The Green Runner

MAY 2016

RR10 #1 – Royal Victoria Country Park, Netley

WOW! What a great turnout, that was certainly a show of force, of all the 363 runners that toughed it out 69 were wearing Green. This represents nearly a ⅕ of all runners that competed, just awesome.

We had some outstanding results, with 5 ladies in the top ten of their respective league, and 2 of the men in theirs. We also had many superb results from some of the 'First Timers' who all seemed to enjoy it and hopefully are thirsty for more.

The league tables make interesting reading, and can be found at www.rr10.org.uk

Round 2 is on Wednesday the 4th of May, at Stoney Cross/Janesmoor Pond in the New Forest for a 7.15pm prompt start, we hope to see you there.

After race drinks will be at the Green Dragon, SO43 7HE.

Ladies Results:

Rebecca Lord	1
Vicky Shaw	2
Susie MacGregor	5
Daisy Hall	6
Laura Wainwright	7
Lara Evans	24
Sally McGrath	25
Melissa Cosens	40
Dawn Haynes-Sewell	48
Sadie Bedford	57
Elizabeth Miles	59
Katherine Burdett	65
Catherine Yarrow	67
Louise Tanner	71
Rachel Leach	80
Shelly Thomas	81
Brigid Hone	84
Gemma Chaslie	89
Katherine Chamberlain	97
Sandie McIntosh	105
Sara McRitchie	106
Helen Benson	113
Natalie Summer-Anderson	117
Charlotte Maisey	122
Jo Lewis	125
Sharon Simpson	140
Sarah Martin	141
Natalie Flack	164
Kaarina May	165

Mens Results:

Michael Gregory	2
Andrew Simpson	4
William Feline	19
Euan McGrath	21
Lewis Banner	24
Russ Coleman	26
Daniel Foster	30
Thomas MacClements	36
James Lee	40
Mark Eaton	42
Chris Leach	44
Jon Plomer	46
Gareth Charles	50
James Lewington	59
Nick Crane	69
Marcus Lee	77
Graham James	81
Andy Donn	85
Mike Bell	96
Jack Tuckwell	99
Steve Cumes	102
Timothy Mathews	108
Matthew Evans	115
Andy Lee	123
Paul Coverdale	127
Ashley Lovell	133
Neil Stantiall	138
Jon Cox	152
Simon Gibbon	156
George Howarth	157
Jamie Stockwell	161
John Simister	173
Mark McDonald	178
Paul Hammond	179
Matthew Smitth	181
Robert Spencer	204
Kevin Ashman	208
Allan Stinson	210
Andrew Smith	211

FROM THE CHAIR

April continues to be the main marathon month and SGR was well represented across the big city marathons at Manchester, Brighton and London.

The RR10 season has also kicked off recently at Netley with the Ladies continuing their form of last season with a great win – such is the strength of ladies that the B team finished 3rd ahead of all bar one of the other A teams – well done ladies. The next one is on 4th May and we are looking forward to anther big turnout at Stoney Cross/Janesmoor Pond. On the subject of RR10s it is our own race on July 13th so please look out for requests for help from Neil re marshalling, reccies etc, in order for us to put on another successful race.

You will recall we asked for charity nomination earlier in the year and we had a total of six charity nominations , all for very worthwhile causes and as you can imagine the decision process was not easy and we had a long discussion before coming to an agreement to support two rather than just one of these equally worthwhile nominations.

Firstly we have therefore decided to support Canine Partners (https://caninepartners.org.uk/) which provides dogs for people with disabilities and has a local puppy training satellite in Titchfield.

Secondly we will be supporting the FitforFelix campaign (http://www.fitforfelix.com/) – which is raising funds for a local boy who suffered life changing injuries when he was hit by a car last year . He was supported by the Hants and Isle of Wight Air Ambulance , and Southampton General Paediatric Intensive Care Unit so the monies raised will be split three ways between these two organisations and supporting Felix's rehabilitation.

Finally don't forget our awayday at QE Park on the 18th June where we are looking to enter as many teams possible in the Marathon relay followed by a picnic.

Happy Running

Kevin Ashman
Chairman

Combe Gibbet to Overton 16 Miles XC

6	GREGORY, Michael	1:44:36	4th	SM
36	HALL, Daisy	2:03:24	2nd	SW
56	CRANE, Nick	2:11:19	2nd	M60
91	BELL, Mike	2:21:41	5th	M60
95	FORSE, Penny	2:22:35	1st	W65
134	GIBBON, Simon	2:40:24	20th	M40
176	KEMP, Pam	3:03:42	6th	W55

We had ideal conditions that day. After a very sunny morning, the clouds came over and protected us from too much heat once the race started at 2pm, and there was just a slight breeze.

The course was well marshaled, the showers were hot and the refreshments delicious.

