

The

# Green *Runner*

NOVEMBER 2018



## FROM THE CHAIR

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring.

Saturdays see the Hants, Southern and National XC races so look out for adverts for these from our team captains. Sundays see the CC6 and Southern cross country series – Sally McGrath is our contact for the former and Chris Hall for the latter.

We had a great turnout of Stubbies at the Great South Run again this year and it was good to see many great performances on the day – hopefully you all heard our shout outs as you passed – sorry some were just “Come on Stubby” but with nearly 500 members face recognition is getting a bit difficult at my age!

The awards evening is all ready for the 10<sup>th</sup> and for the first time that I can recall we have completely sold out with 120 people booked to attend this popular event so

looking forward to another great evening. A couple of events to warm you up for this are the parkrun takeover in the morning and Hampshire Cross Country in the afternoon – as Lou Reed would say it sounds like a Perfect Day.

The Stubbington 10k has sold out already – by a record early date – just about 6 weeks after entries opened and the begging letters have already started! I think we probably need to give a prize for the best excuse for missing entry.

Thanks to everybody who has offered to help so far but if you haven't yet given us your name please contact Sara McRitchie to let her know you can help. We really do need all the help we can get to make this annual event a continued success so please continue to offer your services.

Happy Running

Kevin



## Committee Nominations

As we draw closer to the AGM in February 19, we will have a number of vacancies to fill on the Committee and we would like to give you the membership the maximum possible time to consider if you would be interested in one of those roles. 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, we will inform you in December on those specific roles which will be vacant and therefore will require to be filled.

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 please don't be shy in going for Committee roles that will allow you to support the growth and progress the Club has made over the 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

**HRRL Rep** - Act as representatives for all UKA members of the club ensuring that all views are aired appropriately, at HRRL meetings. Organise the volunteers required to support the Stubbington 10k.

**Green Runner Editor** – Produce monthly newsletter

Kind Regards Mark McDonald (Vice Chairman) –  
Stubbington Green Runners

# CAPTAINS CORNER

The Green Army has had a quiet month for club races in the various leagues with just the Southernns at Pamber Forest and Hants XC at Bournemouth. That said we've had a few marathons completed and the small matter of the Great South Run!

58 Stubbies ran the GSR this year and we started the day with the new concept of a Club Zone. It certainly made logistics easier and was great having a meeting place pre and post race. I hope next year they will continue with this idea.

The conditions on the day were perfect, we had a lot of Stubbys running this as their first Great South, lots of PB's and a podium finish for Mick Welland as 1<sup>st</sup>M70! What an incredible achievement. Too many people to list here, but was great reading about everyone's individual highlights and photo's from the day on our Facebook page. Full results are listed further into this publication.

Can we say a big thank you to everyone who marshalled at the CC6 at Whiteley and the 1<sup>st</sup> junior parkrun at Whiteley also. These events don't just happen so thanks to Sally McGrath and Kimberley Achurch for putting on these two events and everyone who helped marshal to make them a success. Junior parkrun was a saddened affair with everyone getting drenched but it was great to see the smiling young faces and even in the heavy downpour 82 kids ran the event which was amazing! The next CC6 is at Dibden Enclosure on 25<sup>th</sup> November at 9.30am, free to run just need a Stubbie vest.

Hampshire Cross Country League had its first race of the season at Kings Park, Bournemouth. We did struggle to get complete teams. These courses are a lot easier to run than the CC6 and Southernns, open to all abilities. Conditions on the day were perfect with clean legs after each race, not the normal scenario.

The U13 Boys were first up for Stubbington and it was great to get a junior team out with Harry Roebuck home first for the Greens in 23<sup>rd</sup>, followed in by Ryan Simpson 47<sup>th</sup> and Cameron Sewell 105<sup>th</sup>. The boys finished 11<sup>th</sup> out of 15<sup>th</sup> teams and fingers crossed they can all run the next one! We had just 4 ladies which was enough to get two teams out. Beccy Lord in her first race in months after injury was 32<sup>nd</sup> and chomping on her heels was Kelley Haniver in 35<sup>th</sup>, Nikki Roebuck 61<sup>st</sup> made up the senior team who were 10<sup>th</sup>. Beccy was replaced with Lara Evans 95<sup>th</sup> who completed the vet's team with a good 6<sup>th</sup> team place.

The men never make it easy for themselves and after scrambling a team together a runner dropped out

through illness which meant no senior team. So the race sets off and we all have a good run with Andy Simpson 107<sup>th</sup>, Mike White 142<sup>nd</sup>, Simon Bacon 192<sup>nd</sup> and Stewart Pepper 201<sup>st</sup> so we scored 12<sup>th</sup> in the Vets.

