The

GreenRunner

DECEMBER 2015

FROM THE CHAIR

As we approach the end of the year I would like to thank everybody who has made this 30th anniversary year such a success.

Winning the Ladies RR10 and Mens HHRL league for the first time were awesome achievements and so fitting to achieve these in a landmark year. As well as superb performance on the running side we have also had some great social events through the year culminating in a highly successful awards night where we were able to celebrate club and individual achievements.

I would just like to say a heartfelt thanks to Sarah Hobby and her social team for the amount of work they put into these events. Our beginners course has now completed with a number of the beginners completing the Netley parkrun on Saturday. Many thanks to Chris Hall for organising and leading this for us and to those of you who gave up their run to help on a Monday night. Next big day in the diary is Sunday 13th December where our resources will be stretched to the limit as we have a CC6, Southern XC , Tailwind 10 mile New Forest race and our own Mulled Wine Handicap – it would be great to get as many people as possible supporting these events.

The Stubbington 10k is nearly upon us so please if you haven't already, please let Chris Brobin, Mark Mcdonald or myself know how you can help.
Finally I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running
Kevin

AWARDS NIGHT WINNERS

TT Improver - Bizz Cosens

Female Leaderboard – Julie Ashman

Male Leaderboard – Mark McDonald

Most Improved – Bizz Cosens

Junior – Becky Lord

Female Marathon Performance – Julie Ashman

Male Marathon Performance – Philip Martin

Female Performance – Donna Mitchell

Male Performance – Rob Arkell

Veteran Female – Melissa Hutton-Dunton

Veteran Male – Mark McDonald

Senior Female – Daisy Hall

Male Senior – Dan O'Boyle

Contribution – Mike Bell

CAPTAINS CORNER

November may well have given us some of the windiest races on this year's race calendar but that has not stopped you all from producing some fantastic results and PB's along the way!

Starting with the HRRL and race number 4, I witnessed 52 Stubbies brave the horrendous conditions to batter their way over the half marathon course and all that kept going through my mind was, thank goodness I wasn't racing! You were all amazing and the results were so impressive across the board. As Victory 5 approaches next weekend our Men's A team are in 1st position and the Ladies A team are in a strong 4th place. Hopefully we will see a great turnout both running and supporting en route.

A surprise road race crept into the mix this week when the Hayling 10 route was changed due to work on The Hayling Billy, well done to all who ran and extra well done to Susie MacGregor who snatched a well deserved podium finish as 3rd Lady finishing in an impressive 68.13!

Heading off road we saw race no 2 in the Hampshire XC league at Popham Airfield where conditions were somewhat wet and muddy! Mike Gregory led the boy's home finishing in 26th and Nicki Roebuck had a fantastic race finishing in her highest ever position of 39th! The Southern XC league also saw race no2 at QE Park on the same weekend and although both events fell on the same weekend we still saw a good turnout at both races so well done to all who ran and especially those who ran both! I know there was a few of you.

Not to be outdone the CC6 league also saw race no2 at Dibden Inclosure, once again you turned up in good numbers and ran strong on the day! Next weekend see's race no 3 in the Hampshire XC at Kings Park, Bournemouth and it would be great to see a good turnout to keep the scoring for our teams strong. Race No 3 in the CC6 calendar is at everyone's favourite XC venue … the wonderfully hilly heaven that is Janesmoor pond and the Southern XC goes one better in December with 2 races on offer, Bourne Woods on the 13th and Lords Wandsworth on the 28th so there really is something for everyone this month …

I would like to make one last push for the 3 XC Championship race's, the cut off for these races is December 5th so you really need to get your entries in as soon as possible! These are such great team spirit events and everyone should experience them at least once. Don't let yourself miss out on the fun.

We saw 10 Stubbies take part in the Meon Stoke Half and Full Marathon … Jon Leigh won 1st Vet50 and Will Feline, John Leigh and Laura Wainwright scooped 1st team prize on the day too! Sally McGrath also had an impressive result scooping 2nd V50 Lady! Meanwhile on the marathon Joshua Crowther had a fantastic race finishing in 5th place overall in 03:35:54 … Well done to all who ran and well done to our friends at Second Wind Running for yet another great event!

Congratulations go to Andy Stockwell, Julie Ashman and Sarah Barron on their Club places for VLM 2016! We'd like to wish you all the very best of luck with your training over the next few months.

Leaderboard bonus race for December will be The Southern XC at Lords Wandsworth on Dec 28th, an excellent reason to get out and run off some turkey and mince pies! Then for January we have selected the Hampshire XC at Prospect Park, Reading … hope to see lots of you there!

