The Green Runner

AUGUST 2018

WHITELEY PARKRUN TAKEOVER

Saturday 15th September 2018

We are looking for volunteers to turn Whiteley Parkrun green!

The best ways to volunteer:

- Look out for the Facebook post and reply to it
  (This will be posted sometime in early August)
- Email Simon Gibbon at **gc-03@stubbingtongreenrunners**

Please provide your Parkrun ID (from your barcode) and your preferred role *(roles cannot be guaranteed but we'll try to accommodate where we can).*

I appreciate lots of you are very familiar with Parkrun but, as a reminder, the different roles can be viewed on the future roster page here:
http://www.parkrun.org.uk/whiteley/futureroster/

…and descriptions of the different roles can be seen here:
https://support.parkrun.com/hc/en-us/articles/200566523

Pacers
In addition to these roles, if anyone would like to volunteer to be a pacer then please let it be known with the time you'd be happy to pace.

Cakes
It would also be nice to show Whiteley that we are a friendly bunch so donations of cakes (homemade or bought) would be gratefully received.

Thank you for your support!

Chariots of Fire Beach Run 14th August 7pm Start.

It's that time of year again for the much-loved Beach Run!

Stubbington Green will yet again be holding their very own Chariots of Fire Beach Run on Tuesday 14th August from Meon foreshore by the beach chalets.
The run is 4 miles long and apart from the first and last 100 yards is on firm sand, the course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year.

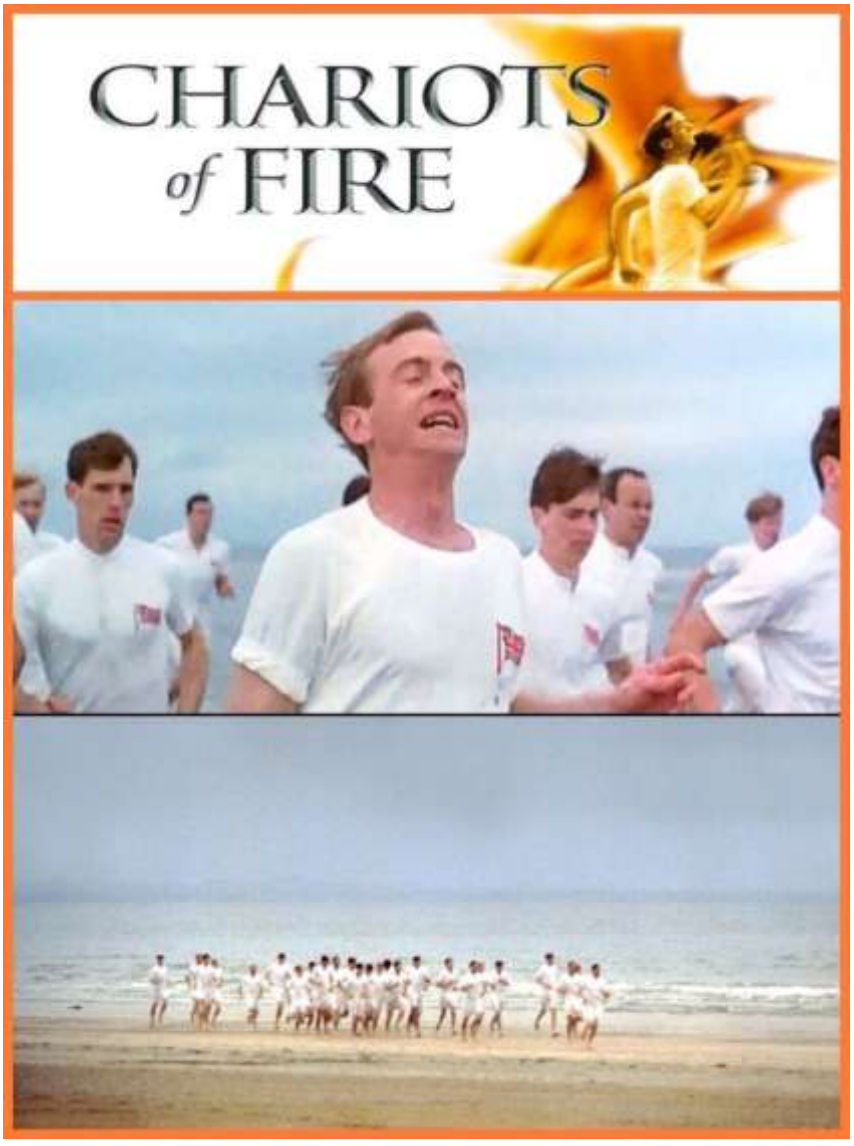
At its low point 19:40 you should be able to run nearly 500 yards from the shoreline. You might get your feet wet, so bring a towel!

After the run, weather permitting I will do some sausages in buns and have some soft drinks available, however you are welcome to bring whatever drink you want. (I enjoy a cold beer).

If the weather is poor then we shall retreat to the Osborne View.

As in the film White Tops and shorts would be good and of course plimsoll's!

This is not a race just an excuse for a social on what hopefully will be a lovely summers evening.
Hope to see you there



FROM THE CHAIR

Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 13h January 2019.

If you can offer any help in the run up to the event then please contact me at 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 are looking forward to the Hart 4 relay on August 12th where we have 14 teams running meaning there will be at least 56 stubbies out at this fun and popular event which we are using as an intra-club challenge event.

Our next social event is the BBQ at Royal Victoria Country Park – just £2 for adults and £1 for kids on Saturday 1st September – let's hope this good weather continues into September.

We have a couple of parkrun takeovers coming up so please look out for requests for help at these – Whiteley on 15th September and Lee on 10th November – let's show everybody what a great club Stubbington Green Runners is. Talking about great supporting thanks to everybody who helped out at our re-arranged RR10 – especially those marshals towards the end of the course – your patience was much appreciated.

Also our celebration/awards evening is on Saturday 10th 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.

