The GreenRunner

AUGUST 2015

www.stubbingtongreenrunners.net | @StubbGR

FROM THE CHAIR

I know its still summer (although with the rain pouring down outside, I'm not so sure) but thoughts are already turning to the 2016 Stubbington 10k on Sunday January 17. If you can offer any help in the run up to the event then please contact our race director Chris Brobin (Race-director@stubbingtongreenrunners.net) or myself chairman@stubbingtongreenrunners.net. This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward.

We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day.

July saw a couple of successful social events - the Chariots of Fire, where fittingly we had 30 runners and the 6.05 special where 20 or so hardy souls braved the atrocious weather to run, timekeep or simply support. The next event on the agenda is our big 30th anniversary event on the 30th August. Please book your place on the website (http://www.stubbingtongreenrunners.net/index.php/social/book-events/event/32-30th-anniversary-summer-event) by 7th August so that we can make sure we can give numbers to the caterers.

Don't forget we are looking to get as many people as possible to the RR10 on the 5th August and/or training on Monday 10th August in Green so that we can get a 30th celebratory photo that everybody will be able to download and keep as a memento of this year.

Happy Running

Kevin Ashman
Chairman

6.05 Special
Thanks to the hardy 15 runners that turned up for a soaking on the Wickham Railway Line. A good run was had by all, followed by a drink in the pub. The 6.05 Special will return 16th October for the night time version.

6.05 special results:

35.13 Andy Simpson
38.08 Lewis Chalk
39.45 James Sawyer
40.08 Mark McDonald
43.45 Calum McDonald
44.38 Mike Bell
44.48 Marcus Lee
44.48 Jon Leigh
46.46 Gill Rose
48.49 Lee Stantial
55.26 Bizz Cossens
56.29 George Howarth
1.04.42 Julie Ashman
1.04.42 Kat May

Dates for your diaries

6.05 Special – Friday 16th October

Skittles Night – Friday 30th October

Awards Night – Saturday 28th November

30th Anniversary Event – 30th August

BOOK NOW! BOOK NOW! BOOK NOW!

BOOK NOW!

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.

CUT OFF FOR BOOKING IS 7TH AUGUST

CAPTAINS CORNER

Schools out and summer is here! Meaning a quieter month on the racing calendar but that has not stopped Stubbington Green from adding to the Trophy cabinet I'm delighted to say! Lots of PB's in July and brilliant results as usual …

Starting off road with 2 RR10's this month … July has seen the ladies leap frog New Forest and we are currently in 1st place with only 2 races remaining! Fingers crossed we can get a good turnout of ladies through the holiday period to ensure we hang onto our lead and bring home that lovely trophy! The men are currently in 3rd with everything race for so we need you all at the last 2 races for that last big push! Well done to Susie MacGregor for her fantastic return to the top 10 with a 9th place finish at Janesmoor pond and also huge congratulations to Melissa Cousens, Liz Miles, Jules Dinwoodie, Julia Webb and Andy Donn who all made it into the Top 100 for the first time this season! I'm sure Dan will have a full report on both Marwell and Janesmoor Pond races for all to scrutinize.

3 Stubbies took on the Midnight Marathon from QE Park to Cocking and back … Neil, Josh and Kevin, well done guys and well done to Neil Stantial for his 13th place finish! Brilliant result.

Moving to the road and the ladies are cleaning up again! Big shout out to Lucy May who had her first road race win at Wyvern 10k finishing in a fantastic 41.53! Lucy also led the ladies team home to a 1st place finish on the day with Hollie Smith 45:59 and Dawn Haynes-Sewell 49:41 completing the team, huge well done ladies! Well done to all who raced at Wyvern and another big shout out to Tom McClements who had a brilliant result and finished in 38.29! It has been a very quiet month of road racing but please do not forget that it all kicks off again at Overton next month where our boys will be picking their awards for their fantastic achievements in 2014/2015 season.

Lakeside 5k series has seen 2 races this month and again the results from both our men and ladies were impressive to say the least. Well done to all who have took part in these races, a few PB's that have stood out in particular are Dan Foster 18:07, Lucy May 20:19, Peter Simpson 20:27 and Sarah Hobby 26.37 … Only one race remains in the series and that is August 26th so get entered online and go get yourself a PB on a flat fast course.

The Gosport 5k series has also had a race July and once again the ladies stamped their mark all over it! Melissa Hutton-Dunton finished in 1st place in 20:39! Hollie Smith followed in 22:08 and Victoria Joel in 22:14 to complete that ladies team taking 1st place also … James Sawyer had a fab race finishing in 17.16 followed by James Lee 19:25, Mark McDonald 19:39, Jon Plomer 20:16 and Simon Hearnden 20:17 giving the men a very respectable 2nd place on the night.

