

The
Green ***Runner***

NOVEMBER 2017



FROM THE CHAIR

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and various other elements these races bring.

Saturdays see the Hants, Southern and National races so look out for adverts for these from Beccy Lord and Andy Stockwell. Sundays see the CC6 and Southern cross country series – Sadie Bedford is our contact for the former and Chris Hall for the latter.

We had a great turnout of Stubbies at the Great South Run again this year and it was good to see many great performances on the day.

We also had over 30 for the night time 6.05 special but a bit disappointed that very few attended from the other local clubs we invited – but thanks to everyone who ran or helped put this event on.

The awards evening is all ready for the 11th and we have over 80 people booked to attend this popular event so looking forward to another great evening.

The Stubbington 10k has sold out already – by a record early date. We have over 80 Stubbies running – just over half of whom have provided help/marshal names to Sara McRitchie so please respond to her requests for help. We really do need all the help we can get to make this annual event a continued success so please continue to offer your services.

Happy Running

Kevin
Chairman



6.05 SPECIAL 5K	
James Lewington	17.55
Mike Bell	21.50
Gill Rose	23.34
Richard Snell	23.38
Daisy McClements	24.02
Russell Mead	28.32
Carl Schafer	28.36
George Howarth	28.55
Sarah Jones	29.43
Julia Webb	30.42
Sarah Barron	32.04
Nicola Thomas	33.00

6.05 SPECIAL 10K	
Andy Stockwell	41.07
Steve Cumes	41.49
Chris Hall	42.44
Andrew McEwen	42.45
Tom McClements	43.49
Andy Donn	44.09
Mark Brooks	45.03
Graham James	46.23
Nick Kimber	47.11
Paul Smith	47.20
Jon Leigh	47.21
Frances Lord	48.00
Samuel Brooks	49.48
Chris Stapleford	50.38
Neil Masson	53.48
Kathryn Chamberlain	59.06
Maddy Panter	59.06

CAPTAINS CORNER

Mud, mud glorious mud; what's not to like. I love this time of year when it starts to get a bit interesting running off road. There has been plenty on offer this month and even more next month with some good quality road races mixed in. Lots happening this last month including the Bournemouth Festival, Clarendon Marathon (&half) with Vicky Shaw claiming a fantastic 2nd place, Chester Marathon, Pieces of Eight and the RNLI 10K.

Plenty of other events took place, from the Denmead 10k, Isle of Wight Marathon and Studland Stampede. Well done to Rich Chowns for running a PB and Gareth Charles running his first marathon at Abingdon, both times separated by 1 second (how bromantic). Michael Gregory also finishing 4th in an amazing 2.35. Well done to Tracey Terry who ran the Toronto Marathon and to Mark and Marie McDonald who completed the Chicago Marathon.

We also had the next in the CC6 series, where we had an army of Stubbies volunteering and some running. The next CC6 takes place at Dibden Inclosure, on the 5th November so for anyone wanting an informal XC event please give it a go. The distance is between 4 and 5 miles, just turn up on the day, along with your club shirt, and run. It starts at 9.30. The following CC6 is at Janesmoor Pond on the 10 December.

The first Hampshire Cross County at Kings Park, Bournemouth took place on the 14th October with sadly only 5 adults (stubbie kids running earlier in the day). Hopefully we'll get a better attendance at the next event will take place at on Saturday 11th November at QE Country Park. Free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. Also for your diary is race 3 on 2 Dec at Popham Airfield, Basingstoke.

The Southern Cross County event kicked off at Pamber Forest 8th October with 11 of us enjoying a great course with even better hotdogs afterwards washed down with some lovely cake. The next race is on Sunday 12th November at QE Country Park. Each race is about 5 miles, and is intended as an introduction to cross country racing so faster runners are excluded, that means men who can run faster the 5.30 min/mile and women 6 min/mile shouldn't be racing.

Massive well done to Jon Leigh who took on an epic challenge to complete 3 marathons in 3 days along the Cornwall Coastline, starting at Padstow and

finishing in Lands End, as part of the VOTOW Atlantic Coast Challenge.

We had fantastic results for everyone who took part in the Great South 10 mile run on the 22nd October, lots of PBs with 77 of us running and getting battered by Storm Brian. Great support around the course by friends and family which made the occasion even better. Well done everyone.

The first Winter Time Trial of the season got underway on the 10th Oct with Andy Simpson and Beccy Lord both posting course records. Next TT is on 12th Dec.

