# The Green Runner

MAY 2018

# *FROM THE CHAIR*

April continues to be the main marathon month and SGR was well represented across the many different city marathons – I won't single anybody out, but will just say a huge well done to everybody who pulled on the green vest for one of these especially as the conditions were pretty challenging this year for a lot of the races.

The RR10 season has also kicked off recently at Netley with a fantastic turnout of 96 runners – more than any other club followed by 73 at the 2nd RR10 at Stoney Cross again the most of any club. If you haven't tried these races yet please try and come along to the next one at Sway on the 16th May.

The combination of a fun supportive race with a chance to rehydrate in the pub afterwards is proving very popular and the more the merrier. On the subject of RR10s, it is our own race on July 11th so please look out for requests for help from Neil re marshalling, reccies etc, in order for us to put on another successful race.

You will recall we asked for charity nomination earlier in the year. We had a number of nominations and the committee met to decide who we should support. Whilst all of them were clearly worthwhile candidates we ended up agreeing that we would support two of the charities proposed and they are Abby's Heroes – https://abbys-heroes.org – a small charity supporting children and their families under the care of the Piam Brown and T.Y.A wards at Southampton General Hospital and Solent Diabetes – www.solentdiabetes.org.uk – a charity focussing on all aspects of diabetes for people in the Portsmouth and South East Hampshire area.

Details of both charities can be found on their respective websites.

This year's Macmillan mile will take place on Monday 21st May so please come along and run the mile, donate £2 and the club will match each donation and the total will be donated to Macmillan. We have a group of 36 eating in the Parson's Collar afterwards and if anybody else wants to some along for just a drink then they would be more than welcome.

Happy Running

Kevin Ashman
Chairman

WE ARE MACMILLAN. CANCER SUPPORT

**The annual Macmillan mile will take place on Monday 21st May as part of our normal training sessions. Everybody who wants to can run a timed mile as part of their group and donate £2 - the club will then match each donation and the total will go to the Macmillan cancer charity. We are combining this with a social event in the Parsons Collar afterwards.**

# CAPTAINS CORNER

Marathon Madness with 32 people doing a marathon in April, with hot temperatures for London and Southampton with times greatly affected but people still got PBs!! At Southampton we saw Mike Gregory finish 4th overall and missing out on 3rd in a sprint finish! Andy Simpson and Sarah Barron (celebrating her sub 5 hours) took on Manchester. Stubbies who achieved a PB who had previously run a marathon were Will Feline 3.08, Paris, Simon Gibbon 4.42, Cliff Shaw 4.42 and Gaynor Heffer 4.26 at Southampton. First timers at the marathon were Jemma Raeburn, Sam Stockwell, Zoe Dennis, Natalie Flack, Claire Johnson, Susan Bonnar, Graham Martin, Jon Warner, Scott Shaw, all absolutely amazing achievements. Lindsay Pratt and Sue Moore ran Paris as their first marathon, you did us proud ladies!

April really was the month of the marathon with Brighton giving kinder temperatures this year, Emily Handley ran as her first marathon in 5:08:33. John Leigh finished with a fantastic 3:43 and Gemma Christie with a PB of 4:20. Jonathon Harrington had a great run at the 10k and was inspired to sign up for the marathon next year as his first ever!

At Southampton Half we had a lot of first timers as well Carl Schafer, Andrew Thomas, Paul Smith, Neil Allen, Hannah Molyneaux, Sue Moore, Helen Benson, Deborah Madeira, Janice Allen, Erica Maggs, Annie Trotman, Sarah Gregory, Nicola Thomas. Lindsay Pratt and Kate Vaughan both got PBs at Southampton Half to better a previous half marathon PB. Massive well done to everyone who ran a marathon or did Southampton Half in April.

RR10 at Royal Victoria saw records broken with 454 runners competing and Stubbington having 21% with 96 runners. Becky Lord continued her fine form from last year by being the 1st lady overall with Lucy May 10th and Anna Wilby-Lopez 13th making up the ladies A team who were 2nd on the night. The men's A team went one better being 1st on the night with Mike Gregory leading home the team in 3rd, Rob Greenwood 4th, Andy Simpson 9th, Shaun Beale 12th and Colin Trigg 16th. On the night we had 24 teams across the ladies and men which was amazing. The next race three races in May are the 2nd May at Stoney Cross, 16th at Wilverley and 30th at Blackfield, let's see if we can get large numbers to these great midweek races.

In the HRRL at Salisbury we saw the ladies come home in 2nd and the men were 6th, ladies A team comprised of Victoria Shaw, Nikki Roebuck and Hollie Smith. The men's quartet was Rob Arkell (got PB), Andrew Stockwell, Dan Foster and Rich Chowns. The next two races are at Alton 6th May and Netley 20th May.

Time Trials saw a record number of 1st timers doing the 4 mile course and a total of 57 people on the night, with Simon Gibbon as backmarker for the 7 O'clock group getting a PB. The 9 people improved their times with the biggest improvers being Kathy Chamberlain knocking 3 minutes and 24 seconds off and Martyn Banner improving by 2 minutes 57 seconds. Can we top the 57 runners at the next time trial on Thursday 17th May?

The final weekend of April bought about some real variety in our races. Houghton Trail 11k race with Nicki Roebuck as 1st lady and James Lewington as 4th overall and 1st male V40, really well done. Good results also for Simon Gibbons (sprint finish!), Chris Stapleford, Paul Hammond, Karen Salmon, Fiona Quade, and Sara McRitchie. Wimbledon Half for Linda Swanton, Fleet Half for Andy Stockwell and a medal finish for Kelley Haniver, well done all of you.

Was the weekend of laps too! Wickham Whistler for Carolyn Bickerstaffe 3 laps, Kathy Chamberlain 4 laps and Julie Ashman 8 laps making this her marathon number 63!! Amazing running ladies.