36 Stubbies took to the track for the Miles of Miles event this month and the results were just absolutely brilliant! We saw great results from everyone but above all of that that was the team spirit and unity displayed at this event. It made me feel so proud to be a Stubbington Green Runner so thank you all for making is so special

… individual and team results below …

Stubbington Green Team 10		**Stubbington Green Team 11**		**Stubbington Green Team 12**		**Stubbington Green Team 13**	
Andy Simpson	4.55	Mark McDonald	5.36	Phil Martin	6.05	Max Plomer	7.15
Mike Gregory	4.57	Sarah Hobby	8.02	Callum McDonald	6.08	Cameron Sewell	7.21
Liam Dredge	5.53	Marie McDonald	7.12	John Simster	6.34	Tommy Blake	9.46
Jon plomer	5.29	Sue Robinson	8.3	Peter Simpson	5.59	Katie Simster	6.13
Beccy Lord	5.24	Susie MacGregor	5.51	Annie Trottman	7.23	Harry Martin	5.3
Dan Foster	5.19	Julia Webb	7.43	Sue Simster	8.46	Grace Park	6.39
Chris Leach	5.3	Penny Forse	7.14	Brigid Hone	7.3	Phil Martin	6.07
Jack Webb	5.27	Phill Hobby	6.04	Julia Park	7.49	Mark McDonald	5.46
Lucy May	5.57	Mike Bell	6.02	Donna Mitchell	6.08	Liam Dredge	5.53
Chris Brobin	5.01	Dawn Sewell	7	Anne Blake	8.16	Michael Gregory	4.55
	53.52		**1.09.14**		**1.10.38**	20 sec delay at start	**1.05.25**

One last shout out for July goes to David and Sandra Abrams who both qualified to race for their country at The European AG Tri Champs in Lisbon next year! Outstanding achievement again from this lovely couple! We all wish you the very best of luck!

Well that's if for July … I wish you all a fantastic injury free August and to those of you who are currently injured a very speedy recovery and return to fitness.

Please all remember to purchase your ticket for the 30th Anniversary Barn Dance celebrations where I'm sure the ladies will be cleaning up again when we compete in the retro sports day activities (no pressure boys!) I hope to see you all there celebrating 30 years running of this amazing club!

Harting Trail Race 10 miles

8	Boe Harper	01:06:14
20	Daniel Foster	01:08:56
24	Thomas McClements	01:09:57
27	Chris Hall	01:10:33
28	James Lee	01:10:35
31	Mark McDonald	01:11:41
43	Peter Kay	01:13:49
53	Daisy Hall	01:16:51
65	David Langrish	01:18:57
77	Andy Lee	01:20:31
112	Phil Hobby	01:24:33
122	Hilary Misselbrook	01:26:37
132	Calum McDonald	01:31:00
175	Marie McDonald	01:41:43
200	Mike Donovan	01:49:59
214	Sarah Hobby	01:56:00

Wyvern College 10K

15	Thomas McClements	00:38:29
43	Marcus Lee	00:41:05
47	Lucy May	00:41:53
57	Peter Kay	00:43:05
64	Peter Simpson	00:43:35
70	Chris Davidson	00:43:51
104	Hollie Smith	00:45:59
163	Dawn Vanessa Haynes-Sewell	00:49:41
164	James Lewington	00:49:40
205	Martyn Poore	00:51:49
212	Sandra Hook	00:52:23
376	George Howarth	01:01:34

TARRANT VALLEY 10K

12	REBECCA	LORD	40.24
60	FRANCES	LORD	52.08
65	CHARLOTTE	LORD	53.26
70	CHRIS	STAPLEFORD	53.39

THE SUMMER PLOD 21 MILES

8	Mark McDonald	03:09:45
50	Aga Plombon	04:13:41
68	Tracie Jarvis	05:52:36

Brighton Phoenix 10K	5	Lewis Chalk	33.09

ENDURE
ultra-distance endurance races

50k

1st	**LEWIS CHALK**	**03:20:08**

SUMMER PLOD 6.5 MILES

13	Calum McDonald	54.53

STANSTED HALF MARATHON

7	Mark Mcdonald	01:36:21
26	James Lee	01:46:11
58	Andy Lee	01:56:47
60	Calum Mcdonald	01:57:53
69	Mark Porter	02:02:17
83	Mike Donovan	02:09:25
116	Karen Salmon	02:34:03
125	Michelle Simpson	02:41:50

Surrey Slog Half Marathon

36	Andrew	Stockwell	01:52:50

MIDNIGHT MARATHON

9	Joshua	Crowther	04:04:42
13	Neil	Stantiall	04:14:52
20	Kevin	Scullion	04:35:11

LAKESIDE 5K SERIES
1ST JULY

2	SAWYER, James	00:17:16
13	LEE, James	00:19:25
15	MCDONALD, Mark	00:19:39
18	PLOMER, Jon	00:20:16
19	HEARNDEN, Simon	00:20:17
20	HISCOCK, Stuart	00:20:31
21	HUTTON-DUNTON, Melissa	00:20:39
28	DONN, Andy	00:21:09
36	MCDONALD, Callum	00:21:50
39	MILES, Andrew	00:21:59
41	HOBBY, Phil	00:22:03
44	SMITH, Hollie	00:22:08
45	JOEL, Victoria	00:22:14
46	COX, John	00:22:31
50	DONN, Lisa	00:23:11
58	HAYNES-SEWELL, Dawn	00:23:58
61	RENNIE, Gavin	00:24:14
63	MEAD, Russell	00:24:20
81	MILES, Elizabeth	00:25:56
87	WHITE, Nicki	00:27:10
89	MCINTOSH, Sandie	00:27:23
92	DINWOODIE, Jules	00:27:37
96	MARTIN, Sarah	00:28:05
97	HOBBY, Sarah	00:28:19
98	MCDONALD, Marie	00:28:19
102	ROBINSON, Sue	00:28:42

IRONMAN UK BOLTON

POS	NAME	SWIM	BIKE	RUN	TOTAL
1548	Rachael Openshaw	01:18:25	08:37:57	05:22:50	15:47:06

