The

Green Runner

July 2019

FROM THE CHAIR

Some great running performances in June that our Captain's will talk about elsewhere in this Green Runner but also some great support from the Green Army, no more so than at the parkrun on the 22nd June where we saw the graduation of our latest Beginners group. We had well over 100 Stubbies including the beginners either running , supporting or helping at the event proving yet again that not only are we quite good at running we are absolutely brilliant at supporting! I would just like to thank Lisa Donn, Louise Tanner and Tom Mellor and the rest of their helpers for giving up their time to make this course so successful.

Whilst we are talking numbers we have had over 160 different members running at least one RR10 this year, which I believe is the most we have ever had at this stage in a season and it's not over yet! Don't forget our RR10 on July 10th where we will be able to display our supporting skills yet again at our re-arranged location of Manor Farm.

We had a great skittles evening on the 14th June, which all attendees seemed to enjoy and our thanks go to Sara McRitchie for organising this. Our next social event is the 7.05 special on Friday 19th July where we have 5 and 10k options up the old Wickham railway line – details on our facebook group.

Longer term we have the Autumn Do at Sarisbury Community Centre on September 20th where we will have a hog roast and a live band to enjoy. Tickets are still available for just £15 for adults and £10 for Under 16s – just comment on the Facebook page or email/ message us.

The Awards evening is scheduled for Saturday November 9th at the David Lloyd Centre – ticket details will be announced shortly – make sure you don't miss out on this popular annual event which sold out last year.

We also have a parkrun takeover coming up Lee on Saturday September 7th so please put that in your dairy – more details to follow.

Have a great Summer everybody.

Happy Running Everyone.

Kevin

LAKELAND TRAILS

100K

41	Mike White	17:42:59

55K

57	Steve Cumes	08:28:15
131	Jon Leigh	09:35:01
228	Lisa Donn	10:45:26

23K

252	Karen Salmon	04:27:54
269	Clive Farmer	04:51:25
281	Sara McRitchie	05:10:26
282	Stuart Bamberger	05:10:26

14K

173	Rita Leigh	02:14:04

GIANTS HEAD MARATHON

36	Michael Parkes	04:40:16

South Downs 100mile

22	Wesley Jones	19:07:03

Classic Quarter 44 Miles

109	Mark McDonald	10:39:21

Classic Quarter 44 Miles Relay

60	Aga Plombon / Marie McDonald	11:09:34

MAN v HORSE

64	Mike White	03:11:28
120	Vicky Shaw	03:29:00

RACE TO THE TOWER DOUBLE MARATHON

283	George Howarth	14:05:31

CAPTAINS CORNER

June has been a busy month in the club calendar!

We started off with the prestigious South Downs Way Relay. Our Men's and Ladies Teams all performed outstandingly on the day. There is a full race report further into this month Green Runner, so you can read more and look at different perspectives of the day! To summarise the results, the Men's A Team came 1st place with an elapsed time of 10:53:05, Men's B Team came 2nd with 11:49:32 and Ladies were 7th with 14:16:04. The calibre of runners that take part in this event is unbelievably high, the strict cut offs and demands on the runners is what makes it the event it is. So incredibly proud of all our teams that day. Well done guys and girls, massive thank you to our 3 drivers on the day who raced us to each leg! A very big thank you to our volunteer marshals for the day too, we had a lot of recognition for our excellent support and lively checkpoint.

Purbrook 5 was a big event for or Green Ladies again this year! Such a brilliant event and we always see a good turnout for the club. I think the post-race cake makes up for the undulating course! Was great to see new faces there this year. Full results further in, but a special mention to our winning team of Hollie Smith, Katie Leatherland and Amie Morgan. Also 1st V50 went to Sally McGrath. I know lots of pb's were achieved that day too, Facebook was buzzing that evening! Well done to every lady there.

We've celebrated some milestone park runs this month – Tina Mackay, Sandie Mackintosh and Sue Robinson all shared their 50th's at Lee on Solent. Well done Ladies, glad to see you got such a good support crew out that morning, looking forward to the next big one!

For Club events this month where better to start than our very own (or Mike White's very own ;) Cheriton Trail Race!!! Such a hugely successful day, brilliant marshals (and we've had a lot of compliments on this!!), superb course and just a generally all round great day! The weather was on our side, all be it a little too warm, and final numbers that ran on the day were 274, of which 43 were Stubbies. Again, full results further in. I know it was a first for a few at this distance, or this sort of terrain – so really well done if you were taking on new challenges with this race.
This was a real good race for a club day out, I hope it's the start of many more Mike?!

Miles of Miles was held over at the Southampton Track on a very humid Wednesday night. My first time at this event and it was so good! I loved the opportunity to run on a track and in a mixed ability team with my fellow team mates. The support for each other was overwhelming, we all knew how hard that little mile felt!! Its 4 laps of the 400m track for each runner, in teams of 10, handing over the imaginary baton to the next runner. A good few of us were newbies to the event but we soon got the hang of it! Individual and team results published further down but on the night our 1st Team placed 2nd overall. Lewis Banner put up an amazing fight against Zac Mohammed of Southampton. It was like being at the Olympics! The excitement was huge by that last lap! Sadly we lost by a mere 3 seconds over 10 miles in the end, despite Lewis running a 4.47 last mile. More individual pb's on the night I know, looking forward to the Macmillan mile now to have another go at that distance!

One of my biggest highlights for June has to be our Beginners Course graduation! We started with 30 individuals, all stood outside Crofton on their first night, looking terrified and maybe a bit excited too!! Over the 8 weeks they relaxed, formed friendships, supported each other and made the coaches laugh and feel incredibly proud and protective! They are a stubborn and tough bunch, really digging in on those last couple of weeks when we left the security of the park area and braved the streets. The whoops and cheers as we hit new mile stones were fantastic. So, I was not surprised when at the Lee Park Run graduation every single one of them that ran that day finished that 5k!!! A huge thank you to all the members that came to support them. It was greatly appreciated by the coaches and the graduates! We had a second graduation the following weekend for those that couldn't make the first, and a great opportunity for the first wave to get that incredible support again too! Fabulous to see these guys and girls now taking part in the group runs both on Monday's and Wednesday's. I know you'll all continue to make them feel welcome and show them how important cake and wine is to the Club ethos.

RR10's have been huge this month we have raced at Fleming Park, Hursley and Manor Farm. Again, great to see new faces at these events. The club turnout to all 3 has been phenomenal. At Fleming with had a combined 16 teams, ladies were first on the night with 3rd Becky Lord, 5th Vicky Shaw and 12th Nikki Roebuck. Men were 2nd on night with 7th Mike Gregory, 10th Andy Simpson, 16th David Mallard, 23rd Simon Hearnden and 25th Iain Cross. At Hursley the ladies were 5th and men 2nd on the night. At Manor Farm ladies were 2nd on the night and currently sit 3rd overall after 7 races. Ladies were led home by Becky Lord in 1st, then 7th Katie Simister and 10th Gill Rose. Men were 2nd and lie 2nd overall with Will Feline leading the team home in an impressive 5th, 8th Andy Simpson, 11th David Mallard, 16th Iain Cross and Colin Trigg 18th.