Last but not least a huge well done to all involved in organising the Awards Night celebrations last weekend. Sarah Hobby and her team outdone themselves and produced a really fantastic evening from start to finish. Thanks too, goes to Kevin and Victoria with the awards presentations and to Rita Leigh and her team for delicious food and brilliant service all night. An extra big well done to everyone who won awards on the night but also to everyone who has run and contributed all year round as we are all winners and although the evening singles out a few, the real meaning of the evening is to celebrate our achievements as a club and recognise how amazing everyone is at Stubbington Green Runners. It takes all of us to make the club the great club it is and we should all be very proud of what we have achieved this year so well done us! Let's make 2016 just as great!

Wishing you all a fantastic Christmas & New Year

The annual Hair of the Dog run to blow the cobwebs away will take place as usual on New Years Day at 11am Woodend carpark, Bere Forest.

Directions: Head north out of Wickham on A32, after a mile Roebuck Inn (PO17 5AY) is on your left, take the next right (Heath Road) and the carpark is half a mile on your right. There will be runs and walks for all abilities from 3 miles to 6 miles with mulled wine, soup and mince pies afterwards.
Chris Hall

NEW YORK 5K

Mark	Mcdonald	17:57
Marie	Mcdonald	23:06

BERLIN MARATHON

Mark	Mcdonald	03:15:30
Marie	Mcdonald	04:08:49
Neal	Martin	06:25:20

Meon Valley Marathon

5	Joshua	Crowther	03:35:54
38	Andrew	Stockwell	04:21:38
97	Jane	Adlard	05:33:55

Meon Valley Half Marathon

6	William	Feline	01:36:08
17	Jon	Leigh	01:44:33
23	Laura	Wainwright	01:46:56
25	Nikki	Roebuck	01:47:42
55	Euan	McGrath	02:00:32
56	Sally	McGrath	02:00:32
79	Sarah	Gardiner	02:12:09

BAYSIDE DUATHLON

		POS	5K RUN	20K CYCLE	5K RUN
BOE	HARPER	2	17.44	34.43	17.53
SIMON	HEARNDEN	19	18.54	37.50	19.55
HELEN	NICHOLS	21	20.28	35.35	21.43
TOBY	GREENFIELD	26	19.51	38.39	19.59
VICKY	SHAW	29	20.22	38.48	19.45
PETER	LEWIS	32	21.49	37.20	21.27
PHIL	MARTIN	37	22.15	39.36	21.42
JOHN	BLAKE	40	22.23	40.07	21.42
DAVID	ABRAMS	61	23.11	44.43	24.04
JULES	DINWOODIE	77	28.07	44.28	28.21
ANN	BLAKE	79	28.38	43.48	29.31
SANDRA	ABRAMS	93	29.30	48.51	29.50

HAMPSHIRE CROSS COUNTRY

POPHAM

39	Nikki Roebuck	26:47:00
60	Laura Wainwright	28:23:00
90	Lucy May	30:51:00
93	Lottie Lord	31:02:00
101	Frances Lord	31:42:00

26	M Gregory	37:03:00
43	H Aggleton	38:27:00
52	Andy Simpson	39:10:00
114	J Sawyer	42:40:00
119	Jack Webb	42:56:00
130	William Feline	43:23:00
162	Ian Race	45:17:00
182	John Blake	47:25:00
197	N Crane	48:44:00
208	G Westley	49:40:00

The second race in the Hants cross-country league was held at Popham on 7th November.

Well done to everyone for braving the challenging conditions! I have to give my gold star this time to Michael Gregory for a storming run even by his high standards.

The senior men came 1st in Div 2 (currently 2nd in the league) and the vet men 8th in Div 1 (6th in the league). The senior ladies came 9th on the day and stand equal 7th in the league.

The vet ladies came 4th on the day and are an impressive 3rd in the league.

The next race is at King's Park, Bournemouth, on 5th December.
Will

SOUTHERN CROSS COUNTRY LEAGUE

QUEEN ELIZABETH COUNTRY PARK

Rob Arkell 7
Boe Harper 20
Simon Hearnden 34
Dave Castle 66
Alex Rhodes 70
Steve Williams 109
Jon Leigh 110
Richard Bailey 134
Nick Crane 144
Mike Bell 162
Andy Lee 200
Paul Smith 228
Russel Mead 260

Tina Chantry 23
Georgie Gair 25
Francis Lord 67
Penny Forse 72
Dawn Haynes-Sewell 77
Sadie Bedford 101
Katherine Briggs 110
Jules Dinwoodie 159

We are 5th overall in the league after 2 races, next race is Sunday 13th December, Farnham

CC6 DIBDEN

17	Lucy May
18	Donna Mitchell
20	Frances Lord
28	Penny Forse
39	Dawn Haynes-Sewell
75	Pam Kemp
80	Jules Dinwoodie

5	Mike Gregory
10	Rob Arkell
11	Andy Simpson
22	Jack Webb
23	Fred Davidson
59	Liam Dredge
62	Peter Kay
68	Nick Crane
78	Peter Simpson
84	Mike Bell
93	Paul Smith
108	Chris Davidson
120	Russell Mead

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!

