The

GreenRunner

DECEMBER 2016

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

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

An unbelievable 48 runners went out for a windy Gosport half; we had enough for 4 men's & ladies teams, a personal thank you from me. We had the amazing support throughout the course, it felt good to wear green at Gosport.

The tables below are our scores for the Ladies and Men's teams.

Ladies name	team	team score
Eileen Duff	A	216
Kate Rant		
Sadie Bedford		
Jane Adlard	B	309
Kathy Chamberlain		
Sara McRitchie		
Laura Devine	C	407
Julia Webb		
Sarah Barron		
Jules Dinwoodie	D	451
Pam Kemp		
Louise Tanner		

And well done to all

Jack Tuckwell, John Cox, Simon Vingoe, David Abrams, Simon Ellis, Chris Roebuck, George Howarth, Martin de Wied, Andy Richardson, Robert Spencer, Gemma Christie, Aimee Neale Rampton, Aitken Hunter, Amy Wadhams, Sandra Abrams, Sarah Martin, Jo Lewis, Julie Ashman, William Gill, Dottie Bonnar and Amanda Knight.

Men's name	team	team score
Russ Coleman	A	311
Andy Stockwell		
Dan Foster		
Gareth Charles		
Mark McDonald	B	493
Rich Chowns		
James Lee		
Graham Martin		
Phil Martin	C	732
Scott Shaw		
Neil Richardson		
Andy Donn		
Richard Burns	D	909
Tim Matthews		
Steve Cumes		
Simon Darlington		

I'm sure there is a caption to go with this photo

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

The Hayling 10 , another great turn out from our club for a small 600 entrants, we had 22 runners that's 3 ladies teams and 2 mens teams and there were several PBs,

BIG SHOUT OUTS to Rich Chowns and Gill Rose.

The HRRL scores are still being reviewed, however this is my view at the moment

Ladies name	team	team score
Nikki Roebuck	A	72
Gill Rose		
Victoria Joel		
Sarah Gardiner	B	234
Sara McRitchie		
Gemma Christie		
Annie Trotman	C	335
Sarah Barron		
Sarah Martin		

Men's name	team	team score
Andy Simpson	A	192
Rich Chowns		
Andy Stockwell		
Dan Foster		
James Lee	B	442
Graham Martin		
Richard Snell		
David Thorpe		

Well done to everyone else, we didn't have enough to include as a team but you still ran amazing Chris Stapleford, Jules Dinwoodie, Robert Spencer, Nick Clark and Jo Lewis

Full results of all the teams are available here

- Gosport Half - 20/11/16 HRRL race scores: teams individuals

- Hayling 10 - 27/11/16 HRRL race scores: teams individuals

Ladies A-Division 1		
Postion	Club	Score
1	Winchester	4
2	Lordshill	14
3	PompeyJ	15
4	Hedge End	20
Was 4 now **5**	**Stubb'ton**	**20**
6	Denmead	22
7	Farnham	27

Mens A-Division 1		
Postion	Club	Score
1	So'ton AC	11
2	Lordshill	12
3	PompeyJ	14
4	Winchester	19
5	Overton	19
6	Denmead	20
Was 1 now **7**	**Stubb'ton**	**23**

Ladies B-Division 1		
Postion	Club	Score
1	Winchester B	4
2	Winchester C	8
3	PompeyJ	18
4	Lordshill B	21
Was 6 now **5**	**Stubb'ton B**	**26**
6	Hedge End B	27
7	Fareham	28
8	Lordshill C	38
9	Victory	38
10	Hedge End C	39
11	Denmead	41
12	IOW RR	42
Was 12 now **13**	**Stubb'ton C**	**43**

Mens B-Division 1		
Postion	Club	Score
1	Lordshill B	6
2	Hedge End B	17
3	PompeyJ B	20
4	Lordshill C	21
5	So'ton AC	23
6	Winchester B	26
Was 5 now **7**	**Stubb'ton B**	**31**
8	Denmead B	35
9	Lordshill D	37
10	Eastleigh	38
11	Fareham	39
12	Hedge End C	23
13	Winchester C	42
14	**Stubb'ton C**	**55**

Ladies B-Division 2		
Postion	Club	Score
1	Eastleigh	9
2	Alton	25
3	Gosport	34
Was 7 now **4**	**Stubb'ton D**	**36**

Mens B-Division 2		
Postion	Club	Score
1	PompeyJ C	6
2	Salisbury	14
3	Victory	17
Was 11 now **12**	**Stubb'ton D**	**64**

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

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
a running club competition

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	11am
Eastleigh	10km	19/03/2017	10.30am
Salisbury	10 Mile	09/04/2017	10.00am
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 approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners – the members that race for the club, the members that support our many and varied training sessions, the leaders who give their own time to lead these sessions and all our race supporters. It is good to see the club continues to grow and flourish at all levels and the support that we give all our runners is absolutely second to none. This was demonstrated again at the Gosport half where despite the cold and windy conditions there were Stubbies out all along the course cheering all those running . I know it makes so much difference to the runners and long may it continue.

