The Green Runner

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

STUBBINGTON TRIUMPH AT THE ISLE OF WIGHT HALF MARATHON

Seven intrepid Stubbies took on the challenge of the 'brutal' Isle of Wight half marathon on a course that I would challenge anyone to find a tougher one on the road.

I have been fortunate to enjoy some special days in my running career, but this was right up there with the best of them & a huge thanks to the guys for travelling over to join me on the small island. Clare Campbell represented the ladies & impressed us all with her finish as she crossed the line in a time of 2:11:25 for 288th place in a record field of 379 finishers.

Neil Richardson certainly chose a good one for his first race on the island (I think he said) & crossed the line in 62nd with 98:32. Graham & Sev enjoyed a sprint finish with Sev just edging it with his younger legs in 23rd place in 88:54, with Graham right behind in 88:56.

This gave the team a fantastic forth place overall. Debutant Howard Clark ran an impressive race as a Stubbie crossing the line in 19th place in 87:55. Mark Eaton's fine form continued with his 14th place in 85:08 which also saw him pick up 3rd V40 prize. Simon McMorran brought the team home in 13th place in 84:20, also picking up 1st V50, & along with Mark & Howard they won the men's team prize, the first time this has left the island since 2004, when coincidently Stubbie won it as well.

We enjoyed some fantastic support around the course from Tracy, Clare, Meryl, Katherine & James, & Tracy's banana cake was wonderful, as was the lengthy leisurely lunch we enjoyed in the pub after to celebrate.

13	01:24:20	MCMORRAN, Simon
14	01:25:08	EATON, Mark
19	01:27:55	CLARK, Howard
23	01:28:54	ROBERTS, Sev
24	01:28:56	BELL, Graham
62	01:38:32	RICHARDSON , Neil
288	02:11:25	CAMPBELL, Clare

HARTING TRAIL 10

JAMES LEE

ANDY LEE

7	01:04:45	Mark Eaton	VM	3rd
9	01:06:28	Mike White	VM	5th
26	01:11:14	Andrew Stockwell	VM	13th
36	01:13:11	Jon Leigh	VM	18th
48	01:15:23	James Lee	SM	16th
54	01:16:01	Marcus Lee	VM	27th
64	01:18:32	Andy Lee	VM	30th
83	01:21:08	Nick Kimber	VM	38th
89	01:22:22	Susie McGregor	VL	6th
123	01:28:33	Rachael Openshaw	SL	9th
152	01:33:14	Julia Park	SVL	4th
188	01:41:39	Eric Beck	VM	68th

RACE THE TRAIN

36	**James**	**Sawyer**	1:36:48	Y
84	**Liam**	**Dredge**	1:41:37	Y
425	Susie	Macgregor	1:59:03	
662	Rachael	Openshaw	2:14:25	

Well done James and Liam who beat the train

177	01:01:58	John William	Tussler
316	01:24:56	Gemma	Fleming

Always good to stumble across a local race whilst on holiday and the 'Foulees de Chassiron' Race around the lighthouse proved the ideal break from croissants and red wine!

Despite turning up a day early due to misreading the French instructions it was a fantastic race. 217 competitors and a 12 km off road course – despite the fact it was torrential rain, a 30 knot wind which on an exposed headland was a bit full on at times it was great fun. I finished 3rd female in 49.08 and 16th overall (the lead lady did 45.51!).

I won the customery silver cup which is currently being used as a tea bag holder on our camping table and the French accepted me into their event with open arms – escorting me to an after race buffet and presentation.

As with anything local and French the running part of the event was a glorified excuse for an almighty prizegiving, feast, raffle and much comsumption of vino plonco!

Helen Nicholls

SALISISBURY 54321	21k 134th Sandra Clark 02:54:46

THE SEAVIEW 17 MINEHEAD

JOHN BLAKE 03:41:46

WIMBLEDON 10K

ANDY STOCKWELL 3RD IN A TIME OF 41:50

THUNDER RUN

The adidas Thunder Run is a 24 hour off-road relay race against the clock, a 10km cross-country circuit set in the hills and woods of Staffordshire. The track twists and turns across varied terrain so you find yourself running from bogs and forests to steep hills and open fields. Remember the bit about bogs…more of this later…

Saturday 27th July dawned bright and sunny, as we made ourselves ready to run for 24 hours. Chris and I (both Stubbington Green Runners), and 6 of our friends arrived at the Thunder Run and pitched our tents by the 9km mark so that we could cheer all the runners on through the final kilometre.

We walked down to the start at 12pm, ready to cheer Chris on as our first runner. We couldn't believe how many people were there: a vast array of 6 – 8 man teams, loads of single sex 2 and 5-man teams, and amazingly more than 100 solo runners. Solo running for 24 hours? A mixture of crazy and admirable, in equal parts!

The countdown commenced – and we were off! Knowing that we had 24 hours of running ahead of us, the rest of the team wandered back to the tent, planning to relax and snooze in the sunshine. We were really lucky as rain had been predicted to start at 12 noon, but the sun shone down all afternoon, making the running difficult, but the supporting an absolute pleasure!

