The
Green Runner
June 2019
WENDY
STUBBINGTON
GREEN
SOUTHAMPTON
594
5164
9616
Len
FINISHER

FROM THE CHAIR

Yesterday saw the annual South Downs Way Relay which saw some great performances from our teams, the details of which will be reported in next month's edition of the Greenrunner. I had the pleasure of driving the Ladies team minibus – and I can think of no better reason for getting up at 3.15 in the morning! I would just like to say a huge thank you to our marshalling team at Harting – the relay couldn't take place without the support from the clubs at the changeovers and our manned spot at Harting Down was THE best! It was also nice to see so many of the that team at the finish to cheer in the final leg runners.

Don't forget that its our RR10 on the 10th July and Grace will be looking for help to run our Whiteley RR10 where we will be able to again show that SGR marshals are the best in the business!. We also have our new Cheriton trail race on 23rd June and there are still places available for this brand new event if you fancy an 11ish mile trail race. Social events continue to be well supported – our charity coffee and cake evening at Crofton raised £100 for our two charities. We have the skittles evening on the 14th June and don't forget the new Autumn do on September 20th at Sarisbury Green Community Centre where we will have a hog roast and dancing to a live band – tickets are just £15 or £10 for under 16s – just comment on the Facebook page.

Finally it would be great to see as many of you as possible supporting our latest beginners group as they graduate at Lee on the Solent parkrun on 22nd June.

Happy Running

Kevin Ashman

MARLBOROUGH 33		
1	Michael Gregory	04:21:52
1	Chris Brobin	04:21:52
5	Wez Jones	04:35:52
21	Neil Stantiall	05:11:40
31	Shaun Beale	05:35:21
97	Lisa Donn	08:25:59
98	Sara McRitchie	08:26:00
99	Laura Kay	08:26:01
100	Tracey Terry	08:26:02

Birmingham 10k		
173	Mike White	00:40:04
632	Penny Forse	00:46:54

MARLBOROUGH 20		
8	Russ Coleman	02:33:46
16	Mark McDonald	02:41:54
43	Sally McGrath	03:07:28
48	Andy Donn	03:14:20
63	Andy Lee	03:23:49
98	Tracie Jarvis	03:43:05
102	Marie McDonald	03:46:27
103	Stuart Bamberger	03:46:29
112	Rebecca White	03:57:00
113	Andy White	03:57:03
125	Jonathan Harrington	04:15:33
128	Sarah Gregory	04:24:00

CAPTAINS CORNER

Well May has flown by with lots of RR10s and HRRL races plus a sprinkling of off road marathons.

We had the Dorset Invader – conquered by Nigel and Matt Whitcher, Rob Williams, Nicola Willoughby and George Howarth – looked like a really tough course, well done everyone! Also the Ox Half marathon as another WSR event, well done Julia Webb, Sue Robinson, Rachel Donachie and Greig Benson. Some killer hills in that race!

Marlborough had a great turn out for the 20 miler, brilliant results for the club, and well done to the Ultra runners, Tracey Terry and Laura Kay as their first Ultra, and Sara McRitchie, Nigel Whitcher and Lisa Donn. We then had podium finishes for Chris Brobin and Mike Gregory coming joint first. The organiser said you couldn't have joint first due to the prizes being for 1st and 2nd, when the awards were handed out it turned out that there was TWO 1st awards which would under any other circumstances been an error, how spooky the gods must have known the result!

Unusual to have Southampton in the month of May as usually a direct clash with that little London one ;) We had a phenomenal turn out for the Green Army this year and lots of people choosing this as their first 10k, half or full marathon (Russell Wiseman, Claire Light, Kate Vaughan and I'm sure many more!!) It's a two looped course for the full, really takes some mental strength and also some cheeky hills thrown in that definitely seem steeper second time round! Lots of pb's on the day for all 3 distances, full results further into this publication.

Well done to Tina and Richard Mackay who celebrated their wedding anniversary running the Liverpool Rock and Roll half and full marathon. I think we should have this as a Stubby away day next year! Looks great fun and loved the medal.

Natalie Flack and Claire Johnson completed their second marathon this month choosing Belfast as their destination. Both got PB's and felt great…really well done ladies J They even bumped into another Stubby out there! Well done Kev Taylor Scullion!

The HRRL saw two races on back to back weekends with Alton and Netley. First up was Alton with Beccy Lord on devastating form with 1st lady and this was backed up with Mike White finishing 1st V60. The ladies were on fire with Amy Fox and Lucy May backing up Beccy to claim 2nd place on the day. Men were led home by Mike White, followed in by Alistair Wakefield, Rich Chowns and John Parker and scored 8th on the day.

Netley saw both our A teams coming in for 6th place with the ladies team consisting of Maria Millican, Lucy May and Kathy Chamberlain. For the men, first home was Mark Westbrook in a new PB, followed by Dan Foster, Rich Chowns and Graham Martin. Currently with 2 races to go the Men are being dragged into a relegation battle at the bottom of division 1 in 8th place. The ladies are looking to cement a podium position and sit in 4th place, so 2 good last races could clinch this and save the men slipping into division 2.

