

The

# Green *Runner*

FEBRUARY 2018





# AGM

## Stubbington Green Runners AGM Call Notice 2018

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 20th February at 8pm at the Crofton Pub, Crofton Lane, Stubbington where we will have the meeting followed by refreshments. As we have a number of vacancies to fill on the Committee we are giving the membership the maximum possible time for nominations and ask that these are back with the Secretary (secretary@stubbingtongreenrunners.net) by Friday 16th February; nominations should simply be position, name and name of proposer.

If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

All of the Committee positions will need nominations but please note that the Ladies Captain, Secretary and one General Committee are not standing for re-election.

I am sure that in a club of nearly 400 members we will have enough nominations to ensure a smooth transition of the Committee into the new year so don't be shy in going for Committee roles that will allow you support the growth and progress the Club has made in the last few years.

To help people decide which positions they would like to be nominated for please find below a short description of each role.

Chairman – Chair club meetings and be the overall focal point for club matters  
Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.

Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.

Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.

Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.  
Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders  
General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

### Non Committee Roles

Green Runner Editor – Produce monthly newsletter

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 16th February.

Kind Regards Sue Robinson Secretary – Stubbington Green Runners

# FROM THE CHAIR

Sunday January 14<sup>th</sup> saw another awesome 10k race put on by Stubbington Green Runners. Thanks to everybody who ran, helped in some way or marshalled along the course – the amount of positive feedback we got following the race was testament to the hard work that the club members put into making it such a success. We have already had some good feedback that will enable us to make 2019 even better but feel free to let me have any additional feedback you might have.

You should have all seen the calling notice for the AGM which is scheduled for Tuesday February 20<sup>th</sup> at the Crofton Pub, and I look forward to seeing as many of you there as possible for the meeting as we need over 50 people for the meeting to be quorate. The meeting will be followed by refreshments, with the opportunity to socialise with other members of the club. As you will have seen we are looking for new committee members and we have some interest in the positions but

we still need nominations especially for Secretary so please don't be shy in coming forward for these positions and email [Secretary@Stubbingtongreenrunners.net](mailto:Secretary@Stubbingtongreenrunners.net) with your nominations.

I would just like to thank all the committee members for their contribution and support over the past year especially those who are not standing for re-election to their current positions, namely Marie McDonald, Sue Robinson, Mike White and Simon Hearnden.

I hope everybody continues to enjoy their running, whether they are going for PBs, training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running

Kevin



## HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

Senior and Veteran Men		
72	Russ Coleman	48.59
96	Mike White	51.05
100	Andrew Stockwell	51.40
138	Steve Cumes	55.07
157	Graham James	57.35
165	Peter Kay	59.16
169	Gordon Westley	59.41
170	Nick Crane	60.12
174	David Langrish	61.40
176	Matt Evans	62.08
177	Steve Fidler	62.25

Senior and Veteran Women		
15	Rebecca Lord	35.44
23	Nikki Roebuck	36.58
52	Lucy May	41.16
54	Lara Evans	42.04
57	Tina Chantrey	42.12
96	Dawn Haynes-Sewell	51.58
97	Sara McRitchie	52.18
104	Samantha Stockwell	54.58

Under 13 Girls		
30	Libby Evans	15:21

Under 13 Boys		
21	Harry Roebuck	13:38
38	Ryan Simpson	14:12

Under 11 Boys		
87	Cameron Sewell	11:41
88	Finley Sewell	15:23

## CAPTAINS CORNER

2018 certainly has started with a busy month of club running events, 6 in total and that doesn't include any other events that members have taken part in. There have been some fantastic results and many happy faces achieving their personal goals. This is the last time I am writing the Captains Report as I will be stepping down at the AGM which is taking place on Tuesday 28 February at the Crofton Pub from 8pm, look forward to seeing you there. Do come along the AGM is for you our members and it is not just about who is on the committee but a reflection on how we've all done over the last year.

January is a special month in our annual calendar as it's when we host our Stubbington 10k HRRL event and as ever as members you did not disappoint. There is a lot that goes into the planning prior to the event with lots of involvement from people, thank you to all those that helped be that as a helper or marshal on the day. Special thanks must go to the Race Director Kevin Ashman and Sara McRitchie chief marshal coordinator, and the strong group supporting behind them, without you guys the event wouldn't be the success it is.

