The Green Runner

FEBRUARY 2016

AGM

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 8th March at 8pm at the Crofton Pub, Crofton Lane, Stubbington where we will have the meeting followed by refreshments. As we have a number of vacancies to fill on the committee we are giving the membership the maximum possible time for nominations and ask that these are back with the secretary (secretary@stubbingtongreenrunners.net) by Friday 4th March; nominations should simply be position, name and name of proposer.

If anybody wants any more information on the roles then please feel free to ask any of the committee if the brief role descriptions below don't give you enough information.

All of the committee positions apart from the Chairman will need nominations. In addition we have a number of vacancies in non-committee roles, please see the positions below. I am sure that in a club of over 380 members we will have enough nominations to ensure a smooth transition of the committee into the new year so don't be shy in going for committee or non-committee roles that will allow you support the growth and progress the club has made in the last few years.

To help people decide which positions they would like to be nominated for please find below a short description of each role.

Vice Chairman – Support the chairman through the year to ensure the chairman workload is not too onerous.
Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.
Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England athletics and other regional organisations.
Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the club coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.
Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders
General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the committee to support the club.

Non Committee Roles

HRRL Rep – Act as rep for Hampshire Road Race League and encourage participation
Xctry Captain – Act as rep for Xctrys and encourage participation
Triathlon Rep – Lead all club's triathlon activities
Green Runner Editor – Produce monthly newsletter
Social Secretary – Lead co-ordination of all social events of the club
Southern (previously Todays Runner) Xctry coordinator - Act as rep for series and co-ordinate our own race.
Kit Coordinator – Maintain kit stock and meet demand for club kit.
Webmaster – Maintain the communication to members and the wider community through ongoing management of the website structure and content.

Any additional proposals for discussion at the meeting should also be sent to the secretary by Friday 4th March.

Kind Regards
Phil Hobby
Secretary – Stubbington Green Runners

GREEN RUNNER EDITOR

I have been editing the Green Runner for almost 6 years now and have decided the time has come to hand the task to someone with fresh ideas.
Hopefully a volunteer will step forward at the AGM, I am happy to explain the role which is quite simple as lots of people contribute, it's just the editors job to put it together.
You can email me if you would like more details. r.snell48@btinternet.com
Thanks
Richard Snell

FROM THE CHAIR

Sunday January 17th saw another awesome 10k race put on by Stubbington Green Runners. Thanks to everybody who ran, helped in some way or marshalled along the course – the amount of positive feedback we got following the race was testament to the hardwork that the club members put into making it such a success. However the biggest thanks go to Chris Brobin who has been our race director for the last three years and built on the many years of great work from Gary Littlecott. I am confident that we have a great base as I take over the reins for the 2017 event but we are not sitting on our laurels so if you have any feedback (and we have already had some) on how you think things could be improved please do not be shy in telling us – email me at Chairman@stubbingtongreenrunners.net and tell me what could be done better and in addition what you felt went really well.

Our AGM is in the diary for March 8th at the Crofton pub and you will see the calling notice in this greenrunner. As per our rules all positions, except Chairman (sorry you have to put up with me for 2 years!) are up for nomination so if you think you can help run this fantastic club then please get your nomination into the secretary before the meeting so that we can have a successful AGM and set ourselves up for the coming year. Thanks to everybody who completed our survey, the committee will be discussing how we can action the points raised and will feedback at the AGM.

We have just seen the AGM of the RR10 series and our race has been confirmed at Whiteley on July 13th so we will again be looking for helpers nearer the time so please put the date in your diary. As per previous years we can run in 9 races but the difference this year is that there are now 11 races and we don't run in our own and the one in Sway . This is because of the huge success of the series and the addition of Itchen Spitfires.

I hope everybody continues to enjoy their running , whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running
Kevin

Mud, Mud, Glorious Mud…by Penny Forse

I've had several queries about the best way to clean running shoes and this may be as good a time as ever. It certainly is that time of year when you can't venture off-road without getting your shoes muddy. Don't instantly stick them in the washing machine, even on a cool wash, as any heat & detergent will make the glue deteriorate shortening shoe-life and the mud will block the pipes.

If they are not too muddy, scrape off any mud into a bin or onto the garden and wipe clean with a damp cloth. If very muddy, wash them in a bucket of COLD water, from a water butt if you have one. Wash any removable inner soles too.

Throw the muddy water onto the garden or down an outside drain (don't clog up your U-bends!). When clean put each shoe in a fine mesh laundry bag (if you don't have any you'll need to remove the laces or they get stuck in the drum holes and use the spin cycle on your washing machine. Then stuff with newspaper and place them near a radiator – not on it.
After a couple of hours remove the damp newspaper and leave them to dry naturally.
For spikes it is the same process but remove the metal spikes first. Once spun, dry each spike hole with a cotton bud or kitchen roll to prevent rusting.

Clean and dry the metal spikes and when the shoes are dry, replace them with a blob of Vaseline in each spike hole.

CAPTAINS CORNER

On your marks … get set … Go!!!!

January 2016 has been a good one!

Kicking off the New Year in the HRRL was our very own Stubbington 10K! Well done to all of you who helped, not only on the day but in the months building up to the event with all hard work that goes on unnoticed in the background. All of you should be very proud indeed of the fantastic race execution achieved. Well done also to the 56 Stubbington Green Runners who took part in the race, lots of whom excelled to produce PB's and course records! The ladies A Team finished 2nd on the day, putting them in 3rd position, overall in the league. The men's A Team finished 3rd on the day and they also lie 3rd overall in the league. This race marked the half way point in the league, so with only 6 races left both our Men and Ladies teams are in strong contention for podium finishes. Our B Teams also had fantastic results and I'm sure there will be a full report from Mark MacDonald on that. The next race is Ryde 10 on 7th February and there will be entries on the day if anyone decides at the last minute they are available and would like to run.

