The GreenRunner

SEPTEMBER 2015

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FROM THE CHAIR

Well August was an interesting month weather wise including some fairly soggy training sessions and races . Certainly the last RR10 of the season was the wettest but saw the culmination of a very successful season with the ladies coming out on top for the first time and the men having 4 teams in the top 21. Congratulations to everybody (all 146 of you !) who represented the club in this great series.

September sees the start of the HRRL season at Overton on the 6th and we look forward to seeing another sea of green as this season kicks off.

Looking further out we will see the start of the Cross Country series and we are currently looking for a Cross Country Captain to oversee these races – if anybody is interested then please talk to John Blake (who was captain last year) or Andy or Donna.

Congratulations to Daniel O'Boyle who broke the all time 4 mile time trial record in a time of 20.25 in August so just need sub 20 now Dan!!

From one end of the spectrum to the other many congratulations to Euan Mcgrath and Donna Mitchell who completed the North Downs Way 100 miler this month.

We continue to need helpers for the 10k so please do not be shy in coming forward to Chris Brobin or myself and please will all members who enter have the name of a helper/marshal so that we can collate this list as early as possible to avoid any last minute panics.

Finally, when you read this , hopefully over 100 members will have enjoyed the 30th anniversary event – I hope the weather was kind and you all had a great time – just sorry that we could not be there with you but are away on holiday – looking for some nice trails to run in Norway!

Happy Running

Kevin Ashman
Chairman

Dear Stubbies, the cross country season is nearly upon us again. One of the most enjoyable leagues is the Southern Cross Country League (formerly Todays Runner), the first of the season is at Tadley on 11th October, The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues. The race distance is between 4 and 5 miles and is free to enter, just turn up in your Stubbington vest.

The guideline for speed is 5:30 minute mile pace for men and 6:00 minute mile pace for women. This translates to:

5 miles 27:30 men 30:00 women

10 Km 34:11 men 37:17 women

10 miles 55:00 men 60:00 women.

Any runner who achieves this pace over a measured distance 5 miles or over during the 12 months prior to the first race is ineligible.

After each race refreshments are laid on by the organising club at a small fee usually £1.50, why not come along and give it a go, any questions Chris 07874777036

Cross Country Season

October sees the start of the XC season and we will be entering 3 leagues again, Hampshire, CC6 and Southerns. I would like to thank John Blake for being the Hampshire XC representative last year but due to work and family commitments is stepping down. Therefore we are looking for a new representative. The role involves communicating races to the members and attending races where possible and collating the results. The organising of entrants for the championship races which are the Hampshire, Southern and National. Finally attending the annual general meeting for the Hampshire XC league. Please get in touch with Phil Hobby if you're interested in the role.

Hampshire XC league runs on a Saturday afternoon with 5 races which caters for children to adults. Please see below the details for timings and distance. Runners will score individually and towards a team with the first 3 scoring for children, ladies and vets with 5 needed for the senior men. An individual who competes in a minimum 4 races will count towards the final individual standings in their age category.

10th October – Farley Mount, Winchester
7th November – Venue TBC
5th December – Kings Park, Bournemouth
16th January – Prospect Park, Reading
13th February – Popham Airfield, Basingstoke

12.00 U13 Girls 3KM
12.15 U13 Boys 3KM
12.30 U15 Girls 4KM
12.50 U15 Boys 4KM
13.05 U17 Women 4KM
13.35 U20, Senior & Vet Women 6KM
14.10 U17 Men 6KM
14.30 U20, Senior & Vet Men 10KM

CC6 series consists of 7 races running from October to March which are held on a Sunday at 9.30am. The races are run over 4-5 miles with individual and team scoring, to get a final placing as an individual you need to compete in 4 races and from a team prospective we score in 6 races with us hosting one race. So we will need people to marshal our own race which we share with another club. Please note in all these leagues you can run in as many races as you want and you will help the club/teams by knocking other clubs runners down the pecking order in the race.

Southerns series is again 7 races from October to March which are held on a Sunday at 11am over 4-5 miles. This is a team race where the scoring ladies and men's scores are combined together to give a final club standing for that race. You will be given an individual result on the day but does not count towards an individual league but like all these races you will be helping to knockdown other clubs runners.

Please note that club vests must be worn at all these events.

Andy

CAPTAINS CORNER

August tends to be a quiet month for races but we have still had 2 RR10, Bayside 5k, Lakeside and a few ultra-races that Stubbies have run in.

The 30th Anniversary Bash took place on the last weekend of the month and didn't disappoint on any front. Congratulations and thank you to the social team with Sarah Hobby, Marie McDonald, Sandie McIntosh, Sue Robinson and the odd husband roped in to set up. Victoria Joel organised the traditional sports day with husband Adam assisting. We had egg and spoon, welly throwing, sack races and the much anticipated tug of war. The kids and grown-ups all participating in the games and then the barn dancing later which was so much fun!!

RR10

Congratulations to the ladies for winning the RR10 series for the first time in the clubs history and wrapping the last two races with wins. The men's A team finished 2nd and 3rd over the last two races to record a very respectable 3rd overall for the series. The RR10 series has been well represented again by lots of Stubbies and thank you to Dan Foster for organising the troops this year and putting on our own race. Team wise, the ladies managed to get 7 complete teams at every race and the men 5 complete teams, which is a task in itself with 5 men needed for a team. We had 27 men and 18 ladies who competed in 6 or more races with 3 special people running all 9 races Sue Robinson (4th V60), Jack Webb and Andy Simpson (1st V40 and 5th overall). For the ladies we had Beccy Lord runner up and Daisy Hall 5th overall, with Mike White finishing runner up in V50. Thank you everyone for your support in the series.

The popular Bayside 5k, saw more bottles of wine coming Stubbington's way with the ladies (Susie MacGregor, Dawn Haynes-Sewell, Kerry Sawyer) and men's (Dan O'Boyle, Andy Simpson, James Sawyer), both teams were first on the night. Dan smashed the course record in 15.35, Andy Simpson 1st V40, Jon Leigh 1st V50, Mike Bell 1st V60 and for the ladies Susie won 1st lady and Harry Martin was 2nd junior. The last race of the series is next week on 8th September.

Lakeside 5k series saw Stubbington yet again finish runners up in the inter club competition behind the hosts City of Portsmouth. Congratulations to people who have supported this race for the club. A few Stubbies recorded PBs in the last race including Sev Roberts who was first Stubbie home in 17.46 and 16th place. Some notable results in the race were Susie MacGregor 1st V45, Sue Simister 2nd V55, Jules Dinwoodie 3rd V50 and Nikki Roebuck 3rd and Lucy May 4th senior ladies.

