The

Green Runner

April 2019

FROM THE CHAIR

As usual April sees many spring marathons and I would just like to wish everybody who is doing them the best of luck whether it's their first or their fiftieth and hope you achieve everything you want to achieve. We seem to have great representation at all the large city marathons which is fantastic to see and I know that there has been a lot of support within the club for everybody's training plans in the lead up to the actual events.

April also sees the start of the RR10 series and kicks off on April 17th at Netley Royal Victoria Country Park and I look forward to seeing lots of you at these free, friendly, off road races. It would be great to see as many people as possible at this first local race – lets break the 100 barrier for the first time

All the other races are detailed on the website and I am setting up Facebook events for each of the other races. Please look out for requests for help from Grace Tyrell for our own race at Whiteley on July 10th as this is the one we organise and marshal but don't run and we need to maintain our position of having the greatest set of marshals!

On the social side we have a skittles evening at the Crofton which sold out nearly as soon as it was advertised . We have already entered 12 teams in the Hart 4 relay on Aug 11th and we are looking forward to some friendly rivalry amongst club members in an intra club challenge. We are looking to arrange another social event in September so watch this space for details as we finalise this and we are also intending to have our awards evening in the middle of November as in last few years. Again don't miss out on this confirmation as this was another event that we sold out last year.

Happy Running

Kevin

THE SAD PASSING OF ONE OF OUR FOUNDING MEMBERS

You may have heard of the passing of Mike Marshall, one of SGR's founding members.

I say founding members, whilst he was always present at many of our original runs and functions in our formative years, Mike made a point of 'not joining -it's too expensive' whilst hanging onto his Gosport RR subs for a little too long, and utilising and vocalising his 'free' Royal Navy AC for an indefinite period. I do suspect previous SGR treasurers may recall Mike paying his annual subs.

Whilst we have mentioned previously a vast turnover of members over the years, I am sure there are still some from the earlier days who remember Mike. That said, Mike's everlasting gifts to SGR were numerous, and included his eldest (and my great friend) Steve, and by default his good lady Janet, and their son's James and David, surely the earliest of the now legendary Green Shoots. Indeed, I still have pictures of these two in their very small SGR Fastrax tops with Steve Ovett and Peter Elliot just prior to our efforts in the Toronto Marathon. Despite Mike's pseudo cussed and 'carefulness', which was really just another side of his sparkling wit, he really was a wonderful, generous and helpful man, and fondly remembered for his great company on those long runs around Warsash, Chilling and Hill Head. Hopefully, some will also know of his local Naval service where Mike is still believed to have been the oldest serving officer in the Dockyard, from when he was asked to come out of retirement.

Andy Rogers

CAPTAINS CORNER

We had a good turnout at the AGM last month and we would like to welcome the new people on the committee, Louise Tanner (Membership/ Secretary), Mike White (Head Coach) Andy White and Lindsay Drysdale-Pratt (General Committee).

March saw the last CC6 and Winter Time Trial of their respective series. Wilverley hosted the last CC6 with a few Stubbies battling it out for individual glory.

Congratulations to Becky Lord who won the women's series by winning the last race which gave her the lowest aggregate from the 3 way tie at the start of the race. Sadly for myself and Mike White we had to settle for 2nd vet in our vet 40 and 50 categories despite launching an all-out assault and leading the last race for over half the race. It was not enough to win due to a Winchester chap finishing 4th. Even the win on the day would not have been enough! Mike lost to his nearest rival on the day which put pay to his challenge. Good news is, Mike moves up to the vet 60 category next year. Ladies team on the day were 2nd led home by Becky, 8th Nikki Roebuck and 13th Becky Hodson which led to the ladies finishing 2nd overall for the series. The men were 3rd on the day with 3rd Andy Simpson, 11th Will Feline, 20th Dan Foster, and 26th Mike White. The men finished the series in 5th place. Thank you to everyone who has run the CC6 series.

Although the CC6 series has finished, we welcome back the Summer RR10 series which are midweek on a Wednesday over 4-5 miles, similar courses to the CC6 with the added bonus of rehydration in the pub afterwards. These are free to enter, just need a Stubbie vest. The first one is very local at Royal Victoria Country Park on 17th April at 7pm start.

Winter Time finished in March with 67 people completing at least one time trial over the winter with 26 PBs which is over 39% of the participants improving on their time. I would like to thank all the people who helped out over the winter. Don't despair as we have the Summer Time Trials starting on the 4th April from Eric Road in Stubbington starting at 18.45. They are open to ALL runners and ALL speeds with the aim to run 4 miles as a continuous run and to look to improve over the summer your own times. So we will have 1 a month over the summer.

Hampshire Road Race League saw a trip to Fleet Half which saw a good turnout. This was my first time completing this race, I have to say the course was really good and the organisation was very good with food stalls and beer on tap afterwards! Quite a few Stubbies on the day got PBs and with the glorious weather. We had post drinks in a coffee shop and pub afterwards.

