The Green Runner

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

AUGUST 2013

STUBBINGTON INVASION OF BISHOPS WALTHAM

James and Simon Collect their prizes

THE BISHOPS WALTHAM 5 RESULTS

1ST	James	Sawyer	29.20
2ND	Simon	McMorran	29.40
4TH	Mark	Eaton	30.52
6TH	David	Castle	31.26
11TH	Andrew	Stockwell	33.07
13TH	Marcus	Lee	33.23
15TH	Andy	Lee	33.41
25TH	Tom	Callaway	35.48
26TH	Paul	Hammond	36.01
27TH	Richard	Snell	36.32
31ST	Gill	Rose	36.54
57TH	Tina	Chantrey	39.59
59TH	Richard	Chowns	41.01
60TH	Kat	Chowns	41.01
63RD	Neil	Stantiall	41.30
101ST	Gemma	Fleming	54.27

A very hot and very hilly Bishops Waltham didn't deter the green army from showing up en masse.

James and Simon finished in the top two and happily collected their prizes. Despite finishing third lady Gill Rose missed out on her bottle of vino due to age category popularity in the V45 group.

Richard Chowns paced Kat around the course helping her to a PB on a course where you don't see many

Thank you to Paul Hammond for pushing and then pulling me up the hill.
Richard Snell

END OF GREEN RUNNER HISTORY

This issue of the Green Runner, August 2013, will sadly be the last to appear printed out on the famous green paper. After many, many years (probably about 20, no one really knows) the green runner will no longer be printed out.
The club photocopier is being retired and Caroline will get her spare room back, the Green Runner will in future only be available on the website.
This will make absolutely no difference to 95% of you who already receive it in this way.
A copy of each months issue will still be printed and kept by the club secretary as a written record of the clubs history
Richard Snell (Green Runner Editor)

6.05 SPECIAL RESULTS

Andy Simpson	Stubbington	41.17
Andy Stockwell	Stubbington	43.04
Sonia Rushby	Hedge End	44.28
Tim Crumpton	Stubbington	44.33
Jon Leigh	Stubbington	44.49
Neil Hislop	Hedge End	44.49
Marcus Lee	Stubbington	44.50
Stephen Kivlochan	Hedge End	44.51
Phil Martin	Stubbington	47.20
Andy Lee	Stubbington	48.19
Cliff Manton	Hedge End	48.25
John Salt	Stubbington	48.25
Phil May	Stubbington	48.50
Paul Sothon	Stubbington	49.52
Donna Mitchell	Stubbington	50.26
Susie McGregor	Stubbington	50.26
Alan White	Stubbington	50.40
Amy Green	Stubbington	53.08
Phil Hobby	Stubbington	53.08
John Tussler	Stubbington	53.38
Tim smart	Stubbington	54.18
Emma Davies	Hedge End	54.49
Kevin Ashman	Stubbington	57.19
Gill Rose	Stubbington	58.38
Richard Snell	Stubbington	58.38
Sheryl James	Hedge End	58.58
Eric Beck	Stubbington	59.44
Sarah Martin	Stubbington	59.45
Julie Salt	Stubbington	60.35
Guiseppe Saieva	Hedge End	65.00
Alan Stinson	Stubbington	65.22
Diane Rice-Adams	Hedge End	65.40
Vicky Bryce	Hedge End	65.40
Julie Ashman	Stubbington	66.57
Rowena Dodds	Stubbington	66.58
Debbie Spinks	Stubbington	67.05

NEW FOREST 10

14	Mark Eaton	01:04:17
15	Simon McMorran	01:04:41
33	Andrew Stockwell	01:09:41
35	Tanya Brady	01:09:50
79	Marcus Lee	01:15:32
80	Neil Richardson	01:15:40
104	Pete Goss	01:17:10
118	Jonathan Plomer	01:18:08
152	Paul Smith	01:20:12
190	Daniel Foster	01:22:26
287	Hilary Gulliver	01:29:15
332	Jennet woolford	01:32:18
480	Simon Hearnden	01:41:33
518	Clare Campbell	01:44:17
553	Kathryn Davies	01:45:47
600	Lucy Window	01:49:33
601	Elizabeth Mitchell	01:49:33
774	Clare Van Den Bos	02:28:13

Wyvern 10k (Well done Louise)

RUNNERS: 222 Men and 126 Women
FIRST MAN: Andy Morgan-Lee: Thames Hare & Hounds: 33:26
FIRST WOMAN: Louise Wills: Stubbington Green Runners: 42:12

WHERE: Fair Oak WHEN: Sunday, 14th July 2013
THE RACE. 'Out and back' route along various lanes within Fair Oak and Horton Heath, starting and finishing at Wyvern College. The course was undulating, particularly during the last few kilometres. Originally water stations were to be provided at 4 and 6km. However, on the very hot sunny day an extra station was added at 7.5km and some marshals were offering additional water. The race was well organised with plenty of friendly and helpful marshals. The steel band near the start and finish added to the atmosphere – their music being particularly welcome when approaching the finish.
John

Sev Roberts: 16th 39:10
Lliam Dredge 25th 40:09
Louise Wills 40th 42:12
John Fairhurst 200th 55:44
George Howarth 202nd 56:08
Allan Stinson 306th 1-07:20

Fish & Chip Handicap
Friday 6th September 7:30 Finish

Yes all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP!! 10k of RR10 style cross country running around Solent Breezes. The handicap will be held on Friday 6th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, instructions, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way! A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to 7.30 pm. Prizes for first male and female runner closest to the target finish time.

Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head (for Northerners (Andy Simpson) Pie and Chips is an option!). Please pay on the night but we must know exact numbers this time though so please email or call Tim Sullivan (tim.sullivan1@virginmedia.com / 0789 6613962) by Monday 2nd Sept if you would like some fine English cuisine – otherwise NO NAME NO GRUB!

If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere £1 per head to cover this handicap and future events.
From the WSC barrier, head towards Solent Breezes along the coastal path; keep on the path and then the beach until you have reached the Solent Breezes slipway (2.25 miles).

At the top of the slipway turn right towards Chilling as soon as you enter Chilling field turn left and follow the path around one side of the field till the first exit.

Take this exit and bear right, when you meet the tarmac road turn right and head up towards Abshot. Beware that this road is in constant use and care should be taken.

Just before you get to the Nook & Cranny restaurant turn left into Hook Park Road, follow the gravel track until you get to Cowes Lane.
Go down Cowes Lane until you reach the beach, then turn right and head back along the coast to the finish .

Length 6 miles

PERFORMANCE OF THE MONTH

Louise Wills for her fantastic performance at the Wyvern 10K (first Lady)

Mark Eaton who just seems to be getting quicker and quicker this year

National Lottery Anniversary run
5 MILES

Pos	Name	Finish Time
290	Jon Leigh	00:32:27
713	James Lee	00:34:56
1539	Lucy May	00:37:49
1544	Philip May	00:37:50
2439	Alan White	00:40:11
2862	Clara Fordina	00:41:11
2916	John Simister	00:41:19
3085	Nicola White	00:41:45
4694	Lucy Window	00:45:10
7646	Susan Simister	00:51:21
8577	Michael Wootton	00:53:29
8600	Robert Spencer	00:53:32
10076	Lisa Nicholson	00:58:14

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

			swim	T1	bike	T2	run	total
Mike White	(M) 55-59	5th	24.42	02:31	01:01:35	02:14	38.40	02:09:43
Helen Nicholls	(F) 35-39	9th	27.27	02:18	01:07:09	01:57	40.39	02:19:31
Euan Mcgrath	(M) 40-44	95th	30.22	03:15	01:06:48	02:13	43.14	02:25:53
David Abrams	(M) 65-69	14th	30.41	04:04	01:16:04	03:13	47.28	02:41:31
Sandra Abrams	(F) 65-69	1st	33.24	05:34	01:27:48	03:08	01.02.29	03:12:24
Thomas Whitcher	(M) Youths	28th	06:11	01:55	15:19	02:07	09:30	0:35:02

BRITISH TRIATHLON CHAMPIONSHIPS LIVERPOOL

Llandudno Sea Triathlon

A qualifier for World Sprint Championships in London, September. I finished 3rd in my age group (35 - 39) and qualified for a Worlds

Helen

FROM THE CHAIR

As the long hot summer continues, and how great it is to see everyone enjoying the joy of running in the searing heat. As we move through the traditional holiday season, it is time to train sensibly in the heat, and prepare for what is shaping up to be a busy September for running. Neil has been busy updating the HRRL details elsewhere in this issue, and Andy has been working hard to get the Test Way Relay and Road Relay teams organised. Autumn marathon training has now kicked off in earnest for many, with Loch Ness, Bournemouth, Nottingham, Abingdon and Berlin all on the calendar for many members to my certain knowledge. Hopefully the heat won't take its toll on your long runs, train hard everyone.

July also saw the last session of the 2nd six weeks of Stretching and Core sessions. The courses have been well received by all those that have attended. Big thanks to Phil Hobby for running these sessions, it really has helped many of us to focus on this key area of fitness, that compliments the running. Watch this space, but we are hoping to arrange some more sessions in the Autumn.

The 10k preparation continues to progress well, and thanks to everyone who got in touch with Chris regarding helping out. We will need lots of support on the day, so pleased be prepared to give up a little time for this show piece event for the club on 19th January 2014. Once again we are asking for our runners to be considerate this year. If you are planning on entering the race as a club member, we will be asking for you to nominate a substitute marshal, thank you.

Finally, my thanks to the Social team for putting on more successful events during July. The BBQ was a great success, and hot work for Nick, Tim and Liam cooking all that chicken. The rounders was good too, and proved we have some competitive members to rival our ultra competitive Mens Captain! The revival of the 6.05 Special at the end of the month was great to see, hopefully everyone enjoyed a social evening. As I mentioned last month the Social team have been working hard to arrange the annual Awards night on 30th November. Details are elsewhere in this issue, and on the website. We have, I think, found a great venue, and managed to keep the costs reasonable this year, and I hope you will agree good value too. I know it is difficult to think so far ahead, but please do check out the details, it would be great to see a fantastic turnout again this year.

Happy summer running everyone
Graham

Brackenwood 5km, Basingstoke Sun 30 June

106TH	ALAN STINSON	29.43

STANSTED SLOG

76	2:32:38	WOODMAN, Julie

HAMPSHIRE ROAD RACE LEAGUE (HRRL)

The new HRRL season is fast approaching with the first fixture in early September. The sense of excitement and anticipation is building nicely for what is hoped to be a fantastic season. During the summer break the club has completed a highly successful beginner's course and have recruited a number of new runners including a good mix of running newbies and seasoned runners from other clubs. I would like to extend a warm SGR HRRL welcome to all these runners and I greatly look forward to seeing as many of you as possible during the season wearing the Stubbie Green vest.

