

The

Green *Runner*

November 2019



FROM THE CHAIR

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring.

Saturdays see the Hants, Southern and National XC races so look out for adverts for these from our team captains. Sundays see the CC6 and Southern cross country series – Sally McGrath is our contact for the former and Lisa Donn for the latter.

We had a great turnout of Stubbies at the Great South Run again this year and it was good to see many great performances on the day – hopefully you all heard our shout outs as you passed – sorry some were just “Come on Stubby” but with nearly 120 members running this race it’s fair to say that there were Stubbies everywhere. It seems like the club zone went down well again this year so let’s hope that this becomes a permanent fixture.

The awards evening is all ready for the 9th and again is a sold out social event this year. We will have to start looking for a bigger venue!. Don’t forget to warm up by doing the Hampshire Cross Country in the afternoon.

I am pleased to say that we nearly have a 100% complete helper and marshal list for the 10k which 2 months before the race is a fantastic result so thank you to everybody that has put their name forward. We can always find jobs for people so if you still want to volunteer please contact Sara McRitchie to let her know you can help.

Happy Running

Kevin



PIECES OF EIGHT

69	Jamie Nunn	01:06:58
252	Claire Hanrahan	01:27:46
59	Phillip Page	01:06:06
74	Adam Gray	01:08:29
164	Julia Lawton	01:17:22
207	Melissa Barham	01:21:15
213	Kate Vaughan	01:21:59
214	Simone Shephard	01:21:59
235	Hannah Paine	01:25:16
239	Liz James	01:25:28
249	Joanna Reed	01:27:22
274	Angela Price	01:30:04
335	Janice Allen	01:41:38
336	Cat Groves	01:41:59
338	Jane Bodman	01:42:02
339	Debbie Adams	01:42:47
353	Neil Allen	01:47:14

CLARENDON MARATHON

310	Sara Mcritchie	06:11:26
311	Stuart Bamberger	06:11:28

CLARENDON HALF MARATHON

14	Steve Cumes	01:37:37
27	John Parker	01:42:48
28	Victoria Shaw	01:43:08
62	Nick Crane	01:54:54
82	Paul Hammond	01:58:22
83	Nicola Willoughby	01:58:22
84	Karen Salmon	01:58:22
94	Maria Millican	01:59:44
111	Andy Lee	02:04:34
123	Sally Mcgrath	02:07:23
167	Nigel Whitcher	02:14:31
182	Elizabeth Miles	02:19:57
183	Andrew Miles	02:19:57
211	Wendy Hawxwell	02:22:33
232	Gaynor Heffer	02:26:52
233	Simon Gibbon	02:26:52
319	Mike White	04:09:52

CAPTAINS CORNER

October has been a mixed weather month, but generally speaking it's been "alright on the night" for most of our big races and events.

Thank you to everyone who helped with the marshalling of our CC6 race at Manor Farm which was another successful race. Special thanks to Sally McGrath and her helpers for organising the race. The next race in the series is Dibden Inclosure on 24th November.

The Pieces of 8 Race is always a popular event, fits well for The Great South training, but is a great event on its own, always has amazing bling!! The weather was very kind this year with blue skies, but the headwind was definitely there too! Really well done to all our Stubbies that ran, full results further on with lots of PB's being celebrated.

Chichester Half Marathon was on the same day, perfect conditions again for this race with the challenge of The Trundle hill. Well done to Sarah Barron, Tracey Terry, Lindsay Drysdale-Pratt, Jonathan Harrington and Sue Moore especially for the photo evidence that seeing a cameraman does make you change your race face!!

Hampshire League XC – first race of the season held at Kings Park, Bournemouth. Proper wet and muddy cross country weather, the club Gazebo was much appreciated I think! We got a total of 4 teams out with the senior ladies 10th and vet ladies 3rd. Senior men 1st and vet men 11th for the Green Army. So really well done to 45th Nikki Roebuck, 72nd Katy Bradley, 78th Tina Chantrey, 141st Claire Kelson, 150th Laura Kay, 176th Melissa Barham and 178th Gilly Shutter. For the Men we had 80th Iain Cross, 104th Mark Westbrook, 110th Dan Foster, 114th Andy Simpson, 174th John Blake, 186th Tom Callaway and 230th Gordon Westley. Great to see new faces out there for this race, trying their first XC for the club! Let's hope we keep this up throughout the season now. Next race is Saturday 9th November at Sparsholt College, Winchester.

