The Green Runner

JULY 2018

FROM THE CHAIR

Some great running performances in June that our Captain's will talk about elsewhere in this Green Runner but also some great support from the Green Army, no more so than at the parkrun on the 30th June where we saw the graduation of our latest Beginners group. We had over 80 Stubbies including the beginners either running , supporting or helping at the event proving yet again that not only are we quite good at running we are absolutely brilliant at supporting! I would just like to thank Phil Hobby and his coaching team for giving up their time to make this course so successful.

Whilst we are talking numbers (as an ex finance man I do like them!) we have had over 150 different members running at least one RR10 this year, which I believe is the most we have ever had in a season and it's not over yet! Don't forget our RR10 on July 11th where we will be able to display our supporting skills yet again.
We had a great skittles evening on the 29th June, which all attendees seemed to enjoy and our thanks go to Sara McRitchie for organising this. Our next social event is the 6.05 special on Friday 13th July where we have 5 and 10k options up the old Wickham railway line – details on our facebook group.

Longer term we have the Summer BBQ on September 1st at Royal Victoria Country Park and the Awards evening on Saturday November 10th at the David Lloyd Centre.

We also have two parkrun takeovers coming up Whiteley in September and Lee in November – details to follow.

Have a great Summer everybody.

Happy Running Everyone.

Kevin

PURBROOK 5

4	Nikki Roebuck	00:33:45
6	Sylwia Ward	00:35:01
9	Lucy May	00:35:49
14	Lara Evans	00:37:03
18	Penny Forse	00:38:28
19	Anna Wilby-Lopez	00:39:12
20	Rachael Openshaw	00:39:12
21	Victoria Joel	00:39:13
22	Nicola Willoughby	00:39:29
26	Gaynor Heffer	00:40:41
28	Kelly Bennetts	00:41:19
32	Lisa Donn	00:41:43
33	Julie Ashman	00:41:53
34	Becca White	00:42:32
46	Cathy Webb	00:44:12
47	Melissa Cosens	00:44:19
51	Karen Salmon	00:44:54
52	Helen Benson	00:45:00
53	Susan Moore	00:45:00
59	Elizabeth Miles	00:45:31
60	Carolyn Bickerstaffe	00:45:34
65	Louise Tanner	00:45:55
68	Laura Kay	00:46:10
72	Tracey Terry	00:46:33
79	Lindsay Pratt	00:46:58
80	shelley thomas	00:47:02
85	Simone Shepherd	00:47:35
86	claire peal	00:47:35
93	Sara McRitchie	00:48:05
94	Katherine Chamberlain	00:48:05
95	Debby Madeira	00:48:07
97	Sarah Northcott	00:48:12
129	Rachel Donnachie	00:51:50
133	Linda Swanton	00:52:20
136	Sue Robinson	00:52:39
139	Sarah Barron	00:53:44
149	Kate Vaughan	00:55:07
151	Sandie McIntosh	00:55:11
152	Liz James	00:55:20
161	Nicola Thomas	00:55:52
164	Susan Bonnar	00:56:12
189	Michelle Simpson	00:59:25
196	sarah martin	00:59:59
197	sharon simpson	00:59:59
199	Tina Mackay	01:00:11
206	Janice Allen	01:02:35

CAPTAINS CORNER

Well June has been an absolute scorcher with the weather and the running results have been great for the Green Army.

Start of the month saw the South Downs Way 100 Mile Relay with 3 teams representing the club in this gruelling race which tests body and mind as each team member runs 3 legs in 1 day! Stubbie runners did us proud and I'll only mention the results here as a full write up to come in this issue. The Ladies finished 4th covering the 100 miles in 13 hours 40 minutes. Men's B team was 2nd in their category in 12 hours 43 minutes. Men's A team went 1 better and defended their title, winning in 10 hours 56 minutes. Congratulations to all 3 teams on the fabulous results.

Hampshire Road Race had 2 races this month with the postponed Eastleigh 10k and Lordshill 10k. Eastleigh saw the club fielding 4 teams for ladies and men. The ladies finished 3rd on the day being led home by Beccy Lord, followed by Laura Wainwright and Lucy May. The men were 10th on the day which saw Jon Warner leading the greens home with Rich Chowns, Gareth Charles and Mark Eaton making the team up.

The Lordshill's race saw the temperatures going through the roof and the 2 drinks stations were definitely welcomed! It was great to see some new runners for the club getting into the teams with the Ladies A team being led home by Katie Leatherland, Hannah Molyneaux and Amy Fox. The Men's A team saw Rob Greenwood coming in first for us and followed by Andrew Stockwell, Dan Rainscourt and Rich Chowns. Congratulations to the 2 runners in the club which represented and completed all 12 races, well done Kathy Chamberlain and Rich Chowns.

RR10 series had 2 races in June with the conditions being warm for both. At Fleming Park we got 18 teams out and the ladies and Men both came home in 2nd. Ladies A was made up of Beccy Lord 3rd, Nikki Roebuck 7th and Laura Wainwright 11th. Men's A was Mike Gregory 7th, Andy Simpson 11th, Shaun Beale 16th, Russell Coleman 21st and Colin Trigg 26th. At Manor Farm the route was changed and gave a nice little surprise to the runners! We had 19 teams with Beccy Lord 1st lady home supported by Nikki Roebuck and Lucy May with the team coming 2nd on the night and currently 2nd in the league. The Men were also 2nd on the night and are currently joint 1st in the league with Romsey. Men's A were Ollie Caudwell, Shaun Beale, Will Feline and David Mallard. Well done everyone who ran the last two races, remember you need a minimum 6 races to get a final score in the league. The next race is at Wide Lane on 4th July. Following that we have our own race which we all marshal at Whiteley on 11th July, if you've not volunteered yet please get in touch with Neil Stantial to offer your services.

Congratulations to the beginners group which saw 30 people graduate the 8 week course. There was a great club turnout to support them run their first parkrun at Lee-on-Solent on the 30th June. Welcome to the club.

Miles of Miles night at Southampton track was another great night with 28 people making up 3 teams on the night to run 1 mile each in a relay team. Congratulations to everyone who took part, which included some of our junior runners. The results saw team 1 getting closer to winning with a podium 3rd place and just 1 minute 7 seconds off the winners! Team 2 was 16th and team 3 33rd on the night. Thank you to Kelly Bennetts who literally stepped in at a moment's notice to take over from an injured Stubbie after 3 metres to compete twice on the night! Thank you to Marcus Lee for organising the troops and the timekeepers on the night.

QE Country Park XC saw an alternative race on the night of the Miles of Miles with a few Stubbies venturing over and Penny Forse scooping 1st Vet 60 runner, congratulations Penny.

Earlier in the month we saw QE also host the South Downs trail half marathon. Congratulations to Tina Chantery for 1st in her age cat and well done to Lindsay Drysdale-Pratt and Tracey Terry also.

Well done to Euan McGrath and Neil Stantial for completing their Ultra run in Italy.

Great result from Captain Simpson in his 3 valley challenge this month. A tough course mixed with road and marshlands. Finished 2nd overall, well done Andy.

Another busy month for Triathlons, Kelly Bennetts buddied up with Becky Adlington at the Nottingham Relay Tri, and they only went and won!! The Blenheim Palace Tri was completed by Greg Rowe, the Leeds world Tri was smashed by Mike White winning 1st in his age cat, now our National Champ! Well done Mike.