A huge well done to all of the kids who ran in kid's race and an extra big well done goes to Ryan Simpson (1st) and Harry Roebuck (3rd) who both scooped podium finishes in their age groups!

Also in the road race calendar we had The Romsey 5 which saw Jon Plomber smash yet another PB finishing in a very impressive 30.48! We had a complete ladies team with Sandra Hook leading the team home in a brilliant 38.53 followed by Bethan Davis in 40.10 and completing the team was Eunice Hoare 46.45 … well done ladies!

There has been lots of action on the Cross Country race calendar in January … We have seen races in the Hampshire League, the Southern League, the CC6 League and we have also had the infamous Southern XC Champs at Parliament Hill this weekend.

First up was Hants League meeting at Prospect Park, Reading, 7 Stubby men ran and Andy Simpson led them in, in true Captain style! 4 ladies raced and the team was led in by Lucy May. Well done everyone for getting scoring teams out for both Men and ladies.

Next we had our own Southern XC race at Manor Farm, yet again Stubbington were fantastic hosts and yet again the brilliant club support that enabled the race to happen was the best ever! It was so lovely to see Beccy Lord back on her game winning the ladies race and we had another fantastic finish from the ever improving Vicky Shaw who just seems to get stronger every time I see her run! Nichola Roebuck completed the ladies team in a strong 13th position ensuring Stubbington ladies won first place team on the day. Stubbington men secured a 3rd place finish on the day and I'm so sorry that I don't what order you all finished in. Well done to everyone who ran and helped out on the day!

This weekend we saw the 5th race in CC6 series, 11 Stubbies braved the wet and muddy course ensuring we had 2 complete teams. Another fantastic performance from Vicky Shaw who finished 2nd lady overall, followed by Nichola Roebuck in 4th and Lottie Lord in a very strong 15th. The men were led home by the amazing Mike Gregory who finished 5th overall after running 19 miles the day before! He was closely followed by Andy Simpson in 6th place, Andy Donn in 43rd place and Peter Kay in 53rd place … Huge well done to everyone else who ran. The team results saw the ladies joint 1st with Winchester, congratulations and the men were 7th on the day.

Lastly on the XC front was The Southern XC Championships at Parliament Hill this weekend. I do not know the results as yet but a huge well done to everyone who ran this fantastic challenging race.

Coming up in February on XC calendar we have the final race n the Hants XC series at Dibden Inclosure, I believe Stubbington have agreed to help marshal this race so if anyone is heading down to support and would care to help out please let William Feline or Laura Wainwright know, I'm sure they would appreciate any help offered. We also have race number 6 in the CC6 series at Denny Wood Inclosure on February 21st and we have the final race in the Southern XC League series at Pole Cat Valley on February 28th. So lots of off road fun to choose from in February or why not set a challenge for yourself and do them all?

Last, but by no means least, we have QE parks Chilly Hilly! Mark McDonald led the Stubbies home with a brilliant top ten finish and 3rd V40 overall and Helen Nichols led the ladies home to a 2nd place finish and 1st V35 overall … well done to all who took on this very wet and muddy course and I hope Clara Sutton is ok after her tumble.

The bonus race for February is the Ryde 10, on 7th February. For March the bonus race will be CC6 at Wilverley on Sunday 6th March.

Well that's it for January … To all of you who are runner well and strong, long may it continue and to those of your who are recuperating or dealing with injury a speedy full recovery to you.

Donna & Andy

SOUTH DOWNS 100MILE RELAY

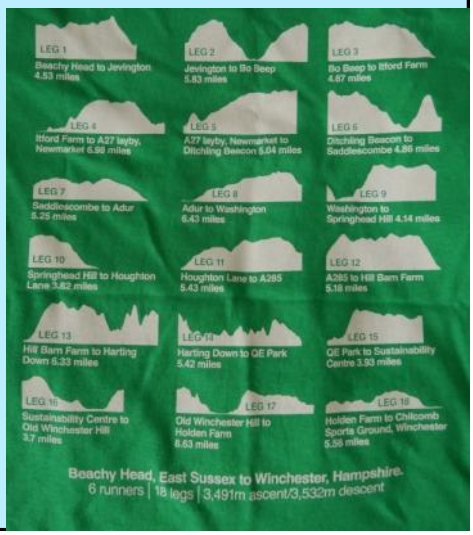
Stubbington Green has had their invitation for the prestigious South Downs 100 mile Relay. The organisers this year due to the popularity of the event has restricted us to just 3 teams initially and not the normal 4. So it's going to be harder than ever to get into a team but my initial thinking is that we will have a ladies and men's A team with one other men's team depending on club entrants.

This year the race takes place on Saturday 4th June and follows usual route of Bridleways and Footpaths across the downs from Eastbourne to Winchester. The 100 miles breaks down to 18 legs of approximately 5-7 miles to be covered by 6 runners running 3 separate legs in a 10-13 hour period. It is a long day of travelling, and the running is probably akin to running 3 separate undulating 10k races in one day.

Due to the preparation required we need to start planning our teams for this personally challenging and highly competitive off road event. The individual commitment required to compete isn't only on the day as it requires a good deal of time in the preceding months, both training and to learn each of the 3 legs, as the route is unmarshalled and unmarked, apart from the standard Footpath/Bridleway signage. The race organisers do apply time limits and cut offs to meet their own logistical needs, and for all these reasons we are once again asking for runners who can achieve a sub 43 minute 10k if you wish to be considered.

Whilst this isn't a black and white decision based on time only, it hopefully gives a clear indication of the standard required to be competitive in this event, and is based on our experiences over many years running the event. The relay is a terrific day for the club and does require support from non- running team members too in the form of drivers and marshals at our handover at Harting Down.

