06:42:28
69	Vicky Shaw	07:51:21
70	Neil stantiall	07:51:38
127	Phil Hobby	08:34:24
191	kevin scullion	09:02:46
251	David Langrish	09:40:51
258	Paul Southon	09:44:28
359	Sally McGrath	10:55:05

CAPTAINS CORNER

We are now full swing into summer and the sun has definitely had his hat on, let's hope it continues for a while yet. That does mean for many runners, running in the heat can be a challenge. Although it certainly hasn't stopped some cracking performances this month.

Our RR10 at Whiteley was a huge success and thanks to Neil for organising the event and to the army of volunteers that helped out on the night and before. The next RR10 for your calendar is Itchen valley on the 3rd August, nice local one so do try and keep the support up, with the final RR10 taking place at IBM Hursley. The ladies are still in first place, and with only 2 races to go we need to keep that position. The men's team are currently in fifth place, hopefully we can get a good turn out to move them men up to third. Neil will give a full update on how we've been doing.

Bayside 5k in July saw Andy Simpson make it 3 wins out of 3 to wrap up and win the series. Other winners on the night included Simon Hearnden 1st V40, John Blake 1st V45 and Sarah Gardiner 1st V40. The 4th race of the series takes place on 9th August. Let's flood the promenade with a sea of green.

After many months of hard training the guys and girls finally got to complete their Ironman, congratulations to Susie MacGregor 13 hours 59 minutes, Phil Martin 13 hrs 4 mins, Victoria Joel 13 hrs 8 mins, Joshua Crowther 11 hrs 35 mins and Daragh Hendley 11 hrs 17mins, what an awesome achievement.

Also well done to Euan McGrath 19th and Mike White 33rd for completing their 110km Ultimate Trails epic run. Completing the Ultimate Trails 55k was Wez Jones 16th, 69th Vicky Shaw, 70th Neil Stantiall, 127th Phil Hobby, 258th Paul Southon and 359th Sally McGrath.

Some great personal results for many, Jordan McRitchie completing his first Marathon to Jo Lewis completing her first half marathon at the Emoji Day. Events ranged from South Downs Midnight Marathon, Dorset Invader half/full Marathon, the Bath long half to Lewis Chalk completing the Pattaya Marathon.
The Porchester 10k had a great result for SGR, with Rob Arkell coming 1st, Jon Plomer 3rd and Nicki Roebuck 2nd lady, well done to everyone else for taking part.
Last week saw John Tussler complete his 250th parkrun and Caroline Street run her 50th, congratulations to you both. I enjoyed the cake John!

We had the Chariots of Fire social run where we had an excellent turn out. A first for a few of our runners. There were many compliments to Nick Kimber and his supporters for coordinating the event and for those big sausages!

By the time you read this we would have had our annual stubby BBQ, let's hope the weather was kind to us and no one took the games too seriously!

The bonus run for this month is RR10 at IBM Hursley.

Daragh Hendley	
Swim:	**01:14:37**
Bike	**05:48:54**
Run	**03:57:24**
Overall	**11:17:00**
Joshua Crowther	
Swim:	**01:12:10**
Bike	**06:23:22**
Run	**03:47:41**
Overall	**11:35:01**
Philip Martin	
Swim:	**01:40:12**
Bike	**06:39:23**
Run	**04:28:14**
Overall	**13:04:19**
Victoria Joel	
Swim:	**01:17:19**
Bike	**06:55:08**
Run	**04:33:31**
Overall	**13:08:34**
Susie Macgregor	
Swim:	**01:21:26**
Bike	**07:12:42**
Run	**04:57:59**
Overall	**13:59:46**

Gosport 5k Summer Series - Race 3		
1	Andy Simpson	17:04
10	Simon Hearnden	18:41
12	James Lee	19:02
15	Jon Plomer	19:37
23	Jordan Mcritchie	20:40
24	John Blake	20:43
33	Tina Chantrey	21:33
34	Gavin Rennie	21:46
35	Mark McDonald	21:46
46	Calum Mcdonald	23:01
51	Sarah Gardiner	23:41
57	Kerryanne Sawyer	24:15
58	Marie McDonald	24:31
59	Elizabeth Miles	24:31
61	Matthew Smith	24:59
62	Dawn Haynes Sewell	25:06
72	Helen Benson	26:39
95	Sara McRitchie	28:36
96	Robert Spencer	28:46
98	Sandie McIntosh	28:53

