

Last name	First name	Running Club
Ablitt	Annette	Portsmouth Joggers
Abrahams	Pete	Fareham Crusaders Running Club
Agar	Robert	Lordshill Road Runners
Amber	Joseph	Hedge End Running Club
Ambrose	Neil	Farnham Runners
Andresier	Susan	
andrews	stephen	Stubbington Green Runners
Anglim	Mick	Hardley Runners
Anglim	Jan	Hardley Runners
Arbury	John	Alton Runners
Arbuthnot-smith	Emily	Overton Harriers & AC
Armitage	Jim	Alton Runners
Armstrong	Natasha	Portsmouth Joggers
Arnold	Chris	
Aspinall	George	Fareham Crusaders Running Club
Avery	Jane	
Avery	Joanna	Hardley Runners
Avery	Steven	Hardley Runners
Avery	Joseph	
Backhouse	Paul	Eastleigh RC
Backshell	Helen	Lordshill Road Runners
Bacon	Patricia	Alton Runners
Bacon	Richard	Alton Runners
Baggs	William	Hedge End Running Club
Bailey	Clair	Farnham Runners
Bailey	Steve	Farnham Runners
Bailey	Frazer	
Baker	John	
Baker	Fiona	
Baker	Justin	
Baker	Emma	
Baker	Gary	Netley Abbey Runners
Baker	Daniel	Southampton Athletic Club
Baker	Jack	
Bala	Rachel	City Of Salisbury AC & RC
Balch	Paula	Hedge End Running Club
Baldwin	Colin	Alton Runners
Baldwin	Colin	Alton Runners
Balfour	Kevin	Eastleigh RC
Ball	Derek	
Barber	Jeremy	Hardley Runners
Barlow	Rob	Totton RC
Barlow	Robbie	Totton RC
Barrett	Richard	
Barron	Sarah	Stubbington Green Runners
Bartlett	Lucy	Fareham Crusaders Running Club
Barton-Leigh	Mark	
Beadle	Sam	
Beatson	Paul	

Beattie	Ian	Fareham Crusaders Running Club
Beautyman	Abi	
Belfield	George	Winchester & District AC
Bell	Graham	
Bellows	Wayne	
Bennetts	Kelly	Stubbington Green Runners
Bickley	Shirlie	
Bidmead	Richard	City Of Salisbury AC & RC
Biggs	Carie	
Blackledge	Samantha	Portsmouth Joggers
Blake	Catherine	Liss Runners
Blyth	Douglas	Farnham Runners
Boichot	Clare	
Booth	ian	Netley Abbey Runners
Booth	Melanie	Netley Abbey Runners
Bowers	Ian	Hedge End Running Club
Bracey	Helen	Farnham Runners
Bracher	Lara	
Bradley	Ian	Hedge End Running Club
Bradley	Janine	
brady	jackie	Gosport Road Runners
Brett	Steve	Andover AC
Bridgeman	Mike	Hedge End Running Club
Brooks	Mark	Fareham Crusaders Running Club
Brothers	Katie	Overton Harriers & AC
Brown	Colin	
Brown	LESLEY	City Of Salisbury AC & RC
Browne	Jacque	Farnham Runners
Browne	Antony	Netley Abbey Runners
Bruce-Low	Annie	
Brunink	Vicki	Netley Abbey Runners
Budden	Heather	
Bundy	Chris	Netley Abbey Runners
Butcher	Lisa	
Butcher	Michael	
butler	paddy	Hardley Runners
Butler	Sarah	Hedge End Running Club
Butler	James	
Butler	Laura	
Butt	Helen	
Cain	Natalie	Winchester & District AC
Caldwell	Andy	Andover AC
Callister	Melissa	Winchester & District AC
Campbell	Annwen	
Cannon	Claire	Lordshill Road Runners
Captain	Mathew	Netley Abbey Runners
Carey	Jayne	Eastleigh RC
Carr	Steve	Netley Abbey Runners
Carter	Paul	Hardley Runners
carter	kim	Gosport Road Runners

