Individual Men:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NAME** | **CAT** | **Club** | **Jan** | **Feb** | **Mar** | **Acc** |
| Kit Lau | V40 | SAC | 00:32:16 | 00:30:52 | 00:30:10 | **1:33:18** |
| Dan Latham | S | Hardley Runners | 00:32:35 | 00:31:56 | 00:31:10 | **1:35:41** |
| Jason Palmer-Myers | V50 | Winchester & District AC | 00:33:00 | 00:32:46 | 00:32:38 | **1:38:24** |
| Peter Rejchrt | V50 | New Forest Runners | 00:34:24 | 00:32:42 | 00:32:03 | **1:39:09** |
| Andrew Gough | S | Eastleigh RC | 00:33:39 | 00:33:38 | 00:32:11 | **1:39:28** |
| Callum Johnson | S | Hardley Runners | 00:33:59 | 00:31:55 | 00:34:31 | **1:40:25** |
| Simon Gillett | V40 | Winchester & District AC | 00:34:45 | 00:33:25 | 00:32:45 | **1:40:55** |
| Isaac Andrews | S | Hedge End RC | 00:36:02 | 00:32:19 | 00:32:51 | **1:41:12** |
| Simon Ibbotson | S | Hardley Runners | 00:37:21 | 00:34:49 | 00:33:55 | **1:46:05** |
| Matthew Brearley | V50 | Lymington Tri | 00:34:19 | 00:35:38 | 00:36:46 | **1:46:43** |
| Wayne Andrews | V40 | Hedge End RC | 00:38:19 | 00:33:10 | 00:35:26 | **1:46:55** |
| Peter Robbins | V50 | Eastleigh RC | 00:37:11 | 00:35:25 | 00:34:35 | **1:47:11** |
| Paul Blundell | V50 | Hardley Runners | 00:37:24 | 00:36:28 | 00:36:31 | **1:50:23** |
| Tony Lees | V60 | Totton RC | 00:37:50 | 00:38:11 | 00:36:55 | **1:52:56** |
| Martin Loveless | V60 | Hardley Runners | 00:36:39 | 00:38:17 | 00:38:29 | **1:53:25** |
| Luca Reggio | S | Lymington Athletes | 00:43:09 | 00:36:08 | 00:35:10 | **1:54:27** |
| Michael Selby | V50 | Eastleigh RC | 00:39:57 | 00:38:01 | 00:36:31 | **1:54:29** |
| Carlo van Leeuwen | V40 | Hedge End RC | 00:43:09 | 00:34:02 | 00:37:31 | **1:54:42** |
| Dimitri Elenis | V40 | New Forest Runners | 00:40:36 | 00:37:38 | 00:36:41 | **1:54:55** |
| Frazer Bailey | S | Itchen Spitfires RC | 00:38:17 | 00:39:00 | 00:38:41 | **1:55:58** |
| Pete Siddall | V50 | Halterworth Harriers | 00:39:44 | 00:38:20 | 00:38:56 | **1:57:00** |
| Steve Oliver | V60 | Winchester & District AC | 00:38:25 | 00:37:21 | 00:41:17 | **1:57:03** |
| David Steed | S | Netley Abbey Runners | 00:40:03 | 00:38:52 | 00:38:34 | **1:57:29** |
| Mick Anglim | V70 | Hardley Runners | 00:43:14 | 00:39:21 | 00:39:25 | **2:02:00** |
| Anthony Kendrick | V60 | Totton RC | 00:40:00 | 00:39:12 | 00:44:58 | **2:04:10** |
| Jono Harvey | V40 | Eastleigh RC | 00:43:49 | 00:40:42 | 00:40:23 | **2:04:54** |
| Paul Garland | V50 | Halterworth Harriers | 00:43:04 | 00:42:52 | 00:39:49 | **2:05:45** |
| ColinJohnson | V60 | Lymington Tri | 00:42:00 | 00:43:50 | 00:41:14 | **2:07:04** |
| Andrew Codrai | V40 | Hedge End RC | 00:43:50 | 00:40:44 | 00:43:20 | **2:07:54** |
| Kevin Rowe | V60 | Hedge End RC | 00:47:27 | 00:40:38 | 00:41:26 | **2:09:31** |
| Keith Sheppard | V60 | Hedge End RC | 00:44:27 | 00:39:22 | 00:47:20 | **2:11:09** |