Our beginners group graduated at a very wet and windy Lee parkrun on 12th November so many congratulations to them and thanks again to the members who supported them through the course and turned out on that torrential rainy parkrun but a special thanks to Phil Hobby for leading this for us.

The awards evening on December 3rd was attended by 65 people, a little down on last year so it would be interesting to find out from the members whether this was price, timing or location so that we can hopefully increase the numbers next year. Please email/message me if you have any thoughts as we want to make all our social events as inclusive as possible. It was great to see our ex Stubby and Olympian Andy Vernon at the event where we presented him with a framed montage reminding him of what it was like to run in the green!

The Stubbington 10k is nearly upon us so please, if you haven't already, let myself or Mark McDonald know how you can help.

Finally I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running
Kevin

INCREASING YOUR MILEAGE by Penny Forse

Are you are planning to run a spring marathon or just wanting to increase your training volume? Your body can adapt fantastically well to improve fitness providing the progression is gradual. Avoid sudden increases. Be patient – not a patient!

Decide how much mileage you have time for and can handle physically and mentally. How seriously do you want to reach your goals? How much time and energy are you prepared to invest? We're all different, and can often achieve the same results on different amounts of mileage to that of a training partner.

If you run less than 5 times a week add in an extra session, repeat for 4 weeks then you can add in another in the same way until you reach 5 – 6 sessions (while keeping the quality sessions going, hills, reps, intervals etc). Then increase the distance of your long run, then your medium runs – keeping a good balance of short, medium and long runs. Don't forget to include easy recovery days as you build mileage.

Any increases in weekly mileage / length of long runs should be no more than 5 – 10%. Every few weeks have an easy week by 'cutting back' or having a 'plateau' and you will give your body the chance to adapt : -
'Cutting back' e.g. 20-22-24-20-24-26-26-26-28-24-30.
'Plateau' e.g. 20-20-22-22-24-26-26-26-28-30.
If going above 40 miles per week (mpw), 'plateau' for a few weeks before you reach 40 mpw to build up your resistance to injury.

Enjoy your build up in mileage, and you may well surprise yourself by running faster over your shorter races eg parkruns and 10kms, as your increased endurance will enable you to maintain your speed for far longer than before.

CAPTAINS CORNER

November has been a busy month with three cross country events, two HRRL events and the Beginners course finishing with Lee on Solent Parkrun, more about these shortly.

We would like to take time to send our condolences to the families of Lucy Pygott and Stacey Burrows from Aldershot, Farnham and District Athletic Club who were tragically killed earlier this month.

We finished the month with the Hayling 10 miles, which resulted in several PBs, and awards going to a couple of Stubbies. Well done to Gill Rose, Nikki Roebuck and Rich Chowns on their PBs and to Andy Simpson for his 2nd V40 place and Nikki Roebuck on her 2nd Vet place.

Gosport half we had a massive turn out on the day and given the predicted weather everyone had a tough windy run, however we still managed to see lots of smiling faces, grit and determination. There were even some PBs, well done to Amy Wadhams, John Cox, Sara McRitchie and Kathy Chamberlain who both got under 2 hours. We also had a few first timers either doing their first half Dottie Bonnar or their first road half Sadie Bedford. A massive thank you to all the supporters on the day who braved it, I know all the cheers of encouragement were well received. Well done to Sandra Abrams on winning her age category F70.

After Gosport we were presented last HRRL seasons awards, where the ladies A team came 2nd overall and the Men's B team came 3rd. Mark McDonald also has mugs for those luck 13 runners who completed 7 or more HRRL events and their score was within the top 100. Well done again to Lucy May for collecting an award for being the 1st Lady completing 12 races.

The final HRRL event for this year will be the Victory 5 miler, the day after our awards evening 4th December, celebrating its 70th Anniversary. Look forward to see you there.

Andy Simpson ran his first guided Marathon, taking the first half of the race in Valencia, supporting blind runner, Chris Goodwin to achieve a sub 3 hour result of 2.55.

