The

Green Runner

February 2019

FROM THE CHAIR

We had another successful Stubbington 10k race on the 13th January and I would just like to say a massive thanks to everybody who contributed to this success whether it was pre race or on race day or indeed in some cases both. The race wouldn't be the same without you and the amount of positive feedback we get is testament to the support you all give to it. It's also amazing to see the number of volunteers we already have for next year's race so don't forget to put 12th January 2020 in your diary!

The next event we need support for is the AGM on Feb 26th at the Crofton Pub to which you are all invited and hopefully we will get a large turnout (we need over 70 to be quorate!) to hear about the past year and to discuss and agree some important agenda items about membership fees and London marathon place allocation. We are also looking for new committee members so if you feel you can contribute then get yourself nominated for one of the roles. I would just like to take this opportunity to thank the committee for their support this year and especially Mark and Marie McDonald, Phil Hobby and Simon Gibbon who are not standing for re-election.

Finally I hope everybody continues to enjoy their running , whatever their own personal motivation is, with this great club that has now broken through the 500 members barrier.

Happy running
Kevin

HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

27	Nichola Roebuck	35:47
43	Tina Chantrey	39:01
46	Lara Evans	39:19
49	Sally McGrath	39:26
52	Lucy May	39:38
60	Penny Forse	40:41
66	Frances Lord	42:25
80	Sadie Bedford	43:41
81	Lisa Donn	43:42
86	Jodie Francis	44:29
89	Dawn Haynes-Sewell	45:24
97	Jules Dinwoodie	47:35
103	Pam Kemp	49:27

55	Miah Sewell	15:25
96	Finley Sewell	10:29
19	Harry Roebuck	12:05

54	Shaun Beale	45:58
97	Russell Coleman	48:47
120	Steve Cumes	50:57
128	Andy Simpson	52:09
132	Mark Eaton	52:29
143	Simon Bacon	53:01
144	John Blake	53:09
164	Andy Donn	55:49
170	Graham Donnachie	57:13
176	Nick Crane	59:16
179	Gordon Westley	60:43

HAMPSHIRE CROSS COUNTRY - READING

66	Shaun Beale	36.00
87	Andy Simpson	37.21
131	James MacKinnon	40.41
180	Gordon Westley	45.37

10	Harry Roebuck	10.48
43	Ryan Simpson	12.23
63	Cameron Sewell	15.09

23	Kelley Haniver	21.28
55	Rachel Fargher	23.51
64	Tina Chantry	24.22
115	Dawn Haynes-Sewell	29.16

38	Miah Sewell	18.29
30	Finley Sewell	26.29

CAPTAINS CORNER

January is a big month in our club diary, it's all about our 10k! Such a wonderful event for really feeling part of the club, whether you're working behind the scenes on the lead up, marshalling or running the event on the day, we are all involved.

And this year we really outdid ourselves, those T-shirts will be legendary! By far our best in my opinion.

The helpers 10k on the morning was a great success with 23 of us running, even a few PB's achieved despite the traffic and road crossing stops! Robin Peal was first to cross the finish with an impressive time of 49:55.

On race day we were commended again on our superb marshalling, organisation and of course the t-shirts! The green vests were on form too with some outstanding achievements from Beccy Lord, Andy Simpson, Nikki Roebuck all receiving trophies.

So many PB's achieved across the club, too many to mention but was great to read through Facebook that evening and see all these personal goals being smashed. I counted a total of 91 Stubbies that ran!

Our Cross Country season has continued with so many members continuing to improve and also try the races for the first time, all promise to return now they've got the bug for mud and hills!

The Hampshire league at Fairthorne Manor was the first of the month with a good turnout of green vests. An exciting day with a reasonable amount of mud, not so hilly this one but enough to challenge! All teams did well, special mention to Jodie Francis on her first X country, definitely a natural and glad to see her return to the CC6 so not put off! The juniors had 3 runners on the day with Miah Sewell 55th in U11 Girls, Finley Sewell 96th in U11 Boys and Harry Roebuck 19th U13 Boys, well done juniors.

The ladies numbers at these championships was mentioned to me by a few runners and they did what no other club in Hampshire could do which was get 3 senior and 3 vet teams!! Senior ladies A 8th 27th Nikki Roebuck, 43rd Tina Chantrey, 46th Lara Evans and 49th Sally McGrath. Senior ladies B 14th Lucy May 52nd, Penny Forse 60th, Frances Lord 66th and Sadie Bedford 80th. Senior ladies C were 20th with 81st Lisa Donn, 86th Jodie Francis, 89th Dawn Haynes-Sewell and 97th Jules Dinwoodie. Vet ladies were an amazing 3rd on the day and got a bronze medal, well done Nikki, Tina, Lara and Sally. Vet B team 7th Penny, Frances, Sadie and Lisa. Vet ladies C were Jodie, Dawn, Jules and 103rd Pam Kemp.

Men's results saw our senior team 15th with 54th Shaun Beale, 97th Russ Coleman, 120th Steve Cumes, 128th Andy Simpson, 132nd Mark Eaton and 143rd Simon Bacon. Vets men A were 9th Russ, Steve, Andy and Mark. Vet men B were 17th Simon, 144th John Blake, 164th Andy Donn and 170th Graham Donnachie. Also running for the men were 176th Nick Crane and 179th Gordon Westley. Great numbers at these Hants Champs, let's see if we can convert numbers at the Hants XC series when running our last race at Dibden on Saturday 9th February.

The Hampshire league continued at Reading was a lower turnout as lots of us busy with our Stubb 10k prep, or resting legs ready for the next day. We managed to get 5 junior runners out with Miah Sewell 38th in U11 Girls and U11 Boys saw Finley Sewell 30th. U13 Boys continued there perfect record of a team at every race and were 7th on the day and lie 8th overall. Harry Roebuck finished an amazing 10th place, Ryan Simpson 43rd and Cameron Sewell 63rd, well done boys.

