The Green Runner

THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS

THUMBS UP FOR ANOTHER GREAT STUBBIE 10K

Thank you to all club members for your contributions to the 2014 Stubbington 10K. After agreeing to be Race Director of such a well established and successful event when I joined the club last year, it was a real eye opener to learn the ropes from scratch of what it actually takes to put on the event.

On the day, after a very wet week leading up to the race, which led to few sleepiness nights, we had near perfect conditions, with sun shining and everyone's spirits lifted. This contributed to the fact that the race had the most finishers ever, with just over 1500 runners.

I feel particularly proud of our dedicated volunteers - without you, your friends and family, the race could not have been such a success. Organising the race has really demonstrated to me just how much our committee and other volunteers put into the club and I would like to thank them all for supporting me every step of the way, which is all part of what helps make this club so great.

Having agreed to take on the challenge again in 2015, I am looking to share the burden a little more. It is a major event and it is a lot clearer to me now how the tasks can be broken down to share the burden. If you want to get involved then get in touch for a chat, it is a great and rewarding project to be part of, especially seeing so many happy faces crossing the line having achieved their goal.

Chris Brobin

STUBBINGTON GREEN 10K RACE REPORT

A massive thank you to Chris Brobin, Graham Bell and their magnificent team, for not only organising the best 10k on the South Coast but also for putting on the best race, in the HRRL calendar. The fact that they also arranged for excellent weather conditions was an added bonus!

This year's race attracted in excess of 1500 runners with the participants comprising a good mix of seasoned club runners together with a number of enthusiastic 10K race newbie's. Our "home fixture" was fantastically attended by brilliant marshals, cake bakers, race helpers, supporters and 66 Stubbington Green Runners.

The competition was always going to be strong, given the attraction of this race to some of the regions' best runners and when you couple this with the withdrawal of Lewis Chalk one could be forgiven for thinking that the chances of individual and team success was going to be limited. This was not the case though, as there were some excellent individual and team performances.

The men's Vet team took top prize finishing 1st Vet team (comprising Andy Simpson, David Castle, Howard Clark and Simon McMorran) and the men's B Team finished in top spot of their division (comprising Howard Clark, Simon McMorran, Wayne Ewens and Mike White).

There were individual prizes for Tom McSwayne (PB) and Jack Webb (1st and 2nd place respectively in the junior men category). Tom was the lead SGR home heading up the men's A team which also included Andy Simpson, James Sawyer and David Castle.

Andy Simpson won 1st Vet 40; Simon McMorran 1st Vet 50; Helen Nicholls 3rd vet 35; Sandra Abrams 2nd Vet 65 and Mike White 2nd Vet 55, losing out on 1st place by only 7 secs! Helen led the ladies A team, which also included Lucy May and Susie McGregor to a 4th place finish.

The Ladies B Team comprising Lucinda Le Gassick, Lee Stantiall (PB) and Hilary Gulliver secured an excellent 3rd place finish in their division and the Ladies C Team comprising Nicki White (PB), Aga Plombon (PB) and Gaynor Heffer finishing in 8th place. The men's C team comprising Adrian Piddington, Daragh Hendley (PB), Sev Roberts (PB) and Mark Eaton were the lead men's C team finishing in 3rd place in the B division. Competition is so strong, there were 6 runners who achieved sub 40 mins that couldn't make the C team!

Whilst these are the headlines there are a whole host of other SGR's who performed way beyond expectations and who provided some inspirational performances. Run Britain website shows that there were 27 pb's for SGR's, albeit some of these were the first 10k's recorded for some. Whilst it would be usual practice to name these runners there is simply too many to mention given the way the SGR's performed and it would only be fair to conclude by saying a big well done to each and every one of you!

The next race is the Ryde 10 on the 2nd February and we are expecting a great Stubbie turnout on the Island, with Simon McMorran taking charge of the post race recovery (in the pub).

Thereafter is the Salisbury 10, which is a popular race and one which should be in everybody's race calendar. Please enter soon to ensure a place.

Neil Richrdson

LADIES A TEAM		
1	Winchester	6
2	Salisbury	14
3	Totton	24
4	Stubb'ton	31
5	Fareham	37
6	Alton	39
7	Lordshill	40
8	PompeyJ	44
9	Denmead	47
10	Eastleigh	48

LADIES B&C TEAM		
1	Winchester B	6
2	Winchester C	16
3	Stubb'ton B	25
4	Fareham	34
5	Lordshill B	38
6	Totton	45
7	Salisbury	57
8	Stubb'ton C	58
9	IOW RR	63
10	Denmead	67
11	Lordshill C	70
12	Alton	73
13	PompeyJ	76
14	Eastleigh	77

MENS A TEAM		
1	Stubb'ton	15
2	Salisbury	16
3	Lordshill	20
4	Winchester	26
5	Overton	28
6	So'ton AC	36
7	Denmead	38
8	Eastleigh	47
9	Totton	51
10	New Forest	52

MENS B&C TEAM		
1	Stubb'ton B	7
2	Lordshill B	19
3	Stubb'ton C	25
4	Winchester B	27
5	Salisbury	36
6	Winchester C	49
7	Lordshill C	50
8	PompeyJ B	50
9	Denmead	52
10	Eastleigh	65
11	Overton	60
12	So'ton AC	68
13	New Forest	71
14	PompeyJ C	75
15	Fareham	77

