The

GreenRunner

JANUARY 2017

South Downs Relay – Saturday 3rd June

An early heads up, around the prestigious South Downs Relay, which takes place on Saturday 3rd June. This is a 100 mile relay comprising of 18 legs running from Eastbourne to Winchester on the South Downs Way.

Each team comprises of 6 people and we will be looking to put in 3 teams, a Ladies, Men's A along with Men's B or Vets team. The race is a very enjoyable day with some good banter between teams. It is a tough day of running which requires runners to run 3 undulating 10ks in one day.

At the moment we would like anybody who is interested to get in touch with the respective Captains. Due to the high standards we need to be completing the event in 10 to 13 hours so we are looking for people who can achieve the following qualifying times, Ladies who can run sub 43 minutes for a 10k and Men who can run sub 40 minutes for a 10k. Whilst this isn't a black and white decision based on time only, it hopefully gives a clear indication of the standard required to be competitive in this event, and is based on our experiences over many years running the event.

Pre-race day, individuals will be expected to recce their legs a couple of times as the route isn't always clearly marked and there are no marshals to show you the way! We do try to go out in groups and make a social aspect of the reccing.

We also need a few extra special people beside the teams and they are marshals at Harting to do our checkpoint and guide runners across the roads and drivers to get runners between legs on the day.
If you would like to get involved with the event or want more information, either running, driving or marshalling, then please contact your captains, Andy or Marie.

A decision on teams will be made after the AGM which this year is on the 28th February.

For 5 years I have proudly led my troops in to battle as the Men's Captain and it is with some sadness that I'm stepping down. The main reasons is that I'm struggling to get to races and training with my shift patterns at work. I think it's only fair that the club has a Captain who can spend more in these areas.

I have been really over the moon with the results the Men have achieved over the years in my tenure especially great victories in the HRRL, Test West Relay, Hants XC and South Downs Relay. It's great to see over the last few years the ladies doing so well on the road and cross country events. Thank you everyone for all the support you have given me over the years.

I will be around to offer support to the incoming Captain and should anyone want to speak to me about the role then please get in touch.

Andy

FROM THE CHAIR

Happy New Year everybody and welcome to 2017. Not long now until our 10k race on Sunday 15th January and we are in the final stages of planning to ensure we have another successful event. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Please look out for the communication on the marshals/helpers meeting that is currently scheduled for Friday 13th January.

We are also approaching the time of the year for the AGM which will be held on February 28th. All the committee positions will be up for re-election and any member of the club can be nominated for any position. We know a number of the committee will be standing down at the Agm so we will definitely need a Vice Chairman, Coach, Mens Captain and Treasurer so please give some thought as to whether you can help the club by being nominated for any of these (or indeed any of the other positions) .

The current incumbents, Chris Hall, Penny Forse, Andy Simpson and Robert Spencer would be happy to give you further information. We are also looking for non-committee positions such as Social Sec, HRRL Sec, Green Runner editor etc. I am sure in a club of some 350 members that we have lots of members who would be willing to step forward and support the club. Look out for the AGM calling notice which will be sent late January/ Early February.

Finally I have some sad news – Dennis Woodward who was one of the original members of the club back in 1985 sadly passed away after a long illness shortly before Christmas. I have sent the club's condolences to his wife Pat, who was also a stalwart of the club over many years, please see the tribute to Dennis written by Penny Forse below.

Kevin

A Tribute to Dennis Woodward by Penny Forse

It is with great sadness that I write about Dennis Woodward, one of the stalwarts of Stubbington Green Runners, who passed away on 23 December after a long illness. Dennis served the club in many ways. He was an active runner with personal bests of 28m46s (1990 Victory 5 Miles), 36m39s (1989 Haslemere 10km), 59m26s (1989 Hayling 10 miles), 1hr20m19s (1989 Portsmouth Half Marathon) and 2hr58m00s (1991 London Marathon).

He was Men's Captain from 1987 to 1989, Green Runner Editor from 1988 to 2006, Membership Secretary from 2006 to 2008 and Chief Marshal for our 10km for many years. There were many other jobs he did behind the scenes to keep our club moving onward and upward including printing and delivering the Green Runner.

Speaking personally, I have a lot to thank Dennis for. He became my training buddy for several years when I joined SGR in 1993. At that time I was running just 3 miles twice a week at most. Dennis was a teacher and youth worker, working afternoons and evenings, so he and I ran together in the mornings. Initially he would run and chat while I gasped for breath, but with his patience and coaching experience I was soon able to keep up with him and could tackle races from 6km cross-countries to the London Marathon.

I'm sure you would all wish to join me in passing on our condolences to Dennis's wife Pat, who was also a SGR runner, and did a tremendous amount for the club as Chairman from 1988 to 1989 and Membership Secretary from 1989 to 2006, also to their daughters Carol and Kay and families

CAPTAINS CORNER

We hope everyone had a festive filled December. We started the month with our club awards evening where we had our special guest Andy Vernon receiving the montage award. We celebrated the achievements of our members over the year, with the following individuals receiving awards:

Time Trial Biggest Improver Julie Ashman
Most Improved Phil Hobby
Junior Award Jordan McRitchie
Female Marathon Gill Rose
Male Marathon Mike Welland
Female Performance Becky Lord
Male Performance George Howard
Ladies South Downs Way Relay, ladies 3rd place
Vet Female Nikki Roebuck
Vet Male Andy Stockwell
Senior Female Vicky Shaw
Senior Male Mike Gregory
Contribution Andy Simpson
Outstanding Achievement Sandra Abrams
Montage award Andy Vernon

Also the Time Trial Handicap Banding winners were Lewis Banner, Mark Eaton, Jack Tuckwell, Lottie Lord and Julie Ashman. Each received a running voucher.
The final HRRL event of 2016 took place the day after the awards evening, Victory 5 miler, where Beccy Lord was 3rd lady and we had many new PBs Kathy Chamberlain, Sara McRitchie, Rich Chowns, John Blake, Nikki/Chris Roebuck, Julie Ashman and Chris Stapleford, well done everyone that ran especially to Lindsay & Gary Drysdale-Pratt who ran their first Stubby race.

