

The

# Green *Runner*

AUGUST 2017



# FROM THE CHAIR

Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 14<sup>th</sup> January 2018.

If you can offer any help in the run up to the event then please contact me at [chairman@stubbingtongreenrunners.net](mailto:chairman@stubbingtongreenrunners.net). This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward.

We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day.

We had a very successful runandtalk event last Wednesday and hopefully will have more in the future – everybody who came seemed to enjoy it and led to 3 new members joining on the night.

Our next social event is the BBQ at Royal Victoria Country Park – just £2 for adults and £1 for kids on Saturday 2<sup>nd</sup> September – a scavenger hunt is planned for the kids and competitive adults! Hopefully we will also have tug of war and rounders available to keep everybody occupied.

Following this on Wednesday 13<sup>th</sup> Sept, we have the Fish and Chip handicap – details on facebook and elsewhere in this GR and then the parkrun takeover at Lee on 23<sup>rd</sup> September where we will be providing all the marshals/helpers – let's show everybody what a great club Stubbington Green Runners is.

Also our celebration/awards evening is on Saturday 11<sup>th</sup> November at David Lloyd - we will confirm ticket details as soon as possible but it would be lovely to see as many people there as possible at this popular annual event.

We now have a public Facebook page so feel free to share this with anybody you think might be interested.

Finally don't forget to vote for us as running club of the year in the final round of the Mens Running Awards – just go to <http://mensrunninguk.co.uk/awards/running-club-year/> and select Stubbington Green from the drop down list.

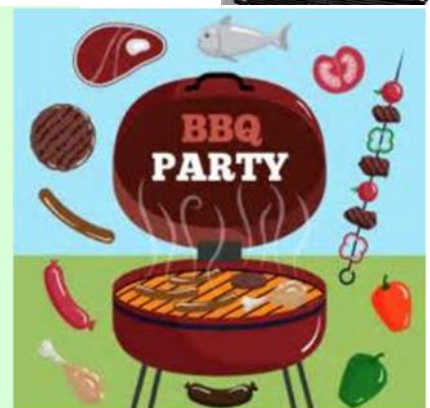
Happy Running  
Kevin



## SGR Summer BBQ

Royal Victoria Country Park  
Netley Laurel Barbecue site

**Saturday 2<sup>nd</sup> September**  
**11am – 4pm**



We are planning to have our annual BBQ this year on the 2<sup>nd</sup> September at Royal Victoria Country Park (Netley) from 1100, where we will have games for all the family and of course a run around Country Park.

There will be a small cost per person (further details will be posted on our website soon).

## CAPTAINS CORNER

That's it the schools have now broken up and Summer is officially here.

As a club we hosted the 7<sup>th</sup> RR10, and had some great feedback from those that ran it, many thanks to Neil for organising it and us volunteers. Special thanks to the volunteers as without you all these events couldn't happen.

The next RR10 for your calendar is Itchen valley on the 2 August, it's a local event so be great to see a sea of green. Closely followed by RR10 at IBM Hursley 16 August and the final RR10 is now being held at Eastleigh University Sports Ground on the 23 August. The ladies are still in first place, although Lordshill are a very close second, we still have 3 races to go let's make it two years in a row as the winners. The men's team are currently in third place, again close with Lordshill who are in second, hopefully we can get a good turn out to move the men up to second. Neil will give a full update on how we've been doing.

The month kicked off with the Ultimate trails 110km & 55k run with several stubbys returning again to take on the epic event, well done everyone. Some other challenges and races taken on by individuals were the Summer Plod, Cotsworld 24 hour challenge, well done George Howarth, New Forest 10 miles, Wyvern 10k, Durberville 10k, Bath Long half (16 miles), Spitfire Scramble, St Georges 10 miles, British London 10k, and Tadley 10k. Cider Frolic event, well done to Lara Evans on completing her first marathon distance, with their team coming 2<sup>nd</sup> out of 4. Sue Robinson completed another marathon distance 'On the Whistle', also Steve Fidler who finished his first Marathon in Tenby as part of the Long Course Weekend.

There has been a lot of tri-events this month, well done to everyone who has taken part. A special mention goes to Simon Hearnden who

swam the Solent in memory of Mike Clarke for MND charity.

