The

GreenRunner

JANUARY 2016

FROM THE CHAIR

Happy New Year everyone.

Not long now till our 10k race on Sunday 17th January and we are in the final stages of planning to ensure we have another successful event. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Please look out for the communication on the marshals/helpers meeting that is currently scheduled for Friday 15th January.

We are also approaching the time of the year for the AGM which will be held in early March so please give some thought as to whether you can help the club by taking on one of the committee positions – watch out for the calling notice which will list the various roles on the committee.

Lets hope that 2016 is just as successful for the club as 2015 was.

Happy Running
Kevin

AN ULTRA TOUGH EXPERIENCE IN WALES (by Mike White)

Seven members of Stubbington Green Runners were on the start line on Saturday 5th for Round 4 in the "Might Contain Nuts" Welsh ultra-trail running series. This also coincided with a UK Storm so severe that it had a name. Quoting BBC news about storm Desmond, "Gusts of 85mph winds have been recorded in Wales and about 700 homes are without power". We survived the gale force winds and the next day I posted the following on FB.

"The words EPIC and BRUTAL are often used to describe running events, perhaps too often. I now know that EPIC should be reserved for such things as UTMB (Ultra Trail de Mount Blanc), but BRUTAL, lets reserve that for days like yesterday. There were many occasions when, truly I asked myself, "Why the hell am I doing this?" as a local ultra-runner said to Euan, this is a "grumpy day", it was actually a desperately difficult day, 9hrs for me to be exact.

It doesn't really matter what direction a gale force wind hits you when you're on technical terrain, e.g. on 4km of open boggy moorland, or when descending a steep stony track or traversing a wet and muddy cross camber hillside, it's all grindingly awful. I'm writing this down so I don't forget when Euan asks me to enter the next one. By the way both he and Ian Race said this was the tuffest 42 ml race they've done, (and they have more than 2 UTMBs between them).

That's it, grumpiness over. I know I should be thinking, what an experience, what an achievement, but it's the next day and I'm still thinking why the hell am I doing this type of thing? Hat's off to all those Stubbies who suffered out there too in particular to Jon Leigh, I was pleased to hear you'd got back safe." Only one of us didn't quite make it round, Josh Crowther who texted Euan on the day to say, "Hope everyone's race has gone well! I called it a day at mile 17, struggling terribly with convincing myself to run (never experienced it so badly before)! Hope you all smashed it and enjoy the rest!"

Our results were: Euan MaGrath 12th (2nd Vet), Wesley Jones 20th, Ian Race 28th, Mike White 36th , Neil Stantial 45th , Jon Leigh 60th.

The 10k Santa Run held on the 13 Dec in Southsea

Mark McDonald, Marie McDonald, Karen Barnicoat, Aga Plombon & Tina Chantrey all dressed up as Santa, unfortuntley this wasn't a timed event, though apparently they all ran well. Also Shelley Thomas & Dawn Haynes-Sewell did the 5k Santa run.

CAPTAINS CORNER

Happy New Year!! Wishing you all the very best to you and your families and staying injury free and running success in 2016.

January sees us hosting the Stubbie 10k which we still need marshals for, contact Mark McDonald and the Southerns at Manor Farm on Sunday 24th January contact Chris Hall.
Thank you everyone for your support, we can't put on these races on without members helping out in some way.

First of all a mini round up of the races and runs that we competed in during December. Hampshire XC race at King's Park, we really struggled with numbers due to Victory the next day. We had just 3 ladies and for the vet men, we had 3 with Gordon Westley turning up at 2.29 (start 2.30!) and myself shouting at him as I trotted off to the start that he was "third man and scoring"! All though we struggled for numbers we did get 4 teams out. Ladies team was Penny Forse, Marie McDonald and Julia Park were 19th in seniors and 13th in the vets. For the men we had a two fabulous individual performances with Mike Gregory 16th overall and Jack Webb 18th under 20 which is a very competitive category. Senior Men's team were Mike, Jack, myself, Chris Brobin and Andy Stockwell, we powered home in 1st place and the vet men with Andy, me and Gordon were 6th. We had one sole junior representative in the U11's race which was Grace Park. Although Grace did take a nasty bum on her head drawing blood at home before the race. She competed excellently in the race, with no health problems afterwards. The next race is at Reading on 16th January, so if you're not racing Stubbie 10k or fancy doubling up, then it would be greatly appreciated as we may struggle for numbers.

