The Green Runner

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

THUMBS UP TO THE STUBBIES AT NETLEY

A great turnout from Stubbington Green at the first RR10 of the season helped boost the total runners to a record number for the league.

It was a steady start to the season with the Stubbie Men's and Ladies teams both finishing 4th.

Helen Nichols was the outstanding performer finishing 2nd Lady overall, it was also nice to see a few new Stubby faces (and some of the older ones) competing. Well done all the marathon runners who came out to stretch their legs.

Next RR10 Wednesday 8th May at Sway 7.15pm start. And don't forget the pub after for race debrief / beer and cheesy chips.

Annual renewal to Stubbington Green Runners was due on 1st April – many thanks to those of you who have already renewed - and I and the rest of the committee are very much hoping that you will want to rejoin us this year. The Link to how to do this is http://www.sgrac.net/html/how-to-join.html

If you have joined since 1st November then you don't need to do anything as your membership has automatically been extended until March 2014. If you are not sure exactly when you joined then please feel free to ask me.

Please note that, as explained at the AGM, the UKA fee has increased to £10 this year for those of you are affiliated to UKA but still remains one of the cheapest sports to belong to the national body. Affiliations that have started this year should also last until March 2014.

Kind Regards
Kevin Ashman
Secretary – Stubbington Green Runners

RR10 RESULTS

8	SIMPSON Andy
19	HENDLEY Darragh
26	BELL Graham
27	WHITE Mike
28	EATON Mark
48	STOCKWELL Andy
63	MCGRATH Euan
64	SULLIVAN Tim
73	LEIGH Jon
74	BLAKE John
78	LEE Andy
81	LEE Marcus
83	CRANE Nick
91	KEEN James
97	JARVIS Callum
109	BEUKMAN Nico
114	HAMMOND Paul
118	RICHARDSON Neil
120	SNELL Richard
139	MAY Phil
149	ABBOT Matthew
150	SMITH Paul
151	CALLAWAY Tom
152	JARVIS Neil
157	DREDGE Liam
170	COVERDALE Paul
173	WHITCHER Nigel
180	ASHMAN Kevin
185	WHITAKER Keith
191	MEAD Russell
193	SIMISTER John
199	LOVELL Ashley
209	TUSSLER John
227	BANNER Martin
230	STINSON Alan

2	NICHOLS Helen
15	ROSE Gill
22	MITCHELL Donna
24	MAY Lucy
33	GULLIVER Hilary
47	WILBY-LOPEZ Anna
52	BRIGGS Katherine
53	WHITE Nicki
56	HEFFER Gaynor
63	BEDFORD Sadie
76	ABBOT Louisa
77	WOOLFORD Jennet
84	BEUKMAN Ronel
85	BANNER Erin
90	CLARKE Sharon
106	BOWDEN Julie
108	STREET Caroline
112	MARTIN Sarah
113	MACGREGOR Susie
118	SMITH Jaz
125	MCINTOSH Sandi
127	HALL Liz
140	ROBINSON Sue

BOURNEMOUTH BAY 10K

98	KEVIN TOAL	44.19	
112	PAUL SMITH	44.47	PB
401	LETITIA MAGENNIS	53.00	
535	SADIE BEDFORD	55.45	

CTS EXMOOR

Marathon

140th Julie Ashman (6th FV45) 7.40.35
141st Rowena Dodds (7th FV45) 7.40.45

Half Marathon

6th Daragh Hendley 1.51.35
226th David Langridge (3rd MV60) 2.44.12
297th Julie Bowden (3rd FV50) 3.36.14
298th Caroline Street (3rd FV55) 3.36.18

11.4k

96th Glen Street (2nd MV55) 1.25.18
107th John Tussler (1st MV60) 1.26.36
164th Jaz Smith (8th FV40) 1.43.52

WHITE HORSE HALF MARATHON

4	LEWIS CHALK	1.15.15
27	GRAHAM BELL	1.23.17

WRAP UP AND RUN 10K

23	**Nico**	**Beukman**	**00:44:14**
105	**Ronel**	**Beukman**	**00:55:17**
244	**Clare**	**Van Den Bos**	**01:16:52**

