The Green Runner

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

PARTY ON AT THE STUBBINGTON AWARDS NIGHT

Now on a par with BBC Sports Personality of the year, The Stubbington Awards Night was a celebration of club success and individual achievement. Well done all the winners, a big thank you for all who attended and the social committee for their organisation.

Verity Wright receives her award for contribution to the club from Chairman Graham Bell

Leaderboard winner Andy Stockwell receives his award from Neil Richardson

Category	Winner
Junior	Tom McSwayne
Leaderboard	Andy Stockwell
Ladies Team Performance	Ladies SDWR
	Tanya Brady
	Georgie Gair
	Susie MacGregor
	Lucy May
	Rachael Openshaw
	Gill Rose
Men's Team Performance	Men's Test Way
	Daragh Hendley
	Mark Eaton
	Andy Simpson
	David McNeish
	Tom Whitcher
	James Sawyer
	Wayne Ewens
	Mark Le Gassick
Park Runner	Robert Spencer
Female Performance	Helen Nicholls
Male Performance	Wayne Ewens
Personality	Eric Beck
Most Improved	Sue Robinson
Newcomer	Jon and Nikki Plomer
Female	Rachael Openshaw
Male	Mark Eaton
Contribution	Verity Wright
Leaders	All Leaders

THE STUBBINGTON GREEN 10K

Dear Stubbies,

Our annual Stubbington Green 10k race takes place on Sunday 19th January 2014, and entries have closed, in record time, with 70 Stubbington Green members entered, which is really great news.

The race is very important to the club for a number of reasons, it raises our profile in the local community, provides an excellent fast 10k for the road running season, and it provides the opportunity to raise money for the club and our nominated charities. To achieve this we do need help, and this is your opportunity to give a little back into running and your club.

There are some changes this year, for instance there will be no need to number pack as all information is being sent via email, with race chips & numbers being collected over the race weekend. Also Absolute Running, from Gosport are on-board and have been very supportive and active in the planning phase, which has been great to see.

There are a number of jobs, roles, and general things that need organising between now and the big day. All the main elements are in place, with the council, and road closures etc, but there is still plenty to achieve, and if we all pull together it will make it that much easier and fun for us all.

By return email to Sally McGrath (sallyMcgrath@sky.com) please can you indicate your availability to help the club out. The list below gives an idea of where we need help. It is not complete list but it gives a good idea that we need lots of help and not just marshals. When volunteering please can you indicate a preference as it should help us organise the labour more efficiently, although we obviously cannot guarantee roles and assignments, we will do our best.

Leaflet distribution around the whole course of houses affected by road closures. This is part of our agreement with the council and needs to happen over the weekend of 11th/12th January. We will need a team of people for this.

Number/chip distribution - Saturday 10am -3pm
Number/chip distribution - Sunday 8am -9:30am
Baggage Hall
Refreshments - we will also need cakes to be baked
Marshals - the plan calls for a minimum of separate 62 marshal points
Drinks station - both mid race and end of race
Finish area set up / dismantle team- Barrier team
Finish/Funnel/Chip collection team
Help Desk
Fun Run - we need a fun run race organiser
Lead Bikes

Once again the club has allowed members to enter the 10k, on the basis that a suitable adult will be nominated as a replacement. It would be pleasing to see 70 nominees this year, and it doesn't have to stop there for runners, there is plenty to do. Paul Hammond has kindly agree to organise the marshals, and whilst this is the biggest element of manpower required, as you can see there are many other jobs that need filling. Many hands will make light work and we have had offers of help from local organisations including scout packs and Holyrood Church, which will help. With over 350 members we should be able to put on another spectacular event again in January, but please don't assume that your verbal offer has been recorded, and a reply would be good please.

By way of compensation for the volunteers, we will be holding a Helpers 10k run around the course on Saturday 18th January, at a time to be confirmed.

I am looking forward to putting on a great race again next year, and I know with your support this will be a great day for Stubbington Green Runners.

To enable us to pull this information together please complete the table below and

email: sallyMcgrath@sky.com

Kind regards

Chris Brobin
Race Director

Volunteer Name	**Telephone (Mobile preferred for contact on the day)**	**Email**
Preference if any (cannot be guaranteed	**SGR Runner name if volunteer is a nominee**	**Leaflet Distribution Team 11th/12th January (yes/ no)**

THE TODAYS RUNNER CROSS COUNTRY LEAGUE

QUEEN ELIZABETH COUNTRY PARK

Tom Mc Swayne 1st
James Sawyer 9
Boe Harper 41
Andy Stockwell 55
Liam Dredge 67
Jon Leigh 69
Graham Bell 72
Neil Richardson 74
Richard Edmund 91
Tom Callaway 96
Tim Crumpton 99
Nick Crane 114
Mike Bell 124
Andy Lee 125
Paul Whitehouse 130
Paul Hammond 136
Dan Foster 181
John Tussler 244