This month saw the conclusion of the Beginners group, they have all been amazing and really proved themselves taking on Lee on Solent Parkrun in what was very tough wet and windy conditions, well done everyone.

Southern cross country took place at Queen Elizabeth Country Park, we had a good turn out on the day with the ladies team coming 1st. Well done everyone. The next Southerns is the 11 December at Farnham. Each race is about 5 miles, and are intended as an introduction to cross country racing so faster runners are excluded, that means men who can run faster the 5.30 min/mile and women 6 min/mile shouldn't be racing.

At the Hampshire Cross Country that took place at Kings Park, we did struggle for numbers however we still managed to get 7 people running and Beccy Lord ran well as our only lady representative. Next month's event is on Saturday 3 Dec at Popham Basingstoke . Free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. Nick Crane will provide summary of the results.

CC6 took place on the 6th November at Dibden Inclosure, where the ladies were 4th on the day and the Men were 8th. Beccy Lord was 1st lady and Dan Foster was 1st Stubby male (30th). Next race is at Janesmoor Pond 11th December. The distance is between 4 and 5 miles, just turn up on the day, along with your club shirt, and run. It starts at 9.30.

There is a clash for the CC6 and Southerns Cross Country both taking place on the 11 December, it would be really good if we could get people to represent the club for both events.

The committee allocated the three club places for the London Marathon this month, well done to Lisa Donn, Marie McDonald and Robert Spencer.

Well done to Victoria Joel on qualifying to represent Team GB Age Groupers at 2017 Challenge Herning ETU middle distance Triathlon Championships.

Our Awards Night is taking place on the 3rd December at David Lloyd at Port Solent, where we will have our special guests Andy and Tasha Vernon, more on how this goes in next month's Green Runner.

On the 18th December we have our Mulled Wine Handicap, organized by Nick Kimber, starting and finishing at Molins, Hook Park Road, Warsash. Start anytime and finish as close to 11am as possible. Good luck to those running the Portsmouth Coastal Marathon which takes place on the same day.

Another reminder, do make sure if you haven't already, contact Mark McDonald to volunteer for our own Stubbington 10k taking place on the 15th January. If you are planning on running don't forget you need to offer up a volunteer in your place.

Merry Christmas to everyone and Happy New Year, here's to a many new running miles for 2017.

Penny Forse (F65) at the World Masters Athletics Championships, Perth, Australia

26 Oct 8km XC 4th 37m11s - Gold Team medal

29 Oct 800m Prelim 4th 3m09.53s

31 Oct 800m Final 10th 3m01.66s

5 Nov 1500m Final 7th 6m04.63s

A great experience and it would be great if a few SGRs will join me at the next Masters Champs in Malaga, Spain in September, 2018.

MEON VALLEY MARATHON

121	Mike	Donovan	05:30:15

MEON VALLEY HALF MARATHON

51	Steve	Cumes	01:56:12
95	Sadie	Bedford	02:11:44
134	Gaynor	Heffer	02:30:01
160	Sarah	Martin	02:47:32
162	Julie	Ashman	02:47:32

LEEDS ABBEY DASH 10K

201	Lewis Banner	0:34:57
527	Kelley Haniver	0:39:18
2001	Russell Mead	0:48:02

SOUTHERN CROSS COUNTRY LEAGUE RACE 2 QE PARK

1 Rebecca Lord
5 Daisy McClements
11 Nikki Roebuck
51 Frances Lord
67 Sadie Bedford

43 Mark Jones
54 James Lee
89 Ross Coleman
105 Graham Martin
136 Nick Crane
160 Mike Bell
198 Andy Lee

HAMPSHIRE CROSS COUNTRY
Bournemouth Saturday 12th November

Ladies	
20	Becky Lord

Men's		
43	Andy Simpson	V 40
127	Mike White	V50
150	Andy Stockwell	V40
210	Nick Crane	V60
224	Gordon Westley	V40
229	Chris Stapleford	V60

CC6

November saw 18 runners travelling down the road to the New Forest and the Dibden Inclosure, which has a lovely hill in it. Thank you to Nick Crane for taking the results in my absence due to work.

Well done to everyone who took part. The ladies were 4th on the day with Beccy & Lottie Lord and Tina Chantrey counting for the team with Beccy finishing an impressive 2nd overall. The men were 8th on the day, led home by Dan Foster and Gareth Charles just one place behind him! The rest of team were Will Feline, Andy Stockwell and Nick Crane.

Apologies to Robert Cranstone who ran but due to a mix up at the end didn't get a number. Currently the ladies and men both sit in 5th place overall.

