

2010 – 2014.

5.1.2010. Club 5k Cancelled due to extreme ice on the footpaths

7.1.2010. Training also cancelled.

10.1.2010. Stubbington 10k cancelled.

This was the first time in the clubs history that these events had been cancelled.

## CROSS COUNTRY

### Men.

48<sup>th</sup> Paul Turle  
61<sup>st</sup> Colin Gardner  
91<sup>st</sup> Jayson Grygiel  
113<sup>th</sup> Andy Austin  
125<sup>th</sup> Pete Hewitt  
126<sup>th</sup> Ray Bernice  
145<sup>th</sup> Mike Stares  
151<sup>st</sup> Mike Barker  
161<sup>st</sup> Ken Eaden  
167<sup>th</sup> Baz Evans  
175<sup>th</sup> Alan Saunders  
184<sup>th</sup> Mike Kearney  
192<sup>nd</sup> Steve Cawte

### Ladies.

37<sup>th</sup> Michelle Hayes  
41<sup>st</sup> Jo Oakes  
48<sup>th</sup> Lorraine Tebbett  
61<sup>st</sup> Sylvia Cawte  
67<sup>th</sup> Cheryl Hill  
73<sup>rd</sup> Miranda Carrick

GRR Men's Points	Men's Position	Ladies Points	Ladies Position	Final Points	Final Position
438	12	126	10	22	10

1:2:2010. Liswerry (Newport South Wales) 8 Miles.

85<sup>th</sup> Warren Jackson 52:35. Finishers 194.

2.2.2010. Club 5k.

### Men.

1<sup>st</sup> James Sawyer 18:48 (1<sup>st</sup>)  
2<sup>nd</sup> Warren Jackson Hookins 19:17  
3<sup>rd</sup> Max Poinon 20:18 (1<sup>st</sup>)  
4<sup>th</sup> Jayson Grygiel 20:31  
5<sup>th</sup> Dan Barker 21:01 (PB)  
6<sup>th</sup> Paul Street 21:20  
7<sup>th</sup> Ray Bernice 21:23 (PB)  
8<sup>th</sup> Joseph Wales 21:38 (PB)  
9<sup>th</sup> Dave Shilling 22:00 (PB)  
10<sup>th</sup> Jason Belben 22:06  
11<sup>th</sup> Steve Dore 22:44 (PB)  
12<sup>th</sup> Dave Croft 22:52  
13<sup>th</sup> Phil Beed 22:59  
14<sup>th</sup> Mike Stares 24:13  
15<sup>th</sup> Mike Kearney 24:59  
16<sup>th</sup> Steve Moltini 26:48  
17<sup>th</sup> Dave Kirby 27:11  
18<sup>th</sup> Keith Elshaw 28:42 (PB)  
19<sup>th</sup> Sid Smith 29:42  
20<sup>th</sup> Rob Hale 29:56

### Ladies

1<sup>st</sup> Karen L. Williams 22:30  
2<sup>nd</sup> Sally Dale 24:12  
3<sup>rd</sup> Stephanie Angell 25:28 (1<sup>st</sup>)  
4<sup>th</sup> Jenny Shilling 25:53  
5<sup>th</sup> Ginny Moore 26:02  
6<sup>th</sup> Sharon Clutton 27:48  
7<sup>th</sup> Tracey Wales 28:22  
8<sup>th</sup> Fleur Forer 29:47  
9<sup>th</sup> Sam Brierley 29:54  
10<sup>th</sup> Sue Barrett 30:02  
11<sup>th</sup> Tina Kraan 30:13 (PB)  
12<sup>th</sup> Jenny Rawlings 30:50  
13<sup>th</sup> Shelagh Smithson 31:10 (PB)  
14<sup>th</sup> Miranda Carrick 31:30  
15<sup>th</sup> Jo McBride 31:31  
16<sup>th</sup> Vicky Thompson 32:19  
17<sup>th</sup> Sam Brown 37:30 (1<sup>st</sup>)

Timekeeper Gary Francis, Liz Redpath, numbers Terry Weston, supporters John Jeffs, Mick Wellsted.

6.2.2010. Richmond Park Run (5k Race).

167<sup>th</sup> Hannah Flint 28:48.

7.2.2010. Today's Runner Cross Country Manor Farm Country Park Hamble.

Men.

33<sup>rd</sup> Colin Gardner  
42<sup>nd</sup> Chris Buxton  
83<sup>rd</sup> Dave Croft  
86<sup>th</sup> Pete Hewitt  
87<sup>th</sup> Steve Peach  
88<sup>th</sup> Mike Stares  
104<sup>th</sup> Cameron Greere  
106<sup>th</sup> Andy Faichen  
108<sup>th</sup> Alan Saunders  
111<sup>th</sup> Rory Fall  
116<sup>th</sup> Steve Cawte

Ladies.

44<sup>th</sup> Shirley Faichen  
52<sup>nd</sup> Sylvia Cawte  
54<sup>th</sup> Sharon Clutton  
67<sup>th</sup> Miranda Carrick

GRR Men's Points 331, men's position 9. Ladies Points 150, ladies position 7.  
Overall Points 16, overall position 8.

7.2.2010. Chichester Priory 10k.

277<sup>th</sup> Fiona Tomlinson 54:08 (F)

13.2.2010. Richmond Park Run (5k).

150<sup>th</sup> Hanna Flint 30:14.

7.2.2010. Ryde 10 Mile (Hampshire Road Race League).

Ladies.

192<sup>nd</sup> Jo Oakes 1:17:42, position F 41, HRRL 47, team points 142  
223<sup>rd</sup> Michelle Hayes 1:21:17, position F 55, HRRL 51, team points 142  
236<sup>th</sup> Lorraine Tebbett 1:22:41, position F 59, HRRL 54, team points 142  
246<sup>th</sup> Sally Dale 1:24:43, position F 65, HRRL 60, team points 142

Men.

106<sup>th</sup> Paul Turle 1:10:53, position M 95, HRRL 87, team points 402  
121<sup>st</sup> Jayson Grygiel 1:12:15, position M 106, HRRL 94, team points 402  
133<sup>rd</sup> Paul Street 1:13:13, position M 117, HRRL 105, team points 402  
162<sup>nd</sup> Ray Bernice 1:15:26, position M 135, HRRL 116, team points 402  
164<sup>th</sup> Andy Austin 1:15:31, position M 137, HRRL 118, team points 584  
244<sup>th</sup> David Chilvers 1:24:35, position M 181, HRRL 150, team points 584  
260<sup>th</sup> Mike Barker 1:26:35, position M 188, HRRL 156, team points 584  
274<sup>th</sup> Ken Eaden 1:28:03, position M 195, HRRL 160, team points 584  
309<sup>th</sup> Sam Westwood 1:34:24, position M 214, HRRL 170, team points 584

14.2.2010. Bramley 20 Mile.

Ladies.

455<sup>th</sup> Jo Oakes Gun 2:49:34 Chip 443<sup>rd</sup> 2:47:57 (1<sup>st</sup> 20 m)  
467<sup>th</sup> Michelle Hayes Gun 2:51:55 Chip 468<sup>th</sup> 2:50:18 (PB)  
528<sup>th</sup> Lorraine Tebbett Gun 2:59:47 Chip 526 2:57:56 (PB)  
650<sup>th</sup> Nikki Barnard Gun 3:20:48 Chip 561<sup>st</sup> 3:18:21 (1<sup>st</sup> 20 m)  
655<sup>th</sup> Shirley Faichen Gun 3:21:06 Chip 552<sup>nd</sup> 3:18:40  
659<sup>th</sup> Sharon Clutton Gun 3:21:55 Chip 655<sup>th</sup> 3:21:55  
732<sup>nd</sup> Denise Francis Gun 3:45:09 Chip 731<sup>st</sup> 3:42:43

Men.

287<sup>th</sup> Paul Street Gun 2:36:10 Chip 282<sup>nd</sup> 2:34:34 (1<sup>st</sup> 20 m)  
296<sup>th</sup> Paul Turle Gun 2:37:04 Chip 293<sup>rd</sup> 2:35:29 (1<sup>st</sup> 20 m)  
342<sup>nd</sup> Jayson Grygiel Gun 2:39:50 Chip 317<sup>th</sup> 2:37:25 (1<sup>st</sup> 20 m)  
355<sup>th</sup> Andy Austin Gun 2:41:12 Chip 350<sup>th</sup> 2:39:35  
466<sup>th</sup> Warren Jackson-Hookins Gun 2:51:53 Chip 467<sup>th</sup> 2:50:16 (1<sup>st</sup> 20 m)

527<sup>th</sup> Ray Bernice Gun 2:59:47 Chip 525<sup>th</sup> 2:57:52 (PB)  
538<sup>th</sup> David Chilvers Gun 3:01:24 Chip 537<sup>th</sup> 2:59:16 (1<sup>st</sup> 20 m)  
561<sup>st</sup> Ken Eaden Gun 3:04:29 Chip 561<sup>st</sup> 3:02:38  
649<sup>th</sup> Mike Barker 3:20:47 Chip 650<sup>th</sup> 3:18:20  
Supporters: Gary Francis, Andy Faichen, Andy Clutton.

21.2.2010 Fort Lauderdale (USA) Marathon.

Len Keech 5:59:16.

21.2.2010. Portsmouth Half Marathon.

Mike Kearney 1:55:15, Toni Grundy 2:26:01, Miranda Carrick 2.32.46.

27.02.2010. 13.65 Mile Walk Queen Elizabeth Country Park.

Ian Buzzard, Ken Hillier, John Wiltshire, Dave Russell, Colin Rogers, Dave Croft.

27.2.2010. Malta Marathon.

Karen Williams 3:55:38.

27.2.2010. Terminator (Pewsey) 10 Miles

Shirley Faichen 2:30:04, Alan Sanders 2:34:28, Steve Cawte 2:58:14.

27.2.2010. Meon Valley Plod 19.5 Miles (Liss Runners).

Colin Gardner 3:18:57, Sorrell Wakefield 4:16:45 (F), David Chilvers 4:22:38.

7.3.2010. Salisbury 10m (HRRL event).

126<sup>th</sup> Chris Buxton 1:06:19, 127<sup>th</sup> Colin Gardner 1:06:21 (PB), 141<sup>st</sup> Paul Turle 1:07:27,  
220<sup>th</sup> Jayson Grygiel 1:11:44 (PB), 241<sup>st</sup> Andy Austin 1:12:36, 280<sup>th</sup> Paul Street 1:14:43,  
300<sup>th</sup> Jo Oakes 1:15:49 F (PB), 345<sup>th</sup> David Chilvers 1:18:38 (PB), 355<sup>th</sup> Michelle Hayes 1:19:23 F,  
382<sup>nd</sup> Sally Dale 1:20:46 F, 387<sup>th</sup> Lorraine Tebbett 1:20:56 (PB), 388<sup>th</sup> Ray Bernice 1:20:56,  
395<sup>th</sup> Mike Kearney 1:21:31, 435<sup>th</sup> Dave Tyce 1:23:51 (1<sup>st</sup> 10m), 439<sup>th</sup> Sharon Clutton 1:27:43 F (PB),  
491<sup>st</sup> Sarah Marsh 1:27:46 F (1<sup>st</sup> 10m), 492<sup>nd</sup> Nikki Barnard 1:27:46 F (PB),  
495<sup>th</sup> Shirley Faichen 1:27:52 F (PB), 522<sup>nd</sup> Fiona Tomlinson 1:29:57 F.  
Supporters: Andy Faichen, Andy & Hayley Clutton, Bob Bennett.

2.3.2010. Last Winter Club 5k.

Men.

1<sup>st</sup> Chris Buxton 19:04  
2<sup>nd</sup> Colin Gardner 19:23  
3<sup>rd</sup> Max Pointon 20:24  
4<sup>th</sup> Ian Adolpho-Pugh 21:02 (1<sup>st</sup> 5k)  
5<sup>th</sup> Ray Bernice 21:08 (PB)  
6<sup>th</sup> Rob Grace 21:20  
(Guest North Highland Harriers)  
7<sup>th</sup> Dave Shilling 21:35 (PB)  
8<sup>th</sup> Phil Beed 21:57  
9<sup>th</sup> Jack Coulbert 22:10 (1<sup>st</sup> 5k)  
10<sup>th</sup> David Chilvers 22:32 (1<sup>st</sup> 5k)  
11<sup>th</sup> Nick McBeath 22:43  
12<sup>th</sup> Pete Hewitt 23:05 (PB)  
13<sup>th</sup> Baz Evans 23:18  
14<sup>th</sup> Dave Croft 23:26  
15<sup>th</sup> Mike Stares 23:43  
16<sup>th</sup> David Baker 24:22  
17<sup>th</sup> Steve Moltini 25:26  
18<sup>th</sup> Mike Kearney 26:36  
19<sup>th</sup> Rob Hale 26:46 (PB)  
20<sup>th</sup> Mike Battersby 26:50 (PB)

Ladies

1<sup>st</sup> Sally Dale 23:40  
2<sup>nd</sup> Stephanie Ancell 24:39 (PB)  
3<sup>rd</sup> Sarah Marsh 25:16  
4<sup>th</sup> Jenny Shilling 25:21 (PB)  
5<sup>th</sup> Kellee Read 25:29 (PB)  
6<sup>th</sup> Hazel Davies 26:26  
7<sup>th</sup> Kirsten Maw 26:45  
8<sup>th</sup> Cheryl Hill 27:24  
9<sup>th</sup> Deborah Birch 28:46  
10<sup>th</sup> Angela Elshaw 28:55 (PB)  
11<sup>th</sup> Nikki Kenning 29:34  
12<sup>th</sup> Karen Owen 30:20  
13<sup>th</sup> Jenny Rawlins 30:34 (PB)  
14<sup>th</sup> Vicky Thompson 31:01 (PB)  
15<sup>th</sup> Mary Ash 31:22  
16<sup>th</sup> Janet Lindley 31:24  
17<sup>th</sup> Nadine Dunn 31:26  
18<sup>th</sup> Tina Kraan 31:27  
19<sup>th</sup> Paula Meeds 31:33 (1<sup>st</sup> 5k)  
20<sup>th</sup> Jo McBride 31:34  
21<sup>st</sup> Denise Francis 31:36

21<sup>st</sup> Terry Ash 28:34  
22<sup>nd</sup> Keith Elshaw 28:38 (PB)  
23<sup>rd</sup> James Sawyer 33:25  
24<sup>th</sup> Len Keech 34:36

22<sup>nd</sup> Sue Tingley 31:44  
23<sup>rd</sup> Kath King 32:02  
24<sup>th</sup> Emma Adolpho-Pugh 33:40 (1<sup>st</sup>5k)  
25<sup>th</sup> Sharon Clutton 33:40  
26<sup>th</sup> Sam Brown 33:46 (PB)  
27<sup>th</sup> Nikki Barnard 34:36

Time Keepers: Gary Francis, Liz Redpath, numbers Terry Weston, supporters John Jeffs, Pete Lindley, Andy Clutton, Jerry Rawlings, Mick Wellsted.

14.3.2010. Today's Runner Cross Country League Staunton Country Park Last of the Season.

Men

32<sup>nd</sup> Colin Gardner  
40<sup>th</sup> Paul Turle  
76<sup>th</sup> Pete Hewitt  
88<sup>th</sup> Mike Stares  
89<sup>th</sup> Nick McBeath  
94<sup>th</sup> Baz Evans  
99<sup>th</sup> Ken Eaden  
114<sup>th</sup> Rory Fall  
116<sup>th</sup> Alan Saunders  
123<sup>rd</sup> Steve Cawte

Ladies

35<sup>th</sup> Jo Oakes  
39<sup>th</sup> Lorraine Tebbett  
52<sup>nd</sup> Sylvia Cawte

12 X Country mugs were awarded to: Ladies: Jo Oakes, Michelle Hayes, Lorraine Tebbett, Shirley Faichen, Miranda Carrick, Sylvia Cawte.

Men: Colin Gardner, Pete Hewitt, Mike Stares, Alan Saunders, Ray Bernice, Ken Eaden.

14.3.2010. Silverstone Half Marathon.

1682<sup>nd</sup> (1463<sup>rd</sup> M) Andy Clutton 1:52:41 (106<sup>th</sup> MS),  
2301<sup>st</sup> (381<sup>st</sup> F) Sharon Clutton 1:57:46 (11<sup>th</sup> FS) (PB),  
2596<sup>th</sup> (470<sup>th</sup> F) Shirley Faichen 2:00:19 (3<sup>rd</sup> FV).

14.3.2010 Exbury 10k.

David Shilling 51:51, Jenny Shilling 52:06 (Prize 1<sup>st</sup> Lady in age group).  
Finishers 334.

27.3.2010 Richmond Park Run 5k.

116<sup>th</sup> Hanna Flint 29:04.

28.3.2010. Eastleigh 10k.

196<sup>th</sup> Chris Buxton 38:31 (Vet 45), 211<sup>th</sup> Colin Gardner 39:10 (Vet 45),  
244<sup>th</sup> Warren Jackson – Hookins 39:49 (Snr), 248<sup>th</sup> Paul Turle 40:02 (Vet 50),  
333<sup>rd</sup> Tim Durant 42:19 (Vet 40), 407<sup>th</sup> Daniel Barker 43:30 (Snr) (1<sup>st</sup>10k),  
412<sup>th</sup> Jayson Grygiel 43:31 (Vet 40), 413<sup>th</sup> Andy Austin 43:31 (Vet 50),  
437<sup>th</sup> Ray Bernice 43:57 (Vet 40), 452<sup>nd</sup> Paul Street 44:14 (Vet 45), 571<sup>st</sup> Jo Oakes 45:55 (F Vet 35),  
640<sup>th</sup> Michelle Hayes 47:53 (F Vet 45), 681<sup>st</sup> Mike Stares 48:08 (Vet 60),  
693<sup>rd</sup> Lorraine Tebbett 48:51 (F Vet 40), 702<sup>nd</sup> Sally Dale 48:31 (F Vet 50),  
729<sup>th</sup> Ken Eaden 49:29 (Vet 50), 746<sup>th</sup> David Tyce 49:05 (Vet 45), 773<sup>rd</sup> Baz Evans 49:50 (Vet 45),  
898<sup>th</sup> Mike Barker 52:08 (Vet 55), 1013<sup>th</sup> Laura Clark 54:01 (F Snr),  
1022<sup>nd</sup> Sarah Marsh 54:17 (F Snr), 1043<sup>rd</sup> Steve Mickelwright 54:06 (Vet 45),  
1068<sup>th</sup> Fiona Tomlinson 55:17 (F Vet 45), 1077<sup>th</sup> Sharon Clutton 55:26 (F Vet 50),  
1090<sup>th</sup> David Chilvers 55:31 (Vet 45), 1104<sup>th</sup> Verity Faichen 56:01 (F Snr),  
1105<sup>th</sup> Shirley Faichen 56:01 (F Vet 55), 1216<sup>th</sup> Rob Hale 58:08 (Snr),  
1262<sup>nd</sup> Denise Francis 59:48 (F Vet 55), 1280<sup>th</sup> Sarette Martin 1:00:00 (F Vet 35),  
1309<sup>th</sup> Sue Barrett 1:02:27 (F Vet 40), 1312<sup>th</sup> Jo McBride 1:01:36 (F Vet 35) (1<sup>st</sup>10k),  
1422<sup>nd</sup> Sue Tingley 1:05:19 (F Vet 55), 1452<sup>nd</sup> Kath King 1:06:27 (F Vet 60).  
Finishers 1536, 1<sup>st</sup> Man 30:04, 1<sup>st</sup> Lady 34:50.

Supporters: Gary Francis, Mick Wellsted, Andy Clutton.

After the race Sharon Clutton, Laura Clark, Nikki Barnard, Denise Francis, Sarah Marsh ran back to Gosport.

6.4.2010. 1<sup>st</sup> Summer 5k.

Men.

1<sup>st</sup> Chris Buxton 18:46  
2<sup>nd</sup> Paul Turle 18:55 (PB)  
3<sup>rd</sup> Ian Adolpho – Pugh 19:47 (PB)  
4<sup>th</sup> Jayson Grygiel 20:31  
5<sup>th</sup> Ray Bernice 20:59 (PB)  
6<sup>th</sup> Rob Grace 21:05  
(Guest North Highland Harriers)  
7<sup>th</sup> Paul Street 21:10  
8<sup>th</sup> Ashley Thomas 21:24 (1<sup>st</sup>5k)  
9<sup>th</sup> Pete Hewitt 22:08 (PB)  
10<sup>th</sup> Phil Beed 22:18  
11<sup>th</sup> Jack Coulbert 22:24  
12<sup>th</sup> Baz Evans 22:38  
13<sup>th</sup> Steve Peach 22:41  
14<sup>th</sup> Mike Stares 22:52  
15<sup>th</sup> Ken Eaden 23:20  
16<sup>th</sup> Mike Kearney 23:38  
17<sup>th</sup> David Barker 23:52  
18<sup>th</sup> Mike Battersby 24:44 (PB)  
19<sup>th</sup> Steve Moltini 25:12  
20<sup>th</sup> Rob Hale 25:44 (PB)  
21<sup>st</sup> Keith Elshaw 26:02 (PB)  
22<sup>nd</sup> Dave Kirby 26:19  
23<sup>rd</sup> Ian Buzzard 28:19  
24<sup>th</sup> Sid Smith 28:44  
25<sup>th</sup> Terry Ash 29:44  
26<sup>th</sup> Len Keech 32:15  
27<sup>th</sup> Tim Durant 32:16

Ladies.

1<sup>st</sup> Jenny Shilling 24:36 (PB)  
2<sup>nd</sup> Shirley Faichen 24:58 (PB)  
3<sup>rd</sup> Sharon Clutton 25:22  
4<sup>th</sup> Kellee Read 25:40  
5<sup>th</sup> Deborah Birch 27:30  
6<sup>th</sup> Denise Francis 27:43  
7<sup>th</sup> Nikki Edgar 27:45  
8<sup>th</sup> Paula Meads 28:13 (PB)  
9<sup>th</sup> Kelly Irwin 28:44 (PB)  
10<sup>th</sup> Jo McBride 28:51 (PB)  
11<sup>th</sup> Ann Horton 29:06  
12<sup>th</sup> Sue Barrett 29:06 (PB)  
13<sup>th</sup> Mary Ash 29:43  
14<sup>th</sup> Janet Lindley 30:10  
15<sup>th</sup> Jenny Rawlins 30:13 (PB)  
16<sup>th</sup> Kath King 30:40  
17<sup>th</sup> Emma Adolpho – Pugh 30:41 (PB)  
18<sup>th</sup> Lydia Syson 31:25 (1<sup>st</sup>5k)  
19<sup>th</sup> Shelagh Smithson 31:30  
20<sup>th</sup> Allison Walker 32:14 (1<sup>st</sup>5k)  
21<sup>st</sup> Rachel Durant 32:26

Time Keepers Gary Francis, Liz Redpath, numbers Andy Clutton, photographer Dave Croft.

Supporters: Lorraine Tebbett, Pete Lindley, Steve Cawte, Andy Austin, John Jeffs, Terry Weston, Mick Wellsted, Bob Bennett, Tracy Madgewick.

17.4.2010. Richmond Park Run 5k.

176<sup>th</sup> Hanna Flint 29:42.

18.4.2010. 1<sup>st</sup> Brighton Marathon.