Lucy May 55
Julie Woodman 90
Caroline Street 134

Men's team were 4th Ladies
20th Overall 14th

FARNHAM 5TH DECEMBER

Tom McSwayne 1
Boe Harper 28
Adrian Piddington 29
Sev Roberts 36
Simon Hearndon 39
Andy Stockwell 50
Chris Hall 58
Jon Leigh 67
Will Feline 74
Tim Crumpton 121
Nick Crane 130
Mike Bell 133
John Tussler 210

Penny Forse 51
Julie Woodman 84
Caroline Street 125

MARSHALS

Chris Hall is looking for Stubby members to Marshal at our own Todays Runner at Manor Farm on 26th Jan, the other clubs always have a good turn out of friendly marshals now its our turn, please email Chris if you can spare a couple of hours on a Sunday morning hally.pfc@ntlworld.com

Tadley Runners

I'd recommend the Tadley 10 Mile race.
I was the only Stubby there but a safe undulating road course, very well marshalled event.
I placed 26th in time 72'27" 5th M 50 Tim Crumpton

Coastal Trail Series - Gower 16th November

10.9k

77th Glen Street (2nd MV55) 1.15.42
99th John Tussler (2nd MV60) 1.19.49

Half Marathon

279th Caroline Street (2nd FV55) 3.08.22
280th Julie Bowden (4th FV50) 3.08.23

After a healthy discussion the club committee has awarded the 2014 VLM places to Jon Leigh, Nigel Whitcher, Nicki White, and Anna Wilby-Lopez

CHRISTCHURCH 10K

11	Lewis CHALK	34.14
25	James SAWYER	36.36
43	Mike HARPER	38.32
99	Lucy MAY	42.26
100	Mark EATON	42.29
116	Melissa HUTTON-DUNTON	43.29
131	SUSIE MACGREGOR	44.11
197	Alan WHITE	47.41
306	Eric BECK	52.53
368	Alan EAMES	56.11

Gosport Road Runners

A high class and competitive field of 2000 road runners (and a world record breaking tiger) descended on Stokes Bay on a bright crisp morning in search for individual and team glory. The running conditions were first class and the course was flat and fast, ensuring that pb's were in the grasp of those willing to race hard.

Despite the honour of hosting this sought after race falling upon our running neighbours at Gosport, the race felt like a home fixture for all the Stubbington Green Runners given the location, the fantastic stubbie support along the whole course and the fact that we were again the best represented club.

Gosport Road Runners did themselves proud by staging another super half marathon and despite the results issue post race they handled themselves well and communicated excellently whilst sorting out the unfortunate issue.

SGR had 61 runners and according to Run Britain, 34 runners achieved PB's with a further 5 runners achieving SB's. Whilst it would be great to mention all those runners that achieved PB's there are clearly too many to mention, although a special mention must go to Allan Stinson, Sharon Simpson and Nigel Whitcher who all absolutely smashed their PB's! Well done to everyone though.

In terms of results and prizes, the competition was the toughest of the year but the Men's A Team finished 4th, comprising Lewis Chalk, Andy Simpson (PB), Chris Brobin (PB) and Mark Eaton (PB). The B team finished 1st in the B Division, comprising James Sawyer (PB), Simon McMorran, Daragh Hendley (PB) and Adrian Piddington (PB). The C Team finished 2 places behind the B Team in 3rd place and they have to thank Mike White, Howard Clark, Toby Greenfield and Sev Roberts (PB) for that excellent result.

The ladies A Team, comprising Louise Wills (PB), Nikki Roebuck (PB) and Hilary Gulliver (PB) finished 8th in a very strong A Division. The B team, comprising Lucy May (PB), Debbie Spinks (PB) and Petra Wagenblast finished 4th in their division and the C Team of Verity Wright (PB), Nicki White (PB) and Clara Fordina (PB) finished 5th.

There were 4 winners in the men's individual age groups which is a fantastic result and I expect unlikely to be bettered again. Andy Simpson won vet 40, Mark Eaton won vet 45, Simon McMorran won vet 50 and Mike White won vet 55. exceptional result and well done all.

Finally, a massive thank you and well done to all the SGR's that made it a great occasion, especially those running in their debut race for SGR and a massive thank you, on behalf of all the runners, to the supporters that shouted and cheered for us throughout the race.

I look forward to next year's race when hopefully we can take over the whole pub for post race drinks as opposed to half of it like this year!

