The Green Runner

https://www.stubbingtongreenrunners.net **October 2022**

gr-editor@stubbingtongreenrunners.net

Chairman's Report

I thought that last year the 10k sold out quickly when we sold out in just 4 days but this year was something else – 15 hours from opening the entries to selling all 2000 entries. The begging letters have already started so we have set up a Facebook group to allow entrants to transfer their place if they find nearer the time that they cannot run. If an SGR member can't run please offer your place to SGR first. Again we will need significant help and we are currently building the helpers/marshals list so please ensure that Sarah Barron (treasurer@stubbingtongreenrunners.net) has your details so we can put on this popular race safely and with great support.
The cross country series is just about to kick off with the CC6 and Southern series on a Sunday morning – these are similar to the RR10 series in the summer and are free to enter – you just need a SGR T shirt or vest. Rob Williams is our rep for the former and Lisa Donn for the latter.
The Hampshire, Southern and National cross countries are on a Saturday so look out for these too – Andy Simpson is our rep for these.

It was great to see so many of you at the fish and chip handicap last month – we had about 90 orders for Fish and Chips and they seemed to go down very well after the 6 mile warm up exercise beforehand, although it was a shame that the forecasted heavy rain hit with about 10 minutes to go so everybody got a good soaking although it did clear up in time for most of us to be able to eat in the dry.
Our next handicap will be the Christmas one so keep an eye out for more details about this nearer to the time and remember this is also an opportunity to dust off your favourite fancy dress costume.

Our annual awards evening returns on Friday 4th November so please book your place by emailing me (chairman@stubbingtongreenrunners.net). Like last year, the event will take place at Titchfield Community Centre and will consist of a 2 course meal, award presentations and disco, all for the price of just £21 per head. At the time of writing we have sold about 60 of the 120 places so please don't leave it too late to book your place at this very popular event.

Happy Running
Kevin

Captains' Report

Captains' Corner

September has seen the marathon runners putting in the final miles and tapering. Good luck to all the runners at London this weekend and then Abingdon. Unfortunately, the Richmond Marathon was cancelled due to the sad passing away of our beloved Queen. It does mean that the Richmond runners have all deferred to next year or the year after. I will now try to get to London through the ballot now! Congratulations to Sylwia Ward who ran extremely quickly at the Berlin Marathon to run 3 hours 6 minutes.

So, September saw the start of the new Hampshire Road Race League (HRRL) with it kicking off at Overton 5. We managed to only get 4 teams out of the 8 possible. The ladies were 7th led home by 187th Lucy May, 283rd Sara McRitchie, 377th Sarah Barron and 388rd Jules Dinwoodie completing the A team with 435th Jacqueline Healy and 437th Stacey Read. The men's A team was 8th with 50th Brendan Chaplin, 103rd Simon Ross, 114th Richard Edmunds and 144th Graham Martin. The B team were 5th with 153rd David Thorpe, 162nd Jon Plomer, 211th Chris Hall Jnr and 221st Kieran Chaplin. The C team was 250th Stuart Bamberger, 290th Andy Richardson, 294th Nigel Feast and 314th George Howarth. Well done to everyone who ran on the day.

Second HRRL race was at the Solent Half which is a lovely course where you get to see stampeding horses, the odd cow and the sea! We had 15 runners on a beautiful day with the results still to be finalised on the HRRL portal. We struggled to get enough teams out but we did get 3 teams out. The ladies A team were led home by 197th Sara McRitchie 1.55.01, 251st Sarah Barron 2.16.31, 273rd Louise Nicholson 2.26.31 and 275th Helen Benson 2.32.47. The first Stubbie man home was Daragh Hendley 1.19.52 in 10th, 12th Tim Rolfe 1.20.19, 51st Mike White 1.30.48 and 64th Andy Simpson 1.33.57. The B

team was 86th Andrew Stockwell 1.36.56, 107th Pete Cole 1.40.21, 134th Jon Plomer 1.43.42 and 173rd Stuart Bamberger 1.50.30. We were just one person short of a C team, 186th Kieran Chaplin 1.51.47, 187th Mike Smith 1.52.28 and 198th Chris Hall Jnr 1.55.15.

