

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/m	Age	Cat	Std Table	Calc	Std
Jo	Gilholm	42	29-Aug-12	Race 5 Pompey Prom	3.107	20:51	20:51	6.43	W40	W40_8		2	PB
Christine	White	40	25-Jul-12	Race 4 Pompey Prom	3.107	30:40	30:40	9.52	W40	W40_8			PB
Maria	Lush	56	25-Jul-12	Race 4 Pompey Prom	3.107	30:41	30:41	9.53	W55	W55_8		4	PB
Nicola	Stott	46	26-May-12	Edinburgh 5k	3.107	31:02	31:02	9.59	W45	W45_8			PB
Daniel	Bailey	20	30-Aug-12	6 Short H/C	3.65	19:14	19:14	5.16	MS	MS_1		1	PB
Paul	Mitchinson	32	31-May-12	3 Short H/C	3.65	21:12	21:12	5.48	MS	MS_1		2	PB
Tom	Stott	19	30-Aug-12	6 Short H/C	3.65	23:23	23:23	6.24	MS	MS_1		3	PB
Andrew	Frayling	38	27-Sep-12	7 Short H/C	3.65	23:36	23:36	6.28	M35	M35_1		3	PB
Simon	Turner	36	30-Aug-12	6 Short H/C	3.65	24:13	24:13		M35	M35_1		3	PB
Mark	Griffiths	40	27-Sep-12	7 Short H/C	3.65	24:56	24:56	6.50	M40	M40_1		3	PB
David	Lown	34	29-Mar-12	1 Short H/C	3.65	25:11	25:11	6.54	MS	MS_1		4	PB
Damian	Hamilton	50	29-Mar-12	1 Short H/C	3.65	25:55	25:55	7.06	M50	M50_1		3	PB
Kathryn	Simpson	13	27-Sep-12	7 Short H/C	3.65	26:05	26:05	7.09	WS	WS_1		3	PB
Simon	Lee	49	28-Jun-12	4 Short H/C	3.65	26:59	26:59	7.24	M45	M45_1		4	PB
Andrew	Wright	49	28-Jun-12	4 Short H/C	3.65	27:20	27:20	7.29	M45	M45_1		4	PB
John	Marsh	45	30-Aug-12	6 Short H/C	3.65	27:37	27:37	7.34	M45	M45_1		4	PB
Gary	Heather	49	27-Sep-12	7 Short H/C	3.65	27:42	27:42	7.35	M45	M45_1		4	PB
John	Cowlin	40	27-Sep-12	7 Short H/C	3.65	28:07	28:07	7.42	M40	M40_1		4	PB
Ellen	Cottom	38	29-Mar-12	1 Short H/C	3.65	28:22	28:22	7.46	W35	W35_1		4	PB
Graham	Rutland	62	26-Apr-12	2 Short H/C	3.65	29:39	29:39	8.07	M60	M60_1		3	PB
Katie	Lewis	31	30-Aug-12	6 Short H/C	3.65	29:50	29:50	8.10	WS	WS_1		5	PB
Helen	Mears	43	29-Mar-12	1 Short H/C	3.65	30:00	30:00	8.13	W40	W40_1		4	PB
Glynne	Parsons	48	29-Mar-12	1 Short H/C	3.65	31:06	31:06	8.31	W45	W45_1		4	PB
Keith	Leishman	49	30-Aug-12	6 Short H/C	3.65	31:27	31:27	8.37	M45	M45_1		5	PB
Jenny	Ewer	28	28-Jun-12	4 Short H/C	3.65	31:37	31:37	8.40	WS	WS_1		5	PB
Tracey	Dunn	48	30-Aug-12	6 Short H/C	3.65	31:41	31:41	8.41	W45	W45_1		4	PB
Ali	Pirie	14	26-Apr-12	2 Short H/C	3.65	32:51	32:51	9.00	WS	WS_1			PB
Pete	Chaffey	39	29-Mar-12	1 Short H/C	3.65	32:55	32:55	9.01	M35	M35_1			PB
Helen	Smith	55	30-Aug-12	6 Short H/C	3.65	33:35	33:35		W55	W55_1		4	PB
