

The

Green*Runner*

JUNE 2017



FROM THE CHAIR

June promises to be a very busy month as we have 2 RR10s, Lakeside and Gosport 5k to keep us occupied in the lightest evenings of the year.

Don't forget that its our RR10 on the 13th July and Neil will be looking for help to run our Whiteley RR10 where we will be able to again show that SGR marshals are the best in the business!.

I would like to wish all 3 of our teams representing Stubbington in the South Downs Way relay on the 3th June the very best and hopefully will see some of you as you pass through our marshal point at Harting Hill.

On the money raising front we had a very successful Macmillan mile where the members raised £125 which the club matched, meaning Macmillan have benefited to the tune of £250 – thanks to everybody who took part whether running or helping.

The middle of June sees a number of social/running events. Firstly there is the Miles of Miles on Wednesday 14th June, for which Marcus has organised our 3

teams. The following evening (Thursday 15th June) we have the GOFAST challenge – details of which can be found on the Facebook event page. It would be great to see as many of you there as possible as the winners of the challenge will be the club that has the most runners – it should prove to be a great social evening. Any questions please ask.

Finally we have the South Downs marathon relay on the 17th – we have 5 relay teams , a number of half marathoners and one marathon entry. The finish is at the bottom of Butser Hill and we are looking to have a great social at the end so please come along to support all our runners. Lets hope the weather is kind to us.

Happy Running

Kevin Ashman
Chairman



MEMBERSHIP REMINDER

Just a gentle reminder to all Stubbies who have not yet renewed their membership. This expired at the end of March, as did your UKA registration, both need to be renewed as soon as possible. You can do this easily on the website – just go to 'Joining' and in the drop down menu choose 'Join here' and you can renew both membership and, if required, UKA registration. If you have any problems with this then feel free to contact me – secretary@stubbingtongreenrunners.net.

Sue Robinson

CAPTAINS CORNER

The month of May has certainly kept everyone busy with running events. By my count 37 events, and that is not including any Parkruns or reces for the South Downs Way Relay or group runs. Our trainers have certainly done some miles.

Some highlights to mention has to be firstly to Euan McGrath, who completed an epic challenge the 'Dragons Back Race', 5 days following the spine of Wales north to south covering 315 kilometres, 15,500 meters ascent and cited as one of the toughest 5 day mountain races in the world. I don't think words can convey how impressed and in awe we are of what must be a very proud, yet tiring and phenomenal experience. You worked hard well done.

We had a team of merry ladies or not so merry by the end who took on the challenge of the Guernsey Ultra which was 36 miles around the island and up and down a lot of steps, well done to Julie Ashman (3rd Lady), Sarah McRitchie, Julia Webb, Kathy Chamberlain and Lynsey Adamson, the words never again have been heard – we will see!

Julie Ashman did it again at Milton Keynes Marathon, new PB taking an impressive 7 minutes of her Paris Marathon which was only in April.

We had a great turnout of 20 ladies at the Purbrook Ladies 5 miles, some hard hilly miles and great club photos taken on the day.

RR10 series is well underway and after race 3 the ladies team is in second place overall and the men's are in third overall. Beccy Lord took 1st place at Stoney Cross and is still currently ladies overall winner and Andy Simpson currently 1st V40 overall for the men. Next race will be 31st May, and will have taken place by the time you read this, followed by Fleming Park on the 7 June and Manor Farm 21 June. Let's try and keep the numbers up, these are great off road events and always an opportunity for people to get together after at the local pub.

Hampshire Road League had two races in May with the first at Alton, where we struggled to get a mens and ladies team out so many thanks to those who ran on the day. The second was at Netley 10k, where we had 20 turn out on the day along with supporters. The ladies team were 7th on the day and are 4th overall and the mens team were 9th on the day and are 6th overall. Sara McRitchie will provide a full write up. Tom Callaway finally got his sub 40 with an impressive 39.48 and Michael Welland was 1st V70 well done guys.

Thanks go to Nick Kimber this month, who not only had sausages for the Spring Handicap but also at the Chariots of Fire run. Thanks also go to the rest of team supporting Nick and well done to the winners & participants of both events.