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 7th December	Kenyan Hills - 4 x 6 mins (2 mins)
Monday 14th December	8 - 12 x 400m out & back (2 min). 400m is from pedestrian crossing clockwise to Parkway junction.
Monday 21st December	Hills for strength, speed and power : - 3 (3 x 30s (jog down + 60s)) 5 mins between sets
Monday 28th December	No session - Bank Holiday & SXCL

HAYLING ISLAND 10 MILE

35	Susie	MacGregor	1:08:13
119	Sylvia	Ward	1:16:34
218	James	Lee	1:25:26
229	Sandra	Hook	1:26:13
251	Sally	Watford	1:28:02
335	Jules	Dinwoodie	1:38:06

DOWNTON HALF MARATHON

22	Andy	Stockwell	1.29.01

Helvellyn Trail Run10km

9	Chris Leach	43:01.6

ENTRIES FOR THE 42ND RUNNING OF THE COMBE GIBBET TO OVERTON RACE ON THE 3RD APRIL 2016 ARE NOW OPEN

The Combe Gibbet is a stunning and challanging 16 mile cross country race through the beautiful Berkshire and Hampshire countryside. It's an ideal race to prepare for the April marathon season and for people looking to do half and full Ironman triathlons in the summer.

The race starts at 14.00 from Combe Gibbet and finishes in Overton. Your race entry includes;

- A bus ride from Overton to the start at Combe Gibbet (departing at 12.45)
- The transportation of your kit back to the finish where shower and changing facilities are available.
- All road crossings professionally traffic managed
- A souvenir finishers medal

A selection of homemade refreshments will be on sale at the finish as a well-earned reward for finishing the race. We are not the only one to love this race, here are some of the comments from runners over the years

To see the full race details click here

If you are one of the great people who don't need to know any more and want to enter now click here

GOSPORT HALF MARATHON

10	Michael	Gregory	01:13:41
53	Hugh	Aggleton	01:21:43
56	Andy	Simpson	01:21:55
142	Andrew	Stockwell	01:28:18
150	Jack	Webb	01:28:41
166	Jon	Plomer	01:29:33
167	Mark	Mcdonald	01:29:29
211	Stuart	Hiscock	01:30:56
225	Christopher	Hall	01:32:00
226	Michael	Welland	01:32:04
253	Jordan	Mcritchie	01:32:48
260	Ray	Gunner	01:33:19
291	Marcus	Lee	01:34:08
298	Peter	Kay	01:34:42
324	Stephen	Williams	01:35:26
346	Philip	Martin	01:36:02
425	Graham	Martin	01:38:54
444	Peter	Lewis	01:39:15
510	Russ	Coleman	01:41:24
567	Andrew	Donn	01:43:00
600	Simon	Ellis	01:44:13
644	Tim	Matthews	01:45:40
645	Simon	Vingoe	01:45:41
680	Paul	Coverdale	01:46:13
698	Arron	Hall	01:47:31
810	Peter	Simpson	01:50:37
845	John	Cox	01:51:41
897	George	Howarth	01:54:12
903	Mark	Porter	01:53:13
979	James	Lee	01:56:43

328	Melissa	Hutton-dunton	01:35:31
463	Tina	Chantrey	01:40:48
488	Kerryanne	Sawyer	01:41:19
586	Hilary	Misselbrook	01:44:00
588	Victoria	Joel	01:44:03
599	Katie	Stean	01:44:15
809	Lucy	May	01:50:36
831	Dawn	Haynes-sewell	01:51:58
832	Marie	Mcdonald	01:52:12
978	Catherine	Charman	01:56:17
1053	Julie	Ashman	01:58:48
1194	Katherine	Chamberlain	02:04:44
1195	Sara	Mcritchie	02:04:44
1207	Laura	Devine	02:05:21
1243	Sarah	Barron	02:07:20
1249	Pam	Kemp	02:07:44
1264	Jules	Dinwoodie	02:08:38
1360	April	Howlett	02:14:25
1384	Sandie	Mcintosh	02:16:29
1407	Sue	Robinson	02:18:36
1444	Clara	Fordina	02:22:14
1451	Liz	Weighell	02:23:27