As each runner came back from their lap, there were more and more stories about the toughness of the course ('undulating hills' in one person's terminology is 'giant mountains' in another's!), the amazing marshal support, and how ***exactly*** to jump over the tree roots between kilometres 6 and 7. The support from other competitors around the course was fantastic, and spirits were very high. Just as we began to believe that we might be lucky and the weather would hold for the full 24 hours, the rain started at 7.45pm – and boy, did it go for it. Thunder and lighting crashed around the course, which made the running all the more exciting, if a little bit scary.

With head torches firmly strapped on, the running continued unabated through the night, with laughter and shrieks to be heard into the small hours. Finally, the rain stopped at about 5am, and the sun came out – the running did not get any easier though, as the course had turned to a very sticky mud bath, so each runner arrived back looking as though we had rolled in the mud rather than running over it. In addition, we were pretty tired by this time and all had to dig deep to make sure we got through the final hours successfully.

At 10.30, Kat handed the baton over to Chris, who in an almighty show of strength managed to do his fourth and fifth laps back-to-back. I was very proud and am not ashamed to say that I had to blink away a few tears as he came powering over the line at 12.32pm.

We managed 25 laps in total and came 47th team out of 252. From a Stubbie perspective, I managed 3 laps and Chris completed 5 (and we also did the Conkers Park Run in the morning too!). Not bad at all, especially for a team who just planned a nice weekend away together!

We can't wait to be back there next year (perhaps with a team of Stubbies?) and can't recommend the event highly enough. What could be better – a weekend with friends, in the great outdoors, and running the whole time. Absolutely fantastic.

Rachel

Chris and Rachel Leach

GEEAKY FREAKY TRIATHLON 25/08/13

Pos	Name	Category	Time	Cat Pos	Swim	T1	Cycle	T2	Run
19	John Blake	Ages 40 - 49	03:05:22	4	00:36:43	00:03:05	01:46:00	00:01:37	00:37:55
23	Ann Blake	Ages 40 - 49	03:30:15	5	00:36:25	00:03:09	01:57:03	00:02:29	00:51:06

FROM THE CHAIR

With the heat of the glorious summer nearly over along with the summer racing series it is great to see the progress everyone and the club are making. The RR10 series saw a rise of over 50% in SGR's turnouts, and an average of 49 runners at the 9 races was tremendous. In total 115 Stubbies ran at least one RR10 event this year, and it is great to be able to support this series of social races throughout the summer in such numbers. It did unfortunately clash on many occasions with the Lakeside 5k series, but that did detract from our performance. The turnout of over 30 Green vests at the last race consolidated our over 2nd place in the inter club format, as well as contributing to a very competitive final race. The post race socials also provide a chance to catch up and plan future races and training; judging by the numbers we do seem to do this part very well too.

September sees the start of the HRRL series of races, and I would encourage everyone to check out the races and see if you can support the teams. Judging by the silverware collected in the last month at the Isle of Wight Half and Arundel 10k it is going to be a great HRRL season. Please remember that this isn't a team selection situation and that everyone is welcome to don the Green vest and get out there. Every place will count. Please contact Neil Richardson for more details.

The Captains are also busy planning for the Test Way Relay on 14th September, which is proving interesting this year. Due to the popularity of the event within the club Andy did a brilliant job negotiating four teams, when only two teams pre club is the norm. This was to satisfy the response we had to the event and to give 32 members a chance to run. Unfortunately the injury curse seems to be striking and the teams have had to be switched around significantly. Thanks to all those that have stepped in and stepped up, it should be a great day once again.

October will see the start of the X-Country season look out for the fixture list and Lucy's call out for runners for the league and championship races and the popular Today's Runner Series, which is really a winter version of the RR10. I know all those that take part in the XC season see the benefits in their training through the winter.

The social team are playing a big part in the success this year, and thanks to Nick for organising the Fish and Chip Handicap (6th September) and the Awards night (30th November). Tickets for this end of year bash at the David Lloyd Centre in Port Solent are on sale already; buy early to avoid disappointment. We have secured a great venue, at what we think is a reasonable cost. I do look forward to what should be a great night of celebration for the club and a chance to see everyone out of their lycra.

The Autumn training sessions are all now planned, and the coaches led by Verity will be discussing the changing requirements for routes, formats and the need for visible clothing in order to keep all the sessions as safe and of course as fun as possible. It was highlighted to me recently, by a newer member, the broad choice of training offered by the club on nearly everyday of the week. This doesn't just happen and does need careful planning and organisation, thanks to all the leaders for this. The numbers at training nights and the size of the groups, whilst really pleasing, means that leaders have to use set routes which are safe for everyone. Thanks for your continued understanding and support for the leaders with this.