Bad Cow Frolic was a whole weekend of success with Andy Donn getting 2nd fastest lap, John Cox and Lisa Donn ran 6 laps for their marathon medals, we had a Stubby team of 4 - Rachel and Graham Donnachie and Katherine and Andy Holmes, finishing 3rd in the teams (both ladies running their furthest distance to date). Sunday's marathon and Mark McDonald finished 2nd overall with Marie and Callum running the half together, well done to the McDonalds!

So, all in all April has been a very busy but successful month! Lots of firsts, PB's and personal achievements. Well done everyone, we are a strong Green Army!

# Coaches Corner

Over the next few months we will introduce you to your dedicated Coaching Team who voluntarily give up there time and expertise to design and facilitate the huge variety of training sessions that the club offer.

## SGR Club Coach: Phil Hobby

I am a a naturally enthusiastic and energetic person with a passion for all things
active. My happy disposition and inability to say no, has led to many a weird and
amazing adventures. I continue to meet many awe-inspiring people
along my journey and will always encourage others to live life to the full.

I am a coach, sports Injuries guru and a self confessed fitness geek with 20+ years experience in the health & fitness industry. I have a passion for all things active and encourage others that fitness should be a way of life. I am passionate about helping others to improve their health and well-being, and will always look to
inspire others to follow their dreams, big or small. Adventure happens in the great outdoors and I like nothing more than educating, inspiring and motivating others to explore the possibilities and enjoy their journey. Life is short, so live it.

Being active is part of my lifestyle and there is always scope to fit in some sort of adventure along the way. Running in some form has always been part of my life, but cycling, SUPing, snowboarding, scooting, kite flying and all manner of active "stuff" will never be far from the agenda, but it is off-road trail running that really leads me to my happy place.

I make no claims to be very good at trail running, but my enthusiasm for running as many miles as I can in the great outdoors knows no limits. For me there is nothing better than running in the mountains, experiencing the seasons and soaking up the awesome beauty of nature. Human powered adventure fuels my passion for movement and the possibilities are endless.

Contact me at: club-coach@stubbingtongreenrunners.net or peakhealthphil@hotmail.co.uk

More info at: www.peak-health.org.uk

# SGR Summer BBQ

## Saturday 1st September
## 11am – 4pm

## Royal Victoria Country Park
## Netley
## Laurel Barbecue site

We are planning to have our annual BBQ this year on the 1st September at Royal Victoria Country Park (Netley) from 1100, where we will have games for all the family and of course a run around the Country Park.

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

# *RR10 RACE 1 NETLEY*

| | |
|---|---|
| 3 | Michael GREGORY |
| 4 | Rob GREENWOOD |
| 9 | Andy SIMPSON |
| 12 | Shaun BEALE |
| 16 | Colin TRIGG |
| 17 | David MALLARD |
| 20 | Russ COLEMAN |
| 25 | Mike WHITE |
| 30 | Gareth CHARLES |
| 33 | Graham MARTIN |
| 34 | Steve CUMES |
| 40 | John WARNER |
| 43 | Christopher HALL |
| 55 | Mark EATON |
| 56 | Nick CUFF |
| 60 | Dan FOSTER |
| 80 | Mike BELL |
| 83 | Andy DONN |
| 86 | Matthew EVANS |
| 88 | Robert EGGERTON |
| 99 | Peter KAY |
| 100 | Nick CRANE |
| 106 | Rob ANDERSON |
| 111 | Rich SNELL |
| 116 | Tom CALLAWAY |
| 118 | Jon LEIGH |
| 124 | Graham JAMES |
| 130 | Martyn POORE |
| 134 | Greg BENSON |
| 135 | Tim MATTHEWS |
| 143 | Nick KIMBER |
| 144 | Jack GOOZEE |
| 153 | Paul HAMMOND |
| 176 | Andy LEE |
| 178 | Paul SMITH |
| 188 | Keith CARTER |
| 192 | Russel MEAD |
| 202 | Matthew SMITH |
| 205 | Carl SCHAFER |
| 208 | Andy WHITE |
| 215 | Martin DEWIED |
| 217 | Simon GIBBON |
| 220 | Nigel WHITCHER |
| 224 | Chris WHEELER |
| 233 | Rob WILLIAMS |
| 241 | Toby EVANS |
| 243 | Kevin ASHMAN |
| 256 | Phil CLARK |
| 260 | Greg ROWE |
| 263 | Martin WEDGE |
| 264 | Neil ALLEN |

| | |
|---|---|
| 1 | Rebecca LORD |
| 10 | Lucy MAY |
| 13 | Anna WILBY-LOPEZ |
| 15 | Lara EVANS |
| 19 | Debs SMITH |
| 26 | Rachel FARGHER |
| 29 | Gill ROSE |
| 30 | Amy FOX |
| 41 | Nichola WILLOUGHBY |
| 43 | Hayley HIMBLE |
| 45 | Hilary MISSELBROOK |
| 50 | Kelly BENNETTS |
| 56 | Julie ASHMAN |
| 58 | Lisa DONN |
| 61 | Daniele CRANSTONE |
| 65 | Alison LAWRENCE |
| 69 | Jemma RAEBURN |
| 70 | Helen Benson |
| 81 | Becca WHITE |
| 89 | Marie MCDONALD |
| 90 | Karen SALMON |
| 98 | Dawn HAYNES-SEWELL |
| 99 | Melissa COSENS |
| 100 | Emily HANDLEY |
| 107 | Sue MOORE |
| 108 | Kate RANT |
| 110 | Alison MCCORMICK |
| 111 | Susie MACGREGOR |
| 119 | Laura KAY |
| 123 | Sarah NORTHCOTT |
| 125 | Carolyn BICKERSTAFF |
| 127 | Jo MCQUAID |
| 129 | Katherine HOLMES |
| 134 | Dominique BECHELEY |
| 135 | Lindsay PRATT |
| 136 | Simone SHEPPARD |
| 137 | Claire PEAL |
| 140 | Nicola THOMAS |
| 145 | Sarah GREGORY |
| 157 | Grace TYRELL |
| 164 | Sarah BARRON |
| 170 | Sue ROBINSON |
| 171 | Sandie MCINTOSH |
| 174 | Liz JAMES |
| 184 | Jan ALLEN |