The results were not in age categories so I've done my best to work out placings. *Penny*

HAMPSHIRE ROAD RACE RELAYS

5th Stubbington Under 11	
Harry Roebuck	8.58
Cameron Sewell	12.48
Finley Sewell	13.15

2nd Stubbington Ladies Team		3rd Stubbington Ladies Vet Team		11th Stubbington Mens Team	
Nikki Roebuck	19:20	Sara McRitchie	27.30	James Lewington	19:32
Lucy May	19:48	Lynsey Adamson	24.29	Peter Simpson	20:26
Vicky Shaw	18:36	Katherine Chamberlain	25.46	Rich Chowns	19:18

CAPTAINS CORNER

It came and went, but hasn't April been a corker. Yet another packed month with some fantastic results for the ladies and men.

The month started with the Rough Runner, Reading Half and the Hundred Acres Half and 10k, well done to those that survived to tell the tale. Then we had individuals take part in the Compton 20, Houghton 11k trail run with a 3rd and 4th place for the men, well done Daniel Foster and Andrew Stockwell and Lee Stantiall taking 2nd lady, well done. We also had a good number flying the green vest at the Southampton Half and 10k, great achievements were had by all.

Then there were the Marathons, Manchester, Brighton, Shakesphere and London with over 35 runners and 19 PBs were achieved George Howarth, Phil Hobby (massive PB over 1 hour!), Mark McDonald, Hilary Misselbrook, Gill Rose, John Blake, Richard Snell, Chris Brobin, Andy Stockwell, Dan Foster, Russ Coleman, Mike Gregory, Sarah Barron, Lewis Banner, Anna Wilby-Lopez, Gaynor Heffer, Chris Hall (Junior), Simon Vingoe, hope we named all of you!! At London, Michael Welland at 70+ smashed out 3.31.43 to be 4th fastest 70 year old at London. Such an amazing feat to complete a Marathon, pat yourself on the back you did great.

Our first RR10 kicked off at Netley with an amazing turnout of 68 runners on the night, the ladies A team taking first place and the ladies B team taking third, well done to Beccy Lord who came in as first lady and Vicky Shaw in second. Men but in a sterling performance with a few people saving themselves for London. Men had two teams in the top 10 with 2nd and 6th. Individual we saw Mike Gregory 2nd and Andy Simpson 4th (1st V40). By the time you read this our next RR10 will have taken place at Stoney Cross. Do try and give it a go, as said before there are some great short off road routes of 4-5 miles with an option of a social drink in a designated pub afterwards.

Spring handicap took place on a windy 10 April with a good number getting out to run, thanks to Nick Kimber for setting out the route and more importantly providing the sausages after with Sue Robinson timekeeping. The winning lady closest to the time was Sally McGrath and for the men, Rich Chowns who finished dead on 12.00!

On the 17 April we had several teams take part in the Hampshire Road Relay at Lakeside, what a great result for the ladies Nichola Roebuck, Lucy May, Vicky Shaw finishing in second place. Vet 40 Ladies, Kathy Chamberlain, Sara Mcritchie and Lynsey Adamson were 3rd. The men finished 11th, James Lewington, Pete Simpson and Rich Chowns. it was great to see the juniors running, so well done, Harry Roebuck, Cameron and Finley Sewell who finished 5th in the under 11's race.

As many of you already know each year we have been fortunate enough to be invited to enter teams into the South Down's Way 100 mile Relay event. This year the event is taking place on the 4 June. There will be 3 teams taking part from our club, ladies and men's A team and a men's vet team. Each team is made up of 6 individuals who will each run 3 of the 18 leg route, covering a distance of between 3.75-8.65 miles for each leg. Training is underway in earnest, with individual's recceing their respective legs. As part of the event, clubs provide marshals at one of the legs, our marshalling leg is at Harting Hill. We need please at least 7 people to ensure a smooth transition for the teams passing through and to cover two roads, instructions will be given but it is straight forward. We will need people from mid-afternoon for 2-3 hours. It is also a great point to cheer on our teams. We will be posting up on Facebook too, but if you can let Marie or Andy whether you are able to be a Marshall on the day.

Coming up in May we have two events on our HRRL calendar, Alton 10 8 May and Netley 10k a week later on the 15 May. The last HRRL event is the D-Day 10k on 5 June. Make sure you sign up if you haven't already. Also we see the start of the Lakeside 5K series and the Bayside 5K series, be good to try and get as many out for these nice short distances where we have fared well in the past.

The time trials kicked off this month, with Julie Ashman as the lady with the biggest improvement and Phil Hobby for the men. This months' time trial is on the 12 May, as the evenings are lighter now it would be good to see more people testing themselves to see what they can achieve.

South Downs Marathon Relay is on Saturday 18 June, this is such a good club day out and an opportunity for a bit of friendly club competition. Enter on the Stubby website by 29th May and we will put you all in teams of 4 mixing the abilities up so no one team has the advantage, well that's the plan. We also hope to have a men's and ladies team who will race it out against other teams entered outside of the club. There are only 4 legs, varying from 5.75 to 7.5, so you each get to run one leg each. We then wrap up the day with a nice picnic in QE Country Park and club prizes awarded.

Macmillan mile will take place on Monday 16 May, it will be a timed 1 mile loop round the Whiteley business park. It is £2 to enter with all money raised going to Macmillan. We will be looking for a few helpers on the night which will be posted up on Facebook shortly. Last year we raised £282.