A few crazy people in the club have taken on ultra-races this month. In North Downs Way 102.5m, Donna Mitchell in her 1st 100 mile race was 53rd overall and 6th lady and she amazingly completed the distance in 23.59.48 with 11 seconds to spare to get the special buckle for running under 24 hours for the race. Special mention to Jon Leigh who ran the last 26 miles with Donna and helped her to the finish. Euan McGrath also completed the race in 22.30.22 for 24th overall, good running Euan.

Ian Race has just completed one of the most gruelling ultras in the Ultra Trail Du Mont-Blanc 169km over some phenomenal ascents and descents over the mountains in 40 hours 13 minutes to finish in 732nd and 83rd in his vet category. Neil Stantiall did the 52km Ultra trail Du Mont-Blanc in 10.21.27 in 625th, 163rd in his age category. David Langrish has completed 2 ultras this monthm, Ultra Tour Del Monterosa 150km and St Begas 36m Ultra.

Our very own ironman, Rob Arkell has just competed in the World Half Ironman Championships in Austria. He time was an amazing 4.39.34 to finish 263rd out of 2000+ competitors and 58th in his age group. Well done Rob and good luck with the World Ironman Championships at Kona next month.

Stubbies had good representation in the Bad Cow races with people deciding to run the race to get the fabulous finishers medal! Julie Ashman was doing two marathons one on Saturday and one on Sunday. Quite a few people did the half marathon on Sunday with Gill Rose finishing 3rd lady and Mark McDonald 4th overall, well done.

The start of the Hampshire Road League starts at Overton on 6th September with a 5 mile race.

Then at the end of the month it is the Solent Half, on 27th September. It would be really great to get off to a good start in the league as a team. Also there is the individual league for men and women.

We do struggle for numbers at the Solent Half, so we are making this our bonus point's race for the month.

In October we will see the start of the cross country season and Stubbington will be entering the Hampshire XC League which takes place on a Saturday with the first race at Farley Mount 10th October. We will also be entering the Sunday XC leagues with the CC6 and Southern series. Last year in the CC6 we marshalled and helped out at the Fleming Park race in October. We will need volunteers again to help out, we will let people know dates once dates have been confirmed.

Have a good month running with club and for the various races you have planned.

Andy Simpson

Donna Mitchell

BEGINNERS COURSE

The course will run for 8 weeks from Monday 12th October until Monday 7th December. The venue will be the Solent Hotel, Rookery Ave. Whiteley PO15 7AJ.

The aim of the course is to build up to complete a 5k parkrun at the end of the eight weeks and if all goes well the Stubbington Green 10k in January 2016.

The cost will be £30 and will include 6 months Stubbington Green Runners membership, as well as advice from qualified coaches and running shoe specialists.

Please contact Chris hally.pfc@ntlworld.com or 07874777036

SALISBURY 54321 33K

16	Mark	McDonald	02:43:33
18	Dan	Foster	02:48:28
62	Andy	Lee	03:31:05
63	James	Lee	03:31:06

SALISBURY 54321 50K

157	Ian	Race	06:01:28

NORTH DOWNS WAY 100MILE		
25	**Euan McGrath**	**22:30:22**
53	**Donna Mitchell**	**23:59:48**

SALISBURY 54321 21K

67	Phil	Hobby	01:58:10
127	Marie	McDonald	02:15:26
128	Calum	McDonald	02:15:27
207	Aga	Plombon	02:39:52
208	Nicki	White	02:39:53
210	Julie	Ashman	02:41:18
211	Sarah	Hobby	02:41:20
212	Sue	Robinson	02:41:20
213	Sarah	Martin	02:41:21

Ultra Trail Du Mont-Blanc 169km

732	IAN RACE	40.13.00

52km Ultra trail Du Mont-Blanc

625	Neil Stantiall	10.21.27

ULTRA TOUR UTMR MONTE ROSA

110km

70	David Langrish	25.09.50

IRONMAN 70.3 World Championship

		Swim:	30:49:00
		Bike	02:29:29
58th	Rob Arkell	**Run**	01:29:40
		Overall	04:39:34

Marathon Solidarnosci Poland

Aga Plombon 04:32:28

RACE TO THE STONES 100K		
543	San Clark	18:22:37

VANGUARD WAY MARATHON

LEWIS	CHALK	3.18.40
JANE	ADLARD	5.53.24
JULIE	ASHMAN	5.53.24

BAD COW SUNDAY MARATHON		
52	Julie Ashman	05:00:13

BAD COW SATURDAY MARATHON		
68	Julie Ashman	05:20:51

BAD COW HALF MARATHON		
3	Mark McDonald	01:32:42
15	Phil Hobby	01:44:41
18	Gill Rose	01:47:23
19	Richard Snell	01:47:49
35	Alan White	02:02:14
67	Marie McDonald	02:18:25
74	Nicki White	02:18:43
75	Aga Plombon	02:19:12
80	Kelly Bennett	02:28:00
81	Lucy Window	02:28:00
82	Sarah Hobby	02:28:00
89	Tracey Jarvis	02:37:39

First male finisher – Lewis Chalk pictured with the Mayor of Croydon

LAKESIDE 5K

16	Sev Roberts	17.46
18	Joe Peat	17.49
31	Jon Plomer	18.36
34	James Lee	18.51
39	Susie Macgregor	19.21
52	Graham Martin	20.35
63	Nikki Roebuck	21.01
64	Phil Hobby	21.08
65	Mark McDonald	21.08
68	Lucy May	21.34
96	Marie McDonald	23.37
105	Russell Mead	24.57
106	Chris Roebuck	25.04
108	Hollie Smith	25.13
113	Mike Wootton	25.48
122	Sarah Hobby	27.10
127	Jules Dinwoodie	27.56
132	Sarah Barron	28.33
133	Robert Spencer	28.35
143	Sue Simister	30.40

World Masters Athletic Championships in Lyons

Peter Fairhurst

M40-45 5000m	24th out of 63, 17.01.34 3rd GB
M40-45 10000m	18th out of 39, 34.33.45 3rd GB

VITALITY BRITISH 10K

8744	MARIE	MCDONALD	01:05:31

The Brentwood Brizes 10k

31	MCDONALD, Marie	00:54:56

The Gosport 5k Summer Series 2015 - Race 3

1	O'BOYLE, Daniel	00:15:35
3	SIMPSON, Andy	00:16:58
7	SAWYER, James	00:18:15
14	MCDONALD, Mark	00:19:20
15	MACGREGOR, Susie	00:19:22
19	MARTIN, Harry	00:19:38
20	PLOMER, Jon	00:19:41
23	HEARNDEN, Simon	00:19:56
26	LEIGH, Jon	00:20:20
27	MCRITCHIE, Jordan	00:20:24
30	BELL, Mike	00:20:36
32	BROWN, Haydn	00:20:53
34	MCDONALD, Callum	00:20:59
38	JOEL, Adam	00:21:30
61	HAYNES-SEWELL, Dawn	00:24:19
62	SAWYER, Kerryanne	00:24:28
76	WHITE, Alan	00:25:59
79	SMITH, Hollie	00:26:11
91	WHITE, Nicki	00:27:06
94	SPENCER, Robert	00:27:26
99	MCDONALD, Marie	00:27:56
100	HOBBY, Phil	00:27:56
102	HOBBY, Sarah	00:27:58

TIME TRIAL RESULTS AUGUST

Well after hot weather and flying ants at the previous time trial, normal British weather resumed, we managed to avoid the rain and the overcast cool temperatures were ideal for fast times.