Neil R

NAME	HRRL POS	CHIP TIME
Lewis Chalk	6	01:12:10
Andy Simpson	10	01:13:38
Christopher Brobin	26	01:18:24
Mark Eaton	30	01:19:38
James Sawyer	35	01:19:58
Simon Mcmorran	36	01:20:03
Daragh Hendley	41	01:21:10
Adrian Piddington	42	01:21:38
Mike White	48	01:22:28
Howard Clark	49	01:22:37
Sev Roberts	57	01:23:22
Toby Greenfield	56	01:23:22
Louise Wills	17	01:32:13
James Lee	135	01:32:19
Andy Lee	137	01:32:39
Philip Martin	142	01:33:15
Tom Callaway	152	01:34:58
Graham Martin	155	01:35:25
Jon Plomer	163	01:36:08
Daniel Foster	167	01:36:28
Liam Dredge	168	01:36:30
Mark Mcdonald	195	01:39:35
Nigel Whitcher	206	01:41:04
Nikki Roebuck	52	01:41:13
Hilary Gulliver	55	01:41:59
Lucy May	59	01:42:26
Kevin Toal	224	01:44:20
Debbie Spinks	61	01:44:29
John Salt	230	01:44:38
Petra Wagenblast	63	01:45:57
Alan White	234	01:46:04
Simon Vingoe	240	01:47:09
Verity Wright	68	01:47:22
Nicki White	72	01:48:11
Clara Fordina	81	01:49:36
John Simister	249	01:49:41
Jonathon Roper	252	01:49:58
Lucy Window	89	01:51:51
Andrew Richardson	258	01:53:19
George Howarth	261	01:54:15
John Cox	264	01:56:21
Lisa Donn	101	01:56:29
David Pheby	269	01:57:37
Aitken Hunter	273	01:58:29
Mike Donovan	276	01:58:37
Rachael Openshaw	116	01:59:54
Sarah Martin	117	01:59:54
Nikkie Plomer	128	02:05:59
Allan Stinson	288	02:10:11
Kathryn Davies	138	02:11:35
Julie Ashman	139	02:12:54
Sharon Simpson	142	02:13:48
Sarah Barron	150	02:17:04

THE HAMPSHIRE CROSS COUNTRY LEAGUE

HAMPSHIRE CROSS COUNTRY LEAGUE 2013/14
9 NOVEMBER AT GOODWOOD, CHICHESTER (MATCH 2)

34	L Chalk
35	A Simpson
68	B Harper
71	D Hendley
85	M White
112	M Eaton
127	L Dredge
129	T Callaway
148	T Sullivan
153	D Foster
170	N Crane
173	P Whitehouse
192	N Whitcher

13	T MacSwayne
44	T Whitcher
49	J Webb

68	Melissa Hutton-Dunton
69	Nikki Roebuck
75	Lucy May

A brilliant turn out for the us at the second league race. It was great to have an u17 team performing strongly.

The ladies team performed well with Mel taking part in her first Hants x country.

The men had an excellent turn out with 13 Stubbies racing, with the scoring team all in the top 100 (something I can't ever remember happening before!).
Lucy

HAMPSHIRE CROSS COUNTRY LEAGUE 2013/14
30 NOVEMBER AT POPHAM AIRFIELD, BASINGSTOKE (MATCH 3)

54	A Simpson
95	M Eaton
101	A Piddington
116	M White
133	A Stockwell
155	T Sullivan
165	L Dredge
183	T Callaway
203	N Crane
211	P Whitehouse
220	P Simpson

54	Lucy May
75	Nikki Roebuck
82	Penny Forse

9	T MacSwayne
32	J Webb

The pre-awards night party had another good turn out for us at this flat fast course. The weather was also kind with the sun shinning. Unfortunately Tom was the only U17 but continued to improve in his performance.

The ladies team performed well again & a big well done to Nikki who suffered a little but still continued to the finish so we had a scoring team (thank you). The men's race had some extra strong competition but everyone performed well again. With Pete Simpson making his debut in a Green Vest. The next Hants x-county league is at Bournemouth (another flat course) on 11th Jan.

Lucy May Cross Country Captain

LORDSHILL ROAD RUNNERS

2	Lewis	Chalk	00:53:52
7	Andy	Simpson	00:55:49
17	Wayne	Ewens	00:58:07
18	Christopher	Brobin	00:58:11
35	Mark	Eaton	01:00:16
41	Simon	Mcmorran	01:00:42
48	Mike	White	01:01:22
49	Howard	Clark	01:01:31
50	Daragh	Hendley	01:01:38
54	Adrian	Piddington	01:01:54
86	Andrew	Stockwell	01:04:16
105	Liam	Dredge	01:06:22
108	Jon	Leigh	01:06:40
113	Richard	Chowns	01:06:47
144	Richard	Edmunds	01:08:32
146	Marcus	Lee	01:08:35
148	Louise	Wills	01:08:36
171	Andy	Lee	01:09:39
172	Tim	Crumpton	01:09:44
178	James	Sawyer	01:10:12
196	Graham	Martin	01:11:16
198	Mark	Mcdonald	01:11:20
200	Tom	Callaway	01:11:21
213	Daniel	Foster	01:11:57
218	Robert	Blackmore	01:12:13
230	Laura	Ridge	01:12:47
253	Philip	Whitehouse	01:13:59
256	Rachael	Openshaw	01:14:03
261	Nikki	Roebuck	01:14:28
262	Philip	May	01:14:34
279	Paul	Coverdale	01:15:33
284	Hilary	Gulliver	01:15:55
300	Lucy	May	01:17:08
330	Simon	Vingoe	01:19:06
331	John	Salt	01:19:27
402	David	Pheby	01:25:42
446	Mike	Donovan	01:32:14
473	Katherine	Daily	01:38:32
482	Sarah	Barron	01:39:49

My sulking demeanour with being injured and not being able to run at Lordshill diminished quickly when watching the performance of all the 39 SGR's at this fast popular 10 mile race.

