The

Green Runner

September 2019

FROM THE CHAIR

August saw the culmination of the RR10 series, where we had nearly 170 Stubbies run at least one of these races during the season, which has to be our biggest ever turnout in this league. Congratulations to all of you especially Beccy Lord who won the senior female category and Mike White who won the Vet 60 category.

A great day was had by everybody at the Hart 4 relay – and the 56 Stubbies running in 14 teams certainly had a great day out and are already looking forward to next year's event. Congratulations to our Ladies team that won their category with a new event record, our men who came 2nd and the SGR Amigos team who managed 2nd old people prize! Everybody who took part will tell you this is a great and friendly event that is just as good for spectators as it is for runners.

Entries are now open for our own Stubbington 10k race on January 12th but I would remind every member who wants to enter that they need to provide the name of a marshal/helper to myself or Sara McRitchie so that we can ensure that we have a fully supported race on the day.

As we move into Autumn, the cross country season has already kicked off with the CC6 at Fleming Park, Eastleigh with our own race scheduled for October 13th at Manor Farm - look out for requests for help from our CC6 rep – Sally Mcgrath – it would be great to repeat the superb marshalling we did at the equivalent RR10 race in the summer.

Looking forward to the Fish and Chip handicap on Wed 11th September where it looks as though we are going to have another great turn out, our Autumn Do on Friday 20th September and our Awards evening on November 9th that amazingly has already sold out – to slightly misquote Jaws " We are going to need a bigger hall"!!

Happy Running

Kevin
Chairman

FROM THE BBC

#RUNANDTALK:
MULTI-TASK YOUR WAY TO PHYSICAL AND MENTAL WELLBEING

Running groups have been appearing up and down the country with the aim of opening up a discussion around mental health and wellbeing, as well as racking up the miles.

England Athletics created the RunTogether programme to provide opportunities for people to do so in a "safe and supportive environment".

As part of RunTogether, they put on two campaigns each year called #runandtalk and #runandrevise.

Tina Chantrey, a qualified fitness coach and England Athletics Mental Health Ambassador, benefited from running during times of personal struggle and leads #runandtalk events every year.

Read the full story at: https://www.bbc.co.uk/sport/athletics/49449609

HAMPSHIRE CROSS COUNTRY

The Hampshire cross country league is a series of 5 races held on Saturday afternoons from October through to February. There are no speed restrictions on these events and all races are free to enter. These are multiple lap races and allow for single sex, and younger age groups to race separately over shorter distances to the mens.

They tend to not be quite as hilly or muddy (weather dependant!!!) as the Southern Cross Country and other traditional XC races. Teams are scored by counting the first five runners for the men's team and three runners for all other races.

These are free events and you will just need to wear a club vest (as well as your normal running kit!) and have a UKA number and membership. Car sharing is always encouraged.

The dates for the 2018/19 fixture dates Hampshire Cross Country League races and the championship races have been fixed, so it's time to put them in your diaries. There are five cross country league races, full details are available here.
http://www.hampshireathletics.org.uk/events/hxcl.html

Some dates for your diary:

Hampshire League races:

12 October 2019 – Kings Park, Bournemouth
9 November 2019 – Sparsholt College, Winchester
30 November 2019 – Wellesley Woodlands, Aldershot, AFD
11 January 2020 – Prospect Park, Reading
08 February 2020 – Popham Airfield, Basingstoke

The Hampshire League races are free to enter, you just need to be a member of the club and have a club vest.

It would be helpful if you are interested in running in any of the Hampshire League races, you could let us know your name and date of birth, and you **MUST** be UKA affiliated so include your number. This will help us when we record the scores to ensure consistent names are used and you are in the right age category.

Do get involved, these races are excellent for building strength during the winter months, the hills and the mud make sure of that.

These are the start times, the age groups and maximum distances for the Hampshire League races.

Time Age groups Distance (maximum)

U11s race will be held at the first 4 races and will cost a £2 entry on the day.

12:00 Girls U13 3k
12:15 Boys U13 3k
12:30 Girls U15 4k
12:50 Boys U15 4k
13:05 Women U17 4k
13:35 Women Senior (including 6k Vets and U20)
14:10 Men U17 6k
14:30 Men Senior (including 10k Vets and U20)

A team consists of 3 except for the Senior's in divisions 1 & 2 where 5 are required for the team.

CAPTAINS CORNER

August has been a month of ridiculously hot temperatures, strong winds and Globe Trotting Stubbies on Tour! With the power of Facebook, you cosmopolitan bunch have been spotted in places such as Malaysia, France, Bulgaria, Florida, Bridport, Newquay and Hastings!

We've been Park Run tourists, run to counteract the holiday fuelling and hydration and completed some races too…well done Hollie Smith at the Indian Queens Half, Paul Hammond at the 22.5k trail race in Brasparts, France – 1st UK finisher, Stubby and a PB of 2:18:35! We then have Kelley Haniver in Italy winning silver at the European Masters Games for her 5k race…fantastic results and good to see the Green Army going Global.

RR10 series came to a close at IBM and thank you to Grace Tyrell for coordinating us all. At the final race we managed to get 4 ladies and men's teams. Ladies were 5th on the night and finished 3rd overall in the series with the A team comprising of Beccy Lord 10th, Gill Rose 12th and Katy Bradley 25th. Men were 4th on the night and finished runners up again. The A team was 11th Will Feline, 23rd Jon Warner, 34th Chris Sandy, 35th Mike White and 36th Dan Foster. In the individual standings we saw Beccy Lord crowned champion again and Gill Rose 2nd V50. For the men we had two top 10 overall finishers 8th Andy Simpson (2nd V40) and 10th Will Feline, with Mike White 1st V60. Well done to everyone who took part in the series.

Don't despair cross-country lovers that the RR10s have finished, as you have CC6, Southerns and Hampshire XC series starting soon, 1st September is CC6 at Fleming Park, 12th October Hants XC at Kings Park, Bournemouth and Southerns to be confirmed. All these XC series are free to enter, suitable for all abilities with the maximum distance being 10K for Hants XC for men with ladies 6k but the CC6/ Southerns are 4 to 5 miles, you just need to wear a green vest.