In June we have quite a lot coming up. On the 3rd June will see the South Downs 100 Mile Relay, with a ladies and mens A and B team entered. On the 14 June we have 3 teams of 10 down to run the Miles of Miles race, followed by the GOFAST event on the 15 June. More information about these two events can be found on Facebook. Then we have the South Downs Marathon Relay, where we aim to have 5 teams entered for some friendly inter club racing.

Best of luck to all the teams.

Finally just wanted to say an important thank you to our supporters who cheer us all on, we are all there supporting at some point, never underestimate the value and appreciation.



Andy Stockwell

Marie McDonald

MARLBOROUGH DOWNS 33 miles

4	JONES, Wez	04:47:01
61	HOWARTH, George	06:23:08
73	SOUTHON, Paul	06:56:24

MARLBOROUGH DOWNS

24	MCDONALD, Mark	02:44:28
64	MCGRATH, Sally	03:13:15
112	PARK, Julia	03:42:36

NETLEY 10K

139	Nichola Roebuck	43:04	56	Daniel Foster	39:20
323	Katie Rant	51:32	72	Tom Callaway	39:57
334	Jemma Raeburn	52:00	84	Gareth Charles	40:39
348	Helen Benson	52:51	89	Graham Martin	41:11
436	Sarah Northcott	60:27	92	Jon Plomer	41:18
461	Kelly Bennetts	62:41	103	David Thorpe	41:40
491	Sarah Barron	66:07	104	Mark Mcdonald	41:41
512	Marie Mcdonald	71:22	109	Marcus Lee	41:49
			127	James Lee	42:27
			143	Scott Shaw	43:12
			171	Michael Welland	44:23
			298	Matt Smith	50:26

ALTON 10

296	Frances Lord	01:23:05	65	Graham Bell	01:06:15
365	Sara Mcritchie	01:29:41	90	Daniel Foster	01:08:14
485	Sue Robinson	01:49:58	109	Graham Martin	01:10:03
502	San Clark	02:00:49	155	David Thorpe	01:13:04
			373	George Howarth	01:30:18

THE CLANFIELD CHALLENGE 2017

12KM, Sunday 14 May

This race was a lovely mix of trails and country lanes that took us from Clanfield up to the South Downs Way and back down on a circular route. It had a village carnival atmosphere but was very well organized.

Gareth Charles 13th 51m50s
 Graham Martin 24th 53m56s
 Penny Forse 1st F50 59m54s
 Martyn Poore 71st 66m09s
 Martin de Wied 23rd M50 73m08s
 Toby Evans 119th M50 85m51s
 Phil Clark 120th M50 85m52s

There was a slight delay to the starts of the 12km and 5km races as the chip-timing equipment had to be moved and set up half a mile away after the 1km and 2km fun runs, but the weather was kind to us and no one seemed to moan! I'll certainly run it again.
 Penny

LAKESIDE 5 race one

16	Rob Greenwood	16:45
35	Kelley Haniver	18:21
51	Tom Callaway	19:00
54	David Castle	19:08
75	Pete Simpson	20:06
96	Sally McGrath	21:35
104	Lucy May	22:10
111	Russell Mead	23:17
119	James Lee	23:59
120	Kerryanne Sawyer	24.03

MILTON KEYNES MARATHON

Julie Ashman	03:52:19
Anne Trotman	05:16:30

DORCHESTER MARATHON

279	George	Howarth	04:20:26
390	John	Simister	04:39:39
681	Lucinda	Le Gassick	06:28:16

RNLI Lymington 10km

Dan Foster 39.09 31st overall 29th male
Nick Crane 43.59 117th overall 107th male 4th M60

SCVAC Track & Field League, Portsmouth 22 May 2017 – Penny Forse

Mike Bell 1st M60 800m 2m43.9s
Gordon Westley 6th M45 800m 2m45.3s
Gordon Westley 5th M45 3000m 11m52.4s
Penny Forse 1st W60 800m 3m10.3s
Kelley Haniver 1st W40 3000m 11m05.4s
Kelley & Penny 5th 4 x 400m relay 5m22.7s

A beautiful warm evening saw 4 SGR runners tackling this meeting for a couple of local track clubs. Mike Bell (CPAC) ran his first ever 800m with Gordon Westley (SAC) close behind. Gordon also ran the 3000m. I was in the 800m for CPAC and Kelley Haniver (CPAC) scored valuable points in the 3000m. Kelley had a superb 1st leg of the 4 x 400m relay in 1st place but with 3 of us less speedy runners to follow, CPAC lost a few places.

