The Green Runner

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

LEWIS WINS THE SOLENT

A late surge from Stubbington Green's Lewis Chalk saw him take the honours at the Solent half marathon.

The race, which was first run 28 years ago, is the third leg of the Hampshire Road Race League series and the first of the campaign over the half marathon distance.

The Solent race has been won by some great solo performances from front running specialists in the past, but this year saw a leading back of four battling for supremacy from the off.

Lewis, Stuart Holloway (Salisbury), Julian Manning (Denmead) and Nick Buis (Totton) all had their go at the front as the runners went across Beaulieu Heath.

This continued on past Exbury Gardens and down along Lepe Foreshore, where Buis dropped off the leading group. It was still too close to call going into the last three miles, but, at the 11-mile mark, Lewis made his break.

Stubbington Green Runners AWARDS DINNER 30th November 2013 1930 hrs David Lloyd Centre Port Solent

Time is running out for booking your tickets for this prestigious event as the last date is 15th November 2013. Don't delay, go to the link on the website and ensure you secure one of the few remaining tickets. This is definitely an event not to be missed. Menu and full details available on the website. Any queries please email Sue on sue.robinson@cdata.co.uk. Look forward to seeing you all there.

MORTIMER 10K

4	JAMES SAWYER	36.25
19	ANDREW STOCKWELL	40.14
26	LOUISE WILLS	41.59
330	GEMMA FLEMING	1.12.26

CHICHESTER HALF MARATHON

Mandy Burton	01:59:52

THE MINSTEAD STINGER

5th Tim Sullivan 1:10:37 (1st MV50)
31st Andy Lee 1:18:52
32nd Paul Hammond 1:18:58
115th Mike Donovan 1:43:58
132nd Julie Bowden 1:58:14
133rd Caroline Street 1:58:19
141st Sandra Clark 2:05:42

PORTSMOUTH RNLI 10K

7	Mark Eaton	00:36:54
19	Neil Richardson	00:39:49
21	Liam Dredge	00:40:38
26	Jon Plomer	00:41:02
37	Philip Martin	00:42:02
53	Daniel Foster	00:44:22
91	Victoria Joel	00:47:46
100	Jonathon Roper	00:48:28
133	David Pheby	00:50:06
188	Kelly Bennetts	00:54:50
192	Nikkie Plomer	00:55:07
213	Julie Ashman	00:56:30
214	Sue Robinson	00:56:30
233	Robert Spencer	00:58:19
252	Debbie Spinks	01:00:14
276	Sarah Smith	01:03:05
339	Rachel Richardson	01:11:17

STANSTED SLUG

58th John Tussler 1.18.02
66th Clare Campbell 1.21.02

STUDLAND STAMPEDE

69th Paul Hammond 58:39
261st Julie Woodman 1:12:37
432nd Mike Donovan 1:15:17

Alton Downland Challenge 10k

John Tussler 56.55

EXMOOR STAGGER

27	HALL CHRIS	02:25:50

destination Basingstoke
Shire Half Marathon

772	Julie Ryman	02:03:02
1270	Allan Stinson	02:42:59

SNOWDONIA MARATHON

GEORGIE GAIR	03:58:48
STEVE MARTIN	04:19:54

Isle of Wight Marathon 8th October 2013

27	BORTHWICK, Duncan	3:40:50

BOURNEMOUTH HALF MARATHON

ELIZABETH	MITCHELL
ALAN	WHITE
NICKI	WHITE
ANNA	WILBY-LOPEZ
LUCY	WINDOW

BMW 40th BERLIN MARATHON

RICHARD	CHOWNS	03:13:40
KAT	CHOWNS	03:52:43

clarendon marathon

97	Crane	Nick	04:05:43
203	Fordina	Clara Lilly	04:39:11
229	Lee	James	04:48:19
260	Langrish	David	05:00:56

CLARENDON RELAY MARATHON

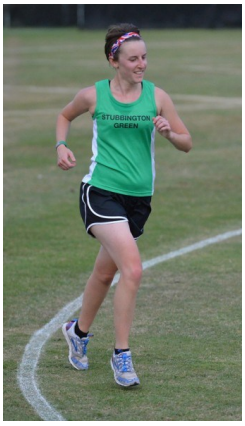
6	LEIGH	JON	03:19:44
	MITCHELL	DONNA	
	LEE	MARCUS	
	BRUCE	RICHARD	

CLARENDON HALF MARATHON

41	Lee	Andy	01:47:53
226	Abbott	Pippa	02:23:11

CAPTAINS CORNER

A Sad Farewell to Rachael Openshaw



Sadly, Rachael is leaving SGR on December 10th to pursue her career in the RAF. Our loss is the RAF's gain as Rachael will be a great asset to them without a doubt. Rachael has been with SGR since the age of 16 and has gone from strength to strength achieving great results for herself and for the SGR ladies and mixed teams. She is an inspiration to us all to strive for our goals and work hard to achieve them. Rachael, you will be greatly missed but good luck for your future career.

