

The

GreenRunner

FEBRUARY 2017



Stubbington Green Runners AGM Call Notice 2017

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 28th February at 8pm at the Crofton Pub, Crofton Lane, Stubbington where we will have the meeting followed by refreshments. As we have a number of vacancies to fill on the Committee we are giving the membership the maximum possible time for nominations and ask that these are back with the Secretary (secretary@stubbingtongreenrunners.net) by Friday 24th February; nominations should simply be position, name and name of proposer.

If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

All of the Committee positions will need nominations. In addition we have a number of vacancies in non-committee roles, please see the positions below. I am sure that in a club of over 380 members we will have enough nominations to ensure a smooth transition of the Committee into the new year so don't be shy in going for Committee or non-committee roles that will allow you support the growth and progress the Club has made in the last few years.

To help people decide which positions they would like to be nominated for please find below a short description of each role.

Chairman – Chair club meetings and be the overall focal point for club matters

Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.

Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.

Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.

Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.

Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders

General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles

Green Runner Editor – Produce monthly newsletter

Social Secretary – Lead co-ordination of all social events of the club

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 24th February.

Kind Regards

Sue Robinson

Secretary – Stubbington Green Runners

FROM THE CHAIR

Sunday January 15th saw another awesome 10k race put on by Stubbington Green Runners. Thanks to everybody who ran, helped in some way or marshalled along the course – the amount of positive feedback we got following the race was testament to the hard work that the club members put into making it such a success.

If you have any feedback that could help us make the race even better (and we have already had some good suggestions) then please feel free to email me at

Chairman@stubbingtongreenrunners.net

You should have all seen the calling notice for the AGM which is scheduled for Tuesday February 28th at the Crofton Pub, and I look forward to seeing as many of you there as possible for the meeting as we need over 50 people for the meeting to be quorate. The meeting will be followed by refreshments, with the opportunity to socialise with other members of the club. As you will have seen we are looking for new committee members and we have some interest in the positions but we still need nominations for both a Men's Captain and General Committee members

so please don't be shy in coming forward for these positions and email Secretary@Stubbingtongreenrunners.net with your nominations.

I would just like to thank all the committee members for their contribution and support over the past year especially those who are not standing for re-election to their current positions, namely Penny Forse, Chris Hall, Andy Simpson and Robert Spencer.

I hope everybody continues to enjoy their running, whether they are going for PBs, training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running

Kevin



TRAINING SESSIONS

Mon	06/02/2017	Solent Hotel	06:30	Whiteley	25 mins of Leafy Lane Loops	Continuous run
Tue	07/02/2017	Locks Heath Sports Ground	7pm	Red Path	Speed play (Fartlek) session using lamp posts	3 min each end
Thu	09/02/2017	Crofton Community Centre	7pm	Lee seafront	Pyramid (1, 2, 4, turn 4, 2, 1 min) x 2 sets	1 min and 2 min between sets
Mon	13/02/2017	Solent Hotel	06:30	Whiteley	3 sets of 30s / 50s / 70s / 50s / 30s hills	Jog back down
Tue	14/02/2017	Locks Heath Sports Ground	7pm	Sovereign Crescent	2 x 4 x 800 (or ~40min)	Jog back to start
Thu	16/02/2017	Locks Heath Sports Ground	7pm	Titchfield	Short Hills	Jog back down.
Mon	20/02/2017	Solent Hotel	06:30	Whiteley	25 mins - Long hill; Sprint to end	Jog back to cul-de-sac; jog to bottom
Tue	21/02/2017	Locks Heath Sports Ground	7pm	St John's Road	Long and short hills x 6	On downhills
Thu	23/02/2017	Crofton Community Centre	7pm	Lee seafront	15 x 1 min (pavement or grass)	90s
Mon	27/02/2017	Solent Hotel	06:30	Whiteley	1 mile loops, (3 to 5 reps or about 40min)	2 min
Tue	28/02/2017	Locks Heath Sports Ground	7pm	Red path	3 x 1.5ml with catch up on 2nd and 3rd reps	Jog/walk along Warsash Rd
Thu	02/03/2017	Locks Heath Sports Ground	7pm	Titchfield	Hilly Loops	

CAPTAINS CORNER

What an action packed month we had with 7 club races, plus other races that our members were taking part in. So it was a blessing we had Hants XC race at Reading cancelled due to travelers!! The next race in the Hants XC league is the 11th February at Staunton Country Park and Reading has been rearranged to Saturday 4th March.

Many thanks to everyone who helped out to put on two brilliant races for the club, with our Stubbie 10k and Manor Farm XC, with special thanks to our two race directors Kevin Ashman and Chris Hall. Both races were a resounding success yet again but this only happens from all the planning and effort from everyone.

It was great to have the local support from our marshals and people on the street cheering us on. Can I also thank you Kev for giving me the honour of wearing No.1 in my last race as Men's Captain.

