The Green Runner

THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS

stubbington green runners

To celebrate the new year we have some exciting news. Thanks to the fabulous Mike Bell we now have a brand new website. My personal thanks to Mike for his hard work and patience. This brand new site is available to bookmark from today and with many new features will make our communication even better.

www.stubbingtongreenrunners.net

To accompany the website we also have a Twitter account @StubbGR. Why not follow us for all the latest news, you never know we may follow you back;-) There is a feed on the News page, where you can scroll through the latest Tweets, even if you don't have an account.

I really do hope you enjoy the site which is a huge landmark for the club, and bodes well for another exciting year ahead.
Graham

VOLUNTEERS DESPERATELY NEEDED

Our 10k is renowned as one of the best on the South Coast, but unfortunately it doesn't just happen, it takes a great deal of planning and it also involves a lot of manpower too. We are in desperate need of help this year.
If you are free then please get in touch and volunteer. If you are running then you are kindly asked to nominate a marshal in your place. If this is impossible then please think about another non marshalling role. We need volunteers for marshal points, kitchen duties, chip distribution (Saturday and Sunday) and set up crew to name but a few. Please email: sallymcgrath@sky.com

FROM THE CHAIR

Happy New Year 2014, and what an exciting year it promises to be. In fact what a great start we have already had. Just a few days in and we can proudly boast a brand new website stubbingtongreenrunners.net

My personal and heartfelt thanks go to Mike Bell for his patience and efforts over the last few weeks of 2013. I hope you agree, that the hard work has been worth it, and we once again have a website to be proud of and one that befits the club. Alongside this, we now also have a Twitter account @StubbGR. Both should enhance our communications in the year ahead and beyond.

Looking forward in to 2014, we already have a packed calendar. January sees our 10k and if you haven't volunteered already then please do get in touch. We still need help. Thanks to Chris for all his work in the background, and to Caroline Street for the diligence surrounding the entries and transfers.

January 6th, sees a new event, an open club meeting for all members. Apologies for the late notice. If you can't get along, try and catch up with a committee member at training for an update. The idea behind this meeting is to help us plan the year ahead and beyond. Formally we can only change things at the AGM and after issuing enough notice too. So to do this we need your input and support before the end of January. We very much value your input into your clubs future.

Elsewhere in this newsletter are details on the improved Leaderboard for 2014. We hope that you like the changes we have made, which are designed to recognise all runners who wear the Green vest far and wide. Thanks to Paul Hammond for the administration once agin.

Marathon training is well underway for many, and there is still time to get on the bus to London, just drop me an email to book you place. Either my personal one or chairman@stubbingtongreenrunners.net

We are also pleased to see the return of our popular stretching classes, thanks to Phil Hobby for getting us into to shape. Andy is busy planning for the Time Trials and South Downs Relay already, which is great to see.

Finally thank you to all of you for your support over the past year and words of encouragement too. It is gratifying to see how the club has developed, thanks to the committee, for all their hard work. I think it has made us all realise how much can be achieved when we are having fun.

Happy New Year
Graham

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. It is the same route as the Stubby 10km being 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.

If you are running the 10k on the Sunday and want to help me out with marshalling then that would be very much appreciated.

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

Portsmouth Coastal Waterside Marathon Sunday, 22nd December

Out and back route, starting on the sea front behind the Pyramids towards Eastney then round Langstone Harbour mostly on minor paths and the foreshore to the turn-around point at the end the Hayling Billy Trail. The route was flat and of mixed terrain - pavement, road, grass, shingle and footpath. A diversion was provided for tail end runners cut off by the tide on the way back.

RUNNERS: 1193.
FINISHERS 873 Men and 292 Women
FIRST MAN: Patrick Brown. East London Runners 2-49:40
FIRST WOMAN: Emily Canvin. Langport Runners 3-22:21
Last finisher: 1165th 7-24:59

STUBBIES (as shown on race results):

A steel band was playing before the start despite the strong westerly wind and dark clouds. Shortly before the start it began to rain heavily which continued for a while during the race. That and rain from previous days meant that the course was extremely muddy and slippery in many places especially on the way back when it had been churned up by over a thousand runners. There were many puddles particularly along the Hayling Billy Trail.

