The GreenRunner

JUNE 2016

Wez Jones - 3rd in The Marlborough Downs 33 Mile Challenge

RR10 #2 – Stoney Cross

Yet another show of green domination as we arrived at Stoney Cross with a field of 53 die hard runners to brave the slightly hilly course.

Again both Ladies & Men didn't disappoint, with both teams having 4 top ten placed finishers. And throughout the field there were some super efforts with a number of runners improving on their positions from the first RR10.
Let's try to keep progressing, and applying the pressure to the other league teams.

The evening was a little overshadowed with the news that Robert Spencer had lost his dog, but the story did end happily after Willow was found the following morning.

Round 4 is on Wednesday the 1st of June, at Blackfield Recreation Ground near Fawley for a 7.30pm start, we hope to see you there. *After race drinks will be at the The Heath Hotel, SO45 4PW.*

Our results from race 2 are below, and in addition the league tables can be found at www.rr10.org.ukk

Ladies Results:

Rebecca Lord	1
Susie MacGregor	4
Vicky Shaw	9
Laura Wainwright	7
Lara Evans	21
Sally McGrath	33
Sarah Granstone	34
Penny Forse	35
Melissa Cosens	39
Kate Rant	47
Dawn Haynes-Sewell	53
Sadie Bedford	57
Katherine Burdett	62
Elizabeth Miles	67
Jemma Raeburn	74
Louise Tanner	79
Rachel Leach	82
Brigid Hone	83
Helen Benson	101
Sarah Bowman	119
Sarah McIntosh	126
Sara McRitchie	127
Sue Robinson	131
Natalie Flack	142
Sarah Martin	143

Mens Results:

Andrew Simpson	3
Michael Gregory	5
Lewis Banner	9
Will Feline	10
Rob Greenwood	13
Daniel Foster	35
Andrew Stockwell	36
Mark Eaton	46
Christopher Hall	61
Jon Plomer	64
Marcus Lee	70
Nick Crane	72
Neil Stantiall	74
Graham James	76
Andy Donn	79
Jordan McRitchie	82
Mike Bell	99
Gavin Rennie	100
Matthew Evans	107
Phil Martin	108
Jack Tuckwell	109
Nick Kimber	121
Chris Davidson	122
Jon Cox	146
Euan McGrath	147
Jamie Stockwell	151
Russell Mead	159
Allan Stinson	195

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

We had 2 races in May; the Alton 10mile road race, which took place 8th May and the Netley 10k Sunday 15th May.

The Alton 10; was a hot day, not much wind, and very little cloud. The route has a few hills and was tough going for all running in that heat. 478 runners set off with 24 from Stubbington Green Runners. Mark Eaton was 1st SGR to finish in 32nd position overall (and 1st in the V50 category) with a chip time of 1hr 7min 02sec, with Becky Lord a few seconds behind to take 33rd position (3rd female to finish and 1st in her age category (senior)). Peter Kay also achieved 3rd in the V60 category. Well done all.

The Stubbington Green Army who completed Alton were:-

Ladies A team: - Beccy Lord, Vicky Shaw and Sylwia Ward

Men's A team: - Mark Eaton, Andy Stockwell, Mark McDonald and Chris Hall (young one)

Ladies B team: - Lucy May, Sally McGrath and Frances Lord

Men's B team: - Dan Foster, Graham Martin, Peter Kay and Jordan Mcritchie

Ladies C team: - Jules Dinwoodie, Sara McRitchie and Natalie Summer-Anderson

Men's C team: - Rich Chowns, Jack Webb, Ray Gunner and Andy Donn

Well done also to Peter Simpson, Kathy Chamberlain and Gavin Rennie who also completed the race.

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As for the Netley 10k, it was considerably cooler in comparison with last year race and the Alton 10, 284 runners were at the start line, 31 of which were representing Stubbington Green, there was an amazing support team, cheering everyone on as we completed the 3 laps

Congratulations to Andy Simpson who won 1st v40 and Nikki Roebuck who was 2nd female in the v35 category, and gained a new PB, well done also to Lynsey Adamson who smashed her PB by 2.30mins compared to Eastleigh

The Stubbington Green Army who completed Netley were:-

Ladies A team: - Nikki Roebuck, Jane Adlard and Lucy May

Men's A team: - Andy Simpson, Rob Greenwood, Andy Stockwell and Simon McMorran

Ladies B team: - Hilary Misselbrook, Claire Jones and Lynsey Adamson

Men's B team: - Mark Eaton, Dan Foster, Mark McDonald and Jack Webb

Ladies C team: - Kathy Chamberlain, Sue Robinson and Sara Mcritchie

Men's C team: - Marcus Lee, Ray Gunner, Graham Martin and Rich Chowns

Ladies D team: - Sarah Martin, Sharon Simpson and Sarah Barron

Men's D team: - James Lee, Peter Simpson, Phil May and John Simister

Well done also to Jo Lewis, Andy Richardson, and Nick Clarke who also completed the race.

After Andy had completed his run, he gave his shoes a break from running and left them at Netley, thankfully they found their way home and are back out running with Andy.

