The

GreenRunner

SEPTEMBER 2017

FROM THE CHAIR

August saw the culmination of the RR10 series , where we had 133 stubbies run at least one of these races during the season. Congratulations to all of you especially, Andy Simpson, Kelley Haniver, Penny Forse and the Ladies team who all won their respective categories. The HRRL season kicks off with Overton on 3rd September so good luck to everybody who has entered.

Entries are now open for our own Stubbington 10k race on January 14th but I would remind every member who wants to enter that they should provide the name of a marshal/helper to myself or Sara McRitchie so that we can ensure that we have a fully supported race on the day.

As we move into the Autumn the cross country season also kicks off shortly. The CC6 dates are still provisional but we are expecting our race at Whiteley to be 1st October so please look out for requests from Neil Stantial for helpers for this race – it would be great to repeat the superb marshalling we did at the equivalent RR10 race in the summer.

By the time you read this we will have enjoyed the summer BBQ and don't forget the awards/celebration evening on November 11th – details of which are below.

Happy Running

Kevin
Chairman

STUBBINGTON GREEN RUNNERS AWARDS NIGHT

Saturday 11th November is the date and the David Lloyd Club at Port Solent is the venue for this annual Stubbie event.

It always provides great food, socialising and dancing together with the opportunity to recognise some great achievements by our members over the past year. The event is one of our most popular so please nook early to avoid disappointment.

There will be a Buffet meal followed by the presentation of Awards and then the dancing can begin. We have kept the cost down this year to £15 per head and payment can be made through PayPal. Please go to the website where you will find details and the booking form.

Looking forward to seeing you all at what is a great evening.

CAPTAINS CORNER

Hopefully everybody was able to watch the inspiring performances from the British and World athletes at this year's London World Championship Athletics if not in person, then maybe on TV. I definitely get inspired, especially watching the likes of Sir Mo and Laura; seeing how much effort they put into every race is a reflection of just how much training and preparation they put in. When I'm looking for a tiny bit more speed or effort in races I usually think back to these races and usually I seem to feel I get some benefit from picturing those images.

August has been a good month for the Green Team with lots of great performances in a variety of events over varying distances. The culmination of the RR10 series was very exciting with a lot hanging on the last race at Eastleigh. A massive well done must go to the ladies team who were triumphant against strong competition all season. Congratulations also to Andy Simpson and Kelley Haniver for winning the V40 age categories and also Penny Forse for scooping the V60 prize. Very credible 2nd places in age categories to Mike White, Sally McGrath and Beccy Lord. Well done to everybody else who competed in this very enjoyable series, it was great to show the rest of Hampshire what a determined bunch of runner we are. Special thanks also to Neil Stantial and Jon Leigh for the organisational aspects.

September sees the start of the Hampshire Road Race League. For club members that aren't familiar with the series it is basically 12 road races from September to June over various distances between 5 mile and half marathon. You can run as many or as few races as you want. There are team prizes and individual prizes as usual but also if you complete seven or more races throughout the series you will receive a special mug with all the qualifying runners' names on. Additionally, if you complete seven races the club will reward you with a special t-shirt to recognise your efforts. If you are planning on running in various HRRL races I encourage you to apply early as some races sell out well before the event. Check the HRRL website for all events.

Some of the notable performances this month include Pere Capdevila winning the Salisbury 54321 Marathon. Well done to George Howarth for completing the Salisbury 50k race in what he says will be his last ultra (that's what everybody says George). Rob Arkell won the Wickham 10k and also the latest Bayside 5k with Graham Bell 1st VM50, me first V45, Michael Welland 1st VM7, Nikki Roebuck 1st VF and also 3rd lady. (The last Bayside 5k is on 12 September). Good run by Mike Gregory and Chris Brobin taking the 1st and 2nd places at the South Downs Way Midnight Marathon with Mike White the other member of the winning team. Well done to Sandie McIntosh and Sue Robinson on completing the Guernsey Marathon, new PB and 1st WV60 for Sue. Well done to everyone else who donned the green vest this month.

