The GreenRunner

JUNE 2014

HRRL League

D-DAY APPROACHES

ALTON & NETLEY RACE REPORTS

STUBBIES PUT MORE TROPHIES IN THE CABINET

LATEST LEADERBOARD

THE BENEFITS OF SPORTS MASSAGE

FROM THE CHAIR

As summer fast approaches it is great to see that every weekend is full of choices and opportunities to get out and run. Whatever your run of choice is, it seems that you will have a Stubbie along side to enjoy it with you. June look like being busy month if my calendar is anything to go by.

From park run's to ultra distance races the Green of Stubbington can be seen competing far and wide this summer. The RR10's continue to be popular and we are putting out more teams than ever each week. We also have 7 teams of 4 registered for the South Downs Marathon Relay on mid summers day, and the picnic afterwards should be a chance to enjoy a club day out too. Thanks to Sue, Nikki and Andy for getting us organised.

The first Saturday in June is the highlight for many as we enter 4 teams in the full 100 mile South Downs relay. As always planning and preparation has been fraught and not without worry. Sorry to those that have had to pull out through injury, and thanks to those who have showed team spirit stepping in late in the day to help the club out. I know that Nikki and Andy have had a stressful time getting the teams organised for the big day.

The following day is the final race of the HRRL season with many of us trying to complete 7 races and get our hands on the coveted HRRL mug! There is also the small matter of trying to beat our rivals and win the overall league, which would be a fantastic achievement for our club. The competition to be in our mens A team means that even our captain isn't guaranteed his place at the moment. Thanks to Neil for getting our overall participation numbers up, again. The turnouts have been fantastic and go a long way to support each other in our personal tussles.

June will see the completion of the latest beginners course, and will culminate in another "Ladies Day" at Netley park run. I know the May event was a great success and it will be great to show our support once again. I also hear that we are targeting the Wyvern 10k to show our support for a relatively new local race. So get your entries in for that one too.

Thanks also to Paul for getting our RR10 organised. Setting up a new course is never easy, and I know he will be relieved to get it out of the way so that he can enjoy the rest of the summer. As you know we aren't allowed to run our own event, if you haven't volunteered please get in touch with Paul and show your support.

Just a couple of events for July, firstly don't forget to get your entries in for the Hamble Games, it is all a bit of fun really, and I know that those who did it 2 years ago had a great time. Also,at the end of July, Hedge End RC are organising a family fun day at Fareham RC in aid of the Rainbow Centre. Look out for details of a relay race with a difference and children's races too.

Whatever your choice of run or Tri, have a good one, and enjoy the summer.

Happy Running
Graham

Celebration Marathon Meal

At the end of May we had 23 members go out and celebrate their achievements in the marathons that they had completed this year from Brighton, Manchester, and Stratford to the international ones including Belfast, Paris and Prague. We all went to Chimichanga's in Whiteley and proudly wore our medals.

There was a marathon quiz which covered the races people had done this year and was won by the Ashman's. Well done to everyone who sweated blood, tears and lots of sweat over months of training during the winter months.

We look forward to summer training and cheering on everyone who is doing an autumn marathon at Abingdon, Bournemouth and Berlin.

CAPTAINS CORNER

This months report is being compiled from both sides of the Atlantic, with Andy training hard on the south coast and Nikki warm weather training in Chicago. Another exciting month from the Green Army with more wins and some very impressive firsts.

Well done to everyone for their continued commitment to the Hampshire road race league and fingers crossed for a first and third place finish for the men's and ladies A teams respectively. Congratulations to the Men's team for winning Alton and Netley and for Daniel O'Boyle's 1st place at Netley. Also a special shout out to all those who have been competing in Ultra events, including the Marlborough 33 and 20 mile. A great performance by Donna Mitchell completing her first ultra in a very impressive time, reflecting the dedication and hard work she has put in. Also many more miles covered by the amazing Julie Ashman and a great ladies team performance at Marlborough with Michelle Simpson completing her first 20 mile race. Euan McGrath continues winning silverware at the Ultra events with the result in the Conti Lighting Run 12 hour Relay where he won the event with the team set up by Men's Running Magazine and set a new course record as well.

June starts out with our first of this year's relays on the South Downs. It would be lovely to see some of you at out our Marshall point at South Harting. As the last legs start, every cheer will be very much appreciated. If anyone would like to wave the ladies bus off at 4.45am too, we would be very pleased. This is my first time in the ladies team and I must say that the time and commitment people have put into reccie not only their own legs, but help others reccie theirs shows what a great team spirit there is in this club. Fingers crossed for more silverware on the Downs.

Don't forget D Day the next day with the men running for gold and in pole position! The last date in this year's league is looking to be an exciting event. It's also a fast flat course for anyone hoping to get a PB in before the summer.

We have 3 RR10s coming up in June, starting on 4th Blackfield, then the next one is our own RR10 at Fairthorne Manor where we need lots of marshals to make sure our event runs like clockwork. Paul Hammond is organising this event for us, so please get in touch with him. We can't run our event, so expect to see everyone marshalling. Finally the last one is Manor Farm on 25th. For everyone who marshals at Fairthorne Manor you will gain points for the Points Leader board.

The bonus points races over the next two months, starts with the RR10 at Manor Farm for June and then in July it will be the Miles of Miles race on 2nd July. This race is being organised by Phil Hobby and involves running around a track and doing a mile! You need 10 people in team which is a mixture of ladies and men. Everyone is welcome to enter this event, doesn't matter how fast you are.

We have our Stubbington away day at Queen Elizabeth Country Park on Saturday 21st June. Let's hope for a lovely day, bring the family and a picnic for a fun day out.
Thank you to all those who have entered the marathon, either the full, half or the relay. For the relay we have 7 teams, we will let you know your teams and then you can organise driving etc. As mentioned before, the plan is to balance the teams (with the exception of one fast men's and ladies team) and finish at a similar time, with a few inter-club prizes along the way. Not forgetting a mug for all those taking part!! If more people do want to enter the individual events then please do so through the 209 web page for the event. Should anyone want to do the relay, that's not already entered through the club, then please contact one of us and we can see if there are enough people to make another team.

Thank you to Verity for once again organising and running the beginners group. The last session will be on Monday 9th of June and the course will end with a park run at Netley on the 14th of June. It would be great if as many or us as possible could make it down and run in support and don't forget money for cake after.

Looking ahead to September, we have once again requested 4 teams for the Test Way relay. Each team is made up of 8 members running an unmarked distance of between 4-7 miles. We plan to enter one fast men's team, a fast ladies team and then a mixed A and mixed B team. We have a list of interested people from the AGM, but if anyone else would like to be involved or would like further details please let Nikki know.

Finally, Nikki mentioned on Facebook we are planning a ladies 10km at wyvern on Sunday 13th of July. Quite a few have committed already and entries are still open to join the team at this local event.

Alton Runners

The Alton 10 mile

40 Stubbington runners answered the Men's Captain's call for arms as we entered the final qtr of the HRRL season. The season is hotting up now and if the Men's A team have any chance of finishing the season as champions, a 1st place finish at Alton was a must.