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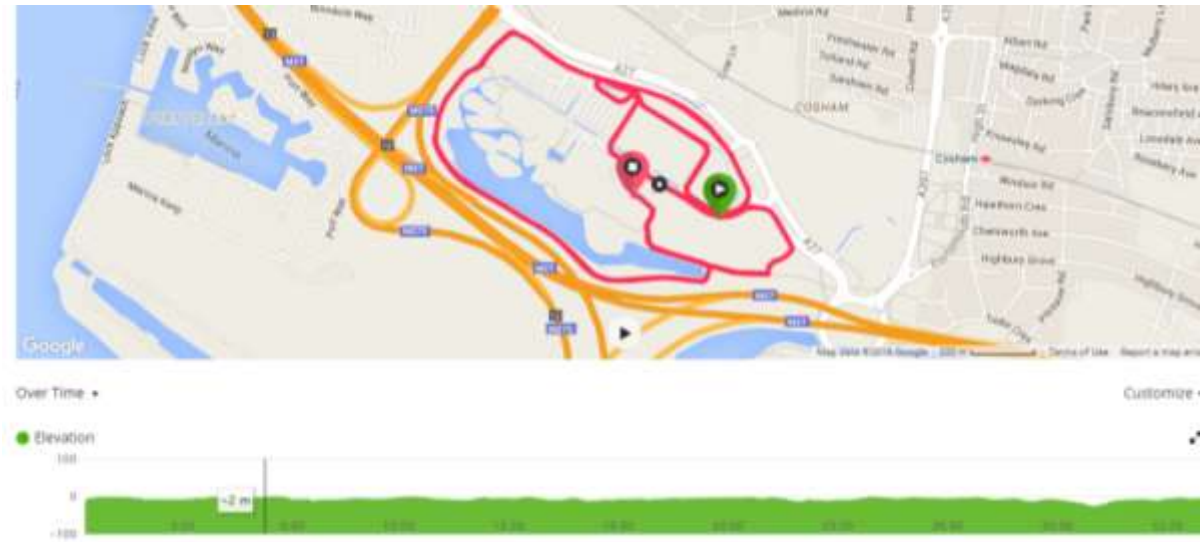
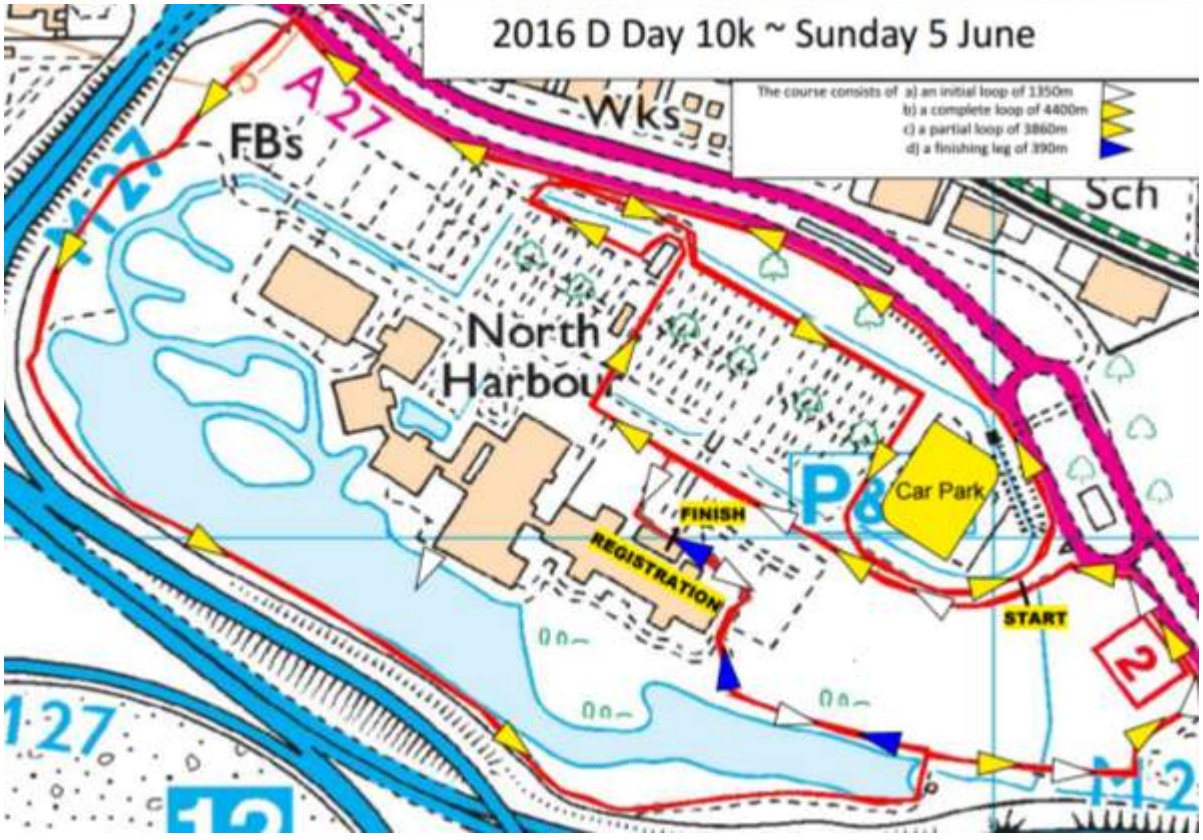
ROAD RACE LEAGUE
a running club competition

So what's next, we have the last race of the season the **D-Day 10k** which will take place **5th June at 10am** at Lakeside North Harbour, Cosham
So far (as of 28th May) there are 514 entrants, 32 of which are SGR. 21 men and 11 Ladies.
The route has changed slightly from previous D-Day runs, below is a Garmin profile, the 2nd image is a more detailed breakdown of the course.





General Information
Race Numbers and Timing Chips will be available for collection between 9am & 9.50am on Race Day.
The Race HQ is the Main Reception at Lakeside North Harbour, Cosham
Entrants will be advised of their race number in advance
Assemble at the start line by 9.55 and line up taking regard of your finishing time.

HAMPSHIRE
ROAD RACE LEAGUE
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Current HRRL Results

The Ladies A-team are holding 2nd place with Ladies B-team currently at 4th Place on the B Division challenging Hedge-End. As for the men's teams, the A-team are at 5th place, but it is close between 3rd-4th and 5th so fingers crossed on the day. As for the B-team in the B division they are at 3rd position which we need to maintain for the final race of the season.

Vicky Shaw is 3rd in the ladies individual, with Lucy May in 13th. Andy Simpson is in 11th place with Andy Stockwell in 38th.

Lucy May is on track to complete all 12 HRRL races, well done Lucy amazing achievement.

ladies teams

#	A-Division 1	score
1	Winchester	9
2	Stubb'ton	17
3	Lordshill	24
4	Hedge End	29
5	Totton	33
6	Farnham	40
7	Victory	50
8	New Forest	51
9	Eastleigh	55
10	Salisbury	61
#	A-Division 2	score
1	PompeyJ	17
2	Denmead	19
3	Overton	27
4	IOW RR	29
5	Fareham	35
6	Alton	37
7	Hardley	38
8	So'ton AC	47
9	Gosport	48
10	Solent Sis	64
#	A-Division 3	score
1	Ryde	59
2	Hart RR	59
3	Romsey	69
4	Andover	69
5	West Wight	71
6	Aldershot	78
7	Poole AC	80
8	PortsmAC	81
9	Havant	88
9	Royal Navy	88
#	B-Division 1	score
1	Winchester B	8
2	Winchester C	17
3	Hedge End B	25
4	Stubb'ton B	28
5	Lordshill B	35
6	Farnham	53
7	Stubb'ton C	59
8	Lordshill C	61
9	Denmead	63
10	Victory	64
11	IOW RR	72
12	Fareham	73
13	Alton	79
14	Eastleigh	82
#	B-Division 2	score
1	PompeyJ	14
2	Hedge End C	21
3	Totton	23
4	Gosport	24
5	Overton	47
6	Stubb'ton D	58
7	Hardley	63
8	New Forest	73