What results we had on the day, Rob Greenwood smashed it 7<sup>th</sup> overall, and 6<sup>th</sup> senior male and a PB too, swiftly followed by Rob Arkell (9<sup>th</sup>) and Michael Gregory (11<sup>th</sup>). Jen Elkins who runs for Southampton Athletic club and also Stubbington was first lady with a new course record of 34.50, followed by Beccy Lord who was 2<sup>nd</sup> lady. Fantastic results. However not to forget all the other stubbies who took part and achieved PBs, you were all brilliant and I know for some it was your first Stubby 10k. Final mention goes to Russell Coleman and Nichola Roebuck (PB) who were awarded the Dennis Woodward Trophy as first male and female vet within the club. The two shields were presented to the club by Pat Woodward in memory of her husband

The cross country season has definitely peaked this month, with 5 events. We started with the Hampshire Cross Country Championships, where Nichola Roebuck came 3<sup>rd</sup> WV40 and Beccy Lord secured herself a place to run for Hampshire. The following day it was the CC6 race 5 at Badger Farm and considering she ran the day before Beccy Lord took ladies 1<sup>st</sup> place, Laura Wainwright 3<sup>rd</sup> and Nichola Roebuck 5<sup>th</sup>. Race 6 for CC6 also took place at Kings Garn on a very wet and muddy day, again Beccy took first place and has secured herself overall ladies winner with 2 races to go. Currently the

ladies are in 4 place and the men in 6 place. It goes without saying although we have fantastic winning results these events are about everyone who takes part and gets stuck in representing the club, well done, especially to Sadie Bedford who is our CC6 rep and organises you all. Next race is 18 February at Dennywood.

A week after our 10k we needed volunteers to marshal at the Southern Cross Country that took place at Manor Farm and also clashed with the above CC6, thank you everyone who volunteered especially in the very wet conditions and to those that braved the mud run too. Special thanks to Chris Hall for organising. The next race is at Polecat Valley on the 25 February.

There was a Hampshire Cross Country League event that took place at Prospect Park in Reading where we sadly only had 3 runners take part. Well done. The next race is on the 10 February at Aldershot.

Couple of other mentions to Jon Leigh who completed the Dubai marathon, Tina Chantrey who completed the Doha half marathon, Kelly Haniver who took 8<sup>th</sup> place (3<sup>rd</sup> vet) and Vicky Shaw 10<sup>th</sup> at the Army Championships. Kelly also made her county team, well done.

Southern XC Championships is due to take place on the 27 January so we will get an update for the next captains corner. On the 24 February the English Championships will take place.

The next HRRL is at Ryde on 4 February, these races are starting to fill up fast so if you are thinking about entering I would do so fast as Salisbury for example is already full.

This month saw our first special Club coached session delivered by Peter Haynes, hope everyone enjoyed it, there are a further 2 more sessions over the next 2 months.

It's been a pleasure being ladies Captain, thanks to everyone for your support over the last 2 years. Happy running everyone.



Andy Stockwell



Marie McDonald

## CC6 WINCHESTER

1	Beccy Lord	18	Will Feline
3	Laura Wainwright	24	Daniel Foster
5	Nikki Roebuck	32	Chris Sandy
14	Lara Evans	37	Jon Warner
21	Gill Rose	62	Andy Donn
23	Frances Lord	84	Matt Evans
32	Sadie Bedford	88	Richard Snell
34	Lisa Donn	98	Tim Matthews
63	Sara Mcritchie	100	David Langrish
70	Shelley Thomas	110	Nick Crane
71	Louise Tanner	142	Cliff Shaw
73	Gemma Christie	160	Rob Williams
88	Julia Webb		
91	Janet Shaw		

## ROMSEY 5

5	Rob Greenwood	26.58
78	Jon Plomer	33.04
117	Lucinda Le Gassick	35.11
164	Paul Coverdale	37.17
234	Russell Mead	39.37
324	Aga Plomben	42.02
401	Charlotte Maisey	43.52
548	Katherine Holmes	48.49
550	Jules Dinwoodie	48.51
588	Rachel Donnachie	50.07
647	Nicola Thomas	51.36
717	Nikkie Plomer	53.54

## DUBAI MARATHON

229	Jon Leigh	03:32:20
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## DUBAI 10K

682	Rita Leigh	01:03:59
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## CC6 KINGS GARN

1	Beccy Lord
30	Sadie Bedford
31	Lisa Donn
47	Becca White
58	Pam Kemp

11	Mike White
17	Daniel Foster
30	Jon Warner
51	Andy Donn
62	Peter Kay
119	Rob Williams
120	Andy White

## SOUTHERN CROSS COUNTRY CHAMPIONSHIPS

516	Steve Cumes
534	Andrew Stockwell
698	Gordon Westley
35	Beccy Lord
167	Lucy May
183	Lara Evans
229	Penny Forse
305	Dawn Venessa Haynes-Sewell

