The GreenRunner

APRIL 2014

SPRING HANDICAP ROUTE

CALF STRAINS (AVOID THEM)

HRRL League

SALISBURY 10

STUBBINGTON INVADES EASTLEIGH

INTRODUCING OUR NEW CAPTAINS

FROM THE CHAIR

Spring is finally springing, and it's great to see so many Stubbies getting out and enjoying their running. If the turnouts at training and racing are anything to go by we are going to see the club go from strength to strength again this year.

The encouragement and support we are seeing on training is naturally encouraging more members into entering races too, and it is not going unnoticed either. The numbers at the league races Salisbury and Eastleigh as well as other events are testament to the strength of the club at the moment, and support we all show each other.

The support was evident throughout the marathon training "season" and the long runs suddenly don't seem so long when you have company, and of course tea and cake at the end help too. The hard work is over, and the taper phase for many is underway. I wish you all good strong runs, luck doesn't come into it, confidence is the key. Have belief in yourselves and the training, and the rewards will follow naturally.

The RR10 season, as well as the popular Lakeside 5k series offer the opportunity for mid week racing throughout the summer. Lets just hope the car parks (and pubs) are big enough to cope with the numbers we are expecting to see this year.

On the social side my thanks to Sue Robinson for organising the recent evening talk and social evening. Thanks to Penny Forse on for the talk on her fascinating career in athletics, and Euan McGrath who passed on some of his nutritional experiences in ultra running to us all.

Have a great running month in April, and let's look forward to celebrating running successes with our marathon runners in Paris, Brighton, and a week later in London, where a bus load of SGR will be on hand to support you around the capital.

Happy running everyone
Graham

Hampshire Best Performances

Many congratulations to Mark Eaton , Simon McMorran and Andy Simpson for achieving the following best performances by a Hampshire athlete in 2013 in their age categories.

Mark Vet45-49 - HM 1.19.38 at Gosport

Andy Vet40-44 - 5 miles 27.20 at Victory and HM 1.13.38 at Gosport
Simon Vet 50-55 - 5 miles 28.00 at Romsey , 10 miles 58.04 at Salisbury, HM 1.17.03 at Bath and Marathon 2.51.06 at Brighton

Well Done Guys!

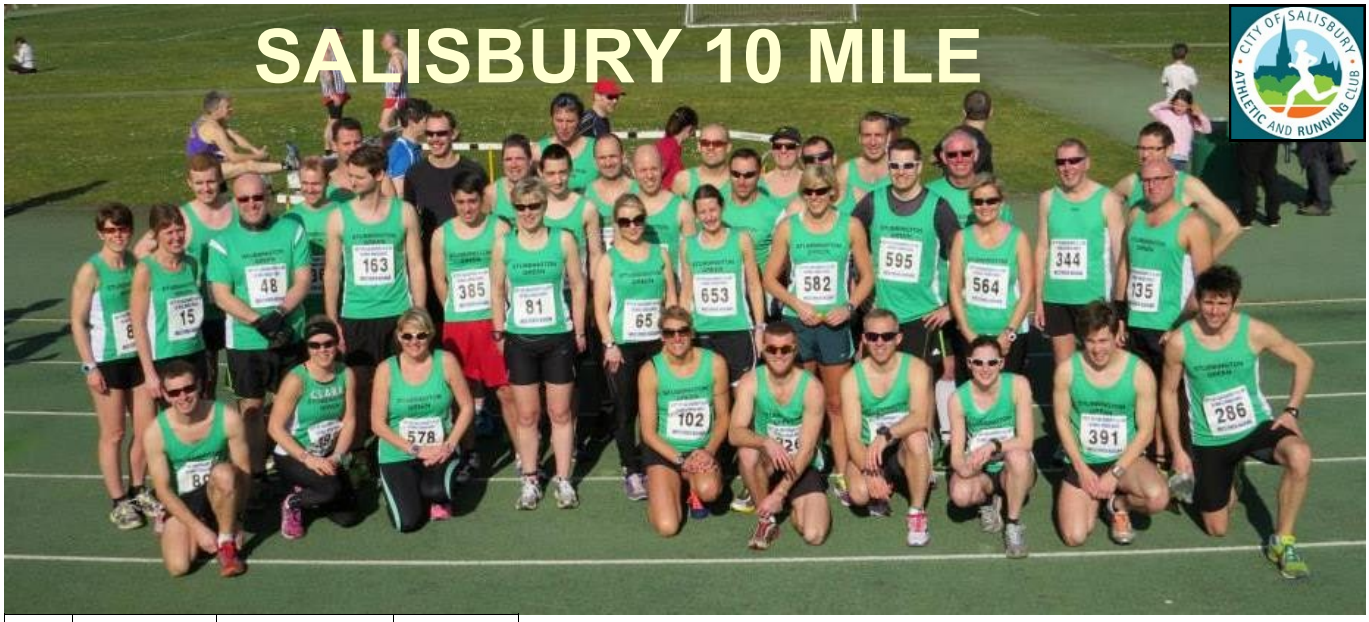
BEGINNERS COURSE REQUEST FOR HELPERS

The annual Stubbington Green Runner's Beginners course starts on the Monday 28th April this year at 7pm and I am putting my request in for helpers to help me out. We are holding the sessions continuously over the Bank Holiday Mondays this year otherwise the course will lose momentum. I don't require volunteers to be there every week for 8 weeks but if you could help me out for a couple of sessions, just supporting the new runners and gently encouraging them on their 8 week journey that would be great. I just need the amount of time that you can commit to and I'll put a rota together. Please email me club-coach@stubbingtongreenrunners.net. Thanks in advance
Verity

MEMBERSHIP RENEWALS

It is that time of the year that your membership renewals are due and the committee would love you to continue your membership. Please go to the website http://www.stubbingtongreenrunners.net/index.php/joining/join-here where the form to renew is available. If you have joined since 1st November last year then your membership will continue until 31/3/15 so you do not need to renew – some of you who joined after 1st November and got a UKA number last year will need to renew this number but I will contact you individually to let you know this. As mentioned at the AGM I do not intend to issue membership cards this year unless you specifically ask for one – if this is the case just use one of the unused boxes to tell me you would like one!
Kevin

SALISBURY 10 MILE



4	Lewis	Chalk	00:55:30
9	Andy	Simpson	00:57:07
12	James	Sawyer	00:57:49
26	Christopher	Brobin	01:00:14
28	Simon	McMorran	01:00:23
48	Graham	Bell	01:02:26
50	Mark	Eaton	01:02:28
60	Sev	Roberts	01:03:38
89	Toby	Greenfield	01:05:23
104	Neil	Richardson	01:07:00
129	Adrian	Piddington	01:08:08
132	Jon	Plomer	01:08:14
159	Tom	Callaway	01:09:33
176	Richard	Edmunds	01:10:42
187	Philip	Martin	01:11:13
210	Richard	Snell	01:12:26
211	Daniel	Foster	01:12:39
223	Chris	McGaw	01:12:58
280	Philip	Whitehouse	01:15:48
288	Richard	Chowns	01:15:56
310	Paul	Coverdale	01:16:39
320	Liam	Dredge	01:17:14
324	James	Lewington	01:17:24
333	Neil	Stantiall	01:18:05
392	Peter	Simpson	01:20:37
396	George	Howarth	01:20:31
414	John	Salt	01:21:24
419	Gavin	Rennie	01:21:51
562	Stuart	McNamara	01:32:07
637	Allan	Stinson	01:42:01
645	Robert	Spencer	01:43:18

This race epitomises how the club has progressed in the last 12 months or so. Last year we struggled to get 12 runners and this was only after a late desperate call for runners, but this year we turned up with a 40 strong field, looking to take on this picturesque race around the undulating lowlands of Salisbury.

