The Green Runner

SEPTEMBER 2016

FROM THE CHAIR

August saw the culmination of the RR10 series , where we had over 120 stubbies run at least one of these races during the season. Congratulations to all of you especially Beccy Lord, Andy Simpson and the Ladies team who all won their respective categories.

The HRRL season kicks off with Overton on 4th September followed by the Solent Half on the 9th October , I know the former is now sold out but there are still places at Solent so book yourself up for this lovely run in the New Forest.

Entries are now open for our own Stubbington 10k race on January 15th but I would remind every member who wants to enter that they should provide the name of a marshal/helper to myself or Mark McDonald so that we can ensure that we have a fully supported race on the day.

The cross country season is also just about to kick off and I am delighted to say that Nick Crane has agreed to be the new Cross Country captain taking over from Will and Laura. Many thanks to Will and Laura for the work they have put into the role over the last year.

The CC6 season also begins on 18th September with the first race at Fleming Park. Our own race that we marshal rather than run is on October 2nd so please look out for requests for help from Chris Hall so that we can ensure our inaugural CC6 race goes off smoothly.

Happy Running

Kevin
Chairman

This year's Southern Cross Country League (formerly Today's Runner) starts with a trip to Pamber Green, Tadley near Basingstoke on Sunday 9th October at 11am.

There are 6 races at various venues throughout the winter, they are free to enter, all you need to do is turn up with your club vest.

The distances vary between 4 and 5 miles and are ideal as an introduction to cross country running as faster runners both male and female are not allowed to run.

There are refreshments put on by the host club after every race, for a small charge (usually £2), why not give it a go.

More details can by found on the Bob Ayer website http://www.bobayer.com/trwl/
I will be at every race to collect results and cheer you in.

Chris Hall

SAVE THE DATE!!

The annual Stubbington Green Awards Night will be held this year on Saturday 3rd December so put the date in your diary now.

We will be back at the David Lloyd Centre with our DJ, Jim Christopher plus Rita and her amazing team. This is the opportunity to celebrate both individual and club achievements during the past twelve months. It is always a great event for good food, socialising and dancing.

Tickets will be £25 per head to include a full three course meal. Full details including menu and booking form will soon be available on the website.

CAPTAINS CORNER

What a great month August has been, the Olympics took hold of us all. We were grasping our arm chairs watching the likes of the cycling, triathlon, hockey and much more. What a result for team GB 2nd overall and many great medals. For many it has been holiday season, but still plenty of running events and successes were had by our stubby runners.

We made it to the end of the RR10 season, ladies team came first and the men's team came fifth. Congratulations to all who took part or supported, special thanks to Neil Stantial for organising for us and our Whiteley event volunteers. Massive congrats to Beccy Lord who came first lady overall in the final results and Andy Simpson on retaining his overall V40 title.

We had our annual stubby BBQ, with a good turn out on the day, along with some great weather. A few braved a hot 4.6 miles run before they tucked into some BBQ food prepared by Nick Kimber assisted by Andy Simpson. Thanks Nick your hard work before and on the day is much appreciated. We had a several games of rounds with only a few injuries!! But all good fun and more importantly lots of laughter.

In terms of achievements in August there have been some cracking results, Euan McGrath completed the Lakeland 100 miles coming 60th overall and David Langrish did Lakeland 50 miles. Julie Ashman and Sharon Simpson on completing the double marathon at the bad cow weekend event. Neil Stantail who completed a tough 55km at the UTMB OCC. Sarah Cranstone had a great result in the 50k 54321, 3rd lady and 1st FV50. Rob Arkell who smashed it with 2nd in his age group and 16th overall at the Budapest Ironman, which means he qualifies for the World Championships this year. Lucy May with third place at the Arundel 10k, well done all and those who took part in all the events.

September brings the start of the HRRL season starting with Overton 5 miles on the 4th, which will be a new route. Do get involved in these road races, which are a mix of 5 miles up to half marathon. Dates are published on the Stubby website. Solent Half is on the 9 October so get booked now to secure a place.

The fish and chip run kindly organised by Nick Kimber is on the 7 September, don't forget to let Nick know your food order. The route can be found on the Stubby website.

We have the first of the CC6 events which starts at Fleming Park on the 18th September, followed by our own event on the 2nd October at Whiteley, where we will be looking for Volunteers to help on the day. There will be a post going up on the stubby Facebook and webpage shortly, please let Chris Hall know if you are available to help, without our great volunteers we can't hold these events. The rest of the CC6 season dates can be found on the CC6 webpage and in this issue of the Green Runner. Also, very important that we try to car share at the CC6 as we are at risk of losing some venues due to car parking issues.