mens teams

#	A-Division 1	score
1	Lordshill	16
2	Winchester	28
3	Overton	31
4	So'ton AC	34
5	Stubb'ton	35
6	Denmead	40
7	Eastleigh	54
8	Victory	56
9	New Forest	72
10	Salisbury	76
#	A-Division 2	score
1	Farnham	17
2	Fareham	22
3	PompeyJ	23
4	Hedge End	26
5	Andover	47
6	Hardley	55
7	Totton	61
8	IOW RR	65
9	Ryde	67
10	Alton	70
#	A-Division 3	score
1	Gosport	13
2	PortsmAC	56
3	Aldershot	57
4	Hart RR	75
5	West Wight	82
6	Royal Navy	83
7	Havant	85
8	Poole AC	90
8	Romsey	90
#	B-Division 1	score
1	Lordshill B	11
2	Winchester B	25
3	Stubb'ton B	35
4	Lordshill C	43
5	Fareham	58
6	Hedge End B	59
7	Farnham B	62
8	Winchester C	64
9	PompeyJ B	76
10	Denmead B	76
11	So'ton AC	80
12	Stubb'ton C	84
13	Eastleigh	87
14	Victory	110
15	Stubb'ton D	119
#	B-Division 2	score
1	Lordshill D	23
2	Hedge End C	38
3	PompeyJ C	48
4	Denmead C	51
5	Overton	52
6	Gosport	58
7	Farnham C	59
8	Hardley	65

ladies individual

#	ladies - top runners	team	score
1	Sarah Hill	Farnham	99.9
2	Alice Bowles	Lordshill	96.7
3	Vicky Shaw	Stubb'ton	96.5
4	Hannah Bliss	Overton	95.8
5	Sarah Winstone	Lordshill	94.7
6	Natalie Cain	Winchester	94.5
7	Sarah Shedden	Winchester	94.1
8	Esther Wiley	Totton	93.9
9	Lynne Whitaker	Winchester	93.6
10	Sarah Gurney	Winchester	93.6
11	Judy McCabe	IOW RR	91.7
12	Jacquie Barlow	Totton	89.0
13	Lucy May	Stubb'ton	88.8
14	Joanna Curtis	Winchester	87.8
15	Karen Willsher	Fareham	87.8
16	Catherine Metcalf	PompeyJ	86.5
17	Marie Droniou-Bordry	Hedge End	86.3
18	Claire Powell	Hedge End	86.0
19	Elizabeth Steward	Denmead	85.6
20	Michelle Cartwright	Victory	84.9
21	Emma Carter	Winchester	84.9
22	Vanessa Lowe	Alton	84.5
23	Joanne Labram	Hedge End	83.8
24	Eloise Stradling	Farnham	83.2
25	Alice Burch	Totton	82.8
26	Hayley Payne	Eastleigh	82.3
27	Kirsty Cartwright	Hedge End	81.3
28	Trish Train	IOW RR	81.2
29	Emma Brewin	PompeyJ	81.1
30	Alice Ryder	Hardley	80.7
31	Sally Easton	Winchester	80.2
32	Daniella Offer	Denmead	79.6
33	Kerryanne Sawyer	Stubb'ton	79.5
34	Jane Georghiou	Farnham	78.9
35	Diane Mattingly	Lordshill	77.1
36	Kirsty Bailey	Denmead	77.1
37	Virginia Collins	Totton	73.4
38	Michelle Butler	Victory	72.9
39	Teresa Baverstock	PompeyJ	72.7
40	Hilary Misselbrook	Stubb'ton	71.4
41	Tracey Wales	Gosport	70.4
42	Katie Brothers	Overton	69.2
43	Gabby O'Brien	Solent Sis	69.1
44	Gillian Dowling	Gosport	68.6
45	Natalie Dillon	PompeyJ	68.5
46	Sarah McCann	Overton	67.3
47	Noreen Henderson	New Forest	66.5
48	Nicola Thomas	PompeyJ	66.3
49	Louise Gretton	Hedge End	66.2
50	Emily Smith	Lordshill	66.1

men individual

#	men - top runners	team	score
1	Julian Manning	Denmead	99.4
2	Richard Waldron	So'ton AC	99.3
3	Ben Pitman	Lordshill	97.5
4	Stuart Holloway	Salisbury	97.5
5	Sean Holmes	Overton	97.4
6	David Coak	Eastleigh	96.9
7	Daniel Campion	Lordshill	96.5
8	Simon Stevens	Winchester	96.3
9	Daniel Bailey	Victory	96.0
10	Martin Groundsell	Overton	94.9
11	Andy Simpson	Stubb'ton	94.6
12	Mike Bisson	Lordshill	94.5
13	Paul Mitchinson	Victory	94.1
14	Frank Handy	New Forest	93.2
15	Neil Martin	Overton	93.1
16	David Howard	Victory	92.9
17	Simon Lovelock	Overton	92.4
18	Jon Sullivan	Denmead	92.1
19	Ashley Forbes	So'ton AC	92.0
20	Chris Dewey	Andover	91.7
21	Peter Boustred	Lordshill	91.4
22	Peter Abrahams	Fareham	90.9
23	Andrew Lewis	Eastleigh	89.9
24	Danny White	Lordshill	89.4
25	Gary Armstrong	Denmead	89.3
26	Neil Catchlove	Lordshill	89.2
27	Ian Debnam	Winchester	88.8
28	Ben Stait	PompeyJ	88.7
29	Matt Risden	Hedge End	88.1
30	Rob Gilchrist	Farnham	86.2
31	Richard Bailey	PompeyJ	85.9
32	Antony Rickman	Lordshill	85.8
33	Rob Byrne	Gosport	85.3
34	James Clarke	Farnham	84.4
35	James Moore	Winchester	84.1
36	Kevin Martin	Hedge End	84.0
37	Aaron Gallimore	Lordshill	84.0
38	Andrew Stockwell	Stubb'ton	83.2
39	Stuart Morel	Farnham	83.0
40	William Baggs	Hedge End	82.3
41	Steve Brett	Andover	82.2
42	Andy Chase	New Forest	80.5
43	Daniel Foster	Stubb'ton	80.4
44	Mike Gilmour	Fareham	80.3
45	Matthew Tanner	Hardley	79.7
46	Alan Graham	Lordshill	79.7
47	Andrew McEwen	Ryde	79.1
48	Richard Clifford	Overton	77.7
49	David Fleet	Fareham	76.8
50	Lee Mawson	Denmead	76.7

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

The Hampshire Road Race League AGM is planned to take place on Monday 13th June at 7:30pm.

Venue**:** Fleming Park Bowling Pavilion, Eastleigh next door to the Leisure Centre.