We entered four teams into the Hart Relay (4 hours, 4km lap, 4 per team) with Beccy Lord, Lucy May, Hillary Misselbrook and Sally McGrath forming a team which took 2nd place in the ladies category. Well done to all runners, it looked an enjoyable day out.

The Stubbie takeover of Lee on Solent parkrun (all one word and not capitalised (sorry pet hate of mine)) is happening on 23rd September. If you want to help out and haven't volunteered already give your name to Kevin Ashman. We are planning to have a cake stand on the day so all budding bakers please donate a cake or buns if you can.

The Fish and Chip Handicap run kindly organised by Nick Kimber is being held on the evening of 13th September, route details can be found on the website. Please let Nick know your food order in advance; pay on the night.

Look out for the first race in the CC6 series which takes place in September, hopefully we can get plenty of greens out to enjoy what hopefully will be a bit of mud after our mainly dry period.

Don't Forget - Last summer Time Trial at Eric Road Stubbington, Thursday 14th September.

Andy Stockwell

Marie McDonald

WICKHAM 10K

1	Rob Arkell	00:34:14
59	Greig Benson	00:47:48
216	Lindsay Pratt	01:01:53
235	Toby Evans	01:05:25

SALISBURY 54321

	33K	
109	ANDY LEE	04:38:49

	42K	
1	PERE CAPDEVILA	02:48:30
20	ANDREW STOCKWELL	04:05:23
23	MELANIE JEWETT	04:06:28

	50K	
180	GEORGE HOWARTH	06:21:05

GUERNSEY MARATHON

99	Sue Robinson	05:04:25
112	Sandie McIntosh	05:29:50

Isle of Wight Half Marathon

93	**TINA CHANTRY**	**01:44:10**
282	**SARAH BARRON**	**02:23:08**

SOUTHDOWNS MIDNIGHT MARATHON

1	Mike	Gregory	03:16:12
2	Christopher	Brobin	03:16:12
8	Mike	White	03:54:20
34	Jon	Leigh	04:41:03
56	David	Langrish	05:01:26
76	James	Lewington	05:19:57

LAKESIDE 5

11	Lewis Banner	16.31
15	Rob Greenwood	16.50
36	Dan Foster	18.14
46	Jon Plomer	18.53
53	Graham Martin	19.08
57	Kelley Haniver	19.17
88	Sally McGrath	21.11
90	Lucy May	21.18
102	Hilary Misselbrook	21.59
111	Russell Mead	23.33
135	Mike Wootton	27.23
141	Robert Spencer	29.07
145	Jules Dinwoodie	31.11

GOSPORT 5K SUMMER SERIES RACE

1	Rob Arkell	00:16:35
9	Andrew Stockwell	00:18:13
16	Jon Plomer	00:19:02
17	Graham Bell	00:19:27
19	Nikki Roebuck	00:19:35
27	Mark Eaton	00:20:41
30	Simon Bacon	00:20:50
31	Lucy May	00:20:58
43	Andrew Miles	00:22:08
46	Mark Welland	00:22:14
57	Dawn Haynes-Sewell	00:24:49
58	Philip May	00:24:50
66	Elizabeth Miles	00:25:45
67	Kerryanne Sawyer	00:25:58
68	Sara Mcritchie	00:26:04
120	Nikkie Plomer	00:32:40

3	Rebecca LORD
6	Susie MACGREGOR
9	Helen NICHOLLS
11	Vicky SHAW
14	Lucy MAY
23	Gill ROSE
28	Hilary MISSELBROOK
29	Sally MCGRATH
36	Penny FORSE
37	Julie ASHMAN
48	Marie MCDONALD
61	Gaynor HEFFER
93	Sara MCRITCHIE
106	Katherine CHAMBERLAIN