Also this month Lakeside 5k Race 4 took place with Rob Greenwood as first Stubby in 8<sup>th</sup> overall and 4<sup>th</sup> SM and Kelley Haniver was first stubby lady and 1<sup>st</sup> VM40, well done to everyone who ran. It was also Race 3 of the Absolute Running Gosport 5K, where there was some great results, Andrew Stockwell was first MV45 and in 7<sup>th</sup> place overall, Nikki Roebuck was first stubby lady and 1<sup>st</sup> FV35, well done to the Cranstones (Robert & Sarah) both getting 1<sup>st</sup> in their age categories too M/FV55 and Dawn Haynes-Sewell on 1<sup>st</sup> FV45.

We had the 6.05 special this month where we had runners from Stubbington, Hedge End and Fareham take on the 10k run along Wickham railway. Thanks to the volunteers who helped out on the night.

We also had the Time Trial where Simon Bacon was biggest improver on the night for the men and Sara McRitchie for the ladies, next one is 7 September.

This month we held a run and talk event where we had a great turn with some new faces, usual Wednesday club runners and returning runners, thanks to Tina Chantrey and Julie Ashman for leading.

Don't forget we have our annual stubby BBQ planned for the 2 September, make sure you hold it in your diaries, we don't want anyone to miss out.

Finally please don't forget if you haven't already please renew your club membership. Enjoy the summer break for those going away.



Andy Stockwell



Marie McDonald

## LONDON 10K

4203	Maria Mcdonald	01:04:45
------	----------------	----------

## CIDER FROLIC

23 Laps	Stumbling Green Runners	12:54:40
	Matt Evans	
	Lisa Donn	
	Lara Evans	
	Andy Donn	

7 Laps	Julie Ashman	06:09:11
--------	--------------	----------

## ULTIMATE TRAILS 110K

39	Neil Stantial	16:36:16
131	David Langrish	20:31:10

## ULTIMATE TRAILS 55K

8	Daragh Hendley	06:20:45
162	Phil Hobby	09:02:46
168	Julie Ashman	09:08:00
315	Chris Leach	10:35:33
316	Rachel Leach	10:35:53

## MEON VALLEY SUMMER PLOD 21 MILES

6	STOCKWELL, Andrew	03:14:51
29	LEE, Andy	04:30:18
64	SAWYER, Kerry	06:15:52

## ST GEORGES 10MILE IOW

30	Scott Shaw	01:19:22
----	------------	----------

## Tenby Tri

Steve Fidler		
Swim	01:10:00	3.8k
Bike	07:17:00	112m
Run	04:37:00	26.2

## WYVERN 10K

22	Marcus	Lee	00:41:27
230	Helen	Benson	00:53:44
255	Aga	Plombon	00:54:35

## NEW FOREST 10MILE

41	Dan Foster	01:08:56
76	Russ Coleman	01:14:10
122	Martin Griffin	01:18:00
375	Mandy Burton	01:34:49
497	Lynsey Adamson	01:43:49
565	Lindsay Pratt	01:51:02
566	Sue Moore	01:51:02

## MEON VALLEY SUMMER PLOD 6.5 MILES

13	STOCKWELL, Jamie	01:10:02
16	STOCKWELL, Samantha	01:13:51

## LAKELAND 50MILE

66

Wes Jones

10:27:12

## GOSPORT 5K SUMMER SERIES RACE 3

8	Andrew Stockwell	00:18:43
15	Robert Cranstone	00:19:42
22	Nikki Roebuck	00:20:27
25	Haydn Brown	00:20:57
28	Andrew Miles	00:21:16
29	Simon Bacon	00:21:24
49	Sarah Cranstone	00:22:54
56	Kerryanne Sawyer	00:24:13
60	Sarah Gardiner	00:24:50
67	Dawn Haynes-Sewell	00:25:52
70	Sara Mcritchie	00:26:02
73	Alison Hesselberth	00:26:27
117	Nichola Plomer	00:34:35

## LAKESIDE 5

8	Rob Greenwood	16.35
40	Jon Plomer	18.55
47	Kelley Haniver	19.17
75	Lucy May	21.20
94	Sally McGrath	22.53
100	Russell Mead	23.40
113	Mike Wootton	27.14
118	Robert Spencer	29.04