The next race is on the 11th December at Fritham (grid ref 247135) at 9.30, hosted by Wessex Road Runners and Lordshill. Parking is at Janesmoor Pond, it will take about 6-8 minutes to get to the start. We need to please car share so would suggest meeting at the Solent Hotel for 8.10am. The course is approximately 8k and likely to very soft going over gravel tracks, open heath and woodland paths, so spikes not recommended.

Beccy Lord	S	2
Lottie Lord	S	18
Tina Chantrey	V40	20
Frances Lord	V50	35
Kate Rant	S	40
Kathy Chamberlain	V40	58
Sara Mcritchie	V40	71
Pam Kemp	V50	75

Ladies	**R3**	**R2**	**R1**		**TOTAL**
Winchester	23	13	24		60
Lordshill	20	25	28		73
Eastleigh	61	32	HOST		93
Hedge End	63	33	HOST		96
Hardley	HOST	71	68		139
Stubbington	**40**	**HOST**	**99**		**139**
New Forest	32	69	43		144
Netley	148	HOST	127		275
SAC	191	73	38		302
Totton	63	180	66		309
Romsey	167	74	84		325
Itchen Spitfires	178	152	HOST		330
SRS	247	116	92		455
STC	221	157	103		481
Lymington Tri	163	209	140		512
Halterworth	215	100	219		534
Wessex	306	216	206		728

Men	**R3**	**R2**	**R1**		**TOTAL**
SAC	14	30	26		70
Lordshill	59	37	38		134
Eastleigh	94	91	HOST		185
Hardley	HOST	150	135		285
Stubbington	**220**	**HOST**	**74**		**294**
Winchester	134	100	61		295
STC	59	43	216		318
Hedge End	121	210	HOST		331
Totton	170	143	146		459
Romsey	236	181	111		528
Netley	295	HOST	246		541
Itchen Spitfires	331	252	HOST		583
New Forest	241	215	261		717
Lymington Tri	232	217	283		732
Halterworth	307	180	312		799
Lymington Athletes	464	298	358		1120
Wessex	420	360	385		1165

Daniel Foster	S	30
Gareth Charles	S	31
Will Feline	S	39
Andy Stockwell	V40	42
Nick Crane	V60	77
Andy Donn	V40	82
Mike Bell	V60	95
Paul Smith	V40	103
Chris Stapleford	V50	113

GOSPORT HALF MARATHON

54	Eileen Duff	01:46:41
75	Katie Rant	01:52:31
87	Sadie Bedford	01:54:11
93	Jane Adlard Mcgrath	01:55:08
105	Katherine Chamberlain	01:57:18
111	Sara Mcritchie	01:59:07
123	Laura Devine	02:02:25
139	Sharon Simpson	02:06:50
145	Sarah Barron	02:08:35
148	Jules Dinwoodie	02:09:50
151	Pam Kemp	02:10:30
152	Louise Tanner	02:09:58
153	Gemma Christie	02:09:59
171	Aimee Neale Rampton	02:13:35
177	Amy Wadhams	02:17:31
182	Sandra Abrams	02:17:56
188	Sarah Martin	02:21:44
189	Jo Lewis	02:22:46
193	Julie Ashman	02:23:08
211	Susan Bonnar	02:33:02
212	Amanda Knight	02:35:48

60	Russ Coleman	01:25:38
76	Andrew Stockwell	01:27:30
85	Daniel Foster	01:28:45
90	Gareth Charles	01:28:21
94	Mark Mcdonald	01:29:24
102	Richard Chowns	01:29:50
126	Jordan Mcritchie	01:32:19
136	James Lee	01:33:00
161	Graham Martin	01:35:58
170	Scott Shaw	01:37:32
187	Neil Richardson	01:39:19
209	Andy Donn	01:42:03
220	Richard Burns	01:43:00
221	Steve Cumes	01:42:45
222	Tim Matthews	01:43:01
242	Simon Darlington	01:46:43
243	Jack Tuckwell	01:47:30
247	John Cox	01:48:03
250	Simon Vingoe	01:47:53
253	David Abrams	01:48:15
255	Simon Ellis	01:48:39
277	Chris Roebuck	01:52:42
302	George Howarth	01:57:46
313	Martin De Wied	02:02:11
316	Andy Richardson	02:02:57
327	Robert Spencer	02:08:33
334	Aitken Hunter	02:14:20
340	William Gill	02:27:45