Unbeknown to myself and the guys we had another runner on the course who had missed the start due to the traffic issues on the A338 and the course had been packed up while he was still running. This was the legendary runner Gordon Westley. He may have come last by a long way but his 267<sup>th</sup> place meant we had a senior team who was 4<sup>th</sup> in Division 3. We don't want to be chasing people to run this great series and there was only 1 senior runner, so come on you youngsters get along to the next one and the more vets the merrier.

Date for the diary is Saturday 10<sup>th</sup> November at Aldershot with car sharing on offer and it's free to enter, you just need to be UKA registered. This is a busy day for the club with the parkrun takeover at Lee in the morning, then Aldershot followed by the Awards Night, sounds a perfect day to be a runner!!

Southernns XC at Pamber Forest had a similar tone to it with only 4 Stubbies running meant incomplete teams, well done for running Maria Millican, Mike Bell, Chris Hall and Lara Evans. These races are similar to the CC6 with just a later start time at 11am over 4-5 miles and free. The next one is Sunday 11<sup>th</sup> November at QE Park, so you can double up like your captain and run Saturday and Sunday wearing the green vest.

Continuing the trails this month we had Will Feline, Mike White, Vicky Shaw, Laura Wainwright, Daisy McClements, Chris Hall and Andy Lee take on the 16 mile challenge of the Exmoor Stagger. Well done guys, sounds like a course for the bucket list (lots of cake at end was mentioned?!)

The Stickler (also known as the 3 peaks challenge) was another this month, 10 miles of ups and downs for Paul Hammond, Simon Bacon, Andy Donn, Jon Leigh, Nick Crane, Gaynor Heffer and Aga Plombon. Another challenging trail race that is really popular and one to try. Well done everyone.

October after April is known as the biggest month for marathons we had a few runners competing. Bournemouth festival of running covered all distances from 5k, half to marathon. Having run the marathon I wasn't too impressed with the lack of mile signs but more importantly was the decelerating to run 180 degree turns numerous times on the course. We had runners entered in 10k, half and marathon. Well done to everyone who ran and a big congratulations to marathon runners Alistair Wakefield 3.19, Gavin Rennie 4.08 and Amanda Knight 5.03.

Abingdon Marathon saw the 3 amigos, Jon Warner, Rich Chowns and Dan Foster going for sub 3, they had trained together quite a bit and ran more than half the marathon together. The birthday boy on the day, Jon Warner celebrated twice over with 2.56 in only his 2<sup>nd</sup> marathon. On track for the sub 3 it agonisingly slipped away for the other two with Dan 3 hours 0 minutes and 15 seconds, Rich 3.02 coming very close. I know they haven't given up on the sub 3 and I do believe they are targeting the flattest course in the UK...Manchester looking for a fast time.

Another person celebrating a special birthday was Sarah Barron who had hopped over to the Isle of Wight to run with Julie Ashman, Sara McCritchie, Lisa Donn and Tracey Terry. Followed by running the Berlin Marathon 2 weeks later. Not to mention a holiday in between in Italy, well done Sarah.

Phil and Amie Morgan completed the Yorkshire marathon with Amie claiming a fabulous PB of 3:51:45 and finished top 10% of the field. What a team!

Jon Leigh went one step further and did the Atlantic Coastal Challenge, 3 off road marathons in 3 days! Plus earlier in the month he did the Flanders Marathon as a warm up. Brilliant achievement Jon.

Whilst we are talking brilliant achievements, our very own Sylwia Ward claimed the position of 1<sup>st</sup> Lady at the Pieces of Eight race! Really well done Sylwia.

Heads up for the XC Championships coming up in the next few months with 5<sup>th</sup> January Hants XC Championships at Fairthorne Manor, Southern XC Championships 26<sup>th</sup> January Parliament Hill and 23<sup>rd</sup> February at National XC Championship, Harewood House, Leeds. Please email your captains or message them which race you want to compete in, entries will need to be confirmed early December.

Have a great month of running and we look forward to celebrating with you at the Awards Night.



Lisa Donn

Andy Simpson

## HAMPSHIRE CROSS COUNTRY - Bournemouth

107	Andy Simpson	37.11
142	Mike White	38.53
192	Simon Bacon	42.02
201	Stewart Pepper	42.30
267	Gordon Westley	81.07
23	Harry Roebuck	11.57
47	Ryan Simpson	12.35
105	Cameron Sewell	17.06
32	Rebecca Lord	24.08
35	Kelley Haniver	24.19
61	Nikki Roebuck	25.42
95	Lara Evans	28.16

## IOW MARATHON

123	BARRON, Sarah	05:26:41
124	DONN, Lisa	05:26:42
125	MCRITCHIE, Sara	05:26:41
126	TERRY, Tracey	05:26:43
127	ASHMAN, Julie	05:26:43