If you would like to get involved in the event, either running, driving or marshalling or just want to understand more about the event itself then please contact your captains, Andy or Donna, in the first instance. A decision on teams will be made after the AGM which this year is on the 8th March.



ROMSEY 5		
45	Jonathan Plomer	00:30:48
202	Sandra Hook	00:38:53
244	Bethan Davis	00:40:10
410	Eunice Hoare	00:46:45

SOMERLEY 10km		
18	Jon Plomer	41.35
28	Helen Nicholls	43.16
38	Mark Eaton	45.04
42	Nick Crane	45.31

Chilly Hilly at West Wight 10 Miles		
99	Sarah Barron	1.54.23

HAMPSHIRE CROSS COUNTRY

Prospect Park Reading

47	Andy Simpson	32:42
64	Jack Webb	33:51
107	S Williams	37:08
133	T Galloway	40:15
143	G Westley	41:38
146	Peter Simpson	42:23
165	M Wedge	65:58

60	Lucy May	25:07
66	Penny Forse	25:42
95	Katie Stean	29:11
103	Jem Raeburn	31:36

CC6

BADGER FARM

Andy Simpson	3
Toby Greenfield	18
Rob Cranstone	21
Steve Williams	27
Jordan Mcritchie	29
Peter Simpson	49
Andy Donn	57
Nick Crane	58
Chris Stapleford	77

Beccy Lord	2
Nikki Roebuck	3
Sarah Cranstone	4
Lucy May	6
Lottie Lord	17
Sara Mcritchie	43
Pam Kemp	46
Kathy Chamberlain	48

KINGS GARN GUTTER

Mike Gregory	5
Andy Simpson	6
Andy Donn	43
Peter Kay	53
Chris Stapleford	75

Vicky Shaw	2
Nikki Roebuck	4
Lottie Lord	15
Frances Lord	21
Pam Kemp	41
Sara Mcritchie	42

HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

	Under 11 girls	
10	Grace Park	11:22

	Under 11 boys	
53	Cameron Sewell	12:43

28	Andy Simpson	47:27
52	Rob Arkell	49:13
66	Andrew Stockwell	51:00
68	Will Feline	51:08
69	Daniel Foster	51:15
90	Mike White	53:24
122	Graham James	58:30
124	John Blake	58:44
128	Peter Kay	59:47
132	Nick Crane	60:22
148	Mike Bell	63:20
149	Gordon Westley	63:28
159	Andy Lee	66:51

	Under 17 men	
24	Jordan McRitchie	26:04

18	Rebecca Lord	33:38
26	Daisy Hall	34:48
30	Nikki Roebuck	35:24
44	Lucy May	37:10
53	Penny Forse	38:04
55	Tina Chantrey	38:08
85	Dawn Haynes-Sewell	43:30
101	Ann Blake	53:06

Albert (Middlesbrough)	1 January
David LANGRISH	00:22:06
Basingstoke	**1 January**
Alison MACSWAYNE	00:30:10
David MACSWAYNE	00:32:45
Southampton	**1 January**
Rachael OPENSHAW	00:23:19
Susie MACGREGOR	00:23:20
Keith WHITAKER	00:27:58
Havant	**1 January**
Chris LEACH	00:26:19
Sarah GARDINER	00:28:12
Rachel LEACH	00:30:05
Braunstone	**1 January**
Andrew STOCKWELL	00:19:19
Eastleigh	**1 January**
Gordon WESTLEY	00:26:52
Keith WHITAKER	00:31:21
Winchester	**1 January**
Gordon WESTLEY	00:25:19
Sedgefield	**1 January**
David LANGRISH	00:22:29
Netley Abbey	**1 January**
Rebecca Margaret LORD	00:20:15
Haydn BROWN	00:21:57
Rachael OPENSHAW	00:23:04
Susie MACGREGOR	00:23:05
Frances Louise LORD	00:23:41
Chris STAPLEFORD	00:23:50
Chris DAVIDSON	00:24:16
Harry ROEBUCK	00:25:17
Nikki ROEBUCK	00:25:18
Steve TROTMAN	00:25:32
Sandra HOOK	00:26:32
Bethan Jane DAVIS	00:28:51
Marple	**1 January**
Jacqueline FREEMANTLE	00:43:50
Alice Holt	**1 January**
Alison MACSWAYNE	00:32:42
David MACSWAYNE	00:35:39
Queen Elizabeth	**1 January**
Sarah GARDINER	00:28:57
Kerryanne SAWYER	00:32:47
Rachel LEACH	00:36:11
Rushmoor	**1 January**
Kerryanne SAWYER	00:24:41
South Oxhey	**1 January**
James SAWYER	00:21:03
Robert SPENCER	00:37:35

