The GreenRunner

JUNE 2015

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LATEST RR10

HRRL GETS EXCITING

SOCIAL UPDATE

LYMINGTON LIFEBOAT PHOTO FINISH

FROM THE CHAIR

May was another month which saw Stubbies competing across the globe from the Texas and Toronto to the more local races at Netley and Fareham and everywhere in between. We had 10 new entrants to the ultra club as they completed their first ultra at Marlborough to join the other seasoned ultra runners in the club – many congratulations to all of them.

The RR10s continue to be well supported on a Wednesday night and we are up near the top in terms of both performance and numbers of runners competing.

You will have seen the requests elsewhere but don't forget our own race on June 10th where we need helpers to ensure that our race happens successfully – Dan Foster is the contact.

On the money raising front we had a very successful Macmillan mile where we donated a total of £282 to this very worthwhile charity.

Finally June sees the two big events on the South Downs. 6th June is the date for the South Downs Way Relay where we have 4 teams competing for the silverware – best wishes to all of them for a great and winning day. June 20th is the date of our away day at the South Downs where we have runners in the half, full and relay marathon followed by a picnic at the bottom of Butser Hill – lets hope for great weather for this great day out.

Happy Running

Kevin Ashman
Chairman

THE GOSPORT GOLDEN MILE AND JUNIOR MILE

1	Lewis	Banner	00:04:39
13	Jon	Plomer	00:05:39
45	David	Abrams	00:07:18
81	Jules	Dinwoodie	00:08:32
97	Sandra	Abrams	00:09:16
99	Nikkie	Plomer	00:09:21
85	Max	Plomer	00:08:49	8 - 11 Boys
101	Olivia	Joel	00:09:20	Under 7 Girls
107	Thomas	Hutton-Dunton	00:09:27	Under 7 Boys
121	Emily	Plomer	00:09:49	12 - 14 GIrls
135	Phoebe	Hutton-Dunton	00:10:09	Under 7 Girls
158	Tommy	Blake	00:10:32	12 - 14 Boys
192	Florence	Joel	00:11:24	Under 7 Girls

GOSPORT 5K RACE

11	Jon	Plomer	00:20:15
13	Melissa	Hutton Dunton	00:21:16
28	Hollie	Smith	00:22:48
32	Victoria	Joel	00:23:08
40	David	Abrams	00:23:52
59	Russell	Mead	00:25:38
75	Aimee	Rampton	00:27:38
79	Jules	Dinwoodie	00:28:00
119	Sandra	Abrams	00:30:26

OUR GOSPORT TROPHY WINNERS
LEWIS, HOLLIE AND MELISSA

SOCIAL NEWS

Macmillan Mile

Many thanks to everyone who participated in, and helped with the Macmillan Mile. We raised a fantastic £317 in total which I know will be very much appreciated by the Fareham branch of Macmillan. There were some fantastic times on the night – results are below.

David Castle	5.11
Euan McGrath	5.18
Graham Bell	5.34
Dan Foster	5.39
Andrew Thomas	5.42
Jack Webb	5.43
Mark McDonald	5.44
Beccy Lord	5.46
Andrew Stockwell	5.46
Mike White & Edward	5.53
Marcus Lee	6.03
Haydn Brown	6.08
Neil Stantial	6.14
Nicki Roebuck	6.19
Simon Ellis	6.22
James Lewington	6.24
Phil Hobby	6.25
Katie Simister	6.27
Tim Matthews	6.35
Peter Kay	6.39
Alan White	6.44
Richard Snell	6.48

Tim Crumpton	6.54
Mark Porter	6.58
Alison Attwood	7.06
Russell Mead	7.10
Aga Plombon	7.10
Marie McDonald	7.10
Sadie Bedford	7.12
Nigel Whitcher	7.13
Stuart Macnamara	7.15
John Simister	7.16
Gill Rose	7.17
Chris Stapleford	7.18
Gaynor Heffer	7.19
Sally Watford	7.22
Claire Jones	7.26
Dawn Griffiths	7.38
Julie Ashman	7.38
Brigid Hone	7.43
Jamie Stockwell	7.44
Tina Chantry	7.45
Kaelum Dugan	7.56
Jon Leigh	7.57

Danielle Kemp	7.57
Bizz Cossens	8.00
Kev Ashman	8.03
Chris Paterson	8.04
Sarah Martin	8.05
Paul Hammond	8.08
Pam Kemp	8.14
Julia Webb	8.14
Gary Littlecott	8.20
Neil Jarvis	8.21
Debbie Lowe	8.31
Cathy Chamberlain	8.36
Tracie Jarvis	8.43
Sam Stockwell	8.46
Robert Nicholls	8.52
Claire Fairbrother	8.55
Sandie McIntosh	9.02
Sue Robinson	9.10
Kelly Bennetts	9.33
Peter Rawlins	9.36
Kat May	10.02
John Vose	10.02

South Downs Way Marathon relay – 20th June

We have 8 teams entered for the relay event and a number of runners in both the half and full marathons, so it's shaping up to be a good day out.

If you've missed the boat and wished you had entered, there may still be chance to enter more teams. If you would like to run, but haven't yet entered, please let me know ASAP.

Or you could just come along to support the runners and join in with the post run social. Families welcome. Bring your own picnic!

Chariots of Fire beach run – 3rd July

Friday 3rd July will see a return of the Stubbington Green Runners Chariots of Fire Beach Run from Meon foreshore by the beach chalets.

The run is 4 miles long and apart from the first and last 100 yards is on firm sand. The course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year. At its low point you should be able to run nearly 500 yards from the shoreline. You might get your feet wet, so bring a towel!

After the run, weather permitting we will do some sausages in buns (£1.00) and have some soft drinks available, however you are welcome to bring whatever drink you want. If the weather is poor then we shall retreat to the Osborne View.

As in the film White Tops and shorts would be good and of course plimsoll's! This is not a race just an excuse for a social on what hopefully will be a lovely summers evening. Hope to see you there

6.05 Special – 24th July

Back by popular demand, the 6.05 Special will be departing Wickham at 1900 and travelling 10km out and back along the old Wickham railway line. We will gather afterwards at the Titchfield Mill pub for some post run refreshments.

30th Anniversary Event – 30th August

Don't forget to buy your tickets for our fun filled, family friendly sports day, hog roast, bake off and barn dance to celebrate the 30th anniversary of SGRC. Booking via the Social page.