The final stretch along the Esplanade into the strong wind was particularly tiring. The race was marshalled very well and the drinks stations were always welcome where, apart from gels and water, Christmas fare was provided including mince pies, chocolate, Jaffa cakes, mulled wine and brandy. Hot soup was provided to runners at the finish. On the day it was challenging but very enjoyable
John Fairhurst

Mike Bainbridge	3-14:22	40th	18th of 319 M 40-49
Adrian Piddington	3-16:31	48th	20th of 261 M 30-39
John Fairhurst	4-56:37	942nd	2nd of 5 M 70-79
Allan Stinson	5-29:06	1090th	296th of 319 M 40-49
Roger Fairhurst	3-30:46	119th	47th of 319 M 40-49

MOORS VALLEY 10K

17	NICHOLLS, Helen	00:40:23
20	PLOMER, Jonathan	00:40:52
21	DREDGE, Liam	00:40:55
78	SMITH, Paul	00:46:35
94	ROEBUCK, Nikki	00:47:35
121	ROEBUCK, Chris	00:49:24
127	STANTIALL, Alethea	00:49:52
208	PLOMER, Nichola	00:53:33
258	DAVIES, Kathryn	00:56:40

	HALF MARATHON	
12	David Castle	01:27:35
59	Tina Chantrey	01:51:10
314	Rachel Leach	02:27:49
	MARATHON	
31	Chris Leach	03:45:50

AYLESBURY BOXING DAY 5K ROAD RACE

Adrian Piddington	**18:43**	**17th**

THE TODAYS RUNNER CROSS COUNTRY LEAGUE

David Castle 16
Chris hall 24
Sev Roberts 34
Simon hearnden 38
William Feline 41
Murray Watson 51
Graham Bell 57
Andrew Stockwell 75
Tom Callaway 104
Nick Crane 122
Dan Foster 144
David Langrish 150
John Tussler 207
Tina Chantry 44
Gaynor Heffer 66
Kelly Bennnetts 84
Julie Bowden 85
Sarah Martin 97
Julie Salt 99
Caroline Street 106

Great fun today at Lord Wandsworth College. muddy, cold and hilly, what more could you ask for. Tom McSwayne had to pull out as he tweaked his calf so Dave Castle led the men home in 16th with Tina running her first race in a while being the first home of 7 Stubbie ladies.

Chris Hall is looking for Stubby members to Marshal at our own Southern League cross country (formerly 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

PISA MARATHON 15TH DECEMBER

LEWIS CHALK 9TH 02:34:57

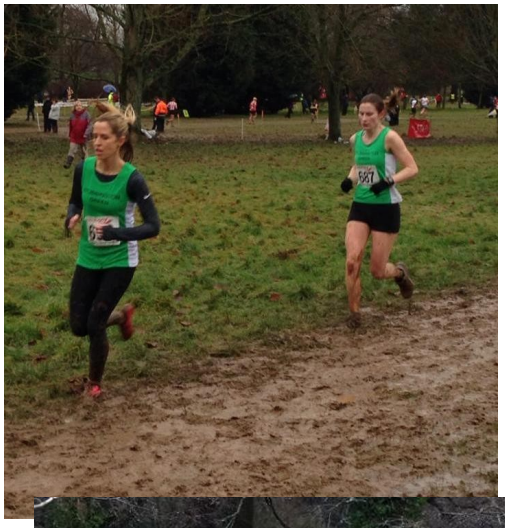
CLUB KIT

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

Saucony Hampshire Cross-Country Championships Saturday 4 January

19	Helen Nicholls	W35	3	34:59
53	Nikki Roebuck	W35	10	38:40
66	Lee Stantial	W35	13	40:18
70	Lucy May	SW	29	41:36
75	Tina Chantry	W40	11	42:55
95	Ann Blake	W40	15	49:26



