The GreenRunner

JULY 2017

FROM THE CHAIR

June was a great month for Stubbington Green Runners. The first Saturday saw 3 of our teams in the annual South Downs Way relay which saw our A team finish first, the B team finish 2nd in their competition and an excellent performance from our Ladies team. Our congratulations go to all the runners and thanks to the drivers, support teams and those who marshalled at Harting Hill without whom the relay could not take place.

We had a couple for RR10s in the month and saw some more good turnouts at both Fleming Park and Manor Farm – the Ladies continue to lead the way in their competition and looking good to retain their trophy. At the time of writing unfortunately the Marwell RR10 scheduled for the 5th July has had to be cancelled and we are awaiting news on a replacement race. The following week is our own RR10 at Whiteley where we will have the opportunity to again demonstrate that SGR marshals are the best in the business.

The 17th June saw the South Downs Marathon Relay – a report of which is elsewhere in the Green Runner – this continues to be a great social event and it would be good to see even more entrants in 2018.

Finally some reminder of dates fro your diary. September 2nd SGR annual BBQ – this year at Royal Victoria Counry Park after the Netley parkrun – members, friends and family all welcome. September 23rd is our parkrun takeover at Lee and November 11th sees our annual awards evening at the David Lloyd center in Port Solent.

Happy Running Everyone.

Kevin

SGR Summer BBQ

Royal Victoria Country Park
Netley
Laurel Barbecue site

Saturday 2nd September
11am – 4pm

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).

SOUTH DOWNS MARATHON RELAY 17th JUNE 2017

The sun rose early on Saturday 17th June as over 30 intrepid Stubbies took part in the 3 events – a marathon , a half marathon and a marathon relay.

Both the marathon and the relay start at Slindon college before making their way on to the South Downs Way and following this all the way over Harting Down onto QE Country Park to finish at the bottom of Butser Hill. The Half marathon starts at the bottom of Butser before winding its way around QE Country Park and surrounding area before finishing at the bottom of Butser as well.

The 5 relay teams were picked to hopefully have as close a finish as possible for the SGR Intra Club challenge and there was a great deal of friendly banter at the start before the first leg runners started at 9am, at which time it was already getting very warm.

Having seen their first leg runners off all the teams jumped in their cars to make sure they were at the 1st changeover in good time – unfortunately the instructions were a little ambiguous so one team went to the 2nd changeover first!! Luckily they realised their mistake and made it back to the 1st before their runner arrived! I was on the 2nd leg that is probably the easiest leg but does start with a long climb up from the changeover but luckily you are soon out of sight of the changeover so you do feel a little less guilty slowing down on that climb!

Leg 3 is probably the hardest leg and the stronger runners in the team tend to be on that leg and there was some definite closing of gaps during this leg but all the action was left to the last leg where Darren Tanner caught and overtook two other teams to bring his team of Mike Bell, Louise Tanner and Ray Gunner home to take the SGR club relay result. Not actually the first SGR team to cross the line but there was a late change for one team which meant they had to be ignored in the club relay positions.

It was nice to see all the relay runners who were at the finish do the last 50 or so metres with their 4th Leg runners although note to self if you are going to change shorts after your leg make sure they are ones that don't need holding up whilst you are running!!

Some of the half marathon runners had already finished when we arrived at the finish but we were able to cheer in others as they finished and special mention must go to Nick Crane who finished as 1st Vet 60.

The marathon runners were also beginning to finish led home by our very own Mike Gregory who won the event (by about 10 minutes!) in a fantastic time of 3.10 , which given the heat and hills was simply amazing – Well done Mike.

My admiration goes out to all 6 of our marathon entrants who had to endure some very high temperatures that was pretty strength sapping.

We all enjoyed a picnic at the finish and it was good to see some additional supporters at the end who came along just for this element of the day.

You can see all the results from all these events below.

I would certainly recommend these events to everybody in the club especially the relay – talk to anybody who took part and I think you will only get positive feedback so lets try and put out 10 teams next year and have even more fun rivalry between our relay teams!

Kevin Ashman

SOUTH DOWNS MARATHON RELAY

Mark Jones, Eileen Duff, Matt Evans, Penny Forse – 1st
Mike Bell, Louise Tanner, Ray Gunner, Darren Tanner – 2nd but awarded SGR prize
Rich Chowns, Kevin Ashman, Mark McDonald, Marie McDonald
Gareth Charles, Charley Maisey, Phil Hobby, Kate Rant
Sally McGrath, Sarah Barron, Andrew Mcewen, Callum McDonald

SOUTH DOWNS HALF MARATHON

30	Andy Stockwell	01:40:36
63	Nick Crane	01:51:49
101	Jon Leigh	01:58:32
266	George Howarth	02:22:40
357	Kerry Sawyer	02:37:19
358	Sadie Lee Bedford	02:37:19
449	Claire Johnson	03:13:51
450	Samantha Stockwell	03:13:52

SOUTH DOWNS MARATHON

1	Michael Gregory	03:10:49
13	Wes Jones	03:55:22
46	Gill Rose	04:21:11
47	Melanie Jewett	04:21:59
138	Richard Snell	04:55:02
222	Graham James	05:20:29
340	Julie Ashman	06:22:14

CAPTAINS CORNER

The weather in June has been glorious (well almost) which has meant lots of participation in all manner of events.

The South Downs Way Relay again didn't disappoint in which we had three teams compete each team with six runners racing across the 100 miles from Beachy Head to Winchester with the Men's A team taking top honours and the Men's B Team coming second in their respectful category. Although the Ladies team didn't win any prizes they had a brilliant race and should be very proud of their achievements. More details of each team's efforts can be found latter in the GR. I would also like to thank all the marshals for helping out at Harting Down changeover.