Other marathons this month, we had George Howarth 1st Stubbie home at the Hampshire Hoppit, well done George on such a great return from your injury! The Giants Head Marathon was tackled by Matt and Lara Evans, Sarah Gardiner and Andy and Lisa Donn (the Donn's were sent the wrong way and completed a 29 mile ultra instead!) Well done all, a very challenging course on a hot day.

The Needles XC marathon completed by Sarah Barron, sounded like a tough course, well done!

Linda Swanton ran her 1st half marathon this month, great achievement with some Wombles for company!

Last but not least we have to mention our Ladies Day at the Purbrook 5 mile race. Such an amazing turnout of 60+ Green Ladies who ran their hardest to achieve some brilliant results on the day. Hillier than a lot of us expected! The cake at the end was a welcome treat! In the top 10 we had Lucy May, Sylwia Ward and Nikki Roebuck. Really well done to all our ladies, looking forward to next year already!

Enjoy the sunshine over the next month and fingers crossed for England in the World Cup which at the time of writing this article were still in!!

SGR Summer BBQ

Saturday 1st September
11am – 4pm

Royal Victoria Country Park
Netley
Laurel BBQ 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).

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

MIKE WHITE

I love to run, on all kinds of different terrain, for all kinds of distances and in almost any weather. It's always a great way to escape and lose yourself in the moment, feeling at one with nature. You can challenge yourself with something difficult or just get out there for an easy run, just you and world around you. Over the years I've discovered that with running I'm most competitive at distances of over 20miles and where the terrain is hilly, muddy and difficult, hence my trail running persona "The Old Goat".

Running isn't rocket science, it's a basic primeval human ability. However, what I find fascinating is how we all do it slightly differently. We can often recognise someone we know from their running style a mile off and who's to say what the best running style is? There are techniques guidelines about how to run more efficiently but everyone's body works slightly differently, so as a coach I see it as my job to point out options for people to experiment with. In my book there's no right way or wrong way, just slightly different ways to run that people can test out and hopefully they'll find some new things that will work well for them. I really enjoy talking about all of this with fellow runners, helping them to experiment and hopefully, helping them to improve and gain confidence and ability in their running.

Over the last few years I've been dabbling in longer distance stuff, this is where speed is much less important than long endurance. The challenge is often as much psychological as physical. However, being immersed in beautiful natural surroundings such as the Lake District National Park helps you cope with almost anything, even running 110Km over mountain passes.

In my youth I dabbled in other physical training activities such as weight training (power lifting) and Tae Kwon Do, but what really gripped me later was Triathlon which was my main sport from the mid-90s. This became a bit of an obsession and I've competed in over 50 Triathlons and Duathlons and represented GB in age group competition 11 times in many places abroad. Key achievements for me were completing Ironman Europe at Frankfurt in 10hrs 35min back in 2008 and winning the Standard distance triathlon National Age Group Championships in 2009 and now again in 2018. Coming from a science background I am particularly interested in the sports science aspects of training and I'm always keen to learn more as well as to pass on my own experiences of training and competing over the years.

Mike White (AKA "The Old Goat")

RR10 MANOR FARM

Ollie CAUDWELL	5
Shaun BEALE	13
Will FELINE	15
Colin TRIGG	21
David MALLARD	22
John WARNER	36
Mark EATON	50
Dan FOSTER	51
Graham MARTIN	68
Andy DONN	70
Lee REYNOLDS	78
Matthew EVANS	80
Chris HALL	89
Mike BELL	90
Jack HARRIS	99
Haydn BROWN	100
Tom CALLAWAY	102
Nick CRANE	103
Simon BACON	107
Rich SNELL	122
Marcus LEE	125
Graham JAMES	126
Paul SMITH	141
Richard JACKS	144
Jamie EARLEY	146
Matt FEWTRELL	149
Paul HAMMOND	155
Rob ANDERSON	163
Greg BENSON	164
Ashley LOVELL	178
Andy LEE	180
Nigel WHITCHER	195
Mark SHEPHERD	211
Chris WHEELER	220
Andy WHITE	222
Martin BANNER	224
Rob WILLIAMS	229
Keith WHITAKER	231
Andy MILES	233
Mike WOOTTON	234
George HOWARTH	243
Robert SPENCER	250
Greg ROWE	254

Rebecca LORD	1
Nikki ROEBUCK	5
Lucy MAY	12
Rachel FARGHER	16
Lara EVANS	26
Gill ROSE	33
Hannah MOLYNEAUX	40
Daisy MCCLEMENTS	42
Amy FOX	45
Nichola WILLOUGHBY	49
Lisa DONN	52
Alison LAWRENCE	65
Gaynor HEFFER	75
Becca WHITE	84
Beverley STICKLAND	86
Alison MCCORMICK	87
Susie MACGREGOR	88
Jemma RAEBURN	93
Helen BENSON	94
Melissa COSENS	101
Karen SALMON	115
Jules DINWOODIE	127
Elizabeth MILES	132
Sarah NORTHCOTT	142
Claire PEAL	149
Simone SHEPHERD	150
Sarah BARRON	159
Louise TANNER	170
Julia LAWTON	171
Rachel FOLLETT	174
Grace TYRELL	195
Sally MARTIN	198
Louise SEFTON	207

Southdowns Marathon

4	Pere Capdevila	03:01:54
195	Julie Ashman	04:55:47

Southdowns Half Marathon

68	Tina Chantrey	01:48:07
360	Lindsay Pratt	02:31:01
361	Tracey Terry	02:31:01

WIMBLEDON COMMON HALF MARATHON

696	Linda Swanton	02:55:55

HAYLING BILLY 5

14	Richard Bailey	31.38
55	Mick Welland	37.04
132	Aga Plombon	45.05

ALRESFORD 10K

239	JONATHAN HARRINGTON	01:00:23
298	SARAH MARTIN	01:09:49
299	JULIE ASHMAN	01:09:50

QE COUNTRY PARK SUMMER CROSS COUNTRY

44	Andy Donn	00:36:42
46	Richard Bailey	00:36:56
57	Jon Leigh	00:37:38
103	Penny Forse	00:42:48
139	Mike Donovan	00:47:10

EASTLEIGH 10K

122	Rebecca Lord	00:37:57
157	Jonathan Warner	00:39:07
163	Richard Chowns	00:39:09
184	Gareth Charles	00:39:30
205	Mark Eaton	00:39:54
279	Matt Evans	00:41:38
301	Laura Wainwright	00:41:56
304	Darren Tanner	00:42:12
310	Scott Shaw	00:42:14
316	Lucy May	00:42:25
317	Hollie Smith	00:42:23
319	David Jennings	00:42:29
325	Richard Mackay	00:42:30
345	Haydn Brown	00:43:00
360	Sean Bendell	00:43:03
377	Rachel Fargher	00:43:32
385	Andy Donn	00:43:40
437	Phil Morgan	00:44:34
438	Amie Morgan	00:44:35
496	Simon Gibbon	00:45:39
497	Simon Bacon	00:45:38
655	Amy Fox	00:48:12
695	Richard Jacks	00:48:46
710	Rob Christie	00:49:01
768	Gaynor Heffer	00:49:43
770	Chris Stapleford	00:49:43
831	Katie Rant	00:50:28
910	Dawn Haynes-Sewell	00:51:50
937	Helen Benson	00:52:13
953	Katherine Chamberlain	00:52:22
963	Carl Schafer	00:52:43
1015	Martin de Wied	00:53:25
1043	Katherine Chowns	00:53:37
1056	Andy Richardson	00:53:52
1332	Dominique Becheley	00:57:09
1376	Jules Dinwoodie	00:58:11
1422	Kelly Bennetts	00:59:10
1448	Toby Evans	00:58:53
1449	Sara McRitchie	00:59:11
1507	Sarah Northcott	00:59:15
1534	Janet Shaw	01:00:00
1627	Rachel Donnachie	01:01:33
1679	Louise Tanner	01:02:41
1695	Sarah Barron	01:02:29
1728	Emma Dawson	01:03:15
1772	Nicola Thomas	01:04:08
1781	Julia Webb	01:04:26

