The

Green Runner

December 2019

FROM THE CHAIR

As we approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners – the members that race for the club, the members that support our many and varied training sessions, the leaders and coaches who give their own time to lead these sessions and all our race supporters. It is good to see the club continues to grow and flourish at all levels and now stands at over 500 which is the biggest we have ever been I believe. The support that we continue to give all our runners is absolutely second to none and this was demonstrated again at the Gosport half where there were Stubbies out all along the course cheering all those running . I know it makes so much difference to the runners and long may it continue.

2019 AWARD WINNERS
Time Trial Improver: Stuart Bamberger
Most Improved male: Tommy Blake
Most Improved female: Amie Morgan
Marathon Performance female: Sara McRitchie
Marathon Performance male : Jon Warner
Performance male: Neil Stantial
Performance female: Marie McDonald
Vet female: Penny Forse
Vet male: Mick Welland
Senior male: Phil Morgan
Senior female: Beccy Lord
Rising Star: Tina Mackay
Contribution: Sara McRitchie
Runners runner female: Penny Forse
Runners runner male: Euan McGrath
Cheriton Trail Race set up and delivery: Mike White

We had a great Awards evening on the 9th November which everybody seemed to enjoy and I would just like to say congratulations again to all the award winners. For the 2nd year running we managed to sell out so we might need to see if we can get a bigger venue for next year.

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself – to have a full list of marshals and helpers 2 months before the race itself is tremendous and significantly reduces the stress for Sara and myself in the lead up to the race.

Finally I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running
Kevin

CAPTAINS CORNER

We've had a busy month for club competitions with 2 HRRL, 2 Hants XC, Southerns and CC6 with start of December throwing in another HRRL at Victory 5 plus a bit of festive frolicking!!

We've had some good numbers out at HRRL over the last 3 races with only the men struggling to get a C and D team at Hayling. The HRRL races have come thick and fast with 3 races in 28 days. Our Men's A team are doing really well in Div 2 with 2 firsts at Hayling and Gosport and currently top the group, waiting on the Victory results to be updated on the website. The men at Gosport saw the B team 4th, C team 1st and D team 3rd. For ladies we have had 4 teams at Hayling and Gosport saw nearly a clean sweep of podium finishes at Gosport with A, B and D teams finishing 3rd and C team 6th. The next race is our own Stubbie 10k race where we should have plenty of runners and lots of firepower!!

The cross country season is in full swing with 2 Hants XC races this month starting at Sparsholt College which was a proper mud bath and the gazebo was a welcomed sanctuary from the rain. The ladies got absolutely soaked and then the sun came out for the men. We had 22 runners at the event and it was great to see lots of new faces trying these XC races and enjoying them.

In the ladies race we saw the seniors finish 6th led home by Beccy Lord 15th, Kelley Haniver 38th and Nikki Roebuck 50th. The vet's team were 3rd with Kelley and Nikki being helped by Katy Bradley 111th. Also competing on the day and representing the club was 112th Penny Forse 1st V70, 138th Lucy May, 151st Jodie Francis, 156th Lisa 'Captain' Donn, 159th Louise Tanner, 166th Ali Pepper and 202nd Mel Barham. The senior men were an impressive 2nd on the day in div 3 with Lewis Banner first Stubbie home in 57th, Iain Cross 95th and Andy Simpson 132nd. The Vet men were 13th on the day with Andy being supported by Steve Cumes 170th and Dan Foster 178th. The rest of the men mixing it up in the mud were 138th Mark Westbrook, 215th Stewart Pepper, 231st John Blake, 247th Darren Tanner and 271st Gordon Westley.

The second Hants XC of the month came from Wellesley Woods in Aldershot where the Aldershot and Farnham club put out some good numbers out in particular the men's race where they took the first 5 places!! We really struggled with numbers for this meeting just getting the 4 teams out with only 10 runners with the Victory 5 the next day. It was down to Iain Cross to lead the Green Army in with 89th, followed by Will Feline 105th and Jon Warner scooping the last place in the senior team 143rd. Seniors finished 2nd but dropped to 2nd in the league behind Southampton University Students.

The Vets were led in by Jon, followed by Wes Jones 149th in his first race in the league and John Blake made up the team in 149th for 11th on the day and lie 12th overall. Senior ladies were 13th on the day and now sit 8th overall with Nikki Roebuck flying in first lady in 38th and 3rd vet 40, next was Katy Bradley 87th and Penny Forse 91st 1st vet 70, with Lucy May 102nd. The vets were made up by the same 3 ladies as Lucy is far too young to be a vet yet and they finished 5th and are 3rd overall. The next race is at Prospect Park, Reading on 11th January the day before our 10k, so if you're not racing the day before please consider helping the club out at this race as we're going to be tight for numbers.