| | | |
|---|---|---|
| 256 | Arkell, Rob | 02:44:34 |
| 539 | Aggleton, Hugh | 02:52:27 |
| 2708 | Coleman, Russell | 03:17:48 |
| 3101 | Shaw, Vicky | 03:21:13 |
| 3839 | Stockwell, Andrew | 03:26:49 |
| 4964 | Chowns, Richard | 03:34:17 |
| 6189 | Jewett, Melanie | 03:42:02 |
| 6966 | Langrish, David | 03:46:48 |
| 11323 | Chantrey, Tina | 04:08:58 |
| 19506 | Trace, Daniel | 04:45:21 |
| 25847 | Terry, Tracey | 05:13:15 |
| 26147 | Chamberlain, Kathy | 05:14:47 |
| 26148 | McRitchie, Sara | 05:14:47 |
| 28938 | Stockwell, Samantha | 05:27:45 |
| 31592 | Dennis, Zoe | 05:42:25 |
| 38903 | Bonnar, Susan | 06:58:27 |

| | | |
|---|---|---|
| 4 | Michael GREGORY | 02:46:23 |
| 82 | Graham MARTIN | 03:27:36 |
| 84 | Jonathan WARNER | 03:27:45 |
| 301 | Scott SHAW | 04:00:57 |
| 587 | Gaynor HEFFER | 04:35:03 |
| 597 | Lisa DONN | 04:36:40 |
| 725 | Simon GIBBON | 04:51:30 |
| 842 | Cliff SHAW | 05:08:49 |
| 845 | Jemma RAEBURN | 05:09:04 |
| 896 | John COX | 05:16:58 |
| 906 | Keith WHITAKER | 05:19:33 |
| 1059 | Natalie FLACK | 06:17:37 |
| 1060 | Claire JOHNSON | 06:17:37 |

| | | |
|---|---|---|
| 1634 | Will Feline | 03:08:12 |
| 37421 | Lindsay Pratt | 05:19:12 |
| 37422 | Sue Moore | 05:19:12 |

## Fleet Half

| | | |
|---|---|---|
| 88 | Andrew Stockwell | 01:25:41 |
| 106 | Kelley Haniver | 01:27:09 |

## Bad Cow Marathon

| | | | |
|---|---|---|---|
| 2nd | Mark | McDonald | 03:29:26 |

## Houghton Trail 11k Race

| | | | |
|---|---|---|---|
| 4 | James Lewington | 00:45:03 | 4th |
| 14 | Nikki Roebuck | 00:50:50 | 1st lady |
| 32 | Simon Gibbon | 00:57:38 | |
| 39 | Chris Stapleford | 00:58:25 | |
| 117 | Karen Salmon | 01:11:28 | |

| | | |
|---|---|---|
| 1700 | Jon Leigh | 03:43:19 |
| 5024 | Gemma Christie | 04:20:15 |
| 8892 | Emily-Jane Handley | 05:08:33 |

| | | |
|---|---|---|
| 273 | Andy Simpson | 2:56:34 |
| 7916 | Sarah Barron | 4:58:39 |

# SALISBURY 10 MILE

| | | |
|---|---|---|
| 9 | Victoria Shaw | 01:07:16 |
| 11 | Nikki Roebuck | 01:08:43 |
| 19 | Hollie Smith | 01:10:47 |
| 60 | Amy Fox | 01:21:17 |
| 89 | Katherine Chamberlain | 01:27:09 |
| 99 | Becca White | 01:29:40 |
| 133 | Katherine Chowns | 01:35:22 |
| 145 | Samantha Stockwell | 01:38:46 |
| 147 | Jules Dinwoodie | 01:40:07 |
| 150 | Janet Shaw | 01:40:01 |
| 152 | Sara McRitchie | 01:40:45 |
| 158 | Julia Webb | 01:41:57 |
| 184 | Donne Caswell | 01:54:31 |
| | | |
| 8 | Rob Arkell | 00:56:14 |
| 40 | Andrew Stockwell | 01:02:50 |
| 57 | Daniel Foster | 01:04:55 |
| 66 | Richard Chowns | 01:06:02 |
| 143 | Darren Tanner | 01:13:51 |
| 161 | Simon Bacon | 01:14:40 |
| 196 | Jamie Earley | 01:19:56 |
| 209 | George Howarth | 01:21:01 |
| 240 | Andy White | 01:27:42 |
| 249 | Carl Schafer | 01:31:10 |
| 253 | Cliff Shaw | 01:32:25 |

# SOUTHAMPTON 10K

| | | |
|---|---|---|
| 50 | Hollie SMITH | 43:52.1 |
| 78 | James LEE | 45:39.7 |
| 608 | Catherine WEBB | 01:00:28 |
| 858 | Dominique BECHELEY | 01:04:52 |
| 984 | Rachel DONNACHIE | 01:06:48 |
| 1068 | Greg ROWE | 01:08:03 |
| 1229 | Liz JAMES | 01:11:03 |
| 1310 | Sally MARTIN | 01:12:30 |
| 1699 | Jenny WILFORD | 01:24:16 |

