

Who	Where	Milestone	PB?	Age Grade	Gender
7 May 2022					
Angela HARRISON	Havant parkrun		New PB!	65+	
Phillip TOWNLEY	Whiteley parkrun		New PB!	75+	
Martin POWELL	Whiteley parkrun			65+	
Tim ROLFE	Bath Skyline parkrun			65+	3
Josh CULLEN	Netley Abbey parkrun			65+	3
Brandon CHAPLIN	Queen Elizabeth parkrun			70+	1
Sarah CRANSTONE	Weymouth parkrun			70+	
Gareth CHARLES	Lee-on-the-Solent parkrun			70+	2
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Mark WESTBROOK	Lee-on-the-Solent parkrun			65+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Dave THORPE	Lee-on-the-Solent parkrun			65+	
Simon ROSS	Lee-on-the-Solent parkrun			65+	
Andy DONN	Lee-on-the-Solent parkrun			65+	
Stuart BAMBERGER	Lee-on-the-Solent parkrun			65+	
Haydn BROWN	Lee-on-the-Solent parkrun			70+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	2
Ashley LOVELL	Lee-on-the-Solent parkrun			65+	
Mick WELLAND	Lee-on-the-Solent parkrun			75+	
Michael HEALY	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Louise NICHOLSON	Lee-on-the-Solent parkrun		New PB!		
Mark MACDONALD	Lee-on-the-Solent parkrun		New PB!		
Claire DYSON	Lee-on-the-Solent parkrun		New PB!		
Kay SADLER	Lee-on-the-Solent parkrun		New PB!		
Natalie REDMAN	Portsmouth Lakeside parkrun		New PB!		
Mike HARPER	Bideford parkrun				
David MALLARD	Fareham parkrun			70+	2
Ken CHEUNG	Fareham parkrun			65+	
David JENNINGS	Fareham parkrun			65+	
Ray GUNNER	Fareham parkrun			65+	
Aaron KINGSTON	Bartley Park parkrun		New PB!		
Phil MORGAN	Edenbrook Country parkrun			70+	
Amie MORGAN	Edenbrook Country parkrun			70+	
Who	Where	Milestone	PB?	Age Grade	Gender
14 May 2022					
Hollie SMITH	Whiteley parkrun			70+	1
Andrew STOCKWELL	Whiteley parkrun			70+	
Daisy MCCLEMENTS	Bedford parkrun			70+	2
Haydn BROWN	Eastleigh parkrun			65+	
Robert CRANSTONE	Weymouth parkrun			70+	
Sarah CRANSTONE	Weymouth parkrun			75+	
Colin TRIGG	Hove Promenade parkrun			80+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Ken CHEUNG	Lee-on-the-Solent parkrun		New PB!	70+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Mark John EATON	Lee-on-the-Solent parkrun			75+	
Graham DONNACHIE	Lee-on-the-Solent parkrun			65+	
Lucy MAY	Lee-on-the-Solent parkrun			70+	2
Andy DONN	Lee-on-the-Solent parkrun			65+	
Andy LEE	Lee-on-the-Solent parkrun			65+	
Marie ACKLAND	Lee-on-the-Solent parkrun	First parkrun			
Gaynor HEFFER	Lee-on-the-Solent parkrun			65+	
Cathy WEBB	Lee-on-the-Solent parkrun			70+	
Mark MACDONALD	Lee-on-the-Solent parkrun		New PB!		
Julie STRADLING	Lee-on-the-Solent parkrun	Fiftieth parkrun	New PB!		
Claire DYSON	Lee-on-the-Solent parkrun		New PB!		
Kay SADLER	Lee-on-the-Solent parkrun		New PB!		
Simon ROSS	Portsmouth Lakeside parkrun			70+	
Jacqueline ROSS	Portsmouth Lakeside parkrun		New PB!		
David MALLARD	Fareham parkrun			65+	
Richard EDMUNDS	Fareham parkrun			65+	
Ray GUNNER	Fareham parkrun			65+	
Charlie JONES	Fareham parkrun		New PB!		
Gail OSBORNE	Fareham parkrun			65+	
Dominic SHEPHERD	Milano Nord parkrun			70+	
Mike HARPER	Cranbrook Country Park parkrun			75+	
Peter GOSS	Myponga Reservoir parkrun				3
Who	Where	Milestone	PB?	Age Grade	Gender
21 May 2022					
Josh CULLEN	Southampton parkrun		New PB!	65+	
Haydn BROWN	Southampton parkrun			70+	
Mick HARPER	Plymvalley parkrun			65+	
Iain CROSS	Whiteley parkrun			70+	2
Toby GREENFIELD	Whiteley parkrun		New PB!	65+	
Vernon WILDE	Moors Valley parkrun		New PB!		
Kelly HANIVER	Wallace parkrun, Lisburn			75+	1
Dominic SHEPHERD	Queen Elizabeth parkrun			65+	

Brandon CHAPLIN	Lee-on-the-Solent parkrun		New PB!	75+	1
Phil MORGAN	Lee-on-the-Solent parkrun			70+	2
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Simon ROSS	Lee-on-the-Solent parkrun			70+	
Andrew STOCKWELL	Lee-on-the-Solent parkrun			70+	
Lucy MAY	Lee-on-the-Solent parkrun			70+	1
Ken CHEUNG	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	2
Mike SMITH	Lee-on-the-Solent parkrun			65+	
Jules DINWOODIE	Lee-on-the-Solent parkrun			65+	
Cathy WEBB	Lee-on-the-Solent parkrun			65+	
Julie STRADLING	Lee-on-the-Solent parkrun		New PB!		
Nick RICHARDSON	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Iain GALLAGHER	Wyndham Vale parkrun		New PB!		
David MALLARD	Fareham parkrun			70+	
Daisy MCCLEMENTS	Fareham parkrun			70+	1
Ray GUNNER	Fareham parkrun			65+	
Gail OSBORNE	Fareham parkrun			65+	
Tommy BLAKE	Henlow Bridge Lakes parkrun	One Hundredth parkrun		70+	2
Angela HARRISON	Great Salterns parkrun				3
Julia WEBB	North Yorkshire Water Park parkrun			65+	
Peter GOSS	Myponga Reservoir parkrun		New PB!		
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
28 May 2022					
Greig BENSON	Whiteley parkrun			65+	
Haydn BROWN	Eastleigh parkrun			70+	
Michael PARKES	Winchester parkrun		New PB!		
Simon ROSS	Rushcliffe parkrun		New PB!	70+	
Mike HARPER	Chipping Sodbury parkrun			75+	
Lewis BANNER	Lee-on-the-Solent parkrun			75+	1
Phil MORGAN	Lee-on-the-Solent parkrun			70+	2
Steve CUMES	Lee-on-the-Solent parkrun		New PB!	75+	
Gareth CHARLES	Lee-on-the-Solent parkrun			70+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Ken CHEUNG	Lee-on-the-Solent parkrun			70+	
Tom NORTH	Lee-on-the-Solent parkrun			70+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Richard BAILEY	Lee-on-the-Solent parkrun	One Hundredth parkrun			
Stuart BAMBERGER	Lee-on-the-Solent parkrun		New PB!	65+	
Mike SMITH	Lee-on-the-Solent parkrun			70+	
Andy LEE	Lee-on-the-Solent parkrun			70+	
Amie MORGAN	Lee-on-the-Solent parkrun				3
Tom SINDALL	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Martin POWELL	Lee-on-the-Solent parkrun			65+	
Samantha WHITING	Lee-on-the-Solent parkrun		New PB!		
Alison HESSELBERTH	Lee-on-the-Solent parkrun			70+	
Kirstie GRAHAM	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Jules DINWOODIE	Lee-on-the-Solent parkrun			65+	
Ella Mary BENNETTS	Lee-on-the-Solent parkrun	First parkrun			
Keith WHITAKER	Portsmouth Lakeside parkrun			65+	
Marcus LEE	Fareham parkrun			65+	
Ray GUNNER	Fareham parkrun			70+	
Ryan GRANGER	Fareham parkrun	Fiftieth parkrun			

