

The

GreenRunner

MAY 2017



FROM THE CHAIR

April continues to be the main marathon month and SGR was well represented across the many different city marathons – I won't single anybody out, but will just say a huge well done to everybody who pulled on the green vest for one of these.

The RR10 season has also kicked off recently at Netley with a fantastic turnout of 82 runners – more than any other club and for the first time an equal number of male and female runners. On the subject of RR10s, it is our own race on July 12th so please look out for requests for help from Neil re marshalling, reccies etc, in order for us to put on another successful race.

You will recall we asked for charity nomination earlier in the year. We had a number of nominations and decided that we would like to ensure our local parkruns had defibrillators and then support a couple of other local charities but on investigation we discovered that Fareham, Lee, Netley and Whiteley all had one already or had access to one, so this support was not needed. We therefore decided that we would split our support between two local charities, namely Portsmouth Downs Syndrome Association (<http://portsmouthdsa.org/>) and Charlie's Beach Hut Fund (<http://charliecodling.co.uk/>) a charity set up by a couple from Hill Head in memory

of their son to help children with life limiting illnesses.

We have some social events coming up that I hope you will be able to support – the first of these being the Chariots of Fire run on Friday May 26th. In June we have the GOFAST challenge which is an inter club (GOsport, Fareham and STubbington) handicap on Thursday 15th June – details to follow nearer the time followed by our awayday at QE Park on the 18th June where we are looking to enter as many teams possible in the Marathon relay followed by a picnic – let me know if you want to enter.

Finally please note the date of Saturday 23rd September when we will be providing all the helpers, marshals etc at the Lee-on-the-Solent parkrun where we will have the opportunity to demonstrate what a great and supportive club we are.

Happy Running

Kevin Ashman
Chairman



**Chariots of Fire
beach run –Friday
May 26th
Start time 6:30 pm**



May 26th will see a return of the Stubbington Green Runners Chariots of Fire Beach Run from Meon foreshore by the beach chalets/loos.

The run is 4 miles long and apart from the first and last 100 yards is on firm sand. The course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year. At its low point you should be able to run nearly 500 yards from the shoreline. You might get your feet wet, so bring a towel! After the run, weather permitting we will do some sausages in buns (£1.00) and have some soft drinks available, however you are welcome to bring whatever drink you want. If the weather is poor, then we shall retreat to the Osborne View.

As in the film White Tops and shorts would be good and of course plimsoll's! This is not a race just an excuse for a social on what hopefully will be a lovely summer's evening. Hope to see you there.

CAPTAINS CORNER

In what is my first Captain's Corner entry since taking over the role from the legend that is Andy Simpson, I would first like to thank everyone for their kind comments and words of encouragement since becoming the Men's Captain. It really is a privilege to lead the men in what must probably be the best running club in Hampshire, if not the country.

One of my roles on the committee is to represent all the club's male runners so please feel free to bring to my attention any points, comments or items you feel would be relevant to raise for discussion/decision at the monthly meetings; I'm sure the same goes for the ladies who should contact Marie to put forward. If there are any other club issues which aren't necessarily committee related but perhaps you're not sure of the answer or need advice then please contact any member of the committee who I'm sure would be happy to help out.

Well April hasn't disappointed yet again with a huge amount of impressive performances and results. The highlights of the month arguable are the marathons which included London, Brighton, Southampton, Manchester, Paris and Boston. There were many great performances and achievements across the board.

Before we get onto the marathons we must mention the massive achievement of George Howarth who took part in the Testway Ultra on the 1st April finishing in 23rd in a time of 9 hours 24 minutes.

At least six Stubbies took part in what was considered a warm run in Paris with the Marathon Woman herself, Julie Ashman, achieving a very impressive sub 4 hour run.

The Vice Chairman Mark McDonald took on the very impressive task of tackling two major marathons in the space of 6 days the first one at Boston and then six days later at London.

18 Stubbies took on the iconic London Marathon with times ranging from 2.37 to 6.08 but for some the time is not important its more the challenge of conquering the first 26.2 and to do it at London makes it even more specials so well done to all. On the same day 8 Stubbies completed the first Southampton Marathon for 30 years with Sylwia Ward winning the women's event in a mighty impressive 3.29. The event also included a half and 10k option with many more Stubbies taking part.

Jane Adlard McGrath took part in the Sheffield half which sadly is her last run in the green vest, good luck in your new pastures. We also had to say goodbye to the Leach's this month, good luck also for your future ventures.

On the 4th April Whiteley parkrun launched to make the variety and choice of run for our Saturday morning even better. Well done to all the Stubbies that have made this possible and for making the first event a great success.

The ninth race of the HRRL series took place at Salisbury and contested over 10 picturesque miles with 23 Stubbies turning out. The men's A team placed 4th with Rob Arkell first Stubby in 9th and the ladies A team placed 2nd with Beccy also finished 2nd lady. More details later from the HRRL rep.

The last run of the inaugural winter time trial took place on the 11 April. Congratulations to Jordan McRitchie for setting the fastest male time and Penny Forse for the fastest female time. Well done to everybody else for taking part and supporting this new event and making it a success. The next time trial on the summer course takes place on the evening of the 11th May.

