The

Green Runner

DECEMBER 2017

FROM THE VICE CHAIR

Where has the time gone……, as we approach the end of another year I would like to take this opportunity to thank everybody who has made this an amazing year for Stubbington Green Runners, this includes our members:-

- that represent the club at various events,
- who support our training sessions that take place 5 days a week,
- the coaches and leaders who give their own time to lead and coach these sessions
- and finally to all our supporters who provide encouragement to the Green Army in all weathers,

this truly is a club to be proud of.

As I reflect over the last 12months unfortunately we have had to say good bye to some of our SGR friends, Dennis Woodward who was one of the original members of the club back in 1985 passed away in December 16 and Mick Clarke who was chairman of this club for many years, passed away in February after a long illness, they will always be in our hearts.

I would like to take this opportunity to say many congratulations to our beginners group who graduated on a windy (but dry) Lee-on-the-Solent parkrun on 11th November, there was a great turn out from the club to celebrate with them, thank you everyone. I would also say a huge thank you to the coaches supporting the beginners' course with a special thanks to Phil Hobby for leading the sessions for us.

Over the year I have seen the club continuing to grow and flourish at all levels and the support that we give all our runners is undeniably second to none. I know the cheering, shout outs gives runners taking part in events a huge lift, and it makes so much difference long may it continue.

We held our Awards evening earlier this year (11th November) this time with a buffet service, to help increase numbers and to reduce the cost for our members, I was pleased to see a good uptake this year with over 82 people attending. I am personally always in awe and inspired by all the accomplishments individuals have achieved throughout the year and the challenges they set themselves, you are great role models across the board.

Well we have a busy January coming up with our own Stubbington 10k (14th Jan) approaching rapidly, if you haven't already stepped forward to support, please let myself or Sara McRitchie know how you can help. We are also hosting one of the Southern Cross Country events at Manor Farm (21st Jan), if you can support/marshal then please contact Chris Hall.

Finally I would like to this opportunity to raise a glass and wish you and your families a very Merry Christmas and a Happy New Year. Happy Running

Mark (Vice Chairman)

The Committee met last week to award the Club places in next year's London Marathon. There were nine applicants but unfortunately we only have three places to give away. The three people who were awarded the places are:

Kathy Chamberlain
Sara McRitchie
Samantha Stockwell

We wish them all well in their training and hope they have a fantastic race next April.

CAPTAINS CORNER

Firstly I would like to say a massive well done to Louise Tanner and Gemma Christie who both completed their first Marathon (Dublin) at the end of last month. Also not forgetting those who did the Stickler, with Hugh Aggleton taking first place.

November has been a busy old month, lots going on. We had our stubby awards evening celebrating our member's achievements, I will come back to, and the massive achievement of the Beginners who completed their 8 week course, finishing with a windy Lee on Solent Parkrun, well done everyone.

The cross country season is well underway now with the third CC6, second Hampshire Cross Country league and second Southern Cross Country events all occurring quite close together.

The month kicked off with several members taking on the Meon Valley half, which for those of you who have done it, it is a tough course. Well done to Sally McGrath who took 1st V50 on the day. At the same time we had a good turnout for the CC6 at Dibden Purlieu. Next race is at Janesmoor Pond 10th December. The distance is between 4 and 5 miles, just turn up on the day, along with your club shirt, and run. It starts at 9.30.

The following week we had several brave souls take on Butser Hill at QE Park as part of the Hampshire Cross Country League, well done to Penny Forse for 1st V65 and Frances Lord for 2nd V55. The next event is on Saturday 2 Dec at Popham Basingstoke. Free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. Beccy Lord will provide summary of the results.
On the same day a contingent of stubbies completed the Remembrance Day 10k, where Rob Arkell came first, well done to everyone.

As mentioned we celebrated the achievements of our members over the year, with the following individuals receiving awards:
Most Improved Sara McRitchie
Most Improved Russell Mead
Female Marathon Julie Ashman
Male Marathon Mike Gregory
Female Performance Daisy McClements
Male Performance Rob Greenwood
Vet Female Kelley Haniver
Vet Male David Langrish
Senior Female Beccy Lord
Senior Male Rob Arkell
Contribution Chris and Wendy Hall
Outstanding Achievement Euan McGrath

Well done to all the winners and the nominees, you are all an inspiration to everyone in the club. Those who were able to attend we hope you had a good evening.

