The Green Runner
www.stubbingtongreenrunners.net | @StubbGR
AUGUST 2014

STUBBIES CLEAN UP AT BISHOPS WALTHAM

FISH & CHIP HANDICAP DETAILS

FOOT FETISH

STUBBIE 10K NEWS

INCREDIBLE PERFORMANCES OF THE MONTH

2014/2015 HRRL PREVIEW

FROM THE CHAIR

As the long hot summer continues, how great it is to see everyone enjoying the joy of running in the glorious sunshine. June and July saw a host individuals performing and excelling in a number of events, and I take my hat off to the Ultra runners within the club who performed so brilliantly. Truly inspirational performances, proving that with hard work and dedication we can all achieve great things.

August is a time for more running related social activities, and the social committee have a few events lined up, including re-enacting the Chariots of Fire run along Meon Shore beach, and club BBQ at Upper Hamble Country Park. This year's BBQ includes a competitive element with the "Great Stubby Bake Off", which I know the Mens Captain in particular is looking forward to. The first Friday in September sees the Fish and Chip Handicap, which is always a popular social evening.

As usual September is shaping up to be a busy month for running, and racing, with 3 HRRL events, before the Cross Country season kicks in during October. At the AGM in March we agreed to explore the possibility of joining the CC6 XC league. The CC6 league is run by the clubs who take part in the summer RR10 series and the races are run at (mostly) the same venues, starting at 9:30 on a Sunday morning throughout the winter. We have also decided that we will continue to take part in the Southern XC League (previously called the Today's Runner). The committee was asked to look again at continuing our membership of this league, and we are pleased to say that we have decided to do so. We felt we should offer the variety of choices which will hopefully will appeal to many members as they provide an opportunity to enjoy the benefits of XC running. Race dates for both leagues will be set at the end of August. Inevitably we expect there to be clashes in dates, but we felt that our history and tradition of participation in the Today's Runner league was as important as being able to offer a new opportunities to represent the club too.

Looking further ahead, the 2015 10k preparations are starting to kick off in ernest. After the learning curve last year, Chris Brobin, our Race Director, has asked for specific help to organise the 2015 race. Please take a look and consider lending a hand in the organisation. If we get the support from members in the planning phase it should make the organisation of the day run even smoother. We will also need lots of support on the day, so please be prepared to give up a little time for this show piece event for the club on 18th January 2015. Once again we ask members who wish to run the 10K to nominate a friend or relative as a substitute marshal when requested.
It is a fantastic event for the club, but it does require a lot of manpower on the day.

Finally, I would like to remind everyone to respect the fact that the club is run by volunteers. Our ethos has always been to be a friendly and welcoming club, and long may this continue. From time to time we will have difficulties and conflicts, this is normal in a club our size for the range of runners we have in the club. As a committee we make decisions for the club as we see for the best, and mostly I think we have been successful. If anyone, at anytime would like to understand more about the decisions we take and logical reasoning behind them, then please do get in touch directly. Any member of the committee would be only too happy to answer your question.

As I mentioned above, the Social team have been working hard to arrange events throughout the year and this will culminate, once again this year, with our annual Awards night on 28th November. Details are elsewhere in this issue, and will be on the website. I know it is difficult to think so far ahead, but please do check out the details, it would be great to see a fantastic turnout again this year to celebrate and recognise our success together.

Happy summer running everyone

Graham

CAPTAINS CORNER

I thought July was going to be a quite month, but it seems I got that wrong, when is quite for a Stubbington runner?
Starting with the some of the months highlights; we finished June with victory for the men's team at Lordshill 10km and continued this into July at Wyvern. Wyvern 10km was a very well organised, local event, run by Hedge End who gave great support to all the Stubbies in the field. Local celebratory Iwan Thomas was star of the day (as sadly Mo Farrah couldn't make it) and as I ended up running the whole race with him I took all the encouraging cheers to be clearly directed at me! Final results saw the men team take first place and the ladies team in second.

Local racing continued the week after and saw Stubby domination at Bishops Waltham 5mile. James Sawyer and Helen Nicholls were first male and female with Daisy Hall second lady, Adrian Piddington 3rd man and Gill Rose fourth lady. The day before had seen awesome performances from Donna Mitchell and Julie Ashman in the Race to the Stones 100km ultra marathon. Described on Facebook as two marathons and a great south run, clearly quite enough without the added extra of red hot sun, hail storms and thunder, fantastic achievement ladies.

At second Gosport 5k race series we saw a 1-2 for the men with Daniel O'Boyle 1st and James Sawyer 2nd with Mark McDonald 1st V40 and Mike Harper 1st V50. For the ladies Victoria Joel was 1st Lady V35 and Kerry Dodsworth 1st senior lady.

Following his win the day before at Gosport, Daniel went and won the RR10 at Marwell and the men's team was 1st with the Ladies 3rd. At Janesmoor Pond at the end of the month in RR10 it was a sweltering and brutal course which saw the ladies finish 9th and the men pipped to 2nd by two places and having to settle for 3rd. At these 2 RR10's we saw great turnouts, we have just two races left in August, so let's get as many out as possible to these races. The ladies lay 6th overall and the men are 2nd.

Also great performances by two of our beginner ladies who completed their first 10km this month, well done Bev and Sandy.

It was fabulous for us both to help out with the Future Stubbies fun run and great two see all the kids enjoying the run at Netley. We must say a massive thanks to James Sawyer and Kelly Bennetts for organising the run, t-shirts and medals.

Coming up in the next couple of months we have the Test Way Relay and also the start of the cross country season. The Test Way teams are now up on the website and the captains have started to make contact with those named. Race day is Saturday 13th of September and it is so important to be familiar with your leg before then. Thank you to all those who have volunteered to help Marshall hand overs and time keep. For those of you who have enjoyed the RR10 series, cross country really is just more of the same. The Hampshire league kicks off on the 11th of October (more details from John Blake) and each course is just over 4 miles for the ladies and 6 for the men. There is no time limit on the courses and all abilities are welcome, you just need to be wearing a club shirt. Basically an RR10 with more mud! Last year was my first year running the Hampshire's and I loved it. The races are all split so you get to watch each other run and the support is brilliant. I look forward to seeing lots of you there!

