

Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
2 July 2022					
Daisy MCCLEMENTS	Havant parkrun			65+	1
Chris HALL	Havant parkrun			70+	
Amy FOX	Whiteley parkrun			65+	3
Katie LEATHERLAND	Whiteley parkrun	Twenty Fifth parkrun			
Angela HARRISON	Whiteley parkrun			65+	
Martin POWELL	Whiteley parkrun			65+	
Ray GUNNER	Newbury parkrun			70+	
Michael PARKES	Eden Project parkrun			65+	
Phil MORGAN	Eden Project parkrun			65+	
Amie MORGAN	Eden Project parkrun			70+	2
Rachael OPENSHAW	Shrewsbury parkrun		New PB!		
Iain CROSS	Bognor Regis parkrun			70+	1
Brandon CHAPLIN	Lee-on-the-Solent parkrun			70+	2
Gareth CHARLES	Lee-on-the-Solent parkrun			65+	
Steve CUMES	Lee-on-the-Solent parkrun			65+	
John BLAKE	Lee-on-the-Solent parkrun			65+	
Lucy MAY	Lee-on-the-Solent parkrun			65+	2
Mike SMITH	Lee-on-the-Solent parkrun			70+	
David MALLARD	Fareham parkrun			65+	
Richard EDMUNDS	Fareham parkrun			65+	
Gail OSBORNE	Fareham parkrun			65+	
Penny FORSE	Tampere parkrun			90+	
Dominic SHEPHERD	Hasenheide parkrun			65+	
Andrew STOCKWELL	Itchen Valley Country parkrun		New PB!	70+	
Holly STOCKWELL	Itchen Valley Country parkrun		New PB!		
3 July 2022					
Indigo SMITH	Netley Abbey junior parkrun		New PB!		
Josh MILLS	Southampton junior parkrun	Tenth parkrun			
9 July 2022					
Phil MORGAN	Basingstoke parkrun			65+	
Amie MORGAN	Basingstoke parkrun			65+	1
Haydn BROWN	Southampton parkrun			70+	
Tim ROLFE	Whiteley parkrun			70+	3
Richard KIMBER	Whiteley parkrun	Tenth parkrun			
Michael PARKES	Winchester parkrun		New PB!	65+	
Chris WILLIAMS	Lee-on-the-Solent parkrun		New PB!	70+	1
Lucy MAY	Lee-on-the-Solent parkrun			65+	1
Richard EDMUNDS	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	2
Mike SMITH	Lee-on-the-Solent parkrun			70+	
Martin POWELL	Lee-on-the-Solent parkrun			65+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Kay SADLER	Lee-on-the-Solent parkrun		New PB!		
David MALLARD	Fareham parkrun			65+	
Andrew STOCKWELL	Fareham parkrun			70+	
Ray GUNNER	Fareham parkrun			75+	
Daisy MCCLEMENTS	Fareham parkrun			65+	2
Colin TRIGG	Littlehampton Prom parkrun			80+	2
Dom TRUSLOVE	Amsterdamse Bos parkrun	Twenty Fifth parkrun		65+	
16 July 2022					
Mike SMITH	Bushy parkrun			70+	
William COWLEY	Black Park parkrun		New PB!		
Haydn BROWN	Southampton parkrun			70+	
Kelley HANIVER	Andover parkrun		New PB!	75+	1
Ross FRIPP	Southsea parkrun			70+	
Angela HARRISON	Southsea parkrun		New PB!	65+	
Daniel FOSTER	Netley Abbey parkrun			70+	2
Liz JAMES	Netley Abbey parkrun		New PB!		
Stephen DUNLOP	Lanhydrock parkrun	First parkrun		70+	
Daisy MCCLEMENTS	Lullingstone parkrun				2
Ken CHEUNG	Lee-on-the-Solent parkrun			70+	
Simon ROSS	Lee-on-the-Solent parkrun			70+	
Phil MORGAN	Lee-on-the-Solent parkrun			65+	
John BLAKE	Lee-on-the-Solent parkrun			70+	
Lucy MAY	Lee-on-the-Solent parkrun			70+	2
Richard EDMUNDS	Lee-on-the-Solent parkrun			70+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	3
Graham MARTIN	Lee-on-the-Solent parkrun			65+	
Dominic SHEPHERD	Lee-on-the-Solent parkrun			70+	
Stuart BAMBERGER	Lee-on-the-Solent parkrun			65+	
Mike BELL	Lee-on-the-Solent parkrun			75+	
Penny FORSE	Lee-on-the-Solent parkrun			90+	
Martin POWELL	Lee-on-the-Solent parkrun			65+	

Andy LEE	Lee-on-the-Solent parkrun			65+	
Michael HEALY	Lee-on-the-Solent parkrun		New PB!		
Alison HESSELBERTH	Lee-on-the-Solent parkrun			70+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Kay SADLER	Lee-on-the-Solent parkrun		New PB!		
Andrew STOCKWELL	Portsmouth Lakeside parkrun			70+	
David MALLARD	Fareham parkrun	Two Hundred and Fiftieth parkrun		70+	
Ray GUNNER	Fareham parkrun			70+	
Amy FOX	Fareham parkrun		New PB!	65+	2
Brandon CHAPLIN	Bartley Park parkrun			70+	1
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
17 July 2022					
Josh MILLS	Southampton junior parkrun		New PB!		
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
23 July 2022					
Nikki ROEBUCK	Whiteley parkrun			75+	1
Daniel O'BOYLE	Durham parkrun			75+	1
Brandon CHAPLIN	Lee-on-the-Solent parkrun			70+	2
Chris WILLIAMS	Lee-on-the-Solent parkrun			70+	
Steve CUMES	Lee-on-the-Solent parkrun			75+	
Simon ROSS	Lee-on-the-Solent parkrun			70+	
Stephen DUNLOP	Lee-on-the-Solent parkrun			80+	
John BLAKE	Lee-on-the-Solent parkrun			70+	
Mark John EATON	Lee-on-the-Solent parkrun			70+	
Dave THORPE	Lee-on-the-Solent parkrun			65+	
Jon PLOMER	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	3
Dominic SHEPHERD	Lee-on-the-Solent parkrun			70+	
Andy DONN	Lee-on-the-Solent parkrun	One Hundredth parkrun		65+	
Mike SMITH	Lee-on-the-Solent parkrun			70+	
Chris HALL	Lee-on-the-Solent parkrun	Tenth parkrun			
Martin POWELL	Lee-on-the-Solent parkrun			65+	
Samantha WHITING	Lee-on-the-Solent parkrun		New PB!		
Dave JUDSON	Lee-on-the-Solent parkrun		New PB!		
Cathy WEBB	Lee-on-the-Solent parkrun			70+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Jules DINWOODIE	Lee-on-the-Solent parkrun			65+	
Claire DYSON	Lee-on-the-Solent parkrun	Tenth parkrun			
Angela HARRISON	Portsmouth Lakeside parkrun		New PB!	65+	
David MALLARD	Fareham parkrun			65+	
Andy LEE	Fareham parkrun			65+	
Sam GRAHAM	Fareham parkrun		New PB!		
Iain CROSS	Littlehampton Prom parkrun			75+	
Tommy BROOKS	Seven Fields parkrun			65+	2
Carl SCHAFER	Itchen Valley Country parkrun		New PB!		
Kelley HANIVER	Alton Water parkrun		New PB!	75+	1
Graham MARTIN	Great Salterns parkrun			65+	
Ray GUNNER	Tidworth parkrun			75+	
Andrew STOCKWELL	Tidworth parkrun			65+	
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
30 July 2022					
Chris DAVIDSON	Bushy parkrun			65+	
Graham JAMES	Whiteley parkrun			75+	
Amy FOX	Whiteley parkrun			65+	2
Martin POWELL	Whiteley parkrun			65+	
David MALLARD	Moors Valley parkrun			70+	
Haydn BROWN	Eastleigh parkrun			70+	
Dominic SHEPHERD	Killerton parkrun			70+	
Sue ROBINSON	Telford parkrun			65+	
Iain CROSS	Bognor Regis parkrun			70+	3
Andy SIMPSON	Lee-on-the-Solent parkrun			80+	1
Chris WILLIAMS	Lee-on-the-Solent parkrun			70+	2
Brandon CHAPLIN	Lee-on-the-Solent parkrun			70+	
Gareth CHARLES	Lee-on-the-Solent parkrun			70+	
Russ COLEMAN	Lee-on-the-Solent parkrun			70+	
Rob GREENWOOD	Lee-on-the-Solent parkrun			65+	
Dave THORPE	Lee-on-the-Solent parkrun			65+	
Richard EDMUNDS	Lee-on-the-Solent parkrun			65+	
Lucy MAY	Lee-on-the-Solent parkrun			65+	3
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	
Jon PLOMER	Lee-on-the-Solent parkrun			65+	
Clare LEVERIDGE	Lee-on-the-Solent parkrun		New PB!		
Katherine TROTT	Lee-on-the-Solent parkrun	Fiftieth parkrun			
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Katherine COOPER	Lee-on-the-Solent parkrun	Tenth parkrun	New PB!		
Daisy MCCLEMENTS	Fareham parkrun			65+	3
Graham MARTIN	Hogmoor Inclosure parkrun			65+	
Mike HARPER	Street parkrun			75+	

