The

GreenRunner

NOVEMBER 2015

FROM THE CHAIR

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and various other elements these races bring.

Saturdays see the Hants, Southerns and National races so look out for adverts for these from Laura Wainwright and Will Feline. Sundays see the CC6 and Southern cross country series – Chris Hall is our contact for the former and Donna Mitchell for the latter.

More great performances this month in all the various different races from parkruns to 100 milers but the highlight has to be Rob Arkle's sub 10 hour ironman in the **World Championships** in Kona Hawaii. Rob came in 211th out of 2037 competitors in a field that contained the strongest ironman triathletes in the world.

Yet again we had a strong turnout at the Great South Run with 67 representatives from the club and yet again we came 2nd in the Great Club challenge at the race – congratulations to our top 7 men and 7 ladies who contributed to this. We also seem to have the greatest support team at the race so thanks to everybody who ran or supported the green army.

We had two more well supported social events in October with the 6.5 special and the Skittles evening at the Crofton – thanks to the social committee for their continued work on these events. The awards evening is only about 4 weeks away so please go to the website to book your place for this enjoyable, fun filled evening where we can all celebrate the achievements of this great club.

Please can I remind everybody we continue to look for helpers/marshals for our 10k – just let Mark McDonald know please if you can help.

Finally I would like on behalf of all of us to wish a speedy recovery to Kathy McKain who broke her foot and ankle in 4 places in a race this month – get well soon Kathy!

Happy Running

Kevin Ashman
Chairman

Social Events Update

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.
Full details and booking are available on the Socials page of the SGRC website.

Christmas Handicap – Sunday 13th December
Full details and route nearer the time.

CAPTAINS CORNER

Wow October has flown by with people competing in cross-countries, road races, marathons and ultra runs.

We had a great turnout at the Great South run where conditions were perfect for fast times and this was proven by lots of Stubbies getting PBs from 2 seconds to over 7 minutes. We finished 2nd place team in the Great South so congratulations to everyone who ran. The support on the course was great so thank you guys for supporting and cheering so loudly for our runners.

Sticking with road races, this weekend just gone saw the third race in the HRRL at Lordshill. A superfast course which saw people even beating their PBs from last week's Great South. We had 20 men running and 9 ladies, so well done to everyone. The results are unofficial and only my calculations but I calculated that the Men's A team finished 3rd losing out to Lordshill by 1 point for 2nd, well done Mike Gregory, Pere Capdevila, Hugh Appleton and James Sawyer. Ladies A were 7th and the team consisted of Melissa Hutton-Dunton, Lucy May and Kerry Sawyer. Individually, we saw the Mikes stealing the show with Mike Gregory finish 1st M30-34, Mike White 1st M55-59 and Michael Welland 1st 70+, well done guys at being first in your age categories.

The next two HRRL are Gosport Half on 15th November and 6th December Victory 5 both courses are fast, so enter quickly to avoid disappointment and finish the year with a PB.

Autumn marathons saw Stubbies competing in Abingdon and Snowdonia. Congratulations to two people, one for just starting out in marathons and running her first one at Snowdonia. By all counts the weather was miserable and running conditions in the rain, made the descents treacherous. So well done to Nikki Roebuck completing the very undulating course in 3.43.01. The marathon queen this year who at the latest count has now done 21 marathons this year and gets a PB towards the end of the season at Abingdon, so well done Julie Ashman 4.07.25.

There has been 3 XC races in October so well done to the guys who did the Hants XC where it was great to see new faces competing like Sadie Bedford, Lottie Lord and Kerry Sawyer. We finished with Ladies 8th and Vets 3rd. Men finished 2nd and Vets 5th, full report from Will and Laura. The next Hants XC is Saturday 7th November at Popham Airfield, Basingstoke.

Southerns XC at Pamber Forest clashed with the marshalling of our own CC6 so thank you to the 18 people who marshalled at Fleming Park. In the Southerns we were 7th overall on the day with the ladies 10th and men 7th. The next two races for the Southerns are 8th November at QE Country Park and 13th December at Bourne Woods at 11am. The CC6, sees the next race is at Diben Inclosure, Diben Purlieu on 22nd November at 9.30am. CC6 will also be the bonus point's race for November.

Two mad people decided to run 100 mile off-road ultra in October called the Autumn 100 one of the prestigious ultras on the running calendar. Well done Euan McGrath for smashing 100 miles and doing his first sub 20 in 19:31:25. Donna Mitchell despite in her words 'hobbling round' and overcoming the nasty ankle injury she had a few weeks before, did amazing, finishing in 25.29.43.

The time trials series finished in October, so congratulations to the winners for being the biggest improvers in their categories Daniel Foster, Tom McClements, John Simister and Bizz Cozens. Amazingly Bizz knocked 11 minutes and 52 seconds off last years' time was the biggest improver overall.

The inaugural Bayside Duathlon took place on Sunday with lots of Stubbies taking part and doing the super sprint (2.5km run, 10km bike and 2.5km run) or Sprint Duathlon (5km run, 20km bike and 5km run), well done everyone. Victoria Joel showed the men how to race by finishing 2nd overall and 1st lady in the super sprint in 40.56. At the sprint duathlon Boe Harper was 2nd overall in 1.11.13 with Joshua Crowther 7th overall. For the ladies, we saw Helen Nicholls 1st lady in 1.18.42.

Finally the social committee put on two great events in October with 6.05 night time special and the Skittles night, thank you social team. This brings me to the my last words where I would like to mention the awards night on Saturday 28th November at David Lloyds, Port Solent. This is always a good evening to celebrate and catch up with everyone. So for good food, company and lots of dodgy dancing book your tickets now before the cut off.