| Steve Blight | V50 | Hardley Runners | 00:44:33 | 00:43:52 | 00:43:11 | **2:11:36** |
| Paul Goode | V50 | New Forest Runners | 00:45:12 | 00:44:23 | 00:42:23 | **2:11:58** |
| Nigel Smyth | V40 | Wessex RR | 00:48:06 | 00:45:19 | 00:40:28 | **2:13:53** |
| Jason Shoesmith | V40 | Eastleigh RC | 00:43:55 | 00:46:31 | 00:43:40 | **2:14:06** |
| Tim Collinson | V60 | Hardley Runners | 00:49:04 | 00:44:20 | 00:41:48 | **2:15:12** |
| Paul Sidaway | V60 | Eastleigh RC | 00:45:10 | 00:48:19 | 00:43:36 | **2:17:05** |
| Michael Johnson | V50 | Eastleigh RC | 00:51:47 | 00:46:35 | 00:42:48 | **2:21:10** |
| Rick Munro | V50 | Winchester & District AC | 00:41:04 | 00:51:00 | 00:49:22 | **2:21:26** |
| Dave Turpitt | V60 | Eastleigh RC | 00:49:18 | 00:47:55 | 00:46:18 | **2:23:31** |
| David Peterson | V40 | Eastleigh RC | 00:53:19 | 00:49:09 | 00:42:42 | **2:25:10** |
| Michael Snowden | V40 | Eastleigh RC | 00:57:05 | 00:46:55 | 00:41:50 | **2:25:50** |
| Mark Lee | V50 | Hardley Runners | 00:54:43 | 00:49:50 | 00:44:36 | **2:29:09** |
| Dave Price | V60 | Netley Abbey Runners | 00:50:02 | 00:49:53 | 00:49:53 | **2:29:48** |
| Chris Ashdown | V40 | Hedge End RC | 00:49:55 | 00:47:18 | 00:53:13 | **2:30:26** |
| Matthew Collins | S | Eastleigh RC | 00:52:31 | 00:52:31 | 00:49:20 | **2:34:22** |
| Terry Earney | V70 | Hardley Runners | 00:59:29 | 00:49:28 | 00:45:48 | **2:34:45** |
| Ian Beveridge | V50 | Hardley Runners | 00:51:24 | 00:53:42 | 00:53:45 | **2:38:51** |
| John Pugh | V70 | Totton RC | 00:51:00 | 00:52:10 | 00:56:58 | **2:40:08** |
| Jeremy Barber | V60 | Hardley Runners | 00:59:22 | 00:52:27 | 00:48:31 | **2:40:20** |
| Sandy Glen | V70 | Lymington Tri | 00:57:49 | 00:56:21 | 00:56:02 | **2:50:12** |
| Andrew Brooks | V70 | Wessex RR | 01:00:44 | 00:58:05 | 00:56:16 | **2:55:05** |
| Eddie Oliver | V50 | Netley Abbey Runners | 00:56:11 | 00:58:05 | 01:03:51 | **2:58:07** |
| Richard Widdop | V70 | Wessex RR | 01:03:42 | 01:00:50 | 01:00:52 | **3:05:24** |
| Robert Jones | V40 | Hedge End RC | 01:02:24 | 01:02:11 | 01:00:57 | **3:05:32** |
| Chris Kidd | S | Hardley Runners | 01:05:57 | 01:02:04 | 00:58:22 | **3:06:23** |
| Derek Lee | V70 | Lymington Tri | 01:00:19 | 01:02:40 | 01:03:40 | **3:06:39** |
| Doug Maclean | V70 | Wessex RR | 01:02:57 | 01:08:04 | 00:57:41 | **3:08:42** |
| Larry Cooley | V60 | Eastleigh RC | 01:39:38 | 01:25:16 | 01:19:40 | **4:24:34** |
| Ted Ward | S | Lymington Athletes |  | 00:32:38 | 00:32:08 | **1:04:46** |
| Richard Mayo | V40 | Lymington Athletes |  | 00:33:21 | 00:33:20 | **1:06:41** |
| Sean Ward | V50 | Lymington Athletes |  | 00:34:34 | 00:33:20 | **1:07:54** |
| James Turner | V40 | Lymington Athletes |  | 00:34:25 | 00:34:07 | **1:08:32** |
| Greg Harbut | V40 | Lymington Athletes |  | 00:34:02 | 00:34:48 | **1:08:50** |
