Individual Men:

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| **NAME** | **CAT** | **Club** | **Jan Time** | **Feb Time** | **Acc Time** |
| Kit Lau | V40 | SAC | 00:32:16 | 00:30:52 | 1:03:08 |
| Dan Latham | S | Hardley Runners | 00:32:35 | 00:31:56 | 1:04:31 |
| Jason Palmer-Myers | V50 | Winchester & District AC | 00:33:00 | 00:32:46 | 1:05:46 |
| Callum Johnson | S | Hardley Runners | 00:33:59 | 00:31:55 | 1:05:54 |
| Peter Rejchrt | V50 | New Forest Runners | 00:34:24 | 00:32:42 | 1:07:06 |
| Andrew Gough | S | Eastleigh RC | 00:33:39 | 00:33:38 | 1:07:17 |
| Simon Gillett | V40 | Winchester & District AC | 00:34:45 | 00:33:25 | 1:08:10 |
| Isaac Andrews | S | Hedge End RC | 00:36:02 | 00:32:19 | 1:08:21 |
| Matthew Brearley | V50 | Lymington Tri | 00:34:19 | 00:35:38 | 1:09:57 |
| Jon Ward | V40 | SAC | 00:36:28 | 00:34:05 | 1:10:33 |
| Wayne Andrews | V40 | Hedge End RC | 00:38:19 | 00:33:10 | 1:11:29 |
| Simon Ibbotson | S | Hardley Runners | 00:37:21 | 00:34:49 | 1:12:10 |
| Peter Robbins | V50 | Eastleigh RC | 00:37:11 | 00:35:25 | 1:12:36 |
| John Wallace | V50 | Eastleigh RC | 00:37:33 | 00:35:48 | 1:13:21 |
| Paul Blundell | V50 | Hardley Runners | 00:37:24 | 00:36:28 | 1:13:52 |
| Martin Loveless | V60 | Hardley Runners | 00:36:39 | 00:38:17 | 1:14:56 |
| Duncan Maclean | S | Wessex RR | 00:38:12 | 00:37:22 | 1:15:34 |
| Steve Oliver | V60 | Winchester & District AC | 00:38:25 | 00:37:21 | 1:15:46 |
| Stephen Lowy | V50 | Winchester & District AC | 00:38:33 | 00:37:17 | 1:15:50 |
| Tony Lees | V60 | Totton RC | 00:37:50 | 00:38:11 | 1:16:01 |
| Graham Hoskins | V50 | Eastleigh RC | 00:41:08 | 00:35:00 | 1:16:08 |
| Carlo van Leeuwen | V40 | Hedge End RC | 00:43:09 | 00:34:02 | 1:17:11 |
| Frazer Bailey | S | Itchen Spitfires RC | 00:38:17 | 00:39:00 | 1:17:17 |
| Michael Selby | V50 | Eastleigh RC | 00:39:57 | 00:38:01 | 1:17:58 |
| Pete Siddall | V50 | Halterworth Harriers | 00:39:44 | 00:38:20 | 1:18:04 |
| Dimitri Elenis | V40 | New Forest Runners | 00:40:36 | 00:37:38 | 1:18:14 |
| David Steed | S | Netley Abbey Runners | 00:40:03 | 00:38:52 | 1:18:55 |
| Anthony Kendrick | V60 | Totton RC | 00:40:00 | 00:39:12 | 1:19:12 |
| Luca Reggio | S | Lymington Athletes | 00:43:09 | 00:36:08 | 1:19:17 |
| Phillip Knight | S | Wessex RR | 00:42:08 | 00:40:00 | 1:22:08 |
| Mick Anglim | V70 | Hardley Runners | 00:43:14 | 00:39:21 | 1:22:35 |
| Keith Sheppard | V60 | Hedge End RC | 00:44:27 | 00:39:22 | 1:23:49 |
| Jono Harvey | V40 | Eastleigh RC | 00:43:49 | 00:40:42 | 1:24:31 |
| Andrew Codrai | V40 | Hedge End RC | 00:43:50 | 00:40:44 | 1:24:34 |
| ColinJohnson | V60 | Lymington Tri | 00:42:00 | 00:43:50 | 1:25:50 |
| Paul Garland | V50 | Halterworth Harriers | 00:43:04 | 00:42:52 | 1:25:56 |