DORSET INVADER HALF MARATHON

7	Mark McDonald	01:36:33
12	Daniel Foster	01:39:21
61	Calum McDonald	02:02:34
209	Sarah Hobby	02:52:14

DORSET INVADER MARATHON

187	Sharon Simpson	05:46:50
188	Julie Ashman	05:46:50

INTERNATIONAL SNOWDEN RACE

280	Chris	Hall	01:48:37
281	Daisy	Hall	01:48:38
340	Laura	Wainwright	01:52:35

LAKESIDE 5K SERIES
29TH JULY

21	Dan Foster	18.07
24	Howard Clark	18.12
41	Mark McDonald	18.59
44	James Lee	19.40
54	Lucy May	20.19
55	Peter Simpson	20.27
60	Nikki Roebuck	20.50
66	Mike Bell	21.13
68	Phil Hobby	21.30
89	Russell Mead	24.01
93	Bethan Davis	24.47
95	Marie McDonald	25.09
97	Mike Wootton	25.21
105	Sandra Hook	26.12
110	Jules Dinwoodie	26.47
114	Robert Spencer	27.38
115	Sarah Hobby	27.59
133	Andrew Smith	32.49

NEW FOREST 10 MILE

49	Russ	Coleman	01:04:32
243	Nikki	Roebuck	01:16:20
246	Daniel	Foster	01:16:23
293	Phil	Hobby	01:18:30
381	Jason	Brandon	01:23:00
427	Mandy	Burton	01:25:41
449	Aga	Plombon	01:26:48
508	Brigid	Hone	01:29:00
734	Sue	Robinson	01:43:49
736	Julie	Ashman	01:43:53
789	Elizabeth	Mitchell	01:49:16
790	Lucy	Window	01:49:16
786	Sarah	Hobby	01:49:15
787	Nicki	White	01:49:15

TIME TRIAL RESULTS JULY

The time trial had some interesting spectators this month with runners complaining of 'flying ants' on the course and a tad warm out on the course!

A first for a time trial night, we had no improvers on the night from the 23 runners that started. So we decided to award a prize to James Lee for running exactly the same time as last month which was his PB, unlucky not to get a PB but on the flip side he did get a bottle of wine for being unlucky!!

Thank you to the timekeepers and sweeper on the night.

So the scores on the doors in the handicap bandings remain the same with no improvers in the under 25 category but the leaders are as follows in the other groups.

25.01 – 28.00 Stuart Hiscock -0.43
28.01 – 31.00 Tom McClements -4.56
31.01 – 35.00 Rachel Leach -1.26
35+ Bizz Cozens -8.33

Name	Best 2014	April	May	June	July	July Diff	Difference
							1st - Best
		43	36	36	23		26
Adrian Piddington	23.23				25.09		
Andy Simpson	22.00	28.27		22.29			
Chris Leach	24.53	25.03					
David Castle	22.54	23.44					
James Hall	24.44						
James Sawyer	22.28	24.12			23.32		
Lewis Banner	22.06	22.45					
Lewis Chalk	22.06*	22.29			23.35		
Mark Eaton	24.09						
Mark McDonald	24.59			25.21			
Mike White	24.01	24.49					
Tom MacSwayne	21.36				23.09		
Stuart Hiscock	26.18	25.50	**25.35**				-0.43
Tim Crumpton	27.14	28.10	27.50	**26.33**	27.30		-0.41
Steve Williams		26.30		**25.55**			-0.35
James Lee	25.18	26.36	25.47	**25.01**	25.01		-0.17
Jon Plomer	25.19	27.59		**25.09**			-0.10
Daisy Hall	25.44	**25.35**		28.14			-0.09
Andy Stockwell	25.38		26.09	**25.31**			-0.07
Andy Lee	26.49	40.31	29.42		30.03		
Chris Davidson				**27.34**			
Chris Hall	25.03	25.36	40.17	26.20			
Chris Hall (New Member)					**25.36**		
Daniel Foster	25.31	26.04		26.40			
Donna Mitchell			**27.03**				
Haydn Brown	26.34	26.41	26.37	26.54			
Hollie Smith	27.40		29.50				
Jon Leigh	25.36			26.10			
Lee Adair-Stantiall	27.40	28.22	30.28				
Liam Dredge				**26.02**			
Mike Bell	27.18	27.52			28.29		
Nick Crane	27.00			27.22			
Nikki Roebuck	26.46		27.39	28.04			
Peter Kay		**27.10**		27.37			
Philip Martin	26.36	29.42	26.36				
Richard Snell	26.36		27.28				
Tom Callaway	25.37	29.32	27.42				

