

LORDSHILL 10K**Sunday 28 June 2009****MEN**

| <i>Pos.</i> | <i>Name</i> | <i>Club</i> | <i>Cat.</i> | <i>Pos.</i> | <i>Time</i> |
|-------------|----------------------|--------------------------|-------------|-------------|-------------|
| 1 | HARGREAVES Mark | Bournemouth AC | V40 | 1 | 35.42 |
| 2 | WATSON Nev | Isle of Wight RR | Snr | 1 | 36.42 |
| 3 | BERRY Ian | Winchester & District AC | Snr | 2 | 36.47 |
| 4 | CHALK Lewis | Stubbington Green R & AC | Snr | 3 | 36.55 |
| 5 | SZWINTO Henry | New Forest Runners | V50 | 1 | 36.58 |
| 6 | DAVIES Mike | Winchester & District AC | V40 | 2 | 37.00 |
| 7 | COLLINS Peter | Southampton RC | Snr | 4 | 37.17 |
| 8 | HANDY Frank | New Forest Runners | Snr | 5 | 37.40 |
| 9 | WALKER Peter | Royal Navy AC | V40 | 3 | 38.01 |
| 10 | AXON Stephen | Southampton RC | Snr | 6 | 38.23 |
| 11 | RENYARD Nathan | Hardley Runners | Snr | 7 | 38.31 |
| 12 | AUGUR Scott | Southampton RC | V40 | 4 | 38.34 |
| 13 | PURDOM Dale | Hardley Runners | V40 | 5 | 38.46 |
| 14 | CLARK Anthony | Wimborne AC | Snr | 8 | 39.02 |
| 15 | RHIMES Godfrey | City of Portsmouth AC | V50 | 2 | 39.19 |
| 16 | SCAIFE Tristan | Unattached | Snr | 9 | 39.34 |
| 17 | McELROY Craig | Littledown Harriers | Snr | 10 | 39.39 |
| 18 | MARCER Steve | Southampton RC | Snr | 11 | 39.43 |
| 19 | NEWTON Nick | Hardley Runners | V50 | 3 | 39.53 |
| 20 | PHIMISTER Andy | New Forest Runners | V40 | 6 | 40.19 |
| 21 | DI PAOLO Nick | Unattached | Snr | 12 | 40.26 |
| 22 | DEVINE Adam | Unattached | Snr | 13 | 40.28 |
| 23 | FRAMPTON Brian | Totton RC | V50 | 4 | 40.36 |
| 24 | SHERMAN Timothy | Southampton RC | Snr | 14 | 40.38 |
| 25 | SMITH Darren | Unattached | Snr | 15 | 41.02 |
| 26 | URBANOWSKI Mark | Unattached | Snr | 16 | 41.03 |
| 27 | TAYLOR Kevin | Unattached | V40 | 7 | 41.13 |
| 28 | ADAMS Mark | Romsey Road Runners | V40 | 8 | 41.18 |
| 29 | BIRD Melvyn | Chichester Runners & AC | V50 | 5 | 41.24 |
| 30 | WOOD Stephen | Totton RC | V40 | 9 | 41.27 |
| 31 | CHURCHER Steve | Eastleigh RC | V40 | 10 | 41.27 |
| 32 | MITCHINSON Paul | Victory AC | Snr | 17 | 41.32 |
| 33 | McKEOWN Vincent | Eastleigh RC | V40 | 11 | 41.40 |
| 34 | GARDNER Colin | Gosport Road Runners | V40 | 12 | 41.46 |
| 35 | DELARA Sidney | Southampton RC | V50 | 6 | 41.51 |
| 36 | HANDY Lionel | New Forest Runners | V50 | 7 | 41.52 |
| 37 | SHAW Philip | Liss Runners | V50 | 8 | 42.17 |
| 38 | DONEY Alan | Winchester & District AC | V40 | 13 | 42.22 |
| 39 | CONRADSON David | Southampton RC | Snr | 18 | 42.23 |
| 40 | NICHOLLS Matthew | Unattached | Snr | 19 | 42.30 |
| 41 | FARQUHARSON Paul | Fareham Crusaders | Snr | 20 | 42.31 |
| 42 | CHARNEY Richard | Thames Valley Harriers | V60 | 1 | 42.33 |
| 43 | GROVES Neil | Eastleigh RC | V50 | 9 | 42.36 |
| 44 | DYER Andrew | Hardley Runners | V40 | 14 | 42.37 |
| 45 | CRUMPTON Tim | Stubbington Green R & AC | V50 | 10 | 42.39 |
| 46 | LEIGH Jon | Stubbington Green R & AC | V40 | 15 | 42.54 |
| 47 | MULLEN Lee | Unattached | Snr | 21 | 42.58 |
| 48 | NASH Paul | Denmead Striders | V40 | 16 | 43.00 |
| 49 | FRANCESCHINI Daniele | Eastleigh RC | V50 | 11 | 43.14 |
| 50 | VAUGHAN Andrej | Unattached | Snr | 22 | 43.19 |