Andy DONN	Leinpfad parkrun			65+	3
Lisa DONN	Leinpfad parkrun				1
Tommy BROOKS	Seven Fields parkrun		New PB!	65+	1
Robert CRANSTONE	The Great Field parkrun			70+	
Sarah CRANSTONE	The Great Field parkrun			70+	
Ray GUNNER	Edenbrook Country parkrun			70+	
Kelley HANIVER	Tidworth parkrun			75+	2
Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
31 July 2022					
Edwin CHOWNS	Stokes Bay junior parkrun		New PB!		

Summary

July 2022							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Adam HART	22:53	56.45%	22	19	2		
Alison HESSELBERTH	27:57	70.42%	185	36	1		
Alison LAWRENCE	26:00	59.62%	83	16	5		
Amelia DOWLER	39:33	41.38%	321	115	1		
Amie MORGAN	21:01	70.90%	30	1	3		
Amy FOX	22:34	67.80%	21	2	3	New PB!	
Andrew SMITH	43:43	38.01%	190	104	5		
Andrew STOCKWELL	20:18	74.47%	5	5	4	New PB!	
Andy DONN	22:01	66.99%	3	3	2		100th run
Andy LEE	23:41	69.53%	27	23	3		
Andy RICHARDSON	31:12	50.53%	133	88	2		
Andy SIMPSON	17:48	82.21%	1	1	1		
Andy WHITE	28:38	52.79%	170	129	1		
Angela HARRISON	23:10	69.93%	18	4	3	New PB!	
Ann BLAKE	40:31	40.89%	323	119	2		
Anna SINDALL	27:42	54.33%	65	10	3		
Ashley LOVELL	24:56	64.30%	95	80	2		
Ben GRAHAM	23:36	56.57%	31	28	3		
Brandon CHAPLIN	18:07	74.52%	1	1	4		
Brian REID	30:53	45.93%	220	154	1		
Callum SWANN	20:58	61.53%	28	26	4		
Carl SCHAFER	27:04	58.25%	76	62	4	New PB!	
Caroline STREET	35:41	56.80%	186	83	1		
Catherine CHAMBERLAIN	36:45	45.08%	298	112	3		
Cathy WEBB	28:36	71.97%	192	39	1		
Charlie JONES	30:22	51.43%	81	24	2		
Chris DAVIDSON	24:16	67.86%	281	235	1		
Chris HALL	21:56	71.88%	12	10	3		
Chris WHEELER	26:27	51.98%	109	90	3		
Chris WILLIAMS	18:12	72.07%	1	1	3	New PB!	
Claire DYSON	35:34	44.24%	334	122	2		
Claire JOHNSON	37:49	44.87%	324	113	1		
Claire JONES	25:57	60.63%	55	10	1		
Claire PEAL	29:46	54.98%	65	19	2		
Clare LEVERIDGE	24:07	61.51%	76	6	2	New PB!	
Colin TRIGG	18:07	80.13%	2	2	1		
Daisy MCCLEMENTS	21:20	69.45%	5	1	4		
Daniel FOSTER	18:32	74.73%	2	2	1		
Daniel O'BOYLE	16:33	79.25%	1	1	1		
Danielle STANNING	29:18	53.70%	207	47	1		
Dave JUDSON	26:21	55.53%	147	112	3	New PB!	
Dave THORPE	20:41	68.01%	27	25	2		
David MACSWAYNE	35:55	45.06%	152	96	3		
David MALLARD	19:32	71.50%	5	4	5		250th run
Diane WILSON	37:50	50.57%	319	113	2		
Dom TRUSLOVE	19:20	66.72%	5	5	1		25th run
Dominic SHEPHERD	22:07	71.29%	16	12	4		
Edward HARE	25:50	52.45%	107	89	2		
Edwin CHOWNS	10:53	57.22%	13	6	1	New PB!	
Emma BAKER	28:01	54.61%	63	11	3		
Evan DE WET	23:44	54.35%	90	72	1		

Summary

Gail OSBORNE	28:37	68.78%	90	18	5		
Gareth CHARLES	19:09	72.93%	9	8	2		
Gavin RENNIE	23:29	61.32%	17	15	2		
George HOWARTH	27:02	61.47%	136	106	4		
Geraldine MAY	42:40	46.80%	346	124	1		
Graham JAMES	21:38	75.42%	10	9	1		
Graham MARTIN	21:22	68.49%	11	10	4		
Greig BENSON	22:20	63.51%	19	19	2		
Haydn BROWN	21:28	74.69%	26	25	3		
Hayley STRADLING	30:33	48.45%	213	43	3		
Heather GRAHAM	31:02	55.37%	226	51	4		
Helen BENSON	26:44	58.42%	71	10	2		
Helen Michelle COULTHARD	34:16	46.79%	85	19	4		
Holly STOCKWELL	30:35	48.39%	90	19	3	New PB!	
Iain CROSS	18:10	75.14%	1	1	3		
Iain GALLAGHER	24:04	60.80%	12	12	1		
Indigo SMITH	11:39	56.29%	17	6	2	New PB!	
Isabella MATTY	34:38	47.02%	315	100	1		
Jack GOOZEE	28:51	52.40%	73	61	2		
Jacqueline HEALY	35:50	43.58%	306	116	2		
Jamie EARLEY	22:14	59.67%	43	37	2		
Jamie STOCKWELL	27:49	46.38%	71	52	3		
Janet SHAW	37:33	48.20%	308	118	1		
Joanna REED	30:29	57.14%	252	69	1		
John BLAKE	20:29	72.58%	21	20	3		
John SIMISTER	29:50	55.20%	186	133	1		
Jon LEIGH	29:10	54.97%	75	44	1		
Jon PLOMER	21:00	69.68%	29	27	3		
Jonathan MILLS	25:41	57.88%	98	82	5		
Jonathan O'NEIL	28:36	46.39%	121	86	1		
Josh CULLEN	20:40	62.42%	37	33	4		
Josh MILLS	11:06	58.65%	23	17	4	New PB!	
Jules DINWOODIE	29:22	67.03%	222	54	1		
Julia LAWTON	29:46	57.73%	237	60	1		
Julie STRADLING	33:11	53.84%	279	82	2		
Karen NICHOLS	31:43	55.60%	238	58	4		
Kate ALDOM	25:25	60.98%	64	13	1		
Kate CHARLES	24:39	62.88%	86	10	4		
Kate PROVIS	41:48	44.50%	338	122	2		
Katharine TUCKER	31:44	61.13%	127	34	1		
Katherine COOPER	30:26	50.27%	210	41	1	New PB!	
Katherine TROTT	22:59	64.39%	68	6	3		50th run
Katie LEATHERLAND	22:59	64.83%	38	5	2		25th run
Kay SADLER	31:00	50.38%	235	62	2	New PB!	
Keith WHITAKER	31:34	58.13%	101	73	5		
Kelley HANIVER	19:57	79.62%	5	1	3	New PB!	
Ken CHEUNG	19:33	72.55%	15	12	2		
Kerry DODSWORTH	27:56	53.22%	160	38	1		
Kevin SAUNDERS	26:58	55.13%	68	59	4		
Kieran CHAPLIN	22:35	60.89%	18	17	3		
Kirstie GRAHAM	27:29	55.67%	144	21	2		
Laura RIDGE	23:34	64.92%	57	7	1		
Lisa DONN	25:49	64.95%	6	1	2		
Lisa EVENS	37:25	46.55%	307	103	4		