On the same day we had several individual's take on the Downland Devil 9, where Daisy Hall bagged 2nd lady, well done. Then we had Tina Chantery and David Castle brave the sun in Barbados taking on the 10k and the half Marathon, nice local run then!

We also had Mark McDonald complete the Bovington Marathon in December, as well as the half by Marie McDonald, well done.

The second weekend in December was busy with a clash of cross country events where we had the Southern Cross Country which took place at Farnham and the CC6 Janesmoor Pond both on the 11 December. Nikki Roebuck was 4th lady at the CC6, with Andy Simpson finishing 3rd. Daisy Hall was 1st lady at the Southerns Cross Country, well done everyone who took part.
In the CC6, Men were 2nd on the day and 4th overall with the ladies joint 5th on the day and lie joint 6th overall. There are two CC6 events taking place in January, the first is on the 8th at Badger Farm Winchester and the second on the 22nd at Kings Garn Inc, Romsey. Let's try and get as many runners out there.

For the Southerns Cross country we are currently in 6th position. In January there are two events, first is on the 2nd where it will be held at Lord Wandsworth College starting at 11am and the second event will be on the 22nd taking place at Manor Farm. We are hosting the event at Manor Farm and therefore we will need Marshalls to help out on the day so please contact Chris Hall, who will also be posting on Facebook to get volunteers for the day.

The Hampshire Cross Country league held an event on the 3rd December, well done to those who managed to get out in between Christmas shopping. The next event will be on the 14th January at Prospect Park Reading, the senior men are looking at being relegated unless they can pull off a minor miracle over the last two races! Nick Crane will have further information about results.

Congratulations to Beccy Lord who under the weather took part in the Southerns Inter-Counties Cross Country Championships and came 47th, well done.
On the 18th December we had our Mulled Wine Handicap, thanks to everyone that turned up and to Nick Kimber for organising the route, the mulled wine and mince pies after. Our winners were Marcus Lee and Julie Ashman.

Well done to everyone who completed the Portsmouth Coastal Marathon, perfect weather and even a PB by Sara McRitchie, great Christmas run. Nikki Roebuck also took on the Hooky Christmas Canter and was 5th lady and 2nd vet 35, well done.

The Twixmaus 10k took place with the Stubbie men taking the top 3 positions so congratulations to Rob Arkell 1st, after a gentle shove from Mike Gregory in 2nd and Rob Greenwood in 3rd.

South Downs Way Ultramarathon 50k saw Sarah Gardiner take on this challenge in sub 6 hours, well done Sarah.

2017 will see us starting the year with the first HRRL, with our own Stubbington 10k on the 15th January, do get behind this event as we need your support, if you haven't already do contact Mark McDonald to help as volunteer or marshal. If you are planning on running don't forget you need to offer up a volunteer in your place.

We also have the Hampshire Championships cross country event taking place on 7th January at Fairthorne Manor Botley and the Southerns Championships cross country taking place 28th at Parliament Hill London, good luck to those who have entered.

Downland Devil South Downs
9.1 miles

Offroad hilly cold frosty superb scenery 258 runners. Nick Crane

13th Daisy Clements 1.06.39 2nd lady 2nd year running
60th Nick Crane 1.16.27 53rd male 1st V60 2nd year running
82nd Andy Lee 1.21.26 70th male

TWIXMAS 10K

1	Rob Arkell	35:42.6
2	Mike Gregory	35:44.1
3	Rob Greenwood	35:52.0
16	Jordan McRitchie	40:47.7
36	Alethea Adair-Stantiall	44:13.3
96	Dawn Haynes-Sewell	51:51.2
113	Sara McRitchie	53:22.1
142	Andrew Miles	56:01.7
143	Elizabeth Miles	56:03.4
166	Alison Macswayne	58:31.7
216	Tracey Terry	05:07.8
242	David Macswayne	09:31.8
275	Lyndsey Adamson	21:39.3

PORTSMOUTH COASTAL MARATHON

29	Mike White	03:08:07
114	Richard Chowns	03:28:06
486	Sarah Gardiner	04:12:24
520	John Cox	04:18:34
522	George Howarth	04:18:51
633	Sara McRitchie	04:32:31
673	James Lewington	04:38:20
704	Gaynor Heffer	04:43:38
706	Karen Salmon	04:43:40
816	Simon Gibbon	05:05:28
846	Julia Webb	05:12:45
901	Robert Spencer	05:26:57
902	Michael Wootton	05:26:58
904	Amanda Knight	05:27:34
905	Sandie McIntosh	05:27:34
951	Amy Wadhams	05:42:54

Southerns Parliament Hill London Saturday 28th January

We have 15 Stubbington Green Runners entered via the club website and a few extra entered last minute direct? If you are interested in going by minibus let me know by Friday 6th January. Nick Crane
nick@cranen.wanadoo.co.uk

HAMPSHIRE CROSS COUNTRY Popham XC Saturday 3rd December

Sunshine cold dry undulating course and where were all the SG runners

Ladies	Men's
Penny Forse 82nd	Graham Martin 162 Nick Crane 169 Gordon Westley 172

Next Hants XC league series race Reading Prospect Park Saturday 14th January see facebook for car sharing.

