

First Name	Surname	Age Cat	Running Club	Number
Duncan	Abbott	M40		392
Emma	Alexander-floyd	F		379
Sam	alexander-floyd	M		380
Mark	Allen	M50		423
Tom	Amery-Matthews	M45	TWC	1
Martin	Andrews	M50		289
Ralph	Andrews	M		299
Mick	Anglim	M60	Hardley Runners	462
Jan	Anglim	FVet	Hardley Runners	463
Sharon	Appleton	F45		317
Jim	Armitage	M50	Alton Runners	345
Matt	Armstrong	M		34
Peter	Armstrong	M50		35
James	Arrowsmith	M50		141
ELEANOR	ARTHUR	F		82
Jay	Asher	M55		498
Clare	Ashman	F35		440
James	Ashton	M		83
Bryony	Ashurst	F		193
Nick	Atherton	M60		176
pat.bacon@btinternet.com	Bacon	F55	Alton Runners	368
Kathryn	Bailey	F45	Winchester & District A.C	279
Heather	Baker	F35		416
Kali	Banda	M	Itchen Spitfires RC	301
Simon	Barber	M		359
James	Barney	M		399
Amanda	Beedham	F45		75
Matthew	Bennett	M	Southampton AC	389
Owen	Beswick	M40		182
Roy	Bevan	M40	Hatch Warren Runners	373
Robert	Bewes	M40		69
Richard	Bidgood	M40	Winchester and District AC	162

Dominic	Biggs	M		267
Joanna	Bishop	F55		325
Darren	Blake	M45		490
Jennie	Blake	F35		491
Lizzie	Blandford	F		163
Helen	Bonaer	F35	Itchen Spitfires	149
Helen	Bonaer	F35	Itchen Spitfires Running Club	151
Katie	Bonar	F35		479
Daniel	Bowden	M		320
Caroline	Bowden	F		321
Paul	Boyd-Leslie	M40	Eastleigh Running Club	53
Lara	Brackwell	F		25
Cathy	Brackwell	F55		27
Simon	Brackwell	M		174
Craig	Broadbent	M40		327
ANGELA	BROWN	F55		295
Neil	Brown	M	Basingstoke and Mid Hants AC	401
Andrew	Bryson	M40	Winchester & District AC	300
James	Buckler	M		434
Graham	Bungay	M50	2751435	386
Vicky	Burke	F45		383
Frankie	Burton	F		403
Jason	Bushnell	M35	TWC	3
Clare	Bushnell	F	TWC	6
Chris	Buxton	M50	Gosport road runners	329
Amy	Byam	F35		167
Jonathan Cantelo-Jones	Cantelo-Jones	M50		360
Helen	Casson	F35	Hart road runners	332
Sarah	Cessford	F45	Fareham crusaders	391
david	chalk	M50	itchenspitfires running club	124
Amanda	chalk	F45	itchenspitfires running club	125
Caroline	Chalk	F35	Alton runners	263
Joanne	Chamberlain	F35	Chineham Park Running Club	415

Andrew	Chang	M40		22
Tina	Chantrey	F45	Stubbington Green Runners	450
Juliet	Charlton	F35		420
Miles	Chesterman	M40		378
Daisy	Chetwode	F	Alton Runners	376
David	Chillingworth	MVet		287
Lee	Clare	M	Hedge End Running Club	127
Isobel	Clarke	F		76
terry	clarke	M50		117
Brenda	Clarke	F45		201
Elle	Clarke	F		362
Graham	Clarke	MVet	Denmead Striders	370
Poppy	Clements	F	Winchester & District AC	294
Stephen	Clow	M50	Worthy Runners	437
David	Coak	M	Eastleigh Running Club	111
Ady	Cobb	M50		457
Helen	Collett	F55	Hart Road Runners	219
Sam	Cooke	F35		206
Becca	Corbett	F45		96
Robert	Cornwell	MVet	Fleet & Crookham AC	15
Jhon	Cosgrove	M	Vegan Runners	85
Alan	Cowan	M	Hedge End Running Club	268
sam	cox	F	3557821	213
Oliver	Cox	M35		486
Tamsyn	Crane	F35		233
Beth	Cullen	F	Hart Road Runners	326
Joanna	Curtis	F55	Winchester & District AC	145
Byron	Da silva	M40		385
Lenny	Dalby	F35		211
Ian	Davidson	M40	17 Port & Maritime Veteran Runners	120
Nicky	Davidson	F45		285
Samantha	Davies	F35		354
Katherine	Davies	F35		408