Cassiobury	1 January
James SAWYER	00:18:38
Robert SPENCER	00:29:36
Lee-on-the-Solent	**1 January**
Mark MCDONALD	00:19:38
Jon LEIGH	00:20:14
Marie MCDONALD	00:23:20
Dawn HAYNES-SEWELL	00:23:48
Daniel HUGHES	00:23:52
Ryan THOMAS	00:26:21
Simon Robert GIBBON	00:27:37
Sara MCRITCHIE	00:27:44
Kathy CHAMBERLAIN	00:27:45
Cameron SEWELL	00:31:10
Basingstoke	**2 January**
Rachel LEACH	00:30:30
Allan STINSON	00:36:42
Sunderland	**2 January**
David LANGRISH	00:23:11
Edinburgh	**2 January**
Rob ARKELL	00:16:57
Swindon	**2 January**
Shelley THOMAS	00:29:25
Bradford	**2 January**
Andrew STOCKWELL	00:35:00
Eastleigh	**2 January**
Keith WHITAKER	00:33:11
Arrow Valley	**2 January**
Stuart HISCOCK	00:21:03
Gadebridge	**2 January**
Daniel FOSTER	00:21:49
Queen Elizabeth	**2 January**
Daisy HALL	00:22:54
Chris HALL	00:22:54
Thomas MCCLEMENTS	00:24:37
Ann BLAKE	00:33:27
Lee-on-the-Solent	**2 January**
Andy SIMPSON	00:18:54
David Matthew CASTLE	00:20:19
Simon HEARNDEN	00:20:28
Jordan MCRITCHIE	00:21:03
Toby GREENFIELD	00:21:12
Jon PLOMER	00:22:06
Graham MARTIN	00:23:02
David ABRAMS	00:23:37
Andy LEE	00:23:45
Zac CONATY	00:24:07
Susie MACGREGOR	00:24:50
Rachael OPENSHAW	00:24:50
Dawn HAYNES-SEWELL	00:25:06
Tina Louise CHANTREY	00:25:09
Mike DONOVAN	00:26:53
Mandy BURTON	00:27:25
Alison HESSELBERTH	00:28:11
April HOWLETT	00:28:53
Kathy CHAMBERLAIN	00:29:30
Sara MCRITCHIE	00:29:30
Sarah BARRON	00:30:18
Haydn BROWN	00:30:47
Sandra ABRAMS	00:31:30
Caz LEE	00:34:51
Matthew EVANS	00:36:57

Netley Abbey	2 January
Rebecca Margaret LORD	00:20:46
Peter KAY	00:21:27
Charlotte LORD	00:23:16
Chris STAPLEFORD	00:24:13
Frances Louise LORD	00:24:31
Chris DAVIDSON	00:24:35
Steve TROTMAN	00:25:10
Marie MCDONALD	00:25:51
Hilary GULLIVER	00:25:59
Mark MCDONALD	00:26:01
Daniel HUGHES	00:26:01
Bethan Jane DAVIS	00:28:10
Alison MACSWAYNE	00:30:09
Robert SPENCER	00:34:10
Dawesville	**2 January**
Iain GALLAGHER	00:22:56
Netley Abbey	**9 January**
James SAWYER	00:20:14
Del GRANGER	00:22:32
Charlotte LORD	00:23:11
Chris STAPLEFORD	00:24:26
Richard CHOWNS	00:24:36
Sandra HOOK	00:25:47
Sev ROBERTS	00:26:25
Bethan Jane DAVIS	00:27:26
Jules DINWOODIE	00:29:12
Katherine CHOWNS	00:29:43
Wendy HOLLOWAY	00:41:54
Queen Elizabeth	**9 January**
David LANGRISH	00:23:25
James LEWINGTON	00:24:28
Paul SOUTHON	00:29:00
San CLARK	00:40:30
Lee-on-the-Solent	**9 January**
Jon PLOMER	00:19:44
Susie MACGREGOR	00:20:45
Jon LEIGH	00:21:21
Graham MARTIN	00:21:44
Tom CALLAWAY	00:21:57
Andy DONN	00:22:18
Robert HINKLEY	00:22:30
Melissa HUTTON-DUNTON	00:23:01
David ABRAMS	00:23:03
Kerryanne SAWYER	00:23:17
Gavin RENNIE	00:23:43
Richard BURNS	00:24:12
Daniel HUGHES	00:24:21
Russell MEAD	00:26:02
Derrick MORGAN	00:26:32
Alison HESSELBERTH	00:27:03
Sara MCRITCHIE	00:28:04
Alan Paul WHITE	00:28:27
Alison MACSWAYNE	00:28:43
Shelley THOMAS	00:29:12
April HOWLETT	00:29:16
Sarah BARRON	00:29:58
Natalie SUMMER-ANDERSON	00:30:04
Sandra ABRAMS	00:30:08
Julie WOODMAN	00:30:25
David MACSWAYNE	00:31:40
Jo LEWIS	00:31:49
Jane BUTLER	00:32:03
Tommy BLAKE	00:33:09
Jacqueline FREEMANTLE	00:35:08
Dawn BELL	00:36:16
Southampton	**9 January**
Keith WHITAKER	00:27:07
Allan STINSON	00:31:54

Southsea	09-Jan
Steve TROTMAN	00:24:55
Eastleigh	**09-Jan**
Haydn BROWN	00:24:24
Newport	**09-Jan**
Robert SPENCER	00:32:39
Winchester	**09-Jan**
Rachel LEACH	00:30:34
Albert (Middlesbrough)	**16-Jan**
Kerry DODSWORTH	00:23:31
Basingstoke	**16-Jan**
Allan STINSON	00:29:57
Southsea	**16-Jan**
Steve TROTMAN	00:23:31
Eastleigh	**16-Jan**
Haydn BROWN	00:32:51
Netley Abbey	**16-Jan**
Rebecca Margaret LORD	00:19:50
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Sandra HOOK	00:24:49
Bethan Jane DAVIS	00:26:38
Keith WHITAKER	00:30:19
Andrew SMITH	00:41:55
Wendy HOLLOWAY	00:42:01
Robert SPENCER	00:30:37
Parke (Bovey Tracey)	**16-Jan**
Andrew STOCKWELL	00:21:06
Lee-on-the-Solent	**16-Jan**
Lewis BANNER	00:16:59
James SAWYER	00:18:07
Jon PLOMER	00:18:46
Gareth CHARLES	00:19:20
Andy DONN	00:20:42
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Russell MEAD	00:24:05
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Chris LEACH	00:25:54
Paul HAMMOND	00:25:54
Rachel LEACH	00:27:09
Simon Robert GIBBON	00:27:11
Jules DINWOODIE	00:27:20
Martyn BANNER	00:29:14
Liz JAMES	00:31:56
Sandie MCINTOSH	00:49:24
Tilgate	**23-Jan**
Terry John FRENCH	00:33:49
Brockenhurst	**23-Jan**
Robert SPENCER	00:30:34
Queen Elizabeth	**23-Jan**
Mark MCDONALD	00:21:45
Phil HOBBY	00:25:29
Marie MCDONALD	00:29:54
Karen BARNICOAT	00:29:55
Ann BLAKE	00:32:26

