The Green Runner

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

MORE TROPHIES AT THE TEST WAY RELAY

We're going to need a bigger trophy cabinet!

Congratulations to all four Stubbington Green teams at The Test Way Relay.
The Men's team were first and collected the trophy for the first time since 2008, the Ladies with a fantastic performance finished second just behind Winchester and the mixed teams put in great runs to be second and fifth.

The final individual results are not available yet but will hopefully be ready for next month's Green Runner.

HAD a rejection from London marathon? Don't despair the club will have some (not sure how many at the moment) club places available. Please get your rejection slips to Kevin Ashman by the end of October and the committee will then work out how to allocate them

ENGLAND ATHLETICS

Do you have an interest in leading and developing our weekly training sessions at the club? If so then the England Athletics Leadership in Running Fitness course is for you. It's a one day course with no assessment and it will enable you to support our popular Beginners Course and be part of the team that lead our open and weekly training sessions.

The only thing you have to do is commit to being part of a monthly leaders rota. If you would like any more information of how you apply then please email me verity.wright@ymail.com

Sea of green down at the lakeside

By Mark Le Gassick

IT was a strong finale to this year's Lakeside 5k series as 33 SGR club members flocked to the final fixture on one of the last warm evenings of the summer.

The fast fading heat of the day and lack of breeze provided ideal running conditions and the opportunity for recording quick times. With the track season at a close there were also some good quality athletes out in force. To illustrate the strength of the field, the first eight guys across the line ran under 16 minutes, with the first 23 sub-17 minutes.

And, there were five greens among the top 23. Lewis Chalk was the first green home on the night in 8th place in a great time of 15.56, with me following in his wake in 16.09 (9th). It proved to be a good warm up for Lewis ahead of the start of the new HRRL season and the Overton 5 the following week.

Also running well was James Sawyer, setting a 5k PB of 16.37 and finishing in 15th place, just 10 seconds in front of talented 16-year old Tom MacSwayne (16.47, 20th). Tom has had an amazing first Lakeside series with four-out-of-five top 10 finishes, a 5k PB on of 16.36 and amassing at total of 27 points in the Inter-Club Challenge (see below). And, in the last race of the series he also showed one or two of the club's more senior members a clean pair of heels including men's captain, Andy Simpson, who finished one place behind Tom in 16.54 (21st).

Not to be outdone by the men, the SGR ladies were also in pretty impressive form with the first four greens across the line packing well at the finish. Nikki Roebuck

led the ladies home in 21.40, five seconds ahead of Melissa Hutton-Dunton in 21.45, Rachel Openshaw was next, 21.51, followed by Hilary Gulliver in 22.21. Throughout the Lakeside series, SGR was sitting in second place in the new-for-2013 inter-club challenge, behind event hosts City of Portsmouth AC. And, going into the final race of the series, the club was still holding on to second. Despite strength in numbers and some good results on the night, SGR weren't quite able to overhaul the leaders, finishing the series second overall.

However, this was an excellent result for the club considering that the first four of the five fixtures clashed with the other popular midweek summer series, the RR10s, and that there were only a dozen or less members running in the first four Lakeside races. Fixture clashes between the Lakeside 5ks and RR10s is certainly something that the committee will be feeding back to the organisers of the Lakeside series in the hope that in 2014 clashes can be kept to a minimum to give club members the opportunity to run in both events.

SGR members with 3 or more finishes

Tom MacSwayne - 5 races (16.36 fastest)
Simon McMorran - 5 races (17.07)
Sev Roberts - 5 races (18.15)
Mark Le Gassick - 4 races (16.09)
Robert Spencer - 4 races (26.41)
Mike Harper - 3 races (18.27)
Julie Salt - 3 races (26.04)

Overall series results

1 James Baker, Chichester Runners
2 Tom Muddiman, Southampton AC
3 Mark Le Gassick, Stubbington (1st vet)

Inter-Club Challenge

1 City of Portsmouth AC
2 Stubbington Green Runners
3 Chichester Runners
4 Southampton AC
5 Denmead Striders
6 Portsmouth Joggers

Olympic Distance Age-Group World Championships

	SWIM	T1	BIKE	T2	RUN	TOTAL
Nicholls, Helen (GBR)	00:13:36	00:02:52	01:10:01	00:03:16	00:41:35	02:11:18
White, Michael (GBR)	00:12:52	00:03:21	01:06:31	00:03:13	00:40:19	02:06:14
Abrams, David (GBR)	00:16:49	00:05:06	01:22:16	00:04:58	00:50:18	02:39:26
Abrams, Sandra (GBR)	00:16:33	00:09:48	01:34:27	00:06:08	01:06:57	03:13:52

PETERSFIELD SPRINT TRIATHLON

15th September saw the second edition of the Petersfield Sprint Triathlon, which is a really well organised and friendly event, hosted by Petersfield Tri Club. The event is based within the superb facilities and grounds of Churchers College.
The short event comprises a 400m pool swim followed by a tough 16.5 mile bike route around Rogate and Rake, and concludes with a relatively flat mixed road and trail 5K run.

The first edition in 2012, had only 153 competitors but it was a great day and I'd been pleased to be 20th overall and first Vet 50. I only manage about one Tri a year and a sprint event is about my limit!

So I went along again this year, the event having now grown to 217 starters.

I was really pleased to place 17th overall in a time of 1 hr. 24 mins. 24 secs.

I was first V55 (but no prize), but my time would have also been 2nd V50, and 4th V40

It was great to see two other Stubbies there; Clara Fordina placed 135th (1.43.09)
and Liz Weighell 149th (1.45.35)

Good luck to all the Stubby Triathletes at the Applemore Sprint Tri sorry I'll miss the Club Champs being on my hols.

Tim Crumpton

NEW FOREST MIDDLE DISTANCE TRI

36	Duncan Borthwick	05:04:32
192	Clara Fordina	06:39:53

bristol half marathon

1875 Daniel Foster 01:42:07

THE BEAST DORSET

ANDY STOCKWELL 1:45:38
ALAN WHITE 2:20:31
TIM SMART 2:22:19

THE PEBBLE DASH 5K PORTSMOUTH

ANDY STOCKWELL 22:23

THE BUTSER HILL CHALLENGE

18th FELINE, William 0:38:17
20th HALL, Chris 0:38:21
46th EDMUNDS, Rich 0:42:59
194th STINSON, Allan 1:15:04

FROM LEFT TO RIGHT, WILLIAM, RICHARD, CHRIS AND ALAN

CAPTAINS CORNER

Well what a month it has been for the Stubbington Green army. Congratulations to everyone who turned out to race whatever it may have been and whether you are a novice or a seasoned runner. The level of support from our club has not gone unnoticed by race organizers so we should be proud of our efforts.

