The

Green Runner

SEPTEMBER 2016

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

It's the start of a new HRRL season 2016/17, and we kicked off with the Overton 5 mile on the 4th Sept. Overall we had 22 representing SGR in this event;

We have 10 Ladies, that's 3 teams, and they are:-

Position	name	team	team score	gun time
134	Helen Nicholls	A	53	0:33:57
144	Nikki Roebuck			0:34:19
170	Tina Chantrey			0:35:23
193	Lucy May	B	254	0:36:13
389	Sara Mcritchie			0:46:12
391	Sarah Barron			0:46:21
396	Pam Kemp	C	363	0:46:35
401	Katherine Chamberlain			0:46:49
413	Sandie Mcintosh			0:48:28
428	Sue Robinson	D	0	0:50:00

From the men's we had 12 runners so that's 3 teams counted and they are:-

Position	name	team	team score	gun time
14	Rob Arkell	A	170	0:28:04
17	Andy Simpson			0:28:09
66	Graham Bell			0:31:02
91	Daniel Foster			0:32:12
120	Richard Chowns	B	502	0:33:39
164	Richard Edmunds			0:35:17
177	Scott Shaw			0:35:39
183	Peter Simpson			0:35:55

270	Chris Stapleford	C	854	0:38:57
302	Paul Coverdale			0:40:32
311	John Simister			0:41:00
480	Martin Wedge			1:05:09

Full results of all the teams are available here

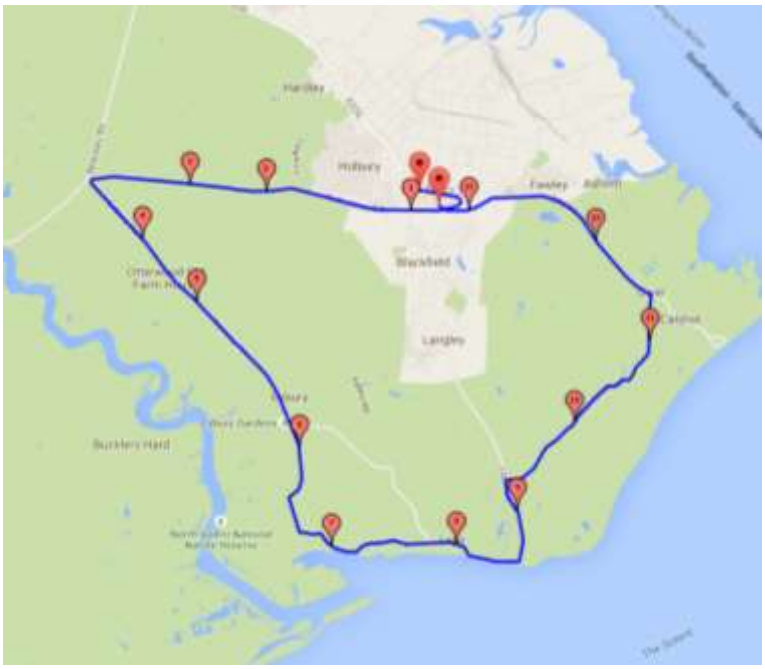
1. Overton 5 - 04/09/16 HRRL race scores: teams individuals

The next HRRL race is **Solent half Marathon**

Sunday 9th October 2016 at 10am,

TIMETABLE

- 8.30 – 9.30am collect your race number and timing chip from the sports hall, **SO45 1GA**.
- 10.00am half marathon Start (and the Finish) will be at Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA.
- Homemade cakes will be on sale after the half marathon race.



Car parking is free but please car share if possible as spaces are limited.

The 3rd HRRL race of the season is **Gosport half Marathon**

Sunday 20th November at 10am,

The venue is Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP. (Please note that there is no parking here)

Off-road parking is available in Browndown Road; nearest postcode **PO13 9UG**

We currently have over 30 SGR running in this which is great turn out, if you don't want to miss out on this local run please book your space now to avoid disappoint. You can enter the race using the link here.

Also the Presentation of 2015/16 HRRL Trophies will take place at Gosport Half Marathon same as last year.

Please note Salisbury 10 mile date has now been changed it was in March, but will now take place 9th April at 10am, I will update the information of the website.

So if you fancy a challenge across various distances on the road from 5miles, 10k, 10miles or even half marathon events, book yourself on HRRL races, remember these races are open for all abilities.

The dates for the races are as follows:-

HAMPSHIRE
ROAD RACE LEAGUE
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Club	Distance	Date	Start Time
Overton	5 Mile	04/09/2016	2pm (New Course)
Solent	Half marathon	09/10/2016	10am
Gosport	Half marathon	20/11/2016	10am
Hayling	10 Mile	27/11/2016	09.30am
Victory	5 Mile	04/12/2016	11am
Stubbington	10km	15/01/2017	10am
Ryde	10 Mile	05/02/2017 (tbc)	11am
Eastleigh	10km	19/03/2017	10.30am
Salisbury	10 Mile	09/04/2017	10.30am
Alton	10 Mile	07/05/2017	10.30am
Netley	10km	21/05/2017	10.30am
Lordshill	10km	11/06/2017 (tbc)	10am

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

FROM THE CHAIR

As we leave summer behind we saw the start of the HRRL season in September with the Overton 5 , followed by Solent Half in October and the Gosport half and Hayling 10 in November – it would be great to see as many stubbies as possible at these local races. Also lots of opportunities for off road racing at the several cross country series on Saturdays and Sundays.