CC6 was a dry affair with not a great deal of mud on the Dibden Inclosure course. Scoring in the ladies was a close affair with 5 places only separating the team. First home in green was Katy Bradley 30th, Sally McGrath 32nd and Lara Evans 35th, with the ladies finishing 10th. The men were 8th team, with Will Feline first Stubbie in 13th, Andy Simpson 28th, Mike White 41st 1st vet 60 and Dan Foster 43rd. The next CC6 is Janesmoor Pond 8th December and then Badger Farm 5th January.

Southern Cross Country League race this month was the beautiful QE park and it was such a contrast in weather from the Winchester XC the day before! As the event was on Remembrance day we started with a minutes silence. Very powerful stood out in the peaceful woods. The course was muddy, hilly and did not disappoint! We had 20 Stubbies out and everyone really pushed it. Congratulations to Lewis Banner for 3rd male, Colin Trigg 8th and Chris Sandy 19th. Kelley Hanniver 2nd female. This gave us an overall ranking of Mens team 5th overall and Ladies team 11th. The next fixture is this coming Sunday at Bourne Woods.

Well done and thank you to all the runners who have put on a Stubbie vest and run for the club in HRRL or one of the XC series races this month. Congratulations to loads of you who have PBs now at 5m, 10m and half marathon!!

The Festive Frolic saw a lot of Stubbies doing laps in the off road endurance race with a runner from our club winning the race, congratulations Jon Warner, an impressive 8 laps (37.6 miles) in 05:16:31…and I can confirm he maintained his smile the whole way!! We also celebrated Laura Kay's 40th Birthday at the event, Laura finished an incredible ultra distance of 28.2miles in 5:40:54!! Also congratulations to Simon Bacon for completing 7 laps (32.9 miles) in 5:27:25, fantastic running! So many Green Vests there I actually lost count, but the atmosphere was great, we really kept each other going. Full results are further into the report but I saw a lot of PB's achieved which is incredible as the terrain was challenging!
And finally, hot off the press…Well done Rob Egerton on his Valencia marathon PB in 3 hours 21 minutes.

Have a fabulous festive December, good luck to all those running at the Portsmouth Coastal this year. Fingers crossed for good weather that day. Wishing you all a restful and happy Christmas and New Year, from your Captains, Andy and Lisa.

THE NEW FOREST STINGER 5 MILE

5	Maria Millican	00:48:21
10	Tracy Langdale	00:54:12
21	Cathy Webb	01:02:47
30	Louise Nicholson	01:12:32
31	Linda Swanton	01:14:52
13	Andy Lee	00:53:07
23	Neil Allen	01:18:25

THE NEW FOREST STINGER 10 MILE

39	Greig Benson	01:21:32
50	Nick Crane	01:24:11
71	Jack Goozee	01:29:54
98	Stuart Bamberger	01:40:05
110	Rob Williams	01:46:18
13	Amy Fox	01:25:19
18	Sally McGrath	01:28:14
38	Sadie Bedford	01:38:56
59	Helen Benson	01:47:47
65	Sara McRitchie	01:53:48
74	Tiffany Skerratt	01:56:12
75	Lindsay Pratt	01:58:06
76	Sue Moore	01:58:06
93	Janice Allen	02:20:10

Venice Marathon

4977	Sarah Barron	05:27:46

I had a hot and humid day out at Venice marathon on legs still tired from York the week before. It will go down as one of my favourite ever marathons. Starting on the mainland and passing through beautiful Italian countryside before crossing the causeway over the lagoon to Venice.

The setup was amazing, with ramps to help us up and over seventeen canals and a floating bridge built over the Grand Canal. A lap of St Marks square added real star quality on the approach to the Finish. Well done to Linda Swanton who did the 10k and her daughter Sarah who also did the marathon.

HAYLING 10

20	Russ Coleman	01:00:55
50	Daniel Foster	01:03:29
52	Phil Morgan	01:03:42
80	Alistair Wakefield	01:07:16
87	Daniel Elliott	01:07:51
90	Graham Martin	01:08:20
101	John Parker	01:09:13
171	Kieran Chaplin	01:14:09
175	Amie Morgan	01:14:19
287	Lucy May	01:23:28
313	Dominic Shepherd	01:24:41
338	Claire Light	01:27:14
350	Andrew Richardson	01:27:35
402	Wendy Hawxwell	01:31:32
444	Jules Dinwoodie	01:35:54
448	Julia Lawton	01:36:21
500	Melissa Barham	01:41:50
555	Sarah Barron	01:51:58
559	Cat Groves	01:53:57
587	Jane Bodman	02:13:41
590	Debbie Adams	02:19:24

Mo runner 10k southampton

12	Stuart Bottomley	44:25:00
25	Bryan Newell	46:48:00

CC6 DIBDEN

13	Will Feline
28	Andy Simpson
41	Mike White
43	Daniel Foster
44	Sean Bendell
92	John Blake
93	Russell Wiseman
109	Phillip Townley