We will have two bonus races this month, as we failed to put one in for last month. The first race will be Bayside 5k on 10th May and the second race will be HRRL at Netley on 15th May.

Finally a huge well done to our newly qualified coaches, Mike White, Julie Ashman and Phil Hobby.

GREATER MANCHESTER MARATHON

1613	Gill ROSE	03:27:25
2165	Richard SNELL	03:35:29
2763	John BLAKE	03:43:19
6654	Jane MCGRATH	04:33:28

SHAKESPEARE MARATHON

5	Lewis	Banner	2:53:10

Brighton Marathon

Mark McDonald	03:10:57
Phil Hobby	03:21:58
Chris Hall	03:27:06
Simon Hearnden	03:37:18
Hilary Misselbrook	03:43:34
George Howarth	04:03:49
Marie McDonald	04:12:54
Simon Vingoe	04:31:16
Gaynor Heffer	04:31:32
Karen Salmon	04:31:33
Amy Wadhams	05:49:58

Virgin LONDON MARATHON

pos	cat pos	name	time
309	231	Gregory, Michael	02:40:01
316	237	Brobin, Christopher	02:40:18
526	383	Coleman, Russ	02:44:34
996	194	Simpson, Andy	02:52:00
2919	391	Stockwell, Andrew	03:08:00
3073	51	White, Mike	03:09:15
3938	1774	Foster, Daniel	03:14:54
4288	1899	Piddington, Adrian Michael	03:17:24
6804	564	Martin, Philip	03:31:10
6898	4	Welland, Michael	03:31:43
13126	1700	Chowns, Katherine	03:56:54
13133	1704	Jones, Gemma Louise	03:56:56
13826	1811	Barnicoat, Karen	03:58:40
14169	402	Chantrey, Tina Louise	03:59:36
19173	615	Ashman, Julie	04:19:22
25914	4556	Fordina, Clara Lilly Scarlett	04:46:00
30082	1207	Barron, Sarah	05:05:18

QUEEN ELIZABETH SPRING MARATHON

79	Julie	Ashman	05:40:53

QUEEN ELIZABETH SPRING HALF MARATHON

49	Sally	Mcgrath	02:06:20
50	Euan	Mcgrath	02:06:20
181	San	Clark	03:00:58

COMPTON 20 MILE DOWNLAND CHALLENGE

103	Julie Ashman	04:03:02

HOUGHTON 11K TRAIL RUN

3	Daniel Foster	00:45:55
4	Andrew Stockwell	00:46:39
16	Ray Gunner	00:51:05
22	Richard Edmunds	00:52:40
26	Alethea Adair-Stantiall	00:53:24
30	Neil Richardson	00:53:53
38	David Langrish	00:55:44
46	Sally McGrath	00:57:43
146	Sarah Martin	01:13:38
160	Julie Ashman	01:18:03
161	Sue Robinson	01:18:06
162	Sharon Simpson	01:18:09
164	Michelle Simpson	01:18:30

Black Mountains Ultra (42 miles)

16th	Euan McGrath	08:21:20	2nd Vet

Marathon (28 miles)

3rd	Mike White	04:56:00	1st Vet
11th	Boe Harper	05:13:00	
22nd	Will Feline	05:34:00	
43rd	Laura Wainwright	06:10:30	7th Lady

Llanbedr to Blaenavon fell race (15 miles)

19th	Will Feline	2:49:17	
74th	Laura Wainwright	3.47.34	15th lady

A brilliant and brutal race over three tough Welsh hills. The last one is the real killer. We were treated to a beautiful sunny day with stunning views. *Will*

Hundred Acre Wood Half Marathon

Sarah Gardiner	1:31:07
Clara Sutton	1:32:33
Anne Trotman	1:38:41
Helen Benson	1:57:06
Liz Weighel	2:09:04
Jemma Raeburn	2:11:35
Andy Lee	2:11:51
Shelley Thomas	3:43:01
Brigid Hone	
Tracey Terry	
Paul Coverdale	
Helen Nicholls	
Graham Martin	
Lyndsey Adamson	
James Lewington	
Sarah McRitchie	
Neil Richardson	

Hundred Acre Wood 10K

George Rennie	47:37.2
Jo Lewis	
Louise Tanner	

Sorry about the lack of results for The Hundred Acre Wood Races, there are no official results on the website yet and I understand there was a bit of a problem with the course.
I'll update the results next month if they are available.