This year we had a choice of Road Relays, the very popular Aldershot Road Relay or the SEAA Crystal Palace, it was a no brainer to choose Aldershot with its great spectating opportunities and being closer and easier to get to. We put out numerous calls to run this relay and yet again we had a very low uptake of just 7 runners and could only make up one vet 40+ team. That said the guys did enjoy their first road relay outing. Leading the team off in the mass start was Gareth Charles who ran two 3km loops in 23.39 and handed over in 17th place to our 2nd runner David Mallard who ran the fastest time for the team in 23.11 and got us up into 15th. Next to run was Simon Ross who ran 24.21 and got us into 14th with our last man Martin Pegler doing 24.47 and held on to 14th and our total time was 1:35:38. Hopefully next year we can get more teams out to this great race.

We always love seeing everyone's achievements shared on the club Facebook page, it's the perfect way to see what everyone is getting upto! Also, an opportunity for others to see events that may take their fancy (accounts for a lot of FOMO and subsequent event sign ups!!!) We all know that bad influence in our lives ☺ Great to see our Park Run tourists, Stubby's on Tour, Green Army go balmy and global ☺ Please keep sharing your photos and running stories.

This month of September we saw Wendy Hawxwell and Steve Cumes (and Freddie?) take on a relatively new Parkrun in Durlston Country Park, Swanage. Taking the title of the hilliest in the UK….that's got to have grabbed the attention of you trail blazers in the club!!

Nice link there for our very own Trail Blazing couples… Mark and Marie McDonald were the proud finishers of the 100km South Coast Challenge. They walked (and chatted!!) for 19 hours 39 minutes – just incredible! Sara McRitchie and Stuart Bamberger did the 3 Peaks Challenge in 24 hours. Amazing you two! Well done you amazing pairs! We salute you guys!

The Globetrotters in the club were spotted in Malta, sensible David Cameron being the only participant running the 10km wearing any hydration, despite the 26 degrees! Cracking time of 52:04, well done David. We then saw David sharing his Strava and photos to celebrate his second marathon! But not at an event! He just got up and ran from Rowlands Castle to the top of Butser Hill, no supporters, no aid stations… just 26.2 happy, trail miles. What an achievement David, well done.

Not quite as hot and sunny, but a huge well done to Julie Ockwell for completing the Littlehampton 10k this month, a huge achievement that she was rightly proud of, with a great set of happy running photos as proof ☺ well done Julie, keep on going.

This month was the New Forest Marathon, usually quite a popular event for us Stubby's. A flat course with nice paths to run on, with the bonus of the forest scenery. We had Mark Shepherd and Claire Proctor both choose this as their first (of many??!!) marathons! Mark had nearly missed the opportunity to get to the start line after an injury scuppered his plans, but not being defeated and with an adjustment to his goal time, he went for it. Congratulations to you both for a fantastic result and for making yourselves proud. Claire finished with an impressive 4 hrs 50 and Mark 4:39:29. Amy Fox also pulled it out the bag after injury with an incredible time of 3 hrs 55 minutes! Simon Bacon had a storming run with 3:50:46 – just 20 seconds off his marathon PB! And our Marathon man George Howarth with an awesome 5:07:21. We also had our Green Army running the Half Marathon, well done to Helen Benson with 2:12:00 and Lindsay Pratt 2:29:48, and then our 10k runner was Melissa Barham 01:17:26. Well done everyone.

I had the pleasure of marshalling at one of the BigFeat events this month, the very beautiful course also in the New Forest, called The BigSky. The USP being that the runners start at sunrise! This was a bit of a shock to the system as it is very cold and very dark at 6am currently!!!! The conditions were absolutely perfect though, once the sun came up it was warm, sunny and the views were stunning. Some decent elevation on this course too, so very different to the NF marathon. This event does offer an 18-mile, marathon and Ultra distance. Well done to our legend Jon Leigh for the 18 mile (training for the ACC in October), and our marathon runners Simon Bacon 4:06:36 8th overall and 3rd in age cat, Louise Tanner (she ran without me boo hoo ☹) with an awesome 4:58:01 and Sean Bendell 3:47:01 placing 4th overall – fantastic running Sean.

