# The Green Runner

MARCH 2014

**MAN WANTED**
for Social Committee

## WHATS YOUR CHARITY

Help Choose Stubbington Green's Official Charity

## LOWER BODY

Power up your legs from the comfort of your home

Results and report

## MEON VALLEY PLOD

HRRL League

## RYDE 10

# *FROM THE CHAIR*

The recent AGM marked the end of my first year in the Chair, and the halfway point of the 2 year stint I signed up for. Thank you to everyone that attended, seeing so many people turn out for an AGM was a sign of how much we all want the club to be successful. The positive reports we heard underlined the steps we have taken this past year to organise the club as we strive to make it even better. I have found the past year to be both very rewarding and fully absorbing, at the same time, and feel privileged to be Chairing the club into its 30th year. At a time when membership and more importantly participation numbers are rising with every race it is great to see that the SGR spirit remains fit and well too.

My thanks go to the out going committee for all there hard work over the last year to make it the success that it was. Especially to Sally and Lucy who have decided to step down from their respective positions. The new look committee, proposed and adopted at the AGM, includes 4 general members, and is designed to move the club forward another step or two as we strive strengthen the committee structure and leave a legacy for the club going forward. The four position will also enable the committee to share the workload to enable us to achieve even more.

The plans of the year ahead are for more of the same, with a few tweaks along the way to hopefully make things even better. I know that the social team have been busy planning the calendar, and following the bowling success are organising an evening talk from our Olympian Penny Forse, and some nutritional "food for thought" from Euan McGrath. The idea of the nutritional talk came about at the open meeting in January, and should prove useful and helpful to many. I also know that many of us are looking forward to hearing Penny's stories too, her running experiences and invaluable advice has been a great benefit to many of us and I know many to come. On a similar note we are also launching a mentor scheme, whereby individuals can be put in touch with more experienced runners with the objective to help them keep on track and to achieve their personal running goals. I do hope that it is a success as it demonstrates how we can operate as a club to share experiences, and help one another to achieve more as individuals.

On the racing front February saw some great XC running, the highlight for many being the Meon Valley Plod which was another tough event this year. Congratulations to all that finished that event, but especially our winning mens team, and Captain Andy for his 2nd place finish. I know it topped off a birthday weekend for him, and lets just say that he didn't let race preparations get in the way of celebrating on the Saturday night before the race!! For me personally the XC season culminated in finishing 930 places behind Jonny Borwnlee at the National XC championships in Nottingham. It was my first experience of Nationals, and it was a good one with the honour to be part of the 9 man team that finished 46th in the country. There were only 56 clubs that managed to get 9 men running at the event, and thanks to Lucy for getting us organised for such a prestigious event. Tom MacSwayne has Inter Counties events coming up in March where he will be representing Hampshire, all the best for those events Tom, I am sure you will do yourself and the county proud.

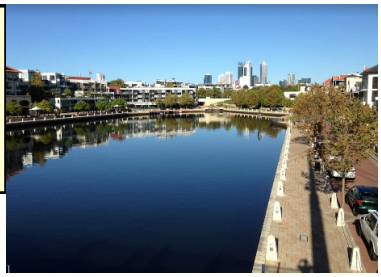
The support and entries we are seeing for the local races is truly remarkable, and it is staggering to know that nearly 100 SGR's will be toeing the line at the Eastleigh 10k. The numbers we are seeing at races mean the league positions are looking very healthy at the moment too, and I know Neil and Andy are working hard to ensure that we keep this momentum going. First stop in March is the Salisbury 10, and after their recent race reports we are going there fired up for a "Titanic Struggle" as the Mens Captain likes to put it. Personally I quite like the race as it offers pb potential, and a chance to see Jon Plomer relive his youth and fly round the track for the last 300 metres.

Finally I do hope that you are enjoying your running and getting what you want from the club. As I tried to summarise at the AGM the best way to get the most from the club is to engage and join in. If there is something you want to see happen then get in touch and we can take a look, it might not be possible to do it immediately but we are always open to ideas as we have proved already this year.

Happy Running
Graham

| PARK RUN CLAISEBROOK COVE PERTH AUSTRALIA | | |
|---|---|---|
| TERRY FRENCH | 32:47 | 5KM |

Terry sends his regards from Australia



## WINSLOW LIONS 10K

**Adrian Piddington**
**39:09 15th overall**

## *PORTSMOUTH HALF MARATHON*

| POS | NAME | TIME | CAT | CAT POS |
|---|---|---|---|---|
| 26 | Mike Harper | 01:30:44 | 50-59 | 3 |
| 40 | Neil Richardson | 01:33:37 | 40-49 | 14 |
| 194 | Victoria Joel | 01:46:37 | 30-39 | 6 |
| 195 | Gavin Rennie | 01:46:36 | 30-39 | 52 |
| 278 | John Salt | 01:53:10 | 40-49 | 78 |
| 404 | Julie Woodman | 01:59:55 | 40-49 | 27 |
| 415 | Kevin Ashman | 02:01:19 | 50-59 | 29 |
| 528 | Julie Ashman | 02:08:41 | 40-49 | 48 |

## WINCHESTER 10K

| | | |
|---|---|---|
| 4 | James Sawyer | 34:32 |
| 8 | Boe Harper | 36:18 |
| 30 | Rob Greenwood | 39:44 |
| 36 | Toby Greenfield | 39:50 |
| 65 | Steven Ellis | 42:10 |
| 119 | James Lewington | 45:07 |
| 225 | David Pheby | 50:00 |
| 262 | Russell Mead | 51:31 |
| 363 | Jennet Woolford | 56:25 |
| 411 | Phil Hobby | 1:00:08 |
| 412 | Sarah Hobby | 59:29 |

## OLD DEER PARK RICHMOND HALF MARATHON

| | | |
|---|---|---|
| 4TH | LEWIS CHALK | 01:15:17 |
| | LAURA CHALK | 01:42:07 |

## *BRIGHTON HALF MARATHON*

| | | | |
|---|---|---|---|
| 78 | David | Castle | 01:20:48 |
| 1358 | Hilary | Gulliver | 01:41:59 |
| 1363 | Gemma | Jones | 01:42:04 |
| 1436 | Kevin | Toal | 01:42:46 |
| 1413 | Tina | Chantrey | 01:42:54 |
| 1458 | Anna | Wilby-Lopez | 01:42:55 |
| 1830 | Lucy | Window | 01:45:52 |
| 1856 | Nicki | White | 01:46:04 |
| 1964 | Alan | White | 01:47:05 |
| 2253 | Gaynor | Heffer | 01:49:37 |
| 5108 | Debbie | Spinks | 02:12:31 |