In the HRRL series we had 38 finishers at Overton and 39 at Victory!

The Test Way relay was a fantastic event this year and our 4 teams put in tremendous effort with the results reflecting this. Despite coming 2nd to Winchester, the ladies team ran their fastest yet over a tough course. Well done to the men for 1st place, mixed team A for 2nd place and mixed team B coming 5th.

The Southern road relays were represented by a ladies team for the 1st time since 1999 and the team did themselves proud in a highly competitive event finishing 49th.

U17 Men put out a team for the first time ever and finished 43rd.

Senior men finished 78th and the two Vets teams who finished an impressive 12th and 18th. It was great to see Stubbington putting out 5 teams and we were really pleased to see so many new faces. For full leg results of the Stubbie runners see the article written in this issue.

We have the start of the Hants XC league and Todays Runner over the next month and it would be wonderful to see the numbers running the Road Race league turning out to represent Stubbington in cross country races.

The final time trial takes place on Thursday 3rd October, look forward to seeing everyone on the night and then a social drink afterwards in the Red Lion

Andy and Sally

HURSLEY 10K			
19	Chris	Leach	00:40:35
33	Graham	Martin	00:43:08
34	Marcus	Lee	00:43:17
46	Tim	Crumpton	00:44:25
86	Nikki	Roebuck	00:47:18
116	Paul	Coverdale	00:48:51
235	Eric	Beck	00:55:41
250	Rachel	Leach	00:56:21

HURSLEY 5K			
74	Jennifer	Beck	00:46:02

HRRL

The HRRL season kicked off in the picturesque upper Test Valley with the Overton 5. A 5 mile road race comprising two undulating laps around the Hampshire village and then through the High Street, culminating with a sprint finish at the cricket ground.

A week later at the Mountbatten Centre, the Victory 5 provided a fast and pulsating 5 mile race along the Tipner Shoreline and around the Lakeside office complex ending with a final sprint into the wind and onto the running track.

There was a sea of Green at both races with Stubbington Green being the best represented club for both events, providing 38 runners at Overton and 40 at the Victory 5. The fact that SGR had so many runners at both races is a testament to the hard work and time put into marketing the club through the summer, the excellent coaching and training provided to newbies, beginners and established SGR's alike and to the runners themselves who are always seeking to challenge themselves and others around them.

The racing itself was of a very high quality with some excellent individual and team results. Many pb's were recorded at Overton and then beaten again the week after at Victory 5. The Stubbington Green ladies turned out in force and there were a number of runners enjoying their first HRRL racing experience.

The results are attached and clearly there were too many good performances to mention everybody but a special mention must go to Lewis Chalk for his 2nd place finish at Overton and to Andy Simpson for his 1st V40 placing at Victory 5 (a new 5 mile pb for the men's captain)! The men's A and B team finished 3rd and 2nd in their respective divisions at Overton and the Men's A team won the team event at the Victory 5, and the Men's B Team also took top place in their division

The biggest thanks though go to all Stubbington Green Runners, spectators and cake bakers who made both races a thoroughly enjoyable occasion and I hope we can sustain the same level of turnout and enjoyment during the course of the season. Let's make this season one to remember and to continue being the envy of our running club peer group.

With that in mind, the next race is the Solent Half Marathon on 13th October 2013 at 10 am. It is a scenic course winding through the New Forest towards the Solent shore at Lepe. The race is chip timed but there is NO on the day race entries. The race is limited to 500 runners so please enter now to avoid disappointment. Car sharing will be organised nearer the time.

Neil R

LEAGUES AFTER TWO RACES

	MENS A TEAM	
1	Salisbury	3
2	**Stubb'ton**	4
3	Winchester	5
4	Lordshill	8
5	Overton	11
6	Denmead	12
7	Eastleigh	13
8	So'ton AC	18
9	Totton	18
10	New Forest	18

	LADIES A	
1	Winchester	2
2	Salisbury	4
3	Totton	7
4	Alton	8
5	**Stubb'ton**	10
6	Lordshill	14
7	Fareham	15
8	Eastleigh	16
9	Denmead	17
10	PompeyJ	17

	MENS B&C	
1	**Stubb'ton B**	3
2	Winchester B	5
3	Salisbury	5
4	Lordshill B	9
5	Winchester C	10
6	**Stubb'ton C**	13
7	Overton	15
8	Eastleigh	17
9	Lordshill C	17
10	PompeyJ B	17
11	Denmead	21
12	New Forest	26
13	PompeyJ C	26
14	Fareham	28
15	So'ton AC	32

	LADIES B&C TEAM	
1	Winchester B	2
2	Totton	6
3	Winchester C	8
4	**Stubb'ton B**	10
5	Lordshill B	11
6	Alton	13
7	**Stubb'ton C**	14
8	Fareham	17
9	Lordshill C	22
10	Denmead	23
11	IOW RR	25
12	Salisbury	26
13	Eastleigh	30
13	PompeyJ	30

Race	Distance	Date	Start time	Club
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

OVERTON 5

2	0:26:15	CHALK, Lewis
15	0:27:54	SAWYER, James
18	0:28:14	SIMPSON, Andy
30	0:29:04	MCMORRAN, Simon
36	0:29:15	HENDLEY, Daragh
40	0:29:22	EWANS, Wayne
43	0:29:28	EATON, Mark
44	0:29:29	BELL, Graham
50	0:29:53	CLARK, Howard
65	0:30:37	ROBERTS, Sev
97	0:32:03	STOCKWELL, Andrew
114	0:32:51	CHOWNS, Richard
119	0:33:02	DREDGE, Liam
130	0:33:23	RICHARDSON, Neil
138	0:33:34	EDMUNDS, Richard
140	0:33:35	WILLS, Louise
141	0:33:38	LEIGH, Jon
169	0:34:31	CRUMPTON, Tim
187	0:34:56	CALLAWAY, Tom
193	0:35:19	FOSTER, Daniel
209	0:35:46	ROEBUCK, Nikki
256	0:37:16	GULLIVER, Hilary
279	0:38:00	SALT, John
291	0:38:30	DAILY, Katherine
314	0:39:19	MAY, Lucy
338	0:40:34	WRIGHT, Verity
339	0:40:34	SOUTHON, Paul
367	0:42:16	PHEBY, David
378	0:42:51	TUSSLER, John
403	0:44:34	MARTIN, Sarah
409	0:45:03	MCNAMARA, Stuart
415	0:45:35	PLOMER, Nikkie
431	0:47:19	BLAKE, Ann
436	0:47:44	SALT, Julie
452	0:49:17	BARRON, Sarah
468	0:52:56	CLARK, Sandra
471	0:53:46	STINSON, Allan
477	0:57:48	FLEMING, Gemma