Summer Time Trials finished this month which saw 6 months of monthly time trials where our Gosport friends joined us for one month. September's Time Trial saw 23 runners, running in perfect conditions with 7 improvers. In the ladies biggest monthly improver we had Janine Jenkins improving for the third time this year with 1 minute 54 seconds. The men's biggest monthly improver saw a close-run affair with just 3 seconds separating the top two with Rob Zeffertt improving for the third also coming out on top with a 1 minute 14 second PB. The randomator winner was Mark Saywell scooping the much-wanted Liquorice Allsorts!

Overall, we had 126 runs across the 4-mile time trial course with 40 helpers doing marshalling, timekeeping and backmarker duties, thank you for your support. Over the 6 months we had 22 improvers with the biggest improvers over the categories are under 25 minutes Chris Williams achieved 20 seconds, 25.01 to 28.00 was Martin Pegler with 1 minute 11 seconds, 28.01 to 31.00 was Pete Tugwell 51 seconds, 31.01 to 35.00 was Rob Zeffertt with whopping 4 minutes 7 seconds and 35+ group also with a massive improvement was Janine Jenkins 4 minutes 1 second. So, taking the title of biggest improver in a close-run affair by just 6 seconds and a worthy winner which has seen their running coming on in leaps and bounds was Rob Zeffertt crunching 4 minutes 7 seconds off his time throughout the summer. Well done to everyone who ran and big up the people who improved over the summer. Don't despair we will be running the Winter Time Trials from the Holly Hill Leisure Centre car park through the Winter months, starting on Thursday 27th October at 18.45.

We sign off in September with a celebratory event that was all about wine! The stunning Denbeigh Vineyards for the Bacchus half marathon. Modelled on the French event Marathon Du Medoc, every aid station is loaded with wine (to the detriment of water on a couple!!) and then at the finish you get more wine, a hog roast and more food than you can eat (there's a challenge!). There is also the tradition of fancy dress at this event too, the less running related the better! So not surprisingly we had a decent Stubby turn out for this one ☺ Well done to Julia Lawton, Cat Groves, Tracey Mason, Dave Judd, Jonathan Harrington, Chris Hall, Louise Sefton, Rachel Donnachie and Grace Thompson. Must have been such hard work running in those extravagant grass skirts and floral lei's! I am sure the wine took your mind off it though.

In order to provide The Green Runner with varied content each month, we need members to volunteer articles, photos, race reports, training advice, and anecdotes. A lot goes on each month and our Facebook page is really busy, so please consider sending such articles for inclusion in the magazine too. Please contact: gr-editor@stubbingtongreenrunners.net

RACE vs RAVE
asics
BOLT

Club News

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

The 1st race of the season was the Overton 5 mile on 4th September.

Well done to all of the runners that took part:

Ladies name	team	team score
Lucy May	A	249
Sara McRitchie		
Sarah Barron		
Julie Dinwoodie		
Men's name	**team**	**team score**
Brandon Chaplin	A	230
Simon Ross		
Richard Edmunds		
Graham Martin		
David Thorpe	B	415
Jon Plomer		
Chris Hall		
Kieran Chaplin		
Stuart Bamberger	C	647
Andy Richardson		
Nigel Feast		
George Howarth		

Well done also to Jacqueline Healy and Stacey Read

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

The 2nd race of the season was Solent Half Marathon on 25th September.

