



# 23rd Rotary Clarendon Marathon Souvenir Programme



**From Salisbury**  
Sunday 3rd October 2021

**To Winchester**  
[clarendon-marathon.co.uk](http://clarendon-marathon.co.uk)





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# Welcome from Rotary

**The Rotary Clubs at Salisbury, Sarum, and Winchester are hoping that all the participants, volunteers and spectators have a great day today at the 10th Clarendon Marathon organised by Rotary.**

Whatever your role today, this is a wonderful community event which brings us all together in the beautiful countryside through which the Clarendon Way passes, and lets us put the trials and tribulations of the Covid pandemic aside for a few hours.



You may well be aware that Rotary is a world-wide service organisation, with over 1.2 million members in some 35,000 Clubs around the globe. We operate through our local Clubs, each of which makes its own plans of how to balance its service between local, national and international causes.

For larger projects we collaborate with neighbouring Clubs, or indeed with Clubs anywhere in the world where we wish to help make a difference.

The Clarendon Marathon is one such collaboration, bringing together the Clubs in Salisbury and Winchester to coordinate the event, in conjunction with numerous external supporters.

It is truly a community event, but it is also a fund-raising opportunity, whether through individual sponsorship of competitors for causes of their choice, the charities who receive a donation for manning a water station, or the participants' donations to Rotary Charities.

Rotary has many other projects, both in collaborations and in our individual Clubs, all of which can only succeed with the support of our volunteer members. Rotary service is broadly based, focusing on humanitarian objectives – (1) Peace and Conflict Prevention / Resolution, (2) Disease Prevention and Treatment, (3) Water and Sanitation, (4) Maternal and Child Health, (5) Basic Education and Literacy, (6) Economic and Community Development, (7) the Environment.

If you are interested in finding out more about Rotary Clubs in your area, and potentially joining us in our activities, just Google 'Rotary' plus the town/city that would be of most interest.

Finally we would like to thank all the volunteers who have taken part in the planning and execution of today's Clarendon Marathon, with particular thanks to JJ Heath-Caldwell who, as chairman of the coordinating committee, has been the driving force bringing today's event to fruition.

**Ian Valentine**  
**President, Winchester Rotary**




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# Chairman's Welcome

As I write this note we have three weeks to go until the Clarendon will take place (Sunday 3 October 2021).

The bookings have been very healthy, and we expect to have just over 1000 participants. Last year we had the challenges of social distancing to reduce the spread of the Covid19 virus and then on the day we also had the atrocious weather conditions blown in by Storm Alex.

For this year, 2021, we are looking forward to an event which should hopefully be more like 2019 and other previous events.



Covid19 will of course always be with us, similar to flu and other viruses that are continually circulating. Although we no longer have the government restrictions, can we ask all our participants to act responsibly at all times please. Sorry to say this but no hugging or kissing.

Many thanks to all of you who are now bringing your own water cups and bottles. We have substantially reduced our use of plastic and I hope we can reduce it even further.

Let's move forward and continue to take more responsibility for ourselves and for the planet. Let's all continue to promote regular exercise, eat healthy food and let's try to reduce our carbon footprint as much as possible.

Many thanks for your support this year. Hope you have a great day running with us.

**JJ Heath-Caldwell**  
Chairman

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# 2020 Marathon Photos





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Rotary is primarily about helping those less fortunate than ourselves by working on a variety of community related projects both within our local communities and worldwide, whilst at the same time partaking in a wide range of enjoyable and relaxing social activities.

Both Salisbury and Winchester Rotary Clubs have a mix of men and women members, some working and some retired. Both clubs meet on alternate Monday evenings and lunchtimes, whilst Winchester also has a breakfast on the third Wednesday of the month. We are always pleased to hear from any people who are interested to learn more.



**Swimathon**

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# Dan Owen - Runner's Story

I ran my second Clarendon marathon last year (4 Oct 2020). My first time was five years previously on a stunningly beautiful blue-skied Sunday, awash with sunshine aplenty and warmth radiating from the lie of the land underfoot. This time round, the Clarendon Marathon was another stupendous, memorable event and for different reasons, it will stay as unforgettable as the first. I am now back in Bethesda, Maryland, USA, where I live, squinting at the burning sun on an 82-degree afternoon, a far cry from the incessant rain and glorious mud of last years travails....



I was over in the UK for a month to do my due diligence with care for an ageing parent near Salisbury and was jubilantly surprised when I realized that the Clarendon was due to go ahead the day before my return to the US East Coast. I did not hesitate to sign-up.

Following the mandated procedures, I flew to London in the first week of September and spent two weeks in quarantine in London, running up and down stairs inside and exhausting possibilities for variation in the small patio outside. With a fortnight to go before the event, I completed the mandatory isolation and headed to Dorset to luxuriate in fresh air and get moving outside in the stupendous Indian summer days of late September.

So, Sunday October 4th rolled around. The almost comically perfectly timed change in the weather had mobilised a few days earlier – the warm blue skies usurped by brooding dark clouds, whipping winds and slanting rain. But no expanse of cloud bank, rain, mud, or puddles you could swim across could possibly compete with the upbeat spirits.

Arriving at Laverstock early, I was immediately reminded of the lingering impressions from the 2015 run – the searingly powerful community spirit from fellow runners and above all from the legion of absolutely wonderful volunteers. To be so high spirited in the hours of battling abysmal weather and to do all that was necessary to demonstrate that you can collectively pull off this event responsibly in safety and compliance with needed restrictions was a huge feat accomplished. I can't thank them enough.



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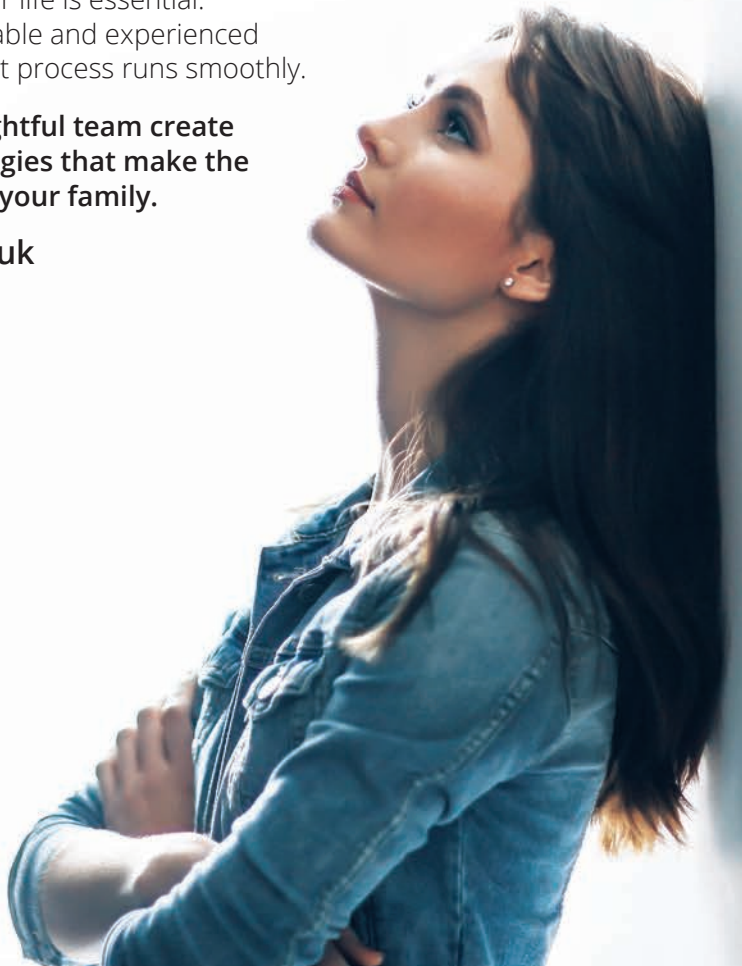
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# Challenge of the Hills



The hills on the Clarendon are challenging. The first major hill is encountered two miles out of Salisbury when the trail progresses up to the site of the ancient Clarendon Palace ruins.

From here the trail passes through woods and then down into the village of Pitton and then across to Winterslow. From here the trail is relatively easy going all the way to Broughton where the

half marathon runners join. After crossing the Test River the trail goes up over the hill and down into Kings Somborne, then onto 'Killer Hill' (nine miles to go) which is where quite a few runners start to walk.

But this is small in comparison to the next climb, Farley Mount (six miles to go), which is where just about everyone starts walking. The best part of Farley Mount is when you reach the top and from there it is down hill for quite some time and only a few small hills after that. All together the trail takes in 657m of hill climbing over the full 26.2 miles. Good luck! When you reach the finish, you will have completed 26.2 miles from Salisbury up to Winchester.