Those that have applied for the London marathon will know later in October if they have been successful. The club will hopefully have some club places available so if you get a rejection slip then please forward to me (Chairman@stubbingtongreenrunners.net) along with a short questionnaire that we will supply which will help the committee in their selection process.

Our 10k is just over 3 months away now so please think about how you can help and let us know – Mark McDonald is co-ordinating the list of marshals/helpers and details of how to contact him are on the website. Please remember that we expect each member who enters to provide the name of a helper/marshal.

A year after Ben Smith came to Stubbington for marathon 39 (out of 401) it was great to catch up with him at Lakeside Portsmouth for marathon 392 and even see some stubbies on the report on BBC Breakfast. Well done to the other stubbies who have joined him on other days.
Go to http://www.the401challenge.co.uk/ and you will be able to see Ben's amazing achievements and help him towards his target of raising £250k for charity.

Finally it's not long till our Awards Night on Saturday 3rd December so mark the date in your diaries and please keep a lookout for tickets going on sale so that we can have a great night celebrating another very successful year for the club and its members.

Happy Running

Kevin

CC6

21	Kate Rant
25	Kat Chowns
53	Pam Kemp
55	Sara Mcritchie
2	Andy Simpson
22	Gareth Charles
23	Daniel Foster
27	James Lee
40	Toby Greenfield
42	Jordan Mcritchie
60	Peter Kay
64	Haydn Brown

The first race of the CC6 saw us take a short trip down the M27 to Fleming Park which is looking a little different of late with the reconstruction work that is going on.

We had 12 runners who competed on a very dry and mud free course. The ladies finished in 9th with the men finishing in 4th.

The second race saw us marshalling today at Whiteley Woods and everyone seemed to enjoy the course. Thank you to Chris Hall (senior) for putting all the hardwork in before the race and to the great marshals from Stubbington and Netley during the race.

Next race is at Dibden Inclosure on Sunday 6th November.

HURSLEY 10K

Graham Martin	41m58s 8th M40
Peter Simpson	46m11s 33rd SM
Penny Forse	47m50s 1st F65

A lovely course on the Hursley Farm Estate, opposite the IBM ground where we have the final RR10 race. It was a slightly different course to the usual one and we had perfect weather conditions.
It was a shame that it clashed with the CC6, as I had already entered it before I knew the CC6 dates. *Penny Forse*

The next Stubbington Green 10k will be held on 15th January 2017 at 10am.

To enable the race to run smoothly, we are going to need your help, we need well over 100 volunteers to take on various roles, such as:-

Marshalling, Helpdesk, Kitchen, Baggage, Chip and Number allocation (Sat and Sun), Car Park Team, Set Up crew, Water station points (Mid and finish) and Bike team.

For those volunteering to marshal, 75% of the course is traffic free so most should not have any traffic to deal with. On top of everything you get a front row view of a fantastic 10k road race!

If you would like to volunteer for one of the roles please send your name and contact details to Mark McDonald (HRRL Secretary / Chief Marshal).

If you would like further information regarding the event please contact Kevin Ashman (Race Director)

Remember if you are planning to run the Stubbington 10k race, can you please provide me a name and contact details to of the person who will be a Marshal / Volunteer on the day on your behalf.

The continued success of our very popular 10k relies on you, please contact me now.

A Marshal / Volunteers briefing will be in January, further details will be provided nearer the time. It is important that you attend as there will not be time on the day to give out instructions.

Please email me (Mark McDonald) my email address is hrrl-secretary@stubbingtongreenrunners.net

CAPTAINS CORNER

Firstly, congratulations to Daisy Hall who married Tom McClements a few weeks back and to Rob Arkell who married Kitty Rose last weekend, we wish both couples much happiness in the years to come.

September has been a busy month with the following races that Stubbies have done and know doubt we missed a few as well, Overton, Weymouth Ironman, Valley Challenge, Bacchus half/Marathon, CC6, Butser hill fell race, Isle of Wight fell running series, Berlin Marathon, Camelot Challenge, Hursley 10k, Yorkshire OMM Lite, New Forest 10k/ half/ marathon, Bayside 5k series, Great North run, Joust 24 Hour Challenge So congratulations to everyone who ran a race over the last month.

So the start of the HRRL kicked off at Overton 5 which saw the ladies A team (Helen Nichols, Nikki Roebuck and Tina Chantrey, finish 2nd and Men's A 5th with Rob Arkell, Andy Simpson, Graham Bell and Dan Foster. Full report by Mark in this issue. The next 3 races are Solent Half 9th October (still short of runners to get teams out, so please see if you're free), Gosport Half 20th November and Hayling 10m 27th November.

CC6 first race took place at Fleming Park with 12 runners donning the green vest. The ladies were 9th with Kate Rant, Kat Chowns and Pam Kemp. The men were 4th with Andy Simpson, Gareth Charles, Dan Foster and James Lee. The next race is our own race where we need marshals on Sunday 2nd October. The race after this is Diben Inclosure on Sunday 6th November.