3	Rob GREENWOOD	00:38:17
225	Claire JONES	00:53:09
338	Kerry BAILEY	00:56:57
652	Debbie LOWE	01:07:29
680	Rachel RICHARDSON	01:08:54
869	Nicola PESKETT	01:23:33

428	Mark Mcdonald	01:27:38
1142	Sylwia Ward	01:37:05
1625	Phil Hobby	01:40:51
3562	Aga Plombon	01:52:43
3879	Marie Mcdonald	01:54:25
3886	Karen Barnicoat	01:54:27
4590	John Cox	01:57:47
4593	Lisa Donn	01:57:48
4516	Nicola White	01:57:25
4519	Gaynor Heffer	01:57:25

84	Mark MCDONALD	01:27:19
305	Jon PLOMER	01:34:26
493	Vicky SHAW	01:37:39
609	Stephen WILLIAMS	01:38:27
744	Aga PLOMBON	01:42:20
1237	Mark PORTER	01:48:21
1366	Marie MCDONALD	01:50:53
1390	Chris MCGAW	01:52:24
1927	Bethan DAVIS	01:55:37
2130	Caroline CHAPMAN	01:54:59
2155	Stuart MCNAMARA	01:58:33
2182	Lisa DONN	01:56:05
2290	Julie DINWOODIE	02:01:27
2380	Sharon CALLUS	02:00:26
2650	Ronel BEUKMAN	02:05:11
3064	Lucy TAYLOR	02:11:16
3087	Sandie MCINTOSH	02:10:21
3118	Gemma ELDRIDGE	02:11:56
3164	Eunice HOARE	02:12:36
3372	Sarah HOBBY	02:16:38
3373	Nikkie PLOMER	02:16:36

LAKESIDE 5K RACE 1

55	Graham Martin	19.49
69	Holie Smith	20.44
104	Russell Mead	23.38
111	Matthew Smith	24.09
119	John Simister	24.30
141	Jules Dinwoodie	26.16
154	Robert Spencer	28.39
155	Michael Wootton	28.40

Exbury 5 mile

56	Chris	Stapleford	00:39:06
126	Sharon	Simpson	00:49:03

April Time Trial

First time trial of the season kicked off with 32 runners completing the 4 mile course with 6 PBs/ SBs. Congratulations to Julie Ashman who was the biggest ladies improver on the night knocking 3 minute 37 seconds off last year's time. The biggest male improver was Phil Hobby slicing 56 seconds off last year's time.

Very early stages in the overall competition to be the biggest improver in their handicap groups, but Julie Ashman leads the way in 35+ group. Alison Hesselberth leads the 31.01-35 with 43 seconds off and finally Lee Stantial leads the 28.01-31 group with 1 minute 4 seconds improvement.

Thank you to the committee for time-keeping on the night.

The next time trial is the 12th May, hope to see you all there.
Andy

Name	Running	Best 2015	April	Apr Diff	Difference
					1st - Best
	-		32	6	6
Adrian Piddington		24.54			
Andy Simpson		22.29			
Chris Hall (Junior)		24.46			
Daniel Foster		23.39			
Daniel O'Boyle		20.25			
David Castle		23.44	24.30		
James Lee		24.56	27.03		
James Sawyer		23.32	24.18		
Jon Plomer		24.40	26.59		
Lewis Banner		22.45	22.59		
Lewis Chalk		22.29*			
Mike Gregory		23.49*			
Mike White		24.49			
Rob Greenwood		23.18			
Russ Coleman		24.40			
Simon Hearnden		24.15	27.34		
Tom MacSwayne		23.09*			
Tom McClements		24.08			
Andy Stockwell		25.31			
Chris Davidson		27.34			
Chris Hall		25.36			
Chris Leach		25.03			
Daisy Hall		25.35			
Donna Mitchell		27.03			
Gareth Charles			**25.46**		
Haydn Brown		26.37	26.52		
Jon Leigh		26.10			
Liam Dredge		26.02			
Mark McDonald		25.03			
Mike Bell		27.20			
Nick Crane		27.00			
Nikki Roebuck		27.39			
Peter Kay		26.56	27.11		
Philip Martin		26.36			
Richard Snell		27.28			
Steve Williams		25.55			
Stuart Hiscock		25.35			
Susie MacGregor		25.41			
Tim Crumpton		26.33			
Tom Callaway		27.42	28.09		

