The

Green Runner

DECEMBER 2018

FROM THE CHAIR

As we approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners – the members that race for the club, the members that support our many and varied training sessions, the leaders and coaches who give their own time to lead these sessions and all our race supporters. It is good to see the club continues to grow and flourish at all levels and now stands at a membership of just under 500 – the biggest I believe we have ever been. The support that we give all our runners is absolutely second to none and this was demonstrated again at the Gosport half where there were Stubbies out all along the course cheering all those running . I know it makes so much difference to the runners and long may it continue.

We had a very successful parkrun takeover at Lee on November 10th where we filled all the volunteer and pacing places and our efforts were very much appreciated by both the runners and the parkrun core team. Many thanks to all those who donated cakes which were appreciated by the parkrunners, the Junior parkrunners and all the Stubbies running the cross countries that weekend!

The evening of the 10th also saw a fantastic awards evening which we sold out the 120 places for the first time in years. Everyone seemed to have a great evening celebrating member's successes this year.

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself -. It wouldn't happen without you,

Finally I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running
Kevin

MEON VALLEY MARATHON

64	Steve Cumes	04:13:17
103	Karen Salmon	04:42:30
120	Nigel Whitcher	04:54:54
146	Julie Ashman	05:18:04
147	Sara McRitchie	05:18:05
154	Lisa Donn	05:29:58
155	Rob Williams	05:29:59

REMEMBRANCE 10K

3	Alistair Wakefield	42:55
12	John Parker	45:42
144	Wendy Hawxwell	59:59
157	Rachael Ashby	61:31
183	CLAIRE KELSON	62:52
208	Helen Benson	64:06
241	Julia Lawton	66:38

HAYLING 10MILE

17	Daniel Elliott	01:01:37
23	Jonathan Warner	01:02:39
35	Phil Morgan	01:04:34
67	David Jennings	01:08:32
131	David Arnold	01:16:31
143	Amie Morgan	01:17:45
144	Michael Welland	01:17:42
245	Rebecca White	01:28:36
251	Andy White	01:29:17

CAPTAINS CORNER

November has been a busy month for the Green Army, the weather has been reasonably kind to us, making it a great time for PB's in all different distances of running.

The month kicked off with a good turnout at the challenging Meon Valley marathon, very much a race of 2 halves, the first half being very hilly! Rob Williams chose this as his first marathon! Brave choice but great running Rob, completed no problem in 5hrs 21mins! Well done also to Steve Cumes, Nigel Whitcher, Karen Salmon, Sara McRitchie, Lisa Donn and Julie Ashman.

The same day we also had the Hayling 10 miler. Well done to our 9 runners, some great successes from Amie Morgan 1.17.45 and 5th in her age cat, Jon Warner also 5th in age cat (1.02.39) Phil Morgan (1.04.34) and Mick Welland winning 1st male V70 with a time of 1.17.45. Fantastic running everyone.

The following weekend was action packed, starting with the Stubby takeover at Lee Park Run. We definitely did the club proud! The feedback has been great, marshalling, funnel staff and cake stand to name but a few roles. Such an enjoyable way to start the weekend. Lovely way to also celebrate Andy Stockwell's 250th park run and his and Sam's last in this country before setting off to Brunei, we all wish you well.

The Hants XC at Aldershot was a very wet, windy and hale stone event! The juniors ran first, some great results there, well done to Ryan Simpson, Freya and Harry Roebuck, Miah, Finley and Cameron Sewell. Such great young talent, the conditions were pretty foul! Ladies race was next, I still say we got the worst part of the weather! Great performances though from Beccy Lord, Nicki Roebuck, Helen Nicholls, Kelley Haniver, Lisa Donn and Dawn Haynes- Sewell. We finished with senior ladies 6th on the day and 7th overall. The ladies vets stormed it with second on the day and now second overall!!

The Men's team then got their chance to shine and enjoy the mud we'd churned up for them! Again, brilliant efforts and some first timers to the XC league. Really well done Andy Simpson, Jon Warner, Simon Bacon, Ray, Mark Eaton, Shaun Beale, Stewart Pepper. Final results took us vets at 11th on the day and 12th overall. Senior men were 4th on the day and 5th overall in division 3.

After all that exertion the awards night was a fantastic success. Great food, dancing and socialising. A big thank you to the Committee for putting on such an entertaining night. The feedback has been all positive and we all scrubbed up well. So nice to have the chance to talk and chat without being out of breath!

Who would believe that we could then still have energy to turnout to the Southern Cross country league race at QE park this morning after!! Well done to the 21 of you that ran, top positions went to Daisy McClements, Lara Evans, Maria Millican and Sally McGrath for the ladies. Andy Simpson, Will Feline, Shaun Beale, Russ Coleman, Jon Warner and Chris Hall for the mens.

The Gosport Half marathon is a big event in the Stubby diary, always a great turnout of green vests and always a lot of great stories of personal successes, PB's and overall enjoyment from the support on the day. Full breakdown of individual times further into this edition. Was lovely to read all the celebrations on Facebook.

CC6 number 3 this month at Dibden Enclosure. A well churned up muddy course, well done everyone it was a good turnout. Lucy May, Maria Millican and Sally McGrath first stubby ladies in and Andy Simpson, Shaun Beale and Will Feline first men in. Team performance we are currently 4th ladies and 6th men's team. Hoping we get a good turn out for future races. All good fun, free and guaranteed mud and hills!

Festive Frolic fun was enjoyed by a good group of Stubbies. Particular well done to Becca and Andy White and Simon Bacon who achieved 6 laps equating to 28 miles!! Not only their longest runs to date but they blasted the marathon distance and took it to a first Ultra!! Amazing running and determination was shown.

A bit further afield we had the McDonalds running in New York Marathon. Really well done Marie (4hrs 27) and Mark for his wee little PB of 3:10:25!!