			Lee-on-the-Solent	**31 Oct**		**Harrow Lodge**	**7 Nov**
			James SAWYER	00:17:28		Marie MCDONALD	00:31:05
			Chris BROBIN	00:17:33			
			Rob GREENWOOD	00:17:52		**Bibra Lake**	**7 Nov**
			Andrew STOCKWELL	00:20:42		Terry John FRENCH	00:29:52
			Nikki ROEBUCK	00:20:44			
			Tom CALLAWAY	00:20:46		**Lee-on-the-Solent**	**7 Nov**
			Tim MATTHEWS	00:22:03		David Matthew CASTLE	00:19:17
			Michael WELLAND	00:22:20		Jordan MCRITCHIE	00:20:33
Basingstoke	**31 Oct**		Tina Louise CHANTREY	00:22:53		Marcus LEE	00:20:49
Allan STINSON	00:33:32		Russell MEAD	00:24:28		Tom CALLAWAY	00:21:25
			Laura DEVINE	00:25:58		Kerryanne SAWYER	00:22:46
Eastleigh	**31 Oct**		Lisa DONN	00:27:12		Jon PLOMER	00:22:48
Haydn BROWN	00:33:33		Jules DINWOODIE	00:27:40		Zac CONATY	00:23:05
Keith WHITAKER	00:50:17		Richard BURGESS	00:28:01		Victoria Kate JOEL	00:23:15
			Jane BUTLER	00:28:04		Lara EVANS	00:23:42
Winchester	**31 Oct**		Clara SUTTON	00:28:30		James LEWINGTON	00:23:43
Gordon WESTLEY	00:23:26		April HOWLETT	00:29:09		Sara MCRITCHIE	00:27:53
Rachel LEACH	00:32:30		Sara MCRITCHIE	00:29:26		Tommy BLAKE	00:31:39
			Amanda KNIGHT	00:32:34		Matthew EVANS	00:32:02
Netley Abbey	**31 Oct**		Jenny HEARNDEN	00:33:58		Clara SUTTON	00:39:40
Daniel FOSTER	00:18:26		Kerryanne SAWYER	00:35:27			
Del GRANGER	00:23:03		Sue ROBINSON	00:35:29		**Havant**	**14 Nov**
Chris STAPLEFORD	00:23:45		Sandie MCINTOSH	00:37:16		Rachel LEACH	00:29:19
Charlotte LORD	00:24:40						
James LEWINGTON	00:24:59		**Basingstoke**	**7 Nov**		**Moors Valley**	**14 Nov**
Bethan Jane DAVIS	00:26:32		Allan STINSON	00:31:22		Robert SPENCER	00:30:44
Alison MACSWAYNE	00:28:37						
David MACSWAYNE	00:29:53		**Southampton**	**7 Nov**		**Eastleigh**	**14 Nov**
Robert SPENCER	00:33:49		Stephen WILLIAMS	00:20:42		Haydn BROWN	00:32:38
Rowena DODDS	00:40:51					Keith WHITAKER	00:51:14
Andrew SMITH	00:53:05		**Bath Skyline**	**7 Nov**			
Wendy HOLLOWAY	00:55:35		Liz WEIGHELL	00:31:58		**Winchester**	**14 Nov**
						Gordon WESTLEY	00:23:07
Stewart, Middlesbrough	**31 Oct**		**Eastleigh**	**7 Nov**			
Daniel O'BOYLE	00:16:22		Keith WHITAKER	00:34:37		**Netley Abbey**	**14 Nov**
Kerry DODSWORTH	00:22:57		Robert SPENCER	00:35:27		Toby GREENFIELD	00:19:54
						Del GRANGER	00:23:04
Claisebrook Cove	**31 Oct**		**Netley Abbey**	**7 Nov**		Paul SOUTHON	00:24:14
Terry John FRENCH	00:30:16		Daniel FOSTER	00:19:00		Russell MEAD	00:25:27
			Toby GREENFIELD	00:20:03		Sandra HOOK	00:26:12
Queen Elizabeth	**31 Oct**		Jon LEIGH	00:21:14		Simon Robert GIBBON	00:27:54
David LANGRISH	00:22:59		Chris STAPLEFORD	00:23:35		Jules DINWOODIE	00:29:03
			Charlotte LORD	00:23:40			
Lanhydrock	**31 Oct**		Paul SOUTHON	00:24:03		**Queen Elizabeth**	**14 Nov**
Stephen WILLIAMS	00:22:46		Bethan Jane DAVIS	00:26:08		David LANGRISH	00:22:10
			Russell MEAD	00:26:09			
Humber Bridge	**31 Oct**		Jules DINWOODIE	00:28:10		**Bognor Regis**	**14 Nov**
Liz WEIGHELL	00:31:15		David MACSWAYNE	00:31:13		Andrew STOCKWELL	00:22:16
Harcourt Hill	**31 Oct**		**Medina I.O.W.**	**7 Nov**		**Bibra Lake**	**14 Nov**
Thomas MCCLEMENTS	00:19:40		Sarah BARRON	00:29:10		Terry John FRENCH	00:30:44