SOUTHERN CROSS COUNTRY LEAGUE

Bourne Woods Farnham 11th December

Will Feline 26
Mike White 33
Robert Cranstone 60
Nick Crane 110
Mike Bell 111

and for the ladies
Daisy McClements 1
Lottie Lord 17
Penny Forse 51

2nd January Lord Wandsworth College

Jordan Mcritchie 38, Andrew Stockwell 56, Chris Hall 80, Andy Donn 125, Matt Evans 135, Nick Crane 155

and for the ladies winning team for the third time in four races this season Daisy McClements 3, Beccy Lord 4, Kelley Haniver 5, Kelly Wickens 23, Lottie Lord 24, Lara Evans 43, Francis Lord 73, Julie Ashman 94, Sara McRitchie 103 and Samantha Stockwell bringing the girls home.

Great running from all the Stubby team on a real tough course, The next race in the league is our own one at Manor Farm on 22nd January.

VICTORY 5

18	Mike Gregory	26:59:00
24	Lewis Banner	27:18:00
42	Rob Greenwood	28:23:00
92	Fred Davidson	29:58:00
105	Daniel Foster	30:28:00
125	Richard Chowns	31:13:00
126	James Lee	31:15:00
156	Mark McDonald	31:55:00
193	Graham Martin	32:52:00
230	Scott Shaw	34:02:00
238	John Blake	34:11:00
243	David Thorpe	34:23:00
247	Haydn Brown	34:18:00
291	Chris Stapleford	35:49:00
314	Jon Leigh	36:26:00
330	Chris Davidson	37:30:00
356	Russell Mead	38:34:00
398	John Simister	39:59:00
431	Andy Richardson	41:04:00
503	Robert Spencer	43:26:00
610	Gary Pratt	50:16:00

The next round of the Southern Cross Country League is our host race on 22nd January at 11am, it will take place at Manor Farm Coutry Park Bursledon.

We will need 25 marshalls from our club on the day plus a few to help with refreshments for afterwards in the activity hall, I appreciate that it comes just a week after a lot of you will have helped with the Stubbington 10k but if you could maybe enlist the help of family and friends that would be great. You can still run the race on the day in our colours but we do need marshals to make it work.

Please either email me hally.pfc@ntlworld.com or call me on 07874777036 I would be most grateful.
Chris Hall

72	Rebecca Lord	29:35:00
209	Nikki Roebuck	33:14:00
403	Marie McDonald	40:23:00
415	Katherine Chamberlain	40:49:00
420	Josie Roe	40:37:00
460	Sara McRitchie	41:54:00
479	Julie Ashman	42:33:00
544	Sarah Barron	45:40:00
552	Jules Dinwoodie	46:25:00
569	Lindsay Pratt	47:26:00

CHRISTCHURCH CHRISTMAS 10K

122	Richard Snell	45.27
123	Gill Rose	45.27

HOOKY CHRISTMAS CANTER 7

43	Nikki Roebuck	00:50:56

CC6 Janesmoor Pond

Andy Simpson	3
Mike Gregory	8
Daniel Foster	18
James Lee	26
Andy Stockwell	30
Andy Donn	57
Matt Evans	58
Andy Lee	74

Nikki Roebuck	4
Sally McGrath	19
Sara Mcritchie	27
Pam Kemp	47

HEARTBREAKER TAILWIND 10 MILE TRAIL RUN

149	Liz Weighell	01:55:55

PUB TO PUB

22	Martin, Philip	54.00
24	Richardson, Neil	54.20
31	Leigh, Jon	55.30
32	Chantrey, Tina	55.33
34	Castle, David	56.19
63	Adlard, Jane	1.02.37
64	Ashman, Julie	1.03.00
90	Martin, Sarah	1.13.58
95	Robinson, Sue	1.14.27

Bayside Autumn Duathlon Sprint Duathlon 5k / 20k / 5k

3	Boe Harper	01:14:01
68	Chris Davidson	01:32:20
121	Jules Dinwoodie	01:50:17

Bayside Autumn Duathlon Super Sprint 2.5k / 10k / 2.5k

9	Dawn Haynes Sewell	00:49:05
21	Ann Blake	00:54:20
30	Sarah Hobby	00:58:22

BOVINGTON MARATHON

17	Mark McDonald	03:34:34

BOVINGTON HALF MARATHON

159	Marie McDonald	02:08:39

TRAINING SESSIONS

Day	Date	Meet	Time	Location	Effort	Recovery
Mon	02/01/2017	Lord Wandsworth College	11am	No Session	Bank Holiday BUT it's the SXCL today!	Yes, we know it's a Monday!
Tue	03/01/2017	Locks Heath Sports Ground	7pm	Sports ground	Christmas is over capers	
Thu	05/01/2017	Locks Heath Sports Ground	7pm	Titchfield	Short Hills	Jog back down.
Mon	09/01/2017	Solent Hotel	6:30pm	Whiteley	Kenyan Hills - 4 x 6 min	2 min
Tue	10/01/2017	Locks Heath Sports Ground	7pm	Red Path loop	3 x 1.5ml with catch up on 2nd and 3rd reps	Jog/walk along Warshash rd
Thu	12/01/2017	Crofton Community Centre	7pm	Anker Lane	40 min of 1km loops	350m jog
Mon	16/01/2017	Solent Hotel	06:30	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	3 min
Tue	17/01/2017	Locks Heath Sports Ground	7pm	Top of Red Path	2x 8 short loops	3min between sets
Thu	19/01/2017	Locks Heath Sports Ground	7pm	Titchfield	Hilly Loops	
Mon	23/01/2017	Solent Hotel	06:30	Whiteley	25 mins - Long hill; Sprint to end	Jog back to cul-de-sac; jog to bottom
Tue	24/01/2017	HOLLY HILL LEISURE CENTRE	7pm	Holly Hill	Winter TIME TRIAL (1st)	N/A
Thu	26/01/2017	Crofton Community Centre	7pm	Hill Head	30 min of 600m near Osborne View	200m
Mon	30/01/2017	Solent Hotel	06:30	Whiteley	25 mins Pyramids of short hill sprints	Jog to bottom each time
Tue	31/01/2017	Locks Heath Sports Ground	7pm	Schooner Way	1 milel repetitions (3 to 5 or ~40min)	2min
Thu	02/02/2017	Locks Heath Sports Ground	7pm	Titchfield	A27 Rollers	Jog back down.

