

The

OCTOBER 2017

Green *Runner*





The next Stubbington Green 10k will be held on 14th January 2018.

To enable the race to run smoothly, we are going to need your help, we need well over 100 volunteers to take on various roles, such as:-

Marshalling, Helpdesk, Kitchen, Baggage, Chip and Number allocation (Sat and Sun), Car Park Team, Set Up crew, Water station points (Mid and finish) and Bike team.

For those volunteering to marshal, 75% of the course is traffic free so most should not have any traffic to deal with. On top of everything you get a front row view of a fantastic 10k road race!

If you would like to volunteer for one of the roles please send your name and contact details to Sara McRitchie (HRRL Secretary / Chief Marshal).

If you would like further information regarding the event please contact [Kevin Ashman](#) (Race Director)

Remember if you are planning to run the Stubbington 10k race, can you please provide me a name and contact details to of the person who will be a Marshal / Volunteer on the day on your behalf.

The continued success of our very popular 10k relies on you, please contact me now.

A Marshal / Volunteers briefing will be in January, further details will be provided nearer the time. It is important that you attend as there will not be time on the day to give out instructions.

Please email me (Sara McRitchie) my email address is hrrl-secretary@stubbingtongreenrunners.net



FROM THE CHAIR

As we leave the summer behind we move into the new HRRL year and the various cross country series. Thanks go to Penny Forse for stepping forward and offering to look after the Hampshire league races this year – a series that unfortunately has seen a decline in participation in the last couple of years – hopefully this year will see a reverse to this trend.

We had a great, if a little muddy, CC6 at Whiteley where we co-hosted with Netley Abbey Runners and I would like to thank Sadie for her brilliant organisation skills in ensuring it went really well.

Those that have applied for the London marathon will know soon (if not already) if they have been successful. The club will have some club places available, so if you get a rejection slip, please forward it to me (Chairman@stubbingtongreenrunners.net) along with a short questionnaire that we will supply which will help the committee in their selection process.

Our 10k is just over 3 months away now so please think about how you can help and let us know – Sara McRitchie is co-ordinating the list of marshals/helpers so please let her know how you can help. Please remember that we expect each member who enters to provide the name of a helper/marshal.

Finally it's not long till our Awards Night on Saturday 11th November so please book your place at this event which takes place at the David Lloyd centre in Port Solent. This year we have tried to avoid the Christmas period and reduced the price to just £15 per head which includes a hot buffet meal with disco and dancing.

Happy Running

Kevin



STUBBINGTON GREEN RUNNERS AWARDS NIGHT

Saturday 11th November is the date and the David Lloyd Club at Port Solent is the venue for this annual Stubbie event.

It always provides great food, socialising and dancing together with the opportunity to recognise some great achievements by our members over the past year. The event is one of our most popular so please book early to avoid disappointment.

There will be a Buffet meal followed by the presentation of Awards and then the dancing can begin. We have kept the cost down this year to £15 per head and payment can be made through PayPal. Please go to the website where you will find details and the booking form.

Looking forward to seeing you all at what is a great evening.



CAPTAINS CORNER

Autumn is here, the leaves have started to drop and it is getting dark earlier in the evenings, this is my favourite time of year to run.

September has been a busy month for us as a club. We had a fantastic turn out at the Stubby summer BBQ, thanks to everyone who got involved in making it happen, and to those who came and brought friends and family.

The previous day's event was swiftly followed by the first HRRL run of the season at Overton. Several PBs were achieved on what was a very damp five mile run, well done to everyone who took part, we had 24 individuals on the day.

The second HRRL in September was the Solent Half where we had 7 runners take part, this was a low turnout for us Stubbies. These races fill up fast so don't forget to sign up to the future HRRL events, if you complete seven races the club will reward you with a special t-shirt at the end of the season. We had 8 members receive these from last season. The next two races are Gosport half on the 19 November and Hayling 10 on 26 November.

The first of the CC6 series started at Fleming Park, where we had 21 runners, 13 ladies and 8 men. What a result both a first for the ladies Beccy Lord and first for Mike Gregory bring it in for the men. Ladies are currently in first place and men in third, now that is how to start a season, well done to everyone, let's see if we can keep it up. Next month is our turn to host the CC6 at Whiteley 1 October, which will have already taken place by the time you read this.