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| 51 | BROWN Christopher | Romsey Road Runners | Snr | 23 | 43.19 |
| 52 | INGOLD Andy | Littledown Harriers | Snr | 24 | 43.37 |
| 53 | MORRIS David | Victory AC | V50 | 12 | 43.39 |
| 54 | DYDE Simon | Hardley Runners | V40 | 17 | 43.45 |
| 55 | TURPIN Jamie | Unattached | Snr | 25 | 43.47 |
| 56 | SIMMONDS John | Hardley Runners | V50 | 13 | 43.52 |
| 57 | HALLETT Paul | Totton RC | V50 | 14 | 43.55 |
| 58 | TULIP Alan | Southampton RC | V50 | 15 | 43.56 |
| 59 | RENPHREY Tom | Purple Patch RC | V40 | 18 | 44.14 |
| 60 | LEDGER Alan | Unattached | Snr | 26 | 44.22 |
| 61 | ALDERSON Richard | Southampton Tri Club | Snr | 27 | 44.28 |
| 62 | BUTLER Patrick | Unattached | V40 | 19 | 44.36 |
| 63 | WOOLVEN Keith | Fareham Crusaders | V40 | 20 | 44.37 |
| 64 | JOHNSTON David | Unattached | V40 | 21 | 44.37 |
| 65 | OLDEN Andrew | Wimborne AC | Snr | 28 | 45.01 |
| 66 | ANDREW Ben | Unattached | Snr | 29 | 45.21 |
| 67 | COLE Marc | Unattached | Snr | 30 | 45.29 |
| 68 | GRAY Stuart | Unattached | Snr | 31 | 45.38 |
| 69 | MANSBRIDGE Paul | Unattached | V40 | 22 | 45.39 |
| 70 | CAUSEBROOK Mark | Unattached | Snr | 32 | 45.40 |
| 71 | EDMONDS Gary | Unattached | V40 | 23 | 45.40 |
| 72 | BAILEY Richard | Unattached | V40 | 24 | 45.43 |
| 73 | MELLOR Frank | Unattached | V50 | 16 | 45.55 |
| 74 | LIGHT Richard | Eastleigh RC | V40 | 25 | 45.58 |
| 75 | YEANDLE Tim | Eastleigh RC | V50 | 17 | 46.00 |
| 76 | OLIVER Mark | Tone Zone Runners | V40 | 26 | 46.02 |
| 77 | EVANS Jonathan | Unattached | Snr | 33 | 46.13 |
| 78 | MORLEY Marcos | Portsmouth Joggers | Snr | 34 | 46.29 |
| 79 | AWTY Ned | Romsey Road Runners | Snr | 35 | 46.33 |
| 80 | COFFIN Tim | Unattached | V40 | 27 | 46.35 |
| 81 | MOULD Peter | Unattached | V40 | 28 | 46.42 |
| 82 | WADE Nathan | Unattached | Snr | 36 | 46.42 |
| 83 | BERNICE Ray | Gosport Road Runners | V40 | 29 | 46.42 |
| 84 | BETHELL Hugh | Alton Runners | V60 | 2 | 46.48 |
| 85 | HORSEMAN Rory | University of Winchester | Snr | 37 | 47.02 |
| 86 | PUGH Charles | Unattached | V40 | 30 | 47.03 |
| 87 | STOCKLEY Darren | Unattached | Snr | 38 | 47.16 |
| 88 | CAPPS David | Unattached | V50 | 18 | 47.17 |
| 89 | WILLIAMSON Craig | Unattached | Snr | 39 | 47.20 |
| 90 | SMITH Daniel | Unattached | Snr | 40 | 47.20 |
| 91 | KING Stuart | Unattached | Snr | 41 | 47.24 |
| 92 | HURLIN Tony | Unattached | V60 | 3 | 47.41 |
| 93 | BULBROOKE Todd | Unattached | Snr | 42 | 47.55 |
| 94 | HAYSOM Steve | Hardley Runners | V50 | 19 | 48.06 |
| 95 | BENDONI Giacomo | Unattached | Snr | 43 | 48.06 |
| 96 | LOCKE John | Unattached | V40 | 31 | 48.07 |
| 97 | CLARKE Howard | Unattached | Snr | 44 | 48.19 |
| 98 | WALKER David | Winchester & District AC | V40 | 32 | 48.21 |
| 99 | YEATES Matt | Unattached | Snr | 45 | 48.22 |
| 100 | AHONEN Pete | Unattached | Snr | 46 | 48.58 |
| 101 | DYKE Adrian | Purple Patch RC | V50 | 20 | 49.05 |
| 102 | HARDING Ben | Team Southampton | Snr | 47 | 49.11 |
| 103 | MEDHURST Stuart | Unattached | Snr | 48 | 49.12 |
| 104 | HICKSON Michael | Unattached | Snr | 49 | 49.14 |
| 105 | SMITH Martin | Royal Manor Portland AC | Snr | 50 | 49.17 |
| 106 | RAU Jonathan | Winchester & District AC | Snr | 51 | 49.18 |