Also this year we have entered the CC6 series and again the Southern Cross Country League (SCCL). These cross country events will take place on Sundays and are free to enter, just need to wear a club vest. The CC6 are run at an earlier time of 9am than SCCL which is 11am and run over similar courses as the RR10's and therefore are closer to get to than SCCL. Once the dates are confirmed for CC6 and SCCL we'll let you know.

The re-enactment of Chariots of Fire race takes place in August which was a fabulous evening last year seeing everyone dressed in white running along the beach. Also at the end of August is Summer Barbie with the usual fun and games of a run before the Barbie and games afterwards. Not to forget the cake baking competition at the Barbie! We look forward to seeing you all there at these great events and for more information see the social update in this issue of the Green Runner.

Just to let everyone know the Hampshire Road Race League (HRRL) starts in September with 12 races to compete in and 7 need to be competed in to get a final score. It starts with a bang with 3 races in September which are Overton 5, Victory 5 which are both 5 milers and Solent Half. Neil Richardson will once again be looking after HRRL and has included a write up in this month's Runner. The men this year will have their work cut out to beat last year's results! Let's race hard and take the fight to the rest of Hampshire and celebrate after each race, good luck for the new season.
Finally, for everyone going away this month have a lovely holiday with the family.

BATH VERY LONG HALF MARATHON

99	Marie McDonald	03:19:50
106	Anna Wilby-Lopez	03:20:51
107	Verity Wright	03:20:55
119	Julie Ashman	03:25:41
146	Julie Woodman	03:48:58
148	Sarah Martin	03:50:02
149	Sharon Simpson	03:50:02

William Feline 4.4 miles Lanikai beach run 6th place overall and 1st male 30-34

BISHOPS WALTHAM 5

Stubbington Green won just about every prize available at Bishops Waltham. First Man James Sawyer, First Lady Helen Nicholls.

If there had been team prizes Stubbies would have won them too.

Daisy Hall was second Lady and Gill Rose 4th. All on a very hot day.

1	James	Sawyer	28.14
3	Adrian	Piddington	30.31
6	Mark	Eaton	30.59
9	Simon	McMorran	31.36
12	Helen	Nicholls	32.43
16	Daisy	Hall	33.32
19	Richard	Edmunds	34.37
20	Richard	Snell	34.51
23	Tim	Crumpton	35.34
25	Gill	Rose	36.21
26	Paul	Hammond	36.22
28	James	Lewington	36.55
77	Eunice	Hoare	46.54

Brighton Phoenix 10K

7	Lewis Chalk	33.30

Huntington Beach 8km

Nikki Roebuck 10th female 35.25

Chris Roebuck 42nd male 39.05

Brackenwood 5K - 20 July

139	ALLAN STINSON	30:30

Portsmouth Joggers Summer XC Series 5 Miles

85	Kerry Dodsworth	42.54

WYVERN 10K

2	James Sawyer	00:34:55
4	Andy Simpson	00:35:18
10	Adrian Piddington	00:37:30
17	Murray Watson	00:38:18
44	Jon Leigh	00:41:11
55	Marcus Lee	00:41:55
88	Gavin Rennie	00:44:23
89	James Lewington	00:44:27
93	Nikki Roebuck	00:44:35
118	Phil Hobby	00:46:38
138	George Howarth	00:48:14
147	Aga Plombon	00:48:37
158	Alan White	00:49:26
165	Keith Carter	00:49:39
213	Julie Ashman	00:53:26
234	Kelly Bennetts	00:55:00
253	Sarah Hobby	00:56:43
316	Sarah Barron	01:01:08
362	Gemma Fleming	01:06:58

STUBBINGTON 10K

Dear Stubbies,
It is that time of year already where we need to start planning for next years Stubbington 10K which takes place on Sunday 18th January 2015.
Following the success of last year and record turnout we will be following our winning formula with a few tweaks along the way. Next year we are going up to 2,000 runners and . The one constant is that we need people to step forward and offer help now.

Roles available:

- Race Director - I will need to maintain responsibility for the coordination with the chip company, council, timing keeps, race adjudication, community centre, road closures but I will need some support
- Communication - involves emailing local businesses and coordinating the leaflet distribution to raise awareness within the local community and
- Marketing - sponsorship, race support, race partners
- Procurement - Barriers, Loos, First Aid, PA systems, Radio Communications
- Race Memento - open to fresh ideas, someone to procure and order
- Trophy Coordination - we need trophies to go with the prizes for the main race and the fun run
- Marshal Coordination - we have a list of positions and need someone to coordinate the list of volunteers
- Setup Team - car parking, barrier setup, baggage coordination, crowd control, competitor coordination
- Fun Run Manager - someone to organise and manage the entries, marshals and prize giving.

Finance Controller - **Rob Spencer** has already put his hand up for this one as club treasurer!
Each of the roles has different time commitments and requires input at different times between now and race day. If you are interested in stepping up and recording your interest in a role then please get in touch
race-director@stubbingtongreenrunners.net

Lordshill 10k

POS	NAME		CAT	POS	TIME
3	Lewis	Chalk	Male Senior	3	00:33:09
7	James	Sawyer	Male Senior	7	00:34:51
9	Andy	Simpson	Mv40	1	00:35:03
15	Rob	Greenwood	Male Senior	14	00:36:21
18	Christopher	Brobin	Male Senior	16	00:36:50
25	Graham	Bell	Mv40	3	00:38:08
26	Murray	Watson	Male Senior	21	00:38:09
27	Mark	Eaton	Mv40	4	00:38:39
28	Sev	Roberts	Male Senior	22	00:39:02
29	Toby	Greenfield	Male Senior	23	00:39:01
45	Andrew	Stockwell	Mv40	11	00:40:57
81	Daniel	Foster	Male Senior	40	00:44:09
128	Aga	Plombon	Female Senior	16	00:47:38
129	Sam	Bell	Male Senior	57	00:47:48
231	Eunice	Hoare	Fv35	15	00:56:03
297	Gemma	Fleming	Female Senior	50	01:03:53

PERFORMANCES OF THE MONTH

RACE TO THE STONES 100K

99	Donna Mitchell	13:04:25
192	Julie Ashman	14:28:29

Donna Mitchell and Julie Ashman for the 100k Race to the Stones achievements. Donna was 15th lady and Julie 31st lady out of 175

Swim+T1	Bike	T2	Run	Finish	Overall	Category	Gender
01:28:31	07:29:41	00:04:33	05:31:03	14:33:50	77th	5th	10th

Clara Fordina for her Forest Man (Ironman event)

Swim 3.8km
Cycle 180km.
Run 42.2km

Rob Greenwood for his PB at Lordshill 10k - he also got a special mention from the finish line marshals who said his sprint across the line was award winning!!! His progress is superb, as at start of year he wanted to break 40 minutes and now he is looking at sub 35 in the not too distant future!

