The

Green Runner

JANUARY 2018

AGM

Stubbington Green Runners AGM Call Notice 2018

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 20th February at 8pm at the Crofton Pub, Crofton Lane, Stubbington where we will have the meeting followed by refreshments. As we have a number of vacancies to fill on the Committee we are giving the membership the maximum possible time for nominations and ask that these are back with the Secretary (secretary@stubbingtongreenrunners.net) by Friday 16th February; nominations should simply be position, name and name of proposer.

If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

All of the Committee positions will need nominations but please note that the Ladies Captain , Secretary and one General Committee are not standing for re-election.

I am sure that in a club of nearly 400 members we will have enough nominations to ensure a smooth transition of the Committee into the new year so don't be shy in going for Committee roles that will allow you support the growth and progress the Club has made in the last few years.

To help people decide which positions they would like to be nominated for please find below a short description of each role.

Chairman – Chair club meetings and be the overall focal point for club matters
Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.
Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.
Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.
Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams. Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles
Green Runner Editor – Produce monthly newsletter

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 16th February.

Kind Regards Sue Robinson Secretary – Stubbington Green Runners

FROM THE CHAIR

Happy New Year everybody and welcome to 2018.
Not long now until our 10k race on Sunday 14th January and we are in the final stages of planning to ensure we have another successful event. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Please look out for the communication on the marshals/helpers meeting that is currently scheduled for Friday 12th January at 7.30pm. We have over 85 club members running and have filled well over 150 helper /marshal positions which shows the fantastic support this club gives the 10k – myself as race director and Sara McRitchie as helper co-ordinator are very grateful so thank you so much.

We are also approaching the time of the year for the AGM which will be held on February 20th. All the committee positions will be up for re-election and any member of the club can be nominated for any position. We know a number of the committee will be standing down at the Agm so we will definitely need a Secretary, Ladies Captain and General committee so please give some thought as to whether you can help the club by being nominated for any of these (or indeed any of the other positions) . The current incumbents, Sue Robinson, Marie McDonald or any committee member would be happy to give you further information. I am sure in a club of nearly 400 members that we have lots of members who would be willing to step forward and support the club. Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.

Happy Running
Kevin

PORTSMOUTH COASTAL WATERSIDE 50K		
296	John Cox	06:02:55
297	Sara McRitchie	06:02:55
298	Lisa Donn	06:02:56

PORTSMOUTH COASTAL WATERSIDE HALF MARATHON		
28	Jon Leigh	01:38:14
222	Martin De Wied	02:13:37
313	Sarah Gregory	02:32:18
318	Julia Webb	02:34:22
335	William Gill	02:43:38

PORTSMOUTH COASTAL WATERSIDE MARATHON		
452	Helen Livingston	04:27:49
460	Gaynor Heffer	04:28:06
488	Marie McDonald	04:30:40
489	Mark McDonald	04:30:40
602	George Howarth	04:48:58
607	James Lewington	04:49:27
620	Elizabeth Miles	04:52:55
621	Andrew Miles	04:52:55
755	Simon Gibbon	05:20:13
787	Julie Ashman	05:30:01
788	Sue Robinson	05:30:02

CAPTAINS CORNER

What a great year it has been for our club with many great performances and achievements right across all ability levels, and types of running; unfortunately there has been too many to mention in this article. One accolade I would like to mention as a highlight is our running club being awarded 2nd place in the Men's Running Magazine 'Club of the Year', hopefully next year we can go one better. Well done to everyone for making this possible.

December has been a busy month which started off with the Hants XC League event at Popham which saw Beccy Lord finish in a very impressive 4th place in a quality field and Penny Forse come 1st in age cat, well done ladies. With only two male runners competing resulting in the 2nd no score of the season it is almost inevitable relegation to Division 3 beckons. The next Hants League XC event will be on the 13th January at Prospect Park Reading.