In terms of individual places in the league we have some outstanding placings in the league. Currently we have Beccy Lord leading overall in the ladies, 2nd Gill Rose (also 1st V50), Ladies V40 overall 2nd is Liz Miles, 3rd Wendy Woos, 4th Julia Lawton, 5th Rachel Gooze. For the Mens, we have 5th Stubbies in the top 7 overall positions, Andy Simpson 1st, David Mallard 2nd, 5th Jon Warner, 6th Dom Truslove and 7th Graham Martin. Vet men sees Jack Gooze 2nd V50, Andy Lee 3rd and V60 Nick Crane 3rd. If you're thinking about trying one of the races and haven't yet, do it!!! They are such great fun and great courses.

Lordshill 10k was a warm affair with 21 runners, the men's A were led home by Phil Morgan, followed by Simon Hearnden, John Parker and Graham Martin. Ladies A saw Amie Morgan first Stubbie home with a PB, then Lucy May and Amy Fox got PB as well. Mick Welland was 1st V70, congratulations Mick. Well done everyone and thank you to everyone who has run in HRRL this season. Also a big thank you to Jodie, who has been our HRRL representative taking over halfway through the season from Sara McRitchie. Thanks Sara for all the hard work you've done on HRRL over the years.

Ultra running this month has seen the South Downs Way 100 miler, Race to the King, Ultimate Trails and….. Western States 100 miler an iconic ultra race. Take a bow Neil Stantial for completing gruelling Western States race in 26 hours 14 minutes 50 seconds, I was glued to Facebook waiting for updates and even chased up your crew for updates. Well done on achieving your buckle, enjoy a few days off running and sad to hear HILLS are no longer your friend!! Earlier in the month Wes Jones took on the South Downs 100 and completed it in 19 hours 7 minutes, congratulations Wes on your buckle. Paul Smith congratulations on completing the Race to the King.

Have a great summer month of running in the sunshine, remember to stay hydrated (read into that as you wish!!)

Will FELINE	5
Andy SIMPSON	8
David MALLARD	11
Iain CROSS	16
Colin TRIGG	18
Russ COLEMAN	19
Mike WHITE	30
Alistair WAKEFIELD	33
Dom TRUSLOVE	36
Chris SANDY	39
Jon WARNER	43
Steve CUMES	48
Dan FOSTER	50
Graham MARTIN	51
Sean BENDELL	53
Mark EATON	64
Andy DONN	76
Gareth CHARLES	79
Stewart PEPPER	91
Mike BELL	104
Jon LEIGH	106
Marcus LEE	107
Russ WISEMAN	110
Nick CRANE	116
Andy MILES	117
Paul HAMMOND	125
Jamie EARLEY	128
Jack GOOZEE	140
Chris WHEELER	146
Tim MATTHEWS	158
Andy LEE	162
Miles PRITCHARD	166
John COX	168
Mark JENKINS	176
Russel MEAD	182
George HOWARTH	187
Mark GREEN	191
Carl SCHAFER	196
Rob WILLIAMS	204
Stuart BAMBERGER	210
Stuart NICHOLSON	212
Andy WHITE	214
Martin PARSONS	217
Keith WHITAKER	219
Dave JUDSON	224
Mike WOOTTON	225
Kyle MCRITCHIE	229
William GILL	231
Robert SPENCER	232
John SIMISTER	235
Greg ROWE	238

RR10 MANOR FARM

Rebecca LORD	1
Katie SIMISTER	7
Gill ROSE	10
Nicola WILLOUGHBY	17
Lara EVANS	18
Amy FOX	25
Lucy MAY	34
Gaynor HEFFER	44
Tracy LANGDALE	48
Elizabeth MILES	55
Alison LAWRENCE	59
Beverly WOOLCOCK	62
Danielle CRANSTONE	65
Alison PEPPER	72
Katherine CHAMBERLAIN	77
Wendy HAWXWELL	79
Melissa COSENS	82
Jenna LLOYD	84
Jules DINWOODIE	90
Pamela KEMP	92
Sara MCRITCHIE	102
Debbie MADEIRA	108
Julia LAWTON	113
Sarah BARRON	121
Rachel GOOZEE	124
Melissa BARHAM	125
Louise NICHOLSON	136

CHERITON TRAIL RACE

6	russ coleman	01:15:48
9	mark westbrook	01:17:55
18	david mallard	01:21:03
20	raymond gunner	01:22:46
31	mark eaton	01:26:52
37	chris sandy	01:29:17
53	andy donn	01:32:58
58	marcus lee	01:33:52
62	richard mackay	01:34:48
68	greig benson	01:36:23
90	paul hammond	01:40:13
91	nicola willoughby	01:40:14
92	nikki roebuck	01:40:14
96	michael parkes	01:41:28
98	lara evans	01:42:00
101	matt evans	01:42:30
104	maria millican	01:43:18
106	darren tanner	01:44:09
113	mark jenkins	01:45:39
126	andy ell	01:48:54
140	gaynor heffer	01:52:47
153	tracy langdale	01:55:11
154	louise tanner	01:55:18
157	russell mead	01:55:36
161	dominic ogburn	01:56:58
187	stuart nicholson	02:02:05
193	jonathan harrington	02:03:40
195	sue moore	02:04:25
199	rob williams	02:04:55
204	laura kay	02:06:07
205	jules dinwoodie	02:06:31
214	emma baker	02:09:09
215	carl schafer	02:09:23
223	pam kemp	02:10:12
224	liz miles	02:10:12
225	helen benson	02:10:12
235	stuart bamberger	02:12:21
236	sara mcritchie	02:12:21
237	andy white	02:13:06
247	william gill	02:18:01
250	sarah barron	02:18:32
251	julia lawton	02:20:02
254	melissa barham	02:22:04
263	tina mackay	02:33:17

PURBROOK 5

4	Katie	Leatherland	32.11
5	Hollie	Smith	34.10
7	Amie	Morgan	35.25
11	Hannah	Molyneaux	36.27
13	Sally	McGrath	37.30
17	Amy	Fox	38.44
23	Liz	Miles	40.57
36	Helen	Benson	42.50
38	Claire	Light	43.00
46	Jodie	Francis	43.38
51	Louise	Tanner	44.03
56	Wendy	Hawxwell	44.32
58	Cathy	Webb	44.35
60	Lara	Durham-Dent	44.43
65	Deborah	Madeira	44.56
68	Jules	Dinwoodie	45.16
77	Susan	Moore	45.56
88	Ali	Hogg	46.52
97	Janet	Shaw	47.15
102	Rachel	Donnachie	47.46
103	Pam	Kemp	47.50
104	Hannah	Martin	47.52
108	Lindsay	Pratt	48.24
112	Simone	Shepherd	48.50
113	Claire	Peal	48.50
122	Tiffany	Skerratt	49.27
129	Katherine	Holmes	49.45
130	Julia	Lawton	49.46
140	Sandie	McIntosh	50.43
141	Liz	James	50.47
144	Sarah	Northcott	51.10
148	Sue	Robinson	51.20
152	lisa	cameron	51.32
153	Gail	Osborne	51.32
155	Kelly	Bennetts	51.40
178	Eunice	Eaton	53.16
180	sarah	martin	53.29
181	Natalie	Flack	53.56
185	Catrina	Groves	54.20
188	Louisa	Knight	54.22
193	claire	hanrahan	54.42
197	Susan	Bonnar	55.13
199	Joanna	Reed	55.19
226	Tina	Mackay	58.43
245	Jane	Bodman	61.04
246	Debbie	Adams	61.04
252	Louise	Sefton	62.21