| | |
|---|---|
| SIMPSON, Andy | 0:57:37 |
| SAWYER, James | 0:58:01 |
| MCMORRAN, Simon | 1:01:51 |
| CLARK, Howard | 1:02:23 |
| EATON, Mark | 1:02:52 |
| PIDDINGTON, Adrian | 1:03:09 |
| ROBERTS, Sev | 1:03:54 |
| BELL, Graham | 1:04:20 |
| STOCKWELL, Andrew | 1:05:20 |
| LEIGH, Jon | 1:08:05 |
| RICHARDSON, Neil | 1:08:30 |
| DREDGE, Liam | 1:09:01 |
| CHOWNS, Richard | 1:09:09 |
| CALLAWAY, Tom | 1:11:45 |
| MARTIN, Philip | 1:12:26 |
| MCDONALD , Mark | 1:14:36 |
| FOSTER, Daniel | 1:15:12 |
| STANTIALL, Neil | 1:15:22 |
| SIMPSON, Peter | 1:16:50 |
| CAVE, Thomas | 1:17:53 |
| WHITCHER, Nigel | 1:18:26 |
| VINGOE, Simon | 1:21:05 |
| PHEBY, David | 1:25:02 |
| SIMISTER, John | 1:25:14 |
| ASHMAN, Kevin | 1:26:34 |
| MCNAMARA, Stuart | 1:35:51 |

| | |
|---|---|
| NICHOLLS, Helen | 1:06:06 |
| MACGREGOR, Susie | 1:14:49 |
| ROEBUCK, Nikki | 1:15:45 |
| MAY, Lucy | 1:16:45 |
| FORDINA, Clara | 1:23:26 |
| CAMPBELL, Clare | 1:31:49 |
| MARTIN, Sarah | 1:32:26 |
| BENNETTS, Kelly | 1:34:45 |
| ASHMAN, Julie | 1:35:44 |
| BLAKE, Ann | 1:36:08 |
| SIMPSON, Sharon | 1:41:47 |
| BARRON, Sarah | 1:44:02 |

# RYDE 10 MILES

37 Stubbington Green Runners boarded the 8:30 am Wight Link Ferry departure from Portsmouth for the 45 min Solent crossing to Fishbourne on the Isle of Wight in order to compete in the 7th HRRL fixture of the season.

The popular 10 mile road race leaves Ryde Rowing Club and then circumnavigates the hilly North East part of the Island taking in the villages of St Helens, Nettlestone, Seaview and Springvale.

This tough race is not known for its PB potential but special mention must go to James Sawyer, Kelly Bennetts, Clare Campbell, Helen Nicholls, Sharon Simpson, Neil Stantiall, Nigel Whitcher and Dave Pheby for their 10 mile PB's and a special well done to Stuart McNamara for running his first ever 10 mile road race.

Prizes were won by Simon McMorran - 1st vet 50, Helen Nicholls - 2nd Vet 35 and Andy Simpson - 3rd Vet 40. The Men's team took 3rd spot and comprised Andy Simpson, James Sawyer, Simon McMorran and Howard Clark.

The men's B Team (comprising Mark Eaton, Adrian Piddington, Sev Roberts and Graham Bell) took 1st spot in the B Division and the Men's C Team (comprising Andy Stockwell, Jon Leigh, Neil Richardson and Liam Dredge) took 3rd spot in the B Division.

The ladies had a strong A team out (Helen Nicholls, Susie McGregor and Nikki Roebuck) and they took 3rd position in the A Division. The B Team (comprising Lucy May, Clara Fordina and Clare Cambell) and the C team (comprising Kelly Bennetts, Julie Ashman and Ann Blake) took 4th and 7th place respectively in the B Division.

Thanks again to the fantastic support and cake bakers and a special thanks to Neil Stantiall for supplying all the sweets for the journey!

March provides for 2 HRRL races, Salisbury 10 mile race on the 9th March and Eastleigh 10K on the 23rd March. Please register now as the races are nearly full. Eastleigh is particularly popular and we are close to getting over 100 runners out!

Finally, a special reminder to Phil Martin - please remember the cakes for these races!

*Neil R*

# Hampshire Road Race League Summary after race 7 of 12

| LADIES A TEAM | | |
|---|---|---|
| 1 | Winchester | 7 |
| 2 | Salisbury | 16 |
| 3 | Totton | 31 |
| 4 | Stubb'ton | 34 |
| 5 | Fareham | 41 |
| 6 | Lordshill | 46 |
| 7 | Alton | 48 |
| 8 | Eastleigh | 53 |
| 9 | PompeyJ | 54 |
| 10 | Denmead | 55 |

| MENS A TEAM | | |
|---|---|---|
| 1 | Salisbury | 17 |
| 2 | Stubb'ton | 18 |
| 3 | Lordshill | 25 |
| 4 | Winchester | 28 |
| 5 | Overton | 38 |
| 6 | Denmead | 42 |
| 7 | So'ton AC | 42 |
| 8 | Eastleigh | 55 |
| 9 | New Forest | 59 |
| 10 | Totton | 60 |

| LADIES B&C TEAM | | |
|---|---|---|
| 1 | Winchester B | 7 |
| 2 | Winchester C | 22 |
| 3 | Stubb'ton B | 29 |
| 4 | Fareham | 37 |
| 5 | Lordshill B | 43 |
| 6 | Totton | 60 |
| 7 | IOW RR | 65 |
| 8 | Stubb'ton C | 65 |
| 9 | Salisbury | 67 |
| 10 | Denmead | 75 |
| 11 | Lordshill C | 85 |
| 12 | PompeyJ | 85 |
| 13 | Alton | 88 |
| 14 | Eastleigh | 92 |

| MENS B&C TEAM | | |
|---|---|---|
| 1 | Stubb'ton B | 8 |
| 2 | Lordshill B | 24 |
| 3 | Stubb'ton C | 28 |
| 4 | Winchester B | 29 |
| 5 | Salisbury | 44 |
| 6 | PompeyJ B | 56 |
| 7 | Denmead | 56 |
| 8 | Winchester C | 60 |
| 9 | Lordshill C | 62 |
| 10 | Eastleigh | 74 |
| 11 | Overton | 76 |
| 12 | New Forest | 81 |
| 13 | So'ton AC | 84 |
| 14 | Fareham | 84 |
| 15 | PompeyJ C | 91 |

## BRAMLEY 20M

| | | | |
|---|---|---|---|
| 59 | Simon | Mcmorran | 02:09:43 |
| 87 | Adrian | Piddington | 02:14:46 |
| 98 | Simon | Hearnden | 02:16:09 |
| 171 | Neil | Richardson | 02:24:11 |
| 172 | Mike | Harper | 02:24:12 |
| 222 | Jon | Leigh | 02:28:50 |
| 259 | Rich | Chowns | 02:33:06 |
| 313 | Nick | Kimber | 02:38:27 |
| 362 | Susie | Macgregor | 02:43:15 |
| 625 | George | Howarth | 03:14:05 |
| 657 | Julie | Ashman | 03:22:28 |

## CHICHESTER 10K

| POS | NAME | TIME | CAT | CAT POS |
|---|---|---|---|---|
| 34 | Mark LE GASSICK | 00:33:53 | M40 | 1 |
| 70 | James SAWYER | 00:35:41 | M | 60 |
| 145 | Mike HARPER | 00:39:16 | M50 | 9 |
| 187 | Jon PLOMER | 00:40:23 | M40 | 42 |
| 457 | Simon VINGOE | 00:45:49 | M | 192 |
| 502 | Hilary GULLIVER | 00:46:29 | F | 42 |
| 514 | Peter SIMPSON | 00:46:08 | M | 214 |
| 1287 | Robert SPENCER | 00:59:26 | M50 | 179 |
| 1360 | Alan EAMES | 01:00:18 | M60 | 67 |

