The

Green Runner

October 2019

FROM THE CHAIR

Autumn is already upon us and the nights are beginning to draw in so I would firstly like to remind members of the need for hi-viz clothing for running in the evening for any training runs. We have some large groups now and it is imperative that we are seen especially if we are on the road.

Those that have applied for the London marathon will know soon if they have been successful. The club will have some club places available, so if you get a rejection slip, please forward it to me (Chairman@stubbingtongreenrunners.net) along with the completed form that was agreed at the last AGM – this form will be available from either myself or Louise Tanner (Secretary@stubbingtongreenrunners.net).

Our CC6 is scheduled for October 13th at Manor Farm and Sally McGrath will be looking for helpers on the day so that we can repeat the success of our RR10 in the summer – lets again show what a great club we are putting on these events.

Our 10k is just over 3 months away now having sold out amazingly within a week – its so good to see its popularity . To ensure this continues Sara McRitchie is co-ordinating the list of marshals/helpers needed on the day or beforehand so please let her know how you can help. We have had a great response for this as well but there will always be something for people to do so don't be shy in coming forward!
Please remember that we expect each member who enters to provide the name of a helper/marshal.

Finally it's not long till our Awards Night on Saturday 9th November which again like all our events this year has sold out – we are still investigating if we can get any additional spaces and have created a waiting list so please shout if you would like to be added to this list.

Happy Running

Kevin

OVERTON		
213	Amy Fox	38.14
238	Claire Light	39.25
241	Lucy May	39.29
356	Helen Benson	45.16
383	Jules Dinwoodie	47.02
384	Pam Kemp	47.02
459	Melissa Barham	53.21
483	Sue Simister	56.52
62	Graham Martin	32.07
64	David Thorpe	32.24
175	Kieran Chaplin	36.46
204	Scott Shaw	38.05
296	Philip May	42.05
391	John Simister	47.19
396	Phil Page	47.44

FARLEIGH WALLOP 10K		
30	Richard Mackay	00:49:59
56	Maria Millican	00:54:49
66	Jon Leigh	00:55:59
86	Becca White	01:00:00
92	Tracy Langdale	01:01:18
110	Rob Williams	01:03:44
111	Andy White	01:03:53
166	Cathy Webb	01:13:51
185	Claire Hanrahan	01:16:36
216	Linda Swanton	01:24:43
231	Liz James	01:30:09
233	Tina Mackay	01:30:57
232	Angela Price	01:30:56

CAPTAINS CORNER

Autumn is here and daylight hours are getting shorter, so please think about wearing your high vis for training nights.

The racing season goes crazy with all the races in the Winter from 3 cross country leagues, a road race league and XC Championships, so please look out for posts from all your representatives for a reminder here they are Road Race League – Jodie Francis, Hants XC League and XC Championship races – Andy Simpson, CC6 – Sally McGrath and Southern XC League – Lisa Donn. Myself and Lisa are here to try and answer any questions as always about races and other things running.

Hampshire Road Race League (HRRL) has seen two races so far at Overton and Solent. A brief summary so far has seen a lack of runners for the first two races with us not being able to get 12 ladies and 16 men to complete 4 teams for the league. I know these races sometimes fill up quickly but as captains these are mentioned on Facebook and in the Green Runner each month to what is coming up. So please enter these great races and represent your club, wear your green vest with pride and go for a PB! Next race is Hayling 10 on 3rd November and Gosport Half 17th November, both are likely to be full when you read this. After that it's the Victory 5 on 1st December with less than 100 places. Then in February you have the Ryde 10 on 2nd, Salisbury 10 on 29th March is already half full and selling fast, so don't delay with your entries.

The first race of the season was Overton 5 where we got 3 ladies teams and 2 men's teams. Scoring in the A teams were Amy Fox 36th, Claire Light 43rd, and Lucy May 46th who were 5th overall. For the men we had 62nd Graham Martin, 64th David Thorpe, 175th Kieran Chaplin and 204th Scott Shaw with the men finishing 3rd overall. Solent Half saw only 11 runners so just one team each, unfortunately our best placed runner in 3rd at 10ish miles dropped out with an injury, speedy recovery Mike Gregory. The HRRL website hasn't been updated as we write this article but our two teams were as follows. Ladies led home again by Amy Fox, Lucy May and Janet Shaw. The men saw Jon Warner first home, Dan Foster, Alistair Wakefield and Mike White who was 1st V60, congratulations Mike. Well done to everyone who turned out for the first two races and good luck at Hayling.

CC6 saw the first race at Fleming Park where the ladies were 6th and the men joint 4th with 19 runners turning out. Ladies were led home by Katy Bradley 17th, 19th Maria Millican and 35th Sally McGrath. Dan Foster was first home in 12th, Chris Sandy 15th, Steve Cumes 25th and Michael Parks 45th. The next race is our own race on 13th October at Manor Farm and Sally McGrath won't say no to anyone wanting to marshal. We don't compete in our own race. The next race we can race is Dibden on 24th November.