Summary

Liz JAMES	32:51	57.43%	109	31	2	New PB!
Louisa KNIGHT	37:12	45.61%	318	112	2	
Louise NICHOLSON	33:22	45.85%	147	44	1	
Louise TANNER	33:20	48.60%	305	102	1	
Lucy MAY	21:07	71.03%	27	1	4	
Marcus LEE	23:21	63.67%	19	17	2	
Mark John EATON	20:53	74.22%	24	23	1	
Mark SAYWELL	28:14	56.79%	157	116	5	
Mark TUCKER	27:45	58.80%	89	64	1	
Martin POWELL	24:44	68.46%	52	41	5	
Martin READ	35:24	47.83%	96	61	3	
Martyn BANNER	31:14	52.72%	258	162	3	
Matt EMERY	23:38	57.76%	18	16	2	
Melissa BARHAM	35:57	44.60%	197	68	3	
Michael HEALY	26:57	54.30%	135	105	2	New PB!
Michael PARKES	19:35	65.96%	16	15	4	New PB!
Mike BELL	22:26	77.71%	55	49	1	
Mike HARPER	20:54	77.43%	7	7	5	
Mike SMITH	22:34	73.63%	47	41	4	
Miles PRITCHARD	28:16	51.77%	83	68	1	
Natalie REDMAN	30:08	49.78%	86	17	1	
Neil JARVIS	26:01	58.55%	49	27	2	
Nick CUFF	21:12	61.56%	15	10	1	
Nick RICHARDSON	40:44	35.07%	331	188	4	
Nigel FEAST	27:41	61.17%	148	115	1	
Nikki ROEBUCK	20:31	76.69%	12	1	1	
Oana MATTY	27:24	56.57%	146	25	3	
Penny FORSE	23:39	99.01%	30	8	2	
Peter COLE	25:56	58.74%	111	92	1	
Peter REDMAN	29:40	50.96%	214	144	3	
Phil MORGAN	19:50	66.89%	6	6	3	
Philip MAY	37:22	44.87%	323	188	1	
Philip OWEN	27:41	55.99%	118	88	5	
Rachael OPENSHAW	25:25	58.82%	41	5	4	New PB!
Rachel FARGHER	21:31	73.82%	36	2	4	
Ray BERNICE	26:45	57.94%	58	51	2	
Ray GUNNER	20:47	77.15%	19	16	5	
Richard BAILEY	21:28	60.56%	34	31	2	
Richard BURNS	25:59	63.95%	140	114	2	
Richard EDMUNDS	21:28	70.42%	22	21	5	
Richard JACKS	23:42	58.44%	31	25	5	
Richard KIMBER	25:24	51.64%	39	34	1	
Rob GREENWOOD	20:11	65.32%	23	20	1	
Robert CRANSTONE	22:37	72.14%	25	22	1	
Ross FRIPP	17:39	73.94%	7	7	1	
Russ COLEMAN	19:35	71.83%	14	12	1	
Russell MEAD	33:42	46.79%	299	191	2	
Sam GRAHAM	26:56	57.12%	20	8	3	New PB!
Samantha WHITING	24:49	59.70%	103	12	3	New PB!
Samuel JOHN	29:29	43.75%	219	157	4	
Sara MCRITCHIE	25:48	63.44%	110	11	4	
Sarah BARRON	27:58	62.28%	90	30	3	
Sarah CLANSEY	29:46	50.56%	79	12	1	
Sarah CRANSTONE	25:45	74.30%	51	6	1	