1567<sup>th</sup> Sorrell Wakefield Gun 3:57:40 Chip 3:53:30 Half Time 1:55:09 (1<sup>st</sup> Marathon)  
3943<sup>rd</sup> Laura Clark Gun 4:40:56 Chip 4:27:15 Half Time 2:24:06 (1<sup>st</sup> Marathon)  
4012<sup>th</sup> Tracy Bale Gun 4:42:17 Chip 4:28:48 Half Time 2:16:45 (Vet Lady 35 – 39) (1<sup>st</sup> Marathon)  
4745<sup>th</sup> Sarah Marsh Gun 4:56:17 Chip 4:42:36 Half Time 2:23:48 (Senior Lady)  
5722<sup>nd</sup> Nicola Edgar Gun 5:17:37 Chip 4:59:44 Half Time 2:42:25 (Senior Lady)  
6611<sup>th</sup> Nicola Barnard Gun 5:48:14 Chip 5:30:23 (Vet Lady 40 – 44)  
6614<sup>th</sup> Denise Francis Gun 5:48:14 Chip 5:30:23 Half Time 2:44:14  
6759<sup>th</sup> Len Keech Gun 5:54:45 Chip 5:36:54 Half Time 2:59:47 (Vet Men 55 – 59)  
Finishers 7426.

18:4.2010. Track & Field Meeting Mountbatten Centre Portsmouth.

Mike Stares:

Race1. 10.00 am. 3000 meters – 13min 28secs.

Race2. 10.20 am. 200 meters – 40.6secs

Race3. 10.45 am. 800 meters – 3min 11.4secs

Race4. 11.15 am. 400 meters – 1min 23.9secs

Race 5 11.40 am. 100 meters – 19.1secs

Race 6. 12.15 am. 1 mile challenge – 7min .6.4secs

25.4.2010. Stratford Upon Avon Marathon.

313<sup>th</sup> Karen L. Williams Chip 3:52:48 Gun 3:54:11 (F 47)  
383<sup>rd</sup> Emma Croft (Headington Runners) Chip 4:01:20 Gun 4:03:49 (F 30)  
455<sup>th</sup> Andy Clutton Chip 4:12:27 Gun 4:13:50 (M 44)  
511<sup>th</sup> Ray Bernice Chip 4:20:50 Gun 4:21:38 (M 44) (PB)  
622<sup>nd</sup> Sharon Clutton Chip 4:35:13 Gun 4:36:36 (F 50)  
701<sup>st</sup> Mike Barker Chip 4:51:28 Gun 4:52:32 (M 59)

Supporters: Gary & Denise Francis, Tania & Amber Bernice, Sue Barker (Photographer)

25.4.2010. The Houghton Trail Event (11k Cross Country on Test & Clarendon Ways.

60<sup>th</sup> Mike Dutton 1:03:31 (60+) 75<sup>th</sup> Alan Saunders 1:06:07 (40+), 91<sup>st</sup> Sylvia Cawte 1:09:16 (F 40+),  
110<sup>th</sup> Bob Bennett 1:16:53.

25.4.2010. Virgin London Marathon.

9904<sup>th</sup> Richard Wiltshire Place Gender 8167<sup>th</sup> Place Cat 4439<sup>th</sup> 3:56:30 (M 18 – 39)  
11143<sup>rd</sup> Andy Austin Place Gender 9117<sup>th</sup> Place Cat 677<sup>th</sup> Half 1:54:56 Fin 4:00:44 (50 – 44)  
12222<sup>nd</sup> John Wiltshire Place Gender 994<sup>th</sup> Place Cat 150 Half 2:00:01 Fin 4:05:14 (60 – 64)  
13987<sup>th</sup> Warren Jackson – Hookins Place Gender 11202<sup>nd</sup> Place Cat 6141<sup>st</sup> Half 1:57:55 Fin 4:12:09  
1<sup>st</sup> Marathon (18 – 39)  
19205<sup>th</sup> Nikki Barnard Place Gender 4361<sup>st</sup> Place Cat F 772<sup>nd</sup> Half 2:13:13 Fin 4:30:27 (40 – 44)  
21919<sup>th</sup> Shirley Faichen Place Gender 5425<sup>th</sup> Place Cat F 127<sup>th</sup> Half 2:13:05 Fin 4:41:49 (55 – 59)  
22761<sup>st</sup> Ken Eaden Place Gender 17027<sup>th</sup> Place Cat 1283<sup>rd</sup> Half 2:10:17 Fin 4:45:13 (50 – 54)  
312102<sup>nd</sup> Sue Barret Place Gender 9236<sup>th</sup> Place Cat F 1568<sup>th</sup> Half 2:33:24 Fin 5:28:55  
1<sup>st</sup> Marathon (40 – 44)  
33489<sup>th</sup> Sara Lloyd Place Gender 10383<sup>rd</sup> Place Cat F 81<sup>st</sup> Half 2:24:37 Fin 5:52:45 (18 – 39)  
Finishers 36549. 1<sup>st</sup> Man 2:05:19, 1<sup>st</sup> Lady 2:22:00, final runner 9:34:24.

29.4.2010. Out of Town the Bluebell Run 1900

Organised by Dave Croft meet at Tennis Courts Titchfield.

3.5.2010. (Monday) 1<sup>st</sup> Hampshire 10k Start & Finish Mountbatten Centre Portsmouth.

70<sup>th</sup> Mike Stares 49:25 (5<sup>th</sup> Vet 60), 100<sup>th</sup> Rob Hale 56:22 (52<sup>nd</sup> Snr).

4.5.2010. Club 5 Mile.

Men.

1<sup>st</sup> Paul Turle 31:01 (PB)  
2<sup>nd</sup> Colin Gardner 31:36  
3<sup>rd</sup> Tim Durant 32:56  
4<sup>th</sup> Ian Adolpho-Pugh 33:00 (1<sup>st</sup>5m)  
5<sup>th</sup> Richard Oakes 33:08 (1<sup>st</sup>5m)  
6<sup>th</sup> Jayson Grygiel 33:54 (PB)  
7<sup>th</sup> David Shilling 34:00 (PB)  
8<sup>th</sup> Andrew Sorenson 34:35 (1<sup>st</sup>5m)  
9<sup>th</sup> Jason Lyons 35:49 (1<sup>st</sup>5m)  
10<sup>th</sup> Pete Hewitt 36:00 (1<sup>st</sup>5m)  
11<sup>th</sup> Phil Bead 37:36  
12<sup>th</sup> Dave Croft 38:27  
13<sup>th</sup> Mike Kearney 38:44  
14<sup>th</sup> Mike Barker 39:03 (PB)  
15<sup>th</sup> Mike Battersby 39:55 (1<sup>st</sup>5m)  
16<sup>th</sup> Rob Hale 42:38  
17<sup>th</sup> Keith Elshaw 43:30 (PB)  
18<sup>th</sup> Steve Moltini 44:58

Ladies.

1<sup>st</sup> Karen Williams 35:53  
2<sup>nd</sup> Jenny Shilling 40:13  
3<sup>rd</sup> Tracy Bale 40:35  
4<sup>th</sup> Kellee Read 42:31  
5<sup>th</sup> Sam Devine 42:33 (1<sup>st</sup>5m)  
6<sup>th</sup> Nikki Edgar 45:12  
7<sup>th</sup> Amanda Simpson 45:47 (1<sup>st</sup>5m)  
8<sup>th</sup> Nadia Leckie 42:25 (1<sup>st</sup>5m)  
9<sup>th</sup> Deborah Birch 45:54  
10<sup>th</sup> Sam Brierly 46:13 (PB)  
11<sup>th</sup> Jo McBride 46:21 (PB)  
12<sup>th</sup> Paula Meeds 46:59 (1<sup>st</sup>5m)  
13<sup>th</sup> Helena Young 47:59 (1<sup>st</sup>5m)  
14<sup>th</sup> Sue Barrett 48:12 (PB)  
15<sup>th</sup> Janet Lindley 48:54  
16<sup>th</sup> Helen Godbold 49:22  
17<sup>th</sup> Kerry Irwin 49:41  
18<sup>th</sup> Emma Adolpho-Pugh 50:06 (1<sup>st</sup>5m)

19<sup>th</sup> Ian Buzzard 46:08  
20<sup>th</sup> Terry Ash 47:00  
21<sup>st</sup> Sid Smith 49:41  
22<sup>nd</sup> Len Keech 52:51

19<sup>th</sup> Nicola Colebourne 51:11 (1<sup>st</sup>5m)  
20<sup>th</sup> Kath King 51:12  
21<sup>st</sup> Alison Walker 52:21 (1<sup>st</sup>5m)  
22<sup>nd</sup> Mary Ash 52:49  
23<sup>rd</sup> Shelagh Smithson 52:51 (1<sup>st</sup>5m)

Timekeepers Gary Francis, Liz Redpath, numbers Andy Clutton. Supporters: Terry Weston, Sharon Clutton, Nikki Barnard, Sarette Martin, John Jeffs, Pete Lindley, Ken Eaden, Bob Bennett, Baz Evans, Mandy May, photographer Mick Wellsted.

9.5.2010. Alton 10 Mile.

Men.

98<sup>th</sup> Chris Buxton 1:08:18 (Vet 40)  
103<sup>rd</sup> Paul Turle 1:08:31 (Vet 50)  
107<sup>th</sup> Colin Gardner 1:08:53 (Vet 40)  
136<sup>th</sup> Tim Durant 1:10:54 (Vet 40)  
165<sup>th</sup> Andy Austin 1:13:00 (Vet 50)  
182<sup>nd</sup> Daniel Barker 1:14:22 (Senior) (1<sup>st</sup>10m)  
189<sup>th</sup> Jayson Grygiel 1:15:07 (Vet 40)  
211<sup>th</sup> Pete Hewitt 1:16:45 (Vet 40) (1<sup>st</sup>10m)  
217<sup>th</sup> Ray Bernice 1:17:36 (Vet 40)  
275<sup>th</sup> Ken Eaden 1:25:03 (Vet 50)  
279<sup>th</sup> Mike Stares 1:25:40 (Vet 60)  
309<sup>th</sup> Mike Barker 1:29:10 (Vet 50)  
319<sup>th</sup> Rob Hale 1:31:39 (Senior) (1<sup>st</sup>10m)  
Finishers 353

Ladies.

46<sup>th</sup> Jo Oakes 1:18:24 (Vet 35)  
81<sup>st</sup> Lorraine Tebbett 1:25:03 (Vet 35)  
98<sup>th</sup> Shirley Faichen 1:29:20 (Vet 55)  
104<sup>th</sup> Sharon Clutton 1:30:16 (Vet 45)  
148<sup>th</sup> Sue Tingley 1:49:40 (Vet 55)  
Finishers 153

16.6.2010. Hayling Billy 5 Mile.

22<sup>nd</sup> Colin Gardner 32:33, 87<sup>th</sup> Mike Stares 39:47, 112<sup>th</sup> Fiona Tomlinson 42:25 (F).

27.6.2010. Purbrook Ladies 5 Mile.

24<sup>th</sup> Karen L. Williams 38:40, 50<sup>th</sup> Fiona Williams 43:03, 53<sup>rd</sup> Laura Clark 43:27,  
64<sup>th</sup> Sharon Clutton 45:39, 73<sup>rd</sup> Shirley Faichen 47:20, 83<sup>rd</sup> Denise Francis 49:33,  
93<sup>rd</sup> Kerry Irwin 52:08, 96<sup>th</sup> Jo McBride 52:37, 109<sup>th</sup> Karen Williams 54:25,  
110<sup>th</sup> Sue Barrett 54:36, 117<sup>th</sup> Miranda Carrick 55:17, 121<sup>st</sup> Alison Walker 57:190,  
134<sup>th</sup> Tania Bernice 1:00:52.

27.6:2010. Lords Hill 10k.

102<sup>nd</sup> Rob Hale 54:22, 109<sup>th</sup> Steve Micklewright 55:38.

29.6.2010. Beginners Group 1 Mile.

1<sup>st</sup> Steve Smith 7:9, 2<sup>nd</sup> Kat Foot 8:46 (F), 3<sup>rd</sup> Jean Smith 8:46 (F), 4<sup>th</sup> Pat Lapworth 9:07 (F),  
5<sup>th</sup> Stacie McNair 9:10 (F), 6<sup>th</sup> Jo Paget 9:21 (F), 8<sup>th</sup> Susan Barker 10:40 (F), 9<sup>th</sup> Kirsten Pratt 10:40 (F),  
10<sup>th</sup> Christine Threfall 11:11 (F), 11<sup>th</sup> Stephanie Evans 11:20 (F), 12<sup>th</sup> Diane Harland 11:56 (F),  
13<sup>th</sup> Julie Douglas 12:09 (F), 14<sup>th</sup> Julie Evans 12:33 (F).

Organised by Terry Ash assisted by Gary Francis, Toby Bettridge, Jo Oakes, Terry Weston, Steve Cawte, John Jeffs.

30.6.2010. Portsmouth Joggers Summer Cross Country.

22<sup>nd</sup> Colin Gardner 35:10, 23<sup>rd</sup> Paul Turle 35:14, 52<sup>nd</sup> Toby Bettridge 38:33, 56<sup>th</sup> Andy Austin 38:54,  
58<sup>th</sup> Ray Bernice 39:31, 69<sup>th</sup> Dave Croft 40:55, 87<sup>th</sup> Ken Eaden 42:56, 88<sup>th</sup> Baz Evans 42:56,  
93<sup>rd</sup> Lorraine Tebbett 43:21 (F), 100<sup>th</sup> Mike Stares 44:09.

6.7.2010. Beginners Group 5k Time Trial.

1<sup>st</sup> R Shankland 21:52 (1<sup>st</sup>5k), 2<sup>nd</sup> Pat Lapworth 30:52 (1<sup>st</sup>5k) (F), 3<sup>rd</sup> Rachel Durant 31:47 (PB) (F),  
4<sup>th</sup> Stacey McNair 32:13 (1<sup>st</sup>5k) (F), 5<sup>th</sup> Sue Barker 32:56 (F), 6<sup>th</sup> Jo Paget 34:02 (F),  
7<sup>th</sup> Steve Smith 34:06 (1<sup>st</sup>5k).

Winkle Trout Run.

170<sup>th</sup> Toby Bettridge 56:25 (Senior Male 44 / 64). This was a Fell run and all the finishers received a “  
“TROUT”.

6.7.2010. Club 10k.

Men.

1<sup>st</sup> Colin Gardner 40:47  
2<sup>nd</sup> Tim Durant 41:58  
3<sup>rd</sup> Andrew Sorenson 43:27 (1<sup>st</sup>10k)  
4<sup>th</sup> Dan Belben 43:32 (1<sup>st</sup>10k)  
5<sup>th</sup> Jayson Grygiel 43:36  
6<sup>th</sup> Ian Adolpho-Pugh 44:18 (1<sup>st</sup>10k)  
7<sup>th</sup> Richard Wiltshire 44:49 (1<sup>st</sup>10k)  
8<sup>th</sup> Pete Hewitt 45:28 (PB)  
9<sup>th</sup> Dave Croft 47:28  
10<sup>th</sup> Phil Beed 48:24  
11<sup>th</sup> Nick McBeath 48:57  
12<sup>th</sup> Joe Ritchie 49:23  
13<sup>th</sup> Mike Kearney 49:51  
14<sup>th</sup> David Shilling 49:54  
15<sup>th</sup> Mike Stares 50:00  
16<sup>th</sup> Pete Lindley 50:30  
17<sup>th</sup> Rob Hale 50:36 (PB)  
18<sup>th</sup> Mike Battersby 51:40 (1<sup>st</sup>10k)  
19<sup>th</sup> Mike Barker 51:46  
20<sup>th</sup> Ian Buzzard 53:02  
21<sup>st</sup> Steve Moltini 53:55  
22<sup>nd</sup> David Baker 53:56  
23<sup>rd</sup> John Jeffs 54:00  
24<sup>th</sup> Sid Smith 55:41  
25<sup>th</sup> Tony (1<sup>st</sup>10k)  
26<sup>th</sup> Giles Cowling 59:38/

Ladies.

1<sup>st</sup> Nikki Moxham 44:49  
2<sup>nd</sup> Nikki Barnard 52:21 (PB)  
3<sup>rd</sup> Laura Clark 52:21 (1<sup>st</sup>10k)  
4<sup>th</sup> Kellee Read 54:09  
5<sup>th</sup> Sharon Clutton 54:18 (PB)  
6<sup>th</sup> Jenny Shilling 54:32 (1<sup>st</sup>10k)  
7<sup>th</sup> Eileen Cowling 55:40 (1<sup>st</sup>10k)  
8<sup>th</sup> Sarah Kraan 56:59 (1<sup>st</sup>10K)  
9<sup>th</sup> Ginny Moore 57:02  
10<sup>th</sup> Paula Meeds 59:58 (1<sup>st</sup>10k)  
11<sup>th</sup> Jo McBride 1:00:33 (PB)  
12<sup>th</sup> Sue Barrett 1:00:42  
13<sup>th</sup> Nikki Edgar 1:00:42  
14<sup>th</sup> Denise Francis 1:01:34  
15<sup>th</sup> Nadia Leckie 1:01:34 (1<sup>st</sup>10k)  
16<sup>th</sup> Kerry Irwin 1:03:32  
17<sup>th</sup> Tina Kraan 1:03:32 (1<sup>st</sup>10k)  
18<sup>th</sup> Mary Ash 1:03:48  
19<sup>th</sup> Alison Walker 1:03:50 (1<sup>st</sup>10k)

Timekeeper: Gary Francis, Terry Weston, numbers Andy Clutton. Supporters: Chris Buxton,  
Janet Lindley, Ross Belben, Ken Hillyer, Gerry Buzzard, Mick Wellsted, Steve Dore,  
Kirsten Maw, Warren Jackson- Hookins.

11.7.2010. New Forest 10 Mile.

382<sup>nd</sup> Rob Hale 1:29:12 Chip 1:29:02 (PB 2min 30secs), 576<sup>th</sup> Keith Elshaw 1:38:24 Chip 1:38:16 (PB)  
759<sup>th</sup> Sue Barrett 1:50:46 Chip 1:50:37.

11.7.2010. Chichester Challenge 42km.

37<sup>th</sup> Andy Clutton 4:42:24 Chip 4:41:15, 62<sup>nd</sup> Bob Bennett 6:11:57 Chip 6:11:40,  
63<sup>rd</sup> Kellee Read 6:11:57 Chip 6:11:40 (F), 64<sup>th</sup> Shirley Faichen 6:11:57 Chip 6:11:41 (F),  
65<sup>th</sup> Laura Clark 6:11:57 Chip 6:11:52 (F), 66<sup>th</sup> Mike Barker 6:11:57 Chip 6:11:40,  
67<sup>th</sup> Denise Francis 6:11:57 Chip 6:11:41 (F), 68<sup>th</sup> Sharon Clutton 6:11:57 Chip 6:11:42 (F).  
Nikki Barnard Chip 6:11:42. Finishers 73.

11.7.2010. Chichester Challenge 25km.

26<sup>th</sup> Steve Cawte 3:54:51, 27<sup>th</sup> Mike Kearney 3:54:51.  
Finishers 42.



11.7.2010 Chichester Challenge 30k Cycle Ride.

46<sup>th</sup> Andy Faichen 3:09 52 Chip 3:08:30, 47<sup>th</sup> Sylvia Cawte 3:10:00 Chip 3:08:54,  
48<sup>th</sup> Alan Saunders 3:10:00 Chip 3:08:42.

Supporters Gary Francis & Mick Wellsted

29.7.2010. Out of Town. Organised by Toby Betteridge.

3.8.2010. Club 5k.

Men.

1<sup>st</sup> Warren Jackson Hookins 18:05 (PB)  
2<sup>nd</sup> Andrew Sorenson 19:02 (PB)  
3<sup>rd</sup> Tim Durant 19:16 (PB)  
4<sup>th</sup> Ian Adolpho-Pugh 19:29  
5<sup>th</sup> Colin Gardner 19:30  
6<sup>th</sup> Paul Turle 19:42  
7<sup>th</sup> Jayson Grygiel 20:06  
8<sup>th</sup> Luke Hollis 20:22 (1<sup>st</sup>5k)  
9<sup>th</sup> Steve Dore 21:33 (PB)  
10<sup>th</sup> Ray Bernice 21:45  
11<sup>th</sup> Phil Beed 21:48  
12<sup>th</sup> Nick McBeath 22:11  
13<sup>th</sup> Dave Croft 22:25  
14<sup>th</sup> Jack Elshaw 22:35 (1<sup>st</sup>5k)  
15<sup>th</sup> Pete Lindley 22:53  
16<sup>th</sup> Rob Hale 23:29 (PB)  
17<sup>th</sup> Mike Battersby 23:50 (PB)  
18<sup>th</sup> John Jeffs 23:58  
19<sup>th</sup> Mike Kearney 24:09  
20<sup>th</sup> Steve Smith 24:25  
21<sup>st</sup> Steve Moltini 24:44  
22<sup>nd</sup> Ian Buzzard 25:03  
23<sup>rd</sup> Giles Cowling 25:23 (PB)  
24<sup>th</sup> Keith Elshaw 25:30 (PB)  
25<sup>th</sup> Tony Skroon 25:40 (1<sup>st</sup>5k)  
30<sup>th</sup> Dave Kirby 26:06  
31<sup>st</sup> Terry Ash 26:57  
32<sup>nd</sup> John Barrett 27:42 (PB)  
33<sup>rd</sup> Sid Smith 28:07  
34<sup>th</sup> Len Keech 33:12  
35<sup>th</sup> Mike Barker 33:13

Ladies.

1<sup>st</sup> Lorraine Tebbett 23:01  
2<sup>nd</sup> Laura Clark 24:19 (PB)  
3<sup>rd</sup> Nadia Leckie 25:00 (PB)  
4<sup>th</sup> Shirley Faichen 25:09  
5<sup>th</sup> Eileen Cowling 25:29 (PB)  
6<sup>th</sup> Sharon Clutton 25:44  
7<sup>th</sup> Sarah Kraan 26:14 (1<sup>st</sup>5k)  
8<sup>th</sup> Deborah Birch 26:36  
9<sup>th</sup> Sam Brierley 26:46 (PB)  
10<sup>th</sup> Denise Francis 26:57  
11<sup>th</sup> Paula Meads 26:59 (PB)  
12<sup>th</sup> Tina Kraan 28:06 (PB)  
13<sup>th</sup> Kerry Irwin 28:07 (PB)  
14<sup>th</sup> Mary Ash 28:15  
15<sup>th</sup> Stephanie Hart 28:17 (1<sup>st</sup>5k)  
16<sup>th</sup> Nikki Edgar 28:37  
17<sup>th</sup> Jean Smith 28:42 (1<sup>st</sup>5k)  
18<sup>th</sup> Maizy Shaw 28:48 (1<sup>st</sup>5k)  
19<sup>th</sup> Emma Adolpho-Pugh 29:17 (PB)  
20<sup>th</sup> Janet Lindley 29:34  
21<sup>st</sup> Sue Barrett 29:52  
22<sup>nd</sup> Jo McBride 29:53  
23<sup>rd</sup> Angela Elshaw 30:03  
24<sup>th</sup> Kristen Pratt 30:28 (1<sup>st</sup>5k)  
25<sup>th</sup> Pat Lapworth 31:27  
26<sup>th</sup> Nikki Barnard 31:27  
27<sup>th</sup> Joe Paget 32:32 (PB)  
28<sup>th</sup> Susan Barker 33:11

Timekeepers Gary Francis, Liz Redpath, numbers Andy Clutton. Supporters Alison Walker, Mick Wellsted.

