The

Green Runner

SEPTEMBER 2018

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

The 2018/2019 HRRL season is just about to get started with the first race being the Overton 5 Mile on Sunday 2nd September.
We had a much better turnout of runners for the 2017/2018 season and it would be great to see a Sea of Green again this year.

Races for next season are:

Overton 5 mile	2nd September	Full
Solent Half	23rd September	Open
Gosport Half	18th November	Open
Victory 5 mile	2nd December	Open
Stubbington 10K	13th January	Open
Ryde 10 mile	3rd February	
Fleet Half	17th March	
Salisbury 10 mile	14th April	
Alton 10 mile	12th May	
Netley 10k	19th May	
Alresford 10k	16th June	
Lordshill 10k	30th June	

Please do remember that if you are intending to run our own 10K in January that you will need to forward me details of your nominated helper or help yourself before the race on either the Saturday or the Sunday morning.

Good luck to everyone running the above races.

Looking forward to seeing you at the HRRL races, HRRL Secretary my email address is: hrrl-secretary@stubbingtongreenrunners.net.

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.

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 that's ok too.

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.

FROM THE CHAIR

August saw the culmination of the RR10 series , where we had over 160 stubbies run at least one of these races during the season, which has to be our biggest ever turnout in this league . Congratulations to all of you especially the Ladies who managed to take a clean sweep of the categories where we had entrants – Becky Lord, Nikki Roebuck, Gill Rose and Penny Forse. If anybody knows a fast Vet 70 Lady then let us know and we can go for all of them next year!!

A great day was had by everybody at the Hart 4 relay – even the weather wasn't as bad as was forecast and the 56 stubbies running in 14 teams certainly had a great day out and already looking forward to next year's event. Lets see if we can get more than 20 teams next year. We also had a great day for the Summer BBQ and thanks must go to Mark McDonald for both his organisational and cooking abilities.

Entries are now open for our own Stubbington 10k race on January 13th 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. We had 250 entries the first day entries opened so it looks like we will sell out again well before the closing date.

As we move into Autumn the cross country season also kicks off shortly. The CC6 starts at Fleming Park, Eastleigh on the 9th September with our race scheduled for October 7th - look out for requests for help from our new CC6 rep – Sally Mcgrath– it would be great to repeat the superb marshalling we did at the equivalent RR10 race in the summer.

Details of our Awards evening at David Lloyd, Port Solent have been sent out to everybody - just £15 for a buffet dinner, great value for money and always a well supported event so come along and have a great evening with fellow runners, families and friends.

Happy Running

Kevin
Chairman

Harting MT Race Sunday 5 August 10 miles – Penny Forse

"An approximate 10 mile long multi-terrain race over private tarmac lanes, hard gravel tracks and some paths. The route runs up to the top of the Downs, gently down towards Compton, along towards Chalton, up to Ditcham Park School, along part of the South Downs Way and back down to South Harting to finish on the sports field. There are many superb views around the course." Quote from Liss Runners' website.

I couldn't describe it better myself, apart from adding that the race was very well organised, marshaling was superb and there was a friendly atmosphere. An extra water station was set up as it was a very hot day. I plan to run this next year – after more hill training in Holly Hill and on the South Downs!

Chris Hall 1:16:39. 3rd M55-64
Sally McGrath 1:28:37. 2nd F50-59
Penny Forse 1:28:56. 1st F60+
Maria Millican 1:32:33. F50-59
Andy Lee 1:33:34. M55-64
Martin De Wied 1:43:43. M55-64

CAPTAINS CORNER

Schools out and lots of people holidaying in the month of August. That said, we've had a few races and socials that have happened to report on.

The RR10 saw the last two races of the series at Itchen Valley and IBM Hursley. The first race of the month was Itchen where we got 8 men's teams and 7 ladies with a total of 63 runners. The ladies were home in 2nd with Nikki Roebuck 4th, Rachel Fargher 10th and Lucy May 11th. Men finished 4th, 15th Andy Simpson, 20th Will Feline, 23rd Rob Greenwood, 27th Shaun Beale and 28th David Mallard.

So it came down to the last race of the season at IBM with the overall team titles wrapped up barring disasters by Winchester ladies and Romsey men. So we switched our attention to the individual titles with our ladies in real contention in the V40 and V50 categories where Nikki Roebuck and Gill Rose both needed a decent performance to win their respective categories.