I will be representing SGR as your nominated HRRL secretary, if you do wish to attend please let me know. The meeting will look at the 12 events and confirm if these will be the same for next season. There are currently 2 proposals placed forward:-

1. Overton Harriers are proposing a new route for the Overton 5
2. Lordshill are proposing Lordshill 10k for next season only as the Lordshill 10mile route is unsafe due to construction work in the vicinity of the start and finish area.

Additional items which will be discussed is the prizes, the current proposal will be that only the top 50 individuals who complete 7 or more HRRL races will be eligible for a prize.

Watch out next month for the list of HRRL events

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

Thanks Mark

FROM THE CHAIR

June promises to be a very busy month as we have 3 RR10s, Lakeside and Bayside to keep us occupied in the lightest evenings of the year.

Don't forget that its our RR10 on the 13th July and its great to see that we already have a large number of marshals signed up to support Neil with our inaugural Whiteley race. However, the more the merrier so if you see any requests from Neil then please let him know if you can help.

CFK
CYSTIC FIBROSIS KIDS
OF PORTSMOUTH
REGISTERED CHARITY NUMBER 115560

Chair: 07734 594 987
Vice Chair: 07907 777 017

Sarah Martin
Stubbington Green Runners
27 Seamead
Stubbington
Hants
PO14 2NG

Dear Sarah,

On behalf of **Cystic Fibrosis Kids,** I would like to extend our heartfelt thanks to you and all of your kind runners for your support of our local charity.

Your fantastic donation of £4020 will help fund our current and future projects we have under way like enlarging and equipping the children's Gym and Physio department at QA hospital and continuing to provide nebulisers to our children.

At **CFK** we offer help and support to parents, provide sports equipment to children for home to aid with a strict exercise regime along with the purchase of Nebulisers etc to improve home life. We also provide the hospital's CF Clinic with funding to aid the purchase of new equipment and things to improve the lengthy hospital stays CF sufferers and parents have to endure such as free meals, DVD's and TV cards.

Once again, thank you for your support for this very worthwhile course.

Kind Regards

Steve White *Chairman*

I would like to wish all 3 of our teams representing Stubbington in the South Downs Way relay on the 4th June the very best and hopefully will see some of you along the route as for the first time in 5 years or so I will not be one of the drivers for this event.

On the money raising front we had a very successful Macmillan mile where the members raised £153 which the club matched, meaning Macmillan have benefited to the tune of £306 – thanks to everybody who took part whether running or helping.

June sees our South Downs away day on the 18th where we have teams in the South Downs Way Marathon Relay picked from those that entered by the captains to hopefully provide a super photo-finish followed by a picnic – lets hope for great weather for this great day out.

Finally congratulations to Sandra Abrams on winning her age group at the European Triathlon championships in Lisbon – fantastic achievement , well done!

Happy Running

Kevin Ashman

SOCIAL NEWS

8th July Summertime 6.5 Special – 1900 at Wickham Railway Line. A 6K out and back route with refreshments at the Titchfield Mill afterwards.

31st July BBQ at Manor Farm – details to follow.

CAPTAINS CORNER

May has been a busy month with lots of races and June looks even busier!

Congratulations to both the ladies and men for winning the second race of the RR10 series at Stoney Cross and both A teams top the table after 3 races. Beccy Lord won again on the night to maintain her 100% start to the series and Susie Macgregor was an impressive 4th. June is a busy month for the RR10s with the next one on 1st June at Blackfield, 8th June Fleming Park and 22nd June at Manor Farm.

Clanfield 12k and 5k saw a good number of Stubbie runners competing with Stubbington winning the team prize and Mark Eaton winning 1st Vet. Mark McDonald completed the Pony Express, 60 miles over two days, coming 6th overall. Along with many others taking part in the Wickham Whistler & Three Forts Marathon. Other events that occurred were the Run for the Roof, well done Holly Smith 2nd lady, Fareham Tri where Tina Chantrey & Simon Hearnden came 1st in their age groups, the Stroud Marathon, Ox light/dark including the Ox half and marathon, Maverick 16k, Vitality 10,000 and Windsor half, well done to Julie Woodman. Daisy Hall also completed her first Marathon at Belfast, finishing 17 lady overall. Victoria Joel was 2nd female vet having completed the Swashbuckler Middle Distance.

Good to see Rob Arkell back out there too, finishing 19th overall and 4th in his age group at Grafman British Middle Distance Championship. David Langrish also completed the West Country Hilly Ultra 50 miles.

Bayside 5k series started with bang for the Green Army. Scooping team prizes for ladies and men, 1st place Andy Simpson with 1 second PB. We won a few vet prizes including Sue Robinson vet 60. Lots of Stubbies running on the night getting PBs including Rob Spencer, Holly Smith and Nikki Roebuck. The juniors in the 1k race did well Harry and Freya Roebuck, Max Plomer and Ryan Simpson. The next Bayside 5k is on 14th June.

Hampshire Road League had two races in May with Alton the first one which was very hot conditions with times down due to the heat! This didn't stop our ladies coming 1st and the men were 6th. Beccy Lord was 3rd overall and 1st senior lady and with Mark Eaton who was 1st Vet 50. The following week saw the Netley 10k with cooler conditions, Ladies came 7th and currently are 2nd overall with one race to go. Vicky Shaw sits in 3rd place on the overall standings with one race to go this Sunday at D-Day. The men were 3rd at Netley and lie 5th overall, Andy Simpson was 2nd Vet 40. Further updates from Mark in this issue of the Green Runner.

Lakeside 5k series had its second race in June on a new course for this year, with a handful of Stubbies competing. Mike Bell was 3rd V60 and Wendy Holloway was 4th V55. The next race is the 29th June.

Marlborough Downs took place a couple of weeks ago with Stubbie representation in both the 20 and 33 miles. Wez Jones was 3rd overall in the 33 mile race with an amazing time of 4 hours 34 minutes. George Howarth completed his 1st Ultra. Sally McGrath finished 2nd V50 in the 20m in 3 hours 10 minutes.

Penny Forse also took first V60 in the 800m at the Southern Counties Veteran track and Field event, with Winchester.

Purbrook Ladies 5 miles had several stubbies taking part with Tina Chantrey taking 2nd place and Sylwia Ward in 4th place.

The Macmillan mile took place on the 16 May, we had 45 runners take part, raising £153 which was doubled by the committee to £306.