We had 27 people run the time trial which wasn't a bad turnout after the previous night's RR10 and drenching everyone took! We had 6 new people running the time trial for the first time with 7 people improving on their times.

One of the first timers was Dan O'Boyle and from the start, the blue touch paper was lit and he sped out of sight as he went after Mark Le Gassick's course record which has stood since October 2005. I didn't even get to lead to the first corner! Dan, who had asked me for directions of the course beforehand in the car park, to which I said I would shout them out but long before the 2 mile marker he was out of ear shot! Luckily he didn't get lost and kept extending his lead. The clock stopped on 20.25 which is a phenomenal time did he do an enough to break Mark Le Gassick's 10 year old record? Mark's record was…20.43, so congratulations Dan you are the new course record holder. Please try and comeback next month to see if you can beat it.

Susie MacGregor posted the second fastest ladies time of the year with 25.41, just 6 seconds slower than the fastest time, after doing a 1 lap warm up of the course!

For once somebody stopped the brilliant Bizz winning the biggest improver award but only just as Bizz knocked another 2 minutes and 59 seconds off her last time, for second best on the night. It wasn't the birthday girl Dawn who was the third best on the night with a whopping 1 minute 48 seconds. The biggest improver on the night went to one of our newer members to the club, Kathy Chamberlain who knocked an amazing 3 minutes 10 seconds off last month's time, congratulations and enjoy your Bassett's Liquorice Allsorts Box.

Looking at the leaderboards for the biggest improvers of the year still nobody has turned up from the under 25 category to post an improvement. Stuart Hiscock still leads 25.01 to 28.00 with 43 seconds, Tom McClements leads 28.01 to 31.00 with 4 minutes 56 seconds. Dawn Haynes-Sewell is the new lead for 31.01 to 35.00 with 1 minute 54 seconds and Bizz Cossen has now improved by 11 minutes and 32 seconds this year!!

The next time trial is on Thursday 17th September, look forward to seeing you all there.

Name	Best 2014	April	May	June	July	Aug	Aug Diff	Diff
								1st - Best
		43	36	36	23	27	7	29
Adrian Piddington	23.23				25.09	24.54		
Andy Simpson	22.00	28.27		22.29		22.43		
Chris Leach	24.53	25.03						
Daniel O'Boyle						**20.25**		
David Castle	22.54	23.44						
James Sawyer	22.28	24.12			23.32	23.39		
Lewis Banner	22.06	22.45						
Lewis Chalk	22.06*	22.29			23.35			
Mark Eaton	24.09							
Mark McDonald	24.59			25.21		25.03		
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	**24.56**	-0.05	-0.22
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	28.35		
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		26.24		
Lee Adair-Stantiall	27.40	28.22	30.28					
Liam Dredge				**26.02**				
Mike Bell	27.18	27.52			28.29	27.20		
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					
Simon Hearnden	25.19					27.13		
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**		29.59		-0.03
Alan White	29.10		29.15					
Andy Donn			**28.40**	28.46				
David Abrams	29.19		29.51					
Frances Lord						**30.13**		
George Howarth	29.52					33.16		
Gill Rose	28.18							
Hilary Misselbrook	29.17				31.49			
John Blake	29.02*							
Kerry Dodsworth						**29.47**		
Phil Hobby	28.46			30.20		40.25		
Sam Leahy		**30.27**						
Tim Matthews	29.46	30.07						
Tina Chantrey	28.29	28.37						
Dawn Haynes-Sewell	33.13	33.26		33.07		**31.19**	-1.48	-1.54
Rachel Leach	34.58	**33.32**						-1.26
Philip May	31.57	**31.30**	**30.36**			32.22		-1.21
Mike Coghlan					31.49	**30.43**	-1.06	-1.06
Mike Wotton	34.48	**33.54**			35.28			-0.54
Keith Whittaker	31.43		31.38		32.00	**30.54**	-0.44	-0.49
John Simister	33.21			**32.57**				-0.24
Eunice Hoare	34.03		**33.45**					-0.18
Adam Joel					**31.20**			
Callum MacDonald				**31.02**				
Chris Stapleford						**32.45**		
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 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		**31.25**	-2.59	-11.32
Susie MacGregor			35.45			**25.41**	-10.04	-10.04
Kathy Chamberlain					37.07	**33.57**	-3.10	-3.10
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**						
April Howlett						**40.23**		
Jennie Lee		**40.31**						
Karen Salmon		**36.27**						
Kevin Ashman			**36.44**	37.17	38.21			
Samantha Gallagher						**39.59**		
Sandie McIntosh	35.32		35.51		39.15	38.15		
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		37.19		
Guests								
Laura Chalk					**30.36**			
Mick Thompson			**24.59**					

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

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 7th September	3 x 30 / 50 / 70 / 50 / 30s of hills with a jog back down recovery
Monday 14th September	3 - 5 x 1 mile loops (3 minutes rest)
	(Recovery will be 2.5 minutes next time)
Monday 21st September	Leafy Lane 1.1km hilly loop fartlek
Monday 28th September	Kenyan Hills - 4 x 6 minutes up & down hill (2 minutes rest)

RR10 IBM HURSLEY

Helen NICHOLLS	3
Susie MACGREGOR	4
Daisy HALL	5
Lucy MAY	15
Donna MITCHELL	16
Hilary GULLIVER	30
Sally MCGRATH	36
Penny FORSE	37
Marie MACDONALD	47
Dawn HAYNES-SEWELL	50
Melissa COSENS	57
Josie ROE	74
Brigid HONE	84
Jules DINWOODIE	85
Sandi MCINTOSH	94
Sarah BARRON	101
Sarah HOBBY	102
Sue ROBINSON	105
Jennie LEE	109
Kaarina MAY	119
Yvonne FISHER	120
Mike GREGORY	4
Andy SIMPSON	7
James SAWYER	8
Joseph PEAT	16
Jack WEBB	25
Tom MCCLEMENTS	31
Adrian PIDDINGTON	38
Mark MACDONALD	43
Toby GREENFIELD	45
Andrew THOMAS	66
Jon LEIGH	76
Marcus LEE	78
Liam DREDGE	80
Nick CRANE	83
Andy STOCKWELL	97
Hayden BROWN	99
Andy DONN	103
Phil MARTIN	109
Andy LEE	124
John COX	147
Tim MATTHEWS	148
Chris STAPLEFORD	154
Russell MEAD	160
Keith WHITAKER	163
George HOWARTH	185
Jamie STOCKWELL	187
Martyn BANNER	197
Kevin ASHMAN	202