Senior men's results, Shaun Beale 66th, Andy Simpson 87th, James MacKinnon 131st and Gordon Westley 180th. The ladies we had Kelley Haniver 23rd, Rachel Fargher 55th, Tina Chantery 64th, Dawn Haynes-Sewell 115th. Brilliant results ladies, seniors 10th on the day and lie 6th overall with vets 3rd and 3rd overall. Men failed to get a vets team so don't get a final league position, we just scrapped a senior men's team which were a brilliant 2nd on the day and currently lie 4th overall.

Our CC6 season is going really well, good turnout for us and some great results. Badger Farm is a really challenging course with that uphill finish, cows chasing the front runners and a lot of mud! A change in the course from last year made it an extra-long one of 5 miles! I'm still apologising to the people I told it was "only a 4.2 miler this one!!!" Our ladies team finished 1st with Beccy Lord finishing 2nd, Lara Evans 11th, Lucy May 15th, and we had 17 ladies overall. Some newer faces, at this race which are new to the league this year which are Sarah Gregory, Debbie Adams, Jane Bodman, Wendy Hawxwell and Louise Tanner. Brilliant to see you all there ladies.

The men's team had a total of 11 runners and were 8th, with the team consisting of Michael Gregory 6th, Chris Sandy 32nd, and Andy Simpson 39th. Well done to the guys doing their first CC6 like John Parker.

Kings Garn Gutter was our last CC6 this month and I just love this course. This really was a 4.2 miler but some killer hills and the mud in the "gutter" was as good as ever. We did have another great turnout though, 11 ladies, with team consisting of Beccy Lord 3rd, Lara Evans 18th, Frances Lord 24th and finishing 4th. More new faces for this season with Kathy Chamberlain and Jodie Francis joining us, well done ladies, that was a tough one!

The men had a turnout of 13th runners the team was 3rd with another top 10 results from Mike Gregory 6th, Andy Simpson 12th, Mike White 21st and Simon Bacon 51st. More new faces with Simon Bacon and Ryan Granger.

Our current placings for the CC6 league are ladies individually we have (best of 4 races) Lara Evans 11th and Francis Lord 22nd, Dawn Haynes-Sewell 31st and Ali Pepper 36th.
The men currently have Andy Simpson 6th overall and 1st V40, Mike White 10th overall and 1st V50, Rob Williams 69th, and Carl Schafer 83rd.

As a team we have ladies in 3rd place overall and the men's in 6th place overall.

We have just 2 more races to finish this year's league, so get your green vest and trail shoes on and give it a try! The date are 17th February is Denny Wood (Ashurst) and 10th March is Wilverley.

The highlight of the XCountry diary has to be the Southern Cross Country Championships at Parliament Hill. Such a high standard of runners and a spectacular backdrop of London's tallest landmarks made this one to remember!

A very challenging course with a lot of hills and slippery mud, the start line is wide and the first climb is tough, all about pacing it correctly.

The ladies run an 8k course and the men do 15k (you've probably heard all about the equality in racing campaigns around this).

Impressive results from the day and the placing numbers really reflect the standard out there! We did the green vests proud though and really supported each other.

Beccy Lord 61st, Kelley Haniver 148th, Nichola Roebuck 179th, Daisy McClements 298th, Lara Evans 327th, Tina Chantery 357th place (and also then ran the remainder of the 15k to make up the "equal distance".. go Tina!!, Penny Forse 449th and Lisa "first timer" Donn 528th place! Overall the ladies placed 28th Team out of 71 which is absolutely amazing! And the men….

U13 boys were Harry Roebuck 91st place and Ryan Simpson 249th – well done boys

Senior men were 55th team out of 146 teams, great job guys…. top 6 finishers for the club scored in the team and we were one bloke short of posting a team for the Hampshire Cup, next year guys. The men's results, Shaun Beale 316th, Will Feline 372nd, Andy Simpson 471st, Mike White 576th, Steve Cumes 741st, Simon Bacon 767th, Mark Eaton 827th, Stewart Pepper 828th, John Blake 864th, Andy "Mansell the driver" Donn 982nd and Gordon Westley 1132nd.

The month finished on a high for the runners at Romsey 5. A blustery day for loops of Broadlands Park but some great results and pictures from there. Special mention to 2 ladies that ran this as their first club event, well done Lisa Cameron and Gail Osborne.

A very rewarding month for the club, lots of new members and so many personal achievements conquered. Always good to keep testing ourselves and trying something different!

CC6 - BADGER FARM

Mike Gregory	6
Chris Sandy	32
Andy Simpson	39
Stewart Pepper	61
Andy Donn	74
Nick Crane	110
John Parker	127
Russell Mead	143
Andy White	161
Mike Donovan	163
Carl Schafer	170

Beccy Lord	2
Lara Evans	11
Lucy May	15
Sally McGrath	19
Francis Lord	33
Becca White	34
Lisa Donn	38
Amy Fox	43
Dawn Haynes-Sewell	51
Jules Dinwoodie	52
Tracey Langdale	54
Ali Pepper	69
Louise Tanner	70
Wendy Hawxwell	75
Sarah Gregory	98
Jane Bodman	117
Debbie Adams	120
Sarah Martin	121

CC6 - KINGS GARN

Mike Gregory	6
Andy Simpson	12
Mike White	21
Simon Bacon	51
Andy Donn	54
Stewart Pepper	68
Nick Crane	75
Jack Goozee	95
John Parker	120
Rob Williams	131
Ryan Granger	138
Andy White	148
Carl Schafer	151

