

The

GreenRunner

MARCH 2017



FROM THE CHAIR

As most of you will know Mick Clarke who was chairman of this club for many years – 13 to be exact, passed away in February after a long illness and many of our current members attended his funeral in a mixture of running tops and football shirts as requested by Mick – it certainly helped the celebration of Mick’s life that he had wanted. Our thoughts continue to be with Sheila and the rest of the family.

Over 50 members attended the club AGM this year and heard all about the exploits and many successes of the club members over the past year and some upcoming activities for the new year.

Specifically, on the social side of things please pencil in 17th June for the South Downs marathon relay where we intend to have another intra club relay race with the teams picked such that we hope they will finish as close to each other as possible.

Look out for instructions on how to enter on facebook and the website. We have also provisionally arranged our summer BBQ for Saturday 2nd Sept and the annual awards bash for Saturday November 11th – earlier this year to avoid clashes with Christmas dos.

The profits from the 10k allowed us to donate over £8000 to our charities this year, Canine Partners, Fit for Felix, Southampton PICU and Hants IOW Air Ambulance.

We will need a new charity for this year so please give this some thought and email me with the charity name and your reasons for your nomination by the end of March – chairman@stubbingtongreenrunners.net.

Happy Running
Kevin



TRAINING SESSIONS

Mon	06/03/2017	Solent Hotel	06:30	Whiteley	Hill Sprints 3 sets of 3 x 30s	Jog down + 60s; 5 min between sets
Tue	07/03/2017	Locks Heath Sports Ground	7pm	Top of Red path	2 x 8 short hill loops	3min between sets
Thu	09/03/2017	Crofton Community Centre	7pm	Lee Seefront	Lee triangle accelerations	Continuous
Mon	13/03/2017	Solent Hotel	06:30	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tue	14/03/2017	Locks Heath Sports Ground	7pm	Prelate Way	20min Tempo run (4 continuous loops checking pace)	5 min build run before tempo
Thu	16/03/2017	Locks Heath Sports Ground	7pm	Raley Road	Long Hills	Jog back down.
Mon	20/03/2017	Solent Hotel	06:30	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tue	21/03/2017	Locks Heath Sports Ground	7pm	Titchfield Hill	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thu	23/03/2017	Crofton Community Centre	7pm	Lee seafront	Lamppost fartlek to Cherque Way	Various
Mon	27/03/2017	Solent Hotel	06:30	Whiteley	25 mins Pyramids of short hill sprints	Jog to bottom each time
Tue	28/03/2017	Locks Heath Sports Ground	7pm	St John's Rd	1 mile loops (3 to 5 or about 40min)	2min
Thu	30/03/2017	Crofton Community Centre	7pm	Hill Head	30 min of 600m near Osborne View	200m

CAPTAINS CORNER

We would like to start this report by saying what a great loss to the club it is, that our former chairman, Mike Clarke passed away in February and our condolences goes out to Shelia and the family. Mike was a great ambassador for the club and did a lot for athletics which he lived and breathed for.

A massive thank you to everyone who has run, helped and supported me over the last 5 years as Men's Captain. I have pleaded, badgered and hounded a few people over the years to put on the club vest! I have been very proud to lead you in to battle and we've enjoyed success in leagues and relays, on and off the road. I would like to wish the new Men's Captain Andy Stockwell, all the very best and will help him with the transition and know the Green Army will support and run for him, just as you have for me.

Congratulations to Jon Leigh on joining a very select list of runners who have run all 6 major marathons and collecting the very special medal. We know it didn't go to plan with the calf injury but you completed the marathon by hook or by crook and raised money at the same time for Portsmouth Down Syndrome in the process.

February has seem to be a quieter month than January when we were all racing and marshalling! That said, we have had some great results at races. We will start at the beginning of the month when we had a day trip to the IOW for the Ryde 10. Always a good day crossing the water to the island which was a little parky before the race. We managed to get two ladies and two men's teams out with the ladies A finishing 9th with Sylvia Ward leading home the ladies with Sadie Bedford and Kathy Chamberlain making up the team. [Kathy also managed a new PB](#). The men were 6th with Andy Simpson first home and 2nd V40, then came Russ Coleman, Simon Hearnden and Mark McDonald for the A team. Peter Kay also achieved 2nd V60. The next HRRL is Eastleigh 10k on Sunday 19th March.

