# The GreenRunner

JULY 2014

## SOCIAL LATEST

## ALL FINISHED FOR THE HRRL (FINAL TABLES)

## STUBBIES AWAY DAY ON THE SOUTH DOWNS

## MENTORS READY TO GO!

# *FROM THE CHAIR*

As usual June was once again one of the busiest running months of the year with events and races going on every weekend, it is a wonder that we got time to train! It was a very successful month for the club too. The competitive performances of the 24 runners in the 100 mile SDW Relay teams, plus supporters was a great start to the month. Quickly followed the next day by the culmination of the 12 race HRRL season, where we had another excellent turnout for this local 10k race. Once again there were strong performances, and to be competing for the Men's title in the last race is a reflection on how successful we have been as a club again this season.

Big thanks to the Social team and the captains for getting us organised for the South Downs Marathon Relay over 26 miles from Slindon College to QE Park. The day was a great success, and enjoyed by all that took part on a social and competitive level too. The opportunity to run in a team relay was a new experience for many and the handicapping analysis put into the team selection meant that we had a great inter club competition throughout the day. The Micillian Mile also proved popular too, and is an event that the club has done for many years, thanks for your support.

We received very positive feedback for our RR10 race at Fairthorne Manor, thanks to Paul for the organisation. It was a pleasant change to host a dry event after the last two years, and the new venue proved so popular that it was the 2nd highest attendance of the year, which is no mean feat considering SGR has provided the largest number of runners at every event this year. It is further evidence that the popularity of running continues grow as we, and other clubs, see membership continuing to rise. Numbers have been boosted this month with the end of the beginners course. The 8 week course culminated in a park run at Netley Abbey where the support and turnout from park run regulars meant that target of achieving a specific 5k goal was achieved by the group. Welcome to the club.

The growth of the club, the popularity of training nights and the turnout at races and events is great to see, and very satisfying for all those that volunteer and put time into the planning. Coming up in July we have the Miles of Miles, "6:05 Special' 10k and pub visit, and The Hamble Games, which offers the opportunity to have some fun and support a local event.

Finally, I would like to wish Julia Park a speedy recovery after her nasty fall at QE Park the other week. The incident is a reminder to all us of the need to think of our personal safety when running, especially when running alone. It will be a long road to recovery for Julia, but I know she is planning and looking forward to a comeback at some point.

Happy Running
Graham

# *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 Martin will collect them from you and take them along to Two Saints.**

**Thank you so very much**
**Sarah Martin**

# CAPTAINS CORNER

The first weekend of June, always sees the Stubby Green Army up on the South Downs. See in Green Runner for full reports and results from the 4 team captains, but even though we were threatened with thunder and freak hail storms, it ended up being a fabulous day. Also reported in the Green Runner was the brilliant Stubbie day out with picnic on the South Downs for the marathon, half and the relay which we had two weekends later. Great to see so many Stubbies enjoying both days on the Downs.

The Hampshire Road Race League came to a close with the last race being at the D-Day 10k. Neil we won't still your thunder! We just wanted to say a big thank you to all the runners who turned out to all 12 races this season and really stepped up the levels of participation from Stubbington in this league. Enjoy a few months off and look forward to seeing you all again in autumn.

A big welcome this month to all our new beginners, and huge thanks to Verity for once again organising a fabulous course and also to all those who helped out on Monday nights over the last few weeks. I joined the group for their last training session and the buzz coming from the group was brilliant. The course finished with a Netley Park Run, which we coincided with our second ladies run of the year. A lovely sunny morning with a great turn out from the Green Army. The next date for the ladies is the Wyvern 10km on the 13th of July. This is a nice local race and I hope to see as many of you ladies there as possible. Please let me know if you have any questions on this with regards to entry or vests etc.

Overall June has been a really busy month for races and July offers just a much opportunity to wear the green vest. The RR10s saw races at Blackfield with the men 2nd and ladies 8th. We then successfully put on our own RR10 at Fairthorne Manor and thank you to Paul Hammond for his work, setting up the course, to everyone who marshalled and Nick Kimber for setting up the water station. Manor Farm saw a massive turnout for the Green Army with us getting 17 complete teams with the men dominating the race with 1st place and 4 teams in the top 20 and now stand 2nd overall in the league. The ladies were 7th on the night and 3 teams in top 20 with Daisy Hall finishing 4th overall. In July we have two more RR10 races with Marwell Zoo on 9th and Janesmoor Pond on 23rd.

After two races in the Lakeside 5k series sees the club in 2nd position overall behind Portsmouth. Individually on the night saw Daniel O'Boyle 4th, Mark Le Gassick 8th and 1st Vet 40 and Mike Harper 2nd Vet 50 with Lucy May being first Stubbie lady home and 6th Senior Woman. The next two Lakesides are both in July on 2nd and 30th.

The Gospsort 5k series has its 2nd race on 8th July. Results from the first meet saw Victoria Joel leading home the ladies, this just after coming second in her first triathlon. For the men James Sawyer 1st overall, Mike Harper 1st V50 and Jon Plomer 1st V40.

We will be running our very own 6.05 Special race which is an out and back on the old Wickham railway line on Friday 18th July, more information in the social section of the Runner.

Lewis Chalk is heading up our assault on the Hamble Games on Saturday 12th July which includes various sports including, open water swims, kayaking, multi-terrain 5k and 10k runs. Go to the Hamble Games web page for all the details, it was a very good social day two years ago.

Bonus points race for the points leader board sees a double header for July with Miles of Miles and Wyvern 10k races both counting.

We are hoping to know in the next couple of weeks the number of teams we have for the Test Way relay. The date for this year's event is Saturday 13th of September and we have once again requested 4 teams. Please keep registering your interest with Nikki and keep your eyes on Facebook and the website for more details. You must remember that this is an unmarked race and therefore it is important that if you commit to race you are also committing to reccie your leg, although there is always someone happy to join you for this.

A further date for the diary in September is the Southern Road Relays in Aldershot which sees women and juniors racing on Saturday 20th September and men on Sunday 21st. This is event is open to all running clubs in the South and sees some of the cream of British athletics competing. No reccies needed for this relay, the ladies senior or over 40 and U17 runners will run 3851m and 4 are selected to make a team. The men run 6km and senior men need 6 people in a team with the Vet 40, 50 and 60s need 4 for a team. The age cut off points is your age on 31st August 2014. If you are interested in running please let your captains know.

Finally, we take our hats off and congratulations to the people who competed and represented Great Britain in the European Triathlon in Kitzbuhel, Sandra Abrams silver medal in her age group, Helen Nicolls for her 8th and David Abrams for 17th place finish. To the bionic man, Euan McGrath for a sub 21 hour finish in the West Highland Way 95 mile race. To the sprint results, Lewis Banner 1st Gosport Golden Mile in 4.25, Gosport Golden 5k James Sawyer 3rd, Mike Harper 1st V50, Jon Plomer 1st V40.

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

# Mentors ready to go!

By now most of you will be aware that the club has a mentoring scheme where someone can sign up to mentor a fellow club runner or benefit from being mentored by someone.

We now have a bank of six mentors who are willing to share their broad and extensive experience, skills and knowledge with anyone who is serious about committing to a new goal, whether that be trying your first triathlon, achieving a PB, improving your swimming, trying a new distance, developing training sessions to fit around your family, improving your fitness or getting into trail running. And those are just a few ideas!

The mentors are willing to give their time, some via email, FB, phone and meeting up, others by training with you or offering a few joint training sessions. All are very motivated to help you to achieve your goals.

**Here are just some of things they are willing to mentor you to achieve:**

- A goal you are fully committed to – completing a race, beating a time, competing in your first triathlon, improving your triathlon, running a PB
- Improving bike confidence for triathlon
- Improving your swimming technique, especially breathing, for swimming in a triathlon
- Getting better at those Tri transitions
- If you are unsure about whether to try a triathlon or not, or are not sure where to start
- Personal fitness and weight loss with a view to stepping up to a new level in terms of speed at a particular race distance or a new distance in running or triathlon
- Developing a training plan to fit in around family commitments
- Off road running, hills, ultras etc
- A challenge or goal that may seem impossible to most people but you want to do it!
- Realistic training plans and training routes
- Race/event preparation, including first time racers – what to do the day before a race and on the day of the race
- Specific goal setting

So mentorees please step forward!! If you have a specific goal you want to achieve and would like a mentor to help you achieve it, of if you would just like to find out more about being mentored, please email me at g.rose68@btinternet.com

Likewise if you are interested in becoming a mentor please contact me on the above email address.

*See next page for a personal perspective on mentoring & being mentored*

## My experience as a SGRC mentor - Tanya Brady

I first heard about the SGRC's new mentoring scheme at the 2014 AGM. As I had not been running for a number of months, due to a knee injury, it sounded a good way of being able to support the club without having to run in a green vest for them across various parts of southern England. After the details were announced in the next Green Runner, I emailed Gill Rose to volunteer my services. After an email discussion about what I was and wasn't prepared to undertake as a mentor (no running on my behalf, just chatting), I was put in contact with Lee Adair-Stantiall. Lee's request was for some help preparing for her first South Downs Way Relay.

As I hadn't been seen at the club for several months I had not met Lee before, so we booked up to meet one evening for a chat. I have completed the SDWR 4 times (twice for Liss Runners and twice for SGRC), so I have acquired a few hints and tips over the years for the whole SDWR experience. Being a big fan of lists, I printed out copies of my SDWR "packing" list, my "nutrition plan for the day" list and a "top tips for a successful SDWR" list. Before meeting with Lee, I wrote a few notes about the SDWR and things to discuss with her. I set off to Lee's house armed with SDWR map routes, recce notes and my various lists ready for chatting action.

Lee and I spent an enjoyable evening drinking tea and talking a good SDWR. I think/hope that she found our meeting helpful and that she felt more confident in how to go about her preparations, after our discussions. We kept in touch by email/Facebook afterwards to share various updates. Unfortunately, due an old injury flaring up, Lee wasn't able to run in the 2014 SDWR. She did however get to experience the whole day from the driver's seat of the ladies' minibus. Incidentally, having the ladies in a minibus for the day was one of my top tips for her!

That isn't the end of my mentoring story though as Lee gave me the details of a biomechanics expert who has been helping her back from an ITB injury. His name is Paul Bartlett and he runs "The Running School" which is based at Trojans Club, Eastleigh. After 7 sessions with him, my glutes do now actually work effectively and I am running free from knee pain. Lee, Neil (Lee's husband) and I all thoroughly recommend him and he is well worth looking up.