RR10s saw 3 races in May but the third race was our drop out one. Race 2 was at Stoney Cross and for once Beccy Lord had to settle for 2nd and the ladies were 2nd on the night even with all 3 runners in the top 10 this was not good enough, Nikki Roebuck 5th and 1st V40 and Helen Nicholls 6th 2nd V40. The men dominated their race with all 5 runners in first 11 places with Andy Simpson 2nd, Oli Cauldwell 3rd, Will Feline 5th, David Mallard 10th and Iain Cross 11th for 1st place on the night. We managed 20 teams across ladies and men with 5 men's teams in top 20 and 7 ladies in top 20.

Race 4 was at Blackfields with 51 runners and 13 teams. Beccy Lord was back to winning ways with the ladies 2nd on the night and now joint 1st overall with Katie Simister and Gill Rose completing the ladies team. The men were well a truly put to the sword by a rampant Romsey taking first 5 positions with the A team and B team coming in 2nd which I think was a 1st in the competition that I can remember from memory. Men's team were 3rd with Andy Simpson, David Mallard, Russ Coleman, Colin Trigg and Jon Warner with the team now 2nd in the league standings. Currently in the individual standings sees Beccy Lord 1st, Gill Rose 1st V50, for the men Andy Simpson 2nd overall and 1st V40, David Mallard 2nd V40 and Jon Leigh 2nd V50. The next 3 races are back to back in June on 5th, 12th and 19th with the first one at Fleming Park. Let's see if we can wrestle back the lead for the ladies and Men's series in these June races.

Two Stubbies, Jon Leigh and Jon Warner ran the Devon Coastal Challenge which is 3 marathons in 3 days across rugged coast line. Jon Warner was 4th overall and 1st V40 and Jon Leigh was 16th and 3rd Super Vet, great effort lads.

London Vitality 10k took place on Bank Holiday Monday with 21 Stubbies taking part with Mark Eaton pacing Nikki Roebuck around for 41.42, Shaun Beale was first Stubbie home in 37.02 and first Stubbie lady and 11th in her age category was Kelley Haniver running sub 40 in 39.49. After the racing everyone seemed to enjoy a well-earned drink!

The London mile race saw Chris Sandy and Beccy Lord running with Beccy finishing 3rd lady, well done, all good training for the Miles of Miles.

We had a continental Stubby away holiday to France! We had 4 teams complete the Mont St Michel Duo Marathon (one marathon ran as teams of 2 in case you were wondering!) Was a fantastic race and we even got some shout outs for our Green Vests – well done to the Teams of The Tanner's, The White's, The Donn's and Paul Hammond and Joh Cox! Thoroughly recommend this as a running holiday.

Stubbies representing England in the Master 10k at the Simplehealth Birmingham 10k saw Penny Forse come 3rd place in her age category over a lumpy course with Mike White 8th V60, well done you two.

Stuart Nicholson celebrated his 300th park run this month! Amazing!!

Rebecca LORD	2
Nikki ROEBUCK	5
Helen NICHOLLS	6
Maria MILLICAN	10
Gill ROSE	11
Becky HODSON	12
Toni WHITNEY	14
Sally MCGRATH	15
Nicola WILLOUGHBY	20
Lara EVANS	22
Lucy MAY	30
Sadie BEDFORD	32
Frances LORD	33
Alison LAWRENCE	35
Elizabeth MILES	43
Tracy LANGDALE	48
Beverly WOOLCOCK	49
Dawn HAYNES-SEWELL	50
Becca WHITE	52
Alison PEPPER	55
Alison BYATT	56
Joanna BRADLEY	61
Jodie FRANCIS	62
Wendy HAWXWELL	64
Laura ROLLAND	66
Julia WEBB	72
Tiffany SKERRATT	76
Gail OSBORNE	80
Julia LAWTON	82
Melissa BARHAM	85
Rachel GOOZEE	102
Louise SEFTON	105
Louise NICHOLSON	111
Sharon SIMPSON	120
Sarah MARTIN	121
Debbie ADAMS	125
Jane BODMAN	126

RR10 Stoney Cross

Andy SIMPSON	2
Ollie CAUDWELL	3
Will FELINE	5
David MALLARD	10
Iain CROSS	11
Dan FOSTER	22
Chris SANDY	24
Mike WHITE	26
Alistair WAKEFIELD	32
Jon WARNER	34
Dom TRUSLOVE	37
Graham MARTIN	44
Mark EATON	50
Andy DONN	52
Lee REYNOLDS	66
Mitchell HAYNES	67
Mike BELL	68
Joe GOOZEE	69
Marcus LEE	71
Jon LEIGH	73
Nick CRANE	80
Graham JAMES	81

Paul SMITH	82
Jack GOOZEE	87
Paul HAMMOND	91
Jamie EARLEY	99
Matt WHITCHER	104
Chris WHEELER	108
Andy MILES	110
Andy LEE	111
Tim MATTHEWS	114
Gareth CHARLES	123
George HOWARTH	128
Carl SCHAFER	132
Nigel WHITCHER	136
Russel MEAD	137
Rob WILLIAMS	148
Toby EVANS	157
Andy WHITE	159
Stuart NICHOLSON	165
Martyn BANNER	168
Robert SPENCER	177
Greg ROWE	178
Kevin ASHMAN	180