Sarah	Swift	41	28-Jun-12	4 Short H/C	3.65	33:46	33:46	9.15	W40	W40_1		5	PB
Scarlett	Cooper	20	30-Aug-12	6 Short H/C	3.65	34:45	34:45	9.31	WS	WS_1			PB
Dawn	Watson	46	26-Apr-12	2 Short H/C	3.65	34:55	34:55	9.34	W45	W45_1		5	PB
Liza	Done	33	29-Mar-12	1 Short H/C	3.65	35:01	35:01	9.36	WS	WS_1			PB
Maria	Lush	56	27-Sep-12	7 Short H/C	3.65	35:31	35:31	9.44	W55	W55_1		4	PB
Christine	White	40	30-Aug-12	6 Short H/C	3.65	35:58	35:58	9.51	W40	W40_1			PB
Gerry	Rock	55	30-Aug-12	6 Short H/C	3.65	36:13	36:13	9.55	W55	W55_1		4	PB
Paul	Mitchinson	32	13-Jun-12	Hayling Billy 5	5	28:55	28:55	5.47	MS	MS_2		2	PB
Colin	O'Donnell	53	13-Jun-12	Hayling Billy 5	5	32:16	32:16	6.27	M50	M50_2		2	PB
Tom	Stott	19	16-Sep-12	Victory 5	5	32:56	32:56	6.35	MS	MS_2		3	PB
Simon	Turner	36	16-Sep-12	Victory 5	5	33:51	33:51	6.46	M35	M35_2		3	PB
David	Lown	34	16-Sep-12	Victory 5	5	34:54	34:54	6.59	MS	MS_2		4	PB
Jo	Gilholm	42	13-Jun-12	Hayling Billy 5	5	34:57	34:57	6.59	W40	W40_2		2	PB
Mark	Hay	52	16-Sep-12	Victory 5	5	36:12	36:12	7.14	M50	M50_2		3	PB
Jane	Robertson	47	13-Jun-12	Hayling Billy 5	5	41:10	41:10	8.14	W45	W45_2		3	PB
Gary	Heather	48	13-Jun-12	Hayling Billy 5	5	41:42	41:42	8.20	M45	M45_2		5	PB
Katie	Lewis	30	13-Jun-12	Hayling Billy 5	5	42:12	42:12	8.26	WS	WS_2		5	PB
Helen	Clarke	42	13-Jun-12	Hayling Billy 5	5	43:42	43:42	8.44	W40	W40_2		4	PB
Glynne	Parsons	48	16-Sep-12	Victory 5	5	43:55	43:55	8.47	W45	W45_2		4	PB
Maria	Lush	56	13-Jun-12	Hayling Billy 5	5	51:07	51:07	10.13	W55	W55_2		5	PB
Christine	White	40	13-Jun-12	Hayling Billy 5	5	51:07	51:07	10.13	W40	W40_2			PB
Gerry	Rock	55	16-Sep-12	Victory 5	5	51:24	51:24	10.17	W55	W55_2		5	PB
Paul	Mitchinson	32	25-Mar-12	Eastley 10k	6.214	36:13	36:13	5.50	MS	MS_3		2	PB
Martin	Coles	54	15-Jan-12	Stubbington 10k	6.214	43:59	43:59	7.05	M50	M50_3		2	PB
David	Lown	34	25-Mar-12	Eastley 10k	6.214	44:16	44:16	7.07	MS	MS_3		4	PB
Jo	Gilholm	42	25-Mar-12	Eastley 10k	6.214	44:24	44:24	7.09	W40	W40_3		2	PB
Mark	Hay	52	15-Jan-12	Stubbington 10k	6.214	46:12	46:12	7.26	M50	M50_3		3	PB
Andrew	Wright	49	10-Jun-12	D Day 10k	6.214	46:39	46:39	7.30	M45	M45_3		3	PB
Belinda	Harding	52	15-Jan-12	Stubbington 10k	6.214	48:10	48:10	7.45	W50	W50_3		2	PB
Helen	Mears	43	25-Mar-12	Eastley 10k	6.214	51:11	51:11	8.14	W40	W40_3		4	PB