VICTORY 5

6	Lewis	Chalk	00:25:49
13	Andy	Simpson	00:27:20
23	Simon	Mcmorran	00:28:22
26	Wayne	Ewens	00:28:34
29	James	Sawyer	00:28:40
45	Mark	Eaton	00:29:22
47	Graham	Bell	00:29:25
88	Andrew	Stockwell	00:31:23
99	Mike	Harper	00:31:38
102	Neil	Richardson	00:31:49
111	Jon	Plomer	00:32:12
112	Richard	Chowns	00:32:15
116	Rich	Edmunds	00:32:19
117	Liam	Dredge	00:32:21
125	Jon	Leigh	00:32:38
136	Louise	Wills	00:33:01
167	Tom	Callaway	00:34:13
192	Philip	May	00:35:24
203	Lucy	May	00:35:35
206	Nico	Beukman	00:35:44
237	John	Salt	00:36:31
261	Anna	Wilby Lopez	00:37:29
259	Katherine	Chowns	00:37:29
273	Paul	Southon	00:37:56
293	Verity	Wright	00:38:44
318	David	Pheby	00:39:54
337	John	Tussler	00:41:13
350	Stuart	Mcnamara	00:42:13
356	Kelly	Bennetts	00:42:45
361	Sarah	Martin	00:42:56
359	Ronel	Beukman	00:42:59
376	Nikkie	Plomer	00:43:59
386	Sue	Robinson	00:44:28
385	David	Macswayne	00:44:34
389	Julie	Salt	00:44:35
421	Debbie	Spinks	00:46:30
422	Rowena	Dodds	00:46:32
423	Eunice	Hoare	00:46:34
429	Sarah	Barron	00:47:13
482	Gemma	Fleming	00:58:06

FROM THE CHAIR

September proved to be the usual busy month for racing, competing and representing the club, it is fantastic that so many members have got involved. Neil Richardson has done a great job to kick off the HRRL road race season with some very encouraging turnouts, which are not going unoticed by race organisers and other clubs alike.

The supportive cameradery seen at both Overton and Victory was really noticable, and as with most things when there are smiles there is sucess too, both individually and for the teams.

Sandwiched, inbetween the HRRL was the Test Way Relay, where we sucessfully got four teams of eight to run the 45 miles from Ink Pen Beacon to Totton, without anyone getting too far lost, unlike many of the other teams. The planning Andy and Sally put into this event, to offer this opportunity to a wider audience within the club, was not dampend by the frustrations of injury and having to swap teams around continuously in the preceeding days. It was great to see newer members enjoying the day, alongside our more experienced relay runners, and of the 29 teams we had four teams. To come home with a 1st, two 2nd's and a fifth for the second mixed team was a really proud moment, and was just reward for the anxiety felt throughout the day to make sure it was a sucess for everyone. It demonstrated just how far we have come as a club, and again the envious eyes were on us from local clubs, which speaks volumes for the effort and support we all put in and showed for each other on the day.

The second relay of the month, at Aldershot for the Southern Road Relays, was an altogether different event. In another first for the club, in recent memory, we organised 5 teams to compete against the best in the south of England. From Norwich in the east to Bideford in the west, including little old and relatively unknown SGR. Seeing our guys faces as we rocked up for the mens and vets races on the Sunday was a picture, and we just couldn't take ourselves too seriously against such ahthletes. I know the ladies and U17 teams had great experience too, and it was fantastic to be able to be present at such a prestigious event in the athletics calendar.

Another, even more prestigious, event was the World Triathlon championships in London, last month. Fantastic perfromances from Mike White, Helen Nicholls, David and Sandra Abrams meant that SGR had represtation on the world stage too. Well done one and all for your performances, you should be justly proud to have represented your country.

The ability to be sucessful at such events is built from the bottom up within the club and the excellent turnouts we are getting at training nights speaks volumes for the enthusiasm for running we are all feeling. As we move into the winter programme, I would ask that we all follow the lead of the leaders on these evenings. In order to offer safe sessions for everyone accross a range of abilities it does take a lot of planning, and the onus is on the leaders to provide safe routes too. Whilst I apreciate that these aren't always the most exciting, the rules and processes we have put in place will ensure that everyone gets a good run. This includes being visible, buddying up, looping back to ensure that the group doesn't splinter, and using the back marker system. These simple steps are part of the EA best practise that we have adopted and ensure that everyone can train together. None of it is rocket science, but it does work as we are proving. The volunteer leaders we have do an excellent job, and the sessions are far less stressful when these ideas are applied.

The summer success in the Inter Club Championship at the Lakeside 5k series, where we achieved second club overall, means that we have £150 of sports vouchers to spend, and the committee has decided to invest in some small but very useful pieces of training equipment and safety items which will be of benefit to all. Thanks to all that took part in the summer series. As a side note, the organisers of the RR10 and 5k series now are aware of each others planning for next year, meaning that (hopefully) there will be less calendar clashes.No promises, but I have done my best to make them see sense.

Autumn marathon season is upon us and the first marathons in Berlin, Nottingham and Loch Ness are already done and dusted and wishing those who are running, Abingdon, and Clarendon later in the month a fantastic run.

Have a great month everyone, and I look forward to hearing about the further sucesses for individuals and the club over the coming month.

Happy running everyone
Graham

VIEW FROM THE COACH

The darker nights are drawing in and we have had to say a final goodbye to our Thursday sessions at Holly Hill until Spring, I know from everyone's feedback that these sessions have been enjoyed but from Thursday 3rd October we will be meeting at Locks Heath Sports Ground on Warsash Road.

The Thursday night training sessions have grown and grown over the last few weeks, we're now on Week 4 of my 8 week coaching programme and so far quite a few runners have achieved their goals that we set at the start of the programme, so well done all those concerned, the hard work does pay off.

Talking of the nights getting darker can I remind you all that our training sessions will mainly be on lit pavements during the winter months so can you dust off your high viz clothes and remember to turn up to training being visible. If you've got a head torch as well bring that along, they really do make a difference and we are hoping to secure a few for our Leaders so that we can stay safe. Our leaders are also going to be getting running tops with their names on them so that they can be more easily be identified so that all runners know who is leading the group.

We will also be buddying up on the darker nights so that we don't lose anyone, this just means you choose someone that you check for at each re-grouping point, we've not lost too many but I'm still haunted by the night that we did!