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# Zdenek Gregor - Runner's Story

I didn't start running marathons until I had reached the venerable age of 50 and realised that I was getting older and plumper. With the kids having left for University, my wife and I decided to move from the suburbia to central London, closer to work - and to the Thames Footpath: a great place to run every morning at 4.45am and still be at work by 7.30!

In no time I signed up for the London and the New York marathons, and this was followed by many road races throughout Europe and the US.

Fifteen years later, the time came to retire from the NHS where I had worked as an Eye Surgeon for over 40 years and my wife and I swapped the Big Smoke for a livestock farm in Somerset: a different live style and a very different terrain to run in.

Although managing a farm is a busy job, I also started volunteering for Somerset Sight, a local independent charity which supports people with visual impairment throughout Somerset. The charity also supports an army of volunteer visitors who help to combat the loneliness which is so common among blind people ([www.somersetssight.org.uk](http://www.somersetssight.org.uk)).

Through this charity I also met a young man who lost all his sight as a teenager. Blindness did not diminish his sporting prowess as a member of the Paralympic judo team in the past and now he was keen to run. Over the past five years, we have been training together at least a couple of times a week and after a few half marathons, my running buddy took the plunge and joined me in a couple of road marathons! Running such races gives us an opportunity to fundraise for our charity and this year alone we have raised over £7,000. Initially, I was attracted by the idea of a local race with the Clarendon (40 minutes' drive from our farm) and was rewarded by the sheer beauty of the countryside and the far reaching views - once you have climbed the many hills which can be a challenge for even younger and fitter runners! I have now run



Four Clarendons and each time I've been impressed by the beautiful autumnal weather which JJ, the Race Director, said he could (almost) guarantee every year.

I greatly admired the kindness of the marshals (often accompanied by their families) who were altogether magnificent and seemed at their happiest when they poured water at arm's length from closed jugs into our own cups. We were advised to bring our own cups from home - all this to maintain a safe distance from the huffing and puffing runners.

Indeed, many of us became aware that the weather and the physical challenges along the Clarendon route did not really compare to the enormous obstacles posed by the current pandemic. I was greatly impressed by the Organising Committee's resolve to implement the rules and regulations to ensure our safety. Alas, many races throughout the country were not so fortunate. The Committee could not have managed to put on this race without the leadership of JJ Heath-Caldwell, the Race Director. JJ and his marshals made sure that we maintained social distancing not just at the start and at the finish but kept us on message throughout the race (which JJ also ran in!).

# Welcome Stations - Good Causes



## 11th and 14th Winchester Scout Group

All the sections are thriving with enthusiastic leaders who provide an exciting and challenging programme of activities and events. They all support district events and take the opportunity to give the youngsters the chance to get out and about as often as possible, as well as having meetings in the headquarters.



## Hampshire Search & Rescue

HANTSAR is a voluntary organisation which works alongside the Police in searches for vulnerable missing persons in Hampshire. We are affiliated to Lowland Rescue which forms part of the UK Search and Rescue Operations Group alongside Mountain Rescue and other organisations.



Hope & Homes  
for Children

## Hope and Homes for Children

HHC is a British charity working with children, their families and communities across eight countries in Central and Eastern Europe and Africa to help children grow up in safe and productive environments. The charity moves children out of institutions into family-based care.



Southampton  
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## Paediatric Rheumatology Charity at Southampton Hospital

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## St. Mary's Parochial Church Council, Broughton

St Mary's offers both traditional and more modern worship services and has an active Sunday Club for young people (up to school year 6) and a coffee club (for young people in school year 7 and above)



## SERV Wessex

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# Welcome Stations - Good Causes

## Chase Africa

Our vision is a world where women and men can access basic health-care and choose the timing, number and spacing of their children, resulting in healthier, wealthier families, communities and more sustainable environments.



## Winchester & District Talking Newspaper Association

Our purpose is to provide digital sound recordings, of the best achievable quality, of edited extracts from the Hampshire Chronicle, on a weekly basis, to blind or visually impaired people in Winchester and surrounding areas.



## Winchester Bereavement Support

It is a voluntary organisation, offering a confidential support service to bereaved people in Winchester and the surrounding area. Support is given through home visits by carefully selected and trained volunteers. There is no charge for this service.



## MHA Communities Winchester

MHA Communities is a charity offering support and friendship to local older people living in their own homes; helping to maintain independent living, improve well-being and reduce isolation.



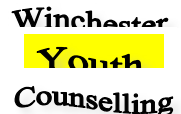
## Winchester Young Carers

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## Winchester Youth Counselling

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## Winterslow Link Scheme

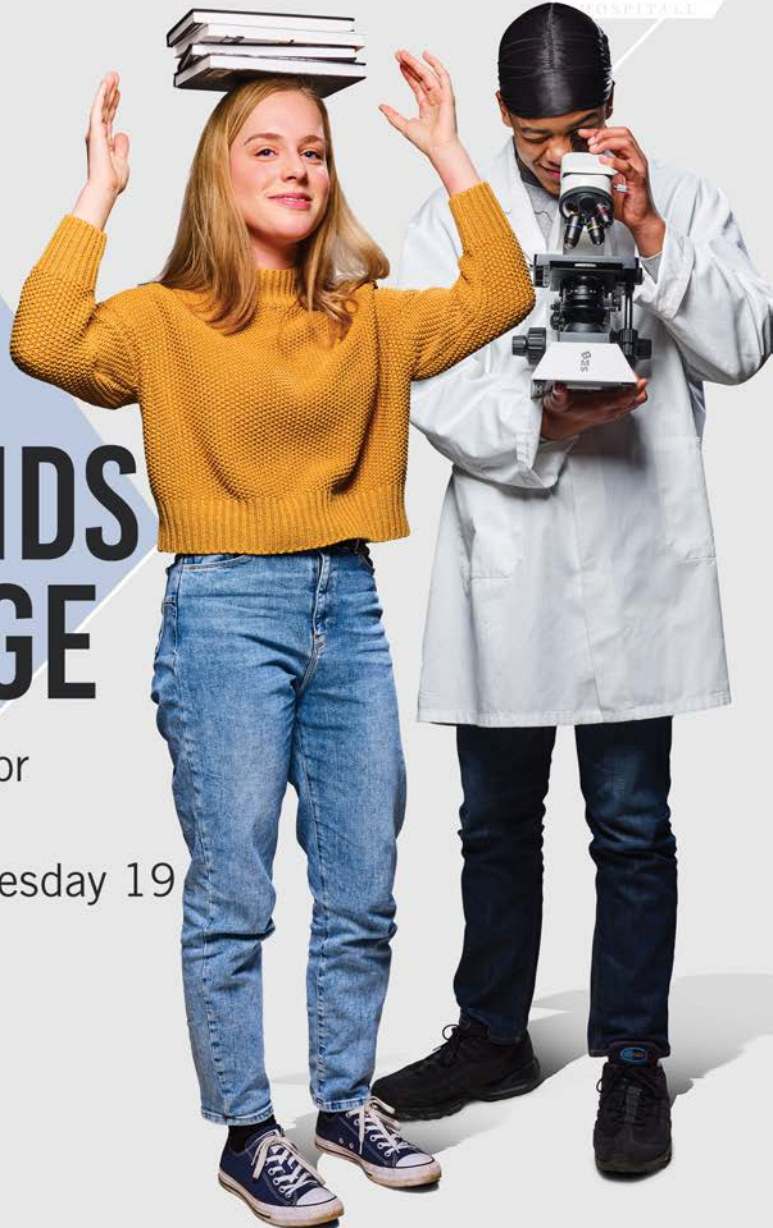
LINK is a team of local volunteers who offer help with transport and care for people in need. It is organised by a committee of local people who manage the running of the scheme.





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# Geoff Meads - Marshall's Story

This is the bitter-sweet story of the Clarendon mini-marathon 2020. A tale of trial and tribulation, and ultimate triumph; and like the actual race it is quite short. Covid 19, Storm Alex and a lot of people all running in different directions certainly made it a day that I will remember.

There were 32 registered runners. All were meant to travel by bus. But only ten with myself, as starter, turned up at the South Winchester Park and Ride, where the heroic Sue Cook had been on a marshal's lookout since before dawn. Two more were waiting at King's School, one with a young daughter due to be transferred to a grandmother – who never came! Three runners now sent messages of withdrawal. The bus waited until it was 10 minutes overdue. Al-



ready its course to the 'Junction' Start had been changed to accommodate overhanging branches. Four more runners were located in the 'lead' car designated to clear the way for the bus down the lane from Stratton Farm. We were up to 50% of the registered total. At least social distancing was no problem.