1k Children's Dash		
Cameron	Sewell	4.19
Kieran	Benson	5.20
Finley	Sewell	5.26

SUMMER PLOD 21 MILES		
14	James Lewington	03:47:46

Lakeside 5k Race 3		
45	Graham Martin	19:39
71	Hollie Smith	21:09
97	Russell Mead	23:54
115	Michael Wootton	27.30
118	Jules Dinwoodie	28.40

Gravel Hill 5 Miles			
11	Jon	Plomer	00:36:06
87	Liz	Miles	00:51:27
157	Jo	Lewis	01:02:29
158	Julie	Ashman	01:02:30
178	Nikkie	Plomer	01:07:05

MIDNIGHT MARATHON			
5	Mike	White	03:53:55
37	Laura	Wainwright	04:59:35
106	James	Lewington	06:36:58

WYVERN 10K		
27	Rebecca Lord	40.56
39	Lucy May	42.40
66	Peter Simpson	44.12
155	Frances Lord	49.20
163	George Rennie	49.21
190	Sadie Bedford	51.21
282	George Howarth	54.59

NEW FOREST 10 MILE		
43	Daniel Foster	1.06.25
56	Andrew Stockwell	1.07.53
96	Jon Plomer	1.12.26
579	Jennet Woolford	1.40.06
580	Paul Woolford	1.40.06
649	William Gill	1.44.47
711	Julia Webb	1.53.02
717	Sharon Simpson	1.54.15
718	Julie Ashman	1.54.17

FIRST AID KITS
Penny Forse

Although coaches and leaders choose routes that are as safe as possible, there are the occasional sprains, strains, cuts and abrasions from our active pastime. So I may be preaching to the converted (particularly those with children) but it is important to carry a basic First Aid kit in your car, saddle-bag etc.

We cover a wide range of routes, and our sessions start from different venues so it is not practical to have numerous First Aid kits provided by the club. As Monday evening is when we get the largest number of runners I will keep the club's First Aid kit in my car and will pass it over to whoever covers for me when I'm not able to be there.

All coaches and leaders should carry a mobile phone with them when leading a session and I would encourage them to have a basic kit in their car, unless they run to the session! For anyone running outside of official sessions then it is advisable to carry your phone with you, too.

For everyone in the club you do not need to buy an expensive kit. A plastic box could contain the following : -
Plasters of various shapes and sizes;
Antiseptic wipes;
Sterile gauze dressings;
2 sterile eye dressings;
Triangular bandage(s);
Crêpe rolled bandage(s);
Safety pins;
Disposable sterile gloves;
Tweezers.

Don't forget that at most venues we run from there will be First Aid kits on site i.e. Solent Hotel, Locks Heath Sports and Social Club / Scout Hut and Crofton Community Centre.

BE PREPARED AND ENJOY YOUR RUNNING!

Hants Division - SCVAC T&F League, Aldershot Monday 4 July, 2016

800m Jon Plomer 2nd M40 2m22.5s (pb)
3000m David Castle 2nd M40 10m06.2s
3000m Gordon Westley 8th M45 11m53.4s (pb)
800m Penny Forse 1st W65 3m07.0s

Fish and Chip Handicap
7th September 7:30 Finish

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!

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 £5.00(for Northerners (Andy Simpson) Pie and Chips is an option!).

If you just want to run but not stuff yourself with all those unhealthy chips, the cost is £1 per head. Please pay on the night but we must know Exact numbers this time, so please email me at nick@hookpark.co.uk or text me on 07977411452.

A recce or 2 is essential for this course which is cleverly designed to lose as many 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.

The start and finish is outside The Rising Sun in Warsash.

Start by going along the coastal path towards Solent Breezes, the sea is on your right. Just before you reach Solent Breezes (nearly 2 Miles) turn inland up a gravel path/road. Follow this track with Solent Breezes on your right and a Southern Water pumping station on your left until you reach a metal kissing gate.

Go through the gate and continue up the track which is now tarmacked (Workman's Lane) until you reach Hookpark Road. Turn Right.

Go along this gravel track until you pass the 1st house on your left and then turn left and then immediately right following the footpath which runs behind the Thatched Cottage. This path leads to Fleet End Road where you turn left and run up the road for about 50 meters until you come to a green kissing gate, go through the gate and follow the main path thought the woods. You will reach another green kissing gate where you turn left, you now need to bear right where the path forks.