Happy Running
Kevin

LAKELAND 100 MILE

67	Wes Jones	30:37:42

THE ULTIMATE TRAILS 23K

55	David Langrish	02:54:59
118	Andy Lee	03:27:43

MIDNIGHT MARATHON

8	Mike White	03:52:27
16	Shaun Beale	04:04:59
29	Mark McDonald	04:16:22
77	Michael Parkes	04:55:17
90	Jon Leigh	05:02:19
91	Jonathan Warner	05:02:19
132	Greig Benson	05:38:28

Bourton-on-Water 1 Mile Challenge

Mike Bell	06:00
2nd Vet 65 (beaten by 2 seconds)	

THE ULTIMATE TRAILS 55K

33	Euan McGrath	07:14:04
67	Mike White	07:52:10
119	Shaun Beale	08:44:34
139	Jon Leigh	08:55:41
239	Nigel Whitcher	10:12:13
357	Sarah Barron	12:13:38

THE ULTIMATE TRAILS 14K

155	Sarah Hobby	02:26:02
156	Rita Leigh	02:26:02
157	Sue Robinson	02:26:03
158	Sandie McIntosh	02:26:03

The Charmouth Challenge

92	Paul	Hammond	01:17:51
260	Simon	Gibbon	01:43:59
261	John	Cox	01:43:57

CAPTAINS CORNER

It's with much sadness that this month Julia Park, a much loved and admired member of the club, lost her battle with cancer. Her husband Stephen was kind enough to extend the invite to her memorial service and wake to her friends in SGRC. There was a phenomenal turnout and such a wonderful opportunity to be able to share stories and memories of this remarkable lady. She will be sadly missed.

The heatwave continued into July and has made both training and races more of a challenge. Hydration has been a hot topic, not to mention the bad tan lines that will last all summer!

Our local Lee Park run had an exciting start to the month with Dame Kelly Holmes paying us a visit, running the race and then standing for a good hour after to have photos taken with anyone that queued up! Such an amazing ambassador for our sport that many of our members had the honour to meet. A really memorable day.

Our RR10 season continues but this month we only had the one race, Eastleigh! Great turnout for this local venue, mixed feedback on the course itself as it's less "cross country" than the others, but we still performed well on the night. As things stand we already have Beccy Lord crowned Ladies Champion with others lining up some potentially great positions, 2 more races to go! Was fantastic to see our own RR10 so well marshalled and we really raised the bar by providing an ice cream van at the finish!

The Ultimate Trails races this month had a great Stubby turnout. The Ultra distance of 55k completed by Nigel Whitcher, Shaun Beale, Mjke White, Euan McGrath, Jon Leigh and Sarah Barron. We also had some green ladies in hot pink…well run Sarah Hobby, Sandie McIntosh and Sue Robinson.

Massive well done to Wes Jones who ran the Lakelands 100 miler in all weather, starting day 1 with a scorcher, day 2 rain, hail, thunder and 50mph winds! Amazing time of 30 hours 37 minutes and finishing in 67th place.

The same weekend we had a team of 6 runners out in the Charmouth Challenge. Such a tough course with Golden Cap included! Well done John Cox, Paul Hammond, Karen Salmon, Gaynor Heffer, Simon Gibbons and Mike Donovan. Definitely got that run on my bucket list after all the fun you had.

Gravel Hill 5 was another well attended race for SGRC. A tough uphill climb to start, but the reward of Pimms at mile 2! Some great results for us, Mark McDonald, Richard Mackay, Simon Bacon top 3 Stubbys home. Well done everyone that ran that day.

Wickham 6.05 special is an inter club run down the Wickham railway line. Really good turn out this month with Hedge End, Fareham and Gosport all participating. Some brilliant results from our club (full breakdown in results section!) The 5k option saw James Lewington finish first in 16:38 minutes (dogs assisted but still a fab time!) and the 10k was Helen Nicholls first place in 43:26 minutes.

Another successful time trial this month with 30+ runners. We had 11 improve on their times with biggest gains being Peter Lewis (1 min 51 secs) and Jules Dinwoode (2 mins 8 secs). Well done everyone! Next one is 9th August.

The Dorset Invader marathon benefited from cooler weather conditions. The full marathon was a whopping 29 miles this year! Really well done to Simon Gibbons, Nigel Whitcher, George Howarth, Gaynor Heffer, Sara McRitchie (what a birthday treat!!) and Karen Salmon. The half marathon on the Sunday had the driving rain and wind to battle through, so well done Marie and Callum McDonald, Sarah Martin and… Julie Ashman who amazingly ran the marathon and the half!!

The Midnight marathon was on the same weekend, as if the South Downs aren't challenge enough, a 9pm guaranteed some hours of darkness and head torches. Brilliant running from the Green Army of Shaun Beale, Mark McDonald, Jon Leigh, Jon Warner, Greig Benson, Michael Parkes and Mike White with his podium finish of first V50, top ten and a new PB! We scooped the team prize with Mike White, Shaun and Mark.

Another busy month of Triathlons, with Iron Man Bolton being conquered by our very own Lucy May. Such a vast amount of training and dedication that paid dividends. So proud for you Lucy, a truly amazing achievement. This continues with David and Sandra Abrams competing in the European Age Group Triathlon Champs in Tartu. Sandra was third and David was 5th, both qualified for Weert next year. Brilliant results!

Have a good August running and some of you may be enjoying your holidays.

SGR Summer BBQ

Saturday 1st September
11am – 4pm

Royal Victoria Country Park
Netley
Laurel BBQ Site

We are planning to have our annual BBQ this year on the 1st 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
Adults £2 each
Children £1 each

Car Parking Charges, there is a new Car Park operating system at Royal Victoria Country park, up to one hour £2.00, up to 3 hrs £3, a Full day £5 and Motorbikes are free

Coaches Corner

Over the next few months we will introduce you to your dedicated Coaching Team who voluntarily give up there time and expertise to design and facilitate the huge variety of training sessions that the club offer.