Nikki and Gill didn't disappoint with Nikki leading home the Stubbies in 4th and Gill getting her best finish of the series in 9th to blow the competition out of the water and take the titles. Lucy May giving another solid performance in 16th to complete the team. The ladies A team were 3rd on the night and 2nd overall in the series with the B team finishing and incredible 8th overall and beating quite a few A teams! In the ladies individual standings we nearly completed a clean sweep winning 4 out of the 5 titles, Beccy Lord overall winner (senior), Nikki Roebuck V40 (3rd overall), Gill Rose V50 and Penny Forse V60, congratulations ladies.

Men were 3rd on the night led home by Will Feline 12th, Shaun Beale 15th, Rob Greenwood 18th, David Mallard 24th and Jon Warner 28th. The men equalled their best ever finish in the series with 2nd overall and the B team were an amazing 10th. Throughout the series we consistently got over 30 men runners to each race. Individually the men had some good performances with Andy Simpson 2nd V40, Colin Trigg 4th V40, Mike Bell 2nd V60, Shaun Beale 12th and David Mallard 18th overall. The summer RR10 series has been a great series and seen lots of the Green Army enjoying these mid-week runs and post pub get togethers, thank you to everyone who ran. After quite a few years in office Neil Stantial is stepping down as RR10 representative, a big thank you Neil for all your hard work which includes putting on our own race.

If you liked the RR10 series then the winter version is around the corner which is the CC6 series with 8 races over 4-5 miles on very similar courses, starting with Fleming Park on Sunday 9th September at 9.30am which is free, just turn up with your Stubbie vest.

Hampshire Road Race League (HRRL) starts at Overton 5 which is already sold out. These races fill up pretty quickly so enter early with the next race being Solent Half on 23rd September and after that Gosport Half 18th November.

Stubbie away day this year was at the Hart 4 relay which was 4 hours of non-stop running in teams of 4 on a 4km loop taking it in turn to run a leg. We put in 11 mixed teams and had our own interclub competition, along with a competitive men's and ladies team. Everyone we spoke to seemed to have a great day and good camaraderie. In the Stubbie mixed competition we had prizes for the top 3 teams with 1st and 2nd running 13 laps and only separated by 1 minutes 47 seconds, 1st was Dyslexia Untied – Mark McDonald, Richard Snell, Kathy Chamberlain, Pam Kemp, 2nd was Electric Eagles – Ray Gunner, Sally McGrath, Becca White, Kevin Ashman, 3rd was SGR K – Joe Goozee, Kelly Bennetts, Frances Lord, and Julie Ashman.

In the ladies race Stubbington Invincibles were 2nd ladies only 2 minutes 36 seconds behind the winners with Kelly Haniver, Vicky Shaw, Nikki Roebuck, Laura Wainwright completing 15 laps. Men's team went one better and won the race completing 17 laps and setting a course record, congratulations to the Green Avengers Pere Capdevila, Will Feline, Dan Foster and Rob Greenwood.

Another social event that took place was the Chariots of Fire run on Meon shores with a two miles out and back to Solent Breezes at low tide. This is a wonderful event and spectacular sight to behold as you see a huge group of runners in all whites! Thank you Nick for organising and barbequing the sausages.

A first and not the last was Oregon Training Circuit night which is a mixture strength, core conditioning and running which was hosted by Phil Hobby, Julie Ashman, Mike White and Tom Mellor with a whopping 75+ people turning up and enjoying the new experience.

The last Summer Time Trial is Thursday 20th September, who is going to be the biggest improver in their category?

Keep on running and racing through September where the weather should be a little more cooler and suitable for quicker times!

Nikki ROEBUCK	4
Rachel FARGHER	10
Lucy MAY	11
Lara EVANS	14
Gill ROSE	15
Sally MCGRATH	24
Laura WAINWRIGHT	26
Penny FORSE	32
Lisa DONN	36
Amy FOX	38
Becca WHITE	40
Beverley STICKLAND	51
Susie MACGREGOR	52
Daniele CRANSTONE	53
Katherine CHAMBERLAIN	62
Kim ACHURCH	71
Kay JEFFREY	73
Alison LAWRENCE	75
Pamela KEMP	97
Jules DINWOODIE	98
Sarah NORTHCOTT	110
Michelle SIMPSON	128