Summer wouldn't be the same without a few socials too…..doesn't leave much time to go away on holiday, but we had the fantastic Chariots of Fire run along the Meon shore. Everyone dressed in the obligatory white t -shirts and shorts, this is a great photo opportunity night! Such a surreal feeling running along the water's edge, looks really odd on your Strava map too! The hotdogs after courtesy of Nick Kimber are becoming just as famous as the run! Well done everyone that took part or organised.

Another social was of the non-running variety as our ladies attended The Races! Was personally very disappointed to miss this one! You all looked beautiful and I'm sure must have the best legs there. I don't know if there were any big wins on the day but I think the Prosecco bill would have taken care of that ;)

The big running social this summer was the Hart 4 Relay. I believe the weather the day before had been pretty awful so it was a relief on the day that it turned out OK. The Green Army entered one all ladies and one all men's Team, plus we had 11 mixed teams of 4! The photo's looked like you all had an amazing time, a real team event that makes you proud to be part of "the club". I've heard such great feedback about the support you all gave each other – and then we also had an email from Gosport's chairman to thank you for your support to their runners too! Cherry on the cake was then our Ladies Team of Beccy Lord, Katie Simister, Zoe Preston and Kelley Hanniver bagging 1st place. The Men's Team had to settle for 2nd place overall and were beaten by a very good team, great running Will Feline, Rob Greenwood, Mike Gregory and Dan Foster. I'd say that was a good day out! Well done everyone and a huge thank you to Marcus Lee for organising everything.

Other races this month we've had the Midnight Marathon, run by Mike White with a phenomenal 1st V60 and 5th overall, Mark and Marie McDonald, Ray Burnice, George Howarth, Nigel Whitcher, Nichola Willoughby and we also welcomed Lisa Maria Hennen into the green vest for her first marathon as a Stubby.

The Harting 10 trail race saw a good Stubby turnout with Penny "bringing home the bling" sounded like a tough race with a tough cut off! Well done everyone, the photos looked like you enjoyed it.

Tina Mackay and Rita Leigh went to Wales to "Race the Train" for the 10k and Richard Mackay the 14 mile, great feedback from Tina on this race, the views looked stunning!

Beccy Lord won her first Half Marathon race on the Isle of Wight this month showing that she can really shine in all distances, well done Beccy!! We then had a fantastic run by Sarah Gardiner, Laura Kay and Tina Chantery (1st in age category but kept that quiet!!) to secure the Stubby Ladies a second team place. Not to just talk about the ladies, well done to Chris Sandy who also ran a fantastic time.

Rob Arkell had the most incredible result at Iron Man Copenhagen, finishing with a time of 8:55:21 giving him 5th place in his age cat and 23rd overall – out of 2,259 male competitors! Really well done Rob, such an inspiring achievement.

Enjoy the remaining summer weeks everyone and happy running from your Captains.

Indian Queens Half

100	Hollie Smith	01:36:54

Bath 2 Tunnel Half

14	Dom Truslove	01:31:38

Midnight Marathon

5	Mike White	04:01:34
85	Nicola Willoughby	05:25:02
86	Nigel Whitcher	05:25:04
91	Mark Mcdonald	05:27:32
92	Marie Mcdonald	05:27:33
104	George Howarth	05:36:50
154	Ray Bernice	06:26:22
155	Lisa Hennen	06:26:22

Harting 10

47	Richard Mackay	01:17:37
59	Robert Egerton	01:21:13
60	Mike Bell	01:21:38
63	Greig Benson	01:22:09
93	Penny Forse	01:28:48
110	George Howarth	01:31:08
153	Miles Pritchard	01:43:46
169	Sara Mcritchie	01:52:23
170	Stuart Bamberger	01:52:24
171	Julia Webb	01:52:26
188	Melissa Barham	01:59:36
197	Tina Mackay	02:19:34
197	Janice Allen	02:19:34

IOW Half Marathon

171	Rebecca Lord	01:28:10
240	Chris Sandy	01:34:45
44	Tina Chantrey	01:43:21
149	Laura Kay	02:12:25
88	Sarah Gardiner	02:23:07

Gosport 5K Series Race 5

27	Hollie Smith	00:20:14
36	Kieran Chaplin	00:21:16
50	Christopher Wheeler	00:23:07
64	Philip Page	00:25:07
73	Toby Evans	00:26:09

Race The Train 10K

391	Rita Leigh	01:30:38
407	Tina Mackay	01:36:37

Race The Train 14mile

273	Richard Mackay	02:05:37

Brasparts Finisterre 22.5K

Paul Hammond	02:18:35

RR10 IBM

Rebecca LORD	10
Gill ROSE	12
Katy BRADLEY	25
Amy FOX	35
Lucy MAY	39
Sarah BORTHWICK	41
Sally MCGRATH	50
Alison BYATT	77
Wendy HAWXWELL	94
Helen BENSON	98
Alison PEPPER	99
Ali HOGG	125
Katherine CHAMBERLAIN	136
Rachel GOOZEE	173

Will FELINE	11
Jon WARNER	23
Chris SANDY	34
Mike WHITE	35
Dan FOSTER	36
Steve CUMES	64
Euan MCGRATH	109
Stewart PEPPER	131
Mike BELL	135
Marcus LEE	140
Haydn BROWN	146
Rich SNELL	152
Richard JACKS	153
Nick CRANE	155
Tim MATTHEWS	201
Phil PAGE	206
Mark JENKINS	207
George HOWARTH	209
Jon LEIGH	230
Stuart NICHOLSON	244
Rob WILLIAMS	248
Keith WHITAKER	257
Martyn BANNER	258
Kevin ASHMAN	265

Brecon Beacons fell race, 19 miles / 4500 ft, Saturday 24th August 2019

24th Will Feline 4:02:21

A beautiful race around the highest peaks in South Wales, including Cribyn, Pen y Fan and Corn Du. It alternates between clockwise and anticlockwise each year which keeps it fresh. It was a scorching day, 27C in the valleys but thankfully a nice breeze on the (busy) summits. As this is an unmarked navigational race I tried a couple of new lines and I think they paid off. I missed out on a sub-four hour time due to a bit of cramp on the last downhill from Tor y Foel and a minor nav error at the death, but I was still a little faster than last year. Good value at £7 too.