19.8.2010. Hash. Organised by Gary Francis, Liz Redpath & Dave Croft. 42 GRR attended.  
Venue Flagpond Copse Botley

22.8.2010. Club Cross Country Browndown Gosport.

1<sup>st</sup> Andy Austin  
2<sup>nd</sup> Jayson Grygiel  
3<sup>rd</sup> Toby Bettridge  
4<sup>th</sup> Ian Adolpho-Pugh  
5<sup>th</sup> Ray Bernice  
6<sup>th</sup> Pete Hewitt  
7<sup>th</sup> Baz Evans  
8<sup>th</sup> Dave Croft  
9<sup>th</sup> Colin Gardner  
10<sup>th</sup> Jo Oakes (1<sup>st</sup> Lady)  
11<sup>th</sup> Lorraine Tebbett (F)  
12<sup>th</sup> Pete Lindley  
13<sup>th</sup> Mike Kearney  
14<sup>th</sup> Ian Buzzard  
15<sup>th</sup> Keith Elshaw  
16<sup>th</sup> Mike Barker  
17<sup>th</sup> Michelle Hayes (F)  
18<sup>th</sup> Sarette Martin (F)  
19<sup>th</sup> John Jeffs  
20<sup>th</sup> Steve Mickelwright  
21<sup>st</sup> Terry Ash  
22<sup>nd</sup> Kirsten Maw (F)  
23<sup>rd</sup> Sam Westwood  
24<sup>th</sup> John Barrett  
25<sup>th</sup> Eileen Cowling (F)  
26<sup>th</sup> Kellee Read (F)  
27<sup>th</sup> Giles Cowling  
28<sup>th</sup> Alan Saunders  
29<sup>th</sup> Sylvia Cawte (F)  
30<sup>th</sup> Liz Redpath (F)  
31<sup>st</sup> Tina Kraan (F)  
32<sup>nd</sup> Jo McBride (F)  
33<sup>rd</sup> Ann Horton (F)  
34<sup>th</sup> Pat Lapworth (F)  
35<sup>th</sup> Miranda Carrick (F)  
37<sup>th</sup> Toni Grundy (F)  
38<sup>th</sup> Susan Barker (F)  
39<sup>th</sup> Steve Cawte.

Officials: Gary Francis recorder, numbers Sue Barrett, photographer Mick Wellsted.

Marshals & Supporters: Sharon Clutton, Nikki & James Barnard, Janet Lindley, Fluer Fore, Rob Dutton, Mr McBride.

Andy Clutton who set up the route, measured it and marked it out and then ran round at the back with the tail enders clearing the markers also Sharon Clutton and Gary Francis for their assistance.

24.10.2010. The Great South Run 10 Miles.

268<sup>th</sup> Colin Gardner 1:06:40 (250<sup>th</sup> M), Warren Jackson-Hookins 1:09:50, Paul Turlle 1:10:16,  
1077<sup>th</sup> Pete Hewitt 1:14:13 (978<sup>th</sup> M) (PB), 1118<sup>th</sup> Paul Street 1:14:27 (1012<sup>th</sup> M),  
Luke Malone 1:14:42 (1<sup>st</sup>10m), 1299<sup>th</sup> Ray Bernice 1:15:33 (1174<sup>th</sup> M),  
2546<sup>th</sup> Lorraine Tebbett 1:20:53 (308 F) (PB), 2584<sup>th</sup> Steve Dore 1:21:03 (2271<sup>st</sup> M) (1<sup>st</sup>10m),  
2944<sup>th</sup> Nick McBeath 1:22:40 (2596<sup>th</sup> M), 3566<sup>th</sup> Jack Elshaw 1:24:28 (3032<sup>nd</sup> M) (1<sup>st</sup>10m)  
3751<sup>st</sup> Steve Peach 1:25:92 (3164<sup>th</sup> M), 4083<sup>rd</sup> Keith Elshaw 1:26:06 (3415<sup>th</sup> M) (PB),  
4177<sup>th</sup> Dave Shilling 1:26:21 (3479<sup>th</sup> M), Mike Battersby 1:26:53 (1<sup>st</sup>10m),

4817<sup>th</sup> Stephanie Ancell 1:28:08 (887<sup>th</sup> F), 4971<sup>st</sup> Seb Lea 1:28:33 (2214<sup>th</sup> M),  
 5268<sup>th</sup> David Chilvers 1:29:33 (4217<sup>th</sup> M), 6902<sup>nd</sup> Jenny Shilling 1:34:11 (1680<sup>th</sup> F),  
 6903<sup>rd</sup> Sara Shilling 1:34:11 (1681<sup>st</sup> F), 7278<sup>th</sup> Eileen Cowling 1:35:15 (1844<sup>th</sup> F) (1<sup>st</sup>10m),  
 7281<sup>st</sup> Giles Cowling 1:35:16 (5436<sup>th</sup> M) (1<sup>st</sup>10m),  
 7298<sup>th</sup> Steve Micklewright 1:35:24 (5436<sup>th</sup> M) (1<sup>st</sup>10M), 8321<sup>st</sup> Paula Meeds 1:38:28 (2361<sup>st</sup> F),  
 8380<sup>th</sup> Angela Elshaw 1:38:38 (2388<sup>th</sup> F) (PB), 8838<sup>th</sup> Miranda Carrick 1:39:57 (2616<sup>th</sup> F) (1<sup>st</sup>10m),  
 9048<sup>th</sup> Jo McBride 1:40:33 (2734<sup>th</sup> F) (1<sup>st</sup>10m), 9085<sup>th</sup> Bruce Carle 1:40:34 (6346<sup>th</sup> M) (1<sup>st</sup>10m)  
 Sue Barrett 1:40:34 (F) (PB), 10031<sup>st</sup> Toni Grundy 1:43:47 (3291<sup>st</sup> F),  
 10963<sup>rd</sup> Jen Seymore 1:47:12 (7573<sup>rd</sup> F), 12122<sup>nd</sup> James Davis 1:52:29 (7573<sup>rd</sup> F),  
 12123<sup>rd</sup> Hazel Davis 1:52:29 (4550<sup>th</sup> F), Lorraine Williams 1:54:40 (F) (1<sup>st</sup>10m)  
 14156<sup>th</sup> Kate Williams 2:11:01 (5941<sup>st</sup> F).

### 31.10.2010. 1<sup>st</sup> Cross Country of the Season Pamber Forest.

#### Men.

49<sup>th</sup> Colin Gardner  
 61<sup>st</sup> Paul Turle  
 85<sup>th</sup> Toby Bettridge  
 92<sup>nd</sup> Andy Austin  
 95<sup>th</sup> Pete Hewitt  
 114<sup>th</sup> Alan Burgess  
 130<sup>th</sup> Mike Kearney  
 131<sup>st</sup> Dave Croft  
 144<sup>th</sup> John Jeffs  
 150<sup>th</sup> Andy Faichen  
 155<sup>th</sup> Ken Eaden  
 156<sup>th</sup> Stuart Jones  
 157<sup>th</sup> Steve Cawte  
 164<sup>th</sup> Alan Saunders  
 12<sup>th</sup> of 17

#### Ladies.

34<sup>th</sup> Jo Oakes  
 53<sup>rd</sup> Lorraine Tebbett  
 85<sup>th</sup> Cheryl Hill  
 11<sup>th</sup> of 17

Overall the team finished 9<sup>th</sup>

### 2.11.2010. Club 5k

#### Men

1<sup>st</sup> James Sawyer 18:20 (PB)  
 2<sup>nd</sup> Chris Buxton 18:30 (PB 17:59 / 7.4.2009)  
 3<sup>rd</sup> Luke Willis 19:35 ((PB 19:16 / 5.10.2010)  
 4<sup>th</sup> Ian Adolpho-Pugh 19:44 (PB 19:17 / 5.10.2010)  
 5<sup>th</sup> Colin Gardner 19:53 (PB 18:56 / 2008)  
 6<sup>th</sup> Paul Turle 19:56 (PB 18:55 / 6.4.2010)  
 7<sup>th</sup> Andrew Sorenson 20:07 (PB 19:02 / 3.8.2010)  
 8<sup>th</sup> Andy Austin 21:19 (PB 19:39 / 2.6.2009)  
 9<sup>th</sup> Dave Little 21:37 (PB 18:03 / 4.10.2005)  
 10<sup>th</sup> Pete Hewitt 21:56 (PB)  
 11<sup>th</sup> Ray Bernice 22:03 (PB 20:59 / 6.4.2010)  
 12<sup>th</sup> Alan Burgess 22:05 (1<sup>st</sup>5k)  
 13<sup>th</sup> Phil Beed 22:46 (PB 21:08 / 2.6.2009)  
 14<sup>th</sup> Brian Fisher 23:02 (1<sup>st</sup>5k)  
 15<sup>th</sup> Mike Kearney (PB 19:18 / 29.12.1991)  
 16<sup>th</sup> Andy Cairns 23:39 (PB 22:16 / 6.3.2007)  
 17<sup>th</sup> Steve Moltini 24:34 (PB 22:12 / 1.4.2003)  
 18<sup>th</sup> Mark Mawby 24:36 (24:11 / 5.10.2010)  
 19<sup>th</sup> Mike Barker 24:38 (PB 22:30 / 7.4.2009)  
 20<sup>th</sup> Sam Westwood 25:10 (PB)  
 21<sup>st</sup> Dave Kirby 25:15 (PB 20:01 / 25.10.1998)  
 22<sup>nd</sup> Bruce Carle 25:28 (1<sup>st</sup>5k)  
 23<sup>rd</sup> Bob Bennett 25:56 (PB 25:42 / 7.4.2009)  
 24<sup>th</sup> Ken Eaden 26:47 (PB 19:39 / 4.8.1992)  
 25<sup>th</sup> Terry Ash 28:00 (PB 24:15 / 3.9.10.2)  
 26<sup>th</sup> Nick Bennett 28:05 (1<sup>st</sup>5k)  
 27<sup>th</sup> Keith Elshaw 29:00 (PB 24:49 / 5.10.2010)

#### Ladies

1<sup>st</sup> Nikki Moxham 21:39  
 2<sup>nd</sup> Laura Clark 23:44 (PB)  
 3<sup>rd</sup> Lorraine Tebbett 24:04 (PB 22:18 / 2.6.2009)  
 4<sup>th</sup> Tracy Bale 24:29 (PB 23:50 / 2.6.2009)  
 5<sup>th</sup> Nikki Edgar 26:05 (PB 24:49 / 2.6.2009)  
 6<sup>th</sup> Sam Brierly 26:06 (PB)  
 7<sup>th</sup> Denise Francis 27:30 (PB 26:42 / 1.4.08)  
 8<sup>th</sup> Mary Ash 27:59 (PB 27:03 / 7.10.2003)  
 9<sup>th</sup> Angela Elshaw 28:55 (PB 28:04 / 5.10.2010)  
 10<sup>th</sup> Emma Adolpho-Pugh 28:59 (PB)  
 11<sup>th</sup> Georgia Clist 29:01 (PB)  
 12<sup>th</sup> Denise Little 29:07 (PB 23:17 / 6.10.1992)  
 13<sup>th</sup> Tracy Wales 29:11 (PB 23:35 / 3.4.2007)  
 14<sup>th</sup> Jo Malaure 29:31 (PB)  
 15<sup>th</sup> Sue Bennett 29:39 (PB 27:56 / 5.10.2010)  
 16<sup>th</sup> Debbie Faben 30:49 (1<sup>st</sup>5k)  
 17<sup>th</sup> Janet Lindley 31:28 (PB 23:56 / 13.8.1989)  
 18<sup>th</sup> Karen J. Williams 31:54 (PB 24:02 17.8.1980)  
 19<sup>th</sup> Kath King 32:05 (PB 29:23 / 7.11.2006)  
 20<sup>th</sup> Becky Liptrott 32:08 (1<sup>st</sup>5k)  
 21<sup>st</sup> Shelly Willets 32:08 (1<sup>st</sup>5k)  
 22<sup>nd</sup> Lorraine Williams 33:18 (PB 32:26 / 5.10.2010)  
 23<sup>rd</sup> Susan Barker 33:37 (PB 32:56 / 6.7.2010)  
 24<sup>th</sup> Danielle Protheroe 37:51 (1<sup>st</sup>5k)  
 25<sup>th</sup> Lisa Ellison 39:18 (1<sup>st</sup>5k)  
 26<sup>th</sup> Sharon Clutton 39:19 (PB 25:17 / 6.10.2009)

28<sup>th</sup> Ben Wales 29:12 (PB 22:03 / 5.10.2010)  
29<sup>th</sup> Sid Smith 31:28 (PB 19:54 / 23.10.1988)  
30<sup>th</sup> John Jeffs 35:27 (PB 18:03 / 4.5.1993)  
Timekeepers Gary Francis (PB 19:24 / 2.8.1994, Liz Redpath (PB 21:18 / 3.11.1992),  
numbers Tim Durant (PB 19:16 / 3.8.20.10), photographer Dave Croft (PB 18:56 / 3.11.1992).  
Supporters: Terry Weston (PB 25:38 / 4.3.1998, Andy Clutton (PB 21:36 / 4.8.2006),  
Jo Oakes (PB 22:35 / 4.4.2005), Mick Wellsted (21:17 / 7.7.1992)

7.11.2010. Lordshill 10 Mile.

Chris Buxton 1:6:52, Colin Gardner 1:07:52, Tim Durant 1:08:52 (PB), Paul Turle 1:09:53,  
Andy Austin 1:10:46, Jayson Grygiel 1:13:07, Pete Hewitt 1:15:00, Ray Bernice 1:16:01,  
Nick McBeath 1:19:02, Mike Kearney 1:19:17, Sorrell Wakefield 1:21:07 (F) (1<sup>st</sup>10m),  
Lorraine Tebbett 1:24:08 (F), Laura Clark 1:25:18 (F) (PB), Keith Elshaw 1:25:46 (PB),  
David Chilvers 1:29:16, Ken Eaden 1:30:00, Andy Faichen 1:30:13, Sharon Clutton 1:30:20 (F),  
Shirley Faichen 1:34:30 (F), Denise Francis 1:36:21 (F) (PB). Steve Cawte 1:42:39.

14.11.2010. Seagrave Wolds Challenge 16 Miles Leicestershire.

Sarette Martin.

20.11.2010. Helpers Half (Saturday).

1<sup>st</sup> Chris Buxton 1:30:58, 2<sup>nd</sup> Colin Gardner 1:31:16, 3<sup>rd</sup> Luke Malone 1:34:02 (1<sup>st</sup> Half),  
4<sup>th</sup> Andy Austin 1:34:10, 5<sup>th</sup> Tim Durant 1:34:23, 6<sup>th</sup> Ian Adolpho-Pugh 1:34:38 (1<sup>st</sup> Half),  
7<sup>th</sup> Pete Hewitt 1:37:28 (PB), 8<sup>th</sup> Warren Jackson-Hookins 1:39:38, 9<sup>th</sup> Ray Bernice 1:40:21 (PB),  
10<sup>th</sup> Daniel Vincent 1:47:18, 11<sup>th</sup> Pete Lindley 1:48:02, 12<sup>th</sup> Mike Kearney 1:50:34,  
13<sup>th</sup> Dave Shilling 1:52:53 (1<sup>st</sup> Half), 14<sup>th</sup> Lorraine Tebbett 1:53:52 (F) (1<sup>st</sup> Lady),  
15<sup>th</sup> Jo Oakes 1:53:53 (F), 16<sup>th</sup> Kellee Read 1:55:26 (F) (PB), 17<sup>th</sup> Fiona Tomlinson 1:56:42 (F),  
18<sup>th</sup> Bob Bennett 2:00:13 (PB), 19<sup>th</sup> Michelle Hayes 2:00:14 (F), 20<sup>th</sup> Laura Clark 2:01:03 (F) (PB),  
21<sup>st</sup> Nikki Barnard 2:03:42 (F), 22<sup>nd</sup> Keith Elshaw 2:06:46, 23<sup>rd</sup> Steve Wise 2:06:55 (1<sup>st</sup> Half),  
24<sup>th</sup> Angie Elshaw 2:06:57 (F) (PB), 25<sup>th</sup> Denise Francis 2:09:13 (F) (PB),  
26<sup>th</sup> Giles Cowling 2:09:46 (1<sup>st</sup> Half), 27<sup>th</sup> Eileen Cowling 2:09:47 (F) (1<sup>st</sup> Half),  
28<sup>th</sup> Jo Pennicott 2:11:23 (F) (1<sup>st</sup> Half), 29<sup>th</sup> Miranda Carrick 2:13:50 (F) (PB),  
30<sup>th</sup> Paula Meeds 2:16:18 (F) (1<sup>st</sup> Half), 31<sup>st</sup> Mike Battersby 2:16:20 (1<sup>st</sup> Half),  
32<sup>nd</sup> Mary Ash (F) 2:17:40, 33<sup>rd</sup> Jo McBride 2:17:58 (F) (1<sup>st</sup> Half), 34<sup>th</sup> Sue Barrett 2:17:58 (F),  
35<sup>th</sup> Sharon Clutton 2:17:59 (F).

Timekeepers: Mick Wellsted, Tania Bernice, numbers Mike Stares, water station Wayne Quinn,  
photography Toby Bettridge & Dave Croft. Marshals: Dave Croft, James Sawyer, Mac McBride,  
John Barrett, Kath King, Sue Tingley. Also in Daedalus Gary Francis, Andy Clutton, Terry Ash.  
Cycling around the route Lynn & Joe Ritchie, Stuart Jones, Len Keech.  
Supporters: Jenny Shilling & family, Emma, Jessica & Luke Adolpho-Pugh and all the families  
Who turned up.

21.11.2010. Gosport Half Marathon.

155<sup>th</sup> James Sawyer Gun 1:27:25 Chip 1:27:19 (PB)  
545<sup>th</sup> Heather Pike Gun 1:42:43 Chip 1:41:43 Sutton-in-Ashfield Harriers (Daughter of Len Keech)  
719<sup>th</sup> Richard Wiltshire Gun 1:47:39 Chip 1:46:38 (Son of John Wiltshire)  
1153<sup>rd</sup> Emma Croft Gun 2:03:50 Chip 2:03:50 (Headington Road Runners (Daughter of Dave Croft))  
1199<sup>th</sup> Jack Elshaw Gun 2:05:55 Chip 2:05:09 1<sup>st</sup> Half (Angela & Keith Elshaw's son)

27.11.2010. Benidorm (Spain) Half.

Brian Fisher 1:48:55.

28.11.2010 Puma Hell Runner Longmoor Camp.

2104<sup>th</sup> Nick McBeath 1:50:08, 2168<sup>th</sup> Sarette Martin 1:52:03 (F), 2671<sup>st</sup> Toni Grundy 2:08:38 (F),  
2672<sup>nd</sup> Jo Oakes 2:08:39 (F), 26784<sup>th</sup> Paul Street 2:08:40, 2697<sup>th</sup> Pete Hewitt 2:08:58,  
2740<sup>th</sup> Barry Evans 2:11:09, 2741<sup>st</sup> Miranda Carrick 2:11:14 (F).  
Finishers 3058.

28.11.2010. Hayling 10 Mile.

Men.

148<sup>th</sup> Rob Hale 1:25:11 (PB) (M40-49),  
160<sup>th</sup> Bob Bennett 1:28:32 (PB) (M50-59)

Ladies.

20<sup>th</sup> Laura Clark 1:22:35 (PB) (F Snr)  
56<sup>th</sup> Sharon Clutton 1:33:51 (F 45-55)  
57<sup>th</sup> Denise Francis 1:33:51 (PB) (F 55+)  
67<sup>th</sup> Jo McBride 1:38:06 (PB) (F 35-44)  
68<sup>th</sup> Susan Barrett 1:38:34 (PB) (F 35-44)

Finishers: Men 201, Ladies 86.

Fastest Man James Baker 54:30, Fastest Lady Emma Jolly 1:07:38.

28.11.2010. Madrid 10k.

Sylvia Cawte 1:02:58, Steve Cawte 1:07:28.

4.12.2010 Western Australia Ironman

Chris Bairstow Swim 3m	Cycle 112m	Run 26.2m	Total
1:39:25	7:53:21	5:54:53	15:36:29

7.12.2010. Club 5k.

Men.

1<sup>st</sup> James Sawyer 18:51  
2<sup>nd</sup> Colin Gardner 20:14  
3<sup>rd</sup> Tim Durant 20:22  
4<sup>th</sup> Dan Belben 21:05  
5<sup>th</sup> Pete Hewitt 21:18 (PB)  
6<sup>th</sup> Nick McBeath 22:17  
7<sup>th</sup> Paul Street 23:10  
8<sup>th</sup> Pete Lindley 23:11  
9<sup>th</sup> Phil Beed 23:22  
10<sup>th</sup> Keith Elshaw 23:48 (PB)  
11<sup>th</sup> Rob Hale 23:51  
12<sup>th</sup> Ken Eaden 24:20  
13<sup>th</sup> Mike Barker 24:25  
14<sup>th</sup> Andy Austin 24:36  
15<sup>th</sup> David Barker 24:51  
16<sup>th</sup> Steve Wise 25:02 (PB)  
17<sup>th</sup> Steve Moltini 25:14  
18<sup>th</sup> John Jeffs 25:28  
19<sup>th</sup> Joe Ritchie 26:00  
20<sup>th</sup> Terry Ash 27:55  
21<sup>st</sup> Sid Smith 34:44

Ladies.

1<sup>st</sup> Lorraine Tebbett 24:32  
2<sup>nd</sup> Kellee Read 28:07  
3<sup>rd</sup> Nicki Edgar 28:13  
4<sup>th</sup> Sue Barrett 28:59  
5<sup>th</sup> Becky Liptrott 29:02 (1<sup>st</sup>5k)  
6<sup>th</sup> Tracy Wales 31:08  
7<sup>th</sup> Deborah Birch 32:44  
8<sup>th</sup> Susan Barker 33:38  
9<sup>th</sup> Janet Lindley 33:38  
10<sup>th</sup> Denise Francis 34:11  
11<sup>th</sup> Laura Clark 34:11  
12<sup>th</sup> Nikki Barnard 34:11  
13<sup>th</sup> Mary Ash 34:44  
14<sup>th</sup> Linda Poswell 38:59 (1<sup>st</sup>5k)  
15<sup>th</sup> Sharon Clutton 38:59

Timekeepers Gary Francis, Liz Redpath, numbers Jo Oakes. Supporters: Dave Croft, Terry Weston, Andy Clutton, Paul Turle, Mick Wellsted, Len Keech (Cycle).

11.12.2010. Portsmouth Coastal Marathon.

68<sup>th</sup> Andy Austin 3:35:21 (PB), 94<sup>th</sup> Paul Street 3:42:36, 150<sup>th</sup> Jo Oakes 4:02:10 (F) (PB),  
151<sup>st</sup> Lorraine Tebbett 4:02:19 (F) (PB), 166<sup>th</sup> Michelle Hayes 4:09:24 (F),  
185<sup>th</sup> Nikki Barnard 4:22:08 (F), 186<sup>th</sup> Laura Clark 4:22:08 (F), 187<sup>th</sup> Ray Bernice 4:22:27,  
215<sup>th</sup> Kellee Read 4:33:40 (F), 217<sup>th</sup> Andy Clutton 4:36:04, 218<sup>th</sup> Karen L. Williams 4:36:04 (F),  
245<sup>th</sup> Bob Bennett 4:56:18, 250<sup>th</sup> Sharon Clutton 4:58:11.  
Supporters: Gary Francis, Mick Wellsted, Ken Eaden,

12.12.2010. Todays Runner Cross Country Bournwood.

Men

25<sup>th</sup> James Sawyer  
54<sup>th</sup> Colin Gardner  
96<sup>th</sup> Paul Street  
142<sup>nd</sup> Mike Kearney  
143<sup>rd</sup> Dave Croft  
166<sup>th</sup> Ken Eaden  
170<sup>th</sup> Andy Faichen  
171<sup>st</sup> Stuart Jones  
174<sup>th</sup> Alan Saunders  
180<sup>th</sup> Steve Cawte

Ladies.