LAKESIDE 5K SERIES RACE 5

16	Rob Arkell	16.48
77	Jon Leigh	20.26
82	Lucy May	20.42
116	Russell Mead	24.51
133	Jules Dinwoodie	27.28

SALISBURY 54321 50K

98	Michael	Parks	05:25:50

SALISBURY 54321 42K

81	George	Howarth	05:01:30

RR10 ITCHEN VALLEY

Andy SIMPSON	15
Will FELINE	20
Rob GREENWOOD	23
Shaun BEALE	27
David MALLARD	28
John WARNER	41
Dan FOSTER	44
Steve CUMES	52
Graham MARTIN	59
Chris SANDY	61
Mark EATON	66
James LEWINGTON	71
Andy DONN	76
Matthew EVANS	80
Scott SHAW	85
Mike BELL	86
Simon BACON	87
Rich SNELL	96
Haydn BROWN	98
Simon GIBBON	102
Nick CRANE	103
Richard EDMUNDS	106
Marcus LEE	109
Jack GOOZEE	116
Ali MCGRATH	132
Ashley LOVELL	140
Jon LEIGH	163
Tom CALLAWAY	165
Nigel WHITCHER	171
Andy LEE	175
Carl SCHAFER	179
Andy WHITE	180
George HOWARTH	184
Chris WHEELER	185
Russel MEAD	186
Richard JACKS	188
Rob WILLIAMS	194
Martyn BANNER	199
Keith WHITAKER	207
Toby EVANS	209
Kevin ASHMAN	217

RR10 HURSLEY

Nikki ROEBUCK	4
Gill ROSE	9
Lucy MAY	16
Penny FORSE	33
Beverley STICKLAND	44
Becca WHITE	52
Alison MCCORMICK	60
Kelly BENNETTS	72
Alison LAWRENCE	75
Melissa COSENS	104
Jules DINWOODIE	112
Sarah BARRON	151
Julia LAWTON	154
Louise SEFTON	188

RR10 2018
Beccy Lord overall winner, Nikki Roebuck V40 winner, Gill Rose V50 winner, Penny Forse V60 winner

Will FELINE	12
Shaun BEALE	15
Rob GREENWOOD	18
David MALLARD	24
John WARNER	28
Mike WHITE	39
Steve CUMES	59
Chris HALL	65
Jon LEIGH	105
Rich SNELL	114
Haydn BROWN	121
Simon GIBBON	125
Nick CRANE	126
Richard JACKS	128
Simon BACON	130
Tom CALLAWAY	131
Jamie EARLEY	142
Mike BELL	145
Paul COVERDALE	148
Graham JAMES	156
Jack GOOZEE	171
Ashley LOVELL	181
Tim MATTHEWS	188
Andy LEE	201
Nigel WHITCHER	217
George HOWARTH	235
Russel MEAD	238
Carl SCHAFER	240
Martyn BANNER	257
Andy WHITE	262
Matt HUTTON	275
Kevin ASHMAN	283
Robert SPENCER	286

Stubbington Green Time Trial Results 2018

August's time trial in the busy school holidays but still got 41 runners out on the night with 14 people improving on their times. The biggest monthly improvers were Louise Sefton knocking 2 minutes 16 seconds off her best and young Noah Williams chopping 1 minute 23 seconds off his time. The lucky winner of the randomiser was Mike White.

Next month is the last Summer time trial, can anyone pip the runners below to be the biggest improver in their handicap banding? You've got to be in it to win it!! The grand finale will be 20th September, expecting to see lots of you running.

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

Course Records	Name	Time	Date
Men's	Daniel O'Boyle	20.25	20th August 2015
Ladies's	Beccy Lord	23.27	8th September 2016
2nd Fastest			
Men's	Mark Le Gassick	20.43	October 2005
Ladies's	Beverley Hard (Brown)	23.48	1st June 1993

Banding	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

Name	Best 2016/2017	April	May	June	July	August	Months Best	Total Yearly Best 2018	
		57	46	38	33	41	14	43	
Mike Gregory	22.04		**21.49**					-0.15	Under 25 mins
Andy Simpson	22.19	25.24	22.33	23.47	24.18	43.49			
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	25.01 – 28 mins
Andy Donn	27.52	**26.42**	27.08	34.19	28.27			-1.10	
James Bampton	26.39				27.06	**26.22**	-0.17	-0.17	
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	
Mike White	25.54					**25.51**	-0.04	-0.04	
Gareth Charles	25.23	26.12							
Haydn Brown	26.52	28.10							
Helen Nicholls	25.57	**25.57**							
James Lewington	25.55					**25.55**			
John Blake	25.52			**25.52**					
Jon Leigh	27.47					28.02			
Jordan McRitchie	28.00	**28.00**							
Kate Simister	25.43		**25.43**						
Lucy May	27.49					**27.49**			
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		26.34			
Tom Callaway	25.03	30.31	28.03	28.31		29.25			