Have a fabulous month running whatever you're doing.

CENTURION 100 MILE

27	**Euan McGrath**	**19:31:25**
121	**Donna Mitchell**	**25:29:43**

Palma de Mallorca Marathon

376 DAVE LANGRISH 04:05:23

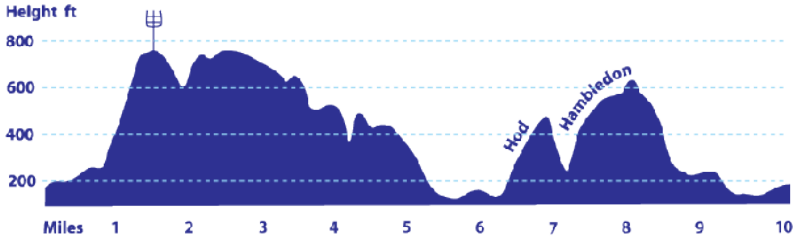
Plusnet Yorkshire Marathon

1580 DAVE LANGRISH 04:03:41

6.05 SPECIAL

6 miles:
40.40 Mike White
40.45 Josh Crowther
41.13 Stuart Hiscock
41.27 Ian Race
42.11 Chris Hall
42.22 Jon Leigh
42.39 Steve Willian's
43.01 Daisy Hall
43.01 Chris Hall
46.13 Peter Kay
48.05 James Lewington
48.10 Mark McDonald (who started over 7 mins late so approx 41.40?)
49.57 Francis Lord
50.02 John Cox
50.06 Mike Bell
50.06 Alan White
50.28 Chris Stapleford
54.56 Nicki White
56.04 Ryan Simpson
57.05 Tracy Terry
57.05 Josie Roe
57.05 Kathy Chamberlain
58.29 Russ Mead
63.10 Kelly Bennetts
63.10 Sharon Simpson
4 miles:
45.10 Kat May
45.11 April Howlet

THE STICKLER 10.1 MILES



1	AGGLETON, Hugh	01:07:30
20	WHITE, Mike	01:14:36
36	HALL, Chris	01:17:37
39	FELINE, William	01:18:29
43	RACE, Ian	01:18:52
53	SHAW, Vicky	01:20:36
79	STOCKWELL, Andrew	01:23:28
81	LEE, James	01:23:59
97	HALL, Daisy	01:25:30
98	STANTIALL, Neil	01:25:38
116	CRANE, Nick	01:27:00
126	LEE, Andy	01:28:03
153	LEE, Marcus	01:32:00
167	LANGRISH, David	01:33:08
173	WHITCHER, Nigel	01:33:37
187	BELL, Mike	01:35:04
192	HAMMOND, Paul	01:35:56
293	DONOVAN, Mike	01:47:10

OXFORD HALF MARATHON

419	Jon	Leigh	01:32:11
505	Mark	Mcdonald	01:34:02
1364	Simon	Vingoe	01:44:32
1380	Phil	Hobby	01:44:38
2197	Aga	Plombon	01:52:09
2448	Marie	Mcdonald	01:54:20
2879	Nicki	White	01:57:11
5264	Sarah	Hobby	02:24:37

CHICHESTER HALF MARATHON

224	Hilary	Misselbrook	01:52:39
277	Dawn	Haynes-Sewell	01:56:37

BUDAPEST MARATHON

610	**Mandy Burton**	**04:21:31**

The Abingdon Marathon

184	PEAT, Joseph	03:15:26
261	WHITEHOUSE, Philip	03:25:42
573	ASHMAN, Julie	04:07:25

LORDSHILL 10 MILE

12	Mike Gregory	54.51
14	Pere Capdevila	55.53
15	Hugh Aggleton	56.09
36	James Sawyer	58.54
61	Mike White	01:01:48
88	Jack Webb	01:04:01
106	Russ Coleman	01:05:18
114	Christopher Hall	01:05:41
115	Jon Plomer	01:05:49
121	Andrew Stockwell	01:06:24
147	Michael Welland	01:07:54
152	Peter Kay	01:07:56
157	Joseph Peat	01:08:19
165	Stuart Hiscock	01:08:36
176	Melissa Hutton-Dunton	01:09:29
188	Kevin Scullion	01:10:10
197	Ray Gunner	01:10:38
257	Lucy May	01:14:19
272	Simon Vingoe	01:15:12
275	Kerryanne Sawyer	01:15:21
290	Peter Simpson	01:16:07
306	Hilary Misselbrook	01:17:20
348	John Simister	01:22:13
360	Dawn Haynes-Sewell	01:23:02
388	George Howarth	01:25:30
416	Julie Ashman	01:28:07
446	Sara McRitchie	01:31:37
466	Sarah Barron	01:36:07
495	Sue Robinson	01:42:31

HAMPSHIRE CROSS COUNTRY

The league opener for the Hants Cross-Country League was held at Farley Mount on 10th October. Perfect weather and a great course made for a good day out. A strong turn out for both the ladies and men's Stubbie teams and some equally strong performances. Well done everyone. Star performance this time was from Nikki Roebuck leading the ladies home in style.

The next race is at Popham on the 7th November - hope to see you there.

In the Under 11s race Cameron Haynes-Sewell came an excellent 35th, despite doing a parkrun in the morning!
Will

Ladies were 8th on the day and the vets

41	**Nikki Roebuck**	**27:30**
51	**Laura Wainwright**	**28:05**
54	**Melissa Hutton-Dunton**	**28:21**
77	**Lottie Lord**	**30:22**
78	**Kerry Sawyer**	**30:29**
84	**Frances Lord**	**30:51**
101	**Dawn Haynes-Sewell**	**33:20**
110	**Sadie Bedford**	**34:48**

Men were 2nd in Div 2 and the vets 5th in Div 1.