Southern XC series started at Pamber Forest with us just having another ladies to score. The ladies were Lucy May 61st, Sara McRitchie 157th and Melissa Barham 170th. The men had Iain Cross leading home the Stubbies in 12th, Chris Sandy 16th, Jon Warner 35th, Andy Simpson 58th, Jon Leigh 198th and Stuart Bamberger 270th. The ladies were 21st on the day and men 10th which left us overall in 16th. The next Southern XC is a local one at QE Park after the awards night on Sunday 10th November.

Jon Warner has had an incredible month – Atlantic Coast Challenge of 3 marathons in 3 days, finishing an incredible 4th place overall and 1st in his age category! Then to keep the winning streak going, an incredible Abingdon Marathon finish time of 2:49 and PB: Absolutely outstanding Jon. Congratulations on a phenomenal month!

Also taking on the epic Atlantic Coast Challenge was Marie McDonald. Was inspiring to see the photos of the 3 days and follow your incredible journey Marie. Such an incredible achievement. Huge congratulations to you also.

Bournemouth Marathon this month again saw beautiful conditions, really well done to Darren Tanner 4:42, David Jennings 3:32, Robert Egerton 3:43, Anna Wilby-Lopez 3:33 and making her marathon debut was Emma Baker with a fantastic 5hrs 2 minutes.

Clarendon Races had the offer of the Relay – well done to Amy Fox, John Blake as part of the 3rd mixed relay team on the day. Well done to Wendy Hawxwell for taking this on as her first half trail marathon, Steve Cumes 14th place overall with a fabulous time of 1hr 37!, John Parker 1:42 and Vicky Shaw 1:43, Paul

Hammond, Nigel Whitcher, Liz and Andy Miles, Nick Crane, Maria Millican, Nicola Willoughby, Karen Salmon, Gaynor Heffer, Andy Lee, Sally McGrath, Simon Gibbon and Mike White, well done all, and full marathon congratulations to Sara McRitchie and Stuart Bamberger for completing this tough event.

Rob Arkell achieved his new sub 9 hour PB at Ironman Barcelona this month. Finishing in an incredible 8hrs 53 minutes! Amazing result Rob. I know lots of the club were glued to the IM tracker that morning!

Yorkshire Marathon we got to celebrate our very own Captain Andy Simpson straying from the green vest into the white and red of England!!!! A sterling achievement on the day after battling injuries to finish in 3hrs 46. Really well done Andy, so good to see you still hogging that start line. Andy wasn't alone in this race, really well done also to Sarah Barron 5:00:08 and Andrew McEwan 3:06:03, great results all round!

Last but not least it has to be The Great South Run! Love it or not, this is a huge event locally and such a fantastic atmosphere attracting top elite athletes (us of course!) This year we had the club Zone again (thank you Sara!) which I know we all agreed made the day that extra bit special. I am unsure how many of us there were but it felt like the Green Army invasion! We do know how to organise a cake and run occasion incredibly well! Conditions were perfect, cool, sunny and no strong breeze.

We had countless PB's on the day, milestone achievements for this distance of 10 miles, first GSR's and supposedly for some, last GSR's (will it really be??!!). Crowd support was probably the best ever I felt and some tweaks to the start line meant a less congested first mile.

Personally my favourite ever year, I can thoroughly recommend buddying up with an inflatable horse for running company! Such an incredible achievement John Cox, the entire 10 miles in a plastic, non-breathable suit – and not even for charity or sponsorship!! And all done in 1hr 36mins including battery changes, food and water stops! I've already signed up for next year!

Well done each and every one of you for a Great South Run to remember. The facebook photos and stories were so inspiring, Im confident we will have an even bigger Green Army in 2020.

On Facebook, we have mentioned about cross-country championships coming up over winter. Just to remind everyone who may not have voiced an interest so far these dates are as follows, Masters 7th December at Oxford, Hampshires 4th January at Fairthorne Manor, Southern 25th January at Parliament Hill and Nationals 22nd February at Nottingham. The races are men's and ladies races with men running 10-15km and ladies 6-8km, you need to be UKA affiliated. I (Andy) will do group entries for each championship, so please let me know if you are interested in doing one or all of these races, I will recap nearer the time the people who have already said their interested. Closing date for entries is 20th November for all the championships.