Next day we had the Victory 5 which was a very windy, on the way out it was behind the runners and then on the way back there was brick wall to run through over the last mile and half. Lots of Stubbies ran and despite the conditions quite a few got PBs. Ladies A team were 2nd overall with Susie MacGregor, Vicky Shaw and Becky Lord scoring for team. Men's A team were 5th on the day lead home by Rob Arkell, me, Boe Harper and Dan Foster.

Super Sunday was 13th December where the choice of races were a plenty, with our club handicap hosted by Nick and Helen Kimber, thank you guys and apologies I couldn't be there I was at the CC6. Then there was CC6, at Janesmoor Pond, Southerns at Farnham and the Tailwind at the New Forest to mention a few. Congratulations to John Vose and Katrina May winning the club handicap with Julia Webb and Liz Hall fancy dress winners. Sadly for the Southerns we did not have complete teams due to the other events that were on. We were accredited 22nd for the runners that we did have running, so thank you guys for turning up. For the CC6 the ladies were on fire with a one two finish, Vicky Shaw 1st and Nikki Roebuck 2nd and completing the ladies team was Penny Forse in 16th with ladies team 2nd on the day. Men faced a very strong Southampton team which had 10 out of first 12 positions with the first four men so were first on the day. That said the other two runners were from Stubbington me 4th and Dan Foster had a great run in 9th. The men's team was completed by Jack Webb 15th and Toby Greenfield in his first CC6 in 18th for 2nd on the day. At the Tailwind 10 mile race we had 9 Stubbie entrants with Susie MacGregor winning silverware with 2nd lady overall and 1st vet and Rob Greewood came home 1st for Stubbington in 13th.

Weekend before Christmas, saw a party atmosphere descend on Portsmouth with the Coastal Half and Marathon. Congratulations to Rob Arkell who scooped 1st place in the half. Although it sounds that marathon guys had the most fun as 20 plus Stubbies dressed up in fancy dress and jingled their way around the course with a hardened support crew. Even the bad weather couldn't dampen the mood, well done everyone. Also on that day, was a low key event, which was a charity Santa Fun Run around Whiteley for Dreams Come True. There were 5 Stubbies running and all dressed up in Santa outfits. Ryan Simpson, future Stubbie was 1st overall (shameless plug for my son) and Frances Lord was 2nd.

Blowing out the cobwebs after Boxing Day saw Green Army march on Lords Wandsworth for the Southerns. The ladies were 4th and men were 7th with the team finishing 4th overall on the day. Next race in the series is our own race at Manor Farm where we need a team to run but also marshals.

Pub to Pub a popular race after Christmas on the 28th saw a few Stubbies taking on this undulating course with Jon Plomer the first Stubbie home in 15th.

Parkruns over December and festive period have seen a lot of Stubbies running and these are great runs to build up confidence and speed.

The bonus race for the leader board in January is Hants XC at Reading on 16th January and the race for February will be the Ryde 10 on 7th February.

Good luck to everyone running this month in particular the people doing the Hampshire XC Champs at Fairthorne Manor and Southern XC Champs at Parliament Hill.

Social Secretary

As Sarah Hobby is standing down as Social Secretary after a fantastically successful year including all our 30th Anniversary events we are looking for someone to take her place.

You will need (with the help and support of the rest of the committee and social committee) to organise both running and non-running events with a social slant as opposed to serious racing and we are always looking for new ideas and input. If you feel you would be able to fulfil this role then please email our Secretary (secretary@stubbingtongreenrunners.net) as soon as possible.

HONOLULU MARATHON® DEC 11 2016

Chris Leach 3:56:33

Rachel Leach 5:18:39

Ullswater 10km

Chris Leach	4TH PLACE
Rachel Leach	1.31.30

Helvellyn 10km

Rachel Leach	01:06:46

Fields of Athenry 10km Road Race 2015

593	Graham Martin	52:48

CHRISTMAS PUDDING 10K CHRISTCHURCH

51	PLOMER, Jonathan	0:39:19
116	SIMPSON, Peter	0:43:58
124	MAY, Lucy	0:44:35

PUB TO PUB

15	Jon Plomer	00:49:29
106	Sue Robinson	01:15:21
110	Sharon Simpson	01:18:38
111	Julie Ashman	01:18:38

Stubbie away day

On the 21st December a few foolhardy souls ventured to the Black Mountains in Wales for a spot of winter hill training.

