

The

# Green *Runner*

MARCH 2016





# FROM THE CHAIR

As I write this we are looking forward to our AGM on 8<sup>th</sup> March at the Crofton. I hope as many of you as possible are able to make this so that we can share the successes of last year and look forward to the coming year. We do need a minimum of about 60 people at the meeting to meet the quorum in the constitution so please do come along.

We are currently still looking for a new secretary so even at this late stage if you think you can take on this role ( with lots of support from the rest of the committee!) please let us know.

I would like to thank the members of the committee who are not standing for re-

election namely Donna Mitchell, Phil Hobby, Victoria Joel and Sarah Martin for their support over the past year.

Following the AGM we will be asking for what charity or charities we want to support for the coming year so please give this some thought and email me with the charity name and your reasons for your nomination by the end of March – chairman@stubbingtongreenrunners.net.

Happy Running  
Kevin



## Southern Cross Country Championships, Parliament Hill, 30th Jan

The Southern Cross Country Champs were the usual festival of mud and hills at Parliament Hill. It was the first time I've run the course and I really enjoyed it (apart from the cold showers!). A proper, varied course with hills, mud, woods.

### Ladies race, 8km

Beccy Lord 66 35:07

Daisy Hall 151 38:05

Penny Forse 282 42:09 First vet 65

Laura Wainwright 345 44:54

Ladies team: 30th

Many thanks to Chris Hall for driving the funbus - although we got lost on the way back and had to ask in a pub for directions. Chris made us stop for a beer too!  
*Will*

### Men's race, 15km

Andy Stockwell 435 1:05:29

Mike White 589 1:09:30

Chris Hall 684 1:11:41

Will Feline 873 1:18:33

John Blake 782 1:15:02

Mike Bell 931 1:23:10

Men's team: 66th

## NATIONALS XC DONNINGTON NOTTINGHAM SAT 27 TH FEB

Hilly very sticky mud lots of runners lost shoes good course except the sideways incline on the down hill bit. Lots of north runners even tape their shoes on and still lose them and a few runners ran in bare feet

Ladies 95th Beccy Lord 35.18 brilliant position out of 739 ladies  
Mens 922nd Andrew Stockwell 59.09  
1387th Nick Crane 1.06.50 1730 runners

Hopefully the Nationals will be down South next year and we can get a larger team.  
*Nick Crane*

## CAPTAINS CORNER

Firstly I'd like to say THANK YOU to Donna for being Ladies Captain over the last year and encouraging and supporting the ladies to run.

It's been a busy month for races with lots of XC races and a Hampshire Road Race thrown in as well. At the start of the month, we had the Ryde 10 with a lovely trip across the water to the Isle of Wight. A good days racing was enjoyed with the ladies team picking up 2<sup>nd</sup> place with Vicky Shaw (2<sup>nd</sup> overall), Lucy May and April Burrows. The men were 6<sup>th</sup>, myself (3<sup>rd</sup> Vet 40), Andy Stockwell, Mark McDonald and Chris Hall (junior). Well done to the 19 people who raced and embraced the undulating course. There was the obligatory trip to the Codfather for fish and chips after and washed down with a beer and a glass of wine at race HQ.

The next two Hampshire road races are in March with Salisbury 10m on 13<sup>th</sup> and Eastleigh 10k on the 20<sup>th</sup>, we are short of runners for teams at Salisbury which is a fast PB course, just like Eastleigh. The bonus point's race will be for the Salisbury 10.

The last Hampshire XC league race took place at the Dibden Enclosure with thanks going to Hardley Runners who stepped in to the host the race at the last minute. I would like to thank Martin Wedge and Graham Bell who marshalled for our club for 4 and half hours to help put the races on. The senior ladies were 6<sup>th</sup> on the day and finished 8<sup>th</sup> overall with vets 7<sup>th</sup> on the day. The senior men were crowned CHAMPIONS of division 2, which I was over the moon with. Thank you to all the men who have turned out make this possible this year. Sprint finish of the day went to Steve Williams who past 4 runners over the last 200 metres! The vet men were 5<sup>th</sup> on the day and finished 5<sup>th</sup> overall. There were 3 people who scored in 4 or more races and got a final individual league position, so congratulations to Jack Webb for an impressive 10<sup>th</sup> place in the under 20 league. In the vets league Gordon Westley was 49<sup>th</sup> and myself 7<sup>th</sup>.