A busy month of races from HRRL, Hants XC, Great South to Marathons.

Marathons

Over the last month there has been 6 marathons that Stubbies have participated in - Berlin (World Record set), Loch Ness, Robin Hood, Clarendon, Abingdon and Snowdonia with Stubbies getting PBs galore!

Well done to everyone who's done a marathon over the last month, hope the legs have stopped hurting!! My legs took over a week to recover! See the results separately. I think we had 19 people competing in the marathons. We wish John Blake a speedy recovery who had to pull out of Clarendon after 19 miles with a sore foot.

Time Trials

Time trials this year have been a huge success with the biggest turnouts that I can ever remember, so thank you ALL for making it a success by taking part each month. See you all next year. Thank you to committee for helping with the time-keeping. For full results and handicap winners see elsewhere in the Green Runner.

Hants XC League

We struggled for numbers at Reading, so it would be really great to get lots of people out at Goodwood on Saturday 9th November and Popham, Basingstoke on Saturday 30th November.

And last but not least....
Awards Dinner 30th November

We are both looking forward to meeting you at the awards evening. It will be a great opportunity to catch up with faces old and new, celebrate this years success for the Green army, enjoy good food, and dance the night away. Hope to see you there!

Sally and Andy

After rejection from London by missing elite entry by 2 seconds, I was tempted to do Loch Ness by Donna Mitchell who promised an overall downhill profile! We travelled up by car which is 10 hours non-stop but we stopped overnight at Rochdale to pick up my Mum and make the journey easier. Julia Park took the sensible option and flew up. Georgie Gair was working her way up to Inverness with Brooks.

It was an early start getting bused out at 7.15 to the start in the middle of nowhere with just portaloos, baggage trucks and tea and coffee stand! The weather was near perfect with no wind for 20m and sun out.

I did my usual start and led the Kenyan for a mile and a half! I then settled in to zone knocking out 6-6.10 minute mileing. I hit 10m, half marathon slightly under my target time and feeling good, 20m I was in my buffer zone. Then came the hills in 20's which ruined my chances of 2.40 but I still felt strong and passed to guys at 24m and 25.5m. I finished in 6th place, 1st vet 40 in 2.41.42 ran the best paced race ever for me and achieved a PB by 18 minutes!

The Stubbie ladies all did well getting PBs Donna knocked a couple of minutes off her PB. Julia and Georgie were both running their first marathon and although Julia had been injured, she got the time she wanted. Georgie found it tough out there but completed the marathon on not much training, she must have enjoyed it as she has just done Snowdonia marathon at the weekend! Julia and Donna have signed up to do Loch Ness again!

The marathon had some great scenery as you ran along the Loch. Although spectators early on were very limited as the roads were closed this was a well-organised and great marathon to do.
Andy Simpson

6	ANDY	SIMPSON	02:41:42
490	DONNA	MITCHELL	03:36:47
860	GEORGIE	GAIR	03:52:09
1366	JULIA	PARK	04:10:19

Thunder and lightning accompanied Six Stubbies, one former Stubby and several supporters as they travelled to Oxfordshire on 20th October for the Abingdon Marathon. Luckily the rain had stopped by the time the race started and conditions were reasonably good, dry, cool with a little wind.

Abingdon is a flat and fast race with very little congestion at the start giving good opportunity for PB's. Unlike the big city marathons however, there are long stretches of the course with very few supporters, the marshals try and make up for this with vocal encouragement but best of all were the half a dozen or so Stubbington supporters who could be heard way above everyone else.

Most of the race is scenic on country roads, with a small section through an industrial estate and a slightly muddy gravel path. The nicest part is the final 300m which is around the athletics track and the finish line in front of a large crowd cheering from the stands.
It certainly was a day for PB's with most Stubbies achieving or bettering their goals.

On a personal note, though I was the last Green vest to finish I was more than happy with my finish time, my sixth marathon and each one quicker than the previous, perhaps I should give up now, but probably not.

Gill finished five minutes in front of me (as usual) and having averaged under 8 minutes per mile would have got a sub 3:30 but as always ran an extra half a mile, I really don't know how she manages to do this on such an uncongested course, she too is very happy with her time.

Abingdon is certainly a good race for a PB, but don't expect much from your goody bag after. A mars bar, a bottle of water and the worst t-shirt I have ever seen .
Richard Snell

SEV ROBERTS

Chip Pos.	Name	Chip Time	Cat. Pos.
98	Sev ROBERTS	03:04:39	48
118	Emily FORAN	03:07:46	6
135	Mike HARPER	03:10:18	15
161	Chris LEACH	03:14:11	72
265	Gill ROSE	03:31:29	5
293	Philip MARTIN	03:34:26	46
310	Richard SNELL	03:36:33	99

The Mulled Wine Christmas Handicap returns!