Beccy Lord	3
Lara Evans	18
Francis Lord	24
Sadie Bedford	33
Lisa Donn	37
Amy Fox	39
Jodie Louise Francis	41
Dawn Haynes-Sewell	56
Becca White	60
Kathy Chamberlain	72
Ali Pepper	75

DARK MOORS 10 Mile

31	Sean	Bendell	01:14:26
242	Gaynor	Heffer	01:47:06
243	Paul	Hammond	01:47:06
244	John	Cox	01:47:07
245	Nicola	Willoughby	01:47:08
252	Nigel	Whitcher	01:48:00
254	Chris	Stapleford	01:48:21
260	Sara	McRitchie	01:49:27
261	Simon	Gibbon	01:49:27

DARK MOORS 5 Mile

61	Aga	Plombon	00:47:50
175	Rachel	Donnachie	00:56:15
176	Katherine	Holmes	00:56:16

STUBBINGTON 10K

17	Michael	Gregory	00:34:18
26	Rob	Arkell	00:35:10
33	Chris	Brobin	00:35:26
43	Rob	Greenwood	00:35:46
54	William	Feline	00:36:14
79	Andy	Simpson	00:37:00
87	Phil	Morgan	00:37:04
90	Daragh	Hendley	00:37:16
121	Jonathan	Warner	00:38:10
124	Mike	White	00:38:20
138	Daniel	Foster	00:38:45
142	Josh	Cullen	00:38:50
147	Russell	Coleman	00:39:04
172	Nick	Cuff	00:39:32
182	Simon	Hearnden	00:39:40
188	Steve	Cumes	00:39:50
200	David	Jennings	00:40:06
208	Richard	Chowns	00:40:19
239	Tommy	Blake	00:41:08
245	Matt	Emery	00:41:13
249	John	Parker	00:41:21
257	Richard	Mackay	00:41:32
296	Simon	Bacon	00:42:26
320	Dave	Thorpe	00:42:45
357	John	Blake	00:43:23
358	Benjamin	Piper	00:43:00
366	Marcus	Lee	00:43:31
398	Graham	Donnachie	00:44:13
455	Nick	Crane	00:45:31
517	Jack	Goozee	00:46:33
588	Jamie	Earley	00:47:44
645	Steve	Fidler	00:48:54
652	Richard	Jacks	00:48:41
697	Ashley	Lovell	00:49:45
698	Rob	Christie	00:49:25
726	George	Howarth	00:50:06
778	Peter	Lewis	00:50:59
797	George	Rennie	00:51:18
828	Derrick	Morgan	00:51:12
919	Toby	Evans	00:53:23
925	Rob	Williams	00:52:33
977	David	Abrams	00:53:38
1004	Richard	Weeks	00:54:46
1121	Carl	Schafer	00:56:51
1239	Cliff	Shaw	00:58:10
1307	Michael	Wootton	00:58:31
1415	Lee	Lovell	01:01:10

82	Rebecca	Lord	00:36:59
183	Katie	Leatherland	00:39:46
236	Nikki	Roebuck	00:41:09
341	Hannah	Molyneaux	00:43:03
373	Lucy	May	00:43:46
435	Maria	Millican	00:45:09
499	Penny	Forse	00:46:26
516	Lara	Evans	00:46:52
586	Charlotte	Underwood	00:47:44
662	Beverly	Woolcock	00:49:05
690	Frances	Lord	00:48:38
738	Sally	Gee	00:49:48
773	Hayley	Humble	00:50:21
775	Amy	Fox	00:49:58
1002	Kimberley	Achurch	00:53:58
1016	Katherine	Chamberlain	00:54:23
1041	Jodie	Francis	00:54:53
1082	Louise	Tanner	00:54:48
1096	Jamie	Nunn	00:56:21
1107	Anne	Trotman	00:56:00
1177	Jade	Botterill	00:56:06
1193	Wendy	Hawxwell	00:56:43
1228	Emmeline	White	00:57:51
1236	Jan	Shaw	00:58:09
1264	Ali	Hogg	00:58:59
1284	Sarah	Barron	00:58:52
1290	Claire	Peal	00:58:19
1309	Christine	Laidlaw	00:58:41
1357	Lindsay	Pratt	00:59:32
1400	Cathy	Webb	01:00:34
1401	Sandra	Abrams	01:01:48
1422	Charlotte	Hall	01:02:08
1435	Katherine	Holmes	01:02:39
1454	Rona	Johnson	01:02:36
1478	Tarnya	Robinson	01:02:46
1498	Linda	Swanton	01:03:34
1585	Susan	Bonnar	01:06:20
1633	Julia	Webb	01:08:51
1635	Liz	Hall	01:08:53
1640	Sally	Martin	01:09:48
1641	Jenny	Wilford	01:09:48
1675	Tina	Mackay	01:12:30
1727	Gill	Prestidg	01:21:04

Winter Time Trial - January

January's time trial saw a drop in numbers which may have had something to do with the Southern XC Champs that weekend. We had 16 runners and 5 improvers on the night.

The ladies biggest improver by a big margin was Eunice Eaton knocking 3 minutes 59 seconds off. The men's biggest improver was a closer affair with 14 seconds only separating the top 3 with Ashley Lovell scooping the biggest improver with 37 second improvement.

Randomator chose Chris Hall as the winner of the spot prize. Next time trial is Thursday 21st February, at Holly Hill Leisure Centre car park at 18.25.