Gary	Heather	48	20-May-12	Netley 10k	6.214	52:02	52:02	8.22	M45	M45_3		5	PB
Glynne	Parsons	48	25-Mar-12	Eastley 10k	6.214	54:45	54:45	8.49	W45	W45_3		4	PB
Liza	Done	33	10-Jun-12	D Day 10k	6.214	61:54	1:01:54	9.58	WS	WS_3			PB
Allison	Lowder	35	25-Mar-12	Eastley 10k	6.214	62:02	1:02:02	9.59	W35	W35_3			PB
Chris	Lowder	36	25-Mar-12	Eastley 10k	6.214	62:02	1:02:02	9.59	M35	M35_3			PB
Maria	Lush	56	25-Mar-12	Eastley 10k	6.214	64:26	1:04:26	10.22	W55	W55_3		5	PB
Gerry	Rock	55	25-Mar-12	Eastley 10k	6.214	64:44	1:04:44	10.25	W55	W55_3		5	PB
Christine	White	40	25-Mar-12	Eastley 10k	6.214	64:44	1:04:44	10.25	W40	W40_3			PB
Mary	Short	51	15-Jan-12	Stubbington 10k	6.214	67:48	1:07:48	10.55	W50	W50_3			PB
Daniel	Bailey	20	12-Apr-12	1 Long H/C	7.65	42:32	42:32	5.34	MS	MS_4		1	PB
Tom	Stott	19	13-Sep-12	6 Long H/C	7.65	52:23	52:23	6.51	MS	MS_4		4	PB

Paul	Hiles	25	13-Sep-12	6 Long H/C	7.65	53.10	53:10	6.57	MS	MS_4	4	PB
Simon	Turner	36	09-Aug-12	5 Long H/C	7.65	55.50	55:50	7.18	M35	M35_4	4	PB
Jo	Gilholm	42	12-Apr-12	1 Long H/C	7.65	56.18	56:18	7.22	W40	W40_4	2	PB
Ian	Stott	47	13-Sep-12	6 Long H/C	7.65	57.35	57:35	7.32	M45	M45_4	3	PB
Mark	Griffiths	40	13-Sep-12	6 Long H/C	7.65	57.40	57:40	7.32	M40	M40_4	4	PB
David	Lown	34	13-Sep-12	6 Long H/C	7.65	57.40	57:40	7.32	MS	MS_4	5	PB
Tim	Cooper	44	12-Jul-12	4 Long H/C	7.65	59.10	59:10	7.44	M40	M40_4	4	PB
Mark	Hay	52	13-Sep-12	6 Long H/C	7.65	59.41	59:41	7.48	M50	M50_4	3	PB
Andrew	Wright	49	14-Jun-12	3 Long H/C	7.65	60.22	1:00:22	7.53	M45	M45_4	4	PB
Andrew	Frayling	38	13-Sep-12	6 Long H/C	7.65	61.30	1:01:30	8.02	M35	M35_4	5	PB
Gary	Heather	48	13-Sep-12	6 Long H/C	7.65	63.52	1:03:52	8.21	M45	M45_4	5	PB
Katie	Lewis	31	09-Aug-12	5 Long H/C	7.65	65.21	1:05:21	8.33	WS	WS_4	5	PB
Graham	Rutland	62	14-Jun-12	3 Long H/C	7.65	66.10	1:06:10	8.39	M60	M60_4	3	PB
Glynne	Parsons	48	14-Jun-12	3 Long H/C	7.65	69.11	1:09:11	9.03	W45	W45_4	4	PB
Vicki	Turnbull	40	13-Sep-12	6 Long H/C	7.65	70.07	1:10:07	9.10	W40	W40_4	5	PB
Keith	Leishman	49	09-Aug-12	5 Long H/C	7.65	71.10	1:11:10	9.18	M45	M45_4		PB
Liza	Done	33	12-Apr-12	1 Long H/C	7.65	73.57	1:13:57	9.40	WS	WS_4		PB
Pete	Chaffey	39	12-Apr-12	1 Long H/C	7.65	75.10	1:15:10	9.50	M35	M35_4		PB
Dawn	Watson	46	10-May-12	2 Long H/C	7.65	77.38	1:17:38	10.09	W45	W45_4	5	PB