# SOUTHAMPTON HALF

| | | |
|---|---|---|
| 193 | Liam SAUNDERS | 01:38:00 |
| 200 | Kelly WICKENS | 01:38:25 |
| 202 | Daniel FOSTER | 01:38:32 |
| 241 | Gareth CHARLES | 01:39:56 |
| 266 | Andrew THOMAS | 01:40:26 |
| 534 | Stephen TROTMAN | 01:48:47 |
| 583 | Hannah MOLYNEAUX | 01:49:55 |
| 662 | Paul COVERDALE | 01:51:21 |
| 1006 | Paul SMITH | 01:58:09 |
| 1302 | Tim MATTHEWS | 02:02:07 |
| 1389 | Simon VINGOE | 02:03:16 |
| 1500 | Russell MEAD | 02:04:48 |
| 1554 | Simon ELLIS | 02:05:42 |
| 1575 | Miles PRITCHARD | 02:05:53 |
| 1702 | Katie RANT | 02:07:33 |
| 1741 | Sue MOORE | 02:08:12 |
| 2341 | Greig BENSON | 02:16:21 |
| 2469 | Helen BENSON | 02:18:31 |
| 2571 | Lindsay PRATT | 02:19:52 |
| 2803 | Julie RYMAN | 02:23:24 |
| 2856 | Deborah MADEIRA | 02:24:12 |
| 2885 | Jules DINWOODIE | 02:24:37 |
| 2988 | Anne TROTMAN | 02:26:21 |
| 3054 | Aga PLOMBON | 02:27:30 |
| 3325 | Sarah GREGORY | 02:32:47 |
| 3378 | Nicola THOMAS | 02:33:52 |
| 3618 | Janet SHAW | 02:39:26 |
| 3715 | Kate VAUGHAN | 02:42:19 |
| 3850 | Sandie MCINTOSH | 02:47:30 |
| 3851 | Amanda KNIGHT | 02:47:30 |
| 4074 | Erica MAGGS | 03:00:59 |
| 4075 | Janice ALLEN | 03:01:04 |
| 4168 | Neil ALLEN | 03:14:38 |

# BRIGHTON 10K

| | | |
|---|---|---|
| 1594 | Jonathan Harrington | 59.08 |

# Stubbington Green - Time Trial Results 2018

| Name | Best 2016/201 | April | May | June | July | August | Septembe | Best 2018 |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| | | 57 | - | - | - | - | - | 9 |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Andy Simpson | 22.19 | 25.24 | | | | | | |
| Andy Donn | 27.52 | **26.42** | | | | | | -1.10 |
| Graham Martin | 25.56 | **25.41** | | | | | | -0.15 |
| Gareth Charles | 25.23 | 26.12 | | | | | | |
| Harry Roebuck | 27.40 | **27.40** | | | | | | |
| Haydn Brown | 26.52 | 28.10 | | | | | | |
| Helen Nicholls | 25.57 | **25.57** | | | | | | |
| Jordan McRitchie | 28.00 | **28.00** | | | | | | |
| Mark Eaton | 25.10 | 26.28 | | | | | | |
| Nikki Roebuck | 26.16 | 27.39 | | | | | | |
| Rachel Fargher | 28.52 | **28.52** | | | | | | |
| Richard Mackay | 26.01 | **26.01** | | | | | | |
| Tom Callaway | 25.03 | 30.31 | | | | | | |
| Mike Bell | 28.06 | **27.10** | | | | | | -0.56 |
| Simon Bacon | 28.23 | **27.39** | | | | | | -0.44 |
| Philip May | 30.21 | **30.19** | | | | | | -0.02 |
| Andy Lee | 30.59 | 32.37 | | | | | | |
| Ash Lovell | 30.53 | **30.53** | | | | | | |
| Bizz Cozens | 30.58 | 35.48 | | | | | | |
| George Howarth | 30.34 | 31.49 | | | | | | |
| John Cox | 30.46 | **30.46** | | | | | | |
| Keith Carter | 30.40 | 31.40 | | | | | | |
| Martin Poore | 30.11 | **30.11** | | | | | | |
| Simon Gibbon | 33.51 | **31.58** | | | | | | -1.53 |
| Shelly Thomas | 33.49 | **33.42** | | | | | | -0.07 |
| Carl Schafer | 34.20 | **34.20** | | | | | | |
| Emily Handley | 33.41 | **33.41** | | | | | | |
| Hayley Humble | 31.28 | **31.28** | | | | | | |
| Jenna Lloyd | 33.36 | **33.36** | | | | | | |
| Julie Ashman | 33.08 | 39.27 | | | | | | |
| Lisa Donn | 31.32 | 32.07 | | | | | | |
| Matt Smith | 31.40 | 31.57 | | | | | | |
| Penny Forse | 31.10 | **31.10** | | | | | | |
| Rob Williams | 34.42 | **34.42** | | | | | | |
| Sara McRitchie | 33.04 | 35.17 | | | | | | |
| Kathy Chamberlain | 36.16 | **32.52** | | | | | | -3.24 |
| Martyn Banner | 40.17 | **37.20** | | | | | | -2.57 |
| Claire Peal | 39.10 | **39.10** | | | | | | |
| Grace Turrell | 40.17 | **40.17** | | | | | | |
| Greg Rowe | 37.59 | 39.58 | | | | | | |
| Janet Shaw | 37.41 | **37.41** | | | | | | |
| Jonathan Harrington | 36.20 | **36.20** | | | | | | |
| Julia Lawton | 40.44 | **40.44** | | | | | | |
| Julia Webb | 35.38 | 35.38 | | | | | | |
| Kate Vaughan | 40.17 | **40.17** | | | | | | |
| Katherine Holmes | 39.19 | **39.19** | | | | | | |
| Kelly Bennetts | 36.14 | **36.14** | | | | | | |
| Kevin Ashman | 37.48 | **37.48** | | | | | | |
| Louisa Sefton | 46.53 | **46.53** | | | | | | |
| Martin Wedge | 45.31 | **45.31** | | | | | | |
| Nikkie Plomer | 39,29 | **39.29** | | | | | | |
| Rachel Donnachie | 39.32 | **39.32** | | | | | | |
| Robin Peal | | 0.00 | | | | | | |
| Sarah Barron | 36.03 | 46.45 | | | | | | |
| Sarah Northcott | 36.18 | **36.18** | | | | | | |
| Simone Shepherd | 39.10 | **39.10** | | | | | | |
| Sue Robinson | 38.02 | 46.45 | | | | | | |