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

CHARIOTS OF FIRE BEACH RUN

13th August Start Time 18:30

Place : Meon Shore.

Stubbington Green will be holding their very own Chariots of Fire Beach Run on Wednesday 13th August from the Beach Huts at Meon Shore.

The run is 4 miles long and apart from the first and last 100 yards is on firm sand, the course is to follow the low water line to Solent Breezes and back. The run has been timed to take place at one of the lowest tide times of the year. At its low point 18:30 you should be able to run nearly 500 yards from the shoreline.

After the run, weather permitting I will BBQ some sausages in buns and have some soft drinks available , however you are welcome to bring whatever you want. (I enjoy a cold beer). Please bring a £1 to cover costs.
If the weather is poor then we shall retreat to the Osborne View .

As in the film, white tops and shorts would be good and of course plimsolls!

This is not a race just an excuse for a social on what hopefully will be a lovely summers evening.

Hope to see you there .

Tuesday 8th July 2014 The Absolute Running Gosport 5k Summer Series Race 2

1	O'BOYLE, Daniel	00:15:29
2	SAWYER, James	00:16:50
6	WATSON, Murray	00:17:42
7	HARPER, Mike	00:18:36
11	BATTEN, Richard	00:19:21
13	HEARDEN, Simon	00:19:32
17	HISCOCK, Stuart	00:19:54
21	HOBBY, Phil	00:20:47
26	DODSNORTH, Kerry	00:22:59
35	RICHARDSON, Andy	00:24:31
43	HOBBY, Sarah	00:26:19
50	HAYNES-SEWELL, Dawn	00:27:36

Stubbington Green Runners

6.05 Special 18th July 2014

Name	Club	Time
Mark McDonald	SGR	41.29
Mike White	SGR	42.26
Jon Leigh	SGR	43.54
Marcus Lee	SGR	43.54
Richard Edmonds	SGR	44.08
Sonia Rushby	Hedge End	44.36
Paul Hammond	SGR	47.01
DanFoster	SGR	47.01
David Langrish	SGR	48.20
Cliff Manton	Hedge End	50.18
Penny Forse	SGR	52.06
Mike Bell	SGR	52.06
Mike Donavon	SGR	53.36
Shelly Thomas	SGR	59.42
Tiggy Sinclair	Hedge End	60.28
James Dunlop	Hedge End	60.29
Sheryl James	Hedge End	60.30
Louise Whitemore	Hedge End	64.27
Helen Kimber	SGR	66.15
Julia Webb	SGR	66.15
Vicki Bryce	Hedge End	66.27

Lakeside 5k
2nd July

POS	NAME	TIME
2	Daniel O'Boyle	15.46
7	Thomas MacSwayne	16.12
12	James Sawyer	16.41
13	Andy Simpson	16.46
27	Adrian Piddington	17.43
31	Rob Greenwood	17.57
35	Howard Clark	18.07
44	Sev Roberts	18.36
51	Mark McDonald	19.10
64	Mike Harper	19.48
68	Tom Callaway	19.52
89	James Lewington	20.55
90	Tim Crumpton	20.59
95	Peter Simpson	21.21
104	Alethea Adair-Stantiall	21.57
112	Hilary Gulliver	23.02
115	Kerry Dodsworth	23.35
123	Russell Mead	24.04
134	David MacSwayne	26.36
146	Michael Wootton	27.40
148	Allan Stinson	28.08
157	Julie Salt	30.53
162	Robert Spencer	32.53
163	Andrew Smith	32.55

Lakeside 5k
30th July

POS	NAME	TIME
1	Daniel O'Boyle	15:39
12	James Sawyer	17:00
15	Rob Greenwood	17:04
33	Toby Greenfield	18:29
34	Mike Harper	18:31
39	Jack Webb	18:46
42	Howard Clark	18:59
48	Daniel Foster	19:17
63	Marcus Lee	19:52
68	Andrew Stockwell	20:08
71	Philip Martin	20:14
85	Lucy May	21:06
88	Peter Simpson	21:30
104	Hilary Gulliver	22:57
141	Michael Wootton	27.16
146	Allan Stinson	28.36
148	Robert Spencer	29.25
152	Julie Salt	30.08
155	Andrew Smith	34.01

STANSTED HALF

7	Mark McDonald	01:40:52
13	Ray Gunner	01:44:09
97	Mike Donovan	02:16:43
108	Jane Aldard	02:20:37

NEW FOREST 10 MILE

25	Toby	Greenfield	01:05:13
108	Daniel	Foster	01:13:44
185	Paul	Smith	01:17:42
329	Simon	Vingoe	01:25:26
392	Mandy	Burton	01:29:03
427	Mike	Donovan	01:30:05
463	Brigid	Hone	01:32:46
464	Haydn	Brown	01:32:47
796	Louisa	Abbott	02:24:22

Fish & Chip Handicap: Friday September 5th

Finish Time 7:30 pm. Usual rules; start anytime you like .But no Watches or Gps.

The winner will be the runner who finishes closest to 7.30 pm.

Prizes for first male and female runner closest to the target finish time

Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head (for Northerners (Andy Simpson) Pie and Chips is an option!). Please pay on the night but we must know exact numbers this time.
If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere £1 per head to cover this handicap and future events.

Please pay on the night but we must know exact numbers this time , so please email or call Nick Kimber (nick@hookpark.co.uk 07977411452) Wednesday 3nd Sept if you would like some fine English cuisine – otherwise NO NAME NO GRUB!

This year's course is a circular root starting and finishing outside The Rising Sun in Warsash.

Head along the Solent coastal path towards Hook , the sea on your right.

Keep to the path until you reach the point where you have to either run alone the beach or head inland. Head inland , passing Christmas House on your right.

When to get to Hook Park Road go straight across and into the woods, Bridge House is on your right.