The 1st September will see the launch of the Stubbington Green 2014 10k race. Thanks go to Caroline Street for the technical input once again, and also to everyone else who have contributed so far to getting the 10k launched on schedule. Chris Brobin has been working very hard to get this event planned, and at last it is starting to take shape. The race itself will need lots of support on the day, mainly with marshals. For the 2014 race we are once again going to ask members entering the race to nominate marshal in their place. Please bear this in mind when entering, as we will be contacting you in October and November to confirm this detail. It is a system that worked very well last year and meant we did not have the last minute panic for support, thank you for your understanding in this approach.

Finally I would like to wish everyone success in achieving their Autumn goals. I know that many members have been training hard for months in preparation for half and full marathons, as well as other events too. Whatever your goals, I do hope you achieve them and that the support of the club has helped through the training and preparation.

Happy running

Graham

ARUNDEL 10K	
James Sawyer	37.10
Mark Eaton	38.31
Mike White	38.55
Howard Clark	39.02
Mike Harper	40.44
Andrew Stockwell	41.32
Neil Richardson	42.43
Richard Chowns	43.23
Katherine Chowns	48.48
Alan White	49.55
Nicola White	51.35
Verity Wright	53.12
Letitia Magennis	53.16
Robert Spencer	01.03.35
Sandra Clark	01.10.32

GIBBET HILL 10K

I ran the Gibbet Hill 10K on Wed 10th July, finishing 22nd in 41:10.
It's a tough climb up to the top of the hill at Hindhead but worth it for the view over the Devil's Punchbowl and the fun descent back to Haslemere! *Sev Roberts*

HRRL

Only 1 week to go until the start of the new HRRL season, which gets underway at Overton.

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. Postal entries close on the 8th September so please enter now to avoid disappointment.

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. The updated race schedule is below.

Race	Distance	Date	Start time	Club
Overton 5	5 Miles	7th September 2013 (SAT)	3 pm	Overton
Victory 5	5 Miles	15th September 2013	11 am	Portsmouth AC
Solent half	Half Marathon	13th October 2013	10 am	Hardley
Lordshill 10	10 miles	3rd November 2013	10 am	Lordshill
Gosport half	Half Marathon	17th November 2013	10 am	Gosport
Stubbington 10k	10k	19th January 2014	10 am	Stubbington
Ryde 10	10 Miles	2nd February 2014	11 am	Ryde
Salisbury 10	10 Miles	9th March 2014	10.30 am	Salisbury
Eastleigh 10k	10k	23rd March 2014	10 am	Eastleigh
Alton 10	10 Miles	4th May 2014	10.30 am	Alton
Netley 10k	10k	18th May 2014	10.30 am	Southampton AC
D-Day 10k	10k	8th June 2014	TBC	Portsmouth AC

CAPTAINS CORNER

Good luck to everyone running the events in September: Test Way, Overton and Victory. There are both cross country and road races this autumn and winter so something for everyone to enjoy. We have had a successful summer - long may this continue.

RR10
The RR10 series has sadly come to an end. It has been a great summer with so many runners attending. According to Graham we have had 115 Stubbies run at least 1 RR10 race this year which is fantastic.
At the last RR10 we had 18 ladies and 38 gents racing while 22 other runners attended a training session so 78 Stubbies out running on one evening!

It was summed up perfectly by Rich Chowns:
'What a great turn out for the RR10 tonight, it's fantastic to be part of this club! So many people helping others to improve and enjoy their running at all ability levels! Good work all!'

Congratulations to all who ran as every one of you contributed to the results.

Special mention must go to Andy Simpson who won the M40 category and was 4th male overall and to Helen Nicholls who was 2nd lady overall.

Cross country
If you are missing the RR10 series and the social aspect, don't despair as the winter cross country series will begin in October. The Todays Runner series is held on Sunday mornings with food straight afterwards for a small contribution, and the Hampshire league races are held on Saturday afternoons. The dates are found on the SGR website so put them in your diary today!

Lakeside 5k series
Congratulations to all who ran and contributed to the fantastic 2nd place results for the green army. Our sea of green must be intimidating the competition!

HRRL road race series
Let's get the green army out to these races. We have great potential in the league, and everyone who runs will contribute to our points.

See you out running,
Sally and Andy

LAKESIDE 5

8	LEWIS CHALK	15.56	7	SM
9	MARK LE GASSICK	16.09	1	VM40
15	JAMES SAWYER	16.37	10	SM
20	THOMAS MACSWAYNE	16.47	2	JM
21	ANDY SIMPSON	16.54	2	VM40
29	SIMON MCMORRAN	17.17	3	VM50
36	WILLIAM FELINE	17.27	25	SM
51	GRAHAM BELL	17.57	2	VM45
60	SEV ROBERTS	18.15	39	SM
65	ANDREW STOCKWELL	18.35	6	VM40
90	JON LEIGH	19.35	5	VM50
91	MARCUS LEE	19.35	11	VM40
94	RICHARD CHOWNS	19.38	55	SM
107	TOM CALLAWAY	20.05	61	SM
111	MIKE BELL	20.31	7	VM45
114	DANIEL FOSTER	20.34	64	SM
118	TIM CRUMPTON	20.45	4	VM55
128	MARK MCDONALD	21.18	14	VM40
136	NIKKI ROEBUCK	21.40	8	SW
137	MELISSA HUTTON-DUTTON	21.45	9	SW
140	RACHAEL OPENSHAW	21.51	10	SW
149	HILARY GULLIVER	22.21	11	SW
155	ANDREW RICHARDSON	22.31	9	VM45
188	KEVIN ASHMAN	24.42	13	VM55
192	JOHN TUSSLER	25.11	4	VM60
206	JULIE ASHMAN	26.34	4	VW45
208	DAVID MACSWAYNE	26.38	22	VM50
209	MARIE MCDONALD	26.43	19	SW
210	SARAH MARTIN	26.44	5	VW45
220	ROBERT SPENCER	27.26	15	VM55
221	JULIE SALT	27.29	8	VW45
233	SANDRA CLARK	30.30	6	VW40
235	ALLAN STINSON	31.09	17	VM45