NEWPORT TO RYDE 8 MILES

6 HALL, Chris 00:48:54

WEST WIGHT 3 HILLS 8 MILES

33 CRANE, Nick 01:03:31

LAKESIDE 5K RACE 1			
3	Mark Le Gassick	16.35	1st VM40
4	Thomas MacSwayne	16.44	1st JM
27	Sev Roberts	18.19	
31	Mike Harper	18.30	
58	Kevin Wheeler	19.46	
119	Kevin Tyler	24.09	
125	Mike Wootton	25.10	
136	Robert Spencer	26.41	

Euan McGrath	02:58:29
Robert Blackmore	03:29:05
Ellie Crane	03:43:26
Nigel Whitcher	04:07:48
Pippa Abbott	04:17:48
Julie Woodman	04:38:03
Sharon Clarke	05:55:20

VIENNA
Jon Leigh
03:24:31

Chalk, Lewis (GBR)	02:37:13
Dredge, Liam (GBR)	03:15:18
Kimber, Nick (GBR)	03:20:49
Macgregor, Susie (GBR)	03:28:15
Elkins, Jen (GBR)	03:29:17
OPENSHAW, RACHAEL M (GBR)	04:04:43
Gunner, Ray Joseph (GBR)	04:06:39
Parr, Joanna (GBR)	04:20:55
White, Alan (GBR)	04:23:34
Wise, Hannah Amelia Christ (GBR)	05:42:22

Support for Stubbies running the Brighton Marathon on 14th April from non-running members, families and friends was fantastic - thanks to all, you were a real help. An extra thank you from me to the lovely Stubbie lady volunteer at the finish (you know who you are) who kept an eye on me trying to stay upright as I recovered - I was a bit out of it at the time!

Before the race I thought the wind would make things a little tricky, but it wasn't too strong and I managed to come home in a fraction under 3:30 - a PB which I can't see me ever beating and holding down my job!
Robert Blackmore

PARIS MARATHON
SIMON HEARNDEN
02:58:44

THE CHAIRMANS LOG

Congratulations to all our marathon runners in April, some fantastic results were achieved, although I know that some had disappointing outcomes, it is time to recover well and enjoy your running again now that spring is finally here. It was great to see the enthusiasm of training nights being transferred in to a great turnout at the first RR10. The concept and format of the 10 races has been going for years, so long that I can't actually find anyone to tell me what the RR stands for! We had a record turnout of 58, and the race itself had a record number of finishers, so it must work.

This positive news reflects on the growing numbers we have experienced at training nights over the last few months, and i would like to thank the team of coaches who are regularly turning out to lead these sessions, and pass on the enjoyment and experience of running. Welcome also to the new members who have joined as part of the beginners course this month. It is fair to say that we were over whelmed by applications this year, and had to cap off the numbers in order to be able to provide a successful course. I hope that you are enjoying it and look forward to seeing joining the main club sessions in a few weeks time.

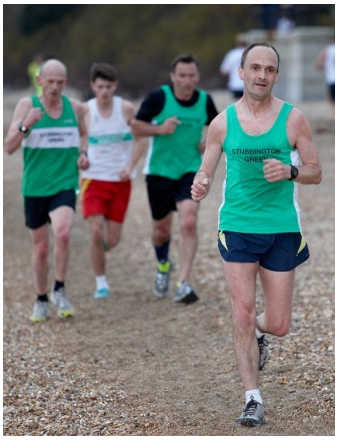
The other new session we started this month was the stretching class, which is proving popular, if only for the other members of the group to have a good giggle about my lack of co-ordination and inability to touch my toes. But this could be the motivation I need to at last do the right thing and stretch properly. He who laughs last, laughs longest;-) And at least I can still see my toes, unlike someone I could mention, Tim Sullivan.

May will also see final preparations taking place for the big event of the year the South Downs Relay on the 1st June. The 100 mile relay from Eastbourne to Winchester is a special event for the club and shows how well we all work as a team. The event has grown again this year and has 60 teams taking part, and it is encouraging to know that we will be competitive in all four categories of teams; Mens A, B and Vets and of course the Ladies who are defending their title. We also have to provide marshals for a changeover, so if you have got a couple of spare hours on June 1st please let Andy Simpson know, your help will be greatly appreciated by 24 runners.