The Southern Cross Country swiftly following the next day, well done to the 19 stubbies who took part at the event also at QE Park. The next Southerns is the 10 Dec at Bourne Wood and another on 31 Dec at Lord Wandsworth. Each race is about 5 miles, and are intended as an introduction to cross country racing so faster runners are excluded, that means men who can run faster the 5.30 min/mile and women 6 min/mile shouldn't be racing.

There is a clash for the CC6 and Southerns Cross Country both taking place on the 10 Dec, it would be really good if we could get people to represent the club for both events.

There were two HRRL events, Gosport half which was really well supported, with many PBs, followed by Hayling 10 miles the week later and several more PBs achieved, well done everyone. A full report will be provided by Sara McRitchie. The final HRRL event for this year will be the Victory 5 miles, 3 December.

Congratulations to Sam Stockwell, Sara McRitchie and Kathy Chamberlain on their Club places for VLM 2018. I am excited for you all, best of luck with your training over the coming months.

Massive well done to David Langrish who completed the Wendover Woods Centurion 52 miles ultra, taking 1st V60.

On the 23 December we have our Mulled Wine Handicap starting and finishing at the corner of Cowes Lane and Hook Park Road, Warsash. Start anytime and finish as close to 11am as possible. If you are intending on taking part can you let Nick know you are running at nick@hookpark.co.uk. More information can be found on the stubby webpage.

If you haven't already do contact Sara McRitchie about volunteering at our own Stubbington 10k taking place on the 14 January. If you are planning on running don't forget you need to offer up a volunteer in your place.

Merry Christmas to everyone and Happy New Year, happy running
miles for 2018.

Andy Stockwell

Marie McDonald

Christmas Handicap

December 23rd

Start and Finish at the corner of Cowes Lane and Hook Park Road. Reccie Advisable

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Entry is FREE and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!
Contact Nick at nick@hookpark.co.uk or text 07977 411452.
Rules are simple , you may take the route instructions but NO watch or Gps. Closest finisher to 11am wins .

Prizes For both Male and Female finisher and Fancy Dress winners

The Route:

The Start and finish is from the corner of Hookpark Road, Cowes Lane and Workman's Lane (not Sign Posted!).

Start by running along Workman's Lane through a gate and continue right until you reach the sea. Turn right and head along the coastal path all the way to the Rising Sun Pub at Warsash keeping the sea on your left.

Once pass the Pub go diagonally across the Large Car Park and green (not the Car park opposite pub) coming out at the corner of Crofton Way/ Thornton Ave. Keep left to Thornton Ave until you reach Brook Lane, now turn left and cross the road (Busy Road watch out for Traffic).

Turn Right at Greenaway Lane and continue until you reach a right turn (sign posted Vero).

Take that unmade road until you reach Warsash Road. At Warsash Road turn right and cross the Road (busy) and then Left into Dibles Road. Run along Dibles road until you reach a gate on your right into Warsash Common. Take the left fork and follow the path until you come to a T-junction. Go across in to the Common and run anti clockwise around it. After about 800 meters take the right fork and through a metal gate. (if you don't take the right fork you will run around in circles!).

Just after the gate turn right and cross another wide metal gate and then take the first right though a Green metal kissing gate. Follow the path through the woods until you come out on Fleet End Road.

Now turn right and then take the Second footpath on the right (5 meters after the first).

At the end of the footpath turn right into Hook Park Rd. After about 400 meters take the footpath on your left (small gap in hedge). Follow this path keeping the fence on your left, cross a stile and keep to left hand side around the field. At the end of the path cross another stile and turn right back up Workman's Lane to the finish.

Mulled wine and mince pies awaits you.

MINSTEAD STINGER 10mile off road

Nick Crane finished in 1.25.52 and was 24th overall, the 19th male and 1st V60 for the third year.

English Masters Inter-Area XC Bournemouth 25 November

Penny Forse 4.5 miles in 33m53s. 10th lady; 1st F65/F60; 1st Age Grading of 93.55%.