| Jon Ward | V40 | SAC | 00:36:28 | 00:34:05 |  | **1:10:33** |
| Wayne Bevan | V40 | Winchester & District AC |  | 00:32:26 | 00:38:42 | **1:11:08** |
| Peter Sansome | V40 | Winchester & District AC |  | 00:35:47 | 00:35:23 | **1:11:10** |
| David Madelin | S | SAC |  | 00:36:36 | 00:35:17 | **1:11:53** |
| Mark Sampson | V50 | Lymington Athletes |  | 00:36:05 | 00:36:54 | **1:12:59** |
| John Wallace | V50 | Eastleigh RC | 00:37:33 | 00:35:48 |  | **1:13:21** |
| Matt Casey | S | Hardley Runners |  | 00:37:22 | 00:36:08 | **1:13:30** |
| Jim Rapley | V50 | Wessex RR |  | 00:37:09 | 00:37:12 | **1:14:21** |
| George Belfield | S | Winchester & District AC |  | 00:40:03 | 00:35:25 | **1:15:28** |
| Duncan Maclean | S | Wessex RR | 00:38:12 | 00:37:22 |  | **1:15:34** |
| Stephen Lowy | V50 | Winchester & District AC | 00:38:33 | 00:37:17 |  | **1:15:50** |
| Graham Hoskins | V50 | Eastleigh RC | 00:41:08 | 00:35:00 |  | **1:16:08** |
| Kevin Frisby | V50 | Winchester & District AC | 00:41:19 |  | 00:38:58 | **1:20:17** |
| Phillip Knight | S | Wessex RR | 00:42:08 | 00:40:00 |  | **1:22:08** |
| Pete Siddall | V50 | Winchester & District AC |  | 00:38:02 | 00:45:08 | **1:23:10** |
| Steve Wyeth | V40 | Halterworth Harriers |  | 00:45:48 | 00:44:11 | **1:29:59** |
| Tim Ford | V60 | Hedge End RC | 00:47:01 |  | 00:43:25 | **1:30:26** |
| Stuart Pickard | V40 | Hedge End RC | 00:40:27 | 00:50:12 |  | **1:30:39** |
| Mark Whitlock | V40 | Totton RC |  | 00:45:26 | 00:46:20 | **1:31:46** |
| 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** |
| Barry Ponsford | V60 | Lymington Tri | 00:47:35 |  | 00:45:48 | **1:33:23** |
| Mike Southwell | V50 | New Forest Runners |  | 00:48:25 | 00:45:59 | **1:34:24** |
| Aaron Rodgers | S | Hedge End RC | 00:50:21 | 00:48:58 |  | **1:39:19** |
| James Munn | V50 | Eastleigh RC |  | 00:54:20 | 00:46:43 | **1:41:03** |
| Steve Bradley | V60 | Hardley Runners |  | 00:53:25 | 00:47:54 | **1:41:19** |
| Barry Hodt | V50 | Lymington Tri |  | 00:49:47 | 00:52:20 | **1:42:07** |
| Dave Howells | V60 | Wessex RR |  | 00:53:22 | 00:49:00 | **1:42:22** |
| 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** |
| Jeff Deacon | V60 | Eastleigh RC |  | 00:55:39 | 00:53:35 | **1:49:14** |
| Peter Jennings | V80 | Lymington Tri |  | 01:02:04 | 00:51:33 | **1:53:37** |
| Andy Parkinson | V50 | Winchester & District AC |  | 00:33:14 |  | **0:33:14** |
| Adam Travers | V40 | Totton RC |  | 00:35:22 |  | **0:35:22** |
| Will Baggs | S | Hedge End RC |  | 00:35:45 |  | **0:35:45** |
| Ric Pike | V50 | Winchester & District AC |  |  | 00:36:01 | **0:36:01** |
| Clive Cosby | V40 | Lymington Athletes |  |  | 00:36:30 | **0:36:30** |
| John McKenzie | V60 | Hedge End RC |  | 00:36:37 |  | **0:36:37** |
| Freddie Mann | S | Lymington Athletes |  |  | 00:36:45 | **0:36:45** |