There was a good turn out for this years Man vs Horse race, which took place in deepest, darkest Wales in the smallest town in the UK, Llanwrtyd. Eight hardy runners took part in what must have been the wettest day of the year over 23 gruelling miles battling against man, horse and the environment. Special congratulations must go to Daisy McClements for 3rd lady home and Mike White for being the fastest M50.

Well done to Robert Cranston for 1st M50 and Sarah Cranston for 1st F55 in the Hampshire Hoppit Half Marathon.

Well done to Mark McDonald who completed the Classic Quarter 44 mile Ultra Marathon long the Cornish coast with brutal steep climbs, descents, wind and rain in 9 hours 39. Also to George Howarth and Paul Southon on completing the Race to King 53 mile Ultra Marathon along the South Downs Way.

A number of stubbies took part in the Gosport Golden Mile with a fantastic 2nd place for Rob Greenwood (only beaten by an English representative athlete) in a very fast 4.34. Most or our runners then went onto race a further 5k straight after.

The annual Stubbie away day was a great success with 5 mixed ability teams competing in the South Downs Trail Marathon Relay with a number of runners taking part in the Half, most notably Nick Crane who won the M60 category and we also had a few runners competing over the whole marathon distance with Mike Gregory winning overall in a great time of 3.10. It was a very hot day which made racing difficult but the picnic was enjoyed afterwards in the glorious sun in Queen Elizabeth Country Park. More details on which team won the club relay battle can be found latter on.

Another relay the club took part in this month was Miles of Miles where we had 3 teams of ten runners compete around a real running track in Southampton (a bit unusual for most I bet).

The last Hampshire Road Race League race of the season, Lordshill 10k, took place with Gareth Charles first stubbie male home and Nikki Roebuck first stubbie lady. Full results yet to be confirmed at the time of writing. Over the course of the 12 race season a number of our runners completed the 7 events to qualify for a final league table placing. Again final placings yet to be announced but well done to Nikki Roebuck, Sara McRichie, Kathy Chamberlain, Sarah Barron, Dan Foster, Gareth Charles, Rich Chowns, Graham Martin and David Thorpe who completed seven or more races this season.

Two RR10 races took place this month with 23 ladies and 27 men taking part at Fleming Park. The ladies were 1st and the men were 2nd on the night. Next was Manor Farm with 24 Ladies and 28 Men competing again with the ladies taking 1st place and the Men taking 2nd.

There were lots of other great performances made during June but unfortunately too many to mention here, but well done all.

If anyone has not yet put their name down to help marshal at our RR10 in Whiteley Woods on the 12th July please forward your name to Neil Stantial. Also dates for the diary in July is the club's 4 mile Time Trial in Stubbington on the evening of the 13th July, hope to see you there and the 6.05 Special on the 7 July starting at 7pm from Wickham. Lookout for more details for both on the website or on SGR Facebook page.

Finally don't forget to add the Summer BBQ planned for the 2 Sept, taking place at Royal Victoria Country Park to your calendar.

MAN V HORSE

Mike White	03:19:52
Daisy Mcclements	03:30:02
William Feline	03:42:47
Andrew Stockwell	03:56:29
Vicky Shaw	04:02:33
Laura Wainwright	04:27:33
Andy Lee	05:15:22

LORDSHILL 10K

65	Gareth Charles	00:40:42
70	Graham Martin	00:41:06
106	Haydn Brown	00:42:47
136	David Thorpe	00:44:48
173	Greig Benson	00:48:17
184	Martyn Poore	00:49:25

13	Nikki Roebuck	00:42:18
44	Lucy May	00:47:00
82	Helen Benson	00:53:24
87	Sara Mcritchie	00:53:57
123	Claire Mead	00:59:56
134	Kathy Chamberlain	01:03:00
146	Sarah Barron	01:05:13

CLASSIC QUARTER 44MILES

51	Mark McDonald	09:39:22
122	Karen Barnicoat	11:20:31

WORTHING 10K

732	Dawn Haynes-Sewell	52.48

D-DAY 10K

34	Graham	Martin	00:39:27
73	Peter	Simpson	00:44:07
99	Simon	Vingoe	00:46:56
103	Paul	Coverdale	00:47:11
128	Andy	Lee	00:48:52
138	Sally	Watfford	00:50:22
154	James	Lee	00:51:51
197	Andy	Richardson	00:54:45

RACE TO THE KING 53 MILES

283	Paul Southon	12:45:17
298	George Howarth	12:57:00

SOUTHERN CROSS COUNTRY FIXTURES FOR THIS WINTER

8 Oct 17 Basingstoke & Mid Hants AC - Pamber Forest
12 Nov 17 Portsmouth Joggers - QE Country Park
10 Dec 17 Farnham Runners - The Bourne Woods
31 Dec 17 Hart Road Runners - Lord Wandsworth College
21 Jan 18 Stubbington Green Runners - Manor Farm Country Park

It is possible that Haslemere Border AC will host a race in February - Polecat Valley

RR10 MANOR FARM

Rebecca LORD	2
Kelley HANIVER	3
Daisy MCCLEMENTS	7
Nikki ROEBUCK	10
Tina CHANTREY	13
Lara EVANS	26
Lucy MAY	27
Penny FORSE	31
Eileen DUFF	35
Sally MCGRATH	42
Julie ASHMAN	43
Helen LIVINGSTON	55
Lisa DONN	56
Karen SALMON	75
Becca WHITE	78
Helen BENSON	81
Gaynor HEFFER	82
Elizabeth MILES	92
Laura DEVINE	97
Sara MCRITCHIE	98
Melissa COSENS	108
Sarah GREGORY	112
Debbie MADEIRA	118
Simone SHEPHERD	123