UTBM OCC Mont Blanc 56Km

1173	Mark McDonald	12:00:27

HART 4 x 4 x 4

2	Stubbington Mens	04:08:38	17 laps
	Michael Gregory		
	Dan Foster		
	Will Feline		
	Rob Greenwood		

74	Stubbington Green 5	04:02:59	12 laps
	Jack Goozee		
	Greig Benson		
	Kimberley Achurch		
	Kathy Walsh		

10	Stubbington Ladies	04:10:05	15 laps
	Beccy Lord		
	Katie Simster		
	Zoe Preston		
	Kelley Haniver		

84	Stubbington Green 11	04:10:12	12 laps
	Lucy May		
	Rob Anderson		
	Alison Byatt		
	Tiffany Skerrett		

24	Stubbington Green Amigos	04:06:53	14 laps
	Jon Leigh		
	Nick Kimber		
	Jon Warner		
	Marcus Lee		

89	Stubbington Green 7	04:12:48	12 laps
	Richard Edmunds		
	Kate Rant		
	Liam Dredge		
	Sara McRitchie		

54	Stubbington Green 9	04:13:50	13 laps
	Jamie Earley		
	Penny Forse		
	Julia Webb		
	Euan McGrath		

95	Stubbington Green 1	04:17:00	12 laps
	Mark McDonald		
	Claire Light		
	Ali Pepper		
	Kevin Ashman		

61	Stubbington Green 10	04:22:20	13 laps
	Ray Gunner		
	Helen Benson		
	Sarah Northcott		
	Stuart Bamberger		

103	Stubbington Green 2	04:19:13	12 laps
	Ray Bernice		
	Beverley Woolcock		
	Marie McDonald		
	Rachel Goozee		

62	Stubbington Green 3	04:22:46	13 laps
	Graham Donnachie		
	Chris Stapleford		
	Sue Moore		
	Geogre Howarth		

105	Stubbingotn Green 6	04:20:28	12 laps
	Gareth Charles		
	Callum McDonald		
	Pam Kemp		
	Sarah Barron		

65	Stubbington Green 8	04:00:53	12 laps
	Mike White		
	Sally McGrath		
	Carl Schafer		
	Katherine Holmes		

114	Stubbington Green 4	04:23:23	12 laps
	Stewart Pepper		
	Simon Bacon		
	Rachel Donnachie		
	Sue Robinson		

THE FINAL RR10 STANDINGS FOR 2019

1	Rebecca LORD
12	Gill ROSE
34	Amy FOX
40	Lucy MAY
56	Beverly WOOLCOCK
59	Elizabeth MILES
60	Tracy LANGDALE
65	Alison LAWRENCE
77	Alison BYATT
81	Jodie FRANCIS
88	Wendy HAWXWELL
93	Helen BENSON
102	Katherine CHAMBERLAIN
105	Jules DINWOODIE
121	Tiffany SKERRATT
122	Julia LAWTON
129	Sara MCRITCHIE
135	Melissa BARHAM
139	Rachel GOOZEE
149	Louise NICHOLSON
165	Lara EVANS
185	Sarah BARRON
198	Nikki ROEBUCK
204	Sally MCGRATH
210	Becca WHITE
213	Alison PEPPER
234	Jane BODMAN
236	Katie SIMISTER
239	Maria MILLICAN
241	Nicola WILLOUGHBY
246	Becky HODSON
250	Penny FORSE
269	Melissa COSENS
270	Laura ROLLAND
272	Julia WEBB
276	Gail OSBORNE
298	Debbie ADAMS
304	Helen NICHOLLS
307	Tina CHANTREY
317	Katy BRADLEY
322	Frances LORD
332	Danielle CRANSTONE
333	Dawn HAYNES-SEWELL
343	Joanna BRADLEY
346	Shelley THOMAS
351	Pamela KEMP
358	Jenna LLOYD
376	Louise SEFTON
394	Vicky SHAW
403	Toni WHITNEY
411	Sarah BORTHWICK
412	Hilary MISSELBROOK
413	Lara DENT
416	Sadie BEDFORD
419	Gaynor HEFFER
425	Kate RANT
431	Lisa DONN
434	Alison GOOD
443	Kim ACHURCH
447	Nicky BEAL
455	Laura KAY
461	Tracie JARVIS
463	Sarah NORTHCOTT
467	Sue MOORE
474	Ali HOGG
484	Debbie MADEIRA
489	Sarah GREGORY
490	Lindsay PRATT
495	Laura DAVEY
501	Liz JAMES
506	Sue ROBINSON
514	Claire HANRAHAN
517	Linda SWANTON
518	Susan BONAR
528	Sharon SIMPSON
529	Sarah MARTIN
8	Andy SIMPSON
10	Will FELINE
18	David MALLARD
19	Iain CROSS
29	Russ COLEMAN
34	Dan FOSTER
36	Jon WARNER
39	Mike WHITE
46	Chris SANDY
48	Dom TRUSLOVE
59	Graham MARTIN
78	Andy DONN
114	Jon LEIGH
116	Mike BELL
118	Marcus LEE
128	Nick CRANE
157	Jack GOOZEE
163	Andy MILES
167	Andy LEE
169	Chris WHEELER
173	Tim MATTHEWS
194	Mark JENKINS
198	Russel MEAD
199	George HOWARTH
204	Carl SCHAFER
211	Rob WILLIAMS
223	Andy WHITE
226	Stuart NICHOLSON
233	Martyn BANNER
245	Robert SPENCER
246	Greg ROWE
256	Alistair WAKEFIELD
258	Michael GREGORY
262	Mark EATON
264	Gareth CHARLES
267	Steve CUMES
273	Jamie EARLEY
296	Colin TRIGG
300	Lee REYNOLDS
303	Euan MCGRATH
305	Stewart PEPPER
312	Haydn BROWN
322	John COX
329	Mark GREEN
331	Stuart BAMBERGER
334	Martin PARSONS
335	Keith WHITAKER
338	Kyle MCRITCHIE
363	Paul SMITH
365	Rich SNELL
367	Paul HAMMOND
370	Jon PLOMER
377	Matt WHITCHER
383	Richard JACKS
386	Phil PAGE
399	Toby EVANS
401	John SIMISTER
402	Kevin ASHMAN
405	Lewis BANNER
420	Nick CUFF
425	Sean BENDELL
433	Mitchell HAYNES
437	Joe GOOZEE
444	Graham JAMES
465	Nigel WHITCHER
487	Mike WOOTTON
489	William GILL
501	Ollie CAUDWELL
515	Daniel ELLIOTT
516	Simon HEARNDEN
519	Rich CHOWNS
525	Tommy BLAKE
531	Josh CULLEN
533	Peter LEWIS
551	Stuart BOTTOMLEY
552	Rob ANDERSON
567	Martyn POORE
568	Jonny O'NEIL
572	Russ WISEMAN
573	Andrew MORGAN
575	Steve FIDLER
577	Chris HALL
584	Chris STAPLEFORD
588	Tom CALLAWAY
592	Simon GIBBON
597	Miles PRITCHARD
616	Martin DE WIED
617	Liam DREDGE
630	Neil JARVIS
641	Dave JUDSON
645	Max JAMES

