The

Green Runner

APRIL 2017

FROM THE CHAIR

Following the AGM it is good to welcome Andy Stockwell, Sarah Barron, Sara McRitchie and Marcus Lee to the committee for the coming year. Please remember if you have any concerns or issues you would like to be addressed then please feel free to talk to any members of the committee so that they can be discussed.

As usual April sees many spring marathons and I would just like to wish everybody who is doing them the best of luck whether it's their first or their fiftieth and hope you achieve everything you want to achieve.

April also sees the start of the RR10 series and kicks off on April 19th at Netley Royal Victoria Country Park and I look forward to seeing lots of you at these free, friendly, off road races. Details of the whole season are elsewhere in the Green Runner but do look out for requests for help from Neil Stantiall for our own race at Whiteley on July 12th.

On the social side we have the away day planned in the South Downs on Saturday 17th June when we are looking to have a number of relay teams in an intra club challenge – details about this can be found elsewhere in this Greenrunner.

Please remember there is still time to let me have your charity nomination for this year by emailing me at Chairman@stubbingtongreenrunners.net

Happy Running

Kevin

Calling runners of all abilities we need you for the South Downs Trail Marathon Relay on Saturday 17th June.

This is a fantastic club day out and an opportunity to have a touch of friendly club competition. We would like as many people as possible to enter no matter what your speed or level of fitness, we can cater for all. We aim to mix up teams of 4 so that no team has the advantage, making it an even playing field. We also hope we can put out a men's and ladies team who will race it out against other teams entered outside of the club. The relay consists of 4 legs, varying from 5.75 to 7.5 so you each get to run one leg. The day is rounded up with picnic in QE Park and club prizes will be awarded. For more details about the event please go to

https://www.209events.com/uk-running-events/south-downs-trail-marathon-slindon-to-qe-park-petersfield

If you would like to take part then please contact either

Andy Stockwell mens-captain@stubbingtongreenrunners.net

Marie McDonald ladies-captain@stubbingtongreenrunners.net

They can also be contacted through Facebook, as can Penny Forse who is helping organise the teams. There is also an event created on Facebook by Kevin Ashman.

CAPTAINS CORNER

Firstly welcome to our new Men's Captain Andrew Stockwell.

March has been another busy month, especially with those of you who have been preparing hard for the Spring Marathons. There certainly has been many a mile or two from training events, parkruns to quite a selection of road and off road events.

There has been the Selsey 10k, Maverick Sussex and Hampshire events, Larmer Tree Marathon, Larmer half where Hilary Misselbrook achieved 2nd lady in her age group, Larmer 20 miles (ish!), to New Forest 20, Wimborne 20, Grizzly and Cub, Fleet half, where Kelly Haniver was 3rd lady and bagged a PB as did Vickie Shaw. We also had 40 stubbies take on Reading half, there were a few PBs Chris Roebuck, Julie Ashman, Gemma Christie and Sam Stockwell completed her first half marathon well done Sam. Rob Arkell gave everything he had to get an impressive PB of 1.15.16 and not to forget our very own Andy Vernon taking first place. There were fantastic supporters there on the day too, thanks for making the trip. Competing with Reading there was Eastleigh 10k which is covered below and Knowle 10k which is another new local event.

We had 6 runners take on the local QE half marathon, with Nikki Roebuck as second lady, 5 runners also took on Cranleigh 21, and William Gill did Cranleigh 15 1st VM70. Will Feline took on the Llanbedr to Blaenavon Fell race and over the pond Julia Webb has been hard at it with the Seabrook Marathon and Texas Independence Relay event.

CC6 Cross Country League has now finished, thank you to everyone who supported this series. The last race was at Wilverley where Kelly Haniver was 1st lady and Dan Foster was first man in for stubby in 30th place. This year we didn't manage to get as many runners out, with ladies team finishing in 6th place, Pam Kemp was 42nd overall in the series and Sara McRitchie in 49th. The men's team placed 9th in the series, with Andy Simpson 4th overall in the series and 1st vet 40, with Dan Foster finishing 24th overall.

This month we also had the last of the Hampshire Cross Country league at Reading, where we had 3 runners run and Andy Simpson was 3rd vet on the day.

Well done to those who took part in the Eastleigh 10k HRRL event, especially given so many of our runners were at Reading. We still managed to get four ladies and mens teams on the day. A PB was achieved by Gareth Charles with a sub 40 result. Well done to the returning runners who took on the 10k and Sarah Northcott who ran her first 10k and got sub 1 hour, fantastic. Sara McRitchie will give more detailed results. Next HRRL is Salisbury 10 miles.

Our second winter time trial took place earlier this month where we saw a new course record set by Jordon McRitchie 20.13 and Penny Forse and Mike Bell were biggest improvers on the night, the next one is planned for 11 April. The summer time trails will start in May.

Now we have the extra light in the evening it will see the return of Thursday training sessions at Holly Hill, see the weekly schedule for when they are there. Also we see the start of the RR10s. We encourage as many of the club to give it a go, it's some great short off road running of 4-5 miles with an optional social drink in a designated pub afterwards. The first race is at Royal Victoria Country Park on Wednesday 19th April.

Although it was last month it deserves a mention; Penny Forse who has been our club coach recently took part in the National Cross Country Championships over 8k, and not only did she come 439 out of a field of 788 she was first F65 (as well as first F60) beating the GB F65 lady by 2.5 minutes, well done Penny.

On the 3 June we will have three teams of 6 entered to take part in the South Downs Way Relay, we will be looking for Marshalls to help out on the day at South Harting. If you are free and interested please let Marie or Andy know.

We want to wish all those due to take part in Marathons be that Paris, Brighton, London or any others, all the best in achieving your own personal goals and good luck.