HOUGHTON TRAIL RACE

28	Maria Millican	00:54:33
36	Andy Lee	00:56:13
46	Rachael Openshaw	00:58:34
73	Jo-Anna Bradley	01:03:44
75	Tracy Langdale	01:03:54
97	Tracie Jarvis	01:08:11
151	Sue Robinson	01:24:07
152	Sandie Mcintosh	01:24:08
158	Sharon Simpson	01:29:47
159	Sarah Martin	01:29:48

RR10 Blackfield

Rebecca LORD	1
Katie SIMISTER	9
Gill ROSE	16
Tina CHANTREY	17
Lucy MAY	23
Becky HODSON	38
Alison LAWRENCE	59
Elizabeth MILES	61
Beverly WOOLCOCK	66
Alison BYATT	68
Wendy HAWXWELL	85
Sue MOORE	96
Jules DINWOODIE	100
Julia LAWTON	115
Lindsay PRATT	122
Tiffany SKERRATT	128
Sarah BARRON	134
Rachel GOOZEE	142
Susan BONAR	148
Debbie ADAMS	159
Jane BODMAN	160

Andy SIMPSON	9
David MALLARD	14
Russ COLEMAN	23
Colin TRIGG	25
Jon WARNER	32
Dom TRUSLOVE	37
Alistair WAKEFIELD	40
Graham MARTIN	50
Lee REYNOLDS	80
Jon LEIGH	85
Marcus LEE	88
Chris HALL	98
Mike BELL	100
Nick CRANE	115
Jamie EARLEY	126
Andy MILES	135
Mark EATON	136
Jon PLOMER	137
Chris WHEELER	140
Matt WHITCHER	144
Jack GOOZEE	146
Andy LEE	152
Mark GREEN	164
Carl SCHAFER	168
Russel MEAD	169
Martyn BANNER	190
Toby EVANS	194
John SIMISTER	197
Robert SPENCER	201
Greg ROWE	203

DORSET INVADER MARATHON

45	Nicola	Willoughby	05:47:30
58	Matt	Whitcher	06:03:02
76	Nigel	Whitcher	06:26:18
125	Rob	Williams	07:20:52

BELFAST MARATHON

883	Kevin	Scullion	03:39:42
3655	Natalie	Flack	05:53:05
3674	Claire	Johnson	05:58:43

Devon Coast Challenge

		Day 1	Day 2	Day 3	Total
4th	Jonathan Warner	05:35:53 (8)	05:24:43 (5)	06:00:27 (8)	17:01:03
16th	Jon Leigh	06:18:25 (20)	06:06:47 (18)	06:48:14 (21)	19:13:26

London 10K

525	Shaun Beale	00:37:02
678	Russell Coleman	00:38:05
1032	Kelley Haniver	00:39:49
1481	Mark Eaton	00:41:42
1483	Nikki Roebuck	00:41:42
1944	Jon Leigh	00:43:10
3083	Stuart Bottomley	00:46:25
6231	Carl Schafer	00:52:28
7204	Martin De Wied	00:54:02
9773	Wendy Hawxwell	00:58:08
9850	Jodie Francis	00:58:17
10433	Julia Lawton	00:59:07
11522	Sara Mcritchie	01:00:50
11521	Stuart Bamberger	01:00:50
11751	Cath Dilley	01:01:13
12321	Karen Charlton	01:02:13
12475	Sarah Barron	01:02:29
13042	Keith Whitaker	01:03:34
14155	Liz James	01:05:50
14759	Catrina Groves	01:07:12
14767	Susan Bonnar	01:07:13

Plymouth Half Marathon

294	Mick Welland	01:39:03

LIVERPOOL HALF MARATHON

7619	Tina Mackay	02:45:10

LIVERPOOL MARATHON

346	Richard Mackay	03:31:26

ALTON 10MILE

34	Mike White	1:05:10
41	Alistair Wakefield	1:05:25
43	Rebecca Lord	1:05:34
58	Richard Chowns	1:07:43
73	John Parker	1:09:13
77	Graham Martin	1:09:33
203	Amy Fox	1:21:14
246	Lucy May	1:24:16
309	Frances Lord	1:29:46
320	Cliff Shaw	1:30:58
332	Katherine Chamberlain	1:33:05
344	Jules Dinwoodie	1:34:19
360	Mike Donavan	1:36:34
365	Wendy Hawxwell	1:36:48
368	Jodie Francis	1:37:15
403	Janet Shaw	1:42:56
416	Karen Charlton	1:45:19
427	Julia Lawton	1:47:26
455	Cat Groves	1:54:11
458	Sarah Barron	1:55:09

THE OX HALF MARATHON

32	Greig	Benson	02:10:33
198	Julia	Webb	03:27:44
199	Sue	Robinson	03:27:44
200	Rachel	Donnachie	03:27:44

THE OX 10K

51	Michael Parkes	01:12:17

Mont St Michael Marathon

184	Andy Donn / Lisa Donn	03:46:20
214	Paul Hammond / John Cox	03:50:16
254	Louise Tanner / Darren Tanner	03:56:24
361	Andrew White / Rebecca White	04:13:13

