The

Green Runner

OCTOBER 2015

FROM THE CHAIR

As summer comes to an end we have moved to the start of the new racing seasons with two HRRL races in September that took place in glorious weather and saw some great performances. The cross country season also starts in October and I would like to welcome Laura Wainwright and Will Feline as our new cross country captains – look out for details of all the races from them. Thanks go to John Blake for his contribution to this role over the past year.

Those that have applied for the London marathon will know shortly if they have been successful. The club will again have some club places available so if you get a rejection slip then please forward to me (Chairman@stubbingtongreenrunners.net) along with a short questionnaire that we will supply which will help the committee in their selection process.
Our 10k is just over 3 months away now so please think about how you can help and let us know – Mark McDonald is co-ordinating the list of marshals/helpers and details of how to contact him are on the website. Please remember that we expect each member who enters to provide the name of a helper/ marshal.

You will have seen an email about Ben Smith who is doing 401 marathons in 401 days and is in our area on Friday 9th October. It would be great to see as many of you as possible out supporting Ben on that day – details are all in the email.

Finally it's not long till our Awards Night on Saturday 28th November so please keep a lookout for tickets going on sale so that we can have a great night celebrating another very successful year for the club and its members.

Happy Running

Kevin Ashman
Chairman

Leadership in Running Fitness

Having seen our leaders in action, if any of you have thought about enriching your running experience by doing the same, please have a look at the Courses page on the England Athletics website - http://www.englandathletics.org/courses

The next course in our area is on Sunday 29 November. The cost for affiliated EA members is £135. Other courses are further afield in the South-East area

To quote the website : - "A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders. The course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club. It is a legal requirement that you also have a DBS check with UK Athletics."

The club is prepared to pay the course fee for those interested in doing the course and who have the serious intention of leading groups on a regular basis in the future. If you are interested, please contact me pennyforse@hotmail.co.uk or 07905 671656 or private-message me via our Facebook page.

Penny

CAPTAINS CORNER

Summer is over and autumn has arrived and so has the beginning of a new race season for both HRRL and XC

Firstly I would like to extend a big warm welcome to our new XC Captains Will Feline and Laura Wainwright who have recently been appointed to the role … Lets all get behind Will and Laura and support them by running as many of the XC races this season as possible. The first race of The Hampshire League is on 10th October at Farley Mount, Winchester, so please come along if you can. The start of the new CC6 season also begins on October 11th and the first race is at Fleming Park, SGR are co hosting this race and we are desperately in need of marshals to help on the day (please contact Andy Simpson direct if you can help) … the Southern League also kicks off on October 11th at Pamber Forest so a very busy weekend of XC indeed. Let's try and get a good Stubby contingency at all 3 races …

September has also seen the start of the HRRL with Overton 5 and Solent Half Marathon. Stubbington Green produced a strong turnout at both races with lots of fantastic individual and team performances, well done to all who ran. I will leave Mark to update you all with the results in his HRRL report.

Well done to our men who managed to put out 3 fantastic teams at The Southern Road Relays this month with the M40 team finishing 12th, M50 team finishing 16th and our seniors who were helped out by several Vets running twice … Well done to Jon Plomber, Euan McGrath, Simon Hearnden, Andy Simpson, Mike White, Mike Bell, Philip Martin, Keith Whittaker, James Sawyer, Joshua Crowther and Toby Greenfield.

We have a few autumn marathons on the horizon, Bournemouth, Clarendon, Snowdonia, Abingdon to name but a few. Hopefully everyone's training is going to plan and you are all injury free and feeling strong.

We can't wait to see all your great performances and we wish you all the fantastic results you deserve. I'd also like to wish Euan McGrath good luck for the A100 on October 17th, I will also be lining up on the start line and to say I'm excited would be a huge understatement!

Congratulations to Michelle Simpson who ran everyday in September this year for charity! This from a lady who used comment she is not a runner! Well done Michelle for proving yourself wrong and raising funds along the way!

Lots of you will have been either lucky enough to receive a "You're in" or unlucky to receive a "Sorry" magazine from VLM this week … please remember to forward your rejection slips along with the short questionnaire that can be found online to Kevin Ashman by end of October 2015 for consideration of a club place.

Octobers Leaderboard bonus points race will be Hants XC at Farley Mount … hope to see lots of you there!

Happy injury free training to you all whatever races you have ahead … train hard, run strong and make yourselves proud!

NEW FOREST HALF MARATHON			
79	Jon	Leigh	01:33:33
135	David	Jeffery	01:36:40
145	Nikki	Roebuck	01:37:48
301	Sylvia	Ward	01:44:33
355	Hilary	Misselbrook	01:46:41
378	Nico	Beukman	01:47:13
393	Peter	Lewis	01:47:31
452	Geraint	Davies	01:48:53
533	Aga	Plombon	01:53:31
537	Karen	Barnicoat	01:53:34
798	Dawn	Haynes-Sewell	02:02:44
845	Ronel	Beukman	02:04:09
848	Tracey	Terry	02:04:31
849	Karen	Salmon	02:04:32
902	Elizabeth	Miles	02:06:14
903	Andrew	Miles	02:06:14
1023	Amanda	Knight	02:09:27
1047	Jules	Dinwoodie	02:11:16

NEW FOREST MARATHON			
64	Donna	Mitchell	03:35:57
190	David	Langrish	04:08:10
239	George	Howarth	04:26:49
291	John	Fairhurst	04:47:09

It was a fine dry day and there were 380 finishers in the marathon. John Fairhurst was the only M70 and the oldest in the race.

Tod Anstee Valley Challenge 8 miles		
59	Jane Adlard	01:21:34
85	Sue Robinson	01:35:16
86	Julie Ashman	01:35:16
88	Sarah Martin	01:36:44

THE CHAT TESTS

Are you getting a good balance of working your different energy systems in your training week? Your ability to talk to running mates when running can answer that question.

If you can hold quite a conversation while running, chatting in whole sentences, then you are working your Aerobic System, with lots of oxygen available. This would be during your long easy runs, recovery runs and to a certain extent your steady runs.

During a tempo run, or in long interval sessions, the faster pace involved will challenge your Lactate System, enabling you to say just a few words now and again. Your muscles will be demanding more oxygen, so there is less available for talking.

The Alactic System comes into play when you are doing short fast repetitions, hills, beach runs or sand dune sessions. You'll need all the oxygen you can take in to replenish that used by the muscles and you will find it very difficult to talk.