Verity

RACE DIARY

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 (Running Tree series)
Sunday	06/10/2013	11:30 AM	Cowes (IOW)	IOW Marathon
Sunday	06/10/2013	8:00 AM	Bournemouth	Bournemouth Half-Marathon
Sunday	06/10/2013	10:00 AM	Portsmouth	Portsmouth 10K
Sunday	06/10/2013	11:30 AM	Cowes (IOW)	IOW 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	Keyhaven	Milford10K (Running tree series)
Sunday	27/10/2013	10:30 AM	Southsea	Great South run
Sunday	03/11/2013		Southampton	Lordshill 10
Sunday	17/11/2013	10:00 AM	Gosport	Gosport Half
Sunday	24/11/2013	11:00 AM	Boscombe	Boscombe 10k & fun runs

THE BROUGHTON BOUNDER

33	DAVID	LANGRISH	01:16:58
72	JULIA	PARK	01:25:21

STOCKBRIDGE 10K

3	James Sawyer	36.44
7	William Feline	37.59

HSBC TRIATHLON DORNEY LAKE

Tommy Blake, Katie Simister and I all took part in the HSBC fun triathlon at Dorney Lake on 15 September - a 200m swim, 5.3k bike and 2.5k run. For me it was a return to a distance I had done last year, for Tommy a return to the place where a bike crash had ended his race back in June, and for Katie another chance to do an open water race.

The adult wave was first, with the children's wave off 5 mins later, so I was very pleased to see both Tommy and Katie as I was heading back on the run as it meant that they were both safely round a slippery bike course due to earlier rain. I was very pleased with my times, taking a total of 2m46s off last year (mostly on the swim), Katie was very happy with her swim as it was much faster than in June, and Tommy was also pleased to have conquered the bike route and beaten me on the swim!

Ann Blake

Overall Position	Name	Name	Age Cat	Cat Pos	Finish Time	Swim	T1	Bike	T2	Run
21	Ann	Blake	40-44	2	00:34:10	00:05:15	00:02:34	00:11:21	00:01:26	00:13:31
28	Tommy	Blake	TSTAR	12	00:35:52	00:04:44	00:02:35	00:13:53	00:01:02	00:13:36
31	Katie	Simister	TSTAR	8	00:36:30	00:05:52	00:02:21	00:13:45	00:00:50	00:13:40

RING O' FIRE

After completing the Ultra Trail du Mont Blanc (UTMB) last year I fancied a change. I wanted a 4 point UTMB qualifier so I could return in 2014. A friend told me about a new race called the Ring O'Fire. 2012 was the inaugural race. It's now an annual 135 mile coastal ultra marathon circumnavigating the Isle of Anglesey, North Wales. This multi stage race is run over three days (35m day 1, 65m day 2, 35m day 3) and has 13,695 feet of vertical ascent.

The Ring O'Fire certainly knows how to set you off around the wild, rugged and spectacular Anglesey Coastal Path as it was The Duke & Duchess of Cambridge that started the race. It was one of their last public engagements before leaving the island that had become their home. With Prince William ringing the Race Bell to start the race we were off through the crowds that the Duke & Duchess had attracted.

Almost all the coastline of Anglesey is a designated "Area of Outstanding Natural Beauty". You encounter a wide variety of terrain, from estuaries, sandy beaches, cliff top paths, sand dunes, to farmers' fields and sections of forest.

Whilst a beautiful route, it is also a brutal race. Many runners underestimated the challenge in 2012. The Ring O'Fire's sheer brutality was highlighted as less than 50% of starters actually crossed the finish line. After this first race in 2012 the RoF has already started to gain a reputation and one I believe is well deserved.

Having never done a multi stage ultra, I was not sure how to go about the training so I did what I always do. I trained as a long distance triathlete. This seems to keep the niggles of long distance running at bay. I build volume for spring marathons, increase volume till mid summer as if competing in an Ironman triathlon then in the last 10 weeks before the big day I maintain my overall volume through running whilst reducing my swimming & cycling. My exercise volume at this point is circa 20+hrs per week. In this last 10 weeks I stop worrying about speed and just enjoy my long runs on the South Downs. I disappear for the day enjoying a 30 - 40 miles whilst knowing that I can still run the next day.

Whilst I focus on good running volume in this last 10 weeks before a big ultra I also have started to be aware that this is where I start preparing psychologically. I have always thought ultras are 50% physical & 50% mental but last years UTMB and this years Ring O'Fire have changed my views on this. I think it's much more complicated and interlinked. When you are strong, you naturally feel good so you need little positive mental input. However when your legs have nothing left, and your body is in bits and you still have another day of running in front of you, that's where a mental approach or should I say response is everything. I saw really strong runners who have finished the Marathon des Sables with ease fail to finish this years RoF and my good friend Phil Nelson who for some reason only ran 200 miles since January finished with a huge smile on his face. Let's just say his belief and inner strength was of epic proportions.

So what did I get out of running around the coastal path of Anglesey? Well, Anglesey has an extraordinarily beautiful coast. A coast line of deserted golden beaches in the south and rugged cliffs and stone coves in the north. You have to get off the beaten track to appreciate the beauty. The route was just spectacular.

The hardest point of the race was the first hour of day 2 & day 3! The body gets battered but as long as you keep moving through that first hour then the body seems to adapt and loosen off to the point where you actually feel really good and at some point invincible!

The race is friendly, well organised and definitely one that ultra endurance individuals should seriously consider!

Euan McGrath

THE TODAYS RUNNER CROSS COUNTRY LEAGUE STARTS OCTOBER

Dear Stubbies

Just to let you know that the 2013/14 Today's Runner League is starting on 13th October 2013, the first race is at Pamber Forest near Basingstoke, 11am start. These races are about 5 miles long and are limited to male runners who have run no faster than 5.30 min/mile and female who have run no faster than 6min/mile in the previous 12 months.

The emphasis of the league is to provide ordinary club members with the opportunity to participate in a series of cross country events. The atmosphere is to be enjoyable and social without the cut and thrust that is associated with specialist cross country leagues'. So for new members or those who have thought of cross country but were afraid they would be too slow, why not give these races a try. They are free to enter, there is no registration and food is provided afterwards at a cost of up to £2. So please come along and support your club.

Chris Hall

HONESTLY IT'S <u>NOT</u> LIKE THIS

Hampshire 'Today's Runner'
Cross Country League
Sunday 13 October 2013
Pamber Forest, near Basingstoke

<u>Pamber Forest</u>: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 612 617), a beautiful 479-acre Site of Special Scientific Interest, a few miles north of Basingstoke, near Tadley off the A340. The race will be a single lap through forest and fields along undulating tracks and footpaths. It will start at 11:00am; distance 5 miles.