## HAMPSHIRE CROSS COUNTRY LEAGUE READING

162	Gordon Westley	47.21
68	Penny Forse	25.36
49	Ryan Simpson	12:36

## DOHA HALF MARATHON

Tina Chantrey	01:43:18
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# STUBBINGTON GREEN 10k

47	Rebecca	Lord	00:36:21
179	Nikki	Roebuck	00:39:41
292	Lucy	May	00:42:23
335	Lucinda	Le Gassick	00:43:21
421	Anna	Wilby-Lopez	00:44:40
428	Lara	Evans	00:44:39
747	Katie	Rant	00:50:39
772	Alison	Hesselberth	00:51:06
809	Mandy	Burton	00:52:27
811	Amy	Fox	00:50:14
812	Emily	Handley	00:51:55
837	Gemma	Christie	00:52:11
859	Louise	Tanner	00:52:45
884	Dawn	Haynes-Sewell	00:53:34
897	Beverly	Stickland	00:53:28
906	Cathy	Webb	00:52:41
922	Katherine	Chowns	00:53:43
923	goska	Chetwynd	00:54:04
953	Charlotte	Maisey	00:53:42
982	Katherine	Chamberlain	00:55:06
1023	Zoe	Dennis	00:55:33
1064	Tessa	Kimber	00:56:17
1163	Claire	Peal	00:58:26
1215	Sarah	Barron	00:59:54
1218	Sandra	Abrams	00:59:38
1258	Lindsay	Pratt	00:59:53
1268	Janet	Shaw	00:59:59
1328	Grace	Tyrrell	01:01:29
1403	Zoe	Harlow	01:03:26
1429	Sally	Martin	01:03:37
1470	Kate	Vaughan	01:05:14
1487	Donne	Caswell	01:06:03
1504	Susan	Bonnar	01:07:49
1597	Erica	Maggs	01:13:58

7	Rob	Greenwood	00:33:43
9	Rob	Arkell	00:33:50
11	michael	gregory	00:33:56
27	Hugh	Aggleton	00:35:27
55	Russell	Coleman	00:36:34
103	mike	white	00:37:57
107	andrew	stockwell	00:38:00
117	James	Lee	00:38:18
124	Daniel	Foster	00:38:34
149	Gareth	Charles	00:39:05
156	Richard	Chowns	00:39:12
165	Graham	Martin	00:39:28
206	Darren	Tanner	00:40:31
220	Christopher	Hall	00:40:42
225	David	Thorpe	00:40:56
227	David	Jennings	00:41:04
258	steve	cumes	00:41:42
267	Richard	Mackay	00:41:29
279	Jon	Leigh	00:42:02
284	Marcus	Lee	00:42:06
286	Matthew	Evans	00:42:03
307	Thomas	McClements	00:42:35
336	Philip	Webb	00:43:01
338	SIMON	BACON	00:43:05
404	nick	crane	00:44:33
430	Richard	Jacks	00:44:49
451	Steve	Fidler	00:44:47
510	Robert	Egerton	00:47:28
521	Tim	Matthews	00:47:10
562	David	Abrams	00:47:46
599	Ashley	Lovell	00:48:48
609	Chris	Stapleford	00:48:43
627	Neil	Read	00:47:53
656	GEORGE	RENNIE	00:49:22
667	Sean	Martin	00:49:16
733	Robin	Peal	00:50:18
855	George	Howarth	00:52:41
971	Carl	Schafer	00:54:50
1167	Michael	Wootton	00:56:53
1271	Cliff	Shaw	01:00:01
1427	Robert	Spencer	01:03:01
1460	Phil	Clark	01:05:52
1472	Gary	Pratt	01:05:29
1581	Neil	Allen	01:12:48
1586	Greg	Rowe	01:13:32