Weymouth Ironman saw Rob Arkell produce an awesome time of 9:43:42 to take 5th overall in the event with 1:08:41 in swim, 5:26:05 on the bike and a mere 3:01:55 on the run.

Phil Hobby was a last minute stand in for Euan McGrath's Yorkshire OMM Lite team which was a 2 day running ultra across the Yorkshire Moors. The boys were 5th on day 1 and held their position to finish 5th overall in 11.16.41.

The infamous Butser Hill Fell race took place last month with James Baker from Chichester winning his 717th race which is astonishing. The Greens did really well with Laura Wainwright 3rd and Daisy McClements 4th ladies overall, with Tina Chantrey 1st V45. For the men we saw Will Feline come 5th overall.

In the Joust 24 hour challenge saw the McDonalds competing over this endurance race as mixed couples pairing with Mark clocking up 48 miles and Marie 38.5 miles for a grand total of 86.5 miles and 2nd place in their category.

We now have a world champion at Stubbington Green at 2016 ITU World Triathlon Grand Final Cozumel, Sandra Abrams claimed GOLD with 1:00:39 swim, 1:36:55 bike, 1:09:49 on the run for a total time of 3:55:26. At the same championships saw David Abrams claim 13th with 3:32:22. A massive congratulations to you both.
We have our 6.05 special taking place in Wickham Railway line on the Friday 21st October, meeting at 18.30 for a 19.00 start, don't forget your torches it will be dark! Mike White has posted up on Facebook with full details.

We would like to wish people luck who are doing Bournemouth, Clarendon, Abingdon, Snowdonia marathon or the Great South 10 miles over the next month.

Have a good month of training and racing we look forward to hearing all about.

GOSPORT 5K SERIES RACE 5		
9	Andrew Stockwell	00:18:22
17	James Lee	00:19:25
21	John Blake	00:19:55
24	Martin Graham	00:20:14
25	James Levington	00:20:37
33	Tina Chantrey	00:21:09
34	Haydn Brown	00:21:19
44	Phil Hobby	00:21:56
60	Helen Benson	00:23:37
74	Dawn Haynes Sewell	00:25:13
78	Elizabeth Miles	00:25:33
106	Robert Spencer	00:27:52
111	Sandie McIntosh	00:28:38
112	Sara McRitchie	00:28:40
117	Ann Blake	00:28:57
133	Sarah Hobby	00:31:14
155	Tommy Blake	00:35:22

Camelot Challenge Half Marathon		
6	Richard Chowns	01:42:09

GOSPORT 1K SERIES RACE 5		
6	PLOMER, Max	00:03:42
8	SEWELL, Cameron	00:03:55
13	MILES, Emily	00:04:12
14	WILD, Ruby	00:04:17
18	SEWELL, Finley	00:04:32
21	MILES, Aimee	00:04:36
29	BENSON, Keiran	00:05:09

BUTSER HILL CHALLENGE 5 MILES			
5	FELINE, William	00:38:02	
25	HALL, Chris	00:43:49	
29	WAINWRIGHT, Laura	00:44:37	3rd
30	MCCLEMENTS, Daisy	00:44:42	4th
35	CHANTREY, Tina	00:45:25	6th
114	DONOVAN, Mike	01:00:08	

A local fell race! In Hampshire! 3 times up and down Butser! What's not to love? A beautiful day for one of my favourite races. A special performance from the ladies saw them take home a load of fizzy pink wine for first team.

Black Mountains Fell race 17miles

A real "old school" fell race in the eastern Brecon Beacons. Fantastic scenery, no route markings, £5 entry and a lot of hills! I had an interesting run, tripping and taking a tumble on the first ridge and winding myself pretty badly. No lasting damage done thankfully, but then I managed to get myself lost (I wasn't the only one!) in head high bracken coming down off the penultimate hill. The Might Contain Nuts series was running almost the same route at the same time which led to some confusion! A great and varied route if you fancy a tough run and can handle a map and compass.

Will Feline 31 3:35:01

NEW FOREST MARATHON			
51	Wayne	Ewens	03:26:41
298	George	Howarth	04:18:43
424	Jane	Adlard	04:46:02
428	Katherine	Chamberlain	04:47:04
429	Sara	Mcritchie	04:47:04
451	Jemma	Raeburn	04:52:26
573	Amy	Wadhams	05:58:59

NEW FOREST HALF MARATHON			
78	Graham	Martin	01:31:21
86	Marcus	Lee	01:32:21
555	Anna	Wilby-Lopez	01:53:45
601	Dan	Hughes	01:55:09
647	Karen	Barnicoat	01:56:49
648	Aga	Plombon	01:56:49
757	Andy	Richardson	02:00:58
1029	Sarah	Martin	02:10:53
1130	Helen	Benson	02:15:29

NEW FOREST 10K			
245	Andrew	Miles	00:57:37
246	Elizabeth	Miles	00:57:37
633	Natalie	Flack	01:09:29
686	Jane	Butler	01:11:26