The first of the summers RR10 races took place at Royal Victoria Country Park on a lovely evening with the customary mass turn out of Green Runners, 82 to be exact. Stubby men finished a credible 3rd and the ladies were also well placed in 3rd. Hopefully we'll get the same amount or hopefully more Stubbies out for the next RR10 on the 3rd May at Stoney Cross.

Highlights in May include the second of the Lakeside 5k series (24th May) as well as the Gosport 5k series (9th May) both taking place in the evenings both ideal opportunities for 5k PBs. Two HRRL race are taking place with Alton 10 mile on 7 May and Netley 10k on the 21st May.

A reminder that the Macmillan mile will take place on Monday 15th May, it will be a timed 1 mile loop round the Whiteley business park. It is £2 to enter with all money raised going to Macmillan. We will be looking for a few helpers on the night which will be posted up on Facebook shortly. Last year we raised raising £153 which was doubled by the committee to £306.

Also check out the details in the same place or on the Stubby website if you're interested in taking part in the South Downs Marathon Relay which is a really good fun event culminating in a club picnic and prize giving.



Andy Stockwell

Marie McDonald

HUNDRED ACRE HALF MARATHON

12	Stephen Trotman	01:57:24
27	Karen Barnicoat	02:17:35
56	Anne Trotman	02:35:35
89	Carla Howes	02:52:04

HUNDRED ACRE 10K

18	George Rennie	0:53:13
45	Helen Benson	01:00:35
145	Jemma Raeburn	01:24:38
148	Kate Vaughan	01:26:31
150	Jo Lewis	01:27:13

BOSTON MARATHON

9955	Mark McDonald	03:40:43
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PUTNEY AND FULHAM HALF

13	Andrew Stockwell	01:29:41
261	Jamie Stockwell	02:21:19
262	Samantha Stockwell	02:21:23

PARIS MARATHON

6293	Rich	CHOWNS	03:32:42
11063	Neil	RICHARDSON	03:48:33
15411	Julie	ASHMAN	03:59:54
33318	Lucy	WINDOW	04:56:17
33335	Aga	PLOMBON	04:56:20
41063	Sharon	SIMPSON	06:12:50

LONDON MARATHON

196	Arkell, Rob	02:37:04
1425	Banner, Lewis	02:56:53
3885	Stockwell, Andrew	03:15:33
6740	Misselbrook, Hilary	03:32:26
8463	Martin, Philip	03:41:13
9447	mcdonald, mark	03:45:29
10457	Roebuck, Nikki	03:49:56
14341	Gardiner, Sarah	04:04:26
17110	McDonald, Marie	04:16:21
17170	Donn, Lisa	04:16:36
17815	Barnicoat, Karen	04:19:15
23088	Gallagher, Iain	04:39:58
25393	Terry, Tracey	04:49:19
26030	Webb, Julia Clare	04:52:06
32812	Spencer, Robert	05:28:43
32817	Wootton, Michael	05:28:44
34091	Clarke, Nick	05:38:30
36829	Gill, William	06:08:57

Houghton 11km

3	William Feline	00:43:32
6	Howard Clark	00:45:46
8	James Lewington	00:46:16
13	Chris Hall	00:48:11
15	Ray Gunner	00:48:37
20	Laura Wainwright	00:50:38
61	Katherine Chowns	01:02:05
91	Karen Salmon	01:09:05
107	San Clark	01:13:52

MANCHESTER MARATHON

7236	SARAH BARRON	04:54:33
7541	CLIFF SHAW	05:02:17
8178	JANET SHAW	05:28:03

SHEFFIELD HALF MARATHON

2987	Jane Adlard McGrath	02:05:04
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WINTER TIME TRIAL

Jordan Mcritchie 20:31
 Graham Martin 21:35
 Jack Tuckwell 22:23
 Matt Emery 21:54
 Mike Bell 22:57
 Penny Forse 24:20
 Russell Mead 26:35
 Helen Benson 26:44
 Sara McRitchie 27:31

TEST WAY ULTRA 44MILES

23	George Howarth	09:24:02
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West Wight 3 Hills

52	CRANE, Nick	01:05:29
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MADEIRA ISLAND ULTRA TRAIL 85KM

263	David Langrish	19:33:43
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COMBE GIBBET TO OVERTON 16 MILE

59	GILL ROSE	02:12:25
67	RICHARD SNELL	02:13:48
76	NICK CRANE	02:15:03
126	ANDY LEE	02:30:51
182	JOHN SIMISTER	02:48:23



Llanbedr to Blaenafon fell race (15 miles / 1370 m)

For the second year running I got lucky with the weather. Great views across the Black Mountains helped distract me from the hills. I was pleased with a big improvement in my time from last year.