On the same day Wayne Ewens will be starting out on his Double Ironman, and best wishes from the everyone goes to him, raising money for a good cause, in memory of a good friend.

Finally as you will have seen we have a full and packed social calendar this year, and I encourage everyone to come along and enjoy these events. Judging by the turnout in the pub after the RR10 last week we should have some great evenings to look forward to.

Happy Running Everyone
Graham



HAMPSHIRE ROAD RACE LEAGUE

UPCOMING HRRL RACES

Alton 10 (miles) – 5th May 2013 – 10.30 am start
Netley 10K -19th May 2013 – 10.30 am start

Spring has finally arrived, marathon season has passed and the RR10's are now underway! We have a fantastic summer of running ahead of us and first up are this season's remaining two HRRL fixtures, at Alton and Netley. We are seeking a good turnout from the SGR's men and ladies in order to improve, or at the very least maintain, our currently impressive league standings.

Alton provides a challenging yet rewarding 10 mile circuit through Holybourne Village and then through a circuit of undulating countryside and picturesque Hampshire village lanes and ending at the Eggers School for post-race cake and refreshments. I would recommend car sharing for the event which I will try and organise nearer the event, once I know who will be running. Please enter online at www.activetrainingworld.co.uk/events. There is nothing to suggest that entries are allowed on the day so please enter asap.

The Netley 10K provides a great opportunity to bring the family along to come and watch and share with you your running exploits because there is plenty for them to see and to enjoy whilst you are racing around the 10k route. The race is held in the picturesque surroundings of the Royal Victoria Country Park and it can (speaking from personal experience), provide an opportunity to obtain a 10K PB. Following the race you can treat the family to some post-race refreshments from the on-site café or a nice family picnic. Everyone is a winner! This is a popular race and entries are limited to 550 so please enter now to avoid disappointment. The closing date is the 10th May. On-line entries are available at www.runnersworld.co.uk

Neil R

BLUEBELL 10K ANGMERING		
6	David Mcneish	41.17
40	Donna Mitchell	49.25
107	Jane Butler	56.54

BLUEBELL 10MILE ANGMERING		
33	Richard Chowns	01:14:20
54	Hannah Mcneish	01:18:16
112	Katherine Daily	01:29:37
118	Louisa Abbott	01:30:59
119	Jennet Woolford	01:31:01

Combe Gibbet to Overton, 16 miles cross country.

51st Paul Hammond 2:10:40
84th John Salt 2:21:44

PERFORMANCE OF THE MONTH

Several people have nominated Liam Dredge for Performance of the Month for April, not only did he achieve a fantastic PB at the London Marathon in a time of 03:15:18 but also ran a brilliantly paced race with no slowing over the last 10k.
He also had the presence of mind to miss out on a good for age time by 18 seconds so he could have something to aim at for his next marathon.

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

THE GUERNSEY EASTER RUNS

Good Friday	10k
U11 Boys 2k	55th John Blake 41.27
5th Tommy Blake 9.33	118th John Simister 50.45
U13 Girls 2k	136th John Tussler 53.22
11th Katie Simister 10.37	145th Julie Bowden 55.52
U15 Girls 2k	152nd Caroline Street 57.17
3rd Hannah Smith 9.11	173rd Sue Simister 62.16

Saturday
U11 Boys 2k Cross Country
6th Tommy Blake 9.57
4.75 mile X Country
41st John Blake 32.42
66th Glen Street 38.48
74th John Simister 40.26
82nd John Tussler 41.16
97th Julie Bowden 45.41
106th Caroline Street 52.07

Easter Sunday
2 mile relay
54th John Blake 13.31
101st Glen Street 16.32
105th John Simister 16.45
112th John Tussler 17.22
119th Hannah Smith 17.44
127th Katie Simister 18.43
132nd Sue Simister 19.21
136th Julie Bowden 19.53
137th Caroline Street 19.55

Easter Monday
U11 Boys 2k
5th Tommy Blake 11.13
Half Marathon
37th John Blake 1:33.41
120th John Simister 2:03.15
Overall
1st John McDonnell AFD 6
8th Steph Twell AFD 51 (1st lady)
25th John Blake 187 (5th MVet and 1st MV40)
43rd John Simister 417
53 runners completed all four races

Captains' Corner

In our first joint publication of Captains' Corner, we thought we would share a few things that are happening around races and completed ones.