I did my best to lead out the race for as long as possible!! There were lots of runners on the day who bagged themselves PBs. The Stubbie runners managed to scoop some silverware with the men winning 1st team with Lewis Banner, Chris Brobin, Rob Arkell and myself. Individually we had winners with Laura Wainwright 2nd Vet 35, Susie MacGregor 3rd Vet 45, and Sandra Abrams 1st Vet 70. For the men we had me 2nd Vet 40, Mike White 3rd Vet 55, It was a massive surprise and honour to be the first recipient of the Dennis Woodward Trophy for 1st Stubbington Vet Male, along with Susie MacGregor as 1st Vet Lady.

The two shields were presented to the club by Pat Woodward in memory of her husband, Dennis who sadly passed away just before Christmas. Dennis was a founder member of the club and took on various roles for the club over the years and did a lot of work with the vets in the club.

The next HRRL is at Ryde on 5th February and the following race is the Eastleigh 10k on 19th March. The Southern's saw two races in January with Lords Wandsworth and our very own Manor Farm. Despite everyone marshalling we still got a few runners out and in the ladies race we had a 1-2 finish with Beccy Lord was 1st and Daisy Hall 2nd. A full write up should be coming from Chris Hall.

Hampshire XC Championships took place at Fairthorne Manor with lots of runners including a few juniors. Nick Crane has done a report. Congratulations to our ladies for winning bronze medals with the team comprising of Nikki Roebuck, Penny Forse, Lara Evans and Sally McGrath. Penny also won gold in her age category as a Vet 65.

Southern XC Championships were run at the infamous Parliament Hill where conditions I heard were kinder than most years but still with mud! The first Stubbies home were Becky Lord and Lewis Banner. See Nick's report.

CC6 also saw two races in January at Badger Farm and Kings Garn Inclosure with the latter clashing with our Manor Farm race. At Badger Farm we had 25 runners competing in green with ladies coming in 1st place with Laura Wainwright winning the race, Kelly Wickens 4th and Gill Rose 11th. The men were 4th on the day with Andy Simpson 2nd, Will Feline 13th, Dan Foster 33rd and Mark McDonald 41st. At Kings Garn we only had myself 4th and Dan Foster 22nd due to the clash. Currently both teams are 7th overall in the league. In the individual standings we have only two runners who have so far completed 4 races. I lead the men's race but will be overtaken in the next two races and Dan is an impressive 10th. The next race is at Dennywood on Sunday 19th February.

Romsey 5 mile race was run last weekend with Rob Greenwood shining on the course to pick up a 3rd place trophy and a massive new PB, congratulations Rob.

Our AGM is coming up on Tuesday 28th February at Crofton Pub it would be great to see as many people there as possible, to hear how the club is doing and ask any questions.



On Your Whistle 6 hour Challenge Hayling Island		
KATHY CHAMBERLAIN	30.6 MILES	05:25:11

Marrakech Marathon	
Kevin Scullion	03:50:00

**HAMPSHIRE CROSS CHAMPIONSHIPS FAIRTHORNE
MANOR SATURDAY 7th JANUARY**

U17 Women 5km Katie Simister 14th U11 Boys 2.15km Harry Roebuck 28th Cameron Sewell 74th U11 Girls 2.15km Grace Park 45th	Men's		
	Andy Simpson 36th 3rd M40		
	Russ Coleman 68th 49th SM		
	Andy Stockwell 94th 10th M45		
	Mike White 95th 3rd M55		
	Daniel Foster 97th 59th SM		
	Mark McDonald 116th 16th M45		
	Graham Bell 125th 14th M50		
	Gareth Charles 126th 66th SM		
	Peter Kay 128th 5th M60		
Ladies		Gordon Westeley 132nd 20th M45	
Nikki Roebuck 29th 4th W35		Graham James 135th 6th M55	
Penny Forse 49th 1st W65		Nick Crane 136th 6th M60	
Lara Evans 50th 6th W40		Andy Donn 140th 20th M40	
Sally McGrath 63rd 7th W50		Matthew Evans 142 21st M40	
Lucy May 71st 29th SW		Team Position	
Dawn Haynes Sewell 76th 11th W45		12th Andy Simpson, Russ Coleman, Andy Stockwell, Mike White, Dan Foster, Mark McDonald	
Sadie Bedford 77th 12th W45		15th B team Graham Bell, Gareth Charles, Peter Kay, Gordon Westley, Graham James, Nick Crane	
Becky Lord retired		7th vets	
Kate Rant retired		11th B team vets	
Team Position			
3rd Vet women team Nikki Roebuck, Penny Forse, Lara Evans, Sally McGrath			

Saturday 11th February
The venue has now been changed from QE2 to Staunton Country Park

Saturday 4th March
The cancelled January XC at Reading has now been rescheduled for March at Prospect Park Reading

ROMSEY 5 MILE		
3	Rob Greenwood	27.22
185	Russell Mead	38.51
361	Robert Spencer	45.44
380	Julie Dinwoodi	46.18
556	San Clark	53.38

SGR WINTER TIME TRIAL 3MILES
Lewis Banner 20:45
Jordan Mcritchie 20:50
Rich Chowns 22:24
Jack Tuckwell 22:31
Matt Emery 22:44
David Langrish 25:31
Liam Dredge 27:10
Steve Cumes 27:42
Simon Gibbon 27:42
Nick Crane 27:48
Mike Bell 27:48
Penny Forse 27:48
Sara McRitchie 28:38
Suzanne Woyke 29:59
Sarah Barron 30:03