Lewis BANNER	4
Michael GREGORY	5
Rob GREENWOOD	10
Mike WHITE	28
Andy STOCKWELL	31
Graham MARTIN	47
Dan FOSTER	48
Marcus LEE	72
Chris HALL	74
Andy DONN	78
Jon LEIGH	86
Jack TUCKWELL	88
Matt EVANS	95
Nick CRANE	96
Tom CALLAWAY	108
Graham JAMES	122
Paul SMITH	124
Andy LEE	134
Jon COX	135
Ashley LOVELL	143
Russell MEAD	147
George HOWARTH	154
Andy MILES	171
Andy WHITE	173
Kevin ASHMAN	179
Martyn BANNER	189
Greg ROWE	197

RR10 FLEMING PARK

Rebecca LORD	3
Daisy MCCLEMENTS	6
Kelley HANIVER	7
Nikki ROEBUCK	12
Laura WAINWRIGHT	15
Alethea ADAIR-STANTIALL	17
Gill ROSE	24
Hilary MISSELBROOK	26
Lara EVANS	27
Lucy MAY	42
Julie ASHMAN	52
Lisa DONN	55
Gaynor HEFFER	65
Marie MCDONALD	81
Elizabeth MILES	84
Karen SALMON	86
Becca WHITE	92
Melissa COSENS	98
Debbie MADEIRA	106
Sam STOCKWELL	108
Sarah GREGORY	109
Claire MEAD	116
Claire JOHNSON	129

Michael GREGORY	3
Lewis BANNER	4
Will FELINE	9
Dan FOSTER	37
Tom CALLAWAY	43
Steve CUMES	63
Haydn BROWN	76
Andy DONN	82
Peter SIMPSON	95
Matt EVANS	96
Nick CRANE	101
Rich SNELL	106
Mike BELL	108
Simon BACON	115
Jon LEIGH	116
Andy MILES	119
Graham JAMES	124
Andy LEE	155
Jon COX	161
George HOWARTH	162
Matthew SMITH	163
Ashley LOVELL	170
Russell MEAD	175
Callum MCDONALD	192
Andy WHITE	199
Martyn BANNER	207
Kevin ASHMAN	210

Tuesday 13th June 2017 The Absolute Running Gosport 5k Summer Series Race Two

2	Rob Arkell	16:48
18	James Lee	19:49
20	Jon Plomer	19:54
25	Andy Donn	20:35
27	Haydn Brown	20:56
33	Simon Bacon	21:11
34	Jon Leigh	21:14
35	Andrew Miles	21:27
45	Michael Welland	22:16
48	Ryan Simpson	22:43
49	Sally McGrath	22:45
56	Kerryanne Sawyer	23:40
67	Dawn Haynes-Sewell	25:10
71	Elizabeth Miles	25:50
73	Sara Mcritchie	25:58
142	Sarah Barron	31:41

Sunday 18th June 2017 The Gosport Junior Golden Mile

56	Charlie Evan	07:39

Sunday 18th June 2017 The Gosport Senior Golden Mile

2	Rob Greenwood	04:33
14	Jon Plomer	05:13
15	James Lee	05:15
17	Andrew Stockwell	05:19
25	Tom Callaway	05:38
68	Andy Richardson	07:09
159	Kerryanne Sawyer	12:37

LAKESIDE 5 RACE 3

11	Rob Arkell	16.55
25	Andrew Stockwell	18.19
33	Kelley Haniver	18.51
36	David Castle	18.58
42	Jon Plomer	19.18
68	Lucy May	21.32
78	Sally McGrath	22.18
87	Russell Mead	23.10

The Hampshire Hoppit Trail HALF MARATHON

8	Robert Cranstone	01:40:23
99	Sarah Cranstone	02:10:16

Sunday 18th June 2017 The Gosport Golden 5k

14	David Castle	20:19
16	Tom Callaway	20:48
19	Jon Plomer	21:04
29	James Lee	22:17
49	Kerryanne Sawyer	26:09
51	Andy Richardson	26:36

HANTS DIVISION – SOUTHERN COUNTIES VETS T&F LEAGUE, Basingstoke 12 June 2017

Mike Bell	1500m	3rd M60	5m36.8s
Tina Chantry	Javelin	2nd W45	18.39m
Tina Chantry	1500m	1st W45	5m48.3s
Kelley Haniver	400m	1st W40	66.6s
Kelley Haniver	Relay	3rd team	
Penny Forse	400m	1st W65	85.2s