HAYLING 10 MILE

7	Nikki Roebuck	01:08:48
25	Gill Rose	01:12:55
40	Victoria Joel	01:16:57
52	Sarah Gardiner	01:21:15
87	Sara McRitchie	01:30:42
95	Gemma Christie	01:32:21
105	Anne Trotman	01:34:14
112	Sarah Barron	01:36:42
118	Sarah Martin	01:37:26
122	Julie Dinwoodie	01:39:33
150	Joanne Lewis	02:00:01

12	Andrew Simpson	00:58:06
58	Rich Chowns	01:05:42
59	Andrew Stockwell	01:06:14
63	Daniel Foster	01:06:48
78	James Lee	01:07:58
101	Graham Martin	01:11:17
125	Richard Snell	01:13:20
138	David Thorpe	01:14:50
148	Chris Stapleford	01:15:44
210	Robert Spencer	01:35:27
219	Nick Clarke	01:46:44

TRAINING SESSIONS

Monday	05/12/2016	Solent Hotel	06:30	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tuesday	06/12/2016	Locks Heath Sports Ground	7pm	Titchfield Hill	Pyramid of lampposts, (9 reps total)	Jog back down hill
Thursday	08/12/2016	Crofton Community Centre	7pm	Anker lane	40 min of 1km loops	350m jog
Monday	12/12/2016	Solent Hotel	06:30	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tuesday	13/12/2016	Locks Heath Sports Ground	7pm	Prelate way	20min Tempo run (4 continuous loops checking pace)	5 min build run before tempo
Thursday	15/12/2016	Crofton Community Centre	7pm	Lee seafront	Lamppost fartlek to Cherque Way	Various
Monday	19/12/2016	Solent Hotel	06:30	Whiteley	25 mins Pyramids of short hill sprints	Jog to bottom each time
Tuesday	20/12/2016	Locks Heath Sports Ground	7pm	St John's Rd	I mile loops (3 to 5 or about 40min)	2min
Thursday	22/12/2016	Crofton Community Centre	7pm	Hill Head	30 min of 600m near Osborne View	200m
Monday	26/12/2016	Solent Hotel	06:30	No Session	Bank Holiday	
Tuesday	27/12/2016	Locks Heath Sports Ground	7pm	No Session	Bank Holiday	
Thursday	29/12/2016	Crofton Community Centre	7pm	No Session		
Monday	02/01/2017	Solent Hotel	06:30	No Session	Bank Holiday	SXCL today - yes, Monday!
Tuesday	03/01/2017	Locks Heath Sports Ground	7pm	Sports ground	Christmas is over capers	
Thursday	05/01/2017	Crofton Community Centre	7pm	Lee Seafront	Christmas is over capers	

Frimley Lodge	**05 Nov**	
Andrew STOCKWELL	00:21:10	
Eastleigh	**05 Nov**	
Haydn BROWN	00:27:19	
Robert SPENCER	00:31:56	
Allan STINSON	00:33:23	
Keith WHITAKER	00:41:48	
Roundhay	**05 Nov**	
Chris LEACH	00:32:05	
Netley Abbey	**05 Nov**	
Daniel FOSTER	00:18:21	
James LEE	00:18:48	PB
Rebecca Margaret LORD	00:19:22	
Charlotte LORD	00:20:52	PB
Chris MCGAW	00:21:16	
Andy LEE	00:22:45	
Frances Louise LORD	00:23:00	PB
Julia PARK	00:25:04	PB
Terry FRENCH	00:31:51	
Skipton	**05 Nov**	
Russell MEAD	00:29:15	PB
Yeovil Montacute	**05 Nov**	
Cliff SHAW	00:26:40	
Janet SHAW	00:30:56	
Humber Bridge	**05 Nov**	
Liz WEIGHELL	00:30:57	PB
Daventry	**05 Nov**	
Nikki ROEBUCK	00:21:47	
Harry ROEBUCK	00:21:51	
Crissy Field	**05 Nov**	
Rachel LEACH	00:26:12	
Ludlow	**05 Nov**	
William GILL	00:32:22	