Keep to the left hand path running in the woods until you to get to a pair of kissing gates. Take the first one and go straight across into a narrow path.

This path comes out into Hook Park Rd (Gravel). Turn left, and head along the gravel for about 500 mts. After the first house on your left , Turn left on to a footpath which bears right.

This path comes out into Fleet End Rd, then Turn left and Turn left again when you reach Dibles Rd.

Stay on Dibles road until it reaches Warsash Rd (big roundabout). Turn left and after 100 mts cross the road and take a path between some houses, this path goes though a nursery and leads to Greenaway Lane. Turn Left.

After 200 mts take the footpath on your right which leads onto Brook Lane. Turn right and also cross the road.

Turn Left into Brook Ave and follow this until you reach Holly Hill Woodland .

Go into Holly Hill and keep to your left. Passing the observation deck on your left. Just after a wooden marker post on your right Turn Left , and stay left on the wooden boardwalk. Keep to path until you reach the foreshore and then Turn Left and head back to the Rising Sun. 6 Miles in total.

Social Round Up

Two RR10s in July, Marwell and Janesmoor Pond. Great turnout as usual and the two pubs did us proud for after race re-hydration. August sees us at Itchen Valley and the final race at IBM Hursley. Pubs are The Master Builder at West End and The Dolphin at Hursley respectively.

The 6.05 Special took place on Friday 18th July and we had 21 runners, including 6 from Hedge End plus at least two dogs that I counted and of course Max who marked the halfway point with Nick Kimber. Mark McDonald was first home in a time of 41.29 closely followed by Edward White who was disqualified for running on four legs, not two! Mike White therefore took second place in a time of 42.26. First lady home was Sonia Rushby from Hedge End Runners in 44.36. The full results are shown elsewhere in The Green Runner and also on the website. It was a lovely evening, apart from the midges, and a good group of us retired to The Black Dog for after race refreshments. Many thanks to the runners and a special thanks to my helpers, Kathy McKain, Marie McDonald, Clive Robinson, Nick Kimber & Max. We will be organising another night-time Special later in the year so keep your eyes peeled for the date and get the head torches ready.

August Events include the Chariots of Fire race on the beach at Hill Head on Wednesday 13th August and the BBQ on Sunday 31st at Manor Park. Full details of these events are given below including the rules for The Great Stubbington Bake Off – hope you have all been practising.

This year's Fish 'n Chip handicap will be held on Friday 5th September and the route has been published on the website and on Facebook so keep an eye out for it.

Great Stubbington Green Bake Off

This will take place during the Annual BBQ to be held on Sunday 31st August. There will be two age groups – Under 16s and Over 16s with two categories – cakes & traybakes. You can put in as many entries as you like. All entries must be displayed on either a plate or container with your name clearly marked **underneath** so that the Judges have no idea as to the identity of the cook. There will be three Judges and their decision will be final. A prize will be awarded to the winner of each category.

Future dates to put in your diary:

10th October – Night Time 6.05 Special
14th November – Skittles Evening at The Crofton
29th November – Awards Night Dinner (see details)
14th December – Christmas Handicap

Details on all the above will posted on Facebook and the Green Runner as well as the website.

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

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

Stubbington B:
1. Dan Foster 5:35
2. Verity Wright 7:07
3. Steve Wallbridge 6:49
4. Sue Robinson 8:25
5. Dan Jones 6:01
6. Sharon Simpson 8:02
7. Aga Plombon 6:36
8. Sarah Hobby 7:49
9. Lizzie Mitchell 7:31
10. Murray Watson 5:04
TOTAL TIME = 1hr 09 min

Mile of Miles Results 2014

Stubbington A:
1. James Hall 5:07
2. Anna Wilby-Lopez 6:59
3. Lizzie Martin 8:12
4. John Blake 6:10
5. Sarah Martin 8:07
6. Gaynor Heffer 6:53
7. Phil Hobby 6:16
8. Lucy Window 7:09
9. Alan White 6:25
10. John Blake 6:22
TOTAL TIME = 1hr 07 min

Giants Head Marathon 28th June

150	Julie Ashman	5:26:14

Milton Keynes Half Marathon

25	ADRIAN PIDDINGTON	01:24:04

THE SUMMER PLOD 21 MILES

13	JEFFERY, David	03:14:19
23	ROSE, Gill	03:30:45
24	SNELL, Richard	03:30:45
33	LANGRISH, David	03:36:45
34	LEE, Andy	03:41:16
36	MITCHELL, Donna	03:42:58
58	ASHMAN, Julie	04:17:23
59	ADLARD, Jane	04:17:27
74	BLAKE, Ann	04:46:42
76	MARTIN, Sarah	04:54:41
77	SIMPSON, Sharon	04:54:41

Dieppe Raid 29th June 2014

Boarding the ferry at New Haven, myself and my husband Alex were feeling a little nervous. We were off to cycle in Dieppe and had never done this sort of thing before.

The thought of trying to find our way around Dieppe and cycling on the other side of the road was very daunting. Luckily for us we were under the care of Caroline and Glen Street who looked after us completely. We arrived in torrential rain which wasn't a good start. Also, unfortunately due to my poor map reading, I had booked a hotel 2 miles outside of Dieppe, up hill ! - Alex was not amused !

The weather improved and Saturday was spent cycling with Caroline, Glen and two other former Stubbies Mags and Ian Smith. We had a guided tour of Dieppe and cycled approx 40 miles. On Sunday, we met up with Caroline and Glen and a few other cyclists who were joining us for the 100K cycle. There are various distances available for every ability. The cycling event is a very relaxed social cycle - The are no winners or losers, no times or places recorded. Everyone stops for lunch which consists of baguettes, cakes, bananas, chocolate and hot/cold drinks. The weather was very kind to us and we only had a few showers. We stopped again for a coffee break which was very welcomed.

We thoroughly enjoyed our time in France - we really enjoyed the cycling and the eating out in the evenings and will definitely be back next year for more and hoping to do the 140K next time. This weekend would suit any keen cyclists and any ability. There is even an organised walk for non-cyclists.
Susie

The event is organised annually by Caroline Street. More information is available on the website www.dieppetour.com. This year we had 238 competitors, the oldest was 91 and youngest individual cyclist (Owen) was 12. Owen raised money for his school's charity in order to get the time off school on the Monday.

