The Green Runner

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

THE STUBBINGTON SOCIAL SCENE HITS THE RAILS (AND BEACH)

Stubbington 6.05 Special

Departs the Old Wickham Halt at 7pm on Friday 26th July

Once again the 6.05 Special will be running up the old Wickham Railway Line and on an out and back course of approximately 6 miles meeting at 6.30pm for a 7pm start. There will also be a shorter course of 2 miles for any walkers or injured runners.

Hedge End will be joining us and so there is plenty of scope for some friendly rivalry. The start can be found on the north side of Wickham off Mill Lane which is a short walk from Wickham Square, however there is lots of parking in the cul-de-sac off Mill Lane, right by the start.

We will retire to one of the local hostelries after the event for a post race celebration and debrief.

Final details will be published nearer the time on the website and Facebook so please keep your eyes peeled. In the meantime mark the date in your diary and let's hope that if there are leaves on the line they are the right kind of leaves!!

CHARIOTS OF FIRE BEACH RUN

Stubbington Green will be holding their very own Chariots of Fire Beach Run on Tuesday 25th June from Meon foreshore by the beach chalets.
The run is 4 miles long and apart from the first and last 100 yards is on firm sand, the course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year. At its low point 18:30 you should be able to run nearly 500 yards from the shoreline. You might get your feet wet , so bring a towel!
After the run, weather permitting I will do some sausages in buns (£1.00) and have some soft drinks available , however you are welcome to bring whatever drink you want. (I enjoy a cold beer).
If the weather is poor then we shall retreat to the Osborne View .
As in the film White Tops and shorts would be good and of course plimsoll's!
This is not a race just an excuse for a social on what hopefully will be a lovely summers evening.
Hope to see you there

25th June, Start Time 18:15, Meon Shore

The Fishbourne 5

A very old school 5 mile cross country course (a couple of short sections on Tarmac) with about 10 bridges and 5 gates - the fields and paths were predominately compacted rutted mud that had baked rock hard - yes it was flat but I was never going to be able to run anywhere near my fastest.
That said once I had accepted it was going to be a trot in the country, I really enjoyed the experience.
Robert Spencer 52:28

MARLBOROUGH DOWNS CHALLENGE 33 MILES

4	MCGRATH, Euan	04:29:03
148	ASHMAN, Julie	08:03:19
149	DODDS, Rowena	08:04:36

MANCHESTER MARATHON

3399 NAOMI CRANE 04:16:44

Drovers 10k

Pippa	Abbott	61.25
Julie	Woodman	61.34

HOUGHTON 11K

13th Andrew Stockwell	49.03
15th James Lee	49.56
17th Andy Lee	50.01
26th Paul Hammond	51.39
33rd Gill Rose	53.36
34th Richard Snell	53.38
105th Neil Jarvis	1.04.30

SAUCONY HAMPSHIRE 10K ROAD RACE CHAMPIONSHIPS 2013

pos	name	cat		time
25	Toby GREENFIELD	SM	13	39:47
30	Jon LEIGH	M50	2	40:41
38	Jon PLOMER	M40	11	42:09
48	Jen ELKINS	SW	4	43:16
72	Nikki ROEBUCK	SW	5	46:46
94	Sadie Lee BEDFORD	W40	8	53:06

1ST PLACE FOR STUBBINGTON LADIES

LYMINGTON LIFEBOAT 10K

84	Nick	Crane	84	00:42:36
96	James	Keen	97	00:43:16
427	Neil	Stantiall	424	00:51:54
630	Angela	Benfield	632	00:57:18

Lakeside 5 race 2

2	Mark Le Gassick	16:20	1st	VM40
4	Thomas MacSwayne	16:40	1st	JM
25	Sev Roberts	18:39		
83	Andrew Richardson	23:25		
88	Kevin Tyler	23:48		
100	Julie Salt	26.04		
115	Daniel MacSwayne	27.56		

MARWELL 10K

4	**James**	**Sawyer**	**00:36:11**
26	**Marcus**	**Lee**	**00:40:53**
46	**Chris**	**Mcgaw**	**00:42:26**
110	**Tom**	**Callaway**	**00:46:05**
155	**Hilary**	**Gulliver**	**00:47:57**
308	**Lucy**	**Wilson**	**00:52:36**
369	**Jennet**	**Woolford**	**00:53:44**
370	**Louisa**	**Abbott**	**00:53:45**
384	**Julia**	**Park**	**00:54:21**
416	**David**	**Pheby**	**00:54:46**
457	**Rachel**	**Leach**	**00:56:31**
675	**Paul**	**Coverdale**	**01:02:15**
815	**Jane**	**Heywood**	**01:07:04**

NEOLITHIC HALF MARATHON

24	GILL	ROSE	01:38:34
25	RICHARD	SNELL	01:38:35

CHICHESTER STANDARD DISTANCE TRIATHLON

26	MIKE WHITE	02:32:04

FAREHAM TRIATHLON

41	JAMES LEE	01:15:06
68	SUSIE MACGREGOR	01:19:00
82	RACHAEL OPENSHAW	01:21:02
118	CLARA FORDINA	01:27:08
136	MARK MILLARD	01:30:24
159	LIZ WEIGHELL	01:35:18

Stubbington Green's Macmillan Mile – Date Change

Please note that the date for the Macmillan Mile has changed from Monday 3rd June to Monday **10th** June as the previous Monday is somewhat busy. This will take place in Whiteley between 1800/1930 on a measured mile around the lakes with a start point close to the crossing traffic lights. It is a fun event aimed at raising money for an extremely worthwhile charity - the MacMillan Nurses who do an amazing job not only with cancer sufferers but also supporting their family and friends. All we ask is a donation of £2 in order to take part. It will be timed but there is absolutely no pressure, you can run, sprint, jog or walk - whatever you fancy and everyone is welcome. The timings are set so that you can fit it in before or after your usual training or just come along to take part and we will be retiring to the Parson's Collar for a reviving drink.

Please come along and support this event, Macmillan can't provide their vital services without the support they receive. The money we raise will make a real difference.

SLATEMAN TRIATHLON

Near perfect conditions greeted us at the start of the Slateman triathlon, my first in open water. The water felt much colder than the 13.5 degrees billed and I found it strange being completely surrounded by other swimmers. I successfully navigated the course without being kicked or hit too hard. On exiting the water I ran to transition where going by the time it appears I could have had a cup of tea as well as the snacks that I did eat!

I headed out onto the bike route feeling slightly in awe of the hills ahead of me, but quickly settled into a steady rhythm and powered up Pen-Y-Pass passing many people whilst enjoying epic views of the top of Snowdon (a first as it's always been in cloud when I have been there before). Having gained confidence on the first hill I successfully made it round the rest of the bike route and said Hi! to Nigel as he whizzed past me! I was very pleased to have completed the bike section in under two hours. (Unfortunately my Garmin won't upload to tell me just how many feet I did climb during that 51k, but I'm sure it was a lot)

After another slow transition I started strongly on the run until I realised just how far I would have to climb up the zig-zag path through the slate quarry. Ann was somewhat startled when we later pointed out to her just how high we had been. But what goes up has to come down, and that was a pleasant run through the forest. I was very frustrated that my shoelace came undone but there's a lesson learnt. I was happy to cross the line and finish the triathlon well inside the 3.5 hours I had set myself.