The following day was the final HRRL event of 2017, the Victory 5, which saw 33 Stubbies speeding around the Lakeside complex. Numerous Pb's were achieved on the fast course including Scott Shaw who has now Pb'd for the third HRRL race in a row. Rob Arkell was top male Stubbie in 22nd overall and Susie MacGregor finishing 14th overall and was second F45.

Some great results from a hardy bunch were achieved at the Endurancelife CTS events on the south coast with Vicky Shaw coming 2nd place in the Ultra.

Well done to Julie Ashman who had to suffer being on a cruise around the Caribbean and putting up with Chairman's company, so she could take part in the Barbados Marathon. We also had a few Stubbies competing in the Bovington Marathon or half with not vary accurate distances for one reason or another (longer) however Hugh Aggleton still managed 3rd place in the marathon. We also had the usual good numbers of Green cladded runners taking to the paths between Portsmouth and Hayling completing in the half, full and ultra Coastal events, well done to all.

The second weekend in December was busy with the traditional clash of cross country events where we had the Southern XC which took place at Bourne Wood and the CC6 at Janesmoor Pond both on the 10th December. 18 very hardy souls took part in race 4 of the CC6, with Dan Foster first Stubbie male in 18th place with Nikki Roebuck first Stubbie female in a great 4th place.

The Winter Time Trial took place on 12th December from Holly Hill Sports Centre with 12 people taking part but with no improvers on the night the prizes are saved for the next TT which is planned for 13th Febuary. Big thanks to the volunteers on the night who without them would make these types of events impossible to take place.

There are two CC6 events taking place in January, the first is on the 7th at Badger Farm, Winchester and the second on the 21st at Stoneycross. Good opportunity to get rid of the Christmas excess.

The Southern XC League event at Lord Wandsworth College will have taken place by the time you read this on New Year's Eve and then it is our event on the 21st January at Manor Farm Country. As we are hosting the event at Manor Farm we will therefore need Marshal's to help out on the day so please contact Chris Hall, who will also be posting on Facebook to get volunteers for the day.

On the 23rd December we had our Mulled Wine Handicap around Warsash in perfect conditions, thanks to everyone that turned up and to Nick and Helen Kimber for organising the route, the mulled wine and mince pies after. Our winners were Euan and Sally McGrath who were closest to the 11am cut off. Fancy Dress winners were Claire Johnson and Nick Kimber himself.

The South Downs Way Ultra marathon 50k saw four Stubbies; Julie Ashman, Andy Miles, Jem Raeburn and Greig Benson tackle the post Christmas run in cold conditions, well done all.

The HRRL continues early in the New Year with our own 10K. If you are able to help out on the day or the day before and haven't yet volunteered please contact Sara McRitchie. Good luck to all taking part.

We also have the Hampshire Championships XC event taking place on 6th January at Fairthorne Manor Botley and the Southern Championships XC taking place on the 27th at Stanmer Park, Brighton, good luck to those who have entered. Support on the day is very welcome.

Congratulations must also go to John Tussler who had amassed an amazing 300 parkruns.

Further a field we are planning the summer Stubbie Away Day which will be held on 12 August 18 alongside the Hart 4mile Relay Race. If you are interested contact Marcus Lee or check his FB post.

We hope you have a great year, stay injury free and achieve all your goals.

CC6 JANESMOOR POND

18	Daniel Foster
21	Mike White
26	Colin Trigg
31	Andy Simpson
38	Andrew Stockwell
39	Jon Warner
77	Nick Crane
130	Rob Williams

4	Nikki Roebuck
25	Frances Lord
32	Sadie Bedford
64	Gemma Christie
65	Louise Tanner
67	Grace Tyrrell
68	Sara Mcritchie
70	Kathy Chamberlain
71	Julia Webb
78	Pam Kemp

