

The

Green *Runner*

March 2019



CLUB AGM MENS CAPTAIN REPORT

Captains Report

The normal monthly Captains report has been replaced this month by the yearly AGM reports for anyone who missed these great speeches on the night!

Men's Captains AGM Report

Firstly I would like to thank the outgoing committee members for all their years of hard work behind the scenes, to make this club run smoothly.

The last couple of years Stubbie men's running has had a few lean years for success. We have struggled again to get men to run at certain cross country races like the Hampshire cross country series. That said we have had a few successful events over the year which I will discuss in this report.

Hampshire Road Race League

Always difficult to talk about the road league as we're always halfway through the season at the AGM. Last year we struggled to get 4 teams out at all 12 races which is only 16 runners. In the 2017-18 season our A team was 7th in div 1, B team 10th in Div 1, C team 6th in Div 2 and D team 11th in Div 2. This year halfway through the season we sit 6th A team, 7th B team, 10th C team and 12th D team. I would say that races are getting booked up earlier and earlier, as running is having a resurgence with the likes of parkruns getting more people to run! So as soon as these Hampshire races open up for registration then get your act together and enter them.

Individually we had 8 men who ran 7 or more races to get a final standing, with 3 men making it onto the Hampshire mug for the top 65 men. So well done Rob Greenwood who was the top Stubbie finisher in 13th overall, 48th Andy Stockwell and 59th Rich Chowns. Rich was also our only male to run all 12 races and receive a special t-shirt to commemorate this achievement.

So please have a look at the 6 remaining races and get entering for the ones that aren't full!

Southern Road Relays

Southern Road Relays were held at Crystal Palace stadium for the 2nd year running and we managed to get a vet 40 team only. The men came 17th out of high class field. Representing the club was Russ Coleman, Jon Warner, Peter Lewis and Mark Eaton.

Hampshire Cross Country League

We have really struggled to get runners out this year despite numerous Facebook posts calling for members to run. I understand that there are a lot more trial races popping up as people cash in on the popularity of running off road. The senior men used to yo-yo between div 1 and div 2, these days we languish in div 3 and finished joint 3rd this year. The team was mainly made up of vet men at each race. The vet men failed to get a team out at Reading, despite the calls for runners, we only needed 3 vet men for a team we lined up with one man who was recovering with the cold bug and the other had achilles issues! The vets finished 14th overall in the division behind the newly formed Chapel Tri runners!

Individually we had two men who completed 4 out of the 5 races to get a final standing congratulations to Gordon Westley 105th overall and 56th vet and myself who was 44th overall and 13th vet. Next year let's see if we can get more numbers out to these races.

Juniors for the first time in donkeys' years had 5 runners competing at most of the Hampshire's with the Sewell children Miah and Finley running in U11 races. U13 Boys getting a team out at 4 of the 5 races and finishing 8 out of 17 teams, so well done Harry Roebuck 14th overall, Ryan Simpson 30th and Cameron Sewell 50th.

Southern Cross Country League

We have struggled for runners for this series partly due to the clash/ success of the CC6 series, plus the distance to travel and timings of the race may also be factors. We finished the season 16th out of 23 clubs.

CC6 League

Last year we finished 6th overall and currently sit 6th overall with one race to go so consistent. Last year 6 runners who got a finishing position. They were Mike White our highest finisher with 14th and 2nd vet 50. Next was Dan Foster 19th, 53rd Andy Donn, 65th Matt Evans, 93rd Nick Crane and 127th Rob Williams. Individually with one race to go Mike White is holding the 1st Vet 50 place.

RR10 League

Men performed really well in this Summer series and finished 2nd which was one place up on the year before. Maybe this is our year to win it!! We had excellent numbers turning out to this mid-week race, it must have been the allure of cheesy chips and a pint afterwards! We had some good individual results with 4 guys in the overall top 20, 9th Andy Simpson 2nd vet 40, 13th Shaun Beale, 16th Colin Trigg and 18th David Mallard. Mike Bell was 2nd vet 60.

Hampshire XC Championships

A very dry Hampshire Championship took place at Fairthorne Manor again. U11 boys saw Finley Sewell come 96th and U13 Boys saw Harry Roebuck 19th. Senior men were 15th with the team comprising of Shaun Beale, Russ Coleman, Steve Cumes, Andy Simpson, Mark Eaton and Simon Bacon. We managed to get two vet teams with the A team 9th place with Russ Coleman, Steve Cumes, Andy Simpson and Mark Eaton. The B team were 17th with Simon Bacon, John Blake, Andy Donn and Graham Donnachie.

Southern XC Championships

This year we got the chance to run at the legendary Parliament Hill course in London. We had a great day out with the ladies. Some idiot missed the start of the race and was running towards over 1000 runners who in turn were charging at him! U13 boys had two runners experiencing this great occasion with Harry Roebuck 91st and Ryan Simpson 249th. Senior Men were 55th best team in the South with the top 6 scoring for the team, Shaun Beale 316th, Will Feline 372nd, Andy Simpson 471st, Mike White 576th, Steve Cumes 741st and Simon Bacon 767th.