Of the 39 SGR's there were 25 pb's and a further 8 season's best! This is an astonishing performance and is great reward for the hard work and planning that the runners, coaches and leaders are putting in to the training nights. The competition within the club is fantastic and Chris Brobin's excellently photographed sprint finish typifies the effort and determination of all the runners in seeking to achieve the best time and position possible. Whilst all pb's are to be applauded a special mention must go to Jon Leigh who smashed his previous pb that he had set a mere 8 years prior! A big well done to Jon!

I have no regret about sounding like a broken record but it was business as usual at Lordshill, with the Men's A team comprising Lewis Chalk, Andy Simpson, Chris Brobin and Wayne Ewan taking first prize and moving to the top of the league in the process. Lewis came second overall; Andy, 1st vet 40 and Simon McMorran, 1st vet 50.

The men's B team, comprising Mark Eaton, Simon McMorran, Mike White and Howard Clarke also took top spot in their division. The men's C team of Daragh Hendley, Adrian Piddington, Andy Stockwell and Liam Dredge took 3rd spot in the B division.

The ladies A team and B team each secured their best performance of the season, finishing 3rd in their respective divisions. Louise Wills, Laura Ridge and Rachael Openshaw (all PB's) taking the honours in the A Team and Nikki Roebuck, Hilary Gulliver and Lucy May representing the B Team.

A big well done to all the runners and supporters and onwards and upwards to Gosport for the 2nd and final half marathon of the season.

Neil R

Stubbington 6.05 Night Time Special

The 6.05 Special left on time at 7.00 on Friday 22nd November with 30 runners on board although 4 of them cut the route short. It was a great turn out and everyone enjoyed it enormously.

Liam was a shining beacon at the halfway point and everyone managed to circumvent the rather large tree that was across the path. Jon Leigh came home in a very creditable 44.48 minutes closely followed by Graham Bell. We were joined by 3 members of Hedge End and I had a very nice email from Cliff Manton saying how much they enjoyed the event.

The majority of us went on to the Black Dog to finish off the evening. It was a most successful evening and I am sure we will run it again next year.

The final times are shown opposite
Sue

Jon Leigh	44.48
Graham Bell	44.58
Mike Bell	46.12
Neil Richardson	46.18
Dan Foster	46.48
Phil Martin	48.24
Alec McGregor	48.25
Nigel Whitcher	48.27
Mark Eaton	48.30
James Sawyer	48.34
Adrian Piddington	49.01
Stuart Hiscock	49.02
Cliff Manton	49.05
David Langrish	50.14
Susie McGregor	55.42
Penny Forse	55.43
Emma Davies	59.04
Kelly Bennetts	59.50
Eric Beck	60.58
Karen Salmon	63.08
Rachel Openshaw	63.09
Vicky Bryce	63.35
Verity Wright	64.40
Sarah Martin	64.42
Sam Stockwell	68.14
Andy Stockwell	68.15

CAPTAINS CORNER

It was great to see so many runners at Gosport Half and thank you for the amazing support from the side-lines. Stubbie teams are sitting pretty in the HRRL and Hampshire XC leagues with great individual performances and people achieving so many PBs in every race. Please continue to support Neil and Lucy in these great races.

Deadlines for entries to the XC Championships entries to Lucy by 15th December for the Southerns and 29th December for the Nationals.

Sally ran tonight for the 1st time in 13 months on a chilly December evening. Knowing that there were leaders and people to run and socialise with made the decision to run much more encouraging. Motivation to run in the winter months doesn't come easily which is why using the training evenings is so much more important. 'It was fantastic to see so many of you there and look forward to the next run!'

An early heads up, around the prestigious South Downs Relay, which takes place on the first Saturday in June. This is a 100 mile relay comprising of 18 legs running from Eastbourne to Winchester on the South Downs Way. Each team comprises of 6 people and we usual put in 4 teams, a Ladies, Men's A & either a mixed or men's B, and Veteran Men's. The race is very demanding on one's body and highly competitive, but a very enjoyable day out for the teams with some good camaraderie. At the moment we would like anybody who is interested to get in touch with the respective Captains. Due to the high standards we are looking for people who can achieve the following qualifying times, Ladies who can run sub 45 minutes for a 10k and Men who can run sub 40 minutes for a 10k.