Sunday 15th Dec

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.
Entry fee is £2 per head to cover costs and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female. To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading! Contact Nick at nick@hookpark.co.uk or text 07977 411452. An honesty bucket will be at the finish for the entry fees!

This year you have a choice of 2 course lengths, either just under 5 miles or just over 8.

The routes start and finish at the same point, junction of Hook Park Road and Workmans Lane. With the route for both courses the same for the first and last 2 miles.

1. Start by running down Workmans Lane from Hook Park Road, when you are through the gate turn left and continue past Solent Breezes on your right.

2. When the tarmac road turns left, you need to turn right into chilling.

3. Follow the National Cycle route around the edge of the field.

4. At the end of the field ,bear right towards the sea, but then immediately turn left (just before log barrier)

5. A fishing lake should be on your left hand side, continue past and before you reach the houses take a path on your left which skirts around the back of 1 of the houses.

6. This path comes out into Bromwich Lane (Concrete Road).Cross the road and turn left and take the footpath.

7. The footpath bears right along the edge of the field. This is where the 2 courses split.

If you are doing the 8 mile course you need to go through a wooden fence as the footpath bears right. Now Follow Instructions A-M before meeting back up with the 5 mile course numbers.

8. If you're doing the 5 mile course, keep running along the path until you reach a stile on your right. The paths skirts around the back of Thatcher's Copse.

9. Go over the stile, this is a long straight path towards the sea. The 8 mile route rejoins at this stile.

10. At the end of the path go over the stile and turn right along the coastal path.

11. Follow the coastal path until you get in to Solent Breezes.

12. Once in Solent Breeze turn right and take the tarmac road behind the holiday chalets', take the 3rd right which should lead you out of the Holiday park via the main entrance

13. Once out of Solent Breeze turn left and after 400 metres turn right back into Workmans Lane to the finish.

A. From instruction 7: As the footpath bears right go through a wooden fence onto the concrete road go left and then turn right up Bromwich Lane.

B. The concrete road soon becomes a gravel road, after about 500 metres go through the kissing gate on your right.

C. Keep to your right hand side until you reach the line of White tyres, run up pass the tyres on your right.

D. After the last tyre, take the Permissive footpath which bears right towards the road.

E. When you get to the road (Posbrook Lane) cross but beware of traffic. Go into the field opposite and immediately turn left and then right. A long barn should be on your left.

F. At the end of the field turn right, do not go left through a metal gate.

G. Follow this footpath all the way down (Steve Harris Strawberry fields) until it bears left and comes out in to Titchfield Haven.

H. Once in Titchfield Haven turn right and follow the path until Meon Shore.

I. At Meon turn right, through the kissing gate and take the path between the beach huts.

J. After the last hut turn right up a narrow path, this opens up into gravel lane. Pass a house which resembles a mini Sydney Opera House (still being built after 5years!) on your left.

K. Just pass the house there is a hole in the hedge on your left, go through the opening and turn right.

L. Take this footpath around a big open field on your left until you reach a stile on your left and go over the stile head towards the sea.

M. Now follow instructions 9 onwards.

VIEW FROM THE COACH

Stubbington Green running club has always been a friendly, welcoming and inclusive club and ever since I completed my "Leadership in Running Fitness" (LiRF) course back in 2011, I had wanted to capitalize on the club's ethos and develop it in the training sessions that we offered so that others could see what a wonderful club we are.

One of the main focuses of the LiRF course is to understand and overcome barriers that people have to participating in running and how to increase this participation to those not conventionally attracted to a running club. So last October when an opening became available on the club's committee I decided it was time to put into practice what I had learned to bridge this gap. On reflection the last year has been a hugely enjoyable and extremely rewarding journey. By no means has it all been plain sailing, there has been a lot of trial and error as the groups have got larger and safety has been paramount, I've had a few sleepless nights planning rotas, routes and training sessions so that all abilities needs are met. But this effort has been rewarded with a 10% increase in our club membership and enough runners on a Monday night for 5 running groups that cater for **all** running abilities ranging from Ewen and Paul taking a fast paced group to the A group who run 3 miles in anything over 10 ½ minute miles and of course Penny's hill sessions.

I cannot claim full responsibility for this growth in our membership; support from the committee and the dedication of all the Stubbington Green volunteer **Run Leaders** who freely give up their spare time come wind, rain or shine to support, lead and facilitate our sessions; without them none of this would have been possible.

Our 12 recently qualified (LiRF) Run Leaders enables the club to deliver safe, insured and fun running sessions to multi-ability groups and to give advice and support to new runners, as well as supporting those who want to progress.

All this has enabled the club to build on the quality sessions 4 nights a week and now even on a Monday morning; truly accessible for all. For a club that has over 350 members and regularly has an "Army of Green" at races investing in the training of Run Leaders has been hugely successful and has broken down some of the barriers that have made sure other runners also experience the joys of belonging to our running club.

