The Green Runner

APRIL 2016

FROM THE CHAIR

Thanks to everyone who came to our AGM on 8th March and voted in the new committee. I would like to welcome Marie Macdonald as Ladies Captain, Mark Macdonald, Simon Hearnden and Mike White as general commitee and thank Sue Robinson for taking on the role of Secretary. We have had our first committee meeting and we agreed we would publicise the dates of the meetings so that any concerns/issues could be raised so please feel free to contact any member of the committee if you want anything discussed. The next meeting will be Tuesday 12th April.

Our first social event is the Spring Handicap on the 10th April at Meon Shore. Details available on facebook and the website or last month's Green Runner. It would be great to see as many of you there as possible.

Our training sessions continue to be well attended but the Thursday Stubbington session seems to be suffering with lack of numbers so if you want it to continue I would urge people to attend this session – after all we are Stubbington Green Runners!

Lots of marathons in April so I wish everybody a great race at Brighton, Manchester, London or wherever your particular challenge is.

April also sees the start of the RR10 series at Netley Royal Victoria Country Park and I look forward to seeing lots of you at these free , friendly, off road races. Details of the whole season are elsewhere in the Green Runner but do look out for requests for help from Neil Stantiall for our own race at Whiteley in early July

Happy Running

Kevin

THURSDAY SESSIONS FROM CROFTON

Over the last few months we have had a low turnout of runners at the 7pm session from Crofton Community Centre. Stubbington is where our great club started and I, and many others, hope that these sessions continue. They are aimed at quality, which is what we all need, whether we are fast or slow and are on the flat. They are ideal for those competing at the weekend. For example, if you plan to race at the weekend then you can 'sharpen up' on a Thursday.

Some people complain that the start time is too late, but being where the village is situated, traffic problems mean that a 6:30pm start is not feasible. Childcare is a big issue, too, for runners and leaders who have to wait before partners return from work before dashing to Stubbington. When the RR10 and Lakeside 5km series start, then what better than to do a session on the flat at recovery pace the following day?

Our leaders give up their time voluntarily to ensure we get a lot out of a session, and if they turn up and there is only one, two or even no runners then it is most annoying and an awful waste of their precious time.

So, as they say, USE IT OR LOSE IT! We will reassess the situation in June.
Thanks, Penny Forse (Club Coach)

CAPTAINS CORNER

Welcome to our new Ladies Captain Marie McDonald fingers crossed for a great year for the ladies and the club.

What a busy month March has been, there has certainly been a fair amount of road and off road events occurring with a fantastic turn out from our Stubby contingent. With Spring Marathons almost upon us there has been some fantastic racing and results as part of the training individuals have been undertaking. With events such as Wimborne 20, Cranleigh 15, Spitfire 20, Grizzly and Cub, Bath half, New Forest 20, Larmer Tree half, 20 and Marathon, Hampton Court palace half, Big Cheese race and not forgetting the Black Mountains Marathon and Ultra, so many to mention, there has been certainly been many miles covered.

CC6 Cross Country League has now finished, thank you to everyone who supported this series. At the last race in Wilverley the ladies were 1st team and won the league, congratulations to all the ladies who ran. On top of that the club had their second 1-2 of the series with Beccy Lord winning and Nikki Roebuck 2nd and claimed the overall series win, with Sarah Cranstone 10th and third lady home. A big congratulations ladies. Lottie Lord was 10th and Pam Kemp 24th (9th Vet 50) in the series. For the men we finished 5th on the day with Chris Hall (senior), Steve Williams, Nick Crane and Andy Simpson making the team. The men claimed 3rd overall spot in the series which matched last year's result. Andy Simpson was 4th overall in the series and 1st vet 40 with Chris Stapleford finishing 48th overall. CC6 combined results saw Stubbington improve on last year's result of 4th with runners up spot this year, next year…..

We continued to see new PBs achieved as part of 2016 events with so many happening at both the Salisbury and Eastleigh HRRL events. The ladies won 2nd team place for Salisbury and 1st Ladies team at Eastleigh. The men were 7th at both corresponding fixtures with lots of chaps coming away with well-deserved PBs. We'll let Mark McDonald give you more detailed result of the HRRL events.

We also had several ladies take part in the Selsey 10k, with a special mention to Jo Lewis who completed her very first 10k, and then went on to do Eastleigh 10k improving on her previous result. It certainly looks like the Stubbington training sessions throughout the week have certainly being paying off, well done Jo.

We continue to see really good numbers at our Mondays and Wednesday training sessions and started to see some returning runners like Kelly Bennett and our own Kevin Ashman coming back from injury. Our plea is to try and encourage runners to consider the Thursday speed session at Crofton as the numbers have started to reduce, although the Thursday hills session do appear to be reaping results for those that attend.

Mark McDonald and Marie McDonald concluded the Stubbington Green Beginners course which was run conjunction with Winchester Sports Development Manager and Meadowside Leisure centre, and although in the end we only had 3 participant's they all faired really well and we hope to see them at our Monday training sessions soon.

April sees the start of the RR10s, and we encourage as many of the club to give it a go, it's some great short off road running of 4-5 miles with an optional social drink in designated pub afterwards. The first race is at Royal Victoria on Wednesday 20th.

The first time trail is on the 14th April and will be the second Thursday of each month from April to October. They are a great way to test your stamina and speed against your previous years result or those new to the time trails it's a good opportunity to see what you can achieve in a 4 mile speed session. The dates and timings for the start are in this month's Green Runner and can also be found on the website with the route.

We want to wish all those due to take part in Marathons in April all the best in achieving your own personal goals, go get them.