| Kevin Rowe | V60 | Hedge End RC | 00:47:27 | 00:40:38 | 1:28:05 |
| Steve Blight | V50 | Hardley Runners | 00:44:33 | 00:43:52 | 1:28:25 |
| Paul Goode | V50 | New Forest Runners | 00:45:12 | 00:44:23 | 1:29:35 |
| Jason Shoesmith | V40 | Eastleigh RC | 00:43:55 | 00:46:31 | 1:30:26 |
| Stuart Pickard | V40 | Hedge End RC | 00:40:27 | 00:50:12 | 1:30:39 |
| Craig Taylor | V40 | Totton RC | 00:45:34 | 00:46:15 | 1:31:49 |
| Dave Murray | V50 | Totton RC | 00:47:15 | 00:44:36 | 1:31:51 |
| Rick Munro | V50 | Winchester & District AC | 00:41:04 | 00:51:00 | 1:32:04 |
| Tim Collinson | V60 | Hardley Runners | 00:49:04 | 00:44:20 | 1:33:24 |
| Nigel Smyth | V40 | Wessex RR | 00:48:06 | 00:45:19 | 1:33:25 |
| Paul Sidaway | V60 | Eastleigh RC | 00:45:10 | 00:48:19 | 1:33:29 |
| Dave Turpitt | V60 | Eastleigh RC | 00:49:18 | 00:47:55 | 1:37:13 |
| Chris Ashdown | V40 | Hedge End RC | 00:49:55 | 00:47:18 | 1:37:13 |
| Michael Johnson | V50 | Eastleigh RC | 00:51:47 | 00:46:35 | 1:38:22 |
| Aaron Rodgers | S | Hedge End RC | 00:50:21 | 00:48:58 | 1:39:19 |
| Dave Price | V60 | Netley Abbey Runners | 00:50:02 | 00:49:53 | 1:39:55 |
| David Peterson | V40 | Eastleigh RC | 00:53:19 | 00:49:09 | 1:42:28 |
| John Pugh | V70 | Totton RC | 00:51:00 | 00:52:10 | 1:43:10 |
| Michael Snowden | V40 | Eastleigh RC | 00:57:05 | 00:46:55 | 1:44:00 |
| Mark Lee | V50 | Hardley Runners | 00:54:43 | 00:49:50 | 1:44:33 |
| Matthew Collins | S | Eastleigh RC | 00:52:31 | 00:52:31 | 1:45:02 |
| Ian Beveridge | V50 | Hardley Runners | 00:51:24 | 00:53:42 | 1:45:06 |
| Paul Cox | V50 | Lymington Tri | 00:53:19 | 00:51:47 | 1:45:06 |
| Mike Mills | V70 | Totton RC | 00:56:09 | 00:52:09 | 1:48:18 |
| Terry Earney | V70 | Hardley Runners | 00:59:29 | 00:49:28 | 1:48:57 |
| Jeremy Barber | V60 | Hardley Runners | 00:59:22 | 00:52:27 | 1:51:49 |
| Sandy Glen | V70 | Lymington Tri | 00:57:49 | 00:56:21 | 1:54:10 |
| Eddie Oliver | V50 | Netley Abbey Runners | 00:56:11 | 00:58:05 | 1:54:16 |
| Andrew Brooks | V70 | Wessex RR | 01:00:44 | 00:58:05 | 1:58:49 |
| Derek Lee | V70 | Lymington Tri | 01:00:19 | 01:02:40 | 2:02:59 |
| Richard Widdop | V70 | Wessex RR | 01:03:42 | 01:00:50 | 2:04:32 |
| Robert Jones | V40 | Hedge End RC | 01:02:24 | 01:02:11 | 2:04:35 |
| Chris Kidd | S | Hardley Runners | 01:05:57 | 01:02:04 | 2:08:01 |
| Doug Maclean | V70 | Wessex RR | 01:02:57 | 01:08:04 | 2:11:01 |
| Larry Cooley | V60 | Eastleigh RC | 01:39:38 | 01:25:16 | 3:04:54 |

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| Wayne Bevan | V40 | Winchester & District AC |  | 00:32:26 | 0:32:26 |
| Ted Ward | S | Lymington Athletes |  | 00:32:38 | 0:32:38 |
| Andy Parkinson | V50 | Winchester & District AC |  | 00:33:14 | 0:33:14 |
| Richard Mayo | V40 | Lymington Athletes |  | 00:33:21 | 0:33:21 |