41	**Andy Simpson**	**36:57**
49	**Mike Gregory**	**37:22**
62	**James Sawyer**	**38:02**
68	**Lewis Banner**	**38:25**
103	**Mike White**	**40:40**
128	**Rob Greenwood**	**41:59**
137	**Andy Stockwell**	**41:16**
163	**Ian Race**	**43:23**
180	**Will Feline**	**44:51**
203	**Graham Jones**	**46:23**
210	**Tom Galloway**	**47:05**
218	**Gordon Westley**	**48:18**

SOUTHERN CROSS COUNTRY LEAGUE

Pamber Heath

12	Boe Harper
44	Howard Clark
50	Simon Hearnden
60	Chris Hall
71	Alex Rhodes
84	Richard Bailey
142	Mike Bell

43	Louise Lockyer
48	Frances Lord
73	Lottie Lord
99	San Clark

NEXT RACE QUEEN ELIZABETH COUNTRY PARK 8TH NOVEMBER

clarendon marathon

MARATHON		
10	Mike White	03:19:22
83	Kevin Scullion	04:04:27
144	Nick Crane	04:26:11
261	Julie Ashman	05:05:05
263	Jane Adlard	05:05:35
320	Pamela Kemp	05:41:49

1	James Sawyer, Rob Greenwood, Andy Simpson, Lewis Banner	Stubbington Spitfires	02:45:37
7	Susie Macgregor, Victoria Joel, Jon Leigh, Marcus Lee	Stubbington Green Striders	03:23:28
28	Ann Blake, John Blake, Sue Simister, John Simister	Green Arrows	04:12:24

HALF MARATHON		
32	Andrew Stockwell	01:42:12
33	Daisy Hall	01:42:22
55	Laura Wainwright	01:49:42
69	Andy Lee	01:51:50
147	Sally Mcgrath	02:04:20
231	James Lewington	02:20:05
291	David Macswayne	02:42:08

IRONMAN WORLD CHAMPIONSHIPS

Rob Arkell

DIV RANK: **45** GEN RANK: **194**
OVERALL RANK: **211**

RACE SUMMARY

Swim	1:11:53
Bike	5:00:28
Run	3:24:31
Overall	9:48:27

10 MILES

22	ANDREW STOCKWELL	01:13:17
38	NICK CRANE	01:17:33
101	MIKE DONOVAN	01:34:04
133	PAM KEMP	01:43:00

SNOWDONIA MARATHON

263	Jon	Leigh	03:37:44
320	Nikki	Roebuck	03:43:01
1378	Julie	Ashman	04:54:02

Hilsea Lido 9.30 every Sunday

5K results

http://www.greatrunlocal.org/about-us

4th October
Robert Spencer 30.36

11th October
Robert Spencer 29.58
Julie Salt 34.02

18th October
Robert Spencer 30.03

Portsmouth RNLI 10k Sunday 4th October 2015

Simon Hearnden	**00:38:53**
Richard Batten	**00:41:18**
Marie McDonald	**01:04:40**
Sarah Hobby	**01:04:40**
Susan Bonnar	**01:07:43**

Southsea Pirates Pieces of Eight

8 MILES

Phil Hobby	01:04:44
Karen Barnicoat	01:04:04
Mark McDonald	01:04:43
Rachel Richardson	01:31:32

Club Mentor Scheme

Gill Rose LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com
E gillrosemassage@gmail.com

Some of you will be aware we have a mentoring scheme in the club but for those of you who are new to the club or unaware of this great resource here is some information.

Anyone who is a member of Stubbington Green Runners can sign up to mentor a fellow club runner or benefit from being mentored by someone.

We have a small bank of mentors who are willing to share their broad and extensive experience, skills and knowledge with anyone who is serious about committing to a new goal, whether that be trying your first triathlon, achieving a PB, improving your swimming, trying a new distance, developing training sessions to fit around your family, improving your fitness or getting into trail running. And those are just a few ideas! Currently we have three club members being mentored.

The mentors are willing to give their time, some via email, FB, phone and meeting up, others by training with you or offering a few joint training sessions. All are very motivated to help you to achieve your goals.

If you have a specific goal you want to achieve and would like a mentor to help you achieve it, of if you would just like to find out more about being mentored, please email me at g.rose68@btinternet.com

Likewise if you are interested in becoming a mentor please contact me on the above email address. We need a variety of experience and knowledge so we can match mentors and mentorees appropriately. There are so many members in the club who have a wealth of running experience that could really help someone achieve their goals and it can be so rewarding to mentor someone in this way. So how about you?

I usually ask mentors and mentorees to complete a short question and answer to find out why you want to be mentored or what you can offer as a mentor so we can get the best possible match.

Gill Rose

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!

Hills are for about 25 minutes after the warm up.

Monday 2nd November	8 x 800m out & back (2 min). 800m is from pedestrian crossing to 1st roundabout.
Monday 9th November	Leafy Lane 1.1km loops
Monday 16th November	10 x 600m out & back (2 min). 600m is from pedestrian crossing clockwise to 1st roundabout.
Monday 23rd November	3 - 4 sets of 30 / 50 / 70 / 50 / 30s hills with jog back down
Monday 30th November	12 x 500m out & back (2 min). 500m is from opposite Leafy Lane to 1st roundabout.

PERFORMANCES OF THE MONTH

Nikki Roebuck for the Snowdonia marathon - her first. Running for charity in memory of her Grandma. Smashed the tough course and raised a ton of cash for a very worthy cause.

NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT r.snell48@btinternet.com

STUDLAND STAMPEDE 12K

104	Andy Lee	01:02:31
299	Karen Salmon	01:17:10
236	Mike Donovan	01:12:31
371	Michelle Simpson	01:24:52

AVIEMORE HALF MARATHON

823	**Jules Dinwoodie**	**02:07:49**

Denmead 10k

15	Jon Plomer	40.26
100	Sally Watford	53.33
123	Eunice Hoare	56.15
170	San Clark	1.14.49
171	Nickie Plomer	1.14.55

TIME TRIAL RESULTS OCTOBER

The stage was set for the last time trial of the year. Would there be any last minute dramas, with the current leaders in the handicap stakes being pipped to the post? Could we see the course records being lowered?

The running conditions were good on the night with 29 runners wearing reflective gear which included coloured flashing lights (Keith Whittaker) running in the dark. There were 8 people running their first time trial of the year.

Congratulations to the 6 people who ran personal or seasonal bests. The top 3 on the night were 3rd Chris Hall (the new/ younger model) knocking 50 seconds off, 2nd Simon Hearnden getting fitter all the time and 1.04 minutes quicker. On the night the biggest improver and someone who has come on this year as a runner was Dan Foster taking 1.52 minutes off his time.

After 7 time trials this year with 105 runners, 223 runs on the course, we had 37 people improve their time trial times this year. Looking at the handicap tables at the end of the season for the biggest improvers we saw some eye-watering improvements!!

Congratulations go to all the runners who have improved their times this year but out of the 37 people there could be only 4 winners with no improvements from the guys in the under 25 table. On the night we saw a fierce battle being fought out in the 25.01 to 28.00 and likewise in 28.01 to 31.00 categories. The 25.01 group saw Dan Foster, Simon Hearnden and Chris Hall fighting it out to be top dog and dethroning Stuart Hiscock who had led from May's time trial. In 28.01 group saw the ever improving Dawn Haynes-Sewell chasing an absent John Simister's time. So congratulations to the winners below, I have a small prize for you two collect off me.

Handicap Bandings	Name	Start	Best	Improvement
Under 25 mins	No winner			
25.01 – 28 mins	Daniel Foster	25.31	23.39	-1.52
28.01 – 31 mins	Tom McClements	29.04	24.08	-4.56
31.01 – 35 mins	John Simister	33.21	30.53	-2.28
35+ mins	Bizz Cozens	42.57	31.05	-11.52

The biggest overall improver across the handicaps was Bizz Cozens who knocked a whopping 11.52 minutes off her time from running 10.45 to 7.46 minute mileing!! A massive done Bizz.

I would like to thank the committee who have been timekeepers, sweepers, along with a few other people who have turned up to help on the night in these roles.
Time now to get some winter training in and we'll see you all next year in April. If anybody has any feedback regarding the time trials then please send to myself through the website link.

Name	**Best 2014**	**April**	**May**	**June**	**July**	**August**	**September**	**October**	**Oct Diff**	**Difference**
		43	36	36	23	27	29	29	6	37
Adrian Piddington	23.23				25.09	24.54				
Andy Simpson	22.00	28.27		22.29		22.43	22.34	24.13		
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 Gregory								**23.49***		
Mike White	24.01	24.49								
Rob Greenwood	23.01						24.11	23.18		
Russ Coleman								**24.40**		
Tom MacSwayne	21.36				23.09					
Daniel Foster	25.31	26.04		26.40				**23.39**	-1.52	-1.52
Simon Hearnden	25.19					27.13		**24.15**	-1.04	-1.04
Chris Hall (New Member)					25.36			**24.46**	-0.50	-0.50
Stuart Hiscock	26.18	25.50	**25.35**					27.40		-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**	27.00		-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	30.36		-0.22
Peter Kay		27.10		27.37			**26.56**	27.52		-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		28.22		
Chris Davidson				**27.34**						
Chris Hall	25.03	25.36	40.17	26.20						
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	27.19		
Nikki Roebuck	26.46		27.39	28.04						
Philip Martin	26.36	29.42	26.36					27.14		
Richard Snell	26.36		27.28							
Tom Callaway	25.37	29.32	27.42							

Tom McClements	29.04	**24.08**		24.20						-4.56
Victoria Joel	29.38			**29.05**				36.29		-0.33
David Langrish			28.50	**28.21**						-0.29
Andy Donn			28.40	28.46			**28.23**			-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	36.24		
Gill Rose	28.18									
Hilary Misselbrook	29.17				31.49					
Keith Carter								**30.56**		
Kerry Dodsworth						**29.47**				
Kerry Sawyer								**29.08**		
Marie MacDonald	30.06						0.00			
Mark Porter	30.01									
Neil Richardson								**28.49**		
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**			-2.28
Dawn Haynes-Sewell	33.13	33.26		33.07		31.19		**30.52**	-0.27	-2.21
Rachel Leach	34.58	**33.32**								-1.26
Philip May	31.57	**31.30**	**30.36**			32.22		30.41		-1.21
Mike Coghlan					31.49	**30.43**		33.00		-1.06
Keith Whittaker	31.43		31.38		32.00	30.54	30.52	**30.46**	-0.06	-0.57
Mike Wotton	34.48	33.54			35.28		**33.52**			-0.56
Chris Stapleford						32.45		**31.58**	-0.47	-0.47
Eunice Hoare	34.03		**33.45**				35.35	34.40		-0.18
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		41.37			
Katherine Coghlan								**33.00**		
Lottie Lord								**31.48**		
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						
Tracey Terry							**34.55**			
Bizz Cozens	42.57	36.32		34.24		31.25	**31.05**			-11.52
Susie MacGregor			35.45			**25.41**	25.47	25.45		-10.04
April Howlett						40.23	**35.55**	36.29		-4.28
Anne Trotman		36.27					**32.14**			-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
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					
Sarah McRitchie								**35.33**		
Sharon Clarke	36.42		37.02		39.19					
Sue Robinson	35.32		37.25	40.20		37.19	39.25			
Guests										
Laura Chalk					**30.36**					
Mick Thompson			**24.59**							