We would both like to wish you and your families a MERRY CHRISTMAS and a prosperous New Year.

Sally and Andy

FROM THE CHAIR

The winter months, from November through to February, are never the best running months. As we all endure the cold dark nights, trying to stay motivated to keep training can be challenging but we know that the benefits will be realised in the months to come. My thanks once again, to all the leaders who ensure that these are safe and fun sessions. As I mentioned at the recent Awards Night, the training nights are the cornerstone of the success we have enjoyed as a club in the past year. The multiple and varied training sessions are a tremendous asset to the club, as it has grown throughout the year, and ensure that 350 members have the opportunity to train at a level that suits them. They are also great way to meet and catch up with friends and fellow runners too.

At the Awards Night, we were able to recognise the success that we have enjoyed over the last year and I hope that everyone who attended had a great evening. Well done to all the winners and a big thank you to the whole Social Committee for arranging the evening, the culmination of a wonderful year of social events that we have been able to enjoy. The first SGR 6.05 Special night run took place in November, and wetted the appetite of many for running in the dark. The Mulled Wine Handicap, the final social event is on Sunday 15th December....it is always fun to run in fancy dress! Thanks to Nick for organising and hosting the post run festivities.

The last few weeks of every year are always busy ones, with lots of family activities, parties, shopping etc but it is also a time for us runners to reflect on our achievements and set new goals for 2014 too.

The first big event for SGR in 2014 is our 10k on January 19th. Our Race Director, Chris Brobin, has been very busy working in the background to ensure we get 2014 off to a great start. We have had a pleasing response to his email asking for help, which is great thank you. But we still need more to ensure the event is another great success, please email sallymcgrath@sky.com who is organising the helpers list, to let us know you'd like to help. There are lots of jobs and roles to do, large and small and not necessarily just marshalling. As is our tradition, unlike other clubs, SGR has not excluded its members from entering the race. We do, however, ask that our runners offer a suitable, substitute marshal and if possible other help pre and post race too. We cannot put on such a renowned race without an army of volunteers, so please don't be shy, it really is a great day. We have over 70 runners this year, which is a great turnout and bodes well to ensure that our HRRL teams do well and continue their charge up the leagues.

Many members are already marathon planning for 2014 and we have a strong contingent of 15+ members running London alone. Many of them are Good for Age entries, showing the strength and ability of the runners we have in the club. I can confirm that, the Men's Captain will be on the Championship start next year too, no doubt attempting to lead Mo for the first mile. Along side London, we have runners entered for Brighton, Paris and other spring marathons too. It is going to be a marathon filled spring, I hope I don't feel too left out;-). Elsewhere, in this months GR, are details of the coach we are planning to run to London next year for runners and supporters. It looks like it is going to be great day out in the capital for the Green Army.

Before 2014 though, we have Christmas to enjoy and I would like to wish everyone a happy and fun time. There are a few races on over the festive period, so I hope that we can all get out and enjoy the break and make some time for running in-between the mince pies and Christmas pudding.

Happy Christmas
Graham

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

Southsea 5 Oct	
Seamus Stinson	26.06
Tomas Stinson	32.47
Netley 26 Oct	
James Sawyer	18.11
Chris Hall	19.12
Toby Greenfield	19.31
Tom Callaway	21.06
Andy Stockwell	22.11
John Simister	23.39
Jamie Stockwell	24.20
Susie MacGregor	24.38
John Salt	25.00
John Tussler	26.04
Glen Street	26.05
Seamus Stinson	27.09
Tom Mellor	27.35
Katie Simister	29.00
Jaz Smith	29.08
Julia Park	29.10
Rachel Leach	29.33
Chris Leach	29.37
Allan Stinson	30.04
Caroline Street	30.18
Robert Spencer	30.39
Sue Simister	31.18
Samantha Stockwell	31.21
Holly Stockwell	33.17
Eastleigh 26 Oct	
Keith Whitaker	27.39
Southampton 26 Oct	
David Langrish	21.50
Southsea 2 Nov	
Mike Harper	19.24
John Salt	23.10
Seamus Stinson	24.07
Susie MacGregor	24.07
Allan Stinson	28.40
Tomas Stinson	35.46

Eastleigh 2 Nov	
Keith Whitaker	25.28
Netley 2 Nov	
Chris Leach	18.27
Sev Roberts	19.09
Jack Webb	
Andy Stockwell	20.06
Tom Callaway	20.23
Phil Martin	20.30
Nigel Whitcher	21.52
Paul Southon	23.22
Russell Mead	24.20
John Tussler	25.17
Rachel Leach	25.57
Tom Mellor	26.22
John Simister	26.27
Glen Street	26.58
Kelly Bennetts	27.47
Julia Park	28.08
Jaz Smith	28.11
Jules Dinwoodie	28.23
Katie Simister	30.55
Andrew Smith	36.05
Eastleigh 9 Nov	
Keith Whitaker	27.09
Havant 9 Nov	
John Simister	23.50
Southampton 9 Nov	
Sarah Barron	28.20
Southsea 9 Nov	
Lewis Chalk	17.43
Jon Leigh	21.07
Andy Lee	21.29
Jennie Lee	31.28
Tomas Stinson	31.52
Allan Stinson	32.04