| Greg Harbut | V40 | Lymington Athletes |  | 00:34:02 | 0:34:02 |
| James Turner | V40 | Lymington Athletes |  | 00:34:25 | 0:34:25 |
| Sean Ward | V50 | Lymington Athletes |  | 00:34:34 | 0:34:34 |
| Adam Travers | V40 | Totton RC |  | 00:35:22 | 0:35:22 |
| Will Baggs | S | Hedge End RC |  | 00:35:45 | 0:35:45 |
| Peter Sansome | V40 | Winchester & District AC |  | 00:35:47 | 0:35:47 |
| Mark Sampson | V50 | Lymington Athletes |  | 00:36:05 | 0:36:05 |
| David Madelin | S | SAC |  | 00:36:36 | 0:36:36 |
| John McKenzie | V60 | Hedge End RC |  | 00:36:37 | 0:36:37 |
| Jim Rapley | V50 | Wessex RR |  | 00:37:09 | 0:37:09 |
| Matt Casey | S | Hardley Runners |  | 00:37:22 | 0:37:22 |
| Pete Siddall | V50 | Winchester & District AC |  | 00:38:02 | 0:38:02 |
| Brendan Anglim | V40 | Hardley Runners |  | 00:38:30 | 0:38:30 |
| Oscar Anglim | S | Hardley Runners |  | 00:38:30 | 0:38:30 |
| James Pilgrim | S | Eastleigh RC |  | 00:38:39 | 0:38:39 |
| George Belfield | S | Winchester & District AC |  | 00:40:03 | 0:40:03 |
| Kevin Frisby | V50 | Winchester & District AC | 00:41:19 |  | 0:41:19 |
| Andy Mansfield | V50 | Hardley Runners |  | 00:42:51 | 0:42:51 |
| Barry Davis | V50 | Halterworth Harriers | 00:44:25 |  | 0:44:25 |
| Dave Lavington | S | Eastleigh RC | 00:44:58 |  | 0:44:58 |
| Perry Letcher | V50 | Lymington Tri |  | 00:45:05 | 0:45:05 |
| Mark Whitlock | V40 | Totton RC |  | 00:45:26 | 0:45:26 |
| Malcolm Quayle | V60 | Netley Abbey Runners | 00:45:33 |  | 0:45:33 |
| Steve Wyeth | V40 | Halterworth Harriers |  | 00:45:48 | 0:45:48 |
| Ian Bradley | V50 | Hedge End RC |  | 00:46:07 | 0:46:07 |
| Russell Hawkins | V40 | Southampton Tri Club | 00:46:16 |  | 0:46:16 |
| Tim Ford | V60 | Hedge End RC | 00:47:01 |  | 0:47:01 |
| Barry Ponsford | V60 | Lymington Tri | 00:47:35 |  | 0:47:35 |
| Mike Southwell | V50 | New Forest Runners |  | 00:48:25 | 0:48:25 |
| Barry Hodt | V50 | Lymington Tri |  | 00:49:47 | 0:49:47 |
| Dan Forshaw | V40 | Eastleigh RC | 00:50:05 |  | 0:50:05 |
| Dave Howells | V60 | Wessex RR |  | 00:53:22 | 0:53:22 |
| Steve Bradley | V60 | Hardley Runners |  | 00:53:25 | 0:53:25 |
| Trevor Swift | V50 | Eastleigh RC | 00:53:54 |  | 0:53:54 |
| James Munn | V50 | Eastleigh RC |  | 00:54:20 | 0:54:20 |
| Mark Parkin | V60 | Eastleigh RC | 00:54:55 |  | 0:54:55 |
| Steve White | V50 | Eastleigh RC | 00:55:17 |  | 0:55:17 |
| Jeff Deacon | V60 | Eastleigh RC |  | 00:55:39 | 0:55:39 |
| Melvyn Holloway | V60 | Eastleigh RC | 00:58:48 |  | 0:58:48 |
| Peter Jennings | V80 | Lymington Tri |  | 01:02:04 | 1:02:04 |

Individual Women:

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| **NAME** | **CAT** | **Club** | **Jan Time** | **Feb Time** | **Acc Time** |