The National XC Championships took place at Donington Park where the all the English running clubs turnout. We had 3 runners taking part, Beccy Lord was an impressive top 100 finisher with 95<sup>th</sup> out of 739 runners. For the men Andy Stockwell was 922<sup>nd</sup> and Nick Crane 1387 out of 1730 competitors. We would like to thank Laura

Wainwright and Will Feline for organising and rallying the troops at the league fixtures and the XC championships this season.

CC6 series visited the Dennywood Enclosure for the 6<sup>th</sup> race of the series with 11 runners competing for the club. The ladies race saw Beccy Lord finish 1<sup>st</sup>, congratulations to her. Nikki Roebuck 4<sup>th</sup> and Lottie 11<sup>th</sup>. The ladies were 2<sup>nd</sup> on the day behind New Forest with Beccy, Nikki Roebuck 4<sup>th</sup> and Lottie 11<sup>th</sup>, they lead the series (unofficially) with one race to go. Nikki Roebuck leads the ladies individual series after some consistent finishing with one race to go. The men were 7<sup>th</sup> on the day with myself, Rob Cranstone, Peter Kay and Richard Edmonds making up the team. The last race of the series is at Wiverley Enclosure for a Mother's Day special on the 6<sup>th</sup> March.

Meon Valley Plod took place over 20 miles of tough off road terrain with the Stubbies having a very successful day. The ladies won the team prize with Daisy Hall 1<sup>st</sup> female, Vicky Shaw 2<sup>nd</sup> female and Sarah Cranstone 1<sup>st</sup> Vet 50 (4<sup>th</sup> lady). Not to be out done by the ladies the men won the team prize with Wes Jones 4<sup>th</sup>, Mike White 5<sup>th</sup> (1<sup>st</sup> Vet 50), Euan McGrath 6<sup>th</sup> (1<sup>st</sup> Vet 40), 7<sup>th</sup> Boe Harper. Nick Crane got in on the prizes with 1<sup>st</sup> Vet 60. Well done to everyone who ran this year's tough course.

At the start of March we have the clubs AGM, we hope to catch up with everyone there. In April we will have the start of the RR10 series which is the midweek, off road cross countries followed by a social drink after the race in a local watering hole and the time trials starting.

Have a good month's training and racing



Andy Simpson



Donna Mitchell

## CC6

### Race 6 Denny Wood



6	Andy Simpson
23	Rob Cranstone
32	Peter Kay
51	Richard Edmonds
66	Chris Stapleford

1	Beccy Lord
4	Nikki Roebuck
11	Lottie Lord
32	Sadie Bedford
35	Sara Mcritchie
38	Pam Kemp

## HAMPSHIRE CROSS COUNTRY LEAGUE

### Dibden Enclosure, 13 February

The final league match of the Hants Cross Country League was arranged at short notice by the lovely folks at Hardley Runners. Many, many thanks to Graham Bell and Martin Wedge for marshalling - superstars! I really enjoyed this course, fairly flat and fast but with some short, sharp hills and nice scenery. Unfortunately a couple of the ladies took a tumble and had to be patched up - no lasting damage thankfully. A simply stunning run from Beccy for 11th and a fine effort from Jack to achieve 10th in the U20 category against some

#### Men's race, 10km

Andy Simpson 35 37:46  
Jack Webb 58 39:16  
Will Feline 74 40:18  
Mike White 78 40:29  
Andy Stockwell 99 41:48  
Steve Williams 107 43:06  
Peter Kay 124 45:02  
Nick Crane 139 46:42  
Gordon Westley 141 47:15  
Pete Simpson 148 48:05

#### FINAL LEAGUE STANDINGS

Men are Champions of Division 2!  
Vet men finished 5th in Division 1.  
Andy Simpson was 7th vet.  
Jack Webb was 10th Under 20.

quality opposition.