Summary

May 2022							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Aaron KINGSTON	22:03	60.17%	16	15	2	New PB!	
Alison HESSELBERTH	27:21	71.97%	146	23	1		
Alison LAWRENCE	25:57	59.73%	59	8	4		
Amelia DOWLER	36:36	44.72%	301	119	2		
Amie MORGAN	21:17	70.01%	55	3	3		
Amy FOX	24:21	62.83%	46	6	2		
Andrew SMITH	45:29	36.53%	199	118	3		
Andrew STOCKWELL	20:29	73.80%	13	11	4		
Andy DONN	21:36	68.29%	33	29	3		
Andy LEE	22:55	71.20%	55	51	2		
Andy RICHARDSON	26:52	58.68%	138	119	1		
Andy WHITE	24:50	60.34%	95	54	4		
Angela HARRISON	24:20	66.58%	32	3	4	New PB!	
Anna SINDALL	27:58	53.81%	112	33	1		
Ashley LOVELL	23:45	67.51%	79	75	1		
Brandon CHAPLIN	17:38	76.56%	1	1	2	New PB!	
Callum SWANN	20:55	61.67%	24	22	4		
Carl SCHAFFER	26:44	58.98%	66	46	4		
Catherine CHAMBERLAIN	36:03	45.95%	311	99	1		
Cathy WEBB	28:57	70.01%	174	38	2		
Charlie JONES	29:32	52.88%	105	21	1	New PB!	
Chris HALL	26:25	59.18%	77	65	1		
Chris WHEELER	25:46	53.36%	103	82	1		
Chris WILLIAMS	18:50	69.65%	4	4	4		
Claire DYSON	33:42	46.69%	260	85	3	New PB!	
Claire JOHNSON	35:37	47.64%	296	118	1		
Claire PROCTER	25:16	60.55%	87	14	1		
Colin TRIGG	17:46	81.05%	7	7	1		
Daisy MCCLEMENTS	20:17	73.05%	14	1	2		
Dave THORPE	20:30	68.13%	23	23	1		
David JENNINGS	20:49	68.13%	7	6	1		
David MACSWAYNE	38:14	41.94%	182	114	2		
David MALLARD	19:17	72.43%	2	2	3		
Diane WILSON	37:13	51.41%	327	109	2		
Dom TRUSLOVE	24:38	52.37%	68	54	1		
Dominic SHEPHERD	22:07	71.29%	14	13	2		
Edward HARE	26:06	51.92%	108	86	1		
Ella Mary BENNETTS	29:11	50.71%	198	46	1		1st run
Emma BAKER	29:26	51.98%	59	16	2		
Evan DE WET	23:36	54.66%	76	72	1		
Gail OSBORNE	29:19	67.14%	114	28	2		
Gareth CHARLES	18:46	74.36%	2	2	2		
Gaynor HEFFER	27:58	65.61%	149	29	2		
George HOWARTH	29:43	55.92%	189	136	1		
Geraldine MAY	41:00	48.01%	324	125	3		
Gillian SHUTLER	32:12	61.13%	256	82	2		
Graham DONNACHIE	21:11	66.96%	28	25	2		
Graham MARTIN	19:51	73.72%	13	13	3		
Greig BENSON	21:23	66.33%	13	12	4		
Haydn BROWN	21:30	74.57%	20	18	4		
Hayley STRADLING	29:02	50.98%	176	40	3		

Summary

Heather GRAHAM	29:57	57.37%	219	58	3		
Helen BENSON	25:05	62.26%	45	8	3		
Hilary MISSELBROOK	25:53	58.47%	100	12	1		
Hollie SMITH	20:29	73.47%	9	1	1		
Holly STOCKWELL	31:23	47.16%	124	35	2		
Iain CROSS	18:34	73.52%	2	2	1		
Iain GALLAGHER	24:44	59.16%	13	12	2	New PB!	
Ian MILES	21:44	64.72%	35	33	2		
Indigo SMITH	12:43	51.57%	30	13	1		
Jack GOOZEE	25:01	60.43%	54	43	2		
Jacqueline HEALY	32:11	48.52%	229	73	3		
Jacqueline ROSS	37:19	56.01%	187	71	4	New PB!	
Jamie EARLEY	23:27	56.57%	35	30	2		
Jamie STOCKWELL	27:26	47.02%	83	66	3		
Janet SHAW	31:09	58.11%	62	15	4		
Joanna REED	29:38	58.77%	213	56	2		
Jodie FRANCIS	27:08	56.02%	80	15	3		
John SIMISTER	30:56	53.23%	236	179	1		
Jon LEIGH	33:24	48.00%	193	120	1		
Jon PLOMER	23:05	63.39%	59	54	1		
Jonathan O'NEIL	28:32	46.50%	39	23	2		
Josh CULLEN	18:54	68.25%	3	3	3	New PB!	
Josh MILLS	13:10	49.45%	27	20	2		
Jules DINWOODIE	28:03	69.16%	115	30	3		
Julia LAWTON	31:13	55.05%	240	56	1		
Julia WEBB	28:32	68.98%	62	21	1		
Julie STRADLING	32:16	55.37%	232	72	4	New PB!	50th run
Karen NICHOLS	31:17	56.37%	212	65	2		
Kate ATKINSON	26:29	55.88%	115	20	1		
Kate CHARLES	25:36	60.55%	117	9	1		
Katharine TUCKER	46:05	42.10%	171	67	1		
Katherine TROTT	22:53	64.68%	52	4	2		
Kay SADLER	33:47	46.23%	262	91	2	New PB!	
Keith WHITAKER	28:09	65.19%	101	82	4		
Kelly BENNETTS	29:11	56.77%	199	47	4		
Kelly HANIVER	20:07	78.96%	7	1	1		
Ken CHEUNG	19:34	71.89%	5	4	4	New PB!	
Kevin SAUNDERS	26:00	57.18%	65	52	4		
Kieran CHAPLIN	23:34	57.92%	70	63	1		
Kirstie GRAHAM	27:32	55.57%	150	24	3		50th run
Lauren FOWLER	38:51	38.48%	331	142	1		
Lewis BANNER	16:33	78.15%	1	1	1		
Lindsay PRATT	33:11	52.49%	279	77	1		
Lisa DONN	36:41	45.16%	319	105	1		
Lisa EVENS	36:08	48.20%	294	101	3		
Liz JAMES	31:02	60.79%	112	28	1		
Louisa ABBOTT	29:36	54.17%	103	25	2		
Louisa KNIGHT	35:38	47.05%	297	119	2		
Louise NICHOLSON	30:25	49.97%	218	42	1	New PB!	
Lucy MAY	21:00	71.43%	24	1	2		
Marcus LEE	22:13	66.92%	17	16	4		
Marie ACKLAND	27:01	54.78%	133	22	2		1st run
Mark GREEN	24:13	56.78%	37	30	4		
Mark JENKINS	28:14	53.07%	43	30	1		