Have an enjoyable November, lots of cross country and coastal marathon training runs going on!



BOURNEMOUTH MARATHON

220	David Jennings	03:32:49
223	Anna Wilby-lopez	03:33:09
330	Robert Egerton	03:43:35
1317	Darren Tanner	04:42:54
1641	Emma Baker	05:02:48

BOURNEMOUTH HALF MARATHON

24	Rob Greenwood	01:18:59
2296	Kimberley Achurch	02:09:33

BOURNEMOUTH 10K

118	Kieran Chaplin	43.38
905	Clara Fordina	58.14

Southern Cross Country League Pamber

61	Lucy May
157	Sara Mcritchie
170	Mel Barham
12	Iain Cross
16	Chris Sandy
35	John Warner
58	Andy Simpson
198	Jon Leigh
270	Stuart Bamberger

CHICHESTER HALF MARATHON

507	Tracey Terry	02:14:37
562	Jonathan Harrington	02:19:31
647	Lindsay Pratt	02:28:44
704	Sarah Barron	02:39:16

THE STICKLER

17	William Feline	01:15:49
36	Steve Cumes	01:19:00
41	Mike White	01:19:57
44	Victoria Shaw	01:20:12
62	David Jennings	01:22:15
79	Neil Stantiall	01:24:20
144	Nick Crane	01:33:04
226	Maria Millican	01:40:49
376	Tracy Langdale	01:56:53

HANTS XC Bournemouth

80	Iain Cross	36.53
104	Mark Westbrook	38.30
110	Daniel Foster	38.41
114	Andy Simpson	38.44
174	John Blake	43.01
186	Tommy Callaway	43.58
230	Gordon Westley	50.30
45	Nikki Roebuck	25.24
72	Katy Bradley	27.21
78	Tina Chantrey	26.74
141	Claire Kelson	32.48
150	Laura Kay	33.36
176	Mel Barham	37.47
178	Gilly Shutler	39.20

CHICHESTER 10 MILE

12	Graham Donnachie	81.56
63	Shelley Thomas	01:45:37

CARDIFF HALF

69	Christopher	Brobin	01:15:35
778	Richard	Cassell	01:32:27
11879	Sarah	Gardiner	02:22:46
12305	William	Gill	02:21:37

Cabbage Patch 10

107	Phil Morgan	01:06:36
262	Amie Morgan	01:14:28

Abingdon Marathon

37	Jonathan WARNER	02:49:16
198	Alistair WAKEFIELD	03:08:34

Rhein Energie Half Koln

2668	Dominic Shepherd	01:51:56
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Dramathon Marathon

21	Mark McDonald	03:30:48
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KINGSTON HALF

1429	Louise Nicholson	02:31:07
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BASINGSTOKE HALF

11	Mark Westbrook	01:24:28
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Yorkshire Marathon

1187	Andy Simpson	03:46:20
3586	Sarah Barron	05:01:45

Studland Stampede

208	Rob Williams	01:14:57
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DENMEAD 10K

48	Phil Page	00:53:05
100	Stuart Bamberger	01:02:18
101	Sara McRitchie	01:02:19

ATLANTIC COAST CHALLENGE

5th	Jonathan Warner	14:47:48
96	Marie McDonald	21:02:48

ROYAL PARKS HALF

12808	Grace Tyrrell	02:30:26
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THE GREAT SOUTH RUN

52	Rob Greenwood	00:57:05
75	Lewis Banner	00:58:00
175	Mark Westbrook	01:01:51
340	Steve Cumes	01:05:53
374	john parker	01:06:28
376	Graham Martin	01:06:29
468	David Jennings	01:07:39
476	Matt Emery	01:07:48
599	Sean Bendell	01:09:20
677	Robert Egerton	01:10:14
794	matthew evans	01:11:18
821	Daniel Elliott	01:11:33
831	Yvonne Abrams	01:11:38
865	Stewart Pepper	01:11:56
912	Russell Wiseman	01:12:18
939	Ian Miles	01:12:29
969	Richard Mackay	01:12:40
1006	Jonathan Plomer	01:12:59
1076	Kieran Chaplin	01:13:27
1089	James Bampton	01:13:33
1190	Greig Benson	01:14:10
1224	Marcus Lee	01:14:21
1225	Ben Graham	01:14:21
1277	Bryan Newell	01:14:43
1293	Katy Bradley	01:14:47
1331	Stuart Bottomley	01:14:59
1477	Russell Mead	01:15:56
1528	Jamie Earley	01:16:20
1557	Amy Fox	01:16:29
1713	Romy Barton	01:17:14
1986	Steve Fidler	01:18:20
2169	Ashley Lovell	01:19:08