SOUTHERN CROSS COUNTRY RACE 4

31	Tina Chantrey
55	Sadie Bedford
89	Lisa Donn
97	Sara Mcritchie
113	Kathy Chamberlain
114	Julia Webb
136	Sam Stockwell

50	Andy Stockwell
79	Graham Martin
104	Andy Donn
110	Matt Evans
114	Peter Kay
147	Nick Crane
224	Rob Williams

CTS DORSET

	HALF	
148	Laura Wainwright	02:21:44
164	Lee Stantial	02:17:40
290	Neil Richardson	02:38:37
410	Steve Cumes	04:30:04

	ULTRA 33 MILES	
23	Mark McDonald	05:52:18
24	Vicky Shaw	05:52:16

BOVINGTON HALF MARATHON

138	Greig	Benson	02:45:03

BOVINGTON MARATHON

3	Hugh	Aggleton	03:35:54
219	Matthew	Evans	05:19:37
220	Andy	Donn	05:19:38

THE DOWLAND DEVIL 9 MILES

Nick Crane 60th overall 1st V60 (3rd year) 1.14.52
Andy Lee 98th overall 81.33
214 entrants Good South Downs course
Nick

WINTER CROSS ULTRA 50K

55	Julie Ashman	06:09:37
76	Greig Benson	06:41:50
77	Andy Miles	06:41:50
90	Jem Raeburn	07:01:34

VICTORY 5

22	Rob Arkell	27:32
43	Rob Greenwood	28:43
105	Andrew stockwell	30:35
112	Daniel Foster	30:53
134	James Lee	31:25
138	Graham Martin	31:30
152	Richard Chowns	31:55
168	David Thorpe	32:12
205	Scott Shaw	33:17
254	Darren Tanner	34:14
317	Chris Stapleford	36:35
386	Russell Mead	38:28
487	Andy Richardson	42:09
551	Stuart McNamara	45:04
588	Rob Williams	47:16
642	Gary Pratt	51:57
664	Neil Allen	54:27

156	Susie Macgregor	31:48
209	Nikki Roebuck	33:18
255	Lucinda Le Gassick	34:32
320	Lucy May	36:39
396	Marie McDonald	38:58
454	Cathy Webb	41:06
470	Emily Handley	41:29
498	Katherine Chowns	42:36
510	Sara McRitchie	43:01
525	Katherine Chamberlain	43:48
527	Sarah Northcott	44:18
540	Pamela Kemp	44:32
566	Yvonne Abrams	46:17
585	Lindsay Pratt	47:15
596	Jules Dinwoodie	47:39
695	Janice Allen	57:58

Winter Time Trial

Beccy Lord	25:16
Jordan McRitchie	26:48
Andy Stockwell	20:53
Jon Plomer	21:33
Craig Wigley	21:51
Mark Eaton	22:33
Robert Egerton	23:12
Nick Crane	25:03
Frances Lord	25:16
Rob Williams	29:53
Louisa Page	29:55
Sarah Baron	31:19