The plan was to run the 17 mile route of the Black Mountains fell race before retiring to the local pub for a well-earned beer and burger. The weather had other ideas, however! It began with Mike White finding himself up to his hips in a mountain bog. Mike Gregory kindly extracted him while the rest of us fell about laughing.

On reaching the top of Gadair Fawr at 800m the 60mph rain suggested that a short cut to the pub was in order! A rapid retreat later we found ourselves getting changed into dry clothes just in time for clear blue skies to come out! At least we made it to the pub in time for lunch.

Comparing Garmins, we'd done about 17 miles and 1600m of climbing, so we had pudding too. Well done to the Mikes, Edward, Vicky Shaw, Laura Wainwright & Ian Race.

Will

HAMPSHIRE CROSS COUNTRY

The third fixture in the Hants Cross-Country League took place on 5th December at King's Park, Bournemouth. Many thanks to everyone who came along on a busy weekend for the club. A special mention to Gordon who arrived on the start line just as the hooter went - great timekeeping, sir!

In the team events, the senior men sit proudly at the top of Div 2 and the vets are 6th in Div 1. Well done gentlemen, let's keep it up. The senior ladies are 11th and the vets 6th.

Star of the day has to go to Penny, class tells yet again

75	Penny Forse	28.15
109	Marie McDonald	31.10
116	Julia Park	32.34

14	Mike Gregory	32.42
44	Andy Simpson	34.53
63	Chris Brobin	35.47
72	Jack Webb	36.11
109	Andy Stockwell	38.23
123	Will Feline	38.51
181	Gordon Westley	43.50

SOUTHERN CROSS COUNTRY LEAGUE

Lord Wandsworth

25 Simon Hearnden
31 Mike White
44 Andy Stockwell
49 David Castle
68 Mark Jones
82 Jordan Mcritchie
92 Peter Kay
98 Marcus Lee
105 Richard Bailey
114 Nick Crane
197 Chris Stapleford

2 Vicki Shaw
6 Becky Lord
17 Tina Chantrey
45 Francis Lord
47 Charlotte Lord
82 Sadie Bedford
117 Kathy Chamberlain
119 Sara Mcritchie

CC6 DIBDEN

JANESMOOR POND

Andy Simpson	5
Daniel Foster	9
Jack Webb	15
Toby Greenfield	18
Ian Race	25
Steve Williams	45
Mike Bell	51

Vicky Shaw	1
Nikki Roebuck	2
Penny Forse	15
Pam Kemp	38
Jules Dinwoode	43

Manor Farm Southern Cross Country League Sunday 24th January

We are hosting the 5th round of the league at Manor Farm, whilst all Stubbington Green Runners are able to run their own race we will need approx. 30 marshals and some help doing the post race food in the activity centre. Are there any of you who would be able to help collate the results on the day as well please.
Thank you

Chris Hall 07874777036 hally.pfc@ntlworld.com

DOWNLAND DEVIL 9.1 MILES	30	Daisy	Hall	1.13.16	2nd lady
	50	Nick	Crane	1.17.16	1st v60 male
	95	Andy	Lee	1.25.43	

MARATHON

139	Andrew Stockwell	03:43:36
472	Sarah Gardiner	04:32:50
481	George Howarth	04:33:45
732	Jane Adlard	05:18:14
752	Mark Porter	05:25:15
823	Julia Webb	05:48:15
824	Karen Barnicoat	05:48:14
825	Phil Hobby	05:48:16
826	James Lewington	05:48:17
827	Nicki White	05:48:07
828	Marie McDonald	05:48:16
829	Aga Plombon	05:48:04
830	Karen Salmon	05:48:16
831	Lucy Window	05:48:08
832	Lizzie Mitchell	05:48:10
833	Sandie McIntosh	05:48:17
834	Sue Robinson	05:48:18
835	Amanda Knight	05:48:17
836	Rowena Dodds	05:48:17
837	Calum McDonald	05:48:20
838	Mark McDonald	05:48:21
841	Melissa Hutton-Dunton	05:50:19