Lee-on-the-Solent	23-Jan
Lewis BANNER	00:16:37
Rob ARKELL	00:16:40
Michael GREGORY	00:16:41
Chris BROBIN	00:17:07
Rob GREENWOOD	00:17:48
James SAWYER	00:18:29
Simon HEARNDEN	00:18:41
Andrew STOCKWELL	00:18:44
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Kate RANT	00:24:34
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Amy WADHAMS	00:31:44
Matthew EVANS	00:32:50
Winchester	**23-Jan**
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Andrew SMITH	00:39:53
Ormskirk	**23-Jan**
Rachael OPENSHAW	00:23:02
Southampton	**23-Jan**
Stephen WILLIAMS	00:19:58
Gavin RENNIE	00:22:28
Southsea	**23-Jan**
Julie WOODMAN	00:28:56
Eastleigh	**23-Jan**
Keith WHITAKER	00:30:07
Haydn BROWN	00:33:01
Havant	**23-Jan**
Boe HARPER	00:18:42
Bushy	**30-Jan**
Lewis BANNER	00:17:24

Southampton	30-Jan
Gavin RENNIE	00:22:44
Julie WOODMAN	00:29:33
Southsea	**30-Jan**
Stephen WILLIAMS	00:19:50
Jon LEIGH	00:20:52
Steve TROTMAN	00:23:37
Rita LEIGH	00:40:47
Lincoln	**30-Jan**
Rachael OPENSHAW	00:23:27
Winchester	**30-Jan**
Chris LEACH	00:23:28
Rachel LEACH	00:28:45
Netley Abbey	**30-Jan**
Chris BROBIN	00:18:21
Daniel FOSTER	00:19:06
James SAWYER	00:19:13
Jack WEBB	00:19:15
James LEWINGTON	00:20:30
Susie MACGREGOR	00:20:37
Sev ROBERTS	00:20:59
Charlotte LORD	00:22:11
Frances Louise LORD	00:23:42
Chris STAPLEFORD	00:24:19
Richard CHOWNS	00:25:10
Russell MEAD	00:25:27
Bethan Jane DAVIS	00:27:12
Jules DINWOODIE	00:28:28
Alison MACSWAYNE	00:29:08
Clara SUTTON	00:31:23
David MACSWAYNE	00:33:13
Tilgate	**30-Jan**
Terry John FRENCH	00:33:05
Brockenhurst	**30-Jan**
Robert SPENCER	00:29:45
Queen Elizabeth	**30-Jan**
David LANGRISH	00:22:59
Weymouth	**30-Jan**
Robert CRANSTONE	00:19:02
Lee-on-the-Solent	**30-Jan**
James LEE	00:19:44
Jordan MCRITCHIE	00:20:26
Graham MARTIN	00:21:01
Mark MCDONALD	00:21:30
Del GRANGER	00:22:06
Michael WELLAND	00:22:20
Andy LEE	00:22:24
Sam LEAHY	00:22:34
Zac CONATY	00:22:49
Richard BURNS	00:24:02
Marie MCDONALD	00:24:18
Paul HAMMOND	00:24:24
Sarah GARDINER	00:24:43
Andy RICHARDSON	00:25:02
Derrick MORGAN	00:25:06
Helen BENSON	00:28:42
Keith WHITAKER	00:28:52
Haydn BROWN	00:29:09
Tina Louise CHANTREY	00:30:02
Jane BUTLER	00:30:05
Martyn BANNER	00:30:09
April BURROW	00:30:22
Sue ROBINSON	00:30:24
Natalie SUMMER-ANDERSON	00:31:21

STUBBINGTON 10K 2016

We had a great 2016 SGR 10k, congratulations to everyone who entered and more importantly thank to everyone who gave up their time and supported behind the scenes which enabled the event to run smoothly. The whole event was organised by Chris Brobin (our Race Director), with Kevin Ashman supporting. This was Chris's last year as Race Director, and Kevin will assume the role for 2017, and I would like to take a wee moment to thank Chris for leading the team to enable another brilliant success event. There is a lot that goes on behind the scenes which none of us see such as pulling together all the resources working with the community, council and emergency services to gain endorsement and approval to close the roads and run the race.

The full results from this year's race are available here, we had 58 Stubbington Green Runners out of the 1605 that finished the race.

We had lots of support inside the community centre, we had 2 kitchens open, one for the runners and supporters and on the other side for all the marshals and volunteers. These ladies worked behind the scenes from 06:30 am through to after 12:00, doing bacon rolls, sausage rolls, cups of tea and coffee and lots more. (This photo is from the team serving the runners and supporters.)

Each waves was escorted out to the start to ensure everyone was ready to go, and all were lead through the course by our lead bikers.