SGR Club Coach: Phil Hobby

Lisa Donn

My running journey started about 20 years ago and it was purely to loose weight! I'd always struggled to diet and my lifestyle wasn't particularly healthy. I started out with circuit training and realised the "running bits" were becoming my favourite! So I ventured out, in the dark, around my local streets and puffed my way round until I felt brave enough to go out in public.

My husband encouraged me to sign up for the Great South Run in 1999 so that became my goal. There were no couch to anything apps back then to help me so I just guessed at a training plan.
I completed the race, don't even remember anything about it now, but it can't have been a bad experience as I've just kept on running since! The medal looks tiny now in comparison to the modern day bling.

I continued with that sort of distance for a few years, taking a break when I had my son, then getting back on the diet and fitness regime again (although motherhood had given me a new craving for cake!!). I decided to attempt the Gosport Half marathon, this was back when it was the old course with loops around Daedalus, and I enjoyed the running but became aware that a lot of people were members of running clubs and having a great social time. I felt a bit lonely and made a decision that day to look into the local club options. Well, obviously Stubbington Green Runners were the 1st choice! I signed up, bit the bullet and came along to a Wednesday night Crofton session. I made a lovely friend that night and we arranged to run again the following week…that was it, I was hooked!

My running then started to improve, as did my confidence and my knowledge.

I then progressed to run more half marathons, full marathons and now a couple of ultras too. My favourite runs are the cross country RR10's and CC6's for the speed and excitement. But then I equally enjoy the endurance challenge of a good hilly marathon! I find road running the hardest, trying to keep my mind on the job and not allowing negative thoughts and doubts to creep in. I've found park run and Tina's Friday sessions are helping with that though!

I became a leader for the club about 4 years ago, a chance to give something back and for me to learn new skills. I love leading, we have such a great mixture of personalities, running abilities and reasons for coming to training. It's great the way we all work together and support each other. I found though that as a leader I wanted to know more about running techniques and training plans. Lots of questions would come my way that I wasn't able to answer, but I wanted to!

An opportunity came up for a bursary to encourage women into coaching. I'd just started my Tuesday morning sessions so was able to use that as a great case study! I got my bursary and worked my socks off to get my coaching qualification.

I absolutely love coaching. I find it all so interesting, the reasons why we run, the motivators, the de-motivators! I like to think of myself as a very positive coach, I try to encourage and push people to be the best they can. I admire that drive you need to train for a certain goal and apply my coaching knowledge to help with the physical and mental development needed to achieve it. There's nothing more rewarding, and humbling, to see someone achieve results they didn't know they could achieve!

RR10 Wide Lane Eastleigh

Nikki ROEBUCK	14
Lucy MAY	18
Rachel FARGHER	22
Lara EVANS	26
Gill ROSE	28
Penny FORSE	38
Amy FOX	53
Lisa DONN	55
Alison LAWRENCE	62
Becca WHITE	70
Beverley STICKLAND	78
Jules DINWOODIE	110
Sarah NORTHCOTT	119

Andy SIMPSON	12
David MALLARD	29
John WARNER	41
Chris SANDY	57
Dan FOSTER	79
Mark EATON	86
Matthew EVANS	92
Mike BELL	100
Haydn BROWN	104
Rich SNELL	109
Marcus LEE	117
Simon BACON	118
Jon LEIGH	133
Chris WHEELER	195
Russel MEAD	202
Carl SCHAFER	204
Rob WILLIAMS	207
Andy WHITE	208
Keith WHITAKER	216
George HOWARTH	218

THE GOSPORT 5K SUMMER SERIES RACE 3

18	Matthew Evans	00:19:42
21	Richard Mackay	00:20:10
23	Harry Roebuck	00:20:33
26	Ryan Simpson	00:20:54
32	Simon Bacon	00:21:31
51	Beth Brown	00:24:08
52	Haydn Brown	00:24:08
87	Jules Dinwoodie	00:28:01
91	Janet Shaw	00:28:33
116	Louisa Knight	00:33:25
117	Hannah Hands	00:33:26

GRAVEL HILL 5

16	MARK MCDONALD	37:25.5
19	RICHARD MACKAY	37:58.7
33	SIMON BACON	40:19.3
44	JON LEIGH	42:38.6
79	MARIE MCDONALD	47:35.4
85	HELEN BENSON	48:40.8
101	ROB WILLIAMS	51:36.3
142	DEBORAH MADEIRA	55:18.8
150	LINDSAY PRATT	55:39.1
151	TRACEY TERRY	55:40.2
157	TIFFANY SKERRATT	57:14.0
164	NATALIE FLACK	57:51.5
229	CLAIRE JOHNSON	66:32.0
242	TINA MACKAY	68:48.7

6.05 SPECIAL

5k:
James Lewington 16.38
Chris Hall 20.18
Mike Bell 20.41
Bex Cleary 21.41
Frances Lord 22.42
Mike Bourke HE 23.30
Calum McDonald 24.24
Alison Lawrence 26.48
Joseph Brooks F 27.41
Mark Brooks F 27.43
Tim Ford HE 28.03
Cathy Webb 28.17
Penny Forse 28.26
Tiffany Skerratt 29.43
Linda Swanton 30.36
Nikki Hayward 31.35
Phil Morgan 31.35
Brian Fisher 31.46
Chris Nation 31.47
Bridget Gregory 32.09
Liz James 33.35
Dave Goft 33.46

10k:
Helen Nicholls 43.26
Samuel Brooks F 43.52
Michael Dally HE 44.42
Robert Egerton 45.22
James Dunlop HE 46.09
Keith Shepard HE 46.11
Jon Leigh 47.27
Paul Marchant HE 49.03
Amy Fox 49.57
Mel Ford HE 52.29
Peter Nash 52.29
Aurelio Belle HE 52.45
Fiona Tomlinson G 59.00
Ali Morant HE 59.31
Carol Sergeant HE 59.32
Sheryl James HE 59.37
Wendy Hawxwell 1.01.21
Russell Mead 1.01.23
Debbie Laing HE 1.03.24
Sharon Summers HE 1.03.25
Steve Wood G 1.04.16
Fiona Quade F 1.04.17
Lisa Maria Hennen LSR 1.04.48
Michelle Pengilley LSR 1.04.49
Pauline Wilson LSR 1.04.49
Karen Salmon 1.06.26
Gaynor Heffer 1.06.26
Sarah Sutton HE 1.06.26
Romayne Hunter HE 1.06.32
Terry Orr HE 1.07.53