Master XC Championships

Stubbie away day was had with 12 men running this race for the first time up in Oxford. The teams were split up in to 10 year age groups. The men were 8th overall with Andy Simpson, Russ Coleman and Jon Warner scoring for the overall team and the vet 40 team which was 4th, just missing out on a medal. Vet 50 team were 12th Ray Gunner, Stewart Pepper and Chris Hall (senior). Vet 60 men just missed out on medal with 4th, Mike White, Mike Bell and Nick Crane. Mike White took silver in the vet 60 category. Well done everyone, pencilled in for another Stubbie away day!

Hart 4 Relay

This was the 2nd year we had this race as a Summer Stubbie away day which was bigger and better for the club than the previous year. We had 56 people running and 14 teams with 12 mixed teams in the inter-club competition and a fast ladies and men's team. The men's team set a new course record of 17 laps and the best time ever to win the overall competition with Pere Capdevlia, Will Feline, Dan Foster and Rob Greenwood. The ladies were 2nd ladies team overall.

South Downs Relay

Saving the best result till last is the prestigious South Downs Relay across 100 miles of the South Downs in a 6 man team running 3 legs each as fast as you can without getting lost. The A team were back as defending

champions and their old adversaries Phoenix were back to challenge them. We had two newbies to the A team in Dan Foster and Shaun Beale taking up the baton, along with Chris Brobin, Mike Gregory, Pere Capdevlia and Andy Simpson. The race between the two teams as it turned out was a classic with positions changing throughout the day. The Stubbie juggernaut finally winning through in 10 hours 56 minutes with Phoenix broken a further 9 minutes back.

The surprise of the day was our B team doing a brilliant job and picking up 2nd place in 12 hours 43 minutes, captained by Mark Eaton with himself, Gareth Charles, Jon Warner, Marcus Lee, Nick Crane and Mike White.

Thank you to everyone who has donned the famous green vest over the last year and represented the club. Good luck with the racing over the next year. Also good luck to everyone doing Spring Marathons. Finally congratulations to Mike White getting an England vest after running Chichester 10k.



CLUB AGM LADIES CAPTAIN REPORT

It's been a very exciting year to hold the position of Ladies Captain. We currently have 266 female members, compared to our 249 men, and this is the highest number of ladies we've had in the history of the club. Kev, we really do need to have a chat about commission for the captains ;)

As my first role as captain I had the honour of supporting our SDWR ladies. Just imagine running your fastest ever 10k, over that terrain, but 3 times!! Our ladies team finished in 4th place and completed the course in 13 hours 40 minutes. Well done to Beccy Lord, Lucy May, Tina Chantery, Sally McGrath, Gill Rose and Lara Evans. You were all inspiring in your performances that day (I think the image of waving poor Beccy off at 6:30am into the fog and basically along a cliff was something I'll never forget, and then the relief to see her reappear at the end of that first leg, with her shoe lace undone too!!). I'm already looking forward to my support role again this year.

So, onto our year of stats, there are so many races and leagues that we take part in I will cover as much as I can:

Our RR10 performance last year was fantastic ladies. There was still a lot to play for in the last race of the series at IBM, but we were on fire that night! Gill Rose got her best finish of all in 9th place and Nikki Roebuck lead our ladies in with 4th place! Lucy May also had an outstanding race and finished 16th. So, this gave us the overall placing of 2nd place for our ladies A team and our B Team 8th place. So for the teams a great result, but individually it was like the Oscars!! 4 out of 5 titles to our Green Ladies! Beccy Lord

overall winner for the seniors, Nikki Roebuck 1st V40 and 3rd overall, Gill Rose 1st V50 and Penny Forse 1st V60.

CC6 league we have just one race left on 10th March at Wilverly. The scores so far are looking good for our ladies. Overall joint 1st lady is Beccy Lord, and then also having a best of 4 races placing are Lara Evans, Lucy May, Sally McGrath, Francis Lord, Amy Fox, Sadie Bedford, Dawn Haynes-Sewell, Ali Pepper, Jules Dinwoodie. As a team we are currently 2nd out of the 17 teams, Best of luck on the last race of the season ladies.

The ladies had many successes at the other X country leagues this year too. We take part in the Hampshire, Southern and National leagues and the calibre of runners at these events is inspiring.

The Southern league we had Lord Wandsworth College as my personal favourite, right after Christmas when you need that calorie burning boost, fabulous hills and mud – twice!! We had 7 ladies run and top results for Kelley Haniver 4th overall and Sally McGrath 29th. The final race of this league was just last weekend at Polecat Valley with a ladies team of Tina Chantery 18th overall, Daisy McLements and Francis Lord. Final placings not yet out but the most stunning and challenging course of Devils Punchbowl. Definitely one for our diaries next year ladies! Parliament Hill was the best experience, all travelling up in the fun bus and then to run this prestigious event was initially quite overwhelming, but we held our own and the ladies finished 28th out of 71 teams so I couldn't have been prouder.

Really well done to Jodie Francis for her first ever cross country at Fairthorne Manor, great to see more of our ladies trying new races, Rachel Fargher had a great race at Reading as her first Hampshires this season, and all the ladies that took on the Masters at Oxford for their first league X country, Lindsay, Wendy, Katherine Holmes and Debbie. Really hope to encourage more of our ladies out onto the trails this year, these races really are for all abilities, such a great experience, and an excuse for more running shoes!!