RR10 EASTLEIGH

6	Andy SIMPSON
12	Lewis BANNER
31	Andy STOCKWELL
33	Mike WHITE
59	Graham MARTIN
62	Tom CALLAWAY
84	Jon LEIGH
87	Jack TUCKWELL
93	Rich SNELL
112	Graham JAMES
125	Paul COVERDALE
127	Andy LEE
148	Russell MEAD
155	Chris STAPLEFORD
160	George HOWARTH
169	Mike WOOTTON
170	Keith WHITAKER
178	Greg ROWE
179	Kevin ASHMAN
183	Jonathan HARRINGTON
189	Martyn BANNER
190	Robert SPENCER

FINAL LEAGUE STANDING LADIES

1	Stubbington Green Runners	14
2	Lordshill Runners	17
3	Winchester and District AC	24
4	Southampton Athletic Club	26
5	Stubbington Green Runners (B)	53

FINAL LEAGUE STANDING MEN

1	Southampton Athletic Club	9
2	Lordshill Runners	23
3	Stubbington Green Runners	29

RR10 FINAL INDIVIDUAL STANDINGS - STUBBINGTON LADIES

2	Rebecca LORD		201	Hilary MISSELBROOK	348	Kelly WICKENS
5	Kelley HANIVER	1st V40	210	Marie MCDONALD	349=	Alethea ADAIR-STANTIALL
7	Daisy MCCLEMENTS		211	Helen LIVINGSTON	351	Lottie LORD
20	Gill ROSE	4th V40	212	Emily JOHNSON	355=	Mel SEDDON
21=	Susie MACGREGOR		226	Debbie MADEIRA	365	Eileen DUFF
27	Lucy MAY		227	Sam STOCKWELL	376	Sarah GARDINER
29=	Sally MCGRATH	2nd V50	231	Donne CASWELL	380=	Kate RANT
29=	Penny FORSE	1st V60	232	Sarah GREGORY	393=	Aga PLOMBON
40	Julie ASHMAN		241	Sue ROBINSON	395=	Sarah JONES
70	Gaynor HEFFER		242=	Sandie MCINTOSH	395=	Laura DEVINE
78	Becca WHITE		248	Helen NICHOLLS	397=	Charlotte MAISEY
94=	Melissa COSENS		249	Vicky SHAW	414	Claire MEAD
134	Lara EVANS		250	Nikki ROEBUCK	416=	Kelly BENNETTS
138	Lisa DONN		275	Jemma RAEBURN	418	Pamela KEMP
142	Helen BENSON		283	Karen SALMON	420	Simone SHEPHERD
146	Sara MCRITCHIE		289	Alison MCCORMICK	421=	Sarah NORTHCOTT
156	Laura WAINWRIGHT		302	Gemma CHRISTIE	434	Tessa KIMBER
173=	Katherine CHAMBERLAIN		310=	Louise TANNER	441=	Sharon WHITE
175	Elizabeth MILES		310=	Rachel FOLLETT	448=	Wendy HALL
195	Claire JOHNSON		327	Michelle SIMPSON	458=	Liz HALL
199	Tina CHANTREY		329	Natalie FLACK	467	Sharon CLARKE