PUB TO PUB			
4	Andy	Simpson	42:17
7	Mike	White	45:45
10	Mark	Eaton	46:51
19	Jon	Leigh	49:38
21	William	Feline	50:16
22	Neil	Richardson	50:19
28	Richard	Chowns	52:45
29	Philip	Martin	52:51
31	Macus	Lee	53:29
53	Neil	Stantiall	56:13
56	Daniel	Foster	57:06
59	Susie	MacGregor	57:28
71	Nigel	Whitcher	60:25
84	Nicki	White	62:31
87	Verity	Wright	63:09
112	Alan	White	68:05
113	Kevin	Ashman	68:19
117	Sarah	Martin	69:21
119	Liz	Hall	69:24
125	Julie	Ashman	72:05
139	Julie	Woodman	81:33

5	Thomas Macswayne	21:50

24	Andy Simpson	M40	2	44:29
73	Sev Roberts	SM	50	49:45
79	Mike White	M55	3	50:37
84	Andrew Stockwell	M40	18	51:02
100	Graham Bell	M45	10	52:21
101	Mark Eaton	M45	11	52:26
110	Tom Callaway	SM	65	53:42
112	Liam Dredge	SM	67	53:45
117	Tim Crumpton	M55	6	54:51
138	Neil Stantial	M40	27	58:37
139	Gordon Westley	M45	20	58:44
140	Nick Crane	M55	7	58:50
152	Philip Whitehouse	SM	76	61:03
159	Nigel Whitcher	M45	26	62:56

Barcelona 'San Silvestre' 10K

148	James Sawyer	35.24
331	Mark Eaton	37.10
381	Adrian Piddington	37.35

2013/14 Leaderboard

Last year's club leaderboard proved to be the most strongly contested yet with 297 club members posting a score. All races that were reported in the Green Runner were awarded points.
This year the format will change to reflect gender and mileage. There will be separate ladies and gents leagues; and the scoring will be based on race distance, so the further you run the more points you score; there will also be points for marshalling club races and each month a bonus point race will be nominated.

- Only results published in the green runner will score.
- The will be separate leaderboards for ladies and gentlemen.
- 10 mile races will score 10 points, 5 mile races 5 and so on.
- 10k races will score 6 points, marathons 26 and so on.
- All park runs will score 3 points.
- Club handicaps, GOFAST and time trials, will score according to their distance.
- Tri events will score on the distance of the running leg only.
- Relays will score based on the total race distance divided between the number of participants.
- RR10 & Southern XC League races will score 5 points.
- Marshalling/helping at the club 10k, Southern XC League and RR10 races will score 10 points.
- A monthly bonus race nominated by the club captains will score 20 points regardless of distance. These races will be advertised in the Green Runner.
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The current standings will be published each month in the Green Runner.
This year's leaderboard will start with the December 2013 edition of the Green Runner, and conclude with the November 2014 extravaganza in time for the awards night. When a race is report is sent to the GR it is up to the person sending it to ensure that the running distance is included – no distance = no points. Due to the time taken to finalise this new format the first leaderboard standings will be published in the February edition of the GR.

Bonus races:

Sun 26th January. Southern XC at Manor Farm for marshals only.

Sat 8th February. Hants XC at Salisbury.