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

Name	Best 2016/2017 or 2017/2018	October	Novem-ber	December	January	Months Best	Total Yearly Best 2018
		21	20	26	16	5	18
Eunice Eaton	36.17		36.17		**32.18**	-3.59	-3.59
Chris Laidlaw	31.44			31.44	**30.58**	-0.46	-0.46
Ash Lovell	25.30	25.30			**24.53**	-0.37	-0.37
John Parker	23.23	25.02	23.34		**22.55**	-0.28	-0.28
George Howarth	26.52	29.48	28.12		**26.29**	-0.23	-0.23
Ali Pepper	28.33	28.33		**27.36**			-0.57
Alison Byatt	26.37	26.37	**26.22**				-0.15
Alistair Wakefield	26.37	**26.37**					
Andy Donn	22.31		**22.31**				
Andy Simpson	18.32	19.19	20.42	19.07	19.02		
Beccy Lord	19.42			22.09			
Becky Hodson	24.03				**24.03**		
Bev Woolcock	25.53		25.53	**25.04**	25.40		-0.49
Carl Schafer	28.10	**28.10**	28.19		28.12		
Chris Hall (Snr)	26.28*				26.28*		
Daniel Elliott	19.13			**19.13**			
Daniel Foster	20.30			**20.30**			
Dominic Shepherd	25.52				**25.52**		
Frances Lord	24.28			25.57			
Graham Martin	21.49	**21.49**					
Harry Roebuck	21.46		**21.46**				
Helen Benson	26.44	26.16		**26.15**			-0.29
James Bampton	25.02*	**25.02**					

Jenny Thomson	28.50			**28.50**			
Jodie Francis	27.53			**27.53**			
Jon Leigh	23.11	23.11		**22.49**			-0.22
Jon Warner	20.30			**19.18**			-1.12
Julia Webb	31.47			**31.47**			
Julie Ashman	36.18*		36.18*	**29.16**			0.00
Kevin Ashman	32.30		**32.30**				
Laura Rowland	31.31				**31.31**		
Louise Tanner	29.09		**29.09**				
Lucy Prince	28.50			**28.50**			
Maria Millican	24.16		**24.16**		24.38		
Mark Eaton	22.33		**21.47**	21.47	21.53		-0.46
Mark McDonald	20.31	**20.31**					
Martin Wedge	36.01		**36.01**				
Mike Bell	22.57	**22.52**		23.43			-0.05
Mike White	20.29	**20.29**					
Nick Crane	24.20	25.11	25.31	24.44			
Nigel Whitcher	27.16	**27.16**					
Nikki Roebuck	22.14		**22.14**				
Noah Williams	28.08	**28.08**					
Penny Forse	24.20			26.30			
Peter Lewis	26.23*		26.23*	**22.13**			0.00
Rob Williams	28.34	27.10	36.22	**26.23**			-2.11
Russ Coleman	20.08	20.08		**19.46**			-0.22
Sara McRitchie	27.31	31.01					
Sarah Barron	30.03		34.49				
Stephen Andrews	24.53			**24.53**	25.16		
Stewart Pepper	21.58		**21.58**	21.58	32.18		
Tiffany Skeratt	31.24		31.24	**30.30**	31.02		-0.54

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS PARLIAMENT HILL

316	Shaun Beale	56.41
372	William Feline	57.46
471	Andy Simpson	59.34
576	Mike White	61.19
741	Steve Cumes	64.21
767	Simon Bacon	64.38
827	Mark Eaton	66.00
828	Stewart Pepper	66.07
864	John Blake	67.01
982	Andy Donn	70.32
1132	Gordon Westley	82.48

61	Rebecca Lord	31.56
148	Kelley Haniver	34.07
179	Nichola Roebuck	35.01
298	Daisy McClements	37.36
327	Lara Evans	38.07
357	Tina Chantrey	38.48
377	Lucy May	39.12
449	Penny Forse	40.44
528	Lisa Donn	43.05

ROMSEY 5

268	Aga Plombon	00:40:12
282	Claire Light	00:40:48
291	Russell Mead	00:41:17
369	Toby Evans	00:43:00
413	Wendy Hawxwell	00:44:21
433	Julie Dinwoodie	00:44:45
478	Martin de Wied	00:44:30
523	lisa cameron	00:46:45
524	Katherine Holmes	00:46:45
539	Gail Osborne	00:47:03
550	Rob Punter	00:47:00
578	Julia Lawton	00:47:57
630	Rachel Donnachie	00:49:31
984	Martin Wedge	01:01:42

Grovelands, Enfield	1 January	
Robert SPENCER	32:13	

Southampton	1 January	
Nick CUFF	19:38	
Phil MORGAN	20:02	PB
Amie MORGAN	21:11	PB
Mick WELLAND	22:33	
Steve TROTMAN	23:43	

Prudhoe Riverside	1 January	
Stewart PEPPER	23:07	
Alison PEPPER	27:06	PB

Ipswich	1 January	
Lucy TAYLOR	31:20	

Southsea	1 January	
Keith CARTER	24:20	

Whiteley	1 January	
Josh CULLEN	19:18	
Sean BENDELL	19:55	
Daniel FOSTER	20:22	
Nikki ROEBUCK	21:13	
Rachael OPENSHAW	22:11	PB
Lucy MAY	22:22	
Jamie EARLEY	22:23	
Paul HAMMOND	22:28	
John PARKER	23:09	
Richard MACKAY	23:11	
Marie MCDONALD	23:28	PB
Simon VINGOE	23:39	
Simon ELLIS	24:05	
Vernon WILDE	24:21	PB
Rob WILLIAMS	24:51	
Simon GIBBON	25:11	
George HOWARTH	26:01	
Danielle CRANSTONE	26:11	
Kim ACHURCH	26:46	
Richard JACKS	26:46	
Laura ROLLAND	27:02	PB
Claire LIGHT	27:06	
Jack GOOZEE	27:10	
Nigel WHITCHER	27:17	
Steve CUMES	27:17	
Pamela KEMP	28:12	
Keith WHITAKER	28:16	
Chris WHEELER	28:48	
Toby EVANS	29:12	
Janet SHAW	29:46	
Martin DE WIED	30:23	
John SIMISTER	30:53	
Cliff SHAW	32:14	
Marcus LEE	32:49	
Caz LEE	34:56	
Greig BENSON	35:10	
Helen BENSON	35:14	
Tina MACKAY	35:22	
Dayna GIBB	35:58	
Philip MAY	39:09	
Geraldine MAY	39:10	PB
Lauren FOWLER	55:58	