Take the first right off this path and then keep right at the fork passing a small pond on your right. This path leads to a kissing gate, go through the gate turning left (Dibles Road) and then immediately turn right up a footpath between some houses. This footpath leads to a road, keep left until you reach the roundabout (Warsash Road). Now turn left heading towards Warsash and cross the road.

Take a path on right just after No.67 Warsash Road, which leads to Greenaway Lane. Now turn left and continual until a footpath on your right just after No. 98 (Footpath Sign Now Missing) Take this path which leads to Brook Lane.

Turn Right running up Brook Lane until you pass Liberty Leasing, now turn left down Brook Ave. Follow Brook Ave as it bends left until it turns sharp left, at which point you need to turn right down a footpath (Please note that this path is only passable 3 hours before and after high water if you want to reccie it.) to the sea. Once you reach the sea turn left and continual until you reach the finish. **Around 6 miles**

July Time Trial

We had 20 people doing the time trial after a busy week of running and marshaling. Conditions were good with over a third of the field, 8 people getting seasoned/ personal bests. The night went to the Roebucks who both captured biggest improver, so congratulations to Nikki for knocking off 1 minute 23 seconds and to Chris who improved by 1 minute 4 seconds. When it came to choosing the prizes their kids opted for the boxes of Jelly Babies and Liqourice Allsorts over the wine!!

The results on the night made no changes to the top of the standings so the following people still lead their handicap categories.

Under 25 mins	Simon Hearnden	-0.15
25.01 – 28 mins	Mark Eaton	-1.57
28.01 – 31 mins	Lee Adair-Stantiall	-1.04
31.01 – 35 mins	Andy Richardson	-1.45
35+ mins	Julie Ashman	-3.37

The next time trial will be on Thursday 11th August, hope to see you all there.

Name	Best 2015	April	May	June	July	July Diff	Difference		
							1st - Best		
		32	29	19	20	8	23		
Simon Hearnden	24.15	27.34	26.05	**24.00**	24.11		-0.15		Under 25 mins
Andy Simpson	22.29				**22.19**	-0.10	-0.10		
Adrian Piddington	24.54								
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		25..20				
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		25.01 – 28 mins
Nikki Roebuck	27.39				**26.16**	-1.23	-1.23		
Andy Stockwell	25.31				**24.41**	-0.50	-0.50		
Tom Callaway	27.42	28.09			**27.07**	-0.35	-0.35		
Gareth Charles		25.46			**25.29**	-0.17	-0.17		
Chris Davidson	27.34								
Chris Hall	25.36								
Chris Leach	25.03								
Daisy Hall	25.35								
Donna Mitchell	27.03								
Graham Martin			**26.22**						
Haydn Brown	26.37	26.52	27.16	27.21					
Jon Leigh	26.10								
Kev Scullion					**27.33**				
Liam Dredge	26.02								
Mark McDonald	25.03								
Mike Bell	27.20		28.06						
Nick Crane	27.00		27.50						
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					
Scott Shaw					**27.35**				
Steve Williams	25.55								
Stuart Hiscock	25.35				28.36				
Susie MacGregor	25.41								

Lee Adair-Stantiall	30.28	**29.24**					-1.04		28.01 – 31 mins
Phil Hobby	30.20	**29.24**					-0.56		
Andy Donn	28.23	**27.52**	28.33				-0.31		
Steve Cumes		28.46			**28.26**	-0.20	-0.20		
Philip May	30.36	32.16	31.32	**30.21**	30.47		-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								
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								
Michael Welland					28.44				
Mike Coghlan	30.43								
Neil Richardson	28.49								
Nigel Whitcher	29.19								
Sam Leahy	30.27								
Tim Matthews	30.07								
Tina Chantrey	28.37	28.56							
Victoria Joel	29.05								
Andy Richardson		34.28	34.14	**32.43**			-1.45		31.01 – 35 mins
George Howarth	32.05	31.42	**30.34**				-1.31		
Chris Stapleford	31.58			**30.34**			-1.24		
Alison Hesselberth	34.40	33.57	**33.32**				-1.08		
Chris Roebuck			33.16		**32.12**	-1.04	-1.04		
Shelly Thomas		**34.53**	**34.20**				-0.33		
Bizz Cozens	31.05	31.58	32.25	**30.58**	31.13		-0.07		
Adam Joel	31.20								
Aga Plombon			**31.37**						
Anne Trotman	32.14								
Callum MacDonald	31.02								