So, there you go, get involved with the SGRC's mentoring scheme as you never know what you might gain from it!

## What it's like to be mentored - Lee Adair-Stantiall

I had seen the advert for the mentoring scheme in the Green Runner and thought I would contact Gill. I was very flattered to have been asked to join the ladies SDWR team, but with only about 18 months running experience under my belt, it was a daunting prospect! Gill was really helpful, asking a series of questions which helped clarify what I was looking for. For example, specific goals I wanted to aim for and the type of commitment/communication that I felt would suit. Gill identified the ideal mentor for me and I had the pleasure of meeting Tanya, having heard many stories about her fantastic running history. We met on one occasion to talk tactics for both my training plan in the lead up, as well as advice for the day. We also kept in contact via email and Facebook.

As many of you know, I unfortunately had to pull out of the day due to a pesky ITB injury during the second reccie of my SDWR legs. Despite this, I was able to support the team on the day as driver (thank you Helen N for stepping in to run the legs). One of the pieces of advice from Tanya had emphasised the importance of having the team together on the day for morale and support. Cue the hire of a rickety old 15 seater mini bus! This turned out to be great advice and I think it really added to the day, in terms of morale and general entertainment (let's hope the Chichester Men's runners have forgiven me.....). Although it was very disappointing to pull out, talking to Tanya in general about my approach to training for a big event is knowledge I will take forward with me into future races.

It was an unexpected bonus to be able to pass on details of Paul Bartlett's team to Tanya, and I hope this means we can welcome her back to join the Stubbie ladies soon.

# D-DAY 10K

| | | | | | |
|---|---|---|---|---|---|
| 174 | Jen | Elkins | SF | 12 | 00:44:41 |
| 191 | Rachael | Openshaw | SF | 15 | 00:45:14 |
| 254 | Lucy | May | SF | 21 | 00:47:14 |
| 284 | Hilary | Gulliver | SF | 27 | 00:48:25 |
| 290 | Aga | Plombon | SF | 29 | 00:48:39 |
| 293 | Verity | Wright | FV45 | 10 | 00:48:52 |
| 313 | Clara | Fordina | SF | 33 | 00:49:41 |
| 387 | Marie | Mcdonald | FV40 | 11 | 00:52:45 |
| 417 | Lisa | Donn | FV40 | 16 | 00:53:56 |
| 427 | Julie | Ashman | FV45 | 17 | 00:54:45 |
| 460 | Ronel | Beukman | FV45 | 22 | 00:56:43 |
| 486 | Nicola | White | SF | 53 | 00:57:11 |
| 485 | Eunice | Hoare | FV45 | 23 | 00:57:12 |
| 498 | Sue | Robinson | FV60 | 5 | 00:57:30 |
| 512 | Sarah | Martin | FV45 | 24 | 00:58:15 |
| 522 | Nikkie | Plomer | FV40 | 28 | 00:58:50 |
| 526 | Alison | Macswayne | FV45 | 26 | 00:59:30 |
| 539 | Elizabeth | Miles | FV40 | 31 | 01:00:27 |
| 548 | Anne | Trotman | FV40 | 35 | 01:00:45 |
| 564 | Sharon | Simpson | FV40 | 38 | 01:02:11 |
| 575 | Samantha | Stockwell | FV40 | 39 | 01:02:56 |
| 592 | Kayleigh | Abbott | SF | 81 | 01:04:16 |
| 622 | Gemma | Fleming | SF | 90 | 01:07:37 |
| 644 | Melissa | Cosens | SF | 96 | 01:13:35 |

| | | | | | |
|---|---|---|---|---|---|
| 4 | Lewis | Chalk | SM | 4 | 00:33:01 |
| 12 | Mark | Le Gassick | MV40 | 1 | 00:34:51 |
| 27 | Rob | Greenwood | SM | 16 | 00:36:43 |
| 29 | James | Sawyer | SM | 18 | 00:37:05 |
| 36 | Andy | Simpson | MV40 | 8 | 00:37:29 |
| 37 | Simon | Mcmorran | MV50 | 3 | 00:37:32 |
| 40 | Chris | Brobin | SM | 22 | 00:37:47 |
| 49 | Murray | Watson | JM | 3 | 00:38:23 |
| 52 | Howard | Clark | MV40 | 11 | 00:38:29 |
| 53 | Sev | Roberts | SM | 27 | 00:38:31 |
| 59 | Mike | Harper | MV50 | 4 | 00:38:45 |
| 65 | Daragh | Hendley | MV40 | 15 | 00:39:21 |
| 70 | Adrian | Piddington | SM | 33 | 00:39:30 |
| 85 | Graham | Bell | MV45 | 11 | 00:40:30 |
| 96 | Mark | Mcdonald | MV40 | 18 | 00:41:02 |
| 109 | Jack | Webb | JM | 4 | 00:42:08 |
| 117 | Jon | Plomer | MV40 | 23 | 00:42:27 |
| 129 | Rich | Edmunds | MV45 | 17 | 00:42:44 |
| 151 | Tom | Callaway | SM | 61 | 00:43:37 |
| 153 | Daniel | Foster | SM | 63 | 00:43:40 |
| 157 | James | Lewington | SM | 64 | 00:43:59 |
| 159 | Liam | Dredge | SM | 65 | 00:44:02 |
| 162 | Steven | Ellis | SM | 67 | 00:44:06 |
| 220 | Paul | Coverdale | SM | 79 | 00:45:55 |
| 226 | John | Blake | MV40 | 44 | 00:46:10 |
| 228 | Peter | Simpson | SM | 82 | 00:46:16 |
| 243 | Thomas | Whitcher | JM | 7 | 00:46:53 |
| 272 | John | Salt | MV45 | 32 | 00:48:07 |
| 274 | Nigel | Whitcher | MV45 | 33 | 00:48:13 |
| 292 | Andy | Miles | SM | 96 | 00:48:39 |
| 355 | Alan | White | MV55 | 20 | 00:51:14 |
| 394 | John | Cox | MV55 | 23 | 00:52:31 |
| 406 | Timothy | Matthews | SM | 116 | 00:53:23 |
| 436 | Stuart | Mcnamara | MV40 | 79 | 00:55:14 |
| 482 | Mark | Eaton | MV45 | 52 | 00:57:10 |
| 484 | Allan | Stinson | MV45 | 53 | 00:57:13 |
| 497 | Phil | Hobby | SM | 131 | 00:57:29 |
| 513 | Philip | Martin | MV50 | 45 | 00:58:15 |
| 536 | David | Macswayne | MV50 | 47 | 01:00:19 |

D- Day arrived and Stubbington Green Runners excitedly entered the last race of the season with a team of 63 runners determined to race at maximum effort in order to secure silverware for the men's and ladies teams. They were welcomed by scorching hot and sunny weather and a fast flat course which was lined with Stubbington Green support throughout.

The men's A team chances of finishing in top spot were severely hampered by the efforts and exertion from the SDW Relay only the day before. However this didn't stop some hugely inspirational efforts being put in by James Sawyer and Andy Simpson to chase down the Salisbury runners ahead of them but on the day, Salisbury proved a little too strong.

The men's A team, comprising Lewis Chalk (4th overall), Mark Le Gassick (1st Vet 40), Rob Greenwood and James Sawyer finished in 2nd place behind Salisbury. The B team, which included Andy Simpson, Simon McMorran, Chris Brobin and Murray Watson, recorded their 10th first place finish in the B Division. The C team, comprising Howard Clark, Sev Roberts, Mike Harper and Daragh Hendley finished in 2nd place which leapfrogged them to 2nd place in the league, ensuring a 1, 2 finish in the B Division!

The ladies team continued their excellent form by finishing strongly with the A Team (Jen Elkins, Rachael Openshaw and Lucy May) finishing 3rd overall. The B team (Hilary Gulliver, Aga Plombon and Verity Wright) finishing 1st in the B Division with the C team finishing 4th which was their best position of the season, comprising Clara Fordina, Marie McDonald and Lisa Donn.

As usual, the support was excellent.

Neil R

# HRRL 2013/2014 season review

The aims and objectives at the start of the season were relatively simple; to increase runner participation (both men and ladies); to provide effective communication regarding the race calendar and the events; to encourage car sharing in order to create a greater team spirit; to compile race reports that can be included in the Green Runner for prosperity and finally, to improve on the previous season's league standings.

Improvements can always be made but overall, the season can only be regarded as a huge success.

The foundations were put in place well before the season started through a structured programme of training nights for both SGR newbies and established runners alike, we benefitted from a hugely successful beginners training course, with a number of those runners completing a good number of the HRRL races and we also secured some key pre-season transfers from rival clubs. The summer season of RR 10's were also incredibly popular and the club was beginning to build a fantastic reputation and was being spied with envy by other local clubs. Competition in the club was at its fiercest and this only motivated the runners to improve further as the season progressed.

Without doubt SGR were the best represented club in the league, with 166 runners participating at one time or another. We managed to get 3 men's and ladies teams out at every race (except the Solent Half where we were unable to get a ladies C team out, principally because of the clash with other races eg. Clarendon marathon), which is a huge improvement from the previous year.

In total we had 68 ladies that took part, 8 of whom ran in 7 races or more. We had 98 men that took part, with 25 that ran in 7 races or more. A massive well done to Andy Simpson, Mark Eaton, Adrian Piddington, Liam Dredge and Tom Callaway who ran in all 12 races.

Lewis Chalk competed in 10 races and came 2nd overall in the league which is fantastic result given the high level of competition and the fact that he picked up an injury at the crucial part of the season. (Something to improve on next year Lewis)! Andy Simpson was the lead vet 40 runner and Simon McMorran the lead vet 50 runner. Overall we had 11 male runners in the top 50.

Our leading lady was Louise Wills in 11th place with Lucy May, Nikki Roebuck, Hillary Gulliver and Verity Wright all securing places in the top 50.

The men's A team finished tied in top spot in the A Division but were pushed back to 2nd on count back, behind a strong Dorset based Salisbury team. The B and C team took the top 2 spots in the B Division, with the B team obtaining the best possible score available with 10 x 1st place finishes!

The Ladies A team finished in 3rd spot behind strong Salisbury and Winchester teams, the B team were also in 3rd and the C team in 7th.