The Junction Car Park was already full of cars. On arrival the bus blocked the road. Bags had to be dumped on board for its quick get-away. The wind blew hard and the rain hammered down. Now without any protective clothing several abandoned the queue for nearby bushes. Bystanders looked on and two more entrants emerged from their ranks. Neither yet had numbers. While numb hands located these, a small group headed downhill for the start. The stragglers followed with myself. The strength of the storm increased. In protective clusters inevitably social distancing was abandoned. So too were the plans for individual starts one minute apart. Two walkers went first. The next 'Bubble' pair followed 30 seconds later, and already this was too much delay for one lady. She was off, with a married couple next in hot pursuit. All 16 had gone in the space of less than five minutes, before indeed two more stragglers turned up having arrived at the wrong car park. At best timing was approximate.

And at this point the penny dropped. We were not at the right place. It looked like where we had rehearsed the start the previous day, when we had come across a team of helpers still trying to adjust signposting to the revised route. But it was not. The mile marker by the gate we had been told to use as our marker indicated '4 Miles' to go, not five! The '5 Miles' sign was the other side of the gate! Between



them now was the extra mile 'out-and-back' extension to make up the Marathon mileage. It had not been there before.

And now two more runners appeared looking for the Start, one from Farley Mount itself and the other being the person who had at last located the grandmother at King's to care for her daughter.

So there were 20 runners in total and already messages were coming in from the early starters. Fearfully I awaited the backlash. It never came. At first there were several notes of congratulation as PBs were (falsely) claimed. Then there was relief as I jogged the whole five miles to find no more casualties along the way. At The Finish gazebos were being taken down. Spirits were high. And even as reality struck so the runners' messages, of not regret but appreciation, started to arrive. That the race distance had actually been 3.8 miles not five, seemed to matter not a jot! A great time was had by all, but for 2021, more planning required. It will be excellent!

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# Graham Capper - Runner's Story

In 2020 every event in my race schedule got cancelled. And not just the races. Park run? Off. Trips to the theatre? No show. Foreign walking holidays? Cancelled.



Running on my own was still an option but with no social aspect to my running and no races to prepare for, my motivation for training faded. Then I saw that the Clarendon Marathon was still on! And the organisers weren't just ploughing on as before, assuming that the Covid crisis would be over. They were building social distancing and hygiene practices into their preparations – there was a good chance it would survive and actually take place.

In 2019 I ran the Clarendon Marathon, all 26 miles of it. After a 600 mile hiking trip across Spain, I thought: "I've got the endurance, so should be OK." I was OK, but I had seriously underestimated the challenge. The Clarendon course goes up and down. A lot. Much of it is on muddy trails, chalk and flint paths. I'm usually a road-racer, so it hurt, but the encouragement of my fellow participants and, especially, the marshals got me through. No records were broken, but I made it to the home-made-burger stall in the grounds of King's School in Winchester. Oh, and through the finish arch!. So for 2020 I decided to go for the 13 mile half marathon.

There were regular updates by email, on the website and on YouTube to explain the new modus operandi and the measures being taken to help us stay Covid-secure. I trained with renewed enthusiasm. I looked forward to running with others, joking with the marshals, the excitement of competition. Of course fate hadn't just put Covid in the way of the Clarendon organisers, but it dropped Storm Alex into the mix, the day before the event. The Clarendon email on the night before said it all: Conditions will be challenging. It will be muddy. Very, very muddy.

On Sunday morning my wife chauffeured me through driving rain to the half marathon start in Broughton, with deep lug trail shoes, cap, gloves, buff, my newly acquired runners belt to hold my drinks bottle (we all need to reduce the use of those disposable cups, for the planet's sake, as well as for hygiene) and wearing a mask – for check-in at least. Social distanced registration went smoothly and my bag of warm clothes went onto the bus, to await me at the finish.



To spread out the field, chip timing allowed each participant to choose their own start time, within parameters. So I let a couple of fast looking club runners set off, 30 seconds apart, then I stepped across the timing strip, progressing slowly at first to let everything warm up. The marshals, carefully placed at every turn or junction were encouraging, even though the cold drizzle and forceful wind must have been testing their humour. As a runner though, I was soon overheating.

The last mile was slower than I would have liked, but I ran it with a smile on my face. Finally, my 2020 running season had started. I had worked hard, was going to finish in under two hours (not bad for a 58 year old) and had enjoyed myself! I can't thank JJ, his organising team, ridiculously jolly marshals and fellow runners enough. Clarendon 2020 was a socially distanced triumph of organisation and delivery.



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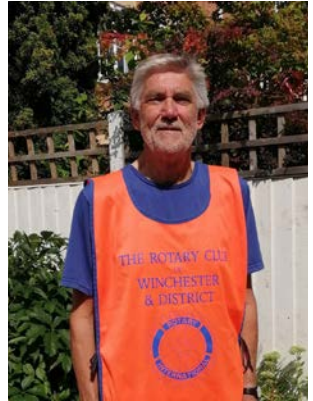
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# Phill Jennison - Marshall's Story

I had taken part in Marathons before, but never marshalled. JJ asked me one day if I'd like to marshal, and I said yes, as you do... and then, within seconds, he asked if I would act as a Section Leader for Broughton to Kings Somborne. As I knew the area well I said "yes". But what had I let myself in for? Well actually, it turned into an amazing experience. The 25 volunteer marshalls all turned up on the day, in spite of the weather. No one left their positions early, even though they must have been really wet and cold.



What I hadn't appreciated was the detailed planning and communication which has to be in place, for the event to work smoothly. As I was responsible for marshalls in three locations, I knew I needed help, and thankfully, three amazing volunteers offered to be co-ordinators in their respective locations...it worked a treat. All the marshalls commented afterwards how smoothly the day had gone despite Covid19 and Storm Alex. I found myself marshalling in Houghton, so had first hand experience of controlling traffic, as well as encouraging the runners and walkers. Without exception, car drivers and white van drivers were all "on their best behaviour".

And nearly every runner and walker found time to say "thankyou Marshall"...that makes a lot of difference...But nothing can really happen without the pre-work. I had the benefit of being able to walk my section with JJ, Simon and Steve, one Saturday morning a couple of months or so before the event, to better understand where the marshalls should be located and the signage placed, and why. And putting the signage up on the Saturday the day before the Marathon took five of us, several hours.

What goes up has to come down, so taking the signage down started immediately after the back-marker cyclist came by on race day, continuing right through Monday afternoon. Because part of my section was off tarmac roads, a lot of walking was necessary to get to the signs and then carry them back to the car. Liaising with local farmers and estates also proved to be critical.