| Emma Carter | V40 | Winchester & District AC | 00:35:43 | 00:33:19 | 1:09:02 |
| Jane Gandee | V50 | Winchester & District AC | 00:34:31 | 00:34:37 | 1:09:08 |
| Alice Rudd | S | Hardley Runners | 00:36:35 | 00:34:34 | 1:11:09 |
| Valeria Sesto | V40 | Lymington Athletes | 00:39:32 | 00:34:16 | 1:13:48 |
| Karen Denham | V40 | Hardley Runners | 00:37:59 | 00:37:27 | 1:15:26 |
| Emma Clayton | S | New Forest Runners | 00:40:07 | 00:35:26 | 1:15:33 |
| Sarah Nangle | V40 | Eastleigh RC | 00:40:27 | 00:35:16 | 1:15:43 |
| Stephanie Kirby | S | Southampton Tri Club | 00:39:52 | 00:37:37 | 1:17:29 |
| Úrsula Nealon | S | Lymington Athletes | 00:43:09 | 00:36:18 | 1:19:27 |
| Charlie Welsh | S | Lymington Athletes | 00:41:48 | 00:37:53 | 1:19:41 |
| Fiona Bolton | V50 | Winchester & District AC | 00:38:22 | 00:41:43 | 1:20:05 |
| Claire Wood | S | Southampton Tri Club | 00:40:30 | 00:39:46 | 1:20:16 |
| Hannah Cockle | S | Hardley Runners | 00:41:33 | 00:39:05 | 1:20:38 |
| Jayne Carey | V50 | Eastleigh RC | 00:40:32 | 00:40:09 | 1:20:41 |
| Mikaela Price | V40 | Winchester & District AC | 00:40:30 | 00:41:21 | 1:21:51 |
| Claire Powell | V40 | Hedge End RC | 00:42:27 | 00:40:54 | 1:23:21 |
| Sarah Bennetts | V40 | Lymington Tri | 00:43:40 | 00:40:39 | 1:24:19 |
| Marion Frewin | V40 | New Forest Runners | 00:42:28 | 00:43:20 | 1:25:48 |
| Melanie Ford | V60 | Hedge End RC | 00:46:10 | 00:41:16 | 1:27:26 |
| Tania Watson | S | Solent Running Sisters | 00:44:12 | 00:43:23 | 1:27:35 |
| Rachel McCulloch | S | Totton RC | 00:44:19 | 00:44:37 | 1:28:56 |
| Louise Snook | V50 | Winchester & District AC | 00:47:36 | 00:41:42 | 1:29:18 |
| Frankie Colling | V50 | Eastleigh RC | 00:46:58 | 00:42:22 | 1:29:20 |
| Antonia Cox | V50 | Lymington Tri | 00:44:31 | 00:45:03 | 1:29:34 |
| Gemma Russhard | S | Lymington Tri | 00:38:10 | 00:52:40 | 1:30:50 |
| Mandy Jones | V40 | Totton RC | 00:45:23 | 00:45:56 | 1:31:19 |
| Hayley Chilvers | V50 | Eastleigh RC | 00:49:05 | 00:42:16 | 1:31:21 |
| Carla O'Grady | S | Eastleigh RC | 00:49:46 | 00:42:00 | 1:31:46 |
| Kelly Milner | V40 | Hedge End RC | 00:43:40 | 00:48:11 | 1:31:51 |
| Gina Martin | V40 | New Forest Runners | 00:46:51 | 00:45:21 | 1:32:12 |
| Theresa Jurdic | V40 | Eastleigh RC | 00:50:41 | 00:41:37 | 1:32:18 |
| Trudi lloyd Williams | V60 | Lymington Tri | 00:48:08 | 00:44:51 | 1:32:59 |
| Jane Burns | V50 | New Forest Runners | 00:48:02 | 00:45:12 | 1:33:14 |
| Jane Hodge | V60 | Hardley Runners | 00:51:10 | 00:42:14 | 1:33:24 |
| Joanne Labram | V40 | Hedge End RC | 00:56:09 | 00:37:23 | 1:33:32 |
| Jo Murphy | V50 | New Forest Runners | 00:48:34 | 00:45:09 | 1:33:43 |
| Hazel Curtis | S | Netley Abbey Runners | 00:46:34 | 00:48:10 | 1:34:44 |
| Helen Borrett | V40 | Hedge End RC | 00:51:10 | 00:46:06 | 1:37:16 |