This month on the 15th, we have the Miles of Miles race where we are entering 3 teams of 10. The Stubbie away day for South Downs Marathon Relay is on the 18th June with a picnic in QE Park afterwards. The South Downs 100 Mile Relay on the 4th has us entering a ladies, men's and Vet men's teams. So we would like to wish all the teams' good luck for representing Stubbington at these events. Followed by the D-Day 10k on the 5th June, which is the last in the HRRL series.

I would like to say a massive well done to Chloe Simpson on completion of the Felix 50 mile cycle challenge, along with those who completed the 100 mile route. Fit for Felix is one of the charity's we are supporting this year.

The bonus race for June is RR10 at Manor Farm on 22nd June.

MILEAGE FOR MARATHONS by Penny Forse

There was an article in Athletics Weekly after the London Marathon, using information from runners using STRAVA. The averages of miles per week (mpw) and number of runs a week by STRAVA users in London are as follows : -

Sub 3 hours - 42 mpw - 7 runs per week
3 – 4 hours – 27 mpw – 4 runs per week
4 – 5 hours – 18 mpw – 3 runs per week
Over 5 hours – 14 mpw – 2 runs per week

They then took an average of how many miles two of these groups did 4 weeks before London : -

Sub 3 hours – 52 mpw
Over 5 hours – 20 mpw

Obviously its absolutely essential to increase mileage gradually, but if you're thinking about improving your marathon pb this Autumn or next Spring its worth giving this a thought when organizing your schedule.

Netley 10k

5	Andy Simpson	00:35:13
18	Rob Greenwood	00:36:39
33	Andrew Stockwell	00:38:04
38	Simon Mcmorran	00:38:31
40	Mark Eaton	00:38:35
42	Daniel Foster	00:38:47
69	Mark Mcdonald	00:39:56
73	Jack Webb	00:40:19
82	Marcus Lee	00:40:54
97	Ray Gunner	00:41:52
102	Graham Martin	00:41:55
108	Richard Chowns	00:42:04
110	James Lee	00:42:10
117	Nikki Roebuck	00:42:23
188	Peter Simpson	00:45:32
243	Phillip May	00:48:03
269	Jane Adlard	00:49:41
277	Lucy May	00:50:12
283	Hilary Misselbrook	00:50:24
288	Claire Jones	00:50:43
304	John Simister	00:51:52
314	Lynsey Adamson	00:52:33
319	Andy Richardson	00:53:00
382	Katherine Chamberlain	00:57:54
383	Nick Clarke	00:58:00
392	Sue Robinson	00:58:42
397	Sara Mcritchie	00:59:11
398	Sarah Martin	00:59:11
407	Sharon Simpson	01:00:17
418	Sarah Barron	01:02:29
420	Jo Lewis	01:02:34

Alton 10

32	MARK EATON	01:07:02
33	REBECCA LORD	01:07:21
36	ANDREW STOCKWELL	01:08:00
84	MARK MCDONALD	01:13:05
88	CHRISTOPHER HALL	01:13:20
94	DAN FOSTER	01:14:09
107	GRAHAM MARTIN	01:14:46
108	VICTORIA SHAW	01:15:07
118	PETER KAY	01:15:42
126	JORDAN MCRITCHIE	01:15:57
134	SYLWIA WARD	01:17:06
174	RICHARD CHOWNS	01:20:05
178	JACK WEBB	01:20:38
180	RAY GUNNER	01:20:43
186	LUCY MAY	01:21:00
202	ANDY DONN	01:22:15
250	PETER SIMPSON	01:26:41
259	SALLY MCGRATH	01:28:03
310	FRANCES LORD	01:32:30
326	GAVIN RENNIE	01:34:57
382	JULES DINWOODIE	01:42:34
405	SARA MCRITCHIE	01:46:43
432	NATALIE SUMMER-ANDERSON	01:53:34
433	KATHERINE CHAMBERLAIN	01:53:34

ABP SOUTHAMPTON HALF MARATHON & 10K

10K

725	Claire JOHNSON	1:04:49
742	Rachel LEACH	1:04:51
1099	Caz LEE	1:22:59

These are now the correct results for the ABP Half and 10K. Last month the results I published in the GR were completely wrong. Thank you George for pointing this out and well done on your PB.

100 ACRE 10K UPDATED RESULT (thank you Lynsey for sending me your time)	
Lynsey ADAMSON	59:54

Burgess Hill 10k		
43	Hollie Smith	00:48:53

harmony geneve marathon for unicef

Bognor 10k		
827	William Gill	00:59:15

640	Andy Lee	03:57:54

The Pony Express 60 miles in 2 days		
Mark	McDonald	
day 1	10th	04:18:31
day 2	6th	04:11:15
overall	6th	08:29:46

HALF MARATHON

298	Graham MARTIN	1:34:10
306	Jordan MCRITCHIE	1:34:20
336	Sylwia WARD	1:35:27
473	Katie STEAN	1:38:11
542	Nikki ROEBUCK	1:39:29
631	Stephen WILLIAMS	1:40:58
937	Simon VINGOE	1:45:51
986	Aga PLOMBON	1:46:43
995	Richard BURNS	1:46:07
1036	Nico BEUKMAN	1:47:12
1041	George HOWARTH	1:47:23
1290	Chris DAVIDSON	1:49:25
1404	Sandra HOOK	1:50:32
1463	Melissa COSENS	1:52:24
1501	John SALT	1:51:25
1686	Jane ADLARD	1:53:36
1708	Phil HOBBY	1:55:13
1751	Lynsey ADAMSON	1:55:12
1762	Wes JONES	1:55:52
1764	Claire JONES	1:55:52
1861	Russell MEAD	1:56:37
1886	Simon ELLIS	1:56:32
2641	Kathy CHAMBERLAIN	2:06:24
2648	Sara MCRITCHIE	2:06:27
2844	Lisa DONN	2:08:54
2845	John COX	2:08:54
3020	Helen BENSON	2:13:08
3351	Alison MACSWAYNE	2:17:49
3786	David MACSWAYNE	2:32:11
3945	Donna-Marie BURGESS	2:42:43
4105	Smith ANDREW	3:51:01

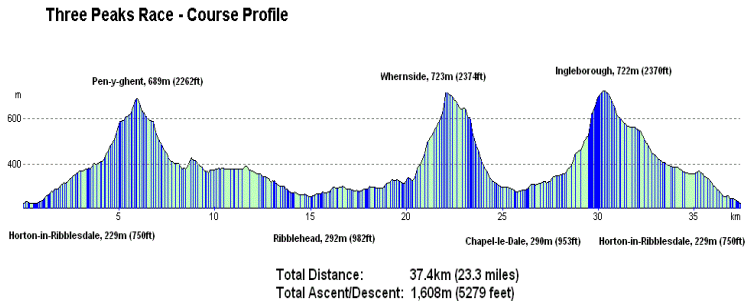
HANTS DIVISION – SOUTHERN COUNTIES VETS T&F LEAGUE Winchester 16 May 2016
W35 200m Lee Stantial (W35) 6th 31.8s
W60 800m Penny Forse (W65) 1st 3m14.8s