SOUTH DOWNS RELAY - Leg Times and Records

	From	To	Miles	A team	A team times	B team	B team times	Ladies Team	Ladies times
1	Beachy Head	Exceat	6.25	Pere	39.53	Andy	47.56	Beccy	**45.54***
2	Exceat	Bo Peep	5.5	Hugh	37.34	Graham	43.30	Kelley	44.14
3	Bo Peep	A26 Itford Farm	4.5	Lewis	27.09	Marcus	33.54	Lara	35.37
4	A26 Itford Farm	A27 Lay by	7.5	Mike	44.05	Dan	52.18	Sally	1.02.03
5	A27 Lay by	Ditchlin Beacon	5	Andy	33.37	Rob	36.02	Lucy	45.28
6	Ditchling Beacon	Saddlescombe	5	Chris	29.33	James	37.45	Hilary	39.28
7	Saddlescombe	A283 lay-by R.Adur Footbridge	5.25	Pere	34.23	Andy	40.25	Beccy	39.29
8	R.Adur footbridge	Washington	6	Hugh	39.53	Marcus	51.14	Lara	54.09
9	Washington	Nr. Springhead Hill	4.5	Lewis	27.08	Graham	31.26	Sally	39.43
10	Nr. Springhead Hill	Houghton Lane	3.75	Mike	21.10	Dan	24.22	Lucy	28.07
11	Houghton Lane	A285 Littleton Farm	5.25	Andy	36.17	Rob	39.08	Kelley	**43.27***
12	A285 Littleton Farm	A286 Nr. Hill Barn	5.25	Chris	31.57	James	40.00	Hilary	42.05
13	A286 Nr. Hill Barn	Harting Hill c/park	6.25	Pere	43.30	Graham	53.45	Beccy	51.38
14	Harting Hill c/park	Q.E Country Park (Benhams Corner)	5.5	Hugh	35.10	Marcus	45.17	Lara	49.32
15	Q.E Country Park (Benhams Corner)	Sustainability Centre	4	Lewis	26.51	Andy	29.58	Sally	38.30
16	Sustainability Centre	Old Winchester Hill Car Park	4	Andy	23.11	James	29.43	Lucy	31.37
17	Old Winchester Hill Car park	Holding Farm	8.6	Mike	52.48	Rob	57.55	Kelley	**1.03.33***
18	Holding Farm	Chilcomb Sports Grd.	5.5	Chris	32.54	Dan	37.32	Hilary	42.27
				Total	**10.18.03**		**12.12.10**		**13.17.11**
					1st		**2nd**		**6th**

* Stubbie leg record

TRAINING SESSIONS

Day	Date	Meet	Time	Leader/ Coach	Location	Effort	Recovery
Mon	03/07/2017	Solent Hotel	6:30pm	Penny	Whiteley	25 mins Forest Lap Reps - effort on short side	Jog long side
Tue	04/07/2017	Locks Heath Sports Ground	7pm	Mike White	Titchfield Mill	Paarlaufs, (Meet at car park opposite Titchfield Mill)	Jog back across
Thu	06/07/2017	Holly Hill	06:30	Nigel	Holly Hill	Figure of 8 session	Recovery on the flat
Thu	06/07/2017	Crofton Community Centre	7pm	Phil	Seafield Park	60s, 30sec recovery; (60s, 2min rec) x6	
Mon	10/07/2017	Solent Hotel	06:30	Mike W	Whiteley	25 mins Short Hills	Jog back down
Tue	11/07/2017	Locks Heath Sports Ground	7pm	Frances	Hook field	Flag session; (0.5lap; 0.75lap; 1lap) x3	0.25lap jog recovery and last set start long side first
Thu	13/07/2017	Crofton Community Centre	6:45 /7pm	Mike W	Eric road	Summer Time Trial (2)	n/a
Mon	17/07/2017	Solent Hotel	6:30pm	Mike B	Whiteley	Leafy lane Fartleks	
Tue	18/07/2017	Locks Heath Sports Ground	7pm	Rob	Chilling field	(1 + 4 + 1)x1km, vVo2 pace efforts	3min static revovery
Thu	20/07/2017	Holly Hill	06:30	Frances	Holly Hill	Rollercoasters	Downhills
Mon	24/07/2017	Solent Hotel	06:30	Marcus	Whiteley	Kenyan Hills 4 x 6 mins	2 mins rest
Tue	25/07/2017	Opposite Titchfield Mill	7pm	Fraces	Fisherman's rest	Long and short hills (Meet at car park opposite Titchfield Mill)	Jog back down
Thu	27/07/2017	Crofton Community Centre	7pm	Mike Bell	Lee seafront	4min tempo; 2 x(60s,75,90,75,60); 3min tempo	45s, 2min between sets
Mon	31/07/2017	Solent Hotel	06:30	Penny	Whiteley	25min of Forest laps (efforts on long side, jog recovery on short side)	
Tue	01/08/2017	Locks Heath Sports Ground	7pm	Mike White	Chilling field top track	2x2ml (tempo pace)	1min Static
Thu	03/08/2017	Holly Hill	06:30	Julie Ashman	Holly Hill	All the Hills	Downs or flats

Southampton	03 June	
Stephen WILLIAMS	00:21:22	
Plymvalley	**03 June**	
Claire PEAL	00:34:45	
Whiteley	**03 June**	
Susie MACGREGOR	00:20:12	PB
Del GRANGER	00:20:55	PB
Jon LEIGH	00:21:41	
Chris MCGAW	00:22:01	
Rachael OPENSHAW	00:22:27	
Sarah CRANSTONE	00:23:22	
Harry REARDON	00:23:33	
Pamela KEMP	00:27:38	
Simon GIBBON	00:27:48	
Keith WHITAKER	00:28:04	PB
Martin READ	00:28:07	PB
Kevin ASHMAN	00:28:29	
Emma DAWSON	00:29:49	PB
Toby EVANS	00:29:54	
Liz JAMES	00:31:42	PB
Charlotte MAISEY	00:32:18	
Julie ASHMAN	00:33:14	
Karen SALMON	00:38:03	
Vicky HEAD	00:38:40	PB
Moors Valley	**03 June**	
Robert HINKLEY	00:22:55	
Eastleigh	**03 June**	
Haydn BROWN	00:21:07	
Medina I.O.W.	**03 June**	
Sarah BARRON	00:34:23	
Winchester	**03 June**	
Gordon WESTLEY	00:24:30	
Netley Abbey	**03 June**	
Thomas MACSWAYNE	00:16:24	PB
Tom CALLAWAY	00:19:32	PB
Sev ROBERTS	00:21:47	
Julia PARK	00:27:12	
Russell MEAD	00:28:38	
Robert SPENCER	00:29:01	
David MACSWAYNE	00:35:25	
Wendy SMITH	00:41:51	
Andrew SMITH	00:42:14	
Queen Elizabeth	**03 June**	
Charlotte LORD	00:21:55	
Frances Louise LORD	00:24:58	
Lynsey ADAMSON	00:41:23	