Andy Simpson

Marie McDonald

Portsmouth Coastal HALF MARATHON

www.fitprorob.biz

28	Mark McDonald	01:31:49
162	Phil Hobby	01:45:45
269	Sarah Gardiner	01:52:22
317	John Cox	01:54:52
336	Karen Barnicoat	01:56:06
336	Marie McDonald	01:56:06
675	Jules Dinwoodie	02:16:48
713	Julie Woodman	02:20:06
823	Clara Sutton	02:34:15
823	Liz Weighell	02:34:15

CC6

RACE 7 WILVERLEY

5	Andy Simpson
21	Chris Hall
28	Steve Williams
48	Nick Crane
50	Andy Donn
64	Chris Stapleford

1	Beccy Lord
2	Nikki Roebuck
10	Sarah Cranstone
15	Lara Evans
22	Lottie Lord
35	Pam Kemp

Stubbie Away Day - South Downs Marathon Relay

Want to experience a relay and run across the beautiful South Downs? Then come and run the South Downs Marathon Relay on Saturday 18th June.

For the last two years we've had a great Stubbie away day, accumulating with a picnic in QE Park. We have got people to enter via the Stubbie website and then picked and entered mixed relay teams with mixed abilities within the teams. How far you ask… well the legs vary from 5.6m to 7.5m with 4 people in team.

We run our own club relay within the race itself with prizes to be won!! We also look to enter a quick men's and ladies team to try and win the overall event. Both teams finishing on the podium last year (NB- these teams don't enter the club relay).

If you fancy running the marathon on your own, or doing a half or a family 5k fun run then these races are an option and you can enter via the organisers website (https://www.209events.com/uk-running-events/south-downs-trail-marathon-slindon-to-qe-park-petersfield), early bird discount before the 31st May saves you £5 for the half and the marathon.

The marathon (relay) start from Slindon College at 9.30 and (9.00 – relay) and the Half and 5k from QE Park at 10.00, and all finish at QE Park. On the day we car share. So what you waiting for, visit the Stubbie website and enter your name for the relay, closing date 29th May for the club relay teams

THE GRIZZLY 2016 Grin and Bear it

20 mile

6	Andy Simpson	02:31:46
519	Richard Bailey	03:39:51

CUB RUN

349	Michelle Simpson	02:04:52

NEWPORT TO RYDE 7MILE

15	MCCLEMENTS, Thomas	00:52:29	
16	HALL, Daisy	00:53:55	1st Lady
17	HALL, Chris	00:54:11	

British Masters' Cross Country Championships, Bath 6km

49	Penny Forse	27.11	4th W65

CRANLEIGH 15MILE

33	CHOWNS, RICHARD	01:57:30
57	LEE, ANDY	02:07:53
117	ASHMAN, JULIE	02:27:40

PALACE HALF MARATHON
AT HAMPTON COURT PALACE

834	AGA PLOMBON	01:53:37
834	NICKI WHITE	01:57:57

SURREY SPITFIRE 20

2	Mike Gregory	01:58:54
3	Christopher Brobin	02:00:20
10	Russ Coleman	02:05:38

Malta Half Marathon

1714	Sue Robinson	02:10:27	PB

SELSEY 10K

18	Robert	Cranstone	00:39:30
44	Graham	Martin	00:42:52
183	Sara	McRitchie	00:54:47
191	Katherine	Chamberlain	00:55:41
289	Anni Kaarina	May	01:04:30
288	Jo	Lewis	01:04:16

THE LARMER TREE

MARATHON

189	Karen	Salmon	05:23:59
190	Nigel	Whitcher	05:24:00
191	Jane	Adlard	05:23:58

20 MILE

19	John	Blake	03:06:06
36	James	Lewington	03:16:26
44	Jon	Leigh	03:21:40
45	Susie	MacGregor	03:21:39
46	Katie	Stean	03:21:38
47	Steve	Williams	03:21:39
72	Andy	Lee	03:34:23
197	San	Clark	04:29:50

HALF MARATHON

15	Phil	Hobby	01:58:34
26	Gill	Rose	02:04:08
28	Richard	Snell	02:04:10
101	Marie	McDonald	02:28:31
102	Karen	Barnicoat	02:28:30
262	Sue	Robinson	03:13:28
263	Sharon	Simpson	03:13:29
264	Julie	Ashman	03:13:28

WIMBORNE 20

43	Mark McDonald	02:25:02
59	John Blake	02:34:30
90	Gill Rose	02:41:09
102	Richard Snell	02:45:11
131	Hilary Misselbrook	02:55:34
176	Marie McDonald	03:10:01
181	Jane Adlard	03:11:28
201	Julie Ashman	03:22:56

KIELDER DARK SKIES MARATHON

64	David Langrish	04:40:14
88	Kevin Scullion	04:55:15

BATH HALF MARATHON

5834	John	Cox	02:01:03
5841	Lisa	Donn	02:01:03
5939	Sarah	Barron	02:06:04
6124	James	Barron	02:00:05
6947	Jules	Dinwoodie	02:07:53

Time Trials – April to October

We are looking to replicate the format again with just one change the race handicap will revert back to TWO start times, over the 4 mile course. The idea of the time trials is for runners to see their improvement with training throughout the summer.

We will meet on the **SECOND** Thursday of every month at the Crofton Community Centre in Stubbington and jog down to start at Eric Road by the Shell Garage. We have tried to avoid as many clashes with the RR10's races, Lakeside and Gosport 5k series.

There are two start times, to get everyone to finish about the same time. So people looking to run 4 miles in over 35 minutes start at 6.45pm at Eric Road and meet at the centre for 6.35pm. For people under 35 minutes, then meet at 6.50pm at the centre and start at 7.00pm. As people progress with their times below 35 minutes they will move up to the 7pm start time, which will in turn help runners to improve their times, so a great win win.