Frimley Lodge	03 Dec	
Jules DINWOODIE	00:29:29	
Eastleigh	**03 Dec**	
Haydn BROWN	00:27:09	
Winchester	**03 Dec**	
Rachel LEACH	00:26:20	
Netley Abbey	**03 Dec**	
Steve TROTMAN	00:21:58	PB
William GILL	00:29:18	
Robert SPENCER	00:30:54	
Tilgate	**03 Dec**	
Terry FRENCH	00:36:53	
East Coast Park	**03 Dec**	
Keith WHITAKER	00:27:11	
Lee-on-the-Solent	**03 Dec**	
Russ COLEMAN	00:18:11	
Simon HEARNDEN	00:18:39	
Susie MACGREGOR	00:19:53	
Andy DONN	00:21:27	
Victoria Kate JOEL	00:22:25	
David ABRAMS	00:22:51	
Richard BURNS	00:23:17	
Kate RANT	00:23:38	
Eileen DUFF	00:24:36	
Sara MCRITCHIE	00:27:01	
Louise TANNER	00:27:25	
Janet SHAW	00:28:46	
Russell MEAD	00:29:03	
Cliff SHAW	00:29:46	
Sandra ABRAMS	00:30:30	
Toby EVANS	00:31:06	
Claire JOHNSON	00:32:22	
Sandie MCINTOSH	00:34:51	
Fareham	**03 Dec**	
Boe HARPER	00:19:41	
Thomas MCCLEMENTS	00:20:02	PB
Daisy HALL	00:20:14	PB
David LANGRISH	00:23:00	
Andy LEE	00:23:06	PB
Paul SOUTHON	00:26:15	
John SALT	00:28:17	
Zoe DENNIS	00:29:53	PB
Wendy HALL	00:30:30	
Chris HALL	00:30:31	
Andrew SMITH	00:36:03	PB
Wendy HOLLOWAY	00:36:13	
Alison MACSWAYNE	00:46:05	
Coventry	**10 Dec**	
Seamus STINSON	00:21:01	
Tomas STINSON	00:24:04	
Allan STINSON	00:35:18	
Southport	**10 Dec**	
Rachael OPENSHAW	00:21:44	PB
Homewood	**10 Dec**	
Lewis BANNER	00:17:46	

Winchester	10 Dec	
Chris LEACH	00:21:15	
Gordon WESTLEY	00:24:40	
Rachel LEACH	00:30:27	
Netley Abbey	**10 Dec**	
Del GRANGER	00:22:33	
Chris DAVIDSON	00:23:09	
Jules DINWOODIE	00:28:57	
Stephen WALLBRIDGE	00:30:03	
Rockingham	**10 Dec**	
Wayne EWENS	00:19:48	
Lee-on-the-Solent	**10 Dec**	
Andy SIMPSON	00:17:01	
Rob GREENWOOD	00:17:20	
Russ COLEMAN	00:17:54	
David Matthew CASTLE	00:19:15	
James LEE	00:19:18	
Andrew STOCKWELL	00:19:31	
Simon HEARNDEN	00:19:42	
Susie MACGREGOR	00:19:53	
Marcus LEE	00:20:32	
Alethea ADAIR-STANTIALL	00:20:33	PB
Jordan MCRITCHIE	00:20:55	
Philip MARTIN	00:21:16	
Jon LEIGH	00:21:59	
Victoria Kate JOEL	00:22:20	
Lucinda LE GASSICK	00:22:44	PB
Andy LEE	00:22:47	
Kate RANT	00:23:42	
John COX	00:24:37	
Gaynor HEFFER	00:25:34	
Paul HAMMOND	00:25:34	
Phil HOBBY	00:25:43	
Sara MCRITCHIE	00:26:14	PB
Alison MCCORMICK	00:26:26	
Martin READ	00:27:56	
Janet SHAW	00:28:13	PB
Cliff SHAW	00:28:33	
Lisa DONN	00:28:42	
Louise TANNER	00:29:18	
Toby EVANS	00:29:41	
Claire JOHNSON	00:30:32	PB
Ludlow	**10 Dec**	
Keith WHITAKER	00:29:40	
Fareham	**10 Dec**	
Thomas MCCLEMENTS	00:19:42	PB
Chris HALL	00:22:19	
David LANGRISH	00:23:55	
Jane ADLARD	00:24:56	
John SALT	00:25:36	
Paul SOUTHON	00:25:47	
Robert SPENCER	00:28:07	PB
Wendy HALL	00:30:16	
Zoe DENNIS	00:32:38	
Natalie SUMMER-ANDERSON	00:34:17	
Wendy SMITH	00:38:18	
Andrew SMITH	00:41:11	
Basingstoke	**17 Dec**	
Allan STINSON	00:36:06	
Southampton	**17 Dec**	
Stephen WILLIAMS	00:25:18	
York	**17 Dec**	
David Matthew CASTLE	00:18:19	
Havant	**17 Dec**	
James LEE	00:19:39	PB
San CLARK	00:28:43	

