

## Fastest Times - 2018

Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Gordon Abram				Alton 01:25:21			
Angie Agate	Parkrun 00:23:32	Purbrook 5 00:43:49			QE Spring 02:05:25		
Kirsty Aked	Parkrun 00:21:29	Victory 00:34:28	Stubbington 00:44:11	Hayling 01:09:25	Ports Coastal 01:31:15	Bramley 02:36:29	London 04:14:44
Terry Aked	Parkrun 00:23:46	Hayling 00:40:36	Chilly Hilly 01:11:34	Bramley 01:22:47	Windsor 01:51:30		
Damion Allen	Parkrun 00:22:31						
Sophie Allen	Parkrun 00:26:52			Great South 01:28:05	Southampton 02:05:13		Ports Coastal 04:58:32
Gary Armstrong	GR Local 00:17:42	Victory 00:29:24	RNLI 00:37:09	Great South 01:01:01	Ports Coastal 01:22:54	Bramley 02:32:06	London 03:46:37
Lawrence Bacon				Great South 01:26:44	Ports Coastal 02:00:08		
Nick Bailey	Parkrun 00:34:15	Gravel Hill 01:08:17	Lordshill 01:14:13	Great South 02:09:16	Great North 03:08:53		Boston 07:01:04
Gavin Baker							Southdowns 05:59:08
James Berry	Parkrun 00:23:09						
Helena Bolam	Parkrun 00:26:36		Lordshill 00:53:03	Great South 01:33:30			
Graham Bowpitt	Parkrun 00:20:30		Grand Western 00:53:47		Casterbridge 01:54:26		Giants Head 05:26:22
Darren Butwell	Great Run Local 00:19:59				Gosport 01:33:04		
Jessica Brimecombe	Parkrun 00:21:59		Stubbington 00:46:00				
Katie Brown	Gosport 5K 00:31:17						
Victoria Brind				Great South 01:22:35			
Simon Burrough	Great Run Local 00:19:15	Victory 00:32:48	Ageas 00:39:41	Hayling 01:07:24	Gosport 01:29:08		
Ian Carden					Ports Coastal 01:45:16		
Martin Carpenter					Ports Coastal 01:58:37		Bournemouth 04:42:57

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Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Kate Caswell		Purbrook 5 00:43:01					
Adam Chant	Great Run Local 00:16:58	Victory 00:29:10	RNLI 00:36:45	Great South 01:01:12	Solent 01:22:43		
Matthew Cheyney	Parkrun 00:17:44	Midsummer 00:29:31	Ageas 00:36:41	Hayling 01:00:35	Thorpe Park 01:20:28	Bramley 02:14:58	New Forest 02:52:38
Graham Clarke	Parkrun 00:24:57	Overton 00:42:19	Eastleigh 00:48:54	Salisbury 01:26:49	Ports Coastal 01:56:32		London 04:27:36
James Cocksedge	Parkrun 00:23:00		Bognor 00:47:37	Great South 01:22:24			
David Colenutt	Parkrun 00:27:23						
Steven Colmer			Stubbington 00:46:49				
Nick Constable					QE Spring 02:26:28		
Chris Cornwell	GR Local 00:18:01	Hayling 00:31:20	Ageas 00:38:30	Salisbury 01:03:50	Ports Coastal 01:26:48		
Tracey Crank			Netley 00:59:11	Salisbury 01:42:22	Southampton 02:26:31		
Anita Crawley	Parkrun 00:24:39	Overton 00:43:25		Salisbury 01:21:46	Farnborough 01:52:05	Bramley 03:07:11	Southampton 04:34:23
Hannah Curtis	Parkrun 00:23:44		Knowle 00:43:39	Great South 01:15:39	Gosport 01:37:40		Southampton 03:37:16
Vikki Deane				Great South 02:30:23			
Gary Edmonds	Parkrun 00:20:26		Eastleigh 00:42:25	Great South 01:11:52	Southampton 01:42:49		
Christopher Ellis			Stubbington 00:50:02	Great South 01:50:42	Ports Coastal 02:13:41		London 04:34:44
Kev Gale	Parkrun 00:19:18	Hayling 00:31:35	Lordshill 00:38:09	Hayling 01:04:57	Gosport 01:27:21		Midnight 04:53:13
Steven Gardener			Stubbington 00:47:43				
Amy Gaunt	Parkrun 00:23:07	Victory 00:38:21	Stubbington 00:51:43				
Richard Gray			Chichester 00:51:45				
Sarah Hadfield					Farnborough 02:06:27		