HAMPSHIRE CROSS COUNTRY LEAGUE POPHAM

195	Steve Fidler	43.30
222	Gordon Westley	49.02

4	Rebecca Lord	21.28
72	Penny Forse	26.49
82	Frances Lord	27.36

67	Ryan Simpson	12:04

53	Tommy Blake	18:00

BARBADOS MARATHON

32	Julie Ashman	04:39:53

TRAINING SESSIONS

Day	Date	Meet	Time	Leader/ Coach	Location	Effort	Recovery
Mon	01/01/2018	Bank Holiday (No Sessions)					
Tue	02/01/2018	Locks Heath Sports Ground	7pm		Sovereign Crescent	2x4x800, (or ~40min)	Jog back to start
Thu	04/01/2018	Crofton Community Centre	7pm		Anker lane	40 min of 1km loops	350m jog
Mon	08/01/2018	Solent Hotel	06:30		Whiteley	1 mile loops, (3 to 5 reps or about 40min)	3 min
Tue	09/01/2018	Locks Heath Sports Ground	7pm		St John's Road	Long and short hills (high vis mandatory)	Down hills
Thu	11/01/2018	Locks Heath Sports Ground	7pm	Mike Bell	Crescent Road	Paarlaufs	Various
Mon	15/01/2018	Solent Hotel	06:30	Penny Forse	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tue	16/01/2018	Locks Heath Sports Ground	7pm		Schooner Way	1ml repetitions (3 to 5 or ~40min)	2min
Thu	18/01/2018	Crofton Community Centre	6:30pm		Lee	England Athletics CLUB RUN Session with Peter Haynes	
Mon	22/01/2018	Solent Hotel	06:30	Penny Forse	Whiteley	25 mins Pyramids of short hill sprints	Jog to bottom each time
Tue	23/01/2018	Locks Heath Sports Ground	7pm		Red Path	Speed play (Fartleck) session using lamp posts	3 min each end
Thu	25/01/2018	Locks Heath Sports Ground	6:30pm	Julie Ashman	Coach Hill	Hill repetitions	On down hills
Mon	29/01/2018	Solent Hotel	06:30	Penny Forse	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tue	30/01/2018	Locks Heath Sports Ground	7pm	Mike White	Prelate way	5min build pace lap + 20min Tempo run (4 continuous loops checking pace)	n/a
Thu	01/02/2018	Crofton Community Centre	7pm		Lee Seafront	Lee triangle accelerations	Continuous
Mon	05/02/2018	Solent Hotel	06:30	Penny Forse	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	2.5min
Tue	06/02/2018	Car park opposite Titchfield Mill	7pm		Titchfield Hill (towards Fareham)	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thu	08/02/2018	Locks Heath Sports Ground	7pm		Titchfield	Short hilly loop, (Garson's road and West Street)	on down hills

Kingsway, Gloucester	2 December	
Helen BENSON	00:35:20	
Greig BENSON	00:49:28	
Southampton	**2 December**	
Matt EMERY	00:19:47	
Ipswich	**2 December**	
Lucy TAYLOR	00:31:00	
York	**2 December**	
David Matthew CASTLE	00:18:30	
Whiteley	**2 December**	
Daniel FOSTER	00:19:18	
Nikki ROEBUCK	00:20:10	
Marcus LEE	00:20:30	PB
Jon LEIGH	00:20:40	PB
Martin DE WIED	00:25:33	PB
Beverly STICKLAND	00:26:09	PB
Carl SCHAFER	00:26:12	
Keith WHITAKER	00:29:10	
Charlotte MAISEY	00:30:02	
Katherine CHOWNS	00:30:02	
Liz JAMES	00:31:41	
Natalie FLACK	00:33:05	
Claire JOHNSON	00:33:12	
Eastleigh	**2 December**	
Gareth CHARLES	00:19:53	PB
Kate RANT	00:25:27	
Haydn BROWN	00:29:32	
Upton House	**2 December**	
Andrew STOCKWELL	00:19:58	
Samantha STOCKWELL	00:30:10	
Netley Abbey	**2 December**	
Russell MEAD	00:25:43	
Jules DINWOODIE	00:28:19	
Clermont Waterfront	**2 December**	
Richard JACKS	00:21:00	
Weymouth	**2 December**	
Robert CRANSTONE	00:19:40	
Sarah CRANSTONE	00:22:32	
Humber Bridge	**2 December**	
Liz WEIGHELL	00:33:46	

