The GreenRunner

MAY 2014

ANDY SIMPSON WINS HANDICAP

STUBBIE LADIES GO ULTRA

MUDDY RR10 RESULTS

HOW TO AVOID MEDIAL TIBIAL STRESS SYNDROME (better known as shin splints)

STUBBIES AMAZING MARATHON ACHIEVEMENTS

FROM THE CHAIR

April is typically the peak month for longer distance running, when all the hard effort of the winter training culminates in the longer distance races at marathon or ultra distances. April 2014 was a big month for all our long distance runners and a big congratulations to everyone who achieved their goal this month. There was certainly some fantastic running at Brighton, Paris and London as well as the ultra distance 40+ miles of Evesham with lots of stories, experiences and tales to tell. At each of these races the support on offer was really impressive and goes to show what a supportive club we have evolved into. The club bus we took to the London marathon proved a great success and enabled supporters to spread out around the capital and shout words of support and encouragement to our runners. I know the lady I was next to on the Embankment was suitably impressed with my words of encouragement for the Men's Captain as he charged along with 1 mile to go. Revenge was sweet as I took full advantage and shouted some very direct words of encouragement :)

The RR10 season kicked off at Netley with the highest ever turnout of 90 runners, in a field of 440 (again a record). These evenings are also social occasions and a way to catch up and meet newer club mates and plan other runs. There are 9 more races throughout the summer, 8 of which we can run in. I know that Paul Hammond has been working hard to prepare for our own race at Fairthorne Manor in June, please show your support by volunteering to help out on the night and showcase our club and home race in the best possible light.

There was also a record turnout for the first Time Trial of the year in April, it was great to see that the training has paid off for many with pb's galore and many people ahead of where they were this time last year. Year on year comparisons is always a good measure of progress. The system of banding runners into groups and recognising achievements within the groups means that everyone has a target to aim for and it isn't all about being the fastest in the club, but doing your best for the club.

On the social side, my thanks to Nick for organising the Spring Handicap, my apologies for missing the hot dogs, but the good news is that the stitches are out and the wrist isn't broken, so looking forward to the next big Social event on the 21st June at the South Downs Marathon relay. Please see Captains Corner for further details on how to get involved in this fun day out that involves a slightly competitive element too.

At the AGM in February, we asked for nominations for Charities we could choose as our charity of the year. Thank you for all the suggestions, as we expected there are lots of worthy causes out there, which made the committee decision very difficult indeed. After much discussion and debate we have settled on, what we consider to be, a very good cause, and one where the committee feels our contribution will make a big difference. We agreed that the SGR charity of the year will be a very local charity in Fareham and Gosport called Two Saints, http://www.twosaints.org.uk. The charity supports the homeless and those at risk and looks to help them get back on their feet. We are currently in the process of making contact with Two Saints to understand more detail of how our contribution will make a difference to their organisation. It was a very difficult decision to make and all the choices were very worthy, but the final decision came down to Two Saints being a local charity where our contribution will be tangible. We will also be exploring other possibilities of non financial help we can offer the charity. As we all know the confidence of achieving goals through running gives us all personal confidence, and there maybe some other experiences and help we can share with the organisation to assist in their program.

Looking forward to seeing good turnouts at the culmination of the HRRL season at the Alton 10, Netley 10k and D-Day 10k. The great turnouts and strong running from everyone means that all our teams sit in very strong positions in the leagues. I know Neil has worked really hard over the last couple of years to grow the awareness of these events and ensure that everyone has the opportunity to compete in Green through the car sharing arrangements and through the support and encouragement to all our runners. Please remember that teams are not pre selected for these events, and it all depends on individual entries. As Andy and Nikki continually remind me it isn't just about those in the team, every runner in these races does make a difference to the overall results.

Happy running everyone, no matter how fast or how far you go, the important thing is to get out and enjoy your running.

CAPTAINS CORNER

Marathon month for Stubbington saw Green Army representation at Manchester, Brighton, Belfast (this weekend), Paris, Stratford upon Avon and of course London. I never knew anything as stressful as tracking all our runners as they completed their miles. Over 30 people from the club have completed the marathon distance with lots of great performances with personal bests and money raised for good causes.

A great captains performance with Andy not only crossing the start line just behind Mo (as seen on television), but also coming home in a personal best of under 2hours 40 minutes. Can he be faster next year? A big thank you to the supporters who cheered on the Green Army over the marathons, you made the difference and kept the runners going. Thank you Bell tours (Graham Bell) for organising the London trip for supporters and runners.

We've also had the start of the summer running season with the first time trial, RR10 and then Lakeside 5 commencing this week. Although the weather wasn't particularly kind and the route was pretty muddy, we had over 90 runners turn up at the Netley RR10. We completed a jaw dropping 22 teams with 11 men's and 11 women's team. The men's A team came home 1st and the women's were beaten by 1 point into 4th. Notably we had 2 ladies teams and 3 men's teams in the top 10! The cheesy chips afterwards were well earned and we are looking forward to the next meeting at Stoney Cross on the 7th of May.