So last month saw the start of the time trials, please see separate article for information, results and an exciting handicap competition.

The RR10's started on 24th April, so when you read this article the first one will have been and gone. Don't panic, there are another 9 races to enjoy which run throughout summer on Wednesdays and they are all FREE!!! These races are off road, around 4-5 miles and locally around the Country Parks and New Forest with all standards of runners. There is an individual league and a team league with 5 men needed for a team and 3 for ladies. Last year we managed to get 5 teams out a race for men and between 2-3 teams for ladies. So the more people we have the more teams we can make on the night! If you manage to compete in 6 races you will qualify for a final overall position. The race is also categorized by age on the first day of the first race, so V40, V50. These races are very social able with people going on to a nominated pub after the race for 'cheesy chips' and a beverage. We hope to see lots of new people and some old faces down there.

Details of the races are on our Stubbie website under XC country and there is a link button at the top of the screen which says 'RR10' to link to the official website so you can see how you and our teams are doing.

Lakeside 5k series which is 5 races also runs throughout summer and clashes with 4 RR10s and the first one started on 24th April. This is where you pay for individual races and to get a final standing you have to complete 3 races.

Marathon season is well and truly upon us. The main two that attract many Stubbies each year are Brighton and London. Some are novices and some even run more than one marathon each season and they can be as little as a week apart! The runners spend 12 to 16 weeks training yet the day can bring many emotions: disappointment, frustration, pain, as well as excitement, euphoria, relief. There are many personal best results and near misses with the race presenting many challenges on the day. The atmosphere is always amazing with the many bands and spectators along the route. And this year the weather has been kind too!

Well done to all the runners. Maybe their efforts have encouraged you to take the plunge to enter Brighton or London or those further afield next year!

The results are listed separately. Check out Stubbington Green facebook to see photographs and comments from both runners and spectators.

Hope to see you out and about,

Andy and Sally

CHEESY CHIPS

Following the success of the first RR10 post race pub gathering, 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
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

The Beginner's course is well under way now, we have 15 keen and enthusiastic runners doing the 8 week course at the moment and a waiting list of 15 who want to do the course once this one has finished in June, this is fantastic.

I love putting these courses together and get a lot of enjoyment out of seeing people develop and improve their running skills along with seeing new runners benefit from joining a running club. A couple of things triggered me into thinking about why I enjoy organising the beginners course, one of them was an article in this month's Running Fitness magazine called "Share the Love". Here Martin Yelling talks about the benefit of running with a group, the social aspect, the structure it adds to your training, the fact that you can have a laugh, you don't have to think about a route, you just turn up and run and that meeting like minded people helps motivate you, these are all benefits of joining a running club.

I was then talking to my dad and he was saying that one of the problems about trying to get people to run with clubs and groups is that fundamentally running is a solitary sport, I agreed with him, we all have our personal running goals and running on your own can be very therapeutic but then the reason I enjoy the beginner's course and belonging to a club is that running is a great way to bring people together and it's an amazing opportunity to meet new people. It's hard not to bond with people as you suffer through aches, pains, blisters and as you celebrate milestones and successes.

I love leading running groups, listening to the laughter and chatter and seeing rosy cheeks, big smiles and achievements, big or small. And so my main goal for the upcoming year is to ensure we retain our beginner's from these Spring courses and to put structure into the training sessions so that everyone, regardless of speed, age or ability can share the benefits of running with a club.

Each week now numbers are growing in our training sessions and all runs are led by Leaders in Running Fitness, we're trying to develop routes and structure, we are learning quickly and mainly on the job! Due to the success of these training nights I've put together a group structure, have a look at www.sgrac.net for this detailed description of the different groups that we cater for, I hope it helps

Verity

South Downs Way Marathon Relay is on Saturday 8th June. If you fancy experiencing the South Downs, and just want to run about 10k then this is the perfect opportunity.

We have a committee team entered (Richard, Verity, Lucy and myself) and Nick Kimber has also been collecting names for teams of four too. It won't be too competitive, so don't worry if you are fast or not so fast, it should be a fun day out. Just let either Nick or myself know if you are interested and we can add you to the list.