SGR had a fantastic season last year from both a team and individual perspective and the core of those runners are going to be running again this year. When you mix this with the quality of the new recruits, there now seems to be an overwhelming desire to outperform last year's results.

I have said many times and will reiterate again, and whilst not everyone will agree with my following comments, it is not all about winning! If it was all about winning, I wouldn't be running, for obvious reasons! We are all motivated by running in different ways but personally I thoroughly enjoy the buzz of the race and the challenges each race presents. I strive to improve at each race but what I enjoy most of all is being part of a club that enjoys their running and who support one another notwithstanding their ability.

However small the achievements, or how tough the challenges are, it is always good fun to share your experiences with others within the club and the post-race gathering is something SGR also excels at! We aim to car share as much as possible and please look out for the brief race updates on the website and facebook with a full race report in the Green Runner.

A fixture list has been provided so please start pencilling in your availability now but for those that are new to HRRL races, please read on. The HRRL is an annual series of road races for all runners from participating clubs in Hampshire and the immediate surrounds, which take place between September and June. There are 12 races in the current season, all of which are open to everyone.

SGR's will once again be fielding 3 men's teams (4 scoring per team) and 3 ladies teams (3 scoring per team). Club teams score points through the success of their runners and the season culminates in awards to the highest placed teams in the league. Clubs can have multiple teams and these enjoy a wide participation of runners of all standards, abilities and ages. It is worth noting that teams are not pre-selected and it all depends on who turns up and how well they run on the day. Therefore even if a runner came in last place they still could score for their team and it could make a big difference to the points rewarded. The important thing is to get at least 12 men and 9 ladies to each race in order for all teams to score. Individuals score points for their finishing positions in the race. There are separate leagues for women and men, both for teams and individuals.

The season starts at Overton (5 miles) on the 7th September. This is the only HRRL race on a Saturday. Start time is 3 pm. You can enter on the day between 1 pm and 2.15 pm but there is a maximum limit of 500 runners so I suggest you register on their website beforehand to guarantee a place. It is an undulating course of 2 laps of the Village Centre starting and finishing at Overton recreation Centre. Car sharing will be organised (see posts on facebook) and there are children's races beforehand.

The 2nd fixture is the following week on the 15th September at 11 am. The Victory 5 miles race, which starts at the Mountbatten Centre in Portsmouth, provides a fast flat course therefore offering PB potential.
Please note that there are no on the day entries for this. You can register on-line at www.athleticevents.co.uk.

For further information please contact Neil Richardson on nrichardson72@googlemail.com or via facebook. For full details of HRRL go to www.hrrl.org.uk.
To conclude, let's all make this a season to remember from both a club and individual perspective but most of all let's enjoy the challenges and pb's that lay ahead. Don't miss out on the sense of excitement, fun and achievement that these races present.

At the end of the year we can all look back on the season with pride and say we were all part of it one way or another.
Neil

Race	Distance	Date	Start time
Overton 5	5 Miles	7th Sept 2013 (SAT)	3 pm
Victory 5	5 Miles	15th Sept 2013	11 am
Solent half	Half Mara	13th Oct 2013	10 am
Lordshill 10	10 miles	3rd Nov 2013	10 am
Gosport half	Half Mara	17th Nov 2013	10 am
Stubby 10k	10k	19th Jan 2014	TBC
Ryde 10	10 Miles	TBC FEB – last year 3rd	TBC
Salisbury 10	10 Miles	TBC MAR – last year 10th	TBC
Eastleigh 10k	10k	TBC MAR – last year 24th	TBC
Alton 10	10 Miles	TBC MAY – last year 5th	TBC
Netley 10k	10k	TBC MAY – last year 19th	TBC
D-Day 10k	10k	TBC JUNE – last year 9th	TBC

CAPTAINS CORNER

Racing in hot weather

This month has seen many of you braving the heat to race.
Congratulations must go to Louise Wills after her fabulous 1st place at the Wyvern 10k.

Bishop Waltham 5

Many Stubbies competed in the Bishops Waltham 5 with Gill Rose leading the Stubbington Green ladies home in a fantastic 3rd place. The front of the race was dominated by the Stubbie men. The race was won by James Sawyer with Simon McMorran 2nd and Mark Eaton 4th.

Triathlon

The British Triathlon championships in Liverpool attracted Mike White, Helen Nichols, Euan McGrath, Sandra and David Abrams, and also Thomas Whitcher in the youth event. All produced brilliant results in very tough conditions.

New Forest 10

On the same day as the triathlon, other Stubbies were racing in the New Forest 10. Tanya Brady stated that her aim was "to get to the finish without coming down with heat exhaustion". She was surprised that it added 5 mins to her predicted time on that course in cooler weather. As Tanya said, 'It just goes to show the power/ danger of the sun and dehydration whilst exercising." Tanya was 2nd female & 1st vet 35 while Mark Eaton and Simon McMorran were also prize winners.

Lakeside

The 4th race in the Lakeside series took place with lots of people turning out in their green vests. Tom MacSwayne 4th overall (2nd Junior), James Sawyer 10th, Simon McMorran 14th (1st M50) and Jen Elkins was 2nd senior woman and a PB to boot.