Well done to all of the runners that took part:

Ladies name	team	team score
Sara McRitchie	A	267
Sarah Barron		
Louise Nicholson		
Helen Benson		

Men's name	team	team score
Daragh Hendley	A	115
Tim Rolfe		
Mike White		
Andy Simpson		
Andrew Stockwell	B	380
Peter Cole		
Jon Plomer		
Stuart Bamberger		
Kieran Chaplin	C	559
Mike Smith		
Chris Hall		

Ladies A-Division 1		
Position	Club	Score
1	Winchester	2
2	Lordshill	5
3	Salisbury	10
4	Farnham	11
5	Hardley	11
6	Hedge End	13
7	Alton	13
8	Denmead	14
9	Totton	14
10	Stubbington	17

Ladies B-Division 1		
Position	Club	Score
1	Winchester	2
2	Lordshill B	4
3	Lordshill C	9
4	Totton	9
5	Winchester C	20
6	Salisbury B	21
7	Alton	34
8	Denmead	34
9	Farnham B	34
10	Farnham C	34

Men's A-Division 1		
Position	Club	Score
1	Winchester	4
2	Salisbury	7
3	Lordshill	7
4	Southampton	10
5	Alton	11
6	Stubbington	11
7	Denmead	14
8	Hedge End	15
9	Fareham	15
10	Farnham	16

Men's B-Division 1		
Position	Club	Score
1	Winchester B	4
2	Lordshill B	6
3	Salisbury B	7
4	Winchester C	9
5	Stubbington	9
6	Lordshill C	12
7	Salisbury	14
8	Hedge End B	15
9	Denmead B	20
10	Fareham	24

Time Trial Results

Andy Simpson	23.33	26.46					0.00		
Martin Pegler	27.31					27.31	26.20	-1.11	-1.11
Steve Cumes	25.55	25.58	24.47	25.19					-1.08
Callum Swann	27.58			27.44		29.00			-0.14
Mark Eaton	26.46	26.46	26.59	26.44			28.40		-0.02
Simon Ross	25.43	26.22	26.49	26.30			26.28		
Andy Stockwell	26.36					26.36			
Andrew McEwen	26.53			26.53			28.25		
Graham Donnachie	27.37						27.37		
Pete Tugwell	28.26	28.26	40.25	28.16		27.35			-0.51
Graham James	28.16					28.16	28.03	-0.13	-0.13
James Bampton	28.01						28.01		
Andy Donn	28.36	28.39							
Steven Matty	28.46		31.18				30.49		
Haydn Brown	28.50		40.10		28.50				
Dominic Shepherd	29.00			29.02	29.08				
Simon Bacon	29.12						30.59		
Nick Crane	29.34		32.47			31.44			
Stuart Bamberger	29.44					31.45			
Mike Smith	30.30			30.30			30.59		
Ed Hare	30.43	30.45							
Derrick Morgan	30.57						30.57		

Rob Zeffertt	31.51	31.51		28.58	34.53		27.39	-1.14	-4.07
Ash Lovell	32.43	31.11							-1.32
Nigel Feast	33.45						32.47	-0.58	-0.58
Claire Procter	33.26	32.37			34.14	33.06			-0.49
Brian Graham	31.56					31.27			-0.29
Mark Shepherd	31.08				31.08				
Andy Richardson	31.10		33.40	32.00					
Brandon Chaplin	32.00*			32.00					
Sara McRitchie	32.01	45.18	43.36	33.54	47.54	32.47	34.18		
Jules Dinwoodie	33.24	37.11		35.10					
Sammi Lou	33.39		33.39						
Andy White	34.53				34.53				

Janine Jenkins	45.17	45.17	43.36			43.10	41.16	-1.54	-4.01
Carl Schafer	38.15	35.17	34.57			36.35	37.15		-3.18
Peter Turnbull	40.25		40.25			37.28	37.15	-0.13	-3.10
Michael Healy	37.46	37.46	36.41	37.18		34.40	42.57		-3.06
Sarah Barron	39.49			37.31			36.55	-0.36	-2.54
Jacqueline Healy	41.32	41.32	39.12						-2.20
Eunice Eaton	41.10	41.10	40.22						-0.48
Andrew Chamberlain	36.18	35.43							-0.35
Stacey Read	48.04			48.04	47.54				-0.10
Mark Saywell	37.32	37.32	38.12	37.26	37.40	43.11	41.19		-0.06
David Kimber	35.12			35.12		35.53			
Russell Mead	35.18		35.18						
Emma Baker-Chaplin	35.48					35.48			
Simone Shepherd	36.19			37.04					
Deborah Madeira	37.04			37.04					
Kim Bevel	40.18		40.18						
Samantha Gass	41.50			41.50					
Melissa Barham	42.50					42.50			
Phil May	42.57						42.57		
Jon Leigh	48.04*			48.04					