RR10 FLEMING PARK

Rebecca LORD	3
Vicky SHAW	5
Nikki ROEBUCK	12
Gill ROSE	18
Lara EVANS	39
Amy FOX	55
Tracy LANGDALE	71
Beverly WOOLCOCK	72
Elizabeth MILES	83
Alison BYATT	95
Jodie FRANCIS	97
Helen BENSON	110
Katherine CHAMBERLAIN	111
Wendy HAWXWELL	115
Shelley THOMAS	118
Melissa COSENS	127
Tiffany SKERRATT	135
Jules DINWOODIE	139
Sara MCRITCHIE	149
Julia LAWTON	151
Jenna LLOYD	161
Laura DAVEY	162
Melissa BARHAM	164
Sarah BARRON	165
Rachel GOOZEE	180
Louise NICHOLSON	192

Michael GREGORY	7
Andy SIMPSON	10
David MALLARD	16
Simon HEARNDEN	23
Iain CROSS	25
Russ COLEMAN	26
Jon WARNER	37
Mike WHITE	38
Alistair WAKEFIELD	44
Dan FOSTER	46
Dom TRUSLOVE	47
Graham MARTIN	58
Mark EATON	63
Andy DONN	84
Lee REYNOLDS	85
Stuart BOTTOMLEY	99
Marcus LEE	128
Jon PLOMER	130
Paul SMITH	139
Andy MILES	147
Nick CRANE	152
Haydn BROWN	158
Chris WHEELER	161
Chris SANDY	169
Jack GOOZEE	172
Tim MATTHEWS	182
Andy LEE	192
Mark JENKINS	210
Mark GREEN	213
Carl SCHAFER	225
Russel MEAD	230
George HOWARTH	234
Rob WILLIAMS	236
Stuart NICHOLSON	240
Stuart BAMBERGER	247
Andy WHITE	250
Keith WHITAKER	254
Martyn BANNER	255
Kyle MCRITCHIE	269
Greg ROWE	270

Michael GREGORY	7
Will FELINE	9
Andy SIMPSON	10
Lewis BANNER	16
Iain CROSS	26
David MALLARD	27
Russ COLEMAN	37
Colin TRIGG	43
Alistair WAKEFIELD	45
Dom TRUSLOVE	46
Jon WARNER	48
Dan FOSTER	51
Graham MARTIN	61
Mark EATON	67
Andy DONN	73
Marcus LEE	114
Jonny O'NEIL	115
Mike BELL	116
Andrew MORGAN	119
Nick CRANE	121
Jon LEIGH	124
Euan MCGRATH	133
Andy MILES	137
Haydn BROWN	140
Andy LEE	163
John COX	169
Jack GOOZEE	173
Chris WHEELER	190
Mark JENKINS	198
Russel MEAD	207
Rob WILLIAMS	216
Carl SCHAFER	217
Stuart BAMBERGER	225
Andy WHITE	229
Martin PARSONS	237
Martyn BANNER	246
Stuart NICHOLSON	247
Robert SPENCER	252

RR10 Hursley Park & Ampfield

Rebecca LORD	2
Gill ROSE	14
Maria MILLICAN	23
Sally MCGRATH	30
Lara EVANS	36
Amy FOX	42
Tracy LANGDALE	51
Elizabeth MILES	70
Jodie FRANCIS	81
Alison BYATT	87
Alison LAWRENCE	88
Wendy HAWXWELL	98
Katherine CHAMBERLAIN	102
Helen BENSON	103
Tiffany SKERRATT	116
Jules DINWOODIE	120
Sara MCRITCHIE	121
Laura ROLLAND	127
Gail OSBORNE	128
Julia LAWTON	133
Melissa BARHAM	136
Sarah BARRON	140
Rachel GOOZEE	146
Louise NICHOLSON	160
Jane BODMAN	179
Debbie ADAMS	180

HAYLING BILLY 5MILE

3	Phil Morgan	00:29:15
39	Amie Morgan	00:35:20
57	Mick Welland	00:37:31

GOSPORT GOLDEN 5K

4	Shaun	Beale	00:19:06
6	Richard	Bailey	00:20:01
9	Richard	Mackam	00:21:11
25	Philip	Page	00:24:37
34	Andrew	Richardson	00:25:29

GOSPORT JUNIOR MILE

17	Tanisha	Gray	00:07:21

GOSPORT SENIOR MILE

4	Shaun	Beale	00:05:19
11	Richard	Bailey	00:05:44
16	Jamie	Earley	00:06:05
32	Maria	Millican	00:06:50
48	Philip	Page	00:07:22
49	Sally	Gee	00:07:24
50	Andy	Lee	00:07:28
55	Kimberley	Achurch	00:07:38
57	Martin	De Wied	00:07:39
59	Adam	Gray	00:07:42
100	Angela	Price	00:10:06

GOSPORT 1K

3	Cameron	Sewell	00:03:42
7	Finlay	Sewell	00:04:02
10	Miah	Sewell	00:04:30
18	Lincoln	Sewell	00:05:59

GOSPORT 5K RACE 3

2	Oliver	Caudwell	00:16:30
14	Katie	Leatherland	00:19:05
19	Tommy	Blake	00:19:50
42	Christopher	Wheeler	00:22:39
63	Jade	Leahy	00:25:33
83	Jules	Dinwoodie	00:27:29
116	Angela	Price	00:33:50

MILE OF MILES

	Team 1	
	Runners	Time
1	Andy Simpson	05:08
2	Iain Cross	05:18
3	Jon Warner	05:32
4	Nikki Roebuck	06:12
5	Dan Foster	05:26
6	Chris Sandy	05:29
7	Russell Coleman	05:21
8	Beccy Lord	05:16
9	Oli Claudwell	05:01
10	Lewis Banner	04:47
	Total	53:30

	Team 3	
	Runners	Time
1	Jame Earley	05:52
2	Lisa Donn	07:20
3	Cameron Sewell	08:36
4	Marcus Lee	06:13
5	Amy Fox	06:25
6	Becca White	07:24
7	Lyndsey Pratt	08:21
7	Gary Pratt	09:00
8	Russell Mead	07:25
10	Russell Coleman	05:21
		1:11:57

	Team 2	
	Runners	Time
1	Andy Donn	06:10
2	Dawn Venessa Haynes-Sewell	07:55
3	Helen Benson	07:10
4	Mike Bell	06:06
5	Sally Gee	07:11
6	Lucy May	06:38
7	Andy White	07:34
8	Julia Webb	07:58
9	Rob Williams	07:18
10	Kelly Bennetts	08:14
		1:12:14

Alresford 10k

22	Mark Westbrook	00:38:09
29	Simon Hearnden	00:38:39
55	john parker	00:41:02
60	Graham Martin	00:41:25
67	David Thorpe	00:41:53
86	Gareth Charles	00:43:01
89	Michael Parks	00:43:19
122	Mick Welland	00:46:07
162	Amy Fox	00:48:25
231	Cliff Shaw	00:52:35
311	Katherine Chamberlain	00:56:39
318	Jules Dinwoodie	00:57:21
336	Janet Shaw	00:58:52
398	Sarah Barron	01:04:39

LORDSHILL 10K

169	Amie Morgan	43.38
246	Lucy May	46.23
271	Amy Fox	47.40
403	Claire Light	52.31
526	Wendy Hawxwell	58.08
557	Cath Dilley	60.06
562	Melissa Barham	60.43
563	Katherine Chamberlain	60.45
564	Sarah Northcott	60.47
585	Janet Shaw	62.09
660	Tracy Jenkins	79.47

57	Phil Morgan	38.34
60	Simon Hearnden	38.44
84	John Parker	39.55
113	Graham Martin	41.09
176	Richard Mackay	43.54
221	Mick Welland	45.22
269	Jack Goozee	47.27
321	Mark Jenkins	49.51
447	Phil Page	54.11
584	Cliff Shaw	62.09
622	Robert Spencer	66.25

South Downs Way Relay – Ladies Report

This was my first experience of running the South Downs Way Relay. When I first heard about it my immediate reaction was to look at the mileage to get an idea of what I was letting myself in for. Each runner does three legs, totalling between thirteen to twenty miles. Just a bit more than a half-marathon then, but not as hard because the distance is broken up into three short efforts with time to recover in between? Not exactly....