Catchlove	Neil	Lordshill Road Runners
Cathie	Jonathan	Lordshill Road Runners
Cessford	Sarah	Fareham Crusaders Running Club
Chamberlain	Katherine	Stubbington Green Runners
Chamberlain	Mark	Hedge End Running Club
Chamberlain	Phil	Fareham Crusaders Running Club
Chester	Christopher	Hedge End Running Club
Cheyney	Matthew	Denmead Striders
CHLEBOWSKI	JACQUELINE	City Of Salisbury AC & RC
Chlebowski	Carol	City Of Salisbury AC & RC
Chorlton	Alun	
Choudhury	Rubayat	Fareham Crusaders Running Club
Chowns	Richard	Stubbington Green Runners
Churcher	Steve	Eastleigh RC
Clarke	Graham	Denmead Striders
Clarke	Debbie	Victory AC
clarke	terry	Overton Harriers & AC
Clarke	Vicki	Hardley Runners
Clarke	James	Farnham Runners
Clow	Stephen	Alton Runners
Clow	Jim	Victory AC
Coady	Sophie	Totton RC
Coe	Nick	
Coe	Alexandra	Lonely Goat RC
Coffey	Matt	Southampton Athletic Club
Cole	Steve	
Cole	Liz	OS Runners
Cole	Julia	
cole	Kadim	
Cole	Claire	
Coleman	Russ	Stubbington Green Runners
colling	frankie	Eastleigh RC
Collins	Virginia	Totton RC
cook	sarah	Netley Abbey Runners
Cook	Chris	Lordshill Road Runners
Cooter	Mark	Victory AC
Copeland	Kay	Farnham Runners
Cornwall	Joseph	City Of Salisbury AC & RC
Cornwell	Chris	Denmead Striders
Costello	Jane	Hedge End Running Club
Cowan	Alan	Hedge End Running Club
Cowlin	Lucy	Victory AC
Coxhill	Yvonne	Hedge End Running Club
Cramp	Christopher	Farnham Runners
Crocker	Marilyn	Victory AC
Croom	Jonathan	City Of Salisbury AC & RC
Cross	Richard	Romsey Road Runners
Cuff	Eleanor	
Cunliffe	Neil	Hart Road Runners
Curtis	Joanna	

Dallimore	Mark	Netley Abbey Runners
Davey	Shaun	Netley Abbey Runners
Davies	Sian	Overton Harriers & AC
Day	Kira	
Day	Andrea	
Deacon	Jeff	Eastleigh RC
Deacon	Claire	Eastleigh RC
Deller	Sarah	Fareham Crusaders Running Club
Deller	Michael	Fareham Crusaders Running Club
Dent	Abbigail	Lordshill Road Runners
Devine	George	Fareham Crusaders Running Club
Dewey	Chris	Andover AC
Diaper	Jon	Eastleigh RC
Dibden	Stephanie	Eastleigh RC
Diggle	Richard	Itchen Spitfires Running Club
Dixon	Cheryl	
Dodkin	Teresa	Totton RC
doherty	chris	Lonely Goat RC
Dolan	Mark	
Dowling	Gillian	Gosport Road Runners
Driscoll	Neil	Fareham Crusaders Running Club
Drummond	Robert	Farnham Runners
Duck	Saul	Winchester & District AC
Dudgeon	Andrew	Hedge End Running Club
Duffy	John	City Of Salisbury AC & RC
Duncan	Kimberly	
Dyson-Laurie	Shirley	Winchester & District AC
Eade	Paul	Eastleigh RC
Easton	Sally	Winchester & District AC
Elliott	Lauren	
Essery	Rosie	Lordshill Road Runners
Evans	Gwenda	Lordshill Road Runners
Fairall	Charlotte	
Fairall	Gareth	
Farrington	Jonathan	Hedge End Running Club
Fenlon	Alice	Hedge End Running Club
Flavin	Joanne	Netley Abbey Runners
Flores	Miguel	Winchester & District AC
Foster	Daniel	Stubbington Green Runners
Foster	Jamie	Itchen Spitfires Running Club
Fowler	David	Netley Abbey Runners
Fradgley	Daniel	Itchen Spitfires Running Club
Fradgley	Jennifer	Itchen Spitfires Running Club
Franceschini	Daniele	Eastleigh RC
Franklin	Lynne	Gosport Road Runners
Fraser	Lucy	Lordshill Road Runners
Freeman	Penny	Winchester & District AC
Friedman-Brown	Danielle	
Friend	Liz	Eastleigh RC
Furlong	Michael	Hedge End Running Club