30	Katy Bradley
32	Sally McGrath
35	Lara Evans
41	Lucy May
88	Dawn Haynes-Sewell
116	Melissa Barham

CTS MARATHON DORSET

20	MIKE WHITE	05:30:41

Florence Marathon

2745	Kevin Scullion	03:53:44

DOWNLAND DEVIL

63	Nick Crane	01:14:33
114	Maria Millican	01:20:53
179	Andy Lee	01:33:26
181	Tracy Langdale	01:33:30

HANTS XC WELLESLEY WOODS

89	Iain Cross	37.44
105	William Feline	38.41
143	Jon Warner	40.02
149	Wes Jones	40.21
210	John Blake	44.30
38	Nikki Roebuck	26.20
87	Katy Bradley	30.13
91	Penny Forse	30.19
102	Lucy May	30.50

Valencia Marathon

5305	Robert Egerton	03:21:57

Southern Cross Country League QE Park

2	Kelly Haniver
45	Lara Evans
90	Beca White
91	Lucy May
105	Lisa Donn
176	Ingrid Exley
188	Mel Barham

3	Lewis Banner
8	Colin Trigg
19	Chris Sandy
53	Andy Simpson
99	Lloyd Exley
100	Chris Hall
119	Simon Bacon
143	Tom Calaway
147	Nick Crane
171	John Exley
191	Jon Leigh
216	Stuart Bamberger
270	Kyle Mcritchie

SILVERSTONE HALF MARATHON

1808	SUE ROBINSON	02:27:25

SILVERSTONE 10K

1289	GRACE TYRRELL	01:07:12

GOSPORT HALF

22	Lewis	Banner	01:16:37
44	Rob	Arkell	01:19:00
51	Jonathan	Warner	01:19:56
55	Russ	Coleman	01:20:16
85	PHIL	MORGAN	01:22:38
134	Daniel	Foster	01:26:37
141	Alistair	Wakefield	01:26:44
148	Simon	HEARNDEN	01:26:42
149	Josh	Cullen	01:27:06
167	john	parker	01:28:00
170	Mike	White	01:28:15
219	Russell	Wiseman	01:30:05
227	Dave	Thorpe	01:30:51
230	steve	cumes	01:31:07
236	Graham	Martin	01:31:09
239	Robert	Egerton	01:31:13
249	Gareth	Charles	01:31:39
251	Mark	McDonald	01:31:39
275	Hollie	Smith	01:32:38
323	Richard	Mackay	01:34:51
327	Nikki	Roebuck	01:34:55
342	Stewart	Pepper	01:35:06
386	Ian	Miles	01:36:59
396	Marcus	Lee	01:37:30
404	Amie	Morgan	01:37:47
434	Dominic	Truslove	01:39:01
435	Katy	Bradley	01:39:01
498	Andrew	Morgan	01:41:12
510	Amy	Fox	01:41:20
514	Anna	Wilby-Lopez	01:41:36
522	Graham	Donnachie	01:41:40
535	Katie	Leatherland	01:42:47
550	Kieran	Chaplin	01:43:13
562	jack	Tuckwell	01:43:00
633	Lucy	May	01:46:19
645	Phillip	Townley	01:46:15
704	Gavin	Rennie	01:48:13
738	Zoe	Preston	01:48:49
749	Kate	Rant	01:50:19
779	Mark	Jenkins	01:51:11
789	Claire	Light	01:51:28
809	Stuart	Bamberger	01:52:10
818	Lara	Evans	01:53:06
881	George	howarth	01:55:00
957	Ali	Pepper	01:56:49
969	Jamie	Nunn	01:57:14
989	Jack	Goozee	01:57:19
1004	Andy	Richardson	01:57:59
1010	Louise	Tanner	01:57:19
1031	Cliff	Shaw	01:58:44
1032	Wendy	Hawxwell	01:58:45
1034	Elizabeth	Miles	01:58:57
1053	Andrew	Miles	01:59:54
1071	Christopher	Wheeler	02:00:01
1089	Kimberley	Achurch	02:01:16
1091	Richard	Jacks	02:01:17
1098	Laura	Kay	02:00:55
1110	Jodie	Francis	02:02:06
1114	Caroline	Baker-Duly	02:02:35
1132	Julia	Lawton	02:03:29
1149	Andy	White	02:04:45
1160	Karen	Charlton	02:04:33
1178	Jules	Dinwoodie	02:06:13
1189	Jonathan	Harrington	02:06:28
1190	Steven	Hyland	02:05:49
1207	Mark	Green	02:07:34
1249	Toby	Evans	02:08:49
1270	Emma	Baker	02:09:29
1302	Zoe	Dennis	02:11:04
1392	Sarah	Barron	02:16:49
1468	GILLIAN	SHUTLER	02:23:08
1474	Melissa	Barham	02:22:56
1477	Joanna	Reed	02:23:18
1487	Catrina	Groves	02:24:12
1569	claire	hanrahan	02:33:35
1578	Louise	Nicholson	02:36:12
1628	Susan	Bonnar	02:48:30
1636	Jane	Bodman	02:52:34
1637	Debbie	Adams	02:52:33
1656	Tina	Mackay	03:06:39

