# The GreenRunner

JANUARY 2015

30TH ANNIVERSARY

www.stubbingtongreenrunners.net | @StubbGR

## LATEST CROSS COUNTRY RESULTS

## STUBBIES INVADE THE PORTSMOUTH COASTAL MARATHON

## PUB TO PUB "FUN RUN" RESULTS

| GREENWICH 10K | | |
|---|---|---|
| 28 | Heidi Loveridge | 00:46:56 |

BRUTAL 10

| | | |
|---|---|---|
| 13 | William Feline | 01:25:28 |
| 78 | Laura Wainwright | 01:42:15 |

| Cursa dels Nassos 10K Barcelona | | | |
|---|---|---|---|
| 2125 | Heidi | Loveridge | 44.21 |

| Brecon Beacons Winter Ultra 40 miles | | | |
|---|---|---|---|
| 13th | Euan McGrath | 2nd Vet | 08:24:39 |

# LAKESIDE 5K

| | | |
|---|---|---|
| 4 | Lewis Banner | 16:36 |
| 8 | Rob Greenwood | 17:38 |
| 13 | Howard Clark | 18:38 |
| 16 | James Lee | 19:27 |
| 20 | Mark McDonald | 20:14 |
| 23 | Melissa Hutton-Dunton | 20:25 |
| 34 | Alethea Adair-Stantiall | 21:46 |
| 35 | Phil Hobby | 21:48 |
| 37 | Dan Jones | 22:38 |
| 42 | Marie McDonald | 23:01 |
| 47 | Andrew Richardson | 23:36 |
| 53 | Russell Mead | 24.33 |
| 58 | Dawn Haynes-Sewell | 25.31 |
| 64 | Jules Dinwoodie | 26.59 |
| 66 | Sarah Hobby | 27.32 |
| 67 | Robert Spencer | 27.38 |
| 68 | Sarah Barron | 27.48 |

## PORTSMOUTH COASTAL MARATHON

| | | |
|---|---|---|
| 38 | Sev Roberts | 03:12:07 |
| 152 | Duncan Borthwick | 03:33:57 |
| 602 | Simon Hearnden | 04:14:17 |
| 642 | Mark Porter | 04:18:11 |
| 650 | Richard Batten | 04:18:24 |
| 912 | Lisa Donn | 04:44:50 |
| 914 | John Cox | 04:44:56 |
| 1148 | Nigel Whitcher | 05:29:56 |
| 1149 | Phil Hobby | 05:29:58 |
| 1149 | Alan White | 05:29:58 |
| 1152 | Julie Ashman | 05:30:00 |
| 1152 | Kelly Bennetts | 05:30:00 |
| 1152 | Sarah Hobby | 05:30:00 |
| 1152 | Mark McDonald | 05:30:00 |
| 1152 | Donna Mitchell | 05:30:00 |
| 1152 | Aga Plombon | 05:30:00 |
| 1159 | Marie McDonald | 05:30:01 |
| 1173 | Sophie Davison | 05:34:52 |

# DOWNLAND DEVIL 9mile

Four Stubbies descended on Worthing for the Downland Devil 9. 9 miles of hills, mud and cowpats faced us but we were not afraid. Will Feline finished 23rd, Nick Crane 78th, Andy Lee 96th and the indefatigable Julie Ashman 57th lady.

A really friendly race with Happy Birthday sung to some random stranger during the first 10 yards (!!!) and plenty of pig-in-a-bun, cake and tea afterwards.

Good marshals, although one had gone AWOL due to the lurgey and several folks went astray (no Stubbies though, we are all expert navigators!).

*Will*

| | | | |
|---|---|---|---|
| 23 | William | Feline | 01:06:38 |
| 78 | Nick | Crane | 01:14:23 |
| 96 | Andy | Lee | 01:15:58 |
| 394 | Julie | Ashman | 01:40:09 |

# Knacker Cracker 10k at Box Hill

A great alternative to the traditional Hair of the Dog, New Year's Day saw 225 runners run up and down Box Hill 5 times. A truly tough off road 10k with brutal ascents and loads of mud. Worth it just for the amazing fancy dressers and singing the National Anthem on the start line.
I spent most of the race chasing two guys dressed in a pink tutu and wig and a Playboy bunny. Thankfully for my pride and that of the club I got them in the end! 'Unique' t-shirts and mugs too. Will Feline 5th in 58:18, Laura Wainwright 6th lady 1:10:52.

# HRRL - Happy New Year

After a very successful 2014 in the HRRL, we kick off 2015 with our very own Stubbington 10k on 18th January. Thanks to everybody that contributed to the races during 2014 and many thanks to all those that have volunteered their help and services for our 10k. Without your help we would be unable to stage this fantastic race.