The Lakeside series is a great opportunity to improve speed on the fast and flat 5km route. Registration can be made online or on the night and starts at 7.15pm. There are 5 races in the series but you do not need to run all of them. If you 3 run races you will qualify for a final standing and a chance to win an age category prize. Also the more runners we have there helps Stubbington towards the team prize where we finished 2nd last year, lets see if we can go one better this year! This weekend, 3rd of May, Anna Wilby-Lopez has arranged the next women's park run at Netley, Hopefully the sun will be shining and we will get a sea of green for the timed 5km run. Don't forget to join us to celebrate after with tea and cake after. We then have the next two dates in the Hampshire Road Race League with both the men's and ladies teams in with a good chance of some silverware. More details can be found in Neil's report.

This month we will be completing recces for the South Downs Relay. The reccies are a good way to improve your stamina and there are lots of hills to get up and down. If you would like to join us on the South Downs for training run please email us via the website. We are also looking for people to help marshal our check point at Harting on race day which is Saturday 7th June. If you could spare us a couple of hours in the afternoon that would be great and you can cheer on our 4 teams. We require people at the handover point and to make sure the runners cross the two roads safely. Please let one us know if you can do it.

We are both looking to run the RR10s over the summer and will be looking to compete in the last few Hampshire races, so hope to catch up with you at races and training nights. We hope to see lots of you this Saturday at the Park Run in Netley.

Coastal Trail Series - Exmoor 12th April

11.4k	
68th Glen Street	1.26.32 (3rd MV55)
83rd John Tussler	1.28.04 (2nd MV60)

Half Marathon	
206th David Langrish	2.42.13 (6th MV60)
277th Julie Bowden	3.37.08 (4th FV50)
277th Kathy McKain	3.37.08 (4th FV45)
279th Caroline Street	3.37.12 (1st FV55)

Guernsey Easter Runs

Friday 10k Road Race		Saturday 4.75 mile Cross Country		Sunday 4 x 2 mile CC Relay	
168th John Tussler	54.44	83rd Glen Street	40.58	Glen Street	17.55
193rd Julie Bowden	58.11	97th John Tussler	43.05	Caroline Street	20.37
195th Caroline Street	58.16	110th Julie Bowden	46.29	Julie Bowden	19.26
		113th Caroline Street	49.01	John Tussler	18.10

LONDON MARATHON

97	Oboyle, Daniel (GBR)	02:35:32
193	Simpson, Andy (GBR)	02:39:45
816	McMorran, Simon (GBR)	02:54:18
1406	McGrath, Euan (GBR)	03:00:12
1946	Clark, Howard (GBR)	03:06:41
2062	Piddington, Adrian (GBR)	03:07:51
2148	White, Mike (GBR)	03:08:43
3270	Leigh, Jon (GBR)	03:18:11
4432	Kimber, Nick (GBR)	03:26:39
5296	Hutton-Dunton, Melissa (GBR)	03:31:19
9403	Hearnden, Simon(GBR)	03:51:38
12320	Wilby-Lopez, Anna (GBR)	04:02:21
12908	Howarth, George (GBR)	04:05:01
13320	Whitaker, Keith (GBR)	04:06:59
14472	Whitcher, Nigel (GBR)	04:11:56
15353	White, Nicki (GBR)	04:15:34
27147	Radford, Nikki (GBR)	05:08:13

MARATHON DE PARIS

Rich Chowns 3.15.07
Neil Richardson 3.28.32
Victoria Joel 3.59.42
Verity Wright 4.01.27
Aga Plombon 4.07.21
Lucy Window 4.20.54
Danny Hughes 4.23.17
Tom Callaway 4.24.20
Julie Ashman 4.30.03
Kevin Ashman 4.54.07

Brighton Marathon®

Mike Harper - 3.06.09
Simon Ellis - 4:00:18
Sharon Simpson - 5.08.29
Clare Campbell - 5.00.01

asics GREATER MANCHESTER MARATHON

SARAH BARRON	04:49:19

Rotary Shakespeare Marathon and Half Marathon

387	Alan	White	4:02:03
455	Petra	Wagenblast	4:14:13
629	Elizabeth	Mitchell	4:43:43

2 MISSED RESULTS FROM LAST MONTH

FLEET HALF MARATHON

11 Mark Le Gassick 1.15.18 (1st v40)

THE SOUTH DOWNS WAY 50 MILE ULTRA

CLARA FORDINA 10:44:59

THE CRANLEIGH 21 MILE

361	**CLARA FORDINA**	**03:24:18**

compton downland challenge 20 miles

152	Julie Ashman	03:54:30

Ful-On Duathlon, Dunsfold Park 27/4 6km run, 25km bike, 6km run

David Castle, 1:27.11 (13th MVet)
Tina Chantrey, 1:47:18 (5th FVet)

WHITE HORSE HALF

6	LEWIS CHALK	01:14:52
24	MARK EATON	01:22:45
40	GRAHAM BELL	01:25:07
58	ROB GEENWOOD	01:28:15

WEST WIGHT 3 HILLS 8 miles

MCMORRAN, Simon	00:54:39
CRANE, Nick	01:02:08

SOUTHBOURNE FAST AND FLAT 10K

Robert Spencer	0:59:27

Southampton AC Graded Open Meeting, 16/4/14

David Castle, 1500m, 4:31.0
Tina Chantrey, 1500m, 5:47.6

EVESHAM ULTRA 46.5miles

37	Donna Mitchell	10:05:53
	Julie Ashman	missed cut off time but ran 40 miles

South Downs Marathon Relay and Social – 21st June

This year's Stubbington Green away day will be held at the finish point of the South Downs Marathon Relay, Queen Elizabeth Country Park on Saturday 21st June. More details on the social side of the day will follow from Sue and her team next month, but it will be a 'bring your own' picnic and drinks event and hopefully we can all have some fun in the sunshine.