<u>Race Meet</u>: The meeting point and race car park will be to the north of the Forest at **Pamber Heath Memorial Hall** (when full, for parking overflow, please park sensibly in Burney Bit or other local residential streets). After the race at the Pamber Heath Memorial Hall, there will be **hot food** (freshly-cooked locally produced sausages in a bread roll) plus vegetarian options, and home-baked cakes by BMHAC club members, and tea/coffee, at a price of £1.50 per head. Please stay if you can (provisional race results will be announced at the Hall asap after the finish).
<u>Facilities</u>: Toilets, limited changing, and clothing dump available at the Hall.

<u>Competition Rules</u>: All runners must wear a Club Vest. There will be sheep in the field near Little London (the southern edge of the course), so no dogs, sorry.

<u>Directions</u>: (From South): From M3 J6 join the Basingstoke Ring Road north, and exit following the A340 signs for Aldermaston (passing the hospital). Keep on A340 until you reach the Lloyds Bank traffic lights in Tadley (just after the Sainsburys store). Turn right for Pamber Heath and Silchester, then after 1000m turn right into Pamber Heath Road. The Pamber Heath Memorial Hall is 400m on left.

<u>Race Start</u>: The start and finish will be from the open field adjacent to the Forest and accessed from Burney Bit. To reach this point, walk along Burney Bit eastwards for approx 300m from the Pamber Heath Road junction, and then turn right, or simply follow the tape and signage from the Memorial Hall.

<u>IMPORTANT</u>: As always, please display courtesy to others members of the public on the day, including whilst running. Please use the toilets in the Memorial Hall, or (if needs must) <u>not</u> in public view, particularly near the start.

<u>Enquiries</u>: tim.fowler@hotmail.co.uk, 07595 486930.

Southern Road Relays

For the first time in a long time we managed to get more than 3 teams out with a massive 5 teams turning out in force at the Rushmoor Arena, Aldershot.

The relays were conducted over two days with the juniors and ladies on Saturday, followed the next day by Vet and Senior Men. Clubs from all over the South East England compete in this prestigious race with international runners in the field on the day.

We've had no ladies team since 1999 and no U17 team before from what we can gather from the archives and past club members. So we were really pleased to get both teams out and for the runners to gain experience of road relays.

The relays are great from a spectator's point of view as you can see the race from 5 different points of the course by only having to cover a maximum of 400 metres.

The U17 Men's team were made up of Tom, Jamie, Matt and Callum who all had to run 1 lap of 3851m on a marshalled course. Tom got the team off to a fine start and handed over to Jamie, then Matt and Callum on the anchor leg. It was really great to see all the U17's running strongly and enjoying the day. The team on the day finished 43rd out of all the clubs in the South East of England in a time of 1:01:06, well done guys.

The ladies followed on from the U17 running the same distance. The only lady who could reflect on running the relays before was Lucy as an U15 girl! In the ladies race there was a high quality field with the likes of Ceri Mitchell, Southampton (no relation to Donna) and Steph Twell (Aldershot). The ladies were led out by Donna, handing over to Melissa, Lucy and finally Helen. The Stubbie ladies finished 49th in 1:06:24.

Sunday saw the men racing and how different the weather was this year versus last year when it bucketed it down for the Vets race. We had struggled with injuries the week before the race and had late fitness tests on a couple of runner's right up to about 30 minutes before the start of the race!! Although we had to tried to find replacements and thanks for Nick in answering the call, we were still a man down in each race with Graham and me running twice. The men had to run two laps over a longer distance which was over 6km (3.8miles)

This year we had two Vet 40 teams with Mike stepping down from V50 to help us out. To lead off the men were Mike and I. I decided on my usually start and led the race but quickly settled in behind a lead group of 8 people. All the Vets ran solid legs and can be pleased with finishing in 12th and 18th position in times of 1:30:29 and 1:36:39. Senior Men's race quickly followed the Vets with James leading off the team, followed by Sev, Liam, Tom, Daniel and Graham last, thus giving him the longest time to rest those tired legs from the Vets outing. Again everyone gave 100% and somebody managed to shave half a mile of the course taking a more direct route and missing the small hill out twice!! The team finished in 2:19:45 for a well-deserved 78th place.

We had a lot of debutants in the teams over the weekend which was great to see them experiencing the Road Relays and hopefully we will see you representing the club, perhaps next year again.
Andy Simpson

	Senior Ladies		Tot. Leg Pos	Sen. Pos
Leg 1	Donna Mitchell	16:59	76	53
Leg 2	Melissa Hutton-Dunton	17:50	74	53
Leg 3	Lucy May	16:26	64	50
Leg 4	Helen Nicholls	15:11	57	49
	Total	**01:06:26**		**49th**

	U17 Men		Tot. Leg Pos	Leg Pos
Leg 1	Tom Whitcher	13:42	37	35
Leg 2	Jamie Stockwell	17:21	48	44
Leg 3	Matthew Abbott	15:07	48	41
Leg 4	Callum Jarvis	14:56	43	38
	Total	**01:01:06**	**43rd**	

	Vet 40 - A team		Tot. Leg Pos	V40 Pos
Leg 1	Andy Simpson	20:53	11	9
Leg 2	Graham Bell	22:33	14	11
Leg 3	Andy Stockwell	22:53	15	12
Leg 4	James Keen	24:10	19	12
	Total	**01:30:29**		**12th**

	Senior Men	**02:19:45**	Sen. Leg Pos	Leg Pos
Leg 1	James Sawyer	21:27	76	70
Leg 2	Sev Roberts	22:59	74	74
Leg 3	Liam Dredge	21:44	72	55
Leg 4	Tom Callaway	25:00	74	79
Leg 5	Daniel Foster	25:58	77	79
Leg 6	Graham Bell	22:37	78	64
	Total	**02:19:45**	**78th**	

	Vet 40 - B Team		Tot. Leg Pos	V40 Pos
Leg 1	Mike White	22:21	23	19
Leg 2	Nick Kimber	25:53	40	22
Leg 3	Neil Stantiall	27:24	42	23
Leg 4	Andy Simpson	21:01	30	18
	Total	**01:36:39**		**18th**

THE CROSS COUNTRY SEASON

Hi all, the Hants cross country dates, times and distances are now updated on the cross country link. Five runners count for a men's team and three runners for the other races.

These are multiple lap races to allow for the younger age groups to race. They're not quite as hilly or muddy (weather dependant!!!) as the Today's Runner races.
It was suggested that for some races we put the average pace to give people an idea on the standard, so I've added the first and last times for the same races last year (Readings results are from the last time we raced there in 2010/11 season!) however there is no time limit. I also can't guarantee the same weather, course conditions that these times were set on.