VIEW FROM THE COACH

The biggest surprise during the summer months was how busy training nights were as historically this is when it quietens down due to holidays and the RR10 season. It was great to see so many people still turn up on a Monday and Wednesday throughout summer and very encouraging to have 20+ runners on a Wednesday night when the RR10's were being held.

I love the start of Autumn term, it's always a fresh start for me, back to work and the start of the HRRL season with lots of exciting races coming up before Christmas. With the run up to all the half marathons and GSR I have decided to start my 8 week programmed coaching series which begin on the 5th September on a Thursday night, these sessions will be focusing on techniques and drills (see schedule for details) and will form the basis of my training as a Level 2 Coach in Running Fitness. I have been using the last few weeks as practise before I am being observed by Penny and they have proved to be quite successful, lots of fun and games, especially trying get everyone to do hopscotch! The sessions at Holly Hill have also been successful, it is such a great place to run and I will be sad when we are forced to pound the pavements again during the darker nights.

Another new start is the return of Tina Chanteys' Monday morning group at 9.15am in Stubbington, this will begin when the new school term starts so watch out for more info on the Stubbington Green Facebook page or the SGR website. If you would like more info on these or any other sessions then please email me verity.wright@ymail.com

RACE DIARY

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
Sunday	29/09/2013	11:00 AM	Cerne Abbas	Cerne Burn 10K
Saturday	05/10/2013	4:00 PM	Bournemouth	Bournemouth 10K
Sunday	06/10/2013	10:00 AM	Bournemouth	Bournemouth Marathon
Sunday	06/10/2013	10:30 AM	Salisbury	Clarendon Marathon (and Half)
Sunday	06/10/2013	11:00 AM	Christchurch	Hoburne 5
Sunday	06/10/2013	10:00 AM	Portsmouth	Portsmouth 10K
Sunday	06/10/2013	11:30 AM	Cowes (IOW)	IOW Marathon
Sunday	06/10/2013	8:00 AM	Bournemouth	Bournemouth Half-Marathon
Sunday	13/10/2013	10:30 AM	Blackfield	Solent Half-Marathon
Sunday	13/10/2013	11:00 AM	Studland	Studland Stampede
Sunday	13/10/2013	9:00 AM	Chichester	Chichester half-marathon
Sunday	20/10/2013	10:00 AM	Ocknell, Minstead	Minstead Stinger (10 miles)
Sunday	20/10/2013	9:00 AM	Bournemouth	"Time to Care" 10k & 5K
Sunday	27/10/2013	10:30 AM	Southsea	Great South run
Sunday	27/10/2013	10:30 AM	Keyhaven	Milford10K

RR10 ITCHEN VALLEY

5	SIMPSON Andy
9	MACSWAYNE Tom
16	SAWYER James
19	HENDLEY Darragh
27	EATON Mark
35	COLEMAN Russ
37	WHITE Mike
41	HEARNDEN Simon
46	BELL Graham
47	HALL Chris
57	SULLIVAN Tim
62	WHITCHER Tom
65	DREDGE Liam
66	KEEN James
73	GUNNER Ray
74	ABBOT Matthew
83	LEE Marcus
95	CRANE Nick
96	HAMMOND Paul
103	CHOWNS Rich
105	CRUMPTON Tim
106	FOSTER Dan
109	JAMES Graham
112	SNELL Richard

115	MARTIN Phil
131	SMITH Paul
134	KIMBER Nick
135	HARPER Mike
141	COVERDALE Paul
142	MCGAW Chris
150	WHITCHER Nigel
159	WHITE Alan
164	STANTIALL Neil
165	SALT John
169	SOUTHON Paul
177	WHITAKER Keith
178	TUSSLER John
194	STREET Glen
209	BANNER Martin
215	SPENCER Robert
217	MACSWAYNE David
219	ASHMAN Kevin
227	STINSON Allan

4	NICHOLS Helen
23	MACGREGOR Susie
27	ROSE Gill
29	ROEBUCK Nikki
30	OPENSHAW Rachael
40	GULLIVER Hilary
56	CHOWNS Kat
66	WHITE Nicki
68	MAGENNIS Laoise
86	ASHMAN Julie
89	BOWDEN Julie
94	MARTIN Sarah
95	ROBINSON Sue
102	SALT Julie
107	STREET Caroline
113	DODDS Rowena