We had quite few other events where everyone has done so well, New Forest half marathon PBs, Bad Cow half 1st lady to Gill Rose. We had Laura Wainwright and Will Feline take on the epic Ring of Steall and not forgetting at the end of August Phil Hobby and Neil Stantiall competed in the 57k OCC & 100k CCC UTMB respectively the weather wasn't kind to either of you so a massive well done.

Some of you took on the Hursley 10k, well done to Penny Forse for 1st V65 and the Farleigh

Wallop sounds very muddy, well done to Sally McGrath for being 5th lady and 2nd Vet. We also had people take on the Great North race, Winchester half and a special mention to Ann Blake on completing an Ironman and Steve Cumes and Jem Raeburn on completing a half Ironman.

This month was the last of the Summer Time Trial where Lisa Donn and Martyn Banner were the biggest improvers on the night, Martyn with a massive 4 minutes and 20 seconds from his previous time.

I can't forget the impressive turn out we had for our parkrun takeover on Saturday 23 September, thanks to all the volunteers for making this one to remember.

Next month is the start of the Southern Cross Country 8 October at Pamber Forest and the Hampshire Cross Country League on the 14 October at Kings Park, Bournemouth.

Don't forget it's the 6.05 Special on Friday 13 October, a social run up the old Wickham Railway line with 5k and 10k options both starting at 7.00pm.

Also book your tickets for the Stubby Awards evening at David Lloyd Port Solent on 11 November, see our website for more information.

Good luck to those doing the Great South on the 22 October.

Finally I want to say congratulations to Eunice Hoare who married Mark Eaton on 16 September.



Andy Stockwell



Marie McDonald

RING OF STEALL 29km

A beautiful race in the Scottish Highlands over a classic hill-walking route. Amazingly, the weather was perfect, and the views were amazing - mountains as far as the eye could see in every direction. The race route was very tough but enjoyable with massive climbs and descents and some fun scrambling along narrow ridges - nothing very scary though. Watching the world's best in the following day's Glencoe Skyline was the icing on the cake.

Will Feline 129th 5:45:33

Laura Wainwright 283rd 7:03:12

Brecon Beacons Fell Race 30.6km

A long, tough race over the highest mountains in South Wales. Dodgy weather and the need to navigate the unmarked route meant Laura and I (Will) ran it together as a training run - which made a nice change. Apologies to Chris and Wendy Hall who waited in vain and the cold at the top of Pen y Fan for us! Congrats to Hugh Aggleton who won running for his fell running club, the brilliantly named Mynyddwyr de Cymru.

Hugh Aggleton 1st 2:55:16

Will Feline 44th 4:37:05

Laura Wainwright 45th 4:37:08

GREAT NORTH RUN

87	Christopher Brobin	01:16:56
1608	Scott Shaw	01:34:50
16238	John Simister	02:06:26
19038	Simon Gibbon	02:10:54
20603	Martin Read	02:13:39

Windsor Half Marathon

602	Darren Tanner	01:47:45
3077	Grace Tyrrell	02:24:01

Overton 5

8	Rob Greenwood	28:03
9	Andy Simpson	28:12
44	Daniel Foster	30:32
46	Andrew Stockwell	30:34
101	Graham Martin	32:56
104	Mark McDonald	33:00
111	Darren Tanner	33:15
112	David Thorpe	33:20
130	Richard Chowns	33:57
132	Scott Shaw	34:02
146	James Lewington	34:38
203	Sally Mcgrath	36:35
206	Hilary Misselbrook	36:40
256	Chris Stapleford	38:40
262	Paul Coverdale	38:55
309	Marie McDonald	41:08
314	Adam Jeffery	41:25
319	Sara Mcritchie	41:37
322	George Howarth	41:47
336	Jamie Stockwell	42:42
354	Katherine Chowns	43:41
370	Katherine Chamberlain	45:02
391	Pam Kemp	46:38
406	Sarah Barron	48:03

SOLENT HALF MARATHON

81	Graham Martin	01:33:27
125	James Lee	01:39:30
149	Richard Chowns	01:41:50
150	Gareth Charles	01:41:51
311	Chris Stapleford	01:59:01
321	Sara Mcritchie	02:00:25
388	Katherine Chamberlain	02:15:36