Hampshire XC series starts next week on 12th October at Kings Park, Bournemouth. These races of 6k for ladies and 10k for the men, just like the other XC series are free you just need a Stubbie vest. There are senior and vet teams for these races and generally run across parks and a few on wooded trail areas. It would be great to kick off the series with a good turnout. The next one is Sparsholt College, Winchester on 9th November. All you need for these races is a valid UKA number. If you're interested in running please let me know, so I can get your details to the organisers.

Finally on XC series is Southern league which are run on a Sunday and gives people a slight lay in with an 11am start, the first one is 27th October at Pamber Forest and then 10th November at QE Country Park. These are free again, just need a vest, they normally do food afterwards for a couple of pounds for a plate of food.

Last but not least….The New Forest Marathon weekend was a huge event for the Green Army. We had a lot of "firsts" and wow was it emotional !! I apologise now if I miss anything, there was so much going on! We saw the first time marathon crew of Debbie Madeira, Julia Lawton, Jodie Francis, Wendy Hawxwell and Alison Byatt. First time half marathon's Claire Hanrahan, Rhona Phillips and Gilly Shutler. It was a pleasure to follow your training journeys and then to see you all cross that finish line with the support of your running family and friends…it doesn't get much better than that!! Well done each and every one of you, such incredible runners.

It was a challenging course, warm and busy. The extra distance around the field for the half marathon was mentally tough! You could see the finish but you couldn't quite get near it!!

Really well done to George Howarth, Heather Bow, Greig Benson, Robert Egerton, Laura Kay, Jonathan Harrington, Lindsay Drysdale-Pratt and Tracey Terry for completing the marathon. The half marathon we had Melissa Barham, Julia Webb, Lisa Donn, Louise Tanner, Tim Matthews, Dottie Bonnar, Rachel Donnachie, Philip and Hannah Martin, Tina Mackay, Helen Benson, Karen Charlton, Jenna Lloyd, Tracie Jarvis, Katy Bradley, Beverley Woolcock, Stuart Nicholson, Pam Kemp

Hollie Smith 6th overall and time of 93.06 for the half marathon.

10k runners we had Liz James, Ali Hogg and Hannah Paine…wow what a turnout! Really hope I didn't miss anyone off!
Good luck with racing this month in all the XC races.

THE BEAST

148	Nicola	Willoughby	02:12:59
149	Paul	Hammond	02:12:59
214	Andy	Lee	02:28:43
220	Simon	Gibbon	02:29:56

MAIDENHEAD HALF MARATHON

184	Phil	Morgan	01:25:04
212	Mike	White	01:26:37
457	Mick	Welland	01:37:30
480	Amie	Morgan	01:38:07

THE CRAFTY FOX MARATHON

112	Sara	McRitchie	06:52:28
113	Stuart	Bamberger	06:52:28

WINCHESTER HALF MARATHON

107	Russell WISEMAN	01:36:21
429	Gavin RENNIE	01:52:10
544	Lottie LORD	01:56:34
622	Steve ASPINALL	01:57:17
681	Kimberley ACHURCH	02:01:34
683	Earley EARLEY	02:01:36
736	Philip PAGE	02:04:02
802	Jenna LLOYD	02:07:12
823	Martin DE WIED	02:05:43
961	Rob WILLIAMS	02:13:02
1067	Pamela KEMP	02:17:40
1100	Tiffany SKERRATT	02:19:36
1185	Hayley MILAM	02:26:29
1302	Zoe HARLOW	02:43:04

CC6 Fleming Park

16	Katy Bradley
18	Maria Millican
35	Sally McGrath
48	Tracy Langdale
60	Ali Pepper
66	Kathy Walsh
69	Laura Kay
82	Jade Botterill

Daniel Foster	12
Chris Sandy	15
Steve Cumes	25
Michael Parks	45
Tom Callaway	48
Mike Bell	53
Paul Smith	81
Chris Wheeler	87
Ray Bernice	95
Miles Pritchard	105
Toby Evans	112
Jonathon Harrington	114

AGEAS 10K

48	Sean	Bendell	00:40:34
58	john	parker	00:41:35
88	Robert	Egerton	00:43:39
103	Andrew	Morgan	00:44:26
104	Stuart	Bottomley	00:44:32
167	Jamie	Earley	00:46:54
170	Bryan	Newell	00:46:59
176	Amy	Fox	00:47:21
180	Stuart	Hall	00:46:55
218	Gavin	Rennie	00:48:48
241	Matt	Smith	00:48:52
243	Mark	Jenkins	00:49:32
257	Claire	Light	00:50:14
304	Vernon	Wilde	00:51:13
334	Phil	Page	00:51:53
406	Martin	Dewied	00:53:42
431	Tracie	Jarvis	00:54:52
445	Katherine	Chamberlain	00:55:10
456	Tracy	Jenkins	00:55:23
498	Dave	Judson	00:56:31
504	Martin	Parsons	00:56:26
520	Katharine	Tucker	00:57:16
522	Mark	Tucker	00:57:16
534	Gail	Osborne	00:57:40
535	Stuart	Nicholson	00:57:38
573	Laura	Rolland	00:58:18
668	Melissa	Barham	01:00:14
763	SARAH	CLANSEY	01:03:06
786	William	Gill	01:03:46
872	Robert	Spencer	01:07:41