The race was run in glorious sunshine with an unseasonal warmth which was a sharp contrast to the wet wintry training nights we have all experienced through the winter months.

There was a great team spirit with plentiful support which was supplemented with a wide variety of post race cakes. There was the offer of pacing from some runners seeking to help their teammates achieve the elusive PB's and according to RunBritain website, PB's were achieved by Gill Rose, Victoria Joel, Sharon Simpson, Jon Plomer, Richard Snell, James Lewington and Stuart McNamara.

The ladies A Team, comprising Melissa Hutton-Dunstan, Louise Wills and Gill Rose, finished 3rd in the A Division; The Ladies B Team, comprising Lucy May, Nikki Roebuck and Victoria Joel finishing 4th in the B Division; and the Ladies C Team comprising Gaynor Heffer, Clara Fordina and Sarah Martin, finishing 8th in the B Division.

The men's A Team, comprising Lewis Chalk (4th overall), Andy Simpson (1st vet 40), James Sawyer and Chris Brobin, finished 2nd in the A division behind a very strong Salisbury team. The B team, comprising Simon McMorran, Graham Bell, Mark Eaton and Sev Roberts chalked up their seventh 1st place finish of the season in the B Division and the C team comprising Toby Greenfield, Neil Richardson, Adrian Piddington and Jon Plomer finishing 4th.
Neil

192	Melissa	Hutton-Dunton	01:11:22
231	Louise	Wills	01:13:36
251	Gill	Rose	01:14:22
260	Lucy	May	01:14:46
289	Nikki	Roebuck	01:15:56
319	Victoria	Joel	01:17:12
478	Gaynor	Heffer	01:25:54
496	Clara	Fordina	01:26:55
584	Sarah	Martin	01:34:38
604	Ann	Blake	01:37:09
620	Sarah	Barron	01:38:47
652	Sharon	Simpson	01:44:41

Time Trials
April to October

After last year's very successful time trials where we saw great turnouts over the 4 mile course, we are looking to replicate the format again with just one change. We are looking to run seven time trials, which is one a month throughout summer. So runners can see their improvement with training through the summer.

Adding fun to these trails again, we will be looking to highlight time losses runners achieve each month with the one person who shaves the most off their time trial each month, receiving recognition each month. To make this fair, we are looking to time band people again, so people can compete with similar paced runners. At the end of the season, the winners will be the people in each band who shaves the most time off their season's best, from last years' time trial and will receive a prize. If you didn't run last season don't worry, we will take the first time that you post this season.

We are looking to combine the trials with a social drink in the Red Lion afterwards to rehydrate everyone!

See below the handicap bandings:-

We will meet on the THIRD Thursday of every month at the Crofton Community Centre in Stubbington. We have tried to avoid as many clashes with the RR10's, Lakeside and HRRLs races. There are two starter times, to get everyone to finish about the same time. So people looking to run 4 miles in over 35 minutes start at 6.45pm at Eric Road and meet at the centre for 6.35pm. For people under 35 minutes, then meet at 6.50pm at the centre and start at 7.00pm. A map of the course will be posted on the website with written directions.

Under 25 mins
25.01 – 28.00 mins
28.01 – 31.00 mins
31.01 – 35.00 mins
Over 35 mins

17th April	**17th July**	**18th September**
15th May	**21st August**	**16th October**
19th June		

Hampshire Road Race League Summary after race 9 of 12

LADIES A TEAM		
1	Winchester	8
2	Salisbury	17
3	Stubb'ton	35
4	Totton	36
5	Fareham	43
6	Lordshill	47
7	Eastleigh	52
8	Alton	54
9	PompeyJ	59
10	Denmead	63

MENS A TEAM		
1	Salisbury	21
2	Stubb'ton	25
3	Lordshill	32
4	Winchester	35
5	Overton	48
6	So'ton AC	52
7	Denmead	54
8	Eastleigh	72
9	Totton	77
10	New Forest	78

LADIES B&C TEAM		
1	Winchester B	8
2	Winchester C	20
3	Stubb'ton B	33
4	Fareham	36
5	Lordshill B	48
6	Salisbury	58
7	IOW RR	64
8	Stubb'ton C	65
9	Totton	70
10	Denmead	86
11	Lordshill C	91

MENS B&C TEAM		
1	Stubb'ton B	15
2	Lordshill B	31
3	Winchester B	36
4	Stubb'ton C	40
5	Salisbury	51
6	Lordshill C	75
7	PompeyJ B	76
8	Denmead	76
9	Winchester C	78
10	Overton	93
11	Eastleigh	94

THE EASTLEIGH 10K

When I reviewed the HRRL race calendar at the start of the season I considered the Eastleigh 10k with mixed feelings. In my opinion, out of all the HRRL races, it is the most boring and uninspiring in terms of route and it is a race with little in the way of redeeming features.

On the flip side, it provides a fast flat route that attracts a fantastic cross section of runners, ranging from the cream of the regions top 10k runners, to those 10k race newbies who are testing themselves for the first time across this distance. For others, it provides a great opportunity for a PB and it allows you to realistically understand where you are with your current race pace and sets you up for the run-in for the remaining races in the HRRL calendar.

The Eastleigh 10k certainly proved to be a huge attraction to Stubbington Green Runners as they turned up in force providing 92 runners. Wherever you looked there was someone in a green stubbie vest! Last year we had 55 runners which in itself was a fantastic turnout but to get 92 this year really shows how far the club has come.

The majority of SGR's went home very happy, with approximately 40% of our runners achieving PB's. unfortunately It is impossible to keep track of every bodies pb's and whilst I usually rely on The Run Britain website to identify the PB performances they did not report all the results for this race. It will be unfair to highlight any specific individual so I will just say a big well done to you all. A special mention however must go to Mike White though who achieved a fantastic 2nd place in the Vet 55 category, which is an exceptional performance given the quality of the field. Mike wasn't there to collect his prize though as he was busy running a further 12 miles to get home!

Conti...

The competition was extremely tough but despite this, the ladies and men's teams still performed well. The Ladies A team, comprising Melissa Hutton Dunton, Lucy May and Louisa Wills finished 6th, The B team comprising Nikki Roebuck, Lee Stantiall and Hilary Gulliver also finishing 6th in the B Divsion and the C team of Anna Wilby-Lopez, Gemma Jones and Lucy Window finishing 8th.

The men's A Team of Lewis Chalk, Andy Simpson, Chris Brobin and Russell Coleman finished 5th, the B team comprising Graham Bell, Adrian Piddington, Mike White and Sev Roberts finishing 6th and the C Team with Will Feline, Mark Eaton, Daragh Hendley and Rob Greenwood finishing 8th.

There is still a lot to run for for all the teams so onwards and upwards to Alton on the 11th May for a classic 10 mile race. See you all there!