2206	Matt Smith	01:19:19
2376	lara evans	01:20:00
2522	Dominic Shepherd	01:20:38
2744	mark jenkins	01:21:37
2783	Kevin Finch	01:21:46
2793	Jack Goozee	01:21:47
2956	Claire Light	01:22:21
2959	Tim Matthews	01:22:22
2975	Paul Fardell	01:22:25
3006	Simon Bacon	01:22:33
3149	Alison Lawrence	01:23:05
3374	Richard Burns	01:23:56
3786	GEMMA CHRISTIE	01:25:22
3851	Chris Wheeler	01:25:35
3859	Steve Aspinall	01:25:37
4037	Harry Barton	01:26:08
4141	Rhys McDonnell	01:26:31
4248	Alison Pepper	01:26:50
4522	Richard Jacks	01:27:43
4638	Cliff Shaw	01:28:03
4852	Tracie Jarvis	01:28:43
4884	Aga Plombon	01:28:48
5208	Dawn Haynes-sewell	01:29:41
5525	katherine Chamberlain	01:30:47
5528	Jade Botterill	01:30:47
5540	Louise Tanner	01:30:49
5605	Tracey Terry	01:31:00
5607	Laura Devine	01:31:00
5666	Wendy Hawxwell	01:31:10
5687	martin de wied	01:31:14
5714	Jenna Lloyd	01:31:18
5762	Ben Piper	01:31:25
5763	Charlotte Underwood	01:31:25
5807	Helen Benson	01:31:34
5956	Martin Parsons	01:32:07
6103	Karen Charlton	01:32:34
6176	Jodie Francis	01:32:47
6445	David Judson	01:33:34
6529	Cath Dilley	01:33:49
6561	Julie Dinwoodie	01:33:55
6621	Gail Osborne	01:34:06
6622	Stuart Nicholson	01:34:06
6795	Mandy Burton	01:34:38
6888	Julia Lawton	01:34:52
6903	Laura ROLLAND	01:34:54
7256	Cathy Webb	01:35:57
7460	Jonathan Harrington	01:36:32

7475	Pam Kemp	01:36:35
7510	heather hudson	01:36:40
7522	Lisa Donn	01:36:41
7523	John Cox	01:36:41
7564	Julia Webb	01:36:49
7772	Rob Williams	01:37:23
8296	Janet Shaw	01:38:50
8475	Sara McRitchie	01:39:20
8476	Stuart Bamberger	01:39:20
8765	jo mcquaid	01:40:07
8959	Toby Evans	01:40:44
9427	Michael Wootton	01:42:14
9501	melissa barham	01:42:27
9698	Richard Weeks	01:43:05
9738	Ali Hogg	01:43:13
9772	Kate Vaughan	01:43:20
9789	SARAH CLANSEY	01:43:24
10436	Louisa Knight	01:45:34
10502	Hannah Paine	01:45:46
10823	Chris Hall	01:47:03
11400	Ansie Newman	01:49:08
11744	Katharine Tucker	01:50:31
11783	Grace Tyrrell	01:50:43
11959	Helen Ayling	01:51:32
12108	Peter Redman	01:52:12
12124	Louise Nicholson	01:52:16
12232	Rona Johnson	01:52:44
12918	Liz James	01:55:55
12955	Susan Bonnar	01:56:07
13139	Keith Nicholson	01:57:04
13165	Sandie McIntosh	01:57:11
13171	Amanda Knight	01:57:12
13176	Ann Cooper	01:57:15
13889	cheryl burgess	02:02:04
14323	katherine clifford	02:05:23
14934	Tracy Jenkins	02:11:59
14940	Greg Rowe	02:12:05
15033	Tina Mackay	02:13:29
15169	Debbie Adams	02:15:09
15170	Jane Bodman	02:15:10