The Alton 10 provides a challenging yet very rewarding undulating route that takes you through some attractive villages in the East Hampshire Countryside.

Andy's rallying call for runners and the fact that new signing Danny O'Boyle was making his HRRL debut certainly inspired the SGR's into achieving some fantastic times and results.

In 2013 we turned up at Alton with only 13 runners of which 2 were ladies. This year we had a fantastic turnout out of 40 runners (14 ladies and 26 men) with a high number of spectators and a dog!

Danny led the Men's A team home to a first place finish by finishing 3rd overall, with Lewis Chalk (who is still chasing the individual league title) coming home in 4th place. Great runs by Andy Simpson and Adrian Piddington also secured them an A team finish.

3	Daniel O'Boyle	00:55:32
4	Lewis Chalk	00:56:16
9	Andrew Simpson	00:58:30
31	Adrian Piddington	01:03:16
35	Sev Roberts	01:03:38
40	Mike Harper	01:04:13
41	Graham Bell	01:04:15
42	Mark Eaton	01:04:16
75	Murray Watson	01:07:18
83	Liam Dredge	01:08:02
97	Jon Leigh	01:09:25
112	James Hall	01:10:05
130	Jon Plomer	01:11:12
133	Ray Gunner	01:11:27
139	Philip Martin	01:11:48
142	Mark McDonald	01:11:58
161	Tom Callaway	01:13:26
209	Paul Coverdale	01:17:11
213	James Lewington	01:17:28
214	Daniel Foster	01:17:28
265	John Salt	01:20:12
267	Nigel Whitcher	01:20:19
303	George Howarth	01:22:33
367	David Phelby	01:27:27
416	Stuart McNamara	01:33:12
477	Allan Stinson	01:41:56

The B Team, who all came in within 6 places of one another, comprised Sev Roberts, Mike Harper, Graham Bell and Mark Eaton and they secured a 1st place finish in the B Division. The C team finished 4th and comprised Murray Watson, Liam Dredge, John Leigh and James Hall.

The ladies A team finished 7th and comprised Helen Nicholls, Rachael Openshaw and Lucy May. The B team finished 5th and 8th respectively in the B division and they comprised Verity Wright, Gaynor Heffer and Clara Fordina in the B team and Marie McDonald, Kerry Dodsworth and Kelly Bennetts in the C team.

According the to Runbritain website, PB's were achieved by Verity Wright, Gaynor Heffer, Marie McDonald, Sue Robinson, Danny O'Boyle, Murray Watson, James Hall and Allan Stinson.

Prizes were won by Danny O'Boyle (3rd overall), Andy Simpson (2nd Vet 40), Helen Nicholls (2nd vet 35) and Mike Harper (3rd vet 50).

Mike and Andy showing off their trophies

Smiles before the hills

88	Helen Nicholls	01:08:44
257	Rachael Openshaw	01:19:40
270	Lucy May	01:20:29
302	Verity Wright	01:22:29
338	Gaynor Heffer	01:25:03
363	Clara Fordina	01:27:13
415	Marie McDonald	01:33:07
420	Kerry Dodsworth	01:33:52
422	Kelly Bennetts	01:34:04
455	Sue Robinson	01:38:47
457	Ann Blake	01:38:48
464	Sandie McIntosh	01:39:21
468	Sarah Martin	01:39:42
482	Julie Ashman	01:43:40

Southampton Athletic Club

NETLEY 10K

DANIEL O'BOYLE FINISHES FIRST

pos	name	cat	post	time
117	JEN ELKINS	SW	9	43:13
159	NIKKI ROEBUCK	SW	17	44:51
179	LUCY MAY	SW	20	45:37
207	HILARY GULLIVER	SW	24	47:04
208	GILL ROSE	W40	16	47:05
269	CLARA FORDINA	SW	31	50:25
272	NICKI WHITE	W40	25	50:42
290	ANNA WILBY-LOPEZ	SW	35	52:01
343	MARIE MCDONALD	W40	38	54:47
358	CLAIRE JONES	SW	48	55:28
365	EUNICE HOARE	W40	42	55:52
394	JULIE ASHMAN	W40	47	57:54
397	ANN BLAKE	W40	48	58:17
405	SUE ROBINSON	W60	6	58:53
418	SARAH MARTIN	W40	56	59:55
419	SARAH HOBBY	SW	63	59:59
442	ELIZABETH MILES	W40	58	62:39
445	SHARON SIMPSON	W40	59	62:52
452	SARAH BARRON	W40	61	64:22
489	MELISSA COSENS	SW	92	71:32

Stubbington Green Runners dominated the penultimate HRRL league race of the season, which was held in the picturesque Royal Victoria County Park, in hot and sunny weather conditions.

SGR turned up in force with 59 runners (20 ladies and 39 men). There were also many spectators and SGR supporters in the park taking advantage of some glorious weather and some even better racing!

pos	name	cat	post	time
1	DANIEL O'BOYLE	SM	1	32:54
4	LEWIS CHALK	SM	4	33:34
8	MARK LE GASSICK	M40	2	35:00
9	ANDY SIMPSON	M40	3	35:14
11	JAMES SAWYER	SM	7	35:43
24	ADRIAN PIDDINGTON	SM	14	37:25
27	DARAGH HENDLEY	M40	9	37:51
28	RUSSELL COLEMAN	SM	17	37:57
31	SEV ROBERTS	SM	18	38:07
32	SIMON MCMORRAN	M50	3	38:08
33	ROB GREENWOOD	SM	19	38:12
34	MARK EATON	M40	12	38:13
38	HOWARD CLARK	M40	15	38:21
47	MIKE HARPER	M50	5	39:16
58	JACK WEBB	SM	26	40:07
80	JON LEIGH	M50	10	41:13
91	TOM CALLAWAY	SM	36	41:51
93	LIAM DREDGE	SM	38	41:58
95	JON PLOMER	M40	37	42:10
100	RICH EDMUNDS	M40	38	42:23
108	MARK MCDONALD	M40	40	42:51
110	MARCUS LEE	M40	41	42:59
116	PHILIP MARTIN	M50	15	43:13
142	RICHARD SNELL	M40	50	44:14
158	JAMES LEWINGTON	SM	51	44:51
162	GAVIN RENNIE	SM	53	44:58
183	KEVIN TOAL	SM	59	45:58
210	NEIL STANTIALL	M40	65	47:16
216	PETER SIMPSON	SM	66	47:24
233	JOHN SALT	M40	67	48:26
249	PHIL HOBBY	SM	75	49:04
250	ALAN WHITE	M50	36	49:04
253	ANDREW MILES	SM	77	49:08
260	KEITH CARTER	M50	38	49:41
288	SEBASTIEN DESMOULINS	SM	83	51:55
330	STEPHEN WALLBRIDGE	SM	89	54:00
339	JOHN TUSSLER	M60	17	54:26
363	STUART MCNAMARA	M40	93	55:46
400	ALLAN STINSON	M40	97	58:35

The men's A Team followed up their 1st place finish at Alton with another 1st place at Netley and with a very impressive performance. Danny O'Boyle won the race in what was only his 2nd HRRL race. Having sat nicely behind the two race leaders for the first lap he then made his move to the front and there was no catching him thereafter. Lewis Chalk continued his excellent form with a 4th place finish, whilst Mark Le Gassick and Andy Simpson finished in 8th and 9th place respectively. This 1st place finish ensured the A team occupy top spot in the league with only 1 race to go.