61	Lewis Banner	00:58:00
87	Rob Greenwood	00:59:14
133	Joshua Crowther	01:01:24
191	Jack Webb	01:03:13
289	Simon Hearnden	01:05:20
344	Alex Rhodes	01:06:17
350	Jonathan Plomer	01:06:23
484	Mark McDonald	01:08:19
521	Peter Kay	01:08:50
576	Graham Martin	01:09:27
657	Jordan McRitchie	01:10:03
862	Richard Cassell	01:12:21
906	Peter Lewis	01:12:39
1260	Phil Hobby	01:15:09
1338	David Castle	01:15:41
1458	Simon Ellis	01:16:23
1460	Nico Beukman	01:16:23
1516	Andy Donn	01:16:40
1674	Iain Gallagher	01:17:26
1919	Tim Matthews	01:18:33
2083	Simon Vingoe	01:19:16
2103	james Lewington	01:19:19
2114	Jason Brandon	01:19:21
3700	Russell Mead	01:25:39
3983	George Howarth	01:26:35
6163	Michael Wootton	01:33:43
7846	David MacSwayne	01:39:09
8307	Stuart McNamara	01:40:35
8984	Tom Cleary	01:43:11

1330	Tina Chantrey	01:15:38
1625	Anna Wilby-Lopez	01:17:13
1844	Victoria Joel	01:18:12
2341	Sarah Gardiner	01:20:17
2682	Wright Verity	01:21:48
2767	Dawn Haynes Sewell	01:22:12
3487	Mandy Burton	01:24:49
3712	Nicki White	01:25:42
3807	Kerry Bailey	01:26:01
4166	Claire Jones	01:27:07
4213	Sadie Lee Bedford	01:27:16
4455	Alison Hesselberth	01:27:58
4490	Marie McDonald	01:28:06
4509	Karen Barnicoat	01:28:10
4526	Aga Plombon	01:28:15
4672	Ronel Beukman	01:28:42
5744	EUNICE HOARE	01:32:18
6001	Laura Devine	01:33:15
6437	Sandie McIntosh	01:34:34
6438	Amanda Knight	01:34:34
6761	Julie Dinwoodie	01:35:37
7065	jemma raeburn	01:36:40
7723	Sarah Barron	01:38:45
8577	Josie Roe	01:41:35
8797	Alison MacSwayne	01:42:26
9410	April Howlett	01:44:57
9622	sarah martin	01:45:46
9800	Elizabeth Weighell	01:46:32
9873	Jane Butler	01:46:51
10125	sharon clarke	01:47:54
10281	Susan Bonnar	01:48:34
10367	Samantha Gallagher	01:48:58
10425	Anna de Saint Bissix Croix	01:49:08
10659	Tracey Terry	01:50:09
11258	Lindsey Edwards	01:53:20
11713	Nikkie Plomer	01:56:09
12421	yvonne fisher	02:01:27

Bushy	**3 October**
Lewis BANNER	00:17:43
Albert (Melbourne)	**3 October**
Rachel LEACH	00:28:34
Swindon	**3 October**
Shelley THOMAS	00:27:21
Guildford	**3 October**
Del GRANGER	00:22:01
Havant	**3 October**
Robert SPENCER	00:31:36
Eastleigh	**3 October**
Haydn BROWN	00:32:34
Poole	**3 October**
Rob GREENWOOD	00:17:40
Winchester	**3 October**
Gordon WESTLEY	00:22:29
Netley Abbey	**3 October**
Jack WEBB	00:17:52
James SAWYER	00:17:52
Andrew STOCKWELL	00:21:19
Paul SOUTHON	00:23:09
Chris STAPLEFORD	00:23:27
Russell MEAD	00:24:28
Bethan Jane DAVIS	00:24:38
Alison MACSWAYNE	00:28:05
Jules DINWOODIE	00:28:16
Sev ROBERTS	00:31:03
Neil RICHARDSON	00:34:13
Cleveland	**3 October**
Terry John FRENCH	00:29:37

Queen Elizabeth	**3 October**
David LANGRISH	00:21:17
Longrun Meadow	**3 October**
Sarah BARRON	00:29:52
Druridge Bay	**3 October**
Rachael OPENSHAW	00:23:12
Humber Bridge	**3 October**
Liz WEIGHELL	00:31:22
Lee-on-the-Solent	**3 October**
Joseph PEAT	00:18:19
James LEE	00:19:07
Graham MARTIN	00:20:29
Richard BATTEN	00:20:40
Tom CALLAWAY	00:21:09
David Matthew CASTLE	00:21:17
Simon HEARNDEN	00:21:18
Tina Louise CHANTREY	00:21:19
Penny FORSE	00:22:30
Zac CONATY	00:23:45
Richard BURNS	00:24:00
Dawn HAYNES-SEWELL	00:24:10
Richard BURGESS	00:24:15
Robert HINKLEY	00:25:20
Laura DEVINE	00:26:57
April HOWLETT	00:28:09
Cameron SEWELL	00:29:51
Sue ROBINSON	00:30:08
Linda KOPINSKA	00:32:03
Sandie MCINTOSH	00:32:16
Susie MACGREGOR	00:36:56
Southampton	**10 October**
Rowena DODDS	00:40:43
Eastleigh	**10 October**
Keith WHITAKER	00:26:25
Haydn BROWN	00:32:40
Medina I.O.W.	**10 October**
Sarah BARRON	00:29:27