The SGR club finishers were

Firstname	Lastname	Club Pos	Category	Cat Pos	Time
Michael	Gregory	1	Male Open	5	00:33:10
Rob	Arkell	2	Male Open	12	00:34:33
Andy	Simpson	3	Vet 40-44 Male	5	00:36:04
Rob	Greenwood	4	Male Open	29	00:36:14
William	Feline	5	Male Open	36	00:36:30
Euan	McGrath	6	Vet 45-49 Male	7	00:36:53
Mike	White	7	Vet 55-59 Male	1	00:37:58
Daniel	Foster	8	Male Open	63	00:38:35
Simon	Hearnden	9	Vet 40-44 Male	21	00:38:43
Daragh	Hendley	10	Vet 40-44 Male	22	00:38:44
Jack	Webb	11	Male Open	71	00:39:15
Russ	Coleman	12	Male Open	84	00:39:44
Victoria	Shaw	13	Female Open	5	00:39:52
Christopher	Hall	14	Vet 40-44 Male	32	00:40:23
Susie	MacGregor	15	Vet 45-49 Female	2	00:40:40
Jordan	McRitchie	1	Junior Male	3	00:40:53
Marcus	Lee	16	Vet 45-49 Male	24	00:41:02
James	Lee	17	Male Open	121	00:41:54
Jon	Leigh	18	Vet 50-54 Male	18	00:41:57
Lucy	May	19	Female Open	13	00:42:20
John	Blake	20	Vet 40-44 Male	50	00:42:40
Nick	Crane	21	Vet 60-64 Male	3	00:42:52
Philip	Martin	22	Vet 50-54 Male	31	00:44:02
Ray	Gunner	23	Vet 50-54 Male	32	00:44:06
Sylwia	Ward	24	Vet 35-39 Female	11	00:45:57
Kerryanne	Sawyer	25	Female Open	28	00:46:13
David	Abrams	26	Vet 65-69 Male	6	00:46:49
Tim	Matthews	27	Male Open	202	00:47:23
Victoria	Joel	28	Vet 35-39 Female	15	00:48:06
Frances	Lord	29	Vet 55-59 Female	4	00:48:11
Lottie	Lord	30	Female Open	41	00:48:25
George	Rennie	31	Vet 50-54 Male	58	00:49:01
George	Howarth	32	Vet 55-59 Male	41	00:49:17
Sam	Bell	33	Male Open	237	00:49:38
Dawn	Haynes-Sewell	34	Vet 40-44 Female	31	00:49:59
Andy	Richardson	35	Vet 50-54 Male	66	00:50:41
Jordan	Shaw	36	Male Open	258	00:51:01
Hilary	Misselbrook	37	Female Open	62	00:51:32
Brigid	Hone	38	Vet 50-54 Female	16	00:51:39
Paul	southon	1	Vet 50-54 Male	71	00:51:59
Kat	Chowns	39	Female Open	74	00:53:32

Mike	Donovan	40	Male Open	279	00:53:52
Alison	Hesselberth	41	Vet 55-59 Female	13	00:54:04
Dawn	Griffiths	42	Vet 45-49 Female	33	00:54:42
Sara	McRitchie	43	Vet 40-44 Female	53	00:55:45
Stuart	McNamara	44	Vet 45-49 Male	117	00:55:49
Jemma	Raeburn	45	Female Open	97	00:55:52
Josie	Roe	46	Female Open	100	00:56:14
Laura	Devine	47	Vet 35-39 Female	44	00:56:35
Claire	Fairbrother	48	Vet 40-44 Female	60	00:56:45
Jarrath	Cush	49	Vet 40-44 Male	151	00:57:28
Michael	Wootton	50	Vet 60-64 Male	22	00:57:54
Sarah	Barron	51	Vet 45-49 Female	49	00:58:06
Lynsey	Adamson	52	Vet 40-44 Female	70	00:58:23
Natalie	Summer-Anderson	53	Female Open	154	01:03:35
Susan	Bonnar	54	Vet 45-49 Female	76	01:04:32
Jacqui	O'Rourke	55	Vet 45-49 Female	79	01:04:52
Sharon	White	56	Vet 45-49 Female	83	01:05:09

For me I would personally like to thank everyone that volunteered, the list of names is huge so I won't mention each one other wise this will be another 3 pages, so thank you all of you from delivering leaflets, manning the water points, handing out the numbers and T-shirts, marshalling the roads, teams working in the car park, the baggage team, which went amazingly well this year, manning the help desk, the logistics team, the kitchen crew who were outstanding, the scouts/explores and local residents supporting the mid and finish water / banana points, the set up crew, Gary Willcott for telling me where to stop and place all the KM signs and also to the Bike team and finally the Fun Run crew organised by Sally McGrath. I hope you all had a great day.

Finally thanks to Mike Bell for all the photos from the day.

We are now half through the HRRL events for this season, with the 6th race completed being our own SGR10k.

58 SGR runners finished (25 Ladies and 33 Men), and a number of PBs were achieved which is fantastic.

So far we've had 116 Stubbington Green Runners who have taken part in one or more of the HRRL races to date. The 116 comprised of 68 men and 48 ladies, so again I know I say that each month but thank you to all for taking part.

Right the scores on the doors are: - All the men's teams have held their league positions, with the A Team catching up with Lordshill.

Mens A Div'n 1			
#	team name	league score	results score
1	So'ton AC	17	
2	Lordshill	20	
3	**Stubb'ton**	**20**	
4	Winchester	21	

Men B Div 1			
#	team name	league score	results score
1	Lordshill B	10	
2	Winchester B	19	
3	**Stubb'ton B**	**27**	
11	**Stubb'ton C**	**58**	
15	**Stubb'ton D**	**82**	

Ladies A team have maintained 3rd place, in the B Division 1 we also held 2nd, and C team moved up from 8th to 7th, well done all.