Ryde 10 takes place on the 1st February at 11 am. Please enter now to avoid disappointment. Nearer the time I will provide ferry times and we all tend to try and car share and catch the same ferry across to the Island.

Otherwise, Happy New Year and here is to a great showing in the HRRL in 2015 for SGR!
Neil

# PUB TO PUB 7.4 MILES

| | | | |
|---|---|---|---|
| 13 | Daniel | Foster | 50.14 |
| 20 | Melissa | Hutton-Dunton | 51.15 |
| 22 | Philip | Martin | 51.35 |
| 24 | Richard | Snell | 52.02 |
| 35 | Gill | Rose | 56.35 |
| 72 | Tim | McNally | 66.40 |
| 78 | Sarah | Martin | 67.22 |
| 79 | Julie | Ashman | 67.22 |
| 90 | Mike | Donovan | 72.47 |
| 97 | Sue | Robinson | 73.44 |
| 98 | Sharon | Simpson | 73.44 |
| 101 | Kevin | Ashman | 76.31 |
| 104 | Liz | Hall | 77.18 |
| 109 | John | Vose | 84.26 |
| 110 | Yvonne | Fisher | 84.26 |

# *FROM THE CHAIR*

Happy New Year 2015, and what an exciting year it promises to be as we celebrate 30 years of Stubbington Green Runners. Looking at the back catalogues of Green Runners, it is fascinating to see how running and the club have progressed since the founder members launched SGR in June 1985. Our thanks and gratitude should go to them for having the courage to step forward to form a club that now boasts over of 360 members and is stronger than ever 30 years later.

We are looking forward to celebrating thoughout the year, which starts, as is usual now, with our own 10k on January 18th. The final stages of the planning is coming together, and the response to the call for marshals and help has been very encouraging this year. Thank you to everyone who has got in touch, your early commitment is appreciated as it has allowed better planning and assignment of marshal positions this year. It is always difficult balance when so many members choose to run, to cover all of the organisational needs that a race of this size requires, but once again I am sure that we are going to put on a great event again this year.

Spring marathon training is well underway for many, and the added bonus of a local spring half marathon in Southampton is proving attractive to many seeking an achievable goal in 2015. This should provide extra support to many and I expect the usual weekend long runs will commence very soon. With some members stepping up the distances even further to experience the offer of Ultra Races it looks like it could be the year of the long run.

Finally thank you to all of you for your support over the past year. It is gratifying to see how the club continued to developed, and thanks to the committee, for all their hard work. The AGM is being planned in for the end of February, and this is your chance to step forward and play a part in next phase of your club.

Happy New Year
Graham

## The South Downs 100 mile Relay

is an invitation only event that SGR is privileged to be invited to compete, and we are anticipating that our good performances and commitment to the race in recent years will mean that we are invited to provide 4 teams again this year. Should this be the case we are planning on entering a Mens A, B and Vets team and a Ladies team too. This is based on the clubs experiences in the event, both on the day and the commitment required in the weeks preceding the event.

This year the race takes place on Saturday 6th June and follows usual route of Bridleways and Footpaths across the downs from Eastbourne to Winchester. The 100 miles breaks down to 18 legs of approx 5-7 miles to be covered by 6 runners running 3 separate legs in a 11-13 hour period. It is a long day of travelling, and the running is probably akin to running 3 separate 10k races in one day. Due to the preparation required we need to start planning our teams for this personally challenging and highly competitive off road event. The individual commitment required to compete isn't only on the day as it requires a good deal of time in the preceding weeks, both training and to learn each of the 3 legs, as the route is unmarshalled and unmarked, apart from the standard Footpath/Bridleway signage. The race organisers do apply time limits and cut offs to meet their own logistical needs, and for all these reasons we are once again asking for runners who can achieve a sub 45 minute 10k if you wish to be considered.

Whilst this isn't a black and white decision based on time only, it hopefully gives a clear indication of the standard required to be competitive in this event, and is based on our experiences over many years in this prestigious event. The event is a terrific day for the club and does require support from non running team members too in the form of drivers and marshals at our handover at Harting Down. If you would like to get involved in the event, either running, driving or marshalling or just want to understand more about the event itself then please contact the captains, Andy or Nikki, in the first instance.

# Social Round Up

Sunday 21st December was the date for the annual Christmas Handicap and we had 41 runners including two Christmas Trees, a Christmas parcel and several elves. The route was a choice of 5 miles or 8 miles and, judging by the state of the runners at the finish, was extremely muddy. As usual your Social Committee had ordered the weather and so it stayed fine, no sunshine but equally, no rain. Marcus Lee was the winner for the guys with an amazing time of 11.00.05 beating our Chairman by a mere 5 seconds.