FINAL TEAM POSITIONS FOR THE RR10 SERIES
WELL DONE STUBBINGTON LADIES 4TH MEN 5TH

	LADIES TEAMS
1	New Forest Runners
2	Winchester and District AC
3	Eastleigh Running Club
4	Stubbington Green Runners
5	Totton Runners
6	Southampton Athletic Club
7	Winchester and District AC (B)
8	Lordshill Runners
9	Hedge End Running Club
10	Romsey Road Runners
11	Hardley Runners
12	Stubbington Green Runners (B)

	MENS TEAMS
1	Southampton Athletic Club
2	Lordshill Runners
3	New Forest Runners
4	Eastleigh Running Club
5	Stubbington Green Runners
6	Totton Runners
7	Romsey Road Runners
8	Winchester and District AC
9	Lordshill Runners (B)
10	Southampton Athletic Club (B)
11	Hardley Runners
12	Stubbington Green Runners (B)

RR10 HURSLEY

19	Hendley	Darragh
30	Coleman	Russ
34	Feline	Will
35	Clarke	Howard
43	White	Mike
44	Bell	Graham
46	Whitcher	Tom
59	Stockwell	Andy
62	Dredge	Liam
76	Gunner	Ray
82	Harper	Mike
92	Richardson	Neil

18	Macgregor Susie
19	Rose Gill
25	Openshaw Rachael
32	Gulliver Hilary
40	May Lucy
42	Chowns Kat
54	Jones Gemma
57	White Nicki
58	Magennis Laoise
67	Forse Penny
94	Martin Sarah
98	Ashman Julie
104	Bowden Julie
105	Blake Ann
109	Robinson Sue
111	Mcintosh Sandi
115	Street Caroline
117	Salt Julie

98	Blake	John
99	Chowns	Rich
104	Abbot	Matthew
106	Sawyer	James
111	Hammon	Paul
113	Crane	Nick
120	Martin	Phil
124	Snell	Richard
125	Foster	Dan
127	Bell	Mike
143	Jacob	Paul
146	Crumpton	Tim
154	Mcgaw	Chris
155	Whitcher	Nigel
172	May	Phil
173	Stantiall	Neil
188	Southon	Paul
193	Street	Glen
200	Whittaker	Keith
201	Mead	Russell
206	Callaway	Tom
222	Ashman	Kevin
228	Howarth	George
236	Banner	Martin
239	Spencer	Robert
241	Macswayne	David

FINAL RR10 OVERALL INDIVIDUAL PLACING

	LADIES COMPLETING 6 OR MORE
2	NICHOLS Helen
15	MACGREGOR Susie
19	ROSE Gill
20	MITCHELL Donna
28	OPENSHAW Rachael
34	GULLIVER Hilary
84	ASHMAN Julie
86	MARTIN Sarah
88	MCINTOSH Sandi
90	BOWDEN Julie
96	ROBINSON Sue
97	STREET Caroline

	MEN COMPLETING 6 OR MORE RACES
4	SIMPSON Andy
20	HENDLEY Darragh
25	EATON Mark
28	WHITE Mike
31	BELL Graham
46	MCGRATH Euan
52	DREDGE Liam
56	SULLIVAN Tim
65	LEE Marcus
71	BLAKE John
78	CRANE Nick
84	RICHARDSON Neil
85	ABBOT Matthew
94	HAMMOND Paul
103	SNELL Richard
125	WHITCHER Nigel
129	COVERDALE Paul
146	WHITAKER Keith
151	MEAD Russell
152	TUSSLER John
156	ASHMAN Kevin
169	BANNER Martin
172	STINSON Allan

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 27 Jul	
Andy Simpson	18.02
Chris Brobin	18.19
Sev Roberts	19.40
Louise Wills	20.14
Tom Callaway	20.42
Daniel Foster	21.49
Nikki Roebuck	22.05
Andy Stockwell	22.52
John Salt	23.35
Paul Southon	23.41
Russell Mead	25.29
Melissa Hutton- Dutton	25.35
Liam Dredge	27.02
Susie MacGregor	27.03
Jamie Stockwell	27.21
Kevin Ashman	27.56
Jules Dinwoodie	29.10
Vicky Kitcher	29.36
Sue Robinson	30.31
Julie Ashman	30.33
Allan Stinson	30.46
Julie Salt	31.19
Tom Mellor	32.23
Gemma Fleming	32.45
James Sawyer	32.45
Glen Street	32.58
Jan Southon	38.48
Eastleigh 27 Jul	
Keith Whitaker	25.20
Angela Fisher	28.15
Banstead Woods 27 Jul	
John Tussler	26.43
Porthcawl 27 Jul	
Robert Spencer	27.41
Conkers 27 Jul	
Chris Leach	22.12
Rachel Leach	29.30
Barnstaple 3 Aug	
John Blake	20.43
Ann Blake	28.03
Andover 20 Jul	
Keith Whitaker	24.43
Maidstone 20 Jul	
Julie Salt	28.46
John Salt	28.47