Inverness	**10 October**
Jules DINWOODIE	00:29:08
Netley Abbey	**10 October**
James SAWYER	00:17:48
Jack WEBB	00:17:52
Sev ROBERTS	00:18:36
Susie MACGREGOR	00:19:04
Chris LEACH	00:19:19
Chris DAVIDSON	00:20:34
Del GRANGER	00:21:07
Paul SOUTHON	00:22:33
Chris STAPLEFORD	00:23:10
Bethan Jane DAVIS	00:25:16
Sandra HOOK	00:25:50
Rachel LEACH	00:27:00
Alison MACSWAYNE	00:27:26
David MACSWAYNE	00:31:23
Andrew SMITH	00:33:36
Robert SPENCER	00:33:37
Queen Elizabeth	**10 October**
San CLARK	00:40:47
Burnham and Highbridge	**10 October**
Neil RICHARDSON	00:21:05
Victoria Kate JOEL	00:22:11
Lee-on-the-Solent	**10 October**
Michael GREGORY	00:17:20
Chris BROBIN	00:17:20
Richard BATTEN	00:18:51
Simon HEARNDEN	00:18:55
Rob GREENWOOD	00:18:58
Michael WELLAND	00:20:50
Tom CALLAWAY	00:20:50
Kerryanne SAWYER	00:23:00
Robert HINKLEY	00:23:03
Richard BURNS	00:23:30
Paul HAMMOND	00:24:06
Zac CONATY	00:24:11
Laura DEVINE	00:26:21
Cameron SEWELL	00:27:00
Sandie MCINTOSH	00:29:44
Amanda KNIGHT	00:29:44
Julie ASHMAN	00:29:46
April HOWLETT	00:30:26
Sue ROBINSON	00:30:49
Jenny HEARNDEN	00:34:28

Southsea	17 October
Mark MCDONALD	00:19:33
Tina Louise CHANTREY	00:21:28
Marie MCDONALD	00:23:12
Eastleigh	**17 October**
Robert HINKLEY	00:25:34
Winchester	**17 October**
Jules DINWOODIE	00:27:49
Netley Abbey	**17 October**
Lewis BANNER	00:17:02
Michael GREGORY	00:17:04
Chris BROBIN	00:17:30
James SAWYER	00:17:45
Daniel FOSTER	00:18:12
Del GRANGER	00:22:03
Chris STAPLEFORD	00:24:28
Bethan Jane DAVIS	00:25:48
Sandra HOOK	00:26:42
Alison MACSWAYNE	00:28:12
Julie WOODMAN	00:28:41
Clara FORDINA	00:29:09
Mandy BURTON	00:30:03
David MACSWAYNE	00:30:40
Robert SPENCER	00:31:09
Didcot	**17 October**
Keith WHITAKER	00:24:14
Queen Elizabeth	**17 October**
Paul SOUTHON	00:25:26
Fountains Abbey	**17 October**
Chris LEACH	00:19:35
Rachel LEACH	00:29:23

Lee-on-the-Solent	17 October
David Matthew CASTLE	00:18:22
Simon HEARNDEN	00:18:28
Andrew STOCKWELL	00:19:23
Susie MACGREGOR	00:19:25
Melissa HUTTON-DUNTON	00:20:04
Jordan MCRITCHIE	00:20:25
Michael WELLAND	00:20:46
Tom CALLAWAY	00:21:04
Philip MARTIN	00:21:07
Tim MATTHEWS	00:22:06
Zac CONATY	00:22:43
Richard BURNS	00:23:09
John SIMISTER	00:23:21
John BLAKE	00:24:57
Russell MEAD	00:25:05
Alison HESSELBERTH	00:25:38
Dawn Lousie GRIFFITHS	00:26:24
Sarah BARRON	00:28:01
Lisa DONN	00:28:27
Andy DONN	00:28:28
Sally MARTIN	00:33:29
Basingstoke	**24 October**
Allan STINSON	00:29:45
Havant	**24 October**
Kerryanne SAWYER	00:24:56
Eastleigh	**24 October**
Haydn BROWN	00:31:35
Keith WHITAKER	00:44:54
Killerton	**24 October**
Robert SPENCER	00:34:46
Winchester	**24 October**
Chris LEACH	00:19:45
Gordon WESTLEY	00:22:36
Rachel LEACH	00:28:04

Netley Abbey	24 October
James SAWYER	00:18:15
Daniel FOSTER	00:18:55
Toby GREENFIELD	00:19:59
Frances Louise LORD	00:23:48
Chris STAPLEFORD	00:24:11
Sandra HOOK	00:26:23
Julie WOODMAN	00:29:17
Alison MACSWAYNE	00:30:30
David MACSWAYNE	00:31:03
Andrew SMITH	00:40:23
Queen Elizabeth	**24 October**
David LANGRISH	00:23:05
San CLARK	00:42:25
Lee-on-the-Solent	**24 October**
Susie MACGREGOR	00:19:29
Chris HALL	00:19:41
Andrew STOCKWELL	00:19:42
Tom CALLAWAY	00:21:13
Michael WELLAND	00:21:52
Matthew EVANS	00:22:07
Adam JOEL	00:22:11
Zac CONATY	00:22:24
John BLAKE	00:22:46
Hilary GULLIVER	00:23:02
Del GRANGER	00:25:36
Dudley MALSTER	00:26:29
Sarah BARRON	00:28:19
Richard BURGESS	00:28:46
Wendy HALL	00:29:29
Ann BLAKE	00:31:18
Sandie MCINTOSH	00:31:18
Tommy BLAKE	00:34:19