Under 25 mins

25.01 – 28 mins

Lee Adair-Stantiall		30.28	**29.24**	-1.04	-1.04
Phil Hobby		30.20	**29.24**	-0.56	-0.56
Andy Donn		28.23	**27.52**	-0.31	-0.31
Peter Simpson		28.22			
Andy Lee		28.22	30.59		
David Abrams		29.51			
David Langrish		28.21			
Dawn Haynes-Sewell		30.52			
Dean Oxley			**28.59**		
Frances Lord		30.13			
Hollie Smith		29.50			
Jack Tuckwell			**30.32**		
John Simister		30.53	32.11		
Keith Carter		30.56			
Keith Whittaker		30.46			
Kerry Dodsworth		29.47			
Kerry Sawyer		29.08			
Mark Eaton			**27.07**		
Mike Coghlan		30.43			
Neil Richardson		28.49			
Nigel Whitcher		29.19			
Philip May		30.36	32.16		
Sam Leahy		30.27			
Steve Cumes			**28.46**		
Tim Matthews		30.07			
Tina Chantrey		28.37	28.56		
Victoria Joel		29.05			
Alison Hesselberth		34.40	**33.57**	-0.43	-0.43
George Howarth		32.05	**31.42**	-0.23	-0.23
Adam Joel		31.20			
Andy Richardson			**34.28**		
Anne Trotman		32.14			
Bizz Cozens		31.05	31.58		
Callum MacDonald		31.02			
Chris Stapleford		31.58			
Eunice Hoare		33.45			
Gaynor Heffer		32.23			
Hilary Misselbrook		31.49			
James Barron		34.30			
Katherine Coghlan		33.00			
Kathy Chamberlain		33.57			
Lottie Lord		31.48			
Lynsey Adamson			**33.58**		
Melissa Hutton-Dunton		32.23			
Mike Donovan		32.20	33.00		
Mike Wotton		33.52			
Rachel Leach		33.32			
Russell Mead		31.52			
Sarah Martin		34.59	37.15		
Tracey Terry		34.55			
Julie Ashman		36.45	**33.08**	-3.37	-3.37
Ann Blake		35.44			
April Howlett		35.55			
James Lewington		38.47*			
Jamie Stockwell		36.02			
Jennie Lee		40.31			
Jo Lewis			**37.15**		
Karen Salmon		36.27			
Kevin Ashman		36.44			
Robert Spencer		36.28			
Samantha Gallagher		39.59			
Sandie McIntosh		35.51			
Sandra Abrams		38.40			
Sarah Barron		39.11			
Sarah Hobby		37.35			
Sarah McRitchie		35.33			
Sharon Clarke		37.02			
Shelly Thomas			**34.53**		
Sue Robinson		37.19	38.02		
Yvonne Fisher		40.17			

28.01 – 31 mins

31.01 – 35 mins

35+ mins

TRAINING NIGHT SCHEDULE MAY

Day	Date	Meet	Time	Leader/Coach	Location	Effort	Recovery
	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
Mon	9th	Solent Hotel	6:30pm	Penny	Whiteley	Long hills (25min)	Jog back
Tue	10th	Locks Heath Sports Ground	7pm	Rob Greenwood	Chilling field	2x2ml (tempo pace)	2 min static
Thu	12th	Crofton Community Centre	6:45 /7pm	Andy Simpson	Eric road	Time Trial	n/a
Mon	16th	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	4 to 8 laps Forest laps long side effort	Short side recovery
Tue	17th	Locks Heath Sports Ground	7pm	Mike White	Hook field	Flag session; (0.5lap; 0.75lap; 1lap) x3	0.25lap jog recovery and last set start long side first
Thu	19th	Crofton Community Centre	7pm	Mike Bell	Lee seafront	15x1min	1min re-group recovery
Thu	19th	Holly Hill	6:30pm	Nigel Whitcher	Holly Hill	5xShort hill pyramids	On down hill
Mon	23rd	Solent Hotel	6:30pm	Mike White	Whiteley	3 to 5 x 1ml	3min
Tue	24th	Locks Heath Sports Ground	7pm	Mike Bell	Chilling	Short loops from beach	Jog back to beach
Thu	26th	Crofton Community Centre	7pm	Phil Hobby	The shack	2x5 beach run	jog back, 3min
Thu	26th	Holly Hill	6:30pm	Julie Ashman	Holly Hill	"All the hills"x2	On the downs
Mon	30th	Solent Hotel	6:30pm	Penny	Whiteley	Forest laps (lap, half lap, one side)x2	(lap, half lap, one side)
Tue	31st	Locks Heath Sports Ground	7pm	Mike White	St John's park	4x4x400	90s, 2min +machines
Thu	2nd	Crofton Community Centre	7pm	Victoria	Cuckoo lane	4 to 6x1km	walk/jog recover
Thu	2nd	Mountbatten Centre, Portsmouth	7pm	Chris	Track	12 to 15 x 250m (stride)	150m jog

Southsea	2 April
Andrew STOCKWELL	00:18:40
York	**2 April**
David Matthew CASTLE	00:18:24
Eastleigh	**2 April**
Keith WHITAKER	00:29:14
Lincoln	**2 April**
Rachael OPENSHAW	00:21:55
Newbury	**2 April**
Allan STINSON	00:36:56
Lee-on-the-Solent	**2 April**
Chris BROBIN	00:17:10
Rob GREENWOOD	00:17:19
Simon HEARNDEN	00:18:26
James LEE	00:19:15
Robert CRANSTONE	00:19:29
Mark John EATON	00:19:31
Mark MCDONALD	00:19:50
Richard CHOWNS	00:20:27
Phil HOBBY	00:20:57
Daniel HUGHES	00:22:09
Jack TUCKWELL	00:22:18
David ABRAMS	00:22:29
Hilary MISSELBROOK	00:22:59
Paul SOUTHON	00:23:06
Nikki ROEBUCK	00:23:08
Harry ROEBUCK	00:23:08
Marie MCDONALD	00:23:19
George HOWARTH	00:23:25
Zac CONATY	00:23:30
Andy DONN	00:23:46
Richard BURNS	00:23:54
Derrick MORGAN	00:23:57
John SIMISTER	00:24:20
Melissa COSENS	00:24:20
Russell MEAD	00:24:27
Simon GIBBON	00:24:49
Paul HAMMOND	00:25:18
Lisa DONN	00:25:44
Gaynor HEFFER	00:25:45
Lynsey ADAMSON	00:27:02
Jules DINWOODIE	00:27:08
Natalie SUMMER-ANDERSON	00:28:11
Alison MACSWAYNE	00:28:24
Sandra ABRAMS	00:28:39
David MACSWAYNE	00:30:33
Graham MARTIN	00:30:42
Sally MARTIN	00:30:42
Martyn BANNER	00:30:56
Michelle SIMPSON	00:31:00
Claire JOHNSON	00:31:28
Sarah BARRON	00:32:19
Sue ROBINSON	00:32:44
Sandie MCINTOSH	00:32:44
Jenny HEARNDEN	00:34:05
Amy WADHAMS	00:34:23
Louise TANNER	00:34:45
Kevin John ASHMAN	00:34:54
Jan SOUTHON	00:39:55