Lee-on-the-Solent	2 December	
Mike BELL	00:20:36	PB
James LEE	00:21:03	
Jon PLOMER	00:21:12	
Mark John EATON	00:21:17	
Andy LEE	00:23:18	
Richard BURNS	00:24:06	
John COX	00:24:54	
Rebecca WHITE	00:26:22	
Andy WHITE	00:26:32	
Alison HESSELBERTH	00:26:54	
Alison BYATT	00:27:13	
Lisa DONN	00:27:19	
Julia WEBB	00:27:29	
Sara MCRITCHIE	00:27:30	
Cathy WEBB	00:27:38	
Robin PEAL	00:27:51	
Simon GIBBON	00:30:30	
Susan BONNAR	00:30:40	
Vicky WILLIAMS	00:31:09	PB
Louise TANNER	00:31:32	
Linda KOPINSKA	00:33:11	
Diane WILSON	00:37:16	PB
Fareham	**2 December**	
Kevin SAUNDERS	00:25:15	PB
John SALT	00:26:51	
Robert SPENCER	00:28:59	
Tom MELLOR	00:32:30	
Bushy	**9 December**	
Lewis BANNER	00:16:50	
Frimley Lodge	**9 December**	
Simon GIBBON	00:26:05	
Southampton	**9 December**	
Stephen WILLIAMS	00:22:50	
Whiteley	**9 December**	
Jonathan WARNER	00:19:22	PB
Robert CRANSTONE	00:19:55	
Nikki ROEBUCK	00:20:25	
Alethea ADAIR-STANTIALL	00:22:18	PB
Sarah CRANSTONE	00:22:48	
Simon ELLIS	00:23:20	PB
Beverly STICKLAND	00:25:42	PB
Carl SCHAFER	00:25:47	PB
Martin DE WIED	00:26:45	
Charlotte MAISEY	00:28:34	
Pamela KEMP	00:28:48	
William GILL	00:28:50	
Liz JAMES	00:30:50	PB

Eastleigh	9 December	
Haydn BROWN	00:28:41	
Keith WHITAKER	00:29:43	
Newbury	**9 December**	
Tomas STINSON	00:21:58	PB
Winchester	**9 December**	
Gordon WESTLEY	00:26:38	
Netley Abbey	**9 December**	
Rebecca Margaret LORD	00:18:10	
Steve TROTMAN	00:22:15	
Frances Louise LORD	00:22:24	PB
Aga PLOMBON	00:26:57	
Riverside	**9 December**	
David LANGRISH	00:21:37	PB
Harrow Lodge	**9 December**	
Marie MCDONALD	00:31:14	
Salisbury	**9 December**	
Andrew STOCKWELL	00:20:22	
Lee-on-the-Solent	**9 December**	
David Matthew CASTLE	00:18:55	
Jon PLOMER	00:19:47	
Graham MARTIN	00:19:51	
Tim MATTHEWS	00:21:41	
Mark John EATON	00:21:43	
Lara EVANS	00:21:45	PB
Chris STAPLEFORD	00:22:46	
Robin PEAL	00:23:06	PB
Kate RANT	00:23:53	
Gaynor HEFFER	00:24:01	PB
Richard BURNS	00:24:21	
Russell MEAD	00:24:49	
Sarah NORTHCOTT	00:26:11	PB
Rob WILLIAMS	00:27:30	PB
Jules DINWOODIE	00:29:08	
Martyn BANNER	00:29:42	
Cliff SHAW	00:30:01	
Vicky WILLIAMS	00:30:36	PB
Kevin ASHMAN	00:32:13	
Sarah BARRON	00:32:52	
Janet SHAW	00:35:02	
Portsmouth Lakeside	**9 December**	
Kevin SAUNDERS	00:25:37	PB
Ipswich	**9 December**	
Lucy TAYLOR	00:28:03	

Fareham	9 December	
Rob ARKELL	00:17:26	
Hugh AGGLETON	00:17:44	
Steve CUMES	00:20:44	PB
Graham JAMES	00:22:12	
Andy LEE	00:22:40	PB
John SALT	00:30:22	
Robert SPENCER	00:30:37	
David MACSWAYNE	00:42:08	
Andrew SMITH	00:42:22	
Wendy SMITH	00:42:23	