RR10 FINAL INDIVIDUAL STANDINGS - STUBBINGTON MEN

7=	Andy SIMPSON	1st V40	218	Russell MEAD	378=	Peter SIMPSON
11	Will FELINE		224	Andy WHITE	389	Greg BENSON
30	Mike WHITE	3rd V50	226	Mike WOOTTON	396	Paul SMITH
38	Andy STOCKWELL		229	Keith WHITAKER	397	Neil RICHARDSON
49	Dan FOSTER		230	Robert SPENCER	405=	Jack WALLACE
55	Tom CALLAWAY		234	Michael GREGORY	408	Matthew SMITH
56	Graham MARTIN		238=	Rob GREENWOOD	413	Martin DEWIED
82	Andy DONN		252	Chris HALL	419	Callum MCDONALD
87	Jack TUCKWELL		255	James LEWINGTON	420	Toby EVANS
98	Matt EVANS		265	Andy MILES	445=	Tor DUFFIN
101	Jon LEIGH		270	Jon COX	462=	Mark MACDONALD
103	Nick CRANE	4th V60	298	Rich CHOWNS	471	Haydn BROWN
104	Rich SNELL		306	Neil STANTIALL	480=	Phil HOBBY
116	Graham JAMES		329	Chris STAPLEFORD	491=	Steve FIDLER
131	Paul COVERDALE		335	Jonathan HARRINGTON	497=	Simon BACON
142	Andy LEE		342	Greg ROWE	501	Liam DREDGE
149	Ashley LOVELL		345	Phil CLARK	504=	Nick KIMBER
159	George HOWARTH		352	Euan MCGRATH	504=	Mark EATON
181	Kevin ASHMAN		356	Tommy BROOKS	512	Nick WELLEND
183	Martyn BANNER		367	James LEE	515=	Chris DAVIDSON
186	Lewis BANNER		368	Gareth CHARLES	525=	Dan HUGHES
195	Steve CUMES		375	Marcus LEE	531	Martyn POORE
205	Mike BELL		377	Scott SHAW	543=	Paul CUTLER
					563	Adam JEFFERY

HART 4 TRAIL RELAY

	GREEN DIVAS	
Lap 1	Lucy May	00:18:11
Lap 2	Beccy Lord	00:15:09
Lap 3	Hilary Misselbrook	00:18:52
Lap 4	Sally McGrath	00:18:58
Lap 5	Lucy May	00:17:50
Lap 6	Beccy Lord	00:15:55
Lap 7	Hilary Misselbrook	00:18:54
Lap 8	Sally McGrath	00:19:16
Lap 9	Lucy May	00:18:07
Lap 10	Beccy Lord	00:15:59
Lap 11	Lucy May	00:18:41
Lap 12	Hilary Misselbrook	00:18:35
Lap 13	Sally McGrath	00:18:57
Lap 14	Beccy Lord	00:16:22

	JOLLY GREEN LADIES	
Lap 1	Marie McDonald	00:20:27
Lap 2	Sara McRitchie	00:21:08
Lap 3	Julie Ashman	00:19:38
Lap 4	Kathy Chamberlain	00:22:42
Lap 5	Marie McDonald	00:19:50
Lap 6	Sara McRitchie	00:21:20
Lap 7	Julie Ashman	00:20:02
Lap 8	Kathy Chamberlain	00:23:00
Lap 9	Marie McDonald	00:20:37
Lap 10	Sara McRitchie	00:21:39
Lap 11	Julie Ashman	00:19:46
Lap 12	Kathy Chamberlain	00:23:16

	STUBBINGTON STRIDERS	
Lap 1	Marcus Lee	00:16:57
Lap 2	Susie MacGregor	00:15:52
Lap 3	Jon Leigh	00:17:05
Lap 4	Victoria Joel	00:18:20
Lap 5	Marcus Lee	00:17:19
Lap 6	Susie MacGregor	00:16:14
Lap 7	Jon Leigh	00:17:15
Lap 8	Victoria Joel	00:18:48
Lap 9	Marcus Lee	00:17:48
Lap 10	Susie MacGregor	00:16:36
Lap 11	Jon Leigh	00:17:49
Lap 12	Victoria Joel	00:19:06
Lap 13	Marcus Lee	00:18:11
Lap 14	Susie MacGregor	00:16:47

	ROCKET RAY AND THE MISSILES	
Lap 1	Ray Gunner	00:16:21
Lap 2	Gill Rose	00:18:21
Lap 3	Richard Snell	00:17:40
Lap 4	Sadie Bedford	00:20:41
Lap 5	Ray Gunner	00:16:33
Lap 6	Gill Rose	00:18:37
Lap 7	Richard Snell	00:18:17
Lap 8	Sadie Bedford	00:21:05
Lap 9	Ray Gunner	00:16:56
Lap 10	Gill Rose	00:19:15
Lap 11	Richard Snell	00:18:40
Lap 12	Sadie Bedford	00:20:31
Lap 13	Ray Gunner	00:16:52
Lap 14	Gill Rose	00:20:06

