The

Green Runner

February 2020

FROM THE CHAIR

Sunday January 12th saw another awesome 10k race put on by Stubbington Green Runners. Thanks to everybody who ran, helped in some way or marshalled along the course – the amount of positive feedback we got following the race was testament to the hard work that the club members put into making it such a success. We have already had some good feedback that will enable us to make 2021 even better but feel free to let me have any additional feedback you might have.

You should have all seen the calling notice for the AGM which is scheduled for Tuesday February 25th at the Crofton Pub, and I look forward to seeing as many of you there as possible for the meeting as we need over 75 people for the meeting to be quorate as we now have a membership well in excess of 500 which is the biggest the club has ever been so we must be doing something right!

The meeting will be followed by refreshments, with the opportunity to socialise with other members of the club.

I would just like to thank all the committee members and the members with non-committee roles who ensure the continued good running of the club. One member, however, deserves singling out and that is Richard Snell who after 10 years is hanging up his editorial pen with this his final Green Runner. I know I speak for everybody in the club when I say a really heartfelt thanks for your work over that time Rich.

I hope everybody continues to enjoy their running , whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running

Kevin

Stubbington Green Runners AGM Call Notice 2020

You are cordially invited to the AGM of Stubbington Green Runners

Tuesday 25th February at 8pm
At the Crofton Pub, Crofton Lane, Stubbington

The AGM will be followed by food refreshments.

All of the Committee positions will need nominations. Please note that all of the existing committee are standing for re-election this year. If you would like to be nominated for any of the committee roles then please send the nomination to the Secretary (secretary@stubbingtongreenrunners.net) by Friday 21st February; nominations should simply be position, name and name of proposer.

If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

Please find below a short description of each role;

Chairman – Chair club meetings and be the overall focal point for club matters.

Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.

Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.

Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.

Men's and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.

Club Coach – Act as focal point for all coaching activities within the club, coordinate training sessions and act as leader for all other coaches and running leaders

General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 21st February 2020.

Kind regards,
Louise Tanner
Secretary
Stubbington Green Runners

CAPTAINS CORNER

January has been a manic month for races with 7 club races and one of those a clash with XC series!

Start of the month saw 31 people compete in the Hampshire XC Championships at Fairthorne Manor and we were represented at junior, senior and vet level. First races off were the juniors with Team Sewell, Miah Sewell was 55th in U11 girls, 79th Finley Sewell ran in the U11 boys race where the marshal sent the runners the wrong way and carnage ensued! Cameron Sewell ran in U13 boys and finished 59th.

After the juniors had churned up the course it was on to the ladies race with Stubbington Green amassing the most team finishes with ladies having 4 senior and 4 vet teams with everyone scoring in a team. Ladies Senior A team was 10th with 26th Nikki Roebuck, 52nd Katy Bradley, 53rd Maria Millican and 54th Penny Forse. Vets A team was also the same ladies who were 5th home. Lots of these ladies were doing their first XC Champs with this being the case for our Vet D team which was 104th Melissa Barham, 109th Ann Cooper, 110th Jane Bodman and 111th Debbie Adams who were 21st. Congratulations to Penny Forse who was crowned F70 champion!

The men's race the last to go off saw two guys making it in to the top 50 with Senior Men coming 8th led home by Lewis Banner 28th, Iain Cross 48th, Colin Trigg 53rd, Andy Simpson 58th, Dan Foster 80th and Steve Cumes 107th. The vet men's A team was Colin, Andy, Dan and Steve who were so unlucky to finish 4th just ONE agonising point behind Overton in 3rd. I will shoulder the blame for haemorrhaging places on the final lap. The B team was 14th with 145th John Blake, 152nd Nick Crane, 157th Gordon Westley and 160th Stuart Bamberger.

Next day saw the CC6 at Badger Farm with 19 runners and some doubling up from the day before. Ladies race saw Kelley Haniver bringing home the bacon in 1st place, 9th Nikki Roebuck and new member Shantha Dickinson 13th getting in the team. In the men's team we had 15th Andy Simpson, 26th Dan Foster, 48th Graham Martin and 95th Richard Snell. The second CC6 of the month at Kings Garn clashed with the Southerns meeting. It was a frosty affair with ice on the ground and the finish of the course being changed last minute which actually was quite a good change. Ladies were 8th on the day with the ladies led home by Gill Rose 17th, 23rd Lara Evans and 24th Katy Bradley. The men's race was dominated with Lordshill packing the field at the front. Stubbie men were 5th, 12th Andy Simpson, 20th Mike White, 27th Dan Foster and 35th Mark Westbrook.

The day before the Stubbie 10k, we took 4 men to get two teams out at Reading for Hampshire XC league fixture with Ray Gunner rolling back the years and having a good run. On the day we finished 1st senior team with Mike Gregory 48th, 71st Andy Simpson, and 143rd Ray Gunner. In Vet men's race we had Andy, Ray and Steve Dilley 153rd in his first Stubbie race coming 12th team home. Just one race to go and the senior men are joint 1st and vets sit 11th overall. Sadly we could only get two ladies so didn't take a team due to Stubbie 10k commitments.

Southerns X Country has hosted some beautiful courses this season. The latest addition was the new Chawton House course, taking in Jane Austen's estate! Frosty conditions, blue skies and escapee sheep and a few heart hills.. Great Stubby turnout and we bagged 1st Ladies with Kelley Hanniver. Got our full ladies and mens teams scored so a huge thank you to everyone that came along to represent, and support our club. With one race left to go in February we currently sit at 16th club overall, ladies 12th overall and Men 16th.