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|------------------------|--------------------------|-----|----|-------|
| 107 SHEEHAM Conor | Unattached | Snr | 52 | 49.23 |
| 108 BYRNE Terry | gearsandtearscom | V50 | 21 | 49.25 |
| 109 GOLDING Andrew | Unattached | Snr | 53 | 49.26 |
| 110 CROSSLEY Ian | Unattached | V40 | 33 | 49.37 |
| 111 SIMPSON Steve | Unattached | Snr | 54 | 49.49 |
| 112 SELLWOOD Jason | Unattached | Snr | 55 | 49.51 |
| 113 WILLIAMS Michael | Unattached | V40 | 34 | 49.55 |
| 114 GREENBANK Mark | Unattached | Snr | 56 | 49.58 |
| 115 CORNFORTH David | Unattached | V40 | 35 | 50.06 |
| 116 KELLY Marc | Unattached | Snr | 57 | 50.09 |
| 117 BLAKE Phil | Unattached | V50 | 22 | 50.15 |
| 118 ROSENDALE Keven | Unattached | Snr | 58 | 50.24 |
| 119 PAINTING Gary | Unattached | Snr | 59 | 50.25 |
| 120 SMEARS Mike | Unattached | V60 | 4 | 50.27 |
| 121 BELINGER John | Unattached | V50 | 23 | 50.35 |
| 122 JARVIS Shaun | Totton RC | V40 | 36 | 50.38 |
| 123 FARR Will | Lordshill Road Runners | Snr | 60 | 50.39 |
| 124 JINKS Doug | Unattached | Snr | 61 | 50.54 |
| 125 HEARN Tom | Southampton RC | Snr | 62 | 50.55 |
| 126 HUNTER Aitken | Stubbington Green R & AC | V50 | 24 | 50.58 |
| 127 EARNEY Terence | Unattached | V60 | 5 | 51.16 |
| 128 WHITLOCKE Matthew | Unattached | Snr | 63 | 51.21 |
| 129 CRIPPS Glenn | Portsmouth Joggers | V40 | 37 | 51.24 |
| 130 BATTEN Kim | Southampton RC | V50 | 25 | 51.25 |
| 131 ARCHER James | Unattached | Snr | 64 | 51.29 |
| 132 SAUERBREY Klaus | Traktor Obermassfeld | V50 | 26 | 51.33 |
| 133 BECK Eric | Stubbington Green R & AC | V40 | 38 | 51.34 |
| 134 MOORE David | Unattached | V40 | 39 | 51.35 |
| 135 JACKSON Chris | Unattached | Snr | 65 | 51.53 |
| 136 DE WOLF Chris | LA Fitness Southampton | V50 | 27 | 51.55 |
| 137 PARNELL Stephen | Unattached | Snr | 66 | 51.58 |
| 138 TITT Julian | Unattached | V40 | 40 | 52.11 |
| 139 BARKES Jason | Southampton RC | Snr | 67 | 52.41 |
| 140 BROWN Phil | Unattached | V50 | 28 | 52.48 |
| 141 JACKSON David | Totton RC | Snr | 68 | 52.51 |
| 142 WOOLLARD Nic | Unattached | V40 | 41 | 52.54 |
| 143 PHILLIPS Neil | Unattached | Snr | 69 | 53.17 |
| 144 ROTTON Andrew | Unattached | Snr | 70 | 53.19 |
| 145 PEASE Peter | Unattached | Snr | 71 | 53.19 |
| 146 LINE Robert | Unattached | Snr | 72 | 53.33 |
| 147 CROOK Duncan | Unattached | Snr | 73 | 53.35 |
| 148 WHITWORTH Alex | Unattached | Snr | 74 | 53.41 |
| 149 KEREM Murat | Unattached | Snr | 75 | 53.47 |
| 150 COTTON Geoff | Unattached | V50 | 29 | 53.49 |
| 151 NEVILL Mark | Unattached | Snr | 76 | 53.51 |
| 152 BAILEY Paul | Unattached | Snr | 77 | 54.07 |
| 153 COWAN William | Unattached | V50 | 30 | 54.10 |
| 154 SEAMAN David | Hardley Runners | V40 | 42 | 54.13 |
| 155 HOUSE Derek | Team Southampton | Snr | 78 | 54.15 |
| 156 POND Richard | Unattached | Snr | 79 | 54.23 |
| 157 GRIMES Daniel | Unattached | Snr | 80 | 54.33 |
| 158 CHUNG | Unattached | Snr | 81 | 54.59 |
| 159 RUSHBROOK Benjamin | Unattached | Snr | 82 | 55.19 |
| 160 JORDAO Goncalo | Lordshill Road Runners | Snr | 83 | 55.35 |
| 161 KING David | Unattached | V40 | 43 | 55.37 |
| 162 NAUGHTON Grant | Unattached | Snr | 84 | 55.45 |