As the evenings are now dark the routes may well be repetitive but we aim for them to still be enjoyable, accessible and safe. The positive feedback and buzz that the club generates certainly indicates that many barriers have been broken down and that we have attracted a wide variety of runners who would not conventionally be belong to a running club. So thank you to all concerned for all of your hard work and dedication.

Verity

THE TEST WAY RELAY LEG TIMES

	MEN'S TEAM			MIXED TEAM A	
LEG 1	Daragh Hendley	00:27:30		Verity Wright (F)	00:37:10
LEG 2	Mark Eaton	00:35:03		Andy Stockwell (M)	00:36:44
LEG 3	Andy Simpson	00:36:09		Graham Bell (M)	00:40:46
LEG 4	David McNeish	00:30:01		Julie Ashman (F)	00:43:35
LEG 5	Tom Whitcher	00:31:28		Vicky Joel (F)	00:40:35
LEG 6	James Sawyer	00:33:46		Lucy Le Gassick (F)	00:43:45
LEG 7	Wayne Ewens	00:36:19		Mike Bainbridge (M)	00:39:30
LEG 8	Mark Le Gassick	00:41:53		Simon Hearnden (M)	00:47:29
	MIXED TEAM B			LADIES TEAM	
LEG 1	Caroline Street (F)	00:46:58		Hilary Gulliver	00:35:07
LEG 2	David Langish (M)	00:41:17		Louise Wills	00:39:16
LEG 3	Nick Crane (M)	00:44:39		Melissa Hutton-Dunton	00:47:56
LEG 4	Hannah McNeish (F)	00:40:24		Rachael Openshaw	00:37:21
LEG 5	Julie Bowden (F)	00:44:50		Lucy May	00:36:20
LEG 6	Nicky White (F)	00:45:20		Nikki Roebuck	00:42:38
LEG 7	Nick Kimber (M)	00:45:09		Donna Mitchell	00:45:07
LEG 8	Marcus Lee (M)	00:50:39		Georgie Gair	00:51:45

THE TODAYS RUNNER CROSS COUNTRY LEAGUE

1	Tom MacSwayne
18	Chris Hall
26	Boe Harper
36	Simon Hearnden
85	Tim Crumpton
163	John Tussler
185	Robert Spencer
14	Daisy Hall
20	Donna Mitchell
23	Laura Chalk
45	Rachael Openshaw
83	Emily Hall

Now called The Southern Cross Country League. First race at Tadley 13th October. Our men's team were 3rd and our ladies team 4th.
Brilliant individual efforts all round, particularly well done to Tom who finished first.

DORSET 3 PEAKS CHALLENGE
The 19th Stickler
27th October 2013

Chris Hall	01:19:07
Andy Lee	01:30:22
Nick Crane	01:32:50
Julie Bowden	02:14:41
Caroline Street	02:14:42
Alan Stinson	02:29:50

THE HAMPSHIRE CROSS COUNTRY LEAGUE

A great start to the Hants cross country league saw the league return to Prospect Park, Reading, the weather just managed to hold out for us too. This was a relatively fast flat course with the exception of one big hill that you went up one part, down another bit and back up just to really test the legs.

The ladies were first off and lead home by Nikki Roebuck in 62nd, followed by myself in 69th and a very welcomed return to Penny Force in 95th. Donna Mitchell did start the race but rightly decided to be cautious and stop due to a little niggle. Hope you recover soon Donna.

The U17 men were off next on the same route the ladies had done and two excellent performances by Tom MacSwayne in 17th and Tom Whitcher in 42nd. Hopefully we'll get a third U17 out for the next few races so we have a team.

The men were the final race of the day and had two laps (including 'that' hill twice) of the course and were led home by our men's captain Andy Simpson in 46th. Mark Eaton had an excellent run to finish 95th followed by Tom Callaway 158th, Philip Whitehouse 168th (in his first cross country- well done), Daniel Foster 169th and Nigel Whitcher in 178th.

A brilliant turn out and hopefully something to build on for the next fixture at Goodwood on Saturday 9th November.

Lucy

Nigel Whitcher giving everything at the end

THE NEW LOOK TIME TRIALS

This year we have seen our time trials really take off with 282 times recorded over the time trials which is an increase of 52% more people running in them versus last year! A new format was devised to group people in handicap bandings and look to see who was the biggest improver over the season and a monthly winner. The handicap system seems to have been a success, I would welcome any feedback on this.