Netley 3 Aug	
Andy Simpson	17.18
Chris Leach	19.43
Louise Wills	20.25
Tom Callaway	21.04
Richard Chowns	21.32
Susie MacGregor	21.38
Nikki Roebuck	22.03
James Sawyer	22.06
Paul Southon	23.37
Andy Richardson	23.53
Katherine Chowns	24.49
John Salt	24.50
Andy Stockwell	24.5
Alison Attwood	25.01
John Tussler	25.30
Kevin Ashman	26.10
Sarah Martin	27.40
Julie Ashman	27.46
Jamie Stockwell	28.26
Samantha Gardner	29.08
Sue Robinson	29.13
Rachel Leach	29.25
Tom Mellor	31.37
Rowena Dodds	31.47
Allan Stinson	33.15
Samantha Stockwell	35.49
Jan Southon	38.36
Andrew Smith	40.20
Wendy Holloway	40.23
Eastleigh 3 Aug	
Keith Whitaker	25.58
Southampton 3 Aug	
Mike Harper	23.58
Winchester 3 Aug	
Paul Coverdale	22.36
Thetford 3 Aug	
Robert Spencer	29.10
Eastleigh 10 Aug	
Keith Whitaker	24.52
Havant 10 Aug	
Howard Clark	18.36
Andy Stockwell	19.40
Jamie Stockwell	29.04
Isle of Wight 8th June	
Andy Stockwell	20.01
Wimbledon 6th July	
Andy Stockwell	18.56

Netley 10 Aug	
Lewis Chalk	16.40
Tom MacSwayne	17.28
James Sawyer	17.35
Mark Eaton	18.32
Andy Simpson	19.04
Chris Leach	19.41
Liam Dredge	20.23
Tom Callaway	20.34
Sev Roberts	21.15
Susie MacGregor	21.17
Daniel Foster	21.26
Nikki Roebuck	22.15
John Salt	23.52
John Tussler	25.14
Julie Salt	28.25
Rachel Leach	28.33
Robert Spencer	28.46
Sue Robinson	29.11
Sandie McIntosh	29.59
Rowena Dodds	30.09
Allan Stinson	31.16
Gemma Fleming	32.06
Mike Harper	32.07
Andrew Smith	36.43
Wendy Holloway	37.16
Killerton 10 Aug	
John Simister	25.15
Katie Simister	31.46
Sue Simister	33.05
Eastleigh 17 Aug	
Andy Richardson	24.26
Angela Fisher	26.46
Havant 17 Aug	
Howard Clark	18.51
Southampton 17 Aug	
Robert Spencer	27.15
Arrow Valley 17th Aug	
Andy Stockwell	18.56
Jamie Stockwell	26.07
Eastleigh 24 Aug	
Keith Whitaker	24.53
Havant 24 Aug	
Howard Clark	18.51
Bournemouth 24 Aug	
James Sawyer	17.36
Robert Spencer	28.18

Netley 17 Aug	
Chris McGaw	20.47
Richard Edmunds	20.52
Tom Callaway	21.04
Daniel Foster	21.17
Nikki Roebuck	22.16
Richard Chowns	22.18
John Salt	23.09
Mike Harper	23.33
Del Granger	23.36
Paul Southon	24.23
Glen Street	24.31
John Simister	24.55
Russell Mead	25.31
Stuart McNamara	26.02
Chris Leach	27.22
Nikki Plomer	28.34
Caroline Street	29.34
Tom Mellor	29.34
Jules Dinwoodie	29.53
Sue Simister	31.53
Katie Simister	32.00
Netley 24 Aug	
Tom Whitcher	18.39
Chris Leach	19.02
Louise Wills	19.36
Tom Callaway	20.15
Richard Edmunds	20.19
Daniel Foster	20.43
Paul Smith	21.40
Mark McDonald	21.43
Nigel Whitcher	21.55
Del Granger	22.29
Andy Richardson	22.52
John Simister	24.23
Paul Southon	24.23
John Tussler	24.34
Stuart McNamara	25.13
Rachel Leach	26.06
Marie McDonald	26.48
Tom Mellor	28.14
Sandie McIntosh	28.17
Rowena Dodds	28.26
Sue Simister	29.58
Sarah Smith	30.21
Andrew Smith	35.09
Wendy Holloway	36.27
Oxford 24th Aug	
Andy Stockwell	19.23
Richmond 24 Aug	
Julie Salt	31.03