LORDSHILL 10K

65	Rob Greenwood	00:38:20
68	Andrew Stockwell	00:38:26
95	Dan Rainscourt	00:39:32
100	Richard Chowns	00:39:49
105	Mark McDonald	00:39:56
124	Richard Bailey	00:40:44
139	Katie Leatherhead	00:41:12
179	Nikki Roebuck	00:42:43
227	Simon Bacon	00:44:41
239	Hannah Molyneaux	00:45:00
238	Daniel Foster	00:45:03
286	Jack Goozee	00:46:37
323	Amy Fox	00:48:48
434	Katherine Chamberlain	00:53:23
438	Katherine Chowns	00:53:32
486	Mike Donovan	00:56:21
539	William Gill	01:00:02
555	Sara McRitchie	01:00:35
569	Robert Spencer	01:01:32
573	Jan Shaw	01:02:14
578	Sarah Barron	01:02:27

The Hampshire Hoppit Trail Marathon

243	George Howarth	05:51:47

The Hampshire Hoppit Trail Half Marathon

30	Sylwia Ward	01:42:48
105	Robert Egerton	01:56:00
333	Rob Williams	02:29:44

GIANTS HEAD MARATHON

50	Lara	Evans	04:55:49
51	Matthew	Evans	04:56:36
231	Sarah	Gardiner	06:30:45
233	Andy	Donn	06:31:14
234	Lisa	Donn	06:31:16

NEEDLES XC MARATHON

8	Sarah Barron	06:13:30

Gosport Golden Mile & 5k

4	Richard Bailey	00:19:29

7	Richard Bailey	00:05:39
19	James Earley	00:06:19
32	Penny Forse	00:07:11
48	Kimberley Achurch	00:07:38

The Gosport 5k Summer Series

8	Russ Coleman	00:17:54
19	Simon Hearnden	00:19:40
21	Nikki Roebuck	00:19:45
23	Richard Mackay	00:20:03
24	Ryan Simpson	00:20:10
25	Mike Bell	00:20:14
28	Tommy Blake	00:20:30
29	Harry Roebuck	00:20:43
42	Jamie Earley	00:21:33
103	Janet Shaw	00:28:32

RR10 RACE FLEMING PARK

Rebecca LORD	3
Nikki ROEBUCK	7
Laura WAINWRIGHT	11
Rachel FARGHER	19
Tina CHANTREY	20
Lara EVANS	28
Lucy MAY	33
Gill ROSE	39
Sally MCGRATH	40
Nichola WILLOUGHBY	49
Penny FORSE	51
Hollie SMITH	52
Lisa DONN	56
Alison LAWRENCE	57
Gaynor HEFFER	65
Katherine CHAMBERLAIN	79
Becca WHITE	80
Alison MCCORMICK	86
Karen SALMON	104
Helen BENSON	110
Jemma RAEBURN	112
Melissa COSENS	122
Elizabeth MILES	127
Sarah NORTHCOTT	134
Sara MCRITCHIE	139
Louise TANNER	140
Gemma CHRISTIE	141
Sarah GREGORY	144

Michael GREGORY	7
Andy SIMPSON	11
Shaun BEALE	16
Russ COLEMAN	21
Colin TRIGG	26
David MALLARD	27
Will FELINE	28
John WARNER	41
Chris SANDY	42
Dan FOSTER	51
Chris HALL	57
Graham MARTIN	64
Dan RAINSCOURT	67
Mark EATON	69
Matthew EVANS	92
Andy DONN	98
Joe GOOZEE	113
Mike BELL	114
Lee REYNOLDS	117
Graham JAMES	129
Jon LEIGH	130
Jack HARRIS	137
Rich SNELL	140
Nick CRANE	148
Tom CALLAWAY	154
Jack GOOZEE	166
Simon GIBBON	168
Marcus LEE	169
Ashley LOVELL	183
Jamie EARLEY	189
Chris STAPLEFORD	190
Matthew SMITH	192
Andy LEE	196
Russel MEAD	207
Nigel WHITCHER	210
Carl SCHAFER	233
Andy WHITE	240
Matt FEWTRELL	244
Martin BANNER	245
Mike WOOTTON	248
Rob WILLIAMS	250
Andy MILES	251
Chris WHEELER	254
Toby EVANS	255
Robert SPENCER	265
Greg ROWE	268

South Downs Way Relay A Team Report

Whilst last year, the team had set out as the Green Avengers in an attempt to come back after a third place finish, Stubbington now returned to the South Downs as reigning champions. As we stumbled out of the minibus onto an extremely misty Beachy Head, nobody knew what to expect. There had been last minute changes to the predicted times, and whilst we were third favourites behind Brighton Phoenix and Arena 80, it was all to play for.

The Green Army consisted of returning runners: Mike Gregory, Pere Capdevilla, Andy Simpson (Captain) and Chris Brobin. Alongside them was Dan Foster – new to the team but having run the relay before – and myself, Shaun Beale, the South Downs newbie. Beyond those running, the team also had James Lewington and his drowsy companion returning to take on the vital, yet difficult task of ferrying us between checkpoints. Due to the heavy mist at Beachy Head, we saw Pere set off with a neutralised start. This meant he was unable to overtake any of the other runners for the first couple miles of his difficult leg over the Seven Sisters. This didn't stop Pere from storming past the other competitors however, finishing just over two minutes ahead of Brighton Phoenix, the predicted winners. This was followed by two equally strong legs from both Andy and Dan, which saw us maintain our lead, although the top three teams: Phoenix, Arena and Stubbington remained close together.

At leg four, it became clear there was going to be a battle for the top spot. After a hard ran leg Mike finished just behind a very strong Phoenix runner. Shaun pushed hard at the start of leg five to keep up with a fast runner from Phoenix, but dropped behind during the latter half of this leg leaving a gap of almost five minutes between the Green Army and runners from Brighton.

This was short lived however, as Chris shocked us all, running an outstanding leg six that put us back in the lead by almost a minute! Pere was equally impressive on leg seven opening up a three minute gap. This lead was sustained across legs eight, nine and ten by Andy Dan and Mike respectively. By this stage captain Andy was in full force screaming, "Dan!" not only at our own runner, but a very confused and scared looking runner from another team.

As if the team needed any further reminders that this race was going to be close, leg eleven finished with Shaun launching himself down the final hill leaving the Green Army in second, just behind Arena 80 with Phoenix in tow. As Chris took over for leg twelve, there were just eight seconds between the top three teams. Not wanting to spoil the excitement, he ran a fantastic leg finishing just one second ahead of Arena 80's runner. Stubbington were back in first, but the race was closer than ever!