Will Feline 19th 2:42:52

SOUTHAMPTON MARATHON

100	Sylwia WARD	03:29:06	1st lady
472	Liam DREDGE	04:06:07	
596	George HOWARTH	04:20:08	
643	Kathy CHAMBERLAIN	04:24:07	
644	Sara MCRITCHIE	04:24:07	
670	Ashley LOVELL	04:27:10	
783	Mandy BURTON	04:44:05	
956	Sarah BARRON	05:14:05	

SOUTHAMPTON HALF MARATHON

219	Euan MCGRATH	01:34:03
260	Jack TUCKWELL	01:35:20
509	Darren TANNER	01:41:34
632	Chris DAVIDSON	01:45:55
851	Gemma OXLEY	01:49:25
1003	Aga PLOMBON	01:51:18
1052	Paul COVERDALE	01:52:15
1056	John COX	01:52:11
1345	Phil HOBBY	01:55:33
1390	Gemma CHRISTIE	01:56:05
1473	Russell MEAD	01:56:06
1495	Gavin RENNIE	01:56:36
1580	Simon DARLINGTON	01:57:34
1910	Alison MCCORMICK	02:03:35
2222	Louise TANNER	02:08:56
2378	Jane BUTLER	02:11:07
2575	Andy RICHARDSON	02:12:28
2915	Natasha HINTON	02:18:09
3121	Sue ROBINSON	02:24:31
3145	Sandie MCINTOSH	02:25:10
3327	Ryan GIBSON	02:31:39

SOUTHAMPTON 10K

14	Robert CRANSTONE	00:39:44
20	James LEE	00:40:31
106	Sarah CRANSTONE	00:47:20
157	Lara EVANS	00:48:28
410	Louisa PAGE	00:55:34
805	Stuart MCNAMARA	00:57:45
1124	Simone SHEPHERD	01:04:50
1156	Susan BONNAR	01:05:40
1421	Kate VAUGHAN	01:13:47
1422	Catherine CHAMBERLAIN	01:13:48

READING HALF

(missed from last month's Green Runner)

5401	Lucy Wallbridge	02:09:32
5402	Aga Plombon	02:09:32
5525	Liz Miles	02:06:56
5526	Andrew Miles	02:06:56
6110	Lynsey Adamson	02:15:29
6840	Louise Tanner	02:15:34
6841	Rachel Follett	02:15:35
7081	Sarah Barron	02:12:54
7082	Lucy May	02:12:52
7448	Samantha Stockwell	02:18:10
8096	Sandie Mcintosh	02:24:14
8103	Sue Robinson	02:24:19
8188	Sharon Simpson	02:34:05
8351	San Clark	02:27:21
8396	Claire Johnson	02:30:29

SALISBURY 10

46	Rebecca Lord	01:03:26
165	Laura Wainwright	01:12:02
183	Gill Rose	01:13:16
236	Nikki Roebuck	01:17:11
348	Marie McDonald	01:23:10
369	Kerry Sawyer	01:24:34
448	Katherine Chamberlain	01:29:58
450	Sara McRitchie	01:30:09
541	Charlotte Maisey	01:37:05
630	Julia Webb	01:48:16

9	Rob Arkell	00:58:17
16	Christopher Brobin	00:59:38
32	William Feline	01:02:14
109	Mark McDonald	01:08:20
119	Gareth Charles	01:08:47
127	Tom Callaway	01:09:37
146	Daniel Foster	01:11:15
180	David Thorpe	01:12:44
186	Scott Shaw	01:13:01
200	Peter Simpson	01:14:13
279	Richard Snell	01:19:52
337	Paul Coverdale	01:22:42
358	James Lee	01:24:01
371	George Howarth	01:24:26
643	Nick Clarke	01:49:56

RR10 NETLEY

6	Rob GREENWOOD	Rebecca LORD	2
8	Andy SIMPSON	Vicky SHAW	9
14	Will FELINE	Laura WAINWRIGHT	10
15	Lewis BANNER	Daisy MCCLEMENTS	12
25	Mike WHITE	Kelly WICKENS	16
26	Euan MCGRATH	Lottie LORD	18
45	Tommy BROOKS	Susie MACGREGOR	20
54	Graham MARTIN	Mel SEDDON	23
56	Tom CALLAWAY	Tina CHANTREY	24
58	Andy STOCKWELL	Sally MCGRATH	29
62	Steve CUMES	Lara EVANS	30
63	Chris HALL	Gill ROSE	32
65	James LEWINGTON	Lucy MAY	54
67	Rich CHOWNS	Sarah GARDINER	56
75	Andy DONN	Emily JOHNSON	64
87	Jack TUCKWELL	Helen LIVINGSTON	68
88	Matt EVANS	Kate RANT	70
89	Peter SIMPSON	Jemma RAEBURN	74
94	Phil HOBBY	Julie ASHMAN	78
100	Mike BELL	Gaynor HEFFER	81
104	Neil STANTIAL	Katherine CHAMBERLAIN	83
106	Steve FIDLER	Helen BENSON	91
116	Nick CRANE	Becca WHITE	95
118	Rich SNELL	Charlotte MAISEY	99
120	Graham JAMES	Alison MCCORMICK	100
121	Liam DREDGE	Kelly BENNETTS	118
124	Nick KIMBER	Melissa COSENS	119
126	Jon LEIGH	Sarah NORTHCOTT	124
132	Nick WELLEND	Gemma CHRISTIE	132
144	Paul COVERDALE	Rachel FOLLETT	133
149	Dan HUGHES	Louise TANNER	134
151	Andy LEE	Tessa KIMBER	135
159	Paul SMITH	Sam STOCKWELL	144
171	Jack WALLIS	Donne CASWELL	152
173	Matthew SMITH	Sandie MCINTOSH	160
174	Paul CUTLER	Sue ROBINSON	162
192	Andy WHITE	Wendy HALL	164
196	Adam JEFFERY	Natalie FLACK	171
211	Martyn BANNER	Claire JOHNSON	174
217	Keith WHITAKER	Michelle SIMPSON	179
218	Kevin ASHMAN	Sharon CLARKE	184