Eastleigh	17 Dec	
Haydn BROWN	00:21:25	
Martin DE WIED	00:26:19	
Keith WHITAKER	00:27:59	
Winchester	**17 Dec**	
Gordon WESTLEY	00:24:05	
Chris LEACH	00:24:30	
Rachel LEACH	00:25:51	
Concord, Sheffield	**17 Dec**	
Natasha HINTON	00:29:17	
Netley Abbey	**17 Dec**	
Charlotte LORD	00:21:39	
Steve TROTMAN	00:21:50	PB
Rebecca Margaret LORD	00:22:21	
Stephen WALLBRIDGE	00:28:27	
Lanhydrock	**17 Dec**	
John SIMISTER	00:27:58	
Salisbury	**17 Dec**	
Peter KAY	00:21:57	
Lee-on-the-Solent	**17 Dec**	
Lewis BANNER	00:16:36	PB
Andrew STOCKWELL	00:19:26	
Susie MACGREGOR	00:19:33	
Matthew EVANS	00:20:52	PB
Chris DAVIDSON	00:22:24	
Lara EVANS	00:22:28	
Paul HAMMOND	00:23:38	
Russell MEAD	00:23:48	PB
Alison HESSELBERTH	00:24:14	PB
Richard BURNS	00:24:38	
Julie ASHMAN	00:25:14	PB
Tommy BLAKE	00:26:05	
Nikki ROEBUCK	00:27:02	
Jules DINWOODIE	00:27:58	
Janet SHAW	00:28:12	PB
Cliff SHAW	00:28:13	
Martyn BANNER	00:30:54	
Toby EVANS	00:31:52	
Kevin John ASHMAN	00:31:55	
Sara MCRITCHIE	00:32:10	
Simon GIBBON	00:32:11	
Jenny HEARNDEN	00:34:47	
Sittingbourne	**17 Dec**	
John SALT	00:26:19	PB
Portsmouth Lakeside	**17 Dec**	
Gareth CHARLES	00:19:01	
Julie WOODMAN	00:28:11	PB
Fareham	**17 Dec**	
Rob ARKELL	00:17:45	
David LANGRISH	00:23:44	
Jane ADLARD	00:23:58	
Zoe DENNIS	00:28:50	PB
Wendy HALL	00:29:53	
Natalie SUMMER-ANDERSON	00:31:17	
David MACSWAYNE	00:34:43	
Andrew SMITH	00:38:21	
Wendy SMITH	00:38:24	
Robert SPENCER	00:48:47	
Eastbourne	**24 Dec**	
Kelley HANIVER	00:19:12	
Eastleigh	**24 Dec**	
Keith WHITAKER	00:30:10	
Newbury	**24 Dec**	
Tomas STINSON	00:24:49	PB
Allan STINSON	00:35:48	

Winchester	**24-Dec**	
Gordon WESTLEY	00:23:56	
Roundhay	**24-Dec**	
Rachel LEACH	00:28:54	
Netley Abbey	**24-Dec**	
Rebecca Margaret LORD	00:19:50	
Neil RICHARDSON	00:21:56	
Chris MCGAW	00:22:21	
Del GRANGER	00:22:55	
Chris DAVIDSON	00:23:11	
Frances Louise LORD	00:24:00	
Stephen WALLBRIDGE	00:27:28	
Lee-on-the-Solent	**24-Dec**	
Andy SIMPSON	00:18:16	
Simon HEARNDEN	00:19:42	
David Matthew CASTLE	00:19:42	
Gareth CHARLES	00:19:43	
Andrew STOCKWELL	00:20:01	
Susie MACGREGOR	00:20:03	
Graham MARTIN	00:20:39	
Nikki ROEBUCK	00:20:45	
Mark MCDONALD	00:20:53	
Philip MARTIN	00:21:11	
Andy DONN	00:21:17	
Rachael OPENSHAW	00:21:48	PB
Hilary MISSELBROOK	00:22:09	PB
Harry ROEBUCK	00:22:12	
Lucinda LE GASSICK	00:22:26	PB
Matt EMERY	00:22:33	
Phil HOBBY	00:22:34	
Penny FORSE	00:23:00	
Martyn POORE	00:23:20	PB
John COX	00:23:31	
Sarah GARDINER	00:23:47	
Rob ANDERSON	00:24:29	
Zac CONATY	00:24:33	
John SIMISTER	00:24:54	
Alison HESSELBERTH	00:25:02	
Richard BURNS	00:25:11	
Adam JEFFERY	00:25:36	
Calum MCDONALD	00:25:37	
Marie MCDONALD	00:25:38	
Haydn BROWN	00:26:07	PB
Sam LEAHY	00:26:08	
Tina Louise CHANTREY	00:26:12	
Sara MCRITCHIE	00:26:16	
Russell MEAD	00:26:31	
Kate RANT	00:27:05	
Jules DINWOODIE	00:27:42	
Louise TANNER	00:28:23	
William GILL	00:28:51	
Lindsay PRATT	00:29:13	
Martin READ	00:29:15	
Richard BATTEN	00:30:02	
Holly STOCKWELL	00:30:06	PB
Amy WADHAMS	00:30:31	
Toby EVANS	00:31:15	
Helen BENSON	00:32:28	
Sarah BARRON	00:33:17	
Julie ASHMAN	00:33:53	
Michelle SIMPSON	00:34:25	
Kevin John ASHMAN	00:34:45	
Jenny HEARNDEN	00:35:28	
Steve CUMES	00:36:24	
Catherine CHAMBERLAIN	00:38:23	
Karen BARNICOAT	00:39:46	
Emma NEAL	00:39:47	
Sarah HOBBY	00:39:48	
Kelly Emma BENNETTS	00:39:49	