STROUD TRAIL MARATHON

145	ASHMAN, Julie	07:16:56
144	MCINTOSH, Sandie	07:16:56
146	ROBINSON, Sue	07:16:56

3 PEAKS RACE 23 MILES

187	EUAN MCGRATH	04:02:42
697	VICKY SHAW	05:36:41



Lymington 10k

79	Nick	Crane	00:43:33
141	Chris	Davidson	00:46:12
426	Elizabeth	Miles	00:54:14

LAKESIDE 5K

64	Graham Martin	19.33
96	Mike Bell	21.07
128	Russell Mead	23.34
164	Sarah Barron	28.05
165	Robert Spencer	28.31
176	Wendy Holloway	37.47
177	Andrew Smith	37.47

MARATHON

199	Daisy Hall	03:21:43

PLYMOUTH HALF MARATHON

14	Pere Capdevila	01:16:48

Barcelona Half Ironman

Age Group Position	Name	SWIM	CYCLE	RUN	TOTAL
39	Chris Davidson	45.49	04:06:02	02:23:22	07:34:37

RUN FOR THE ROOF 10K

31	Matthew	Smith	0:49:06
41	Sally	Watfford	0:51:09
44	Sandra	Hook	0:51:31
60	Liz	Miles	0:54:40
109	Julia	Webb	1:08:01
110	Julie	Ashman	1:08:01
111	Jo	Lewis	1:08:01

RUN FOR THE ROOF 5K

7	Hollie	Smith	21:38

PURBROOK LADIES 5 MILE

2	Tina Chantrey	36.52
4	Sylwia Ward	37.25
29	Lynsey Adamson	43.15

THE CLANFIELD CHALLENGE 12K

Andrew	Stockwell	49.31
Mark	Eaton	49.46
Daniel	Foster	50.17
Jon	Plomer	53.09
Phil	Hobby	61.11
Lynsey	Adamson	67.42
Laura	Devine	68.28
Sadie Lee	Bedford	68.48
Shelley	Thomas	69.58
Peter	Kay	71.10
Sarah	Martin	79.59

THE OX MARATHON

118	Karen Salmon	05:44:56
126	Simon Gibbon	05:59:03

THE HALF MARATHON OX

83	Dawn Haynes-Sewell	02:26:55
103	Katie Stean	02:30:47
104	Steve Williams	02:30:47

NEWBURY 10K

22	Andrew Stockwell	40.14

THE DARK OX QUARTER MARATHON

12	Phil Hobby	00:53:16
50	Nigel Whitcher	01:06:05
78	Simon Gibbon	01:12:38

THE LIGHT OX QUARTER MARATHON

5	Phil Hobby	00:50:08

MARLBOROUGH DOWNS 33 MILE

3	Wez Jones	04:34:29
39	Neil Stantiall	05:43:17
82	George Howarth	06:34:41
95	Julie Ashman	06:47:28

MARLBOROUGH DOWNS 20 MILE

22	Euan McGrath	03:10:25
23	Sally McGrath	03:10:25

May Time Trial

So a hot and humid night saw 29 runners doing the May time trial. We saw 5 people get PBs/ SBs with Mark Eaton was the biggest improver for the men with 1 minute 57 seconds off his time and Shelley Thomas the biggest improver for the ladies with 33 seconds off her time. Current leaders in the handicap standings sees Mark Eaton leading the 25.01-28.00 with 1.57 improvement, Lee Stantial on 1.04 for 28.01-31.00. George Howarth on 1.31 for 31.01- 35 and Julie Ashman for 35+ on 3.37, with no improvements for the sub 25 group. Thank you to the committee members for time-keeping and look forward to seeing you all on 9th June.

Name	Best 2015	April	May	June	July	August	September	October	May Diff	Difference
										1st - Best
		32	29	-	-	-	-	-	5	9
Adrian Piddington	24.54									
Andy Simpson	22.29									
Chris Hall (New Member)	24.46									
Daniel Foster	23.39									
Daniel O'Boyle	20.25									
David Castle	23.44	24.3	24.29							
James Lee	24.56	27.03	26.38							
James Sawyer	23.32	24.18					Under 25 mins			
Jon Plomer	24.4	26.59								
Lewis Banner	22.45	22.59	23.34							
Lewis Chalk	22.29*									
Mike Gregory	23.49*									
Mike White	24.49		25.54							
Rob Greenwood	23.18									
Russ Coleman	24.4									
Simon Hearnden	24.15	27.34	26.05							
Tom MacSwayne	23.09*									
Tom McClements	24.08									
Mark Eaton		**27.07**	**25.1**						-1.57	-1.57
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**								
Graham Martin			**26.22**							
Haydn Brown	26.37	26.52	27.16							
Jon Leigh	26.1						25:01- 28:00			
Liam Dredge	26.02									
Mark McDonald	25.03									
Mike Bell	27.2		28.06							
Nick Crane	27		27.5							
Nikki Roebuck	27.39									
Peter Kay	26.56	27.11								
Philip Martin	26.36									
Rich Chowns			**26.38**							
Richard Edmunds			**27.41**							
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								
Lee Adair-Stantiall	30.28	**29.24**								-1.04
Phil Hobby	30.2	**29.24**								-0.56
Andy Donn	28.23	**27.52**	28.33							-0.31
Peter Simpson	28.22									
Andy Lee	28.22	30.59	31.45							
David Abrams	29.51									
David Langrish	28.21									
Dawn Haynes-Sewell	30.52						28:01 - 31:00			
Dean Oxley		**28.59**								
Frances Lord	30.13									
Hollie Smith	29.5									
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									
Mike Coghlan	30.43									
Neil Richardson	28.49									
Nigel Whitcher	29.19									
Philip May	30.36	32.16	31.32							
Sam Leahy	30.27									
Steve Cumes		**28.46**								
Tim Matthews	30.07									
Tina Chantrey	28.37	28.56								
Victoria Joel	29.05									
George Howarth	32.05	**31.42**	**30.34**						-1.08	-1.31
Alison Hesselberth	34.40	**33.57**	**33.32**						-0.25	-1.08
Shelly Thomas		**34.53**	**34.20**						-0.33	-0.33
Andy Richardson		**34.28**	**34.14**						-0.14	-0.14
Adam Joel	31.20									
Aga Plombon			**31.37**							
Anne Trotman	32.14									
Bizz Cozens	31.05	31.58	32.25							
Callum MacDonald	31.02									
Chris Roebuck			**33.16**							
Chris Stapleford	31.58									
Eunice Hoare	33.45									
Gaynor Heffer	32.23									
Hilary Misselbrook	31.49									
James Barron	34.30									
Kate Rant			**31.54**							
Katherine Coghlan	33.00									
Kathy Chamberlain	33.57									
Lottie Lord	31.48									
Louise Tanner			**33.34**							
Lynsey Adamson		**33.58**								
Matt Smith			**31.40**							
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
Amy Wadhams			**41.28**							
Ann Blake	35.44									
April Howlett	35.55									
James Lewington	38.47*									
Jamie Stockwell	36.02									
Jennie Lee	40.31									
Jo Lewis		**37.15**	40.08							
Karen Salmon	36.27									
Kevin Ashman	36.44									
Martyn Banner			**44.37**							
Robert Spencer	36.28									
Samantha Gallagher	39.59									
Sandie McIntosh	35.51									
Sandra Abrams	38.40									
Sara McRitchie	35.33		38.30							
Sarah Barron	39.11									
Sarah Hobby	37.35									
Sharon Clarke	37.02									
Sue Robinson	37.19	38.02								
Yvonne Fisher	40.17									