Peter Lewis	28.27		28.27		26.36	**26.34**	-0.02	-1.53	28.01 – 31 mins
Rachel Fargher	28.52	28.52	28.05		**27.35**			-1.17	
Mike Bell	28.06	**27.10**	32.52	**26.48**				-1.16	
Ash Lovell	30.53	**30.53**	29.45	31.00		31.17		-1.08	
Simon Bacon	28.23	27.39		33.30	**27.24**	29.21		-0.59	
Graham Donnachie	30.08		30.08	**29.20**				-0.48	
Maria Millican	30.37				30.37	**29.51**	-0.46	-0.46	
Steve Fidler	28.15					**27.56**	-0.19	-0.19	
John Parker	28.45				28.45	**28.31**	-0.14	-0.14	
Amie Morgan	29.03		**29.03**			29.33			
Andy Lee	30.59	32.37		31.39		31.22			
Bizz Cozens	30.58	35.48		34.19	33.29				
George Howarth	30.34	31.49			35.30				
John Cox	30.46	**30.46**				31.12			
Keith Carter	30.40	31.40		32.10					
Martin Poore	30.11	**30.11**							
Michael Welland	28.44		30.21			29.34			
Nichola Willoughby	30.13			**30.13**					
Philip Martin	28.25			30.07					
Philip May	30.21	**30.19**				31.06			
Robin Peal	30.44	0.00	**30.44**						
Simon Gibbon	33.51	**31.58**	33.35					-1.57	31.01 – 35 mins
Rob Williams	34.42	34.42	**32.51**	37.27		36.01		-1.51	
Gaynor Heffer	32.52		**31.27**	31.33		31.32		-1.25	
Carl Schafer	34.20	34.20	33.16	33.30	**32.55**	34.13		-1.25	
Frances Lord	32.16					**30.52**	-1.24	-1.24	
Penny Forse	31.10	31.10		29.52	**29.47**			-1.23	
Mark Shepherd	33.47		33.47	**32.55**				-0.52	
Alison Hesselberth	31.58		**31.27**			32.25		-0.31	
Becca White	31.52				31.52	**31.35**	-0.17	-0.17	
Matt Smith	31.40	31.57	**31.34**	32.22				-0.06	
Alison Lawrence	31.26		**31.26**						
Andy White	33.45				**33.45**				
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		42.22			
Keith Whittaker	33.14				**33.14**	34.13			
Kevin Finch	31.19			**31.19**					
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	35+ mins
Kathy Chamberlain	36.16	32.52	**32.00**					-4.16	
Martyn Banner	40.17	37.20	**36.34**			37.27		-3.43	
Nigel Whitcher	35.04			**32.07**	35.07	32.33		-2.57	
Claire Peal	39.10	39.10		**36.19**				-2.51	
Tina Mackay	47.57		47.57	46.56		**45.12**	-1.44	-2.45	
Louise Sefton	46.53	46.53				**44.37**	-2.16	-2.16	
Jules Dinwoode	37.15			37.15	**35.07**			-2.08	
Noah Williams	37.27			37.27		**36.04**	-1.23	-1.23	
Tiffany Skeratt	39.28			39.28	**38.09**			-1.19	
Jonathan Harrington	36.20	36.20	36.00	36.24	35.40	**35.20**	-0.20	-1.00	
Sarah Northcott	36.18	36.18			**35.28**			-0.50	
Lynsey Pratt	37.05		37.05	**36.18**				-0.47	
Chris Laidlaw	41.15				41.15	**40.31**	-0.44	-0.44	
Janet Shaw	37.41	37.41	37.49	37.50	37.21	**37.05**	-0.16	-0.36	
Grace Turrell	40.17	40.17	**40.12**					-0.05	
Bill Gill	38.28		**38.28**						
Greg Rowe	37.59	39.58	38.51						
Hannah Hands	42.21					**42.21**			
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**				45.27			
Kik Loosley	50.56				**50.56**				
Lauren Fowler	35.15				**35.15**				
Mark Race	45.27					**45.27**			
Martin Wedge	45.31	**45.31**							
Matt Tutton	39.18					**39.18**			
Nikkie Plomer	39,29	**39.29**							
Rachel Donnachie	39.32	**39.32**							
Robert Spencer	35.57								
Sarah Barron	36.03	46.45							
Sarah Martin	37.15		44.40						
Simone Shepherd	39.10	**39.10**							
Sue Leonard	44.44					**44.44**			
Sue Robinson	38.02	46.45							
Tarnya Robinson	43.49					**43.49**			
Terry Johns	36.20			**36.20**	40.26				
Tracey Terry	37.05		**37.05**						

You may recall that one of our charities last year was Charlie's Beach Hut. The committee received the letter below from Charlie's Beach Hut charity which we would like to share with you. Thank you to everyone for your support throughout the year and especially volunteering to work behind the scenes to enable the SGR 10k to run as this is where most of the money comes from to enable us to support these local charities.