There were some brilliant individual performances and silverware for 5 of the 6 teams but what gave me most pleasure was the fact that we turned up in great numbers at every race, which generated a fantastic team spirt and camaraderie throughout. The support was excellent and the encouragement for each other (including a lot on pacing) was there for everybody to see. There were significant improvements and pb's for a number of runners and it was great to see the progress made, as the season continued, by the beginners and SGR newbies.

Overall, a super season with my highlight being the overseas trip to Ryde! Improvements can and will be made but to achieve this we will need the continued support of you all! Roll on next season!

Neil R.

Ps. No other clubs bake cakes like SGR

| LADIES INDIVIDUAL | | |
|---|---|---|
| 11 | Louise Wills | 90.4 |
| 21 | Lucy May | 83.2 |
| 27 | Nichola Roebuck | 79.6 |
| 36 | Hilary Gulliver | 73.5 |
| 46 | Verity Wright | 61.3 |
| 55 | Clara Fordina | 56.9 |

| MENS INDIVIDUAL | | |
|---|---|---|
| 2 | Lewis Chalk | 99.3 |
| 7 | Andy Simpson | 96.9 |
| 12 | James Sawyer | 94.3 |
| 21 | Simon McMorran | 90.4 |
| 28 | Mark Eaton | 87.6 |
| 31 | Adrian Piddington | 87.2 |
| 35 | Daragh Hendley | 85.5 |
| 36 | Howard Clark | 85.5 |
| 37 | Sev Roberts | 84.7 |
| 42 | Graham Bell | 82.8 |
| 46 | Mike Harper | 80.4 |
| 54 | Andrew Stockwell | 75.7 |

| MENS A TEAM | | |
|---|---|---|
| 1 | Salisbury | 15 |
| 2 | Stubb'ton | 15 |
| 3 | Lordshill | 30 |
| 4 | Winchester | 31 |
| 5 | Overton | 32 |
| 6 | Denmead | 48 |
| 7 | So'ton AC | 48 |
| 8 | Eastleigh | 67 |
| 9 | Totton | 72 |
| 10 | New Forest | 73 |

| LADIES A TEAM | | |
|---|---|---|
| 1 | Winchester | 8 |
| 2 | Salisbury | 14 |
| 3 | Stubb'ton | 30 |
| 4 | Totton | 32 |
| 5 | Eastleigh | 37 |
| 6 | Fareham | 39 |
| 7 | Lordshill | 43 |
| 8 | Alton | 46 |
| 9 | PompeyJ | 51 |
| 10 | Denmead | 63 |

| MENS B&C TEAM | | |
|---|---|---|
| 1 | Stubb'ton B | 9 |
| 2 | Stubb'ton C | 27 |
| 3 | Lordshill B | 27 |
| 4 | Winchester B | 32 |
| 5 | Salisbury | 42 |
| 6 | PompeyJ B | 61 |
| 7 | Denmead | 63 |
| 8 | Lordshill C | 64 |
| 9 | Winchester C | 66 |
| 10 | Overton | 67 |
| 11 | Eastleigh | 84 |
| 12 | Fareham | 94 |
| 13 | So'ton AC | 99 |
| 14 | New Forest | 107 |
| 15 | PompeyJ C | 108 |

| LADIES B&C TEAM | | |
|---|---|---|
| 1 | Winchester B | 8 |
| 2 | Winchester C | 16 |
| 3 | Stubb'ton B | 26 |
| 4 | Fareham | 29 |
| 5 | Lordshill B | 37 |
| 6 | Salisbury | 38 |
| 7 | Stubb'ton C | 51 |
| 8 | Totton | 53 |
| 9 | IOW RR | 53 |
| 10 | Lordshill C | 68 |
| 11 | Alton | 77 |
| 12 | Eastleigh | 82 |
| 13 | PompeyJ | 86 |
| 14 | Denmead | 86 |

# Stubbie Away Day on the South Downs

What a day, all 37 runners in green on the South Downs covering 347.8 miles between them over the various distances and I included the extra miles in the half!! The sun was shining all day and temperature was hot, which wasn't what the marathon and half guys really wanted! We entered 7 relay teams with one being a fast men's team and the rest were mixed teams and balanced out to make an interesting relay. The Marathon and Relay started at Slindon College with the half going from QE Country Park doing an out and back and Butser Hill twice.

There were great individual performances in the individual races with Adrian finishing 9th and Will 17th in the half. All the marathon results by Donna, Ann and Julie were amazing in that heat and the hilly course. Although an outstanding mention goes to Duncan Borthwick, who gave up his chance of a good time and result to help runners in the marathon who got into difficulty due to heat and dehydration, not once but on several occasions.

The fast men's team finished 2nd behind and elite team assembled by Tom Payne. Well done debutant relay runner…Murray Watson, old stalwart Jon Leigh who hung on to second with 200 metres to spare, James Sawyer and Andy Simpson.

It was great to see lots of new faces trying out a relay in the mixed teams with everyone having a fabulous time. Well done to Stubbington Supernovas won the club event in 3.39.47 and the team was made up of Peter Simpson, Kelly Bennetts, Daniel Foster and Lucy May. The finish for 2nd and 3rd between Gaynor and Verity came down to 4 seconds after 26.2 miles with Gaynor's team Stubbington Substitutes hanging on and Verity's Stubbington Covelies just missing out. It was great to see the handicap system had produced a close finish with all 6 teams coming in during 13 minute 39 second window. For full results please see below.

Our picnic spot with gazebos and flags at QE Park had been set up by Sue Robinson, Sarah Hobby and Sandie McIntosh and they then shouted everyone in, thank you for setting up the campsite. After the racing there was plenty of chatting, eating and drinking done to replenish depleted energy supplies.

It was a great away day with plenty of fun and laughter along the way, here's to the next one.

**Marathon**

| Position | Name | Time |
|---|---|---|
| 148 | Donna Mitchell | 4.35.12 |
| 179 | Duncan Borthwick | 4.42.17 |
| 301 | Julie Ashman | 5.11.17 |
| 328 | Ann Blake | 5.22.53 |

**Half Marathon**

| | | |
|---|---|---|
| 9 | Adrian Piddington | 1.52.51 |
| 17 | Will Feline | 1.57.46 |
| 72 | Richard Snell | 2.17.19 |
| 73 | Gill Rose | 2.17.19 |
| 262 | Tracie Jarvis | 3.17.50 |

**Club Relay Championship**

| | |
|---|---|
| 1st | Stubbington Supernovas |
| 2nd | Stubbington Substitutes |
| 3rd | Stubbington Covelies |
| 4th | Young Ones |
| 5th | SMS |
| 6th | Stubbington Green Rebels |

| Overall | Team Name | Total Time | Runner | Leg 1 Time | Runner | Leg 2 Time | Runner | Leg 3 Time | Runner | Leg 4 Time |
|---|---|---|---|---|---|---|---|---|---|---|
| Position | | | | | | | | | | |
| 2 | Stubbington Muppets | 3.00.23 | Andy Simpson | 48.55 | Murray Watson | 35.17 | James Sawyer | 51.06 | Jon Leigh | 45.02 |
| 23 | Stubbington Supernovas | 3.39.47 | Peter Simpson | 57.40 | Kelly Bennetts | 52.14 | Daniel Foster | 1.01.03 | Lucy May | 48.50 |
| 29 | Stubbington Substitutes | 3.45.22 | Richard Edmunds | 59.16 | Kevin Ashman | 47.35 | James Lewington | 1.04.04 | Gaynor Heffer | 54.27 |
| 30 | Stubbington Covelies | 3.45.26 | Nikki Roebuck | 58.22 | Stuart McNamara | 53.19 | Nick Kimber | 1.00.42 | Verity Wright | 53.03 |
| 32 | Young Ones | 3.47.05 | Nigel Whitcher | 1.05.29 | Marie McDonald | 47.10 | Mark McDonald | 55.42 | Julie Woodman | 58.44 |
| 36 | SMS | 3.49.58 | Neil Stantiall | 1.03.52 | Sarah Martin | 50.54 | Phil Martin | 57.56 | John Simister | 57.56 |
| 39 | Stubbington Green Rebels | 3.53.21 | Sam Bell | 1.10.46 | Sharon Simpson | 43.47 | Graham Bell | 1.07.12 | Melissa Hutton-Dunton | 51.36 |

# RR10 BLACKFIELD

| | |
|---|---|
| 7 | Daisy hall |
| 26 | Lucy May |
| 27 | Gill Rose |
| 38 | Anna Wilby-Lopez |
| 44 | Verity Wright |
| 49 | Gaynor Heffer |
| 50 | Aga Plombon |
| 55 | Julia Park |
| 57 | Sonia Robins |
| 59 | Marie McDonald |
| 61 | Sally McGrath |
| 69 | Lisa Donn |
| 79 | Julie Ashman |
| 86 | Brigid Hone |
| 99 | Sandie McIntosh |
| 101 | Holly Stockwell |
| 105 | Sarah Martin |
| 115 | Sarah Smith |
| 117 | Sharon Simpson |
| 118 | Laoise Toal |
| 119 | Sam Stockwell |
| 129 | Sarah Boddy |
| 137 | Bizz Cosens |
| 138 | Rowena Dodds |

| | |
|---|---|
| 5 | Andy Simpson |
| 7 | Lewis Banner |
| 14 | Boe Harper |
| 15 | Euan McGrath |
| 20 | Jack Webb |
| 21 | Daragh Hendley |
| 28 | Murray Watson |
| 29 | Will Feline |
| 58 | Ray Gunner |
| 72 | Tom Whitcher |
| 81 | Graham Bell |
| 87 | Daniel Foster |
| 93 | Jon Leigh |
| 96 | Marcus Lee |
| 97 | Richard Snell |
| 103 | John Blake |
| 106 | Nick Crane |
| 108 | Peter Simpson |
| 109 | Tim Crumpton |
| 110 | Paul Coverdale |
| 115 | James Lewington |
| 116 | Mike Bell |
| 119 | Paul Smith |
| 133 | Nick Kimber |
| 139 | Nigel Whitcher |
| 148 | Daniel Jones |
| 150 | Alan White |
| 161 | George Howarth |
| 166 | Russell Mead |
| 171 | John Cox |
| 186 | Kevin Ashman |
| 187 | Allan Stinson |

| | |
|---|---|
| James Sawyer | 5 |
| Andy Simpson v40 | 6 |
| Russ Coleman | 16 |
| Boe Harper | 23 |
| Murray Watson | 27 |
| Jack Webb | 28 |
| Toby Greenfield | 30 |
| Will Feline | 32 |
| Sev Roberts | 33 |
| Ray Gunner v50 | 51 |
| Chris Leach | 58 |
| Wez Jones | 62 |
| Mark Macdonald v40 | 63 |
| Chris Hall v40 | 71 |
| Jon Leigh v50 | 80 |
| Marcus Lee v40 | 84 |
| Tom Callaway | 87 |
| Nick Crane v50 | 89 |
| Dan Foster | 90 |
| Phil Martin v50 | 92 |
| Tim Crumpton v50 | 108 |
| James Lewington | 111 |
| Peter Simpson | 117 |
| Richard Snell v40 | 119 |
| Graham James v50 | 123 |
| Andy Lee v50 | 127 |
| Paul Smith | 129 |
| Paul Hammond v50 | 131 |
| John Blake v40 | 132 |
| Phil Hobby | 133 |
| Mike Harper v50 | 145 |
| Nigel Witcher v40 | 157 |
| Tim Matthews | 170 |
| Sam Bell | 172 |
| Simon Vingoe | 175 |
| John Cox v50 | 181 |
| Euan McGrath v40 | 182 |
| Russell Mead v50 | 185 |
| George Howarth v50 | 186 |
| John Tussler v60 | 196 |
| Paul Woolford v40 | 202 |
| Kevin Ashman v50 | 205 |
| Stuart Macnamara | 208 |
| Martyn Banner v50 | 213 |
| Allan Stinson v40 | 218 |
| John Vose v70 | 220 |
| Alan Eames v60 | 222 |