31:01 - 35:00

35 + mins

TRAINING NIGHT SCHEDULE JUNE

	JUNE						
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
Mon	6th	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley	3 to 6 x Forest laps	one side jog
Tue	7th	Locks Heath Sports Ground	7pm	Rob Greenwood	Warsash Common	2,4,6,6,4,2 min hooter session	2min RI
Thu	9th	Crofton Community Centre	6:45 /7pm	Andy Simpson	Eric road	Time Trial	n/a
Mon	13th	Solent Hotel	6:30pm	Penny	Whiteley	Long hills+ short sprint (25min)	Jog back to cul de sac and to bottom of hill
Tue	14th	Locks Heath Sports Ground	7pm	Mike White	Brownwynch lane	5x1ml	90s
Thu	16th	Crofton Community Centre	7pm	Phil Hobby	Osborne view	6 to 8x800	250m jog
Thu	16th	Holly Hill	6:30pm	Nigel Witcher	Holly Hill	Rollers (30min)	n/a continuous effort
Mon	20th	Solent Hotel	6:30pm	Mike White	Whiteley	Up to 5x1ml (Mcmillan ml route)	3min rest
Tue	21st	Locks Heath Sports Ground	7pm	Penny	End of red path	Keyan hills 4x 6min	2min rest
Thu	23rd	Crofton Community Centre	7pm	Mike Bell	Lee	2x6 beach run	jog back, 3min
Thu	23rd	Holly Hill	6:30pm	Nigel Whitcher	Holly Hill	Short hill loop (30min)	On down hill and flat
Mon	27th	Solent Hotel	6:30pm	Nigel Whitcher	Whiteley pitches	3x1 lap, 4x half lap, 5x 1 side	2 sides, 2 sides, 1 side
Tue	28th	Locks Heath Sports Ground	7pm	Mike White	Chilling	8x1km	2min Static
Thu	30th	Crofton Community Centre	7pm	Victoria	Lee	10x2min	1min re-group recovery
Thu	30th	Holly Hill	6:30pm	Mike Bell	Holly Hill	2 to 3 x 1ml hilly loop (Fartlek)	n/a

Albert, Middlesbrough	7 May
Daniel O'BOYLE	00:16:03
Kerry DODSWORTH	00:22:58
Southsea	**7 May**
Nick CLARKE	00:27:43
Eastleigh	**7 May**
Haydn BROWN	00:27:58
Newbury	**7 May**
Tomas STINSON	00:27:13
Allan STINSON	00:31:24
Winchester	**7 May**
Daniel FOSTER	00:18:28
Gordon WESTLEY	00:24:41
Netley Abbey	**7 May**
Rebecca Margaret LORD	00:18:43
Del GRANGER	00:21:28
Chris MCGAW	00:22:19
Frances Louise LORD	00:23:39
Russell MEAD	00:25:20
Jules DINWOODIE	00:26:39
Julia PARK	00:26:53
Robert SPENCER	00:27:12
Lucy Katherine WINDOW	00:27:33
Tilgate	**7 May**
Terry John FRENCH	00:32:27
Riverside	**7 May**
David LANGRISH	00:21:49
Brandon Country Park	**7 May**
Rob GREENWOOD	00:18:13
Druridge Bay	**7 May**
Rachael OPENSHAW	00:22:13
Bevendean Down	**7 May**
Andrew STOCKWELL	00:21:19
Portsmouth Lakeside	**7 May**
Gareth CHARLES	00:19:08
Kate RANT	00:23:59

Lee-on-the-Solent	7 May
Chris BROBIN	00:16:48
Lewis BANNER	00:17:33
Simon HEARNDEN	00:18:10
David Matthew CASTLE	00:18:25
James LEE	00:19:39
Steve CUMES	00:20:48
Mike BELL	00:21:36
David MCNEISH	00:22:15
Sam LEAHY	00:22:37
Richard BURNS	00:23:14
Ashley LOVELL	00:23:18
Kerryanne SAWYER	00:23:37
Andy DONN	00:23:44
Andy RICHARDSON	00:25:42
Louise TANNER	00:27:04
Amy WADHAMS	00:33:29
Jenny HEARNDEN	00:33:42
Michelle SIMPSON	00:35:38
Fareham	**7 May**
Thomas MCCLEMENTS	00:20:39
Simon GIBBON	00:27:20
Rachel LEACH	00:27:34
John SALT	00:30:52
Wendy HOLLOWAY	00:37:17
Bushy	**14 May**
Lewis BANNER	00:25:55
Albert, Middlesbrough	**14 May**
Kerry DODSWORTH	00:22:21
Eastleigh	**14 May**
Robert HINKLEY	00:22:00
Keith WHITAKER	00:30:18
Newbury	**14 May**
Tomas STINSON	00:28:26
Allan STINSON	00:30:09
Winchester	**14 May**
Daniel FOSTER	00:18:28
Rebecca Margaret LORD	00:18:52
Chris LEACH	00:19:29
Rachel LEACH	00:26:43
Cliff SHAW	00:30:26
Netley Abbey	**14 May**
Chris MCGAW	00:21:32
Charlotte LORD	00:22:46
Frances Louise LORD	00:24:26
Julia PARK	00:26:43