## ABINGDON MARATHON

75	Jonathan Warner	02:56:40
128	Daniel Foster	03:00:15
147	Richard Chowns	03:02:48

## YORKSHIRE MARATHON

1348	Amie Morgan	03:51:45
1350	Phil Morgan	03:51:45

## DUBLIN MARATHON

14162	Karen Charlton	05:03:46
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## FRANKFURT MARATHON

2070	Sarah Barron	05:01:54
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## ATLANTIC COAST CHALLENGE 3 Marathons 3 Days

		Jon Leigh		Kevin Scullion
day 1	19	05:02:28	99	06:13:27
day 2	17	04:57:23	52	05:40:53
day 3	16	06:46:04	74	07:52:13
overall	17	16:45:55	66	19:46:33

## DENMEAD 10K

5	Daniel Elliott	00:38:14
31	Mike Bell 1st Vet 60	00:46:09

## TADLEY 10 mile

111	Chris	WHEELER	01:36:18
116	Toby	EVANS	01:36:58

## BOURNEMOUTH RUNNING FESTIVAL

MARATHON		
21	Andy Simpson	2h 53m 21s
141	Alistair Wakefield	3h 19m 53s
894	Gavin Rennie	4h 8m 49s
1730	Amanda Knight	5h 3m 12s
HALF MARATHON		
1958	Kimberley Achurch	2h 0m 32s
1981	Dean Skerratt	2h 0m 48s
2931	Janet Shaw	2h 15m 49s
2932	Cliff Shaw	2h 15m 50s
3781	Richard Roche	2h 49m 28s
10K		
124	Robert Egerton	42m 42s
1245	Rachel Donnachie	1h 1m 5s
2094	Claire Johnson	1h 13m 45s
2098	Natalie Flack	1h 13m 48s

## EXMOOR STAGGER

28	WHITE MIKE	02:21:23
48	HORSE CRAZY	02:31:44
76	FELINE WILLIAM	02:40:29
126	SHAW VICTORIA	02:57:54
166	WAINWRIGHT LAURA	03:13:43
190	LEE ANDY	03:24:42

## EXMOOR STUMBLE

31	McCLEMENTS THOMAS	00:56:59
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## CHICHESTER HALF MARATHON

602	Rebecca White	02:11:13
603	Andy White	02:13:42
604	Jonathan Harrington	02:26:34

## CHICHESTER 10MILE

70	Kik Deacon	02:35:52
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## THE STICKLER

62	BACON, Simon	01:20:41
132	LEIGH, Jon	01:27:40
164	CRANE, Nick	01:31:31
179	DONN, Andy	01:32:40
204	SCULLLION, Kevin	01:34:36
211	RICHARDSON, Neil	01:35:21
231	HAMMOND, Paul	01:36:26
414	HEFFER, Gaynor	01:53:53
415	PLOMBON, Aga	01:53:53

## Winter Time Trial

October kicked off the Winter Time Trials at Holly Hill Leisure Centre on 3.35 mile course. A fairly new course so new to lots of people with 12 first timers and 22 people in total running on the night. Thank you to my timekeepers and marshals. We had 3 improvers on the night with the biggest two improvers being Rob Williams 1 minute 24 seconds quicker and Helen Benson 28 seconds scooping the prizes. The randomator chose Graham Martin as the lucky winner for just taking part on the night. Well done to the prize winners and all the runners on the night.

Another first for the Winter Time Trials was the rehydration in the pub afterwards at the Silver Fern with 7 us wetting our whistles.

Next time trial is Thursday 15<sup>th</sup> November at 18.30, please arrive by 18.25 for the debrief on the path opposite the car park of the leisure centre.

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10th Oct 2017
Ladies's	Beccy Lord	19.42	10th Oct 2017

## Stubbington Green - Time Trial Results 2018

Name	Best 2016/2017 or 2017/2018	October	Months Best	Total Yearly Best 2018
		21	3	3
Rob Williams	28.34	<b>27.10</b>	-1.24	-1.24
Helen Benson	26.44	<b>26.16</b>	-0.28	-0.28
Mike Bell	22.57	<b>22.52</b>	-0.05	-0.05
Ali Pepper	28.33	<b>28.33</b>		
Alison Byatt	26.37	<b>26.37</b>		
Alistair Wakefield	26.37	<b>26.37</b>		
Andy Simpson	18.32	19.19		
Ash Lovell	25.30	<b>25.30</b>		
Carl Schafer	28.10	<b>28.10</b>		
George Howarth	26.52	29.48		
Graham Martin	21.49	<b>21.49</b>		
James Bampton	25.02*	<b>25.02</b>		
John Parker	23.23	25.02		
Jon Leigh	23.11	<b>23.11</b>		
Mark McDonald	20.31	<b>20.31</b>		
Mike White	20.29	<b>20.29</b>		
Nick Crane	24.20	25.11		
Nigel Witcher	27.16	<b>27.16</b>		
Noah Williams	28.08	<b>28.08</b>		
Russ Coleman	20.08	<b>20.08</b>		
Sara McRitchie	27.31	31.01		