Our 6.05 special took place at Wickham Railway line on the 13th October, where we had 29 turn out with a few runners from Fareham joining in choosing between the 5k or 10k. Special thanks to everyone who helped put it together before and on the night; these events don't happen by themselves.

The next 2 HRRL races for November are Gosport Half 19th, for those not running it's a great one to support as it is on our doorstep, and Hayling 10m on 26th November; if you're interested and they're not already booked when you read this do it soon. There is also the Victory 5 mile on the 3 Dec which is a great local race.

Don't forget 11th December is our Awards Night at David Lloyd at Port Solent, a great venue with the opportunity to celebrate some fantastic achievements over the last year, enjoy nice food, socialise with great people and the chance to show off your dance moves. Don't forget XC at QECP the morning after for those wanting to extinguish the hangover the proper way.

Also please make sure you contact Sara McRitchie to volunteer for our own Stubbington 10k 14th January. If you are planning on running don't forget you need to offer up a volunteer in your place.

Another date for the diary is the Mulled Wine Handicap on the 23th December, preferably in festive fancy dress. Starting and finishing at Molins, Hook Park Road, Warsash. Start anytime and finish as close to 11am as possible.



Andy Stockwell



Marie McDonald



Christmas Handicap

December 23rd

Start and Finish at the corner of Cowes Lane and Hook Park Road. Reccie Advisable

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Entry is FREE and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at nick@hookpark.co.uk or text 07977 411452.

Rules are simple , you may take the route instructions but NO watch or Gps. Closest finisher to 11am wins .

Prizes For both Male and Female finisher and Fancy Dress winners

The Route:

The Start and finish is from the corner of Hookpark Road, Cowes Lane and Workman's Lane (not Sign Posted!).

Start by running along Workman's Lane through a gate and continue right until you reach the sea. Turn right and head along the coastal path all the way to the Rising Sun Pub at Warsash keeping the sea on your left.

Once pass the Pub go diagonally across the Large Car Park and green (not the Car park opposite pub) coming out at the corner of Crofton Way/ Thornton Ave. Keep left to Thornton Ave until you reach Brook Lane, now turn left and cross the road (Busy Road watch out for Traffic).

Turn Right at Greenaway Lane and continue until you reach a right turn (sign posted Vero).

Take that unmade road until you reach Warsash Road. At Warsash Road turn right and cross the Road (busy) and then Left into Dibles Road. Run along Dibles road until you reach a gate on your right into Warsash Common. Take the left fork and follow the path until you come to a T-junction. Go across in to the Common and run anti clockwise around it. After about 800 meters take the right fork and through a metal gate. (if you don't take the right fork you will run around in circles!).

Just after the gate turn right and cross another wide metal gate and then take the first right though a Green metal kissing gate. Follow the path through the woods until you come out on Fleet End Road.

Now turn right and then take the Second footpath on the right (5 meters after the first).

At the end of the footpath turn right into Hook Park Rd. After about 400 meters take the footpath on your left (small gap in hedge). Follow this path keeping the fence on your left, cross a stile and keep to left hand side around the field. At the end of the path cross another stile and turn right back up Workman's Lane to the finish.

Mulled wine and mince pies awaits you.

SOUTHERN CROSS COUNTRY

33 Mike White	3 Kelley Haniver
36 Mark Jones	31 Daisy McClements
39 Andy Stockwell	68 Julie Ashman
121 Steve Fidler	99 Sara McRachie
149 Paul Coverdale	132 Kathy Chamberlain
211 Kevin Ashman	

NEW FOREST STINGER

3	DAN FOSTER	38.12
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Toronto Marathon

2863	Tracey Terrey	04:47:40
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VOTWO Atlantic Coast Challenge 78.6 miles

47	Melanie	Jewett	18:19:04
74	Jon	Leigh	19:24:26

STUDLAND STAMPEDE

157	Alethea Adair-Stantiall	01:06:14
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DUBLIN MARATHON

12458	Gemma Christie	04:47:56
12459	Louise Tanner	04:47:56

ABINGDON MARATHON

4	Mike Gregory	02:35:29
25	Chris Brobin	02:46:59
148	Gareth Charles	03:07:30
149	Richard Chowns	03:07:31

HAMPSHIRE CROSS COUNTRY LEAGUE

53	Lewis Banner	34.39
228	Gordon Westley	46.55
9	Rebecca Lord	22.31
27	Kelley Haniver	24.07
89	Penny Forse	28.36
72	Cameron Sewell	10.51
75	Finley Sewell	14.22