The Trunce Fell Race, Oxspring, Yorkshire Monday 23 July, 2018 – Penny Forse

I watched this race last year nursing an injury in the arch of one foot and wished I'd been able to run. The course runs past my god-daughter's farm and this year I was up in Yorkshire again and had no excuse but to run this 'only' 3.8 mile race. It is in its 50th year, and there are 9 races during the summer. The name is taken from a farm halfway up the fell. It costs only £1:50 per race, and 6335 will always be my race number when I do it again. I was cheered on by Alan and our friends clutching beers and glasses of wine as I ran past Katherine's farm.

We started and finished near a pub, and the course goes along dusty farm trails, through a tunnel under the Trans Pennine Way and off up into the fells. We splashed through the River Don twice (using the stepping stones is frowned upon!) and the cool water was most welcome. You have to be quick to avoid getting held up at kissing gates and stiles. I lost 2 minutes in total but it was a fun race and I'll definitely do it again. About 350 runners ran, the slower runners often waiting 5 minutes at each stile. I couldn't see how some of the men coped with the race after downing pints of beer just before the start! I finished in 40m12s and was 19th Female and 1st F60.

DORSET INVADER HALF MARATHON

157	Aga	Plombon	02:49:12
247	Marie	McDonald	03:23:25
248	Calum	MCDONALD	03:23:26
260	Julie	Ashman	03:28:06
261	Sarah	Martin	03:28:08

DORSET INVADER MARATHON

131	Nigel	Whitcher	05:57:04
154	George	Howarth	06:12:18
165	Karen	Salmon	06:20:46
166	Julie	Ashman	06:20:46
167	Gaynor	Heffer	06:20:47
168	Simon	Gibbon	06:20:47
183	Sara	McRitchie	06:25:44

Whilst celebrating our 25th wedding anniversary in Orlando we decided to fly the Green Army flag on Independence Day (4th July) the day after, it was a very early start to get there and a bit on the warm side with a mere 26c at 0700, race start, great fun with a straight out and back across a causeway. At the end we received a USA coloured ice pop to cool us down.

Fish and Chip Handicap 12th September 2018

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 12th 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 10th Sept if you would likesome fine English cuisine – otherwise NO NAME NO GRUB!

If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere £1 per head to cover this handicap and future events.

ROUTE:

Start by running along the Solent Way towards Meon, sea should on your right! Keep to beach path for 1.75 miles until you reach a kissing gate on your right, go though this gate which leads into Cowes Lane, at the end of which turn left into Hook Park Road.

As you pass the last house on your right (Bridge House) before the bridge turn right up a gravel road and though a metal kissing gate. Keep left running through the woods until a wooden kissing gate, then turn left going downhill and then up until you reach Church Road. You pass the Church on your right and then take New Road on your right passing Warsash Wasps football pitches on your right. Keep left running though Warsash common, across small wooden bridge. After the bridge take the next left and follow the path until you come out into Dibles Road.

Turn left and head towards Warsash at the junction of Dibles road and Warsash Road turn right and cross the road, now running away from Warsash.
After around 100 meters take the path on your left between some houses which is unmarked but leads to Greenaway Lane. Turn Left into Greenaway Lane.
Once you reach the end of Greenaway lane at the T-Junction turn right (Brook Lane).

Cross the road running along Brook Lane, take the second on your left (Brook Ave) Not the 1st left also Brook Ave, no short cut!

Follow Brook Ave until you reach a footpath on your right which leads directly to the beach, do not take the earlier path that leads to Holly Hill. Once you reach the beach path turn left and continue to the finish outside The Rising Sun.

SOUTHDOWNS RELAY LEG TIMES

Apologies from Andy Simpson for not getting them in last months Green Runner

-	From	To	Miles	Total	Ladies Team	Ladies Leg Time	A team	A team Leg time	B team	B team Leg time
1	Beachy Head (592 960)	Exceat	6.01	6.01	Beccy	48.19	Pere	40.20	Gareth	50.40
2	Exceat	Bo Peep	5.30	11.31	Tina	50.19	Andy	38.18	Mark	43.10
3	Bo Peep	A26 Itford Farm	4.67	15.98	Sally	36.02	Dan	29.40	Nick	34.53
4	A26 Itford Farm	A27 Lay by	6.98	22.96	Gill	61.53	Mike	45.12	Jon	51.31
5	A27 Lay by	Ditchlin Beacon	5.04	28.00	Lara	46.00	Shaun	38.20	Mike	38.16
6	Ditchling Beacon	Saddlescombe	4.86	32.86	Lucy	37.16	Chris	30.25	Marcus	38.40
7	Saddlescombe	A283 lay-by R.Adur Footbridge	5.25	38.11	Beccy	36.35	Pere	32.25	Gareth	38.07
8	R.Adur footbridge	Washington	6.43	44.54	Tina	55.39	Andy	42.56	Mark	49.45
9	Washington	Nr. Springhead Hill	4.14	48.68	Sally	39.00	Dan	32.02	Nick	38.03
10	Nr. Springhead Hill	Houghton Lane	3.82	52.50	Gill	30.29	Mike	22.23	Jon	24.24
11	Houghton Lane	A285 Littleton Farm	5.43	57.93	Lara	51.12	Shaun	42.29	Mike	41.51
12	A285 Littleton Farm	A286 Nr. Hill Barn	5.18	63.11	Lucy	40.20	Chris	32.18	Marcus	42.27
13	A286 Nr. Hill Barn	Harting Hill c/park	6.33	69.44	Beccy	51.32	Pere	46.27	Gareth	58.13
14	Harting Hill c/park	Q.E Country Park (Benhams Corner)	5.54	74.98	Gill	49.40	Andy	35.57	Mark	41.10
15	Q.E Country Park (Benhams Corner)	Sustainability Centre	3.93	78.91	Tina	33.42	Dan	30.11	Nick	36.33
16	Sustainability Cen-tre	Old Winchester Hill Car Park	3.70	82.61	Sally	32.23	Shaun	25.48	Mike	27.22
17	Old Winchester Hill Car park	Holding Farm	8.63	91.24	Lucy	75.24	Mike	57.01	Jon	64.38
18	Holding Farm	Chilcomb Sports Grd.	5.56	96.8	Lara	44.30	Chris	34.31	Marcus	43.45
				Total		**13.40.15**		**10.57.07**		**12.43.28**
				Position		**4th**		**1st**		**2nd**