SELSEY 10K

7	Andy	Simpson	00:36:18
19	andrew	stockwell	00:38:57
29	Thomas	McClements	00:40:54
73	Peter	Simpson	00:46:07
94	Lucy	May	00:48:31
158	George	Howarth	00:53:31
164	Dawn	Haynes-Sewell	00:54:24

BARCELONA MARATHON

David Landgrish	**03:52:00**

THE GRIZZLY

64	Mike White	02:53:07
292	Andrew Stockwell	03:24:31
592	Richard Bailey	03:48:55
1121	Simon Gibbon	04:30:13

THE CUB

277	Samantha Stockwell	01:58:10

WIMBORNE 20

84	Sylwia Ward	02:36:15
102	Daniel Foster	02:40:21
103	Nikki Roebuck	02:40:25
114	Tina Chantrey	02:43:59
211	Julie Ashman	03:20:38
250	Sarah Martin	03:59:12

RR10 2017

	2017 DATES	VENUE	TIME	ORGANISERS	DROP OUT
1	Apr-19	Royal Victoria Country Park	7.00pm	Southampton AC / Itchen	Halterworth
2	May-03	Stoney Cross	7.15pm	Totton RC	Romsey RR / Eastleigh RC
3	May-17	Wilverley, Sway	7.30pm	New Forest Runners	Hedge End
4	May-31	Recreation Ground, Blackfield	7.30pm	Hardley Runners	Winchester AC / Wessex RR
5	Jun-07	Fleming Park	7.30pm	Running Sisters / Halterworth	Southampton AC / Itchen
6	Jun-21	Manor Farm Country Park	7.30pm	Hedge End	New Forest
7	Jul-05	Marwell	7.30pm	Eastleigh RC	Hardley
8	Jul-12	Whiteley	7.30pm	Stubbington	Lordshill
9	Jul-19	Janesmoor Pond, Stoney Cross	7.30pm	Wessex RR / Romsey RR	Running Sisters / Stubbington
10	Aug-02	Itchen Valley Country Park	7.15pm	Lordshill RR	Totton
11	Aug-16	IBM Hursley Park	7.15pm	Winchester AC	none

LARMER TREE 20MILE

49	James	Lewington	03:37:04
106	Julie	Ashman	04:05:27
157	Sara	McRitchie	04:26:05
158	Katherine	Chamberlain	04:26:03
201	Sarah	Barron	04:50:05
222	Aga	Plombon	05:02:48
237	Sandie	McIntosh	05:20:16
238	Sue	Robinson	05:20:18

LARMER TREE MARATHON

112	George	Howarth	05:05:29
180	Lisa	Donn	05:30:44
181	John	Cox	05:30:50

LARMER TREE HALF

39	Gill	Rose	02:07:40
40	Richard	Snell	02:07:40
49	Hilary	Misselbrook	02:10:20
100	Julie	Ashman	02:26:43
194	San	Clark	02:54:35

WINTER TIME TRIAL

Jordan Mcritchie 20:13 (New record time)
Tim Mulcare 21:08
Gareth Charles 21:10
James Mackinnon 22:14
Jack Tuckwell 22:35
Matt Emery 22:50
Mike Bell 23:27 (Best male improver by 4min 21s !!)
Nick Crane 24:22
Martyn 'Tovski' Poore 24:43
Penny Forse 25:10 (Best female improver by 2min 38s)
Daisy McClements 26:02
Emily Johnson 26:03
Simon Gibbon 26:08
Andrew Holden 26:12
George Howarth 26:52
Sara McRitchie 28:03
Robert Spencer 29:40
Greg Rowe 30:57