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	945
Donna	Mitchell	506
Sarah	Hobby	496
Marie	Mcdonald	432
Agnieszka	Plombon	370
Sue	Robinson	331
Sarah	Martin	304
Sharon	Simpson	304
Dawn	Haynes-Sewell	301
Lucy	May	290
Sarah	Barron	289
Nikki	Roebuck	281
Julie	Dinwoodie	245
Daisy	hall	234
Sandie	McIntosh	229
Rebecca	Lord	216
Bethan	Davis	208
Melissa	Cosens	202
Sandra	Hook	198
Melissa	Hutton-Dunton	193
Susie	MacGregor	191
Laura	Wainwright	186
Gill	Rose	177
Ann	Blake	176
Rachel	Leach	176
Karen	Barnicoat	173
Sandra	Clark	168
Lisa	Donn	167
Jane	Adlard	153
Hilary	Gulliver	152
Alison	MacSwayne	152
Penny	Forse	143
Lucy	Window	137
Victoria	Joel	135
Frances	Lord	131

Lucy	Taylor	131
Brigid	Hone	128
Pamela	Kemp	123
Alethea	Adair-Stantiall	121
Kelly	Bennetts	121
Wendy	Holloway	118
Shelley	Thomas	112
Gaynor	Heffer	110
Sally	McGrath	107
Karen	Salmon	98
Anne	Trotman	98
Michelle	Simpson	97
Vicky	Shaw	96
Tracie	Jarvis	95
Nikkie	Plomer	94
Nicki	White	93
Eunice	Hoare	91
Sue	Simister	89
Jennie	Lee	88
Georgina	Gair	87
Kaarina	May	85
Kerry	Dodsworth	82
Sophie	Davison	81
Tina	Chantrey	76
Kerry	Sawyer	72
Sadie Lee	Bedford	70
Mandy	Burton	69
Elizabeth	Weighell	66
Anna	Wilby-Lopez	60
Sharon	Clarke	56
Julie	Bowden	55
Yvonne	Fisher	54
Rachael	Openshaw	54
Jasmine	Smith	50
Hollie	Smith	50

Rowena	Dodds	49
Julia	Webb	49
Elizabeth	Miles	48
Sarah	Gardiner	47
Caroline	Street	46
Caroline	Chapman	45
Lizzie	Mitchell	42
Julie	Ryman	41
Dawn	Griffiths	40
Liz	Hall	40
Claire	Jones	40
Sandra	Abrams	39
Eleanor	Crane	39
Claire	Shergill	38
Amanda	Knight	33
Alex	Leighton-Goodall	33
Wendy	Hall	32
Helen	Nicholls	31
Slywia	Ward	31
Katherine	Briggs	30
Julia	Park	28
Ronel	Beukman	26
Claire	Fairbrother	26
Petra	Wagenblast	26
Katie	Stean	24
Danielle	Kemp	20
Josie	Roe	19
Kerry	Bailey	18
Tracey	Terry	17
Jane	Butler	16
Becky	Hodgkinson	16
Kathy	McKain	16
Clara	Fordina	15
Rachel	Richardson	15
Alison	Hesselberth	14

Samantha	Stockwell	14
Sharon	Callus	13
Gemma	Eldridge	13
Lara	Evans	13
April	Howlett	13
Kay	Sadler	13
Katie	Simister	13
Jennet	Woolford	13
Kat	Chowns	12
Charlotte	Lord	12
Heidi	Loveridge	12
Letitia	Toal	12
Julie	Woodman	12
Kathy	Chamberline	11
Jenny	Hearnden	9
Jacqui	O'Rourke	9
Sally	Watford	9
Rachael	Hay	8
Jennifer	Birks	6
Sarah	Boddy	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
Donna	Burgess	3
Sue	Flewitt	3
April	Hassett	3
Grace	Park	3
Sonia	Robins	3
Holly	Stockwell	3

Mark	McDonald	518
Daniel	Foster	488
Phil	Hobby	421
Lewis	Chalk	384
Andrew	Simpson	358
Jon	Leigh	353
Mike	White	334
Euan	McGrath	330
Robert	Spencer	311
Andy	Lee	310
Peter	Simpson	305
Russell	Mead	282
Nigel	Whitcher	275
David	Langrish	261
Keith	Whitaker	256
Philip	Martin	255
Sev	Roberts	254
James	Lee	252
Thomas	McClements	252
Marcus	Lee	245
Alan	White	233
George	Howarth	223
William	Feline	210
Neil	Stantiall	208
Mike	Bell	205
Joseph	Peat	205
Nick	Crane	204
James	Sawyer	201
Haydn	Brown	196
Jack	Webb	194
John	Cox	192
Chris	Hall	189
John	Simister	186
Daniel	O'Boyle	184
Jonathan	Plomer	174
Andrew	Stockwell	174
David	MacSwayne	172
Andrew	Smith	171
Chris	Leach	169
Peter	Kay	168
Richard	Snell	162
John	Blake	158
Ian	Race	156
Allan	Stinson	152

