Individual Men:

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| **NAME** | **CAT** | **Club** | **Time** |
| Kit Lau | V40 | SAC | 00:32:16 |
| Dan Latham | S | Hardley Runners | 00:32:35 |
| Andrew Gough | S | Eastleigh RC | 00:33:39 |
| Callum Johnson | S | Hardley Runners | 00:33:59 |
| Matthew Brearley | V50 | Lymington Tri | 00:34:19 |
| Peter Rejchrt | V50 | New Forest Runners | 00:34:24 |
| Isaac Andrews | S | Hedge End RC | 00:36:02 |
| Jon Ward | V40 | SAC | 00:36:28 |
| Martin Loveless | V60 | Hardley Runners | 00:36:39 |
| Peter Robbins | V50 | Eastleigh RC | 00:37:11 |
| Simon Ibbotson | S | Hardley Runners | 00:37:21 |
| Paul Blundell | V50 | Hardley Runners | 00:37:24 |
| John Wallace | V50 | Eastleigh RC | 00:37:33 |
| Tony Lees | V60 | Totton RC | 00:37:50 |
| Duncan Maclean | S | Wessex RR | 00:38:12 |
| Frazer Bailey | S | Itchen Spitfires RC | 00:38:17 |
| Wayne Andrews | V40 | Hedge End RC | 00:38:19 |
| Pete Siddall | V50 | Halterworth Harriers | 00:39:44 |
| Michael Selby | V50 | Eastleigh RC | 00:39:57 |
| Anthony Kendrick | V60 | Totton RC | 00:40:00 |
| David Steed | S | Netley Abbey Runners | 00:40:03 |
| Stuart Pickard | V40 | Hedge End RC | 00:40:27 |
| Dimitri Elenis | V40 | New Forest Runners | 00:40:36 |
| Graham Hoskins | V50 | Eastleigh RC | 00:41:08 |
| ColinJohnson | V60 | Lymington Tri | 00:42:00 |
| Phillip Knight | S | Wessex RR | 00:42:08 |
| Paul Garland | V50 | Halterworth Harriers | 00:43:04 |
| Luca Reggio | S | Lymington Athletes | 00:43:09 |
| Carlo van Leeuwen | V40 | Hedge End RC | 00:43:09 |
| Mick Anglim | V70 | Hardley Runners | 00:43:14 |
| Jono Harvey | V40 | Eastleigh RC | 00:43:49 |
| Andrew Codrai | V40 | Hedge End RC | 00:43:50 |
| Jason Shoesmith | V40 | Eastleigh RC | 00:43:55 |
| Barry Davis | V50 | Halterworth Harriers | 00:44:25 |
| Keith Sheppard | V60 | Hedge End RC | 00:44:27 |
| Steve Blight | V50 | Hardley Runners | 00:44:33 |
| Dave Lavington | S | Eastleigh RC | 00:44:58 |
| Paul Sidaway | V60 | Eastleigh RC | 00:45:10 |
| Paul Goode | V50 | New Forest Runners | 00:45:12 |
| Malcolm Quayle | V60 | Netley Abbey Runners | 00:45:33 |
| Craig Taylor | V40 | Totton RC | 00:45:34 |
| Russell Hawkins | V40 | Southampton Tri Club | 00:46:16 |
| Tim Ford | V60 | Hedge End RC | 00:47:01 |
| Dave Murray | V50 | Totton RC | 00:47:15 |
| Kevin Rowe | V60 | Hedge End RC | 00:47:27 |
| Barry Ponsford | V60 | Lymington Tri | 00:47:35 |
| Nigel Smyth | V40 | Wessex RR | 00:48:06 |
| Tim Collinson | V60 | Hardley Runners | 00:49:04 |
| Dave Turpitt | V60 | Eastleigh RC | 00:49:18 |
| Chris Ashdown | V40 | Hedge End RC | 00:49:55 |
| Dave Price | V60 | Netley Abbey Runners | 00:50:02 |
| Dan Forshaw | V40 | Eastleigh RC | 00:50:05 |
| Aaron Rodgers | S | Hedge End RC | 00:50:21 |
| John Pugh | V70 | Totton RC | 00:51:00 |
| Ian Beveridge | V50 | Hardley Runners | 00:51:24 |
| Michael Johnson | V50 | Eastleigh RC | 00:51:47 |
| Matthew Collins | S | Eastleigh RC | 00:52:31 |
| David Peterson | V40 | Eastleigh RC | 00:53:19 |
| Paul Cox | V50 | Lymington Tri | 00:53:19 |
| Trevor Swift | V50 | Eastleigh RC | 00:53:54 |
| Mark Lee | V50 | Hardley Runners | 00:54:43 |
| Mark Parkin | V60 | Eastleigh RC | 00:54:55 |
| Steve White | V50 | Eastleigh RC | 00:55:17 |
| Mike Mills | V70 | Totton RC | 00:56:09 |
| Eddie Oliver | V50 | Netley Abbey Runners | 00:56:11 |
| Michael Snowden | V40 | Eastleigh RC | 00:57:05 |
| Sandy Glen | V70 | Lymington Tri | 00:57:49 |
| Melvyn Holloway | V60 | Eastleigh RC | 00:58:48 |
| Jeremy Barber | V60 | Hardley Runners | 00:59:22 |
| Terry Earney | V70 | Hardley Runners | 00:59:29 |
| Derek Lee | V70 | Lymington Tri | 01:00:19 |
| Andrew Brooks | v70 | Wessex RR | 01:00:44 |
| Robert Jones | V40 | Hedge End RC | 01:02:24 |
| Doug Maclean | v70 | Wessex RR | 01:02:57 |
| Richard Widdop | v70 | Wessex RR | 01:03:42 |
| Chris Kidd | S | Hardley Runners | 01:05:57 |
| Larry Cooley | V60 | Eastleigh RC | 01:39:38 |

