The

Green Runner

OCTOBER 2018

FROM THE CHAIR

Autumn is already upon us and the nights are beginning to draw in so I would firstly like to remind members of the need for hi-viz clothing for running in the evening for any training runs. We have some large groups now and it is imperative that we are seen especially if we are on the road.

Those that have applied for the London marathon will know soon if they have been successful. The club will have some club places available, so if you get a rejection slip, please forward it to me (Chairman@stubbingtongreenrunners.net) along with a short questionnaire that we will supply which will help the committee in their selection process.

Our 10k is just over 3 months away now so please think about how you can help and let us know – Sara McRitchie is co-ordinating the list of marshals/helpers so please let her know how you can help. Please remember that we expect each member who enters to provide the name of a helper/marshal.

Finally it's not long till our Awards Night on Saturday 10th November so please book your place at this event which takes place at the David Lloyd centre in Port Solent. At the time of writing we already have over 70 people signed up for this great annual event so don't miss out – what better way is there to spend £15 ??.

Happy Running

Kevin

SEAA Road Relays, Crystal Palace, London Saturday 22 September – Penny Forse and Russell Coleman

A 'cheeky little hill' greeted us shortly after the start of both laps that comprised each leg of the relay. Despite a good warm up it put many athletes, including me (Penny) into oxygen debt! However, the lungs and legs recovered on the rest of each lap, which went gradually downhill. The event was very well organised, loos were plenty and there were food and drink vendors, with many more customers at the hot food kiosk than at the ice-cream van!

Our team did really well. Kelley got us off to a good start and brought us in 5th - a position that Nikki maintained. Lara had a really good run, despite an early start from home before 6am to get her daughter up there, plus she was nursing an injury. She handed over to me and I was passed by some amazingly fast senior men at the start of their relay!

The start and finish were on the track that used to host many international, national and regional competitions, but the stands and surrounding buildings are sadly in need of some TLC, which unfortunately will cost millions. It was a great day out, despite the weather and a refreshing change from our usual road, cross country and trail races.

V40 Women 8th out of 13 teams. 4 x 4.8km.
Kelley Haniver (F40) 18:45.95
Nichola Roebuck (F40)19:31.80
Lara Evans (F40) 21:39.65
Penny Forse (F65)22:15.15

The Vet Men approached this event more in hope than expectation but excited and nervous at the prospect of competing alongside some of the best runners in the Southern region. I had only discovered the evening before that the Senior and Vet Men would start at the same time. I was running the first leg, a daunting prospect considering most teams start with a fast runner to get dragged along in groups before it staggers out. I came back in 17th and we maintained that position throughout.

I recommend this event to anyone who has never done it with so many good runners on show, its great to test yourself and try to run as hard as possible as well as cheering on team mates when not running. I ran this back in 2005 when it was at Rushmoor arena. This was my first visit to Crystal Palace and although it was nice to start and finish on the track, it was sad to see the state of the stadium, beyond repair and likely to be demolished soon I would think.

V40 Men 17th out of 24 teams. 4 x 6.1km.
Russell Coleman (M40) 21:26.30
Jon Warner (M40) 22:07.00
Peter Lewis (M45) 23:47.35
Mark Eaton (M50) 24:15.65

CAPTAINS CORNER

Sunny September bought many successes for the Green Army. The HRRL season kicked off with Overton 5 and 19 Stubbies taking part. We finished strong with a Ladies A team (Lucy May, Hannah Molyneux, Amy Fox) a B and C team and the Men's A team (Shaun Beale, Dan Foster, Graham Martin, John Parker) and a B Team. Well done everyone that ran.

The next HRRL race was the Solent Half where the weather was not so kind! Some brilliant results again with 12 Stubbies competing. We achieved a Ladies A Team of Lucy May (massive pb and 2nd in age cat!), Amy Fox (her 1st half marathon) and Kathy Chamberlain (PB!), well done ladies. Our Men's A Team of Dan Foster (31st overall), Mike White (1st V55), Graham Martin and Rich (in the middle of a long run) Chowns! And Mick Welland with 1st V70. Really well done Gents!

The trails were busy this month too with some seriously varied weather conditions! The sun shone fiercely for The Beast this year and our runners were treated to a slightly different course to usual with an extra 1.5 mile and more steps!!! Well done to the boys: Simon Bacon (1st stubby home) Chris Hall, Nigel Whitcher, Simon Gibbons, John Cox, Paul Hammond, Stuart Bamberger, Rob Williams, and the girls: Lisa Donn, Sara McRitchie, Aga Plombon, Karen Salmon and Tracy Langdale. That was one tough run!

New Forest Marathon was popular for us with George Howarth (with a few war wounds), Tracey Terry, Lindsay Drysdale-Pratt (PB!!), Shaun Beale (PB!) Helen Benson (her 1st marathon) and Sylwia Ward. Well done everyone that ran the full and half marathons, and Simon Bacon with the 10K
Meon Valley Half marathon, 1st male Rich Chowns with a superb time of 1:26. Well done Rich!

Euan McGrath tackled the epic adventure of Tor Des Geants a whopping 330km trail endurance race.

Vicky Shaw finished 3rd lady at the Black Mountains Fell Race.

The Crafty Fox was another hot, hilly and the usual White Star extra miles half marathon! Well done to Becca and Andy White, Kathy Chamberlain, Natalie Flack, Claire Johnson, Sarah and Phil Martin, Sam Stockwell. You looked like you had a lot of fun on those hills.

The CC6 season started with the first race in Fleming Park. Great start to the year for Nikki Roebuck (3rd lady) and a great introduction to the club for Martin Parsons who joined SGR on the Saturday and ran the CC6 on the Sunday! We currently sit with ladies team in 2nd place and mens in 8th… its only the start though, let's keep up a good turnout at these races. Mud and hills are the best!