## 6.05 SPECIAL

10k

Paul Smith 48.43

Karen Salmon 49.49

Nicola Willoughby 49.49

Frances Lord 50.21

Amy Fox 51.16

Beverly Woolcock 51.32

Stuart Bamberger 55.17

Aga Plombon 55.42

Sabrina Cadman 56.07

Helen Benson 56.12

Kathy Chamberlain 56.17

Paul Hammond 56.22

Gaynor Heffer 57.29

Simon Gibbon 57.30

5k

Samuel Brookes (Fareham) 22.14

Chris Hall 22.59

Daisy McClements 22.59

Gill Rose 23.19

Richard Snell 23.20

Paul Southon 27.36

Tiffany Skerratt 31.52

Sioux Leonard 32.27

## BACON ROLL 10K

1	Alistair Wakefield	32:59
64	Neil Allen	1:11:36
65	Janice Allen	1:12:23

# THE GREAT SOUTH RUN

114	Shaun Beale	01:01:12
177	Daniel Elliott	01:03:03
375	Raymond Gunner	01:07:10
529	Matt Emery	01:09:05
567	David Jennings	01:09:23
658	John Parker	01:10:16
664	Richard Mackay	01:10:19
681	Matthew Evans	01:10:27
712	Sylwia Ward	01:10:43
720	Mick Welland	01:10:51
750	Simon Bacon	01:11:14
849	David Thorpe	01:12:05
1093	Marcus Lee	01:14:06
1125	Scott Andrew Shaw	01:14:18
1297	Hannah Molyneaux	01:15:20
1321	Anna Wilby-Lopez	01:15:27
1335	Jack Tuckwell	01:15:32
1443	Greig Benson	01:16:06
1672	Maria Millican	01:17:24
1830	Graham Martin	01:18:05
2089	Richard Jacks	01:19:13
2631	Hollie Smith	01:21:31
2739	Alison Hesselberth	01:22:02
2941	Lara Evans	01:22:46
3282	Mark Shepherd	01:24:01
3338	Simon Ellis	01:24:15
3439	Tim Matthews	01:24:36
3452	Kevin Finch	01:24:38
3482	Simon Gibbon	01:24:43
3915	Richard Burns	01:26:20
4110	Martyn Poore	01:26:58
4122	Aga Plombon	01:27:01
4232	John Cox	01:27:22
4268	Vicky Watkins	01:27:29
4272	Rachel Follett	01:27:29
4601	Dean Skerratt	01:28:34
4850	Carl Schafer	01:29:17
5019	Julie Dinwoodie	01:29:49
5037	Stuart Bamberger	01:29:53
5111	Stephen Wallbridge	01:30:09
5117	Cliff Shaw	01:30:10
5239	Heather Hudson	01:30:35
5249	Samantha Byles	01:30:38
5439	Stuart Nicholson	01:31:15

5881	Helen Benson	01:32:45
6386	Jade Botterill	01:34:18
6396	Sara Mcritchie	01:34:20
6578	Lynsey Adamson	01:35:02
6869	Mandy Burton	01:35:57
6874	Lauren Fowler	01:35:58
7441	Jodie Francis	01:37:42
7493	Janet Shaw	01:37:54
7828	Cathy Webb	01:38:54
7914	Hannah Hands	01:39:10
7958	Tracey Terry	01:39:18
7966	Lindsay Pratt	01:39:19
8161	Chris Wheeler	01:39:53
8442	Martin Read	01:40:50
8575	Jonathan Harrington	01:41:12
8671	Robin Peal	01:41:30
9014	Louise Tanner	01:42:39
9018	Gemma Christie	01:42:40
9266	Claire Peal	01:43:29
9267	Simone Shepherd	01:43:29
9356	Toby Evans	01:43:46
10178	Laura Devine	01:46:42
10185	Claire Kelson	01:46:42
10186	Tina Chantrey	01:46:42
10257	Tiffany Skerratt	01:46:56
10326	Sarah Smith	01:47:11
10675	Louisa Knight	01:48:33
10816	Sandie McIntosh	01:49:10
10817	Amanda Knight	01:49:10
11425	Robert Spencer	01:51:27
11427	Michael Wootton	01:51:27
11523	David MacSwayne	01:51:52
12079	Pete Varlow	01:54:04
12115	Nicola Thomas	01:54:13
12120	Sophie Bisset	01:54:17
12254	Phil Clark	01:54:53
12255	Samantha Underwood	01:54:53
12892	Susan Bonnar	01:58:09
12979	Grace Tyrrell	01:58:42
13529	Janice Allen	02:02:05
14497	Greg Rowe	02:10:34
14554	Neil Allen	02:11:17
14562	Kate Vaughan	02:11:20
15608	Kik Deacon	02:34:00
15800	Emma Neal	02:55:57

# Christmas Handicap Mulled Wine & Mince Pies

Saturday December 22<sup>nd</sup> Start: Anytime: Finish 11am.