Think about your weekly routine and ask yourself whether you are getting a good mix of energy systems judging by how you can or cannot chat. Our default mode is often a steady pace (Aerobic) so add in some quality sessions to make demands on the Lactate and Alactic Systems, and you will see your pbs improve, by making your use of oxygen more efficient.

By the way, 'quality' sessions are for ALL. If you're running regularly 3 to 4 times a week, and can run 5 – 6 miles (it doesn't matter how fast) then quality sessions are for everyone, not just our 'speed merchants'!

Social Events Update

6.05 Special – Friday 16th October
We return for the nightime version of the 6.05 Special. This off-road run is 6 miles (3 miles out, 3 miles back) along the Wickham Railway Line. Starting at 1830 with drinks afterwards in the Titchfield Mill pub. DON'T FORGET YOUR HEAD TORCH!!

Skittles Night – Friday 30th October
Back by request we are holding another Skittles night at the Crofton pub, Stubbington on 30th October. The cost of the evening is £10 and includes the skittles games and a meal.
Can you give last year's skittles champion a run for his money? Come and have a go!!
Numbers are limited on this event, so book early to avoid disappointment. Booking via the Socials page on the SGRC website.

Awards Night – Saturday 28th November
We return to the David Lloyd club on Saturday 28th November for the SGRC Awards Night, to celebrate individual and club achievements during 2015. This is always a good event for good food, socialising and dancing.
Further details and booking will be available on the Socials page of the SGRC website soon.

BACCHUS MARATHON

59	Julie	Ashman	04:40:03

BACCHUS HALF MARATHON

126	Andrew Donn	02:00:06
151	John Cox	02:03:42
377	Sue Robinson	02:28:26

Isle of Wight Fell Races

Overall	Name	Races	Points	Pos3	Pos2	Pos1	Time3	Time2	Time1
11	HALL, Daisy	3	38	9	14	15	01:47:23	01:13:45	00:24:07

Overall	Name	Races	Points	Pos3	Pos2	Pos1	Time3	Time2	Time1
39	MCCLEMENTS, Thomas	3	126	33	45	48	01:40:26	01:08:12	00:22:23
79	LEE, Andy	3	298	98	94	106	02:18:28	01:24:50	00:28:14
97	HALL, Chris	2	132	0	58	74		01:12:18	00:24:36
120	CRANE, Nick	1	66	0	66	0		01:13:57	

Southern Cross Country League Dates

11 Oct Basingstoke & MH AC Pamber Forest

8 Nov Portsmouth Joggers Queen Elizabeth Country Park

13 Dec Farnham Runners The Bourne Woods

28 Dec Hart Road Runners Lord Wandsworth College - Monday

24 Jan Stubbington Green Runners Manor Park Country Park

? Alton Runners ? Chawton Park Wood

?28 Feb Work in Progress Watch This Space

Southern Road Relays

The road relays are always marked down on my calendar as a must do each year. The relays are a fun afternoon out where you can easily support your team mates around the course without having to go more than 200 metres to see them from multiple locations. It allows us to also catch up with other local running clubs over an afternoon and support the local clubs.

The Vet race started first with 4 runners per team running near as damn it 6km over 2 laps which would be the same distance for the seniors later on. We had struggled to get numbers out for all our teams but managed to get 2 vets teams a V40 and a V50 team comprising of 2 V60s. The challenge of this course is not to out to fast on the first lap or you will certainly suffer for the second lap. Another challenge as the relays unfold is working out whether a runner is on the same lap as you, as you can be chasing somebody who is on their first lap as you're on your second lap.

First out of the blocks was Mike White and I with all the Vet categories running at the same time. The V50 team (Mike White, Mike Bell, Phil Martin and Keith Whittaker) had a good performance on the day finishing 16th in 1:44:26, so 16th best out of all the running clubs in the south. The V40 team (Andy Simpson, Euan McGrath, Jon Plomer and Simon Hearnden) finished 12th out of 33 V40 teams in 1:30:02.

The seniors' race consists of 6 runners completing the same distance. It was a real shame that we only had 3 seniors wanting to run this great relay for the club, so not to disappoint the guys the vets doubled up. So thank you Mike White and Euan McGrath for running 2 races on the day. James Sawyer went off first and ran the fastest Stubbie time on day in 20.52. James then handed over to Josh Crowther running his first relay for the club and had a fine performance in 21.51. Then Toby Greenfield also ran his first relay in 23.49. Good performances from the vets Mike and Euan to be only 35 seconds down on their first times. The senior team finished a respectable 56th out of 69 teams in 2:13:43.

Well done to everyone who took part and thanks Euan and Toby for driving on the day. The results are listed below and the 2nd column indicates the leg time position and 3rd column the overall position in the race.

Note for the vets race the leg times includes all the age categories and the race position is just for the age category.

Andy

V40 team

12	**Stubbington Green Runners**				**1:30:02**
	Andy Simpson	21:15	13	11	
	Euan McGrath	21:59	15	12	
	Jon Plomer	23:23	16	11	
	Simon Hearnden	23:25	17	12	

V50 team

16	**Stubbington Green Runners**				**1:44:26**
	Mike White	22:35	26	9	
	Mike Bell	26:52	47	14	
	Phil Martin	25:59	48	15	
	Keith Whitaker	29:00	52	16	

Seniors

56	**Stubbington Green Runners**				**2:13:43**
	James Sawyer	20:52	47	46	
	Joshua Crowther	21:51	56	62	
	Toby Greenfield	23:49	64	67	
	Andy Simpson	21:31	58	42	
	Euan McGrath	22:33	57	52	
	Mike White	23:07	56	57	

Running in her first collegiate event, Rebecca Lord led the Bees as she finished the 6k trek with a time of 22:45; good enough for a third-place individual finish

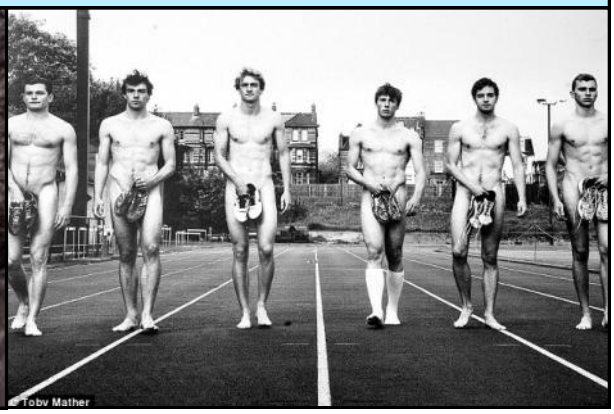
Team Result:

1. SCAD Atlanta	66
2. North Georgia	67
3. UNC Pembroke	126

The Bees hope to continue their winning ways on Friday, October 2nd as they host the inaugural SCAD Atlanta Invitational in Newnan, Georgia.