Fareham	**24-Dec**	
Russ COLEMAN	00:18:17	
James LEE	00:19:23	
Thomas MCCLEMENTS	00:19:32	PB
Daisy HALL	00:20:01	PB
Chris HALL	00:20:17	
Laura WAINWRIGHT	00:22:05	
Toby GREENFIELD	00:22:06	
Steve TROTMAN	00:22:34	
Jane ADLARD	00:24:57	
Andy LEE	00:25:35	
Paul SOUTHON	00:26:12	
Anne TROTMAN	00:27:42	
Wendy HALL	00:29:58	
Robert SPENCER	00:33:11	
David MACSWAYNE	00:36:24	
Wendy SMITH	00:36:35	
John SALT	00:55:23	
Southampton	**25-Dec**	
Julie WOODMAN	00:29:02	
Roundhay	**25-Dec**	
Rachel LEACH	00:32:04	
Chippenham	**25-Dec**	
Robert SPENCER	00:32:26	
Sedgefield	**25-Dec**	
David LANGRISH	00:24:50	
Netley Abbey	**25-Dec**	
Michael GREGORY	00:17:40	
Andy SIMPSON	00:17:49	
Daniel FOSTER	00:19:00	
Rebecca Margaret LORD	00:19:48	
Haydn BROWN	00:22:01	
Charlotte LORD	00:22:37	
Frances Louise LORD	00:24:22	
April BURROW	00:25:47	
Russell MEAD	00:27:55	
Katherine CHOWNS	00:29:03	
Jules DINWOODIE	00:30:08	
William GILL	00:32:39	
Harry ROEBUCK	00:32:42	
Nikki ROEBUCK	00:32:43	
Fareham	**25-Dec**	
Lewis BANNER	00:17:06	PB
Susie MACGREGOR	00:19:43	
Andrew STOCKWELL	00:20:42	
Graham MARTIN	00:20:51	
Rachael OPENSHAW	00:21:43	
Ray GUNNER	00:21:57	
Keith CARTER	00:24:12	
Cliff SHAW	00:26:12	
Sarah GARDINER	00:27:41	
Samantha STOCKWELL	00:29:45	
Holly STOCKWELL	00:30:32	
Natalie SUMMER-ANDERSON	00:30:49	
Shelley THOMAS	00:30:50	
Janet SHAW	00:31:45	
Martyn BANNER	00:32:58	
David MACSWAYNE	00:34:24	
Cardiff	**31-Dec**	
Rob ARKELL	00:17:13	
Southampton	**31-Dec**	
Andrew STOCKWELL	00:19:29	
Steve TROTMAN	00:22:21	
Samantha STOCKWELL	00:29:03	PB
Fareham	**31-Dec**	
Chris HALL	00:20:22	
Keith CARTER	00:24:05	PB
John SALT	00:26:41	
Haydn BROWN	00:27:12	
Simon GIBBON	00:27:38	
Toby EVANS	00:31:08	PB
Wendy SMITH	00:38:39	
Andrew SMITH	00:41:21	

Eastleigh	**31-Dec**	
Mike DONOVAN	00:27:22	
Keith WHITAKER	00:28:19	
Colchester Castle	**31-Dec**	
Claire JOHNSON	00:32:47	
Winchester	**31-Dec**	
Chris LEACH	00:21:42	
Gordon WESTLEY	00:24:12	
Rachel LEACH	00:28:04	
Netley Abbey	**31-Dec**	
Rebecca Margaret LORD	00:19:22	
Chris DAVIDSON	00:23:02	
Del GRANGER	00:23:55	
Frances Louise LORD	00:24:35	
Julia PARK	00:26:28	
Queen Elizabeth	**31-Dec**	
Martin DE WIED	00:28:04	
Newark	**31-Dec**	
Gareth SCADDAN	00:29:03	
Woking	**31-Dec**	
Martin READ	00:28:11	
Salisbury	**31-Dec**	
William GILL	00:28:55	
Lee-on-the-Solent	**31-Dec**	
Rob GREENWOOD	00:17:05	
Russ COLEMAN	00:17:54	
Simon HEARNDEN	00:19:01	
Susie MACGREGOR	00:19:31	
Nikki ROEBUCK	00:20:32	
Mike BELL	00:20:58	PB
Matthew EVANS	00:21:08	
Sam LEAHY	00:21:25	PB
Hilary MISSELBROOK	00:21:39	PB
John BLAKE	00:21:47	
Lara EVANS	00:22:16	
Tim MATTHEWS	00:22:22	
Andy LEE	00:22:57	
David ABRAMS	00:23:13	
Marie MCDONALD	00:23:30	
Mark MCDONALD	00:23:31	
Zac CONATY	00:23:45	
John SIMISTER	00:24:17	
Richard BURNS	00:24:40	
Dudley MALSTER	00:25:29	PB
Sara MCRITCHIE	00:25:51	PB
Russell MEAD	00:26:53	
Charlotte MAISEY	00:27:14	
Richard BATTEN	00:27:45	
Cliff SHAW	00:27:55	
Jules DINWOODIE	00:28:06	
Ann BLAKE	00:28:58	
Sandra ABRAMS	00:29:37	
Sandie MCINTOSH	00:30:31	
Kevin John ASHMAN	00:30:40	
Janet SHAW	00:30:42	
Martyn BANNER	00:30:45	
Sue ROBINSON	00:30:52	
Steve CUMES	00:32:47	
Michelle SIMPSON	00:34:19	
Hampstead Heath	**31-Dec**	
Robert SPENCER	00:31:51	
Ipswich	**31-Dec**	
Kelley HANIVER	00:19:57	
Belton House	**31-Dec**	
Natalie SUMMER-ANDERSON	00:31:17	
Portsmouth Lakeside	**31-Dec**	
Nick CLARKE	00:30:05	
Bicester	**31-Dec**	
Jon LEIGH	00:21:57	