Lee-on-the-Solent	1 January	
Shaun BEALE	17:54	
Josh CULLEN	18:53	
Richard MACKAY	19:44	
Matt EMERY	19:53	
David JENNINGS	19:58	PB
Steve CUMES	20:31	
Russ COLEMAN	21:07	
Lucy MAY	22:14	
Rachel FARGHER	22:18	
Stephen ANDREWS	22:55	PB
Ashley LOVELL	22:56	
Jamie EARLEY	23:29	
Andy LEE	24:58	
Phil HOBBY	25:02	
Steve FIDLER	25:16	
Vernon WILDE	25:26	
George HOWARTH	25:47	
Kim ACHURCH	26:10	
Rob WILLIAMS	26:20	
Chris WHEELER	26:22	
Helen BENSON	26:36	
Keith WHITAKER	26:38	
Cathy WEBB	27:09	
Amanda KNIGHT	27:11	PB
Jonathan HARRINGTON	27:26	
Nicola WILLOUGHBY	27:47	
Paul HAMMOND	27:50	
Kate RANT	28:01	
Gareth CHARLES	28:02	
Steve MCCULLEY	28:05	
Carl SCHAFER	28:14	
Martin PARSONS	28:40	
Lee LOVE	28:42	
Martyn BANNER	29:00	
Wendy HAWXWELL	29:01	
Danielle CRANSTONE	29:04	
Sarah GARDINER	29:16	
Christine LAIDLAW	29:23	
Toby EVANS	29:34	
Simon GIBBON	29:55	
Gaynor HEFFER	29:57	
Nigel WHITCHER	29:59	
Pamela KEMP	30:16	
Kathy CHAMBERLAIN	31:43	
Mandy WHITE	32:52	
Phil CLARK	34:07	
Sarah BARRON	34:10	
Laura ROLLAND	34:36	
David MACSWAYNE	35:04	
Stuart NICHOLSON	35:15	
Susan BONNAR	35:39	
Emily PEAL	35:48	
Robin PEAL	35:50	
Sarah NORTHCOTT	36:03	
Charlotte MAISEY	36:16	
Martin DE WIED	36:17	
Kelly BENNETTS	36:27	
Sarah HOBBY	36:29	
Natalie FLACK	36:42	
Jenny HEARNDEN	37:01	
Janet SHAW	37:19	
Claire JOHNSON	37:24	
Claire PEAL	38:11	
Philip MAY	39:35	
Geraldine MAY	39:39	
Lara DENT	40:07	
Tina MACKAY	40:08	
Richard JACKS	45:10	

Shepton Mallet	1 January	
Liz WEIGHELL	39:49	

Oak Hill	1 January	
Robert SPENCER	33:34	

Netley Abbey	1 January	
Mike WHITE	14097	
Phil MORGAN	14618	
Haydn BROWN	15231	
Rebecca Margaret LORD	15856	
Amie MORGAN	15949	
Mick WELLAND	16122	
Steve TROTMAN	16296	
Chris DAVIDSON	17013	

Queen Elizabeth	1 January	
David MALLARD	19:57	PB
Alison LAWRENCE	31:53	

Bideford	1 January	
Jodie FRANCIS	29:04	

Fareham	1 January	
Ray GUNNER	19:51	
David JENNINGS	20:24	
Matt EMERY	20:44	
Rachel FARGHER	22:12	PB
Andy LEE	23:07	
Steve FIDLER	23:13	
David MALLARD	26:57	
Alison LAWRENCE	26:57	
Carl SCHAFER	27:15	
Stuart NICHOLSON	27:41	
Jonathan HARRINGTON	27:58	PB
Martin PARSONS	28:11	
Sarah GARDINER	28:11	
Kathy CHAMBERLAIN	28:45	PB
Martyn BANNER	30:48	
Susan BONNAR	32:29	
David MACSWAYNE	34:09	
Wendy SMITH	39:22	

Wimbledon Common	5 January	
Robert SPENCER	00:32:51	

Swindon	5 January	
Yvonne FISHER	00:34:20	

Southsea	5 January	
Mike BELL	00:20:49	
Martin PARSONS	00:27:04	PB
Sarah GREGORY	00:33:44	

Havant	5 January	
Carl SCHAFER	00:28:27	

Ashford	5 January	
Mike WHITE	00:19:27	

Cannon Hill, Birmingham	5 January	
Vicky SHAW	00:20:08	

Newbury	5 January	
Tomas STINSON	00:20:54	

Netley Abbey	5 January	
Haydn BROWN	00:22:12	
Steve TROTMAN	00:25:01	
Russell MEAD	00:29:27	