Neil

THE EASTLEIGH 10K

380	Melissa	Hutton-dunton	00:41:38
514	Lucy	May	00:43:02
518	Louise	Wills	00:43:09
561	Nichola	Roebuck	00:43:52
718	Alethea	Stantiall	00:46:16
733	Hilary	Gulliver	00:46:11
739	Anna	Wilby-lopez	00:46:20
820	Gemma	Jones	00:47:30
854	Lucy	Window	00:47:59
857	Verity	Wright	00:48:04
871	Clara	Fordina	00:48:09
970	Gaynor	Heffer	00:49:19
1233	Kelly	Bennetts	00:52:26
1319	Lucy	Wilson	00:52:23
1330	Ronel	Beukman	00:52:48
1402	Sarah	Martin	00:53:39
1408	Susie	Macgregor	00:53:39
1414	Marie	Mcdonald	00:53:16
1462	Kay	Sadler	00:54:27
1521	Nicola	White	00:55:23
1527	Sue	Robinson	00:55:12
1554	Pamela	Kemp	00:55:01
1565	Ann	Blake	00:55:48
1598	Sarah	Barron	00:55:41
1612	Eunice	Hoare	00:55:45
1642	Liz	Hall	00:56:07
1719	Alison	Macswayne	00:57:35
1722	Sharon	Simpson	00:59:01
1727	Sandie	Mcintosh	00:57:40
1729	Sarah	Hobby	00:57:51
1740	Julie	Ashman	00:57:49
1794	Anne	Trotman	00:58:33
1867	Julie	Salt	00:59:40
1959	Sophie	Davison	01:01:05
2193	Melissa	Cosens	01:08:19
48	Lewis	Chalk	00:33:32
74	Andy	Simpson	00:34:34
123	Christopher	Brobin	00:36:17
128	Russell	Coleman	00:36:23
137	Graham	Bell	00:36:29
141	Adrian	Piddington	00:36:33
173	Mike	White	00:37:20
184	Sev	Roberts	00:37:36
186	William	Feline	00:37:36
189	Mark	Eaton	00:37:43
190	Daragh	Hendley	00:37:44
207	Rob	Greenwood	00:37:54
210	Andrew	Stockwell	00:38:07
216	Mike	Harper	00:38:32
225	Jack	Webb	00:38:22
245	Toby	Greenfield	00:38:45
285	Neil	Richardson	00:39:29
289	Jon	Plomer	00:39:34
312	Jon	Leigh	00:40:01
315	Liam	Dredge	00:40:02
329	Tom	Callaway	00:40:16
330	Richard	Chowns	00:40:19
374	Philip	Martin	00:41:37
423	Mark	Mcdonald	00:41:49
433	Richard	Edmunds	00:41:57
434	Daniel	Foster	00:41:57
466	Chris	Mcgaw	00:42:19
492	Philip	Whitehouse	00:42:39
496	Thomas	Cave	00:42:34
508	James	Lewington	00:43:01
521	Mike	Bell	00:43:18
528	Andy	Lee	00:42:53
545	Graham	Martin	00:43:11
565	Paul	Smith	00:43:23
602	James	Sawyer	00:43:36
610	Steven	Ellis	00:43:19
647	Neil	Stantiall	00:45:12
670	Tim	Crumpton	00:45:21
676	Nico	Beukman	00:45:00
737	Tim	Matthews	00:45:57
752	George	Howarth	00:46:30
753	Gavin	Rennie	00:45:17
772	John	Salt	00:46:29
799	Phil	Hobby	00:46:43
855	Danny	Hughes	00:46:44
892	Nigel	Whitcher	00:48:19
1129	Aitken	Hunter	00:50:18
1132	John	Vose	00:51:33
1308	Stuart	Mcnamara	00:52:24
1312	Andrew	Richardson	00:51:50
1387	David	Pheby	00:52:54
1626	Allan	Stinson	00:56:56
1656	Simon	Hearnden	00:57:18
1736	Robert	Spencer	00:57:23
1747	Julian	Web	00:57:52
1755	Steven	Peach	00:57:54
1883	David	Macswayne	01:00:01
1958	John	Fairhurst	01:01:57
1987	Alan	Eames	01:02:25

CAPTAINS CORNER

Nikki Roebuck & Andy Simpson

Welcome to our first captain's corner.

Thank you for all the kind messages of support I received regarding my captaincy. Just to introduce myself to those not as familiar with me; I have been running with Stubbington for just over two years now. Previously I ran at school where I represented Oxfordshire Schools in the county cross country championships and trained a lot on track at both 1500m and 800m distances. I then moved to hockey and played for a number of clubs and represented Oxfordshire and Durham Ladies and also Oxfordshire mixed, before returning to running. I will admit to being just a little bit competitive so in the time I have been a "Stubby" I have really got into both the road and cross country leagues.
This year I have really tried to mix up my training as much as possible, and this has included hill session with Penny, longer stamina runs and I have also started to add some speed training too. I really appreciate how our Facebook page works and can always find someone at the weekend to run with.

When I am not running I have two small children; Harry who is 8, obsessed with football and ran his first park run on Christmas day and Freya who is 5 and often seen at races in her sparkly ballet skirt. I also work for a pharmaceutical company and travel to a few cancer conferences during the year, which unfortunately is never as glamorous as it sounds.

My two aims for this year have been to break a 45minute 10km and to represent the club at the South Downs Relay. I achieved the first aim at Eastleigh and am very pleased to have also made the relay team and a lot of this is due to the great coaches and leaders we have at the club.

At the start of March, we had the last Southern League Cross Country Race at Staunton Park. Special recognition to all those who ran down to Staunton and especially to those who went on to run the extremely muddy cross country course on top, you all definitely deserved the cakes at the end. There were great performances from Tina Chantry, Penny Forse and Gemma Fleming who was running her first cross country event, just to name a few.

The following weekend we moved on to Salisbury, the weather was pretty warm! The turnout for this year's Hampshire Road Race League events has been really good and the atmosphere and support has really made these events feel quite special. I was particularly impressed with the amount of pacing and doubling up we had for this race. Such a great display of team spirit, which was captured well in Tracy's pictures.

The winter storms had seen Exbury 10km cut to 5 miles, but we had some great performances from first time runners. The marathon people all faired very well in the heat at Cranleigh. We are looking forward to great times at Brighton, Paris and London. Andy is running London, no pressure but expecting a Captain's performance. The efforts you are all putting in around the marathon, is inspiring me to think that maybe my first marathon could be on the horizon.

A fantastic turnout at Eastleigh and so many firsts and broken PB's we can't even list them. The support was fabulous; the pictures were great, for full details see Neil's race report.

In April and May our 4 teams selected for South Downs Relay will be getting out to reccie their legs. This is a great opportunity for everyone to join in and support the teams. Please keep an eye on Facebook to see when reccies are being planned and let people know if you would like to run and/or drive to help get people to the right places (and home again). Details of the teams can be found in an article in this month's Green Runner.

Also in April we have the start of RR10 series, at Royal Victoria Country Park Wednesday 23rd April at 7.00pm. RR10 races are over 4-5 miles off road with a catch up in a nominated pub afterwards. Any standard of runner are able to compete in this friendly runs. Everyone contributes to a team for the Green Army.

The time trials start on 17th April and will be on the THIRD Thursday of each month. We have tried to avoid and minimise possible clashes with the RR10 and Lakeside series. For details of the time trial format are in this month's Green runner.

A future date for the ladies, Purbrook Ladies 5 miles has been bought forwards this year to the 1st of June. This is a great event for runners of all speeds and one definitely recommended.

South Downs Relay – Andy Simpson

The South Downs Way runs from Eastbourne to Winchester and covers a distance over 100 miles. Every year there seems to be more and more events using this fabulous route for teams and individuals, runners and cyclists alike.

The one event which SGR has been invited to take part in for the past 20 years is the 100 relay. It is a real honour to be asked, and we are fortunate that through the respectful and competitive approach we have adopted over the years we have been asked to field 4 teams again this year.

The honour of running the prestigious South Downs 100 mile relay on Saturday 8th June will be taken up by SGR teams consisting of Men's A, B and Vets and a Ladies team. As in previous year the organisers apply a strict cut off time to ensure everyone's safety and for this reason the teams are chosen on a selection basis.

This is a tough off road race, run in the heat of the summer (usually) with no marshals or additional race signage to help with directions. It therefore requires a big commitment in the months leading up to the race from all selected to ensure that everyone knows each of their 3 legs inside out and back to front. Countless times over the years we have seen teams turn up ill prepared and drop out within the first 2 hours of the 10-14 hour race. Recceing the legs and knowing the route is all part of the respect aspect, and why we have been invited back year after year since 1993.