CC6 at Dennywood perhaps had its biggest turnout for the club ever with 26 runners! The ladies dominated with 5 ladies in the top 10 which meant they won as a team and also had the 1st lady home with Beccy Lord and Kelly Haniver 3rd and Dasiy McClements 4th making up the team. For the men we were led home by Dan Foster 33rd with James Lee 41st, Tom McClements 42nd and Steve Cumes 53rd to finish 10th on the day. The last race in the series is Wilverley on 12th March.

On the same day we had many stubbys running Bramley 20, where Julie Ashman achieved a new PB by 18 minutes! Fantastic result, fingers crossed for sub 4 hour marathon.

Hampshire XC visited Staunton Country Park for the first time in a long time. The ladies had a good day in the office finishing 4th senior team and the vets were 3rd only 5 places off winning the event. The teams were Beccy Lord 7th, Kelly Haniver 10th, and Nikki Roebuck 25th. For the

vets team Kelly 2nd Vet, Nikki and Lara Evans 45th. Men were 9th senior team with Andy Simpson 67th, Russ Coleman 69th, Will Feline 79th, Gordon Westley 128th and Steve Cumes 136th. The vets on the day were 8th Andy, Gordon and Steve. Unfortunately the senior men have been relegated to division 2 next season. To stay in the top flight you need all your best runners turning out to stand a chance of staying up! I would like to thank the stalwart men that have raced this year in the Hampshire's and fingers crossed we can get promoted by to the big time next year. The final race of the series is the revised race at Reading Saturday 4th March with the start times being put back by 30 minutes.

Only 3 runners travelled up North to Nottingham for the Nationals which is such a great race as all clubs from England congregate. There were 1700+ men that finished the race and an awesome sight to see the mass start, something out of Braveheart!! Well done Penny Forse 439th and fingers crossed for 1st V65 just waiting on Athletics Weekly!! Two men who did is us proud were Andy Stockwell 932nd and Gordon Westley 1423rd.

Southerns XC clashed with the Meon Valley Plod and a few road races. The ladies scrapped a team together with Lucy May standing in last minute with no kit, borrowing trainers from Frances, t-shirt from Pete and something from Beccy. So well done Lucy for getting Stubbington a ladies team on the day. Beccy Lord was 1st lady, Frances Lord 54th and Lucy was 65th. Peter Simpson flew the lone flag for the men and finished 101st.

Well done to those who took on other races over the month Chichester 10k, Portsmouth half, Portland Marathon, Arthur Briggs Handicap, Maverick 7, 13 and 23 k, Heartbreaker half/marathon and Thorpe Park half where Rob Arkell bagged himself a new PB.

Finally the Green Army cleaned up at the Meon Valley Plod by winning the individual and team races for both ladies and men. So congratulations to Daisy McClements and Mike Gregory on winning the race. Well done to the teams, for the ladies, Daisy, Vicky Shaw 2nd and Laura Wainwright 3rd so a clean sweep of the podium for Stubbington. For the men 3 in the top 10, Mike, Hugh Aggleton 2nd and Mike White 10th. Well done to Mike White 2nd V50 and Sally McGrath 2nd V50. Well done to everyone else who took on a tough course and survived to tell the tale.

Don't forget it's the second of the Winter time trials taking place on the 7 March, meeting at Holly Hill leisure centre for a 7pm start. See Mike Whites post on Facebook for more information.

Have a good month of running and training, especially the people who are preparing for the spring marathons.



BRAMLEY 20

149	Andrew	Stockwell	02:20:15
609	Julie	Ashman	03:02:39
696	George	Howarth	03:15:28
723	Aga	Plombon	03:21:51
767	Michael	Wootton	03:30:48
796	Sarah	Barron	03:37:23
801	Robert	Spencer	03:39:12
829	Sue	Robinson	03:47:55

RYDE 10 MILE

5	Andy Simpson	00:58:09
15	Russ Coleman	01:00:17
67	Simon Hearnden	01:07:47
75	Mark McDonald	01:08:16
85	Richard Chowns	01:09:45
100	Graham Bell	01:10:59
113	Peter Kay	01:13:01
187	Russell Mead	01:25:32
192	John Simister	01:27:39