CC6			
Badger Farm		1	Laura Wainwright
		4	Kelly Wickens
2	Andy Simpson	11	Gill Rose
13	Will Feline	15	Lara Evans
33	Daniel Foster	18	Penny Forse
41	Mark McDonald	22	Sally McGrath
52	Mike Bell	24	Frances Lord
61	Andy Donn	49	Pam Kemp
67	Matt Evans	62	Jules Dinwoodie
70	Steve Fidler	63	Sam Stockwell
71	Richard Snell	72	Natalie Flach
80	Nick Crane		
85	Chris Stapleford		
92	Gordon Westley		
106	Russell Mead		
116	Callum McDonald		
		Kings Garn Inclosure	
		4	Andy Simpson
		22	Daniel Foster

WINDSOR 20K		
2	Jon Leigh	01:33:42

Southern's XC Championships Parliament Hill		
Ladies		Men 62nd club position
70th Becky Lord 0.33.49		163 Lewis Banner 0.56.30
90th Daisy McClements 0.34.35		532 Will Feline 1.04.18
333rd Penny Forse 0.41.31		551 Mike White 1.04.53
574 runners		591 Andy Stockwell 1.05.44
U17 women		915 John Blake 1.14.49
89th Katie Simster 0.23.58		930 Nick Crane 1.15.12
U20 mens		954 Gordon Westley 1.16.22
86 Jordan Mccritchie 0.35.34		1068 runners

STUBBINGTON 10K

8	Rebecca Lord	38:10
18	Susie Macgregor	40:41
22	Laura Wainwright	40:49
26	Nikki Roebuck	41:16
33	Aletha Adair-Stantiall	42:50
40	Kelly Wickens	43:57
46	Tina Chantrey	44:25
51	Lucinda Le Gassick	44:30
55	Sylwia Ward	45:06
61	Lara Evans	45:19
67	Lottie Lord	45:30
83	Sally McGrath	47:35
90	Eileen Duff	48:03
123	Josie Roe	49:53
133	Alison Hesselberth	49:51
138	Dawn Haynes-Sewell	50:27
176	Sara McRitchie	52:23
190	Gemma Christie	53:07
215	Rachel Follett	54:09
226	Alison McCormick	54:52
234	Louise Tanner	55:19
235	Zoe Dennis	56:20
239	Charlotte Maisey	55:26
244	Marie Ackland	55:46
258	Aimee Neale Rampton	57:53
266	Jacqui O'Rourke	57:33
299	Janet Shaw	59:44
302	Sandra Abrams	59:47
331	Lindsay Pratt	01:01:14
340	Emma Taylor	01:01:33
348	Lynsey Adamson	01:02:22
351	Susan Bonnar	01:03:04

11	Lewis Banner	34:14
13	Christopher Brobin	34:29
16	Rob Arkell	34:37
18	Andy Simpson	34:57
20	Rob Greenwood	35:03
34	Russell Coleman	36:22
68	Andrew Stockwell	38:07
74	Mike White	38:27
83	William Feline	38:49
88	Chris Hall	38:52
129	Gareth Charles	40:00
144	Marcus Lee	40:40
146	James Lee	40:53
147	Richard Chowns	40:47
176	Philip Martin	42:13
216	Nick Crane	43:46
226	Graham Martin	44:13
241	Jack Webb	44:51
254	Michael Lovell	44:53
267	Simon Vingoe	45:30
288	Andy Lee	46:24
291	Tim Matthews	46:30
316	David Langrish	47:56
322	Chris Roebuck	48:18
337	Gavin Rennie	48:22
343	Ashley Lovell	49:15
370	John Simister	50:37
381	George Rennie	51:19
406	Michael Wootton	52:49
410	Darren Tanner	53:34
422	Andy Richardson	56:11
439	Cliff Shaw	59:44
444	William Gill	01:03:29
452	Phil Clark	01:07:13



Southampton	01 January	
Chris BROBIN	00:17:08	
Gareth CHARLES	00:20:39	
Steve TROTMAN	00:22:19	PB
Kate RANT	00:25:05	
Keith WHITAKER	00:28:24	
Southsea	01 January	
David Matthew CASTLE	00:20:28	
Nick CLARKE	00:32:17	
Havant	01 January	
James LEE	00:22:18	
Andy LEE	00:25:03	
David LANGRISH	00:25:12	
Eastleigh	01 January	
Gordon WESTLEY	00:24:27	PB
Keith WHITAKER	00:28:23	
Winchester	01 January	
Chris LEACH	00:27:28	
Rachel LEACH	00:31:12	
Dulwich	01 January	
Robert SPENCER	00:29:37	
Netley Abbey	01 January	
Steve TROTMAN	00:22:06	
Chris DAVIDSON	00:24:02	
Queen Elizabeth	01 January	
James LEE	00:23:10	
David LANGRISH	00:26:15	
Andy LEE	00:26:25	
Peckham Rye	01 January	
Robert SPENCER	00:29:52	
Lee-on-the-Solent	01 January	
Rob GREENWOOD	00:18:14	
Andrew STOCKWELL	00:19:38	
Susie MACGREGOR	00:19:55	
Matt EMERY	00:20:27	
Gareth CHARLES	00:21:06	
Philip MARTIN	00:22:19	
Del GRANGER	00:22:25	
Steve CUMES	00:23:23	
Jon LEIGH	00:23:58	
Nikki ROEBUCK	00:24:16	
Kate RANT	00:24:22	
Harry ROEBUCK	00:25:13	
Adam JEFFERY	00:26:00	
Louise TANNER	00:26:16	
Mike DONOVAN	00:26:23	
Sara MCRITCHIE	00:26:24	
Graham BELL	00:26:32	
Dudley MALSTER	00:26:36	
Charlotte MAISEY	00:29:09	
Julie ASHMAN	00:32:26	
Kevin John ASHMAN	00:32:48	
Janet SHAW	00:32:56	
Cliff SHAW	00:32:56	
Shelley THOMAS	00:42:50	