Spurred on by the runner at his heels, Pere pulled away extending our lead by two minutes at the end of leg thirteen. This forward momentum continued with Andy and Dan maintaining our lead across legs fourteen and fifteen. Leg sixteen saw Shaun run his strongest leg of the day, finishing with a tired run up what Captain Andy has now dubbed, "a molehill".

With two legs to go, the Green Army found themselves just under three minutes ahead of the second place team Phoenix. Mike, on already tired legs, had the tough job of maintaining this lead across the 8.6 miles between Old Winchester Hill and Holding Farm. This made for a thrilling final push with our fantastic driver James stopping along the way so the rest of the team could offer Mike a much needed combination of water and support.

The atmosphere was positive as we counted the growing space between us and our closest rivals. As Chris took over from Mike at the start of leg eighteen, we were an impressive eight minutes ahead. Waiting to hand over, Chris was incredibly focussed. It was on all our minds but nobody wanted to say it and jinx our chances. We could win this.

Not one to rest on his laurels, Chris gave the final leg his all finishing it in the quickest overall time and guaranteeing Stubbington the victory!

In the end, Stubbington managed a brilliant victory over Brighton Phoenix, finishing almost nine minutes ahead. Whilst the other teams had some great runners and were the predicted winners, it goes to show the importance of effective planning and preparation. By putting the right people on the right legs, and having the team members all understand their individual legs, we were able to win over who were the faster teams on paper.

Beyond this, this year's race truly highlighted the vital role James plays in the team. Due to some tight handovers, some drivers were late and cost their teams time. James however knew what had to be done, and always arrived with time to spare. His support and organisation helped carry the six of us to victory.

As the newbie of the team, I would like to thank everybody on the team for helping to make it such a fantastic day and Captain Andy for allowing me to take part. Again, I would like to thank James and his son for not only ferrying us between handovers, but managing it all with a smile. Thanks also to the numerous marshals who helped the whole event to run smoothly and those Stubbies who came out to support the team.
The South Downs Way Relay is an extremely special event. There is nothing quite like the strange combination of pressure, excitement and joy you gain from running as part of the team. It's not an easy event that's for sure, but I can't wait till next time! ***Shaun Beale***

South Downs Way Relay
The Ladies Team

Beccy Lord, Tina Chantery, Lucy May, Gill Rose, Sally McGrath, Lara Evans

This was my first experience of this event. Not as a runner, but as Ladies Captain it was my job to put together our team of ladies, plan the day and then accompany them with the stopwatch! This is a prestigious event, invite only and for our fastest runners. I now understand why!

We started our day at 3:15am from the Solent Hotel. Six very tired ladies that were sleep deprived due to nerves and excitement, accompanied by myself and our calm, but organised, driver Matt Evans (us equally sleep deprived mainly down to 1st time on the job nerves)

The race starts at the Beachey Head end of the South Downs so we had a long drive and a chance for the runners to catch a bit more sleep. As the morning broke it bought a thick fog that got worse the closer we got. The Race Director was worried enough to alter the logistics of leg 1, this soon woke me up to a state of maternal like panic for my team that lasted the entire 13 hours of their race!

Leg 1 started in thick fog and we waved Beccy off, all worried for her safety as she headed off towards the edge of Beachey Head cliffs, and with one of her shoe laces undone we later learnt!

We need not worry, at the crossover point we could see Beccy steaming down the hill, running her hardest and winning the leg! Swift baton handover to Tina for her leg 2.

Again we wave off our team mate, watching them head off into the Downs, mixed perceptions of peaceful and lonely and we wonder what they're thinking as they start their leg. This race is like no other, there aren't masses of you running together. The start times are staggered so we only had 6 other teams alongside. Not all of them finished!

No time to dwell though as after each baton handover, the rest of the Team pile back into the van, Sat Nav goes on and we have to drive to the end of the leg in time to cheer in our runner and wave off the next…Sally, Gill , Lara , Lucy. Each of these phenomal ladies ran 3 legs each that day, averaging around 15.5 miles, at their fastest pace imaginable, to the point of exhaustion. Juggling hydration, fuelling, sleep and a foam roller!

The day flies by in a frenzy of baton handovers, cheering in, waving off, loo stops, opening gates, gingerbread men, time recording, the stop watch that everyone is terrified to touch! Team spirits are high and the ladies support each other in a way that is inspiring. Each understanding how hard the challenge is. That's the point of the South Downs Way Relay… its really tough in every way imaginable. There's a 14 hour cut off so you can't relax at any point. It's your absolute maximum effort for the whole day. But that's what makes it special. If it wasn't hard, it wouldn't be so rewarding to complete.

So, how did our ladies do? Absolutely brilliantly! We didn't win any bling, but we were 4th ladies team, they all deserved medals! All the ladies ran to their predicted times which is so hard to do. They did our club and themselves proud, it was the most memorable day (majority not shareable!!) and I can totally understand why they do it! Well done Ladies, you were inspiring.

Lisa Donn

South Downs Relay B Team Report

Everyone woke early if they had slept at all to the best running day of the year

With a mixture of experience vets and two enthusiastic first timers the B team set off for Beachy Head from the Solent Hotel. A 4.30am leave time for a 7am start. The lucky team members to have been picked to run this very challenging but fun day had been assembled. The team were Mike White, Marcus Lee, Nick Crane, Mark Eaton, Gareth Charles and Jon Warner.

When we arrived the sea mist was very thick and we couldn't see much more than 20ft in front of us so Gareth our lead man was sent off in a controlled group. In just over 50 minutes he emerged from the mist to hand to Mark glad to have his first leg under his belt. Mark and Nick followed and were happy to get running at pace back on the downs having not done it for a few years. New boy Jon brought out the sun as he tackled the tough long concrete hill of leg 4. Leg 5 was Mr Whites turn and having said he would only be running 85% due to other race commitments managed to run at 110% as always. He handed to an eager Marcus who knows how to produce on SDW and ran a great leg 6.

As we took turns on our second legs the team spirit really kicked in and throughout the day the team pushed themselves to their limits. With Nick at the wheel with his fantastic driving skills (On two wheels at times) and constant wit usually at Marcus's expense made the Minibus a great place to be between the hard legs.

Each guy ran consistently in their third leg which meant we had all measured our pace right throughout the 18 legs. Marcus had the glory leg and brought us home in a time of 12hrs 43mins which meant we collected a runners up medal.

Everyone enjoyed the day and with tired legs agreed that they would like to do it again in 2019. Well that I guess we will have to wait and see. I would just like to say it was an honour for me to lead such a great bunch of guys who gave everything and more.

Huge thanks to Nick Kimber for helping with time keeping.

Roll on 2019

Happy days

Mark Eaton (Team Captain)

Stubbington Green Time Trial Results 2018

Glorious night saw 39 people do the time trial with 10 people of the field getting an improvement on their time which is over a quarter on the night. Biggest improvers on the night were Kelly Bennetts with a whopping 5 minutes and 5 seconds and Nigel Whitcher was the biggest male improver with 2 minutes 57 seconds. The random winner of night and luckiest person who won a prize for just turning up was Rob Williams.

The current leader board for biggest improver over the year, sees Mike Gregory leading the under 25 minutes group, 25.01 to 28.00 group is Scott Shaw, 28.01 to 31 is Mike Bell, 31.01 to 35.00 is Simon Gibbon and the over 35 minutes is Kelly Bennetts.