Fish and Chip Handicap 11th September 2019

Start and finish outside the Rising Sun pub, Warsash.

Course is just under 6 miles and is a mix of beach, footpaths and road.
Yes, all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP! The handicap will be held on Wednesday 11th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way!

A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to 7.30 pm.

Prizes for first male and female runner closest to the target finish time. Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head (for Northerners (Andy Simpson) Pie and Chips is an option!).

Please pay on the night but we must know exact numbers, so please email or call Nick Kimber (nick@hookpark.co.uk or 07977411452) by Monday 9th Sept if you would like some fine English cuisine – otherwise **NO NAME NO GRUB!**

ROUTE:
Start outside the Rising Sun at Warsash and run along the road (Shore Road) pass Warsash Sailing Club boat storage on your left.

Then keeping left along a path (Solent Way) towards Holly Hill, taking the coastal path (Sea should be on your left).

After about half a mile take the footpath on your right, this path is only uncovered 2 and half hours before and after low water. At the end of the footpath turn left and follow Brook Ave to the end.

Turn right into Brook Lane, then take the 1st Left into Greenaway lane. After 400 meters take a right, signposted 'Vero' this path meets Warsash Road, then turn right and then take the 2nd left which is Church Road. Go to the end of Church Road and then follow the footpath at the end.

Once you get to the end of the Footpath turn right into Hook Park Road (Gravel). Take the next left into Workman's Lane and keeping right at the fork, follow it until you reach the Sea.

Turn Right and follow the coastal path all the way until reach the Finish.
Please be careful when crossing roads, both Warsash Road and Brook Ave can be busy.

Time Trial - August

Name	Best 2017/2018	April	May	June	July	August	Months Best	Total Yearly Best 2019
		40	46	41	32	40	17	41
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				
Dom Truslove	24.49				**24.49**			
Tommy Blake	30.35*	30.35		25.13		**24.04**	-1.09	-6.31
Brandon Chaplin	25.47			25.47		**24.12**	-1.35	-1.35
Peter Lewis	26.34	27.14	25.47					-0.47
Steve Cumes	26.58	26.58			34.39	**26.17**	-0.41	-0.41
Graham Martin	25.41	26.19	**25.28**	27.17	36.43	26.35		-0.13
Richard Mackay	26.01	27.14	**25.56**			27.46		-0.05
Rich Chowns	31.34*		**25.19**					
Mark Eaton	25.27		26.24					
Simon Hearnden	25.36					33.33		
Kate Simister	25.43		26.14					
Mike White	25.51	34.47	28.26		26.42			
James Bampton	26.22	29.28	26.26					
Darren Tanner	26.37			**26.37**				
Andy Donn	26.42		26.54	28.09		0.00		
Mike Bell	26.48	28.29						
Simon Bacon	27.24				33.42	31.41		
Phil Townley	27.47					**27.47**		
Lucy May	27.49					30.13		
Rob Egerton	27.56					**27.56**		
Steve Fidler	27.56	28.00						
Richard Jacks	29.40				29.40	**27.53**	-1.47	-1.47
Maria Millican	29.51			28.59		**28.40**	-0.19	-1.11
Graham Donnachie	29.20		**28.10**					-1.10
Dominic Shepherd	30.40			30.40		**30.08**	-0.32	-0.32
Nick Crane	29.52		29.52			**29.24**	-0.28	-0.28
John Parker	28.31		**28.20**					-0.11
Haydn Brown	28.10		28.15					
Toni Whitrey	28.25		**28.25**					
Ian Miles	29.09					**29.09**		
Jon Plomer	29.23			**29.23**				
Josh Cullen	29.28	**29.28**						
Rob Anderson	29.28	**29.28**						
Katy Bradley	29.42				**29.42**			
Ash Lovell	29.45		31.24					
Tim Matthews	30.08		**30.08**			30.27		
Philip May	30.19		30.55	31.51	31.44	30.43		
Chris Stapleford	30.32	**30.32**						
Frances Lord	30.52	32.48						