A map of the course is posted on the website with written directions.

Adding fun to these trials again, we will be looking to highlight time losses runners achieve each month. The person who shaves the most off their time trial each month, receiving recognition each month. To make this fair, we are looking to time band people again, so people can compete with similar paced runners. At the end of the season, the winners will be the people in each band who shave the most time off their season's best, from last years' time trial and will receive a prize. If you didn't run last season don't worry, we will take the first time that you post this season.

Dates for time trials are as follows:-

14th April **12th May** **9th June**
14th July **11th August** **8th September**
13th October

See below the handicap bandings:-
Under 25 mins
25.01 – 28.00 mins
28.01 – 31.00 mins
31.01 – 35.00 mins
Over 35 mins

The committee will time keep again, we look forward to seeing everyone's improvements. Enjoy the runs.

Finally, we are looking to combine the trials with a social drink in the Red Lion afterwards to rehydrate everyone!

Spring Handicap: Sunday 10th April Finish Time 12.00 Noon

The start and finish of this year's Spring handicap is the Beach Huts at Meon Shore. The Handicap is open to all members of the club , the length of the course is nearly 10k. The usual rules apply , which means you can start running or walking anytime you like but you can't use a watch or any other means of time keeping ! With the winner being the person who crosses the winning line nearest to 12 noon.
If the weather permits I will be serving sausages (Veggie Sausages also available but will need numbers) in buns afterwards on the beach, the fall back position is The Osborne View public house.

Start by running into Titchfield Haven and head north towards Titchfield.

After about 1000 yards turn left over a small bridge , this leads into the bottom of Steve Harris strawberry fields .

Take the path though the middle of the fields and continue until you reach the end, do not turn off the path.

At the end of the path turn left and after 100 yards you should reach Prosbrook Lane.

When you reach the Lane turn left and run 20 yards then cross the road and go through the wooden gate.

Once though the gate run straight ahead, do not turn left . Keep going (West) until you reach the end of the field (Brownwich Lane) this is permissive footpath.

Do not leave the field but turn left and continue until you reach a wooden gate on your right. Go through the Gate and go across Brownwich Lane on to another footpath.

This footpath takes you on to a wooden boardwalk thought a small wood.

As you exit the wood turn left and follow the path until you reach Chilling.

Once you reach Chilling field turn right and follow the path around the field until you have reached the beach and are heading back to Meon.

You can take either the top path along the cliff or the lower route along the beach (might be wet), the finish is just pass the last beach hut, near the Ice Cream Van !

Good Luck
The cost is £2 and that includes the Sausages!

RR10 Season

It's that time of year again, the start of the RR10 series. These popular races are held throughout the spring and summer months on a Wednesday night. This year sees things changed slightly with 11 races (previously 10), and with each club only running 9; one hosted and one drop out race.

These races cater for all abilities and have the added bonus of post-race hydration at a local pub. These events really are worth running, not just for the competition but as a great opportunity for stubbies to get together socially. And remember - you're not running against the clock, you're running for position.

Below is the schedule of races for this year:

Date	Venue	Time	Host Club	Drop Out Club	Pub
April 20th	Royal Victoria Country Park	7.00pm	Southampton A.C. & Itchen Spitfires	Halterworth	Prince Consort, SO31 5DQ
May 4th	Stoney Cross	7.15pm	Totton R.C.	Romsey R.R. & Eastleigh R.C.	The Green Dragon, SO43 7HE
May 18th	Wilverley, Sway	7.30pm	New Forest Runners	Stubbington Green Runners	None
June 1st	Recreation Ground, Blackfield	7.30pm	Hardley Runners	Winchester A.C. & Wessex R.R.	The Heath Hotel, SO45 4PW
June 8th	Fleming Park, Eastleigh	7.30pm	Running Sisters & Halterworth	Southampton A.C. & Itchen Spitfires	White Swan, SO18 3HW
June 22nd	Manor Farm Country Park	7.30pm	Hedge End	Hardley Runners	Windover Manor, SO31 8DW
July 6th	Marwell	7.30pm	Eastleigh R.C.	New Forest Runners	The Fishers Pond, SO50 7HG
July 13th	Whiteley	7.30pm	Stubbington Green Runners	Lordshill R.R.	The Parson Collar, Whiteley
July 20th	Janesmoor Pond, Stoney Cross	7.30pm	Wessex R.R. & Romsey R.R.	Running Sisters & Hedge End	The Green Dragon, SO43 7HE
August 3rd	Itchen Valley Country Park	7.15pm	Lordshill R.R.	Totton R.C.	The Master Builder, SO30 3AH
August 17th	IBM Hursley	7.15pm	Winchester A.C.	**NONE**	The Dolphin, SO21 2JY

As you will see the first race of the season is on **Wednesday April the 20th** at Royal Victoria Country Park, starting at 7pm with post-race drinks at the Prince Consort (SO31 5DQ).

This is a good local race for us as a club and we have had good numbers running here in previous years. Please try and make yourself available, we do like to start off the season with good a Stubbie turnout. Plus the ladies team do have a title to defend after all!

Car sharing will usually be arranged from the Solent Hotel, and details will be posted on Facebook.

