The Green Runner

THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS www.sgrac.net

APRIL 2013

FROM OUR NEW CHAIRMAN

Thank you for everyone who came along to the AGM, it was officially a record attendance, and hopefully everyone is excited as the committee are with the plans for the coming year. The first committee meeting of the new year was held shortly afterwards and lots ideas are already flowing in to positive actions and plans for the coming weeks and months. We certainly start with the intention of being proactive with the events and activities we are organising, judging by the discussion around the table. It is however a learning curve for many of us, as we settle into our roles, so please bear with us.

The social committee plays an important part in keeping SGR friendly and fun and have already planned out most of the events for this year, including setting a date for the Annual Awards evening in late November!! Before we get there we have a long summer (it has to start soon surely) of training nights, races and more social runs and handicaps to enjoy. It is, after all, why we all turn up to training on dark winters evenings so we can enjoy the summer runs. I would encourage everyone to try out the more social runs, including the lightly competitive RR10 series. They are a brilliant way to enjoy running in different locations, on different terrain and to meet other club members in a social setting. The club handicaps are also a great way to explore the local area and find new routes and paths that you perhaps didn't know existed and being a handicap are only competitive in that you have to finish at a set time.

Marathon season is upon us again, and I wish all those doing Paris, Brighton and London marathons this month all the very best. The hard graft is now over and the final planning underway. We will be up in London again this year supporting at around miles 9 and 24 so listen out for us. The marathon experience is a life memory and I hope you all enjoy your day when it arrives. You have put in the hard work, now reap the rewards.

Happy running everyone
Graham Bell
Chairman

10K Announcement - Graham Bell

It is a pleasure to announce that Chris Brobin has agreed to take on the role of Race Director for 2014. Chris is a relatively new member of SGR, having recently joined us from Southampton AC. He brings with him a wealth of club experiences in Wales and the North West of England, and a network of contacts locally in the south. The planning is already underway for 2014 and Chris is very keen for SGR members to get involved in supporting the organisation of this important event for the club. Chris will be putting an announcement out in the near future via the Green Runner, and on the website and Facebook page. If you think you have something to offer, and want to get involved by lending a hand to get the 2014 event off the ground then please step forward and let Chris know.

AGM 2013

The 2013 Stubbington Green AGM was a great success and perhaps marks the start of a new chapter for the club. 77 members attended and were treated to a visual display of what is great about Stubbington Green Runners.

Pinboards located around the room exhibited the clubs achievements, the races we compete in, road, cross country and relays. Trophies won were on display along with a back catalogue of Green Runners going back 20 years. Well done everyone involved in putting the display together it really showed the club off at its best.

The AGM formalities were quickly over, new committee members elected and speeches made. Even the nibbles afterwards seemed to be of a higher quality, let's hope all our AGM's are like this from now on, though we might need a bigger venue.

Wayne at the Double

On June 1st -2nd 2013 Stubbington Green Runner Wayne Ewans is taking part in the Enduroman UK Double Ironman. The event takes place at Avon Tyrell near Christchurch, and consists of a 4.8 mile swim, 232 mile cycle and 52.4 mile run. Starting on June 1st Wayne is hoping and expecting to finish in somewhere around 30 hours.

Wayne's motivation for this epic challenge is the memory of a close friend and former marine colleague Sgt Luke Taylor R.M. In his own words "We lost Luke Taylor serving out in Afghanistan on 26th March 2012. He was a great person, son, husband, father and friend to many. I was fortunate to serve with Luke when I first passed out of The Royal Marines and we worked together as signallers hitting it off instantly and have kept contact since I left the Marines in 2002."

Being keen sportsmen Wayne and Luke had planned to do an ironman together. Sadly that day will now never come, so Wayne now plans to run the Enduroman UK Double Ironman in Memory of Luke. That way they WILL complete an Ironman each and in doing so raise money for the Royal Marines Charitable Trust Fund, who were a massive help for Luke's own family, both mentally and financially during a very tough and sad time.

Wayne explains "the work the RMCTF does is essential to the loved ones of those we lose from the Royal Marines family and although we'd rather not lose them and to have Luke back, we do need to raise money so they continue to support those families who need the help. So please donate what you can, all amounts gratefully received"

If you are able to support Wayne through sponsorship then donations can be made via Just Giving
www.justgiving.com/wayneewens4luke
or simply texting
"WELT78 £X" to 70070
(where X = amount e.g. "WELT78 £10" for £10 donation)

GOOD LUCK TO ALL OUR MARATHON RUNNERS

Good luck to all our Stubbies running marathons in the next few weeks, all that training in zero temperatures has taken a lot of dedication, hopefully we will have lots of happy runners who have achieved their own personal goal.
Also good luck and a thank you to all the supporters who are going to travel to the various events to cheer on friends, family and fellow Stubbies.

VIENNA
John Leigh

MANCHESTER
Julie James

BRIGHTON
Julie Ashman
Sharon Clarke
Nigel Whitcher
Euan McGrath
Lucy Windows
Julie Woodman

EDINBURGH
David Castle
Tina Chantrey
Kathryn Davies
David McNeish
Hannah McNeish

LONDON
Mike Bainbridge
Lewis Chalk
Liam Dredge (Sub 3:30)
Jen Elkins
Simon Hearnden
Nick Kimber
Susie MacGregor
Euan McGrath
Rachael Openshaw
Jo Parr
Alan White

READING HALF

36	Lewis	Chalk	01:10:46
716	Chris	Leach	01:29:46
1458	Dave	King	01:36:45
6381	Naomi	Crane	01:57:58

FLEET HALF MARATHON

273	01:30:39	Liam	Dredge
1096	01:49:42	Alan	White
1457	01:57:12	Nicki	White

CRANLEIGH 21 MILE

75	LEIGH, JON	2:38:31
99	KIMBER, NICK	2:42:31
110	MACGREGOR, SUSIE	2:44:31

WORTHING 20

95	Robert	Blackmore	02:33:50
220	Nigel	Whitcher	02:51:35
290	Alan	White	03:00:31
341	Eric	Beck	03:10:19

MAD MARCH 20 MILE

LEWIS CHALK 01:58:00
JEN ELKINS 02:38:11
RACHAEL OPENSHAW 02:46:59
JOANNA PARR 03:00:20
LUCY WINDOW 03:05:37

SOUTHBOURNE 10K

Great fast and flat out and back route along the promenade
The gentle breeze that was on my back when I was heading for a PB turned into a gale force headwind at the halfway turning point!
8.5KM on the promenade with 1.5KM on the roads
Robert Spencer 57:42