Handicap Bandings

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

Under 25 mins

25.01 – 28 mins

28.01 – 31 mins

Heather Hudson	33.55	33.44	**31.32**	32.41	32.03			-2.23
Simon Gibbon	31.58	**30.05**						-1.53
Mark Jenkins	32.55	32.55	31.28	31.31	32.34	**31.06**	-0.22	-1.49
Ali Pepper	34.33	34.33	**33.00**					-1.33
Stephen Andrews	34.07*	34.07	31.13			**30.00**	-1.13	-1.13
Andy Lee	31.22	34.50		**30.09**		39.25		-1.13
Jodie Francis	34.44			34.44		**33.35**	-1.09	-1.09
Mark Shepherd	32.55				**31.53**			-1.02
Andy Richardson	33.58			33.58	**33.30**			-0.28
Wendy Hawxwell	34.46		34.46		34.34	**34.23**	-0.11	-0.23
Vernon Wilde	32.37				32.37	**32.28**	-0.09	-0.09
Matt Smith	31.34	**31.33**						-0.01
Kevin Finch	31.19	31.32						
Alison Lawrence	31.26	32.00						
Gaynor Heffer	31.27				33.00			
George Howarth	31.49	37.09	35.00		32.30			
Russell Mead	32.26			35.10				
Rob Williams	32.51		33.00	32.51		33.51		
Carl Schafer	32.55	33.59		33.43	34.01			
Karen Salmon	33.07					**33.07**		
Keith Whittaker	33.14			34.46				
Neil Jarvis	33.25					**33.25**		
Martyn Francis	33.31			**33.31**				
Jenna Lloyd	33.36		36.08					
Shelly Thomas	33.42			37.08				
Andy White	33.45			34.56	36.09			
Louise Tanner	34.29		**34.29**					
Tracey Jarvis	34.45					**34.45**		
Joanna Reed	42.42	42.42		41.47	41.52	**39.24**	-2.28	-3.23
Adam Grey	36.50		36.50	36.03		**33.54**	-2.09	-2.56
Angela Price	45.27			45.27		**42.38**	-2.49	-2.49
Peter Redman	44.02			44.02	**41.32**			-2.30
Julia Lawton	40.44	**38.16**	48.17	53.12	38.32			-2.28
Tracey Jenkins	49.53	49.53	48.17		51.18	**47.28**	-0.49	-2.25
Martin Wedge	45.31	43.30	**43.29**					-2.02
Ray Bernice	35.06			35.06	**33.10**	47.28		-1.56
Louise Nicholson	44.15	44.15	44.50		**42.35**			-1.40
Claire Hanrahan	43.39	43.39	**42.03**			42.21		-1.36
Jonathan Harrington	35.20			**33.48**				-1.32
Louise Sefton	44.37				**32.59**			-1.30
William Gill	38.28		**37.16**	39.48	39.07			-1.12
Tiffany Skeratt	38.09	**37.11**			51.19			-0.58
Emma Baker	36.39			36.39		**36.14**	-0.25	-0.25
Melissa Barham	38.21		38.21	**38.00**	44.45			-0.21
Janet Shaw	36.59		**36.53**					-0.06
Lara Dent	35.05			**35.05**				
Jules Dinwoode	35.07	35.39		36.10	36.16			
Sara McRitchie	35.17		37.17					
Dave Judson	35.26					**35.26**		
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					
Jade Eaton	36.46					**36.46**		
Tracy Langdale	36.56		**36.56**					
Hannah Martin	36.57					**36.57**		
Stuart Banberger	37.17*		**37.17**					
Kevin Ashman	37.48			43.45	44.47			
Ryan Simpson	38.12*			38.12				
Debbie Madeira	38.16	**38.16**		39.41	39.30			
Greg Rowe	38.51	41.21						
Sarah Barron	38.57		40.30					
Tom Mellor	40.15				**40.15**			
Gilly Shutters	40.30					**40.30**		
Catrina Groves	40.42		**40.42**					
Susan Bonnar	43.12		**43.12**	44.01				
Tina Mackay	45.12	46.16						
Ann Cooper	45.38					**45.38**		
Geraldine May	48.04		**48.04**	53.12				

31.01 – 35 mins

35+ mins

Whiteley junior	18 August		Whiteley junior	25 August	
Maddison SMITH	11:02		Maddison SMITH	10:14	PB
Indigo SMITH	12:46		Indigo SMITH	11:52	PB
Edwin CHOWNS	16:05				
			Whiteley junior	**1 September**	
Moors Valley junior	**25 August**		Edwin CHOWNS	14:22	
Edwin CHOWNS	15:00	PB			

Basingstoke	**3 August**	
Mark WESTBROOK	18:42	
Southampton	**3 August**	
Calum MCDONALD	28:56	
Marie MCDONALD	29:01	
Mark MCDONALD	29:02	
Natalie FLACK	33:29	PB
Claire JOHNSON	33:37	PB
Southsea	**3 August**	
Amie MORGAN	21:01	
Mick WELLAND	22:52	
Martin DE WIED	26:47	
Havant	**3 August**	
Carl SCHAFER	27:26	PB
Whiteley	**3 August**	
Daniel FOSTER	19:05	
Russell WISEMAN	20:09	
Sean BENDELL	20:20	
Nikki ROEBUCK	20:33	
Stuart HALL	21:27	PB
Richard JACKS	21:28	
Dominic OGBURN	22:25	PB
Jamie EARLEY	22:26	
Simon VINGOE	23:58	
Claire JONES	25:09	
Philip PAGE	25:41	
Rachael PAYNE	25:52	PB
Phillip TOWNLEY	26:18	
Danielle CRANSTONE	27:20	
Pamela KEMP	27:48	
Lynsey ADAMSON	28:07	PB
Laura ROLLAND	29:34	
Rachel GOOZEE	32:42	
Liz JAMES	32:44	
Hannah PAINE	33:24	
Mark GREEN	36:40	
Greg ROWE	49:44	
Eastleigh	**3 August**	
Aaron KINGSTON	21:00	
Tom CALLAWAY	21:51	
Haydn BROWN	31:54	
Newbury	**3 August**	
Tomas STINSON	41:03	
Lymington Woodside	**3 August**	
Susan BONNAR	34:56	
Upton House	**3 August**	
William GILL	29:58	
Eden Project	**3 August**	
Richard BAILEY	31:24	
Peterborough	**3 August**	
Katharine TUCKER	31:01	
Mark TUCKER	31:02	
Winchester	**3 August**	
Gordon WESTLEY	42:59	
Netley Abbey	**3 August**	
Stuart BOTTOMLEY	20:51	