Calling All Charitable Stubbies!

Hands up who has a wall calendar up in their kitchen?
Hands up who would love to support our chosen charity?
Hands Up who have the balls (‘scuse the pun) to bare, (almost) all for a “Stubbington Green 30th Year” celebratory fundraising Women’s Institute type Calendar?
It’s only an idea, but your participation would be vital!
If you fancy yourself as Miss July or Mr December, or part of a group “Misses January” or “Mr & Mrs March” - please step forward and make yourselves known to Victoria Joel by the 20th October @ Virgovic9@hotmail.com
I know that those children on the CF Units would appreciate the benefits greatly.
Thanks, You Generous Lot!



Alice Holt 5k			
32	Sarah	Hobby	00:30:18

Alice Holt 10k			
28	Mark	Mcdonald	00:41:56
159	Phil	Hobby	00:54:17
160	Calum	Mcdonald	00:54:18
161	Marie	Mcdonald	00:54:18

THE BEAST 12.5MILE			
116	Richard	Bailey	1.56.53
201	Paul	Hammond	2.14.25
250	Mike	Donovan	2.24.14
271	Alan	White	2.28.53
321	Anne	Trotman	2.41.40
325	Nicki	White	2.45.47
326	Lucy	Window	2.45.47

Hursley 10K			
58	Lucy	May	00:46:01
62	Andy	Donn	00:46:11
67	Peter	Simpson	00:46:31
93	James	Lewington	00:47:40
104	Penny	Forse	00:48:07
137	John	Cox	00:49:42

The next Stubbington Green 10k will be held on 17th January 2016 at 10am.

To enable the race to run smoothly, we are going to need your help, we need well over 100 volunteers to take on various roles, such as:-

Marshalling, Helpdesk, Kitchen, Baggage, Chip and Number allocation (Sat and Sun), Car Park Team, Set Up crew, Water station points (Mid and finish) and Bike team.

For those volunteering to marshal, 75% of the course is traffic free so most should not have any traffic to deal with. On top of everything you get a front row view of a fantastic 10k road race!

If you would like to volunteer for one of the roles please send your name and contact details to Mark McDonald (HRRL Secretary / Chief Marshal).

If you would like further information regarding the event please contact Chris Brobin (Race Director) or Kevin Ashman (SGR Chairman)

Remember if you are planning to run the Stubbington 10k race, can you please provide a name and contact details to Mark of the person who will be a Marshal on the day on your behalf.

The continued success of our very popular 10k relies on you, please contact me now.

A briefing will be held Friday 15th January at Crofton Community Centre. It is important that you attend as there will not be time on the day to give out instructions.

HELL IN THE CHILTS 10 MILES		
170	Aga Plombon	2.40.07
171	Lucy Wallbridge	2.40.07

TALLINN MARATHON			
848	**Kerry**	**Sawyer**	**03:54:30**

Calke Abbey 10k
Phil Hobby44:51 Sarah Hobby1:02:09

VICTIORA PARK 10K		
17	Mark McDonald	39.06
80	Marie McDonald	48.21

Fordingbridge 10 mile

29	Julie ASHMAN	98.15
32	Sarah MARTIN	99.39

PERFORM 5 MILE AT AGEAS BOWL

41	James	Lee	00:33:37
44	Richard	Cassell	00:33:38
58	Chris	Davidson	00:34:42
80	Andrew	Miles	00:36:05
88	Gill	Rose	00:36:31
101	Richard	Snell	00:37:00
129	John	Simister	00:38:23
174	Sadie Lee	Bedford	00:40:25
180	Keith	Whitaker	00:39:57
186	Claire	Jones	00:40:45
235	Dawn	Griffiths	00:42:45
238	Sandra	hook	00:42:43
241	Elizabeth	Miles	00:42:48
251	Stuart	McNamara	00:43:08
428	april	howlett	00:49:18
535	Andrew	Smith	00:58:57
536	Wendy	Holloway	00:58:57

BRISTOL HALF MARATHON

118	Daniel Foster	01:22:14

BISHOPS WALTHAM 5

2	James	Sawyer	28.25
12	Richard	Snell	37.39
14	Gill	Rose	37.50
39	Katherine	Briggs	44.33
41	Eunice	Hoare	44.52

PURBECK 16 MILE

3	Sev Roberts	02:06:07

The Gosport 5k Summer Series 2015

2	SAWYER, James	00:17:14
10	PLOMER, Jon	00:18:43
14	MACGREGOR, Susie	00:19:06
19	HEARNDEN, Simon	00:19:33
25	MARTIN, Graham	00:20:03
26	MARTIN, Harry	00:20:23
32	HOBBY, Phil	00:20:35
33	MCDONALD, Mark	00:20:35
35	MCRITCHIE, Jordan	00:20:38
36	SHAW, Victoria	00:20:41
39	DONN, Andy	00:21:08
41	MARTIN, Philip	00:21:14
42	MILES, Andrew	00:21:18
43	BROWN, Haydn	00:21:21
47	HUTTON-DUNTON, Melissa	00:21:43
48	JOEL, Victoria	00:21:43
53	ABRAMS, David	00:22:56
55	COX, John	00:23:06
57	WHITE, Alan	00:23:16
67	HAYNES-SEWELL, Dawn	00:23:52
90	MILES, Elizabeth	00:25:31
92	WHITE, Nicki	00:25:34
102	WOOTON, Michael	00:26:21
104	MCDONALD, Marie	00:26:27
105	HOBBY, Sarah	00:26:27
128	MCINTOSH, Sandie	00:27:42
129	DINWOODIE, Jules	00:27:53
143	ABRAMS, Sandra	00:28:41
145	ROBINSON, Sue	00:28:51
146	SPENCER, Robert	00:29:16
147	MARTIN, Sarah	00:29:17
174	MCDONALD, Callum	00:32:47

The Absolute Running Gosport 1k Dash

4	PLOMER, Max	00:03:32
9	HAYNES, Charlotte	00:03:49
22	SEWELL, Finley	00:04:31
26	HUTTON-DUNTON, Thomas	00:04:40

TIME TRIAL RESULTS SEPTEMBER

Good conditions greeted the runners for September's time trial with 29 runners and 9 improvements in the month which were PBs or SBs.

The top 3 improvers for the month were John Simister -2.04 in 3rd, 2nd was Anne Trotman -4.13 and congratulations to the biggest improver April Howlett with -4.28.