The winners are as follows:-

Under 25 mins - Mark Eaton **-1.34**
25.01- 28 mins – Jon Plomer **-2.22**
28.01 – 31 mins – Phil Martin **-3.05**
31.01 – 35 mins – Paul Southon **-2.52**
Over 35 mins – Sarah Martin **-6.47**

I look forward to seeing you all next year for the time trails

Thank you for your support

Andy Simpson

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

Name	April	May	June	July	August	September	October	Difference
								1st - Best
	30	41	39	48	47	51	25	
Mark Eaton	24.55	24.50	24.08	23.43	24.25	**23.21**	23.46	-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**	24.16	-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		
Wayne Ewens							**22.49**	
Lewis Chalk			**22.06**					
Chris Brobin		**23.04**						
Mike White	**24.14**				25.37			
Howard Clark					**24.17**	26.21		
Adrian Pinnington					**24.23**	24.25	25.43	
Simon Hearnden						24.56	25.19	
Dave Jeffery		**24.50**						
Chris Hall	**24.19**							
Jon Plomer	27.55	26.16		**25.33**		26.38	25.46	-2.22
Liam Dredge			27.45	25.38	26.03	**25.36**	26.14	-2.09
Mike Harper	26.24	26.01	25.35	**24.45**	30.33			-1.39
Neil Richardson		27.20	26.57	26.25			**25.52**	-1.28
Susie MacGregor	27.55	**26.47**	27.00		28.09			-1.08
Andy Stockwell		25.45			25.27	25.21	**24.41**	-1.04
Rich Chowns	26.47				28.37	**25.58**		-0.49
Daniel Foster			27.58	27.43	29.45	27.42	**27.15**	-0.43
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
Mike Bell	27.17					**27.00**		-0.17
Gill Rose		28.00		27.56	28.56	**27.43**		-0.17
Richard Edmund				26.55	**26.41**			-0.14
James Keen							**25.22**	
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			
Marcus Lee							**26.15**	
Nick Kimber		**26.22**						
Louise Wills					**26.29**	26.31		
Steven Ellis						**26.37**		
Nick Crane	**26.55**	27.11	27.19		27.59		28.20	
Ian Race			**27.02**					

Philip Martin		30.01	28.28	27.21		**26.56**	27.11	-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	29.26	-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**					
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	29.35	
Keith Carter	**29.47**							
Philip Whitehouse							**30.04**	
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	**30.05**	-2.52
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**	33.35	-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
Kevin Tyler			**32.24**			34.22	31.49	-0.35
John Tussler		32.31		**32.20**	32.44	32.21	32.20	-0.11
Anna Wilby-Lopez				**31.16**	32.26			
Verity Wright			**32.09**	0.00	0.00			
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	**33.54**	-6.47
Sue Robinson	40.37	38.14		39.04	37.50	**35.30**	36.50	-5.07
Robert Spencer	39.48	35.53	**35.51**	36.15		36.39	36.08	-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*		jogged	first time		**34.00**	33.55	-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**				

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 28 Sep	
James Sawyer	17.19
Wayne Ewens	17.24
Chris Leach	18.34
Toby Greenfield	19.07
Jack Webb	19.16
Mark Eaton	20.18
Liam Dredge	20.18
Tom Callaway	20.22
Daniel Foster	21.15
Glen Street	23.20
John Tussler	24.44
Tom Mellor	26.32
Rachel Leach	26.39
Robert Spencer	27.13
Julie Salt	28.00
John Salt	28.00
Havant 28 Sep	
Clare Van Den Bos	48.52
Southampton 28 Sep	
Andy Stockwell	19.03
Jamie Stockwell	24.40
Eastleigh 5 Oct	
Matthew Abbott	21.27
Southampton 5 Oct	
Simon Vingoe	22.28

Netley 5 Oct	
Jon Leigh	19.33
Liam Dredge	20.13
Tom Callaway	20.26
Mark McDonald	21.54
Nigel Whitcher	21.59
Paul Southon	22.26
John Tussler	24.50
Tom Mellor	27.04
Glen Street	27.05
Marie McDonald	27.27
Jaz Smith	30.51
Melissa Cosens	35.29
Jan Southon	37.58

Southsea 5 Oct	
Tom MacSwayne	16.47
Lewis Chalk	17.07
James Sawyer	17.22
Mark Eaton	18.13
Andy Stockwell	18.44
Mike Harper	19.25
John Salt	22.04
John Simister	23.18
Jamie Stockwell	24.22
Mike Donovan	26.02
Robert Spencer	27.18
David MacSwayne	27.40
Alison MacSwayne	28.49
Katie Simister	28.56
Julie Salt	29.02
Sue Simister	29.50
Samantha Stockwell	32.13
Holly Stockwell	32.41
Allan Stinson	33.28
Andrew Smith	35.00
Wendy Holloway	35.03

Netley 12 Oct	
Wayne Ewens	17.06
Jack Webb	18.48
Daniel Foster	19.55
Tom Callaway	19.58
Andy Stockwell	21.38
Nigel Whitcher	21.49
Paul Southon	22.16
John Simister	22.28
John Salt	22.50
Russell Mead	23.35
Mike Harper	24.14
Liam Dredge	25.36
Robert Spencer	27.35
Sue Simister	28.28
Jaz Smith	28.34
Alison MacSwayne	28.45
Angela Benfield	28.55
Julia Park	29.15
Andrew Smith	34.56