The Men's B Division was also dominated by SGR with the B team and C team finishing in 1st and 2nd place respectively. The B team was led home by James Sawyer (11th overall) and which also comprised Adrian Piddington, Daragh Hendley and Russell Coleman. The C team included Sev Roberts, Simon McMorran, Rob Greenwood and Mark Eaton.

The ladies A team finished in 4th place overall and was led home by Jen Elkins, Nikki Roebuck and Lucy May. The A team are still on course for a podium finish if they continue the good form into the last race. The B team finished in 2nd place in the B division and they comprised Hilary Gulliver, Gill Rose and Clara Fordina. The C team finished 6th and comprised Nicki White, Anna Wilby Lopez and Marie McDonald.

The performance from all the runners, spectators and cake bakers was excellent throughout and given that we had more than 10% representation of the total number of runners at the race, there was certainly some envious looks from other club runners.

The HRRL season concludes this weekend at the D-Day 10k in Portsmouth and it certainly is D-Day for different reasons. There is some silverware up for grabs for 5 of the 6 teams and the Men's A team are seeking to end the season as Champions!

MENS A TEAM

1	Stubb'ton	13
2	Salisbury	14
4	Lordshill	26
3	Winchester	25
5	Overton	29
6	So'ton AC	40
7	Denmead	43
8	Eastleigh	58
9	Totton	63
10	New Forest	67

LADIES A TEAM

1	Winchester	7
2	Salisbury	13
3	Stubb'ton	27
4	Totton	28
5	Eastleigh	30
6	Fareham	33
7	Lordshill	36
8	Alton	40
9	PompeyJ	46
10	Denmead	54

MENS B&C TEAM

1	Stubb'ton B	8
2	Lordshill B	22
3	Stubb'ton C	25
4	Winchester B	27
5	Salisbury	39
6	Lordshill C	55
7	Winchester C	55
9	PompeyJ B	57
8	Denmead	56
10	Overton	58
11	Eastleigh	70
12	So'ton AC	83
13	Fareham	86
14	New Forest	92
15	PompeyJ C	103

LADIES B&C TEAM

1	Winchester B	7
2	Winchester C	14
3	Stubb'ton B	25
4	Fareham	27
5	Lordshill B	31
6	Salisbury	35
7	IOW RR	43
9	Stubb'ton C	47
8	Totton	44
10	Lordshill C	60
11	Eastleigh	67
12	Denmead	71
13	Alton	72
14	PompeyJ	79

OLD TRAINERS WANTED

As mentioned in last months Green Runner, SGR charity of the year is Two Saints. The charity supports people who are homeless achieve their future hopes and aspirations.

Many people come to Two Saints with nothing and suitable clothing is a very big need. So please could you dig out any old trainers that you no longer need as footwear is so essential for these guys, as they aim to move into jobs and training opportunities.

If you can bring any old pairs to training , myself or Phil will collect them from you and take them along to Two Saints.

Thank you so very much
Sarah

Terry French being presented with his parkrun 50 shirt A flying visit from "down under"

saucony Saucony Hampshire TRACK & FIELD Athletics Grand Prix 2014

The highly successful Saucony Hampshire Grand Prix events will run again in 2014. C.200 Personal Bests were set last year! There are 2 events planned:

Wednesday 16th July 2014 5.00pm at Down Grange, Basingstoke. Entries are now being accepted for this 16th July 2014 event. Please enter here.

Sunday 31st August 2014 11.00am at Southampton Sports Centre (incorporating the Doreen Old meeting & Quad Kids competition). More details shortly.

British Sprint Distance Championships - Eton Supersprint

Swim Open (750m) / Bike (21.2k) / Run (5k)

Participant	Category	Category position	Finish time	Swim	T1	Bike	T2	Run
Helen Nicholls	(F) 35-39	2nd	01:12:00	13:30	01:00	36:30:00	55	20:05

TIME TRIAL - MAY

Another record turnout for May's Time Trial with 66 people running in perfect conditions lead to 22 personal bests with 14 people running the time trial for the first time or since 2012! So far this year we have had 88 different members run over the two trials but still 51 members to come out of the woodwork who ran last year but not yet run this year, so I can see more record breaking turnouts to come!

The biggest improve on the night was George Howarth knocking 3.01 minutes off his previous best, well done George I will get your prizes to you.

Looking at handicap groups we have Eunice Hoare trial blazing 35+ group with -5.33 mins and extended her lead, 31.01-35 group sees Lucy Window still leading, 28.01-31 has Phil Whitehouse ahead -3.47, Tom Callaway is the new leader in 25.01-28.00 band with -1.32 from last nights run. Also with fabulous run last night was Adrian Piddington who knocked a minute off his best to lead under 25 group.

The next Time Trial is on the 19th June.

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

Name	Best 2013	April	May	Difference
Adrian Piddington	24.23	24.35	23.23	-1
David Castle		23.29	22.54	-0.35
James Sawyer	22.49	23	22.28	-0.21
Mike White	24.14	25.3	24.04	-0.1
Andy Simpson	21.49	26.46	22	
Rob Greenwood		23.03	24.02	
Will Feline	23.3		23.38	
Graham Bell	23.36	23.41		
Mark Eaton	23.21	24.39	25.25	
Howard Clark	24.17		24.41	
James Hall		24.44		
Jack Webb			24.44	
Chris Leach			24.53	
Simon Hearnden	24.56		25.19	
Tom Whitcher	24.05		26.35	
Mike Harper	24.45		29.28	
Tom Callaway	27.29		25.37	-1.32
Mark McDonald	27.22	25.57		-1.25
Nikki Roebuck	27.59	26.46	30.2	-1.13
Daniel Foster	27.17	26.22		-0.55
Richard Edmund	26.41		25.5	-0.51
Richard Snell	27.27		26.36	-0.51
Philip Martin	26.56		26.36	-0.2
Jon Plomer	25.33		25.23	-0.1
Marcus Lee	26.15		26.07	-0.08
Jon Leigh	25.32	26.12	25.36	
James Lee	25.42	25.59	28.38	
Haydon Brown			26.34	
Andy Lee	26.04	27.43	26.49	
James Lewington		26.54	27.19	
Ray Gunner	26.12			
Nick Kimber	26.22	27.04		
Nick Crane	26.55		27	
Gavin Rennie		27.02		
Stuart Hiscock			27.05	
Mike Bell	27	27.36	27.18	
Steven Ellis	26.37		27.39	
John Blake	25.44		29.09	
Gill Rose	27.43		29.34	
Philip May	27.56	35.56	35.44	