Gallagher	Dan	Lordshill Road Runners
Gammon	Michelle	Totton RC
Garnett	Glenn	
Gaskell	David	Winchester & District AC
Gates	Andrew	Totton RC
Gaunt	Amy	Denmead Striders
George	Dylan	Andover AC
Gerlach	Rose	Victory AC
Giacomin	Mark	
Giering	Sari	Lordshill Road Runners
Giles	Anna	Eastleigh RC
Giles	Robert	Eastleigh RC
Gilholm	Jo	Victory AC
Gill	Bal	Eastleigh RC
Goodwin	Gill	Winchester & District AC
Goodwin	Steve	Winchester & District AC
Gordon	Mike	Totton RC
Gover	Tanya	
Gower	Amy	
Graham	Alan	Lordshill Road Runners
Graham	Sam	Gosport Road Runners
Granell	Louise	Farnham Runners
Grasmeder	Ian	Lordshill Road Runners
Greaves	Brian	
Green	Kate	Bournville Harriers
Green	Connie	Lordshill Road Runners
Greenfield	Robin	Liss Runners
griffin	barry	
Griffiths	Nicholas	Lordshill Road Runners
Grove	James	Hedge End Running Club
Hadley	William	Winchester & District AC
Hall	Simon	
Hall	Simon	Totton RC
hammond	paul	Eastleigh RC
Hankins	Marc	City Of Salisbury AC & RC
Hanson	Simon	Fareham Crusaders Running Club
Hardaway	Alistair	Farnham Runners
Hargreaves	Mark	City Of Portsmouth AC
Harman	Catherine	
Harris	Brian	Denmead Striders
Harris	Christine	Hardley Runners
Harwood	Caroline	Fareham Crusaders Running Club
Hayles	Clare	
Hayward	Ian	Portsmouth Joggers
Head	Michael	Hedge End Running Club
healy	terry	Victory AC
heath	sara	Victory AC
Heather	Nicky	
Helyer	Emma	Fareham Crusaders Running Club
Hesselberth	Alison	Stubbington Green Runners

Hillier-Wheal	Louise	Solent Running Sisters
Hillier-Wheal	Louise	Solent Running Sisters
Hines	Nick	
Hitchins	Heather	City Of Salisbury AC & RC
Hodge	Jane	Hardley Runners
Hodgson	Carolyn	
Holloway	Melvyn	City Of Salisbury AC & RC
Holloway	Stuart	City Of Salisbury AC & RC
Holloway	Alison	City Of Salisbury AC & RC
Holmes	Sean	Overton Harriers & AC
Houdoire	Tracey	Isle Of Wight RR AC
Hughes	Sarah	
Hughes	Emlyn	Fareham Crusaders Running Club
Hughes	James	Fareham Crusaders Running Club
Hull	Aidan	Totton RC
Humphreys	Debbie	Gosport Road Runners
Humphreys	Paul	Gosport Road Runners
Hurlo	Sophia	Gosport Road Runners
Ibbotson	Simon	Hardley Runners
INGRAM	REECE	City Of Salisbury AC & RC
Ingram	Charlotte	City Of Salisbury AC & RC
jakins	Mark	Gosport Road Runners
James	Matt	Hedge End Running Club
Jarvis	Rachel	Victory AC
Jay	Julia	
Jeffery	Rhian	Lordshill Road Runners
Jenkinson	Hazel	Victory AC
Johnson	Ruth	Netley Abbey Runners
Johnson	Steve	Lordshill Road Runners
Johnson	Callum	Hardley Runners
Jolliffe	Peter	Ryde Harriers
Jones	Brian	Eastleigh RC
Jones	Roger	
Jones	Robert	Hedge End Running Club
Juliff	Gareth	Overton Harriers & AC
Jurdic	Theresa	Eastleigh RC
Kaines	Alison	Totton RC
Kane	Jonathan	Winchester & District AC
Keeler	Charlotte	Lordshill Road Runners
Kelly	Duane	
Kemp	Pam	Stubbington Green Runners
Kennard	Dorothea	Totton RC
Kershaw	Jonathan	City Of Salisbury AC & RC
Keyte	Bridget	Isle Of Wight RR AC
Kidby	John	Fareham Crusaders Running Club
Kidby	Lois	
Kilty	Lynda	
Knight	Jane	City Of Salisbury AC & RC
Labram	Joanne	Hedge End Running Club
Lambert	Emma	

