

First	Surname	Age	Date	Race	Miles	Time	Calc	Std	
					3.10				
Zakaria	Lahlal	19	25-Oct-14	Great South 5k	7	15.47	1	PB	MS rec
					3.10				
Paul	Mitchinson	35	27-Aug-14	Lakeside 5k	7	16.53	1	PB	M35 rec
					3.10				
Rachel	Dowbakin	25	25-Oct-14	Great South 5k	7	36.30		PB	
					3.10				
Karen	Scriven	43	25-Oct-14	Great South 5k	7	36.30		PB	
Zakaria	Lahlal	19	25-Sep-14	Race 7 Short Handicap	3.65	19.48	1	PB	
Paul	Mitchinson	35	25-Sep-14	Race 7 Short Handicap	3.65	20.16	1	PB	M35 rec
Paul	Hiles	27	28-Aug-14	Race 6 Short Handicap	3.65	22.24	3	PB	
Gemma	Corbett	34	29-May-14	Race 3 Short Handicap	3.65	22.53	2	PB	WS rec
Jackie	Lloyd	41	25-Sep-14	Race 7 Short Handicap	3.65	23.40	1	PB	
Mark	Wilson	46	24-Apr-14	Race 2 Short Handicap	3.65	24.26	3	PB	
Lucy	Smith	37	28-Aug-14	Race 6 Short Handicap	3.65	24.45	2	PB	
Harry	Lown	16	31-Jul-14	Race 5 Short Handicap	3.65	24.53	4	PB	
Jo	Gilholm	44	24-Apr-14	Race 2 Short Handicap	3.65	24.56	2	PB	
Andrew	Wright	51	29-May-14	Race 3 Short Handicap	3.65	25.19	3	PB	
Tim	Cooper	46	26-Jun-14	Race 4 Short Handicap	3.65	25.41	3	PB	
Kathryn	Simpson	15	31-Jul-14	Race 5 Short Handicap	3.65	25.49	3	PB	
Terry	Healy	59	25-Sep-14	Race 7 Short Handicap	3.65	28.17	3	PB	
Darren	Knight	35	25-Sep-14	Race 7 Short Handicap	3.65	28.18	5	PB	
	O'Callagha								
Darren	n	43	24-Apr-14	Race 2 Short Handicap	3.65	28.39	5	PB	
Bart	Pirie	16	27-Mar-14	Race 1 Short Handicap	3.65	29.09		PB	
Helen	Whiting	29	24-Apr-14	Race 2 Short Handicap	3.65	29.20	5	PB	
Simon	Cristofoli	46	29-May-14	Race 3 Short Handicap	3.65	29.42	5	PB	
Richard	Westbrook	53	25-Sep-14	Race 7 Short Handicap	3.65	29.43	4	PB	
Helen	Clarke	45	25-Sep-14	Race 7 Short Handicap	3.65	29.45	3	PB	
Dave	Walker	62	28-Aug-14	Race 6 Short Handicap	3.65	30.22	3	PB	
Paul	Willcox	58	31-Jul-14	Race 5 Short Handicap	3.65	30.52	4	PB	
Donna	Reid	36	26-Jun-14	Race 4 Short Handicap	3.65	31.55	5	PB	
Allison	Lowder	37	26-Jun-14	Race 4 Short Handicap	3.65	32.05	5	PB	
Adele	Maher	34	24-Apr-14	Race 2 Short Handicap	3.65	32.17		PB	
Rachel	Jarvis	58	27-Mar-14	Race 1 Short Handicap	3.65	32.30	3	PB	
Marissa	Alves	34	28-Aug-14	Race 6 Short Handicap	3.65	32.32		PB	
Christine	White	42	31-Jul-14	Race 5 Short Handicap	3.65	32.37	5	PB	
Danielle	Tully	33	28-Aug-14	Race 6 Short Handicap	3.65	33.11		PB	
Cathy	Beresford	48	25-Sep-14	Race 7 Short Handicap	3.65	33.22	5	PB	
Suzy	Walker	51	27-Mar-14	Race 1 Short Handicap	3.65	33.56	4	PB	
Jackie	Yarnold	66	29-May-14	Race 3 Short Handicap	3.65	33.59	2	PB	
Amanda	Wells	48	26-Jun-14	Race 4 Short Handicap	3.65	34.09	5	PB	
Holly	Walker	37	26-Jun-14	Race 4 Short Handicap	3.65	34.33		PB	
Jenny	Lown	35	28-Aug-14	Race 6 Short Handicap	3.65	34.34		PB	