The Time Tunnel

Mike Bell has scanned all pre-2007 editions of The Green Runner. They can be found here [Newsletters and Podcast - Stubbington Green Runners]
Instructions for the London Marathoners back in 1997…

LONDON MARATHON COACH
(FINAL INSTRUCTIONS) - John Reeve

The coach will leave from The Red Lion (Stubbington) at 5.30 am and B & Q (Park Gate) at 5.40 am. PLEASE BE ON TIME - we must depart promptly. The coach will leave London at 4 pm, approximately.
CONTACT NUMBERS:-
Our "rear link" contact for any urgent messages is Linda Bird (01329-661464).
The coach party will have three mobile phones:-
Coach Driver - number not yet known but
Linda will have the number
before race day.
Dennis Woodward 0468-528252
Colin Elderfield 0421-596092
For those who have asked me to register for them, race numbers, kit bags etc. may be collected from me at 15 Hazelwood, Stubbington pm on Friday, 11th April.

Last Month's Parkrun

Parkrun information provided by Chris Stapleford. Full details including a breakdown of Stubbington Green Runners' results and categories are available on the website and club Facebook page.

September 2022							
Name	Best				Runs this month	PB	Milestone
	Time	Age/Gender Grading	Overall Place	Gender Place			
Aaron KINGSTON	23:33	56.69%	28	23	1		
Adam HART	23:49	54.23%	47	44	1		25th run
Alison GOOD	22:40	68.90%	22	2	1	New PB!	
Alison HESSELBERTH	27:54	70.55%	159	36	2		
Alison LAWRENCE	39:51	38.90%	174	68	4		
Alyssia MILLS	18:49	42.52%	52	23	1		1st run
Amelia DOWLER	37:03	44.17%	281	107	4		
Amie MORGAN	21:13	70.23%	26	3	3		
Amy FOX	24:42	61.94%	40	3	3		
Andrew SMITH	45:00	36.93%	74	44	2		
Andrew STOCKWELL	20:42	73.03%	3	3	4		
Andy LEE	23:58	68.71%	56	53	4		
Andy RICHARDSON	26:38	59.20%	84	68	2		
Andy WHITE	27:01	55.95%	180	142	1		
Angela HARRISON	25:44	62.95%	42	8	3	New PB!	
Anna SINDALL	26:11	57.48%	70	12	3		
Becky HODGKINSON	32:31	46.75%	49	19	1		
Ben GRAHAM	20:29	65.66%	9	8	2		
Brad HAMMONDS	22:25	57.55%	24	24	1		
Brandon CHAPLIN	17:39	75.54%	1	1	3		
Callum SWANN	20:06	64.18%	17	16	4	New PB!	
Carl SCHAFER	27:47	57.23%	56	45	3		
Catherine CHAMBERLAIN	39:47	41.64%	363	131	1		
Cathy WEBB	26:59	76.28%	130	23	4		
Charlie JONES	29:06	53.67%	215	42	1		
Charlotte LORD	25:06	58.96%	45	5	1		
Chris HALL	20:40	76.29%	19	16	3		
Chris STAPLEFORD	34:11	49.54%	319	199	1		
Chris WHEELER	22:57	60.35%	81	74	3		
Chris WILLIAMS	18:41	70.21%	6	6	3		
Claire DYSON	34:10	46.49%	317	112	2		
Claire HANRAHAN	32:46	50.56%	293	84	1		
Claire JOHNSON	36:40	46.27%	280	106	3		
Colin TRIGG	17:53	81.17%	2	2	1		
Daisy MCCLEMENTS	20:53	70.95%	10	1	4	New PB!	
Daniel O'BOYLE	16:50	77.92%	1	1	1		
Danielle CRANSTONE	31:02	47.80%	140	32	1		
Danielle STANNING	25:19	62.74%	137	18	1		
Dave JUDSON	27:06	54.00%	170	135	1		
Dave THORPE	22:47	61.74%	23	20	3		
David MACSWAYNE	33:17	48.62%	153	92	3		
David MALLARD	19:25	71.93%	4	4	4		
Derrick MORGAN	23:24	72.36%	62	54	3		
Diane WILSON	36:44	52.09%	279	105	3		
Dominic SHEPHERD	22:06	71.95%	21	19	3		
Edward HARE	22:09	61.17%	46	42	1	New PB!	50th run
Edwin CHOWNS	32:54	51.72%	155	111	1		
Emma BAKER	29:42	51.52%	135	36	3		
Evan DE WET	22:37	57.04%	13	12	3		
Frances Louise LORD	24:40	80.95%	47	7	3		
Gareth CHARLES	18:59	73.57%	6	6	3		
Gavin RENNIE	22:50	63.07%	14	13	2		
George HOWARTH	27:07	61.28%	100	82	2		
Geraldine MAY	39:26	50.63%	248	103	3		
Gillian SHUTLER	32:32	60.50%	236	77	2		
Graham DONNACHIE	20:55	67.81%	25	24	4		50th run
Graham JAMES	22:12	73.50%	43	38	1		
Graham MARTIN	20:47	70.41%	44	42	1		
Greig BENSON	20:24	69.53%	9	8	3	New PB!	
Hannah MOLYNEAUX	22:01	67.52%	25	5	1		
Hannah PAINE	35:26	41.77%	181	67	1		