STUBBINGTON GREEN 10K RESULTS

Place	Time	Name	Chip
12	00:33:48	Thomas MacSwayne	00:33:47
20	00:34:53	Andy Simpson	00:34:53
33	00:35:44	James Sawyer	00:35:43
43	00:36:16	David Castle	00:36:14
51	00:36:43	Howard Clark	00:36:42
56	00:36:58	Simon McMorran	00:36:57
61	00:37:11	Wayne Ewens	
64	00:37:23	Mike White	00:37:20
68	00:37:28	Adrian Piddington	00:37:26
73	00:37:34	Daragh Hendley	00:37:31
75	00:37:37	Sev Roberts	00:37:34
83	00:37:45	Mark Eaton	00:37:42
96	00:38:10	Russell Coleman	00:38:00
97	00:38:11	Mike Harper	00:38:07
110	00:38:43	Simon Hearnden	00:38:36
113	00:38:48	Andrew Stockwell	00:38:42
124	00:39:10	Helen Nicholls	00:39:06
125	00:39:11	Jack Webb	00:39:02
158	00:39:57	Neil Richardson	00:39:47
168	00:40:11	Toby Greenfield	00:39:53
172	00:40:20	Jon Leigh	00:40:10
176	00:40:24	Duncan Borthwick	00:40:15
200	00:41:06	Liam Dredge	00:40:56
211	00:41:17	James Lee	00:40:43
308	00:43:21	Philip Martin	00:43:12
320	00:43:30	Lucy May	00:42:55
321	00:43:31	Tom Callaway	00:42:57
344	00:44:08	Nick Crane	00:43:53
348	00:44:11	Susie MacGregor	00:43:52
368	00:44:30	Gavin Rennie	00:43:41
376	00:44:35	Graham Martin	00:43:32
390	00:44:51	Lucinda Le Gassick	00:44:28
490	00:46:24	David Abrams	00:45:39
501	00:46:35	Lee Stantiall	00:46:15
513	00:46:43	Peter Simpson	00:46:08
518	00:46:46	Hilary Gulliver	00:46:34
560	00:47:39	Simon Vingoe	00:46:58
563	00:47:43	George Rennie	00:47:26
646	00:49:27	Richard Chowns	00:48:53
680	00:50:09	Tim Matthews	00:48:42
696	00:50:17	George Howarth	00:49:29
736	00:50:49	Alan White	00:49:54
740	00:50:51	Nicki White	00:49:56
786	00:51:52	Andy Richardson	00:51:11
791	00:52:03	Aga Plombon	00:50:13
797	00:52:07	Gaynor Heffer	00:51:00
845	00:52:58	Sam Bell	00:52:24
860	00:53:12	Lisa Donn	00:51:44
861	00:53:12	John Cox	00:51:45
895	00:53:41	David Pheby	00:52:34
999	00:55:31	Heather Hudson	00:54:40
1039	00:56:16	Kelly Bennetts	00:55:09
1051	00:56:34	Karen Salmon	00:54:48
1087	00:57:21	Brigid Hone	00:56:43
1098	00:57:38	Marie McDonald	00:57:22
1107	00:57:49	Liz Hall	00:56:16
1117	00:58:05	Dudley Malster	00:57:10
1201	00:59:55	Dawn Haynes-Sewell	00:59:36
1210	01:00:03	Sandra Abrams	00:58:02
1238	01:00:42	Allan Stinson	00:59:01
1241	01:00:50	Sarah Barron	00:59:16
1278	01:01:57	Jacqueline O'Rourke	01:00:21
1336	01:03:32	Angela Gay-Benfield	01:02:19
1467	01:11:21	Nikkie Plomer	01:10:14
1488	01:13:55	Stuart McNamara	01:12:14
1511	01:18:01	Sophie Davison	01:17:08

FROM THE CHAIR

2014 has got off to a great start and set the standard for the rest of the year, the additional challenges of the UK climate meant that organising anything was doubly difficult. For historical reasons Stubbington Green has two races to host in January, and once again despite the conditions we were able to put on two great events. Firstly the 10k was a great success, with lots of positive feedback. Taking over the event was a huge task, and I would like to thank Chris Brobin for stepping in and stepping up to ensure the SGR 10k rolls on.

The learning curve was steep, but it is fair to say that there are lots of lessons learnt that can be applied to next year, to make it even better. Thank you all for your support on the day, the safety of the event is paramount, which means we need lots of marshals. As usual though, the SGR spirit shone through on the day as it did at Manor Farm, the following week, for what were very wet conditions. Thanks to Chris Hall for leading this event, and ensuring that our XC was once again a great success. Many runners commented to me that they preferred to run and not marshal in such conditions, and complimented us on how chirpy the marshals were in such wet conditions. So thanks to everyone who lent their support.

Looking forward to February, and the administration of planning the AGM on the 25th is well underway. Elsewhere you can read about the change in the committee structure we would like to put in place, and an outline of the roles as we see them. The thinking behind this is that the club continues to rapidly expand and we need to put in place a committee structure to recognise this and ensure that everyone's views are taken into account and actioned. The open meeting we hosted in early January was the start of this and helped to ensure that views from across the club could be put forward and heard. Thank you for supporting this event so well, and for your views on what we can do to improve the club even further. We have a list of things to do and a better idea of what is important. Some of them have been actioned already, some will take a little more thought and planning, which is where the General Committee positions we are looking to create will prove to be a real asset.

As per our constitution the whole committee has to step down (apart from Chairman this year) and be renominated. I would especially like to thank Sally, who has decided not to stand again, for the contribution that she has made to the club over the past three years, in the role of Ladies Captain. There have been many competitive success during her stewardship to be proud of, thanks Sally. As the club continues to expand the role of both Club Captains will become even more important to ensure that we continue to support all our members, encourage everyone to achieve their goals and also to represent the club in both league and relay events throughout the year.