Southport	01 January	
Rachael OPENSHAW	00:21:09	PB
Fareham	01 January	
Rebecca Margaret LORD	00:19:19	
David Matthew CASTLE	00:19:36	
Ray GUNNER	00:22:00	
Haydn BROWN	00:22:20	PB
Frances Louise LORD	00:23:55	
John SALT	00:24:34	
Sarah GARDINER	00:24:46	PB
Simon GIBBON	00:25:40	
Russell MEAD	00:26:18	
Martin DE WIED	00:28:12	
Jules DINWOODIE	00:29:56	
Nick CLARKE	00:32:57	
Alison MACSWAYNE	00:39:50	
Bushy	07 January	
Lewis BANNER	00:17:01	
Basingstoke	07 January	
Allan STINSON	00:34:51	
Eastleigh	07 January	
Simon GIBBON	00:26:59	
Keith WHITAKER	00:29:36	
Martin DE WIED	00:40:14	
Winchester	07 January	
Chris LEACH	00:23:14	
Rachel LEACH	00:27:41	
Netley Abbey	07 January	
Steve TROTMAN	00:21:46	PB
Russell MEAD	00:25:26	
Stephen WALLBRIDGE	00:27:39	
Jules DINWOODIE	00:29:09	
Lucy Katherine WINDOW	00:32:09	
Alice Holt	07 January	
Frances Louise LORD	00:25:35	PB
Druridge Bay	07 January	
Rachael OPENSHAW	00:22:51	
Lee-on-the-Solent	07 January	
Chris BROBIN	00:16:47	PB
Rob GREENWOOD	00:17:16	
Susie MACGREGOR	00:19:38	
Richard CHOWNS	00:20:30	
James LEE	00:21:10	
Richard BATTEN	00:21:15	
Steve CUMES	00:21:18	
Hilary MISSELBROOK	00:22:11	
Victoria Kate JOEL	00:22:23	
Zac CONATY	00:23:44	
Emma COUGHLIN	00:24:25	
Jon PLOMER	00:24:50	
Charlotte MAISEY	00:26:34	
Louise TANNER	00:26:34	
Janet SHAW	00:29:45	
Cliff SHAW	00:29:45	
William GILL	00:29:54	
Sarah BARRON	00:30:18	
Katherine CHOWNS	00:30:27	
Sandra ABRAMS	00:30:38	
Libby EVANS	00:30:51	
Sarah HOBBY	00:31:22	PB
Claire JOHNSON	00:32:00	
Samantha STOCKWELL	00:32:02	
Kevin John ASHMAN	00:32:06	
Adam JOEL	00:35:29	

Havant	07 January	
Chris HALL	00:20:57	
Wendy HALL	00:31:57	
Portsmouth Lakeside	07 January	
Nick CLARKE	00:30:00	
Fareham	07 January	
Ray GUNNER	00:21:10	PB
Del GRANGER	00:21:54	
John SALT	00:24:31	
Dudley MALSTER	00:26:49	
Zoe DENNIS	00:28:56	
Natalie SUMMER-ANDERSON	00:29:21	
Martyn BANNER	00:31:29	PB
Robert SPENCER	00:31:48	
Wendy SMITH	00:39:29	
Alison MACSWAYNE	00:51:19	
Bicester	07 January	
Jon LEIGH	00:21:39	PB
Southsea	14 January	
Karen BARNICOAT	00:38:56	
Eastleigh	14 January	
Haydn BROWN	00:22:59	
Ryan THOMAS	00:28:24	
Keith WHITAKER	00:28:55	
Ally Pally	14 January	
Rachel LEACH	00:36:21	
Netley Abbey	14 January	
Gareth CHARLES	00:21:31	
Steve TROTMAN	00:22:09	
Del GRANGER	00:22:13	
Stephen WALLBRIDGE	00:26:43	
Lucy Katherine WINDOW	00:28:15	
William GILL	00:31:13	
Stewart, Middlesbrough	14 January	
Kerry DODSWORTH	00:24:04	
Queen Elizabeth	14 January	
Gaynor HEFFER	00:30:44	PB
Simon GIBBON	00:30:45	
Mike DONOVAN	00:30:46	
Lee-on-the-Solent	14 January	
David Matthew CASTLE	00:20:02	
Richard BATTEN	00:21:11	
Matt EMERY	00:21:14	
Tom CALLAWAY	00:21:46	
Adam JOEL	00:21:52	
Hilary MISSELBROOK	00:22:17	
Andrew STOCKWELL	00:22:47	
Mike BELL	00:22:48	
Jon PLOMER	00:23:23	
Richard BURNS	00:24:39	
Russell MEAD	00:24:51	
Michael WELLAND	00:25:06	
Kerryanne SAWYER	00:27:36	
Daniel HUGHES	00:27:54	
Dudley MALSTER	00:28:01	
Charlotte MAISEY	00:28:31	
Jules DINWOODIE	00:29:05	
Janet SHAW	00:29:53	
Cliff SHAW	00:29:54	
Victoria Kate JOEL	00:33:57	
Catherine CHAMBERLAIN	00:35:50	PB