Further afield we had the Batty Bimble that day, with the threat of storms that didn't really happen in Aldershot! We were all prepared to be turfed off the course but luckily it didn't come to that! A fabulous lap event which I found really enjoyable, mainly down to the green army turnout and fantastic buffet on each lap! Everyone ran really strong that day and got the laps they set out to achieve… plus a bit more! Well done Nichola Willoughby on completing not just a first marathon, but ultra distance!

We've had some wild weather this month and I think the Larmer races were about as extreme as you can get! The Saturday was the 10k and Half marathon, a great turnout for the club with some great results. Anna Wilby-Lopez came 2nd lady overall and Tina Chantery 4th lady and 1st vet! Rachel Donnachie chose this race to celebrate her birthday, well deserved extra medal was given for that! Good old WSR! The Sunday was the 20 miler and marathon, and that's when the gales really set in!! It was exhilarating for sure! Congratulations to Mark McDonald for 7th overall on the 20 miles course and George Howarth for an outstanding run on the marathon. Also braving the marathon we had Nigel Whitcher, Stuart Bamberger, Sara McRitchie, Simon Gibbon and Steve Cumes. Have to also mention Jonathan Harrington for a tremendous run on the 20 mile course as his first trail race! What a day and course to choose…. those hills!!!

March has been a month with some outstanding achievements in the club….Louise Tanner passed her Coaching course, Mike White achieving his England vest at Fleet half, Sylwia Ward's Surrey half marathon PB of 1:29:07, Melissa Barham completing Reading as her first half marathon, PB's at Eastleigh for Jules Dinwoodie, Liz James and Claire Hanrahan, Sarah Barron's 100th park run, Andy Simpson getting 1st place at Lee park run.…and…. We have a World Champion in our club with Penny Forse winning the 10k road race to be crowned World Champion at 10k Road for her age category. Congratulations Penny on becoming World Champion.

Have a wonderful Easter everyone, enjoy some well deserved chocolate and good luck to those running spring marathons and training runs. Next month's report is going to be a very exciting one!

MARATHON

52	Michael	Parkes	04:31:19
87	Steve	Cumes	04:51:05
97	George	Howarth	04:55:07
204	Nigel	Whitcher	05:39:42
205	Simon	Gibbon	05:39:44
327	Sara	McRitchie	07:02:33
328	Stuart	Bamberger	07:02:33

20 MILE

7	Mark	McDonald	02:48:33
16	David	Jennings	02:59:57
34	Simon	Bacon	03:13:15
73	Gavin	Rennie	03:37:40
110	Sally	McGrath	03:51:35
116	Andy	Lee	03:54:48
160	Marie	McDonald	04:13:26
162	Calum	McDonald	04:13:30
171	Lisa	Donn	04:17:29
173	John	Cox	04:17:42
175	Laura	Kay	04:18:11
201	Jonathan	Harrington	04:26:27
214	Greig	Benson	04:29:17
215	Helen	Benson	04:29:20
246	Cliff	Shaw	04:53:05
247	Janet	Shaw	04:53:05

DARK LARMER

17	Paul	Hammond	01:12:15

HALF MARATHON

17	Graham	Donnachie	01:56:27
23	Anna	Wilby-Lopez	01:58:09
33	Tina	Chantrey	02:01:33
195	Tracey	Terry	02:47:16
196	Sue	Moore	02:47:16
197	Chris	Stapleford	02:47:16
284	Sarah	Choak	03:19:42
304	Rachel	Donnachie	03:24:41
305	Sandie	McIntosh	03:24:41
306	Julia	Webb	03:24:41
307	Sue	Robinson	03:24:42

CC6 WILVERLEY

3	Andy Simpson
11	Will Feline
20	Daniel Foster
26	Mike White
68	Andy Donn
82	Nick Crane
94	Ryan Granger
114	Carl Schafer
117	Rob Williams
1	Beccy Lord
8	Nicola Roebuck
13	Becky Hodson
26	Maria Millican
39	Sadie Bedford
52	Ali Pepper

FINAL CC6 RESULTS

	WOMEN'S TEAM
1	Winchester & District AC
2	Stubbington Green Runners

	MEN'S TEAM
1	Winchester & District AC
2	Lordshill RR
3	Southampton Tri Club
4	Romsey RR
6	Stubbington Green Runners

Women - Senior

1		Beccy Lord

Women - V50

2		Maria Millican

Men - V40

2		Andy Simpson

Men - V50

2		Mike White

Llanbedr to Blanaevon Fell Race

30	Will Feline	02:55:00

FLEET HALF MARATHON

67	Andy Simpson	01:17:42
155	Russell Coleman	01:21:58
205	Richard Chowns	01:23:24
274	Mike White	01:25:33
345	Mark McDonald	01:27:17
454	Graham Martin	01:29:19
566	Dave Thorpe	01:31:55
858	Robert Egerton	01:38:02
849	Maria Millican	01:38:44
1108	Amy Fox	01:43:06
1257	Sarah Cranstone	01:45:47
1313	Lucy May	01:47:49
1376	Marie McDonald	01:49:00
1394	Simon Bacon	01:48:41
1675	Kathy Chamberlain	01:54:05
1974	Louise Tanner	02:00:22
2082	Jules Dinwoodie	02:04:30
2164	Wendy Hawxwell	02:07:01
2341	Kelly Bennetts	02:12:05
2372	Sarah Northcott	02:13:01
2377	Janet Shaw	02:13:12
2378	Cliff Shaw	02:13:12
2374	Sarah Barron	02:13:23