| Stuart Graves | V50 | Lymington Tri |  |  | 00:36:48 | **0:36:48** |
| Simon Plummer | V40 | Lymington Athletes |  |  | 00:36:50 | **0:36:50** |
| Andrew Moody | V50 | New Forest Runners |  |  | 00:38:05 | **0:38:05** |
| 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** |
| Ruben Price | S | Winchester & District AC |  |  | 00:40:35 | **0:40:35** |
| Steve Hull | V60 | New Forest Runners |  |  | 00:41:06 | **0:41:06** |
| Martin Baker | V50 | New Forest Runners |  |  | 00:41:49 | **0:41:49** |
| Mark Coates | V40 | Hardley Runners |  |  | 00:42:29 | **0:42:29** |
| Andy Mansfield | V50 | Hardley Runners |  | 00:42:51 |  | **0:42:51** |
| Ian Ordish | V60 | Hardley Runners |  |  | 00:43:56 | **0:43:56** |
| 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** |
| Malcolm Quayle | V60 | Netley Abbey Runners | 00:45:33 |  |  | **0:45:33** |
| Ian Bradley | V50 | Hedge End RC |  | 00:46:07 |  | **0:46:07** |
| Russell Hawkins | V40 | Southampton Tri Club | 00:46:16 |  |  | **0:46:16** |
| Dan Forshaw | V40 | Eastleigh RC | 00:50:05 |  |  | **0:50:05** |
| Trevor Swift | V50 | Eastleigh RC | 00:53:54 |  |  | **0:53:54** |
| Andrew Cable | V50 | Wessex RR |  |  | 00:54:26 | **0:54:26** |
| Mark Parkin | V60 | Eastleigh RC | 00:54:55 |  |  | **0:54:55** |
| Steve White | V50 | Eastleigh RC | 00:55:17 |  |  | **0:55:17** |
| Melvyn Holloway | V60 | Eastleigh RC | 00:58:48 |  |  | **0:58:48** |

Individual Women:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NAME** | **CAT** | **Club** | **Jan** | **Feb** | **Mar** | **Acc** |
| Jane Gandee | V50 | Winchester & District AC | 00:34:31 | 00:34:37 | 00:34:57 | **1:44:05** |
| Emma Carter | V40 | Winchester & District AC | 00:35:43 | 00:33:19 | 00:35:36 | **1:44:38** |
| Alice Rudd | S | Hardley Runners | 00:36:35 | 00:34:34 | 00:36:41 | **1:47:50** |
| Valeria Sesto | V40 | Lymington Athletes | 00:39:32 | 00:34:16 | 00:34:03 | **1:47:51** |
| Emma Clayton | S | New Forest Runners | 00:40:07 | 00:35:26 | 00:36:46 | **1:52:19** |
| Sarah Nangle | V40 | Eastleigh RC | 00:40:27 | 00:35:16 | 00:37:54 | **1:53:37** |
| Úrsula Nealon | S | Lymington Athletes | 00:43:09 | 00:36:18 | 00:35:30 | **1:54:57** |
| Charlie Welsh | S | Lymington Athletes | 00:41:48 | 00:37:53 | 00:36:52 | **1:56:33** |
| Karen Denham | V40 | Hardley Runners | 00:37:59 | 00:37:27 | 00:41:10 | **1:56:36** |
| Jayne Carey | V50 | Eastleigh RC | 00:40:32 | 00:40:09 | 00:38:17 | **1:58:58** |
| Mikaela Price | V40 | Winchester & District AC | 00:40:30 | 00:41:21 | 00:38:27 | **2:00:18** |
| Claire Wood | S | Southampton Tri Club | 00:40:30 | 00:39:46 | 00:44:34 | **2:04:50** |
| Marion Frewin | V40 | New Forest Runners | 00:42:28 | 00:43:20 | 00:40:06 | **2:05:54** |
| Claire Powell | V40 | Hedge End RC | 00:42:27 | 00:40:54 | 00:43:00 | **2:06:21** |