If you do want to get involved supporting our SGR10k in Jan 19 please contact Sara McRitchie our Chief Marshal (hrrl-secretary@stubbingtongreenrunners.net)

Thank you again

SUBJECT – CHARLIE'S BEACH HUT, A HUGE THANK YOU

Mark,

On behalf of the charity Trustee's, Karen and I would like to thank you and the Stubbington Green Runners and all of your supporters for the incredible £4,000 you raised in support of Charlie's Beach Hut.

It was amazing to meet so many of you during the cheque presentation, you have a superb team and I felt so privileged and humbled to be within your number.

Our charity mission statement is: to relieve the needs of families and carers who have children with life threatening or terminal illnesses; or have lost children to cancer; or to families of fire-fighters that have suffered life limiting injuries or bereavement whilst in the line of duty by providing a 'Beach Hut' holiday home.

Charlie's is nestled high in the sand dunes at Perran Sands, Perranporth, Cornwall with uninterrupted views of the Atlantic ocean and 3 miles of golden sand. Perran Sands is a Haven site and offers everything from restaurants, bars, surf lessons, amusements and excellent character show entertainment for the little ones; there is also entertainment for the grown-ups!

We budget for between £12,000 and £15,000 per year to run Charlie's so to receive a third of those running (excuse the pun) costs in one amount is a huge achievement and we cannot thank you enough for the incredible donation.

Thank you so much again for your support and each and every penny goes towards helping families to 'Find Their Wonderful In Today' when they most need it.

Warmest regards,

Steve & Karen Codling

www.charliecodling.co.uk Charity No: 1154182 info@charliecodling.co.uk

Basingstoke	**4 August**	
Ray GUNNER	00:19:38	
Heaton	**4 August**	
Andy SIMPSON	00:17:34	
Hull	**4 August**	
Liz WEIGHELL	00:33:53	
Southampton	**4 August**	
Carl SCHAFER	00:25:42	PB
Ipswich	**4 August**	
Lucy TAYLOR	00:29:21	
Plymvalley	**4 August**	
Claire PEAL	00:33:02	
Robin PEAL	00:33:03	
Havant	**4 August**	
Sara MCRITCHIE	00:32:20	
Whiteley	**4 August**	
Steve CUMES	00:19:39	
Sean BENDELL	00:20:14	
Nikki ROEBUCK	00:20:25	
Marcus LEE	00:21:14	
Hannah MOLYNEAUX	00:21:15	
John PARKER	00:22:38	
Beverly WOOLCOCK	00:23:36	PB
Amy FOX	00:24:33	
Jamie STOCKWELL	00:24:38	
Claire JONES	00:25:06	PB
Claire LIGHT	00:25:49	PB
Jade BOTTERILL	00:26:58	
Martin DE WIED	00:27:13	
Kate RANT	00:30:44	
Samantha STOCKWELL	00:30:45	
Andrew STOCKWELL	00:30:46	
Toby EVANS	00:31:26	
Matt HUTTON	00:31:55	
Tiffany SKERRATT	00:34:00	
Chris WHEELER	00:38:28	
Eastleigh	**4 August**	
Michael PARKES	00:20:22	PB
Keith WHITAKER	00:27:58	
Newbury	**4 August**	
Tomas STINSON	00:21:22	
Sean STINSON	00:26:55	
Killerton	**4 August**	
David MACSWAYNE	00:34:40	
Sewerby	**4 August**	
Simon GIBBON	00:22:52	
Lynsey BARNES	00:36:37	
Netley Abbey	**4 August**	
Mark MCDONALD	00:20:41	
Frances Louise LORD	00:23:22	
Marie MCDONALD	00:26:07	
Kathy CHAMBERLAIN	00:26:34	PB
Stephen WALLBRIDGE	00:28:22	
Kevin ASHMAN	00:30:34	
Rushcliffe	**4 August**	
Stuart NICHOLSON	00:31:46	
Queen Elizabeth	**4 August**	
Matt EMERY	00:21:15	PB