Individual Women:

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| **NAME** | **CAT** | **Club** | | **Jan** |
| Alice Rudd | S | Hardley Runners | 00:36:35 | |
| Karen Denham | V40 | Hardley Runners | 00:37:59 | |
| Gemma Russhard | S | Lymington Tri | 00:38:10 | |
| Valeria Sesto | V40 | Lymington Athletes | 00:39:32 | |
| Stephanie Kirby | S | Southampton Tri Club | 00:39:52 | |
| Emma Clayton | S | New Forest Runners | 00:40:07 | |
| Sarah Nangle | V40 | Eastleigh RC | 00:40:27 | |
| Claire Wood | S | Southampton Tri Club | 00:40:30 | |
| Jayne Carey | V50 | Eastleigh RC | 00:40:32 | |
| Kelly Anetts | S | Hardley Runners | 00:41:03 | |
| Hannah Cockle | S | Hardley Runners | 00:41:33 | |
| Eloise Curzon | S | Lymington Athletes | 00:41:48 | |
| Charlie Welsh | S | Lymington Athletes | 00:41:48 | |
| Claire Powell | V40 | Hedge End RC | 00:42:27 | |
| Marion Frewin | V40 | New Forest Runners | 00:42:28 | |
| Laura Jack | S | Netley Abbey Runners | 00:43:06 | |
| Hannah Picton-Jones | S | Hedge End RC | 00:43:09 | |
| Úrsula Nealon | S | Lymington Athletes | 00:43:09 | |
| Kelly Milner | V40 | Hedge End RC | 00:43:40 | |
| Sarah Bennetts | V40 | Lymington Tri | 00:43:40 | |
| Tania Watson | S | Solent Running Sisters | 00:44:12 | |
| Rachel McCulloch | S | Totton RC | 00:44:19 | |
| Antonia Cox | V50 | Lymington | 00:44:31 | |
| Kirsty Shannon | V50 | Hedge End RC | 00:45:10 | |
| Mandy Jones | V40 | Totton RC | 00:45:23 | |
| Melanie Ford | V60 | Hedge End RC | 00:46:10 | |
| Hazel Curtis | S | Netley Abbey Runners | 00:46:34 | |
| Frankie Colling | V50 | Eastleigh RC | 00:46:58 | |
| Jane Burns | V50 | New Forest Runners | 00:48:02 | |
| Trudi lloyd Williams | V60 | Lymington Tri | 00:48:08 | |
| Sophie Kemp | S | Lymington Tri | 00:48:17 | |
| Jo Murphy | V50 | New Forest Runners | 00:48:34 | |
| Fiona Churcher | V40 | Eastleigh RC | 00:48:51 | |
| Hayley Chilvers | V50 | Eastleigh RC | 00:49:05 | |
| Carla O'Grady | S | Eastleigh RC | 00:49:46 | |
| Mary Corbett | V60 | Eastleigh RC | 00:50:14 | |
| Claire Cannon | S | Hedge End RC | 00:50:21 | |
| Theresa Jurdic | V40 | Eastleigh RC | 00:50:41 | |
| Frances Stewart | V70 | Totton RC | 00:51:00 | |
| Jane Hodge | V60 | Hardley Runners | 00:51:10 | |
| Helen Borrett | V40 | Hedge End RC | 00:51:10 | |
| Donna Ruffles | V40 | Solent Running Sisters | 00:51:11 | |
| Stephanie Cooley | S | Eastleigh RC | 00:51:14 | |
| Teresa Dodkin | V40 | Totton RC | 00:51:19 | |
| Sarah Fitton | V50 | Hardley Runners | 00:52:02 | |
| Chris Harris | V70 | Hardley Runners | 00:52:02 | |
| Bethan Davis | V50 | Hedge End RC | 00:52:29 | |
| Katherine Broomfield | S | Hardley Runners | 00:52:51 | |
| Kathryn Bailey | S | Itchen Spitfires RC | 00:52:54 | |
| Glenda Monson | V60 | Lymington Tri | 00:53:02 | |
| Kat Hoppe | S | SAC | 00:53:02 | |
| Caroline Richmond | V50 | Hardley Runners | 00:53:42 | |
| Michelle Gammon | V40 | Totton RC | 00:53:59 | |
| Nadine Turner | V40 | Hedge End RC | 00:54:15 | |
| Tina Mills | V60 | Totton RC | 00:54:22 | |
| Emma Wilson | S | Itchen Spitfires RC | 00:54:40 | |
| Millie Webb | S | Totton RC | 00:54:49 | |
| Sandra Tyler | V50 | Lymington Tri | 00:56:07 | |
| Joanne Labram | V40 | Hedge End RC | 00:56:09 | |