Cader Idris race, 10.5 miles, 900m ascent, class AM, 16th May

Possibly my all-time favourite race. A carnival atmosphere in Dolgellau complete with a samba band saw us off on a beautiful day. The route was very varied, with sections of road, woodland and fields before moorland and boulders took over near the top. The only thing that was constant was the gradient - mile 4 climbed over 1000 feet! Near the summit the views were spectacular in all directions. We had to watch our feet though as it was pretty tricky terrain in places. After a crazily steep descent the whole village seemed to be lining the streets to cheer every last competitor home. Will Feline 45th in 1:47:30, Laura Wainwright 161st (15th lady) in 2:13:18.
Will

THE HOUGHTON 11K TRAIL RUN

3	William Feline	00:44:26
4	Joseph Peat	00:44:42
6	Thomas McClements	00:44:55
9	Jack Webb	00:46:48
14	Daniel Foster	00:48:10
15	Jon Leigh	00:48:30
16	James Lee	00:48:47
22	Laura Wainwright	00:49:29
29	Neil Stantiall	00:51:34
30	Mike Bell	00:51:40
34	Thomas Whitcher	00:51:52
35	Nikki Roebuck	00:52:16
37	Andy Lee	00:52:27
39	Neil Richardson	00:53:15
48	Dr Alethea Adair-Stantiall	00:54:29
67	Paul Hammond	00:57:17
72	Alan White	00:58:19
74	Nigel Whitcher	00:58:35
129	Lucy Taylor	01:06:51
156	Jennifer Lee	01:14:31

THE "PONY EXPRESS" NEW FOREST MULTISTAGE ULTRA 60 MILES, 2 DAYS

51	Julie Ashman	11.39.41

MISSED RESULTS FROM LAST MONTH

Bournemouth Bay

480	VERITY WRIGHT	1.53.59
846	JOHN FAIRHURST	2.10.08

EDINBURGH MARATHON

545	**Mark Mcdonald**	**03:21:06**
3527	**Marie Mcdonald**	**04:12:01**

BRISTOL 10K

300	James Lee	00:39:11
497	Daniel Foster	00:41:06
4298	Melissa Cosens (PB)	00:55:06

Ropley 10k Sunday 24th May 2015

It was a very enjoyable race on a fine day along undulating country lanes.

John

28	Andrew Stockwell	41.41
43	Richard Bailey	43.56
52	Tim Crumpton	44.52
170	Sadie Lee Bedford	55.04
204	John Fairhurst	58.18

Hurstbourne 5mile

60	Paul Hammond	43.15

NORTH DORSET VILLAGE MARATHON

183	George Howarth	4.27.08

On Sunday 24th May ten hardy Stubbies ventured up North for an expedition in the Malvern Hills. The route ran north-south and went over pretty much every hill we could find. Personally I was surprised by how tough this was, some of the slopes were really steep. Fortunately the weather held and we got some great views over the surrounding countryside. The bluebells were out in force so all in all it was a very pretty run. I enjoyed trying to keep up with a bunch of mountain bikers downhill and we also acquired a random South African runner for a few miles. A few deliberate navigational errors by yours truly kept everyone on their toes, although Chris Hall didn't take kindly to my suggestion of a shortcut and made us all run back up the hill to get back on the right route! My Garmin said we covered 11.1 miles and 800 metres of ascent, so the excellent pub carvery and Laura's chocolate brownies afterwards were both very necessary! The picture is of everyone at the top of the Worcestershire Beacon (425m).
Will

THE AFFINION DISCOVERY HALF MARATHON

21	Andrew Stockwell	01:37:20

THE AFFINION DISCOVERY 10K CANICROSS

1	Howard Clark	37:11:00
18	Sandra Clark	01:06:19

PURBROOK LADIES 5		
2	Daisy Hall	33:27
3	Lucy May	34:26
6	Nikki Roebuck	35:58
7	Donna Mitchell	36:16
9	Alethea Adair-Stantiall	36:42
11	Anna Wilby-Lopez	37:05
13	Hilary Gulliver	38:04
19	Sylvia Ward	39:38
25	Verity Wright	40:27
33	Dawn Haynes-Sewell	41:42
45	Eunice Hoare	43:22
54	Karen Salmon	44:35
56	Sandie McIntosh	44:40
62	Sarah Hobby	45:29
63	Sarah Martin	45:31
78	Sue Robinson	46:51
114	Sarah Gardiner	49:20
129	Kaarina May	50:44

THE WINNING PURBROOK LADIES TEAM

THE AFFINION DISCOVERY 10K

3	David Castle	37:34:00
37	Tina Chantrey	45:15:00
236	Julie Ryman	01:02:30
237	Pamela Kemp	01:02:31

CAPTAINS CORNER

What a fantastic month May has brought to the racing calendar! It has been host to some great races across both road and cross country and the results we have seen have been absolutely brilliant, once again proving that those sporting the green vest are the team that most certainly do it best!

Beginning off road, we have seen 2 brilliant RR10 races in May, Stoney Cross was the first with 63 runners forming 8 men's and 7 ladies teams. Our ladies A team finished 2nd place on the day. The team was led home by the outstanding talent that is Beccy Lord in 3rd place, closely followed by the equally impressive Daisy Hall and Laura Wainright in 5th and 7th place! Our men's A team finished in 4th place on the day with Mike Gregory leading them home in 4th place followed by Andy Simpson 7th, Tom McClements 21st and Mike White 23rd!

The second RR10 was at Wiverley and it boasted equally impressive results with us getting 56 runners and 13 teams to compete in one of the furthest races away. Once again Beccy led the ladies home in 3rd place followed by Daisy Hall in 7th place with Nikki roebuck completing the A team in 19th place finished 2nd Ladies Team on the day. The men were led home by Andy Simpson in 5th place (1st V40), Will Feline in 15th, Tom McClements in 25th and Mike White completing the team in 29th (1st V50) … As we prepare for the fourth RR10 at Blackfield our Mens A Team are currently 4th overall and the B Team 10th … Our Ladies A Team are sitting in 2nd place overall and B Team in 8th. Full results listed in the Green Runner.

The off road races continued with The Marlborough Downs Challenge 20 and 33 miles, this fantastic event seen some of you take on your first Ultra Marathon distance race! The results were just brilliant! 15 Stubbies lined up at the start of the 33 mile Ultra distance race but sadly only 14 crossed the finish line … after getting lost on the course Mike Gregory wisely pulled out due to injury. The results that followed were just outstanding, everyone ran a race to be proud of but I personally want to say an extra big well done to Michelle Simpson and Sarah Hobby who I know both fought with true grit and determination to conquer this course and battled to the bitter end with everything they had to give, and a little bit more! End result is, they are now hardcore Ultra marathon runners and should be so very proud indeed! Well done ladies!

Leading the club home was our very own Action Man Euan McGrath who finished in 04:54:00 13th place overall, followed by Wez Jones in 05:22:29, Donna Mitchell 05:28:52 (1st V40), Graham James 05:40:16, Neil Stantial 06:00.00, Nigel Whitcher 06:08:52, Karen Barnicoat 06:54:56, Julie Ashman 06:54:56, Marie McDonald 07:25:21, Aga Plombon07.25.22, Brigid Hone 07:26:24 (1st V50), Michelle Simpson 08:17:12, Sharon Simpson 08:17:12 and Sarah Hobby 08:17:40 …. On to the 20 mile race which saw 3 Stubbington Ladies brave the start line and sadly, although all 3 did finish the course Sally was left with an injury that means she will not be running for a while. Jane Adlard led the ladies home in 03:46:44 followed by Sally McGrath 03:53:53 and Tracie Jarvis 04:10.00.

On to the OX series that saw Stubbies compete in all but one category (clearly the half marathon just did not "bring it" for our hardcore runners!) First to warm the runners up came the Dark Ox and 4 of our finest were on the start line! First to cross the finish line was Neil Stantial in 52.57 and 10th place overall! Followed by Kevin Ashman in 01:15:47 (1st V60) followed by The Dream team that is Sharon Simpson 01:23:34 and Julie Ashman 01:24:27 … the following morning on the marathon start line not having been challenged enough by The Dark Ox was that same "Dream Team" accompanied by David Langrish and San Clarke, David led the girls home in an impressive 05:05:53, Julie and Sharon followed in 06:25:36 and 06:25:37 and San completed the team in 06:59:58 … only one brave Stubby took on The Ox Ultra Marathon course and that was Dawn Haynes-Sewell, this was Dawn's 1st Ultra Marathon performance and she completed the very tough course in a fantastic time of 08:48:34 … Well done to everyone who competed across all 3 events!