| Stephanie Cooley | S | Eastleigh RC | 00:51:14 | 00:46:20 | 1:37:34 |
| Fiona Churcher | V40 | Eastleigh RC | 00:48:51 | 00:49:41 | 1:38:32 |
| Mary Corbett | V60 | Eastleigh RC | 00:50:14 | 00:48:19 | 1:38:33 |
| Claire Cannon | S | Hedge End RC | 00:50:21 | 00:48:58 | 1:39:19 |
| Sophie Kemp | S | Lymington Tri | 00:48:17 | 00:52:09 | 1:40:26 |
| Sarah Fitton | V50 | Hardley Runners | 00:52:02 | 00:49:11 | 1:41:13 |
| Teresa Dodkin | V40 | Totton RC | 00:51:19 | 00:50:22 | 1:41:41 |
| Bethan Davis | V50 | Hedge End RC | 00:52:29 | 00:49:55 | 1:42:24 |
| Caroline Richmond | V50 | Hardley Runners | 00:53:42 | 00:48:42 | 1:42:24 |
| Chris Harris | V70 | Hardley Runners | 00:52:02 | 00:51:01 | 1:43:03 |
| Frances Stewart | V70 | Totton RC | 00:51:00 | 00:52:10 | 1:43:10 |
| Kat Hoppe | S | SAC | 00:53:02 | 00:50:38 | 1:43:40 |
| Katherine Broomfield | S | Hardley Runners | 00:52:51 | 00:51:40 | 1:44:31 |
| Donna Ruffles | V40 | Solent Running Sisters | 00:51:11 | 00:53:46 | 1:44:57 |
| Lorraine Sault | V50 | Eastleigh RC | 00:56:46 | 00:48:36 | 1:45:22 |
| Michelle Gammon | V40 | Totton RC | 00:53:59 | 00:51:29 | 1:45:28 |
| Glenda Monson | V60 | Lymington Tri | 00:53:02 | 00:53:32 | 1:46:34 |
| Eileen Fitzgerald | V50 | Solent Running Sisters | 00:56:11 | 00:52:41 | 1:48:52 |
| Jacqui Healey | V50 | Hardley Runners | 00:58:58 | 00:49:58 | 1:48:56 |
| Tina Mills | V60 | Totton RC | 00:54:22 | 00:55:04 | 1:49:26 |
| Sarah Rejchrt | V40 | New Forest Runners | 00:58:33 | 00:52:45 | 1:51:18 |
| Hilary Hinks | V60 | Hardley Runners | 00:56:17 | 00:55:22 | 1:51:39 |
| Alice Fenlon | S | Hedge End RC | 00:59:09 | 00:54:02 | 1:53:11 |
| Alana Williams | S | Hedge End RC | 00:59:09 | 00:54:02 | 1:53:11 |
| Siân Andrews | V40 | Hedge End RC | 00:57:59 | 00:55:31 | 1:53:30 |
| Karen Convery | V40 | Hedge End RC | 01:01:07 | 00:52:35 | 1:53:42 |
| Pamela Hatt | V50 | Solent Running Sisters | 00:59:37 | 00:54:35 | 1:54:12 |
| Janice Collis | V60 | Netley Abbey Runners | 01:00:31 | 00:53:42 | 1:54:13 |
| Sandra Tyler | V50 | Lymington Tri | 00:56:07 | 00:58:07 | 1:54:14 |
| Rachel Stacey | S | Hedge End RC | 01:02:08 | 00:52:31 | 1:54:39 |
| Hayley Dunford | S | Hedge End RC | 01:03:31 | 00:52:59 | 1:56:30 |
| Olenka Snell | V60 | Eastleigh RC | 01:04:56 | 00:52:34 | 1:57:30 |
| Angela Goodall | V50 | Solent Running Sisters | 01:06:11 | 00:52:16 | 1:58:27 |
| Clare Carden | V60 | Lymington Tri | 01:00:15 | 00:58:57 | 1:59:12 |
| Siân Motyer | V50 | Totton RC | 00:59:55 | 01:00:45 | 2:00:40 |
| Lisa Ellis | V60 | Solent Running Sisters | 01:03:00 | 00:57:52 | 2:00:52 |
| Annabel Hodgson | V60 | Solent Running Sisters | 01:03:00 | 00:58:06 | 2:01:06 |
| Emma Tyler | V50 | Eastleigh RC | 01:01:37 | 00:59:33 | 2:01:10 |