Nick Crane has taken over as the Hampshire XC Secretary, he will welcome your support at races. You need to be UKA registered and he would welcome knowing if you plan to do these races. The Hampshire XC is starting on the 15th October at Farley Mount with all abilities welcomed and comprises of 6km for the ladies and 10km for the men. The junior races are of varying distances and start before the senior races. All venues, times and dates should be on the website when you read this.

Next month is the 5th Bayside 5k on the 13th September.

Finally we have our beginner's course start this month on Monday 19th September.

The bonus run this month is CC6 on the 18th September.

HARTING 10

68	Lucy May	01:19:10
70	Peter Simpson	01:19:17
137	Shelley Thomas	01:36:20
150	Lynsey Adamson	01:41:07

The Hart 4 is a 4 hour relay event for teams of 4 on a 4km off road course at Minley Manor, Hampshire

Team Name	Overall Pos	Time
Team Stubbington Striders	13	04:03:34

Team Member	Lap Time	LapNo
Lee Marcus	00:16:37	1
MacGregor Susie	00:15:59	2
Joel Victoria	00:18:01	3
Joel Adam	00:18:51	4
Lee Marcus	00:16:47	5
MacGregor Susie	00:16:21	6
Joel Victoria	00:18:20	7
Joel Adam	00:18:26	8
Lee Marcus	00:16:59	9
MacGregor Susie	00:16:26	10
Joel Victoria	00:18:45	11
Joel Adam	00:18:12	12
Lee Marcus	00:17:03	13
MacGregor Susie	00:16:39	14

UTMB OCC

55km Neil Stantial
1200 runners, finished 374

SALISBURY 5-4-3-2-1

21K

11	Andrew	Stockwell	01:44:53
30	Andy	Lee	01:54:37
226	San	Clark	03:11:00
227	James	Lewington	03:11:04

42K

1	Pere	Capdevila	02:50:17

50K

5	Mike	White	04:20:55
21	Sarah	Cranstone	04:56:18
137	George	Howarth	06:03:37
153	Jane	Adlard	06:22:19
154	Julie	Ashman	06:22:19

Arundel Castle 10K

42	Lucy May	00:44:51
52	Peter Simpson	00:45:36
193	Dawn Haynes-Sewell	00:54:23

ISLE OF WIGHT HALF MARATHON

157	GARDINER , Sarah	1:54:35
235	RICHARDSON, Andy	2:07:35
332	BARRON, Sarah	2:29:14

Don't panic its only mud and small hills!

The winter Hampshire Cross Country (XC) series 2016-2017 is fast approaching. There are 5 races in the HCC series as well as the three championship races here is a handy guide to the Hampshire XC League and Championship Races held on Saturdays.

Hampshire XC League Day: Saturday

Course style: Some small hills, generally rough fields, can be very muddy

Recommended Footwear: Dry conditions – trail shoes. Wet conditions – studs or spikes

Time		Distance
12:00	Girls U13	3 km
12:15	Boys U13	3 km
12:30	Girls U15	4 km
12:50	Boys U15	4 km
13:05	Women U17	4 km
13:35	Women Senior (inc Vets and U20)	6 km
14:10	Men U17	6 km
14:30	Men Senior (inc Vets and U20)	10 km

Dates:

15 October 2016 Farley Mount

12 November 2016 Popham (to be confirmed)

3 December 2016 Kings Park, Bournemouth (to be confirmed)

4 January 2017 Prospect Park, Reading

11 February 2017 Queen Elizabeth Country Park (to be confirmed)

Captain: Nick Crane Teams: Three per team except senior men where 5 are required.

These races are open to all standards of runners from all clubs across Hampshire, so the range of ability on show is very wide.
No runner is too fast or too slow!
Please note though that you do need to be a UKA member.
Please comply with the race marshals car parking advice.

What do I need to do to enter?

All the XC series are free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. However it helps the captains if you let them know you are going. Also it helps to car share, as parking can be limited at some venues. Please note that at some venues you will need to pay for parking. Please take advice from the race marshals

The Championships

As well as the leagues the club enters three XC championship races.

These races give you a chance to rub shoulders with the best runners in the county / region / country, however they are open to all abilities. They are a fantastic experience and always a good day out.
There is an entry fee, and we will post details of how to enter and the cost on the club website and Facebook page once the details are confirmed, but here are the provisional dates and venues.