The new website has already made a big difference to our communications and we will continue to develop it further with the introduction of event booking in the coming weeks. One of the first events will be the London Marathon Bus we are organising. If all goes to plan you will be able to book your seat via the website and pay directly too. I know that Social Committee has been busy planning and look forward to what promises to be a fun packed year ahead. The RR10 League committee met recently and Paul Hammond who is leading us in that arena again this year, has some exciting news of a new course for us to host our race, if all goes to plan. Watch this space over the coming months for all the details of this popular mid week summer XC league.

Finally, a mention to our growing band of spring marathon runners, January is over and the long run season is kicking in now. It is brilliant to witness the support and guidance being offered throughout the club to achieve these very personal goals. Well done one and all in ensuring that the Stubbington spirit is alive and well helping members to achieve their goals.

Happy Running
Graham

River Hamble Games 2014

The Games are back!!! By Lewis Chalk

In 2012, Stubbington Green had a fantastic turn out at the Hamble Games and I am delighted to again take a role in orchestrating another fun entry this year!

The 2014 games take place on Saturday 12th July – you will not be disappointed, so please read on… and get the date in your diary!!!

This year the Hamble Games is once again focusing on participation and the 'Team' theme. This is great news as it will allow us to take part in as many events as possible, gaining individual honours and also represent one collective team – Stubbington Green.

I can confirm the events are as follows;

The event schedule and entry system is being finalised now and there will be more information to follow soon, via our Club Website, the Green Runner and on Facebook.

…and one very quick and final note, which I will remind everyone of again and again…and no doubt again!!! When registering you need to state the team you are representing – 'Stubbington Green'

I do appreciate my message comes across rather presumptuous that everyone will want to participate, but I can assure you, that in 2012 we had the best day and night! Club members all experienced a great sense of achievement, picked up team prizes, collected individual medals, had the chance to try exciting sports and gain new talents…and of course it was a lot of fun culminating in an awards ceremony with slightly over priced food and lots of recovery fluids!!!

I fully expect 2014 to again be an amazing spectacle so get the date in your diary – Saturday 12th July. More info will follow soon and for those extra keen, please do visit the event website – http://www.riverhamblegames.com/

Cheers, Lewis Chalk

HAMPSHIRE CROSS COUNTRY KINGS PARK BOURNEMOUTH

40	Georgie Gair	24:18
66	Lucy May	26:33
70	Lee Stantial	27:05
80	Penny Forse	28:04

8	T MacSwayne	19:29

30	A Simpson	33:12
56	J Sawyer	35:30
81	W Feline	37:12
88	M Eaton	37:34
92	A Stockwell	38:02
126	T Callaway	40:07
132	T Sullivan	40:35
158	N Crane	43:11
169	P Simpson	45:15

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS

Andy Simpson 133rd 59.19
James Sawyer 387th 66.42
Mark Eaton 441st 67.39
Adrian Piddington 470th 68.33
Andrew Stockwell 526th 70.00
Chris Hall 527th 70.02
Graham Bell 667th 73.56
Liam Dredge 689th 74.35.
Tom Callaway 733rd 76.17.
Nick Crane 829th 80.16.
Philip Whitehouse 878th 83.15.
Gordon 881st 83.27.
Pete Simpson 918th 86.52

Nichola Roebuck 252nd 42.22
Lucy May 281st 43.33
Penny Forse 316th 45.11.
Ann Blake 424th 53.11

Andy Lee in New Zealand

Sat 14/12/13
Cornwall, Auckland 5k Park run
22.36 - 26th

Thur 1/1/14
Porirua, Wellington 5k Park Run
21.37 - 15th

STUBBY 10K MARSHALS RACE

Richard Snell	44:06
Neil Stantiall	45:30
Dan Foster	46:12
Gill Rose (Fartlek session)	47.46
Nigel Whitcher	49:08
Katherine Briggs	55:32
Sarah Martin	56:13
Peter Rawlings	59:00
Martin Banner	59:40
John Fairhurst	01:01:28

Sue Robinson	01:09:50
Julie Ashman	01:09:50
Eunice Hoare	01:10:14
Kev Ashman (8miles)	01:13:18
Kaarina May	01:13:18
Sam Smith	01:14:26
Sam Stockwell	01:15.00
John Vose	01:16:26
Bizz Cosens	01:19:11
Sarah Hobby	01:19:16

SOCIAL UPDATE

Thanks to everyone who gave us feedback during the recent Open Meeting at the Parsons Collar and we have tried to incorporate as many as possible into the events for 2014. We are always happy to receive ideas and suggestions for future events so please don't hesitate to let us know what you would like.

One of the suggestions was a Bowling Evening which is a great idea for these dark months when social events outside are not possible. We are planning a Bowling Evening at Go Bowling in Fareham on Friday 21st February. There is a great package available on that night which includes unlimited bowling from 8.30pm until close, a buffet meal plus a complementary drink at the bar. All this for only £14.99 per person. We need at least 10 people to get this one off the ground so please let me know if you are interested so I can book the necessary lanes and we will need a £5 deposit per person. We can have some friendly competition between teams, girls v boys, mixed teams, whatever we fancy. Please email at sue.robinson@cdata.co.uk if you are keen to come.

Other events planned for the year are a Spring Handicap in April which will start at Meon Shore and if weather permits we will finish with a BBQ on the beach – if it is still raining (!!) then we will retire to the Osborne View for recovery fluids. We will be organising the MacMillan Mile again in June just after the end of the Beginners Course and a 6.05 Special in July. The highly popular Hamble Games are also taking place in July and so we are hoping for another fantastic Stubbington Green turn out for this. Lewis Chalk is organising this one so expect to hear from him soon. The popular

Chariots of Fire event will take place in August – this has moved due to the vagaries of tides and we are also moving the Summer BBQ to the end of August as a final fling before the schools go back after the holidays. There will also be the usual Fish 'n Chip Handicap, Awards Night, Christmas Handicap and not forgetting the recovery drinks after the RR10s.