| Hannah Cockle | S | Hardley Runners | 00:41:33 | 00:39:05 | 00:46:28 | **2:07:06** |
| Sarah Bennetts | V40 | Lymington Tri | 00:43:40 | 00:40:39 | 00:43:42 | **2:08:01** |
| Tania Watson | S | Solent Running Sisters | 00:44:12 | 00:43:23 | 00:40:47 | **2:08:22** |
| Melanie Ford | V60 | Hedge End RC | 00:46:10 | 00:41:16 | 00:41:05 | **2:08:31** |
| Rachel McCulloch | S | Totton RC | 00:44:19 | 00:44:37 | 00:42:29 | **2:11:25** |
| Joanne Labram | V40 | Hedge End RC | 00:56:09 | 00:37:23 | 00:38:27 | **2:11:59** |
| Jane Hodge | V60 | Hardley Runners | 00:51:10 | 00:42:14 | 00:39:17 | **2:12:41** |
| Frankie Colling | V50 | Eastleigh RC | 00:46:58 | 00:42:22 | 00:43:26 | **2:12:46** |
| Antonia Cox | V50 | Lymington Tri | 00:44:31 | 00:45:03 | 00:44:41 | **2:14:15** |
| Louise Snook | V50 | Winchester & District AC | 00:47:36 | 00:41:42 | 00:45:27 | **2:14:45** |
| Gina Martin | V40 | New Forest Runners | 00:46:51 | 00:45:21 | 00:43:57 | **2:16:09** |
| Hayley Chilvers | V50 | Eastleigh RC | 00:49:05 | 00:42:16 | 00:44:49 | **2:16:10** |
| Carla O'Grady | S | Eastleigh RC | 00:49:46 | 00:42:00 | 00:44:43 | **2:16:29** |
| Hazel Curtis | S | Netley Abbey Runners | 00:46:34 | 00:48:10 | 00:43:06 | **2:17:50** |
| Trudi lloyd Williams | V60 | Lymington Tri | 00:48:08 | 00:44:51 | 00:45:54 | **2:18:53** |
| Jo Murphy | V50 | New Forest Runners | 00:48:34 | 00:45:09 | 00:45:24 | **2:19:07** |
| Theresa Jurdic | V40 | Eastleigh RC | 00:50:41 | 00:41:37 | 00:46:57 | **2:19:15** |
| Jane Burns | V50 | New Forest Runners | 00:48:02 | 00:45:12 | 00:47:03 | **2:20:17** |
| Gemma Russhard | S | Lymington Tri | 00:38:10 | 00:52:40 | 00:49:54 | **2:20:44** |
| Kelly Milner | V40 | Hedge End RC | 00:43:40 | 00:48:11 | 00:50:03 | **2:21:54** |
| Stephanie Cooley | S | Eastleigh RC | 00:51:14 | 00:46:20 | 00:46:43 | **2:24:17** |
| Fiona Churcher | V40 | Eastleigh RC | 00:48:51 | 00:49:41 | 00:46:29 | **2:25:01** |
| Mary Corbett | V60 | Eastleigh RC | 00:50:14 | 00:48:19 | 00:46:50 | **2:25:23** |
| Sarah Fitton | V50 | Hardley Runners | 00:52:02 | 00:49:11 | 00:45:47 | **2:27:00** |
| Teresa Dodkin | V40 | Totton RC | 00:51:19 | 00:50:22 | 00:47:00 | **2:28:41** |
| Caroline Richmond | V50 | Hardley Runners | 00:53:42 | 00:48:42 | 00:46:47 | **2:29:11** |
| Lorraine Sault | V50 | Eastleigh RC | 00:56:46 | 00:48:36 | 00:43:54 | **2:29:16** |
| Sophie Kemp | S | Lymington Tri | 00:48:17 | 00:52:09 | 00:49:20 | **2:29:46** |
| Kat Hoppe | S | SAC | 00:53:02 | 00:50:38 | 00:48:21 | **2:32:01** |
| Chris Harris | V70 | Hardley Runners | 00:52:02 | 00:51:01 | 00:50:23 | **2:33:26** |
| Katherine Broomfield | S | Hardley Runners | 00:52:51 | 00:51:40 | 00:49:37 | **2:34:08** |
| Donna Ruffles | V40 | Solent Running Sisters | 00:51:11 | 00:53:46 | 00:50:23 | **2:35:20** |
| Jacqui Healey | V50 | Hardley Runners | 00:58:58 | 00:49:58 | 00:46:58 | **2:35:54** |