Chichester	**4 August**	
Jonathan HARRINGTON	00:27:19	
Penrose	**4 August**	
Aga PLOMBON	00:30:21	
Lee-on-the-Solent	**4 August**	
Rob GREENWOOD	00:17:53	
Stuart HISCOCK	00:21:52	
Mick WELLAND	00:22:18	
Matthew EVANS	00:22:32	
Andy DONN	00:22:33	
Tim MATTHEWS	00:23:10	
Lisa DONN	00:24:14	
Sally WATFORD	00:24:57	
Haydn BROWN	00:24:58	
Amie MORGAN	00:25:11	
Andy WHITE	00:25:51	
Rob WILLIAMS	00:26:05	
Lee LOVE	00:26:31	PB
Lara DENT	00:26:37	
Chris STAPLEFORD	00:27:19	
Gaynor HEFFER	00:27:21	
Nicki Carin WHITE	00:27:56	
Richard WEEKS	00:27:57	
Martyn BANNER	00:28:50	
Noah WILLIAMS	00:29:15	
Janet SHAW	00:29:26	
Amanda KNIGHT	00:30:52	
Christine LAIDLAW	00:31:39	
Tarnya ROBINSON	00:34:22	
Mark RACE	00:34:40	PB
Jenny HEARNDEN	00:35:25	
Mandy WHITE	00:35:57	
Diane WILSON	00:39:33	
Philip MAY	00:40:43	
Geraldine MAY	00:40:43	PB
Jo LEWIS	00:41:54	
Emma NEAL	00:46:45	
Cliff SHAW	00:52:22	
Portsmouth Lakeside	**4 August**	
Vernon WILDE	00:25:13	
Kevin SAUNDERS	00:26:21	
Robert SPENCER	00:31:17	
Fareham	**4 August**	
David MALLARD	00:19:33	
Mark John EATON	00:20:21	
Richard EDMUNDS	00:23:36	
Andy LEE	00:25:04	
Alison LAWRENCE	00:29:46	
Katherine BURDETT	00:30:28	
Eunice EATON	00:32:18	PB
Wendy SMITH	00:39:35	
Andrew SMITH	00:47:28	
Clonmel	**4 August**	
Neil JARVIS	00:25:10	PB
Ipswich	**11 August**	
Lucy TAYLOR	00:29:15	
Plymvalley	**11 August**	
Mark John EATON	00:20:50	PB
Burgess	**11 August**	
Robert SPENCER	00:29:52	
Weymouth	**11 August**	
Dominique BECHELEY	00:27:38	
Beeston	**11 August**	
John SIMISTER	00:29:57	
Sue SIMISTER	00:38:28	
Rushmoor	**11 August**	
Ray GUNNER	00:19:27	
Portsmouth Lakeside	**11 August**	
Kevin SAUNDERS	00:25:50	
Sara MCRITCHIE	00:29:12	

Whiteley	**11 August**	
Sean BENDELL	00:19:07	PB
Mike WHITE	00:19:14	PB
Steve CUMES	00:19:34	
Nikki ROEBUCK	00:20:46	
Jon LEIGH	00:20:47	
John PARKER	00:21:26	
Mark MCDONALD	00:21:51	
Lucy MAY	00:22:23	
Simon GIBBON	00:22:25	PB
Jamie EARLEY	00:22:34	
Matt EMERY	00:22:39	
Amie MORGAN	00:22:54	
Mick WELLAND	00:22:54	
Stuart HALL	00:23:19	
Robert HINKLEY	00:23:51	PB
Nigel WHITCHER	00:24:30	PB
Alison BYATT	00:24:40	PB
Jack GOOZEE	00:25:08	
Claire LIGHT	00:25:47	PB
Gavin RENNIE	00:26:08	
Beverly WOOLCOCK	00:26:29	
Jade BOTTERILL	00:27:00	
Matt HUTTON	00:28:51	PB
William GILL	00:29:31	
Marie MCDONALD	00:29:47	
Natalie FLACK	00:29:49	PB
Charlotte MAISEY	00:31:03	
Harry ROEBUCK	00:31:06	
Kevin ASHMAN	00:31:23	
Julie ASHMAN	00:41:32	
Eastleigh	**11 August**	
Keith WHITAKER	00:28:40	
Lincoln	**11 August**	
Rachael OPENSHAW	00:22:25	
Newbury	**11 August**	
Allan STINSON	00:46:36	
Newport	11 August	
Andrew William THOMAS	00:20:07	
Netley Abbey	**11 August**	
James LEWINGTON	00:17:58	PB
Frances Louise LORD	00:23:15	
Lucy Katherine WINDOW	00:24:30	
Richard BAILEY	00:24:31	
Stephen WALLBRIDGE	00:26:46	
Lee-on-the-Solent	**11 August**	
Rob GREENWOOD	00:20:31	
Simon BACON	00:21:39	
Richard EDMUNDS	00:21:53	
Ashley LOVELL	00:23:22	
Vernon WILDE	00:23:53	
Andy LEE	00:24:01	
Haydn BROWN	00:24:32	
Alison HESSELBERTH	00:24:45	
Neil JARVIS	00:24:49	
Lee LOVE	00:26:14	PB
Richard WEEKS	00:27:21	PB
Vicky WILLIAMS	00:30:00	
Jenny HEARNDEN	00:34:57	
Stuart NICHOLSON	00:35:10	
Diane WILSON	00:38:09	
Janet SHAW	00:43:49	
Cliff SHAW	00:51:07	
Fareham	**11 August**	
David MALLARD	00:18:55	
Gareth CHARLES	00:19:51	
Carl SCHAFER	00:25:37	PB
Alison LAWRENCE	00:25:50	
Lauren FOWLER	00:27:47	PB
Wendy SMITH	00:39:43	
Liz WEIGHELL	00:50:44	
Andrew SMITH	00:51:01	
Severn Bridge	**11 August**	
Andrew STOCKWELL	00:20:11	