TRAINING SESSIONS

Mon	01/05/2017	No Session (Bank Holiday)					
Tue	02/05/2017	Locks Heath Sports Ground	7pm		Fisherman's rest	Long and short hills (Meet at car park opposite Titchfield Mill)	Jog back down
Thu	04/05/2017	Holly Hill	06:30	Julie Ashman		1 mile fartlek loop	Runners' Choice
Thu	04/05/2017	Mountbatten Centre, Portsmouth	7pm			WU; 6x300m with 100m walk recovery; 6x150m with 50m walk rec	400m jog between sets
Mon	08/05/2017	Solent Hotel	06:30		Whiteley	25 mins Pyramid of Short Hills	Jog back down
Tue	09/05/2017	Locks Heath Sports Ground	7pm		Brownwich lane	5x1ml at 10K pace	2 min static
Thu	11/05/2017	Crofton Community Centre	6:45 / 7 pm		Eric road	Summer Time Trial (1)	n/a
Mon	15/05/2017	Solent Hotel	06:30		Whiteley	Football Pitch Intervals - 3 x Lap; 4 x 2 sides; 5 x 1 side	2 / 2 / 1 side
Tue	16/05/2017	Locks Heath Sports Ground	7pm		Hook field	Flag session; (0.5lap; 0.75lap; 1lap) x3	0.25lap jog recovery and last set start long side first
Thu	18/05/2017	Holly Hill	06:30	Julie Ashman		2-3 All the Hills (5 or 7 hills)	Downs or Flats
Mon	22/05/2017	Solent Hotel	06:30		Whiteley	25 mins of Leafy Lane Loop Fartlek - effort up hills	Jog down hills
Tue	23/05/2017	Locks Heath Sports Ground	7pm		Chilling	6x loop plus short hill from beach	Jog back down short hill
Thu	25/05/2017	Crofton Community Centre	7pm		Lee Seafront	Beach Sprints	walk / jog back along tarmac
Mon	29/05/2017	No Session (Bank Holiday)					
Tue	30/05/2017	Locks Heath Sports Ground	7pm	Mike White	St John's park	4x400, 4x400, 4x400 (split into pairs)	Machines in the park; 2min between sets
Thu	01/06/2017	Holly Hill	06:30	Julie Ashman		Short Hilly loop	Recover on down hills
Thu	01/06/2017	Mountbatten Centre, Portsmouth	7pm			3x4x200; (m/h,h,h, accl.)	200m jog between reps 400 jog between sets
Mon	05/06/2017	Solent Hotel	06:30		Whiteley	25min Forest Laps	Recovery on short side
Tue	06/06/2017	Locks Heath Sports Ground	7pm		Warsash Common	2,4,6,6,4,2 min hooter session	2min RI
Thur	08/06/2017	Crofton Community Centre	7pm		Lee Seafront	4x Triangle accelerations	n/a