## TADLEY 10k

240	Phil Clark	73.17
242	Toby Evans	73.33

## COTSWOLD 24HOUR CHALLENGE

George Howarth	81km	13:02:32
----------------	------	----------

## Pen Y Fan 3.5 miles

62

Chris Hall

55.45

## Fan Y Big 10.5 miles

71

Chris Hall

01:46:36

## WIMBLEDON COMMON HALF

56

Richard Chowns

01:38:16

## On The Whistle 6 Hour Challenge

36

Sue Robinson

06:02:54

27.6 miles

## Durberville Dash 10k

37

Gareth

Charles

00:43:22

51

Richard

Chowns

00:44:54

## BATH LONG HALF 16MILES

16

Mark Mcdonald

02:15:44

89

Marie Mcdonald

03:04:13

# Fish and Chip Handicap 13<sup>th</sup> September 2017

Start and finish outside the Rising Sun pub, Warsash.

Course is just under 6 miles and is a mix of beach, footpaths and road.

Yes, all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the

**SEPTEMBER FISH N CHIP HANDICAP!!** . The handicap will be held on Wednesday 13th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, instructions, 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!

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

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

**Please pay on the night but we must know exact numbers, so please email or call Nick Kimber (nick@hookpark.co.uk or 07977411452) by Monday 11th Sept if you would likesome fine English cuisine – otherwise NO NAME NO GRUB!**

## **ROUTE:**

**Start by heading along the Solent way path with the sea on your right towards Solent breezes. Keep going along the coast, do not head inland until you come to Workman's Lane just before Solent Breezes (nearly 2 miles).**

**Head inland going up Workman's Lane, keeping left at a fork and go through the gate and then just after the house on your right you will see a 5-bar gate on your right, take the stile over the gate in to the field.**

**Keep to the right-hand side of the field and follow the footpath around it, after about 400 meters the path turns left and continue until you reach a stile on your right, go over the stile and along the path until it meets Hook Park Road (gravel).**

**Turn left and after 400 meters take the right turn, which at first goes slightly downhill and then uphill till you reach Church Road.**

**Go along Church Road keeping to the right-hand side and take the second right (New Road) that leads to Warsash Wasp's football pitches. Follow this path though Warsash Common and stay on the main path until you go through a metal gate, do not take paths to the left or right. This is New Road again with a few houses on your left. After 100 meters turn sharp left at the junction (Dibles Road).**

**Run along Dibles Road until it meets Warsash Road, keeping to your left continue, then take the 1st Left (Church Road). Run down Church Road until you get to Osbourne Road on your right, turn right going along Osbourne Road, keep to your left-hand side along Osborne Road (pass Pitchponds Road) until you have a footpath on your left (Easily Missed). If you get to Bevis Close on your right then you have missed the footpath.**

**The footpath leads to Queens Road, go straight out of Queens Road and turn left in to New Town Road. After 100 meters turn right down another footpath, which comes back out on to the Solent Way , turn right and head for the finish.**

# TRAINING SESSIONS

Mon	07/08/2017	Solent Hotel	06:30	Penny	Whiteley	25 mins Pyramid of Short Hills	Jog back down
Tue	08/08/2017	Locks Heath Sports Ground	7pm	Frances	Brownwich lane	5x1ml, (or 5x1K) at 10K pace	2 min static
Thu	10/08/2017	Crofton Community Centre	7pm	Mike B/ Mike W	Seafield park	WU; 6x45s with 100m walk recovery; 6x20s with 50m walk rec	
Mon	14/08/2017	Solent Hotel	06:30	Penny	Whiteley	Football Pitch Intervals - 3 x Lap; 4 x 2 sides; 5 x 1 side	2 / 2 / 1 side
Tue	15/08/2017	Locks Heath Sports Ground	7pm	Mike W	Warsash Common	2,4,6,6,4,2 min hooter session	2min RI
Thu	17/08/2017	Holly Hill	06:30	Nigel	Holly Hill	Short Hilly Loop	Downs
Mon	21/08/2017	Solent Hotel	06:30	Marcus	Whiteley	25 mins of Leafy Lane Loop Fartlek - effort up hills	Jog down hills
Tue	22/08/2017	Locks Heath Sports Ground	7pm	Frances	Chilling	6x loop plus short hill from beach	Jog back down short hill
Thu	24/08/2017	Crofton Community Centre	7pm	Penny	Lee Seafront	Beach Sprints	walk / jog back along tarmac
Mon	28/08/2017	Bank Holiday					
Tue	29/08/2017	Locks Heath Sports Ground	7pm	Mike White	St John's park	4x400, 4x400, 4x400 (split into pairs); Core strength exercises in between	Machines in the park; 2min between sets
Thu	31/08/2017	Holly Hill	06:30	Frances		All the Hills (in Reverse)	Downs or flats
Thu	31/08/2017	Crofton Community Centre	7pm	Lisa	Seafield Park	(90s, 60s,30s) x3	2min recovery
Mon	04/09/2017	Solent Hotel	06:30	Penny	Whiteley	25min Forest Laps	Recovery on short side
Tue	05/09/2017	Opposite Titchfield Mill	7pm	Mike White	Fisherman's rest	Down hill skills session (Meet at car park opposite Titchfield Mill)	Steady climb to top
Thu	07/09/2017	Crofton Community Centre	6:45 /7p m	Mike White	Eric road	Summer Time Trial (3)	n/a



