The Green Runner

NOVEMBER 2016

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

21 runners representing SGR ran the Solent half; we had enough for 2 men's teams & 3 ladies teams.

name	team	team score	Gun Time	Chip Time
Sylwia Ward	A	129	01:37:27	01:37:16
Lisa Donn			01:53:15	01:52:46
Kerryanne Sawyer			01:53:28	01:53:01
Katherine Chowns	B	216	01:53:37	01:53:14
Lucy May			02:04:00	02:03:38
Josie Roe			02:06:38	02:06:11
Sarah Martin	C	319	02:12:59	02:12:38
Sue Robinson			02:19:50	02:19:20
Jo Lewis			02:31:02	02:30:31
Katherine Chamberlain	D	0	02:31:04	02:30:34

name	team	team score	gun time	Chip time
Rob Arkell	A	59	01:16:52	01:16:50
Christopher Brobin			01:17:01	01:17:00
Hugh Aggleton			01:17:32	01:17:29
Andrew Stockwell			01:26:44	01:26:39
Daniel Foster	B	250	01:29:37	01:29:33
Gareth Charles			01:29:50	01:29:26
Richard Chowns			01:29:56	01:29:35
Graham Martin			01:34:03	01:33:57
Peter Simpson	C	Need 4 in a team	01:49:05	01:48:44
Chris Davidson			01:51:57	01:51:33
Chris Stapleford			01:55:17	01:54:54

Ladies A-Division 1		
Postion	Club	Score
1	Winchester	2
2	Lordshill	6
3	PompeyJ	8
4	**Stubb'ton**	**9**
5	New Forest	9
6	Hedge End	11
7	Denmead	11

Mens A-Division 1		
Postion	Club	Score
1	**Stubb'ton**	**7**
2	Overton	7
2	PompeyJ	7
4	Winchester	8
5	Lordshill	8
6	So'ton AC	9
7	Denmead	11

Ladies B-Division 1		
Postion	Club	Score
1	Winchester B	2
2	Winchester C	4
3	PompeyJ	7
4	Lordshill B	8
5	Fareham	11
6	**Stubb'ton B**	**11**
7	Lordshill C	16
8	Hedge End B	17
9	Victory	19
10	Denmead	21
11	Hedge End C	21
12	**Stubb'ton C**	**21**

Mens B-Division 1		
Postion	Club	Score
1	Lordshill B	4
2	Winchester B	6
3	Hedge End B	9
4	PompeyJ B	10
5	**Stubb'ton B**	**12**
6	Lordshill C	13
7	Winchester C	14
8	Denmead B	16
9	So'ton AC	17
10	Lordshill D	19
11	Fareham	19
12	Eastleigh	23
13	Hedge End C	23
14	**Stubb'ton C**	**27**

Ladies B-Division 2		
Postion	Club	Score
1	Eastleigh	3
2	Hardley	6
7	**Stubb'ton D**	**28**

Mens B-Division 2		
Postion	Club	Score
1	PompeyJ C	4
2	Hardley	6
3	Salisbury	9
11	**Stubb'ton D**	**36**

Full results of all the teams are available here

1. Solent Half - 09/10/16 HRRL race scores: teams individuals

HAMPSHIRE
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a running club competition

The next HRRL race is **Gosport half Marathon**

This is the 3rd HRRL race of the season

Sunday 20th November at 10am,

The venue is Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP. (Please note that there is no parking here)

Off-road parking is available in Browndown Road; nearest postcode **PO13 9UG**

We currently have over 55 running in this which is great turn out, and always a good one to support too.

Also the Presentation of 2015/16 HRRL Trophies will take place at Gosport Half Marathon same as last year.

HAMPSHIRE
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a running club competition

After Gosport we have a number of races, the next one is **Hayling Island 10 mile** on **Sunday 27th November at 09:30am**

We currently have 20 runners registered, to enter on line CLICK HERE

Getting to the Race Headquarters

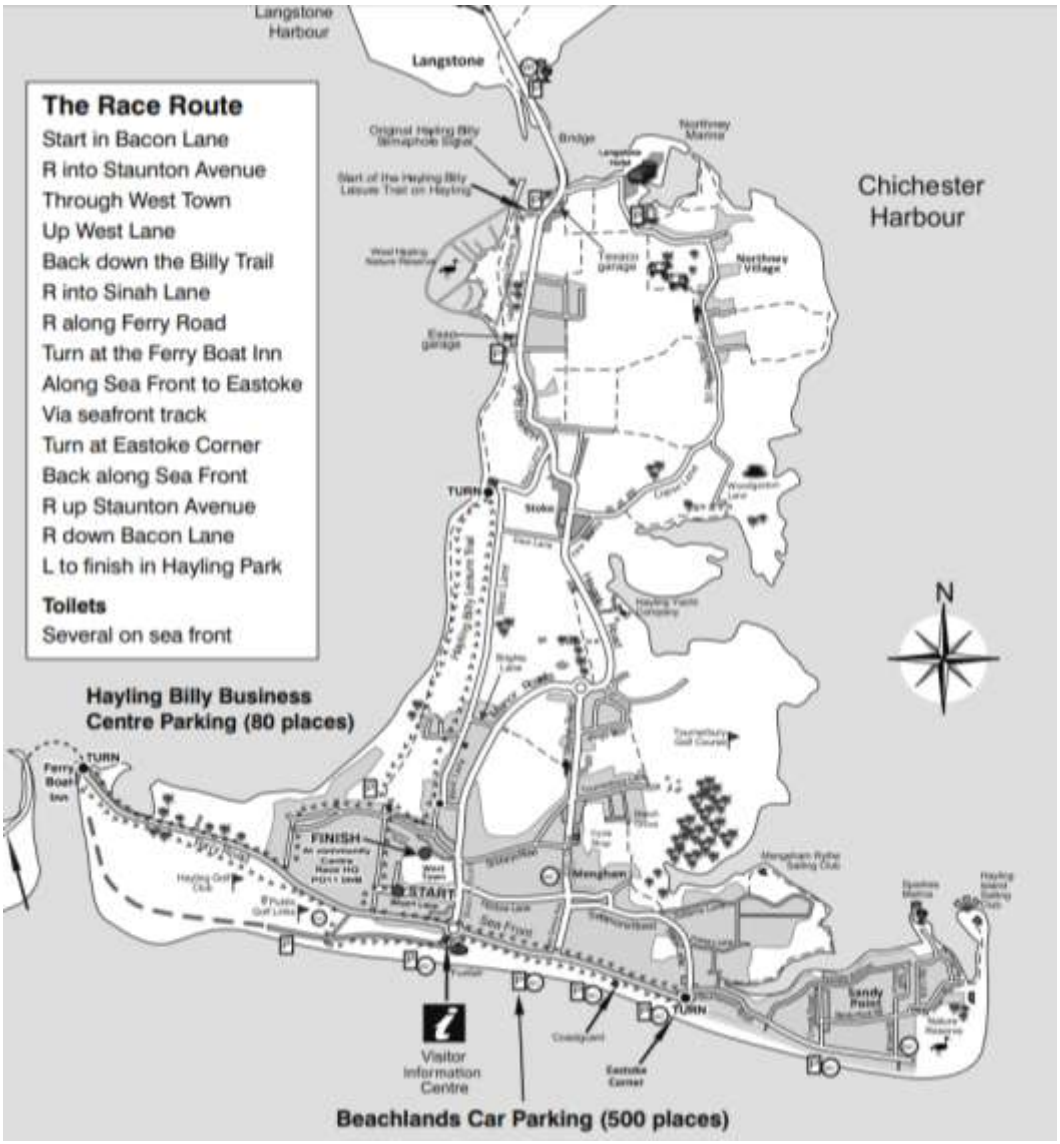
From Havant, use the A3023, Havant Road, following signs to Beachlands and West Town as appropriate. Race HQ is in the Community Centre, Hayling Park PO11 0HB, approached from Station Road. Access from the seafront can be either via Staunton Avenue or Stamford Avenue.