The next time trial is Thursday 12th July with rehydration in the pub afterwards.

Name	Best 2016/ 2017	April	May	June	Months Best	Total Yearly Best 2018
Mike Gregory	22.04		**21.49**			-0.15
Andy Simpson	22.19	25.24	22.33	23.47		
David Mallard	23.44		**23.44**			
Phil Morgan	24.28		**24.28**			
Russ Coleman	24.15		**24.15**			
Scott Shaw	27.35		**26.18**	26.40		-1.17
Andy Donn	27.52	**26.42**	27.08	34.19		-1.10
Graham Martin	25.56	**25.41**				-0.15
Harry Roebuck	27.40	27.40		**27.27**	-0.13	-0.13
Tom Callaway	25.03	30.31	28.03	28.31		
Mark Eaton	25.10	26.28		25.27		
Gareth Charles	25.23	26.12				
Kate Simister	25.43		**25.43**			
John Blake	25.52			**25.52**		
Helen Nicholls	25.57	**25.57**				
Richard Mackay	26.01	**26.01**	26.28	26.15		
Nikki Roebuck	26.16	27.39		27.28		
Rich Chowns	26.38		31.34			
Haydn Brown	26.52	28.10				
Jordan McRitchie	28.00	**28.00**				
Mike Bell	28.06	**27.10**	32.52	**26.48**	-0.22	-1.16
Ash Lovell	30.53	**30.53**	29.45	31.00		-1.08
Graham Donnachie	30.08		30.08	**29.20**	-0.48	-0.48
Rachel Fargher	28.52	28.52	**28.05**			-0.47
Simon Bacon	28.23	**27.39**		33.30		-0.44
Amie Morgan	29.03		**29.03**			
Andy Lee	30.59	32.37		31.39		
Bizz Cozens	30.58	35.48		34.19		
George Howarth	30.34	31.49				
John Cox	30.46	**30.46**				
Keith Carter	30.40	31.40		32.10		
Martin Poore	30.11	**30.11**				
Michael Welland	28.44		30.21			
Nichola Willoughby	30.13			**30.13**		
Peter Lewis	28.27		**28.27**			
Phil Hobby	29.24			37.00		
Philip Martin	28.25			30.07		
Philip May	30.21	**30.19**				
Robin Peal	30.44	0.00	**30.44**			

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Simon Gibbon	33.51	**31.58**	33.35			-1.57
Rob Williams	34.42	34.42	**32.51**	37.27		-1.51
Gaynor Heffer	32.52		**31.27**	31.33		-1.25
Carl Schafer	34.20	34.20	**33.16**	33.30		-1.04
Mark Shepherd	33.47		33.47	**32.55**	-0.52	-0.52
Alison Hesselberth	31.58		**31.27**			-0.31
Penny Forse	31.10	31.10		**29.52**	-0.18	-0.18
Matt Smith	31.40	31.57	**31.34**	32.22		-0.06
Kevin Finch	31.19			**31.19**		
Alison Lawrence	31.26		**31.26**			
Hayley Humble	31.28	**31.28**				
Emily Handley	33.41	**33.41**	33.58			
Heather Hudson	33.55			**33.55**		
Jemma Raeburn	33.27		**33.27**			
Jenna Lloyd	33.36	**33.36**				
John Simister	32.09		39.18			
Julie Ashman	33.08	39.27	44.40	46.56		
Lisa Donn	31.32	32.07				
Marie McDonald	32.36		32.36			
Sara McRitchie	33.04	35.17	47.57			
Shelly Thomas	33.49	**33.42**	34.27			
Sue Moore	34.39		**34.39**			
Kelly Bennetts	36.14	36.14		**31.09**	-5.05	-5.05
Kathy Chamberlain	36.16	32.52	**32.00**			-4.16
Martyn Banner	40.17	37.20	**36.34**			-3.43
Nigel Whitcher	35.04			**32.07**	-2.57	-2.57
Claire Peal	39.10	39.10		**36.19**	-2.51	-2.51
Tina Mackay	47.57		47.57	**46.56**	-1.01	-1.01
Lynsey Pratt	37.05		37.05	**36.18**	-0.47	-0.47
Jonathan Harrington	36.20	36.20	**36.00**	36.24		-0.20
Grace Turrell	40.17	40.17	**40.12**			-0.05
Bill Gill	38.28		**38.28**			
Greg Rowe	37.59	39.58	38.51			
Janet Shaw	37.41	**37.41**	37.49	37.50		
Jules Dinwoode	37.15			**37.15**		
Julia Lawton	40.44	**40.44**				
Julia Webb	35.38	35.38				
Kate Vaughan	40.17	**40.17**				
Katherine Holmes	39.19	**39.19**				
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**				
Sarah Barron	36.03	46.45				
Sarah Martin	37.15		44.40			
Sarah Northcott	36.18	**36.18**				
Simone Shepherd	39.10	**39.10**				
Sue Robinson	38.02	46.45				
Terry Johns	36.20			**36.20**		
Tiffany Skeratt	39.28			**39.28**		
Tracey Terry	37.05		**37.05**			

Handicap Leaders

Handicap Bandings	Name	Improvement
Under 25 mins	Mike Gregory	-0.15
25.01 – 28 mins	Scott Shaw	-1.17
28.01 – 31 mins	Mike Bell	-1.16
31.01 – 35 mins	Simon Gibbon	-1.57
35+ mins	Kelly Bennetts	-5.05

Finsbury	**2 June**	
Janet SHAW	00:30:25	
Southampton	**2 June**	
Mark MCDONALD	00:20:26	PB
Samantha STOCKWELL	00:28:18	PB
Calum MCDONALD	00:28:23	
Marie MCDONALD	00:28:27	
Natalie FLACK	00:34:03	
Claire JOHNSON	00:34:03	
Andover	**2 June**	
Ray GUNNER	00:19:57	
Plymvalley	**2 June**	
Robin PEAL	00:27:26	
Claire PEAL	00:27:45	PB
Southsea	**2 June**	
Martin DE WIED	00:26:10	
Havant	**2 June**	
Colin TRIGG	00:18:50	
Martyn BANNER	00:28:00	
Whiteley	**2 June**	
Andrew STOCKWELL	00:18:57	
Tommy BLAKE	00:21:20	
Sean BENDELL	00:21:41	
Hannah MOLYNEAUX	00:21:46	
Jamie EARLEY	00:23:55	
Frances Louise LORD	00:24:13	
Stuart HALL	00:25:03	
Claire JONES	00:25:26	
Beverly STICKLAND	00:25:28	PB
Alison BYATT	00:26:47	
Greig BENSON	00:26:51	
Pamela KEMP	00:28:38	
William GILL	00:30:47	
Charlotte MAISEY	00:32:34	
Eastleigh	**2 June**	
Keith WHITAKER	00:29:48	
Winchester	**2 June**	
Gordon WESTLEY	00:26:17	
Abingdon parkrun	**2 June**	
Jon LEIGH	00:21:16	
Rita LEIGH	00:31:54	
Netley Abbey	**2 June**	
Peter GOSS	00:22:42	
Michael WOOTTON	00:28:41	
Robert SPENCER	00:31:03	