Christine	White	40	12-Jul-12	4 Long H/C	7.65	82.00	1:22:00	10.43	W40	W40_4		PB
Gerry	Rock	55	12-Apr-12	1 Long H/C	7.65	83.12	1:23:12	10.53	W55	W55_4	5	PB
Paul	Mitchinson	33	04-Nov-12	Lordshill 10M	10	59.07	59:07	5.55	MS	MS_5	2	PB
Chris	Riddington	40	28-Oct-12	Great South Run	10	69.04	1:09:04	6.54	W40	W40_5	1	PB
Simon	Turner	37	25-Nov-12	Hayling 10	10	71.41	1:11:41	7.10	M35	M35_5	4	PB
Mark	Griffiths	40	25-Nov-12	Hayling 10	10	72.34	1:12:34	7.15	M40	M40_5	3	PB
Adam	Yarnold	34	25-Nov-12	Hayling 10	10	73.39	1:13:39	7.22	MS	MS_5	4	PB
David	Lown	34	25-Nov-12	Hayling 10	10	74.59	1:14:59	7.30	MS	MS_5	4	PB
Jo	Gilholm	42	04-Nov-12	Lordshill 10M	10	75.07	1:15:07	7.31	W40	W40_5	3	PB
Jane	Robertson	47	28-Oct-12	Great South Run	10	77.35	1:17:35	7.45	W45	W45_5	2	PB
Tim	Cooper	44	28-Oct-12	Great South Run	10	81.18	1:21:18	8.08	M40	M40_5	5	PB
Andrew	Wright	49	13-May-12	Alton 10m	10	85.24	1:25:24	8.32	M45	M45_5	5	PB
Elaine	Munns	42	11-Mar-12	Salisbury 10m	10	86.00	1:26:00	8.36	W40	W40_5	4	PB
John	Cowlin	40	04-Nov-12	Lordshill 10M	10	86.02	1:26:02	8.36	M40	M40_5	5	PB
Gary	Heather	49	28-Oct-12	Great South Run	10	87.09	1:27:09	8.43	M45	M45_5	5	PB
Helen	Clarke	43	04-Nov-12	Lordshill 10M	10	88.06	1:28:06	8.49	W40	W40_5	4	PB
Andy	Smith	58	25-Nov-12	Hayling 10	10	89.56	1:29:56	9.00	M55	M55_5	4	PB
Michael	Coles	30	28-Oct-12	Great South Run	10	91.54	1:31:54	9.11	MS	MS_5		PB
Jackie	Yarnold	64	28-Oct-12	Great South Run	10	93.43	1:33:43	9.22	W60	W60_5	3	PB
Glynne	Parsons	48	11-Mar-12	Salisbury 10m	10	95.00	1:35:00	9.30	W45	W45_5	4	PB
Danielle	Tully	31	28-Oct-12	Great South Run	10	95.36	1:35:36	9.34	WS	WS_5		PB
Liza	Done	33	13-May-12	Alton 10m	10	101.49	1:41:49	10.11	WS	WS_5		PB
Maria	Lush	56	25-Nov-12	Hayling 10	10	109.44	1:49:44	10.58	W55	W55_5	5	PB
Christine	White	40	25-Nov-12	Hayling 10	10	109.44	1:49:44	10.58	W40	W40_5		PB
Hayley	Richardson	49	28-Oct-12	Great South Run	10	111.22	1:51:22	11.08	W45	W45_5		PB
Gerry	Rock	55	28-Oct-12	Great South Run	10	111.31	1:51:31	11.09	W55	W55_5	5	PB
Ann	Mann	50	25-Nov-12	Hayling 10	10	114.53	1:54:53	11.29	W50	W50_5		PB
Daniel	Bailey	20	12-Feb-12	Portsmouth Half	13.1	75.37	1:15:37	5.46	MS	MS_6	1	PB
Paul	Mitchinson	33	18-Nov-12	Gosport Half	13.1	79.29	1:19:29	6.04	MS	MS_6	2	PB
Simon	Turner	37	18-Nov-12	Gosport Half	13.1	94.39	1:34:39	7.14	M35	M35_6	3	PB