Jenny Lee was the closest home for the girls with a time of 11.01.55 although her husband managed to be the last home with Eric Beck in a time of 11.27.25 – perhaps they stopped off for a quick pint on the way!! I would just like to say how good it was to see Eric running at one of our events again now that he has moved across to Sussex.

The prize for the best fancy dress went to Gill Rose and Richard Snell in their Christmas Tree outfits, complete with lights – that battery pack must have been heavy on the way round! Joint winners with Gill and Rich were Liz and Tim as the Elf with the Christmas Present. I must also mention the two very glamorous elves who completed the 8 mile route and finished with smiles on their faces (and mud on their legs) – well done Sarah & Sharon.

A big thank you to Nick and Helen Kimber for providing a very welcome glass of mulled wine and mince pies after the race which was appreciated by everyone. Nick, the Apricot Brandy made it especially good! I think the star of the after race event had to be Brody – Karen, everyone wanted him under their Christmas Tree. I would certainly like to thank Nick for his organisation of this annual event – we couldn't do it without you.

January is extremely busy with the Stubbington 10K and so the next event will be on the 6th February, a Quiz Night to be held in the bar at Fairthorne Manor. This will be hosted by our very own Quiz Master, Kevin Ashman who is definitely a whizz at quizzes. The cost will be £8 per head to include a Lasagne Supper and full details will be posted on the website very soon so keep an eye out.

I will be stepping down as Social Secretary at the AGM and so would like to take this opportunity of thanking my fellow Committee Members, Nick Kimber, Sarah Hobby, Sandie McIntosh and Kathy McCain for all their efforts and support during my tenure. Their help has been invaluable and I couldn't have done this job without them. I would also like to thank all of you for your support over the years and hope that you have enjoyed the events we have provided. I am sure whoever takes over from me will continue to give you some great social events and I hope you will support them as well as you have supported me. Stubbington Green Runners is a fantastic club, friendly, supportive and extremely welcoming and long may it continue to be so.

Sue Robinson

## ***Results of the Christmas Handicap***

| | |
|---|---|
| Georgie Gair | 10.55.05 |
| Tim McNally | 10.55.30 |
| Andy Simpson | 10.57.15 |
| Karen Salmon | 10.57.15 |
| Liz Hall | 10.57.15 |
| Yvonne Fisher | 10.57.30 |
| Kaarina May | 10.57.30 |
| Eunice Hoare | 10.57.45 |
| Mark Eaton | 10.57.45 |
| John Vose | 10.57.45 |
| Peter Rawlings | 10.58.30 |
| Gary Littlecott | 10.58.40 |
| Martyn Banner | 10.58.40 |
| **MARCUS LEE** | **11.00.05** |
| Graham Bell | 11.00.10 |
| John Randall | 11.01.40 |
| **JENNY LEE** | **11.01.55** |
| Jon Leigh | 11.02.15 |
| Nikki Roebuck | 11.02.15 |
| Phil Martin | 11.02.15 |
| Gill Rose | 11.02.30 |
| Richard Snell | 11.02.30 |
| Susie McGregor | 11.02.45 |
| Victoria Joel | 11.02.45 |
| Mike White | 11.02.45 |
| Penny Forse | 11.03.30 |
| Rachel Openshaw | 11.03.30 |
| Mike Bell | 11.03.30 |
| Sally McGrath | 11.04.15 |
| Euan McGrath | 11.04.15 |
| Daisy Hall | 11.05.30 |
| Tom McClements | 11.05.30 |
| Chris Hall | 11.06.10 |
| Jules Dinwoodie | 11.06.11 |
| Russell Mead | 11.06.11 |
| Sam Bell | 11.07.42 |
| John Blake | 11.07.42 |
| Sarah Martin | 11.09.30 |
| Sharon Simpson | 11.09.30 |
| Andy Lee | 11.27.25 |
| Eric Beck | 11.27.25 |

# STUBBY 10K HELPERS RACE

On Saturday 17th January there will be a Helper's/Marshal run which will give any helpers or marshals an opportunity to run the Stubbington Green 10k route. It is open to any Stubby Green member who is marshalling or helping out at the 10km on Sunday 18th January. It is not traffic free so you would have to take responsibility for your own safety and there will be limited marshalling so you will have to know the route. **If you are running the 10k on the Sunday and want to help me out with marshalling then that would be very much appreciated.**

We will meet at Crofton Community Centre at 8.30am with a prompt start of 8.45am. If you would like to bring some flasks of tea/coffee and a bit of cake to have afterwards that would be lovely.