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

Tom McClements	29.04	**24.08**		24.20			-4.56
Victoria Joel	29.38			**29.05**			-0.33
David Langrish			28.50	**28.21**			-0.29
Peter Simpson	28.37	**28.22**					-0.15
Nigel Whitcher	29.22	33.33		**29.19**			-0.03
Alan White	29.10		29.15				
Andy Donn			**28.40**	28.46			
David Abrams	29.19		29.51				
Hilary Misselbrook	29.17				31.49		
Phil Hobby	28.46			30.20			
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**				-1.21
Mike Wotton	34.48	**33.54**			35.28		-0.54
John Simister	33.21			**32.57**			-0.24
Eunice Hoare	34.03		**33.45**				-0.18
Dawn Haynes-Sewell	33.13	33.26		**33.07**			-0.06
Keith Whittaker	31.43		**31.38**		32.00		-0.05
Adam Joel					**31.20**		
Callum MacDonald				**31.02**			
Gaynor Heffer	31.45	32.23	32.57				
James Barron					**34.30**		
Julie Ashman	34.04	41.55	36.45	43.10	41.56		
Melissa Hutton-Dunton		**32.23**					
Mike Coglan					**31.49**		
Mike Donovan	31.44			32.20			
Russell Mead	31.03	31.52					
Sarah Hobby	34.34			37.35			
Bizz Cozens	42.57	36.32		**34.24**			-8.33
Jamie Stockwell	38.31		**36.02**				-2.29
Yvonne Fisher		41.55	**40.17**	43.10			-1.38
Alison Hesselberth			36.13	**34.40**			-1.33
Ann Blake	37.11		**35.44**				-1.27
Robert Spencer	37.22	37.42		**36.28**			-0.54
Sarah Martin	35.11	**34.59**	35.07	40.20	39.18		-0.12
Anne Trotman		**36.27**					
Jennie Lee		**40.31**					
Karen Salmon		**36.27**					
Kathy Chamberlain					**37.07**		
Kevin Ashman			**36.44**	37.17	38.21		
Sandie McIntosh	35.32		35.51		39.15		
Sandra Abrams	37.38		38.40				
Sarah Barron	35.54		39.11		41.50		
Sharon Clarke	36.42		37.02		39.19		
Sue Robinson	35.32		37.25	40.20			
Susie MacGregor			**35.45**				
Josh Crowther					No time		
Katherine Coglan					No time		
Guests							
Laura Chalk					**30.36**		
Mick Thompson			**24.59**				

Next time trial is on the Thursday 20th August at 7pm.

Apologies to two new members who missed the start of the time trial as they were waiting at the community centre. I will amend the notes on the website to explain more clearly.
Andy

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

ROBERT SPENCER

I had joined SGR after running my first ever race (2009 Stubbie 10K) and ran London in 2010 after being advise by Sarah Body to start applying for a place "as you never get in first time" .....well May 2010 arrived and I was looking to maintain some sort of post marathon running focus

Little did I realise how much a SGR Round Robin Email from John Nicholson would change my life

I toed the line with 53 runners and 7 volunteers at the Eastleigh parkrun inaugural event (08.05.2010) including 3 stubbies Alex Frost (4 parkruns) John Nicholson (13) Howard Clark (89)

Whilst the others may have caught the parkrun bug to some degree I seemed to be well and truly hooked. 250 parkruns, 73 different events, highest finishing position 11, lowest finishing position 1,111, PB 26.42 and slowest 45.21

My wife thinks I am obsessed (now that parkrun is spreading worldwide, at least there are now fewer discussions about holiday destinations) other family members think I have joined a cult, but rain or shine wherever I am I will do whatever I can to attend a parkrun (10 hours on an overnight bus in The USA is the most extreme example)

My 250th was a great occasion and I would like to say thank you to the 36 stubby runners and volunteers who shared the day with me, my run to the finish line encased in a sea of green will stay in my memory forever

Congratulations and thanks must also go to Marcus Lee who ran his 50th parkrun and happily let me bask in the sunshine and a massive thanks to all the stubbies (past and present) whom I have shared so many parkrun adventures with.

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 3rd August	Flat forest rectangle (which is about 940m). 2 x 1 lap fast / 1 lap jog;
RR10 on Wednesday	2 x ½ lap fast / ½ lap jog; 2 x 1 side fast / 1 side jog
Monday 10th August	Long hills
Monday 17th August	Football pitch reps (1 lap = 480m ie 100 / 140 / 100 / 140m sides)
RR10 on Wednesday	3 x 2 sides steady (2 sides jog); 4 x 2 sides faster (2 sides jog);
	5 x 1 side fast (1 side jog)
Monday 24th August	3 - 5 x 1 mile loops (3 mins rest)
Lakeside 5km on Wednesday	
Monday 31st August	7 - 10 x Long hill (jog back to cul-de-sac) Sprint to notice board
Bank Holiday	(jog back down)

SODIUM DEPLETION IN HOT WEATHER

I know we've all been told not to take excess salt (sodium chloride) in our diets, due to increasing blood pressure and many other health problems. However, in hot weather (or under any circumstances when we perspire excessively) we can lose a lot of sodium. With thirst we may just drink lots of water – which is fine for replacing lost fluids. The downside is that it dilutes the diminishing levels of sodium that the body needs to prevent muscular spasms, weakness, cramp and fatigue and even collapse with hyponatremia.

An easy test to decide if you need to add a pinch of salt (not Lo-Salt) to your drink is to put the tip of your tongue on some salt (again – not Lo-Salt). If it tastes strongly of salt – your sodium levels are ok. If it doesn't taste 'salty' then you need to add a pinch.

Penny

Fish & Chip Handicap

Wednesday 9th September 7:30 Finish

Yes all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP!! 10k of RR10 style cross country running around Solent Breezes. The handicap will be held on Wednesday 9th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, instructions, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way! A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to 7.30 pm. Prizes for first male and female runner closest to the target finish time.

Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head (for Northerners (Andy Simpson) Pie and Chips is an option!). Please pay on the night but we must know exact numbers, so please email or call Nick Kimber (nick@hookpark.co.uk or 07977411452)by Monday 7nd Sept if you would like some fine English cuisine – otherwise NO NAME NO GRUB!
If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere £1 per head to cover this handicap and future events.