Team entries (including fees) is £56 so £14 each. The relay sets off at 9am from Slindon College (just north of Fontwell), and the finish is in QE Country Park. Full details including maps are available at www.209events.com.

Graham

TIME TRIALS WITH ADDED SPICE

This year we are looking to spice up the time trials. There will six time trials, one a month, on a Thursday throughout summer (NB April's one gone), so runners can see their improvement with training when they run the time trials. Adding fun to these trials we will be looking at highlighting time losses people achieve each month with the one person who shaves the most time off their time trial each month, receiving recognition and a small prize each month.

To make this fair we are looking to time band people, so everyone can compete with similar paced runners. At the end of the season, winners (by banding) will be the people who reduce the most time off their first time trial of the season and will receive a prize. See below the handicap bandings and times for the April trial, don't worry if you didn't post a time, you can post one next month.

We are looking to combine the trials with a social drink in the Red Lion, afterwards.

So please come along and try running as many time trials as possible and challenge yourself to improve times throughout the season as your training pays off.

Time trial dates are all on Thursdays; next one is 2nd May, 13th June, 4th July, 1st August, and 5th September. Start times are 6.45pm/ 7pm.
Andy Simpson

Handicap Bandings

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

Name	April
Andy Simpson	22.19
Mike White	24.14
Chris Hall	24.19
Graham Bell	24.24
Tom Whitcher	24.42
Mark Eaton	24.55
John Blake	25.44
Ray Gunner	26.12
Andy Lee	26.22
Mike Harper	26.24
Rich Chowns	26.47
Nick Crane	26.55
Mike Bell	27.17
Richard Snell	27.48
Jon Plomer	27.55
Susie MacGregor	27.55
Stephen Andrews	28.15
Rachael Openshaw	29.25
Mark Millard	29.26
Keith Carter	29.47
Nigel Whitcher	30.05
Keith Whittaker	30.41
Hilary Gulliver	31.5
Kevin Ashman	32.12
Gaynor Heffer	32.57
Paul Southon	32.57
Julie Ashman	36.57
Mike Wotton	39.48
Robert Spencer	39.48
Sue Robinson	40.37
Sarah Martin	40.41

Hi All, I'm fairly new to the club and competed in a race at the weekend and it seems that I was only SGR representative.
It was the Mel's Milers 10K in Horsham on Sunday 7th April. It was a beautiful sunny morning (for a change!) and the course was multi-terrain. I finished in a PB of 42 mins 41 secs and came 25th out of 281 (it was a weak field!). The link with the results is here, but frustratingly, it does not show me as SGR, as I entered the race before I joined the club and despite my request, they did not update my details. Many thanks
John Plomer

It is with a heavy heart that I have to resign from SGR after 26/27 years of membership. The children run with Salisbury Athlectic and it's financially beneficial to join as a family to them. I have many memories of my time with the club and would like to pass on my best wishes and thanks to all involved with the club over the years.
Yours in running
Beverley Hards

RR10 marshals required

Now the RR10 season is in full swing we need to think about our own race. In keeping with the spirit of the RR10 series we do not run our own event which leaves us all free to help out; we need about 60 people to make the race work.
Our race is again at the Alver Valley country park in Gosport, this year on Wed 12th June with a 7:30 start. One change from last year is that we are unable to use Browndown field for car parking as there is building work taking place; however, the senior service has come to our aid and we can use the polo field at HMS Sultan - provided that it is not a quagmire. There is a car park plan B but that is really a last resort as parking would be tight to say the least.
The course is the same as last year and there will be three opportunities to run round it and be allocated a marshal position, Tues 4th, Wed 5th & Thurs 6th June, all at 6:30. Please try to attend one of these so we can be sure of putting on a successful race. Please let Paul Hammond know if you would like to help.

mazda161158@sky.com

"I have taken on the task of reporting the results of those Stubbies who have taken part in the parkrun series to Richard for inclusion in the GreenRunner. In view of the large number of parkruns I am only concentrating on searching for those in the four main local runs of Netley, Eastleigh, Havant and Southampton so if you run in any others apart from these four could you please email me the date, venue and your time to john_tussler@hotmail.com so that I can include them on the list. Many thanks for your co-operation. John Tussler"