Fareham	14 January	
James LEE	00:20:39	
Jane ADLARD	00:24:55	
Andy LEE	00:25:34	
John SALT	00:25:54	
Paul SOUTHON	00:26:48	
Robert SPENCER	00:27:23	PB
Alison MACSWAYNE	00:27:51	PB
David MACSWAYNE	00:33:06	
Wendy SMITH	00:40:32	
Andrew SMITH	00:43:02	
Ballincollig	14 January	
Allan STINSON	00:33:53	
Southampton	21 January	
Steve TROTMAN	00:22:07	PB
Stephen WILLIAMS	00:24:39	
Southsea	21 January	
Chris BROBIN	00:16:53	PB
Anna WILBY-LOPEZ	00:21:41	PB
Dawn HAYNES-SEWELL	00:24:37	
Tommy BLAKE	00:26:05	
John BLAKE	00:26:06	
Richard BATTEN	00:26:33	
Cameron SEWELL	00:29:43	
Eastleigh	21 January	
Andrew STOCKWELL	00:19:46	
Haydn BROWN	00:21:55	
Keith WHITAKER	00:28:53	
Samantha STOCKWELL	00:32:36	
Winchester	21 January	
Gordon WESTLEY	00:23:38	
Concord, Sheffield	21 January	
Natasha HINTON	00:32:17	
Netley Abbey	21 January	
Charlotte LORD	00:22:09	
Chris DAVIDSON	00:23:25	
Chris LEACH	00:25:16	
Stephen WALLBRIDGE	00:25:53	
Lucy Katherine WINDOW	00:27:13	
Rachel LEACH	00:28:19	
Robert SPENCER	00:34:42	
Wendy SMITH	00:42:50	
Andrew SMITH	00:43:43	
Queen Elizabeth	21 January	
Alethea ADAIR-STANTIAL	00:23:00	PB
Hagley	21 January	
Martin READ	00:26:52	
Harcourt Hill	21 January	
Jon LEIGH	00:21:33	PB

Lee-on-the-Solent	21 January	
Lewis BANNER	00:16:29	PB
Rob GREENWOOD	00:16:58	PB
Susie MACGREGOR	00:19:40	
James LEE	00:20:12	
Graham MARTIN	00:21:05	
Gareth CHARLES	00:21:11	
Victoria Kate JOEL	00:21:55	
Rachael OPENSHAW	00:22:02	
Daniel FOSTER	00:22:10	
Gavin RENNIE	00:22:20	
Michael WELLAND	00:22:34	
Mark MCDONALD	00:22:35	
Jon PLOMER	00:22:45	
Rob ANDERSON	00:22:56	PB
Richard CHOWNS	00:23:34	
Richard BURNS	00:23:38	
Eileen DUFF	00:23:40	
Emma COUGHLIN	00:24:00	PB
Gaynor HEFFER	00:24:50	PB
Adam JEFFERY	00:25:11	
Charlotte MAISEY	00:25:42	PB
Richard BAILEY	00:25:49	
Sara MCRITCHIE	00:26:03	
Helen BENSON	00:26:04	
Alison MCCORMICK	00:26:45	
Daniel HUGHES	00:26:49	
Gareth SCADDAN	00:27:26	
Amy WADHAMS	00:28:20	PB
Janet SHAW	00:29:00	
Cliff SHAW	00:29:00	
William GILL	00:29:02	
Martyn BANNER	00:29:11	
Kevin John ASHMAN	00:29:18	PB
Sarah GARDINER	00:30:16	
Kelly Emma BENNETTS	00:30:52	
Toby EVANS	00:31:07	
Matthew EVANS	00:31:20	
Portsmouth Lakeside	21 January	
Rob ARKELL	00:17:12	
Fareham	21 January	
Chris HALL	00:21:40	
John SALT	00:25:02	
Paul SOUTHON	00:25:26	
Alison MACSWAYNE	00:28:00	
Wendy HALL	00:32:35	
Natalie SUMMER-ANDERSON	00:32:58	
David MACSWAYNE	00:33:42	
Sue ROBINSON	00:37:02	
Sandie MCINTOSH	00:54:35	
Ballincollig	21 January	
Allan STINSON	00:33:52	
Frimley Lodge	28 January	
Jules DINWOODIE	00:31:05	
Hampstead Heath	28 January	
Thomas MCCLEMENTS	00:21:17	
Chris HALL	00:21:25	
Wendy HALL	00:32:45	
Eastleigh	28 January	
Russell MEAD	00:27:51	
Keith WHITAKER	00:29:06	