Please ensure you wear your club vest if you plan on running.
See you at Netley.
Neil

TRAINING NIGHT SCHEDULE APRIL

Day	Date	Meet	Time	Leader/Coach	Location	Effort	Recovery
	APRIL						
Mon	4th	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	Long hills+ short sprint (25min)	Jog back to cul de sac and to bottom of hill
Tue	5th	Locks Heath Sports Ground	7pm	Mike White	Sovereign Crescent	2x(800,1600,800)	100m jog recovery, 3min between sets
Thu	7th	Crofton Community Centre	7pm	Phil Hobby	The Shack	2x4x beach run	Jog back, 3min
Thu	7th	Mountbatten Centre, Portsmouth	7pm	Chris	Track	4/5 x1000	200m jog
Thu	7th	Holly Hill	6:30pm	Julie Ashman	Holly Hill	Rollers	n/a
Mon	11th	Solent Hotel	06:30	Penny	Whiteley	Leafy lane 1.1km Fartlek	n/a
Tue	12th	Locks Heath Sports Ground	7pm	Mike White	Warsash Common	2,4,6,6,4,2 min hooter session	2min jog recovery
Thu	14th	Crofton Community Centre	6:45 /7pm	Andy Simpson	Eric road	Time Trial	n/a
Mon	18th	Solent Hotel	6:30pm	Mike White	Whiteley pitches	25min 5,4,3,2,1 sides	One side Jog recovery
Tue	19th	Locks Heath Sports Ground	7pm	Rob Greenwood	End of red path	2x8x short hill rep	Jog recovery down hill
Thu	21st	Crofton Community Centre	7pm	Mike Bell	Lee	4xTriangle Accelerations	Continuous recover on slow slide
Thu	21st	Holly Hill	6:30pm	Nigel Whitcher	Holly Hill	4 to 6x hilly loops	Continuous recover on down hills
Mon	25th	Solent Hotel	6:30pm	Mike Bell	Whiteley	Forest laps, effort of short side (25min)	On long sides
Tue	26th	Locks Heath Sports Ground	7pm	Mike White	Chilling field top track	1x1km, 4x1km, 1Km	3 mins static, vV02 max training
Thu	28th	Crofton Community Centre	7pm	Victoria	Lee	Fartlek, to sailing club and back	round the sailing club
Thu	28th	Holly Hill	6:30pm	Mike White/ Julie Ashman	Holly Hill	Inverse roller coasters (Effort on downhill)	on up hills
	MAY						
Mon	2nd	Solent Hotel	6:30pm	Marcus Lee	Whiteley	3 to 6 x Forest laps	One side jog recovery
Tue	3rd	Locks Heath Sports Ground	7pm	Mike White	Chilling Field	6x loop plus short hill	Jog back down
Thu	5th	Crofton Community Centre	7pm	Phil Hobby	Lee seafront (grass)	10/12 x 350m	1 min rec
Thu	5th	Mountbatten Centre, Portsmouth	7pm	Chris	Track	2x4/5x 600m	200m jog
Thu	5th	Holly Hill	6:30pm	Julie Ashman	Holly Hill	4ml steady recovery	n/a

Bushy	5 March
Gareth CHARLES	00:19:41
Kate RANT	00:24:37
Southampton	**5 March**
Stephen WILLIAMS	00:19:16
Southsea	**5 March**
Chris HALL	00:19:13
Thomas MCCLEMENTS	00:19:40
Wendy HALL	00:29:51
Eastleigh	**5 March**
Keith WHITAKER	00:29:59
Haydn BROWN	00:31:26
Lincoln	**5 March**
Rachael OPENSHAW	00:22:15
Newbury	**5 March**
Allan STINSON	00:39:26
Netley Abbey	**5 March**
Rebecca Margaret LORD	00:19:32
Russell MEAD	00:25:10
Nigel WHITCHER	00:25:29
John SALT	00:25:50
Jules DINWOODIE	00:29:06
Tilgate	**5 March**
Terry John FRENCH	00:31:49
Brockenhurst	**5 March**
Richard CHOWNS	00:21:37
Robert SPENCER	00:29:23

Lee-on-the-Solent	5 March
Lewis BANNER	00:16:48
Andy SIMPSON	00:16:54
Michael GREGORY	00:18:06
Chris BROBIN	00:18:07
David Matthew CASTLE	00:18:55
Simon HEARNDEN	00:18:55
Andrew STOCKWELL	00:19:10
James LEE	00:19:28
Vicky SHAW	00:20:45
Richard BATTEN	00:20:59
Matthew EVANS	00:21:43
Tom CALLAWAY	00:22:01
April BURROW	00:22:09
Michael WELLAND	00:22:20
David ABRAMS	00:22:43
Hilary GULLIVER	00:22:56
Zac CONATY	00:23:02
Richard BURNS	00:23:54
Simon Robert GIBBON	00:23:58
Dawn HAYNES-SEWELL	00:24:06
George HOWARTH	00:24:16
Alison MACSWAYNE	00:27:04
Jane BUTLER	00:28:20
Sandra ABRAMS	00:28:26
Helen BENSON	00:29:22
Martyn BANNER	00:30:06
Amy WADHAMS	00:32:08
Andy LEE	00:32:20
Claire JOHNSON	00:32:25
Jo LEWIS	00:32:25
Sarah BARRON	00:32:26
Sandie MCINTOSH	00:47:18
Ashton Court	**12 March**
Chris DAVIDSON	00:22:25
Eastleigh	**12 March**
Haydn BROWN	00:31:32
Keith WHITAKER	00:33:47
Winchester	**12 March**
Gordon WESTLEY	00:22:07
Brockenhurst	**12 March**
Robert SPENCER	00:29:05
Terry John FRENCH	00:36:41