It means a big commitment from the individual runners, as they will need to run each leg at least once preferably twice before the race. It is a team event, and no one wants to let the team or club down by winging it, getting lost on the day or even dithering on which way to run at certain junctions which costs the team valuable time.

Recce's are part of the fun of preparing and everyone is welcome to join in when the research is being carried out. Feel free to keep abreast on Facebook and keep and eye out for when people are planning to go out and recce.

On the day we also need support in transportation for the teams from team drivers (2 per team) and from about 6 people to marshal for 2 hours at one of the handovers. Usually we are assigned the beautiful change over at South Harting, so not too far from home. If you are interested in helping out with driving or marshalling please get in touch with me, your support will be appreciated by all.

Congratulations to those who have been selected to run for SGR in 2014, and good luck with the reccies. Thank you to the team captains, in advance for all the hard work that goes in to getting the teams organised before and during the race.

Ladies	Vets	A Team	B Team
Nikki Roebuck (capt)	**Andy Simpson (capt)**	**Simon Hearnden (capt)**	**Nick Kimber (capt)**
Georgie Gair	Chris Hall	Lewis Banner	Mike Bainbridge
Lee Stantial	Mike White	Will Feline	Andy Lee
Melissa Hutton-Dutton	Mark Eaton	Chris Brobin	Jon Leigh
Lucy My	Euan McGrath	James Sawyer	Neil Richardson
Victoria Joel	Daragh Hendley	Adrian Piddington	Marcus Lee

PERFORMANCE OF THE MONTH

MELISSA HUTTON—DUNTON

For her fantastic results at Salisbury and at Eastleigh both while marathon training

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

Coastal Race Series Sussex 22nd March.

7.8 miles

81st Glen Street 1.18.28 (1st MV55)
103rd John Tussler 1.22.24 (1st MV60)

Half Marathon

359th Julie Bowden 3.09.37 (7th FV50)
360th Caroline Street 3.09.40 (1st FV55)

Katie Simister receiving cup at Netley Abbey parkrun 2nd anniversary celebrations on behalf of SGR (most runs and runners award)

LEADERBOARD

The latest club leaderboard is shown below, this reflects all races that have been reported in the Green Runner up to the previous edition. 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 now on any race report or result that does not mention the race distance will be awarded only 3 points. There have been no points awarded for the Southern Cross Country event at Manor Farm as no results and no marshal names have been forthcoming.

Julie Ashman	100	Agata Whitaker	12	Tom Callaway	168	George Howarth	39	Gordon Westley	12
Susie Macgregor	97	Brigid Hone	12	Adrian Piddington	160	Jack Webb	39	Tomas Stinson	12
Lucy May	78	Jan Southon	12	Andrew Stockwell	153	Neil Stantiall	38	Murray Watson	11
Julie Woodman	64	Marie McDonald	12	Andy Simpson	136	William Feline	38	Alan Forse	10
Nikki Roebuck	63	Alison Thomas	10	James Sawyer	121	Chris Brobin	36	Alisdair Ewing	10
Sarah Martin	59	Angie Crane	10	Jon Leigh	121	Simon Hearnden	36	Andrew McKewen	10
Sarah Barron	57	Anne Fairhurst	10	Mark Eaton	114	Glen Street	35	Andy Donn	10
Tina Chantry	55	Caroline Lewington	10	Liam Dredge	114	Tim Crumpton	35	Ben Piddington	10
Penny Forse	54	Caz Lee	10	Lewis Chalk	113	Paul Coverdale	34	Chriis Richards	10
Caroline Street	53	Chris Haskell	10	Allan Stinson	111	Marcus Lee	33	Clive Farmer	10
Rachael Leach	50	Clara Petal	10	Dan Foster	106	Mike Donovan	33	Clive Robinson	10
Julie Salt	49	Claire Campbell	10	Mike Harper	99	James Lee	32	Craig McCluskey	10
Hilary Gulliver	48	Clare Longman	10	Robert Spencer	89	Andrew Richardson	31	Eric Haskell	10
Nicki White	48	Clare Roberts	10	Sev Roberts	87	Euan McGrath	31	Gary Littlecott	10
Julie Bowden	42	Di Masson	10	John Tussler	85	James Lewington	31	Graham Jacobs	10
Jasmine Smith	40	Elise Eaton	10	Mike White	84	Jamie Stockwell	31	James Barron	10
Kelly Bennetts	39	Jackie Richards	10	Nigel Witcher	83	Graham Martin	29	James Keen	10
Verity Wright	35	Jane Butler	10	John Salt	82	Toby Greenfield	28	Jamie Wright	10
Lee Stantiall	34	Jen Elkins	10	Nick Crane	81	Kevin Toal	26	John Randall	10
Rachael Openshaw	33	Jenny Hearnden	10	Richard Chowns	78	Roger Fairhurst	26	Keith Carter	10
Sharon Simpson	33	Jo McCluskey	10	Chris Leach	72	Richard Edmunds	25	Mark Dyer	10
Louise Wills	34	Julie James	10	John Simister	69	Aitken Hunter	23	Mark Millard	10
Samantha Stockwell	33	Karen Gunner	10	Phillip Whitehouse	69	David Langrish	22	Mark Nichols	10
Ann Blake	30	Kate Crow	10	Peter Simpson	65	Martin Banner	22	Martyn Webb	10
Boe Harper	30	Kathy McKain	10	Neil Richardson	62	Seamus Stinson	25	Michael Robinson	10
Clare Thorpe	30	Kay Sadler	10	Tom Macswayne	62	Eric Beck	21	Neil Mellor	10
Helen Nicholls	27	Kelly Malster	10	Keith Whitaker	61	Graham James	21	Paul Viney	10
Clara Fordina	26	Lish Davies	10	Tom Mellor	61	Tommy Cave	20	Phil May	10
Debbie Spinks	26	Lizzie Martin	10	Simon Vingoe	60	Gavin Rennie	19	Ray Gunner	10
Lucy Window	26	Lola Chantry	10	Simon McMorran	59	John Cox	19	Richard Brook	10
Gaynor Heffer	24	Michelle Simpson	10	Del Granger	58	Wayne Ewens	19	Robert Blackmore	10
Wendy Holloway	24	Rita Leigh	10	Andrew Smith	55	Mike Bell	18	Simon Ede	10
Anna Wilby-Lopez	23	Sadie Bedford	10	David Pheby	55	Tim Sullivan	17	Matthew Abbott	9
Laura Chalk	23	Sally McGrath	10	Russell Mead	55	Boe Harper	16	Chris Roebuck	6
Melissa Hutton-Dunton	23	Sharon Clarke	10	Graham Bell	52	David Abrams	16	Dudley Malster	6
Victoria Joel	23	Tanya Brady	10	Nick Kimber	50	Mark Le Gassick	16	Duncan Borthwick	6
Alison MacSwayne	22	Tracie Jarvis	10	Philip Martin	50	Paul Smith	16	George Rennie	6
Sarah Hobby	22	Tracy Bell	10	Chris Hall	49	Peter Rawlins	16	John Vose	6
Lisa Donn	19	Aga Plombon	9	Howard Clark	48	Phil Hobby	16	Martyn Thorpe	6
Nikkie Plomer	19	Julie Dinwoodie	9	Mike Bainbridge	47	Richard Snell	16	Rob Greenwood	6
Petra Wagenblast	19	Sandra Clark	9	David Castle	46	Ryan Thomas	16	Robert Hinkley	6
Sue Robinson	19	Angela Benfield	6	Kevin Ashman	46	Stuart MacNamara	16	Russ Coleman	6
Katherine Chowns	17	Gill Rose	6	Mark McDonald	46	Tim Matthews	16	Sam Bell	6
Bizz Cosens	16	Heather Hudson	6	Alan White	45	David MacSwayne	15	Sam Smith	6
Dawn Haynes-Sewell	16	Jacqueline O'Rourke	6	Paul Southon	45	Paul Hammond	15	Steven Ellis	6
Eunice Hoare	16	Jennet Woolford	6	John Fairhurst	42	Johnathon Roper	13	Steven Whitaker	6
Julia Park	16	Jennie Lee	6	Daragh Hendley	41	Neil Jarvis	13	Tom Whitcher	6
Katie Simister	16	Kaarina May	6	Andy Lee	40	Alan Eames	12	Gordon	5
Katherin Briggs	16	Karen Salmon	6	Jonathan Plomer	40			Chris McGaw	3
Sandra Abrams	16	Katherine Daily	6					Darley Dale	3
Sue Simister	16	Lucinda Le Gassick	6					Terry French	3
Gemma Jones	13	Melissa Cosens	6						
Holly Stockwell	16	Sophie Davison	6						
Kathryn Davies	13	Georgie Gair	5						
Liz Hall	13								