HRRL races this season have been great for our ladies, again too many to go into detail but well done to Lucy May, Amy Fox, Kathy Chamberlain, Sarah Barron and Janet Shaw for battling the elements at the Solent Half, Gosport Half we had 25 ladies running and this was another day of pb's and first times at this distance, Ryde 10 always looks like the ultimate running day out with the ferry and fish and chip shop that will batter anything! We had 12 ladies run so really well done Lucy, Gaynor and Amy Fox, Kathy, Sadie, Ali Pepper, Jules, Jodies Francis, Wendy Haxwell, Sarah Barron, Eunice and Janet Shaw.

Stubb 10k we had 43 ladies running, our top 10 finishers were Beccy Lord who was 5th lady overall and Katie Leatherland, Nikki Roebuck, Hannah Molyneaux, Lucy May, Maria Millican, Penny Forse, Lara Evans, Charlotte Underwood and Frances Lord. Our current placing for the ladies teams is A team 4th and B Team 3rd, but its very early days in this league.

The Great South was a fantastic club day out. Spiced up with the introduction of the new Club Zone, which definitely worked as a meeting place both pre and post run and something I hope they continue to offer and expand on, mainly in the portaloo area! The ladies had some great results, Sylwia Ward achieved a phenomal 1:10, closely followed by Anna Wilby-Lopez and Hannah Molyneux at 1:15. We had a total of 45 ladies racing and again lot of pb's and first timers.

Purbrook 5 was a great day out for our Green Ladies, 46 Stubby of us took over the pre-race photo and did a good job with the top 10 places too! Nikki Roebuck 4th, Sylwia Ward 6th, Lucy May 9th. Sadly the places sold out at record speed this year, Probably something to do with the cake at the end!

Another away day was the Hart 4 Relay, to focus on our ladies performance I congratulate Katy Chamberlain, Pam Kemp, Sally McGrath, Becca White, Kelly Bennetts, Frances Lord and Julie Ashman for placing in those top 3 teams! Our ladies only team of Kelley Haniver, Vicky Shaw, Nikki Roebuck and Laura Wainwright completing 15 laps! Such great performances from our ladies that will hopefully be repeated this year!

There have been so many PB's for our ladies this year, I literally wouldn't know where to start mentioning them all! Its great reading all the success stories on facebook every weekend and seeing your photos and the bling. We really do inspire each other in so many ways - to enter more races, to be the best runner that we can or to try something different and out of our comfort zones, but we

also love to share pictures of new running shoes! This is equally important to the running community and not something the ladies have the monopoly on! Is it Simon Bacon ??

But a PB isn't just about the time you've smashed on a run, it can mean so many more things. It's your Personal Best achievement and we can transfer that celebration to anything we wish!

So here are the personal achievements that have stood out for me this year (and I apologise now for all the ones I miss!!)

Sarah Barron completed the Ultimate Trails 55k, Natalie Flack and Claire Johnson completing Southampton as their first marathon(not a dry eye in the house at that finish line!), Lindsay Drysdale-Pratt and Sue Moore completing Paris as their first marathon! Dottie Bonnars amazing journey for London marathon, Julie Ashman for completing more marathons than I can list and inspiring others, Penny Forse running the Westminster mile with a team of fellow Olympians, Slywia Ward for completing the Exeter marathon in 3hrs 32 minutes, the IOW marathon ladies celebrating Sarah Barron's birthday, Marie McDonald running New York marathon with Paula Radcliffe as a running buddy!

Amie Morgan for getting a pb in every race she runs, just going from strength to strength, Gaynor Heffer being awarded 2nd vet lady at the Farleigh Wallop 10k and genuinely not expecting it! Becca White for making the slightly more than recommended jump in miles from 14 to an ultra of 28 at the Festive Frolic, Debbie Adams first X County race in December and loved it so much she wrote a fabulous piece for the Green Runner to inspire others, and lastly the fantastic trio of Julia Lawton, Wendy Haxwell and Karen Charlton that totally made the most of the Brighton Half Marathon last weekend, we were all following your hydration plan on facebook with the highest admiration.

So that's my 1st year as ladies captain done, it's been fantastic and I am excited to see what we can all get up to this year ladies ;)



PORTLAND COASTAL MARATHON

91	Sara McRitchie	06:30:28
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BRIGHTON HALF MARATHON

4624	Wendy Hawxwell	02:10:34
5198	Sarah Gregory	02:16:17
5305	Julia Lawton	02:24:24
6235	Karen Hoggarth	02:30:39

WOKINGHAM HALF MARATHON

156	Phil Morgan	01:22:21
225	Richard Chowns	01:24:19
649	Amie Morgan	01:39:23
1866	William Gill	02:24:39

Bramley 20 Mile

29	Jonathan Warner	02:09:38
139	Victoria Shaw	02:26:11
166	Phil Morgan	02:29:21
167	Richard Chowns	02:29:21
312	Amie Morgan	02:47:13
444	Robert Egerton	03:03:08

Bramley 10 Mile

289	Richard Cassell	01:25:01
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LONDON WINTER 10K

13349	Linda Swanton	1:07:08
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PORTSMOUTH COASTAL HALF

22	David Jennings	01:28:39
68	Anna Wilby-Lopez	01:36:28
69	Richard MacKay	01:36:35
70	Simon Bacon	01:36:37
272	Robin Peal	01:53:14
381	Lisa Donn	02:01:41
382	John Cox	02:01:43
489	Sue Moore	02:11:13
505	Pam Kemp	02:12:34
516	Jonathan Harrington	02:13:16
528	Simone Shepherd	02:14:29
529	Claire Peal	02:14:29
537	Martin De Wied	02:15:19
539	Tracey Terry	02:15:35
541	Lindsay Pratt	02:15:39
581	Laura Dent	02:20:14
592	Kate Vaughan	02:21:08
657	Susan Bonnar	02:33:01

English Masters Inter-Area Championships, Lee Valley, Edmonton – Sunday 24 February – Penny Forse

Alan Forse represented the Southern Counties Veterans Athletic Club against the other English areas in the 400m and 4 x 200m relay on the indoor track at the Lee Valley Athletics Centre in North London.