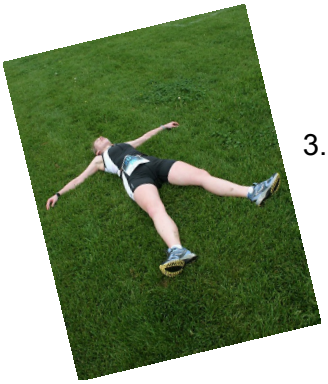
THE FINAL 2012 / 2013 LEADERBOARD IS SHOWN ON THE NEXT PAGE

1	Andrew Stockwell	345	58	George Howarth	65		William Feline	25		Phil Hobby	8
2	Robert Spencer	308		Jennet Woolford	65	85	Del Granger	24	101	Alex Burton	6
3	John Tussler	268		Louisa Abbott	65	86	David McNeish	23		Emma Nimmo	6
4	James Sawyer	261	59	Philip Martin	61	87	Samantha Stockwell	22		Jack Webb	6
5	Tom Callaway	245	60	Tim Sullivan	60	88	Melissa Hutton-Dunton	21		Rachel Richardson	6
6	Mike Harper	236		Simon McMorran	60		Michelle Simpson	21	102	Alison Thomas	5
7	Liam Dredge	220	61	Tom Whitcher	58	89	Ann Fairhurst	20		Andrea Yates	5
8	Keith Whitaker	212	62	Gaynor Heffer	57		Callum Jarvis	20		Andy Tomlinson	5
9	Andy Simpson	205	63	David Langrish	56		Debbie Spinks	20		Ann Vestergaard	5
10	Lewis Chalk	200		Julie Woodman	56		Eunice Hoare	20		Ashley Lovell	5
11	Paul Southon	196	64	Clara Fordina	55		Gary Littlecott	20		Boe Harper	5
12	John Blake	195		Gemma Fleming	55		Georgie Gair	20		Christine Eaton	5
13	Julie Salt	189		Neil Jarvis	55		Gordon Westley	20		Clare Van Den Bos	5
14	Mark Eaton	185		Sadie Bedford	55		Graham Martin	20		Clive Farmer	5
15	Jon Leigh	182	65	Mark Le Gassick	51		Keith Carter	20		Dai Lloyd Jones	5
16	Sev Roberts	180		Nico Beukman	51		Liz Hall	20		Daisy Hall	5
17	Graham Bell	176	66	Graham James	50		Naomi Crane	20		Daryl Hendley	5
18	John Salt	165		James Keen	50		Peter Rawlins	20		David Abrams	5
19	Marcus Lee	161		Jan Southon	50		Robert Blackmore	20		Duncan Borthwick	5
20	Glen Street	160		Julia Park	50		Sandra Abrams	20		Elizabeth Mitchell	5
21	Susie Macgregor	157		Julie Dinwoodie	50	90	Toby Greenfield	19		Emma Trotman	5
22	Kevin Ashman	151		Louise Wills	50	91	Hannah Smith	18		Frazer Rowbotham	5
	Lucy May	151		Sharon Clarke	50		Katherine Adams	18		Gemma Jones	5
23	Allan Stinson	150		Terry French	50		Mark McDonald	18		George Rennie	5
	Phil May	150		Tim Crumpton	50	92	Andrew Richardson	17		Hannah Wise	5
24	Richard Chowns	146	67	Angela Benfield	48	93	Chris Brobin	16		Heather Hudson	5
25	Caroline Street	141		Tina Chantry	48		Michael Edey	16		John Exley	5
	Russell Mead	141	68	Ann Blake	46		Sarah Barron	16		Jon Henderson	5
26	Jasmine Smith	140	69	David Jeffery	45	94	Jane Heywood	15		Justine Bennett	5
	Mike White	140		John Fairhurst	45		John Webber	15		Kaelum Duggan	5
27	Tom Macswayne	139		Kathy McKain	45		Katherin Briggs	15		Karen Moore	5
28	Andy Lee	131		Mark Millard	45		Lisa Donn	15		Kimberley Law	5
	John Simister	131		Mike Wotton	45		Liz Weighell	15		Lara Evans	5
	Julie Ashman	131	70	Kevin Toal	44		Paul Jacob	15		Lee Giles	5
29	Sue Robinson	130	71	Anna Wilby-Lopez	41		Pippa Abbott	15		Lorraine Small	5
30	Gill Rose	126		Paul Smith	41		Rick Scott	15		Lucinda Le Gassick	5