Fish and Chip Handicap 13th 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	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 / 7pm	Mike White	Eric road	Summer Time Trial (3)	n/a
Mon	11/09/2017	Solent Hotel	06:30	Mike B	Whiteley	Hills - 3 x (30s / 50s / 70s / 50s / 30s) on the whistle	Jog back down
Tue	12/09/2017	Locks Heath Sports Ground	7pm	Rob	Brownwynch lane	5x1ml, (or 5x1K) at 10K pace	90s
Thu	14/09/2017	Holly Hill	06:30	Nigel	Holly Hill	1ml (1/2ml) Fartlek	n/a
Mon	18/09/2017	Solent Hotel	06:30	Penny	Whiteley	3 - 5 x 1 mile loops	Walk to start
Tue	19/09/2017	Locks Heath Sports Ground	7pm	Frances	End of red path	2x8x short hill rep	3min between sets
Thu	21/09/2017	Crofton Community Centre	7pm	Mike B	Lee Seafront	Beach Sprints	walk / jog back along tarmac
Mon	25/09/2017	Solent Hotel	06:30	Nigel	Whiteley	25 mins of Leafy Lane Loop Fartlek - effort up hills	Jog down hills
Tue	26/09/2017	Locks Heath Sports Ground	7pm	Mike White	Chilling	8x1km, (or 8x600m); alternate Med and Hard efforts.	30s, 2 min (alternate RIs)
Thu	28/09/2017	Holly Hill	06:30	Julie Ashman	Holly Hill	Rollercoasters	Downhills

Chichester	05 Aug	
Jonathan HARRINGTON	00:28:31	
Southampton	**05 Aug**	
Stephen WILLIAMS	00:21:56	
Oxford	**05 Aug**	
Nikki ROEBUCK	00:20:05	PB
Havant	**05 Aug**	
Andy SIMPSON	00:18:11	
Whiteley	**05 Aug**	
Lewis CHALK	00:18:12	
Tommy BROOKS	00:18:24	
Daniel ELLIOTT	00:19:02	PB
Susie MACGREGOR	00:19:37	PB
Robert CRANSTONE	00:19:45	
Matt EMERY	00:21:13	
Laura RIDGE	00:21:15	
Vicky SHAW	00:21:58	
Sarah CRANSTONE	00:22:19	PB
Gavin RENNIE	00:23:19	PB
Martin DE WIED	00:25:38	PB
Helen BENSON	00:26:34	
Claire JONES	00:28:07	
Pamela KEMP	00:28:17	
William GILL	00:28:32	
Adam JEFFERY	00:28:52	
Robert SPENCER	00:29:48	
Liz JAMES	00:31:16	PB
Richard JACKS	00:32:49	
Claire JOHNSON	00:36:28	
Natalie FLACK	00:36:29	
Braunstone	**05 Aug**	
Ray GUNNER	00:20:04	
Moors Valley	**05 Aug**	
Liz WEIGHELL	00:30:19	
Eastleigh	**05 Aug**	
Keith WHITAKER	00:29:53	
Bracknell	**05 Aug**	
Rachel LEACH	00:34:11	
Netley Abbey	**05 Aug**	
Rebecca Margaret LORD	00:19:34	
Andrew William THOMAS	00:19:42	
Charlotte LORD	00:21:12	
Stuart HALL	00:22:08	
Frances Louise LORD	00:23:53	
Martyn POORE	00:24:28	
Bryn Bach	**05 Aug**	
Chris HALL	00:19:45	
Wendy HALL	00:30:58	
Hilly Fields	**05 Aug**	
Michael WELLAND	00:23:16	