Havant	16 December
San CLARK	00:29:20

Beckenham Place	16 December
David LANGRISH	00:21:55

Whiteley	16 December	
Rob GREENWOOD	00:17:16	
Daniel FOSTER	00:19:18	
Steve CUMES	00:20:20	
Jamie EARLEY	00:22:45	
Simon ELLIS	00:23:39	
Sadie Lee BEDFORD	00:24:07	PB
Eileen DUFF	00:24:12	
Kate RANT	00:24:49	
Charlotte MAISEY	00:26:49	
Carl SCHAFER	00:26:57	
Liz JAMES	00:31:02	
Greig BENSON	00:33:25	
Helen BENSON	00:33:29	
Toby EVANS	00:38:55	

Eastleigh	16 December
Haydn BROWN	00:27:14
Keith WHITAKER	00:29:23

Winchester	16 December
Gordon WESTLEY	00:30:26
Netley Abbey	16 December
Rebecca Margaret LORD	00:19:04
Frances Louise LORD	00:23:38
Russell MEAD	00:24:32
Jules DINWOODIE	00:29:54

Sheringham	16 December
Lucy TAYLOR	00:30:59

Catton	16 December	
James LEE	00:20:01	
Andy LEE	00:23:37	

Chichester	16 December
Jonathan HARRINGTON	00:28:08

Lee-on-the-Solent	16 December	
Mike WHITE	00:19:12	
Andrew STOCKWELL	00:19:13	
Graham MARTIN	00:19:24	
Mark John EATON	00:20:04	
Jon PLOMER	00:20:34	
Scott SHAW	00:20:42	PB
Tim MATTHEWS	00:21:59	
Robert HINKLEY	00:22:29	
Mick WELLAND	00:22:53	
Sarah CRANSTONE	00:23:13	
Richard BAILEY	00:23:52	
Richard BURNS	00:24:19	
Alison HESSELBERTH	00:25:48	
Andy WHITE	00:27:35	
Cliff SHAW	00:28:03	
Janet SHAW	00:28:30	
Samantha STOCKWELL	00:28:50	
Claire PEAL	00:28:56	PB
Louisa PAGE	00:28:56	
William GILL	00:29:44	
Vicky WILLIAMS	00:30:14	PB
Kevin ASHMAN	00:30:36	
Michelle SIMPSON	00:35:42	
Kelly BENNETTS	00:35:42	
Sarah HOBBY	00:35:43	
Sam LEAHY	00:52:46	

Sittingbourne	16 December	
John SALT	00:24:43	PB

Fareham	16 December
Kelley HANIVER	00:19:54
Ray GUNNER	00:20:32
Wendy HALL	00:30:35
Robert SPENCER	00:30:53
Tom MELLOR	00:31:51
Andrew SMITH	00:38:08
Wendy SMITH	00:38:09
David MACSWAYNE	00:44:25

Newbury	23 December
Tomas STINSON	00:25:55
Sean STINSON	00:25:56

Winchester	23 December
Gordon WESTLEY	00:28:33

Southampton	23 December	
Daniel FOSTER	00:18:39	
Gareth CHARLES	00:19:16	
Kate RANT	00:23:59	
Carl SCHAFER	00:26:26	PB

Ipswich	23 December
Lucy TAYLOR	00:30:29

Southsea	23 December	
Stuart HALL	00:21:44	PB

Havant	23 December
James LEE	00:20:51

Whiteley	23 December	
Robert CRANSTONE	00:19:40	
Steve CUMES	00:20:01	PB
Nikki ROEBUCK	00:20:15	
Matt EMERY	00:20:40	
Jon LEIGH	00:21:13	
Harry REARDON	00:21:25	PB
Richard JACKS	00:22:14	
Simon ELLIS	00:22:38	PB
Anna WILBY-LOPEZ	00:24:00	
Pamela KEMP	00:28:45	
William GILL	00:29:42	
Charlotte MAISEY	00:30:09	
Robert HINKLEY	00:35:10	