67<sup>th</sup> Miranda Carrick  
72<sup>nd</sup> Sylvia Cawte  
78<sup>th</sup> Deborah Birch  
81<sup>st</sup> Toni Grundy

12.12.2010. RNLI Santa Fun Run.

4<sup>th</sup> Dave Shilling 21:36, Jenny Shilling 26:00 (F).

27.12.2010. Fullers Portsmouth Joggers Pub to Pub Run.

32<sup>nd</sup> Colin Gardner 43:17, 103<sup>rd</sup> Mike Battersby 44:17 (Spot prize), 120<sup>th</sup> Steve Cawte 49:38.

28.12.2010 Club Christmas 10k Handicap

1<sup>st</sup> Mario Valverde Time 52:03 Est time 0 My time 55:00 Diff Est 0 Diff my 2:57.  
2<sup>nd</sup> Mike Kearney Time 47:02 Est time 0 My time 50:00 Diff Est 0 Diff my 2:18.  
3<sup>rd</sup> Sue Barker Time 1:10:51 Est time 1:20:00 My time 1:12:00 Diff Est 9:09 Diff my 1:09 (F).  
4<sup>th</sup> Lorraine Williams Time 1:10:51 Est time 1:20:00 My time 1:12:00 Diff Est 9:09 Diff my 1:09 (F).  
5<sup>th</sup> Keith Elshaw Time 48:55 Est time 50:00 My time 50:00 Diff Est 1:05 Diff my 1:05.  
6<sup>th</sup> Steve Dore Time 51:01 Est time 0 My time 55:00 Diff Est 0 Diff my 3:59.  
7<sup>th</sup> Angela Elshaw Time 59:05 Est time 1:00:00 My time 1:00:00 Diff Est 00:55 Diff my 00:55 (F).  
8<sup>th</sup> Brian Fisher Time 47:09 Est time 48:00 My time 48:00 Diff Est 00:51 Diff my 00:51  
9<sup>th</sup> Peter Hewitt Time 45:13 Est time 50:00 My time 46:00 Diff Est 4:47 Diff my 00:47.  
10<sup>th</sup> Pete Lindley Time 48:16 Est time 50:00 My time 49:00 Diff Est 1:44 Diff my 00:44.  
11<sup>th</sup> Ray Bernice Time 45:20 Est time 46:00 My time 46:00 Diff Est 00:40 Diff my 00:40.  
12<sup>th</sup> Denise Little Time 1:03:25 Est time 1:06:00 My time 1:04:00 Diff Est 2:35 Diff my 00:35 (F).  
13<sup>th</sup> Sue Barrett Time 59:35 Est time 1:00:00 My time 1:00:00 Diff Est 00:25 Diff my 00:25 (F).  
14<sup>th</sup> Nicky Moxham Time 44:38 Est time 45:00 My time 45:00 Diff Est 00:22 Diff my 00:22 (F).  
15<sup>th</sup> Tim Durant Time 42:07 Est time 42:00 My time 42:00 Diff Est 00:07 Diff my 00:07.  
16<sup>th</sup> Karen L. Williams Time 47:18 Est time 48:00 My time 48:00 Diff Est 00:42 Diff my 00:18 (F).  
17<sup>th</sup> Dave Little Time 47:49 Est time 47:30 My time 47:30 Diff Est 00:19 Diff my 00:19.  
18<sup>th</sup> Emma Adolpho-Pugh Time 1:04:29 Est time 1:05:00 My time 1:04:00 Diff Est 00:31 Diff my 00:29 (F).  
19<sup>th</sup> Antonia Wright Time 1:00:37 Est time 1:00:00 My time 1:00:00 Diff Est 00:37 Diff my 00:37 (F).  
20<sup>th</sup> Toby Bettridge Time 46:39 Est Time 46:00 My time 46:00 Diff Est 00:39 Diff my 00:39.  
21<sup>st</sup> Dan Belben Time 43:45 Est time 44:00 My time 43:00 Diff Est 00:15 Diff my 00:45.  
22<sup>nd</sup> Colin Gardner Time 41:51 Est time 41:00 My time 41:00 Diff Est 00:51 Diff my 00:51.  
23<sup>rd</sup> Drew McRobbie Time 55:00 Est time 0 My time 1:00:00 Diff Est 0 Time Diff my 5:00.  
24<sup>th</sup> Mike Barker Time 52:02 Est time 52:00 My time 52:00 Diff Est 00:02 Diff my 00:02.  
25<sup>th</sup> Jo Oakes Time 48:28 Est time 48:00 My time 47:00 Diff Est 00:28 Diff my 01:28 (F).  
26<sup>th</sup> Toni Grundy Time 1:01:40 Est time 1:00:00 My time 1:00:00 Diff Est 1:40 Diff my 1:40 (F).  
27<sup>th</sup> Wayne Quinn Time 1:01:42 Est time 0 My time 1:00:00 Diff Est 0 Diff my 1:42.  
28<sup>th</sup> Lorraine Tebbett Time 49:43 Est time 48:00 My time 48:00 Diff Est 1:43 Diff my 1:43 (F).  
29<sup>th</sup> Nick McBeath Time 49:44 Est time 50:00 My time 48:00 Diff Est 00:16 Diff my 1:44.  
30<sup>th</sup> James Sawyer Time 41:27 Est time 40:00 My time 39:30 Diff Est 1:27 Diff my 1:57.  
31<sup>st</sup> Denise Francis Time 58:42 Est time 0 My time 59:00 Diff Est 0 Diff my 00:18 (F).  
32<sup>nd</sup> Andy Faichen Time 56:44 Est time 56:44 My time 55:00 Diff 1:44 Diff my 1:44.  
33<sup>rd</sup> Terry Ash Time 59:09 Est time 0 My time 59:00 Diff time 0 Diff my 00:09.  
34<sup>th</sup> Mary Ash Time 1:03:14 Est time 1:06:00 My time 1:00:00 Diff time 2:46 Diff my 3:14 (F).  
35<sup>th</sup> Dave Croft Time 51:25 Est time 50:00 My time 48:00 Diff 1:25 Diff my 3:25.  
36<sup>th</sup> Eileen Cowling Time 57:44 Est time 57:00 My time 55:00 Diff 00:44 Diff my 2:44 (F)  
37<sup>th</sup> Giles Cowling Time 56:02 Est time 57:00 My time 54:00 Diff 00:58 Diff my 2:02.

38<sup>th</sup> John Jeffs Time 53:08 Est time 50:00 My time 50:00 Diff 3:08 Diff my 3:08.  
 39<sup>th</sup> John Barrett Time 52:11 Est time 59:00 My time 58:00 Diff 6:49 Diff my 5:49.  
 40<sup>th</sup> Steve Peach Time 52:37 Est time 48:00 My time 48:00 Diff 4:37 Diff my 4:37.  
 41<sup>st</sup> Deborah Birch Time 58:52 Est time 0 My time 1:00:00 Diff time 0 Diff my 1:08.  
 42<sup>nd</sup> David Maltas-Wyatt Time 57:01 Est time 1:00:00 My time 55:00 Diff time 2:59 Diff my 2:01.  
 43<sup>rd</sup> Ian Adolpho-Pugh Time 47:37 Est time 42:00 My time 42:00 Diff time 5:37 Diff my 5:37.  
 Winning Ladies Sue Barker, Lorraine Tebbett.  
 Winning Man Mike Kearney.  
 Nearest female to predicted time (2 sec) Sue Barrett.  
 Nearest male to predicted time (25 sec) Mike Kearney.

New Years Day 2011.

Andy Clutton, Ray Bernice, James Sawyer, Eileen Cowling, Keith Elshaw, Miranda Carrick, Sharon Clutton, Denise Francis, Lorraine Tebbett, Gary Francis, Kath King, Sue Barrett, Angie Elshaw.

2.1.2011. Today's Runner Cross Country Lords Wandsworth.

Men.	Ladies.
46 <sup>th</sup> James Sawyer	31 <sup>st</sup> Jo Oakes
70 <sup>th</sup> Ian Adolpho-Pugh	52 <sup>nd</sup> Lorraine Tebbett
76 <sup>th</sup> Colin Gardner	70 <sup>th</sup> Sylvia Cawte
88 <sup>th</sup> Andy Johnson	79 <sup>th</sup> Miranda Carrick
105 <sup>th</sup> Pete Hewitt	90 <sup>th</sup> Deborah Birch
107 <sup>th</sup> Toby Bettridge	
108 <sup>th</sup> Nick McBeath	
115 <sup>th</sup> Andy Austin	
161 <sup>st</sup> Alan Saunders	
168 <sup>th</sup> Steve Cawte	
169 <sup>th</sup> Mike Kearney	

Men 385 points finished 13<sup>th</sup> Ladies 153 points finished 12<sup>th</sup> Club overall 12<sup>th</sup> of 18.

4.1.2011. Club 5k.

Men.	Ladies.
1 <sup>st</sup> Ian Adolpho-Pugh 19:40	1 <sup>st</sup> Karen L. Williams 23:05
2 <sup>nd</sup> Dan Belben 20:38	2 <sup>nd</sup> Lorraine Tebbett 23:40
3 <sup>rd</sup> Luke Malone 21:08 (PB)	3 <sup>rd</sup> Jenny Shilling 26:11
4 <sup>th</sup> David Shilling 21:15	4 <sup>th</sup> Deborah Birch 27:28
5 <sup>th</sup> Nick McBeath 21:35	5 <sup>th</sup> Joanne Malaure 28:16 (PB)
6 <sup>th</sup> Ray Bernice 21:46	6 <sup>th</sup> Denise Francis 28:37
7 <sup>th</sup> Alan Burgess 21:49 (PB)	7 <sup>th</sup> Sue Barrett 29:33
8 <sup>th</sup> Paul Turle 22:36	8 <sup>th</sup> Michelle Hayes 29:49
9 <sup>th</sup> Ben Wales 22:36	9 <sup>th</sup> Tracy Wales 29:53
10 <sup>th</sup> Brian Fisher 22:38 (PB)	10 <sup>th</sup> Paula Meeds 29:58
11 <sup>th</sup> Mike Kearney 22:43	11 <sup>th</sup> Nikki Edgar 30:08
12 <sup>th</sup> Dave Little 23:06	12 <sup>th</sup> Denise Little 30:09
13 <sup>th</sup> Mark Mawby 23:10 (PB)	13 <sup>th</sup> Kristen Pratt 30:16 (PB)
14 <sup>th</sup> Keith Elshaw 23:17 (PB)	14 <sup>th</sup> Nikki Barnard 30:16
15 <sup>th</sup> Andy Austin 23:41	15 <sup>th</sup> Jo McBride 30:22
16 <sup>th</sup> David Baker 24:23	16 <sup>th</sup> Shelly Willets 31:24 (PB)
17 <sup>th</sup> Steve Moltini 24:44	17 <sup>th</sup> Rebecca Liptrott 31:24
18 <sup>th</sup> Ken Eaden 24:28	18 <sup>th</sup> Pat Lapworth 35:55
19 <sup>th</sup> Mike Barker 24:28	19 <sup>th</sup> Jo Paget 35:55
20 <sup>th</sup> Steve Wise 25:22 (PB)	20 <sup>th</sup> Sharon Clutton 35:55
21 <sup>st</sup> Mike Battersby 25:35	
22 <sup>nd</sup> Bob Bennett 25:57	
23 <sup>rd</sup> Sam Westwood 26:00 (PB)	
24 <sup>th</sup> Steve Mickelwright 26:12	
25 <sup>th</sup> Rob Hale 26:13	
26 <sup>th</sup> Terry Ash 28:37	

27<sup>th</sup> Giles Cowling 29:59

28<sup>th</sup> Sid Smith 30:45

Timekeepers Gary Francis, Terry Weston, numbers Dave Kirby, Dave Croft photographer.

Supporters: Dave Williams, James Sawyer, Tim Durant, Mick Wellsted, Andy Johnson, Kirsty Bailly, Mary Ash, Andy Cairns, Len Keech (Cycle).

#### January 2011 Gosport Road Runners AGM

Present:

Chairman – Paul Turle

Treasurer – Andy Clutton

Ladies Captain – Sharon Clutton

Results Recorder – Andy Johnson

Membership Secretary – Lorraine Tebbett

Race Director – Dave Little

X-Country Representative – Baz Evans

Secretary – Toni Grundy

28 Members attended

Apologies: Ken Eaden, Andy Austin, Paul Street, Sid Smith, Dave Tyce, Deborah Birch, Shirley Faichen.

16.1.2011. Stubbington 10k.

103<sup>rd</sup> James Sawyer Chip 38:38 Gun 39:41 Grading 67.97 (1<sup>st</sup>10k)  
171<sup>st</sup> Tim Durant Chip 41:33 Gun 41:37 Grading 68.93  
212<sup>th</sup> Colin Gardner Chip 42:17 Gun 42:33 Grading 70.04  
217<sup>th</sup> Dan Belben Chip 42:36 Gun 42:41 Grading 63.19 (PB)  
262<sup>nd</sup> Andrew Sorensen Chip 43:44 Gun 43:57 Grading 61.37  
313<sup>th</sup> Andy Austin Chip 44:39 Gun 45:12 Grading 67.00  
325<sup>th</sup> Pete Hewitt Chip 44:51 Gun 45:24 Grading 61.82 (PB)  
334<sup>th</sup> Jayson Grygiel Chip 45:03 Gun 45:39 Grading 61.49  
317<sup>th</sup> Paul Turle Chip 45:08 Gun 45:15 Grading 67.48  
350<sup>th</sup> Paul Street Chip 45:30 Gun 46:03 Grading 63.71  
338<sup>th</sup> Alan Burgess Chip 45:38 Gun 45:45 Grading 67.84 (1<sup>st</sup>10k)  
389<sup>th</sup> Ray Bernice Chip 46:06 Gun 46:45 Grading 61.81  
375<sup>th</sup> Ian Adolpho-Pugh Chip 46:27 Chip 46:31 Grading 57.99  
429<sup>th</sup> Nick McBeath Chip 47:03 Gun 47:38 Grading 58.10  
457<sup>th</sup> Mike Kearney Chip 47:06 Gun 48:03 Grading 70.22  
453<sup>rd</sup> Jo Oakes Chip 47:22 Gun 47:56 Grading 64.58 (F)  
482<sup>nd</sup> Brian Fisher Chip 47:33 Gun 48:56 Grading 67.97  
477<sup>th</sup> Dave Little Chip 47:50 Gun 48:30 Grading 62.96  
530<sup>th</sup> Sorrell Wakefield Chip 48:45 Gun 49:48 Grading 60.07 (1<sup>st</sup>10k) (F)  
502<sup>nd</sup> Chris Buxton Chip 48:50 Gun 48:56 Grading 59.52  
519<sup>th</sup> Mario Valverde Chip 49:01 Gun 49:28 Grading 56.74 (1<sup>st</sup>10k)  
549<sup>th</sup> Lorraine Tebbett Chip 49:33 Gun 50:07 Grading 63.85 (F)  
572<sup>nd</sup> Keith Elshaw Chip 49:33 Gun 50:34 Grading 56.73 (PB)  
557<sup>th</sup> Steve Dore Chip 49:43 Gun 50:16 Grading 70.84  
611<sup>th</sup> Tracy Bale Chip 50:34 Gun 51:13 Grading 60.94 (F)  
605<sup>th</sup> Dave Croft Chip 50:35 Gun 51:10 Grading 68.80  
640<sup>th</sup> Michelle Hayes Chip 51:14 Gun 51:49 Grading 63.36 (F)  
651<sup>st</sup> David Tyce Chip 51:24 Gun 52:00 Grading 57.31  
698<sup>th</sup> Rob Hale Chip 51:55 Gun 52:49 Grading 52.76  
695<sup>th</sup> Ken Eaden Chip 52:09 Gun 52:46 Grading 57.86  
720<sup>th</sup> Fiona Tomlinson Chip 52:33 Gun 53:09 Grading 62.87 (F)  
730<sup>th</sup> John Jeffs Chip 52:45 Gun 53:24 Grading 64.48  
817<sup>th</sup> Mike Barker Chip 54:14 Gun 55:07 Grading 59.42  
818<sup>th</sup> Mike Dutton Chip 54:18 Gun 55:08 Grading 61.19  
896<sup>th</sup> Kellee Read Chip 55:24 Gun 56:59 Grading 52.79 (F)



904<sup>th</sup> Sylvia Cawte Chip 55:31 Gun 56:55 Grading 59.24 (F)  
 899<sup>th</sup> Amanda Simpson Chip 55:33 Gun 56:51 Grading 60.24 (F)  
 898<sup>th</sup> Nikki Edgar Chip 55:33 Gun 56:50 Grading 52.77 (F)  
 906<sup>th</sup> Sharon Clutton Chip 55:36 Gun 57:00 Grading 60.26 (F)  
 874<sup>th</sup> Nadia Leckie Chip 55:39 Gun 56:19 Grading 53.12 (PB) (F)  
 883<sup>rd</sup> Bob Bennett Chip 55:49 Gun 56:29 Grading 54.95  
 945<sup>th</sup> Steve Wise Chip 56:38 Gun 57:55 Grading 51.46 (1<sup>st</sup>10k)  
 939<sup>th</sup> Giles Cowling Chip 56:51 Gun 57:45 Grading 57.48 (PB)  
 934<sup>th</sup> Sarah Kraan Chip 56:56 Gun 57:37 Grading 57.48 (F)  
 978<sup>th</sup> Alan Saunders Chip 57:12 Gun 58:41 Grading 49.63  
 984<sup>th</sup> Terry Ash Chip 57:22 Gun 58:48 Grading 55.19  
 989<sup>th</sup> Miranda Carrick Chip 58:13 Gun 58:54 Grading 53.42 (F)  
 1019<sup>th</sup> Liz Redpath Chip 58:30 Gun 59:54 Grading 50.95 (F)  
 1036<sup>th</sup> Angela Elshaw Chip 59:01 Gun 1:00:09 Grading 52.61 (F)  
 1006<sup>th</sup> Steve Cawte Chip 59:08 Gun 59:26 Grading 59:01  
 1052<sup>nd</sup> Tina Kraan Chip 1:00:05 Gun 1:00:47 Grading 55.98 (PB) (F)  
 1045<sup>th</sup> Cheryl Hill Chip 1:00:06 Gun 1:00:39 Grading 57.16 (F)  
 1077<sup>th</sup> Kirsten Pratt Chip 1:00:07 Gun 1:01:24 Grading 50.52 (1<sup>st</sup>10k) (F)  
 1078<sup>th</sup> Sue Barrett Chip 1:00:08 Gun 1:01:26 Grading 51.65 (F)  
 1083<sup>rd</sup> Luke Malone Chip 1:00:16 Gun 1:01:52 Grading 43.60 (1<sup>st</sup>10k)  
 1064<sup>th</sup> Ann Horton Chip 1:00:19 Gun 1:01:00 Grading 63.82 (F)  
 1122<sup>nd</sup> Stuart Jones Chip 1:01:09 Gun 1:02:58 Grading 46.96  
 1090<sup>th</sup> Kerry Irwin Chip 1:01:13 Gun 1:01:55 Grading 51.68 (F)  
 1115<sup>th</sup> Mary Ash Chip 1:01:14 Gun 1:02:43 Grading 56.36 (F)  
 1118<sup>th</sup> Denise Little Chip 1:01:18 Gun 1:02:47 Grading 59.27 (F)  
 1127<sup>th</sup> Jo McBride Chip 1:01:52 Gun 1:03:10 Grading 48.62 (F)  
 1178<sup>th</sup> Rachel Cole Chip 1:03:23 Gun 1:04:34 Grading 47.95 (F) (1<sup>st</sup>10k)  
 1219<sup>th</sup> Emma Adolpho-Pugh Chip 1:05:08 Gun 1:06:33 Grading 44.95 (F) (1<sup>st</sup>10k)  
 1220<sup>th</sup> Kirsten Maw Chip 1:05:10 Gun 1:06:34 Grading 45.42 (F)  
 1254<sup>th</sup> Sue Tingly Chip 1:06:40 Gun 1:08:19 Grading 54.47 (F)  
 1262<sup>nd</sup> Allan Jones Chip 1:07:11 Gun 1:09:00 Grading 41.89  
 1261<sup>st</sup> Kath King Chip 1:07:16 Gun 1:08:55 Grading 56.49 (F)  
 1265<sup>th</sup> Inez Brown Chip 1:07:23 Gun 1:09:11 Grading 47.46 (F)  
 1266<sup>th</sup> Lorraine Williams 1:07:51 Gun 1:09:16 Grading 48.24 (F) (1<sup>st</sup>10k)  
 1274<sup>th</sup> Kerry Shephard Chip 1:08:00 Gun 1:09:49 Grading 49.66 (F)  
 1283<sup>rd</sup> Sue Barker Chip 1:09:23 Gun 1:10:48 Grading 43.87 (PB) (F)  
 1322<sup>nd</sup> Lyn Jones Chip 1:14:53 Gun 1:16:42 Grading 43.96  
 Finishers 1329 1<sup>st</sup> Man 32:05 1<sup>st</sup> Lady 35:02

#### How To Understand age Grading Results.

Every few years The World Association of Veteran Athletics (WAVA) publishes an Open Class Standard (OC) for each standard athletic event (not the World Record but an approximation to it) Along with a table of age adjusting factors (AF). There is a set of Open Class Standards and Age Factors for each sex. We have incorporated these tables into RaceMasters98 and use them to calculate the age and sex adjusted performance level of any competitors performance. The purpose of producing Age Graded results as well as the traditional results is to allow athletes to be judged on their performance regardless of age or sex. By enabling this, you could say that their performance is viewed on a level playing field. Racemaster98 calculates each athletes' performance as a percentage which, if required, can be sorted and displayed on a report in descending order. Like cream rising to the top of a bottle of milk, it is then very easy to identify the best performances in a race. Here's an illustration of how the Age Graded performance is calculated:

A woman of 53 competes in a 10k Road Race and finishes in a time of 45 minutes and 18 seconds so her performance  $P = 2718$  seconds. The woman's Open Class Standard for 10k is 29:55 or 1795 seconds and the Age Factor for a 53 year old woman is 0.8545.

The age standard (AS) is calculated from the Open Class Standard and the Age Factor:

$AS = OC/AF = 1795 / 0.8545 = 2100.6$  seconds.

The Performance Level (P%) is then calculated:

$P\% = AS/P = 2100.6 / 2718 \text{ times } 100 = 77.28\%$

RaceMaster98 The Stragglers Cabbage Patch 10 1998  
10 Mile Road Race

Sunday 27 September 1998 10:00 am

Results for All Competitors in age grading order.

Place	Time	Name	Team	Age Category	Age	Race Grading	Race No	Race Place
1	0:57:12	KING Peter	Marlow Striders	M55	90.21%	381	20	
2	1:03:15	DAVIES Jane	Epsom & Ewell	F50	88.35%	638	87	
3	0:54:52	COX Dave	Woodford Green	M45	86.85%	707	7	
4	1:04:07	ROOME Chris	Metros	M63	86.72%	419	104	
5	0:51:53	CRITCHLOW Julian	Watford Harriers	M37	86.70%	373	1	
6	0:52:26	ENSOM Carl		M34	85.19%	571	2	
7	0:52:36	LLINARES Mark	Herne Hill Harriers	M34	84.92%	223	3	

As you can see from the actual race report above, the Age Graded winner was a Man aged 55 and second and was a Woman of 50 who had tremendous performances which are highlighted by this method. WAVA also produce Age Factors for juniors between the ages of eight and twenty but these have not been incorporated into RaceMaster98. All performances of competitors aged below 35 for women and 40 for men use an Age Factor of 1.00.