# RR10 MANOR FARM

| | |
|---|---|
| Daisy Hall | 4 |
| Nicola Roebuck | 20 |
| Laura Wainwright | 26 |
| Gill Rose v40 | 29 |
| Penny Forse v60 | 54 |
| Hilary Gulliver | 57 |
| Marie Macdonald | 58 |
| Lisa Donn | 61 |
| Sally McGrath v40 | 62 |
| Sonia Robbins | 63 |
| Aga Plombon | 64 |
| Gaynor Heffer v40 | 71 |
| Jennett Woolford v40 | 81 |
| Brigid Hone v50 | 82 |
| Julie Ashman v40 | 84 |
| Sarah Hobby | 92 |
| Sarah Martin v40 | 94 |
| Sandie McIntosh v50 | 101 |
| Liz Hall | 115 |
| Sarah Smith v40 | 117 |
| Sarah Barron | 119 |
| Sue Robinson v50 | 121 |
| Sarah Boddy v40 | 126 |
| Kate Marsh | 128 |
| Biz Cosens | 131 |
| Rowena Dodds v50 | 132 |

# PURBROOK LADIES 5 MILE

| | | |
|---|---|---|
| 3 | Daisy Hall | 33:53 |
| 5 | Lucy May | 35:16 |
| 24 | Marie McDonald | 41:27 |
| 50 | Julie Ashman | 44:46 |
| 54 | Sarah Martin | 45:50 |
| 62 | Kelly Bennetts | 46:46 |
| 66 | Nikkie Plomer | 46:54 |
| 75 | Sue Robinson | 47:58 |
| 84 | Sarah Smith | 49:41 |
| 90 | Sarah Hobby | 50:31 |
| 94 | Sharon Simpson | 50:40 |
| 142 | Melissa Cosens | 58:32 |

FULLER'S CHISWICK
*Quality • Service • Pride*

# BRAISHFIELD 5 MILE BEER RACE

| | | |
|---|---|---|
| 148 | John Simmister | 00:43:21 |
| 272 | Peter Rawlins | 00:52:52 |

## Fuddy Mud Sucker

**9K Women Open**

| | | |
|---|---|---|
| 3 | Sonia Robins | 53.26 |

**4.5K Women Vets**

| | | |
|---|---|---|
| 1 | Tracey Terry | 30.58 |

# Whitchurch 10K

| Place | Name | Time |
|---|---|---|
| 29 | Steven Ellis | 00:46:57 |
| 97 | Seamus Stinson | 00:58:51 |
| 131 | Allan Stinson | 01:09:11 |

STEVEN ELLIS AND ALLAN STINSON
AT THE WHITCHURCH 10K

## Alresford10K

| | | | |
|---|---|---|---|
| 76 | Tim | Crumpton | 45.39 |

# *WHOOPS*

Apologies to all those who took part in the Marlborough Downs **20** miler.
Last month's issue failed to mention the distance.
Paul Hammond has been notified so you won't miss out on any Leaderboard points.

## MIDSUMMER 5 MILE ROAD RACE

| Pos | Time | First Name | Surname | Cat. | Cat. Pos. |
|---|---|---|---|---|---|
| 3 | 26:50 | Lewis | Chalk | M Senior | 3 |
| 10 | 29:08 | James | Sawyer | M Senior | 8 |
| 15 | 29:21 | Adrian | Piddington | M Senior | 12 |
| 21 | 29:56 | Simon | McMorran | MV50 | 1 |
| 28 | 30:50 | Sev | Roberts | M Senior | 20 |
| 30 | 30:58 | Mike | Harper | MV50 | 3 |
| 60 | 33:56 | Tom | Callaway | M Senior | 33 |
| 68 | 34:33 | Tim | Crumpton | MV50 | 11 |
| 94 | 36:04 | Peter | Simpson | M Senior | 47 |
| 97 | 36:10 | Paul | Coverdale | M Senior | 48 |

# TIME TRIAL JUNE

Sporting clash for the time trial saw it up against the England v Uruguay game. We still had a very good turnout with 50 people and quite a few people went in the Red Lion afterwards for a PB (pint and burger!). The conditions on the course were tough on the second half and this accounted for quite a few people being down on their best times and missing out on a PB, some by an agonising few seconds. That said we had 9 improvers for the month with a family affair in two cases with… McDonald's, Marie (-2.22), Mark (-0.24) and MacSwayne's with Tom (-0.12) being eclipsed by his father, David (-0.55) for a change. The biggest 'Monthly Improver' was Mike Donovan knocking a huge chunk off his time with 4 minutes and 24 seconds! Great running Mike.

The handicap leaders mainly stayed the same with Adrian Piddington, Phil Whitehouse, Lucy Window, and Eunice Hoare still on top of their respective groups. One change at the top saw Mark MacDonald as the biggest improver in 25.01-28.00 minutes group, with -1.49 so far this year.

For all the statisticians out there, here are some comparisons after June 2014/ 2013 results were in. Total number of time trials completed after June is 235 v 111 in 2013 which is up 112% and individual runners is 103 v 67, so up 69%, with more individuals completing more time trials. Finally there are 38 individual runners who have improved their time this year which is 37%. This compares to only 22 improvers at 33% in 2013.

It really is pleasing to see that we are getting so many runners out at time trails and that people's times are coming down from all the hard work that people put in to their training. Please continue to train hard, put in these PB performances and enjoy these time trials, followed by the optional refreshment in the pub afterwards.

Look forward to seeing you all on Thursday 17th July for the next time trial.

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

| Name | Best 2013 | April | May | June | June's Improvement | Overall Improvement (2013 or 1st) - Best |
|---|---|---|---|---|---|---|
| | 63 | 56 | 66 | 50 | | |
| Adrian Piddington | 24.23 | 24.35 | **23.23** | 23.43 | | -1 |
| David Castle | | 23.29 | **22.54** | | | -0.35 |
| James Sawyer | 22.49 | 23 | **22.28** | | | -0.21 |
| Tom MacSwayne | 21.48 | | | **21.36** | -0.12 | -0.12 |
| Mike White | 24.14 | 25.3 | **24.04** | | | -0.1 |
| Andy Simpson | 21.49 | 26.46 | 22 | 22.57 | | |
| Chris Hall | 24.19 | | | 28.08 | | |
| Chris Leach | | | **24.53** | 25.09 | | |
| Graham Bell | 23.36 | 23.41 | | 24.48 | | |
| Howard Clark | 24.17 | | 24.41 | | | |
| Jack Webb | | | **24.44** | 24.48 | | |
| James Hall | | **24.44** | | | | |
| Lewis Chalk | 22.06 | | | 23.21 | | |
| Mark Eaton | 23.21 | 24.39 | 25.25 | 25.32 | | |
| Mike Harper | 24.45 | | 29.28 | 26.11 | | |
| Rob Greenwood | | **23.03** | 24.02 | | | |
| Simon Hearnden | 24.56 | | 25.19 | | | |
| Tom Whitcher | 24.05 | | 26.35 | | | |
| Will Feline | 23.3 | | 23.38 | | | |
| Mark McDonald | 27.22 | 25.57 | | **25.33** | -0.24 | -1.49 |
| Tom Callaway | 27.29 | | **25.37** | | | -1.32 |
| Nikki Roebuck | 27.59 | **26.46** | 30.2 | 28.09 | | -1.13 |
| Daniel Foster | 27.17 | **26.22** | | 26.48 | | -0.55 |
| Richard Edmund | 26.41 | | **25.5** | | | -0.51 |
| Richard Snell | 27.27 | | **26.36** | 27.47 | | -0.51 |
| Ray Gunner | 26.12 | | | **25.29** | -0.43 | -0.43 |
| James Lee | 25.42 | 25.59 | 28.38 | **25.18** | -0.22 | -0.22 |
| Philip Martin | 26.56 | | **26.36** | | | -0.2 |
| Jon Plomer | 25.33 | | **25.23** | | | -0.1 |
| Marcus Lee | 26.15 | | **26.07** | | | -0.08 |
| Andy Lee | 26.04 | 27.43 | 26.49 | 29.11 | | |
| Daisy Hall | | | | **26.1** | | |
| Gavin Rennie | | **27.02** | | | | |
| Gill Rose | 27.43 | | 29.34 | 28.18 | | |
| Haydon Brown | | | **26.34** | 26.37 | | |
| James Lewington | | **26.54** | 27.19 | 27.07 | | |
| John Blake | 25.44 | | 29.09 | 29.02 | | |
| Jon Leigh | 25.32 | 26.12 | 25.36 | | | |
| Mike Bell | 27 | 27.36 | 27.18 | | | |
| Nick Crane | 26.55 | | 27 | 27.04 | | |
| Nick Kimber | 26.22 | 27.04 | | | | |
| Philip May | 27.56 | 35.56 | 35.44 | | | |
| Rich Chowns | 25.58 | | | | | |
| Ryan Gunner | | | | **27.22** | | |
| Steven Ellis | 26.37 | | 27.39 | | | |
| Stuart Hiscock | | | **27.05** | 27.19 | | |
| Tim Crumpton | | | | **27.29** | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 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 | | **28.13** | -0.1 | -1.57 |
| 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 |
| Dan Jones | | **30.39** | | | | |
| David Abrams | | | **29.19** | | | |
| Keith Whittaker | 29.46 | 36.59 | 35.05 | 32.31 | | |
| Lee Adiar-Stantiall | | **28.55** | | | | |
| Mark Porter | | **30.01** | | | | |
| Nicki White | | | **30.4** | | | |
| Nigel Whitcher | 28.56 | 31.22 | 29.27 | 29.56 | | |
| Peter Simpson | | **28.37** | | | | |
| Tina Chantrey | | **28.29** | 28.32 | | | |
| Lucy Window | 34.1 | **30.57** | | | | -3.13 |
| George Howarth | 32.53 | | **29.52** | 30.32 | | -3.01 |
| Verity Wright | 32.09 | 30.42 | **30.12** | 30.45 | | -1.57 |
| Gaynor Heffer | 32.57 | **31.45** | 32.15 | 31.47 | | -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** | 34.12 | | -0.19 |
| Aga Plombon | | 31.14 | **31.07** | 31.28 | | -0.07 |
| Katherine Briggs | | | **33.2** | 34.11 | | |
| Matt Gould | | | | **32.23** | | |
| Mike Wotton | 34 | 38.37 | | | | |
| Sarah Martin | 33.54 | | | 38.18 | | |
| Stephen Wallbridge | | **33.33** | | | | |
| Stuart McNamara | | | **32.5** | | | |
| Eunice Hoare | 40.3 | 35.23 | **34.57** | 35.49 | | -5.33 |
| Mike Donovan | 36.08 | | | **31.44** | -4.24 | -4.24 |
| Marie MacDonald | 35.51 | 35.15 | | **32.53** | -2.22 | -2.58 |
| Tobin Landricombe | 37.21 | | **34.4** | 36.05 | | -2.41 |
| Bizz Cozens | | 45.51 | 44.06 | **43.5** | -0.16 | -2.01 |
| Sarah Hobby | 35.54 | 35.51 | **34.34** | 35.53 | | -1.2 |
| David MacSwayne | 37.39 | | | **36.44** | -0.55 | -0.55 |
| Agata Whitaker | | **36.32** | | | | |
| Brigid Hone | | | **35.34** | | | |
| Caroline Chapman | | | **36.25** | | | |
| Julie Ashman | 35.16 | 45.51 | | 35.36 | | |
| Kate Marsh | | **42.55** | | | | |
| Kay Sadler | | | **35.46** | | | |
| Kayleigh Abbott | | | **39.55** | | | |
| Liz Mitchell | | | | **35.51** | | |
| Nicola White | | | **35.02** | 37.01 | | |
| Nikki Plomer | 36.39 | | **37.1** | | | |
| Rachel Leach | | | | **34.58** | | |
| Robert Spencer | 35.51 | 38.37 | | | | |
| Rowena Dodds | 39.32 | 42.04 | | | | |
| Sandie McIntosh | 35.22 | 36.08 | 35.32 | 38.18 | | |
| Sandra Abrams | | | **37.38** | | | |
| Sarah Barron | | **35.54** | | | | |
| Shelley Thomas | | | | **34.29** | | |
| Steve Whitaker | | **36.32** | | | | |
| Sue Robinson | 35.3 | 35.33 | 35.32 | | | |