NEW FOREST HALF

92	Hollie Smith	01:33:06
193	Katy Bradley	01:39:12
324	Darren Tanner	01:45:16
1096	Tracie Jarvis	02:06:09
1271	Karen Charlton	02:11:02
1310	Jenna Lloyd	02:14:20
1311	Tim Matthews	02:14:20
1345	Helen Benson	02:13:20
1354	Pam Kemp	02:13:41
1394	Hannah Martin	02:15:53
1465	Louise Tanner	02:18:02
1466	Julia Webb	02:18:03
1674	Claire Hanrahan	02:27:55
1713	Gillian Shutler	02:29:22
1846	William Gill	02:39:47
1925	Susan Bonnar	02:48:29

NEW FOREST MARATHON

176	Robert Egerton	03:47:25
268	Greig Benson	03:56:21
493	George Howarth	04:25:25
511	Heather Hudson	04:28:11
697	Wendy Hawxwell	04:48:41
698	Laura Kay	04:48:50
721	Jodie Francis	04:53:00
722	Julia Lawton	04:53:00
776	Deborah Madeira	05:03:25
792	Lindsay Pratt	05:07:57
793	Tracey Terry	05:07:56
883	Jonathan Harrington	05:30:56

NEW FOREST 5K

9	Jon Plomer	00:21:31

SOLENT HALF

28	Jonathan Warner	01:24:23
41	Daniel Foster	01:26:25
42	Alistair Wakefield	01:26:33
45	Mike White	01:26:42
72	Simon Hearnden	01:31:15
74	Graham Martin	01:31:25
128	Kieran Chaplin	01:38:27
183	Amy Fox	01:44:12
209	Lucy May	01:48:30
393	Janet Shaw	02:22:24

WINDSOR HALF

1445	Jack Goozee	01:57:28

BERLIN MARATHON

21442	Simon	Vingoe	04:21:26

JURASSIC ULTRA

29	Michael	Parkes	06:06:45

NEW FOREST 10K

414	Aga Plombon	00:57:28
594	Liz James	01:05:04
720	Hannah Paine	01:08:33

SOUTHERN ROAD RELAYS

SENIOR MEN	
I CROSS	20.20
C SANDY	21.10
S CUMES	22.25
E MCGRATH	23.02
R EGERTON	23.39
M EVANS	24.11

SENIOR LADIES	
V SHAW	17.48
K HANIVER	18.03
T CHANTREY	19.58
R LORD	16.41

VET LADIES	
N ROEBUCK	18.55
M MILLICAN	20.42
S MCGRATH	20.56
L EVANS	21.65

#RUNEQUAL

For club runners to have the opportunity to run with some of the best runners in the country, the Southern Road Relays, at Crystal Palace, is bursting with both energy and talent. Held on 22nd September there was rain, but it was a warm day - winter cross country still feels a long way away. The wet ground did make for slightly treacherous conditions under foot, especially on the waterlogged tartan track where it was difficult to push off. Women run in a team of four, men in a team of six. Starting on the historic track at Crystal Palace, where some of us older athletes travelled to as kids to watch the Coca-Cola championships hoping for a desperate glimpse of our idols, there is nostalgia in the location of this event. The atmosphere was also charged with the gifted and talented among our field, from the very youngest, who run earlier in the day, to the brave vets who still want to punish themselves by running at top gear for three miles, or thereabouts.

Each member of the relay team starts on the track then heads off for two laps before handing over to the next member. Everyone is giving their absolute best, especially on what felt like a hill on each lap; running at threshold along an uphill drag is tough. There was a discrepancy in race distance for this event - women run 4.8K in this road relay, men 6.1K. Odd, and made farcical on the day with the extra distance created for the men by a dead turn, then a run down to a car park, another dead turn, then running back up to return to the circuit around the track. In the rain we watched as men slipped and fell on the dead turns – the price they had to pay to run that 1.3K further.

The senior women finished in the top half of the field; we were running against the top teams, and female runners, in our region, so did ourselves proud. The women's vets team finished a very impressive sixth, well done ladies! When we finished we then supported our men's team, which was also pulled together at the last minute; we also felt a sense of pride watching them push themselves to their limits. They were awesome, too!

GOODWOOD HALF

55	Dominic Shepherd	01:55:44
117	Tina Mackay	02:52:33

GOODWOOD 10K

214	Melissa Barham	01:04:33

GOODWOOD 5K

7	Jon Plomer	21:21

SALISBURY HALF

489	Wendy Hawxwell	02:03:16
773	Catrina Groves	02:29:26

Summer Time Trial - September

The final summer time trial was run in perfect conditions by 38 runners with 16 getting PBs on the night. There had to be a biggest improver on the night with so many excellent runs it was going to take a special improvement to win on the night!