Malahide	**2 June**	
Eileen DUFF	00:24:10	
Chichester	**2 June**	
Chris WHEELER	00:26:45	PB
Toby EVANS	00:28:24	PB
Lee-on-the-Solent	**2 June**	
Hollie SMITH	00:19:51	PB
Tim MATTHEWS	00:22:22	
Chris STAPLEFORD	00:23:06	
Amie MORGAN	00:23:54	
Mick WELLAND	00:23:55	
Andy LEE	00:23:59	
Philip MAY	00:24:15	PB
Nigel WHITCHER	00:24:54	
Andy WHITE	00:25:40	
Richard BURNS	00:25:42	
Terry JOHNS	00:26:58	
Rebecca WHITE	00:27:01	
Lindsay PRATT	00:27:26	PB
Rob WILLIAMS	00:27:48	
Shelley THOMAS	00:27:51	
Lee LOVE	00:28:00	
Sara MCRITCHIE	00:28:06	
Kathy CHAMBERLAIN	00:28:07	
Richard WEEKS	00:28:08	PB
Karen SALMON	00:28:15	
Gaynor HEFFER	00:28:16	
Paul HAMMOND	00:28:16	
Simon GIBBON	00:28:16	
Stuart NICHOLSON	00:30:09	
Julia WEBB	00:32:12	
Jenny HEARNDEN	00:34:39	
Louise TANNER	00:34:47	
Jersey	**2 June**	
Russell MEAD	00:25:50	PB
Jules DINWOODIE	00:29:02	PB
Portsmouth Lakeside	**2 June**	
Russ COLEMAN	00:18:09	
Kevin SAUNDERS	00:27:24	
Fareham	**2 June**	
Chris HALL	00:20:12	
Vernon WILDE	00:24:16	
Paul SOUTHON	00:26:39	
Alison LAWRENCE	00:27:40	
Wendy SMITH	00:40:43	
Andrew SMITH	00:40:43	
Hogmoor Inclosure	**2 June**	
Carl SCHAFER	00:27:05	
Southampton	**9 June**	
Stephen WILLIAMS	00:20:18	
Calum MCDONALD	00:26:55	
Aga PLOMBON	00:32:51	
Ipswich	**9 June**	
Lucy TAYLOR	00:31:36	

Havant	**9 June**	
Martyn BANNER	00:28:25	
Whiteley	**9 June**	
Russ COLEMAN	00:18:22	PB
Jonathan WARNER	00:18:53	PB
Hannah MOLYNEAUX	00:21:53	
Stuart HALL	00:22:27	PB
Greig BENSON	00:23:26	
Jamie EARLEY	00:24:24	
Carl SCHAFER	00:25:15	
Kim ACHURCH	00:28:26	
Helen BENSON	00:35:47	
Eastleigh	**9 June**	
Haydn BROWN	00:25:21	
Keith WHITAKER	00:29:15	
Newbury	**9 June**	
Sean STINSON	00:30:37	
Tomas STINSON	00:34:00	
Winchester	**9 June**	
Gordon WESTLEY	00:30:28	
Netley Abbey	**9 June**	
Rebecca Margaret LORD	00:18:48	
Colin TRIGG	00:19:14	
Frances Louise LORD	00:24:23	
North Beach	**9 June**	
David LANGRISH	00:22:15	
Queen Elizabeth	**9 June**	
James LEWINGTON	00:20:53	
William GILL	00:32:28	PB
Tamar Lakes	**9 June**	
Richard JACKS	00:23:23	
Portsmouth Lakeside	**9 June**	
Will FELINE	00:18:14	
Laura WAINWRIGHT	00:20:25	
Fareham	**9 June**	
Andrew STOCKWELL	00:18:52	PB
Gareth CHARLES	00:19:32	
Mike BELL	00:21:06	PB
Jamie STOCKWELL	00:23:28	PB
Kate RANT	00:24:25	
Paul SOUTHON	00:26:38	
Alison LAWRENCE	00:28:48	
Samantha STOCKWELL	00:29:53	
David MACSWAYNE	00:33:41	
Prospect	**9 June**	
Robert SPENCER	00:29:59	
Southampton	**16 June**	
Robert SPENCER	00:30:54	
Calum MCDONALD	00:34:37	

Lee-on-the-Solent	9 June	
Richard BAILEY	00:19:52	
Andy DONN	00:20:59	
Rachel FARGHER	00:21:31	PB
Tim MATTHEWS	00:22:23	
Rachael OPENSHAW	00:22:35	
Amie MORGAN	00:22:45	
Mick WELLAND	00:22:46	
Simon BACON	00:23:03	
Andy LEE	00:24:15	
Kelly BENNETTS	00:24:39	
Paul HAMMOND	00:25:07	
Richard BURNS	00:25:11	
Rob WILLIAMS	00:26:06	PB
Lee LOVE	00:27:45	PB
Russell MEAD	00:27:48	
Sarah NORTHCOTT	00:28:02	
Richard WEEKS	00:28:34	
Janet SHAW	00:28:58	
Nigel WHITCHER	00:29:26	
Simon GIBBON	00:29:28	
Chris STAPLEFORD	00:29:28	
Jacqui O'ROURKE	00:29:32	
Sara MCRITCHIE	00:29:39	
Sean RAYNOR	00:29:59	
Charlotte MAISEY	00:30:01	
Kevin ASHMAN	00:30:30	
Vicky WILLIAMS	00:32:36	
Stuart NICHOLSON	00:34:43	
Jenny HEARNDEN	00:35:18	
Tina MACKAY	00:49:27	
Whiteley	**16 June**	
Andrew STOCKWELL	00:19:01	
Daniel FOSTER	00:20:19	
Harry ROEBUCK	00:21:07	
Nikki ROEBUCK	00:25:17	
Carl SCHAFER	00:25:28	
Pamela KEMP	00:27:31	
Greig BENSON	00:29:34	
Katherine CHOWNS	00:30:28	
Charlotte MAISEY	00:31:27	
Julia WEBB	00:31:32	
Natalie FLACK	00:38:48	
Claire JOHNSON	00:38:49	
Samantha STOCKWELL	00:38:49	
Eastleigh	**16 June**	
Michael PARKES	00:21:35	PB
Haydn BROWN	00:24:37	
Keith WHITAKER	00:28:21	
Lincoln	**16 June**	
Rachael OPENSHAW	00:22:39	