Under 25 mins

25.01 – 28 mins

28.01 – 31 mins

31.01 – 35 mins

35+ mins

| **Southampton** | **7 April** | |
|---|---|---|
| Ray GUNNER | 00:19:38 | |
| | | |
| **Ipswich** | **7 April** | |
| Lucy TAYLOR | 00:31:29 | |
| | | |
| **Havant** | **7 April** | |
| James LEWINGTON | 00:18:33 | |
| | | |
| **Whiteley** | **7 April** | |
| Andrew STOCKWELL | 00:19:21 | |
| Nikki ROEBUCK | 00:20:35 | |
| Harry ROEBUCK | 00:20:38 | PB |
| Hannah MOLYNEAUX | 00:22:20 | |
| Stuart HALL | 00:23:17 | |
| Kate RANT | 00:24:50 | |
| Jamie EARLEY | 00:25:19 | |
| Carl SCHAFER | 00:26:16 | |
| Beverly STICKLAND | 00:26:20 | |
| Chris WHEELER | 00:26:57 | |
| Kelly BENNETTS | 00:27:28 | |
| Pamela KEMP | 00:28:23 | |
| Martin DE WIED | 00:28:35 | |
| Keith WHITAKER | 00:28:45 | |
| Kim ACHURCH | 00:28:46 | |
| William GILL | 00:28:55 | |
| Sarah NORTHCOTT | 00:28:58 | |
| Martyn BANNER | 00:29:10 | |
| Liz JAMES | 00:31:14 | |
| Sarah GREGORY | 00:31:16 | |
| Samantha STOCKWELL | 00:31:34 | |
| Julia WEBB | 00:31:37 | |
| Greig BENSON | 00:31:40 | |
| Helen BENSON | 00:31:40 | |
| Toby EVANS | 00:32:10 | |
| John PARKER | 00:38:13 | |
| | | |
| **Moors Valley** | **7 April** | |
| Rebecca Margaret LORD | 00:18:31 | |
| Frances Louise LORD | 00:24:32 | |
| | | |
| **Newbury** | **7 April** | |
| Tomas STINSON | 00:32:36 | |
| | | |
| **Netley Abbey** | **7 April** | |
| Russell MEAD | 00:25:04 | |
| Aga PLOMBON | 00:26:50 | |
| Jules DINWOODIE | 00:29:58 | |
| | | |
| **Humber Bridge** | **7 April** | |
| Liz WEIGHELL | 00:32:09 | |
| | | |
| **Chichester** | **7 April** | |
| Jonathan HARRINGTON | 00:28:19 | |
| | | |
| **Fareham** | 7 April | |
| Andy DONN | 00:20:33 | PB |
| Thomas MCCLEMENTS | 00:22:22 | |
| Chris HALL | 00:24:21 | |
| Paul SOUTHON | 00:29:49 | |
| Wendy HALL | 00:31:59 | |
| Andrew SMITH | 00:36:59 | |
| David MACSWAYNE | 00:37:02 | |
| Wendy SMITH | 00:37:14 | |
| | | |
| **Portsmouth Lakeside** | **7 April** | |
| Kevin SAUNDERS | 00:26:51 | |

| **Lee-on-the-Solent** | **7 April** | |
|---|---|---|
| Graham MARTIN | 00:19:50 | |
| James LEE | 00:20:03 | |
| Robert CRANSTONE | 00:20:10 | |
| Scott SHAW | 00:20:29 | PB |
| Mike BELL | 00:20:54 | |
| Rob ANDERSON | 00:21:29 | PB |
| Amie MORGAN | 00:22:32 | |
| Mick WELLAND | 00:24:00 | |
| Paul HAMMOND | 00:24:11 | |
| Haydn BROWN | 00:24:42 | |
| Victoria Kate JOEL | 00:24:55 | |
| Andy LEE | 00:24:58 | |
| Rachael OPENSHAW | 00:25:05 | |
| Alison HESSELBERTH | 00:25:13 | |
| Cliff SHAW | 00:25:40 | |
| Rob WILLIAMS | 00:27:54 | |
| Claire PEAL | 00:28:31 | PB |
| John SIMISTER | 00:28:33 | |
| Vicky WILLIAMS | 00:29:21 | |
| Richard WEEKS | 00:29:41 | |
| Karen SALMON | 00:30:57 | |
| Gaynor HEFFER | 00:30:58 | |
| Susan BONNAR | 00:33:31 | |
| Kevin ASHMAN | 00:34:07 | |
| Jenny HEARNDEN | 00:34:37 | |
| Louise TANNER | 00:34:49 | |
| Janet SHAW | 00:34:59 | |
| Andy WHITE | 00:39:52 | |
| | | |
| **Firenze** | **7 April** | |
| Robert SPENCER | 00:28:32 | |
| | | |
| **Southampton** | **14 April** | |
| Mark MCDONALD | 00:21:01 | |
| Marie MCDONALD | 00:33:19 | |
| Calum MCDONALD | 00:33:19 | |
| Sadie Lee BEDFORD | 00:33:19 | |
| | | |
| **Rugby** | **14 April** | |
| Andrew STOCKWELL | 00:19:27 | |
| | | |
| **Whiteley** | **14 April** | |
| Nikki ROEBUCK | 00:20:06 | |
| Daniel FOSTER | 00:20:32 | |
| Hannah MOLYNEAUX | 00:21:27 | PB |
| Martyn POORE | 00:22:20 | |
| Jamie EARLEY | 00:22:32 | |
| Amy FOX | 00:23:47 | |
| Greig BENSON | 00:24:22 | |
| Jack GOOZEE | 00:24:24 | |
| Claire JONES | 00:25:42 | |
| Alison BYATT | 00:27:12 | |
| Jon LEIGH | 00:27:12 | |
| Dominique BECHELEY | 00:27:27 | |
| John SIMISTER | 00:28:31 | |
| Katherine CHOWNS | 00:30:05 | |
| Liz JAMES | 00:31:38 | |
| Kim ACHURCH | 00:34:59 | |
| | | |
| **Moors Valley** | **14 April** | |
| Carl SCHAFER | 00:26:40 | |
| | | |
| **Newbury** | **14 April** | |
| Tomas STINSON | 00:22:23 | |
| | | |
| **Horsham** | **14 April** | |
| Gareth CHARLES | 00:19:30 | |
| Kate RANT | 00:26:20 | |
| | | |
| **Portsmouth Lakeside** | **14 April** | |
| Kevin SAUNDERS | 00:26:32 | |