Friday 21.1.2011 Club Award Night Presented by Dave Little & Andy Johnson.

First Award:

Jo Oakes 2<sup>nd</sup> Hampshire Half Marathon Award. She also went on to be presented with : Hampshire Road Running League Mug. Club 10k F/Vet Award. How effin cold (and deep) is that Award (Hell Runner). Club Marathon F/Vet Award.

Keith Elshaw Hampshire 10k 3<sup>rd</sup> Place Medal.

Laura Clark, Sharon Clutton, Shirley Faichen, Jo Oakes, Lorraine Tebbett who represented the club in 7 HRRL events.

Sharon Clutton, Nikki Barnard, Shirley Faichen received a bronze award in their age group covering 5k, 10k, 10m, ½ marathon, marathon (you have a choice between marathon and 5k). Tim Durant received a silver.

Club 10k Race (Eastleigh) awards were presented to: Warren Jackson Hookins (Male Senior), Laura Clark (Female Senior), Jo Oakes (Female Vet), Paul Turle (Male Vet 50), Michelle Hayes (Female Vet 45), Shirley Faichen (Female Vet 55), Mike Stares (Male Vet 60), Kath King (Female Vet 65).

Club 10m Race (Alton) awards were presented to: Jo Oakes (Female Vet), Paul Turle (Male Vet 50), Sharon Clutton (Female Vet 45), Shirley Faichen (Female Vet 55), Dan Barker (Male Senior), Chris Buxton (Male Senior), Mike Stares (Male Vet 60).

The Fastest Male Vet and Female Vet Aggregate times for the best 2/5k, 2/10k, 2/10m, 2/21k: Michelle Hayes, Colin Gardner.

The Sheila Bradley Good Egg Award: Steve Cawte.

Club Half Marathon (Solent) awards were presented to: Colin Gardner (Male Vet 40-49), Sue Barrett (Female Vet 35-45), Sorrel Wakefield (Female Senior), Mike Kearney (Male Vet 60+)

Club Marathon (any event) were presented to: Warren Jackson Hookins (Male Senior), Ray Bernice (Male Vet 40-49), Jo Oakes (Female Vet 35-45), Andy Austin (Male Vet 50-59), John Wiltshire (Male Vet 60-69), Shirley Faichen (Female Vet 55+).

Glenys Smith Novice Ladies Award: Jo McBride.

Brenda Wiltshire Ladies and Men's 10k Plate: Nikki Moxham, Colin Gardner.

Jane Barton Plate Most Improved Lady: Over 5k, 5m, 10k, 10m, 21k, 42k Sue Barrett.

Ron Crane Cup Most Improved Male (Same criteria as for the ladies) Ray Bernice.

Presidents Cup Awarded to the Best Vet over the season: Mike Kearney.

Presidents Cup Awarded to the Best Male Novice: Pete Hewitt.

1.2.2011 Club 5k.

Men

1<sup>st</sup> James Sawyer 17:26 (PB)  
2<sup>nd</sup> Andy Agona 17:57 (Guest)  
3<sup>rd</sup> Jason Stock 19:19 (Guest)  
4<sup>th</sup> Luke Malone 19:40 (PB).  
5<sup>th</sup> David Shilling 19:51 (PB)  
6<sup>th</sup> Ian Adolpho-Pugh 20:44  
7<sup>th</sup> Mark Mawby 21:10 (PB)  
8<sup>th</sup> Pete Hewitt 21:18 (PB)  
9<sup>th</sup> Chris Bairstow 21:22  
10<sup>th</sup> Tim Durant 21:27  
11<sup>th</sup> Ben Wales 21:28 (PB)  
12<sup>th</sup> Ray Bernice 21:35  
13<sup>th</sup> Paul Turle 22:35  
14<sup>th</sup> Dave Little 22:32  
15<sup>th</sup> Rob Richards 23:10 (1<sup>st</sup>5k)  
16<sup>th</sup> Rob Hale 23:41  
17<sup>th</sup> Steve Moltini 24:02  
18<sup>th</sup> Mike Kearney 24:06  
19<sup>th</sup> Keith Elshaw 24:19  
20<sup>th</sup> David Barker 24:23  
21<sup>st</sup> Brian Fisher 24:31  
22<sup>nd</sup> Mike Battersby 24:33  
23<sup>rd</sup> John Jeffs 24:44  
24<sup>th</sup> Steve Micklewright 25:08  
25<sup>th</sup> Giles Cowling 25:24  
26<sup>th</sup> David Maltas-Wyatt 26:03  
27<sup>th</sup> Colin Gardner 28:20  
28<sup>th</sup> Steve Wise 28:36  
29<sup>th</sup> Sid Smith 40:10

Ladies

1<sup>st</sup> Mel Stock 22:54 (Guest)  
2<sup>nd</sup> Marina Harris 24:28 (1<sup>st</sup>5k)  
3<sup>rd</sup> Tracy Bale 24:51  
4<sup>th</sup> Jenny Shilling 25:35  
5<sup>th</sup> Kellee Read 26:01  
6<sup>th</sup> Nikki Edgar 26:04  
7<sup>th</sup> Sharon Clutton 26:15  
8<sup>th</sup> Amanda Simpson 27:12  
9<sup>th</sup> Tracy Wales 27:32  
10<sup>th</sup> Angie Elshaw 27:37 (PB)  
11<sup>th</sup> Deborah Birch 27:47  
12<sup>th</sup> Jo McBride 28:17  
13<sup>th</sup> Kirsten Pratt 28:36 (PB)  
14<sup>th</sup> Paula Meads 28:45  
15<sup>th</sup> Sue Barrett 29:16  
16<sup>th</sup> Sam Brierly 29:18  
17<sup>th</sup> Miranda Carrick 29:23 (PB)  
18<sup>th</sup> Denise Little 29:30  
19<sup>th</sup> Lorraine Williams 30:17 (PB)  
20<sup>th</sup> Janet Lindley 31:05  
21<sup>st</sup> Susan Barker 31:07 (PB)  
22<sup>nd</sup> Amanda Wray 32:27 (1<sup>st</sup>5k)  
23<sup>rd</sup> Pat Lapworth 32:57 (PB)  
24<sup>th</sup> Ann Kaspers 34:44 (1<sup>st</sup>5k)  
25<sup>th</sup> Lauren Bennyworth 40:05 (1<sup>st</sup>5k)  
26<sup>th</sup> Nikki Barnard 40:06  
27<sup>th</sup> Kerry Irwin 40:10

Timekeepers: Gary Francis, Liz Redpath. Numbers Dave Croft. Supporters: Andy Clutton, Terry Weston, Michelle Hayes, Nick McBeath, Laura Clark, Ian Buzzard, Lorraine Tebbett, Andy Austin, Mick Wellsted, Len Keech (Cycle).

6.2.2011. Ryde (IOW) 10 Mile (HRRL Event)

39<sup>th</sup> James Sawyer 1:04:51 (1<sup>st</sup>10m), 106<sup>th</sup> Luke Malone 1:11:46 (PB), 143<sup>rd</sup> Jayson Grygeil 1:14:22, 151<sup>st</sup> Paul Turle 1:14:46, 154<sup>th</sup> Andy Austin 1:14:58, 158<sup>th</sup> Paul Street 1:15:25, 162<sup>nd</sup> Ray Bernice 1:15:48, 186<sup>th</sup> Ian Adolpho-Pugh 1:17:52 (1<sup>st</sup>10m), 192<sup>nd</sup> Jo Oakes 1:18:26 (F), 233<sup>rd</sup> Keith Elshaw 1:22:11 (PB), 272<sup>nd</sup> Lorraine Tebbett 1:26:01, 291<sup>st</sup> Mike Barker 1:28:25.

6.2.2011. Chichester 10k.

633<sup>rd</sup> Dave Little Gun 48:47 Chip 602<sup>nd</sup> 47:46, 1310<sup>th</sup> Tina Kraan Gun 1:00:00 Chip 1305<sup>th</sup> 58:35 (PB), 1321 Denise Little Gun 1:00:16 Chip 1316<sup>th</sup> 58:49.

13.2.2011. Today's Runner Cross Country Manor Farm

Men

32<sup>nd</sup> James Sawyer  
39<sup>th</sup> Luke Willis  
48<sup>th</sup> Colin Gardner  
53<sup>rd</sup> Ian Adolpho-Pugh  
64<sup>th</sup> Paul Turle  
83<sup>rd</sup> Pete Hewitt  
94<sup>th</sup> Andy Austin  
95<sup>th</sup> Nick McBeath  
109<sup>th</sup> Baz Evans  
119<sup>th</sup> Jamie Ash  
136<sup>th</sup> Steve Cawte

Ladies

52<sup>nd</sup> Sylvia Cawte  
61<sup>st</sup> Mary Ash  
62<sup>nd</sup> Denise Little  
64<sup>th</sup> Deborah Birch

Finishers 138 men, 76 ladies . Men's team 7<sup>th</sup> out of 17. Ladies came 14<sup>th</sup>, Jo Oakes Recorder.

#### 6.2.2011. Portsmouth Coastal Half Marathon

263<sup>rd</sup> Dave Shilling Gun 1:23:01 Chip 1:50:45, 406<sup>th</sup> Nikki Barnard Gun 1:59:56 Chip 1:59:32 (F),  
416<sup>th</sup> Bob Bennett 2:00:40 Chip 1:59:25, 449<sup>th</sup> Kellee Read Gun 2:02:56 Chip 2:01:42 (F),  
467<sup>th</sup> Fiona Tomlinson Gun 2:04:00 Chip 2:03:45 (F),  
580<sup>th</sup> Toni Grundy Gun 2:12:14 Chip 2:11:13 (F),  
582<sup>nd</sup> Miranda Carrick Gun 2:12:45 Chip 2:11:45 (F),  
604<sup>th</sup> Rob Hale Gun 2:15:03 Chip 2:13:46, 636<sup>th</sup> Sue Barrett Gun 2:18:00 Chip 2:16:43 (F),  
733<sup>rd</sup> Stephanie Hart 2:36:48 Chip 2:35:20 (F).

#### 19.2.2011. Moonlight Challenge 32.75 Miles.

22<sup>nd</sup> Andy Clutton 6:15:00. Entered 75 Finished 45 Winning Time 4:39:00.  
Took place at Boyden Gate between Canterbury and Margate  
Thanks to Sharon (wife) for her support.

#### 19.3.2011. Hardmoor 55 Miles.

74<sup>th</sup> Andy Clutton 14:16:00 Entered 144 Finished 76 within the 15hr cut off point  
Took place at Hemsley to Guisborough North Yorkshire Moors. Thanks to Sharon.

#### 20.3.2011. Cranleigh 21 Miles.

Brian Fisher 2:51:19.

#### 20.3.2011. Fleet Half Marathon.

Richard Sears 1:47:58, Eileen Cowling 2:09:50, Giles Cowling 2:09:50.

#### 27.3.2011. Eastleigh 10k.

Gun Pos 131<sup>st</sup> James Sawyer Gun Time 37:36 Chip Pos 134<sup>th</sup> Chip Time 37:35 (PB).  
Gun Pos 235<sup>th</sup> Colin Gardner Gun Time 40:07 Chip Pos 238<sup>th</sup> Chip Time 40:00.  
Gun Pos 297<sup>th</sup> Paul Turle Gun Time 41:33 Chip Pos 297<sup>th</sup> Chip Time 41:20.  
Gun Pos 395<sup>th</sup> Ray Bernice Gun Time 43:37 Chip Pos 399<sup>th</sup> Chip Time 43:25 (PB).  
Gun Pos 400<sup>th</sup> Jayson Grygiel Gun Time 43:35 Chip Pos 402<sup>nd</sup> Chip Time 43:26.  
Gun Pos 432<sup>nd</sup> Andy Austin Gun Time 44:17 Chip Pos 437<sup>th</sup> Chip Time 44:04.  
Gun Pos 435<sup>th</sup> Pete Hewitt Gun Time 44:20 Chip Pos 451<sup>st</sup> Chip Time 44:15 (PB).  
Gun Pos 532<sup>nd</sup> Paul Street Gun Time 45:53 Chip Pos 553<sup>rd</sup> Chip Time 45:36.  
Gun Pos 589<sup>th</sup> Jo Oakes Gun Time 46:34 Chip Pos 602<sup>nd</sup> Chip Time 46:20 (F).  
Gun Pos 590<sup>th</sup> Alan Burgess Gun Time 46:39 Chip Pos 619<sup>th</sup> Chip Time 46:34.  
Gun Pos 664<sup>th</sup> Nick McBeath Gun Time 47:42 Chip Pos 674<sup>th</sup> Chip Time 47:23.  
Gun Pos 677<sup>th</sup> Lorraine Tebbett Gun Time 47:50 Chip Pos 691<sup>st</sup> Chip Time 47:23 (F) (PB).  
Gun Pos 695<sup>th</sup> Keith Elshaw Gun Time 48:15 Chip Pos 710<sup>th</sup> Chip Time 47:56 (PB).  
Gun Pos 715<sup>th</sup> Rob Hale Gun Time 48:42 Chip Pos 730<sup>th</sup> Chip Time 48:09 (PB).  
Gun Pos 931<sup>st</sup> Drew McRobbie Gun Time 51:38 Chip Pos 889<sup>th</sup> Chip Time 50:21 (PB).  
Gun Pos 903<sup>rd</sup> Sorrell Wakefield Gun Time 51:21 Chip Pos 933<sup>rd</sup> Chip Time 51:02 (F).  
Gun Pos 983<sup>rd</sup> Mike Barker Gun Time 52:29 Chip Pos 946<sup>th</sup> Chip Time 51:12.  
Gun Pos 1059<sup>th</sup> Steve Micklewright Gun Time 53:46 Chip Pos 1014<sup>th</sup> Chip Time 52:24.  
Gun Pos 1068<sup>th</sup> Fiona Tomlinson Gun Time 53:53 Chip Pos 1099<sup>th</sup> Chip Time 53:35 (F).  
Gun Pos 1410<sup>th</sup> Liz Redpath Gun Time 56:04 Chip Pos 1219<sup>th</sup> Chip Time 55:31 (F).  
Gun Pos 1410<sup>th</sup> Luke Malone Gun Time 59:28 Chip Pos 1387<sup>th</sup> Chip Time 58:08.  
Gun Pos 1417<sup>th</sup> Jo McBride Gun Time 59:35 Chip Pos 1436<sup>th</sup> Chip Time 59:01 (PB) (F).  
Gun Pos 1421<sup>st</sup> Angela Elshaw Gun Time 59:37 Chip Pos 1438<sup>th</sup> Chip Time 59:03 (F).  
Gun Pos 1430<sup>th</sup> Sue Barrett Gun Time 59:48 Chip Pos 1447<sup>th</sup> Chip Time 59:13 (F).  
Gun Pos 1436<sup>th</sup> Kerry Irwin Gun Time 59:52 Chip Pos 1453<sup>rd</sup> Chip Time 59:17 (PB) (F).  
Gun Pos 1519<sup>th</sup> Laura Clark Gun Time 1:01:38 Chip Pos 1499<sup>th</sup> Chip Time 1:00:23 (F).

Gun Pos 1513<sup>th</sup> Emma Adolpho-Pugh Gun Time 1:01:35 Chip Pos 1527<sup>th</sup> Chip Time 1:01:00 (PB) (F).  
 Gun Pos 1622<sup>nd</sup> Lorraine Williams Gun Time 1:04:46 Chip Pos 1616<sup>th</sup> Chip Time 1:03:32 (PB) (F).  
 Gun Pos 1669<sup>th</sup> Kath King Gun Time 1:06:53 Chip Pos 1667<sup>th</sup> Chip Time 1:05:48 (F).  
 Gun Pos 1678<sup>th</sup> Susan Barker Gun Time 1:07:23 Chip Pos 1673<sup>rd</sup> Chip Time 1:06 :08 (PB) (F).  
 Gun Pos 1724<sup>th</sup> Sue Tingley Gun Time 1:09:19 Chip Pos 1724<sup>th</sup> Chip Time 1:08:15 (F).  
 Gun Pos 1751 Pat Lapworth Gun Time 1:12:19 Chip Pos 1749<sup>th</sup> Chip Time 1:11:05 (PB) (F).  
 Gun Pos 1764<sup>th</sup> Joanne Paget Gun Time 1:14:36 Chip Pos 1763<sup>rd</sup> Chip Time 1:13:21 (PB) (F).  
 Gun Pos 1763<sup>rd</sup> Shirley Faichen Gun Time 1:14:36 Chip Pos 1765<sup>th</sup> Chip Time 1:13:22 (F).

3.4.2011. The Sussex Marathon.

Jo Oakes 4:08:11.65, Pete Hewitt 4:12:03.25 (1<sup>st</sup> Marathon).

5.4.2011. Club 5k.

Men

1<sup>st</sup> James Sawyer 17:00 (PB)  
 2<sup>nd</sup> Dan Richardson 17:40 (Guest)  
 3<sup>rd</sup> Ian Adolpho-Pugh 19:06 (PB)  
 4<sup>th</sup> Colin Gardner 19:19  
 5<sup>th</sup> Paul Turle 19:49  
 6<sup>th</sup> Luke Willis 20:19  
 7<sup>th</sup> Warren Jackson-Hookins 20:24  
 8<sup>th</sup> Alan Burgess 21:45 (PB)  
 9<sup>th</sup> Brian Fisher 22:13 (PB)  
 10<sup>th</sup> Steve Dore 22:16  
 11<sup>th</sup> Steve Moltini 22:36  
 12<sup>th</sup> Phil Beed 22:43  
 13<sup>th</sup> Rob Hale 23:09 (PB)  
 14<sup>th</sup> Mike Battersby 23:22 (PB)  
 15<sup>th</sup> Bob Bennett 23:29 (PB)  
 16<sup>th</sup> David Barker 23:47  
 17<sup>th</sup> Steve Hall 24:31 (1<sup>st</sup>5k)  
 18<sup>th</sup> Sean McKay 25:08 (PB)  
 19<sup>th</sup> Sid Smith 28:53  
 20<sup>th</sup> Mike Barker 33:50  
 21<sup>st</sup> Ray Bernice 34:04

Ladies

1<sup>st</sup> Lorraine Tebbett 23:00  
 2<sup>nd</sup> Marina Harris 24:00 (PB)  
 3<sup>rd</sup> Jenny Shilling 24:08 (PB)  
 4<sup>th</sup> Laura Clark 25:10  
 5<sup>th</sup> Sharon Clutton 25:18  
 6<sup>th</sup> Eileen Cowling 25:37  
 7<sup>th</sup> Rachel Davies 25:59 (1<sup>st</sup>5k)  
 8<sup>th</sup> Shirley Faichen 26:44  
 9<sup>th</sup> Emma Adolpho-Pugh 27:12 (PB)  
 10<sup>th</sup> Sam Brierly 27:29  
 11<sup>th</sup> Jo McBride 27:31 (PB)  
 12<sup>th</sup> Karen Phillips 27:54 (1<sup>st</sup>5k)  
 13<sup>th</sup> Denise Little 28:04  
 14<sup>th</sup> Kerry Irwin 28:30  
 15<sup>th</sup> Denise Francis 28:40  
 16<sup>th</sup> Michelle Mose 30:55 (1<sup>st</sup>5k)  
 17<sup>th</sup> Pat Lapworth 31:18 (PB)  
 18<sup>th</sup> Susan Barker 31:21  
 19<sup>th</sup> Jo Paget 31:23 (PB)  
 20<sup>th</sup> Sam Donigan 31:40 (1<sup>st</sup>5k)  
 21<sup>st</sup> Cheryl Pottle 31:41 (1<sup>st</sup>5k)  
 22<sup>nd</sup> Ute Jackson 32:16 (1<sup>st</sup>5k)  
 23<sup>rd</sup> Mandy Baggaley 33:41 (1<sup>st</sup>5k)  
 24<sup>th</sup> Tania Bernice 33:58  
 25<sup>th</sup> Sally Lovegrove 34:02 (PB)  
 26<sup>th</sup> Sarah Allfree 34:40 (1<sup>st</sup>5k)  
 27<sup>th</sup> Danielle Protheroe 34:33 (1<sup>st</sup>5k)  
 28<sup>th</sup> Nicky Talbot 37:49 (1<sup>st</sup>5k)  
 29<sup>th</sup> Sue Barrett 37:50

Time Keepers: Gary Francis, Liz Redpath. Numbers Terry Weston. Supporters Jo Oakes, Mick Wellsted. Round the course: Nikki Barnard, Dave Kirby, Angie & Keith Elshaw, Pete Hewitt. Running with first time runners (Beginners Course): Terry Ash, Tim Durant, Andy Clutton, John Jeffs, Sue Barrett, Mike Barker, Ray Bernice, Len Keech (cycle).

10.4.2011. The Dublin 10k Phoenix Park.

Kath King 1:12:37.

10.4.2011. Brighton Marathon.

James Sawyer 3:32:19 (1<sup>st</sup> Marathon), Paul Street 3:52:01, Nikki Barnard 4:18:29, Kellee Read 4:23:12 (PB), Keith Elshaw 4:33:43 (1<sup>st</sup> Marathon), Angie Elshaw 4:49:00 (1<sup>st</sup> Marathon), Miranda Carrick 4:58:33, (1<sup>st</sup> Marathon), Mike Barker 5:01:10.

10.4.2011. Milan Marathon. (Italy)

Gemma Jones (Stubbington Green) 3:57:55 (PB). Trains with GRR on Saturday mornings.

17.4.2011. Antwerp Marathon (Belgium)

895<sup>th</sup> Andy Clutton 3:59:10, 1122<sup>nd</sup> Sharon Clutton 4:18:33 (PB).  
Finishers 1426. Winning time 2:11:15.

17.4.2011. London Marathon

8072<sup>nd</sup> Brian Fisher 3:55:00 (PB), 9993<sup>rd</sup> Jayson Grygiel 4:03:09, 10791<sup>st</sup> Lorraine Tebbett 4:07:12 (F),  
12222<sup>nd</sup> Ray Bernice 4:13:40, 23023<sup>rd</sup> Sue Barrett 4:57:51 (PB), 26928<sup>th</sup> Toni Grundy 5:19:12 (1<sup>st</sup> M).

28.4.2011. Out of Town (Bluebell run).

Organised by Liz Redpath with Dave Croft & Gary Francis +30 GRR.

1.5.2011. The Sarsen Trail & Neolithic Half Marathon.

64<sup>th</sup> Mike Battersby 1:56:27 (PB). Finishers 118.

2.5.2011. The Winchester Novice May Day Triathlon.

Laura Clark Swim 00:7:06 Cycle 00:23:22 Run 3k 00:43:01 Total 00:43:01.