There was only one change at the top of handicap leaderboards with John Simister now topping 31.01 to 35.00 group. So with the last time trial next month the titles are still up for grabs for biggest improvers. See below for the leaders:-

Under 25 – no one!!
25.01 – 28.00 Stuart Hiscock -0.43
28.01 – 31.00 Tom McClements -4.56
31.01 – 35.00 John Simister -2.28
35+ Bizz Cossens -11.52

Thank you to our timekeepers Kevin Ashman, Penny Forse and Sweeper Julie Ashman.

The last time trial will be on 15th October, please note the start time will CHANGE to 6.30pm as its getting dark out there!
Also can you please wear bright reflective clothing due to it getting darker.

Name	Best 2014	April	May	June	July	August	September	Sept Diff	Difference
									1st - Best
		43	36	36	23	27	29	9	33
Adrian Piddington	23.23				25.09	24.54			
Andy Simpson	22.00	28.27		22.29		22.43	22.34		
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	24.05		
Lewis Banner	22.06	22.45							
Lewis Chalk	22.06*	22.29			23.35				
Mark McDonald	24.59			25.21		25.03	25.04		
Mike White	24.01	24.49							
Rob Greenwood	23.01						24.11		
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
Jon Plomer	25.19	27.59		25.09			**24.40**	-0.29	-0.39
Steve Williams		26.30		**25.55**					-0.35
James Lee	25.18	26.36	25.47	25.01	25.01	**24.56**	27.34		-0.22
Peter Kay		27.10		27.37			**26.56**	-0.14	-0.14
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						
James Lewington	26.54						38.47		
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			27.32		
Nikki Roebuck	26.46		27.39	28.04					
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
Andy Donn			28.40	28.46			**28.23**	-0.17	-0.17
Peter Simpson	28.37	**28.22**							-0.15
Nigel Whitcher	29.22	33.33		**29.19**		29.59	29.34		-0.03
Alan White	29.10		29.15						
David Abrams	29.19		29.51						
Frances Lord						**30.13**	30.48		
George Howarth	29.52					33.16	32.05		
Hilary Misselbrook	29.17				31.49				
Kerry Dodsworth						**29.47**			
Marie MacDonald	30.06						0.00		
Phil Hobby	28.46			30.20		40.25			
Sam Leahy		**30.27**							
Tim Matthews	29.46	30.07							
Tina Chantrey	28.29	28.37							
John Simister	33.21			32.57			**30.53**	-2.04	-2.28
Dawn Haynes-Sewell	33.13	33.26		33.07		**31.19**			-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
Mike Wotton	34.48	33.54			35.28		**33.52**	-0.02	-0.56
Keith Whittaker	31.43		31.38		32.00	30.54	**30.52**	-0.02	-0.51
Eunice Hoare	34.03		**33.45**				35.35		-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		41.37		
Melissa Hutton-Dunton		**32.23**							
Mike Donovan	31.44			32.20			34.13		
Russell Mead	31.03	31.52							
Sarah Hobby	34.34			37.35					
Bizz Cozens	42.57	36.32		34.24		31.25	**31.05**	-0.20	-11.52
Susie MacGregor			35.45			**25.41**	25.47		-10.04
April Howlett						40.23	**35.55**	-4.28	-4.28
Anne Trotman		36.27					**32.14**	-4.13	-4.13
Kathy Chamberlain					37.07	**33.57**			-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		41.37		-0.12
Caroline Chapman	36.25								
David MacSwayne	36.44								
Jennie Lee		**40.31**							
Karen Salmon		**36.27**							
Kevin Ashman			**36.44**	37.17	38.21		39.58		
Samantha Gallagher						**39.59**			
Sandie McIntosh	35.32		35.51		39.15	38.15	38.45		
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	39.25		
Tracey Terry							**34.55**		
Guests									
Laura Chalk					**30.36**				
Mick Thompson			**24.59**						

PENNY'S MONDAY NIGHT TRAINING 6:30PM WHITELEY

Sessions complement the Tuesday sessions i.e. when Mondays are hills, Tuesdays are flat and vice versa

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

No one ever gets lost or left behind!

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

Hills are for about 25 minutes after the warm up.

Monday 5th October	3 - 5 x 1 mile loops (2.5 minutes rest) (Recovery will be 2 minutes next time)
Monday 12th October	Pyramids of short hill sprints (on zigzag path)
Monday 19th October	6 x 1km out & back (2 mins rest between kms). 1km is from where we start mile reps & go to 2nd roundabout.
Monday 26th October	7 - 10 x Long hill (jog back to cul-de-sac) Sprint to notice board (jog back down)

KEEP SAFE WHILE RUNNING!

Penny Forse

Hopefully no misfortune will ever befall you – but just in case, don't forget to always wear a bumbag / running belt even if you are not running on your own. It should contain : -

ID –with your name & address; name & phone number(s) of next of kin; details of allergies or medical problems.

Cash – a £5 note, £1 coin or credit card
Lipbalm - can use on blisters if necessary

Phone to call for help if on own, or get help for running buddy

Also : -
Wear a fluorescent top / bib or flashing lights on dark evenings – be seen!

If you are doing a recce for a relay, carry a map, either on your phone or a plasticised photocopy

If its hot carry a drink (drink belts are readily available) and sunscreen as you may sweat your sunscreen off

Southsea	5 September
Thomas MACSWAYNE	0:16:40
Karen BARNICOAT	0:23:41
Alison MACSWAYNE	0:27:52
David MACSWAYNE	0:28:46
York	**5 September**
David Matthew CASTLE	0:18:06
Eastleigh	**5 September**
Haydn BROWN	0:22:05
Keith WHITAKER	0:25:38
Robert HINKLEY	0:31:05
Dulwich	**5 September**
Martyn POORE	0:23:30
Netley Abbey	**5 September**
Michael GREGORY	0:17:56
Daniel FOSTER	0:18:12
Andrew William THOMAS	0:19:37
Toby GREENFIELD	0:19:57
Andrew STOCKWELL	0:20:14
Marcus LEE	0:20:45
Del GRANGER	0:22:16
Charlotte LORD	0:23:28
Frances Louise LORD	0:23:43
Mandy BURTON	0:24:48
Jamie STOCKWELL	0:25:05
Bethan Jane DAVIS	0:28:20
Andrew SMITH	0:36:33
Wendy HOLLOWAY	0:36:35
Kingscliff	**5 September**
Terry John FRENCH	0:29:51
Fell Foot	**5 September**
Rachel LEACH	0:27:28
Queen Elizabeth	**5 September**
Jon LEIGH	0:21:29
Donna MITCHELL	0:22:51
Sandra CLARK	0:34:30
James LEWINGTON	0:42:52