# Blenheim Triathlon

| Sprint - | | | | 750m swim | | 19.8km bike | | 5.7km run | |
|---|---|---|---|---|---|---|---|---|---|
| **Forename** | **Surname** | **Total** | **Pos** | **Swim** | **T1** | **Bike** | **T2** | **Run** | **Category position** |
| **Ryan** | **Thomas** | **01:34:50** | **1489** | 00:13:44 | 00:04:32 | 00:44:14 | 00:01:37 | 00:30:45 | 131st out of 236 |
| **Caroline** | **Street** | **01:50:41** | **3079** | 00:17:12 | 00:06:52 | 00:49:00 | 00:02:21 | 00:35:17 | 7th out of 27 |
| **Julie** | **Bowden** | **02:05:41** | **3685** | 00:23:21 | 00:07:32 | 00:53:54 | 00:03:05 | 00:37:51 | 20th out of 27 |

| Super Sprint - | | | | 400m swim | | 13.2km bike | | 3.1km run | |
|---|---|---|---|---|---|---|---|---|---|
| **Russell** | **Mead** | **01:00:15** | **50** | 00:09:04 | 00:05:10 | 00:29:21 | 00:01:50 | 00:14:53 | 3rd out of 20 |

## WEST HIGHLAND WAY 95 MILES

**28th** **Euan McGrath** **20:43:25**

# European Triathlon in Kitzbuhel

| | Swim | T1 | Bike | T2 | Run | Total | |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| Helen Nicholls | 26.50 | 2.54 | 1.22.15 | 2.00 | 41.14 | 2.35.12 | (8th) 35-39 Female |
| | | | | | | | |
| David Abrams | 31.36 | 4.29 | 1.39.46 | 3.16 | 49.16 | 3.08.22 | (17th) 65-69 Male |

## PERFORMANCE OF THE MONTH

There have been many great performances in a green vest this month from 1 mile up to 95 miles. That said there isn't too many people can say they have put on a Great Britain vest or in this case a tri-suit and represented their country in the European Triathlon in Kitzbuhel. Not only that but Sandra Abrams won a SILVER medal in her age category congratulations to you Sandra for winning performance of the month

| Swim | T1 | Bike | T2 | Run | Total |
|---|---|---|---|---|---|
| 32.26 | 7.4 | 1.57.24 | 4.1 | 1.03.36 | 3.45.19 |

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

# Social Round Up

There were three RR10s in June, all of which went really well with great support from the Green Army. We changed the rehydration venue after Manor Park to The Ship Inn which was a great success and will be noted for next year. There are two upcoming in July at Marwell and Stoney Cross and the pubs are Fishers Pond and the Green Dragon at Brook respectively. Post codes for both of these can be found on the RR10 page of the website.

The Macmillan Mile was a fantastic evening with lots of sunshine and 78 runners which must be a record. We managed to raise just over £160 for the charity. Great effort by everyone. The results are up on the website and also included in this month's Green Runner. Thanks to all my willing helpers on the night including Sarah Hobby, Sandie McIntosh, Nick Kimber, Kathy McKain and Jenny Hearnden.

Our family day at Queen Elizabeth Country Park was blessed with lots of sunshine which was great for those of us spectating but made it all the more difficult for the runners. I am sure the Captains will give a full report on the races but I would just like to say that everyone was amazing that day. Those that did the full marathon were incredible in that heat and a special mention must certainly go to Duncan Borthwick who acted as Good Samaritan to several runners to the detriment of his own time. A great example to us all. I really felt for those running the half marathon who had to do Buster Hill twice, once at the beginning and again at the end which added almost an extra two miles to the distance. Andy and Nikki had done a really good job of picking the relay teams all of whom finished within 13 minutes of each other. I would also like to thank Sarah and Sandy for the excellent help in setting up the Stubbington Camp. We managed to get a great spot and I hope everyone enjoyed the picnic.

July sees the 6.05 Special leaving Wickham Halt again on Friday 18th July at 1900 and we will finish the evening off at The Black Dog as we did last year. This has a large garden with lots of tables where we can enjoy the sunshine and beer! Their food menu is also pretty good. We have again invited Hedge End Runners to join us so hopefully we will have plenty of friendly rivalry on the night. I am looking for a volunteer to mark the turn round point and also someone to act as sweeper at the back so if anyone fancies either of these jobs then please let me know. Look forward to seeing you all on the 18th.

There are two events in August, the Chariots of Fire race along the beach on Wednesday 13th August starting and finishing at Hill Head with sausages at the end. We were very lucky with the weather last year so fingers crossed the sun keeps shining. Timing is tide dependant and full details will be posted on the website and Facebook shortly. The second event is the BBQ on Sunday 31st August and we will be lighting the fire around 1200 and would appreciate donations of salads etc as usual. Again details will be on the website very soon. Most importantly, do not forget the Great Stubbington Bake Off – I hope you are all practising your cakes and/or biscuits.

September 5th is the date of the Fish 'n Chip Handicap so make sure you put this in your diaries. The route will be posted on the website, and probably on Facebook as well, during August – keep an eye out for it.

Finally just a heads up that the Awards Night will be held on Saturday 29th November at the David Lloyd Centre. Menu and details will be posted up during July. We are hoping to hold a Raffle during the evening in aid of our nominated charity so if anyone can donate a prize or suggest businesses we can contact then please let one of the Social Committee have the information.

Hope to see you at one of the above events.