Whiteley	5 January	
Phil MORGAN	00:19:06	PB
Sean BENDELL	00:19:21	
Robert CRANSTONE	00:20:16	
Matt EMERY	00:20:35	
Hannah MOLYNEAUX	00:20:48	
Amie MORGAN	00:21:36	PB
Jamie EARLEY	00:21:40	
Katie LEATHERLAND	00:21:50	
Greig BENSON	00:21:50	
Anna WILBY-LOPEZ	00:21:56	
Russell WISEMAN	00:22:19	
Gavin RENNIE	00:22:40	
Jack GOOZEE	00:22:43	
Neil RICHARDSON	00:23:00	
Amy FOX	00:24:50	
John PARKER	00:24:50	
Tracy LANGDALE	00:25:09	PB
Danielle CRANSTONE	00:26:20	
Keith WHITAKER	00:26:57	
Claire LIGHT	00:28:33	
Martin DE WIED	00:29:05	
Kay SADLER	00:29:17	
Katharine TUCKER	00:29:29	
William GILL	00:30:44	
Tiffany SKERRATT	00:30:50	
Matt HUTTON	00:31:00	
Charlotte MAISEY	00:32:40	
Mark MACDONALD	00:32:54	
Helen BENSON	00:34:21	

Fareham	5 January	
Ray GUNNER	00:19:30	
Martyn BANNER	00:28:26	PB
Alison LAWRENCE	00:29:29	
Katherine BURDETT	00:29:56	
Tom MELLOR	00:33:43	
David MACSWAYNE	00:35:29	
Wendy SMITH	00:39:36	
Andrew SMITH	00:49:00	

Whiteley	12 January	
Daniel ELLIOTT	18:17	PB
Robert CRANSTONE	20:41	
Brandon CHAPLIN	20:51	
Mike BELL	21:10	
Gareth CHARLES	21:26	
Neil RICHARDSON	22:38	
Sarah CRANSTONE	23:20	
Simon ELLIS	24:34	
Tracy LANGDALE	24:57	PB
Sadie Lee BEDFORD	25:12	
Kate RANT	25:41	
Keith WHITAKER	27:26	
Martin DE WIED	27:43	
Danielle CRANSTONE	27:47	
Martyn BANNER	28:09	
Carl SCHAFER	28:21	
Martin READ	29:54	
Charlotte MAISEY	31:52	
Greig BENSON	32:19	
Lindsey DOWNES	38:19	PB
Beatie BICHARD	38:19	

Lee-on-the-Solent	5 January	
Tommy BLAKE	00:19:50	PB
Mark MCDONALD	00:20:21	
Marcus LEE	00:21:22	
Paul HAMMOND	00:21:43	PB
Maria MILLICAN	00:21:59	
Adam JOEL	00:21:59	
Nicola WILLOUGHBY	00:22:13	PB
Andy LEE	00:23:27	
Gaynor HEFFER	00:23:29	PB
Tim MATTHEWS	00:23:34	
Chris WHEELER	00:23:36	
Marie MCDONALD	00:23:44	
Sarah CRANSTONE	00:23:48	
Steve MCCULLEY	00:23:51	
Vernon WILDE	00:24:15	
Simon GIBBON	00:24:23	
Sally GEE	00:25:02	
Michael LOVELL	00:25:06	
Richard BURNS	00:25:15	
Alison HESSELBERTH	00:25:49	
Cathy WEBB	00:25:58	
Toby EVANS	00:26:13	
Lara DENT	00:26:36	
Rob WILLIAMS	00:26:44	
Andy WHITE	00:26:49	
Karen SALMON	00:27:07	
Nigel WHITCHER	00:27:15	
Mark John EATON	00:27:58	
Adam JEFFERY	00:28:19	
Josh CULLEN	00:28:33	
Sara MCRITCHIE	00:28:38	
Christine LAIDLAW	00:28:45	
Lee LOVE	00:28:50	
Stuart NICHOLSON	00:29:49	
Eunice EATON	00:30:05	
Vicky WILLIAMS	00:30:56	
Susan BONNAR	00:32:10	
Ceri METCALF	00:34:18	PB
Nikkie Katrina PLOMER	00:34:22	
Amanda KNIGHT	00:34:53	
Philip MAY	00:34:54	
Geraldine MAY	00:35:11	PB
Martin WEDGE	00:35:21	
Diane WILSON	00:35:36	

Chichester	5 January
Jonathan HARRINGTON	00:27:33

Portsmouth Lakeside	5 January
Will FELINE	00:18:46
Kevin SAUNDERS	00:29:33

Swindon	12 January
Yvonne FISHER	35:12

Eastleigh	12 January
Haydn BROWN	26:23
Robert SPENCER	36:02

Newport	12 January	
Andrew William THOMAS	19:56	PB

Netley Abbey	12 January
Stephen ANDREWS	22:35
Steve TROTMAN	24:10

Lee-on-the-Solent	12 January	
Mark John EATON	20:22	
Simon GIBBON	23:47	
Tim MATTHEWS	23:48	
Ashley LOVELL	23:56	
Vernon WILDE	24:16	
Karen SALMON	24:33	PB
Michael LOVELL	25:26	
Richard BURNS	25:39	
Josh CULLEN	25:51	
Nigel WHITCHER	26:13	
Paul HAMMOND	26:50	
Adam JEFFERY	28:19	
Russell MEAD	29:17	
Louisa KNIGHT	29:59	
Vicky WILLIAMS	30:38	
Stuart NICHOLSON	32:21	
Amanda KNIGHT	32:46	
Jane BODMAN	34:38	PB
Martin WEDGE	34:57	
Diane WILSON	35:12	
Philip MAY	37:05	
Geraldine MAY	37:06	

Elgin	12 January
Mark MCDONALD	19:54
Marie MCDONALD	23:47

Portsmouth Lakeside	12 January
Amie MORGAN	21:40
Daisy MCCLEMENTS	21:51
Phil MORGAN	21:54
Mick WELLAND	22:26
Simon VINGOE	22:36 PB
Kevin SAUNDERS	28:48
Tina MACKAY	42:22