Lee-on-the-Solent	5 September
James LEE	0:18:26
Jon PLOMER	0:19:21
Adrian PIDDINGTON	0:19:29
Graham MARTIN	0:20:04
Jordan MCRITCHIE	0:20:29
Michael WELLAND	0:20:52
Andy DONN	0:21:06
Andy LEE	0:21:48
Sam LEAHY	0:22:03
Matthew EVANS	0:22:36
Simon HEARNDEN	0:22:41
Paul HAMMOND	0:23:22
Anna WILBY-LOPEZ	0:23:53
Richard BURNS	0:24:59
Richard BATTEN	0:25:47
Derrick MORGAN	0:26:17
Alison HESSELBERTH	0:26:30
Martyn BANNER	0:27:13
Robert SPENCER	0:29:52
Michelle SIMPSON	0:31:11
Sandie MCINTOSH	0:32:14
Jenny HEARNDEN	0:35:19
Sarah BODDY	0:35:27
Sue ROBINSON	0:35:28
Southsea	**12 September**
James SAWYER	0:18:10
Havant	**12 September**
James LEE	0:19:53
Richard BAILEY	0:21:24
Alison MACSWAYNE	0:29:43
David MACSWAYNE	0:31:42
Fulham	**12 September**
Mark MCDONALD	0:19:51
Marie MCDONALD	0:23:58
Maidenhead	**12 September**
Rachel LEACH	0:27:25
Chris LEACH	0:27:27
Eastleigh	**12 September**
Daniel FOSTER	0:20:41
Melissa COSENS	0:25:32
Keith WHITAKER	0:25:40
Haydn BROWN	0:34:48

Poole	12 September
David LANGRISH	0:21:21
Winchester	**12 September**
Gordon WESTLEY	0:23:22
Netley Abbey	**12 September**
Michael GREGORY	0:17:41
Andrew William THOMAS	0:19:22
Marcus LEE	0:20:59
Mike BELL	0:22:04
Nikki ROEBUCK	0:22:59
Charlotte LORD	0:23:22
Penny FORSE	0:23:27
Frances Louise LORD	0:23:40
Robert HINKLEY	0:23:54
Martyn POORE	0:24:22
Chris STAPLEFORD	0:25:15
Russell MEAD	0:26:14
Jules DINWOODIE	0:28:11
Andrew SMITH	0:38:29
Wendy HOLLOWAY	0:38:34
James LEWINGTON	0:40:18
Southampton	**12 September**
Robert SPENCER	0:29:19
Cardiff	**19 September**
Thomas MACSWAYNE	0:16:06
Southampton	**19 September**
Stephen WILLIAMS	0:19:45
Southsea	**19 September**
Thomas MCCLEMENTS	0:18:39
Daisy HALL	0:20:10
Eastleigh	**19 September**
Robert HINKLEY	0:26:40
Haydn BROWN	0:34:38
Cranleigh	**19 September**
Keith WHITAKER	0:26:32
Darley	**19 September**
Phil HOBBY	0:22:24
Sarah HOBBY	0:31:43

Lee-on-the-Solent	12 September
Andrew STOCKWELL	0:19:30
Toby GREENFIELD	0:19:47
Simon HEARNDEN	0:19:54
Peter KAY	0:20:37
Richard BATTEN	0:20:45
Calum MCDONALD	0:21:28
Philip MARTIN	0:21:41
Melissa HUTTON-DUNTON	0:22:04
Richard EDMUNDS	0:22:14
David ABRAMS	0:23:10
Simon ELLIS	0:23:36
John SIMISTER	0:23:51
Alan Paul WHITE	0:23:56
Richard BURNS	0:24:01
Derrick MORGAN	0:24:41
Julie ASHMAN	0:27:12
Sarah BARRON	0:28:24
Sandra ABRAMS	0:28:46
Sarah MARTIN	0:29:46
Kevin John ASHMAN	0:30:25
Clara FORDINA	0:30:45
Sue SIMISTER	0:31:56
Sarah BODDY	0:34:37
Sue ROBINSON	0:34:38
Linda KOPINSKA	0:39:37
Netley Abbey	**19 September**
Jack WEBB	0:18:21
Neil RICHARDSON	0:22:10
Charlotte LORD	0:23:07
Nigel WHITCHER	0:23:32
Martyn POORE	0:24:22
Chris STAPLEFORD	0:25:15
Russell MEAD	0:25:48
Nikki ROEBUCK	0:26:41
Bethan Jane DAVIS	0:27:11
Stuart MCNAMARA	0:27:42
Sandra HOOK	0:27:47
Jules DINWOODIE	0:28:11
David MACSWAYNE	0:30:02
Alison MACSWAYNE	0:31:34
Rachel RICHARDSON	0:40:51

Winchester	19 September
Rachel LEACH	0:27:48
Chris LEACH	0:27:50
Toowoomba	**19 September**
Terry John FRENCH	0:32:43
Queen Elizabeth	**19 September**
David LANGRISH	0:21:15
San CLARK	0:38:31
James LEWINGTON	0:38:33
Braunstone	**26 September**
Charlotte LORD	0:23:43
Frances Louise LORD	0:23:47
Winchester	**26 September**
Gordon WESTLEY	0:23:23
Lee-on-the-Solent	**19 September**
Mark MCDONALD	0:19:05
Richard BATTEN	0:19:08
Jordan MCRITCHIE	0:20:30
Simon HEARNDEN	0:20:31
Tom CALLAWAY	0:21:11
Melissa HUTTON-DUNTON	0:21:46
Victoria Kate JOEL	0:22:22
Hilary GULLIVER	0:22:48
Zac CONATY	0:23:20
Paul SOUTHON	0:23:52
Mandy BURTON	0:24:23
Richard BURNS	0:24:51
Gaynor HEFFER	0:25:08
John BLAKE	0:25:22
Simon Robert GIBBON	0:26:15
Shelley THOMAS	0:27:17
Josie ROE	0:28:14
Tina Louise CHANTREY	0:30:06
Clara FORDINA	0:32:35
Liz WEIGHELL	0:32:39
Tommy BLAKE	0:33:26
Linda KOPINSKA	0:33:39
Marie MCDONALD	0:46:45
Eastleigh	**26 September**
Keith WHITAKER	0:32:48
Haydn BROWN	0:33:37
Cardiff	**26 September**
Thomas MACSWAYNE	0:15:56