WINCHESTER DUATHLON

31	Mark	Millard	01:34:32.60

JOHN AUSTIN HALF		
89	1:42:49	ABBOTT, Louisa
175	1:53:37	WHITE, Alan

Pomphrey Sports 5k Race Bristol

38th Tom Callaway 20:17 PB

GORING 10K		
2nd	0:33:59	Lewis Chalk

NEW FOREST FESTIVAL OF RUNNING

20 MILE		
13	JON LEIGH	02:44:36
18	SUSIE MACGREGOR	02:48:11
22	NICK KIMBER	02:50:52
44	JOHN SALT	03:04:52
10 MILE		
4	TIM SULLIVAN	01:12:41
57	JULIE WOODMAN	01:40:44
10K		
1	LEWIS CHALK	0:37:47

CTS EAST SUSSEX

Half Marathon
9th Daragh Hendley 1.49.37
246th Julia Park (4th FV45) 2.39.42
289th Julie Bowden (3rd FV50) 3.14.47
290th Caroline Street (1st FV55) 3.14.59

11.2k
91st John Tussler (1st MV60) 1.28.02

National Wife Carrying Race

18th	RICHARD SNELL	GILL ROSE
22nd	ANDREW TOMLINSON	ANNIE TOMLINSON

HAMPSHIRE ROAD RACE LEAGUE

LADIES A TEAM

1	Winchester	9
2	Salisbury ARC	16
3	Eastleigh	33
4	Stubb'n Green	39
5	Denmead	43
6	Pompey JC	43
7	Alton Runners	43
8	Fareham	47
9	New Forest	58
10	Farnham	63

MENS A TEAM

1	Salisbury ARC	17
2	Stubb'n Green	26
3	Overton	29
4	Lordshill	33
5	Winchester	38
6	Denmead	52
7	So'ton AC	64
8	New Forest	67
9	Farnham	70
10	Pompey JC	72

The league standings after 10 of the 12 races have been completed. The A teams both seem to be in strong positions, the mens C team are going for promotion but the ladies C team are fighting against relegation. Lets hope we can get a ladies C team out for the last two races.

LADIES B&C TEAM

1	Winchester B	8
2	Winchester C	18
3	Salisbury ARC	40
4	Denmead	40
5	Fareham	40
6	Lordshill B	40
7	Pompey JC	58
8	Stubb'n Green B	73
9	Totton RC	74
10	Eastleigh	83
11	Farnham	91
12	Alton Runners	93
13	Stubb'n Green C	96
14	New Forest	107

MENS B TEAM

1	Lordshill B	24
2	Winchester B	26
3	Stubb'n Green B	27
4	Salisbury ARC	41
5	Winchester C	61
6	Fareham	65
7	Overton	67
8	Denmead	69
9	Eastleigh	70
10	Pompey JC	80
11	New Forest	88
12	So'ton AC	100
13	Andover B	104
14	Farnham B	115

MENS C TEAM

1	Lordshill C	29
2	Stubb'n Green C	33
3	IOW RR	49
4	Hardley	68
5	Totton RC	69
6	Gosport	76
7	Victory AC	79
8	Alton Runners	114
9	Andover C	130
10	Farnham C	130
11	Poole AC	132
12	Ryde Harriers	132
13	Aldershot FD	137
14	Romsey RR	144
14	Portsmouth AC	144

PERFORMANCE OF THE MONTH

Thomas MacSwayne 108th in the National Cross Country Championships U17 Men, most competitors were a year older than Thomas.

Thomas also ran half the Todays Runner at Staunton Country Park bare foot. Hopefully he now has some off road shoes (that stay on).

NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT
r.snell48@btinternet.com

THE GREEN ARMY INVADES EASTLEIGH

The Eastleigh 10K attracted 2000 runners from far and wide with the participants comprising a good mix of high quality athletes together with a number of energetic 10K race newbie's.

11	Lewis	Chalk	00:32:16
26	Mark	Le Gassick	00:33:34
30	Andy	Simpson	00:33:48
42	Thomas	Macswayne	00:34:29
130	James	Sawyer	00:37:08
128	Mike	White	00:37:06
132	Mark	Eaton	00:37:21
135	Graham	Bell	00:37:30
172	Richard	Thomas	00:38:12
180	Mike	Harper	00:38:23
194	Sev	Roberts	00:38:35
241	Chris	Leach	00:39:28
240	Liam	Dredge	00:39:25
302	Richard	Edmunds	00:40:38
321	Andrew	Stockwell	00:40:53
334	Richard	Chowns	00:41:05
358	Chris	Mcgaw	00:41:36
338	Andy	Lee	00:41:08
369	Tom	Callaway	00:41:45
438	Nico	Beukman	00:42:52
626	Philip	May	00:45:17
661	Stephen	Andrews	00:45:42
681	Kevin	Toal	00:45:54
680	Paul	Smith	00:45:53
789	Kevin	Tyler	00:47:08
806	John	Salt	00:47:19
829	Paul	Coverdale	00:47:37
841	John	Cox	00:47:43
803	Matt	Gardner	00:47:17
989	Kevin	Ashman	00:49:28
1113	John	Fairhurst	00:51:07
1167	Aitken	Hunter	00:51:48
1303	Russell	Mead	00:53:37
1334	Steven	Peach	00:53:57
1355	Robert	Spencer	00:54:17
1607	John	Vose	00:57:29
1718	Terry	French	00:59:17

One could be forgiven for thinking that the Eastleigh 10K would be hosted in some fresh sparkling spring weather but instead the shivering runners and spectators alike were greeted by dull grey skies and some unseasonably "near zero" temperatures.