RR10 ITCHEN VALLEY

Mike GREGORY	2
Lewis BANNER	7
Andy SIMPSON	8
Joshua 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
Hayden BROWN	83
Jon LEIGH	93
Mike BELL	108
Peter KAY	110
Graham JAMES	112
Andy MILES	115
Andy LEE	126
Mark PORTER	130
Tim MATTHEWS	148
Paul HAMMOND	149
Euan MCGRATH	155
Will FELINE	156
Keith WHITAKER	171
James BARRON	180
George HOWARTH	187
Chris STAPLEFORD	195
Robert SPENCER	198
Martyn BANNER	201
Andrew SMITH	207

Susie MACGREGOR	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
Sandra HOOK	75
Liz MILES	76
Brigid HONE	87
Rachael LEACH	89
Donna MITCHELL	90
Josie 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

FINAL RR10 TABLES

MEN

1	Lordshill Runners	15
2	Southampton Athletic Club	19
3	Stubbington Green Runners	24
4	New Forest Runners	42
5	Lordshill Runners (B)	49
6	Winchester and District AC	50
7	Hedge End Running Club	65
8	Stubbington Green Runners (B)	78

LADIES

1	Stubbington Green Runners	17
2	New Forest Runners	29
3	Hedge End Running Club	30
4	Winchester and District AC	33
5	Totton Runners	38
6	Lordshill Runners	54
7	Romsey Road Runners	69
8	Stubbington Green Runners (B)	74

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.

Cardiff	1-August
Rachel LEACH	00:27:02
Southampton	**1-August**
Daniel FOSTER	00:18:42
Stephen WILLIAMS	00:19:20
Southsea	**1-August**
Susie MACGREGOR	00:19:17
Havant	**1-August**
Howard CLARK	00:18:58
Richard BAILEY	00:22:20
Eastleigh	**1-August**
Ryan THOMAS	00:21:55
Newbury	**1-August**
Allan STINSON	00:25:59
Winchester	**1-August**
Gordon WESTLEY	00:21:55
Paul COVERDALE	00:21:58
Netley Abbey	**1-August**
Rebecca Margaret LORD	00:19:32
Frances Louise LORD	00:23:44
Sandra HOOK	00:25:54
Jules DINWOODIE	00:27:04
Jamie STOCKWELL	00:27:41
Martin WEDGE	00:29:09
Andrew SMITH	00:35:13
Wendy HOLLOWAY	00:35:18
Lódz	**1-August**
Keith WHITAKER	00:25:18
Steven WHITAKER	00:28:17
Krakow	**1-August**
Alison MACSWAYNE	00:27:10
David MACSWAYNE	00:27:58
Queen Elizabeth	**1-August**
David LANGRISH	00:21:13
Bibra Lake	**1-August**
Terry John FRENCH	00:31:38
Chichester	**1-August**
Lucy MAY	00:20:46
Peter SIMPSON	00:21:01
Salisbury	**1-August**
Robert SPENCER	00:27:31

Lee-on-the-Solent	1-August
Sev ROBERTS	00:18:15
James LEE	00:18:21
Mark MCDONALD	00:20:18
Graham MARTIN	00:20:25
Simon HEARNDEN	00:20:38
Michael WELLAND	00:21:07
David ABRAMS	00:22:33
Zac CONATY	00:23:08
Paul SOUTHON	00:23:12
Simon ELLIS	00:23:19
Kerryanne SAWYER	00:23:33
John SIMISTER	00:23:34
Richard BURNS	00:23:35
Simon VINGOE	00:23:36
Phil HOBBY	00:23:45
Dawn HAYNES-SEWELL	00:23:49
Marie MCDONALD	00:25:08
Melissa COSENS	00:25:33
Lucy TAYLOR	00:26:52
Joseph PEAT	00:26:53
Sandra ABRAMS	00:29:02
Rachel HAY	00:29:08
Josie ROE	00:29:08
Sarah BARRON	00:30:35
Kaarina MAY	00:31:58
Sarah HOBBY	00:31:59
Tommy BLAKE	00:33:53
Sue SIMISTER	00:34:04
Haydn BROWN	00:35:09
Bibra Lake	**8 August**
Terry John FRENCH	00:31:41
Lee-on-the-Solent	**8 August**
Sev ROBERTS	00:18:24
James LEE	00:18:36
Mike WHITE	00:19:04
Susie MACGREGOR	00:19:41
Simon HEARNDEN	00:20:02
Marcus LEE	00:20:56
Jon PLOMER	00:21:51
Harry MARTIN	00:22:33
Paul HAMMOND	00:22:45
Zac CONATY	00:23:07
David ABRAMS	00:23:11
Paul SOUTHON	00:23:37
John SIMISTER	00:24:02
Melissa COSENS	00:24:36
Rachel LEACH	00:26:39
Philip MARTIN	00:27:42
Cameron SEWELL	00:27:42
Robert SPENCER	00:28:00
Martyn BANNER	00:28:01
Kelly Emma BENNETTS	00:28:05
Sarah BARRON	00:30:45
Sandra ABRAMS	00:31:18
Andrew SMITH	00:33:17
Lisa NICHOLSON	00:33:19
Tommy BLAKE	00:34:11
Liz WEIGHELL	00:34:24
Clara FORDINA	00:34:29
Finley SEWELL	00:35:00

Bushy	8 August
Mark MCDONALD	00:20:26
Phil HOBBY	00:22:30
Calum MCDONALD	00:23:41
Marie MCDONALD	00:26:21
Sarah HOBBY	00:29:33
Southsea	**8 August**
Daniel FOSTER	00:18:41
Havant	**8 August**
Alison MACSWAYNE	00:29:38
Netley Abbey	**8 August**
Joseph PEAT	00:20:32
Martyn POORE	00:23:48
Charlotte LORD	00:24:15
Bethan Jane DAVIS	00:26:22
Sandra HOOK	00:26:36
Eastleigh	**8 August**
Keith WHITAKER	00:25:02
Haydn BROWN	00:35:25
Southampton	**15 August**
Robert SPENCER	00:28:42
Southsea	**15 August**
Susie MACGREGOR	00:19:22
Havant	**15 August**
Howard CLARK	00:18:18
Richard BAILEY	00:21:51
Eastleigh	**15 August**
Haydn BROWN	00:36:54
Netley Abbey	**15 August**
Andrew William THOMAS	00:19:53
Toby GREENFIELD	00:20:07
Peter KAY	00:20:48
Jon LEIGH	00:21:07
Calum MCDONALD	00:22:23
Del GRANGER	00:22:54
Paul SOUTHON	00:23:36
Frances Louise LORD	00:23:57
Charlotte LORD	00:24:19
Claire JONES	00:25:44
Marie MCDONALD	00:25:58
Mark MCDONALD	00:25:59
Bethan Jane DAVIS	00:29:15
Ben SMITH	00:29:54
Andrew SMITH	00:37:27
Wendy HOLLOWAY	00:37:47
Rother Valley	**15 August**
Andrew STOCKWELL	00:23:25
Jamie STOCKWELL	00:26:41
Kesgrave	**15 August**
Joseph PEAT	00:18:19
Lucy TAYLOR	00:27:48