Rushcliffe	**3 August**	
Stuart NICHOLSON	31:01	
Crichton	**3 August**	
Gavin RENNIE	24:24	
Beeston	**3 August**	
Michael LOVELL	23:22	
Ashley LOVELL	23:30	PB
Chichester	**3 August**	
Tommy BLAKE	18:47	
John BLAKE	23:04	
Martin PARSONS	27:13	PB
Hastings	**3 August**	
Scott SHAW	23:12	
Lee-on-the-Solent	**3 August**	
Rob GREENWOOD	17:24	
Michael GREGORY	18:31	
Dom TRUSLOVE	18:32	PB
Chris BROBIN	18:36	
Jonathan WARNER	18:39	PB
Josh CULLEN	19:33	
Lewis BANNER	20:39	
Richard EDMUNDS	21:09	
Jon PLOMER	21:23	
Andrew MORGAN	21:31	
Maria MILLICAN	21:54	
Rachael OPENSHAW	22:45	
Jack TUCKWELL	22:55	
Tim SULLIVAN	23:06	
Dominic SHEPHERD	23:29	
George HOWARTH	24:43	
Robin PEAL	25:22	
Richard BURNS	25:29	
Jonathan HARRINGTON	26:01	PB
Heather HUDSON	27:05	
Gaynor HEFFER	27:27	
Rebecca WHITE	27:44	
Nigel WHITCHER	28:18	
Andy WHITE	28:54	
Libby WAKEFIELD	28:58	
Sarah NORTHCOTT	29:16	
Martyn BANNER	29:19	
Julia WEBB	29:39	
Martin READ	29:53	
Louisa KNIGHT	29:57	
Gillian SHUTLER	30:08	
Sarah BARRON	31:19	
Joanna REED	31:36	
Russell MEAD	31:47	
Angela PRICE	32:22	PB
Peter REDMAN	32:27	
Kevin ASHMAN	33:04	
Mandy WHITE	33:14	
Susan WAKEFIELD	33:54	
Sue SIMISTER	34:38	
Jonathan O'NEIL	34:46	
Ann COOPER	34:48	PB
Jenny HEARNDEN	34:56	
Vicky WILLIAMS	35:29	
Emma CHINNER	38:12	PB
Lara DENT	44:24	
Portsmouth Lakeside	**3 August**	
Matt EMERY	20:14	
Sara MCRITCHIE	30:28	

Fareham	**3 August**	
David JENNINGS	19:49	PB
Ray GUNNER	20:07	
Vernon WILDE	24:39	
Toby EVANS	27:35	
Tom MELLOR	32:33	
David MALLARD	36:44	
Wendy SMITH	38:35	
Andrew SMITH	56:35	
Bicester	**3 August**	
Jon LEIGH	21:36	PB
Cirencester	**3 August**	
Thomas MCCLEMENTS	21:00	
Chris HALL	22:26	
Hogmoor Inclosure	**3 August**	
Keith WHITAKER	28:49	PB
Bushy	**10 August**	
Lewis BANNER	18:07	
Banbury	**10 August**	
Gail OSBORNE	31:26	
Stuart NICHOLSON	31:26	
Southsea	**10 August**	
Matt EMERY	21:44	
Whiteley	**10 August**	
Jack MCCOLL	18:47	PB
Sean BENDELL	19:46	
Dominic OGBURN	23:11	
David OLDHAM	23:47	
Greig BENSON	24:22	
Philip PAGE	24:28	
Mark JENKINS	24:34	
Steve TROTMAN	24:52	
Jamie EARLEY	24:54	
Rachael PAYNE	25:30	PB
Helen BENSON	26:20	
Martin PARSONS	26:34	
Chris WHEELER	26:40	
Toby EVANS	28:16	
Pamela KEMP	28:56	
Martyn BANNER	29:30	
Katharine TUCKER	29:41	
Mark TUCKER	29:41	
Liz JAMES	30:06	
Ali HOGG	30:15	
Tiffany SKERRATT	31:51	
Hannah PAINE	32:06	
Moors Valley	**10 August**	
Phil MORGAN	19:06	
Amie MORGAN	21:38	
Mick WELLAND	23:24	
Eastleigh	**10 August**	
Tom CALLAWAY	22:03	
Haydn BROWN	23:11	
Winchester	**10 August**	
Harry REARDON	20:24	PB
Sedgefield	**10 August**	
Simon GIBBON	25:43	
Newark	**10 August**	
Rachael OPENSHAW	23:24	

East Coast Park	10 August	
Graham MARTIN	21:03	
Lee-on-the-Solent	**10 August**	
Andrew MORGAN	22:11	
Maria MILLICAN	22:28	
Michael LOVELL	24:03	
Tim MATTHEWS	24:11	
Richard BURNS	25:57	
Rebecca WHITE	26:49	
George HOWARTH	27:03	
Andy WHITE	27:31	
Cathy WEBB	28:00	
Shelley THOMAS	28:47	
Jane BUTLER	29:54	
John SIMISTER	30:17	
Sarah NORTHCOTT	30:22	
Janet SHAW	30:43	
Joanna REED	30:57	PB
Ashley LOVELL	31:59	
Sarah BARRON	32:07	
Sarah REAY	33:12	PB
Sue SIMISTER	33:48	
Diane WILSON	34:00	
Cat GROVES	34:01	
Michelle SIMPSON	36:26	
Heather GRAHAM	38:37	PB
Portsmouth Lakeside	**10 August**	
Aaron KINGSTON	21:15	
Phillip TOWNLEY	22:21	
Martin DE WIED	29:01	
Fareham	**10 August**	
Ray GUNNER	19:52	
David MALLARD	20:04	
Alison LAWRENCE	31:42	
Wendy SMITH	44:49	
Cirencester	**10 August**	
Emma BAKER	29:10	
Prospect	**10 August**	
Dom TRUSLOVE	20:18	
Mountbatten School	**10 August**	
Keith WHITAKER	29:06	
Southampton	**17 August**	
Martin READ	30:39	
Whiteley	**17 August**	
Rob GREENWOOD	17:12	PB
Sean BENDELL	20:41	
Russell WISEMAN	20:50	
Robert EGERTON	21:19	
Katie LEATHERLAND	21:21	
Jonathan WARNER	21:21	
Phillip TOWNLEY	21:22	PB
Richard JACKS	22:09	
Chris WHEELER	23:16	
Jack GOOZEE	23:57	
Amy FOX	24:40	
Philip PAGE	24:52	
Rachael PAYNE	25:47	
Toby EVANS	26:10	
Keith WHITAKER	26:16	
Martin DE WIED	28:51	
Katharine TUCKER	29:44	
Mark TUCKER	29:45	
Tiffany SKERRATT	29:47	
Hannah PAINE	31:55	
Claire JOHNSON	33:10	
Caralyn OGBURN	46:06	