50K ULTRA

223	Julie Ashman	05:43:36

HALF MARATHON

1	Rob Arkell	01:19:58
102	Dawn Haynes-Sewell	02:00:15
168	Katherine Chamberlain	02:09:55
174	Sara McRitchie	02:12:20
181	Sarah Martin	02:13:32
220	Josie Roe	02:20:21

VICTORY 5

29	Rob Arkell	27:52
49	Andy Simpson	28:53
65	Boe Harper	29:23
88	Daniel Foster	30:20
104	Andrew Stockwell	30:46
124	Jon Plomer	31:25
129	Jack Webb	31:34
131	Christopher Hall	31:38
160	Mark McDonald	32:27
167	Ray Gunner	32:36
171	James Lee	32:43
178	Jordan McRitchie	32:50
194	Stuart Hiscock	33:34
212	Peter Kay	33:57
281	Peter Simpson	35:37
322	Phil Hobby	36:41
352	John Simister	37:55
364	Paul Coverdale	38:25
417	Chris Stapleford	40:29
434	Andrew Richardson	41:21
435	Russell Mead	41:21
440	Ashley Lovell	41:37
540	Stuart McNamara	46:18
647	Andrew Smith	1:00:09

150	Susie MacGregor	32:17
189	Vicky Shaw	33:20
237	Becky Lord	34:40
266	Lucy May	35:22
290	Sylwia Ward	35:47
321	Kerryanne Sawyer	36:40
386	Hilary Misselbrook	39:12
407	Charlotte Lord	40:09
418	Marie McDonald	40:30
443	Dawn Haynes-Sewell	41:54
453	Sadie Lee Bedford	42:26
528	Jules Dinwoodie	45:36
530	Sandie McIntosh	45:47
534	Sara McRitchie	46:00
553	April Howlett	47:07
562	Sue Robinson	47:46
606	Kaarina May	51:44

Basingstoke	5 Dec
Allan STINSON	00:33:31
Southsea	**5 Dec**
Kerryanne SAWYER	00:25:01
Eastleigh	**5 Dec**
Haydn BROWN	00:23:13
Keith WHITAKER	00:31:13
Netley Abbey	**5 Dec**
Toby GREENFIELD	00:20:02
Rebecca Margaret LORD	00:22:28
Charlotte LORD	00:22:31
Del GRANGER	00:22:53
Marie MCDONALD	00:26:50
Bethan Jane DAVIS	00:28:11
Russell MEAD	00:28:39
Rachel LEACH	00:28:40
Chris LEACH	00:28:41
Jules DINWOODIE	00:28:59
David MACSWAYNE	00:32:23
Michelle SIMPSON	00:33:46
Martyn BANNER	00:34:07
Andrew SMITH	00:42:30
Wendy HOLLOWAY	00:42:31
Dawesville	**5 Dec**
Iain GALLAGHER	00:23:00
Kesgrave	**5 Dec**
Robert SPENCER	00:30:31
Lee-on-the-Solent	**5 Dec**
James SAWYER	00:18:13
Simon HEARNDEN	00:18:45
Andy DONN	00:21:55
Zac CONATY	00:22:24
Michael WELLAND	00:22:47
Lisa DONN	00:25:35
April HOWLETT	00:28:10
Sara MCRITCHIE	00:28:46
Liz JAMES	00:32:47
Jacqueline FREEMANTLE	00:32:58
Dawn BELL	00:36:13