| Eileen Fitzgerald | V50 | Solent Running Sisters | 00:56:11 | |
| Hilary Hinks | V60 | Hardley Runners | 00:56:17 | |
| Victoria Dewey | S | Eastleigh RC | 00:56:19 | |
| Lorraine Sault | V50 | Eastleigh RC | 00:56:46 | |
| Sally Harbut | V40 | Hardley Runners | 00:57:30 | |
| Sheila Fox | V60 | Southampton Tri Club | 00:57:35 | |
| Siân Andrews | V40 | Hedge End RC | 00:57:59 | |
| Shona Lewis | V40 | Netley Abbey Runners | 00:58:23 | |
| Sarah Cook | V40 | Netley Abbey Runners | 00:58:23 | |
| Sarah Rejchrt | V40 | New Forest Runners | 00:58:33 | |
| Danielle Friedman-Brown | V40 | Solent Running Sisters | 00:58:50 | |
| Helen Lamb | V50 | New Forest Runners | 00:58:54 | |
| Donna Pike | V40 | Totton RC | 00:58:55 | |
| Jacqui Healey | V50 | Hardley Runners | 00:58:58 | |
| Alice Fenlon | S | Hedge End RC | 00:59:09 | |
| Alana Williams | S | Hedge End RC | 00:59:09 | |
| Pamela Hatt | V50 | Solent Running Sisters | 00:59:37 | |
| Siân Motyer | V50 | Totton RC | 00:59:55 | |
| Emma Hawkins | V40 | Southampton Tri Club | 01:00:00 | |
| Ellen Urwin | V50 | Lymington Tri | 01:00:15 | |
| Clare Carden | V60 | Lymington Tri | 01:00:15 | |
| Janice Collis | V60 | Netley Abbey Runners | 01:00:31 | |
| Karen Convery | V40 | Hedge End RC | 01:01:07 | |
| Emma Tyler | V50 | Eastleigh RC | 01:01:37 | |
| Anne Green | V50 | Eastleigh RC | 01:01:57 | |
| Rachel Stacey | S | Hedge End RC | 01:02:08 | |
| Annabel Hodgson | V60 | Solent Running Sisters | 01:03:00 | |
| Lisa Ellis | V60 | Solent Running Sisters | 01:03:00 | |
| Hayley Dunford | S | Hedge End RC | 01:03:31 | |
| Ruth Johnson | V40 | Netley Abbey Runners | 01:03:48 | |
| Olenka Snell | V60 | Eastleigh RC | 01:04:56 | |
| Jess Moore | S | Solent Running Sisters | 01:05:01 | |
| Sharon Summers | V50 | Hedge End RC | 01:05:06 | |
| Helen Fry | V50 | Hedge End RC | 01:05:22 | |
| Jan Anglim | V70 | Hardley Runners | 01:05:55 | |
| Angela Goodall | V50 | Solent Running Sisters | 01:06:11 | |
| Kerry Morgan | V40 | Netley Abbey Runners | 01:06:13 | |
| Louise Hillier-Wheal | V40 | Solent Running Sisters | 01:10:05 | |
| Gin Tidridge | V50 | Solent Running Sisters | 01:10:05 | |
| Karen Bolton | V50 | Solent Running Sisters | 01:12:13 | |
| Roselle Farr | S | Netley Abbey Runners | 01:14:38 | |
| Kerry Rayment | V50 | Solent Running Sisters | 01:17:21 | |
| Danielle Ward | S | Hedge End RC | 01:18:26 | |
| Joanne Johnson | V40 | Hedge End RC | 01:39:22 | |
| Helen Evans | S | Hedge End RC | 01:39:22 | |
| Yvonne Cooley | V60 | Eastleigh RC | 01:39:38 | |

Men’s Team Standings:

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| **Club** | **Time** |
| Hardley Runners | 02:20:34 |
| Eastleigh RC | 02:28:20 |
| Hedge End RC | 02:37:57 |
| Totton RC | 02:50:39 |
| Lymington | 02:57:13 |
| Wessex RR | 03:09:10 |
| Netley Abbey Runners | 03:11:49 |

Women’s Team Standings:

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| **Club** | **Time** |
| Hardley Runners | 01:54:37 |
| Lymington Athletes | 02:03:08 |
| Lymington Tri | 02:06:21 |
| Eastleigh RC | 02:07:57 |
| Hedge End RC | 02:09:16 |
| New Forest Runners | 02:10:37 |
| Southampton Tri Club | 02:17:57 |
| Totton RC | 02:20:42 |
| Netley Abbey Runners | 02:28:03 |
| Solent Running Sisters | 02:31:34 |