Name	Best 2013	April	May	Difference
Philip Whitehouse	30.04	26.17	26.23	-3.47
Lucy May	30.59	28.53	30.2	-2.06
Paul Coverdale	30.1	28.23		-1.47
Alan White	30.33	29.24	29.1	-1.23
Hilary Gulliver	30.01	29.17	29.33	-0.44
Phil Hobby		29.16	28.46	-0.3
Paul Southon	30.05	30.03	32.16	-0.02
Tina Chantrey		28.29	28.32	
Peter Simpson		28.37		
Lee Adiar-Stantiall		28.55		
David Abrams			29.19	
Nigel Whitcher	28.56	31.22	29.27	
Mark Porter		30.01		
Dan Jones		30.39		
Nicki White			30.4	
Keith Whittaker	29.46	36.59	35.05	
Lucy Window	34.1	30.57		-3.13
George Howarth	32.53		29.52	-3.01
Verity Wright	32.09	30.42	30.12	-1.57
Gaynor Heffer	32.57	31.45	32.15	-1.12
Clara Fordina	32.45	33.04	31.44	-1.01
Dave Pheby	33.41	32.5	33.02	-0.51
Andy Richardson		33.5	33.21	-0.19
Aga Plombon		31.14	31.07	-0.07
Stuart McNamara			32.5	
Katherine Briggs			33.2	
Stephen Wallbridge		33.33		
Mike Wotton	34	38.37		
Eunice Hoare	40.3	35.23	34.57	-5.33
Tobin Landricombe	37.21		34.4	-2.41
Bizz Cozens		45.51	44.06	-1.45
Sarah Hobby	35.54	35.51	34.34	-1.2
Marie MacDonald	35.51	35.15		-0.36
Nicola White			35.02	
Sandie McIntosh	35.22	36.08	35.32	
Sue Robinson	35.3	35.33	35.32	
Brigid Hone			35.34	
Kay Sadler			35.46	
Sarah Barron		35.54		
Caroline Chapman			36.25	
Agata Whitaker		36.32		
Steve Whitaker		36.32		
Nikki Plomer	36.39		37.1	
Sandra Abrams			37.38	
Robert Spencer	35.51	38.37		
Kayleigh Abbott			39.55	
Rowena Dodds	39.32	42.04		
Kate Marsh		42.55		
Julie Ashman	35.16	45.51		

RR10 STONEY CROSS

On a cool windy evening at Stoney Cross 60 Stubbies turned out for the second RR10 of the season, hosted by Totton RC. The course was a tad muddy underfoot in places which made for some nifty footwork.

Club debutant Daniel made an immediate impression by winning the race. Several Stubbies went to the race de-brief at the Green Dragon and were there to sing happy birthday to Anna.

Helen Nicholls	2
Daisy Hall	12
Nicola Roebuck	19
Laura Wainwright	32
Gill Rose v40	33
Penny Forse v60	38
Anna Wilby Lopez	45
Verity Wright v40	48
Kelly Bennetts v40	60
Nicki White v40	61
Gaynor Heffer v40	62
Julia Park v50	63
Sally McGrath v40	75
Jennett Woolford v40	86
Brigid Hone v50	92
Sharon Clarke v40	101
Sarah Martin v40	108
Alison MacSwayne v40	110
Sonia Robbins	118
Julie Salt v40	121
Sam Stockwell v40	136
Jennie Lee v50	141
Biz Cosens	149
Nia Bruster v50	151

Daniel O'Boyle	1
Andy Simpson v40	7
Adrian Piddington	20
Jack Webb	25
Will Feline	29
Darragh Hendley v40	32
Murray Watson	35
Ray Gunner v50	45
Jon Leigh v50	77
Tom Witcher	78
Phil Martin v50	80
Rich Chowns	84
Marcus Lee v40	88
Nick Crane v50	89
Andy Lee v50	93
Richard Snell v40	97
Steve Ellis	100
Mike Bell v60	102
Dan Foster	105
James Lewington	109
Tim Crumpton v50	111
Nick Kimber v50	113
Paul Smith	114
Paul Coverdale	117
Paul Hammond v50	119
Dan Jones	137
Nigel Witcher v40	148
Russell Mead v50	158
Chris Hall v40	161
Paul Woolford v40	175
Phil May v50	183
Martyn Banner v50	193
Allan Stinson v40	196
Robert Spencer v50	197
David MacSwayne v50	201
Andrew Smith v50	207

RR10 FIXTURES

4	Jun-04	Recreation Ground, Blackfield	7.30pm
5	Jun-11	Fairthorne Manor, Botley	7.30pm
6	Jun-25	Manor Farm Country Park	7.30pm
7	Jul-09	Marwell Zoo	7.30pm
8	Jul-23	Janesmoor Pond, Stoney Cross	7.30pm
9	Aug-06	Itchen Valley Country Park	7.15pm
10	Aug-20	IBM Hursley Park	7.15pm

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

RR10 SWAY

5	BANNER Lewes
27	HENDLEY Daragh
29	WEBB Jack
31	MCGRATH Euan
34	WATSON Murray
35	GREENFIELD Toby
44	GUNNER Ray
57	STOCKWELL Andy
73	LEIGH Jon
75	WHITCHER Tom
79	LEE Marcus
86	CRANE Nick
92	MARTIN Phil
94	LEWINGTON James
104	STANTIALL Neil
107	TOAL Kevin
110	LEE Andy
112	BLAKE John
113	BELL Mike
116	GUNNER Ryan
127	COVERDALE Paul
129	KIMBER Nick
138	CRUMPTON Tim
144	WHITCHER Nigel
153	HOWARTH George
168	COX John
169	MATTHEWS Tim
195	STINSON Allan
197	MACSWAYNE David
200	BANNER Martin
204	SPENCER Robert
209	EAMES Alan
212	SMITH Andrew

3	NICHOLLS Helen
21	MAY Lucy
37	GULLIVER Hilary
49	WRIGHT Verity
50	WILBY-LOPEZ Anna
59	DONN Lisa
61	PARK Julia
63	ROBBINS Sonia
75	MCGRATH Sally
79	ASHMAN Julie
90	HONE Brigid
91	MCINTOSH Sandi
97	ROBINSON Sue
99	MARTIN Sarah
108	WHITE Sharon
121	TOAL Laoise
123	SIMPSON Sharon
125	STOCKWELL Sam
129	BODDY Sarah
137	MARSH Kate
144	COSENS Biz
145	DODDS Rowena

Dunvegan 10k on Skye

Laura Wainwight & I did the Dunvegan 10k on the Isle of Skye on Sat 24th May. The course was a mixture of road and trails, with the middle third being off road with a couple of decent ascents. The last third was all downhill with great views over to the Cuillin hills, Isle of Rum and the western hills of Skye. The race was part of the village gala day so cakes were in plentiful supply at the finishing line! I came 3rd in 39:15 but in her debut 10k Laura showed me and the locals how to do it by winning the ladies race by over 2 minutes in 45:32.