Great North Run			
8131	Sarah	Gardiner	01:55:03

THE BEAST 12.5MILES			
251	Lisa	Donn	02:29:24
252	Andrew	Donn	02:29:32
253	John	Cox	02:29:32
293	Karen	Salmon	02:41:27
295	Aga	Plombon	02:41:29

WINCHESTER HALF MARATHON		
113	James LEE	01:36:45
260	Gemma POWELL	01:45:06
516	Andy LEE	01:56:31

Ventnor Horseshoe fell 12K		
69	Nick Crane	01:12:52

443 m ascent tough steep hills great views of the Isle of Wight faster than last year despite of the long queue at the footpath gate 3rd M V60 134 runners.
Nick

PERFORM 5			
32	Richard	Cassell	00:32:29
35	Jordan	McRitchie	00:32:52
43	Nikki	Roebuck	00:33:50
228	Helen	Benson	00:44:05
235	Katherine	Chamberlain	00:44:07
297	Sara	McRitchie	00:46:28
335	Robert	Spencer	00:47:51
518	Andrew	Smith	01:04:57
517	Wendy	Holloway	01:04:57

Bacchus Half Marathon		
276	John Cox	02:33:00
277	Lisa Donn	02:33:00
591	Sandie McIntosh	03:11:01
630	Sue Robinson	03:18:16

Joust 24 hour challenge

Mark McDonald	48 miles
Marie McDonald	38.5 miles

Don't panic its only mud and small hills!

The winter Hampshire Cross Country (XC) series 2016-2017 is fast approaching. There are 5 races in the HCC series as well as the three championship races here is a handy guide to the Hampshire XC League and Championship Races held on Saturdays.

Hampshire XC League **Day: Saturday**

Time and Distance

12:00 Girls U13 3 km
12:15 Boys U13 3 km
12:30 Girls U15 4 km
12:50 Boys U15 4 km
13:05 Women U17 4 km
13:35 Women Senior (inc Vets and U20) 6 km
14:10 Men U17 6 km
14:30 Men Senior (inc Vets and U20) 10 km

Revised Locations

Saturday 15 October 2016- Farley Mount, Winchester

Saturday 12 November 2016 - King's Park, Bournemouth
Note Changed location

Saturday 3 December 2016 - Popham , Basingstoke
Note Changed Location

Saturday 14 January 2017 - Prospect Park, Reading

Saturday 11 February 2017 TBA

Course style: Some small hills, generally rough fields, can be very muddy

Recommended Footwear: Dry conditions – trail shoes / Wet conditions – studs or spikes

Captain: Nick Crane

Teams: Three per team except senior men where 5 are required.
These races are open to all standards of runners from all clubs across Hampshire, so the range of ability on show is very wide.
No runner is too fast or too slow!
Please note though that you do need to be a UKA member.
Please comply with the race marshals car parking advice.

What do I need to do to enter?

All the XC series are free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. However it helps the captains if you let them know you are going. Also it helps to car share, as parking can be limited at some venues. Please note that at some venues you will need to pay for parking. Please take advice from the race marshals

The Championships

As well as the leagues the club enters three XC championship races.
These races give you a chance to rub shoulders with the best runners in the county / region / country, however they are open to all abilities. They are a fantastic experience and always a good day out.
There is an entry fee, and we will post details of how to enter and the cost on the club website and Facebook page once the details are confirmed, but here are the provisional dates and venues.

Dates: Hampshire champs
7 January 2017 Fairthorne Manor Botley
Southern champs 28 January 2017 Parliament Hill, London
National champs 25 February 2017 Nottingham

Course style: Some hills, generally rough fields/ parks, can be very muddy

In all team events, not just the XCs the club needs people to run. It doesn't matter how fast you are, you still run the same distance and can hold your head high when you cross that line. If we need a team of four and we have three very quick runners, they can't get a team result without the fourth person, wherever they finish in the field.

Why run XCs? A good question and here are just a few things to ponder from Penny Forse.
it improves both aerobic and anaerobic systems

Muscles get used to absorbing and dissipating shock, and builds strength

Increases core strength

It strengthens ankles and helps with flexibility

There is less impact on joints

Helps with mental toughness (running in all weather conditions and dealing with different conditions under foot)Great to run these without a stopwatch unlike road and track races

You get rub shoulders with national champions and international runners

It is FUN!

All of the above can also help with those road and track races as well as marathons and ultras.
We really hope to see as many of you as possible at some or all of the events.

Nick Crane (Hants Cross Country Captain)

September Time Trial

A windy affair greeted the time trial adventurers with 18 people starting and despite the wind we had 5 PBs and a new course record.

Congratulations to Tom Callaway who was the biggest male improver with 1 minute 16 seconds off his best. The ladies biggest improver saw lightning strike twice with Lottie Lord scooping biggest improver, for the second month running by 1 minute 26 seconds.

The course record stole the show and this record had stood for 23 years and this person wasn't born when the record was set!! Congratulations to Beccy Lord for running an astonishing run on her first attempt and knocking 21 seconds off the old record set by the legendary runner Bev Hards. Beccy completed the course in 23 minutes 27 seconds averaging 5.52 per mile!

Thank you to the time-keepers Marie & Mark McDonald and Sue Robinson.