Queen Elizabeth	5 Dec
Mark MCDONALD	00:21:11
Phil HOBBY	00:24:10
James LEWINGTON	00:24:30
Gavin RENNIE	00:24:35
Paul SOUTHON	00:26:47
Karen BARNICOAT	00:28:20
San CLARK	00:57:41
Winchester	**12 Dec**
Gordon WESTLEY	00:23:59
Netley Abbey	**12 Dec**
Del GRANGER	00:22:24
Paul SOUTHON	00:23:42
Mark MCDONALD	00:25:52
Marie MCDONALD	00:25:53
Bethan Jane DAVIS	00:25:55
Sandra HOOK	00:26:40
Robert SPENCER	00:31:21
Nikki ROEBUCK	00:32:22
Lee-on-the-Solent	**12 Dec**
Rob ARKELL	00:17:22
Chris BROBIN	00:17:38
James SAWYER	00:17:47
Jordan MCRITCHIE	00:19:37
Simon HEARNDEN	00:19:41
Susie MACGREGOR	00:19:51
James LEE	00:20:04
Michael WELLAND	00:21:40
Andy LEE	00:22:04
Kerryanne SAWYER	00:22:12
Richard EDMUNDS	00:23:12
Victoria Kate JOEL	00:23:24
Melissa HUTTON-DUNTON	00:23:24
Robert HINKLEY	00:23:26
Richard BURNS	00:23:37
John COX	00:23:51
Zac CONATY	00:24:33
Russell MEAD	00:24:39
Lisa DONN	00:25:38
Kathy CHAMBERLAIN	00:26:45
Sara MCRITCHIE	00:27:52
Jules DINWOODIE	00:28:04
Sarah BARRON	00:28:30
Clara SUTTON	00:29:48
April HOWLETT	00:30:58
Michelle SIMPSON	00:31:34
Jacqueline FREEMANTLE	00:35:58
Dawn BELL	00:35:58

Brighton & Hove	12 Dec
Andrew STOCKWELL	00:18:58
Cardiff	**12 Dec**
Alison MACSWAYNE	00:28:25
Basingstoke	**12 Dec**
Allan STINSON	00:32:18
Ipswich	**12 Dec**
Joseph PEAT	00:20:31
Southsea	**12 Dec**
Stuart HISCOCK	00:20:56
Eastleigh	**12 Dec**
Haydn BROWN	00:22:59
Keith WHITAKER	00:30:09
Queen Elizabeth	**12 Dec**
James LEWINGTON	00:20:56
San CLARK	00:36:46
Warner Lakes	**12 Dec**
Richard SNELL	00:32:01
Gill ROSE	00:39:52
Basingstoke	**19 Dec**
Allan STINSON	00:36:04
Southsea	**19 Dec**
Andrew STOCKWELL	00:23:22
Eastleigh	**19 Dec**
Haydn BROWN	00:23:47
Keith WHITAKER	00:34:51
Winchester	**19 Dec**
Gordon WESTLEY	00:24:24
Netley Abbey	**19 Dec**
Rebecca Margaret LORD	00:20:50
Peter KAY	00:21:19
Charlotte LORD	00:22:58
Harry ROEBUCK	00:23:54
Frances Louise LORD	00:23:58
Paul SOUTHON	00:24:08
Chris STAPLEFORD	00:24:12
Sandra HOOK	00:26:05
Bethan Jane DAVIS	00:26:42
Alison MACSWAYNE	00:29:22
David MACSWAYNE	00:32:16

Dawesville	19 Dec
Iain GALLAGHER	00:22:53
Lee-on-the-Solent	**19 Dec**
Andy GRIGGS	00:17:33
Andy SIMPSON	00:17:58
David Matthew CASTLE	00:19:23
Simon HEARNDEN	00:19:24
James LEE	00:19:44
Toby GREENFIELD	00:19:50
Tom CALLAWAY	00:21:57
Michael WELLAND	00:22:17
Andy LEE	00:22:47
Matthew EVANS	00:22:49
Kerryanne SAWYER	00:22:52
David ABRAMS	00:23:00
Tim MATTHEWS	00:23:16
Richard BURNS	00:23:38
Hilary GULLIVER	00:24:01
John COX	00:24:34
Russell MEAD	00:25:23
Alison HESSELBERTH	00:27:33
Jules DINWOODIE	00:28:00
Simon Robert GIBBON	00:28:51
Clara SUTTON	00:29:22
Martyn BANNER	00:30:17
Robert SPENCER	00:32:07
Sandie MCINTOSH	00:34:46
Sue ROBINSON	00:34:47
Jacqueline FREEMANTLE	00:36:34
Dawn BELL	00:36:35
Roundhay	**25 Dec**
Chris LEACH	00:20:43
Rachel LEACH	00:28:26
Airlie Beach	**25 Dec**
Lewis CHALK	00:18:00
Laura RIDGE	00:23:55
Queen Elizabeth	**25 Dec**
David LANGRISH	00:24:35
Tring	**25 Dec**
Daniel FOSTER	00:21:19