WORTHING HALF MARATHON

883	Chris Leach	01:56:35
885	Rachel Leach	01:56:36

HANTS XC RACE 4 STAUNTON COUNTRY PARK

Ladies

7 Becky Lord 24.28
 10 Kelly Haniver 25.28
 25 Nicky Roebuck 28.09
 45 Lara Evans 29.59
 51 Penny Forse 30.39
 52 Sally Mcgrath 30.50
 71 Sadie Bedford 33.0
 73 Francis Lord 33.29
 79 Lisa Donn 33.58
 82 Shelley Thomas 34.54
 94 Sarah Barron 37.43

Men

67 Andy Simpson 39.32
 69 Russ Coleman 39.45
 79 Will Feline 40.15
 128 Gordon Westley 45.41
 136 Steve Cumes 46.26
 141 Andrew Donn 47.04
 149 Liam Dredge 48.28
 150 Steve Fidle 48.43

WINCHESTER 10K

32	DAN FOSTER	39.43
93	DAVID THORPE	43.40
374	PAUL COVERDALE	53.37
482	CHARLOTTE MAISEY	56.09

BRIGHTON HALF

884	Tina Chantrey	01:38:25
1013	Hilary Misselbrook	01:40:02

29	Sylwia Ward	01:16:33
68	Sadie Bedford	01:25:39
82	Katherine Chamberlain	01:29:28
83	Sara McRitchie	01:29:31
102	Charlotte Maisey	01:34:39
107	Sarah Barron	01:37:44
114	Jules Dinwoodie	01:40:40

National XC Championships Nottingham Saturday 25th February

Three SG Runners ventured north to Nottingham for the Championships.

Ladies 8 km

Penny Forse 439th 41m 10s
 788 finishers.

Mens 12 km

Andrew Stockwell 932nd 54m 10s
 Gordon Westley 1423rd 61m 47s
 1762 finishers

It was a brilliantly organised meeting. Next year the Nationals will be held at Parliament Hill Fields London lets hope for a large nos of male and female SG Runners. Thanks Penny Forse for the results.

Nick Crane Hants XC Captain

wokingham half marathon		
372	Richard Chowns	01:31:21
1646	William Gill	02:18:35



49	Mark McDonald	01:30:11
119	Neil Richardson	01:39:00
134	Jack Tuckwell	01:40:07
150	Tina Chantrey	01:41:14
177	Phil Hobby	01:43:33
239	Sarah Gardiner	01:46:53
300	Steve Cumes	01:49:45
447	Karen Barnicoat	01:58:10
478	Sara McRitchie	01:59:32
482	Kathy Chamberlain	01:59:34
541	Andrew Miles	02:03:07
571	Elizabeth Miles	02:05:28
602	Pam Kemp	02:07:12
656	Calum McDonald	02:10:18
657	Marie McDonald	02:10:21
839	Nick Clarke	02:24:02
883	Michelle Simpson	02:28:13
898	Susan Bonnar	02:30:02

TOKYO MARATHON	
Jon Leigh	05:37:21

HEARTBREAK HALF	
Graham Bell	01:46:39
Sarah Martin	02:47:39

HEARTBREAK MARATHON	
George Howarth	04:56:30

CHICHESTER 10K			
137	James	Lee	39.25
595	John	Cox	48.21
692	Julie	Ashman	50.23
829	Lisa	Donn	52.32
1183	Robert	Spencer	57.08

LYTCHETT 10 MILE			
85	Marcus	Lee	01:11:14

The race started from Sidmouth Sailing Club and visited the four trig points on the surrounding hills: Western Cliff, Buckton Hill, Beacon Hill, and High Peak. The route took in great views on the coastal path and also

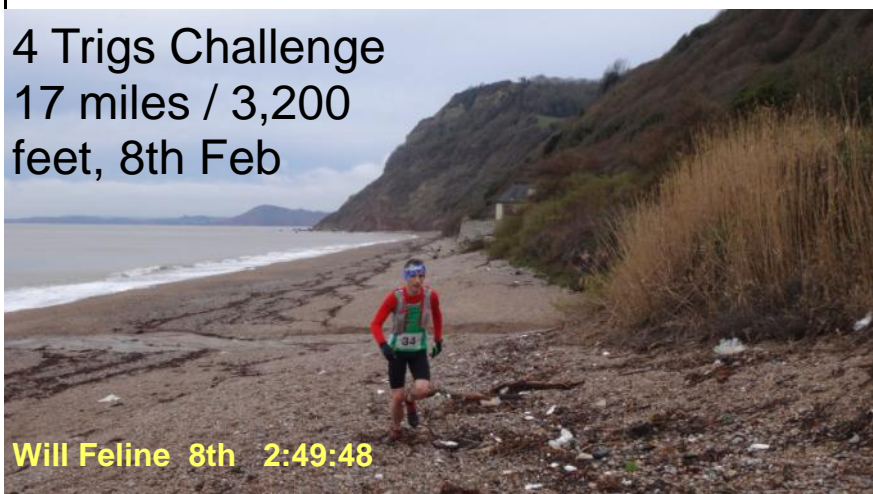
rolling, and very muddy, inland countryside.