400m 2nd (1st M75) 74.81s (pb indoors as a Master athlete)
4 x 200m relay – 2nd

Chichester 10km, Goodwood, Sunday 3 February – Penny Forse

I've never felt so cold running a 10km! Below are the chip times and age group positions. The first 6km was lovely, along quiet country lanes but then it was a rather boring 4km round the car racing circuit. It was described as an undulating course, but any hills were really negligible. A good course for fast times.

William Feline 35:37 58th SM
Daniel Elliott 37:27 73rd SM
Mark McDonald 38:38 19th M45
Mike White 39:01 4th M60
James Bampton 41:53 34th M50
Penny Forse 46:32 1st F65
Marie McDonald 51:14 29th F45

Since the race Mike White and I have both been selected by England Athletics to represent our country in our age groups at the Great Birmingham 10km on Sunday 26 May. We will be running against age group teams from Scotland, Wales, Northern Ireland and Eire.

POLECAT VALLEY SOUTHERN XC LEAGUE

Mike White 23
Chris Hall 66
Nick Crane 101
Andy Donn 103
Chris Stapleford 141

Tina Chantrey 18
Daisy McClements 34
Frances Lord 61

HAMPSHIRE CROSS COUNTRY - DIBDEN

44	Andy Simpson	37:52
60	Russell Coleman	38:34
78	Shaun Beale	39:58
80	Mark Westbrook	40:10
112	James MacKinnon	42:36
153	Simon Bacon	46:08
159	Graham Donnachie	46:54
185	Gordon Westley	54:52

CLWYDIAN SHEEPTRACKS FELL RACE

49	Will Feline	03:41:25
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7	Rebecca Lord	23:04
35	Nikki Roebuck	26:32
49	Becky Hodson	27:38
52	Lucy May	27:49
58	Lara Evans	28:20
98	Louise Tanner	32:13
129	Zoe Dennis	37:30

15	Harry Roebuck	10:14
70	Cameron Sewell	14:05

47	Miah Sewell	11:15
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43	Finlay Sewell	10:44
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CC6 ASHURST

		Russ Coleman	22
		Mark Westbrook	25
		Mike White	26
		Simon Bacon	59
		Mike Bell	68
		John Parker	85
		Jack Goozee	97
		Ryan Granger	102
		Nick Crane	107
		Russell Mead	140
		Carl Schafer	144
		Rob Williams	145
		Mike Donovan	154
		Andy White	159
Beccy Lord	1		
Nicola Roebuck	9		
Lucy May	18		
Maria Millican	21		
Penny Forse	27		
Lara Evans	31		
Sally McGrath	32		
Amy Fox	40		
Sadie Bedford	43		
Jodie Louise Francis	58		
Ali Pepper	66		
Jules Dinwoodie	79		
Pam Kemp	87		

RYDE 10

16	SIMPSON, Andy	01:02:07
29	WARNER, Jonathan	01:03:52
61	CHOWNS, Richard	01:07:59
96	MARTIN, Graham	01:11:51
106	EATON, Mark	01:13:14
107	PEPPER, Stewart	01:13:14
170	MAY, Lucy	01:18:33
222	FOX, Amy	01:21:39
257	HEFFER, Gaynor	01:25:09
263	GIBBON, Simon	01:25:29
264	BEDFORD, Sadie	01:25:29
287	HOWARTH, George	01:27:32
321	CHAMBERLAIN, Katherine	01:31:28
341	WILLIAMS, Rob	01:32:44
353	PEPPER, Alison	01:33:51
360	DINWOODIE, Jules	01:35:18
375	FRANCIS, Jodie	01:37:18
397	HAWXWELL, Wendy	01:39:54
420	BARRON, Sarah	01:44:23
429	SHAW, Cliff	01:45:52
431	SHAW, Janet	01:45:52
468	EATON, Eunice	01:56:07

WINCHESTER 10K

7	Shaun Beale	00:36:24
26	Mark Westbrook	00:37:47
55	John Parker	00:39:52
122	Simon Bacon	00:42:41
379	Martyn Poore	00:46:49
306	Amy Fox	00:46:55
305	Hilary Misselbrook	00:47:33
380	David Arnold	00:48:15
387	David Abrams	00:48:52
397	Ben Piper	00:48:52
398	Charlotte Underwood	00:49:53
433	Jack Goozee	00:50:37
553	Aga Plombon	00:52:12
612	Mark Jenkins	00:52:45
664	Jodie Francis	00:53:20
746	Carl Schafer	00:54:38
791	Julie Dinwoodie	00:56:17
1131	Zoe Dennis	00:59:50
1145	Kathy Chamberlain	01:00:14
1147	Tiffany Skerratt	01:02:55
1224	Sandra Abrams	01:03:00
1455	Susan Wakefield	01:10:21
1488	Martin Wedge	01:12:24
1563	Tracy Jenkins	01:25:36

National Cross Country Championships, Harewood House, Leeds, Saturday 23 February – Penny Forse

There were 1113 finishers in the Ladies race at the NXC. Despite there being no mud, no – not a splash – it was a very tough course on the hills, with tussocks of grasses lying in wait to trip the unsuspecting runner! Well done to Kelley Haniver who had a storming run. The weather was dry and sunny, and with the stunning Harewood House in the background it was a wonderful venue.