Ladies saw Louise Nicholson put an amazing effort in for a 2 minute 56 second improvement which was only good for second place, as Ann Cooper stormed it with a 4 minute 38 second improvement. Men's biggest improver saw even more astonishing times with Josh Cullen's 5 minutes 20 seconds only good enough for second. As Stuart Banberger sliced 6 minutes 31 seconds off his time which took him to a category win in the 35+ group, despite Joanna Reed improving on her time by 1 minute 39 seconds. Consultation prize for Josh was being the Randomator winner and storming to top spot and overthrowing Richard Jacks as 28.01-31.00 category winner! Heather Hudson dug deep to improve by 25 seconds and hold off a charge by Mark Jenkins who improved by 32 seconds on the night but couldn't match Heather's improvement over the series of 2 minutes 48 seconds for 31.01 to 35 category.

Despite Tommy Blake's absence he was a comfortable winner in the 25.00 to 28.01 section with 6 minute 31 seconds improvement. Finally we had an improver in the under 25 banding with Iain Cross taking 30 seconds off his previous time.

Handicap Champions

Handicap Bandings	Name	Improvement
Under 25 mins	Iain Cross	-0.30
25.01 – 28 mins	Tommy Blake	-6.31
28.01 – 31 mins	Josh Cullen	-5.20
31.01 – 35 mins	Heather Hudson	-2.48
35+ mins	Stuart Banberger	-6.31

So as the Summer series draws to a close, we embark on the winter series at Holly Hill Leisure Centre where we run 3.35 miles looking for the biggest female and male improver each month. We meet opposite the leisure centre on the path next to the car park. It will be dark for these time trials and we stress you were high Vis clothing to be seen!

The first date for the winter time trials is Thursday 17th October with 18.30 start. We will meet in the Ship & Shovel Pub afterwards for rehydration. I will need some helpers to do marshalling, timekeeping and a backmarker. Look forward to seeing everyone

Name	Best 2017/2018	April	May	June	July	Aug	Sept	Months Best	Total Yearly Best 2019	
		40	46	41	32	40	39	17	50	
Iain Cross	23.52	23.52					23.22	-0.30	0.30	Under 25 mins
Andy Simpson	22.33	23.54	22.47							
Beccy Lord	29.37*	**29.37**								
Lewis Banner	22.36*						**22.36**			
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			-6.31	25.01 – 28 mins
Brandon Chaplin	25.47			25.47		24.12			-1.35	
Rob Egerton	27.56					27.56	27.03	-0.53	-0.53	
Peter Lewis	26.34	27.14	25.47						-0.47	
Steve Cumes	26.58	26.58			34.39	26.17			-0.41	
Graham Martin	25.41	26.19	25.28	27.17	36.43	26.35	25.37		-0.13	
Richard Mackay	26.01	27.14	25.56			27.46	27.01		-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				27.00			
Darren Tanner	26.37			**26.37**						
Andy Donn	26.42		26.54	28.09		0.00				
Mike Bell	26.48	28.29								
Kieran Chaplin	27.24						**27.24**			
Simon Bacon	27.24				33.42	31.41	30.38			
Phil Townley	27.47					**27.47**				
Lucy May	27.49					30.13				
Steve Fidler	27.56	28.00								

Josh Cullen	29.28	29.28					**24.08**	-5.20	-5.20	28.01 – 31 mins
Katy Bradley	29.42				29.42		**27.54**	-1.48	-1.48	
Richard Jacks	29.40				29.40	**27.53**	28.14		-1.47	
Ian Miles	29.09					29.09	**27.40**	-1.29	-1.29	
Maria Millican	29.51			28.59		**28.40**			-1.11	
Graham Donnachie	29.20		**28.10**						-1.10	
Tim Matthews	30.08		30.08			30.27	**29.22**	-0.46	-0.46	
Nick Crane	29.52		29.52			29.24	**29.07**	-0.17	-0.45	
Dominic Shepherd	30.40			30.40		**30.08**			-0.32	
John Parker	28.31		**28.20**				29.49		-0.11	
Philip May	30.19		30.55	31.51	31.44	30.43	**30.08**	-0.11	-0.11	
Haydn Brown	28.10		28.15				28.11			
Toni Whitrey	28.25		**28.25**							
Jon Plomer	29.23			**29.23**						
Rob Anderson	29.28	**29.28**								
Ash Lovell	29.45		31.24							
Amy Fox	29.46*						**29.46**			
Chris Hind	29.49						**29.49**			
Philip Martin	30.07						30.08			
Chris Stapleford	30.32	**30.32**								
Frances Lord	30.52	32.48								
Heather Hudson	33.55	33.44	31.32	32.41	32.03		**31.07**	-0.25	-2.48	31.01 – 35 mins
Mark Jenkins	32.55	32.55	31.28	31.31	32.34	31.06	**30.34**	-0.32	-2.21	
Andy Richardson	33.58			33.58	33.30		**31.55**	-1.35	-2.03	
Simon Gibbon	31.58	**30.05**							-1.53	
Ali Pepper	34.33	34.33	**33.00**						-1.33	
Stephen Andrews	34.07*	34.07	31.13			**30.00**	34.41		-1.13	
Andy Lee	31.22	34.50		**30.09**		39.25			-1.13	
Jodie Francis	34.44			34.44		**33.35**			-1.09	
Mark Shepherd	32.55				**31.53**				-1.02	
Wendy Hawxwell	34.46		34.46		34.34	**34.23**			-0.23	
Vernon Wilde	32.37				32.37	**32.28**			-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					
Keith Carter	31.40						31.59			
George Howarth	31.49	37.09	35.00		32.30					
Nigel Whitcher	32.07						33.23			
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				41.02			
Shelly Thomas	33.42			37.08						
Laura Kay	33.44						**33.44**			
Andy White	33.45			34.56	36.09					
Louise Tanner	34.29		**34.29**							
Stewart Pepper	34.41*						**34.41**			
Tracey Jarvis	34.45					**34.45**				