This was a navigation race, so no marshals or signs whatsoever and punch cards at the checkpoints. Fortunately I'd found a GPS route online and also sneakily followed the locals on the tricky bits - which almost went wrong when I realised that not all the locals knew where they were going either! A cunning short-cut through the woods near the end gained me a couple of places.

At the finish a pasty, cake and tea awaited me, all included in the entry fee of ten whole pounds.

Tough but friendly low-key race.
Will

4 Trigs Challenge 17 miles / 3,200 feet, 8th Feb



Will Feline 8th 2:49:48

CC6 DENNYWOOD

While a record turnout of 25 runners for the CC6 was going on I was sunning myself in Egypt!!

The ladies smashed it with 5 runners in the top 10 and scoring the lowest winning total of the year with 8, which is one off perfection!! I wonder if the ladies could do perfection at the last race. Congratulations on Beccy Lord winning the race with Kelly Haniver 3rd and Daisy Hall 4th scoring for the team. The ladies sit in 6th place overall.

For the men Daniel Foster led home the men in 33rd with James Lee 41st, Tom McClements 42nd and Steve Cumes 53rd scoring for the Green Army. The men were 10th on the day and sit 7th overall in the league.

So far we have 5 people (Andy Simpson, Daniel Foster, Andy Donn, Pam Kemp and Sara McRitchie) who have run in 4 races which is the minimum to get a final individual standing in the league. It would be great with one more race to go if the 6 other runners in contention for a position in the final standings could run, they are Frances Lord, Kelly Wickens, Matt Evans, Nick Crane, James Lee and Mike Bell.

In fact it would be great if we could finish the season with a bang and top the 25 runners we had at this race! The final race of the season is at Wilverley on 12th March.

Andy

<u>BEST OF 4 SCORES</u>				
POSITION	NAME	CAT	CLUB	TOTAL
41	Sara McRitchie	V40	Stubbington	213
42	Pam Kemp	V50	Stubbington	224

<u>BEST OF 4 SCORES</u>				
POSITION	NAME	CAT	CLUB	TOTAL
2	Andy Simpson	V40	Stubbington	11
18	Daniel Foster	S	Stubbington	93
54	Andy Donn	V40	Stubbington	267