The 60 strong hardened Stubbington Green Army were not to be deterred by a bit of cold biting weather though, as they arrived at the fast flat course in the hunt of prizes, PB's and some valuable race experience, many of whom did not leave disappointed!

The power of 10 race results website identified 24 SGR's as achieving PB's but I am also aware of others that were not listed on the website as achieving a PB when they did. My conservative estimates are that over half the SGR's achieved PB's!

Individual prizes were won by Mark Le Gassick and Andy Simpson in the vet 40 category for finishing 1st and 2nd respectively and the Men's A Team (Lewis Chalk, Mark Le Gassick, Andy Simpson and the young Thomas MacSwayne) ran way with a 3rd prize in the men's category. The Men's B team finished 5th in what is a very tough B division and the Men's C team came 1st in their division. The results were so strong that the Men had two runners that ran sub 40 mins and yet did not make the C team!

224	Helen	Nicholls	00:39:04
567	Lucy	May	00:44:32
538	Hannah	Mcneish	00:44:15
651	Nikki	Roebuck	00:45:32
706	Hilary	Gulliver	00:46:08
966	Verity	Wright	00:49:08
1031	Sadie Lee	Bedford	00:50:01
1033	Nicki	White	00:50:02
1077	Jane	Butler	00:50:37
1116	Gaynor	Heffer	00:51:08
1344	Ronel	Beukman	00:54:05
1461	Letitia	Magennis	00:55:32
1499	Angela	Benfield	00:55:57
1591	Sarah	Broom	00:57:17
1611	Rachel	Leach	00:57:31
1730	Katherine	Adams	00:59:29
1731	Julie	Salt	00:59:29
1796	Christine	Elston	01:01:19
1841	Sarah	Martin	01:02:17
1876	Caz	Lee	01:03:25
1977	Julie	James	01:07:43
1978	Sharon	Simpson	01:07:44

The Ladies A team came 5th and have kept hold of their 4th spot in the table and the ladies B and C teams came 5th and 10th respectively in their division.

Whilst these are the headlines there are a whole host of other SGR's who performed way beyond expectations and who provided some inspirational performances. Whilst it would be usual practice to name these runners there is simply too many to mention given the way the SGR's performed and it would only be fair to conclude by saying a big well done to each and every one of you!

Neil Richardson
HRRL Secretary

1-2-3 Run - Sunday 12th May 2013

£2.00 entry per runner

The start and finish are in the car park adjacent to the Pump House coffee shop in Clarence Yard, Gosport. The transition point is on the green opposite Gosport railway station, (about 300 yards from the start/finish).

This is an event for teams of three. It consists of three legs but is not a relay; the first runner must run all three legs, the second runner legs two and three and the third runner leg three only. On legs two and three team members must run together. The first runner will run 13.5 miles, the second 9.5 miles and the third 6.25miles.

Usual rules apply in as much as you are not allowed to wear a watch, carry a sun dial, ring the speaking clock or ask a policeman.

Prior to the start each team has to declare the time they think it will take them to complete all three legs. Teams will have a maximum of two hours to complete the run, with a cut off time of 11:30. The race will only be marshalled at the start/finish & transition point, so to discourage any skulduggery each team will be given several questions, the answers being found out on the route; if the questions are answered incorrectly or not at all a time penalty will be awarded.

Prizes will be awarded; the exact amount is dependant on how many teams enter.

It is hoped that the nature of the run, plus the mixture of distances will encourage runners of all abilities to take part. Remember you don't have to be a fast runner to win a handicap, it's all about pacing.

Please let Paul Hammond know by May 5th if you wish to take part so the right amount of post race victuals can be arranged, i.e CAKE. mazda161158@sky.com

1–2-3 run

1st Leg:

Head out of the gate from Clarence yard, turn right down Weevil Lane and head over the Millennium Bridge. Once over the bridge keep right and go between the black bollards, head towards 'Explosion', go through the museum gates and out the other side; (if the gates are closed go left and around the outside). You will now have a panoramic view of Portsmouth Harbour on your right.

Carry on along the sea wall past the Jolly Roger PH and the Old House at Home PH. Follow Priory Rd as it bears left and carry on until you reach a junction with traffic lights. Go straight over at the lights down Elson Rd; follow this keeping to the left hand side until you reach the Brockhurst roundabout.

Taking extreme care; cross at the roundabout and head up Military Rd, again keeping to the left hand side. At the pelican crossing turn left down Station Rd; after about 250 yards turn right onto a cycle/pedestrian path; follow this until you reach the old station in Gosport. At the junction by the containers follow the sign to 'town centre'. The transition point is on the green opposite the station on Spring Garden Lane.

2nd Leg:

Go back up the cycle/pedestrian path; at the junction by the containers follow the sign to Stokes Bay. At the end of the path dog leg left/right/left and you will be on St Andrews Rd, turn right and follow the road towards the White Hart PH. Cross over Stoke Rd and keeping the pub on your right go behind the pub and cross over South St. Bear right and go down the cycle/pedestrian path towards Stokes Bay.

When you reach Little Anglesey Rd turn left; at the road there will be allotments on your right and a paddock on your left.

Follow this road past the Park Tavern PH, cross over Alver Bridge and go right; turn left down Molesworth Rd; this will bring you out on South St by Waitrose. Turn right and follow the road all the way to the Gosport ferry; go past the ferry and the Castle Tavern, head up Mumby Rd, past the Clarence Tavern and back to the transition point on Spring Garden Lane.

3rd Leg:

Head down Spring Garden Lane keeping to the right hand side; cross over Stoke Rd and run down the side of the park. Turn right at South St and head back towards the White Hart. Cross over South St and go down Kensington Rd, at the end turn right, go over Alver Bridge, go right then past the Park Tavern.

When you reach the cycle/pedestrian path carry straight on with the lake on your left.

At the junction with Anglesey Rd turn right then left past the church down Green Rd, turn left at the junction and follow the road round to the right down Village Rd. Cross Jellicoe Ave and follow Western Way to its' end. Turn left onto Gomer Lane and go past Bay House School. Keeping to the left hand side; go down Stokes Bay to the roundabout. Turn left at the roundabout then first right into Crescent Rd. Go past the Hotel and turn left onto the cycle/pedestrian path. At the first road turn left onto Clayhall Rd, cross over to the left hand side; go past the cemetery then left down Haslar Rd.