			<b>Eastleigh</b>	<b>01 July</b>		<b>Homewood</b>	<b>08 July</b>	
			Andrew STOCKWELL	00:25:18		Martin READ	00:31:27	
			Jamie STOCKWELL	00:27:00	PB			
			Samantha STOCKWELL	00:30:00	PB	<b>Hobart</b>	<b>08 July</b>	
			Keith WHITAKER	00:30:19		Rebecca Margaret LORD	00:19:37	
<b>Basingstoke</b>	<b>01 July</b>		<b>Newbury</b>	<b>01 July</b>		<b>Southampton</b>	<b>08 July</b>	
Tomas STINSON	00:23:19		Jon LEIGH	00:20:58		Gareth CHARLES	00:19:28	
Daisy-Emily STINSON	00:48:51							
Allan STINSON	00:48:52		<b>Fareham</b>	<b>01 July</b>		<b>Netley Abbey</b>	<b>08 July</b>	
			Paul SOUTHON	00:24:59		Charlotte LORD	00:20:47	
<b>Havant</b>	<b>01 July</b>		Simon GIBBON	00:27:35		Russell MEAD	00:24:43	
James LEE	00:20:18		Tom MELLOR	00:32:13		Simon GIBBON	00:27:03	PB
			David MACSWAYNE	00:35:54				
<b>Whiteley</b>	<b>01 July</b>		Wendy SMITH	00:36:23		<b>Basingstoke</b>	<b>15 July</b>	
Chris BROBIN	00:17:34		Andrew SMITH	00:38:35		Tomas STINSON	00:22:38	
Steve CUMES	00:20:02	PB						
Nikki ROEBUCK	00:20:18	PB	<b>Queen Elizabeth</b>	<b>08 July</b>		<b>Whiteley</b>	<b>15 July</b>	
Robert CRANSTONE	00:22:07		Andrew STOCKWELL	00:20:18	PB	Daniel ELLIOTT	00:19:05	PB
Sarah CRANSTONE	00:22:37	PB	Susie MACGREGOR	00:21:20		Gareth CHARLES	00:19:32	
Eileen DUFF	00:23:35	PB	Jon LEIGH	00:22:28		Nikki ROEBUCK	00:20:38	
Helen BENSON	00:24:49	PB	Eileen DUFF	00:26:00		Michael WELLAND	00:22:08	
Chris MCGAW	00:25:13		Jamie STOCKWELL	00:26:04	PB	Richard JACKS	00:22:37	
Martin DE WIED	00:26:30		Katherine CHOWNS	00:30:21		Chris MCGAW	00:24:17	
Sarah NORTHCOTT	00:26:56	PB	Samantha STOCKWELL	00:31:32	PB	Helen BENSON	00:25:37	
Charlotte MAISEY	00:27:09		Claire JOHNSON	00:36:03		Simon GIBBON	00:26:44	
William GILL	00:27:58					Kevin ASHMAN	00:27:33	PB
Claire JOHNSON	00:32:24	PB	<b>Seaton</b>	<b>08 July</b>		Martin DE WIED	00:27:38	
			Andy LEE	00:23:43		Martin READ	00:28:21	
<b>Winchester</b>	<b>01 July</b>					Greig BENSON	00:33:40	
Gordon WESTLEY	00:24:30		<b>Weymouth</b>	<b>08 July</b>		Pamela KEMP	00:45:04	
			Robert CRANSTONE	00:19:43				
<b>Netley Abbey</b>	<b>01 July</b>					<b>Eastleigh</b>	<b>15 July</b>	
Daniel FOSTER	00:19:48		<b>Chichester</b>	<b>08 July</b>		Haydn BROWN	00:27:07	
Frances Louise LORD	00:23:20		Jonathan HARRINGTON	00:27:45	PB	Keith WHITAKER	00:31:29	
Stuart HALL	00:23:56							
<b>Alice Holt</b>	<b>01 July</b>		<b>Lee-on-the-Solent</b>	<b>08 July</b>		<b>Bognor Regis</b>	<b>15 July</b>	