Will Feline 39.15

Laura Wainwight 45.32 1st Lady

LYMINGTON LIFEBOAT 10K

7	Simon	Mcmorran	00:37:22
38	James	Keen	00:41:01
72	Nick	Crane	00:42:56
539	Claire	Fairbrother	00:56:02
646	Martyn	Banner	00:58:51
888	Sophie	Davison	01:13:01

RUN IT
WALK IT
BIKE IT
ENJOY IT

SARSEN TRAIL HALF MARATHON		
29	Gill Rose	01:39:40
30	Richard Snell	01:39:40

MILTON KEYNES MARATHON		
1803	Sharon Simpson	05:11:01

BRISTOL 10K
STEVEN ELLIS 42:27

THREE FORTS CHALLENGE HALF MARATHON		
9	JAMES SAWYER	01:34:10
19	WILLIAM FELINE	01:39:03
69	ANDY LEE	01:48:52

Edinburgh Marathon
David Castle 3:02:44 Tina Chantrey 4:00:35

THE LEEDS HALF MARATHON		
3680	Rachel Leach	02:08:33

Marlborough Downs Challenge

MARLBOROUGH DOWNS 33 MILE		
7	Euan McGrath	04:35:40
87	Julie Ashman	07:00:48
91	David Langrish	07:14:48

MARLBOROUGH DOWNS		
77	Donna Mitchell	03:56:58
78	Julia Park	03:56:58
99	Michelle Simpson	04:44:30
100	Caroline Street	04:44:30
101	Kathy McKain	04:44:30
102	Tracie Jarvis	04:44:30
103	Julie Bowden	04:44:30

Hedge End Running Club

Members of Hedge End Running Club have been working hard with The Rainbow Centre to organise the Rainbow Relay, a running based family fun day to raise money. There will be several relay races – one for adults and various age grouped races for the children – plus a barbecue, raffle with some amazing prizes and lots of family fun activities.

Hedge End have invited Stubbington Green to take part in this event.

When: The event will take place on Saturday 26th July
What time: 11am and 3pm at the Rainbow Centre.
Where: The Rainbow Centre, The Bradbury Building, Palmerston Drive, Fareham, PO14 1RH

Full details can be found at
http://www.hedgeendrunningclub.com/news2/rainbow-relay-update

You will need to enter the race through the Hedge End website in advance, so teams can be organised before the day.

SELFIE OF THE MONTH

NIKKI ROEBUCK AFTER RUNNING CHICAGO DASH FOR DETECTION 5K IN 21:49

3	James Sawyer	35.49
9	Adrian Piddington	37.50
13	Mark Eaton	39.08
15	Mike Harper	39.42
23	andrew stockwell	41.16
51	Stuart Hiscock	43.23
70	Daniel Foster	45.03
102	Tim Crumpton	47.20
178	Katherine Briggs	53.17
200	Eunice Hoare	55.09
301	Gemma Fleming	1.08.47

10k Ropley

LAKESIDE 5K SERIES

30TH APRIL

3	Daniel O'Boyle	16.03
13	James Sawyer	16.51
17	Andy Simpson	17.05
20	Rob Greenwood	17.11
21	Lewis Chalk	17.11
37	Howard Clark	18.11
38	Sev Roberts	18.12
39	Mark Eaton	18.14
40	Mike Harper	18.15
68	Mark McDonald	19.24
77	Tom Callaway	19.44
85	Daniel Foster	20.13
106	Paul Coverdale	21.41
107	Alethea Stantiall	21.43
120	Hilary Gulliver	22.35
131	Russell Mead	24.03
150	Michael Wootton	25.26
156	Mike Donovan	25.43
160	Marie McDonald	25.55
169	Allan Stinson	27.09
175	Robert Spencer	27.41
179	Julie Salt	28.02
198	Andrew Smith	32.38

28TH MAY

4	Daniel O'Boyle	16.21	3	SM
8	Mark Le Gassick	16.41	1	VM40
14	Andy Simpson	16.58	2	VM40
16	James Sawyer	17.05	12	SM
32	Lewis Chalk	17.48	21	SM
40	Mike Harper	18.17	1	VM50
41	Howard Clark	18.18	7	VM40
45	Sev Roberts	18.19	25	SM
58	Toby Greenfield	18.45	31	SM
64	Mark McDonald	19.07	11	VM40
73	Jon Plomer	19.37	12	VM40
77	Tom Callaway	19.47	39	SM
90	Daniel Foster	20.20	43	SM
99	Lucy May	20.57	5	SW
109	Peter Simpson	21.24	51	SM
117	Paul Coverdale	21.47	53	SM
118	Alethea Adair-Stantiall	21.48	7	SW
132	Hilary Gulliver	22.35	9	SW
155	Mike Donovan	24.48	61	SM
159	Marie McDonald	25.16	6	VW40
169	David MacSwayne	26.37	9	VM50
183	Robert Spencer	28.17	14	VM55
184	Julie Salt	28.56	9	VW45
188	Andrew Smith	30.04	15	VM55