RR10

In July we saw 2 races in RR10's, with a couple of top 10 finishes from Stubbies. At Marwell we saw Tom MacSwayne finish 6th and Georgie Gair 9th. At Janesmoor Pond, we saw Helen Nichols 6th and Lewis Chalk in his 1st RR10 finished 3rd with myself supporting with 4th place. It's great to see lots of Stubbies out at these races and enjoying a social drink afterwards in the nominated pub.

I have listed some comments that have been said on facebook that highlight runners' thoughts about the heat.

'Twas tough in that heat.'
'It certainly was warm.'
'Must have been tough today. It's a warm one.'
'Obviously worth a minute in this heat.'
'Not a lot of shade by the looks of things!'
'Don't think that I will be racing in those conditions again anytime soon!'
'Glad I did it, but it was brutal!!'
'It certainly was a scorcher!'
'Certainly used up some fluids this morning.'
'Heat - running and I clearly don't go well together '

Please remember to drink lots of fluid while it's still hot out there and apply sun cream.

Southern Road Relays 21-22 September

We are looking to enter a few teams for the Southern Road Relays which take place in Aldershot. The format is teams of 4 except for Senior Men which is 6, no reccing, you just run! We are looking to try to achieve a couple of firsts for a long time a Ladies and U17 Men teams on Saturday 21st and to continue entering a Senior Men, V40 and V50 Men on Sunday 22nd. So please get in touch with your Captains to put yourself forward for this relay.

Andy & Sally

LAKESIDE 5

On a very hot evening several SGR runners ran in this popular league. Tom MacSwayne led in the male Green contingent with 4th place overall, 2nd JM but 1st U17M. Jen Elkins led in the female Greens with a pb and 2nd SW placing.
Penny

4	Thomas MacSwayne	16.44	2	JM
10	James Sawyer	17.15	8	SM
14	Simon McMorran	17.43	1	VM50
28	Sev Roberts	18.40	15	SM
35	Mike Harper	18.59	4	VM50
45	Jen Elkins	19.28	2	SW
59	Tom Callaway	20.22	25	SM
129	David MacSwayne	27.10	21	VM50
133	Robert Spencer	27.16	12	VM55
137	Daniel MacSwayne	28.05	8	U15
139	Julie Salt	28.09	8	VW45

Awards Dinner

Saturday 30th November 2013 @ 1930

The 2013 Stubbington Green Awards Dinner is now officially open for bookings so get it in your diary and place your order soon. It promised to be a fantastic fun evening with a great three course meal, the awards ceremony and then you can all show off your disco dancing moves right through to midnight.

Venue: David Lloyd Centre at Port Solent
Date: Saturday 30th November
Time: 1930 for dinner @ 2000
Cost per person: £23

Full booking details are on the website but if you have any queries please email Sue on sue.robinson@cdata.co.uk. If you would like to pay by cheque then please send the cheque and your menu choices to
Sue Robinson, 17 Harvey Crescent, Warsash, SO319TA.

MENU

Seasonal Soup
with a chunk of bloomer bread

Chicken Liver Pate
served with onion chutney & melba toast
***
Scottish Salmon
accompanied with a hollandaise sauce

Roast Turkey
with all the trimmings

Vegetable Wellington

All main dishes are served with Roast Potatoes, New Potatoes and Seasonal Vegetables
***
Christmas Pudding & Brandy Sauce

Profiteroles

Fresh Fruit Salad

Freshly brewed coffee or Tea
after dinner mints

Carriages at Midnight

RACE DIARY

Wednesday	07/08/2013	7:15 PM	Itchen Valley	RR10
Sunday	11/08/2013	9:00 AM	Salisbury	Salisbury 54321
Sunday	18/08/2013	11:00 AM	Ryde, IOW	IOW Half-Marathon
Sunday	18/08/2013	9:00 AM	Weymouth	Dorset Doddle (31 miles)
Wednesday	21/08/2013	7:15 PM	IBM Hursley	RR10
Saturday	24/08/2013	11:00 AM	Budleigh Salterton	Jurassic Coast 10K
Sunday	25/08/2013	9:30 AM	Arundel	Arundel Castle 10K
Wednesday	28/08/2013	7:15 PM	Lakeside 5	Portsmouth
Saturday	31/08/2013	11:00 AM	Avon Tyrell	Hope Rising 5K and 10K
Saturday	07/09/2013	3:00 PM	HRRL Overton	Overton 5
Sunday	08/09/2013	10:30 AM	Stockbridge 10k	Stockbridge
Sunday	15/09/2013	10:30 AM	Littledown, Bmth	Littledown 5
Sunday	15/09/2013	11:00 AM	Broughton	The Bounder (9M)
Sunday	15/09/2013	11:00 AM	HRRL Portsmouth	Victory 5
Sunday	15/09/2013	9:00 AM	Swanage	Purbeck Marathon
Sunday	22/09/2013	10:30 AM	Hursley	Hursley 10K & 5K
Sunday	22/09/2013	12:30 PM	Butser Hill Challenge	Butser
Sunday	22/09/2013	9:15 AM	New Milton	New Forest Full and Half Marathon

RR10 MARWELL

6	MACSWAYNE Tom
24	EATON Mark
28	HENDLEY Darragh
33	BELL Graham
46	STOCKWELL Andy
64	DREDGE Liam
74	SULLIVAN Tim
77	LEE Marcus
86	LEIGH Jon
92	BLAKE John
104	HAMMOND Paul
106	RICHARDSON Neil
112	BELL Mike
114	MCGAW Chris
115	JACOB Paul
126	FOSTER Dan
128	CHOWNS Rich
132	CRUMPTON Tim
141	BELL Sam
143	WHITCHER Nigel
145	COVERDALE Paul
161	SOUTHON Paul
167	SALT John
173	WHITAKER Keith
176	STREET Glen
181	MEAD Russell
184	TUSSLER John
202	SPENCER Robert
204	MACSWAYNE David
205	BANNER Martin
208	STOCKWELL Jamie
212	STINSON Allan