Summary

Mark John EATON		77.76%	15	14	1	
Mark MACDONALD	30:13	50.03%	204	143	2	New PB!
Mark SAYWELL	28:33	55.69%	162	121	3	
Mark TUCKER	27:31	59.30%	72	57	1	
Mark WESTBROOK	19:36	69.13%	10	10	1	
Martin POWELL	25:37	66.10%	95	69	3	
Martin READ	37:33	45.10%	68	29	3	
Martyn BANNER	29:03	56.17%	190	155	1	
Martyn POORE	26:46	48.75%	121	97	1	
Matt EMERY	21:16	64.18%	13	12	1	
Max JAMES	29:17	56.23%	89	70	1	
Melissa BARHAM	33:42	47.58%	277	87	3	
Michael HEALY	27:33	53.12%	158	134	1	50th run
Michael PARKES	20:02	64.48%	14	14	3	New PB!
Mick WELLAND	24:42	78.07%	96	92	1	
Mike HARPER	21:01	77.00%	5	5	4	
Mike SMITH	22:20	74.40%	44	41	2	
Miles PRITCHARD	24:51	58.89%	41	32	2	
Natalie REDMAN	29:25	50.99%	92	15	2	New PB!
Neil JARVIS	24:52	61.26%	59	49	2	
Nick CUFF	20:16	64.39%	7	7	1	
Nick RICHARDSON	40:26	35.08%	340	186	2	50th run
Nicky BEAL	36:35	40.50%	146	52	1	
Nigel WHITCHER	26:25	59.18%	125	98	3	
Oana MATTY	29:47	52.04%	192	43	2	
Peter GOSS	26:28	61.65%	3	3	2	New PB!
Peter REDMAN	33:43	44.83%	292	171	3	
Phil MORGAN	18:02	73.57%	2	2	3	
Philip MAY	40:35	40.94%	323	174	3	
Philip OWEN	27:35	55.71%	159	127	3	
Phillip TOWNLEY	20:46	77.21%	19	17	1	New PB!
Rachael OPENSHAW	24:22	61.35%	58	7	4	
Rachel FARGHER	22:02	72.09%	37	2	2	
Ray BERNICE	27:42	55.96%	88	71	2	
Ray GUNNER	22:53	70.07%	23	22	4	
Richard BAILEY	20:47	62.39%	20	18	3	100th run
Richard BURNS	25:35	64.95%	94	75	4	
Richard EDMUNDS	21:57	68.87%	17	16	1	
Richard JACKS	34:59	39.59%	92	59	4	
Rob WILLIAMS	26:23	55.91%	71	58	4	
Robert CRANSTONE	23:15	70.18%	56	46	1	
Russell MEAD	32:14	48.91%	231	148	1	
Ryan GRANGER	28:19	47.09%	94	72	1	50th run
Sacha CLARK	41:00	28.80%	348	151	2	
Sam GRAHAM	25:09	60.83%	82	12	2	
Samantha WHITING	26:17	56.37%	122	14	3	New PB!
Samuel JOHN	32:17	39.96%	234	149	3	
Sara MCRITCHIE	25:57	62.43%	112	12	3	
Sarah BARRON	27:56	62.35%	160	28	3	
Sarah CLANSEY	29:19	51.34%	91	18	3	
Sarah CRANSTONE	25:09	76.08%	86	11	2	
Sarah NORTHCOTT	31:28	48.62%	215	63	3	
Sean MARTIN	20:32	63.47%	20	20	1	
Simon GIBBON	27:38	52.96%	74	59	3	

Summary

Simon ROSS	19:16	74.74%	6	5	4	New PB!	
Simon VINGOE	25:14	53.30%	70	58	1		
Stacey READ	35:52	42.89%	303	111	3		
Steve CUMES	18:42	78.88%	4	4	1	New PB!	
Steve FULCHER	24:32	64.81%	59	45	4		
Steve JAMES	25:08	60.61%	47	36	4		
Steven MATTY	25:15	57.03%	72	61	1		
Stuart BAMBERGER	21:52	66.92%	36	34	3	New PB!	
Stuart NICHOLSON	28:45	58.90%	168	125	4		
Sue SIMISTER	35:03	57.82%	302	94	1		
Susan WAKEFIELD	31:43	53.49%	225	74	2		
Tim MATTHEWS	25:43	55.22%	97	78	4		
Tim ROLFE	19:08	67.42%	3	3	2		
Toby EVANS	51:00	27.16%	393	208	1		
Toby GREENFIELD	21:02	67.43%	11	10	1	New PB!	
Tom HASTINGS	22:57	57.15%	19	17	1		
Tom NORTH	20:23	71.79%	19	19	1		
Tom SINDALL	23:21	58.46%	52	43	3		50th run
Tommy BLAKE	17:37	74.83%	2	2	1		100th run
Tracey TERRY	36:41	46.25%	318	104	1		
Vernon WILDE	25:55	61.86%	77	65	3	New PB!	
Victoria JOHN	27:20	59.27%	134	23	3		
Warren JOHNS	35:57	41.03%	300	172	1		
Wendy HALL	33:41	54.48%	156	47	2		
Wendy SMITH	41:00	48.01%	193	76	3		
William COWLEY	39:36	32.58%	167	97	1		