Netley Abbey	2 April
Daniel FOSTER	00:18:56
Rebecca Margaret LORD	00:19:16
Andrew William THOMAS	00:19:38
Chris DAVIDSON	00:23:17
Frances Louise LORD	00:23:59
Chris STAPLEFORD	00:24:39
Bethan Jane DAVIS	00:29:29
Robert SPENCER	00:29:44
Andrew SMITH	00:43:14
Wendy HOLLOWAY	00:43:17
Tilgate	**2 April**
Chris LEACH	00:21:12
Rachel LEACH	00:28:09
Terry John FRENCH	00:32:28
Winchester	**2 April**
Gordon WESTLEY	00:22:41
Albert	**9 April**
Daniel O'BOYLE	00:15:55
Kerry DODSWORTH	00:22:44
Ashton Court	**9 April**
Rob GREENWOOD	00:19:55
Southsea	**9 April**
Graham MARTIN	00:19:57
Terry John FRENCH	00:31:30
Winchester	**9 April**
Gordon WESTLEY	00:22:38
Netley Abbey	**9 April**
Rebecca Margaret LORD	00:19:18
Andrew William THOMAS	00:19:51
Sev ROBERTS	00:21:23
Charlotte LORD	00:23:48
Woodley	**9 April**
Keith WHITAKER	00:26:38
Aylesbury	**9 April**
Rachael OPENSHAW	00:21:53
Lee-on-the-Solent	**9 April**
Lewis BANNER	00:17:07
Daniel FOSTER	00:18:27
Gareth CHARLES	00:19:35
Richard CHOWNS	00:20:46
Phil HOBBY	00:21:02
Mark MCDONALD	00:21:49
Zac CONATY	00:22:49
Lisa DONN	00:24:01
Paul HAMMOND	00:24:09
Louise TANNER	00:26:59
Jules DINWOODIE	00:27:19
Kathy CHAMBERLAIN	00:27:35
Kelly Emma BENNETTS	00:28:14
Natalie SUMMER-ANDERSON	00:28:16
Sara MCRITCHIE	00:28:35
William GILL	00:30:12
John NICHOLSON	00:30:49
Amy WADHAMS	00:31:52
April HOWLETT	00:32:07
Sarah HOBBY	00:35:15
Linda KOPINSKA	00:39:15

Eastleigh	9 April
Haydn BROWN	00:30:50
Newbury	**9 April**
Allan STINSON	00:35:12
Fareham	**9 April**
Andy SIMPSON	00:17:08
James SAWYER	00:18:38
David Matthew CASTLE	00:18:50
Simon HEARNDEN	00:19:08
Andrew STOCKWELL	00:19:35
Gavin RENNIE	00:21:40
Andy LEE	00:23:19
Nico BEUKMAN	00:23:30
Paul SOUTHON	00:23:42
Lynsey ADAMSON	00:27:22
Robert SPENCER	00:29:18
Jane BUTLER	00:32:23
Jan SOUTHON	00:39:41
Albert, Middlesbrough	**16 April**
Kerry DODSWORTH	00:22:09
Black Park	**16 April**
Louise TANNER	00:26:25
Southampton	**16 April**
Julie WOODMAN	00:31:03
Southsea	**16 April**
James LEE	00:18:46
Havant	**16 April**
April HOWLETT	00:31:32
Newbury	**16 April**
Allan STINSON	00:33:16
Winchester	**16 April**
Gordon WESTLEY	00:26:54
Rachel LEACH	00:30:31
Ormskirk	**16 April**
Rachael OPENSHAW	00:22:15
Knocknacarra	**16 April**
Graham MARTIN	00:20:22
Lee-on-the-Solent	**16 April**
Lewis BANNER	00:18:03
Andrew STOCKWELL	00:19:11
Susie MACGREGOR	00:19:39
Richard CASSELL	00:19:52
Andy DONN	00:21:21
Chris LEACH	00:22:11
Richard BURNS	00:23:32
Jamie STOCKWELL	00:23:46
John SIMISTER	00:23:49
Nicola SIRMAN	00:25:44
Alison HESSELBERTH	00:25:51
Lara EVANS	00:27:11
Sarah BARRON	00:28:28
Martyn BANNER	00:28:47
Helen BENSON	00:29:21
William GILL	00:30:22