If you are looking for a low key social ride in beautiful surroundings then this may be of interest to you. Club riders are equally welcome. This year Fareham Wheelers had 12 in their group. There are 5 different distances available varying from 30km to 200km. There is also a Facebook group if you want more information - follow the link on the web site.

Our Stubbies group won an award for being one of the largest teams ... the French just love to give cycling awards! Kathy McKain and Julie Bowden were also at the event with their partners. Just talk to one of us to find out more about what to expect.

HRRL

September heralds the end of the HRRL Summer recess with 3 early races providing a sprint start to the new season.

On the back of a hugely successful 2013/2014 HRRL season, SGR will be entering 4 men's and 4 ladies teams this year in order to cater for the increasing number of Stubbington Runners. The season kicks off 7th September on a Sunday afternoon at 2 pm in Overton for what is a popular 2 lap 5 mile course. The following week on the 14th Sept at 11 am is the Victory 5 mile race. This provides a great opportunity to secure a 5 mile pb on the back of what has no doubt been a summer of intense training!. The trio of September races ends on the 28th September in the New Forest for the Solent Half Marathon.

For those that don't know, the Hampshire Road Race League ("HRRL") is a series of road races, selected around the County for varying distance and location and which take place between September and June. There are 12 races in the current season, all of which are open to everyone to compete in notwithstanding level of ability or experience. Car sharing will be arranged for most races.

Please register to race at Overton or at least come along and support the Green Army (and bring cake) where it will no doubt be an enjoyable afternoon and where you'll get to see SGR pick up lots of silverware from last season!

Any questions about HRRL then please don't hesitate to speak to me or any Committee Member where hopefully we can answer any questions you may have. Otherwise, let's all look forward to a great season ahead!

Neil Richardson

Club	Distance	Date	Start Time
Overton	5 Mile	7/9/14	2 pm
Victory	5 Mile	14/9/14	11 am
Solent	Half marathon	28/9/14	10 am
Lordshill	10 mile	2/11/14	10 am
Gosport	Half marathon	16/11/14	10 am
Stubbington	10K	18/1/15	10 am
Ryde	10 mile	1/2/15	11 am
Salisbury	10 mile	8/3/15	10.30 am
Eastleigh	10K	22/3/15	10.30 am
Alton	10 mile	10/5/15	10.30 am
Netley	10K	17/5/15	10.30 am
D-Day	10K	7/6/15	11 am

PENNY'S MONDAY NIGHT TRAINING 6:30PM 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 4th August	Forest lap (just under 1km) 2 x 1 lap fast / 1 lap jog; 2 x ½ lap fast /
RR10 on Wednesday	½ lap jog;2 x 1 side fast / 1 side jog.
Monday 11th August	Long hills.
Monday 18th August	Forest lap (just under 1km) 4 - 8 x laps of short sides steady pace /
RR10 on Wednesday	long sides jog.
Monday 25th August (Bank hol)	3 - 5 x 1 mile loops (3 mins rest). Steady pace if racing on Weds.
Lakeside 5km on Wednesday	

Daniel O'Boyle	1
Lewis Chalk	3
Andy Simpson v40	5
Rob Greenwood	16
James Sawyer	19
Darragh Hendley v40	21
Adrian Piddington	23
Jack Webb	27
Chris Leach	34
Murray Watson	41
Ray Gunner v50	45
Chris Hall v40	50
Anthony McSwayne	55
James Lee	60
Euan McGrath v40	61
Marcus Lee v40	69
Dan Foster	71
Tim Crumpton v50	82
Hayden Brown	86
Phil Martin v50	87
Richard Snell v40	96
Paul Smith	100
Peter Simpson	103
Jon Leigh v50	105
Andy Lee v50	119
Paul Hammond v50	123
James Lewington	125
Bob Blackmore	127
John Blake v40	130
Dan Jones	132
David Langrish	144
Simon Vingoe	145
Nigel Witcher v40	149
George Howarth v50	166
John Cox v50	179
Russell Mead v50	183
John Tussler v60	191
Kevin Ashman v50	200
Allan Stinson v40	201
Martyn Banner v50	205
Robert Spencer v50	207
John Vose v70	214
Andrew Smith v50	215

RR10 MARWELL

Helen Nicholls	3
Daisy Hall	5
Nicola Roebuck	24
Gill Rose v40	31
Penny Forse v60	36
Lucy May	38
Sally McGrath v40	44
Gaynor Heffer v40	49
Sonia Robbins	51
Lisa Donn	60
Kelly Bennetts v40	64
Julie Ashman v40	71
Jane Adlard	82
Sarah Barron	112
Sandie McIntosh v50	123
Jennie Lee v50	125
Kaarinia May v60	132
Biz Cosens	135

Daisy Hall	6
Penny Forse v60	31
Lucy May	35
Hilary Gulliver	36
Sally McGrath v40	39
Lisa Donn	51
Julie Ashman v40	66
Rachael Leach	71
Julia Webb v50	82
Sarah Martin v40	86
Holly Stockwell	91
Liz Hall	92
Sarah Barron	95
Sam Stockwell v40	107
Biz Cosens	122

RR10 JANESMOOR POND

Andy Simpson v40	5
Lewis Banner	9
Rob Greenwood	17
Adrian Piddington	18
Toby Greenfield	30
Chris Hall v40	32
Ray Gunner v50	37
Jack Webb	45
Darragh Hendley v40	57
Chris Leach	62
Dan Foster	65
Phil Martin v50	75
Nick Crane v50	79
Marcus Lee v40	80
Andy Stockwell v40	81
Peter Simpson	95
Paul Smith	101
Paul Hammond v50	112
David Langrish	117
Mike Bell v60	120
Paul Coverdale	131
Nigel Witcher v40	132
Bob Moore	136
Tim Matthews	154
George Howarth v50	169
Russell Mead v50	170
David MacSwayne v50	196
Martyn Banner v50	202
Allan Stinson v40	205

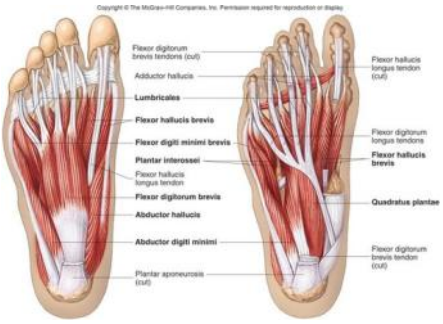
Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Foot Fetish!