Reception/Prize giving afterwards Molins , Hook Park Road

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at [nick@hookpark.co.uk](mailto:nick@hookpark.co.uk) or text 07977 411452.

Another free event brought to you by Stubbington Green Runners!

Please no watches , gps etc. You are allowed to take the route instructions with you , but I highly recommend that a reccie is done beforehand.

## The Route:

The start is from the corner of Hook Park Road and Workmans Lane. Go down Workman's Lane across a metal gate and then turn left , after 100 mts take the new footpath avoiding the National Grid Works, turn left along Chilling lane until the road turns left at which point you need to turn right into Chilling Field , Keep Left along the top path with the open field on your right.

At the end of the long straight path turn left at the T-junction and follow path till you naturally need to bear right . After appox 400 mts turn right , down some steps to some wooden decking and up the other side. At the end of the narrow path turn right into Brownwich Lane.

At the corner of a left turn do not go on instead go into path diagonally opposite , next to a small wooden fence, now keep left with an open field on your right and the concrete road on your left , if the open field is on your left , you have gone Wrong!

Stay on this path with the field on your right until you come to a stile on your right , cross this stile.

Follow this path until the end and then turn right, now on the coastal path. Keep on this path all the way ( Over a mile) until you reach the end , at which point you need to go though a narrow gap in a hedge in to Solent Breezes , once in to Solent Breezes turn right following the road behind the bungalows , leave Solent Breezes by the main entrance and turn left , at the T-junction (Workman's Lane) turn left and head towards the beach , turn right at the bottom , heading along the coast until a Kissing Gate on your right which leads in to Cowes Lane and the Finish at the Top on the Lane, where you started.