Amager Fælled	18 August	
Robert SPENCER	00:30:10	PB

Southsea	18 August	
Amie MORGAN	00:22:06	
Phil MORGAN	00:22:08	
Kelly BENNETTS	00:26:32	PB

Whiteley	18 August	
Nikki ROEBUCK	00:20:44	
Harry ROEBUCK	00:20:54	
John PARKER	00:20:56	
Marcus LEE	00:21:09	
Richard JACKS	00:22:41	
Jack GOOZEE	00:22:57	
Stuart HALL	00:23:13	
Beverly WOOLCOCK	00:23:18	PB
Jon LEIGH	00:23:38	
Martin DE WIED	00:25:05	PB
Claire LIGHT	00:25:12	PB
Carl SCHAFER	00:25:42	
William GILL	00:28:31	
Melissa HUTTON-DUNTON	00:28:35	
Jade BOTTERILL	00:32:02	
Charlotte MAISEY	00:32:49	

Eastleigh	18 August	
Matt EMERY	00:20:48	
Keith WHITAKER	00:27:46	

Peacehaven	18 August	
Andrew STOCKWELL	00:21:04	
Samantha STOCKWELL	00:29:50	

Amager Strandpark	18 August	
Robert SPENCER	00:29:10	

Netley Abbey	18 August	
Steve TROTMAN	00:22:29	
Frances Louise LORD	00:23:23	
Martyn BANNER	00:27:33	PB
Aga PLOMBON	00:29:05	

Porthcawl	18 August	
Jodie FRANCIS	00:27:18	

Lanhydrock	18 August	
Chris HALL	00:22:02	
Daisy MCCLEMENTS	00:26:32	

Chichester	18 August	
Jonathan HARRINGTON	00:27:29	

Portsmouth Lakeside	18 August	
Kevin SAUNDERS	00:25:23	

Fareham	18 August	
Tom MELLOR	00:31:32	
Wendy SMITH	00:37:46	
Andrew SMITH	00:50:27	
Liz WEIGHELL	00:51:44	

South Woodham Ferrers	18 August	
Ray GUNNER	00:19:45	

Southampton	25 August	
Robert HINKLEY	00:26:07	

Ipswich	25 August	
Lucy TAYLOR	00:32:23	

Lee-on-the-Solent	18 August	
Andy SIMPSON	00:17:44	
Chris BROBIN	00:17:46	
Shaun BEALE	00:17:49	PB
Maria MILLICAN	00:22:38	PB
Tim MATTHEWS	00:22:59	
Ashley LOVELL	00:23:23	
Simon GIBBON	00:23:37	
Paul HAMMOND	00:23:55	
Vernon WILDE	00:23:57	
Nigel WHITCHER	00:24:24	PB
Rebecca WHITE	00:24:41	PB
Richard BURNS	00:25:26	
Alison HESSELBERTH	00:25:28	
Rob WILLIAMS	00:25:36	PB
George HOWARTH	00:25:37	
Russell MEAD	00:26:33	
Richard WEEKS	00:26:52	PB
Andy WHITE	00:27:10	
Jules DINWOODIE	00:27:48	
Janet SHAW	00:28:35	
Greg ROWE	00:28:56	
Karen SALMON	00:28:57	
Stuart NICHOLSON	00:29:07	
Sarah BARRON	00:30:37	
Christine LAIDLAW	00:31:15	
Martin READ	00:31:45	
Liz JAMES	00:32:01	
Kevin ASHMAN	00:32:40	
Adam JOEL	00:33:01	
Cathy WEBB	00:33:08	
Claire JOHNSON	00:33:43	
Sandie MCINTOSH	00:33:59	
Amanda KNIGHT	00:34:03	
Hannah HANDS	00:34:07	
Tina MACKAY	00:34:13	
Lara DENT	00:34:14	
Julie ASHMAN	00:34:23	
Louisa KNIGHT	00:35:09	PB
Eunice EATON	00:36:02	
Cliff SHAW	00:43:38	