It was mentioned that people may like a Club nominated away day race and we have found a great series of races on 21st June on the South Downs. There is a full marathon, a half marathon, a relay marathon and a fun run which provides something for just about everyone. The marathons both start at Slindon and all races finish at Queen Elizabeth Country Park. You can find all the information on the various races at www.209events.com. We could finish the day off with a Club picnic in the country park which also offers some lovely walking for those who do not want to run. Please let any of the Social Committee know if you are interested in taking part.

Details and dates for all social events will be posted on the website and in the Green Runner. All ideas for future events will also be very welcome. We are also looking for a couple of members to join us on the Social Committee so if you think you can help please let me know.

Sue

CAPTAINS CORNER

This is my last Captain's Corner report as I am stepping down from my role as ladies captain. Due to my injury, since September 2012, I have not been at training sessions and have not met new runners. Despite keeping up the organisational responsibilities, being visible is a key aspect of the role. I had hoped to be back running by now but the recovery following my operation last July has not been as quick as I would have liked.

There will therefore be a vacancy for ladies captain at the AGM. Any lady who is actively running and keen to be involved in organising teams and encouraging participation in races will be welcome.

My goal is to be running in the RR10 series that begins in April so I hope to see many of you there.

The Southern XC series has certainly been a muddy one inviting all weathers, however it has been great to see how many runners still competed despite these conditions. Well done to the ladies especially those who helped to make up a team.

With that in mind, The Southern XC race on 2nd March at Staunton Country Park will be the bonus race for next month's Leaderboard. Just as a reminder the bonus points for February can be accumulated at the last Hampshire XC race at Salisbury, next Saturday 8th February. It would be great to get a ladies team out. The Men are chasing promotion both in the Seniors and Veterans leagues.

On the subject of more XC talk, South Downs Relay takes place on the first Saturday in June which is 7th. 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 & 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. We have put a post out in the Green Runner already and had quite a bit of interest already. 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 to get in to a Ladies team, Men's A team and Vets Men's teams. We have had interest from runners who don't make the qualifying times and we have taken their names down as well, so please get in touch with one of us. We will be looking to announce teams after the AGM.

We would like to thank everyone who has supported the club over last few busy weeks to make our Stubbie 10k and the Manor Farm XC a huge success because without your support we couldn't put on these fabulous events.

Also it was a great to see so many people at the Parson's Collar where we had a brainstorming session to get ideas from you all on what you want from the club and how to move it forward. Please feel free to share ideas with ourselves or anybody else on the committee.

This weekend sees a record number of people going to run Ryde 10 with over 30 runners making the short hop across the water, so good luck to you all. The next race after Ryde is the Salisbury 10 which is a fast PB course for anybody looking for a good time.

ROMSEY 5		
14	James Sawyer	29:19
42	Jon Plomer	32:06
142	Paul Coverdale	37:29

Downland Devil

South Downs Worthing 9 miles

Nick Crane 1.12.59 78th 233 runners

MISSING RESULT

PUB TO PUB HORNDEAN 27th DEC

33 rd Nick Crane 53.50.67

Thomas MacSwayne

As an under 17 athlete I rarely get the privilege to be able to compete for Stubbington Green In road races, so the Stubbington 10k was an extra special opportunity for me to represent the Green Army.

Like all runners, I have my preferences for pre-race preparation and procedures to get me in the right mindset. My favourite morning engine fuel would have to be a sloppy bowl of porridge with a turbo charging squirt of golden syrup mixed in. I find by having this at least 3hours hours before the race I am not hungry but full of energy and roaring to go. My newly discovered, prerace beverage would have to be coffee, although it can lead to a hyperactive start. I would just like to thank everyone who supported and helped at the Stubbington 10k. I think I speak for everyone when I say cheering is the best thing to keep you pushing during a race and I really appreciated everyone's enthusiasm towards myself and other runners. Although, I did miss the carrying voices of Andy Simpson and Lucy May cheering me to the line, that I am usually accustomed to hearing at the end of a cross country races. It really does give you that extra Kick.

The Southern Cross Country Championships on the other hand were a complete contrast to the 10k. With Chris Brobin's expert organisation skills not in play at the SXC Championships there was nobody to book the dry weather to make the already treacherous course a safe run. The course can only be described as 'very muddy'. Yet the green Army still eager to go for it; blocked out this factor and marched towards the start line. I have total respect for the senior men's team, who ran 15k and senior women's team who ran 8k. The 6k Course I ran was one of the toughest I had faced so can only speculate how their legs felt. For the runners that competed, remember that feeling sore after a race is one of the most satisfying feelings. For me the race didn't go brilliantly. I was still recovering from the previous weeks 10k and was not bursting with energy as usual. But from this I have learnt to pick my races in the future and not try and do all of them.

Being 16 does has its disadvantages (I know hard to believe), one of them is not being able to drive, so I rely heavily on my parents. I am very thankful of this and would really struggle to make races (so thank you!!). Also I am very grateful to have the best coach in the world (Penny Forse), who's hill sessions are the best sessions this side of Kenya. 'We run for the days that are great although they can be few and far between we keep running'.

Please be very aware of the following UKA rule change applicable from 10th Jan 2014

UNITED KINGDOM ATHLETICS

"Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association."