| Glenda Monson | V60 | Lymington Tri | 00:53:02 | 00:53:32 | 00:50:28 | **2:37:02** |
| Frances Stewart | V70 | Totton RC | 00:51:00 | 00:52:10 | 00:56:58 | **2:40:08** |
| Eileen Fitzgerald | V50 | Solent Running Sisters | 00:56:11 | 00:52:41 | 00:51:40 | **2:40:32** |
| Karen Convery | V40 | Hedge End RC | 01:01:07 | 00:52:35 | 00:47:25 | **2:41:07** |
| Sarah Rejchrt | V40 | New Forest Runners | 00:58:33 | 00:52:45 | 00:52:32 | **2:43:50** |
| Hilary Hinks | V60 | Hardley Runners | 00:56:17 | 00:55:22 | 00:55:21 | **2:47:00** |
| Alice Fenlon | S | Hedge End RC | 00:59:09 | 00:54:02 | 00:55:31 | **2:48:42** |
| Alana Williams | S | Hedge End RC | 00:59:09 | 00:54:02 | 00:55:31 | **2:48:42** |
| Janice Collis | V60 | Netley Abbey Runners | 01:00:31 | 00:53:42 | 00:55:03 | **2:49:16** |
| Sandra Tyler | V50 | Lymington Tri | 00:56:07 | 00:58:07 | 00:56:38 | **2:50:52** |
| Olenka Snell | V60 | Eastleigh RC | 01:04:56 | 00:52:34 | 00:53:25 | **2:50:55** |
| Rachel Stacey | S | Hedge End RC | 01:02:08 | 00:52:31 | 00:59:43 | **2:54:22** |
| Jess Moore | S | Solent Running Sisters | 01:05:01 | 00:59:46 | 00:49:41 | **2:54:28** |
| Hayley Dunford | S | Hedge End RC | 01:03:31 | 00:52:59 | 00:59:20 | **2:55:50** |
| Danielle Friedman-Brown | V40 | Solent Running Sisters | 00:58:50 | 01:05:52 | 00:54:36 | **2:59:18** |
| Lisa Ellis | V60 | Solent Running Sisters | 01:03:00 | 00:57:52 | 00:58:49 | **2:59:41** |
| Annabel Hodgson | V60 | Solent Running Sisters | 01:03:00 | 00:58:06 | 00:58:57 | **3:00:03** |
| Helen Lamb | V50 | New Forest Runners | 00:58:54 | 01:04:25 | 01:01:49 | **3:05:08** |
| Sharon Summers | V50 | Hedge End RC | 01:05:06 | 01:00:28 | 01:00:58 | **3:06:32** |
| Helen Fry | V50 | Hedge End RC | 01:05:22 | 01:00:03 | 01:03:40 | **3:09:05** |
| Jan Anglim | V70 | Hardley Runners | 01:05:55 | 01:01:55 | 01:02:58 | **3:10:48** |
| Kerry Rayment | V50 | Solent Running Sisters | 01:17:21 | 00:58:21 | 01:05:50 | **3:21:32** |
| Emma Wilson | S | Itchen Spitfires RC | 00:54:40 | 01:12:22 | 01:16:27 | **3:23:29** |
| Louise Hillier-Wheal | V40 | Solent Running Sisters | 01:10:05 | 01:07:34 | 01:06:13 | **3:23:52** |
| Gin Tidridge | V50 | Solent Running Sisters | 01:10:05 | 01:07:48 | 01:06:13 | **3:24:06** |
| Yvonne Cooley | V60 | Eastleigh RC | 01:39:38 | 01:10:54 | 01:10:15 | **4:00:47** |
| Debbie Lister | S | Lymington Athletes |  | 00:37:33 | 00:36:30 | **1:14:03** |
| Stephanie Kirby | S | Southampton Tri Club | 00:39:52 | 00:37:37 |  | **1:17:29** |
| Fiona Bolton | V50 | Winchester & District AC | 00:38:22 | 00:41:43 |  | **1:20:05** |
| Sharon Wyeth | V40 | Halterworth Harriers |  | 00:43:21 | 00:41:46 | **1:25:07** |
| Hannah Picton-Jones | S | Hedge End RC | 00:43:09 |  | 00:43:24 | **1:26:33** |