## Fastest Times - 2018

Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Sasha Harding	Parkrun						
	00:24:37						
Michael Hatch				Great South	Southdowns		London
				01:09:16	01:41:39		04:35:41
Robert Harkness	Great Run			Great South	Liverpool		London
	00:19:49			01:05:22	01:29:24		04:35:41
Brian Harris	Parkrun	Victory	Eastleigh	Salisbury	Solent		
	00:30:41	00:52:35	01:09:41	01:55:56	02:23:41		
Michael Harrison	GR Local	Butser	Denmead	Harting	Gosport		
	00:19:33	00:43:11	00:42:36	01:19:01	01:49:19		
Colin Haynes	Parkrun		Stubbington	Great South			
	00:22:53		00:51:36	01:21:43			
Rory Heard		Overton	Chilly Hilly	Ryde	Hampton		Brighton
		00:41:06	00:59:57	01:21:23	01:53:43		04:10:45
Gemma Heggs			00:47:54				
Roland Hill	Parkrun		Stubbington		Worthing		Yorkshire
	00:20:23		00:38:58		01:25:57		03:05:54
Stuart Hoare	Parkrun	Overton	Stubbington	Hayling	Gosport	Bramley	Paris
	00:25:39	00:41:38	00:47:54	01:22:15	01:48:36	02:50:03	04:18:08
Trevor Holloway	Parkrun						
	00:23:20						
Melanie Hunt	Parkrun		Stubbington		Ports Coastal		
	00:23:20		00:48:25		01:48:01		
Lisa Hutton				Southdowns	Ports Coastal		
				02:01:47			
Sean James	Parkrun		Lymington	Great South			
	00:25:11		00:53:01	01:30:05			
Malc Janiec				Great South			
				01:26:08			
Slavena Jenson	Parkrun		Lordshill				Berlin
	00:25:27		00:52:55				04:19:35
Antony Johnson	Parkrun						
	00:30:28						
Tillie Johnston	Parkrun	Hayling	R'berence	Great South	Gosport		
	00:21:34	00:35:29	00:47:28	01:13:42	01:40:59		
Carol Jones							
Ian Jones	Parkrun						
	00:21:35						
Roger Jones	Parkrun	Victory					
	00:20:46	00:35:09					

## Fastest Times - 2018

Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Ruud Jonkers	Lakeside Series	Hayling	Denmead	Great South	Solent		
	00:17:55	00:31:15	00:39:17	01:04:31	01:25:39		
Brent Latham	Parkrun						
	00:24:13						
Tony Laurenson	Parkrun	Overton					
	00:25:00	00:48:56					
Tina Lowe				Great South			
				01:27:56			
Matthew Madill	Parkrun	Midsummer	Wyvern	Hayling	Gosport	Bramley	Manchester
	00:18:50	00:31:37	00:39:50	01:05:16	01:26:45	02:39:33	03:27:32
Peter Maisey	Parkrun						
	00:29:57						
John Malthouse	Parkrun	Victory	Stubbington	Great South	Gosport		Southampton
	00:21:15	0:33:46	00:42:33	01:11:56	01:36:25		03:39:42
Julian Manning	Parkrun	Hayling	Stubbington	Salisbury	Malta		London
	00:16:24	00:27:23	00:33:14	00:54:40	01:13:07		02:53:42
Natalie March				Great South	Gosport		
				01:31:26	02:09:01		
Lee Mawson	Parkrun	Hayling	Stubbington	Great South	Surrey		Manchester
	00:18:52	00:30:48	00:37:35	01:04:47	01:26:40		03:26:40
Gary McCawley	Parkrun	Overton		Salisbury	Farnborough	Bramley	Southampton
	00:23:19	00:42:22		01:20:10	01:45:25	03:09:13	05:00:09
Martin McKinlay	Parkrun		Hundred Acres	Great South	Ports Coastal		
	00:20:47		00:41:13	01:07:16	01:31:51		
Alan McVittie		Victory		Harting	Gosport		
		00:34:21		01:20:45	01:36:57		
Peter Murphy	Parkrun						
	00:28:02						
Dave Middleton	Parkrun						
	00:27:14						
Nicholas Minter	Parkrun	Victory	Ageas	Salisbury	Solent		
	00:19:10	00:33:06	00:40:16	01:10:22	01:35:42		03:37:46
Rob Moore		Overton	Eastleigh	Great South			
		00:34:00	00:42:10	01:06:44			
Rose Morris	Gosport 5K		Stubbington				
	00:31:17		00:44:24				
Mike Nolan			Stubbington	Salisbury			
			00:51:59	01:33:14			
Sharon North	Parkrun						
	00:28:20						
Daniella Offer			Stubbington	Salisbury	Thorpe Park		London
			00:45:18	01:16:25	01:38:58	02:43:36	04:10:28
Claire Parfitt				Great South			London
				01:19:52			04:23:41
Martin Parfitt	Parkrun			Great South	Ports Coastal		Southampton
	00:23:24			01:08:08	01:32:02		03:41:58