A great month for our very own Penny Forse, achieving the current age grade record holder at Whiteley park run at 96.90% and a time of 22.36!! Then, off to Swansea International XC this month to represent England and achieved 3rd scorer place and won the team event! Such an inspiration Penny.

Please get in touch with Andy if you would like to run in one to the XC championships, Hampshires, Fairthorne Manor on 5th January, Southerns, Parliament Hill on 26th January and Nationals at Leeds on 23rd February, deadline for entries is 20th December.

Enjoy your pre-Christmas calorie burner running this month everyone.

HAMPSHIRE CROSS COUNTRY - WELLESLEY WOODLANDS

105	Andy Simpson	38:51
124	Shaun Beale	39:48
144	Jon Warner	40:55
186	Simon Bacon	42:44
187	Mark Eaton	42:56
196	Stewart Pepper	43:13
240	Andy Donn	45:27
295	Gordon Westley	51:40

48	Miah Sewell	10:03

32	Rebecca Lord	24:08
35	Kelley Haniver	24:19
61	Nikki Roebuck	25:42
95	Lara Evans	28:16

23	Harry Roebuck	11:57
47	Ryan Simpson	12:35
105	Cameron Sewell	17:06

Southern Cross Country League QE Country Park

Daisy McClements 27
Lara Evans 39
Maria Millican 47
Sally McGrath 59
Frances Lord 79
Sadie Bedford 90
Julie Ashman 127
Tracy Langdale 145
Andy Simpson 9
Will Feline 16
Shawn Beal 37
Russ Coleman 53
Jon Warner 71
Chris Hall 73
Andy Donn 130
Matt Evans 136
Graham Donnachie 149
Mike Bell 162
Steve Fidler 197
Andy Lee 225
Kevin Ashman 306

CC6 - DIBDEN

22	Lucy May
32	Maria Millican
36	Sally McGrath
46	Francis Lord
53	Sadie Bedford
72	Tracey Langdale
76	Dawn Haynes-Sewell
80	Jules Dinwoodie
82	Ali Pepper
95	Pam Kemp
126	Tina Mackay
127	Louise Sefton

13	Andy Simpson
17	Shaun Beale
20	Will Feline
38	Mike White
39	Daniel Foster
78	Stewart Pepper
79	Andy Donn
82	Richard Mackay
103	Richard Edmonds
115	Nick Crane
152	Russell Mead
154	Rob Williams
169	Carl Schafer
176	Noah Williams

THE FESTIVE FROLIC

29	Julie Ashman	27.6 miles
31	Simon Bacon	27.6 miles
38	George Howarth	27.6 miles
43	Sara McRitchie	27.6 miles
44	Lisa Donn	27.6 miles
45	Becca White	27.6 miles
46	Andy White	27.6 miles
107	Sandie McIntosh	13.8 miles
108	Sue Robinson	13.8 miles
109	Julia Webb	13.8 miles

Committee Nominations

As we draw closer to the AGM in February 19, we will have a number of vacancies to fill on the Committee and we would like to give you the membership the maximum possible time to consider if you would be interested in one of those roles. If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

All of the Committee positions will need nominations, however there are a number of positions which individuals will be stepping down from and will require someone to volunteer

If you would like to help the following positions will be vacant, they are:-

Chairman – Chair club meetings and be the overall focal point for club matters.
Vice Chairman – Support the Chairman through the year to ensure the Chairman workload is not too onerous.
Secretary – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.
A General Committee Member – Act as representative for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles
HRRL Rep - Act as representatives for all UKA members of the club ensuring that all views are aired appropriately, at HRRL meetings. Organise the volunteers required to support the Stubbington 10k.
If you would like to know more about these roles please contact any of the committee members or the individual currently fulfilling the role.

I am sure that in a club of nearly 500 members we will have enough nominations to ensure a smooth transition of the Committee into the New Year so please don't be shy in going for Committee roles that will allow you to support the growth and progress the Club has made over the years.

Additionally there are other roles within the committee and non-committee where the current person would like to retain their role and will still require nominations from our members, if you would like to be nominated for one of these roles below a short description to assist.

Treasurer – Control overall finances of club and 10k, issue payments, report monthly on finances.
Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.

Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders.
General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Non Committee Roles
Green Runner Editor – Produce monthly newsletter.
Social Representative – to assist in the coordination of all social activities related to the club as decided by the Committee.