# TRAINING SESSIONS

Mon	05/02/2018	Solent Hotel	06:30	Penny Forse	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	2.5min
Tue	06/02/2018	Car park opposite Titchfield Mill	7pm		Titchfield Hill (towards Fareham)	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thu	08/02/2018	Locks Heath Sports Ground	7pm		Titchfield	Short hilly loop, (Garson's road and West Street)	on down hills
Mon	12/02/2018	Solent Hotel	06:30	Penny Forse	Whiteley	25 mins - Long hill; Sprint to end	Jog back to cul-de-sac; jog to bottom
Tue	13/02/2018	HOLLY HILL LEISURE CENTRE	7pm	Mike White	Holly Hill	Winter TIME TRIAL (3rd)	N/A
Thu	15/02/2018	Crofton Community Centre	6:30pm		Lee	England Athletics CLUB RUN Session with Peter Haynes	
Mon	19/02/2018	Solent Hotel	06:30	Penny Forse	Whiteley	3 sets of 30s / 50s / 70s / 50s / 30s hills	Jog back down
Tue	20/02/2018	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	22/02/2018	Locks Heath Sports Ground	7pm	Mike Bell	Crescent Road	Paarlaufs	Various
Mon	26/02/2018	Solent Hotel	06:30	Mike White	Whiteley	Hill Sprints 3 sets of 3 x 30s	Jog down + 60s; 2 min between sets
Tue	27/02/2018	Locks Heath Sports Ground	7pm	Penny Forse	Woodpecker Close	Kenyan hills 4x6min	2min
Thu	01/03/2018	Crofton Community Centre	7pm		Hill Head	30 min of 600m near Osborne View	200m
Mon	05/03/2018	Solent Hotel	06:30	Penny Forse	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tue	06/03/2018	Locks Heath Sports Ground	7pm		Sovereign Crescent	1ml repetitions (3 to 5 or ~40min)	2min
Thu	08/03/2018	Crofton Community Centre	6:30pm		Lee	England Athletics CLUB RUN Session with Peter Haynes	





<b>Lee-on-the-Solent</b>	<b>1 January</b>
David Matthew CASTLE	00:19:30
Jonathan WARNER	00:19:49
Richard MACKAY	00:20:14
Andrew STOCKWELL	00:20:32
Jon PLOMER	00:20:56
Matt EMERY	00:21:37
Jon LEIGH	00:22:06
Mark MCDONALD	00:22:55
Richard EDMUNDS	00:22:56
Robert HINKLEY	00:22:57
Jamie EARLEY	00:23:04
Harry ROEBUCK	00:23:27
Mick WELLAND	00:23:55
Ashley LOVELL	00:24:09
Marie MCDONALD	00:24:55
Emily-Jane HANDLEY	00:26:19
Haydn BROWN	00:27:11
John SIMISTER	00:27:30
Rob WILLIAMS	00:28:14
Carl SCHAFFER	00:28:15
Nikki ROEBUCK	00:28:26
Julie ASHMAN	00:28:54
Sarah BARRON	00:29:31
Louise TANNER	00:29:34
Kathy CHAMBERLAIN	00:29:34
Simon GIBBON	00:29:35
Keith WHITAKER	00:30:26
Julia WEBB	00:30:32
William GILL	00:30:40
Kevin ASHMAN	00:31:28
Sarah NORTHCOTT	00:31:48
Kelly BENNETTS	00:31:49
Liz WEIGHELL	00:32:46
Claire JOHNSON	00:34:15
Samantha STOCKWELL	00:34:15
Sue SIMISTER	00:35:33
Jenny HEARNDEN	00:35:55
Michelle SIMPSON	00:36:11
Nikkie Katrina PLOMER	00:36:16
David MACSWAYNE	00:36:40
<b>Havant</b>	<b>1 January</b>
Russ COLEMAN	00:19:58
James LEE	00:29:22
<b>Southampton</b>	<b>1 January</b>
Daniel FOSTER	00:18:38
Gareth CHARLES	00:19:48

<b>Luton Wardown</b>	<b>1 January</b>
Robert SPENCER	00:31:23
<b>Plymvalley</b>	<b>1 January</b>
Claire PEAL	00:33:25
<b>Houghton Hall</b>	<b>1 January</b>
Robert SPENCER	00:31:11
<b>Queen Elizabeth</b>	<b>1 January</b>
James LEE	00:21:32
<b>Blickling</b>	<b>1 January</b>
Andy LEE	00:23:54
<b>Fareham</b>	<b>1 January</b>
Andrew STOCKWELL	00:20:08
Matt EMERY	00:21:29
Jon PLOMER	00:21:32
Jon LEIGH	00:21:44
Ray GUNNER	00:21:59
Matthew EVANS	00:23:20
Jamie EARLEY	00:23:45
Mick WELLAND	00:23:55
Cliff SHAW	00:27:31
Carl SCHAFFER	00:27:39
Jonathan HARRINGTON	00:29:25
Simon GIBBON	00:31:31
Kathy CHAMBERLAIN	00:31:33
Janet SHAW	00:31:51
Keith WHITAKER	00:32:50
Julia WEBB	00:33:03
Toby EVANS	00:33:07
Tom MELLOR	00:33:24
Michelle SIMPSON	00:34:45
David MACSWAYNE	00:36:53
Nikkie Katrina PLOMER	00:38:09
<b>Netley Abbey</b>	<b>1 January</b>
Rebecca Margaret LORD	00:18:59
Nikki ROEBUCK	00:21:28
Harry ROEBUCK	00:22:43
Stuart HALL	00:23:35
Frances Louise LORD	00:23:45
Charlotte MAISEY	00:29:34
<b>Southampton</b>	<b>6 January</b>
Carl SCHAFFER	00:27:59
<b>Upton House</b>	<b>6 January</b>
Gareth CHARLES	00:20:49
Kate RANT	00:25:46
<b>Didcot</b>	<b>6 January</b>
Toby EVANS	00:32:15