First of all, this is the South Downs Way, so it's hilly. Very hilly. In places the terrain is uneven, muddy, rocky or all three, and you have to navigate your way as well as run it.

Secondly, it's a very long day, which tends to catch up with you towards the end. My pick-up time from home was 0400, and I didn't finish my last leg until the early evening. The runners doing the final legs still had another couple of hours to go after that. The 'time to recover' between the stages turned out not to be as restful as I had expected either, because there is a lot of travelling between the stages. And it's June, which means that it's likely either to be very hot, very wet or both. This year it was very hot.

Thirdly, it's a relay, so whilst that adds to the experience (the camaraderie within the team was great) it also adds a bit of stress, because you don't want to be the one that gets lost on a stage or drops a lot of time through a bad run. The spectators were very supportive too, although there were not many of them in the more remote areas where the hardest sections tended to be, so I was really grateful for a shout of encouragement from my daughter Hannah as I neared the top of Butser Hill.

Mindful of the need for proper planning and preparation, I had done quite a bit of running on the stages in the weeks beforehand with the help of fellow club members including Mark Eaton and my regular training partner Andy Lee. Mark (Mens B Team Captain) was doing the same legs as me this year and as an experienced runner of the SDW relay was able to pass on invaluable advice. Nick Crane generously gave me copies of the maps and notes he had used the previous year and I also ran a couple of legs with Rachel and Lara, who was able to give me a load of useful tips about the more technical aspects of hill running. By the time of the event I had run all of the legs at least twice and my family was starting to complain that I couldn't seem to talk about anything else.

Would I do it again? Definitely, if I was selected for the team. I would do much of the same preparation again too, except that another time I would want to do more specific training for the steepest parts of the SDW, and on the same kind of uneven terrain. I would also try to do all three legs in one day a couple of weeks before the actual race. Finally, I would make a point of taking in the wonderful scenery during the training runs, because on the day of the race you don't see any of it.
Maria Millican

When I found out that I was lucky enough to have a place in the SDW relay team, someone said to me that it was their favourite day of the year. At the time, I was sceptical about this, but I can now say that I totally agree. It was unlike anything I've ever done before, a mixture of excitement, nerves and pressure. It was tough, but I loved it and being part of a team was the best bit.

Everyone was so supportive throughout the day. I was particularly nervous driving to the start, not knowing what to expect but once I'd done my first leg I felt a lot better. Then the nervous energy kicked in again as it got closer and closer to my second leg and then it was my final leg which was from the Sustainability centre. I was very tired at this point (having been up for over 15 hours) and my legs were already aching but it was exciting because I knew this leg the best.

Unfortunately, I hadn't anticipated the herd of cows crossing the road half way through the route! There was no time to wait so I weaved my way through the herd and luckily got past without too much delay. I was then onto the final uphill stretch to Old Winchester Hill car park. I was aware that I was in full view of my team and supporters so there was no room for slacking! I could hear the cheering from quite a distance and it definitely spurred me on. However, one particular cheer sticks in my memory - "empty the tank" (at least I think that's what was said, it took me a while to process it.....)!! I didn't know whether to laugh or cry, but I can say with certainty that my "tank" was well past empty at that point and had been for some time!!

Anyway, it was an absolutely amazing day. I feel very lucky to have been able to take part in such a fantastic event and would like to thank everyone for giving me the confidence and help to be able to do it:).
Rachel Fargher

South Downs Report – Men's B team – Mark Eaton

So the best racing day of the year had arrived. The bteam had been chosen to run The South Down's Way Relay. The lucky six were Russ Coleman, Dan Foster, Jon Warner,Shaun Beale,Stewart Pepper and captain Mark Eaton.

Once again we were lucky to have Nick Kimber driving and timekeeping. We all agreed to meet at the Solent Hotel at 6am. We set off for Beachy head with the knowledge that the weather would be dry and temperature up in the 20s.

On arrival there was a clear blue sky and we were in no doubt it was going to be a warm one. We had a start time of 8.30 and Stewart was our first guy to run. Having only been drafted in with three weeks to go he didn't hang around. He finished strongly and with a smile clearly happy to get his first SDWR leg under his belt. Jon was on leg 2, straight up the hill and over the wall, 42 minutes later he was handing to Mark. A steady first leg was run to hand to Shaun who had the long concrete road of leg 4. Russ was waiting to show what he could do and promptly ran a new bteam record in 36.40. Last to go was Dan who also ran a cracker and set a new bteam record of 32.05.

Stewart started the second round of legs on 7 and passed to Jon who didn't want to be left out of the record book and smashed out another bteam record on 8 in 47.24. Mark was on 9 and Shaun on 10. Russ did 11 and Dan was on 12. The tough leg 13 was Stewart's final leg and he gave it his all. He finished with a smile obviously happy to of finished his first SDWR. Leg 14 was Jon's and he ran hard into QE park to pass to Mark who had his best leg on 15 Butser Hill. Russ took over and finished leg 16 on Old Winchester Hill. Shaun did really well to struggle round the long leg 17 with a very dodgy calf. The glory leg was Dan's and there's not many better to bring it home with pace.

The Bteam finished in 12.17.08 which meant they had secured second place. A great result considering Shaun's injury. Everyone enjoyed the day and ran to there limits. All agreed that if picked they would do it again in 2020.

I would like to thank Nick Kimber for his driving skills and all round SDWR knowledge. It was a massive honour to captain such a great team. Thanks guys

South Downs Report – Men's A team – Will Feline

The men's A team started the relay as hot favourites having won the previous two years. No pressure then! In the week leading up to the race a variety of mysterious illnesses and injuries were troubling the team, but thankfully they all seemed to vanish on race day.

Starting at 9am the temperature were already high on what was one of the hottest days of the year so far. Chris kicked things off for us and put in a strong run over the hills of the Seven Sisters, finishing a few seconds ahead of Arena 80, one of our main rivals. Captain Simmo took the baton for leg 2 and annihilated it, getting the fastest time on the day by some way. Crucially, the Arena 80 runner got horribly lost and ended up nine minutes down on Andy over the leg. Sprint specialist Lewis topped the timing boards on the short downhill of leg 3. The next two legs saw Arena 80 claw back a few minutes on Mike, Rob and Will, but we were still posting solid times and saving a little gas for the end of the day.

The second legs for everyone saw us feeling the midday sun and the times were generally below our predictions, but the other teams were also suffering and our lead was slowly growing, especially after Mike ran the fastest leg 10 on the day, despite a fantastic leg from Arena 80 taking almost four minutes out of Will (and everyone else) on leg 12. Must have found a sneaky shortcut! Meanwhile, Brighton Phoenix had cunningly started half an hour before us and were going well, which made it tricky to estimate where we were relative to them. We decided to just run harder. We also had a stroke of logistical genius, with driver James dropping Simmo off by the changeover between legs 7 and 8 before driving to the distant parking area. Without that Chris would have finished his leg before we got there.