Parking

There is lots of free parking 5 mins from the start so please use it.

1. Hayling Billy Business Centre, Furniss Way. Signposted down Station Road (80).
2. Beachlands public car park. By the sea beyond Beachlands Funfair (500 places).
3. Runners are not allowed to park in the Community Centre Car Park.

The Route also incorporates a 2 mile off road section



Also a week after the Hayling Island is the **Victory 5 miler**, this is the day after the SGR club awards evening (don't forget to book your tickets)

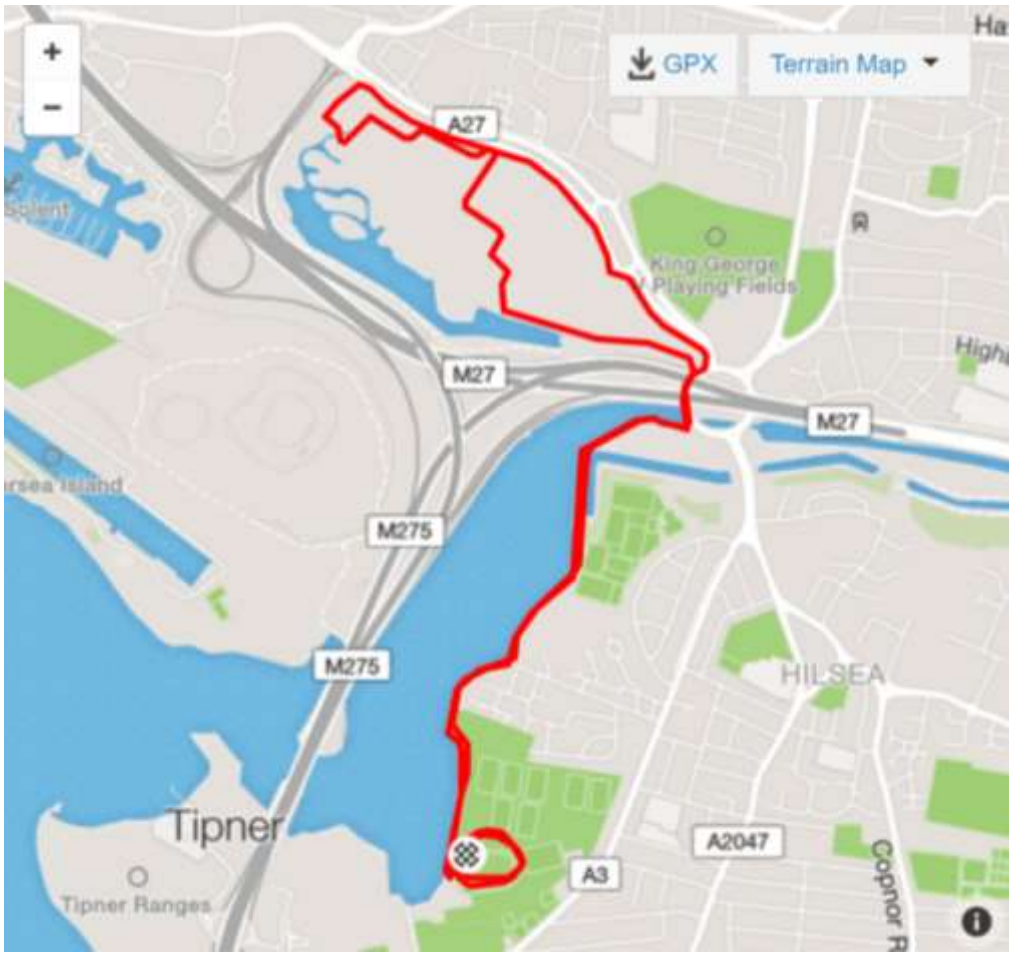
The race will take place Sunday 4th December at 11 am - Mountbatten Centre, Portsmouth.

This race is strictly pre-entry – Entries on the day will not be accepted for the Victory 5 Entries close on 27 November, we currently have 20 runners registered so far, book now to avoid any disappoint and to run off the dessert from the night before.

This year the race will be celebrating its 70th anniversary. A special commemorative medal to celebrate the 70th anniversary to all finishers.

In addition to the 5 mile there will be a 1 mile road race for runners of 9 years and above.

The route is below, it's a flat, fast & traffic free course, starting & finishing on the athletic track.



Please note Salisbury 10 mile date has now been changed it was in March, but will now take place 9th April at 10am, I will update the information of the website.

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:-

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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	11am
Eastleigh	10km	19/03/2017	10.30am
Salisbury	10 Mile	09/04/2017	10.30am
Alton	10 Mile	07/05/2017	10.30am
Netley	10km	21/05/2017	10.30am
Lordshill	10km	11/06/2017 (tbc)	10am

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

FROM THE CHAIR

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and various other elements these races bring.

Saturdays see the Hants, Southerns and National races so look out for adverts for these from Nick Crane. Sundays see the CC6 and Southern cross country series – Chris Hall is the main contact for these.

We had a great turnout of Stubbies at the Great South Run again this year and it was good to see many great performances on such a lovely day. The support team again did their bit to help our runners along the 10 mile route.

It was a shame that this race is now not part of the Great Club Challenge so we will not have any free places to distribute this year.

Over 20 people enjoyed the night time 6.05 special – thanks to everyone who ran or helped put this event on.