Howard	Wright	75	25-Sep-14	Race 7 Short Handicap	3.65	34.40	3	PB	
Maria	Lush	58	31-Jul-14	Race 5 Short Handicap	3.65	35.17	4	PB	
Bridget	Main	47	31-Jul-14	Race 5 Short Handicap	3.65	37.02		PB	
Yvonne	Hawley	41	25-Sep-14	Race 7 Short Handicap	3.65	39.21		PB	
Joanne	Lea	41	25-Sep-14	Race 7 Short Handicap	3.65	39.23		PB	
Dawn	Watson	48	27-Mar-14	Race 1 Short Handicap	3.65	39.25		PB	
Elle	Stone	19	26-Jun-14	Race 4 Short Handicap	3.65	39.51		PB	

James	Shardlow	33	26-Jun-14	Race 4 Short Handicap	3.65	39.56			PB	
Robyn	Pearce	23	26-Jun-14	Race 4 Short Handicap	3.65	40.38			PB	
Gill	Ripiner	64	29-May-14	Race 3 Short Handicap	3.65	41.14	5		PB	
Tracy	Burnett	46	26-Jun-14	Race 4 Short Handicap	3.65	41.24			PB	
Carina	Cook	46	29-May-14	Race 3 Short Handicap	3.65	43.31			PB	
Mandy	Coles	57	29-May-14	Race 3 Short Handicap	3.65	44.45			PB	
Maria	Ainsley	33	26-Jun-14	Race 4 Short Handicap	3.65	46.59			PB	
Gemma	Arnold	23	26-Jun-14	Race 4 Short Handicap	3.65	47.46			PB	
Alice	Hosker	27	26-Jun-14	Race 4 Short Handicap	3.65	48.16			PB	
Zakaria	Lahlal	19	14-Sep-14	Victory 5	5	27.31	1		PB	
Paul	Mitchinson	35	07-Sep-14	Overton 5m	5	28.06	1		PB	
Gemma	Corbett	34	11-Jun-14	Hayling Billy 5	5	31.42	2		PB	WS rec
Jackie	Lloyd	41	07-Sep-14	Overton 5m	5	32.13	1		PB	
Lucy	Smith	37	14-Sep-14	Victory 5	5	33.18	2		PB	
Mark	Griffiths	42	14-Sep-14	Victory 5	5	33.30	3		PB	
Chris	Lowder	38	11-Jun-14	Hayling Billy 5	5	34.22	4		PB	
David	Lown	36	14-Sep-14	Victory 5	5	34.39	4		PB	
Matthew	Holness	29	11-Jun-14	Hayling Billy 5	5	35.47	4		PB	
Simon	Oakley	34	14-Sep-14	Victory 5	5	35.49	4		PB	
Andrew	Wright	51	18-Jun-14	Midsummer 5	5	35.49	3		PB	
Tim	Cooper	46	14-Sep-14	Victory 5	5	35.58	3		PB	
Andrew	Flynn	47	11-Jun-14	Hayling Billy 5	5	36.18	3		PB	
John	Cowlin	41	11-Jun-14	Hayling Billy 5	5	36.57	4		PB	
Richard	Westbrook	53	11-Jun-14	Hayling Billy 5	5	38.41	4		PB	
Helen	Clarke	45	14-Sep-14	Victory 5	5	39.51	3		PB	
Helen	Whiting	30	11-Jun-14	Hayling Billy 5	5	40.28	5		PB	
Katie	Pugh	22	14-Sep-14	Victory 5	5	44.04			PB	
Debbie	Pugh	49	11-Jun-14	Hayling Billy 5	5	45.43	4		PB	
Maria	Lush	58	11-Jun-14	Hayling Billy 5	5	49.00	4		PB	
Howard	Wright	75	14-Sep-14	Victory 5	5	49.07	3		PB	M75 rec
Joanne	Lea	40	11-Jun-14	Hayling Billy 5	5	53.34			PB	
Bridget	Main	47	11-Jun-14	Hayling Billy 5	5	53.45			PB	
Robert	Clayton	52	11-Jun-14	Hayling Billy 5	5	58.03			PB	
James	Shardlow	33	11-Jun-14	Hayling Billy 5	5	58.03			PB	
Robyn	Pearce	23	11-Jun-14	Hayling Billy 5	5	58.37			PB	
Tracy	Burnett	45	11-Jun-14	Hayling Billy 5	5	60.24			PB	
Carina	Cook	46	11-Jun-14	Hayling Billy 5	5	60.30			PB	
Maria	Ainsley	33	11-Jun-14	Hayling Billy 5	5	60.52			PB	