Netley Abbey	26 September
Jack WEBB	0:18:38
Toby GREENFIELD	0:19:29
Peter KAY	0:20:51
Liam John Charles DREDGE	0:22:10
Chris STAPLEFORD	0:24:40
Bethan Jane DAVIS	0:25:27
Sandra HOOK	0:27:22
Alison MACSWAYNE	0:33:19
David MACSWAYNE	0:33:20
Southsea	**26 September**
Susie MACGREGOR	0:19:34
Robert SPENCER	0:29:18
Kingscliff	**26 September**
Terry John FRENCH	0:30:51
Maribyrnong	**26 September**
Rachel LEACH	0:27:13
Lee-on-the-Solent	**26 September**
Lewis BANNER	0:17:08
James SAWYER	0:17:24
Rob GREENWOOD	0:18:47
James LEE	0:20:28
Tom CALLAWAY	0:21:05
Will FELINE	0:21:09
John BLAKE	0:21:32
Michael WELLAND	0:21:36
Sam LEAHY	0:21:56
Kerryanne SAWYER	0:23:33
Mandy BURTON	0:23:38
Jon PLOMER	0:23:56
Andrew STOCKWELL	0:23:58
Derrick MORGAN	0:24:07
Richard BURNS	0:24:12
Paul HAMMOND	0:24:38
Graham MARTIN	0:27:19
Gaynor HEFFER	0:27:57
Sarah BARRON	0:27:57
Sandie MCINTOSH	0:30:17
Kaarina MAY	0:30:51
Sue ROBINSON	0:31:25
Rowena DODDS	0:31:26
Linda KOPINSKA	0:33:20
Jenny HEARNDEN	0:35:45
Donna BURGESS	0:40:15

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	869
Donna	Mitchell	503
Sarah	Hobby	461
Marie	Mcdonald	409
Agnieszka	Plombon	347
Sharon	Simpson	304
Dawn	Haynes-Sewell	285
Sarah	Martin	276
Sue	Robinson	269
Nikki	Roebuck	262
Lucy	May	259
Sarah	Barron	258
Daisy	hall	231
Julie	Dinwoodie	226
Rebecca	Lord	212
Bethan	Davis	199
Sandie	McIntosh	191
Sandra	Hook	187
Laura	Wainwright	186
Susie	MacGregor	176
Melissa	Cosens	170
Lisa	Donn	167
Gill	Rose	167
Melissa	Hutton-Dunton	164
Rachel	Leach	164
Sandra	Clark	162
Ann	Blake	156
Jane	Adlard	145
Alison	MacSwayne	140
Karen	Barnicoat	137
Penny	Forse	134
Victoria	Joel	129
Brigid	Hone	128

Lucy	Taylor	126
Pamela	Kemp	123
Alethea	Adair-Stantiall	121
Kelly	Bennetts	121
Frances	Lord	118
Lucy	Window	114
Hilary	Gulliver	111
Shelley	Thomas	109
Wendy	Holloway	107
Sally	McGrath	107
Tracie	Jarvis	95
Nikkie	Plomer	94
Michelle	Simpson	94
Vicky	Shaw	93
Jennie	Lee	88
Georgina	Gair	87
Sue	Simister	86
Karen	Salmon	85
Kerry	Dodsworth	82
Eunice	Hoare	82
Kaarina	May	82
Sophie	Davison	81
Anne	Trotman	81
Gaynor	Heffer	78
Nicki	White	77
Tina	Chantrey	73
Sadie Lee	Bedford	65
Elizabeth	Weighell	63
Mandy	Burton	60
Anna	Wilby-Lopez	57
Sharon	Clarke	56
Julie	Bowden	55
Yvonne	Fisher	54

Rachael	Openshaw	54
Jasmine	Smith	50
Hollie	Smith	50
Julia	Webb	49
Sarah	Gardiner	47
Rowena	Dodds	46
Caroline	Street	46
Caroline	Chapman	45
Lizzie	Mitchell	42
Julie	Ryman	41
Liz	Hall	40
Elizabeth	Miles	40
Eleanor	Crane	39
Claire	Shergill	38
Dawn	Griffiths	35
Claire	Jones	35
Sandra	Abrams	33
Alex	Leighton-Goodall	33
Wendy	Hall	32
Helen	Nicholls	31
Julia	Park	28
Claire	Fairbrother	26
Petra	Wagenblast	26
Katherine	Briggs	25
Katie	Stean	24
Kerry	Sawyer	23
Danielle	Kemp	20
Kerry	Bailey	18
Slywia	Ward	18
Jane	Butler	16
Becky	Hodgkinson	16
Kathy	McKain	16
Josie	Roe	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
Letitia	Toal	12
Julie	Woodman	12
Kathy	Chamberline	11
Alison	Hesselberth	11
Clara	Fordina	9
Jacqui	O'Rourke	9
Sally	Watford	9
Rachael	Hay	8
Jennifer	Birks	6
Gemma	Fleming	6
Debbie	Lowe	6
Karen	Nichols	6
Nicola	Peskett	6
Julie	Salt	6
Nicola	White	6
Amy	Rampton	5
Samantha	Gallagher	4
April	Howlett	4
Sue	Flewitt	3
April	Hassett	3
Jenny	Hearnden	3
Grace	Park	3
Sonia	Robins	3
Holly	Stockwell	3

Mark	McDonald	488
Daniel	Foster	449
Lewis	Chalk	384
Phil	Hobby	378
Jon	Leigh	337
Euan	McGrath	322
Andrew	Simpson	321
Andy	Lee	307
Mike	White	301
Robert	Spencer	299
Russell	Mead	276
Peter	Simpson	274
Nigel	Whitcher	268
Thomas	McClements	249
Marcus	Lee	239
James	Lee	234
Sev	Roberts	233
Keith	Whitaker	231
David	Langrish	229
Philip	Martin	225
Alan	White	214
Neil	Stantiall	208
William	Feline	207
Nick	Crane	200
Joseph	Peat	200
Mike	Bell	198
George	Howarth	193
Chris	Hall	189
Jack	Webb	183
Haydn	Brown	181
James	Sawyer	174
John	Cox	170
John	Simister	169
Daniel	O'Boyle	164
Chris	Leach	163
David	MacSwayne	160
Andrew	Smith	160
Jonathan	Plomer	157
Ian	Race	156
Peter	Kay	153
John	Blake	152
Richard	Snell	152