Prospect Park, Reading- Ladies times 20.19-34.51 which equates to 5:26-9.13min/mile pace. Men's times 27.13 - 49.51 equating to 4:22-8.01m/mile.
Goodwood, Chichester- Ladies, 19:56-36.24 (= 5:20-9:45m/mile). Men's, 27.56-49.17 (= 4:29-7:55m/mile).
Popham Airfield, Basingstoke- Ladies, 22:30-38.01 (= 6.02-10.11m/mile). Men's, 31.46-62.33 (= 5.06-10.03m/mile).
King's Park, Bourenmouth- Ladies, 21.36-41.18 (= 5.47-11.04m/mile). Men's, 30.50-60.52 (= 4:57-9.47m/mile).
Hudson's Field, Salisbury- Ladies, 19.45-38.00 (= 5:17 - 10.11m/mile). Men's, 30.21-56.21 (= 4:53-9.04m/mile).

These are free events and will just need to wear a club vest (as well as your normal running kit!) and have a UKA number and membership. As some are a bit further away I'm hoping to car share as much as possible. Cross country is a great way to help build up your strength and stamina so any questions just let me know, my contact details are in the Green Runner.

Happy running
Lucy May, Cross Country Captain.

NEW FOREST HALF MARATHON

7	Simon	Mcmorran	01:20:04
23	Mike	Harper	01:27:07
359	Sarah	White	01:50:29
412	Verity	Wright	01:53:09
458	Jennett	Woolford	01:54:35
743	Louisa	Abbott	02:09:09
1038	Sharon	Simpson	02:30:39
1140	Julie	James	02:54:30

NEW FOREST MARATHON

359 John Fairhurst 04:33:49

King Alfred's Torment, 7 mile multi-terrain.
I finished 40th in 58:16.
Paul Hammond

Isle of Wight Fell Running Championship

St. Boniface Fell (Race 1)

Saturday 14th September

3 Miles, 775 feet ascent

78	0:25:12	HALL, Daisy
79	0:25:13	HALL, Chris

Ventnor Horseshoe (Race 2)

Saturday 14th September

7 Miles, 1500 feet ascent

49	1:09:41	HALL, Chris

Wroxall Round (Race 3)

Sunday 15th September

13 Miles, 1500 feet ascent

39	1:45:02	HALL, Chris

THE NEW LOOK TIME TRIALS - SEPTEMBER'S RESULTS

Bonus Time Trial next week Thursday 3rd October. NOTE EARLIER TIME 6.30 for people running just over 35mins and 6.45 for the ones running under 35.

After 6 time trials so far this year we come to the last Time Trial of a year which is a 'Brucie Bonus' one, as we have put an extra one on. It would be really great to see us beat last month's record numbers for a time trial.

It really is all to play for in the last trial with anybody who has run one race eligible to beat their best time of the year and become the biggest improver of the year in their handicap category! If you've not posted a time for the year yet, then why don't you put a mark down for the winter and then look to improve it in spring when all the hard training over winter pays off. Just like the people have done over the summer months.

The current leaders are as follows:-
Under 25 Mark Eaton -1.34 mins
25.01-28.00 Jon Plomer -2.22mins
28.01-31.00 Phil Martin -3.05
31.01 – 35.00 Paul Southon -2.47
35+ Sarah Martin -5.19

The Leaders can't get too comfortable as there are improvers snapping at their heels!

All being well I will announce the winners and present their prizes in the Red Lion pub afterwards if I can get through the collating the results in time.

Please the attached results to see how you're doing in your respective category.
Andy Simpson

James Sawyer	23.20
Mark Eaton	**23.21**
Will Feline	**23.30**
Graham Bell	23.44
Tom Whitcher	**24.05**
Simon Hearnden	24.56
Andy Stockwell	**25.21**
Liam Dredge	**25.36**
James Lee	**25.42**
Rich Chowns	**25.58**
Howard Clark	26.21
Louise Wills	26.31
Steven Ellis	**26.37**
Jon Plomer	26.38
Philip Martin	**26.56**
Mike Bell	**27.00**
Andy Lee	27.04
John Blake	27.07
Mark McDonald	**27.22**
Tom Callaway	**27.29**
Richard Snell	27.36
Daniel Foster	**27.42**
Gill Rose	**27.43**
Rachael Openshaw	**27.49**
Nikki Roebuck	**27.59**
Mark Millard	28.48
Nigel Whitcher	**28.56**
Neil Stantiall	**29.20**
Keith Whittaker	**29.46**
Paul Southon	**30.10**
Victoria Joel	30.45
Russell Mead	**30.49**
Neil Jarvis	**30.52**
Philip May	31.09
John Tussler	32.21
George Howarth	**32.53**
Kevin Ashman	33.35
Mike Wotton	**34.00**
Kevin Tyler	**34.22**
Julie Bowden	**35.27**
Sue Robinson	**35.30**
Marie MacDonald	**35.51**
Mike Donovan	**36.08**
Sarah Martin	36.39
Robert Spencer	36.39
Nikki Plomer	**36.39**
Sandie McIntosh	37.00
Tobin Landricombe	**37.21**
Eunice Hoare	**40.30**
San Clark	**40.46**