Lymington 10K

89	Iain Cross	00:43:05
142	Nick Crane	00:46:10

BOGNOR 10K

864	Jonathan Harrington	00:56:51
1424	Joanna Reed	01:06:43

MANCHESTER 10K

11869	Diane Wilson	01:06:32

GOSPORT 5K SERIES

2	Oliver	Caudwell	00:16:28
20	Katie	Leatherland	00:19:19
21	Graham	Martin	00:19:27
25	Peter	Lewis	00:19:48
27	Tina	Mackay	00:19:56
29	Tommy	Blake	00:20:15
33	John	Blake	00:20:35
37	Keiran	Chaplin	00:21:02
47	Andrew	Miles	00:21:52
54	Christopher	Wheeler	00:22:18
72	Lizi	Miles	00:23:45
84	Toby	Evans	00:25:21
91	Jade	Leahy	00:26:11
138	Susan	Bonnar	00:32:03
145	Nicola	Thomas	00:35:54

NETLEY 10K

20	WESTBROOK, Mark	00:37:02
32	FOSTER, Daniel	00:38:56
42	CHOWNS, Richard	00:40:05
60	MARTIN, Graham	00:40:49
110	WHITE, Mike	00:43:22
111	LEE, Marcus	00:43:23
137	MILLICAN, Maria	00:44:52
222	MAY, Lucy	00:49:42
323	CHAMBERLAIN, Katherine	00:55:13
383	KEMP, Pam	00:58:24
396	SHAW, Janet	00:59:38
410	BARHAM, Melissa	01:00:33
438	BARRON, Sarah	01:03:34

Southampton AC Open Meeting, Saturday 20 April, 2019 - Penny Forse

Some young and not-so-young Stubbies hit the track in Southampton. We all ran 1500m in 25-26 degrees C, not ideal conditions when this had followed a cool spell, but at least our muscles weren't cold!
Freya Roebuck ran a really good race to beat me in 5m35.4s to my 6m09.6s! Freya was 2nd U13G.
In the next race Harry Roebuck was 2nd U15B in a very good 4m55.7s.

Hampshire Vets T&F League, Winchester, Monday 20 May, 2019 – Penny Forse

Running 2nd claim for Southampton AC the Forse's enjoyed this track and field meeting on a lovely sunny evening. The teams involved are Southampton, Portsmouth, Winchester, Havant, Aldershot, Fleet, Basingstoke and Overton.
So if you feel like having a bash at any of the track and field events just join one of these clubs 2nd claim and they'd love to see you. There are usually one or two non-scoring events, too.

Penny Forse 800m 1st F65 3m11.5s

Alan Forse 200m 1st M75 31.0s

SOUTHAMPTON MARATHON

102	Mark MCDONALD	03:25:05
112	Josh CULLEN	03:27:12
163	Robert MORGAN	03:35:55
356	Russell WISEMAN	03:55:26
612	Claire LIGHT	04:24:23
824	Mandy BURTON	04:54:03
841	Susan MOORE	04:53:21
842	Lindsay PRATT	04:53:21
943	Calum MCDONALD	05:16:16
944	Marie MCDONALD	05:16:15
976	Kate VAUGHAN	05:23:01

SOUTHAMPTON 10K

395	Lily EAST	00:53:32
408	Steve ASPINALL	00:54:03
739	Jenna LLOYD	00:57:40
779	Ali HOGG	00:59:25
800	Katherine HOLMES	00:59:45
1006	Rona JOHNSON	01:02:57
1079	Greg ROWE	01:03:13
1136	Liz JAMES	01:04:38
1211	Martin PARSONS	01:06:08
1241	Cat GROVES	01:06:14
1277	Robert SPENCER	01:05:19
1384	Claire HANRAHAN	01:08:32
1436	Linda SWANTON	01:09:29
1486	Louise NICHOLSON	01:10:36
1814	Tracy JENKINS	01:18:48

SOUTHAMPTON HALF MARATHON

267	Mark EATON	01:36:34
293	Graham DONNACHIE	01:37:20
296	Andrew MORGAN	01:38:55
450	Greig BENSON	01:40:25
800	Si VINGOE	01:48:58
870	Danielle CRANSTONE	01:52:53
871	Del GRANGER	01:52:36
922	Kevin FINCH	01:54:16
940	Mark JENKINS	01:51:54
957	Ryan GRANGER	01:54:10
975	Aga PLOMBON	01:53:17
1200	Jack GOOZEE	01:57:03
1241	Sarah BORTHWICK	01:57:41
1374	Carl SCHAFER	02:00:32
1512	Miles PRITCHARD	02:04:22
1548	Philip PAGE	02:00:39
1678	Helen BENSON	02:06:59
1729	Wendy HAWXWELL	02:06:43
1748	Stuart NICHOLSON	02:05:15
1819	Jamie-Ann NUNN	02:09:10
1894	Tracey TERRY	02:07:16
2021	Julia LAWTON	02:11:33
2232	Sarah GREGORY	02:16:58
2377	Deborah MADEIRA	02:18:32
2394	Karen HOGGARTH	02:21:08
2500	Julia WEBB	02:21:23
2507	Rachel DONNACHIE	02:21:36
2562	Cath DILLEY	02:23:34
3034	Amanda KNIGHT	02:52:48
3047	Martin WEDGE	02:55:18

Time Trial - April

May's time trial saw an improvement in the weather conditions which led to more runners taking part with 46 in total and 13 people improving their times. The biggest improvers on the night were Heather Hudson knocking 2 minutes 12 seconds off her best, on top of improving last month! The biggest male improver was Mark Jenkins with 1 minute 27 seconds.