| **Falls, Belfast** | **14 April** | |
|---|---|---|
| Keith WHITAKER | 00:27:00 | |
| | | |
| **Netley Abbey** | **14 April** | |
| Rebecca Margaret LORD | 00:18:47 | |
| Frances Louise LORD | 00:23:57 | |
| | | |
| **Queen Elizabeth** | **14 April** | |
| San CLARK | 00:51:56 | |
| | | |
| **Skipton** | **14 April** | |
| Russell MEAD | 00:28:04 | PB |
| Jules DINWOODIE | 00:29:31 | |
| | | |
| **Bognor Regis** | **14 April** | |
| William GILL | 00:30:08 | |
| | | |
| **Chichester** | **14 April** | |
| Ray GUNNER | 00:20:30 | |
| Jonathan HARRINGTON | 00:28:27 | |
| | | |
| **Parkville** | **14 April** | |
| Pamela KEMP | 00:28:09 | |
| | | |
| **Lee-on-the-Solent** | **14 April** | |
| Graham MARTIN | 00:19:15 | PB |
| Nick CUFF | 00:19:19 | |
| Jon PLOMER | 00:19:30 | |
| Mark John EATON | 00:19:46 | |
| Phil MORGAN | 00:21:19 | |
| James & Jesse Buggy Run LEE | 00:21:49 | |
| Amie MORGAN | 00:22:13 | |
| Ashley LOVELL | 00:23:10 | |
| Mick WELLAND | 00:23:13 | |
| Gaynor HEFFER | 00:23:42 | PB |
| Chris STAPLEFORD | 00:23:59 | |
| Kelly BENNETTS | 00:24:28 | PB |
| George HOWARTH | 00:24:32 | |
| Jamie STOCKWELL | 00:24:36 | |
| Paul HAMMOND | 00:24:41 | |
| Andy LEE | 00:24:56 | |
| Andy WHITE | 00:25:48 | |
| Cathy WEBB | 00:26:11 | |
| Chris WHEELER | 00:26:28 | |
| Karen SALMON | 00:26:28 | |
| Simon GIBBON | 00:26:29 | |
| Toby EVANS | 00:27:09 | |
| Sarah NORTHCOTT | 00:27:26 | |
| Katherine HOLMES | 00:28:05 | PB |
| Janet SHAW | 00:29:21 | |
| Richard WEEKS | 00:29:39 | |
| Amanda KNIGHT | 00:29:57 | |
| Cliff SHAW | 00:31:05 | |
| Jenny HEARNDEN | 00:34:43 | |
| Claire JOHNSON | 00:36:27 | |
| Samantha STOCKWELL | 00:36:29 | |
| | | |
| **Milano Nord** | **21 April** | |
| Robert SPENCER | 00:29:47 | |
| | | |
| **Fareham** | **14 April** | |
| Katherine BURDETT | 00:29:17 | |
| Paul SOUTHON | 00:29:28 | |
| Robert SPENCER | 00:29:47 | |
| Tom MELLOR | 00:30:39 | |
| Wendy HALL | 00:32:00 | |
| David MACSWAYNE | 00:34:47 | |
| Trina READINGS | 00:35:57 | |
| Wendy SMITH | 00:37:49 | |
| | | |
| **St Peters** | **21 April** | |
| Pamela KEMP | 00:29:25 | |

| Edinburgh | 21 April | |
|---|---|---|
| Jamie EARLEY | 00:23:23 | |
| | | |
| **Basildon** | **21 April** | |
| Ray GUNNER | 00:19:52 | |
| Trina READINGS | 00:35:59 | |
| | | |
| **Southampton** | **21 April** | |
| Carl SCHAFER | 00:27:19 | |
| | | |
| **Southsea** | **21 April** | |
| Daniel ELLIOTT | 00:21:29 | |
| Russell MEAD | 00:28:17 | |
| | | |
| **Whiteley** | **21 April** | |
| Colin TRIGG | 00:18:35 | |
| Gavin RENNIE | 00:21:23 | PB |
| Martyn POORE | 00:21:52 | PB |
| Jamie STOCKWELL | 00:22:52 | PB |
| Amy FOX | 00:23:52 | |
| Nigel WHITCHER | 00:27:30 | |
| Alison BYATT | 00:27:36 | |
| Toby EVANS | 00:28:28 | |
| Chris WHEELER | 00:28:29 | |
| Charlotte MAISEY | 00:30:40 | |
| Joe GOOZEE | 00:32:34 | |
| Kay SADLER | 00:32:36 | |
| Keith WHITAKER | 00:32:44 | |
| Gareth CHARLES | 00:32:48 | |
| Helen BENSON | 00:36:42 | |
| Greig BENSON | 00:36:54 | |
| | | |
| **Eastleigh** | **21 April** | |
| Haydn BROWN | 00:25:53 | |
| Martin DE WIED | 00:29:11 | |
| | | |
| **Lincoln** | **21 April** | |
| Rachael OPENSHAW | 00:24:17 | |
| | | |
| **Billericay** | **21 April** | |
| Kim ACHURCH | 00:27:47 | |
| | | |
| **Winchester** | **21 April** | |
| Gordon WESTLEY | 00:27:23 | |
| | | |
| **Mile End** | **21 April** | |
| Katherine CHOWNS | 00:41:27 | |
| | | |
| **Netley Abbey** | **21 April** | |
| Steve TROTMAN | 00:24:10 | |
| Sarah GREGORY | 00:30:09 | PB |
| Michael GREGORY | 00:30:12 | |
| | | |
| **Burgess** | **21 April** | |
| Tina Louise CHANTREY | 00:28:48 | |
| | | |
| **Alice Holt** | **21 April** | |
| Peter SIMPSON | 00:28:46 | |
| | | |
| **Homewood** | **21 April** | |
| Lewis BANNER | 00:17:50 | |
| | | |
| **Dalby Forest** | **21 April** | |
| Julia WEBB | 00:32:55 | |
| | | |
| **Clapham Common** | **21 April** | |
| Samantha STOCKWELL | 00:33:51 | |
| Andrew STOCKWELL | 00:33:52 | |
| | | |
| **Havant** | **28 April** | |
| Colin TRIGG | 00:18:41 | |