Name	Cat	R7	R6	R5	R4	R3	R2	R1
Beccy Lord	S	1	-	-	-	2	-	-
Kelley Haniver	S	3	-	-	-	-	-	-
Daisy Hall	S	4	-	-	-	-	-	-
Lottie Lord	S	7	-	-	-	18	-	-
Kelly Wickens	S	8	-	4	-	-	7	-
Penny Forse	V60	16	-	18	-	-	-	-
Frances Lord	V50	27	-	24	-	35	-	-
Sadie Bedford	V40	28	-	-	-	-	-	-
Lisa Donn	V40	39	-	-	-	-	-	-
Shelley Thomas	V40	53	-	-	-	-	-	-
Kathy Chamberlain	V40	57	-	-	-	58	-	-
Sara McRitchie	V40	60	-	-	27	71	-	55
Gill Rose	V40	-	-	11	-	-	-	-
Jules Dinwoodie	V50	-	-	62	-	-	-	-
Kat Chowns	S	-	-	-	-	-	-	25
Kate Rant	S	-	-	-	-	40	-	21
Lara Evans	V40	-	-	15	-	-	-	-
Laura Wainwright	S	-	-	1	-	-	-	-
Natalie Flach	S	-	-	72	-	-	-	-
Nikki Roebuck	S	-	-	-	4	-	-	-
Pam Kemp	V50	-	-	49	47	75	-	53
Sally McGrath	V50	-	-	22	19	-	-	-
Sam Stockwell	V40	-	-	63	-	-	-	-
Tina Chantrey		-	-	-	-	20	-	-
Name	Cat	R7	R6	R5	R4	R3	R2	R1
Daniel Foster	S	33	22	33	18	30	-	23
James Lee	S	41	-	-	26	-	-	27
Tom McClements	S	42	-	-	-	-	-	-
Steven Cumes	V40	53	-	-	-	-	-	-
Matt Evans	V40	63	-	67	58	-	-	-
Nick Crane	V60	66	-	80	-	77	-	-
Andy Donn	V40	67	-	61	57	82	-	-
Mike Bell	V60	72	-	52	-	95	-	-
Mark McDonald	V40	80	-	41	-	-	-	-
Peter Simpson	S	81	-	-	-	-	-	-
Phil Hobby	S	86	-	-	-	-	-	-
Liam Dredge	S	88	-	-	-	-	-	-
Andy Lee	V50	99	-	-	74	-	-	-
Steve Fidler	V40	-	-	70	-	-	-	-
Russell Mead	V50	-	-	106	-	-	-	-
Richard Snell	V40	-	-	71	-	-	-	-
Peter Kay	V50	-	-	-	-	-	-	60
Paul Smith	V40	-	-	-	-	103	-	-
Mike Gregory	S	-	-	-	8	-	-	-
Haydn Brown	V40	-	-	-	-	-	-	64
Gordon Westley	V40	-	-	92	-	-	-	-
Gareth Charles	S	-	-	-	-	31	-	22
Chris Stapleford	V50	-	-	85	-	113	-	-
Callum McDonald	S	-	-	116	-	-	-	-
Andy Stockwell	V40	-	-	-	30	42	-	-
Andy Simpson	V40	-	4	2	3	-	-	2
Will Feline	Sen	-	-	13	-	39	-	-
Toby Greenfield	V40	-	-	-	-	-	-	40
Jordan Mcritchie	Sen	-	-	-	-	46	-	42

POSITION	LADIES TEAMS	R7	R6	R5	R4	R3	R2	R1	TOTAL
1	Lordshill	46	18	19	HOST	20	25	28	156
2	New Forest	21	28	85	45	32	69	43	323
3	Winchester	219	47	HOST	20	23	13	24	346
4	Eastleigh	72	93	48	50	61	32	HOST	356
5	Hedge End	45	36	130	87	63	33	HOST	394
6	Stubbington	8	207	16	50	40	HOST	99	420
7	Hardley	97	66	141	49	HOST	71	68	492
8	Romsey	121	HOST	43	70	167	74	84	559
9	Totton	HOST	75	66	119	63	180	66	569
10	SAC	141	72	HOST	63	191	73	38	578
11	Netley	117	85	141	79	148	HOST	127	697
12	STC	161	HOST	70	70	221	157	103	782
13	SRS	185	109	HOST	174	247	116	92	923
14	Halterworth	115	HOST	168	126	215	100	219	943
15	Itchen Spitfires	175	187	213	148	178	152	HOST	1053
16	Lymington Tri	219	207	243	101	163	209	140	1282
17	Wessex	219	207	243	HOST	306	216	206	1397

POSITION	MEN'S TEAMS	R7	R6	R5	R4	R3	R2	R1	TOTAL
1	SAC	33	11	HOST	175	14	30	26	289
2	Lordshill	56	62	45	HOST	59	37	38	297
3	Eastleigh	46	74	25	80	94	91	HOST	410
4	STC	90	HOST	32	53	59	43	216	493
5	Winchester	146	95	HOST	114	134	100	61	650
6	Totton	HOST	58	125	121	170	143	146	763
7	Stubbington	203	220	89	55	220	HOST	74	861
8	Hardley	246	115	144	80	HOST	150	135	870
9	Romsey	90	HOST	109	160	236	181	111	887
10	Hedge End	183	252	155	138	121	210	HOST	1059
11	New Forest	94	106	329	159	241	215	261	1405
12	Netley	252	170	248	236	295	HOST	246	1447
13	Itchen Spitfires	148	311	269	303	331	252	HOST	1614
14	Halterworth	346	HOST	412	329	307	180	312	1886
15	Lymington Tri	540	388	512	252	232	217	283	2424
16	Wessex	444	384	512	HOST	420	360	385	2505
17	Lymington Athletes	263	388	512	400	464	298	358	2683