Everyone thoroughly enjoyed the really friendly atmosphere and it was good to tackle something different. Joining a local track and field club 2nd claim for the year is very good value if you want to have a go at running, jumping and throwing. Portsmouth AC and Havant AC are £10, while Southampton AC is £30 (but it includes free track use).

DRAGONS BACK RACE 315KM

82nd Euan McGrath 64:19:33

OX HALF MARATHON

40	Gill	Rose	02:03:38
41	Richard	Snell	02:03:38
54	Lara	Evans	02:07:28
55	Matthew	Evans	02:07:29
67	Hilary	Misselbrook	02:11:09

GUERNSEY ULTRA 36 MILES

25 Julie Ashman 07:41:05

46 Sara McRitchie 08:51:20

51 Katherine Chamberlain 09:11:49

53 Julia Webb 09:39:47

54 Lynsey Adamson 09:41:10

RR10 Stoney Cross

Sorry that there are no Brighton Marathon results but the organisers don't mention the club name in the results so I can't do a search.

However, Lynsey Adamson completed the marathon, her first, in 5:27:06 which she is very pleased with.

Lewis BANNER	5
Andy SIMPSON	6
Will FELINE	7
Tor DUFFIN	26
Mike WHITE	28
Euan MCGRATH	29
Andy STOCKWELL	32
Gareth CHARLES	49
James LEE	58
Tom CALLAWAY	62
Graham MARTIN	65
Dan FOSTER	67
Jack TUCKWELL	72
Steve CUMES	73
Andy DONN	82
James LEWINGTON	84
Scott SHAW	86
Neil STANTIAL	94
Rich SNELL	101
Matt EVANS	103
Nick CRANE	110
Mike BELL	111
Neil RICHARDSON	120
Jon LEIGH	121
Andy MILES	128
Paul COVERDALE	136
Jack WALLACE	149
Jon COX	153
Martyn POORE	159
Ashley LOVELL	166
George HOWARTH	177
Andy WHITE	190
Martin DEWIED	202
Mike WOOTTON	204
Callum MCDONALD	205
Martyn BANNER	206
Phil CLARK	214
Robert SPENCER	216

Rebecca LORD	1
Kelley HANIVER	3
Laura WAINWRIGHT	10
Gill ROSE	24
Lara EVANS	27
Penny FORSE	30
Sally MCGRATH	32
Lisa DONN	50
Jemma RAEBURN	59
Helen BENSON	75
Becca WHITE	79
Alison MCCORMICK	81
Susie MACGREGOR	82
Elizabeth MILES	83
Sara MCRITCHIE	89
Melissa COSENS	100
Sam STOCKWELL	101
Donne CASWELL	125
Michelle SIMPSON	141
Sandie MCINTOSH	143
Claire JOHNSON	149
Sue ROBINSON	150
Sharon WHITE	154

PORTCHESTER 10K		
74	Tracey Terry	01:00:04

PURBROOK 5		
4	Roebuck, Nikki	34.31
11	May, Lucy	37.33
15	Sawyer, Kerryanne	40.47
18	Bedford, Sadie Lee	41.29
19	Mcdonald, Marie	41.31
20	Ashman, Julie	41.42
28	Benson, Helen	42.57
32	Mcritchie, Sara	43.48
42	Chamberlain, Kathy	45.31
62	Stockwell, Samantha	47.22
68	McIntosh, Sandie	48.34
69	Northcott, Sarah	48.44
70	Bennetts, Kelly	48.44
75	Madeira, Deborah	49.06
84	Robinson, Sue	49.43
96	Flack, Natal	50.52
108	Bonnar, Susan	51.53
123	James, Liz	54.23
124	May, Kaarin	54.28

MAVERICK		
Claire	Johnson	03:50:26
Samantha	Stockwell	03:50:26
Natalie	Flack	03:50:26

RR10 Wilverley

Laura WAINWRIGHT	8
Susie MACGREGOR	9
Tina CHANTREY	12
Gill ROSE	18
Hilary MISSELBROOK	27
Penny FORSE	29
Sally MCGRATH	32
Lisa DONN	49
Helen BENSON	68
Sara MCRITCHIE	77
Donne CASWELL	94