MEON VALLEY HALF

25	Mark	Mcdonald		01:38:49
70	David	Langrish	1st M60	01:56:10
76	Gill	Rose		01:57:08
77	Richard	Snell		01:57:08
99	Sally	Mcgrath	1st F50	02:01:16
150	Sadie	Bedford		02:11:04
177	Chris	Stapleford		02:17:45
178	Gaynor	Heffer		02:17:50
179	Sara	Mcritchie		02:17:50
182	Sarah	Gardiner		02:21:31
183	Andrew	Miles		02:22:03
184	Elizabeth	Miles		02:22:03
189	George	Howarth		02:25:30
190	Greig	Benson		02:26:40
191	Helen	Benson		02:26:40
233	Julian	Webb		02:48:10
243	Lynsey	Adamson		02:51:25
247	Tracey	Terry		02:56:27

Wendover Woods Centurion 52 mile Ultra

120	Dave Langrish	12:33:28

CC6 RACE 3 DIBDEN

1	Beccy Lord
23	Lara Evans
30	Frances Lord
33	Penny Forse
35	Lucy May
86	Kathy Chamberlain
89	Grace Tyrrell
97	Pam Kemp
104	Janet Shaw
108	Sarah Gregory

2	Mike Gregory
34	Daniel Foster
46	Andrew Stockwell
72	Matt Evans
74	Mike Bell
77	Andy Donn
102	Nick Crane
118	Paul Coverdale
157	Cliff Shaw
176	Rob Williams
179	Greg Rowe

HAYLING 10

94	Susie MacGregor	01:06:00
225	Anna Wilby Lopez	01:14:14
289	Sarah Cranstone	01:17:47
409	Sara McRitchie	01:27:38
410	Emily Handley	01:27:39
445	Louise Tanner	01:32:05
446	Marie McDonald	01:32:05
450	Katherine Chowns	01:32:18
451	Sadie Lee Bedford	01:32:18
482	Katherine Chamberlain	01:35:40
551	Julia Webb	01:44:26
558	Sue Robinson	01:46:58

10	Rob Arkell	00:58:16
13	Andy Simpson	00:59:01
14	Rob Greenwood	00:59:14
34	Rus Coleman	01:02:03
78	Andrew Stockwell	01:05:19
80	Mark McDonald	01:05:25
95	Daniel Foster	01:06:03
101	Daniel Elliott	01:06:40
113	Robert Cranstone	01:07:18
127	Richard Chowns	01:08:05
133	Steve Cumes	01:08:23
144	Scott Shaw	01:09:04
256	Chris Stapleford	01:15:43
280	Stuart Hall	01:17:21
283	James Lee	01:17:31
284	Andy Lee	01:17:32
483	Simon Gibbon	01:35:41
582	David MacSwayne	02:03:55

REMEMBRANCE DAY 10K

1	Rob Arkell	00:37:06
8	Ray Gunner	00:42:45
27	Richard Jacks	00:46:03
48	Greig Benson	00:48:09
180	Helen Benson	00:58:59
194	Sue Moore	00:59:29
213	Gregg Rowe	01:00:48
243	Lindsay Pratt	01:02:45

SOUTHERN CROSS COUNTRY QE COUNTRY PARK

Colin Trigg 17
Mike White 40
Andy Stockwell 68
Russ Coleman 88
Matt Evans 124
Mike Bell 125
James Lee 147
Tom McClements 152
Jon Leigh 164
David Langrish 181
Nick Crane 191
Chris Hall 214
Andy Lee 215
Richard Bailey 234
Kev Ashman 320

Lara Evans 31
Lucy May 61
Julie Ashman134
Sam Stockwell 209

GOSPORT HALF

218	Susie	MacGregor	01:28:51
610	Charlotte	Lord	01:42:26
612	Sally	McGrath	01:42:52
670	Lucy	May	01:44:47
676	Lara	Evans	01:45:03
829	Sadie	Bedford	01:50:31
909	Lisa	Donn	01:53:05
911	Katie	Rant	01:53:13
935	Sally	Watfford	01:54:17
981	Sara	McRitchie	01:55:27
982	Racheal	Maule	01:54:51
1039	Emily	Handley	01:57:10
1104	Kerryanne	Sawyer	01:59:07
1118	Becca	White	01:59:53
1142	Laura	kay	02:00:40
1192	Louisa	Page	02:04:06
1225	Louise	Tanner	02:05:49
1233	Sarah	Gardiner	02:06:56
1356	Zoe	Dennis	02:12:39
1387	Janet	Shaw	02:13:25
1402	Kat	Chowns	02:14:25
1488	Ann	Blake	02:21:54
1521	Susan	Bonnar	02:26:48
1525	Sandie	McIntosh	02:25:54
1527	Amanda	Knight	02:25:58
1572	Katherine	Chamberlain	02:31:17
1573	Sarah	Barron	02:31:18
1613	Julie	Ryman	02:37:26
1614	Lindsay	Pratt	02:39:42
1617	Kate	Vaughan	02:40:00