Stuart Banberger	37.17		37.17				**30.46**	-6.31	-6.31	35+ mins
Joanna Reed	42.42	42.42		41.47	41.52	39.24	**37.45**	-1.39	-5.02	
Ann Cooper	45.38					**45.38**	41.00	-4.38	-4.38	
Louise Nicholson	44.15	44.15	44.50		42.35		**39.39**	-2.56	-4.36	
Adam Grey	36.50		36.50	36.03		33.54	**33.32**	-0.22	-3.18	
Angela Price	45.27			45.27		**42.38**			-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**			-2.25	
Martin Wedge	45.31	43.30	**43.29**						-2.02	
Ray Bernice	35.06			35.06	**33.10**	47.28			-1.56	
Melissa Barham	38.21		38.21	38.00	44.45		**36.40**	-1.20	-1.41	
Claire Hanrahan	43.39	43.39	**42.03**			42.21			-1.36	
Jonathan Harrington	35.20			**33.48**			34.46		-1.32	
Louise Sefton	44.37				**32.59**				-1.30	
William Gill	38.28		**37.16**	39.48	39.07		39.15		-1.12	
Tiffany Skeratt	38.09	**37.11**			51.19				-0.58	
Emma Baker	36.39			36.39		**36.14**			-0.25	
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			41.05			
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**				
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					39.31			
Sarah Barron	38.57		40.30							
Tom Mellor	40.15				**40.15**					
Gilly Shutler	40.30					**40.30**				
Catrina Groves	40.42		**40.42**							
Susan Bonnar	43.12		**43.12**	44.01						
Tina Mackay	45.12	46.16								
Geraldine May	48.04		**48.04**	53.12						

Whiteley junior	8 Sept
Edwin CHOWNS	14:15

Whiteley junior	15 Sept
Indigo SMITH	13:08
Maddison SMITH	15:24
Edwin CHOWNS	16:07

Whiteley junior	22 Sept	
Bryn CLARK	09:11	PB
Edwin CHOWNS	16:15	

Tamar Trails	7 Sept	
Andy RICHARDSON	27:58	

Southampton	7 Sept	
Iain CROSS	18:21	

Southsea	7 Sept	
Hilary MISSELBROOK	24:38	
Louise NICHOLSON	31:28	

Havant	7 Sept	
Aaron KINGSTON	21:41	

Whiteley	7 Sept	
Gareth CHARLES	19:08	
Sean BENDELL	20:13	
Matt EMERY	21:05	
Maria MILLICAN	21:31	PB
Nikki ROEBUCK	22:03	
Stuart HALL	22:04	
Bryan NEWELL	22:05	PB
Jamie EARLEY	22:15	
Steve TROTMAN	23:42	
Matt SMITH	23:48	
Tracy LANGDALE	24:55	
Ryan GRANGER	26:07	
Rachael PAYNE	26:09	
Katharine TUCKER	28:54	
Mark TUCKER	28:54	
Tiffany SKERRATT	30:23	
Keith WHITAKER	34:43	
Kate RANT	38:37	