Fareham	12 January	
Ray GUNNER	19:23	PB
Martin PARSONS	27:19	
Tom MELLOR	32:35	
Dayna GIBB	35:18	
David MACSWAYNE	39:58	

Whiteley	19 January	
Tommy BLAKE	19:20	PB
Sean BENDELL	19:49	
Matt EMERY	20:18	
Robert CRANSTONE	20:25	
John BLAKE	20:27	
Hannah MOLYNEAUX	21:15	
Marcus LEE	22:12	
Stephen ANDREWS	22:22	PB
Neil RICHARDSON	22:32	
Sarah CRANSTONE	23:19	
Amy FOX	24:09	
Tracy LANGDALE	25:53	
Carl SCHAFER	27:05	
Keith WHITAKER	27:27	
Martin PARSONS	29:22	
Pamela KEMP	30:00	
Matt HUTTON	30:22	
Tiffany SKERRATT	30:40	
Robert SPENCER	30:43	
William GILL	30:53	
Charlotte MAISEY	32:23	
Joe GOOZEE	33:15	
Helen BENSON	33:27	

Winchester	**12 January**	
Jules DINWOODIE	27:35	PB

Peter Pan	**12 January**
Liz WEIGHELL	32:24

Coburg	**12 January**
Liz JAMES	33:02

Albert	**19 January**
Liz JAMES	32:00

Swindon	**19 January**
Yvonne FISHER	34:34

Lee-on-the-Solent	**19 January**	
Josh CULLEN	19:11	
Steve CUMES	19:28	
Simon HEARNDEN	19:34	
David JENNINGS	19:46	PB
Mark John EATON	20:44	
Graham MARTIN	20:47	
Richard EDMUNDS	21:02	
Michael LOVELL	21:24	PB
Graham DONNACHIE	21:33	PB
Andy DONN	22:04	
Paul HAMMOND	22:43	
Amie MORGAN	23:02	
Mick WELLAND	23:03	
Phil MORGAN	23:04	
Tim MATTHEWS	23:41	
Jamie EARLEY	23:47	
Hilary MISSELBROOK	23:51	
Simon GIBBON	23:52	
Gaynor HEFFER	24:52	
Richard BURNS	24:58	
Alison BYATT	25:10	
Mark JENKINS	25:27	
Cathy WEBB	25:50	
Lara DENT	25:55	
Kim ACHURCH	27:17	
Jonathan HARRINGTON	28:08	
Lee LOVE	28:15	
Sarah BARRON	29:01	
Rob WILLIAMS	29:03	
Adam JEFFERY	29:14	
Christine LAIDLAW	29:46	
Emily PEAL	30:03	
Claire PEAL	30:24	
Adam JOEL	30:30	
Vicky WILLIAMS	30:48	
Mandy WHITE	31:32	
Sarah NORTHCOTT	32:06	
Kelly BENNETTS	32:07	
Susan BONNAR	32:24	
Amanda KNIGHT	32:32	
Jenny HEARNDEN	34:40	
Sara MCRITCHIE	36:47	
Natalie FLACK	38:30	
Claire JOHNSON	38:31	
Janice ALLEN	38:33	
Neil ALLEN	38:34	

Portsmouth Lakeside	**19 January**	
Will FELINE	17:46	PB
Kevin SAUNDERS	27:28	
Martyn BANNER	29:09	

Fareham	**19 January**
Shaun BEALE	17:37
Ray GUNNER	19:28
Melissa BARHAM	33:42
Wendy SMITH	51:39
Andrew SMITH	53:03

Hogmoor Inclosure	**19 January**
David MACSWAYNE	34:42

Eastleigh	**19 January**	
Chris WHEELER	25:46	PB
Haydn BROWN	26:28	

Lincoln	**19 January**
Rachael OPENSHAW	22:41

Winchester	**19 January**
Gordon WESTLEY	26:52

Netley Abbey	**19 January**
Beccy And Skye DOG	18:59
Frances Louise LORD	24:06
Steve TROTMAN	24:26
Aga PLOMBON	30:51
Caroline STREET	35:20

Rushcliffe	**19 January**
Stuart NICHOLSON	36:25

Queen Elizabeth	**19 January**
Mike DONOVAN	30:27

Portsmouth Lakeside	**26 January**
Sally WATFORD	25:46
Kevin SAUNDERS	27:08

Cardiff	**26 January**
Ann BLAKE	34:16

Southampton	**26 January**
Josh CULLEN	23:53
Carl SCHAFER	26:33

Southsea	**26 January**
Martin PARSONS	30:11
Robert SPENCER	30:40

York	**26 January**
David Matthew CASTLE	18:08

Dinton Pastures	**26 January**
Martin DE WIED	28:59

Eastleigh	**26 January**
Haydn BROWN	22:35

Netley Abbey	**26 January**
Steve TROTMAN	23:08
Stephen ANDREWS	23:43

Blackhill	**26 January**	
Simon GIBBON	24:41	PB

Lee-on-the-Solent	**26 January**	
Graham MARTIN	20:29	
Richard EDMUNDS	20:49	
Mike BELL	21:05	
Graham DONNACHIE	21:14	PB
Jamie EARLEY	22:25	
Tim MATTHEWS	23:36	
Jonathan O'NEIL	23:40	
Mark JENKINS	25:20	
Lara DENT	25:47	PB
Alison HESSELBERTH	25:54	
Cathy WEBB	26:11	
Nicola WILLOUGHBY	26:12	
Andy WHITE	26:34	
Louise TANNER	27:46	
Sue MOORE	28:27	
Martyn BANNER	28:40	
Laura DEVINE	29:04	
Christine LAIDLAW	29:24	
Stuart NICHOLSON	30:06	
Sarah NORTHCOTT	30:08	
Sarah BARRON	30:09	
Russell MEAD	30:41	
Eunice EATON	32:10	
Susan BONNAR	32:19	
Mary SEFTON	33:40	
Diane WILSON	34:14	PB
Sara MCRITCHIE	35:51	
Jenny HEARNDEN	36:18	
Philip MAY	37:08	
Geraldine MAY	37:10	
Phil CLARK	56:57	
Tina MACKAY	57:12	