Kind Regards Mark McDonald (Vice Chairman) – Stubbington Green Runners

THAMES MEANDER MARATHON

28	Sylwia Ward	03:26:11

XC MASTERS SWANSEA

132	Penny Forse	28:33

LEEDS ABBEY DASH

570	Kelley Haniver	39.18

LEG IT ROUND LATHKIL FELL RACE

43	David Mallard	01:55:24
228	Alison Lawrence	02:19:54

MoRun 10K

55	Christopher Wheeler	49:22:00
167	Toby Evans	01:00:00

GOSPORT HALF MARATHON

46	Oliver	Caudwell	01:19:50
73	Russ	Coleman	01:21:30
76	Daniel	Elliott	01:21:31
78	Jonathan	Warner	01:21:34
131	Daniel	Foster	01:24:48
156	Richard	Chowns	01:26:30
181	Josh	Cullen	01:27:58
210	steve	cumes	01:29:06
262	John	Blake	01:31:22
265	Graham	Martin	01:31:37
285	Peter	Lewis	01:32:36
286	David	Jennings	01:32:37
328	SIMON	BACON	01:34:24
331	Dave	Thorpe	01:34:27
358	Mick	Welland	01:35:19
366	Matthew	Evans	01:35:37
368	Richard	Mackay	01:35:44
386	Nikki	Roebuck	01:36:37
479	Anna	Wilby-Lopez	01:39:50
484	Andrew	Morgan	01:39:50
502	Hannah	Molyneaux	01:40:44
521	Robert	Egerton	01:41:07
526	Richard	Jacks	01:41:21
527	Nicola	Willoughby	01:41:25
592	Jamie	Earley	01:43:58
595	Lucy	May	01:44:21
649	Lara	Evans	01:45:50
750	Paul	Coverdale	01:49:41
841	Katie	Leatherland	01:53:24
858	Simon	Gibbon	01:54:15
881	Kimberley	Achurch	01:53:56
907	Claire	Light	01:55:40
936	Jack	Goozee	01:55:36
1002	Cliff	Shaw	01:58:11
1025	Jules	Dinwoodie	01:59:41
1101	Lara	Durham-Dent	02:01:19
1113	Katherine	Chamberlain	02:01:54
1184	Laura	Kay	02:05:37
1243	Sara	McRitchie	02:07:23
1294	Sarah	Gardiner	02:11:33
1315	Lindsay	Pratt	02:12:45
1316	Keith	Whitaker	02:12:10
1333	Janet	Shaw	02:13:33
1340	Jodie	Francis	02:13:26
1342	Lauren	Fowler	02:13:27
1400	Sarah	Barron	02:18:42
1412	Amanda	Knight	02:19:50
1417	Hannah	Hands	02:19:19
1424	Tiffany	Skerratt	02:20:08
1429	Jonathan	Harrington	02:21:23
1490	Louise	Tanner	02:26:03
1561	Susan	Bonnar	02:34:52
1622	Philip	May	02:56:38

THE STINGER 10 mile

54	Nick	Crane	01:22:27
55	Paul	Hammond	01:22:32
58	Maria	Millican	01:23:16
89	Andy	Lee	01:29:06
91	Paul	Smith	01:29:11
93	Amy	Fox	01:29:38
120	Gaynor	Heffer	01:34:29
139	Katherine	Chamberlain	01:39:08

THE STINGER 5 mile

8	Andrew Stockwell	00:42:24
84	Tiffany Skerratt	01:04:24

RICHMOND 10K

375	Liz James	01:05:56

2018 Abbott Dash to the Finish Line 5K

Marie McDonald F45 GBR | BIB 5270	Place 2,022	Pace 08:24	Finish Time 0:26:03
Mark Mcdonald M47 GBR | BIB 3253	Place 2,045	Pace 08:24	Finish Time 0:26:06

TCS NEW YORK CITY MARATHON
TATA CONSULTANCY SERVICES

Mark Mcdonald M47 GBR | BIB 6052	Place 2,146	Pace 07:16	Finish Time 3:10:25
Marie McDonald F45 GBR | BIB 28204	Place 24,529	Pace 10:13	Finish Time 4:27:27

Marie and I had a great experience running in New York, we were able to take part in the friendship run the day prior which was the Dash to the Finish 5k this was a nice leg stretcher after the flight across. We were also very fortunate to meet up with Meb Keflezighi who has won the Boston and New York Marathons previously and his manager Hawi at a Strava social prior to the marathon very inspirational.

Then during the 5k we ran with Paula Radcliffe for a wee bit which was a great surprise followed by sitting in with an interview with her which was fantastic, both of these with the runs made the whole experience amazing. The support along the marathon route was fantastic, one we always remember. Definitely one to recommend for anyone to do.

Winter Time Trial - November

Name	Best 2016/2017 or 2017/2018	October	November	Months Best	Total Yearly Best 2018
		21	22	2	5
Rob Williams	28.34	**27.10**	36.22		-1.24
Mark Eaton	22.33		**21.47**	-0.46	-0.46
Helen Benson	26.44	**26.16**			-0.28
Alison Byatt	26.37	26.37	**26.22**	-0.15	-0.15
Mike Bell	22.57	**22.52**			-0.05
Ali Pepper	28.33	**28.33**			
Alistair Wakefield	26.37	**26.37**			
Andy Donn	22.31		**22.31**		
Andy Simpson	18.32	19.19	20.42		
Ash Lovell	25.30	**25.30**			
Bev Woolcock	25.53		**25.53**		
Carl Schafer	28.10	**28.10**	28.19		
Eunice Eaton	36.17		**36.17**		
George Howarth	26.52	29.48	28.12		
Graham Martin	21.49	**21.49**			
Harry Roebuck	21.46		**21.46**		
James Bampton	25.02*	**25.02**			
John Parker	23.23	25.02	23.34		
Jon Leigh	23.11	**23.11**			
Julie Ashman	36.18		**36.18**		
Kevin Ashman	32.30		**32.30**		
Louise Tanner	29.09		**29.09**		
Maria Millican	24.16		**24.16**		
Mark McDonald	20.31	**20.31**			
Martin Wedge	36.01		**36.01**		
Mike White	20.29	**20.29**			
Nick Crane	24.20	25.11	25.31		
Nigel Whitcher	27.16	**27.16**			
Nikki Roebuck	22.14		**22.14**		
Noah Williams	28.08	**28.08**			
Peter Lewis	26.23*		**26.23**		
Russ Coleman	20.08	**20.08**			
Sara McRitchie	27.31	31.01			
Sarah Barron	30.03		34.49		
Stewart Pepper	21.58		**21.58**		
Tiffany Skeratt	31.24		**31.24**		

Course Records	Name	Time	Date
Men's	Andy Simpson	18.32	10th Oct 2017
Ladies's	Beccy Lord	19.42	10th Oct 2017

Christmas Handicap
Mulled Wine & Mince Pies

Saturday December 22nd Start: Anytime: Finish 11am.

Reception/Prize giving afterwards Molins , Hook Park Road

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

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

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading!

Contact Nick at nick@hookpark.co.uk or text 07977 411452.

Another free event brought to you by Stubbington Green Runners!

Please no watches , gps etc. You are allowed to take the route instructions with you , but I highly recommend that a reccie is done beforehand.

The Route:

The start is from the corner of Hook Park Road and Workmans Lane. Go down Workman's Lane across a metal gate and then turn left , after 100 mts take the new footpath avoiding the National Grid Works, turn left along Chilling lane until the road turns left at which point you need to turn right into Chilling Field , Keep Left along the top path with the open field on your right.