Position	Name	Time	Age Cat	Age Grade	Gender Pos	Milestone	Runs
Southampton parkrun		840	02/07/2022				
	384 Carl SCHAFER	27:25	VM55-59	57.51%	298		185
Havant parkrun		194	02/07/2022				
	7 Daisy MCCLEMENTS	21:33	SW30-34	68.75%	1		76
	12 Chris HALL	21:56	VM55-59	71.88%	10		137
	152 Wendy HALL	35:41	VW55-59	51.42%	51		94
Whiteley parkrun		170	02/07/2022				
	20 Toby GREENFIELD	22:42	VM45-49	62.48%	18		59
	22 Adam HART	22:53	SM25-29	56.45%	19		23
	30 Amy FOX	23:09	VW40-44	66.09%	3		92
	31 Greig BENSON	23:10	VM45-49	61.22%	25		112
	34 Marcus LEE	23:21	VM50-54	63.67%	28		182
	38 Katie LEATHERLAND	23:36	SW30-34	63.14%	5		25
	40 Angela HARRISON	23:52	VW45-49	67.88%	6		37
	48 Tom SINDALL	24:30	VM40-44	55.71%	36		54
	65 Martin POWELL	25:52	VM65-69	65.46%	48		297
	89 Mark TUCKER	27:45	VM60-64	58.80%	64		134
	96 Helen BENSON	28:27	VW40-44	54.89%	22		145
	108 Anna SINDALL	29:30	VW35-39	51.02%	26		61
	113 William COWLEY	30:04	SM25-29	42.96%	77		23
	127 Katharine TUCKER	31:44	VW60-64	61.13%	34		90
	147 Martin READ	35:33	VM65-69	47.63%	90		123
Eastleigh parkrun		294	02/07/2022				
	183 Keith WHITAKER	31:42	VM70-74	57.89%	115		522
Newbury parkrun		305	02/07/2022				
	36 Ray GUNNER	22:06	VM60-64	72.55%	34	First Timer!	166
Eden Project parkrun		190	02/07/2022				
	17 Michael PARKES	19:48	SM25-29	65.24%	15	First Timer!	45
	18 Phil MORGAN	19:50	VM35-39	66.89%	16	First Timer!	151
	31 Amie MORGAN	21:01	SW30-34	70.90%	2	First Timer!	245
Netley Abbey parkrun		222	02/07/2022				
	93 Stephen ANDREWS	26:57	SM25-29	47.87%	72		129
	179 Helen Michelle COULTH	34:43	VW45-49	46.18%	78		191
	186 Caroline STREET	35:41	VW60-64	56.80%	83		82
Shrewsbury parkrun		366	02/07/2022				
	142 Rachael OPENSHAW	25:25	VW35-39	58.82%	16	New PB!	140
Bognor Regis parkrun		236	02/07/2022				
	1 Iain CROSS	18:24	VM40-44	74.18%	1		120
Lee-on-the-Solent parkrun		350	02/07/2022				
	3 Brandon CHAPLIN	18:42	JM15-17	72.19%	2		82
	25 Gareth CHARLES	20:50	VM40-44	67.04%	23		149
	28 Steve CUMES	21:06	VM50-54	69.91%	26		91
	30 John BLAKE	21:41	VM50-54	68.56%	28		89
	35 Lucy MAY	22:06	VW35-39	67.87%	2		66
	41 Callum SWANN	22:25	SM25-29	57.55%	37		114
	47 Mike SMITH	22:57	VM60-64	72.40%	42		61
	53 Steven MATTY	23:17	VM45-49	61.85%	48		73
	98 Jonathan MILLS	25:58	VM50-54	56.80%	82		90
	100 Tim MATTHEWS	26:06	VM45-49	54.73%	84		153
	106 Neil JARVIS	26:19	VM50-54	57.88%	88		77
	109 Chris WHEELER	26:27	VM40-44	51.98%	90		145
	119 Sara MCRITCHIE	26:45	VW45-49	60.56%	18		179
	122 Kate CHARLES	26:54	VW40-44	57.62%	19		147
	140 George HOWARTH	27:34	VM60-64	60.28%	106		103
	149 Sarah BARRON	27:58	VW50-54	62.28%	30		173
	151 Emma BAKER	28:01	VW40-44	54.61%	32		69
	153 Philip OWEN	28:05	VM55-59	55.19%	112		218
	157 Mark SAYWELL	28:20	VM55-59	56.12%	116		66
	166 Stuart BAMBERGER	28:48	VM45-49	50.81%	120		102
	184 Stuart NICHOLSON	29:47	VM65-69	56.86%	131		394
	186 John SIMISTER	29:50	VM60-64	55.20%	133		145
	214 Peter REDMAN	30:42	VM50-54	49.24%	144		161
	222 Susan WAKEFIELD	31:05	VW50-54	55.28%	62		39
	258 Martyn BANNER	33:42	VM60-64	48.42%	162		158
	276 Heather GRAHAM	35:09	VW50-54	48.89%	96		60
	278 Vicky WILLIAMS	35:19	VW50-54	48.04%	97		63
	294 Sue SIMISTER	35:48	VW60-64	56.61%	108		113
	298 Catherine CHAMBERLAIN	36:45	VW45-49	45.08%	112		53
	304 Chris HALL	37:21	VM45-49	39.18%	176		9
	305 Stacey READ	37:30	VW40-44	41.02%	115		164
	306 Jacqueline HEALY	37:32	VW40-44	41.61%	116		163
	307 Lisa EVENS	37:33	VW50-54	46.38%	117		104
	308 Janet SHAW	37:33	VW55-59	48.20%	118		203
	323 Ann BLAKE	41:38	VW45-49	39.79%	127		37
	343 Nick RICHARDSON	46:45	VM45-49	30.34%	188		54
	347 Toby EVANS	48:26	VM40-44	28.60%	190		160
Fareham parkrun		192	02/07/2022				
	12 David MALLARD	20:59	VM40-44	66.56%	12		248
	22 Richard EDMUNDS	22:03	VM50-54	68.56%	21		66
	83 Alison LAWRENCE	28:09	VW40-44	55.06%	16		251
	90 Gail OSBORNE	28:37	VW60-64	68.78%	18		79
	108 Charlie JONES	30:22	VW40-44	51.43%	24		21
	142 Tom MELLOR	33:53	VM70-74	52.04%	89		205
	163 David MACSWAYNE	36:23	VM60-64	44.48%	96		284
	184 Wendy SMITH	42:45	VW60-64	46.04%	76		292
	190 Andrew SMITH	51:07	VM60-64	32.51%	104		399

Tampere parkrun		68	02/07/2022						
	30 Penny FORSE		25:41	VW70-74	91.17%		9 First Timer!		20
Hasenheide parkrun		152	02/07/2022						
	46 Dominic SHEPHERD		22:32	VM55-59	69.97%		43 Erstläufer!		61
Woolacombe Dunes parkrun		95	02/07/2022						
	19 Mike HARPER		26:16	VM60-64	61.61%		16		451
Rothay Park parkrun		76	02/07/2022						
	27 Andy LEE		26:23	VM60-64	62.41%		23 First Timer!		229
Itchen Valley Country parkrun		149	02/07/2022						
	5 Andrew STOCKWELL		21:01	VM50-54	71.93%		5 New PB!		286
	23 Gavin RENNIE		23:45	VM45-49	60.63%		18		62
	31 Richard JACKS		25:07	VM40-44	55.14%		25		129
	71 Jamie STOCKWELL		28:57	SM20-24	44.56%		52 First Timer!		111
	90 Holly STOCKWELL		31:16	SW25-29	47.33%		30 New PB!		36
Netley Abbey junior parkrun		38	03/07/2022						
	20 Indigo SMITH		11:39	JW10	56.29%		6 New PB!		22
Southampton junior parkrun		52	03/07/2022						
	40 Josh MILLS		14:13	JM10	45.79%		24		10
Basingstoke parkrun		339	09/07/2022						
	6 Phil MORGAN		20:06	VM35-39	66.00%		6 First Timer!		152
	30 Amie MORGAN		22:17	SW30-34	66.87%		1 First Timer!		246
Southampton parkrun		646	09/07/2022						
	107 Haydn BROWN		22:32	VM60-64	71.15%		94		303
Plymvalley parkrun		104	09/07/2022						
	65 Claire PEAL		30:55	VW45-49	52.40%		19		62
Southsea parkrun		346	09/07/2022						
	73 Josh CULLEN		23:38	SM25-29	54.58%		62		85
Whiteley parkrun		139	09/07/2022						
	3 Tim ROLFE		18:00	SM25-29	71.67%		3		120
	11 Tom HASTINGS		22:09	VM35-39	59.52%		11		88
	17 Gavin RENNIE		23:29	VM45-49	61.32%		15		63
	18 Matt EMERY		23:38	VM40-44	57.76%		16		118
	19 Marcus LEE		23:40	VM50-54	62.82%		17		183
	33 Ben GRAHAM		24:52	VM35-39	53.69%		28		157
	39 Richard KIMBER		25:24	SM30-34	51.64%		34		10
	43 Tom SINDALL		25:51	VM40-44	52.80%		38		55
	65 Anna SINDALL		28:03	VW35-39	53.65%		10		62
	72 Simon GIBBON		28:58	VM45-49	50.52%		60		258
	73 Jack GOOZEE		28:59	VM50-54	52.16%		61		106
	79 Sarah CLANSEY		29:46	VW35-39	50.56%		12		114
	107 Keith WHITAKER		33:35	VM70-74	54.64%		78		523
Upton House parkrun		220	09/07/2022						
	182 David MACSWAYNE		37:46	VM60-64	42.85%		108 First Timer!		285
Winchester parkrun		314	09/07/2022						
	25 Michael PARKES		19:35	SM25-29	65.96%		22 New PB!		46
Bressay parkrun		50	09/07/2022						
	20 Sam GRAHAM		26:56	VW40-44	57.12%		8 First Timer!		95
Netley Abbey parkrun		196	09/07/2022						
	64 Kate ALDOM		25:25	VW40-44	60.98%		13		27
	81 Stephen ANDREWS		26:42	SM25-29	48.31%		62		130
Penrith parkrun		210	09/07/2022						
	121 Jonathan O'NEIL		28:36	VM35-39	46.39%		86 First Timer!		70
Lee-on-the-Solent parkrun		363	09/07/2022						
	1 Chris WILLIAMS		18:12	SM30-34	72.07%		1 New PB!		195
	27 Lucy MAY		21:36	VW35-39	69.44%		1		67
	28 Richard EDMUNDS		21:40	VM50-54	69.77%		25		67
	36 Rachel FARGHER		21:55	VW45-49	72.47%		2		62
	43 Jamie EARLEY		22:14	VM35-39	59.67%		37		157
	48 Graham MARTIN		22:40	VM45-49	64.56%		40		171
	49 Mike SMITH		22:41	VM60-64	73.25%		41		62
	50 Callum SWANN		22:49	SM25-29	56.54%		42		115
	72 Steven MATTY		24:07	VM45-49	59.71%		60		74
	84 Martin POWELL		24:44	VM65-69	68.46%		71		298
	95 Ashley LOVELL		25:13	VM60-64	63.58%		80		51
	103 Samantha WHITING		25:35	SW30-34	57.92%		12		20
	107 Edward HARE		25:50	VM35-39	52.45%		89		48
	111 Peter COLE		25:56	VM50-54	58.74%		92		17
	119 Tim MATTHEWS		26:26	VM45-49	54.04%		97		154
	123 Chris WHEELER		26:37	VM40-44	51.66%		100		146
	137 Rachael OPENSHAW		27:01	VW35-39	55.34%		23		141
	138 Carl SCHAFFER		27:04	VM55-59	58.25%		107		186
	140 Jonathan MILLS		27:22	VM50-54	54.32%		109		91
	146 Oana MATTY		27:33	VW40-44	56.26%		25		47
	148 Nigel FEAST		27:41	VM65-69	61.17%		115		97
	179 Philip OWEN		29:03	VM55-59	53.36%		134		219
	189 Mark SAYWELL		29:24	VM60-64	54.54%		139		67
	198 Gail OSBORNE		29:44	VW60-64	66.20%		44		80
	199 Stuart NICHOLSON		29:45	VM65-69	56.92%		144		395
	211 Victoria JOHN		30:24	VW45-49	53.29%		51		59
	220 Brian REID		30:53	VM45-49	45.93%		154		4
	228 George HOWARTH		31:22	VM60-64	52.98%		157		104
	235 Kay SADLER		31:43	VW40-44	49.24%		62 New PB!		28
	252 Hayley STRADLING		32:36	SW25-29	45.40%		72		40
	269 Karen NICHOLS		33:37	VW50-54	52.45%		78		74
	273 Samuel JOHN		34:15	SM25-29	37.66%		177		57
	290 Helen Michelle COULTH		35:50	VW45-49	44.74%		89		192
	307 Melissa BARHAM		37:24	VW45-49	42.87%		102		130