A BUSY AUTUMN – Penny Forse

EUROPEAN MASTERS T&F CHAMPIONSHIPS, ITALY – SEPTEMBER 2019

7 Sept: W70 1500m 3rd 6m17.95s
8 Sept: W70 4km Cross Country 1st 17m40s – Team Silver
13 Sept: W70 800m 4th 3m08.11s
15 Sept: Half Marathon 3rd 1h53m08s – Team Gold
I am one of a very few ex-international athletes who take part in these European and World Masters' Championships. The majority, like most of SGR, has taken up athletics later, often from other sports. There are no selection or qualification procedures – you pay for registration fees, travel, kit and accommodation and compete in your 5-year age band. So there are a huge number of competitors, many doing it as part of a holiday, and a huge range of ability – it really is for all, and I would love to see other Stubbies taking part.

ENGLAND MASTERS INTER-AREA CROSS COUNTRY, BURY ST EDMUNDS – 28 SEPTEMBER 2019

2nd F70 - about 6km – 27m38s
Unlike the above event, this was a selection race for the England team for the British and Irish XC in November. Other races are taken into consideration such as the Caterham 10km (a road race for XC selection!)

BRITISH & IRISH INTERNATIONAL CROSS COUNTRY, AINTREE – 16 NOVEMBER 2019 – Penny Forse

2nd F70 - about 6km – 27m59s – Team Gold
This was against Scotland, Wales, Northern Ireland and Ireland and held on the infield at the Grand National course. With the magnificent stands in the background, we ran 3 x 2km laps on a very flat but tussocky course. Nothing like our HXCL courses!

HANTS XC SPARSHOLT COLLEGE

15	Rebecca Lord	26.28
38	Kelley Haniver	28.13
50	Nikki Roebuck	28.58
111	Katy Bradley	33.40
112	Penny Forse	33.44
138	Lucy May	35.26
151	Jodie Francis	36.34
156	Lisa Donn	36.57
159	Louise Tanner	37.21
166	Ali Pepper	38.30
202	Mel Barham	45.50

57	Lewis Banner	35.04
95	Iain Cross	37.10
132	Andy Simpson	39.03
138	Mark Westbrook	39.22
170	Steve Cumes	40.40
178	Daniel Foster	41.15
215	Stewart Pepper	43.04
231	John Blake	44.06
246	Darren Tanner	45.11
271	Gordon Westley	49.01
273	Kieran Chaplin	49.15

Christmas Handicap
Mulled Wine & Mince Pies

Saturday December 21st Start: Anytime: Finish 11am.

Reception/Prize giving afterwards at Molins, Hook Park Road

This is an event that all members of the club can participate on an equal basis, start running/walking anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

All participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for male and female finishing closest to 11am.

To give me an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at nick@hookpark.co.uk or text 07977 411452.

Start: At the junction of Cowes Lane and Hook park Road.

Start by going in to the field via the kissing gate. Keep to your left-hand side until another kissing gate, continue on your left through some trees.

Once you are back in to the open field run through an opening on your right through some bushes, then keep left. Another kissing gate and then cross Hook Park Road and go down the lane. Christmas house is the last house on your left.

Follow the path keeping left until you reach the beach. Turn left, running along the Beach for 1 mile until you come to Workman's Lane (not Marked) You can't go any further without going on to the Beach.

Turn Left running up Workman's Lane. Just after a 5 Bar Gate on your left turn Right in to Chilling lane, passing the Sub Station on your right.

After a couple of hundred meters turn right in to Solent Breezes. Once in Solent Breezes keep to your left running behind the permanent chalets until you reach the last one on your right, go through an opening in the fence on your left which leads in to Chilling Field (Solent Way).

Run along the field keeping the Sea on your right. Keep going over the wooden bridge running along the Cliff top, until you can take a left between 2 fields. Go up this narrow path then across a stile, then turn left and keeping to your left follow the path until it reaches Brownwich Lane, turn Left.

Follow the Lane keeping right (Do Not turn left when it bears right) Go through a wooden gate, after another 100 meters you should be back in to Chilling Field. Turn right and then left, taking the top path along the field. Turn right at the end and then left after 100 meters in to Chilling lane. This road can be busy so be aware of traffic, you pass Solent Breezes on your left.

At the end of the Lane turn right in to Workman's Lane and continue to the Finish at the top where it meets Hook Park Road.