Kelley Haniver 185th – 16th F40
Penny Forse 594th – 2nd F65

Winter Time Trial

On a mild February night in perfect running conditions we had 23 runners with 9 first timers. Conditions were that great, that 64% of the eligible field got PBs on the night with 1 seasonal best.

The randomator winner went to Dominic Shepherd who had lost out by 1 second to George!! The last winter time trial will be Thursday 21st March at 18.25 from Holly Hill Leisure Centre.

The biggest female improver was Maria Millican knocking 1 minute 5 seconds off her best. For male best improver in a close fought battle, with 1 second only separating 3 runners was George Howarth with a 1 minute improvement.

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10th Oct 2017
Ladies's	Beccy Lord	19.42	10th Oct 2017

Name	October	November	December	January	February	Months Best	Total Yearly Best 2018
	21	20	26	16	23	9	24
Maria Millican		24.16		24.38	23.11	-1.05	-1.05
George Howarth	29.48	28.12		26.29	25.29	-1.00	-1.23
Dominic Shepherd				25.52	24.53	-0.59	-0.59
Stephen Andrews			24.53	25.16	23.54	-0.59	-0.59
John Parker	25.02	23.34		22.55	22.04	-0.51	-1.19
Carl Schafer	28.10	28.19		28.12	27.51	-0.19	-0.19
Russ Coleman	20.08		19.46		19.42	-0.04	-0.26
Chris Hall (Snr)				26.28*	22.06	0.00	0.00
James Bampton	25.02				21.29	0.00	0.00
Adam Jeffery					26.34		
Ali Pepper	28.33		27.36				-0.57
Alison Byatt	26.37	26.22					-0.15
Alistair Wakefield	26.37						
Andy Donn		22.31			0.00		
Andy Simpson	19.19	20.42	19.07	19.02	18.59		
Annie Trotman					28.54		
Ash Lovell	25.30			24.53			-0.37
Beccy Lord			22.09				
Becky Hodson				24.03			
Bev Woolcock		25.53	25.04	25.40			-0.49
Cameron Sewell					28.25		

Chris Laidlaw			31.44	30.58			-0.46
Daniel Elliott			19.13				
Daniel Foster			20.30				
Dawn Haynes-Sewell					28.19		
Eunice Eaton		36.17		32.18			-3.59
Frances Lord			25.57				
Graham Martin	21.49						
Harry Roebuck		21.46					
Helen Benson	26.16		26.15				-0.29
Jenny Thomson			28.50				
Jodie Francis			27.53				
John Simister					32.41		
Jon Leigh	23.11		22.49				-0.22
Jon Warner			19.18				-1.12
Jules Dinwoode					29.13		
Julia Webb			31.47				
Julie Ashman		36.18*	29.16				0.00
Katie Simister					20.56		
Kevin Ashman		32.30					
Laura Rowland				31.31			
Louise Tanner		29.09					
Lucy Prince			28.50				
Mark Eaton		21.47	21.47	21.53			-0.46
Mark McDonald	20.31						
Martin Wedge		36.01					
Melissa Barham					32.32		
Mike Bell	22.52		23.43				-0.05
Mike White	20.29				20.50		
Nick Crane	25.11	25.31	24.44		25.48		
Nigel Witcher	27.16						
Nikki Roebuck		22.14					
Noah Williams	28.08						
Penny Forse			26.30				
Peter Lewis		26.23*	22.13				0.00
Rich Chowns					23.12		
Rob Williams	27.10	36.22	26.23				-2.11
Sara McRitchie	31.01						
Sarah Barron		34.49					
Stewart Pepper		21.58	21.58	32.18			
Tiffany Skeratt		31.24	30.30	31.02			-0.54
Toni Whitney					24.08		