Lee-on-the-Solent	**05 Nov**	
Michael WELLAND	00:21:43	
Alethea ADAIR-STANTIALL	00:21:54	
Richard BURNS	00:22:32	PB
Simon VINGOE	00:22:55	PB
Zac CONATY	00:23:01	
Simon ELLIS	00:23:12	
Ashley LOVELL	00:23:15	
Eileen DUFF	00:23:27	
Sam BELL	00:24:28	
Paul HAMMOND	00:24:29	
Mandy BURTON	00:24:54	
Helen BENSON	00:25:11	PB
Martin DE WIED	00:26:31	
Sara MCRITCHIE	00:27:12	
Louise TANNER	00:27:25	
Jules DINWOODIE	00:27:34	
Dudley MALSTER	00:28:04	
Sarah BARRON	00:28:06	
Amy WADHAMS	00:28:44	PB
Kelly Emma BENNETTS	00:31:06	
Tommy BLAKE	00:31:40	
Jenny HEARNDEN	00:34:00	
Fareham	**05 Nov**	
Jane ADLARD	00:24:34	
John SALT	00:25:56	
Simon GIBBON	00:26:35	
Trina READINGS	00:28:28	
Natalie SUMMER-ANDERSON	00:29:02	PB
Wendy HOLLOWAY	00:37:12	
Andrew SMITH	00:38:04	
Leamington	**12 Nov**	
Rob GREENWOOD	00:18:37	
Eastleigh	**12 Nov**	
Tomas STINSON	00:25:39	
Haydn BROWN	00:28:15	
Martin DE WIED	00:29:03	
Keith WHITAKER	00:30:01	
Allan STINSON	00:36:15	
Valentines	**12 Nov**	
Robert SPENCER	00:29:18	
Lymington Woodside	**12 Nov**	
Andrew STOCKWELL	00:22:22	

Winchester	**12 Nov**	
Rachel LEACH	00:27:48	
Netley Abbey	**12 Nov**	
James LEWINGTON	00:19:38	
Frances Louise LORD	00:23:49	
Jules DINWOODIE	00:30:24	
Terry FRENCH	00:34:50	
Homewood	**12 Nov**	
Lewis BANNER	00:17:25	
Druridge Bay	**12 Nov**	
Rachael OPENSHAW	00:23:21	
Lee-on-the-Solent	**12 Nov**	
Richard CHOWNS	00:20:18	
Mark MCDONALD	00:21:07	
Peter KAY	00:21:29	
Alethea ADAIR-STANTIALL	00:21:46	
Matthew EVANS	00:21:50	
Sam LEAHY	00:22:10	
Lara EVANS	00:22:14	
Michael WELLAND	00:23:12	
Hilary MISSELBROOK	00:23:19	
Richard BURNS	00:23:46	
John BLAKE	00:24:46	
Cliff SHAW	00:25:14	
Russell MEAD	00:26:06	
Tommy BLAKE	00:27:25	PB
Sara MCRITCHIE	00:27:33	
Louise TANNER	00:28:07	
Sarah BARRON	00:28:37	
Janet SHAW	00:30:28	
Katherine CHOWNS	00:30:35	
Toby EVANS	00:32:33	
Phil HOBBY	00:32:42	
Sandie MCINTOSH	00:36:29	
Catherine CHAMBERLAIN	00:39:09	
Sarah HOBBY	00:39:09	
Emma NEAL	00:39:46	PB
Kevin John ASHMAN	00:39:46	
Vicky HOLDEN	00:41:24	
Marie MCDONALD	00:41:24	
Lucy CHIDGEY	00:42:05	
Portsmouth Lakeside	**12 Nov**	
Gareth CHARLES	00:19:10	
Kate RANT	00:23:50	PB

Fareham	**12 Nov**	
James LEE	00:19:13	
Robert CRANSTONE	00:19:53	
Andy LEE	00:23:37	
John SALT	00:25:44	
David MACSWAYNE	00:36:26	
Natalie SUMMER-ANDERSON	00:49:41	
Bedfont Lakes	**19 Nov**	
Jordan MCRITCHIE	00:20:00	
Sara MCRITCHIE	00:33:09	
Cambridge	**19 Nov**	
Chris LEACH	00:20:18	
Rachel LEACH	00:26:36	PB
Eastleigh	**19 Nov**	
Haydn BROWN	00:28:39	
Winchester	**19 Nov**	
Gordon WESTLEY	00:23:46	
Netley Abbey	**19 Nov**	
Steve TROTMAN	00:22:17	PB
Del GRANGER	00:23:10	
Chris STAPLEFORD	00:23:12	
Russell MEAD	00:26:09	
Jules DINWOODIE	00:31:42	
Crane Park	**19 Nov**	
Andrew STOCKWELL	00:20:42	
Killarney	**19 Nov**	
Allan STINSON	00:32:28	
Burnham and Highbridge	**19 Nov**	
Robert SPENCER	00:29:10	
Fareham	**19 Nov**	
Thomas MCCLEMENTS	00:21:30	
Jane ADLARD	00:23:39	
Simon GIBBON	00:27:13	
Andrew SMITH	00:38:03	
Wendy HOLLOWAY	00:38:26	