Humber Bridge	03 June	
Liz WEIGHELL	00:34:33	
Penrose	**03 June**	
Karen BARNICOAT	00:33:53	
Lee-on-the-Solent	**03 June**	
Will FELINE	00:18:30	
Simon HEARNDEN	00:19:17	
Jon PLOMER	00:19:54	
Steve CUMES	00:20:19	
Gareth CHARLES	00:20:41	
Matt EMERY	00:20:47	
Michael WELLAND	00:22:09	
Zac CONATY	00:23:56	
John SIMISTER	00:24:43	
George HOWARTH	00:25:30	
Sara MCRITCHIE	00:25:37	PB
Phil HOBBY	00:25:38	
Kate RANT	00:25:47	
Sarah NORTHCOTT	00:27:36	
Janet SHAW	00:29:47	
Cliff SHAW	00:29:47	
Kerryanne SAWYER	00:29:54	
Sue ROBINSON	00:30:27	
Adam JOEL	00:32:56	
Sarah JONES	00:33:51	
Jenny HEARNDEN	00:35:08	
Sandie MCINTOSH	00:37:17	
Fareham	**03 June**	
Rob ARKELL	00:17:22	PB
Andy LEE	00:23:12	
Paul SOUTHON	00:24:30	
John SALT	00:26:27	
Ballincollig	**03 June**	
Allan STINSON	00:44:21	
Whiteley	**10 June**	
Russ COLEMAN	00:18:36	PB
Steve CUMES	00:20:40	
Jon LEIGH	00:21:55	
Nikki ROEBUCK	00:22:18	
Richard JACKS	00:22:27	
Kate RANT	00:25:08	
Gareth CHARLES	00:25:09	
Helen BENSON	00:25:49	
Martin DE WIED	00:27:11	
Adam JEFFERY	00:27:50	
Pamela KEMP	00:28:05	
Simon GIBBON	00:28:06	
Kevin ASHMAN	00:29:42	
William GILL	00:30:28	
Toby EVANS	00:30:30	
Liz JAMES	00:31:59	
Anna WILBY-LOPEZ	00:32:51	
Charlotte MAISEY	00:33:09	
Julie ASHMAN	00:34:32	
Greig BENSON	00:34:35	
Claire JOHNSON	00:51:40	

Eastleigh	10 June	
Graham MARTIN	00:20:09	
Haydn BROWN	00:28:14	
Upton House	**10 June**	
Robert SPENCER	00:30:40	
Netley Abbey	**10 June**	
Daniel FOSTER	00:20:01	
Charlotte LORD	00:20:32	
Frances Louise LORD	00:23:29	
Southwark	**10 June**	
Janet SHAW	00:29:58	
Cliff SHAW	00:29:59	
Weymouth	**10 June**	
Robert CRANSTONE	00:19:33	
Sarah CRANSTONE	00:22:54	
Penrose	**10 June**	
Phil HOBBY	00:22:14	
Sarah HOBBY	00:31:50	
Lee-on-the-Solent	**10 June**	
Lewis BANNER	00:17:09	
Rob GREENWOOD	00:17:35	
Simon HEARNDEN	00:18:59	
Michael GREGORY	00:20:03	
Jon PLOMER	00:20:34	
Scott SHAW	00:20:52	PB
Richard BATTEN	00:21:01	
Andy DONN	00:21:20	
James LEE	00:21:57	
Simon BACON	00:22:06	PB
Michael WELLAND	00:22:42	
Richard BAILEY	00:23:25	
Dawn HAYNES-SEWELL	00:25:28	
Russell MEAD	00:25:45	
Rebecca WHITE	00:26:23	
Sara MCRITCHIE	00:26:29	
Gaynor HEFFER	00:26:37	
Paul HAMMOND	00:26:37	
Sarah JONES	00:26:48	
Kerryanne SAWYER	00:26:50	
Louise TANNER	00:27:59	
Martin READ	00:28:37	
Sarah NORTHCOTT	00:28:50	
Susan BONNAR	00:30:24	
Kelly BENNETTS	00:31:23	
Sandie MCINTOSH	00:34:58	
Sue FLEWITT	00:35:01	
Sue ROBINSON	00:35:03	
Jenny HEARNDEN	00:35:07	
Fareham	**10 June**	
Marcus LEE	00:21:08	PB
Paul SOUTHON	00:24:22	
Daniel Richard HORSCROFT	00:25:57	
John SALT	00:26:13	
Liz WEIGHELL	00:31:29	