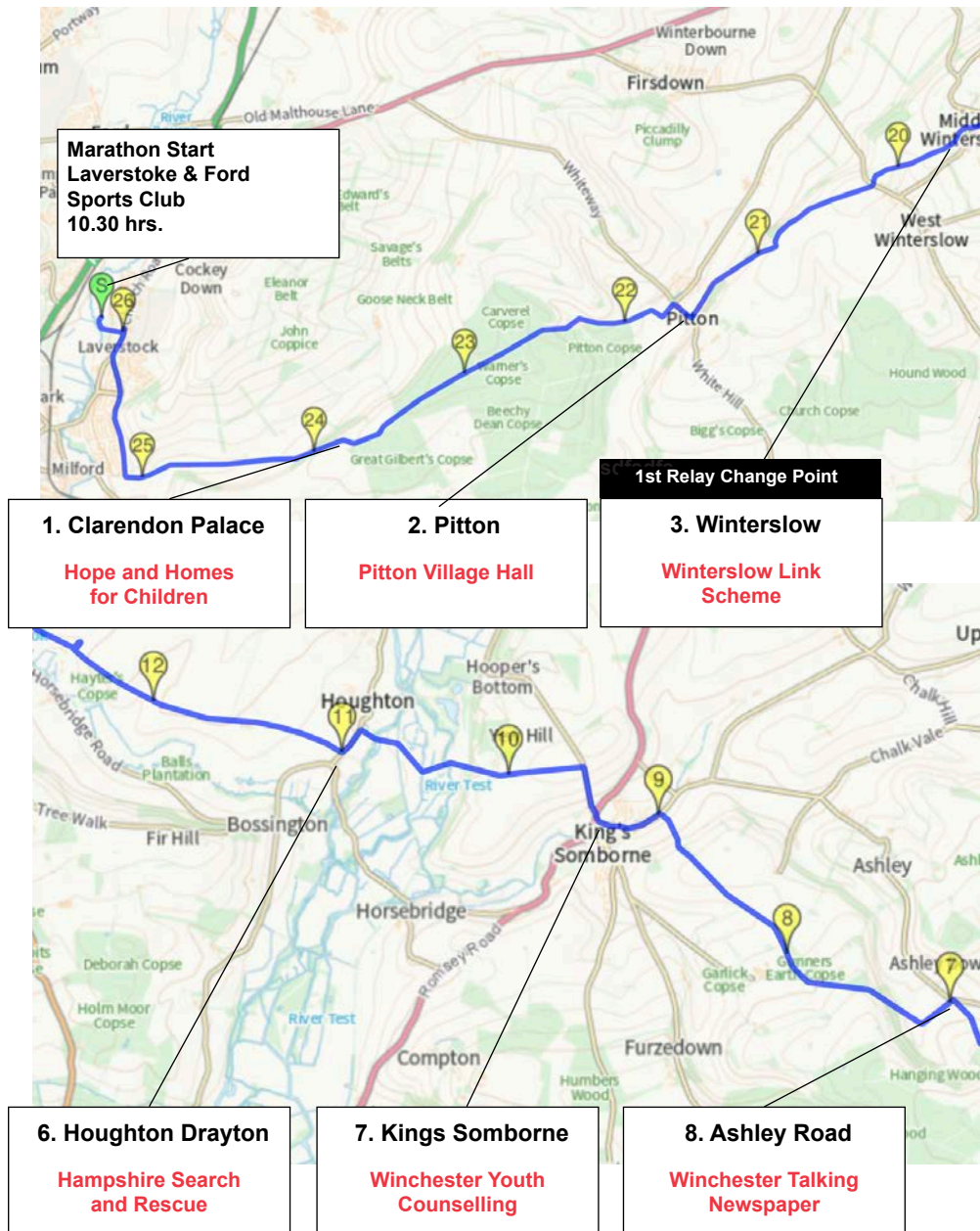
Whether it was moving logs, or opening gates, which are normally locked to keep vehicles out, all these "barriers" had to be removed, so the runners had the benefit of a straightforward run. In

summary, everyone is happy to help out - it's clearly a well known and highly respected event - they all want it to be a great success...

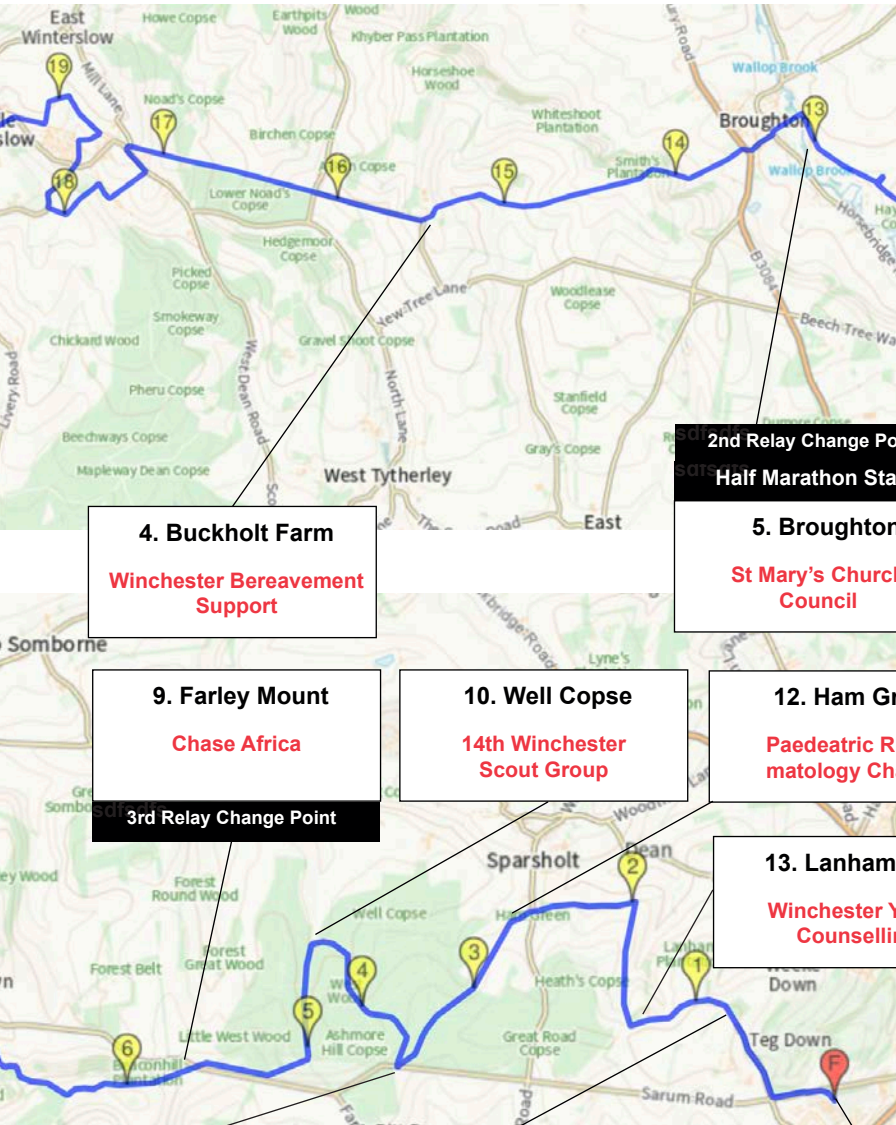
Anyway, you won't be surprised to read that I have agreed to do the same again next year. JJ asked, and I said yes! It's too good an experience to miss!



# 2021 Route Map



# 2021 Route Map



**2nd Relay Change Point**  
**Half Marathon Start**

**5. Broughton**  
**St Mary's Church Council**

**4. Buckholt Farm**  
**Winchester Bereavement Support**

**9. Farley Mount**  
**Chase Africa**

**3rd Relay Change Point**

**10. Well Copse**  
**14th Winchester Scout Group**

**12. Ham Green**  
**Paediatric Rheumatology Charity**

**13. Lanham Lane**  
**Winchester Youth Counselling**

**11. West Wood Gate**  
**MHA Communities**

**14. Pinsent Camp Site**  
**Hampshire Search and Rescue**

**Marathon Finish**  
**Winchester Rotaract**





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runners on Sunday 3rd October

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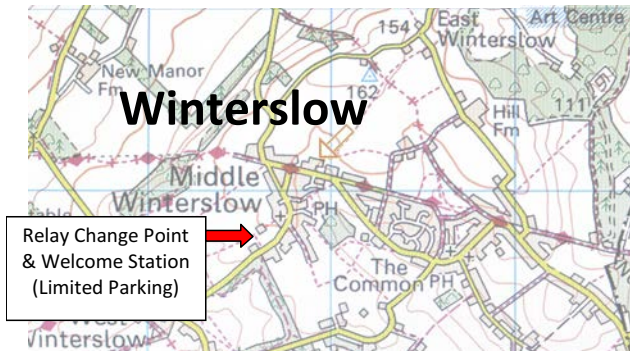
 [www.lcp.uk.com](http://www.lcp.uk.com)

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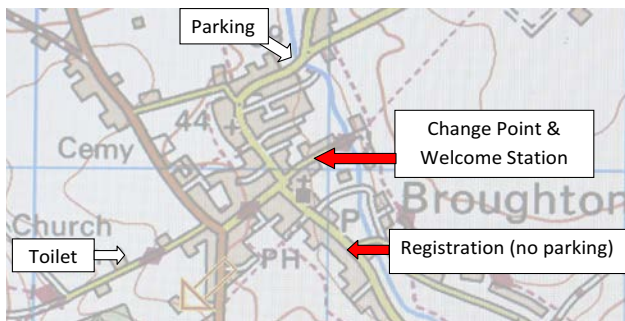
 [@LCP\\_Actuaries](https://twitter.com/LCP_Actuaries)

 [@lifeatlcp](https://www.instagram.com/lifeatlcp)