VENTNOR FELL RACE

7.5 miles Steep Hills great off road course with spectacular Downs and sea views
 Nick Crane 83rd 1.15.57, 158 runners, M60 6th, this year the only Stubbington Green Runner.
nick crane

The Farnham Pilgrim Marathon

2	Pere Capdevila	02:58:22
3	Hugh Aggleton	03:00:11

Bad Cow Half Marathon

10	Gill	Rose	01:47:47	1st Lady
13	Richard	Snell	01:48:05	
62	Gaynor	Heffer	02:17:34	
63	Karen	Salmon	02:17:34	
65	John	Cox	02:17:35	

HURSLEY 10K

4	Rob	Greenwood	00:38:48
91	Penny	Forse	00:51:34
178	Richard	Jacks	00:56:36
297	Lynsey	Adamson	01:03:06

WINCHESTER HALF MARATHON

29	Andrew STOCKWELL	01:30:06
264	Greig BENSON	01:47:01
488	Richard BAILEY	01:56:38
594	Lara EVANS	01:59:21
679	Phil HOBBY	02:02:23
790	Amanda KNIGHT	02:07:34
1048	Lindsay PRATT	02:22:04

CC6 Fleming Park Race 1

1	Beccy Lord
4	Kelley Haniver
8	Nikki Roebuck
27	Frances Lord
36	Sadie Bedford
43	Julie Ashman
50	Shelley Thomas
56	Kathy Chamberlain
66	Rosie Coghlan
68	Claire Mead
69	Donna Caswell
79	Janice Allen
80	Natalie Flack

1	Mike Gregory
3	Andy Simpson
17	Mike White
39	Ray Gunner
56	Mark McDonald
72	Haydn Brown
90	Paul Coverdale
126	Kevin Ashman

UTBM 101km

895	Neil Stantial	22:19:10
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UTBM 56km

850	Phil Hobby	10:44:37
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NEW FOREST MARATHON

351	David Langrish	04:14:58
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NEW FOREST HALF MARATHON

53	Gareth Charles	01:28:04
141	Vicky Shaw	01:35:54
699	Aga Plombon	01:56:12
750	Sara Mcritchie	01:55:37
785	Jemma Raeburn	01:58:43
1166	Louise Tanner	02:08:56
1167	Darren Tanner	02:08:56
1194	Andy Richardson	02:11:31
1334	Sarah Northcott	02:11:29
1335	Kelly Bennetts	02:11:29
1350	Lynsey Adamson	02:15:09
1499	Sarah Gregory	02:20:33
1506	Samantha Stockwell	02:21:19
1729	Helen Benson	02:35:33
1730	Kathy Chamberlain	02:35:38
1731	Claire Johnson	02:35:38
1782	Pam Kemp	02:40:24

NEW FOREST 10k

312	Katie Rant	00:56:45
737	Sue Moore	01:06:08
738	Lindsay Pratt	01:06:08
912	Susan Bonnar	01:10:03

HAMPSHIRE ROAD RELAYS

VETERAN MEN OVER 50

3rd	STUBBINGTON GREEN RUNNERS	56:58:00
	Ray Gunner	18:37
	Mark Eaton	19:37
	Graham Bell	18:44

SENIOR WOMEN

3rd	STUBBINGTON GREEN RUNNERS	56:50:00
	Kelley Haniver	18:08
	Lucy May	20:46
	Beccy Lord	17:56

GOSPORT 5KM

1	Lewis Banner	00:16:52
2	Rob Greenwood	00:17:10
3	Andy Simpson	00:17:17
16	Simon Hearndon	00:19:42
18	Graham Martin	00:20:05
25	Nikki Roebuck	00:21:05
28	Gina Chantry	00:21:21
35	Andrew Miles	00:21:51
45	Hilary Misselbrook	00:22:50
60	Elizabeth Miles	00:25:20
61	Dawn Haynes-Sewell	00:25:27
69	Sara Mcritchie	00:26:08
71	Kerryanne Sawyer	00:26:09