THE NEW LOOK TIME TRIALS - AUGUST'S RESULTS

Graham Bell	23.43
James Sawyer	23.44
Andy Simpson	23.58
Howard Clark	24.17
Mark Eaton	24.25
Andy Stockwell	25.27
Mike White	25.37
Tom Whitcher	25.59
Liam Dredge	26.03
Jon Leigh	26.06
James Lee	26.20
Ray Gunner	26.22
Louise Wills	26.29
Richard Edmund	26.41
Andy Lee	27.41
Nick Crane	27.59
Richard Snell	28.03
Susie MacGregor	28.09
Tom Callaway	28.26
Rich Chowns	28.37
Nikki Roebuck	28.40
Gill Rose	28.56
Philip May	29.16
Mark Millard	29.29
Mark McDonald	29.35
Daniel Foster	29.45
Nigel Whitcher	29.47
Paul Coverdale	30.10
Mike Harper	30.33
Keith Whittaker	30.33
Alan White	30.33
Lucy May	30.59
Sam Bell	31.06
Neil Jarvis	32.12
Anna Wilby-Lopez	32.26
John Tussler	32.44
Clara Fordina	32.56
Laoise Magennis	35.27
Julie Ashman	36.46
Sarah Martin	37.50
Sue Robinson	37.50
Rowena Dodds	39.39

Augusts' Time Trial saw temperatures soar to 29C with very little windy to cool the runners down. We had 47 runners topping up their tans and struggling in the heat which is a really good turnout since it's the school holidays, with 9 people running their first time trial of the year. We saw only 6 people run their best time after completing a minimum of 2 time trials which shows how tough it was out there!! So congratulations to the improvers this month Richard Edmund, Andy Stockwell, Paul Coverdale, Sue Robinson, Nikki Roebuck and Tom Callaway as the biggest improver of the month shaving 35 seconds off his time. Well done to everyone else for surviving out there.

There was no overall changes at the top of the leader boards in the handicap bandings, so expect fireworks in September when we should have some cooler weather to make for some good running conditions. The next time trial is Thursday 5th September. Look forward to seeing you all then

Andy

Yateley 10K Wed 7th Aug **Sev Roberts 39:08**

THE LYMINGTON TRIATHLON

600M SWIM 18.5 MILE CYCLE 4 MILE RUN

79	MARK MILLARD	01.44.52
114	LIZ WEIGHELL	01.54.13

Strengthening and Stretching and Class

Due to popular demand we are again running a 6 week Strengthening and Stretching class starting on Monday 16th September at 8.15pm at the Solent Hotel in Whiteley. Please email verity.wright@ymail.com as soon as possible if you would like to attend as numbers are limited to 14. The cost is £20 per person payable in full on the first night.

Don’t get old, get smart

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

During our 30s certain physiological changes take place in our bodies that impact on our running, and by the time we hit our 40s many of us struggle to come to terms with slower race times and tiring bodies. But take heart, there is much you can do to keep yourself running fit well in to the future.

The facts you don't want to hear...

- As we get older there is a reduction in muscle mass and they become shorter, less supple and less sensitive to messages from the central nervous system, leading to a decrease in strength, balance and coordination
- Muscles tighten more after exercise
- Our aerobic capacity decreases
- Metabolism slows down and body fat increases
- Bone density decreases
- Our immune system becomes weaker
- If we don’t train smart we tend to get injured more often

The facts you do want to hear...

- Although fast twitch (sprinting) muscle fibres reduce with age, it is thought that slow twitch fibres (for distance) reduce a lot less
- We tend to develop a mental toughness and resilience that pushes us through
- We benefit from having learned the hard way how to look after ourselves better and listen to our bodies
- We tend to be more disciplined in our training

Top tips to keep you running for years to come...

- Listen to your body—don’t try to run through pain and do address those niggles early on
- Increase your recovery days—you may need 2 days of rest or low impact cross training, core or strength training after a hard session
- Increase mileage and intensity slowly
- Do plenty of stretching and flexibility training to keep those muscles supple—try a yoga class
- Work on muscle strength by introducing strength and conditioning training into your week for upper and lower body
- Improve your balance and coordination and work on core strength—try Pilates
- Pay attention to your diet—our needs change as we age
- Change your training goals—what worked for you when you were 20, won’t work for you in your 40s

Inspiration

In 2011 Fauja Singh set the world record for the oldest person to complete a full-length marathon at the age of 100. In 2012 he ran London Marathon in 7 hours, 49 minutes, quicker than 2011!

Ed Whitlock ran a 2:54:48 marathon at age 73, 3:15:54 at age 80, and a 1:38:59 half marathon at age 81

Strength of the month

Stand with your feet parallel, slightly wider than shoulder width. Bend your knees to about 90 degrees, making sure you keep the knee cap in line with your middle toes. Push back up with your quads and glutes

Stretch of the month

Bend your elbow to 90 degrees, resting your forearm on the frame of a door. Lean forwards until you feel a stretch in your pectoral muscles (front of chest)

Stubbington Green Runners: Social Events 2013

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.

August was a fairly quiet month on the organised social front although we had some great turnouts at the pub after the two RR10s. September sees the return of the Fish 'N Chip Handicap on Friday 6th and all the details for this are on the website and also on Facebook. Please remember that if you want fish and chips (or pie and chips for the Northerners!) you do need to pre book these with Tim. Look forward to seeing as many of you as possible.