Moors Valley	7 Sept	
James LEWINGTON	19:08	
William GILL	29:40	

Eastleigh	7 Sept	
Tom CALLAWAY	21:07	PB
Haydn BROWN	22:22	

Harrogate	7 Sept	
Liz WEIGHELL	31:22	

Winchester	7 Sept	
Gordon WESTLEY	26:25	

Netley Abbey	7 Sept	
Stephen ANDREWS	21:59	
John BLAKE	29:34	

Chichester	7 Sept	
Chris HALL	21:44	
Wendy HALL	33:21	

Lee-on-the-Solent	7 Sept	
Rob GREENWOOD	17:55	
Rebecca Margaret LORD	18:18	
Mark WESTBROOK	18:48	
Simon HEARNDEN	19:53	
Mark MCDONALD	20:31	
Graham DONNACHIE	21:23	
Richard JACKS	21:24	
Mark John EATON	21:24	
Richard MACKAY	22:07	
Vernon WILDE	22:59	PB
Chris WHEELER	23:01	
Simon BACON	23:33	
Mick WELLAND	23:34	
Andy LEE	24:00	
Neil JARVIS	24:26	
Richard BURNS	24:55	
Marie MCDONALD	25:05	
Philip MAY	25:05	
Emmeline WHITE	25:33	PB
Amie MORGAN	25:52	
Tracie JARVIS	26:31	
Terry JOHNS	26:35	
Toby EVANS	26:47	
Kieran CHAPLIN	27:04	
Dave JUDSON	27:23	PB
Alison HESSELBERTH	27:33	
Libby WAKEFIELD	27:46	PB
Rob WILLIAMS	28:05	
Phil HOBBY	28:16	
Martyn BANNER	28:17	
Gillian SHUTLER	29:31	
Joanna REED	29:42	PB
Lee LOVE	30:21	
Lisa DONN	30:25	
Sarah REAY	31:33	PB
Jonathan O'NEIL	31:52	
Melissa BARHAM	32:14	
Sue SIMISTER	32:57	
Kirstie GRAHAM	33:14	
Warren JOHNS	33:44	
Claire JOHNSON	34:48	
Jenny HEARNDEN	34:49	
Heather GRAHAM	35:20	PB
Catherine CHAMBERLAIN	35:22	
Jade LEAHY	35:30	
Grace TYRRELL	36:19	
Rebecca WHITE	37:46	
Janet SHAW	39:50	
Andy WHITE	40:08	
Lucy CHIDGEY	42:56	
Louise DONAGHY	43:01	PB
Geraldine MAY	45:51	
Hannah PAINE	01:01:26	

Du Bois de Boulogne, Paris	7 Sept	
Sarah BARRON	29:45	PB

Portsmouth Lakeside	7 Sept	
Kevin SAUNDERS	26:13	

Fareham	7 Sept	
David MALLARD	18:53	
Ray GUNNER	19:41	
Alison LAWRENCE	27:05	
Tom MELLOR	30:38	
Wendy SMITH	44:11	
Andrew SMITH	44:11	

Heartlands	7 Sept	
Martin PARSONS	27:16	

Southampton	14 Sept	
Louise NICHOLSON	35:00	

Whiteley	14 Sept	
Tommy BLAKE	18:08	PB
Hollie SMITH	19:45	PB
Sean BENDELL	19:54	
Matt EMERY	20:31	
Robert EGERTON	20:40	
Phillip TOWNLEY	20:48	PB
Kieran CHAPLIN	21:01	
Steve TROTMAN	22:15	PB
Bryan NEWELL	22:58	
Kevin FINCH	23:27	
Ben GRAHAM	23:46	
Jamie EARLEY	24:35	
Philip PAGE	25:02	
Mark TUCKER	25:16	
Rachael PAYNE	25:32	
Helen BENSON	25:35	
Laura ROLLAND	26:55	
Amy FOX	27:13	
Rob WILLIAMS	27:37	
William GILL	29:34	
Kim ACHURCH	31:06	
Richard JACKS	31:07	
Rachel GOOZEE	32:52	

Oldham	14 Sept	
Andy SIMPSON	19:52	
Diane WILSON	33:24	PB

Eastleigh	14 Sept	
Tom CALLAWAY	21:16	
Haydn BROWN	22:15	

Newbury	14 Sept	
Aaron KINGSTON	21:13	

Kettering	14 Sept	
Beverly WOOLCOCK	27:07	

Eden Project	14 Sept	
Carl SCHAFER	33:51	

Netley Abbey	14 Sept	
Nick CUFF	19:28	PB
Stuart BOTTOMLEY	20:51	

Blackhill	14 Sept	
Claire LIGHT	26:02	

Chichester	14 Sept	
Jonathan HARRINGTON	27:43	

Tamar Lakes	14 Sept	
Martin PARSONS	27:22	

Portsmouth Lakeside	14 Sept	
Angela PRICE	32:37	
Tina MACKAY	38:11	

Fareham	14 Sept	
Iain CROSS	17:59	PB
Gareth CHARLES	19:10	PB
Ray GUNNER	19:16	
Kevin SAUNDERS	25:45	
Melissa BARHAM	29:11	
Heather GRAHAM	34:45	
Catherine CHAMBERLAIN	36:41	PB
Kirstie GRAHAM	38:36	
Louise DONAGHY	42:19	PB
Lucy CHIDGEY	42:20	PB
Wendy SMITH	42:23	
Andrew SMITH	45:49	

Hogmoor Inclosure	14 Sept	
David MALLARD	19:22	PB
Thomas MCCLEMENTS	21:33	
Alison LAWRENCE	27:05	PB
David MACSWAYNE	36:44	

Mountbatten School	14 Sept	
Keith WHITAKER	28:26	PB

Whiteley	21 Sept	
Rob GREENWOOD	17:31	
Sean BENDELL	20:56	
Marcus LEE	21:10	
Russell WISEMAN	22:27	
Richard KIMBER	23:29	PB
Matt SMITH	23:43	
Mark TUCKER	24:44	
Greig BENSON	25:00	
Jack GOOZEE	25:15	
Rachael PAYNE	25:48	
Dave JUDSON	26:10	PB
Helen BENSON	26:30	
William GILL	29:06	
Kate RANT	30:49	
Gareth CHARLES	30:49	
Richard JACKS	30:58	
Marie MCDONALD	31:38	
Claire JOHNSON	32:01	PB