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|-----|---------------------|---------------------------|-----|-----|---------|
| 163 | SMITH Mark | Unattached | Snr | 85 | 55.54 |
| 164 | CLOTHIER Dave | LA Fitness Southampton | V60 | 6 | 55.56 |
| 165 | FORDHAM Michael | Unattached | V50 | 31 | 55.57 |
| 166 | DANBURY Richard | Unattached | V50 | 32 | 56.03 |
| 167 | FULLER Chris | Unattached | Snr | 86 | 56.05 |
| 168 | STANGER Ben | Unattached | Snr | 87 | 56.19 |
| 169 | LINDELL David | Hardley Runners | Snr | 88 | 56.30 |
| 170 | HUGHES Graham | Unattached | V40 | 44 | 56.41 |
| 171 | EUSTIS Roger | Civil Service Sports Club | V50 | 33 | 57.02 |
| 172 | RUSHMER John | Unattached | Snr | 89 | 57.05 |
| 173 | LOCK Ian | Poole Runners | V40 | 45 | 57.13 |
| 174 | LARKIN Peter | Portsmouth Joggers | V50 | 34 | 57.29 |
| 175 | MARTIN Jamie | Unattached | Snr | 90 | 57.30 |
| 176 | RUTTER Duncan | Unattached | V40 | 46 | 57.33 |
| 177 | MAIREY Loic | Unattached | Snr | 91 | 57.33 |
| 178 | TUPPER Stephen | Unattached | V50 | 35 | 57.38 |
| 179 | SIMMS Michael | Unattached | Snr | 92 | 57.49 |
| 180 | CHILLINGWORTH David | Unattached | V60 | 7 | 58.03 |
| 181 | KITCHEN Colin | Tadley Runners | V40 | 47 | 58.04 |
| 182 | DUKES Joe | Lordshill Road Runners | Snr | 93 | 58.07 |
| 183 | CHARLES Alan | Eastleigh RC | V40 | 48 | 58.18 |
| 184 | HEATH Jon | Unattached | V40 | 49 | 58.43 |
| 185 | KEELEY Paul | Unattached | V50 | 36 | 59.01 |
| 186 | OSWALD Jeff | Lordshill Road Runners | V40 | 50 | 59.20 |
| 187 | PAYNE Robert | Unattached | V40 | 51 | 59.24 |
| 188 | BLACKNELL Paul | Farnham Runners | V40 | 52 | 59.53 |
| 189 | MARINER Derek | Lordshill Road Runners | V40 | 53 | 59.56 |
| 190 | FRENCH David | Unattached | V40 | 54 | 1.00.52 |
| 191 | SMITH Raymond | Unattached | V60 | 8 | 1.01.06 |
| 192 | O'REGAN Lee | Unattached | Snr | 94 | 1.01.19 |
| 193 | McGIBBON Patrick | Unattached | V40 | 55 | 1.01.40 |
| 194 | LAUGHTON Nigel | Unattached | V40 | 56 | 1.01.47 |
| 195 | WEST Peter | Unattached | V60 | 9 | 1.02.57 |
| 196 | HARRIS Jeremy | Unattached | Snr | 95 | 1.04.08 |
| 197 | CUNNINGHAM Alan | Unattached | Snr | 96 | 1.05.24 |
| 198 | GRIST Christopher | Unattached | Snr | 97 | 1.05.38 |
| 199 | BLAKEMORE Stuart | Unattached | Snr | 98 | 1.05.57 |
| 200 | SALLO Robert | Lordshill Road Runners | Snr | 99 | 1.06.15 |
| 201 | LUSCOMBE Martin | Unattached | Snr | 100 | 1.08.03 |
| 202 | DAVIES Rob | Victory AC | V60 | 10 | 1.09.00 |
| 203 | BLAKEMORE Roger | Unattached | V50 | 37 | 1.12.10 |
| 204 | BELLO Aurelio | Lordshill Road Runners | V50 | 38 | 1.16.48 |
| 205 | CANNER Barrie | Unattached | V70 | 1 | 1.32.34 |