Position	Name	Time	Age Cat	Age Grade	Gender Pos	Milestone	Runs
Heaton parkrun	658	07/05/2022					
171	Rachael OPENSHAW	25:09	VW35-39	59.44%	25	First Timer!	132
Havant parkrun	237	07/05/2022					
35	Angela HARRISON	24:20	VW45-49	66.58%	6	New PB!	31
Whiteley parkrun	236	07/05/2022					
19	Phillip TOWNLEY	20:46	VM60-64	77.21%	17	New PB!	68
33	Greig BENSON	21:53	VM45-49	64.81%	29		108
49	Marcus LEE	23:06	VM50-54	64.36%	40		174
52	Tom SINDALL	23:21	VM40-44	58.46%	43		48
74	Mark GREEN	24:34	VM40-44	55.97%	58		17
91	Sam GRAHAM	25:27	VW40-44	60.12%	20	First Timer!	89
93	Steve JAMES	25:28	VM50-54	59.82%	68		65
95	Martin POWELL	25:37	VM65-69	66.10%	69		292
154	Keith WHITAKER	29:24	VM70-74	62.41%	104		514
193	Jon LEIGH	33:24	VM60-64	48.00%	120		141
228	Richard JACKS	41:42	VM40-44	33.21%	132		121
Bath Skyline parkrun	268	07/05/2022					
3	Tim ROLFE	19:08	SM25-29	67.42%	3	First Timer!	114
Netley Abbey parkrun	206	07/05/2022					
3	Josh CULLEN	19:22	SM25-29	66.61%	3	First Timer!	78
Queen Elizabeth parkrun	107	07/05/2022					
1	Brandon CHAPLIN	18:34	JM15-17	72.71%	1	First Timer!	78
59	Emma BAKER	30:20	VW40-44	50.44%	16	First Timer!	64
Weymouth parkrun	290	07/05/2022					
124	Sarah CRANSTONE	27:10	VW60-64	70.43%	28		61
Lee-on-the-Solent parkrun	375	07/05/2022					
2	Gareth CHARLES	18:46	VM40-44	73.80%	2		145
9	Chris WILLIAMS	19:23	SM30-34	67.67%	9		187
10	Mark WESTBROOK	19:36	VM35-39	69.13%	10		55
13	Graham MARTIN	19:53	VM45-49	73.60%	13		166
23	Dave THORPE	20:30	VM40-44	68.13%	23		36
27	Callum SWANN	21:00	SM25-29	61.43%	27		106
33	Simon ROSS	21:24	VM45-49	67.29%	33		349
34	Richard BAILEY	21:25	SM30-34	60.54%	34		98
43	Ian MILES	21:44	VM40-44	64.72%	42		46
44	Andy DONN	21:45	VM45-49	67.28%	43		95
47	Stuart BAMBERGER	21:58	VM45-49	66.62%	45		96
52	Haydn BROWN	22:06	VM60-64	72.55%	50		295
55	Rachel FARGHER	22:09	VW45-49	71.71%	2		57
76	Evan DE WET	23:36	SM25-29	54.66%	72		12
79	Ashley LOVELL	23:45	VM60-64	67.51%	75		47
96	Mick WELLAND	24:42	VM75-79	78.07%	92		225
100	Andy WHITE	24:50	VM50-54	60.34%	95		191
101	Neil JARVIS	24:52	VM50-54	61.26%	96		73
117	Kate CHARLES	25:36	VW40-44	60.55%	9		143
121	Richard BURNS	25:57	VM60-64	64.03%	108		142
123	Sara MCRITCHIE	25:59	VW45-49	62.35%	12		172
126	Tim MATTHEWS	26:10	VM45-49	54.20%	110		145
130	Rob WILLIAMS	26:40	VM50-54	55.31%	114		133
135	Carl SCHAFER	26:44	VM55-59	58.98%	117		179
138	Andy RICHARDSON	26:52	VM55-59	58.68%	119		73
146	Nigel WHITCHER	27:08	VM55-59	57.62%	124		108
158	Michael HEALY	27:33	VM45-49	53.12%	134		50
159	Philip OWEN	27:35	VM55-59	55.71%	135		211
173	Kirstie GRAHAM	28:07	JW15-17	54.42%	26		48
177	Jodie FRANCIS	28:24	VW35-39	53.52%	28		64
184	Simon GIBBON	28:56	VM45-49	50.58%	151		251
186	Sarah BARRON	28:57	VW50-54	60.16%	30		166
188	Gaynor HEFFER	28:58	VW55-59	62.49%	31		92
190	Martyn BANNER	29:03	VM60-64	56.17%	155		157
192	Victoria JOHN	29:05	VW45-49	55.70%	32		53
199	Stuart NICHOLSON	29:30	VM65-69	57.40%	161		386
218	Louise NICHOLSON	30:25	VW35-39	49.97%	42	New PB!	48
232	Mark MACDONALD	30:52	VM50-54	48.97%	177	New PB!	4
236	John SIMISTER	30:56	VM60-64	53.23%	179		143
240	Julia LAWTON	31:13	VW50-54	55.05%	56		26
247	Janet SHAW	31:32	VW55-59	57.40%	59		197
248	Heather GRAHAM	31:34	VW50-54	54.44%	60		53
263	Kelly BENNETTS	32:26	VW45-49	51.08%	69		74
264	Sarah NORTHCOTT	32:26	VW40-44	47.17%	70		74
269	Julie STRADLING	32:48	VW55-59	54.47%	72		49
270	Jacqueline HEALY	32:50	VW40-44	47.56%	73		157