The awards evening is now open for booking so please go to the website to book your place – this is always a great evening with a lovely meal and disco and you might even pick up an award! Please can I remind everybody we continue to look for helpers/marshals for our 10k – just let Mark McDonald or myself know please if you can help.

Happy Running

Kevin
Chairman

Stubbington Green 6.05 Special Results – 21st October 2016

1	42.18	Becky Lord	SGR
2	43.52	Kevin Scullion	SGR
3	46.16	Chris Sandy	Alton Runners
4	46.17	Rich Edmunds	SGR
5	47.09	David Langrish	SGR
6	47.47	Mark Fretwell	Hedge End
7	47.49	Lottie Lord	SGR
8	48.32	Frances Lord	SGR
9	48.36	Chris Stapleford	SGR
10	50.50	Mike Donovan	SGR
11	52.36	Philip Prohpett	Fareham
12	53.53	Samuel Brookes	Fareham
13	53.53	Howard Stinton	Fareham
14	60.00	Tiggy Sinclair	Hedge End
15	60.00	Sheryl James	Hedge End
16	61.55	Cliff Fanton	Hedge End
17	61.56	Alex Leighton Goodall	Fareham
18	63.03	Terry Orr	Hedge End
19	63.03	Jim Dunlop	Hedge End

SOUTHERN CROSS COUNTRY LEAGUE RACE 1 TADLEY

There were 12 Stubbies at Tadley for the first southern cross country league race of the season.

Beccy Lord cruised to 1st lady despite taking it easy, she was supported by Daisy Hall 6th, Kelley Haniver 7th, Laura Laura Wainwright and Frances Lord
First Ladies team

The men were led home by William Feline 26th, Mark Jones 37th, Chris Hall 55th, Tom Callaway 74th and Peter Kay 97th made up the team followed by Richard Bailey 128th and Paul Coverdale 181

49	Rob Arkell	00:57:09
67	Lewis Banner	00:58:57
104	Joshua Crowther	01:00:29
269	Simon Hearnden	01:05:00
290	andrew stockwell	01:05:33
309	Gareth Charles	01:05:54
341	Peter Lewis	01:06:28
373	Jack Webb	01:06:54
501	Richard Cassell	01:08:33
610	John Blake	01:09:33
624	Jordan McRitchie	01:09:43
753	Michael Welland	01:10:48
1150	Neil Richardson	01:13:46
1306	David Castle	01:14:41
1332	Robin Peal	01:14:48
1358	james Lewington	01:14:55
1387	matthew evans	01:15:06
1555	Tim Matthews	01:15:58
1733	Nico Beukman	01:16:47
1943	Richard Burns	01:17:49
2118	Paul Smith	01:18:36
2444	Simon Ellis	01:19:51
2638	Simon Vingoe	01:20:41
3039	Daniel Hughes	01:22:11
3333	george rennie	01:23:16
3592	Russell Mead	01:24:03
3780	John Cox	01:24:42
5070	Andrew Miles	01:28:39
5585	George Howarth	01:30:05
6464	Michael Wootton	01:32:42
7378	Stuart McNamara	01:35:13
8223	Robert Spencer	01:37:40
12970	Aitken Hunter	01:55:05
13478	Martin Neal	01:58:24
13851	Ryan Gibson	02:01:09

JUNIOR GREAT SOUTH RUN		
75	Emily Miles	00:12:51

275	Kelley Haniver	01:05:06
628	Nikki Roebuck	01:09:44
834	Sylwia Ward	01:11:28
1311	Tina Chantrey	01:14:42
1789	Anna Wilby-Lopez	01:17:00
1976	Victoria Joel	01:17:57
2370	lara evans	01:19:35
2707	Sarah Gardiner	01:20:55
2721	Eileen Duff	01:20:58
3191	Katie Rant	01:22:45
3214	Jane Adlard	01:22:50
3241	Sadie Bedford	01:22:56
3654	Alison Hesselberth	01:24:16
3750	Dawn Haynes-sewell	01:24:36
3785	Lisa Donn	01:24:42
3857	Josie Roe	01:24:58
4006	Karen Barnicoat	01:25:26
4019	Emma Coughlin	01:25:29
4358	Claire Jones	01:26:31
4359	Mandy Burton	01:26:32
4833	Ronel Beukman	01:27:55
5071	Elizabeth Miles	01:28:39
5523	Gemma Christie	01:29:53
5616	Julie Ashman	01:30:10
6552	Sara McRitchie	01:32:55
6555	katherine Chamberlain	01:32:56
6667	Louise Tanner	01:33:13
6975	Julie Dinwoodie	01:34:06
7301	Rachel Follett	01:34:59
7334	sarah matin	01:35:05
7409	Jennifer Lee	01:35:18
8005	Sarah Barron	01:37:03
8743	Aimee Rampton	01:39:04
9197	Pam Kemp	01:40:29
9201	Julie Ryman	01:40:30
10155	Ann Blake	01:43:31
10210	Elizabeth Weighell	01:43:42
10566	Amy Wadhams	01:44:56
11690	Susan Bonnar	01:49:13
12086	Jo Lewis	01:50:48
12088	Claire Johnson	01:50:48
12108	kitty rose	01:50:57
12139	Sharon Simpson	01:51:03
12142	Amanda Knight	01:51:04
12384	sharon clarke	01:52:07
13162	Natalie Flack	01:56:19

CAPTAINS CORNER

Hasn't October flown by, it started with several events from the Bournemouth Festival, Clarendon Marathon, Pieces of Eight and the RNLI 10K. Also a special mention to Kerry Sawyer who completed the Kosice Peace Marathon in Slovakia.

Plenty of other events took place, from the Denmead 10k, Isle of Wight Marathon, Yorkshire Marathon to the Royal Parks Half. Well done to Rich Chowns on a new PB and good for age result at the Abingdon Marathon. Great running from the guys who did the Dublin and Snowdonia Marathon too and a humid run at Houston half well done Julia Webb.

We also had the next in the CC6 series, where we had an army of Stubbies volunteering, special thanks to those who helped out on the day and to Chris Hall and Neil Stantiall for organising the event and the route. We had a good turn out from participants to volunteers, plenty of mud and even a bit of sunshine. The next CC6 takes place at Dibden Inclosure, on the 6th November so do try and get involved. The distance is between 4 and 5 miles, just turn up on the day, along with your club shirt, and run. It starts at 9.30. The following CC6 is at Janesmoor Pond on the 11 December.

The first Hampshire Cross County at Farley Mount took place on the 15th October. The next event will take place at Kings Park, Bournemouth on 12th November. Free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. Nick Crane will provide summary of the results.

The Southern Cross County event kicked off at Pamber Forest 9 October. The next race is 13th November at QE Country Park. Each race is about 5 miles, and are intended as an introduction to cross country racing so faster runners are excluded, that means men who can run faster the 5.30 min/mile and women 6 min/mile shouldn't be racing.