At the end of the long straight path turn left at the T-junction and follow path till you naturally need to bear right . After appox 400 mts turn right , down some steps to some wooden decking and up the other side. At the end of the narrow path turn right into Brownwich Lane.

At the corner of a left turn do not go on instead go into path diagonally opposite , next to a small wooden fence, now keep left with an open field on your right and the concrete road on your left , if the open field is on your left , you have gone Wrong!

Stay on this path with the field on your right until you come to a stile on your right , cross this stile.

Follow this path until the end and then turn right, now on the coastal path. Keep on this path all the way (Over a mile) until you reach the end , at which point you need to go though a narrow gap in a hedge in to Solent Breezes , once in to Solent Breezes turn right following the road behind the bungalows , leave Solent Breezes by the main entrance and turn left , at the T-junction (Worksman's Lane) turn left and head towards the beach , turn right at the bottom , heading along the coast until a Kissing Gate on your right which leads in to Cowes Lane and the Finish at the Top on the Lane, where you started.

Oxford	**3 November**
Martin DE WIED	28:39
Southsea	**3 November**
Sarah BLADES	38:56
York	**3 November**
David Matthew CASTLE	18:00
Whiteley	**3 November**
Susie MACGREGOR	20:11
Russell WISEMAN	20:59
Hannah MOLYNEAUX	21:14
Jamie EARLEY	21:27
Sean BENDELL	21:29
Mike BELL	21:30
Robert EGERTON	21:53
Penny FORSE	22:36
Martyn POORE	22:39
Gavin RENNIE	23:07
Richard JACKS	23:11
John PARKER	23:44
Frances Louise LORD	24:13
Beverly WOOLCOCK	24:16
Jack GOOZEE	24:17
Stephen ANDREWS	24:44
Greig BENSON	25:25
Helen BENSON	25:26
Claire LIGHT	27:08
Jade BOTTERILL	27:53
Dominique BECHELEY	28:29
William GILL	28:56
Nicky BEAL	30:29
Amy FOX	50:01
Eastleigh	**3 November**
Tom CALLAWAY	21:56
Haydn BROWN	25:09
Sara MCRITCHIE	30:45
Keith WHITAKER	31:46
Poolbeg	**3 November**
Samantha STOCKWELL	30:24
Hogmoor Inclosure	**3 November**
Gareth CHARLES	20:42
Kate RANT	27:08

Lee-on-the-Solent	**3 November**	
Rob GREENWOOD	17:36	
Graham MARTIN	20:06	
Mark John EATON	20:23	
Jonathan O'NEIL	21:59	
Marcus LEE	22:17	
Lara EVANS	22:37	
Matthew EVANS	22:37	
Mick WELLAND	24:05	
Andy LEE	24:53	
Richard BURNS	25:26	
Cliff SHAW	25:44	
Simon GIBBON	26:43	
Paul HAMMOND	26:43	
Gaynor HEFFER	26:48	
George HOWARTH	27:34	
Janet SHAW	28:15	
Stuart NICHOLSON	28:22	
Adam JEFFERY	28:39	
Lauren FOWLER	29:34	PB
Vicky WILLIAMS	31:05	
Eunice EATON	31:18	
Susan BONNAR	32:06	
Sarah BARRON	32:07	
Sally MARTIN	32:47	
Emily PEAL	33:45	
Claire PEAL	33:49	
Mandy WHITE	34:12	
Jenny HEARNDEN	34:19	
Martin WEDGE	35:32	
Diane WILSON	36:21	
Louise TANNER	37:17	
Louisa KNIGHT	37:17	
Jane BODMAN	38:42	PB
Philip MAY	39:42	
Geraldine MAY	39:53	
Salisbury	**3 November**	
Ray GUNNER	19:19	
Portsmouth Lakeside	**3 November**	
Kevin SAUNDERS	27:33	
Fareham	**3 November**	
David MALLARD	19:24	
David JENNINGS	20:18	
Chris HALL	21:15	
Daisy MCCLEMENTS	22:11	
Vernon WILDE	24:47	
Chris WHEELER	26:40	PB
Toby EVANS	27:08	PB
Alison LAWRENCE	28:13	
Sarah NORTHCOTT	29:19	
Kelly BENNETTS	29:21	
Wendy HALL	32:05	

Newbury	**3 November**	
David MACSWAYNE	32:20	
Upton House	**3 November**	
Carl SCHAFER	27:38	
Mile End	**3 November**	
Christine LAIDLAW	30:00	
Netley Abbey	**3 November**	
Steve TROTMAN	22:49	
Chris DAVIDSON	23:47	
Martin PARSONS	27:57	
Robert SPENCER	39:31	
Llyn Llech Owain	**3 November**	
Rebecca Margaret LORD	19:30	
Queen Elizabeth	**3 November**	
Andy DONN	22:13	PB
Rushmoor	**3 November**	
Andrew STOCKWELL	24:30	
Jamie STOCKWELL	27:37	
Hull	**10 November**	
Liz WEIGHELL	31:29	
Ipswich	**10 November**	
Lucy TAYLOR	38:34	
Southsea	**10 November**	
Sarah BLADES	38:25	PB
Eastleigh	**10 November**	
Haydn BROWN	26:50	
Newport	10 November	
Andrew William THOMAS	20:01	
Bury St Edmunds	**10 November**	
Robert SPENCER	36:36	
parkrun Gdynia	**10 November**	
Aga PLOMBON	27:30	
Netley Abbey	**10 November**	
Steve TROTMAN	24:29	
Rushcliffe	**10 November**	
Stuart NICHOLSON	28:40	
Chichester	**10 November**	
Jonathan HARRINGTON	29:07	