279 Lindsay PRATT	33:11	VW50-54	52.49%	77		20
287 Samuel JOHN	34:10	SM25-29	37.76%	196		51
291 Claire DYSON	34:19	VW40-44	45.85%	85	New PB!	4
293 Melissa BARHAM	34:24	VW45-49	46.61%	87		125
300 Kay SADLER	35:00	VW40-44	44.62%	92	New PB!	23
302 Sue SIMISTER	35:03	VW60-64	57.82%	94		110
304 Peter REDMAN	35:13	VM50-54	42.92%	199		156
311 Catherine CHAMBERLAIN	36:03	VW45-49	45.95%	99		52
313 Lisa EVENS	36:08	VW50-54	48.20%	101		97
318 Tracey TERRY	36:41	VW50-54	46.25%	104		5
319 Lisa DONN	36:41	VW45-49	45.16%	105		54
327 Diane WILSON	37:36	VW60-64	50.89%	109		76
329 Stacey READ	37:37	VW40-44	40.89%	111		159
331 Jacqueline ROSS	38:13	VW65-69	54.69%	113		72
350 Philip MAY	41:39	VM60-64	39.90%	214		82
351 Geraldine MAY	41:49	VW60-64	47.07%	125		71
Portsmouth Lakes parkrun	203	07/05/2022				
92 Natalie REDMAN	29:25	VW35-39	50.99%	15	New PB!	38
Bideford parkrun	62	07/05/2022				
21 Mike HARPER	25:13	VM60-64	64.18%	18		443
Fareham parkrun	202	07/05/2022				
2 David MALLARD	19:17	VM40-44	72.43%	2		242
5 Ken CHEUNG	20:18	VM40-44	69.29%	4	First Timer!	4
7 David JENNINGS	20:49	VM45-49	68.13%	6		47
27 Ray GUNNER	23:40	VM60-64	67.75%	25		158
54 Jack GOOZEE	25:39	VM50-54	58.93%	49		104
59 Alison LAWRENCE	25:57	VW40-44	59.73%	8		245
60 Steve FULCHER	25:59	VM55-59	61.19%	52		76
67 Kevin SAUNDERS	26:23	VM50-54	56.35%	55		129
88 Ray BERNICE	27:42	VM55-59	55.96%	71		61
182 David MACSWAYNE	38:14	VM60-64	41.94%	114		279
193 Wendy SMITH	43:22	VW60-64	45.39%	76		286
199 Andrew SMITH	56:04	VM60-64	29.64%	118		394
Newport Lakes parkrun	89	07/05/2022				
27 Iain GALLAGHER	25:50	VM45-49	56.65%	22	First Timer!	52
Bartley Park parkrun	173	07/05/2022				
16 Aaron KINGSTON	22:03	VM35-39	60.17%	15	New PB!	128
Edenbrook Country parkrun	493	07/05/2022				
5 Phil MORGAN	18:02	VM35-39	73.57%	5	First Timer!	146
55 Amie MORGAN	21:17	SW30-34	70.01%	5	First Timer!	238
102 Andrew STOCKWELL	23:43	VM50-54	63.74%	86	First Timer!	278
Southampton parkrun	838	14/05/2022				
369 Vernon WILDE	26:17	VM60-64	61.00%	279		150
Whiteley parkrun	174	14/05/2022				
9 Hollie SMITH	20:29	VW35-39	73.47%	1		19
13 Andrew STOCKWELL	20:49	VM50-54	72.62%	11		279
19 Tom HASTINGS	22:57	SM30-34	57.15%	17		86
35 Marcus LEE	24:24	VM50-54	60.93%	28		175
37 Mark GREEN	24:37	VM40-44	55.86%	30		18
41 Miles PRITCHARD	24:51	VM45-49	58.89%	32		13
45 Helen BENSON	25:05	VW40-44	62.26%	8		142
46 Greig BENSON	25:08	VM45-49	56.43%	35		109
47 Steve JAMES	25:08	VM50-54	60.61%	36		66
72 Mark TUCKER	27:31	VM60-64	59.30%	57		131
74 Simon GIBBON	27:38	VM45-49	52.96%	59		252
83 Jamie STOCKWELL	28:34	SM20-24	45.16%	66		106
89 Max JAMES	29:17	VM60-64	56.23%	70		31
91 Sarah CLANSEY	29:20	VW35-39	51.31%	18		108
103 Louisa ABBOTT	30:13	VW45-49	53.06%	25		36
112 Liz JAMES	31:02	VW55-59	60.79%	28		67
124 Holly STOCKWELL	32:24	SW25-29	45.68%	35		30
157 Martin READ	38:49	VM65-69	43.62%	99		117
171 Katharine TUCKER	46:05	VW60-64	42.10%	67		87
Bedford parkrun	320	14/05/2022				
15 Daisy MCCLEMENTS	20:31	SW30-34	72.22%	2	First Timer!	72
Eastleigh parkrun	313	14/05/2022				
19 Michael PARKES	21:47	SM25-29	59.30%	15		39
33 Haydn BROWN	22:57	VM60-64	69.86%	27		296
201 Keith WHITAKER	30:51	VM70-74	59.48%	142		515
Winchester parkrun	350	14/05/2022				

95	Jamie EARLEY	23:37	VM35-39	56.18%	80		153
Netley Abbey parkrun		196	14/05/2022				
115	Jules DINWOODIE	30:07	VW60-64	64.42%	30		196
Weymouth parkrun		304	14/05/2022				
56	Robert CRANSTONE	23:15	VM60-64	70.18%	46		87
86	Sarah CRANSTONE	25:09	VW60-64	76.08%	11		62
Lanhydrock parkrun		197	14/05/2022				
146	Nicky BEAL	36:35	SW30-34	40.50%	52	First Timer!	33
167	William COWLEY	39:36	SM25-29	32.58%	97	First Timer!	19
Hove Promenade parkrun		516	14/05/2022				
7	Colin TRIGG	17:46	VM45-49	81.05%	7	First Timer!	31
Lee-on-the-Solent parkrun		351	14/05/2022				
4	Chris WILLIAMS	18:50	SM30-34	69.65%	4		188
10	Ken CHEUNG	19:34	VM40-44	71.89%	9	New PB!	5
14	Graham MARTIN	19:51	VM45-49	73.72%	13		167
15	Mark John EATON	19:56	VM55-59	77.76%	14		102
24	Callum SWANN	20:55	SM25-29	61.67%	22		107
28	Graham DONNACHIE	21:11	VM45-49	66.96%	25		41
29	Lucy MAY	21:13	VW35-39	70.70%	2		61
33	Andy DONN	21:36	VM50-54	68.29%	29		96
52	Katherine TROTT	22:53	SW20-24	64.68%	4		43
64	Andy LEE	24:17	VM60-64	67.19%	53		224
65	Rachael OPENSHAW	24:22	VW35-39	61.35%	7		133
68	Dom TRUSLOVE	24:38	SM25-29	52.37%	54		24
86	Steve FULCHER	25:12	VM55-59	63.10%	68		77
94	Richard BURNS	25:35	VM60-64	64.95%	75		143
97	Tim MATTHEWS	25:45	VM45-49	55.08%	78		146
100	Hilary MISSELBROOK	25:53	VW35-39	58.47%	12		49
121	Martyn POORE	26:46	SM30-34	48.75%	97		66
126	Nigel WHITCHER	26:54	VM55-59	58.12%	98		109
132	Rob WILLIAMS	27:15	VM50-54	54.13%	103		134
133	Marie ACKLAND	27:17	SW20-24	54.25%	22	First Timer!	1
134	Victoria JOHN	27:20	VW45-49	59.27%	23		54
149	Gaynor HEFFER	27:58	VW55-59	65.61%	29		93
150	Jodie FRANCIS	27:59	VW35-39	54.32%	30		65
165	Samantha WHITING	28:30	SW30-34	51.99%	34		13
171	Stuart NICHOLSON	28:49	VM65-69	58.76%	125		387
174	Cathy WEBB	28:57	VW60-64	70.01%	38		177
182	Hayley STRADLING	29:26	SW25-29	50.28%	40		36
189	George HOWARTH	29:43	VM60-64	55.92%	136		101
192	Oana MATTY	29:47	VW40-44	52.04%	43		42
204	Mark MACDONALD	30:13	VM50-54	50.03%	143	New PB!	5
212	Angela HARRISON	30:36	VW45-49	52.94%	57		32
214	Joanna REED	30:49	VW50-54	56.52%	59		73
223	Sarah NORTHCOTT	31:37	VW40-44	48.39%	63		75
224	Kelly BENNETTS	31:39	VW45-49	52.34%	64		75
232	Karen NICHOLS	31:59	VW50-54	55.13%	70		70
235	Sarah BARRON	32:14	VW50-54	54.03%	72		167
237	Julie STRADLING	32:17	VW55-59	55.34%	74	New PB!	50
260	Claire DYSON	33:42	VW40-44	46.69%	90	New PB!	5
261	Mark SAYWELL	33:45	VM55-59	47.11%	157		60
262	Kay SADLER	33:47	VW40-44	46.23%	91	New PB!	24
294	Lisa EVENS	36:12	VW50-54	48.11%	113		98
301	Amelia DOWLER	38:02	VW45-49	43.03%	119		90
323	Philip MAY	41:00	VM60-64	40.53%	174		83
324	Geraldine MAY	41:32	VW60-64	47.39%	133		72
334	Andrew SMITH	45:29	VM60-64	36.53%	176		395
335	Wendy SMITH	45:33	VW60-64	43.21%	142		287
348	Sacha CLARK	45:33	VW50-54	28.72%	151		20
Portsmouth Lakeside parkrun		210	14/05/2022				
12	Simon ROSS	20:15	VM45-49	71.11%	11		350
71	Carl SCHAFER	27:27	VM55-59	57.44%	61		180
101	Natalie REDMAN	29:29	VW35-39	50.88%	22		39
187	Jacqueline ROSS	38:15	VW65-69	54.64%	71	New PB!	73
Fareham parkrun		203	14/05/2022				
5	Tim ROLFE	20:15	SM25-29	63.70%	5		115
8	David MALLARD	20:53	VM40-44	66.88%	8		243
17	Richard EDMUNDS	21:57	VM50-54	68.87%	16		62
30	Ray GUNNER	23:30	VM60-64	68.23%	28		159
67	Kevin SAUNDERS	26:15	VM50-54	56.63%	57		130
89	Ray BERNICE	27:47	VM55-59	55.79%	75		62
105	Charlie JONES	29:32	VW40-44	52.88%	21	New PB!	18
111	Alison LAWRENCE	29:43	VW40-44	52.16%	26		246
114	Gail OSBORNE	29:45	VW60-64	66.16%	28		73