We had a very successful Stubbie 10k, so a massive thank you to everybody who contributed to a great race in particular the race director Kevin Ashman and chief marshal coordinator Sara McRitchie. The weather was kind and made for fast times with around 100 Stubbies running and lots of you getting PBs. The team race results saw men coming in 2nd with Rob Arkell, Oli Caudwell, Lewis Banner and Phil Morgan. Ladies were 3rd overall with Kelley Haniver, Katie Leatherland and Hollie Smith. Vet ladies went one better and were 2nd Kelley Haniver, Hollie Smith and Maria Millican. In HRRL we saw ladies A team 2nd, B team 2nd, C and D team 5th. The A team men were 1st in their division, B team 2nd, C team 1st and D team 5th. On the individual honours Kelley Hanniver had a very successful day with 3rd 40-44, joint winner of the Mike Clarke trophy with Rob Arkell for the highest finishing Stubbie in the race. Plus the Dennis Woodward Trophy for the 1st Stubbie lady vet in the race. Ladies honours also went to Hollie Smith 3rd 35-39, Penny Forse 1st 70-74 and Sandra Abrams 4th 70-74. For the men David Abrams was 3rd 70-74 and Andy Simpson 1st vet man for the Dennis Woodward Trophy.

Southern XC Championships at Parliament Hill was a muddy affair with us taking possibly our largest group of runners ever with 24 people. Cameron Sewell ran in the U13 Boys. For the ladies we had 11 runners which was amazing with a lot of first timers. The ladies were 39th best team in the South with 108th Kelley Haniver, 171st Nikki Roebuck, 316th Lara Evans and 408th Lucy May. Also running on the day for the ladies was 473rd Becca White, 499th Lisa Donn, 613th Dawn Haynes-Sewell, 622nd Laura Kay, 652nd Lara Dent, 668th Sara McRitchie and 687th Gilly Shutler. In the men we had 12 runners to score in the Hampshire Cup but still waiting on this result. For the men's team we were 56th in the South with 130th Lewis Banner, 444th Andy Simpson, 562nd Will Feline, 662nd Mike White, 737th Simon Bacon and 901st John Blake. Scoring in the Hampshire Cup was also Darren Tanner, Gordon Westley, Nick Crane, Matt Whitcher, Stuart Bamberger and Mike Bell. Well done to everyone who ran in challenging conditions.

Wishing you all a happy February, hope your running, training and races all go well.

CC6 BADGER FARM

1	Kelly Haniver	15	Andy Simpson
9	Nikki Roebuck	26	Daniel Foster
13	Shantha Dickinson	48	Graham Martin
18	Gill Rose	95	Richard Snell
20	Lucy May	111	Phillip Townley
23	Lara Evans	131	Nick Crane
26	Katy Bradley	159	Russell Mead
49	Tracy Langdale		
57	Dawn Haynes-Sewell		
82	Jules Dinwoodie		
96	Melissa Barham		

DARK MOORS 10 MILE

84	Matt	Whitcher	01:27:23
131	Nicola	Willoughby	01:33:50
132	Simon	Gibbon	01:33:51
167	Gaynor	Heffer	01:37:36
168	Paul	Hammond	01:37:36
221	John	Cox	01:44:44
222	Nigel	Whitcher	01:44:45
307	Rachel	Donnachie	01:59:36
308	Katherine	Holmes	01:59:41
325	Natalie	Flack	02:02:25
326	Claire	Johnson	02:02:26

HAMPSHIRE CROSS COUNTRY READING

Mike Gregory	36.44
Andy Simpson	38.08
Ray Gunner	43.55
Steve Dilley	45.00

CC6 KINGS GARN GUTTER

17	Gill Rose
23	Lara Evans
24	Katy Bradley
33	Lucy May
94	Melissa Barham
12	Andy Simpson
20	Mike White
27	Daniel Foster
35	Mark Westbrook
42	Graham Martin
80	Marcus Lee
89	Nick Crane
105	Richard Snell

Southern Cross Country

1	Kelly Hanvier
44	Daisy McClements
88	Lisa Dom
152	Sara McRitchie

24	Chris Sandy
66	Chris Hall
107	Simon Bacon
109	Steve Dilley
137	John Parker
148	Richard Edmunds
247	Stuart Bamberger
248	Rom Bernice

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS PARLIAMENT HILL

108	Kelley Haniver	00:34:48
316	Lara Evans	00:40:46
408	Lucy May	00:42:51
473	Becca White	00:45:03
499	Lisa Donn	00:45:53
130	Lewis Banner	00:55:04
444	Andy Simpson	01:01:55
662	Mike White	01:06:19
737	Simon Bacon	01:07:59
901	John Blake	01:13:06
298	Cameron Sewell	00:17:47

ROMSEY 5MILE

60	Jon Plomer	00:32:52
419	Anne Trotman	00:44:29
487	Katherine Holmes	00:46:51
488	Joanna Reed	00:46:55
501	Melissa Barham	00:46:14
628	Tiffany Skerratt	00:49:06
641	Peter Redman	00:49:50
764	Gillian Shutler	00:52:25
765	Elizabeth JAMES	00:52:27

HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

26	Nikki Roebuck	35.52
52	Katy Bradley	40.49
53	Maria Millican	40.51
54	Penny Forse	40.55
56	Lucy May	41.29
57	Lara Evans	41.33
76	Heather Hudson	44.52
78	Becca White	45.08
80	Lisa Donn	46.47
81	Dawn Haynes-Sewell	46.53
83	Louise Tanner	46.56
87	Ali Pepper	48.13
96	Sara McRitchie	52.01
104	Melissa Barham	54.58
109	Ann Cooper	61.53
110	Jane Bodman	72.00
111	Debbie Adams	72.00