1	Mike	Gregory	02:33:51	1st man
2	Hugh	Aggleton	02:35:20	2nd man
10	Mike	White	02:53:50	
13	Daisy	Mcclements	02:58:47	1st lady
15	Euan	Mcgrath	03:01:49	
20	William	Feline	03:09:59	
23	Vicky	Shaw	03:12:20	2nd lady
32	Neil	Stantiall	03:21:29	
41	Laura	Wainwright	03:31:26	3rd lady
74	James	Lewington	03:51:30	
78	Nick	Crane	03:55:57	
97	Sally	Mcgrath	04:08:48	
103	Andy	Lee	04:14:52	
116	Steve	Cumes	04:20:51	
134	Mike	Donovan	04:33:55	
136	John	Cox	04:36:44	
137	Simon	Gibbon	04:38:39	
156	Kathy	Chamberlain	04:52:58	
157	Sara	Mcritchie	04:52:58	
159	Karen	Barnicoat	04:55:18	
160	Sadie Lee	Bedford	04:55:19	
161	Shelley	Thomas	04:55:20	
176	Anne	Trotman	05:25:42	

MEON VALLEY PLOD





			Lee-on-the-Solent	04 Feb		Southsea	11 Feb	
			Rob GREENWOOD	00:16:46	PB	Jordan MCRITCHIE	00:18:56	
			Rob ARKELL	00:16:50				
			Andy SIMPSON	00:16:52		Queen Elizabeth	04 Feb	
			Chris BROBIN	00:16:57		Shelley THOMAS	00:31:05	
			Russ COLEMAN	00:17:24	PB			
			David Matthew CASTLE	00:19:10		Netley Abbey	11 Feb	
			Simon HEARNDEN	00:19:20		Daniel FOSTER	00:19:29	
			Susie MACGREGOR	00:19:28		Charlotte LORD	00:20:53	
			James LEE	00:19:29		Del GRANGER	00:22:20	
			Mark MCDONALD	00:19:54		Martyn POORE	00:24:09	
Albert, Middlesbrough	04 Feb		Graham MARTIN	00:20:13				
Daniel O'BOYLE	00:16:13		Richard CHOWNS	00:20:21		Thetford	11 Feb	
			Steve CUMES	00:20:27		Daniel O'BOYLE	00:16:32	
Basingstoke	04 Feb		Del GRANGER	00:20:36	PB			
Tomas STINSON	00:24:32		Jon PLOMER	00:20:56		Kingsbury Water	11 Feb	
			Nikki ROEBUCK	00:21:03		Thomas MCCLEMENTS	00:19:40	
Southampton	04 Feb		Matthew EVANS	00:21:06				
Stephen WILLIAMS	00:23:29		Jon LEIGH	00:21:15		Chichester	11 Feb	
Gordon WESTLEY	00:23:45		Tina Louise CHANTREY	00:21:41		Martin DE WIED	00:26:20	PB
			Tim MATTHEWS	00:21:45				
Newbury	04 Feb		Michael WELLAND	00:21:59		Lee-on-the-Solent	11 Feb	
Rachel LEACH	00:27:52		Richard BAILEY	00:22:15		Lewis BANNER	00:16:50	
			Andrew STOCKWELL	00:23:24		Mark MCDONALD	00:19:42	
Worcester	04 Feb		Andy LEE	00:23:30		Susie MACGREGOR	00:19:55	
Daisy MCCLEMENTS	00:19:55		Tommy BLAKE	00:23:41	PB	Richard CHOWNS	00:20:14	
Thomas MCCLEMENTS	00:20:03		Richard BURNS	00:24:04		Alethea ADAIR-STANTIAL	00:20:47	