Theresa	Poore	51	11-Jun-14	Hayling Billy 5	5	69.10			PB	
Gemma	Arnold	23	11-Jun-14	Hayling Billy 5	5	72.36			PB	
Michelle	Wakefield	42	11-Jun-14	Hayling Billy 5	5	72.51			PB	
					6.21					
Zakaria	Lahlal	18	16-Mar-14	Selsey 10k	4	35.26	2		PB	
					6.21					
Gemma	Corbett	34	08-Jun-14	D Day 10k	4	39.26	2		PB	WS rec
					6.21					
David	Lown	36	24-Mar-14	Eastleigh 10k	4	41.44	3		PB	
					6.21					
Colin	O'Donnell	55	16-Mar-14	Selsey 10k	4	42.23	1		PB	
					6.21					
Mark	Griffiths	41	29-Jun-14	Lordshill 10k	4	42.51	3		PB	
					6.21					
Jo	Gilholm	44	24-Mar-14	Eastleigh 10k	4	43.21	2		PB	

Mark	Hay	54	19-Jan-14	Stubbington 10k	6.21 4	45.46	3	PB	
Andrew	Wright	51	08-Jun-14	D Day 10k	6.21 4	46.28	3	PB	
Adam	Yarnold	35	19-Jan-14	Stubbington 10k	6.21 4	46.33	4	PB	
Tim	Cooper	45	19-Jan-14	Stubbington 10k	6.21 4	46.57	4	PB	
John	Cowlin	41	24-Mar-14	Eastleigh 10k	6.21 4	47.34	4	PB	
Alan	Wiles	52	16-Mar-14	Selsey 10k	6.21 4	48.49	4	PB	
Ali	Pirie	16	24-Mar-14	Eastleigh 10k	6.21 4	49.21	4	PB	
John	Russell	60	16-Mar-14	Selsey 10k	6.21 4	50.45	3	PB	
Ian	Pirie	50	08-Jun-14	D Day 10k	6.21 4	51.34	4	PB	
Helen	Whiting	29	19-Jan-14	Stubbington 10k	6.21 4	51.47	5	PB	
Simon	Cristofoli	45	16-Mar-14	Selsey 10k	6.21 4	53.42	5	PB	
Michelle	Cooke	34	16-Mar-14	Selsey 10k	6.21 4	56.20		PB	
Paul	Willcox	57	16-Mar-14	Selsey 10k	6.21 4	57.06	5	PB	
Jackie	Yarnold	66	24-Mar-14	Eastleigh 10k	6.21 4	57.28	2	PB	
Dawn	Ingram	29	08-Jun-14	D Day 10k	6.21 4	57.30		PB	
Christine	White	42	08-Jun-14	D Day 10k	6.21 4	58.04	5	PB	
Rachel	Jarvis	58	16-Mar-14	Selsey 10k	6.21 4	58.11	3	PB	
Jenny	Lown	35	16-Mar-14	Selsey 10k	6.21 4	58.24		PB	
Clariece	Warrior	33	16-Mar-14	Selsey 10k	6.21 4	58.33		PB	
Claire	Shardlow	25	16-Mar-14	Selsey 10k	6.21 4	58.47		PB	
Helen	Smith	56	16-Mar-14	Selsey 10k	6.21 4	59.01	4	PB	
Gill	Dickin	48	19-Jan-14	Stubbington 10k	6.21 4	59.31	5	PB	
Paul	Bould	62	09-Feb-14	Chichester 10k	6.21 4	59.55	5	PB	
Maria	Lush	58	24-Mar-14	Eastleigh 10k	6.21 4	60.01	4	PB	
Mary	Short	53	19-Jan-14	Stubbington 10k	6.21 4	64.41	5	PB	
Howard	Wright	75	19-Oct-14	Denmead 10k	6.21 4	64.51	3	PB	M75 rec
Paul	Mitchinson	35	11-Sep-14	Race 6 Long Handicap	7.65	44.28	1	PB	M35 rec

Zakaria	Lahlal	19	11-Sep-14	Race 6 Long Handicap	7.65	44.50	2	PB	
Colin	O'Donnell	55	14-Aug-14	Race 5 Long Handicap	7.65	51.55	1	PB	
Paul	Hiles	27	14-Aug-14	Race 5 Long Handicap	7.65	52.14	3	PB	
Jackie	Lloyd	41	11-Sep-14	Race 6 Long Handicap	7.65	52.25	1	PB	
Lucy	Smith	37	12-Jun-14	Race 3 Long Handicap	7.65	55.28	3	PB	
Gemma	Corbett	34	12-Jun-14	Race 3 Long Handicap	7.65	56.36	3	PB	
Tim	Cooper	46	10-Jul-14	Race 4 Long Handicap	7.65	56.47	3	PB	
Andrew	Wright	51	10-Jul-14	Race 4 Long Handicap	7.65	57.21	3	PB	