59	Cameron Sewell	17:46
55	Miah Sewell	13:02
79	Finley Sewell	10:48

28	Lewis Banner	44.37
48	Iain Cross	46.21
53	Colin Trigg	46.30
58	Andy Simpson	47.07
80	Dan Foster	49.22
107	Steve Cumes	52.27
145	John Blake	57.22
152	Nick Crane	59.45
157	Gordon Westley	61.09
160	Stuart Bamberger	62.20
166	Darren Tanner	65.39

STUBBINGTON 10K

12	Rob	Arkell	00:34:18
17	Oliver	Caudwell	00:34:29
19	Lewis	Banner	00:34:39
32	Phil	Morgan	00:35:08
38	Christopher	Brobin	00:35:21
47	Rob	Greenwood	00:35:51
56	Andy	Simpson	00:36:26
79	Daniel	Foster	00:37:16
118	Christopher	Sandy	00:38:36
127	Kelley	Haniver	00:38:59
154	Graham	Martin	00:39:39
163	Dave	Thorpe	00:39:46
174	john	parker	00:40:20
183	Gareth	Charles	00:40:22
186	Josh	Cullen	00:40:25
185	Katie	Leatherland	00:40:37
193	Hollie	Smith	00:40:41
227	David	Jennings	00:41:40
239	Jon	Plomer	00:42:03
292	Richard	Mackay	00:42:58
313	Michael	Parkes	00:42:59
310	Richard	Jacks	00:43:09
304	Darren	Tanner	00:43:10
322	Simon	Bacon	00:43:34
328	Robert	Egerton	00:43:37
337	Hannah	Molyneaux	00:43:45
326	Neil	Stantiall	00:43:57
392	Stephen	Andrews	00:44:46
387	Lucy	May	00:45:11
401	Nick	Crane	00:45:31
412	Maria	Millican	00:45:45
420	Graham	Donnachie	00:45:51
443	Katy	Bradley	00:46:08
430	Zoe	Preston	00:46:09
488	Phillip	Townley	00:46:41
474	Jonathan	Mills	00:46:50
496	Philip	May	00:47:17
471	Penny	Forse	00:47:21
552	Stuart	Bamberger	00:48:34
551	David	Abrams	00:48:54
651	Phil	Page	00:48:57
615	Vernon	Wilde	00:49:38
647	Beverly	Woolcock	00:49:43
641	Tim	Matthews	00:49:59
644	Martyn	Francis	00:50:11
660	Sally	Ellicott	00:50:14
717	Danielle	Cranstone	00:50:23
798	Kimberley	Achurch	00:51:26
749	Marie	McDonald	00:51:40

770	George	Rennie	00:52:01
789	Claire	Light	00:52:14
795	George	Howarth	00:52:14
806	Cliff	Shaw	00:52:16
829	Jamie	Nunn	00:53:01
851	Brian	Graham	00:53:04
835	Mark	Shepherd	00:53:11
847	Wendy	Hawxwell	00:53:22
972	Robin	Peal	00:53:25
971	Louise	Tanner	00:53:46
975	Lucy	Maggs	00:54:57
988	Dominic	Ogburn	00:55:15
984	Dave	Judson	00:55:43
953	Jenna	Lloyd	00:55:44
986	Carl	Schafer	00:55:48
976	Laura	Kay	00:56:08
1027	Sarah	Tuckwell	00:56:17
1130	Brian	Reid	00:56:31
1017	Emma	Baker	00:56:33
1040	Rachael	Payne	00:56:58
1072	Julia	Lawton	00:57:13
1191	Catherine	Yarrow	00:57:46
1114	Cathy	Webb	00:58:03
1255	Melissa	Barham	00:58:54
1174	Lindsay	Pratt	00:58:58
1253	Sandra	Abrams	00:59:18
1117	Ray	Bernice	00:59:36
1305	Brian	Robinson	00:59:47
1236	sarah	Reay	00:59:56
1315	Michael	Wootton	00:59:56
1231	Richard	Weeks	01:00:36
1241	Laura	Rolland	01:00:50
1346	Kat	Chowns	01:00:54
1278	Julia	Webb	01:01:11
1304	Liz	James	01:01:37
1398	Janet	Shaw	01:02:01
1451	Gillian	Shutler	01:03:52
1447	claire	hanrahan	01:04:33
1405	Sarah	Clansey	01:04:39
1457	Gary	Pratt	01:05:53
1561	Amanda	White	01:08:44
1560	Diane	Wilson	01:08:49
1602	Libby	Wakefield	01:10:12
1603	Greg	Rowe	01:10:34
1626	Jenny	Wilford	01:11:09
1643	Lara	Durham-Dent	01:11:24
1639	Linda	Swanton	01:11:54
1678	Susan	Wakefield	01:13:16
1705	Debbie	Adams	01:13:40

Winter Time Trial - January

A busy week for running with the Stubbie 10k, Helpers race and Hampshire XC. That said we got 16 runners out with Helen Benson the solo lady on the night. We had 3 people improving on their times, third biggest improver on the night was Rob Egerton by 3 seconds. In second place was Dan Foster who has improved every month he has run the time trial, this time by 22 seconds. The biggest male improver on the night was Marcus Lee who knocked 1 minute 53 seconds off his time. A big thank you to all my helpers on the night. The next time trial will be Thursday 20th February at 18.25.