Length Around 6 miles

Winter Time Trial - November

November's time trial saw great conditions for running fast times and 24 runners ran on the night.

We had 8 first timers and 4 improvers on the night. The biggest female improver was Mel Barham knocking off 1 minute 13 seconds with the biggest male improver being Dan Foster with 19 second PB, congratulations to you both.

Thank you to all my helpers on the night. Next time trial is Thursday 12th December.

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	November	Months Best	Total Yearly Best 2018
		17	24	4	6
Melissa Barham	32.32		**31.19**	-1.13	-1.13
Rhona Phillips	29.11	**29.11**	**28.20**	-0.51	-0.51
Daniel Foster	20.30	20.14	**19.55**	-0.19	-0.35
Russ Coleman	19.36		**19.31**	-0.05	-0.05
Stephen Andrews	23.54	**23.35**	30.09		-0.19
Nick Crane	24.44	**24.31**	24.50		-0.13
Aga Plombon	28.02		**28.02**		
Amie Morgan	23.09		**23.09**		
Amy Fox	25.18		**25.18**		
Andy Simpson	18.42		20.56		
Brian Robinson	31.12		**31.12**		
Carl Schafer	27.50	30.29			
Dominic Shepherd	24.26		25.40		
George Howarth	25.29	28.30	27.22		
Graham Martin	21.49	22.19			
Iain Cross	19.08	19.43			
Ian Reed	22.48		**22.48**		
James Bampton	21.29	22.13	27.18		
John Parker	22.04	27.49	27.18		
Jon Leigh	22.49	24.32	23.43		
Jon Warner	19.18		19.27		
Jules Dinwoode	28.56		30.15		
Kyle McRitchie	30.32		**30.32**		
Maria Millican	23.11	24.32	31.24		
Mark Jenkins	26.30	**26.30**			
Martyn Banner	30.52		**30.52**		
Phil Morgan	20.00		**20.00**		
Richard Edmunds	22.33	**22.33**			
Richard Jacks	22.56	**22.56**			
Rob Egerton	22.53	**22.53**			
Rob Williams	26.23		28.15		
Visitors					
Kali Kalirai	33.10	**33.10**			

Stokes Bay junior	24 November	
Edwin CHOWNS	12:25	PB

Havant	2 Nov	
Martin PARSONS	27:53	PB
Whiteley	**2 Nov**	
Colin TRIGG	18:50	
Sean BENDELL	21:50	
Mike BELL	22:17	
Jon LEIGH	23:32	
Bryan NEWELL	23:35	
Penny FORSE	24:10	
Jamie EARLEY	24:56	
Steve TROTMAN	25:00	
Mark TUCKER	26:11	
Rachael PAYNE	27:04	
Louisa ABBOTT	27:06	
Emma BAKER	29:35	
Keith WHITAKER	32:01	
Eastleigh	**2 Nov**	
Chris WHEELER	27:23	
Eden Project	**2 Nov**	
Lara EVANS	23:08	
Charlie EVANS	27:36	
Porthcawl	**2 Nov**	
Haydn BROWN	21:56	PB
Fell Foot, Newby Bridge	**2 Nov**	
Graham MARTIN	21:34	
Dolgellau	**2 Nov**	
Emily PEAL	32:01	
Claire PEAL	32:04	
Robin PEAL	32:05	
Fareham	**2 Nov**	
David MALLARD	19:56	
David JENNINGS	20:56	
Jodie FRANCIS	26:19	
Alison LAWRENCE	28:26	
Tina MACKAY	38:58	
Dinton Pastures	**2 Nov**	
Ray GUNNER	20:40	
Southampton	**9 Nov**	
Colin TRIGG	18:02	PB
Steve ASPINALL	23:08	
Southsea	**9 Nov**	
Liz JAMES	29:16	

Whiteley	9 Nov	
Russell WISEMAN	19:48	PB
Robert EGERTON	20:32	
Sean BENDELL	21:20	
Marcus LEE	21:31	
Richard JACKS	22:52	
Greig BENSON	22:56	
Gareth CHARLES	23:56	
Philip PAGE	24:07	
Mark JENKINS	24:13	
Steve TROTMAN	24:28	
Tracy LANGDALE	24:38	
Bryan NEWELL	25:22	
Kate RANT	25:31	
Rachael PAYNE	25:45	
Chris WHEELER	25:57	
Louisa ABBOTT	25:59	PB
Toby EVANS	26:01	
Danielle CRANSTONE	27:05	
Natalie FLACK	28:26	PB
Martin DE WIED	28:52	
Katharine TUCKER	28:59	
Mark TUCKER	29:06	
Martin READ	29:28	
Sarah BARRON	29:34	
Claire JOHNSON	31:18	PB
Eastleigh	**9 Nov**	
Haydn BROWN	28:16	
Keith WHITAKER	31:41	
Newbury	**9 Nov**	
Chris HALL	21:02	
Princes, Liverpool	**9 Nov**	
Joanna REED	31:26	
Netley Abbey	**9 Nov**	
Matt EMERY	21:17	
Stuart BOTTOMLEY	21:19	
Jules DINWOODIE	28:39	
Russell MEAD	29:11	
Fareham	**9 Nov**	
David MALLARD	18:49	
Ray GUNNER	20:03	
Maria MILLICAN	22:54	PB
Kevin SAUNDERS	25:40	
Daisy MCCLEMENTS	25:59	
Martin PARSONS	26:08	PB
Alison LAWRENCE	27:04	
Andy LEE	27:21	
Carl SCHAFER	27:22	
Laura ROLLAND	28:44	PB
Emma BAKER	29:03	
Wendy HALL	32:23	
Tom MELLOR	32:32	
Melissa BARHAM	34:40	
David MACSWAYNE	36:57	
Wendy SMITH	41:03	
Tina MACKAY	42:05	
Andrew SMITH	54:14	