9	GAIR Georgie
15	MACGREGOR Susie
18	MITCHELL Donna
26	OPENSHAW Rachael
36	GULLIVER Hilary
44	WOOLFORD Jennet
78	CLARKE Sharon
79	ASHMAN Julie
83	MCINTOSH Sandi
87	MARTIN Sarah
89	CHOWNS Kat
93	STREET Caroline
95	ROBINSON Sue
99	SALT Julie

RR10 JANESMOOR POND

CHALK Lewis	3
SIMPSON Andy	4
HENDLEY Darragh	26
EATON Mark	29
BELL Graham	34
WHITE Mike	38
WHITCHER Tom	41
STOCKWELL Andy	46
HALL Chris	49
DREDGE Liam	52
SULLIVAN Tim	59
KEEN James	67
GUNNER Ray	80
MCGRATH Euan	82
BLAKE John	83
LEIGH Jon	89
CRANE Nick	92
JAMES Graham	99
RICHARDSON Neil	103
MARTIN Phil	106
SNELL Richard	112
BELL Mike	117
CRUMPTON Tim	120
WHITCHER Nigel	142
ABBOT Matthew	152
COVERDALE Paul	156
WHITAKER Keith	175
MEAD Russell	178
TUSSLER John	182
ASHMAN Kevin	199
HOWARTH George	201
STINSON Allan	214

NICHOLS Helen	6
MITCHELL Donna	26
MACGREGOR Susie	27
ROEBUCK Nikki	31
ROSE Gill	33
GULLIVER Hilary	38
PARK Julia	71
ASHMAN Julie	92
MCINTOSH Sandi	94
MARTIN Sarah	96
DODDS Rowena	112

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.

Date	Venue	Pub	Website/Address	Post Code
Aug-07	Itchen Valley Country Pk	The Master Builder	Master Builder	SO30 3AH
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 29 Jun	
Andy Simpson	17.19
Tom Callaway	21.11
Nikki Roebuck	22.44
Chris McGaw	23.12
Paul Southon	23.28
John Tussler	25.45
Julie Woodman	26.04
Rachel Leach	27.53
Julie Salt	29.29
John Salt	29.34
Jaz Smith	30.12
Andrew Smith	37.18
Southampton 29 Jun	
Tom MacSwayne	16.36
Winchester 29 Jun	
Paul Coverdale	22.24
Cardiff 29 Jun	
Allan Stinson	29.16
Bradford 29 Jun	
Keith Whitaker	35.27
Shefield 13 Apr	
Marcus Lee	21.13
Caz Lee	30.32
Leamington Spa 22 Jun	
Caz Lee	31.16

Netley 6 Jul	
Chris Leach	19.38
Liam Dredge	20.23
Jen Elkins	20.36
John Blake	20.54
Daniel Foster	21.23
Susie MacGregor	22.28
Paul Southon	23.12
Stephen Andrews	23.56
John Tussler	25.31
Russell Mead	26.14
Rachel Leach	26.33
Sean Stinson	26.38
Glen Street	26.51
Stuart McNamara	27.25
Tommy Blake	27.52
Robert Spencer	28.56
Jules Dinwoodie	28.58
Ann Blake	29.38
Jaz Smith	29.56
Allan Stinson	32.58
Tom Mellor	33.43
Rachel Richardson	36.32
Wendy Holloway	38.23
Andrew Smith	38.24
Jan Southon	41.16
Southampton 6 Jul	
Tom MacSwayne	16.40
Chris McGaw	20.14
Tom Callaway	20.53
David Langrish	21.42
Keith Whitaker	24.10
Brockenhurst 6 Jul	
Mike Harper	19.23

Netley 13 Jul	
James Sawyer	18.43
Toby Greenfield	19.35
Andy Stockwell	19.59
Jen Elkins	20.26
Tom Callaway	20.58
Daniel Foster	22.37
Paul Southon	23.10
Nikki Roebuck	23.26
Glen Street	24.40
John Tussler	25.55
Rachel Leach	27.20
Jamie Stockwell	27.34
Nikkie Plomer	28.56
Jaz Smith	29.19
Vicky Kitcher	31.10
Sev Roberts	32.12
Allan Stinson	32.20
Tom Mellor	33.00
Gemma Fleming	34.56
Andrew Smith	38.48
Jan Southon	40.22
Eastleigh 13 Jul	
Keith Whitaker	25.21
Southampton 13 Jul	
Chris McGaw	20.15
Robert Spencer	27.45
Abingdon 13 Jul	
John Salt	23.46
Julie Salt	31.19
Preston Park 13 Jul	
Mike Harper	19.15

Netley 20 Jul	
Andy Simpson	18.03
Wayne Ewens	19.08
Andy Stockwell	19.17
Jen Elkins	20.13
Louise Wills	20.27
Tom Callaway	21.13
Paul Southon	23.23
Russell Mead	25.34
Chris Leach	26.06
Rachel Leach	26.42
Jamie Stockwell	27.52
Robert Spencer	29.22
Jaz Smith	30.00
Jule Dinwoodie	30.27
Allan Stinson	32.29
Tom Mellor	33.03
Andrew Smith	38.48
Southampton 20 Jul	
Jon Plomer	19.40
Chris McGaw	19.53
Vicki Kitcher	28.58
Winchester 20 Jul	
Mike Harper	18.42
Bradford 20 Jul	
Glen Street	25.10
Caroline Street	30.37

CLUB CHAMPIONSHIP

So far 273 Stubbies have run for the club in this leaderboard year which is a great achievement. With only three months left it seems that is a now two horse race between Andy Stockwell and Robert Spencer - unless someone has other ideas.