OLD DEER 6/4/2013	
Mike HARPER	19:37
Robert SPENCER	28.52

NETLEY 6/4/2013	
Thomas MACSWAYNE	17:28
Mark John EATON	18:49
Sev ROBERTS	19:50
Helen CARTWRIGHT	20:31
Ben MCWILLIAMS	21:21
Liam DREDGE	22:17
James SAWYER	22:17
John SALT	23:24
Alan Paul WHITE	24.30
Paul SOUTHON	24.37
Alex BURTON	25.55
Russell MEAD	25.57
John TUSSLER	26.12
Glen STREET	26.52
Rachel LEACH	28.26
Julie SALT	29.29
Jasmine SMITH	29.46
Allan STINSON	35.06
Andrew SMITH	38.30
EASTLEIGH 6/4/2013	
Keith WHITAKER	24.54
NETLEY 13/4/2013	
David Matthew CASTLE	17:50
Chris HALL	18:36
Mark John EATON	18:44
Nico BEUKMAN	21:36
Daniel FOSTER	22:14
Sam BELL	22:24
Graham BELL	22:25
Stephen ANDREWS	22:47
Laura RIDGE	23:08
Kevin John ASHMAN	24.13
Paul SOUTHON	24.38
Tina Louise CHANTREY	26.18
Robert SPENCER	28.31

EASTLEIGH 13/4/2013	
Keith WHITAKER	25.06
HAVANT 13/04/2013	
ZAC CONATY	22.30
SOUTHAMPTON 13/04/13	
MIKE HARPER	18.45

NETLEY 20/04/2013	
Thomas MACSWAYNE	16:44
Graham BELL	18:14
Sev ROBERTS	18:55
Andrew STOCKWELL	19:40
Nico BEUKMAN	20:18
Daniel FOSTER	21:25
Stephen ANDREWS	21:26
Liam DREDGE	22:04
Donna MITCHELL	22:04
Sam BELL	22:27
Andy RICHARDSON	23:39
Russell MEAD	24.49
Julie SALT	26.37
Rachel LEACH	27.11
James SAWYER	28.53
Jules DINWOODIE	29.06
Jasmine SMITH	29.25
John TUSSLER	29.31
Glen STREET	29.48
Allan STINSON	31.40
Andrew SMITH	36.56

SOUTHAMPTON 20/04/2013	
Mike HARPER	19.14
Sarah BARRON	26.56

Newbury 20.04.13	
Robert SPENCER	27:18

Waterside, Belfast 20/4/13	
Keith Whitaker	25.29

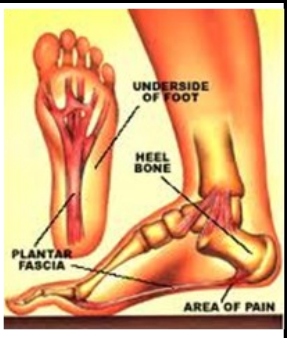
WINCHESTER 27/04/2013	
Lewis CHALK	17:23
Andrew STOCKWELL	19:36
Tom CALLAWAY	21:40
Jamie STOCKWELL	26.36
Robert SPENCER	27.34

Netley 27/4/13	
Mike Harper	19.23
Toby Greenfield	19.36
Sev Roberts	20.01
Chris McGaw	20.55
Marcus Lee	20.57
Susie MacGregor	21.17
Daniel Foster	22.16
Donna Mitchell	23.25
Joanna Parr	24.28
Nicki White	24.34
Glen Street	24.37
Gaynor Heffer	24.41
Paul Coverdale	25.27
John Tussler	25.40
Russell Mead	26.11
Jules Dinwoodie	30.00
Jaz Smith	35.14
Gemma Fleming	36.02
Michelle Simpson	36.02
Andrew Smith	36.35
James Sawyer	49.52
Eastleigh 27/4/13	
Keith Whitaker	24.46

Plantar Fasciitis

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

The plantar fascia is a thick band of tissue that runs under your foot connecting your heel bone with the bones of your foot. It helps to support the arch of your foot and acts like a shock absorber. In plantar fasciitis the plantar fascia becomes damaged and thickened, often over a long period of time and can result in inflammation of the surrounding tissue and heel bone.