Name	Best 2017/2018/2019	October	November	December	January	Months Best	Total Yearly Best 2018
		16	24	16	16	3	10
Marcus Lee	25.00			**25.00**	**23.07**	-1.53	-1.53
Daniel Foster	20.30	20.14	**19.55**		**19.33**	-0.22	-0.57
Rob Egerton	22.53	**22.53**			**22.50**	-0.03	-0.03
Melissa Barham	32.32		**31.19**	**31.04**			-1.28
Ian Reed	22.48		**22.48**	**21.51**			-0.57
Rhona Phillips	29.11	**29.11**	**28.20**				-0.51
Stephen Andrews	23.54	**23.35**	30.09	24.46	25.31		-0.19
Martyn Banner	30.52		**30.52**	**30.38**			-0.14
Nick Crane	24.44	**24.31**	24.50	25.18	25.16		-0.13
Russ Coleman	19.36		**19.31**	22.24			-0.05
Aga Plombon	28.02		**28.02**				
Amie Morgan	23.09		**23.09**				
Amy Fox	25.18		**25.18**				
Andy Simpson	18.42		20.56	21.42	20.13		
Brian Robinson	31.12		**31.12**				
Carl Schafer	27.50	30.29		29.13	28.57		
Dominic Shepherd	24.26		25.40	25.37			
George Howarth	25.29	28.30	27.22	27.08	26.56		
Graham Martin	21.49	22.19		22.29			
Hayden Brown	23.20				**23.20**		
Helen Benson	26.15				27.36		
Iain Cross	19.08	19.43					
James Bampton	21.29	22.13	27.18	22.43	23.12		
John Parker	22.04	27.49	27.18		0.00		
Jon Leigh	22.49	24.32	23.43				
Jon Warner	19.18		19.27				
Jules Dinwoode	28.56		30.15	30.52			
Kyle McRitchie	30.32		**30.32**				
Maria Millican	23.11	24.32	31.24				
Mark Jenkins	26.30	**26.30**					
Phil Morgan	20.00		**20.00**				
Phil Page	24.19				**24.19**		
Phil Townley	24.21				**24.21**		
Rich Chowns	22.24			23.38			
Richard Edmunds	22.33	**22.33**					
Richard Jacks	22.56	**22.56**					
Rob Williams	26.23		28.15				
Steve Dilley	22.25				**22.25**		
Steven Matty	25.29				**25.29**		
Stewart Pepper	21.58			22.58			

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10/10/17
Ladies's	Beccy Lord	19.42	10/10/17

Bushy	**1 January**	
Phil MORGAN	17:46	
Jonathan WARNER	18:34	
Amie MORGAN	20:56	
Mick WELLAND	23:50	
Brighton & Hove	**1 January**	
Ray GUNNER	19:37	
Southsea	**1 January**	
Lewis BANNER	16:46	
Terry JOHNS	25:50	
Havant	**1 January**	
Russ COLEMAN	20:32	
Whiteley	**1 January**	
Iain CROSS	18:53	
Katie LEATHERLAND	20:28	
Richard JACKS	20:47	
Kieran CHAPLIN	21:03	
Hannah MOLYNEAUX	21:29	
Sean BENDELL	21:48	
Mike WHITE	21:53	
Robert EGERTON	21:55	
Nikki ROEBUCK	22:14	
Daniel FOSTER	22:19	
Marcus LEE	22:37	
Dominic SHEPHERD	23:48	
Steve TROTMAN	24:52	
Jack GOOZEE	25:06	
Phillip TOWNLEY	25:08	
Jake WADE	25:19	
Jamie EARLEY	25:23	
Steven MATTY	25:43	PB
Louisa ABBOTT	25:46	PB
Philip PAGE	26:00	
Chris WHEELER	26:09	
Toby EVANS	26:11	
Martin PARSONS	26:13	
Kim ACHURCH	26:45	
Bryan NEWELL	27:55	
Danielle CRANSTONE	28:40	
Simon GIBBON	29:18	
Steve CUMES	29:18	
Nigel WHITCHER	29:28	
George HOWARTH	30:03	
Laura ROLLAND	30:07	
Martin READ	30:49	
Pamela KEMP	30:52	
Katharine TUCKER	31:09	
Mark TUCKER	31:21	
Claire JOHNSON	33:08	
Martin DE WIED	33:16	
Katherine CHOWNS	34:02	
Rachel GOOZEE	34:38	
Emma BAKER	35:36	
Lauren FOWLER	58:43	