✂

THE COURSE.

Start by running up Shore road towards the centre of Warsash , go across the roundabout along Warsash Road until you get to Church Road on your right.

Go along Church road till the end and then along the footpath , follow the footpath for about 400 meters until you meet a kissing gate on your right.

Go through the gate and then keep right taking the path through the woods.

Follow this path keeping right at any junction until it meets Hook Park Road and then turn left , going along Hook Park Road all the way to Hook (The road becomes a gravel path).

At the end of Hook Park Road turn right into Chilling lane (beware of traffic), stay on this tarmac lane for about a mile as it bears right passing Solent Breezes on your left.

Continue past Solent Breezes where the path becomes concrete and then gravel, at the T junction turn right through a gate along Workmen's Lane.

At the end of Workman's lane turn Left into Cowes Lane, follow the path at the end of Cowes lane to the beach and then turn right along the coast path all the way back to the finish at Warsash Sailing Club.

Lee-on-the-Solent	4 July
Lewis CHALK	00:16:28
David Matthew CASTLE	00:18:23
Jack WEBB	00:19:04
Jon PLOMER	00:19:53
Toby GREENFIELD	00:20:09
Stephen WILLIAMS	00:20:12
Graham MARTIN	00:20:36
Melissa HUTTON-DUNTON	00:21:11
Tina Louise CHANTREY	00:21:54
Michael WELLAND	00:22:05
Jordan MCRITCHIE	00:22:19
Kerryanne SAWYER	00:22:37
Daniel HUGHES	00:22:46
Victoria Kate JOEL	00:23:08
Phil HOBBY	00:23:09
John BLAKE	00:23:09
Mark MCDONALD	00:23:10
Calum MCDONALD	00:23:20
Philip MARTIN	00:23:20
Nikki ROEBUCK	00:23:54
Daniel FOSTER	00:23:55
Gavin RENNIE	00:24:22
John SIMISTER	00:24:46
Sally WATFORD	00:25:45
Shelley THOMAS	00:25:53
Dawn Lousie GRIFFITHS	00:26:03
Melissa COSENS	00:27:12
Russell MEAD	00:28:11
Allan STINSON	00:28:18
Alison MACSWAYNE	00:28:34
David MACSWAYNE	00:29:37
Sarah BARRON	00:29:53
Robert NICHOLLS	00:30:07
Kaarina MAY	00:31:27
Sue SIMISTER	00:31:54
Jane BUTLER	00:32:22
Sarah HOBBY	00:33:29
Rowena DODDS	00:33:29
Marie MCDONALD	00:43:18
Swindon	**4 July**
Chris HALL	00:20:10
Wendy HALL	00:31:01

Queen Elizabeth	4 July
Howard CLARK	00:20:16
David LANGRISH	00:22:26
Sandra CLARK	00:39:38
Netley Abbey	**4 July**
Sev ROBERTS	00:20:50
Marcus LEE	00:21:16
Jon LEIGH	00:21:19
Del GRANGER	00:22:13
Frances Louise LORD	00:24:37
Charlotte LORD	00:24:45
Julia PARK	00:27:01
Bethan Jane DAVIS	00:27:18
Jules DINWOODIE	00:27:29
Martyn POORE	00:27:32
Robert SPENCER	00:28:56
Andrew SMITH	00:36:18
Wendy HOLLOWAY	00:36:18
Catton	**4 July**
James LEE	00:19:03
Andy LEE	00:23:27
Eastleigh	**4 July**
Keith WHITAKER	00:28:43
Haydn BROWN	00:36:04
Winchester	**4 July**
Paul COVERDALE	00:22:31
Rachel LEACH	00:27:06
Southsea	**4 July**
Susie MACGREGOR	00:20:53
Finsbury	**11 July**
Rachel LEACH	00:27:25
Southsea	**11 July**
Susie MACGREGOR	00:19:42
Havant	**11 July**
Howard CLARK	00:19:28
Harrow Lodge	**11 July**
Marie MCDONALD	00:43:09
Southwark	**11 July**
Robert SPENCER	00:28:26
Bath Skyline	**11 July**
Toby GREENFIELD	00:20:34
Eastleigh	**11 July**
Keith WHITAKER	00:26:04

Lee-on-the-Solent	11 July
Mark MCDONALD	00:20:19
Jon LEIGH	00:20:24
Graham MARTIN	00:20:40
Andy DONN	00:21:32
David MCNEISH	00:22:27
Michael WELLAND	00:22:33
Philip MARTIN	00:23:30
Melissa HUTTON-DUNTON	00:23:31
John SIMISTER	00:23:55
Lara EVANS	00:24:08
Simon VINGOE	00:24:44
Richard EDMUNDS	00:24:57
John BLAKE	00:25:10
Russell MEAD	00:25:13
Sally WATFORD	00:25:21
Dawn Lousie GRIFFITHS	00:25:30
Laoise MAGENNIS	00:28:22
Sharon SIMPSON	00:28:43
Sarah MARTIN	00:28:44
Sharon CLARKE	00:29:22
David PHEBY	00:30:12
Sarah BARRON	00:31:00
Sue SIMISTER	00:31:10
Jane BUTLER	00:32:20
Andrew SMITH	00:36:10
Wendy HOLLOWAY	00:36:15
Tommy BLAKE	00:36:19
Calum MCDONALD	00:36:31
Newbury	**11 July**
Allan STINSON	00:29:55
Winchester	**11 July**
Chris LEACH	00:20:18
Daniel FOSTER	00:21:04
Gordon WESTLEY	00:21:10
Netley Abbey	**11 July**
Lewis CHALK	00:15:50
Sev ROBERTS	00:18:15
Rebecca Margaret LORD	00:18:47
Del GRANGER	00:21:20
Chris MCGAW	00:21:24
Nigel WHITCHER	00:22:40
Laura RIDGE	00:22:56
Paul SOUTHON	00:23:27
James SAWYER	00:23:40
Charlotte LORD	00:24:07
Bethan Jane DAVIS	00:24:09
Nikki ROEBUCK	00:26:15
Tom MELLOR	00:28:28
Sue FLEWITT	00:31:54
Jasmine SMITH	00:39:25