We have one last time trial to go on Thursday 13th October. Below are the list of runners leading the handicap standings for biggest improvers, but all could change in the last time trial!!

Handicap Bandings		
Under 25 mins	Simon Hearnden	-0.15
25.01 – 28 mins	Mark Eaton	-1.57
28.01 – 31 mins	Lee Adair-Stantiall	-1.04
31.01 – 35 mins	Eileen Duff	-3.35
35+ mins	Julie Ashman	-3.37

Name	Best 2015	April	May	June	July	August	September	Sept Diff	Difference
									1st - Best
		32	29	19	20	19	17	5	28
Simon Hearnden	24.15	27.34	26.05	**24.00**	24.11	24.12			-0.15
Andy Simpson	22.29				**22.19**	24.16	22.38		-0.10
Adrian Piddington	24.54								
Beccy Lord							**23.27**		
Chris Hall (New Member)	24.46								
Daniel Foster	23.39			25.28					
Daniel O'Boyle	20.25								
David Castle	23.44	24.30	24.29	24.30					
James Lee	24.56	27.03	26.38		25..20		26.17		
James Sawyer	23.32	24.18							
Jon Plomer	24.40	26.59							
Lewis Banner	22.45	22.59	23.34				23.25		
Lewis Chalk	22.29*								
Mike Gregory	23.49*								
Mike White	24.49		25.54						
Rob Greenwood	23.18								
Russ Coleman	24.40								
Tom MacSwayne	23.09*								
Tom McClements	24.08								

Mark Eaton		27.07	**25.10**						-1.57
Tom Callaway	27.42	28.09			27.07		**25.51**	-1.16	-1.51
Nikki Roebuck	27.39				**26.16**				-1.23
Andy Stockwell	25.31				24.41	**24.27**	24.45		-1.04
Richard Edmunds			27.41	28.48			**27.04**	-0.37	-0.37
Gareth Charles		25.46			25.29	**25.23**			-0.23
Chris Davidson	27.34								
Chris Hall	25.36								
Chris Leach	25.03								
Daisy Hall	25.35								
Donna Mitchell	27.03								
Graham Martin			**26.22**				26.28		
Haydn Brown	26.37	26.52	27.16	27.21		27.36	28.23		
Jon Leigh	26.10								
Kev Scullion					**27.33**				
Liam Dredge	26.02								
Mark McDonald	25.03								
Mike Bell	27.20		28.06						
Nick Crane	27.00		27.50			27.55			
Peter Kay	26.56	27.11							
Philip Martin	26.36					30.32			
Rich Chowns			**26.38**						
Richard Snell	27.28			29.37					
Scott Shaw					**27.35**				
Steve Williams	25.55								
Stuart Hiscock	25.35				28.36				
Susie MacGregor	25.41								
Lee Adair-Stantiall	30.28	**29.24**							-1.04
Phil Hobby	30.20	**29.24**							-0.56
Mike Coghlan	30.43					**29.54**			-0.49
Andy Donn	28.23	**27.52**	28.33						-0.31
Steve Cumes		28.46			**28.26**				-0.20
Philip May	30.36	32.16	31.32	**30.21**	30.47				-0.15
Peter Simpson	28.22								
Andy Lee	28.22	30.59	31.45			dnf			
David Abrams	29.51								
David Langrish	28.21								
Dawn Haynes-Sewell	30.52								
Dean Oxley		**28.59**							
Frances Lord	30.13			32.26		32.16	dnf		
Gill Rose				**29.49**					
Hollie Smith	29.50								
Jack Tuckwell		**30.32**							
John Simister	30.53	32.11		32.09					
Keith Carter	30.56								
Keith Whittaker	30.46								
Kerry Dodsworth	29.47								
Kerry Sawyer	29.08								
Michael Welland					28.44				
Neil Richardson	28.49								
Nigel Whitcher	29.19								
Sam Leahy	30.27								
Tim Matthews	30.07								
Tina Chantrey	28.37	28.56							
Victoria Joel	29.05					30.32			

Eileen Duff				34.10		**30.35**			-3.35
Lottie Lord	31.48					29.44	**28.18**	-1.26	-3.30
Adam Joel	31.20					**29.26**			-1.54
Andy Richardson		34.28	34.14	**32.43**					-1.45
Chris Stapleford	31.58			30.34		**30.24**			-1.34
George Howarth	32.05	31.42	**30.34**			33.35	33.12		-1.31
Alison Hesselberth	34.40	33.57	33.32			34.38	**33.20**	-0.12	-1.20
Chris Roebuck			33.16		**32.12**				-1.04
Shelly Thomas		34.53	34.20				**33.49**	-0.31	-1.04
Bizz Cozens	31.05	31.58	32.25	**30.58**	31.13				-0.07
Aga Plombon			**31.37**						
Anne Trotman	32.14								
Callum MacDonald	31.02								
Eunice Hoare	33.45								
Gaynor Heffer	32.23			32.52	37.45				
Hilary Misselbrook	31.49								
James Barron	34.30								
Kate Rant			**31.54**						
Katherine Coghlan	33.00					34.44			
Kathy Chamberlain	33.57			36.16					
Louise Tanner			**33.34**						
Lynsey Adamson		**33.58**							
Matt Smith			**31.40**						
Melissa Hutton-Dunton	32.23								
Mike Donovan	32.20	33.00					32.49		
Mike Wotton	33.52				37.53		38.14		
Paul Southon					**32.04**				
Rachel Leach	33.32								
Russell Mead	31.52								
Sarah Martin	34.59	37.15							
Tracey Terry	34.55								
Julie Ashman	36.45	**33.08**			37.45				-3.37
Sarah Barron	39.11			**37.01**					-2.10
Amy Wadhams			41.28	**40.49**					-0.39
Robert Spencer	36.28				**35.57**	37.52	38.14		-0.31
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	37.54			41.27		
Julia Webb						35.38			
Karen Salmon	36.27								
Kevin Ashman	36.44								
Martin De Wied					**37.52**				
Martyn Banner			**44.37**						
Samantha Gallagher	39.59								
Sandie McIntosh	35.51								
Sandra Abrams	38.40								
Sara McRitchie	35.33		38.30						
Sarah Hobby	37.35								
Sharon Clarke	37.02								
Sue Robinson	37.19	38.02							
Yvonne Fisher	40.17								