Netley 9 Nov	
Chris Leach	19.02
Sev Roberts	19.02
Tom Callaway	20.43
Marcus Lee	21.43
Paul Southon	23.55
John Salt	24.18
Glen Street	24.31
Andy Richardson	25.12
Russell Mead	25.41
Susie MacGregor	26.05
Aga Plombon	27.03
John Tussler	27.56
Rachel Leach	28.11
Jaz Smith	29.11
Robert Spencer	29.35
Andrew Smith	35.03
Netley 16 Nov	
Lewis Chalk	18.03
Jack Webb	19.02
Tom Callaway	20.44
Paul Southon	23.52
John Salt	23.54
Susie MacGregor	25.45
Tom Mellor	28.15
Jaz Smith	29.14
David MacSwayne	30.11
Sue Simister	32.11
Eastleigh 16 Nov	
Keith Whitaker	25.54
Southsea 16 Nov	
Mike Harper	22.46
Robert Spencer	26.52
Andrew Smith	33.10

Newbury 16 Nov	
Allan Stinson	28.30
Winch 16 Nov	
Julie Salt	30.57
Skipton 16 Nov	
Russell Mead	29.18
Newport 16 Nov	
Jon Leigh	20.38
Netley 23 Nov	
Wayne Ewens	18.18
Jack Webb	18.50
Adrian Piddington	19.27
Andy Stockwell	19.29
Tom Callaway	21.06
Mark McDonald	22.23
John Salt	23.35
Paul Southon	24.15
Jamie Stockwell	25.02
Susie MacGregor	25.27
Russell Mead	25.43
Tom Mellor	27.25
Marie McDonald	28.06
Glen Street	28.22
Andy Richardson	28.23
Havant 23 Nov	
Clare Thorpe	43.53
Southampton 23 Nov	
Robert Spencer	27.56
Andrew Smith	34.19
Darley Dale (Derby) 23 Nov	
Allan Stinson	31.21

RACE DIARY

Sunday	22/12/2013	9:00 AM	Portsmouth	Portsmouth Coastal Marathon
Sunday	29/12/2013	11:00 AM	Ringwood	Moors Valley 10K
Sunday	29/12/2013	11:00 AM	Todays Runner	Lord Wandsworth College
Saturday	04/01/2014	10:30 AM	Fleming Park Eastleigh	Club X-Country Championships
Saturday	11/01/2014		Hants XC League	Kings Park Bournemouth
Sunday	19/01/2014	10:00 AM	Stubbington	Stubbington 10K (HRRL race 6)
Sunday	26/01/2014	11:00 AM	Todays Runner	Manor Farm
Sunday	26/01/2014	10:00 AM	Romsey	Romsey 5
Sunday	02/02/2014	11:00 AM	Ryde	Ryde 10 (HRRL race 7)
Saturday	08/02/2014		Hants XC League	Hudsons Field Salisbury
Sunday	09/02/2014	10:30 AM	Chichester	Chichester 10k
Sunday	09/02/2014	10:00 AM	Longleat	Longleat 10K
Sunday	16/02/2014	10:30 AM	Bramley (Basingstoke)	Bramley 10 and 20
Sunday	23/02/2014	10:30 AM	Winchester	Winchester 10K
Sunday	23/02/2014	9:30 AM	Portsmouth	Coastal Half
Sunday	02/03/2014	11:00 AM	Todays Runner	Staunton Country Park
Sunday	09/03/2014	10:30 AM	Brockenhurst	John Austin Half
Sunday	09/03/2014	10:30 AM	Clanfield	Meon Valley Plod
Sunday	09/03/2014	10:30 AM	Salisbury	Salisbury 10 (HRRL race 8)
Sunday	16/03/2014	10:00 AM	Exbury	Exbury 10K
Sunday	16/03/2014	10:30 AM	Fleet	Fleet Half
Sunday	16/03/2014	9:00 AM	Longleat	Longleat Half
Saturday	22/03/2014	10:00 AM	Linwood	NF Festival of Running (Day 1)
Sunday	23/03/2014	10:00 AM	Eastleigh	Eastleigh 10K (HRRL race 9)
Sunday	23/03/2014	9:00 AM	Linwood	NF Festival of Running (Day 2)
Sunday	30/03/2014	2:00 PM	Coombe Gibbet Newbury	Coombe Gibbet to Overton 16 mile XC
Sunday	30/03/2014	9:30 AM	Bournemouth	Bournemouth Bay 10K and Half

MARSHALS RACE

Is anyone interested in a Marshal's run? It is going to be held the day before the Stubbington Green 10k (18th January 2014) as I have family commitments the week-end before and it is the same route as the Stubby 10km held on Sunday 19th January.