Onto the final legs and it was squeaky bum time. A great leg from Chris on the hilly leg 13 gained us time on Arena 80 but Phoenix were even quicker. Simmo dug even deeper and topped the timing charts again on 14. Legs 15 and 16 were nip and tuck between the three clubs despite great runs by Lewis and Rob, respectively. It was time to switch the jukebox from the Vengaboys to AC/DC! Mike took the baton for the long leg 17 and put the hammer down, finishing well ahead of both of our rivals. Will took the baton for the final leg and managed to further extend our lead despite a bit of cramp in the last mile. A nervous wait followed due to Phoenix's offset start time but in the end we needn't have worried as we took the title again by ten minutes from Phoenix, with Arena 80 just a minute further behind. Always a great day but it's even better when you win!

Special thanks goes to James, who did another masterclass of getting us round the legs.

South Downs Way Relay Leg Times

	From	To	Miles	Total	A team	A team Leg time	B team	B team Leg time	Ladies Team	Ladies Leg time
1	Beachy Head (592 960)	Exceat	6.25	6.25	Chris	43.16	Stewart	51.25	Beccy	52.20*
2	Exceat	Bo Peep	5.5	11.75	Andy	38.10	Jon	41.55	Lara	52.05
3	Bo Peep	A26 Itford Farm	4.5	16.25	Lewis	27.41	Mark	30.50	Maria	35.19
4	A26 Itford Farm	A27 Lay by	7.5	23.75	Mike	45.05	Shaun	52.45	Rachel	56.20
5	A27 Lay by	Ditchlin Beacon	5	28.75	Rob	35.59	Russ	**36.40****	Sally	47.32
6	Ditchling Beacon	Saddlescombe	5	33.75	Will	31.37	Dan	**32.05****	Lucy	40.19
7	Saddlescombe	A283 lay-by R.Adur Footbridge	5.25	39	Chris	34.01	Stewart	40.54	Beccy	37.13
8	R.Adur footbridge	Washington	6	45	Andy	43.42	Jon	**47.24****	Lara	61.15
9	Washington	Nr. Springhead Hill	4.5	49.5	Lewis	29.09	Mark	32.13	Maria	38.04
10	Nr. Springhead Hill	Houghton Lane	3.75	53.25	Mike	21.50	Shaun	26.19	Rachel	29.32
11	Houghton Lane	A285 Littleton Farm	5.25	58.5	Rob	40.20	Russ	39.28	Sally	56.17
12	A285 Littleton Farm	A286 Nr. Hill Barn	5.25	63.75	Will	35.17	Dan	35.24	Lucy	49.03
13	A286 Nr. Hill Barn	Harting Hill c/park	6.25	70	Chris	48.16	Stewart	60.36	Beccy	50.57
14	Harting Hill c/park	Q.E Country Park (Benhams Corner)	5.5	75.5	Andy	36.52	Jon	39.54	Lara	52.14
15	Q.E Country Park (Benhams Corner)	Sustainability Centre	4	79.5	Lewis	27.45	Mark	31.05	Maria	36.05
16	Sustainability Centre	Old Winchester Hill Car Park	4	83.5	Rob	24.45	Russ	27.17	Rachel	30.25
17	Old Winchester Hill Car park	Holding Farm	8.6	92.1	Mike	54.10	Shaun	74.18	Sally	83.20
18	Holding Farm	Chilcomb Sports Grd.	5.5	97.6	Will	35.33	Dan	36.35	Lucy	47.47
						10:53:28		**12:17:05**		**14:16:04**
						1st		**2nd**		**7th**

* Time Penalty of 10 minutes on leg 1.

* *Leg records on leg 5, 6 & 8

Time Trial - June

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

Handicap Bandings

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

Name	Best 2017/2018	April	May	June	Months Best	Total Yearly Best 2019
		40	46	41	7	24
Andy Simpson	22.33	23.54	22.47			
Beccy Lord	29.37*	**29.37**				
Iain Cross	23.52	**23.52**				
Russ Coleman	24.15		0.00			
Ray Gunner	24.40		**24.40**	24.42		
Tommy Blake	30.35*	**30.35**		**25.13**	-5.22	-5.22
Peter Lewis	26.34	27.14	25.47			-0.47
Graham Martin	25.41	26.19	**25.28**	27.17		-0.13
Richard Mackay	26.01	27.14	**25.56**			-0.05
Rich Chowns	31.34*		**25.19**			
Mark Eaton	25.27		26.24			
Kate Simister	25.43		26.14			
Brandon Chaplin	25.47			**25.47**		
Mike White	25.51	34.47	28.26			
James Bampton	26.22	29.28	26.26			
Darren Tanner	26.37			**26.37**		
Andy Donn	26.42		26.54	28.09		
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
Maria Millican	29.51			**28.59**	-0.52	-0.52
John Parker	28.31		**28.20**			-0.11
Haydn Brown	28.10		28.15			
Toni Whitrey	28.25		**28.25**			
Jon Plomer	29.23			**29.23**		
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	31.51		
Chris Stapleford	30.32	**30.32**				
Dominic Shepherd	30.40			**30.40**		
Frances Lord	30.52	32.48				

Heather Hudson	33.55	33.44	**31.32**	32.41			-2.23
Simon Gibbon	31.58	**30.05**					-1.53
Ali Pepper	34.33	34.33	**33.00**				-1.33
Mark Jenkins	32.55	32.55	**31.28**	31.31			-1.27
Andy Lee	31.22	34.50		**30.09**		-1.13	-1.13
Matt Smith	31.34	**31.33**					-0.01
Stephen Andrews	34.07*	34.07	**31.13**				
Kevin Finch	31.19	31.32					
Alison Lawrence	31.26	32.00					
George Howarth	31.49	37.09	35.00				
Russell Mead	32.26			35.10			
Rob Williams	32.51		33.00	32.51			
Carl Schafer	32.55	33.59		33.43			
Keith Whittaker	33.14			34.46			
Martyn Francis	33.31			33.31			
Jenna Lloyd	33.36		36.08				
Shelly Thomas	33.42			37.08			
Andy White	33.45			34.56			
Louise Tanner	34.29		**34.29**				
Jodie Francis	34.44			**34.44**			
Wendy Hawxwell	34.46		**34.46**				
Julia Lawton	40.44	**38.16**	48.17	53.12			-2.28
Martin Wedge	45.31	43.30	**43.29**				-2.02
Claire Hanrahan	43.39	43.39	**42.03**				-1.36
Tracey Jenkins	49.53	49.53	**48.17**				-1.36
Jonathan Harrington	35.20			**33.48**		-1.32	-1.32
William Gill	38.28		**37.16**	39.48			-1.12
Tiffany Skeratt	38.09	**37.11**					-0.58
Joanna Reed	42.42	42.42		**41.47**		-0.55	-0.55
Adam Grey	36.50		36.50	**36.03**		-0.47	-0.47
Melissa Barham	38.21		38.21	**38.00**		-0.21	-0.21
Janet Shaw	36.59		**36.53**				-0.06
Andy Richardson	0.00			**0**			
Lara Dent	35.05			**35.05**			
Ray Bernice	35.06			**35.06**			
Jules Dinwoode	35.07	35.39		36.10			
Sara McRitchie	35.17		37.17				
Dominic Ogburn	35.29			**35.29**			
Julia Webb	35.38	36.38		36.20			
Lindsay Pratt	36.18	49.53					
Martyn Banner	36.34		37.35				
Emma Baker	36.39			**36.39**			
Tracy Langdale	36.56		**36.56**				
Stuart Banberger	37.17*		**37.17**				
Kevin Ashman	37.48			43.45			
Ryan Simpson	38.12*			38.12			
Debbie Madeira	38.16	**38.16**		39.41			
Greg Rowe	38.51	41.21					
Sarah Barron	38.57		40.30				
Catrina Groves	40.42		**40.42**				
Susan Bonnar	43.12		**43.12**	44.01			
Peter Redman	44.02			**44.02**			
Louise Nicholson	44.15	**44.15**	44.50				
Tina Mackay	45.12	46.16					
Angela Price	45.27			**45.27**			
Geraldine May	48.04		**48.04**	53.12			