Meanwhile back on the tarmac the HRRL continued at Netley 10k where the men's A Team stormed their way around Royal Victoria Country Park to finish in an extremely strong 1st place … leading the team was home Lewis Chalk who finished in 4th place 34.15, very closely followed by Mike Gregory in 5th place 34.20, Andy Simpson 8th place 34.48 and Chris Brobin in 11th place 35.04 … as if that was not enough our Men's B Team also finished first in the B Team results with Mike White leading the team in a fantastic 37.56, Sev Roberts 38.07, Joseph Peat 38.43 and Howard Clark 38.55, the men also had complete C and D teams and Mark will have a full HRRL report to update you with. Next month.

The ladies also had 4 complete teams on the day and although we did not cause quite the stir that the men did we did score well across the board so a huge well done to the ladies for turning out such good numbers. Leading the A team home in 44.03 was Lucy May, followed by Hillary Gulliver 47.58 and Marie McDonald 49.56 … Our B Team was led home by Bethan Davis in 50.39, followed by Claire Jones 51.33 and Sandra Hook 51.53 … we also had a complete C and D team and once again I'm sure Mark will have a full report to follow. As D-Day approaches the men are currently sitting in 1st place across all 3 divisions and look set to pick up some well deserved silverware for their efforts so please, if you are free to run on 7th June (day after SDWR) then please, please, please get your entries in (deadline for online entries 5th June midday!). Let's secure our men the end result they deserve! Same goes for all you ladies too … ok so we can't win 1st place but can chase those ahead of us and end on high note giving it our all. Ladies A Team are currently in 4th place overall and our B and C team are 5th and 8th in B Division 1 and our D Team 2nd in B Division 2 so we have everything to race for! Any ladies not running SDWR would be greatly appreciated on the start line to help bring a fantastic end to a fantastic HRRL year … I hope to see you all there!

The month of May was also host to the second race in the Lakeside 5k series … 18 Stubbies took on the course 9 men and 9 ladies. Our men were led home by Howard Clark in a great time of 18.39 followed by James Lee 19.02, Mark McDonald 20.50, Tim Crumpton 21.00 also in Peter Simpson 21.00, Russell Mead 23.31, Mike Wootton 25.54, Robert Spencer 27.48 and Andrew Smith in 32.53 … Our ladies were led home by Lucy May (who is currently going from strength to strength and it's great to see her back at the front of the field where she belongs) in 20.53 followed by Tina Chantrey 21.16 (1st V40), Donna Mitchell 21.33, Hollie Smith 21.56, Sadie Bedford 25.31, Annie Trotman 25.37, Sarh Hobby 27.28 and Marie McDonald in 27.29 … Well done everyone! These races are great for improving high end speed so if you haven't already the please sign up and give one a go …

Highlight race of the month for Stubbington Ladies was The Purbrook Ladies 5 mile race and what a beautiful sea of green we saw on the wet and windy start line! The green vest owned the day with Daisy Hall leading the ladies home in 2nd place closely followed by Lucy May who ran an outstanding race in 3rd place and Nikki Roebuck completing the A team in 6th place! That not being good enough for our ladies we went on to claim 2nd team place too with Donna Mitchell in 7th place, Lee Stantial in 9th place and Anna Wilby-Lopez completing the B team (awaiting confirmation of position) … All in all the green vest triumphed across all fields at Purbrook and I think all the other runners were a little bit sad not be part of the Stubbington contingency! The support from within and around the race was just the best ever!

On the very same day we saw the Gosport Golden Mile and 5k take place on a very choppy seafront! Fantastic results also in the Golden Mile and Gosport 5k by the Green Army which saw quite a few 'Future' Stubbies running the Junior mile and battling the conditions while the parents did the mile and 5k. Huge congratulations to Lewis Banner who was first home in Senior Golden Mile in 4.39 by 1 second from Team Runfast runner! Our ladies once again did well with Melissa Hutton-Dunton taking 2nd place followed by Hollie Smith in 3rd place! Well done everyone.

Rob Arkell qualified for the World Ironman in Kona, Hawaii in October this year which is an amazing feat. In the Texas Ironman, he needed to qualify 6th in his age category which he did. Rob's positions got better and better after each discipline. For the swim he was 1:09:54 overall 361st and 55th in his age group, after the bike time 4:51:33 he was 90th overall and 14th. For the marathon run he pulled out all the stops ran an amazing 3:28:57 to finish 45th overall and 6th for his age. Good luck for Kona in October.

One lone Stubby took on the Enduroman 50 mile Ultra, no points for guessing who!!! Yes you got it … Julie (Dora the Explorer) Ashman! Julie had a brilliant race and finished 1st lady! Well done Julie!

Coming up "Bonus Points" races for our leaderboard are June 24th RR10 Manor Farm 7.30pm start and July 29th Lakeside 5k 7.15pm start.

Next weekend sees our annual South Downs Way 100 mile Relay take place and we have 4 teams taking part … Huge good luck to all 4 teams and I hope lots of Stubbies will be out on The Downs to support and cheer you all on along the way! Our marshal point is Harting Down for anyone wishing to help out on the day.

One last push for our South Downs marathon away day … Well done to everyone who has entered and I look forward to seeing you all on June 20th and join in the start of our 30th year anniversary celebrations! It's shaping up to be a really fantastic day ….

To say May has been epic would be an understatement! So very proud of you all! Let's hope June sees the amazing results continue all round! To all of you who are injured or not running right now for any other reason we wish you all speedy recoveries and hope to see you all back running soon

IRONMAN TEXAS

Rob Arkell

Swim	01:09:54
Bike	04:51:33
Run	03:28:57
Overall	09:37:22

20 MILE

64	Jane Adlard	3.46.44
68	Sally McGrath	3.53.53
80	Tracie Jarvis	4.10.00

33 MILE

13	Euan McGrath	4.54.00
33	Wez Jones	5.22.29
44	Donna Mitchell	5.28.52
54	Graham James	5.40.16
69	Neil Stantiall	6.00.00
79	Nigel Whitcher	6.08.52
117	Karen Barnicoat	6.54.56
118	Julie Ashman	6.54.56
128	Marie McDonald	7.25.21
129	Aga Plombon	7.25.22
130	Brigid Hone	7.26.24
135	Michelle Simpson	8.17.12
136	Sharon Simpson	8.17.12
137	Sarah Hobby	8.17.40

LAKESIDE 5K

39	Howard Clark	18.39
47	James Lee	19.02
76	Mark McDonald	20.50
77	Lucy May	20.53
83	Tim Crumpton	21.00
84	Peter Simpson	21.00
88	Tina Chantrey	21.16
92	Donna Mitchell	21.33
97	Hollie Smith	21.56
112	Russell Mead	23.31
129	Sadie Lee Bedford	25.31
131	Anne Trotman	25.37
135	Mike Wootton	25.54
149	Sarah Hobby	27.28
150	Marie McDonald	27.29
153	Robert Spencer	27.48
168	Andrew Smith	32.53

LYMINGTON LIFEBOAT 10K

73	Stephen	Williams	00:43:03
74	Nick	Crane	00:42:59
178	Paul	Hammond	00:46:11
246	Katie	Stean	00:48:22
653	Claire	Shergill	00:58:41
654	Claire	Fairbrother	00:58:41

TIME TRIAL RESULTS MAY

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins
Under 25 mins

May's time trial came at the end of a busy week for running in the club with Netley 10k, MacMillian Mile and RR10 the day before.