Concerning the running side of the event, there is a choice to participate in the full marathon, a half marathon, a 3.5 mile family fun run (including Butser Hill) or the relay marathon (teams of 4). A number of people have shown an expression of interest through the Facebook page, with a few for the half marathon and a large number for the team event. Details of the start point and the legs are shown below;

The start is at Slindon College with a two wave system starting 30mins apart with the first wave at 9am consisting of relay runners and the second at 9.30am the full runners.

Relay Legs

The relay consists of teams of 4;

Leg 1: Approx 7.2 Miles - Slindon to Littleton Farm

Leg 2: Approx 5 Miles - Littleon Farm to Hillbarn Farm

Leg 3: Approx 7 Miles - Hillbarn Farm to Harting Down

Leg 4: Approx 6 miles - Harting Down to QE Park

We now need everyone to sign up to their chosen event and pay the entrance fee through the Stubbington Green website. Mike has set up a very quick and easy PayPal process and then the club will enter everyone prior to the 1st of June deadline – **so please act now**! Even if you have given you name to Nikki, you must now sign up through the PayPal page.

Andy and Nikki will be putting all those entered into teams; the plan will be to enter one fast men's and one fast women's team and then mix everyone else into teams of equal speed. There will then be some inter-club prizes at the social.

This should be a great event, in a great location so we look forward to seeing as many of you there as possible.

Combe Gibbet to Overton 16 mile Cross Country Race

66	CRANE, Nick	02:15:33
85	LEE, Andy	02:23:40
130	ASHMAN, Julie	02:46:02
156	CLARK, Sandra	03:18:23

First day of summertime, warm sunny and a hilly run along the Wayfarers Way.

Great spectator support at various positions from Kevin Ashman. 159 runners most taken by coach from Overton to the start. Well organised race and scenic hilly route definitely a must for next year.

Nick Crane

THE VERY MUDDY HOUGHTON
4K AND 11K

	11K RUN				
2	Boe Harper	M	16+	00:44:19	
8	William Feline	M	30+	00:47:34	
11	Andrew Stockwell	M	40+	00:50:13	
21	Richard Snell	M	40+	00:52:39	
22	Richard Edmunds	M	40+	00:53:03	
24	Daniel Foster	M	30+	00:53:23	
27	Neil Stantiall	M	40+	00:54:47	
30	Paul Hammond	M	50+	00:55:11	
34	Gill Rose	F	40+	00:56:05	1st lady
41	Nigel Whitcher	M	40+	00:58:25	
54	John Simister	M	50+	01:02:02	
87	Jamie Stockwell	M	-16	01:10:48	1st under 16
	4K RUN				
9	Katie Simister	F	-16	00:23:26	1st young lady
13	Sue Simister	F	50+	00:26:33	1st in category

RR10 2014

It is Totton Running Club's turn to host the next RR10 league race on Wednesday 7th May.

Some of their club members ran round the route on Wed 30th April to make sure all is ok and found a lot of mud. It is recommended that runners wear trail shoes/spikes and not nice new road shoes. The course is either gravel tracks or grass/mud tracks. The wet winter and the recent wet weather has not helped the area but on the plus side there is a lovely big pond to wash the mud off after.

The course is roughly 4.5 miles long and is 1 lap, the race starts at 7.15pm.

Car parking is around Janesmoor Pond and the over flow car park is just down the road at Stoney Cross Plain.

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

With the RR10 season under way the planning for our own race at Fairthorn Manor is well under way. We need about 60 people to cover marshalling, car parking, water station etc. There is no time on the day to allocate marshal positions so there are two dates arranged to enable us to run round the course so you can pick your spot. **Mon 2nd June and Mon 9th June both at 6.30.** Please try to make one of these dates so we can make our race a great success. There are several jobs on the day that do not require a visit beforehand, if you would like to do one of those listed below please let me know.
Car park money collection x2, water station x4, finish funnel number giving x4.
Paul Hammond pjma669q@btinternet.com

RR10 NETLEY

The first RR10 of the season was held at Royal Victoria Country Park on 23rd April. Despite the rain it was the biggest ever RR10 field with well over 442 runners, 90 of which were Stubbies.

Please check on the result list that your name is spelt correctly and that you are in the right age category, if there is not a v number next to your name it means that you are a senior, you stay in the same category for the whole season. If anything is wrong please let me know so I can let the results coordinator know.