Lee-on-the-Solent	**19 Nov**	
Lewis BANNER	00:17:16	
Rob GREENWOOD	00:18:03	
David Matthew CASTLE	00:18:57	
James LEE	00:18:59	
Gareth CHARLES	00:19:02	PB
Simon HEARNDEN	00:19:30	
Mark MCDONALD	00:19:54	
Susie MACGREGOR	00:20:00	
Alethea ADAIR-STANTIALL	00:21:08	PB
Matthew EVANS	00:21:10	
John BLAKE	00:21:33	
Martyn POORE	00:23:47	
Andy DONN	00:24:28	
Andy LEE	00:26:58	
Cliff SHAW	00:28:22	
William GILL	00:29:12	
Tommy BLAKE	00:31:15	
Jenny HEARNDEN	00:34:53	
Catherine CHAMBERLAIN	00:37:37	PB
Kevin John ASHMAN	00:37:38	
Marie MCDONALD	00:37:38	
Janet SHAW	00:40:45	
Lucy CHIDGEY	00:43:40	
Louise DONAGHY	00:43:40	
Portsmouth Lakeside	**19 Nov**	
John SIMISTER	00:26:07	
Basingstoke	**26 Nov**	
Tomas STINSON	00:23:29	PB
Allan STINSON	00:31:53	
Southampton	**26 Nov**	
Stephen WILLIAMS	00:26:17	
Julie WOODMAN	00:28:19	
Southsea	**26 Nov**	
Kerryanne SAWYER	00:25:21	
Eastleigh	**26 Nov**	
Haydn BROWN	00:21:19	
Winchester	**26 Nov**	
Gordon WESTLEY	00:26:33	
Brockenhurst	**26 Nov**	
Robert SPENCER	00:29:57	
Homewood	**26 Nov**	
Lewis BANNER	00:17:21	PB

Netley Abbey	**26 Nov**	
Rebecca Margaret LORD	00:19:48	
David JEFFERY	00:20:41	
Steve TROTMAN	00:22:23	
Frances Louise LORD	00:23:12	
Del GRANGER	00:23:31	
Chris MCGAW	00:24:23	
William GILL	00:29:06	
Tilgate	**26 Nov**	
Terry FRENCH	00:35:49	
Ormeau	**26 Nov**	
Daisy HALL	00:19:48	
Thomas MCCLEMENTS	00:20:16	
Lee-on-the-Solent	**26 Nov**	
Susie MACGREGOR	00:19:43	
Adam JOEL	00:21:05	PB
Steve CUMES	00:21:10	
John BLAKE	00:21:26	PB
Victoria Kate JOEL	00:21:44	PB
Rachael OPENSHAW	00:22:19	
Michael LOVELL	00:22:28	
Michael WELLAND	00:22:49	
Zac CONATY	00:22:59	
Richard BURNS	00:23:04	
Russell MEAD	00:23:50	PB
Dawn HAYNES-SEWELL	00:24:07	
Tommy BLAKE	00:26:04	PB
Alison MCCORMICK	00:26:14	
Sara MCRITCHIE	00:26:35	PB
Jane BUTLER	00:27:11	
Jules DINWOODIE	00:28:10	
Cliff SHAW	00:28:28	
Janet SHAW	00:28:35	
Toby EVANS	00:29:25	PB
Kevin John ASHMAN	00:32:22	
Martyn BANNER	00:33:33	
Portsmouth Lakeside	**26 Nov**	
Andrew STOCKWELL	00:20:04	
Eileen DUFF	00:23:30	PB
John SIMISTER	00:26:10	
Fareham	**26 Nov**	
Andy LEE	00:24:04	
Paul SOUTHON	00:27:15	
Zoe DENNIS	00:32:18	
David MACSWAYNE	00:35:12	
Wendy HOLLOWAY	00:35:26	PB

farnham runners presents the bourne xc

round 3

Sunday 11th December@11am 2016

Farnham Runners would like to welcome you all to the 3rd round of the Southern Cross Country League All-terrain race series. The race will once again be held in The Bourne Woods, situated a short (15 minute) walk from our Clubhouse.

The Clubhouse is situated on The Bourne Green, approx two miles south of Farnham train station, just off the A287. The address is Cricket Lane. Lower Bourne, Farnham, GU10 3PR.

To enable everyone to enjoy the day, please ensure that all competitors have noted the following:

THE START

- The race start will be within the Bourne Woods. This is a 15 minute walk from the club house, so please allow time to get there.
- The race starts at 11am.
- Please DO NOT leave baggage at the start - the race finishes at a different location on the Bourne Green. Bags should be stored in the club house.