			Claisebrook Cove	21 Nov		Netley Abbey	28 Nov
			Terry John FRENCH	00:32:34		Susie MACGREGOR	00:19:58
						Rebecca Margaret LORD	00:20:28
			Lee-on-the-Solent	21 Nov		Chris LEACH	00:21:56
			Andy SIMPSON	00:18:00		Del GRANGER	00:23:04
			James SAWYER	00:18:39		Paul SOUTHON	00:23:44
			Simon HEARNDEN	00:19:01		Charlotte LORD	00:23:57
			Toby GREENFIELD	00:19:53		Russell MEAD	00:25:00
Lee-on-the-Solent	**14 Nov**		Jordan MCRITCHIE	00:20:42		Donna MITCHELL	00:25:04
James SAWYER	00:17:50		Jon PLOMER	00:21:38		Julia PARK	00:26:48
Simon HEARNDEN	00:18:50		Andy DONN	00:21:57		Rachel LEACH	00:27:47
Susie MACGREGOR	00:19:57		John BLAKE	00:22:04		Jules DINWOODIE	00:28:25
Zac CONATY	00:22:31		Michael WELLAND	00:22:25		Alison MACSWAYNE	00:28:32
Michael WELLAND	00:22:40		Kerryanne SAWYER	00:22:34		Wendy HALL	00:29:40
David ABRAMS	00:22:47		David ABRAMS	00:22:36		David MACSWAYNE	00:31:38
Gavin RENNIE	00:22:49		Gavin RENNIE	00:22:41		Liz JAMES	00:33:57
John SIMISTER	00:23:03		Susie MACGREGOR	00:22:58		Jacqueline FREEMANTLE	00:34:01
Kerryanne SAWYER	00:23:12		Rachael OPENSHAW	00:22:58		Kevin John ASHMAN	00:34:02
Helen BENSON	00:28:00		Zac CONATY	00:23:11		Dawn BELL	00:39:08
Sandra ABRAMS	00:29:00		Phil HOBBY	00:23:16		Julie ASHMAN	00:39:09
Tommy BLAKE	00:30:32		Melissa HUTTON-DUNTON	00:23:16		Andrew SMITH	00:40:31
John BLAKE	00:30:38		Andrew STOCKWELL	00:23:38		Wendy HOLLOWAY	00:40:38
Lara EVANS	00:33:53		Harry ROEBUCK	00:23:45			
Clara SUTTON	00:37:01		Nikki ROEBUCK	00:23:45		**Queen Elizabeth**	**28 Nov**
Wendy HOLLOWAY	00:45:21		Robert HINKLEY	00:24:16		Jon LEIGH	00:22:11
			Dawn HAYNES-SEWELL	00:24:49		Mark MCDONALD	00:23:38
Basingstoke	**21 Nov**		Simon Robert GIBBON	00:26:41		Phil HOBBY	00:23:45
Allan STINSON	00:32:16		Clara SUTTON	00:27:01		John COX	00:27:13
			Karen SALMON	00:27:57		Karen BARNICOAT	00:30:15
Southampton	**21 Nov**		Cameron SEWELL	00:28:08		Marie MCDONALD	00:30:16
Rachel LEACH	00:31:42		Sarah BARRON	00:28:10		James LEWINGTON	00:30:16
			Sandra ABRAMS	00:29:01		San CLARK	00:56:07
Netley Abbey	**21 Nov**		Robert SPENCER	00:30:10			
Del GRANGER	00:23:44					**Lee-on-the-Solent**	**28 Nov**
Frances Louise LORD	00:24:00		**Southampton**	**28 Nov**		Michael GREGORY	00:17:26
Paul SOUTHON	00:24:36		Andrew STOCKWELL	00:19:41		Andy SIMPSON	00:17:36
Russell MEAD	00:26:03		Robert SPENCER	00:30:09		Simon HEARNDEN	00:18:47
Sandra HOOK	00:26:08					James SAWYER	00:18:49
Bethan Jane DAVIS	00:27:07		**Southsea**	**28 Nov**		David Matthew CASTLE	00:19:01
Julia PARK	00:28:15		Rob ARKELL	00:17:35		Vicky SHAW	00:20:23
Alison MACSWAYNE	00:28:43		Stuart HISCOCK	00:21:44		James LEE	00:21:01
Jules DINWOODIE	00:28:52		Allan STINSON	00:33:37		Tom CALLAWAY	00:21:45
David MACSWAYNE	00:32:36					Zac CONATY	00:22:26
Andrew SMITH	00:41:24		**Eastleigh**	**28 Nov**		Andy LEE	00:22:36
Wendy HOLLOWAY	00:41:28		Haydn BROWN	00:22:59		Simon ELLIS	00:22:55
			April HOWLETT	00:45:41		Lara EVANS	00:23:36
Eastleigh	**21 Nov**					David KING	00:23:43
Keith WHITAKER	00:32:43		**Moors Valley**	**28 Nov**		John SIMISTER	00:23:46
Haydn BROWN	00:33:16		Keith WHITAKER	00:28:26		Richard BURNS	00:24:08
						Tina Louise CHANTREY	00:24:25
Winchester	**21 Nov**		**Great Lines, Medway**	**28 Nov**		Karen SALMON	00:26:41
Gordon WESTLEY	00:23:32		David LANGRISH	00:22:04		Natalie SUMMER-ANDERSON	00:29:03
						Clara SUTTON	00:31:24
Roundhay	**21 Nov**		**Winchester**	**28 Nov**		Michelle SIMPSON	00:33:17
Chris LEACH	00:24:12		Gordon WESTLEY	00:23:23			