Ladies A Div'n 1			
#	team name	league score	results score
1	Winchester	8	
2	Lordshill	21	
3	**Stubb'ton**	**24**	

Lady B Div 1			
#	team name	league score	results score
1	Winchester B	6	
2	**Stubb'ton B**	**27**	
3	Winchester C	58	
7	**Stubb'ton C**	**51**	

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 48 Ladies completed between 1 to 6 races within the HRRL.

name	# runs	name	# runs
Becky Lord	1	Vicky Shaw	2
Tina Chantrey	1	Sylwia Ward	2
Francis Lord	1	Victoria Joel	2
Katie Stean	1	Charlotte Lord	2
Brigid Hone	1	Melissa Cosens	2
Alison Hesselberth	1	Laura Devine	2
Sadie Lee Bedford	1	Jules Dinwoodie	2
Dawn Griffiths	1	April Howlett	2
Catherine Charman	1	Sarah Hobby	2
Jemma Raeburn	1	Susie MacGregor	3
Josie Roe	1	Melissa Hutton-Dunton	3
Claire Fairbrother	1	Marie McDonald	3
Lynsey Adamson	1	Dawn Haynes-Sewell	4
Katherine Chamberlain	1	Sara McRitchie	4
Pam Kemp	1	Julie Ashman	4
Natalie Summer-Anderson	1	Sandie McIntosh	4
Karen Barnicoat	1	Kerryanne Sawyer	5
Susan Bonnar	1	Sarah Barron	5
Jacqui O'Rourke	1	Sue Robinson	5
Sharon White	1	Lucy May	6
Lucy Taylor	1	Hilary Misselbrook	6
Kaarina May	1		
Clara Fordina	1		
Liz Weighell	1		
Ann Blake	1		
Amanda Knight	1		

The following 68 Men completed between 1 to 6 races within the HRRL.

name	# runs	name	# runs
Daniel O'Boyle	1	Allan Stinson	1
Pere Capdevila	1	Andrew Smith	1
Rob Greenwood	1	Rob Arkell	2
William Feline	1	Hugh Aggleton	2
Euan McGrath	1	Joseph Peat	2
Sev Roberts	1	Marcus Lee	2
Boe Harper	1	Michael Welland	2
Simon Hearnden	1	Stephen Williams	2
Daragh Hendley	1	Tim Matthews	2
Jon Leigh	1	Simon Ellis	2
John Blake	1	Paul Coverdale	2
Nick Crane	1	Andrew Richardson	2
Graham Martin	1	Stuart McNamara	2
Kevin Scullion	1	Daniel Foster	3
Peter Lewis	1	Jon Plomer	3
David Abrams	1	Mark McDonald	3
Andrew Donn	1	Jordan McRitchie	3
George Rennie	1	Russ Coleman	3
Arron Hall	1	Stuart Hiscock	3
Sam Bell	1	Philip Martin	3
Calum McDonald	1	James Lee	3
James Lewington	1	Phil Hobby	3
Jordan Shaw	1	Simon Vingoe	3
Paul Southon	1	John Simister	3
John Cox	1	George Howarth	3
Chris Stapleford	1	Mike White	4
Mike Donovan	1	Christopher Hall	4
Mark Porter	1	Peter Kay	4
James Barron	1	Mike Gregory	5
Russell Mead	1	Andy Simpson	5
Ashley Lovell	1	Jack Webb	5
Jarrath Cush	1	Andrew Stockwell	5
Michael Wootton	1	Peter Simpson	5
		Ray Gunner	6

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

So what's next ……..

There is the Ryde 10 miler on the 7th Feb, we currently have 21 runners. Which is less than the last 2 years, but there are also a number of other local events on the same day.

The next races coming up in March are:-

Event	Date
Salisbury 10	13th March 16
Eastliegh 10k	20th March 16

More details are in the next few pages

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	Complete
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

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

A few details about the up and coming races in March

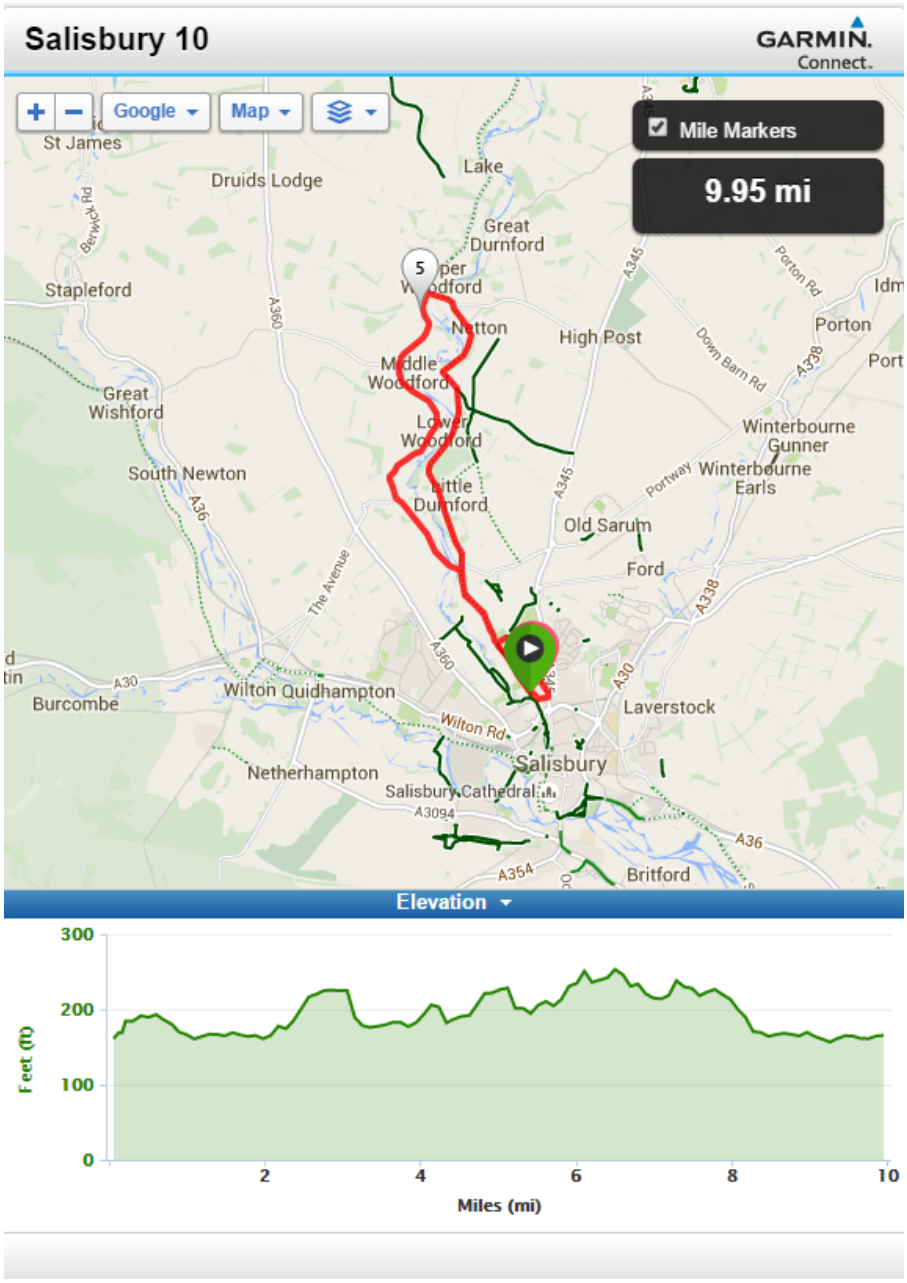
City of Salisbury A&RC 10 Mile Road Race