## *BRAMLEY 10 MILE*

| | | | |
|---|---|---|---|
| 8 | James | Sawyer | 00:57:09 |

# HAMPSHIRE CROSS COUNTRY **SALISBURY**

| | | |
|---|---|---|
| 8 | T MacSwayne | 18.12 |

| | | |
|---|---|---|
| 57 | Penny Forse | 25.47 |

| | |
|---|---|
| Melissa Hutton-Dunton | DNS |
| Lee Stantiall | DNS |
| Nikki Roebuck | DNS |
| Sharon Clarke | DNS |

| | | |
|---|---|---|
| 16 | A Simpson | 33.07 |
| 33 | L Chalk | 34.35 |
| 100 | A Stockwell | 39.42 |
| 104 | T Callaway | 39.59 |
| 108 | L Dredge | 40.29 |
| 112 | J Leigh | 41.12 |
| 125 | D Foster | 42.21 |
| 142 | N Kimber | 46.02 |
| 145 | P Simpson | 47.09 |

## NATIONAL CROSS COUNTRY

Thomas MacSwayne in U17s 6km race 55th out of 272

| Men's 12km race |
|---|
| Mark Eaton 712th |
| Adrian Piddington 795th |
| Andrew Stockwell 803rd |
| Sev Roberts 876th |
| Graham Bell 940th |
| Nick Crane 1296th |
| Philip Whitehouse 1322nd |
| Peter Simpson 1330th |
| Gordon Westley 1336th |

Lucy May in ladies 8km race 397th out of 708.

Well done everyone who raced! Hoped you enjoyed, was a good course. The winner of the men's race was 59mins faster than the last guy!!! Thank you very much to Penny Forse for being an awesome coach & supporter! *Lucy*

## THE SOUTHERN CROSS COUNTRY LEAGUE MANOR FARM

The latest round of the Southern Cross Country League was hosted by ourselves at Manor Farm Country Park, we had a really good turn out of runners on a very muddy course over 5 miles. The ladies team were led home by Helen Nichols in 1st place overall, with great support from Mel Hutton-Dunton in 16th and Lee Stantiall 25th , this gave them 3rd place team.
Stubby men were also very strong with Lewis Banner 6th, Boe Harper 10th, Simon Hearnden 19th, Sev Roberts 21st and Chris Hall 32nd. This gave us 2nd men's team, with 3rd place overall combined.

I'm really sorry that I haven't got the rest of our team results but the weather got the better of the results sheet I'm afraid, it won't happen again as I've bought a wet weather writer.

A special thank you to all the marshals who helped out in miserable weather, especially John Tussler and Nick Kimber who marked out the course the day before while I was wallowing around Parliament Hill. Also to the team doing the post race catering led by Kath McKain and Tracey Jarvis.

The final round of this year's series is at Staunton Park on Sunday 2nd March, details on our website. I promise to get everyone's results.

*Chris Hall*

# CHOOSE THE CLUB'S CHARITY

As the club will be organising various fund raising events throughout the year the Stubbington Green committee has decided, as many other clubs do, to have a nominated charity for the year.

If you have a particular charity, preferably local, that is close to your heart or relevant to you then send our Chairman, Graham Bell, an email gebell@ntlworld.com with a short explanation why you think this charity should be chosen.

The committee will then decide which charity will be Stubbington's for 2014.

# CAPTAINS CORNER

The year seems to by flying by. Already at the end of the Winter XC season with just Staunton to go at the weekend, which is a bonus point's race for the leader board.

It was great to see so many people at the AGM and a buzz of excitement for the year to come. We have lots of races and social events for you all to get your teeth into. There is a London to Cardiff 24 hour relay race which Phil Hobby is trying to get off the ground, please feel free to pick up him. An article on this is in the Green Runner.

In March we have two HRRL races at Salisbury and Eastleigh which are both fast courses for personal bests, hope to see loads of Stubbies out at these popular events.

Marathon training is starting to peak in mileage, in March. As everyone gets ready for Brighton, London and Paris, with people entering the 20 mile races dedicated for the build-up to the marathons. Good luck with the training and races over the next 6 to 8 weeks.
In April sees the start of the time trails again running around a fast 4 mile circuit. The time trials are great to see how your training is paying off as you get quicker through the summer. A note for your diary they will be on the THIRD Thursday of every month. The course and directions are on the website in case you fancy a trial run. After each trial we'll have a social drink in the Red Lion.

RR10 race series starts in April with 10 races over the summer which takes place on Wednesday. These races are suitable for all abilities of runners over attractive countryside which takes in the New Forest or Country Parks mainly. The more Stubbies we have running the more teams we make up, so literally everyone counts. After the race we meet up in a designated pub for catch up and obligatory 'cheese chips'! **The first race and also April's bonus point's race for the leader board will be at Royal Victoria Country Park on Wednesday 23rd April.**

All the best with your training and races over the next month.
*Andy Simpson*

## PERFORMANCE OF THE MONTH

The 9 man Stubbington Men's Team who came 46th in The National Cross Country (that's the 46th best team in Britain) well done Stubbington

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

# MEON VALLEY PLOD 21 MILES

The Meon Valley Plod is a mostly off road race covering 21 miles of the South Downs and surrounding countryside, including Salt Hill and Butser Hill at 15 miles. This year's race was run in decent weather and no rain but plenty of mud.

Stubbington were led home by men's Captain Andy Simpson in 2nd place, 2.38.38. He was was followed in by Euan McGrath 2.47.23 and Chris Hall 2.50.49 to win the team prize. Just behind were Mike White 2.53.14, Mike Bainbridge 3.03.09, Boe Harper was next in 3.16.55 in his longest ever run by 10 miles, Andy Stockwell 3.33.56, Graham James 3.36.16.

Julie Woodman was first Stubby lady in 4.26.06, then came Del Grainger 4.26.06 and Julie Ashman returned to complete in 4.36.54 after having to pull out last year due to awful weather. Alan Stinson completed a fine turn out by the club in 5.12.07.
Thoroughly recommend this race to everyone for next year, well marshalled, good value, but make sure you take a caffeine gel before climbing Butser. *Chris Hall*

| | | |
|---|---|---|
| 2 | SIMPSON, Andy | 2:38:38 |
| 8 | MCGATH, Euan | 2:47:23 |
| 11 | HALL, Crazy Horse | 2:50:49 |
| 13 | WHITE, Mike | 2:53:14 |
| 24 | BAINBRIDGE, Mike | 3:03:09 |
| 45 | HARPER, Boe | 3:16:55 |
| 78 | STOCKWELL, Andrew | 3:33:56 |
| 86 | JAMES, Graham | 3:36:16 |
| 202 | WOODMAN, Julie | 4:26:06 |
| 206 | GRANGER, Del | 4:28:05 |
| 217 | ASHMAN, Julie | 4:36:54 |
| 250 | STINSON, Allan | 5:12:07 |