Many thanks to Kat Chowns for compiling the list.
Paul Hammond

Lewis Chalk	2
Lewis Banner	6
James Sawyer	8
Andy Simpson v40	11
Boe Harper	16
Adrian Piddington	23
Will Feline	24
Russ Coleman	27
Murray Watson	28
Rob Greenwood	33
Jack Webb	37
Wez Jones	47
Graham Bell v40	55
Mike Harper v50	60
Ray Gunner v50	64
Liam Dredge	76
Tom Callaway	82
Jon Leigh v50	85
Rich Chowns	87
Phil Martin v50	92
Neil Richardson v40	93
Mark Macdonald v40	94
Mike Bell v60	99
Dan Foster	106
Marcus Lee v40	107
Graham James v50	110
Richard Snell v40	111
Nick Crane v50	115

James Lewington	127
Paul Hammond v50	134
Andy Lee v50	136
Nick Kimber v50	138
Kevin Toal	142
Paul Smith	143
Peter Simpson	144
Paul Jacob v50	146
Neil Stantiall v40	152
Paul Coverdale	166
John Exley v50	171
Dai Jones	180
Nigel Witcher v40	193
Phil Hobby	195
George Howarth v50	198
Alan White v50	200
Russell Mead v50	211
John Cox v50	218
Keith Whittaker v60	220
Phil May v50	242
Euan McGrath v40	243
Mike Wootton v50	244
Kevin Ashman v50	245
John Tussler v60	248
Allan Stinson v40	251
Robert Spencer v50	252
Alan Eames v60	257
John Vose v70	261

Helen Nicholls	6
Mellissa Hutton Dunton	13
Nicola Roebuck	16
Lucy May	23
Gill Rose v40	24
Laura Wainwright	26
Hilary Gulliver	37
Verity Wright v40	40
Anna Wilby Lopez	36
Laura Evans	56
Julia Park v50	59
Marie Macdonald	81
Sonia Robbins	84
Sally McGrath v40	86
Laoise Toal	87
Brigit Hone v50	90
Jayne Butler v50	95
Julie Ashman v40	106
Nicki White v40	108
Sharon Simpson v40	110
Kelley Bennett v40	111
Sarah Hobby	113
Julia Webb v50	121
Sandie McIntosh v50	124
Sarah Smith v40	134
Caroline Street v50	139
Julie Salt v40	140
Jennie Lee v50	152
Kate Marsh	161
Sarah Boddy v40	165
Kaarinia May v60	166
Rowena Dodds v50	167
Biz Cosens	171
Julie James v40	174

TIME TRIAL - APRIL

We had great weather for the first time trial and record participation with 56 people turning out! On top of that we had 19 personal bests versus last year and 15 runners who never did a time trial last year.

Well done to Eunice Hoare the 'Biggest Monthly Improver' knocking off 5 minutes and 7 seconds off her best! The early group leaders in the handicapping system for the biggest improver throughout the time trials are as follows Eunice Hoare (35+ minutes), Lucy Window -3.13 (31.01-35), Philip Whitehouse -3.47 (28.01-31), Mark McDonald -1.25 (25.01-28), no leader in under 25.

Look forward to seeing even more people out for May's time trial on 15th May. *Andy*

Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Name	Best 2013	April	Diff
James Sawyer	22.49	23	
Rob Greenwood		23.03	
David Castle		23.29	
Graham Bell	23.36	23.41	
Adrian Pinnington	24.23	24.35	
Mark Eaton	23.21	24.39	
James Hall		24.44	
Mike White	24.14	25.3	
Andy Simpson	21.49	26.46	
Mark McDonald	27.22	25.57	-1.25
Nikki Roebuck	27.59	26.46	-1.13
Daniel Foster	27.17	26.22	-0.55
James Lee	25.42	25.59	
Jon Leigh	25.32	26.12	
James Lewington		26.54	
Gavin Rennie		27.02	
Nick Kimber	26.22	27.04	
Mike Bell	27	27.36	
Andy Lee	26.04	27.43	
Philip May	27.56	35.56	
Philip Whitehouse	30.04	26.17	-3.47
Lucy May	30.59	28.53	-2.06
Paul Coverdale	30.1	28.23	-1.47
Alan White	30.33	29.24	-1.09
Hilary Gulliver	30.01	29.17	-0.44
Paul Southon	30.05	30.03	-0.02
Tina Chantrey		28.29	
Peter Simpson		28.37	
Lee Stantiall		28.55	
Phil Hobby		29.16	
Mark Porter		30.01	
Dan Jones		30.39	
Nigel Whitcher	28.56	31.22	
Keith Whittaker	29.46	36.59	

Name	Best 2013	April	Diff
Lucy Window	34.1	30.57	-3.13
Verity Wright	32.09	30.42	-1.27
Gaynor Heffer	32.57	31.45	-1.12
Dave Pheby	33.41	32.5	-0.51
Aga Plombon		31.14	
Clara Fordina	32.45	33.04	
Stephen Wallbridge		33.33	
Andy Richardson		33.5	
Mike Wotton	34	38.37	
Eunice Hoare	40.3	35.23	-5.07
Marie MacDonald	35.51	35.15	-0.36
Sarah Hobby	35.54	35.51	-0.03
Sue Robinson	35.3	35.33	
Sarah Barron		35.54	
Sandie McIntosh	35.22	36.08	
Agata Whitaker		36.32	
Steve Whitaker		36.32	
Robert Spencer	35.51	38.37	
Rowena Dodds	39.32	42.04	
Kate Marsh		42.55	
Julie Ashman	35.16	45.51	
Bizz Cosens		45.51	

Periodisation

by Sarah Martin and Penny Forse

What is periodisation? Periodisation is breaking your training into phases which will build you up to your target race. By building variety into your training you are less likely to suffer from injury and tiredness.