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	1036
Donna	Mitchell	616
Sarah	Hobby	515
Marie	Mcdonald	464
Agnieszka	Plombon	393
Dawn	Haynes-Sewell	361
Sue	Robinson	357
Nikki	Roebuck	327
Sarah	Barron	321
Sharon	Simpson	310
Sarah	Martin	304
Lucy	May	300
Julie	Dinwoodie	277
Daisy	hall	263
Sandie	McIntosh	248
Bethan	Davis	227
Melissa	Hutton-Dunton	226
Susie	MacGregor	224
Laura	Wainwright	219
Sandra	Hook	217
Rebecca	Lord	216
Melissa	Cosens	202
Karen	Barnicoat	191
Rachel	Leach	188
Ann	Blake	186
Sandra	Clark	185
Jane	Adlard	179
Gill	Rose	177
Hilary	Gulliver	175
Alison	MacSwayne	174
Lisa	Donn	170
Pamela	Kemp	169
Victoria	Joel	159
Frances	Lord	159
Penny	Forse	146
Lucy	Window	137
Lucy	Taylor	131

Brigid	Hone	128
Kelly	Bennetts	127
Nicki	White	122
Alethea	Adair-Stantiall	121
Sally	McGrath	120
Wendy	Holloway	118
Shelley	Thomas	115
Eunice	Hoare	111
Gaynor	Heffer	110
Nikkie	Plomer	110
Kerry	Sawyer	109
Mandy	Burton	108
Karen	Salmon	106
Sue	Simister	106
Michelle	Simpson	105
Sadie Lee	Bedford	100
Kaarina	May	99
Anne	Trotman	98
Vicky	Shaw	96
Tracie	Jarvis	95
Tina	Chantrey	92
Jennie	Lee	88
Georgina	Gair	87
Kerry	Dodsworth	82
Sophie	Davison	81
Elizabeth	Weighell	79
Anna	Wilby-Lopez	70
Sharon	Clarke	66
Yvonne	Fisher	64
Sarah	Gardiner	57
Rachael	Openshaw	57
Julie	Bowden	55
Rowena	Dodds	52
Claire	Jones	50
Jasmine	Smith	50
Hollie	Smith	50
Julia	Webb	49

Elizabeth	Miles	48
April	Howlett	47
Amanda	Knight	46
Caroline	Street	46
Caroline	Chapman	45
Dawn	Griffiths	43
Lizzie	Mitchell	42
Charlotte	Lord	41
Julie	Ryman	41
Liz	Hall	40
Sandra	Abrams	39
Eleanor	Crane	39
Claire	Shergill	38
Ronel	Beukman	36
Wendy	Hall	35
Josie	Roe	35
Alex	Leighton-Goodall	33
Tracey	Terry	33
Helen	Nicholls	31
Slywia	Ward	31
Katherine	Briggs	30
Kerry	Bailey	28
Julia	Park	28
Kathy	Chamberline	27
Alison	Hesselberth	27
Jane	Butler	26
Claire	Fairbrother	26
Petra	Wagenblast	26
Katie	Stean	24
Rachel	Richardson	23
Katie	Simister	23
Danielle	Kemp	20
Clara	Fordina	18
Julie	Woodman	18
Susan	Bonnar	16
Laura	Devine	16
Becky	Hodgkinson	16

Kathy	McKain	16
Sally	Watford	15
Samantha	Gallagher	14
Sarah	McRitchie	14
Samantha	Stockwell	14
Sharon	Callus	13
Gemma	Eldridge	13
Lara	Evans	13
Kay	Sadler	13
Jennet	Woolford	13
Kat	Chowns	12
Jenny	Hearnden	12
Heidi	Loveridge	12
Letitia	Toal	12
Anna	Bissix-Croix	10
Lindsay	Edwards	10
Jemma	Raeburn	10
Jacqui	O'Rourke	9
Julie	Salt	9
Rachael	Hay	8
Jennifer	Birks	6
Sarah	Boddy	6
Gemma	Fleming	6
Debbie	Lowe	6
Karen	Nichols	6
Nicola	Peskett	6
Nicola	White	6
Louise	Lockyer	5
Amy	Rampton	5
Katherine	Coughlan	4
Donna	Burgess	3
Sue	Flewitt	3
April	Hassett	3
Sally	Martin	3
Grace	Park	3
Sonia	Robins	3
Holly	Stockwell	3