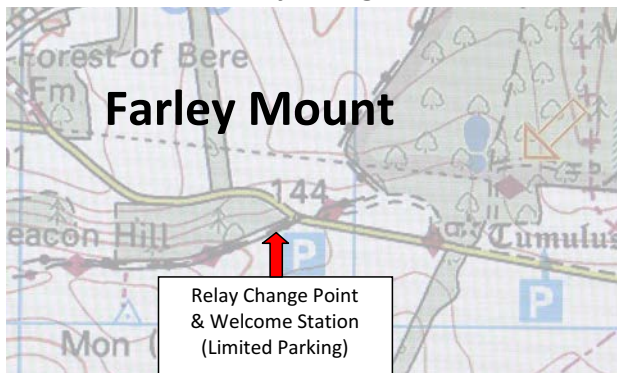
## 1st Relay Change Point



## 2nd Relay Change Point and Half Marathon Start

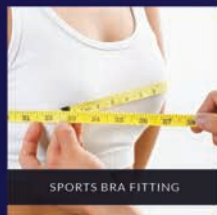
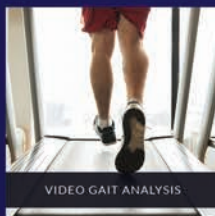
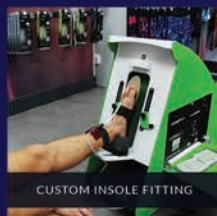
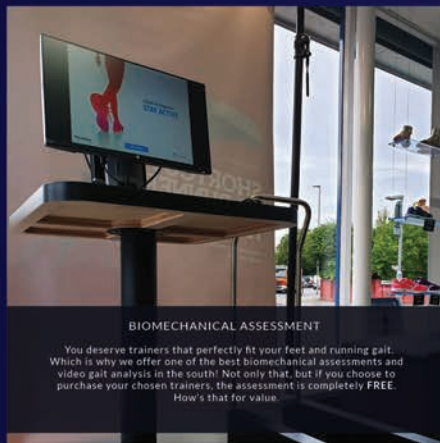


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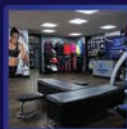
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## Marathon

1st male	Matthew Hammerton	Romsey Road Runners	03:01:26
2nd male	James White	Eastleigh Running Club	03:12:06
3rd male	Mark Stileman	Romsey Road Runners	03:12:56
1st female	Becky Tovey	Romsey Road Runners	03:32:23
2nd female	Sue Sleath	Romsey Road Runners	03:50:50
3rd female	Rebecca Vincent	Hatch Warren Runners	03:52:52

## Half Marathon

1st male	Tom Bray	Romsey Raod Runners	01:20:20
2nd male	Tristan Cooper		01:24:52
3rd male	James Moore	Winchester & District Athletics Club	01:29:30
1st female	Caroline Ralph		01:39:16
2nd female	Sarah Shedden	Winchester & District Athletics Club	01:43:05
3rd female	Kitty Bray	Southern Navigators Orienteering Club	01:44:22

## Mini 5 Mile

1st male	Samuel Brooks		00:29:47
1st female	Rhiannon Patton	Westbury Harriers	00:26:10

## Relay

1st All Male	B Nutley, S Sanders, G Medhurst, C Coveney		02:49:11
1st All Female	E Carter, J Gandee, J Jeffries, C Hoskins		03:22:16
1st Mixed Sex	B Wood, T Wood, O Campbell, E Klei		03:02:03

# Marathon Runners (1)

1001	Georgina	Adam	1046	Guy	Brown	1091	Barry	Davies
1002	Mike	Adcock	1047	Debbie	Brown	1092	Paul	Day
1003	David	Allen	1048	Lucy	Brown	1093	Ian	Day
1004	Kevin	Allen	1049	Joe	Buckle	1094	Kevan	Day
1005	Celia	Ancock	1050	Andy	Buckley	1095	Fabrizio	De Liberali
1006	Rex	Anderton	1051	George	Bukowski	1096	Elaine	Dean
1007	Tom	Andrew-Power	1052	Daniel	Buller	1097	Gina	Dearing
1008	Philip	Andrews	1053	Ben	Burfoot	1098	Kate	Dew
1009	Gabor	Apati-Nagy	1054	Natalie	Bury	1099	Philippa	Dew
1010	Helen	Armstrong	1055	Andrew	Butt	1100	Sarah	Dew
1011	Alison	Armstrong	1056	Bill	Bywaters	1101	Jon	Diaper
1012	John	Arnell	1057	Aaron	Cairns	1102	Louise	Diez
1013	Pascale	Asbee	1058	Vincent	Calloway	1103	Steve	Dilley
1014	Jay	Asher	1059	Robert	Cameron-Wood	1104	Richard	Disney
1015	Peter	Atkinson	1060	Leo	Campbell	1105	Jane	Doggett
1016	Robert	Austen	1061	Craig	Cant	1106	Graham	Donnachie
1017	Dan	Avery	1062	Mariana	Carvalho	1107	Paul	Donnelly
1018	Matt	Avery	1063	David	Caswell	1108	Helen	Doyle
1019	Bruce	Ayling	1064	Emma	Challis	1109	Sheila	Drake
1020	Tom	Bagnall	1065	Joanne	Chappell	1110	Marie	Droniou-Bordry
1021	Tom	Baines	1066	jack	cheung	1111	Alastair	Dunlop
1022	Rachel	Bala	1067	Artur	Cistov	1112	Craig	Eales
1023	Alex	Ball	1068	Matt	Clarke	1113	Adam	Earley
1024	Michael	Ball	1069	Jim	Clow	1114	Richard	Eatwell
1025	Marc	Balston	1070	Paul	Coates	1115	Harry	Ebdon
1026	James	Barnes-Dennison	1071	Jonathan	Cole	1116	Andrew	Edmondson
1027	Robin	Barrett	1072	Simon	Coles	1117	Hannah	Edwards
1028	Tom	Barton	1073	Andrew	Collins	1118	Daniel	Edwards
1029	Debra	Bassett	1074	Henry	Collins	1119	Dimitri	Elenis
1030	Paul	Bates	1075	Toby	Conlon	1120	Duncan	Ellis
1031	Veronica	Benson	1076	Dan	Conroy	1121	Peter	Ellis
1032	Julian	Bentham	1077	Kyle	Conway	1122	Jell	Ellis
1033	Steve	Benwell	1078	Justin	Corrie	1123	Duncan	Ellis
1034	Lou	Bettoney	1079	Stephen	Coulson	1124	Nigel	Elsmore
1035	Steve	Bienkowski	1080	Natalia	Cowie	1125	Matt	Emery
1036	Helen	Black	1081	Andrew	Cripps	1126	David	Eminton
1037	Harry	Boardman	1082	Daniel	Cross	1127	Yvette	Emmerson
1038	Jerome	Bordry	1083	Andrew	Crossley	1128	Rachel	Eveling
1039	Thomas	Bosley	1084	Brent	Crowle	1129	Emma	Exelby
1040	Gareth	Bowart	1085	Irene	Cruickshank	1130	Kenneth	Fancett
1041	Tamas	Bown	1086	Christine	Currie	1131	Louis	Farrington
1042	Nick	Boyd	1087	John	Curtis	1132	Jo	Fenner
1043	Sebastian	Brand	1088	Eleanor	Darlington	1133	Andrew	Fenwick
1044	Quentin	Brook	1089	Pedro	Das Gupta	1134	Tim	Fewins
1045	Jonathon	Brown	1090	Clare	Davies	1135	Jon	Fine