FROM THE NEW CROSS COUNTRY CAPTAIN

I have just taken over as cross country (XC) captain from Lucy May and felt that as there are lots of new people in the club that I haven't got to know yet I should introduce myself. First of all though I want to say thanks to Lucy for all the hard work she has done to build up the numbers of people turning out in green at the XC events. My aim is to continue this trend and make the 3 XC series races a sea of green just like the HRRL road races.

I joined Stubbington Green Runners on January 2008. This was the year after I completed the Great South Run for the first time and felt that I had found something I enjoyed despite feeling a bit rough when I finished. During my time with the club I have competed in many road, XC races, running festivals and relay races, most of which I have fond memories of. I have enjoyed all of these for various reasons and I am pleased with how my running has progressed, despite a few injury setbacks along the way. Some of my favourite races have been off road - particularly the South Downs Way Relay, the summer RR10's and the Hampshire XC series which I ran for the first time in 2011/12. I do like to race the clock on road to get some PBs too.

Some people already know me but there are many that don't. Due to other commitments - a family (Ann and Tommy) who both run and do triathlons, and coaching at Tommy's tri club I don't always get to club training nights. However I do try to get to some of the club runs and races and if I am injured I try to get out to support if I can.

The three main XC series are:

- the summer RR10s which are off road races some not too far away and others in and around the New Forest area on Wednesday evenings. These are between 4.5 and 5.5 miles usually and are only open to certain clubs and in the past we have had some excellent turn outs and good team and individual results. Runners of all speeds race at these and it is about positions and not times. Support is given to all runners no matter how long it takes to finish and the Stubbie spirit is clear to see in both peoples effort and the support for each other, and this continues after at a social gathering in a local pub for post race refreshments and cheesy chips. Paul Hammond looks after these and organises the scoring etc so if if you have any questions please just ask him (at most training nights) or myself.

- the winter XC races, formerly known as the 'Today's Runner' now known as the 'The Southern League'. However the club is trying to move into the CC6 league which is a little more local and an earlier start so they do not eat into the day so much. Another advantage of this league is that it would be on courses either the same or very similar to the RR10 courses and racing against the same people. This means that those friendships you build up over the summer can continue as can those rivalries. The club will know by mid summer which league we will be competing in and we will let you all know. The attendance at these Sunday morning races has dropped in recent years for various reasons and it would be good to see them coming back up again. Chris Hall looks after these and organises the scoring etc so if if you have any questions please just him or myself.

- the third series are the Hampshire XC league which are on Saturdays during the winter months and are on courses that are slightly less challenging (unless very muddy) as there are races for under 13s, under 15s, under 17s, under 20s, and seniors for both men and ladies. The standard of runners at these races vary considerably. As these are open to all clubs ion Hampshire you get many different people and some of these include some very good runners however there are slower runners taking part too. I look after these races and I am keen to increase the numbers of club members coming to these. Up to a couple of seasons ago we were struggling to consistently get teams out, but in the recent couple of seasons we have had a reasonable turn out for the mens teams but two seasons ago we struggled to get a ladies team (only 3 runners) and last season we managed a team at each race.

There are also the Hampshires, Southerns and National championships which I look after and these are just fantastic races where you can rub shoulders with the best in the County, South and Nationally and yet again it doesn't matter how quick you are if you can run and are in a club you can race.

In all team events, not just the XCs the club needs people to run. It doesn't matter how fast you are, you still run the same distance and can hold your head high when you cross that line. If we need a team of 4 and we have 3 very quick runners, they can't get a team result without that 4th person, wherever they finish in the field.

Why run XCs? A good question and here are just a few things to ponder from Penny and myself.
- It improves both our aerobic and anaerobic systems.
- Muscles get used to absorbing and dissipating shock, and builds strength.
- Increase core strength.
- It strengthens ankles and helps with flexibility.
- There is less impact on joints.
- Helps with mental toughness (running in all weather conditions and dealing with different conditions under foot).
- Great to run these without a stopwatch unlike road and track races.
- You get to rub shoulders with national champions and international runners.
- It is FUN.

All of the above can also help with those road and track races as well as marathons and ultras.

I really hope to see many of you as possible at some of these events so

Don't panic ...
It's only mud and hills!

John

RR10 2014

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 SOUTHERN CROSS COUNTRY LEAGUE STAUNTON COUNTRY PARK

19	Nikki Roebuck
21	Tina Chantry
26	Lee Stantial
30	Lucy May
41	Penny Forse
82	Gaynor Heffer
83	Nicola White
85	Susie MacGregor
90	Sarah Martin
95	Verity Wright
97	Kelly Bennets
103	Clara Fordina
107	Julie Woodman
131	Gemma Fleming

13	James Sawyer
20	Dave Castle
23	Simon Hearnden
26	Boe Harper
31	Chris Hall
32	Sev Roberts
38	Will Feline
43	Adrian Piddington
75	Mike Harper
86	Nick Crane
88	Jon Leigh
91	Mike Bell
94	Philip Whitehouse
98	Tom Calliway
99	Dan Foster
104	Richard Edmunds
106	Peter Simpson
112	Liam Dredge
119	Andy Lee
123	Paul Hammond
156	Nick Kimber
183	John Tussler
126	Steve Ellis
196	Dave McSwayne

Tom MacSwayne

Tom MacSwayne has had a busy few weeks, while at the same time nursing a calf strain.

With 2 lots of County selections he ran despite the discomfort & is now looking forward to a break before the track season.

Recently he ran for Hampshire in the National Inter-Counties in Birmingham, getting spiked right through his shoe to the flesh in the opening stretch and finished 135th out of 269 runners. He was 6th Hants scorer and his team were 10th out of 38 teams; considering there were selected runners from England, Scotland, Wales and N Ireland he shouldn't be too disappointed with that result.

Then, again after a week hampered by injury, he had a much better run at the English Schools Championships in Castle Donington. He came 102nd out of 314 runners in the Senior Boys race, 6th scorer for Hampshire who were 4th team out of 44 county teams. Tom has another year in this schools' age group so it augers well for next season.
Well done, Tom.

Penny

National Wife Carrying Race 380metres

Richard Snell carried Gill Rose over hay bales and through water hazards and didn't finish last. They managed to out sprint a German couple who were the oldest entrants, in their 70's

BATH HALF MARATHON

Runners and spectators confounded the damp weather to fill and line the streets with record attendances at the 2014 Bath Half Marathon, now in its 33rd year.