3.5.2011 Cub 5 Mile

Men

1<sup>st</sup> James Sawyer 30:27 (1<sup>st</sup>5m)  
2<sup>nd</sup> Chris Buxton 31:25 (PB 30:41)  
3<sup>rd</sup> Ian Adolpho Pugh 33:01 (PB 33:00)  
4<sup>th</sup> Colin Gardner 33:46 (PB 31:00)  
5<sup>th</sup> Paul Turle 33:58 (PB 31:01)  
6<sup>th</sup> Dan Belben 34:40 (1<sup>st</sup>5m)  
7<sup>th</sup> Warren Jackson-Hookins 35:18  
(PB 31:06)  
8<sup>th</sup> Andy Austin 35:37 (PB 32:25)  
9<sup>th</sup> Pete Hewitt 36:05 (PB 35:33)  
10<sup>th</sup> Brian Fisher 37:39 (PB)  
11<sup>th</sup> David Shilling 38:24 (PB 34:00)  
12<sup>th</sup> Pete Lindley 38:33 (PB 29:04)  
13<sup>th</sup> Mike Kearney 38:52 (PB 32:18)  
14<sup>th</sup> Phil Beed 38:55 (PB 36:18)  
15<sup>th</sup> Steve Moltini 39:10 (PB)  
16<sup>th</sup> Dave Little 39:30 (PB 31:01)  
17<sup>th</sup> Keith Elshaw 39:37 (PB)  
18<sup>th</sup> Mike Battersby 39:50 (PB)  
19<sup>th</sup> John Jeffs 41:49 (PB 30:26)  
20<sup>th</sup> Steve Dore 42:08 (PB)  
21<sup>st</sup> David Baker 42:25 (PB 38:18)  
22<sup>nd</sup> Jackson Todd 43:44 (1<sup>st</sup>5m)  
23<sup>rd</sup> Sean McKay 43:58 (1<sup>st</sup>5m)  
24<sup>th</sup> Steve Micklewright 44:06 (1<sup>st</sup>5m)  
25<sup>th</sup> Mike Stares 44:11 (PB 30:21)  
26<sup>th</sup> Giles Cowling 44:40 (PB 43:22)  
27<sup>th</sup> Richard Buttress 47:03 (1<sup>st</sup>5m)  
28<sup>th</sup> Andy Clutton 1:03:36 (PB 35:40)  
29<sup>th</sup> Steve Cawte 1:04:03 (PB 43:43)

Ladies

1<sup>st</sup> Jenny Shilling 40:36 (PB 40:13)  
2<sup>nd</sup> Karen L. Williams 41:28 (PB 35:01)  
3<sup>rd</sup> Kellee Read 44:05 (PB 42:23)  
4<sup>th</sup> Nikki Edgar 44:15 (PB 43:56)  
5<sup>th</sup> Eileen Cowling 44:53 (PB 43:33)  
6<sup>th</sup> Angie Elshaw 46:40 (1<sup>st</sup>5m)  
7<sup>th</sup> Denise Little 47:09 (PB 44:51)  
8<sup>th</sup> Karen Phillips 49:51 (1<sup>st</sup>5m)  
9<sup>th</sup> Sam Donegon 49:52 (1<sup>st</sup>5m)  
10<sup>th</sup> Sharon Clutton 49:53 (PB 41:55)  
11<sup>th</sup> Kirsten Pratt 50:59 (1<sup>st</sup>5m)  
12<sup>th</sup> Susan Barker 54:01 (1<sup>st</sup>5m)  
13<sup>th</sup> Pat Lapworth 54:23 (1<sup>st</sup>5m)  
14<sup>th</sup> Michelle Mose 54:52 (1<sup>st</sup>5m)  
15<sup>th</sup> Nikki Barnard 54:52 (PB 40:58)  
16<sup>th</sup> Laura Clark 54:52 (PB 43:27)  
17<sup>th</sup> Sarah Allfree 1:00:30 (1<sup>st</sup>5m)  
18<sup>th</sup> Sue Barrett 1:00:03 (PB 46:50)  
19<sup>th</sup> Linda Crosswell 1:03:04 (1<sup>st</sup>5m)  
20<sup>th</sup> Sally Lovegrove 1:03:34 (1<sup>st</sup>5m)  
21<sup>st</sup> Andy Clutton 1:03:36 (PB 35:40)  
22<sup>nd</sup> Danielle Protheroe 1:04:03 (1<sup>st</sup>5m)  
23<sup>rd</sup> Steve Cawte 1:04:03 (PB 43:37)

Timekeepers: Gary Francis, Liz Redpath (PB 38:08), Janet Lindley (PB 43:50), numbers Terry Weston,  
photographer Dave Croft (PB 32:11), marshals Jayson Grygeil (PB 33:54), Nick McBeath (PB 35:12),

supporters Jo Oakes (PB 36:40), Kerry Irwin (PB 49:41), Sid Smith (PB 31:15), Mick Wellsted (PB 34:35), Len Keech (Cycle).

10.5.2011. Alton 10.

Men

42<sup>nd</sup> James Sawyer 1:05:26  
85<sup>th</sup> Chris Buxton 1:08:38  
95<sup>th</sup> Colin Gardner 1:09:28  
139<sup>th</sup> Paul Turle 1:12:43  
143<sup>rd</sup> Ian Adolpho-Pugh 1:13:10 (PB)  
148<sup>th</sup> Pete Hewitt 1:13:40 (PB)  
152<sup>nd</sup> Andy Austin 1:14:01  
181<sup>st</sup> Ray Bernice 1:18:30  
208<sup>th</sup> Toby Bettridge 1:21:21  
235<sup>th</sup> Keith Elshaw 1:24:49  
256<sup>th</sup> Steve Dore 1:27:28  
259<sup>th</sup> Andy Faichen 1:32:51  
294<sup>th</sup> Mike Barker 1:33:40  
295<sup>th</sup> Steve Mikelwright 1:33:40  
327<sup>th</sup> Steve Cawte 1:48:23

Ladies

52<sup>nd</sup> Jo Oakes 1:22:13  
70<sup>th</sup> Sorrell Wakefield 1:27:39  
112<sup>th</sup> Sylvia Cawte 1:35:52  
142<sup>nd</sup> Denise Little 1:45:12  
147<sup>th</sup> Sue Barrett 1:46:18  
151<sup>st</sup> Angela Elshaw 1:49:23

Ladies Teams :- 20<sup>th</sup> & 30<sup>th</sup> of 30 Teams  
Finishers 152.

Men's Teams :- 17<sup>th</sup> 33<sup>rd</sup> & 45<sup>th</sup>  
of 48 Teams Finishers 344

14.5.2011. Marlborough Downs 33 Mile Trial Race,

86<sup>th</sup> Pete Hewitt 6:15:03 (1<sup>st</sup> 33 Miles), 93<sup>rd</sup> Michelle Hayes 6:21:48 (1<sup>st</sup> 33 Miles),  
94<sup>th</sup> Jo Oakes 6:21:48 (1<sup>st</sup> 33 Miles), 95<sup>th</sup> Andy Clutton 6:21:48, 139<sup>th</sup> Bob Bennet 7:20:47 (PB),  
150<sup>th</sup> Nikki Barnard 7:45:15 (PB), 151<sup>st</sup> Sharon Clutton 7:45:15 (PB), 152<sup>nd</sup> Mike Barker 7:45:15 (PB).  
Finishers 158.

15.5.2011. Netley 10k.

James Sawyer 36:58 (PB), Chris Buxton 40:12, Colin Gardner 40:32, Paul Turle 43:45,  
Andy Austin 43:59, Ray Bernice 46:02, Keith Elshaw 47:41, Sorrell Wakefield 49:42 (F),  
Jo Oakes 50:32 (F), Lorraine Tebbett 51:49 (F), Pete Hewitt 51:49, Andy Faichen 52:35,  
Steve Micklewright 54:54, Shirley Faichen 56:21 (F), Angela Elshaw 57:00 (PB) (F).  
John Barrett 58:15, Emma Adolpho-Pugh 59:43 (PB) (F), Jo McBride 1:01:39 (F),  
Jo Paget 1:05:24 (PB) (F), Sue Barker 1:06:44, Pat Lapworth 1:07:20 (PB) (F).

22.5.2011 Marwell 10k.

22<sup>nd</sup> James Sawyer 33:48, 141<sup>st</sup> Brian Fisher 46:41, 197<sup>th</sup> Nick McBeath 48:45,  
227<sup>th</sup> Keith Elshaw 49:49, 335<sup>th</sup> Fiona Tomlinson 52:51 (F), 371<sup>st</sup> Rob Hale 53:37,  
400<sup>th</sup> Dave Tyce 54:19, 458<sup>th</sup> Nikki Edgar 55:46 (F), 493<sup>rd</sup> Steve Micklewright 58:35,  
570<sup>th</sup> Karen Phillips 58:44 (F), 664<sup>th</sup> Angela Elshaw 1:01:08 (F), 670<sup>th</sup> Rachel Cole 1:01:19 (F).  
687<sup>th</sup> Sue Barrett 1:01:57 (F), 697<sup>th</sup> Kerry Irwin 1:02:17 (F), 725<sup>th</sup> Jo McBride 1:03:28 (F),  
815<sup>th</sup> Pat Lapworth 1:08:53 (F), 816<sup>th</sup> Sue Barker 1:08:53 (F).  
Finishers 877. 1<sup>st</sup> runner home 32:25, last 1:23:02.

22.5.2011 Edinburgh Half Marathon.

1551<sup>st</sup> Drew Eadie 1:52:08 (1<sup>st</sup> Half) Dave & Den Little son-in-law, 3461<sup>st</sup> Denise Little 2:14:42 (F),  
3624<sup>th</sup> Andy Faichen 2:17:32, 3984<sup>th</sup> Shirley Faichen 2:24:42 (F),  
3986<sup>th</sup> Tom Faichen 2:24:43 (1<sup>st</sup> Half) Andy & Shirley Faichen nephew.  
Finishers 4535 1<sup>st</sup> runner home 1:06:49, last 3:10:29.

29.5.2011. 1675<sup>th</sup> Tracy Bale 1:53:47. Finishers: 4420. 1<sup>st</sup> runner home 1:05:49, last 3:57:03.

5.6.2011. The British Heart Foundation Cycle Round The Harbour

Phil Beed, Sue Barrett, Giles Cowling, Eileen Cowling, Angela Elshaw, Keith Elshaw, Alex Barrett.

5.6.2011. D-Day (Portsmouth) 10k.

10<sup>th</sup> James Sawyer 36:56 (PB) 1<sup>st</sup> In age group, 72<sup>nd</sup> Dave Shilling 44:17 (PB),  
79<sup>th</sup> Ian Adolpho Pugh 44:36, 133<sup>rd</sup> Jenny Shilling 49:13 (F) (PB) 1<sup>st</sup> Lady Vet over 60,  
151<sup>st</sup> Mike Battersby 50:52 (PB), 183<sup>rd</sup> Mike Stares 52:36.

5.6.2011. Poole 10k.

121<sup>st</sup> Paul Turle 41:43

7.6.2011. Club 5k.

Men

1<sup>st</sup> Dan Richardson 17:36 (Guest)  
2<sup>nd</sup> Luke Willis 17:56  
3<sup>rd</sup> Chris Buxton 18:12  
4<sup>th</sup> Colin Gardner 19:11  
5<sup>th</sup> Ian Adolpho-Pugh 19:36  
6<sup>th</sup> Dave Shilling 20:46  
7<sup>th</sup> Mark Mawby 20:55 (PB)  
8<sup>th</sup> Alan Burgess 21:56  
9<sup>th</sup> Ray Bernice 21:21  
10<sup>th</sup> Brian Fisher 21:44  
11<sup>th</sup> Paul Street 22:03  
12<sup>th</sup> Mike Kearny 22:19  
13<sup>th</sup> Steve Moltini 22:29  
14<sup>th</sup> Pete Lindley 22:37  
15<sup>th</sup> Keith Elshaw 22:51 (PB)  
16<sup>th</sup> Mike Battersby 22:56 (PB)  
17<sup>th</sup> Rob Hale 23:01 (PB)  
18<sup>th</sup> Andy Austin 23:04  
19<sup>th</sup> Trevor Willis 23:55 (1<sup>st</sup>5k)  
20<sup>th</sup> David Barker 24:12  
21<sup>st</sup> Ben Wales 24:14  
22<sup>nd</sup> Mike Stares 24:34  
23<sup>rd</sup> Sean McKay 25:21  
24<sup>th</sup> Pete Osborne 27:07 (1<sup>st</sup>5k)  
25<sup>th</sup> Terry Ash 34:04  
26<sup>th</sup> Steve Cawte 34:04

Ladies

1<sup>st</sup> Karen Williams 22:24  
2<sup>nd</sup> Lorraine Tebbett 23:02  
3<sup>rd</sup> Jenny Shilling 23:50  
4<sup>th</sup> Kellee Read 25:25  
5<sup>th</sup> Eileen Cowling 25:52  
6<sup>th</sup> Rachel Davis 25:52 (PB)  
7<sup>th</sup> Sam Donigan 26:37 (PB)  
8<sup>th</sup> Karen Phillips 26:38 (PB)  
9<sup>th</sup> Angela Elshaw 26:43 (PB)  
10<sup>th</sup> Miranda Carrick 27:26 (PB)  
11<sup>th</sup> Cath Baton 27:58  
12<sup>th</sup> Tracy Wales 28:34  
13<sup>th</sup> Lorraine Williams 28:55 (PB)  
14<sup>th</sup> Amber Schothorst 28:55 (1<sup>st</sup>5k)  
15<sup>th</sup> Kerry Irwin 30:06  
16<sup>th</sup> Sue Barrett 30:08  
17<sup>th</sup> Amanda Ray 30:45  
18<sup>th</sup> Susan Barker 30:51 (PB)  
19<sup>th</sup> Esther Lasham 31:09 (1<sup>st</sup>5k)  
20<sup>th</sup> Pat Lapworth 31:09  
21<sup>st</sup> Michelle Mowes 31:31  
22<sup>nd</sup> Jo Paget 31:53  
23<sup>rd</sup> Kirsty Ellis 32:42 (1<sup>st</sup>5k)  
24<sup>th</sup> Claire Downs 32:44 (1<sup>st</sup>5k)  
25<sup>th</sup> Donna Birtwistle 34:18 (PB)  
26<sup>th</sup> Hanna Knox 34:18  
27<sup>th</sup> Sarah Allfrey 35:10 (PB)  
28<sup>th</sup> Sharon Clutton 35:11  
29<sup>th</sup> Lauren Benneyworth 38:22  
30<sup>th</sup> Denise Francis 39:30

Timekeeper: Gary Francis, Liz Redpath, numbers Andy Clutton, photographer Dave Croft.

Helpers: Dave Williams, Terry Weston, Dave Kirby, John Jeffs, Janet Lindley, Sue Tingley, Paul Turle

12.6.2011. South Downs Marathon.

130<sup>th</sup> Paul Turle 3:47:20, 131<sup>st</sup> James Sawyer 3:57:23, 135<sup>th</sup> Pete Hewitt 3:58:14, 196<sup>th</sup> 4:13:18,  
220<sup>th</sup> Jo Oakes 4:18:06 (F), 272<sup>nd</sup> Andy Austin 4:26:52, 387<sup>th</sup> Ray Bernice 4:55:41,  
434<sup>th</sup> Michelle Hayes 5:14:24 (F).



The Club Annual Relay & BBQ.

1<sup>st</sup> Team F

Name	Run Time	Ind Time
Pete Lindley	18:49	18:49
Kath King	44:26	25:37
Jo Oakes	1:03:06	18:40
Jenny Shilling	1:22:03	18:57
David Shilling	1:38:15	16:12

2<sup>nd</sup> Team D

Name	Run Time	Ind Time
Karen Phillips	20:43	20:43
Helen Battersby	51:12	30:29
Nick McBeath	1:08:19	17:07
Mike Kearney	1:26:41	18:22
Mark Mawby	1:42:49	16:08

3<sup>rd</sup> Team C

Name	Run Time	Ind Time
Sue Baker	25:10	25:10
Kellee Reed	46:48	21:38
Kellee Reed	1:08:42	21:54
John Barrett	1:29:58	21:16
Peter Hewitt	1:46:41	16:43

4<sup>th</sup> Team

Name	Run Time	Ind Time
John Jeffs	26:26	26:26
Nikky Edgar	47:00	20:34
Sue Tingley	1:11:51	24:51
Paul Street	1:28:48	16:57
Ray Bernice	1:48:57	20:59

5<sup>th</sup> Team B

Name	Run Time	Ind Time
Eileen Cowling	20:59	20:59
Pat Lapworth	44:55	23:56
Keith Elshaw	1:03:41	18:56
Colin Gardner	1:19:18	15:37
Hugh Pritchard	1:51:18	32:00

6<sup>th</sup> Team A

Name	Run Time	Ind Time
Lorraine Williams	23:45	23:45
Sue Barrett	47:27	23:42
Sam Brierly	1:09:00	21:33
Diane Harland	1:41:14	32:14
James Sawyer	1:54:44	13:30

1<sup>st</sup> Lady Jo Oakes, 1<sup>st</sup> Man James Sawyer.

12.6.2011. Arlesford 10k.

24<sup>th</sup> Colin Gardner 42:33, 103<sup>rd</sup> David Tyce 51:53, 111<sup>th</sup> Fiona Tomlinson 52:23 (F), 152<sup>nd</sup> Karen Phillips 56:48 (F), 155<sup>th</sup> John Barrett 57:09, 169<sup>th</sup> Emma Adolpho-Pugh 1:01:07 (F). First Finisher Denmead Strider 34:03. Total Finishers 216.

15.6.2011. Hayling Billy 5 Mile.

27<sup>th</sup> Colin Gardner 32:42, 131<sup>st</sup> Mike Stares 42:17, 152<sup>nd</sup> Stuart Jones 45:02, 204<sup>th</sup> Alan Jones 59:52. Finishers 207.

19.6.2011. Cheltenham Circular Challenge Approx 26 Miles.

Andy Clutton 5:10:00, Ray Bernice 5:10:00.

Eastleigh Park Run 5k.

10<sup>th</sup> Colin Gardner 20:02 Age grading 73.4%.

26.6.2011. Purbrook Ladies 5 Mile.

18<sup>th</sup> Karen Williams 37:46 (1<sup>st</sup> Lady Vet 45), 25<sup>th</sup> Marina Harris 39:07 (1<sup>st</sup>5m), 26<sup>th</sup> Jenny Shilling 39:19 (1<sup>st</sup> Lady Vet 60), 40<sup>th</sup> Fiona Tomlinson 41:27, 56<sup>th</sup> Sharon Clutton 44:53, 57<sup>th</sup> Karen Phillips 44:54 (PB), 75<sup>th</sup> Shirley Faichen 47:05, 77<sup>th</sup> Kellee Reed 47:21, 79<sup>th</sup> Miranda Carrick 47:43 (PB), 82<sup>nd</sup> Angela Elshaw 48:12, 92<sup>nd</sup> Denise Little 49:44, 94<sup>th</sup> Jo McBride 50:32 (PB), 97<sup>th</sup> Sue Barrett 51:40, 98<sup>th</sup> Pat Lapworth 51:48 (PB), 102<sup>nd</sup> Toni Grundy 52:51, 104<sup>th</sup> Susan Barker 53:07 (PB), 110<sup>th</sup> Jo Paget 54:05 (PB). Finishers 127. 1<sup>st</sup> Lady home 29:15 last 1:03:03.

29.6.2011. Portsmouth Joggers Summer Cross Country.

29<sup>th</sup> Colin Gardner 35:07, 43<sup>rd</sup> Paul Turle 36:43, 65<sup>th</sup> Ray Bernice 38:50, 75<sup>th</sup> Brian Fisher 40:07, 104<sup>th</sup> Michelle Hayes 43:47 (F), 109<sup>th</sup> Fiona Tomlinson 44:20 (F), 119<sup>th</sup> Mike Stares 45:45, 135<sup>th</sup> Stuart Jones 49:52, 141<sup>st</sup> Miranda Carrick 50:21 (F), 149<sup>th</sup> Toni Grundy 53:14 (F) 156<sup>th</sup> Steve Cawte 54:59.  
Finishers 167. 1<sup>st</sup> runner home 28:35, last 1:16:32.

3.7.2011. The Bewl 15 Wadhurst East Sussex.

352<sup>nd</sup> Dave Little 2:21:29, 512<sup>th</sup> Andy Faichen 2:42:19, 529<sup>th</sup> Bob Bennett 2:46:28, 568<sup>th</sup> Sharon Clutton 2:54:16 (F), 569<sup>th</sup> Shirley Faichen 2:54:16 (F), 618<sup>th</sup> Steve Cawte 3:10:34, 628<sup>th</sup> Denise Little 3:17:27 (F).  
Finishers 634. First 1:29:57 last 3:38:08.

5.7.2011. Club 10k.

Men

1<sup>st</sup> James Sawyer 37:25  
2<sup>nd</sup> Chris Buxton 38:37  
3<sup>rd</sup> Colin Gardner 42:44  
4<sup>th</sup> David Shilling 43:07 (PB)  
5<sup>th</sup> Ian Adolpho-Pugh 43:41 (PB)  
6<sup>th</sup> Pete Lindley 47:41  
7<sup>th</sup> Mike Kearney 48:20  
8<sup>th</sup> Steve Moltini 48:32  
9<sup>th</sup> Mike Battersby 48:38  
10<sup>th</sup> John Jeffs 50:42  
11<sup>th</sup> Rob Hale 50:43  
12<sup>th</sup> Mike Stares 51:18  
13<sup>th</sup> Mike Barker 52:07  
14<sup>th</sup> David Barker 52:10  
15<sup>th</sup> Keith Elshaw 52:41  
16<sup>th</sup> Steve Micklewright 55:01  
17<sup>th</sup> Bob Bennett 55:05  
18<sup>th</sup> Sid Smith 1:00:58

Ladies

1<sup>st</sup> Karen Williams 46:17  
2<sup>nd</sup> Jenny Shilling 49:36  
3<sup>rd</sup> Michelle Allerdice 55:31  
4<sup>th</sup> Anika Lloyd 55:32  
5<sup>th</sup> Karen Phillips 58:46  
6<sup>th</sup> Sam Donigan 58:53 (1<sup>st</sup>10k)  
7<sup>th</sup> Sharon Clutton 58:53  
8<sup>th</sup> Sam Brierly 1:00:00 (PB)  
9<sup>th</sup> Sue Barrett 1:00:58  
10<sup>th</sup> Lorraine Williams 1:04:00  
11<sup>th</sup> Kerry Welsh 1:06:42 (1<sup>st</sup>10k)  
12<sup>th</sup> Tracy Bale 1:06:42  
13<sup>th</sup> Amanda Simpson 1:06:42  
14<sup>th</sup> Pat Lapworth 1:07:41  
15<sup>th</sup> Ester Lasham 1:07:46 (1<sup>st</sup>10k)  
16<sup>th</sup> Deborah Birch 1:08:00  
17<sup>th</sup> Donna Birtwistle 1:15:01 (1<sup>st</sup>10k)  
18<sup>th</sup> Kellee Reed 1:15:01

Timekeepers: Gary Francis, Liz Redpath numbers Andy Clutton photographer Dave Croft.

Supporters: Mick Wellsted, Terry Weston, Denise Francis, Janet Lindley, Ray Bernice, Ian Buzzard.

9/10.7.2011. South Downs Way 103 Miles.

27<sup>th</sup> Andy Clutton 29:34:00. Finishers 37 winning time 19:42:00 (Starters 45). Cut off time 33 Hours.

10.7.2011. New Forest 10 Mile.

50<sup>th</sup> Chris Buxton 1:06:53, 136<sup>th</sup> David Shilling 1:13:13 (PB by 10 min), 165<sup>th</sup> Duncan Forer 1:14:55, 167<sup>th</sup> Miles Pritchard 1:15:02, 661<sup>st</sup> John Barrett 1:36:33, 679<sup>th</sup> Karen Phillips 1:37:20, 749<sup>th</sup> Angela Elshaw 1:41:52, 828<sup>th</sup> Kerry Irwin 1:49:49, 867<sup>th</sup> Sue Tingley 1:56:26.

10.7.2011. Chichester Challenge Marathon.

55<sup>th</sup> Michelle Hayes gun 4:55:53 Chip 4:55:16, 57<sup>th</sup> Jo Oakes gun 4:55:53 Chip 4:55:16.