Larcombe	Richard	City Of Salisbury AC & RC
Latham	Daniel	Hardley Runners
Latham	Daniel	Hardley Runners
Lathwell	James	Hedge End Running Club
Lawless	William	Itchen Spitfires Running Club
Lee	Nigel	Hedge End Running Club
Lee	Jessica	Hedge End Running Club
Lee	Richard	
Lee	Marcus	
Lee	Stephen	Ryde Harriers
Leighton-Goodall	Alex	Fareham Crusaders Running Club
Lewis	Bradley	Hedge End Running Club
Lewis	Chris	Netley Abbey Runners
Light	Fran	Alton Runners
Lockyer	Claire	Netley Abbey Runners
Long	Tracy	Victory AC
Lovelock	Simon	Overton Harriers & AC
Lovesey	Louise	Lordshill Road Runners
Lovesey	Matt	Lordshill Road Runners
Lowy	Stephen	Winchester & District AC
Lydford	Gail	New Forest Runners
Lys	Michelle	
Macbeth	Kirsty	Totton RC
MacNab	Robbie	Hedge End Running Club
Maddocks	Stephen	
Main	Bridget	Victory AC
Mannion	Martin	Winchester & District AC
Manton	Cliff	Hedge End Running Club
Maple	Chris	City Of Salisbury AC & RC
Marengi	John	Victory AC
Marritt	Ian	Eastleigh RC
Marshall	Keith	Farnham Runners
Marshall	Dan	Netley Abbey Runners
Martin	Sarah	Hedge End Running Club
Martin	Colin	City Of Salisbury AC & RC
Martin	Graham	Stubbington Green Runners
Mathieson	Andrew	City Of Salisbury AC & RC
Matthews	Holly	Netley Abbey Runners
Mattingly	Diane	Lordshill Road Runners
May	Lucy	Stubbington Green Runners
Maylott	Ann	Hardley Runners
McAlister	Trevor	Ryde Harriers
McCauley	Chris	Portsmouth Joggers
McCawley	Gary	Denmead Striders
McClenaghan	Philippa	
McClure	Gillam	Itchen Spitfires Running Club
McGilvray	Derek	
Mckeown	Vince	Eastleigh RC
McManus	Colin	Winchester & District AC
Meigh	Peter	Hedge End Running Club

Meigh	Helen	Hedge End Running Club
MEYER	SPENCER	
miles	amanda	Totton RC
Miles	Marilyn	Eastleigh RC
Miles	Jayne	
Miller	Will	Hedge End Running Club
Millican	Maria	Stubbington Green Runners
Milner	Lisa	City Of Salisbury AC & RC
Mitchell	Hannah	Hedge End Running Club
Mitchinson	Paul	Victory AC
MOORE	James	Winchester & District AC
Morby	Karen	Gosport Road Runners
Morey	Alistair	Alton Runners
Morgan	Andrew	
Morgan	Matthew	Farnham Runners
Muddle	Paul	Hedge End Running Club
Mudliar	Lauren	Hedge End Running Club
Murphy	Melenie	City Of Salisbury AC & RC
Nangle	Sarah	Eastleigh RC
Nangle	Darren	
Nehring	Helene	
Newman	Graham	City Of Salisbury AC & RC
Nicholson	Pauline	Hedge End Running Club
Nicholson	Stuart	
Nockemann	Jane	Portsmouth Joggers
Norn	Victoria	
Northey	Rebekah	
Nott	Kieran	Netley Abbey Runners
Nowik	david	
Oakes	Caroline	Gosport Road Runners
Ockwell	Julie	Fareham Crusaders Running Club
O'Grady	Sean	Eastleigh RC
O'Leary	Kevin	City Of Salisbury AC & RC
Oliver	Eddie	Netley Abbey Runners
Oliver	Sharon	Lordshill Road Runners
Ollier	Bev	
Oneill	Jeanette	
parker	john	
Parks	Jenny	Denmead Striders
Passingham	Leonard	Overton Harriers & AC
Pay	Cliff	Liss Runners
Pearce	Paula	Gosport Road Runners
Pease	Dawn	Netley Abbey Runners
Penfold	Henry	Hedge End Running Club
Phelps	Rachael	Lordshill Road Runners
Phillips	Muge	
Pierce	Ian	Hedge End Running Club
Pierce	Daniel	
Pillinger	Matt	OS Runners
Pirie	Beth	Victory AC