Woodhouse Moor	01 April	Bramley	01 April	Eastleigh	08 April
Keith WHITAKER	00:28:27	Chris LEACH	00:20:47	Keith WHITAKER	00:30:14
		Rachel LEACH	00:29:39		
Southampton	01 April	Lee-on-the-Solent	01 April	Winchester	08 April
Stephen WILLIAMS	00:22:59	Andy SIMPSON	00:17:11	Gordon WESTLEY	00:24:19
		Rob GREENWOOD	00:17:38		
Southsea	01 April	Tom CALLAWAY	00:19:33	Netley Abbey	08 April
Russell MEAD	00:24:47	Graham MARTIN	00:19:35	Stephen WALLBRIDGE	00:29:17
		Jon PLOMER	00:20:17	Martin WEDGE	00:38:02
Whiteley	01 April	Jack TUCKWELL	00:20:23		
Daniel FOSTER	00:19:27	Matt EMERY	00:20:36	Alice Holt	08 April
Marcus LEE	00:20:50	Nikki ROEBUCK	00:20:38	Charlotte LORD	00:22:08
Richard CHOWNS	00:21:26	Matthew EVANS	00:20:43	Frances Louise LORD	00:25:20
Andrew STOCKWELL	00:22:10	Scott SHAW	00:20:53		
Martyn POORE	00:22:54	Michael WELLAND	00:22:26	Clermont Waterfront	08 April
Simon GIBBON	00:25:37	Richard BURNS	00:24:02	Marcus LEE	00:20:42
Helen BENSON	00:26:09	Sara MCRITCHIE	00:26:02		
Adam JEFFERY	00:26:32	Rebecca WHITE	00:26:04	Brockenhurst	08 April
Charlotte MAISEY	00:27:18	Sarah NORTHCOTT	00:27:37	Daniel FOSTER	00:19:00
Kevin ASHMAN	00:28:58	Martyn BANNER	00:28:09		
Pamela KEMP	00:30:16	Toby EVANS	00:29:02	Queen Elizabeth	08 April
Katherine CHOWNS	00:30:25	Susan BONNAR	00:30:48	Mike DONOVAN	00:32:19
Louisa PAGE	00:30:54	Catherine CHAMBERLAIN	00:32:09		
Steven PEACH	00:31:47	Adam JOEL	00:33:39	Skipton	08 April
Caz LEE	00:32:41	Jenny HEARNDEN	00:35:17	Russell MEAD	00:29:04
Neil RICHARDSON	00:35:13				
		Fareham	01 April	Catton	08 April
Eastleigh	01 April	James LEE	00:20:05	Andy LEE	00:23:06
Haydn BROWN	00:21:20	Chris HALL	00:20:27		
		Andy DONN	00:21:12	Hove Promenade	08 April
Winchester	01 April	Andy LEE	00:23:51	Chris LEACH	00:22:22
Gordon WESTLEY	00:23:29	John SALT	00:24:54	Rachel LEACH	00:29:39
		Emily JOHNSON	00:25:07		
Netley Abbey	01 April	Paul SOUTHON	00:25:34	Lee-on-the-Solent	08 April
Rebecca Margaret LORD	00:18:38	Tom MELLOR	00:30:25	Lewis BANNER	00:16:38
Charlotte LORD	00:21:05	Liz WEIGHELL	00:30:27	Rob GREENWOOD	00:17:10
Steve TROTMAN	00:21:23	Wendy HALL	00:30:45	James LEE	00:18:59
Frances Louise LORD	00:24:14	Robert SPENCER	00:37:46	Andrew STOCKWELL	00:19:21
Jules DINWOODIE	00:30:36	Andrew SMITH	00:49:33	Tom CALLAWAY	00:19:24
		Wendy SMITH	00:50:01	Richard EDMUNDS	00:20:11
Harrow Lodge	01 April	Ashton Court	08 April	Matt EMERY	00:20:19
Marie MCDONALD	00:33:54	Chris BROBIN	00:17:54	Matthew EVANS	00:20:48
				Hilary MISSELBROOK	00:21:29
Didcot	01 April	Southsea	08 April	Michael WELLAND	00:22:03
Sam BELL	00:21:51	Jon PLOMER	00:19:58	Simon BACON	00:23:53
				Richard BURNS	00:24:14
Queen Elizabeth	01 April	Whiteley	08 April	Jamie STOCKWELL	00:24:53
James LEWINGTON	00:25:53	Nikki ROEBUCK	00:20:25	Haydn BROWN	00:25:41
		Mike BELL	00:21:35	Kelly BENNETTS	00:27:12
Chichester	01 April	Penny FORSE	00:22:02	Sarah NORTHCOTT	00:27:15
Peter SIMPSON	00:21:10	Martyn POORE	00:22:03	Greg ROWE	00:27:24
Lucy MAY	00:23:08	Kate RANT	00:24:34	Claire MEAD	00:27:42
		Catherine CHARMAN	00:25:44	Martyn BANNER	00:28:16
		William GILL	00:28:22	Susan BONNAR	00:29:47
		Louisa PAGE	00:29:00	Toby EVANS	00:30:09
		Pamela KEMP	00:29:12	Janet SHAW	00:30:14
		Steven PEACH	00:31:07	Cliff SHAW	00:30:16
		Liz JAMES	00:32:39	Catherine CHAMBERLAIN	00:31:11
		Helen BENSON	00:37:06		
		Claire JOHNSON	00:41:49		