Winchester	15 August
Gordon WESTLEY	00:22:27
Alison MACSWAYNE	00:27:55
David MACSWAYNE	00:31:36
Porthcawl	**15 August**
Sev ROBERTS	00:18:16
Queen Elizabeth	**15 August**
David LANGRISH	00:21:13
Humber Bridge	**15 August**
Liz WEIGHELL	00:31:10
Lee-on-the-Solent	**15 August**
Andy SIMPSON	00:17:22
James SAWYER	00:18:02
David Matthew CASTLE	00:18:14
Daniel FOSTER	00:19:10
Simon HEARNDEN	00:19:56
Marcus LEE	00:20:29
Harry MARTIN	00:20:52
Phil HOBBY	00:21:00
Jordan MCRITCHIE	00:21:06
Michael WELLAND	00:21:25
Philip MARTIN	00:21:44
Victoria Kate JOEL	00:22:01
Simon ELLIS	00:22:58
David ABRAMS	00:23:00
Sam LEAHY	00:23:01
Zac CONATY	00:23:36
Keith WHITAKER	00:23:53
Dawn HAYNES-SEWELL	00:24:04
Melissa COSENS	00:24:06
Derrick MORGAN	00:25:10
Allan STINSON	00:26:04
Josie ROE	00:26:08
Nicki WHITE	00:26:14
Laoise MAGENNIS	00:26:38
Kelly Emma BENNETTS	00:27:23
Sandra ABRAMS	00:28:59
Sarah MARTIN	00:29:13
Sue ROBINSON	00:29:28
Cameron SEWELL	00:30:12
Marie FITZGERALD	00:32:45
Robert NICHOLLS	00:33:25
Julie ASHMAN	00:49:33
Southampton	**22 August**
Daniel FOSTER	00:17:58
Kingston	**22 August**
Calum MCDONALD	00:22:23
Eastleigh	**22 August**
Keith WHITAKER	00:25:54
Colby	**22 August**
Liz WEIGHELL	00:31:08

Winchester	22 August
Rachel LEACH	00:26:51
Netley Abbey	**22 August**
Andrew William THOMAS	00:19:17
Rebecca Margaret LORD	00:19:18
Del GRANGER	00:22:34
Joseph PEAT	00:23:22
Paul SOUTHON	00:23:37
Frances Louise LORD	00:23:42
Charlotte LORD	00:26:18
Sandra HOOK	00:26:52
Chris STAPLEFORD	00:27:52
Jules DINWOODIE	00:28:01
Sev ROBERTS	00:30:13
Kingscliff	**22 August**
Terry John FRENCH	00:32:00
Lee-on-the-Solent	**22 August**
David Matthew CASTLE	00:18:35
Adrian PIDDINGTON	00:19:21
Mark MCDONALD	00:19:41
Simon HEARNDEN	00:20:03
Harry MARTIN	00:20:50
Ryan THOMAS	00:21:27
Michael WELLAND	00:21:34
Andy DONN	00:22:31
David ABRAMS	00:22:45
Paul HAMMOND	00:23:18
Melissa COSENS	00:23:29
Phil HOBBY	00:23:29
John SIMISTER	00:23:52
Philip MARTIN	00:26:20
Michael WOOTTON	00:26:38
Kerryanne SAWYER	00:26:41
Russell MEAD	00:26:47
Kathy CHAMBERLAIN	00:27:00
Alison HESSELBERTH	00:27:13
Robert SPENCER	00:28:39
Sandra ABRAMS	00:29:00
Mandy BURTON	00:29:20
Sarah BARRON	00:30:48
Robert NICHOLLS	00:31:05
Sue ROBINSON	00:31:21
Clara FORDINA	00:31:30
Sandie MCINTOSH	00:32:12
Rowena DODDS	00:32:13
Marie FITZGERALD	00:32:13
Sue SIMISTER	00:32:29
Jenny HEARNDEN	00:36:32
Wendy HOLLOWAY	00:41:42
Andrew SMITH	00:41:43
Queen Elizabeth	**22 August**
Boe HARPER	00:20:47
Susie MACGREGOR	00:21:18
Andrew STOCKWELL	00:21:45
Jon LEIGH	00:22:00
Jordan MCRITCHIE	00:22:08
Mike WHITE	00:22:56
Marcus LEE	00:22:58
Andy LEE	00:23:35
Penny FORSE	00:25:15
Sarah GARDINER	00:26:48
Jamie STOCKWELL	00:28:17
Jennie LEE	00:32:02
Sandra CLARK	00:35:11

Old Deer Park	29 August
Kerryanne SAWYER	00:23:34
Kingston	**29 August**
Calum MCDONALD	00:21:21
Southsea	**29 August**
Susie MACGREGOR	00:19:49
Havant	**29 August**
Alison MACSWAYNE	00:29:33
David MACSWAYNE	00:31:20
Strathclyde	**29 August**
David Matthew CASTLE	00:18:07
Netley Abbey	**29 August**
Rebecca Margaret LORD	00:19:07
Toby GREENFIELD	00:19:38
Mike WHITE	00:19:42
Marcus LEE	00:21:06
Chris DAVIDSON	00:21:37
Del GRANGER	00:22:59
Charlotte LORD	00:23:43
Frances Louise LORD	00:23:56
Robert SPENCER	00:29:56
Kingscliff	**29 August**
Terry John FRENCH	00:31:11
Queen Elizabeth	**29 August**
Karen BARNICOAT	00:31:49
Lanhydrock	**29 August**
Russell MEAD	00:27:00
Jules DINWOODIE	00:30:28
Wetherby	**29 August**
Rachel LEACH	00:27:46
Chichester	**29 August**
Andy DONN	00:22:21
Salisbury	**29 August**
Keith WHITAKER	00:24:53
Lee-on-the-Solent	**29 August**
James LEE	00:18:32
Jack WEBB	00:18:49
Rob GREENWOOD	00:19:02
Andrew STOCKWELL	00:19:49
Richard BATTEN	00:20:08
Graham MARTIN	00:20:10
Jordan MCRITCHIE	00:21:04
Michael WELLAND	00:21:07
Philip MARTIN	00:21:54
Stephen WILLIAMS	00:21:57
Sam LEAHY	00:22:33
John SIMISTER	00:23:24
Paul SOUTHON	00:23:26
Allan STINSON	00:25:08
Jamie STOCKWELL	00:25:09
Cameron SEWELL	00:28:30
Mandy BURTON	00:29:35
Robert NICHOLLS	00:30:23
Sharon CLARKE	00:31:24
Sue SIMISTER	00:31:49
Clara FORDINA	00:31:58
Wendy HOLLOWAY	00:35:57

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.