Go over Haslar Bridge on the right hand side, once over the bridge go right and follow the footpath and promenade to the ferry. (You should go over a red bridge).

Go past the ferry and up Mumby Rd. Turn right down Weevil Lane and into Clarence Yard to the finish.

THE GRIZZLY 2013
GRIME AND PUNISHMENT

Well over 1500 runners lined up on a pretty chilly Sunday morning on the seafront at Seaton in Devon . For those who have not had the pleasure of the Grizzly before (i.e. myself) there was an unknown but assumed expectation that the next few hours were not going to be easy.

That turned out to be the case during the run with stretches of stony beach (similar to Hillhead), lots and lots of steep hills and tricky descents, rutted, slippery, off camber fields, a couple of river traverses, a deep and glorious muddy bog, freezing temperatures and snow?

This is, however, what we had all signed up for and why the race had sold out within two hours back in late 2012. The experience was boosted by the little touch like motivational signs that dotted the route, the encouraging marshalled; who all seemed to be armed with jelly babies, the beautiful scenery, drummers, bagpipes etc, the memorial to runners past and the josh stick scented religious hideaway.

Overall a thoroughly enjoyable experience although very punishing on the body. Well done to all who finished.

Regards *Andy Stockwell*

Pos	Time	Name
54	02:58:59	Mike White
441	03:48:15	Andrew Stockwell
793	04:16:27	Andy Lee
1213	04:57:17	Julie Ashman
1354	05:19:15	Mrs Sharon white
1407	05:41:59	Tracie Jarvis
1408	05:41:59	Sandie McIntosh
1409	05:41:59	Kathy McKain
1436	05:59:16	Julie Bowden
1437	05:59:16	Caroline Street
1442	06:04:44	Rowena Dodds
246	02:03:31	Jennie Lee

The Grizzly - 10 March 2013

When Sue asked me to write a race report for this year's Grizzly I thought I'd have plenty to say – and I was right.

The Grizzly is a race I just had to do; as so many of my Stubbington Green friends have completed the run and over the years I had felt left out. Having run the Grizzly Cub twice I knew I had to experience the "big" race so that I could join in with the Grizzly chat and knowing glances!!

I, Rowena, tour manager Sue R and chief supporter Sarah B travelled down to Lyme Regis on the Saturday and spent the day fuelling. We met up later with fellow Stubbies in a welcoming pub to put some more energy in the tank and to boost the local economy. To me it felt like a condemned person's last meal. As usual at breakfast on Sunday morning fear and trepidation had overtaken me and I was a little quiet especially as the weather was looking a bit blustery, but Julie A and Ro kept me calm and got me to the start line on time having made the obligatory 2 toilet stops. We set off at 10.30 cheered on by Glen, Alan and Jazz.

This year's race was sub-titled 'Grime and Punishment' and there was plenty of both on offer as I was to find out. The race starts on Seaton esplanade and the opening mile includes a stretch on the pebbly beach and the first of the many hills. The route out of Seaton climbs up through a caravan park and then down into Beer, a pretty little village which I must visit one day, before – guess what - climbing again. This sets the tone of the course IT IS HILLY! Cheering us on at Bere were our excellent Stubbie supporters Sarah, Sue, Kev, Glen, Jazz and Alan.

After 2 or 3 miles it was obvious that Julie, Ro and I were all using different strategies on the hills and running different paces so we separated to run our own races. Luckily for me I came upon Tracie and Kathy who were running with a couple of ladies from Gosport, from then on the 5 of us ran together employing a strategy akin to the Olympic cyclists taking it in turns to run at the front thus creating a slip stream (if only I were that fast).

On a clear day the views on this race would be spectacular but sadly on the 10th March the weather was not that kind. After Beer and a few more ups and downs the route reaches Branscombe where there is a chance to wash off muddy shoes by wading through a river, although this was a pointless exercise as there was a lot more mud to come. Again team Stubbie were there shouting out encouragement or was it laughter I could hear?!

From here the route goes inland and becomes very countrified and slippery till at about mile 14 we reached the infamous bog. Shoes tied tight I plunged in; thank you Tracie for saving me from falling face first into it never to be seen again. The bog is followed by a very steep and muddy hill which Team Stubbie watched us negotiate. I couldn't believe where the team kept popping up, you guys were such a welcome sight – thank you.

From here on it's the return to Seaton via Branscombe and its beach and the Stairway to Heaven; Beer and then the welcome downhill back through the caravan park to the esplanade and the wonderful roar from the crowd – ok Team Stubbie again. By the time I got back because of the inclement weather most people had gone home (did I mention we had snow?). Thankfully the firemen were still on hand to wash us down though before I dug into a scrumptious bag of chips kindly provided by Kev Ashman.

This is a tough challenge which offers fantastic views, interesting terrains and very supportive marshals. I would recommend anyone who wants all of these to get a place next year but only after I've secured mine!

PS Well done to all Stubbington Green Runners who completed this year's Grizzly and a great big thank you to our wonderful supporters and the girls that got me round Julie, Ro, Tracie and Kathy – a Grizzly virgin no more.

Sandie McIntosh

TODAYS RUNNER 3rd MARCH

Well done to everyone who ran the last Today's Runner of the season at Staunton Park. James Sawyer led the men's team home in 4th place, he would have been pushed all the way by Tom MacSwayne if he hadn't lost a shoe in the mud. Great to see Neil Jarvis back running after a year out with injury, but the highlight has to be Kev Ashman in his trendy shorts.

We only had two ladies running Gill Rose and Sandie Bedford, so didn't have a complete team really disappointing as this pushed us down to 10th place and 8th overall for the season.