FLEET HALF MARATHON

123	Kelly Haniver	01:24:10
333	Vickie Shaw	01:31:10
368	Chris Leach	01:32:14
1885	Rachel Leach	02:05:30

HANTS XC RACE PROSPECT PARK READING

Ladies	Men
47 Penny Forse	47 Andy Simpson 115 Gordon Westley

Overall Position end of season

Andy Simpson	Men 20th	Vet men 3rd
Gordon Westley	64th	31st

Next season races start late September

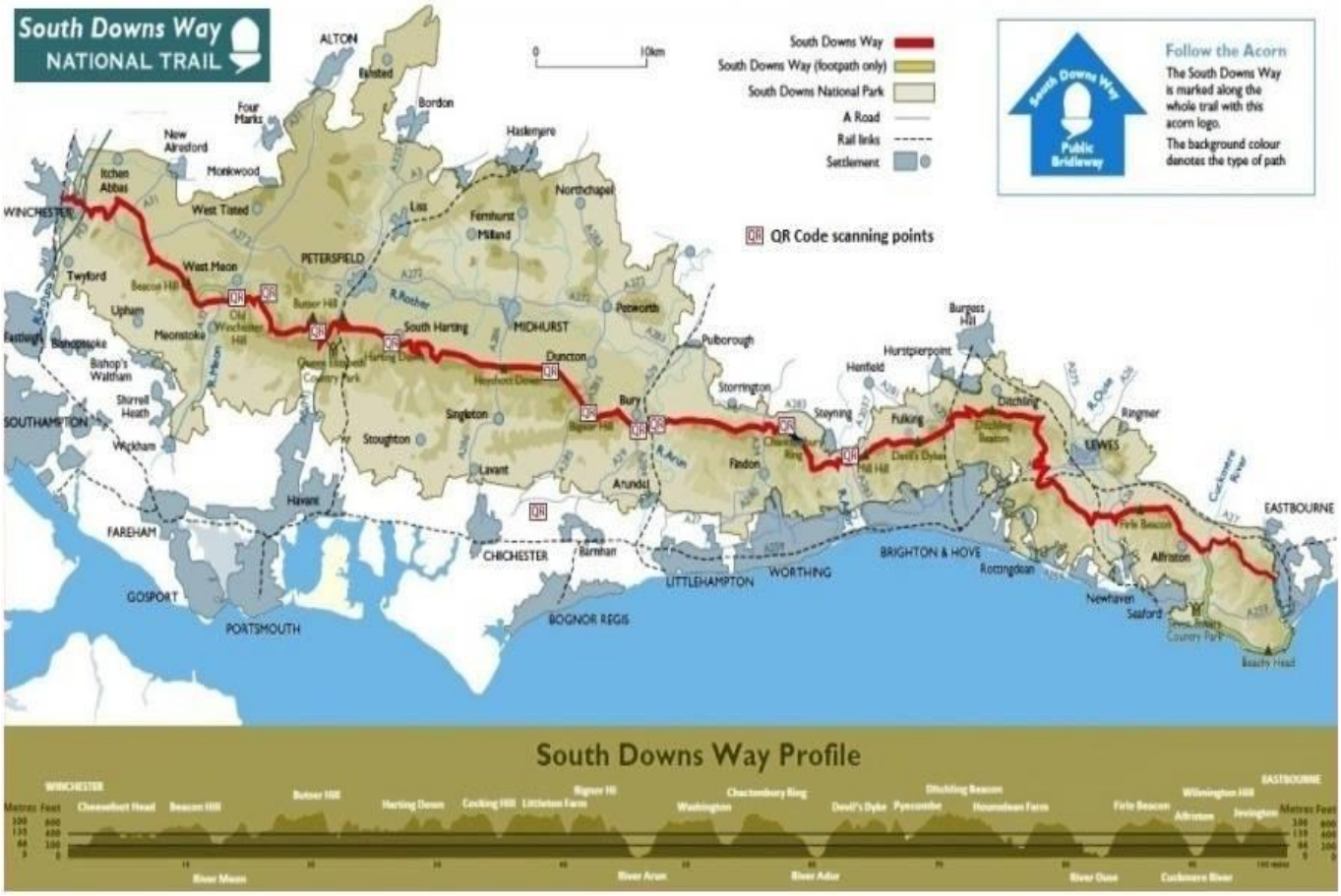
Nick Crane Hampshire XC Captain

South Downs Way Relay

For those that aren't familiar with this event it is an invitation only event for clubs based around the area that borders the South Downs Way. The event this year takes place on the 3rd June,
It is a 100 mile relay where teams consisting of 6 runners, each person running 3 legs each, race from east to west. It is highly competitive and taken very seriously where in the lead up to the event team members are encouraged to recce their legs on a number of occasions to ensure there are no mistakes on the day.

The teams for this year's South Downs Way Relay have been selected and are as follows:
Men's A: Team Mike Gregory, Andy Simpson, Pete Capdevila, Hugh Aggleton, Chris Brobin, Lewis Matthew.
Men's B: Team Rob Greenwood Andy Stockwell Graham Bell Marcus Lee James Lee Dan Foster.
Ladies Team: Beccy Lord, Sarah Cranstone, Kelley Haniver, Hillary Misselbrook, Lara Evans, Sally McGrath.

Good luck to everyone in their preparation for this special event.



EASTLEIGH 10K

70	Rob	Greenwood	00:35:24
95	Andy	Simpson	00:36:06
123	Russ	Coleman	00:37:07
177	Simon	HEARNDEN	00:38:13
211	Daniel	Foster	00:38:47
230	Gareth	Charles	00:39:13
322	kelly	Wickens	00:40:51
332	James	Lee	00:40:57
350	Marcus	Lee	00:41:22
362	David	Thorpe	00:41:38
367	Graham	Martin	00:41:48
409	steve	cumes	00:42:41
426	Matthew	Evans	00:42:54
450	Scott	Shaw	00:43:13
509	Haydn	Brown	00:43:51
533	Jon	Plomer	00:44:24
660	Steve	Fidler	00:45:51
721	Gavin	Rennie	00:46:50
742	Martyn	Poore	00:47:25
748	lara	Evans	00:47:26
818	Ashley	Lovell	00:48:19
823	Dan	Hughes	00:48:16
842	Russell	Mead	00:48:30
858	Richard	Burns	00:48:43
887	Paul	Coverdale	00:48:39
964	George	Howarth	00:49:58
1038	Katie	Rant	00:50:47
1194	Dawn	Haynes-Sewell	00:53:04
1319	Stuart	McNamara	00:54:23
1345	Helen	Benson	00:54:46
1351	Adam	Jeffery	00:54:49
1443	Michael	Wootton	00:55:41
1499	Robert	Spencer	00:56:21
1607	Jules	Dinwoodie	00:59:07
1668	Deborah	Madeira	00:59:01
1683	Claire	Mead	00:58:54
1748	Kelly	Bennetts	00:59:17
1764	Lindsay	Pratt	00:59:49
1788	Greg	Rowe	01:00:15
2101	Sarah	Hobby	01:06:10
2192	Sarah	Read	01:09:35
2263	Kate	Vaughan	01:12:01

READING HALF

99	Michael Gregory	01:15:00
101	Rob Arkell	01:15:16
348	Jordan Mcritchie	01:22:58
464	Graham Bell	01:29:45
692	Mark Mcdonald	01:30:43
798	Tom Callaway	01:33:23
847	Rich Chowns	01:33:00
1096	Nikki Roebuck	01:36:45
1343	Neil Richardson	01:39:43
1366	Ray Gunner	01:41:01
1500	Adam Joel	01:41:16
1842	Simon Vingoe	01:44:33
1930	Nick Kimber	01:46:05
2123	Victoria Joel	01:47:51
2180	Jonathan Grigg	01:44:02
2217	Peter Simpson	01:43:34
2993	Simon Ellis	01:51:01
3325	Marie Mcdonald	01:53:22
3764	Julie Ashman	01:52:00
4026	Gaynor Heffer	01:55:02
4126	Darren Tanner	01:52:01
4927	Gemma Christie	01:58:13
5011	Simon Gibbon	01:58:37
5230	Kathy Chamberlain	02:00:35
5240	Sara Mcritchie	02:00:40

CRANLEIGH 15

152	William Gill	03:02:19

CRANLEIGH 21

87	Phil Martin	02:44:57
191	Julie Ashman	03:08:28
308	Anne Trotman	03:45:06
325	Michael Wootton	03:53:26
327	Robert Spencer	03:55:10

CC6 Wilverley

Daniel Foster	S	30
Matt Evans	V40	50
Nick Crane	V60	71
Andy Donn	V40	61

Kelley Haniver	S	1
Pam Kemp	V50	37

The last race of the series which fell on a busy weekend of running, saw just 6 Stubbies competing. That said we managed to a men's team out who finished 10th with Dan Foster leading them home. The ladies race was won be our very own Kelley Haniver, congratulations on the win Kelley.

The CC6 series has seen 358 men and 253 women compete in the series and as a club we finished 7th overall in the Ladies and 9th in the Men. Thank you to everyone who has run in the league and taken results for me when I've been working.

A special mention to the following people below who completed the minimum 4 races to get a final placing.