# Marathon Runners (2)

1136	Maggie	Firley	1181	Victoria	Hooton	1226	David	Langley
1137	Reuben	Fisher	1182	Dan	Hooton	1227	David	Lavington
1138	Paul	Fishwick	1183	Sam	Horne	1228	Rowen	Learoyd
1139	Brendan	Fletcher	1184	Mark	Horner	1229	James	Leask
1140	Tim	Flint	1185	Ruth	Horner	1230	Rose	Lewis
1141	Sarah	Ford	1186	Joe	Hoskins	1231	Christopher	Lewis
1142	Henry	Foster	1187	Miranda	Houldley	1232	Annie	Liddell
1143	Lorraine	Fox-Bryant	1188	Ondrej	Hovorka	1233	Sam	Lloyd
1144	Karin	Frydenlund	1189	Estelle	Howard	1234	David	locke
1145	Mattias	Frydenlund	1190	George	Howarth	1235	Sean	Locke
1146	Nicholas	Fuggle	1191	Heather	Howells	1236	Brian	Loughlin
1147	James	Fulcher	1192	Heather	Hudson	1237	Mark	Lovell
1148	Dave	Fuller	1193	Barry	Hughes	1238	Jo	Lowres
1149	John	Fuller	1194	Julie	Humphries	1239	Simon	Lynch
1150	David	Gardner	1195	Daniel	Hunt	1240	James	Mackenzie
1151	Katharine	Garner	1196	Christopher	Hunt	1241	Bob	Maguire
1152	Bojan	Gligorovski	1197	Chris	Hunter	1242	Alex	Marcus
1153	Matthew	Goodhew	1198	Ashley	Hurd	1243	Peter	Marsden
1154	Chrissy	Gorham	1199	Phoebe	Hutchins	1244	James	Marshall
1155	Andrew	Gough	1200	Caroline	Hutchinson	1245	Charlie	Martin
1156	Lauren	Graham	1201	David	Hutchinson	1246	Sarah	Martin
1157	Edward	Green	1202	David	Ingram	1247	Stuart	McInnes
1158	Malcolm	Green	1203	Sarah	Isted	1248	Dave	McIntyre
1159	Stuart	Gregory	1204	Helen	Iveson	1249	Jim	McKee
1160	Bruce	Greig	1205	Tracey	Ivory	1250	Georgia	Mckenzie
1161	Giulio	Grieco	1206	Kenneth	Ivory	1251	Camille	McMillan
1162	Dan	Griffey	1207	Claire	Jackson	1252	Andy	Mcquillan
1163	Stephanie	Groeeger	1208	David	Jackson	1253	Toby	Melville
1164	Sharon	Gwynn	1209	Cameron	Jacobs	1254	Elliot	Mills
1165	Karen	Hacker	1210	Neal	Jacobs	1255	David	Milton
1166	Andrew	Hall	1211	Graham	James	1256	Denise	Milton
1167	Richard	Hare	1212	Ed	Jefferson	1257	Charles	Mingay
1168	Alan	Haresnape	1213	Vanda	Jeffreys	1258	Matthew	Mitchell
1169	Melissa	Harvey	1214	Slavena	Jensen	1259	Richard	Mitton
1170	Dean	Hatton	1215	Ruth	Johnson	1260	Julie	Mitton
1171	Andrew	Heaney	1216	Jason	Jones	1261	Graham	Moore
1172	Murray	Henderson	1217	Simon	Joyce	1262	Jason	Moore
1173	Kelly	Henly	1218	Alistair	Jury	1263	pete	Morgan
1174	John	Hepworth	1219	andrew	king	1264	Mikey	Mottram
1175	Simon	Higley	1220	Nigel	Kinsella	1265	Hugh	Muirhead
1176	Anthony	Hill	1221	Richard	Kirby	1266	Jackie	Murphy
1177	Andrea	Hind	1222	Tina	Kwok	1267	Rob	Murr
1178	Lucy	Hodgetts	1223	Andrew	Laming	1268	Ian	Musgrave
1179	Mark	Holman	1224	Peter	Lancaster	1269	Sheila	Nash
1180	Tim	Holt	1225	Tim	Lander	1270	James	Nettleton



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# Marathon Runners (3)

1271	Stephen	New	1316	Karen	Salmon	1361	Robert	Wade
1272	Keith	Newhouse	1317	Neil	Salmons	1362	Michael	Walker
1273	Deryck	Newland	1318	Abigail	Saunders	1363	Stephanie	Wallace
1274	Steven	Newman	1319	Jon	Scammell	1364	Ray	Wallace
1275	Mike	Newnham	1320	Lenka	Sedlavkova	1365	Liam	Walsh
1276	jeremy	noble	1321	Chris	Setters	1366	Kirsten	Walton
1277	Richard	Norris	1322	Nicola	Shaw	1367	Ian	Walton
1278	Victoria	Nunn	1323	James	Sheard	1368	Edwina	Watson
1279	Crispin	Orr	1324	Alex	Sheard	1369	Peter	Watts
1280	Rory	O'Sullivan	1325	Ben	Shepherd	1370	Joe	Wayman
1281	paul	Ovenden	1326	Alan	Sherman	1371	Tom	Weedon
1282	Maria	Pali	1327	Lauren	Sherman-Nias	1372	Chris	Western
1283	Ian	Parker	1328	Michael	Sholem	1373	Adam	Wheeler
1284	William	Parton	1329	Pete	Siddall	1374	Jason	White
1285	Laura	Pearce	1330	James	Silk	1375	Mike	White
1286	Allison	Pearson	1331	Kenny	Skillen	1376	Kate	White
1287	Lucy	Peazold	1332	Robin	Smale	1377	Robert	Whitehead
1288	Alex	Perry	1333	Naomi	Small	1378	Jim	Whitmarsh
1289	Ivo	Peters	1334	Christopher	Smith	1379	Zeno	Wijten
1290	Cheryl	Phillips	1335	Nina	Smith	1380	Claire	Wilkins
1291	Pawel	Piekarski	1336	Kevin	Smith	1381	Mike	Willerton
1292	Richard	Porges	1337	Ryan	Snell	1382	Alex	Williams
1293	Claire	Powell	1338	Kate	South	1383	Jo	Williams
1294	Henry	Power	1339	Hannah	Spurgeon	1384	Guy	Williams
1295	R	Pratap	1340	John	Stanford	1385	Amy	Williams
1296	Michael	Prideaux	1341	Jason	Stephens	1386	Ben	Williams
1297	Susan	Pye-Beraet	1342	Suzanne	Stevens	1387	Geoffrey	Willis
1298	Peter	Qualmann	1343	Jonathan	Strachan	1388	Nicola	Willoughby
1299	Andrew	Querelle	1344	Andy	Stringer	1389	Samantha	Wills-Eve
1300	Sabim	Rai	1345	Pete	Stuart	1390	Ben	Wills-Eve
1301	Surinder	Rattan	1346	Jonathan	Stuart	1391	Harry	Wilmot
1302	Pete	Rawlinson	1347	Thomas	Sutton	1392	Simon	Wilsey
1303	Michelle	Raymond	1348	Matthew	Tanner	1393	Mark	Wilson
1304	Kevin	Richards	1349	Steve	Taverner	1394	Laura	Wilson
1305	Cedric	Robert	1350	Sue	Taylor	1395	Jonathan	Woad
1306	Kev	Roberts	1351	Nick	Teige	1396	Will	Woodward
1307	Kate	Robertson	1352	Heather	Terry	1397	Eric	Woodward
1308	Sarah	Robson	1353	Izzy	Thomas	1398	Arthur	Woodward
1309	Peter	Round	1354	Alastair	Thompson	1399	Marcus	Worsley
1310	Dan	Rourke	1355	Rob	Thomson	1400	Max	Wray
1311	Colin	Rudd	1356	Carolyn	Thomson Easter	1401	Alexander	Wrigley
1312	Sophie	Ruffles	1357	Felix	Titherley	1402	Stephen	Wroe
1313	Ian	Rummy	1358	Vivien	Toms	1403	Tim	Yates
1314	Alan	Sadler	1359	Sandra	Tullett	1404	Dave	Yearsley
1315	Helen	Sallows	1360	Joe	Vaughan	1405	Stephen	Young



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# Half Marathon Runners (1)