<p>Fareham 08 April</p> <p>Chris HALL 00:19:51</p> <p>Andy DONN 00:20:34 PB</p> <p>Lisa DONN 00:24:00</p> <p>Emily JOHNSON 00:24:31 PB</p> <p>John SALT 00:26:51</p> <p>Rosie COGHLAN 00:27:31 PB</p> <p>Wendy HALL 00:29:23 PB</p> <p>Liz WEIGHELL 00:30:08 PB</p> <p>Robert SPENCER 00:32:24</p> <p>Wendy SMITH 00:38:09</p> <p>Bicester 08 April</p> <p>Jon LEIGH 00:22:06</p> <p>Montsouris 08 April</p> <p>Richard CHOWNS 00:20:20</p> <p>Kevin ASHMAN 00:31:56</p> <p>Julie ASHMAN 00:34:26</p> <p>Aga PLOMBON 00:34:32</p> <p>Sharon SIMPSON 00:34:33</p> <p>Katherine CHOWNS 00:41:56</p> <p>Basingstoke 15 April</p> <p>Tomas STINSON 00:23:41</p> <p>Southampton 15 April</p> <p>Vicky KITCHER 00:31:01</p> <p>Plymvalley 15 April</p> <p>Susan BONNAR 00:33:41</p> <p>Whiteley 15 April</p> <p>Daniel ELLIOTT 00:19:15</p> <p>Gareth CHARLES 00:19:29</p> <p>Chris MCGAW 00:22:00</p> <p>Catherine CHARMAN 00:25:43 PB</p> <p>Katherine CHOWNS 00:25:45 PB</p> <p>Helen BENSON 00:25:52 PB</p> <p>Louisa PAGE 00:28:26 PB</p> <p>Steven PEACH 00:30:42 PB</p> <p>Keith WHITAKER 00:30:47</p> <p>Nick CLARKE 00:31:31</p> <p>Steven WHITAKER 00:36:29</p> <p>Cambridge 15 April</p> <p>Andrew STOCKWELL 00:19:06</p> <p>Jamie STOCKWELL 00:26:25</p> <p>Samantha STOCKWELL 00:30:16</p> <p>Holly STOCKWELL 00:34:06</p>	<p>Long Eaton 15 April</p> <p>Robert SPENCER 00:27:31</p> <p>Andrew SMITH 00:38:16</p> <p>Wendy SMITH 00:38:34</p> <p>Winchester 15 April</p> <p>Chris LEACH 00:20:26</p> <p>Haydn BROWN 00:20:27 PB</p> <p>Rachel LEACH 00:26:32</p> <p>Concord, Sheffield 15 April</p> <p>Natasha HINTON 00:29:48</p> <p>Netley Abbey 15 April</p> <p>Rebecca Margaret LORD 00:19:25</p> <p>Frances Louise LORD 00:23:28</p> <p>Aga PLOMBON 00:25:16</p> <p>Homewood 15 April</p> <p>Lewis BANNER 00:18:00</p> <p>Margate 15 April</p> <p>Tim MATTHEWS 00:45:40</p> <p>Workington 15 April</p> <p>David LANGRISH 00:22:37</p> <p>Penrose 15 April</p> <p>Karen BARNICOAT 00:25:51 PB</p> <p>Lee-on-the-Solent 15 April</p> <p>Rob GREENWOOD 00:17:19</p> <p>Chris BROBIN 00:17:20</p> <p>Tom CALLAWAY 00:19:36</p> <p>Jack TUCKWELL 00:20:40</p> <p>Matt EMERY 00:20:51</p> <p>Scott SHAW 00:21:32</p> <p>Michael WELLAND 00:22:25</p> <p>Keith CARTER 00:23:20</p> <p>Nikki ROEBUCK 00:23:26</p> <p>Richard BATTEN 00:23:43</p> <p>Derrick MORGAN 00:23:49</p> <p>Richard BURNS 00:24:32</p> <p>Paul HAMMOND 00:25:40</p> <p>Neil JARVIS 00:26:41</p> <p>Martyn BANNER 00:28:18</p> <p>Janet SHAW 00:29:59</p> <p>Cliff SHAW 00:29:59</p> <p>Louise TANNER 00:30:32</p> <p>Claire JOHNSON 00:31:06</p> <p>Kate VAUGHAN 00:31:29 PB</p> <p>Amy WADHAMS 00:32:21</p> <p>Rebecca WHITE 00:33:38</p> <p>Jenny HEARNDEN 00:35:53</p> <p>Adam JOEL 00:38:44</p>	<p>Sittingbourne 15 April</p> <p>John SALT 00:25:38 PB</p> <p>Guernsey 15 April</p> <p>Russell MEAD 00:29:48</p> <p>Jules DINWOODIE 00:31:40</p> <p>Fareham 15 April</p> <p>Rob ARKELL 00:17:30</p> <p>Andy LEE 00:23:51</p> <p>Simon GIBBON 00:24:37 PB</p> <p>Jack WALLACE 00:25:42</p> <p>Julie ASHMAN 00:26:26</p> <p>Sarah GARDINER 00:29:24</p> <p>Kevin ASHMAN 00:30:43</p> <p>Toby EVANS 00:31:33</p> <p>Southampton 22 April</p> <p>Vicky KITCHER 00:29:50</p> <p>Southsea 22 April</p> <p>Rebecca WHITE 00:25:45 PB</p> <p>Whiteley 22 April</p> <p>Steve CUMES 00:20:39</p> <p>Del GRANGER 00:21:52</p> <p>Jon LEIGH 00:22:31</p> <p>Claire JONES 00:25:23</p> <p>Hollie SMITH 00:26:30</p> <p>Katherine CHOWNS 00:27:21</p> <p>Louisa PAGE 00:27:31 PB</p> <p>Steven PEACH 00:30:49</p> <p>Alethea ADAIR-STANTIAL 00:32:14</p> <p>Torbay Velopark 22 April</p> <p>Martin DE WIED 00:25:54</p> <p>Milton Keynes 22 April</p> <p>Chris BROBIN 00:17:17</p> <p>Eastleigh 22 April</p> <p>John BLAKE 00:23:44</p> <p>Tommy BLAKE 00:25:13 PB</p> <p>Keith WHITAKER 00:29:00</p> <p>Medina I.O.W. 22 April</p> <p>Simon GIBBON 00:26:21</p> <p>Winchester 22 April</p> <p>Gordon WESTLEY 00:24:08</p> <p>Rachel LEACH 00:26:20</p> <p>Netley Abbey 22 April</p> <p>Charlotte LORD 00:20:49</p> <p>Frances Louise LORD 00:23:19</p> <p>Aga PLOMBON 00:27:32</p>
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Queen Elizabeth	22 April	
James LEWINGTON	00:20:02	
Matthew EVANS	00:24:09	
San CLARK	00:32:58	
Lee-on-the-Solent	22 April	
Simon HEARNDEN	00:18:57	
Tom CALLAWAY	00:19:04	PB
James LEE	00:19:24	
Graham MARTIN	00:19:41	
Matt EMERY	00:20:09	PB
Andy DONN	00:20:37	
Susie MACGREGOR	00:20:44	
Mike BELL	00:21:22	
Jon PLOMER	00:21:33	
Derrick MORGAN	00:22:30	PB
Andy LEE	00:23:10	
Gaynor HEFFER	00:24:50	
Richard BURNS	00:24:55	
Jack TUCKWELL	00:25:54	
Sarah NORTHCOTT	00:27:28	
Claire MEAD	00:27:39	PB
Kevin ASHMAN	00:27:53	PB
Russell MEAD	00:29:13	
Julie Elizabeth RYMAN	00:29:30	
Amy WADHAMS	00:29:56	
Julie ASHMAN	00:30:02	
Janet SHAW	00:30:29	
Cliff SHAW	00:30:29	
Sandie MCINTOSH	00:32:00	
Sue ROBINSON	00:32:01	
Jenny HEARNDEN	00:34:16	
Portsmouth Lakeside	22 April	
Michael WELLAND	00:22:17	
Fareham	22 April	
Chris HALL	00:20:04	
John SALT	00:26:00	
Daniel HORSBROFT	00:26:46	
Alison MACSWAYNE	00:29:56	
Andrew SMITH	00:37:23	
Robert SPENCER	00:37:25	
Wendy SMITH	00:37:55	
Basingstoke	29 April	
Tomas STINSON	00:22:22	PB
Allan STINSON	00:41:46	