THE STICKLER

1	AGGLETON, Hugh	01:07:13
28	WHITE, Mike	01:15:54
62	HALL, Chris	01:21:36
70	SHAW, Victoria	01:22:51
206	CRANE, Nick	01:34:49
273	RICHARDSON, Neil	01:39:38

EXMOOR MARATHON

43	Julie Ashman	06:20:05
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CHESTER MARATHON

2197	Sarah Barron	04:53:19
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BEACHY HEAD MARATHON

5	Pere	Capdevila	03:09:17
1537	Sara	Mcritchie	06:08:07
1538	Lisa	Donn	06:08:06

CHICAGO MARATHON

2678	Mark	McDonald	03:19:33
18720	Marie	McDonald	04:30:00

PORTSMOUTH RNLI

60	Hilary Misselbrook	00:46:06
67	Victoria Joel	00:46:48
73	Neil Richardson	00:47:06
106	Jenna Lloyd	00:50:04
298	Robert Spencer	01:04:39

CLARENDON MARATHON

12	WES JONES	03:25:59
16	MIKE WHITE	03:29:51
44	VICTORIA SHAW	03:54:28
83	ANDREW STOCKWELL	04:13:40
315	RACHEL LEACH	05:42:08

PIECES OF EIGHT (8miles)

153	Greig Benson	01:12:20
154	Helen Benson	01:12:20
158	Rachel Follett	01:12:39
166	Charlotte Maisey	01:13:11
198	Rosie Coghlan	01:15:57
246	Lindsay Pratt	01:19:36
308	Susan Bonnar	01:25:12
383	Neil Allen	01:34:21

DENMEAD 10K

30	Daniel Elliott	42.01
102	Sara McRitchie	54.47
107	Sarah Gardiner	55.38
131	Katherine Chamberlain	58.40
148	Lynsey Adamson	60.50
170	Robert Spencer	64.04
171	Donne Caswell	64.09

CLARENDON HALF MARATHON

56	NICK CRANE	01:53:59
207	JAMIE STOCKWELL	02:23:19
267	PAMP KEMP	02:36:09
268	ELIZABETH MILES	02:37:09
269	ANDREW MILES	02:37:08

GREAT SOUTH RUN

237	Andrew Stockwell	01:04:30
374	Mark McDonald	01:07:03
424	Graham Martin	01:07:36
552	Steve Cumes	01:09:03
569	James Lee	01:09:16
596	David Thorpe	01:09:28
613	Matt Emery	01:09:43
703	Matthew Evans	01:10:33
929	Nikki Roebuck	01:12:26
1001	Scott Andrew Shaw	01:12:53
1071	Jack Tuckwell	01:13:18
1164	Tina Chantrey	01:13:52
1520	Steve Fidler	01:15:54
1591	Anna Wilby-Lopez	01:16:12
1627	Lee Adair-Stantiall	01:16:21
1709	Greig Benson	01:16:45
2283	Lara Evans	01:19:05
2869	George Rennie	01:21:21
3087	Russell Mead	01:22:04
3213	Sadie Bedford	01:22:33
3374	Jenna Lloyd	01:23:10
3564	Andrew Miles	01:23:53
3658	Simon Vingoe	01:24:12
3947	Robin Peal	01:25:10
4111	Richard Burns	01:25:38
4227	John Cox	01:25:58
4346	Dawn Haynes-Sewell	01:26:23
4389	Tom Mellor	01:26:30
4409	Daniel Hughes	01:26:33
4431	Sara Mcritchie	01:26:37
4452	Lisa Donn	01:26:40
4491	Sarah Gardiner	01:26:46
4549	Elizabeth Miles	01:26:58
4643	Aga Plombon	01:27:19
4721	Heather Hudson	01:27:35
4835	Cliff Shaw	01:27:56