Currently in the race to be the biggest improver for the series in the handicap bandings sees the following runners leading below, note no improvers from the sub 25 group yet after two time trials! Next time trial is the Thursday 27th June.

Handicap Banding	Name	Time
Under 25 mins	N/A	N/A
25.01 – 28 mins	Peter Lewis	-0.47
28.01 – 31 mins	Graham Donnachie	-1.10
31.01 – 35 mins	Heather Hudson	-2.23
35+ mins	Julia Lawton	-2.28

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

Name	Best 2016/2017	April	May	Months Best	Total Yearly Best 2018
		40	46	13	17
Andy Simpson	22.33	23.54	22.47		
Iain Cross	23.52	**23.52**			
Russ Coleman	24.15		0.00		
Ray Gunner	24.40		**24.40**		
Peter Lewis	26.34	27.14	25.47	-0.47	-0.47
Graham Martin	25.41	26.19	**25.28**	-0.13	-0.13
Richard Mackay	26.01	27.14	**25.56**	-0.05	-0.05
Rich Chowns	31.34*		**25.19**		
Mark Eaton	25.27		26.24		
Kate Simister	25.43		26.14		
Mike White	25.51	34.47	28.26		
James Bampton	26.22	29.28	26.26		
Andy Donn	26.42		26.54		
Mike Bell	26.48	28.29			
Steve Cumes	26.58	**26.58**			
Steve Fidler	27.56	28.00			
Graham Donnachie	29.20		**28.10**	-1.10	-1.10
John Parker	28.31		**28.20**	-0.11	-0.11
Haydn Brown	28.10		28.15		
Toni Whitrey	28.25		**28.25**		
Josh Cullen	29.28	**29.28**			
Rob Anderson	29.28	**29.28**			
Ash Lovell	29.45		31.24		
Nick Crane	29.52		**29.52**		
Tim Matthews	30.08		**30.08**		
Philip May	30.19		30.55		
Chris Stapleford	30.32	**30.32**			
Frances Lord	30.52	32.48			
Beccy Lord	29.37*	**29.37**			
Tommy Blake	30.35*	**30.35**			

Heather Hudson	33.55	33.44	**31.32**	-2.12	-2.23
Simon Gibbon	31.58	**30.05**			-1.53
Ali Pepper	34.33	34.33	**33.00**	-1.33	-1.33
Mark Jenkins	32.55	32.55	**31.28**	-1.27	-1.27
Matt Smith	31.34	**31.33**			-0.01
Kevin Finch	31.19	31.32			
Andy Lee	31.22	34.50			
Alison Lawrence	31.26	32.00			
George Howarth	31.49	37.09	35.00		
Rob Williams	32.51		33.00		
Carl Schafer	32.55	33.59			
Jenna Lloyd	33.36		36.08		
Louise Tanner	34.29		**34.29**		
Wendy Hawxwell	34.46		**34.46**		
Stephen Andrews	34.07*	34.07	**31.13**		
Julia Lawton	40.44	**38.16**	48.17		-2.28
Martin Wedge	45.31	43.30	**43.29**	-0.01	-2.02
Claire Hanrahan	43.39	43.39	**42.03**	-1.36	-1.36
Tracey Jenkins	49.53	49.53	**48.17**	-1.36	-1.36
William Gill	38.28		**37.16**	-1.12	-1.12
Tiffany Skeratt	38.09	**37.11**			-0.58
Janet Shaw	36.59		**36.53**	-0.06	-0.06
Jules Dinwoode	35.07	35.39			
Sara McRitchie	35.17		37.17		
Julia Webb	35.38	36.38			
Lindsay Pratt	36.18	49.53			
Martyn Banner	36.34		37.35		
Adam Grey	36.50		**36.50**		
Tracy Langdale	36.56		**36.56**		
Stuart Banberger	37.17*		**37.17**		
Debbie Madeira	38.16	**38.16**			
Melissa Barham	38.21		**38.21**		
Greg Rowe	38.51	41.21			
Sarah Barron	38.57		40.30		
Catrina Groves	40.42		**40.42**		
Joanna Reed	42.42	**42.42**			
Susan Bonnar	43.12		**43.12**		
Louise Nicholson	44.15	**44.15**	44.50		
Tina Mackay	45.12	46.16			
Geraldine May	48.04		**48.04**		