Andover	17 June	
Gordon WESTLEY	00:24:21	
Whiteley	**17 June**	
Martyn POORE	00:24:27	
Chris MCGAW	00:25:42	
Martin READ	00:28:40	
Rachel LEACH	00:28:51	
Sarah NORTHCOTT	00:30:05	
Toby EVANS	00:30:13	
William GILL	00:30:15	
Julie Elizabeth RYMAN	00:30:18	
Kelly BENNETTS	00:30:25	
Martin DE WIED	00:52:27	
Eastleigh	**17 June**	
Haydn BROWN	00:20:49	
Netley Abbey	**17 June**	
Daniel FOSTER	00:19:02	
Rebecca Margaret LORD	00:21:43	
Charlotte LORD	00:23:13	
Frances Louise LORD	00:23:15	
Stuart HALL	00:25:39	
Stewart, Middlesbrough	**17 June**	
Kerry DODSWORTH	00:24:35	
Weymouth	**17 June**	
Sarah CRANSTONE	00:24:10	
Valley, Newtownabbey	**17 June**	
Keith WHITAKER	00:28:45	
Lee-on-the-Solent	**17 June**	
Chris BROBIN	00:17:20	
Graham MARTIN	00:19:23	PB
James LEE	00:19:42	
Steve CUMES	00:19:45	PB
Matt EMERY	00:19:53	PB
Rob GREENWOOD	00:19:53	
Richard EDMUNDS	00:21:22	
Simon BACON	00:21:23	PB
Michael WELLAND	00:22:45	
Andy LEE	00:23:05	
Rebecca WHITE	00:26:26	
Sarah JONES	00:26:59	
Rosie COGHLAN	00:28:25	
Susan BONNAR	00:30:12	
Jenny HEARNDEN	00:34:21	

Aylesbury	17 June	
Adrian PIDDINGTON	00:20:25	
Queen Elizabeth	**17 June**	
George HOWARTH	00:28:30	
Parke	**17 June**	
Chris HALL	00:22:52	
Wendy HALL	00:34:18	
Swansea Bay	**17 June**	
Cliff SHAW	00:29:36	
Janet SHAW	00:29:41	
Fareham	**17 June**	
Paul SOUTHON	00:24:16	
Robert SPENCER	00:30:33	
Tom MELLOR	00:32:55	
Wendy SMITH	00:40:05	
Allan STINSON	00:44:25	
Ashton Court	**24 June**	
Lewis BANNER	00:17:54	
Southampton	**24 June**	
Stephen WILLIAMS	00:20:51	
Southsea	**24 June**	
Andy SIMPSON	00:18:13	
York	**24 June**	
Richard JACKS	00:24:05	
Whiteley	**24 June**	
Del GRANGER	00:20:55	
Nikki ROEBUCK	00:20:56	
Jon LEIGH	00:21:10	PB
Chris MCGAW	00:22:02	
Sarah CRANSTONE	00:22:39	PB
Lucy MAY	00:22:45	
Hollie SMITH	00:23:20	PB
Julie ASHMAN	00:24:30	PB
Sarah NORTHCOTT	00:27:29	PB
William GILL	00:27:39	PB
Pamela KEMP	00:27:44	
Kevin ASHMAN	00:28:03	
Kelly BENNETTS	00:28:44	PB
Toby EVANS	00:30:18	
Greig BENSON	00:32:35	
Bath Skyline	**24 June**	
Andrew STOCKWELL	00:19:49	
Eastleigh	**24 June**	
Haydn BROWN	00:27:34	

Chichester	24 June	
Rachel LEACH	00:27:17	
Jonathan HARRINGTON	00:28:12	
Lee-on-the-Solent	**24 June**	
Michael GREGORY	00:17:03	
Rob GREENWOOD	00:17:32	
Jon PLOMER	00:20:19	
Susie MACGREGOR	00:20:23	
David Matthew CASTLE	00:21:07	
Richard EDMUNDS	00:21:27	
Phil HOBBY	00:21:56	
Rebecca WHITE	00:25:59	
Sara MCRITCHIE	00:26:29	
Sarah JONES	00:26:39	
Alison MCCORMICK	00:26:43	
Gaynor HEFFER	00:26:44	
Louise TANNER	00:28:55	
Susan BONNAR	00:29:32	
Claire PEAL	00:29:35	PB
Sarah HOBBY	00:32:32	
Claire JOHNSON	00:32:57	
Sue FLEWITT	00:34:00	
Jenny HEARNDEN	00:35:51	
Fareham	**24 June**	
Kelley HANIVER	00:19:30	
Simon GIBBON	00:26:32	
John SALT	00:27:32	
Louisa PAGE	00:28:34	
Wendy SMITH	00:37:52	
Allan STINSON	00:44:06	PB
Andrew SMITH	00:47:23	
Brockenhurst	**24 June**	
Charlotte MAISEY	00:34:57	
Queen Elizabeth	**24 June**	
Gareth CHARLES	00:21:00	
Kate RANT	00:27:36	
Catton	**24 June**	
James LEE	00:23:56	
Andy LEE	00:24:04	
Netley Abbey	**24 June**	
Rebecca Margaret LORD	00:18:18	
Daniel FOSTER	00:19:12	
Frances Louise LORD	00:23:23	
Julia PARK	00:27:26	
Winchester	**24 June**	
Keith WHITAKER	00:27:46	PB
Robert SPENCER	00:30:25	

Well done to all those who ran the Lordshill 10K.

Tables below are our scores for the Ladies and Men's teams

Ladies name	team	team score
Nikki Roebuck	A	139
Lucy May		
Helen Benson		

Sara McRitchie	B	344
Claire Mead		
Kathy Chamberlain		

Men's name	team	team score
Gareth Charles	A	377
Graham Martin		
Haydn Brown		
David Thorpe		
Jon Plomer	B	618
David Thorpe		
Mark McDonald		
Marcus Lee		

And well done to Sarah Barron, Greg Benson and Martin Poore.