Dates: Hampshire champs 7 January 2017 Fairthorne Manor Botley
Southern champs 28 January 2017 Parliament Hill, London
National champs 25 February 2017 Nottingham

Course style: Some hills, generally rough fields/parks, can be very muddy
In all team events, not just the XCs the club needs people to run. It doesn't matter how fast you are, you still run the same distance and can hold your head high when you cross that line. If we need a team of four and we have three very quick runners, they can't get a team result without the fourth person, wherever they finish in the field.
Why run XCs? A good question and here are just a few things to ponder from Penny Forse.
It improves both aerobic and anaerobic systems
Muscles get used to absorbing and dissipating shock, and builds strength Increases core strength
It strengthens ankles and helps with flexibility
There is less impact on joints
Helps with mental toughness (running in all weather conditions and dealing with different conditions under foot)
Great to run these without a stopwatch unlike road and track races
You get rub shoulders with national champions and international runners
It is FUN!

All of the above can also help with those road and track races as well as marathons and ultras.
We really hope to see as many of you as possible at some or all of the events.

Nick Crane (Hants Cross Country Captain)

British Masters Athletic Federation Mile, Alexander Stadium, Birmingham on 30 July.
Penny Forse 2nd F65 6m39.79s.

GUERNSEY MARATHON

121 Sue Robinson 05:13:20

BAD COW SATURDAY MARATHON

111	Julie	Ashman	05:30:03
112	Sharon	Simpson	05:30:03

BAD COW SUNDAY MARATHON

73	Julie	Ashman	05:57:56
74	Sharon	Simpson	05:57:57

BAD COW HALF

14	Gill	Rose	01:45:28
17	Richard	Snell	01:49:23
24	Hilary	Misselbrook	01:55:43

LAKESIDE 5K SERIES

28	Andrew	Stockwell	18:23
64	Tina	Chantrey	21:08
65	David	Castle	21:11
98	Michael	Wootton	26:06
110	Jules	Dinwoodie	28:39
111	Robert	Spencer	29:29

GOSPORT 5K SERIES

2	Lewis Chalk	00:16:33
3	Andy Simpson	00:16:54
15	Simon Hearnden	00:18:28
21	Mark McDonald	00:19:44
27	Jordan McRitchie	00:20:17
29	John Blake	00:20:26
40	Tina Chantrey	00:21:42
52	Sarah Gardiner	00:23:25
56	Elizabeth Miles	00:24:09
60	Marie McDonald	00:24:29
61	Dawn Haynes Sewell	00:24:32
72	Helen Benson	00:25:43
86	Andrew Miles	00:27:42
88	Sara McRitchie	00:28:18
92	Sarah Barron	00:28:44
117	Phil Hobby	00:32:36
118	Sarah Hobby	00:32:36
120	Ann Blake	00:33:14

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**

August Time Trial

We had 20 people running this month's time trial with 7 people improving on their best time. The biggest improvers on the night were Eileen Duff in the ladies knocking off 3 minutes 35 seconds off and Adam Joel 1 minute 54 seconds.

We have 2 more time trials to go in the battle to see who will be the biggest improvers and currently leading the handicap bandings are……

Name	Best 2015	April	May	June	July	August	Aug Diff	Difference
								1st - Best
		32	29	19	20	19	7	27
Simon Hearnden	24.15	27.34	26.05	**24.00**	24.11	24.12		-0.15
Andy Simpson	22.29				**22.19**	24.16		-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
Nikki Roebuck	27.39				**26.16**			-1.23
Andy Stockwell	25.31				24.41	**24.27**	-0.14	-1.04
Tom Callaway	27.42	28.09			**27.07**			-0.35
Gareth Charles		25.46			25.29	**25.23**	-0.06	-0.23
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		27.36		
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			27.55		
Peter Kay	26.56	27.11						
Philip Martin	26.36					30.32		
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
Phil Hobby	30.20	**29.24**						-0.56
Mike Coghlan	30.43					**29.54**	-0.49	-0.49
Andy Donn	28.23	**27.52**	28.33					-0.31
Steve Cumes		28.46			**28.26**			-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			dnf		
David Abrams	29.51							
David Langrish	28.21							
Dawn Haynes-Sewell	30.52							
Dean Oxley		**28.59**						
Frances Lord	30.13			32.26		32.16		
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			
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					30.32		
Eileen Duff				34.10		**30.35**	-3.35	-3.35
Lottie Lord	31.48					**29.44**	-2.04	-2.04
Adam Joel	31.20					**29.26**	-1.54	-1.54
Andy Richardson		34.28	34.14	**32.43**				-1.45
Chris Stapleford	31.58			30.34		**30.24**	-0.10	-1.34
George Howarth	32.05	31.42	**30.34**			33.35		-1.31
Alison Hesselberth	34.40	33.57	**33.32**			34.38		-1.08
Chris Roebuck			33.16		**32.12**			-1.04
Shelly Thomas		**34.53**	**34.20**					-0.33
Bizz Cozens	31.05	31.58	32.25	**30.58**	31.13			-0.07
Aga Plombon			**31.37**					
Anne Trotman	32.14							
Callum MacDonald	31.02							
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					34.44		
Kathy Chamberlain	33.57			36.16				
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
Sarah Barron	39.11			**37.01**				-2.10
Amy Wadhams			41.28	**40.49**				-0.39
Robert Spencer	36.28				**35.57**	37.52		-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				
Julia Webb						35.38		
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							