| Helen Lamb | V50 | New Forest Runners | 00:58:54 | 01:04:25 | 2:03:19 |
| Danielle Friedman-Brown | V40 | Solent Running Sisters | 00:58:50 | 01:05:52 | 2:04:42 |
| Jess Moore | S | Solent Running Sisters | 01:05:01 | 00:59:46 | 2:04:47 |
| Helen Fry | V50 | Hedge End RC | 01:05:22 | 01:00:03 | 2:05:25 |
| Sharon Summers | V50 | Hedge End RC | 01:05:06 | 01:00:28 | 2:05:34 |
| Anne Green | V50 | Eastleigh RC | 01:01:57 | 01:04:38 | 2:06:35 |
| Emma Wilson | S | Itchen Spitfires RC | 00:54:40 | 01:12:22 | 2:07:02 |
| Jan Anglim | V70 | Hardley Runners | 01:05:55 | 01:01:55 | 2:07:50 |
| Karen Bolton | V50 | Solent Running Sisters | 01:12:13 | 00:55:58 | 2:08:11 |
| Danielle Ward | S | Hedge End RC | 01:18:26 | 00:55:42 | 2:14:08 |
| Kerry Rayment | V50 | Solent Running Sisters | 01:17:21 | 00:58:21 | 2:15:42 |
| Louise Hillier-Wheal | V40 | Solent Running Sisters | 01:10:05 | 01:07:34 | 2:17:39 |
| Gin Tidridge | V50 | Solent Running Sisters | 01:10:05 | 01:07:48 | 2:17:53 |
| Yvonne Cooley | V60 | Eastleigh RC | 01:39:38 | 01:10:54 | 2:50:32 |

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| Hayley Crutchley | S | Itchen Spitfires RC |  | 01:16:45 | 0:00:00 |
| Laura Porter | V40 | Hardley Runners |  | 00:37:06 | 0:37:06 |
| Debbie Lister | S | Lymington Athletes |  | 00:37:33 | 0:37:33 |
| Rebecca Roberts | V40 | Eastleigh RC |  | 00:39:28 | 0:39:28 |
| Melissa Callister | V50 | Winchester & District AC |  | 00:39:48 | 0:39:48 |
| Tamsin Roberts | S | Hardley Runners |  | 00:39:59 | 0:39:59 |
| Sharon Crusew | V40 | Lymington Athletes |  | 00:40:01 | 0:40:01 |
| Kelly Anetts | S | Hardley Runners | 00:41:03 |  | 0:41:03 |
| Eloise Curzon | S | Lymington Athletes | 00:41:48 |  | 0:41:48 |
| Laura Jack | S | Netley Abbey Runners | 00:43:06 |  | 0:43:06 |
| Hannah Picton-Jones | S | Hedge End RC | 00:43:09 |  | 0:43:09 |
| Sharon Wyeth | V40 | Halterworth Harriers |  | 00:43:21 | 0:43:21 |
| joy radford | V60 | Winchester & District AC |  | 00:44:08 | 0:44:08 |
| Natalie Coupe | V40 | Halterworth Harriers |  | 00:44:41 | 0:44:41 |
| Hayley Coates | S | Hardley Runners |  | 00:45:03 | 0:45:03 |
| Kirsty Shannon | V50 | Hedge End RC | 00:45:10 |  | 0:45:10 |
| Helen Edmondson | S | Hedge End RC |  | 00:47:18 | 0:47:18 |
| Claire Deacon | V50 | Eastleigh RC |  | 00:48:19 | 0:48:19 |
| Sheryl James | V50 | Hedge End RC |  | 00:48:47 | 0:48:47 |
| Fiona Mayo | V40 | Lymington Athletes |  | 00:51:49 | 0:51:49 |
| Kathryn Bailey | S | Itchen Spitfires RC | 00:52:54 |  | 0:52:54 |
| Linda Prouton | V50 | Hedge End RC |  | 00:53:37 | 0:53:37 |
| Catherine Pascoe | V50 | New Forest Runners |  | 00:53:50 | 0:53:50 |
| Tracy Puttock | V50 | Hedge End RC |  | 00:53:57 | 0:53:57 |
| Nadine Turner | V40 | Hedge End RC | 00:54:15 |  | 0:54:15 |