Haydn BROWN	21:45	73.72%	14	14	4		
Hayley STRADLING	31:04	47.64%	262	63	1		
Heather GRAHAM	29:41	57.89%	232	49	4		
Helen BENSON	26:12	59.61%	79	9	3		
Hilary MISSELBROOK	26:33	57.00%	65	15	1		
Holly STOCKWELL	29:34	50.06%	84	28	4	New PB!	
Iain CROSS	23:20	58.93%	24	21	1		
Iain GALLAGHER	24:37	59.92%	8	6	1		
Jacqueline HEALY	29:14	53.82%	179	43	3		
Jamie EARLEY	22:52	58.02%	71	65	1		
Jamie STOCKWELL	25:44	50.13%	145	123	2		
Janet SHAW	41:04	44.68%	240	119	3		
Joanna REED	30:43	57.41%	208	61	2		
Jodie FRANCIS	28:47	53.16%	52	8	3		
John BLAKE	20:19	73.17%	18	17	2		
Jon LEIGH	25:33	62.75%	27	24	2		
Jon PLOMER	21:51	67.51%	34	29	3		
Jonathan MILLS	25:12	58.99%	48	39	4	New PB!	
Jonathan O'NEIL	22:42	58.44%	78	59	2		
Josh CULLEN	17:20	74.42%	3	3	4	New PB!	
Josh MILLS	11:06	56.11%	14	9	3		
Jules DINWOODIE	31:04	63.36%	144	46	1		
Julia WEBB	28:52	68.19%	77	15	2		
Julie STRADLING	31:29	56.75%	178	61	4	New PB!	
Karen NICHOLS	30:54	57.82%	261	78	1		
Kate ATKINSON	25:47	57.40%	116	19	1		
Kate CHARLES	24:24	63.52%	33	4	4		
Kate PROVIS	38:34	48.23%	326	129	1		
Katharine TUCKER	30:09	64.34%	108	27	2		
Katherine CHOWNS	32:55	45.97%	156	41	1		
Katherine COOPER	29:38	51.91%	235	63	2		
Katherine TROTT	21:54	67.58%	48	5	3	New PB!	
Katie LEATHERLAND	22:50	65.26%	27	4	2		
Keith WHITAKER	28:11	65.11%	43	29	4		
Kelley HANIVER	20:12	78.63%	8	1	1		
Kelly BENNETTS	31:24	52.76%	124	31	2		
Ken CHEUNG	24:35	57.69%	86	73	2		
Kevin SAUNDERS	26:17	56.56%	65	51	3		
Kieran CHAPLIN	23:24	58.76%	93	79	1		
Kim ACHURCH	28:46	53.19%	106	20	1		
Kirstie GRAHAM	25:24	60.24%	110	14	4	New PB!	
Laura ROLLAND	31:41	48.29%	145	36	1		
Lisa EVENS	37:41	46.22%	288	114	3		
Louisa KNIGHT	30:25	55.78%	246	57	4		
Louise NICHOLSON	30:18	50.50%	182	56	2	New PB!	
Lucy MAY	20:53	71.83%	24	1	3		
Mandy WHITE	34:41	52.19%	284	99	1		
Marcus LEE	21:01	71.29%	8	8	4		
Mark SAYWELL	27:59	57.30%	203	154	2		
Mark TUCKER	26:39	61.23%	69	56	3		
Mark WESTBROOK	19:30	69.49%	11	10	1		
Martin POWELL	24:56	67.91%	64	52	4	New PB!	
Martin READ	34:47	48.68%	99	67	2		
Martyn BANNER	29:13	56.36%	106	74	3		
Martyn POORE	23:43	55.02%	86	78	1		
Matt EMERY	21:12	64.39%	14	13	1		
Matt HUTTON	25:43	55.54%	63	51	1	New PB!	
Melissa BARHAM	32:06	49.95%	282	93	1		
Michael HEALY	26:24	55.43%	146	124	1	New PB!	
Michael LOVELL	35:32	36.30%	358	231	1		
Mike BELL	22:22	77.94%	75	69	1		
Mike HARPER	21:09	77.15%	9	9	3	New PB!	
Mike SMITH	22:44	73.75%	69	63	1		
Neil ALLEN	44:48	35.49%	365	200	1		
Nick RICHARDSON	37:59	37.60%	294	165	4		