It is open to any Stubby Green runner who is marshalling the 10km and not running it and although it isn't chipped time we do have a time keeper. It is not traffic free so you would have to take responsibility for your own safety and there will be limited marshalling so you have to know the route.

We will meet at Crofton Community Centre at 8.30am with a very prompt start of 8.45am as some people will be helping out handing out the chip timing from 10am.

If you would like to join me or would like to help out marshalling then please email me verity.wright@ymail.com

HAMPSHIRE ROAD RACE LEAGUE

LEAGUES AFTER FIVE RACES

LADIES A TEAM		
1	Winchester	5
2	Salisbury	12
3	Totton	21
4	Stubb'ton	27
5	Alton	29
6	Fareham	31
7	Lordshill	32
8	Denmead	38
9	PompeyJ	39
10	Eastleigh	41

MENS A TEAM		
1	Stubb'ton	10
2	Salisbury	14
3	Lordshill	17
4	Overton	21
5	Winchester	22
6	Denmead	30
7	So'ton AC	35
8	Eastleigh	38
9	New Forest	42
10	Totton	45

LADIES B&C TEAM		
1	Winchester B	5
2	Winchester C	14
3	Stubb'ton B	22
4	Fareham	28
5	Lordshill B	33
6	Totton	41
7	Stubb'ton C	45
8	Salisbury	50
9	IOW RR	53
10	Denmead	56
11	Alton	58
12	Lordshill C	62
13	PompeyJ	64
14	Eastleigh	68

MENS B&C TEAM		
1	Stubb'ton B	6
2	Lordshill B	17
3	Stubb'ton C	22
4	Winchester B	23
5	Salisbury	28
6	PompeyJ B	39
7	Winchester C	42
8	Denmead	44
9	Lordshill C	45
10	Overton	51
11	Eastleigh	55
12	New Forest	56
13	So'ton AC	58
14	PompeyJ C	61
15	Fareham	64

Race	Distance	Date	Start time	Club
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

Social Roundup for 2013

Social events this year have been a great success and enjoyed by a large number of our members. The Handicap races at Easter and in September were well supported and I must thank Nick and Tim for all their hard work in sorting out the various routes. At the time of writing we have yet to run the Mulled Wine handicap which is our last event before Christmas but I am sure it will be as well supported as the other events.

Our Macmillan Mile in June attracted a large number of participants and thanks to everyone who came along and enabled us to raise over £130 for this great cause. Who can forget Nick's artistic directions to ensure that everyone ran the right way. June also saw a new event for the Club – the Chariots of Fire race along the beach at Meon Shore. We saw a lot of white shorts and sandy legs plus the inspiring music and hot dogs to finish. I am sure this will be repeated next year.

July saw the resurrection of an old event that has not been run for a number of years – the Wickham 6.05 Special. 37 runners took part in this event plus a good number of supporters, walkers and dogs including several runners from Hedge End club. The after race celebrations took place in the garden of The Black Dog in Waltham Chase and were a great success. The annual BBQ also took place in July and again I must thank Nick and Tim for their hard work in organising this and doing the cooking on the day.

We added another new event in November – a night time run of the Wickham 6.05 Special and we had 30 runners taking part plus the usual supporters. Lots of head torches to light the way and Liam bravely ran down on his own to provide a guiding light at the turning point. The only major obstacle was a fallen tree which everyone managed to negotiate successfully. We managed not to lose anyone and again lots of us retired to The Black Dog for refreshments and warmth. Many thanks to Nick for providing light at the finish and my stalwart helpers doing the timing and name recording.

The Awards Night at the end of November was a great success - we had sold 100 tickets which is the largest number for many a year and the David Lloyd Centre certainly did us proud. The food and service were absolutely excellent and an enormous thank you should go to Rita Leigh and her team for making it such a memorable evening. They worked extremely hard to ensure that everything ran smoothly. After we had all enjoyed our delicious dinner the Committee got down to the task of handing out the Awards after which the disco ramped up and the dance floor was never empty. Looking at the comments on Facebook the morning after it would appear that a good time was had by all. Personally I must take my hat off to all the hardy souls who actually made Penny's session at Holly Hill the morning after – very impressive!

All in all I think it has been a great social year and for that I must thank the other members of the Social Committee, Nick Kimber, Tim Sullivan, Kathy McKain and Liam Dredge for all their hard work in making it such a success. I would also like to thank all the other helpers at the various events; we couldn't do it without you. We are hoping to make 2014 just as good and would welcome any suggestions from members for new events, running or otherwise. There is usually one or more of us at most training nights so please feel free to come and let us have your ideas. At the same time if there is anyone who would like to come on the Committee we would be very happy for you to join us, again just come along and talk to us. Thank you all for your support over the past year and we look forward to providing you with some great social events next year.
Sue

HAIR OF THE DOG

Can you think of a better way to start 2014 than a run around Bere Forest on New Year's Day for the club's annual Hair of the Dog Run?