Simon	Lee	51	14-Aug-14	Race 5 Long Handicap	7.65	60.41	4	PB	
Richard	Westbrook	53	11-Sep-14	Race 6 Long Handicap	7.65	61.52	4	PB	
Vicki	Turnbull	42	10-Apr-14	Race 1 Long Handicap	7.65	64.09	4	PB	
Martin	Getliffe	61	14-Aug-14	Race 5 Long Handicap	7.65	64.58	3	PB	
Terry	Healy	59	11-Sep-14	Race 6 Long Handicap	7.65	65.36	4	PB	
Helen	Whiting	30	11-Sep-14	Race 6 Long Handicap	7.65	65.47	5	PB	
Paul	Willcox	57	12-Jun-14	Race 3 Long Handicap	7.65	68.08	4	PB	
Helen	Clarke	44	10-Apr-14	Race 1 Long Handicap	7.65	68.27	4	PB	
Marissa	Alves	34	14-Aug-14	Race 5 Long Handicap	7.65	68.47	5	PB	
Christine	White	42	08-May-14	Race 2 Long Handicap	7.65	71.55	5	PB	
Dave	Walker	62	08-May-14	Race 2 Long Handicap	7.65	72.30	4	PB	
Cathy	Beresford	48	11-Sep-14	Race 6 Long Handicap	7.65	74.23	5	PB	
Donna	Reid	36	12-Jun-14	Race 3 Long Handicap	7.65	74.39		PB	
Allison	Lowder	37	10-Apr-14	Race 1 Long Handicap	7.65	76.33		PB	
Jackie	Yarnold	66	08-May-14	Race 2 Long Handicap	7.65	77.56	3	PB	
Amanda	Wells	48	08-May-14	Race 2 Long Handicap	7.65	77.57	5	PB	
Maria	Lush	58	08-May-14	Race 2 Long Handicap	7.65	78.07	4	PB	
Mary	Short	53	12-Jun-14	Race 3 Long Handicap	7.65	80.46	5	PB	
Howard	Wright	75	10-Apr-14	Race 1 Long Handicap	7.65	84.26	4	PB	M75 rec
Bridget	Main	48	11-Sep-14	Race 6 Long Handicap	7.65	84.44		PB	
Gill	Ripiner	65	10-Jul-14	Race 4 Long Handicap	7.65	87.40	4	PB	
Joanne	Lea	40	10-Jul-14	Race 4 Long Handicap	7.65	89.44		PB	
Yvonne	Hawley	41	14-Aug-14	Race 5 Long Handicap	7.65	90.31		PB	
Zakaria	Lahlal	19	02-Nov-14	Lordshill 10m	10	56.26	1	PB	
Paul	Mitchinson	35	02-Nov-14	Lordshill 10m	10	57.46	1	PB	
Jackie	Lloyd	41	02-Nov-14	Lordshill 10m	10	64.45	1	PB	W40 rec
Gemma	Corbett	35	02-Nov-14	Lordshill 10m	10	65.33	1	PB	W35 rec
Colin	O'Donnell	56	30-Nov-14	Hayling 10	10	69.11	1	PB	
Chris	Lowder	39	26-Oct-14	Great South 10m	10	69.39	3	PB	
David	Lown	36	30-Nov-14	Hayling 10	10	70.06	3	PB	
Simon	Turner	39	30-Nov-14	Hayling 10	10	70.23	3	PB	
Lucy	Smith	37	02-Nov-14	Lordshill 10m	10	72.05	3	PB	
Simon	Oakley	34	26-Oct-14	Great South 10m	10	72.47	4	PB	
Mark	Hay	54	26-Oct-14	Great South 10m	10	75.34	3	PB	
Andrew	Flynn	48	26-Oct-14	Great South 10m	10	75.35	3	PB	
Tim	Cooper	46	02-Nov-14	Lordshill 10m	10	76.22	3	PB	
Sophie	Needham	29	30-Nov-14	Hayling 10	10	77.48	4	PB	
Richard	Westbrook	53	26-Oct-14	Great South 10m	10	78.04	3	PB	
Martin	Foster	35	30-Nov-14	Hayling 10	10	83.55	5	PB	
Helen	Whiting	30	26-Oct-14	Great South 10m	10	86.13	5	PB	
James	Smith	33	26-Oct-14	Great South 10m	10	87.32		PB	
John	Russell	60	11-May-14	Alton 10m	10	88.54	4	PB	
Christine	White	42	30-Nov-14	Hayling 10	10	92.31	5	PB	
Michelle	Cooke	34	30-Nov-14	Hayling 10	10	93.18		PB	