LEADERBOARD LATEST

Julie Ashman	262		Katherine Chowns	23										
Susie Macgregor	159		Kathy McKain	23										
Nicki White	155		Julia Webb	20										
Lucy May	141		Laoise Toal	20										
Caroline Street	138		Laura Evans	20										
Clara Fordina	137		Laura Wainwright	20										
Verity Wright	135		Sarah Boddy	20										
Sharon Simpson	129		Sophie Davison	20										
Nikki Roebuck	123		Katie Simister	19		Tom Callaway	289		David Pheby	65		Ryan Thomas	16	
Sarah Barron	119		Lisa Donn	19		Adrian Piddington	272		Paul Hammond	62		Steven Whitaker	16	
Julie Bowden	102		Liz Hall	19		Jon Leigh	230		Tom Macswayne	62		Keith Carter	15	
Tina Chantry	97		Nikkie Plomer	19		Mike Harper	210		Simon Vingoe	60		Johnathon Roper	13	
Anna Wilby-Lopez	96		Dawn Haynes-Sewell	16		Andy Simpson	202		Jonathan Plomer	59		Sebastian Desmoulins	13	
Sarah Martin	95		Holly Stockwell	16		James Sawyer	193		Chris Brobin	58		Rob Greenwood	12	
Julie Salt	86		Katherine Briggs	16		Liam Dredge	192		David MacSwayne	56		Terry French	12	
Kelly Bennetts	85		Kay Sadler	16		Lewis Chalk	189		Richard Snell	54		Nico Beukman	11	
Melissa Hutton-Dunton	85		Mandy Burton	16		Dan Foster	182		Toby Greenfield	53		Alan Forse	10	
Julie Woodman	84		Vix Kitcher	16		Andrew Stockwell	175		Phil Hobby	51		Alisdair Ewing	10	
Lucy Window	83		Sandra Abrams	16		Allan Stinson	173		John Fairhurst	48		Andrew McKewen	10	
Victoria Joel	80		Hannah Smith	15		John Tussler	171		Daragh Hendley	47		Andy Donn	10	
Lee Stantiall	79		Melissa Cosens	15		Mark Eaton	168		Mike Bainbridge	47		Ben Piddington	10	
Hilary Gulliver	78		Gemma Jones	13		Nigel Witcher	168		Paul Smith	47		Chris Richards	10	
Penny Forse	77		Kathryn Davies	13		Richard Chowns	167		Andrew Richardson	44		Clive Farmer	10	
Jasmine Smith	75		Jan Southon	12		Robert Spencer	165		David Langrish	44		Clive Robinson	10	
Rachael Leach	75		Julie Dinwoodie	12		Mike White	148		Aitken Hunter	42		Craig McCluskey	10	
Gaynor Heffer	64		Ronel Beukman	11		Neil Richardson	145		Gavin Rennie	42		Eric Haskell	10	
Julia Park	57		Alison Thomas	10		Nick Crane	145		Mike Donovan	42		Gary Littlecott	10	
Sarah Hobby	57		Angie Crane	10		Alan White	136		Graham James	41		Graham Jacobs	10	
Marie McDonald	56		Anne Fairhurst	10		Phillip Whitehouse	136		Jamie Stockwell	41		James Barron	10	
Sandie Mcintosh	54		Caroline Lewington	10		Sev Roberts	135		Tim Crumpton	41		Jamie Wright	10	
Ann Blake	49		Caz Lee	10		Keith Whitaker	131		John Cox	39		John Randall	10	
Claire Campbell	49		Chris Haskell	10		Nick Kimber	126		Alan Eames	38		Mark Dyer	10	
Louise Wills	49		Clara Petal	10		Peter Simpson	119		Murray Watson	37		Mark Millard	10	
Elizabeth Mitchell	47		Clare Longman	10		Simon McMorran	119		James Lee	36		Mark Nichols	10	
Donna Mitchell	47		Clare Roberts	10		John Salt	116		Seamus Stinson	36		Martyn Webb	10	
Helen Nicholls	47		Di Masson	10		Kevin Ashman	116		Graham Martin	35		Michael Robinson	10	
Alison MacSwayne	46		Elise Eaton	10		George Howarth	114		Stuart MacNamara	35		Neil Mellor	10	
Aga Plombon	45		Jackie Richards	10		Andy Lee	109		Phil May	34		Paul Viney	10	
Clare Thorpe	45		Jen Elkins	10		Graham Bell	105		Danny Hughes	32		Richard Brook	10	
Petra Wagenblast	45		Jenny Hearnden	10		William Feline	94		John Vose	32		Robert Blackmore	10	
Wendy Holloway	45		Jo McCluskey	10		Boe Harper	93		Mark Le Gassick	32		Simon Ede	10	
Gill Rose	44		Karen Gunner	10		Russell Mead	93		Russ Coleman	32		Matthew Abbott	9	
Sue Robinson	43		Kate Crow	10		Philip Martin	92		Steven Ellis	32		Andrew Richardson	6	
Bizz Cosens	40		Kelly Malster	10		David Castle	88		Martyn Banner	31		Chris Roebuck	6	
Laura Chalk	38		Lish Davies	10		Simon Hearnden	88		Ray Gunner	30		Dudley Malster	6	
Rachael Openshaw	37		Lizzie Martin	10		Mark McDonald	87		Roger Fairhurst	26		Duncan Borthwick	6	
Gemma Fleming	33		Lola Chantry	10		James Lewington	86		Simon Ellis	26		George Rennie	6	
Jane Butler	33		Michelle Simpson	10		Tom Mellor	85		Eric Beck	24		Harry Martin	6	
Rowena Dodds	33		Rita Leigh	10		John Simister	82		Mike Wotton	24		Haydn Brown	6	
Samantha Stockwell	33		Sadie Bedford	10		Neil Stantiall	81		Tim Matthews	22		Julian Web	6	
Brigid Hone	32		Sharon Clarke	10		Howard Clark	80		Matt Gould	21		Martyn Thorpe	6	
Sandra Clark	31		Tanya Brady	10		Andrew Smith	79		Tomas Stinson	21		Robert Hinkley	6	
Julie James	30		Tracie Jarvis	10		Euan McGrath	77		John Exley	20		Sam Bell	6	
Sally McGrath	30		Tracy Bell	10		Chris Leach	75		Lewis Banner	20		Sam Smith	6	
Jennie Lee	29		Angela Benfield	6		Paul Coverdale	74		Paul Jacob	20		Steven Peach	6	
Debbie Spinks	26		Anne Trotman	6		Paul Southon	73		Tommy Cave	20		Tom Whitcher	6	
Eunice Hoare	26		Heather Hudson	6		Glen Street	72		Wez Jones	20		Thomas Cave	6	
Kaarina May	26		Jacqueline O'Rourke	6		Jack Webb	71		Chris McGaw	19		James Hall	4	
Nikki Radford	26		Jennet Woolford	6		Mike Bell	71		Neil Jarvis	19		Mark Porter	4	
Sonia Robins	26		Karen Salmon	6		Del Granger	70		Wayne Ewens	19		Stephen Wallbridge	4	
Agata Whitaker	25		Lucinda Le Gassick	6		Chris Hall	69		Gordon Westley	17		Darley Dale	3	
Sarah Smith	25		Lucy Wilson	6		Marcus Lee	68		Tim Sullivan	17		David McNeish	3	
Sue Simister	25		Pamela Kemp	6		Richard Edmunds	68		David Abrams	16		Simon Carson Jones	3	
Kate Marsh	24		Georgie Gair	5		Kevin Toal	67		Peter Rawlins	16		Sean Stinson	3	

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

The Benefits of Sports Massage

What is a sports massage therapist?
Sports massage therapists use a range of massage and advanced soft tissues techniques to manipulate the soft tissues i.e. muscles, tendons, ligaments, fascia to address imbalances, poor muscle tone and flexibility which are often caused by poor posture, over use, day to day activities, life style and sports.
Some therapists are trained to use techniques such as soft tissue release (STR), Muscle Energy Technique (MET), Neuromuscular Technique (NMT), Positional Release Technique (PR) and Fascial Release techniques to bring about change to the soft tissues. Many therapists also offer advice on posture, stretching and strengthening exercises and life style changes to recover from injury and reduce the likelihood of it reoccurring.
Contrary to popular opinion a sport massage does not have to be really painful to be affective! In fact, if it is too painful you just tense your muscles and the therapist can't work in to them anyway. Having said that, there will be times when it feels uncomfortable but the therapist should always check in with you so they can vary their pressure according to your responses.

Injury prevention

If you see a sports massage therapist on a regular basis they will get to know your muscles and how they feel and respond. A good therapist will be able to pick up on potential problem areas early on, often before you are even aware of them e.g. areas of tension or adhesions which can lead to overuse injuries. They can use a variety of techniques to restore full functioning to these areas as well as addressing areas of your body that are compensating for the problems and so prevent them from developing into injuries.
A regular massage will keep your muscles supple, toned, flexible and balanced which means you are less likely to get injured and /or experience painful and debilitating muscle tears.

Performance
Your running performance will be enhanced if you combine a good training plan with strength and conditioning work, stretching, rest and massage.
Sports massage promotes faster recovery after intense training sessions, reducing recovery time between sessions and after competition, which increases the quality and quantity of training you can do.
It also helps to keep your muscles and other soft tissues in tip top condition so they can respond to the demands of training by, for example, breaking down adhesions/scar tissue, lengthening short tight muscles, resetting the tone of tense muscles and stimulating blood circulation to take nutrients to the muscles for repair.
Sports massage will increase your flexibility and range of movement which in turn will help you to run better and with less likelihood of injuries. It will also help to rejuvenate tired and achy muscles and joints.