CC6

The CC6 Cross Country League is a friendly low-key league, organised by the running clubs of south Hampshire for their members and provides an excellent introduction to competitive off road racing.

These local races are free to club members and take place early on Sunday mornings at 9.30, between September and March. Distances are between 4 and 5 miles and have similar locations to those in the RR10. As per the RR10's there is no need to enter in advance, just turn up on the day, along with your club shirt, and run.

Please, please can we car share where possible to keep numbers down in the car parks. We are in danger of losing some venues due to car parking issues, thank you. For more details and race results when posted, you can look at the CC6 website which is cc6.co.uk.

We are hosting a race at Whiteley this year on 2nd October, which we don't run but will need your help with marshalling, please contact Chris Hall to let him know you can marshal, as Chris has kindly offered to organise our race.

I will (Andy Simpson) will coordinate the result taking and organising the troops for races. I will need people to take results when I have to work at weekends for some of the races.

Date	Venue	Hosts
18/09/16	Fleming Park	Eastleigh, Itchen Spitfires & Hedge End
02/10/16	Whiteley	Stubbington & Netley
06/11/16	Dibden	Hardley
11/12/16	Janesmoor Pond	Lordshill RR & Wessex
08/01/17	Badger Farm	Southampton AC, WADAC & Solent Running Sisters
22/01/17	Kings Garn Inc	Romsey, Halterworth & Southampton Tri
19/02/17	Dennywood	Totton RC
12/03/17	Wilverley	New Forest, Lymington Athletes & Lymington Tri

Weymouth	August 06
Robert CRANSTONE	00:19:39
Kesgrave	**August 06**
Laura RIDGE	00:21:00
Lee-on-the-Solent	**August 06**
Lewis CHALK	00:16:29
Andy SIMPSON	00:17:08
Chris BROBIN	00:17:14
Simon HEARNDEN	00:18:39
Andrew STOCKWELL	00:18:43
Susie MACGREGOR	00:19:25
Mark MCDONALD	00:19:47
Nikki ROEBUCK	00:20:25
Jordan MCRITCHIE	00:21:01
Daniel FOSTER	00:21:17
Scott SHAW	00:21:23
Richard EDMUNDS	00:21:28
Michael WELLAND	00:22:27
Sally MCGRATH	00:22:55
Tim MATTHEWS	00:22:56
David ABRAMS	00:23:18
Harry ROEBUCK	00:23:25
Zac CONATY	00:23:30
Hilary MISSELBROOK	00:23:46
Marie MCDONALD	00:24:10
Paul SOUTHON	00:24:49
Rachel LEACH	00:25:56
Euan MCGRATH	00:25:57
Adam JEFFERY	00:26:07
Simon GIBBON	00:26:36
Haydn BROWN	00:26:43
Helen BENSON	00:27:18
Natalie SUMMER-ANDERSON	00:27:42
Sara MCRITCHIE	00:28:20
Jane BUTLER	00:28:34
Robert SPENCER	00:29:21
Sarah BARRON	00:29:46
Sandra ABRAMS	00:30:25
Samantha STOCKWELL	00:30:36
Claire JOHNSON	00:31:08
Amy WADHAMS	00:31:45
Martyn BANNER	00:32:25
Michelle SIMPSON	00:34:43
Jenny HEARNDEN	00:35:34
Sue FLEWITT	00:37:52
Bushy	**August 06**
Cliff SHAW	00:31:05
Havant	**August 06**
William GILL	00:29:14