Please email me if you would like to either run or help out with marshalling this event verity.wright@ymail.com

## PENNY'S MONDAY NIGHT TRAINING 6:30PM WHITELEY

The warm ups & warm downs are longer for advanced runners & shorter for improvers.

No one ever gets lost or left behind!

Hill running is for 20 to 30 minutes (depending on ability) after the warm up.

| | |
|---|---|
| **Monday 5th January** | 30min (Long hill (½ way down) To top (jog to bottom) To ½ way |
| | (jog to bottom)) - looks more complicated than it is |
| | |
| **Monday 12th January** | Short hills - no mental agility needed this week |
| | |
| **Monday 19th January** | Kenyan Hills 4 x 6 mins (2mins) - tough but a favorite |
| | |
| **Monday 26th January** | 3 - 5 x 1 mile loops (90s) on the flat mile loop |

## Looking for club kit?

Dan Foster has now taken over the club kit.
More details will follow but Dan can be contacted via facebook or his email address is Danny@sc-print.co.uk

**CLUB KIT**

Cotswold Outdoor offer club members 15% discount excluding sale items. Either go to the shop and mention Stubbington Green Runners or on-line use the Promotional Code AF-SGRM-7N.

# CAPTAINS CORNER

Happy New Year to all our Stubbie runners. Hope you've all enjoyed the festive break and recharged the batteries for the 6 local races in January. Including the XC and road leagues we're involved with and the Hampshire and Southern XC Championship races and along with our very own showpiece the Stubbie 10k!

December has been quite a quiet month. We started off at Popham for the next round of the Hampshire Cross Country league. Although cold, the sun was out and so was the brand new Stubbington gazebo. We are all very good at sticking to the no shoes on the ground sheet policy, even the kids who were out in force to support. We are now really starting to look the real deal at these events and even a couple of runners from Aldershot complemented the support Stubbington offer each other The following day gave the option of more cross country at Farnham or the first of the 2015 Lakeside 5 series and it was great that Stubbington was well represented at each event.

CC6 at Janesmoor Pond was a great festive race with lots of marshals in Christmas outfits, a brass instrument player and Santa's grotto halfway round! We had 15 runners and of which we had 8 newbies competing in the CC6 for the club for the first time. Ladies and Men both finished 3rd overall on the day with the combined teams sitting in 7th place. Next CC6 is at Badger Farm on 11th January.

Lakeside 5k prolog saw quite a few Stubbies turning out looking for a fast 5k time. We had Lewis Banner home first for the Greens in 4th place. After that we came home 1st in four age categories Melissa Hutton-Dunton SM, Howard Clark V40, Sarah Barron V45 and Jules Dinwoodie VW50. Well done everyone.

For me Sunday the 21st of December was one of the year's best displays of team spirit and truly reflected what this club had become. First of all we had the annual Christmas handicap hosted by Nick Kimber. With the option of an 8 or 5 mile course, both of which were challenging, wet and muddy. The mulled wine and mince pies at the finish line were very welcome and I was very impressed with the fancy dress efforts. Thank you Nick (and also Penny and Mike who led me round as I hadn't been out to reccie).

Then there was the Portsmouth Coastal marathon, which saw a group of Stubbington elves take on the course. The were first timers and tenth timers, who stuck together, supporting each other for the full 26.2 miles, even making it look fun! I have been inspired by everyone's marathon exploits to enter Snowdon Marathon in autumn!

It was good to see a green contingent representing the club at various park run events on Christmas Day. Over at Netley, Andy literally flew round the course in full elf custom. I think on that performance we will be seeing the men's captain at various events in 2015 in his elf costume.

So as we welcome in 2015 it's time to focus on our aims for next year; running faster or further, targeting new pbs or new events. Whatever we aim for this year, I know that there will be support within the club to help reach each goal.
Let's make this year great, good luck team green!

# TUESDAY AND THURSDAY TRAINING

| Day | Date | Meet | Time | Leader/ Coach | Location | Effort | Recovery | Weekend Race |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| Tues | 06/01/2015 | Locksheath Sports Ground | 7pm | Mike White | A27 | Hill reps to successive lamp posts | on down hills | Sat - Hants XC League, Reading / |
| Thurs | 08/01/2015 | Locksheath Sports Ground | 6:30pm | Verity Wright | A27 | Hill reps to successive lamp posts | on down hills | Sun - CC6, Winchester |
| Thurs | 08/01/2015 | Crofton Community Centre | 7pm | Graham Bell | Carisbrooke Avenue | 6x600m Osborne View | 200m | |
| | | | | | | | | |
| Tues | 13/01/2015 | Locksheath Sports Ground | 7pm | Mike White | Priory Park | 2x4x800 | 90s and 3min | Sun - Stubbington 10k |
| Thurs | 15/01/2015 | Crofton Community Centre | 6:30pm | Nigel Whitcher | Lee Front | 8 min x2 | 3min | |
| Thurs | 15/01/2015 | Crofton Community Centre | 7pm | Jon Leigh | Lee Front | 6 min x4 | 2min | |