Farleigh Wallop 10k trail race was a sea of Green with probably the highest club participation! Really wet and cold conditions and a muddy technical course that was made even more exciting by a freshly ploughed farmers field that went uphill and gave you blocks of mud for feet! Great results for the day though with 18 Stubbies racing, a podium finish for Gaynor Heffer (2nd senior lady), Nicola Willoughby 4th lady overall, Lisa Donn 7th lady overall, Andy Donn was 1st Stubby in and 14th male overall. I think we all got a cake pb that day! Thoroughly recommend this race!

Other achievements this month also for Richard Mackay (his 1st marathon) and Jon Leigh for the Flanders Field Marathon. Peter Lewis competed in the Cardiff 10k and wore his Green vest for the first time in his home country. The Gosport 4 mile beer run (why aren't we sponsoring this event?!) podium finish for Simon Hearnden 2nd overall and 1st vet and Lara Dent 1st lady. Well done, this is going in my race diary next year! Congratulations to Carolyn Bickerstaffe for completing the 36k Euro Disney Challenge, that was a lot of medals collected!

The Itchen Biathlon Relay was the first time we had entered a team, consisting of 4 runners, 1 swimmer and 1 kayaker for supporting the swimmer. This was a charity event with a barbeque at the finish and was age and gender graded so nobody knew who was going to win! The running legs were 4-6.3 miles and the swim 2.5km open water swim. First 4 legs were the runners and the last leg the swim. Our team was led off by Graham Donnachie 70 minutes 18 seconds, followed by Matt Evans 43.36, then Tom Callaway 47.52, Helen Nichols 27.16 and our swimming scud missile Greg Rowe 59.41 with John Cox in the support kayak. Stubbies didn't win on the day but by all accounts everyone had a great day.

Southern Road Relays took place at Crystal Palace where all the clubs in South East are invited to take part. We put two Vet 40 teams out with the men 17th out of 24 teams with Russ Coleman, Jon Warner, Peter Lewis and Mark Eaton. The ladies 8th out of 13 teams with Penny Forse, Nikki Roebuck, Lara Evans and Kelley Haniver. Well done everyone, there should be a full write up in another part of the Green Runner.

Winchester half marathon for 8 Stubbies: Mike Gregory (8th in age cat), Shaun Beale, Simon Bacon, Richard Bailey, Kimberley Achurch, Amanda Knight, Wendy Haxwell, Karen Charlton and Sarah Gregory. Some great times for this hilly half! Well done everyone.

The month has finished with some great PB's at the Ageas 10K, hot off the press for Kathy Chamberlain, Amy Fox and Hannah Hands. The men's results looking good too with top finishes from Josh Cullen, Sean Bendell, John Parker and Robert Egerton.

Hoping the good running weather continues as we benefit from the cooler temperatures and blue skies.

GOSPORT 5K SUMMER SERIES RACE 5

22	Tommy Blake	00:20:48
23	Mike Bell	00:21:07
26	Harry Roebuck	00:21:20
29	Jamie Earley	00:21:36
86	Janet Shaw	00:28:38
87	Cliff Shaw	00:28:39
123	Richard Mackam	00:46:09

THE BEAST

60	Simon	Bacon	01:57:11
73	Chris	Hall	02:01:55
116	Robert	Egerton	02:10:48
165	Paul	Hammond	02:18:37
167	Simon	Gibbon	02:18:59
207	Nigel	Whitcher	02:25:42
234	Mike	Donovan	02:33:31
239	Karen	Salmon	02:34:17
246	Lisa	Donn	02:36:57
267	John	Cox	02:40:05
336	Rob	Williams	03:02:37
349	Richard	Bailey	03:08:01
359	Sara	McRitchie	03:09:48
360	Stuart	Bamberger	03:09:48
367	Lucy	Window	03:16:10
368	Aga	Plombon	03:16:10

GREAT NORTH RUN

3610	Scott Shaw	01:47:45
13058	Julia Webb	02:09:31
24153	Karen Hoggarth	02:28:04
24953	Julia Lawton	02:29:25

Farleigh Wallop 10K Trail Race

14	ANDY	DONN	00:47:38
19	JON	LEIGH	00:48:40
21	RICHARD	EDMUNDS	00:49:31
35	PAUL	HAMMOND	00:51:49
37	ROB	ANDERSON	00:51:56
41	NICOLA	WILLOUGHBY	00:52:31
57	LISA	DONN	00:56:35
63	BECCA	WHITE	00:58:38
69	GAYNOR	HEFFER	00:59:06
76	ROB	WILLIAMS	01:00:03
84	KAREN	SALMON	01:00:23
107	STUART	BAMBERGER	01:04:03
124	CATHY	WEBB	01:08:46
126	SARA	MCRITCHIE	01:08:56
140	DEBBY	MADEIRA	01:10:22
141	LINDSAY	PRATT	01:10:23
180	LINDA	SWANTON	01:21:11
197	TINA	MACKAY	01:23:53

Flanders Field Marathon

Jon Leigh	03:42:32
Richard MacKay	04:01:00

The “Devil Run” Elevated 15k - Sylwia Ward 1st Lady 01:16:48

Crafty Fox Half Marathon 2018

7	Mark	McDonald	01:54:59
39	Cliff	Shaw	02:21:01
131	Marie	McDonald	02:56:02
132	Becca	White	02:56:04
133	Andy	White	02:56:05
286	Katherine	Chamberlain	03:39:47
338	Samantha	stockwell	03:52:57
339	Janet	Shaw	03:52:59
376	Claire	Johnson	04:05:11
377	Natalie	Flack	04:05:12

OVERTON 5

24	Shaun Beale	29.55
68	Daniel Foster	32.06
117	Graham Martin	34.26
136	Lucy May	35.06
135	John Parker	35.09
172	Hannah Molyneaux	35.58
154	Scott Shaw	36.03
156	Richard Edmunds	36.08
167	Michael Welland	36.22
208	Richard Jacks	37.15
284	Amy Fox	41.08
312	Alison Hesselberth	42.21
352	Carl Schafer	44.37
351	Katherine Chamberlain	44.38
406	Jules Dinwoodie	48.19
404	Pam Kemp	48.21
425	Janet Shaw	50.02
424	Cliff Shaw	50.03
450	Sarah Barron	52.29