Hopefully next year we will get more of our ladies to run and we can make a push to win the league again.
Chris Hall

Gill Rose	32
Sandie Bedford	53
James Sawyer	4
Tom MacSwayne	30
Chris Hall	35
Andy Stockwell	52
Liam Dredge	61
Jon Leigh	64
Tom Callaway	65
Mike Bell	68
Richard Chowns	71
Richard Edmunds	73
Mike Harper	77
Nick Crane	86
Phil May	87
Andy Lee	91
Richard Snell	101
Nick Kimber	108
Boe Harper	115
Neil Jarvis	130
Kev Ashman	152

Welcome to the first edition of Coaches Corner, here I aim to keep you updated on the progress of our training nights and any future events/races/ training sessions that you may be interested in.

Firstly a massive well done to all our newly qualified Leaders in Running Fitness, the week-end of the 16/17th March saw the final Stubbie volunteers being put through their paces on the England Athletics LiRF course. We now have 18 qualified Leaders in Running Fitness which is a huge asset to the club, check out the SGR website for details of the training sessions that are now on offer, I aim to have a minimum of 2 leaders for each group on a Monday and Wednesday night and at least 1 leader on a Tuesday and Thursday night. I am also aiming to organise some week-end training sessions so keep checking the SGR website and Facebook for more details.

I am knee deep in session plans at the moment as I am continuing to work towards my Level 2 Coach in Running Fitness qualification, I had to postpone my 3rd training day on 23rd March due to adverse weather conditions however it has been re-scheduled for May then just 1 assessment day to go before completion. Penny Forse had kindly agreed to be my mentor/support coach so I am in good hands.

I have also organised two exciting new opportunities for the club, the first is a Stretching and Strengthening class to be held at Solent Hotel, Whiteley, from 15th April for 6 weeks starting time of 8.15pm for an hour. Phil Hobby, a relatively new member of the club, is a highly qualified Personal Trainer and has kindly agreed to run these classes for us, they are open to SGR members only and will cost £2. I am limited to 12 places and it is on a first come, first served basis so please email me if you want to secure a place or need any more information.

The second opportunity is for the Beginners Course this year which is aimed at **complete beginners** so basically people who have never run before but would like to give it a go. This is starting on the 15th April also and again I am limiting the places to 15 so if you know of anyone who may be interested can you direct them to me.

If you have any ideas for future training sessions or you want to let me know what worked or didn't work for you on a training session then you can contact me on verity.wright@ymail.com.

CHEESY CHIP LATEST

Now that the RR10 fixtures for this year have been published your Social Committee has been hard at work finding venues for the après race cheesy chips. Please find the complete list below together with website address (where there is one) and a post code so that the Sat Navs can find their way. Look forward to seeing you.

Race	Date	Venue	Pub	Website/Address	Post Code
1	Apr-24	Royal Victoria Country Park	Prince Consort	Prince Consort	SO31 5DQ
2	May-08	Stoney Cross	The Green Dragon	Brook	SO43 7HE
3	May-22	Wilverley, Sway	The Oak Inn, Bank	The Oak	SO43 7FE
4	Jun-05	Recreation Ground, Blackfield	The Heath Hotel	Beaulieu Rd, Dibden Purlieu	SO45 4PW
5	Jun-12	Alver Valley Country Park	The Seahorse	The Seahorse	PO12 2TJ
6	Jun-26	Manor Farm Country Park	Windover Manor	Providence Hill, Bursledon	SO31 8DW
7	Jul-10	Marwell	The Fishers Pond	Main Road, Fishers Pond	SO50 7HG
8	Jul-24	Janesmoor Pond, Stoney Cross	The Green Dragon	Brook	SO43 7HE
9	Aug-07	Itchen Valley Country Park	The Master Builder	Master Builder	SO30 3AH
10	Aug-21	IBM Hursley Park	The Dolphin	The Dolphin	SO21 2JY

EXBURY GARDENS, TEA SHOP AND 10K

Several Stubbies turned up at Exbury for a very wet 10K on Sunday 17th March including Sandie McIntosh and myself. We arrived in the rain and went off to Eddy's Tea shop to collect our numbers and chips bumping into some of the other Stubbies, Robert Spencer and Marcus Lee to name a couple.

The rain had stopped by the time we started at 0930 in Exbury Gardens but soon returned and really only varied in intensity during the rest of the race. It was a lovely course which I am sure is quite stunning on a sunny Spring morning but unfortunately sunshine was about the only weather that we did not experience that day.

Most of the course was on tarmac (but quiet) roads beginning with a gentle downhill to warm us up before heading off to Lepe beach. It was while we were running along this stretch that the hailstones appeared just to add interest to life! There were some lovely views over to the Isle of Wight which I am sure I would have appreciated had I been able to see them through the hail. There were a few hills but nothing too arduous and we finished back in the gardens very wet but having had a good race. As usual the Marshalls were cheerful and supportive despite the awful conditions and it is certainly a race that I will come back and do again.

Hopefully next time with some sunshine so we can enjoy the views. Entrance to Exbury Gardens is included in the entry fee though I doubt many took up the option this time. But I can certainly recommend the coffee and cake in Eddy's Tea Shop. Well done to everyone who took part. *Sue Robinson*

25	Marcus	Lee	00:42:02
100	David	Langrish	00:49:48
161	Kathryn	Davies	00:56:34
224	Sandie	Mcintosh	01:04:15
182	Robert	Spencer	00:58:37
223	Sue	Robinson	01:04:15

THE SALISBURY 10 (TROPHIES GALORE)

10th March 2013 – Race Report

Due to it being Mothers Day and it clashing with a number of other popular races, there were concerns that we would not be able to provide enough runners for 2 men's teams and 1 ladies team at Salisbury but these concerns were unfounded as SGR rallied together to ensure that we had 3 men's teams and 1 ladies team competing on the day.

Despite the wintry conditions, Richard Edmunds answered the late call for more runners, James Sawyer and Graham Bell picked themselves off their respective sick beds to compete, Lucy May soldiered on with a calf injury and Daragh Hendley turned up at the 11th hour despite being in hospital the week before with a lung infection.

This all resulted in a fantastic race day where 4 trophies were dished out to Stubbington Green Runners and PB's were achieved.

We could be forgiven if we initially felt that things would not turn out well given the sick and injured and the fact that Euan McGrath and Verity Wright each had a heavy training day on the day before the race. These thoughts were further compounded when Andy Simpson realised he had forgotten his shorts and then nearly forgot to wear his timing chip!