Lee-on-the-Solent	**1 January**	
Rob ARKELL	16:48	
Iain CROSS	18:15	
Daniel FOSTER	18:23	PB
Sean BENDELL	19:22	
John PARKER	19:27	
Steve CUMES	19:53	
Jon PLOMER	20:10	
Richard MACKAY	20:25	
Shaun BEALE	20:31	
Richard CHOWNS	20:39	
Aaron KINGSTON	20:48	
Mark John EATON	21:11	
Richard JACKS	21:15	
Jonathan O'NEIL	21:53	
John BLAKE	22:36	
Simon HEARNDEN	22:38	
Ian MILES	22:56	
Katy BRADLEY	23:15	
Simon VINGOE	23:20	
Dominic SHEPHERD	23:30	
Tim MATTHEWS	23:46	
Stephen ANDREWS	23:47	
Jamie EARLEY	23:55	
Vernon WILDE	24:01	
Steven MATTY	24:11	
Rachael OPENSHAW	24:14	
Bryan NEWELL	24:16	PB
Jake WADE	24:49	
Philip PAGE	25:34	
Kim ACHURCH	25:43	
Steve TROTMAN	26:15	
Andy LEE	26:39	
Russell MEAD	26:43	
Catherine YARROW	26:45	
Chris WHEELER	26:57	
Martin PARSONS	27:07	
Cathy WEBB	27:39	
Jules DINWOODIE	27:56	
Ray BERNICE	28:01	
David JENNINGS	28:04	
Sarah GARDINER	28:05	
Carl SCHAFER	28:15	
John SIMISTER	28:16	
Emma BAKER	28:27	
Danielle CRANSTONE	28:28	
Toby EVANS	28:34	
George HOWARTH	28:57	
Lara DENT	29:06	
Nigel WHITCHER	29:44	
Gaynor HEFFER	29:45	
Nicola WILLOUGHBY	29:46	
Simon GIBBON	29:47	
Paul HAMMOND	29:48	
Dave JUDSON	29:50	
Joanna MCQUAID	29:59	
Lindsay PRATT	30:11	
William GILL	30:55	
Gillian SHUTLER	31:06	
Mark SAYWELL	31:15	
Jonathan HARRINGTON	31:25	
Stuart BAMBERGER	31:49	
Kirstie GRAHAM	31:58	
Mandy WHITE	32:03	
Pamela KEMP	32:13	
Melissa BARHAM	32:35	

Lucy MAY	32:53	
Millie HOSKINS	32:58	
Philip MAY	33:13	
Sara MCRITCHIE	33:54	
Martin DE WIED	34:06	
Heather GRAHAM	34:07	
Jenny HEARNDEN	34:27	
Claire JOHNSON	35:04	
Paul SMITH	35:13	
Sarah BARRON	35:31	
Gail OSBORNE	35:41	
Stuart NICHOLSON	35:42	
Rachel GOOZEE	36:08	
Jack GOOZEE	36:09	
Richard BAILEY	36:17	
David MACSWAYNE	36:27	
Nikkie Katrina PLOMER	37:03	
Sue SIMISTER	37:15	
Angela PRICE	38:34	
Anita TITCOMBE	38:35	
Wendy SMITH	41:31	
Claire HANRAHAN	42:14	
Geraldine MAY	47:23	
Andrew SMITH	48:53	
Westmill	**1 January**	
Keith WHITAKER	34:57	
Netley Abbey	**1 January**	
Haydn BROWN	28:45	
Caroline STREET	35:06	
Alice Holt	**1 January**	
Harry REARDON	23:24	
Queen Elizabeth	**1 January**	
Lewis BANNER	19:49	
David MALLARD	20:01	
Mike WHITE	21:35	
Rebecca WHITE	24:36	PB
Andy WHITE	30:26	
Alison LAWRENCE	30:51	PB
Shelley THOMAS	32:58	
Panshanger	**1 January**	
Keith WHITAKER	31:32	
Maidenhead	**1 January**	
Darren TANNER	22:10	
Louise TANNER	30:44	
Hove Promenade	**1 January**	
Ray GUNNER	18:47	
Dalby Forest	**1 January**	
Julia WEBB	28:04	
Eastleigh	**1 January**	
Haydn BROWN	22:36	
Old Deer Park	**1 January**	
Phil MORGAN	20:07	
Jonathan WARNER	20:08	
Amie MORGAN	22:13	
Mick WELLAND	25:00	

Fareham	1 January	
David MALLARD	19:21	
Jon PLOMER	20:58	
Aaron KINGSTON	21:21	
Simon BACON	22:26	
Lucy MAY	23:44	
Katy BRADLEY	23:57	PB
John BLAKE	24:14	
Vernon WILDE	24:28	
David JENNINGS	24:35	
Alison LAWRENCE	25:22	
Andy LEE	26:14	
Jodie FRANCIS	26:24	
Ray BERNICE	28:49	
Jonathan HARRINGTON	28:55	
Carl SCHAFER	29:03	
Philip MAY	29:49	
Mark SAYWELL	29:57	
Dave JUDSON	30:20	
Melissa BARHAM	31:52	
Sara MCRITCHIE	31:55	
Stuart NICHOLSON	31:58	
Gail OSBORNE	32:00	
Stuart BAMBERGER	32:03	
Millie HOSKINS	32:12	
Kirstie GRAHAM	33:05	
Sarah BARRON	33:24	
Heather GRAHAM	33:37	PB
Sarah GARDINER	34:39	
Nikkie Katrina PLOMER	37:17	
Jonathan O'NEIL	38:43	
David MACSWAYNE	40:17	
Geraldine MAY	40:46	

West Coast Park	1 January
Andrew STOCKWELL	23:42
Samantha STOCKWELL	39:27

Bishan	1 January
Andrew STOCKWELL	22:09
Samantha STOCKWELL	38:04

Southsea	4 January
Jamie EARLEY	22:09
Kim ACHURCH	26:46
Richard JACKS	26:47
Katharine TUCKER	30:22
Mark TUCKER	30:23