Netley Abbey	16 April
Nikki ROEBUCK	00:21:11
Del GRANGER	00:24:43
Jules DINWOODIE	00:27:48
Tilgate	**16 April**
Terry John FRENCH	00:33:32
Queen Elizabeth	**16 April**
David LANGRISH	00:22:40
Skipton	**16 April**
Russell MEAD	00:29:17
Fareham	**16 April**
James SAWYER	00:18:18
Gareth CHARLES	00:19:59
Kate RANT	00:24:36
Paul SOUTHON	00:24:42
Alison MACSWAYNE	00:28:47
Natalie SUMMER-ANDERSON	00:29:16
David MACSWAYNE	00:32:51
Jan SOUTHON	00:39:36
Havant	**23 April**
April HOWLETT	00:32:24
Tilgate	**23 April**
Terry John FRENCH	00:32:08
Queen Elizabeth	**23 April**
James LEWINGTON	00:19:43
Lee-on-the-Solent	**23 April**
Rob GREENWOOD	00:17:58
James LEE	00:18:55
Mark John EATON	00:18:59
Vicky SHAW	00:19:57
Andy DONN	00:21:07
Sam LEAHY	00:21:56
Andy LEE	00:21:59
Ashley LOVELL	00:22:33
Derrick MORGAN	00:23:13
Paul HAMMOND	00:23:52
Alison HESSELBERTH	00:26:05
Louise TANNER	00:27:05
Matthew EVANS	00:27:38
Martyn BANNER	00:29:00
Eunice HOARE	00:29:09
Helen BENSON	00:29:12
William GILL	00:29:24
Russell MEAD	00:30:57
Aga PLOMBON	00:31:14
Mark MCDONALD	00:31:17
Sarah HOBBY	00:34:40
Kelly Emma BENNETTS	00:34:48
Lisa NICHOLSON	00:35:02
Lisa DONN	00:37:25
Michelle SIMPSON	00:37:36

Eastleigh	23 April
Gareth CHARLES	00:20:17
Kate RANT	00:24:44
Haydn BROWN	00:29:55
Robert SPENCER	00:33:00
Winchester	**23 April**
Rachel LEACH	00:26:41
Netley Abbey	**23 April**
Rebecca Margaret LORD	00:19:37
Del GRANGER	00:22:34
Chris DAVIDSON	00:22:48
Charlotte LORD	00:23:39
Frances Louise LORD	00:24:37
Chris STAPLEFORD	00:24:45
Kate ALDOM	00:24:50
Newbury	**23 April**
Tomas STINSON	00:29:33
Allan STINSON	00:31:53
Druridge Bay	**23 April**
Rachael OPENSHAW	00:22:22
Fareham	**23 April**
Boe HARPER	00:18:30
Chris HALL	00:19:24
Kerryanne SAWYER	00:23:43
Katherine BURDETT	00:26:10
Daisy HALL	00:27:21
Emily JOHNSON	00:27:21
Paul SOUTHON	00:27:32
Wendy HALL	00:29:46
Jan SOUTHON	00:38:42
Andrew SMITH	00:39:41
Wendy HOLLOWAY	00:39:43
Bushy	**30 April**
Lewis BANNER	00:17:31
Southsea	**30 April**
Graham MARTIN	00:19:46
Eastleigh	**30 April**
Haydn BROWN	00:28:45
Newbury	**30 April**
Tomas STINSON	00:27:49
Allan STINSON	00:30:10
Winchester	**30 April**
Gordon WESTLEY	00:22:30
Netley Abbey	**30 April**
Rebecca Margaret LORD	00:18:43
Charlotte LORD	00:23:56
Frances Louise LORD	00:24:05
Jane ADLARD	00:25:17
Tilgate	**30 April**
Terry John FRENCH	00:33:34
Cranleigh	**30 April**
Gareth CHARLES	00:19:34
Kate RANT	00:23:57

Lee-on-the-Solent	30 April
Will FELINE	00:17:53
Simon HEARNDEN	00:18:02
James SAWYER	00:18:18
Mark John EATON	00:19:36
Jon PLOMER	00:20:16
Laura WAINWRIGHT	00:20:26
Andy DONN	00:20:35
Andy LEE	00:21:20
James LEE	00:21:20
Richard BAILEY	00:22:05
Lara EVANS	00:22:12
Paul SOUTHON	00:22:57
John COX	00:23:17
Kerryanne SAWYER	00:23:20
Paul HAMMOND	00:23:24
Richard BURNS	00:23:30
Russell MEAD	00:23:53
Dawn HAYNES-SEWELL	00:23:55
Simon GIBBON	00:24:14
Victoria Kate JOEL	00:24:27
Susie MACGREGOR	00:24:28
Graham BELL	00:24:31
Sadie Lee BEDFORD	00:24:56
John SIMISTER	00:25:20
Katherine BURDETT	00:25:33
Matthew EVANS	00:25:40
Jules DINWOODIE	00:25:57
Andy RICHARDSON	00:26:23
Shelley THOMAS	00:26:33
Louise TANNER	00:26:44
Sam LEAHY	00:28:09
Helen BENSON	00:28:25
Wendy HALL	00:29:10
Amy WADHAMS	00:30:12
Martyn BANNER	00:30:21
Sarah BARRON	00:30:26
Kelly Emma BENNETTS	00:30:28
Eunice HOARE	00:30:30
Kaarina MAY	00:32:43
Jenny HEARNDEN	00:33:14
Sarah HOBBY	00:33:57
Sue ROBINSON	00:33:59
Sue SIMISTER	00:34:13
Tommy BLAKE	00:36:35
Jan SOUTHON	00:36:35
Ann BLAKE	00:36:36
Linda KOPINSKA	00:36:43
Michelle SIMPSON	00:36:44
Sandie MCINTOSH	00:48:08
Sherwood Pines	**30 April**
Chris LEACH	00:20:00
Rachel LEACH	00:34:06
Portsmouth Lakeside	**30 April**
Andrew STOCKWELL	00:19:05
Sarah GARDINER	00:24:49
Robert SPENCER	00:27:28
Fareham	**30 April**
Wendy HOLLOWAY	00:37:42
Andrew SMITH	00:37:43
Ormskirk	**30 April**
Rachael OPENSHAW	00:21:57