Lee-on-the-Solent	14 Sept	
Lewis BANNER	17:28	
Mark WESTBROOK	18:17	
Steve CUMES	19:12	PB
Russ COLEMAN	19:19	
Jon PLOMER	19:31	
Graham MARTIN	19:34	
Richard EDMUNDS	20:30	
Ian MILES	20:38	PB
Amie MORGAN	20:46	PB
Phil MORGAN	20:47	
Mike BELL	20:49	
Jonathan O'NEIL	20:58	PB
Matthew EVANS	20:59	
Maria MILLICAN	21:35	
Graham DONNACHIE	21:56	
Tim MATTHEWS	22:15	
Chris WHEELER	22:23	PB
Andy LEE	22:38	
Chris DAVIDSON	23:01	
Mick WELLAND	23:13	
Lara EVANS	23:58	
Philip MAY	24:35	
Katy BRADLEY	24:55	
Toby EVANS	25:05	
Ashley LOVELL	25:07	
Paul HAMMOND	25:18	
Cathy WEBB	25:54	
Simon GIBBON	26:22	
Wendy HAWXWELL	26:23	PB
Nigel WHITCHER	26:36	
George HOWARTH	26:51	
Andy WHITE	26:53	
Russell MEAD	27:07	
Marina ODEY	27:23	
Martyn BANNER	27:53	
Gaynor HEFFER	28:02	
Peter REDMAN	28:42	
Laura DEVINE	28:45	
Andy RICHARDSON	28:47	
Jodie FRANCIS	29:26	
Karen CHARLTON	29:32	PB
Rebecca WHITE	29:37	
Martin READ	29:39	
Sarah CLANSEY	29:40	
Lucinda LE GASSICK	30:21	
Sara MCRITCHIE	30:22	
Joanna REED	30:44	
Lisa DONN	30:45	
Millie HOSKINS	30:45	
Louisa KNIGHT	31:08	
Vicky WILLIAMS	31:37	
Warren JOHNS	32:32	
Claire JOHNSON	32:40	
Susan BONNAR	32:52	
Richard BAILEY	32:55	
Ann COOPER	33:42	PB
Kelly BENNETTS	34:09	
Sarah NORTHCOTT	34:09	
Janet SHAW	34:56	
Gail OSBORNE	36:01	
Stuart NICHOLSON	36:02	
Neil ALLEN	37:24	
Geraldine MAY	38:47	
Cliff SHAW	1:01:00	

Basingstoke	21 Sept	
Jon PLOMER	20:51	

Southsea	21 Sept	
Chris WHEELER	22:56	PB
Toby EVANS	25:46	PB

Havant	21 Sept	
Louise NICHOLSON	36:39	

Eastleigh	21 Sept	
Tom CALLAWAY	21:14	
Haydn BROWN	31:22	

Gunnersbury	21 Sept	
Janet SHAW	31:21	

Lymington Woodside	21 Sept	
Andy WHITE	27:39	
Rebecca WHITE	27:39	

Winchester	21 Sept	
Gordon WESTLEY	26:50	

Lee-on-the-Solent	21 Sept	
Tommy BLAKE	18:42	
David JENNINGS	19:53	
Richard BAILEY	20:49	
Tim MATTHEWS	22:59	
Paul HAMMOND	23:13	
Ashley LOVELL	23:29	
Philip MAY	23:35	
Mick WELLAND	23:57	
Richard BURNS	24:47	
Sally GEE	24:52	
Simon HEARNDEN	25:07	
Gaynor HEFFER	25:10	
Nigel WHITCHER	25:32	
Vernon WILDE	26:27	
Alison HESSELBERTH	26:28	
John BLAKE	28:34	
Jade Lorelle EATON	29:16	
Richard WEEKS	29:35	
Martin READ	29:53	
Gillian SHUTLER	30:14	
Sarah CLANSEY	30:19	
Sara MCRITCHIE	30:22	
Kirstie GRAHAM	30:49	
Louisa KNIGHT	31:36	
Diane WILSON	31:37	
Sarah BARRON	32:04	
Claire HANRAHAN	32:07	PB
Sarah NORTHCOTT	32:12	
Kelly BENNETTS	32:12	
Peter REDMAN	32:28	
Stuart NICHOLSON	32:30	
Sue SIMISTER	33:04	
Angela PRICE	33:25	
Mark SHEPHERD	34:13	
Jenny HEARNDEN	34:16	
Joanna REED	34:43	
Heather GRAHAM	35:32	
Sarah READ	36:47	
Geraldine MAY	39:46	