Sewerby	23 December
Julia WEBB	00:36:59

Netley Abbey	23 December
Dave THORPE	00:20:06
Chris DAVIDSON	00:23:58

Stewart, Middlesbrough	23 December
Daniel O'BOYLE	00:16:47

Queen Elizabeth	23 December
James LEWINGTON	00:28:08

Fareham	23 December	
Thomas MACSWAYNE	00:17:17	
Jon PLOMER	00:19:56	PB
Mark John EATON	00:20:31	
John SALT	00:27:51	
Keith WHITAKER	00:30:20	
Nikkie Katrina PLOMER	00:36:02	
David MACSWAYNE	00:41:09	
Wendy SMITH	00:45:45	
Andrew SMITH	00:49:58	

Oranmore	23 December
Graham MARTIN	00:19:43

Chichester	23 December	
Jonathan HARRINGTON	00:28:23	

Lee-on-the-Solent	23 December	
Lewis BANNER	00:16:48	
Rob GREENWOOD	00:17:03	
Michael GREGORY	00:17:06	
Chris BROBIN	00:17:34	
David Matthew CASTLE	00:18:58	
Richard MACKAY	00:20:05	
Darren TANNER	00:20:06	
Matthew EVANS	00:20:22	PB
Andrew STOCKWELL	00:20:51	
Andy DONN	00:21:04	
Tim MATTHEWS	00:21:52	
Andy LEE	00:22:14	
Lara EVANS	00:22:24	
Mick WELLAND	00:22:47	
Victoria Kate JOEL	00:22:48	
Ashley LOVELL	00:23:52	
Richard BAILEY	00:24:00	
Richard BURNS	00:24:41	
Cathy WEBB	00:25:30	
Andy WHITE	00:26:31	
Kevin ASHMAN	00:28:21	
Kerryanne SAWYER	00:29:33	
Sarah BARRON	00:30:30	
Susan BONNAR	00:32:03	
Sarah GREGORY	00:32:35	
Janet SHAW	00:33:12	
Cliff SHAW	00:33:13	
Michelle SIMPSON	00:35:50	
Jenny HEARNDEN	00:36:08	
Diane WILSON	00:38:04	
Louise TANNER	00:44:20	

Treviso	23 December
Robert SPENCER	00:30:44

Exmouth	23 December
April BURROW	00:24:55

Bushy	25 December
Lewis BANNER	00:16:57

Eastbourne	25 December
Kelley HANIVER	00:19:17

Netley Abbey	25 December
Andy SIMPSON	00:19:35
Michael GREGORY	00:19:38
Rebecca Margaret LORD	00:19:42
Haydn BROWN	00:23:45
Charlotte LORD	00:24:05
Frances Louise LORD	00:24:06
Chris DAVIDSON	00:24:56
Sarah GREGORY	00:32:06
Michelle SIMPSON	00:34:44

Fareham	25 December
Rob ARKELL	00:18:11
Wendy HALL	00:32:44
Tom MELLOR	00:32:49
Robert SPENCER	00:36:57

Whiteley	25 December	
Russ COLEMAN	00:18:47	
Andrew STOCKWELL	00:19:25	
Daniel FOSTER	00:19:35	
Robert CRANSTONE	00:19:37	
Jonathan WARNER	00:19:57	
Kevin SCULLION	00:21:42	
Jamie EARLEY	00:22:55	
Sadie Lee BEDFORD	00:24:24	
Sarah CRANSTONE	00:24:26	
Richard KIMBER	00:24:55	
Richard JACKS	00:25:01	
Carl SCHAFER	00:26:47	
Martin DE WIED	00:27:01	
Philip MAY	00:29:32	
Samantha STOCKWELL	00:29:48	
Holly STOCKWELL	00:30:40	
Liz JAMES	00:30:51	
Rita LEIGH	00:31:32	PB
Jon LEIGH	00:31:33	
Toby EVANS	00:33:22	
Phil CLARK	00:33:23	
Steve CUMES	00:34:20	
Helen BENSON	00:35:40	
Greig BENSON	00:35:40	
Pamela KEMP	00:48:58	