Bedok Reservoir	4 January
Andrew STOCKWELL	21:45
Samantha STOCKWELL	30:51

Dawesville	4 January
Iain GALLAGHER	26:45

Portsmouth Lakeside	4 January
Josh CULLEN	20:17
Kevin SAUNDERS	27:04

Whiteley	4 January	
Matt EMERY	20:23	
Sean BENDELL	21:23	
Robert EGERTON	21:25	
Marcus LEE	22:18	
Kate RANT	23:07	PB
Philip PAGE	23:30	
Simon VINGOE	24:00	
Phillip TOWNLEY	25:21	
Tracy LANGDALE	25:22	
Steve TROTMAN	25:25	
Simon GIBBON	25:56	
Beverly WOOLCOCK	26:07	
Martin PARSONS	26:22	
Ryan GRANGER	26:24	
Bryan NEWELL	26:52	
Russ COLEMAN	27:13	
Max JAMES	28:52	
Mark GREEN	29:08	
Rachael PAYNE	29:24	
Martin READ	29:40	
Jack GOOZEE	29:50	
Louisa ABBOTT	30:34	
Katherine CHOWNS	30:42	
Liz JAMES	31:11	
Keith WHITAKER	31:24	
Rachel GOOZEE	33:53	
Caralyn OGBURN	53:09	
Lauren FOWLER	53:09	

Ashford	4 January	
Mike WHITE	19:21	PB

Netley Abbey	4 January	
Stuart BOTTOMLEY	20:35	PB
Ben GRAHAM	23:48	
Chris DAVIDSON	24:29	
Russell MEAD	27:36	
Jules DINWOODIE	29:26	

Queen Elizabeth	4 January
Martin DE WIED	31:31

Bognor Regis	4 January
Carl SCHAFER	27:07

Fareham	4 January
David MALLARD	19:29
Ray GUNNER	19:39
David JENNINGS	20:30
Daisy MCCLEMENTS	23:41
Steve ASPINALL	24:45
Andy LEE	25:52
Alison LAWRENCE	27:22
Ray BERNICE	28:05
Melissa BARHAM	28:37
Tom MELLOR	34:36
Wendy SMITH	39:39
Andrew SMITH	51:17

Stokes Bay junior	5 January
Amelie TANNER	12:15

Southsea	11 January
Chris WHEELER	25:01

Lee-on-the-Solent	4 January	
Graham MARTIN	19:38	
Richard BAILEY	20:04	
Ian REED	20:34	
Kieran CHAPLIN	20:37	
Amie MORGAN	21:17	
Jonathan WARNER	21:17	
Phil MORGAN	21:18	
Mike BELL	21:28	
Dom TRUSLOVE	21:36	
Haydn BROWN	21:42	
Ian MILES	21:50	
Graham DONNACHIE	22:36	
Katy BRADLEY	22:43	
Jonathan MILLS	22:49	
Tim MATTHEWS	23:39	
Chris WHEELER	24:04	
Rachael OPENSHAW	24:17	
Andy DONN	24:21	
Mick WELLAND	24:36	
Stephen ANDREWS	24:47	
Keith CARTER	24:50	
Stuart BAMBERGER	25:26	
Philip MAY	25:30	
Lucinda LE GASSICK	25:56	
Alison HESSELBERTH	25:59	
Tracie JARVIS	26:34	
Cathy WEBB	26:38	
Paul HAMMOND	26:56	
George HOWARTH	27:08	
Catherine YARROW	27:38	
Zac CONATY	27:40	
Karen CHARLTON	27:45	PB
Toby EVANS	28:03	
Julia LAWTON	28:20	PB
John SIMISTER	29:05	
Sara MCRITCHIE	29:50	
William GILL	30:26	
Richard WEEKS	30:37	
Kirstie GRAHAM	31:05	
Vicky WILLIAMS	31:24	
Lindsay PRATT	32:00	
Heather GRAHAM	32:44	
Vikki TAYLOR	32:53	
Sarah NORTHCOTT	33:15	
Kelly BENNETTS	33:18	
Joanna REED	33:20	
Louisa KNIGHT	33:23	
Jenny HEARNDEN	33:25	
Gail OSBORNE	33:33	
Stuart NICHOLSON	33:52	
Kevin ASHMAN	34:25	
Catherine CHAMBERLAIN	34:42	
Lisa EVENS	35:15	
Susan BONNAR	35:40	
Angela PRICE	35:43	
Phil CLARK	38:27	
Sarah BARRON	38:30	
Lisa DONN	38:35	
Anita TITCOMBE	38:37	
Geraldine MAY	39:00	
Jonathan O'NEIL	39:21	

Cardiff	11 January
Thomas MACSWAYNE	17:21

Whiteley	11 January	
Russell WISEMAN	20:32	
Robert EGERTON	21:12	
Greig BENSON	22:05	
Simon VINGOE	22:57	
Ben GRAHAM	23:18	
Philip PAGE	23:42	
Steve TROTMAN	25:06	
Louisa ABBOTT	25:25	PB
Martin PARSONS	25:41	
Bryan NEWELL	26:09	
Amy FOX	26:13	
Jon LEIGH	26:19	
Ryan GRANGER	26:27	
Sean BENDELL	26:31	
Alison BYATT	27:16	
Carl SCHAFER	28:37	
Max JAMES	28:48	
Katharine TUCKER	29:40	
Mark TUCKER	29:40	
Martin READ	30:26	
Sarah GREGORY	31:28	
Julia WEBB	31:39	
William GILL	32:11	
Danielle CRANSTONE	32:57	
Martin DE WIED	32:58	
Louise NICHOLSON	36:58	
Kim ACHURCH	47:12	

Moors Valley	11 January
Vernon WILDE	40:32

Eastleigh	11 January
Haydn BROWN	29:23
Keith WHITAKER	36:02

Lincoln	11 January
Rachael OPENSHAW	24:21

Netley Abbey	11 January
Stuart BOTTOMLEY	20:47
James HEATH	25:29
Anita TITCOMBE	37:10