Boe	Harper	145
Liam	Dredge	140
Tim	Crumpton	139
James	Lewington	136
Stuart	Hiscock	130
Callum	McDonald	127
Graham	Bell	126
Kevin	Ashman	124
Howard	Clark	123
Graham	James	118
Stephen	Williams	118
Mike	Harper	115
Chris	Stapleford	115
Dan	Hughes	106
Rob	Arkell	105
Mike	Gregory	104
Gordon	Westley	101
Andrew	Thomas	100
Nick	Kimber	96
Paul	Smith	94
Graham	Martin	90
Timothy	Matthews	88
Paul	Southon	87
Simon	Hearnden	86
Michael	Wootton	86
Simon	Vingoe	84
Christopher	Brobin	82
Neil	Richardson	80
Lewis	Banner	79
Rob	Greenwood	79
Chris	Davidson	78
Mike	Donovan	78
Mark	Porter	77
Philip	Whitehouse	77
Richard	Bailey	74
Simon	Ellis	74
Terry	French	72
Wesley	Jones	72
Daragh	Hendley	70
Paul	Coverdale	68
Andy	Donn	67
Stuart	Mcnamara	66
Andrew	Miles	65
John	Vose	65

Jack	Harris	64
Tom	Callaway	61
Robert	Nicholls	60
Kevin	Scullion	57
Murray	Watson	57
David	Castle	56
John	Fairhurst	55
Martyn	Banner	54
Toby	Greenfield	54
Paul	Hammond	53
Adrian	Piddington	53
Andy	Richardson	50
Martyn	Poore	48
Duncan	Borthwick	47
Thomas	MacSwayne	45
Jamie	Stockwell	44
David	Abrams	43
Glen	Street	43
Richard	Batten	41
Mark	Eaton	41
Richard	Cassell	40
Martin	Neal	39
Harry	Martin	38
George	Rennie	38
Ray	Gunner	37
Tom	Mellor	36
Josh	Crowther	35
Tommy	Blake	32
Tommy	Cave	32
Russ	Coleman	32
Kevin	Toal	32
Peter	Lewis	31
Michael	Welland	30
Gary	Littlecott	28
Steven	Ellis	27
Philip	May	27
Ryan	Thomas	27
Samuel	Bell	26
Jordan	Mcritchie	24
Richard	Roche	21
Chris	Roebuck	20
Matthew	Gould	19
Gavin	Rennie	19
Ian	Coady	18

Sam	Leahy	16
Tim	Sullivan	16
Richard	Burns	15
Zac	Conaty	15
Lee	Johnson	15
Stephen	Wallbridge	15
James	Barron	14
Nico	Beukman	13
Mike	Coughlan	13
Geraint	Davies	13
David	Jeffery	13
Simon	Mcmorran	13
Paul	Woolford	13
Rich	Chowns	12
Derrick	Morgan	12
Cameron	Haynes-Sewell	11
Jason	Brandon	10
Alex	Rhodes	10
Richard	Edmunds	9
Tom	Cleary	8
Matt	Evans	8
John	Randall	8
Peter	Rawlins	8
Adam	Joel	7
Thomas	Whitcher	7
Martin	Griffin	6
Samuel	Masson	6
Richard	O'Routke	6
Stephen	Peach	6
Steven	Whitaker	6
Finlay	Haynes-Sewell	5
Alex	Johnson	5
Shane	Lawrence	5
Benjamin	Leach	5
Chris	Hall	4
Simon	Gibbon	3
Dan	Jones	3
Dudley	Malster	3
David	Pheby	3
Harry	Roebuck	3
Ben	Smith	3
Tomas	Stinson	3

Christmas Handicap

Mulled Wine & Mince Pies

Sunday December 13th Start: Anytime: Finish 11am.

Reception/Prize giving afterwards Molins , Hook Park Road

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Entry fee is £2 per head to cover costs and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at nick@hookpark.co.uk or text 07977 411452. An honesty bucket will be at the finish for the entry fees!

The Route:

Start by going through the kissing gate at the corner of Hook Park Road and Workman's Lane/Cowes Lane, run diagonally across the field until you reach another kissing gate which you go through and turn left running down this field with the copse to your right.

Just before you leave this field take a path to your right and then bear right running through the woods. Follow the path until it meets another kissing gate which is damaged. Go straight across into a narrow path, this path is only short and when it meets up with a gravel path/road (Hook park road) turn left.

Run pass the 1st house on your left and then turn left and bear right as this footpath runs slightly downhill hill crossing a small metal stile. When this path meets Fleet End Road turn left up the road for about 100 meters until the green metal kissing gate on your left. Go through the gate, you are now in Warsash common.

Follow a path though the copse until you reach a kissing gate and then turn left. Cross a metal gate and keep to your right following the path. After about 500 meters turn right, you should end up a kissing gate in Dibles Road. There are a number the paths across the common but as long as you end up in Dibles Road you will be ok.

Go through the kissing gate and turn left in to Dibles road within a few metres take a path between the houses on your right, at the end of this short path bear left in to Lockswood road, when you get to the junction with Warsash road turn left and the run along Warsash Road for about 500 metres, cross the road (busy careful) and just passed No. 67 turn right along an unmarked road between the houses. This will meet Greenaway Lane where you turn left and run along until you can take a footpath on your right which leads out on to Brook Lane. Now turn left and also cross the road.

Run towards Warsash until you meet the mini roundabout and then turn right down Shore road, at the bottom of the road turn left along the footpath in front of Warsash sailing club.

Keep along the Solent way keeping right along the path until you hit the beach, when you meet the beach turn left and run along the beach going pass a kissing gate on left, after another 500 metres take the path going left away from the beach. Head up this dirt path keeping to your left, through a metal kissing gate, just after a couple of houses on your right take the footpath on your right, it's a wooden 5 bar gate, follow around the edge of this field, it bears left after 500 metres and then cross the stile on your right, follow this path until it meets a gravel road (hook park road) turn left.

Run along this gravel road to the finish, the point where you started hopefully!