That said 36 people took to the streets of Stubbington with aims of improving on their best times with 7 people succeeding, congratulations. The top 3 biggest improvers on the night were Jamie Stockwell -2.29, Yvonne Fisher -1.38 and Ann Blake -1.29. Well done Jamie on the biggest improver, although I must have an alternative prize for people who are underage for drinking!!

The overall leaderboard for the biggest improvers sees no change from April, although Stuart improved his time by another 15 seconds.

Andy

The next time trail is on Thursday 18th June at 7pm.

Name	Best 2014	April	May	May Diff	Difference
					1st - Best
		43	36	7	14
Andy Simpson	22.00	28.27			
Chris Leach	24.53	25.03			
David Castle	22.54	23.44			
James Sawyer	22.28	24.12			
Lewis Banner	22.06	22.45			
Lewis Chalk	22.06	22.29			
Mike White	24.01	24.49			
Stuart Hiscock	26.18	25.50	**25.35**	-0.15	-0.43
Daisy Hall	25.44	**25.35**			-0.09
Andy Lee	26.49	40.31	29.42		
Andy Stockwell	25.38		26.09		
Chris Hall	25.03	25.36	40.17		
Daniel Foster	25.31	26.04			
Donna Mitchell			**27.03**		
Haydn Brown	26.34	26.41	26.37		
Hollie Smith	27.40		29.50		
James Lee	25.18	26.36	25.47		
Jon Plomer	25.19	27.59			
Lee Adair-Stantiall	27.40	28.22	30.28		
Mike Bell	27.18	27.52			
Nikki Roebuck	26.46		27.39		
Peter Kay		**27.10**			
Philip Martin	26.36	29.42	26.36		
Richard Snell	26.36		27.28		
Steve Williams		**26.30**			
Tim Crumpton	27.14	28.10	27.50		
Tom Callaway	25.37	29.32	27.42		
Tom McClements	29.04	**24.08**			-4.56
Peter Simpson	28.37	**28.22**			-0.15
Alan White	29.10		29.15		
Andy Donn			**28.40**		
David Abrams	29.19		29.51		
David Langrish			**28.50**		
Nigel Whitcher	29.22	33.33			
Sam Leahy		**30.27**			
Tim Matthews	29.46	30.07			
Tina Chantrey	28.29	28.37			
Rachel Leach	34.58	**33.32**			-1.26
Philip May	31.57	**31.30**	**30.36**	-0.54	-1.21
Mike Wotton	34.48	**33.54**			-0.54
Eunice Hoare	34.03		**33.45**	-0.18	-0.18
Keith Whittaker	31.43		**31.38**	-0.05	-0.05
Dawn Haynes-Sewell	33.13	33.26			
Gaynor Heffer	31.45	32.23	32.57		
Julie Ashman	34.04	41.55	36.45		
Katherine Briggs	33.20				
Melissa Hutton-Dunton		**32.23**			
Russell Mead	31.03	31.52			

Bizz Cosens	42.57	**36.32**			-6.25
Jamie Stockwell	38.31		**36.02**	-2.29	-2.29
Yvonne Fisher		41.55	**40.17**	-1.38	-1.38
Ann Blake	37.11		**35.44**	-1.27	-1.27
Sarah Martin	35.11	**34.59**	35.07		-0.12
Alison Hesselberth			**36.13**		
Anne Trotman		**36.27**			
Jennie Lee		**40.31**			
Karen Salmon		**36.27**			
Kevin Ashman			**36.44**		
Robert Spencer	37.22	37.42			
Sandie McIntosh	35.32		35.51		
Sandra Abrams	37.38		38.40		
Sarah Barron	35.54		39.11		
Sharon Clarke	36.42		37.02		
Sue Robinson	35.32		37.25		
Susie MacGregor			**35.45**		
Guests					
Mick Thompson			**24.59**		

THE OX MARATHON

75	David Langrish	05:05:53
159	Julie Ashman	06:25:36
160	Sharon Simpson	06:25:37

THE OX HALF MARATHON (14.1MILES)

31	Dan Foster	01:59:04

THE OX 36 MILE ULTRA

152	Dawn Haynes-Sewell	08:48:34

THE DARK OX 10K

10	Stantiall, Neil	00:52:57
79	Ashman, Kevin	01:15:47
110	Simpson, Sharon	01:23:34
111	Ashman, Julie	01:24:27

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!

Before Wednesday RR10 & Lakeside 5km races the Monday session is on the flat.

From April to October the hills are run faster but with a longer recovery to maintain the quality.

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

Monday 8th June **Marshalling RR10**	7 - 10 x Long hill up the zigzag path to notice boards - easy jog back to cul-de-sac; sprint to notice boards - jog to bottom of hill.
Monday 15th June	Short hill reps
Monday 22nd June **RR10 on Wednesday**	Flat forest rectangle (about 940m) 4 - 8 laps of long side fast stride with recovery jog on the short side
Monday 29th June **Lakeside 5km on Wednesday**	Football pitch reps (1 lap = 480m ie 100 / 140 / 100 / 140m) 3 x 480 steady (240 jog); 4 x 240 faster (240 jog); 5 x 100 sprint (140 jog)

Alton Runners

67	REBECCA LORD	01:09:00
81	HELEN NICHOLLS	01:10:46
92	LAURA WAINWRIGHT	01:11:15
159	LUCY MAY	01:17:12
178	NIKKI ROEBUCK	01:18:22
240	VERITY WRIGHT	01:23:42
266	FRANCES LORD	01:25:34
291	KERRY DODSWORTH	01:27:22
320	DAWN HAYNES-SEWELL	01:30:28
351	SARAH MARTIN	01:35:21
400	SUE ROBINSON	01:44:12

2	DANIEL O'BOYLE	00:55:10
10	ANDY SIMPSON	00:58:45
17	CHRISTOPHER BROBIN	01:00:11
35	WILLIAM FELINE	01:04:38
52	DARAGH HENALLY	01:07:02
54	JOSEPH PEAT	01:07:12
59	STUART HISCOCK	01:08:20
60	JACK WEBB	01:08:31
89	LIAM DREDGE	01:11:05
116	DANIEL FOSTER	01:13:22
174	NEIL RICHARDSON	01:18:03
182	PETER LEWIS	01:18:23
183	PETER SIMPSON	01:19:02
187	DAVID LANGRISH	01:19:01
214	JOHN BLAKE	01:21:34
261	ANDREW MILES	01:24:58
281	ALAN WHITE	01:26:45
284	JOHN SIMISTER	01:26:55
371	STUART MCNAMARA	01:37:52

NETLEY 10K

4	Lewis Chalk	00:34:16
5	Michael Gregory	00:34:21
8	Andy Simpson	00:34:48
11	Christopher Brobin	00:35:05
40	Mike White	00:37:59
47	Sev Roberts	00:38:09
59	Joseph Peat	00:38:46
64	Howard Clark	00:39:01
76	Mark Mcdonald	00:39:32
94	Jack Webb	00:40:23
102	Marcus Lee	00:40:44
104	Andrew Stockwell	00:40:50
108	Stuart Hiscock	00:40:54
150	Richard Cassell	00:42:56
185	Neil Richardson	00:44:27
194	David Langrish	00:44:48
214	Tim Crumpton	00:45:45
252	George Rennie	00:47:41
290	John Simister	00:49:44
414	Keith Whitaker	00:56:02

175	Lucy May	00:44:10
261	Hilary Gulliver	00:48:05
305	Marie Mcdonald	00:50:10
329	Bethan Davis	00:51:11
340	Claire Jones	00:51:58
348	Sandra Hook	00:52:24
377	Julie Ashman	00:54:00
390	Eunice Hoare	00:54:33
395	Dawn Griffiths	00:54:49
399	Karen Salmon	00:54:56
400	Pamela Kemp	00:55:04
418	Sandie Mcintosh	00:56:26
449	Sue Robinson	00:58:57

Hugo Says...

Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Warm up well before you run

The how to...

Dynamic stretching prepares your muscles for running, it's a way of signalling to the muscles that they are about to be used.

Functional based sports specific movements are used to achieve this. Dynamic stretching takes the muscle through the full range of motion, gradually increasing range of movement and/or speed. It involves no bounces or jerky movements.

Use as part of your warm up before training or a race. Jog first then do your dynamic stretching. Examples of dynamic stretches are high legs, bum kicks, travelling lunges, leg and arm swings.

QUALITY SESSIONS – Penny Forse (Club Coach)

My Monday session and the Tuesday / Thursday sessions are open to all abilities. However, on behalf of the SGR coaches & leaders I would stress that you need to have a background of running at least 6 miles, 2 to 3 times a week, otherwise it will not be beneficial to you (or pleasant!).

So, we don't mind what your 10km time is, we are just happy to have you benefitting from quality sessions at your own level. If you'd like to join us in those sessions but feel you are not doing enough running, then increase your weekly mileage gradually. When adding another run in per week or making your runs longer, then the increase should be no more than 5 to 10%. Every month have an easy week to allow your body to adapt.

THE CLUB CHAMPIONSHIP LEADERBOARD

Only results published in the green runner will score.
The will be separate leaderboards for ladies and gentlemen.
10 mile races will score 10 points, 5 mile races 5 and so on.
10k races will score 6 points, marathons 26 and so on.
All park runs will score 3 points.
Club handicaps, GOFAST and time trials, will score according to their distance.
Tri events will score on the distance of the running leg only.
Relays will score based on the total race distance divided between the number of participants.
RR10 & Southern XC League races will score 5 points.
Marshalling/helping at the club 10k, Southern XC League and RR10 races will score 10 points.
A monthly bonus race nominated by the club captains will score 20 points regardless of distance. These races will be advertised in the Green Runner.

The current standings will be published each month in the Green Runner.
This year's leaderboard will start with the December 2014 edition of the Green Runner, and conclude with the November 2015 in time for the awards night. When a race is report is sent to the GR it is up to the person sending it to ensure that the running distance is included.

Julie	Ashman	434
Donna	Mitchell	272
Sarah	Hobby	238
Marie	Mcdonald	203
Agnieszka	Plombon	197
Sarah	Martin	192
Dawn	Haynes-Sewell	162
Sharon	Simpson	160
Nikki	Roebuck	146
Daisy	hall	145
Sarah	Barron	144
Sue	Robinson	131
Gill	Rose	128
Julie	Dinwoodie	123
Melissa	Hutton-Dunton	121
Ann	Blake	119
Lucy	May	117
Bethan	Davis	110
Rebecca	Lord	110
Laura	Wainwright	110
Victoria	Joel	102
Karen	Barnicoat	98
Alison	MacSwayne	98
Verity	Wright	96
Sandie	McIntosh	92
Alethea	Adair-Stantiall	91
Lucy	Window	91
Penny	Forse	90
Nikkie	Plomer	90
Georgina	Gair	87
Pamela	Kemp	87
Lisa	Donn	85
Sophie	Davison	81
Rachel	Leach	77
Shelley	Thomas	75
Jane	Adlard	73
Kelly	Bennetts	73
Melissa	Cosens	67

Sandra	Hook	67
Gaynor	Heffer	66
Wendy	Holloway	65
Frances	Lord	65
Susie	MacGregor	64
Julie	Bowden	55
Anna	Wilby-Lopez	52
Jasmine	Smith	50
Lucy	Taylor	50
Hilary	Gulliver	49
Kaarina	May	49
Jennie	Lee	48
Eunice	Hoare	47
Sally	McGrath	47
Caroline	Street	46
Caroline	Chapman	45
Vicky	Shaw	45
Michelle	Simpson	45
Elizabeth	Weighell	45
Yvonne	Fisher	41
Tracie	Jarvis	41
Eleanor	Crane	39
Mandy	Burton	38
Karen	Salmon	37
Tina	Chantrey	36
Anne	Trotman	36
Julie	Ryman	35
Kerry	Dodsworth	33
Alex	Leighton-Goodall	33
Claire	Shergill	32
Brigid	Hone	31
Rowena	Dodds	26
Sarah	Gardiner	26
Lizzie	Mitchell	26
Petra	Wagenblast	26
Katherine	Briggs	25
Sadie Lee	Bedford	20
Claire	Fairbrother	20

Danielle	Kemp	20
Elizabeth	Miles	19
Kerry	Bailey	18
Rachael	Openshaw	17
Becky	Hodgkinson	16
Kathy	McKain	16
Liz	Hall	15
Ronel	Beukman	13
Sharon	Callus	13
Gemma	Eldridge	13
Kay	Sadler	13
Katie	Stean	13
Slywia	Ward	13
Julia	Webb	13
Jennet	Woolford	13
Claire	Jones	12
Heidi	Loveridge	12
Rachel	Richardson	12
Katie	Simister	12
Julie	Woodman	12
Jane	Butler	10
Sue	Simister	9
Kat	Chowns	6
Gemma	Fleming	6
Dawn	Griffiths	6
Wendy	Hall	6
Debbie	Lowe	6
Helen	Nicholls	6
Karen	Nichols	6
Jacqui	O'Rourke	6
Nicola	Peskett	6
Julie	Salt	6
Nicola	White	6
Jennifer	Birks	3
Sandra	Clark	3
Sonia	Robins	3
April	Hassett	3
Grace	Park	2

Daniel	Foster	265
Mark	McDonald	252
Lewis	Chalk	233
Phil	Hobby	220
Andrew	Simpson	217
Andy	Lee	205
Peter	Simpson	197
Jon	Leigh	188
Philip	Martin	187
Mike	White	187
Robert	Spencer	168
Thomas	McClements	163
Sev	Roberts	160
Nick	Crane	155
Nigel	Whitcher	153
Daniel	O'Boyle	147
Marcus	Lee	144
William	Feline	139
Russell	Mead	139
Alan	White	137
George	Howarth	131
Keith	Whitaker	131
Richard	Snell	128
John	Blake	125
David	MacSwayne	125
Chris	Hall	122
Graham	Bell	120
Boe	Harper	119
Chris	Leach	119
Mike	Bell	118
Mike	Harper	112
Euan	McGrath	112
Jack	Webb	105
Dan	Hughes	103
Jonathan	Plomer	99
John	Cox	98
Liam	Dredge	89
Stuart	Hiscock	87
James	Lee	86
Haydn	Brown	85
John	Simister	84
Andrew	Smith	83
James	Sawyer	81
James	Lewington	77
Allan	Stinson	77
Nick	Kimber	76