For example instead of doing a long run every weekend perhaps once a month do a shorter fartlek run over a hilly course, which can refresh you physically and mentally . Majority of runners aim for a PB and Periodisation will help you reach your goals.

General Phase- This is where you gradually build up your mileage and strength. For example you do lots of aerobic running (ie at conversation pace), circuit training, pilates and spinning. This will give you a good base on which to build more demanding training.

Specific Phase-Now is the chance to gradually increase the speed of your runs and sessions aiming towards your goal pace.

Competition Phase-Decreasing your training load will allow your body to recover and to be in the best possible physical and mental state for your target race. This is often called 'tapering'. At the end of this phase you will be fully prepared for your target race.

Transition Phase-Now is the time to rest and recover. For example after a marathon it is advisable for most runners to have a week off and then a period of active rest eg cycling and swimming. Then a few weeks of easy running will then prepare you to build towards your next goal. This would be different for shorter races where a week of easy running would be enough for the body to recover.

The length of each periodisation and the number of times in a year, depends on your target race or races. So if you wanted to peak for both a Spring and an Autumn marathon you would use double periodisation.

For shorter goal races eg half marathons and 10ks you could bring in 3 or 4 periods a year. Racing over shorter distances during your build up will not only help your race fitness and speed but also relieve boredom and provide interest within your running schedule. For these races that are not your target goal there is no need to taper but to use them as part of your training.

A well planned ,periodised training programme gives you the confidence to enter your race knowing that you are well prepared in all areas of your training.

Stubbington Green Runners Social Update

The main social event in April was the Spring Handicap on Sunday 27th and unfortunately I was away in France and so don't have the full details. I gather there was a good turnout, the weather wasn't terrific but the rain stopped in time for sausages on the beach. Liz Hall took the honours for the ladies and Andy Simpson won for the boys. Many thanks to Nick for coming up with the route, organising the day and providing the beach bbq.

May see another two RR10 races, both in the New Forest. The first is on 7th May at Stoney Cross and we will convene afterwards at the Green Dragon in Brook. Let's hope we can match, or even exceed, the fantastic turnout at Netley. Would be nice if there is some sunshine too. The second race on 21st May is at Sway and the pub of choice is The Oak Inn at Bank. Hope to see you all at one or both of these.

I will just mention the first RR10 in June as it is so early in the month on the 4th. This is the one organised by Hardley Runners way down in Blackfield and we get together after the race at the Heath Hotel.

June also sees the return of the McMillan Mile which is an annual event where we get as many runners as possible to do a timed mile and pay £2. All the money raised goes to McMillan Nurses which is a fantastic charity that does amazing work with people suffering from cancer and their families. They provide help and support when it is needed most. This event will take place on Monday 16th June which is the last day of the Beginners Course and we hope they will all join in. Please come along and give your support to this very worthwhile charity.

On Saturday 21st June we are having a race away day at the South Downs Relay Marathon. The teams and entries are being co-ordinated by Nikki and Andy and we have already had tremendous response from members wanting to take part in the Relay as well as some who are going to tackle the half marathon. The race finishes in the Queen Elizabeth Country Park and we are hoping to make this a family day out. We will set up the Stubbington Green camp near the finish and encourage everyone to bring along picnics and enjoy the sunshine. There are lots of things available in the park to keep children and dogs amused while waiting for the runners to make it to the finish. So I hope you can all join us for what promises to be a great day out. More details will follow.

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

"Cotswold Outdoor - SGR members receive 15% discount in the shop or on-line by entering the promotional code of AF-SGRM-7N"

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

PHOTO BOMBING

Gill Rose and Richard Snell photo bomb the Romsey Runners club photo at Houghton (Richard on the left Gill at the back waving).

TERRY FRENCH DOWN UNDER

I am returning to UK end of April for short while. I have enjoyed running the Park Runs in various venues and happy to say they are all very well attended and organized.
Big difference to UK, they start at 7am and even then the temps are way up in the 20s!
29th March I ran in Cleveland Park, Qld in 31.11 5th April Southport main beach Qld in 30.58 12th April Southport main beach 31.35 19th April Cleveland Park Qld 31.47

I haven't been training and done a lot more drinking so hopefully will get back on track soon.

Regards
Terry

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.

PERFORMANCE OF THE MONTH

Clara Fordina for her
50 mile South Downs Way Ultra

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

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

Shin Splints (Medial Tibial Stress Syndrome)

Shin splints is a general term used to describe pain at the front of the lower leg along the shin bone or tibia. There are a number of different causes, including stress fractures to the tibia, but the most common cause of medial shin pain (which this article focuses on) is inflammation of the periostium of the tibia (the sheath surrounding the bone at the front of your lower leg). Traction forces on the periosteum from the muscles of the lower leg cause shin pain and inflammation when too much pressure is placed on your shins or if you overpronate (roll excessively inwards). Those newer to running are more at risk because they are not used to the impact and forces placed on their muscles and bones.