Pitman	Sandra	
Porter	Becks	Eastleigh RC
Poulter	Dale	Gosport Road Runners
Poulter	Leo	
Powell	Daniel	Hardley Runners
Prinsep	Elizabeth	
Prior	Jessica	Netley Abbey Runners
Probert	Sarah	Ryde Harriers
Probett	Jane	Farnham Runners
Probett	Damian	Farnham Runners
Proctor	Emma	Alton Runners
Proctor	Andrew	Lordshill Road Runners
Puttock	Tracy	Hedge End Running Club
Puzey	Christopher	Itchen Spitfires Running Club
Rae	Michael	Portsmouth Joggers
Rafi	Damon	
Randall Bowmaker	Kat	
Randall-Coles	Kate	Eastleigh RC
Randall-Coles	Ashley	
Randles	John	Ryde Harriers
Rann	Kevin	Isle Of Wight RR AC
Reid	Susan	
Reid	Sarah	Winchester & District AC
Reid	David	Liss Runners
Reilly	Corinna	
Reilly	Trisha	New Forest Runners
Renyard	Malcolm	Hardley Runners
Renyard	Nathan	Hardley Runners
Richardson	Rachel	
Richardson	Suzanne	Denmead Striders
Richardson	Lucy	
Rickman	Antony	Lordshill Road Runners
Robbins	Jeremy	Netley Abbey Runners
Robbins	Graham	Hardley Runners
Roberts	Elizabeth	City Of Salisbury AC & RC
Roberts	Tamsin	Hardley Runners
Roberts	June	Eastleigh RC
Robertson	Stuart	City Of Salisbury AC & RC
Robinson	Christian	Netley Abbey Runners
Robson	Linda	
Rogers	Aaron	Lordshill Road Runners
Roiz de Sa	Daniel	Gosport Road Runners
Roiz de Sa	Julia	Gosport Road Runners
Rowe	Kevin	Hedge End Running Club
Rudd	Alice	Hardley Runners
Ruddy	Adam	Itchen Spitfires Running Club
Rudkin	Amanda	Victory AC
Ruth	Keith	Ryde Harriers
Sadler	Ruth	Itchen Spitfires Running Club
Saker	Matt	

Sansome	Anne	
sansone	chris	Lordshill Road Runners
Scrase	Jane	Alton Runners
Scrase	Philip	Alton Runners
Seager	Catherine	Liss Runners
Sexton	Peter	Isle Of Wight RR AC
Sharp	Sarah	Isle Of Wight RR AC
Sharp	Garry	Isle Of Wight RR AC
Shaw	Janet	Stubbington Green Runners
Shaylor	Naomi	Alton Runners
Sheill	Leanne	Hedge End Running Club
Sheppard	Keith	Hedge End Running Club
shepperd	tracey	Hedge End Running Club
Shergold	Emma	Hedge End Running Club
Shilling	Jenny	Gosport Road Runners
Shilling	Reuben	
Shoesmith	Jason	Eastleigh RC
Short	Mary	Victory AC
shoulder	james	Isle Of Wight RR AC
Sibley	Jayne	
Simkins	Caroline	
Simkins	Ian	
Simkins	Joanna	
Simmons	Tracey	
Skidmore	Dan	
Sly	Timothy	Lordshill Road Runners
Small	Lisa	Hedge End Running Club
Small	Lisa	Hedge End Running Club
Smart	Paul	Victory AC
Smart	Julie	
Smith	Mike	Hardley Runners
Smith	Julian	New Forest Runners
Snelling	Paul	Fareham Crusaders Running Club
Snelson	Anne	Farnham Runners
Soane	Glenn	Fareham Crusaders Running Club
Sparks	Maria	Hedge End Running Club
Sparshott	Chris	Gosport Road Runners
Spencer	Claire	Overton Harriers & AC
Stafford	Gary	
Stafford	Reece	
Stapleford	Chris	Stubbington Green Runners
Steed	Toni	Fareham Crusaders Running Club
Steed	Louise	
Steed	David	
Stephenson	Fiona	
Stephenson	Kathryn	
Stevens	Mark	
Stevens	Simon	Winchester & District AC
Stevenson	Carole	Itchen Spitfires Running Club
Steward	Liz	Denmead Striders