Lee-on-the-Solent	10 November	
Rob GREENWOOD	17:29	
Russ COLEMAN	18:15	
Graham MARTIN	19:57	
Lucy MAY	21:09	
Marcus LEE	22:03	
Steve FIDLER	22:22	
Nicola WILLOUGHBY	23:03	PB
Mick WELLAND	23:13	
Chris WHEELER	23:14	PB
Amie MORGAN	23:59	
Victoria Kate JOEL	24:00	
Paul HAMMOND	24:04	
Alison BYATT	24:12	PB
Alison HESSELBERTH	24:48	
Richard BURNS	25:04	
Simon GIBBON	25:38	
Andy LEE	25:47	
Alison PEPPER	25:59	PB
Carl SCHAFER	26:06	
Zac CONATY	26:17	
Toby EVANS	27:09	
Philip MAY	27:18	
Kate RANT	27:46	
Martyn BANNER	28:43	
Lauren FOWLER	28:47	PB
Shelley THOMAS	28:49	
Keith WHITAKER	28:57	
Julia WEBB	30:08	
Sarah BARRON	30:24	
Vicky WILLIAMS	30:24	
Sally MARTIN	31:29	
Samantha STOCKWELL	31:46	
Andrew STOCKWELL	31:46	
Katherine CHOWNS	31:48	
Andy WHITE	32:18	
Mary SEFTON	32:56	PB
Martin WEDGE	33:25	PB
Jodie FRANCIS	34:08	
Jenny HEARNDEN	34:19	
Greg ROWE	35:15	
Nigel WHITCHER	38:25	
Geraldine MAY	38:56	PB
Julie ASHMAN	39:15	
Sara MCRITCHIE	44:20	
Phil CLARK	52:02	

Whiteley	10 November	
Russell WISEMAN	20:25	
Robert CRANSTONE	20:45	
Hannah MOLYNEAUX	21:03	
Anna WILBY-LOPEZ	21:51	
Jack GOOZEE	23:01	
Beverly WOOLCOCK	23:29	
Jamie EARLEY	24:48	
Kim ACHURCH	26:29	
Richard JACKS	26:30	
Martin DE WIED	27:27	
Dominique BECHELEY	27:28	
William GILL	27:47	
Katharine TUCKER	29:16	
Kay SADLER	29:35	PB
Tiffany SKERRATT	30:43	
Gavin RENNIE	34:04	
Nicky BEAL	35:54	
Martyn POORE	35:54	
Portsmouth Lakeside	**10 November**	
Daniel ELLIOTT	18:05	
Sarah GARDINER	32:19	
Fareham	**10 November**	
Ray GUNNER	20:02	
David MALLARD	20:19	
Martin PARSONS	27:04	PB
Alison LAWRENCE	28:16	
Hull	**17 November**	
Liz WEIGHELL	30:25	PB
Southampton	**17 November**	
Gareth CHARLES	20:21	
Mark MCDONALD	20:28	
Kate RANT	25:28	
Calum MCDONALD	27:39	
Marie MCDONALD	27:42	
Guildford	**17 November**	
Ray GUNNER	19:52	
Southsea	**17 November**	
Sarah BLADES	37:22	PB
Havant	**17 November**	
Toby EVANS	29:23	PB
Netley Abbey	**17 November**	
Beccy And Skye DOG	18:35	
Stephen ANDREWS	23:03	
Steve TROTMAN	23:45	
Frances Louise LORD	25:19	
Russell MEAD	27:26	

Eastleigh	17 November	
Haydn BROWN	25:15	
Newport	**17 November**	
Andrew William THOMAS	20:05	
Winchester	**17 November**	
Gordon WESTLEY	33:54	
Sewerby	**17 November**	
Julia WEBB	30:27	
Whiteley	**17 November**	
Sean BENDELL	20:11	
Matt EMERY	20:17	
Susie MACGREGOR	20:21	
Robert CRANSTONE	20:29	
Greig BENSON	20:47	PB
Russell WISEMAN	21:10	
Victoria Kate JOEL	23:25	
Helen BENSON	24:28	PB
Gavin RENNIE	24:29	
Beverly WOOLCOCK	24:53	
Carl SCHAFER	26:38	
Dominique BECHELEY	26:51	
Harry ROEBUCK	26:57	
Louisa BASTIN	28:16	
Martin DE WIED	28:48	
Maddison SMITH	28:58	PB
Matt SMITH	28:58	
Jack GOOZEE	29:03	
Laura ROLLAND	29:39	
Kay SADLER	29:43	
Charlotte MAISEY	30:42	
Paul SMITH	31:35	
Nikki ROEBUCK	33:25	
Osterley	**17 November**	
David Matthew CASTLE	18:15	PB
Fountains Abbey	**17 November**	
Samantha STOCKWELL	31:53	
Andrew STOCKWELL	31:54	
Lyme Park	**17 November**	
David MALLARD	20:46	
Alison LAWRENCE	30:53	
Fareham	**17 November**	
Rob ARKELL	17:53	
David JENNINGS	24:22	
David MACSWAYNE	31:34	
Mary SEFTON	32:40	
Wendy SMITH	40:11	
Andrew SMITH	45:04	

Lee-on-the-Solent	17 November	
Shaun BEALE	17:56	
Mark John EATON	19:23	
Paul HAMMOND	21:59	PB
Andy LEE	22:41	
Vernon WILDE	23:41	
Jonathan O'NEIL	23:51	
Richard BURNS	24:02	
Mick WELLAND	24:07	
Rebecca WHITE	24:27	PB
Cathy WEBB	24:32	
Gaynor HEFFER	24:35	
Nigel WHITCHER	24:43	
Zac CONATY	24:59	
Simon GIBBON	25:45	
Martin PARSONS	26:26	PB
Andy WHITE	26:28	
George HOWARTH	26:56	
Sara MCRITCHIE	28:11	
Lee LOVE	28:24	
Josh CULLEN	28:36	
Claire PEAL	28:46	
Katherine HOLMES	29:50	
Natalie FLACK	29:59	PB
Eunice EATON	30:14	
Claire JOHNSON	31:10	
Janet SHAW	31:11	
Mandy WHITE	32:14	PB
Amanda KNIGHT	32:58	
Jenny HEARNDEN	33:43	
Stuart NICHOLSON	35:12	
Jane BODMAN	35:20	PB
Phil CLARK	35:47	
Debbie ADAMS	36:01	PB
Cliff SHAW	40:17	
Robert SPENCER	48:47	