WICKHAM 10K

16	Josh Cullen	44:08
17	Simon Bacon	44:12
108	Wendy Hawxwell	59:44
139	Chris Wheeler	1:03:24
140	Toby Evans	1:03:28
144	Julia Lawton	1:03:58

SOLENT HALF

31st	Daniel Foster	01:23:24
48th	Mike White	01:26:55
87th	Graham Martin	01:33:25
96th	Richard Chowns	01:34:33
103rd	Matthew Evans	01:35:25
107th	Lucy May	01:35:43
149th	Michael Welland	01:40:06
228th	Amy Fox	01:47:52
280th	Katherine Chamberlain	01:56:46
361st	Sarah Barron	02:17:54
387th	Cliff Shaw	02:28:09
388th	Janet Shaw	02:28:06

WINCHESTER HALF

9	Mike GREGORY	01:21:12
17	Shaun BEALE	01:24:05
45	Richard BAILEY	01:28:55
170	Simon BACON	01:36:32
840	Kimberley ACHURCH	02:06:10
902	Amanda KNIGHT	02:10:00
999	Sarah GREGORY	02:16:44
1007	Wendy HAWXWELL	02:17:24

HURSLEY 10K

24	Graham MARTIN	42:13
77	Andy DONN	47:16
190	Lisa DONN	53:31

SWINDON HALF MARATHON

233	Andrew DONN	01:40:11
764	Lisa DONN	01:57:51

The Ageas Bowl 10k

26	Josh	Cullen	00:38:50
65	Sean	Bendell	00:41:14
82	john	parker	00:42:24
83	Jamez	Bampton	00:42:24
86	Robert	Egerton	00:42:29
95	Dave	Thorpe	00:43:05
107	Hannah	Molyneaux	00:43:39
121	Jamie	Earley	00:44:24
209	Amy	Fox	00:47:52
303	Matt	Smith	00:51:00
313	Claire	Light	00:51:15
338	Katherine	Chamberlain	00:51:49
363	Carl	Schafer	00:52:54
371	martin	de wied	00:53:18
372	Helen	Benson	00:52:49
400	Dominique	Becheley	00:54:09
528	Martin	Parsons	00:55:59
589	Hannah	Hands	00:58:43
610	Nicki	White	00:58:45
616	Katharine	Tucker	00:58:26
654	Martin	Read	00:59:37
668	Robert	Spencer	00:59:49

CC6 FLEMING PARK

20	Mike White
30	Alistair Wakefield
50	Matt Evans
55	Tom Callaway
60	Mike Bell
79	Jack Goozee
111	Rob Williams
114	Martin Parsons
119	Rob Spencer

3	Nicola Roebuck
12	Lara Evans
21	Maria Millican
29	Francis Lord
36	Bev Woolcock
37	Susie MacGregor
42	Amy Fox
50	Lucy Window
53	Dawn Haynes-Sewell
57	Tracey Langdale

NEW FOREST 10k

62	Simon Bacon	00:46:21
593	Sarah Northcott	01:02:02
757	Katherine Holmes	01:06:24
759	Rachel Donnachie	01:06:28

NEW FOREST HALF MARATHON

753	Karen Salmon	01:57:09
1190	Pam Kemp	02:09:51
1345	Sue Moore	02:15:29
1488	Sarah Gregory	02:20:26
1594	Zoe Harlow	02:27:21
1793	Michelle Lai	02:45:21
1913	Martin Neal	03:08:08

NEW FOREST MARATHON

29	Shaun Beale	03:17:05
448	George Howarth	04:41:34
560	Lindsay Pratt	04:59:30
561	Tracey Terry	04:59:29
644	Sara Mcritchie	05:17:48
696	Jemma Raeburn	05:31:36
697	Helen Benson	05:31:38
698	Greig Benson	05:31:38

CARDIFF 10k

305	Peter Lewis	41:51

BLACK MOUNTAINS FELL RACE

3rd Lady	Vicky Shaw	03:48:44

Hampshire Cross Country, Championships & Relays

Winter is approaching which means a busy a XC season is upon us. There are 3 main leagues we run in Hampshire XC League (races on Saturday afternoon), CC6 league races Sunday 9.30am and Southerns league (Sunday 11am).

All these leagues are free to enter, just need to wear your club vest. On top of this we have various championship races and relays. Only going to touch on the Hampshire, Championships and relays below. Your CC6 representative is Sally McGrath and Southerns is Chris Hall.

The Hampshire Cross Country League is open to juniors, seniors and vets, you just need to be UKA registered. Below are the start times and maximum distances for the races which are on a Saturday afternoon with dates and venues below.

You don't have to run them all but to get a final individual score you need to run 4 out of the 5 races. For teams we need 3 runners in a category to get a team score and 5 for senior men. Note Vets count as double and can score for seniors as well. If we **don't** score as a team at an event then we can't get a final team standing in that category.

This league is open to any club member and all abilities, with a real mixture of abilities.

Hampshire XC Timetable

1200	Under 13 Girls	3.0km
1215	Under 13 Boys	3.0km
1230	Under 15 Girls	4.0km
1250	Under 15 Boys	4.0km
1305	Under 17 Women	4.0km
1335	Senior Women (including Veteran and Under 20 Women)	6.0km
1410	Under 17 Men	6.0km
1430	Senior Men (including Veteran and Under 20 Men)	10.0km

Hampshire Fixtures

13th October, Kings Park, Bournemouth

10th November, Wellesley Woodlands, Aldershot

1st December, Popham Airfield, Basingstoke

12th January, Prospect Park, Reading

9th February, TBA

After the leagues we have 3 main championship races Hampshire's, Southerns and Nationals where anyone from the county, region or country can take part with junior, senior/ vet races. The championships are great days out. The dates for these championships are below and if interested please email me back ASAP. These races you pay a small race fee of around £8, still a lot cheaper than some road races!