# *RR10 2014*

This year the club RR10 will be held at Fairthorn Manor near Botley, Wed June 11th at 7.30. The race route needs to be devised which entails several runs round the park; the first of these will be on Sunday 16th March at 09.30.
If you wish to have an input to the course please come along, you will definitely need off road shoes and maybe a snorkel. Parking is on site next to the wooden building just prior to the barriers.
*Paul Hammond*

| | | | | |
|---|---|---|---|---|
| 1 | Apr-23 | Royal Victoria Country Park | 7.00pm | Southampton AC/Halterworth |
| 2 | May-07 | Stoney Cross | 7.15pm | Totton RC |
| 3 | May-21 | Wilverley, Sway | 7.30pm | New Forest Runners |
| 4 | Jun-04 | Recreation Ground, Blackfield | 7.30pm | Hardley Runners |
| 5 | Jun-11 | Fairthorne Manor, Botley | 7.30pm | Stubbington |
| 6 | Jun-25 | Manor Farm Country Park | 7.30pm | Running Sisters/Hedge End |
| 7 | Jul-09 | Marwell Zoo | 7.30pm | Eastleigh RC |
| 8 | Jul-23 | Janesmoor Pond, Stoney Cross | 7.30pm | Wessex RR/Romsey RR |
| 9 | Aug-06 | Itchen Valley Country Park | 7.15pm | Lordshill RR |
| 10 | Aug-20 | IBM Hursley Park | 7.15pm | Winchester AC |

## THE ARTHUR BIGGS 5 MILE HANDICAP ISLE OF WIGHT

**Well done Sarah Barron (1:05:17) on finishing her first cross country which was certainly a muddy affair and the organisers described as 'challenging'**

**Glow in the Park Southampton, Wed 19th Feb**

Tina Chantrey 5k 22:11 (first female finisher, seventh overall)

David Castle 10k, 36:39 (third 10k finisher)

# London to Cardiff 24 hour Relay Challenge

London to Cardiff 24 is one of the toughest challenges a team can face, covering 160 miles in 24 hours non-stop! This challenge is the UK's longest point to point non-stop relay foot race from Twickenham Stadium to the Millennium Stadium, Cardiff.

This challenge is as much about strategy as it is about running, good planning and team spirit are key elements.
Please see the message from the race organise below

*Following on from your Tweet request I've explained more about our event. I organise a team relay challenge called London Cardiff 24 which is a unique team experience. We have found our event is particularly interesting to running groups because it allows a group with mixed running abilities to compete in a race together.*

*The challenge starts in London in the Twickenham area on Friday 30th May and finishes in Cardiff in Millennium stadium on Saturday 31st evening. There are 24 stages which vary from 20 minutes running to 2 hours. These vary in distance and time of day not to mention terrain. For example one stage is only 3 miles but is through a wood at 2am in the morning! Teams have to work together to navigate between stages and support their runner over each stage. There are team stages as well where the whole team runs together. The final mile is an example which has teams running together into Millennium stadium to finish. You see yourself on the big screens as the music from the after race party rocks out.*

*We would love to have a team or two enter from your club. A team needs 8-12 runners, some of whom need to be able to run something like 5k/10k and others who need to be marathon fit. There are 24 individual legs which range from 3 miles to 13 miles but don't worry too much - there are ten legs which are less than 5 miles and only four legs over 10 miles. Each person in the team is expected to run two individual legs each and the three team legs (all under 2 miles), however each team can split up the legs between their runners in any way they like. Often teams will run in pairs at night, or cycle alongside one of their runners. The golden rule is that one runner in your team has to being running at all times.*

Could you take on the challenge…..checkout the website www.londoncardiff24.co.uk for more info and if you are interested email peakhealthphil@hotmail.co.uk to be part of an unforgettable challenge.

# LEADERBOARD

The latest club leaderboard is shown below, this reflects all races that have been reported in the Green Runner to date.

The leaderboard is compiled using race distances to the nearest mile, some that have been reported have not shown the race distance; please note that from the April Green Runner onwards any race report or result that does not mention the race distance will be awarded only 3 points. I have yet to receive the list of marshals and helpers from the club Southern Cross Country at Manor Farm; if you were there and you want your points let Chris Hall know so he can pass the list to me.

**Paul Hammond pjma669q@btinternet.com**

| **Ladies** | | | | |
|---|---|---|---|---|
| Susie Macgregor | 64 | | Alison Thomas | 10 |
| Lucy May | 63 | | Angie Crane | 10 |
| Caroline Street | 53 | | Anna Wilby-Lopez | 10 |
| Nikki Roebuck | 53 | | Anne Fairhurst | 10 |
| Sarah Martin | 49 | | Caroline Lewington | 10 |
| Rachael Leach | 47 | | Caz Lee | 10 |
| Sarah Barron | 42 | | Chris Haskell | 10 |
| Jasmine Smith | 39 | | Clara Petal | 10 |
| Julie Bowden | 37 | | Clare Longman | 10 |
| Julie Ashman | 36 | | Clare Roberts | 10 |
| Julie Salt | 36 | | Di Masson | 10 |
| Nicki White | 36 | | Elise Eaton | 10 |
| Tina Chantry | 36 | | Jackie Richards | 10 |
| Verity Wright | 35 | | Jane Butler | 10 |
| Penny Forse | 34 | | Jen Elkins | 10 |
| Rachael Openshaw | 34 | | Jenny Hearnden | 10 |
| Louise Wills | 33 | | Jo McCluskey | 10 |
| Anthea Stantiall | 31 | | Julie James | 10 |
| Clare Thorpe | 30 | | Karen Gunner | 10 |
| Samantha Stockwell | 30 | | Kate Crow | 10 |
| Hilary Gulliver | 29 | | Kathy McKain | 10 |
| Kelly Bennetts | 29 | | Kay Sadler | 10 |
| Julie Woodman | 27 | | Kelly Malster | 10 |
| Melissa Hutton-Dunton | 23 | | Laura Ridge | 10 |
| Sharon Simpson | 23 | | Lish Davies | 10 |
| Ann Blake | 20 | | Lizzie Martin | 10 |
| Lisa Donn | 19 | | Lola Chantry | 10 |
| Nikkie Plomer | 19 | | Michelle Simpson | 10 |
| Petra Wagenblast | 19 | | Rita Leigh | 10 |
| Sue Robinson | 19 | | Sadie Bedford | 10 |
| Katherine Chowns | 17 | | Sally McGrath | 10 |
| Helen Nicholls | 17 | | Sharon Clarke | 10 |
| Alison MacSwayne | 16 | | Tanya Brady | 10 |
| Bizz Cosens | 16 | | Tracie Jarvis | 10 |
| Clara Fordina | 16 | | Tracy Bell | 10 |
| Dawn Haynes-Sewell | 16 | | Victoria Joel | 10 |
| Eunice Hoare | 16 | | Aga Plombon | 9 |
| Julia Park | 16 | | Agata Whitaker | 9 |
| Katie Simister | 16 | | Brigid Hone | 9 |
| Katherin Briggs | 16 | | Julie Dinwoodie | 9 |
| Sandra Abrams | 16 | | Angela Benfield | 6 |
| Sarah Hobby | 16 | | Gill Rose | 6 |
| Sue Simister | 16 | | Heather Hudson | 6 |
| Wendy Holloway | 15 | | Jacqueline O'Rourke | 6 |
| Debbie Spinks | 13 | | Jennie Lee | 6 |
| Holly Stockwell | 13 | | Kaarina May | 6 |
| Kathryn Davies | 13 | | Karen Salmon | 6 |
| Liz Hall | 13 | | Katherine Daily | 6 |
| Lucy Window | 13 | | Lucinda Le Gassick | 6 |
| Jan Southon | 12 | | Sandra Clark | 6 |
| Marie McDonald | 12 | | Sophie Davison | 6 |
| Gaynor Heffer | 11 | | Georgie Gair | 5 |
| | | | Melissa Cosens | 3 |