Eastleigh 12 Oct	
Glen Street	24.52
Keith Whitaker	25.05
John Tussler	26.44
Caroline Street	30.02
Havant 12 Oct	
Clare Van Den Bos	41.14

Netley 19 Oct	
James Sawyer	18.55
Jack Webb	20.17
Tom Callaway	20.55
Daniel Foster	21.28
Paul Southon	23.17
Liam Dredge	23.54
Mark Eaton	23.55
Glen Street	23.57
Alex Burton	25.22
John Tussler	26.15
Stuart McNamara	26.40
Katie Simister	28.50
John Simister	28.52
Julia Park	29.16
Caroline Street	29.22
Jaz Smith	30.28
Sue Simister	32.20
Andrew Smith	34.03
Melissa Cosens	36.14
Eastleigh 19 Oct	
Keith Whitaker	25.10
Havant 19 Oct	
Clare Van Den Bos	40.49
Southsea 19 Oct	
Lewis Chalk	17.49
Jon Leigh	20.00
John Salt	23.00
Seamus Stinson	25.19
Robert Spencer	27.26
Allan Stinson	30.10
Tomas Stinson	33.38

South Manchester 19 Oct	
Andy Stockwell	19.12
Jamie Stockwell	24.41

SOLENT HALF MARATHON

A convoy of cars full of Stubbies left the Solent Hotel on a damp drizzly morning with a clear focus to dominate and enjoy the first long race of the HRRL season at the Solent Half Marathon. For the 3rd consecutive HRRL race, SGR were the best represented and supported club. We had 27 runners including 7 ladies and if it had not been for an unfortunate pre-race injury to Lucy May, we would have been able to have put 3 ladies teams out. The mix of runners was excellent with some established SGR's and some newbies running in their first half marathon.

The performances on the day were fantastic from all the SGR's and according to the Power of 10 website, pb's were achieved by Mark Eaton (again), Will Feline, Andy Stockwell, Neil Richardson, Rich Chown, Richard Edmunds, Louise Wills, Neil Stantiall, John Salt, Verity Wright, Gemma Jones, Victoria Joel, Kat Chown, Sarah Martin and both Katherine Davies and Allan Stinson were each only 3 seconds off their pb's.

SGR had a monopoly on prizes, with Lewis Chalk winning the race in fine style taking 1st place senior male; Andy Simpson, 1st Vet 40; Simon McMorran, 1st Vet 50 and Mike White, 2nd place Vet 50. It was no surprise that the men's team won 1st place team prize, with Lewis, Andy, Simon and Mark Eaton comprising the A team. The men's A team sits in equal first spot in the A division and the B team top in the B Division.

Mike White, Will Feline, new signing Adrian Piddington and Mike Harper made up the B team and they also finished 1st place in the B division.

The ladies teams also performed very well with Louise Wills (7th position), Verity Wright and Gemma Jones securing a 6th place finish for the ladies team. Victoria Joel, Kat Chown and Sarah Martin finishing 5th place in the B Division.

THE GREEN VESTS LOOKING STRONG AFTER 3 MILES

The support was excellent, especially given that the weather forecast was for heavy rain, although we did miss Mrs Bell's world famous post race cakes.

The HRRL races in November are at Lordshill 10 - 3rd Nov and The Gosport Half Marathon - 17th Nov. There has been much interest in these races and we are therefore expecting a huge SGR turnout!
Neil Richardson

12	Louise Wills	01:35:37
49	Verity Wright	01:47:42
50	Gemma Jones	01:47:42
68	Victoria Joel	01:54:10
73	Katherine Chowns	01:55:57
82	Sarah Martin	02:03:05
88	Kathryn Davies	02:10:38
1	Lewis Chalk	01:13:15
8	Andy Simpson	01:17:07
17	Simon McMorran	01:20:24
20	Mark Eaton	01:21:36
28	Mike White	01:23:00
38	William Feline	01:25:47
51	Adrian Piddington	01:27:58
57	Mike Harper	01:28:41
60	Andrew Stockwell	01:28:45
61	Neil Richardson	01:28:47
63	Richard Chowns	01:29:13
71	Liam Dredge	01:31:09
73	Jon Leigh	01:31:16
83	Richard Edmunds	01:32:48
140	Tom Callaway	01:43:39
142	Daniel Foster	01:43:55
145	Neil Stantial	01:44:13
149	John Salt	01:44:40
164	Alan White	01:48:02
195	Allan Stinson	02:29:36