Those with less than 6 points not shown

Robert Spencer	227	Paul Coverdale	72
Andrew Stockwell	224	Allan Stinson	70
John Tussler	183	Euan McGrath	70
Mike Harper	178	Joanna Parr	69
Lewis Chalk	177	Donna Mitchell	66
James Sawyer	167	Sue Simister	66
Tom Callaway	164	Helen Nicholls	65
John Blake	154	Jamie Stockwell	65
Liam Dredge	148	Chris McGaw	63
Andy Simpson	140	Louisa Abbott	60
Keith Whitaker	138	Paul Hammond	60
Graham Bell	136	Letitia Magennis	59
Sev Roberts	134	Chris Hall	57
Jon Leigh	132	Gaynor Heffer	57
Julie Salt	131	Katherine Daly	56
Mark Eaton	130	Jen Elkins	55
Glen Street	124	Sadie Bedford	55
Paul Southon	123	Rachael Leach	52
Jasmine Smith	122	Jennet Woolford	50
Caroline Street	121	Terry French	50
Lucy May	121	Angela Benfield	48
Marcus Lee	118	Chris Leach	48
John Salt	113	Dan Foster	48
Nick Kimber	111	Richard Edmunds	48
Kevin Ashman	110	Eric Beck	46
Phil May	110	Mark Le Gassick	46
Julie Bowden	109	Nico Beukman	46
John Simister	106	Sarah Martin	46
Andy Lee	101	David Jeffery	45
Nick Crane	100	Julie Woodman	45
Thomas Macswayne	100	Kathy McKain	45
Susie Macgregor	99	Mike Bell	45
Russell Mead	97	Rowena Dodds	45
Mike White	95	Sharon White	45
Verity Wright	95	Tim Sullivan	45
Julie Ashman	90	Kevin Toal	44
Richard Chowns	90	David Langrish	43
Stephen Andrews	89	Jonathan Plomer	43
Gill Rose	86	Tina Chantrey	43
Andrew Smith	84	Daragh Hendley	41
Laura Ridge	83	George Howarth	40
Rachael Openshaw	83	Aitken Hunter	40
Sue Robinson	83	Hilary Gulliver	40
Alan White	81	John Fairhurst	40
Richard Snell	81	Neil Jarvis	40
Neil Richardson	80	Ian Race	37
Sandie Mcintosh	80	Ellie Crane	36
Nicki White	79	Clara Fordina	35
Nigel Witcher	75	James Keen	35
Jan Southon	35	Del Granger	15
John Vose	35	Georgie Gair	15
Julia Park	35	Graham James	15
Julie Dinwoodie	35	Graham Martin	15
David Castle	33	Jane Heywood	15
Kathryn Davies	33	John Webber	15
Jane Butler	31	Katherin Briggs	15
Nikki Roebuck	31	Lisa Donn	15
Philip Martin	31	Martin Banner	15
Steve Martin	30	Mike Wotton	15
Tanya Brady	30	Pippa Abbott	15
Tracie Jarvis	30	Rick Scott	15
Lucy Window	28	Sally McGrath	15
Paul Smith	28	Tim Crumpton	15
Sharon Simpson	28	Wayne Ewens	15
Anna Wilby-Lopez	26	Chris Brobin	13
Caz Lee	26	Jennie Lee	13
Hannah Mcneish	25	Louise Wills	13
John Cox	25	Sarah Boddy	13
Mark Millard	25	Sarah Hobby	13
Ronel Beukman	25	Toby Greenfield	13
Tommy Blake	23	Michelle Simpson	12
Katie Simister	22	Anne Trotman	11
Gemma Fleming	21	Ben Mcwilliams	11
Ann Blake	20	Chris Douglas	10
Ann Fairhurst	20	Chris Reynolds	10
Gary Littlecott	20	Chris Richards	10
Gordon Westley	20	Erin Banner	10
James Lee	20	Eunice Hoare	10
Keith Carter	20	Helen Butler	10
Kevin Tyler	20	Ian Webber	10
Liz Hall	20	Jane Adlard	10
Matthew Abbot	20	Mike Clarke	10
Michael Wootton	20	Peter Hutchinson	10
Naomi Crane	20	Petra Wagenblast	10
Peter Rawlins	20	Richard Crane	10
Ray Gunner	20	Ryan Thomas	10
Robert Blackmore	20	Sandra Abrams	10
Simon Hearnden	20	Sarah Webber	10
Simon McMorran	20	Sarah White	10
Tom Whitcher	20	Sam Bell	9
Hannah Smith	18	Steve Trotman	9
Julie James	18	Andrea Gray	8
Katherine Adams	18	Lisa Nicholson	8
Andrew Richardson	17	Melissa Hutton-Dunton	8
Michael Edey	16	Mike Bainbridge	8
Nikkie Plomer	16	Sarah Smith	8
Samantha Stockwell	16	Stuart MacNamara	8
Callum Jarvis	15	Alex Burton	6
Claire Campbell	15	Emma Nimmo	6
David McNeish	15	Sarah Barron	6

Saucony Grand Prix, Basingstoke 17th July 2013

Tom MacSwayne took 7 seconds off his pb when coming 3rd U17 Man in the Grand Prix 3000m. In a mixed field with Senior and Under 20 Men, Tom took advantage of the cadence set by the pacemaker for the first few laps and went on to achieve his pb.