It was an epic triathlon with a stunning backdrop and a challenging course.
John Blake

-	-	Category	Category Position	Swim	T1	Bike	T2	Run	Chip Time	Chip Position
Nigel	Whitcher	M40-49	73	00:21:57	00:02:51	01:39:04	00:01:37	01:02:52	03:08:18	181
Ryan	Thomas	M17-39	138	00:21:55	00:03:03	01:45:22	00:01:04	01:07:35	03:18:59	294
John	Blake	M40-49	124	00:26:28	00:05:11	01:47:04	00:02:42	01:00:01	03:21:24	321
Caroline	Street	F50-59	6	00:27:54	00:05:11	02:09:08	00:03:09	01:26:47	04:12:08	614
Julie	Bowden	F50-59	8	00:38:31	00:04:21	02:19:47	00:02:10	01:28:52	04:33:38	645

PERFORMANCE OF THE MONTH

TOMMY BLAKE

Winner of The Houghton 5k cycle event

Julie Bowden

True to form Julie's first triathlon had to be something a bit challenging - the Slateman being her choice. Just 4 weeks before the event Julie had never swum in open water and was wondering whether she had taken a step too far when she entered this one. In fact, at Christmas she couldn't swim properly and was unable to complete a length or put her face in the water.

Julie started running with the beginners group 2 years ago. Her first Marathon was completed in April 2012, just 1 year after starting the beginners running course. This first marathon was actually completed during a 30 mile off-road run down in Dorset. A month later she went on to complete a 50 mile run along the Taff Trail. Not sure what she'll be targetting next but no doubt we'll find out in due course ... watch this space!

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

Four weeks, three races, covering 85.4 miles to achieve two PB's

I like distance running. I find it cathartic. Each year I like to set a few wee challenges to keep me motivated. This year my big race is the Ring O'Fire a 131 mile 3 day multi-stage race around Anglesey. This race is not till the end of August so I decided to run Brighton then London marathon back to back as motivation through the winter months. The aim was to try and run both in sub 3hrs without causing any negative impact on my goal of beating my 2012 Marlborough Challenge 33 time which was three weeks after London Marathon(my marathon PB stood at 3:06 achieved in 2012)

The training is fairly straight forward, train for a marathon and add additional training volume through mountain biking, road biking, swimming & gym work. Teaching your body to deal with fatigue and stress does seem to work. There are times when you just need to back away from your prescribed training programme and rest and some things you just need to knuckle down and get on with it. You listen to your body!

The winter months were hard this year, and not just because of the weather. I had bronchitis in January so I did not start training till the 1st week in February. Because of this I always thought I was playing catch up. The club training nights really helped with the motivation and the discipline that is needed around any training plan.

So I raced a few races: Meon Valley Plod (what an epic race), Bramley 20 (2 ten mile laps on road, yawn) and Salisbury 10 (beautiful route, shame it's road). I believe that if you have a target in a race you need to remind yourself of race conditions & planning. So those planning the Great South as a target event this year, just think about a low key 5 miler to help prepare you at the start of September. Talk to Neil Richardson about the start of the HRRL season.

So with my training crammed into 10 weeks, I was ready for Brighton marathon. I have to say thank you to Lucy May for helping keep my legs in shape with her brutal sports massages (other excellent sport therapists are available within the club).

Brighton is a great race and the weather this year was ideal. I started from the Elite start which was fantastic. No queues for the toilets and plenty of space at the start. I ran a very steady race. I was keeping an eye on my watch every few minutes and just ran to my plan. 6:45m/m for the first 22 miles then hang on till the finish. It worked and I achieved a PB of 2:58. I knew I had to look after myself after the race so refueling and rehydrating were a real priority. I took the following week very easy and only did a short 4 mile run on Thursday before London Marathon. That run was a really motivator as I felt good. No niggles, the legs were turning well, and I felt I had a spring back in my step.

At London, I started as a fast Good for Age. The start was frantic and I knew straight away that I needed to throttle back. I could not believe the amount of people overtaking me. I just kept thinking, 'you are not going to survive at that pace'. As the race continued, I knew my legs were not as fresh as I would have liked and by 15 miles I knew I would damage my Marlborough race if I kept trying to achieve another sub 3hrs. So I throttled back again and enjoyed the crowds, the noise, the madness of London. It was great to relax and just cruise the last 11 miles and soak up an amazing atmosphere. What a race! I normally see road running as the 'dark side' of running. It just does not light my fire. Marathons are only acceptable to me because they are stepping stones to more important off road races. I have to say London really was great. I cruised in at 3:07 only 1 minute slower than my previous marathon PB.

I knew I could not afford an easy week following London so whilst my runs were short, I kept the volume up with cycling, swimming & the gym. This allowed me a proper 2 week taper for Marlborough Downs Challenge. This is a 33 mile off road race in a circular clockwise route from Marlborough to Devizes and back to Marlborough. I first raced it last year in 2012. I raced well, and came 3rd overall in 4:45. This year I wanted to try and do the same. It was a cool race day and as we started I knew my legs were still suffering from my marathons. The first little climb was tough but I was determined to run well so I just settled into the race and ran to how my body felt. When I felt good I picked up the pace, when I felt tired I slowed a little. Just enough to take the edge off the hard work. I worked hard and did not 'take it easy'.

Like a marathon, when running these long distances, refueling & hydration is key. A little regular food & fluid makes all the difference. I looked after myself, and ran a solid race. I came 4th, 1 minute behind 3rd. I was 1st V40 and beat my time from last year by 15 minutes, nearly 30 seconds a mile quicker, and got another lovely trophy.

So what have I learnt from these races?

If you do the training you give yourself the best chance of success.
If you listen to your body you can push it beyond what your friends think is possible.
If you set a challenge and work at it, you may surprise yourself.
If you are training with the club sessions, you will only get better.
Most people still think I am mad!

So bring on Ring O' Fire. My mega 12 week high volume training starts after the South Downs Way Relay.

For those of you thinking of doing your first big race, whether 10k, 10 miles, 1/2 marathon, marathon or ultra my advice is 'don't think too hard'. Sign up, get committed, train with the club and tell people what you are doing. They will motivate you and make sure you stay on track. You will accomplish your goals and you will feel better about it. Go and race, it's not about being 1st, its about being the best you can be, and that's what defines us all.
Euan McGrath

CAPTAINS CORNER

Approaching half year in the calendar, where is summer...answers on a postcard please! The Hampshire Road Race League (HRRL) finished at Netley 10K. The league has been a great year with some outstanding performances from individuals which Neil has captured in his HRRL report. The Captains would like to thank Graham Bell for his hard work as HRRL secretary for last few years and the seamless transition of Neil coming on board and taking up the baton. The Ladies A team was 6th this year and the make-up of the teams saw a lot of new runners scoring for the team which is great to see and we managed at some races to get two and three teams out, with the B team finishing 8th and C team 13th. The Men's teams have been outstanding this year as they chased honours in all 3 divisions, A team finished a great 3rd. Unfortunately our B & C teams were pipped at the post by Lordshill in both divisions 1 & 2, so two outstanding 2nd places and the C team getting promoted to division 1.