Whiteley	25 August	
Nikki ROEBUCK	00:19:23	PB
John PARKER	00:20:20	PB
Hannah MOLYNEAUX	00:20:28	PB
Harry ROEBUCK	00:20:54	
Marcus LEE	00:22:04	
Jack GOOZEE	00:22:41	
Simon GIBBON	00:22:42	
Rachael OPENSHAW	00:23:00	
Beverly WOOLCOCK	00:23:27	
Amy FOX	00:24:27	
Claire JONES	00:25:05	PB
Martyn BANNER	00:26:45	PB
Jade BOTTERILL	00:26:51	
Martin DE WIED	00:26:57	
Matt HUTTON	00:27:12	PB
Dominique BECHELEY	00:28:32	
Keith WHITAKER	00:30:05	
Julia WEBB	00:30:26	
Kevin ASHMAN	00:31:22	
Claire LIGHT	00:31:29	
Charlotte MAISEY	00:31:39	

Oldham	25 August	
Diane WILSON	00:39:06	

Eastleigh	25 August	
Tom CALLAWAY	00:22:15	PB

Newbury	25 August	
Allan STINSON	00:46:58	

Winchester	25 August	
Gordon WESTLEY	00:26:08	

Abingdon	25 August	
Jon LEIGH	00:20:54	PB
Rita LEIGH	00:30:51	PB

Netley Abbey	25 August	
Haydn BROWN	00:24:31	
Robert SPENCER	00:29:57	
Caroline STREET	00:31:35	

Bryn Bach	25 August	
Richard MACKAY	00:38:10	
Tina MACKAY	00:38:10	

Mulbarton	25 August	
David MALLARD	00:19:06	
Alison LAWRENCE	00:25:23	PB

Lanhydrock	25 August	
Russell MEAD	00:29:27	
Jules DINWOODIE	00:30:28	

Fell Foot, Newby Bridge	25 August	
David MACSWAYNE	00:34:37	

Lee-on-the-Solent	25 August	
Graham MARTIN	00:19:44	
Shaun BEALE	00:19:54	
Thomas WHITCHER	00:19:57	
Mark John EATON	00:20:23	
Adam JOEL	00:21:28	
Mick WELLAND	00:22:30	
Paul HAMMOND	00:22:42	PB
Vernon WILDE	00:23:33	PB
Neil JARVIS	00:23:57	
Nicola WILLOUGHBY	00:24:11	
Nigel WHITCHER	00:24:12	PB
Philip MAY	00:24:15	
Vicky WATKINS	00:24:29	PB
Cathy WEBB	00:25:04	
Amie MORGAN	00:25:08	
Phil MORGAN	00:25:09	
Jodie FRANCIS	00:25:12	PB
Kate RANT	00:25:21	
Carl SCHAFER	00:25:22	
George HOWARTH	00:25:40	
Lee LOVE	00:26:10	PB
Andy WHITE	00:26:14	
Chris WHEELER	00:26:15	
Jonathan HARRINGTON	00:26:16	PB
Stephen WALLBRIDGE	00:26:19	
Chris STAPLEFORD	00:26:36	
Rob WILLIAMS	00:26:45	
Richard WEEKS	00:27:09	
Toby EVANS	00:28:10	
Amanda KNIGHT	00:28:33	
Sara MCRITCHIE	00:29:07	
John SIMISTER	00:29:33	
Cliff SHAW	00:29:56	
Stuart NICHOLSON	00:29:58	
Martin READ	00:30:47	
Eunice EATON	00:31:02	
Janet SHAW	00:31:39	
Tarnya ROBINSON	00:32:14	PB
Claire PEAL	00:32:26	
Louisa KNIGHT	00:32:33	PB
Phil CLARK	00:32:59	
Sophie BISSET	00:34:09	PB
Jenny HEARNDEN	00:35:00	
Jane BODMAN	00:38:58	PB
Geraldine MAY	00:40:12	PB
Sian SNOOK	00:40:17	

Guernsey	25 August	
Sarah GARDINER	00:29:34	

Fareham	25 August	
Ray GUNNER	00:19:33	PB
Kevin SAUNDERS	00:25:27	
Wendy SMITH	00:37:57	
Andrew SMITH	00:49:57	

Hogmoor Inclosure	25 August	
Rebecca Margaret LORD	00:26:38	