Rachel	Jarvis	58	26-Oct-14	Great South 10m	10	93.29	3	PB	

Ali	Pirie	16	11-May-14	Alton 10m	10	94.52		PB	
Amanda	Wells	49	26-Oct-14	Great South 10m	10	96.16	5	PB	
Allison	Lowder	38	26-Oct-14	Great South 10m	10	96.57		PB	
Roy	Marshall	57	26-Oct-14	Great South 10m	10	97.54	5	PB	
James	Leighton	40	26-Oct-14	Great South 10m	10	98.55		PB	
Gill	Dickin	49	26-Oct-14	Great South 10m	10	99.27	5	PB	
						103.0			
Simon	Cristofoli	46	26-Oct-14	Great South 10m	10	7		PB	
						106.0			
Cathy	Beresford	48	26-Oct-14	Great South 10m	10	3		PB	
						109.4			
Mary	Short	53	02-Feb-14	Ryde 10m	10	1		PB	
						109.5			
Bridget	Main	48	30-Nov-14	Hayling 10	10	9		PB	
						110.4			
Joanne	Lea	41	26-Oct-14	Great South 10m	10	1		PB	
						111.0			
Yvonne	Hawley	41	30-Nov-14	Hayling 10	10	4		PB	
						117.1			
Elle	Stone	20	26-Oct-14	Great South 10m	10	4		PB	
						126.2			
Robyn	Pearce	24	26-Oct-14	Great South 10m	10	9		PB	
Daniel	Bailey	22	05-Oct-14	Cardiff Half	13.1	72.44	1	PB	
Zakaria	Lahlal	19	16-Nov-14	Gosport Half Marathon	13.1	75.01	1	PB	
Gemma	Corbett	35	16-Nov-14	Gosport Half Marathon	13.1	87.29	1	PB	W35 rec
Jackie	Lloyd	41	16-Nov-14	Gosport Half Marathon	13.1	87.33	1	PB	W40 rec
Chris	Lowder	39	16-Nov-14	Gosport Half Marathon	13.1	94.55	3	PB	
Simon	Oakley	34	16-Nov-14	Gosport Half Marathon	13.1	96.41	4	PB	
David	Lown	36	16-Nov-14	Gosport Half Marathon	13.1	96.44	4	PB	
Lucy	Smith	37	16-Nov-14	Gosport Half Marathon	13.1	97.04	3	PB	W35 rec
						100.0			
Tom	Stott	20	17-May-14	Idaho 1/2 mar	13.1	8	4	PB	
						100.2			
Tim	Cooper	46	16-Nov-14	Gosport Half Marathon	13.1	6	3	PB	
						101.2			
Alan	Wiles	53	05-Oct-14	Cardiff Half	13.1	1	3	PB	
						102.2			
Matthew	Holness	29	23-Feb-14	Portsmouth Coastal half marathon	13.1	0	5	PB	
						102.4			
Andrew	Flynn	48	16-Nov-14	Gosport Half Marathon	13.1	9	4	PB	
						104.1			
Sophie	Needham	29	16-Nov-14	Gosport Half Marathon	13.1	9	4	PB	
						106.4			
Adam	Pyke	31	23-Feb-14	Portsmouth Coastal half marathon	13.1	5	5	PB	
						106.5			
Andrew	Wright	51	16-Mar-14	Fleet Half Marathon	13.1	1	4	PB	
						109.2			
Paul	Bould	62	02-Mar-14	Reading Half	13.1	1	3	PB	
						115.0			
Martin	Foster	35	16-Nov-14	Gosport Half Marathon	13.1	5		PB	
						116.2			
Helen	Whiting	30	16-Nov-14	Gosport Half Marathon	13.1	1	5	PB	
Helen	Clarke	45	28-Sep-14	Solent Half	13.1	116.3	4	PB	

Helen	Whiting	29	13-Apr-14	London Marathon	26.2	267.3 3		PB
John	Russell	60	06-Apr-14	Paris Marathon	26.2	278.2 5	5	PB
Christine	White	42	21-Dec-14	Coastal Marathon	26.2	287.3 4		PB
Debbie	Pugh	49	21-Dec-14	Coastal Marathon	26.2	293.0 0		PB
Mary	Short	53	13-Apr-14	London Marathon	26.2	326.2 9		PB