The GreenRunner

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SEPTEMBER 2014

MUSCLE MANIA

THE NEW CC6 LEAGUE DATES

INTERNATIONAL ATHLETE AT STUBBIE TIME TRIAL

FINAL RR10 RESULTS AND LEAGUES

FROM THE CHAIR

August was a great month for running with culmination of the RR10 series, and many other events and races too. Thanks to Paul Hammond for looking after our interest in RR10 league again this year, the numbers running proved that this kind of format is a popular one and the post race social is very popular too. At the very sharp end of athletics their was the Commonwealth Games and European Championships, and the club took great pride in watching ex-Stubbie Andy Vernon competing at the highest level. It was also a pleasure to catch up with him at our own Time Trial in August, along with his Silver and Bronze medals too. I know it has provided an inspiration for many to see Andy keeping it real and making the time to come back and see us.

Looking forward to September, always a busy running month, I would like to wish the 32 runners in the Test Way a good race this year. This is great local event that always attracts a lot of interest, and as per usual in recent years we have the highest number of teams and runners. Nikki has done a brilliant job keeping it all on track and making sure the captains keep their teams on track too. Events like this do not just happen and a lot of work goes on in the background to ensure we fulfil our commitment, thanks Nikki. The HRRL season kicks off too, with 3 of the 12 races in September. Neil, along with Andy and Nikki too, are working hard together to try and replicate last seasons great achievements, both in terms of participation and silverware.

Post September, the main Cross Country season kick off in earnest, with the Hants League (Saturday afternoons) and Southern Cross Country (formerly Today's Runner) and the CC6 league which we are entering for the first time this season. For those who prefer to run and race off road, these leagues all offer a great opportunity to get the green vest on and represent the club. In-particular both the Sunday Leagues offer a great introduction to Cross Country running as they operate along similar lines to the popular RR10 series. Both leagues have their advantages, and are free to members. The idea behind entering two leagues is to offer choices in terms of venues and timings to suit a wide range of our membership. John Blake has stepped forward to lead our Cross Country section this year, and I know he is getting organised for the first Hants XC at Farley Mount on 4th October.

The autumn training schedules are being finalised to provide an opportunity to undertake interval/speed/hill training in a lead group. I would encourage everyone to utilise these sessions as consistent speed work combined with longer runs is a proven formula to increase stamina and speed. The sessions are designed for all levels of runners within the club, and thank you to the leaders who facilitate these sessions, and to the leaders who regularly lead on a Monday and Wednesday night group runs too. Your commitment is appreciated by everyone, thank you.

The planning for our 10k on 18th January 2015 is progressing and entries will open very soon. Whilst we can't stop our own members entering, please remember it is our race and takes a great deal of manpower on the day to set up. So please think twice before entering with regard to the pre race support you can offer and a nominated marshal for race day. Thank you for your understanding and co-operation in this matter. It is only one road race per year, and whilst we do not stop our members entering we just ask that they be cognisant and sensitive to the amount of planning and organisation that has to happen to make this our show piece event of the year. If you can offer help then please get in touch with Chris Brobin. We have had some responses to last months request, but there is always room for more and please do not assume that we know you can help, you need to let us know. Thanks for your help here.

My thanks to the Social team for the August BBQ & bake off. Planning and coordinating such events to make them successful takes time and commitment. The autumn programme looks great with a mix of running and non running events, culminating with our awards night at the end of November. Again we tried to keep the costs to a reasonable level, and with tickets selling already the opportunity to spread the costs too. It should be a great night and chance to celebrate the successes and achievements of the year of which there are many. Check out the website for ticket details.

Have a great month of running, with so much choice on offer it can't fail to be another good one for SGR.

Graham

2015 marks the 30th Anniversary of Stubbington Green Runners. The club would like to mark the anniversary with a packed social and running agenda.

If you have any bright ideas or suggestions of how we should celebrate next year then please get in touch with any committee member. Perhaps you want to see a special event; 30 years of SGR quiz night, a Summer Ball perhaps or for the club to organise a trip to foreign destination are a few of the ideas so far.

CAPTAINS CORNER

It is all systems go for the Test Way Relay in a couple of weeks' time. The route is looking particularly overgrown this year, including a few fallen trees, which has reinforced the importance of familiarising yourself with the route beforehand. I will post the changeover points on the website and Facebook page for anyone who would like to come and support on the day. The race finishes at the Salmon Leap pub in Totton so come down for a drink (hopefully in the sunshine) to cheer our men and ladies in.