Penny Forse wins the 10k Road Race in 45:57 and is crowned World Champion in her age category

QE MARATHON

105	lisa donn	06:02:26
106	sara mcritchie	06:02:26
107	stuart bamberger	06:02:27

QE HALF MARATHON

5	david mallard	01:33:57
13	shaun beale	01:42:21
38	richard mackay	01:51:28
41	greig benson	01:53:05
48	jon leigh	01:54:12
100	alison lawrence	02:12:38
128	elizabeth miles	02:22:19
129	andrew miles	02:22:20
130	susan moore	02:23:04
131	tracey terry	02:23:05
134	tracy langdale	02:23:56
151	becca white	02:29:42
154	lara durham-dent	02:31:07
157	jules dinwoodie	02:32:04
163	andy white	02:33:53
168	helen benson	02:34:22
169	pamela kemp	02:34:23
226	janice allen	03:16:49
227	tina mackay	03:16:49
228	erica maggs	03:25:30

WICKHAM 20 MILE

10	Victoria Shaw	02:26:23
19	Mark Westbrook	02:38:57
22	Robert Egerton	02:41:35
30	Gill Rose	02:47:35
31	Richard Snell	02:47:45
104	Nicola Thomas	03:56:36

READING HALF

1452	Amie Morgan	01:40:23
1453	Phil Morgan	01:40:23

THE WOODLANDS MARATHON TEXAS

9	Jon Warner	02:55:51

EASTLEIGH 10K

125	Simon	Hearnden	00:38:13
174	Sean	Bendell	00:39:35
194	Graham	Martin	00:39:53
215	john	parker	00:40:28
270	Matt	Emery	00:41:34
271	Hollie	Smith	00:41:37
314	Hannah	Molyneaux	00:42:27
326	Marcus	Lee	00:42:43
363	Robert	Egerton	00:43:37
374	Sam	Coombs	00:43:37
398	Ben	Piper	00:43:56
447	Jamie	Earley	00:44:52
555	Haydn	Brown	00:46:43
560	David	Arnold	00:46:33
662	George	howarth	00:47:48
670	Tim	Matthews	00:47:38
720	Simon	Gibbon	00:48:13
734	Charlotte	Underwood	00:48:15
750	Sadie	Bedford	00:48:32
774	Jack	Goozee	00:48:42
851	Gaynor	Heffer	00:49:57
877	Claire	Jones	00:49:59
890	Claire	Light	00:50:03
991	Phil	Page	00:51:09
1037	Robin	Peal	00:51:52
1068	Russell	Mead	00:52:15
1084	Rob	Williams	00:52:32
1104	Carl	Schafer	00:52:42
1134	Paul	Southon	00:53:00
1260	Jules	Dinwoodie	00:54:26
1437	Wendy	Hawxwell	00:55:29
1464	Sarah	Northcott	00:56:15
1482	Helen	Benson	00:56:55
1483	Martin	Parsons	00:56:23
1547	Lara	Durham-Dent	00:57:22
1550	Laura	Rolland	00:57:30
1773	William	Gill	00:59:35
1926	Stuart	Nicholson	01:01:51
1928	Rachel	Donnachie	01:01:31
1961	Liz	James	01:02:15
2041	Louisa	Knight	01:03:12
2148	Claire	Mead	01:06:14
2164	Catrina	Groves	01:05:50
2212	Louise	Nicholson	01:06:55
2308	Charlotte	Maisey	01:09:26
2388	Jenny	Hearnden	01:12:51
2391	Erica	Maggs	01:12:39