| Tamsin Roberts | S | Hardley Runners |  | 00:39:59 | 00:46:34 | **1:26:33** |
| joy radford | V60 | Winchester & District AC |  | 00:44:08 | 00:43:27 | **1:27:35** |
| Hayley Coates | S | Hardley Runners |  | 00:45:03 | 00:42:43 | **1:27:46** |
| Natalie Coupe | V40 | Halterworth Harriers |  | 00:44:41 | 00:43:24 | **1:28:05** |
| Mandy Jones | V40 | Totton RC | 00:45:23 | 00:45:56 |  | **1:31:19** |
| Helen Edmondson | S | Hedge End RC |  | 00:47:18 | 00:45:14 | **1:32:32** |
| Claire Deacon | V50 | Eastleigh RC |  | 00:48:19 | 00:46:56 | **1:35:15** |
| Helen Borrett | V40 | Hedge End RC | 00:51:10 | 00:46:06 |  | **1:37:16** |
| Claire Cannon | S | Hedge End RC | 00:50:21 | 00:48:58 |  | **1:39:19** |
| Fiona Mayo | V40 | Lymington Athletes |  | 00:51:49 | 00:49:05 | **1:40:54** |
| Bethan Davis | V50 | Hedge End RC | 00:52:29 | 00:49:55 |  | **1:42:24** |
| Marilyn Noble | V40 | Eastleigh RC |  | 00:55:40 | 00:47:18 | **1:42:58** |
| Ria Gradwell | S | Netley Abbey Runners |  | 00:54:26 | 00:49:52 | **1:44:18** |
| Michelle Gammon | V40 | Totton RC | 00:53:59 | 00:51:29 |  | **1:45:28** |
| Victoria Dewey | S | Eastleigh RC | 00:56:19 |  | 00:49:59 | **1:46:18** |
| Catherine Pascoe | V50 | New Forest Runners |  | 00:53:50 | 00:53:00 | **1:46:50** |
| Sheila Fox | V60 | Southampton Tri Club | 00:57:35 |  | 00:50:27 | **1:48:02** |
| Tina Mills | V60 | Totton RC | 00:54:22 | 00:55:04 |  | **1:49:26** |
| Siân Andrews | V40 | Hedge End RC | 00:57:59 | 00:55:31 |  | **1:53:30** |
| Pamela Hatt | V50 | Solent Running Sisters | 00:59:37 | 00:54:35 |  | **1:54:12** |
| Ellen Urwin | V50 | Lymington Tri | 01:00:15 |  | 00:58:02 | **1:58:17** |
| 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** |
| Emma Tyler | V50 | Eastleigh RC | 01:01:37 | 00:59:33 |  | **2:01:10** |
| Anne Green | V50 | Eastleigh RC | 01:01:57 | 01:04:38 |  | **2:06:35** |
| Karen Bolton | V50 | Solent Running Sisters | 01:12:13 | 00:55:58 |  | **2:08:11** |
| Dot Kennard | V50 | Totton RC |  | 01:10:44 | 01:01:24 | **2:12:08** |
| Danielle Ward | S | Hedge End RC | 01:18:26 | 00:55:42 |  | **2:14:08** |
| Karen Reynolds | V60 | Eastleigh RC |  | 01:11:22 | 01:06:11 | **2:17:33** |
| Hayley Crutchley | S | Itchen Spitfires RC |  | 01:16:45 | 01:17:27 | **2:34:12** |
| Emily Stoodley | V40 | Totton RC |  | 01:17:00 | 01:26:59 | **2:43:59** |
| Alexa Lister | S | Lymington Athletes |  |  | 00:36:00 | **0:36:00** |
| Laura Porter | V40 | Hardley Runners |  | 00:37:06 |  | **0:37:06** |
| Lilly Mann | S | Lymington Athletes |  |  | 00:38:05 | **0:38:05** |
| Kate Randall-Coles | V40 | Eastleigh RC |  |  | 00:39:06 | **0:39:06** |
| Rebecca Roberts | V40 | Eastleigh RC |  | 00:39:28 |  | **0:39:28** |
| Melissa Callister | V50 | Winchester & District AC |  | 00:39:48 |  | **0:39:48** |
| Sharon Cruse | V40 | Lymington Athletes |  | 00:40:01 |  | **0:40:01** |