Also in September we have the start of the Hampshire Road Race League (HRRL), quickly followed by Cross Country leagues in October. Please see Neil's report on the HRRL and how you can score points for the team. First race is at Overton, quite an undulating 5 miler and it's always turned out to be quite a warm afternoon. And this year I will to have my elbows ready for the first corner out of the playing fields.

We have just invested in a new gazebo so that must mean it's time for Cross Country. We have entered three leagues this year; The Hampshire League (contact John Blake), The Southerns (aka Today's Runner and lead by Chris Hall) and a new one for 2014/15 the CC6 (contact Graham Bell). The Hampshire's are all on a Saturday afternoon and races are split for age groups and sex, so you can support your fellow Stubbies. The Southerns and CC6 are on a Sunday morning. These events are open to all abilities and are between 4-5 miles long. All you need is a Stubby vest!

The next two bonus races for the point's league are the Solent Half for September which is Hampshire road race league fixture and the first Hampshire XC race at Farley Mount for October.

Salisbury 5-4-3-2-1 race took place in August which you can run/walk across multiple distances starting at 5k up to 50k. The race gets its name due to the routes covering 5 rivers, 4 hills, 3 large country estates, 2 castles and 1 cathedral. The races start at various times with the longer the distance or walking events starting earlier. It was nice to see participants in 10k, 21k, 30k and 50k run and 30k walk. The race was generally well organised and the problem being at the end of the route where people had took down signs that had been placed the night before and meant most people running an extra 1-1/5 miles, which did not impress any of us at the time. The race overall was a good experience followed by a nice pub lunch afterwards. The results can be located in the Green Runner results page but a special mention must go to Ann Blake for completing her 1st Ultra.

Lakeside 5k series came to an end with some great running from everyone in the last race, particular the ladies who saw some good packing around 20/21 minutes. With great first time performances from Rachel Bednarski (22:05) and Hollie Smith (20:50), a 30 second pb from Nikki (20:47) and an amazing 45 second pb from Lee Stantial (20:52). Not to forget another great performance from Lucy May (20:49) and also Kerry Dodsworth, Marie Macdonald and Julie Salt. Well done ladies team, it's looking good for this year's cross country and road series. We did also pick up some prizes for the series with the club once again finishing second to the hosts Portsmouth AC but losing out by agonising 4 points only.

Daniel O'Boyle finished an impressive 2nd overall in the series after losing on count back. The winner could only be decided on who had run the fastest 5k of the series, which Daniel sadly was 5 seconds slower. Finally, I won the M40 category for the series. The series overall has been well supported by Stubbies and it has been good to see so many new faces from the club turning out and lots of people have seen their times for 5k coming down over the summer.

RR10 summer series has also just finished which was well supported by the green army with all the races having a good splash of green in them and hopefully we can get some good numbers out to the winter XC races. Thank you to Paul Hammond for administrating the results and organising a new course, a full write up by Paul is in this month's Green Runner.

Gosport 5k Series in July saw the Stubbies just about scoop up all the prizes with both the ladies and men's team prizes being won by the greens not to mention the numerous category wins by our runners and race win by Daniel O'Boyle. The last race of the series is the 9th September.

Finally enjoy this month's packed calendar for races and social events.

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

THE SOUTHERN CROSS COUNTRY LEAGUE

"The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is to be enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues".

12 Oct Basingstoke & MH AC Pamber Forest

9 Nov Portsmouth Joggers Queen Elizabeth Country Park

7 Dec Farnham Runners The Bourne Woods

28 Dec Hart Road Runners Lord Wandsworth College

25 Jan Stubbington Green Runners Manor Park Country Park

22 Feb Alton Runners Chawton Park Wood

1 Mar Denmead Striders Staunton Country Park

The guideline for speed is 5:30 minute mile pace for men and 6:00 minute mile pace for women. This translates to:

5 miles 27:30 men 30:00 women

10 Km 34:11 men 37:17 women

10 miles 55:00 men 60:00 women.

Any runner who achieves this pace over a measured distance 5 miles or over during the 12 months prior to the first race is ineligible.