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

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 31 May** | | **Netley 7 June** | | **Eastleigh 14 June** | | **Netley 14 June** | | **Netley 21 June** | |
|---|---|---|---|---|---|---|---|---|---|
| Lewis Chalk | 18.22 | Harry Martin | 22.47 | Ryan Thomas | 22.55 | James Sawyer | 17.43 | Jack Webb | 19.05 |
| Rob Greenwood | 18.43 | Paul Southon | 24.06 | Keith Whitaker | 26.06 | Murray Watson | 17.49 | Tom Callaway | 20.26 |
| Jack Webb | 18.47 | Glen Street | 25.26 | | | Mike Harper | 18.37 | Aga Plombon | 25.57 |
| James Sawyer | 19.27 | Stephen Wallbridge | 26.36 | **Southsea 14 June** | | Andy Stockwell | 18.46 | John Tussler | 26.43 |
| Chris Leach | 19.32 | Tom Mellor | 28.36 | Chris Leach | 18.57 | Sev Roberts | 19.06 | Glen Street | 26.46 |
| Tom Callaway | 20.27 | Jules Dinwoodie | 31.31 | Rachel Leach | 27.00 | Graham Bell | 19.24 | Rachel Leach | 27.30 |
| Andy Stockwell | 20.57 | Julie Salt | 31.36 | | | Mark McDonald | 20.12 | Tom Mellor | 28.31 |
| James Lewington | 21.17 | Sue Simister | 32.52 | **Southampton 14 June** | | Nikki Roebuck | 22.10 | Martyn Banner | 28.43 |
| Daniel Foster | 21.25 | John Tussler | 33.32 | Robert Nicholls | 28.48 | David Langrish | 22.14 | Hannah Smith | 30.40 |
| Mark McDonald | 21.30 | | | | | Daniel Foster | 22.25 | Jaz Smith | 31.37 |
| Mike Harper | 22.58 | **Eastleigh 7 June** | | **Grovelands, Enfield 14 June** | | Donna Mitchell | 22.28 | Julie Salt | 32.31 |
| Harry Martin | 23.36 | Haydn Brown | 21.18 | Philip Whitehouse | 20.10 | Paul Southon | 23.35 | Sue Simister | 35.12 |
| Paul Southon | 23.55 | Robert Hinkley | 24.56 | | | Russell Mead | 24.30 | | |
| Marie McDonald | 25.39 | | | **Sheffield Hallam 14 June** | | Glen Street | 24.37 | **Eastleigh 21 June** | |
| Rachel Leach | 27.47 | **Southsea 7 June** | | Marcus Lee | 20.54 | Kelly Bennetts | 25.08 | Keith Whitaker | 24.56 |
| Tom Mellor | 29.34 | Martyn Banner | 29.22 | Caz Lee | 35.07 | John Simister | 25.24 | | |
| Andrew Smith | 30.37 | | | | | Ronel Beukman | 26.06 | **Southsea 21 June** | |
| Jules Dinwoodie | 31.54 | **Southampton 7 June** | | **Braunstone 14 June** | | John Tussler | 26.15 | Mike Harper | 18.32 |
| Julie Salt | 32.10 | Murray Watson | 18.33 | Will Feline | 18.39 | Caroline Chapman | 26.37 | David MacSwayne | 27.24 |
| Jenny Hearnden | 35.44 | Robert Nicholls | 28.47 | Laura Wainwright | 21.37 | Brigid Hone | 26.42 | Alison MacSwayne | 27.45 |
| Wendy Holloway | 35.57 | | | | | David MacSwayne | 27.29 | Robert Spencer | 28.10 |
| | | **Havant 7 June** | | **Newbury 14 June** | | Holly Stockwell | 28.01 | | |
| **Eastleigh 31 May** | | Howard Clark | 20.18 | Seamus Stinson | 22.49 | Tom Mellor | 28.12 | **Southampton 21 June** | |
| Glen Street | 26.15 | | | Allan Stinson | 29.03 | Alison MacSwayne | 28.13 | Lewis Chalk | 16.54 |
| John Tussler | 27.25 | **Andover 7 June** | | | | Andy Lee | 28.27 | Robert Nicholls | 27.36 |
| Keith Whitaker | 27.37 | Keith Whitaker | 27.29 | **Winchester 14 June** | | Robert Spencer | 28.49 | | |
| Hannah Smith | 30.04 | | | Paul Coverdale | 21.56 | Sharon Simpson | 29.21 | **Havant 21 June** | |
| Jaz Smith | 38.57 | **Newbury 7 June** | | | | Samantha Stockwell | 29.22 | Howard Clark | 22.02 |
| Jenna Smith | 38.58 | Allan Stinson | 26.16 | **Aylesbury 14 June** | | Kevin Ashman | 29.22 | Sandra Clark | 31.36 |
| | | | | Adrian Piddington | 18.17 | Gemma Eldridge | 30.24 | | |
| **Southsea 31 May** | | **Grovelands, Enfield 7 June** | | | | Sue Robinson | 31.30 | **Grovelands, Enfield 21 June** | |
| Stuart Hiscock | 19.58 | Philip Whitehouse | 20.37 | **Bognor Regis 14 June** | | Ella Bennetts | 32.07 | Philip Whitehouse | 20.28 |
| Robert Spencer | 27.36 | | | Julie Salt | 31.28 | Gemma Fleming | 32.42 | | |
| | | **Brockenhurst 7 June** | | | | Caroline Street | 32.43 | **Plymvalley 21 June** | |
| **Southampton 31 May** | | Chris Leach | 19.32 | | | Sue Simister | 32.45 | Andy Stockwell | 20.57 |
| David MacSwayne | 27.07 | Rachel Leach | 28.18 | | | Michelle Simpson | 32.49 | | |
| Alison MacSwayne | 27.41 | | | | | Chloe Simpson | 32.49 | **Newbury 21 June** | |
| Robert Nicholls | 28.17 | **Durham NC 7 June** | | | | Jenny Hearnden | 34.11 | Allan Stinson | 30.35 |
| | | Robert Spencer | 29.35 | | | Linda Kopinska | 35.35 | | |
| **QE Park 31 May** | | Andrew Smith | 35.17 | | | Bev Watson | 35.56 | **Winchester 21 June** | |
| David Langrish | 23.53 | | | | | Melissa Cosens | 36.20 | Paul Coverdale | 21.39 |
| | | **Brighton 7 June** | | | | Andrew Smith | 37.15 | | |
| **Winchester 31 May** | | Mike Harper | 23.18 | | | Rachel Creasey | 39.34 | | |
| Paul Coverdale | 21.18 | | | | | Nigel Whitcher | 39.36 | | |
| | | | | | | Nicola Peskett | 39.46 | | |
| **Grovelands, Enfield 31 May** | | | | | | Julie Ashman | 40.20 | | |
| Philip Whitehouse | 20.53 | | | | | Wendy Holloway | 40.21 | | |
| | | | | | | Rowena Dodds | 41.23 | | |
| | | | | | | Erica Wallbridge | 42.09 | | |
| | | | | | | Jaz Smith | 45.32 | | |

# Hampshire Cross Country League and the Cross Country Championships

John Blake Cross Country Captain

The dates for the 2014/15 Hampshire Cross Country League races and the championship races have been fixed, so it's time to put them in your diaries. There are five cross country league races, as well as the Hampshire Championships, the Southern Championships and the National Championships.

Hampshire League races:
11 October 2014 at Farley Mount
8 November 2014 at Goodwood
6 December 2014 at Popham
10 January 2015 at Prospect Park Reading
7 February 2015 at Kings Park Bournemouth

The championships races:
The Hampshire's - 3 January 2015 at Fleming Park Eastleigh
The Southern's - 24 January 2015 at Stanmer Park Brighton
The National's – 21 February 2015 at Parliament Hill London

It would be fantastic to get men's and women's teams out for all eight of the races this year – we managed seven of them last year for the men when the National's were a lot further away and six for the women – only missing out at the last league race due to a monster traffic jam en route. The men's senior and vet's teams were both promoted from Division 2 to Division 1.

It's true that there are a lot of faster runners at these races, but to give you an idea of the spread of abilities on show the fastest and slowest times from 2013/14 are below – as you can see there is a big difference, and there is no barrier to everyone taking part.

| | Men | | Women | |
|---|---|---|---|---|
| Hampshire league | Fastest | Slowest | Fastest | Slowest |
| Race 1 – Reading | 26.27 | 49.25 | 19.22 | 38.25 |
| Race 2 – Goodwood | 28.35 | 57.34 | 20.55 | 39.5 |
| Race 3 – Popham | 30.46 | 63.55 | 21.11 | 45.13 |
| Race 4 – Bournemouth | 30.11 | 58.56 | 20.15 | 43.24 |
| Race 5 - Salisbury | 30.57 | 61.46 | 19.14 | 35.15 |
| | | | | |
| Hants Champs | 38.58 | 84.34 | 29.5 | 59.21 |
| Southerns | 49.47 | 101.56 | 30.39 | 63.37 |
| Nationals | 36.23 | 95.46 | 27.42 | 69.39 |

These are the start times, the age groups and maximum distances for the Hampshire League races.

| Time | Age groups | Distance (maximum) |
|---|---|---|
| 12:00 | Girls U13 | 3k |
| 12:15 | Boys U13 | 3k |
| 12:30 | Girls U15 | 4k |
| 12:50 | Boys U15 | 4k |
| 13:05 | Women U17 | 4k |
| 13:35 | Women Senior (including | 6k |
| | Vets and U20) | |
| 14:10 | Men U17 | 6k |
| 14:30 | Men Senior (including | 10k |
| | Vets and U20) | |

A team consists of 3 except for the Senior's in divisions 1 & 2 where 5 are required for the team.

The Hampshire League races are free to enter, you just need to be a member of the club and have a club vest.

It would be helpful if you are interested in running in any of the Hampshire League races, you could let me know your name and date of birth. This will help us when we record the scores to ensure consistent names are used and you are in the right age category. You can email me this information at xc-captain@stubbingtongreenrunners.net

Details of the Championships will be posted once they have been finalised.

Do get involved, these races are excellent for building strength during the winter months, the hills and the mud make sure of that.

# SUMMER TRAINING

| Day/Time | Tuesday | 7pm | Wednesday | Day/Time | Thursday | 6:30pm | Day/Time | Thursday | 7pm | Weekend Races |
|---|---|---|---|---|---|---|---|---|---|---|
| Meeting Point | Locks Heath Sports Centre, Warsash Road | | | Meeting Point | Holly Hill, Sarisbury Green / Crofton Community Centre, Stubbington | | Meeting Point | Crofton Community Centre, Stubbington | | |
| 01/07/2014 | 2x2 Mile / Steady Run | | Lakeside 5k | 03/07/2014 | 1200mx2 | 300m | 03/07/2014 | 1200mx3 | 300m | |
| 7pm | Chilling | Mike White | | 6:30pm | Crofton School | Melissa Hutton-Dunton | 7pm | Crofton School | Mike Harper | |
| 08/07/2014 | 0.5 / 1 / 1.5 / 1 / 0.5 Laps of Field - Flag Session | 0.5 Laps | RR10 | 10/07/2014 | Roller Coasters 30min | | 10/07/2014 | 800mx8 x 2 | Jog to start / 3 Mins between | Hamble Games / New Forest 10 |
| 7pm | Hook Field | Mike White | | 6:30pm | Holly Hill | Penny Forse | 7pm | Lee Front Beach Huts | Jon Leigh | |
| 15/07/2014 | 1 Mile x 4 | | | 17/07/2014 | 4 mile Time Trial | Red Lion | 17/07/2014 | 4 mile Time Trial | Red Lion | |
| 7pm | Posbrook | Mike White | | 6:30pm | Eric Road | Andy Simpson | 7pm | Eric Road | Andy Simpson | |
| 22/07/2014 | Short Hill Loops | | RR10 | 24/07/2014 | Hill Sprints 8-10 | | 24/07/2014 | 6minsx4 | 2mins | |
| 7pm | Red Path | Mike White | | 6:30pm | Holly Hill | Mike Bell | 7pm | Crofton School | Graham Bell | |
| 29/07/2014 | 2,4,6,4,2 min | | Lakeside 5k | 31/07/2014 | 12x 100m x 2 | 100m / 3mins between | 31/07/2014 | 14 x 100m x 2 | 100m / 3mins between | |
| 7pm | Warsash Common | Mike White | | 6:30pm | Crofton | Verity Wright | 7pm | Crofton School | Mike Bell | |
| 05/08/2014 | Hill Reps | | RR10 | 07/08/2014 | Fartlek x 5 | | 07/08/2014 | Tempo Run 6 Miles | | |
| 7pm | Fishermans Rest | Mike White | | 6:30pm | Holly Hill | Graham Bell | 7pm | Lee Front Loop | Jon Leigh | |