Eastleigh	August 06
Martin DE WIED	00:26:01
Keith WHITAKER	00:30:43
Newbury	**August 06**
Tomas STINSON	00:30:51
Allan STINSON	00:34:36
Winchester	**August 06**
Gareth CHARLES	00:19:38
Kate RANT	00:24:49
Netley Abbey	**August 06**
James SAWYER	00:19:14
Rebecca Margaret LORD	00:20:09
Del GRANGER	00:21:59
Chris STAPLEFORD	00:23:30
Frances Louise LORD	00:23:56
Julia PARK	00:26:59
Tilgate	**August 06**
Terry John FRENCH	00:33:25
Stewart, Middlesbrough	**August 06**
Kerry DODSWORTH	00:23:08
Portsmouth Lakeside	**August 06**
Robert NICHOLLS	00:31:00
Fareham	**August 06**
Marcus LEE	00:21:41
Daniel Richard HORSCROFT	00:24:18
John SIMISTER	00:24:39
Andy LEE	00:30:15
David MACSWAYNE	00:32:17
Sue SIMISTER	00:34:49
Wendy HOLLOWAY	00:39:28
Andrew SMITH	00:49:34
Havant	**August 13**
William GILL	00:31:07
Winchester	**August 13**
Haydn BROWN	00:27:37
Stevenage	**August 13**
Ann BLAKE	00:30:37
John BLAKE	00:30:38
Tommy BLAKE	00:33:25
Netley Abbey	**August 13**
Rebecca Margaret LORD	00:19:21
Del GRANGER	00:21:58
Charlotte LORD	00:22:19
Robert HINKLEY	00:22:27
Chris STAPLEFORD	00:23:44
Frances Louise LORD	00:23:56
Natalie FLACK	00:30:34
Terry John FRENCH	00:32:01

Queen Elizabeth	August 13
James LEWINGTON	00:51:10
San CLARK	00:51:19
Colby	**August 13**
Liz WEIGHELL	00:31:50
Melton Mowbray	**August 13**
Keith WHITAKER	00:31:35
Lee-on-the-Solent	**August 13**
James LEE	00:19:50
Andrew STOCKWELL	00:20:48
Gareth CHARLES	00:20:52
Tom CALLAWAY	00:21:02
Philip MARTIN	00:21:47
Michael WELLAND	00:22:15
Vicky SHAW	00:22:25
Zac CONATY	00:23:27
Kerryanne SAWYER	00:23:59
George HOWARTH	00:26:34
Susie MACGREGOR	00:27:50
Jane BUTLER	00:29:00
Cliff SHAW	00:29:38
Amy WADHAMS	00:31:20
Martyn BANNER	00:31:22
Allan STINSON	00:34:09
Claire JOHNSON	00:34:18
Victoria Kate JOEL	00:34:42
Andy LEE	00:34:43
Tim MATTHEWS	00:40:42
Portsmouth Lakeside	**August 13**
John SIMISTER	00:24:25
Robert NICHOLLS	00:30:48
Julie WOODMAN	00:32:05
Sue SIMISTER	00:33:49
Fareham	**August 13**
Robert CRANSTONE	00:19:25
Jane ADLARD	00:24:28
Paul SOUTHON	00:25:13
John SALT	00:25:22
Andrew SMITH	00:37:25
Robert SPENCER	00:37:27
Alison MACSWAYNE	00:58:54
Newbury	**August 20**
Allan STINSON	00:35:07
Lymington Woodside	**August 20**
Wayne EWENS	00:18:45
Southport	**August 20**
Rachael OPENSHAW	00:22:25
Tilgate	**August 20**
Terry John FRENCH	00:33:44