| **Gents** | | | | | | |
|---|---|---|---|---|---|---|
| Tom Callaway | 126 | | Alan White | 32 | | Clive Farmer | 10 |
| Adrian Piddington | 111 | | James Lee | 32 | | Clive Robinson | 10 |
| Mark Eaton | 91 | | Andrew Richardson | 31 | | Craig McCluskey | 10 |
| Andy Simpson | 85 | | Glen Street | 29 | | Eric Haskell | 10 |
| Liam Dredge | 84 | | Graham Martin | 29 | | Euan McGrath | 10 |
| Allan Stinson | 81 | | Simon McMorran | 29 | | Gary Littlecott | 10 |
| James Sawyer | 80 | | Chris Hall | 28 | | Graham Jacobs | 10 |
| Lewis Chalk | 80 | | Del Granger | 28 | | James Barron | 10 |
| Andrew Stockwell | 77 | | Jamie Stockwell | 28 | | James Keen | 10 |
| Dan Foster | 76 | | Neil Stantiall | 28 | | Jamie Wright | 10 |
| John Tussler | 76 | | David Castle | 27 | | John Randall | 10 |
| Nick Crane | 74 | | Roger Fairhurst | 26 | | Keith Carter | 10 |
| Robert Spencer | 74 | | Richard Edmunds | 25 | | Mark Dyer | 10 |
| Nigel Witcher | 73 | | Aitken Hunter | 23 | | Mark Le Gassick | 10 |
| Chris Leach | 69 | | Kevin Ashman | 23 | | Mark Millard | 10 |
| Jon Leigh | 68 | | David Langrish | 22 | | Mark Nichols | 10 |
| Sev Roberts | 67 | | Martin Banner | 22 | | Martyn Webb | 10 |
| John Salt | 63 | | Peter Simpson | 22 | | Michael Robinson | 10 |
| John Simister | 59 | | Seamus Stinson | 22 | | Neil Mellor | 10 |
| Mike White | 57 | | Toby Greenfield | 22 | | Nick Kimber | 10 |
| Mike Harper | 54 | | Eric Beck | 21 | | Paul Viney | 10 |
| Phillip Whitehouse | 53 | | George Howarth | 19 | | Phil Hobby | 10 |
| Keith Whitaker | 52 | | John Cox | 19 | | Phil May | 10 |
| Tom Mellor | 49 | | Neil Richardson | 19 | | Ray Gunner | 10 |
| Richard Chowns | 48 | | Wayne Ewens | 19 | | Richard Brook | 10 |
| Andrew Smith | 46 | | Mike Bell | 18 | | Robert Blackmore | 10 |
| Russell Mead | 46 | | Tim Sullivan | 17 | | Simon Ede | 10 |
| Simon Vingoe | 44 | | Boe Harper | 16 | | Tommy Cave | 10 |
| John Fairhurst | 42 | | David Abrams | 16 | | David MacSwayne | 9 |
| Paul Southon | 42 | | James Lewington | 16 | | Matthew Abbott | 9 |
| Daragh Hendley | 41 | | Paul Smith | 16 | | Alan Eames | 6 |
| Andy Lee | 40 | | Peter Rawlins | 16 | | Chris Roebuck | 6 |
| Philip Martin | 40 | | Richard Snell | 16 | | Dudley Malster | 6 |
| David Pheby | 39 | | Ryan Thomas | 16 | | Duncan Borthwick | 6 |
| Tom Macswayne | 39 | | Simon Hearnden | 16 | | Gavin Rennie | 6 |
| Howard Clark | 38 | | Tim Matthews | 16 | | George Rennie | 6 |
| Chris Brobin | 36 | | Paul Hammond | 15 | | John Vose | 6 |
| Jack Webb | 36 | | Johnathon Roper | 13 | | Martyn Thorpe | 6 |
| Mark McDonald | 36 | | Kevin Toal | 13 | | Russ Coleman | 6 |
| Mike Bainbridge | 36 | | Neil Jarvis | 13 | | Sam Bell | 6 |
| William Feline | 35 | | Tomas Stinson | 12 | | Sam Smith | 6 |
| Graham Bell | 35 | | Murray Watson | 11 | | Steven Whitaker | 6 |
| Tim Crumpton | 35 | | Alan Forse | 10 | | Stuart MacNamara | 6 |
| Jonathan Plomer | 34 | | Alisdair Ewing | 10 | | Tom Whitcher | 6 |
| Paul Coverdale | 34 | | Andrew McKewen | 10 | | Gordon | 5 |
| Marcus Lee | 33 | | Andy Donn | 10 | | Gordon Westley | 5 |
| Mike Donovan | 33 | | Ben Piddington | 10 | | Chris McGaw | 3 |
| | | | Chriis Richards | 10 | | Darley Dale | 3 |
| | | | | | | Robert Hinkley | 3 |

# MENTORING

Many of us do a lot of unofficial "mentoring" whenever we train with others and through Face book and other mediums and hopefully this will continue. In addition to this we are going to try a slightly more structured way of providing this kind of support to our fellow runners. Mentoring can be massively rewarding for both mentor and mentoree.

Are you wanting to run your first race, achieve a certain race time, complete a new distance, try a new type of race such as an ultra or triathlon, improve your sprint finish or just improve your level of fitness or get motivated to run regularly? If so, and you would like a mentor to help you achieve your aim then let us know and we'll try our best to find someone who can help you. This is for novice and more experienced runners alike.

How about being a mentor? Do you have experience, skills or knowledge that could benefit someone else in the club and that you would be willing to share and use to help someone achieve their goal? It doesn't matter what pace you run at, it is the experience you bring that is important and there is bucket loads of that in the club!

If you are interested in becoming a mentor or being mentored, please email Gill Rose at g.rose68@btinternet.com for further information.

# SOCIAL UPDATE

The first social event this year was an evening bowling at Go Bowling in Fareham which seems to have been a great success. We had 22 members playing and competition was keen. There were some players that were better than others but we all had a good time. Two games of bowls, a free drink and buffet ensured the evening went well. I think this is something that we shall certainly put in the calendar for Autumn when the nights are drawing in.

The next event is a meeting at the Stubbington Snooker Club on Friday 21st March when we will hear from both Penny Forse and Euan McGrath details of which are given below. This is the first event where we will be raising funds for our nominated charity and with the interesting content plus the opportunity to support the charity I hope you will all try and make it a successful evening.