Toby EVANS	00:31:39		Michael GREGORY	00:17:31		Toby EVANS	00:31:23	
			Will FELINE	00:18:07				
<b>Chichester</b>	<b>01 July</b>		Del GRANGER	00:21:23		<b>Kesgrave</b>	<b>15 July</b>	
Jonathan HARRINGTON	00:28:06		Simon BACON	00:21:45		Lewis CHALK	00:16:27	PB
			Michael WELLAND	00:22:17		Laura RIDGE	00:20:25	PB
			Ashley LOVELL	00:22:49				
<b>Crissy Field</b>	<b>01 July</b>		Robert HINKLEY	00:23:41		<b>Lee-on-the-Solent</b>	<b>15 July</b>	
Robert SPENCER	00:30:50		Stephen WILLIAMS	00:24:06		Jon PLOMER	00:19:18	
			Kerryanne SAWYER	00:24:14		Susie MACGREGOR	00:19:36	
<b>Lee-on-the-Solent</b>	<b>01 July</b>		Gaynor HEFFER	00:24:29	PB	Graham MARTIN	00:19:51	
Graham MARTIN	00:19:34		Alison HESSELBERTH	00:25:16		James LEE	00:20:49	
Mark MCDONALD	00:19:44		Robin PEAL	00:25:20		Matthew EVANS	00:21:02	
Susie MACGREGOR	00:19:49		Sarah NORTHCOTT	00:26:14	PB	Michael LOVELL	00:21:36	PB
Rob GREENWOOD	00:19:56		Adam JEFFERY	00:28:19		Hilary MISSELBROOK	00:22:10	
Marcus LEE	00:20:10		Greg ROWE	00:29:00		Mark John EATON	00:22:45	
Matt EMERY	00:20:25		Janet SHAW	00:29:56		Andy LEE	00:22:56	
Jon PLOMER	00:20:46		Susan BONNAR	00:30:37		Richard BAILEY	00:24:05	
Andy DONN	00:20:47		Daniel HUGHES	00:31:10		Phil HOBBY	00:24:12	
Michael WELLAND	00:22:48		Claire PEAL	00:31:43		Alison HESSELBERTH	00:25:17	
Andy LEE	00:23:17		Louise TANNER	00:32:59		Shelley THOMAS	00:26:02	
Lewis BANNER	00:23:39		Sue FLEWITT	00:33:50		Sara MCRITCHIE	00:26:10	
Lisa DONN	00:23:50	PB	Jenny HEARNDEN	00:35:48		Mandy BURTON	00:28:47	
Marie MCDONALD	00:25:06					Janet SHAW	00:28:48	
Dawn HAYNES-SEWELL	00:25:39		<b>Jersey</b>	<b>08 July</b>		Cliff SHAW	00:28:48	
John SIMISTER	00:25:45		Martin DE WIED	00:31:50		Martyn BANNER	00:28:48	
Sarah JONES	00:25:48	PB				Rosie COGHLAN	00:28:50	
Kerryanne SAWYER	00:26:19		<b>Fareham</b>	<b>08 July</b>		Claire PEAL	00:29:46	
Sara MCRITCHIE	00:26:30		Hilary MISSELBROOK	00:23:07		Claire JOHNSON	00:31:58	
Cliff SHAW	00:27:59		Daniel Richard HORSCROFT	00:25:06		Sarah JONES	00:32:39	
Martyn BANNER	00:28:28		George HOWARTH	00:26:44		Jenny HEARNDEN	00:34:21	
Susan BONNAR	00:29:37		Tom MELLOR	00:32:15				
Cameron SEWELL	00:30:43		Wendy SMITH	00:37:10		<b>Ludlow</b>	<b>15 July</b>	
Louise TANNER	00:31:36		Allan STINSON	00:40:30	PB	William GILL	00:30:19	PB
Sarah HOBBY	00:32:09		Andrew SMITH	00:46:49				
Janet SHAW	00:35:53							