<b>Ipswich</b>	<b>6 January</b>
Lucy TAYLOR	00:30:30
<b>York</b>	<b>6 January</b>
David Matthew CASTLE	00:18:44
<b>Havant</b>	<b>6 January</b>
James LEE	00:19:27
Andy LEE	00:24:56
<b>Whiteley</b>	<b>6 January</b>
Jonathan WARNER	00:19:49
David JENNINGS	00:20:48
Marcus LEE	00:21:25
Mark MCDONALD	00:21:45
Richard JACKS	00:22:24
Simon ELLIS	00:24:12
Simon VINGOE	00:24:35
Marie MCDONALD	00:25:59
Helen BENSON	00:26:20
Beverly STICKLAND	00:27:06
Nikki ROEBUCK	00:27:34
Martin DE WIED	00:27:50
Pamela KEMP	00:28:33
Julia WEBB	00:29:12
Charlotte MAISEY	00:29:13
Katherine CHOWNS	00:29:14
Keith WHITAKER	00:29:22
Greig BENSON	00:33:12
Kay SADLER	00:40:41
<b>Moors Valley</b>	<b>6 January</b>
San CLARK	00:28:30
<b>Newbury</b>	<b>6 January</b>
Tomas STINSON	00:22:12
Seamus STINSON	00:26:44
<b>Portsmouth Lakeside</b>	<b>6 January</b>
Kevin SAUNDERS	00:25:59
<b>Netley Abbey</b>	<b>6 January</b>
Frances Louise LORD	00:23:07
Haydn BROWN	00:26:09
Claire JOHNSON	00:37:26
<b>Fareham</b>	<b>6 January</b>
Andy DONN	00:20:40
Jonathan HARRINGTON	00:28:30
Robert SPENCER	00:30:47
Tom MELLOR	00:32:14
Paul SOUTHON	00:42:14





<b>Lee-on-the-Solent</b>	<b>6 January</b>
Rob GREENWOOD	00:16:48
Rob ARKELL	00:17:05
Darren TANNER	00:19:19 PB
Graham MARTIN	00:19:26
Richard MACKAY	00:19:56
Richard EDMUNDS	00:22:14
Mick WELLAND	00:23:06
Chris STAPLEFORD	00:23:16
Gaynor HEFFER	00:23:46 PB
Richard BAILEY	00:24:11
John COX	00:24:12
Cathy WEBB	00:25:04
Neil JARVIS	00:25:38
Paul HAMMOND	00:25:50
Alison HESSELBERTH	00:26:16
Alison BYATT	00:26:21
Victoria Kate JOEL	00:26:23
Kerryanne SAWYER	00:26:26
Andy WHITE	00:26:45
Janet SHAW	00:29:55
Cliff SHAW	00:29:56
Vicky WILLIAMS	00:30:32
Katherine HOLMES	00:30:57 PB
Sandie MCINTOSH	00:30:57
Sue ROBINSON	00:31:14
Claire MEAD	00:31:29
Rachel DONNACHIE	00:31:34
Jane BUTLER	00:32:03
Robin PEAL	00:33:23
Louisa PAGE	00:35:51
Sue FLEWITT	00:36:15
Diane WILSON	00:36:42 PB
Amanda KNIGHT	00:37:26
Kevin ASHMAN	00:43:44
Julie ASHMAN	00:44:58
<b>Torrens</b>	<b>6 January</b>
Martyn BANNER	00:30:16
<b>Albert, Melbourne</b>	<b>13 January</b>
Martyn BANNER	00:28:48
<b>Havant</b>	<b>13 January</b>
Simon VINGOE	00:24:49
Toby EVANS	00:31:41