We start at 11am, meeting at the Wood end car park, just outside of Wickham, off the A32. It's the same place as in previous years.

Don't forget your money for the car park
Everyone is welcome – kids, grandparents, walkers, runners, dogs, the lot. You can have a gentle stroll round the forest, a steady run, or just sit and look after the mulled wine and mince pies.

How to get to Bere Forest: from Fareham, head towards Wickham, the head north along the A32. Go past the Roebuck Public House on the left, turn right about 200 yards past the pub. The Wood End car park is about 400 yards up the road on the right hand side.

How Fast Can You Run The Mile?

THE CITY OF LONDON MILE TAKES PLACE ON SUNDAY 22ND JUNE 2014 IN THE HEART OF THE CITY OF LONDON. STARTING OUTSIDE ST PAUL'S CATHEDRAL IT TAKES IN SOME OF THE MOST ICONIC AND HISTORIC LANDMARKS OUR CAPITAL CITY HAS TO OFFER AND INCLUDES PART OF THE OLYMPIC MARATHON COURSE.

THE EVENT IS OPEN TO EVERYONE: CHILDREN FROM SCHOOLS AND CLUBS ACROSS THE COUNTRY, CHARITY FUND RAISERS, BUSINESS TEAMS AND FAMILIES WHO ALL RACE IN THEIR OWN SPECIFIC WAVES. THE CITY OF LONDON MILE WILL ALSO ATTRACT SOME OF THE WORLD'S BEST ATHLETES COMPETING IN AN INTERNATIONAL ELITE RACE.

www.cityoflondonmile.co.uk

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 9th December	Long hills
Monday 16th December	Kenyan Hills - 4 x 6 min up & down hill
	(2 mins rest) ie no jogging down between hills
Monday 23rd December	3 - 5 x 1 mile loops (2.5 mins rest)
Monday 30th December	Leafy Lane 3 - 7 x 1.1km loop

London Marathon Transportation

SGR are organising a coach to the London Marathon in April 2014, for runners and supporters.

The plan is 6am pick up from Whiteley, and drop everyone in Greenwich. Return will be 5pm from Horse Guards Parade to give everyone a chance to enjoy the afternoon. The cost will be less than £20 per person, depending on numbers. If you are interested please email Graham (gebell@ntlworld) in the first instance to get your name on the list. Anyone who has already shown interest via Facebook is already on the list.

It has been a number of years since the club organised a bus, and with the number of runners we have next year it seems the perfect opportunity to resurrect it and show our support.
Graham

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

Dec-13	Day	Time	Effort/Activity	Recovery		Where	Who
12th Dec	Thurs	7pm	600m x 6	300m to start	Hill Head	Crofton Community Centre	Mike Harper
17th Dec	Tues	7pm	Titchfield Rollers x 8	Downhill	Titchfield - A27	Locks Heath Sports Ground	Mike Bell
19th Dec	Thurs	7pm	6 mins x 4	2 mins	Lee Front	Crofton Community Centre	Graham Bell
24th Dec	Tues	7pm	No Training	n/a	n/a	n/a	n/a
26th Dec	Thurs	7pm	No Training	n/a	n/a	n/a	n/a
31st Dec	Tues	No training NYE					
2nd Jan	Thurs	6x600m Hill Head		250m	Hill Head	Crofton	Mike Harper
7th Jan	Tues	1.5km x 3		300m to start	Red Path	Locks Heath	Mike White
9th Jan	Thurs	Grass Fartlek		On pavement	Lee Sea front	Crofton	Mike Bell

Thursday Night Intermediate Training 6.30pm

Date	Location	Session
Thursday 19th December	Locks Heath Sports & Social Club	Paarlauf, Crescent Road
Thursday 26th December	No fornal session	10 x 400m - Lee Seafront
Thursday 2nd January	Locks Heath Sports & Social Club	1 mile reps - Schooner Way
Thursday 9th January	Crofton Community Centre, Stubbington	6 x 800m - Lee Seafront
Thursday 16th January	Locks Heath Sports & Social Club	Titchfield Figure of 8
Thursday 23rd January	Crofton Community Centre, Stubbington	8x 800m - Lee Seafront
Thursday 30th January	Locks Heath Sports & Social Club	8 x Rollercoaster's

Who's who

Chairman: Graham Bell
07801 594085
gebell@ntlworld.com

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

Social Secretary Sue Robinson

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

Treasurer: Robert Spencer
rs@hoodhouse.co.uk

Triathlon Rep: Nigel Whitcher

Website editor: David Eland

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

Social committee:

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

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