Despite the cold and drizzly weather, over 12,000 runners pounded the streets of Bath for a multitude of different reasons, from those striving to achieve a personal or charity challenge, to elite athletes aiming for a new course record and world record attempts, the streets were filled with ambition this morning.

Over 30,000 people came to support the 11,300 runners taking part in the BATHALF and the 1,000 runners who took part in the family fun run. Amongst the masses were Stubbies Sarah Barron, Mike White & Simon McMorran. Sarah crossed the line in a huge PB of over 6 minutes in 2:09:31, which gave her 6429th place, with Simon running 80:17 for 120th, which also gave him 4th V50.

I know that Mike ran 82 something! The organisers have taken a bit of a bashing on Runners World, with a few, including me questioning the actual distance. My Garmin had 13.25 at the finish. Everything seemed OK on the first lap, but then the runners are moved over to the right hand lane, where almost immediately I started to notice differences in the mile boards & the Garmin! Not a lot you can do about it, but for £40 entry (fortunately I had a free good for age place) an accurately measured course is not much to ask.

Anyway, still a good day.

Simon

?	mike white	?
120	Simon McMorran	01:20:17
6428	Sarah Barron	02:09:31

FLEET HALF MARATHON

82	David	Castle	01:23:18
269	Liam	Dredge	01:31:51
562	Tina	Chantrey	01:40:44
1405	Aitken	Hunter	01:58:40
1844	Rachel	Leach	02:08:40

MIZUNO READING Half Marathon Sunday 2nd March 2014

5249	Nicki White	01:51:49
6011	Sebastien Desmoulins	01:54:32
7773	Alan White	02:00:21
8103	Clare Campbell	02:01:46
13158	Victoria Kitcher	02:34:01

adidas HALF MARATHON SILVERSTONE

2064 George Howarth 01:51:42

SEMI MARATHON DE PARIS www.parismarathon.com

Sharon Simpson 02:57:27

THE GRIZZLY 2014

WITHERING HEIGHTS (FEATURING HEATH AND CLIFF!)

There were 7 Stubbies that made the trip down to Devon for this year's Grizzly (19ish miles) and Cub (9ish miles) runs. We had fabulous conditions with wonderful sunshine and just enough wind to keep relatively cool. Only Caroline Street and Julie Bowden did the full Grizzly while Julie & Kev Ashman, Sandie McIntosh, Rowena Dodds and Sue Robinson tackled the slightly gentler Cub run with Sarah Boddy supplying fantastic support. The views were amazing and the hills even more so! It was an excellent weekend which was thoroughly enjoyed by everyone.

Grizzly	20 miles	
1525	Julie Bowden	5.48.35
1526	Caroline Street	5.49.32

Cub	9 miles	
153	Julie Ashman	1.47.23
180	Kevin Ashman	1.50.05
343	Sue Robinson	2.10.51
346	Sandie McIntosh	2.11.02
358	Rowena Dodds	2.13.56

Spring Handicap: Sunday 27th April Finish Time 12.00 Noon

The start and finish of this year's Spring handicap is the Beach Huts at Meon Shore. The Handicap is open to all members of the club , the length of the course is nearly 10k. The usual rules apply , which means you can start running or walking anytime you like but you can't use a watch or any other means of time keeping ! With the winner being the person who crosses the winning line nearest to 12 noon.
If the weather permits I will be serving sausages (Veggie Sausages also available but will need numbers) in buns afterwards on the beach, the fall back position is The Osborne View public house

1 Start by running into Titchfield Haven and head north towards Titchfield.

2 After about 1000 yards turn left over a small bridge , this leads into the bottom of Steve Harris strawberry fields .

3 Take the path though the middle of the fields and continue until you reach the end, do not turn off the path.

4 At the end of the path turn left and after 100 yards you should reach Prosbrook Lane.

5 When you reach the Lane turn left and run 20 yards then cross the road and go through the wooden gate.

6 Once though the gate run straight ahead, do not turn left . Keep going (West) until you reach the end of the field (Brownwich Lane) this is permissive footpath.

7 Do not leave the field but turn left and continue until you reach a wooden gate on your right. Go through the Gate and go across Brownwich Lane on to another footpath.

8 This footpath takes you on to a wooden boardwalk thought a small wood.

9 As you exit the wood turn left and follow the path until you reach Chilling.

10 Once you reach Chilling field turn right and follow the path around the field until you have reached the beach and are heading back to Meon.

11 You can take either the top path along the cliff or the lower route along the beach (might be wet), the finish is just pass the last beach hut, near the Ice Cream Van !

12 Good Luck

The cost is £2 and that includes the Sausages!

John Austin HALF MARATHON
Fundraising for Oakhaven Hospice

325	2:01:12	WHITE, Alan
327	2:01:30	BURTON, Mandy
338	2:02:32	WHITCHER, Nigel

SELSEY 10K

Andy Stockwell	38.49
Tom Callaway	40.52
Tim Crumpton	46.19
Robert Spencer	61.04

Chichester Corporate Challenge 4.5K results

	Mike White	Tom Callaway
	DSTL Portsdown W	Arun District Council
26th feb	15:50	17:19
12th Mar	15:39	16:52
26th Mar	15:48	16:41

THE EXBURY 5 miles

21	Mark	Mcdonald	00:33:33
35	Paul	Smith	00:34:54
56	Nico	Beukman	00:37:01
62	Phil	Hobby	00:37:37
68	Keith	Carter	00:38:26
103	Seamus	Stinson	00:41:07
126	Ronel	Beukman	00:42:53
133	Marie	Mcdonald	00:43:32
144	Sue	Robinson	00:44:23
172	Allan	Stinson	00:46:08
197	Sarah	Hobby	00:47:33
198	Sarah	Smith	00:47:34
199	Sandie	Mcintosh	00:47:35
224	Sophie	Davison	00:49:20

THE CRANLEIGH 21 MILE

17	PIDDINGTON, ADRIAN	02:23:35
57	HARPER, MIKE	02:33:06
63	RICHARDSON, NEIL	02:35:11
64	EATON, MARK	02:35:11
78	LEIGH, JON	02:38:04
88	CHOWNS, RICHARD	02:39:45
236	JOEL, VICTORIA	03:03:42
237	MACGREGOR, SUSIE	03:03:43
244	JONES, GEMMA	03:04:42
277	TOAL, KEVIN	03:10:20
310	WILBY-LOPEZ , ANNA	03:13:44
311	WRIGHT, VERITY	03:13:44
360	WHITE, NICKI	03:24:18
368	GOULD, MATT	03:25:43
382	WINDOW, LUCY	03:29:11
405	ASHMAN, JULIE	03:34:21
407	MITCHELL, ELIZABETH	03:35:19
440	SIMPSON, SHARON	03:49:40

THE CRANLEIGH 15 MILE

1	CHALK, LEWIS	01:30:19
51	RIDGE, LAURA	02:06:34
97	WHITE, ALAN	02:18:13
129	ASHMAN, KEVIN	02:31:27

I completed my 50th park run in Australia at Kingscliff NSW. 22nd March
I did it in 30.38

I also ran Clairesbrook Cove in Perth 31.14 for 49th run. 15th March

48th run 31.44 in Clairesbrook Cove as well. 1st March

From Lewis Chalk

The 12th July is the big date for the second River Hamble Games…the website is now up and running for entrants, so please visit www.riverhamblegames.com to enter and pass this email onto any of your friends or colleagues who might be interested in signing up.

When your enter, please include the team name: **STUBBINGTON GREEN**

This year the organisers have extended the competition to include Stand Up Paddleboarding for the first time along with Swimming, Rowing, Kayaking, Sailing and Running from the last event. **What event takes yours interest???**

Every event will be run by a timetable on the day and the organisers hope it will be a day of exciting sporting competition mixed with a large element of fun for Hamble and the wider community to enjoy.
The day will culminate in a medal ceremony at 5.30pm where **you can stay for a drink!!!**

Events include...and you can of course do more than one event!!!
Running
This event will start from Hamble foreshore. Distances will be 5k and 10k over on and off road terrain with some narrow sections. The route will take runners to Netley Country Park and back to Hamble.