23	Rob	Arkell	01:16:24
150	Mark	McDonald	01:26:10
159	andrew	stockwell	01:26:38
164	Daniel	Elliott	01:26:42
181	Gareth	Charles	01:27:03
217	Richard	Chowns	01:28:32
258	Graham	Martin	01:30:11
307	steve	cumes	01:32:14
310	Scott	Shaw	01:32:21
330	Matthew	Evans	01:32:48
344	John	Blake	01:33:20
412	Michael	Welland	01:36:06
471	Andy	Donn	01:37:49
472	Richard	Jacks	01:38:06
579	James	Lee	01:41:49
607	Darren	Tanner	01:42:23
638	Steve	Fidler	01:44:01
684	Neil	Richardson	01:45:12
715	Simon	Vingoe	01:46:39
731	Tim	Matthews	01:46:56
736	Ashley	Lovell	01:47:01
816	stuart	HALL	01:50:24
903	Simon	Darlington	01:53:19
916	Paul	Coverdale	01:53:32
950	John	Cox	01:54:21
1033	Cliff	Shaw	01:56:29
1038	George	Howarth	01:57:12
1089	Andy	White	01:58:50
1101	Simon	Gibbon	01:59:12
1174	Michael	Wootton	02:03:00
1212	Andy	Richardson	02:05:42
1398	Jonathan	Harrington	02:14:51
1487	William	Gill	02:22:17

HAMPSHIRE CROSS COUNTRY LEAGUE

PETERSFIELD

12	Rebecca Lord	24:41:00
89	Frances Lord	31:38:00
100	Penny Forse	32:43:00
115	Lucy May	34:22:00

51	Ryan Simpson	13:22

35	Michael Gregory	38:23:00
45	Hugh Aggleton	38:49:00
104	Andrew Simpson	42:32:00
123	Mike White	43:37:00
158	Russ Coleman	45:31:00
184	Graham Martin	47:59:00
238	Graham James	53:13:00
242	David Langrish	53:47:00
247	Nick Crane	54:11:00
257	Gordon Westley	56:40:00
260	Chris Stapleford	57:31:00

TRAINING SESSIONS

Monday	04/12/2017	Solent Hotel	06:30	Penny	Whiteley	3x(3x30sec up hill hard jog back down +1min RI)	3 to 5min (depending on weather)
Tuesday	05/12/2017	Locks Heath Sports Ground	7pm		Schooner Way	1ml repetitions (3 to 5 or ~40min) - Option to meet at start @ 7:10	2min
Thursday	07/12/2017	Locks Heath Sports Ground	7pm		Coach Hill Titchfield	20/25min of hills	jog down
Monday	11/12/2017	Solent Hotel	06:30		Whiteley	Kenyan hills 4x6min	2 min
Tuesday	12/12/2017	HOLLY HILL LEISURE CENTRE	7pm	Mike White	Holly Hill	Winter TIME TRIAL (1st)	N/A
Thursday	14/12/2017	Crofton Community Centre	7pm	Julie	Eric Road short loop	Accelerations, 25min (new session)	n/a
Monday	18/12/2017	Solent Hotel	06:30		Whiteley	Long hills (25min)	jog back down
Tuesday	19/12/2017	Locks Heath Sports Ground	7pm		Red Path	Speed play (Fartleck) session using lamp posts	3 min each end
Thursday	21/12/2017	Locks Heath Sports Ground	7pm		Crescent Road	Paarlauf loops (x6)	alternate loops
Monday	25/12/2017	Bank Holiday					
Tuesday	26/12/2017	Bank Holiday					
Thursday	28/12/2017	No Sessions					