Winter Time Trial - October

We had 17 runners for the first Winter time trial which included a non-member lady who had been let down by our friends so joined in our run. On the night, we had 3 male improvers with the biggest improver being Stephen Andrews by 19 seconds winning the big box of chocolate biscuits. Sadly no lady improvers this month. The randomator winner was John Parker who

scooped a tub of Roses. The next time trial is 14th November, looking forward to seeing you all there.
- *Andy Simpson*

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10th Oct 2017
Ladies's	Beccy Lord	19.42	10th Oct 2017

Name	Best 2017/2018/2019	October	Months Best	Total Yearly Best 2018
		17	3	3
Stephen Andrews	23.54	23.35	-0.19	-0.19
Daniel Foster	20.30	20.14	-0.16	-0.16
Nick Crane	24.44	24.31	-0.13	-0.13
Carl Schafer	27.50	30.29		
George Howarth	25.29	28.30		
Graham Martin	21.49	22.19		
Iain Cross	19.08	19.43		
James Bampton	21.29	22.13		
John Parker	22.04	27.49		
Jon Leigh	22.49	24.32		
Maria Millican	23.11	24.32		
Mark Jenkins	26.30	26.30		
Rhona Phillips	29.11	29.11		
Richard Edmunds	22.33	22.33		
Richard Jacks	22.56	22.56		
Rob Egerton	22.53	22.53		
Visitor				
Kali Kalirai	33.10	33.10		



Southampton	5 October	
Millie HOSKINS	29:06	PB
Southsea	5 October	
Gareth CHARLES	19:22	PB
Kate RANT	24:43	
Carl SCHAFER	29:25	
Whiteley	5 October	
Sean BENDELL	20:19	
Matt EMERY	20:33	
Marcus LEE	21:02	
Greig BENSON	21:13	
Nikki ROEBUCK	21:20	
Stuart HALL	21:45	
Simon VINGOE	22:56	
Richard KIMBER	23:24	
Gavin RENNIE	23:26	
Philip PAGE	23:46	
Mark JENKINS	24:00	PB
Amy FOX	24:17	
Ben GRAHAM	24:18	
Bryan NEWELL	24:46	
Mark TUCKER	25:37	
Rachael PAYNE	26:28	
Martin PARSONS	26:55	
Dave JUDSON	28:10	
Martin DE WIED	29:26	
Kim ACHURCH	31:11	
Richard JACKS	31:11	
Keith WHITAKER	31:40	
William GILL	31:56	
Tiffany SKERRATT	34:01	
Helen BENSON	35:18	
Milton Keynes	5 October	
Will FELINE	18:19	
Laura WAINWRIGHT	22:58	
Royal Tunbridge Wells	5 October	
David Matthew CASTLE	19:08	
Eastleigh	5 October	
Tom CALLAWAY	21:35	
Haydn BROWN	29:13	
Newbury	5 October	
Tomas STINSON	23:20	
Eastville	5 October	
Steve TROTMAN	26:37	

Queen Elizabeth	5 October	
Tina MACKAY	44:34	PB
Lee-on-the-Solent	5 October	
Mark WESTBROOK	18:19	
Tommy BLAKE	18:29	
Phil MORGAN	19:01	
Josh CULLEN	19:19	
Graham MARTIN	19:22	
Richard BAILEY	19:42	
John BLAKE	20:22	PB
Mike BELL	20:39	
Ian MILES	20:44	
Amie MORGAN	21:30	
Matthew EVANS	21:39	
Jon PLOMER	21:56	
Penny FORSE	22:33	
Lara EVANS	23:04	
Philip MARTIN	23:05	
Dominic SHEPHERD	23:11	PB
Mick WELLAND	23:43	
Jonathan O'NEIL	24:30	
Zac CONATY	25:48	
Alison HESSELBERTH	26:05	
Alison BYATT	26:24	
Rob WILLIAMS	26:26	
Cathy WEBB	26:28	
Laura DEVINE	26:48	
Cliff SHAW	26:52	
George HOWARTH	27:22	
Martyn BANNER	27:31	
Kathy CHAMBERLAIN	28:02	
Sarah NORTHCOTT	28:24	
Janet SHAW	28:59	
Richard WEEKS	29:04	
Kirstie GRAHAM	29:20	PB
Sarah CLANSEY	29:35	
Claire PEAL	30:01	
Sue ROBINSON	30:35	
Catherine YARROW	31:08	
Louise TANNER	31:14	
Julia WEBB	31:18	
Diane WILSON	31:19	PB
Claire JOHNSON	33:16	
Jonathan HARRINGTON	33:17	
Natalie FLACK	33:18	
Sandie MCINTOSH	34:10	
Claire MEAD	34:10	
Jenny HEARNDEN	34:18	
Warren JOHNS	34:23	
Stuart NICHOLSON	35:06	
Gail OSBORNE	35:07	
Sarah READ	35:16	
Anita TITCOMBE	36:17	
Lucy CHIDGEY	41:17	
Louise DONAGHY	41:27	PB
Heather GRAHAM	41:28	
Angela PRICE	41:51	