The second of HRRL events was the Solent Half which saw 21 runners taking part with the ladies A team currently 4th in league and Men's A in joint top of the league after 2 races. Full report by Mark in this issue. The next 2 races for November are Gosport Half 20th, for those not running it's a great one to support as it is on our doorstep, and Hayling 10m on 27th November, still time to book and get some ladies and men's teams out.

Mark McDonald took on an epic challenge to complete 3 marathons in 3 days along the Cornwall Coastline, starting at Padstow and finishing in Lands End, as part of the VOTOW Atlantic Coast Challenge, finishing in 11th position overall. Outstanding result well done Mark.

We had fantastic results for everyone who took part in the Great South 10 mile run on the 23 October, lots of PBs were had and many positive running experiences were had by Stubbies be it supporting around the course to those who were supporting each other or friends around the route. Well done everyone. We also had our very own stubbies Sally & Euan McGrath and Nigel Whitcher taking on the OMM (Original Mountain Marathon).

Our 6.05 special took place at Wickham Railway line on the 21st October, where we have a good turn out from Hedge End, Alton and Fareham runners, along with our own Stubbies, 19 on the night. Beccy Lord came in first with a time of 42.18. Special thanks to Mike White for organising and Kevin & Julie Ashman, Sue Robertson, Marie & Mark McDonald for supporting on the night with timings and back marker.

Don't forget 3rd December is our Awards Night at David Lloyd at Port Solent, a great venue/ evening and an opportunity to wear non running clothes! Nice precursor to the HRRL Victory 5 miler the following morning.

Also please make sure you contact Mark McDonald to volunteer for our own Stubbington 10k 15th January. If you are planning on running don't forget you need to offer up a volunteer in your place.

Happy running everyone, plenty of marathon training already underway for the Portsmouth Coastal in December, which also clashes with the Mulled Wine Handicap on the 18th December. Starting and finishing at Molins, Hook Park Road, Warsash. Start anytime and finish as close to 11am as possible.

Final mention to the beginners group who are nearing the end of their 8 week course, well done to everyone you are doing great.

Aviemore Half Marathon		
1007	Jules Dinwoodie	02:15:03

DUBLIN MARATHON		
5197	Kevin Scullion	03:52:27
9209	Daniel Hughes	04:18:55

YORKSHIRE MARATHON

2862	Rachel Leach	04:49:19

Vitality Oxford Half MARATHON 2016

2386	Simon Vingoe	01:51:31
2631	Simon Ellis	01:53:39
6916	Rita Leigh	02:36:59

IOW MARATHON		
7	CROWTHER, Joshua	03:03:43
209	BARRON, Sarah	05:08:39

VO ATLANTIC COAST CHALLENGE
78.6miles 3days 2feet

		Marathon 1	Marathon 2	Marathon 3	Total
11th	Mark Mcdonald	04:26:41	04:36:13	06:11:23	15:14:17

CLARENDON MARATHON			
6	Mike White	03:22:40	1st in cat
216	Sally McGrath	04:50:33	
299	Sarah Baron	05:32:18	
300	Julie Ashman	05:32:18	

CLARENDON HALF MARATHON			
15	Howard Clark	01:35:12	
16	William Feline	01:37:42	
19	Dan Foster	01:39:53	
20	Andrew Stockwell	01:40:00	
33	Nick Crane	01:44:54	1st in cat
50	James Lewington	01:48:33	
52	James Lee	01:49:43	
53	Laura Wainwright	01:49:43	
61	Neil Stantiall	01:52:02	
66	Gill Rose	01:53:10	
67	Richard Snell	01:53:26	
75	Alethea Adair Stantiall	01:55:15	
227	Sarah Martin	02:31:47	

am

ABINGDON MARATHON		
95	Richard Chowns	03:02:21
375	Marcus Lee	03:40:46

Kosice Peace Marathon Slovakia.		
68	Kerryanne Sawyer	04:04:43

RNLI 10K		
65	Chris Hall	48.39

DENMEAD 10K

28	James Lee	00:42:49
32	Jordan McRitchie	00:43:22
89	Sarah Gardiner	00:52:26
97	Sadie Bedford	00:53:24
127	Helen Benson	00:57:42
164	Sara McRitchie	01:02:41
165	Jo Lewis	01:02:42

Pieces of Eight (8 mile)

58	Sarah Gardiner	01:02:31
79	Chris Roebuck	01:06:33
107	Elizabeth Miles	01:10:30
108	Andrew Miles	01:10:31
214	Natalie Summer-Anderson	01:21:42
237	Susan Bonnar	01:24:42

NEW FOREST STINGER 16th October

Heavy rain to soften the course then sunshine 10 miles with hills and mud through the stunning New Forest including a cold river crossing
49th overall 40th male 1.22.00 Nick Crane 1st MV60 (2 years running)

49th	Nick Crane 1 st MV60 (2 years running)	01:22:00
91st	Andy Lee	01:30:24
111th	Jane Adlard	01:36:17
130th	Pam Kemp	01:46:26

Apologies if I missed anyone but results not very accessible online.
Nick Crane

HAMPSHIRE CROSS COUNTRY

The first race of the HCC season was held at Farley Mount in conditions more like mid summer no mud and warm sunshine.
20 Stubbies and well attended

Ladies	
40	Daisy Hall
55	Nicola Roebuck
61	Georgia Gair
116	Lisa Donn
Ladies Team position 8 th	
Vet Ladies 7 th	

U11 Boys
Charlie Evans

U13 Girls	
52	Libby Evans

Men's	
35	Lewis Banner
51	Andy Simpson
122	Mike White
139	Andy Stockwell
149	Rob Cranstone
162	Chris Hall
172	Jack Webb
180	Tom Gallaway
229	Graham James
235	Nick Crane
248	Gordon Westley
250	Matt Evans
Men's team position	
senior men division 1	9th
veteran men division 1	4th

Final reminder next Hants XC race Kings Park Bournemouth Saturday 12 th November and don't forget to enter Hampshire XC Championships Southerns and Nationals see Green Runner and Club Website
Nick Crane Hants XC captain

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**

Time and 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

Revised Locations

Saturday 15 October 2016- Farley Mount, Winchester

Saturday 12 November 2016 - King's Park, Bournemouth
Note Changed location

Saturday 3 December 2016 - Popham , Basingstoke
Note Changed Location

Saturday 14 January 2017 - Prospect Park, Reading

Saturday 11 February 2017 QE Country Park, Petersfield

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

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

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)

Christmas Handicap
Mulled Wine & Mince Pies

Sunday December 18th Start: Anytime: Finish 11am.