			Chichester	**04-Nov**		**Chichester**	**11-Nov**	
			Jonathan HARRINGTON	00:28:50		Jonathan HARRINGTON	00:29:43	
			Lee-on-the-Solent	**04-Nov**		**Salisbury**	**11-Nov**	
			Rob GREENWOOD	00:17:32		Charlotte LORD	00:23:20	
			Andrew STOCKWELL	00:19:34				
			Simon HEARNDEN	00:20:00		**Lee-on-the-Solent**	**11-Nov**	
			Richard MACKAY	00:20:10		Lewis BANNER	00:18:06	
Southampton	**04-Nov**		Andy DONN	00:21:18		Colin TRIGG	00:18:37	
Carl SCHAFER	00:26:47	PB	Mick WELLAND	00:22:46		James LEE	00:20:39	
Robert SPENCER	00:28:45		James LEE	00:22:49		Jon PLOMER	00:20:44	
			Tim MATTHEWS	00:22:57		Gareth CHARLES	00:23:04	
Ipswich	**04-Nov**		Andy LEE	00:23:39		Mick WELLAND	00:23:31	
Lucy TAYLOR	00:30:58		Daniel HORSCROFT	00:23:50	PB	Martyn POORE	00:23:44	
			Victoria Kate JOEL	00:24:32		Kate RANT	00:24:20	
Whiteley	**04-Nov**		Andy WHITE	00:28:00		Andy LEE	00:24:50	
Daniel ELLIOTT	00:19:18		Kevin ASHMAN	00:29:51		Richard BURNS	00:25:02	
Daniel FOSTER	00:19:24		Susan BONNAR	00:32:29		Cathy WEBB	00:25:47	
Gareth CHARLES	00:19:57		Claire JOHNSON	00:33:48		Carl SCHAFER	00:26:15	PB
Russ COLEMAN	00:20:14		Samantha STOCKWELL	00:33:49		Simon GIBBON	00:26:28	
Richard JACKS	00:21:24		Jenny HEARNDEN	00:34:41		Rob WILLIAMS	00:27:41	PB
Del GRANGER	00:22:33		Julie ASHMAN	00:37:20		Claire PEAL	00:31:26	
Kate RANT	00:24:25	PB				Louise TANNER	00:31:28	
Charlotte MAISEY	00:26:38		**Portsmouth Lakeside**	**04-Nov**		Phil HOBBY	00:31:31	
Pamela KEMP	00:28:34		John SIMISTER	00:26:58		Rachel DONNACHIE	00:31:32	
Martyn BANNER	00:28:47	PB				Katherine HOLMES	00:31:35	
Kay SADLER	00:30:32	PB	**York**	**11-Nov**		Maxine DAVIES	00:31:59	
			David Matthew CASTLE	00:18:40		Leonora MORETON	00:34:18	
Eastleigh	**04-Nov**					Marie BATTEN	00:34:29	
Haydn BROWN	00:22:11		**Whiteley**	**11-Nov**		Tracie JARVIS	00:35:21	
Janet SHAW	00:30:51		Nikki ROEBUCK	00:21:40		Marie MCDONALD	00:35:27	