WEYMOUTH HALF

61	Simon Hearnden	01:31:08

WIMBORNE 20

1st	Michael Gregory	02:01:24
134	Robert Egerton	02:55:10

OOSER MARATHON

112	Nicola Willoughby	04:57:15
166	Simon Gibbon	05:20:54
167	Nigel Whitcher	05:22:08

CRANLEIGH 21 MILE

54	Sylwia Ward	02:38:11

BATH TWO TUNNELS 10K

174	Chris Wheeler	49:22
304	Toby Evans	54:23

COUSIN JACK CLASSIC CORNWALL

122	Mike Donovan	04:55:22

VITALITY LONDON HALF MARATHON

10284	Julia Lawton	02:19:54
10951	Grace Tyrell	02:25:23

Winter Time Trial - March

Name	Best 2016/2017 or 2017/2018	Oct	Nov	Dec	Jan	Feb	Mar	Months Best	Total Yearly Best 2018
		21	21	26	17	23	20	8	26
Eunice Eaton	36.17		36.17		32.18		**31.47**	-0.31	-4.30
Dominic Shepherd	25.52				25.52	24.53	**24.26**	-0.27	-1.26
Peter Lewis	26.23*		26.23	22.13			**21.47**	-0.26	-0.26
Mike Bell	22.57	**22.52**		23.43			**22.34**	-0.18	-0.23
Jules Dinwoode	29.13					29.13	**28.56**	-0.17	-0.17
Nikki Roebuck	22.14		**22.14**				**21.58**	-0.16	-0.16
Russ Coleman	20.08	20.08		19.46		19.42	**19.36**	-0.06	-0.32
Carl Schafer	28.10	28.10	28.19		28.12	27.51	**27.50**	-0.01	-0.20
Adam Jeffery	26.34					**26.34**			
Ali Pepper	28.33	28.33		**27.36**					-0.57
Alison Byatt	26.37	26.37	**26.22**						-0.15
Alistair Wakefield	26.37	**26.37**							
Andy Donn	22.31		**22.31**			0.00			
Andy Simpson	18.32	19.19	20.42	19.07	19.02	18.59	18.42		
Annie Trotman	28.54					**28.54**			
Ash Lovell	25.30	25.30			**24.53**				-0.37
Beccy Lord	19.42			22.09					
Becky Hodson	24.03				**24.03**				
Bev Woolcock	25.53		25.53	**25.04**	25.40				-0.49
Brandon Chaplin	21.20						**21.20**		
Cameron Sewell	28.25					**28.25**			
Chris Hall (Snr)	26.28*				26.28	**22.06**			0.00
Chris Laidlaw	31.44			31.44	**30.58**				-0.46
Daniel Elliott	19.13			**19.13**					
Daniel Foster	20.30			**20.30**					

Dawn Haynes-Sewell	28.19					**28.19**			
Emma Baker	29.58						**29.58**		
Frances Lord	24.28			25.57					
George Howarth	26.52	29.48	28.12		26.29	**25.29**			-1.23
Graham Martin	21.49	**21.49**							
Harry Roebuck	21.46		**21.46**						
Helen Benson	26.44	26.16		**26.15**			28.08		-0.29
Iain Cross	19.08						**19.08**		
James Bampton	25.02*	25.02				**21.29**			0.00
Jenny Thomson	28.50			**28.50**					
Jodie Francis	27.53			**27.53**					
John Parker	23.23	25.02	23.34		22.55	**22.04**			-1.19
John Simister	32.41					**32.41**			
Jon Leigh	23.11	23.11		**22.49**					-0.22
Jon Warner	20.30			**19.18**					-1.12
Julia Webb	31.47			**31.47**					
Julie Ashman	36.18*		36.18*	**29.16**					0.00
Katie Simister	20.56					**20.56**			
Kevin Ashman	32.30		**32.30**						
Laura Rowland	31.31				**31.31**				
Louise Tanner	29.09		**29.09**						
Lucy Prince	28.50			**28.50**					
Maria Millican	24.16		**24.16**		24.38	**23.11**			-1.05
Mark Eaton	22.33		**21.47**	21.47	21.53				-0.46
Mark McDonald	20.31	**20.31**					21.13		
Martin Wedge	36.01		**36.01**						
Melissa Barham	32.32					**32.32**			
Mike White	20.29	**20.29**				20.50	24.24		
Nick Crane	24.20	25.11	25.31	24.44		25.48			
Nigel Whitcher	27.16	**27.16**							
Noah Williams	28.08	**28.08**							
Oli Caudwell	18.39						**18.39**		
Penny Forse	24.20			26.30					
Rich Chowns	22.24					23.11			
Richard Edwards	26.53*						**26.53**		
Rob Williams	28.34	27.10	36.22	**26.23**					-2.11
Sally Gee	26.53						**26.53**		
Sara McRitchie	27.31	31.01					31.47		
Sarah Barron	30.03		34.49						
Stephen Andrews	24.53			24.53	25.16	**23.54**	26.08		-0.59
Stewart Pepper	21.58		**21.58**	21.58	32.18				
Tiffany Skeratt	31.24		31.24	**30.30**	31.02				-0.54
Toni Whitney	24.08					**24.08**			