BEST Of 4 Races

Position	NAME	CAT	Total
4 (1st V40)	Andy Simpson	V40	11
24	Daniel Foster	S	93
61	Matt Evans	V40	238
63	Andy Donn	V40	246
71	Nick Crane	V60	294

42	Pam Kemp	V50	186
49	Sara Mcritchie	V40	213

	Men's Teams	R8	R7	R6	R5	R4	R3	R2	R1	TOTAL
1	Lordshill	31	56	62	45	HOST	59	37	38	328
2	SAC	83	33	11	HOST	175	14	30	26	372
3	Eastleigh	84	46	74	25	80	94	91	HOST	494
4	STC	147	90	HOST	32	53	59	43	216	640
5	Winchester	179	146	95	HOST	114	134	100	61	829
6	Totton	120	HOST	58	125	121	170	143	146	883
7	Romsey	48	90	HOST	109	160	236	181	111	935
8	Hardley	155	246	115	144	80	HOST	150	135	1025
9	**Stubbington**	**212**	**203**	**220**	**89**	**55**	**220**	**HOST**	**74**	**1073**
10	Hedge End	132	183	252	155	138	121	210	HOST	1191
11	New Forest	HOST	94	106	329	159	241	215	261	1405
12	Netley	225	252	170	248	236	295	HOST	246	1672
13	Itchen Spitfires	236	148	311	269	303	331	252	HOST	1850
14	Halterworth	367	346	HOST	412	329	307	180	312	2253
15	Lymington Tri	HOST	540	388	512	252	232	217	283	2424
16	Lymington Athletes	HOST	263	388	512	400	464	298	358	2683
17	Wessex	421	444	384	512	HOST	420	360	385	2926

	Ladies	R8	R7	R6	R5	R4	R3	R2	R1	TOTAL
1	Lordshill	17	46	18	19	HOST	20	25	28	173
2	New Forest	HOST	21	28	85	45	32	69	43	323
3	Eastleigh	40	72	93	48	50	61	32	HOST	396
4	Hedge End	27	45	36	130	87	63	33	HOST	421
5	Winchester	150	219	47	HOST	20	23	13	24	496
6	**Stubbington**	**137**	**8**	**207**	**16**	**50**	**40**	**HOST**	**99**	**557**
7	Hardley	46	97	66	141	49	HOST	71	68	538
8	Romsey	47	121	HOST	43	70	167	74	84	606
9	Totton	58	HOST	75	66	119	63	180	66	627
10	SAC	130	141	72	HOST	63	191	73	38	708
11	Netley	108	117	85	141	79	148	HOST	127	805
12	STC	117	161	HOST	70	70	221	157	103	899
13	SRS	150	185	109	HOST	174	247	116	92	1073
14	Halterworth	150	115	HOST	168	126	215	100	219	1093
15	Itchen Spitfires	132	175	187	213	148	178	152	HOST	1185
16	Lymington Tri	HOST	219	207	243	101	163	209	140	1282
17	Wessex	150	219	207	243	HOST	306	216	206	1547

TRAINING SESSIONS

Mon	03/04/2017	Solent Hotel	6:30pm		Whiteley	25 mins Forest Lap Reps - effort on short side	Jog long side
Tue	04/04/2017	Locks Heath Sports Ground	7pm	Mike White	St John's park	6x(800,400)	30sec, 2.5min
Thu	06/04/2017	Holly Hill	06:30	Julie Ashman		Figure of 8 session	Recovery on the flat
Thu	06/04/2017	Mountbatten Centre, Portsmouth	7pm		Track	1200m Warm; 6 min test effort; 1200m with hard pace each straight; 1200m hard pace each bend; 1200m cool	2 to 3min between each set
Mon	10/04/2017	Solent Hotel	06:30		Whiteley	25 mins Short Hills	Jog back down
Tue	11/04/2017	HOLLY HILL LEISURE CENTRE	7pm	Mike White	Holly Hill	Winter TIME TRIAL (3rd)	
Thu	13/04/2017	Crofton Community Centre	7pm		Lee seafront	6x600m	200m jog recovery
Mon	17/04/2017	No Session (Bank Holiday)					
Tue	18/04/2017	Locks Heath Sports Ground	7pm		Chilling field	2x2ml (tempo pace); Steady for those doing RR10 this week	1min only
Thu	20/04/2017	Holly Hill	06:30	Julie Ashman		Rollercoasters	Downhills
Mon	24/04/2017	Solent Hotel	06:30		Whiteley	Kenyan Hills 4 x 6 mins	2 mins rest
Tue	25/04/2017	Locks Heath Sports Ground	7pm	Mike White	Chilling field top track	(1 + 4 + 1)x1km, vVo2 pace efforts	3min static revovery
Thu	27/04/2017	Crofton Community Centre	7pm		Lee seafront	4min tempo; 2 x (60s,75,90,75,60); 3min tempo	45s, 2min between sets
Mon	01/05/2017	No Session (Bank Holiday)					
Tue	02/05/2017	Locks Heath Sports Ground	7pm		Fisherman's rest	Long and short hills (Meet at car park opposite Titchfield Mill)	Jog back down
Thu	04/05/2017	Holly Hill	06:30	Julie Ashman		I mile fartlek loop	Runners' Choice
Thu	04/05/2017	Mountbatten Centre, Portsmouth	7pm			WU; 6x300m with 100m walk recovery; 6x150m with 50m walk rec	400m jog between sets