| Day | Date | Meet | Time | Leader/Coach | Location | Effort | Recovery | Weekend Race |
|---|---|---|---|---|---|---|---|---|
| Tues | 20/01/2015 | Locksheath Sports Ground | 7pm | Mike White | St John's road | long and short hills (x4) | on down hills | Sat - Southern XC Championships / |
| Thurs | 22/01/2015 | Locksheath Sports Ground | 6:45pm | tbc | St John's road | long and short hills (x4) | on down hills | Sun - Southern XC League - Manor Farm |
| Thurs | 22/01/2015 | Mountbatten Centre, Portsmouth | 7pm | Verity Wright/ Penny Forse | Track | 2 x 4 x 800m | tbc | |
| | | | | | | | | |
| Tues | 27/01/2015 | Locksheath Sports Ground | 7pm | Mike White | Top of Red Path | 2x8 short hill loop | 3min RI between sets | Sun - Ryde 10 (HRRL) |
| Thurs | 29/01/2015 | Crofton Community Centre | 6:30pm | Mel Hutton-Dunton | Cuckoo Lane | 4x1km | 300m Jog | |
| Thurs | 29/01/2015 | Crofton Community Centre | 7pm | Graham Bell | Cuckoo Lane | 5x1km | 300m Jog | |
| | | | | | | | | |
| Tues | 03/02/2015 | Locksheath Sports Ground | 7pm | Mike White | Schooner way | 5x1ml | 90s RI | Sun - Chichester 10k |
| Thurs | 05/02/2015 | Locksheath Sports Ground | 6:30pm | Verity Wright | Schooner way | 4x1ml | 90s RI | |
| Thurs | 05/02/2015 | Crofton Community Centre | 7pm | Mike Bell | Lee Front | Lamp Post Fartlek | Jog recoveries | |
| | | | | | | | | |
| Tues | 10/02/2015 | Locksheath Sports Ground | 7pm | Mike White | Red Path | 3x1.5ml | Jog back (set off in reverse order) | Sun - CC6, Denny Wood, New Forest |
| Thurs | 12/02/2015 | Crofton Community Centre | 6:45pm | Mel Hutton-Dunton | Lee Front | 10 min x2 | 3min | |
| Thurs | 12/02/2015 | Mountbatten Centre, Portsmouth | 7pm | Verity Wright/ Penny Forse | Track | 3 x 8 x 200m | tbc | |
| | | | | | | | | |
| Tues | 17/02/2015 | Locksheath Sports Ground | 7pm | Mike White | A27 | Hill reps to successive lamp posts | On down hills | Sun - Southern XC League, Chawton Park Wood |
| Thurs | 19/02/2015 | Locksheath Sports Ground | 6:30pm | Graham Bell | A27 | Hill reps to successive lamp posts | On down hills | |
| Thurs | 19/02/2015 | Crofton Community Centre | 7pm | Jon Leigh | Lee Front | 8 min x4 | 2min | |
| | | | | | | | | |
| Tues | 24/02/2015 | Locksheath Sports Ground | 7pm | Mike White | Hunts Pond Road | 2x2ml | jog back (3min) | Sun - CC6, Wilverley Enclousre, New Forest/ |
| Thurs | 26/02/2015 | Crofton Community Centre | 6:30pm | Nigel Whitcher | Carisbrooke Avenue | 6x600m Osborne View | 200m | Sun - Southern XC League Stauton Country Park |
| Thurs | 26/02/2015 | Crofton Community Centre | 7pm | Graham Bell | Carisbrooke Avenue | 6x600m Osborne View | 200m | |
| | | | | | | | | |
| Tues | 03/03/2015 | Locksheath Sports Ground | 7pm | Mike White | Crescent road | 2x4x800 | 90s and 3min | Sun - Salisbury 10 (HRRL) |
| Thurs | 05/03/2015 | Locksheath Sports Ground | 6:45pm | tbc | Crescent road | 2x4x800 | 90s and 3min | |
| Thurs | 05/03/2015 | Mountbatten Centre, Portsmouth | 7pm | Verity Wright/ Penny Forse | Track | 3 x 4 x 400m | tbc | |
| | | | | | | | | |
| Tues | 10/03/2015 | Locksheath Sports Ground | 7pm | Mike White | Woodpecker close | 4x6min Kenyan hills | 2min | Sun - Meon Valley Plod |
| Thurs | 12/03/2015 | Crofton Community Centre | 6:30pm | Mike Bell | Lee Front | Lamp Post Fartlek | Jog recoveries | |
| Thurs | 12/03/2015 | Crofton Community Centre | 7pm | Jon Leigh | Lee Front | Lamp Post Fartlek | Jog recoveries | |
| | | | | | | | | |
| Tues | 17/03/2015 | Locksheath Sports Ground | 7pm | Mike White | Red Path | 3x1.5ml | Jog back (set off in reverse order) | Sun - Eastleigh 10k (HRRL) |
| Thurs | 19/03/2015 | Locksheath Sports Ground | 6:30pm | Graham Bell | Red Path | 3x1.5ml | Jog back (set off in reverse order) | |
| Thurs | 19/03/2015 | Crofton Community Centre | 7pm | Verity Wright | Cuckoo Lane | 6x1km | 300m Jog | |
| | | | | | | | | |
| Tues | 24/03/2015 | Locksheath Sports Ground | 7pm | Mike White | Sovereign Crescent | 2x4x800 | 90s and 3 min | |
| Thurs | 26/03/2015 | Crofton Community Centre | 6:45pm | Mel Hutton-Dunton | Cuckoo Lane | 4-6 x1km | 300m Jog | |
| Thurs | 26/03/2015 | Mountbatten Centre, Portsmouth | 7pm | Verity Wright/ Penny Forse | Track | 3 x 4 x 300m | tbc | |
| | | | | | | | | |
| Tues | 31/03/2015 | Locksheath Sports Ground | 7pm | Mike White | St John's rd loop | 5x1ml (hilly) | 90s | |
| Thurs | 02/04/2015 | Crofton Community Centre | 6:45pm | Andy | Eric Road | Time Trial? TBC | Red Lion | |
| Thurs | 02/04/2015 | Crofton Community Centre | 7pm | Andy Simpson | Eric Road | Time Trial? TBC | Red Lion | |