Symptoms

- Pain on the underside of the heel, usually on the inside
- The pain is often worse in the mornings when you take your first steps due to the fascia tightening up overnight
- Gentle exercise may ease it, but long walks or being on your feet for a long time, may make it worse
- Stretching the underside of your foot may be painful
- Resting usually eases the pain

Common causes

- One of the most common causes is tight calves as this leads to constant over stretching of the plantar fascia leading to possible inflammation, thickening of the tissue, and loss of flexibility and strength
- People who overpronate or have low or high arches are more prone to this condition
- Excessive walking in footwear that does not support the arch of the foot or provide adequate cushioning

Treatment and how to avoid it

Fascia tissue heals quite slowly so it can take several months or more to go. However, there are things you can do to help speed up your recovery.

- Rest it as much as possible. Avoid running, long walks and standing for long periods of time
- Ice the underside of your foot 3-4 times a day (try rolling a small bottle of frozen water backwards and forwards underneath the foot)
- Gentle stretching of the calf muscles (soleus and gastrocnemius) and the plantar fascia
- Sports massage, particularly focussed on the calves and plantar fascia
- Strengthening the plantar fascia
- Get checked out for any biomechanical causes
- Avoid walking in bare feet on hard surfaces and wear shoes with good arch and heel support and cushioning with a low to moderate heel. Avoid shoes with no heel
- Plantar fascia taping can help support the foot, relieving pain and helping it rest if you are unable to rest the foot properly

Next month: why recovery is so important

Stretch of the month (Plantar fascia)

- Pull up on the foot and toes
- Hold for 30 seconds
- 5-10 times 4/5 times a day for first month, then 3-4 times a week

or

- Sit on the floor with your legs out in front of you. Loop a towel around the ball of one of your feet
- With your knee straight, pull your toes towards your nose
- Hold the position for 30 seconds and repeat three times

Strength of the month (Plantar fascia)

- Place a small, lightweight towel on the floor, laid out in front of you
- Sit on a chair with the feet flat on the towel - make sure there is plenty of towel in front of you to pull
- Use the toes to pull the towel towards you, bit by bit. Keep the heel on the floor
- Once you find this easy, progress to using a heavier towel or add a small weight to the end of the towel

Stubbington Green Runners: Social Events 2013

The Social Scene

There were several events in April, the Easter Bonnet run on Easter Monday which culminated with everyone getting together in the Parson's Collar for a drink and John Vose won the prize. The Easter Handicap attracted 21 runners and, to my knowledge, we didn't lose anyone! Susie Mac won for the ladies while John Blake took the men's prize. There was a great turnout for the first RR10 held at Queen Victoria Country Park and afterwards a large contingent adjourned to The Prince Consort for cheesy chips.

There are a number of events coming up in May starting with a get together in the Red Lion after the next time trial which takes place on the 2nd. As a result of the recent survey we sent out it suggested by several people that we should have more opportunities for socialising and so we are introducing a meeting at the Parson's Collar on the first Monday of each month after the various training runs and the first one is taking place on Monday 6th May. This coincides with 'Newbie Night' when new people are encouraged to come along and try out the Club and so it will give us an opportunity to chat to them and encourage them to join the Club. Those of you that run with Penny will obviously have a head start on the rest of us! Please let us have your support.

We were asked to re-introduce the Curry Nights and the first of these has been arranged for Thursday 9th May at the Stubbington Tandoori. Meet at the Red Lion at 1900 for a warm up and then over to the restaurant at 1930.

There are two RR10 nights in May and we are meeting at the Green Dragon in Brook after the one to be held on 8th May and at the Oak Inn at Bank after the Wilverley RR10 on the 22nd.

A date for your diary is Monday 3rd June as we will be holding the Macmillan Mile at Whiteley in order to raise funds for this great cause. This will coincide with the end of the Beginners Course and 'Newbie Night' so hopefully we will have lots of people taking part. More details later but please put this one in your diary.

All suggestions for future social events would be very welcome – contact any of the Social Committee. At least one of us is usually around at training on Mondays and Wednesdays.