Lymington Woodside	28 January	
Charlotte MAISEY	00:28:03	
Winchester	28 January	
Rachel LEACH	00:32:22	
Netley Abbey	28 January	
Matt EMERY	00:20:55	
Del GRANGER	00:21:46	
Steve TROTMAN	00:21:52	
Cornwall	28 January	
Martin READ	00:28:10	
Queen Elizabeth	28 January	
Peter SIMPSON	00:26:45	
Bognor Regis	28 January	
William GILL	00:29:08	
Lee-on-the-Solent	28 January	
Simon HEARNDEN	00:18:21	
David Matthew CASTLE	00:18:54	
Susie MACGREGOR	00:19:45	
Richard BATTEN	00:20:33	
Gareth CHARLES	00:20:35	
Graham MARTIN	00:20:50	
Richard CHOWNS	00:21:21	
Tim MATTHEWS	00:22:25	
Nick KIMBER	00:22:46	
Michael WELLAND	00:22:49	
Richard BAILEY	00:22:59	
Richard BURNS	00:24:07	
Tommy BLAKE	00:24:32	PB
Helen BENSON	00:26:08	
Charlotte MAISEY	00:26:40	
Dudley MALSTER	00:27:48	
Gareth SCADDAN	00:28:10	
Amy WADHAMS	00:30:39	
Catherine CHAMBERLAIN	00:35:40	PB
Portsmouth Lakeside	28 January	
Jon PLOMER	00:22:08	
Fareham	28 January	
Chris BROBIN	00:17:16	
James LEE	00:20:08	
Ray GUNNER	00:21:37	
Mike BELL	00:21:49	
Jack WALLACE	00:22:20	PB
Jane ADLARD	00:24:47	
Julie ASHMAN	00:24:48	
Mark MCDONALD	00:24:48	
Paul SOUTHON	00:26:53	
Martin DE WIED	00:26:54	
Robert SPENCER	00:27:43	
John SALT	00:28:26	
Zoe DENNIS	00:29:16	
Kevin John ASHMAN	00:30:33	
Trina READINGS	00:30:51	
Sarah HOBBY	00:32:44	
Sue ROBINSON	00:32:45	PB
David MACSWAYNE	00:34:45	
Wendy SMITH	00:40:52	
Andrew SMITH	00:47:41	



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

We had our very own Stubbington 10k, where we had 153 volunteers from our own club and neighbouring clubs such as Gosport Road Runners, Hedge End and Fareham Crusaders. On race day itself 66 SGR runners took part, which was more than enough for 4 ladies teams and 4 men's teams, thank you everyone especially to those that volunteered and I hope you had a great run and there were lots of PBs.

Congratulations to Lewis Banner, Chris Brobin, Rob Arkell and Andy Simpson who won the team prize. We had a lots of winners vet prizes - Laura Wainwright, Susie MacGregor, Sandra Abrams, Mike White, Andy Simpson. In the junior run, Freya Roebuck achieved 1st and Ryan Simpson 3rd. Also Congratulations to Andy Simpson and Susie MacGregor who won the Dennis Woodward award.



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

Ladies name	team	team score
Becky Lord	A	48
Susie Macgregor		
Laura Wainwright		
Nikki Roebuck	B	99
Aletha Adair-Stantiall		
Kelly Wickens		
Tina Chantrey	C	152
Lucinda Le Gassick		
Sylwia Ward		
Lara Evans	D	211
Lottie Lord		
Sally McGrath		

Men's name	team	team score
Lewis Banner	A	58
Chris Brobin		
Rob Arkell		
Andy Simpson	B	196
Rob Greenwood		
Russell Coleman		
Andrew Stockwell	C	444
Mike White		
William Feline		
Chris Hall	D	685
Gareth Charles		
Marcus Lee		
James Lee	D	685
Richard Chowns		
Phil Martin		
Nick Crane		

And well done to Eileen Duff, Josie Roe, Alison Hesselberth, Dawn Haynes-Sewell, Sara McRitchie, Gemma Christie, Rachel Follett, Alison McCormick, Louise Tanner, Zoe Dennis, Charlotte Maisey, Marie Ackland, Aimee Neale Rampton, Jacqui O'Rourke, Janet Shaw, Sandra Abrams, Lindsay Pratt, Emma Taylor, Lynsey Adamson, Susan Bonnar, Graham Martin, Jack Webb, Michael Lovell, Simon Vingoe, Andy Lee, Tim Matthews, David Langrish, Chris Roebuck, Gavin Rennie, Ashley Lovell, John Simister, George Rennie, Michael Wootton, Darren Tanner, Andy Richardson, Cliff Shaw, William Gill and Phil Clark.