5th January, Hampshire XC Championships, Fairthorne Manor
26th January, Southern XC Championships, Parliament Hill, London
23rd February, National XC Championships, Harewood House, Leeds
All the senior/ vet championship races are in the afternoon rough timings for the races are 1.35pm ladies and men's 3pm with junior races being earlier in the day.

Finally we have two XC events coming up which I can't remember the club ever doing, is there an interest to run these.
3rd November, National XC Relays, Berry Hill Park, Mansfield (**closing date 12th October**). Senior Ladies 3 x 3k, £27 per team, 1.50pm start time. Senior men 4 x 4k, £37 per team, 2.40pm start time.
8th December, Cross Country Masters & Inter Counties Championships, Horspath, Oxford, ladies 6km and men 10km, 3 runners to make a team. Note this is for vets only, ladies and men 40 and over. Not sure of costs yet.
Please let me know your interest to run any of these races, in particular the championships, relays and the Masters championships.

Andy Simpson
Email: mens-captain@stubbingtongreenrunners.net

Southampton	1 September	
Greg ROWE	00:32:48	

Southsea	1 September	
Carl SCHAFER	00:25:49	
Robert SPENCER	00:30:50	

Whiteley	1 September	
Jonathan WARNER	00:19:26	
Marcus LEE	00:21:11	
John PARKER	00:22:05	
Beverly WOOLCOCK	00:23:15	PB
Jon LEIGH	00:23:15	
Claire JONES	00:24:31	PB
Nigel WHITCHER	00:24:38	
Richard JACKS	00:26:31	
Jade BOTTERILL	00:26:54	
Dominique BECHELEY	00:30:26	
Katherine CHOWNS	00:32:09	
Phil CLARK	00:32:10	
Helen BENSON	00:35:33	
Greig BENSON	00:35:36	
Geraldine MAY	00:44:17	
Philip MAY	00:46:44	

Eastleigh	1 September	
Tom CALLAWAY	00:22:01	PB
Keith WHITAKER	00:27:54	

Newbury	1 September
Allan STINSON	00:47:04

Newport	1 September
Andrew William THOMAS	00:20:22

Upton House	1 September
Matt EMERY	00:20:27
Chris HALL	00:21:38
Wendy HALL	00:34:51 PB

Barnstaple	1 September
Andy SIMPSON	00:18:04

Netley Abbey	1 September
Sev ROBERTS	00:20:07
Frances Louise LORD	00:23:38

Queen Elizabeth	1 September	
James LEWINGTON	00:17:50	PB

Higginson, Marlow	1 September
Gareth CHARLES	00:19:57
Kate RANT	00:24:55

Lancing Beach Green	1 September
Martin DE WIED	00:25:24

Swaffham	1 September
Matt HUTTON	00:27:17

Lee-on-the-Solent	1 September	
Mark John EATON	00:19:47	
Mike BELL	00:21:21	
Graham MARTIN	00:21:27	
Tim MATTHEWS	00:23:32	
Mick WELLAND	00:23:57	
Alison HESSELBERTH	00:25:01	
Cathy WEBB	00:25:05	
Chris STAPLEFORD	00:25:26	
Richard BURNS	00:25:45	
Russell MEAD	00:26:18	
George HOWARTH	00:26:32	
Lee LOVE	00:27:51	
Simon GIBBON	00:27:58	
Paul HAMMOND	00:28:00	
Rob WILLIAMS	00:28:00	
Jules DINWOODIE	00:28:12	
Claire PEAL	00:28:14	
Robin PEAL	00:28:14	
Janet SHAW	00:28:24	
Noah WILLIAMS	00:28:33	
Amanda KNIGHT	00:28:37	
Jodie FRANCIS	00:29:44	
Martin READ	00:29:50	
Cliff SHAW	00:30:00	
Stuart NICHOLSON	00:30:02	
Kevin ASHMAN	00:30:18	
Christine LAIDLAW	00:32:00	
Susan BONNAR	00:33:16	
Mandy WHITE	00:34:07	
Claire JOHNSON	00:34:38	
Samantha STOCKWELL	00:34:39	
Mark RACE	00:35:34	
Leonora MORETON	00:35:52	
Diane WILSON	00:36:59	
Sara MCRITCHIE	00:37:14	

Portsmouth Lakeside	1 September
Kevin SAUNDERS	00:25:49

Fareham	1 September	
David MALLARD	00:18:52	
Ray GUNNER	00:19:56	
David JENNINGS	00:20:16	PB
Ashley LOVELL	00:24:04	
Alison LAWRENCE	00:25:20	
Lauren FOWLER	00:28:23	
David MACSWAYNE	00:33:36	
Louisa KNIGHT	00:37:20	
Louise TANNER	00:37:20	
Tina MACKAY	00:37:22	
Hannah HANDS	00:37:23	
Wendy SMITH	00:40:54	