Against all the odds though, SGR gathered together and produced some inspirational running which was led by Tanya Brady who picked up 2 trophies (1 for being 3rd lady home and the other for being the 2nd vet home) and Andy Simpson and Mike Harper, each getting a trophy for coming 3rd in their respective age categories. Mike Harper had clearly overworked himself during the race because he was unable to collect his trophy, as he was being attended to on the massage table at the time!

The ladies A Team, who came 7th on the day, was headed by Tanya (who is now hopefully a converted road runner) with Lucy and Verity finishing closely behind. Verity smashing more than 2 minutes off her Salisbury PB.

The men's A Team finished 5th and consisted of Andy, James, Mark Eaton and Daragh. The strong B team finished 3rd in their division and consisted of Graham, Mike, Euan and Sev Roberts. The C team also finished 3rd in their division with Richie Edmunds, Tom Callaway (who ran his first sub 70 min 10 miler and knocking 5 mins off his PB in the process) and SGR newcomer Jon Plomer running his first ever 10 miler and who produced the best sprint finish of the day, clearly demonstrating his previous track experience.

All SGR's who raced at Salisbury and who have run the qualifying number of races improved their league position on the day, with Andy Simpson leapfrogging Lewis Chalk into 7th place. James jumping 19 places to 22nd place overall and Mark Eaton jumping 15 places and moving into 34th place.

Salisbury proved to be a very popular course amongst the runners and it is most definitely one to put into your race calendar for next year.

Finally, a big well done to the supporters who braved the freezing temperatures and a special thanks to those that supplied cakes after the race, although there was some criticism that the alcohol content in the Banana cake may have placed some drivers over the drink drive limit!

Neil Richardson HRRL Secretary

3	Tanya	Brady	01:03:39
52	Lucy	May	01:22:31
69	Verity	Wright	01:27:27

9	Andy	Simpson	00:57:17
39	James	Sawyer	01:02:01
42	Mark	Eaton	01:02:37
46	Daryl	Hendley	01:03:33
50	Graham	Bell	01:03:52
52	Mike	Harper	01:03:56
55	Euan	McGrath	01:04:06
59	Sev	Roberts	01:04:43
97	Richard	Edmunds	01:09:20
99	Tom	Callaway	01:09:34
143	Jonathan	Plomer	01:16:15

	NETLEY 02/03/2013	
2	Thomas MACSWAYNE	17:17
8	Chris LEACH	19:16
9	Sev ROBERTS	19:22
13	Andrew STOCKWELL	19:57
15	Tom CALLAWAY	20:02
17	Richard CHOWNS	20:06
36	Stephen ANDREWS	21:50
45	Paul COVERDALE	23:34
56	Andy RICHARDSON	24.44
61	Glen STREET	25.21
64	John TUSSLER	25.35
88	Jamie STOCKWELL	27.05
98	Julie SALT	29.07
99	John SALT	29.09
107	Robert SPENCER	29.55
108	Terry John FRENCH	30.05
120	Allan STINSON	32.50

	NETLEY 09/03/2013	
2	Thomas MACSWAYNE	17:11
9	Tom CALLAWAY	20:26
17	Marcus LEE	21:15
20	Stephen ANDREWS	21:33
26	Susie MACGREGOR	21:51
29	Daniel FOSTER	22:47
41	Donna MITCHELL	25.01
42	Andrew STOCKWELL	25.01
48	John TUSSLER	25.47
50	Paul SOUTHON	25.51
61	Jamie STOCKWELL	26.46
77	Angela BENFIELD	29.07
83	Terry John FRENCH	29.48
105	Allan STINSON	33.28
112	Andrew SMITH	37.08

	HAVANT 09/03/2013	
120	Julie SALT	32.49
121	John SALT	32.51

	SOTON 02/03/2013	
61	Liam DREDGE	21:17
120	Keith WHITAKER	23:57
152	Mike HARPER	24.57

	EASTLEIGH	
31	Keith WHITAKER	26.22

	NETLEY 16/03/2013	
5	Sev ROBERTS	20:13
7	Tom CALLAWAY	20:39
19	Daniel FOSTER	22:41
22	Andrew STOCKWELL	23:18
23	Mike HARPER	23:19
29	John SALT	24.04
31	David LANGRISH	24.18
33	Donna MITCHELL	24.43
36	Paul SOUTHON	25.40
41	Russell MEAD	26.42
42	John TUSSLER	26.55
43	Jane BUTLER	27.09
53	Robert SPENCER	28.26
57	Jamie STOCKWELL	29.10
65	Julie SALT	30.17
74	Allan STINSON	34.19
81	Andrew SMITH	36.03

	EASTLEIGH 16/03/2013	
41	Keith WHITAKER	33.37

	NETLEY 23/03/2013	
1	Lewis CHALK	18:36
6	Tom CALLAWAY	20:47
14	Marcus LEE	22:02
15	Daniel FOSTER	22:07
18	Susie MACGREGOR	22:26
24	Andrew STOCKWELL	24.18
27	Donna MITCHELL	24.33
28	John SALT	24.35
29	Paul SOUTHON	25.08
31	Jamie STOCKWELL	26.23
32	Jane BUTLER	26.28
48	Julie SALT	29.47
51	Anne TROTMAN	30.00
66	Robert SPENCER	33.42
73	Joanna PARR	34.53
78	Andrew SMITH	37.41

	EASTLEIGH 30/03/2013	
46	Keith WHITAKER	25.54

	NETLEY 30/03/2013	
2	Thomas MACSWAYNE	17:15
3	Daragh HENDLEY	18:34
5	Mike HARPER	19:42
6	Ben MCWILLIAMS	20:13
7	Tom CALLAWAY	20:17
8	Jon LEIGH	20:25
19	Kevin Joseph TOAL	21:32
23	Andy LEE	21:39
26	Susie MACGREGOR	22:04
27	Sam BELL	22:10
33	Stephen ANDREWS	22:48
40	John SALT	23:29
44	Anna WILBY-LOPEZ	23:49
50	Alan Paul WHITE	24.18
58	Paul SOUTHON	24.44
61	Nicki WHITE	24.52
65	Laoise MAGENNIS	25.42
76	Russell MEAD	26.45
88	Julie SALT	27.47
97	Terry John FRENCH	29.09
98	Katherine ADAMS	29.22
99	Jennie LEE	29.27
115	Allan STINSON	32.25