Newport	16 June	
Andrew William THOMAS	00:19:59	PB
Netley Abbey	**16 June**	
Frances Louise LORD	00:23:51	
Stephen WALLBRIDGE	00:27:59	
Lucy Katherine WINDOW	00:31:40	
Margate	**16 June**	
Tim MATTHEWS	00:22:09	PB
Bognor Regis	**16 June**	
Martin DE WIED	00:28:54	
Chichester	**16 June**	
Lee LOVE	00:28:13	
Lee-on-the-Solent	**16 June**	
Tommy BLAKE	00:20:20	PB
Mick WELLAND	00:22:57	
Phil MORGAN	00:24:02	
Alison HESSELBERTH	00:24:23	
Nigel WHITCHER	00:24:33	PB
Richard BURNS	00:24:38	
Cathy WEBB	00:25:29	
Zac CONATY	00:26:14	
Martyn BANNER	00:26:59	PB
Rob WILLIAMS	00:27:36	
Gaynor HEFFER	00:27:41	
Simon GIBBON	00:27:41	
Claire PEAL	00:28:09	
Robin PEAL	00:28:10	
Vicky WILLIAMS	00:28:12	PB
Richard WEEKS	00:28:21	
Sara MCRITCHIE	00:28:24	
Susan BONNAR	00:32:05	
Jenny HEARNDEN	00:34:54	
Stuart NICHOLSON	00:35:04	
Janet SHAW	00:39:52	
Portsmouth Lakeside	**16 June**	
Vernon WILDE	00:24:06	PB
Kevin SAUNDERS	00:26:49	
Fareham	**16 June**	
Ray GUNNER	00:19:48	PB
Andy LEE	00:24:08	
Paul SOUTHON	00:26:29	
Tom MELLOR	00:30:39	
David MACSWAYNE	00:32:36	
Wendy SMITH	00:40:57	
Andrew SMITH	00:50:42	
Bakewell	**16 June**	
Alison LAWRENCE	00:23:46	
Southampton	**23 June**	
Charlotte LORD	00:21:48	
Jack HARRIS	00:21:55	
Frances Louise LORD	00:23:17	

Whiteley	23 June	
Michael GREGORY	00:17:31	
Jonathan WARNER	00:19:00	
Gareth CHARLES	00:19:16	PB
Mark MCDONALD	00:19:40	PB
Sean BENDELL	00:20:40	
Harry ROEBUCK	00:20:44	
Nikki ROEBUCK	00:20:58	
Marcus LEE	00:21:12	
Jamie EARLEY	00:21:53	
Stuart HALL	00:22:58	
John PARKER	00:23:16	
Amy FOX	00:24:00	
Jack GOOZEE	00:24:00	
Marie MCDONALD	00:24:32	PB
Greig BENSON	00:26:07	
Beverly WOOLCOCK	00:26:33	
Sadie Lee BEDFORD	00:26:38	
Katherine CHOWNS	00:27:05	
Martin DE WIED	00:27:55	
Toby EVANS	00:28:02	
Chris WHEELER	00:28:03	
Sarah NORTHCOTT	00:28:19	
Pamela KEMP	00:28:55	
Sarah GREGORY	00:30:00	PB
Tiffany SKERRATT	00:30:09	
Charlotte MAISEY	00:30:59	
Joe GOOZEE	00:36:22	
Helen BENSON	00:36:37	
Kate RANT	00:40:53	
Eastleigh	**23 June**	
Haydn BROWN	00:24:45	
Keith WHITAKER	00:30:03	
Whitley Bay	**23 June**	
Alison HESSELBERTH	00:24:57	
Southport	**23 June**	
Rachael OPENSHAW	00:22:24	
Medina I.O.W.	**23 June**	
Rebecca WHITE	00:25:53	
Andy WHITE	00:27:16	
Thornbury	**23 June**	
Robert SPENCER	00:32:43	
Netley Abbey	**23 June**	
Stephen WALLBRIDGE	00:28:16	
Louisa PAGE	00:29:13	
Alice Holt	**23 June**	
Rebecca Margaret LORD	00:19:22	PB
Brockenhurst	**23 June**	
Ray GUNNER	00:19:30	
Queen Elizabeth	**23 June**	
Jonathan HARRINGTON	00:30:07	

Lee-on-the-Solent	**23 June**	
Russ COLEMAN	00:19:06	
Richard BAILEY	00:19:33	
David Matthew CASTLE	00:19:37	
Simon HEARNDEN	00:19:37	
Graham MARTIN	00:20:01	
Chris BROBIN	00:20:20	
Mike BELL	00:20:42	
Tim MATTHEWS	00:22:20	
Richard EDMUNDS	00:22:43	
Robin PEAL	00:22:44	PB
Paul HAMMOND	00:24:19	
Michael LOVELL	00:24:28	
Cathy WEBB	00:25:14	
Rob WILLIAMS	00:25:39	PB
Zac CONATY	00:26:02	
Martyn BANNER	00:27:24	
Lee LOVE	00:27:47	
George HOWARTH	00:30:01	
Stuart NICHOLSON	00:30:02	
Nigel WHITCHER	00:31:08	
Gaynor HEFFER	00:31:10	
Chris STAPLEFORD	00:31:10	
Simon GIBBON	00:31:12	
Karen SALMON	00:31:13	
Jenny HEARNDEN	00:34:46	
Louise TANNER	00:38:10	
Janet SHAW	00:39:57	
Portsmouth Lakeside	**23 June**	
Vernon WILDE	00:24:11	
Kevin SAUNDERS	00:25:55	
Fareham	**23 June**	
David MALLARD	00:18:03	
Alison LAWRENCE	00:24:17	
Kathy CHAMBERLAIN	00:31:59	
David MACSWAYNE	00:35:09	
Tom MELLOR	00:35:57	
Liz WEIGHELL	00:38:23	
Wendy SMITH	00:41:21	
Ballincollig	**23 June**	
Eileen DUFF	00:24:24	PB
Bushy	**30 June**	
Chris WHEELER	00:28:14	
Toby EVANS	00:28:40	
Basingstoke	**30 June**	
Matt EMERY	00:20:53	PB
Ipswich	**30 June**	
Lucy TAYLOR	00:29:14	
Riverfront	**30 June**	
David MACSWAYNE	00:32:34	

Whiteley	**30 June**	
Harry ROEBUCK	00:20:36	PB
Marcus LEE	00:21:44	
Hannah MOLYNEAUX	00:22:01	
John PARKER	00:22:27	
Stuart HALL	00:23:04	
Kate RANT	00:25:20	
Simon ELLIS	00:26:56	
Simon VINGOE	00:27:06	
Pamela KEMP	00:28:52	
Tiffany SKERRATT	00:29:16	PB
Martin DE WIED	00:29:17	
Eastleigh	**30 June**	
Michael PARKES	00:20:53	PB
Keith WHITAKER	00:27:17	
Lincoln	**30 June**	
Rachael OPENSHAW	00:23:05	
Minehead	**30 June**	
Chris HALL	00:20:56	
Newport	**30 June**	
Andrew William THOMAS	00:20:00	
Billericay	**30 June**	
Kim ACHURCH	00:38:53	
Winchester	**30 June**	
Gordon WESTLEY	00:29:17	
Netley Abbey	**30 June**	
Charlotte LORD	00:21:31	
Frances Louise LORD	00:23:14	
Keswick	**30 June**	
Alison HESSELBERTH	00:26:23	PB
Chichester	**30 June**	
Jonathan HARRINGTON	00:27:35	
Portsmouth Lakeside	**30 June**	
Kevin SAUNDERS	00:28:26	
Fareham	**30 June**	
Ray GUNNER	00:20:04	
Stuart HISCOCK	00:21:37	
Wendy SMITH	00:41:54	
Andrew SMITH	00:59:09	
Lee-on-the-Solent	**30 June**	
Shaun BEALE	00:18:09	
Richard BAILEY	00:18:50	PB
Mark John EATON	00:19:34	
Richard MACKAY	00:19:47	
Graham MARTIN	00:19:49	
Jack HARRIS	00:20:58	
Scott SHAW	00:21:03	
Andy DONN	00:21:04	
Rachel FARGHER	00:21:23	PB
Simon BACON	00:21:24	
Lara EVANS	00:21:47	