Netley Abbey	25 Dec
Andy SIMPSON	00:18:23
James SAWYER	00:19:23
Andrew STOCKWELL	00:20:11
Rebecca Margaret LORD	00:20:51
Chris STAPLEFORD	00:23:33
Frances Louise LORD	00:24:31
Paul SOUTHON	00:24:39
Charlotte LORD	00:24:54
Russell MEAD	00:26:20
Sandra HOOK	00:26:28
Bethan Jane DAVIS	00:27:34
Jules DINWOODIE	00:29:00
Alison MACSWAYNE	00:30:24
Robert SPENCER	00:30:38
Michelle SIMPSON	00:32:32
David MACSWAYNE	00:34:07
Basingstoke	**26 Dec**
Allan STINSON	00:38:52
Southampton	**26 Dec**
Peter KAY	00:20:50
Southsea	**26 Dec**
Robert SPENCER	00:32:08
Bath Skyline	**26 Dec**
Jules DINWOODIE	00:29:17
Netley Abbey	**26 Dec**
Toby GREENFIELD	00:20:12
Rebecca Margaret LORD	00:20:22
Charlotte LORD	00:23:27
Chris STAPLEFORD	00:23:33
Sandra HOOK	00:25:59
Haydn BROWN	00:31:53
Andrew SMITH	00:41:32
Wendy HOLLOWAY	00:42:28
Big Bay	**26 Dec**
Natalie SUMMER-ANDERSON	00:32:48
Airlie Beach	**26 Dec**
Lewis CHALK	00:17:23
Hazlehead, Aberdeen	**26 Dec**
Keith CARTER	00:24:41

Humber Bridge	26 Dec
Liz WEIGHELL	00:31:47
Dawesville	**26 Dec**
Iain GALLAGHER	00:22:26
Chichester	**26 Dec**
Bethan Jane DAVIS	00:30:04
Lee-on-the-Solent	**26 Dec**
Rob ARKELL	00:16:56
Michael GREGORY	00:17:32
Chris BROBIN	00:17:48
Rob GREENWOOD	00:18:39
James SAWYER	00:19:07
Andrew STOCKWELL	00:19:08
James LEE	00:19:14
David Matthew CASTLE	00:19:18
Simon HEARNDEN	00:19:22
Richard BATTEN	00:20:25
Mark MCDONALD	00:20:38
Melissa HUTTON-DUNTON	00:21:25
Michael WELLAND	00:22:01
Andy LEE	00:22:30
Tina Louise CHANTREY	00:22:31
David ABRAMS	00:22:57
John COX	00:23:53
Marie MCDONALD	00:24:20
Calum MCDONALD	00:24:20
John SIMISTER	00:24:36
Steve TROTMAN	00:24:39
Anne TROTMAN	00:27:54
Kathy CHAMBERLAIN	00:28:24
Sara MCRITCHIE	00:28:24
Shelley THOMAS	00:28:53
Alison MACSWAYNE	00:28:59
Holly STOCKWELL	00:31:05
David MACSWAYNE	00:31:21
Temple Newsam	**26 Dec**
Chris LEACH	00:21:15
Rachel LEACH	00:30:04
Queen Elizabeth	**26 Dec**
David LANGRISH	00:23:17
Eastleigh	**26 Dec**
Keith WHITAKER	00:30:52

That's our 5th HRRL race completed, with a good turnout for the very windy Victory 5, which took place 6th December 2015.

We had 41 runners at Victory (17 Ladies and 24 Men), and a number of PBs were achieved even with the wind battle on the way back to Mountbatten Centre. Those that I know that who got PBs were Dan Foster, Chris Hall (the younger one), Jon Plomer, Kerry Sawyer (first 5 miler), Andy Stockwell, Rob Arkell (first 5 miler), and Chris Stapleford.

So far we've had 87 Stubbington Green Runners who have taken part in one or more of the HRRL races to date. The 87 comprised of 52 men and 35 ladies, so thank you to all for taking part.

Great support again around the Mountbatten Centre which was a real boost for the final lap, thank you everyone.