Netley Abbey	5 October	
Iain CROSS	18:56	
Stuart BOTTOMLEY	20:40	PB
Rebecca Margaret LORD	20:43	
Stephen ANDREWS	21:51	
Katherine BURDETT	26:55	PB
Portsmouth Lakeside	5 October	
Dave THORPE	19:06	PB
Kevin SAUNDERS	26:16	
Fareham	5 October	
David MALLARD	18:38	
Jack TUCKWELL	22:40	
Vernon WILDE	24:06	PB
Andy LEE	25:21	
Alison LAWRENCE	29:12	
Melissa BARHAM	31:31	
Wendy SMITH	43:49	
David MACSWAYNE	48:20	
Southampton	12 October	
Carl SCHAFER	29:48	
Louisa ABBOTT	54:23	
Plymvalley	12 October	
Claire PEAL	30:01	
Whiteley	12 October	
Colin TRIGG	18:37	
Russell WISEMAN	20:34	
Greig BENSON	22:02	
Richard KIMBER	22:06	PB
Jack GOOZEE	22:33	
Matt EMERY	22:39	
Rachael OPENSHAW	23:11	
Bryan NEWELL	23:29	
Jamie EARLEY	23:57	
Amy FOX	24:17	
Ben GRAHAM	24:18	
Mark JENKINS	24:24	
Rachael PAYNE	26:13	
Toby EVANS	26:45	
Chris WHEELER	26:46	
Alethea ADAIR-STANTIAL	27:00	
Kim ACHURCH	27:01	
Richard JACKS	27:01	
Helen BENSON	27:10	
Steve TROTMAN	27:26	
Aga PLOMBON	27:30	PB
Laura ROLLAND	27:53	
William GILL	28:45	
Katharine TUCKER	29:16	
Mark TUCKER	29:16	
Tiffany SKERRATT	29:17	
Martin READ	29:29	
Pamela KEMP	30:18	
Liz JAMES	30:19	
Hannah PAINE	32:04	