			Lee-on-the-Solent 2 Feb Matt EMERY 20:17 Marcus LEE 21:21 Mike BELL 21:36 Stephen ANDREWS 22:17 PB Amie MORGAN 22:32 Mick WELLAND 23:18 Phil MORGAN 23:19 Tim MATTHEWS 23:56 Paul HAMMOND 24:20 George HOWARTH 24:55 Richard BURNS 24:58 Josh CULLEN 25:21 Rob WILLIAMS 25:41 Simon GIBBON 25:52 Jane BUTLER 28:05 Rebecca WHITE 28:40 Andy WHITE 28:41 Kelly BENNETTS 29:25 Vicky WILLIAMS 29:31 Sarah NORTHCOTT 29:32 Richard WEEKS 29:57 Sara MCRITCHIE 30:20 Louise TANNER 31:34 Mandy WHITE 32:02 Diane WILSON 34:32 Stuart NICHOLSON 35:00 Philip MAY 37:59 Geraldine MAY 38:01 Gorey 2 Feb Daragh HENDLEY 18:24 Lancing Beach Green 2 Feb Carl SCHAFFER 26:39 Southampton 9 Feb Mark MCDONALD 00:21:16 Calum MCDONALD 00:28:43 Marie MCDONALD 00:28:44 Eastleigh 9 Feb Haydn BROWN 00:26:57 Bury St Edmunds 9 Feb Daniel O'BOYLE 00:18:01 Kerry DODSWORTH 00:32:48 Netley Abbey 9 Feb Nick CUFF 00:20:24 Steve TROTMAN 00:24:12 Aga PLOMBON 00:30:57	Whiteley 9 Feb Daniel FOSTER 00:18:35 Tommy BLAKE 00:18:59 PB Ben GRAHAM 00:19:23 PB Matt EMERY 00:20:36 Robert CRANSTONE 00:20:44 Sean BENDELL 00:21:05 Marcus LEE 00:22:23 Martyn POORE 00:22:28 Robert EGERTON 00:23:03 Amie MORGAN 00:23:04 Kevin FINCH 00:23:05 Sarah CRANSTONE 00:23:09 Jamie EARLEY 00:23:27 Amy FOX 00:24:07 John PARKER 00:24:08 Stuart HALL 00:24:27 Danielle CRANSTONE 00:25:28 Beverly WOOLCOCK 00:26:20 Tracy LANGDALE 00:26:21 Jack GOOZEE 00:28:03 Laura ROLLAND 00:29:18 Martin READ 00:29:45 Tiffany SKERRATT 00:30:31 Keith WHITAKER 00:30:37 Liz JAMES 00:30:38 Martin DE WIED 00:30:44 William GILL 00:30:47 Steve CUMES 00:30:58 Charlotte MAISEY 00:31:14 Helen BENSON 00:36:11 Brockenhurst 9 Feb Carl SCHAFFER 00:27:04 PB Vernon WILDE 00:27:31 Louise NICHOLSON 00:35:15 Haverfordwest 9 Feb Melissa BARHAM 00:33:25 Fareham 9 Feb Ray GUNNER 00:19:35 Chris HALL 00:21:05 David MALLARD 00:22:44 Alison LAWRENCE 00:27:52 Wendy HALL 00:31:53 David MACSWAYNE 00:36:25 Wendy SMITH 00:42:32 Andrew SMITH 00:57:19 Lancing Beach Green 9 Feb Robert SPENCER 00:33:04
Whiteley 2 Feb Hannah MOLYNEAUX 20:20 PB Harry ROEBUCK 20:23 Nikki ROEBUCK 20:58 Kevin FINCH 24:04 John PARKER 24:54 Greig BENSON 25:23 Keith WHITAKER 26:41 Helen BENSON 26:44 Mike DONOVAN 26:58 PB Danielle CRANSTONE 27:10 Jamie EARLEY 27:11 Matt HUTTON 28:46 Robert EGERTON 28:48 Martin READ 29:28 Laura ROLLAND 29:50 Katharine TUCKER 30:14 Tiffany SKERRATT 44:46 Norwich 2 Feb Andy LEE 25:45 Eastleigh 2 Feb Haydn BROWN 26:29 Jon PLOMER 29:47 Netley Abbey 2 Feb Steve TROTMAN 23:38 Martin PARSONS 28:33 Jules DINWOODIE 29:11 Robert SPENCER 33:12 Shrewsbury 2 Feb Charlotte MAISEY 30:54 Portsmouth Lakeside 2 Feb Chris HALL 21:31 Daisy MCCLEMENTS 22:38 Wendy HALL 32:11 Fareham 2 Feb Ray GUNNER 19:47 Alison LAWRENCE 30:12 Melissa BARHAM 33:58 David MACSWAYNE 34:40 Andrew SMITH 46:08 Wendy SMITH 46:10				