Men's A Team have moved from 1st to 3rd in Men's A Div 1, with B Team retaining 3rd place in the B Div 1.

Mens A Div'n 1			
#	team name	league score	results score
1	So'ton AC	16	347
2	Lordshill	16	353
3	**Stubb'ton**	**17**	**469**
4	Winchester	18	403

Men B Div 1			
#	team name	league score	results score
1	Lordshill B	9	898
2	Winchester B	16	1197
3	**Stubb'ton B**	**25**	**1580**
11	**Stubb'ton C**	**50**	**2453**
15	**Stubb'ton D**	**69**	**3188**

As for the Ladies A team they moved up from 4th to 3rd place, in the Ladies B Division 1 we held 2nd, and C team moved up to 8th, well done all.

Ladies A Div'n 1			
#	team name	league score	results score
1	Winchester	7	126
2	Lordshill	18	281
3	**Stubb'ton**	**22**	**348**
4	Hedge End	22	442

Lady B Div 1			
#	team name	league score	results score
1	Winchester B	5	421
2	**Stubb'ton B**	**22**	**883**
3	Hedge End B	26	774
4	Winchester C	26	973
8	**Stubb'ton C**	**43**	**1457**

Lady B Div 2			
#	team name	league score	results score
1	PompeyJ	9	958
2	Hedge End C	24	1249
3	Totton	28	1408
6	**Stubb'ton D**	**40**	**1970**

The following 35 Ladies completed between 1 to 5 races within the HRRL.

name	# runs	name	# runs
Vicky Shaw	1	Susie MacGregor	2
Becky Lord	1	Melissa Cosens	2
Tina Chantrey	1	Jules Dinwoodie	2
Sylwia Ward	1	April Howlett	2
Victoria Joel	1	Sarah Hobby	2
Katie Stean	1	Melissa Hutton-Dunton	3
Charlotte Lord	1	Marie McDonald	3
Sadie Lee Bedford	1	Dawn Haynes-Sewell	3
Catherine Charman	1	Sara McRitchie	3
Katherine Chamberlain	1	Kerryanne Sawyer	4
Laura Devine	1	Julie Ashman	4
Pam Kemp	1	Sarah Barron	4
Karen Barnicoat	1	Sandie McIntosh	4
Lucy Taylor	1	Lucy May	5
Kaarina May	1	Hilary Misselbrook	5
Clara Fordina	1	Sue Robinson	5
Liz Weighell	1		
Ann Blake	1		
Amanda Knight	1		

The following 52 Men completed between 1 to 5 races within the HRRL.

name	# runs	name	# runs
Daniel O'Boyle	1	Joseph Peat	2
Pere Capdevila	1	Michael Welland	2
Rob Arkell	1	Jordan McRitchie	2
Sev Roberts	1	Russ Coleman	2
Boe Harper	1	Stephen Williams	2
Marcus Lee	1	Philip Martin	2
Graham Martin	1	James Lee	2
Kevin Scullion	1	Simon Ellis	2
Peter Lewis	1	Paul Coverdale	2
Andrew Donn	1	George Howarth	2
Tim Matthews	1	Mike White	3
Arron Hall	1	Jon Plomer	3
Calum McDonald	1	Mark McDonald	3
James Lewington	1	Christopher Hall	3
John Cox	1	Stuart Hiscock	3
Chris Stapleford	1	Phil Hobby	3
Mark Porter	1	Simon Vingoe	3
James Barron	1	John Simister	3
Andrew Richardson	1	Mike Gregory	4
Russell Mead	1	Andy Simpson	4
Ashley Lovell	1	Jack Webb	4
Stuart McNamara	1	Peter Kay	4
Allan Stinson	1	Andrew Stockwell	5
Andrew Smith	1	Ray Gunner	5
Hugh Aggleton	2	Peter Simpson	5
James Sawyer	2		
Daniel Foster	2		

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

So what's next ……..

We have our very own Stubbington 10k taking place on the 17th January 2016, which is fully booked.

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

We also have the Ryde 10 mile in February, I will post up on Facebook updates to organise travelling across on the ferry and car share.

Thank you

Mark

PS:- There's still time to book yourself on some of 2016 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	Complete
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