Sunday 13th March 2016 at 10.00am

The Salisbury 10 is the City of Salisbury Athletics & Running Club's flagship event. A friendly race suitable for all abilities that follows a scenic route north of Salisbury following the banks of the River Avon through the gently undulating Woodford Valley with fine views of the cathedral spire on the return leg.

Starting and finishing on the athletics track, the race also has chip timing and an entry limit of 800. Last year we had nearly 700 finishers, and the race sold out prior to March.

The full race details are being updated, however the route is:-



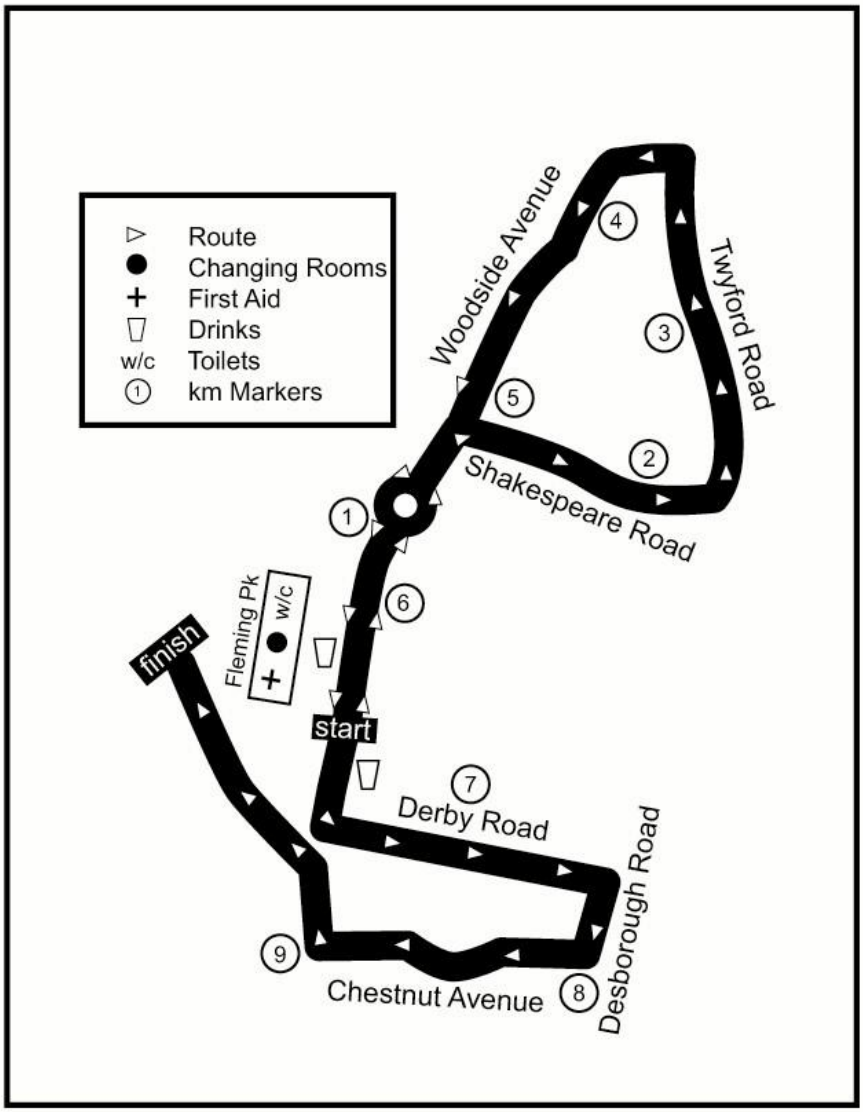
Hendy Ford Eastleigh 10k Road Race

Sunday 20th March 2016 at 09.00am

The event takes place on Sunday 20 March 2016 and is once again set to attract more than 2,750 runners – making it the largest 10k in the south.

In 2015 the event lived up to its reputation as being the 'home of the PB' as hundreds of runners recorded a PB time on this fast, flat course.

The Route and the medal:-



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