Netley Abbey	12 March
Rebecca Margaret LORD	00:18:52
Charlotte LORD	00:22:25
John SALT	00:35:46
Andrew SMITH	00:39:51
Wendy HOLLOWAY	00:40:47
Queen Elizabeth	**12 March**
Chris HALL	00:21:08
Daisy HALL	00:22:04
Wendy HALL	00:32:37
Lee-on-the-Solent	**12 March**
Richard BATTEN	00:19:00
Andrew STOCKWELL	00:19:07
James LEE	00:19:18
Gareth CHARLES	00:19:20
Simon HEARNDEN	00:19:30
Graham MARTIN	00:19:52
Marcus LEE	00:20:15
James SAWYER	00:20:51
Matthew EVANS	00:21:27
Michael WELLAND	00:21:39
Rachael OPENSHAW	00:22:16
Zac CONATY	00:22:34
Simon ELLIS	00:22:37
Gavin RENNIE	00:22:41
George HOWARTH	00:23:08
Richard BURNS	00:23:28
Russell MEAD	00:24:21
April BURROW	00:27:36
Helen BENSON	00:27:57
Lynsey ADAMSON	00:28:04
Natalie SUMMER-ANDERSON	00:28:43
Julie WOODMAN	00:29:13
Claire JOHNSON	00:31:47
Jacqueline FREEMANTLE	00:32:36
Dawn BELL	00:33:03
Sara MCRITCHIE	00:34:49
Clara SUTTON	00:38:42
Bushy	**19 March**
Chris LEACH	00:19:20
Rachel LEACH	00:30:02
Southampton	**19 March**
Stephen WILLIAMS	00:22:30

Queen Elizabeth	19 March
Nikki ROEBUCK	00:22:15
David LANGRISH	00:22:49
Lee-on-the-Solent	**19 March**
Chris BROBIN	00:17:26
Andy SIMPSON	00:17:42
Michael GREGORY	00:18:16
David Matthew CASTLE	00:18:48
Andrew STOCKWELL	00:20:40
Gavin RENNIE	00:21:17
Tim MATTHEWS	00:21:23
Andy DONN	00:21:30
Jack TUCKWELL	00:21:46
James LEE	00:22:00
Andy LEE	00:22:01
Mike BELL	00:22:04
Lara EVANS	00:22:05
Michael WELLAND	00:22:13
Zac CONATY	00:22:27
Hilary GULLIVER	00:23:15
Simon Robert GIBBON	00:23:48
Kate RANT	00:24:14
Alison HESSELBERTH	00:25:35
Paul SOUTHON	00:25:36
Russell MEAD	00:27:04
Jules DINWOODIE	00:27:11
John NICHOLSON	00:29:50
William GILL	00:30:04
Sarah BARRON	00:30:30
Kelly Emma BENNETTS	00:30:40
Mark MCDONALD	00:30:40
Liz WEIGHELL	00:31:12
Marie MCDONALD	00:31:39
Sally MARTIN	00:31:39
Amy WADHAMS	00:34:06
Jenny HEARNDEN	00:35:05
Jan SOUTHON	00:41:09

Southsea	19 March
Steve TROTMAN	00:22:43
Eastleigh	**19 March**
Keith WHITAKER	00:26:06
Lincoln	**19 March**
Rachael OPENSHAW	00:21:18
Bournemouth	**19 March**
Terry John FRENCH	00:31:42
Netley Abbey	**19 March**
Rebecca Margaret LORD	00:19:37
Charlotte LORD	00:23:46
Frances Louise LORD	00:24:18
David MACSWAYNE	00:31:35
Andrew SMITH	00:38:46
Robert SPENCER	00:50:25
Weymouth	**19 March**
Robert CRANSTONE	00:19:09
Southampton	**26 March**
Mike BELL	00:30:30
Eastleigh	**26 March**
Keith WHITAKER	00:31:44
Carlisle	**26 March**
Gavin RENNIE	00:22:07
Netley Abbey	**26 March**
Rebecca Margaret LORD	00:19:47
Vicky SHAW	00:20:28
Charlotte LORD	00:24:14
Frances Louise LORD	00:24:32
Chris STAPLEFORD	00:24:47
Kate ALDOM	00:26:02
Russell MEAD	00:26:33
Jules DINWOODIE	00:28:48
Haydn BROWN	00:31:20
Claire JOHNSON	00:33:11
Winchester	**26 March**
Gordon WESTLEY	00:23:41
Tilgate	**26 March**
Terry John FRENCH	00:33:33

Brockenhurst	26 March
Gareth CHARLES	00:20:13
Kate RANT	00:24:59
Robert SPENCER	00:32:23
Andrew SMITH	00:38:32
Weymouth	**26 March**
Lucinda LE GASSICK	00:23:33
Humber Bridge	**26 March**
Liz WEIGHELL	00:32:19
Lee-on-the-Solent	**26 March**
Daniel FOSTER	00:18:55
Simon HEARNDEN	00:19:19
David Matthew CASTLE	00:19:31
Robert CRANSTONE	00:19:43
Chris LEACH	00:20:42
Mark MCDONALD	00:21:10
Phil HOBBY	00:21:12
Richard CHOWNS	00:21:18
Jon PLOMER	00:22:13
Kerryanne SAWYER	00:22:44
Lara EVANS	00:22:59
Tina Louise CHANTREY	00:23:02
David ABRAMS	00:23:17
Zac CONATY	00:23:26
Paul SOUTHON	00:23:54
Simon GIBBON	00:24:14
John COX	00:24:29
Richard BURNS	00:24:53
Dawn HAYNES-SEWELL	00:25:00
Marie MCDONALD	00:25:01
John SIMISTER	00:25:07
Lisa DONN	00:25:15
Mike DONOVAN	00:26:08
Katherine CHOWNS	00:26:17
Rachel LEACH	00:26:34
Lynsey ADAMSON	00:28:44
Sandra ABRAMS	00:29:43
Michelle SIMPSON	00:30:12
Alison MACSWAYNE	00:30:29
David MACSWAYNE	00:31:11
Jan SOUTHON	00:40:36
Amy WADHAMS	00:42:19
Colin Glen	**26/03/16**
Kevin TOAL	00:27:37

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

For the Salisbury 10miler we had 21 SGRs running, however 19 were captured as Robert and Sarah were still recorded as Portland AC, but we were still in the process of getting this resolved for next seasons scores.