Be honest with yourself, do you ever consider the role of your feet in running, other than putting one in front of the other? Do you do exercises to wake them up and strengthen them? Do you stretch and massage them?

Most of us neglect our feet and rely on stability shoes and orthotics to counteract problems with overpronating, calf strains, Achilles Tendonitis, Plantar Fasciitis, hip and knee problems and more. I was one of those people who was prescribed custom made orthotics to address a knee problem, given a few exercises to do and left to it.

But have you ever wondered if there is a different way, maybe a better way? Often the above problems are caused by lack of hip stability and strength and lack of strength and mobility in the feet and ankles. A large majority of runners who come to see me have problems that can be traced back to these areas.



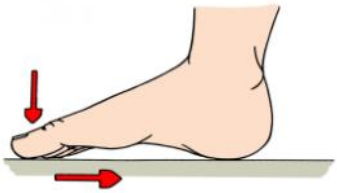
Now I'm not suggesting you throw out your stability shoes or cut up your orthotics, but I am going to give you a few ideas of what you can do to strengthen your feet and ankles and start making a difference. For the purposes of this article I am not going to be addressing hip stability.

Mobility

- Start by increasing the mobility in your feet and ankles. Wrap a theraband around the bottom of your foot and with your leg straight pull your foot towards you to stretch your calf. Turn your foot inwards and outwards and feel where you get the best stretch. Then alternate between pulling one side of the band then the other in a gliding manner side to side. Repeat these with your knee slightly flexed
- Try spreading your toes
- Pull your toes up towards you then curl them into the floor
- Make circular movements with your feet alternating direction. Try drawing the alphabet in the air!
- Stretch your calves (with a straight knee and with a flexed knee)

See next page for exercises to strengthen your feet and ankles

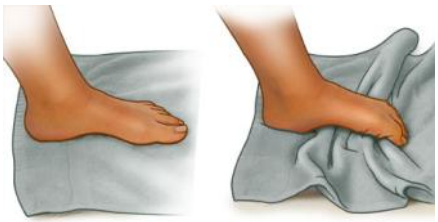
Exercises to wake up and retrain your feet and ankles



Short Foot
Lift & spread your toes & place them back down on the floor. Press your big toe into the floor. You should feel the foot engaging & the arch lifting. Avoid scrunching your toes. You may only achieve a very small movement at first but keep trying! Here is a video of this exercise

https://www.youtube.com/watch?v=NisCsoNUSFo&index=1&list=PLRY9Mhh0GrJcvBV_KuQLBB9200Hyfot36

Calf Raises
Stand on a step, hold onto a hand rail for balance if required.
Slowly raise up onto your toes, and control the movement back down below the level of the step.
Repeat with knees bent.



Towel scrunch
Place your foot on a towel on the floor and scrunch the towel toward you with your toes.

Single leg balance
Stand on one leg trying to keep your balance. Progress to closing your eyes or standing on a wobble cushion or balance board (or even a normal cushion)

Ankle eversion & inversion
You'll need a theraband for this one (a cheap but really useful piece of kit).

For eversion -in a seated position loop the band around your right foot and anchor it with your left foot (to provide resistance). Pull your right foot outwards (the bottom of your foot will turn outwards too). Hold for 2 seconds then release and repeat.

For inversion - cross your left leg over your right leg and anchor the band on the outside of your right foot. Pull your right foot inwards (the bottom of your foot will turn inwards too). Hold for 2 seconds, release and repeat.

Here is a video of this exercise
https://www.youtube.com/watch?v=SRS88R1BAg8

You can find some really useful and interesting information here, including further exercises:

http://fixflatfeet.com/about/

https://www.youtube.com/watch?v=NisCsoNUSFo&index=1&list=PLRY9Mhh0GrJcvBV_KuQLBB9200Hyfot36

https://www.youtube.com/watch?v=Y9chuIPm8bY&list=PLRY9Mhh0GrJcvBV_KuQLBB9200Hyfot36&index=2

http://barefootstrongblog.com/2014/07/21/toe-spread-vs-short-foot-intrinsic-activation/

http://www.youtube.com/watch?v=SRS88R1BAg8

TIME TRIAL JULY

Basking in the sun with temperatures of 28C is how I like to run, tan topped up and rehydration in the pub afterwards. Sadly I was disappointed by the low turnout of only 32 people. This probably had something to do with the 6.05 Special the next day.

That said we had some great performances with PBs for the following people Daniel Foster, Tim Crumpton, Lucy May, Aga Plombon, Andy Richardson and Brigid Hone. The biggest monthly improver and winning the goody bag this month was a very surprised Brigid, who knocked 1 minute and 6 seconds off her time, excellent running.

Name	Best 2013	April	May	June	July	July Diff	Difference
		56	66	50	32		1st - Best
Adrian Piddington	24.23	24.35	**23.23**	23.43	24.20		-1.00
David Castle		23.29	**22.54**				-0.35
James Sawyer	22.49	23.00	**22.28**		24.07		-0.21
Tom MacSwayne	21.48			**21.36**			-0.12
Mike White	24.14	25.30	**24.04**				-0.10
Andy Simpson	21.49	26.46	22.00	22.57	22.06		
Andy Stockwell	24.41				27.02		
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	25.32		
Rob Greenwood		**23.03**	24.02				
Simon Hearnden	24.56		25.19				
Tom Whitcher	24.05		26.35				
Will Feline	23.30		23.38				
Mark McDonald	27.22	25.57		**25.33**			-1.49
Tom Callaway	27.29		**25.37**				-1.32
Daniel Foster	27.17	26.22		26.48	**26.02**	-0.20	-1.15
Nikki Roebuck	27.59	**26.46**	30.20	28.09			-1.13
Richard Edmund	26.41		**25.50**				-0.51
Richard Snell	27.27		**26.36**	27.47			-0.51
Ray Gunner	26.12			**25.29**	25.58		-0.43
James Lee	25.42	25.59	28.38	**25.18**	27.06		-0.22
Philip Martin	26.56		**26.36**				-0.20
Tim Crumpton				27.29	**27.14**	-0.15	-0.15
Jon Plomer	25.33		**25.23**		27.23		-0.10
Marcus Lee	26.15		**26.07**				-0.08
Andy Lee	26.04	27.43	26.49	29.11	28.25		
Daisy Hall				**26.10**			
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	31.25		
John Blake	25.44		29.09	29.02	30.11		
Jon Leigh	25.32	26.12	25.36		27.10		
Mike Bell	27.00	27.36	27.18				
Nick Crane	26.55		27.00	27.04			
Nick Kimber	26.22	27.04					
Philip May	27.56	35.56	35.44		31.57		
Ryan Gunner				**27.22**			
Steven Ellis	26.37		27.39				
Stuart Hiscock			**27.05**	27.19			

No changes at the top of the handicap tables with the following people still leading their respective groups Adrian Piddington, Mark McDonald, Phil Whitehouse, Lucy Window and Eunice Hoare.