| Kelly Anetts | S | Hardley Runners | 00:41:03 |  |  | **0:41:03** |
| Catherine McGuire | S | Lymington Athletes |  |  | 00:41:37 | **0:41:37** |
| Eloise Curzon | S | Lymington Athletes | 00:41:48 |  |  | **0:41:48** |
| Laura Jack | S | Netley Abbey Runners | 00:43:06 |  |  | **0:43:06** |
| Kirsty Shannon | V50 | Hedge End RC | 00:45:10 |  |  | **0:45:10** |
| Amy Greelish | V40 | Lymington Athletes |  |  | 00:47:11 | **0:47:11** |
| Sheryl James | V50 | Hedge End RC |  | 00:48:47 |  | **0:48:47** |
| Kay Anderson | V50 | Lymington Athletes |  |  | 00:49:05 | **0:49:05** |
| Kathryn Bailey | S | Itchen Spitfires RC | 00:52:54 |  |  | **0:52:54** |
| Linda Prouton | V50 | Hedge End RC |  | 00:53:37 |  | **0:53:37** |
| Tracy Puttock | V50 | Hedge End RC |  | 00:53:57 |  | **0:53:57** |
| Nadine Turner | V40 | Hedge End RC | 00:54:15 |  |  | **0:54:15** |
| Millie Webb | S | Totton RC | 00:54:49 |  |  | **0:54:49** |
| Jane Costello | V50 |  |  | 00:55:28 |  | **0:55:28** |
| Sally Harbut | V40 | Hardley Runners | 00:57:30 |  |  | **0:57:30** |
| 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** |
| 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** |
| Roselle Farr | S | Netley Abbey Runners | 01:14:38 |  |  | **1:14:38** |
| 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:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Jan Time** | **Feb Time** | **Mar Time** | **Acc Time** |
| Hardley Runners | 02:20:34 | 02:14:40 | 02:15:44 | 6:50:58 |
| WADAC | 02:24:43 | 02:11:51 | 02:16:11 | 6:52:45 |
| Eastleigh RC | 02:28:20 | 02:19:51 | 02:23:40 | 7:11:51 |
| Hedge End RC | 02:37:57 | 02:15:16 | 02:27:14 | 7:20:27 |
| Lymington Tri | 02:57:13 | 02:54:20 | 02:40:36 | 8:32:09 |
| Totton RC | 02:50:39 | 02:37:21 | 03:05:11 | 8:33:11 |
| Wessex RR | 03:09:10 | 02:39:50 | 03:01:06 | 8:50:06 |
| Lymington Athletes |  | 02:14:26 | 02:12:55 | 4:27:21 |
| New Forest Runners |  | 02:43:08 | 02:27:55 | 5:11:03 |
| Netley Abbey Runners | 03:11:49 |  |  | 3:11:49 |

Women’s Team Standings:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Jan Time** | **Feb Time** | **Mar Time** | **Acc Time** |
| Winchester & District AC | 01:48:36 | 01:47:44 | 01:49:00 | 3:36:20 |
| Hardley Runners | 01:54:37 | 01:49:07 | 01:57:08 | 3:43:44 |
| Lymington Athletes | 02:03:08 | 01:48:07 | 01:45:33 | 3:51:15 |
| Eastleigh RC | 02:07:57 | 01:57:51 | 01:55:17 | 4:05:48 |
| Hedge End RC | 02:09:16 | 01:59:33 | 02:02:32 | 4:08:49 |
| New Forest Runners | 02:10:37 | 02:03:55 | 02:00:49 | 4:14:32 |
| Lymington Tri | 02:06:21 | 02:10:33 | 02:14:17 | 4:16:54 |
| Netley Abbey Runners | 02:28:03 | 01:56:18 | 02:28:01 | 4:24:21 |
| Totton RC | 02:20:42 | 02:22:43 | 02:26:27 | 4:43:25 |
| Solent Running Sisters | 02:31:34 | 02:28:20 | 02:20:51 | 4:59:54 |
| Southampton Tri Club | 02:17:57 |  |  | 2:17:57 |