Michael GREGORY	4
Andy SIMPSON	8
Rob GREENWOOD	15
Will FELINE	17
Mike WHITE	30
Dan FOSTER	41
Tom CALLAWAY	42
James LEE	59
Steve CUMES	60
James LEWINGTON	63
Andy DONN	77
Matt EVANS	88
Rich SNELL	93
Nick CRANE	95
Mike BELL	102
Jack TUCKWELL	103
Jon LEIGH	106
Paul COVERDALE	113
Greg BENSON	120
Graham MARTIN	125
Andy LEE	140
Jon COX	141
Ashley LOVELL	148
Martin DEWIED	162
Mike WOOTTON	179
Robert SPENCER	180
Phil CLARK	191
Toby EVANS	192

BAYSIDE 5K

1	Rob Arkell	00:16:26
2	Lewis Banner	00:16:30
4	Chris Brobin	00:16:34
5	Andy Simpson	00:16:39
26	James Lewington	00:19:28
28	Jon Plomer	00:19:42
40	Haydn Brown	00:20:38
41	Tina Chantrey	00:20:40
42	Simon Hearnden	00:20:40
53	Andrew Miles	00:21:24
54	Greig Benson	00:21:26
56	Michael Welland	00:21:48
60	Simon Bacon	00:22:19
66	Keith Carter	00:22:59
68	Kerryanne Sawyer	00:23:17
70	Russell Mead	00:23:19
71	Sarah Gardiner	00:23:36
74	John Blake	00:23:59
77	Elizabeth Miles	00:24:29
79	Helen Benson	00:24:50
87	Dawn Haynes-Sewell	00:25:17
94	Sara Mcritchie	00:25:48

LAKESIDE 5 race two

39	Tom Callaway	19.00
45	Jon Plomer	19.33
87	Sally McGrath	22.19
95	Lucy May	22.55
102	Russell Mead	24.03
121	Mike Wootton	26.42
125	Robert Spencer	27.56

Macmillan Mile Results – 15th May 2017

We had 51 runners as well as a great group of helpers, we raised £123 which the Club will round up to £250. A big thank you to everyone involved.

Sue Robinson

RR10 Blackfield

Andy SIMPSON	6
Rob GREENWOOD	13
Tommy BROOKS	32
Andy STOCKWELL	42
Graham MARTIN	49
Tom CALLAWAY	51
Steve CUMES	65
Jack TUCKWELL	77
Andy DONN	78
Scott SHAW	92
Nick CRANE	94
Matt EVANS	95
Jon LEIGH	103
Mike BELL	108
Neil STANTIAL	115
Andy MILES	116
Rich SNELL	126
Greg BENSON	127
Paul COVERDALE	132
Andy LEE	146
Russell MEAD	161
Ashley LOVELL	166
George HOWARTH	171
Mike WOOTTON	193
Martyn BANNER	195
Kevin ASHMAN	197
Robert SPENCER	199
Phil CLARK	205
Toby EVANS	206
Keith WHITAKER	207

Rebecca LORD	2
Daisy MCCLEMENTS	4
Kelley HANIVER	8
Susie MACGREGOR	10
Gill ROSE	21
Lara EVANS	26
Penny FORSE	30
Sally MCGRATH	31
Julie ASHMAN	39
Emily JOHNSON	59
Helen LIVINGSTON	64
Lisa DONN	66
Gaynor HEFFER	71
Helen BENSON	73
Sara MCRITCHIE	84
Gemma CHRISTIE	89
Becca WHITE	90
Sarah JONES	97
Elizabeth MILES	110
Melissa COSENS	112
Louise TANNER	118
Rachel FOLLETT	119
Sue ROBINSON	143
Sandie MCINTOSH	167
Liz HALL	173