Chichester	25 December
Jonathan HARRINGTON	00:30:26

Tring	25 December
Julia WEBB	00:43:23

Lee-on-the-Solent	25 December
Richard MACKAY	00:20:36
Jon PLOMER	00:22:49
Mark John EATON	00:22:54
Richard EDMUNDS	00:23:30
Mick WELLAND	00:23:45
Andy LEE	00:24:09
Kate RANT	00:24:44
Gareth CHARLES	00:24:45
Keith CARTER	00:25:11
Sara MCRITCHIE	00:26:54
Andy WHITE	00:27:32
Rebecca WHITE	00:27:57
Tanyalouise TITMUSS	00:29:06
John SIMISTER	00:29:18
Janet SHAW	00:29:45
Cliff SHAW	00:29:46
William GILL	00:30:18
Kevin ASHMAN	00:30:37
Lindsay PRATT	00:31:18
Sarah BARRON	00:31:37
Olivia TITMUSS	00:31:58

Havant	30 December
James LEE	00:20:09
Andrew STOCKWELL	00:20:20
Sylwia WARD	00:22:38
Samantha STOCKWELL	00:32:35

Netley Abbey	30 December
Rebecca Margaret LORD	00:18:58
Matt EMERY	00:21:06
Frances Louise LORD	00:23:19
Chris DAVIDSON	00:24:25

Cardiff	30 December
Chris BROBIN	00:17:27
Thomas MACSWAYNE	00:17:27

Whiteley	30 December	
Rob GREENWOOD	00:17:25	
Colin TRIGG	00:19:00	
Mike WHITE	00:19:30	
Russ COLEMAN	00:20:13	
Nikki ROEBUCK	00:21:21	
Steve CUMES	00:21:24	
Marcus LEE	00:21:32	
Anna WILBY-LOPEZ	00:21:47	
Harry ROEBUCK	00:22:15	
Jon LEIGH	00:23:04	
Sadie Lee BEDFORD	00:25:02	
Carl SCHAFER	00:26:51	
Martin DE WIED	00:27:32	
Charlotte MAISEY	00:27:33	
Toby EVANS	00:29:13	PB
Keith WHITAKER	00:29:43	
William GILL	00:31:28	
Helen BENSON	00:31:39	
Greig BENSON	00:31:40	
Phil CLARK	00:33:57	
Julia WEBB	00:53:40	

Oldham	30 December
Michelle SIMPSON	00:32:30

Carlisle	30 December
Katherine HOLMES	00:33:30

Burgess	30 December
Kelley HANIVER	00:20:04

Maidenhead	30 December	
Darren TANNER	00:20:41	
Louise TANNER	00:26:59	PB

Lee-on-the-Solent	30 December	
Richard MACKAY	00:20:16	
Andy LEE	00:23:06	
Tim MATTHEWS	00:23:33	
Mick WELLAND	00:23:41	
Richard BURNS	00:24:48	
Cathy WEBB	00:25:37	
Sara MCRITCHIE	00:27:02	
Alison BYATT	00:27:12	
Jonathan HARRINGTON	00:27:29	PB
Andy WHITE	00:27:51	
Rob WILLIAMS	00:28:24	
Rebecca WHITE	00:28:45	
Simon GIBBON	00:29:41	
Janet SHAW	00:30:47	
Cliff SHAW	00:30:47	
Kevin ASHMAN	00:32:17	
Louisa PAGE	00:37:46	
Diane WILSON	00:38:18	
Julie ASHMAN	00:38:46	
Amanda KNIGHT	00:42:06	

Portsmouth Lakeside	30 December
Kate RANT	00:24:46
Kevin SAUNDERS	00:27:37

Fareham	30 December
Mark John EATON	00:20:48
Lisa DONN	00:24:38
Andy DONN	00:24:39
Tom MELLOR	00:33:04
Robert SPENCER	00:36:02
David MACSWAYNE	00:36:47
Wendy SMITH	00:41:27
Andrew SMITH	00:41:28