Stubbington Green Time Trial Results 2018

Name	Best 2016/2017	April	May	June	July	August	September	Months Best	Total Yearly Best 2018
		57	46	38	33	-	-	11	33
Mike Gregory	22.04		**21.49**						-0.15
Andy Simpson	22.19	25.24	22.33	23.47	24.18				
David Mallard	23.44		**23.44**						
Phil Morgan	24.28		**24.28**						
Russ Coleman	27.13*		**24.15**						
Scott Shaw	27.35		**26.18**	26.40					-1.17
Andy Donn	27.52	**26.42**	27.08	34.19	28.27				-1.10
Graham Martin	25.56	**25.41**			27.45				-0.15
Harry Roebuck	27.40	27.40		**27.27**					-0.13
Nikki Roebuck	26.16	27.39		27.28	**26.10**			-0.06	-0.06
Gareth Charles	25.23	26.12							
Haydn Brown	26.52	28.10							
Helen Nicholls	25.57	**25.57**							
James Bampton	26.39				27.06				
John Blake	25.52			**25.52**					
Jordan McRitchie	28.00	**28.00**							
Kate Simister	25.43		**25.43**						
Mark Eaton	25.10	26.28		25.27					
Rich Chowns	26.38		31.34						
Richard Edmunds	27.04				29.37				
Richard Mackay	26.01	**26.01**	26.28	26.15					
Tom Callaway	25.03	30.31	28.03	28.31					
Peter Lewis	28.27		28.27		**26.36**			-1.51	-1.51
Rachel Fargher	28.52	28.52	28.05		**27.35**			-0.30	-1.17
Mike Bell	28.06	**27.10**	32.52	**26.48**					-1.16
Ash Lovell	30.53	**30.53**	29.45	31.00					-1.08
Simon Bacon	28.23	27.39		33.30	**27.24**			-0.15	-0.59
Graham Donnachie	30.08		30.08	**29.20**					-0.48
Amie Morgan	29.03		**29.03**						
Andy Lee	30.59	32.37		31.39					
Bizz Cozens	30.58	35.48		34.19	33.29				
George Howarth	30.34	31.49			35.30				
John Cox	30.46	**30.46**							
John Parker	28.45				**28.45**				
Keith Carter	30.40	31.40		32.10					
Maria Millican	30.37				**30.37**				
Martin Poore	30.11	**30.11**							
Michael Welland	28.44		30.21						
Nichola Willoughby	30.13			**30.13**					
Philip Martin	28.25			30.07					
Philip May	30.21	**30.19**							
Robin Peal	30.44	0.00	**30.44**						

Handicap Bandings

Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Simon Gibbon	33.51	**31.58**	33.35						-1.57
Rob Williams	34.42	34.42	**32.51**	37.27					-1.51
Gaynor Heffer	32.52		**31.27**	31.33					-1.25
Carl Schafer	34.20	34.20	33.16	33.30	**32.55**			-0.21	-1.25
Penny Forse	31.10	31.10		29.52	**29.47**			-0.05	-1.23
Mark Shepherd	33.47		33.47	**32.55**					-0.52
Alison Hesselberth	31.58		**31.27**						-0.31
Matt Smith	31.40	31.57	**31.34**	32.22					-0.06
Kevin Finch	31.19			**31.19**					
Alison Lawrence	31.26		**31.26**						
Andy White	33.45				**33.45**				
Becca White	31.52				**31.52**				
Emily Handley	33.41	**33.41**	33.58						
Hayley Humble	31.28	**31.28**							
Heather Hudson	33.55			**33.55**					
Jemma Raeburn	33.27		**33.27**						
Jenna Lloyd	33.36	**33.36**							
John Simister	32.09		39.18						
Julie Ashman	33.08	39.27	44.40	46.56					
Keith Whittaker	33.14				**33.14**				
Lisa Donn	31.32	32.07							
Marie McDonald	32.36		32.36						
Mike Donovan	32.49				33.25				
Russell Mead	31.50				32.26				
Sara McRitchie	33.04	35.17	47.57		50.56				
Shelly Thomas	33.49	**33.42**	34.27		36.05				
Sue Moore	34.39		**34.39**						
Kelly Bennetts	36.14	36.14		**31.09**	31.27				-5.05
Kathy Chamberlain	36.16	32.52	**32.00**						-4.16
Martyn Banner	40.17	37.20	**36.34**						-3.43
Nigel Whitcher	35.04			**32.07**	35.07				-2.57
Claire Peal	39.10	39.10		**36.19**					-2.51
Jules Dinwoode	37.15			37.15	**35.07**			-2.08	-2.08
Tiffany Skeratt	39.28			39.28	**38.09**			-1.19	-1.19
Tina Mackay	47.57		47.57	**46.56**					-1.01
Sarah Northcott	36.18	36.18			**35.28**			-0.50	-0.50
Lynsey Pratt	37.05		37.05	**36.18**					-0.47
Jonathan Harrington	36.20	36.20	36.00	36.24	**35.40**			-0.20	-0.40
Janet Shaw	37.41	37.41	37.49	37.50	**37.21**			-0.20	-0.20
Grace Turrell	40.17	40.17	**40.12**						-0.05
Bill Gill	38.28		**38.28**						
Chris Laidlaw	41.15				**41.15**				
Greg Rowe	37.59	39.58	38.51						
Julia Lawton	40.44	**40.44**							
Julia Webb	35.38	35.38							
Kate Vaughan	40.17	**40.17**							
Katherine Holmes	39.19	**39.19**							
Kevin Ashman	37.48	**37.48**							
Kik Loosley	50.56				**50.56**				
Lauren Fowler	35.15				**35.15**				
Louisa Sefton	46.53	**46.53**							
Martin Wedge	45.31	**45.31**							
Nikkie Plomer	39,29	**39.29**							
Noah Williams	37.27			**37.27**					
Rachel Donnachie	39.32	**39.32**							
Sarah Barron	36.03	46.45							
Sarah Martin	37.15		44.40						
Simone Shepherd	39.10	**39.10**							
Sue Robinson	38.02	46.45							
Terry Johns	36.20			**36.20**	40.26				
Tracey Terry	37.05		**37.05**						