Potchefstroom	11 January
Vicky SHAW	20:40

Perrigo	11 January
Richard BURGESS	46:13
Donna BURGESS	46:13

Lee-on-the-Solent	11 January	
James MACKINNON	18:58	
Richard BAILEY	19:41	
Ian REED	21:29	
Steven MATTY	23:13	
Jake WADE	23:17	PB
Dominic SHEPHERD	23:30	
Phillip TOWNLEY	23:49	
Bryn CLARK	24:20	PB
Phil MORGAN	24:29	
Lucinda LE GASSICK	24:33	
Stuart BAMBERGER	24:38	
Amie MORGAN	24:41	
Alison HESSELBERTH	26:17	
Andy RICHARDSON	26:38	
Zac CONATY	26:44	
George HOWARTH	27:08	
Cliff SHAW	27:38	
Josh CULLEN	27:54	
Martyn BANNER	29:15	
Kirstie GRAHAM	29:20	
Alison LAWRENCE	29:21	
Philip MARTIN	30:38	
John ANDERSON	30:43	
Russ COLEMAN	31:44	
Sarah CLANSEY	33:29	
Louisa KNIGHT	34:17	
Diane WILSON	34:18	
Lisa EVENS	34:35	
Simon GIBBON	34:41	
Gail OSBORNE	35:03	
Stuart NICHOLSON	35:04	
Phil CLARK	35:49	
John VOSE	36:34	
Catherine CHAMBERLAIN	36:41	
Lucie MATTHAMS	36:47	PB
Janet SHAW	37:01	
Jonathan O'NEIL	39:35	
Lynsey BARNES	41:38	
Nancy MATTHEWS	43:30	
Tim MATTHEWS	43:31	

Portsmouth Lakeside	11 January	
Chris HALL	19:59	
Jamie EARLEY	22:12	
Daisy MCCLEMENTS	23:00	
Kate RANT	23:19	PB
Kevin SAUNDERS	26:25	

Fareham	11 January
Steve ASPINALL	24:41
David JENNINGS	26:27
Sarah GARDINER	31:05
Andy LEE	31:35
Wendy SMITH	41:04
Andrew SMITH	51:33
David MACSWAYNE	55:10

Glen River	11 January	
Eileen DUFF	23:20	PB

Sandhurst Memorial	11 January	
Ray GUNNER	19:53	

Kingston	18 January
Chris HALL	19:34

Southsea	18 January	
Amie MORGAN	20:22	PB
Jonathan WARNER	20:22	
Phil MORGAN	20:23	PB
Mark John EATON	20:28	

Havant	18 January	
Jamie EARLEY	23:08	PB
Kim ACHURCH	29:02	
Richard JACKS	29:02	

Whiteley	18 January	
Lewis BANNER	16:26	PB
Russell WISEMAN	20:24	
Robert EGERTON	20:55	
Sean BENDELL	21:49	
Jack TUCKWELL	22:47	
Ryan GRANGER	24:53	
Philip PAGE	24:58	
Tracy LANGDALE	25:12	
Bryan NEWELL	25:52	
Mark JENKINS	25:53	
Claire JONES	25:58	
Danielle CRANSTONE	26:18	
Mark TUCKER	26:52	
Martin PARSONS	26:59	
Martyn BANNER	27:46	
Helen BENSON	28:48	
Aga PLOMBON	29:16	
Laura ROLLAND	30:22	
Carl SCHAFER	30:41	
Keith WHITAKER	31:21	
Louisa ABBOTT	31:46	
Martin DE WIED	32:25	
Rachel GOOZEE	34:14	
Katharine TUCKER	37:03	
Tina MACKAY	39:10	
Caralyn OGBURN	47:55	
Jake WADE	47:59	
Louise NICHOLSON	50:07	

Newbury	18 January
Tomas STINSON	23:55

Netley Abbey	18 January
Stuart BOTTOMLEY	21:03
Haydn BROWN	27:23
Caroline STREET	34:20

Balyang Sanctuary	18 January
Mick WELLAND	23:14

Southampton	18 January
Kieran CHAPLIN	21:08
Emma BAKER	32:01

Lee-on-the-Solent	18 January	
Rob GREENWOOD	17:23	
Andy SIMPSON	17:44	
Graham MARTIN	19:16	
Richard BAILEY	19:27	
Jonathan O'NEIL	19:48	PB
David JENNINGS	20:12	
Stephen ANDREWS	21:23	PB
Katy BRADLEY	21:31	PB
Ian REED	21:37	
Graham DONNACHIE	21:57	
Steven MATTY	22:22	PB
Jon PLOMER	23:03	
Tim MATTHEWS	23:45	
Steve ASPINALL	23:58	PB
Lucinda LE GASSICK	24:01	
Simon GIBBON	24:12	
Stuart BAMBERGER	24:24	
Josh CULLEN	24:43	
David OLDHAM	24:49	
Darren TANNER	25:09	
Gaynor HEFFER	25:16	
Toby EVANS	25:50	
Sally GEE	26:16	
Lara DENT	26:32	
John ANDERSON	26:33	
Ray BERNICE	26:34	
Chris WHEELER	26:35	
Catherine YARROW	26:37	
Cathy WEBB	27:15	
Phillip TOWNLEY	27:59	
Sara MCRITCHIE	28:10	
Sarah NORTHCOTT	28:36	
Andy WHITE	29:06	
Jade Lorelle EATON	29:17	
Richard WEEKS	29:49	
Libby WAKEFIELD	30:01	
Alison LAWRENCE	30:28	
Philip MARTIN	30:43	
Gillian SHUTLER	30:50	
Sarah CLANSEY	30:54	
Joanna REED	31:43	
Sarah BARRON	32:02	
Andy LEE	32:17	
Claire MEAD	32:31	
Louisa KNIGHT	32:35	
Diane WILSON	32:35	
Jenny HEARNDEN	33:10	PB
Lisa EVENS	33:34	
Phil CLARK	33:37	
Cat GROVES	33:38	
Vicky WILLIAMS	34:03	
Catherine CHAMBERLAIN	34:36	
Lucie MATTHAMS	34:40	PB
Vikki TAYLOR	35:16	
Susan BONNAR	35:23	
Gail OSBORNE	35:53	
Stuart NICHOLSON	35:54	
Kate PROVIS	35:59	
Claire PEAL	37:30	
Wendy SMITH	41:08	
Andrew SMITH	53:29	