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

We had the Victory 5 in December, another great turn out from the Green Army

31 runners which was enough for 3 ladies teams and 4 men's teams, thank you everyone I hope you had a great run. Beccy Lord finished in an amazing 3rd place for the ladies and there were lots of PBs including for some this was their first event.

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

Ladies name	team	team score
Becky Lord	A	100
Nikki Roebuck		
Marie McDonald		
Kathy Chamberlain	B	271
Josie Roe		
Sara McRitchie		
Julie Ashman	C	386
Sarah Barron		
Jules Dinwoodie		

Men's name	team	team score
Mike Gregory	A	124
Lewis Banner		
Rob Greenwood		
Fred Davidson		
Dan Foster	B	381
Rich Chowns		
James Lee		
Mark McDonald		
Graham Martin	C	670
Scott Shaw		
John Blake		
David Shaw		
Haydn Brown	D	829
Chris Stapleford		
Jon Leigh		
Chris Davidson		

And well done to Lindsay Pratt, Russell Mead, John Simister, Andy Richardson, Robert Spencer, Chris Roebuck and Gary Pratt.

BIG SHOUT OUTS

Congratulations to Gary Pratt completing his first 5mile race.

Lindsay Pratt your first running event wearing a Stubby T shirt

PB mentions :-

- Kathy Chamberlain 3.19mins off 5 mile PB and 15 secs off 5k PB
- Chris Stapeford 2.48mins off 5 mile PB
- Sara McRitchie new 5mile and 5k PB
- John Blake 1.32 mins off 5 mile PB
- Also big shout out to Nikki and Chris Roebuck on new PBs
- Julie Ashman 36secs off 5 mile PB

Full results of all the teams are available here

- Victory 5 - 04/12/16 HRRL race scores: teams individuals

Ladies A-Division 1		
Postion	Club	Score
1	Winchester	5
2	Lordshill	16
3	PompeyJ	19
4	Hedge End	23
Staying at **5**	**Stubb'ton**	**25**
6	Denmead	32
7	Farnham	35

Mens A-Division 1		
Postion	Club	Score
1	So'ton AC	12
2	Lordshill	16
3	PompeyJ	20
4	Winchester	25
Was 7 now **5**	**Stubb'ton**	**25**
6	Overton	27
7	Denmead	30

Ladies B-Division 1		
Postion	Club	Score
1	Winchester B	5
2	Winchester C	13
3	Lordshill B	22
4	PompeyJ	25
5	Hedge End B	31
Was 5 now **6**	**Stubb'ton B**	**33**
7	Fareham	34
8	Lordshill C	41
9	Hedge End C	49
10	Victory	51
11	IOW RR	53
12	Denmead	53
Staying at **13**	**Stubb'ton C**	**54**

Mens B-Division 1		
Postion	Club	Score
1	Lordshill B	8
2	Hedge End B	20
3	So'ton AC	24
4	Winchester B	25
5	Lordshill C	26
6	PompeyJ B	32
Staying at **7**	**Stubb'ton B**	**40**
8	Eastleigh	43
9	Denmead B	45
10	Fareham	46
11	Lordshill D	49
12	Hedge End C	53
13	Winchester C	56
14	Farnham B	66
Was 14 now **15**	**Stubb'ton C**	**71**

Ladies B-Division 2		
Postion	Club	Score
1	Eastleigh	9
2	Alton	30
3	Gosport	36
Was 4 now **7**	**Stubb'ton D**	**52**

Mens B-Division 2		
Postion	Club	Score
1	PompeyJ C	8
2	Salisbury	20
3	Victory	20
Was 12 now **10**	**Stubb'ton D**	**71**

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Right so what is next I hear you ask?

Well we have our very own Stubbington 10k, a great race with amazing volunteers.

There are over 200 tasks required to make this a success from Race Director, Leaflet Distribution, Car Parking, lead Bikes, Marshalls, Café/Kitchen team, Number/Registration, help desk, water position, finishers funnel, course set up, fun run and the list goes on. Over 100 people have already volunteered their own time to make this a success and I would very much appreciate more help please…….

If you can spare some time on Sunday 15th Jan 17 from between 8am and 1pm, I would like some of your time please to continue to make the Stubbington 10k a great run for all