Portsmouth Lakeside	17 November
Simon VINGOE	23:10
Kevin SAUNDERS	32:43

Dinton Pastures	17 November
Keith WHITAKER	37:57

Bedfont Lakes	24 November
Andrew STOCKWELL	22:02

Hull	24 November
Liz WEIGHELL	31:21

Newport	24 November
Andrew William THOMAS	20:34

Southampton	24 November	
Martin PARSONS	27:15	PB
Robert SPENCER	36:03	

Guildford	24 November
Carl SCHAFER	27:17

Kingston	24 November
Martin READ	29:32

York	24 November
David Matthew CASTLE	18:10

Whiteley	24 November
Andy SIMPSON	19:18
Mark MCDONALD	19:43
Robert CRANSTONE	20:23
Nikki ROEBUCK	20:27
Greig BENSON	20:31
Susie MACGREGOR	20:45
Russell WISEMAN	21:04
Marcus LEE	21:23
Hannah MOLYNEAUX	21:36
Andy DONN	21:45
Anna WILBY-LOPEZ	22:05
Keith WHITAKER	28:55
Martyn BANNER	29:14
Laura ROLLAND	29:57
Liz JAMES	30:13
Lauren FOWLER	30:37
Sarah MARTIN	32:24
Julie ASHMAN	32:25
Helen BENSON	32:30
Dominique BECHELEY	35:56

Eastleigh	24 November
Hannah HANDS	38:56
Tina MACKAY	40:26

Southport	24 November
Rachael OPENSHAW	22:59

Netley Abbey	24 November
Nick CUFF	19:49
Stephen ANDREWS	23:11
Amie MORGAN	23:15
Mick WELLAND	23:16
Rebecca Margaret LORD	24:14
Frances Louise LORD	24:14
Haydn BROWN	25:18
Jules DINWOODIE	27:33
Russell MEAD	28:31
Phil MORGAN	33:28

Portsmouth Lakeside	24 November
Jamie EARLEY	21:56

Weymouth	24 November
Cliff SHAW	26:01
Janet SHAW	29:17

Chichester	24 November
Jonathan HARRINGTON	29:42

Lee-on-the-Solent	24 November	
Josh CULLEN	18:19	PB
Will FELINE	18:28	
Graham MARTIN	19:51	
Tommy BLAKE	20:04	PB
Simon BACON	20:44	PB
Jonathan O'NEIL	21:43	PB
Maria MILLICAN	22:21	
John BLAKE	23:07	
Richard BURNS	24:15	
Cathy WEBB	24:47	
Michael LOVELL	24:51	
Kate RANT	25:05	
Jodie FRANCIS	25:17	
Zac CONATY	25:32	
Rob WILLIAMS	25:39	
Stuart NICHOLSON	26:34	
Sara MCRITCHIE	28:17	
Nicola WILLOUGHBY	28:24	
Paul HAMMOND	28:25	
Christine LAIDLAW	28:27	PB
Gaynor HEFFER	30:01	
Simon GIBBON	30:01	
Vicky WILLIAMS	30:07	
Sandie MCINTOSH	30:39	
Bryn CLARK	30:43	PB
Sue ROBINSON	31:00	
Susan BONNAR	31:56	
Ann BLAKE	33:30	
Dylan CLARK	34:13	PB
Phil CLARK	34:14	
Dayna GIBB	35:58	
Geraldine MAY	36:45	PB
Philip MAY	36:46	

Bois de Boulogne, Paris	24 November
Sarah BARRON	30:50

Fareham	24 November	
David MALLARD	19:32	
Mark John EATON	19:59	PB
David JENNINGS	20:02	PB
Alison LAWRENCE	27:46	
Toby EVANS	28:19	
Katherine BURDETT	29:05	
Eunice EATON	30:19	PB
David MACSWAYNE	32:17	
Jade BOTTERILL	32:44	

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Well done to all those who ran Gosport Half Marathon.

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

Ladies Names	Team	Team Score
Nicky Roebuck	A	110
Anna Wilby-Lopez		
Hannah Molyneaux		
Nicola Willoughby	B	180
Lucy May		
Lara Evans		
Katie Leatherland	C	339
Kimberley Achurch		
Claire Light		
Jules Dinwoodie	D	480
Lara Durham-Dent		
Kathy Chamberlain		

Also, well done to Laura Kay, Sara McRitchie. Sarah Gardiner, Lindsay Pratt, Janet Shaw, Jodie Francis, Lauren Fowler, Sarah Barron, Amanda Knight, Hannah Hands, Tiffany Skerratt, Louise Tanner and Susan Bonnar.

Mens Names	Team	Team Score
Olliver Caudwell	A	142
Russell Coleman		
Daniel Elliott		
Jon Warner		
Dan Foster	B	403
Rich Chowns		
Josh Cullen		
Steve Cumes		
John Blake	C	638
Graham Martin		
Peter Lewis		
David Jennings		
Simon Bacon	D	800
David Thorpe		
Mick Wellard		
Matt Evans		

Also, well done to Richard MacKay, Andrew Morgan, Rob Egerton, Richard Jacks, Jamie Earley, Paul Coverdale, Simon Gibbon, Jack Gooze, Cliff Shaw, Keith Whitaker, Jonathan Harrington and Philip May.