Name	April	May	June	July	August	September	October	Difference
								1st - Best
	31	41	39	48	46	50		
Mark Eaton	24.55	24.50	24.08	23.43	24.25	**23.21**		-1.34
Will Feline					24.51	**23.30**		-1.21
Graham Bell	24.24	**23.36**		23.43	23.43	23.44		-0.48
Tom Whitcher	24.42			24.24	25.59	**24.05**		-0.37
Andy Simpson	22.19	**21.49**	22.16	21.59	23.58			-0.30
Tom MacSwayne		22.11		**21.48**				-0.23
James Sawyer		**22.49**	23.01	26.47	23.44	23.20		
Lewis Chalk			**22.06**					
Chris Brobin		**23.04**						
Mike White	**24.14**				25.37			
Howard Clark					**24.17**	26.21		
Simon Hearnden						24.56		
Dave Jeffery		**24.50**						
Chris Hall	**24.19**							
Jon Plomer	27.55	26.16		**25.33**		26.38		-2.22
Liam Dredge			27.45	25.38	26.03	**25.36**		-2.09
Mike Harper	26.24	26.01	25.35	**24.45**	30.33			-1.39
Susie MacGregor	27.55	**26.47**	27.00		28.09			-1.08
Neil Richardson		27.20	26.57	**26.25**				-0.55
Rich Chowns	26.47				28.37	**25.58**		-0.49
Andy Stockwell		25.45			25.27	**25.21**		-0.24
Richard Snell	27.48	**27.27**		27.43	28.03	27.36		-0.21
James Lee		26.03	26.15		26.20	**25.42**		-0.21
Andy Lee	26.22	**26.04**	27.58	26.13	27.41	27.04		-0.18
Gill Rose		28.00		27.56	28.56	**27.43**		-0.17
Mike Bell	27.17					**27.00**		-0.17
Daniel Foster			27.58	27.43	29.45	**27.42**		-0.16
Richard Edmund				26.55	**26.41**			-0.14
Jon Leigh		**25.32**	25.58	25.47	26.06			
John Blake	**25.44**	26.11	26.26	26.18		27.07		
Ray Gunner	**26.12**				26.22			
Nick Kimber		**26.22**						
Louise Wills					**26.29**	26.31		
Steven Ellis						**26.37**		
Nick Crane	**26.55**	27.11	27.19		27.59			
Ian Race			**27.02**					
Philip Martin		30.01	28.28	27.21		**26.56**		-3.05
Mark McDonald					29.35	**27.22**		-2.13
Rachael Openshaw	29.25			28.23		**27.49**		-1.36
Nikki Roebuck		29.12			28.40	**27.59**		-1.13
Nigel Whitcher	30.05		30.36	29.13	29.47	**28.56**		-1.09
Mark Millard	29.26	**28.19**	28.28	28.49	29.29	28.48		-1.07
Tom Callaway		29.01			28.26	**27.29**		-0.57
Keith Whittaker	30.41	30.06	30.30	31.02	30.33	**29.46**		-0.55
Philip May		28.46	28.32	**27.56**	29.16	31.09		-0.50
Paul Coverdale		30.32			**30.10**			-0.22
Laura Ridge			**28.09**					

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

Stephen Andrews	**28.15**	28.15						
David Langish				**28.33**				
Sam Bell				**28.52**	31.06			
Neil Stantiall						**29.20**		
Kevin Toal			**29.22**					
Jo Parr			**29.27**					
Victoria Joel				**29.31**		30.45		
Keith Carter	**29.47**							
John Salt			**30.32**					
Alan White					**30.33**			
Russell Mead						**30.49**		
Lucy May					**30.59**			
John Simister			**30.50**	31.48				
Paul Southon	32.57	31.01	30.27	30.15		**30.10**		-2.47
Clara Fordina		34.39	**32.45**		32.56			-1.54
Hilary Gulliver	31.50	**30.01**						-1.49
Neil Jarvis					32.12	**30.52**		-1.20
George Howarth				34.07		**32.53**		-1.14
Kevin Ashman	32.12	**31.12**	35.16		0.00	33.35		-1.00
Laoise Magennis			33.38	**32.45**	35.27			-0.53
John Tussler		32.31		**32.20**	32.44	32.21		-0.11
Anna Wilby-Lopez				**31.16**	32.26			
Verity Wright			**32.09**	0.00	0.00			
Kevin Tyler			32.24			**34.22**		
Gaynor Heffer	**32.57**							
Clive Farmer				**32.58**				
Tim Smart					**33.16**			
Dave Pheby				**33.41**				
Heather Hudson		**33.42**						
Lucy Window			**34.10**					
Sarah Martin	40.41	39.18	**35.22**	35.30	37.50	36.39		-5.19
Sue Robinson	40.37	38.14		39.04	37.50	**35.30**		-5.07
Robert Spencer	39.48	35.53	**35.51**	36.15		36.39		-3.57
Sandie McIntosh		38.13	**35.22**	35.49		37.00		-2.51
Julie Ashman	36.57	38.30	**35.16**	39.04	36.46			-1.41
Kelly Bennetts			**35.37**	34.57				-0.40
Mike Wotton	39.48					**34.00**		-5.48
Julie Bowden						**35.27**		
Marie MacDonald						**35.51**		
Eric Beck		**35.53**						
Sarah Hobby			**35.54**					
Mike Donovan						**36.08**		
Nikki Plomer						**36.39**		
Tobin Landricombe						**37.21**		
Ann Blake			**37.22**					
David MacSwayne				**37.39**				
Sharon White		**39.18**						
Rowena Dodds				**39.32**	39.39			
Debbie Spinks				**39.36**				
Allan Stinson				**40.23**				
Eunice Hoare						**40.30**		
San Clark						**40.46**		
Gemma Fleming				**42.32**				
Julie James				**44.00**				
Sharon Simpson				**44.00**				

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

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

Bradford 17 Aug		**Netley 7 Sep**		**Netley 14 Sep**		**Netley 21 Sep**	
Keith Whitaker	30.09	James Sawyer	19.09	Toby Greenfield	19.54	James Sawyer	17.55
		Tom Callaway	21.22	Jack Webb	20.32	Daragh Hendley	17.57
Swindon 17 Aug		John Salt	22.37	Tom Callaway	21.04	Andy Stockwell	19.24
Andrew Smith	35.57	Nigel Whitcher	22.40	Nigel Whitcher	22.35	Jack Webb	20.06
Wendy Holloway	36.04	Stephen Andrews	23.31	Paul Southon	23.45	Nigel Whitcher	22.30
		Paul Southon	24.15	Glen Street	24.16	Chris Hall	22.39
Netley 31 Aug		Russell Mead	26.06	Russell Mead	24.59	John Salt	23.08
Daragh Hendley	17.31	Jamie Stockwell	27.45	Stuart McNamara	25.36	Paul Southon	23.23
Liam Dredge	19.55	Andy Stockwell	27.46	John Tussler	25.40	Russell Mead	24.41
Tom Callaway	20.08	Tom Mellor	29.12	Tom Mellor	28.09	Alison Attwood	25.01
Andy Stockwell	20.49	Jules Dinwoodie	29.13	Michelle Simpson	28.37	Stuart McNamara	25.20
Del Granger	21.56	Robert Spencer	29.21	Robert Spencer	28.58	Susie MacGregor	25.27
John Simister	23.42	Michelle Simpson	31.15	Kay Sadler	29.01	John Tussler	25.28
John Salt	23.55	Caz Lee	31.57	Jaz Smith	30.03	Glen Street	26.30
Russell Mead	24.03	Andrew Smith	36.24	Sue Simister	30.46	Julie Woodman	27.14
Alison Attwood	24.30	Wendy Holloway	36.25	Allan Stinson	34.37	Tom Mellor	27.39
Susie MacGregor	25.31			Andrew Smith	36.02	Rowena Dodds	28.24
Jamie Stockwell	26.24	**Eastleigh 7 Sept**		Wendy Holloway	36.39	Michelle Simpson	28.28
Tom Mellor	27.38	Angela Fisher	26.28			Sue Robinson	29.14
Sandie McIntosh	27.40	Mike Donovan	27.45	**Eastleigh 14 Sep**		Robert Spencer	29.26
Rowena Dodds	27.42	Keith Whitaker	54.36	Keith Whitaker	25.01	Jaz Smith	30.11
Katie Simister	29.05					Samantha Stockwell	33.51
Sue Simister	29.59	**Southampton 7 Sept**		**Eastleigh 21 Sep**		Allan Stinson	34.35
Allan Stinson	31.19	Simon Vingoe	22.51	Keith Whitaker	45.52	Wendy Holloway	35.48
Andrew Smith	33.56					Andrew Smith	35.49
Wendy Holloway	34.33	**Weymouth 31 Aug**		**Southampton 21 Sep**		Jan Southon	39.54
		James Sawyer	17.26	Simon Vingoe	22.48		
Havant 31 Aug		Robert Spencer	27.35				
Keith Whitaker	24.43			**Eastbourne 21 Sep**			
		Killerton 31 Aug		John Simister	23.27		
Southampton 31 Aug		John Tussler	25.46				
Simon Vingoe	24.19						
Sandra Clark	31.08						