Mark	McDonald	423
Daniel	Foster	416
Lewis	Chalk	358
Phil	Hobby	326
Jon	Leigh	319
Andrew	Simpson	306
Mike	White	292
Andy	Lee	274
Peter	Simpson	271
Nigel	Whitcher	264
Robert	Spencer	261
Russell	Mead	245
Thomas	McClements	244
Marcus	Lee	222
Euan	McGrath	222
Alan	White	211
Philip	Martin	208
William	Feline	207
Keith	Whitaker	207
Sev	Roberts	201
Nick	Crane	195
Mike	Bell	191
Chris	Hall	189
George	Howarth	184
James	Lee	180
Neil	Stantiall	175
Jack	Webb	175
John	Cox	165
Haydn	Brown	164
Chris	Leach	163
Joseph	Peat	163
James	Sawyer	159
Daniel	O'Boyle	157
John	Simister	157
David	Langrish	154
John	Blake	152
Richard	Snell	152
David	MacSwayne	151
Peter	Kay	150
Andrew	Smith	148
Boe	Harper	142

Tim	Crumpton	139
Allan	Stinson	138
Liam	Dredge	132
Jonathan	Plomer	131
Stuart	Hiscock	130
Graham	Bell	126
Andrew	Stockwell	126
Graham	James	118
Howard	Clark	117
Mike	Harper	115
Kevin	Ashman	112
James	Lewington	112
Dan	Hughes	106
Stephen	Williams	104
Chris	Stapleford	97
Nick	Kimber	96
Paul	Smith	94
Rob	Arkell	92
Gordon	Westley	89
Timothy	Matthews	83
Andrew	Thomas	83
Christopher	Brobin	82
Callum	McDonald	82
Paul	Southon	78
Mark	Porter	77
Neil	Richardson	77
Philip	Whitehouse	77
Lewis	Banner	76
Wesley	Jones	72
Chris	Davidson	70
Daragh	Hendley	70
Rob	Greenwood	69
Mike	Gregory	68
Paul	Coverdale	65
John	Vose	65
Jack	Harris	64
Mike	Donovan	61
Simon	Vingoe	61
Stuart	Mcnamara	58
Kevin	Scullion	57
Murray	Watson	57

Michael	Wootton	56
Tom	Callaway	55
Graham	Martin	55
Richard	Bailey	52
Terry	French	51
Simon	Hearnden	51
Robert	Nicholls	51
Andy	Richardson	50
Duncan	Borthwick	47
Simon	Ellis	45
David	Castle	44
Andrew	Miles	44
Martyn	Banner	43
Glen	Street	43
Mark	Eaton	41
Martin	Neal	39
Adrian	Piddington	38
George	Rennie	38
Thomas	MacSwayne	36
Tom	Mellor	36
Martyn	Poore	36
Richard	Cassell	35
Tommy	Cave	32
Russ	Coleman	32
Kevin	Toal	32
Josh	Crowther	31
Toby	Greenfield	30
Richard	Batten	29
John	Fairhurst	29
Paul	Hammond	28
Gary	Littlecott	28
Andy	Donn	27
Steven	Ellis	27
Samuel	Bell	26
David	Abrams	25
Jamie	Stockwell	24
Tommy	Blake	23
Harry	Martin	23
Philip	May	23
Richard	Roche	21
Ryan	Thomas	21
Matthew	Gould	19

Ian	Race	19
Gavin	Rennie	19
Ian	Coady	18
Peter	Lewis	18
Tim	Sullivan	16
Lee	Johnson	15
Stephen	Wallbridge	15
Simon	Mcmorran	13
Paul	Woolford	13
Rich	Chowns	12
Ray	Gunner	12
Michael	Welland	12
Jason	Brandon	10
Alex	Rhodes	10
James	Barron	9
Mike	Coughlan	9
Tom	Cleary	8
John	Randall	8
Peter	Rawlins	8
Thomas	Whitcher	7
Richard	Edmunds	6
Martin	Griffin	6
Samuel	Masson	6
Richard	O'Routke	6
Stephen	Peach	6
Matt	Evens	5
Alex	Johnson	5
Shane	Lawrence	5
Benjamin	Leach	5
Chris	Hall	4
Adam	Joel	4
Sam	Leahy	4
Zac	Conaty	3
Dan	Jones	3
Dudley	Malster	3
Jordan	Mcritchie	3
David	Pheby	3
Harry	Roebuck	3
Tomas	Stinson	3
Steven	Whitaker	3
Cameron	Haynes-Sewell	2
Finlay	Haynes-Sewell	1

Julie	Ashman	771
Sarah	Hobby	401
Donna	Mitchell	398
Marie	Mcdonald	334
Sharon	Simpson	304
Agnieszka	Plombon	295
Dawn	Haynes-Sewell	267
Sarah	Martin	260
Nikki	Roebuck	242
Sue	Robinson	241
Lucy	May	231
Daisy	hall	226
Sarah	Barron	224
Rebecca	Lord	203
Bethan	Davis	193
Julie	Dinwoodie	192
Laura	Wainwright	186
Sandie	McIntosh	179
Sandra	Hook	178
Lisa	Donn	167
Melissa	Hutton-Dunton	164
Ann	Blake	156
Gill	Rose	154
Rachel	Leach	152
Melissa	Cosens	149
Karen	Barnicoat	134
Susie	MacGregor	129
Alison	MacSwayne	128
Penny	Forse	126
Victoria	Joel	126
Brigid	Hone	123
Pamela	Kemp	123
Alethea	Adair-Stantiall	121
Lucy	Taylor	120
Jane	Adlard	119
Shelley	Thomas	109
Hilary	Gulliver	106
Kelly	Bennetts	102
Frances	Lord	102
Sally	McGrath	102
Lucy	Window	101
Sandra	Clark	96
Wendy	Holloway	95