Full results of all the teams are available here

- [Stubbington 10 km](#) - 15/1/17 - HRRL race scores: [teams](#) [individuals](#)



Ladies A-Division 1		
Postion	Club	Score
1	Winchester	6
2	Lordshill	19
3	PompeyJ	25
4	Hedge End	27
Was 5 now 5	Stubb'ton	27
6	Denmead	39
7	Farnham	44

Mens A-Division 1		
Postion	Club	Score
1	So'ton AC	16
2	Lordshill	18
Was 5 now 3	Stubb'ton	26
4	PompeyJ	29
5	Winchester	31
6	Overton	32
7	Denmead	37

Ladies B-Division 1		
Postion	Club	Score
1	Winchester B	6
2	Winchester C	17
3	Lordshill B	25
4	PompeyJ	34
Was 6 now 5	Stubb'ton B	35
6	Hedge End B	37
7	Fareham	41
8	Lordshill C	52
9	Hedge End C	57
Was 13 now 10	Stubb'ton C	59
11	Victory	61
12	IOW RR	65
13	Denmead	66

Mens B-Division 1		
Postion	Club	Score
1	Lordshill B	11
2	Hedge End B	24
3	Winchester B	30
4	Lordshill C	32
5	So'ton AC	39
6	PompeyJ B	41
Was 7 now 7	Stubb'ton B	41
8	Eastleigh	45
9	Fareham	53
10	Denmead B	55
11	Lordshill D	62
12	Hedge End C	65
13	Winchester C	67
Was 15 now 14	Stubb'ton C	79
15	Farnham B	80

Ladies B-Division 2		
Postion	Club	Score
1	Eastleigh	11
2	Alton	42
3	Gosport	43
4	Hardley	51
5	Overton	52
Was 7 now 6	Stubb'ton D	62

Mens B-Division 2		
Postion	Club	Score
1	PompeyJ C	9
2	Victory	26
3	Salisbury	27
Was 10 now 10	Stubb'ton D	78



Races for February, we have the Ryde 10miler, another good run we have up to 18 runners going across.

Race Date

Sunday 5th February 2017- Start Time 11am. (Entries and transfers closed)

Venue

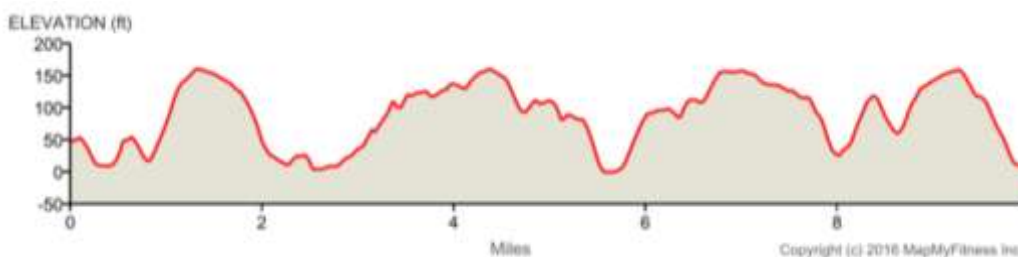
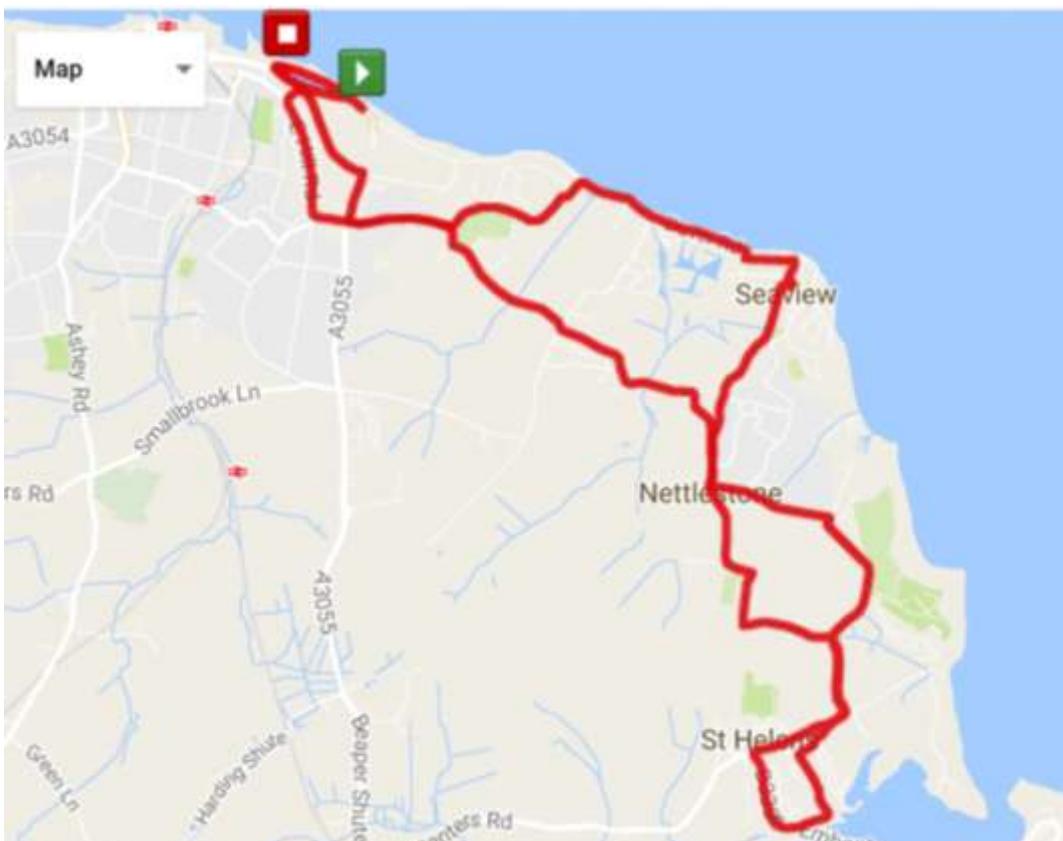
Ryde Rowing Club, eastern end of Ryde Esplanade beyond the eastern end of Ryde Boating Lake.
Post Code PO33 1ND