Basingstoke	**04 March**	
Tomas STINSON	00:23:56	
Finsbury	**04 March**	
Robert SPENCER	00:31:19	
Southsea	**04 March**	
Graham MARTIN	00:20:02	
Eastleigh	**04 March**	
Haydn BROWN	00:22:48	
Keith WHITAKER	00:29:28	
Netley Abbey	**04 March**	
Rebecca Margaret LORD	00:19:13	
Clonakilty	**04 March**	
David LANGRISH	00:24:23	
Lee-on-the-Solent	**04 March**	
Lewis BANNER	00:16:54	
Jordan MCRITCHIE	00:18:50	PB
Simon HEARNDEN	00:19:08	
James LEE	00:19:18	
Andrew STOCKWELL	00:19:37	
Marcus LEE	00:20:11	
Tom CALLAWAY	00:20:48	
Steve CUMES	00:20:51	
Michael WELLAND	00:22:05	
Tim MATTHEWS	00:22:46	
Paul HAMMOND	00:23:45	
Adam JEFFERY	00:25:53	
Charlotte MAISEY	00:26:06	
George HOWARTH	00:26:28	
Libby EVANS	00:26:36	
Matthew EVANS	00:26:37	
Sara MCRITCHIE	00:26:44	
Martin READ	00:26:56	
Julie ASHMAN	00:27:07	
Kelly BENNETTS	00:28:01	
Kevin ASHMAN	00:29:30	
Amy WADHAMS	00:29:32	
Martyn BANNER	00:29:41	
Janet SHAW	00:29:51	
Toby EVANS	00:30:03	
Sarah BARRON	00:30:47	
Claire MEAD	00:30:54	
Sarah READ	00:31:08	PB
Catherine CHAMBERLAIN	00:34:53	

Fareham	**04 March**	
Gareth CHARLES	00:19:21	PB
Kate RANT	00:24:47	
John SALT	00:25:58	
Simon GIBBON	00:26:09	
Zoe DENNIS	00:28:57	
Sue ROBINSON	00:32:46	
Tom MELLOR	00:32:49	
Wendy SMITH	00:39:55	
Andrew SMITH	00:46:45	
Queen Elizabeth	**04 March**	
Peter SIMPSON	00:23:59	PB
Martin DE WIED	00:30:20	
Samantha STOCK-WELL	00:34:51	
Claire JOHNSON	00:36:09	
Lucy MAY	00:47:54	
Southampton	**11 March**	
Stephen WILLIAMS	00:19:58	
Gavin RENNIE	00:33:29	
Havant	**11 March**	
Gareth CHARLES	00:19:42	PB
Martyn POORE	00:23:08	
Kate RANT	00:25:44	
Charlotte MAISEY	00:27:20	
William GILL	00:30:09	
Eastleigh	**11 March**	
Keith WHITAKER	00:29:19	
Winchester	**11 March**	
Daniel FOSTER	00:19:31	
Gordon WESTLEY	00:23:30	
Concord, Sheffield	**11 March**	
Natasha HINTON	00:30:40	
Abingdon	**11 March**	
Sam BELL	00:29:41	
Netley Abbey	**11 March**	
Charlotte LORD	00:20:43	PB
Steve TROTMAN	00:22:14	
Brandon Country Pk	**11 March**	
Chris LEACH	00:20:33	
Rachel LEACH	00:28:40	
Chichester	**11 March**	
Martin DE WIED	00:28:29	

Lee-on-the-Solent	**11 March**	
Lewis BANNER	00:16:50	
Rob GREENWOOD	00:17:04	
Andy SIMPSON	00:17:50	
Will FELINE	00:18:17	
Jordan MCRITCHIE	00:18:26	PB
Steve CUMES	00:20:17	PB
Marcus LEE	00:20:48	
Jon PLOMER	00:20:56	
Mike BELL	00:21:11	
Steve FIDLER	00:21:20	PB
Laura WAINWRIGHT	00:21:22	
Michael WELLAND	00:22:26	
Tommy BLAKE	00:22:57	PB
Russell MEAD	00:23:59	
Alison MCCORMICK	00:25:13	PB
Rebecca WHITE	00:25:36	
Martin READ	00:27:10	
Kelly BENNETTS	00:27:50	
Sarah NORTHCOTT	00:27:52	PB
Sara MCRITCHIE	00:28:07	
Matthew EVANS	00:28:30	
Claire MEAD	00:28:32	
Janet SHAW	00:28:57	
Cliff SHAW	00:28:58	
Claire JOHNSON	00:28:58	PB
Toby EVANS	00:29:18	PB
Sarah READ	00:30:06	PB
Louise TANNER	00:31:21	
Caz LEE	00:31:58	PB
Jenny HEARNDEN	00:34:22	
Catherine CHAMBERLAIN	00:34:32	
Portsmouth Lakeside	**11 March**	
Stuart HISCOCK	00:21:47	
Fareham	**11 March**	
Andrew STOCKWELL	00:20:38	
Rob ANDERSON	00:22:51	PB
John SALT	00:27:02	
Robert SPENCER	00:27:42	
Tom MELLOR	00:30:35	
Martyn BANNER	00:30:45	PB
Samantha STOCKWELL	00:31:35	
Alison MACSWAYNE	00:32:47	
David MACSWAYNE	00:33:14	
Wendy SMITH	00:36:24	
Bushy	**18 March**	
Karen BARNICOAT	00:31:37	

Brockenhurst	**18 March**	
Daniel FOSTER	00:21:01	

Basingstoke	**18 March**	
Seamus STINSON	00:23:24	
Tomas STINSON	00:23:35	

Winchester	**18 March**	
Gordon WESTLEY	00:23:17	

Netley Abbey	**18 March**	
Nikki ROEBUCK	00:20:53	PB
Steve TROTMAN	00:21:07	PB
Martyn POORE	00:23:06	

Humber Bridge	**18 March**	
Liz WEIGHELL	00:32:03	

Lee-on-the-Solent	**18 March**	
Andrew STOCKWELL	00:20:41	
Jon PLOMER	00:22:43	
Michael WELLAND	00:22:48	
Tim MATTHEWS	00:23:00	
Ashley LOVELL	00:23:05	
James LEE	00:23:17	
Andy LEE	00:23:18	
Richard BURNS	00:26:22	
Steve CUMES	00:26:31	
Helen BENSON	00:26:32	
Rebecca WHITE	00:26:47	
Tommy BLAKE	00:27:00	
Russell MEAD	00:28:02	
Matthew EVANS	00:28:29	
Martin READ	00:28:46	
Janet SHAW	00:29:33	
Cliff SHAW	00:29:33	
Marie MCDONALD	00:29:40	
Julie ASHMAN	00:29:41	
Kevin ASHMAN	00:29:56	
Sara MCRITCHIE	00:29:58	
Amy WADHAMS	00:30:36	
Sarah BARRON	00:32:45	
Catherine CHAMBERLAIN	00:33:41	
Jenny HEARNDEN	00:35:24	
Mark MCDONALD	00:36:49	
Lucy CHIDGEY	00:40:25	PB
Keith WHITAKER	00:43:35	