Lewis Banner 4.48
Rob Greenwood 4.59...
David Castle 5.24
Andy Stockwell 5.28
Jordan McRitchie 5.33
Steve Cumes 5.59
Richard Cassell 6.10
Mike Bell 6.21
Mike White 6.31
Will Feline 6.31
Richard Snell 6.34
Simon Ellis 6.35
Gill Rose 6.39
Paul Smith 6.47
Ashley Lovell 6.47
Eileen Duff 6.55
Frances Lord 7.03
Penny Forse 7.04
Russell Mead 7.04
Mike Coglan 7.05
Helen Benson 7.17
Liz Miles 7.23
Cameron Sewall 7.59
Claire Farmer 8.12
Goska Chetwynd 8.13
Alison Hesselberth 8.17
Martin Read 8.19
Robert Spencer 8.28
Greg Rowe 8.31
Jonathon Harrington 8.35
Haydn Brown 8.37
Kevin Saunders 8.51
Peter Rawlins 8.52
Rosie Coghlan 8.53
Lindsay Pratt 8.54
Abigail Lee 9.10
Marcus Lee 9.11
Stuart Nicholson 9.24
Finley Sewell 9.25
Dawn Sewell 9.25
Caroline Street 9.46
Kat May 9.59
Sarah Hobby 9.59
Caz Lee 10.05
Gary Pratt 10.07
Liz James 10.08
Cary Garner 10.14
John Vose 10.22
Sarah Barron 11.33
Vichy Head 11.39

TRAINING SESSIONS

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
Thu	08/06/2017	Crofton Community Centre	7pm		Lee Seafront	4x Triangle accelerations	n/a
Mon	12/06/2017	Solent Hotel	06:30		Whiteley	Hills - 3 x (30s / 50s / 70s / 50s / 30s) on the whistle	Jog back down
Tue	13/06/2017	Locks Heath Sports Ground	7pm		Brownwynch lane	5x1ml at 10K pace	90s
Thu	15/06/2017	Holly Hill	06:30	Julie Ashman		2-3 All the Hills (5 or 7 hills)	Downs or Flats
Mon	19/06/2017	Solent Hotel	06:30		Whiteley	3 - 5 x 1 mile loops	Walk to start
Tue	20/06/2017	Locks Heath Sports Ground	7pm		End of red path	2x8x short hill rep	3min between sets
Thu	22/06/2017	Crofton Community Centre	7pm		Lee Seafront	Beach Sprints	walk / jog back along tarmac
Mon	26/06/2017	Solent Hotel	06:30		Whiteley	25 mins of Leafy Lane Loop Fartlek - effort up hills	Jog down hills
Tue	27/06/2017	Locks Heath Sports Ground	7pm		Chilling	8x1km	2min RI
Thu	29/06/2017	Holly Hill	06:30	Julie Ashman		Rollercoasters	Downhills