If you have any ideas for future events that you would like included in the social calendar then please speak to anyone on the Social Committee.

Most of us are around at the various training sessions and would welcome any suggestions.
Social Committee:
Sue Robinson
Nick Kimber
Kathy McKain
Sarah Hobby
Sandie McIntosh

# MORE MEN WANTED

The Social committee are looking for more men to join their ranks, at the moment Nick Kimber is feeling a little lonely as the only male member.
So if you have a small amount of time available and think you have what it takes to discuss pubs, BBQ's and bowling and can recce a handicap route then send Sue Robinson an email Sue.Robinson@cdata.co.uk

# 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

# Stubbington Green Runners
# Social Events

Below is a list of the various social events currently scheduled for the next three months

**March 21st – Olympic Memories & Food for Thought**
Come along and join us at the Stubbington Snooker Club for an informative evening with our very own Olympian, Penny Forse reliving her memories of Olympic competition and world class cross country events, together with Euan McGrath who will give us an informal presentation on nutrition & hydration for competition and training – Food for Thought.

Penny has been running since she was 16 years old and ran for England regularly in both 1500m and cross country events including representing us in the 1500m event at the Montreal Olympics in 1976. Her husband Alan coached her from 1977 to 7th in the World XC in 1980. She has also taken part in 3 marathons as a V40 and V45 so she has a wealth of experience to share with us.

Euan has been actively working in coaching, performance conditioning & nutrition from beginners to national GBR athletes for over 25 years. His advice on fitness & nutrition helped set a successful world record for windsurfing around UK & Ireland and he has also helped 'round the world' yacht racing teams and many recreational endurance athletes who want to understand how they can maximise performance. He is happy to help any of us achieve our goals be it a PB in 10K, a great marathon time or guidance competing in ultra's and triathlons.
We will meet at the Stubbington Snooker Club at 1930 on Friday 21st March and there will be plenty of opportunity for questions both during the talks and in the bar afterwards. The price will be £2 per head to cover the cost of hiring the room and any surplus will be given to our nominated charity.

**April 23rd – Netley RR10**
This is the start of the RR10 Season and takes place at the Royal Victoria Country Park. We had a great turnout last year which will hopefully be repeated again this year. After the Race we will congregate at the Prince Consort for liquid refreshment and cheesy chips! Look forward to seeing you all there.

**April 27th – Spring Handicap**
The start and finish for the Spring Handicap will be at Meon Shore followed by a BBQ on the beach (weather permitting). Bad weather will see us retiring to the Osborne View for the debrief! Details of the route will be posted on Facebook and the website very soon.

**May 7th – Stoney Cross RR10**
The second RR10 Race will be held at Stoney Cross on Wednesday 7th May and we will meet at the Green Dragon in Brook for the usual cheesy chips.

**May 21st – Wilverley Enclosure RR10**
Our meeting place after this RR10 event will be the Oak Inn at Bank. Hope to see another great turnout.

If you have any ideas for other events that we can organise then please pass them on to one of the Social Committee and we will see what we can do.

**Stubbington Green Social Committee:**
Sue Robinson, Nick Kimber, Kathy McKain, Sarah Hobby & Sandie McIntosh

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

# Power Up Your Legs

Here is a simple 15-20 minute lower body workout that you can perform at home. There are lots of different exercises you can do to strengthen your glutes, hamstrings, quads, calves and ankles; these are just a few. If any of the exercises causes pain stop and seek advice.

## Half Squat

Stand with legs slightly wider than shoulder width, feet facing forwards. Bend your knees to the 1/2 squat position, making sure you keep the middle of the knee-cap in line with the second toe of the foot. Return to start.
***Work up to 3 sets of 10***

## Static Lunge

Take a step forwards, and bend the front knee past the vertical.
The back knee drops towards the floor. Make sure you keep the middle of the knee cap in line with the second toe and that you do not take your knee beyond your toes. Return to the start.
***Work up to 2 sets of 10 each side***

## Clam

Lie on your side with your right arm out underneath your head, in line with your spine. Bend both knees in front of you, drawing your feet back in line with your pelvis. Exhale as you open your top knee, keeping your feet connected. Inhale as you control your leg back to the starting position. Be sure not to roll backwards. If you find yourself doing this just don't lift your leg so far.
You can make this harder by lifting your feet off the ground or placing a resistance band around your knees
***Work up to 2 sets of 10 both sides***

## Hip abduction

Lying on your side contract your core muscles (see last month). Keeping your legs together lift them several inches in the air. You can either hold this position or return down and repeat, or do a combination!
***Work up to 2 sets of 10 each side***

## Calf Raises

Stand on a step, hold on to a rail for balance if needed. Slowly raise up on to your toes and control the movement back down below the level of the step.
To work your soleus do the same as above but keep your legs slightly bent at the knees.
To make it harder, try one leg at a time.
**Work up to 2 sets of 10 for each exercise**

**And if you want to increase your ankle strength and control...**

**Ball Control**
Stand with your leg/foot on top of the ball. Move it in different directions. This exercise helps to improve proprioception to the foot, ankle and knee.
***1 minute each leg***

**One Leg Stand**
Stand on one leg and try to keep your balance. If you can do that, try closing your eyes or catching a ball while doing it (maybe not at the same time!). You can also try this on a wobble board or wobble cushion.

This exercise is enormously beneficial and will help to strengthen the muscles and ligaments around your ankles and knees, improving balance and coordination.
***2 minutes each leg***

## What is proprioception?

Proprioception refers to the body's ability to sense movement within joints and joint position. This enables us to know where our limbs are in space without having to look.

This is distinct from the sense of balance, which derives from the fluids in the inner ear.
Without proprioception, we'd need to consciously watch our feet to make sure that we stay upright while walking.

Proprioceptors detect subtle changes in movement, position, tension, and force within the body.
The proprioceptors of the musculoskeletal system are found in the tendons and in the muscle fibres.