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

Details below of the League Summary:

Ladies A Division 1		
Position	Club	Score
1	Winchester	3
2	Denmead	14
3	Fareham	16
4	Pompey J	16
5	Hedge End	17
6	Stubbington	18
7	Farnham	18
8	IOW RR	20
9	Lordshill	21
10	So'ton AC	24

Men's A Division 1		
Position	Club	Score
1	Overton	4
2	Salisbury	9
3	Lordshill	11
4	Fareham	15
5	Hedge End	15
6	Winchester	15
7	Denmead	19
8	Stubbington	23
9	So'ton AC	27
10	IOW RR	28

Ladies B Division 1		
Position	Club	Score
1	Winchester B	3
2	Winchester C	10
3	Lordshill B	11
4	Denmead	15
5	Hedge End B	18
6	Salisbury B	22
7	Stubbington B	24
8	Fareham	24
9	Gosport	26
10	Lordshill C	34

Men's B Division 1		
Position	Club	Score
1	Lordshill B	8
2	Sailsbury B	12
3	Winchester B	12
4	Fareham	14
5	Denmead B	16
6	Hedge End B	17
7	Lordshill C	20
8	Farnham B	26
9	Winchester C	27
11	Pompey J B	30

Races for next season are:

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.

Supporting Words for Runners Runner Nominations

Thank you everyone for all the nominations for the Runners Runner nominations. We thought it would be nice to share all the lovely comments that were made as part of the nomination process. The winners were Julie Ashman for the ladies and Mark McDonald for the men.

Julie Ashman

She was so welcoming and encouraging on my first run and that's been my experience of running with her since. She gave me the confidence to move from A to B group, cheered me on at the end of one of the summer time trials (which made me go faster!) and despite me not having been to any runs over the summer she recognised me at the park run takeover and cheered me on again.

An inspiring runner who is always happy to help/run with us mortal runners.

She has certainly inspired me over the years to achieve things I never thought I could. She runs in different races ranging from short park runs to 100 mile loops and everything in between. She supports the Club in any number of ways – she is an excellent Coach and Leader, is happy to back mark at our RR10, 10K etc, but she also supports individuals enabling them to achieve their goals. She is always happy to advice on training plans, nutrition, technique and just keeping you company on those long tedious training runs. Her support and encouragement of all runners, regardless of their ability, is boundless. She definitely epitomises to me what Stubbington Green Runners is all about and is a fantastic ambassador for the Club.

Showing a great love of running, happy to share their enthusiasm in a very under-stated way.

She has really helped and encouraged me at the Holly Hill sessions, with great advice on technique and general positivity.

I have not been in the club particularly long, Julie was extremely welcoming to me, learnt my name quickly and would always make the effort to talk to me. Julie has an ambulance of knowledge in running, and is extremely generous with her time and will often share her many tips and advice; I know several people who have benefited as I have I too. Julie has endured all types of running events this year, I follow her on Strava and see which ones, there have been many and of different types. Julie certainly does not just talk the talk! Julie is modest with her ability and achievements. Julie will support runners and sacrifice her own times to support others to help them achieve their goals. Julie is an all-round fanatic person and to qualify for a "runners runner" award is not just about being a fantastic runner, of which Julie is that too, for me it's about kindness, patience, encouragement and natural desire to help other runners.

She's given me oodles of brilliant advice this year and mentored me through my last marathon. In addition she's just amazingly supportive to everyone and of course is a bit of a superwoman when it comes to the challenges she gives herself.

Go above and beyond when it comes to supporting members of the club, they have been a huge support to me, and they have got me through many runs and have given me so much advice.

Kathy Chamberlain

Is always willing to get involved, post up on #membersrun and offers to back mark despite not being a leader.

For completing all the HRRL's last year and looking like doing the same this year.

I think she's represented the club at nearly everything there is to represent!

Always smiling, plenty of club racing and support and introduced me to the CC6 races and didn't moan that in my naivety I didn't bring spare shoes after the first race.

Tina Chantrey

She is a very busy single mum of three girls and still finds time to run the excellent Friday morning run group. She always varies her sessions, making them fun but challenging, always encourages and is very inclusive...alot of time and effort!

Despite often running on empty herself is always there for other people with encouragement & positivity and is an inspiring runner and coach!

For inspiring and encouraging the Friday morning group. She's always smiling and provides help and support to everyone.

Tina has inspired me:- I have only been running since June 2017 and usually attend Tina Chantreys' training intervals, she gives here time freely and has helped me to improve my running style and running times. For instance my parkrun time has gone from about 45 minutes to just under 27 minutes, her support and encouragement have assisted me to complete 2 X 10k races and I am currently entered for the Great South Run 10mile race. Thank you very much Tina!

Mark McDonald

Personally, I think Mark given his own personal ultra-achievements this year, his quiet modesty but continued efforts to encourage, lead and promote the developments of other runners in the club in training sessions.

He achieves masses, (but never feels the need to shout about it), encourages everyone (regardless of their ability, NOT just the top guys) and is a big inspiration for a lot of us. But we really need to work on his definition of a "wee hill"!

For his epic 100 mile South Downs run, especially as it was so hot - he's a gutsy runner. Also for the marathons and he is so modest.

Mark has always been very friendly and encouraging. I see him running first thing in the morning and then leading group runs in the evening. Also his consistent high mileage training is an example to all of us.

Another great runner who helps the club in many ways and who is always friendly and encouraging.

Consistently in a good mood. Always happy to help and give advice. Runs everything and anything including some inspiring multi-day races.

Because has helped me on the runs I have ran with him, technique and positive encouragement to me and all runners

Phil Hobby

For all the Physio sessions to get me back running, the ongoing Physio and management of my problems enabling me to continue to run. For saving me from myself as I'm

inclined to try to do too much too soon. And for the fantastic work he does with you beginners group.

He encourages all runners to be the best they can and even when Ella joined and couldn't run far she loved that Phil encouraged and supported her.

Always a chirpy chappy, very encouraging of new entrants, all round lovely guy.