<b>Ipswich</b> Lucy TAYLOR	<b>06 October</b> 00:30:40	<b>Lee-on-the-Solent</b> Graham MARTIN John BLAKE Lucy MAY Michael LOVELL Tim MATTHEWS Philip MAY Chris WHEELER Andy LEE Kelly BENNETTS Cathy WEBB Amie MORGAN Toby EVANS Rob WILLIAMS Sara MCRITCHIE Noah WILLIAMS Sarah NORTHCOTT John SIMISTER Louisa KNIGHT Vicky WILLIAMS Janet SHAW Martin READ Christine LAIDLAW Cliff SHAW Sally MARTIN Jenny HEARN DEN Stuart NICHOLSON	<b>06 October</b> 00:19:34 00:20:23 PB 00:20:55 PB 00:22:36 00:22:39 00:24:12 00:24:13 PB 00:24:15 00:24:18 00:24:44 00:24:58 00:26:25 00:27:41 00:27:48 00:27:50 00:28:34 00:29:26 00:29:40 PB 00:29:42 PB 00:29:45 00:29:47 00:30:14 PB 00:30:50 00:34:48 00:35:25 00:39:57	<b>Whiteley</b> Matt EMERY Hannah MOLYNEAUX Robert EGERTON Jamie EARLEY Greig BENSON Maria MILLICAN Frances Louise LORD Marcus LEE Amy FOX John PARKER Beverly WOOLCOCK Stuart HALL Jack GOOZEE Kim ACHURCH Dominique BECHELEY William GILL Katharine TUCKER Pamela KEMP Marie MCDONALD Christine LAIDLAW	<b>13 October</b> 00:20:20 00:20:52 00:21:10 00:21:12 00:22:19 00:22:27 PB 00:23:12 PB 00:23:14 00:23:44 00:23:44 00:24:01 00:25:22 00:26:34 00:26:49 00:28:34 00:28:38 00:29:36 00:29:37 00:29:38 00:31:07
<b>Plymvalley</b> Claire PEAL Robin PEAL	<b>06 October</b> 00:30:41 00:30:45	Sara MCRITCHIE Noah WILLIAMS Sarah NORTHCOTT John SIMISTER Louisa KNIGHT Vicky WILLIAMS Janet SHAW Martin READ Christine LAIDLAW Cliff SHAW Sally MARTIN Jenny HEARN DEN Stuart NICHOLSON	00:27:48 00:27:50 00:28:34 00:29:26 00:29:40 PB 00:29:42 PB 00:29:45 00:29:47 00:30:14 PB 00:30:50 00:34:48 00:35:25 00:39:57		
<b>Southsea</b> Hilary MISSELBROOK	<b>06 October</b> 00:24:15	<b>Portsmouth Lakeside</b> Kate RANT Carl SCHAFFER Kevin SAUNDERS Charlotte MAISEY Gareth CHARLES	<b>06 October</b> 00:24:46 00:25:25 PB 00:26:14 00:30:39 00:35:36	<b>Moors Valley</b> Ray GUNNER Bex CLEARY	<b>13 October</b> 00:19:58 00:20:33 PB
<b>Whiteley</b> Katie LEATHERLAND Matt EMERY Russell WISEMAN Tom CALLAWAY Harry ROEBUCK Marcus LEE Sean BENDELL Anna WILBY-LOPEZ John PARKER Jamie EARLEY Tracy LANGDALE Katherine CHOWNS Matt HUTTON Katharine TUCKER Helen BENSON Claire LIGHT Lauren FOWLER Liz JAMES Louise TANNER	<b>06 October</b> 00:19:36 00:20:16 PB 00:20:19 PB 00:20:26 00:21:17 00:21:22 00:21:52 00:22:05 00:22:37 00:22:38 00:25:57 PB 00:26:57 00:27:27 00:28:45 PB 00:29:05 00:29:08 00:29:09 00:30:01 00:32:12			<b>Eastleigh</b> Tom CALLAWAY Haydn BROWN Carl SCHAFFER Keith WHITAKER	<b>13 October</b> 00:21:20 00:22:31 00:26:38 00:27:50
<b>Eastleigh</b> Haydn BROWN Keith WHITAKER	<b>06 October</b> 00:25:01 00:34:37	<b>Southsea</b> Andy DONN Hannah HANDS Lisa DONN Mary SEFTON Tina MACKAY Louisa KNIGHT Louise TANNER	<b>13 October</b> 00:21:58 00:30:05 00:30:42 00:33:55 00:37:11 00:37:12 00:37:19	<b>Lincoln</b> Rachael OPENSHAW	<b>13 October</b> 00:23:49
<b>Lincoln</b> Rachael OPENSHAW	<b>06 October</b> 00:23:48	<b>Netley Abbey</b> Martin PARSONS	<b>13 October</b> 00:27:08	<b>Cannon Hill, Birmingham</b> Rebecca WHITE Andy WHITE	<b>13 October</b> 00:26:17 00:34:06
<b>Newbury</b> Allan STINSON	<b>06 October</b> 00:43:26	<b>Brockenhurst</b> Martin DE WIED	<b>13 October</b> 00:29:54	<b>Newbury</b> Tomas STINSON Allan STINSON	<b>13 October</b> 00:21:59 00:41:37
<b>Newport</b> Andrew William THOMAS	<b>06 October</b> 00:20:38	<b>Queen Elizabeth</b> Graham MARTIN Sally MARTIN	<b>13 October</b> 00:21:29 00:35:17	<b>Medina I.O.W.</b> Mark John EATON Eunice EATON	<b>13 October</b> 00:21:28 00:32:54
<b>Winchester</b> Gordon WESTLEY	<b>06 October</b> 00:28:15	<b>Chichester</b> Jonathan HARRINGTON	<b>13 October</b> 00:28:18	<b>Sewerby</b> Julia WEBB	<b>13 October</b> 00:32:20
<b>Netley Abbey</b> Sev ROBERTS Rebecca Margaret LORD Stephen WALLBRIDGE Martin PARSONS Robert SPENCER	<b>06 October</b> 00:19:43 00:20:44 00:25:29 00:27:01 00:30:16	<b>Hastings</b> Alison HESSELBERTH	<b>13 October</b> 00:24:52	<b>Fareham</b> Chris HALL David MALLARD Daisy MCCLEMENTS Thomas MCCLEMENTS Alison LAWRENCE Natalie FLACK David MACSWAYNE Claire JOHNSON Wendy HALL Andrew SMITH Wendy SMITH	<b>13 October</b> 00:19:52 00:20:29 00:22:29 00:22:59 00:28:06 00:31:38 00:32:52 00:33:27 00:34:36 00:44:53 00:44:57
<b>Weymouth</b> Jack GOOZEE Joe GOOZEE	<b>06 October</b> 00:22:38 PB 00:25:23	<b>parkrun de Rouen</b> Robert SPENCER	<b>13 October</b> 00:29:46	<b>Southampton</b> Carl SCHAFFER	<b>20 October</b> 00:26:11
<b>Cranleigh</b> Ray GUNNER	<b>06 October</b> 00:20:00	<b>Hogmoor Inclosure</b> Jules DINWOODIE	<b>13 October</b> 00:28:50	<b>Ipswich</b> Lucy TAYLOR	<b>20 October</b> 00:29:37
<b>Fareham</b> Will FELINE David MALLARD Alison LAWRENCE Chris HALL Wendy HALL	<b>06 October</b> 00:18:49 00:19:43 00:28:42 00:31:04 00:33:01	<b>Hull</b> Liz WEIGHELL	<b>13 October</b> 00:30:55 PB	<b>Winchester</b> Gordon WESTLEY	<b>20 October</b> 00:28:04
<b>Lancing Beach Green</b> Andrew STOCKWELL Jamie STOCKWELL Samantha STOCKWELL	<b>06 October</b> 00:20:23 00:24:59 00:29:51	<b>Ipswich</b> Lucy TAYLOR	<b>13 October</b> 00:32:30	<b>Worsley Woods</b> Graham MARTIN	<b>20 October</b> 00:20:20
		<b>Heslington</b> Richard JACKS	<b>13 October</b> 00:21:36	<b>Netley Abbey</b> Charlotte LORD	<b>20 October</b> 00:21:48