Netley Abbey	**21 Sept**	
Stuart BOTTOMLEY	20:43	PB
Jamie EARLEY	22:45	
Caroline STREET	33:52	
Beeston	**21 Sept**	
Martyn BANNER	28:04	
Portsmouth Lakeside	**21 Sept**	
Kevin SAUNDERS	25:43	
Fareham	**21 Sept**	
David MALLARD	19:21	
Ray GUNNER	19:38	
Richard EDMUNDS	21:16	
Andy RICHARDSON	25:09	PB
Alison LAWRENCE	25:29	
Woolacombe Dunes	**21 Sept**	
Martin PARSONS	34:25	
Ifield Mill Pond	**21 Sept**	
Martin DE WIED	28:04	
Keith WHITAKER	28:58	
Whiteley	**28 Sept**	
Steve CUMES	19:52	
Russell WISEMAN	20:24	
Matt EMERY	20:43	
Hannah MOLYNEAUX	20:55	
Mike BELL	21:21	
Chris HALL	21:43	
Sean BENDELL	22:41	
Jamie EARLEY	23:21	
Richard KIMBER	23:22	PB
Bryan NEWELL	23:35	
Philip PAGE	24:23	
Mark TUCKER	24:27	
Mark JENKINS	24:49	
Steve TROTMAN	25:07	
Rachael PAYNE	25:48	
Ben GRAHAM	25:57	
Helen BENSON	26:43	
Steven HYLAND	27:06	
Laura ROLLAND	28:34	
William GILL	29:13	
Martin PARSONS	29:32	
Martin READ	29:41	
Tiffany SKERRATT	30:19	
Rachel GOOZEE	32:06	
Jack GOOZEE	32:07	
Hannah PAINE	32:07	

Highbury Fields	**28 Sept**	
Emmeline WHITE	26:02	
Royal Tunbridge Wells	**28 Sept**	
David Matthew CASTLE	19:55	
Eastleigh	**28 Sept**	
Tom CALLAWAY	21:35	
Haydn BROWN	29:39	
Upton House	**28 Sept**	
Aaron KINGSTON	21:00	
Concord, Sheffield	**28 Sept**	
Richard JACKS	22:28	
Netley Abbey	**28 Sept**	
Michael GREGORY	17:17	
Rebecca Margaret LORD	22:09	
Stephen ANDREWS	22:11	
Phillip TOWNLEY	23:49	
Katherine BURDETT	29:42	
Portrush	**28 Sept**	
Martyn BANNER	31:20	
Alice Holt	**28 Sept**	
Vernon WILDE	26:35	
Mulbarton	**28 Sept**	
Louise NICHOLSON	33:35	
Queen Elizabeth	**28 Sept**	
Martin DE WIED	33:02	
Tooting Common	**28 Sept**	
Keith WHITAKER	28:19	
Portsmouth Lakeside	**28 Sept**	
Dave THORPE	27:04	
Kevin SAUNDERS	28:33	
Tina MACKAY	38:56	
Fareham	**28 Sept**	
Tim CRUMPTON	23:36	PB
Andy RICHARDSON	27:36	
Melissa BARHAM	30:01	
Tom MELLOR	31:56	
David MACSWAYNE	41:36	
Cirencester	**28 Sept**	
Janet SHAW	30:05	
Cliff SHAW	33:40	
Severn Bridge	**28 Sept**	
Chris WHEELER	25:32	
Toby EVANS	26:27	

Lee-on-the-Solent	**28 Sept**	
Josh CULLEN	18:52	
Andy SIMPSON	19:09	
Graham MARTIN	20:13	
Richard BAILEY	21:26	
Graham DONNACHIE	22:00	
Katy BRADLEY	22:11	PB
Andrew MORGAN	23:26	
Simon BACON	23:37	
Tim MATTHEWS	23:45	
John BLAKE	24:37	
Ashley LOVELL	24:43	
Dominic SHEPHERD	24:55	
Philip MAY	25:51	
Jade Lorelle EATON	26:42	PB
Andy LEE	26:46	
Laura DEVINE	28:26	
Andy WHITE	29:01	
Kirstie GRAHAM	30:19	PB
Joanna REED	30:34	
Julia WEBB	31:15	
Sue MOORE	31:16	
Richard WEEKS	31:21	
Lucinda LE GASSICK	31:41	
Peter REDMAN	32:20	
Stuart NICHOLSON	33:05	
Catherine YARROW	33:07	
Louise TANNER	33:09	
Sandie MCINTOSH	33:12	
Diane WILSON	33:26	
Kelly BENNETTS	33:27	
Sarah NORTHCOTT	33:27	
Claire JOHNSON	33:33	
Jonathan HARRINGTON	33:35	
Ann COOPER	33:41	PB
Susan BONNAR	34:03	
Andy DONN	35:56	
Jane BODMAN	35:57	
Geraldine MAY	39:15	
Mountbatten School	**28 Sept**	
Jonathan WARNER	19:46	
Phil MORGAN	19:53	
Amie MORGAN	22:46	
Mick WELLAND	23:52	
Southampton	**28 Sept**	
Gordon WESTLEY	26:31	
Havant	**28 Sept**	
Jon PLOMER	21:28	PB
Torbay Velopark	**28 Sept**	
David MALLARD	19:11	
Alison LAWRENCE	24:50	