Jenny	Dawes	FVet	Lordshill Road Runners	337
Eli	Dawson	M	Alton runners	203
Mandy	Dening	F		324
Tim	Dicker	M40		340
Nick	Digby	M50		236
Damian	Dineen	M40		220
Kate	Douglas	F45		296
Suzy	Dovell	F35	TWC	4
Ryan	Dovell	M35	TWC	5
Ellie	Duddridge	F35		302
David	Dunford	M40	Eastleigh	99
Will	Dunford	M		100
Neil	Dyer	M50	Portsmouth Joggers	265
Justin	Earle	M40		108
Stuart	Edmonds	M40	Chineham park rc	439
Beccy	Edsforth	F		14
Mark	Ellis	M60		424
Marc	Elton	M40		67
Claire	Elton	F35		239
Lisa	Emery	F35		231
Melanie	Espin	F45		68
Gareth	Evans	M	Itchen Spitfires Running Club	47
Rachel	Evans	F	Southampton AC	390
Jen	Ewens	F		170
Jonathan	Farrington	M	Hedge End Running Club	64
Rebecca	Farry	F	Chineham Park Running Club	303
Ross	Ferguson	M		40
Mike	Fernando	M40		398
Julie	Fishwick	F45		102
Sarah	Flannigan	F		48
James	Flood	M40		183
Victoria	Flood	F35		184
Steve	Flook	M60	Mels Milers	447

Angharad	Foster	F45		18
Hallam	Foster	M45	Farnham Runners	493
Charlie	Fowler	M		402
Jackie	Francis	F35		286
Caroline	Freeman	F45	Alton	43
Penny	Freeman	F35	Winchester and District AC	482
Lisa	Froment	F	Fitique	472
Joe	Fuccio	M		186
Isabel	Gardner	F55	Portsmouth Joggers	237
Colin	Gardner	M50	Gosport Road Runners	238
Sophie	Gay	F		59
Sarah	Gibbs	F		8
Neil	Glasspool	M40	Itchen spitfires running club	388
Josephine	Goddard	F45		113
ANDREA	GOODMAN	F55		41
Alexander	Goodman	M		71
Jo	Goodman	F35		252
Jenny	Goodman	F35		257
Nichola	Gordon-Jones	F	Alton runners	351
Emma	Gorwood	F	Winchester And District Athletics Club	90
Martyn	Greaves	M60	fittleworth flyers	258
ALAN	GREENWOOD	M60		275
Allison	Greenfield	F45		62
Giles	Greenfield	M40		63
Tom	Greenwood	M		250
Sabrina	Gurling	F55		196
Sarah	Gurney	F45	Winchester & District AC	445
Jamie	Hadley	F		318
Stephen	Hall	M40		448
Christine	Halls	F		92
Fin	Hampton	M		77
James	Hardy	M		406
Janice	Harmer	F45		270

James	Harper	M35	TWC	2
Penny	Harper	F35	TWC	7
Rebecca	Harris	F		209
Daniel	Harris	M		247
Rob	Harris	M		328
David	Harris	M	Worthy Runners	421
Christine	Harris	FVet	Hardley Runners	481
Amanda	Harris	F35	Itchen Spitfires Running Club	495
Amanda	Harris	F45	Itchen Spitfires Running Club	496
Chris	Harrop	M50		253
Helen	Hart	F45	Hart Road Runners	9
Fiona	Harvey	F		228
Richard	Harvey	M		229
Peter	Harwin	MVet		381
Adrian	Haughton	M50	Winchester and District Athletics Club	139
Janet	Haughton	F45	Winchester and District Athletics Club	140
Matt	Hayhurst	M		444
Daphne	Hazell	F35		36
Karen	Hazlitt	F45	Winchester & District AC	133
Olivia	Hazlitt	F		134
Annabel	Hazlitt	F		135
Angela	Head	F45		371
Rachel	Heapy	F35		205
JJ	Heath-Caldwell	M50	WADAC	364
Tony	Heddon	M50		342
Karen	Heddon	F55		343
Emily	Heddon	F		344
Charlotte	Hellewell	F45		200
Andy	Herman	M35	Itchen Spitfires	494
MARK	HEWITT	M60	The Stragglers	143
Glyn	Hicks	M		88
Claire	Hicks	F		89
Andrew	Hill	M40		336