	308 Lisa EVENS	37:38	VW50-54	46.28%	103	105
	318 Louisa KNIGHT	39:29	VW50-54	42.97%	112	73
	319 Diane WILSON	39:30	VW60-64	48.44%	113	80
	320 Catherine CHAMBERLAIN	39:30	VW45-49	41.94%	114	54
	321 Amelia DOWLER	39:33	VW45-49	41.38%	115	95
	329 Ann BLAKE	40:31	VW45-49	40.89%	119	38
	330 Stacey READ	40:41	VW40-44	37.81%	120	165
	331 Nick RICHARDSON	40:57	VM45-49	34.64%	193	55
	338 Kate PROVIS	44:38	VW55-59	41.67%	125	59
	346 Toby EVANS	48:18	VM40-44	28.67%	198	161
Fareham parkrun		230	09/07/2022			
	14 David MALLARD	20:18	VM40-44	68.80%	13	249
	18 Andrew STOCKWELL	20:37	VM50-54	73.32%	17	287
	20 Ray GUNNER	20:47	VM60-64	77.15%	19	167
	29 Daisy MCCLEMENTS	21:47	SW30-34	68.02%	2	77
	32 Thomas MCCLEMENTS	21:53	VM35-39	60.24%	29	46
	57 Richard JACKS	24:09	VM40-44	57.35%	50	130
	93 Kevin SAUNDERS	27:28	VM50-54	54.13%	72	135
	99 Jamie STOCKWELL	27:49	SM20-24	46.38%	75	112
	123 Alison LAWRENCE	30:14	VW40-44	51.27%	27	252
	126 Holly STOCKWELL	30:35	SW25-29	48.39%	30	37
	170 Tom MELLOR	34:18	VM70-74	51.41%	116	206
	213 Andrew SMITH	44:52	VM60-64	37.04%	129	400
	214 Wendy SMITH	44:54	VW60-64	43.84%	79	293
Woolacombe Dunes parkrun		155	09/07/2022			
	29 Mike HARPER	27:32	VM60-64	58.78%	25	452
Littlehampton Prom parkrun		194	09/07/2022			
	2 Colin TRIGG	18:07	VM45-49	80.13%	2 First Timer!	32
Amsterdamse Bos parkrun		93	09/07/2022			
	5 Dom TRUSLOVE	19:20	SM25-29	66.72%	5 Nieuwe loper!	25
Rothay Park parkrun		124	09/07/2022			
	15 Nick CUFF	21:12	SM30-34	61.56%	10 First Timer!	31
	49 Neil JARVIS	26:01	VM50-54	58.55%	27 First Timer!	78
	75 Jon LEIGH	29:10	VM60-64	54.97%	44 First Timer!	142
	90 Sarah BARRON	31:32	VW50-54	55.23%	38 First Timer!	174
Itchen Valley Country parkrun		117	09/07/2022			
	24 Kieran CHAPLIN	24:52	VM40-44	55.29%	23 First Timer!	117
Netley Abbey junior parkrun		29	10/07/2022			
	17 Indigo SMITH	12:22	JW10	53.03%	7	23
Southampton junior parkrun		81	10/07/2022			
	41 Josh MILLS	13:17	JM10	49.01%	26	11
Bushy parkrun		981	16/07/2022			
	181 Mike SMITH	22:34	VM60-64	73.63%	154 First Timer!	63
Black Park parkrun		366	16/07/2022			
	196 William COWLEY	30:55	SM25-29	41.78%	129 New PB!	24
Southampton parkrun		697	16/07/2022			
	76 Haydn BROWN	21:28	VM60-64	74.69%	67	304
Andover parkrun		287	16/07/2022			
	10 Kelley HANIVER	19:57	VW45-49	79.62%	1 New PB!	61
Southsea parkrun		420	16/07/2022			
	7 Ross FRIPP	17:39	SM30-34	73.94%	7 First Timer!	5
	112 Angela HARRISON	23:44	VW45-49	68.26%	10 New PB!	38
	204 Carl SCHAFFER	27:24	VM55-59	57.54%	150	187
Eastleigh parkrun		255	16/07/2022			
	51 Jamie EARLEY	24:04	VM35-39	55.12%	48 First Timer!	158
	200 Keith WHITAKER	33:26	VM70-74	54.89%	141	524
Netley Abbey parkrun		195	16/07/2022			
	2 Daniel FOSTER	18:32	VM40-44	74.73%	2	182
	7 Tim ROLFE	20:24	SM25-29	63.24%	7	121
	19 Greig BENSON	22:20	VM45-49	63.51%	19 First Timer!	113
	31 Ben GRAHAM	23:36	VM35-39	56.57%	30	158
	71 Helen BENSON	26:44	VW40-44	58.42%	10 First Timer!	146
	107 Tom HASTINGS	29:39	VM35-39	44.46%	80	89
	146 Liz JAMES	33:22	VW55-59	56.54%	43 New PB!	69
	147 Louise NICHOLSON	33:22	VW40-44	45.85%	44	49
Darwin parkrun		91	16/07/2022			
	12 Iain GALLAGHER	24:04	VM45-49	60.80%	12 First Timer!	56
Weymouth parkrun		298	16/07/2022			
	163 Jack GOOZEE	28:51	VM50-54	52.40%	120	107
Lanhydrock parkrun		103	16/07/2022			
	6 Stephen DUNLOP	23:06	VM65-69	72.58%	4 First Timer!	1
Chichester parkrun		144	16/07/2022			
	42 Richard JACKS	24:25	VM40-44	56.72%	36 First Timer!	131
Kesgrave parkrun		199	16/07/2022			
	57 Laura RIDGE	23:34	VW40-44	64.92%	7	21
Lullingstone parkrun		51	16/07/2022			
	5 Daisy MCCLEMENTS	23:03	SW30-34	64.28%	2 First Timer!	78
Lee-on-the-Solent parkrun		411	16/07/2022			
	15 Ken CHEUNG	19:33	VM45-49	72.55%	12	12
	17 Simon ROSS	20:06	VM45-49	71.64%	14	357
	19 Phil MORGAN	20:21	VM35-39	65.19%	16	153
	27 John BLAKE	20:52	VM50-54	71.25%	24	90
	32 Lucy MAY	21:07	VW35-39	71.03%	2	68
	36 Richard EDMUNDS	21:28	VM50-54	70.42%	32	68
	37 Josh CULLEN	21:28	SM25-29	60.09%	33	86
	39 Rachel FARGHER	21:31	VW45-49	73.82%	3	63
	45 Graham MARTIN	21:41	VM45-49	67.49%	40	172