RR10 race series saw races 2 and 3 take place in May at Stoney Cross and Wilverley with the Ladies A team 2nd and 3rd team, Men's A team 6th and 3rd. Overall in the series our Ladies lie in 4th spot and the Men 5th. What us, as Captains are really pleased with, is that we are getting some great numbers turning out to these midweek races which have seen us putting out 4-5 teams in each race. The social side after the race in the pub has been great to see and we're sure we'll be ranking 'cheesy chips' by the end of the series! Looking individual after 3 races we can boast 2 ladies in the top 10 with one being the leading lady with Helen in 1st place, Susie in 7th and Donna coming back after surgery in 22nd. For Men Daragh is 18th and Mike White 27th (3rd Vet 50) and myself in 7th (1st M40). It's been great to see some of the younger junior members taking part in the RR10's with Hannah Smith, Callum Jarvis and Matthew Abbot and the enthusiasm of Allan Stinson as a new member.

Relays are upon us at the moment with the South Downs Way relay in action or completed as you read this. Can the ladies team bring the winning trophy home for the 2nd year running!

Each year we are invited to enter club teams for the annual Miles of Miles Relay, organised by Romsey Road Runners, this year to be held on Wednesday 3 July 2013 at 7.30pm at Southampton Sports Centre athletics track.
The format is a 10 leg relay over a 'metric mile' (4 consecutive laps for each runner) with teams from all of the local clubs.
All teams need a minimum of two ladies, but an all ladies team is also an option and Junior teams are also welcome.
Please can you let either captain know of your interest to run this as soon as possible so that we can organise teams.

The Test Way relay is to be held on Saturday 14th September. We usually enter a mens and ladies team initially, and then if there is space, a mixed team. Each team comprises of 8 people, each person only runs once. Mixed teams comprise of 4 men & 4 women. The relay begins at Inkpen and finishes at the Salmon Leap pub in Totton following 8 off road legs. It's a great social with all teams coming together at the end sharing their stories over a well deserved drink. The ladies have won the last 2 years and will be fighting off Winchester to regain the trophy!
We have a list of names from the AGM of interested runners, however, please let us know if you would like your name to be added.

See you out and about,
Andy and Sally

THE CTS SOUTH DEVON

8.4 miles		
79th	John Tussler	1.25.26 (2nd MV60)
113th	Glen Street	1.32.50 (2nd MV55)
132nd	Jaz Smith	1.42.55 (7th FV40)

15.7 miles		
117th	David Langrish	2.44.19 (3rd MV60)
132nd	Kevin Ashman	2.49.39 (3rd MV55)
144th	Julie Ashman	2.57.54 (4th FV45)
170th	Caroline Street	3.18.45 (3rd FV55)
183rd	Rowena Dodds	4.05.25 (6th FV45)
184th	Verity Wright	4.05.26 (10th FV40)

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

NETLEY 10K

There was much anticipation and excitement leading up to the final HRRL race of the season. The Stubbington Green Runners sent a determined squad of 37 runners to the picturesque Royal Victoria Country Park race setting, in a bid to settle some individual and team battles. The social network sites were buzzing with activity prior to race day; could the Men's A Team retain 2nd spot in the league? Could the B team sneak 1st spot in their division? And could we get a Ladies C team out in a bid to stave off relegation? These were just some of the questions leading up to race day.

Despite the weather forecast being persistent rain, the climate remained dry and represented perfectly calm running conditions. The Stubbington Green Runners, sensing the importance of the occasion, turned up early (even Mike Harper) in a bid to commence pre-race routines and warm-ups and supporters were placed at strategic locations around the 3 lap route. Nothing was going to be left to chance. Battle plans were prepared and the time had come for them to be carried out!

At the starter's gun, 505 runners, led by SGR's Lewis Chalk and Andy Simpson, hustled and bustled for position. In typical style, some went off too fast only to succumb to the pace, whilst others measured their performance to perfection resulting in sprint finishes and pb's.

At the conclusion of the race, there was cake, plenty of back slapping, and congratulations were passed to one another as the 2012/2013 HRRL season was recognised as being hugely successful for SGR's.

It is impossible to keep up to date with everyone's individual personal achievements but prizes were won by Lewis Chalk (3rd senior male) and Andy Simpson (1st vet 40) and pb's were achieved by many, including Mark Eaton's 3rd pb in his last 3 races, Sev Roberts, Jon Plomer and Andy Stockwell who ran his first sub-40 min 10k. I apologise for not listing other runner's pb's but unfortunately I don't have all the details but I would like to congratulate you and all the other Stubbie Runners, supporters and cake bakers for being part of a great race day.

The men's A team comprising Lewis, Andy, James Sawyer and Mark Eaton finished 2nd on the day behind eventual league winners Salisbury. The B team, which comprised Graham Bell, Dave Jeffrey, Sev Roberts and Mike Harper finished 3rd on the day and the C team, comprising Andy Stockwell, Toby Greenfield, Marcus Lee and Liam Dredge finished 2nd. The ladies A team, comprising Melissa Hutton-Dunton (debut for SGR's), Hilary Gulliver and Lucy May finished 7th and the B Team, comprising Anna Wilby-Lopez, Gaynor Heffer and Nicki White finished 4th, whilst the C team, comprising Verity Wright, Sadie Lee Bedford and Ronal Beukman may have done enough to avoid C team relegation but at the time of writing their result is subject to a HRRL Enquiry.

So, how did the season end up? All of the men's teams improved there previous season's league standings with the A team finishing 3rd, the B team 2nd and the C team 2nd. We had 2 runners in the top 10, Lewis Chalk (4th) and Andy Simpson (8th) and other mug winners were Mark Eaton, Mike White, Graham Bell, Mike Harper and Sev Roberts. Unfortunately Andy Stockwell finished 1 place away from obtaining a mug but he has promised to run faster next year.

It was a year of transition for the ladies. Emily Foran had moved away, Susie MacGregor concentrated on marathon training and Donna Mitchell had a knee injury for the second half of the season. The ladies A team finished 6th in the A division, the B team 8th and the C team 13th (subject to stewards enquiry). Lucy May and Verity Wright each win a mug for finishing 27th and 42nd respectively in the ladies individual league.

Overall, the season can be regarded as a massive success and I greatly look forward to next season, especially if we have the same team spirit and enjoyment that we had this season. There was some inspirational running this year and long may that continue. The men's team's league positions can only be regarded as "punching well above our weight" and every effort will be needed again next season if we can maintain our status as one of the leading running clubs in Hampshire. Next year though may well be the year of the ladies!