Fareham	8 September	
Shelley THOMAS	00:27:21	PB
David MACSWAYNE	00:32:31	

Cirencester	8 September
Yvonne FISHER	00:35:59

Haverfordwest	8 September
Geraldine MAY	00:41:55

Lee-on-the-Solent	8 September	
Richard BAILEY	00:19:11	
Shaun BEALE	00:20:45	
Maria MILLICAN	00:22:14	PB
Andrew STOCKWELL	00:22:43	
Paul HAMMOND	00:22:48	
Tim MATTHEWS	00:23:07	
Philip MAY	00:23:33	PB
Robert HINKLEY	00:23:36	
Nigel WHITCHER	00:24:07	PB
Andy LEE	00:24:36	
Jamie STOCKWELL	00:24:41	
Mick WELLAND	00:24:45	
Cathy WEBB	00:24:47	
Amie MORGAN	00:24:54	
Gaynor HEFFER	00:24:56	
Chris STAPLEFORD	00:25:01	
Richard BURNS	00:25:07	
Rob WILLIAMS	00:25:12	PB
Russell MEAD	00:26:22	
Noah WILLIAMS	00:26:51	
Richard WEEKS	00:27:08	
Andy WHITE	00:27:38	
Toby EVANS	00:27:49	
Stuart NICHOLSON	00:27:51	
Janet SHAW	00:27:54	PB
Cliff SHAW	00:27:54	
Chris WHEELER	00:28:21	
George HOWARTH	00:28:53	
Tracey TERRY	00:30:08	PB
Lindsay PRATT	00:30:10	
Phil CLARK	00:30:20	
Samantha STOCKWELL	00:31:09	
Tarnya ROBINSON	00:31:26	PB
Rebecca WHITE	00:32:54	
Susan BONNAR	00:33:32	
Mandy WHITE	00:33:33	
Louisa KNIGHT	00:34:18	
Louise TANNER	00:34:24	
Jenny HEARNDEN	00:34:38	
Leonora MORETON	00:34:43	
Diane WILSON	00:36:22	PB
Sian SNOOK	00:38:42	PB
Jodie FRANCIS	00:44:03	

Whiteley	8 September	
Nikki ROEBUCK	00:20:22	
John PARKER	00:20:23	
Richard JACKS	00:21:14	
Jamie EARLEY	00:21:32	
Beverly WOOLCOCK	00:22:59	PB
Kate RANT	00:24:47	
Martin PARSONS	00:25:57	PB
Greig BENSON	00:27:09	
Martin DE WIED	00:27:30	
Helen BENSON	00:28:06	
Dominique BECHELEY	00:29:00	
Robert SPENCER	00:29:10	PB
Liz JAMES	00:29:40	PB
Martin READ	00:30:04	
Kim ACHURCH	00:30:29	
Keith WHITAKER	00:30:50	

Hull	**8 September**	
Liz WEIGHELL	00:32:50	PB

Southsea	**8 September**	
Charlotte MAISEY	00:29:26	

Eastleigh	**8 September**	
Tom CALLAWAY	00:21:49	PB
Haydn BROWN	00:25:18	

Medina I.O.W.	**8 September**	
Ray GUNNER	00:19:46	

Netley Abbey	**8 September**	
Mike WHITE	00:19:11	PB
Sev ROBERTS	00:19:57	
Charlotte LORD	00:23:04	
Frances Louise LORD	00:23:04	
Caroline STREET	00:31:51	

Queen Elizabeth	**8 September**	
James LEWINGTON	00:17:46	PB

Chichester	**8 September**	
David MALLARD	00:18:49	
Alison LAWRENCE	00:25:47	

Portsmouth Lakeside	**8 September**	
Daniel ELLIOTT	00:18:53	PB
Vernon WILDE	00:23:38	PB
Kevin SAUNDERS	00:25:42	

Eastleigh	**15 September**	
Haydn BROWN	00:25:20	
Martin DE WIED	00:28:28	
Keith WHITAKER	00:30:51	

Barnstaple	**15 September**	
Janet SHAW	00:29:33	PB
Cliff SHAW	00:29:33	

Harcourt Hill	**15 September**	
Jon LEIGH	00:21:05	PB
Rita LEIGH	00:31:58	PB

Maidenhead	**15 September**	
Andrew SMITH	00:44:20	

Lydney	**15 September**	
Phil MORGAN	00:18:58	
Amie MORGAN	00:22:03	PB

Dolgellau	**15 September**	
Simon VINGOE	00:25:15	

Chichester	**15 September**	
Jonathan HARRINGTON	00:28:13	

Gorleston Cliffs	**15 September**	
Rob ANDERSON	00:21:23	

Southsea	**15 September**	
Andy LEE	00:23:41	
Kevin SAUNDERS	00:26:08	

Whiteley	**15 September**	
Daniel FOSTER	00:19:33	
Andrew STOCKWELL	00:20:29	
Robert EGERTON	00:20:31	PB
Nikki ROEBUCK	00:21:16	
Mick WELLAND	00:22:18	
Mark MCDONALD	00:24:06	
Jamie STOCKWELL	00:24:40	
Jack GOOZEE	00:25:01	
Carl SCHAFER	00:25:29	
Lauren FOWLER	00:25:33	PB
Martin PARSONS	00:26:42	
Martyn BANNER	00:27:24	
Martin READ	00:29:01	
Katharine TUCKER	00:29:11	PB
Jamie EARLEY	00:30:28	
Maddison SMITH	00:34:09	
Matt SMITH	00:34:09	
Kevin ASHMAN	00:34:47	
Robert SPENCER	00:38:07	
Amy FOX	00:45:36	

Lee-on-the-Solent	**15 September**	
Will FELINE	00:18:13	
Darren TANNER	00:21:25	
Michael LOVELL	00:22:01	
Maria MILLICAN	00:22:02	PB
Ashley LOVELL	00:23:38	
Martyn POORE	00:23:47	
Vernon WILDE	00:23:57	
Lucy Katherine WINDOW	00:24:22	PB
Alison HESSELBERTH	00:24:59	
Kate RANT	00:25:56	
Richard BURNS	00:25:58	
Gareth CHARLES	00:26:43	
Richard WEEKS	00:26:55	
Katherine CHOWNS	00:26:58	
Nicky BEAL	00:29:09	
Vicky WILLIAMS	00:29:20	
Stuart NICHOLSON	00:33:17	
Lara DENT	00:34:10	
Susan BONNAR	00:34:20	
Jenny HEARNDEN	00:34:39	
Tina MACKAY	00:37:06	
Hannah HANDS	00:37:07	
Geraldine MAY	00:39:22	PB
Philip MAY	00:39:23	
Louise TANNER	00:45:27	