<b>Whiteley</b>	<b>13 January</b>
Gareth CHARLES	00:21:50
Stephen WILLIAMS	00:21:52
Neil RICHARDSON	00:23:32
Jamie EARLEY	00:25:13
Charlotte MAISEY	00:28:55
Pamela KEMP	00:29:29
Kim ACHURCH	00:30:50
Kay SADLER	00:31:47
Greig BENSON	00:33:39
<b>Eastleigh</b>	<b>13 January</b>
Haydn BROWN	00:27:29
Keith WHITAKER	00:29:56
<b>Medina I.O.W.</b>	<b>13 January</b>
Peter KAY	00:21:40 PB
Annette OVENS	00:29:17
<b>Lee-on-the-Solent</b>	<b>13 January</b>
Jon PLOMER	00:19:40
Andrew STOCKWELL	00:21:16
Michael LOVELL	00:23:17
Richard BAILEY	00:23:18
Mick WELLAND	00:23:46
Tim MATTHEWS	00:23:50
Richard BURNS	00:24:47
Neil JARVIS	00:24:52
Victoria Kate JOEL	00:24:54
William GILL	00:29:44
Vicky WILLIAMS	00:30:02 PB
Nikkie Katrina PLOMER	00:32:24 PB
Karen SALMON	00:34:23
<b>Bicester</b>	<b>13 January</b>
Rita LEIGH	00:29:51 PB
Jon LEIGH	00:29:52
<b>Southsea</b>	<b>20 January</b>
Emma DAWSON	00:30:41
<b>Portsmouth Lakeside</b>	<b>13 January</b>
Kevin SAUNDERS	00:27:09
<b>Fareham</b>	<b>13 January</b>
Robert SPENCER	00:34:30
Paul SOUTHON	00:37:14

<b>Colney Lane</b>	<b>13 January</b>
Andy LEE	00:27:23
<b>Netley Abbey</b>	<b>13 January</b>
Russell MEAD	00:25:45
Stephen WALLBRIDGE	00:28:35
Jules DINWOODIE	00:30:14
<b>Riverside</b>	<b>13 January</b>
David LANGRISH	00:21:55
<b>Chichester</b>	<b>13 January</b>
Jonathan HARRINGTON	00:29:14
<b>Whiteley</b>	<b>20 January</b>
Russ COLEMAN	00:18:35 PB
Jonathan WARNER	00:19:27
Hollie SMITH	00:21:36 PB
Harry ROEBUCK	00:22:36
Marcus LEE	00:22:37
Greig BENSON	00:22:40
Gavin RENNIE	00:23:35
Amy FOX	00:24:37
Jon LEIGH	00:25:05
Martyn POORE	00:25:21
Chris MCGAW	00:27:34
Kelly BENNETTS	00:28:19
Sarah NORTHCOTT	00:28:22
William GILL	00:28:50
Keith WHITAKER	00:29:13
Charlotte MAISEY	00:29:15
Katherine CHOWNS	00:29:19
Martin DE WIED	00:31:00
Liz JAMES	00:31:29
Hannah SMITH	00:40:17
<b>Torbay Velopark</b>	<b>20 January</b>
Carl SCHAFFER	00:27:05 PB
<b>Chichester</b>	<b>20 January</b>
Eileen DUFF	00:27:52
<b>Netley Abbey</b>	<b>20 January</b>
Daniel FOSTER	00:20:02
Gareth CHARLES	00:20:25
Rebecca Margaret LORD	00:21:44
Kate RANT	00:24:37 PB
Haydn BROWN	00:26:20
Stephen WALLBRIDGE	00:28:28



<b>Winchester</b>	<b>20 January</b>
Gordon WESTLEY	00:28:25
<b>Lee-on-the-Solent</b>	<b>20 January</b>
Lewis BANNER	00:16:35
Rob GREENWOOD	00:16:38 PB
James LEE	00:18:41
Graham MARTIN	00:19:29
Richard MACKAY	00:19:53
Dave THORPE	00:20:01
Jon PLOMER	00:21:26
Jamie EARLEY	00:21:51 PB
Andy LEE	00:22:27
Chris STAPLEFORD	00:22:48
Tim MATTHEWS	00:22:53
Mick WELLAND	00:22:58
Richard JACKS	00:24:32
Neil JARVIS	00:24:37
Victoria Kate JOEL	00:24:45
Simon GIBBON	00:25:03
Louise TANNER	00:25:45
John COX	00:25:46
Adam JEFFERY	00:27:59
John SIMISTER	00:29:16
Richard WEEKS	00:29:27
Nikkie Katrina PLOMER	00:30:25 PB
Gaynor HEFFER	00:30:26
Michelle SIMPSON	00:30:33
Karen SALMON	00:30:34
Vicky WILLIAMS	00:30:39
Sarah BARRON	00:32:54
Kim ACHURCH	00:33:03
Sue SIMISTER	00:34:37
Susan BONNAR	00:35:49
Andy WHITE	00:36:10
<b>Fareham</b>	<b>20 January</b>
David JENNINGS	00:20:32
Andy DONN	00:20:37
Robert SPENCER	00:29:30
Liz WEIGHELL	00:34:11
Paul SOUTHON	00:35:17
<b>Bairnsdale</b>	<b>20 January</b>
Martyn BANNER	00:29:01
<b>Portsmouth Lakeside</b>	<b>20 January</b>
Toby EVANS	00:30:11