• Only runners eligible for teams are allowed to run in the race, i.e. no guest runners and no members running as individuals.
• All runners must wear their Club's strip.
• The race is to start at 1100.
• The poorest overall result of each Club would not count in the calculation for the end of series overall result.
• The preference is for events of around 8k over a multi-terrain course. Host Clubs should attempt to meet this guideline if possible.

STUBBINGTON GREEN BBQ

Fantastic day for the BBQ, great weather, huge turnout and a visit from our local celebrity, Andy Vernon who presented the Bake Off prizes.

There were over 100 people who enjoyed the sunshine, admired the hard work of the bakers and tucked into some lovely food cooked by Nick and Graham. James organised a run for the children while some of the grown ups did a run allegedly on the RR10 course but with a few variations. Many thanks to Andy and James for organising the sporting events of the afternoon, great support for the game of rounders and the tug of war was most entertaining, shame about the Jengo!!

A huge thank you to Nick and Graham who slaved over a hot BBQ for most the afternoon so we could all enjoy a burger and sausage or two, or three, or four!!! Most of all thank you to everyone who turned up and made it such a great day, perhaps one of the best ever. We couldn't do these events without you.

BAKE OFF RESULTS

What an amazing selection of cakes & biscuits of all shapes and sizes. Congratulations and thank you to all the bakers, you did a fabulous job and made a great success of the first (hopefully of many) Great Stubbie Bake Offs.

Thank you so much to the Judges, Andy Simpson (whose idea it was in the first place), Nikki Roebuck and Tracy Bell, they did a great job although I am not sure any of them will be eating cake for a while! I would also like to thank Sarah Hobby and Sandie McIntosh for all their help and without whom it would not have been the success it was.

Now for the important part:

Cakes:
1st – Ann Blake
2nd – Alex Leighton-Goodall
3rd – Mike Bell

Traybakes/Biscuits:
1st – Tim Smart
2nd – Kelly Bennett
3rd – Jane Adlard-McGrath

Under 16s:
1st – Tommy Blake with his shortbread Stubbie Runners
2nd – Tommy Blake with his madeleines.

Andy Vernon kindly presented the Stubbie Aprons to Ann, Tim & Tommy and was then presented with a shortbread version of himself, complete with medal, which had been made by Tommy Blake.

We also made a fantastic £70 for our charity from selling off the wonderful bakes. Thanks to everyone who so generously contributed.

Race The Train - August 16th

Rotary Challenge (14 miles)

755	Julie	Bowden	02:57:44
756	Caroline	Street	02:57:45

Quarry Challenge(10k)

169	Glen	Street	00:58:57
269	John	Tussler	01:08:08

THE BEAST 12.5 MILES

197	David	Langrish	2.08.42
276	Mike	Donovan	2.22.44
310	Aga	Plombon	2.31.04
311	Lucy	Window	2.31.04
312	Alan	White	2.31.04

Social Round Up

The Chariots of Fire evening on 13th August saw a fantastic turnout of 48 runners taking part in a great event against some horrible windy weather. The run out was straight into the wind and the run back must have had some of them flying!! Andy Simpson came home first in an amazing 29.20 minutes closely followed by Jack Webb in second place and Mike White in third. The full results are shown elsewhere in this Green Runner. It was another successful evening and I would particularly like to thank Nick for his amazing organisation and fabulous sausages. The sight of so many white shorts was quite stunning. Thanks to everyone for making it such a great success.

The BBQ took place on Sunday 31st August but it was too late for a full report to appear this month and so that will come in the next Green Runner but hopefully we will get the results for the Bake Off to Richard in time to appear this month.

This month's event is the Fish 'N Chip Handicap which takes place on Friday 5th September starting at the Rising Sun in Warsash. I must say it is a lovely varied course which I thoroughly enjoyed during my recent reccie run. As you all probably know the only rules are that no watches or Garmins can be used and the winner is the person who finishes closest to 7.30. The course is posted on the website and the instructions are very easy to follow. The cost to include a fish and chip supper at the finish is £5 per head and only £1 per head if you don't want the fish and chips. You can pay on the night however please let Nick know beforehand if you want the fish and chips so that he can order the correct number. For the Northerners among you there is also the option of pie & chips!!