	156 Wendy HALL	34:21	VW55-59	53.42%	53		91
Milano Nord parkrun		113	14/05/2022				
	31 Dominic SHEPHERD	22:07	VM55-59	71.29%	28	Prima volta!	56
Hogmoor Inclosure parkrun		195	14/05/2022				
	20 Aaron KINGSTON	23:00	VM35-39	57.68%	19	First Timer!	129
Aberdare parkrun		91	14/05/2022				
	43 Mark JENKINS	28:14	VM50-54	53.07%	30	First Timer!	66
East Brighton parkrun		73	14/05/2022				
	62 Janet SHAW	33:56	VW55-59	53.34%	15	First Timer!	198
Chevin Forest parkrun		164	14/05/2022				
	95 Andy WHITE	30:06	VM50-54	49.78%	54	First Timer!	192
Cranbrook Country Park parkrun		76	14/05/2022				
	5 Mike HARPER	21:02	VM60-64	76.94%	5	First Timer!	444
Talkin Tarn Country Park parkrun		82	14/05/2022				
	39 Jonathan O'NEIL	28:32	VM35-39	46.50%	23		66
Great Salterns parkrun		103	14/05/2022				
	92 Richard JACKS	39:24	VM40-44	35.15%	59		122
Myponga Reservoir parkrun		36	14/05/2022				
	3 Peter GOSS	26:34	VM60-64	61.42%	3	First Timer!	2
Southampton parkrun		856	21/05/2022				
	34 Josh CULLEN	18:54	SM25-29	68.25%	33	New PB!	79
	126 Haydn BROWN	21:30	VM60-64	74.57%	114	First Timer!	297
	410 Marie ACKLAND	27:01	SW20-24	54.78%	70	First Timer!	2
Plymvalley parkrun		135	21/05/2022				
	15 Mike HARPER	23:11	VM60-64	69.81%	11	First Timer!	445
Whiteley parkrun		191	21/05/2022				
	2 Iain CROSS	18:34	VM40-44	73.52%	2		119
	11 Toby GREENFIELD	21:02	VM45-49	67.43%	10	New PB!	57
	13 Matt EMERY	21:16	VM40-44	64.18%	12		114
	23 Greig BENSON	22:26	VM45-49	63.22%	19		110
	30 Marcus LEE	23:06	VM50-54	64.36%	25		176
	61 Amy FOX	24:48	VW40-44	61.69%	14		88
	66 Tom SINDALL	25:07	VM40-44	54.35%	48		49
	67 Helen BENSON	25:08	VW40-44	62.14%	16		143
	77 Steve JAMES	25:47	VM50-54	59.08%	53		67
	112 Anna SINDALL	27:58	VW35-39	53.81%	33		58
	120 Keith WHITAKER	28:27	VM70-74	64.50%	82		516
	130 Sarah CLANSEY	29:19	VW35-39	51.34%	38		109
	135 Louisa ABBOTT	29:36	VW45-49	54.17%	41		37
	156 Mark GREEN	31:43	VM40-44	43.35%	102		19
Moors Valley parkrun		412	21/05/2022				
	124 Vernon WILDE	25:55	VM60-64	61.86%	103	New PB!	151
Eastleigh parkrun		269	21/05/2022				
	14 Michael PARKES	21:15	SM25-29	60.78%	14		40
Whitstable parkrun		304	21/05/2022				
	70 Simon VINGOE	25:14	VM35-39	53.30%	58	First Timer!	54
Chippenham parkrun		181	21/05/2022				
	77 Chris HALL	26:25	VM55-59	59.18%	65	First Timer!	134
	156 Wendy HALL	33:41	VW55-59	54.48%	47	First Timer!	92
Netley Abbey parkrun		204	21/05/2022				
	72 Steven MATTY	25:15	VM45-49	57.03%	61	First Timer!	71
Wallace parkrun, Lisburn		144	21/05/2022				
	7 Kelly HANIVER	20:07	VW45-49	78.96%	1		59
Queen Elizabeth parkrun		102	21/05/2022				
	14 Dominic SHEPHERD	23:42	VM55-59	66.53%	13	First Timer!	57
Keswick parkrun		293	21/05/2022				
	148 Rachael OPENSHAW	28:02	VW35-39	53.33%	49	First Timer!	134
Lee-on-the-Solent parkrun		379	21/05/2022				
	1 Brandon CHAPLIN	17:38	JM15-17	76.56%	1	New PB!	79
	3 Phil MORGAN	18:16	VM35-39	72.63%	2		147