<b>Basingstoke</b>	<b>27 January</b>
Robert SPENCER	00:30:05
<b>Sunderland</b>	<b>27 January</b>
David LANGRISH	00:22:47
<b>Southampton</b>	<b>27 January</b>
Daniel FOSTER	00:19:06
<b>Ipswich</b>	<b>27 January</b>
Lucy TAYLOR	00:28:50
<b>Havant</b>	<b>27 January</b>
James LEE	00:19:06 PB
<b>Whiteley</b>	<b>27 January</b>
Nikki ROEBUCK	00:20:08
Harry ROEBUCK	00:21:05
Marcus LEE	00:21:06
Neil RICHARDSON	00:23:16
Simon ELLIS	00:23:24
Frances Louise LORD	00:23:32
Martyn POORE	00:23:49
Amy FOX	00:24:04 PB
Jamie EARLEY	00:24:49
Chris MCGAW	00:26:50
Sev ROBERTS	00:28:13
Pamela KEMP	00:28:25
Zoe DENNIS	00:28:58
Keith WHITAKER	00:29:29
William GILL	00:29:31
Liz JAMES	00:31:02
Kay SADLER	00:31:30
Greig BENSON	00:32:12
Charlotte MAISEY	00:32:48
Martin DE WIED	00:32:51
<b>Netley Abbey</b>	<b>27 January</b>
Chris DAVIDSON	00:23:51
Stephen WALLBRIDGE	00:27:22
Toby EVANS	00:28:21
Jules DINWOODIE	00:29:48
Lucy Katherine WINDOW	00:31:47
Phil CLARK	00:32:03
<b>Glossop</b>	<b>27 January</b>
Rebecca WHITE	00:27:17
<b>Portsmouth Lakeside</b>	<b>27 January</b>
Alison BYATT	00:26:45
<b>Upton House</b>	<b>27 January</b>
Haydn BROWN	00:26:08
<b>Medina I.O.W.</b>	<b>27 January</b>
Simon VINGOE	00:24:02

<b>Blackhill</b>	<b>27 January</b>
Simon GIBBON	00:27:13
<b>Alice Holt</b>	<b>27 January</b>
Samantha STOCKWELL	00:34:47
Claire JOHNSON	00:35:44
<b>Homewood</b>	<b>27 January</b>
Lewis BANNER	00:18:00
<b>Brockenhurst</b>	<b>27 January</b>
Carl SCHAFER	00:28:12
<b>Lee-on-the-Solent</b>	<b>27 January</b>
Rob ARKELL	00:17:15
David Matthew CASTLE	00:19:04
Russ COLEMAN	00:19:16
Graham MARTIN	00:19:43
Mike WHITE	00:19:51
Richard MACKAY	00:20:12
Matthew EVANS	00:20:28
Steve FIDLER	00:21:51
Tim MATTHEWS	00:22:34
Amie MORGAN	00:23:07
Tom CALLAWAY	00:23:09
Richard BAILEY	00:23:11
Mick WELLAND	00:23:13
Kate RANT	00:24:07
Ashley LOVELL	00:24:16
Neil JARVIS	00:24:31
Richard BURNS	00:24:31
Michael LOVELL	00:25:23
George HOWARTH	00:26:00
Rob WILLIAMS	00:27:14 PB
Jonathan HARRINGTON	00:27:31
Andy WHITE	00:27:43
Karen SALMON	00:28:19
Julia WEBB	00:28:33
Carolyn BICKERSTAFFE	00:31:10
Olivia TITMUSS	00:31:57 PB
Kevin ASHMAN	00:33:17
Julie ASHMAN	00:33:26
Louise TANNER	00:34:20
Jenny HEARNDEN	00:34:34
Susan BONNAR	00:35:01
Sue FLEWITT	00:35:41
<b>Fareham</b>	<b>27 January</b>
Laura WAINWRIGHT	00:21:01 PB
Lisa DONN	00:24:18
Chris HALL	00:24:52
Wendy HALL	00:29:59
Tom MELLOR	00:32:24
Paul SOUTHON	00:34:02
David MACSWAYNE	00:37:06



Well done to all those who ran Stubbington 10k.