TRAINING SESSIONS

Day	Date	Meet	Time	Location	Effort	Recovery
Mon	03/10/2016	Solent Hotel	6:30pm	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tues	04/10/2016	Locks Heath Sports Ground	7pm	Red Path loop	3x1.5ml with catch up on 2nd and 3rd reps	Jog/walk along Warsash rd
Thurs	06/10/2016	Crofton Community Centre	7pm	Anker lane	40 min of 1km loops	350m jog
Mon	10/10/2016	Solent Hotel	06:30	Whiteley	25 mins - Long hill; Sprint to end	Jog back to cul-de-sac; jog to bottom
Tues	11/10/2016	Locks Heath Sports Ground	7pm	Prelate Way	2x2ml tempo run (1hr race pace)	walk back from church
Thurs	13/10/2016	Crofton Community Centre	7pm	Leefront	Lamppost fartlek to Cherque Way	Various
Mon	17/10/2016	Solent Hotel	06:30	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	3 min
Tues	18/10/2016	Locks Heath Sports Ground	7pm	Titchfield Hill	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thurs	20/10/2016	Crofton Community Centre	7pm	Hill Head	30 min of 600m near Osborne View	200m
Mon	24/10/2016	Solent Hotel	06:30	Whiteley	25 mins Pyramids of short hill sprints	Jog to bottom each time
Tues	25/10/2016	Locks Heath Sports Ground	7pm	Red Path	Speed play (Fartleck) session using lamp posts	3 min each end
Thurs	27/10/2016	Crofton Community Centre	7pm	Lee seafront	4 x 5 min	2 min
Mon	31/10/2016	Solent Hotel	06:30	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tues	01/11/2016	Locks Heath Sports Ground	7pm	Schooner Way	1ml repetitions (3 to 5 or ~40min)	2min
Thurs	03/11/2016	Crofton Community Centre	7pm	Lee seafront	Pyramid (1,2,4,6,8,6,4,2,1)	1 to 2 min RI
Mon	07/11/2016	Solent Hotel	06:30	Whiteley	3 sets of 30s / 50s / 70s / 50s / 30s hills	Jog back down
Tues	08/11/2016	Locks Heath Sports Ground	7pm	St John's Road	Long and short hills x6	On downhills
Thurs	10/11/2016	Crofton Community Centre	7pm	Lee seafront	15 x 1 min (pavement or grass)	90s

Southsea	03 Sept
Gareth CHARLES	00:19:30
Martyn POORE	00:23:32
Kate RANT	00:24:43
Eastleigh	**03 Sept**
James LEWINGTON	00:28:14
Keith WHITAKER	00:28:42
San CLARK	00:34:21
Roundhay	**03 Sept**
Rachel LEACH	00:29:48
Netley Abbey	**03 Sept**
Rebecca Margaret LORD	00:18:53
Andrew William THOMAS	00:19:43
Charlotte LORD	00:23:09
Frances Louise LORD	00:23:42
Terry John FRENCH	00:32:38
Queen Elizabeth	**03 Sept**
Martin DE WIED	00:28:12
Penrose	**03 Sept**
Simon GIBBON	00:28:35
Lancaster	**03 Sept**
Del GRANGER	00:24:14
Portsmouth Lakeside	**03 Sept**
Nick CLARKE	00:30:28
Fareham	**03 Sept**
Jane ADLARD	00:23:45
Mike DONOVAN	00:26:35
John SALT	00:27:33
Natalie SUMMER-ANDERSON	00:29:16
Andrew SMITH	00:43:15
Wendy HOLLOWAY	00:43:21