Unfortunately some people (not Stubbies I hope) ignored the parking restrictions so it's unlikely we can use this venue again.

On the plus side, thanks and congratulations to everyone who ran/marshalled this year, it's been a pleasure.

*Will*

#### Ladies race, 6km

Beccy Lord 11 23:32  
Lucy May 43 26:35  
Lottie Lord 59 27:39  
Penny Forse 75 29:01  
Frances Lord 82 29:38  
Julia Webb 101 34:29  
Kaarina May 115 39:58

#### FINAL LEAGUE STANDINGS

Ladies finished 8th  
Vet ladies didn't place in the league as we didn't get a full team out every time - but some good results through the season.

### Endurancelife Coastal Trail Series South Devon Marathon (28 miles!), 6 February

Laura and I decided to pick a nice scenic race for our first marathon, and this certainly lived up to that.

The coastal path had some tremendous views. Unfortunately the weather was also tremendous, with rain and 40-60mph wind! At one point we ran through an "uphill waterfall".

The first half was like a fell race and the second half resembled the Meon Valley Plod - not an easy day!

Laura paced it perfectly to finish 5th lady and 49th overall in 5:51:52. I managed to hold her off after going out too fast and came 41st in 5:37:52.

*Will*



**RYDE HARRIERS**  
RUNNING SINCE 1886

## RYDE 10 MILES

9	Andy Simpson	01:00:06
29	Andrew Stockwell	01:04:22
49	Mark McDonald	01:07:13
69	Chris Hall	01:11:05
78	Jordan McRitchie	01:11:46
86	Ray Gunner	01:12:41
89	Peter Kay	01:12:55
121	Peter Simpson	01:18:16
180	John Simister	01:29:35

## WORTHING HALF MARATHON

41	ANDREW STOCKWELL	1.24.32
----	------------------	---------

## CHICHESTER 10K

60	Rob ARKELL	00:34:17
126	Rob GREENWOOD	00:36:42
233	Jon PLOMER	00:40:01
350	Graham BELL	00:42:22
377	Nikki ROEBUCK	00:43:17
389	Michael WELLAND	00:43:15
428	Phil HOBBY	00:43:49
848	Sandra HOOK	00:49:57
855	George HOWARTH	00:50:50
978	Alan WHITE	00:51:11

2	Vicky Shaw	01:08:15
17	Lucy May	01:16:03
38	April Burrow	01:19:33
62	Sarah Gardiner	01:24:41
66	Karen Barnicoat	01:25:43
95	Sara McRitchie	01:35:20
96	Katherine Chamberlain	01:35:23
103	Sarah Barron	01:38:01
111	Sandie McIntosh	01:41:18
118	Sue Robinson	01:44:59

## WINCHESTER 10K

262	ASHLEY LOVELL	51.32
292	DAWN HAYNES-SEWELL	52.56

## BRAMLEY 20MILE

9	Rob	Arkell	02:01:15
12	Christopher	Brobin	02:01:36
67	Russ	Coleman	02:14:04
140	Simon	Hearnden	02:21:48
278	John	Blake	02:36:59
328	Gill	Rose	02:42:14
329	Philip	Martin	02:42:14
373	Richard	Snell	02:45:14
441	Andy	Lee	02:52:57
545	George	Howarth	03:03:25
685	Sarah	Barron	03:25:30

## WOKINGHAM HALF MARATHON

498	MARCUS LEE	01:33:44
860	STUART HISCOCK	01:40:27
1118	KAT DAILY	01:47:22
1120	RICH CHOWNS	01:47:24



## MEON VALLEY PLOD 21 MILES

A picture of one runner's shoe. The mud was so sticky, it pulled the sole off both shoes. Amazing.