Bedfont Lakes	**2 March**	
Sara MCRITCHIE	29:38	PB
Southampton	**2 March**	
Martin WEDGE	36:08	
Swindon	**2 March**	
Yvonne FISHER	34:32	
Kingston	**2 March**	
Martin DE WIED	25:58	
Southsea	**2 March**	
John SIMISTER	30:31	
Havant	**2 March**	
Chris HALL	25:31	
Wendy HALL	32:41	
Whiteley	**2 March**	
Michael GREGORY	16:44	PB
Andy SIMPSON	17:02	PB
Ben GRAHAM	19:10	PB
Steve CUMES	19:12	PB
Harry ROEBUCK	19:24	PB
Marcus LEE	21:25	
Nikki ROEBUCK	21:41	
Matt EMERY	21:56	
Kevin FINCH	22:11	PB
Amie MORGAN	22:25	
Mick WELLAND	22:26	
Jon LEIGH	22:30	
Simon VINGOE	23:17	
Frances Louise LORD	24:15	
Sean BENDELL	24:20	
John BLAKE	24:37	
Amy FOX	24:41	
John PARKER	24:41	
Sadie Lee BEDFORD	24:47	
Calum MCDONALD	25:12	PB
Marie MCDONALD	25:14	
Danielle CRANSTONE	25:44	
Robert EGERTON	26:10	
Alison BYATT	26:39	
Beverly WOOLCOCK	26:52	
Matt HUTTON	26:59	PB
Zoe DENNIS	27:31	PB
William GILL	28:20	
Maddison SMITH	28:54	PB
Matt SMITH	28:54	
Keith WHITAKER	29:43	
Ali HOGG	32:33	
Charlotte MAISEY	32:34	
Gareth CHARLES	34:38	
Helen BENSON	34:57	
Richard JACKS	35:20	
Kate RANT	38:38	
Eastleigh	**2 March**	
Michael PARKES	22:09	
Haydn BROWN	26:57	
Lincoln	**2 March**	
Rachael OPENSHAW	23:10	
Newbury	**2 March**	
Allan STINSON	44:38	
Poole	**2 March**	
Michelle SIMPSON	34:41	

Netley Abbey	**2 March**	
Stephen ANDREWS	22:59	
Carl SCHAFER	26:45	
Jules DINWOODIE	27:41	
Russell MEAD	28:47	
Claire JOHNSON	39:34	
Natalie FLACK	39:35	
Janice ALLEN	39:37	
Rushcliffe	**2 March**	
Stuart NICHOLSON	27:05	
Osterley	**2 March**	
David Matthew CASTLE	18:48	
Longrun Meadow	**2 March**	
Vernon WILDE	25:02	
Naas	**2 March**	
Eileen DUFF	24:28	
Lanhydrock	**2 March**	
Philip MAY	27:37	
Geraldine MAY	44:44	
Chichester	**2 March**	
Louise TANNER	33:30	
Louisa KNIGHT	33:31	
Tina MACKAY	45:45	
Salisbury	**2 March**	
Chris WHEELER	26:53	
Toby EVANS	26:55	
Lee-on-the-Solent	**2 March**	
Mark WESTBROOK	18:57	
Brandon CHAPLIN	19:59	
Mark John EATON	20:27	
Graham DONNACHIE	21:18	
Maria MILLICAN	22:01	
Andy DONN	22:43	
Andy LEE	23:11	
Paul HAMMOND	23:30	
Graham MARTIN	24:07	
Jamie EARLEY	24:37	
Gaynor HEFFER	25:10	
Richard BURNS	25:12	
Nigel WHITCHER	25:29	
Mark JENKINS	25:59	
Kim ACHURCH	26:30	
Rob WILLIAMS	26:37	
Cathy WEBB	26:46	
Rebecca WHITE	28:39	
Andy WHITE	28:40	
Lisa DONN	29:06	
Claire PEAL	29:43	
Eunice EATON	30:50	
Vicky WILLIAMS	31:14	
Janet SHAW	32:45	
Diane WILSON	33:36	
Susan BONNAR	33:43	
Portsmouth Lakeside	**2 March**	
Daniel ELLIOTT	18:20	
Kevin SAUNDERS	27:00	
Martin PARSONS	27:19	PB
Robert SPENCER	31:04	
Fareham	**2 March**	
Ray GUNNER	19:25	
David MALLARD	20:02	
Rachel FARGHER	22:08	PB
Alison LAWRENCE	26:37	
Tom MELLOR	31:48	
David MACSWAYNE	36:31	
Wendy SMITH	41:39	
Andrew SMITH	49:41	

Hogmoor Inclosure	**2 March**	
Rebecca Margaret LORD	19:03	PB
Swindon	**9 March**	
Yvonne FISHER	34:34	
Ipswich	**9 March**	
Lucy TAYLOR	35:39	
Southsea	**9 March**	
Simon VINGOE	24:18	
Whiteley	**9 March**	
Daniel ELLIOTT	18:59	
Harry ROEBUCK	19:30	
Nikki ROEBUCK	20:38	
Sean BENDELL	20:45	
Matt EMERY	20:50	
Robert EGERTON	22:08	
Jon LEIGH	22:32	
Jamie EARLEY	22:36	
Martyn POORE	22:41	
Sadie Lee BEDFORD	24:42	
Rebecca Margaret LORD	25:01	
Kim ACHURCH	25:08	PB
Danielle CRANSTONE	25:20	
Ben GRAHAM	26:12	
Rob WILLIAMS	26:33	
Amy FOX	26:45	
John PARKER	26:47	
Shona MCGRATH	27:32	
Greig BENSON	27:37	
Sarah NORTHCOTT	28:07	
Matt HUTTON	28:26	
Helen BENSON	28:41	
William GILL	28:52	
Martin READ	30:09	
Liz JAMES	30:23	
Pamela KEMP	31:25	
Ali HOGG	31:43	
Charlotte MAISEY	32:36	
Richard JACKS	33:23	
Eastleigh	**9 March**	
Michael PARKES	22:33	
Haydn BROWN	26:41	
Bournemouth	**9 March**	
Natalie FLACK	39:27	
Claire JOHNSON	39:28	
Cannon Hill	**9 March**	
Vicky SHAW	19:33	PB
Newbury	**9 March**	
Allan STINSON	49:25	
Lymington Woodside	**9 March**	
Carl SCHAFER	26:05	
Winchester	**9 March**	
Gordon WESTLEY	35:31	
Southwick Country	**9 March**	
Keith WHITAKER	27:25	
Netley Abbey	**9 March**	
Stephen ANDREWS	23:04	
Steve TROTMAN	25:18	
Weymouth	**9 March**	
Russ COLEMAN	18:33	
Mountbatten School	**9 March**	
Adrian PIDDINGTON	23:32	
Martin PARSONS	29:08	
Robert SPENCER	37:13	