Eastleigh 12 October		Lee-on-the-Solent 12 October		Eastleigh 19 October	
Haydn BROWN 23:24		Tommy BLAKE 18:05		Tom CALLAWAY 21:58	
Queen Elizabeth 12 October		James MACKINNON 18:23		Haydn BROWN 22:01	
Maria MILLICAN 26:06		Graham MARTIN 19:43		Netley Abbey 19 October	
Andy LEE 27:05		Simon HEARNDEN 20:38		Stephen ANDREWS 24:14	
Portsmouth Lakeside 12 October		Marcus LEE 20:59		Queen Elizabeth 19 October	
Lewis BANNER 16:48 PB		Jon PLOMER 21:03		Will FELINE 19:14 PB	
Stephen ANDREWS 21:24 PB		Ian MILES 21:12		Weymouth 19 October	
Kevin SAUNDERS 25:26		Mark John EATON 21:28		Robert CRANSTONE 21:01	
Martyn BANNER 28:07 PB		Andrew MORGAN 21:35		Sarah CRANSTONE 24:46	
Martin DE WIED 30:51		Kieran CHAPLIN 22:10		Rushmoor 19 October	
Fareham 12 October		Tim MATTHEWS 22:30		Kelley HANIVER 20:34	
David MALLARD 18:58		Philip MARTIN 23:20		Crissy Field 19 October	
Josh CULLEN 19:36		Philip PAGE 23:44 PB		Daragh HENDLEY 18:06	
Katherine BURDETT 27:03		Kate RANT 24:29		Lee-on-the-Solent 19 October	
Alison LAWRENCE 27:06		Zac CONATY 24:40		Rob ARKELL 18:01	
Keith WHITAKER 28:55		Paul HAMMOND 24:46		Rebecca Margaret LORD 18:08 PB	
Ray GUNNER 29:43		Nigel WHITCHER 24:50		Tommy BLAKE 18:24	
Melissa BARHAM 29:58		Phil MORGAN 24:55		Mark WESTBROOK 19:06	
Tom MELLOR 32:20		Amie MORGAN 24:55		Richard BAILEY 20:19	
Andrew SMITH 45:42		Mick WELLAND 24:56		Matt EMERY 20:49	
Blackpool 12 October		Philip MAY 25:12		Katy BRADLEY 22:08 PB	
Kelley HANIVER 20:23		Tracie JARVIS 25:45 PB		Amie MORGAN 22:35	
Aachener Weiher 12 October		Martin PARSONS 25:56		Phillip TOWNLEY 23:04	
Dominic SHEPHERD 24:21		Simon GIBBON 26:04		Tim MATTHEWS 23:38	
Basingstoke 19 October		Catherine YARROW 26:05		Mick WELLAND 24:02	
Alison LAWRENCE 29:10		George HOWARTH 26:47		Nigel WHITCHER 24:43	
Southampton 19 October		Russell MEAD 27:22		Paul HAMMOND 24:44	
Aaron KINGSTON 20:48		Jules DINWOODIE 27:41		Dominic SHEPHERD 24:50	
Whiteley 19 October		Jodie FRANCIS 27:53		Zac CONATY 25:06	
Nikki ROEBUCK 20:37		Kirstie GRAHAM 28:08 PB		Sally WATFORD 25:07	
Sean BENDELL 22:20		Alison BYATT 28:15		Rebecca WHITE 25:11	
Russell WISEMAN 23:04		John SIMISTER 28:19		Andy WHITE 25:13	
Steve TROTMAN 24:12		Lucinda LE GASSICK 28:24		Gaynor HEFFER 25:48	
Jon LEIGH 24:50		Richard WEEKS 28:38		Chris STAPLEFORD 25:49	
Tracy LANGDALE 25:14		Emma BAKER 28:40		Stuart BAMBERGER 26:36	
Greig BENSON 25:44		Andy WHITE 28:52		George HOWARTH 27:12	
Danielle CRANSTONE 26:00		Janet SHAW 29:11		Rob WILLIAMS 27:40	
Jamie EARLEY 26:01		Cliff SHAW 29:12		Martyn BANNER 28:16	
Louisa ABBOTT 26:33		Gail OSBORNE 29:31		Claire PEAL 28:25	
William GILL 30:01		Sara MCRITCHIE 29:32		John SIMISTER 28:26	
Katharine TUCKER 30:04		Sarah CLANSEY 29:54		Martin READ 29:20	
Mark TUCKER 30:04		Jade Lorelle EATON 30:10		David OLDHAM 29:22	
Martin DE WIED 31:10		Sarah BARRON 30:12		Millie HOSKINS 29:27	
Martin PARSONS 54:28		Joanna REED 30:36		Sara MCRITCHIE 29:30	
		Diane WILSON 31:12 PB		Tiffany SKERRATT 29:44	
		Adam JOEL 31:15		Gillian SHUTLER 30:14	
		Vicky WILLIAMS 31:35		Claire MEAD 33:32	
		Sue SIMISTER 32:22		Gail OSBORNE 34:39	
		Stuart NICHOLSON 33:09		Stuart NICHOLSON 34:39	
		Peter REDMAN 33:10		Sian SNOOK 37:17 PB	
		Susan BONNAR 33:47		Elgin 19 October	
		Sophie BISSET 34:05 PB		Marie MCDONALD 24:49	
		Heather GRAHAM 34:13 PB			
		Catherine CHAMBERLAIN 34:47			
		Neil ALLEN 36:32			
		Sian SNOOK 37:24 PB			
		Geraldine MAY 38:36			
		Tina MACKAY 42:03			
		Janice ALLEN 42:03			