Lee-on-the-Solent	03 Sept
Chris BROBIN	00:17:16
James LEE	00:18:55
Simon HEARNDEN	00:19:00
Andrew STOCKWELL	00:19:04
Susie MACGREGOR	00:19:18
Graham MARTIN	00:20:18
Jordan MCRITCHIE	00:21:03
Matthew EVANS	00:21:08
Michael LOVELL	00:22:01
Victoria Kate JOEL	00:22:40
Zac CONATY	00:23:52
Kerryanne SAWYER	00:24:06
Richard BURNS	00:24:12
Dawn HAYNES-SEWELL	00:25:24
Alison HESSELBERTH	00:26:06
Helen BENSON	00:26:55
Sara MCRITCHIE	00:27:51
Jane BUTLER	00:28:05
Sandra ABRAMS	00:28:53
Cliff SHAW	00:29:13
Jo LEWIS	00:30:34
Sarah BARRON	00:30:38
John BLAKE	00:30:58
Amy WADHAMS	00:32:57
Michelle SIMPSON	00:34:55
Katherine CHOWNS	00:35:11
Ann BLAKE	00:35:28
Jenny HEARNDEN	00:35:34
Louise TANNER	00:36:32
Adam JOEL	00:42:34
Sandie MCINTOSH	00:50:48
Jersey	**03 Sept**
Russell MEAD	00:26:35
Jules DINWOODIE	00:29:29
Basingstoke	**10 Sept**
Tomas STINSON	00:29:15
Allan STINSON	00:32:43
Southsea	**10 Sept**
Martin DE WIED	00:25:21
Havant	**10 Sept**
Gareth CHARLES	00:20:10
Kate RANT	00:25:12
Eastleigh	**10 Sept**
Haydn BROWN	00:28:21
Winchester	**10 Sept**
Gordon WESTLEY	00:26:49

Netley Abbey	10 Sept
Rebecca Margaret LORD	00:18:58
Toby GREENFIELD	00:20:41
Charlotte LORD	00:21:31
Martyn POORE	00:22:16
Frances Louise LORD	00:23:16
Chris STAPLEFORD	00:24:13
Russell MEAD	00:24:26
Jules DINWOODIE	00:28:49
Terry John FRENCH	00:31:43
James LEWINGTON	00:32:43
Chris LEACH	00:23:18
Rachel LEACH	00:31:19
Harcourt Hill	**10 Sept**
Rita LEIGH	00:33:58
Lubin	**10 Sept**
Keith WHITAKER	00:28:06
Lee-on-the-Solent	**10 Sept**
Andrew STOCKWELL	00:19:09
Andy DONN	00:21:32
Peter KAY	00:21:43
Richard CHOWNS	00:22:29
David ABRAMS	00:23:16
John BLAKE	00:23:45
Steve CUMES	00:24:03
Richard BURNS	00:24:14
Simon ELLIS	00:24:43
Alison HESSELBERTH	00:25:41
Kerryanne SAWYER	00:26:16
Mike DONOVAN	00:26:26
Clara SUTTON	00:27:22
Cliff SHAW	00:29:41
Sandra ABRAMS	00:31:17
Sarah BARRON	00:32:41
Louise TANNER	00:35:09
Portsmouth Lakeside	**10 Sept**
Natalie SUMMER-ANDERSON	00:28:31
Fareham	**10 Sept**
Thomas MACSWAYNE	00:16:28
James SAWYER	00:18:17
David Matthew CASTLE	00:19:19
David LANGRISH	00:22:34
David MACSWAYNE	00:33:16
Andrew SMITH	00:36:15
Robert SPENCER	00:36:16
Wendy HOLLOWAY	00:36:29
Sarah BODDY	00:37:07
Rowena DODDS	00:37:10
Alison MACSWAYNE	00:57:15

Basingstoke	Sept 17
Tomas STINSON	00:29:06
Allan STINSON	00:37:11
Southsea	**Sept 17**
Mike DONOVAN	00:25:19
Eastleigh	**Sept 17**
Haydn BROWN	00:28:20
Martin DE WIED	00:29:38
Keith WHITAKER	00:29:47
Minehead	**Sept 17**
Andy DONN	00:21:42
Lisa DONN	00:24:07
Lymington Woodside	**Sept 17**
Gareth CHARLES	00:20:07
Kate RANT	00:24:10
Netley Abbey	**Sept 17**
Chris STAPLEFORD	00:23:33
Del GRANGER	00:23:59
Burgess	**Sept 17**
Rachel LEACH	00:28:07
Queen Elizabeth	**Sept 17**
Andrew STOCKWELL	00:23:11
Nikki ROEBUCK	00:23:35
Will FELINE	00:24:15
Neil STANTIALL	00:24:29
Vicky SHAW	00:25:15
Julie WOODMAN	00:31:26
Ann BLAKE	00:37:00
John BLAKE	00:37:02
Weymouth	**Sept 17**
Rebecca Margaret LORD	00:18:41
Rushmoor	**Sept 17**
Kelley HANIVER	00:20:05