14.7.2011. Gosport Road Runners, Stubbington Green Runners & Fareham Crusaders competed in the first GOFAST event. The start was from the lay-by outside Bay House School Gosport and was approx 4.8 miles. The intention was to finish as close to 19.45 as possible. No time devices were allowed.

The further outside the time limit the more points were awarded. Total number of points were divided by the number of participants and the club with the lowest points were the winners.

22 GRR entered and they won.

17.7.2011. Chichester Triathlon.

Chris Buxton, 600mter swim, 42k cycle, 10k run total time 2:34:15 (1<sup>st</sup> Triathlon)

24.7.2011. The Race for Life

10k  
Jenny Shilling  
Sue Barrett  
Sam Brierly  
Kath King  
Sue Barker

5k  
Karen Phillips  
Maisie Elshaw

Sam Donigan  
Sharon Clutton

Try a Tri event

Ros Jewel 400meter swim, 30k cycle, 5k run total time 1:58:14.

28.7.2011. Hash. Presented by Sarette Martin

2.8.2011. Club 5k.

Men

1<sup>st</sup> James Sawyer 17:10  
2<sup>nd</sup> Ian Adolpho-Pugh 19:32  
3<sup>rd</sup> Colin Gardner 20:04  
4<sup>th</sup> Ben Wales 21:49  
5<sup>th</sup> Brian Fisher 22:14  
6<sup>th</sup> Tim Durant 22:18  
7<sup>th</sup> Ray Bernice 22:18  
8<sup>th</sup> Steve Moltini 22:44  
9<sup>th</sup> Pete Lindley 22:57  
10<sup>th</sup> Nick McBeath 23:10  
11<sup>th</sup> Rob Hale 23:13  
12<sup>th</sup> Steve Hall 23:54  
13<sup>th</sup> Sam Westwood 23:57 (PB)  
14<sup>th</sup> Mike Stares 24:00  
15<sup>th</sup> David Barker 24:16  
16<sup>th</sup> Giles Cowling 24:17 (PB)  
17<sup>th</sup> Jason Court 24:46 (1<sup>st</sup>5k)  
18<sup>th</sup> Steve Mickelwright 25:05  
19<sup>th</sup> Sean McKay 25:10  
20<sup>th</sup> Joe Richie 25:40  
21<sup>st</sup> Dave Croft 26:24

Ladies

1<sup>st</sup> Karen Williams 22:17  
2<sup>nd</sup> Jenny Shilling 24:09  
3<sup>rd</sup> Nicky Edgar 25:47  
4<sup>th</sup> Karen Phillips 25:54  
5<sup>th</sup> Sam Donigan 25:55  
6<sup>th</sup> Sharon Clutton 26:30  
7<sup>th</sup> Eileen Cowling 26:31  
8<sup>th</sup> Shirley Faichen 26:32  
9<sup>th</sup> Kirsten Maw 26:39  
10<sup>th</sup> Liz Redpath 26:49  
11<sup>th</sup> Amber Schothorist 27:45 (1<sup>st</sup>5k)  
12<sup>th</sup> Pat Lapworth 29:32 (PB)  
13<sup>th</sup> Angela Elshaw 29:32  
14<sup>th</sup> Ester Lasham 30:27 (PB)  
15<sup>th</sup> Jo McBride 30:28  
16<sup>th</sup> Deborah Birch 31:09  
17<sup>th</sup> Laura Clark 33:04  
18<sup>th</sup> Nicky Barnard 33:04  
19<sup>th</sup> Donna Birtwistle 34:20  
20<sup>th</sup> Lauren Bennyworth 38:32  
21<sup>st</sup> Denise Francis 38:37

Timekeepers: Gary Francis, Janet Lindley, numbers Andy Clutton, photographer Steve Cawte.  
Supporters: Sylvia Cawte, Mick Wellsted, Terry Weston, Jo Oakes, Dave Kirby, Sue Barrett,  
Tracy Wells, Ian Buzzard, Lorraine Williams, Rachel Reed.

7.8.2011. Promenade 5k Series Race 4 (Portsmouth).

123<sup>rd</sup> Mike Stares 24:03

25.8.2011. Out of Town – Paul Turle Organiser

7.8.2011. Milland Valley Plod Half Marathon

60<sup>th</sup> Colin Gardner 1:45:48, 162<sup>nd</sup> Dave Little 1:59:05, 194<sup>th</sup> Brian Fisher 2:04:24.  
196<sup>th</sup> Karen Williams 2:04:50 (F), 197<sup>th</sup> Ray Bernice 2:04:51, 198<sup>th</sup> Andy Clutton 2:04:54,  
256<sup>th</sup> Mike Kearney 2:15:02, 271<sup>st</sup> Sylvia Cawte 2:20:32 (F), 278<sup>th</sup> Rob Hale 2:22:47,  
288<sup>th</sup> Bob Bennett 2:26:42, 290<sup>th</sup> Miranda Carrick 2:27:47 (F), 314<sup>th</sup> Sharon Clutton 2:38:35 (F),  
315<sup>th</sup> Shirley Faichen 2:38:36 (F), 324<sup>th</sup> Sue Barrett 2:45:01 (F), 332<sup>nd</sup> Steve Cawte 2:57:26,  
336<sup>th</sup> Denise Little 3:07:50 (F).

11.8.2011. Three Peaks in 24 Hours. Ben Nevis (4500ft), Scafell Pike (3000ft), Snowdon (2600ft).

To raise funds for Help for Heroes in memory of Will Blanchard who was killed while serving in Afghanistan with IED Task Force .  
Giles Cowling.

14.8.2011. South Coast Half Marathon.

Karen Williams 1:42:49.

14.8.2011. The Salisbury 5-4-3-2-1 50k.

Pete Hewitt 5:25:15, Jo Oakes 5:25:15 (F), Michelle Hayes 5:27:47 (F).

5-4-3-2-1:

5 – Rivers = Avon / Bourne / Ebble / Nadder / Wyle.  
4 – Hills = Old Sarum / King Manor / Clearbury Hill Fort / Salisbury Race Course.  
3 – Large Country Estates = Clarendon / Longford / Wilton.  
2 – Castles = Old Sarum / Longford.  
1 – Cathedral = Salisbury Cathedral (40ft Spire).

28.8.2011. Arundal 10k

289<sup>th</sup> Karen Phillips 57:08 (F), 389<sup>th</sup> Rachel Cole 1:03:24 (F), Sue Barker 1:11:20 (F). Finishers 468.

28.8.2011. Pewsey Vale Half Marathon.

107<sup>th</sup> Ray Bernice 1:43:10, 137<sup>th</sup> Keith Elshaw 1:47:08 (PB), 188<sup>th</sup> Dave Little 1:55:43,  
230<sup>th</sup> Mike Battersby 2:02:21, 233<sup>rd</sup> Sharon Clutton 2:03:11 (F), 239<sup>th</sup> Kellee Read 2:04:18 (F),  
245<sup>th</sup> Mike Barker 2:05:03, 247<sup>th</sup> Bob Bennett 2:06:15, 255<sup>th</sup> Angela Elshaw 2:08:34 (F),  
258<sup>th</sup> Nikki Barnard 2:09:28 (F), 263<sup>rd</sup> John Barrett 2:12:22, 283<sup>rd</sup> Denise Francis 2:31:43 (F),  
284<sup>th</sup> Denise Little 23:35:53 (F).  
Ladies team 2<sup>nd</sup>. Men's team 3<sup>rd</sup>.

3.9.2011. Overton 5 Mile (HRRL Event).

43<sup>rd</sup> James Sawyer 30:15, 87<sup>th</sup> Chris Buxton 32:12, 126<sup>th</sup> Colin Gardner 34:10, 131<sup>st</sup> Paul Turle 34:17,  
189<sup>th</sup> Karen Williams 36:36 (F), 201<sup>st</sup> Ray Bernice 36:55, 241<sup>st</sup> Keith Elshaw 38:10,  
288<sup>th</sup> Jenny Shilling 40:32 (F), 291<sup>st</sup> Fiona Tomlinson 40:42 (F), 326<sup>th</sup> Dave Tyce 42:18,  
381<sup>st</sup> Angela Elshaw 47:53 (F), 386<sup>th</sup> Sue Barrett 48:47 (F), 417<sup>th</sup> Jo Paget 55:19 (F).  
Finishers 424.

4.9.2011 Dunsfold Aerodrome Surrey 20 Miles.

208<sup>th</sup> Dave Shilling 3:09:55. Finishers 262.

4.9.2011. Stansted Park Slog Half Marathon.

23<sup>rd</sup> Colin Gardner 1:53:35, 77<sup>th</sup> Mike Barker 2:33:55, 79<sup>th</sup> Sylvia Cawte 2:25:25 (F),  
82<sup>nd</sup> Shirley Faichen 2:30:27 (F), 106<sup>th</sup> Steve Cawte 2:53:13.  
Finishers 111.

“The Sheactive Every Woman Series is a range of duathlons, aquathons and trail runs started to encourage woman of all shapes and sizes, fitness levels and ages to enter a fun and exhilarating event to test their personal fitness progression in a supporting and non intimidating all woman environment.”

4.9.2011. Bushy Park Duathlon.

2.5km run, 20km cycle, 2.5km run.

54<sup>th</sup> (19<sup>th</sup> in age group) Miranda Carrick. Finishers 110.

6.9.2011. Club 5 Mile

Men

1<sup>st</sup> James Sawyer 28:02 (PB)  
2<sup>nd</sup> Ian Adolpho-Pugh 32:59 (PB)  
3<sup>rd</sup> Paul Turle 33:41  
4<sup>th</sup> Pete Hewitt 33:58  
5<sup>th</sup> Ben Wales 35:25 (PB)  
6<sup>th</sup> Nick McBeath 35:37  
7<sup>th</sup> Brian Fisher 35:48 (PB)  
8<sup>th</sup> Paul Street 36:42  
9<sup>th</sup> Dave Shilling 37:11  
10<sup>th</sup> David Robinson 37:35 (1<sup>st</sup>5m)  
11<sup>th</sup> Mike Battersby 38:30  
12<sup>th</sup> Steve Moltini 38:54  
13<sup>th</sup> Mike Stares 40:13  
14<sup>th</sup> Rob Hale 40:31  
15<sup>th</sup> Mike Barker 40:47  
16<sup>th</sup> David Baker 40:50  
17<sup>th</sup> John Jeffs 40:56  
18<sup>th</sup> Giles Cowling 41:06 (PB)  
19<sup>th</sup> Bob Bennett 42:20 (PB)  
20<sup>th</sup> Ray Bernice 42:20  
21<sup>st</sup> Dave Kirby 49:18  
22<sup>nd</sup> Keith Elshaw 53:24

Ladies

1<sup>st</sup> Karen Williams 35:19  
2<sup>nd</sup> Jenny Shilling 38:56  
3<sup>rd</sup> Rebecca Hutcheson 41:21  
4<sup>th</sup> Karen Phillips 41:47  
5<sup>th</sup> Michelle Allardice 42:02  
6<sup>th</sup> Sharon Clutton 42:14  
7<sup>th</sup> Christine White 42:21 (1<sup>st</sup>5m)  
8<sup>th</sup> Angela Elshaw 43:51 (PB)  
9<sup>th</sup> Nicky Edgar 45:06  
10<sup>th</sup> Sue Barrett 46:04  
11<sup>th</sup> Nikki Barnard 46:49  
12<sup>th</sup> Tracy Wales 48:09  
13<sup>th</sup> Deborah Birch 49:06  
14<sup>th</sup> Pat Lapworth 49:33  
15<sup>th</sup> Denise Little 50:02  
16<sup>th</sup> Denise Francis 50:02  
17<sup>th</sup> Jo McBride 51:38  
18<sup>th</sup> Esther Lasham 51:38 (1<sup>st</sup>5m)  
19<sup>th</sup> Jo Paget 52:05 (PB)  
20<sup>th</sup> Susan Barker 52:49 (PB)  
21<sup>st</sup> Maisie Elshaw 53:20 (1<sup>st</sup>5m)

Timekeeper: Gary Francis, Terry Weston. Numbers Andy Clutton. Photographer Dave Croft.  
Supporters: Steve Cawte, Mick Wellsted.

10.9.2011. Test Way Relay.

Best effort on the Middleton to Wherwell leg was Paul Turle with 35:39 for 10k.

11.9.2011 Bristol Half Marathon.

6063<sup>rd</sup> Laura Clark 2:10:34

18.9.2011. Farnham Pilgrim Marathon

Jo Oakes.

18.9.2011. Victory 5 (HRRL event).

Ladies

48<sup>th</sup> Karen Williams 35:53 (HRRL 42<sup>nd</sup>)  
86<sup>th</sup> Jenny Shilling 39:25 (HRRL 72<sup>nd</sup>)  
97<sup>th</sup> Fiona Tomlinson 40:14 (HRRL 82<sup>nd</sup>)  
132<sup>nd</sup> Laura Clark 43:00 (HRRL 108<sup>th</sup>)  
136<sup>th</sup> Sharon Clutton 43:28 (HRRL 112<sup>th</sup>)  
138<sup>th</sup> Karen Phillips 43:30 (HRRL 114<sup>th</sup>)  
148<sup>th</sup> Shirley Faichen 44:20 (HRRL 119<sup>th</sup>)  
158<sup>th</sup> Angela Elshaw 45:21 (HRRL 125<sup>th</sup>)  
191<sup>st</sup> Pat Lapworth 49:33 (HRRL 138<sup>th</sup>)  
211<sup>th</sup> Jo Paget 51:37 (HRRL 144<sup>th</sup>)  
223<sup>rd</sup> Sue Barker 53:04 (HRRL 151<sup>st</sup>)  
231<sup>st</sup> Sue Tingley 54:27 (HRRL 154<sup>th</sup>)  
240<sup>th</sup> Kath King 57:00 (HRRL 157<sup>th</sup>)

The ladies 'A' team scored 196, whilst the 'B' team scored 334 points. After two HRRL events, Gosport ladies 'A' team in division 2 are placed overall 6<sup>th</sup> out of 10 teams with 10 points. The Gosport ladies 'B' team in division 2 are placed 2<sup>nd</sup> out of 13 teams with 8 points.

Men

33<sup>rd</sup> James Sawyer 28:13 (HRRL 23<sup>rd</sup>)  
116<sup>th</sup> Chris Buxton 31:38 (HRRL 92<sup>nd</sup>)  
138<sup>th</sup> Colin Gardner 32:44 (HRRL 110<sup>th</sup>)  
154<sup>th</sup> Ian Adolpho-Pugh 33:18 (HRRL 122<sup>nd</sup>)  
165<sup>th</sup> Paul Turle 33:32 (HRRL 131<sup>st</sup>)  
176<sup>th</sup> Tim Durant 33:54 (HRRL 137<sup>th</sup>)  
222<sup>nd</sup> Ray Bernice 35:50 (HRRL 170<sup>th</sup>)  
280<sup>th</sup> Keith Elshaw 38:39 (HRRL 207<sup>th</sup>)  
306<sup>th</sup> Dave Tyce 40:09 (HRRL 222<sup>nd</sup>)  
311<sup>th</sup> Mike Stares 40:22 (HRRL 223<sup>rd</sup>)  
351<sup>st</sup> Bob Bennett 43:57 (HRRL 238<sup>th</sup>)

The men's 'A' team scored 347 points whilst the 'B' team scored 645 points. After two HRRL events Gosport men's team in division 2 are placed 3<sup>rd</sup> overall out of 10 teams with 8 points. The men's 'B' team in division 1 are placed 15<sup>th</sup> out of 15 teams with 28 points.

18.9.2011. Adventure Run. The Banzai Charge Mapperton Farm.

166<sup>th</sup> (Bib No 34) Miranda Carrick 2:06:42 (FV), 166<sup>th</sup> (Bib No 35) Anthony Carrick 2:07:01. Finishers 215.

25.9.2011. New Forest Marathon.

244<sup>th</sup> Paul Street Gun 3:51:11 Chip 3:50:58, 306<sup>th</sup> Andy Clutton Gun 4:01:24 Chip 4:00:53, 331<sup>st</sup> Ray Bernice Gun 4:05:50 Chip 4:05:26 (PB), 653<sup>rd</sup> Rob Hale Gun 4:54:06 Chip 4:53:48 (1<sup>st</sup> M), 712<sup>th</sup> Angela Elshaw Gun 5:16:06 Chip 2:15:35 (F), 718 Keith Elshaw Gun 5:23:31 Chip 5:23:01. Finishers 757.

25.9.2011. New Forest Half Marathon.

1069<sup>th</sup> Sharon Clutton Gun 2:04:05 Chip 2:02:37 (F)  
1337<sup>th</sup> Shirley Faichen Gun 2:10:31 Chip 2:09:03 (F)  
1346<sup>th</sup> Christine White Gun 2:10:40 Chip 2:09:11 (F)  
1349<sup>th</sup> Annaka Lloyd Gun 2:10:44 Chip 2:09:16 (F)  
1361<sup>st</sup> Michelle Allardice Gun 2:11:04 Chip 2:09:36 (F)  
1539<sup>th</sup> Sue Barrett Gun 2:17:12 Chip 2:15:19 (F)  
Finishers 2053

25.9.2011. Butser Hill Challenge (Portsmouth).

28<sup>th</sup> Chris Buxton 39:39, 37<sup>th</sup> Colin Gardner 40:40, 141<sup>st</sup> Mike Stares 50:59, 207<sup>th</sup> Steve Cawte 1:07:29. Finishers 219.

25.9.2011. Hursley 10k.

244<sup>th</sup> Karen Phillips 54:34. Finishers 496.

25.9.2011. Windsor Half Marathon.

David Shilling 1:43:41 (PB).

25.9.2011. Arundal 10k

289<sup>th</sup> Karen Phillips 57:08, 389<sup>th</sup> Rachel Cole 1:03:24, 452<sup>nd</sup> Sue Barker 1:11:20. Finishers 468

2.10.2011. Loch Ness Marathon.

Nick McBeath 4:12:21

The Loch Ness Marathon is now in its 10<sup>th</sup> year and all the reports I'd read on the race were very positive. In 2010 Runners World readers voted this event the 4<sup>th</sup> best UK marathon and one of the top 3 most scenic running events in the UK. The field is restricted to 3000 and there are also 10k and 5k events run during what the organisers call the Loch Ness Festival of Running. This year 2360 runners completed the marathon. Nick.

2.10.2011. The Endurance Trail 11 Queen Elizabeth Country Park.

Colin Gardner 1:35:42, Brian Fisher 1:52:46, Miranda Carrick 2:23:49 (F).

4.10.2011. Club 5k

Men

1<sup>st</sup> James Sawyer 16:54 (PB)  
2<sup>nd</sup> Chris Buxton 18:01  
3<sup>rd</sup> Lance Birkby 18:23  
4<sup>th</sup> Colin Gardner 20:01  
5<sup>th</sup> David Shilling 20:30  
6<sup>th</sup> Ben Wales 21:02 (PB)  
7<sup>th</sup> Paul Street 21:09  
8<sup>th</sup> Ray Bernice 21:34  
9<sup>th</sup> Alan Burgess 21:52  
10<sup>th</sup> David Robinson 22:43 (1<sup>st</sup>5k)  
11<sup>th</sup> Steve Moltini 23:01  
12<sup>th</sup> Mike Battersby 23:07  
13<sup>th</sup> Pete Lindley 23:13  
14<sup>th</sup> David Barker 24:12  
15<sup>th</sup> Mike Stares 24:16  
16<sup>th</sup> Steve Micklewhite 24:42  
17<sup>th</sup> John Jeffs 24:54  
18<sup>th</sup> Dave Croft 26:58  
19<sup>th</sup> Giles Cowling 28:42  
20<sup>th</sup> Dave Kirby 29:40  
21<sup>st</sup> Sid Smith 30:42  
22<sup>nd</sup> Terry Weston 36:24

Ladies

1<sup>st</sup> Laura Clark 23:32 (PB)  
2<sup>nd</sup> Jenny Shilling 24:14  
3<sup>rd</sup> Annika Lloyd 25:28 (1<sup>st</sup>5k)  
4<sup>th</sup> Michelle Allerdice 25:40 (1<sup>st</sup>5k)  
5<sup>th</sup> Liz Redpath 26:13  
6<sup>th</sup> Nikki Edgar 26:14  
7<sup>th</sup> Kellee Read 26:22  
8<sup>th</sup> Jennifer Coupland 26:36 (1<sup>st</sup>5k)  
9<sup>th</sup> Eileen Cowling 26:50  
10<sup>th</sup> Tracy Wales 27:11  
11<sup>th</sup> Rachel Cole 27:15  
12<sup>th</sup> Sue Barrett 27:56  
13<sup>th</sup> Sam Brierly 27:57  
14<sup>th</sup> Deborah Birch 28:26  
15<sup>th</sup> Jo McBride 28:27  
16<sup>th</sup> Lorraine Williams 28:41 (PB)  
17<sup>th</sup> Denise Francis 29:37  
18<sup>th</sup> Susan Barker 30:43 (PB)  
19<sup>th</sup> Cheryl Hill 31:36  
20<sup>th</sup> Sharon Clutton 36:25

Timekeeper: Gary Francis, Steve Cawte, Janet Lindley. Numbers Andy Clutton.

Supporters: Mick Wellsted, Angie Elshaw, Keith Elshaw, Nikki Barnard & Mum, Jo Oakes, Ian Buzzard, Bob Bennett, Len Keech (Cycle).

9.10.2011. Chester Marathon.

1423 Nikki Barnard FV40 57<sup>th</sup> Split 1 2:10:27 Split 2 2:6:45 Chip 4:17:12. Finishers 3000.

9.10.2011. Isle-of-Wight Marathon.

36<sup>th</sup> Paul Street 3:54:38. Finishers 130.

9.10.2011. Salisbury Half Marathon.

217 Kerry Irwin 2:29:22 Cat 40 – 49 Cat Position 22<sup>nd</sup> (1<sup>st</sup> Half).

9.10.2011. Solent Half Marathon (HRRE).

57<sup>th</sup> Chris Buxton (M40) Cat Pos 23 Gun 1:31:28 Chip 1:30:56,  
61<sup>st</sup> Colin Gardner (M50) Cat Pos 11 Gun 1:31:36 Chip 1:31:38,  
84<sup>th</sup> Tim Durant (M40) Cat Pos 32 Gun 1:41:52 Chip 1:35:27,  
137<sup>th</sup> Ian Adolpho-Pugh (M18-39) Cat Pos 43 Gun 1:41:52 Chip 1:41:45,  
194<sup>th</sup> Ray Bernice (M40) Cat Pos ? Gun 1:49:19 Chip 1:49:08,  
196<sup>th</sup> James Sawyer (M18-39) Cat Pos 56 Gun 1:49:46 Chip 1:49:43,  
197<sup>th</sup> Karen Williams (F45) Cat Pos 6 Gun 1:49:46 Chip 1:49:34,  
237<sup>th</sup> Mike Kearny (M60) Cat Pos 8 Gun 1:55:15 Chip 1:54:58,  
285<sup>th</sup> Mike Battersby (M40) Cat Pos 74 Gun 2:05:02 Chip 2:04:48,  
310<sup>th</sup> Sue Barrett (F35) Cat Pos 38 Gun 2:14:19 Chip 2:13:59.  
Finishers 337.

9.10.2011. RNLI 10k & Southsea Pirates Pieces of 8 Miles. Pieces of eight. Southsea Seafront from the RNLI station Eastney to Clarence Pier and back.