| Ria Gradwell | S | Netley Abbey Runners |  | 00:54:26 | 0:54:26 |
| Millie Webb | S | Totton RC | 00:54:49 |  | 0:54:49 |
| Jane Costello | V50 | Hedge End RC |  | 00:55:28 | 0:55:28 |
| Marilyn Noble | V40 | Eastleigh RC |  | 00:55:40 | 0:55:40 |
| Victoria Dewey | S | Eastleigh RC | 00:56:19 |  | 0:56:19 |
| Sally Harbut | V40 | Hardley Runners | 00:57:30 |  | 0:57:30 |
| Sheila Fox | V60 | Southampton Tri Club | 00:57:35 |  | 0:57:35 |
| Shona Lewis | V40 | Netley Abbey Runners | 00:58:23 |  | 0:58:23 |
| Sarah Cook | V40 | Netley Abbey Runners | 00:58:23 |  | 0:58:23 |
| Donna Pike | V40 | Totton RC | 00:58:55 |  | 0:58:55 |
| Maria Whitlock | V40 | Totton RC |  | 00:59:09 | 0:59:09 |
| Emma Hawkins | V40 | Southampton Tri Club | 01:00:00 |  | 1:00:00 |
| Ellen Urwin | V50 | Lymington Tri | 01:00:15 |  | 1:00:15 |
| Ruth Johnson | V40 | Netley Abbey Runners | 01:03:48 |  | 1:03:48 |
| Debbie Maclean | S | Wessex RR |  | 01:04:13 | 1:04:13 |
| Caroline Irwin | V50 | Totton RC |  | 01:05:00 | 1:05:00 |
| Kerry Morgan | V40 | Netley Abbey Runners | 01:06:13 |  | 1:06:13 |
| Dot Kennard | V50 | Totton RC |  | 01:10:44 | 1:10:44 |
| Karen Reynolds | V60 | Eastleigh RC |  | 01:11:22 | 1:11:22 |
| Roselle Farr | S | Netley Abbey Runners | 01:14:38 |  | 1:14:38 |
| Emily Stoodley | V40 | Totton RC |  | 01:17:00 | 1:17:00 |
| Joanne Johnson | V40 | Hedge End RC | 01:39:22 |  | 1:39:22 |
| Helen Evans | S | Hedge End RC | 01:39:22 |  | 1:39:22 |

Men’s Team Standings:

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| **Club** | **Jan Time** | **Feb Time** | **Acc Time** |
| Hardley Runners | 02:20:34 | 02:14:40 | 4:35:14 |
| WADAC | 02:24:43 | 02:11:51 | 4:36:34 |
| Eastleigh RC | 02:28:20 | 02:19:51 | 4:48:11 |
| Hedge End RC | 02:37:57 | 02:15:16 | 4:53:13 |
| Totton RC | 02:50:39 | 02:37:21 | 5:28:00 |
| Wessex RR | 03:09:10 | 02:39:50 | 5:49:00 |
| Lymington Tri | 02:57:13 | 02:54:20 | 5:51:33 |
| Lymington Athletes |  | 02:14:26 | 2:14:26 |
| New Forest Runners |  | 02:43:08 | 2:43:08 |
| Netley Abbey Runners | 03:11:49 |  | 3:11:49 |

Women’s Team Standings:

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Jan Time** | **Feb Time** | **Acc Time** |
| Winchester & District AC | 01:48:36 | 1:47:44 | 3:36:20 |
| Hardley Runners | 01:54:37 | 01:49:07 | 3:43:44 |
| Lymington Athletes | 02:03:08 | 1:48:07 | 3:51:15 |
| Eastleigh RC | 02:07:57 | 01:57:51 | 4:05:48 |
| Hedge End RC | 02:09:16 | 1:59:33 | 4:08:49 |
| New Forest Runners | 02:10:37 | 2:03:55 | 4:14:32 |
| Lymington Tri | 2:06:21 | 2:10:33 | 4:16:54 |
| Netley Abbey Runners | 02:28:03 | 1:56:18 | 4:24:21 |
| Totton RC | 02:20:42 | 02:22:43 | 4:43:25 |
| Solent Running Sisters | 02:31:34 | 2:28:20 | 4:59:54 |
| Southampton Tri Club | 02:17:57 |  | 2:17:57 |