Neil R

3	Lewis Chalk	32:52
7	Andy Simpson	34:37
24	James Sawyer	36:48
25	Mark Eaton	36:49
28	Graham Bell	36:53
54	David Jeffery	38:20
57	Sev Roberts	38:27
70	Mike Harper	39:03
82	Andrew Stockwell	39:44
83	Toby Greenfield	39:45
93	Marcus Lee	40:14
98	Liam Dredge	40:21
121	Jonathan Plomer	41:26
128	Neil Richardson	41:43
158	Nico Beukman	43:20
184	Tom Callaway	44:29
257	Paul Coverdale	47:18
261	Kevin Toal	47:35
285	John Salt	48:38
295	John Simister	48:52
324	Sam Bell	50:31
329	Kevin Ashman	50:49
368	Aitken Hunter	52:42
370	David Pheby	52:43
445	Robert Spencer	57:47
484	Allan Stinson	01:04:08

157	Melissa Hutton-Dunton	43:20
249	Hilary Gulliver	46:59
271	Lucy May	47:58
294	Anna Wilby-Lopez	48:51
299	Gaynor Heffer	49:02
332	Nicki White	50:58
359	Verity Wright	52:15
360	Sadie Lee Bedford	52:16
410	Ronel Beukman	55:13
414	Letitia Magennis	55:16
444	Julie Salt	57:47

RR10 STON-EY CROSS

SIMPSON Andy	8
MCGRATH Euan	15
EATON Mark	27
BELL Graham	28
JEFFERY Dave	34
DREDGE Liam	62
BLAKE John	68
LEE Marcus	71
LEIGH Jon	75
CRANE Nick	88
ABBOT Matthew	89
RICHARDSON Neil	92
KIMBER Nick	96
HAMMOND Paul	99
BEUKMAN Nico	100
SNELL Richard	101
JARVIS Callum	112
SMITH Paul	129
JARVIS Neil	137
WHITCHER Nigel	139
COVERDALE Paul	142
MEAD Russell	157
ASHMAN Kevin	160
WHITAKER Keith	162
SIMISTER John	170
TUSSLER John	174
BANNER Martin	188
STINSON Allan	200

NICHOLS Helen	1
MACGREGOR Susie	10
ROSE Gill	15
MITCHELL Donna	25
MAY Lucy	30
GULLIVER Hilary	39
BEDFORD Sadie	59
WHITE Nicki	64
BOWDEN Julie	90
SALT Julie	95
WHITE Sharon	100
MCINTOSH Sandi	105
MARTIN Sarah	107
ASHMAN Julie	109
ROBINSON Sue	119
STREET Caroline	127

NICHOLS Helen	2
MACGREGOR Susie	7
MITCHELL Donna	21
OPENSHAW Rachael	22
SMITH Hannah	67
WOOLFORD Jennet	84
ABBOT Louisa	85
ASHMAN Julie	92
HALL Liz	95
BOWDEN Julie	96
BANNER Erin	103
MCINTOSH Sandi	104
STREET Caroline	108
ROBINSON Sue	121

RR10 SWAY

SIMPSON Andy	5
BANNER Lewes	14
HENDLEY Darragh	18
WHITE Mike	25
EATON Mark	26
HALL Chris	32
MCGRATH Euan	56
BELL Graham	57
DREDGE Liam	58
LEE Marcus	70
SULLIVAN Tim	72
BLAKE John	79
ABBOT Matthew	83
CRANE Nick	85
SAWYER James	87
RICHARDSON Neil	92
KIMBER Nick	107
JARVIS Callum	108
MAY Phil	113
GILES Lee	134
COVERDALE Paul	137
JARVIS Neil	141
WHITCHER Nigel	148
MEAD Russell	169
ASHMAN Kevin	171
TUSSLER John	191
BANNER Martin	202
STINSON Allan	211

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
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

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

Netley 4/5/13		**Netley 11/5/13**		**Netley 18/5/13**		**Netley 25/5/13**	
Tom MacSwayne	17.20	Lewis Chalk	17.32	Chris Brobin	17.45	Tom Calloway	21.14
James Sawyer	18.27	Sev Roberts	19.21	Tom Calloway	20.42	Daniel Foster	22.23
Liam Dredge	20.05	Tom Calloway	21.53	David Langrish	22.42	Paul Southon	23.52
Chris McGaw	21.32	Glen Street	23.18	Paul Southon	22.47	Joanna Parr	24.16
Tom Calloway	21.33	Paul Southon	23.28	Glen Street	23.13	Julie Woodman	25.08
Paul Smith	22.23	John Tussler	24.51	John Salt	23.27	Michelle Simpson	29.28
Joanna Parr	23.41	Julie Woodman	25.10	John Tussler	25:00	Allan Stinson	29.46
Paul Southon	23.48	Russell Mead	25.26	John Simister	27.40	Sue Simister	29.56
Gaynor Heffer	25.00	Rachel Leach	27.06	Michelle Simpson	29.21	Andrew Smith	38.43
Russell Mead	25.14	Jaz Smith	29.44	Allan Stinson	30.05		
John Tussler	25.24	Allan Stinson	30.13	Julie Salt	30.17	**Eastleigh 25/5/13**	
Andy Stockwell	25.27	Caz Lee	31.11	Sue Simister	30.32		
Jamie Stockwell	26.45			Jan Southon	39.47	Keith Whitaker	23.56
Jules Dinwoodie	29.03	**Eastleigh 11/5/13**					
Jaz Smith	30.00	Melissa Hutton-Dunton	21.38	**QECP 18/5/13**		**Brockenhurst 25/5/13**	
Robert Spencer	30.49	Keith Whitaker	24.52				
Allan Stinson	31.43			Andy Stockwell	21.53	Andy Stockwell	19.32
Gemma Fleming	37.01	**Southampton 11/5/13**		Jamie Stockwell	28.33	Jamie Stockwell	26.31
Jan Southon	39.52	Tom MacSwayne	16.56	Robert Spencer	31.13	Robert Spencer	45.27
Julie Salt	51.17	Andy Stockwell	19.28				
		Liam Dredge	19.59			**QECP 25/5/13**	
Southampton 4/5/13							
Lewis Chalk	16.08	**Colchester Castle 11/5/13**				Jon Leigh	21.08
		Robert Spencer	29.14			Marcus Lee	21.36
Norwich 4/5/13		Andrew Smith	38.45			Susie MacGregor	22.54
Andy Lee	21.19						

Stubbies Down Under

The Canberra Running Festival 2013, marking the centenary of the city, was a real family affair. Saturday 13th April 9;00 am saw daughter in law Natalie run the 10K race. At midday when the temperature was 24C the 5K (fun!) run commenced. The water station at 2.5K was certainly necessary. Anne and grandson, Morgan, aged 6 (accompanied by his aunt) had entered this event, and Morgan was the faster. Sunday 14th 7.00 am was a combined start for the half marathon, marathon and ultra, and son Trevor (former Stubbie) who was recovering from injury kept John company all the way in the marathon, crossing the finishing line together.

One week later we were all on holiday together in Albury and saw a "what's on" leaflet at the resort publicising the Wymah Family Fun Day which was very aptly named. It was a long drive to Wymah, a small farming community miles from anywhere. We arrived just10 minutes before the fun runs started. We jogged to register, had our numbers put on our hands with magic marker, jogged quickly back to the car, then to the start and we were off. Morgan ran the 2K accompanied by Trevor, Anne the 5K and John the 10K. The route was hilly, on a dirt track road, which at one stage had a notice "Beware stock crossing". The locals were amazed that two 70 year olds from England had come to do the races. They even gave us coffee vouchers! Other events at the fun day, new to us, were sheep racing, which White Caviare did not win, dog jumping and cow pat bingo (a field is divided into squares which are numbered and the winner is where the cow performs).