Phil was very encouraging with me when I came to my first club session. Phil, again likes to help others, when you are a new member or new runner, or a beginner Phil will enjoy being a team players. Several months ago during LOS parkrun, the beginners course ran - Phil ran with several runners and as he brought the first runner to the line he went back and kept bring each of them through. I watched this with admiration and thought it was amazing to do this, my husband who is an experienced runner and also club member also commented in this. Phil is an all-round good sportsman and is involved in several running events.

Done some amazing achievements as well as being totally supportive and encouraging to all runners.

For his support to the beginners plus his general support and encouragement to other runners.

Go above and beyond when it comes to supporting members of the club, they have been a huge support to me, and they have got me through many runs and have given me so much advice

Mike White

Not only winning running and Tri age group categories, also representing GB, he takes multiple training sessions and is often posting about group runs.

Jon Leigh

I've personally found him to be very welcoming to the club and motivating.

It's been a real privilege to get to know Jon over the last 6 months! He's such a brilliant guy and really motivational. Always willing to pass on his knowledge and tips and will train at anyone's pace to help them achieve their goals. I love his 'recovery' runs as that's when I get the benefit of him pushing me on at the RR10 or helping me get a PB at Parkrun. I love that he's always up for a social and also knows the importance of post run hydration

For organising the unofficial Wednesday Tempo sessions and post up on #membersrun on loop runs to attract all pace group, and finally organises the local post rr10 social gathering

Amie Morgan

Amie's only been running for a few years and in that time her improvement has been very impressive, covering all distances from 5k to marathon and posting great PB times.

Beverley Woolcock

She has driven to push myself harder and has improved her running so much this summer.

Lindsay Drysdale Pratt

A total inspiration and someone who doesn't know how good she is.

Alison Byatt

She's been a fabulous running partner this last year and really helped motivate me across all of our challenges. Always so full of energy and enthusiasm for everything she got me running the RR10s and has been my most friendly competition at those and Parkruns!

John Cox

Has given me lots of encouragement along the way.

Who is at every session I go to rain or shine and always makes me laugh and finds the fun in things - even squats on the beach in the rain at Tina's sessions! They really are not much fun at all!

Nikki Roebuck

I've seen her improve greatly over the last few years and she always gives 100%, even when training. 1st f40 in the RR10 this year and sub 20min parkrun plus other excellent races.

Sarah Barron

For her awesome performance at the Ultimate Trails. She truly put the daemons aside for the previous year and came back and kicked ass. She was amazing. And smiling the whole way.

Neil Stantial

For his Lavaredo Ultra. A truly epic run across hugely challenging terrain. He trains so well, gets his nutrition spot and, and delivers every time, also with a smile on his face!

Lisa Donn

For all the support she gave me while I was out injured and throughout the year, helping me to stay positive. Encouraging me to stay in contact and involved with the club socially. For all her advice, nagging and encouragement with my running. And for making the training sessions so relaxed and enjoyable.

She is always so encouraging and friendly not to mention running a marathon herself like every weekend!

Dan Foster

Dan has been training hard for Abingdon in Oct despite sometimes lacking a bit of confidence in himself. He was also part of winning teams on the South Downs relay A team and the Hart 4.

Mick Welland

He is an inspirational runner, he never gives up and is still achieving amazing results as a V70! He is always encouraging to others and happy giving his wise advice, he is very humble and deserves to win!

Showing a great love of running, happy to share their enthusiasm in a very under-stated way

Rich Chowns

He ran every single HRRL race, despite focusing on his marathon training for both London and Abingdon. He has improved a lot over the last year, through a dedicated training plan and a switch to a Vegan diet, which he also promotes outside of the club. He even won a half marathon race recently wearing the club vest at Meon valley. All of this alongside having a young son makes it impressive that he keeps up with the regular training/races.

Janet Shaw

As a runner who epitomises to me what Stubbington Green Runners is all about, as she's friendly, kind and caring and leads some really interesting and inclusive runs

Simon Gibbon

Improving, loads of races, always cheery etc

Lucy May

For continued support in cross country, marshalling and road race leagues. Generally representing the club in more disciplines than just running.

Tiffany Skerratt

Joined the SGR team and has lived and breathed all aspects of the club, volunteering for timing and also over coming injury and promoting the club in a positive way. SGR has also helped tiff gain confidence in her running and achieved longer faster runs.

Andy Simpson

For his drive, enthusiasm, loudness and encouragement.

Frances Lord

She’s had to fit running in around work and, though maybe less the last year or so, her family. She regularly acts as a leader, including helping me out with sessions when I’ve been injured. She doesn’t run as many races as some but she does try to get in the cross country ones, she can’t do RR10 because she volunteers as an athletics coach on Wednesday for another club . She parkruns as a stubbie most weekends, and is one of our top age graded runners. I think she scores well in her class at cross country as well?

Euan McGrath

Very inspirational all the running and distances he achieves. Plus super friendly and great when he did the off road sessions for the slower runners. Really help and encouraged us all.

Kelly Bennetts

Has worked incredibly hard to get where she is now and achieve her goal of wearing the GB Kit, I wish I had her motivation and dedication.

Beccy Lord

Who always motivates and encourages me personally. She helped push me on the Mcmillan mile. She also is a very good runner who helps to inspire me to train harder
Kevin Ashman

Made me feel extremely welcome and never fails to do anything but the best for the club!

Penny Forse

I just can't help think wow this lady ran at the Olympics. I know she inspires a lot of people at the club to get to their best. Always there to help or advice.

Mike Bell

Always there. He is inspirational to me in that if I can remain as fit and enthusiastic at his age then I will be very happy. He is also very friendly and a good motivator during the sessions.

Mike has found more speed which is not easy as we get older but gives me hope!

Ann Blake

Ann is so dedicated and focused in her training and has achieved so much, all whilst managing diabetes and Coeliacs

Andy Donn
He leads, is a nice helpful guy, races in the interclub leagues and is a fairly good runner.

Sara McRitchie
She takes part in many races across road, cross country, long and short distances. She has also encouraged others and was a key role in getting the Stub 10k event successfully organised this year.