Lee-on-the-Solent	9 March	
Shaun BEALE	18:03	
Marcus LEE	22:24	
Mark John EATON	22:28	
Chris WHEELER	22:38	PB
Matthew EVANS	23:15	
Tim MATTHEWS	23:39	
Simon HEARNDEN	24:41	
Graham MARTIN	24:45	
Mark JENKINS	24:51	
Toby EVANS	25:05	PB
Ashley LOVELL	25:39	
Richard BURNS	25:51	
Nicola WILLOUGHBY	26:21	
Andy WHITE	26:35	
Gaynor HEFFER	27:00	
Karen SALMON	27:00	
Paul HAMMOND	27:38	
Andy LEE	27:56	
Jonathan HARRINGTON	28:27	
Sara MCRITCHIE	28:35	
Richard WEEKS	29:03	
Stuart NICHOLSON	30:49	
Vicky WILLIAMS	31:58	
Eunice EATON	32:14	
Janet SHAW	33:36	
Louisa KNIGHT	33:42	
Louise TANNER	34:05	
Cliff SHAW	34:20	
Kevin ASHMAN	35:51	
Philip MAY	37:53	
Geraldine MAY	38:16	

Bevendean Down	9 March
Ray GUNNER	20:37

Portsmouth Lakeside	9 March
Lewis BANNER	18:24
Kevin SAUNDERS	26:26

Fareham	9 March
David MALLARD	19:53
Vernon WILDE	25:00
Alison LAWRENCE	27:12
Martin DE WIED	28:55
Tom MELLOR	32:42
Gareth CHARLES	36:46
David MACSWAYNE	37:33
Kate RANT	39:53
Wendy SMITH	41:10

Taman Pudu Ulu	9 March
Andrew STOCKWELL	20:57
Samantha STOCKWELL	33:30

Bushy	16 March
Lewis BANNER	17:13

Southampton	16 March
Stuart BOTTOMLEY	25:17

Southsea	16 March
Martin PARSONS	28:34

Bath Skyline	16 March
Chris HALL	21:58
Wendy HALL	34:51

Eastleigh	16 March
Haydn BROWN	28:07

Whiteley	16 March	
Sean BENDELL	19:06	PB
Harry ROEBUCK	19:53	
Hannah MOLYNEAUX	20:20	
Hollie SMITH	20:20	PB
Nikki ROEBUCK	21:29	
Jamie EARLEY	21:30	
Matt EMERY	21:30	
Russell WISEMAN	22:11	
Kevin FINCH	22:54	
Marcus LEE	25:09	
John PARKER	25:10	
Mark JENKINS	25:17	PB
Tracy LANGDALE	25:23	
Michael GREGORY	25:50	
Robert EGERTON	26:30	
Martin DE WIED	26:50	
Sue MOORE	27:36	
Philip MAY	28:05	PB
William GILL	29:13	
Kay SADLER	29:19	
Richard JACKS	30:02	
Ali HOGG	30:07	
Sarah GREGORY	30:30	
Liz JAMES	30:32	
Charlotte MAISEY	33:16	
Martin WEDGE	34:48	
Geraldine MAY	38:39	PB

Netley Abbey	16 March
Stephen ANDREWS	23:05
Steve TROTMAN	24:52

Queen Elizabeth	16 March
Rob WILLIAMS	28:16
Mike DONOVAN	29:37
Rebecca WHITE	29:49
Andy WHITE	29:55 PB