How do I know if I have shin splints?

- Initially you may experience a dull aching pain on the inside lower half of your leg which if ignored may became painful. It may also radiate further up your shin
- Pain at the start of a training session tends to ease as you continue but then returns afterwards, especially the next morning
- There may be some swelling and/or you may feel little lumps and bumps near to the inside of the bone
- Pain when the toes or foot are bent downwards (plantar flexion)

How to avoid them

- Wear footwear that gives the correct amount of cushioning and support and make sure they are not worn down
- Avoid running too much on hard, uneven and cambered surfaces
- Increase mileage, speed and intensity gradually
- Strengthen and stretch your calf muscles and Achilles
- Stretch the muscle at the front of your shin (see below)
- Warm up and cool down before/after a training session

What to do if you have them

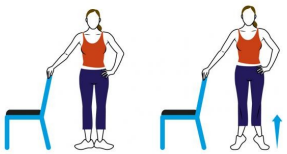
- Rest from running completely (try cycling, swimming or cross training) and ice the area that feels painful or sore to reduce inflammation. Continuing to run will make the injury and your pain worse.
- Specific strengthening and stretching exercises
- Sports massage to the lower leg including the deep compartment muscles can relax and stretch the muscles taking strain off the painful and inflamed tissues
- Return to running gradually, only introducing hills and hard surfaces when the pain has gone completely
- Get your shoes checked out and buy new ones if needs be

Stretch of the month

Kneel down sitting on your heels. Gently push down on the heels to stretch the front of the leg. Hold the stretch for 30 seconds and repeat 3 times.

Strength of the month

Stand with your heels together and toes pointed out. Slowly raise up onto your toes and lower yourself back down. Repeat 10 times.
Stand with your big toes together and heels far apart. Slowly raise up onto your toes, then lower yourself back down. Repeat 10 times.



Next Month: The benefits of sports massage

I now have access to a webpage where I can pick up **all** the parkruns in which Stubbie members have taken part so it will no longer be necessary to notify me of your results outside of the five in which I searched for each week (Netley, Eastleigh, Southsea, Southampton and Havant).
John Tussler