I thought I remembered Salisbury being a fairly flat course with a wee hill from mile 6 ish. I was wrong despite it being a good flat course there was a wee hill just after mile 2 and at mile 4 and 5.

Despite this, there were still a number of PBs achieved according to Power of 10, 12 in total that I counted and they were:-

Catherine Charman, Dan Foster, Andy Stockwell, Simon Hearnden, Mark McDonald, Vicky Shaw, Sylwia Ward, April Burrows George Howarth, Katherine Daily, Shelley Thomas and Sara McRitchie. Well done everyone.

Peter Kay was 2nd male V60

Mike White 3rd male V50

And the ladies won 2nd team, which consisted of Vicky Shaw, Lucy May and Sylwia Ward.

The results from Salisbury were:-

Position	Competitor Name	Gender	Category	Cat Pos	Finish Time	Chip Time
45	Mike White	Male	MV50	3	01:02:04	01:02:02
52	Andrew Stockwell	Male	MV40	15	01:02:42	01:02:37
57	Daniel Foster	Male	MSnr	34	01:03:07	01:02:56
61	Simon Hearnden	Male	MV40	17	01:03:27	01:03:22
73	Jack Webb	Male	MSnr	43	01:04:20	01:04:04
94	Robert Cranstone	Male	MV50	13	01:05:17	01:05:13
100	Mark McDonald	Male	MV40	32	01:05:47	01:05:36
116	Vicky Shaw	Female	FSnr	4	01:07:13	01:06:56
120	Ray Gunner	Male	MV50	14	01:07:23	01:07:09
138	Peter Kay	Male	MV60	2	01:08:21	01:08:06
173	Jon Plomer	Male	MV40	47	01:11:09	01:10:55
206	Lucy May	Female	FSnr	11	01:13:01	01:12:44
215	Sylwia Ward	Female	FV35	6	01:13:20	01:12:46
238	Sarah Cranstone	Female	FV45	7	01:14:30	01:14:19
293	April Burrow	Female	FSnr	20	01:17:41	01:17:15
318	Paul Coverdale	Male	MSnr	129	01:19:37	01:18:59
333	George Howarth	Male	MV50	50	01:20:37	01:20:15
360	Katherine Daily	Female	FSnr	25	01:21:48	01:21:12
363	Catherine Charman	Female	FV45	18	01:21:52	01:21:04
510	Sara McRitchie	Female	FV35	50	01:30:10	01:29:22
517	Shelley Thomas	Female	FV35	52	01:30:41	01:30:28

The HRRL team placings were

Men's A Team :- Mike White, Andy Stockwell, Daniel Foster and Simon Hearnden

Ladies A Team :- Vicky Shaw, Lucy May and Sylwia Ward

Men's B Team :- Jack Webb, Mark McDonald, Ray Gunner and Peter Kay

Ladies B Team :- April Burrow, Kat Chowns and Catherine Charmin

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

We had an amazing amount of runners this year, 55 runners in total completed Eastleigh 10k and according to Power of 10 site 29 SGR achieved a new PB, and they were:-

Dan Foster	Jo Lewis	Sylwia Ward
Jack Webb	Natalie Summer-Anderson	Laura Devine
Claire Jones	Simon Ellis	Jules Dinwoodie
Lucy May	Lynsey Adamson	Katherine Chamberlain
Liz Miles	Marie McDonald	Kat May
James Lewington	Susie Macgregor	Michelle Simpson
Helen Benson	Richard Cassell	Richard Burns
Louise Tanner	Graham Martin	Vicky Shaw
Peter kay	Peter Lewis	Ray Gunner
Andy Stockwell	Mark McDonald	

There was lots of support from the green army including a new Stubbie supporter (Sadie's dog), below are a few photos from the day. It was great to see Simon McMorran and Mark Eaton back out running again.

Susie MacGregor was 2nd lady in her age category
Simon McMorran 2nd male V55
And the ladies won 1st team, which consisted of Beccy Lord, Vicky Shaw, Susie Norris MacGregor and Lucy May.