	Nick Kimber	126	72	Aitken Hunter	40		Sally McGrath	15		Lucy Guthrie	5
31	Neil Richardson	125		James Lee	40		Sarah White	15		Lucy Wilson	5
32	Julie Bowden	124		Matthew Abbott	40	95	Alison Atwood	14		M Townsend	5
33	Rachael Openshaw	123		Ray Gunner	40		Andrew Richards	14		Marie McDonald	5
34	Nigel Witcher	122	73	Howard Clark	39		Vix Kitcher	14		Matt Gardner	5
35	Dan Foster	121	74	David Castle	38	96	Jennie Lee	13		Matthew Trotman	5
	Richard Snell	121		Kathryn Davies	38		Kelly Bennetts	13		Melanie Adcock	5
36	Andrew Smith	120		Lucy Window	38		Lisa Nicholson	13		Naomi Rowbotham	5
	Nick Crane	120		Sharon Simpson	38		Sarah Boddy	13		Nicola Brook	5
37	Verity Wright	115	75	Caz Lee	37		Sarah Hobby	13		Nicola Wilson	5
38	Sandie Mcintosh	114		Ian Race	37	97	Anne Trotman	11		Pippa Elston	5
39	Alan White	111		Nikkie Plomer	37		Ben Mcwilliams	11		Richard Thomas	5
40	Sarah Martin	104	76	Ellie Crane	36		Sarah Smith	11		Richard Townend	5
41	Paul Coverdale	103		Katie Simister	36	98	Amy Green	10		Sally Townsend	5
42	Jamie Stockwell	99	77	John Vose	35		Chris Douglas	10		Sandie Bedford	5
	Nicki White	99		Neil Stantiall	35		Chris Reynolds	10		Sarah Broom	5
43	Helen Nicholls	95		Simon Hearnden	35		Chris Richards	10		Scott Parkes	5
	Stephen Andrews	95		Tanya Brady	35		Dave King	10		Simon Carson Jones	5
44	Katherine Chowns	94		Tracie Jarvis	35		Erin Banner	10		Steven Ellis	5
45	Chris McGaw	93	78	Stuart MacNamara	33		Helen Butler	10		Steven Peach	5
46	Chris Hall	90		Tom Mellor	33		Ian Webber	10		Tobin Landricombe	5
	Paul Hammond	90	79	Wendy Holloway	32		Jane Adlard	10		Tracey Terry	5
	Rowena Dodds	90	80	Jane Butler	31		Jennifer Beck	10		Victoria Joel	5
47	Donna Mitchell	86		Tommy Blake	31		Mike Clarke	10	103	Amanda Davies	3
	Sue Simister	86	81	David Pheby	30		Pete Goss	10		Ben Smith	3
48	Euan McGrath	85		Martin Banner	30		Penny Forse	10		Dudley Malster	3
49	Letitia Magennis	84		Ronel Beukman	30		Peter Hutchinson	10		Elizabeth Martin	3
	Nikki Roebuck	84		Steve Martin	30		Petra Wagenblast	10		Hannah Gray	3
50	Laura Ridge	83	82	Sam Bell	29		Richard Crane	10		Harry Martin	3
51	Chris Leach	79	83	Julie James	28		Russ Coleman	10		Helen Cartwright	3
	Richard Edmunds	79		Sandra Clark	28		Ryan Thomas	10		Holly Stockwell	3
52	Hilary Gulliver	75		Wayne Ewens	28		Sarah Webber	10		John Nicholson	3
53	Rachael Leach	74	84	Claire Campbell	25		Tim Smart	10		Kay Sadler	3
54	Daragh Hendley	72		Daniel MacSwayne	25	99	Angela Fisher	9		Samantha Gardner	3
55	Mike Bell	70		David MacSwayne	25		Simon Vingoe	9		Sean Stinson	3
56	Jen Elkins	69		Hannah Mcneish	25		Steve Trotman	9		Susan Andresier	3
	Joanna Warson Parr	69		John Cox	25	100	Andrea Gray	8		Tim Matthews	3
57	Eric Beck	66		Kevin Tyler	25		Mike Bainbridge	8		Zac Conaty	3
	Jonathan Plomer	66									