Netley 29 Mar		**Great Lines 5 Apr**		**Newbury 12 Apr**		**Medina, IOW 19 Apr**		**Netley 26 Apr**	
Sev Roberts	19.47	Julie Salt	29.50	Allan Stinson	28.22	Eric Beck	28.48	Sev Roberts	19.13
Tom Callaway	19.48					Sarah Barron	29.51	Andy Stockwell	19.55
Jon Leigh	20.55	**Q E Park 5 Apr**		**Eastleigh 12 Apr**				Tom Callaway	20.51
Marcus Lee	21.43	Will Feline	19.34	Haydn Brown	21.31	**QE Park 19 Apr**		Philip Whitehouse	21.18
Philip Whitehouse	22.15			Agata Whitaker	25.13	David Langrish	23.52	Mike Bell	21.38
Nick Kimber	22.51	**Netley 5 Apr**		Steven Whitaker	26.12	Alison MacSwayne	29.18	James Lewington	22.18
Alethea Stantiall	23.07	Lewis Chalk	17.27	Hannah Smith	28.06	David MacSwayne	30.54	Nigel Whitcher	24.00
Paul Southon	24.23	David Castle	17.50	Jaz Smith	30.23			Paul Southon	24.28
Russell Mead	25.44	Chris Brobin	18.42			**Netley 19 Apr**		Hannah Smith	26.33
Susie MacGregor	25.54	Murray Watson	18.53	**Malahide Dublin 12 Apr**		Murray Watson	18.32	Glen Street	26.42
Jane Butler	27.36	Philip Whitehouse	21.25	Mark Le Gassick	16.53	Jack Webb	18.39	Julia Park	26.43
Julia Park	27.50	Nick Kimber	21.31			Adrian Piddington	19.21	Aga Plombon	27.21
Sophie Davison	29.10	Marcus Lee	21.34	**Netley 12 Apr**		Richard Chowns	20.11	Tom Mellor	27.35
Wendy Holloway	35.34	James Lewington	21.40	Lewis Chalk	17.27	Tom Callaway	20.23	John Tussler	27.41
		Tina Chantrey	22.00	James Sawyer	18.19	James Lewington	21.25	Alison MacSwayne	28.25
Eastleigh 29 Mar		Alethea Stantiall	22.41	Rob Greenwood	18.20	Marcus Lee	21.56	David MacSwayne	29.20
Keith Whitaker	24.13	Paul Southon	23.51	Jack Webb	18.49	Alethea Stantiall	22.34	Jaz Smith	29.54
Glen Street	26.54	Del Granger	23.57	Toby Greenfield	19.15	Mike Harper	22.38	Julie Salt	30.38
Hannah Smith	28.17	Nigel Whitcher	24.48	Sev Roberts	19.55	Rachel Openshaw	22.39	Andrew Smith	34.24
John Tussler	28.47	Russell Mead	25.04	Liam Dredge	20.28	Neil Jarvis	23.25		
Jaz Smith	31.02	Susie MacGregor	26.17	Tom Callaway	20.43	Nigel Whitcher	23.53	**QE Park 26 Apr**	
		Julia Park	26.30	Philip Whitehouse	21.32	Russell Mead	25.34	David Langrish	22.41
Southsea 29 Mar		Tom Mellor	27.05	Marcus Lee	21.35	Mandy Burton	25.57	Andy Lee	22.50
Lewis Chalk	16.36	Andrew Smith	36.41	Daniel Foster	21.59	Andy Richardson	26.07	Jennie Lee	34.44
James Sawyer	17.59	Wendy Holloway	36.47	Alethea Stantiall	22.22	Julia Park	26.12		
Rob Greenwood	18.16			Penny Forse	23.15	Tom Mellor	26.17	**Basingstoke 26 Apr**	
Phil Martin	20.30	**Southsea 5 Apr**		Paul Southon	23.48	Julie Salt	29.46	Sean Stinson	24.49
Harry Martin	22.53	Jon Leigh	20.20	John Simister	24.16	Sonia Robins	31.08	Tomas Stinson	31.58
John Salt	23.34	Harry Martin	22.43	Stuart McNamara	24.46	Jules Dinwoodie	31.38	Allan Stinson	32.00
Mike Harper	23.34	Phil Martin	22.43	Russell Mead	25.19				
Robert Spencer	27.42	Mike Donovan	26.37	Tom Mellor	27.02	**Cambridge 19 Apr**		**Winchester 26 Apr**	
David MacSwayne	27.57			Marie McDonald	28.44	Seamus Stinson	23.29	Paul Coverdale	21.52
Alison MacSwayne	27.58	**Southampton 5 Apr**		Vicky Kitcher	29.46	Tomas Stinson	32.13	Robert Spencer	28.54
		Robert Spencer	27.23	Andrew Smith	44.02	Allan Stinson	32.16		
Havant 29 Mar								**Alice Holt 26 Apr**	
Tom Mellor	28.47	**Havant 5 Apr**		**Southsea 19 Apr**		**York 19 Apr**		Simon Carson-Jones	21.55
Clare Thorpe	42.16	Howard Clark	19.16	John Salt	25.47	Philip Whitehouse	20.28		
		Alison MacSwayne	28.51	Martyn Banner	28.02			**Newent 26 Apr**	
Basingstoke 29 Mar						**Oldham 19 Apr**		Chris Leach	19.40
Seamus Stinson	23.33	**Fulham Palace 5 Apr**		**Eastleigh 19 Apr**		Paul Coverdale	22.34	Rachel Leach	28.23
Tomas Stinson	31.51	Rachel Leach	26.58	Haydn Brown	20.57				
Allan Stinson	31.51			Agata Whitaker	25.08	**Fountains Abbey 19 Apr**		**Havant 26 Apr**	
		Southsea 12 Apr		Aga Plombon	25.30	Verity Wright	24.39	Toby Greenfield	20.15
Eastleigh 5 Apr		Mike Harper	18.43	Keith Whitaker	25.58			Clare Thorpe	46.10
Agata Whitaker	26.53	Robert Spencer	27.04	Steven Whitaker	26.16	**Eastleigh 26 Apr**			
Hannah Smith	28.18			Hannah Smith	27.00	Keith Whitaker	24.23		
John Tussler	28.30	**Havant 12 Apr**		Robert Spencer	29.55			**Brighton & Hove 26 Apr**	
Keith Whitaker	29.14	Alison MacSwayne	28.34	Jaz Smith	32.43	**Southsea 26 Apr**		Mike Harper	24.50
Jaz Smith	30.28	David MacSwayne	29.50	Andrew Smith	34.37	John Salt	24.05		
				Wendy Holloway	36.41	Mike Donovan	26.41		

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

CLUB KIT

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 5th May	Forest lap. 4 - 8 laps of steady paced intervals
RR10 on Wednesday	long side fast stride - short side jog recovery
Monday 12th May	Long hill efforts up to notice boards; jog back down recovery
Monday 19th May	Forest lap. 4 - 8 laps of steady paced intervals
RR10 on Wednesday	short side fast stride - long side jog recovery
Monday 26th May	Forest lap. 2 x 1 lap fast / 1 lap jog; 2 x half lap fast / half lap jog;
Lakeside 5km on Wednesday	2 x 1 side fast / 1 side jog

SUMMER TRAINING

Please can you check the new Summer Training Schedule as it has changed quite a bit, firstly the 6.30pm Locks Heath session has moved to meet at Holly Hill car park during the summer months.

We have also incorporated the Time Trials this year into the schedule and divided the sessions up between leaders so that we have a wide variety of training sessions to meet various abilities. Please make a note of the when the Time Trials are as there are two dates where we should be meeting at Holly Hill but it is in fact the Time Trail, these are 12th June and 14th August so we will have 2 sessions back to back in Stubbington. After a Time Trial we will be back to Holly Hill.