Northala Fields	16 March
Robert SPENCER	32:32

Penrose	16 March
Andy LEE	24:10

Lee-on-the-Solent	16 March	
Tommy BLAKE	19:35	PB
Phil MORGAN	20:17	
John BLAKE	21:18	
Chris WHEELER	23:19	
Tim MATTHEWS	24:11	
Amie MORGAN	24:53	
Toby EVANS	25:51	
Zac CONATY	26:20	
Paul HAMMOND	26:27	
Simon GIBBON	26:27	
Gaynor HEFFER	26:30	
Cathy WEBB	27:17	
Emily PEAL	28:27	
Robin PEAL	28:27	
Sara MCRITCHIE	28:39	
Jonathan HARRINGTON	29:09	
Richard WEEKS	29:28	
Laura DEVINE	29:35	
Russell MEAD	30:53	
Amy WADHAMS	32:46	
Sarah BARRON	33:02	
Sarah NORTHCOTT	33:02	
Kelly BENNETTS	33:26	
Stuart NICHOLSON	34:15	
Janet SHAW	35:04	
Cliff SHAW	35:05	
Susan BONNAR	36:47	
Imogen GARLAND	37:30	PB
Louisa KNIGHT	37:31	

Newbury	16 March	
Tomas STINSON	23:48	
Allan STINSON	50:30	

Winchester	16 March
Richard MACKAY	21:25
Gordon WESTLEY	28:27
Tina MACKAY	37:18

Portsmouth Lakeside	16 March
Kevin SAUNDERS	26:26

Fareham	16 March
David MALLARD	19:22
Ray GUNNER	19:47
Mark John EATON	20:42
Vernon WILDE	24:51
Alison LAWRENCE	27:39
Eunice EATON	31:08
Tom MELLOR	32:54

Cirencester	16 March	
Yvonne FISHER	33:35	PB

Mountbatten School	16 March
Carl SCHAFER	27:35
Keith WHITAKER	29:03

Richmond	23 March
Mandy WHITE	34:07

Maidstone	23 March
Phil MORGAN	17:54
Amie MORGAN	21:22

York	23 March
David Matthew CASTLE	17:54

Whiteley	23 March	
Daniel FOSTER	20:44	
Russell WISEMAN	20:44	
Amy FOX	23:03	
Greig BENSON	24:21	
Jamie EARLEY	24:27	
Tracy LANGDALE	24:37	PB
Beverly WOOLCOCK	25:33	
Martin PARSONS	27:59	
Tracie JARVIS	28:40	
Martin DE WIED	29:09	
William GILL	29:59	
Keith WHITAKER	30:03	
Sadie Lee BEDFORD	30:04	
Danielle CRANSTONE	34:15	
Charlotte MAISEY	34:15	
Helen BENSON	35:31	
Carl SCHAFER	43:03	

Colchester Castle	23 March
Amy WADHAMS	29:59

Newbury	23 March
Allan STINSON	44:44

Congleton	23 March
Janet SHAW	29:14
Cliff SHAW	29:19

Eden Project	23 March
Richard JACKS	24:37

Winchester	23 March
Gordon WESTLEY	27:32

Netley Abbey	23 March
Matt EMERY	20:50
Steve TROTMAN	24:05

Chichester	23 March	
Jonathan HARRINGTON	26:48	PB
Lee-on-the-Solent	**23 March**	
James MACKINNON	18:18	
Shaun BEALE	19:11	
Richard BAILEY	19:44	
Josh CULLEN	21:36	
Maria MILLICAN	21:47	PB
Andrew MORGAN	21:56	
Chris STAPLEFORD	22:39	PB
Tim MATTHEWS	22:54	
Mick WELLAND	23:18	
Philip MAY	23:25	PB
George HOWARTH	24:12	
Mark JENKINS	24:20	PB
Lara EVANS	24:30	
Matthew EVANS	24:31	
Sally GEE	24:36	
Paul HAMMOND	24:40	
Nicola WILLOUGHBY	24:43	
Toby EVANS	25:01	PB
Simon GIBBON	25:10	
Nigel WHITCHER	25:26	
Zac CONATY	25:30	
Cathy WEBB	25:37	
Andy RICHARDSON	26:21	
Rob WILLIAMS	26:56	
Andy WHITE	27:47	
Richard WEEKS	28:27	
Laura DEVINE	28:59	
Sue MOORE	29:08	
Martin READ	29:46	
Vicky WILLIAMS	30:14	
Kelly BENNETTS	31:30	
Sarah NORTHCOTT	31:32	
Susan BONNAR	32:29	
Diane WILSON	35:07	
Louisa KNIGHT	35:09	
Stuart NICHOLSON	35:57	
Geraldine MAY	37:17	
Tina MACKAY	47:36	
Portsmouth Lakeside	**23 March**	
Vernon WILDE	24:27	
Kevin SAUNDERS	24:58	PB
Steve ASPINALL	25:11	
Fareham	**23 March**	
David MALLARD	18:56	
Rob ANDERSON	21:47	PB
Alison LAWRENCE	30:29	
Melissa BARHAM	33:00	
David MACSWAYNE	35:03	
Heartlands	**23 March**	
Andy LEE	24:50	
Swaffham	**23 March**	
Robert SPENCER	33:17	
Walmer and Deal Seafront	**23 March**	
Martin WEDGE	34:24	
Westpark	**23 March**	
Sarah BARRON	29:50	
Highwoods	**23 March**	
Claire JOHNSON	37:29	
Mountbatten School	**23 March**	
Ray GUNNER	20:24	