# HAMPSHIRE CROSS COUNTRY LEAGUE

### 6 DECEMBER AT POPHAM AIRFIELD BASINGSTOKE

hampshire athletics

| | | |
|---|---|---|
| 48 | Lee Stantial | 26.33 |
| 51 | Nikki Roebuck | 26.44 |
| 63 | Penny Forse | 27.48 |
| 88 | Verity Wright | 30.20 |
| 101 | Dawn Haynes-Sewell | 32.45 |

| | | |
|---|---|---|
| 39 | Lewis Chalk | 34.46 |
| 51 | Andy Simpson | 35.29 |
| 74 | Chris Brobin | 36.52 |
| 90 | Rob Arkel | 37.41 |
| 91 | Boe Harper | 37.42 |
| 102 | Joe Peat | 38.01 |
| 140 | Dan Foster | 40.13 |
| 162 | Graham Bell | 41.33 |
| 180 | John Blake | 42.53 |
| 190 | Nick Crane | 43.19 |
| 200 | Liam Dredge | 44.22 |
| 216 | James Lewington | 46.14 |
| 254 | David MacSwayne | 58.11 |

## Stubbie Away Day in the Brecon Beacons

30th December and 15 Stubbies (OK, 16 with Edward White!) and a special guest ex-Stubbie travelled to the mountains of southern Wales for an epic day out.

Over 10.5 miles and 700+ metres of climb the route took us over Corn Du, Pen y Fan, Cribyn and Fan y Big. Despite a wonderful forecast, after a tough slog uphill to gain the ridgeline we were met with cloud and strong wind which made it tough going for the first hour.

The snow and ice underfoot combined with mud and rocks for some very tricky footwork. Thankfully as we descended Pen y Fan the clouds cleared to reveal fantastic views and the rest of the run was awesome. Murray Watson gets a special mention for his unique style of descending (forward rolls, anyone?). Well done to all for completing a very tough but enjoyable circuit. The pie and beer in the local pub afterwards was much needed!

Extra special thanks to Chris Hall for driving the minibus there and back.
*William Feline*

| | |
|---|---|
| GEORGINA GAIR | 8 |
| LAURA WAINWRIGHT | 12 |
| PENNY FORSE | 20 |
| LUCY MAY | 24 |
| DAWN HAYNES-SEWELL | 36 |
| SARAH MARTIN | 46 |
| PAM KEMP | 48 |
| JULES DINWOODIE | 49 |

| | |
|---|---|
| ANDY SIMPSON | 3 |
| JACK WEBB | 14 |
| WILL FELINE | 15 |
| DAN FOSTER | 24 |
| GRAHAM BELL | 41 |
| MIKE BELL | 56 |
| PETE SIMPSON | 71 |
| RUSSEL MEAD | 92 |