POS	NAME	TIME
35	Lewis Chalk	00:57:34
70	Wayne Ewens	01:01:04
75	Lewis Banner	01:01:13
81	James Sawyer	01:01:20
96	John Cox	01:02:18
101	Mark Eaton	01:02:47
195	andrew stockwell	01:05:40
281	Neil Richardson	01:07:31
377	Jon Leigh	01:08:50
522	Jonathan Plomer	01:10:41
524	Liam Dredge	01:10:44
540	Tom Callaway	01:10:51
598	philip martin	01:11:32
697	Marcus Lee	01:12:15
1076	Mark McDonald	01:14:52
1447	Simon Hearnden	01:16:45
1845	mark millard	01:18:19
1934	Paul Coverdale	01:18:42
1974	Tom Mellor	01:18:52
2115	neil stantiall	01:19:26
2226	Hilary Gulliver	01:19:49
2333	Tim Matthews	01:20:12
2781	Philip Whitehouse	01:21:56
2865	Petra Wagenblast	01:22:11
3037	george rennie	01:22:45
3268	Nicola White	01:23:32
3446	Russell Mead	01:24:01
3630	Clara Fordina	01:24:34
3993	Nico Beukman	01:25:40
4578	Andy Richardson	01:27:21
4920	Alan White	01:28:16
5226	Paul Southon	01:29:07
5501	Sarah Hobby	01:29:51
5837	Angela Fisher	01:30:46
7004	Lucy Maggs	01:33:54
7062	Ronel Beukman	01:34:03
7783	Rachel Leach	01:35:52
7881	Michael Wootton	01:36:10
8404	Samantha Gardner	01:37:34
8549	sharon clarke	01:37:57
8927	Nichola Plomer	01:39:00
9127	Erin Banner	01:39:28
9169	Julie Dinwoodie	01:39:34
9400	Lorri Seymour	01:40:08
9736	Martyn Banner	01:40:59
9782	Kelly Bennetts	01:41:07
9792	Peter Rawlins	01:41:09
9860	Paul Webster	01:41:19
9890	Liz Hall	01:41:25
10542	Robert Spencer	01:43:13
10724	Sharon Simpson	01:43:48
12675	vicky kitcher	01:50:25
12930	Kathryn Wood	01:51:30
14155	Lorraine Jackson	01:57:35
14227	Hollie Wake	01:58:02
14645	Dawn Haynes Sewell	02:00:52
14719	Lucy-Ann Salt	02:01:18
15661	Gemma Fleming	02:12:05

"I fell to the ground after about 150mtrs by tripping over a ball cap that had obviously blown off someone's head, so I had an injured knee with bleeding, grazed elbow and sprained wrist, and I had to be dragged to my feet so I did not get trampled on". *Martyn Banner (a brave Stubbington Runner)*

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

Get in the know with stretching

There are many types of stretching but the focus of this article is on dynamic and static stretching, both of which are aimed at injury prevention and increasing performance.

Benefits of stretching

Stretching reduces the tension in your muscles and allows for greater range of movement (ROM). It helps to maintain and increase your flexibility so you avoid becoming stiffer and stiffer. Stretching also increases your body awareness as you focus on the muscle you are stretching and how it feels, and it makes running easier because it prepares you for it. Stretching can also improve your posture, promote circulation and reduce stress.

To run well and avoid injury you need strength *and* flexibility in your muscles. One without the other will lead to injuries.

Dynamic stretching

Dynamic stretching prepares your muscles for running, it's a way of signalling to the muscles that they are about to be used.

Functional based sports specific movements are used to achieve this. Dynamic stretching takes the muscle through the full range of motion, gradually increasing range of movement and/or speed. It involves no bounces or jerky movements.

Use as part of your warm up before training or a race. Jog first then do your dynamic stretching. Examples of dynamic stretches are high legs, bum kicks, travelling lunges, leg and arm swings.

Static stretching

Static stretching is aimed at lengthening short tight muscles and involves easing the muscle into a lengthened position until you feel a slight stretch, then holding it for a minimum of 20-30 seconds. As you hold it a stretch reflex causes the muscle to relax and you can then sometimes take it further. It should never be painful, if it is, you have gone too far.

Perform static stretches after your training session or race while the muscles are still warm and pliable. Never do static stretching from cold.

Try coming out of the stretch then going back in to it and seeing if you can get further.

Examples of static stretches are bending over and touching your toes to stretch the hamstrings and lower back, or pulling your foot back towards your buttocks to stretch your quads.

Stretch of the month (static): hamstrings

- Lie on your back and hook a towel around the foot of the leg to be stretched
- Using the towel pull your straight leg towards you until you feel a stretch, but not pain, in the back of your thigh
- Imagine a weight on the end of your foot is pressing your pelvis into the floor

Stretch of the month (dynamic): high knees

- Quickly lift one knee to hip height, then switch legs as fast as you can
- Maintain control of the movement and keep your upper body upright

Stubbington 6.05 Night Time Special
Departing Old Wickham Halt
1900 hrs on 22nd November

By special request the Stubbington 6.05 Special is going to make a night time trip up the old Wickham railway line.

It is a flat 10K run (5K out and 5K back) and the start point is just a short walk from Wickham Square although parking is plentiful right by the start. The track is suitable for road shoes and studs but head torches are a must.

We have timed the departure for a week when it doesn't seem to clash with any races so hopefully lots of you will be able to join us. It would be useful to have a general idea of how many are planning to make the trip so please email me (sue.robinson@cdata.co.uk) to book your seat or with any queries you may have.