			<b>Netley Abbey</b>	<b>22 July</b>		<b>Winchester</b>	<b>28 July</b>	
			James LEWINGTON	00:20:31		Chris LEACH	00:20:09	
			Charlotte LORD	00:20:44		Gordon WESTLEY	00:25:52	
			<b>Beckton</b>	<b>22 July</b>		Haydn BROWN	00:26:43	
			Lewis CHALK	00:17:34		Rachel LEACH	00:28:47	
			<b>Lee-on-the-Solent</b>	<b>22 July</b>		<b>Netley Abbey</b>	<b>28 July</b>	
			James LEE	00:19:33		Nikki ROEBUCK	00:20:09	PB
			Marcus LEE	00:20:19		<b>Brockenhurst</b>	<b>28 July</b>	
			David THORPE	00:20:30		Adrian PIDDINGTON	00:19:53	
<b>Southsea</b>	<b>15 July</b>		Lucy MAY	00:22:31				
Andrew STOCKWELL	00:18:48		Andy LEE	00:23:13		<b>Didcot</b>	<b>28 July</b>	
Samantha STOCKWELL	00:27:25	PB	Richard BAILEY	00:23:28		Jon LEIGH	00:21:11	
Susan BONNAR	00:29:40		Russell MEAD	00:24:02				
<b>Netley Abbey</b>	<b>15 July</b>		Michael WELLAND	00:24:22		<b>Chichester</b>	<b>28 July</b>	
Daniel FOSTER	00:18:49		Tim MATTHEWS	00:24:55		Jonathan HARRINGTON	00:28:56	
Charlotte LORD	00:20:15	PB	Sara MCRITCHIE	00:25:45		Toby EVANS	00:30:32	
Chris LEACH	00:20:16		Adam JEFFERY	00:27:08				
Stuart HALL	00:21:20	PB	Cliff SHAW	00:27:13		<b>Shanganagh</b>	<b>28 July</b>	
Frances Louise LORD	00:24:13		Toby EVANS	00:28:48		Martin READ	00:28:01	
Rachel LEACH	00:28:04		Susan BONNAR	00:29:54				
			Louise TANNER	00:32:33		<b>Lee-on-the-Solent</b>	<b>28 July</b>	
<b>Havant</b>	<b>15 July</b>		Kerryanne SAWYER	00:32:54		Lewis CHALK	00:16:54	
Jonathan HARRINGTON	00:28:14		Janet SHAW	00:33:17		Chris BROBIN	00:17:18	
			Sarah JONES	00:33:26		Rob GREENWOOD	00:17:37	
<b>Fareham</b>	<b>15 July</b>		Jenny HEARNDEN	00:35:04		Andrew STOCKWELL	00:18:41	
Chris HALL	00:20:08					Graham MARTIN	00:19:52	
Penny FORSE	00:22:34		<b>Plymvalley</b>	<b>22 July</b>		Dave THORPE	00:19:56	PB
Daniel Richard HORSCROFT	00:24:52		Mark John EATON	00:22:32		Laura RIDGE	00:20:46	PB
Natalie SUMMER-ANDERSON	00:29:23					Scott SHAW	00:20:53	
Tom MELLOR	00:31:29		<b>Fareham</b>	<b>22 July</b>		Richard EDMUNDS	00:21:12	
Wendy HALL	00:31:45		Chris HALL	00:20:02		Richard BAILEY	00:22:59	
David MACSWAYNE	00:35:55		Matt EMERY	00:20:24		Tim MATTHEWS	00:24:45	
Wendy SMITH	00:38:58		Daisy MCCLEMENTS	00:20:59		Rosie COGHLAN	00:27:09	
John SALT	00:55:57		Paul SOUTHON	00:25:07		Rebecca WHITE	00:27:15	
			Natalie SUMMER-ANDERSON	00:29:30		Natalie SUMMER-ANDERSON	00:28:23	