# Southern Cross Country League

## Bourne Green Farnham

| |
|---|
| Georgina Gair 13 |
| Penny Forse 45 |

| |
|---|
| Chris Hall 33 |
| Adrian Piddington 39 |
| Mike White 54 |
| Ian Race 90 |
| Mike Harper 112 |
| Mike Bell 137 |

**Chris Hall** is looking for Stubby members to Marshal at our own Southern League cross country (formerly Todays Runner) at Manor Farm on 25th Jan , the other clubs always have a good turn out of friendly marshals now its our turn, please email Chris if you can spare a couple of hours on a Sunday morning - hally.pfc@ntlworld.com

## Lord Wandsworth College

| |
|---|
| 8 Daisy Hall |
| 11 Georgina Gair |
| 38 Penny Forse |
| 88 Dawn Haynes Sewell |

| |
|---|
| 13 Boe Harper |
| 26 Murray Watson |
| 33 Chris Hall |
| 62 Dan Foster |
| 63 Thomas McClements |
| 105 Mike Bell |
| 131 Neil Stantial |
| 211 Richard Bailey |

| |
|---|
| Mens team 5th |
| ladies team 6 |
| overall 4= |

The parkrun webpage from which I collate the parkrun results for all Stubbie members is not showing any for those runs which took place on Xmas Day. I have identified those who ran at Netley and Southsea but have no doubt that others may have run at other venues. If this applies to you could I ask you to email me with your result to john_tussler@hotmail.com and I will include them in next months newsletter. Many thanks, John Tussler.

| **Netley 29 Nov** | |
|---|---|
| Rob Greenwood | 18.46 |
| Rebecca Lord | 20.36 |
| Dan Foster | 20.36 |
| Nigel Whitcher | 24.15 |
| Glen Street | 25.22 |
| Bethan Davis | 27.40 |
| Tom Mellor | 29.53 |
| Jaz Smith | 32.39 |
| Andrew Smith | 34.51 |
| Melissa Cosens | 36.29 |
| | |
| **Eastleigh 29 Nov** | |
| Haydn Brown | 21.44 |
| Keith Whitaker | 26.38 |
| Russell Mead | 27.09 |
| Jules Dinwoodie | 29.24 |
| | |
| **Southampton 29 Nov** | |
| Tom MacSwayne | 16.47 |
| Alison MacSwayne | 28.19 |
| | |
| **Havant 29 Nov** | |
| Howard Clark | 18.31 |
| | |
| **Winchester 29 Nov** | |
| Chris Leach | 18.50 |
| Gordon Westley | 22.14 |
| | |
| **QE Park 29 Nov** | |
| Robert Spencer | 32.09 |
| | |
| **Reigate Priory 29 Nov** | |
| Terry French | 34.33 |
| | |
| **Harcourt Hill 29 Nov** | |
| Mike Harper | 19.57 |
| Sam Bell | 23.16 |
| | |
| **Brockenhurst 6 Dec** | |
| Robert Spencer | 29.26 |
| | |
| **Southampton 6 Dec** | |
| Gordon Westley | 22.25 |
| | |
| **Brighton & Hove 6 Dec** | |
| Keith Whitaker | 26.57 |
| | |
| **Basingstoke 6 Dec** | |
| Allan Stinson | 30.18 |
| | |
| **QE Park 6 Dec** | |
| Howard Clark | 18.18 |
| Chris Hall | 19.48 |
| Mark McDonald | 21.03 |
| Phil Hobby | 23.16 |
| Marie McDonald | 32.17 |
| Gaynor Heffer | 32.18 |
| Sarah Hobby | 32.19 |

| **Netley 6 Dec** | |
|---|---|
| Jack Webb | 18.55 |
| Chris Leach | 19.03 |
| Jon Leigh | 21.05 |
| Marcus Lee | 21.11 |
| Nick Kimber | 23.13 |
| Nigel Whitcher | 24.01 |
| Hilary Gulliver | 24.14 |
| Donna Mitchell | 24.16 |
| Susie MacGregor | 25.26 |
| Stuart McNamara | 25.43 |
| Glen Street | 26.57 |
| John Tussler | 28.00 |
| Jules Dinwoodie | 28.26 |
| Alison MacSwayne | 28.33 |
| Robert Nicholls | 29.13 |
| Bethan Davis | 29.34 |
| Tom Mellor | 30.30 |
| Jaz Smith | 31.47 |
| | |
| **Little Stoke 6 Dec** | |
| Terry French | 30.10 |
| | |
| **Woking 6 Dec** | |
| Mike Harper | 21.01 |
| | |
| **Netley 13 Dec** | |
| Daragh Hendley | 18.34 |
| Rebecca Lord | 20.34 |
| Toby Greenfield | 20.38 |
| Marcus Lee | 21.03 |
| James Lewington | 21.12 |
| Mark McDonald | 22.06 |
| Nigel Whitcher | 23.24 |
| Phil Hobby | 23.32 |
| Marie McDonald | 23.33 |
| Donna Mitchell | 25.13 |
| Susie MacGregor | 25.22 |
| Glen Street | 25.35 |
| Russell Mead | 26.10 |
| Bethan Davis | 27.38 |
| David MacSwayne | 27.45 |
| John Tussler | 27.46 |
| Jules Dinwoodie | 28.02 |
| Robert Nicholls | 29.43 |
| Robert Spencer | 30.32 |
| Sue Robinson | 31.41 |
| Sarah Hobby | 31.43 |
| Liz Weighell | 32.38 |
| Andrew Smith | 35.11 |
| | |
| **Eastleigh 13 Dec** | |
| Keith Whitaker | 26.15 |
| | |
| **Bath Skyline 13 Dec** | |
| Dan Foster | 20.29 |
| | |
| **Newbury 13 Dec** | |
| Allan Stinson | 31.39 |