Canberra 5K
Morgan Fairhurst 37:22 Anne Fairhurst 39:02 (1st F 70)
Canberra Marathon
Trevor Fairhurst and John Fairhurst 4-12:16 John (2nd M 70)

Wymah
2K Morgan Fairhurst 11:45
5K Anne Fairhurst 43:45
10K John Fairhurst 59:25

Liam

My London Marathon Experience

To be awarded a club place is a great honor, so naturally you want to do yourself and your club proud. After suffering a nasty ITB injury at the Solent Half Marathon in October, I was not even sure I would be able to make the start line. It was while resting this injury Euan McGrath posted an interesting link on Facebook about the Hanson Brothers: Less is More Marathon Training program. Vaguely remembering reading about this in Runner's World Magazine I took another look. Always up for trying new things and looking to take on London injury free, I quickly decided this would be my Marathon Program, 18 weeks of shorter tempo runs and speed and strength training. I had to start on the 17th of Dec to get the entire 18 weeks in. That was D- day for the injury to heal.

The 17th came and I went for my first tentative run after 8 weeks of no running at all. It went very well and with each run I became more confident. Throughout the training I found myself becoming fitter stronger and quicker and lighter, not least because on top of the 50 miles a week running I was building up. I was also cycling an average 75-90 miles per week to and from work. With the boost in Overall fitness it gave me a renewed love to just be out running and it's always easy to run with a smile on your face when you're improving all the time. As I said previously though with a club place you always want to do the best you can, so I was starting to think more seriously about hydration and nutrition as well as maintenance.

Getting Lucy May to maintain my legs every 6 weeks through the program was an essential ingredient too. Aside from the training I enjoyed some great tune up races including some of the Today's Runner and Hampshire league X Country events(good strength and stamina building), Stubbington 10K, Fleet Half Marathon and Eastleigh 10K. Before you know it race day is nearly upon you, I was lucky enough to be able to stay with some of my wife Kerry's family just outside of London, so I was able to jump on a tube to get to the start. I guess most runners have their own ritual the night before a big race personally I like to be as meticulous as possible with my gear. On this occasion I think I must have checked it all 100 times over, nerves only running your first Major Marathon can bring I suppose. In keeping with that I hardly slept a wink that night, though I was still up with a bang full of nervous energy to make matters worse I managed to set the smoke alarm off whilst cooking my toast at 5:50 in the morning waking the entire household (nice work Liam).

Anyway Kerry's uncle dropped me off at the tube station and I nervously looked around for other runners. Luckily it wasn't long before I spotted some and quickly we all began talking about whether or not we got free tube travel from everywhere or just Waterloo. Thankfully it was Free everywhere and so we all jumped on the first tube heading into London and began chatting about where we were from, why we running, our training, nerves etc. I have always loved the bond between runners but Marathons bring you together at a new level and this being a Major and for those of us it was our home one of London, you could sense there was something extra special about it. Making some new acquaintances was great and having a laugh as well as picking up useful info from those runners that had done London before helped relax me a bit. Leaving the train at Black heath we strolled up to the start area, not quite buzzing with activity at that time in the morning it was more bubbling as runners slowly made their way into the different color starts. I bid farewell to my companions and made my way in to the blue start (a good start to have I had been told), it was there I met up with some fellow Stubbies Nick Kimber, Alan White, Ray Gunner and Joanna Par. We chatted, relaxed in the glorious sunshine (oh yes I forgot to mention the perfect weather that morning) and discussed tactics and ambitions.

I was starting to buzz with the occasion, though still mostly nervous time came to put our bags in and head for our start pens, we gave each other good luck salutes and filtered in.

Waiting to go all I could think about was getting going, there was a minutes silence before the start in memory of the Boston Bombing casualties and this added to the anticipation and then we were off!

It is true what they say you never really take in the sights as your running around London as you're just concentrating so much on everything you want and need to do. But the crowds are amazing, people shouting your name and willing you on, children putting out their hands for a high five it's incredible. As your traverse through the local communities each sets of supporters differ ever so slightly but all have the same intensity which for me was the best part, better even than coming down the Mall, which I had been looking forward to the most but in the end didn't quite have the same effect as I those streets filled with people especially when your wife is among them.

Maybe it was because I was completely shattered by then or maybe it's just different for everybody but I did enjoy seeing the other runners getting that buzz from the Stands and taking off like Gazelles to the finish line. Crossing the finish Line at such an event and seeing the race clock as you do so then checking your watch as all us time obsessed runners do. I felt a great sense of achievement that I had given my all and could run no harder, and I feel no shame in admitting I was overcome briefly, by a wave of emotion as I wandered wearily to collect my bag from the lorry and all the support staff stood congratulating all of us runners for our efforts.

It is on that note I would like to finish by saying how fantastically well organized and supported I thought the whole event was. From the Tube station Guards who helped us all on way and wished us well and congratulated us as we headed home to all the Volunteers for the London Marathon whose work and effort made everything so smooth to every single person who lined the streets. A Truly amazing day it was everything people said to me it would be and more. So if you decide one day to take on a Major Marathon and you choose London, whether you run fast or slow whether you struggle or breeze through it one thing is for sure you will have an Experience to remember.

Liam Dredge

HAMPSHIRE ROAD RACE LEAGUE

THE FINAL LEAGUE TABLES

LADIES A TEAM

1	Winchester	8
2	Salisbury ARC	14
3	Eastleigh	30
4	Alton Runners	36
5	Denmead	38
6	Stubb'n Green	39
7	Fareham	41
8	Pompey JC	41
9	New Forest	50
10	Farnham	59

MENS A TEAM

1	Salisbury ARC	12
2	Overton	20
3	Stubb'n Green	21
4	Lordshill	29
5	Winchester	37
6	Denmead	50
7	New Forest	63
8	So'ton AC	64
9	Farnham	64
10	Pompey JC	67

LADIES B & C TEAMS

1	Winchester B	8
2	Winchester C	17
3	Salisbury ARC	30
4	Fareham	34
5	Lordshill B	37
6	Denmead	40
7	Pompey JC	54
8	Stubb'n Green B	62
9	Totton RC	74
10	Eastleigh	76
11	Alton Runners	80
12	Farnham	91
13	Stubb'n Green C	96
14	New Forest	107

MENS B TEAM

1	Lordshill B	18
2	Stubb'n Green B	21
3	Winchester B	26
4	Salisbury ARC	36
5	Overton	44
6	Winchester C	57
7	Eastleigh	59
8	Fareham	62
9	Denmead	63
10	Pompey JC	78
11	New Forest	84
12	So'ton AC	100
13	Farnham B	103
14	Andover B	104

MENS C TEAM

1	Lordshill C	13
2	Stubb'n Green C	19
3	IOW RR	37
4	Totton RC	41
5	Hardley	48
6	Gosport	55
7	Victory AC	76
8	Alton Runners	97
9	Farnham C	111
10	Andover C	123
11	Poole AC	124
12	Ryde Harriers	124
13	Aldershot FD	129
14	Portsmouth AC	135

INDIVIDUAL SCORING 7 RACES TO COUNT

27	Lucy May
42	Verity Wright

4	Lewis Chalk
8	Andrew Simpson
17	James Sawyer
28	Mark Eaton
30	Mike White
35	Graham Bell

46	Mike Harper
48	Sev Roberts
61	Andrew Stockwell
74	Liam Dredge
91	Tom Callaway

THE ALTON 10

A core team of 13 Stubbington Green Runners travelled to east Hampshire to compete in the Alton 10 mile road race in a bid to ensure our current excellent league standings were maintained, in what was the penultimate HRRL race of the season.

The Alton 10 provides a challenging yet very rewarding undulating route that takes you through some attractive villages in the East Hampshire Countryside.