Southampton	29 April	
Gareth CHARLES	00:18:50	PB
Stephen WILLIAMS	00:22:53	
Kate RANT	00:24:11	
Whiteley	29 April	
Graham MARTIN	00:19:51	
Nikki ROEBUCK	00:20:30	
Neil RICHARDSON	00:21:21	PB
Andrew MILES	00:21:31	
Nick KIMBER	00:21:34	
Jon LEIGH	00:21:41	PB
Richard KIMBER	00:23:50	
Elizabeth MILES	00:24:56	
Martin DE WIED	00:26:56	
Louisa PAGE	00:27:21	PB
Steven PEACH	00:31:38	
Claire JOHNSON	00:33:26	PB
Natalie FLACK	00:33:27	
Helen BENSON	00:45:21	
Winchester	29 April	
Gordon WESTLEY	00:22:58	
Netley Abbey	29 April	
Charlotte LORD	00:20:31	PB
Brockenhurst	29 April	
Martyn POORE	00:22:41	
Wimpole Estate	29 April	
Rachel LEACH	00:29:40	
Cross Flatts	29 April	
Rebecca Margaret LORD	00:18:52	
Queen Elizabeth	29 April	
James LEWINGTON	00:32:29	
San CLARK	00:33:47	
Seaton	29 April	
Alison MACSWAYNE	00:29:09	
David MACSWAYNE	00:34:30	
Chichester	29 April	
Jon PLOMER	00:20:33	
Penrose	29 April	
Karen BARNICOAT	00:25:43	PB
Worthing	29 April	
Andrew STOCKWELL	00:18:54	
James LEE	00:21:53	
Andy LEE	00:22:39	
Samantha STOCKWELL	00:26:25	
Lee-on-the-Solent	29 April	
Lewis BANNER	00:17:33	
Rob GREENWOOD	00:17:33	
Tom CALLAWAY	00:18:50	PB
Haydn BROWN	00:20:41	PB
Michael WELLAND	00:21:58	
Simon VINGOE	00:23:05	
Simon ELLIS	00:23:15	
Richard BURNS	00:24:55	
Russell MEAD	00:25:15	
Adam JEFFERY	00:25:37	
Martyn BANNER	00:27:08	PB
Claire MEAD	00:27:12	PB
Julie Elizabeth RYMAN	00:29:38	
Janet SHAW	00:29:41	
Cliff SHAW	00:29:42	
Susan BONNAR	00:29:47	
Kate VAUGHAN	00:31:10	PB
Catherine CHAMBERLAIN	00:31:39	
Jenny HEARNDEN	00:35:08	
April HASSETT	00:35:58	PB
Amy WADHAMS	00:36:14	
Charlotte MAISEY	00:38:26	
Lucy CHIDGEY	00:42:14	
Swansea Bay	29 April	
Sev ROBERTS	00:22:58	
Bevendean Down	29 April	
Keith WHITAKER	00:29:37	
Fareham	29 April	
Andy SIMPSON	00:17:03	PB
Andy DONN	00:20:47	
John BLAKE	00:21:01	
Steve FIDLER	00:21:09	PB
Mark MCDONALD	00:23:47	PB
Paul SOUTHON	00:23:52	
Jack WALLACE	00:23:55	
Tommy BLAKE	00:24:00	PB
Marie MCDONALD	00:24:27	
Daniel HORSBROFT	00:24:45	
Phil HOBBY	00:26:33	
Aga PLOMBON	00:26:33	
Sara MCRITCHIE	00:26:54	
Steve CUMES	00:27:07	
Julie ASHMAN	00:28:50	
Wendy HALL	00:29:06	PB
Michelle SIMPSON	00:30:35	
Sandie MCINTOSH	00:30:39	PB
Toby EVANS	00:30:52	PB
Sarah HOBBY	00:30:58	PB
Kevin ASHMAN	00:30:59	
Tom MELLOR	00:31:49	
Sue ROBINSON	00:31:49	PB
Robert SPENCER	00:33:47	
Wendy SMITH	00:35:08	PB
Jan SOUTHON	00:40:02	