Peter	Kay	75
Philip	Whitehouse	74
Gordon	Westley	71
Jack	Harris	64
Rob	Greenwood	63
Lewis	Banner	62
John	Tussler	61
Rob	Arkell	60
Joseph	Peat	60
Simon	Vingoe	58
Neil	Stantiall	55
Kevin	Ashman	54
Paul	Southon	54
Paul	Smith	51
Andy	Richardson	50
Andrew	Thomas	50
Murray	Watson	50
Stuart	Mcnamara	48
Duncan	Borthwick	47
Howard	Clark	47
Graham	James	47
Simon	Ellis	45
David	Langrish	45
Paul	Coverdale	44
Glen	Street	43
Christopher	Brobin	42
Simon	Hearnden	42
Mark	Eaton	41
Richard	Bailey	40
Tim	Crumpton	40
John	Vose	40
Tom	Callaway	39
Martin	Neal	39
Mark	Porter	39
Chris	Stapleford	38
Timothy	Matthews	37
Stephen	Williams	37
Tom	Mellor	36
Mike	Donovan	34
Robert	Nicholls	33
Tommy	Cave	32
Thomas	MacSwayne	32
Kevin	Toal	32
Graham	Martin	31
Chris	Davidson	30
Daragh	Hendley	30

David	Castle	29
Steven	Ellis	27
Richard	Batten	26
Samuel	Bell	26
Michael	Wootton	26
Terry	French	24
Wesley	Jones	21
Richard	Roche	21
Matthew	Gould	19
Ian	Race	19
Ian	Coady	18
Martyn	Banner	17
Harry	Martin	16
Richard	Cassell	15
Martyn	Poore	15
Stephen	Wallbridge	15
Adrian	Piddington	14
Philip	May	13
Simon	Mcmorran	13
Andrew	Miles	13
Gavin	Rennie	13
Paul	Woolford	13
Russ	Coleman	12
George	Rennie	12
Andrew	Stockwell	12
Tim	Sullivan	11
John	Fairhurst	10
Rich	Chowns	9
Toby	Greenfield	9
Neil	Richardson	9
Tom	Cleary	8
Gary	Littlecott	8
John	Randall	8
Peter	Rawlins	8
Tommy	Blake	6
Martin	Griffin	6
Ray	Gunner	6
Samuel	Masson	6
Richard	O'Routke	6
Stephen	Peach	6
Mike	Gregory	5
Alex	Johnson	5
Sam	Leahy	4
Dan	Jones	3
Tomas	Stinson	3

Netley 2 May	
Lewis Banner	17.15
Chris Brobin	17.47
Andrew Thomas	19.47
Rebecca Lord	20.22
Chris Davidson	20.25
Toby Greenfield	20.49
Tom Callaway	21.40
Chris Stapleford	23.58
Russell Mead	25.00
Bethan Davis	25.16
Jules Dinwoodie	26.26
Martyn Banner	28.07
Tom Mellor	29.42
Andrew Smith	36.14
Wendy Holloway	36.20
Tommy Blake	40.15
John Blake	40.16
Southampton 2 May	
Robert Nicholls	29.30
Southsea 2 May	
Thomas McClements	18.23
Chris Hall	18.46
Jon Plomer	19.45
Daisy Hall	19.55
Eastleigh 2 May	
Haydn Brown	36.33
QE Park 2 May	
David Langrish	23.37
Winchester 2 May	
Rachel Leach	27.42
Newbury 2 May	
Allan Stinson	30.30
Highbury Fields 2 May	
Robert Spencer	28.43
Humber Bridge 2 May	
Liz Weighell	32.43
Dawesville 2 May	
Terry French	30.53
Penrose 2 May	
Karen Barnicoat	35.57
Sheffield Hallam 2 May	
Marcus Lee	24.22

Eastleigh 9 May	
Ryan Thomas	25.13
Keith Whitaker	27.13
Haydn Brown	35.02
Netley 9 May	
Rebecca Lord	19.05
Andrew Thomas	19.06
Chris Davidson	19.46
Mark McDonald	20.01
Toby Greenfield	20.21
Marcus Lee	20.26
Graham Martin	20.56
Tom Callaway	21.26
Hilary Glover	22.56
Paul Southon	23.20
Frances Lord	23.28
Bethan Davis	23.56
David McNeish	24.03
Sandra Hook	25.46
Chris Stapleford	26.43
Martyn Banner	27.35
Julia Park	28.25
Katherine Chowns	31.12
Southsea 9 May	
Russell Mead	27.11
Robert Nicholls	29.45
Havant 9 May	
Alison MacSwayne	29.15
David MacSwayne	31.13
Winchester 9 May	
Paul Coverdale	22.34
Wormwood Scrubs 9 May	
Andy Stockwell	20.33
Jamie Stockwell	30.14
Holly Stockwell	30.59
Samantha Stockwell	32.19
Claisebrook Cove 9 May	
Terry French	32.41
Forest of Dean 9 May	
Robert Spencer	30.02
Belfast Victoria 9 May	
Thomas McClements	18.02
Daisy Hall	19.41
QE Park 9 May	
Howard Clark	19.25
Dan Foster	20 45
Jon Leigh	21.20
David Langrish	21.46
John Blake	22.03
Liam Dredge	22.24
Andy Lee	23.14
James Lewington	23.54
Melissa Cosens	29.48

Newbury 9 May	
Allan Stinson	30.03
Southampton 16 May	
David Castle	18.04
Martyn Poore	24.45
Southsea 16 May	
Alan White	24.00
Eastleigh 16 May	
Ryan Thomas	24.22
Keith Whitaker	39.19
Winchester 16 May	
Gordon Westley	21.47
Netley 16 May	
Andy Simpson	17.57
Andrew Thomas	19.42
Rebecca Lord	20.01
Andy Stockwell	20.26
James Lewington	21.47
Del Granger	22.42
Nikki Roebuck	23.00
Paul Southon	23.37
Harry Roebuck	25.14
Chris Stapleford	25.49
Sally Watford	26.20
Rachel Leach	27.56
Julia Park	28.09
Katherine Chowns	28.11
David MacSwayne	28.38
Alison MacSwayne	28.48
Bethan Davis	29.09
Jamie Stockwell	29.20
Tom Mellor	30.03
Samantha Stockwell	30.57
Rowena Dodds	32.25
Mandy Burton	32.54
Liz Weighell	33.04
Haydn Brown	35.55
Sue Simister	38.45
Wendy Holloway	39.24
Andrew Smith	39.25
QE Park 16 May	
Howard Clark	19.07
Dan Foster	21.36
Sandra Clark	38.42
Grovelands Enfield 16 May	
Philip Whitehouse	19.49
Inverness 16 May	
Jules Dinwoodie	27.07
Harrow Lodge 16 May	
Marie McDonald	30.50
Shrewsbury 16 May	
Robert Spencer	30.12