There are two very important reasons why this and should be adhered too by all SGR members. Firstly the unauthorised switching numbers/chips has potential knock on affects in the overall standings, the age group results, and the team prizes awarded. Secondly in an emergency situation the race organiser needs to have the correct medical info / contact details available for the relevant authorities and emergency services

At our recent 10k we were victim of unauthorised number swapping and it takes a lot of unnecessary time to resolve post race to ensure the correct results are published. Also at our 10k we unfortunately had a few people collapse at the finish line, and having correct details could have been vital. As responsible SGR members please act considerately and follow the rules and correct transfer procedures, it is after all just a matter of politeness and courtesy to Race Directors

AGM

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 25th February at 8pm at the Crofton Pub, Crofton Lane, Stubbington. The attached document outlines the proposals for the AGM and how to add proposals to the meeting.

Please note the date of February 9th for getting these back to the secretary. If anybody wants any more information on the roles then please feel free to ask any of the committee and I would like to remind all those who wish to continue in their current roles that they will need to be re-nominated.
The committee hopes that as many of you as possible will be able to make the AGM of our club which now has over 370 members

The AGM of our club will be held on the 25th February 2014 at 8pm at the Crofton Pub, Crofton Lane ,Stubbington to which you are cordially invited.

As has been discussed the committee are proposing some changes to the committee structure and constitution so are putting the following proposals to the meeting:-

PROPOSAL 1

"The committee propose that the existing committee structure be changed from a committee of 10 with 10 specific roles to a committee of 10 with 6 specific roles and 4 general members."
"Assuming that the proposal is passed then the committee welcome nominations for the positions of :-
Treasurer
Secretary (including membership)
Mens Club Captain
Ladies Club Captain
Club Coach
4 General Committee members.

and non committee positions as follows:-
HRRL Rep
Xctry Captain
Triathlon Rep
Green Runner Editor
Social Secretary
10k Race Director
RR10 Coordinator
Southern Xctry coordinator
Kit Coordinator
Webmaster

The chairman has been elected for a period of 2 years so no nominations are requested for this position."

Please send nominations (position, name and proposer) to the current secretary Kevin Ashman (secretary@stubbingtongreenrunners.net) by 9th February 2014

To help people decide which positions they would like to be nominated for please find below a short description of each role.

Treasurer – control overall finances of club and 10k, issue payments, report monthly on finances.

Secretary – keep membership records, minute meetings, act as point of contact for England athletics and other regional organisations.
Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races,working closely with the club coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams
Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders .
General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately , take on any jobs through the year as decided by the committee to support the club.

Non Committee Roles

HRRL Rep – Act as rep for Hampshire Road Race League and encourage participation
Xctry Captain – Act as rep for Xctrys and encourage participation
Triathlon Rep – Lead all club's triathlon activities
Green Runner Editor – produce monthly newsletter
Social Secretary – Lead co-ordination of all social events of the club
10k Race Director – Lead all activities related to 10k and ensure successful race
RR10 Coordinator – Act as Rep for RR10 series and co-ordinate our own RR10 race
Southern (previously Todays Runner) Xctry coordinator - Act as rep for series and co-ordinate our own race.
Kit Coordinator – Maintain kit stock and meet demand for club kit.
Webmaster – Maintain the communication to members and the wider community through ongoing management of the website structure and content

PROPOSAL 2
"If members feel that the committee proposal will not be passed then they are welcome to nominate members for the following positions:-

Treasurer
Secretary
Membership Secretary
Mens Captain
Ladies Captain
HRRL Rep
Xctry Cap
Club Coach
Green Runner Editor
Social Secretary"

and non committee positions as follows:-
HRRL Rep
Xctry Captain
Triathlon Rep
Green Runner Editor
Social Secretary
10k Race Director
RR10 Coordinator
Southern Xctry coordinator
Kit Coordinator
Webmaster

PROPOSAL 3
"The committee propose that any members joining after 1st Jan get a maximum of 15mths membership to replace the current 1st Nov and maximum of 17mths membership in the first year."

Please provide any additional proposals you would like on the agenda to the current secretary Kevin Ashman (secretary@stubbingtongreenrunners.net) by 9th February 2014.

RACE DIARY

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
Saturday	01/03/2014	10:00 AM	Portsmouth	Rowans Hospice 5K 10K
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	10:30 AM	Ringwood	Rabbit Run
Sunday	16/03/2014	9:00 AM	Longleat	Longleat Half
Sunday	16/03/2014	11:00 AM	Goring	Goring 10K
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

The 7th UK Wife Carrying Race 16th March Dorking

Why not try something slightly different this year. Males or females carry a 'wife' (who must be at least 18 and can be male or female, and does not need to be the carrier's wife) over a distance of 380m - with a rise of 15m to the half way point and a straw bale obstacle on both outward and return. There is a water hazard and you will get wet. Only the carrier needs to pay to enter the race.
http://www.trionium.com/wife/

2013/14 Leaderboard

DECEMBER AND JANUARY GREEN RUNNER EDITIONS

This year there are separate ladies and gents leagues; and the scoring is based on race distance, so the further you run the more points you score; there are also points for marshalling club races and each month a bonus point race will be nominated.

Bonus races:

Sat 8th February. Hants XC at Salisbury.