Reception/Prize giving afterwards at Molins , Hook Park Road

This is an event that all members of the club can participate on an equal basis, start running/walking anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Entry fee is £2 per head to cover costs and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give me an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at nick@hookpark.co.uk or text 07977 411452. An honesty bucket will be at the finish for the entry fees!

The Route:
The start and finish is outside my house, Molins, Hook Park Road, Warsash, SO31 9HA. Begin by running along the gravel part of Hook Park Road towards Abshot. After 500 meters turn left and continue along a path that comes out into Church Road, pass St Mary's Church on your right and then turn right into New Road (Warsash Wasps Football Ground).

Take the main path that leads around the common (trees on your right and the back of houses on your left). Across a small wooden bridge and continual along the path until you come to a green kissing gate on your right. Go through the kissing gate and follow the main path until it reaches Fleet End Road (another green kissing gate).

Now turn right onto the road going slightly down hill and take the 2nd footpath on your right (only 20 meters after the 1st). Follow this narrow footpath until it comes out into Hook Park Road and then turn right.

Run along the gravel path (houses on your right) until you reach a footpath on your left (easily missed) opposite a white house, turn left and take the footpath.

Follow this footpath crossing a couple broken stiles, then turn left taking the path around the field, which leads to a stile with a five-bar gate. Now turn left (Workmens Lane) passing a large house on your left. Once you have gone through a metal kissing gate turn left, running along a concrete path which then is tarmac road passing Solent breezes on your right.

After around 500 meters of road turn right into Chilling and then left taking the path around the field, the sea should be on your right. Take the left turn at the end of the field (heading away from the sea). Follow this path for 1km as it bears right and continue.

Take the right turn which leads down a few steps to a wooden boardwalk and up the other side. At the end of the path turn right. (Brownwich Lane). Keep on this lane until it reaches the sea, you will need to bear left as it forks next to a barn on your left. Once you have reached the sea turn right.

Go across the little wooden bridge and carry along the top path towards Solent Breezes, sea on left, field on your right. At the end of the path do not turn right but instead bear left through a gap in the hedge, into Solent Breezes. Go through Solent Breezes and out the main gate (number of paths take which ever you want, but exit at main entrance). Now turn left, and after 300 meters turn right and through the metal kissing gate, continue up Workmens Lane to the end and the finish. Around 6.5 miles .

HOW TO MAXIMISE YOUR TRAINING

Periodisation Training - What is it and how to implement it?
A seasonal plan for reaching peak fitness for your biggest races.

As a simple explanation Periodisation Training is goal-oriented training: as an athlete you will always have specific events or races at which you would aim to be performing at your peak. You decide which races are most important to you, and you plan your training calendar so you'll be in top shape for those events; this is done by dividing your year into "periods." During each period, a specific type of run training is emphasized. Ultimately, each period builds on the one preceding it to enable you to reach a peak in fitness that would otherwise be impossible to duplicate.

To maximize your training and give it purpose you need to be much more specific with the intensity, the content and what you are working towards; not only do you need to have an awareness of how you train but also you need to be smart about your racing and prioritise events in your calendar.

Here's how you can use periodisation training to sharpen your racing fitness; the following is a guideline and should be tailored to your individual needs

DECISIONS
Focus on your goals or intended target races and input these into your plan. Make up your mind and decide how many times you want to peak in a year. If you're training for one specific event this is one major peak within your training year. This whole period of training is called a “Macrocycle” (in training terms this is just a name for a long period of training time). Many runners would be aiming to peak more than once per year and training can be adjusted accordingly.

Each macrocycle should then be divided into several smaller periods of time called “mesocycles”, these can last from 2 weeks up to 3 months in duration and are designed to focus on sharpening specific running skills. An example of a training macrocycle might continue as follows.

REST: 3 - 4 week mesocycle
Begin your training macrocycle rested, this needs to be a 3- to 4-week mesocycle and is in essence a period of time that allows you to reset yourself before embarking on another period of specific training. Before you start a rigorous training program you need to be recovered from your previous marathon or racing season. A 3 to 4 week mesocycle of active rest will leave you physically and psychologically recovered from the rigors of the previous season and will allow you time to re-focus on your upcoming events/goals and the structure of training that will get you to the start line in top form.
During this active rest cycle you need to be just ticking along, so nothing intensive but all low-level and non competitive; cross training, stretching, massage with the focus being on general well-being and recovery.

AEROBIC BASE: 8 – 12 week mesocycle
Building a solid aerobic base (8 to 12-week mesocycle) is the foundation on which all of your other running specific skills can be added to in order for you to reach your potential. During this phase, volume is emphasized over intensity.
The bulk of your training here should focus on lots of steady-state runs, long runs, and the occasional tempo run or longer, slow intervals.

STRENGTH: 4 – 8 week mesocycle
Expand your running strength (4 to 8-week mesocycle). At this point, you continue with your aerobic training while you add tempo runs, hill reps, or longer intervals done at 5-K race pace once or twice a week. Your intensity increases but your overall mileage stays constant.

SPEED (Anaerobic Speed): 4 – 6 week mesocycle
Increase your anaerobic speed (4 to 6-week mesocycle). Here you'll add shorter and sharper intervals run at mile race pace or faster; full recovery between these efforts is paramount so that your form isn't compromised. You should also continue with tempo runs and long intervals. But with the added intensity of the shorter intervals, you should now decrease your overall mileage. Longer runs can still be incorporated but at the correct volume and intensity; the long run is not the training focus here instead the focus is leg speed, cadence, and form.

RACE: 4 – 8 week mesocycle
Compete successfully.
Now's the time to dust off your racing flats. Continue to reduce your overall mileage during this period, but be sure to keep up the intensity. Just do the hard work early in the week to allow for ample recovery before weekend races. By the end of this period, your races should become your main training stimulus as you peak for your goal events.

MACROCYCLE complete - Mission accomplished – RESET and REPEAT.

As with all periods of training and plans they will absolutely need to be tailored to the needs and specific focus of the individual athlete. The above notes are a guide on how to implement periodisation training within your weekly schedule. All club sessions can be utilised to fit in with your schedule. The most important point to remember is that if you follow a specific structure to your training and train and race smart, with a specific focus to all periods of your training you will be much more likely to achieve your goals if you train at the correct intensity for the period of training you are in and the running specific skill that you are working on.

October Time Trial

The grand finale of this season's time trials took place in October with 28 runners battling it out to be crowned the 'biggest improver' in their category. Over the season we've had 82 runners doing battle with 33 PBs/SBs so 40.2 % improvement across these runners with 9 PBs on the final night which did make a change to some of the final winners.

I would like to final everyone who helped out at the time trials this year from the committee and to you the runners because without you there would be no time trial!