Clermont Waterfront	05 Aug	
Thomas MACSWAYNE	00:18:19	
David MACSWAYNE	00:36:31	
Queen Elizabeth	**05 Aug**	
Andrew STOCKWELL	00:20:19	
Marie MCDONALD	00:27:54	PB
Phil HOBBY	00:27:56	
Samantha STOCKWELL	00:35:12	
Weymouth	**05 Aug**	
James LEE	00:19:24	
Nick CLARKE	00:33:54	
Lee-on-the-Solent	**05 Aug**	
David Matthew CASTLE	00:19:12	
Graham MARTIN	00:19:41	
Richard MACKAY	00:20:25	PB
Simon BACON	00:21:35	
Richard EDMUNDS	00:21:36	
John BLAKE	00:22:52	
Richard BAILEY	00:22:56	
Tim MATTHEWS	00:25:29	
Tommy BLAKE	00:25:48	
John SIMISTER	00:26:06	
Neil JARVIS	00:27:17	
Greg ROWE	00:27:49	
Martin READ	00:28:26	
Cliff SHAW	00:29:59	
Sarah BARRON	00:31:04	
Amy WADHAMS	00:31:09	
Sally MARTIN	00:31:14	
Janet SHAW	00:31:22	
Susan BONNAR	00:31:25	
Louise TANNER	00:32:47	
Linda KOPINSKA	00:33:27	
Jenny HEARNDEN	00:33:52	
Fareham	**05 Aug**	
John SALT	00:25:53	
Natalie SUMMER-ANDERSON	00:30:07	
Tom MELLOR	00:31:01	
Wendy SMITH	00:39:39	
Andrew SMITH	00:39:40	
Southampton	**12 Aug**	
Seamus STINSON	00:33:42	
Ipswich	**12 Aug**	
Lucy TAYLOR	00:36:12	
Southsea	**12 Aug**	
Jon LEIGH	00:28:12	
Whiteley	**12 Aug**	
Daniel FOSTER	00:18:24	PB
Kelley HANIVER	00:19:27	
Nikki ROEBUCK	00:20:59	
Del GRANGER	00:21:35	
Richard JACKS	00:23:01	
Paul SMITH	00:23:29	
Helen BENSON	00:25:40	
Anna WILBY-LOPEZ	00:26:22	PB
William GILL	00:27:52	
Kevin ASHMAN	00:28:06	
Martin READ	00:28:12	
Martin DE WIED	00:31:19	
Keith WHITAKER	00:31:44	
Charlotte MAISEY	00:36:56	
Greig BENSON	00:37:18	

Eastleigh	12 Aug	
Haydn BROWN	00:21:57	
Crystal Palace	**12 Aug**	
Susan BONNAR	00:33:40	
Bracknell	**12 Aug**	
Lewis BANNER	00:18:28	
Medina I.O.W.	**12 Aug**	
Sarah BARRON	00:37:56	
Winchester	**12 Aug**	
Gordon WESTLEY	00:26:50	
Rachel LEACH	00:29:18	
Netley Abbey	**12 Aug**	
Michael GREGORY	00:17:31	
Rebecca Margaret LORD	00:21:18	
Charlotte LORD	00:23:02	
Frances Louise LORD	00:23:42	
Chris STAPLEFORD	00:25:05	
Clair	**12 Aug**	
Robert SPENCER	00:32:24	
Queen Elizabeth	**12 Aug**	
James LEWINGTON	00:20:56	
Chichester	**12 Aug**	
Jonathan HARRINGTON	00:28:21	
Lee-on-the-Solent	**12 Aug**	
David Matthew CASTLE	00:19:44	
James LEE	00:20:05	
Richard MACKAY	00:20:31	
Michael LOVELL	00:22:08	
Michael WELLAND	00:22:23	
Lucinda LE GASSICK	00:22:36	
Andy LEE	00:23:06	
Russell MEAD	00:25:20	
George HOWARTH	00:26:36	
Sally WATFORD	00:26:43	
Rebecca WHITE	00:27:04	
Kerryanne SAWYER	00:28:48	
Cliff SHAW	00:29:01	
Janet SHAW	00:29:22	
Toby EVANS	00:29:52	
Katherine CHOWNS	00:30:05	
Amy WADHAMS	00:31:09	
Claire PEAL	00:31:18	
Shona MCGRATH	00:31:29	
Martyn BANNER	00:31:49	
Linda KOPINSKA	00:32:20	
Robin PEAL	00:35:51	
Guernsey	**12 Aug**	
Cathy WEBB	00:26:34	PB
Fareham	**12 Aug**	
Thomas MCCLEMENTS	00:19:57	
Paul SOUTHON	00:25:23	
Andrew STOCKWELL	00:25:24	
Daniel HORSCROFT	00:25:52	
Samantha STOCKWELL	00:29:21	PB
Natalie SUMMER-ANDERSON	00:30:33	
John SALT	00:32:11	
Holly STOCKWELL	00:32:50	
Wendy SMITH	00:40:46	
Andrew SMITH	00:43:48	
David MACSWAYNE	00:53:31	