The next time trial is 21st August, look forward to seeing everyone there and rehydration which is so key after a run will be in the Red Lion as usual

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

Philip Whitehouse	30.04	**26.17**	26.23				-3.47
Lucy May	30.59	28.53	30.20		**28.39**	-0.14	-2.06
Paul Coverdale	30.10	28.23		**28.13**			-1.57
Alan White	30.33	29.24	**29.10**		32.10		-1.23
Hilary Gulliver	30.01	**29.17**	29.33				-0.44
Phil Hobby		29.16	**28.46**				-0.30
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			**30.40**				
Nigel Whitcher	28.56	31.22	29.27	29.56	32.10		
Peter Simpson		**28.37**			29.01		
Tina Chantrey		**28.29**	28.32				
Lucy Window	34.10	**30.57**			34.38		-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	**32.50**	33.02				-0.51
Aga Plombon		31.14	31.07	31.28	**30.52**	-0.22	-0.29
Andy Richardson		33.50	33.21	34.12	**33.19**	-0.02	-0.21
Katherine Briggs			**33.20**	34.11			
Matt Gould				**32.23**			
Mike Wotton	34.00	38.37					
Sarah Martin	33.54			38.18			
Stephen Wallbridge		**33.33**			34.13		
Stuart McNamara			**32.50**				
Tim Smart	33.16						
Eunice Hoare	40.30	35.23	**34.57**	35.49			-5.33
Mike Donovan	36.08			**31.44**	33.15		-4.24
Marie MacDonald	35.51	35.15		**32.53**			-2.58
Tobin Landricombe	37.21		**34.40**	36.05			-2.41
Bizz Cozens		45.51	44.06	**43.50**	46.13		-2.01
Sarah Hobby	35.54	35.51	**34.34**	35.53			-1.20
Brigid Hone			35.34		**34.28**	-1.06	-1.06
David MacSwayne	37.39			**36.44**			-0.55
Agata Whitaker		**36.32**					
Caroline Chapman			**36.25**				
Dawn Haymes-Sewell					**38.29**		
Jenny Birks					**37.28**		
Julie Ashman	35.16	45.51		35.36	46.45		
Kate Marsh		**42.55**					
Kay Sadler			**35.46**				
Kayleigh Abbott			**39.55**				
Liz Mitchell				**35.51**			
Nicola White			**35.02**	37.01	37.48		
Nikki Plomer	36.39		**37.10**				
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**			37.45		
Shelley Thomas				**34.29**	35.21		
Steve Whitaker		**36.32**					
Sue Robinson	35.30	35.33	35.32				

Awards Dinner

Saturday 29th November 2014
at 19:30

The 2014 Stubbington Green Awards Dinner will open for booking soon so get it in your diary and keep your eye on the website. It promises to be a fantastic fun evening with a great three course meal, the awards ceremony and then you can all show off your disco dancing moves right through to midnight.

Venue: David Lloyd Centre at Port Solent
Date: Saturday 29th November
Time: 1930 for dinner @ 2000
Cost per person: £23.00

Full booking details will be on the website very soon but if you have any queries please email Sue on sue.robinson@cdata.co.uk. If you would like to pay by cheque then please send the cheque and your menu choices to Sue Robinson, 17 Harvey Crescent, Warsash, SO31 9TA.

Classic Winter Vegetable Soup
Served with Artisan Bread

Pork Terrine
Accompanied with Flatbread Croutons finished with a Cranberry Fusion

****

Paupiette of Turkey
Glazed with a rich Red Wine Gravy

Poached Fillet of Salmon
Finished with a Cherry Tomato & Garlic Sauce

Roasted Stuffed Peppers
Grilled Red Peppers filled with Goats Cheese, Olives & Tomatoes Baked with Salsa Verde

****

Traditional Christmas Pudding
Brandy Sauce

Zesty Lemon Tart
Accompanied with a Raspberry Coulis and finished with Pomegranate Jewels

****

Coffee & Mints
After dinner mints

Carriages at Midnight

Looking for club kit?

Dan Foster has now taken over the club kit.
More details will follow but Dan can be contacted via facebook or his email address is Danny@sc-print.co.uk

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 28 June	
Lewis Chalk	16.27
James Sawyer	18.04
Rob Greenwood	18.10
Murray Watson	18.24
Andy Stockwell	19.26
Mark McDonald	19.44
Daniel Foster	21.15
Nikki Roebuck	21.27
Donna Mitchell	22.03
Del Granger	22.26
Marie McDonald	24.04
John Simister	24.49
Brigid Hone	27.19
Haydn Brown	27.20
Robert Spencer	29.20
Chloe Simpson	29.56
Michelle Simpson	30.01
Sue Simister	30.30
Julie Salt	31.20
Melissa Cosens	34.45
Rachel Richardson	34.46
John Tussler	36.40
Rachel Creasey	39.19
Southsea 28 June	
Stuart Hiscock	20.25
Gemma Eldridge	29.08
Southampton 28 June	
Robert Nicholls	27.09
Havant 28 June	
Alison MacSwayne	29.27
Guildford 28 June	
Mike Harper	19.08
Newbury 28 June	
Keith Whitaker	24.30
Allan Stinson	28.29