Stuart	Hoare	M50	Denmead Striders	461
Cliff	Hobby	M40		10
Eleanor	Hobby	F		11
Nicholas	Holmes	M50	Fleet & Crookham AC	281
Nick	Holtby	M		17
GEOFFREY	HOLTOM	M50	SWINDON STRIDERS	81
Peter	Honeycombe	M50		155
Cheryl	Honeycombe	F45		156
Leanne	Hoogwaerts	F		251
Andrew	Hook	M		73
Sandra	Hook	F55	Hedge End Running Club	94
Slaney	Hopkins	F		271
Jenna	Hornett	F		204
Rory	Horseman	M	Hatch Warren Runners	476
Jessica	House	F		243
Ian	Howlett	M50		431
Graham	Hughes	M40		86
Graham	Hughes	M40		363
Julie	Humphries	F45	Alton Runners	387
Amanda	Hungate	F45		230
oliver	hunt	M40		178
Melanie	Hunt	F55	Denmead Striders	369
Sally	Hunt	F		422
Sally	Hunter	F55		121
Tony	Hurlin	MVet		276
Mehdi	Husain	M40	Alton Runners	280
Robert	Huttlestone	M		87
Claire	Imhofe	F35		138
Eugenia	Jackman	F45	Elmbridge Road Runners (ERR)	297
Stuart	Jackson	M		51
Richard	Jackson	M40		157
Gary	James	M50		38
Jo	James	F45		39

Clare	Jesson	F45	Itchen Spitfire Running Club	374
simon	johnston	M		396
Ian	Jones	M50	Portsmouth Joggers Club	28
Leon	Jones	M40		240
Chris	Jones	M50	Itchen Spitfire running club	310
Ben	Jones	M	Cambridge & Coleridge AC	333
Jonathan	Kane	MVet	2931968	441
Michael	Kearns	M		197
Kevin	Kearns	M50		198
Euan	Kellie	M		291
Jamie	Kerr	M		245
will	kesterson	M35		488
Claire	Kielczewska	F35		21
Matthew	Killick	M40		55
Jonathan	Killick	M40		58
James	Killing	M40		181
Jamie	Kilner-Smith	M40	Alton Runners	367
Katy	King	F35		283
Camille	King	F35	Southampton Athletic Club	446
cathy	kinnear	F45		105
Jo	Knight	F35		136
Martin	Knight	M		168
Mark	Knott	M		169
Michael	Koch	M50		146
Oliver	Koch	M		147
bernadette	Labuschagne	F		190
Zahra	Lalani	F35		397
Tom	Lane	M		308
Amy	Lane	F		309
Gemma	Langley	F	3353076	346
Ross	Langley	M35	Fitique	473
Jonathan	Langueneur	M		46
Heather	Laughlin	F	Alton Runners	222

Richard	Laughlin	M		223
Paul	Le Page	M		80
Tim	Leach	M40		122
Zillah	Leach	F45		123
Albert	Leach	M		191
Marc	Leckie	M		166
Gissele	Leishman	F45	Portsmouth Joggers club	23
Fran	Light	F45	Alton Runners	98
Kirsty	Lintott	F		148
Sinead	Livesey	F		477
Jackie	Lloyd	F35	Victory AC	433
Dominic	Lobo	M40	Fleet & Crookham AC	451
Lesley	Locks	F35	Hart road runners	254
George	Long	M	City of Portsmouth AC	487
Tessa	Loots	F		246
Philip	Lovatt	M50		464
Jenny	Lovatt	F45		465
Paula	Lovell	F35	Itchen Spitfires Running Club	334
Amy	Low	F35		212
Michael	Manby	M		435
Andrew	Mann	M40	Andy Mann	269
Liz	Marshall	F35	winchester and district athletics club	115
sarah	massey	F	Liss Runners	249
Kerry	Mather	F45		356
Charlie	Mather	M		357
Sophia	May	F35	Hatch Warren Runners	319
Lucy	May	F	Stubbington Green Runner	414
Kelly	May	F		478
Alison	Mayne	F45		128
Colin	Mc Donnell	M40		241
Adam	McCarthy	M		353
Philip	McCormick	M45		485
Robert	McCourt	M50		256