			Queen Elizabeth	06 May		Whiteley	13 May	
			Alethea ADAIR-STANTIAL	00:22:30	PB	Euan MCGRATH	00:19:15	
			Mike DONOVAN	00:27:33	PB	Susie MACGREGOR	00:20:58	
						Matt EMERY	00:20:59	PB
			Lee-on-the-Solent	06 May		Steve CUMES	00:21:07	
			Michael GREGORY	00:17:05		Nikki ROEBUCK	00:21:19	
			Chris BROBIN	00:17:24		Greig BENSON	00:22:42	PB
			Tom CALLAWAY	00:18:56		Chris MCGAW	00:23:42	
			Jack TUCKWELL	00:20:04	PB	Helen BENSON	00:25:10	
			David Matthew CASTLE	00:20:12		Charlotte MAISEY	00:26:03	PB
			Russ COLEMAN	00:20:13		Martin DE WIED	00:26:29	PB
			John BLAKE	00:21:02	PB	Louisa PAGE	00:26:32	PB
			Michael LOVELL	00:22:09		Shona MCGRATH	00:26:38	PB
			Michael WELLAND	00:22:32		Kevin ASHMAN	00:27:46	PB
			Tim MATTHEWS	00:23:15		Julie Elizabeth RYMAN	00:29:06	PB
			Ashley LOVELL	00:23:33		Pamela KEMP	00:42:53	
			Tommy BLAKE	00:24:25				
			Sara MCRITCHIE	00:26:53		Winchester	13 May	
			Kelly BENNETTS	00:27:52		Daniel FOSTER	00:19:24	
			Sarah NORTHCOTT	00:27:55		Gordon WESTLEY	00:24:14	
			Toby EVANS	00:28:25	PB			
			Dudley MALSTER	00:29:34		Netley Abbey	13 May	
			Janet SHAW	00:29:59		Michael GREGORY	00:17:29	
			Cliff SHAW	00:29:59		Rebecca Margaret LORD	00:18:45	
			Susan BONNAR	00:30:01		Andrew William THOMAS	00:19:45	
			Kate VAUGHAN	00:30:36	PB	Charlotte LORD	00:21:02	
			Keith WHITAKER	00:32:32		Frances Louise LORD	00:23:03	
			Claire PEAL	00:33:43		Mandy BURTON	00:31:36	
			Jenny HEARNDEN	00:35:00				
			Simon HEARNDEN	00:35:01		Queen Elizabeth	13 May	
			Bryn CLARK	00:35:44		Shelley THOMAS	00:27:49	PB
			Dylan CLARK	00:35:46				
			Louise TANNER	00:36:32		Lee-on-the-Solent	13 May	
			Amy WADHAMS	00:36:42		Rob GREENWOOD	00:17:33	
			Paul ASKEW	00:39:35		Andrew STOCKWELL	00:18:52	
			Lucy CHIDGEY	00:41:30		Tom CALLAWAY	00:19:21	
			Sarah BARRON	00:46:19		Gareth CHARLES	00:19:28	
						James LEE	00:19:46	
			Portsmouth Lakeside	06 May		Graham MARTIN	00:19:58	
			Rosie COGLAN	00:26:44		Richard CHOWNS	00:20:20	
						Marcus LEE	00:20:21	
			Fareham	06 May		John BLAKE	00:20:45	PB
			Emily JOHNSON	00:23:48	PB	Adam JOEL	00:21:03	PB
			Daniel Richard HORSBROFT	00:24:23		Scott SHAW	00:21:07	
			Jack WALLACE	00:25:25		Michael WELLAND	00:22:38	
			John SALT	00:25:57		Simon BACON	00:22:58	PB
			Alison MACSWAYNE	00:29:15		Kate RANT	00:24:25	
			Wendy HALL	00:31:13		Sally WATFORD	00:24:39	PB
			Wendy SMITH	00:35:59		Cliff SHAW	00:24:55	PB
			Andrew SMITH	00:41:51		Russell MEAD	00:25:13	
						Alison HESSELBERTH	00:25:50	
			Basingstoke	13 May		Adam JEFFERY	00:26:11	
			Tomas STINSON	00:23:08		Sara MCRITCHIE	00:26:35	
			Allan STINSON	00:44:01		John SIMISTER	00:26:45	
						Sarah NORTHCOTT	00:27:49	
			Black Park	13 May		Martyn BANNER	00:28:11	
			Chris LEACH	00:20:39		Janet SHAW	00:29:39	
			Rachel LEACH	00:27:11		Susan BONNAR	00:29:40	
						Cameron SEWELL	00:30:11	
			Southampton	13 May		Dawn HAYNES-SEWELL	00:30:13	
			Sarah BARRON	00:34:16		Kelly BENNETTS	00:30:22	
						William GILL	00:30:48	
			York	13 May		Sarah HOBBY	00:30:49	PB
			David Matthew CASTLE	00:19:31		Kate VAUGHAN	00:31:10	
						Dudley MALSTER	00:31:26	
			Eastleigh	13 May		Claire PEAL	00:31:44	PB
			Haydn BROWN	00:21:02		April HASSETT	00:34:21	PB
			Keith WHITAKER	00:29:49		Lucy CHIDGEY	00:39:36	PB
						Catherine CHAMBERLAIN	00:40:35	
						Louise TANNER	00:58:25	
Basingstoke	06 May							
Daisy-Emily STINSON	00:50:49							
Allan STINSON	00:50:49							
Plymvalley	06 May							
Kelley HANIVER	00:20:24							
Southsea	06 May							
Russell MEAD	00:24:31							
Whiteley	06 May							
Robert CRANSTONE	00:19:43							
Gareth CHARLES	00:19:58							
Nikki ROEBUCK	00:20:49							
Marcus LEE	00:20:51							
Richard CHOWNS	00:21:02	PB						
Matt EMERY	00:21:26							
Jon LEIGH	00:21:58							
Martyn POORE	00:23:16							
Chris MCGAW	00:23:21							
Kate RANT	00:25:06							
Helen BENSON	00:25:07	PB						
Pamela KEMP	00:27:19	PB						
Julie Elizabeth RYMAN	00:29:21							
Martin READ	00:29:22							
Nick CLARKE	00:29:44	PB						
Steven PEACH	00:30:23	PB						
Shona MCGRATH	00:30:48							
William GILL	00:32:25							
Liz JAMES	00:32:41							
Charlotte MAISEY	00:36:35							
Moors Valley	06 May							
San CLARK	00:26:54							
Eastleigh	06 May							
Haydn BROWN	00:26:02							
Inverness	06 May							
Jules DINWOODIE	00:33:28							
Gunpowder	06 May							
Rachel LEACH	00:28:03							
Wormwood Scrubs	06 May							
Robert SPENCER	00:30:19							
Sewerby	06 May							
Julia WEBB	00:31:40							
Netley Abbey	06 May							
Frances Louise LORD	00:22:42	PB						
Rebecca Margaret LORD	00:22:43							
Aga PLOMBON	00:27:26							
James LEWINGTON	00:28:14							
Martyn BANNER	00:28:50							
Brockenhurst	06 May							
Daniel FOSTER	00:19:21							
Hove Promenade	06 May							
Andrew STOCKWELL	00:19:22							