The biggest improver for October's time trial was Jack Tuckwell who took a huge chunk out of his early season's performance and improved by 2 minutes 41 seconds, congratulations Jack.

The final overall winners for the categories are below so congratulations to Lewis, Mark, Jack, Lottie and Julie. The biggest overall improver across the handicap bandings was Julie Ashman, for the second year running so a massive well done Julie. The prizes will be presented at this year's Awards Night.

Handicap Bandings	Name	Improvement
Under 25 mins	Lewis Banner	-0.21
25.01 – 28 mins	Mark Eaton	-1.57
28.01 – 31 mins	Jack Tuckwell	-2.41
31.01 – 35 mins	Lottie Lord	-3.30
35+ mins	Julie Ashman	-3.37

Name	Best 2015	April	May	June	July	August	September	October	Oct Diff	Difference
										1st - Best
		32	29	19	20	19	17	28	9	33
Mike Gregory	23.49*							**22.04**	-1.45	-1.45
Lewis Banner	22.45	22.59	23.34				23.25	**22.24**	-0.21	-0.21
Simon Hearnden	24.15	27.34	26.05	**24.00**	24.11	24.12		24.10		-0.15
Andy Simpson	22.29				**22.19**	24.16	22.38			-0.10
James Lee	24.56	27.03	26.38		25..20		26.17	**24.53**	-0.03	-0.03
Beccy Lord							**23.27**			
Chris Brobin								**24.10**		
Daniel Foster	23.39			25.28						
David Castle	23.44	24.30	24.29	24.30				25.36		
James Sawyer	23.32	24.18								
Jon Plomer	24.40	26.59								
Mike White	24.49		25.54							
Russ Coleman	24.40							27.13		
Mark Eaton		27.07	**25.10**							-1.57
Tom Callaway	27.42	28.09			27.07		25.51	**25.50**	-0.01	-1.52
Nikki Roebuck	27.39				**26.16**					-1.23
Andy Stockwell	25.31				24.41	**24.27**	24.45	**24.38**		-1.04
Richard Edmunds			27.41	28.48			**27.04**	27.47		-0.37
Gareth Charles		25.46			25.29	**25.23**				-0.23
Graham Martin			**26.22**				26.28			
Haydn Brown	26.37	26.52	27.16	27.21		27.36	28.23			
Kev Scullion					**27.33**					
Mike Bell	27.20		28.06							
Nick Crane	27.00		27.50			27.55		28.59		
Peter Kay	26.56	27.11								
Philip Martin	26.36					30.32		28.25		
Rich Chowns			**26.38**					27.13		
Richard Snell	27.28			29.37						
Scott Shaw					**27.35**					
Stuart Hiscock	25.35				28.36					

Jack Tuckwell		30.32						**27.51**	-2.41	-2.41
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
Andy Donn	28.23	**27.52**	28.33					28.01		-0.31
Steve Cumes		28.46			**28.26**					-0.20
Philip May	30.36	32.16	31.32	**30.21**	30.47					-0.15
Andy Lee	28.22	30.59	31.45			dnf		31.00		
Dean Oxley		**28.59**								
Frances Lord	30.13			32.26		32.16	dnf			
Gill Rose				**29.49**						
James Bampton								**28.14**		
John Simister	30.53	32.11		32.09						
Michael Welland					28.44					
Tina Chantrey	28.37	28.56								
Victoria Joel	29.05					30.32				
Lottie Lord	31.48					29.44	**28.18**			-3.30
Alison Hesselberth	34.40	33.57	33.32			34.38	33.20	**31.58**	-1.22	-2.42
Adam Joel	31.20					**29.26**				-1.54
Andy Richardson		34.28	34.14	**32.43**						-1.45
Chris Stapleford	31.58			30.34		**30.24**				-1.34
George Howarth	32.05	31.42	**30.34**			33.35	33.12	38.17		-1.31
Chris Roebuck			33.16		**32.12**					-1.04
Shelly Thomas		34.53	34.20				**33.49**			-1.04
Eileen Duff				34.10		30.35		**30.20**	-0.15	-0.15
Bizz Cozens	31.05	31.58	32.25	**30.58**	31.13					-0.07
Russell Mead	31.52							**31.50**	-0.02	-0.02
Aga Plombon			**31.37**							
Gaynor Heffer	32.23			32.52	37.45					
Helen Benson								**33.57**		
Josie Roe								**31.04**		
Kat Chowns								**32.14**		
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**							
Mike Donovan	32.20	33.00					32.49			
Mike Wotton	33.52				37.53		38.14	33.55		
Paul Southon					**32.04**					
Sarah Martin	34.59	37.15								
Julie Ashman	36.45	**33.08**			37.45					-3.37
Sarah Barron	39.11			37.01				**36.03**	-0.58	-3.08
Amy Wadhams			41.28	**40.49**						-0.39
Robert Spencer	36.28				**35.57**	37.52	38.14			-0.31
Brian Muir								**49.05**		
Jo Lewis		**37.15**	40.08	37.54			41.27			
Julia Webb						35.38				
Martin De Wied					**37.52**					
Martyn Banner			**44.37**							
Sara McRitchie	35.33		38.30					36.14		
Sue Robinson	37.19	38.02								

TRAINING SESSIONS

Monday	07/11/2016	Solent Hotel	06:30	Whiteley	3 sets of 30s / 50s / 70s / 50s / 30s hills	Jog back down
Tuesday	08/11/2016	Locks Heath Sports Ground	7pm	St John's Road	Long and short hills x6	On downhills
Thursday	10/11/2016	Crofton Community Centre	7pm	Lee seafront	15 x 1 min (pavement or grass)	90s
Monday	14/11/2016	Solent Hotel	06:30	Whiteley	25 mins - Long hill; Sprint to end	Jog back to cul-de-sac; jog to bottom
Tuesday	15/11/2016	Locks Heath Sports Ground	7pm	Sovereign Crescent	2x4x800, (or ~40min)	Jo back to start
Thursday	17/11/2016	Crofton Community Centre	7pm	Bluebird Café	1 mile loops (3 to 5 reps or about 40min)	2 min jog across
Monday	21/11/2016	Solent Hotel	06:30	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	2 min
Tuesday	22/11/2016	Locks Heath Sports Ground	7pm	Top of Red path	2x8 short hill loops	3min between sets
Thursday	24/11/2016	Crofton Community Centre	7pm	Lee seafront	30 min of lampposts to pier	Various
Monday	28/11/2016	Solent Hotel	06:30	Whiteley	Hill Sprints 3 sets of 3 x 30s	Jog down + 60s; 5 min between sets
Tuesday	29/11/2016	Locks Heath Sports Ground	7pm	Red path	3x1.5ml with catch up on 2nd and 3rd reps	Jog/walk along Warsash rd
Thursday	01/12/2016	Crofton Community Centre	7pm	Lee Seefront	Lee triangle accelerations	Continuous
Monday	05/12/2016	Solent Hotel	06:30	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tuesday	06/12/2016	Locks Heath Sports Ground	7pm	Titchfield Hill	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thursday	08/12/2016	Crofton Community Centre	7pm	Anker lane	40 min of 1km loops	350m jog
Monday	12/12/2016	Solent Hotel	06:30	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tuesday	13/12/2016	Locks Heath Sports Ground	7pm	Prelate way	20min Tempo run (4 continuous loops checking pace)	5 min build run before tempo
Thursday	15/12/2016	Crofton Community Centre	7pm	Lee seafront	Lamppost fartlek to Cherque Way	Various