Claisebrook Cove 16 May	
Terry French	32.18
Netley 23 May	
Lewis Chalk	17.32
Chris Brobin	18.20
Joseph Peat	19.16
Dan Foster	19.54
Sev Roberts	20.03
Marcus Lee	20.45
Liam Dredge	21.02
Tom Callaway	21.20
Neil Richardson	21.24
Peter Kay	21.25
Chris Davidson	21.44
Richard Chowns	21.57
Del Granger	22.24
Phil Hobby	22.45
Michael Welland	22.53
Nigel Whitcher	23.32
Andy Stockwell	23.43
Chris Stapleford	23.54
Bethan Davis	26.34
Sandra Hook	26.43
Melissa Cosens	27.17
Jamie Stockwell	28.59
Sarah Hobby	30.29
Tom Mellor	30.54
Nikki White	31.34
Gaynor Heffer	31.35
Marie McDonald	31.35
Rowena Dodds	33.57
Robert Spencer	34.44
Andrew Smith	34.46
Sue Simister	37.52
Winchester 23 May	
Gordon Westley	21.33
Paul Coverdale	22.43
Chris Leach	25.13
Rachel Leach	26.46
QE Park 23 May	
David Langrish	22.55
Reading 23 May	
Keith Whitaker	38.46
Newbury 23 May	
Allan Stinson	29.09
Carine Glades 23 May	
Terry French	30.28
Southsea 23 May	
Jon Plomer	19.07
Verity Wright	23.32
Russell Mead	24.26
Robert Nicholls	28.01
Eastleigh 23 May	
Ryan Thomas	23.23
Haydn Brown	34.56

MEN'S OVERALL TEAM POSITIONS

		1	2	3	4	5	Pts
1	Southampton Athletic Club	org	1	1			2
2=	New Forest Runners	3	3	org			6
2=	Lordshill Runners	2	2	2			6
4	Stubbington Green Runners	1	4	4			9
5	Totton Runners	11	org	3			14
6	Lordshill Runners (B)	8	5	5			18
7	Winchester and District AC	6	6	7			19
8=	Hedge End Running Club	5	7	8			20
8=	Southampton Athletic Club (B)	org	11	9			20
10	Stubbington Green Runners (B)	4	8	13			25
11=	Romsey Road Runners	9	10	11			30
11=	Hardley Runners	15	9	6			30
13=	Totton Runners (B)	18	org	15			33
13=	New Forest Runners (B)	20	13	org			33
13=	Eastleigh Running Club	7	12	14			33
16	Lordshill Runners (C)	13	14	10			37
17	Stubbington Green Runners (C)	10	16	16			42
18	Winchester and District AC (B)	14	17	12			43
19	Hedge End Running Club (B)	12	15	17			44
20=	Totton Runners (C)	28	org	22			50
20=	Southampton Athletic Club (C)	org	23	27			50
22	Stubbington Green Runners (D)	16	18	19			53
23	Lordshill Runners (D)	21	19	23			63
24=	Totton Runners (D)	34	org	30			64
24=	Eastleigh Running Club (B)	17	21	26			64
26	Hardley Runners (B)	25	24	18			67
27	Stubbington Green Runners (E)	19	25	25			69
28	Winchester and District AC (C)	23	28	20			71
29=	Romsey Road Runners (B)	24	27	21			72
29=	Hedge End Running Club (C)	22	22	28			72
31	Totton Runners (E)	43	org	36			79
32	Stubbington Green Runners (F)	26	29	29			84
33=	Lordshill Runners (E)	29	26	35			90
33=	Hardley Runners (C)	33	33	24			90
35	Eastleigh Running Club (C)	27	31	34			92
36	Hedge End Running Club (D)	31	30	33			94
37	New Forest Runners (C)	dnf	20	org			120
38	New Forest Runners (D)	dnf	32	org			132
39	Totton Runners (F)	dnf	org	37			137
40	Southampton Athletic Club (D)	org	40	dnf			140
41	Stubbington Green Runners (G)	32	36	dnf			168
42	Romsey Road Runners (C)	39	dnf	31			170
43=	Hedge End Running Club (E)	36	35	dnf			171
43=	Hardley Runners (D)	dnf	39	32			171
45	Eastleigh Running Club (D)	35	37	dnf			172
46	Lordshill Runners (F)	42	34	dnf			176
47	Hedge End Running Club (F)	40	38	dnf			178
48	Stubbington Green Runners (H)	38	42	dnf			180
49	Halterworth Harriers	org	dnf	dnf			200
50	Winchester and District AC (D)	30	dnf	dnf			230
51	Wessex Road Runners	37	dnf	dnf			237
52=	Eastleigh Running Club (E)	41	dnf	dnf			241
52=	Lordshill Runners (G)	dnf	41	dnf			241
54	Stubbington Green Runners (I)	44	dnf	dnf			244

LADIES' OVERALL TEAM POSITIONS

		1	2	3	4	5	Pts
1	New Forest Runners	3	1	org			4
2	Stubbington Green Runners	1	2	3			6
3=	Totton Runners	7	org	2			9
3=	Hedge End Running Club	2	3	4			9
5	Winchester and District AC	5	4	1			10
6	Romsey Road Runners	6	5	7			18
7	Lordshill Runners	8	7	5			20
8	Stubbington Green Runners (B)	4	6	11			21
9	Eastleigh Running Club	9	8	9			26
10=	Winchester and District AC (B)	13	9	8			30
10=	Totton Runners (B)	20	org	10			30
12	Hardley Runners	10	20	6			36
13	Romsey Road Runners (B)	12	13	12			37
14=	New Forest Runners (B)	24	18	org			42
14=	Lordshill Runners (B)	17	12	13			42
16	Hedge End Running Club (B)	11	10	22			43
17=	Stubbington Green Runners (C)	14	15	19			48
17=	Solent Running Sisters	15	17	16			48
19	Winchester and District AC (C)	27	11	14			52
20	Totton Runners (C)	33	org	20			53
21	Lordshill Runners (C)	23	16	15			54
22	New Forest Runners (C)	35	26	org			61
23	Eastleigh Running Club (B)	21	14	27			62
24	Solent Running Sisters (B)	18	22	23			63
25	Lordshill Runners (D)	26	21	21			68
26=	Totton Runners (D)	47	org	25			72
26=	Stubbington Green Runners (D)	16	28	28			72
28	Hedge End Running Club (C)	19	25	29			73
29	Lordshill Runners (E)	31	23	24			78
30	Romsey Road Runners (C)	30	24	26			80
31	Stubbington Green Runners (E)	22	36	32			90
32=	Winchester and District AC (D)	55	19	18			92
32=	Totton Runners (E)	59	org	33			92
34	Lordshill Runners (F)	36	27	30			93
35	Stubbington Green Runners (F)	25	41	37			103
36	Totton Runners (F)	65	org	39			104
37=	Solent Running Sisters (C)	39	32	34			105
37=	Hardley Runners (B)	41	47	17			105
39	Lordshill Runners (G)	44	31	31			106
40	Eastleigh Running Club (C)	34	35	41			110
41	Stubbington Green Runners (G)	29	45	43			117
42	Lordshill Runners (H)	52	34	36			122
43	Romsey Road Runners (D)	46	42	35			123
44	Lordshill Runners (I)	53	38	38			129
45=	Solent Running Sisters (D)	49	39	42			130
45=	Southampton Athletic Club	org	30	dnf			130
47	New Forest Runners (D)	dnf	33	org			133
48	Totton Runners (G)	dnf	org	45			145
49	Solent Running Sisters (E)	60	43	46			149
50	Hedge End Running Club (D)	28	29	dnf			157
51	Hedge End Running Club (E)	32	44	dnf			176
52	Romsey Road Runners (E)	dnf	49	44			193
53	Eastleigh Running Club (D)	51	46	dnf			197
54	Lordshill Runners (J)	58	40	dnf			198
55	Halterworth Harriers	org	dnf	dnf			200
56	Eastleigh Running Club (E)	56	48	dnf			204
57	Solent Running Sisters (F)	61	50	dnf			211
58	Solent Running Sisters (G)	64	52	dnf			216
59	Solent Running Sisters (H)	66	53	dnf			219
60=	Hedge End Running Club (F)	37	dnf	dnf			237
60=	Winchester and District AC (E)	dnf	37	dnf			237
62	Stubbington Green Runners (H)	38	dnf	dnf			238
63=	Hedge End Running Club (G)	40	dnf	dnf			240
63=	Hardley Runners (C)	dnf	dnf	40			240
65	Stubbington Green Runners (I)	42	dnf	dnf			242
66	Stubbington Green Runners (J)	43	dnf	dnf			243
67	Stubbington Green Runners (K)	45	dnf	dnf			245