Allan	Stinson	147
Boe	Harper	145
Andrew	Stockwell	140
Tim	Crumpton	139
Liam	Dredge	137
Stuart	Hiscock	130
Graham	Bell	126
Howard	Clark	123
Graham	James	118
Kevin	Ashman	117
Mike	Harper	115
James	Lewington	112
Callum	McDonald	110
Stephen	Williams	110
Dan	Hughes	106
Chris	Stapleford	106
Rob	Arkell	105
Nick	Kimber	96
Gordon	Westley	95
Paul	Smith	94
Andrew	Thomas	94
Timothy	Matthews	88
Paul	Southon	84
Christopher	Brobin	82
Graham	Martin	81
Michael	Wootton	79
Mark	Porter	77
Neil	Richardson	77
Philip	Whitehouse	77
Lewis	Banner	76
Chris	Davidson	73
Mike	Gregory	73
Rob	Greenwood	72
Wesley	Jones	72
Simon	Hearnden	70
Daragh	Hendley	70
Paul	Coverdale	68
John	Vose	65
Jack	Harris	64
Simon	Vingoe	64
Terry	French	63
Mike	Donovan	61

Robert	Nicholls	60
Richard	Bailey	58
Stuart	Mcnamara	58
Kevin	Scullion	57
Murray	Watson	57
Tom	Callaway	55
David	Castle	53
Martyn	Banner	51
Simon	Ellis	51
Adrian	Piddington	50
Andy	Richardson	50
Duncan	Borthwick	47
Andrew	Miles	44
Glen	Street	43
Mark	Eaton	41
Toby	Greenfield	41
Jamie	Stockwell	41
Martin	Neal	39
Martyn	Poore	39
Andy	Donn	38
George	Rennie	38
David	Abrams	37
Thomas	MacSwayne	36
Tom	Mellor	36
Richard	Cassell	35
Harry	Martin	35
Paul	Hammond	34
Richard	Batten	32
Tommy	Cave	32
Russ	Coleman	32
Kevin	Toal	32
Josh	Crowther	31
Tommy	Blake	29
John	Fairhurst	29
Gary	Littlecott	28
Steven	Ellis	27
Philip	May	27
Ryan	Thomas	27
Samuel	Bell	26
Michael	Welland	24
Richard	Roche	21
Chris	Roebuck	20
Matthew	Gould	19

Gavin	Rennie	19
Ian	Coady	18
Peter	Lewis	18
Tim	Sullivan	16
Lee	Johnson	15
Jordan	Mcritchie	15
Stephen	Wallbridge	15
Mike	Coughlan	13
Simon	Mcmorran	13
Paul	Woolford	13
Rich	Chowns	12
Zac	Conaty	12
Ray	Gunner	12
Cameron	Haynes-Sewell	11
Jason	Brandon	10
Sam	Leahy	10
Alex	Rhodes	10
James	Barron	9
Tom	Cleary	8
John	Randall	8
Peter	Rawlins	8
Adam	Joel	7
Thomas	Whitcher	7
Richard	Edmunds	6
Martin	Griffin	6
Samuel	Masson	6
Richard	O'Routke	6
Stephen	Peach	6
Steven	Whitaker	6
Matt	Evens	5
Alex	Johnson	5
Shane	Lawrence	5
Benjamin	Leach	5
Chris	Hall	4
Finlay	Haynes-Sewell	4
Richard	Burns	3
Dan	Jones	3
Dudley	Malster	3
Derrick	Morgan	3
David	Pheby	3
Harry	Roebuck	3
Ben	Smith	3
Tomas	Stinson	3

HAMPSHIRE ROAD RACE LEAGUE

SOLENT HALF MARATHON

3	Daniel	O'Boyle	01:14:38
4	Michael	Gregory	01:15:11
9	Andy	Simpson	01:17:19
29	mike	white	01:23:59
31	Daniel	Foster	01:24:15
113	andrew	stockwell	01:35:53
115	Ray	Gunner	01:36:07
143	Philip	Martin	01:39:02
171	Melissa	Hutton-Dunton	01:44:14
182	Hilary	Gulliver	01:45:17
183	Peter	Simpson	01:45:30
196	Lucy	May	01:47:57
199	Simon	Vingoe	01:47:57
202	Kerryanne	Sawyer	01:48:25
205	Simon	Ellis	01:49:16
214	PHIL	HOBBY	01:50:47
264	Julie	Ashman	01:59:03
314	Sue	Robinson	02:16:29
316	Sarah	Barron	02:17:00
317	Karen	Barnicoat	02:17:27
318	Melissa	Cosens	02:17:27
332	Ann	Blake	02:22:38
335	Sandie	McIntosh	02:23:54
336	Sarah	Hobby	02:23:56
343	Amanda	Knight	02:33:27

OVERTON 5 MILE

101	Susie MacGregor	00:32:31
176	Lucy May	00:34:55
252	Hilary Gulliver	00:38:02
316	Melissa Cosens	00:40:52
318	Marie McDonald	00:40:59
439	Sarah Hobby	00:47:29
445	Julie Ashman	00:48:33
448	Lucy Taylor	00:49:11
451	Sarah Barron	00:49:33
453	Sandie McIntosh	00:50:04
456	Sue Robinson	00:50:23

7	Michael Gregory	00:27:26
21	Andy Simpson	00:28:43
22	James Sawyer	00:28:53
33	Sev Roberts	00:29:34
49	Mike White	00:30:25
61	Joseph Peat	00:30:57
81	Jack Webb	00:31:47
88	Mark McDonald	00:32:10
93	Andrew Stockwell	00:32:17
141	Peter Kay	00:33:54
157	Ray Gunner	00:34:26
194	Phil Hobby	00:35:38
216	Stephen Williams	00:36:36
257	Peter Simpson	00:38:16
270	Calum McDonald	00:38:45
288	James Lewington	00:39:33
304	John Simister	00:40:21
323	James Barron	00:41:15
430	Allan Stinson	00:46:25

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

We are now 2 races into the new HRRL season 2015/16, and we are off to a great start.

Overton 5

We had 30 Runners completing the race,

That's 19 Men (4 teams) and 11 Ladies (3 teams) completed

A huge well done to Katie Simister, who was 1st Junior Girl in the Overton 2.5 Mile Fun Run

Position	Time	Number	Name	Club	Category
1	16:10	831	Lewis Avenell		Junior Boys
2	18:39	755	Harvey Payne		Junior Boys
3	18:57	796	Katie Simister	City of Portsmouth AC	Junior Girls
4	19:33	824	Joseph Baron	Overton Harriers & AC	Junior Boys

Solent Half

Well done to everyone at Solent Half, it turned out to be quite a warm one. Overall 25 SGR ran, 12 Men (3 teams) completed and they won 1st men's team. (Daniel O'Boyle 3rd & Michael Gregory 4th. Andy Simpson M40 2nd and Mike White MV55 1st)

The ladies did really well with 13 Ladies (4 teams) completing the run and PBs from Bizz, Kerry and I believe Sue too.