51	Dominic SHEPHERD	22:14	VM55-59	70.91%	45	62
52	Stuart BAMBERGER	22:18	VM45-49	65.62%	46	103
53	Callum SWANN	22:20	SM25-29	57.76%	47	116
55	Mike BELL	22:26	VM65-69	77.71%	49	58
66	Katie LEATHERLAND	22:59	SW30-34	64.83%	5 First Timer!	26
71	Steven MATTY	23:09	VM45-49	62.20%	64	75
72	Katherine TROTT	23:13	SW20-24	63.75%	6	48
73	Amie MORGAN	23:15	SW30-34	64.09%	7	247
80	Adam HART	23:32	SM25-29	54.89%	71 First Timer!	24
83	Penny FORSE	23:39	VW70-74	99.01%	8	21
87	Jon PLOMER	23:57	VM45-49	61.10%	76	135
110	Ashley LOVELL	24:56	VM60-64	64.30%	93	52
113	Kate CHARLES	25:00	VW40-44	62.00%	16	148
116	Martin POWELL	25:05	VM65-69	67.51%	97	299
121	Andy LEE	25:15	VM60-64	65.21%	102	230
129	Samantha WHITING	25:33	SW30-34	57.99%	19	21
133	Jonathan MILLS	25:47	VM50-54	57.66%	109	92
138	Rachael OPENSHAW	26:01	VW35-39	57.46%	22	142
140	Richard BURNS	26:04	VM60-64	63.75%	115	149
149	Tim MATTHEWS	26:43	VM45-49	53.46%	121	155
155	Michael HEALY	26:57	VM45-49	54.30%	126 New PB!	53
156	Sara MCRITCHIE	26:59	VW45-49	60.04%	26	180
163	Dave JUDSON	27:11	VM45-49	53.83%	131	26
175	Kirstie GRAHAM	27:45	JW15-17	55.14%	31	55
185	Alison HESSELBERTH	27:57	VW60-64	70.42%	36	81
202	Gail OSBORNE	29:04	VW60-64	67.72%	45	81
205	Stuart NICHOLSON	29:11	VM65-69	58.02%	153	396
207	Danielle STANNING	29:18	VW40-44	53.70%	47	69
213	Mark SAYWELL	29:31	VM60-64	54.32%	157	68
219	Samuel JOHN	29:52	SM25-29	43.19%	159	58
253	Toby EVANS	30:57	VM40-44	44.75%	177	162
255	Chris WHEELER	30:59	VM40-44	44.38%	178	147
256	Kay SADLER	31:00	VW40-44	50.38%	69 New PB!	29
272	Heather GRAHAM	31:49	VW50-54	54.01%	75	61
278	Karen NICHOLS	32:08	VW50-54	54.88%	79	75
285	Martyn BANNER	32:26	VM60-64	50.31%	194	159
299	Russell MEAD	33:45	VM55-59	46.72%	201	272
315	Isabella MATTY	34:38	JW11-14	47.02%	100	12
317	Oana MATTY	34:40	VW40-44	44.71%	102	48
320	Philip OWEN	34:55	VM55-59	44.39%	205	220
348	Claire DYSON	37:12	VW40-44	42.29%	122	9
352	Lisa EVENS	38:19	VW50-54	45.45%	125	106
378	Andrew SMITH	43:43	VM60-64	38.01%	225	401
379	Wendy SMITH	43:44	VW60-64	45.01%	141	294
383	Victoria JOHN	44:59	VW45-49	36.01%	144	60
408	Nick RICHARDSON	55:09	VM45-49	25.90%	234	56
409	Tina MACKAY	55:11	VW45-49	28.78%	159	79
Mount Edgcumbe parkrun		39	16/07/2022			
13	Mike HARPER	25:10	VM60-64	64.30%	13 First Timer!	453
Portsmouth Lakeside parkrun		173	16/07/2022			
7	Andrew STOCKWELL	20:18	VM50-54	74.47%	6	288
Fareham parkrun		228	16/07/2022			
6	David MALLARD	19:56	VM40-44	70.07%	6	250
21	Ray GUNNER	21:54	VM60-64	73.21%	21	168
32	Amy FOX	23:15	VW40-44	65.81%	2 New PB!	93
88	Kevin SAUNDERS	27:37	VM50-54	53.83%	73	136
135	Andy RICHARDSON	31:12	VM55-59	50.53%	99	75
144	Alison LAWRENCE	32:09	VW40-44	48.21%	36	253
197	Melissa BARHAM	39:52	VW45-49	40.22%	68	131
Bartley Park parkrun		118	16/07/2022			
1	Brandon CHAPLIN	18:34	JM15-17	72.71%	1 First Timer!	83
18	Kieran CHAPLIN	23:29	VM40-44	58.55%	17 First Timer!	118
Southampton junior parkrun		64	17/07/2022			
24	Josh MILLS	11:06	JM10	58.65%	17 New PB!	12
Whiteley parkrun		141	23/07/2022			
12	Nikki ROEBUCK	20:31	VW40-44	76.69%	1	174
51	Matt EMERY	24:38	VM40-44	55.41%	42	119
83	Miles PRITCHARD	28:16	VM45-49	51.77%	68	16
101	Keith WHITAKER	31:34	VM70-74	58.13%	73	525
109	Liz JAMES	32:51	VW55-59	57.43%	31	70
Moors Valley parkrun		379	23/07/2022			
57	Tom SINDALL	23:01	VM40-44	59.30%	50 First Timer!	56
174	Anna SINDALL	27:42	VW35-39	54.33%	23 First Timer!	63
Eastleigh parkrun		339	23/07/2022			
21	Michael PARKES	21:03	SM25-29	61.36%	19	47
Durham parkrun		341	23/07/2022			
1	Daniel O'BOYLE	16:33	SM30-34	79.25%	1 First Timer!	14
160	Kerry DODSWORTH	27:56	SW30-34	53.22%	38 First Timer!	15
Netley Abbey parkrun		185	23/07/2022			
102	Steve TROTMAN	29:18	VM60-64	54.72%	76	123
Brockenhurst parkrun		78	23/07/2022			
32	Richard JACKS	23:52	VM40-44	58.03%	26 First Timer!	132
Lanhydrock parkrun		149	23/07/2022			
34	Mike HARPER	25:06	VM60-64	64.48%	26 First Timer!	454
Lee-on-the-Solent parkrun		411	23/07/2022			
2	Brandon CHAPLIN	18:07	JM15-17	74.52%	2	84
4	Chris WILLIAMS	18:31	SM30-34	70.84%	4	196