Lee-on-the-Solent	9 February		Hackney Marshes	16 Feb	Netley Abbey	16 Feb
Brandon CHAPLIN	00:20:23		Danielle CRANSTONE	26:31	Steve TROTMAN	23:44
Graham MARTIN	00:20:45				Aga PLOMBON	27:08
Mark John EATON	00:21:14		Southampton	16 Feb	Louise NICHOLSON	35:23
Ian MILES	00:21:15		Calum MCDONALD	28:10		
Chris WHEELER	00:23:03	PB	Marie MCDONALD	28:14	Brockenhurst	16 Feb
Maria MILLICAN	00:23:12		Martin WEDGE	35:03	Vernon WILDE	26:20
Jodie FRANCIS	00:25:25		Claire JOHNSON	42:05		PB
Richard BURNS	00:25:28		Natalie FLACK	42:12		
Alison HESSELBERTH	00:25:35				Porthcawl	16 Feb
Chris STAPLEFORD	00:25:54		Swindon	16 Feb	David MACSWAYNE	35:30
Mark JENKINS	00:26:09		Yvonne FISHER	34:35		
Robin PEAL	00:26:25				Osterley	16 Feb
Paul HAMMOND	00:27:02		Oxford	16 Feb	David Matthew CASTLE	18:26
Andy WHITE	00:27:05		Martin READ	29:24		
Jules DINWOODIE	00:27:19				Maidenhead	16 Feb
Simon GIBBON	00:28:15		Southsea	16 Feb	Louise TANNER	31:11
Russell MEAD	00:28:31		Martin PARSONS	26:11		
Laura DEVINE	00:28:52		Robert SPENCER	30:56	Portsmouth Lakeside	16 Feb
Gaynor HEFFER	00:29:05				Richard MACKAY	20:17
Sarah NORTHCOTT	00:29:06		Whiteley	16 Feb	Stephen ANDREWS	21:40
Sarah BARRON	00:29:49		Ben GRAHAM	19:19	Kevin SAUNDERS	26:09
Matthew EVANS	00:29:56		Nikki ROEBUCK	20:00	Tina MACKAY	39:31
Sara MCRITCHIE	00:30:14		Sean BENDELL	20:57		PB
Claire PEAL	00:30:58		Russell WISEMAN	21:54		
Nicola WILLOUGHBY	00:31:07		Chris WHEELER	22:25	Fareham	16 Feb
Nigel WHITCHER	00:31:09		Joe GOOZEE	23:50	Ray GUNNER	19:18
Jonathan HARRINGTON	00:31:23		Neil RICHARDSON	24:09	David MALLARD	20:03
Sue ROBINSON	00:31:38		Amy FOX	24:44	Chris HALL	20:24
Janet SHAW	00:32:53		Toby EVANS	25:31	Alison LAWRENCE	27:02
Cliff SHAW	00:32:56		Jon LEIGH	26:02	Zoe DENNIS	29:17
Jane BODMAN	00:34:06	PB	Greig BENSON	26:18	Melissa BARHAM	30:12
Neil ALLEN	00:34:23		John PARKER	26:48	Wendy HALL	30:50
Stuart NICHOLSON	00:34:45		Robert EGERTON	26:57	Wendy SMITH	48:45
Diane WILSON	00:34:52		Keith WHITAKER	27:41	Andrew SMITH	50:54
Martin WEDGE	00:35:15		William GILL	28:32		
Philip MAY	00:39:38		Matt HUTTON	28:42	Mole Valley	16 Feb
Geraldine MAY	00:40:04		Tiffany SKERRATT	29:27	Gareth CHARLES	23:14
Jennie LEE	00:44:42		Jeremy TURNER	29:46	Kate RANT	27:38
Andy LEE	00:44:43		Helen BENSON	29:53		
			Liz JAMES	30:17	Street	16 Feb
			Richard JACKS	48:24	Jamie EARLEY	23:49
			Greg ROWE	51:08		
					Southampton	23 Feb
			Eastleigh	16 Feb	Calum MCDONALD	27:26
			Haydn BROWN	26:52	Marie MCDONALD	27:28
			Newbury	16 Feb	Plymvalley	23 Feb
			Allan STINSON	58:20	Claire PEAL	32:05
					Robin PEAL	32:05
			Upton House	16 Feb		
			Martin DE WIED	28:44	Southsea	23 Feb
					Martin PARSONS	26:46
Portsmouth Lakeside	9 February					
Stephen ANDREWS	00:22:08					
Simon VINGOE	00:22:56					
Martin PARSONS	00:27:30					
Kevin SAUNDERS	00:27:46					