Nikkie	Plomer	94
Michelle	Simpson	94
Vicky	Shaw	93
Georgina	Gair	87
Karen	Salmon	85
Eunice	Hoare	82
Tracie	Jarvis	82
Sophie	Davison	81
Anne	Trotman	81
Jennie	Lee	80
Kerry	Dodsworth	78
Gaynor	Heffer	78
Kaarina	May	74
Tina	Chantrey	73
Sadie Lee	Bedford	65
Sue	Simister	57
Anna	Wilby-Lopez	57
Julie	Bowden	55
Mandy	Burton	54
Rachael	Openshaw	54
Elizabeth	Weighell	54
Sharon	Clarke	53
Jasmine	Smith	50
Yvonne	Fisher	49
Julia	Webb	49
Caroline	Street	46
Caroline	Chapman	45
Nicki	White	45
Sarah	Gardiner	44
Rowena	Dodds	43
Lizzie	Mitchell	42
Julie	Ryman	41
Liz	Hall	40
Elizabeth	Miles	40
Eleanor	Crane	39
Claire	Shergill	38
Dawn	Griffiths	35
Alex	Leighton-Goodall	33
Wendy	Hall	32
Claire	Jones	32
Julia	Park	28
Hollie	Smith	27
Claire	Fairbrother	26

Helen	Nicholls	26
Petra	Wagenblast	26
Katherine	Briggs	25
Katie	Stean	24
Sandra	Abrams	21
Danielle	Kemp	20
Kerry	Bailey	18
Slywia	Ward	18
Jane	Butler	16
Becky	Hodgkinson	16
Kathy	McKain	16
Samantha	Stockwell	14
Ronel	Beukman	13
Sharon	Callus	13
Gemma	Eldridge	13
Lara	Evans	13
Kay	Sadler	13
Katie	Simister	13
Jennet	Woolford	13
Kat	Chowns	12
Heidi	Loveridge	12
Rachel	Richardson	12
Julie	Woodman	12
Kerry	Sawyer	11
Jacqui	O'Rourke	9
Letitia	Toal	9
Sally	Watford	9
Alison	Hesselberth	8
Jennifer	Birks	6
Gemma	Fleming	6
Debbie	Lowe	6
Karen	Nichols	6
Nicola	Peskett	6
Julie	Salt	6
Nicola	White	6
Rachael	Hay	5
Amy	Rampton	5
Josie	Roe	5
Kathy	Chamberline	4
Sue	Flewitt	3
April	Hassett	3
Grace	Park	3
Sonia	Robins	3
Holly	Stockwell	3

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

It's the start of a new HRRL season 2015/16, after a successful 2014/15 for the Stubbington Green Runners.

The attendance at each of the HRRL events last season was superb, from the runners taken part and from all the Stubbington Green Supporters so thank you.

Okay a bit of reflection from last season:-

- We had 176 Stubbington Green Runners who had taken part in one or more of the HRRL races.
- The average attendance number of SGR at each event was 40 runners.
- **Daniel O'Boyle** was the overall men's Individual League Winner.
- The Men's Teams
  - A, B and D won their respective Divisions
  - C team coming in an amazing 4th place in the men's B Division 1.
- The Ladies Teams
  - A team achieved 3rd place, just getting pipped from 2nd on count back.
  - As for B Division 1 we finished at a respectable 5th and 7th place in the overall placing with some tough competition from Winchester Ladies team.
  - In B Division 2 we achieved 4th place just missing out on 3rd due to the count back in the total result score.

So if you fancy a challenge across various distances on the road from 5miles, 10k, 10miles or even half marathon events, book yourself on HRRL races, remember these races are open for all abilities.

The dates for the races are as follows:-

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Club	Distance	Date	Start Time
Overton	5 Mile	06/09/2015	2pm
Solent	Half marathon	27/09/2015	10am
Lordshill	10 mile	01/11/2015	10am
Gosport	Half marathon	15/11/2015	10am
Victory	5 Mile	06/12/2015	11am
Stubbington	10k	17/01/2016	10am
Ryde	10 mile	31/01/2016 (tbc)	11am
Salisbury	10 mile	13/03/2016 (tbc)	10.30am
Eastleigh	10k	20/03/2016	10.30am
Alton	10 mile	08/05/2016 (tbc)	10.30am
Netley	10k	15/05/2016 (tbc)	10.30am
D-Day	10k	05/06/2016 (tbc)	10am

A few details about the up and coming races in September

Overton 5 Mile Road Race

Sunday 6th September 2015 at 2.00pm

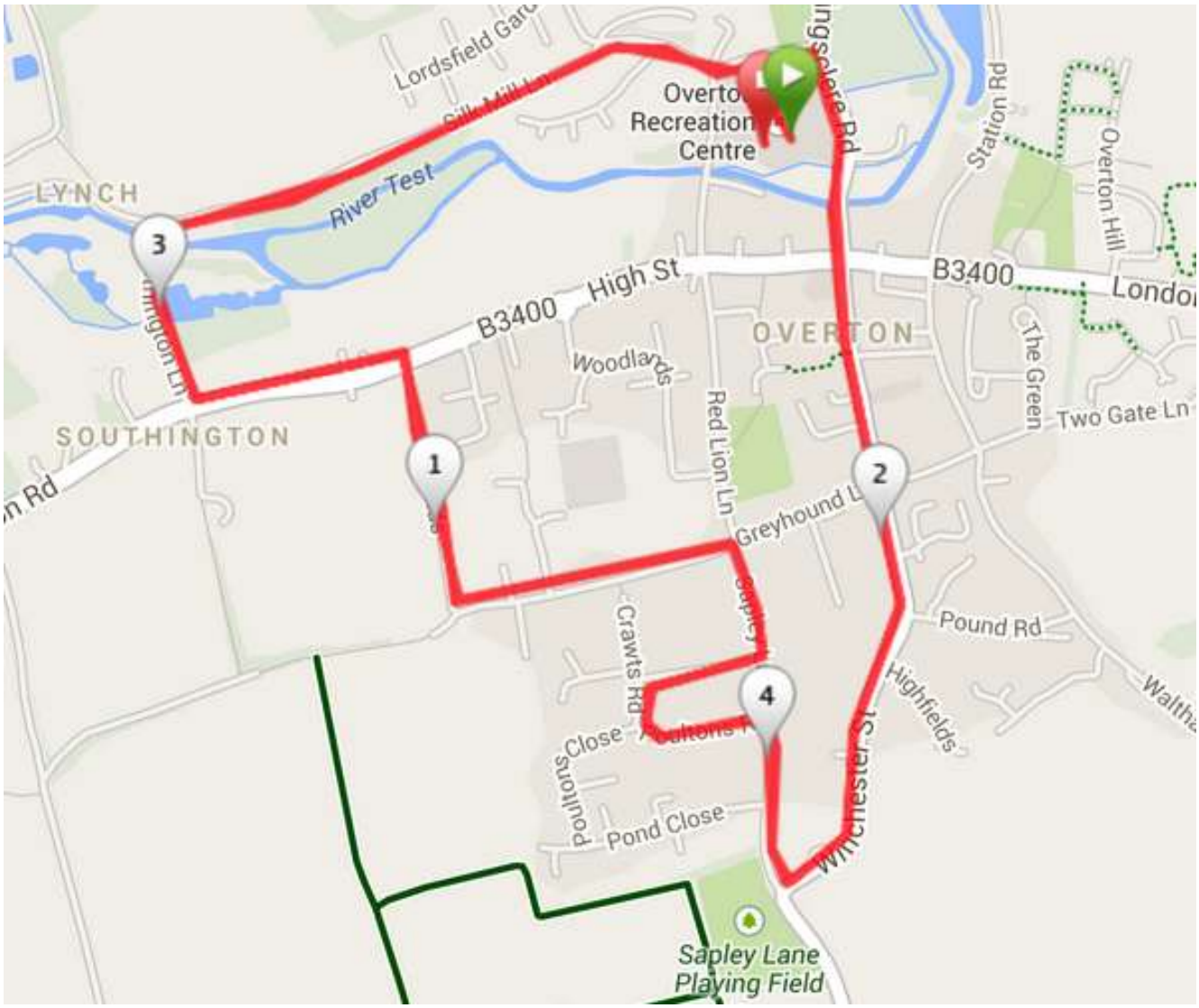
So far 28 Stubbies have entered (as of 27th August)