Great turn out at the Salisbury 10, 25 runners and a handful of supporters. We managed to get 3 men's and 3 ladies teams out. A special mention also to Beccy Lord for her 2nd place and Beccy, Laura and Gill for their team prize. The tables below are our scores for the Ladies and Men's teams.

Ladies name	team	team score
Beccy Lord	A	38
Laura Wainwright		
Gill Rose		
Niki Roebuck	B	162
Marie McDonald		
Kerry Sawyer		
Kathy Chamberlian	C	327
Sara McRitchie		
Charlotte Maisey		

Men's name	team	team score
Rob Arkell	A	124
Chris Brobin		
Will Feline		
Mark McDonald		
Gareth Charles	B	393
Tom Callaway		
Dan Foster		
David Thorpe		
Scott Shaw	C	620
Peter Simpson		
Richard Snell		
Paul Coverdale		

And well done to James Lee, George Howarth, Nick Clarke and Julia Webb, full results are available here

Ladies A Division 1		
Position	Club	Score
1	Winchester	8
2	Lordshill	19
3	Hedge End	35
4	Stubb'ton	36
5	Pompey J	38
6	Denmead	46

Men's A Division 1		
Position	Club	Score
1	So'ton AC	21
2	Lordshill	24
Was 4 now 3	Stubb'ton	42
4	Winchester	44
5	Pompey J	44
6	Overton	53

Ladies B Division 1		
Position	Club	Score
1	Winchester B	8
2	Winchester C	23
3	Lordshill B	26
4	Hedge End B	46
Staying at 5	Stubb'ton B	46
6	Fareham	51
7	Pompey J	53
8	IOW RR	66
9	Lordshill C	68
10	Hedge End C	73
11	Denmead	77
12	Stubb'ton C	81

Men's B Division 1		
Position	Club	Score
1	Lordshill B	15
2	Winchester B	41
3	Hedge End B	43
4	Lordshill C	53
5	PompeyJ B	56
Staying at 6	Stubb'ton B	65
7	Fareham	70
8	Soton AC	72
9	Eastleigh	75
10	Denmead B	76
11	Winchester C	91
12	Lordshill D	94
13	Hedgend C	98
Staying at 14	Stubb'ton C	121



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

Ladies B Division 2		
Position	Club	Score
1	Eastleigh	16
2	Alton	53
3	Gosport	55
4	Hardley	55
5	Totton	71
6	Overton	73
7	Stubb'ton D	88

Men's B Division 2		
Position	Club	Score
1	Pompey J C	18
2	Salisbury	35
3	Denmead C	48
11	Stubb'ton D	117

Races left are: Alton 10 mile on 7th May, Netley 10k on 21st May and Lordshill 25th June.

Club	Distance	Date	Start Time
Overton	5 Mile	04/09/2016	2pm (New Course)
Solent	Half marathon	09/10/2016	10am
Gosport	Half marathon	20/11/2016	10am
Hayling	10 Mile	27/11/2016	09.30am
Victory	5 Mile	04/12/2016	11am
Stubbington	10km	15/01/2017	10am
Ryde	10 Mile	05/02/2017	11am
Eastleigh	10km	19/03/2017	10.30am
Salisbury	10 Mile	09/04/2017	10.00am
Alton	10 Mile	07/05/2017	10.30am
Netley	10km	21/05/2017	10.30am
Lordshill	10km	25/06/2017	10am

Looking forward to seeing you at the HRRL races, HRRL Secretary my email address is:
hrrl-secretary@stubbingtongreenrunners.net.