The results from Eastleigh were:-

Firstname	Lastname	Club Pos	Category	Cat Pos	Time	Chip Time
Andy	Simpson	1	M40-44	8	00:34:49	00:34:49
Daniel	Foster	2	M35-39	23	00:37:07	00:37:00
Andrew	Stockwell	3	M45-49	10	00:37:11	00:37:02
Jack	Webb	4	Male Senior	57	00:37:21	00:37:16
Simon	Mcmorran	5	M55-59	2	00:37:43	00:37:39
Simon	Hearnden	6	M40-44	22	00:38:03	00:37:56
Mark	Mcdonald	7	M45-49	14	00:38:31	00:38:22
James	Lee	8	Male Senior	79	00:39:20	00:39:07
Rebecca	Lord	9	Female Senior	10	00:39:26	00:39:21
Vicky	Shaw	10	Female Senior	11	00:39:34	00:39:25
Ray	Gunner	11	M50-54	19	00:40:02	00:39:54
Mark	Eaton	12	M50-54	21	00:40:06	00:39:50
Susie	Macgregor	13	F45-49	2	00:40:11	00:39:45
Lucy	May	14	Female Senior	17	00:40:21	00:40:10
Peter	Kay	15	M60+	4	00:40:41	00:40:31
Marcus	Lee	16	M45-49	23	00:40:54	00:40:39
Richard	Cassell	17	M35-39	62	00:41:25	00:40:58
Graham	Martin	18	M40-44	42	00:41:29	00:41:15
Haydn	Brown	19	M50-54	27	00:41:42	00:41:34
Peter	Lewis	20	Male Senior	123	00:42:27	00:42:09
James	Lewington	21	M40-44	53	00:43:04	00:42:36
Sylwia	Ward	22	F35-39	14	00:43:54	00:43:36
Simon	Vingoe	23	Male Senior	168	00:45:38	00:45:13
Simon	Ellis	24	M40-44	90	00:45:40	00:45:16
Kerryanne	Sawyer	25	Female Senior	42	00:46:05	00:45:37
George	Howarth	26	M55-59	26	00:47:01	00:46:50
Marie	Mcdonald	27	F40-44	17	00:47:10	00:46:52
George	Rennie	28	M50-54	64	00:47:19	00:46:54
Richard	Burns	29	M55-59	29	00:48:03	00:47:42
Philip	May	30	M55-59	30	00:48:32	00:47:34
John	Simister	31	M55-59	31	00:48:34	00:48:14
Frances	Lord	32	F55+	8	00:48:48	00:48:27
Russell	Mead	33	M50-54	73	00:48:55	00:48:32
Ashley	Lovell	34	M50-54	76	00:49:26	00:49:00
Claire	Jones	35	F35-39	29	00:49:56	00:48:55
Mandy	Burton	36	F50-54	10	00:50:05	00:49:51
Andy	Richardson	37	M50-54	86	00:51:38	00:51:08
Laura	Devine	38	F35-39	54	00:53:29	00:52:14
Elizabeth	Miles	39	F40-44	49	00:53:45	00:52:44
Stuart	McNamara	40	M45-49	124	00:54:25	00:53:02

Jules	Dinwoodie	41	F55+	17	00:54:57	00:54:35
Sara	Mcritchie	42	F40-44	63	00:55:01	00:54:27
Katherine	Chamberlain	43	F40-44	69	00:55:47	00:55:12
Lynsey	Adamson	44	F40-44	76	00:56:22	00:55:07
Robert	Spencer	45	M55-59	74	00:58:36	00:56:58
Aitken	Hunter	46	M60+	33	00:59:17	00:57:47
Helen	Benson	47	F35-39	121	00:59:55	00:58:53
Natalie	Summer-Anderson	48	Female Senior	192	00:59:55	00:58:53
William	Gill	49	M70+	10	01:00:16	00:59:46
Sue	Robinson	50	F60+	15	01:00:17	00:58:47
Sandie	Mcintosh	51	F55+	25	01:00:38	00:59:08
Michelle	Simpson	52	F45-49	76	01:01:26	01:00:02
Jo	Lewis	53	F35-39	144	01:02:18	01:01:05
Kaarina	May	54	F65+	8	01:02:53	01:01:24
Steven	Peach	55	M55-59	90	01:06:50	01:05:09

The HRRL team placings were

Men's A Team

Andy Simpson, Daniel Foster, Andrew Stockwell and Jack Webb

Ladies A Team

Beccy Lord, Vicky Shaw, Susie Norris MacGregor

Men's B Team

Simon McMorran, Simon Hearnden, Mark McDonald and James Lee

Ladies B Team

Lucy May, Sylwia Ward and Kerry Sawyer

Men's C Team

Ray Gunner, Mark Eaton, Peter Kay and Marcus Lee

Ladies C Team

Marie McDonald, Frances Lord and Claire Jones

Men's D Team

Richard Cassell, Graham Martin, Haydn Brown and Peter Lewis

Ladies D Team

Mandy Burton, Laura Devine and Liz Miles

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The scores according to the HRRL tables are as follows

Ladies teams

#	A-Division 1	score
1	Winchester	10
2	Stubb'ton	22
3	Lordshill	27
4	Hedge End	35
5	Farnham	43
6	Totton	46
7	New Forest	52
8	Victory	52
9	Eastleigh	61
10	Salisbury	62

#	B-Division 1	score
1	Winchester B	8
2	Winchester C	22
3	Hedge End B	32
4	Stubb'ton B	32
5	Lordshill B	44
6	Farnham	66
7	Stubb'ton C	66
8	Denmead	70
9	Lordshill C	71
10	Victory	71

#	B-Division 2	score
1	PompeyJ	16
2	Totton	27
3	Gosport	31
4	Hedge End C	34
5	Hardley	63
6	Stubb'ton D	66
7	Overton	69
8	New Forest	73
9	Ryde	76
10	Salisbury	99

Men's teams

#	A-Division 1	score
1	Lordshill	21
2	Winchester	31
3	So'ton AC	34
4	Stubb'ton	40
5	Overton	42
6	Denmead	51
7	Eastleigh	59
8	Victory	64
9	New Forest	74
10	Salisbury	79

#	B-Division 1	score
1	Lordshill B	13
2	Winchester B	25
3	Stubb'ton B	40
4	Lordshill C	57
5	Fareham	71
6	Winchester C	72
7	Farnham B	73
8	Hedge End B	78
9	So'ton AC	80
10	PompeyJ B	80
11	Denmead B	86
12	Eastleigh	96
13	Stubb'ton C	96
14	Victory	117
15	Stubb'ton D	125

Full details can be found
http://www.hrrl.org.uk/default.htm

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

The next races are nearly upon us

We have the Alton 10mile road race, which will take place 8th May 2016, 10.30am.