Chris HALL	00:21:53		Paul HAMMOND	00:24:13		Scott SHAW	00:21:09	
Wendy HALL	00:30:53		Phil HOBBY	00:24:28		Jon PLOMER	00:21:26	
			Eileen DUFF	00:24:33		Hilary MISSELBROOK	00:21:32	PB
Concord, Sheffield	04 Feb		Gaynor HEFFER	00:24:37	PB	Phil HOBBY	00:21:42	
Natasha HINTON	00:30:19		Alethea ADAIR-STANTIAL	00:24:37		Richard BAILEY	00:22:35	
			Adam JEFFERY	00:25:14		Paul HAMMOND	00:23:25	
Mile End	04 Feb		John BLAKE	00:25:38		Richard BURNS	00:24:31	
Robert SPENCER	00:27:42		Richard BATTEN	00:25:53		Rebecca WHITE	00:25:55	
			Dudley MALSTER	00:26:15		Cliff SHAW	00:26:03	
Netley Abbey	04 Feb		Rebecca WHITE	00:27:30		Mike DONOVAN	00:26:04	
Rebecca Margaret LORD	00:19:38		Martin READ	00:28:31		Martin READ	00:28:45	
Charlotte LORD	00:21:43		Kevin ASHMAN	00:29:30		Martyn BANNER	00:29:03	
Steve TROTMAN	00:21:49		Libby EVANS	00:29:43		Kelly Emma BENNETTS	00:29:16	
Frances Louise LORD	00:25:01		Toby EVANS	00:30:04		Marie MCDONALD	00:29:21	
Stephen WALLBRIDGE	00:26:04		Janet SHAW	00:30:11		Toby EVANS	00:29:59	
Julia PARK	00:26:54		Cliff SHAW	00:30:12		Janet SHAW	00:30:21	
Jules DINWOODIE	00:28:44		Sarah HOBBY	00:31:33		Claire JOHNSON	00:30:29	PB
William GILL	00:29:56		Julie ASHMAN	00:31:36		Sarah HOBBY	00:33:21	
			Claire JOHNSON	00:32:23		Catherine CHAMBERLAIN	00:33:35	PB
Portsmouth Lakeside	04 Feb		Samantha STOCKWELL	00:32:23		April HASSETT	00:36:49	
Jordan MCRITCHIE	00:19:04		Catherine CHAMBERLAIN	00:34:02	PB			
Sara MCRITCHIE	00:26:43					Andover	11 Feb	
Keith WHITAKER	00:27:29		Humber Bridge	04 Feb		Rachel LEACH	00:34:54	
			Liz WEIGHELL	00:32:06				
Fareham	04 Feb					Fareham	11 Feb	
Gareth CHARLES	00:19:41	PB	Portsmouth Lakeside	11 Feb		Graham MARTIN	00:20:33	
Ray GUNNER	00:22:00		Russell MEAD	00:24:44		Gavin RENNIE	00:22:53	
Steve FIDLER	00:22:26	PB	Jules DINWOODIE	00:28:41		Rob ANDERSON	00:23:16	
John SALT	00:24:46					Robert SPENCER	00:27:35	
Kate RANT	00:25:12		Eastleigh	11 Feb		Tom MELLOR	00:31:03	
Kelly Emma BENNETTS	00:28:36		Haydn BROWN	00:27:36		David MACSWAYNE	00:34:16	
Natalie SUMMER-ANDERSON	00:49:44		Keith WHITAKER	00:28:38		Wendy SMITH	00:36:43	
						John SALT	00:49:30	