The Southern XC 2nd March at Staunton Country Park

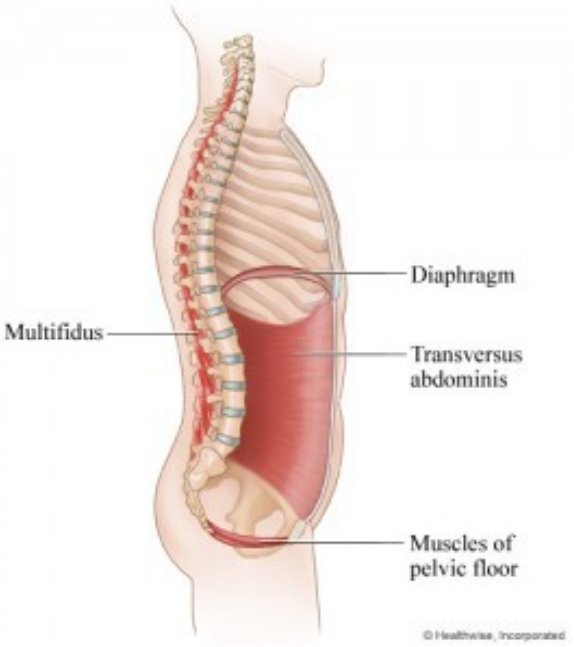
Susie Macgregor	49		Lucy Window	13
Nikki Roebuck	48		Melissa Hutton-Dunton	13
Lucy May	47		Nikkie Plomer	13
Caroline Street	40		Petra Wagenblast	13
Sarah Martin	33		Sharon Simpson	13
Rachael Openshaw	31		Anthea Stantiall	12
Sarah Barron	26		Helen Nicholls	11
Verity Wright	25		Laura Ridge	10
Hilary Gulliver	23		Julie Dinwoodie	9
Louise Wills	23		Samantha Stockwell	8
Tina Chantry	23		Katherine Chowns	7
Rachael Leach	22		Liz Hall	7
Jasmine Smith	21		Jennie Lee	6
Julie Bowden	21		Julia Park	6
Julie Ashman	20		Katherine Daily	6
Nicki White	20		Katie Simister	6
Julie Woodman	17		Sandra Clark	6
Clare Thorpe	15		Sue Simister	6
Julie Salt	14		Ann Blake	5
Penny Forse	14		Gaynor Heffer	5
Clara Fordina	13		Lee Stantiall	5
Debbie Spinks	13		Holly Stockwell	3
Kathryn Davies	13		Marie McDonald	3
Kelly Bennetts	13		Sue Robinson	3
Lisa Donn	13			

Adrian Piddington	90		Simon McMorran	23
Tom Callaway	89		Keith Whitaker	21
Mark Eaton	75		Graham Bell	20
Lewis Chalk	67		Richard Chowns	20
Allan Stinson	66		David Langrish	19
Liam Dredge	60		Glen Street	19
James Sawyer	59		Jonathan Plomer	19
Dan Foster	57		David Castle	18
Andy Simpson	56		William Feline	17
Andrew Stockwell	52		Boe Harper	16
John Tussler	52		James Lee	16
Sev Roberts	52		Toby Greenfield	16
John Salt	50		Mike Bell	15
Jon Leigh	50		Richard Edmunds	15
Nigel Whitcher	48		Aitken Hunter	13
Chris Leach	47		Chris Hall	13
John Simister	43		George Howarth	13
Mike White	41		John Cox	13
Phillip Whitehouse	38		Johnathon Roper	13
Robert Spencer	36		Kevin Toal	13
Daragh Hendley	35		Wayne Ewens	13
Tim Crumpton	35		Neil Stantiall	12
Andy Lee	34		Seamus Stinson	12
Mike Harper	33		Tomas Stinson	12
Howard Clark	32		Eric Beck	11
Nick Crane	32		Murray Watson	11
Philip Martin	31		Neil Richardson	10
Andrew Smith	30		Paul Coverdale	10
Jack Webb	30		Phil May	10
Tom Macswayne	28		Robert Blackmore	10
Paul Southon	27		Simon Hearnden	10
Russell Mead	27		Jamie Stockwell	9
Alan White	26		Kevin Ashman	7
John Fairhurst	26		Alan Eames	6
Mark McDonald	26		Chris Roebuck	6
Mike Bainbridge	26		Paul Smith	6
Roger Fairhurst	26		P Simpson	6
Simon Vingoe	26		Tom Whitcher	6
Andrew Richardson	25		Gordon Westley	5
Tom Mellor	24		Paul Hammond	5
Chris Brobin	23		Aga Plombon	3
David Pheby	23		Darley Dale	3
Graham Martin	23		David MacSwayne	3
Marcus Lee	23		Del Granger	3
Mike Donovan	23		Robert Hinkley	3
			Ryan Thomas	3

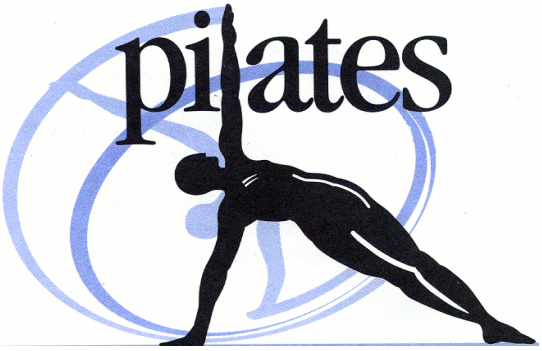
Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Core Blimey

Where do I find my core stability muscles, or postural muscles?
They are the deep muscles of the abdomen, pelvis and spine and are made up of the transversus adbominus, multifidis, pelvic floor muscles and diaphragm. Together they are responsible for our core stability. Do not confuse them with your six pack!



Why is my core important?
They support the body while you move your arms, legs and back. If they are weak the body will compensate elsewhere, potentially leading to overuse injuries. If they are strong not only will they protect you from injury but you will run in a more energy efficient way, meaning you can run faster or longer with less energy!



How do I strengthen my core?
Your core stability muscles can be strengthened by performing specific controlled exercises while contracting the core muscles. These are the type of exercises you will come across in a god Pilates class. See the 15 minute routine on the next page.

How do I contract my core muscles?
This takes practice! Imagine you are wearing a belt with ten notches. You want to pull that belt in to notch three, thereby contracting your core muscles by 30%, no more. Take a deep breathe in through your nose and as you exhale through your mouth draw your belly button in towards your spine and your pelvis floor muscles up, as if you were trying to stop yourself having a wee. Breathe through the sides of your ribcage not your abdomen.