PAUL HAMMOND SPECIAL REPORT

Emsworth - Basingstoke relay Sat 18th May.
Entered it, reconnoitered it, ran it, came 12th.
Tracie Jarvis, Neil Jarvis, Phil May, Eric Beck, Nick Kimber, Paul Hammond.

THE NEW LOOK TIME TRIALS - JULY'S RESULTS

Well after 4 time trials this year we've had 85 people participate which already surpasses last year's total of 68 members running over 6 time trials.

It's great to see people enjoying the once month, 4 mile time trial and great to see people improving as the training pays off!

Below shows how have one is fairing in the handicap system which takes your first time, which puts you in group time banding minus your best time. The biggest improver over the year in each handicap banding will receive a prize on completion of the time trials. There's also one monthly prize for the biggest improver versus their best time to date.

Tom MacSwayne	21.48		Nigel Whitcher	29.13
Andy Simpson	21.59		Paul Southon	30.15
Mark Eaton	23.43		Keith Whittaker	31.02
Graham Bell	23.43		Anna Wilby-Lopez	31.16
Tom Whitcher	24.24		John Simister	31.48
Mike Harper	24.45		John Tussler	32.20
Jon Plomer	25.33		Laoise Magennis	32.45
Liam Dredge	25.38		Clive Farmer	32.58
Jon Leigh	25.47		Dave Pheby	33.41
Andy Lee	26.13		George Howarth	34.07
John Blake	26.18		Kelly Bennetts	34.57
Neil Richardson	26.25		Sarah Martin	35.30
James Sawyer	26.47		Sandie McIntosh	35.49
Richard Edmund	26.55		Robert Spencer	36.15
Philip Martin	27.21		David MacSwayne	37.39
Richard Snell	27.43		Sue Robinson	39.04
Daniel Foster	27.43		Julie Ashman	39.04
Gill Rose	27.56		Rowena Dodds	39.32
Philip May	27.56		Debbie Spinks	39.36
Rachael Openshaw	28.23		Allan Stinson	40.23
David Langish	28.33		Gemma Fleming	42.32
Mark Millard	28.49		Julie James	44.00
Sam Bell	28.52		Sharon Simpson	44.00

Current leaders and biggest improvers are:-
Under 25 – Mark Eaton
25.01-28.00 – Jon Plomer
28.01-31.00 – Phil Martin
31.01-35.00 – Paul Southon
Over 35 – Sarah Martin

If you've not done a time trial yet please come along to the next couple on Thursday 1st August and 5th September. We meet at the Crofton Community Centre, where we pay to use their toilets, so please use them! There are 2 start times, as we try to get everyone to finish around the same time. So people who think they might run the 4 miles over 35 minutes start at 6.45pm in Eric Road (road by the Shell garage), so meet at community centre for 6.30-6.35pm.

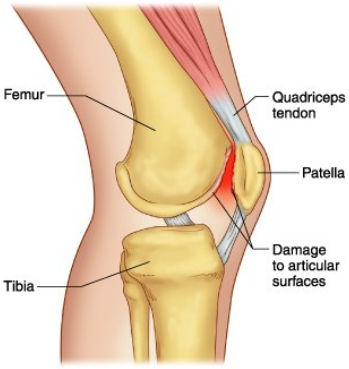
Alternatively, people who are likely to complete the course in under 35 minutes, set off at 7pm and meet at the community centre for 6.45 - 6.50pm. Attached is a map, so you can familiarise yourself with the course. It is explained on the night and most people follow people around.

After the time trial, we rehydrate with a social drink in the Red Lion. Look forward to seeing everyone in August.
Andy

Runners Knee/Patella Femoral Syndrome

Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Patella Femoral Syndrome, or PFS, occurs when the patella, or knee cap, doesn't track properly when you flex and extend your knee. This causes the underside of the patella to become inflamed and leads to pain or achiness at the front of the knee.



This is most often caused by imbalances in the muscles that act on the knee, especially the quads, which are responsible for pulling the patella over the knee when you extend it. However, other muscles contribute to knee stability, such as hamstrings, calves and hip abductors and adductors.

PFS is a very common running injury and symptoms often come on when you increase your mileage or hill running.

Symptoms

- Achey pain in the knee joint, particularly at the front and under and around the patella, that comes on gradually and increases over time
- Tenderness on the inside border of the knee cap
- Sometimes inflammation after exercise
- Worse when walking up or down hills and when you have been sitting for long periods
- Tight Vastus lateralis (your outside quad) and ITB
- Sometimes you may hear a cracking or clicking sound as you bend your knee

Common Causes

- Tight Vastus Lateralis and ITB and weak Vastus Medialis, causing the patella to pull to the outside
- An injury to the knee cap, especially if the Vastus medialis becomes weak or inhibited
- Flat feet or feet that overpronate as you tend to rotate your leg inwards which can affect the alignment of the patella
- As runners we are more inclined to suffer with this condition as we are weight bearing whilst bending our knee which puts a lot of pressure on the knee cap

Treatment

- RICE to decrease inflammation
- Rest from activity until you are pain free
- See a sports massage therapist to correct muscle imbalances
- Stretch tight muscles such as quads, hamstrings, calves and glutes, as well as TFL/ITB
- Strengthen quads, especially Vastus Medialis, and glutes
- Make sure you are wearing the correct footwear and that issues such as overpronation are addressed

Predisposing factors

- It is more common in women than men
- A previous knee injury
- If you do a lot of hill running or distance running

- Weak quads and/or tight hamstrings, calves and quads
- If you have a small knee cap or one that sticks out when you pronate

Warning!