<b>Lee-on-the-Solent</b>	<b>13 October</b>		<b>Fareham</b>	<b>20 October</b>		<b>Moors Valley</b>	<b>27 October</b>
Rob GREENWOOD	00:17:30		David MALLARD	00:19:33		Chris WHEELER	00:28:04
Richard BAILEY	00:21:32		Ray GUNNER	00:20:17		Toby EVANS	00:28:27
Lucy MAY	00:21:33		Richard EDMUNDS	00:21:03			
Matthew EVANS	00:22:51		Chris HALL	00:21:04		<b>Eastleigh</b>	<b>27 October</b>
Mick WELLAND	00:23:02		Alison LAWRENCE	00:26:56		Keith WHITAKER	00:32:33
Paul HAMMOND	00:23:14		Tom MELLOR	00:31:43			
Andy LEE	00:23:36		Wendy HALL	00:32:36		<b>Bury St Edmunds</b>	<b>27 October</b>
Kelly BENNETTS	00:25:24		Andrew SMITH	00:45:00		Mike WHITE	00:20:02
Simon GIBBON	00:25:24		Wendy SMITH	00:45:04			
Nigel WHITCHER	00:25:33					<b>Billericay</b>	<b>27 October</b>
Gaynor HEFFER	00:25:42		<b>Whiteley</b>	<b>20 October</b>		Jamie EARLEY	00:21:50
Stephen WALLBRIDGE	00:25:56	PB	Harry ROEBUCK	00:19:51	PB	Kim ACHURCH	00:25:11
Richard BURNS	00:26:09		Sean BENDELL	00:19:57			
Jodie FRANCIS	00:26:11		Jack GOOZEE	00:22:25	PB	<b>Winchester</b>	<b>27 October</b>
Russell MEAD	00:26:53		Beverly WOOLCOCK	00:23:37		Gordon WESTLEY	00:32:42
Cliff SHAW	00:27:13		Jamie EARLEY	00:23:40			
Martyn BANNER	00:27:43		Martin PARSONS	00:26:06		<b>Netley Abbey</b>	<b>27 October</b>
Rob WILLIAMS	00:27:48		Martin DE WIED	00:26:19		Rebecca Margaret LORD	00:19:23
Amanda KNIGHT	00:28:16		Sarah NORTHCOTT	00:28:04		Nick CUFF	00:19:31
Stuart NICHOLSON	00:28:24		Robert SPENCER	00:50:48		Jules DINWOODIE	00:26:54
Claire PEAL	00:28:38					Russell MEAD	00:27:17
Janet SHAW	00:28:47		<b>Southampton</b>	<b>27 October</b>			
Laura DEVINE	00:28:48		Claire JOHNSON	00:33:49	PB	<b>Porthcawl</b>	<b>27 October</b>
Sarah NORTHCOTT	00:28:56		Natalie FLACK	00:33:50	PB	Haydn BROWN	00:24:57
George HOWARTH	00:29:04						
Sara MCRITCHIE	00:29:43		<b>Prudhoe Riverside</b>	<b>27 October</b>		<b>Osterley</b>	<b>27 October</b>
Phil CLARK	00:30:18		Stewart PEPPER	00:21:00		David Matthew CASTLE	00:40:58
Liz JAMES	00:30:40		Alison PEPPER	00:27:40			
Jenny HEARNDEN	00:35:36					<b>Chichester</b>	<b>27 October</b>
Diane WILSON	00:36:20		<b>Plymvalley</b>	<b>27 October</b>		Jonathan HARRINGTON	00:28:44
Philip MAY	00:38:57		Emily PEAL	00:33:22			
Geraldine MAY	00:38:59	PB	Claire PEAL	00:33:24		<b>Lee-on-the-Solent</b>	<b>27 October</b>
						Rob GREENWOOD	00:17:00
<b>Portsmouth Lakeside</b>	<b>13 October</b>		<b>Whiteley</b>	<b>27 October</b>		Andy SIMPSON	00:17:14
Kevin SAUNDERS	00:26:07		Daniel FOSTER	00:18:21	PB	Phil MORGAN	00:18:56
			Sean BENDELL	00:20:09		Shaun BEALE	00:19:11