5	Chris WILLIAMS	19:04	SM30-34	68.79%	4	189
6	Simon ROSS	19:16	VM45-49	74.74%	5	351
16	Andrew STOCKWELL	20:29	VM50-54	73.80%	15	280
20	Richard BAILEY	20:47	SM30-34	62.39%	18	99
24	Lucy MAY	21:00	VW35-39	71.43%	1	62
25	Ken CHEUNG	21:02	VM40-44	66.88%	22	6
30	Callum SWANN	21:33	SM25-29	59.86%	27	108
37	Rachel FARGHER	22:02	VW45-49	72.09%	2	58
44	Stuart BAMBERGER	22:34	VM45-49	64.84%	40	97
61	Mike SMITH	24:05	VM60-64	69.00%	55	56
63	Amie MORGAN	24:12	SW30-34	61.57%	5	239
69	Steve FULCHER	24:32	VM55-59	64.81%	59	78
82	Sam GRAHAM	25:09	VW40-44	60.83%	12	90
87	Claire PROCTER	25:16	VW40-44	60.55%	14	42
101	Tim MATTHEWS	25:43	VM45-49	55.15%	80	147
103	Chris WHEELER	25:46	VM40-44	53.36%	82	141
108	Edward HARE	26:06	VM35-39	51.92%	86	47
109	Richard BURNS	26:07	VM60-64	63.62%	87	144
112	Andy WHITE	26:19	VM50-54	56.93%	89	193
115	Kate ATKINSON	26:29	SW25-29	55.88%	20	3
116	Sara MCRITCHIE	26:31	VW45-49	61.09%	21	173
135	Martin POWELL	27:21	VM65-69	61.91%	103	293
136	Samantha WHITING	27:22	SW30-34	54.14%	29	14
138	Rob WILLIAMS	27:31	VM50-54	53.60%	105	135
147	Jamie STOCKWELL	27:54	SM20-24	46.24%	113	107
150	Jules DINWOODIE	28:14	VW60-64	68.71%	30	197
159	Kirstie GRAHAM	28:28	JW15-17	53.75%	35	49
162	Mark SAYWELL	28:33	VM55-59	55.69%	121	61
168	Stuart NICHOLSON	28:45	VM65-69	58.90%	125	388
170	Philip OWEN	28:57	VM55-59	53.54%	127	212
176	Hayley STRADLING	29:16	SW25-29	50.57%	40	37
177	Cathy WEBB	29:20	VW60-64	69.09%	41	178
182	Emma BAKER	29:26	VW40-44	51.98%	46	65
190	Victoria JOHN	29:48	VW45-49	54.36%	51	55
209	Janet SHAW	31:09	VW55-59	58.11%	63	199
212	Karen NICHOLS	31:17	VW50-54	56.37%	65	71
214	Holly STOCKWELL	31:23	SW25-29	47.16%	67	31
215	Sarah NORTHCOTT	31:28	VW40-44	48.62%	68	76
216	Kelly BENNETTS	31:28	VW45-49	52.65%	69	76
225	Susan WAKEFIELD	31:43	VW50-54	53.49%	74	37
229	Jacqueline HEALY	32:11	VW40-44	48.52%	76	158
231	Russell MEAD	32:14	VM55-59	48.91%	148	269
232	Julie STRADLING	32:16	VW55-59	55.37%	78 New PB!	51
234	Samuel JOHN	32:18	SM25-29	39.94%	149	52
256	Gillian SHUTLER	33:11	VW60-64	59.32%	91	73
277	Melissa BARHAM	34:36	VW45-49	46.34%	106	126
287	Oana MATTY	34:52	VW40-44	44.46%	113	43
295	Peter REDMAN	35:33	VM50-54	42.52%	171	157
296	Claire JOHNSON	35:37	VW50-54	47.64%	118	117
297	Louisa KNIGHT	35:38	VW50-54	47.05%	119	69
300	Warren JOHNS	35:57	VM50-54	41.03%	172	42
303	Stacey READ	36:03	VW40-44	42.67%	122	160
304	Heather GRAHAM	36:03	VW50-54	47.67%	123	54
310	Lisa EVENS	36:25	VW50-54	47.83%	126	99
313	Amelia DOWLER	36:36	VW45-49	44.72%	127	91
315	Jacqueline ROSS	37:19	VW65-69	56.01%	128	74
331	Lauren FOWLER	38:51	VW35-39	38.48%	142	28
340	Nick RICHARDSON	40:26	VM45-49	35.08%	186	50
341	Philip MAY	40:35	VM60-64	40.94%	187	84
346	Geraldine MAY	41:00	VW60-64	48.01%	149	73
378	Sacha CLARK	41:00	VW50-54	28.80%	172	21
Wyndham Vale parkrun		90	21/05/2022			
13	Iain GALLAGHER	24:44	VM45-49	59.16%	12 New PB!	53
Fareham parkrun		250	21/05/2022			
7	David MALLARD	19:24	VM40-44	71.99%	7	244
14	Daisy MCCLEMENTS	20:17	SW30-34	73.05%	1	73
35	Jamie EARLEY	23:27	VM35-39	56.57%	30	154
38	Ray GUNNER	23:55	VM60-64	67.04%	33	160
59	Neil JARVIS	25:41	VM50-54	59.31%	49 First Timer!	74
65	Kevin SAUNDERS	26:00	VM50-54	57.18%	52	131
118	Alison LAWRENCE	29:08	VW40-44	53.20%	29	247
121	Gail OSBORNE	29:19	VW60-64	67.14%	31	74
206	Richard JACKS	36:20	VM40-44	38.12%	119	123
228	Wendy SMITH	41:00	VW60-64	48.01%	97	288
243	Andrew SMITH	45:43	VM60-64	36.35%	130	396
Sale Water parkrun		134	21/05/2022			
7	Nick CUFF	20:16	SM30-34	64.39%	7 First Timer!	29