TRAINING SESSIONS

Day	Date	Meet	Time	Leader/ Coach	Location	Effort	Recovery
Mon	02/10/2017	Solent Hotel	6:30pm		Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tue	03/10/2017	Car park opposite Titchfield Mill	7pm		Titchfield Hill (towards Fareham)	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thu	05/10/2017	Crofton Community Centre	7pm		Anker Lane	30 min of 1km loops	350m jog
Mon	09/10/2017	Solent Hotel	06:30		Whiteley	1 mile loops, (3 to 5 reps or about 40min)	3 min
Tue	10/10/2017	HOLLY HILL LEISURE CENTRE	7pm	Mike White	Holly Hill	Winter TIME TRIAL (1st)	N/A
Thu	12/10/2017	Locks Heath Sports Ground	7pm		Coach Hill	20/25min of hills	jog down
Mon	16/10/2017	Solent Hotel	6:30pm		Whiteley	Leafy Lane loops (steady for 25min)	n/a
Tue	17/10/2017	Locks Heath Sports Ground	7pm		Schooner Way	1ml repetitions (3 to 5 or ~40min)	2min
Thu	19/10/2017	Crofton Community Centre	7pm		Hill Head	30 min of 600m near Osborne View	200m
Mon	23/10/2017	Solent Hotel	6:30pm		Whiteley	Long hills plus sprint to notice board (25min)	jog back down
Tue	24/10/2017	Locks Heath Sports Ground	7pm	Mike White	Red Path	Speed play (Fartlek) session using lamp posts	3 min each end
Thu	26/10/2017	Locks Heath Sports Ground	7pm	Mike Bell	Crescent Road	Paarlauf loops (x6)	alternate loops
Mon	30/10/2017	Solent Hotel	6:30pm		Whiteley	25min pyramid of short hills	recover on down hills
Tue	31/10/2017	Locks Heath Sports Ground	7pm		St John's Road	Long and short hills (high vis mandatory, halloween costumes allowed)	alternate loops
Thu	02/11/2017	Crofton Community Centre	7pm		Lee Seafront	2x10min effort (out and back) + 5min effort (out and back) blow whistle at half way point on efforts	2min
Mon	06/11/2017	Solent Hotel	6:30pm		Whiteley	1 mile loops, (3 to 5 reps or about 40min)	3 min
Tue	07/11/2017	Locks Heath Sports Ground	7pm		Sovereign Crescent	2x4x800, (or ~40min)	Jog back to start
Thu	09/11/2017	Locks Heath Sports Ground	7pm		Titchfield	Figure of 8 (modified route through Garsons road).	Effort on hills