280	Wez	Jones	MSEN	02:56:22	Winning Men's Team
441	Mike	White	M50	02:56:41	1st V50 + Winning Men's Team
439	Euan	McGrath	M40	02:58:04	1st V40 + Winning Men's Team
326	Boe	Harper	MSEN	03:02:15	Winning Men's Team
409	Alex	Rhodes	MSEN	03:05:10	
317	Crazy Horse	Hall	M50	03:09:30	
319	Daisy	Hall	FSEN	03:11:20	1st Lady and Winning Ladies' team
442	Vicky	Shaw	FSEN	03:18:12	2nd Lady and Winning Ladies' team
465	Andrew	Stockwell	M40	03:20:24	
259	William	Feline	MSEN	03:21:08	
281	Jon	Leigh	M50	03:34:16	
247	Sarah	Cranstone	F50	03:35:51	1st V50 and Winning Ladies' team
235	Graham	James	M50	03:40:40	
234	Nick	Crane	M60+	03:42:08	1st V60 Man
293	James	Lewington	M40	03:55:22	
273	Andy	Lee	M50	04:39:08	
250	Mike	Donovan	MSEN	04:54:25	

### HEARTBREAK HALF MARATHON

11	Mark McDonald	01:30:53
48	Phil Hobby	01:42:19
142	Karen Barnicoat	02:01:48

### BRIGHTON HALF MARATHON

4250	Nicola	Sirman	01:59:58
------	--------	--------	----------

### WALT DISNEY WORLD HALF MARATHON

157 Mark McDonald 01:34:10



### WALT DISNEY WORLD MARATHON

6567	Mark McDonald	05:12:15
6568	Marie McDonald	05:12:16



# Spring Handicap: Sunday 10th April

## Finish Time 12.00 Noon

*The start and finish of this year's Spring handicap is the Beach Huts at Meon Shore. The Handicap is open to all members of the club , the length of the course is nearly 10k. The usual rules apply , which means you can start running or walking anytime you like but you can't use a watch or any other means of time keeping ! With the winner being the person who crosses the winning line nearest to 12 noon.*

*If the weather permits I will be serving sausages ( Veggie Sausages also available but will need numbers) in buns afterwards on the beach, the fall back position is The Osborne View public house.*

Start by running into Titchfield Haven and head north towards Titchfield.

After about 1000 yards turn left over a small bridge , this leads into the bottom of Steve Harris strawberry fields .

Take the path though the middle of the fields and continue until you reach the end, do not turn off the path.

At the end of the path turn left and after 100 yards you should reach Prosbroom Lane.

When you reach the Lane turn left and run 20 yards then cross the road and go through the wooden gate.

Once though the gate run straight ahead, do not turn left . Keep going (West) until you reach the end of the field (Brownwich Lane) this is permissive footpath.

Do not leave the field but turn left and continue until you reach a wooden gate on your right. Go through the Gate and go across Brownwich Lane on to another footpath.

This footpath takes you on to a wooden boardwalk through a small wood.

As you exit the wood turn left and follow the path until you reach Chilling.

Once you reach Chilling field turn right and follow the path around the field until you have reached the beach and are heading back to Meon.

You can take either the top path along the cliff or the lower route along the beach (might be wet), the finish is just past the last beach hut, near the Ice Cream Van !

Good Luck

The cost is £2 and that includes the Sausages!