Eileen Duff				**34.10**					
Eunice Hoare	33.45								
Gaynor Heffer	32.23			32.52	37.45				
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				37.53				
Paul Southon					**32.04**				
Rachel Leach	33.32								
Russell Mead	31.52								
Sarah Martin	34.59	37.15							
Tracey Terry	34.55								
Julie Ashman	36.45	**33.08**			37.45		-3.37		35+ mins
Sarah Barron	39.11			**37.01**			-2.10		
Amy Wadhams			41.28	**40.49**			-0.39		
Robert Spencer	36.28				**35.57**	-0.31	-0.31		
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								
Martin De Wied					**37.52**				
Martyn Banner			**44.37**						
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								

Southsea	2 July
Kelley HANIVER	00:20:08
Eastleigh	**2 July**
Hollie SMITH	00:22:08
Winchester	**2 July**
Chris LEACH	00:20:23
Gordon WESTLEY	00:23:46
Rachel LEACH	00:26:35
Netley Abbey	**2 July**
Daniel FOSTER	00:19:46
Del GRANGER	00:21:41
Frances Louise LORD	00:24:16
Mark PORTER	00:25:28
Chris STAPLEFORD	00:25:34
Julia PARK	00:27:28
Nikki ROEBUCK	00:29:37
Alice Holt	**2 July**
Rebecca Margaret LORD	00:19:38
Lanhydrock	**2 July**
Allan STINSON	00:37:29
Humber Bridge	**2 July**
Liz WEIGHELL	00:33:26
Chichester	**2 July**
Peter SIMPSON	00:22:05
Lucy MAY	00:22:41
Portsmouth Lakeside	**2 July**
Graham MARTIN	00:19:39
Fareham	**2 July**
James LEE	00:20:29
Richard CHOWNS	00:20:57
Jon LEIGH	00:21:53
Jane ADLARD	00:24:14
Martin DE WIED	00:25:15
Katherine CHOWNS	00:25:48
Andy LEE	00:26:05
Simon GIBBON	00:28:03
Robert SPENCER	00:28:09

Lee-on-the-Solent	2 July
Chris BROBIN	00:17:19
Michael GREGORY	00:17:52
Rob GREENWOOD	00:18:55
Wayne EWENS	00:19:33
Andrew STOCKWELL	00:19:58
Mark MCDONALD	00:20:21
Jordan MCRITCHIE	00:20:49
Jon PLOMER	00:20:52
Simon HEARNDEN	00:20:56
Scott SHAW	00:21:17
Michael WELLAND	00:22:36
Richard BAILEY	00:22:46
Sarah GARDINER	00:23:56
Kate RANT	00:24:32
Kerryanne SAWYER	00:24:49
Louise TANNER	00:25:06
Marie MCDONALD	00:27:05
Steve CUMES	00:27:26
Jacqui O'ROURKE	00:27:27
Cliff SHAW	00:30:42
Sara MCRITCHIE	00:31:40
Claire JOHNSON	00:31:41
Robert NICHOLLS	00:33:10
Sue SIMISTER	00:33:15
John SIMISTER	00:33:15
Keith WHITAKER	00:33:17
Natalie SUMMER-ANDERSON	00:33:37
Linda KOPINSKA	00:35:04
Jenny HEARNDEN	00:36:49
Calum MCDONALD	00:37:37
Bushy	**9 July**
Martin DE WIED	00:25:33
Havant	**9 July**
Julie WOODMAN	00:31:06
Eastleigh	**9 July**
Haydn BROWN	00:27:58
Keith WHITAKER	00:29:49
Lymington Woodside	**9 July**
Robert SPENCER	00:30:43
Netley Abbey	**9 July**
Gareth CHARLES	00:19:40
Toby GREENFIELD	00:20:58
Rebecca Margaret LORD	00:21:37
Charlotte LORD	00:21:40
Nikki ROEBUCK	00:22:20
Harry ROEBUCK	00:23:12
Chris STAPLEFORD	00:24:17
Marie MCDONALD	00:26:21
Julia PARK	00:27:20
Martyn POORE	00:29:02
Calum MCDONALD	00:36:12
Queen Elizabeth	**9 July**
David LANGRISH	00:25:14