Fareham	**15 September**	
David MALLARD	00:19:23	
Marcus LEE	00:22:15	
Alison LAWRENCE	00:27:49	

Netley Abbey	**15 September**	
Sev ROBERTS	00:19:52	
Steve TROTMAN	00:24:02	
Russell MEAD	00:25:37	
Jules DINWOODIE	00:27:02	
Caroline STREET	00:30:40	

Keswick	**15 September**	
William GILL	00:29:31	

Bognor Regis	**15 September**	
Ray GUNNER	00:19:34	

Portsmouth Lakeside	**15 September**	
Daniel ELLIOTT	00:18:31	PB

Hogmoor Inclosure	**15 September**	
James LEWINGTON	00:17:55	

Whiteley	**22 September**	
Nikki ROEBUCK	00:20:39	
Marcus LEE	00:20:54	
Hannah MOLYNEAUX	00:21:00	
Russell WISEMAN	00:21:16	PB
Jamie EARLEY	00:21:51	
John PARKER	00:22:49	
Jon LEIGH	00:22:49	
Sev ROBERTS	00:23:43	PB
Jade BOTTERILL	00:26:02	PB
Martin DE WIED	00:26:48	
Claire LIGHT	00:27:01	
Dominique BECHELEY	00:28:46	
Martin READ	00:29:24	
Liz JAMES	00:30:40	
Maddison SMITH	00:32:05	PB
Matt SMITH	00:32:05	
Tiffany SKERRATT	00:32:27	
Kate RANT	00:38:48	
Gareth CHARLES	00:44:20	

Kingsway, Gloucester	**22 September**	
Helen BENSON	00:35:37	
Greig BENSON	00:35:44	PB

Southampton	**22 September**	
Chris WHEELER	00:27:57	
Toby EVANS	00:28:11	

Southsea	**22 September**	
Robert HINKLEY	00:22:46	

Eastleigh	**22 September**	
Tom CALLAWAY	00:21:14	PB
Haydn BROWN	00:25:14	
Keith WHITAKER	00:32:35	
Natalie FLACK	00:33:58	
Claire JOHNSON	00:34:12	
Charlotte MAISEY	00:37:14	

Newport	**22 September**	
Andrew William THOMAS	00:20:51	

Winchester	22 September	
Gordon WESTLEY	00:26:48	

Netley Abbey	22 September	
Beccy And Skye DOG	00:18:07	
Steve TROTMAN	00:21:17	
Frances Louise LORD	00:23:29	
Carl SCHAFER	00:25:26	PB
Martin PARSONS	00:26:30	
Robert SPENCER	00:32:01	

Brockenhurst	22 September	
Matt EMERY	00:20:12	

Queen Elizabeth	22 September	
Chris HALL	00:20:50	
Hannah HANDS	00:33:10	
Louise TANNER	00:33:47	
Tina MACKAY	00:46:03	

Weymouth	22 September	
Andrew STOCKWELL	00:22:37	

Chichester	22 September	
Jonathan HARRINGTON	00:27:38	

Franschhoek	22 September	
Martyn BANNER	00:29:52	

Portsmouth Lakeside	22 September	
Daniel ELLIOTT	00:18:04	PB

Lee-on-the-Solent	22 September	
Josh CULLEN	00:18:37	PB
Tim MATTHEWS	00:22:35	
Paul HAMMOND	00:22:49	
Andy LEE	00:23:51	
Richard BURNS	00:25:00	
Russell MEAD	00:26:00	
Jules DINWOODIE	00:26:41	
Richard WEEKS	00:26:56	
Shelley THOMAS	00:27:30	
Claire PEAL	00:29:01	
Sara MCRITCHIE	00:29:30	
Gaynor HEFFER	00:29:30	
John SIMISTER	00:29:33	
Louisa KNIGHT	00:31:01	PB
Rebecca WHITE	00:31:15	
Sarah BARRON	00:32:08	
Sue ROBINSON	00:32:10	
Sandie MCINTOSH	00:32:22	
Susan BONNAR	00:32:33	
Stuart NICHOLSON	00:34:05	

Tooting Common	22 September	
Cliff SHAW	00:31:09	
Janet SHAW	00:31:10	

Fareham	22 September	
David MALLARD	00:18:46	
Ray GUNNER	00:19:28	PB
Rob WILLIAMS	00:26:15	
Katherine CHOWNS	00:27:25	
Alison LAWRENCE	00:32:30	
David MACSWAYNE	00:35:08	
Wendy SMITH	00:44:19	
Andrew SMITH	00:44:21	

Gorleston Cliffs	29 September	
David MALLARD	00:18:45	
Alison LAWRENCE	00:24:56	

Whiteley	29 September	
Mike WHITE	00:18:48	PB
Sev ROBERTS	00:20:02	PB
Marcus LEE	00:20:42	
Jon LEIGH	00:20:47	
Harry ROEBUCK	00:22:10	
Greig BENSON	00:23:04	
Richard JACKS	00:23:59	
Beverly WOOLCOCK	00:24:05	
Jamie EARLEY	00:25:26	
Jade BOTTERILL	00:25:29	PB
Martin DE WIED	00:27:29	
Katherine CHOWNS	00:27:34	
Jack GOOZEE	00:27:36	
William GILL	00:28:31	
Liz JAMES	00:29:44	
Maddison SMITH	00:30:57	PB
Matt SMITH	00:30:57	
Tiffany SKERRATT	00:31:42	
Christopher WILLS	00:32:43	PB
Kim ACHURCH	00:34:28	
Helen BENSON	00:35:46	
Kate RANT	00:36:52	
Gareth CHARLES	00:45:06	

Eastleigh	29 September	
Tom CALLAWAY	00:21:10	PB
Haydn BROWN	00:24:49	
Keith WHITAKER	00:34:10	

Bournemouth	29 September	
Richard MACKAY	00:20:14	
Tina MACKAY	00:42:41	

Newbury	29 September	
Tomas STINSON	00:20:44	PB
Seamus STINSON	00:23:07	
Allan STINSON	00:42:49	