Netley Abbey	18-Jul
Andy SIMPSON	00:17:17
Chris BROBIN	00:17:42
James SAWYER	00:18:26
Sev ROBERTS	00:18:48
Chris LEACH	00:19:43
Stephen WILLIAMS	00:20:39
Marcus LEE	00:21:17
Chris DAVIDSON	00:21:30
Nigel WHITCHER	00:22:52
Laura RIDGE	00:22:53
Del GRANGER	00:22:54
Tom CALLAWAY	00:22:55
Harry ROEBUCK	00:23:13
Andrew STOCKWELL	00:23:23
Paul SOUTHON	00:23:38
Nikki ROEBUCK	00:23:40
Jon LEIGH	00:23:42
Martyn POORE	00:24:55
Russell MEAD	00:24:56
Keith WHITAKER	00:25:17
Melissa COSENS	00:26:35
Rachel LEACH	00:26:55
Julia PARK	00:27:05
Michael WOOTTON	00:27:08
Jules DINWOODIE	00:27:26
Kelly Emma BENNETTS	00:27:33
Jamie STOCKWELL	00:27:50
Sarah MARTIN	00:28:00
Robert SPENCER	00:28:32
Philip MARTIN	00:28:36
Rowena DODDS	00:28:36
Alison MACSWAYNE	00:28:39
David MACSWAYNE	00:28:40
Sandie MCINTOSH	00:28:45
Wendy HOLLOWAY	00:34:55
Havant	**18-Jul**
Sandra CLARK	00:35:19
Newbury	**18-Jul**
Allan STINSON	00:27:30

Southsea	18-Jul
Susie MACGREGOR	00:20:06
Marie MCDONALD	00:32:11
Eastleigh	**18-Jul**
Ryan THOMAS	00:22:43
Haydn BROWN	00:37:18
Winchester	**18-Jul**
Gordon WESTLEY	00:21:03
Lee-on-the-Solent	**18-Jul**
David Matthew CASTLE	00:19:31
Simon HEARNDEN	00:19:49
Toby GREENFIELD	00:19:54
Graham MARTIN	00:20:34
David ABRAMS	00:23:37
Kerryanne SAWYER	00:23:54
Shelley THOMAS	00:26:50
Laoise MAGENNIS	00:28:02
Jacqui O'ROURKE	00:28:38
Richard EDMUNDS	00:29:13
Sue SIMISTER	00:30:06
Tina Louise CHANTREY	00:30:48
Sandra ABRAMS	00:31:11
Linda KOPINSKA	00:34:51
Tommy BLAKE	00:36:08
Brockenhurst	**18-Jul**
Rob GREENWOOD	00:20:06
Queen Elizabeth	**18-Jul**
David LANGRISH	00:21:30
Southampton	**25-Jul**
Andy SIMPSON	00:17:22
Alison MACSWAYNE	00:28:20
David MACSWAYNE	00:28:23
St Albans	**25-Jul**
Robert SPENCER	00:28:05
Eastleigh	**25-Jul**
Keith WHITAKER	00:25:29
Long Eaton	**25-Jul**
Ann VESTERGAARD	00:27:31
Winchester	**25-Jul**
Paul COVERDALE	00:22:19

Netley Abbey	25-Jul
Lewis CHALK	00:17:45
Daniel FOSTER	00:20:20
Peter KAY	00:21:27
Nigel WHITCHER	00:22:59
Laura RIDGE	00:23:13
Chris STAPLEFORD	00:23:56
Bethan Jane DAVIS	00:26:11
Julia PARK	00:26:36
Jules DINWOODIE	00:27:14
Sandra HOOK	00:27:39
Allan STINSON	00:28:49
Tom MELLOR	00:31:32
Brockenhurst	**25-Jul**
Rob GREENWOOD	00:19:13
Temple Newsam	
Joseph PEAT	00:19:00
Queen Elizabeth	**25-Jul**
David LANGRISH	00:22:56
Richard BAILEY	00:38:00
Lanhydrock	**25-Jul**
Stephen WILLIAMS	00:22:41
Bibra Lake	**25-Jul**
Terry John FRENCH	00:31:33
Lee-on-the-Solent	**25-Jul**
Chris LEACH	00:19:13
Simon HEARNDEN	00:19:44
Jon PLOMER	00:19:52
Harry MARTIN	00:20:32
Graham MARTIN	00:20:45
Richard BATTEN	00:21:07
Ryan THOMAS	00:21:38
David ABRAMS	00:23:03
Philip MARTIN	00:23:05
Paul SOUTHON	00:23:46
Dawn HAYNES-SEWELL	00:24:12
Zac CONATY	00:25:57
Dudley MALSTER	00:26:32
Rachel LEACH	00:26:46
Laoise MAGENNIS	00:27:13
Sandra ABRAMS	00:30:09
Wendy HOLLOWAY	00:35:24