You need the Christmas notch!

15 Minute Core Stability Workout

I've kept this routine short because everyone can find 15 minutes twice a week to do this . If you have more time in your week do it three or four times! Or add exercises to it or spend longer on each And I would absolutely recommend finding a Pilates class with a well qualified Pilates instructor. All of these exercises can be stepped up a level to make them harder.

Superman

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles as per the previous page. Lift one arm in front of you, and your opposite leg behind you. Keep you back straight and your head in line with your spine; imagine you have a glass of wine on your back that you don't want to spill! While keeping your core muscles contracted, slowly and with control swap arms and legs. Keep going, maintaining core contraction and posture as above. **2 minutes**

Curl up in 'child pose' on your front with chest resting on your thighs, head tucked in and arms at your sides near your feet, before starting the next exercise.

Bridge

Lie flat on your back, with your knees bent and feet close to your bottom. Take a deep breath in and as you breathe out contract your core muscles and tilt your pelvis back so your lower back is pushed into the floor, gradually rising until you are resting on the back of your shoulders. Keep your pelvis high, don't let your bottom drop. Breathe in at the top as you lift your arms behind your head. As you breathe out gradually role back down one vertebrae at a time bringing your arms down last. Repeat. ***2 minutes***

Plank

Rest on your forearms and your toes with legs about hip width apart. Contract your core muscles and hold this position. Keep good posture, don't let your back arch or your stomach sink. ***2 x 1 minute***

Curl up in 'child pose' as above before starting the next exercise.

Leg lifts

Lie on your back and bring one leg up at a time so both are at 90 degrees. Contract your core muscles. Slowly lower one leg almost to the floor without allowing your lower back to move away from the floor. Bring your leg back up and repeat with the other leg. This exercise can be made easier by not taking your working leg as low to the floor. It can be made harder by lowering both legs at the same time but always keep your back as flat to the floor as possible. If you feel it moving away, return to an easier level for a while. ***4 x 30 seconds***

Hold your knees into your chest after this exercise followed by a full body stretch while breathing into your abdomen before starting the next exercise.

Foam Roller Control

Lie on your back with a foam roller along your spine, making sure your head and sacrum are resting on the roller. Bend both of your knees with your feet flat on the ground. Contract your core muscles, and lift one foot slowly off the floor. Alternate between lifting your left and right foot. Maintain balance on the roller. ***2 minutes***

Hold your knees into your chest or curl up in 'child pose' before starting the next exercise.

Crunch

Lie on your back with your knees bent. Contract your core muscles and perform a crunch by moving your elbow towards the opposite knee. Lead with your core muscles not your elbows. To make it harder and target more muscles, add in a side bend movement straight after your crunch before you return to your start position and do the other side. ***2 minutes***

Perform a full body stretch after this exercise and breathe into your abdomen.