HAMPSHIRE ROAD RACE LEAGUE

LEAGUES AFTER THREE RACES

LADIES A TEAM		
1	Winchester	3
2	Salisbury	6
3	Alton	11
4	Totton	14
5	Stubb'ton	16
6	Lordshill	18
7	Fareham	20
8	PompeyJ	25
9	Denmead	26
10	Eastleigh	26

MENS A TEAM		
1	Salisbury	5
2	Stubb'ton	5
3	Lordshill	12
4	Winchester	12
5	Overton	14
6	Denmead	17
7	Eastleigh	22
8	New Forest	23
9	Totton	26
10	So'ton AC	28

LADIES B&C TEAM		
1	Winchester B	3
2	Winchester C	10
3	Stubb'ton B	15
4	Lordshill B	16
5	Fareham	20
6	Totton	21
7	Alton	28
8	Stubb'ton C	29
9	Salisbury	30
10	Lordshill C	37
11	Denmead	38
12	IOW RR	40
13	Eastleigh	45
13	PompeyJ	45

MENS B&C TEAM		
1	Stubb'ton B	4
2	Salisbury	7
3	Winchester B	12
4	Lordshill B	13
5	Stubb'ton C	16
6	Winchester C	20
7	PompeyJ B	23
8	Lordshill C	25
9	Denmead	30
10	Overton	31
11	New Forest	31
12	Eastleigh	33
13	PompeyJ C	38
14	Fareham	39
15	So'ton AC	48

Race	Distance	Date	Start time	Club
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

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.

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

6.00PM MONDAY NIGHT AT WHITELEY

The warm ups &warm downs are longer for advanced runners & shorter for improvers.

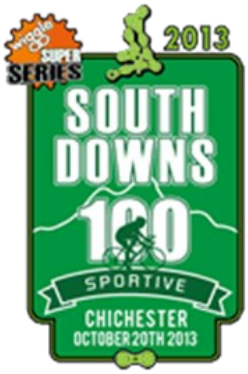
We constantly re-group so no one ever gets left behind!

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

Monday 4th November	7 - 10 (long hill (jog back to cul-de-sac)
	Sprint to notice board (jog back down))
Monday 11th November	Kenyan Hills - 4 x 6 min up & down hill
	(2min rest) ie no jogging down between hills
Monday 18th November	3 - 5 x 1 mile loops (3min)
Monday 25th November	Leafy Lane 3 - 7 x 1.1km loop

PERFORMANCE OF THE MONTH

Well done to Ann Blake who completed the South Downs 100 mile cycle Sportive in the worst weather possible in a time of 08:59:13



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

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	Graham Bell
12th Nov	Tues	7pm	1 Mile x 4	300m to start	Schooner Way, Warsash	Locks Heath Sports Ground	Mike White
14th Nov	Thurs	7pm	1k x 5	300m to start	Cuckoo Lane	Crofton Community Centre	Mike Harper
19th Nov	Tues	7pm	Titchfield Rollers x 8	Downhill	Titchfield - A27	Locks Heath Sports Ground	Graham Bell
21st Nov	Thurs	7pm	Accelerations x3 sets (4 Triangles)	Mara - Half - 10k - 5k Pace	Lee Front Triangle	Crofton Community Centre	Jon Leigh
26th Nov	Tues	7pm	2 mile x 2	400m to start	Hunts Pond Road	Locks Heath Sports Ground	Mike Bell
28th Nov	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
Dec-13	**Day**	**Time**	**Effort/Activity**	**Recovery**		**Where**	**Who**
3rd Dec	Tues	7pm	Titchfield Figure of 8 x 2	Downhill	Titchfield Vilage	Locks Heath Sports Ground	Mike White
5th Dec	Thurs	7pm	1k x 5	300m to start	Cuckoo Lane	Crofton Community Centre	Paul Hammond
10th Dec	Tues	7pm	1 Mile x 5	300m to start	Schooner Way, Warsash	Locks Heath Sports Ground	Graham Bell
12th Dec	Thurs	7pm	600m x 6	300m to start	Hill Head	Crofton Community Centre	Mike Harper

Who's who

Chairman: Graham Bell
07801 594085
gebell@ntlworld.com

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

Social Secretary Sue Robinson

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

Treasurer: Robert Spencer
rs@hoodhouse.co.uk

Triathlon Rep: Nigel Whitcher

Website editor: David Eland

Men's Captain: Andy Simpson
07971 830269
andysimpson@blackberry.orange.co.uk

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

Social committee:

Nick Kimber 01489 579885.
nick@hookpark.co.uk

HRRL Secretary: Neil Richardson
nrichardson72@googlemail.com

Tim Sullivan01489 572641
tim.sullivan1@virginmedia.com

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

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

Kathy McCain 01329 668856
klaf@ntlworld.com

Liam Dredge