Fareham	**18 March**	
Chris LEACH	00:20:43	
Jack WALLACE	00:24:33	
Simon GIBBON	00:25:45	
John SALT	00:27:13	
Rachel LEACH	00:28:25	
Martyn BANNER	00:28:37	PB
Robert SPENCER	00:28:40	
Tom MELLOR	00:30:54	
David MACSWAYNE	00:34:22	
Andrew SMITH	00:41:40	

Queen Elizabeth	**18 March**	
David LANGRISH	00:24:47	
Paul SOUTHON	00:31:14	

Bushy	**25 March**	
Lewis BANNER	00:17:05	

Eastleigh	**25 March**	
Haydn BROWN	00:28:01	
Keith WHITAKER	00:28:20	

Medina I.O.W.	**25 March**	
Alison MACSWAYNE	00:29:43	
David MACSWAYNE	00:34:25	

Netley Abbey	**25 March**	
Rebecca Margaret LORD	00:18:38	
Charlotte LORD	00:20:32	PB
Frances Louise LORD	00:24:32	
Natalie FLACK	00:31:24	

Stewart, Middlesbrough	**25 March**	
Kerry DODSWORTH	00:27:54	

Brockenhurst	**25 March**	
Daniel FOSTER	00:19:31	PB

Queen Elizabeth	**25 March**	
Matthew EVANS	00:23:20	
Andy DONN	00:23:21	
George HOWARTH	00:28:19	PB
Samantha STOCKWELL	00:35:45	
Claire JOHNSON	00:35:45	

Bangor	**25 March**	
Alison MCCORMICK	00:26:29	PB

Winchester	**25 March**	
Chris LEACH	00:20:09	
Gordon WESTLEY	00:23:23	
Rachel LEACH	00:29:31	

Lee-on-the-Solent	**25 March**	
James LEE	00:19:03	
Andrew STOCKWELL	00:19:08	
Tom CALLAWAY	00:19:52	PB
Graham MARTIN	00:20:06	
Jon PLOMER	00:20:16	
Steve CUMES	00:20:17	
Nikki ROEBUCK	00:20:21	PB
Scott SHAW	00:20:59	
Mark John EATON	00:21:07	
Hilary MISSELBROOK	00:21:45	
Tim MATTHEWS	00:22:03	
Michael WELLAND	00:22:07	
Andy LEE	00:23:25	
Marie MCDONALD	00:23:30	
Kate RANT	00:23:53	
Richard BURNS	00:23:55	
Calum MCDONALD	00:24:55	
Russell MEAD	00:25:23	
Julie ASHMAN	00:25:31	
Greg ROWE	00:27:45	
Kelly BENNETTS	00:27:54	
Sarah NORTHCOTT	00:27:57	
Amy WADHAMS	00:29:38	
Janet SHAW	00:30:51	
Cliff SHAW	00:30:51	
Kevin ASHMAN	00:31:15	
Catherine CHAMBERLAIN	00:32:45	PB
Louise TANNER	00:33:13	
Jenny HEARNDEN	00:34:39	
Mark MCDONALD	00:35:03	

Portsmouth Lakeside	**25 March**	
Martin DE WIED	00:27:57	

Fareham	**25 March**	
Thomas MCCLEMENTS	00:19:55	
Robert CRANSTONE	00:20:02	
Chris HALL	00:21:12	
Paul SOUTHON	00:25:37	
Robert SPENCER	00:27:26	
John SALT	00:27:38	
William GILL	00:29:18	
Wendy HALL	00:33:36	
Andrew SMITH	00:37:27	

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Bit late for the Ryde 10 results but here you go, we had a great turn out at the Ryde 10, 16 runners and a handful of supporters. We managed to get 2 men's and 2 ladies teams out across the waters with special mention to Andy Simpson for achieving 2nd Male Vet, Peter Kay 2nd Male V60. The tables below are our scores for the Ladies and Men's teams.

Ladies name	team	team score
Sylwia Ward	A	179
Sadie Bedford		
Kathy Chamberlain		
Sara McRitchie	B	292
Charlotte Maisey		
Sarah Barron		

Men's name	team	team score
Andy Simpson	A	162
Russ Coleman		
Simon Hearnden		
Mark McDonald		
Richard Chowns	B	485
Graham Bell		
Peter Kay		
Russell Mead		

And well done to Jules Dinwoodie and John Simister, full results are available here Ryde 10 mile

As for the Eastleigh 10k, we still had an amazing turnout of 41 runners, despite so many other runners taking part in Reading half, fleet etc.

Ladies name	team	team score
Kelly Wickens	A	234
Lara Evans		
Katie Rant		
Dawn Haynes-Sewel	B	572
Helen Benson		
Jules Dinwoodie		
Deborah Maderia	C	725
Claire Mead		
Kelly Bennetts		
Lindsay Pratt	D	983
Sarah Hobby		
Sarah Read		

Men's name	team	team score
Rob Greenwood	A	229
Andy Simpson		
Russ Coleman		
Simon Hearnden		
Dan Foster	B	602
Gareth Charles		
Marcus Lee		
David Thorpe		
Graham Martin	C	864
Steve Cumes		
Matt Evans		
Scott Shaw		
Haydn Brown	D	1157
Jon Plomer		
Steve Fidler		
Gavin Rennie		

And well done to Kate Vaughan and Martyn Poore, Ashley Lovell, Dan Hughes, Russell Mead, Richard Burns, Paul Coverdale, George Howarth, Stuart McNamara, Adam Jeffery, Michael Wootton, Robert Spencer and Greg Rowe, full results are available here

Full results for the Eastleigh 10k are available here https://www.fullonsport.com/event/hendy-eastleigh-10k-2017/results

HRRL race scores Eastleigh 10k: teams individuals

Ladies A-Division 1		
Postion	Club	Score
1	Winchester	9
2	Lordshill	22
3	Hedge End	38
4	PompeyJ	40
Staying at **5**	**Stubb'ton**	**43**
6	Denmead	49