| Lee-on-the-Solent | 21 April | |
|---|---|---|
| Phil MORGAN | 00:19:03 | |
| Jon PLOMER | 00:19:17 | |
| Mark John EATON | 00:19:25 | |
| Richard BAILEY | 00:19:49 | PB |
| Mike BELL | 00:20:24 | PB |
| Marcus LEE | 00:21:15 | |
| Amie MORGAN | 00:22:27 | |
| Mick WELLAND | 00:22:39 | |
| Chris STAPLEFORD | 00:23:05 | |
| Alison HESSELBERTH | 00:24:56 | |
| Rebecca WHITE | 00:24:57 | |
| Andy WHITE | 00:25:39 | |
| Rob WILLIAMS | 00:26:46 | |
| Robin PEAL | 00:26:47 | |
| Mandy BURTON | 00:27:12 | |
| George HOWARTH | 00:27:48 | |
| Richard WEEKS | 00:28:39 | |
| Vicky WILLIAMS | 00:30:47 | |
| Sarah BARRON | 00:32:41 | |
| Jenny HEARNDEN | 00:34:16 | |
| Louise TANNER | 00:35:16 | |
| April HASSETT | 00:36:02 | |
| Janet SHAW | 00:39:57 | |
| Cliff SHAW | 00:39:57 | |
| Tina MACKAY | 00:51:55 | |
| | | |
| **Portsmouth Lakeside** | **21 April** | |
| Andy DONN | 00:21:08 | |
| Kevin SAUNDERS | 00:26:40 | |
| | | |
| **Fareham** | **21 April** | |
| Alison LAWRENCE | 00:25:42 | |
| Mike DONOVAN | 00:25:46 | PB |
| Katherine BURDETT | 00:28:18 | |
| Martyn BANNER | 00:28:51 | |
| Paul SOUTHON | 00:28:59 | |
| David MACSWAYNE | 00:35:56 | |
| Wendy SMITH | 00:37:59 | |
| Andrew SMITH | 00:50:15 | |
| | | |
| **Andover** | **28 April** | |
| Jules DINWOODIE | 00:29:15 | |
| | | |
| **Whiteley** | **28 April** | |
| Mark MCDONALD | 00:20:22 | |
| Jon LEIGH | 00:21:02 | |
| Mike BELL | 00:21:05 | PB |
| Nikki ROEBUCK | 00:21:48 | |
| Andrew STOCKWELL | 00:22:07 | |
| Jamie STOCKWELL | 00:22:10 | PB |
| Amy FOX | 00:23:12 | PB |
| Chris MCGAW | 00:23:23 | |
| Kate RANT | 00:23:54 | PB |
| Jamie EARLEY | 00:24:19 | |
| Jack GOOZEE | 00:24:27 | |
| Claire JONES | 00:25:12 | PB |
| Dominique BECHELEY | 00:28:29 | |
| Keith WHITAKER | 00:29:33 | |
| Richard JACKS | 00:30:29 | |
| Rita LEIGH | 00:30:53 | PB |
| Samantha STOCKWELL | 00:31:17 | |
| Martyn BANNER | 00:32:08 | |
| Kim ACHURCH | 00:35:46 | |
| Martin DE WIED | 00:36:42 | |
| | | |
| **Portsmouth Lakeside** | **28 April** | |
| Kevin SAUNDERS | 00:26:05 | |
| | | |
| **Mole Valley** | **28 April** | |
| Robert SPENCER | 00:34:10 | |
| | | |
| **Hogmoor Inclosure** | **28 April** | |
| Ray GUNNER | 00:20:25 | |