# Macmillan Mile - Monday 16th June 2014

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Alex Leighton-Goodall | 7.53 | | | Lizzie Martin | 8.21 | Rich Edmonds | 5.48 |
| Andy Simpson | 5.29 | Gemma Eldridge | 8.27 | Mandy Burton | 8.48 | Richard Snell | 5.58 |
| Anna Wilby-Lopez | 6.50 | George Howarth | 6.55 | Marcus Lee | 5.47 | Robert Spencer | 12.05 |
| Ben Leach | 8.54 | Gill Rose | 6.25 | Maria Hare | 18.33 | Rowena Dodds | 13.03 |
| Boz Cosens | 9.46 | Graham Bell | 5.38 | Marie McDonald | 7.20 | Sally Hare | 18.33 |
| Brigid Hone | 7.38 | Hadyn Brown | 6.07 | Mark McDonald | 5.47 | Sally McGrath | 7.09 |
| Caroline Chapman | 7.47 | Harry Martin | 5.42 | Mark Porter | 7.05 | Sarah Martin | 8.30 |
| Claire Fairbrother | 8.37 | Jamie Stockwell | 8.47 | Matt Granger | 7.13 | Sharon Simpson | 8.30 |
| Claire Jones | 7.36 | John Simister | 7.11 | Matt Knibbs | 6.14 | Simon Ellis | 6.37 |
| Claire Shergill | 8.37 | John Vose | 10.18 | Matthew Gould | 6.48 | Simon Vingoe | 6.46 |
| Clare Longman | 11.59 | Kat May | 10.18 | Mike Donovan | 7.39 | Stu McNamara | 7.45 |
| Dan Foster | 5.46 | Katie Simister | 7.17 | Murray Watson | 5.03 | Sue Simister | 9.19 |
| Dan Jones | 5.59 | Kelly Bennetts | 7.12 | Nick Davies | 9.25 | Svanoiz Sigonsouttir | 11.25 |
| Debbie Faulkner | 12.22 | Kerry Bailey | 8.45 | Nicky Lewis | 8.48 | Tim Matthews | 7.00 |
| Ella Bennetts | 8.48 | Kev Ashman | 7.21 | Nicky Peskett | 12.11 | Tim Smart | 6.51 |
| Ella Davies | 9.24 | Lee Merritt | 8.40 | Nigel Whitcher | 6.41 | Tom Whitcher | 5.29 |
| Eric Beck | 8.06 | Lee Stantial | 6.20 | Nikki Roebuck | 6.24 | Tommy Cave | 8.39 |
| Erica Wallbridge | 12.47 | Linda Kopinska | 12.12 | Paul Hammond | 6.38 | Tracy Terry | 8.21 |
| Freya Roebuck | 9.41 | Liz Miles | 7.45 | Phil Martin | 5.44 | Verity Wright | 7.01 |
| Gaynor Heffer | 7.13 | | | Rachel Richardson | 11.59 | Zoe Hare | 12.05 |

# 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**

# SOUTH DOWNS RELAY 2014 – BEACHY HEAD TO WINCHESTER

## Ladies Report – Nikki Roebuck

With two last minute changes, this year's ladies team was a mix of three newbie's and three experienced pros. So sad to have Lee Stantial and Melissa Hutton-Dutton being forced out by injury and thank you to Donna Mitchell and Helen Nicolls for not only accepted a last minute call up, but getting out to reccie legs with only a couple of weeks notice. They added to the team with Lucy May, Georgie Gair, Victoria Joel and me.

This was my first time in the team and my first realisation was how much time and effort everyone puts into this race. First it's the reccies, which doesn't just take running time, but with travel too it takes up a good part of the day. It was great to always have someone willing to join you, including those not in a team. My second realisation was how hilly, or as I now think, mountainous the South Downs is!

Race day always starts early for the ladies, leaving Whiteley on our team bus at 4.15am. This year we were afforded a 30minute lie in for health and safety reasons and still managed to arrive after the men's B team who had a 30minute start time after us. Thanks boys for our send off, even if you did nearly have to wear skirts!

The day started sunny and legs 1-3 were soon out of the way. Unfortunately Donna managed to hit the extremities of sun, then hail and thunder during a long leg 4. I would like to say that luckily the rest of the day was beautiful sunshine, which it was, but this was not the easiest weather to run in.

Realisation 3 was that this race is TOUGH. Running three very hilly 10km races in one day is the hardest thing I have done, but the team spirit and support amongst the ladies was amazing and definitely an energy boost to keep you going. My last leg, leg 13 was a "challenging" leg, which finished at South Harting. This was also the Stubbington Marshall point, coming in to hand over to Helen and seeing so many Stubbies and friends and family come out to cheer in our 4 teams was fantastic.

Victoria bought us home, just as the sun was coming down over Winchester, in 5th place in a time of 13 hours and 40 minutes 26 seconds. There was less than 10minutes separating positions 2nd to 5th and this was the 2nd fastest time by a Stubby ladies team on this course.

Thank you to all my team mates for being wonderful and putting everything into each leg. Well done to Helen for not only being the fastest lady on all 3 of her legs, but for also completing her final leg with a sub 6 minute mile. To Donna for taking on the epic leg 17. To Georgie and Lucy for being amazing, full of energy and pulling out great times on all of their legs and Victoria, not just for her strong and brilliant running, but for keeping us entertained (sorry I had to delete the picture!). To Sally for giving up her day to be our time keeper. And an extra, special thank you to Lee, our rally driving, minibus pilot, who got us to every leg with time to spare. We really couldn't have done this without you and we know that if all goes wrong with psychology, there is definitely a career change to racing driving for you!

Finally, realisation 4, would I do this again next year - yes definitely, I would love to make the team and I've started my training already!

# Men's A Team – Simon Hearnden

The morning started off far better than first thought as the weather predicted was horrendous with thunder and lightning for the whole morning.

This was not the case and the journey to Beachy Head and the start of the race was done with fantastic sunshine. The team assembled in the car park amongst the Vets who were also off at 0900. Rivalry was at its highest and it was at this point that the weather began to close. James Sawyer was the first to run for the A team and unbeknown to many of us he was not too keen on the black clouds and what might be contained within them. It was at this point that the first leg runners were mustered on the start line.

At 0900 the race was started and it was at this point that the rain started too, away we were. The rest of the team jumped in the cars and began what was going to be a long day of running. The thunder and lightning began to spice it up for James. This only enhanced his performance and he handed the batten over to Lewis Banner. Lewis had not been feeling particularly good for the day preceding but was up for the challenge.

This was evident at the end of his leg when there was very little colour in his face and equally energy in his body. Sugar was required and he would be back. Will Feline took the reins for the third leg and ran the leg very well. It was now over to the next 3 of this team, Dan O'Boyle took over in fourth place and had 7.5 miles to run. We were slowly catching up with the teams that had started earlier in the day and it was at the A27 lay-by that things started to get interesting. Dan came over the bridge and handed over to Simon Hearnden for the first of his 3 legs, he struggled. This leg started with a steep uphill climb and then along the Ditchling beacon, where Adrian Piddington was waiting to begin his day. The race had begun with the positions changing hands now between us and 2 other teams Lewis AC and Haywards Heath. Adrian had a storming run for leg 6 which was going to be the start of a very good day for Adrian.

Lewis had recovered for his second run and ran a brilliant leg before handing over to James who ran in the sun for the first time in the day and this seemed to affect him but not stopped him he handed the batten to Will who again was affected by the heat on his leg before handing over to Simon for the shortest leg of the race which now meant that 4 out of the 6 runners had suffered. Simon had a good run after struggling on the first leg to hand over to Dan again in fourth place, with Brighton Phoenix now in the mix. Dan Ran another fantastic leg providing enough distance between us and Brighton for the rest of the day. Adrian took on his second leg and made even time up and we were now gaining on second place.

Harting Car Park, Will feline took over after having a massage in the car park minutes before taking to the track. It worked for most of the way but now the whole event was taking its toll, Will ran as hard as he could and handed over to Lewis to run to the Sustainability centre over Buster hill. Lewis had his best run of the day and had left nothing on the downs.

Dan had the short run to Old Winchester Hill Car Park. He ran the 4 miles in 23.03. Simon as Captain had the honour of running the longest leg of 8.6 miles, this was definitely the hardest run he had done for a long time and with Brighton slowly closing the gap he handed over to Adrian for the final leg, Adrian topped off what was clearly an enjoyable day of running for him with another amazing run.

The Guys had run their hearts out in the name of Stubbington Green and to their credit they had finished in Third place in 10h 56 mins. It was truly an honour to have led a team of runners of this calibre and the proudest moment of my 22 years at Stubbington. Green Army!

# Men's B Team – Nick Kimber

I hesitate to call these few words a "report", as that conjures up distant memories of my school days, when the inevitable summing up of the headmaster included that time honoured phrase "could do better, and maybe with a little more hard work, would do". This could not be said for the B team who throughout the day gave their all, and nobody could have asked more of them.

It started as ever with a bleary eyed 5 am meeting at the Solent Hotel, grateful thanks to them for providing us yet again with free car parking facilities. We had a later than usual 7.30 start time at Beachy Head so needed to be away just after 5.30a.m. The two drivers for the day Rita Leigh and Angie crane (big thanks) did wonders packing all the bags and food boxes etc into their cars. This year if there was a prize for the amount of luggage that was taken we would have certainly been contenders, it looked like one or two members of the team had packed for a fortnight in Ibiza rather than a day on the Downs!
The weather forecast for the day was mixed to say the least, hail, rain, sun and thunderstorms, all of which we had, two very clean cars turned into two very muddy and smelly ones by the end if the day.
The team this year consisted of Nick
Crane, Phil Martin, Jon Leigh, Andy Lee, Nick Kimber and the comparative youngest Marcus Lee, all of which had spent the preceding weeks reccing the South Down routes, this race is all about commitment and this team certainly needed committing.