WOMEN

| <i>Pos.</i> | <i>Name</i> | <i>Club</i> | <i>Cat.</i> | <i>Pos.</i> | <i>Time</i> |
|-------------|------------------|---------------------|-------------|-------------|-------------|
| 1 | SESTO Valeria | New Forest Runners | V35 | 1 | 39.23 |
| 2 | WALLINGTON Helen | Southampton RC | V35 | 2 | 41.33 |
| 3 | DYER Claire | Hardley Runners | Snr | 1 | 43.11 |
| 4 | CHALWIN Olivia | Unattached | Snr | 2 | 44.39 |
| 5 | RHIMES Sara | Eastleigh RC | V45 | 1 | 44.41 |
| 6 | HALL Deborah | Tone Zone Runners | Snr | 3 | 45.09 |
| 7 | ASHTON Lindsay | Totton RC | Snr | 4 | 46.03 |
| 8 | HAUGHTON Louise | Totton RC | Snr | 5 | 46.08 |
| 9 | MITCHELL Siobhan | Southampton RC | V45 | 2 | 46.26 |
| 10 | JENNINGS Penny | Romsey Road Runners | V45 | 3 | 47.17 |

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|----|---------------------|--------------------------|-----|----|---------|
| 11 | EAGER Janet | Romsey Road Runners | V45 | 4 | 47.48 |
| 12 | COLLINS Virginia | Totton RC | V45 | 5 | 47.59 |
| 13 | SMITH Joanne | Southampton RC | Snr | 6 | 49.08 |
| 14 | CHILCOTT Lucy | Winchester & District AC | V35 | 3 | 49.18 |
| 15 | FRAMPTON Beth | Totton RC | Snr | 7 | 51.02 |
| 16 | GULLIVER Hilary | Unattached | Snr | 8 | 51.09 |
| 17 | WILLIAMS Heidi | Romsey Road Runners | Snr | 9 | 51.24 |
| 18 | SPALLUTO Cosma | Southampton RC | V35 | 4 | 51.51 |
| 19 | SLADE Liz | Romsey Road Runners | V45 | 6 | 51.58 |
| 20 | MITCHELL Clare | Unattached | Snr | 10 | 52.04 |
| 21 | MORTIMORE Lisa | Unattached | Snr | 11 | 53.30 |
| 22 | HENNEN Lisa | Unattached | V35 | 5 | 54.11 |
| 23 | SCOTT Katie | Unattached | Snr | 12 | 54.18 |
| 24 | SALES Anne | So'ton Running Sisters | V45 | 7 | 54.25 |
| 25 | MULLEN Leah | LA Fitness Southampton | Snr | 13 | 54.26 |
| 26 | RUSHBROOK Sarah | Unattached | Snr | 14 | 55.19 |
| 27 | FALKINDER Vicki | Team Southampton | Snr | 15 | 55.25 |
| 28 | BECKETT Hannah | LA Fitness Southampton | Snr | 16 | 55.31 |
| 29 | VAN HOUTEN Timi | Unattached | V35 | 6 | 55.40 |
| 30 | SHEPHERD Ellen | Unattached | Snr | 17 | 55.42 |