Mark	Griffiths	40	18-Nov-12	Gosport Half	13.1	95.47	1:35:47	7.19	M40	M40_6	3	PB
Martin	Coles	55	14-Oct-12	Solent Half	13.1	100.03	1:40:03	7.38	M55	M55_6	2	PB
Adam	Yarnold	34	18-Nov-12	Gosport Half	13.1	100.57	1:40:57	7.42	MS	MS_6	4	PB
Andrew	Wright	49	18-Nov-12	Gosport Half	13.1	106.38	1:46:38	8.08	M45	M45_6	4	PB
John	Cowlin	40	18-Nov-12	Gosport Half	13.1	114.25	1:54:25	8.44	M40	M40_6	5	PB
Gary	Heather	49	14-Oct-12	Solent Half	13.1	115.56	1:55:56	8.51	M45	M45_6	5	PB
Keith	Leishman	49	14-Oct-12	Chichester Half	13.1	119.15	1:59:15	9.06	M45	M45_6	5	PB
Helen	Clarke	43	18-Nov-12	Gosport Half	13.1	122.04	2:02:04	9.19	W40	W40_6	5	PB
Jackie	Yarnold	64	18-Nov-12	Gosport Half	13.1	125.33	2:05:33	9.35	W60	W60_6	3	PB
Kevin	McTaggart	58	14-Oct-12	Solent Half	13.1	126.16	2:06:16	9.38	M55	M55_6	5	PB
Dawn	Watson	46	12-Feb-12	Portsmouth Half	13.1	133.15	2:13:15	10.10	W45	W45_6	5	PB
Emily	Watts	32	19-Feb-12	Brighton Half	13.1	133.20	2:13:20	10.11	WS	WS_6		PB
Richard	Wells	34	19-Feb-12	Brighton Half	13.1	133.20	2:13:20	10.11	MS	MS_6		PB
Russ	Coleman	34	18-Mar-12	Worthing 20m	20	124.11	2:04:11	6.13	MS	MS_9	2	PB
Martin	Coles	54	12-Feb-12	Bramley 20m	20	165.02	2:45:02	8.15	M50	M50_9	3	PB
Lucy	Smith	34	18-Mar-12	Worthing 20m	20	165.20	2:45:20	8.16	WS	WS_9	4	PB
Damian	Hamilton	50	12-Feb-12	Bramley 20m	20	166.15	2:46:15	8.19	M50	M50_9	3	PB
Paul	Mitchinson	33	23-Dec-12	Portsmouth Coastal Mar	26.2	194.00	3:14:00	7.24	MS	MS_7	3	PB
David	Howard	42	23-Dec-12	Portsmouth Coastal Mar	26.2	205.24	3:25:24	7.50	M40	M40_7	3	PB
Mark	Griffiths	40	21-Oct-12	Amsterdam Marathon	26.2	217.08	3:37:08	8.17	M40	M40_7	4	PB
Lucy	Smith	34	22-Apr-12	London Marathon	26.2	227.58	3:47:58	8.42	WS	WS_7	4	PB
Ian	Stott	47	27-May-12	Edinburgh Mar	26.2	256.36	4:16:36	9.48	M45	M45_7	5	PB
Kate	Hart	45	15-Apr-12	Brighton Marathon	26.2	258.45	4:18:45	9.53	W45	W45_7	4	PB

Mark	Hay	52	22-Apr-12	London Marathon	26.2	279.03	4:39:03	10.39	M50	M50_7		PB
Nicola	Stott	46	27-May-12	Edinburgh Mar	26.2	279.17	4:39:17	10.40	W45	W45_7	5	PB
Paula	Russell	53	15-Apr-12	Brighton Marathon	26.2	283.48	4:43:48	10.50	W50	W50_7	5	PB
John	Russell	58	22-Apr-12	London Marathon	26.2	303.33	5:03:33	11.35	M55	M55_7		PB
Dawn	Watson	47	28-Oct-12	Snowdon Mar	26.2	352.23	5:52:23	13.27	W45	W45_7		PB