| **Winchester 13 Dec** | |
|---|---|
| Chris Hall | 18.58 |
| Gordon Westley | 22.06 |
| Paul Coverdale | 22.15 |
| Mike Harper | 24.14 |
| Rachel Leach | 28.12 |
| | |
| **Southampton 13 Dec** | |
| Sev Roberts | 38.58 |
| | |
| **QE Park 13 Dec** | |
| David Langrish | 23.55 |
| | |
| **Netley 20 Dec** | |
| Tom MacSwayne | 17.07 |
| Murray Watson | 18.36 |
| Joseph Peat | 19.36 |
| Dan Foster | 19.44 |
| Rebecca Lord | 20.13 |
| Haydn Brown | 21.49 |
| Daniel Hughes | 22.06 |
| Penny Forse | 23.07 |
| Rachel Openshaw | 24.11 |
| Katie Simister | 24.13 |
| Nikki Roebuck | 24.56 |
| John Simister | 25.27 |
| Susie MacGregor | 26.09 |
| Russell Mead | 26.16 |
| John Tussler | 27.38 |
| Jules Dinwoodie | 28.08 |
| Bethan Davis | 29.42 |
| Tom Mellor | 30.33 |
| Alison MacSwayne | 31.35 |
| Ian Coady | 32.39 |
| David MacSwayne | 34.50 |
| Andrew Smith | 36.00 |
| Sue Simister | 38.06 |
| | |
| **Southampton 20 Dec** | |
| Robert Spencer | 28.30 |
| | |
| **Southsea 20 Dec** | |
| Sarah Barron | 27.21 |
| | |
| **Basingstoke 20 Dec** | |
| Allan Stinson | 33.47 |
| | |
| **Winchester 20 Dec** | |
| Gordon Westley | 22.01 |

| **QE Park 20 Dec** | |
|---|---|
| Howard Clark | 18.24 |
| | |
| **Grovelands, Enfield 20 Dec** | |
| Philip Whitehouse | 21.32 |
| | |
| **Guildford 20 Dec** | |
| Mike Harper | 25.02 |
| | |
| **Royal Tunbridge Wells 20 Dec** | |
| David Castle | 19.50 |
| | |
| **Bournemouth 20 Dec** | |
| Keith Whitaker | 25.42 |
| | |
| **Netley Xmas Day** | |
| Andy Simpson | 17.24 |
| Lewis Chalk | 18.07 |
| Murray Watson | 18.42 |
| Dan Foster | 19.26 |
| Rebecca Lord | 20.32 |
| Haydn Brown | 21.08 |
| Donna Mitchell | 21.36 |
| Mark McDonald | 22.18 |
| James Lewington | 22.25 |
| Liam Dredge | 22.27 |
| Nikki Roebuck | 22.29 |
| Phil Hobby | 23.21 |
| Rachael Openshaw | 23.47 |
| Susie MacGregor | 23.52 |
| Alan White | 24.44 |
| Marie McDonald | 24.50 |
| Shelley Thomas | 25.25 |
| Katie Simister | 25.36 |
| John Simister | 26.01 |
| Russell Mead | 26.11 |
| John Tussler | 27.32 |
| Jules Dinwoodie | 28.32 |
| Michelle Simpson | 30.55 |
| Jaz Smith | 31.16 |
| Kevin Ashman | 31.44 |
| Sophie Davison | 35.20 |
| Melissa Cosens | 35.31 |
| Julie Ashman | 35.33 |
| | |
| **Southsea Xmas Day** | |
| James Sawyer | 18.30 |
| Mike Harper | 25.36 |
| Gemma Fleming | 34.14 |