Bushy	1 June	
Louise NICHOLSON	35:28	

Cardiff	1 June	
Jonathan HARRINGTON	28:56	

Hadleigh	1 June	
Ray GUNNER	20:44	

Swindon	1 June	
Yvonne FISHER	34:41	

Plymvalley	1 June	
Jamie EARLEY	23:06	
Claire PEAL	32:51	

Whiteley	1 June	
Richard CASSELL	19:42	
Robert CRANSTONE	20:20	
Russell WISEMAN	20:43	
Richard CHOWNS	20:53	
Stuart BOTTOMLEY	21:22	
Hannah MOLYNEAUX	21:24	
Sarah CRANSTONE	23:01	
Gareth CHARLES	23:12	
Stuart HALL	23:59	
Jon LEIGH	24:03	
Richard JACKS	24:03	
Danielle CRANSTONE	24:30	PB
Greig BENSON	24:33	
Tracy LANGDALE	24:38	
Mark TUCKER	24:48	
Andy LEE	25:12	
Carl SCHAFER	25:12	PB
Kate RANT	26:09	
Martin PARSONS	26:21	
Martin DE WIED	26:47	
Claire LIGHT	27:23	
Rachael PAYNE	27:47	
Ryan GRANGER	27:53	
Keith WHITAKER	28:08	
Helen BENSON	28:33	
Liz JAMES	29:40	
Sarah GREGORY	31:58	
Martin READ	32:06	
Dave JUDSON	32:11	

Eastleigh	1 June	
Haydn BROWN	22:42	
Vernon WILDE	25:59	

Winchester	1 June	
Gordon WESTLEY	25:41	

Queen Elizabeth	1 June	
Tommy BLAKE	20:25	
John BLAKE	22:49	
Liz WEIGHELL	37:22	

Beeston	1 June	
Michael LOVELL	22:37	
Ashley LOVELL	24:12	

Keswick	1 June	
Mark MCDONALD	24:11	
Marie MCDONALD	26:04	

Penrose	1 June	
Robert SPENCER	32:12	

Lee-on-the-Solent	1 June	
Vicky SHAW	19:41	PB
Andrew MORGAN	21:51	
Andy DONN	21:54	
David OLDHAM	21:54	
Steve FIDLER	22:46	
Mick WELLAND	22:48	
Kieran CHAPLIN	23:38	
Hilary MISSELBROOK	23:57	
Dominic SHEPHERD	24:09	
Zac CONATY	24:25	
Matthew EVANS	24:45	
Nigel WHITCHER	24:54	
Andy RICHARDSON	24:58	
Richard BURNS	25:04	
Paul HAMMOND	25:25	
Cathy WEBB	25:36	
Tracie JARVIS	26:40	PB
Gaynor HEFFER	26:40	
Louise TANNER	26:40	
Rob WILLIAMS	26:48	
Julia WEBB	27:18	
Jules DINWOODIE	27:21	
Martyn BANNER	27:54	
Jonathan O'NEIL	27:56	
Andy WHITE	28:05	
Sarah CLANSEY	28:28	
Libby WAKEFIELD	29:31	
John SIMISTER	29:55	
Rebecca WHITE	29:56	
Karen CHARLTON	30:18	
Russell MEAD	30:28	
Sarah BARRON	31:45	
Susan WAKEFIELD	32:12	PB
Susan BONNAR	32:18	
Claire HANRAHAN	32:27	PB
Greg ROWE	32:30	
Diane WILSON	32:43	
Stuart NICHOLSON	32:53	
Sue SIMISTER	33:41	
Jenny HEARNDEN	34:19	
William GILL	34:54	
Claire JOHNSON	37:19	
Amanda KNIGHT	37:47	
Tina MACKAY	38:26	
Neil ALLEN	40:53	
Sian SNOOK	41:42	

Portsmouth Lakeside	1 June
Gavin RENNIE	22:45
Sara MCRITCHIE	30:45

Fareham	1 June
Melissa BARHAM	32:50
Wendy SMITH	37:51
Andrew SMITH	59:15

Hogmoor Inclosure	1 June
David MALLARD	19:29
Alison LAWRENCE	31:10

Bushy	8 June
Dave THORPE	19:41

Forest of Dean	8 June
Nikki ROEBUCK	21:12

Eastleigh	8 June
Haydn BROWN	23:11
Sarah BARRON	32:47

Lymington Woodside	8 June
Vernon WILDE	25:22

Winchester	8 June
Gordon WESTLEY	30:09

Lee-on-the-Solent	8 June	
Lewis BANNER	17:31	
Andy SIMPSON	17:38	
Rob GREENWOOD	18:17	
Simon HEARNDEN	19:18	
Richard BAILEY	19:23	
Phil MORGAN	19:35	
Russ COLEMAN	19:39	
Jonathan WARNER	19:44	
Josh CULLEN	20:01	
Graham MARTIN	20:42	
Jon PLOMER	21:32	
Ian MILES	21:45	
Andrew MORGAN	21:57	
David OLDHAM	22:00	
Kieran CHAPLIN	22:09	
Peter KAY	23:05	
Jonathan O'NEIL	23:09	
Tim MATTHEWS	23:40	
Mick WELLAND	24:19	
Amie MORGAN	25:01	
Paul HAMMOND	25:16	
Rob WILLIAMS	25:39	
Gaynor HEFFER	26:08	
Matthew EVANS	26:15	
Rebecca WHITE	26:16	
Tracie JARVIS	26:52	
Jules DINWOODIE	27:11	
Andy WHITE	27:44	
Nigel WHITCHER	27:56	
Charlie EVANS	28:04	PB
Karen SALMON	28:06	
Russell MEAD	28:17	
Martyn BANNER	28:25	
Sarah CLANSEY	28:58	
Peter REDMAN	29:31	
Laura DEVINE	29:36	
Simon GIBBON	31:12	
Stuart NICHOLSON	31:51	
Karen CHARLTON	32:21	
Sandie MCINTOSH	33:00	
Sue ROBINSON	33:00	
Diane WILSON	33:30	
Mandy WHITE	33:56	
Jenny HEARNDEN	34:17	
Sue SIMISTER	34:31	
Janet SHAW	34:54	
Cliff SHAW	35:00	
Claire HANRAHAN	35:58	
Tina MACKAY	40:04	
Louisa KNIGHT	40:07	
Louise TANNER	40:07	
Richard MACKAY	40:08	