Cliff SHAW	00:30:51		Jon LEIGH	00:21:44		Janet SHAW	00:35:35	
Keith WHITAKER	00:30:55		Del GRANGER	00:22:51		Cliff SHAW	00:35:35	
			Rebecca WHITE	00:26:45		Tina Louise CHANTREY	00:36:25	
Abingdon	**04-Nov**		Beverly STICKLAND	00:26:55	PB	Beatie BICHARD	00:37:29	PB
Jon LEIGH	00:21:16		Andy WHITE	00:27:59		Dawn BELL	00:37:30	
			Alison BYATT	00:28:32		Sarah HOBBY	00:37:31	
Amager Strandpark	**04-Nov**		Pamela KEMP	00:29:07		Diane WILSON	00:38:11	
Martin DE WIED	00:27:50		Kay SADLER	00:29:54	PB	Sandie MCINTOSH	00:38:11	
						Sue ROBINSON	00:38:20	
Netley Abbey	**04-Nov**		**Eastleigh**	**11-Nov**		Mark MCDONALD	00:40:51	
Rebecca Margaret LORD	00:19:29		Haydn BROWN	00:22:05				
Frances Louise LORD	00:22:35	PB	Tom CALLAWAY	00:23:10		**Portsmouth Lakeside**	**11-Nov**	
Steve TROTMAN	00:24:12		Keith WHITAKER	00:34:11		Kevin SAUNDERS	00:26:30	
Liam John Charles DREDGE	00:24:26							
Russell MEAD	00:25:17		**Newbury**	**11-Nov**		**Fareham**	**11-Nov**	
			Tomas STINSON	00:22:03	PB	Robert CRANSTONE	00:20:18	
Fareham	**04-Nov**					Sarah CRANSTONE	00:23:00	PB
David LANGRISH	00:22:27		**Netley Abbey**	**11-Nov**		Tom MELLOR	00:32:40	
Daisy MCCLEMENTS	00:23:48		Steve TROTMAN	00:22:07		David MACSWAYNE	00:36:06	
Toby EVANS	00:28:39	PB				Paul SOUTHON	00:36:08	
Wendy HALL	00:31:31		**Brockenhurst**	**11-Nov**		Sarah BODDY	00:47:30	
Tom MELLOR	00:34:14		Daniel FOSTER	00:19:54		Andrew SMITH	00:47:59	
Sue FLEWITT	00:37:33					Wendy SMITH	00:48:19	
Rowena DODDS	00:37:35		**East Grinstead**	**11-Nov**		Liz WEIGHELL	00:56:32	
Paul SOUTHON	00:38:23		Robert SPENCER	00:37:16				
Andrew SMITH	00:55:56					**Ipswich**	**18-Nov**	
Wendy SMITH	00:56:01		**Queen Elizabeth**	**11-Nov**		Lucy TAYLOR	00:29:31	
			James LEWINGTON	00:19:54				
Brockenhurst	**04-Nov**					**Havant**	**18-Nov**	
Graham MARTIN	00:20:19					William GILL	00:32:28	