Basingstoke	01 October
Tomas STINSON	00:28:45
Southsea	**01 October**
Karen BARNICOAT	00:25:12
Eastleigh	**01 October**
Martin DE WIED	00:26:35
Haydn BROWN	00:28:11
Keith WHITAKER	00:31:18
Winchester	**01 October**
Gordon WESTLEY	00:26:29
Netley Abbey	**01 October**
Rebecca Margaret LORD	00:18:27
James LEWINGTON	00:18:54
Chris STAPLEFORD	00:22:45
Frances Louise LORD	00:23:30
Julia PARK	00:26:11
Terry John FRENCH	00:32:25
Alice Holt	**01 October**
Rachel LEACH	00:34:06
Queen Elizabeth	**01 October**
Rob GREENWOOD	00:19:28
Toby GREENFIELD	00:21:26
Chichester	**01 October**
Gareth CHARLES	00:19:47
Kate RANT	00:24:27
Salisbury	**01 October**
Michelle SIMPSON	00:35:21
Lee-on-the-Solent	**01 October**
Lewis BANNER	00:17:26
David Matthew CASTLE	00:19:03
Simon HEARNDEN	00:19:15
James LEE	00:19:41
Tom CALLAWAY	00:20:03
Andrew STOCKWELL	00:20:31
Graham MARTIN	00:20:42
Matt EMERY	00:21:21
Michael WELLAND	00:22:50
Zac CONATY	00:24:04
Andy LEE	00:24:52
Josie ROE	00:24:55
Mark MCDONALD	00:25:05
Jane BUTLER	00:26:54
Janet SHAW	00:29:06
Cliff SHAW	00:29:20
Kelly Emma BENNETTS	00:31:04
Marie MCDONALD	00:31:07
Amy WADHAMS	00:32:55
Louise TANNER	00:33:14
Sue FLEWITT	00:35:20

Fareham	01 October
Rob ARKELL	00:17:23
Chris LEACH	00:20:07
David LANGRISH	00:23:49
Jane ADLARD	00:24:21
Robert SPENCER	00:28:51
Trina READINGS	00:29:27
Kitty ROSE	00:31:38
John SALT	00:56:11
Basingstoke	**08 October**
Allan STINSON	00:34:12
Southampton	**08 October**
Tom CALLAWAY	00:19:30
Julie WOODMAN	00:28:03
Havant	**08 October**
San CLARK	00:28:45
Eastleigh	**08 October**
Haydn BROWN	00:26:52
Newbury	**08 October**
Sam BELL	00:24:20
Winchester	**08 October**
Gordon WESTLEY	00:25:23
Netley Abbey	**08 October**
Rebecca Margaret LORD	00:17:33
Chris BROBIN	00:17:34
Michael GREGORY	00:17:34
Martyn POORE	00:22:10
Frances Louise LORD	00:23:09
Richard BURNS	00:23:24
Russell MEAD	00:24:01
William GILL	00:27:14
Jules DINWOODIE	00:27:31
Terry FRENCH	00:31:13
Riverside	**08 October**
David LANGRISH	00:22:58
Lee-on-the-Solent	**08 October**
James LEE	00:18:43
Simon HEARNDEN	00:18:45
Gareth CHARLES	00:19:07
Susie MACGREGOR	00:19:14
Richard CHOWNS	00:19:23
Andrew STOCKWELL	00:19:51
Matt EMERY	00:20:16
Matthew EVANS	00:20:58
Michael WELLAND	00:21:16
Lara EVANS	00:21:49
Kate RANT	00:23:06
Andy LEE	00:23:28
Andy RICHARDSON	00:24:08
Paul HAMMOND	00:24:18
Alison HESSELBERTH	00:24:52
Jane BUTLER	00:26:18
Helen BENSON	00:26:19
Katherine CHOWNS	00:26:32
Janet SHAW	00:28:57
Cliff SHAW	00:28:57
Claire JOHNSON	00:31:00
Samantha STOCKWELL	00:31:01
Amy WADHAMS	00:31:17
Sue FLEWITT	00:32:02
Jenny HEARNDEN	00:34:48

Portsmouth Lakeside	08 October
Martin DE WIED	00:24:28
Kitty ROSE	00:32:30
Bushy	**08 October**
Lewis BANNER	00:16:56
Fareham	**08 October**
John SALT	00:23:35
Jane ADLARD	00:24:27
Keith WHITAKER	00:28:02
Trina READINGS	00:28:35
Natalie SUMMER-ANDERSON	00:30:39
Rowena DODDS	00:34:34
Wendy HOLLOWAY	00:35:47
Andrew SMITH	00:37:23
Robert SPENCER	00:37:31
Alison MACSWAYNE	00:48:26
Inverness	**15 October**
Jules DINWOODIE	00:31:09
Winchester	**15 October**
Rachel LEACH	00:26:25
Gdynia	**15 October**
Keith WHITAKER	00:28:40
Netley Abbey	**15 October**
Tom CALLAWAY	00:19:44
Peter KAY	00:20:54
Chris STAPLEFORD	00:22:19
Chris MCGAW	00:22:30
Martyn POORE	00:22:33
Eileen DUFF	00:24:43
James LEWINGTON	00:32:19
Terry FRENCH	00:32:26
Harrow Lodge	**15 October**
Marie MCDONALD	00:34:15
Queen Elizabeth	**15 October**
Gareth CHARLES	00:20:45
Kate RANT	00:25:20
Tring	**15 October**
Daniel FOSTER	00:20:53
Lee-on-the-Solent	**15 October**
Simon HEARNDEN	00:19:13
Graham MARTIN	00:20:09
Steve CUMES	00:21:23
Sam LEAHY	00:21:47
Michael WELLAND	00:22:18
David ABRAMS	00:22:32
Richard BURNS	00:23:24
Andy RICHARDSON	00:24:25
Josie ROE	00:24:47
Adam JEFFERY	00:25:07
Shelley THOMAS	00:26:26
John COX	00:27:10
Lisa DONN	00:27:18
William GILL	00:27:21
Helen BENSON	00:27:34
Louise TANNER	00:27:58
Tommy BLAKE	00:28:07
Sara MCRITCHIE	00:28:34
Cliff SHAW	00:29:04
Janet SHAW	00:29:42
Claire JOHNSON	00:30:39
Sarah HOBBY	00:32:22