Handicap Bandings	Name	Improvement
Under 25 mins	Mike Gregory	-0.15
25.01 – 28 mins	Scott Shaw	-1.17
28.01 – 31 mins	Peter Lewis	-1.51
31.01 – 35 mins	Simon Gibbon	-1.57
35+ mins	Kelly Bennetts	-5.05

Bushy	**7 July**	
Martin DE WIED	00:39:18	

Southsea	**7 July**	
Chris HALL	00:19:52	
Jack GOOZEE	00:30:30	

York	**7 July**	
David Matthew CASTLE	00:18:47	

Eastleigh	**7 July**	
Haydn BROWN	00:25:57	
Keith WHITAKER	00:32:12	

Newport	**7 July**	
Andrew William THOMAS	00:20:16	

Sewerby	**7 July**	
Julia WEBB	00:31:10	

Bressay	**7 July**	
Will FELINE	00:17:54	
Laura WAINWRIGHT	00:22:51	

Netley Abbey	**7 July**	
Stephen WALLBRIDGE	00:27:47	

South Shields	**7 July**	
Scott SHAW	00:21:34	

Renton	**7 July**	
Richard JACKS	00:22:22	

Weymouth	**7 July**	
Robert CRANSTONE	00:20:20	

Chichester	**7 July**	
Jonathan HARRINGTON	00:27:37	

Lee-on-the-Solent	**7 July**	
Andy SIMPSON	00:17:06	
Russ COLEMAN	00:18:48	
Andrew STOCKWELL	00:18:54	
Jonathan WARNER	00:19:02	PB
Richard BAILEY	00:19:21	
Nikki ROEBUCK	00:20:08	PB
Matthew EVANS	00:20:11	PB
Gareth CHARLES	00:20:14	
Graham MARTIN	00:20:25	
Phil MORGAN	00:20:56	
Mike BELL	00:20:57	
Steve FIDLER	00:21:16	PB
Harry ROEBUCK	00:21:18	PB
Simon BACON	00:21:26	
Rachel FARGHER	00:21:30	
Adam JOEL	00:22:07	
Graham DONNACHIE	00:22:15	
Rob ANDERSON	00:22:17	
Penny FORSE	00:22:45	
Andy DONN	00:23:18	
Jamie STOCKWELL	00:23:22	
Mick WELLAND	00:23:25	
Amie MORGAN	00:23:42	
Alison BYATT	00:24:26	PB
Vernon WILDE	00:24:46	
Rebecca WHITE	00:24:46	
Alison HESSELBERTH	00:24:48	
Kelly BENNETTS	00:24:57	
Richard BURNS	00:25:10	
Kate RANT	00:25:15	
Sally WATFORD	00:25:19	
Andy WHITE	00:25:20	
Cathy WEBB	00:26:00	
Carl SCHAFER	00:26:11	
Gavin RENNIE	00:26:26	
Rob WILLIAMS	00:26:59	
Jodie FRANCIS	00:28:27	
Shelley THOMAS	00:28:52	
Noah WILLIAMS	00:29:18	
Lee LOVE	00:29:23	
Nicki Carin WHITE	00:29:35	
Sarah NORTHCOTT	00:29:36	
Greg ROWE	00:30:38	
Vicky WILLIAMS	00:31:03	
Samantha STOCKWELL	00:31:57	
Amy WADHAMS	00:32:21	
Matt HUTTON	00:32:38	PB
Christine LAIDLAW	00:32:45	
Natalie FLACK	00:33:12	
Robin PEAL	00:33:38	
Claire PEAL	00:33:45	
Kelly MEACHIN	00:35:04	
Janet SHAW	00:35:05	
Sally MARTIN	00:35:24	
Greig BENSON	00:35:46	
Helen BENSON	00:35:46	
Jenny HEARNDEN	00:36:03	
Mandy WHITE	00:36:12	
Claire JOHNSON	00:36:38	
Lynsey BARNES	00:38:26	
Sara MCRITCHIE	00:38:27	
Sarah WINSPEAR	00:39:52	PB
Emily PEAL	00:40:40	
Wendy SMITH	00:41:17	
Emma NEAL	00:43:32	
Philip MAY	00:43:50	
Geraldine MAY	00:43:51	
Andrew SMITH	00:45:17	
Louise TANNER	00:45:43	

Portsmouth Lakeside	**7 July**	
Kevin SAUNDERS	00:25:46	

Fareham	**7 July**	
David MALLARD	00:19:33	
John PARKER	00:22:20	
Alison LAWRENCE	00:28:39	
Robert SPENCER	00:31:33	
David MACSWAYNE	00:34:31	

Ballincollig	**7 July**	
Eileen DUFF	00:24:27	

Southampton	**14 July**	
Jack HARRIS	00:21:22	PB
Calum MCDONALD	00:27:02	
Marie MCDONALD	00:27:08	PB
Mark MCDONALD	00:27:09	