Mens A-Division 1		
Postion	Club	Score
1	So'ton AC	18
2	Lordshill	23
3	Winchester	37
Staying at **4**	**Stubb'ton**	**38**
5	PompeyJ	39
6	Overton	44

Ladies B-Division 1		
Postion	Club	Score
1	Winchester B	9
2	Winchester C	26
3	Lordshill B	30
4	Fareham	51
Staying at **5**	**Stubb'ton B**	**52**
6	Hedge End B	53
7	PompeyJ	54
8	Lordshill C	71
9	IOW RR	72
10	Hedge End C	81
11	Denmead	81
12	Victory	73
Staying at **13**	**Stubb'ton C**	**88**

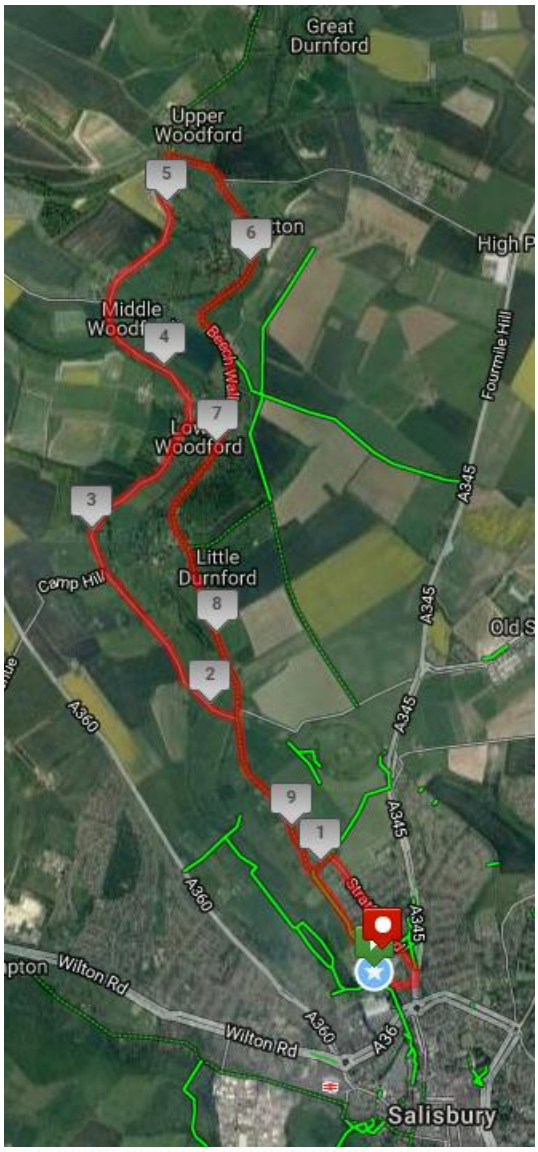
Mens B-Division 1		
Postion	Club	Score
1	Lordshill B	14
2	Hedge End B	36
3	Winchester B	39
4	Lordshill C	45
5	PompeyJ B	53
6	So'ton AC	56
Was 6 now **7**	**Stubb'ton B**	**60**
8	Fareham	64
9	Eastleigh	65
10	Denmead B	72
11	Lordshill D	81
12	Winchester C	82
13	Hedge End C	87
Staying at **14**	**Stubb'ton C**	**109**
15	Farnham B	111

Ladies B-Division 2		
Postion	Club	Score
1	Eastleigh	29
2	Hardley	55
3	Gosport	66
4	Alton	66
5	Overton	73
6	Totton	86
Was 6 now **7**	**Stubb'ton D**	**88**

Mens B-Division 2		
Postion	Club	Score
1	PompeyJ C	16
2	Salisbury	34
3	Victory	44
Staying at **11**	**Stubb'ton D**	**107**

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Races for April, we have the Salisbury 10 which is also sold out.



Race Date

- Sunday 9th April - Start Time 10:00am.

Your race number will be available for collection between 08:00 – 09.45am on race day from event registration at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.

Event Centre:

Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Which is on the northern edge of the city just off the A345 (Castle Road).

Car Parking:

Parking will be on the green in Ashley Road, Salisbury opposite Salisbury Fire Station SP2 7TN. Additional parking is available in Salisbury central car park, SP1 3SL (£1.70 for all day parking). Please follow road signs to find the car park. Paths to the leisure centre will be signposted, this is a 10 minute walk from the start

Link to the race instructions http://salisbury10.salisbury-arc.org/wp-content/uploads/2017/02/Race-instructions-2017.pdf

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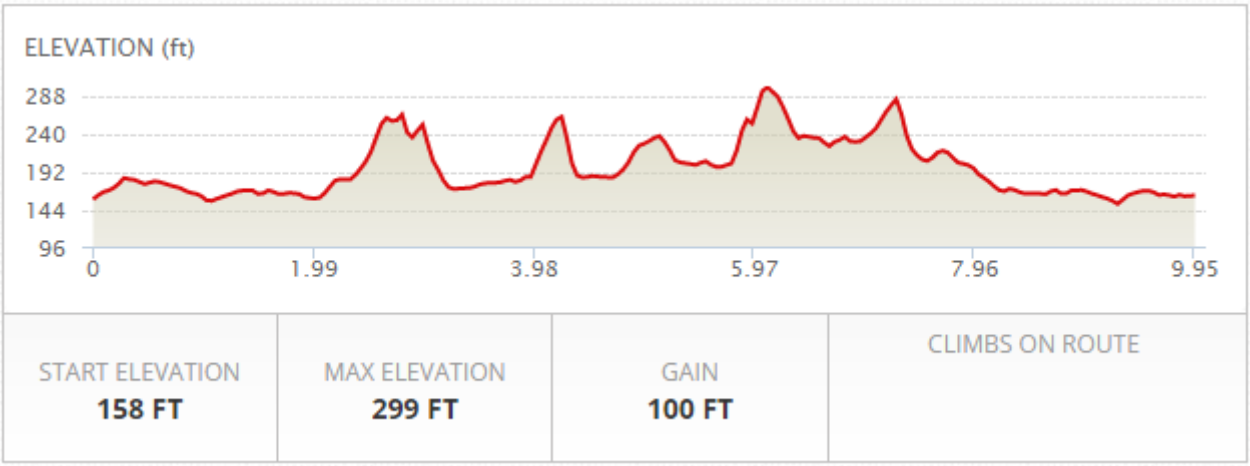


HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Races for early May, we have the Alton 10 not many places left get in now so you don't miss out.