Stand Up Paddleboarding
Distance Medal Race (5/6 miles) in two categories, race and fun boards and a Sprint Race. Competitors will need their own boards for the Distance Race and it will be handicapped depending on length of board. Competitors can enter the Sprint Race with hired or borrowed boards on the day. Boards will be available for use on the day.
Sailing
Racing will be just outside the River at Cat Head and the event base will be split between Warsash Sailing Club and Hamble River Sailing Club. This year there are three classes, Laser Standard, Junior Handicap and Senior Handicap.
Rowing
This will be in the River based and will be run using Bursledon Gigs.Each The rowing will be run in heats culminating in a grand final.
Kayaking
Also on the river and Kayaks will be available for loan on the day.Racing will be organized from Hamble side of the river, launching off the foreshore over a slalom course. Heats will culminate in a grand final.
Swimming
This will be based along Warsash shore of the River, entry into the water will be from the 'Pink Ferry' Hard and competitors will swim upstream to a turning mark. Distances will be 1500m or 500m and u16's are eligible for 500m only.

There will also be an **After Games Party** to be held at The Royal Southern Yacht Club (tickets are £15 per head), for competitors and spectators alike to enjoy.

For any questions or further information please visit our website www.riverhamblegames.com or contact Laurie at admin@riverhamblegames.com.

Our team organiser is also happy to help - lewis.chalk@hotmail.co.uk

Stubbington Green Runners Social Update

The talks from Penny and Euan on Friday 21st March were a great success and we had a fantastic turnout of 53 people. Penny's talk was fascinating – what an amazing lady she is. Her running career is quite awesome and we are extremely lucky to have her as a member of our running club. She is a great trainer and never fails to give good advice and lots of encouragement to everyone. A Legend! Euan's advice on nutrition and training was both informative and extremely useful. Lots of information that we can take on board and use to improve our performance. I particularly liked the bit about having cake within 20 minutes of a run finishing!! I think he has also increased the sale of porridge overnight. Many thanks to them both for a really entertaining evening and my thanks to everyone who came along – we raised £86 for our charity which is a brilliant start to our year of fund raising.

The next social event is the **Spring Handicap** to be held on 27th April, details of which are given elsewhere in this Green Runner and also on the website. Hopefully there will be sausages in rolls on the beach at the end unless the weather is really unkind in which case refreshments can be taken at the Osborne View.

Just a heads up for an event in June. We are hoping to put together some teams for the South Downs Relay Marathon and are planning to have a picnic area in the vicinity of the finish. There is also an opportunity to run a full or half marathon plus a fun run. Please let us know if you would like to take part in any of these events as we can get a discount on entry fees if we enter as a Club. You can find the details of the various runs on the 209 Events web site but if you would like to participate please get in touch. Further details will follow next month.

Don't forget the first RR10 of the season which is at the Royal Victoria Country Park followed by a debrief at the Prince Consort.

Stubbington Green Social Committee

Sue Robinson, Nick Kimber, Kathy McKain, Sarah Hobby & Sandie McIntosh

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.

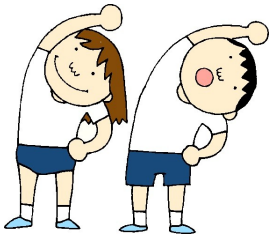
Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Calf strains and how to avoid them

A calf strain is a tear to the gastrocnemius or soleus muscles at the back of your lower leg. They are graded from 1-3 depending on how severe the tear is. They usually happen when the calf muscle is over stretched while weight bearing such as when you suddenly push off or rapidly accelerate or make sudden changes in direction or run up hills.

How do I know if I have strained my calf?

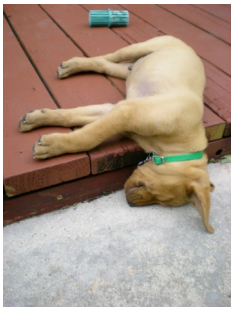
With a minor strain you will probably be walking okay but it may feel stiff, achy or painful at the back of the lower leg.
With a moderate strain you will feel pain when you walk, particularly up and down stairs and it will be stiff and achy. There may be some inflammation and be painful when you point your foot against resistance.
A severe strain will render you unable to walk without help and there will be severe pain even when you are resting. There will also be inflammation and bruising.

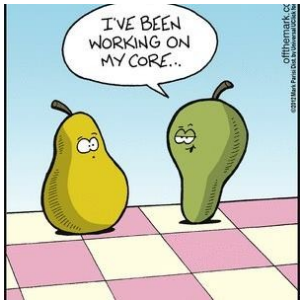


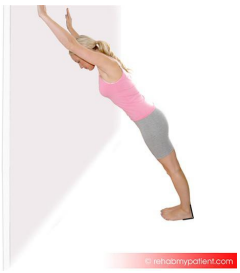
How to avoid them

- Warm up well before you start a training session, especially if you are going to be hill running or doing any speed work or intervals
- Keep your calf muscles strong (see strength exercise below)
- Stretch your calf muscles (gastroc *and* soleus) well after training sessions and in between (see stretches below)
- Factor in recovery time between hard training sessions—give the muscle fibres time to 'mend'.
- Don't over do your training—fatigued muscles are more susceptible to injury
- Make sure you are wearing the correct footwear for your running gait
- Improve your core strength and stability—this will help to reduce twisting forces on your calves

Remember—it can take anything between 2 weeks to recover for a minor strain, and several months for a severe strain







Stretches of the month

1) Stand facing a wall, with your feet together and your hands flat against the wall. Both your feet should be facing forwards and your back heel resting on the ground and your knees straight. You should feel a stretch to the lower leg at the back, in the gastrocnemius

2) Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and both knees bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (soleus)

Strength of the month

Stand on a step, hold onto something for balance if needed. Slowly raise up onto your toes, and control the movement back down below the level of the step. This exercise will strengthen the calf muscles and at the bottom of the movement put a stretch through the calves as well
To strengthen the soleus bend your knees slightly and do the same exercise

Next Month: *Shin Splints*

As the Southsea parkrun has been a popular event for club members I now propose to add this to the list of local parkruns I search for results starting from that taking place on 29th March. The list will now cover Netley, Eastleigh, Southampton, Southsea and Havant and it would be appreciated if you could email me at john_tussler@hotmail.com with your result if you take part in a parkrun other than those five. Many thanks
John Tussler.