<b>Whiteley</b>	<b>22 July</b>		Natalie FLACK	00:33:08		Cliff SHAW	00:29:00	
Nikki ROEBUCK	00:20:02	PB	Claire JOHNSON	00:33:12		Susan BONNAR	00:30:01	
Mark MCDONALD	00:20:13		Robert SPENCER	00:35:13		Tina Louise CHANTREY	00:30:02	
Greig BENSON	00:22:46					Louise TANNER	00:31:49	
Gavin RENNIE	00:23:42		<b>Weymouth</b>	<b>22 July</b>		Jenny HEARNDEN	00:34:19	
Martin DE WIED	00:26:18	PB	Robert CRANSTONE	00:19:36		Linda KOPINSKA	00:36:08	
Jon LEIGH	00:26:50		Sarah CRANSTONE	00:22:13		Janet SHAW	00:36:51	
William GILL	00:27:36	PB						
Keith WHITAKER	00:27:50	PB	<b>Basingstoke</b>	<b>28 July</b>		<b>Tooting Common</b>	<b>28 July</b>	
Kevin ASHMAN	00:28:34		Tomas STINSON	00:23:20		Daniel ELLIOTT	00:19:14	
Pamela KEMP	00:29:52							
Julie Elizabeth RYMAN	00:29:53		<b>Whiteley</b>	<b>28 July</b>		<b>Portsmouth Lakeside</b>	<b>28 July</b>	
Richard JACKS	00:30:25		Daniel FOSTER	00:18:37	PB	Chris HALL	00:19:39	
Charlotte MAISEY	00:31:40		Susie MACGREGOR	00:19:42	PB	Wendy HALL	00:30:36	
			Robert CRANSTONE	00:19:55				
<b>Poole</b>	<b>22 July</b>		Gareth CHARLES	00:20:25		<b>Fareham</b>	<b>28 July</b>	
Rob GREENWOOD	00:16:45	PB	Sarah CRANSTONE	00:22:28	PB	James LEE	00:19:48	
Andy SIMPSON	00:16:49		Greig BENSON	00:22:55		Ray GUNNER	00:20:15	PB
David Matthew CASTLE	00:18:37		Hollie SMITH	00:23:00	PB	Andy LEE	00:23:10	
Simon HEARNDEN	00:18:50		Gavin RENNIE	00:23:24	PB	Lucy MAY	00:23:30	
Gareth CHARLES	00:19:44		Simon GIBBON	00:26:01		Paul SOUTHON	00:25:03	
Tom CALLAWAY	00:20:26		Charlotte MAISEY	00:26:55		John SALT	00:25:55	
Martyn POORE	00:23:08		Martin DE WIED	00:27:05		George HOWARTH	00:26:18	PB
Chris STAPLEFORD	00:25:01		Kevin ASHMAN	00:27:45		Kevin SAUNDERS	00:28:20	
Haydn BROWN	00:25:30		Katherine CHOWNS	00:29:54		Robert SPENCER	00:29:20	
Kate RANT	00:25:42		Chris MCGAW	00:30:53		Liz JAMES	00:33:14	
Michelle SIMPSON	00:31:18		Helen BENSON	00:32:44		Sue ROBINSON	00:33:27	
			William GILL	00:33:38		Andrew SMITH	00:43:09	
<b>Winchester</b>	<b>22 July</b>							
Chris LEACH	00:20:14		<b>Eastleigh</b>	<b>28 July</b>		<b>Medina I.O.W.</b>	<b>28 July</b>	
Rachel LEACH	00:28:44		Keith WHITAKER	00:29:00		Sarah BARRON	00:32:05	
			Natalie FLACK	00:33:22				
<b>Chichester</b>	<b>22 July</b>		Claire JOHNSON	00:33:23		<b>Southsea</b>	<b>28 July</b>	
Jonathan HARRINGTON	00:27:56					Michael WELLAND	00:22:27	