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

Ten New Year Toptastic Tips

1. Warm up with a jog & dynamic stretches before your run & stretch for *at least* 10 minutes afterwards



2. Leave your GPS at home occasionally & ***feel*** your pace

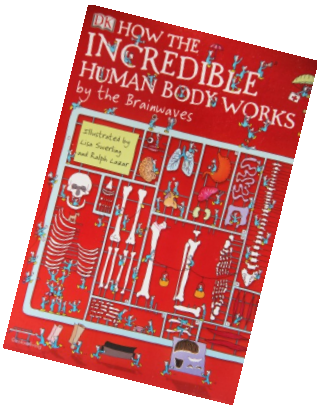
3. Listen to your body—if it hurts give it a rest

4. Book a monthly massage & avoid those niggles becoming problem injuries

5. Go for a run just for the pure enjoyment, no goals, no pressure

6. Introduce some cross training once a week—swim, cycle, row

7. Learn just a little about how your body works—it will help you to understand what you need to do to keep it working well



8. Choose a race that you haven't done before, something that looks fun, mad, different and has nothing to do with PBs

9. Introduce two 15-20 minute home strength sessions per week—ask someone to help you put them together then put them in your diary (or read next months Green Runner)

10. Mix it up, try something new—try a different club run, run with someone you haven't run with before, run at a different time of day or somewhere new—get out of your routine

Stretch of the month (spine)

- Start in a neutral four point position and gradually round your back, tucking your tail bone under & dropping your head. It should feel like a gentle stretch, don't over-arch your back; keep it comfortable
- Slowly arch your back the other way, lifting your tail bone & head

Strength of the month (core)

- Start on all fours. Contract your core muscles by drawing your belly button up towards your spine & contracting your pelvic floor muscles just 30%.
- Straighten your arm in front of you, and your opposite leg behind you, keeping your back flat
- This exercise is a great core stability and core control exercise to work the deep abdominal muscles.

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 30 Nov			**Netley 7 Dec**			**Havant 14 Dec**			**Eastleigh 21 Dec**	
James Sawyer	17.57		James Sawyer	17.56		Howard Clark	18.58		Keith Whitaker	29.24
Tom Callaway	20.49		Sev Roberts	19.07		Sandra Clark	38.37			
Chris Leach	20.59		Mark Eaton	19.56		Clare Thorp	42.15		**Havant 21 Dec**	
Jon Leigh	21.44		Tom Callaway	21.16					Mike White	19.30
Philip Whitehouse	22.40		Adrian Piddington	22.23		**Plym Valley 14 Dec**			Mike Harper	19.39
Paul Southon	24.15		Alethea Stantiall	23.57		John Simister	25.45		Jon Leigh	20.53
John Simister	24.26		Mike Harper	23.58						
Nigel Whitcher	24.46		John Simister	24.03		**Southsea 14 Dec**			**Southsea 21 Dec**	
Andy Richardson	24.49		Russell Mead	25.24		Tom MacSwayne	16.24		Robert Spencer	35.33
Russell Mead	24.54		John Tussler	25.57		John Salt	23.45			
Susie MacGregor	26.20		Susie MacGregor	25.59		Allan Stinson	26.36			
John Tussler	26.21		Robert Spencer	30.19						
Tom Mellor	27.35		Andrew Smith	36.03		**Aylesbury 14 Dec**			**Netley 25 Dec**	
Jaz Smith	29.23					Adrian Piddington	18.50		Andy Simpson	17.35
Caroline Street	29.46		**Eastleigh 7 Dec**						Daragh Hendley	18.58
Jules Dinwoodie	30.22		Keith Whitaker	27.20		**QE Park 14 Dec**			Murray Watson	19.29
Andrew Smith	35.41					Robert Spencer	40.22		Sev Roberts	19.56
			Havant 7 Dec						Mark Eaton	20.53
Eastleigh 30 Nov			Clare Thorpe	41.37					Andy Stockwell	20.54
Keith Whitaker	26.26					**Netley 21 Dec**			Liam Dredge	21.24
			Southsea 7 Dec			Jack Webb	19.24		Tom Callaway	21.53
Havant 30 Nov			Andy Simpson	16.37		Sev Roberts	20.09		Daniel Foster	22.58
Howard Clark	21.52		Nikki Roebuck	22.16		Andy Stockwell	20.12		David Langrish	23.37
			Allan Stinson	26.54		Chris Leach	20.47		Mike Harper	23.52
Southsea 30 Nov						Tom Callaway	21.37		Ryan Thomas	23.58
James Lee	19.41					Phil Martin	22.43		John Salt	24.07
Andy Lee	20.19		**Netley 14 Dec**			Dave Langrish	23.35		Paul Southon	25.46
Rachael Openshaw	22.05		Jack Webb	18.56		Daniel Foster	24.21		John Tussler	27.49
John Salt	22.27		Sev Roberts	19.34		Melissa Hutton-Dunton	24.36		Tom Mellor	28.52
Seamus Stinson	24.48		Andy Stockwell	19.55		Paul Southon	25.22		Rachel Leach	29.12
Sarah Martin	26.14		Liam Dredge	20.54		Nigel Whitcher	26.14		Chris Leach	29.13
Sue Robinson	27.29		Tom Callaway	20.56		Susie MacGregor	26.27		Julie Salt	30.41
Jennie Lee	29.33		Marcus Lee	21.58		Jamie Stockwell	26.42		Jaz Smith	31.23
Tomas Stinson	31.15		Del Granger	22.52		John Tussler	27.06		Nikki Roebuck	31.42
Allan Stinson	31.50		Susie MacGregor	23.15		Tom Mellor	28.37		Robert Spencer	35.10
			Simon Vingoe	23.38		Rachel Leach	29.10		Caroline Street	36.03
Livonia 30 Nov			Paul Southon	24.45					Julie Bowden	36.03
Robert Spencer	29.27		Russell Mead	25.32					Andrew Smith	36.08
			John Tussler	25.57		**Ashton Court Bristol 21 Dec**				
Southsea 23 Nov			Julie Salt	34.22		Richard CHOWNS	21:40		**Southampton 25 Dec**	
John Simister	25.43		Andrew Smith	35.28		Katherine DAILY	34.52		Robert Hinkley	23.18
									Keith Whitaker	26.27
Aylesbury 9 Nov			**Basingstoke 30 Nov**							
Adrian Piddington	18.14		Adrian Piddington	21.03						