Rehabilitation
If you are unfortunate enough to pick up an injury, sports massage can aid with your rehabilitation and speed up the recovery time, getting you back to running more quickly. A therapist can break down scar tissue and encourage the proper alignment of muscle fibres, remove waste products through the lymphatic system, reduce inflammation, reduce muscle tension and address areas of the body that may be compensating for the injured limb.

Overleaf: how to choose a massage therapist

How do I choose a massage therapist?

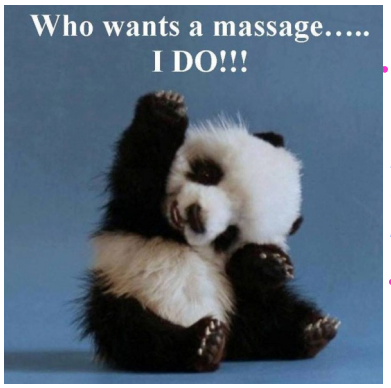
- Check their qualifications –therapists hold different types and levels of qualifications
- Think about what you want to gain from a massage – can they provide that?
- Ask around for recommendations but if a friend suggests someone, ask why they recommend them and then consider if that is what you want/ need
- Try a therapist but if you are not happy, try someone else
- Don't assume all sports massage therapists are the same! They use/ are trained in different techniques, some offer exercise/rehab/posture/life style advice, others don't, some use more pressure than others and so on
- Are they registered with an official body such as the Institute of Sport and Remedial Massage (ISRM) or Sports Massage association (SMA)?
- Ask questions! And find the therapist that suits *you*

How often should I see one?

About once a month is a good time frame to aim for, more often to begin with if you have an injury. You will get to know what feels right for you and your body.

How much will it cost me?

Generally £35-45 per hour. Some therapist s offer customer loyalty schemes. Many work from home although a few are mobile and can come to you. Others work at clinics alongside osteopaths, chiropractors and physiotherapists.



Keep your muscles in optimum condition and ready for the demands of training. Regular sports massage will help to keep you on the road and achieve those goals you have set yourself!

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

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 3 May		**Southsea 3 May**		**Havant 10 May**		**Eastleigh 17 May**		**Newbury 17 May**	
Lewis Chalk	17.10								
Tom MacSwayne	17.23								
Andy Simpson	17.39								
Adrian Piddington	18.22								
Rob Greenwood	18.34	**Southsea 3 May**							
Chris Leach	19.07	Daisy Hall	21.04						
Sev Roberts	19.45	John Simister	24.26						
Tom Callaway	20.06	Katie Simister	27.45	**Havant 10 May**		**Eastleigh 17 May**		**Newbury 17 May**	
Richard Chowns	20.22	Sue Simister	31.09	John Simister	25.22	Mike Harper	22.03	Allan Stinson	26.59
Marcus Lee	21.19			Sue Simister	32.49	Haydn Brown	25.40		
Jen Elkins	21.30	**Newbury 3 May**		Clare Thorpe	45.56			**Bushy 17 May**	
Alethea Adair-Stantiall	21.41	Glen Street	24.55			**Cardiff 17 May**		Russell Mead	24.51
Nikki Roebuck	21.49	Caroline Street	30.04	**Southampton 10 May**		Chris Brobin	17.52	Jules Dinwoodie	31.00
James Lewington	21.50	Tomas Stinson	32.13	David MacSwayne	27.52	Andy Stockwell	19.14		
David Langrish	22.28	Allan Stinson	32.13	Alison MacSwayne	27.56			**QE Park 24 May**	
Harry Martin	22.48					**Winchester 17 May**		Andy Simpson	17.58
Lucy May	23.03	**Rushmoor 3 May**		**Newbury 10 May**		Paul Coverdale	21.55	Mike White	20.13
Nigel Whitcher	23.06	Mike Harper	18.42	Tomas Stinson	32.27	Chris Leach	29.15	Jon Leigh	21.06
Mark McDonald	23.39	Robert Spencer	28.16	Allan Stinson	32.28			Marcus Lee	21.32
Hilary Gulliver	23.41					**Brockenhurst 17 May**		James Lewington	22.23
Anna Wilby-Lopez	23.43	**Havant 3 May**		**Roundhay 10 May**		Keith Whitaker	25.53	John Blake	22.32
Aga Plombon	23.49	Howard Clark	19.17	Rachel Leach	29.51			Nick Kimber	23.05
Stephen Wallbridge	24.31					**QE Park 17 May**			
Russell Mead	25.15	**Southampton 3 May**		**Rushmoor 10 May**		Howard Clark	18.52	**Southsea 24 May**	
Kelly Bennetts	25.38	Murray Watson	17.45	Mike Harper	25.51	David Langrish	25.09	Keith Whitaker	27.17
Gaynor Heffer	25.44					Sandra Clark	31.48		
Julia Park	25.48	**Winchester 3 May**		**Gdynia 10 May**				**Havant 24 May**	
Lucy Window	26.01	Paul Coverdale	21.51	Robert Spencer	27.29	**Weymouth 17 May**		Mike Donovan	27.07
Marie McDonald	26.05					Mike Bell	23.31		
Julie Woodman	26.41	**QE Park 3 May**		**Gdansk 10 May**				**Southampton 24**	**May**
John Tussler	26.52	Clare Thorpe	44.58	Robert Spencer	29.04	**Netley 24 May**		Robert Nicholls	28.47
Sarah Hobby	27.16					Rob Greenwood	18.16		
Rachel Leach	27.37	**Netley 10 May**		**Netley 17 May**		Jack Webb	18.49	**Bognor Regis 24**	**May**
Alison MacSwayne	27.51	Jack Webb	18.42	James Sawyer	17.41	Sev Roberts	20.05	James Sawyer	17.59
David MacSwayne	27.53	Toby Greenfield	20.07	Tom Callaway	19.58	Andy Stockwell	20.16	Mike Harper	19.11
Sarah Martin	28.00	Tom Callaway	20.20	Philip Whitehouse	20.30	Mark McDonald	20.32	David MacSwayne	27.34
Sue Robinson	28.22	James Lewington	21.08	Harry Martin	22.06	Tom Callaway	20.37	Alison MacSwayne	28.00
Holly Stockwell	29.29	Nikki Roebuck	21.19	Nigel Whitcher	22.32	Daniel Foster	21.09	Robert Spencer	28.44
Ben Smith	30.19	Nigel Whitcher	23.06	Paul Southon	24.16	Neil Stantiall	21.53		
Jaz Smith	30.25	Hilary Gulliver	24.18	Julia Park	25.59	Nigel Whitcher	23.19	**Reigate Priory 3**	**May**
Samantha Stockwell	30.42	Glen Street	25.28	Hannah Smith	26.25	Hilary Gulliver	23.21	Terry French	34.16
Kevin Ashman	30.43	John Tussler	26.45	Tom Mellor	27.52	Paul Southon	24.10		
Julie Salt	30.48	Tom Mellor	27.27	Julie Salt	30.40	Glen Street	25.26	**Reigate Priory 10**	**May**
Ella Bennetts	31.32	Ronel Beukman	28.48	Sue Simister	31.24	Julia Park	25.36	Terry French	33.51
Gemma Fleming	33.38	Jaz Smith	29.47	Jaz Smith	32.10	Stephen Wallbridge	25.37		
Melissa Cosens	34.26	Julie Salt	30.00	Andrew Smith	34.54	Hannah Smith	26.24	**Reigate Priory 17**	**May**
Rubymay Wild	35.14	Andrew Smith	36.32	Wendy Holloway	35.01	Marie McDonald	27.12	Terry French	33.18
Sarah Boddy	35.43	Wendy Holloway	36.33			Jamie Stockwell	27.22		
Sharon Simpson	35.44			**Southsea 17 May**		John Tussler	27.40	**Winchester**	
Andrew Smith	35.49	**Eastleigh 10 May**		Tom MacSwayne	16.43	Tom Mellor	28.02	Paul Coverdale 1 Feb	23.28
Wendy Holloway	35.50	Hadyn Brown	21.52	Jon Plomer	19.31	Ben Smith	28.51	Paul Coverdale 15 Feb	24.43
Rachel Richardson	36.48	Robert Hinkley	35.11	Phil Hobby	21.50	Caroline Street	29.58	Paul Coverdale 22 Feb	24.02
Julie Ashman	36.49			Sarah Hobby	26.36	Alison Attwood	29.58	Paul Coverdale 1 Mar	22.47
Ann Blake	36.49	**Southsea 10 May**		Alison MacSwayne	27.09	Julie Salt	30.56	Paul Coverdale 8 Mar	22.06
Sophie Davison	38.14	John Salt	23.58	Martyn Banner	27.49	Jaz Smith	40.24	Paul Coverdale 12 Apr	21.56