Everyone ran well and no real hiccups, we knew that it might prove difficult to reach the Sustainability Centre before the cut off time and this proved the case, however the team continued on running to the finish and due to an error by the organizers we were awarded two bottles of champagne for being the team nearest their predicted finish time. In the end we finished in mid table of the B teams, when you consider we had an average age which was north if fifty this was a great achievement.

I would like to thank Andy Simpson for his support throughout the lead up and the day itself, his constant emails of encouragement and useful tips were a great help.

It is a tribute to the club that we enter a real "B team", runners who would never normally make the A team, but turn out week in week out putting on a club vest at all sorts of events. Watching many of the B teams on the day it was obvious that most of them were runners that could have also made their clubs A teams.

I would also like to thank our marshalls at Harting for doing a great job, although I might be bias, I do think we have the best marshalling team and point on the whole route.

The club should be very proud of the B team that represented them on the day, as I am sure I can say on their behalf that we were all very proud to represent Stubbington Green.

| Leg | Ladies | | Vets Team | | A Team | | B Team | |
|---|---|---|---|---|---|---|---|---|
| | Runner | Time | Runner | Time | Runner | Time | Runner | Time |
| 1 | Nikki | 33.05 | Graham | 28.53 | James | 25.45 | Nick C | 32.12 |
| 2 | Georgie | 51.33 | Andy | 38.45 | Lewis | 41.40 | Nick K | 52.44 |
| 3 | Helen | 31.01 | Mike W | 29.56 | Will | 28.07 | Andy | 36.15 |
| 4 | Donna | 1.04.21 | Mark | 52.20 | Dan | 42.39 | Jon | 54.24 |
| 5 | Lucy | 42.45 | Euan | 35.45 | Simon | 39.26 | Phil | 41.00 |
| 6 | Victoria | 43.09 | Mike B | 36.10 | Adrian | 32.03 | Marcus | 36.47 |
| 7 | Nikki | 43.21 | Graham | 37.33 | Lewis | 34.38 | Nick K | 42.12 |
| 8 | Georgie | 51.48 | Andy | 42.39 | James | 46.30 | Nick C | 59.05 |
| 9 | Helen | 32.27 | Mike W | 31.10 | Will | 30.06 | Andy | 37.16 |
| 10 | Donna | 30.36 | Euan | 23.12 | Simon | 25.36 | Phil | 26.36 |
| 11 | Lucy | 50.27 | Mark | 42.46 | Dan | 35.19 | Jon | 50.32 |
| 12 | Victoria | 47.06 | Mike B | 37.11 | Adrian | 34.29 | Marcus | 40.28 |
| 13 | Nikki | 1.05.12 | Andy | 45.37 | James | 48.07 | Nick C | 63.25 |
| 14 | Helen | 39.23 | Graham | 38.30 | Will | 36.34 | Andy | 45.50 |
| 15 | Georgie | 32.24 | Mike W | 29.25 | Lewis | 27.49 | Nick K | 33.04 |
| 16 | Lucy | 31.36 | Mark | 28.26 | Dan | 23.03 | Jon | 29.14 |
| 17 | Donna | 1.22.21 | Euan | 1.00.40 | Simon | 1.08.14 | Phil | 1.11.40 |
| 18 | Victoria | 47.41 | Mike B | 39.02 | Adrian | 35.57 | Marcus | 43.12 |
| TOTAL | | 13.40.26 | | 11.18.00 | | 10.56.02 | | 13.15.56 |
| POSITION | | 5th | | 2nd | | 3rd | | 5th |

# Vet's Team – Andy Simpson

The start of the day had a different feel to a normal South Downs Day. Firstly we were greeted with pleasant weather conditions with everyone just needing a t-shirt rather than lots of layers and a coat. Secondly we had assembled a Vets team good enough to start at the business end of the race which was the last start time of the day for the quickest teams. This meant we lined up with our very own seniors and Basingstoke Vets who won the Vets title last year.

The honour of starting the race fell to our chairman, Graham to lead from the front. He was greeted halfway in to his leg with thunder, lighting and rain! A solid start from Graham to handover to Captain, I found myself running a leg in the rain for only the 2nd time in my 10 years of racing the South Downs! I quickly set about the task of reeling the guys in and caught the runners on the big hill at the end where I passed the Basingstoke runner and finished right behind our very own Lewis Banner and the Lewes team. Mike White took up the baton and on leg 3 and managed to hold on to the lead from Basingstoke.

Mark Eaton then ran the tough leg 4 and found the leg to be taxing out there but managed to hold on to the lead. Euan McGrath then ran up to Ditchling Beacon and had a very good run but found himself up against a very good Basingstoke Vet who ran the 3rd fastest time overall on the day and we found our selves a couple of seconds down on the handover. Next Mike Bainbridge ran leg 6 down to Saddlescombe and found himself up against a good Basingstoke runner and the lead extended.

The South Downs is a bit like a boxing match where you slug it out with other teams for 18 rounds or in this case 18 legs. A third of the way in and Basingstoke had won 4 of the 6 rounds (legs) and were ahead on points and time. At this point it's time for everyone to run their second leg (second race) of the day. In and uneven match up Graham was taking on the formidable opponent of Steve Jeffery who ran the 2nd fastest time on the day for leg 7. We found our selves looking at nearly an 8 minute gap at the start of leg 8, River Adur to Washington and it was time for a Captain's performance. The leg is a tricky one to run and although it was a hot day and the wind would normally be welcomed there was a strong head wind which seemed to be against the runners for most of the leg.

I didn't see the Basingstoke runner till right near the end of the leg. Cut to the end of the leg and Tracy Bell (driver) was chatting to the enemy, Steve Jeffery and looking for the runners coming over the hill. When Steve goes here's our guy and about 30 seconds later there's 'Simmo', much to the disbelief of Steve. So at the end of the leg we were only 30 seconds behind Basingstoke and back in the race. Mike W ran a great leg 9 to Springhead Hill where the gap was reduced to 13 seconds!! At the halfway point of this titanic battle there was nothing between the teams. Euan struck the next blow for us and retook the lead as he arrived in Houghton having taken a minute out of Basingstoke.

Mark then fought hard on leg 11 but we saw our lead evaporate and Basingstoke retake the lead. Mike B ran leg 12 to Cocking who ran an Ok leg but could do nothing to stop the lead getting bigger at two thirds in, the gap had grown to 5 minutes.

When it comes running the last leg your legs of pretty shattered and beaten up and sometimes you've got to grind the result out, this was the case for me on Leg 13. We caught the B team on this leg as I passed Nick Crane on the last hill. Graham ran leg 14 to QE Park and was cheered off by our marshals at Harting, B and Vets team. It's really great to have the support of the club at Harting and having been to all the marshalling points on the day I would say our marshalling station was up there as one of the best, don't get me started on some of the poor marshalling we saw on the day. Well done and big thank you to everyone who helped out and Caz Lee for organising the troops. The organiser at the end of the race commented on the great job you'd all done.

Graham had a good run on leg 14 and got the Vets club leg record as well. The goat, Mike White then ran leg 15 up Butser and kept his time within touching distance of Basingstoke's. Mark ran leg 16 from the Sustainability Centre to Old Winchester Hill and gave it all he'd got and looked shattered at the end. Basingstoke had built up a healthy lead over us and was near 8 minutes up on us, time to pull out the secret weapon and bring on Ultra Man! Euan given strict orders to leave nothing in the tank and 'go balls out' to reel in the Basingstoke runner.

Euan took just over 3 minutes out of them which would have been more except for 'thorngate' where he had to stop to pull out a big thorn that had gone in to his shoe! Mike B was left with the glory leg and to pullback a big lead, Mike ran well but sadly there were no gold medals. Instead we had to settle for 2nd place and a silver medal. I would like to thank everyone in team who put in the hours and days to reccie their legs and that included our two fabulous drivers Tracy Bell and Kevin Ashman who navigated brilliantly around the Downs. Also a thank you to the runner's families who put up with us disappearing for half day here and there.

Last year we were 3rd, this year we were 2nd, next year……..

# RACE DIARY

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

## 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**

## 3rd AUG — STURMINSTER NEWTON HALF MARATHON
*Sturminster Newton, Dorset*

Undulating road race in the heart of Dorset, run by Dorset Doddlers and part of the Dorset Road Race League

**www.sturhalf.co.uk**

## 6th AUG — RR10 LEAGUE - RACE 9
*Itchen Valley 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**

## 10th AUG — SALISBURY 54321
*Salisbury, Wiltshire*

Ranging from 10k, 21k (HM), 30k, 42k (M) and even a 50k Ultra Marathon. Now in its 19th year this popular Trail/MT event takes you over Salisbury's 5 Rivers, 4 Hills, through 3 Large Country Estates, past 2 Castles and 1 Cathedral with its tallest Spire in England with fine views of the medieval City also known as New Sarum. In 2012 the race was voted in the Top Ten UK Trail races

**www.salisburyfirestation.info**

## 17th AUG — BURNHAM BEECHES HALF MARARHON
*Farnham Comon, Buckinghamshire*

Undulating road race in the heart of Buckinghamshire

**www.bbhm.burnhamjoggers.org.uk**

## 17th AUG — ISLE OF WIGHT HALF MARATHON
*Ryde, Isle of Wight*

The course is an undulating single lap course taking in Ryde, Brading, Bembridge, St. Helens and back Ryde

**www.rydeharriers.co.uk**

## 6th AUG — RR10 LEAGUE - RACE 10
*IBM Hursley 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**

## 31st AUG — HEADINGTION 5
*Oxford, Oxfordshire*

Fast 5 mile loop. It starts and finishes in Boults Lane recreation ground, approximately 400 metres from the Race HQ and takes in the tracks on the Northern bypass and the Marston Ferry road and It is largely free of traffic.

**www.hrr.org.uk**

## 31st AUG — RICHMOND PARK 10K
*Richmond, London*

Run in arguably London's most beautiful deer park. This Royal Park is home to Capital Runners Richmond Park 10K; an undulating, varied two lap course, perfect for all runners and particularly those who want to push themselves a bit harder than at Bushy. Can't guarentee a pb but they can promise a great course.

**www.capitalrunners.com**