Stockley	Martin	Eastleigh RC
storm	hannah	
Stott	Nicola	Victory AC
Suddaby	Mark	
Summers	Sharon	Hedge End Running Club
Surtees	Michelle	
Swatton	Adam	Portsmouth Joggers
Swift	Jessica	
Taphouse	Andrew	Hedge End Running Club
Tatem	Donna	Gosport Road Runners
Tavendale	Ben	Lordshill Road Runners
Taylor	Richard	Alton Runners
Taylor	Katie	
Taylor	linda	Denmead Striders
Taylor	Sara	Itchen Spitfires Running Club
Thom	Ruth	City Of Salisbury AC & RC
Thomas	Nicola	Portsmouth Joggers
thompson	robert	Hedge End Running Club
Thorpe	David	Stubbington Green Runners
Titcombe	Jackie	Netley Abbey Runners
Titcombe	Lucy	Lonely Goat RC
Todd	Amy	
Tomlinson	Fiona	Gosport Road Runners
Torrens	Lee	Gosport Road Runners
Townend	Steve	Netley Abbey Runners
Trendell	Robson	Hedge End Running Club
Trumpelmann	Emily	Lordshill Road Runners
Tyler	Linda	Farnham Runners
Ubly	Glenn	
Underwood	Mark	Overton Harriers & AC
Unsted	Michael	
Van Nueten	Monique	Overton Harriers & AC
vanderplank	ann-marie	Totton RC
Vidow	Sarah	Lordshill Road Runners
Vine	Paul	Hedge End Running Club
Visick	Rachael	
von Roretz	Denise	City Of Salisbury AC & RC
Waldron	Richard	Southampton Athletic Club
Walker	David	Winchester & District AC
Walker	James	
Walker	Andrew	Itchen Spitfires Running Club
Wallace	Catherine	
Wallis	Tim	
Walsh	Steve	
Ward	Danielle	Hedge End Running Club
Ward	Carolyn	Ryde Harriers
Ward	Julie	Hedge End Running Club
Watkinson	Duncan	City Of Salisbury AC & RC
Watson	Peter	
Watson	Karen	Netley Abbey Runners

Watson	Vicky	
Wayman	Chris	
Wayman	Olivia	
Weatherburn	Craig	City Of Salisbury AC & RC
Webb	Lisa	
Webber	Mike	
Webber	Mike	Andover AC
Webster	Penny	Blackwater Valley Runners
West	Martyn	Winchester & District AC
Westbrook	Mark	Stubbington Green Runners
White	James	Eastleigh RC
White	Daniel	
White	Mike	City Of Salisbury AC & RC
White	Lizzy	Totton RC
Whiteley	Jane	City Of Salisbury AC & RC
Whiting	David	Gosport Road Runners
Wickham	Harvey	Farnham Runners
Wickham	Harvey	Farnham Runners
Wigginton	Stuart	Hedge End Running Club
Wiley	Esther	Totton RC
WILKES	ROSS	Isle Of Wight RR AC
Willcox	Tiffany	
Williams	Alana	Itchen Spitfires Running Club
Williams	Richard	City Of Salisbury AC & RC
Willis	Anthony	Eastleigh RC
Wills	Adam	Lordshill Road Runners
Wilmott	Jodie	Isle Of Wight RR AC
Wilson	Rob	Denmead Striders
Wilson	Jenny	Overton Harriers & AC
Winbourne	Jordan	Hedge End Running Club
Winbourne	Chris	Hedge End Running Club
Withers	Tim	Lordshill Road Runners
Witt	Will	City Of Salisbury AC & RC
Wood	Camilla	
Wood	Kirsty	Lordshill Road Runners
Woodsford	Anthony	
Wooldridge	Steven	Portsmouth Joggers
Wright	Brian	Fareham Crusaders Running Club
Wright	Robert	Hedge End Running Club
Wynn	Tracy	Itchen Spitfires Running Club
Wynn	John	Itchen Spitfires Running Club