Details below of the League Summary at the end of the 2016/2017 session:

Ladies A Division 1		
Position	Club	Score
1	Winchester	8
2	Lordshill	18
3	Hedge End	28
4	Stubb'ton	33
5	Farnham	37
6	Pompey J	42

Men's A Division 1		
Position	Club	Score
1	So'ton AC	11
2	Lordshill	17
3	Winchester	39
4	Denmead	39
5	Pompey J	40
6	Stubb'ton	42

Ladies B Division 1		
Position	Club	Score
1	Winchester B	8
2	Lordshil B	21
3	Winchester C	22
4	Hedge End B	35
5	Stubbington B	46
6	Fareham	47

Men's B Division 1		
Position	Club	Score
1	Lordshill B	11
2	Winchester B	31
3	Hedge End B	37
4	Lordshill C	45
5	Pompey J B	47
6	Fareham	49
7	Denmead B	57
8	So'ton AC	60
	Stubbington B	60

Ladies B Division 2		
Position	Club	Score
1	Eastleigh	11
2	Gosport	23
3	Alton	29
4	Totton	44
5	Hardley	44
6	Overton	63
7	Salisbury	68
8	Stubbington D	88

Men's B Division 2		
Position	Club	Score
1	PompeyJ C	15
2	Salisbury	23
3	Denmead C	35
12	Stubbington D	117

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to those who finished in the top 65 runners: Nikki Roebuck 12, Daniel Foster 54 and Gareth Charles 58 and to those who completed more than 7 races in the series, Nikki Roebuck, Sara McRitchie, Kathy Chamberlain, Sarah Barron, Daniel Foster, Gareth Charles, Richard Chowns, Graham Martin and David Thorpe.

Races for the 2017/2018 series will be the same as 2016/2017. Dates will follow.
It would be great to see more people attending the races next session as we did have a drop in the number this year.

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

LORDSHILL 10K

65	Gareth Charles	00:40:42
70	Graham Martin	00:41:06
106	Haydn Brown	00:42:47
136	David Thorpe	00:44:48
173	Greig Benson	00:48:17
184	Martyn Poore	00:49:25

13	Nikki Roebuck	00:42:18
44	Lucy May	00:47:00
82	Helen Benson	00:53:24
87	Sara Mcritchie	00:53:57
123	Claire Mead	00:59:56
134	Kathy Chamberlain	01:03:00
146	Sarah Barron	01:05:13

South Downs A team Report

This year we had assembled the best of the best and nicknamed the team the 'Green Avengers' to avenge last year's 3rd place. In the Green Avengers were Lewis Banner, Mike Gregory, Pere Capdevila, Chris Brobin, Hugh Aggleton and Andy Simpson (capt). The team in the run up to the race had done their recces and our very professional driver James Lewington had recced all the driving routes and provided the runners with all the creature comforts needed for a long day out on the Downs.

In the pre-race build up there was a lot of speculation around the Phoenix Badgers who were planning to rip up the course record by 8 minutes on a course extended permanently by about 15 minutes from what the record was set on. The Green Avengers would have their work cut out to be victorious on the day.

Our race start time was 9.00 which sees the fastest teams setting off last. Pere got us off to a flyer with a 3 minute lead and fastest time on the day. Next up was the new kid on the block Hugh and he extended the lead by another minute. Two solid runs from Lewis and Mike saw us still leading but the Badgers were chiselling away at our lead. Over the next two legs the Badgers set a blistering pace setting one leg record on leg 6 and taking 2 minutes a leg out of us. To be fair Chris and Andy had great runs with Andy only 13 seconds off the club's leg record! After leg 6 the Badgers were in the lead by 1 minute 30 seconds.

Pere ran a blinder on an extended leg 7 and retook the lead by 15 seconds. Hugh on the next leg had a ding dong battle with a Badger losing the lead by 4 seconds. Next leg Washington to Springhead Hill saw Lewis run a decent time but was upstaged by the Badgers running a course record and extended their lead. Mike was given strict instructions to close the gap on the shortest leg 10 against one of the weaker Badger runners. Mike nailed it and pulled back over a minute to be only 15 seconds behind the leaders. Andy was up against a very good runner and

all though he battled hard on the hills and closed slightly it was the flat/ downhill sections that saw the Badgers pull away to take a 1 minute lead.

Leg 12 Littleton Farm to Cocking, saw Chris put in another solid run but the Badger runner must have run a course record with 29.09 to extend their lead to over 4 minutes. Pere was up next and like a man possessed he reeled in the Badger with shouts of 'kill, kill' from his captain as both runners came over the last hill together at Harting Hill. The swelled crowds and local support from the Green Army and our wonderful marshals on this leg saw a treat with Pere coming in with a 5 second lead!

The South Downs race is a war of attrition on the body and being able to run 3 legs fast, while navigating the course. There were signs of cracking in the Badgers armoury as the guy on leg 13 had blown up but take nothing away from Pere who had run a great leg, in fact 3 great legs for the team! Hugh used all his experience as a fell runner to carve out over a 2 minute lead running into QE Park. Lewis took on Butser and with a fabulous run and fastest on the day, to extend the lead by another 1 minute 30 seconds.

Andy knew he was up against the same Badger guy from leg 11 who loves the flat and downhill as a 5k specialist (15 minute runner!), leg 16 is mainly flat and downhill, bar the last hill at the end, so it was damage limitation. Andy ran a brilliant leg to lose only 31 seconds to the chasing Badgers and only 8 seconds off the club record.