Frimley Lodge	4 May	
Ray GUNNER	19:12	
Southsea	**4 May**	
Tommy BLAKE	18:44	PB
John BLAKE	20:36	PB
Liz WEIGHELL	30:37	
Havant	**4 May**	
Vernon WILDE	25:11	PB
Whiteley	**4 May**	
Daniel FOSTER	18:14	PB
Nikki ROEBUCK	20:11	
Gareth CHARLES	20:16	
Russ COLEMAN	21:12	
Mike BELL	21:18	
Amie MORGAN	21:55	
Jamie EARLEY	22:43	
Steve TROTMAN	22:49	PB
Phil MORGAN	23:28	
Ben GRAHAM	24:15	
Mark JENKINS	24:43	
Kate RANT	24:48	
Amy FOX	25:06	
Toby EVANS	25:09	PB
Beverly WOOLCOCK	25:33	
Laura ROLLAND	25:57	PB
William GILL	27:36	
Pamela KEMP	27:37	
Danielle CRANSTONE	28:28	
Ali HOGG	28:56	
Tiffany SKERRATT	31:10	
Charlotte MAISEY	33:08	
Keith WHITAKER	33:09	
Helen BENSON	35:34	
Martin DE WIED	36:42	
Aviemore	**4 May**	
Jules DINWOODIE	26:59	PB
Winchester	**4 May**	
Haydn BROWN	21:32	
Gordon WESTLEY	30:22	
Swansea Bay	**4 May**	
Emma BAKER	27:07	
Kieran CHAPLIN	30:19	
Chichester	**4 May**	
Jonathan HARRINGTON	26:19	PB

Netley Abbey	4 May	
Chris DAVIDSON	23:18	
Martin WEDGE	39:08	
Lee-on-the-Solent	**4 May**	
Lewis BANNER	16:41	
Richard BAILEY	18:36	
Jon PLOMER	20:47	
Jonathan O'NEIL	21:45	
David OLDHAM	22:30	
Chris STAPLEFORD	22:51	
Tim MATTHEWS	22:51	
Ashley LOVELL	23:15	
Rachael OPENSHAW	23:17	
Zac CONATY	24:22	
Nigel WHITCHER	24:40	
Rob WILLIAMS	24:49	
Mick WELLAND	25:13	
Philip MAY	25:28	
Stephen WALLBRIDGE	25:46	PB
Richard BURNS	25:53	
Josh CULLEN	25:55	
Jodie FRANCIS	26:25	
Martyn BANNER	27:59	
Russell MEAD	29:56	
John SIMISTER	30:29	
Martin READ	30:35	
Stuart NICHOLSON	30:35	
Robin PEAL	30:55	
Emily PEAL	32:15	
Sandie MCINTOSH	32:24	
Eunice EATON	32:27	
Claire PEAL	32:31	
Claire MEAD	32:33	
Diane WILSON	32:43	PB
Sue ROBINSON	32:44	
Susan WAKEFIELD	32:46	PB
Andrew MORGAN	32:49	
Susan BONNAR	33:01	
Jane BODMAN	33:24	PB
Louise TANNER	33:40	
Kevin ASHMAN	33:41	
Sam LEAHY	35:30	
Ella BENNETTS	35:40	
Sarah NORTHCOTT	35:40	
Geraldine MAY	35:53	
Sue SIMISTER	35:55	
Debbie ADAMS	36:39	
Neil ALLEN	37:10	
Andy LEE	41:38	
Bryn CLARK	45:44	
Phil CLARK	45:45	
Winchester	**11 May**	
Gordon WESTLEY	24:56	

Portsmouth Lakeside	4 May	
Will FELINE	18:52	
Richard JACKS	23:20	
Stephen ANDREWS	24:38	
Kevin SAUNDERS	27:11	
Robert SPENCER	29:51	
Martin PARSONS	32:12	
Fareham	**4 May**	
David MALLARD	18:25	
Andy DONN	20:43	
Alison LAWRENCE	26:56	
Sara MCRITCHIE	29:51	
Tom MELLOR	31:22	
Tina MACKAY	36:04	PB
David MACSWAYNE	36:25	
Wendy SMITH	40:12	
Andrew SMITH	40:44	
Havant	**11 May**	
Mike WHITE	22:45	
Whiteley	**11 May**	
Daniel FOSTER	17:59	PB
Robert CRANSTONE	20:18	
Marcus LEE	21:07	
Russell WISEMAN	21:22	
Jamie EARLEY	21:42	
Nikki ROEBUCK	21:49	
Richard JACKS	23:01	
Sarah CRANSTONE	23:11	
Rachael OPENSHAW	23:12	
Beverly WOOLCOCK	26:49	
Alison BYATT	26:49	
Rachael PAYNE	26:55	
Helen BENSON	26:57	
Danielle CRANSTONE	27:13	
William GILL	27:56	
Nicky BEAL	28:56	
Pamela KEMP	29:07	
Liz JAMES	29:25	
Tiffany SKERRATT	31:33	
Hannah PAINE	32:12	
Charlotte MAISEY	33:53	
Claire JOHNSON	34:57	
Greg ROWE	46:55	
Eastleigh	**11 May**	
Andy SIMPSON	17:24	PB
Jon PLOMER	20:45	
Martin PARSONS	27:00	PB
Martin DE WIED	29:53	
Keith WHITAKER	38:03	
Robert SPENCER	39:03	
Newbury	**11 May**	
Carl SCHAFER	24:59	

Netley Abbey	11 May	
Stuart BOTTOMLEY	21:27	PB
Ali HOGG	28:09	
Martin WEDGE	35:17	