Next month: Lower body strength workout for home

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 Dec			**Netley 1 Jan**			**Netley 4 Jan**			**Netley 18 Jan**	
Lewis Chalk	19.24		Chris Leach	21.03		Mike Harper	20.15		Andy Stockwell	20.43
Chris Leach	19.40		Tom Callaway	21.57		Tom Callaway	21.42		Tom Callaway	21.37
Liam Dredge	21.06		Phil Martin	22.11		Richard Chowns	21.54		Jon Leigh	23.33
Tom Callaway	21.19		Jon Leigh	23.01		James Lewington	24.20		Del Granger	24.09
Richard Chowns	21.31		Chris McGaw	23.13		Petra Wagenblast	25.04		Paul Southon	24.47
Nigel Whitcher	24.22		Andy Stockwell	24.22		Del Granger	25.08		John Simister	26.00
Petra Wagenblast	24.26		Alethea Stantiall	24.29		Paul Southon	25.36		Jamie Stockwell	26.42
Paul Southon	25.13		Mike Bell	25.07		Russell Mead	26.46		Russell Mead	26.51
Agata Whitaker	27.22		Nigel Whitcher	25.13		Susie MacGregor	26.52		John Tussler	27.36
Keith Whitaker	27.25		Paul Southon	25.24		Allan Stinson	29.45		Tom Mellor	29.00
John Tussler	27.33		John Salt	25.36		Brigid Hone	29.57		Jaz Smith	29.47
Tom Mellor	28.18		Seamus Stinson	25.44		John Tussler	30.08		Robert Spencer	29.51
Rachel Leach	28.31		Rachael Openshaw	25.48		Jaz Smith	31.16		David MacSwayne	30.45
Marie McDonald	28.41		Del Granger	26.18		Julie Bowden	31.22		Alison MacSwayne	30.49
Julie Salt	29.28		Susie MacGregor	26.24		Andrew Smith	36.58		Jan Southon	37.56
Jaz Smith	30.20		Jamie Stockwell	27.23		Wendy Holloway	40.52		Wendy Holloway	39.45
Andrew Smith	41.40		John Tussler	29.36		Jan Southon	42.58		Andrew Smith	39.45
			Allan Stinson	30.15						
Eastleigh 28 Dec			Tom Mellor	30.24		**Netley 11 Jan**			**Eastleigh 18 Jan**	
Andy Simpson	18.59		Julie Bowden	30.49		Sev Roberts	19.27		Keith Whitaker	23.55
			Rachel Leach	30.51		Chris Leach	19.31			
Havant 28 Dec			Julie Salt	30.57		Neil Richardson	21.03		**Netley 25 Jan**	
Martyn Thorpe	24.19		Caroline Street	31.08		Tom Callaway	21.15		Chris Brobin	18.06
Clare Thorpe	43.49		Jaz Smith	32.39		Jon Leigh	21.24		Mike Harper	21.42
			Samantha Stockwell	34.05		Richard Chowns	21.49		Tom Callaway	21.44
Southampton 28 Dec			Andrew Smith	42.35		Daniel Foster	23.05		Jon Leigh	22.33
Simon Vingoe	22.56		Wendy Holloway	42.42		David Langrish	23.09		Del Granger	23.49
Ryan Thomas	24.37					Tina Chantrey	23.16		Richard Chowns	23.54
			Worcester 4 Jan			David Castle	23.17		Neil Jarvis	24.07
Southampton 1 Jan			Will Feline	19.31		Mike Harper	24.16		Paul Southon	24.58
Sev Roberts	19.03					James Lewington	24.17		Tom Mellor	27.51
Andy Stockwell	20.08		**Eastleigh 4 Jan**			Del Granger	24.24		Rachel Leach	27.56
Tom Callaway	21.50		Chris Leach	20.26		Susie MacGregor	24.36		John Tussler	28.28
Jamie Stockwell	28.18		Matthew Abbott	23.17		John Simister	25.03		Martyn Banner	29.31
Keith Whitaker	28.33		Keith Whitaker	25.20		Nigel Whitcher	25.13		Alison MacSwayne	30.48
Samantha Stockwell	33.05		Rachel Leach	32.23		Russell Mead	25.52		Jaz Smith	31.41
			Robert Spencer	38.03		Tom Mellor	27.49		Julie Salt	32.37
Richmond 1 Jan						John Tussler	28.10		Jan Southon	37.47
Mike Harper	19.34		**Havant 4 Jan**			Martyn Banner	29.09		Andrew Smith	38.55
Robert Spencer	30.52		Clare Thorpe	42.13		Rachel Leach	29.19		Wendy Holloway	38.59
			Martyn Thorpe	42.13		Robert Spencer	29.47			
Eastleigh 1 Jan						Allan Stinson	30.46		**Eastleigh 25 Jan**	
Sev Roberts	20.51		**Southampton 4 Jan**			David MacSwayne	31.26		Keith Whitaker	26.13
Agata Whitaker	31.20		Simon Vingoe	23.51		Melissa Cosens	34.31			
Keith Whitaker	32.02					Andrew Smith	35.57		**Alice Holt 25 Jan**	
Steven Whitaker	32.06		**Havant 11 Jan**			Jaz Smith	35.57		Robert Spencer	37.50
			Clare Thorpe	42.55		Wendy Holloway	37.16			
Havant 1 Jan						Jan Southon	40.07		**Havant 25 Jan**	
Clara Fordina	26.11		**Southampton 11 Jan**			**Eastleigh 11 Jan**			Matthew Abbott	22.07
Clare Thorpe	42.38		Simon Vingoe	22.17		Keith Whitaker	25.44		Clare Thorpe	62.40
Crane Park 1 Jan						Agata Whitaker	29.28			
Mike Harper	19.28		**Winchester 11 Jan**			Steven Whitaker	29.37		**Southampton 25 Jan**	
Robert Spencer	30.14		Paul Coverdale	23.14		Julie Salt	31.13		Simon Vingoe	21.55
			Winchester 18 Jan			Matthew Abbott	39.50		**Winchester 25 Jan**	
			Paul Coverdale	23.21					Paul Coverdale	23.04

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

Thursday Night Intermediate Training 6.30pm		
Thursday 6th February	Crofton Community Centre, Stubbington	3 x 1 mile - Lee Seafront
Thursday 13th February	Locks Heath Sports & Social Club	Kenyan Hills
Thursday 20th February	Crofton Community Centre, Stubbington	12 x 400m - Lee Seafront
Thursday 27th February	Locks Heath Sports & Social Club	1 mile reps - Schooner Way
Thursday 6th March	Crofton Community Centre, Stubbington	6 x 1k loops - Cuckoo Lane
Thursday 13th March	Locks Heath Sports & Social Club	Titchfield Figure of 8
Thursday 20th March	Crofton Community Centre, Stubbington	12 x 400m - Lee Seafront

PENNY'S 6.30PM 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 3rd February	**Leafy Lane 1.1km loops**
Monday 10th February	**Pyramids of short hills**
Monday 17th February	**7 - 10 (long hill (jog back to cul-de-sac)**
	Sprint to notice board (jog back down))
Monday 24th February	**Kenyan Hills - 4 x 6 min efforts both up & down hill (2 mins rest)**

The Stubbington Noticeboard

Feb-14	Day	Effort/Activity	Recovery	Where	Meet	Leader
4th February	Tuesday	Titchfield hills x 8 (one dir)	Downhill	Titchfield - A27	Locks Heath Sports Ground	Mike White
6th February	Thursday	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
11th February	Tuesday	1 Mile x 5	300m to start	Schooner Way, Warsash	Locks Heath Sports Ground	Mike White
13th February	Thursday	10x1min	1min	Lee Front	Crofton Community Centre	Mike Bell
18th February	Tuesday	2x4x800m	1.5min and 3 min	Sovereign Crescent	Locks Heath Sports Ground	Mike White
20th February	Thursday	6x600m Hill Head	250m	Hill Head	Crofton Community Centre	Mike Harper
25th February	Tuesday	Titchfield Figure of 8 (5 hills)	Tempo pace continuous	Titchfield Village	Locks Heath Sports Ground	Mike Bell
27th February	Thursday	3x5x1min, 5k pace	1min, 2min between sets	Lee Front	Crofton Community Centre	John Leigh

Who's who

Chairman: Graham Bell
07801 594085
gebell@ntlworld.com

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

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Liam Dredge