			Netley Abbey	**18-Nov**		**Nonsuch**	**25-Nov**	
			Rebecca Margaret LORD	00:18:04		Andrew STOCKWELL	00:20:47	
			Chris DAVIDSON	00:23:01				
			Martyn BANNER	00:28:00		**Carlisle**	**25-Nov**	
			Jules DINWOODIE	00:29:15		Sarah BARRON	00:33:34	
			Brockenhurst	**18-Nov**		**Newbury**	**25-Nov**	
Whiteley	**18-Nov**		Daniel FOSTER	00:19:39		Rob GREENWOOD	00:17:53	
Colin TRIGG	00:18:35	PB						
Nikki ROEBUCK	00:20:40		**Winchester**	**18-Nov**		**Winchester**	**25-Nov**	
Matt EMERY	00:20:41		Gordon WESTLEY	00:24:31		Gordon WESTLEY	00:25:05	
Andrew STOCKWELL	00:22:09							
Eileen DUFF	00:23:55		**Portsmouth Lakeside**	**18-Nov**		**Netley Abbey**	**25-Nov**	
Simon ELLIS	00:24:14		Gareth CHARLES	00:19:12		Rebecca Margaret LORD	00:17:48	
Jamie STOCKWELL	00:24:27		Martyn POORE	00:23:36		Dave THORPE	00:19:26	PB
Helen BENSON	00:26:29					Charlotte LORD	00:22:31	
Beverly STICKLAND	00:26:38	PB	**Fareham**	**18-Nov**		Frances Louise LORD	00:22:32	PB
Alison BYATT	00:26:46	PB	Jon LEIGH	00:21:17	PB			
Mike DONOVAN	00:27:45		David LANGRISH	00:22:40		**Kingsbury Water**	**25-Nov**	
Liz JAMES	00:33:04		Robert SPENCER	00:29:09		Robert SPENCER	00:28:46	
Greig BENSON	00:33:40		Tom MELLOR	00:31:49				
Kay SADLER	00:43:07		Rita LEIGH	00:32:24		**Queen Elizabeth**	**25-Nov**	
			Liz WEIGHELL	00:38:18		Rebecca WHITE	00:29:01	
Eastleigh	**18-Nov**		David MACSWAYNE	00:40:02		Andy WHITE	00:31:51	
Haydn BROWN	00:21:48		Andrew SMITH	00:40:47				
Keith WHITAKER	00:31:01		Wendy SMITH	00:44:42		**Chichester**	**25-Nov**	
						Jonathan HARRINGTON	00:29:06	
Medina I.O.W.	**18-Nov**		**Cardiff**	**25-Nov**				
Peter KAY	00:22:28		Thomas MACSWAYNE	00:15:49	PB	**Lee-on-the-Solent**	**25-Nov**	
Carl SCHAFER	00:27:00					Lewis BANNER	00:17:14	
			Southampton	**25-Nov**		David Matthew CASTLE	00:18:56	
Catton	**18-Nov**		Mark MCDONALD	00:20:50		James LEE	00:19:59	
Andy LEE	00:23:25		Marie MCDONALD	00:27:13	PB	Richard MACKAY	00:20:02	
						Jon PLOMER	00:22:37	
Chichester	**18-Nov**		**Southsea**	**25-Nov**		Tim MATTHEWS	00:22:50	
Jonathan HARRINGTON	00:28:10		Tomas STINSON	00:20:35	PB	Daniel HORSCROFT	00:23:33	PB
						Andy LEE	00:24:10	
Lee-on-the-Solent	**18-Nov**		**Whiteley**	**25-Nov**		Neil JARVIS	00:24:10	
David Matthew CASTLE	00:18:42		Jonathan WARNER	00:19:48	PB	Libby EVANS	00:26:22	
James LEE	00:21:01		Jon LEIGH	00:21:02	PB	Lara EVANS	00:26:22	
Lucinda LE GASSICK	00:21:22		Harry REARDON	00:21:29	PB	Simon GIBBON	00:27:07	
Marcus LEE	00:21:28		Greig BENSON	00:23:18		Sally MARTIN	00:31:04	
Tim MATTHEWS	00:23:17		Eileen DUFF	00:23:38		Graham MARTIN	00:31:04	
Libby EVANS	00:24:23	PB	Carl SCHAFER	00:25:56	PB	Sara MCRITCHIE	00:31:06	
Richard BURNS	00:24:25		Catherine CHARMAN	00:26:17		Vicky WILLIAMS	00:31:38	
Matthew EVANS	00:24:38		Beverly STICKLAND	00:26:18	PB	Linda KOPINSKA	00:33:55	
Cathy WEBB	00:24:39		Martin DE WIED	00:28:30		Jenny HEARNDEN	00:35:15	
Simon GIBBON	00:25:41		Katherine CHOWNS	00:29:16		Natalie FLACK	00:35:18	
Rob WILLIAMS	00:27:34	PB	Julia WEBB	00:29:18		Claire JOHNSON	00:35:19	
Grace TYRRELL	00:28:58	PB	William GILL	00:29:33		Diane WILSON	00:38:00	PB
Cliff SHAW	00:29:58		Pamela KEMP	00:29:42		Shelley THOMAS	00:40:08	
Sarah BARRON	00:32:17		Rita LEIGH	00:32:02				
Sandie MCINTOSH	00:34:37		Helen BENSON	00:32:50		**Poolsbrook**	**25-Nov**	
Linda KOPINSKA	00:34:37		Keith WHITAKER	00:35:38		Russell MEAD	00:24:36	
Janet SHAW	00:35:04					Jules DINWOODIE	00:29:40	
Sarah MARTIN	00:36:45		**Moors Valley**	**25-Nov**				
Michelle SIMPSON	00:36:46		James LEWINGTON	00:18:16		**Fareham**	**25-Nov**	
Louise TANNER	00:48:33					John SALT	00:26:29	
						Wendy SMITH	00:51:31	