			Homewood	20 May		Eastleigh	27 May	
			Lewis BANNER	00:17:53		Haydn BROWN	00:21:03	
						Keith WHITAKER	00:29:54	
			Queen Elizabeth	20 May				
			James LEWINGTON	00:21:22		Lymington Woodside	27 May	
			Susie MACGREGOR	00:22:09		Jon PLOMER	00:20:59	
			Jon LEIGH	00:23:39		Mandy BURTON	00:26:39	
			Catton	20 May		Bury St Edmunds	27 May	
			Andy LEE	00:22:54		Chris LEACH	00:20:36	
						Rachel LEACH	00:27:19	
			Longrun Meadow	20 May				
			Pamela KEMP	00:29:13		Winchester	27 May	
						Gordon WESTLEY	00:26:04	
			Lee-on-the-Solent	20 May				
			Jack TUCKWELL	00:20:05		Netley Abbey	27 May	
			Matt EMERY	00:20:41		Rebecca Margaret LORD	00:19:35	
			Simon BACON	00:23:05		Steve TROTMAN	00:21:46	
			Michael WELLAND	00:23:29		Chris DAVIDSON	00:22:43	
			Kerryanne SAWYER	00:24:48		Frances Louise LORD	00:23:57	
			Alison HESSELBERTH	00:25:04		Julia PARK	00:27:04	
			Gaynor HEFFER	00:25:45		Martin READ	00:29:11	
			John SIMISTER	00:26:13				
			Rosie COGHLAN	00:26:32	PB	Porthcawl	27 May	
			Sarah JONES	00:26:33		Hollie SMITH	00:23:56	
			Alison MCCORMICK	00:27:12				
			Claire MEAD	00:27:48		Queen Elizabeth	27 May	
			Janet SHAW	00:29:34		Andy SIMPSON	00:18:06	
			Cliff SHAW	00:29:35		Marie MCDONALD	00:28:28	PB
			Russell MEAD	00:29:38		Russell MEAD	00:28:55	
			Susan BONNAR	00:29:58				
			April HASSETT	00:30:51	PB	Tring	27 May	
			Amy WADHAMS	00:31:40		Daniel FOSTER	00:20:47	PB
			Louise TANNER	00:31:47				
			Charlotte MAISEY	00:34:18		Lee-on-the-Solent	27 May	
			Jenny HEARNDEN	00:35:31		Chris BROBIN	00:17:03	
			Amanda KNIGHT	00:36:30		Rob GREENWOOD	00:18:03	
			Sandie MCINTOSH	00:36:31		Will FELINE	00:18:23	
			Paul ASKEW	00:37:16	PB	Tom CALLAWAY	00:19:26	
						Graham MARTIN	00:19:41	
			Fareham	20 May		Jack TUCKWELL	00:20:57	
			Hugh AGGLETON	00:17:37	PB	Andy DONN	00:21:12	
			Daniel HORSCROFT	00:23:45		Hilary MISSELBROOK	00:21:54	
			Paul SOUTHON	00:24:30		Robert HINKLEY	00:22:17	
			John SALT	00:27:05		Michael WELLAND	00:23:02	
			David MACSWAYNE	00:35:16		Andy LEE	00:23:11	
			Wendy SMITH	00:37:23		Tommy BLAKE	00:24:01	
			Andrew SMITH	00:39:40		Zac CONATY	00:24:01	
						Victoria Kate JOEL	00:25:31	
			Heaton	27 May		Gaynor HEFFER	00:25:32	
			James LEE	00:22:56		Alison MCCORMICK	00:25:56	
						Susie MACGREGOR	00:25:56	
			Southampton	27 May		Rebecca WHITE	00:26:18	
			Calum MCDONALD	00:39:16		Sara MCRITCHIE	00:26:23	
						Sarah JONES	00:26:24	
			Bournemouth	20 May		Phil HOBBY	00:26:59	
			Samantha STOCKWELL	00:28:45		Louise TANNER	00:28:44	
			Andrew STOCKWELL	00:28:45		Janet SHAW	00:29:11	
			Poole	20 May		Cliff SHAW	00:29:11	
			Rob GREENWOOD	00:17:28	PB	Kevin ASHMAN	00:29:50	
						Sarah HOBBY	00:32:37	
			Hanley	20 May		Sue SIMISTER	00:33:47	
			David Matthew CASTLE	00:20:55		Jenny HEARNDEN	00:35:14	
			Tina Louise CHANTREY	00:22:40		Sarah BARRON	00:35:37	
			Netley Abbey	20 May		Fareham	27 May	
			Rebecca Margaret LORD	00:18:35		Daniel HORSCROFT	00:23:40	PB
			Frances Louise LORD	00:23:12		Paul SOUTHON	00:24:15	
			Mandy BURTON	00:28:23		Robert SPENCER	00:28:53	
						Tom MELLOR	00:33:00	
			Plymvalley	27 May		Wendy SMITH	00:35:48	
			Robin PEAL	00:25:28		Andrew SMITH	00:47:06	
						Rowena DODDS	00:51:37	