TIMETABLE

- 1.15pm – Children's Races
- 1.50pm – Assemble for Road Race
- 2.00pm – 5 Mile Road Race
- 2.03pm – 2 and a half Mile Fun Run
- 3.45pm – Hampshire Road Race League presentations
- 4.00pm – Overton 5 Prize Presentation Medals will be awarded to all finishers in the Children's Races and Fun Run.

Mementoes will be awarded to all finishers in the 5 mile race.

The five mile race is two laps of the course and the fun run is one lap. The course map is below.



Car Parking will be at Overton CE Primary School which is situated approximately 600 meters from Overton Recreation Centre on Court Drove on the north side of the village **(Sat Nav: RG25 3ES)**.

A charge of £2 per car will collected as you enter the car park, so let's car share where we can.

Solent half Marathon

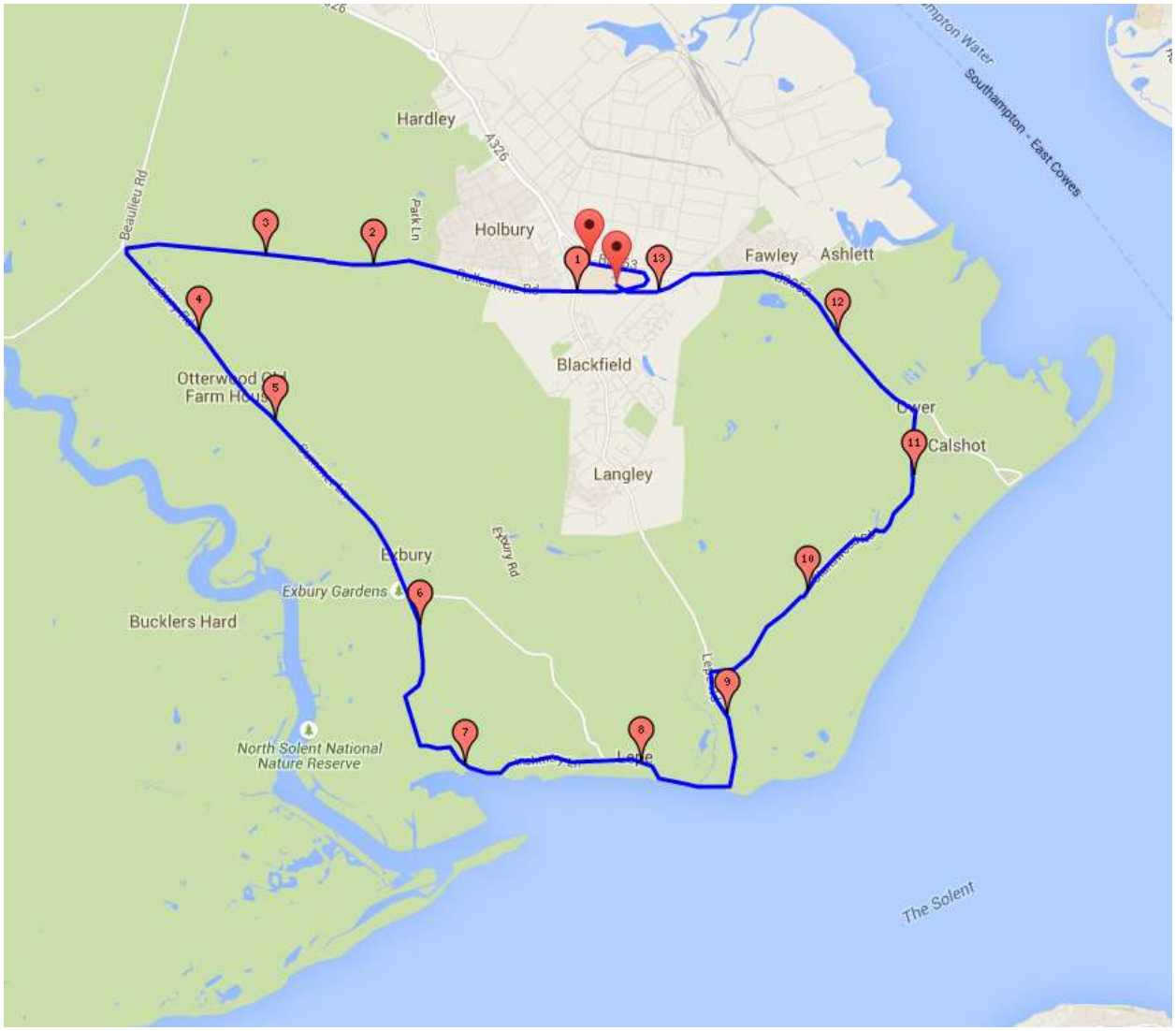
Sunday 27th September 2015 at 10.00am

- So far only 7 Stubbies have entered (as of 27th August)
- There are no entries on the day

There is a 1.5km fun run is for children aged 5 – 12yrs which is being run in partnership with Hardley Runners and Gang Warily Recreation Centre. There are limited spaces and the closing date for entries is Wednesday 23 September 2015, for details please see: - **http://www.hardleyrunners.co.uk/SolentHalf.html**.

TIMETABLE

- 8.30 – 9.30am collect your race number and timing chip from the sports hall, **SO45 1GA**.
- 10.00am half marathon Start (and the Finish) will be at Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA.
- 10.15am 1.5km fun run warm up
- 10.30am 1.5km fun run starts
- Homemade cakes will be on sale after the half marathon race.



Car parking is free but please car share if possible as spaces are limited.

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