A few details about the up and coming races in November

Lordshill 10 Mile Road Race

Sunday 1st November 2015 at 10.00am

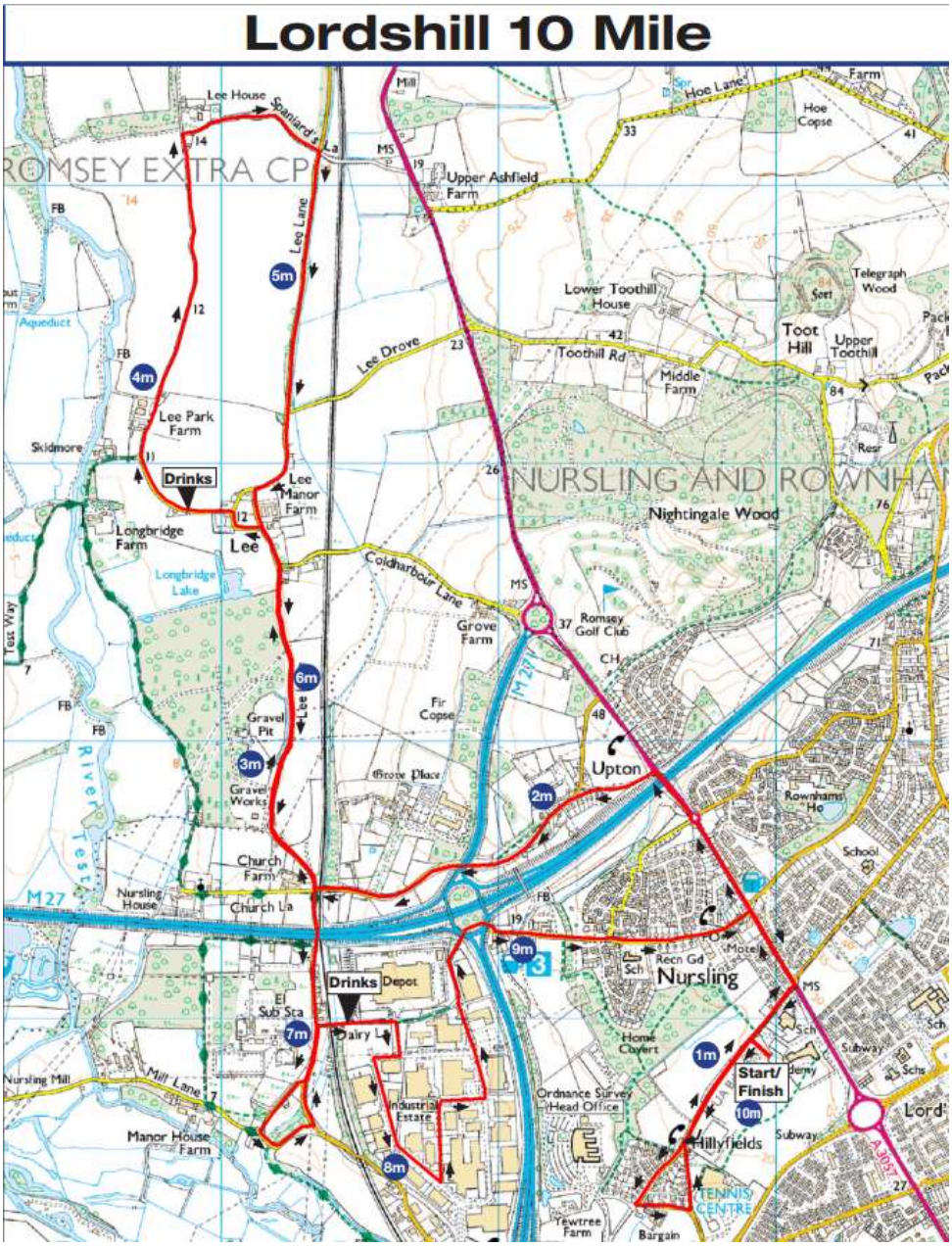
As of 25th September there has been 250 entries. This is more than last year and last year's race sold out a couple of weeks before race day. Enter NOW to secure your place! In 2014 it was fully subscribed so there were no entries on the day.

As of 1st October 12 Stubbies have entered

It's the same course as in previous years. There is plenty of car parking available at Ordnance Survey at Adanac Park **SO16 0AS,** which is a short walk from the Race HQ situated at Oasis Academy (adjacent to the start/finish of the race).

As before a high quality technical running T-shirt with a unique design as a great memento for this year's race will be provided to each of the finishers.

The race is chip timed, so you will get an accurate time for the course.



Gosport Half Marathon

Sunday 15th November 2015 at 10.00am

The venue is Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire **PO12 2QP**.

The race is chip timed.

All finishers (adults and children) will receive a medal and Goodie Bag.

Closing date for entries is up to and including 7th November (or earlier if the race limit of 2000 is reached). Last year the entry list was closed by the end of October.

The new Full-on-Sport website allows a participant who has entered the Gosport Half Marathon to re-allocate their place to another runner. There will be a cut-off for this facility as Race-Day approaches.

Both running numbers AND chips will be collected on race day.

Full race information will be sent by e-mail about a week before race day and **not** by post, race information will also be posted on their website. Additionally Gosport Runners will have a chip and number collection point for local runners on the Saturday before the race

Course changes

Gosport Runners have made some further small changes to last year's course. They have taken out the stretch through the housing estate at the far end of the course and moved the turn-around point further on towards the Start. This has been done to remove some pinch-points and improve the general flow.

There is also planning for a dedicated spectator area on the Course with refreshments and a toilet facility.

The outward leg is mainly run on cycle-paths and pavement, the return leg goes along the Esplanade. The Course is flat save for a short ramp along the Esplanade and a slight incline at Salterns Rd.

At the far end of the Seafront it may be necessary to join the carriageway for a short distance. Care should be taken whilst joining the carriageway.

Course Map is currently being updated to reflect the changes.

The dates for the remaining races are as follows:-

Club	Distance	Date	Start Time
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	07/02/2016	11am
Salisbury	10 mile	13/03/2016	10.30am
Eastleigh	10k	20/03/2016	10.30am
Alton	10 mile	08/05/2016	10.30am
Netley	10k	15/05/2016	10.30am
D-Day	10k	05/06/2016	10am

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