RR10 RESULTS

MEN'S OVERALL INDIVIDUAL RESULTS

		R1	R2	R3	Position
Andy SIMPSON	V40	6	7	5	5=
Will FELINE		24	26	15	16
Tom MCCLEMENTS		19	12	25	19
Mike WHITE	V50	22	23	29	20
Euan MCGRATH	V40	28	30	-	26=
Chris HALL	V50	27	48	-	32=
Jack WEBB		42	40	42	37=
Andrew THOMAS		48	54	71	50
Dan FOSTER		53	58	61	54=
James LEE		79	64	-	67=
Nick CRANE	V50	77	95	66	67=
Adrian PIDDINGTON		-	83	65	71=
Steven WILLIAMS		69	100	99	79
Graham JAMES	V50	87	87	89	82=
Marcus LEE	V40	-	108	74	87=
Peter KAY	V50	90	-	94	89=
Jon LEIGH	V50	130	91	96	91
John BLAKE	V40	92	99	-	94=
Neil STANTIALL	V40	-	102	95	97
Paul SMITH	V40	105	130	101	102
Tim CRUMPTON	V50	103	110	-	105
Andy LEE	V50	163	120	110	115
Lee JOHNSON		-	154	98	122
David LANGRISH	V60	-	135	124	128=
Alan WHITE	V50	154	172	121	136
Tim MATTHEWS		147	169	137	142=
Mark PORTER	V40	-	165	130	148
Nigel WHITCHER	V50	174	182	138	156
John COX	V50	164	-	149	157
Chris DAVIDSON	V50	-	122	192	158
Chris STAPLEFORD	V50	168	-	152	159
Russell MEAD	V50	171	184	153	161=
Keith WHITAKER	V60	201	194	-	196
George HOWARTH	V50	191	221	-	203=
Kevin ASHMAN	V50	231	229	200	216=
David MACSWAYNE	V50	229	-	203	218
Allan STINSON	V40	236	233	205	219
Mike GREGORY		-	4	-	228
Lewis BANNER		7	-	-	230
Tom MACSWAYNE		8	-	-	231=
Boe HARPER		9	-	-	233=
Lewis CHALK		12	-	-	238
Joseph PEAT		-	-	31	251
Chris LEACH		40	-	–	258
Daragh HENDLEY	V40	-	43	-	259=
Mark MACDONALD	V40	62	-	-	270
Tim SULLIVAN	V50	-	-	73	277
Liam DREDGE		74	-	-	279=
Andy STOCKWELL	V40	-	-	75	281=
Phil HOBBY		93	-	-	291
IMike BELL	V60	113	-	-	306=
Peter SIMPSON		119	-	-	312
Neil RICHARDSON		V40	-	141	327
Tom CALLAWAY		143	-	-	328
Haydn BROWN	V50	-	-	157	338
Stuart MACNAMARA	V40	199	-	-	367
Sam BEDFORD		-	210	-	375=
Martyn BANNER	V50	-	223	-	379
Ben LEACH		-	232	-	382
Robert SPENCER	V50	234	-	-	383
John VOSE	V70	235	-	-	384

YOUR CLUB NEEDS YOU...

MARSHALS NEEDED FOR FAIRTHORNE MANOR RR10 EVENT, 10TH JUNE. PLEASE CONTACT DANIEL FOSTER IF YOUR FREE TO HELP

LADIES' OVERALL INDIVIDUAL RESULTS

		R1	R2	R3	Position
Rebecca LORD		4	3	3	2
Daisy HALL		6	5	7	4=
Laura WAINWRIGHT		9	7	-	7
Vicky SHAW		13	17	21	14=
Nikki ROEBUCK		12	-	19	16
Lucy MAY		18	22	-	20
Hilary GULLIVER		38	40	35	34
Donna MITCHELL	V40	70	16	-	41=
Kerry DODSWORTH		50	37	-	43=
Lisa DONN	V40	43	-	47	46=
Sally MCGRATH	V40	47	60	-	55
Dawn HAYNES-SEWELL	V40	-	72	62	65
Shelley THOMAS	V40	79	-	84	76=
Brigid HONE	V50	89	96	77	79
Anna TROTMAN	V40	106	97	71	80=
Susie MACGREGOR	V40	69	-	102	84
Lucy TAYLOR		118	-	101	98
Sharon CLARKE	V40	-	118	114	106
Pamela KEMP	V50	125	-	110	107
Melissa COSENS		129	109	129	109
Karen SALMON		135	107	-	111
Sue ROBINSON	V60	145	127	126	115
Jennie LEE	V50	175	136	130	116=
Sarah BARRON	V40	-	137	134	120
Alethea ADAIR-STANTIAL		26	-	-	167
Lara EVANS	V40	-	-	43	183=
Frances LORD	V50	51	-	-	186
Gaynor HEFFER	V40	58	-	-	192
Penny FORSE	V60	-	-	59	193=
Sadie LEE BEDFORD	V40	73	-	-	205=
Sadie BEDFORD	V40	-	83	-	214
Bethan DAVIS	V40	84	-	-	215=
Katherine BRIGGS		86	-	-	218
Sandra HOOK	V50	97	-	-	231=
Rachael LEACH		-	-	100	235
Danielle KEMP		110	-	–	247
Sandi MCINTOSH	V50	-	112	-	249
Sarah MARTIN	V40	115	-	-	250=
Caroline CHAPMAN		117	-	-	253
Julie ASHMAN	V40	119	-	-	254=
Sarah HOBBY		120	-	-	256
Sam STOCKWELL	V40	-	-	128	265
Rowena DODDS	V50	-	129	-	266
Alison MACSWAYNE	V50	131	-	-	267
Claire SHERGIL	V40	137	-	-	273
Claire FAIRBROTHER	V40	141	-	-	279
Ann BLAKE	V40	171	-	-	304
Kaarinia MAY	V60	182	-	-	308
Wendy HOLLOWAY	V50	207	-	-	318

FIXTURE LIST

June 3 Balckfield Recreation Ground

June 10 Fairthorne Manor Stubbington Green Event

June 24 Manor Farm

July 8 Marwell

July 22 Janesmoor Pond, Stoney Cross

Aug 5 Itchen Valley Country Park

Aug 19 IBM Hursley Park

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