Stubbington Green Runners Social Update

We had good turn outs at both RR10 in May although the rehydration numbers at the pub were a little disappointing. Stoney Cross was muddy and apparently really hard work but I really enjoyed Sway. We have three RR10 races in June the first one being on the 4th at Blackfield, please note that we have a change of pub at this one – Nick has found another Fullers pub that is offering vouchers for a free drink but you must register at least 24 hours in advance and print it out. Full details of the post code etc are on the website. Our own RR10 is on the 11th June at Fairthorne Manor and I know Paul is looking for as many Marshalls as possible. We will be drinking at the bar which is on site at Fairthorne, very close to the start and finish. Finally we are at Manor Farm on the 25th and rehydrating at the Windover Manor. Hope to see you all at one of these.

Don't forget the McMillan Mile on Monday 16th June at Whiteley. It is £2 to enter and you run a measured mile around the lakes. You can do it before or after your training, we will be there between 1800 and 1930 so just come along when you are ready. All the money we raise goes directly to the McMillan charity which provides such fantastic support to cancer victims and their families. Please help us to raise funds for this worthwhile cause.

June 21st sees our family day at Queen Elizabeth Country Park combined with the South Downs Marathon – we have 7 relay teams entered, 3 runners doing the half marathon and 3 runners doing the full marathon. We will be setting up camp very near the finish and welcome everyone to come along and support our Club runners. Bring along a picnic and we will have a great social at the end of the race. Looking forward to seeing you all there. We have ordered sunshine so keep your fingers crossed!

Future events include the return of the popular 6.05 Special on 18th July and the Chariots of Fire race along the beach on 13th August so put these dates in your diary. Our annual BBQ has moved to the end of August (31st) and this year is going to include our very own Great Stubbington Bake Off so ladies (and gents) start practising your favourite cakes. There will be a blind tasting and a judging panel plus prizes for the winners. More details will follow next month but start baking……

Look forward to seeing you at any or all of the above events.

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

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 2nd June	Forest lap. 4 - 8 laps of steady paced intervals
RR10 on Wednesday	1 lap fast stride - 1 side jog recovery
Monday 9th June	7 - 10 x (long hill (jog back to cul-de-sac)
	Sprint to notice board (jog back down))
Monday 16th June	Short hill sprints up zigzag path (jog back down recovery)
Monday 23rd June	Forest lap. 4 - 8 laps of long sides fast stride - short side jog
RR10 on Wednesday	recovery
Monday 30th June	Football pitch reps - 4 x 1600m at 5km pace with 200m jog
Lakeside 5km on Wednesday	recovery

SUMMER TRAINING

	Tuesday		Wednesday	Thursday				Weekend Races
Time W/C Monday	19:00 Effort Location	Recovery Leader	Race	18:30 Effort Location	Recovery Leader	19:00 Effort Location	Recovery Leader	
02/06/2014	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		
09/06/2014	2,4,6,4,2 min		RR10 - Home	900mx3	300m	900mx4	300m	
	Warsash Common	Mike White		Crofton School	Eric Beck	Crofton School	Jon Leigh	
16/06/2014	Hill Reps			4 mile Time Trial		Red Lion		SD Mara Relay
	Fishermans Rest	Mike White		Eric Road		Andy Simpson		
23/06/2014	1kx6 / Steady Run		RR10	1k x 8	2 mins	300m / 600m / 900m /1200m / 900m /600m /300m	300m - 150m / 600m - 300m / 900m - 300m / 1200m - 300m	
	Chilling	Mike White		Holly Hill	Verity Wright	Crofton School	Graham Bell	
30/06/2014	2x2 Mile / Steady Run		Lakeside 5k	1200mx2	300m	1200mx3	300m	
	Chilling	Mike White		Crofton School	Melissa Hutton-Dutton	Crofton School	Mike Harper	

RACE DIARY

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

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 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
Manor Farm 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

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

5th 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

5th JULY MEON VALLEY PLOD
Clanfield, Hampshire

a tough and usually very muddy 21 mile cross country race that meanders up and down the hills around the beautiful Meon Valley just to the West of Petersfield.

www.pjc.org.uk

9th JULY RR10 LEAGUE - RACE 7
Marwell, 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

13th 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

13th JULY WYVERN 10K
Eastleigh, Hampshire

A 10k 'out and back' route which will take you along various lanes within Fair Oak and Horton Heath, starting and finishing at Wyvern College. The course is undulating (rather than hilly) particularly during the last few kilometres.

www.wyvern.hants.sch.uk

20th JULY BISHOPS WALTHAM 5MILE RACE
Bishops Waltham, Hampshire

A local 5 mile race where the terrain is both urban and rural. There is also a long uphill climb which is testing for all runners.

www.bishopswalthamrotary.org.uk

20th JULY STANSTED SLOG HALF MARATHON
Rowlands Castle, Hampshire

A scenic & undulating trail race which is virtually all 'off road'

www.pjc.org.uk

23rd JULY RR10 LEAGUE - RACE 8
Janes Pond, 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

3rd AUG HARTING TRAIL RACE
Petersfield, Hampshire

A 10 mile long multi-terrain race over private tarmac lanes, hard gravel tracks and some paths. The route runs up to the top of the Downs, gently down towards Compton, along towards Chalton, up to Ditcham Park School, along part of the South Downs and back down to South Harting to finish on the sports field.

www.liss-runners.org.uk