THE COURSE

- The 4.8 mile course follows a variety o undulating tracks, paths and trails through the ills and woods of Lower Bourne.
- The paths and trails are open to the public so runners many encounter walkers, cyclists and/or horse riders en-route. Please look out for other users of these woods and observe common courtesy when passing them.
- Please obey any and all requests by race marshals as you progress around the course.
- Look out for and follow the 'Day -Glo' arrows and red and white strip tape along the route.
- Sections of the route are on hard, flinty paths that can be very slippery when wet. **TAKE CARE!**
- There are sections of very loose stone. **TAKE CARE!**
- There are sections that are quite waterlogged and very muddy. You are very likely to slip and slide.**TAKE CARE!**

- Also, look out for tree roots on the course and low-hanging branches on either side of the paths.
- The course is not suitable for spikes. 'Trail' or 'off-road' shoes are recommended as there's about 600m of tarmac road.
- **Runners take part at their own risk.**

THE FINISH

- The finish to the race is on The Bourne Green, immediately outsie of the club house.
- Note that the last 600m of the course is in the tarmac surface of Dene Lane.
- Please do not obstruct the finish funnel or the 'run-in' by parking on The Bourne Green.

CAR PARKING

- There is very limited parking at the club house and the streets and lanes immediately around the club house are narrow and easily blocked.
- Please arrive early and park safely and legally.
- Please do not block residents' driveways and please do not make it difficult or them to access their properties.
- Wherever possible, please share lifts.

REFRESHMENTS

- There will be refreshments of sandwiches, cakes, tea and coffee available for the usual fee of £2 at the club house.

TOILETS AND CHANGING

- Facilities at the club house are very limited for the numbers who attend the race so two porta-loos are arranged.
- The club house does have separate male and female changing rooms which are not large but only has one set of showers. if ou do choose to use the changing facilities, please leave them as you found them, clean and tidy and please knock before using the shower.
- *If at all possible, please arrive already changed, having made any necessary 'pit-stops' en-route!*

COMPETITORS NOTES AND RULES

- Please ensure that all runners wear their club vests. Runners not wearing club vests will be pulled out of the race.

farnham runners presents

the bourne xc

round 3

Sunday 11th December@11am 2016

- Please observe the time-limits - No men who have run faster than 5.30min/mile over a measured race of 5 miles or longer in the twelve months pior to the start of this season. - No women who run faster than 6.00min/mile over a measured race of 5 miles or longer in the twelve months prior to the start o this season.
- Finally, we look forward to seeing you all on the 11th December and we hope hat everyone who attends enjoys the days, has a good race and some fun too!

Craig Tate-Grimes / **Race Directors**

Please remind all runners that they run at their own risk, that they should wear their club vests, appropriate footwear and they should be it enough o take part.

farnham runners presents

the bourne xc

round 3

Sunday 11th December@11am 2016

Directions to the clubhouse.

Good evening all,

As promised, please find below directions to Farnham Runners' clubhouse for Round 3 of SXCL to be hosted on Sunday 7th December:

From Bordon, travelling North-East along A325 towards Farnham
1. After passing 'Bird World' on your left (and before reaching Wrecclesham) turn RIGHT into Echo Barn Lane
2. After approximately three quarters of a mile, turn RIGHT into Burnt Hill Road
3. Continue all the way to the end of this road to a crossroads with Frensham Road
4. Turn RIGHT (take care)
5. Immediately after the small parade of shops, turn LEFT into Old Frensham Road
6. The Clubhouse is on the left at the end of the Green.

From Alton, travelling East along A31 towards Farnham
1. At the Coxbridge roundabout, turn RIGHT onto the A325 - Wrecclesham Road
2. Go under the bridge, past the pedestrian crossing and turn LEFT into School Hill (just before the Cricketers Pub)
3. At the staggered crossroads at the end of School Hill Road turn LEFT onto the Ridgeway
4. After approx 300 metres, turn RIGHT into Burnt Hill Road
5. Continue all the way to the end of this road to a crossroads with Frensham Road
6. Turn RIGHT (take care)
7. Immediately after the small parade of shops, turn LEFT into Old Frensham Road
8. The Clubhouse is on the left at the bottom of the Green.

From Hindhead, travelling North on the A287 towards Farnham
1. At Lower Bourne, immediately before the small parade of shops, turn RIGHT into Old Frensham Road
2. The Clubhouse is on the left at the end of the Green.

Finally if you have any queries, please let me know.

Craig Tate-grimes

Tate_grimes@hotmail.co.uk