Matthew EVANS	00:21:48	
Richard EDMUNDS	00:22:33	
Mick WELLAND	00:23:26	
Paul HAMMOND	00:23:27	
Lisa DONN	00:23:50	
Nigel WHITCHER	00:24:27	PB
Cathy WEBB	00:24:41	
Kathy CHAMBERLAIN	00:24:46	PB
Vernon WILDE	00:24:52	
Richard BURNS	00:24:59	
Carl SCHAFER	00:25:14	PB
Sally WATFORD	00:25:18	
Alison BYATT	00:25:28	
Jodie FRANCIS	00:25:32	PB
Rebecca WHITE	00:25:40	
Dawn HAYNES-SEWELL	00:26:02	
Terry JOHNS	00:26:39	
Andy RICHARDSON	00:26:55	
Russell MEAD	00:27:09	
Martyn BANNER	00:27:18	
William GILL	00:27:27	
George HOWARTH	00:27:32	
Rob WILLIAMS	00:27:42	
Nicki Carin WHITE	00:27:53	
Lee LOVE	00:28:07	
Sara MCRITCHIE	00:28:09	
Phil HOBBY	00:28:53	
Hannah HANDS	00:28:54	
Robert SPENCER	00:28:59	
Adam JEFFERY	00:29:07	
Charlotte MAISEY	00:29:22	
Zoe DENNIS	00:30:59	
Stephen WALLBRIDGE	00:31:02	
Cameron SEWELL	00:31:05	
Lucy Katherine WINDOW	00:31:24	
Susan BONNAR	00:32:01	
Matt HUTTON	00:32:50	
Vicky WILLIAMS	00:33:42	
Julia WEBB	00:33:56	
Claire JOHNSON	00:33:57	
Tina MACKAY	00:34:11	PB
Janet SHAW	00:35:01	
Helen BENSON	00:35:14	
Greig BENSON	00:35:15	
Tarnya ROBINSON	00:35:26	
Sophie BISSET	00:35:27	
Jenny HEARNDEN	00:35:48	
Louisa KNIGHT	00:36:32	
Claire PEAL	00:36:34	
Lynsey BARNES	00:37:42	
Catherine CHAMBERLAIN	00:37:47	
Phil CLARK	00:37:48	
Mark RACE	00:38:35	
Sarah HOBBY	00:38:36	
Eunice HOARE	00:40:06	
Sarah WINSPEAR	00:40:40	
Sandie MCINTOSH	00:40:44	
Debbie ADAMS	00:42:00	
Emma NEAL	00:42:58	
Kevin ASHMAN	00:43:00	
Philip MAY	00:43:16	
Geraldine MAY	00:43:17	
Julie ASHMAN	00:50:40	

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

Well done to all those who ran Eastleigh 10K and Lordshill 10K.

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

Eastleigh

Ladies Names	Team	Team Score
Beccy Lord	A	55
Laura Wainwright		
Lucy May		
Hollie Smith	B	106
Rachel Fargher		
Amie Morgan		
Amy Fox	C	263
Gaynor Heffer		
Kate Rant		
Helen Bensen	D	346
Kathy Chamberlain		
Kat Chowns		

Also, well done to Dominique Becheley, Jules Dinwoodie, Kelly Bennetts, Sara McRitchie, Sarah Northcott, Janet Shaw, Rachel Donnachie, Louise Tanner, Sarah Barron, Emma Dawson, Nicola Thomas and Julia Webb.

Mens Names	Team	Team Score
Jonathan Warner	A	482
Rich Chowns		
Gareth Charles		
Mark Eaton		
Matt Evans	B	752
Darren Tanner		
Scott Shaw		
David Jennings		
Richard MacKay	C	855
Haydn Brown		
Andy Donn		
Phil Morgan		
Simon Gibbon	D	1101
Simon Bacon		
Richard Jacks		
Rob Christie		

Also, well done to Chris Stapleford, Carl Schafer, Martin De Wied, Andy Richardson, Toby Evans, Martin Wedge and Sean Bendell.

Lordshill 10K:

Ladies Names	Team	Team Score
Katie Leatherhead	A	68
Hannah Molyneaux		
Amy Fox		
Kathy Chamberlain	B	267
Kat Chowns		
Sara McRitchie		

Also, well done to Janet Shaw and Sarah Barron

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

Mens Names	Team	Team Score
Rob Greenwood	A	254
Andy Stockwell		
Dan Rainscourt		
Rich Chowns		
Mark McDonald	B	496
Simon Bacon		
Dan Foster		
Jack Goozee		

Well done also to William Gill and Rob Spencer
Details below of the League Summary:

Ladies A Division 1

Position	Club	Score
1	So'ton AC	10
2	Winchester	11
3	Hedge End	23
4	Lordshill	27
5	Stubbington	31
6	Denmead	41
7	Pompey J	47
8	Farnham	51
9	Totton	64
10	Eastleigh	69

Men's A Division 1

Position	Club	Score
1	Overton	19
2	Lordshill	21
3	Winchester	25
4	So'ton A	36
5	Hedge End	43
6	Denmead	45
7	Stubbington	48
8	Fareham	52
9	Eastleigh	66
10	Pompey J	39

Ladies B Division 1

Position	Club	Score
1	Winchester B	8
2	Hedge End B	23
3	Winchester C	27
4	Lordshill B	29
5	Denmead	35
6	Stubbington B	40
7	Fareham	41
8	IOW RR	51
9	Gosport	57
10	Farnham B	60

Men's B Division 1

Position	Club	Score
1	Lordshill B	18
2	Winchester B	25
3	Denmead B	29
4	Hedge End B	34
5	Salisbury	44
6	Pompey J B	61
7	Winchester C	66
8	Lordshill C	67
9	So'ton AC	71
10	Stubbington	71

Ladies B Division 2

Position	Club	Score
1	Salisbury	17
2	Stubbington C	24
3	Totton	31
4	Alton	34
5	Stubbington D	38
6	Overton	45
7	Ryde	56
8	Hardley	64
9	Victory C	73
10	Spitfires	78

Men's B Division 2

Position	Club	Score
1	Overton	18
2	Farnham B	22
3	Denmead C	27
4	IOW RR	36
5	Totton	59
6	Stubbington C	60
7	Gosport	60
8	VIctory	64
9	Farnham C	82
10	Alton	103

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

Lordshill was the last race of the season, and thank you to those who have taken part in the races this season.
We have had a larger representative at most races this year and the following people who have qualified for a Stubbington Green HRRL Team t-shirt:
Kathy Chamberlain and Rich Chowns for completing all 12 races
Sara McRitchie for completing 11 races
Kat Chowns for completing 10 races
Janet Shaw and Sarah Barron for completing 8 races
Rob Greenwood, Andy Stockwell, Dan Foster, Graham Martin, Scott Shaw, Darren Tanner and Chris Stapleford for completing 7 races

Kathy and Rich will also receive a t-shirt from the HRRL league for completing all the races in the season and with Rob Greenwood finishing a very impressive 12th place in the league for the men's individuals

Races for next season are:

Overton 5 mile	2nd September
Solent Half	23rd September
Gosport Half	18th November
Victory 5 mile	2nd December
Stubbington 10K	13th January
Ryde 10 mile	3rd February
Fleet Half	17th March
Salisbury 10 mile	14th April
Alton 10 mile	12th May
Netley 10k	19th May
Alresford 10k	16th June
Lordshill 10k	30th June

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