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to all those who ran Gosport Half Marathon and Hayling 10 mile.

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

Gosport Half Marathon:

Ladies Names	Team	Team Score
Susie MacGregor	A	116
Charlotte Lord		
Sally McGrath		
Lucy May	B	215
Lara Evans		
Sadie Bedford		
Lisa Donn	C	317
Kate Rant		
Sally Watfford		
Sara McRitchie	D	387
Racheal Maule		
Emily Handley		

Also, well done to Kerry Sawyer, Becca White, Laura Kay, Louisa Paige, Louise Tanner, Sarah Gardiner, Zoe Dennis, Janet Shaw, Kat Chowns, Ann Blake, Susan Bonnar, Sandie McIntosh, Amanda Knight, Kathy Chamberlain, Sarah Barron, Julie Ryman, Lindsay Pratt and Kate Vaughan.

Mens Names	Team	Team Score
Rob Arkell	A	292
Mark McDonald		
Andy Stockwell		
Daniel Elliott		
Gareth Charles	B	550
Rich Chowns		
Graham Martin		
Steve Cumes		
Scott Shaw	C	751
Matt Evans		
John Blake		
Michael Welland		
Andy Donn	D	1011
Richard Jacks		
James Lee		
Darren Tanner		

Also, well done to Steve Fidler, Neil Richardson, Simon Vingoe, Tim Matthews, Ashley Lovell, Stuart Hall, Simon Darlington, Paul Coverdale, John Cox, Cliff Shaw, George Howarth, Andy White, Simon Gibbon, Michael Wooton, Andy Richardson, Jonathan Harrington and William Gill.

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Hayling 10 mile:

Ladies Names	Team	Team Score
Susie McGregor	A	98
Anna Wilby-Lopez		
Sarah Cranstone		
Sara McRitchie	B	316
Emily Handley		
Louise Tanner		
Marie McDonald	C	361
Kat Chowns		
Sadie Bedford		
Kathy Chamberlain	D	473
Julia Webb		
Sue Robinson		

Mens Names	Team	Team Score
Rob Arkell	A	64
Andy Simpson		
Rob Greenwood		
Rus Coleman		
Andy Stockwell	B	295
Mark McDonald		
Dan Foster		
Danial Elliott		
Rob Cranstone	C	428
Rich Chowns		
Steve Cumes		
Scott Shaw		
Chris Stapleford	D	757
Stuart Hall		
James Lee		
Andy Lee		

Also, well done to Simon Gibbon and David MacSwayne .

Details below of the League Summary:

Ladies A Division 1		
Position	Club	Score
1	Hedge End	10
2	Winchester	12
3	Lordshill	16
4	So'ton AC	17
5	Pompey J	18
6	Denmead	23
7	Farnham	27
8	Stubbington	28
9	Totton	34
10	Eastleigh	39

Men's A Division 1		
Position	Club	Score
1	Overton	6
2	Lordshill	11
3	Winchester	17
4	Denmead	19
5	Stubbington	21
6	Hedge End	22
7	Fareham	26
8	Pompey J	32
9	So'ton AC	33
10	Eastleigh	33

Ladies B Division 1		
Position	Club	Score
1	Hedge End B	11
2	Winchester B	14
3	Denmead	15
4	Winchester C	25
5	Pompey J	28
6	Hedge End C	28
7	Farnham B	30
8	Gosport	30
9	Lordshill B	33
10	Stubbington B	36

Men's B Division 1		
Position	Club	Score
1	Lordshill B	13
2	Hedge End B	15
3	Denmead B	16
4	Winchester B	19
5	Salisbury	27
6	Lordshill C	30
7	Pompey J B	32
8	Hedge End C	33
9	Stubbington B	34
10	Lordshill D	39

Ladies B Division 2		
Position	Club	Score
1	Salisbury	25
2	Stubbington C	28
3	Totton	29
4	Overton	31
5	Hardley	36
6	Stubbington D	41
7	Ryde	42
8	Alton	42
9	Victory C	43
10	Farnham C	49

Men's B Division 2		
Position	Club	Score
1	Farnham B	10
2	Denmead C	19
3	Overton	21
4	Totton	22
5	IOW RR	27
6	Victory	29
7	Stubbington C	30
8	Farnham C	33
9	Gosport	42
10	Stubbington D	44

Races details for the remaining series are:
Please remember if you enter our 10k, to let me the details of your marshal cover.

Races	Dates
Gosport Half	8th November
Hayling 10 mile	26th November
Victory 5 mile	3rd December
Stubbington 10k – Full	14th January
Ryde 10 mile – Open	4th February
Eastleigh 10K – Open	18th March
Salisbury 10 mile – Open	8th April
Alton 10 mile	13th May
Netley 10k	20th May
Lordshill 10k	24th May

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