Shirley Faichen 55:25, Pat Lapworth 1:02:47, Jo Paget 1:04:05, Sue Barker 1:06:19.  
Dressed as pirates Dave Shilling 1:07:53, Jenny Shilling 1:07:53.

16.10.2011. Denmead 10k.

Colin Gardner 21:45, Fiona Tomlinson 50:00 (F), David Tyce 51:23, Steve Micklewrite 51:59/  
Sue Barker 1:52:52 (PB) (F).

16.10.2011. Abingdon Marathon.

Sarette Martin 3:45:49 (PB), Jenny Strudwick, 3:45:49, Mel Stock 3:52:01, Kellee Read 4:14:59 (PB).

16.10.2011. Amsterdam Half Marathon.

Brian Fisher 1:44:24.

3.10. 2011. Snowdonia Marathon.

709<sup>th</sup> Andy Clutton gun 4:16:35 chip 702<sup>nd</sup> 4:15:39, 710<sup>th</sup> Dave Little gun 4:16:35 chip 703<sup>rd</sup> 4:15:39,  
1002<sup>nd</sup> Ray Bernice gun 4:40:46 chip 991<sup>st</sup> 4:39:49,  
1162<sup>nd</sup> Michael Barker gun 5:00:00 chip 1158 4:59:02,  
1184<sup>th</sup> Miranda Carrick gun 5:02:17 chip 1176<sup>th</sup> 5:01:18 (F),  
1254<sup>th</sup> Sharon Clutton gun 5:12:01 chip 1243<sup>rd</sup> 5:11:03 (F),  
1255<sup>th</sup> Shirley Faichen gun 5:12:01 chip 1242<sup>nd</sup> 5:11:03 (F),  
1291<sup>st</sup> Bob Bennett gun 5:20:14 chip 1282<sup>nd</sup> 5:19:16,  
1322<sup>nd</sup> Liz Redpath gun 5:28:11 chip 1309<sup>th</sup> 5:27:14 (F),  
1357<sup>th</sup> Nikki Barnard gun 5:37:41 chip 1342<sup>nd</sup> 5:36:43 (F),  
1389<sup>th</sup> Steve Cawte gun 5:54:39 chip 1376<sup>th</sup> 5:53:41,  
1417<sup>th</sup> Denise Francis gun 6:49:27 chip 1403<sup>rd</sup> 6:48:26 (F),  
1418<sup>th</sup> Denise Little gun 6:49:30 chip 1402<sup>nd</sup> 6:48:26 (F).



30.10.2011. Great South Run 10 Miles.

94<sup>th</sup> James Sawyer 1:00:33, 348<sup>th</sup> Colin Gardner 1:08:08, 793<sup>rd</sup> Dave Shilling 1:12:50, 1093<sup>rd</sup> Pete Hewitt 1:14:41, 1126<sup>th</sup> Miles Pritchard 1:14:53, 1299<sup>th</sup> Paul Street 1:15:50, 1730<sup>th</sup> Brian Fisher 1:17:52, 2521<sup>st</sup> Jason ? 1:21:14, 2621<sup>st</sup> Nick McBeath 1:21:46, 2879<sup>th</sup> Jennifer Shilling 1:22:32 (F), 4206<sup>th</sup> Mike Battersby 1:26:22, 5335<sup>th</sup> Steve Moltini 1:29:14, 7001<sup>st</sup> Dave Chilvers 1:33:48, 7008<sup>th</sup> Kellee Read 1:33:49 (F), 7672<sup>nd</sup> John Barrett 1:35:34, 7755<sup>th</sup> Steve Wise 1:35:46, 7808<sup>th</sup> Bruce Carle 1:35:56, 8379<sup>th</sup> Kirstin Maw 1:37:36 (F), 9327<sup>th</sup> Emma Adolpho-Pugh 1:40:10 (F), 9372<sup>nd</sup> Sue Barrett 1:40:19 (F), 9374<sup>th</sup> Jo McBride 1:40:20 (F), 12777<sup>th</sup> Michelle Willetts 1:51:42 (F), 12813<sup>th</sup> Claire Thomas 1:51:54 (F), 13624<sup>th</sup> Kirstin Pratt 1:55:48 (F), 13955<sup>th</sup> Jo Paget 1:57:37 (F), 14198<sup>th</sup> Eileen Cowling 1:59:03 (F), 14199<sup>th</sup> Giles Cowling 1:59:03, 14267<sup>th</sup> Rachel Cole 1:59:32 (F), 14721<sup>st</sup> Jen Seymore 2:02:59.

1.11.2011. Club 5k.

Men

1<sup>st</sup> Ian Adolpho-Pugh 19:11  
2<sup>nd</sup> Colin Gardner 19:58  
3<sup>rd</sup> Dave Shilling 20:04  
4<sup>th</sup> Mark Mawby 21:23  
5<sup>th</sup> Warren Hookins-Jenkins 21:23  
6<sup>th</sup> Josh Cowling 22:54 (1<sup>st</sup>5k)  
7<sup>th</sup> Brian Fisher 23:00  
8<sup>th</sup> Pete Lindley 23:02  
9<sup>th</sup> James Sawyer 23:06  
10<sup>th</sup> Steve Moltini 23:14  
11<sup>th</sup> Mike Battersby 23:40  
12<sup>th</sup> Steve Micklewhite 23:57  
13<sup>th</sup> Dave Barker 24:28  
14<sup>th</sup> Steve Dore 24:33  
15<sup>th</sup> Keith Elshaw 24:41  
16<sup>th</sup> John Jeffs 24:52  
17<sup>th</sup> Ben Wales 25:47  
18<sup>st</sup> Sean McKay 25:49  
19<sup>th</sup> Giles Cowling 26:08  
20<sup>th</sup> Steve Baseley 26:19  
21<sup>st</sup> John Mawby 27:01 (1<sup>st</sup>5k)  
22<sup>nd</sup> Dave Croft 27:02  
23<sup>rd</sup> Jason Court 30:12 (1<sup>st</sup>5k)  
24<sup>th</sup> Sid Smith 30:59

Ladies

1<sup>st</sup> Karen Williams 21:38 (PB)  
2<sup>nd</sup> Laura Clark 23:05 (PB)  
3<sup>rd</sup> Jenny Shilling 24:04  
4<sup>th</sup> Michelle Allardice 25:52 (PB)  
5<sup>th</sup> Tracy Wales 25:46  
6<sup>th</sup> Annaka Lloyd 25:52  
7<sup>th</sup> Eileen Cowling 26:09  
8<sup>th</sup> Amber Schothorst 26:33 (PB)  
9<sup>th</sup> Angie Elshaw 26:36 (PB)  
10<sup>th</sup> Karen Phillips 28:38  
11<sup>th</sup> Lorraine Williams 28:41 (PB)  
12<sup>th</sup> Sam Brierly 29:55  
13<sup>th</sup> Sue Barrett 29:55  
14<sup>th</sup> Pat Lapworth 30:11  
15<sup>th</sup> Kerry Irwin 30:51  
16<sup>th</sup> Susan Barker 31:31  
17<sup>th</sup> Michelle Mose 32:01  
18<sup>th</sup> Sharda Hayes 37:19 (1<sup>st</sup>5k)  
19<sup>th</sup> Hanna Knox 37:32

Timekeeper: Liz Redpath, Gary Francis. Numbers Andy Clutton.

Supporters: Mick Wellsted, Terry Weston, Denise & Dave Little, Sharon Clutton, Dave Kirby, Mike Barker, Ray Bernice, Jo Oakes, Janet Lindley, Nikki Barnard, Denise Francis, Len Keech on cycle.

6.11.2011. Lordshill 10 Miles HRRL Event.

114<sup>th</sup> Colin Gardner 1:07:38, 121<sup>st</sup> Ian Adolpho-Pugh 1:08:16, 138<sup>th</sup> James Sawyer 1:09:13, 148<sup>th</sup> Chris Buxton 1:09:48, 153<sup>rd</sup> Tim Durant 1:10:08, 224<sup>th</sup> Karen Williams 1:14:00 (F), 229<sup>th</sup> Pete Hewitt 1:14:16, 304<sup>th</sup> Ray Bernice 1:19:02, 341<sup>st</sup> Keith Elshaw 1:21:53, 347<sup>th</sup> Dave Tyce 1:22:18, 408<sup>th</sup> Fiona Tomlinson 1:28:21, 446<sup>th</sup> Angie Elshaw 1:36:37 (F) (PB), 446<sup>th</sup> Sue Barrett 1:36:49 (F) (PB).

13.11.2011. Today's Runner Queen Elizabeth Park Cross Country Park.

Ladies

57<sup>th</sup> Jo Oakes  
67<sup>th</sup> Michelle Hayes  
76<sup>th</sup> Fiona Tomlinson  
96<sup>th</sup> Karen Phillips  
97<sup>th</sup> Sylvia Cawte  
105<sup>th</sup> Deborah Birch  
110<sup>th</sup> Miranda Carrick  
131<sup>st</sup> Pat Lapworth  
132<sup>nd</sup> Shirley Faichen  
136<sup>th</sup> Claire Thomas

Men

8<sup>th</sup> James Sawyer  
51<sup>st</sup> Colin Gardner  
72<sup>nd</sup> Ian Adolpho-Pugh  
99<sup>th</sup> Tim Durant  
129<sup>th</sup> Pete Hewitt  
141<sup>st</sup> Nick McBeath  
162<sup>nd</sup> Baz Evans  
169<sup>th</sup> Toby Bettridge  
196<sup>th</sup> Jason Court  
199<sup>th</sup> Mike Kearney  
205<sup>th</sup> Mike Stares  
212<sup>th</sup> Jamie Ash  
226<sup>th</sup> Stuart Jones  
230<sup>th</sup> Terry Ash  
235<sup>th</sup> Steve Cawte

19.11.2011.Helpers Half Marathon.

Men

1<sup>st</sup> James Sawyer 1:29:08  
2<sup>nd</sup> Chris Buxton 1:30:07  
3<sup>rd</sup> Dave Shilling 1:32:27  
4<sup>th</sup> Colin Gardner 1:35:27  
5<sup>th</sup> Pete Hewitt 1:38:05  
6<sup>th</sup> Paul Street 1:39:49  
7<sup>th</sup> Miles Pritchard 1:43:55  
8<sup>th</sup> Ray Bernice 1:44:30  
9<sup>th</sup> Ian Adolpho-Pugh 1:46:51  
10<sup>th</sup> Brian Fisher 1:47:29  
11<sup>th</sup> Baz Evans 1:48:36  
12<sup>th</sup> Keith Elshaw 1:49:26  
13<sup>th</sup> John Barrett 2:05:14  
14<sup>th</sup> Mike Kearney 2:13:21

Ladies

1<sup>st</sup> Jenny Shilling 1:49:42  
2<sup>nd</sup> Jo Oakes 1:50:56  
3<sup>rd</sup> Eileen Cowling 1:59:53  
4<sup>th</sup> Rachel Davis 2:05:23  
5<sup>th</sup> Christine White 2:06:00  
6<sup>th</sup> Annaka Lloyd 2:06:44  
7<sup>th</sup> Michelle Allardice 2:07:31  
8<sup>th</sup> Karen Phillips 2:09:27  
9<sup>th</sup> Miranda Carrick 2:10:14  
10<sup>th</sup> Dorta Laska 2:11:29  
11<sup>th</sup> Angie Elshaw 2:13:52  
12<sup>th</sup> Jo McBride 2:17:05  
13<sup>th</sup> Kerry Irwin-Hall 2:18:15  
14<sup>th</sup> Sue Barrett 2:18:16  
15<sup>th</sup> Cheryl Hill 2:21:08  
16<sup>th</sup> Denise Francis 2:22:56  
17<sup>th</sup> Sharon Clutton 2:22:56  
18<sup>th</sup> Pat Lapworth 2:31:50  
19<sup>th</sup> Shirley Faichen 2:31:50

To: [race.director@gosportroadrunners.org.uk](mailto:race.director@gosportroadrunners.org.uk)

Subject: Gosport half marathon 20.11.2011

Dear Dave.

Just wanted to give my feedback on the Gosport half marathon yesterday. You introduced yourself to me as I was about to cross the finish line in final place. I was in agony but accomplished a huge milestone by running my first half marathon.

Your team of marshals and organisers were amazing. Had so much support along the way and the water stations in the airfield waited for us to come through as well as every Marshall along the road. I really appreciate it. It's always been a reason I didn't want to run a half marathon knowing how slow I am as everyone has packed up and gone home when I got there. James (Sawyer), one of your marshals ran with me all the way from the promenade to the finish line and he was very encouraging and kept me going. Thank you for a great race. My friends Chareen and Shona also from "ladies from Kent" enjoyed themselves too.

Thank you for a great race.

Kind regards  
Jane Hywood

Saturday 26.11.2011. Hell Runner Longmoor Training Camp Hampshire.

1406<sup>th</sup> Giles Cowling gun 2:14:58 chip 2:13:51, 1407<sup>th</sup> Eileen Cowling gun 2:14:59 chip 2:13:51,  
1408<sup>th</sup> Sue Barrett gun 2:15:00 chip 2:13:53, 1409<sup>th</sup> Angela Elshaw gun 2:15:00 chip 2:13:54,  
1410<sup>th</sup> Jo McBride gun 2:15:00 chip 2:13:53, 1411<sup>th</sup> Keith Elshaw gun 2:15:00 chip 2:13:54.

Sunday 27.11.2011. Hell Runner Longmoor Training Camp.

1665<sup>th</sup> Paul Street gun 2:18:43 chip 2:15:52, 1666<sup>th</sup> Miranda Carrick gun 2:18:44 chip 2:15:52 (F),  
1667<sup>th</sup> Pete Hewitt gun 2:18:44 chip 2:15:52, 1668<sup>th</sup> Toby Bettridge gun 2:18:45 chip 2:15:56,  
1669<sup>th</sup> Barry Evans gun 2:18:46 chip 2:15:55, 1671<sup>st</sup> Karen Phillips gun 2:18:47 chip 2:15:55 (F),  
1672<sup>nd</sup> Mike Barker gun 2:18:47 chip 2:15:53, 1674<sup>th</sup> Nick Barker gun 2:18:47 chip 2:15:55,  
1678<sup>th</sup> Toni Grundy gun 2:18:52 chip 2:16:02 (F).

27.11.2011. Hayling 10 Miles.

18<sup>th</sup> James Sawyer 1:05:12 (PB), 212<sup>th</sup> Dave Tyce 1:22:47, 287<sup>th</sup> Fiona Tomlinson 1:29:05 (F),  
294<sup>th</sup> Laura Clark 1:29:55 (F), 301<sup>st</sup> Sharon Clutton 1:30:07 (F).

4.12.2011. Todays Runner Cross Country Bourne Woods Liss.

Ladies	Men
49 <sup>th</sup> Jo Oakes	51 <sup>st</sup> Colin Gardner
84 <sup>th</sup> Eileen Cowling	108 <sup>th</sup> Pete Hewitt
94 <sup>th</sup> Sylvia Cawte	119 <sup>th</sup> Brian Fisher
101 <sup>st</sup> Miranda Carrick	128 <sup>th</sup> Baz Evans
102 <sup>nd</sup> Angela Elshaw	148 <sup>th</sup> Toby Bettridge
105 <sup>th</sup> Kellee Read	162 <sup>nd</sup> Mike Battersby
Michelle Hayes (Paramedic)	164 <sup>th</sup> Mike Stares
	170 <sup>th</sup> Giles Cowling
	171 <sup>st</sup> Stuart Jones
	177 <sup>th</sup> Bob Bennett
	178 <sup>th</sup> Steve Cawte

6.12.2011. Club 5k

Men	Ladies
1 <sup>st</sup> James Sawyer 17:52	1 <sup>st</sup> Karen Williams 21:15
2 <sup>nd</sup> Dave Shilling 19:24 (PB0)	2 <sup>nd</sup> Laura Clark 22:37 (PB)
3 <sup>rd</sup> Ian Adolpho-Pugh 19:52	3 <sup>rd</sup> Jenny Shilling 23:59
4 <sup>th</sup> Tim Durant 20:08	4 <sup>th</sup> Tracy Wales 25:51
5 <sup>th</sup> Trevor Wills 21:13 (PB)	5 <sup>th</sup> Eileen Cowling 25:56
6 <sup>th</sup> Mark Mawby 21:23	6 <sup>th</sup> Angela Elshaw 26:27 (PB)
7 <sup>th</sup> Ray Bernice 21:43	7 <sup>th</sup> Megan Thompson 26:35 (1 <sup>st</sup> 5k)
8 <sup>th</sup> Warren Jackson-Hookins 22:12	8 <sup>th</sup> Amber Schothorst 27:50
9 <sup>th</sup> Brian Fisher 22:31	9 <sup>th</sup> Lorraine Williams 28:44
10 <sup>th</sup> Steve Moltini 22:47	10 <sup>th</sup> Pat Lapworth 30:32
11 <sup>th</sup> Steve Micklewhite 23:28 (PB)	11 <sup>th</sup> Gina Heath 31:39
12 <sup>th</sup> Steve Dore 24:02	12 <sup>th</sup> Susan Barker 31:55
13 <sup>th</sup> John Mawby 24:21 (PB)	13 <sup>th</sup> Donna Birtwhistle 36:57
14 <sup>th</sup> Liam Allen 24:22 (1 <sup>st</sup> 5k)	14 <sup>th</sup> Sue Barrett 42:07
15 <sup>th</sup> David Barker 24:43	
16 <sup>th</sup> John Jeffs 25:08	
17 <sup>th</sup> Bob Bennett 26:08	
18 <sup>th</sup> Steve Basely 26:18	
19 <sup>th</sup> Terry Weston 33:54	
20 <sup>th</sup> Sid Smith 33:55	
21 <sup>st</sup> Vick Purchase 36:29 (1 <sup>st</sup> 5k)	
22 <sup>nd</sup> Bill Marsh 42:07 (1 <sup>st</sup> 5k)	

Timekeeper: Gary Francis, Liz Redpath. Numbers Andy Clutton.

11.12.2011. Club 10k Christmas Handicap

Name	Runners Est time	Club Est time	Diff +	Clock time	Act time	Runners time diff
Sue Barker	68:00	68:00	2:00	69:12	67:12	1:12 (F)
Mary Ash	65:00	65:00	5:00	73:34	68:34	3:34 (F)
Denise Little	60:00	60:00	10:00	73:09	63:09	3:09 (F)
Denise Francis	60:00	60:00	10:00	73:08	63:08	3:08 (F)
Rachel Cole	60:00	59:30	10:30	70:06	59:36	-0:24 (F)
Sam Brierly	60:00	59:30	10:30	68:44	58:14	-1:46 (F)
Sue Barrett	60:00	59:00	11:00	69:12	58:12	-1:48 (F)
Jo McBride	60:00	59:00	11:00	68:40	57:40	-2:20 (F)
Meg Thompson	59:00	58:30	11:30	67:54	56:24	-2:36 (F)
Debra Birch	58:00	58:30	11:30	67:55	56:25	-1:35 (F)
Kellee Read	58:00	57:30	12:30	67:29	54:59	-3:01 (F)
Miranda Carrick	58:00	57:30	12:30	69:29	56:59	-1:01(F)
Sean McKay	60:00	57:00	13:00	68:01	55:01	-4:59
Shirley Faichen	55:00	55:00	15:00	70:21	55:21	2:21(F)
Sharon Clutton	55:00	55:00	15:00	69:38	54:38	-0:22 (F)
Bob Bennett	55:00	54:00	16:00	72:44	56:44	1:44
Laura Clark	53:00	49:30	20:30	69:02	48:32	-4:28 (F)
Pete Lindley	50:00	49:30	20:30	68:26	47:56	-2:04
Steve Dore	50:00	49:00	21:00	68:04	47:04	-2:56
Baz Evans	47:30			48:00	48:00	-0:30
Nick McBeath	48:00	46:30	23:30	72:46	49:16	1:16
Brian Fisher	47:00	46:30	23:30	70:00	46:30	-0:30
Alan Burgess	47:00	45:00	25:00	70:37	45:37	-1:37
Trevor Wills	45:00	44:00	26:00	68:34	42:34	-2:26
Tim Durant	42:00	42:00	28:00	71:11	43:11	1:11
Colin Gardner	41:00	41:00	29:00	69:42	40:42	-0:18
Chris Buxton	39:00	39:30	30:30	69:21	38:51	-0:09
James Sawyer	37:00	36:00	34:00	69:01	35:01	-1:59

1<sup>st</sup> Lady back :- Kellee Read

1<sup>st</sup> Man back Sean Mckay

Closest to predicted time Lady :- Shirley Faichen

Closest to predicted time Man :- Chris Buxton

18.12.2011. Portsmouth Coastal Marathon.

141<sup>st</sup> James Sawyer gun 3:36:10 chip 3:35:44, 158<sup>th</sup> Paul Street gun 3:40:30 chip 3:39:27,  
 241<sup>st</sup> Karen Williams gun 3:54:29 chip 3:53:25 (F), 278<sup>th</sup> Jo Oakes gun 3:59:38 chip 3:58:34 (F),  
 302<sup>nd</sup> Pete Hewitt gun 4:02:37 chip 4:01:33, 391<sup>st</sup> Ray Bernice gun 4:17:12 chip 4:16:08,  
 514<sup>th</sup> Michelle Hayes gun 4:47:19 chip 4:46:15 (F), 515<sup>th</sup> Keith Elshaw gun 4:47:25 chip 4:46:21.

28.12.2011. Christmas Handicap 10k.

1.1.2012. Today's Runner Cross Country Lord Wandsworth College.

Ladies

42<sup>nd</sup> Jo Oakes  
73<sup>rd</sup> Michelle Hayes  
74<sup>th</sup> Sylvia Cawte  
93<sup>rd</sup> Amber Schothorst  
96<sup>th</sup> Deborah Birch  
104<sup>th</sup> Fiona Tomlinson

Dnf Miranda Carrick

Men

103<sup>rd</sup> Ian Adolpho-Pugh  
117<sup>th</sup> Alan Burgess  
129<sup>th</sup> Pete Hewitt  
141<sup>st</sup> Ray Bernice  
146<sup>th</sup> Baz Evans  
163<sup>rd</sup> Toby Bettridge  
177<sup>th</sup> Mike Barker  
180<sup>th</sup> Mike Kearney  
181<sup>st</sup> Mike Stares  
189<sup>th</sup> Stuart Jones  
191<sup>st</sup> Steve Beasley  
198<sup>th</sup> Sean McKay  
201<sup>st</sup> Steve Cawte

28.1.2012. Today's Runner Cross Country Manor Farm.

20<sup>th</sup> Chris Buxton  
57<sup>th</sup> Ian Adolpho-Pugh  
96<sup>th</sup> Pete Hewitt  
97<sup>th</sup> Alan Burgess  
126<sup>th</sup> Baz Evans  
127<sup>th</sup> Ray Bernice  
133<sup>rd</sup> Toby Bettridge  
139<sup>th</sup> Keith Elshaw  
143<sup>rd</sup> Mike Kearney  
151<sup>st</sup> Mike Barker  
153<sup>rd</sup> Mike Stares  
165<sup>th</sup> Stuart Jones  
175<sup>th</sup> Martin Rowell  
Steve Cawte

39<sup>th</sup> Jo Oakes  
64<sup>th</sup> Sylvia Cawte  
71<sup>st</sup> Fiona Tomlinson  
75<sup>th</sup> Deborah Birch  
77<sup>th</sup> Jo McBride  
78<sup>th</sup> Michele Hayes  
92<sup>nd</sup> Esther Lasham  
93<sup>rd</sup> Pat Lapworth

17.3.2012. Minehead to Lynmouth and back 40 miles.

24<sup>th</sup> Andy Clutton 10:49:51.