Nick	McCreath	M50		130
john	mcelroy	M50	Cprc	70
John	McKenzie	M60	Hedge End Running Club	93
Laura	McKenzie	F	Lordshill Road Runners	339
lindsey	Mclennan	F45		432
Marta	Melvin	F55		30
nicola	miller	F35		217
KEVIN	MILLS	M50	ITCHEN SPITFIRES	428
Matthew	Mills	M		429
Kery	Monaghan	F45	Chineham Park Running Club	104
Mark	Mondon	M50		177
Philip	Moore	M	3423016	224
James	Moore	M	3348334	377
Alistair	Morey	M40	Alton Runners	375
Louise	Morgan	F		185
Lorraine	Morgan	F45	Portsmouth joggers	248
Janette	Morgan	F55		262
Kate	Morton	F		97
Geraint	Morton	M45		484
Carole	Mulry	F55	Bognor Tone Zone runners	144
Aisha	Murphy	F35	Itchen spitfires running club	430
Penny	murray	F35		52
Rachael	Neall	F35		290
Ian	Nelson	M40		418
Adrian	New	M50		348
Karen	New	F55		349
Christopher	New	M		350
Hugh	Nightingale	M		95
michael	odell	M60		37
Christiane	Ogier	F35		288
Tim	Olney	M40		417
Ann Christin	Olsen Haines	F35		372
Catherine	O'Neill	F		384

Lynn	Owen	F45		118
Louise	Owen	F		273
Donna	Paddick	F		266
Kelly	Page	F		411
Colin	Page	M50		412
Richard	Paget	M50		400
Monty	Palfrey	M50		129
Jo	Parish	F45		284
simon	parker	M50	hatch warren runners	54
Hayley	Parker	F35		110
Andrew	Parker	M50		407
Steve	Patey	M50		44
Cliff	Patey	M50		316
Vicky	Payne	F35		79
Catherine	Payne	F55		132
Rachel	Pearce	F35		152
Sarah	Pearce	F35		153
mike	Pearce	MVet	alton runners	199
Freya	Pearson	F45		72
Allan	Persson	M40		31
Jayne	Pervin	F35		255
Will	Peshall	M		172
Joe	Peshall	M		173
Simon	Pettinati	M40		306
Dave	Phelps	M45		499
Ian	Philip	M45	Fleet and Crookham AC	492
Nigel	Phillips	M60	Mel's Milers	456
Sarah	Pithers	F		449
Steve	Porcher	M40		341
Nick	Poskitt	M	Hatch Warren Runners	475
Charlie	Preston	M		395
rowena	price	F35		61
Ian	Ralph	M40		91

Nalini	Ramachandram	F35	Hatch warren runners	315
James	Rankin	M		24
Marek	Rarok	M40		292
Jane	Rarok	F45		293
Dean	Rawlins	M		19
Jon	Read	M40		142
Neil	Read	M		355
Jayne	Reid	F45		304
Chris	Reilly	M40		171
Heather	Renton	F35		419
Sara	Rhimes	F55	Eastleigh Running Club	194
Godfrey	Rhimes	M60	City of Portsmouth AC	195
Sally	Rice	F35		114
Ben	Ringrose-Voase	M	Winchester and District Athletics Club	497
Verity	robinson	F		298
Laura	Rogers	F		242
Greg	Rogers	M		409
Karen	Sage	F45		426
Andrew	Sage	M40		427
Will	Sanders	M		358
Peter	Sansome	F35	Winchster & District AC	311
Sarah	Sansome	F45		312
Alison	Sargeant	F35		480
Carly	Sargent	F35		338
Amir	Savage	M40	3552435	347
Jane	Scrase	F	3417824	382
Linda	Seymour	F55	Itchen Spitfires Running Club	154
Olly	Shadbolt	M40		330
Cara	Shadbolt	F35		331
Oliver	Shadey	M40		466
Sarah	Shadey	F45		467
Colin	Shaw	MVet	Mel's Milers	442
Naomi	Shaylor	F45	Alton Runners	109