Northala Fields	11 May
David Matthew CASTLE	18:37

Lee-on-the-Solent	11 May	
Richard BAILEY	18:48	
Mike BELL	20:33	
Graham DONNACHIE	21:12	
Maria MILLICAN	21:24	PB
Andrew MORGAN	21:27	
David OLDHAM	21:33	
Penny FORSE	22:23	PB
Ashley LOVELL	22:40	
Paul HAMMOND	22:43	
Tim MATTHEWS	22:43	
Chris WHEELER	22:46	
Matthew EVANS	23:16	
Gaynor HEFFER	24:45	
Toby EVANS	25:17	
Terry JOHNS	26:08	
Cathy WEBB	26:38	
Simon GIBBON	27:02	
Andy RICHARDSON	27:22	
Russell MEAD	27:32	
Philip MAY	29:11	
Martin READ	29:58	
Claire PEAL	30:17	
Stuart NICHOLSON	31:28	
Sue ROBINSON	31:40	
Louisa KNIGHT	32:47	
Diane WILSON	32:47	
Susan BONNAR	32:51	
Susan WAKEFIELD	33:05	
Sarah BARRON	33:13	
Peter REDMAN	33:28	
Jenny HEARNDEN	34:02	
Jade LEAHY	34:04	
Ella BENNETTS	36:16	
Sarah NORTHCOTT	36:17	
Geraldine MAY	37:31	
Janet SHAW	46:20	

Portsmouth Lakeside	11 May	
Lewis BANNER	16:53	PB
Rob ANDERSON	21:46	
Kevin SAUNDERS	24:53	PB
Tina MACKAY	37:50	PB

Guernsey	11 May
Yvonne FISHER	36:13

Fareham	11 May
David MALLARD	18:51
Ray GUNNER	19:25
Amie MORGAN	21:48
Mick WELLAND	22:56
Alison LAWRENCE	28:07
Martyn BANNER	28:39
Chris HALL	32:34
Wendy HALL	33:11
Melissa BARHAM	34:47
Sue SIMISTER	35:57

Hogmoor Inclosure	11 May
Vernon WILDE	26:15

Southsea	18 May
Graham MARTIN	19:49
John SIMISTER	29:23
Sue SIMISTER	34:00

Whiteley	18 May	
Rob GREENWOOD	17:47	
Russ COLEMAN	18:34	
Russell WISEMAN	20:21	
Rebecca Margaret LORD	20:35	PB
Sean BENDELL	20:42	
Ben GRAHAM	21:40	
Stuart HALL	21:54	PB
Jon LEIGH	21:57	
Jamie EARLEY	23:05	
Steve TROTMAN	23:15	
Mark GREEN	23:20	PB
Mark JENKINS	24:02	PB
Tracy LANGDALE	24:38	
Helen BENSON	25:14	
Amy FOX	26:35	
Rachael PAYNE	26:43	PB
Martin DE WIED	27:27	
Tiffany SKERRATT	28:00	PB
Nicky BEAL	28:37	
Martyn POORE	28:38	
Sara MCRITCHIE	29:39	
Richard JACKS	30:13	
Hannah PAINE	32:49	
Greig BENSON	34:23	

Eastleigh	18 May	
Haydn BROWN	26:24	
Chris WHEELER	27:49	
Toby EVANS	27:53	PB
Keith WHITAKER	30:32	
Martin WEDGE	33:27	
Jennifer HAMMOND	34:09	

Moors Valley	18 May	
Carl SCHAFER	25:38	PB

Bournemouth	18 May
Phil MORGAN	18:07
Amie MORGAN	21:30

Newbury	18 May
Tomas STINSON	23:37
Allan STINSON	42:57

Winchester	18 May
Jon PLOMER	20:22
Gordon WESTLEY	25:38

Netley Abbey	18 May	
Stuart BOTTOMLEY	20:50	PB
Caroline STREET	35:21	

Yeovil Montacute	18 May
Gareth CHARLES	21:30
Kate RANT	26:16

Lee-on-the-Solent	18 May	
Josh CULLEN	19:18	
Tommy BLAKE	20:17	
David OLDHAM	21:18	PB
Andy DONN	21:26	
Jonathan O'NEIL	22:36	
Tim MATTHEWS	23:27	
Dominic SHEPHERD	23:47	
Paul HAMMOND	24:35	
Nicola WILLOUGHBY	24:45	
Richard BURNS	24:57	
Vernon WILDE	25:00	
Zac CONATY	25:01	
Cathy WEBB	25:42	
Alison BYATT	25:43	
Simon ELLIS	25:48	
Jodie FRANCIS	26:03	
Gaynor HEFFER	26:20	
Nigel WHITCHER	26:28	
Tracie JARVIS	27:03	PB
John BLAKE	27:55	
Julia LAWTON	28:44	
William GILL	28:45	
Martyn BANNER	28:47	
Rob WILLIAMS	28:48	
Stuart NICHOLSON	29:00	
Andrew MORGAN	29:01	
Janet SHAW	29:07	
Libby WAKEFIELD	29:22	
Martin READ	29:35	
Karen CHARLTON	30:38	
Louisa KNIGHT	31:23	
Louise TANNER	31:23	
Vicky WILLIAMS	32:03	
Susan WAKEFIELD	32:35	PB
Claire JOHNSON	32:55	
Sarah BARRON	34:00	
Jenny HEARNDEN	34:27	
Kieran CHAPLIN	39:41	
Tina MACKAY	39:47	