Hogmoor Inclosure	23 March	
Chris HALL	21:36	
Wendy HALL	32:41	
Southampton	**30 March**	
Jack HARRIS	21:07	
Swindon	**30 March**	
Yvonne FISHER	31:18	PB
Southsea	**30 March**	
John SIMISTER	30:22	
Sue SIMISTER	36:37	
Whiteley	**30 March**	
Russ COLEMAN	19:13	
Sean BENDELL	19:32	
Steve CUMES	20:01	
Nikki ROEBUCK	20:09	
Harry ROEBUCK	20:10	
Daniel FOSTER	20:22	
Russell WISEMAN	20:37	
Marcus LEE	21:11	
Jonathan WARNER	21:57	
Simon VINGOE	22:50	PB
Sarah CRANSTONE	23:11	
Stuart HALL	24:06	
Ben GRAHAM	24:20	
Matt SMITH	24:22	
Frances Louise LORD	24:40	
Alison BYATT	25:17	
Robert EGERTON	26:06	
Kate RANT	26:37	
Rachael PAYNE	26:45	PB
Beverly WOOLCOCK	27:44	
Keith WHITAKER	28:22	
Tiffany SKERRATT	28:43	PB
William GILL	29:05	
Liz JAMES	29:16	PB
Greg ROWE	29:33	PB
Katharine TUCKER	29:51	
Greig BENSON	29:56	
Martin WEDGE	33:28	PB
Charlotte MAISEY	33:30	
Helen BENSON	35:54	
Eastleigh	**30 March**	
Michael PARKES	21:37	
Jon PLOMER	22:52	
Haydn BROWN	27:02	
Lloyd	**30 March**	
Jack GOOZEE	23:56	
Newbury	**30 March**	
Allan STINSON	43:55	
Winchester	**30 March**	
Gordon WESTLEY	31:00	
Brockenhurst	**30 March**	
Vernon WILDE	24:53	PB
Osterley	**30 March**	
David Matthew CASTLE	18:44	
Portsmouth Lakeside	**30 March**	
Daniel ELLIOTT	18:10	
Steve ASPINALL	25:12	
Kevin SAUNDERS	25:44	
Worthing	**30 March**	
Martin DE WIED	25:59	
California Country	**30 March**	
Robert SPENCER	33:03	
Martin PARSONS	27:23	

Lee-on-the-Solent	30 March	
Andy SIMPSON	16:52	
Tommy BLAKE	18:56	PB
Richard BAILEY	19:16	
Mark MCDONALD	19:39	
Graham DONNACHIE	20:55	PB
Andrew MORGAN	21:37	
Jamie EARLEY	21:38	
Chris STAPLEFORD	22:09	PB
Tim MATTHEWS	22:28	
Andy LEE	22:57	
Matthew EVANS	23:19	
Lara EVANS	23:27	
Marie MCDONALD	23:40	
Chris WHEELER	24:04	
Mick WELLAND	24:34	
Toby EVANS	24:38	PB
Amie MORGAN	24:50	
Cathy WEBB	25:33	
Alison PEPPER	25:34	PB
Graham MARTIN	25:40	
Paul HAMMOND	25:55	
Russell MEAD	25:56	
Alison HESSELBERTH	26:11	
Andy RICHARDSON	26:14	
Jules DINWOODIE	26:22	
George HOWARTH	26:32	
Rob WILLIAMS	28:24	
Wendy HAWXWELL	28:33	
Nigel WHITCHER	28:40	
Gaynor HEFFER	28:40	
Lee LOVE	28:57	
Lara DENT	29:10	
Adam JEFFERY	29:11	
Jodie FRANCIS	29:16	
Simon GIBBON	29:20	
Martyn BANNER	29:21	
Sarah NORTHCOTT	29:23	
Kelly BENNETTS	29:36	
Stuart NICHOLSON	29:36	
Julia LAWTON	29:52	
Dave JUDSON	30:42	PB
Jonathan HARRINGTON	30:56	
Grace TYRRELL	31:33	
Cat GROVES	32:00	
Mandy WHITE	32:07	
Vicky WILLIAMS	32:42	
Susan BONNAR	33:05	
Laura DEVINE	33:26	
Louisa KNIGHT	33:39	
Diane WILSON	33:40	
Louise TANNER	33:41	
Sarah BARRON	34:26	
Kevin ASHMAN	34:26	
Neil ALLEN	35:43	
Philip MAY	36:19	
Geraldine MAY	36:30	
Jennie LEE	38:49	PB
Fareham	**30 March**	
Ray GUNNER	19:33	
David MALLARD	19:41	
Matt EMERY	20:02	PB
Andy DONN	21:30	
Mark JENKINS	25:09	
Lisa DONN	25:14	
Alison LAWRENCE	29:54	
Tom MELLOR	30:46	
Thomas MACSWAYNE	31:24	
Eunice EATON	31:25	
Louise NICHOLSON	35:39	
David MACSWAYNE	36:07	
Wendy SMITH	43:13	
Andrew SMITH	49:28	