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 1 Feb** | | | **Netley 8 Feb** | | | **Netley 15 Feb** | |
|---|---|---|---|---|---|---|---|
| Jack Webb | 19.30 | | James Sawyer | 17.40 | | James Sawyer | 19.13 |
| David Castle | 19.46 | | Tom Callaway | 21.22 | | Sev Roberts | 19.52 |
| Tom Callaway | 23.06 | | Philip Whitehouse | 22.06 | | Mike White | 20.08 |
| Philip Whitehouse | 23.33 | | Andy Stockwell | 22.22 | | Philip Whitehouse | 21.47 |
| Del Granger | 23.46 | | Del Granger | 23.06 | | Tom Callaway | 22.25 |
| Tina Chantrey | 24.48 | | James Lewington | 24.47 | | John Salt | 23.09 |
| Tom Mellor | 28.39 | | Russell Mead | 25.24 | | Del Granger | 23.10 |
| John Tussler | 29.21 | | John Tussler | 27.32 | | James Lewington | 23.37 |
| Robert Spencer | 29.38 | | Tom Mellor | 27.42 | | John Tussler | 26.58 |
| Alison MacSwayne | 30.21 | | Robert Spencer | 29.14 | | Tom Mellor | 27.39 |
| Jaz Smith | 31.43 | | Julie Bowden | 29.37 | | Robert Spencer | 29.06 |
| David MacSwayne | 32.27 | | Julie Salt | 35.19 | | Jaz Smith | 32.19 |
| Andrew Smith | 38.41 | | Jaz Smith | 35.28 | | Glen Street | 32.21 |
| Wendy Holloway | 38.54 | | | | | Melissa Cosens | 33.54 |
| | | | **Eastleigh 8 Feb** | | | Andrew Smith | 36.46 |
| **Eastleigh 1 Feb** | | | Keith Whitaker | 28.13 | | Wendy Holloway | 36.55 |
| Keith Whitaker | 32.26 | | | | | | |
| | | | **Havant 8 Feb** | | | **Newbury 15 Feb** | |
| **Havant 1 Feb** | | | John Salt | 25.44 | | Andy Stockwell | 22.29 |
| Sandra Clark | 35.16 | | Alison MacSwayne | 30.30 | | | |
| | | | David MacSwayne | 30.45 | | **Netley 22 Feb** | |
| **Southampton 1 Feb** | | | | | | Tom Callaway | 20.20 |
| Andy Stockwell | 19.10 | | **Southampton 8 Feb** | | | Mike White | 20.33 |
| Alethea Adair-Stantiall | 22.07 | | Susie MacGregor | 24.34 | | James Lewington | 23.06 |
| Robert Hinkley | 23.18 | | | | | Paul Southon | 24.07 |
| | | | **Basingstoke 30 Nov** | | | Glen Street | 26.53 |
| **Southsea 1 Feb** | | | Adrian Piddington | 21.03 | | Tom Mellor | 27.24 |
| Allan Stinson | 29.22 | | Mark Eaton | 22.01 | | Rachel Leach | 27.49 |
| | | | Andy Stockwell | 22.02 | | Chris Leach | 27.50 |
| **Wimbledon 14 Dec** | | | | | | Allan Stinson | 28.21 |
| Mike Harper | 19.10 | | **Q E Park 7 Dec** | | | Brigid Hone | 28.59 |
| | | | Boe Harper | 19.26 | | Julie Salt | 30.22 |
| **Dulwich 28 Dec** | | | Andy Stockwell | 20.44 | | Andrew Smith | 35.31 |
| Mike Harper | 18.18 | | Jon Leigh | 21.03 | | Wendy Holloway | 36.07 |
| | | | | | | | |
| **Southsea 28 Dec** | | | **Dewsbury 28 Dec** | | | **Eastleigh 22 Feb** | |
| Seamus Stinson | 24.02 | | Andy Stockwell | 20.20 | | Agata Whitaker | 30.29 |
| Allan Stinson | 27.47 | | Jamie Stockwell | 25.30 | | Keith Whitaker | 32.02 |
| | | | Holly Stockwell | 32.08 | | | |
| **Poole 11 Jan** | | | Sam Stockwell | 34.16 | | **Hillsborough 22 Feb** | |
| James Sawyer | 17.40 | | | | | Will Feline | 19.26 |
| Andy Stockwell | 20.45 | | | | | | |
| Mark Eaton | 20.46 | | | | | | |

# TRAINING

| Mar-14 | Day | Effort/Activity | Recovery | | Where | Who |
|---|---|---|---|---|---|---|
| 4th Mar | Tues | 1.5km x 3 | 300m to start | Red Path | Locks Heath Sports Ground | Mike White |
| 6th Mar | Thurs | Grass Fartlek | On pavement | Lee Sea front | Crofton Comunity Centre | Graham Bell |
| 11th Mar | Tues | 4x6min (Kenyan Hills) | 2min recovery/ walk back | Woodpecker close | Locks Heath Sports Ground | Mike Bell |
| 13th Mar | Thurs | 6x1Km | 250m | Anchor lane | Crofton Comunity Centre | Mike Harper |
| 18th Mar | Tues | 2x4x800m | 1.5min and 3 min | Priory Park | Locks Heath Sports Ground | Mike White |
| 20th Mar | Thurs | Accelerations x3 sets (4 Triangles) | Mara - Half - 10k - 5k Pace | Lee Front Triangle | Crofton Community Centre | Mike Bell |
| 25th Mar | Tues | 1 Mile x 5 | 1.5min | Locks heath park road | Locks Heath Sports Ground | Mike White |
| 27th Mar | Thurs | 6 mins x 4 | 2 mins | Lee Front | Crofton Community Centre | Graham Bell |

## Thursday Night Intermediate Training 6.30pm

| | | |
|---|---|---|
| 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 |
| Thursday 27th March | Locks Heath Sports & Social Club | 7 x Paarlauf - Crescent Road |

## 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 March** | **3 - 5 x 1 mile loops (90s)** |
| **Monday 10th March** | **Leafy Lane 1.1km loops** |
| **Monday 17th March** | **Long hills** |
| **Monday 24th March** | **Kenyan Hills - 4 x 6 min efforts both up & down hill (2 mins rest)** |
| | **BST begins 30/3/2014** |
| **Monday 31 March** | **7 - 10 ( long hill (jog back to cul-de-sac)** |
| | **Sprint to notice board (jog back down))** |

# RACE DIARY

OTHER | 5K | 5MILES | 10K | 10MILES | HALF | 20MILES | MARATHORN | ULTRA

## 9th MAR JOHN AUSTIN HALF MARATHON

*Brockenhurst, New Forest*

Organised by runners for runners, the race makes a great day out for competitors of all levels. The date 5 weeks before the London Marathon lends itself nicely to a spring marathon build up. The course is a scenic off road traffic free route running through the beautiful New Forest. There are prizes for the overall men's and women's winners and winners of respective age categories (Senior, V40, V50, V60) as well as spot prizes, T-Shirt, Medal and an excellent goody bag. 100% of the proceeds go to charity.

**www.johnaustinhalf.co.uk**

## 9th MAR SALISBURY 10 MILES - HRRL

*Salisbury, Wiltshire*

Salisbury 10 is the City of Salisbury Athletics & Running Club's flagship event. A friendly race suitable for all abilities that follows a scenic route north of Salisbury following the banks of the River Avon through the gently undulating Woodford Valley with fine views of the cathedral spire on the return leg.

Starting and finishing on the athletics track, the race also has chip timing and an entry limit of 800. Last year we had nearly 500 finishers, and nearly 600 entries were received.

**www.salisbury-arc.org**

## 16th MAR EXBURY 10K

*Exbury, New Forest*

A flat and fast circular course run over country lanes which starts and finishes at Exbury Gardens, taking in spectacular views of the Solent and includes approximately 500 metres of beach front running on the foreshore path at Lepe Beach. Note the start is at an altitude of about 20 metres. The course goes gently down to Lepe which is at sea level and then back up to the start so maybe it is not exactly flat but it's pretty flat.