Lee-on-the-Solent	9 Nov	
Rob GREENWOOD	16:55	
Phil MORGAN	18:49	
Simon HEARNDEN	18:54	
Russ COLEMAN	19:51	
Graham MARTIN	20:00	
Jonathan MILLS	21:44	PB
Katy BRADLEY	21:53	PB
Simon BACON	21:55	
Amie MORGAN	22:17	
Tim MATTHEWS	23:02	
Philip MAY	23:29	
Andy RICHARDSON	24:29	
Rebecca WHITE	25:12	
Sally WATFORD	25:15	
Alison HESSELBERTH	25:49	
Laura DEVINE	26:03	
Cathy WEBB	26:05	
Catherine YARROW	26:24	
Chris STAPLEFORD	26:29	
Andy WHITE	27:37	
Jade LEAHY	27:45	
Claire PEAL	27:59	
Jonathan HARRINGTON	28:31	
Richard WEEKS	28:34	
Kirstie GRAHAM	28:39	
Lara DENT	28:47	
Sarah CLANSEY	28:49	
Sarah REAY	29:16	PB
Gail OSBORNE	29:18	
Stuart NICHOLSON	29:45	
Cliff SHAW	29:57	
Rob WILLIAMS	30:54	
Sandie MCINTOSH	31:33	
Diane WILSON	31:53	
Sue ROBINSON	32:43	
Mark SHEPHERD	32:45	
Ann COOPER	32:50	PB
Heather GRAHAM	33:13	PB
Angela PRICE	33:30	
Catherine CHAMBERLAIN	34:09	
Susan BONNAR	34:12	
Eunice EATON	34:21	
Mandy WHITE	35:57	
Geraldine MAY	40:10	
Jonathan O'NEIL	45:19	
Portsmouth Lakeside	**9 Nov**	
Stephen ANDREWS	22:36	
Invercargill	**9 Nov**	
Pamela KEMP	28:45	
Ashton Court	**16 Nov**	
Sean BENDELL	20:36	
Havant	**16 Nov**	
Will FELINE	19:23	
Matt EMERY	20:57	
Eastleigh	**16 Nov**	
Haydn BROWN	28:41	

Lee-on-the-Solent	16 November	
Richard BAILEY	19:52	
Jon PLOMER	20:49	
Richard EDMUNDS	21:21	
Josh CULLEN	22:58	
Phil MORGAN	23:28	
Dominic SHEPHERD	23:36	
Tim MATTHEWS	23:44	
Stuart BAMBERGER	23:46	
Richard BURNS	24:46	
Amie MORGAN	24:52	
Mark John EATON	24:56	
Paul HAMMOND	25:05	
Neil JARVIS	25:25	
Cathy WEBB	25:35	
George HOWARTH	25:38	
Emmeline WHITE	25:53	
Carl SCHAFER	27:06	
Nigel WHITCHER	27:26	
Martyn BANNER	27:52	
Russell MEAD	28:30	
Simon GIBBON	28:38	
Richard WEEKS	29:12	
Sarah CLANSEY	29:38	
Gillian SHUTLER	29:58	
Gaynor HEFFER	30:11	
Rob WILLIAMS	30:11	
Lisa EVENS	32:05	
Heather GRAHAM	32:16	PB
Cliff SHAW	32:19	
Ann COOPER	33:06	
Mandy WHITE	33:26	
Kelly BENNETTS	33:35	
Sarah NORTHCOTT	33:36	
Jenny HEARNDEN	34:02	
Kevin ASHMAN	34:10	
Stuart NICHOLSON	35:42	
Geraldine MAY	40:26	
Philip MAY	40:30	
Sarah BARRON	44:55	