The fact that we were down to the bare bones on numbers seem to inspire those that did compete into achieving some fantastic times and results. We benefitted hugely from James Sawyer returning after injury and from the returning Dave Jeffrey who turned out for only his 2nd HRRL race of the season and had George Rennie not surprised us all by turning up, we would not have been able to put out 3 men's teams. The Bank Holiday timing also seemed to deter many of the SGR lady runners but huge thanks go to Lucy May and Julie Salt for representing team SGR in the Ladies A Division.

The men's A team which comprised the elite unit of Andy Simpson, James Sawyer, Mark Eaton and Graham Bell ran away with 2nd place in the A Division and the B Team took 1st place in the B Division. The B Team comprised the speed and experience of Mike White, Dave Jeffrey, Sev Roberts and Andy Stockwell.

The C Team, comprising Neil Richardson, Tom Callaway and George Rennie ensured a 6th place finish in the C Division was secured, which enabled the C team to maintain their 2nd spot in their division. Whilst the ladies didn't have enough runners to provide a full team, Lucy May and Julie Salt performed fantastically well to obtain 6th place in the Ladies A Division.

1st Vet 40 prize went to Andy Simpson, although he seemed a little disappointed that it wasn't a cash prize and that may go some way to explaining why he was no where to be seen when the post race drinks in the pub were being purchased! There were many other inspirational runs on the day but Mark Eaton's new 10 mile PB stands out as an exceptional performance. To achieve a 10 mile PB on that course defies all logic.

Special thanks go to team photographer and chief cake baker, Tracy Bell, for baking my favourite banana cake although I did receive a glare from some when I helped myself to a 3rd slice!
Neil R

Andy Simpson	57:57:00	1st V40
James Sawyer	01:01:44	
Mark Eaton	01:01:57	PB
Graham Bell	01:02:13	
Mike White	01:04:08	
Dave Jeffrey	01:05:01	
Sev Roberts	01:05:36	
Andy Stockwell	01:09:29	
Neil Richardson	01:12:43	
Lucy May	01:17:56	
Tom Callaway	01:18:30	
George Rennie	01:22:37	
Julie Salt	01:40:12	

Name	Apr	May	Difference
			1st - Best
Graham Bell	24.24	23.36	-0.48
Andy Simpson	22.19	21.49	-0.30
Mark Eaton	24.55	24.50	-0.05
Tom MacSwayne		22.11	
James Sawyer		22.49	
Chris Brobin		23.04	
Dave Jeffery		24.50	
Mike White	24.14		
Chris Hall	24.19		
Tom Whitcher	24.42		
Jon Plomer	27.55	26.16	-1.39
Susie MacGregor	27.55	26.47	-1.08
Mike Harper	26.24	26.01	-0.23
Richard Snell	27.48	27.27	-0.21
Andy Lee	26.22	26.04	-0.18
Jon Leigh		25.32	
Andy Stockwell		25.45	
James Lee		26.03	
John Blake	25.44	26.11	
Nick Kimber		26.22	
Nick Crane	26.55	27.11	
Neil Richardson		27.20	
Gill Rose		28.00	
Ray Gunner	26.12		
Rich Chowns	26.47		
Mike Bell	27.17		
Mark Millard	29.26	28.19	-1.07
Keith Whittaker	30.41	30.06	-0.35
Stephen Andrews	28.15	28.15	
Philip May		28.46	
Tom Callaway		29.01	
Nikki Roebuck		29.12	
Rachael Openshaw	29.25		
Keith Carter	29.47		
Nigel Whitcher	30.05		
Philip Martin		30.01	
Paul Coverdale		30.32	
Hilary Gulliver	31.50	30.01	-1.49
Paul Southon	32.57	31.01	-1.56
Kevin Ashman	32.12	31.12	-1.00
John Tussler		32.31	
Gaynor Heffer	32.57		
Heather Hudson		33.42	
Clara Fordina		34.39	
Robert Spencer	39.48	35.53	-3.55
Sue Robinson	40.37	38.14	-2.23
Sarah Martin	40.41	39.18	-1.23
Eric Beck		35.53	
Sandie McIntosh		38.13	
Julie Ashman	36.57	38.30	
Sharon White		39.18	
Mike Wotton	39.48		

THE NEW LOOK TIME TRIALS

Great conditions for the second time trial of the year with 41 runners turning out and 16 out of 20 runners going quicker than April's trial. The results are banded by your first time trial and then we take away your fastest time to get your biggest improvement over the year. People should see progression over the time trials as the training put in shows by better times. The person who loses the most time in their handicap band at the end of the year will win a prize. Not to mention the monthly prize for the person who has improved the most that month. The honour of the biggest improver in May was Rob Spencer who was paced by Eric Beck, knocking 3 mins 55 secs off his time and scooped a chocolate prize!

Next time trial is Thursday 13th June, we are looking to trial trying to get everyone finishing within a 15 minute window, so it's more of a bunch finish. So if you expect to run over 35 minutes then you'll go off at 6.45 and people who are expected to run under 35 minutes at 7pm. People who are have run one of the first two time trials will have an idea of their time for the 4 mile course. Although running with people a little quicker than yourself and using them as pacemakers helps to bring down people's times, aka Rob Spencer.

Handicap Bandings

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

Please note that we need to be parking in the community centre car park, in particular since the time trials are attracting big numbers and we don't want to have the residents complaining. Also it's a great warm up, to the start and you can use the loos!!

After the time trial we will look to rehydrate in the Red Lion which proved very popular last time with over 20 runners sampling the pubs beverages

Let's see if we can't get 50 plus runners out in June for the time trial. Cheers
Andy Simpson

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 CLUB CHAMPIONSHIP HALFWAY POINT