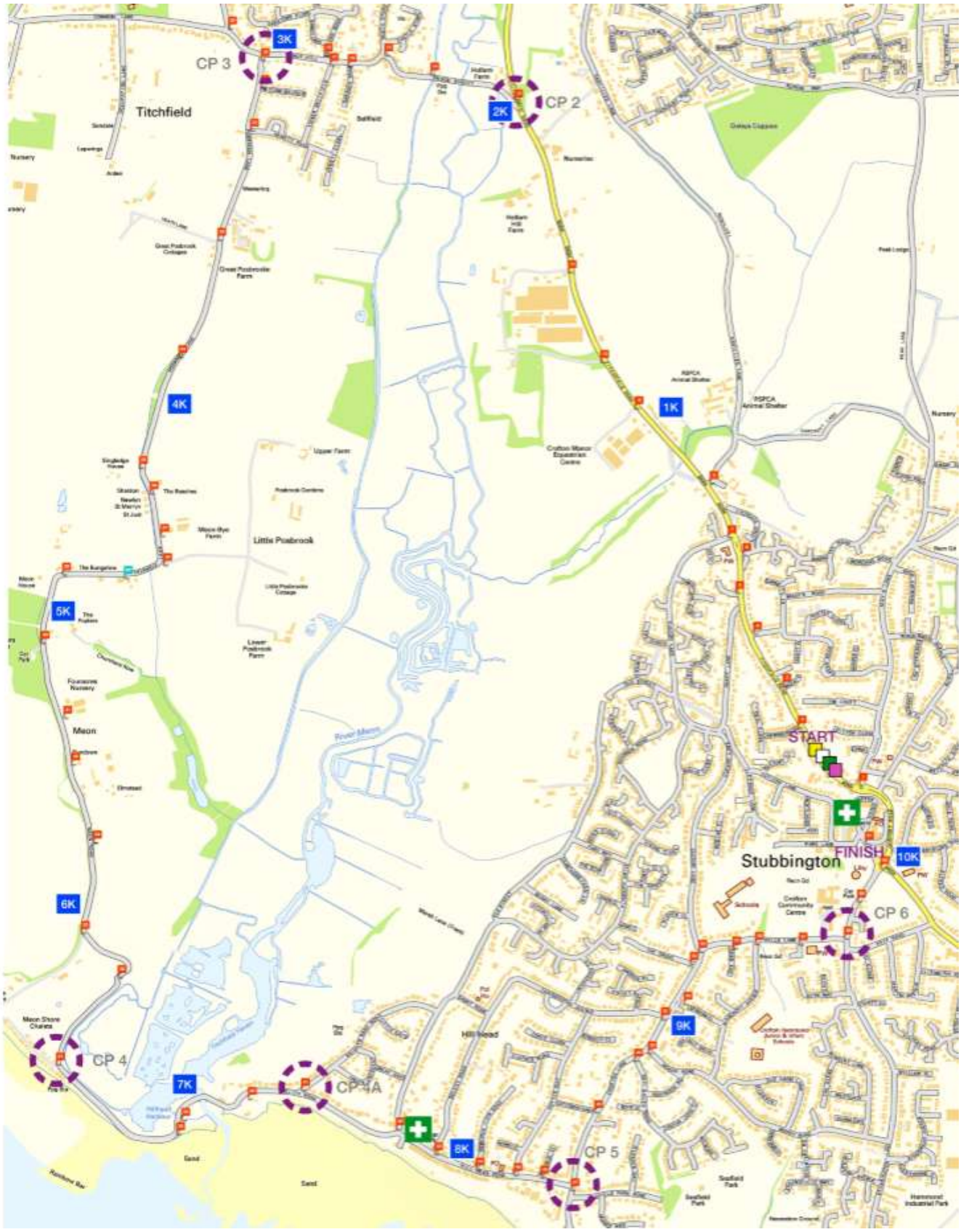
I am after people to help in the Café/Kitchen area (it's indoors, warm and dry) and there is plenty of hot drink and cake (for sale not just for you to eat and drink all of it), I am also after marshals around the course to ensure the runners and the public are aware of any potential hazards in the area, ensuring no incidents occur and enables the race to be a success.

If you or a family member / friend is available please contact me at hrrl-secretary@stubbingtongreenrunners.net.

Important:-

A briefing for all volunteers on Race Day will take place on Friday 13th Jan 17 at 6pm (finalise time tbc) in the Crofton Community Centre

Ok the route is 10k and can be followed by the orange flags on the map (Marshall Positions) and the KM markers in blue.



HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Races for February, we have the Ryde 10miler, another good run with only 600 entrants so get in soon to avoid any disappointment.

Race Date
Sunday 5th February 2017- Start Time 11am. (Closing Date 30th January 2017)
Click here to Enter.

Venue

Ryde Rowing Club, eastern end of Ryde Esplanade beyond the eastern end of Ryde Boating Lake. Post Code PO33 1ND

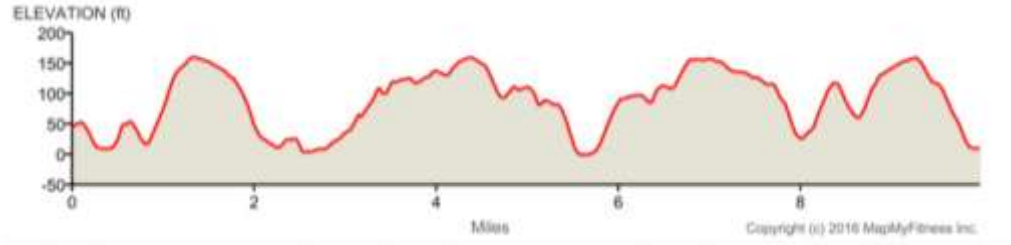
- The Rowing Club is 20 minutes walk along Ryde esplanade from the pier where the foot passenger ferries from Portsmouth land.
- Changing and Shower facilities are available at the venue as is Secure Bag Storage.

Travel

The Portsmouth to Ryde Wightlink Catamaran, hourly service departs Portsmouth 15 minutes past the hour.

Concessionary rate travel on Ferries may be offered by Wightlink details will be provided on entry.

The Route



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.

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 / Marshal Organiser).

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 a name and contact details to Mark of the person who will be a Marshal on the day on your behalf.

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

A briefing will be held Friday 13th January at Crofton Community Centre. 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