Netley 1 Mar			**Southsea 22 Feb**			**Southsea 8 Mar**			**Eastleigh 15 Mar**	
Tom Callaway	20.24		Jon Plomer	19.19		Daniel Foster	20.11		Gavin Rennie	21.35
Philip Whitehouse	21.54		John Salt	24.04		Alethea Adair-Stantiall	21.44		Keith Whitaker	30.29
Del Granger	23.53		Robert Spencer	28.03		James Sawyer	21.45			
Russell Mead	24.59					John Salt	23.17		**Havant 15 Mar**	
Susie MacGregor	25.53		**Netley 8 Mar**			Russell Mead	25.31		Sandra Clark (PB)	28.28
Glen Street	26.22		Tom Callaway	19.57		Allan Stinson	26.24			
John Tussler	26.41		Mark McDonald	20.54		Robert Spencer	27.11		**Southampton 15 Mar**	
Tom Mellor	26.52		Philip Whitehouse	21.38		Martyn Banner	28.13		Liam Dredge	22.50
Allan Stinson	27.48		Neil Jarvis	23.28		Gemma Fleming	31.38			
Julia Park	29.14		Paul Southon	24.49		Melissa Cosens	32.10		**Medina IOW 15 Mar**	
Jaz Smith	30.09		John Simister	24.55					Simon McMorran	17.51
Julie Salt	30.36		Susie MacGregor	26.02		**Netley 15 Mar**				
Wendy Holloway	35.21		Marie McDonald	26.43		Lewis Chalk	16.58		**Netley 22 Mar**	
Andrew Smith	36.24		Tom Mellor	26.54		Chris Brobin	17.37		Tom Callaway	19.52
			Keith Whitaker	27.30		Sev Roberts	19.18		Mark McDonald	21.18
Eastleigh 1 Mar			Julia Park	28.13		Andy Stockwell	19.25		Philip Whitehouse	21.33
Keith Whitaker	26.17		Julie Salt	31.28		Tom Callaway	19.35		Lucy May	22.52
Paul Southon	27.24		Sue Simister	31.40		Toby Greenfield	19.53		Richard Chowns	22.56
			Sonia Robins	33.56		Philip Whitehouse	20.47		Marcus Lee	22.58
Havant 1 Mar			Andrew Smith	37.03		Adrian Piddington	21.32		Del Granger	23.05
Alison MacSwayne	29.54		Wendy Holloway	37.08		Mike Harper	21.45		James Lewington	23.56
David MacSwayne	32.41					James Lewington	22.35		Paul Southon	24.30
Clare Thorp	48.21		**Havant 8 Mar**			Del Granger	22.43		Marie McDonald	27.06
			Clare Thorpe	40.38		Paul Southon	23.58		Tom Mellor	27.25
Southampton 1 Mar						Susie MacGregor	24.11		Rachel Leach	28.17
David McNeish	18.51		**Winchester 8 Mar**			Jamie Stockwell	25.21		Liam Dredge	28.18
			John Tussler	27.32		Glen Street	26.14		Robert Spencer	29.00
Oxford 1 Mar						Ann Blake	26.43		Jaz Smith	29.16
Jon Leigh	20.33		**Killerton 8 Mar**			Grace Park	26.54		Julie Salt	30.21
			Glen Street	27.44		Julia Park	26.59			
Southsea 1 Mar			Jaz Smith	33.42		Allan Stinson	27.44		**Eastleigh 22 Mar**	
James Sawyer	17.09		Julie Bowden	34.13		Rachel Leach	27.45		Keith Whitaker	27.10
Mike Harper	19.04		Caroline Street	34.24		John Tussler	28.10			
John Salt	24.02					Robert Spencer	28.33		**Havant 22 Mar**	
Robert Spencer	27.21		**QE Park 8 Mar**			Caroline Street	30.31		Howard Clark	17.40
Mike Donovan	27.49		Jon Leigh	20.38		Jaz Smith	31.10		Sandra Clark	28.34
Martyn Banner	28.34		David Langrish	23.30		Sue Simister	31.42		Clare Thorp	53.20
						Andrew Smith	37.48			
			Princes, Liverpool 8 Mar			Wendy Holloway	38.01		**Southampton 22 Mar**	
			Andy Stockwell	20.01					Andrew Smith	36.44
									Wendy Holloway	36.52

TRAINING

Apr-14	Day	Effort/Activity	Recovery	Where	Meet	Leader
1st April	Tues	6xBrownwich loop, effort to gate	Jog round to beach	Chilling	Locks Heath Sports Ground	Mike White
3rd April	Thurs	6x600m Hill Head	250m	Hill Head	Crofton Community Centre	Mike Bell
8th April	Tues	2x (10 x Chilling Hills to Pillbox)	Jog Back Down, 2 min rec between sets	Chilling	Locks Heath Sports Ground	Mike White
10th April	Thurs	Grass Fartlek	On pavement	Lee Sea front	Crofton Community Centre	Graham Bell
15th April	Tues	2,4,6,4,2 xmin	2min RI	Warsash Common	Locks Heath Sports Ground	Mike White
17th April	Thurs	4 mile time trial	At the finish!	Eric Road	Crofton Community Centre	Andy Simpson
22nd April	Tues	4x1ml (or steady run if doing RR10)	1.5min	Posbrook	Locks Heath Sports Ground	Mike White
24th Aprili	Thurs	Accelerations x3 sets (4 Triangles)	Mara - Half - 10k - 5k Pace	Lee Front Triangle	Crofton Community Centre	Mike Bell
29th April	Tues	6x1K (or steady run if doing lakeside 5K)	1.5min	Chilling	Locks Heath Sports Ground	Mike White

Thursday Night Intermediate Training 6.30pm

Please check the website and FB for next week's session, as the new summer programme won't be published until the end of next week

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

PENNY'S 6.30PM MONDAY NIGHT AT WHITELEY

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

No one ever gets lost or left behind!

Before Wednesday RR10 & Lakeside races the Monday session is on the flat.

From April to October the hills are run faster but with a longer recovery to maintain the quality.

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

Monday 7th April	**Football pitch reps. 2 x 600m steady / 3 x 400m faster / 4 x 200m fast - all with 200m jog recovery**
Monday 14th April	**Leafy Lane 1.1km loops. 3 - 7 fartlek laps**
Monday 21st April	**Forest lap. 4 - 8 laps of steady paced intervals**
RR10 on Wednesday	**short side fast - long side jog recovery**
Monday 28th April	**Forest lap. 3 - 6 x 1 lap fast with 1 side jog recovery**
Lakeside 5km on Wednesday	

RACE DIARY

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

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

19th APR BOURNEMOUTH QUARTER MARATHON
Bournemouth, Dorset

A road race along the scenic cliff tops and seafront of Boscombe, starting and finishing East of / near Boscombe Pier. The accurately measured course will be fully marshalled and computer timed

www.rotary-ribi.org

19th APR NEWPORT TO RYDE 7
Newport, IOW

The course is 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

23rd APR RR10 LEAGUE - RACE 1
Royal Victoria Country Park

The RR10 league is a series of races in south west Hampshire for their members. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.

www.rr10.hampshire.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

27th APR FORDINGBRIDGE 10K
Fordingbridge, New Forest

A one lap run through some typical and pretty Hampshire countryside along quiet, country roads

www.fordingbridgefirestation.co.uk

30th APR LAKESIDE 5K
Hilsea Lido, Portsmouth, Hants

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

www.portsmouthathletic.co.uk

7th MAY RR10 LEAGUE - RACE 2
Stoney Cross, Hampshire

The RR10 league is a series of races in south west Hampshire for their members. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.

www.rr10.hampshire.org.uk

10th MAY LYMINGTON LIFEBOAT 10K
Lymington, New Forest

Now in its 13th year this run takes place in the beautiful coastal location of Lymington. The course follows country lanes and the flat coastal path along the sea wall with fantastic views across the Solent to the Isle of Wight. Starting and Finishing in Woodside Park.

www.lifeboatweather.org

10th MAY ALTON 10 MILES - HRRL
Alton, Hampshire

Starting at Eggars School, Holybourne on the Eastern edge of Alton. The course follows the same route as for the past few years, through beautiful village and countryside lanes.

www.altonrunners.co.uk

18th MAY NETLEY 10K - HRRL
Netley, Hampshire

The race is run entirely within the confines of the park and adjoining police grounds and consists of 3 laps with an additional 600 yards to finish adjacent to the historic chapel.

www.southamptonathleticclub.org.uk

1st JUN POOLE FESTIVAL OF RUNNING
Poole, Dorset

Fast, flat 5 and 10k road races. Great PB corse for childern, ladies and man.

www.poolerunners.com

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

R.SNELL48@BTINTERNET.COM