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

Stubbington 10K

Ladies Names	Team	Team Score
Beccy Lord	A	48
Nikki Roebuck		
Lucy May		
Anna Wilby-Lopez	B	145
Lara Evans		
Kate Rant		
Alison Hesselberth	C	428
Mandy Burton		
Amy Fox		
Emily Handley	D	469
Gemma Christie		
Louise Tanner		

Also, well done to Dawn Haynes-Sewell, Beverly Stickland, Cathy Webb, Kat Chowns, Goska Chetwynd, Charley Maisey, Kathy Chamberlain, Zoe Dennis, Tessa Kimber, Claire Peal, Sarah Barron, Sandra Abrams, Lindsay Pratt, Janet Shaw, Grace Tyrell, Zoe Harlow, Sally Martin, Kate Vaughan, Done Caswell, Susan Bonnar, Erica Maggs, Claire Waldron.

Mens Names	Team	Team Score
Rob Greenwood	A	47
Rob Arkell		
Mike Gregory		
Hugh Aggleton		
Russ Coleman	B	300
Mike White		
Andy Stockwell		
James Lee		
Dan Foster	C	475
Gareth Charles		
Rich Chowns		
Graham Martin		
Darren Tanner	D	678
Chris Hall		
David Thorpe		
David Jennings		

Also, well done to Steve Cumes, Richard Mackay, Jon Leigh, Marcus Lee, Matt Evans, Thomas McClements Philip Webb, Simon Bacon, Nick Crane, Richard Jacks, Steve Fidler, Robert Egerton, Tim Matthews, David Abrams, Ashley Lovell, Chris Stapleford, Neil Read, George Rennie, Sean Martin, Robin Peal, George Howarth, Carl Schafer, Michael Wooton, Cliff Shaw, Rob Spencer, Phil Clark, Gary Pratt, Neil Allen, Greg Rowe





Details below of the League Summary:

<b>Ladies A Division 1</b>		
Position	Club	Score
1	Winchester	18
2	Hedge End	18
3	So'ton AC	19
4	Lordshill	26
5	Stubbington	33
6	Denmead	35
7	Pompey J	35
8	Farnham	41
9	Totton	51
10	Eastleigh	58

<b>Men's A Division 1</b>		
Position	Club	Score
1	Overton	16
2	Lordshill	19
3	Winchester	22
4	Stubbington	29
5	Denmead	34
6	Hedge End	35
7	So'ton AC	35
8	Fareham	41
9	Eastleigh	50
10	Pompey J	51

<b>Ladies B Division 1</b>		
Position	Club	Score
1	Hedge End B	19
2	Denmead	22
3	Winchester B	25
4	Winchester C	42
5	Stubbington B	44
6	Lordshill B	46
7	Fareham	46
8	Gosport	50
9	Pompey J	51
10	Hedge End C	52

<b>Men's B Division 1</b>		
Position	Club	Score
1	Lordshill B	18
2	Winchester B	25
3	Denmead B	27
4	Hedge End B	27
5	Salisbury	43
6	Stubbington B	46
7	Lordshill C	46
8	So'ton AC	51
9	Pompey J B	55
10	Winchester C	55

<b>Ladies B Division 2</b>		
Position	Club	Score
1	Salisbury	29
2	Totton	33
3	Stubbington C	35
4	Overton	38
5	Stubbington D	52
6	Ryde	53
7	Alton	58
8	Victory C	58
9	Hardley	63
10	Farnham C	72

<b>Men's B Division 2</b>		
Position	Club	Score
1	Farnham B	19
2	Denmead C	25
3	Overton	29
4	IOW RR	34
5	Stubbington C	39
6	Totton	39
7	Victory	46
8	Stubbington D	60
9	Gosport	62
10	Farnham C	62



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

Races details for the remaining series are:

Races	Dates
Ryde 10 mile – Open	4 <sup>th</sup> February
Eastleigh 10K – Open	18 <sup>th</sup> March
Salisbury 10 mile – Open	8 <sup>th</sup> April
Alton 10 mile	13 <sup>th</sup> May
Netley 10k	20 <sup>th</sup> May
Lordshill 10k	24 <sup>th</sup> May

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