Eastleigh	17 August	
Tom CALLAWAY	21:44	
Louise NICHOLSON	34:42	
St Andrews	**17 August**	
Keith CARTER	24:23	
Chippenham	**17 August**	
Martin PARSONS	26:49	
Netley Abbey	**17 August**	
Matt EMERY	21:43	
Rebecca Margaret LORD	22:08	
Stephen ANDREWS	23:11	
Steve TROTMAN	23:40	
Queen Elizabeth	**17 August**	
Aaron KINGSTON	22:19	
Wetherby	**17 August**	
Angela PRICE	35:00	
Lee-on-the-Solent	**17 August**	
James MACKINNON	18:24	
Phil MORGAN	18:36	
Mark WESTBROOK	18:47	
Steve CUMES	19:37	
Andrew MORGAN	21:02	
Amie MORGAN	21:07	
Ian MILES	21:37	
Maria MILLICAN	22:01	
Kieran CHAPLIN	22:42	
Tim MATTHEWS	23:06	
Andy LEE	23:38	
Mick WELLAND	23:44	
Dominic SHEPHERD	25:00	
Richard BURNS	25:15	
Neil JARVIS	26:27	
Tracie JARVIS	26:34	
Dawn HAYNES-SEWELL	26:44	
Andy RICHARDSON	27:13	
Dave JUDSON	27:24	PB
Karen SALMON	27:30	
Simon GIBBON	27:30	
Martyn BANNER	27:41	
Julia WEBB	28:29	
Emma BAKER	28:36	
Stuart NICHOLSON	29:00	
George HOWARTH	29:22	
Rob WILLIAMS	29:30	
Richard WEEKS	29:33	
Gillian SHUTLER	29:52	
Sarah CLANSEY	29:57	
Joanna REED	30:21	PB
Sarah BARRON	30:31	
Sara MCRITCHIE	31:10	
Peter REDMAN	31:19	
Kevin ASHMAN	31:41	
Cameron SEWELL	31:51	
Grace TYRRELL	32:27	
Susan WAKEFIELD	32:35	
Diane WILSON	33:06	
Sue SIMISTER	33:21	
Claire HANRAHAN	33:24	
Lisa DONN	34:24	
Sarah REAY	34:28	
Claire WRIGHT	34:28	PB
Ann COOPER	34:38	PB
Jenny HEARNDEN	34:40	
Neil ALLEN	35:42	
Janice ALLEN	36:39	
Andover	**17 August**	
David MALLARD	19:24	
Alison LAWRENCE	26:23	

Southsea	17 August	
Hilary MISSELBROOK	25:20	
Jane BUTLER	30:27	PB
Portsmouth Lakeside	17 August	
Gareth CHARLES	19:06	
Vernon WILDE	24:25	
Kate RANT	25:16	
Fareham	**17 August**	
Josh CULLEN	19:12	
Ray GUNNER	20:39	
Jon PLOMER	23:09	
Andy DONN	23:19	
Tim CRUMPTON	23:58	
Kevin SAUNDERS	27:09	
Melissa BARHAM	32:23	
Wendy SMITH	41:48	
Andrew SMITH	53:31	
Woolacombe Dunes	**17 August**	
Mark GREEN	32:01	
Rec Plex North	**17 August**	
Jamie EARLEY	25:11	
Southsea	**24 August**	
Vernon WILDE	23:54	
Hilary MISSELBROOK	24:57	
Whiteley	**24 August**	
Sean BENDELL	19:26	
Russell WISEMAN	20:33	
Marcus LEE	21:04	
Matt EMERY	21:15	
Robert EGERTON	21:32	
Steve TROTMAN	23:31	
Mark JENKINS	24:08	
Bryan NEWELL	25:31	
Rachael PAYNE	25:38	
Danielle CRANSTONE	26:05	
Pamela KEMP	29:15	
Rob WILLIAMS	30:48	
Hannah PAINE	31:59	
Rachel GOOZEE	33:57	
Jack GOOZEE	33:58	
Moors Valley	**24 August**	
Nikki ROEBUCK	21:58	
Eastleigh	**24 August**	
Tom CALLAWAY	21:33	
Boston	**24 August**	
Dominic SHEPHERD	23:34	PB
Alice Holt	**24 August**	
Gareth CHARLES	20:11	
Kate RANT	26:51	
Carl SCHAFER	29:29	
Clermont Waterfront	**24 August**	
Jamie EARLEY	22:33	
Queen Elizabeth	**24 August**	
Aaron KINGSTON	22:26	
Shrewsbury	**24 August**	
Katharine TUCKER	30:00	
Mark TUCKER	30:00	
Yeovil Montacute	**24 August**	
Martin PARSONS	27:51	
Martin DE WIED	30:09	
Lanhydrock	**24 August**	
Russell MEAD	33:00	

Salisbury	24 August	
Richard CHOWNS	20:18	
Lee-on-the-Solent	**24 August**	
Rob GREENWOOD	17:09	
Tommy BLAKE	18:31	
Dave THORPE	19:43	
Steve CUMES	19:49	
Graham MARTIN	19:51	
Richard BAILEY	20:36	
Andrew MORGAN	20:40	PB
Mike BELL	21:12	
Richard MACKAY	21:27	
Jon PLOMER	21:45	
Kieran CHAPLIN	21:59	
Maria MILLICAN	22:04	
Tim CRUMPTON	23:19	
Paul SMITH	24:16	
Phil MORGAN	24:28	
Amie MORGAN	25:00	
Steven HYLAND	25:30	
Phillip TOWNLEY	25:44	
Martyn BANNER	28:26	
Libby WAKEFIELD	28:29	PB
George HOWARTH	28:35	
Wendy HAWXWELL	29:14	
Keith WHITAKER	29:36	
Martin READ	29:44	
John SIMISTER	30:14	
Melissa BARHAM	30:24	
Gillian SHUTLER	30:28	
Jonathan HARRINGTON	30:28	
Gail OSBORNE	30:36	
Stuart NICHOLSON	30:37	
Andy LEE	30:49	
Julia LAWTON	31:07	
Sandie MCINTOSH	31:14	
Janet SHAW	31:32	
Jodie FRANCIS	31:45	
Diane WILSON	32:16	
Vicky WILLIAMS	32:33	
Lindsay PRATT	32:35	
Angela PRICE	32:37	
Rebecca WHITE	32:56	
Andy WHITE	32:56	
Sue SIMISTER	33:51	
Joanna REED	34:04	
Sara MCRITCHIE	34:27	
Kevin ASHMAN	34:35	
Ann COOPER	35:04	
Claire JOHNSON	35:07	
Warren JOHNS	35:49	
Susan BONNAR	36:00	
Sarah REAY	36:18	
Claire WRIGHT	36:19	
Catherine CHAMBERLAIN	38:25	
Wendy SMITH	41:36	
Tina MACKAY	41:45	
Jonathan O'NEIL	42:27	
Andrew SMITH	50:25	
Crosby	**24 August**	
Sarah CLANSEY	31:33	
Portsmouth Lakeside	**24 August**	
Toby EVANS	28:30	
Hogmoor Inclosure	**24 August**	
Louise NICHOLSON	33:17	
Presint 18, Putrajaya	**24 August**	
Andrew STOCKWELL	21:31	
Samantha STOCKWELL	31:36	