Nant y Pandy parkrun	70	21/05/2022				
68 Martin READ	47:11	VM65-69	35.89%	29	First Timer!	118
Henlow Bridge Lakes parkrun	116	21/05/2022				
2 Tommy BLAKE	17:37	SM18-19	74.83%	2	First Timer!	100
Great Salterns parkrun	58	21/05/2022				
32 Angela HARRISON	28:22	VW45-49	57.11%	3	First Timer!	33
North Yorkshire Water Park p	129	21/05/2022				
62 Julia WEBB	28:32	VW60-64	68.98%	21		70
Myponga Reservoir parkrun	38	21/05/2022				
7 Peter GOSS	26:28	VM60-64	61.65%	7	New PB!	3
Edenbrook Country parkrun	364	21/05/2022				
143 Carl SCHAFER	27:07	VM55-59	58.14%	112	First Timer!	181
Netley Abbey junior parkrun	53	22/05/2022				
30 Indigo SMITH	12:43	JW10	51.57%	13		20
Southampton junior parkrun	75	22/05/2022				
41 Josh MILLS	13:10	JM10	49.45%	26		8
Havant parkrun	204	28/05/2022				
58 Rachael OPENSHAW	25:57	VW35-39	57.61%	10	First Timer!	135
Whiteley parkrun	169	28/05/2022				
13 Greig BENSON	21:23	VM45-49	66.33%	12		111
43 Mark GREEN	24:13	VM40-44	56.78%	35		20
56 Jack GOOZEE	25:01	VM50-54	60.43%	43		105
59 Steve FULCHER	25:11	VM55-59	63.14%	45		79
66 Helen BENSON	25:22	VW40-44	61.56%	13		144
68 Miles PRITCHARD	25:29	VM45-49	57.42%	53		14
75 Angela HARRISON	26:24	VW45-49	61.36%	15		34
102 Steve JAMES	29:09	VM50-54	52.26%	76		68
122 Sarah CLANSEY	30:39	VW35-39	49.10%	31		110
155 Martin READ	37:33	VM65-69	45.10%	96		119
Eastleigh parkrun	226	28/05/2022				
20 Haydn BROWN	22:30	VM60-64	71.26%	18		298
Winchester parkrun	355	28/05/2022				
23 Michael PARKES	20:02	SM25-29	64.48%	21	New PB!	41
Rushcliffe parkrun	357	28/05/2022				
10 Simon ROSS	19:19	VM45-49	74.55%	7	New PB!	352
328 Jacqueline ROSS	38:06	VW65-69	54.86%	110		75
Chipping Sodbury parkrun	262	28/05/2022				
21 Mike HARPER	21:01	VM60-64	77.00%	19	First Timer!	446
Lee-on-the-Solent parkrun	402	28/05/2022				
1 Lewis BANNER	16:33	SM30-34	78.15%	1		129
2 Phil MORGAN	18:11	VM35-39	72.96%	2		148
4 Steve CUMES	18:42	VM50-54	78.88%	4	New PB!	90
5 Gareth CHARLES	18:47	VM40-44	74.36%	5		146
8 Chris WILLIAMS	19:09	SM30-34	68.49%	8		190
15 Ken CHEUNG	19:57	VM40-44	70.51%	15		7
19 Tom NORTH	20:23	VM45-49	71.79%	19		42
20 Sean MARTIN	20:32	SM20-24	63.47%	20		20
21 Graham MARTIN	20:35	VM45-49	71.09%	21		168
31 Richard BAILEY	21:36	SM30-34	60.03%	29		100
35 Ian MILES	21:49	VM40-44	64.48%	33		47
36 Stuart BAMBERGER	21:52	VM45-49	66.92%	34	New PB!	98
39 Callum SWANN	22:07	SM25-29	58.33%	37		109
44 Mike SMITH	22:20	VM60-64	74.40%	41		57
49 Andy DONN	22:42	VM50-54	64.98%	46		97
50 Graham DONNACHIE	22:42	VM45-49	62.48%	47		42
55 Andy LEE	22:55	VM60-64	71.20%	51		225
58 Amie MORGAN	23:03	SW30-34	64.64%	3		240
59 Jon PLOMER	23:05	VM45-49	63.39%	54		132
60 Josh CULLEN	23:09	SM25-29	55.72%	55		80
70 Kieran CHAPLIN	23:34	VM40-44	57.92%	63		115
99 Tom SINDALL	25:08	VM40-44	54.31%	86		50
105 Martin POWELL	25:49	VM65-69	65.59%	91		294
109 Tim MATTHEWS	25:52	VM45-49	55.22%	94		148
112 Sara MCRITCHIE	25:57	VW45-49	62.43%	12		174
114 Richard BURNS	26:01	VM60-64	63.87%	96		145
122 Samantha WHITING	26:17	SW30-34	56.37%	14	New PB!	15
125 Nigel WHITCHER	26:25	VM55-59	59.18%	105		110

145	Katherine TROTT	27:20	SW20-24	54.15%	22		44
146	Alison HESSELBERTH	27:21	VW60-64	71.97%	23		78
150	Kirstie GRAHAM	27:32	JW15-17	55.57%	24		50
160	Sarah BARRON	27:56	VW50-54	62.35%	28		168
163	Jules DINWOODIE	28:03	VW60-64	69.16%	30		198
168	Philip OWEN	28:11	VM55-59	55.00%	131		213
185	Stuart NICHOLSON	28:54	VM65-69	58.59%	141		389
190	Hayley STRADLING	29:02	SW25-29	50.98%	40		38
198	Ella Mary BENNETTS	29:11	SW20-24	50.71%	46	First Timer!	1
199	Kelly BENNETTS	29:11	VW45-49	56.77%	47		77
213	Joanna REED	29:38	VW50-54	58.77%	56		74
217	Andy WHITE	29:55	VM50-54	50.08%	152		194
219	Heather GRAHAM	29:57	VW50-54	57.37%	58		55
222	Mark SAYWELL	30:10	VM55-59	52.71%	155		62
225	Simon GIBBON	30:25	VM45-49	48.11%	157		253
252	Janet SHAW	31:56	VW55-59	56.68%	78		200
257	Gillian SHUTLER	32:12	VW60-64	61.13%	82		74
259	Susan WAKEFIELD	32:14	VW50-54	52.64%	84		38
260	Samuel JOHN	32:17	SM25-29	39.96%	167		53
262	Julie STRADLING	32:18	VW55-59	55.31%	85		52
291	Melissa BARHAM	33:42	VW45-49	47.58%	99		127
292	Peter REDMAN	33:43	VM50-54	44.83%	184		158
298	Claire DYSON	34:05	VW40-44	46.16%	103		6
328	Jacqueline HEALY	35:52	VW40-44	43.54%	128		159
329	Stacey READ	35:52	VW40-44	42.89%	129		161
344	Louisa KNIGHT	37:13	VW50-54	45.59%	141		70
345	Diane WILSON	37:13	VW60-64	51.41%	142		77
370	Nick RICHARDSON	40:54	VM45-49	34.68%	202		51
393	Toby EVANS	51:00	VM40-44	27.16%	208		157
Portsmouth Lakeside parkrun		230	28/05/2022				
77	Vernon WILDE	26:31	VM60-64	60.47%	65		152
92	Alison LAWRENCE	27:47	VW40-44	55.79%	15		248
101	Keith WHITAKER	28:09	VM70-74	65.19%	83		517
Fareham parkrun		209	28/05/2022				
17	Marcus LEE	22:13	VM50-54	66.92%	16		177
23	Ray GUNNER	22:53	VM60-64	70.07%	22		161
46	Amy FOX	24:21	VW40-44	62.83%	6		89
70	Kevin SAUNDERS	26:04	VM50-54	57.03%	57		132
71	Rob WILLIAMS	26:23	VM50-54	55.91%	58		136
80	Jodie FRANCIS	27:08	VW35-39	56.02%	15		66
94	Ryan GRANGER	28:19	SM18-19	47.09%	72		50
165	Richard JACKS	34:59	VM40-44	39.59%	107		124
192	David MACSWAYNE	40:46	VM60-64	39.70%	116		280
Broadwater parkrun		188	28/05/2022				
50	Andrew STOCKWELL	24:16	VM50-54	62.29%	45	First Timer!	281
84	Jamie STOCKWELL	27:26	SM20-24	47.02%	67	First Timer!	108
Talkin Tarn Country Park parkrun		80	28/05/2022				
47	Jonathan O'NEIL	29:38	VM35-39	44.77%	29		67
Durlston Country Park parkrun		109	28/05/2022				
66	Carl SCHAFFER	35:56	VM55-59	43.88%	46	First Timer!	182
Southampton junior parkrun; 42; 29/05/2022							
27	Josh MILLS	13:57	JM10	46.67%	20		9