Catton	9 July
Andy LEE	00:26:23
Lee-on-the-Solent	**9 July**
Andy SIMPSON	00:17:14
Rob GREENWOOD	00:18:20
David Matthew CASTLE	00:18:23
Simon HEARNDEN	00:18:39
Andrew STOCKWELL	00:19:49
Steve CUMES	00:21:26
Andy DONN	00:21:35
Michael WELLAND	00:22:26
Richard BURNS	00:23:20
Kerryanne SAWYER	00:24:47
Neil JARVIS	00:24:54
Louise TANNER	00:25:20
Lara EVANS	00:27:27
Libby EVANS	00:27:27
Sandra ABRAMS	00:28:02
Zac CONATY	00:30:12
Cliff SHAW	00:30:21
Charlie EVANS	00:31:33
Matthew EVANS	00:31:34
Natalie SUMMER-ANDERSON	00:31:36
William GILL	00:31:48
Jenny HEARNDEN	00:35:24
Witton	**9 July**
Alison MACSWAYNE	00:30:46
David MACSWAYNE	00:36:18
Portsmouth Lakeside	**9 July**
Robert NICHOLLS	00:33:07
Fareham	**9 July**
James LEE	00:19:03
Robert CRANSTONE	00:19:56
Graham MARTIN	00:20:00
Jon PLOMER	00:20:39
Sarah CRANSTONE	00:23:55
Jane ADLARD	00:23:58
Paul SOUTHON	00:25:36
Simon GIBBON	00:26:09
Nick CLARKE	00:29:56
Wendy HOLLOWAY	00:38:55
Andrew SMITH	00:46:58
Moors Valley	**16 July**
Andrew STOCKWELL	00:19:15
Samantha STOCKWELL	00:32:26
Netley Abbey	**16 July**
Charlotte LORD	00:22:32
Kate RANT	00:24:57
Martyn POORE	00:26:08
Julia PARK	00:27:12
Martin WEDGE	00:35:53
Tilgate	**16 July**
Terry John FRENCH	00:35:54

Lee-on-the-Solent	16 July
Michael GREGORY	00:17:15
Simon HEARNDEN	00:18:48
David Matthew CASTLE	00:19:03
Graham MARTIN	00:19:52
Marcus LEE	00:20:00
Nikki ROEBUCK	00:20:42
Michael WELLAND	00:22:32
Richard BAILEY	00:22:38
Richard BATTEN	00:23:54
Richard BURNS	00:24:33
Louise TANNER	00:24:55
Neil JARVIS	00:24:58
Alison HESSELBERTH	00:25:26
Lisa DONN	00:25:42
Russell MEAD	00:26:22
Jules DINWOODIE	00:29:01
Cliff SHAW	00:30:59
Amy WADHAMS	00:31:15
Claire JOHNSON	00:31:26
Portsmouth Lakeside	**16 July**
Robert SPENCER	00:28:44
Rachel LEACH	00:28:54
Robert NICHOLLS	00:33:19
Fareham	**16 July**
Will FELINE	00:18:59
Kelley HANIVER	00:20:06
Jane ADLARD	00:23:27
Andy LEE	00:27:21
Keith WHITAKER	00:28:01
Alison MACSWAYNE	00:30:40
Julie WOODMAN	00:32:50
Wendy HOLLOWAY	00:38:06
Andrew SMITH	00:41:52
Cardiff	**23 July**
Gareth CHARLES	00:19:27
Kate RANT	00:24:42
Southsea	**23 July**
Gavin RENNIE	00:24:48
Karen BARNICOAT	00:26:15
Eastleigh	**23 July**
Keith WHITAKER	00:28:29
Harrow Lodge	**23 July**
Marie MCDONALD	00:34:44
Brockenhurst	**23 July**
Gordon WESTLEY	00:23:03
Queen Elizabeth	**23 July**
Martin DE WIED	00:26:54