Lee-on-the-Solent	September 17
Lewis BANNER	00:18:07
Graham MARTIN	00:21:21
Matthew EVANS	00:21:34
Michael WELLAND	00:22:19
Sam LEAHY	00:22:21
Derrick MORGAN	00:22:34
Richard BURNS	00:23:12
James LEE	00:23:51
Richard BAILEY	00:24:41
Steve CUMES	00:25:53
Jane BUTLER	00:29:29
Janet SHAW	00:29:35
Claire JOHNSON	00:30:56
Amy WADHAMS	00:32:33
Linda KOPINSKA	00:34:36
Holkham	**September 17**
Robert SPENCER	00:29:01
Portsmouth Lakeside	**September 17**
John SIMISTER	00:23:36
Fareham	**September 17**
James SAWYER	00:18:09
John SALT	00:26:58
Natalie SUMMER-ANDERSON	00:32:21
Wendy HOLLOWAY	00:37:11
Andrew SMITH	00:41:25
Albert, Middlesbrough	**24 September**
Daniel O'BOYLE	00:15:57
Kerry DODSWORTH	00:22:43
Basingstoke	**24 September**
Allan STINSON	00:33:25
Milton Keynes	**24 September**
Gareth CHARLES	00:19:47
Kate RANT	00:24:30
Eastleigh	**24 September**
James LEWINGTON	00:20:26
Haydn BROWN	00:27:22
Lymington Woodside	**24 September**
Keith WHITAKER	00:29:14
Netley Abbey	**24 September**
Rebecca Margaret LORD	00:18:29
Charlotte LORD	00:21:29
Chris STAPLEFORD	00:22:14
Martyn POORE	00:23:08
Julia PARK	00:26:14
Terry John FRENCH	00:32:19

Winchester	24 September
Chris LEACH	00:19:54
Brockenhurst	**24 September**
Chris HALL	00:20:37
Daisy HALL	00:20:39
Osterley	**24 September**
Cliff SHAW	00:29:37
Janet SHAW	00:30:05
Lee-on-the-Solent	**24 September**
Andy SIMPSON	00:17:55
Andrew STOCKWELL	00:19:37
James LEE	00:19:39
Peter KAY	00:21:14
Andy DONN	00:21:27
Adam JOEL	00:21:37
Steve CUMES	00:21:40
John BLAKE	00:21:50
Mark MCDONALD	00:22:03
Scott SHAW	00:22:07
Michael WELLAND	00:22:35
Richard CHOWNS	00:23:10
Derrick MORGAN	00:23:45
Simon ELLIS	00:24:00
Richard BAILEY	00:24:31
Andy LEE	00:24:35
Kerryanne SAWYER	00:25:41
Alison HESSELBERTH	00:25:55
Jane BUTLER	00:28:27
Tommy BLAKE	00:29:29
Sandie MCINTOSH	00:29:31
Sarah BARRON	00:29:32
Claire JOHNSON	00:30:49
Amy WADHAMS	00:32:40
Sue FLEWITT	00:33:39
Linda KOPINSKA	00:34:32
Jenny HEARNDEN	00:36:13
Louise TANNER	00:48:16
Portsmouth Lakeside	**24 September**
John SIMISTER	00:23:31
Sue SIMISTER	00:33:25
Fareham	**24 September**
Lewis BANNER	00:17:51
John SALT	00:24:55
Martin DE WIED	00:25:18
Paul SOUTHON	00:27:09
Robert SPENCER	00:28:42
Natalie SUMMER-ANDERSON	00:29:33
Trina READINGS	00:31:11
Rowena DODDS	00:32:38

Southern Cross Country League
Race 1 (of 7)
Sunday 9 October 2016
Pamber Forest, near Basingstoke

Pamber Forest: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 612 617), a beautiful 479-acre Site of Special Scientific Interest, a few miles north of Basingstoke, near Tadley off the A340. The race will be a single lap through forest and fields along undulating tracks and footpaths. It will start at 11:00am; distance 5 miles.

Race HQ: The Race HQ and race car park will be to the north of the Forest at **Pamber Heath Memorial Hall, Post Code RG26 3TQ** (when full, for parking overflow, please park sensibly in Burney Bit or other local residential streets). Please car share where possible.
After the race at the Race HQ, there will be **hot food** (freshly-cooked locally produced sausages in a bread roll) plus vegetarian options, and plenty of home-baked cakes by BMHAC club members, and tea/coffee, at a price of £2.00 per head. Please stay if you can (provisional race results will be announced at the Race HQ asap after the finish).
Facilities: Toilets, limited changing, and clothing dump are available at the Race HQ.
Competition Rules: All runners must wear a Club Vest. There may be sheep in the field near Little London (the southern edge of the course), so no dogs, sorry. Full race rules (including pace eligibility) at http://www.bobayer.com/trwl/rules/

Directions: (From South): From M3 J6 join the Basingstoke Ring Road north, and exit following the A340 signs for Aldermaston (passing the hospital). Keep on A340 for 6-miles until you reach the Sainsbury's traffic lights, and then another set of lights a further 50 metres along. Turn right at these, into Silchester Road towards Pamber Heath. After 1000m (after the 30MPH speed signs) turn right into Pamber Heath Road. The Pamber Heath Memorial Hall (Race HQ) is 400m on left.

Race Start: The start and finish will be in the open field adjacent to the forest entrance, and accessed from Burney Bit. To reach this field, either walk along Burney Bit eastwards from the Pamber Heath Road junction for approx 300m and then turn right, or simply follow the tape and signage from the Race HQ (10 min walk).

IMPORTANT: As always, please display courtesy to others members of the public on the day, including whilst running. Please use the toilets in the Race HQ, or (if needs must) not in public view, particularly near the start.

Enquiries: tim.fowler@hotmail.co.uk, 07595 486930