The next major event is the Awards Night Dinner at the end of November which should be a great evening with good food and dancing plus the opportunity to recognise those people who have made significant achievements and have contributed to the success of Stubbington Green Runners as a Club. The booking form is now up on the website, book now to guarantee your place. Partners and friends all welcome but this event usually books up fast so don't delay.

There is also a thought that we could organise another 6.05 Special in October to be run with head torches as it is a nice straight and flat course. Please let me know if you would be interested in doing this. If there is sufficient interest we will happy to organise it. Either email me (sue.robinson@cdata.co.uk) or let me know at one of the weekly meets.

We are always looking for new ideas for social events so if you have anything you think would be a good idea do let me know so we can try and fit it in to next year's programme. Also any feedback on this year's events would be most welcome. Hope you all had a great summer. *Sue*

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

6.00PM MONDAY NIGHT AT WHITELEY

The warm ups & warm downs are longer for advanced runners & shorter for improvers.
We constantly re-group so no one ever gets left behind!
When an RR10 is on the Wednesday then the Monday session is on the flat.
Hill running is for 20 to 30 minutes (depending on ability) after the warm up .
From April to October the hills are run faster but with a longer recovery to keep the quality up.

Monday 2nd September	Forest rectangle (about 940m) 2 - 4 x 1 lap fast / ½ lap jog / 1 side fast / 1 side jog
Monday 9th September	Leafy Lane 1.1km loop 3 - 7 laps fartlek
Monday 16th September	Forest rectangle - about 940m 3 - 6 x 1 lap fast (1 side jog)
Monday 23rd September	Pyramids of short hills sprints
Monday 30th September	7 - 10 x long hill / jog back to cul-de-sac / sprint to notice board / jog all way back down

Thursday Night Training 6.30pm

We will continue to use Holly Hill as alternative Thursday until the 26th September. Please be advised that these sessions are going to be used as a basis for my Level 2 Coaching in Running Fitness Qualification until 24th October and as such I will be in training as a coach and Penny Forse will be observing these sessions.

I will be focusing on technique and running drills and I may change the schedule slightly but not the venue so please either turn up at Crofton Community Centre for a 6.30pm start, Holly Hill car park for a 6.30pm (**last session here will be 12th September**) then it will be Locks Heath Social Club on Warsash Road for a 6.30pm start from 10th October.
There will be an extra session on 5th September as well as the Time Trial, this will be the start of my 8 week coaching sessions, *Verity*

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

5th September	4 mile Time Trial OR "Flying 30's"	Crofton Community Centre Stubbington
12th September	Fartleks x6	Holly Hill car park, Sarisbury Green
19th September	5 x 600m (4 min rec)	Crofton Community Centre, Stubbington
26th September	RollerCoasters x6	Locks Heath Social Club, Warsash Road
3rd October	1 km loops x 6 (1 min rec)	Crofton Community Centre, Stubbington
10th October	Titchfield Figure of 8	Locks Heath Social Club, Warsash Road
17th October	Lee Triangle	Crofton Community Centre, Stubbington
26th October	Paarlauf	Locks Heath Social Club, Stubbington

The Stubbington Noticeboard

Sep-13	Day	Time	Effort/Activity	Recovery	Where	Meet	Leader
3rd Sept	Tues	7pm	10 Mins x 2 - Tempo Run	3 Mins	Chilling Field	Locks Heath Sports Ground	Mike Bell
5th Sept	Thurs	7pm	4 Mile Time Trial	Red Lion, Stubbington		Eric Road Stubbington	Andy Simpson
10th Sept	Tues	7pm	1.5km x 3	300m to start	Red Path	Locks Heath Sports Ground	Mike White
12th Sept	Thurs	7pm	6 mins x 4	2 mins	Lee Front	Crofton Community Centre	Paul Hammond
17th Sept	Tues	7pm	Titchfield Rollers x 6	Downhill	Titchfield - A27	Locks Heath Sports Ground	Graham Bell
19th Sept	Thurs	7pm	600m x 6	300m to start	Hill Head	Crofton Community Centre	Jon Leigh
24th Sept	Tues	7pm	2 miles x 2	400m to start	Hunts Pond Road	Locks Heath Sports Ground	Mike Bell
26th Sept	Thurs	7pm	1,2,4,6,8,6,4,2,1 mins	1,1,2,2,3,2,2,1,1 mins	Lee Front/Chalk Farm	Crofton Community Centre	Graham Bell
Oct-13	**Day**	**Time**	**Effort/Activity**	**Recovery**		**Where**	**Who**
1st Oct	Tues	7pm	Crescent Road Paarlauf x 6	Alternate Effort/ Rec	Raley/Crescent Road LH	Locks Heath Sports Ground	Mike White
3rd Oct	Thurs	7pm	4 Mile Time Trial	Red Lion, Stubbington		Eric Road Stubbington	Andy Simpson
8th Oct	Tues	7pm	Titchfield Figure of 8 x 2	Downhill	Titchfield Village	Locks Heath Sports Ground	Graham Bell
10th Oct	Thurs	7pm	1k x 5	300m to start	Cuckoo Lane	Crofton Community Centre	Jon Leigh

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

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