	SOTON 30/03/13	
3	Lewis CHALK	17:16
196	Robert SPENCER	27.04
197	James SAWYER	27.05

	IOW 30/03/2013	
8	Chris LEACH	19:40
59	Sarah BARRON	28.09
62	Rachel LEACH	27.03

JOHN TUSSLER RECEIVING HIS 100 parkrun T-SHIRT

ITB Syndrome/ Runners Knee

by Gill Rose LSSM (Dip), MISRM
http://www.sportsandremedialmassagehampshire.com/

What is ITBS?
ITBS is one of the most common overuse injuries in runners and affects cyclists too.

The Iliotibial Band (ITB) runs down the outside of your thigh starting at the hip and inserting on to the lateral side of your shin bone (just below the knee). It is a band of thick fibrous tissue called fascia. The purpose of the ITB is to help stabilise the knee while the muscles move your hip and knee, hence it is not meant to be really stretchy like a muscle, otherwise it can't do its job. Tightness in this area is usually due to a muscular dysfunction and so it should not be the only target when it comes to treatment.

ITBS primarily causes pain on the outside of the knee which is caused by the ITB pulling over the lateral side of the knee when you flex your knee. Underneath the ITB near the insertion is a bursa whose main purpose is to reduce the friction as the ITB passes over the bone. When the ITB is too taut it irritates the bursa which becomes inflamed. The ITB itself can become inflamed and sore as well.

Symptoms

- Pain on the outside of the knee, usually aggravated by running, especially down hill
- Pain when you flex or extend the knee, especially if you press the bony sore point on the outside of the knee as you flex it. Sometimes you can also feel a 'clicking' sensation
- Tight ITB
- Weak hip abduction (taking the leg out to the side)
- Sometimes pain is felt up the lateral side of the thigh and in to the Glutes
- The pain often comes on part way through a run and increases
- Initially the pain will ease off shortly after stopping running, but will return when running again

Common causes

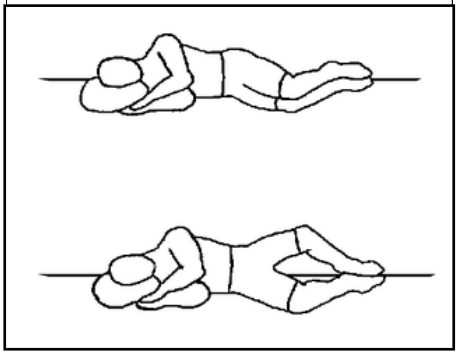
- Over-dominance of the anterior hip muscles and the TFL over the posterior hip muscles (glutes)
- Weakness in the hip abductors
- Weakness or poor control of the knee muscles, mainly the quads
- Over pronation
- Excessive hill running or running on cambered surfaces or track running
- Sudden increase in mileage or intensity of training
- Worn out running shoes or shoes that are not right for your gait

How to avoid it

- Stretching on a regular basis, including TFL/ITB stretch (but see note below)
- Regular deep tissue sports massage to address muscle imbalances
- Increase mileage and intensity gradually (including hills)
- Change your shoes regularly and get checked out for over pronation
- Work on your glute, quad and hamstring strength as well as your core strength to increase the stability of the hip and knee joint
- Avoid running on cambered surfaces

Trying to stretch the ITB itself is fairly pointless as it is not made of stretchy stuff! Therefore it is far better to stretch the muscles that act on the tension of the ITB, particularly the TFL. The best way to release this muscle is through soft tissue release performed by a sports massage therapist or physiotherapist.

Strength exercise of the month

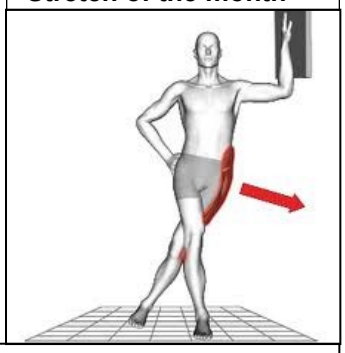


Clam
Strengthens the hip abductors, particularly the glute medius.

Lie on your side with your knees bent & feet in line with your back.
Keeping your feet together take your upper leg out while engaging your glutes. Don't rotate backwards, keep your pelvis still.

TO MAKE IT HARDER LIFT YOUR FEET OFF THE GROUND THEN DO THE SAME EXERCISE. YOU CAN ALSO USE A RESISTANCE BAND

Stretch of the month



TFL stretch
Stand alongside a wall with legs crossed as indicated. Bend your upper body away from the wall and your hips towards the wall

Stubbington Green Runners: Social Events 2013

Sun 7th April - Easter handicap race

Continuing with the Easter theme, this is a 10k-ish run starting and finishing on Lee-On-the Solent sea front. The aim is to finish as close to the finish time of 12 noon as possible; it's not about the fastest runner, it's all about pace and timing! No watches, no GPS, no cheating! The route is along the prom, over a stretch of shingle beach, through Alver Valley Nature Reserve, past Daedalus airfield then back to Lee. Prizes for closest male and female to the finish time plus best male and female fancy dress (an Easter theme!).

Fri 28th June - Chariots of Fire race & Macmillan Mile

A nostalgic out and back handicap race on Hill Head beach to Vangelis' Chariots of Fire music. White shorts and T shirts a must. Full details soon.

Sun 21st July – Summer BBQ at Manor Farm Country Park

An old favourite. Our summer BBQ for runners, partners and children often attracts more than 100 people. Preceded with a training run through the park for those interested and fun & games during the BBQ.

Fri 6th Sept - Fish n chip handicap

Another favourite – a 6 mile-ish handicap race starting and finishing in front of the Rising Sun PH at Warsash. Concludes with prizes and a fish n chip supper from the local chippie.