Mark	McDonald	558
Daniel	Foster	498
Phil	Hobby	452
Euan	McGrath	430
Mike	White	406
Jon	Leigh	405
Andrew	Simpson	399
Lewis	Chalk	384
Andy	Lee	345
Robert	Spencer	332
David	Langrish	329
Peter	Simpson	315
Russell	Mead	304
Nigel	Whitcher	285
James	Lee	269
Keith	Whitaker	269
Marcus	Lee	262
Philip	Martin	262
Sev	Roberts	260
Andrew	Stockwell	256
Nick	Crane	254
Thomas	McClements	252
James	Sawyer	250
George	Howarth	247
Joseph	Peat	244
William	Feline	240
Alan	White	233
Mike	Bell	226
Jack	Webb	220
Neil	Stantiall	218
John	Simister	216
Chris	Hall	213
Haydn	Brown	205
David	MacSwayne	204
Jonathan	Plomer	204
John	Cox	198
Peter	Kay	198
Ian	Race	192
Daniel	O'Boyle	184
John	Blake	181
Chris	Leach	178
Andrew	Smith	177
James	Lewington	165
Richard	Snell	162

Allan	Stinson	155
Mike	Gregory	154
Boe	Harper	150
Stuart	Hiscock	150
Liam	Dredge	140
Tim	Crumpton	139
Chris	Stapleford	137
Kevin	Ashman	134
Rob	Arkell	131
Howard	Clark	128
Graham	James	128
Callum	McDonald	127
Gordon	Westley	127
Graham	Bell	126
Rob	Greenwood	126
Stephen	Williams	124
Lewis	Banner	122
Simon	Hearnden	120
Simon	Vingoe	117
Mike	Harper	115
Mike	Donovan	106
Dan	Hughes	106
Graham	Martin	103
Philip	Whitehouse	103
Timothy	Matthews	101
Andrew	Thomas	100
Nick	Kimber	96
Paul	Southon	96
Michael	Wootton	96
Paul	Smith	94
Tom	Callaway	93
Kevin	Scullion	93
Neil	Richardson	90
Christo-pher	Brobin	88
Simon	Ellis	84
Chris	Davidson	81
Andy	Donn	80
Richard	Bailey	79
Mark	Porter	77
Stuart	Mcnamara	76
Terry	French	75
David	Castle	72
Wesley	Jones	72
Daragh	Hendley	70

Paul	Coverdale	68
Paul	Hammond	66
Andrew	Miles	65
John	Vose	65
Jack	Harris	64
Robert	Nicholls	60
Toby	Greenfield	57
Murray	Watson	57
John	Fairhurst	55
Martyn	Banner	54
Richard	Batten	53
Adrian	Piddington	53
Josh	Crowther	51
Richard	Cassell	50
Andy	Richardson	50
Michael	Welland	49
Martyn	Poore	48
Duncan	Borthwick	47
Ray	Gunner	47
Jordan	Mcritchie	47
Russ	Coleman	46
Tommy	Blake	45
Thomas	MacSwayne	45
Jamie	Stockwell	44
David	Abrams	43
Glen	Street	43
Mark	Eaton	41
Peter	Lewis	41
Martin	Neal	39
Harry	Martin	38
George	Rennie	38
Tom	Mellor	36
Tommy	Cave	32
Kevin	Toal	32
Philip	May	31
Gary	Littlecott	28
Zac	Conaty	27
Steven	Ellis	27
Ryan	Thomas	27
Samuel	Bell	26
Alex	Rhodes	25
Richard	Burns	24
Chris	Hall	24
Nico	Beukman	23
Richard	Roche	21

Hugh	Aggleton	20
Jason	Brandon	20
Chris	Roebuck	20
Matthew	Gould	19
Gavin	Rennie	19
Tom	Cleary	18
Ian	Coady	18
Mike	Coughlan	17
Cameron	Haynes-Sewell	17
Sam	Leahy	16
Tim	Sullivan	16
Lee	Johnson	15
Stephen	Wallbridge	15
James	Barron	14
Geraint	Davies	13
David	Jeffery	13
Simon	Mcmorran	13
Paul	Woolford	13
Rich	Chowns	12
Derrick	Morgan	12
Matt	Evans	11
Pere	Capdevila	10
Adam	Joel	10
Richard	Edmunds	9
John	Randall	8
Peter	Rawlins	8
Thomas	Whitcher	7
Richard	Burgess	6
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
Keith	Carter	4
Simon	Gibbon	3
Dan	Jones	3
Dudley	Malster	3
David	Pheby	3
Harry	Roebuck	3
Ben	Smith	3
Tomas	Stinson	3

Well we are 4 races into the HRRL season, and we've had a great start. We've completed the Overton, Solent Half, Lordshill 10 and the Gosport Half.

So far we had 74 Stubbington Green Runners who have taken part in one or more of the HRRL races to date.

The 74 comprised of 45 men and 29 ladies, so thank you to all for taking part. Everyone's performance continues to be amazing, new PBs were achieved in each of the races, even at the very windy Gosport Half.