		Lee-on-the-Solent	18 Feb		Netley Abbey	25 Feb	
		Russ COLEMAN	00:18:24		Daniel FOSTER	00:19:31	
		Andrew STOCKWELL	00:18:34	PB	Rebecca Margaret LORD	00:19:38	
		David Matthew CASTLE	00:18:57		Jack WEBB	00:20:50	
		Jordan MCRITCHIE	00:19:11	PB	Charlotte LORD	00:21:35	
		Graham MARTIN	00:19:46		Steve TROTMAN	00:22:30	
		Matt EMERY	00:20:16		Harry ROEBUCK	00:23:04	
		Scott SHAW	00:20:54	PB	Chris DAVIDSON	00:25:07	
		Haydn BROWN	00:21:15	PB			
		Tim MATTHEWS	00:21:20	PB	Queen Elizabeth	25 Feb	
Milano Nord	11 Feb	Richard CHOWNS	00:21:24		Samantha STOCKWELL	00:31:42	
Andrew STOCKWELL	00:18:45	Phil HOBBY	00:21:24		Claire JOHNSON	00:34:51	
Samantha STOCKWELL	00:29:22	Nikki ROEBUCK	00:21:33				
		Richard BAILEY	00:21:35	PB	Lee-on-the-Solent	25 Feb	
Southampton	18 Feb	Michael WELLAND	00:22:23		Simon HEARN DEN	00:18:55	
Stephen WILLIAMS	00:20:27	Richard BATTEN	00:22:29		Richard BATTEN	00:20:24	
Mark MCDONALD	00:20:50	Paul HAMMOND	00:23:06	PB	Del GRANGER	00:21:43	
Martin READ	00:27:35	Richard BURNS	00:23:42		Tim MATTHEWS	00:22:40	
Marie MCDONALD	00:27:58	Kate RANT	00:24:42		Richard CHOWNS	00:22:44	
		Gareth CHARLES	00:24:43		Jon PLOMER	00:23:01	
Southsea	18 Feb	Shelley THOMAS	00:25:26	PB	Michael WELLAND	00:23:50	
Kerryanne SAWYER	00:26:12	Alison MCCORMICK	00:26:17		Kate RANT	00:24:48	
		Susie MACGREGOR	00:26:17		Helen BENSON	00:26:23	
Eastleigh	18 Feb	Dudley MALSTER	00:27:05		Rebecca WHITE	00:26:28	
Keith WHITAKER	00:28:24	Jane BUTLER	00:27:13		Charlotte MAISEY	00:27:34	
		Claire MEAD	00:28:16	PB	Cliff SHAW	00:29:20	
Winchester	18 Feb	Janet SHAW	00:28:42		Julie ASHMAN	00:29:40	
Gordon WESTLEY	00:23:35	Cliff SHAW	00:28:43		Martyn BANNER	00:30:06	
		William GILL	00:29:14		Amy WADHAMS	00:30:27	
Roundhay	18 Feb	Kevin ASHMAN	00:32:15		Toby EVANS	00:30:33	
Rachel LEACH	00:28:50	Kelly Emma BENNETTS	00:34:13		Kevin ASHMAN	00:31:03	
		Sarah HOBBY	00:34:15		Janet SHAW	00:31:28	
Netley Abbey	18 Feb	Julie ASHMAN	00:35:45		Caz LEE	00:33:09	PB
Rebecca Margaret LORD	00:18:51	Jenny HEARN DEN	00:35:57		Louise TANNER	00:34:00	
Daniel FOSTER	00:19:32				Kate VAUGHAN	00:34:09	
Chris DAVIDSON	00:23:16	Queen Elizabeth	18 Feb		Catherine CHAMBERLAIN	00:36:29	
Frances Louise LORD	00:24:19	Martin DE WIED	00:30:14				
Martyn BANNER	00:31:22				Portsmouth Lakeside	25 Feb	
		Thurrock, Orsett Heath	18 Feb		James LEE	00:19:14	
Brockenhurst	18 Feb	Ray GUNNER	00:20:36		Stuart HISCOCK	00:21:38	
Russell MEAD	00:26:01	Trina READINGS	00:29:32				
Jules DINWOODIE	00:29:57				Fareham	25 Feb	
		Basingstoke	25 Feb		Kelley HANIVER	00:18:58	PB
Fareham	18 Feb	Tomas STINSON	00:25:06		Thomas MCCLEMENTS	00:19:40	
Robert CRANSTONE	00:19:39				Daisy MCCLEMENTS	00:21:14	
Tommy BLAKE	00:24:27	Southsea	25 Feb		Andy LEE	00:25:03	
John SALT	00:25:09	Kelly Emma BENNETTS	00:29:10		Simon GIBBON	00:25:59	
Simon GIBBON	00:25:47				Alison MCCORMICK	00:27:19	
Zoe DENNIS	00:28:33	PB	Eastleigh	25 Feb	Alison MACSWAYNE	00:28:45	
Alison MACSWAYNE	00:28:40		Haydn BROWN	00:21:53	Wendy HALL	00:31:13	
David MACSWAYNE	00:32:56		Keith WHITAKER	00:28:28	Robert SPENCER	00:32:42	
Wendy SMITH	00:37:30				David MACSWAYNE	00:34:52	
Andrew SMITH	00:37:30	Seaton	25 Feb		Wendy SMITH	00:36:38	
Robert SPENCER	01:02:23	Gavin RENNIE	00:23:16		Andrew SMITH	00:38:52	
					John SALT	00:48:14	
Pendle	18 Feb	Chichester	25 Feb				
Tom MELLOR	00:32:22	Graham MARTIN	00:20:45				