Portsmouth Lakeside	18 May	
Lewis BANNER	23:52	
Kevin SAUNDERS	24:42	PB
Martin PARSONS	26:21	PB
Robert SPENCER	30:00	
Louise NICHOLSON	35:02	

Fareham	18 May	
David MALLARD	19:17	
Ray GUNNER	19:24	
Mike DONOVAN	27:29	
Emily JOHNSON	28:05	
Melissa BARHAM	30:55	
Wendy HALL	31:24	
Philip MAY	32:17	
Tom MELLOR	32:48	
Andy LEE	33:50	
Stuart HISCOCK	35:51	
David MACSWAYNE	37:53	
Wendy SMITH	38:08	
Geraldine MAY	40:16	
Alison LAWRENCE	41:17	

Cirencester	18 May
Katharine TUCKER	31:38
Mark TUCKER	31:40

Marlborough Common	18 May
Yvonne FISHER	35:27

Kew Woods	18 May
Rachael OPENSHAW	24:03

Weymouth	25 May
Sarah CRANSTONE	23:44

Pontypool	25 May
Rebecca Margaret LORD	22:32

Fareham	25 May
David MALLARD	18:58
Mike BELL	21:19
David MACSWAYNE	36:39
Wendy SMITH	39:39
Melissa BARHAM	49:01
Andrew SMITH	54:51

Littlehampton Prom	25 May
Ray GUNNER	18:52

Swindon	25 May
Yvonne FISHER	37:57

Lee-on-the-Solent	25 May	
Andy SIMPSON	17:18	
Rob GREENWOOD	17:51	
Phil MORGAN	17:56	PB
Mark WESTBROOK	17:59	PB
Richard BAILEY	18:28	
Graham MARTIN	19:30	
Mark John EATON	20:09	
Amie MORGAN	21:01	PB
Andrew MORGAN	21:15	
Maria MILLICAN	21:25	
Ian MILES	21:38	
Rachael OPENSHAW	23:05	
Philip MAY	23:23	PB
Zac CONATY	24:03	
Tommy BLAKE	24:27	
Richard BURNS	24:59	
Carl SCHAFER	25:12	PB
Alison BYATT	25:16	
Andy RICHARDSON	25:33	
Cathy WEBB	25:49	
Karen SALMON	26:16	
Nigel WHITCHER	26:20	
Russell MEAD	26:34	
Wendy HAWXWELL	26:52	
Jules DINWOODIE	27:23	
Martyn BANNER	27:25	
Sarah CLANSEY	27:34	
Julia WEBB	27:38	
Gaynor HEFFER	27:43	
Simon GIBBON	27:43	
Shelley THOMAS	27:59	
Rob WILLIAMS	28:08	
Julia LAWTON	28:27	PB
George HOWARTH	28:47	
Lindsay PRATT	28:51	
Laura DEVINE	29:26	
Lara DENT	29:27	
Libby WAKEFIELD	29:34	
Stuart NICHOLSON	29:40	
John SIMISTER	29:41	
Sarah BARRON	29:48	
Karen CHARLTON	30:11	PB
Cat GROVES	30:30	
Dave JUDSON	31:06	
Kevin ASHMAN	31:20	
Susan BONNAR	32:17	
Susan WAKEFIELD	32:55	
Jade LEAHY	33:31	
Sue SIMISTER	34:02	
Grace TYRRELL	34:38	
Sally MARTIN	34:42	
Jane BODMAN	36:47	
Debbie ADAMS	36:47	

Nonsuch	25 May
Keith WHITAKER	38:53
Robert SPENCER	38:55

Eastleigh	25 May
Jon PLOMER	22:15
Haydn BROWN	23:39
Vernon WILDE	25:30

Lymington Woodside	25 May
Chris WHEELER	27:38
Toby EVANS	27:47

Barnstaple	25 May
Mick WELLAND	23:10

Netley Abbey	25 May
Peter KAY	22:54

Whiteley	25 May	
Colin TRIGG	18:43	
Alistair WAKEFIELD	19:21	PB
Sean BENDELL	19:28	
Nikki ROEBUCK	20:07	
Greig BENSON	20:54	
Matt EMERY	21:40	
Stuart HALL	21:50	PB
Jamie EARLEY	22:28	
Steve TROTMAN	22:38	PB
Tracy LANGDALE	24:31	
Ryan GRANGER	24:55	
Danielle CRANSTONE	25:57	
Mark TUCKER	26:00	
Martin PARSONS	26:07	
Amy FOX	26:31	
Steve CUMES	26:32	
Martin DE WIED	26:54	
Laura ROLLAND	27:08	
Claire LIGHT	28:28	
Tiffany SKERRATT	28:59	
Martin READ	33:47	
Rachel GOOZEE	34:11	
Helen BENSON	34:14	
Martin WEDGE	34:38	

Ipswich	25 May
Lucy TAYLOR	30:22

Birkenhead	25 May
Jonathan O'NEIL	22:18

Portsmouth Lakeside	25 May	
Will FELINE	17:29	PB
Kevin SAUNDERS	25:55	