RACE DIARY

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	10:30 AM	Clanfield	Meon Valley Plod
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	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

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 6th Jan	Long hill (jog to ½ way down) Run to top (jog to bottom)
	Run to ½ way (jog to bottom) - you'll get the hang of it - haha!!!
Monday 13th Jan	Short hills
Monday 20th Jan	Kenyan Hills - 4 x 6 min efforts both up & down hill (2 mins rest)
Monday 27th Jan	3 - 5 x 1 mile loops (2 mins rest *)
	* Over the winter the recovery time is gradually becoming shorter
	for your strength-endurance

The Stubbington Noticeboard

7th Jan	Tue	1.5km x 3	300m to start	Red Path	Locks Heath Sports Ground	Mike White
9th Jan	Thu	Grass Fartlek	On pavement	Lee Sea front	Crofton Comunity Centre	Mike Bell
14th Jan	Tue	2x(3x Long + short hills)	jog backs, 2min between sets	St John's road	Locks Heath Sports Ground	Mike White
16th Jan	Thu	5x1Km	250m	Anchor lane	Crofton Comunity Centre	John Leigh
21st Jan	Tue	2x4x800m	1.5min and 3 min	Priory Park	Locks Heath Sports Ground	Mike White
23rd Jan	Thu	Accelerations x3 sets (4 Triangles)	Mara - Half - 10k - 5k Pace	Lee Front Triangle	Crofton Community Centre	Graham Bell
28th Jan	Tue	2 mile x 2	400m to start	Hunts Pond Road	Locks Heath Sports Ground	Mike Bell
30th Jan	Thu	6 mins x 4	2 mins	Lee Front	Crofton Community Centre	Mike Harper
4th Feb	Tue	Titchfield hills x 8 (one dir)	Downhill	Titchfield - A27	Locks Heath Sports Ground	Mike White
6th Feb	Thu	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

Thursday Night Intermediate Training 6.30pm

Date	Location	Session
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
Thursday 6th February	Crofton Community Centre, Stubbington	3 x 1 mile - Lee Seafront
Thursday 13th February	Locks Heath Sports & Social Club	Kenyan Hills

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: Mike Bell

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

HRRL Secretary: Neil Richardson
nrichardson72@googlemail.com

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

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