Winchester	29 September	
Carl SCHAFER	00:25:41	
Gordon WESTLEY	00:26:56	

Netley Abbey	29 September	
Rebecca Margaret LORD	00:18:21	
Steve TROTMAN	00:21:35	
Frances Louise LORD	00:23:08	

Chichester	29 September	
Jonathan HARRINGTON	00:27:30	

Lee-on-the-Solent	29 September	
Steve CUMES	00:19:26	PB
Mark John EATON	00:19:46	
Andrew STOCKWELL	00:20:14	
Andy DONN	00:20:29	PB
Mike BELL	00:20:41	
Mick WELLAND	00:22:37	
Andy LEE	00:23:04	
Kelly BENNETTS	00:24:26	
Cathy WEBB	00:24:32	
Nigel WHITCHER	00:24:33	
Richard BURNS	00:24:35	
Amie MORGAN	00:24:57	
Toby EVANS	00:25:06	PB
Gaynor HEFFER	00:25:14	
Paul HAMMOND	00:25:15	
Andy WHITE	00:25:39	
Simon GIBBON	00:26:26	
Karen SALMON	00:26:40	
Sara MCRITCHIE	00:27:02	
Amanda KNIGHT	00:28:16	PB
Lisa DONN	00:28:40	
Sarah NORTHCOTT	00:28:53	
Jane BUTLER	00:28:54	
Alison BYATT	00:28:54	
Sarah BARRON	00:28:58	
Vicky WILLIAMS	00:29:05	
Rob WILLIAMS	00:29:39	
Stuart NICHOLSON	00:30:06	
Christine LAIDLAW	00:30:40	
Susan BONNAR	00:32:04	
Mandy WHITE	00:32:44	
Eunice EATON	00:34:15	
Samantha STOCKWELL	00:34:15	
Diane WILSON	00:35:32	PB

Portsmouth Lakeside	29 September	
Martin PARSONS	00:29:56	
Robert SPENCER	00:30:40	

Worthing	29 September	
Graham MARTIN	00:19:19	

Fareham	29 September	
Richard EDMUNDS	00:21:10	
Liz WEIGHELL	00:48:59	

Harkerville	29 September	
Martyn BANNER	00:29:25	

Time Trials

We ran 6 time trials over the summer months and thanks to the 120 people who turned out to enjoy these with 45 runners improving which is over a third of the field. Over 1020 miles were run over the 6 time trials. There were numerous pints of beer and glasses of wine consumed at the Red Lion afterwards to rehydrate!!

If you didn't run don't despair there's chance to run the winter handicap will explain below.

The idea of these time trials is very simple to improve on your time and may be you will be the biggest improver in your category!

Congratulations to the winners of their categories Mike Gregory, Scott Shaw, Peter Lewis, Simon Gibbon and Kelly Bennetts. On top of winning their categories we crown one person the biggest improver, the one who has knocked the most time off. This year our biggest improver knocking a whopping 5 minutes and 5 seconds off was Kelly Bennetts. Prizes will be awarded at our Awards Night for our 5 winners.

Banding	Name	Improvement
Under 25 mins	Mike Gregory	-0.15
25.01 – 28 mins	Scott Shaw	-1.17
28.01 – 31 mins	Peter Lewis	-1.51
31.01 – 35 mins	Simon Gibbon	-1.57
35+ mins	Kelly Bennetts	-5.05

Thank you to everyone who marshalled, back marked a group and timekeepers. A special thank you to the committee who did a large share of the helping on the night.

Winter Trials

These will take place at Holly Hill Leisure Centre on the path near the car park, still on a Thursday but just one start time at 6.30pm. The course is about 3.3 miles from memory. You will need to wear high vis clothing. Prizes will be awarded for the biggest improvers on the night and yet again we will do a random spot prize. Anybody who would like to marshal on the night or time keep please get in touch with me via email or Facebook. The dates are as follows:-

Thursday 18th October at 6.30pm

Thursday 15th November at 6.30pm

Thursday 13th December at 6.30pm

Look forward to seeing everyone.

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to all those who ran Overton 5 Mile race on 2nd September and Solent Half on 23rd September.

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

Overton:

Ladies Names	Team	Team Score
Lucy May	A	107
Hannah Molyneaux		
Amy Fox		
Alison Hesselberth	B	286
Kathy Chamberlain		
Pamp Kemp		
Jules Dinwoodie	C	298
Janey Shaw		
Sarah Barron		

Mens Names	Team	Team Score
Shaun Beale	A	277
Dan Foster		
Graham Martin		
John Parker		
Scott Shaw	B	524
Richard Edmunds		
Michael Welland		
Richard Jacks		

Also, well done to Carl Schafer and Cliff Shaw.

Solent Half:

Ladies Names	Team	Team Score
Lucy May	A	111
Amy Fox		
Kathy Chamberlain		

Also, well done to Janet Shaw and Sarah Barron

Mens Names	Team	Team Score
Dan Foster	A	233
Mike White		
Graham Martin		
Rich Chowns		

Well done also to Michael Welland, Cliff Shaw and Matt Evans

Details below of the League Summary:

Ladies A Division 1		
Position	Club	Score
1	Winchester	2
2	Fareham	6
3	Denmead	10
4	IOW RR	11
5	Farnham	11
6	Pompey J	11
7	Stubbington	12
8	Lordshill	13
9	Hedge End	14
10	So'ton AC	22

Men's A Division 1		
Position	Club	Score
1	Overton	3
2	Salisbury	4
3	Lordshill	8
4	Hedge End	8
5	Denmead	11
6	Fareham	11
7	Winchester	13
8	Stubbington	17
9	So'ton AC	18
10	IOW RR	18

Ladies B Division 1		
Position	Club	Score
1	Winchester	2
2	Lordshill B	5
3	Winchester	8
4	Denmead	11
5	Salisbury	12
6	Hedge End	13
7	Gosport	13
8	Fareham	16
9	Stubbington	19
10	Lordshill C	20

Men's B Division 1		
Position	Club	Score
1	Salisbury	5
2	Lordshill B	7
3	Fareham	9
4	Hedge End	9
5	Denmead	10
6	Winchester	10
7	Farnham	16
8	Overton	16
9	Lordshill C	17
11	Stubbington	22

Races for next season are:

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.