Sue

CURRIE NIGHT

The return of the famous (or is it infamous?!) Stubbie curry nights! By popular demand the club curry night has been resurrected with the first gathering at the **Stubbington Tandoori**, (35a The Green, Stubbington, Fareham, Hampshire, PO14 2LE) on **Thursday 9th May**. Early birds can meet at 1900 at the Red Lion PH for an essential warm up, or just go straight to the venue for 1930. So that we can give the restaurant an idea of numbers, please contact Sue Robinson (sue.robinson@cdata.co.uk) by **Sunday 5th May** if you would like to come along. Partners and friends all welcome – the more the merrier!

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	05/05/2013	10:30 AM	Fordingbridge Fire Station	Fire Brigade 10K
Sunday	05/05/2013	10:30 AM	Alton 10 HRRL	Alton 10 (HRRL 11)
Monday	06/05/2013	11:00 AM	Portsmouth	Hampshire 10K
Wednesday	08/052013	7:15 PM	Stoney Cross	RR10
Sunday	12/05/2013	10:00 AM	Lymington 10K	Lymington Lifeboat 10K
Sunday	12/05/2013	10:30 AM	Marwell 10K	Marwell 10K and fun run
Sunday	12/05/2013	9:00 AM	Marlborough Downs	Marlborough
Sunday	19/05/2013	10:00 AM	Wherwell 10K	Wherwell 10K
Sunday	19/05/2013	10:30 AM	Netley 10K HRRL	Royal Victoria Park 10K
Sunday	19/05/2013	10.30 AM	Bognor Regis	Bognor 10K
Wednesday	22/05/2013	7:30 PM	Wilverley Sway	RR10
Wednesday	22/05/2013	7:15 PM	Portsmouth	Lakeside 5
Sunday	26/05/2013	10:00 AM	Shaftesbury	Grand Shaftesbury Run (Half + 10K)
Sunday	26/05/2013	11:00 AM	Blackhill, Wellow	Foxbury 10K
Sunday	02/06/2013	10:00 AM	IOW Half	Needles XC half-marathon
Sunday	02/06/2013	2:00 PM	Poole 10K	Poole 10K (+ other events)
Wednesday	05/06/2013	7:30 PM	Blackfield	RR10
Saturday	08/06/2013	9:15 AM	South Downs	South Downs marathon and half
Sunday	09/06/2013	9:00 AM	Wimborne	Kingston Lacy Half, 10K, 5K
Wednesday	12/06/2013	7:30 PM	MARSHALS	RR10
Sunday	16/06/2013	10:30 AM	Puddletown	Puddletown Plod (20K)
Wednesday	26/06/2013	7:30 PM	Manor Farm	RR10
Sunday	30/06/2013	8:15 AM	Swanage	Purbeck Plod

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

May		Effort/Activity	Recovery	Where	Who
7th May	Tuesday	Steady 4/5 Mile (Pre RR10) or Fartlek	Jog recovery to re-group	Locks Heath Cntr	Mike Bell
9th May	Thursday	6 x 600mtr	200m jog	Crofton	Mike Harper
14th May	Tuesday	Chilling 2,4,6,4,2 mins	2 mins recovery	Locks Heath Cntr	Mike White
16th May	Thursday	5 x 800 mtr	400m jog	Crofton	Jon Leigh
21st May	Tuesday	Steady 4/5 Mile (Pre RR10) or 10x400m @Warsash Common	1min 30s	Locks Heath Cntr	Graham Bell
23rd May	Thursday	Track - 2 x 800m / 3 x 400m / 4 x 200m	400m jog / 200m jog / 200m jog	Crofton	Mike Harper
28th May	Tuesday	2x (10 x Chilling Hills to Pillbox)	Jog Back Down, 2 min rec between sets	Locks Heath Cntr	Mike Bell
30th May	Thursday	15 x100mtr + 4 x200mtr or easy run for SDW	100m jog	Crofton	Phil May

GLENS THURSDAY TRAINING SESSIONS

2nd May - Stubbington - 4 mile time trial

9th May - Locks Heath - 1,2,3,4,3,2,1 minutes (1 minute recovery)

16th May - Stubbington - 10x100 (100 recovery)

23rd May - Locks Heath - 4 x Brownwich Loop

30th May - Stubbington - 4 x 400 (400 recovery)

Who's who…

Chairman: Graham Bell
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Ladies Captain: Sally McGrath
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