Whiteley	**14 July**	
Robert CRANSTONE	00:20:12	
Sean BENDELL	00:20:17	
Nikki ROEBUCK	00:20:24	
Marcus LEE	00:21:09	
Daniel FOSTER	00:21:13	
Hannah MOLYNEAUX	00:21:13	PB
John PARKER	00:21:44	
Jamie EARLEY	00:22:43	
Stuart HALL	00:23:17	
Jack GOOZEE	00:23:20	
Simon ELLIS	00:24:25	
Helen BENSON	00:24:41	PB
Kim ACHURCH	00:25:38	PB
Keith WHITAKER	00:25:56	PB
Martin DE WIED	00:27:42	
Daniel HUGHES	00:28:22	
Tiffany SKERRATT	00:30:42	
Charlotte MAISEY	00:30:58	

Eastleigh	**14 July**	
Michael PARKES	00:21:51	
Haydn BROWN	00:24:30	

Navan	**14 July**	
Eileen DUFF	00:23:51	

Newport	14 July	
Andrew William THOMAS	00:19:59	
Upton House	**14 July**	
Chris HALL	00:21:25	
Wendy HALL	00:35:09	
Bolton	**14 July**	
Geraldine MAY	00:45:27	
Philip MAY	00:45:35	
Lucy MAY	00:45:35	
Winchester	**14 July**	
Gordon WESTLEY	00:24:46	
Worsley Woods	**14 July**	
Samantha STOCKWELL	00:29:15	
Andrew STOCKWELL	00:29:16	
Netley Abbey	**14 July**	
Stephen WALLBRIDGE	00:27:52	
Aylesbury	**14 July**	
Jules DINWOODIE	00:27:40	
Queen Elizabeth	**14 July**	
Gareth CHARLES	00:20:18	PB
Carl SCHAFER	00:27:22	
Blandford	**14 July**	
David MACSWAYNE	00:33:14	
Chichester	**14 July**	
Jonathan HARRINGTON	00:27:16	
Elagin Ostrov	**14 July**	
Robert SPENCER	00:45:52	
Fareham	**14 July**	
David MALLARD	00:19:23	
Ray GUNNER	00:20:14	
Mark John EATON	00:20:20	PB
Mike DONOVAN	00:26:52	
Alison LAWRENCE	00:27:50	
Eunice EATON	00:35:30	
Wendy SMITH	00:39:34	
Andrew SMITH	00:50:13	

Lee-on-the-Solent	14 July	
Rob GREENWOOD	00:19:32	
Graham MARTIN	00:19:46	
Andy DONN	00:22:04	
Amie MORGAN	00:22:26	
Mick WELLAND	00:22:30	
Richard EDMUNDS	00:23:07	
Tim MATTHEWS	00:23:23	
Beverly WOOLCOCK	00:24:09	
Ashley LOVELL	00:24:15	
Vernon WILDE	00:24:42	
Sally WATFORD	00:24:46	
Cathy WEBB	00:25:14	
Paul HAMMOND	00:25:18	
Melissa HUTTON-DUNTON	00:25:51	
Dawn HAYNES-SEWELL	00:25:54	
Neil JARVIS	00:26:07	
Jodie FRANCIS	00:26:09	
Andy WHITE	00:26:38	
Lee LOVE	00:26:59	PB
Lara DENT	00:27:05	
Janet SHAW	00:28:24	
Toby EVANS	00:28:33	
Sara MCRITCHIE	00:28:35	
Russell MEAD	00:31:04	
Emily PEAL	00:31:44	
Claire PEAL	00:31:45	
Robin PEAL	00:31:48	
Kevin ASHMAN	00:32:48	
Tarnya ROBINSON	00:33:18	PB
Hannah HANDS	00:33:20	
Phil CLARK	00:33:40	
Jenny HEARNDEN	00:36:00	
Mark RACE	00:39:06	
Louisa KNIGHT	00:39:36	
Imogen GARLAND	00:40:01	
Diane WILSON	00:41:38	
Nigel WHITCHER	00:41:53	
Cliff SHAW	00:59:01	
Portsmouth Lakeside	**14 July**	
Kevin SAUNDERS	00:26:27	
Riverside	**14 July**	
Simon GIBBON	00:22:46	PB
Lynsey BARNES	00:37:57	
Andover	**21 July**	
Carl SCHAFER	00:25:21	
Kate RANT	00:40:47	
Gareth CHARLES	00:46:22	
Ipswich	**21 July**	
Lucy TAYLOR	00:30:17	

Havant	21 July	
William GILL	00:29:27	
Whiteley	**21 July**	
Chris BROBIN	00:17:31	PB
Nikki ROEBUCK	00:20:14	
Greig BENSON	00:23:57	
Beverly WOOLCOCK	00:24:18	PB
Jack GOOZEE	00:24:24	
Kim ACHURCH	00:25:35	PB
Jamie EARLEY	00:25:36	
Chris WHEELER	00:26:28	
Toby EVANS	00:29:33	
Martyn POORE	00:31:06	
Nicky BEAL	00:31:07	
Robert SPENCER	00:32:17	
Helen BENSON	00:35:38	
Eastleigh	21 July	
Michael PARKES	00:20:48	PB
Keith WHITAKER	00:26:48	
Newbury	**21 July**	
Tomas STINSON	00:21:59	
Lymington Woodside	**21 July**	
Andy SIMPSON	00:17:31	
Poole	**21 July**	
Frances Louise LORD	00:23:21	
Medina I.O.W.	**21 July**	
David MALLARD	00:19:18	
Alison LAWRENCE	00:26:39	
Martin DE WIED	00:32:21	
Winchester	**21 July**	
James LEWINGTON	00:20:36	
Thornbury	**21 July**	
Natalie FLACK	00:32:43	
Netley Abbey	**21 July**	
Steve TROTMAN	00:23:18	
Haydn BROWN	00:23:30	
Rachel FARGHER	00:49:05	
Thetford	**21 July**	
Russ COLEMAN	00:18:17	
Chichester	**21 July**	
Jonathan HARRINGTON	00:27:07	PB