Andrew Stockwell	150	Julie Ashman	35	Julie Dinwoodie	17	Andrew Richardson	6
Lewis Chalk	128	Rachael Openshaw	35	Anna Wilby-Lopez	16	Anne Trotman	6
Tom Callaway	124	Sandie Mcintosh	35	Michael Edey	16	Alison Thomas	5
Robert Spencer	114	Sue Robinson	35	Sam Stockwell	16	Andy Tomlinson	5
Mike Harper	100	Susie Macgregor	35	Ann Blake	15	Ann Vestergaard	5
John Tussler	98	Joanna Parr	34	Del Granger	15	Boe Harper	5
James Sawyer	97	Laura Ridge	32	Graham James	15	Chris Douglas	5
Jasmine Smith	86	Ellie Crane	31	Graham Martin	15	Christine Eaton	5
Jon Leigh	81	Paul Coverdale	31	Hannah Mcneish	15	Dai Lloyd Jones	5
Sev Roberts	81	Aitken Hunter	30	James Keen	15	Daryl Hendley	5
Phil May	80	Euan McGrath	30	John Webber	15	Dave King	5
Liam Dredge	78	John Fairhurst	30	Naomi Crane	15	David Pheby	5
Andy Simpson	75	John Vose	30	Nigel Witcher	15	Frazer Rowbotham	5
Richard Chowns	75	Julia Park	30	Rick Scott	15	Hilary Gulliver	5
Glen Street	74	Louisa Abbott	30	Robert Blackmore	15	James Lee	5
Lucy May	73	Paul Hammond	30	Sally McGrath	15	Jennifer Beck	5
Paul Southon	73	Rowena Dodds	30	Simon Hearnden	15	Jonathan Plomer	5
Keith Whitaker	72	Sadie Bedford	30	Jennie Lee	13	John Exley	5
Verity Wright	70	Steve Martin	30	Alan Stinson	12	Jon Henderson	5
Nick Kimber	68	Tina Chantrey	30	Dan Foster	12	Justine Bennett	5
Stephen Andrews	62	Tracie Jarvis	30	Katie Simister	12	Karen Moore	5
John Blake	61	Jan Southon	29	Ann Fairhurst	10	Kevin Tyler	5
Andrew Smith	60	Kevin Toal	29	Chris Reynolds	10	Kimberley Law	5
Graham Bell	60	Letitia Magennis	29	Chris Richards	10	M Townsend	5
Nick Crane	60	Rachel Leach	29	Clara Fordina	10	Mark Millard	5
Tom Macswayne	60	Ian Race	27	David McNeish	10	Matt Gardner	5
Julie Bowden	59	Gaynor Heffer	26	Eunice Hoare	10	Melanie Adcock	5
Marcus Lee	59	Jane Butler	26	Georgie Gair	10	Naomi Rowbotham	5
Mark Eaton	59	George Howarth	25	Helen Butler	10	Nicola Brook	5
Andy Lee	58	Neil Richardson	25	Ian Webber	10	P Goss	5
Russell Mead	58	Tanya Brady	25	Jane Adlard	10	Penny Forse	5
Kevin Ashman	57	Tim Sullivan	25	Jane Heywood	10	Pippa Abbott	5
John Salt	55	David Langrish	24	Julie James	10	Ray Gunner	5
John Simister	55	Donna Mitchell	24	Katherin Briggs	10	Richard Thomas	5
Julie Salt	55	Julie Woodman	24	Keith Carter	10	Richard Townend	5
Alan White	53	Chris Hall	23	Lisa Donn	10	Ronel Beukman	5
Katherine Daily	51	Mark Le Gassick	23	Michael Wootton	10	Ryan Thomas	5
Richard Snell	51	Daragh Hendley	21	Mike Clarke	10	Sandie Bedford	5
Caroline Street	50	David Castle	20	Nikki Roebuck	10	Sarah Broom	5
Mike White	50	David Jeffery	20	Paul Smith	10	Sarah Martin	5
Terry French	50	Gary Littlecott	20	Peter Hutchinson	10	Scott Parkes	5
Richard Edmunds	48	Gordon Westley	20	Petra Wagenblast	10	Simon Carson Jones	5
Gill Rose	46	Jennet Woolford	20	Philip Martin	10	Steven Peach	5
Chris Leach	45	John Cox	20	Richard Crane	10	Tracey Terry	5
Helen Nicholls	45	Kathryn Davies	20	Sandra Abrams	10	Alex Burton	3
Jamie Stockwell	45	Lucy Window	20	Sarah Webber	10	Ben Smith	3
Kathy McKain	45	Mike Bell	20	Sarah White	10	Ben Mcwilliams	3
Sue Simister	44	Neil Jarvis	20	Sharon Simpson	10	Hannah Smith	3
Angela Benfield	43	Nico Beukman	20	Tim Crumpton	10	Holly Stockwell	3
Chris McGaw	38	Peter Rawlins	20	Tom Whitcher	10	John Nicholson	3
Eric Beck	36	Sharon White	20	Wayne Ewens	10	Sam Bell	3
Nicki White	36	Katherine Adams	18	Steve Trotman	9	Sarah Barron	3
Jen Elkins	35	Caz Lee	17	Mike Bainbridge	8		

Recovery

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

As runners we often see recovery as a luxury, something to do if we have time. But recovery is just as vital to your training routine as things like speed work, hill and strength training.

What happens to our muscles when we train?

When we train hard we break down fibres in our muscles. This is a natural process and with enough time and resources our body then works on building those muscles back up again so they become stronger. The stronger our muscles become, the faster, stronger and longer we can run. Clever heh?

A hard workout or training session also compromises our immune system leaving us at our most vulnerable to illness and injury immediately afterwards.

Completing another hard training session too soon after the previous intensive session will lead to further tissue breakdown which, over time, can lead to an overuse injury, so we are stacking up problems for ourselves without necessarily being aware of it.

So, as you can see, over training and not allowing our body time to recover is counterproductive and won't get us to where we want to be!

Our body is an amazing machine...

...in what it is geared up to do if we allow it to do its job and give it what it needs!

- Time for it to adapt
- Sticking to the 10% rule – max increase in weekly mileage
- Post run nutrition – preferably a carb/protein snack within 30-60 mins with a 4-1 ratio
- 10-15 minutes stretching of all the major muscle groups you have used during your training session
- Rest
- Sleep (our body heals while we sleep)
- Fluids – our muscles need fluid. If they don't have enough they stick to each other and don't glide across each other as they need to. Water is needed for just about every bodily function
- Nutrition – think about diet and what your body needs to cope with those training sessions
- Active recovery – walking, swimming, cross training, just moving (!) will increase the blood flow and encourage waste removal from those muscles and get nutrients to them for repair

Remember...

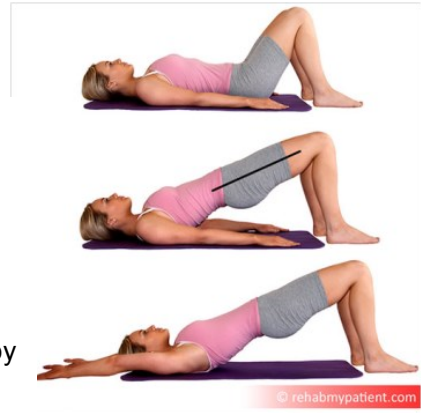
It is not while we are training that we become stronger, faster, fitter, it is while we are recovering. So,

Have a recovery plan – don't just tag it on to your training, make sure it is at the centre of it *and* Train Smart

Stretch of the month (glutes)

Lie on your back and bring your knee towards your opposite shoulder to feel a stretch in your bottom

Changing the angle you take the leg will change the position of the stretch and you can play around to find the stretch that feels most effective for you



Strength of the month (core plus spine mobility)

- Lie on your back. Exhale as you tilt your pelvis back underneath you, pressing your lower back into the floor
- Slowly roll your spine off the mat one vertebrae at a time to the tips of your shoulder blades
- Hold this position as you inhale and take your arms over your head
- Exhale as you roll the spine back down, one vertebrae at a time, followed by your arms. Make sure you keep your weight equal through both feet