Chichester	25 January
Vernon WILDE	25:51

Salisbury	25 January
Peter KAY	23:17

Dalby Forest	18 January
Julia WEBB	28:24

Portsmouth Lakeside	18 January
Ray GUNNER	20:03
David MACSWAYNE	41:18

Hogmoor Inclosure	18 January
Russ COLEMAN	19:19

Wendover Woods	18 January
Aaron KINGSTON	22:09

Bedok Reservoir	18 January
Steven HYLAND	28:05

Southampton	25 January
Martyn BANNER	27:49
Martin DE WIED	32:34

Southsea	25 January	
Graham MARTIN	19:22	PB
Max JAMES	27:07	

Whiteley	25 January	
Daniel FOSTER	17:56	PB
Russ COLEMAN	19:40	
Gareth CHARLES	20:00	
Marcus LEE	21:45	
Jake WADE	21:46	PB
Jack TUCKWELL	22:08	PB
Simon VINGOE	22:44	PB
Kate RANT	23:48	
Tracy LANGDALE	24:11	PB
Mark TUCKER	24:41	
Steve TROTMAN	24:52	
Martin PARSONS	25:03	PB
Bryan NEWELL	25:34	
Helen BENSON	25:59	
Carl SCHAFER	27:06	
Jack GOOZEE	27:15	
Dave JUDSON	28:00	
Simon GIBBON	28:09	
Rachael PAYNE	28:21	
Nigel WHITCHER	29:07	
Martin READ	29:39	
Laura ROLLAND	30:57	
Katharine TUCKER	31:10	
Pamela KEMP	31:12	
William GILL	31:36	
Rachel GOOZEE	34:05	
Keith WHITAKER	41:13	

Walsall Arboretum	25 January
Vicky SHAW	18:59

Netley Abbey	25 January
Haydn BROWN	27:16

Torquay	25 January
Mick WELLAND	23:28

Dinton Pastures	25 January
Jamie EARLEY	30:32

Centennial	25 January
Dom TRUSLOVE	19:57

Land's End	25 January
Russell WISEMAN	23:44

Doddington Hall	25 January
Rachael OPENSHAW	23:07

Whiteley junior	26 January
Luca WILLIAMS	14:41

Lee-on-the-Solent	25 January	
Mark WESTBROOK	19:09	
Richard BAILEY	19:29	
David JENNINGS	19:57	
Stephen ANDREWS	21:19	PB
Phil MORGAN	21:23	
Graham DONNACHIE	21:35	
Richard EDMUNDS	21:53	
Jonathan O'NEIL	22:44	
Josh CULLEN	22:49	
Dominic SHEPHERD	22:53	PB
Jon PLOMER	23:31	
Tim MATTHEWS	23:36	
Amie MORGAN	23:37	
Phillip TOWNLEY	24:36	
Paul HAMMOND	24:41	
Catherine YARROW	24:48	
Katy BRADLEY	24:53	
Tracie JARVIS	26:04	
Richard BURNS	26:10	
John ANDERSON	26:10	
Cathy WEBB	26:15	
Jade Lorelle EATON	27:25	
Sarah NORTHCOTT	27:36	
Mark SAYWELL	27:54	
Jonathan MILLS	27:59	
Jonathan HARRINGTON	27:59	
Libby WAKEFIELD	28:18	
Steven MATTY	28:59	
Richard WEEKS	29:00	
George HOWARTH	29:02	
Sarah BARRON	29:10	
Philip MARTIN	29:16	
Kirstie GRAHAM	30:10	
Sarah CLANSEY	30:16	
Adam JEFFERY	30:51	
Rob WILLIAMS	31:17	
Mandy WHITE	31:46	
Heather GRAHAM	31:54	PB
Louisa KNIGHT	32:39	
Diane WILSON	32:43	
Sandie MCINTOSH	32:52	
Lisa EVENS	32:57	
Vikki TAYLOR	33:09	
Phil CLARK	33:13	
Jenny HEARNDEN	33:43	
Susan WAKEFIELD	33:46	
Stuart NICHOLSON	33:56	
Mark HILL	34:44	
Susan BONNAR	35:02	
Kate PROVIS	36:11	
Anita TITCOMBE	36:46	
David OLDHAM	42:00	

Portsmouth Lakeside	25 January
Daniel ELLIOTT	19:53
Kevin SAUNDERS	26:41

Fareham	25 January	
Sean BENDELL	19:40	
Ray GUNNER	20:13	
David MALLARD	20:56	
Steve FIDLER	22:23	
Steve ASPINALL	23:51	PB
Andy LEE	25:43	
Andy RICHARDSON	27:16	
Emma BAKER	28:36	
Alison LAWRENCE	30:08	
Tom MELLOR	32:37	
David MACSWAYNE	36:16	
Rebecca PARKS	36:20	
Wendy SMITH	38:44	