**www.hardleyrunners.co.uk**

## 16th MAR FLEET HALF

*Fleet, Hampshire*

Fast course with a mix of urban and rural roads. This is fully marshalled with excellent medical cover. This is an accurate course measured under UK Athletics rules. The 2014 course is the same as has been used since 2011. One change to the end of the course is that it will finish on a new tarmac cycle path rather than the grass approach as in previous years.

**www.fleethalfmarathon.com**

## 16th MAR THE 7TH UK WIFE CARRYING RACE

*Dorking, Surrey*

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.

**www.trionium.com/wife**

## 16th MAR RABBIT RUN 5K & 10K

*Ringwood, New Forest*

A friendly race suitable for all abilities that follows established trailways and road with some inclines through the beautiful New Forest. The 5K is suitable for all including children, while the 10K (Runners only) is more of a challenge but rewards with glorious scenery.

**www.ringwoodrabbitrun.org**

## 16th MAR LONGLEAT HALF

*Longleat, Wiltshire*

Starting from the historic house, enjoy the atmosphere in this unique setting, taking in exotic and unusual wildlife along the 13.1 mile route and make every step count in the fight against heart disease.

**www.bhf.org.uk**

## 16th MAR NF GORING 10K

*Goring, Oxfordshire*

Set in beautiful countryside and with chip-timing, closed roads and free flapjack, the Goring 10k is regarded as one of the most enjoyable 10k races in the UK.

**www.goring10k.co.uk**

## 22nd MAR FESTIVAL OF RUNNING - DAY 1

*Linwood, Hampshire*

Set to be an iconic event in the 2014 Running calendar, where nothing else matters but just putting one foot in front of the other in the beautiful national park that is The New Forest.

This year we have 6 races for you to choose from and judging by the success in 2013, we are pretty sure that this year will be a SELL OUT EVENT!!!

**www.nakedstrength.co.uk**

## 22nd MAR RICHMOND RIVERSIDE 10K

*Richmond, Greater London*

This is one of the nicest places to run, super friendly and a great flat course along the beautiful riverside of Richmond.

The location is amazing and the scenery is stunning. Running along the riverside from Richmond towards Kingston and back you have views of the river for most of the way.

**www.thefixevents.com**

## 23rd MAR B&Q EASTLEIGH 10K - HRRL

*Eastleigh, Hampshire*

Celebrating its 30th anniversary. The event that started in 1985 is firmly established as one of the finest 10K road races in the country.

The fast, flat course provides athletes of all abilities with a great chance to record season or personal 'bests'.

**www.eastleighrunningclub.org.uk**

# RACE DIARY

OTHER | 5K | 5MILES | 10K | 10MILES | HALF | 20MILES | MARATHORN | ULTRA

## 23rd MAR — NF FESTIVAL OF RUNNING - DAY 2

*Linwood, Hampshire*

Set to be an iconic event in the 2014 Running calendar, where nothing else matters but just putting one foot in front of the other in the beautiful national park that is The New Forest.

This year we have 6 races for you to choose from and judging by the success in 2013, we are pretty sure (finger's crossed!!), that this year will be a SELL OUT EVENT!!!

**www.nakedstrength.co.uk**

## 30th MAR — COOMBE GIBBET TO OVERTON 16MILES XC

*Newbury, Berkshire*

A 16 mile cross country race, over undulating ground through beautiful countryside. The race starts at Combe Gibbet and finishes in the village of Overton.

**www.overtonharriers.org.uk**

## 30th MAR — RICHMOND 13.1 HALF MARATHON

*Richmond, Greater London*

13.1 miles of some of the most beautiful paths in London. Passing the famous Kew Gardens, Richmond Bridge and Ham House to name but a few.

A community event the Richmond 13.1 & 10km is a perfect preparation event for those of you running London/Paris or Brighton Marathons in the latter weeks.

**www.richmond13point1.com**

## 30th MAR — BOURNEMOUTH BAY 10K & HALF MARATHORN

*Bournemouth, Dorset*

Bournemouth's only coastal half marathon. Run alongside the English Channel coastline to raise vital funds for the fight against heart disease.

This popular event also gives you the option of a 10k Run, 5k Run and 1k Family Fun Run along Bournemouth's sea front.

**www.bhf.org.uk**

## 30th MAR — BROOKLANDS HALF MARATHON

*Weybridge, Surrey*

Starting on the test track at the super modern Mercedes-Benz World in Weybridge, South West London the first 3 miles are all on the really smooth track surface before going out and through Weybridge, along the Thames by Walton Bridge and back to the Mercedes track for the last 3 miles and finishing on the historic Brooklands Straight.

Mercedes;Benz World is an exciting venue and gives us space for a 'Marathon Village' with sports retail and catering outlets and a 'charity village' along the home straight for the charity groups entering the event.

**www.209events.com**

## 6th APR — WHITE HORSE HALF MARATHON

*Grove, Oxfordshire*

This long-running fixture's single-lap route winds through quiet country villages in the Vale of the White Horse, a corner of England named after the intriguing horse figure cut into the area's striking chalk hillside. At around 3,000 years old and 374 feet long, the Bronze Age spectacle - Britain's oldest and most famous hill figure - is an epic backdrop to this beautiful race.

**www.whitehorseharriers.org**

## 9th APR — NEWPORT TO RYDE 7

*Newport, IOW*

Undulating throughout and runs via Barton, New Fairlee Farm, Belmont Woods, Wootton Station, Fernhill to Lakeside, Firestone Copse Road, Newnham Lane, Bartons Corner and Dame Anthony's Common to finish in the grounds of Ryde High School.

**www.rydeharriers.co.uk**

## 19th APR — HURSTBOURNE 5

*Hurstbourne Tarrant, Hampshire*

A challenging 5mile multi-terrain race in the heart of the beautiful North Wessex Downs, starting in the village of Hurstbourne Tarrant and following part of the Test Way through woods and farmland.

**www.hbt.org.uk**

## 27th APR — HOUGHTON 11K TRAIL RUN

*Houghton, Hampshire*

Mainly off-road and the terrain is pretty good with only a couple of areas where it is a bit rutted. This event is in a beautiful setting.

There is a stunning section of bluebells around 6Km. Being a little longer than the standard 10K run, this attracts middle and long distance runners as well as fun runners and walkers. The run joins the Test Way around 8/9Km and The Clarendon Way at around 10Km.

**www.houghton-trail-event.org.uk**

## 27th APR — PLYMOUTH HALF MARATHON

*Plymouth, Devon*

Plymouth's Half Marathon is a much celebrated traffic-free road race, which takes in all that is great about Plymouth. Stunning coastal views, a charming harbour, the beautiful National Trust grounds of Saltram Park, as well as the iconic Plymouth Hoe where Sir Francis Drake once played bowls!

**www.plymouthhalfmarathon.com**

## 30th APR — LAKESIDE 5K

*Hilsea Lido, Portsmouth, Hants*

Flat fast 5k road race, held at IBMs lakeside car park.

**www.portsmouthathletic.co.uk**

**DONT FORGET TO SEND YOUR TIMES, RACES RUN AND ANY PHOTO'S INTO THE GREEN RUNNER FOR NEXT MOUTHS ISSUE**

**R.SNELL48@BTINTERNET.COM**

**KEEP ON RUNNING!**