Queue the showdown, in the Green corner, the best runner from Stubbington, Mike. Versus, in the white corner, the best runner from Phoenix Badgers, Jon Pepper a 2.19 marathon guy. The shootout on the longest leg 8.65 miles of gruelling hills!! With the shouts of Green Army ringing in Mike's ears and the team popping up all over the leg shouting encouragement. The rest of the team got to the start of leg 18 with Chris left to bring home the baton with the Badgers 2nd fastest runner who had earlier destroyed our guys and set a course record. Time for some Jedi mind games by our captain. Talking to Chris, whilst Badger runner stood next to us, he said, "about 29 minutes for the leg, Chris", which was over 3 minutes plus quicker than what Chris was likely to run it in!

So who was going to win the shootout…..? Mike came in first and ran a superb time of 52.48 the fastest time by a Stubbie since 2006! Mike handed over to Chris but how big would the lead be? Well Mike extended our lead by 42 seconds, so we had a lead of over 4 minutes, so barring injury or Chris going wrong, we were heading for victory.

Chris battered the last leg and crossed the line in 32.54 PB for a famous victory for the Green Avengers over the Phoenix Badgers by 4 minutes 7 seconds and the second fastest time in history on the extended course and fastest ever by a Stubbie team. The moral of the story, that the faster team on paper is not always the fastest on the day and that knowing the legs from reccing makes a big difference and being able to run 3 fast legs over 2 fast legs and dying on the third legs is what wins races.

As the captain of the team I want to say a special thanks to my team who were all awesome and did the times they were asked and some!! To our driver James and his co-pilot, his son you were great on the day, which meant we could just run our hearts out for the club. The marshals led by Caz Lee – thank you for giving up your time and you were great and the marshals got a special thank you at the presentation.

Just to let you know that after the fierce rivalry with the Badgers, we had a good chat with them after the race over a pint or two.

Till next year when we will be defending our title and Phoenix will be back!!

Andy

THE LADIES TEAM

The ladies team are always the 1st team from SGR to depart from Whiteley at 4am and are out there the longest around 13 and a half hours. The commitment and dedication to do this is second to none. There were 3 Rookies on our team this year; Lara, Kelley and Hilary, 2 old hands; Lucy and Sally, and a whizz: Beccy on her 2nd outing. A great combination, a team who were out to have fun(!) and enjoy the day.
Not forgetting Marie, ace time-keeper, and Euan, driver extrodinaire.

It's a day that tests you to the limits, knowing that you have to go above and beyond for your fellow team mates. As Beccy proved on Leg 1, putting us ahead of our start group by running the quickest ladies time on the day, and setting a new SGR ladies record! She also ran the quickest ladies time for the new longer leg 7, again setting a SGR ladies record. As Lucy put it 'The other teams in our start were getting 'chicked'!

Hilary ran a stormer on leg 18. The final leg to bring us home. We attempted to motivate her to overtake Victory's mixed team, as we had been having friendly banter with them all day, but she not only did that but in Kelley's words, 'ran as if she had stolen something to beat Phoenix' ladies too.

There was nothing mediocre about the runs in between 1 and 18 either. The effort with smiles was extremely evident with the hills being shared out along the way and previous SGR ladies records being smashed; no-one having an easy day of it!
In fact Euan was having a very easy day, putting up his feet and looking chilled at every opportunity. Said it was to combat compartmental syndrome!
And Marie was also having an easy day as she had found an app to count for her.

And the rewards of the day; the best part. However, when you set off early, you don't see the ice cream van at the top of Ditchling Beacon. Except in a photograph! Lucy's face was priceless when she saw a picture of Nick Kimber later in the day with an ice cream. However, the cake is always a treat at the end, courtesy of Tracy Bell thank you, and the alcohol or biscuits as required.

The best rewards are the relationships built, the team spirit promoted throughout the day, and the memories of a fantastic day out.

MENS B TEAM

This year the adventure for me started as soon as I had taken over from Andy Simpson as the club's Men's Captain. As part of the handover chat was a list of runners who had run times roughly around the qualifying criteria and were also willing volunteers The problem was we had at least eight runners who would normally make the A team and there were only six places available, and I had to decide who was in each men's team, not an easy task at all. Anyway ultimately a decision was made and the teams were nominated, captains appointed, drivers allocated, transport booked and applications sent off.

So I took charge of the B Team and allocated the legs and now the hard work of recceing could begin. The days and weeks passed with everyone reporting their progress, event t-shirts were ordered, start times were allocated; this seemed to be going well. Into the last week and we are nearly there until the Wednesday night when I get a message from Andy Simpson to tell me one of his runners, Lewis Banner, has a slight injury and may not be able to run and that I needed to activate one of the two emergency substitutes. This was two days before the run, not ideal. Anyway, lots of texting, worrying and general panic ensued before Lewis confirmed on Thursday night he thinks he'll be alright to run, phew.

Race Day - The very dependable Nick Kimber set off from Whiteley at silly o'clock to get to Beachy Head in good time ready for our 08.15 start time. Leg 1, as I found out in my recce, might be iconic but it's a tough old leg, but I chose it so I can't complain. Leg 2 was undertaken by Graham Bell who would in the course of the day complete the missing three legs that he hasn't run previously which is a great achievement. Marcus Lee got his day underway on Leg 3 as it started to get quite warm before handing over to Dan Foster who had the second longest leg of the day to ease himself into it. The youngest member of the team and easily the fastest member, Rob Greenwood set off on leg 5 before the new boy James Lee eventually started his account on leg 6. All of the team performed amazingly over the day running another two legs each in tough hot conditions. Great driving, timekeeping and support from Nick as well as Mark Eaton who provided help, motivation and great company, added to the teams efforts resulted in Stubbington Green Runners becoming the second best B team on the day and in doing so bagging ourselves a nice little medal for our efforts.

Men's B Team Captain Andy Stockwell

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).