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

What is RICE (apart from the stuff you eat with a good curry)?

RICE is the initial treatment you apply to a muscular skeletal injury to reduce the inflammation, pain and bruising associated with it. Within the first 72 hours of injury the following is recommended.

Rest – Rest from the activity and from anything else that causes pain or discomfort either while you are doing the activity or afterwards with rest. This is to avoid damaging the muscle, tendon or ligament further.

Ice – Apply ice or a cold pack to the injury for approximately 10 minutes every few hours. This helps reduce bleeding, swelling and bruising. Do not apply ice directly to the skin; wrap in a damp tea towel or similar. Only keep the ice in place until the skin goes white; if it goes red you have kept it on too long

Compression – Apply a compression bandage or support. This will also help reduce bleeding and swelling. If at any point you experience pins and needles, numbness or any colour change in your extremities (e.g. foot or hand), the bandage is too tight and is cutting off your circulation so loosen or remove it!

Elevation – Raise the affected body part above the level of the heart and rest it there if possible. This helps the blood to flow back to the heart, reducing bleeding, bruising and swelling.

Avoid HARM for 72 hours after injury

H eat - for example, hot baths, saunas, heat packs. Heat has the opposite effect on the blood flow to ice. That is, it encourages blood flow. So, heat should be avoided when inflammation is developing. However, after about 72 hours, no further inflammation is likely to develop and heat can then be soothing

A lcohol drinks which can increase bleeding and swelling and decrease healing

R unning or any other form of exercise which may cause further damage

M assage which may increase bleeding and swelling. However, as with heat, after about 72 hours, gentle massage may be soothing

HARM was taken from http://www.patient.co.uk/health/Sprains-and-Strains.htm

Stretch of the month (Triceps)

- Place your hand on your back with the elbow pointing towards the ceiling
- Use your other hand to push your elbow back towards your head, but try to keep upright
- Hold for 20-30 seconds

Strength of the month (Hamstrings)

- Lie on your back, arms by your sides and knees bent
- Start by tilting your pelvis backwards then lift your back up upwards
- Straighten one leg. Keep your shoulders relaxed
- To challenge your core muscles contract them for the whole of the movement

Thursday Night Training 6.30pm

We cannot continue to use Holly Hill as an alternative on Thursday nights so it is back to meeting at Locks Heath Sports Ground on Warsash Road when we meet at Locks Heath.

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
24th October	Paarlauf	Locks Heath Social Club, Stubbington
31st October	Up the Clock x 6	Crofton Community Centre
7th November	1 mile x 4	Locks Heath Sports Ground
14th November	Accelerations x 4	Crofton Community Centre
21st November	Kenyan Hill Session	Locks Heath Sports Ground
28th November	Ins and Outs for 2 miles	Crofton Community Centre
5th December	Rollercoasters x 6	Locks Heath Sports Ground

Stubbington Green Runners: Social Events 2013

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.

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

As part of my Level 3 Triathlon Coaching Course I require 6 volunteers on Monday nights starting on 28th October and carrying on 4th 11th and 18th November starting at 6.15pm for approximately 1hour 30mins starting at The Solent Hotel Whiteley

The aim of the session is achieve the correct pacing over a given distance, say 10k, volunteers must be able to run 10k reasonably easy.

If you are interested please email me at nigel.whitcher315@tesco.net or ring me on 07824399259 by 14th October

If popular the sessions will carry on with more people
Thanks

Nigel Whitcher

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!

Hill running is for 20 to 30 minutes (depending on ability) after the warm up .

Monday 7th October	3 - 5 x 1 mile loops (3 mins rest)
Monday 14th October	Kenyan Hills - 4 x 6 min up & down hill
	(2min rest) ie no jogging down between hills
Monday 21st October	Leafy Lane 3 - 7 x 1.1km loop
(BST ends Sun 27th October)	
Monday 28th October	Short hills

PERFORMANCE OF THE MONTH

Congratulations to Sharon Simpson for a great performance at The New Forest Half Marathon

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

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

The Stubbington Noticeboard

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	Jon Leigh
15th Oct	Tues	7pm	1 Mile x 4	300m to start	Schooner Way, Warsash	Locks Heath Sports Ground	Mike White
17th Oct	Thurs	7pm	Accelerations x3 sets (4 Triangles)	Mara - Half - 10k - 5k Pace	Lee Front Triangle	Crofton Community Centre	Paul Hammond
22nd Oct	Tues	7pm	Titchfield Rollers x 6	Downhill	Titchfield - A27	Locks Heath Sports Ground	Mike Bell
24th Oct	Thurs	7pm	6 mins x 4	300m to start	Hill Head	Crofton Community Centre	Jon Leigh
29th Oct	Tues	7pm	1.5km x 3	300m to start	Red Path	Locks Heath Sports Ground	Mike White
31st Oct	Thurs	7pm	600m x 6	2 mins	Lee Front	Crofton Community Centre	Mike Harper
Nov-13	**Day**	**Time**	**Effort/Activity**	**Recovery**		**Where**	**Who**
5th Nov	Tues	7pm	Titchfield Figure of 8 x 2	Downhill	Titchfield Vilage	Locks Heath Sports Ground	Mike Bell
7th Nov	Thurs	7pm	12 mins x 2	4 mins	Lee Front	Crofton Community Centre	Graham Bell
12th Nov	Tues	7pm	1 Mile x 4	300m to start	Schooner Way, Warsash	Locks Heath Sports Ground	Mike White

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:
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Kash99@ntlworld.com

Treasurer: Robert Spencer
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Triathlon Rep: Nigel Whitcher

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