5311	Adam Jeffery	01:29:17
5367	Katherine Chamberlain	01:29:25
5370	Simon Ellis	01:29:25
5864	Kerry Sawyer	01:30:56
5970	Jennifer Lee	01:31:19
6189	Michael Wootton	01:31:59
6719	Josie Roe	01:33:32
6841	Martin Read	01:33:55
7024	Jemma Raeburn	01:34:25
7412	Helen Benson	01:35:36
7688	Laura Devine	01:36:21
8250	Louisa Page	01:37:54
8292	Aimee Rampton	01:38:01
8594	Simone Shepherd	01:38:54
8608	Claire Peal	01:38:55
8617	Jonathan Harrington	01:38:56
9041	Sarah Barron	01:40:08
9133	Sue Moore	01:40:25
9135	Lindsay Pratt	01:40:26
9311	Lynsey Adamson	01:41:01
9609	Janet Shaw	01:41:57
9911	Zoe Dennis	01:42:55
9984	Gemma Christie	01:43:08
9985	Louise Tanner	01:43:08
10631	Hannah Paine	01:45:16
10650	Greg Rowe	01:45:19
10753	Natasha Hinton	01:45:40
11151	Pam Kemp	01:47:02
11156	Julie Ryman	01:47:03
11300	Claire Mead	01:47:35
11393	Marie Mcdonald	01:47:54
11686	Cathy Webb	01:49:01
12524	Susan Bonnar	01:52:14
13101	Toby Evans	01:54:49
13574	Sandie McIntosh	01:57:03
13577	Amanda Knight	01:57:04
13592	Michelle Simpson	01:57:07
13711	Neil Allen	01:57:51
13713	Janice Allen	01:57:51
14321	Nick Clarke	02:01:39
15839	Jo Lewis	02:24:06

TRAINING SESSIONS

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
Mon	13/11/2017	Solent Hotel	06:30		Whiteley	Leafy Lane loops	n/a
Tue	14/11/2017	Locks Heath Sports Ground	7pm		Woodpecker Close	Kenyan hills 4x6min	2min
Thu	16/11/2017	Crofton Community Centre	7pm	Mike Bell	Lee sea front	Lee triangles (4 loops)	n/a
Mon	20/11/2017	Solent Hotel	06:30		Whiteley	3x(30,50,70,50,30s) hills	Jog down hills
Tue	21/11/2017	Locks Heath Sports Ground	7pm	Mike White	Red path	3x1.5ml (or 1ml option) with catch up on 2nd and 3rd reps	Jog/walk along Warsash rd
Thu	23/11/2017	Locks Heath Sports Ground	7pm		Titchfield	Short hilly loop (25min)	n/a
Mon	27/11/2017	Solent Hotel	6:30pm		Whiteley	Long hills plus sprint to notice board (25min)	jog back down
Tue	28/11/2017	Locks Heath Sports Ground	7pm	Mike White	Titchfield Hill	Figure of 8 (modified route through Garsons road).	Effort on hills
Thu	30/11/2017	Crofton Community Centre	7pm		Anker Lane	30 min of 1km loops	350m jog
Mon	04/12/2017	Solent Hotel	06:30	Penny	Whiteley	3x(3x30sec up hill hard jog back down +1min RI)	3 to 5min (depending on weather)
Tue	05/12/2017	Locks Heath Sports Ground	7pm		Schooner Way	1ml repetitions (3 to 5 or ~40min) - Option to meet at start @ 7:10	2min
Thu	07/12/2017	Locks Heath Sports Ground	7pm		Coach Hill Titchfield	20/25min of hills	jog down