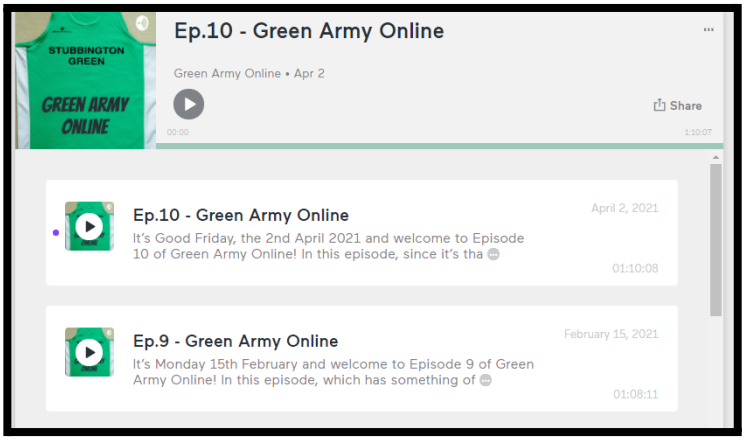
Nicky BEAL	59:47	24.78%	197	63	1		
Nigel FEAST	27:23	61.84%	142	112	1		
Nikki ROEBUCK	20:45	75.82%	14	3	1		
Oana MATTY	27:56	55.49%	190	44	2		50th run
Peter COLE	21:26	71.07%	39	36	3		
Peter GOSS	26:44	61.03%	3	3	1		
Peter REDMAN	29:21	51.90%	225	165	3		
Phil MORGAN	17:46	74.67%	3	3	2		
Philip MAY	33:09	50.58%	208	129	3		
Philip OWEN	28:13	54.93%	132	108	4	New PB!	
Phillip TOWNLEY	22:37	70.89%	31	28	2		
Rachael OPENSHAW	25:23	58.90%	28	4	4	New PB!	
Rachel FARGHER	21:40	74.00%	35	2	4		
Ray BERNICE	32:28	47.74%	151	102	1		
Ray GUNNER	21:18	75.27%	8	7	4		
Rebecca Margaret LORD	19:29	75.96%	4	1	1		
Richard BAILEY	20:11	64.41%	33	33	3		
Richard CRANSWICK	28:08	52.84%	193	151	1		
Richard EDMUNDS	21:54	69.56%	69	63	1		
Richard JACKS	22:20	62.54%	47	35	3		
Rob ARKELL	17:46	75.14%	2	2	1		
Rob GREENWOOD	18:59	69.45%	6	6	1		
Rob WILLIAMS	28:22	52.00%	118	94	2		
Robert CRANSTONE	21:56	74.39%	10	9	2		
Robert EGERTON	19:30	74.44%	3	3	1	New PB!	
Robert ZEFFERTT	20:46	71.03%	26	24	3		
Russ COLEMAN	19:26	72.38%	1	1	4		
Russell MEAD	30:26	51.81%	127	87	2		
Sam GRAHAM	25:37	60.05%	114	18	2		
Samantha WHITING	26:25	56.09%	148	21	1		
Samuel JOHN	29:32	43.68%	188	136	3		
Sara MCRITCHIE	25:40	63.77%	91	18	4	New PB!	
Sarah BARRON	28:18	61.54%	197	50	4		
Sarah CLANSEY	28:22	53.06%	93	16	4		
Sarah CRANSTONE	25:24	75.33%	56	7	3		
Sarah NORTHCOTT	29:49	51.31%	111	31	4		
Simon HEARNDEN	23:12	62.57%	91	83	1		
Simon ROSS	19:24	74.23%	10	10	3		
Stacey READ	34:11	45.34%	271	99	3	New PB!	
Stephen ANDREWS	26:28	48.74%	66	56	1		
Steve CUMES	18:36	79.93%	5	5	3	New PB!	