Whiteley	8 June	
Daniel FOSTER	18:52	
Alistair WAKEFIELD	19:03	PB
Russell WISEMAN	20:22	
Greig BENSON	20:48	
Marcus LEE	21:04	
Jamie EARLEY	22:00	
Rachael OPENSHAW	22:36	
Matt EMERY	22:40	
Gavin RENNIE	24:44	
Steve TROTMAN	24:45	
Carl SCHAFER	25:17	
Martin PARSONS	25:49	PB
Rachael PAYNE	26:30	PB
Danielle CRANSTONE	27:13	
Jack GOOZEE	27:13	
Helen BENSON	28:02	
Pamela KEMP	29:16	
Ben GRAHAM	31:35	
Robert SPENCER	32:11	
Louise NICHOLSON	32:28	

Livingston	**8 June**	
Nick CUFF	20:02	
Netley Abbey	**8 June**	
Stuart BOTTOMLEY	20:47	PB
Stephen ANDREWS	24:45	
Tilgate	**8 June**	
David MACSWAYNE	35:39	
Sheringham	**8 June**	
Lucy TAYLOR	30:12	PB
Queen Elizabeth	**8 June**	
Colin TRIGG	19:42	
Catton	**8 June**	
Andy LEE	24:17	
Penrose	**8 June**	
Dominic SHEPHERD	23:37	
Portsmouth Lakeside	**8 June**	
Kevin SAUNDERS	25:56	
Fareham	**8 June**	
Ray GUNNER	19:23	
David MALLARD	19:30	
Andy DONN	21:25	
Steve ASPINALL	26:01	
Sara MCRITCHIE	29:52	
Liz WEIGHELL	31:32	
Wendy SMITH	38:44	
Jersey Farm	**8 June**	
Keith WHITAKER	29:03	
Plymvalley	**15 june**	
Robin PEAL	30:52	
Claire PEAL	32:28	
Southsea	**15 june**	
Hollie SMITH	20.23	
Whiteley	**15 june**	
Rob GREENWOOD	17:45	
Russ COLEMAN	19:19	
Robert CRANSTONE	20:17	
Richard CHOWNS	20:21	
Sean BENDELL	21:34	
Jack GOOZEE	22:38	
Chris WHEELER	22:48	
Richard JACKS	23:03	
Jamie EARLEY	23:06	
Ryan GRANGER	23:35	
Steve TROTMAN	23:47	
Tracy LANGDALE	24:32	
Claire LIGHT	25:17	
Ali HOGG	26:52	PB
Tiffany SKERRATT	28:09	
Dave JUDSON	28:43	PB
Pamela KEMP	29:00	
Keith WHITAKER	29:40	
Natalie FLACK	29:43	PB
Rachel GOOZEE	31:51	
Louise NICHOLSON	32:02	
Hannah PAINE	32:54	
Kevin ASHMAN	34.02	
Claire JOHNSON	34.04	
Helen BENSON	34:55	

Shepton Mallet	**15 june**	
Chris HALL	21.41	
Eastleigh	**15 june**	
Haydn BROWN	35:39	
Newbury	**15 june**	
Matt EMERY	23:49	
Emma BAKER	29:04	
Killerton	**15 june**	
Carl SCHAFER	25:55	
Southwick Country	**15 june**	
Russell WISEMAN	20.52	
Netley Abbey	**15 june**	
Aga PLOMBON	30.33	
Burgess	**15 june**	
Kelley HANIVER	19:22	
Alice Holt	**15 june**	
Lewis BANNER	18:38	
Aylesbury	**15 june**	
Rachael OPENSHAW	23:13	
Exeter Riverside	**15 june**	
Dominic SHEPHERD	23:38	
Lee-on-the-Solent	**15 june**	
Phil MORGAN	20:45	
Richard MACKAY	21:28	
Ian MILES	21:29	
Mark John EATON	21:32	
Maria MILLICAN	21:32	
Darren TANNER	21:38	
Jonathan O'NEIL	21:40	PB
David OLDHAM	21:53	
Andy DONN	22:09	
Amie MORGAN	22:17	
Andy LEE	23:01	
Tim MATTHEWS	23:40	
Mick WELLAND	24:10	
Mark JENKINS	24:11	
Zac CONATY	24:40	
Vernon WILDE	24:43	
Cathy WEBB	25:28	
Paul HAMMOND	25:34	
Neil JARVIS	25:56	
Martin PARSONS	26:10	
Gaynor HEFFER	26:12	
Nigel WHITCHER	26:42	
George HOWARTH	27:10	
Jules DINWOODIE	27:57	
Russell MEAD	28:12	
Sarah CLANSEY	28:33	
Stuart NICHOLSON	29:08	
Robert SPENCER	29:44	
Libby WAKEFIELD	29:46	
Simon GIBBON	29:59	
Wendy HAWXWELL	30.13	
Karen CHARLTON	30.58	
Susan WAKEFIELD	31:29	PB
Susan BONNAR	32:16	
Diane WILSON	32:53	
Peter REDMAN	32:59	
Jodie FRANCIS	33:06	
Sarah BARRON	33.08	
Jenny HEARNDEN	33.55	
Louisa KNIGHT	34:34	
Louise TANNER	34:35	
Sue SIMISTER	34:47	
Hannah MILLICAN	39:04	
Janice ALLEN	39:30	
Tina MACKAY	39:48	

Oldham	**15 june**	
Nick CUFF	19:01	
Moors Valley	**15 june**	
Nikki ROEBUCK	20:26	
Portsmouth Lakeside	**15 june**	
Kevin SAUNDERS	27:47	
Fareham	**15 june**	
David MALLARD	18:45	
Jon PLOMER	21:41	
Richard EDMUNDS	23:10	
Melissa BARHAM	29.42	
Sara MCRITCHIE	30.11	
David MACSWAYNE	37:59	
Wendy SMITH	39:10	
Andrew SMITH	52.30	
Lancing Beach Green	**15 june**	
Ray GUNNER	19.08	
Brooklands	**15 june**	
Martin READ	29.00	
Cardiff	**22 june**	
John BLAKE	20:39	
Hull	**22 june**	
Liz WEIGHELL	29:28	PB
Southsea	**22 june**	
Jane BUTLER	30:30	
Sue SIMISTER	33:11	
Whiteley	**22 june**	
Iain CROSS	18:13	
Colin TRIGG	18:33	PB
Daniel FOSTER	19:29	
Sean BENDELL	20:50	
Jamie EARLEY	23:01	
Robert EGERTON	23:37	
Jack GOOZEE	23:40	
Steve TROTMAN	24:37	
Claire LIGHT	24:58	PB
Amy FOX	25:11	
Steve CUMES	25:12	
Ben GRAHAM	25:21	
Chris WHEELER	25:37	
Danielle CRANSTONE	26:01	
Rachael PAYNE	26:03	PB
Helen BENSON	26:14	
Russ COLEMAN	27:10	
Toby EVANS	27:54	
Keith WHITAKER	28:02	
Laura ROLLAND	28:34	
William GILL	29:35	
Royal Tunbridge Wells	**22 june**	
David Matthew CASTLE	19:23	
Poole	**22 june**	
Martin DE WIED	26:00	
Winchester	**22 june**	
Gordon WESTLEY	25:34	
Netley Abbey	**22 june**	
Chris DAVIDSON	23:10	
Queen Elizabeth	**22 june**	
Bex CLEARY	23:45	PB
James LEWINGTON	28:47	
Rushmoor	**22 june**	
Robert CRANSTONE	20:32	
Sarah CRANSTONE	24:29	