QE Park 28 June	
Howard Clark	19.19
David Langrish	25.48
Glasgow 28 June	
Alethea Stantiall	22.37
Netley 5 July	
Darah Hendley	18.50
Toby Greenfield	19.28
Daniel Foster	20.32
Tom Callaway	20.43
James Lewington	21.38
Nikki Roebuck	21.52
Chris McGaw	22.32
Alethea Stantiall	22.36
Donna Mitchell	23.01
Paul Southon	24.21
Del Granger	24.23
Aga Plombon	24.54
Marie McDonald	25.05
John Simister	25.29
Susie MacGregor	28.15
Robert Spencer	30.27
Julie Salt	30.30
Jaz Smith	30.47
Sue Simister	30.57
Melissa Cosens	36.15
Wendy Holloway	41.04
Andrew Smith	41.04
Southsea 5 July	
Lewis Chalk	18.20
Chris Brobin	19.03
James Lee	19.40
Rob Greenwood	19.53
Martyn Banner	29.21
Gemma Eldridge	31.14
Eastleigh 5 July	
Haydn Brown	25.59
Keith Whitaker	26.17

Southampton 5 July	
Sev Roberts	18.54
Robert Nicholls	27.24
Havant 5 July	
Andy Lee	24.11
David MacSwayne	28.09
Alison MacSwayne	28.37
Jennie Lee	35.22
Kingston 5 July	
Mike Harper	24.32
Plymvalley 5 July	
Andy Stockwell	22.38
Roundhay 5 July	
Chris Leach	20.41
Rachel Leach	28.48
Mile End 5 July	
Andy Simpson	17.34
QE Park 5 July	
David Langrish	22.36
Newbury 5 July	
Allan Stinson	28.44
QE Park 12 July	
Chris Hall	19.55
Daisy Hall	20.49
Alison MacSwayne	29.58
Eastleigh 12 July	
Haydn Brown	21.18
Keith Whitaker	25.42
Newbury 12 July	
Allan Stinson	28.27

Clair 12 July	
Mike Harper	19.33
Netley 12 July	
James Sawyer	17.36
Lewis Chalk	17.43
Sev Roberts	18.57
Murray Watson	19.37
Tom Callaway	20.27
Nikki Roebuck	21.31
Richard Chowns	21.43
John Blake	22.00
Del Granger	22.08
Hannah Smith	23.50
John Simister	24.24
Mike Donovan	26.03
Susie MacGregor	26.09
Stuart McNamara	26.27
John Tussler	27.11
Lucy Window	27.32
Anne Trotman	28.04
Robert Spencer	29.01
Glen Street	29.52
Ella Bennetts	29.54
Tom Mellor	30.49
Ann Blake	31.18
Julie Salt	31.19
Jaz Smith	31.30
Erica Wallbridge	32.42
Andrew Smith	33.03
Chloe Simpson	33.36
Michelle Simpson	33.42
Jenny Hearnden	34.59
Wendy Holloway	40.30
Eastbourne 12 July	
Dave King	24.09
Southampton 19 July	
Lewis Chalk	17.11
Rob Greenwood	17.42
David Langrish	22.10
Robert Nicholls	28.09

Netley 19 July	
Murray Watson	18.34
Tom Callaway	20.45
James Lewington	22.43
Paul Southon	25.05
Susie MacGregor	25.12
Glen Street	25.31
John Tussler	27.01
Russell Mead	28.38
Caroline Street	29.52
Robert Spencer	30.16
Julie Salt	32.09
Jules Dinwoodie	32.12
Tom Mellor	34.14
Cardiff 19 July	
Chris Brobin	17.33
Grovelands Enfield 19 July	
Philip Whitehouse	21.24
Old Deer Park 19 July	
Mike Harper	19.17
Bournemouth 19 July	
Andy Simpson	17.13
QE Park 19 July	
James Sawyer	18.06
Adrian Piddington	20.31
James Lee	20.54
David MacSwayne	30.07
Alison MacSwayne	31.18
Jenny Lee	36.45
Reigate Priory 19 July	
Terry French	33.59
Southsea 19 July	
Andy Stockwell	19.18

RACE DIARY

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

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

20th 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

7th SEPT — OVERTON 5 MILES - HRRL (1)
Overton, Hampshire

The five mile race is a two lap course around the village of Overton and for the first time timing chips will be used

www.overtonharriers.org.uk

7th SEPT — STOCKBRIDGE 10K
Stockbridge, Hampshire

A hilly 10k race around the village of Stockbridge

www.stockbridge10k.webeden.co.uk

14th SEPT — RUN THE VYNE
Basingstoke, Hampshire

Chineham Park Running Club and The National Trust organise this multi terrain race around The Vyne Estate in Sherborne St. John.

Enjoy a friendly stomp around the woods in these beautiful and historic surroundings – it is a 5k course, you can run one lap or for those that want a second chance to enjoy the views, you can opt for a second lap and make it 10k

www.chinehamparkrunningclub.com

14th SEPT — VICKORY 5 MILES - HRRL (2)
Portsmouth, Hampshire

A flat, fast & traffic free course, starting & finishing on the athletic track

www.portsmouthathletic.co.uk

20th SEPT — VALLEY CHALLENGE
East Dean, West Sussex

8.2 mile charity run taking in the 3 villages of East Dean, Charlton and Singleton (3 peaks/3 pubs!). The run is multi-terrain and takes in the 3 peaks of the beautiful Lavant Valley in the South Downs National Park just outside Chichester. Using the trails and tracks of The Goodwood Estate, this is a race for all abilities.....run or walk.....it's a challenge whichever you choose!

www.milestone-fitness.co.uk

21st SEPT — HURSLEY 10K
Hursley, Hampshire

This is a unique run that takes you over Private areas of the Estate, into Ampfield Wood and a finish along the Monarch's Way. Away from roads and traffic, you can be sure that this year's race will be as enjoyable as those previous

www.hursley10k.co.uk

28th SEPT — SOLENT HALF MARATHON - HRRL (3)
Fawley, Hampshire

Run on predominantly quiet New Forest roads a lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe with some great views over the Solent to the Isle of Wight

www.hardleyrunners.co.uk

28th SEPT — WINDSOR HALF MARATHON
Windsor, Berkshire

13.1 inspirational miles of stunning scenery...

The setting for the Windsor Half marathon is one of the most beautiful in the UK, the start and finish being on the Long Walk with Windsor Castle as the backdrop.

The course itself is all on road and quite challenging with plenty of hills spread around the route, but remember: what goes up must come down! All this coupled with beautiful scenery and traffic free roads makes for a wonderful experience

www.runwindsor.com