Basingstoke	**19 Aug**	
Tomas STINSON	00:24:19	
Havant	**19 Aug**	
William GILL	00:29:55	
Whiteley	**19 Aug**	
Richard JACKS	00:20:50	PB
Del GRANGER	00:21:24	
Lucy MAY	00:22:17	PB
Sally MCGRATH	00:23:11	
Paul SMITH	00:23:38	
Greig BENSON	00:24:21	
Claire JONES	00:26:47	
Shona MCGRATH	00:27:09	
Kevin ASHMAN	00:27:31	PB
Pamela KEMP	00:28:03	
Martin READ	00:28:48	
Julia WEBB	00:29:10	PB
Natalie FLACK	00:30:35	PB
Liz JAMES	00:31:58	
Eastleigh	**19 Aug**	
Keith WHITAKER	00:29:03	
Medina I.O.W.	**19 Aug**	
Sarah BARRON	00:29:54	
Toby EVANS	00:30:34	
Southwick Country	**19 Aug**	
Simon GIBBON	00:27:24	
Sewerby	**19 Aug**	
Andy SIMPSON	00:17:55	
Michelle SIMPSON	00:30:56	
Netley Abbey	**19 Aug**	
Rebecca Margaret LORD	00:18:55	
Andrew William THOMAS	00:19:41	
Frances Louise LORD	00:23:08	
Thetford	**19 Aug**	
Rachel LEACH	00:27:41	
Queen Elizabeth	**19 Aug**	
James LEWINGTON	00:20:47	
San CLARK	00:30:55	
Lanhydrock	**19 Aug**	
Chris HALL	00:21:54	
Wendy HALL	00:34:57	
Blandford	**19 Aug**	
Daniel FOSTER	00:18:19	
Chichester	**19 Aug**	
Jonathan HARRINGTON	00:27:37	PB