- 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.

The Route





Races for March, we have the Eastleigh 10k, a great 10k run, good for those after a PB.

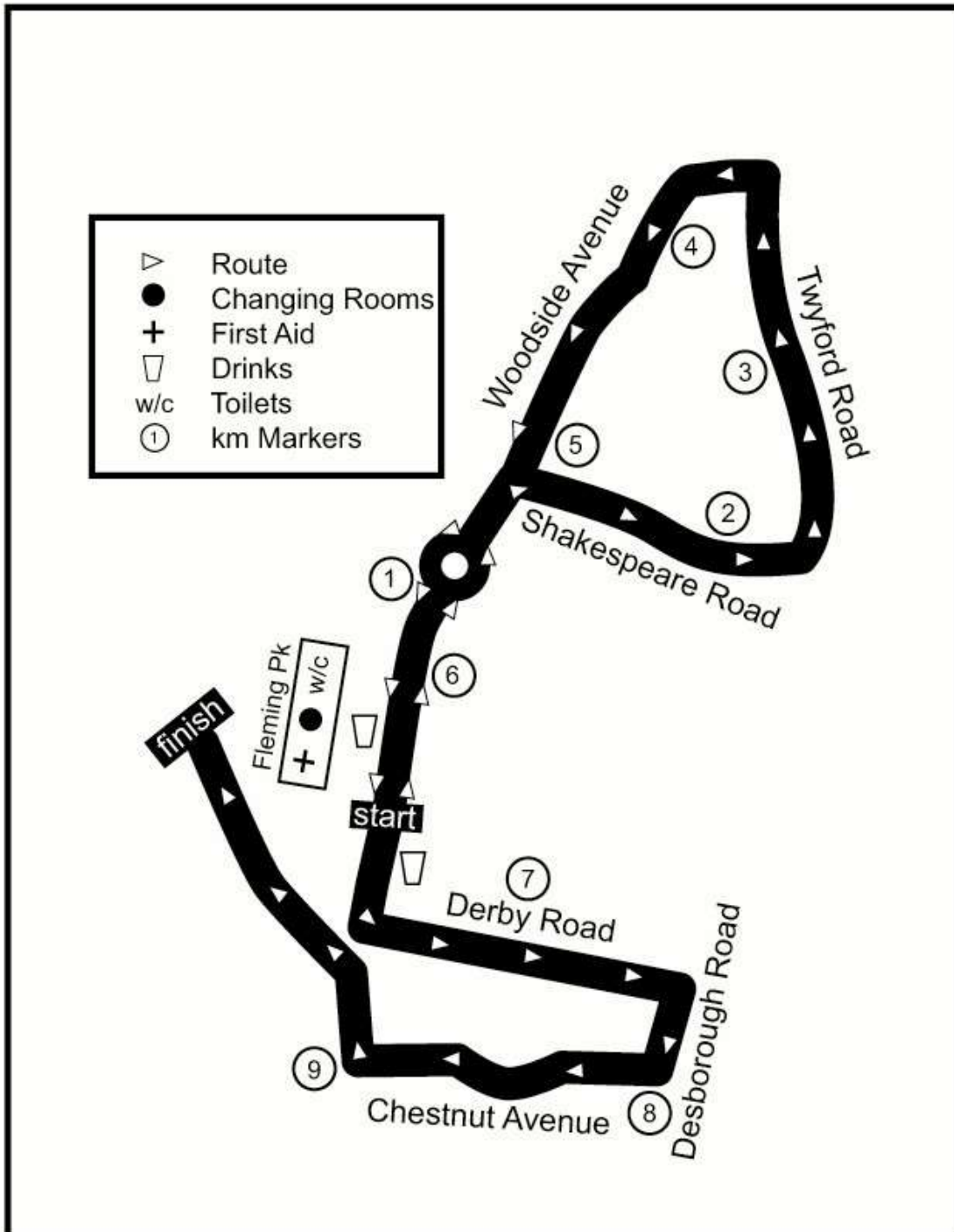
Race Date

- Sunday 19th March - Start Time 1030am. ([Enter online via Full on Sport \(+ £1.50 booking fee\)](#))
- Closing Date: Wednesday 1 March or when race limit of 2750 is reached.

Venue


- Fleming Park Leisure Centre, Eastleigh

The Route



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.