Tilgate	14 May
Terry John FRENCH	00:33:11
Queen Elizabeth	**14 May**
Gareth CHARLES	00:20:25
Kate RANT	00:25:49
Lee-on-the-Solent	**14 May**
James SAWYER	00:18:06
Andrew STOCKWELL	00:19:03
Simon HEARNDEN	00:19:18
David Matthew CASTLE	00:19:19
Susie MACGREGOR	00:19:24
Jon PLOMER	00:20:11
Nikki ROEBUCK	00:21:00
Rachael OPENSHAW	00:22:26
Richard BAILEY	00:22:36
Zac CONATY	00:23:22
Alison HESSELBERTH	00:25:18
Lucy Katherine WINDOW	00:25:33
Louise TANNER	00:25:39
Natalie SUMMER-ANDERSON	00:27:03
Helen BENSON	00:27:46
Sandie MCINTOSH	00:29:03
Russell MEAD	00:30:31
Amy WADHAMS	00:30:58
Claire JOHNSON	00:32:17
Sue SIMISTER	00:33:34
Jenny HEARNDEN	00:33:54
Linda KOPINSKA	00:34:38
Michelle SIMPSON	00:34:51
Fletcher's Cove	**14 May**
Robert SPENCER	00:27:20
Fareham	**14 May**
Richard CHOWNS	00:20:46
Andy LEE	00:23:20
Paul SOUTHON	00:23:39
Jane ADLARD	00:24:11
Katherine CHOWNS	00:32:14
Wendy HOLLOWAY	00:36:33
Jan SOUTHON	00:39:26
Andrew SMITH	00:39:37
Bushy	**21 May**
Russell MEAD	00:24:45
Jules DINWOODIE	00:27:37
Eastleigh	**21 May**
Haydn BROWN	00:28:24

Winchester	21 May
Chris LEACH	00:19:57
Rachel LEACH	00:26:25
Netley Abbey	**21 May**
Rebecca Margaret LORD	00:18:51
Chris MCGAW	00:21:36
Del GRANGER	00:23:07
Frances Louise LORD	00:24:17
Charlotte LORD	00:24:22
Chris STAPLEFORD	00:24:49
Jane ADLARD	00:24:52
William GILL	00:29:01
Tilgate	**21 May**
Terry John FRENCH	00:32:07
Queen Elizabeth	**21 May**
Graham MARTIN	00:21:25
Catton	**21 May**
Andy LEE	00:22:40
Ormskirk	**21 May**
Rachael OPENSHAW	00:22:36
Lee-on-the-Solent	**21 May**
Andrew STOCKWELL	00:20:12
Jordan MCRITCHIE	00:20:47
David ABRAMS	00:22:22
Richard BURNS	00:23:20
Kate RANT	00:23:41
Michael WELLAND	00:24:38
Lucy Katherine WINDOW	00:25:00
John SIMISTER	00:25:27
Libby EVANS	00:25:32
Matthew EVANS	00:25:33
Stephen WALLBRIDGE	00:25:57
Andy RICHARDSON	00:26:15
Louise TANNER	00:26:58
Helen BENSON	00:27:57
Sandra ABRAMS	00:28:35
Amy WADHAMS	00:29:35
Kathy CHAMBERLAIN	00:29:37
Sara MCRITCHIE	00:29:45
Cliff SHAW	00:30:23
Sarah HOBBY	00:34:38
Charlie EVANS	00:40:16
Sandie MCINTOSH	00:45:54

Horton Park	21 May
Keith WHITAKER	00:29:27
Portsmouth Lakeside	**21 May**
Nick CLARKE	00:28:56
Fareham	**21 May**
James SAWYER	00:18:56
James LEE	00:20:04
Richard CHOWNS	00:20:35
Jon LEIGH	00:22:41
Katherine BURDETT	00:26:29
Alison MACSWAYNE	00:28:03
John SALT	00:31:01
Katherine CHOWNS	00:32:08
David MACSWAYNE	00:33:15
Jan SOUTHON	00:37:20
Basingstoke	**28 May**
Allan STINSON	00:30:45
Southampton	**28 May**
Julie WOODMAN	00:30:40
Southsea	**28 May**
Graham MARTIN	00:19:29
Moors Valley	**28 May**
Robert HINKLEY	00:21:40
Eastleigh	**28 May**
Keith WHITAKER	00:29:17
Whitley Bay	**28 May**
Alison HESSELBERTH	00:24:55
Barnsley	**28 May**
Andrew STOCKWELL	00:20:32
Winchester	**28 May**
Chris LEACH	00:19:07
Gordon WESTLEY	00:23:36
Rachel LEACH	00:26:07
Tilgate	**28 May**
Terry John FRENCH	00:32:15
Brockenhurst	**28 May**
Jon PLOMER	00:20:28
Weymouth	**28 May**
Sarah CRANSTONE	00:22:17

Netley Abbey	28 May
James SAWYER	00:18:24
Rebecca Margaret LORD	00:18:33
Haydn BROWN	00:20:29
Harry ROEBUCK	00:21:51
Del GRANGER	00:22:32
Charlotte LORD	00:23:02
Frances Louise LORD	00:23:55
Chris STAPLEFORD	00:24:03
Russell MEAD	00:27:51
William GILL	00:28:35
Chris DAVIDSON	00:30:54
Nikki ROEBUCK	00:31:15
Rowena DODDS	00:33:07
Ormskirk	**28 May**
Rachael OPENSHAW	00:21:36
Lee-on-the-Solent	**28 May**
Andy SIMPSON	00:16:46
Simon HEARNDEN	00:18:02
Peter KAY	00:20:18
Richard EDMUNDS	00:20:53
Tom CALLAWAY	00:22:07
Andy LEE	00:22:15
Michael WELLAND	00:22:33
John SIMISTER	00:23:42
Liam John Charles DREDGE	00:23:42
Stephen WALLBRIDGE	00:26:04
Louise TANNER	00:26:29
Natalie SUMMER-ANDERSON	00:26:42
Helen BENSON	00:26:59
Dawn Lousie GRIFFITHS	00:29:02
Cliff SHAW	00:30:32
Amy WADHAMS	00:30:53
Claire JOHNSON	00:31:21
Charlie EVANS	00:31:24
Matthew EVANS	00:31:25
Fareham	**28 May**
Richard CHOWNS	00:20:19
Kelley HANIVER	00:20:28
Paul SOUTHON	00:23:18
Simon GIBBON	00:24:49
Katherine CHOWNS	00:24:53
Alison MACSWAYNE	00:29:05
John SALT	00:30:32
Robert SPENCER	00:33:07
Jan SOUTHON	00:36:14
Andrew SMITH	00:38:43
Wendy HOLLOWAY	00:38:52