7	Steve CUMES	19:11	VM50-54	77.50%	7		92
11	Simon ROSS	19:29	VM45-49	73.91%	11		358
17	Stephen DUNLOP	20:07	VM65-69	83.35%	16	First Timer!	2
21	John BLAKE	20:29	VM50-54	72.58%	20		91
24	Mark John EATON	20:53	VM55-59	74.22%	23		103
27	Dave THORPE	20:57	VM40-44	67.14%	25		38
28	Callum SWANN	20:58	SM25-29	61.53%	26		117
29	Jon PLOMER	21:00	VM45-49	69.68%	27		136
34	Richard BAILEY	21:30	SM30-34	60.47%	31		104
42	Rachel FARGHER	21:47	VW45-49	72.92%	3		64
48	Dominic SHEPHERD	22:07	VM55-59	71.29%	42		63
61	Andy DONN	22:40	VM50-54	65.07%	50		100
63	Steven MATTY	22:41	VM45-49	63.48%	52		76
68	Katherine TROTT	22:59	SW20-24	64.39%	9		49
73	Mike SMITH	23:08	VM65-69	72.48%	58		64
82	Stuart BAMBERGER	23:27	VM45-49	62.40%	67		104
90	Evan DE WET	23:44	SM25-29	54.35%	72		17
91	Chris HALL	23:46	VM45-49	61.57%	73		10
92	Richard EDMUNDS	23:48	VM50-54	64.01%	74		69
100	Clare LEVERIDGE	24:11	SW30-34	61.34%	17	First Timer!	12
114	Martin POWELL	24:49	VM65-69	68.23%	88		300
115	Samantha WHITING	24:49	SW30-34	59.70%	20	New PB!	22
137	Jonathan MILLS	25:41	VM50-54	57.88%	108		93
146	Richard BURNS	25:59	VM60-64	63.95%	114		150
153	Tim MATTHEWS	26:14	VM45-49	54.45%	121		156
156	Dave JUDSON	26:21	VM45-49	55.53%	124	New PB!	27
161	Sara MCRITCHIE	26:36	VW45-49	60.90%	28		181
171	Oana MATTY	27:24	VW40-44	56.57%	30		49
173	Philip OWEN	27:41	VM55-59	55.99%	134		221
182	George HOWARTH	27:59	VM60-64	59.38%	137		105
185	Mark SAYWELL	28:14	VM60-64	56.79%	138		69
189	Victoria JOHN	28:20	VW45-49	57.18%	38		61
192	Cathy WEBB	28:36	VW65-69	71.97%	39		183
201	Gail OSBORNE	28:54	VW60-64	68.11%	44		82
209	Stuart NICHOLSON	29:03	VM65-69	58.29%	150		397
216	Edward HARE	29:15	VM35-39	46.32%	152		49
222	Jules DINWOODIE	29:22	VW60-64	67.03%	54		201
225	Samuel JOHN	29:29	SM25-29	43.75%	157		59
231	Peter REDMAN	29:40	VM50-54	50.96%	161		162
234	Wendy HAWXWELL	29:42	VW50-54	57.13%	57		34
236	Claire PEAL	29:46	VW45-49	54.98%	59		63
237	Julia LAWTON	29:46	VW50-54	57.73%	60		28
241	Kate CHARLES	29:56	VW40-44	51.78%	61		149
252	Joanna REED	30:29	VW50-54	57.14%	69		76
259	Sarah HUGHES	30:46	VW40-44	49.73%	72		7
268	Hayley STRADLING	31:04	SW25-29	47.64%	77		41
273	Martyn BANNER	31:14	VM60-64	52.72%	178		160
287	Karen NICHOLS	32:02	VW50-54	55.05%	90		76
300	Julie STRADLING	33:11	VW55-59	53.84%	99		54
303	Lisa DONN	33:18	VW50-54	50.35%	100		55
304	Tracey TERRY	33:19	VW50-54	50.93%	101		6
305	Louise TANNER	33:20	VW45-49	48.60%	102		142
307	Heather GRAHAM	33:26	VW50-54	51.40%	103		62
308	Russell MEAD	33:42	VM55-59	46.79%	191		273
334	Claire DYSON	35:34	VW40-44	44.24%	123		10
341	Stacey READ	35:50	VW40-44	42.93%	129		166
342	Jacqueline HEALY	35:50	VW40-44	43.58%	130		164
357	Lisa EVENS	37:25	VW50-54	46.55%	141		107
373	Nick RICHARDSON	40:44	VM45-49	35.07%	210		57
392	Catherine CHAMBERLAIN	46:18	VW45-49	35.78%	161		55
398	Wendy SMITH	47:56	VW60-64	41.06%	164		295
399	Andrew SMITH	47:58	VM60-64	34.64%	220		402
Portsmouth Lakeside parkrun		184	23/07/2022				
18	Angela HARRISON	23:10	VW45-49	69.93%	4	New PB!	39
144	Martin READ	35:24	VM65-69	47.83%	95	First Timer!	124
Fareham parkrun		258	23/07/2022				
16	David MALLARD	20:42	VM40-44	67.47%	15		251
54	Andy LEE	23:41	VM60-64	69.53%	48		231
97	Kevin SAUNDERS	26:58	VM50-54	55.13%	83		137
103	Sam GRAHAM	27:15	VW40-44	56.45%	14	New PB!	96
116	Ray BERNICE	28:03	VM55-59	55.26%	97		66
151	Alison LAWRENCE	30:30	VW40-44	50.82%	35		254
183	Tom MELLOR	33:19	VM70-74	52.93%	127		207
Clapham Common parkrun		569	23/07/2022				
48	Josh CULLEN	20:40	SM25-29	62.42%	39	First Timer!	87
Littlehampton Prom parkrun		270	23/07/2022				
5	Iain CROSS	18:10	VM40-44	75.14%	5	First Timer!	121
Alderford Lake parkrun		106	23/07/2022				
41	Rachael OPENSHAW	27:37	VW35-39	54.13%	5	First Timer!	143
Seven Fields parkrun		117	23/07/2022				
2	Tommy BROOKS	19:14	SM30-34	67.42%	2	First Timer!	2
Itchen Valley Country parkrun		212	23/07/2022			Jo Parry Art	
76	Carl SCHAFER	27:54	VM55-59	56.51%	62	New PB!	188
Alton Water parkrun		90	23/07/2022				
5	Kelley HANIVER	20:56	VW45-49	75.88%	1	New PB!	62
Great Salterns parkrun		104	23/07/2022				
11	Graham MARTIN	21:22	VM45-49	68.49%	10	First Timer!	173
63	Emma BAKER	28:42	VW40-44	53.31%	11	First Timer!	70
85	Helen Michelle COULTH	35:25	VW45-49	45.27%	19	First Timer!	193