3001	Richard	Abell	3056	Nat	Clark	3111	James	Hadden
3002	Simon	Adams	3057	Colin	Clarke	3112	Christopher	Haines
3003	Alistair	Adams	3058	Louise	Claxton	3113	Simon	Hall
3004	Mark	Adams	3059	Emma	Claxton	3114	Agnes	Hamilton-Baillie
3005	Paul	Akum	3060	Billy	Clegg	3115	Paul	Hammond
3006	Basia	Allaway	3061	Thursten	Clements	3116	Lauren	Hancock
3007	David	Allen	3062	John	Coates	3117	Michael	Hanslip
3008	Jonathan	Allison	3063	Mark	Coombes	3118	Nicola	Hanslip
3009	Xander	Ancock	3064	Rebecca	Cooper	3119	Victoria	Harker
3010	Giulia	Anzano	3065	Neil	Cox	3120	Arthur	Harvey
3011	Catherine	Archer	3066	Khalida	Cox	3121	Kyle	Hawkins
3012	Jim	Armitage	3067	Nick	Crane	3122	Lee	Hayes
3013	Sam	Arnold	3068	Sarah	Cranstone	3123	Lucy	Haynes
3014	Julie	Ashman	3069	Steve	Crick	3124	Nick	Heath
3015	Toby	Aspin	3070	Trevor	Cummings	3125	JJ	Heath-Caldwell
3016	Nathan	Aspin	3071	Emma Jayne	Dale	3126	Karen	Helliwell
3017	Mike	Asumadu	3072	Daniel	Davies	3127	Nigel	Hemsted
3018	Lorenzo	Aversa	3073	Keith	Davis	3128	Gethin	Hepworth
3019	Katja	Ayling	3074	Gina	Day	3129	Jenny	Herrington
3020	Rhodri	Baines	3075	Robert	De laszlo	3130	Robert	Holland
3021	Helen	Barber	3076	Paul	Donegan	3131	Tony	Holland
3022	Suzanne	Barnes	3077	Sandra	Doney	3132	Poppy	Holmes
3023	Philip	Barnes	3078	Dennis	Doney	3133	Victoria	Hooton
3024	Lorraine	Barry	3079	Julia	Downes	3134	Dan	Hortop
3025	Olie	Baumann	3080	Charlotte	Downs	3135	Guy	Hoskins
3026	Chris	Billington	3081	Jonty	Drew	3136	Ali	How
3027	Sarah	Billington	3082	Saul	Duck	3137	Katie	Hudson
3028	Greta	Birch	3083	Elizabeth	Dudley	3138	Alasdair	Hunter
3029	Emma	Blake	3084	Tom	Durham	3139	Richard	Hurrell
3030	Katherine	Bond	3085	Ruth	Eastwood	3140	Kate	Hurrell
3031	James	Bone	3086	Thomas	Eichhorst	3141	David	Hurrell
3032	Rebecca	Bossom	3087	Paul	Elliott	3142	Craig	Isaac
3033	Rufus	Boyd	3088	Jonny	Ellis	3143	Kentaro	Ito
3034	Jon	Braund	3089	Deborah	Evans	3144	Harry	Jack
3035	Tom	Bray	3090	Jonny	Evans	3145	Chris	Jackson
3036	Kitty	Bray	3091	Michael	Fernie	3146	Harriet	James
3037	Eleanor	Bream	3092	Gareth	Fleming	3147	Claire	James
3038	Richard	Briant	3093	Tim	Foster	3148	Jo	Jefferies
3039	Thomas	Briggs	3094	Diederik	Fourie	3149	Maxwell	Jenkins
3040	Nick	Brockhurst	3095	Amy	Fowler	3150	Penny	Jennings
3041	Nick	Brown	3096	Alan	Frankcom	3151	Neil	Jennings
3042	Graeme	Browning-Martin	3097	Andrew	French	3152	David	Johnson
3043	Nic	Bryant	3098	Philip	French	3153	Meriel	Jones
3044	Robert	Burden	3099	David	Gaskell	3154	Sam	Jones
3045	Alistair	Burleigh	3100	Rory	Gilmour	3155	Mark	Jones
3046	Phillip	Campling	3101	Tamara	Glasgow	3156	Mike	Jurd
3047	Rebecca	Cansdale	3102	Suzie	Golledge	3157	Joanne	Kitching
3048	Graham	Capper	3103	Roena	Gooch	3158	Andy	Knight
3049	Helen	Carlton	3104	Tom	Goodall	3159	Arne	Kuehl
3050	Paul	Carter	3105	Chris	Godsen	3160	Alice	Lane
3051	Vanessa	Carter	3106	Claudia	Gowland	3161	Chris	Langley
3052	Greg	Chapple	3107	Ian	Greaves	3162	Alan	Larman
3053	Francis	Cheung	3108	Luke	Green	3163	Mark	Leary
3054	Giles	Chick	3109	Sian	Green	3164	Andy	Lee
3055	Ben	Christopherson	3110	Manoj	Gurung	3165	Hannah	Leggott



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# Half Marathon Runners (2)

3166	Kevin	Lewis	3221	James	Pay	3276	Tracey	Stuart
3167	Kay	Lewis	3222	Paul	Pearce	3277	Priya	Sukhtankar
3168	Nick	Lindsay	3223	Will	Pearson	3278	Adrian	Surtees
3169	Jacqueline	Lord	3224	Hannah	Peck	3279	Rachel	Swinerton
3170	Douglas	Maclean	3225	Karen	Peek	3280	Sue	Sylvester
3171	Jack	Madgwick	3226	John	Pelton	3281	John	Sylvester
3172	Stuart	Magness	3227	Gill	Perry	3282	Kirk	Tasker
3173	Shaun	Maguire	3228	Andrew	Phillips	3283	Mike	Taylor
3174	Krista	Maiden	3229	Kit	Pickford	3284	Mark	Taylor
3175	Glenis	Maloney	3230	David	Pierce-Williams	3285	Emma	Taylor
3176	Mandy	Marsden	3231	Isabelle	Piery	3286	Andrew	Teale
3177	Ben	Marshall	3232	Natalie	Pike	3287	Elissa	Tennant-Brown
3178	Paul	Martin	3233	Stephen	Pinkster	3288	Martine	Thomas
3179	Kris	Matthews	3234	Alexis	Politakis	3289	Cathy	Thompson
3180	Elizabeth	Maxwell	3235	Nicola	Porter	3290	Jane	Thomson
3181	Margaret	Mc Gilp	3236	Alex	Poznia	3291	Adam	Tighe
3182	Luke	McClenahan	3237	Andrew	Pozniak	3292	Philip	Tilden
3183	James	McConnachie	3238	Michele	Prendini	3293	Donna	Tones
3184	Paul	McCormack	3239	Steve	Prest	3294	Brenda	Topliss
3185	Patrick	McCullagh	3240	Elizabeth	Prinsep	3295	Helen	Tramaseur
3186	Sarah	Mcdonald	3241	Kevin	Quarderer	3296	Emma	Trevor-Jones
3187	Katherine	McLoughlin	3242	Thomas	Quarendon	3297	Maurice	Tucker
3188	Paul	McMahon	3243	Harriet	Quast	3298	Anna	Turgoose
3189	Isabel	McNulty	3244	Timo	Reinhold	3299	Ben	Turgoose
3190	Bianka	Mcperson	3245	Tony	Richards	3300	Maria	Turnbull
3191	Matt	Meads	3246	Jane	Robertson	3301	Melvin	Vayle
3192	Sam	Meredith	3247	Michael	Roe	3302	Callum	Vincent
3193	Elizabeth	Messum	3248	Diana	Ronald	3303	Rosie	Vincent
3194	Niki	Meston	3249	Mikayla	Rose	3304	Jo	Wainwright
3195	Orlando	Mestre	3250	Charlotte	Routledge	3305	David	Wainwright
3196	Matthew	Micallef	3251	Peter	Rowlandson	3306	Cath	Wallace
3197	Caroline	Middleton	3252	Paul	Royall	3307	Rebecca	Webster
3198	Melanie	Middleton	3253	Phil	Sampson	3308	Paul	Weeks
3199	Ben	Middleton	3254	Ben	Schofield	3309	Michelle	Welling
3200	Mike	Mills	3255	Jonathan	Schute	3310	Don	West
3201	Tina	Mills	3256	Lucy	Schute	3311	Michael	Wheeler
3202	Mark	Mills	3257	Thomas	Shaw	3312	Natalie	White
3203	Felicity	Mitchell	3258	Gareth	Simpson	3313	Clinton	Whitfield
3204	Rob	Morgan	3259	Emma	Sims	3314	Stephen	Whitlock
3205	Lucy	Morgan	3260	Chris	Sinclair	3315	Denise	Wight
3206	Keith	Morris	3261	Sue	Sleath	3316	Laurence	Wilks
3207	Kate	Morrison	3262	Penny	Smith	3317	Mike	Williamson
3208	Gordon	Muir	3263	Stephen	smith	3318	Sarah	Witt
3209	Mark	Nall	3264	Robert	Smith	3319	James	Wood
3210	Sudip	Nandy	3265	Roy	Smith	3320	Nick	Wood
3211	Mark	Nankervis	3266	Nicholas	Smith	3321	David	Wood
3212	Sarah	Nicholson	3267	Mark	Snook	3322	Stuart	Wood
3213	Trevor	Nott	3268	Guy	Sommerville	3323	Harriet	Woods
3214	Ali	Nott	3269	Amy	Sommerville	3324	Toby	Woods
3215	Gil	Nott	3270	Jon	Stannah	3325	Vance	Worsley
3216	Immy	O'Keefe	3271	Rebecca	Stark	3326	James	Wright
3217	Shaun	O'Keefe	3272	Andrea	Steele	3327	Ruth	Wyre
3218	Sarah	Ohm	3273	Toby	Steele	3328	Marion	Yeomans
3219	David	Osment	3274	Sue	Stileman	3329	Franklyn	Young
3220	Neil	Painter	3275	Martin	Stockley	3330	Chris	Yoxon



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# Relay Teams and Mini Marathon

2001	Billy	Ault	2050	Abbie	Tarrant
2002	Catherine	Barrington	2051	Vicki	Tracey
2003	Kate	Bone	2052	Sarah	Tyson
2004	David	Bream	2053	Douglas	Warden
2005	Phil	Budden	2054	Linda	Webb
2006	Emma	Carter	2055	Beatrice	Wood
2007	Steve	Cluett	2056	Sam	Woodwar
2008	Claire	Collier			