Christopher	Shearer	M		49
sarah	Shedden	F35	Winchester and District Athletics Club	438
Ian	Shelbourn	M40		112
Albert	Shepherd	M60	Portsmouth joggers	188
john	shepherd	M60	portsmouth joggers	221
Rachel	Sheppard	F		272
Richard	Shingleton-Smith	M50	Winchester & District AC	158
Michael	Shingleton-Smith	M	Winchester & District AC	159
Kathy	Simmons	F45		137
Aidan	Simons	M60		45
Jo	Simpson	F45		189
Peter	Simpson	M	Stubington Green Runner	413
Shane	Sims	M		460
Nikki	Skeats	F45		260
Laura	Slade	F		26
Katie	Sloan	F		277
shirley	slough	F55	Mel's Milers Jogging Club	455
Claire	Smith	F45		29
Charlie	Smith	M		42
Gary	Smith	M40		56
Greg	Smith	M40		57
John	Smith	M		84
James	Smith	M		103
Alison	Smith	F45	Portsmouth Joggers	164
Gemma	Smith	F		282
Sharon	Smith	F35		470
Georgia	Smith	F		471
Jessica	Smith	F35	3552779	489
andrea	sommerville-hewitt	F35		278
Antony	Spears	M40		314
Matt	Spencer	M		180
Mark	Stanmore	M40	Itchen Spitfires Running Club	216
Laura	Stevens	F		443

Neill	Storey	M40		175
Natalie	Straffon	F		210
Hannah	Streatfeild	F		226
Peter	Swithinbank	M60		179
Tim	Sykes	M50		458
Abbie	Tarrant	F		50
sara	taylor	F45		410
peter	terry	M50		274
tiziano	tesolin	M50	alton runners	469
Colin	Thatcher	M60	Hatch Warren Runners	202
Simon	Thompson	M50	Fleet & Crookham AC	12
Jo	Thompson	F45		13
Imogen	Thompson	F	Fleet & Crookham AC	16
Bethany	Thompson	F35		500
Matthew	Thorne	M40	Fleet and Crookham AC	232
James	Tillotson	M		32
guy	Tillotson	M40		33
Toby	Tillotson	M		305
Anna	Tindall	F		227
louisa	Torrance	F		66
George	Tovey	M	South London Harriers	74
Gemma	Towlson	F35		65
Richard	Townsend	M45		483
Caroline	Tredwell	F35		207
Amanda	Troughton	F35		234
ian	truesdale	M50		214
Andrew	Turner	M50	Liss Runners	436
Vanessa	Valentini	F35		459
Linda	van der Wel	F35	Basingstoke & Mid Hants	78
Monique	Van Nueten	F55	Overton Harriers & AC	60
Ana	Vicente	F		192
holly	waldeck	F		131
Katie	Walker	F35		208

David	Walker	M40	Winchester and District AC	425
Rob	Wall	M	Hedge End RC	126
h	WALLACE	F45		160
Steve	Waller	M		20
Andy	Ward	M40	Itchen Spitfires Running Club	150
Dave	Warman	M40	Hatch Warren Runners	322
Paul	Warren	M50	Hatch Warren Runners	187
Luke	Warren	M		352
Martin	Waterfield	M		335
Jim Watson	Watson	M50		119
Jessica	Watson	F35		215
Neil	Watson	M40		313
ian	watts	M50	david lloyd	101
james	watts	M		264
Mark	Waughman	M40	Itchen spitfires running club	454
Richard	Webley	M		235
Kirsty	Wedderspoon	F35		225
Karen	Wells	F35		244
Bridget	Wells	F45		261
Ben	Whettingsteel	M	Eastleigh RC	107
Lucy	White	F		106
neil	white	M40		323
Martin	White	M40		361
Neil	White	M	Totton Running Club	365
Elizabeth	White	F	Totton running club	366
Hannah	Willey	F		404
Catherine	Willey	F		405
Samantha	Williams	F45		116
Tanya	Williamson	F45		468
Ian	Willoughby	M40		307
CHRIS	WINBOURNE	M40	Hedge End Running Club	452
JORDAN	WINBOURNE	M	Hedge End Running Club	453
Deborah	Winn	F55	Portsmouth Joggers	165

Nick	Wood	M40	Winchester and Discript AC	161
Jonathan	Woods	M		218
Toby	Woods	M	WADAC	393
Jonathan	Woods	M40		394
Stefi	Woods-Davidson	F	Fitique	474
Chloe	Woolf	F	New Forest Runners	259