Wilmslow	**21 July**	
Rebecca WHITE	00:26:00	
Andy WHITE	00:27:23	
Lee-on-the-Solent	**21 July**	
Mark John EATON	00:19:25	
Richard EDMUNDS	00:22:01	
Mick WELLAND	00:22:13	
Lara EVANS	00:22:23	
Daniel FOSTER	00:22:36	
Matthew EVANS	00:22:47	
Maria MILLICAN	00:22:57	PB
Rachael OPENSHAW	00:23:03	
Richard MACKAY	00:23:10	
Andy LEE	00:23:16	
Amie MORGAN	00:23:17	
Tim MATTHEWS	00:23:27	
Alison BYATT	00:24:14	PB
Alison HESSELBERTH	00:24:37	
Sally WATFORD	00:24:41	
Cathy WEBB	00:24:49	
Lara DENT	00:26:48	
Lee LOVE	00:26:58	PB
George HOWARTH	00:27:24	
Gaynor HEFFER	00:28:00	
Paul HAMMOND	00:28:01	
Nicki Carin WHITE	00:28:28	
Janet SHAW	00:28:34	
Karen SALMON	00:29:24	
Sara MCRITCHIE	00:29:25	
Matt HUTTON	00:29:40	PB
Kevin ASHMAN	00:30:12	
Russell MEAD	00:30:15	
Kelly MEACHIN	00:30:28	PB
Jenny HEARNDEN	00:35:26	
Mark RACE	00:35:35	PB
Lynsey BARNES	00:36:28	PB
Simon GIBBON	00:36:29	
Sarah WINSPEAR	00:38:53	PB
Nigel WHITCHER	00:40:38	
Debbie ADAMS	00:41:16	PB
Jo LEWIS	00:42:47	
Fareham	**21 July**	
Will FELINE	00:17:50	PB
Tom MELLOR	00:31:05	
David MACSWAYNE	00:34:39	
Wendy SMITH	00:40:04	
Andrew SMITH	00:52:04	
Liz WEIGHELL	00:56:04	

Ballincollig	**21 July**	
Eileen DUFF	00:24:00	PB
Nidda	**21 July**	
Rob GREENWOOD	00:18:01	
Havant	**28 July**	
Matt EMERY	00:20:49	
Hilary MISSELBROOK	00:25:17	
Whiteley	**28 July**	
Chris BROBIN	00:17:46	
Michael GREGORY	00:17:46	
Robert CRANSTONE	00:19:38	
Sean BENDELL	00:19:51	PB
Nikki ROEBUCK	00:20:05	
Jamie EARLEY	00:21:08	PB
Amie MORGAN	00:23:20	
Phil MORGAN	00:23:21	PB
Beverly WOOLCOCK	00:24:08	PB
Jack GOOZEE	00:24:23	
Harry ROEBUCK	00:26:24	
Lauren FOWLER	00:26:57	PB
Martyn BANNER	00:27:08	
Pamela KEMP	00:27:53	
Dominique BECHELEY	00:28:38	
Martin DE WIED	00:28:40	
Charlotte MAISEY	00:32:02	
Helen BENSON	00:36:12	
Greig BENSON	00:36:30	
Eastleigh	**28 July**	
Haydn BROWN	00:24:54	
Carl SCHAFER	00:26:31	PB
Keith WHITAKER	00:27:28	
Lincoln	**28 July**	
Rachael OPENSHAW	00:23:27	
Newbury	**28 July**	
Tomas STINSON	00:21:58	
Sean STINSON	00:27:06	
Netley Abbey	**28 July**	
Steve TROTMAN	00:22:59	
Chris DAVIDSON	00:23:04	
Russell MEAD	00:27:57	
Queen Elizabeth	**28 July**	
Mark MCDONALD	00:22:20	
Jon LEIGH	00:24:06	
Marie MCDONALD	00:28:12	

Bognor Regis	**28 July**	
Lee LOVE	00:27:15	
Lee-on-the-Solent	**28 July**	
Graham MARTIN	00:19:58	
Mark John EATON	00:20:01	
Steve CUMES	00:20:12	
Mike BELL	00:21:15	
Mick WELLAND	00:23:15	
Penny FORSE	00:23:17	
Andy LEE	00:23:59	
Daniel FOSTER	00:24:34	
Richard BURNS	00:24:51	
Kelly BENNETTS	00:24:55	
Sally WATFORD	00:25:12	
Kevin SAUNDERS	00:26:19	
Chris STAPLEFORD	00:26:20	
Dawn HAYNES-SEWELL	00:26:28	
Andy WHITE	00:26:36	
Rebecca WHITE	00:26:38	
Rob WILLIAMS	00:27:25	
Andy RICHARDSON	00:27:34	
Sarah NORTHCOTT	00:27:41	
Nicki Carin WHITE	00:27:44	
Richard WEEKS	00:27:49	PB
Janet SHAW	00:28:00	PB
Noah WILLIAMS	00:29:21	
Eunice EATON	00:33:23	
Phil CLARK	00:34:53	
Jenny HEARNDEN	00:35:43	
Mark RACE	00:35:58	
Jo LEWIS	00:39:15	
Diane WILSON	00:39:50	
Jane BODMAN	00:39:51	
Dolgellau	**28 July**	
Chris HALL	00:23:24	
Fareham	**28 July**	
David MALLARD	00:18:49	
Ray GUNNER	00:19:51	
Richard EDMUNDS	00:23:47	
Alison LAWRENCE	00:25:52	
David MACSWAYNE	00:31:59	
Wendy SMITH	00:42:33	
Clonmel	**28 July**	
Neil JARVIS	00:25:35	
Dinton Pastures	**28 July**	
Robert SPENCER	00:30:41	
Winchester	**28 July**	
Gordon WESTLEY	00:25:35	