Fareham	**26 January**
Ray GUNNER	19:28
Andy LEE	25:55
Alison LAWRENCE	29:35
David MACSWAYNE	35:15
Andrew SMITH	44:09
Wendy SMITH	44:10

Whiteley	**26 January**
Katie LEATHERLAND	19:37
Sean BENDELL	19:44
Phil MORGAN	20:56
Matt EMERY	21:32
Marcus LEE	21:35
Greig BENSON	21:38
Amie MORGAN	22:44
Mick WELLAND	22:52
Kevin FINCH	23:22
John PARKER	24:41
Amy FOX	24:44
Rob WILLIAMS	25:03
Sadie Lee BEDFORD	25:08
Tracy LANGDALE	25:42
Keith WHITAKER	27:24
Laura ROLLAND	28:45
Ali HOGG	29:16
Jade BOTTERILL	29:37
William GILL	29:58
Charlotte MAISEY	30:02
Tiffany SKERRATT	30:21
Jack GOOZEE	31:48
Helen BENSON	33:57

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to all those who ran our 10k.

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

Ladies Names	Team	Team Score
Beccy Lord	A	43
Katie Leatherhead		
Nikki Roebuck		
Hannah Molyneaux	B	139
Lucy May		
Maria Millican		
Penny Forse	C	261
Lara Evans		
Charlotte Underwood		
Beverley Woolcock	D	373
Frances Lord		
Sally Gee		

Also, well done to Hayley Humble, Amy Fox, Kimberley Achurch, Kathy Chamberlain, Jodie Francis, Louise Tanner, Anne Trotman, Jade Botterill, Wendy Maxwell, Emmeline White, Janet Shaw, Ali Hogg, Sarah Barron, Claire Peal, Chris Laidlaw, Lindsay Pratt, Cathy Webb, Sandra Abrams, Charlotte Hall, Katherine Holmes, Rona Johnson, Tanya Robinson, Linda Swanton, Susan Bonnar, Julia Webb, Liz Hall, Sally Martin, Tina Mackay, Gill Presidg and Tracy Jenkins.

Mens Names	Team	Team Score
Mike Gregory	A	100
Rob Arkell		
Chris Brobin		
Rob Greenwood		
Will Feline	B	272
Andy Simpson		
Phil Morgan		
Daragh Hendley		
Jon Warner	C	442
Mike White		
Dan Foster		
Josh Cullen		
Russell Coleman	D	571
Nick Cuff		
Simon Herndean		
Steve Cumes		

Also, well done to David Jennings, Rich Chowns, Tommy Blake, Matt Emery, John Parker, Richard Mackay, Simon Bacon, David Thorpe, John Blake, Benjamin Piper, Marcus Lee, Graham Donnachie, Nick Gooze, Jamie Earley, Steve Fidler, Richard Jacks, Ashley Lovell, Rob Christie, George Howarth, Tim Matthews, George Rennie, Derrick Morgan, Mark Jenkins, Toby Evans, Rob Williams, Gary Solly, Richard Weeks, Jamie Nunn, Carl Schafer, Cliff Shaw, Michael Wotton and Lee Love

Ladies A Division 1		
Position	Club	Score
1	Winchester	8
2	Stubbington	23
3	Denmead	23
4	Lordshill	26
5	Hedge End	29
6	Farnham	30
7	Fareham	33
8	Pompey J	33
9	So'ton AC	36
10	IOW RR	37

Men's A Division 1		
Position	Club	Score
1	Overton	14
2	Winchester	18
3	Salisbury	24
4	Lordshill	25
5	Hedge End	27
6	Denmead	28
7	So'ton AC	30
8	Stubbington	31
9	FAreham	33
10	IOW RR	46

Ladies B Division 1		
Position	Club	Score
1	Winchester B	8
2	Lordshill B	14
3	Winchester C	25
4	Stubbington	30
5	Hedge End B	33
6	Denmead	34
7	Fareham	38
8	Lordshill C	43
9	Salisbury C	45
10	Gosport	50

Men's B Division 1		
Position	Club	Score
1	Winchester B	14
2	Lordshill B	21
3	Hedge End B	24
4	Denmead B	25
5	Salisbury B	27
6	Fareham	35
7	Winchester C	36
8	Stubbington	39
9	Lordshill C	41
11	So'ton AC	52

Ryde 10 mile	3rd February
Fleet Half	17th March
Salisbury 10 mile	14th April
Alton 10 mile	12th May
Netley 10k	19th May
Alresford 10k	16th June
Lordshill 10k	30th June

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

Thank you to everyone who helped out to make our 10K so successful.

Stubbington Green Runners AGM Call Notice 2019

You are cordially invited to the AGM of Stubbington Green Runners

Tuesday 26th February at 8pm
At the Crofton Pub, Crofton Lane, Stubbington

The AGM will be followed by food 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 22nd 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 Secretary, Vice Chairman, Club Coach and one General Committee are not standing for re-election.

A Non Committee Roles is also available and this is the Hampshire Road Race League representative.

I am sure that in a club of nearly 500 members we will have enough nominations to ensure a smooth transition of the Committee into the new club 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.

Men's 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, coordinate 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
Hampshire Road Race League representative

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 22nd February, 2019.

Kind regards

Marie McDonald
Secretary
Stubbington Green Runners