Lee-on-the-Solent	**19 Aug**	
Andrew STOCKWELL	00:19:02	
Jon PLOMER	00:19:46	
Richard MACKAY	00:20:20	PB
James LEE	00:20:42	
Simon HEARNDEN	00:21:18	
Lucinda LE GASSICK	00:22:05	PB
Richard BAILEY	00:22:08	
Andy LEE	00:22:59	
Simon VINGOE	00:23:25	
Chris STAPLEFORD	00:23:56	
Tim MATTHEWS	00:24:04	
Cathy WEBB	00:24:29	PB
Sally WATFORD	00:24:55	
Neil JARVIS	00:25:57	
Alison BYATT	00:26:28	
Susie MACGREGOR	00:26:29	
Haydn BROWN	00:26:36	
Jamie STOCKWELL	00:26:56	
Janet SHAW	00:29:27	
Tommy BLAKE	00:29:41	
John BLAKE	00:29:53	
Cliff SHAW	00:30:01	
Kerryanne SAWYER	00:31:03	
Louise TANNER	00:31:21	
Nikkie PLOMER	00:32:02	
Samantha STOCKWELL	00:34:16	
Jenny HEARNDEN	00:35:00	
Fareham	**19 Aug**	
Steve FIDLER	00:22:04	
David LANGRISH	00:22:47	
Daniel HORSCROFT	00:25:11	
Paul SOUTHON	00:25:39	
Russell MEAD	00:26:31	
Robert SPENCER	00:30:03	
Zoe DENNIS	00:30:14	
Tom MELLOR	00:31:27	
David MACSWAYNE	00:35:51	
Wendy SMITH	00:38:12	
Havant	**26 Aug**	
John SIMISTER	00:27:31	
William GILL	00:28:51	PB
Whiteley	**26 Aug**	
Daniel FOSTER	00:18:38	
Andrew STOCKWELL	00:19:04	
Del GRANGER	00:21:29	
Sarah CRANSTONE	00:22:55	
Hilary MISSELBROOK	00:22:59	
Claire JONES	00:25:45	
Martin DE WIED	00:26:55	
Charlotte MAISEY	00:27:41	
Pamela KEMP	00:28:57	
Julie Elizabeth RYMAN	00:28:57	PB
Martin READ	00:29:26	
Greig BENSON	00:36:21	
Eastleigh	**26 Aug**	
Haydn BROWN	00:21:25	
Keith WHITAKER	00:29:28	
Netley Abbey	**26 Aug**	
Rebecca Margaret LORD	00:18:40	
Stuart HALL	00:21:44	
Frances Louise LORD	00:22:52	

Queen Elizabeth	**26 Aug**	
Janet SHAW	00:32:42	
Cliff SHAW	00:32:42	
Weymouth	**26 Aug**	
David LANGRISH	00:21:55	
Lanhydrock	**26 Aug**	
Russell MEAD	00:26:41	PB
Jules DINWOODIE	00:36:58	
Woking	**26 Aug**	
Robert SPENCER	00:29:04	
Chichester	**26 Aug**	
Jonathan HARRINGTON	00:29:29	
Lee-on-the-Solent	**26 Aug**	
Lewis BANNER	00:16:52	
Rob GREENWOOD	00:17:18	
Susie MACGREGOR	00:19:16	
James LEE	00:19:32	
Graham MARTIN	00:19:39	
Richard CHOWNS	00:22:28	
Gareth CHARLES	00:22:28	
Chris STAPLEFORD	00:22:42	PB
Andy LEE	00:23:10	
Richard BAILEY	00:23:17	
Richard MACKAY	00:23:27	
George HOWARTH	00:24:58	
Gaynor HEFFER	00:25:03	
Neil JARVIS	00:25:28	
Alison BYATT	00:26:30	
Martyn BANNER	00:29:11	
Katherine CHOWNS	00:29:25	
Sarah BARRON	00:30:44	
Liz JAMES	00:30:51	PB
Michelle SIMPSON	00:32:23	
Katherine BURDETT	00:32:46	
Catherine CHAMBERLAIN	00:33:58	
John VOSE	00:33:59	
Kevin ASHMAN	00:34:00	
Kaarina MAY	00:34:04	
Claire JOHNSON	00:34:25	
Julie ASHMAN	00:34:30	
Swansea Bay	**26 Aug**	
Sev ROBERTS	00:21:37	PB
Sittingbourne	**26 Aug**	
John SALT	00:29:17	
Portsmouth Lakeside	**26 Aug**	
Ray GUNNER	00:20:00	
Fareham	**26 Aug**	
Hugh AGGLETON	00:17:31	PB
Daniel HORSCROFT	00:24:23	
Paul SOUTHON	00:26:40	
Natalie SUMMER-ANDERSON	00:31:30	
Wendy SMITH	00:38:49	
Andrew SMITH	00:53:16	
Treviso	**26 Aug**	
Gordon WESTLEY	00:27:58	