| 31 | FIELD Karen | Unattached | Snr | 18 | 55.49 |
| 32 | SATTERLY Clare | Lordshill Road Runners | V45 | 8 | 56.23 |
| 33 | MATTINGLEY Diane | Lordshill Road Runners | V35 | 7 | 56.23 |
| 34 | LINDSELL Jayne | Hardley Runners | V35 | 8 | 56.25 |
| 35 | Unidentified Runner | - | Snr | 19 | 56.33 |
| 36 | HAYES Sarah | Unattached | V45 | 9 | 56.34 |
| 37 | WALTON Barbara | New Forest Runners | V55 | 1 | 57.08 |
| 38 | BROWN Lou | Unattached | V45 | 10 | 57.10 |
| 39 | REES Rebecca | Totton RC | Snr | 20 | 57.12 |
| 40 | WALBRIDGE Fiona | Southampton RC | V35 | 9 | 57.25 |
| 41 | REID Linda | Hardley Runners | V45 | 11 | 57.27 |
| 42 | RUTTER Rosemary | Unattached | Snr | 21 | 57.29 |
| 43 | WHITE Joan | Andover AC | V55 | 2 | 57.36 |
| 44 | CLUITT Sonia | Unattached | V45 | 12 | 57.38 |
| 45 | TIMMS Sylvia | Totton RC | V65 | 1 | 57.58 |
| 46 | FARQUHARSON Liz | Fareham Crusaders | V55 | 3 | 58.16 |
| 47 | DAVIES Kathryn | Stubbington Green R & AC | V35 | 10 | 58.43 |
| 48 | PAGE Natalie | Unattached | V35 | 11 | 58.48 |
| 49 | PHILLIPS Cheryl | Unattached | V35 | 12 | 59.22 |
| 50 | SPARKS Maria | Unattached | V35 | 13 | 59.24 |
| 51 | DEAR Lisa | LA Fitness Southampton | V35 | 14 | 59.27 |
| 52 | JONES Alice | Lordshill Road Runners | Snr | 22 | 59.57 |
| 53 | MOORE Victoria | Unattached | V35 | 15 | 1.00.11 |
| 54 | TURL Sarah | Unattached | V35 | 16 | 1.00.15 |
| 55 | THOMAS Nicola | Unattached | Snr | 23 | 1.00.16 |
| 56 | FLETCHER Jenny | Unattached | Snr | 24 | 1.00.35 |
| 57 | GARDNER Sarah | Unattached | V35 | 17 | 1.00.58 |
| 58 | TURNER Jenna | Lordshill Road Runners | Snr | 25 | 1.01.15 |
| 59 | KNOX Claire | New Forest Runners | V45 | 13 | 1.01.27 |
| 60 | KEELEY Michelle | Unattached | V45 | 14 | 1.01.40 |
| 61 | TOMEI Laura | LA Fitness Southampton | V35 | 18 | 1.01.56 |
| 62 | KING Sarah | Unattached | Snr | 26 | 1.02.02 |
| 63 | STOCKLEY Samantha | Unattached | V35 | 19 | 1.02.02 |
| 64 | DYDE Andrea | Unattached | V45 | 15 | 1.02.14 |
| 65 | GODDARD Katie | Unattached | V45 | 16 | 1.02.15 |
| 66 | DAWES Louise | Sole Sisters | Snr | 27 | 1.02.22 |