SGR Awards Night Nov / Dec 2013

Date tbc but by popular demand we hope to return to the David Lloyd Centre at Port Solent on the last weekend of Nov or first of Dec 13. Details will follow soon.

Sun 15th Dec - Pre-Christmas - Mulled wine handicap

Our final handicap race of the year. Kindly hosted by Nick and Helen Kimber. A 5-6 mile run through Solent Breezes and Warsash Common followed by piping hot mulled wine and mince pies on Nick's driveway! Fancy dress an absolute must!

THE RACE DIARY

Sunday	07 April 2013	12.00 noon finish	Club Handicap Lee On Solent	-
Sunday	07 April 2013	2:00 PM	Overton	Combe Gibbet to Overton 16M
Sunday	07 April 2013	9:30 AM	Bournemouth	Bournemouth Bay Half & 10K
Sunday	21 April 2013	10.15AM	Angmering	Angmering 10mile and 10k Trail Run
Wednesday	24 April 2013	7.00 PM	**RR10**	Royal Victoria Country Park
Wednesday	24 April 2013	7.15PM	Promenade 5K	Lakeside 5K Race Series
Sunday	28 April 2013	10.30AM	Salisbury	Drover's 10K (trail race)
Sunday	28 April 2013	10.15AM	Houghton	Houhton Trail Events
Sunday	05 May 2013	10:30 AM	Fordingbridge	Fire Brigade 10K
Sunday	05 May 2013	10:30 AM	**Alton**	Alton 10 (HRRL 11)
Sunday	05 May 2013	07.00 AM	Avebury	The Sarcen Trail
Monday	06 May 2013	11.00AM	Portsmouth	Hampshire 10K
Wednesday	08 May 2013	7.15 PM	**RR10**	RR10
Sunday	12 May 2013	10:00 AM	Lymington	Lymington Lifeboat 10K
Sunday	12 May 2013	10:30 AM	Eastleigh	Marwell 10K and fun run
Sunday	12 May 2013	09.00 AM	Marlborough	The Marlborough Downs Challenge
Sunday	19 May 2013	10:00 AM	Stockbridge	Wherwell 10K
Sunday	19 May 2013	10.30 AM	Bognor	Bognor Prom 10K
Sunday	19 May 2013	10:30 AM	**Netley**	Royal Victoria Park 10K (HRRL 12)
Wednesday	22 May 2013	7.30PM	**RR10**	Wilverley, Sway
Wednesday	22 May 2013	7.15PM	Promenade 5K	Lakeside 5K Race Series
Sunday	26 May 2013	10 & 11 AM	Shaftesbury	Half Marathon & 10K

TRIATHLON

Sunday	19 May 2013	Pool	Salisbury 400metres 19miles 4miles	Salisbury Fast Twitch
Sunday	19 May 2013	Pool	Fareham 400metres 19.2km 5.5km	Fareham Leisure Centre
Sunday	19 May 2013	Open Water	New Forest 1.5km 40km 10km	Race New Forest

CLUB KIT

Looking for club kit? - Eric Beck is your man his email is eric65beck@virginmedia.com mobile 07828172475 home number after 3.00 pm 01329 847790 and address 65, Fareham Park Road, Fareham, PO15 6LF he normally attends the Monday session at Whiteley and Glen's Thursday group.

Or you can order on the website

The Stubbington Noticeboard

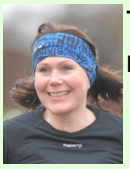
April 2013	Session	Recovery	From where	In charge!
Tuesday 2nd	8 x A27 Rollers or 16 x Chilling Hills to Pillbox	Jog back down	Locks Heath S & S Club	Mike Bell
Thursday 4th	4 mile Time Trial (BST begins 31 March)		Eric Road	Sally McGrath/ Andy Simpson
Tuesday 9th	Chilling Field 10 x 1 minute fast pace	2 minutes jog	Locks Heath S & S Club	Mike White
Thursday 11th	4 x Lee Triangle Accelerations	Jog the side after the 3rd effort	Crofton Community Centre	Phil May
Tuesday 16th	10 minute jog / 20 minute Tempo run	10 minute warm down	Locks Heath S & S Club	Graham Bell
Thursday 18th	Track - 2 x 800m / 3 x 400m / 4 x 200m	400m jog / 200m jog / 200m jog	Crofton Community Centre	Mike Harper
Tuesday 23rd	Pre-RR10 - 4 miles easy with 10 x 30s strides	60s jog between strides	Locks Heath S & S Club	Mike Bell
Thursday 25th	Track - 10 x 400m	200m jog	Crofton Community Centre	Jon Leigh
Tuesday 30th	2 x Titchfield Figure of 8	Steady pace down hills	Locks Heath S & S Club	Mike White

GLENS THURSDAY TRAINING SESSIONS

4th April - Stubbington - Lee 12 x 1 minute (1 minute)
11th April - Locks Heath - Chilling 4 x 5 minutes (2 minutes)
18th April - Stubbington - Lee 12 x 30 seconds (1 minute)
25th April - Time Trial at Stubbington

Who's who…

Chairman: Graham Bell
07801 594085
gebell@ntlworld.com



Club Coach Co-ordinator
Verity Wright
verity.wright@ymail.com;

Triathlon Rep:
Nigel Whitcher

Website editor:
David Eland

Club Secretary / Membership:
Kevin Ashman
07909 115936
Kash99@ntlworld.com

Green Runner Editor: Richard Snell
Tel 07961 781066
r.snell48@btinternet.com

Social committee:

Nick Kimber
Tel: 01489 579885.
nick@hookpark.co.uk

Men's Captain: Andy Simpson
07971 830269
andysimpson@blackberry.orange.co.uk

HRRL Secretary:
Neil Richardson
nrichardson72@googlemail.com

Ladies Captain: Sally McGrath
sallymcgrath@sky.com
07876 533479

X-country Captain:
Lucy May
loo_c50@hotmail.com
07731 746953

Tim Sullivan
Tel: 01489 572641
tim.sullivan1@virginmedia.com

Treasurer: Robert Spencer
rs@hoodhouse.co.uk

Social Secretary
Sue Robinson

Kathy McCain
Tel: 01329 668856
klaf@ntlworld.com