Tables below are for Alton 10m and Netley 10k which both took place in May. Well done to all that ran these races.

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

Alton 10:

Ladies name	team	team score
Frances Lord	A	275
Sara McRitchie		
Sue Robinson		

Men's name	team	team score
Graham Bell	A	334
Dan Foster		
Graham Martin		
David Thorpe		

And well done to San Clark and George Howarth. Thanks also to Sarah Barron for her bike support, full results are available here

Netley 10k:

Ladies name	team	team score
Nikki Roebuck	A	174
Kate Rant		
Jemma Raeburn		

Men's name	team	team score
Dan Foster	A	267
Tom Callaway		
Gareth Charles		
Graham Martin		

Ladies name	team	team score
Helen Benson	B	379
Sarah Northcott		
Kelly Bennetts		

Men's name	team	team score
Jon Plomer	B	355
David Thorpe		
Mark McDonald		
Marcus Lee		

And well done to Sarah Barron and Marie McDonald

Men's name	team	team score
James Lee	C	
Scott Shaw		
Michael Welland		
Matt Smith		

Ladies A Division 1		
Position	Club	Score
1	Winchester	8
2	Lordshill	19
3	Hedge End	29
4	Stubb'ton	35
5	Pompey J	38
6	Farnham 42	46

Men's A Division 1		
Position	Club	Score
1	So'ton AC	14
2	Lordshill	18
3	Winchester	40
4	Pompey J	40
5	Denmead	42
6	Stubb'ton	42



Ladies B Division 1		
Position	Club	Score
1	Winchester B	8
2	Winchester C	22
3	Lordshill B	24
4	Hedge End B	38
5	Stubbington B	46
6	Fareham	47

Men's B Division 1		
Position	Club	Score
1	Lordshill B	12
2	Winchester B	35
3	Hedge End B	39
4	Lordshill C	45
5	Pompey J B	48
6	Fareham	50
7	Stubbington B	50

Ladies B Division 2		
Position	Club	Score
1	Eastleigh	13
2	Gosport	25
3	Alton	32
4	Hardley	55
5	Totton	58
6	Overton	63
7	Salisbury	84
8	Stubbington D	88

Men's B Division 2		
Position	Club	Score
1	Pompey J C	15
2	Salisbury	27
3	Denmead C	40
12	Stubbington D	117

Last race of the season is Lordshill 10K on 25th June.

Club	Distance	Date	Start Time
<u>Overton</u>	5 Mile	04/09/2016	2pm (New Course)
<u>Solent</u>	Half marathon	09/10/2016	10am
<u>Gosport</u>	Half marathon	20/11/2016	10am
<u>Hayling</u>	10 Mile	27/11/2016	09.30am
<u>Victory</u>	5 Mile	04/12/2016	11am
<u>Stubbington</u>	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.