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	720
Donna	Mitchell	387
Sarah	Hobby	341
Marie	Mcdonald	311
Sharon	Simpson	275
Agnieszka	Plombon	264
Sarah	Martin	247
Dawn	Haynes-Sewell	244
Sue	Robinson	217
Sarah	Barron	209
Nikki	Roebuck	203
Lucy	May	199
Daisy	hall	198
Rebecca	Lord	193
Laura	Wainwright	168
Bethan	Davis	162
Lisa	Donn	159
Sandie	McIntosh	159
Ann	Blake	155
Julie	Dinwoodie	155
Melissa	Hutton-Dunton	155
Gill	Rose	148
Sandra	Hook	144
Rachel	Leach	135
Karen	Barnicoat	134
Melissa	Cosens	127
Pamela	Kemp	123
Penny	Forse	120
Victoria	Joel	120
Jane	Adlard	119
Alison	MacSwayne	119
Alethea	Adair-Stantiall	115
Lucy	Taylor	110
Susie	MacGregor	109
Shelley	Thomas	103
Brigid	Hone	102
Kelly	Bennetts	99
Nikkie	Plomer	94
Frances	Lord	93
Sally	McGrath	92
Lucy	Window	91
Sandra	Clark	90

Vicky	Shaw	88
Georgina	Gair	87
Wendy	Holloway	83
Hilary	Gulliver	82
Eunice	Hoare	82
Sophie	Davison	81
Michelle	Simpson	81
Anne	Trotman	80
Gaynor	Heffer	78
Kerry	Dodsworth	73
Karen	Salmon	72
Jennie	Lee	70
Tina	Chantrey	67
Sadie Lee	Bedford	65
Tracie	Jarvis	61
Kaarina	May	60
Anna	Wilby-Lopez	57
Julie	Bowden	55
Elizabeth	Weighell	54
Jasmine	Smith	50
Yvonne	Fisher	49
Sue	Simister	47
Sharon	Clarke	46
Caroline	Street	46
Caroline	Chapman	45
Mandy	Burton	44
Sarah	Gardiner	44
Julie	Ryman	41
Liz	Hall	40
Eleanor	Crane	39
Claire	Shergill	38
Julia	Webb	38
Rowena	Dodds	37
Alex	Leighton-Goodall	33
Claire	Jones	32
Lizzie	Mitchell	32
Nicki	White	32
Dawn	Griffiths	29
Wendy	Hall	29
Rachael	Openshaw	28
Elizabeth	Miles	27
Claire	Fairbrother	26

Petra	Wagenblast	26
Katherine	Briggs	25
Katie	Stean	24
Helen	Nicholls	21
Danielle	Kemp	20
Kerry	Bailey	18
Julia	Park	18
Hollie	Smith	18
Slywia	Ward	18
Becky	Hodgkinson	16
Kathy	McKain	16
Sandra	Abrams	15
Samantha	Stockwell	14
Ronel	Beukman	13
Sharon	Callus	13
Gemma	Eldridge	13
Kay	Sadler	13
Jennet	Woolford	13
Kat	Chowns	12
Heidi	Loveridge	12
Rachel	Richardson	12
Katie	Simister	12
Julie	Woodman	12
Jane	Butler	10
Alison	Hesselberth	8
Jennifer	Birks	6
Gemma	Fleming	6
Debbie	Lowe	6
Karen	Nichols	6
Jacqui	O'Rourke	6
Nicola	Peskett	6
Julie	Salt	6
Nicola	White	6
Lara	Evans	5
Amy	Rampton	5
Kerry	Sawyer	5
April	Hassett	3
Sonia	Robins	3
Holly	Stockwell	3
Sally	Watford	3
Grace	Park	2

Daniel	Foster	353
Mark	McDonald	329
Lewis	Chalk	297
Jon	Leigh	294
Mike	White	287
Andrew	Simpson	283
Phil	Hobby	279
Nigel	Whitcher	250
Peter	Simpson	244
Andy	Lee	234
Robert	Spencer	224
Thomas	McClements	223
Euan	McGrath	212
Alan	White	211
Russell	Mead	208
William	Feline	202
Marcus	Lee	199
Philip	Martin	194
Sev	Roberts	192
Nick	Crane	185
Keith	Whitaker	181
Chris	Hall	166
John	Cox	162
George	Howarth	162
Jack	Webb	161
Daniel	O'Boyle	157
Richard	Snell	152
Mike	Bell	150
Joseph	Peat	150
John	Simister	150
Haydn	Brown	148
Chris	Leach	148
John	Blake	146
David	MacSwayne	142
Neil	Stantiall	139
James	Sawyer	135
David	Langrish	135
Boe	Harper	132
Tim	Crumpton	130
Stuart	Hiscock	127
James	Lee	127
Graham	Bell	126
Liam	Dredge	125
Peter	Kay	121
Jonathan	Plomer	121
Allan	Stinson	121
Andrew	Smith	117
Mike	Harper	115
Graham	James	113
Andrew	Stockwell	110
Kevin	Ashman	108