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|----|--------------------|------------------------|-----|----|---------|
| 67 | McGOWAN Stephanie | Lordshill Road Runners | Snr | 28 | 1.02.24 |
| 68 | MADDOCKS Susan | So'ton Running Sisters | V45 | 17 | 1.02.32 |
| 69 | WHEELER Lorraine | LA Fitness Southampton | V45 | 18 | 1.02.47 |
| 70 | BROOKER Holly | Lordshill Road Runners | Snr | 29 | 1.02.58 |
| 71 | BARRY Dawn | Unattached | Snr | 30 | 1.03.13 |
| 72 | PARKHURST Emma | Lordshill Road Runners | V35 | 20 | 1.03.16 |
| 73 | GABBOTT Joanne | Unattached | V35 | 21 | 1.04.23 |
| 74 | RICHARDSON Joy | Southampton RC | Snr | 31 | 1.04.57 |
| 75 | SMITH Fiona | Unattached | V35 | 22 | 1.05.06 |
| 76 | SHIELL Claire | Lordshill Road Runners | Snr | 32 | 1.05.14 |
| 77 | FLEMING Jessica | Unattached | Snr | 33 | 1.05.36 |
| 78 | RUSHMER Irene | Unattached | V35 | 23 | 1.06.08 |
| 79 | HORN Michele | Unattached | V35 | 24 | 1.06.08 |
| 80 | BATT Dawn | Lordshill Road Runners | Snr | 34 | 1.06.14 |
| 81 | TROMANS Claire | Lordshill Road Runners | Snr | 35 | 1.08.46 |
| 82 | BLAKEMORE Caroline | Unattached | Snr | 36 | 1.09.08 |
| 83 | WOOLVEN Amanda | Unattached | V35 | 25 | 1.09.26 |
| 84 | GRIST Caroline | Unattached | Snr | 37 | 1.09.49 |
| 85 | MEADES Erika | Unattached | V35 | 26 | 1.09.55 |
| 86 | PEARCE Rebecca | Unattached | V35 | 27 | 1.11.09 |
| 87 | FARR Nina | Lordshill Road Runners | Snr | 38 | 1.12.26 |
| 88 | VAN WYK Jacqui | Unattached | Snr | 39 | 1.12.38 |
| 89 | LOCKE Mary | Unattached | V35 | 28 | 1.15.51 |
| 90 | KELLY Kim | Lordshill Road Runners | V35 | 29 | 1.16.47 |
| 91 | PAGE Sam | Unattached | Snr | 40 | 1.16.47 |
| 92 | ALKER Frances | Unattached | V55 | 4 | 1.18.36 |

MEN'S TEAMS (4 to score)

| | | |
|----|--------------------------|-----|
| 1 | Southampton RC | 47 |
| 2 | New Forest Runners | 69 |
| 3 | Hardley Runners | 87 |
| 4 | Winchester & District AC | 145 |
| 5 | Eastleigh RC | 156 |
| 6 | Southampton RC 'B' | 156 |
| 7 | Stubbington Green R & AC | 221 |
| 8 | Totton RC | 232 |
| 9 | Hardley Runners 'B' | 358 |
| 10 | Lordshill Road Runners | 653 |

WOMEN'S TEAMS (3 to score)

| | | |
|----|----------------------------|-----|
| 1 | Southampton RC | 24 |
| 2 | Totton RC | 27 |
| 3 | Romsey Road Runners | 38 |
| 4 | Hardley Runners | 77 |
| 5 | New Forest Runners | 95 |
| 6 | Totton RC 'B' | 97 |
| 7 | LA Fitness Southampton | 103 |
| 8 | Lordshill Road Runners | 116 |
| 9 | Southampton RC 'B' | 130 |
| 10 | Lordshill Road Runners 'B' | 192 |
| 11 | Lordshill Road Runners 'C' | 228 |
| 12 | Lordshill Road Runners 'D' | 258 |