Netley Abbey	August 20
Del GRANGER	00:22:21
Martyn POORE	00:24:51
Rachel LEACH	00:26:25
Jules DINWOODIE	00:29:51
Keswick	**August 20**
Alison HESSELBERTH	00:28:00
Crissy Field	**August 20**
Lewis BANNER	00:18:45
Lee-on-the-Solent	**August 20**
Lewis CHALK	00:18:02
Rob ARKELL	00:18:02
Chris BROBIN	00:18:03
David Matthew CASTLE	00:19:03
Daniel FOSTER	00:19:32
Andrew STOCKWELL	00:20:05
Tom CALLAWAY	00:20:45
Laura RIDGE	00:21:32
Richard BAILEY	00:22:55
Richard CHOWNS	00:23:04
Michael WELLAND	00:24:19
Neil JARVIS	00:24:42
Kerryanne SAWYER	00:24:51
Claire JONES	00:24:55
Richard BURNS	00:24:58
George HOWARTH	00:26:02
Mandy BURTON	00:26:30
Andy LEE	00:27:22
John BLAKE	00:28:06
Cliff SHAW	00:30:14
Kitty ROSE	00:32:55
Ann BLAKE	00:33:03
Southampton	**August 20**
Gareth CHARLES	00:19:50
Kate RANT	00:23:37
Havant	**August 20**
William GILL	00:30:22
Moors Valley	**August 20**
Robert HINKLEY	00:23:32
Portsmouth Lakeside	**August 20**
Eileen DUFF	00:23:37
Robert NICHOLLS	00:31:28

Eastleigh	August 20
James LEWINGTON	00:20:01
Haydn BROWN	00:28:12
Keith WHITAKER	00:30:02
San CLARK	00:31:18
Fareham	**August 20**
Susie MACGREGOR	00:19:41
John SALT	00:25:05
Paul SOUTHON	00:25:53
Alison MACSWAYNE	00:28:22
Robert SPENCER	00:29:25
David MACSWAYNE	00:31:19
Rowena DODDS	00:35:25
Wendy HOLLOWAY	00:39:33
Andrew SMITH	00:39:34
Cardiff	**August 27**
Chris BROBIN	00:17:00
Havant	**August 27**
William GILL	00:29:56
Eastleigh	**August 27**
Haydn BROWN	00:28:38
Keith WHITAKER	00:28:42
Southport	**August 27**
Rachael OPENSHAW	00:22:15
Winchester	**August 27**
Gordon WESTLEY	00:24:21
Chippenham	**August 27**
Rachel LEACH	00:27:19
Netley Abbey	**August 27**
Andrew William THOMAS	00:19:36
Peter KAY	00:21:36
Martyn POORE	00:22:42
Nikki ROEBUCK	00:23:33
Chris STAPLEFORD	00:23:34
Frances Louise LORD	00:23:42
Julia PARK	00:26:47
Martin DE WIED	00:27:34
Robert SPENCER	00:29:51
Natalie FLACK	00:32:06
Terry John FRENCH	00:32:55
Queen Elizabeth	**August 27**
Mike WHITE	00:20:10
John BLAKE	00:22:08
David LANGRISH	00:23:53
Weymouth	**August 27**
Neil JARVIS	00:24:46

Lanhydrock	August 27
Russell MEAD	00:27:44
Jules DINWOODIE	00:32:39
Colby	**August 27**
Andy SIMPSON	00:17:59
Andrew STOCKWELL	00:19:39
Samantha STOCKWELL	00:30:34
Exeter Riverside	**August 27**
Andrew SMITH	00:38:02
Wendy HOLLOWAY	00:38:22
Lee-on-the-Solent	**August 27**
David Matthew CASTLE	00:18:33
Rob GREENWOOD	00:18:55
Gareth CHARLES	00:19:18
James LEE	00:19:27
Mark MCDONALD	00:19:48
Philip MARTIN	00:21:36
Michael WELLAND	00:22:00
Richard BAILEY	00:22:29
Richard CHOWNS	00:23:06
Zac CONATY	00:23:26
Kerryanne SAWYER	00:23:41
Claire JONES	00:23:44
Richard BURNS	00:23:54
Eileen DUFF	00:23:57
Marie MCDONALD	00:24:16
Josie ROE	00:24:35
Andy LEE	00:25:32
Phil HOBBY	00:27:03
Helen BENSON	00:27:52
Cliff SHAW	00:27:58
Sarah BARRON	00:28:03
Tommy BLAKE	00:30:08
Natalie SUMMER-ANDERSON	00:30:20
Claire JOHNSON	00:31:32
Louise TANNER	00:34:06
Jenny HEARNDEN	00:36:39
Swansea Bay	**August 27**
Sev ROBERTS	00:22:08
Portsmouth Lakeside	**August 27**
Julie WOODMAN	00:29:40
Fareham	**August 27**
Susie MACGREGOR	00:19:27
Kelley HANIVER	00:20:05
Jane ADLARD	00:24:03
John SALT	00:25:20
April BURROW	00:26:10
Simon GIBBON	00:26:43
Rowena DODDS	00:34:15
David MACSWAYNE	00:44:29
Alison MACSWAYNE	00:54:22