Steve JAMES	26:42	57.05%	78	61	2		
Steven HYLAND	44:09	30.05%	184	103	1		
Steven MATTY	23:11	62.11%	69	63	1		
Stuart BAMBERGER	22:21	65.47%	48	44	3		
Stuart HALL	22:51	57.40%	32	29	1		
Stuart NICHOLSON	28:26	59.55%	169	126	4		
Thomas MACSWAYNE	20:04	64.29%	3	3	1		
Tim CRUMPTON	26:04	65.54%	74	62	1		
Tim MATTHEWS	26:16	54.38%	145	122	2		
Tim ROLFE	18:24	70.11%	1	1	4		
Toby EVANS	29:50	46.42%	201	147	1		
Toby GREENFIELD	20:44	68.89%	17	16	2		
Tom HASTINGS	22:18	59.12%	28	22	1		
Tom SINDALL	24:31	55.68%	52	43	1		
Tracie JARVIS	27:11	63.21%	129	19	2		
Vicky WILLIAMS	33:38	50.45%	310	106	1		
Victoria JOHN	26:17	62.27%	128	22	4		
Vikki TAYLOR	31:35	48.13%	273	87	2	New PB!	
Wendy HALL	35:06	52.28%	660	221	1		
Wendy HAWXWELL	27:16	62.22%	74	20	3		
Wendy SMITH	44:51	44.52%	329	142	2		
William COWLEY	27:53	46.32%	91	71	2		
William GILL	34:54	55.25%	135	94	2		
Zoe LEE	32:02	51.09%	281	76	1		

Forthcoming Club Events and Socials

Friday 4 November - SGR Awards Evening

Green Army Online Podcasts

Please click on the image, or copy and paste the link, to listen to the current podcast and also view the archive. These podcasts are created by Stewart Pepper and are packed with news, views, training tips and in-depth interviews with members. Please note this is not updated each month.



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Useful Links

Order online or instore with Alton Sports, stockists of SGR sportswear:

https://www.altonsports.co.uk/product-category/brands/club-kit/stubbington-green/

SGR Session and Training Calendar

https://www.stubbingtongreenrunners.net/training/