Basingstoke Tomas STINSON	02-Sep 00:24:44		Lee-on-the-Solent Lewis BANNER Andrew STOCKWELL Susie MACGREGOR Simon HEARNDEN Jon PLOMER Richard JACKS Richard MACKAY Matthew EVANS Richard EDMUNDS Chris STAPLEFORD Michael WELLAND Simon VINGOE Tim MATTHEWS Lara EVANS Will FELINE Daniel FOSTER Cathy WEBB Jamie STOCKWELL Gaynor HEFFER Sara MCRITCHIE Gareth CHARLES Alison BYATT Rebecca WHITE James LEE Sarah BARRON Susan BONNAR Janet SHAW Cliff SHAW Linda KOPINSKA Jenny HEARNDEN Catherine CHAMBERLAIN	02-Sep 00:17:07 00:18:50 00:19:13 00:19:52 00:19:58 00:20:04 00:20:11 00:21:14 00:21:49 00:22:43 00:23:28 00:23:29 00:23:30 00:23:32 00:23:39 00:24:03 00:24:29 00:24:45 00:25:46 00:25:47 00:26:20 00:26:30 00:26:57 00:28:07 00:29:48 00:32:11 00:33:47 00:33:49 00:33:49 00:34:21 00:35:13		Chichester Jonathan HARRINGTON	09-Sep 00:28:55	
Ipswich Lucy TAYLOR	02-Sep 00:37:04					Lee-on-the-Solent Will FELINE David Matthew CASTLE James LEE Simon HEARNDEN Richard MACKAY Tom CALLAWAY Matthew EVANS Michael WELLAND Tim MATTHEWS Russell MEAD Cathy WEBB Richard BURNS Alison HESSELBERTH Neil JARVIS George HOWARTH Zoe DENNIS Claire MEAD Martyn BANNER Jules DINWOODIE Linda KOPINSKA Cliff SHAW Janet SHAW Sarah JONES Sara MCRITCHIE Jenny HEARNDEN	09-Sep 00:18:17 00:19:43 00:19:56 00:20:03 00:20:30 00:21:08 00:21:31 00:23:25 00:23:46 00:25:11 00:25:24 00:25:28 00:26:21 00:26:23 00:28:07 00:28:32 00:29:58 00:30:04 00:30:39 00:33:31 00:33:53 00:34:17 00:34:33 00:34:33 00:35:12	
Trelissick Frances Louise LORD	02-Sep 00:25:05							
Southsea Graham MARTIN Ray GUNNER	02-Sep 00:19:27 00:19:29	PB						
Whiteley Robert CRANSTONE Nikki ROEBUCK Anna WILBY-LOPEZ Julie ASHMAN Greig BENSON Sarah NORTHCOTT William GILL Kevin ASHMAN Martin DE WIED Julia WEBB Pamela KEMP Shona MCGRATH Nick CLARKE Kelly BENNETTS Daniel ELLIOTT	02-Sep 00:19:48 00:20:57 00:22:12 00:23:34 00:23:35 00:26:40 00:27:15 00:27:17 00:27:26 00:27:27 00:28:02 00:29:24 00:33:35 00:33:40 00:34:39							
Braunstone Chris HALL	02-Sep 00:21:09		Newcastle Rebecca WHITE	09-Sep 00:27:02		Havant William GILL	16-Sep 00:30:18	
Moors Valley San CLARK	02-Sep 00:27:40		Havant Ray GUNNER	09-Sep 00:20:12		Whiteley Lewis BANNER Andy SIMPSON Andrew STOCKWELL Susie MACGREGOR Nikki ROEBUCK Matt EMERY Anna WILBY-LOPEZ Jon LEIGH Martyn POORE Jamie STOCKWELL Helen BENSON Greig BENSON Beverly STICKLAND Pamela KEMP Kevin ASHMAN Julie Elizabeth RYMAN Toby EVANS Natalie SUMMER-ANDERSON Martin DE WIED Kay SADLER	16-Sep 00:16:55 00:17:19 00:19:03 00:19:27 00:20:35 00:21:17 00:21:43 00:23:20 00:23:35 00:24:14 00:27:19 00:27:19 00:27:21 00:27:25 00:28:20 00:29:07 00:29:22 00:29:32 00:29:37 00:33:13	
Eastleigh Haydn BROWN Keith WHITAKER Toby EVANS	02-Sep 00:21:18 00:27:50 00:32:32		Whiteley Susie MACGREGOR Matt EMERY Gareth CHARLES Richard CHOWNS Simon ELLIS Martin DE WIED William GILL Charlotte MAISEY Richard JACKS Julia WEBB	09-Sep 00:19:59 00:21:03 00:22:15 00:22:29 00:24:10 00:26:21 00:27:15 00:28:44 00:30:03 00:55:19				
Netley Abbey Jules DINWOODIE	02-Sep 00:32:00		Eastleigh Haydn BROWN	09-Sep 00:21:36				
Queen Elizabeth James LEWINGTON	02-Sep 00:23:05		Upton House David LANGRISH	09-Sep 00:24:31				
Weymouth Lucinda LE GASSICK	02-Sep 00:21:37	PB	Winchester Gordon WESTLEY	09-Sep 00:25:43		Eastleigh Haydn BROWN	16-Sep 00:21:30	
Jersey Robert SPENCER	02-Sep 00:30:51		Hoblingwell Robert SPENCER	09-Sep 00:31:09		Gunnersbury Cliff SHAW	16-Sep 00:30:02	
Fareham Marcus LEE David LANGRISH Daniel HORSCROFT Andy LEE Paul SOUTHON Natalie SUMMER-ANDERSON Tom MELLOR David MACSWAYNE Wendy SMITH Andrew SMITH	02-Sep 00:21:25 00:23:45 00:24:26 00:24:45 00:26:21 00:30:32 00:31:53 00:37:44 00:39:22 00:44:59		Netley Abbey Peter KAY Frances Louise LORD Chris STAPLEFORD	09-Sep 00:22:39 00:23:35 00:23:57		Bracknell Robert SPENCER	16-Sep 00:32:42	
Alice Holt Andrew STOCKWELL Jamie STOCKWELL Samantha STOCKWELL	09-Sep 00:23:57 00:24:54 00:33:28		Stewart, Middlesbrough Daniel O'BOYLE	09-Sep 00:20:54		Upton House Keith WHITAKER	16-Sep 00:28:22	
Yeovil Montacute Keith WHITAKER	09-Sep 00:28:22		Didcot Toby EVANS	09-Sep 00:29:41		Winchester Gordon WESTLEY	16-Sep 00:24:42	
			Fareham Daniel HORSCROFT John SALT Paul SOUTHON Andrew SMITH	09-Sep 00:24:52 00:25:08 00:26:24 00:40:04		Netley Abbey Rebecca Margaret LORD Charlotte LORD Frances Louise LORD Stephen WALLBRIDGE	16-Sep 00:18:46 00:20:12 00:23:13 00:30:06	