<b>Albert (Melbourne)</b>	<b>6 February</b>
Iain GALLAGHER	00:22:47
<b>Southampton</b>	<b>6 February</b>
Daniel FOSTER	00:18:51
Gavin RENNIE	00:22:13
Hilary GULLIVER	00:23:32
Alison MACSWAYNE	00:29:01
David MACSWAYNE	00:32:45
<b>Winchester</b>	<b>6 February</b>
Gordon WESTLEY	00:22:50
<b>Netley Abbey</b>	<b>6 February</b>
Toby GREENFIELD	00:19:50
Rebecca Margaret LORD	00:20:27
Richard CHOWNS	00:25:23
April BURROW	00:25:23
Bethan Jane DAVIS	00:26:46
Kate ALDOM	00:26:47
Martyn BANNER	00:32:03
Andrew SMITH	00:43:13
Wendy HOLLOWAY	00:45:08
<b>Tilgate</b>	<b>6 February</b>
Terry John FRENCH	00:33:01
<b>Brockenhurst</b>	<b>6 February</b>
James SAWYER	00:19:14
Robert SPENCER	00:30:09

<b>Aylesbury</b>	<b>6 February</b>
Rachael OPENSHAW	00:23:29
<b>Queen Elizabeth</b>	<b>6 February</b>
James LEWINGTON	00:23:17
<b>Weymouth</b>	<b>6 February</b>
Robert CRANSTONE	00:19:28
<b>Salisbury</b>	<b>6 February</b>
Chris LEACH	00:20:38
Rachel LEACH	00:28:06
<b>Hove Promenade</b>	<b>6 February</b>
Keith WHITAKER	00:27:47
<b>Lee-on-the-Solent</b>	<b>6 February</b>
Andrew STOCKWELL	00:19:02
David Matthew CASTLE	00:20:01
Simon HEARNDEN	00:20:14
Mark MCDONALD	00:20:53
Robert HINKLEY	00:23:21
Gareth CHARLES	00:23:34
Zac CONATY	00:23:43
Michael WELLAND	00:23:50
David ABRAMS	00:23:59
Lucinda LE GASSICK	00:24:49
Simon Robert GIBBON	00:25:19
Jamie STOCKWELL	00:25:26
Nicola SIRMAN	00:27:00
Marie MCDONALD	00:27:05
Matthew EVANS	00:31:06
Sandra ABRAMS	00:32:03
Sue ROBINSON	00:32:18
Rowena DODDS	00:33:20
Sandie MCINTOSH	00:47:50
<b>Sunderland</b>	<b>13 February</b>
David LANGRISH	00:21:46

<b>Southampton</b>	<b>13 February</b>
Gavin RENNIE	00:21:41
Keith WHITAKER	00:27:58
<b>Moors Valley</b>	<b>13 February</b>
Chris LEACH	00:27:08
Rachel LEACH	00:28:34
<b>Lincoln</b>	<b>13 February</b>
Rachael OPENSHAW	00:22:51
<b>Brockenhurst</b>	<b>13 February</b>
Robert SPENCER	00:30:18
<b>Didcot</b>	<b>13 February</b>
Jules DINWOODIE	00:30:22
<b>Queen Elizabeth</b>	<b>13 February</b>
James LEWINGTON	00:32:16
<b>Tilgate</b>	<b>13 February</b>
Terry John FRENCH	00:33:45
<b>Lee-on-the-Solent</b>	<b>13 February</b>
Lewis BANNER	00:17:19
Rob GREENWOOD	00:17:28
Robert CRANSTONE	00:19:33
Graham MARTIN	00:20:42
Daniel HUGHES	00:22:10
Sam LEAHY	00:22:19
Zac CONATY	00:22:50
Kate RANT	00:24:32
Simon Robert GIBBON	00:24:43
Kathy CHAMBERLAIN	00:27:47
Sara MCRITCHIE	00:27:48
Clara SUTTON	00:29:00
Alison MACSWAYNE	00:29:31
Martyn BANNER	00:29:51
Michelle SIMPSON	00:30:10
David MACSWAYNE	00:31:48