Concord, Sheffield	16 November	
Jonathan MILLS	21:53	PB

Catton	16 November
Andy LEE	26:20

Portsmouth Lakeside	16 November
Aaron KINGSTON	21:17
Kevin SAUNDERS	25:59

Whiteley	16 November	
Ben GRAHAM	21:39	
Jon LEIGH	22:21	
Kieran CHAPLIN	23:27	
Philip PAGE	23:40	
Steve TROTMAN	23:59	
Beverly WOOLCOCK	25:23	
Louisa ABBOTT	26:00	
Martin PARSONS	26:01	
Greig BENSON	26:34	
Helen BENSON	27:08	
Rachael PAYNE	27:22	
Keith WHITAKER	29:59	
Sarah GREGORY	31:53	

Fareham	16 November	
John BLAKE	20:42	PB
Martin DE WIED	30:17	
Wendy SMITH	41:19	
Andrew SMITH	57:33	

Wanaka	16 November
Pamela KEMP	30:32

Victoria Dock	16 November
Ray GUNNER	19:19

Glen River	16 November
Eileen DUFF	25:42

Havant	23 November	
Toby EVANS	28:44	PB

Whiteley	23 November	
Russell WISEMAN	19:44	PB
Jonathan WARNER	20:14	
Russ COLEMAN	20:14	
Matt EMERY	20:26	
Sean BENDELL	20:57	
Marcus LEE	22:10	
Gavin RENNIE	22:13	
Steve TROTMAN	23:44	
Rachael OPENSHAW	23:49	
Robert EGERTON	23:54	
Amy FOX	24:49	
Richard JACKS	24:53	
Jamie EARLEY	24:54	
Mark TUCKER	25:20	
Danielle CRANSTONE	25:35	
Helen BENSON	27:10	
Rachael PAYNE	27:12	
Jack GOOZEE	27:14	
Rob WILLIAMS	27:31	
Liz JAMES	29:35	
Martin READ	30:06	
William GILL	30:22	

Lee-on-the-Solent	23 November	
Dom TRUSLOVE	19:35	
Phil MORGAN	19:41	
Graham MARTIN	19:52	
Richard BAILEY	20:14	
Jon PLOMER	20:37	
Ian MILES	20:47	
Mark John EATON	21:05	
Jonathan MILLS	21:21	PB
Amie MORGAN	21:22	
Katy BRADLEY	21:51	PB
Darren TANNER	21:55	
Kieran CHAPLIN	21:56	
Jonathan O'NEIL	22:40	
Paul HAMMOND	23:01	
Vernon WILDE	23:05	
Tim MATTHEWS	23:48	
Philip MAY	24:01	
Graham DONNACHIE	24:32	
Stuart BAMBERGER	24:39	
Andy RICHARDSON	25:00	
Richard BURNS	25:06	
Neil JARVIS	25:11	
Rebecca WHITE	25:26	
George HOWARTH	25:29	
Andy WHITE	25:32	
Jodie FRANCIS	25:51	
Cathy WEBB	25:59	
Robin PEAL	26:25	
Emma BAKER	27:25	PB
Sarah NORTHCOTT	28:17	
Sarah BARRON	29:00	
Sara MCRITCHIE	29:12	
Lara DENT	29:14	
Melissa BARHAM	29:23	PB
Peter REDMAN	29:24	
Sarah CLANSEY	29:28	
Kirstie GRAHAM	29:58	
Joanna REED	30:37	
Vicky WILLIAMS	31:24	
Diane WILSON	31:46	
Gail OSBORNE	32:08	
Stuart NICHOLSON	34:16	
Heather GRAHAM	34:38	
Ann BLAKE	35:00	
John BLAKE	35:10	
Sian SNOOK	36:07	PB
Geraldine MAY	38:44	
Nigel WHITCHER	40:13	
Tina MACKAY	41:36	
Cliff SHAW	53:16	

Rushmoor	23 November
Chris HALL	20:58
Wendy HALL	33:32

Bushy	**23 November**	
Dominic SHEPHERD	23:29	
Eastleigh	**23 November**	
Haydn BROWN	22:36	
Netley Abbey	**23 November**	
Michael GREGORY	18:09	
Chris BROBIN	18:12	
Andy SIMPSON	19:08	
Stuart BOTTOMLEY	21:31	
Martin PARSONS	26:55	
Marie MCDONALD	27:03	
Mark MCDONALD	27:03	
Sadie Lee BEDFORD	29:59	
Caroline STREET	36:49	
Oakwell Hall	**23 November**	
Keith WHITAKER	33:02	PB
Portsmouth Lakeside	**23 November**	
Stephen ANDREWS	23:15	
Fareham	**23 November**	
Lewis BANNER	17:25	
David JENNINGS	20:19	
David MALLARD	20:45	
Matthew EVANS	23:03	
Ray GUNNER	23:12	
Maria MILLICAN	23:15	
Steve FIDLER	23:20	
Alison LAWRENCE	26:35	
Kevin SAUNDERS	26:51	
Andy LEE	28:19	
Martyn BANNER	29:06	
Ray BERNICE	31:57	
Tom MELLOR	34:05	
Wendy SMITH	44:56	
David MACSWAYNE	44:56	
Andrew SMITH	47:50	
Ifield Mill Pond	**23 November**	
Carl SCHAFER	27:24	
Bushy	**30 November**	
Carl SCHAFER	27:37	
Tamar Trails	**30 November**	
Sara MCRITCHIE	31:39	PB
Stuart BAMBERGER	31:40	PB
Hampstead Heath	**30 November**	
Tina MACKAY	38:59	
Southsea	**30 November**	
Dawn HAYNES-SEWELL	25:46	