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

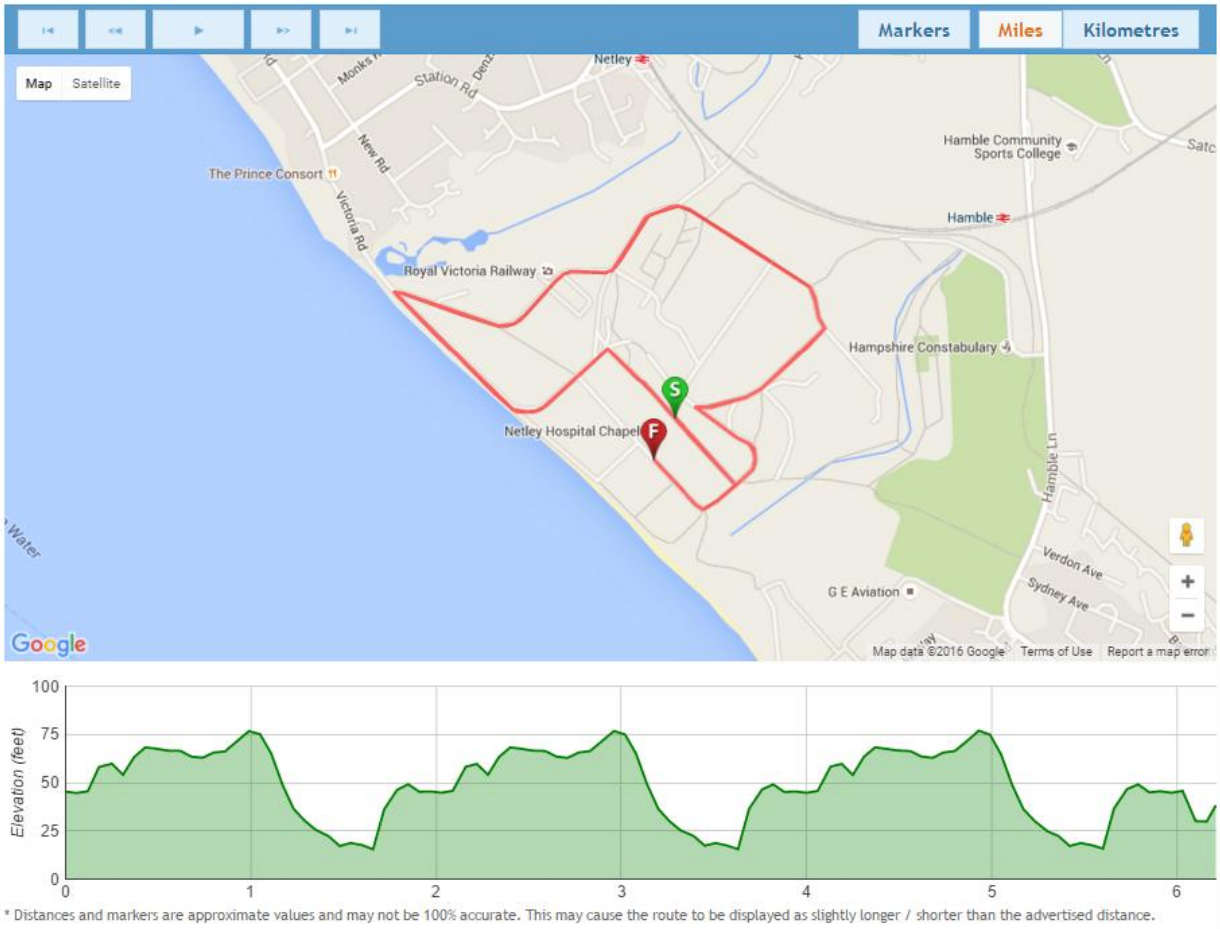
The course: The race is run entirely within the confines of the park and adjoining police grounds and consists of 3 laps with an additional 600 yards to finish adjacent to the historic chapel.

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