We have an unbelievable support team at each of the events especially Gosport half, thank you to all of you who supported and marshalled at Gosport it was very much appreciated, especially on the 2nd lap.

The men's A Team are leading Men's A Division 1, with the B Team in 3rd place in the B Division 1, fantastic running guys.

Mens A Div'n 1			
#	team name	league score	results score
1	**Stubb'ton**	**12**	**304**
2	Lordshill	13	271
3	So'ton AC	15	324
4	Winchester	16	323
5	Overton	29	375

Men B Div 1			
#	team name	league score	results score
1	Lordshill B	7	707
2	Winchester B	13	987
3	**Stubb'ton B**	**17**	**1200**
10	**Stubb'ton C**	**39**	**1924**
15	**Stubb'ton D**	**55**	**2433**

As for the Ladies A team we're in 4th place, and in the Lady B Division 1 we are currently 2nd, well done ladies.

Ladies A Div'n 1			
#	team name	league score	results score
1	Winchester	6	103
2	Lordshill	14	205
3	Hedge End	19	374
4	**Stubb'ton**	**20**	**302**
5	Farnham	22	341

Lady B Div 1			
#	team name	league score	results score
1	Winchester B	4	358
2	**Stubb'ton B**	18	767
3	Hedge End B	23	660
4	Winchester C	24	867
5	Lordshill B	**26**	**752**
9	**Stubb'ton C**	37	1128

Lady B Div 2			
#	team name	league score	results score
1	PompeyJ	8	798
2	Hedge End C	22	1071
3	Gosport	22	1366
6	**Stubb'ton D**	36	1636

The following 29 Ladies completed between 1 to 4 races within the HRRL.

name	# runs	name	# runs
Susie MacGregor	1	Marie McDonald	2
Tina Chantrey	1	Dawn Haynes-Sewell	2
Victoria Joel	1	Melissa Cosens	2
Katie Stean	1	Sara McRitchie	2
Catherine Charman	1	Sarah Hobby	2
Katherine Chamberlain	1	Melissa Hutton-Dunton	3
Laura Devine	1	Kerryanne Sawyer	3
Pam Kemp	1	Sandie McIntosh	3
Jules Dinwoodie	1	Lucy May	4
Karen Barnicoat	1	Hilary Misselbrook	4
April Howlett	1	Julie Ashman	4
Lucy Taylor	1	Sarah Barron	4
Clara Fordina	1	Sue Robinson	4
Liz Weighell	1		
Ann Blake	1		
Amanda Knight	1		

For the Individuals **Daniel O'Boyle** and **Mike Gregory** are in the top 10 of the **men's Individual League**.

The following 45 Men completed between 1 to 4 races within the HRRL.

name	# runs	name	# runs
Daniel O'Boyle	1	Hugh Aggleton	2
Mike Gregory	1	James Sawyer	2
Pere Capdevila	1	Mark McDonald	2
Sev Roberts	1	Jon Plomer	2
Daniel Foster	1	Christopher Hall	2
Jordan McRitchie	1	Joseph Peat	2
Marcus Lee	1	Michael Welland	2
Graham Martin	1	Stuart Hiscock	2
Kevin Scullion	1	Russ Coleman	2
Peter Lewis	1	Stephen Williams	2
Andrew Donn	1	Philip Martin	2
Tim Matthews	1	Phil Hobby	2
Paul Coverdale	1	Simon Ellis	2
Arron Hall	1	John Simister	2
Calum McDonald	1	George Howarth	2
James Lewington	1	Michael Gregory	3
John Cox	1	Andy Simpson	3
James Barron	1	Mike White	3
Mark Porter	1	Jack Webb	3
James Lee	1	Peter Kay	3
Allan Stinson	1	Simon Vingoe	3
		Andrew Stockwell	4
		Ray Gunner	4
		Peter Simpson	4

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

So what's next ……..

We have the Victory 5 taking place 6th December we currently have over 40 SGR registered so should be a good event.

Followed by our own Stubbington 10k on the 17th January 2016.

I would like to take this opportunity to thank those that have already volunteered to support, marshal, etc. on the day and in preparation for the event.

If you would like to spare some time and support your club during the SGR10k please contact me at hrrl-secretary@stubbingtongreenrunners.net

Thank you

Mark

PS:- There's still time to book yourself on some of next year's races, have a look at the dates below and starting registering so that you don't miss out.

Event	Date
Overton 5	Complete
Solent half marathon	Complete
Lordshill 10	Complete
Gosport half marathon	Complete
Victory 5	6th December 15
Stubbington 10k	17th January 16
Ryde 10	7th February 16
Salisbury 10	13th March 16
Eastliegh 10k	20th March 16
Alton 10	8th May 16
Netley 10k	15th May 16
D-day 10k	5th June 16