Bushy	07 Oct		Lee-on-the-Solent	07 Oct	Eastleigh	14 Oct	
Lewis BANNER	00:16:50	PB	Andrew STOCKWELL	00:19:26	Haydn BROWN	00:21:22	
Southampton	07 Oct		James LEE	00:19:47	Netley Abbey	14 Oct	
Graham MARTIN	00:19:45		Richard MACKAY	00:20:30	Charlotte LORD	00:20:03	PB
Stuart HALL	00:21:05		Jon PLOMER	00:20:47	Frances Louise LORD	00:23:31	
Ipswich	07 Oct		Mark John EATON	00:21:08	Russell MEAD	00:25:04	
Lucy TAYLOR	00:32:36		Matthew EVANS	00:21:49	Liam DREDGE	00:26:26	
Oxford	07 Oct		Tim SULLIVAN	00:22:03	Jules DINWOODIE	00:30:46	
Nikki ROEBUCK	00:27:30		Lucinda LE GASSICK	00:22:07	Queen Elizabeth	14 Oct	
Southsea	07 Oct		Lara EVANS	00:22:56	James LEWINGTON	00:36:15	
Daniel ELLIOTT	00:20:25		Andy LEE	00:23:36	Weymouth	14 Oct	
Whiteley	07 Oct		Cathy WEBB	00:24:06	Robert CRANSTONE	00:19:52	
Robert CRANSTONE	00:20:11		Sally WATFORD	00:24:39	Sarah CRANSTONE	00:22:46	
Hollie SMITH	00:21:54	PB	Richard BURNS	00:24:55	Watergrove, Rochdale	14 Oct	
Harry REARDON	00:22:35	PB	Jamie STOCKWELL	00:25:30	Andy SIMPSON	00:19:20	
Penny FORSE	00:22:40		Dawn HAYNES-SEWELL	00:25:39	Chichester	14 Oct	
Sarah CRANSTONE	00:23:07		Libby EVANS	00:26:08	Jonathan HARRINGTON	00:27:58	
Neil JARVIS	00:24:41		Rebecca WHITE	00:26:46	Hove Promenade	14 Oct	
Kate RANT	00:24:54		Rob WILLIAMS	00:28:05	Rebecca WHITE	00:25:34	
Russell MEAD	00:25:40		Ann BLAKE	00:29:42	Andy WHITE	00:25:47	
Carl SCHAFER	00:26:38	PB	Claire PEAL	00:33:07	Lee-on-the-Solent	14 Oct	
Simon GIBBON	00:27:24		Cliff SHAW	00:33:08	Rob GREENWOOD	00:17:44	
Martin READ	00:27:39		Linda KOPINSKA	00:33:11	David Matthew CASTLE	00:19:17	
Kevin ASHMAN	00:27:55		Claire JOHNSON	00:33:23	Graham MARTIN	00:19:33	
Julie Elizabeth RYMAN	00:29:43		Samantha STOCKWELL	00:33:25	Richard MACKAY	00:19:43	PB
Pamela KEMP	00:29:43		Bryn CLARK	00:34:03	James LEE	00:19:52	
Kay SADLER	00:30:37	PB	Jenny HEARN DEN	00:34:56	Tom CALLAWAY	00:20:42	
Greig BENSON	00:32:17		Dylan CLARK	00:35:25	Lucinda LE GASSICK	00:21:22	
Helen BENSON	00:32:18		Louise TANNER	00:35:35	Michael WELLAND	00:22:10	
Eastleigh	07 Oct		Janet SHAW	00:37:02	Matthew EVANS	00:22:23	
Haydn BROWN	00:21:33		Portsmouth Lakeside	07 Oct	Andy LEE	00:22:49	
Newbury	07 Oct		Kevin SAUNDERS	00:31:19	Lara EVANS	00:23:04	
Tomas STINSON	00:22:29	PB	Fareham	07 Oct	Tim MATTHEWS	00:23:05	
Winchester	07 Oct		Michael WELLAND	00:22:41	Neil JARVIS	00:24:04	PB
Gordon WESTLEY	00:27:54		Natalie SUMMER-ANDERSON	00:29:37	Cathy WEBB	00:25:18	
Netley Abbey	07 Oct		Tom MELLOR	00:32:11	Julia WEBB	00:27:42	
Rebecca Margaret LORD	00:18:12		John SALT	00:39:44	Sarah JONES	00:28:07	
Gareth CHARLES	00:21:35		Whiteley	14 Oct	Sara MCRITCHIE	00:28:07	
Frances Louise LORD	00:23:07		Russ COLEMAN	00:18:57	Alison BYATT	00:28:08	
Robert SPENCER	00:30:00		Mark MCDONALD	00:20:40	Rob WILLIAMS	00:28:16	
Chichester	07 Oct		Matt EMERY	00:20:59	Janet SHAW	00:28:58	
Jonathan HARRINGTON	00:28:25		Greig BENSON	00:22:11	Sarah BARRON	00:29:34	
			Gavin RENNIE	00:23:54	Cliff SHAW	00:30:00	
			Marie MCDONALD	00:25:57	Susan BONNAR	00:31:18	
			Del GRANGER	00:26:36	Jenny HEARN DEN	00:34:07	
			Kelly BENNETTS	00:27:03	Louise TANNER	00:35:13	
			Sarah NORTHCOTT	00:27:05	Kerryanne SAWYER	00:50:14	
			Pamela KEMP	00:27:57	Portsmouth Lakeside	14 Oct	
			Hannah PAINE	00:28:06	Andrew STOCKWELL	00:19:28	
			Martin READ	00:28:23	Jamie STOCKWELL	00:24:18	
			William GILL	00:28:39	Southampton	14 Oct	
			Kevin ASHMAN	00:29:03	Aga PLOMBON	00:25:04	
			Martin DE WIED	00:29:09			
			Natalie SUMMER-ANDERSON	00:29:23			
			Martyn BANNER	00:29:43			
			Julie Elizabeth RYMAN	00:30:30			
			Helen BENSON	00:31:51			