<b>Newport</b>	<b>20 October</b>		Andrew STOCKWELL	00:20:19		Steve CUMES	00:20:07
Andrew William THOMAS	00:20:06		Susie MACGREGOR	00:20:34		Mark John EATON	00:20:11
			John PARKER	00:21:41		Matthew EVANS	00:20:46
<b>Lee-on-the-Solent</b>	<b>20 October</b>		Richard JACKS	00:21:57		Steve FIDLER	00:21:52
Shaun BEALE	00:17:32	PB	Amy FOX	00:22:54	PB	Robert HINKLEY	00:22:30
Mark John EATON	00:19:51		Alison BYATT	00:24:13	PB	Michael LOVELL	00:22:38
Stewart PEPPER	00:20:09		Beverly WOOLCOCK	00:24:57		Steve MCCULLEY	00:22:45
Paul HAMMOND	00:22:03	PB	Claire LIGHT	00:25:08	PB	Ashley LOVELL	00:22:52
Alison HESSELBERTH	00:24:45		Tracy LANGDALE	00:25:39	PB	Mick WELLAND	00:23:07
Mick WELLAND	00:25:15		Carl SCHAFER	00:26:08		Amie MORGAN	00:23:09
Amie MORGAN	00:25:16		Pamela KEMP	00:26:58	PB	Rob WILLIAMS	00:24:25
Rob WILLIAMS	00:26:14		Martin READ	00:29:44		Richard BURNS	00:24:48
Alison PEPPER	00:26:38		Dominique BECHELEY	00:29:44		Cathy WEBB	00:25:00
Russell MEAD	00:26:53		Katherine CHOWNS	00:29:44		Rebecca WHITE	00:25:04
Stuart NICHOLSON	00:27:06		Matt SMITH	00:30:12		Noah WILLIAMS	00:25:11
Andy WHITE	00:27:15		Liz JAMES	00:30:16		Andy WHITE	00:25:45
Tracey TERRY	00:27:19	PB	Samantha STOCKWELL	00:30:19		Nicola WILLOUGHBY	00:25:59
Martyn BANNER	00:27:20	PB				Karen SALMON	00:26:25
Christine LAIDLAW	00:28:47	PB	<b>Fareham</b>	<b>27 October</b>		Stuart NICHOLSON	00:26:26
Sara MCRITCHIE	00:29:46		David MALLARD	00:19:12		Josh CULLEN	00:27:08
Tarnya ROBINSON	00:29:59	PB	Chris HALL	00:19:17	PB	Paul HAMMOND	00:27:16
Cliff SHAW	00:30:00		Ray GUNNER	00:20:11		Gaynor HEFFER	00:27:17
Martin READ	00:30:40		Daisy MCCLEMENTS	00:21:40		Simon GIBBON	00:27:17
Mandy WHITE	00:32:46		Andy LEE	00:23:08		Janet SHAW	00:27:24
Natalie FLACK	00:33:09		Martin PARSONS	00:27:07	PB	Cliff SHAW	00:27:24
Claire JOHNSON	00:33:27		Amanda KNIGHT	00:28:21		Sandie MCINTOSH	00:28:51
Diane WILSON	00:34:42	PB	Tom MELLOR	00:31:37		Christine LAIDLAW	00:29:31
Cathy WEBB	00:43:40		David MACSWAYNE	00:31:40		Katherine HOLMES	00:30:15
			Wendy SMITH	00:39:13		Greg ROWE	00:30:19
<b>Eastleigh</b>	<b>20 October</b>		Robert SPENCER	00:40:44		Eunice EATON	00:31:01
Tom CALLAWAY	00:21:11					Vicky WILLIAMS	00:31:08
Haydn BROWN	00:25:37		<b>Fort William</b>	<b>27 October</b>		Susan BONNAR	00:32:21
			Graham MARTIN	00:22:15		Kevin ASHMAN	00:32:25
						Louisa KNIGHT	00:33:26
			<b>Portsmouth Lakeside</b>	<b>27 October</b>		Louise TANNER	00:33:29
			Jonathan WARNER	00:18:59		Jodie FRANCIS	00:33:30
			Jon LEIGH	00:20:41		Lauren FOWLER	00:33:32
			Hilary MISSELBROOK	00:24:03			