If this is left untreated it can lead to damage to other tissues including the cartilage on the underside of the patella, so it is best to get treatment and advice at the first onset of symptoms.

Stubbington Green Runners: Social Events 2013

Aug			
Thurs 1st	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
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			
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
Nov			
Sat 30th	Awards Night Dinner at David Lloyd	Port Solent	1900 for 1930
Dec			
Sun 15th	Mulled Wine Handicap - Fancy dress a must!	Warsash	Finish at 1100

Full details of all social events will be put on the website and in the Green Runner.

Social Update

We certainly had fantastic weather during July for all the various social events, the drinks after the two RR10s were extremely popular at the Fishers Pond and the Green Dragon and very well attended. The BBQ had fabulous weather unlike last year where umbrellas and wellies were almost mandatory.

There were almost 100 people, adults and children, plus a fair number of our four legged friends! Everyone seemed to have lots of fun, especially with the inevitable game of rounders which was highly competitive even in the heat. Many thanks to Tim and Nick for their organisation and slaving over a hot BBQ and not forgetting Kathy who managed to round up some wonderful salads.

The 6.05 Special, re-introduced this year after a break of several years, was a great success with 36 runners and several walkers all pitching up to Wickham Station last Friday. Apart from a slight hiccup with the marker at the turning point(!!) it all went very smoothly and although it was a very warm evening most of the run was under tree cover and so reasonably cool. We were joined by several runners from Hedge End some of whom also came along to the Black Dog afterwards. Definitely one for the diary next year.

The next event looming on the social calendar is the Fish'N Chip Handicap on Friday 6th September. Always a popular event and all the details are on the website and also elsewhere in this Green Runner. Hope to see as many of you as possible.

Last but not least we have finalised the details for our Awards Night on Saturday 30th November to be held at the David Lloyd Centre in Port Solent. Always a good night out - full details on the website and also in the Green Runner. Put the date in your diary and remember book early to avoid disappointment!!

Sue

Thursday night training 6.30pm

1st August	Stubbington	4 mile time trial
8th August	Holly Hill, Sarisbury Green	Hill Sprints
15th August	Stubbington	2 x 12000m (400m Walk)
22nd August	Holly Hill, Sarisbury Green	Farklet
29th August	Stubbington	4 x 600m (200m Walk)

Looking for club kit?

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 Verity's Thursday group.
Or you can order on the website

The Stubbington Noticeboard

Aug-13	Day	Effort/Activity	Recovery	Where	Meet 7pm	Who
1st Aug	Thu	4 Mile Time Trial	Red Lion, Stubbington		Eric Road, Stubbington	Andy Simpson
6th Aug	Tue	Steady 4/5 Mile (Pre RR10) or 15 short hills	1 min		Locks Heath Cntr	Mike Bell
8th Aug	Thu	3x900m & 3x300m	300 Rec / 150 Rec	Crofton School Track	Crofton	Jon Leigh
13th Aug	Tue	2, 4, 6, 6, 4, 2 Mins	2 Mins	Chiling Field	Locks Heath Cntr	Mike White
15th Aug	Thu	4x1200m	300 Rec	Crofton School Track	Crofton	Graham Bell
20th Aug	Tue	Steady 4/5 Mile (Pre RR10) or 15 short hills	1 min		Locks Heath Cntr	Mike Bell
22nd Aug	Thu	3 x 300m, 3 x 150m, 3 x 80m	150m, 150m, 80m	Crofton School Track	Crofton	Jon Leigh
27th Aug	Tue	4x 6minutes @ 5k Race Pace	3 mins	Chiling Field	Locks Heath Cntr	Mike White
29th Aug	Thu	150,300 ,600, 900, 600, 300, 150 Pyramid	150x2, 300, 300, 150x2	Crofton School Track	Crofton	Graham Bell
3rd Sept	Tue	2 x 10 Mins Tempo Run	3 Mins	Chiling Field		Mike Bell
5th Sept	Thu	4 Mile Time Trial	Red Lion, Stubbington		Eric Road Stubbington	Andy Simpson

6.00PM MONDAY NIGHT AT WHITELEY

Monday 5th Aug	Forest rectangle (about 940m)
(RR10 on the 7th)	2 - 4 x 1 lap steady / ½ lap jog / 1 side steady / 1 side jog
Monday 12th Aug	Short hills on zigzag path
Monday 19th Aug	Forest rectangle - about 940m
(RR10 on the 21st)	4 - 8 laps of short sides steady / long sides jog
Monday 26th Aug (Bank Holiday)	3 - 5 x 1 mile loops (3 mins rest). Easy pace if racing on Wednesday
(Lakeside 5km on 28th)	

Who's who

Chairman: Graham Bell
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Verity Wright
verity.wright@ymail.com;

Social Secretary Sue Robinson

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