Race Date

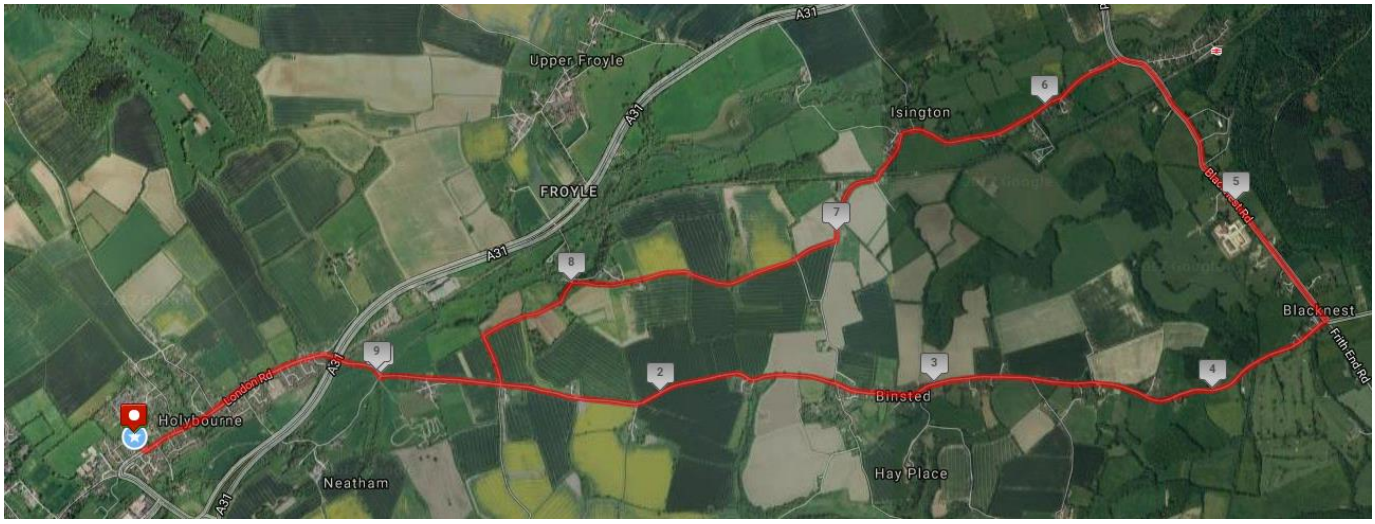
- Sunday 7th May - Start Time 10:30am.

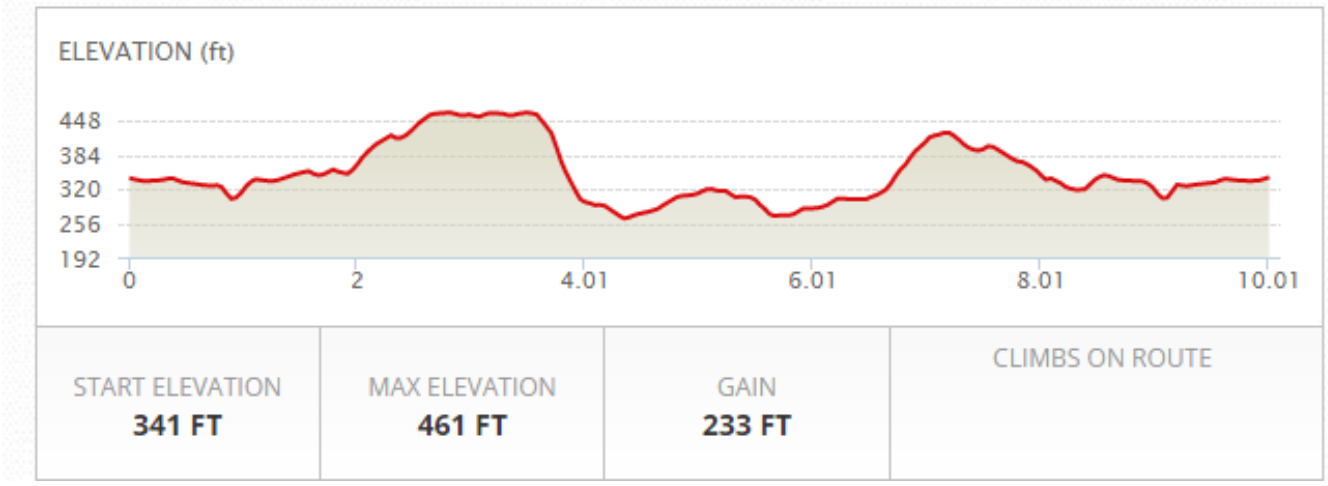
The race HQ is at Eggars School, London Road, Holybourne, Alton GU34 4EQ. This is situated at the Eastern end of Alton on the main road from the town to join the A31. Race Numbers are to be collected on the day from race HQ together with timing chips.

The course: The first mile is through Holybourne village and the race then runs through a circuit of undulating countryside and picturesque Hampshire village lanes to finish back at the college a few yards from the start. Please keep to the left side of the road unless otherwise indicated by the marshals and ONLY CROSS THE ROAD WHEN INDICATED. There will be drink stations at approximately 3 miles, 6 miles and 8 miles.

Car Parking:

As you approach the School site you will be directed by Marshals of the Alton Lions Club to a suitable nearby parking area outside the School grounds





These events are getting sold out earlier now as they are popular, so book now to avoid disappointment for Alton 10, Netley 10k and Lordshill 10k.

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	25/06/2017	09.30am

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

SGR Summer BBQ

Saturday 2nd September

11am – 4pm

Royal Victoria Country Park

Netley

Laurel Barbecue site

We are planning to have our annual BBQ this year on the 2nd September at Royal Victoria Country Park (Netley) from 1100, where we will have games for all the family and of course a run around Country Park.

There will be a small cost per person (further details will be posted on our website soon).