James	Lewington	106
Dan	Hughes	103
Nick	Kimber	96
Paul	Smith	94
Rob	Arkell	92
Howard	Clark	91
Stephen	Williams	85
Gordon	Westley	83
Andrew	Thomas	83
Timothy	Matthews	78
Christopher	Brobin	78
Chris	Stapleford	78
Philip	Whitehouse	77
Neil	Richardson	77
Lewis	Banner	71
Paul	Southon	69
Wesley	Jones	67
John	Vose	65
Daragh	Hendley	65
Jack	Harris	64
Rob	Greenwood	63
Mike	Gregory	61
Chris	Davidson	61
Paul	Coverdale	59
Mark	Porter	59
Stuart	Mcnamara	58
Simon	Vingoe	58
Murray	Watson	57
Tom	Callaway	52
Andy	Richardson	50
Richard	Bailey	49
Terry	French	48
Robert	Nicholls	48
Duncan	Borthwick	47
Simon	Ellis	45
Graham	Martin	43
Glen	Street	43
Simon	Hearnden	42
Mark	Eaton	41
Martin	Neal	39
Mike	Donovan	38
Martyn	Banner	38
George	Rennie	38
David	Castle	38
Tom	Mellor	36
Richard	Cassell	35
Tommy	Cave	32
Thomas	MacSwayne	32
Kevin	Toal	32
Kevin	Scullion	31
Andrew	Miles	31

Michael	Wootton	29
John	Fairhurst	29
Gary	Littlecott	28
Steven	Ellis	27
Samuel	Bell	26
Richard	Batten	26
Martyn	Poore	24
Callum	McDonald	24
Adrian	Piddington	24
Philip	May	23
Paul	Hammond	23
Toby	Greenfield	21
Richard	Roche	21
Jamie	Stockwell	21
David	Abrams	19
Matthew	Gould	19
Ian	Race	19
Harry	Martin	19
Ian	Coady	18
Russ	Coleman	17
Tommy	Blake	16
Tim	Sullivan	16
Andy	Donn	16
Stephen	Wallbridge	15
Ryan	Thomas	15
Lee	Johnson	15
Simon	Mcmorran	13
Peter	Lewis	13
Paul	Woolford	13
Gavin	Rennie	13
Rich	Chowns	12
Ray	Gunner	12
Alex	Rhodes	10
Tom	Cleary	8
Peter	Rawlins	8
John	Randall	8
Thomas	Whitcher	7
Stephen	Peach	6
Samuel	Masson	6
Richard	O'Routke	6
Michael	Welland	6
Martin	Griffin	6
Martin	Wedge	6
Shane	Lawrence	5
Mike	Coughlan	5
Benjamin	Leach	5
Alex	Johnson	5
Sam	Leahy	4
Tomas	Stinson	3
Steven	Whitaker	3
Dan	Jones	3

RACE 8 - Janesmoor Pond

Andy Simpson	3
Lewis Chalk	4
James Sawyer	9
Jack Web	23
Joseph Peat	24
Euan McGrath	32
Adrian Piddington	45
Chris Leach	50
Wesley Jones	52
Steven Williams	55
Marcus Lee	75
Nick Crane	78
Neil Stantiall	79
Haydn Brown	96
Andrew Donn	98
Peter Kay	102
Mike Bell	106
Andrew Miles	107
Peter Lewis	113
Andy Lee	122
Nigel Whitcher	133
Chris Stapleford	148
Matt Evens	159
Russell Mead	161
Keith Whitaker	168
Allan Stinson	198
Geogre Howarth	200
Tim Crumpton	205

Helen Nicholls	3
Susie MacGregor	9
Lucy May	14
Donna Mitchell	20
Vicky Shaw	23
Lisa Donn	37
Hilary Gulliver	38
Lara Evans	44
Dawn Haynes-Sewell	56
Sally McGrath	59
Briid Hone	80
Julia Webb	90
Jules Dinwoodie	93
Elizabeth Miles	94
Bethan Davis	95
Melissa Cosens	95
Sandra Hook	102
Lucy Taylor	104
Sandie McIntosh	105
Sue Robinson	122
Jennie Lee	126

RACE 9 - Itchen Valley

Mike Gregory	2
Lewis Banner	7
Andy Simpson	8
Josh Crowther	18
Joseph Peat	19
Jack Webb	21
Russ Coleman	23
Mike White	24
Daragh Hendley	33
Adrian Piddington	37
Tom McClements	45
Steven Williams	54
Nick Crane	70
Liam Dredge	74
Neil Stantiall	82
Haydn Brown	83
Jon Leigh	93
Mike Bell	108
Peter Key	110
Graham James	112
Andrew Miles	115
Andy Lee	126
Mark Porter	130
Timothy Matthews	148
Paul Hammond	149
Euan McGrath	155
William Feline	156
Keith Whitaker	171
James Barron	180
Geogre Howarth	187
Chris Stapleford	195
Robert Spencer	198
Martyn Banner	201
Andrew Smith	207

Susie MacGrego	4
Daisy Hall	7
Laura Wainwright	10
Kerry Dodsworth	38
Sally McGrath	41
Hilary Gulliver	44
Penny Forse	49
Dawn Haynes-Sewell	50
Melissa Cosens	70
Sandie McIntosh	75
Elizabeth Miles	76
Brigid Hone	87
Rachel Leach	89
Donna Mitchell	90
Joise Roe	91
Lucy Taylor	104
Julia Webb	109
Rachel Hay	111
Sarah Barron	123
Jennie Lee	125
Sue Robinson	143
Kaarina May	147
Julie Ashman	148

FIXTURE LIST

Aug 19 IBM Hursley Park