Whiteley	**30 November**	
Daniel FOSTER	19:06	
Phillip TOWNLEY	21:50	
Marcus LEE	22:22	
Sean BENDELL	22:58	
Steve TROTMAN	23:21	
Philip PAGE	23:42	
Jack GOOZEE	23:48	
Helen BENSON	26:06	
Max JAMES	26:46	PB
Jade BOTTERILL	27:02	
Rachael PAYNE	27:02	
Mark TUCKER	28:25	
Martin DE WIED	28:36	
Katharine TUCKER	29:48	
William GILL	29:57	
Moors Valley	**30 November**	
Stewart PEPPER	22:30	
Alison PEPPER	27:06	
Eastleigh	**30 November**	
Haydn BROWN	22:30	
Martin READ	31:44	
Lincoln	**30 November**	
Rachael OPENSHAW	26:14	
Worcester	**30 November**	
Vicky SHAW	19:41	
Sewerby	**30 November**	
Julia WEBB	30:16	
Netley Abbey	**30 November**	
Stuart BOTTOMLEY	21:17	
Queen Elizabeth	**30 November**	
Aaron KINGSTON	23:59	
Yeovil Montacute	**30 November**	
Dominic SHEPHERD	24:44	
Woking	**30 November**	
Chris HALL	20:41	
Dolgellau	**30 November**	
Rebecca Margaret LORD	19:02	
Portsmouth Lakeside	**30 November**	
Kevin SAUNDERS	24:58	
Martin PARSONS	25:38	
Fareham	**30 November**	
Ray GUNNER	19:46	
David MALLARD	19:47	
Tim CRUMPTON	23:34	PB
Daisy MCCLEMENTS	25:19	
Andy LEE	26:10	
Zoe DENNIS	28:35	
Alison LAWRENCE	29:30	
David MACSWAYNE	36:44	
Wendy SMITH	40:30	

Lee-on-the-Solent	**30 November**	
Lewis BANNER	16:37	
Matt EMERY	19:30	PB
Josh CULLEN	19:47	
Jon PLOMER	20:13	
Graham MARTIN	20:18	
Richard BAILEY	20:24	
Mark John EATON	20:31	
Gareth CHARLES	20:38	
Jonathan MILLS	21:35	
Phil MORGAN	21:52	
Tim MATTHEWS	23:10	
Amie MORGAN	24:27	
Richard BURNS	24:39	
Neil JARVIS	24:41	
Kate RANT	24:45	
Emmeline WHITE	25:10	PB
Chris WHEELER	25:10	
Cathy WEBB	25:27	
Toby EVANS	25:37	
George HOWARTH	25:40	
Tracie JARVIS	25:52	
Wendy HAWXWELL	26:03	PB
Terry JOHNS	26:28	
Rob WILLIAMS	26:44	
Rebecca WHITE	26:58	
Martyn BANNER	26:59	
Alison BYATT	27:49	
Kirstie GRAHAM	27:54	PB
Gaynor HEFFER	28:01	
Richard EDMUNDS	28:01	
Paul HAMMOND	28:05	
Claire PEAL	28:34	
Richard WEEKS	28:38	
Simon GIBBON	29:30	
Joanna REED	29:39	PB
Cat GROVES	29:40	PB
Sarah CLANSEY	29:40	
Emma COUGHLIN	30:01	
Russell MEAD	30:13	
Millie HOSKINS	30:28	
Claire MEAD	32:16	
Gail OSBORNE	32:20	
Angela PRICE	32:34	
Mandy WHITE	32:41	
Sarah BARRON	32:42	
Jenny HEARNDEN	33:57	
Stuart NICHOLSON	34:53	
Nigel WHITCHER	36:00	
Sian SNOOK	36:01	PB
Heather GRAHAM	36:18	
Philip MAY	37:15	
Geraldine MAY	37:17	
Jonathan O'NEIL	40:15	
Dinton Pastures	**30 November**	
Keith WHITAKER	29:38	PB
St Mary's	**30 November**	
Jamie EARLEY	23:07	
Kim ACHURCH	27:09	