Please remember if you have entered our 10k, to let me know the name of your volunteer helper.

Southern Cross Country League

Race 1

Sunday 28 October 2018

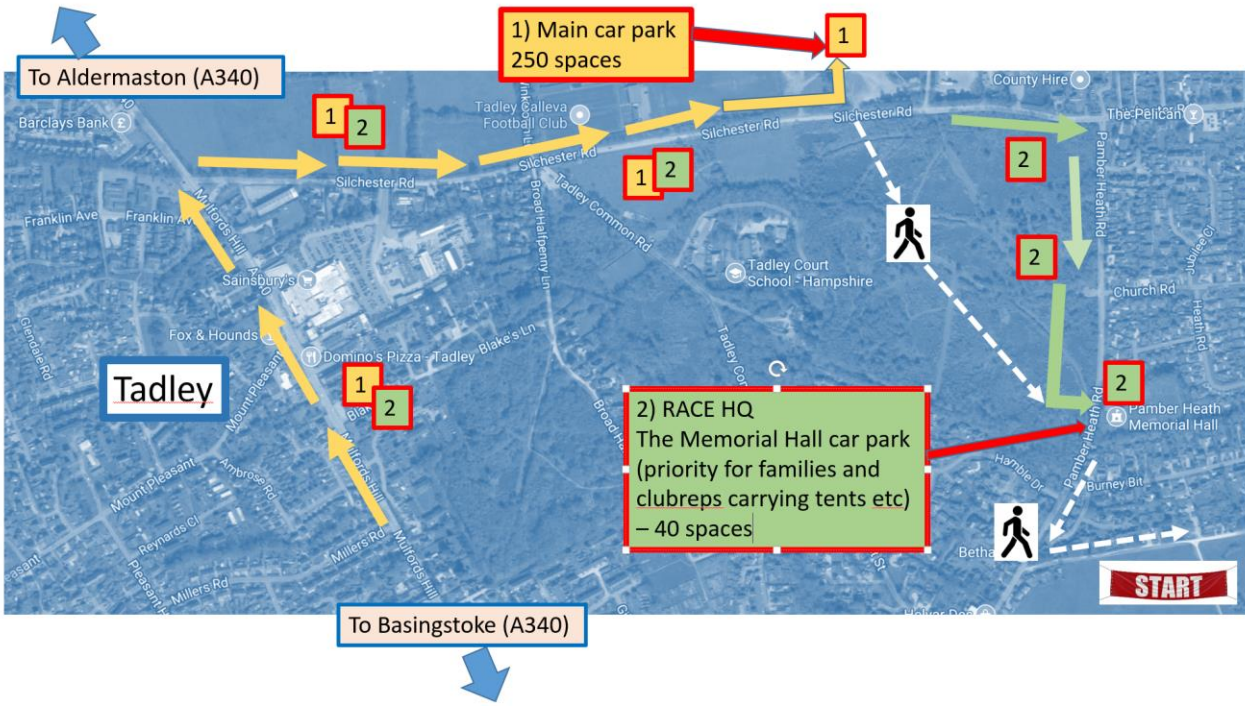
Pamber Forest: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 614 618), a 479-acre Site of Special Scientific Interest, a few miles north of Basingstoke, near Tadley off the A340. The race will be a single lap through forest and fields along undulating tracks and footpaths. It will start at 11:00am; distance 5 miles.

Race HQ: The Race HQ is at **Pamber Heath Memorial Hall, Post Code RG26 3TQ**.

Directions: (From South): From M3 J6 join the Basingstoke Ring Road north, and exit following the A340 signs for Aldermaston (passing the hospital). Keep on A340 for 6-miles until you reach the Sainsbury's traffic lights, and then another set of lights a further 50 metres along. Turn right at these, into Silchester Road towards Pamber Heath. After 900m, the main parking is on the LEFT at Stacey Industrial Park. We have negotiated access to a large hard-standing area (also shared with a small Sunday market), and a token fee of £2 per car will be collected for a local charity (St Michaels Hospice).

For cars with young families, or club reps with tents, please use the Race HQ car park. Turn right into Pamber Heath Road (after the 30MPH speed signs). The Pamber Heath Memorial Hall is 400m on left.

PLEASE SEE PARKING MAP BELOW.



After the race at the Race HQ, there will be **hot food** (freshly-cooked locally produced sausages in a bread roll) plus vegetarian options, and plenty of home-baked cakes by BMHAC club members, and tea/coffee, at a price of £2.00 per head. Please stay if you can (provisional race results will be announced at the Race HQ asap after the finish).

Facilities at Race HQ: Limited toilets, changing, and clothing dump are available at the Race HQ.

Competition Rules: All runners must wear a Club Vest. There may be sheep in the field near Little London (the southern edge of the course), so no dogs, sorry. Full race rules (including pace eligibility) at https://www.southerncrosscountryleague.co.uk/rules.aspx

Race Start: The start and finish will be in the open field adjacent to the forest entrance, and accessed from Burney Bit. To reach this field, either walk along Burney Bit eastwards from the Pamber Heath Road junction for approx 300m and then turn right, or simply follow the tape and signage from the Race HQ (10 min walk). There is plenty of room for club tents and flags.

IMPORTANT: As always, please display courtesy to others members of the public on the day, including whilst running. Please use the toilets in the Race HQ, or (if needs must) not in public view, particularly near the start.

Enquiries: tim.fowler@hotmail.co.uk, 07595 486930.