Well done to all those who ran the Overton 5 mile and the Solent Half Marathon.

Tables below are our scores for the Ladies and Men's teams

Overton 5 mile:

Ladies Names	Team	Team Score
Sally McGrath	A	141
Hilary Misselbrook		
Marie McDonald		
Sara McRitchie	B	273
Katherine Chowns		
Kathy Chamberlain		

Also, well done to Pam Kemp and Sarah Barron

Mens Names	Team	Team Score
Rob Greenwood	A	88
Andy Simpson		
Dan Foster		
Andy Stockwell		
Graham Martin	B	347
Darren Tanner		
David Thorpe		
Richard Chowns	C	491
Scott Shaw		
James Lewington		
Chris Stapleford		
Paul Coverdale		

Also, well done to Adam Jeffery, George Howarth and Jamie Stockwell.

Solent Half Marathon:

No ladies team as we only had two ladies running: Sara McRitchie and Kathy Chamberlain

Mens Names	Team	Team Score
Graham Martin	A	399
James Lee		
Richard Chowns		
Gareth Charles		

Also, well done to Chris Stapleford.

Details below of the League Summary:

Ladies A Division 1		
Position	Club	Score
1	Winchester	5
2	Hedge End	5
3	Lordshill	6
4	Denmead	8
5	So'ton AC	12
6	Pompey J	13
7	Totton	15

Men's A Division 1		
Position	Club	Score
1	Overton	2
2	Lordshill	6
3	Winchester	8
4	Denmead	9
5	Hedge End	9
6	Stubbington	12
7	Fareham	14



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

8	Farnham	15
9	Stubbington	15
10	Eastleigh	19

8	Pompey J	15
9	Eastleigh	15
10	Sot'on AC	22

Ladies B Division 1		
Position	Club	Score
1	Winchester B	4
2	Denmead	6
3	Hedge End B	7
4	Gosport	10
5	Winchester C	10
6	Hedge End C	12
7	Lordshill B	17
8	Farnham B	17
9	Pompey J	17
10	Stubbington B	22

Men's B Division 1		
Position	Club	Score
1	Lordshill B	5
2	Hedge End B	5
3	Winchester B	8
4	Denmead B	10
5	Salisbury	10
6	Hedge End C	13
7	Lordshill C	14
8	Pompey J B	15
9	Lordshill D	20
10	Stubbington B	21

Ladies B Division 2		
Position	Club	Score
1	Overton	6
2	Totton	7
3	New Forest	17
4	Hardley	18
5	Alton	19
6	Ryde	20
7	Salisbury	20
8	Stubbington C	22
9	Victory C	23
10	Spitfires	33

Men's B Division 2		
Position	Club	Score
1	Overton	2
2	Farnham B	4
3	Totton	7
4	Denmead C	13
5	IOW RR	14
6	Victory	14
7	Farnham C	15
8	Alton	17
9	Stubbington C	22
10	Gosport	23

Races details for the remaining series are:

Please remember if you enter our 10k, to let me the details of your marshal cover.

Races	Dates
Gosport Half	8 th November
Hayling 10 mile	26 th November
Victory 5 mile	3 rd December
Stubbington 10k	14 th January
Ryde 10 mile	4 th February
Eastleigh 10K	18 th March
Salisbury 10 mile	8 th April
Alton 10 mile	13 th May
Netley 10k	20 th May
Lordshill 10k	24 th May

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