Netley Abbey	23 July
Andy SIMPSON	00:17:22
Chris DAVIDSON	00:22:08
Eileen DUFF	00:23:51
Liam John Charles DREDGE	00:24:57
Chris STAPLEFORD	00:25:17
Russell MEAD	00:25:18
Martyn POORE	00:26:20
Anne TROTMAN	00:28:35
Aga PLOMBON	00:28:58
Robert SPENCER	00:30:59
Parke	**23 July**
Cliff SHAW	00:33:31
Druridge Bay	**23 July**
Rachael OPENSHAW	00:23:03
Lee-on-the-Solent	**23 July**
Chris BROBIN	00:17:23
Andrew STOCKWELL	00:18:43
Daniel FOSTER	00:19:07
Graham MARTIN	00:19:34
Steve CUMES	00:21:32
Alethea ADAIR-STANTIALL	00:21:33
David ABRAMS	00:24:02
Hilary MISSELBROOK	00:24:09
Andy RICHARDSON	00:25:20
Neil JARVIS	00:25:31
Paul HAMMOND	00:25:33
Louise TANNER	00:27:49
Nicola SIRMAN	00:28:09
Sandra ABRAMS	00:29:50
Charlie EVANS	00:32:24
Matthew EVANS	00:32:26
Jersey	**23 July**
Rachel LEACH	00:27:10
Portsmouth Lakeside	**23 July**
Robert NICHOLLS	00:32:16
Sue SIMISTER	00:33:15
Fareham	**23 July**
Simon HEARNDEN	00:19:18
Robert CRANSTONE	00:20:04
Sarah CRANSTONE	00:24:13
Jane ADLARD	00:24:27
John SALT	00:26:10
Simon GIBBON	00:26:55
Katherine CHOWNS	00:27:23
Richard CHOWNS	00:27:24
Cardiff	**30 July**
Hannah Jane LITTLECOTT	00:23:25
Oxford	**30 July**
Nikki ROEBUCK	00:21:12
Harry ROEBUCK	00:22:25
Havant	**30 July**
William GILL	00:31:37
Eastleigh	**30 July**
Robert SPENCER	00:33:11
Keith WHITAKER	00:37:25
Lymington Woodside	**30 July**
Martin DE WIED	00:25:47

Roundhay	30 July
Rachel LEACH	00:26:06
Netley Abbey	**30 July**
Chris STAPLEFORD	00:23:22
Russell MEAD	00:25:15
Jules DINWOODIE	00:28:13
Tilgate	**30 July**
Terry John FRENCH	00:33:06
South Bank	**30 July**
Iain GALLAGHER	00:25:25
Brockenhurst	**30 July**
Nick CLARKE	00:30:19
Huntingdon	**30 July**
Kelley HANIVER	00:20:09
Queen Elizabeth	**30 July**
Mike WHITE	00:20:01
John BLAKE	00:22:24
Phil HOBBY	00:25:15
Mark MCDONALD	00:25:16
Catherine CHARMAN	00:27:11
Lynsey ADAMSON	00:28:39
Shelley THOMAS	00:28:41
George HOWARTH	00:29:33
Lee-on-the-Solent	**30 July**
Chris BROBIN	00:17:31
James LEE	00:19:07
David Matthew CASTLE	00:19:28
Graham MARTIN	00:19:48
Jon PLOMER	00:21:08
Richard EDMUNDS	00:21:31
Richard BAILEY	00:21:47
Hilary MISSELBROOK	00:22:55
David ABRAMS	00:23:02
Eileen DUFF	00:24:03
Andrew MILES	00:24:06
Neil JARVIS	00:24:09
Richard BURNS	00:24:19
Elizabeth MILES	00:24:33
Louise TANNER	00:26:18
Helen BENSON	00:26:24
Susie MACGREGOR	00:28:01
Ann BLAKE	00:28:54
Sandra ABRAMS	00:29:00
Sarah BARRON	00:29:21
Cliff SHAW	00:30:47
Jane BUTLER	00:30:55
Tommy BLAKE	00:32:24
Claire JOHNSON	00:33:09
Sue FLEWITT	00:34:22
Martyn BANNER	00:34:33
Sandie MCINTOSH	00:48:24
Portsmouth Lakeside	**30 July**
John SIMISTER	00:24:09
Robert NICHOLLS	00:32:17
Sue SIMISTER	00:32:51
Fareham	**30 July**
Daniel Richard HORSCROFT	00:23:42
Jane ADLARD	00:24:04
John SALT	00:24:31
Wendy HOLLOWAY	00:36:46
David MACSWAYNE	00:56:28