Whiteley junior	13 October		
Dylan CLARK	09:33		PB
Edwin CHOWNS	12:25		PB
Whiteley junior	20 October		
Edwin CHOWNS	14:56		

Dinton Pastures	19 October		
Carl SCHAFFER	28:46		
Fareham	19 October		
David MALLARD	18:52		
Ray GUNNER	20:15		
Maria MILLICAN	23:04		
Andy LEE	27:23		
Wendy SMITH	39:51		
Andrew SMITH	53:16		
Whiteley	26 October		
Phil MORGAN	18:55		PB
Sean BENDELL	20:37		
Nikki ROEBUCK	21:00		
Robert EGERTON	21:21		
Marcus LEE	21:30		
Amie MORGAN	21:32		PB
Russell WISEMAN	21:59		
Richard JACKS	22:17		
Anna WILBY-LOPEZ	22:29		
Steve TROTMAN	23:27		
Philip PAGE	23:29		
Greig BENSON	23:37		
Dominic SHEPHERD	23:42		
Bryan NEWELL	23:47		
Amy FOX	23:53		
Mark TUCKER	24:11		
Kevin FINCH	24:49		
Nigel WHITCHER	25:09		
Rachael PAYNE	25:53		
Kim ACHURCH	26:46		
Helen BENSON	26:58		
Louisa ABBOTT	27:29		
Keith WHITAKER	28:08		
Beverly WOOLCOCK	29:06		
Ali HOGG	29:22		
Liz JAMES	29:49		
Louise NICHOLSON	32:26		

Portsmouth Lakeside	19 October		
Gareth CHARLES	19:36		
Kate RANT	23:59		
Kevin SAUNDERS	25:23		
Eastleigh	26 October		
Haydn BROWN	29:25		
Jennifer HAMMOND	31:01		
Netley Abbey	26 October		
Rebecca Margaret LORD	20:20		
Carl SCHAFFER	28:35		
Longrun Meadow	26 October		
Laura ROLLAND	29:56		
Blandford	26 October		
Colin TRIGG	18:17		
Southampton	26 October		
Gareth CHARLES	19:15		
Kate RANT	23:25		PB
Portsmouth Lakeside	26 October		
Lewis BANNER	17:48		
Stephen ANDREWS	21:49		
Kevin SAUNDERS	25:30		
Fareham	26 October		
David MALLARD	19:20		
Matt EMERY	21:04		
Andy RICHARDSON	24:48		
Martin PARSONS	26:22		
Alison LAWRENCE	31:13		
Martin DE WIED	31:24		
Liz WEIGHELL	31:24		
Melissa BARHAM	32:42		
Andy LEE	36:12		
Dinton Pastures	26 October		
Chris WHEELER	28:02		
Toby EVANS	28:03		
Ifield Mill Pond	26 October		
Ray GUNNER	20:26		

Lee-on-the-Solent	26 October		
Tommy BLAKE	18:36		
Simon HEARN DEN	19:23		
Graham MARTIN	20:30		
John BLAKE	20:59		
Mike BELL	22:00		
Jonathan WARNER	22:28		
Tim MATTHEWS	24:03		
Philip MAY	24:44		
Jon LEIGH	25:05		
Philip MARTIN	25:05		
Lisa DONN	25:17		
Stuart BAMBERGER	25:50		
Cathy WEBB	26:54		
Jonathan O'NEIL	26:56		
Dawn HAYNES-SEWELL	27:02		
Dave JUDSON	27:25		
Jules DINWOODIE	27:54		
Catherine YARROW	28:16		
George HOWARTH	28:25		
Kathy WALSH	28:40		
Shelley THOMAS	28:47		
Richard WEEKS	29:27		
Alison BYATT	29:30		
Cameron SEWELL	29:53		
Gail OSBORNE	30:07		
Sara MCRITCHIE	30:14		
Jonathan HARRINGTON	31:07		
Sarah CLANSEY	31:24		
Louisa KNIGHT	32:44		
Diane WILSON	32:45		
Ann COOPER	33:48		
Joanna REED	33:51		
Andy DONN	33:52		
Louise TANNER	34:04		
Stuart NICHOLSON	34:08		
Jenny HEARN DEN	35:31		
Catherine CHAMBERLAIN	35:44		
Claire HANRAHAN	37:17		
Sandie MCINTOSH	37:37		
Geraldine MAY	40:55		