Tidworth parkrun		161	23/07/2022					
	19 Ray GUNNER		21:09	VM60-64	75.81%		16 First Timer!	169
	24 Andrew STOCKWELL		22:21	VM50-54	67.64%		21 First Timer!	289
Southampton junior parkrun		49	24/07/2022					
	23 Josh MILLS		11:43	JM10	55.56%		18	13
Bushy parkrun		1098	30/07/2022					
	281 Chris DAVIDSON		24:16	VM60-64	67.86%		235	163
Trelissick parkrun		176	30/07/2022					
	37 Tom HASTINGS		24:33	VM35-39	53.70%		29 First Timer!	90
Southsea parkrun		379	30/07/2022					
	159 Sam GRAHAM		27:07	VW40-44	56.73%		28 First Timer!	97
Whiteley parkrun		126	30/07/2022					
	10 Graham JAMES		21:38	VM60-64	75.42%		9 First Timer!	5
	21 Amy FOX		22:34	VW40-44	67.80%		2	94
	45 Tom SINDALL		24:17	VM40-44	56.21%		35	57
	52 Martin POWELL		25:24	VM65-69	66.67%		41	301
	55 Claire JONES		25:57	VW40-44	60.63%		10	23
	72 Jamie STOCKWELL		27:58	SM20-24	46.13%		56	113
	90 Holly STOCKWELL		30:49	SW25-29	48.03%		19	38
	102 Keith WHITAKER		33:29	VM70-74	54.80%		74	526
Moors Valley parkrun		482	30/07/2022					
	5 David MALLARD		19:32	VM40-44	71.50%		4 First Timer!	252
	151 Alison LAWRENCE		26:00	VW40-44	59.62%		28 First Timer!	255
	264 Toby EVANS		30:11	VM40-44	45.89%		172	163
Eastleigh parkrun		239	30/07/2022					
	16 Michael PARKES		20:57	SM25-29	61.65%		16	48
	26 Haydn BROWN		21:43	VM60-64	73.83%		25	305
Boston parkrun		123	30/07/2022					
	75 Simon GIBBON		30:12	VM45-49	48.45%		45 First Timer!	259
Killerton parkrun		195	30/07/2022					
	16 Dominic SHEPHERD		22:17	VM55-59	70.76%		12 First Timer!	64
Netley Abbey parkrun		170	30/07/2022					
	66 Ben GRAHAM		26:48	VM35-39	50.19%		60	159
Rushcliffe parkrun		290	30/07/2022					
	124 Simon ROSS		26:33	VM45-49	54.24%		104	359
Delamere parkrun		215	30/07/2022					
	118 Philip OWEN		29:38	VM55-59	52.31%		88 First Timer!	222
Telford parkrun		309	30/07/2022					
	200 Sue ROBINSON		31:00	VW65-69	69.52%		43 First Timer!	54
Queen Elizabeth parkrun		99	30/07/2022					
	81 Charlie JONES		35:22	VW40-44	44.16%		29	22
Bognor Regis parkrun		253	30/07/2022					
	3 Iain CROSS		18:32	VM40-44	73.65%		3	122
Exeter Riverside parkrun		170	30/07/2022					
	152 David MACSWAYNE		35:55	VM60-64	45.06%		100 First Timer!	286
Lee-on-the-Solent parkrun		381	30/07/2022					
	1 Andy SIMPSON		17:48	VM45-49	82.21%		1	97
	2 Chris WILLIAMS		18:14	SM30-34	71.94%		2	197
	6 Brandon CHAPLIN		18:44	JM15-17	72.06%		5	85
	9 Gareth CHARLES		19:09	VM40-44	72.93%		8	150
	14 Russ COLEMAN		19:35	VM40-44	71.83%		12	111
	23 Rob GREENWOOD		20:11	VM35-39	65.32%		20	125
	29 Dave THORPE		20:41	VM40-44	68.01%		26	39
	41 Richard BAILEY		21:28	SM30-34	60.56%		36	105
	47 Richard EDMUNDS		21:52	VM50-54	69.66%		40	70
	48 Lucy MAY		21:56	VW35-39	68.39%		3	69
	52 Rachel FARGHER		22:07	VW45-49	71.82%		4	65
	53 Jon PLOMER		22:10	VM45-49	66.02%		43	137
	68 Stuart BAMBERGER		23:38	VM45-49	61.92%		55	105
	76 Clare LEVERIDGE		24:07	SW30-34	61.51%		6 New PB!	13
	79 Katherine TROTT		24:14	SW20-24	61.07%		8	50
	86 Kate CHARLES		24:39	VW40-44	62.88%		10	150
	109 Josh CULLEN		25:47	SM25-29	50.03%		86	88
	110 Sara MCRITCHIE		25:48	VW45-49	63.44%		11	182
	111 Ken CHEUNG		25:49	VM45-49	54.94%		87	13
	117 Tim MATTHEWS		25:59	VM45-49	54.97%		93	157
	123 Jonathan MILLS		26:23	VM50-54	56.35%		98	94
	135 Michael HEALY		27:00	VM45-49	54.20%		105	54
	136 George HOWARTH		27:02	VM60-64	61.47%		106	106
	144 Kirstie GRAHAM		27:29	JW15-17	55.67%		21	56
	147 Dave JUDSON		27:35	VM45-49	53.05%		112	28
	164 Victoria JOHN		28:17	VW45-49	57.28%		26	62
	170 Andy WHITE		28:38	VM50-54	52.79%		129	196
	174 Mark SAYWELL		28:46	VM60-64	55.74%		132	70
	181 Emma BAKER		29:08	VW40-44	52.52%		30	71
	184 Gail OSBORNE		29:24	VW60-64	66.95%		31	83
	195 Stuart NICHOLSON		29:43	VM65-69	56.98%		146	398
	208 Sarah BARRON		30:22	VW50-54	57.35%		40	175
	210 Katherine COOPER		30:26	VW40-44	50.27%		41 New PB!	10
	213 Hayley STRADLING		30:33	SW25-29	48.45%		43	42
	223 Sarah HUGHES		30:55	VW40-44	49.49%		49	8
	226 Heather GRAHAM		31:02	VW50-54	55.37%		51	63
	231 Samuel JOHN		31:12	SM25-29	41.35%		162	60
	238 Karen NICHOLS		31:43	VW50-54	55.60%		58	77
	246 Susan WAKEFIELD		31:52	VW50-54	53.92%		66	40
	263 Peter REDMAN		32:57	VM50-54	45.88%		172	163
	279 Julie STRADLING		33:19	VW55-59	53.63%		82	55

	310 Melissa BARHAM	35:57	VW45-49	44.60%	101	132
	322 Louisa KNIGHT	37:12	VW50-54	45.61%	112	74
	323 Philip MAY	37:22	VM65-69	44.87%	188	89
	324 Claire JOHNSON	37:49	VW50-54	44.87%	113	120
	325 Diane WILSON	37:50	VW60-64	50.57%	114	81
	341 Kate PROVIS	41:48	VW55-59	44.50%	122	60
	346 Geraldine MAY	42:40	VW60-64	46.80%	124	78
	363 Andrew SMITH	47:24	VM60-64	35.06%	202	403
	364 Wendy SMITH	47:25	VW60-64	41.51%	135	296
Portsmouth Lakeside parkrun		167	30/07/2022			
	86 Natalie REDMAN	30:08	VW35-39	49.78%	17	40
Fareham parkrun		210	30/07/2022			
	15 Daisy MCCLEMENTS	21:20	SW30-34	69.45%	3	79
	37 Richard JACKS	23:42	VM40-44	58.44%	33	133
	58 Ray BERNICE	26:45	VM55-59	57.94%	51	67
	68 Kevin SAUNDERS	27:29	VM50-54	54.09%	59	138
	133 Andy RICHARDSON	32:26	VM55-59	48.61%	88	76
	151 Helen Michelle COULTH	34:16	VW45-49	46.79%	47	194
Hogmoor Inclosure parkrun		185	30/07/2022			
	11 Graham MARTIN	22:11	VM45-49	65.97%	11 First Timer!	174
Street parkrun		90	30/07/2022			
	7 Mike HARPER	20:54	VM60-64	77.43%	7 First Timer!	455
Leinpfad parkrun		44	30/07/2022			
	3 Andy DONN	22:01	VM50-54	66.99%	3 Erstläufer!	101
	6 Lisa DONN	25:49	VF50-54	64.95%	1 Erstläufer!	56
The Pastures parkrun		109	30/07/2022			
	96 Martin READ	36:35	VM65-69	46.29%	61 First Timer!	125
Seven Fields parkrun		114	30/07/2022			
	1 Tommy BROOKS	18:51	SM30-34	68.79%	1 New PB!	3
The Great Field parkrun		149	30/07/2022			
	25 Robert CRANSTONE	22:37	VM60-64	72.14%	22	88
	51 Sarah CRANSTONE	25:45	VW60-64	74.30%	6	63
Edenbrook Country parkrun		231	30/07/2022			
	23 Ray GUNNER	21:34	VM60-64	74.34%	21 First Timer!	170
	36 Kieran CHAPLIN	22:35	VM40-44	60.89%	32 First Timer!	119
Tidworth parkrun		156	30/07/2022			
	13 Kelley HANIVER	20:21	VW45-49	78.05%	2 First Timer!	63
Stokes Bay junior parkrun		51	31/07/2022			
	13 Edwin CHOWNS	10:53	JM10	57.22%	6 New PB!	45