Wednesday night progressive runs have also proved to be very popular and a great way to increase your speed, any runners who have a PB of 50min or under for a 10km are encouraged to come along to these sessions as they would benefit from these runs and see a great improvement in their times. There are 3 re-grouping posts so no-one will get left behind and during the summer months the routes tend to be off road and if there is a RR10 then this session generally won't be on.

Please check FB for updates on whether this session is on.

Tuesday night sessions would also suit runners with a PB of 50mins or under for a 10k and as such we are encouraging runners to come along and try out an open session either on the 13th May and the 10th June.

Holly Hill training in the summer is open to all abilities, it's a great place to train and there are a variety of sessions which incorporate hills and speed which will help you build up endurance and speed.

We are really excited about the different training sessions that we are able to offer our members and want to encourage all of you to try something different this summer, remember to check the website, the Green Runner and our Facebook page for more details.

Verity

SUMMER TRAINING

	Tuesday		Wednesday	Thursday				Weekend Races
Time	19:00		Race	18:30		19:00		
W/C	Effort	Recovery		Effort	Recovery	Effort	Recovery	
Monday	Location	Leader		Location	Leader	Location	Leader	
W/C 5th May	2x2 Mile / Steady Run		RR10	Roller Coaster 25mins		Whistle Stop Fartlek		Alton 10
	Chilling	Mike White		Holly Hill	Graham Bell	Crofton School	Mike Bell	
W/C 12th May	0.5 / 1 / 1.5 / 1 / 0.5 Laps of Field - Flag Session	0.5 Laps		4 mile Time Trial		Red Lion		Netley 10k
	Hook Field	Mike White		Eric Road		Andy Simpson		
W/C 19th May	800x4 x2	Work on Machines	RR10	Hill Sprints x6-8	Down Hill	800mx6 x 2	Jog to start / 3 Mins between	
	St Johns Park	Mike White		Holly Hill	Penny Forse	Lee Front Beach Huts	Jon Leigh	
W/C 26th May	1 Mile x 4		Lakeside 5k	600mx4	300m	600mx6	300m	
	Posbrook	Mike White		Crofton School	Verity Wright	Crofton School	Melissa Hutton-Dutton	
W/C 2nd June	Short Hill Loops		RR10	Fartlek x 4	Mike Bell	Tempo Run 6 Miles	Graham Bell	SDWR/ D-Day 10k
	Red Path	Mike White		Holly Hill		Lee Front Loop		

RACE DIARY

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

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

11th 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.frsystems.co.uk/lymington10k

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

21st MAY — RR10 LEAGUE - RACE 3
Sway, 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

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

1st JUN — THE GOSPORT GOLDEN MILE & 5K
Gosport, Hampshire

The race should appeal to runners of abilities. Test yourself against the best on this flat out and back course. If you feel you're up to it, why not combine your 5k race with a warm up taking in the Gosport Golden Mile?

www. www.runnersworld.co.uk

4th JUN — RR10 LEAGUE - RACE 4
Blackfield, 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

8th JUN — D-DAY 10K - HRRL
Portsmouth, Hampshire

The last of the HRRL ends with a flat, fast & virtually traffic free course starting and finishing at 1000 Lakeside

www.portsmouthathletic.co.uk

11th JUN — RR10 LEAGUE - RACE 5
Fairthorne Manor, 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

15th JUN — 37TH SURREY HILLS TRAIL CHALLENGE
Dorking, Surrey

Get off the roads and try something different this summer!
The Surrey Hills race will take you along the footpaths and up the hills of the beautiful Surrey Hills and provides a challenge to all types of runners, orienteers and adventure racers

www.sloweb.org.uk/events

15th JUN — ALRESFORD ROTARY 10K
Alresford, Hampshire

Fabulous setting in the market town of Alresford, taking in the famous watercress beds and surrounding countryside. Bring your family and take a ride on the famous Watercress steam railway.

www.alresfordrotary.co.uk

22nd JUN — WHITCHURCH 10K
Whitchurch, Hampshire

starting and finishing on the village green, with all the great facilities this offers but the course now continues along the river to Mapledurham and then back through the woods, with a more gradual, single climb back.
The course is as scenic as the original but less hills, so you won't be staring at the floor and can take it all in!

www.whitchurch10k.com

25th JUN — RR10 LEAGUE - RACE 6
Fairthorne Manor, 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

29th JUN — LORDSHILL 10K
Southampton, Hampshire

The course starts in the traffic-free roads near Ordnance Survey's Headquarters, which makes a great back-drop to all the photos. As usual, Lordshill's renowned marshals will be their enthusiastic best, cheering the runners around the course

www.lordshillroadrunners.org.uk

7th JULY — THE HURT
Peaslake, Surrey

With kind permission from The Friends Of The Hurtwood, the 5k, 10km and 20k trail run will climb through the picturesque alpines of the Greensand Ridge of The Surrey Hills. This magnificent event will offer superb scenery as you race through the pine forests of "Little Switzerland".

www.aat-events.com/race

7th JULY — NEW FOREST 10
Brockenhurst, New Forest

Bring your family and friends and join us on a wonderful day out in the beautiful New Forest. The venue is in the heart of the forest and we offer you a large free car park with plenty of space to picnic, barbecue and have a good time

www.nf10.co.uk