## Fastest Times - 2018

Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Jenny Parks	Parkrun		Arlesford	Great South	Solent		
	00:29:30		00:57:29	01:31:28	02:05:16		
Catie Pettit			Porchester		Gosport		Bouremouth
			00:57:24		01:51:38		04:25:26
Lisa-Marie Peckover	Parkrun	Victory	Ageas	Great South	Thrive		Brighton
	00:22:44	00:37:30	00:46:10	01:16:12	01:39:19		04:20:14
Mark Pelley	Parkrun			Ryde			
	00:32:36			01:44:19			
Christine Perrior			Netley	Great South			
			01:03:29	01:32:36			
Darren Phillips	Parkrun		Chichester	Great South	Gosport		Portsmouth
	00:22:01		00:44:34	01:20:09	01:40:46		04:14:33
Joe Pymont			Wickham	Great South			
			01:00:38	01:48:55			
John Rattley	Parkrun						
	00:36:57						
Sue Rattley	Parkrun						
	00:30:28						
Kev Raymond	Parkrun	Gravel Hill		Harting			
	00:21:48	00:40:47		01:22:51			
Julia Revill	Parkrun		Hambleton	Great South			
	00:31:26		01:10:56	01:48:25			
Suzanne Richardson	Great Run	Victory	Stubbington	Salisbury	Gosport	Bramley	London
	00:22:17	00:37:27	00:46:17	01:18:22	01:43:04	02:45:19	03:53:00
Shaun Robinson	Parkrun						
	00:24:11						
John Rogers	Parkrun			Alton			
	00:22:37			01:15:11			
Sally Rowe					Gosport		
					01:46:38		
Jade Salters							
Dennis Sanderson	Parkrun	Overton					
	00:28:09	00:48:55					
Paul Saunders	Parkrun	Hayling	Chilly Hilly		Tunbridge Wells		Manchester
	00:19:04	00:32:57	00:51:29		01:28:58		03:42:38
Sara Saunders	Parkrun						
	00:25:49						
Martin Shaw	Parkrun		Stubbington	Salisbury	Gosport	Bramley	Southampton
	00:21:18		00:43:49	01:13:49	01:44:46	03:09:19	04:21:26
Daniel Shawyer	Parkrun	Victory	Stubbington	Great South	Gosport	Bramley	London
	00:19:22	00:32:10	00:39:33	01:08:06	01:29:30	03:47:59	04:02:32
Simone Shepherd			Stubbington				
			00:58:24				

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Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Nicola Sibley	Parkrun	Overton					
	00:27:13	00:44:14					
Alasdair Skelley	Parkrun			Great South			
	00:37:13			01:17:03			
Dan Starkey	Parkrun	Hayling	Stubbington	Ryde	QE Spring		Midnight
	00:19:49	00:32:14	00:38:49	01:07:27	01:46:01		04:52:59
Liz Steward	Parkrun	Overton	Netley	Salisbury	Thorpe Park	Bramley	Eastbourne
	00:20:21	00:34:24	00:43:13	01:09:11	01:33:57	02:30:25	03:23:35
George Sutherland	Parkrun		R'berence	Great South	Gosport		Brighton
	00:18:23		00:41:06	01:03:25	01:23:43		03:10:32
Sally Stone	Parkrun		Goodwood				
	00:25:37		00:54:52				
Jeffrey Streeter							
Claire Taylor							
Linda Taylor	Parkrun	Victory	Eastleigh	Alton	Solent	Bramley	Lisbon
	00:22:37	00:37:50	00:44:52	01:19:07	01:43:21	02:55:37	03:56:41
Lisa Taylor	Parkrun						
	00:23:02						
Michael Taylor	Parkrun		East Farm	Hayling	Winchester		R'berence
	00:24:06		02:24:36	01:23:08	01:57:03		04:43:53
Ali Thomas	Parkrun						
	00:29:07						
Simon Toms	Parkrun		Stubbington	Bramley			Midnight
	00:26:02		00:38:58	01:06:41			04:42:36
Steve Trevena							Bournemouth
							04:47:54
Lee Weeks	Parkrun			Salisbury	Gosport		
	00:19:28			01:03:49	01:26:18		
Clare Welch	Parkrun	Hayling	Stubbington	Hayling	Gosport		Brighton
	00:26:00	00:43:22	00:54:29	01:29:17	01:58:27		04:32:31
Paul Welch	Parkrun	Hayling	Stubbington	Salisbury	Gosport	Bramley	Dorchester
	00:19:36	00:32:08	00:38:54	01:05:36	01:37:52	02:22:14	03:37:42
Grahame White	Parkrun						
	00:24:58						
Caroline Whiting	Parkrun		Arlesford		Gosport		
	00:26:12		00:59:08		02:03:04		
Denise Williams	Parkrun						
	00:33:33						
Neil Williams	Parkrun	Hayling	RNLI	Great South	Solent		
	00:17:55	00:28:34	00:35:55	00:59:11	01:19:09		

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Name	5K	5M	10K	10M	1/2Mar	20M	Mar
Emma Wilson				Great South	Casterbridge		
				01:50:55	02:33:43		
Mark Wilson	Parkrun		Stubbington	Great South	Casterbridge		Paris
	00:26:03		00:47:30	01:33:39	02:16:52		04:27:16
Rob Wilson	Parkrun	Victory	Stubbington	Great South	Gosport		
	00:17:56	00:30:10	00:37:28	01:01:50	01:21:51		
Becki Wimsett			Stubbington				
			01:06:00				
Harry Woodroof	Parkrun		Serpentine	Harting			
	00:24:58		01:10:38	01:33:47			
Jane Woodroof	Parkrun		Stubbington	Harting			
	00:27:18		00:55:27	01:50:50	02:08:58		
Nicholas Woodroof	Parkrun			Harting	Chichester		
	00:20:16			01:19:29	01:40:29		