<b>Netley Abbey</b>	<b>13 February</b>
Richard CHOWNS	00:22:07
April BURROW	00:23:08
Russell MEAD	00:25:29
Andrew SMITH	00:41:11
Wendy HOLLOWAY	00:41:32
<b>Bushy</b>	<b>20 February</b>
Toby GREENFIELD	00:19:39
<b>Southampton</b>	<b>20 February</b>
Daniel FOSTER	00:18:57
<b>Southsea</b>	<b>20 February</b>
Mark MCDONALD	00:19:54
Tina Louise CHANTREY	00:21:11
Phil HOBBY	00:21:18
Marie MCDONALD	00:24:26
<b>Tilgate</b>	<b>20 February</b>
Terry John FRENCH	00:32:37
<b>Brockenhurst</b>	<b>20 February</b>
Robert SPENCER	00:30:00
<b>Weymouth</b>	<b>20 February</b>
Robert CRANSTONE	00:19:27
<b>Winchester</b>	<b>20 February</b>
Chris LEACH	00:20:02
Gordon WESTLEY	00:22:29
Rachel LEACH	00:27:32

<b>Netley Abbey</b>	<b>20 February</b>
Jack WEBB	00:18:41
Rebecca Margaret LORD	00:20:11
Peter KAY	00:21:13
Del GRANGER	00:23:20
Steve TROTMAN	00:23:48
Russell MEAD	00:25:09
Bethan Jane DAVIS	00:27:10
Alison MACSWAYNE	00:28:29
Jules DINWOODIE	00:28:51
Julia PARK	00:31:28
David MACSWAYNE	00:32:48
Martin WEDGE	00:35:45
<b>Lee-on-the-Solent</b>	<b>20 February</b>
Rob GREENWOOD	00:17:53
Andrew STOCKWELL	00:19:37
Gareth CHARLES	00:20:15
Graham MARTIN	00:20:57
Tom CALLAWAY	00:21:48
Robert HINKLEY	00:22:01
Michael WELLAND	00:22:33
Dawn HAYNES-SEWELL	00:24:21
Richard BURNS	00:24:24
John SIMISTER	00:24:43
Kate RANT	00:24:54
Mike DONOVAN	00:25:43
Lisa DONN	00:25:53
Sara MCRITCHIE	00:27:17
Keith WHITAKER	00:27:37
Martyn BANNER	00:29:41
Nikki ROEBUCK	00:33:37
Claire JOHNSON	00:34:18
Amy WADHAMS	00:34:40
Sam LEAHY	00:43:26
<b>Havant</b>	<b>27 February</b>
San CLARK	00:28:38
<b>Netley Abbey</b>	<b>27 February</b>
Bethan Jane DAVIS	00:26:16
Keith WHITAKER	00:27:38

<b>Southampton</b>	<b>27 February</b>
Gavin RENNIE	00:22:46
<b>Tilgate</b>	<b>27 February</b>
Terry John FRENCH	00:30:54
<b>Brockenhurst</b>	<b>27 February</b>
Mike WHITE	00:19:27
Robert SPENCER	00:28:50
<b>Humber Bridge</b>	<b>27 February</b>
Liz WEIGHELL	00:33:12
<b>Lee-on-the-Solent</b>	<b>27 February</b>
Rob GREENWOOD	00:17:03
Mark MCDONALD	00:19:07
Toby GREENFIELD	00:19:11
Stephen WILLIAMS	00:19:26
Graham MARTIN	00:19:57
April BURROW	00:21:59
Richard CHOWNS	00:22:59
John COX	00:23:12
Sarah GARDINER	00:23:31
Simon Robert GIBBON	00:23:51
Richard BURNS	00:24:00
Lisa DONN	00:24:36
Kate RANT	00:24:45
Clara SUTTON	00:26:54
Sara MCRITCHIE	00:27:02
Susie MACGREGOR	00:27:20
Martyn BANNER	00:27:44
Natalie SUMMER-ANDERSON	00:27:48
Alison MACSWAYNE	00:28:01
Sandra ABRAMS	00:28:12
Katherine CHOWNS	00:28:47
Jo LEWIS	00:29:24
David MACSWAYNE	00:30:06
Amy WADHAMS	00:31:34
Sarah BARRON	00:32:56
Claire JOHNSON	00:32:56
<b>Sittingbourne</b>	<b>27 February</b>
John SALT	00:39:26