Book your space now on the http://www.altonrunners.co.uk/

Venue: The race HQ is at Eggars School, London Road, Holybourne, Alton GU34 4EQ. This is situated at the Eastern end of Alton on the main road from the town to join the A31.

Start: At the entrance to Treloars College, just off London Road, Holybourne
Finish: This is in the grounds of Eggars School

Race Numbers are to be collected on the day from race HQ together with timing chips

The course: The course is almost the same as last few years. The first mile is through Holybourne village and the race then runs through a circuit of undulating countryside and picturesque Hampshire village lanes to finish back at the college a few yards from the start.

Shortly after we have Netley 10k Race

Run in the park 10k road race Sunday 15th May 2016 start 10.30am
Entry:http://www.runbritain.com/race/southampton-athletic-club-10k-southampton-athletic-club-10k
or http://www.runnersworld.co.uk

Venue: The Royal Victoria Country Park is situated on the eastern shore of Southampton water 3 miles from Southampton. The Park is well signposted and if travelling on the M27 you should leave at Junction 8. For sat nav the post code is SO31 5GA.
Please car share where possible to help to reduce congestion on the roads.

From the park entrance you will be directed to the race car park.

There will be a charge of £1 for parking in the race car park only; parking in other car parks may incur a charge of up to £4

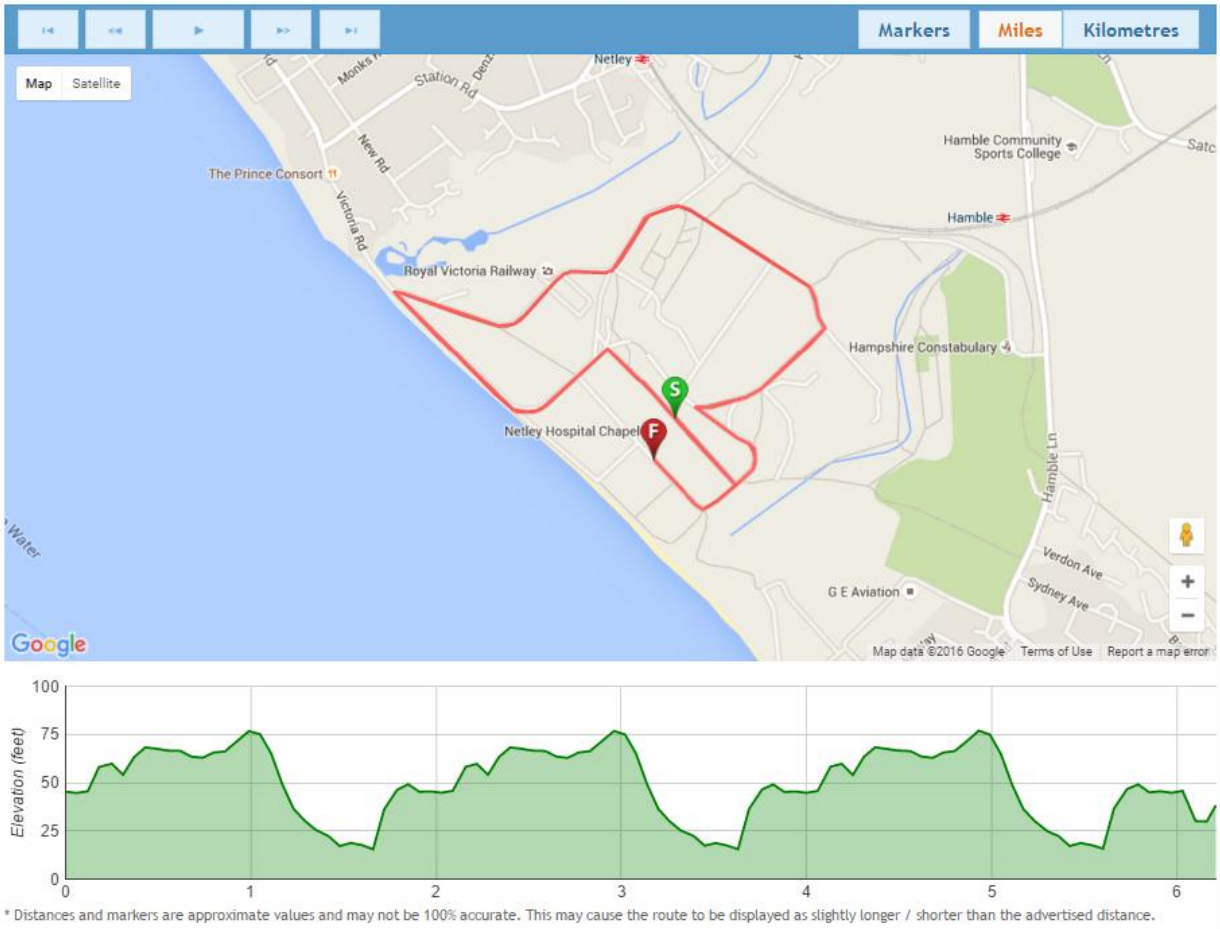
The course: The race is run entirely within the confines of the park and adjoining police grounds and consists of 3 laps with an additional 600 yards to finish adjacent to the historic chapel.

Course Details

Distance	Profile	Terrain	Route Type
6.2 mi. | 10.0 km Certified Accurate	Flat	Paths	Loop 3 Laps

Traffic Free: Yes

Route



* Distances and markers are approximate values and may not be 100% accurate. This may cause the route to be displayed as slightly longer / shorter than the advertised distance.

Any questions please give me a yell at hrrl-secretary@stubbingtongreenrunners.net

Thanks Mark