Lee-on-the-Solent 16 Feb			Whiteley 23 Feb			Lee-on-the-Solent 23 Feb		
Simon HEARNDEN	18:32		Ben GRAHAM	19:13	PB	Brandon CHAPLIN	19:21	PB
Graham MARTIN	19:30		Nikki ROEBUCK	20:14		Graham MARTIN	19:39	
Mark John EATON	19:42		Hannah MOLYNEAUX	20:27		Mark John EATON	19:46	
Phil MORGAN	20:06		Sean BENDELL	20:48		Mike BELL	20:52	
Hollie SMITH	20:43		Robert EGERTON	22:33		Ian MILES	20:55	
Hannah MOLYNEAUX	20:44		Jamie EARLEY	22:49		Graham DONNACHIE	21:19	
Andrew MORGAN	20:52	PB	Jon LEIGH	23:22		Tim MATTHEWS	23:02	
Brandon CHAPLIN	20:53		Claire JONES	25:19		Andy DONN	23:27	
Anna WILBY-LOPEZ	21:01	PB	Tracy LANGDALE	25:44		Rachael OPENSHAW	23:47	
Lucy MAY	22:01		Toby EVANS	26:25		Paul HAMMOND	23:50	
Lara EVANS	22:20		Carl SCHAFFER	26:38		Matt EMERY	24:14	
Matthew EVANS	22:21		Nicky BEAL	27:39	PB	Phil HOBBY	24:23	
Tim MATTHEWS	22:52		Martyn POORE	27:40		Sally WATFORD	24:35	PB
Paul HAMMOND	23:20		William GILL	28:16		Amie MORGAN	24:37	
Mick WELLAND	23:46		Chris WHEELER	28:17		Mick WELLAND	24:38	
George HOWARTH	23:52		Matt HUTTON	28:25		Simon GIBBON	25:04	
Amie MORGAN	24:49		Danielle CRANSTONE	28:28		Nicola WILLOUGHBY	25:07	
Rob WILLIAMS	24:51		Pamela KEMP	28:29		Simon HEARNDEN	25:13	
Dawn HAYNES-SEWELL	25:09		Keith WHITAKER	28:52		Richard BURNS	25:19	
Nigel WHITCHER	25:24		Martin READ	29:16		Chris STAPLEFORD	25:32	
Richard BURNS	25:28		Katharine TUCKER	30:21		Alison HESSELBERTH	25:35	
Andy WHITE	26:45		Liz JAMES	30:32		Richard EDMUNDS	25:42	
Jules DINWOODIE	26:53		Jack GOOZEE	31:32		Gaynor HEFFER	25:43	
Gaynor HEFFER	27:09		Louise NICHOLSON	31:44	PB	Rob WILLIAMS	25:54	
Lee LOVE	29:00		Charlotte MAISEY	31:47		Lee LOVE	28:15	
Vicky WILLIAMS	29:14		Alethea ADAIR-STANTIAL	34:58		Noah WILLIAMS	28:27	
Russell MEAD	29:19		Robert SPENCER	35:53		Sara MCRITCHIE	28:56	
Jonathan HARRINGTON	29:24		Greg ROWE	37:39	PB	Richard WEEKS	29:26	
Laura DEVINE	29:41		Caroline STREET	37:55		Andy WHITE	29:47	
Richard WEEKS	29:43		Gareth CHARLES	39:35		Russell MEAD	30:13	
Eunice EATON	29:51		Kate RANT	40:50		Sarah BARRON	30:46	
Sara MCRITCHIE	30:09		Jenna SMITH	42:41		Cathy WEBB	31:19	
Ceri METCALF	31:24	PB	Bournemouth 23 Feb			Mandy WHITE	31:21	PB
Mandy WHITE	31:32		Ray GUNNER	19:19		Phil CLARK	31:27	
Cliff SHAW	31:40		Newbury 23 Feb			Stuart NICHOLSON	32:15	
Susan BONNAR	32:05		Allan STINSON	49:00		Jane BODMAN	33:29	PB
Sarah NORTHCOTT	32:12		Netley Abbey 23 Feb			Diane WILSON	33:36	PB
Kelly BENNETTS	32:18		Nick CUFF	19:37		Claire MEAD	34:01	
Mary SEFTON	33:07		Steve TROTMAN	23:18		Jenny HEARNDEN	34:12	
Grace TYRRELL	33:46		Chris DAVIDSON	23:59		Geraldine MAY	39:01	
Claire MEAD	34:04		Vernon WILDE	26:46		Philip MAY	39:01	
Janet SHAW	34:12		Peter Pan 23 Feb			Portsmouth Lakeside 23 Feb		
Stuart NICHOLSON	34:18		Liz WEIGHELL	32:30		Kevin SAUNDERS	25:53	
Jenny HEARNDEN	35:12		Daventry 23 Feb			Fareham 23 Feb		
Bryn CLARK	36:40		Neil ALLEN	34:24	PB	David MALLARD	19:36	
Philip MAY	37:10		Janice ALLEN	34:36	PB	Jonathan O'NEIL	22:57	
Geraldine MAY	37:11		Lancing Beach Green 23 Feb			Andy LEE	23:41	
Dylan CLARK	37:58		Richard MACKAY	23:23		Alison LAWRENCE	26:44	
Phil CLARK	37:59		Tina MACKAY	35:21		Tom MELLOR	32:29	
						Melissa BARHAM	33:12	
						Wendy SMITH	41:52	
						Andrew SMITH	50:44	

HRRL UPDATE

Well done to all those who ran the Ryde 10 mile.

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

Mens Names	Team	Team Score
Andy Simpson	A	149
Jon Warner		
Rich Chowns		
Graham Martin		
Mark Eaton	B	505
Stewart Pepper		
Simon Gibbon		
George Howarth		

Also, well done to Rob Williams and Cliff Shaw

Ladies Names	Team	Team Score
Lucy May	A	113
Amy Fox		
Gaynor Heffer		
Sadie Bedford	B	223
Kathy Chamberlain		
Alison Pepper		
Jules Dinwoodie	C	318
Jodie Francis		
Wendy Maxwell		
Sarah Barron	D	416
Janet Shaw		
Eunice Eaton		

Details below of the League Summary:

Ladies A Division 1			Men's A Division 1		
Position	Club	Score	Position	Club	Score
1	Winchester	12	1	Winchester	20
2	Denmead	24	2	Overton	21
3	Lordshill	29	3	Denmead	29
4	Stubbington	29	4	Hedge End	31
5	Farnham	35	5	Lordshill	33
6	Hedge End	36	6	Salisbury	33
7	IOW RR	39	7	Stubbington	37
8	Pompey J	41	8	Fareham	38
9	Fareham	42	9	So'ton	41
10	So'ton AC	47	10	IOW RR	49

Ladies B Division 1			Men's B Division 1		
Position	Club	Score	Position	Club	Score
1	Winchester B	13	1	Winchester B	16
2	Lordshill B	15	2	Lordshill B	26
3	Stubbington B	34	3	Denmead B	26
4	Hedge End B	39	4	Hedge End B	27
5	Winchester C	41	5	Salisbury B	33
6	Denmead	41	6	Fareham	39
7	Salisbury B	48	7	Stubbington B	46
8	Fareham	50	8	Winchester C	47
9	Lordshill C	52	9	Lordshill C	53
10	Gosport	58	11	Farnham B	61

Fleet Half	17 th March
Salisbury 10 mile	14 th April
Alton 10 mile	12 th May
Netley 10k	19 th May
Alresford 10k	16 th June
Lordshill 10k	30 th June

Remaining Races

Looking forward to seeing you at the HRRL races, HRRL Secretary my email address is:

hrri-secretary@stubbingtongreenrunners.net.