## Mini Marathon

2009	Matthew	Collins	4001	Kate	Chapple
2010	Matthew	Collins	4002	Lilli	Clements-Champion
2011	Matthew	Collins	4003	Walter	Colautti
2012	Karen	Cook	4004	Lenny	Dalby
2013	Andrew	Coupe	4005	Teresa	Ferioni
2014	Matthew	Coupe	4006	Frederik	Filz von Reiterdank
2015	James	Cunningham	4007	Rachel	Harris
2016	Polly	Dimelow	4008	Alli	Hawkings
2017	Rew	Dinkele	4009	Gina	Hawkshaw
2018	Sue	Duke	4010	Patricia	Heaton
2019	Charis	Duke	4011	Charlotte	Holt
2020	Penny	Freeman	4012	George	Holt
2021	David	Friend	4013	Helen	Hurrell
2022	Duncan	Gould	4014	Megan	Hutchins
2023	Leah	Griffin	4015	Anna	Hutchins
2024	Andreas	Haimboeck-Tichy	4016	Karen	Jeffreson
2025	Jenna	Hansmeyer	4017	Nikola	Karov
2026	Neil	Harding	4018	Svetlana	Karova
2027	Karen	Hazlitt	4019	Clare	Kemp
2028	Hannah	Headon	4020	Noah	Kemp
2029	Bev	Henry	4021	Elizabeth	Mackenzie
2030	Andrew	Hook	4022	Geoffrey	Meads
2031	Mark	Jackson	4023	Victoria	Pearson
2032	Derek	Kelly	4024	Emma	Potter
2033	Sweta	Lee	4025	Hannah	Scott
2034	James	Lewis	4026	Dennis	Spencer
2035	Andy	Mansfield	4027	Robert	Spencer
2036	Scott	McMillan	4028	Robin	Townsend
2037	Scott	McMillan	4029	Maria	Viegener
2038	Erin	McMurtry			
2039	Tricia	Meads			
2040	Anne	Norman			
2041	Ben	Nutley			
2042	Samantha	Parkinson			
2043	Vicky	Pugsley			
2044	Michael	Sanvoisin			
2045	Christina	Searle			
2046	Lauren	Shahinian			
2047	Tracey	Shepperd			
2048	Andy	Simpson			
2049	Matt	Small			



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Cambridge Triathlon Club  
Chichester Runners  
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City of Salisbury ARC  
Clanfield Joggers  
Clydeside Orienteers  
COSARC  
Datchet Dashers  
Denmead Striders  
Donnington Runners  
Dorset Doodlers RC  
Eastleigh Running Club  
Fair Oak Running Club  
Fareham Running Club  
Farnham Runners  
Fleet & Crookham AC  
Fordy Runs Running Club  
Forest Of Dean A/C  
Frome Running Club  
Fulham RC  
Goodgym Race Team  
Gosport Road Runners  
Guildford Fitstuff  
Halterworth Harriers  
Hardley Runners  
Harpندن Arrows  
Hedge End Running Club  
Herne Hill Harriers  
Human Energy Wool  
Isle of Wight Triathlon Club  
Liss Runners  
Lonely Goat RC  
Lordshill Road Runners  
Mastercard Vocalink RC  
Midnight Runners  
Mornington Chasers  
Muddy Runners  
Netley Abbey Runners  
New Forest Running Club  
Newbury A C  
North Devon Road Runners

Parkrun Pals  
Petts Wood Runners  
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Pontyclun Road Runners  
Poole AC  
Portsmouth Joggers  
Purbeck Runners  
Racing Snakes  
RAFAA  
Reading Roadrunners  
Romsey Road Runners  
Royal Wootton Bassett H RC  
Run4George  
Running Forever RC  
RunVerity  
Saddleshworth Runners  
Salisbury City  
Serpentine  
Shinfield Running Club  
Shrewton Running club  
Solent Running Sisters  
Southampton AC  
Southampton Triathlon Club  
St James Runners  
St Marys and Richmond AC  
Stonehenge Striders  
Stubbington Green  
Swansea Bay Orienteering Club  
Team Kennet  
Thames Hare & Hounds  
The Stragglers  
Totton RC  
Trail Running Association  
UWE athletics  
Vale of Aylesbury AC  
Vegan Runners UK  
Verwood Runners  
Victory AC  
Winchester & District AC  
Warminster Running Club  
Wessex Road Runners  
West Wight Road runners  
White Horse Harriers  
Wimborne AC  
Wimborne Athletics  
Winchester Fit Club RC  
Winchester Run Club  
Windrush Triathlon Club  
Worthy Runners  
Yeovil Town RRC

# Runners Notes

## Look out for cars

The course is mainly all cross country but some parts are on roads.

In some cases we have obtained temporary road closure orders and in other cases we have not.

Please treat all roads as dangerous. Please be vigilant. Cars have right of way.

## Emergencies

In the event of an emergency, please stay on the course. Speak to a fellow runner and ask them to request help from one of the marshals along the route.

## Ambulances

We have three roving ambulances provided by St John Ambulance.

If you need medical treatment, please ask one of the marshals and they will endeavour to contact the St John Ambulance for you. In the case of a serious emergency the marshal will arrange for someone to dial 999.

## Cut off times

Please ensure that you reach the following welcome stations well before the allocated cut off times.

If you fall behind the cut off times, please ask a marshal to arrange a lift so you can short cut part of the course and keep within the time.

If you are very tired please request a lift to the finish.

Miles to go	Location	Cut off time
13.2	Broughton	13:15
11.0	Houghton	13:40
9.3	Kings Somborne	14:00
7.0	Ashley Road	14:30
5.8	Farley Mount	14:45
4.5	West Wood (north)	15:00
3.5	West Wood (south)	15:15
2.6	Ham Green	15:25
0.7	Pincent	15:50

## Traffic congestion

If you have supporters who are driving, it is recommended that they do not drive around the route (Pitton, Winterslow, Broughton, Houghton, Kings Somborne, Farley Mount etc). The roads and villages along the route tend to get very congested with traffic and in some cases all the cars can end up at a standstill, especially at Winterslow and Kings Somborne.

It is much better if your supporters drive to Winchester via the A30 and the B3049.

Please ensure that your Etag is returned at the end of the race. Missing etags will incur a penalty charge of £40 each.

## Race Numbering Details

<input type="checkbox"/> White	<b>Full</b>	8.00 to 10.30 start	1001	1405	<input type="checkbox"/>
<input type="checkbox"/> Orange	<b>Relay</b>	8.00 to 10.30 start	2001	2056	<input type="checkbox"/>
<input type="checkbox"/> Green	<b>Half</b>	11.00 to 12.20 start	3001	3330	<input type="checkbox"/>
<input type="checkbox"/> Yellow	<b>Mini</b>	13.15 to 13.45 start	4001	4030	<input type="checkbox"/>

# Winchester Youth Counselling

We are a registered charity and member of the British Association for Counselling and Psychotherapy. [jguppy@hotmail.com](mailto:jguppy@hotmail.com)

We provide a free confidential counselling service, using professionally trained staff in an open atmosphere of trust and honesty, providing a safe environment and relationship in which young people are valued.

We offer short-term or longer-term counselling, advice, support and help to parents, carers, relatives and professionals.

We also offer one to one De-stress, Relax & Chill sessions – a confidential service with a professionally trained therapist offering individual relaxation and wellbeing sessions to help young people manage their energy.

## CONTACT

For more information or to enquire about our service please phone 01962 820444 or email us at: [14-25counselling@btconnect.com](mailto:14-25counselling@btconnect.com)

We will do our best to respond within 48 hours, except on Fridays, Saturdays and Sundays when the office is closed.

## ADDRESS

Trinity Centre, Bradbury House, Durngate, Winchester SO23 8DX

<https://www.winchesteryouthcounselling.org/>

# Thank you to all volunteers



## Thank You



**Heartfelt thanks to all those who made today successful and who have helped raise funds for many worthy causes.**

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Scan this QR code to go to the registration page



Have fun running your race and Make sure we can see the barcodes on your race number !



Any images where your bib's barcode can be read are put straight into your personal gallery ready to share your achievement and memories on the day !

***Remember: if we can't see you barcodes, we can't send you your photos!***

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These are then added to your personal gallery. All you need to do is register!

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Include a link to your fundraising page to help boost your donations

Easily share photos on online to celebrate your achievement.

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## Tips for Your Race Bib

- Wear your bib across your chest
- Keep your bib outside your jacket
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- No pins through the barcodes
- Watch out for straps and cables!
- Don't cover any part of the barcodes with clips or magnets

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Development land always required. For confidential discussions please contact Rob Carter.