Dalby Forest	**22 june**	
Julia WEBB	27:19	PB
Portsmouth Lakeside	**22 june**	
Lewis BANNER	17:30	
Martin PARSONS	25:34	PB
Kevin SAUNDERS	25:56	
Robert SPENCER	29:32	
Sara MCRITCHIE	30:04	
Fareham	**22 june**	
Ray GUNNER	19:23	
David MALLARD	19:30	
Richard EDMUNDS	22:28	
Melissa BARHAM	32:20	
Wendy SMITH	43:37	
Alison LAWRENCE	56:45	
Andrew SMITH	59:32	
Hogmoor Inclosure	**22 june**	
Carl SCHAFER	26:33	PB
Conyngham Hall	**22 june**	
Caroline STREET	35:59	
Banbury	**29 June**	
Ali HOGG	27:33	
Kingston	**29 June**	
Keith WHITAKER	26:30	
Whiteley	**29 June**	
Robert CRANSTONE	20:24	
Sean BENDELL	21:12	
Richard CHOWNS	21:16	
Jamie EARLEY	22:39	
Richard JACKS	22:48	
Steve TROTMAN	23:24	
Jack GOOZEE	24:10	
Mark JENKINS	24:33	
Tracy LANGDALE	25:18	
Helen BENSON	26:05	
Martin PARSONS	26:38	
Chris WHEELER	26:52	
Rachael PAYNE	27:31	
Toby EVANS	28:32	
Laura ROLLAND	30:01	
Philip PAGE	35:17	
Greig BENSON	38:26	
Bath Skyline	**29 June**	
Jane BODMAN	39:44	
Debbie ADAMS	39:44	
Moors Valley	**29 June**	
William GILL	29:27	
Richard MACKAY	31:32	
Royal Tunbridge Wells	**29 June**	
David Matthew CASTLE	19:52	
Clair	**29 June**	
Ray GUNNER	19:51	
Humber Bridge	**29 June**	
Grace TYRRELL	32:49	
Higginson	**29 June**	
Louise NICHOLSON	33:11	
Clitheroe Castle	**29 June**	
David MACSWAYNE	35:59	

Lee-on-the-Solent	**22 june**	
Mark WESTBROOK	18:17	
Dave THORPE	19:32	PB
Richard BAILEY	19:36	
Andrew MORGAN	21:35	
Kieran CHAPLIN	21:40	
David OLDHAM	21:52	
Tim MATTHEWS	23:19	
Andy LEE	23:30	
Dominic SHEPHERD	23:32	
Rebecca Margaret LORD	24:03	
Mick WELLAND	24:13	
Andy DONN	24:14	
Phil MORGAN	24:15	
Vernon WILDE	24:28	
Amie MORGAN	24:59	
Nigel WHITCHER	25:02	
Dawn HAYNES-SEWELL	25:43	
Sally GEE	25:47	
Rob WILLIAMS	26:01	
Richard BURNS	26:04	
Cathy WEBB	26:11	
Tracie JARVIS	26:12	PB
Sarah CLANSEY	27:07	
Karen SALMON	27:07	
Philip MAY	27:16	
Jules DINWOODIE	27:25	
Andy WHITE	27:27	
Cliff SHAW	27:59	
Janet SHAW	28:15	
Andy RICHARDSON	28:18	
Laura DEVINE	29:02	
Dave JUDSON	29:31	PB
Russell MEAD	29:36	
Lindsay PRATT	30:04	
Libby WAKEFIELD	30:08	
Sarah BARRON	30:09	
Peter REDMAN	30:25	
Julia LAWTON	30:30	
Gaynor HEFFER	31:11	
Aimee CROWTHER	31:35	
Susan BONNAR	31:38	
Karen CHARLTON	31:48	
Grace TYRRELL	32:01	
Vicky WILLIAMS	32:21	
Susan WAKEFIELD	32:23	
Jade LEAHY	32:30	
Claire HANRAHAN	33:42	
Jenny HEARNDEN	33:56	
Sally MARTIN	34:22	
Stuart NICHOLSON	35:01	
Samantha HILL	35:48	
Louisa KNIGHT	36:03	
Amanda KNIGHT	36:08	
Claire WRIGHT	37:12	
Sarah REAY	37:12	
Geraldine MAY	37:26	
Tina MACKAY	38:12	
Catherine CHAMBERLAIN	38:17	
Sarah BODDY	38:18	
Sue ROBINSON	38:22	
Natalie FLACK	38:22	
Jacqueline FREEMANTLE	38:39	
Dawn BELL	38:41	
Diane WILSON	38:41	
Kevin ASHMAN	40:39	
Hannah MILLICAN	40:40	
Lucie MATTHAMS	40:42	
Sian SNOOK	41:04	
Sam SCOTT-CONATY	42:40	
Emma CHINNER	43:18	
Claire JOHNSON	43:21	
Caralyn OGBURN	43:24	
Dominic OGBURN	43:25	
Heather GRAHAM	43:32	
Debbie ADAMS	44:50	
Simon BACON	44:54	
Sam JOHNSON	45:11	
Kelly BENNETTS	45:12	
Tom MELLOR	45:21	

Louise DONAGHY	46:14	
Lucy CHIDGEY	46:14	
Lisa DONN	46:14	
Lara DENT	53:24	
Medina I.O.W.	**29 June**	
Chris HALL	22:24	
Wendy HALL	34:11	
Winchester	**29 June**	
Gordon WESTLEY	27:33	
Netley Abbey	**29 June**	
Stewart	**29 June**	
Harry REARDON	20:11	
Lee-on-the-Solent	**29 June**	
Lewis BANNER	16:49	
Rob GREENWOOD	17:03	
Rob ARKELL	18:15	
Richard BAILEY	19:31	
Tommy BLAKE	20:21	
Jon PLOMER	21:13	
Marcus LEE	21:34	
Rebecca Margaret LORD	21:43	
Andrew MORGAN	21:45	
David OLDHAM	22:07	
Andy LEE	23:44	
Dominic SHEPHERD	23:45	
Tim MATTHEWS	23:59	
Mick WELLAND	24:03	
Jonathan O'NEIL	24:08	
Andy DONN	24:18	
Amie MORGAN	24:51	
Paul HAMMOND	25:01	
Richard BURNS	25:52	
Stephen ANDREWS	25:53	
Rob WILLIAMS	25:59	
George HOWARTH	26:41	
Rebecca WHITE	27:08	
Andy WHITE	27:09	
Dominic OGBURN	28:20	PB
Sarah CLANSEY	28:42	
Stuart NICHOLSON	30:15	
Kelly BENNETTS	32:07	
Diane WILSON	32:16	PB
Warren JOHNS	33:53	
Jenny HEARNDEN	34:11	
Kirstie GRAHAM	34:12	
Claire HANRAHAN	38:13	
Hannah MILLICAN	40:29	
Heather GRAHAM	45:15	
Louise DONAGHY	48:15	
Claire JOHNSON	48:16	
Louise TANNER	55:52	
Julia WEBB	57:57	
Portsmouth Lakeside	**29 June**	
Daniel ELLIOTT	20:14	
Kevin SAUNDERS	25:53	
Worthing	**29 June**	
Martin DE WIED	26:01	
Fareham	29 June	
David MALLARD	20:15	
Richard EDMUNDS	23:19	
Andy RICHARDSON	26:25	
Alison LAWRENCE	27:18	
Anne TROTMAN	30:58	
Tom MELLOR	31:49	
Amanda KNIGHT	38:03	
Martin WEDGE	39:54	
Wendy SMITH	40:08	
Andrew SMITH	54:32	
Hogmoor Inclosure	**29 June**	
Vernon WILDE	26:51	