Stubbington Green Runners: Social Events 2013

May			
Thurs 2nd	Meet at the Red Lion for a drink after the Time Trial	Stubbington	1945ish
Mon 6th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930ish
Wed 8th	Meet at the Green Dragon in Brook after the Stoney Cross RR10	Brook	2000/2030
Thurs 9th	Curry Night at the Stubbington Tandoori, 1930 or meet at the Red Lion at 1900 for a warm up	Stubbington	1900/1930
Wed 22nd	Meet at the Oak Inn at Bank after the Wilverley RR10	Bank	2030/2100
Jun			
Mon 3rd	Gather for a drink at the Parson's Collar after 'Newbie Night' and the end of Beginners Course	Whiteley	1930
Wed 5th	Meet at the Heath Hotel, Blackfield after the RR10	Blackfield	2030/2100
Mon 10th	Macmillan Mile to be held at Whiteley - see website/Green Runner	Whiteley	1800/1930
Wed 12th	Meet at the Sea Horse after our Alver Valley RR10	Gosport	2030/2100
Thurs 13th	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Tues 25th	Chariots of Fire Race starting at Meon Shore	Meon Shore	1815
Wed 26th	Meeting at Windover Manor after the Manor Farm RR10	Bursledon	2030/2100
Jul			
Mon 1st	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930ish
Thurs 4th	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Wed 10th	Meet at the Fishers Pond after the Marwell RR10	Fishers Pond	2030/2100
Sun 21st	BBQ at Manor Farm Country Park	Manor Farm	1200
Wed 24th	Meet at the Green Dragon after Janesmoor Pond RR10	Brook	2030/2100
Fri 26th	6.05 Special at Wickham followed by drinks at a local pub TBA	Wickham	1830 for 1900
Aug			
Thurs 1st	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Mon 5th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Wed 7th	Meet at The Master Builder after the Itchen Valley RR10	West End	2030/2100
Wed 21st	Meet at The Dolphin after the Hursley Park RR10	Hursley	2030/2100
Sep			
Mon 2nd	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Thurs 5th	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Fri 6th	Fish 'n Chips Handicap at Warsash	Warsash	Finish at 1915
Oct			
Thurs 3rd	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Mon 7th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Nov			
Mon 4th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Sat 30th	Awards Night Dinner at David Lloyd	Port Solent	1900 for 1930
Dec			
Mon 2nd	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Sun 15th	Mulled Wine Handicap - Fancy dress a must!	Warsash	Finish at 1100

THE RACE DIARY

Sunday	02/06/2013	10:00 AM	IOW Half	Needles XC half-marathon
Sunday	02/06/2013	10:30 AM	Braishfield	Beer Race
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
Sunday	09/06/2013	11:00 AM	Portsmouth	D Day 10K
Wednesday	12/06/2013	7:30 PM	MARSHALS	RR10
Sunday	16/06/2013	10:00 AM	Purbrook	Ladies 5
Sunday	16/06/2013	10:30 AM	Puddletown	Puddletown Plod (20K)
Sunday	23/06/2013	10:30 AM	Sway	Sway Carnival 5
Wednesday	26/06/2013	7:30 PM	Manor Farm	RR10
Wednesday	26/06/2013	7:15 PM	Lakeside 5	Portsmouth
Sunday	30/06/2013	10:30 AM	Lordshill	Lordshill 10K
Sunday	30/06/2013	8:15 AM	Swanage	Purbeck Plod

Wednesday	10/07/2013	7:30 PM	Marwell Zoo	RR10
Sunday	14/07/2013	11:15 AM	New Forest 10	New Forest 10
Sunday	14/07/2013	10:00 AM	Wyvern 10K	Wyvern
Sunday	21/07/2013		Stansted Slog	Portsmouth Joggers
Wednesday	24/07/2013	7:15 PM	Lakeside 5	Portsmouth
Wednesday	24/07/2013	7:30 PM	Janesmoor pond	RR10

VIEW FROM THE COACH

The last 8 weeks have flown by and the beginner's course is coming to an end on the 3rd June. Their goal is to run the Netley Parkrun on Saturday 1st June and we are all meeting there at 8.30am, I'm really looking forward to seeing them achieve their goal, they have all worked so hard.

I have a few races lined up for them over the coming months, they will be able to run our RR10 on the 12th June, they just don't take a number at the end, and I am also encouraging them to enter the Purbrook Ladies 5 on 16th June, Tadley 10k on the 7th July and Bishop Waltham 5 on 21st July to name a few, it would be great to see other Stubbies entering these runs to offer support and encouragement.

With the course coming to an end it means that the beginner's will not be beginner's anymore and will be joining in our main Monday and Wednesday night training sessions. They should comfortably fit into the A group which means that everyone should progress up a group.

The rota for June and July is now complete and will be on the website the beginning of June. All our leaders have set routes and as you know we always loop back to our back markers so no-one gets left behind. I have created a C+ group so that the B group can move up into the C group so that there is a natural progression. Monday nights are more popular at the moment than Wednesdays which is why there are more leaders on a Monday. This may change as newbie night, the end of the RR10's and the end of the beginner's as this should create an increase in numbers on a Wednesday.

Sadly Glen has had to step down as the main leader on Thursday night training sessions due to work commitments, he has been a fantastic support for the last 6 years, turning up rain or shine and creating a very safe, inclusive and non-threatening training environment so I am sure I am not alone when I say a huge thank you to him. These sessions will still continue though so watch this space.

Newbie night again on 3rd June so again any support to encourage new members will be greatly appreciated; look forward to seeing you soon.
Verity

The Stubbington Noticeboard

Jun-13	Day	Effort/Activity	Recovery	Where	Who
4th June	Tue	Steady 4/5 Mile (Pre RR10) or Paarlauf @ School of Nav		Locks Heath Cntr	Mike Bell
		Or RR10 Marshal Recce (1830)		Alver Valley	Paul Hammond
6th June	Thur	Track - 10 x 400m	200m jog	Crofton	Jon Leigh
		Or RR10 Marshal Recce (1830)		Alver Valley	Paul Hammond
11th June	Tue	5 x Brownwich Loop	2mins	Locks Heath Cntr	Mike Bell
13th June	Thur	4 Mile Time Trial	Red Lion, Stubbington	Eric Road, Stubbington	Andy Simpson
18th June	Tue	2x(4x800m) at St John's park	1min and 2min (Optional cross train warm up at park)	Locks Heath Cntr	Mike Whtie
20th June	Thu	4 x 400 and 4 x 800 track session	200m / 400m	Crofton	Mike Harper
25th June	Tue	"Chariots of Fire" Beach Run 1815 Start (Pre RR10)	BBQ/Osbourne View	Meon Shore	Nick Kimber
27th June	Thu	6 x 1200m	2mins	Crofton	Graham Bell

6.00PM MONDAY NIGHT AT WHITELEY

3rd June	Forest rectangle - about 940m	4 - 8 laps of long sides fast / short sides jog
10th June	Leafy Lane 1.1km loop - 3 - 7 laps fartlek	
17th June	Forest rectangle - about 940m	2 x 1 lap fast/1 lap jog; 2 x ½ lap fast / ½ lap jog ; 2 x 1 side
24th June	Forest rectangle - about 940m	4 - 8 laps of short sides fast stride / long sides jog

GLENS THURSDAY TRAINING SESSIONS

6th June - Locks Heath - Chilling 3 x 5 minutes (2 minutes)
13th June - Stubbington - 4 mile time trial
20th June - Locks Heath - Chilling 2 x 1 mile (3 minutes)
27th June - Stubbington - 3 x 800 (400)

Who's who

Chairman: Graham Bell
07801 594085
gebell@ntlworld.com

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

Social Secretary Sue Robinson

Club Secretary / Membership:
Kevin Ashman07909 115936
Kash99@ntlworld.com

Treasurer: Robert Spencer
rs@hoodhouse.co.uk

Triathlon Rep: Nigel Whitcher

Website editor: David Eland

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

Social committee:

Nick Kimber 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

Tim Sullivan01489 572641
tim.sullivan1@virginmedia.com

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

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

Kathy McCain 01329 668856
klaf@ntlworld.com