| Southsea | 28 April | |
|---|---|---|
| Chris WHEELER | 00:28:20 | PB |
| Toby EVANS | 00:28:23 | PB |
| | | |
| **Eastleigh** | **28 April** | |
| Haydn BROWN | 00:27:07 | |
| | | |
| **Lincoln** | **28 April** | |
| Rachael OPENSHAW | 00:23:59 | |
| | | |
| **Winchester** | **28 April** | |
| Gordon WESTLEY | 00:25:55 | |
| | | |
| **Netley Abbey** | **28 April** | |
| Rebecca Margaret LORD | 00:18:52 | |
| Charlotte LORD | 00:24:03 | |
| Frances Louise LORD | 00:24:11 | |
| | | |
| **Fritton Lake** | **28 April** | |
| Alison LAWRENCE | 00:26:15 | |
| | | |
| **Alice Holt** | **28 April** | |
| Peter SIMPSON | 00:25:55 | PB |
| | | |
| **Cottesloe** | **28 April** | |
| Pamela KEMP | 00:30:37 | |
| | | |
| **Lee-on-the-Solent** | **28 April** | |
| Andy SIMPSON | 00:17:27 | |
| Chris HALL | 00:19:04 | |
| Graham MARTIN | 00:19:25 | |
| Richard MACKAY | 00:19:37 | |
| Hollie SMITH | 00:20:22 | PB |
| Lucy MAY | 00:21:26 | PB |
| Sean MARTIN | 00:21:59 | |
| Ashley LOVELL | 00:22:49 | |
| Amie MORGAN | 00:22:55 | |
| Mick WELLAND | 00:22:56 | |
| Chris STAPLEFORD | 00:23:27 | |
| Nicola WILLOUGHBY | 00:23:55 | |
| Victoria Kate JOEL | 00:25:08 | |
| Philip MARTIN | 00:25:09 | |
| Andy WHITE | 00:25:31 | |
| Cathy WEBB | 00:25:36 | |
| Rebecca WHITE | 00:26:14 | |
| Paul HAMMOND | 00:26:37 | |
| Philip MAY | 00:26:38 | |
| Alison BYATT | 00:26:42 | |
| Rob WILLIAMS | 00:27:16 | |
| Simon GIBBON | 00:27:43 | |
| Karen SALMON | 00:28:06 | |
| Gaynor HEFFER | 00:28:07 | |
| Richard WEEKS | 00:28:32 | PB |
| Emily PEAL | 00:28:41 | |
| Robin PEAL | 00:28:42 | |
| Vicky WILLIAMS | 00:28:57 | |
| Julia WEBB | 00:29:41 | |
| Kevin ASHMAN | 00:29:42 | |
| Sue ROBINSON | 00:30:47 | |
| Julie ASHMAN | 00:30:50 | |
| Liz JAMES | 00:31:54 | |
| Sandie MCINTOSH | 00:32:13 | |
| Amanda KNIGHT | 00:32:14 | |
| Susan BONNAR | 00:32:48 | |
| Jenny HEARNDEN | 00:33:53 | |
| Janet SHAW | 00:46:14 | |
| | | |
| **Fareham** | **28 April** | |
| Russell MEAD | 00:25:23 | PB |
| Tom MELLOR | 00:30:19 | |
| Paul SOUTHON | 00:31:14 | |
| David MACSWAYNE | 00:34:55 | |
| Trina READINGS | 00:37:45 | |
| Wendy SMITH | 00:40:08 | |
| Andrew SMITH | 00:49:35 | |

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to all those who ran Salisbury 10 mile race.

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

Gosport Half Marathon:

| Ladies Names | Team | Team Score |
|---|---|---|
| Vicky Shaw | A | 39 |
| Nikki Roebuck | | |
| Hollie Smith | | |
| Amy fox | B | 248 |
| Kathy Chamberlain | | |
| Becca White | | |
| Kat Chowns | C | 425 |
| Sam Stockwell | | |
| Jules Dinwoodie | | |
| Janet Shaw | D | 460 |
| Sara McRitchie | | |
| Julia Webb | | |

Also, well done to Donne Caswell

| Mens Names | Team | Team Score |
|---|---|---|
| Rob Arkell | A | 171 |
| Andy Stockwell | | |
| Dan Foster | | |
| Rich Chowns | | |
| Darren Tanner | B | 709 |
| Simon Bacon | | |
| Jamie Earley | | |
| George Howarth | | |

Also, well done to Andy White, Carl Schafer and Cliff Shaw.

Details below of the League Summary:

| Ladies A Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Winchester | 21 |
| 2 | So'ton AC | 22 |
| 3 | Hedge End | 25 |
| 4 | Lordshill | 35 |
| 5 | Stubbington | 42 |
| 6 | Denmead | 46 |
| 7 | Pompey J | 51 |
| 8 | Farnham | 54 |
| 9 | Totton | 70 |
| 10 | Eastleigh | 78 |

| Men's A Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Overton | 20 |
| 2 | Lordshill | 25 |
| 3 | Winchester | 28 |
| 4 | Stubbington | 40 |
| 5 | Denmead | 42 |
| 6 | So'ton AC | 45 |
| 7 | Hedge End | 50 |
| 8 | Fareham | 56 |
| 9 | Pompey J | 66 |
| 10 | Eastleigh | 70 |

| Ladies B Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Hedge End B | 27 |
| 2 | Winchester B | 28 |
| 3 | Denmead | 38 |
| 4 | Stubbington B | 57 |
| 5 | Fareham | 58 |
| 6 | Winchester C | 61 |
| 7 | Lordshill B | 64 |
| 8 | Gosport | 70 |
| 9 | IOW RR | 71 |
| 10 | Pompey J | 71 |

| Men's B Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Lordshill B | 25 |
| 2 | Denmead B | 30 |
| 3 | Winchester B | 34 |
| 4 | Hedge End B | 39 |
| 5 | Salisbury | 49 |
| 6 | Pompey J B | 64 |
| 7 | Stubbington B | 69 |
| 8 | So'ton AC | 70 |
| 9 | Lordshill C | 72 |
| 10 | Winchester C | 78 |

| Ladies B Division 2 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Salisbury | 34 |
| 2 | Stubbington C | 41 |
| 3 | Totton | 54 |
| 4 | Alton | 62 |
| 5 | Ryde | 70 |
| 6 | Overton | 70 |
| 7 | Stubbington D | 72 |
| 8 | Victory C | 81 |
| 9 | Farnham C | 94 |
| 10 | Hardley | 95 |

| Men's B Division 2 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Farnham B | 25 |
| 2 | Denmead C | 32 |
| 3 | Overton | 35 |
| 4 | IOW RR | 38 |
| 5 | Totton | 62 |
| 6 | Stubbington C | 66 |
| 7 | Victory | 71 |
| 8 | Gosport | 86 |
| 9 | Ryde | 87 |
| 10 | Stubbington D | 96 |

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Races details for the remaining series are:

| Races | Dates |
|---|---|
| Alton 10 mile | 13th May |
| Netley 10k | 20th May |
| Eastleigh 10K | 17th June |
| Lordshill 10k | 24th June |

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