Basingstoke	15 October
Tomas STINSON	00:27:15
Allan STINSON	00:32:18
Eastleigh	**15 October**
Haydn BROWN	00:21:26
Rutland Water	**15 October**
Russell MEAD	00:24:23
Fareham	**15 October**
Gavin RENNIE	00:23:21
Anne TROTMAN	00:26:53
David MACSWAYNE	00:32:54
Wendy HOLLOWAY	00:36:24
Natalie SUMMER-ANDERSON	00:42:38
Gdansk Poludnie	**15 October**
Martin DE WIED	00:25:15
Robert SPENCER	00:28:24
Southsea	**22 October**
Samantha STOCKWELL	00:27:38
Andrew STOCKWELL	00:27:38
Eastleigh	**22 October**
Haydn BROWN	00:27:17
Keith WHITAKER	00:29:14
Allan STINSON	00:32:21
Markeaton	**22 October**
Jon LEIGH	00:23:28
Rita LEIGH	00:33:42
Winchester	**22 October**
Gordon WESTLEY	00:24:17
Rachel LEACH	00:26:03
Netley Abbey	**22 October**
Michael GREGORY	00:17:09
Toby GREENFIELD	00:19:36
Rebecca Margaret LORD	00:19:42
Chris MCGAW	00:21:32
Del GRANGER	00:22:27
Chris STAPLEFORD	00:22:42
Chris DAVIDSON	00:22:48
Frances Louise LORD	00:23:46
Mandy BURTON	00:25:13
Julia PARK	00:25:43
Russell MEAD	00:28:32
Nikki ROEBUCK	00:29:34
Jules DINWOODIE	00:29:59
Darlington South Park	**22 October**
Tommy BLAKE	00:28:25
Weymouth	**22 October**
Robert CRANSTONE	00:19:43
Catton	**22 October**
Andy LEE	00:23:34

Queen Elizabeth	22 October
Alethea ADAIR-STANTIALL	00:23:04
Phil HOBBY	00:24:47
Lee-on-the-Solent	**22 October**
Daniel FOSTER	00:18:41
Richard EDMUNDS	00:20:07
Simon HEARNDEN	00:20:12
Jack TUCKWELL	00:20:42
Gareth CHARLES	00:20:57
Steve CUMES	00:21:20
David ABRAMS	00:22:30
Simon ELLIS	00:22:54
Zac CONATY	00:23:07
Michael WELLAND	00:23:24
Richard BURNS	00:23:45
Clara SUTTON	00:25:39
Helen BENSON	00:25:48
George HOWARTH	00:27:08
Paul SOUTHON	00:27:10
William GILL	00:27:20
Cliff SHAW	00:27:23
Josie ROE	00:27:50
Janet SHAW	00:28:27
Sandra ABRAMS	00:29:12
Kaarina MAY	00:31:06
Linda KOPINSKA	00:33:19
Jenny HEARNDEN	00:34:30
Jan SOUTHON	00:38:48
Worthing	**22 October**
Robert SPENCER	00:26:59
Fareham	**22 October**
Jane ADLARD	00:24:00
Simon GIBBON	00:26:14
John SALT	00:27:29
Rowena DODDS	00:32:40
Andrew SMITH	00:38:43
Basingstoke	**29 October**
Tomas STINSON	00:28:11
Allan STINSON	00:31:49
Havant	**29 October**
William GILL	00:30:38
Moors Valley	**29 October**
Martin DE WIED	00:25:11
Fælledparken	**29 October**
Robert CRANSTONE	00:20:24
Sarah CRANSTONE	00:22:52
Congleton	**29 October**
Chris LEACH	00:20:33
Rachel LEACH	00:27:09
Netley Abbey	**29 October**
Rebecca Margaret LORD	00:19:48
Charlotte LORD	00:21:14
Del GRANGER	00:21:54
Chris STAPLEFORD	00:22:37
Frances Louise LORD	00:23:10
Julia PARK	00:25:35
Jules DINWOODIE	00:28:42
Terry FRENCH	00:33:02

Eastleigh	29 October
Keith WHITAKER	00:28:21
Winchester	**29 October**
Daniel FOSTER	00:18:53
Gordon WESTLEY	00:24:47
Clair	**29 October**
Alison MACSWAYNE	00:30:21
David MACSWAYNE	00:33:58
Penrith	**29 October**
Simon GIBBON	00:25:39
Harcourt Hill	**29 October**
Jon LEIGH	00:22:46
Rita LEIGH	00:33:03
Lee-on-the-Solent	**29 October**
Lewis BANNER	00:16:46
Chris BROBIN	00:16:59
Rob ARKELL	00:17:09
Andrew STOCKWELL	00:19:19
Graham MARTIN	00:19:49
James LEE	00:21:02
Andy LEE	00:22:32
Richard BURNS	00:22:50
Neil JARVIS	00:25:05
Kathy CHAMBERLAIN	00:25:10
Adam JEFFERY	00:25:49
George HOWARTH	00:25:58
Helen BENSON	00:26:20
Gareth SCADDAN	00:26:43
Louise TANNER	00:27:00
Cliff SHAW	00:27:15
Samantha STOCKWELL	00:27:19
Libby EVANS	00:27:40
Matthew EVANS	00:27:41
Dudley MALSTER	00:27:58
Natalie SUMMER-ANDERSON	00:28:04
Tommy BLAKE	00:28:04
Julie WOODMAN	00:28:49
Sarah BARRON	00:30:37
Jo LEWIS	00:30:39
Kitty ROSE	00:30:47
Kelly Emma BENNETTS	00:31:35
Marie MCDONALD	00:31:36
Jenny HEARNDEN	00:34:30
Portsmouth Lakeside	**29 October**
Gareth CHARLES	00:19:01
Martyn POORE	00:22:04
Kate RANT	00:23:54
Fareham	**29 October**
Jane ADLARD	00:24:19
John SALT	00:25:23
Paul SOUTHON	00:26:14
Anne TROTMAN	00:26:48
Susie MACGREGOR	00:27:17
Trina READINGS	00:29:28
Robert SPENCER	00:33:34
Wendy HOLLOWAY	00:38:04
Rowena DODDS	00:38:27
Jan SOUTHON	00:38:48
Andrew SMITH	00:41:30