Fareham	24 August	
David MALLARD	19:20	
Ray GUNNER	19:51	
Andy DONN	21:53	
Lisa DONN	27:12	
Andy RICHARDSON	28:13	
Alison LAWRENCE	28:17	
Dave JUDSON	28:44	
Thomas MACSWAYNE	29:30	
David JENNINGS	29:40	
Liz WEIGHELL	34:07	
David MACSWAYNE	36:42	
Martin WEDGE	41:06	
Lucy CHIDGEY	47:05	
Louise DONAGHY	47:09	
St Mary's	**24 August**	
Claire LIGHT	25:22	
Tamar Trails	**31 August**	
Janet SHAW	32:43	
Southampton	**31 August**	
Millie HOSKINS	32:11	
Southsea	**31 August**	
Tina MACKAY	40:34	
Havant	**31 August**	
Katy BRADLEY	23:28	
Whiteley	**31 August**	
Gareth CHARLES	19:08	PB
Steve CUMES	19:18	
Russell WISEMAN	20:03	PB
Nikki ROEBUCK	20:38	
Hannah MOLYNEAUX	20:38	
Sean BENDELL	21:10	
Dominic OGBURN	21:29	PB
Steve TROTMAN	22:51	
Bryan NEWELL	23:03	PB
Stuart HALL	23:38	
Steve FIDLER	23:52	
Kevin FINCH	24:18	
Matt SMITH	24:20	
Philip PAGE	25:21	
Rachael PAYNE	26:18	
Martin PARSONS	26:18	
Martin DE WIED	28:30	
Pamela KEMP	28:39	
Ali HOGG	29:01	
Katharine TUCKER	29:36	
Mark TUCKER	29:36	
William GILL	29:48	
Tiffany SKERRATT	30:48	
Kate RANT	42:19	
Caralyn OGBURN	46:39	
Eastleigh	**31 August**	
Michael PARKES	21:30	
Brierley Forest	**31 August**	
Chris HALL	21:33	
Wendy HALL	33:46	
Fareham	**31 August**	
David MALLARD	18:55	
David JENNINGS	19:35	PB
Andy RICHARDSON	25:53	PB
Alison LAWRENCE	26:08	
Martin READ	30:07	
David MACSWAYNE	35:49	
Melissa BARHAM	37:40	
Catherine CHAMBERLAIN	38:00	
Lucy CHIDGEY	46:06	PB
Louise DONAGHY	46:07	PB
Wendy SMITH	47:12	
Andrew SMITH	47:20	

Lymington Woodside	31 August	
Keith WHITAKER	28:54	PB
Netley Abbey	**31 August**	
Aaron KINGSTON	20:50	
Richard JACKS	21:28	
Greg ROWE	30:53	
Osterley	**31 August**	
Ray GUNNER	19:31	
Rushmoor	**31 August**	
Kelley HANIVER	19:49	PB
Chichester	**31 August**	
Jonathan HARRINGTON	27:21	
Lee-on-the-Solent	**31 August**	
Rob GREENWOOD	16:39	
Tommy BLAKE	18:00	PB
Richard BAILEY	19:27	
Andrew MORGAN	21:38	
Maria MILLICAN	22:01	
Marcus LEE	22:28	
Chris WHEELER	22:44	
Tim MATTHEWS	23:01	
Jon PLOMER	23:33	
Andy LEE	23:35	
Vernon WILDE	23:35	
Ray BERNICE	24:21	
Philip MAY	24:25	
Hilary MISSELBROOK	24:39	
Richard BURNS	24:58	
Amie MORGAN	25:02	
Mark WESTBROOK	25:11	
Neil JARVIS	25:26	
Cathy WEBB	25:53	
Tracy LANGDALE	26:29	
Rob WILLIAMS	26:41	
Jade Lorelle EATON	26:45	PB
Mark John EATON	26:47	
Toby EVANS	27:14	
Tracie JARVIS	27:23	
Lara DENT	27:28	
George HOWARTH	28:02	
Darren TANNER	28:09	
Jules DINWOODIE	28:20	
Wendy HAWXWELL	28:35	
Chris STAPLEFORD	28:49	
Libby WAKEFIELD	28:50	
Laura DEVINE	29:32	
Julia LAWTON	29:48	
Andy WHITE	29:50	
Sarah CLANSEY	30:14	
Sara MCRITCHIE	30:28	
Gillian SHUTLER	30:36	
Joanna REED	30:40	
Emma BAKER	31:35	
Peter REDMAN	31:37	
Claire JOHNSON	32:09	
Sarah BARRON	32:17	
Louisa KNIGHT	32:20	
Diane WILSON	32:24	
Claire HANRAHAN	32:26	PB
Susan WAKEFIELD	32:29	
Sarah REAY	33:04	PB
Warren JOHNS	33:13	
Andy DONN	34:09	
Jenny HEARNDEN	34:23	
Claire WRIGHT	34:39	
Susan BONNAR	36:53	
Heather GRAHAM	37:54	PB
Stuart NICHOLSON	40:05	
Portsmouth Lakeside	**31 August**	
Lewis BANNER	18:17	
Kevin SAUNDERS	25:45	
Presint 18, Putrajaya	**31 August**	
Andrew STOCKWELL	48:05	