Looking ahead you need to charge the batteries of your head lamps in order to take part in the night time 6.05 Special which leaves the Wickham station at 7 o'clock on Friday 10th October. This will be the usual 10K out and back route down Wickham railway line which looks very different in the dark. Once again we will invite Hedge End runners to join us if they wish. This time we will use the Tichfield Mill as the rehydration venue after the race. Hope you can all make it.

We have booked an evening at The Crofton in November for a skittles match. This will take place on Friday 14th November and will cost £10 per head to include supper, choices of which will be posted closer to the time. We do need to finalise numbers and menu options at least one week ahead and so I will put up a booking form on the website soon although you can pay on the night. Please put this date in your diary.

Finally just a reminder that the booking form for the Awards Night Dinner at the end of November is up on the website so please book place soon to avoid disappointment as this event does fill up quite quickly. It was a great night last year and I think this year will be even better so don't miss out.

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

Hampshire XC league update:

The dates are confirmed as Oct 11, November 8, December 6, January 10 and February 7. If you would like to know more about these races either ask myself or the captains or look at the website. I am now compiling a list of people who are interested in running any of these races as this helps with the results. Giving me your name doesn't commit you to running and if I don't have your name you can still run. It is about helping the club and the organisers avoid mistakes.
Thanks John Blake

THE STUBBINGTON GREEN SHORELINE LITTER PICK

Saturday 15th November at 10am starting from the 'Rising Sun' car park, Warsash

After Dan Foster sowed the seed of an idea, I posted a facebook suggestion that we do a litter pick along the shoreline from Warsash towards Gosport.
I was very pleased with the positive response from lots of our membership and decided on the above date and time. We also have a local scout troop assisting us on the day. We may even be joined by some of Gosport Running Club and Fareham Crusaders too.

I've cleared things with Fareham Borough Council, and I'm arranging for them to collect our full bags of collected litter from various places along the route.

If any more volunteers would like to join us please contact me via facebook or mail timmy.crumpton@gmail.com or text me on 07557 361927

The Southampton Daily Echo are keen to run a feature on the day which will help to show our club in a positive light.

Clearly litter picking carries a small element of risk, I will therefore expect members to sign a short disclaimer at the start of the day.
People will need suitable dress and footwear depending on the weather, protective gloves etc.

I will try to arrange sufficient rubbish bags and arrange drop off points etc. It may also present an opportunity for a low key social event afterwards.

Tim Crumpton

As autumn and winter approach, and the evenings start drawing in, it time once again to start thinking about safe running. Here are some top tips and helpful advice to be safe and seen this winter.

Don't wear headsets. This is the No. 1 rule for safe running., especially in the winter. Why? Because when you listen to music or the radio while running outside, you can't hear car horns, cyclists, or, the instruction/direction of the run leader. If you need distractions, tune into the sound of the environment around you instead. Or listen to your music at home while you warm up, and play it back internally as you run. Or enjoy the conversation of other runners.

When you run at night, **make yourself visible**. Wear light-coloured or better still hi-vis reflective clothing. Better still, wear a head torch and other lights.

Run with others. Sharing the road with other runners is also a great way to stay motivated and to enjoy the sport

HRRL RACES

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

SALISBURY 54321

10k					
18	Neil	Stantiall	00:53:40	M40	1

50k					
191	Ann	Blake	07:02:42	F40	13

30K Walk			
Pos	Name	Category Pos	Time
15	John Tussler	1st M65	4.16.38

30k					
3	ANDY	SIMPSON	02:19:37	M40	1
34	William	Feline	02:50:40	MOPEN	12
37	Mark	McDonald	02:51:30	M40	5
63	Daniel	Foster	03:08:26	MOPEN	14
81	Aga	Plombon	03:19:41	FOPEN	7

21k					
63	John	Blake	02:03:40	M40	7
127	Verity	Wright	02:18:18	F45	2
129	Anna	Wilby-Lopez	02:18:18	FOPEN	21

HARTING TRAIL RACE 10 MILES

6	James Sawyer	01:01:31
13	Boe Harper	01:05:45
17	William Feline	01:06:07
29	Ray Gunner	01:08:48
37	Daisy Hall	01:10:56
41	Jon Leigh	01:11:24
46	Rich Edmonds	01:12:59
51	DanielFoster	01:13:41
107	David Langrish	01:26:34
147	Aga Plombon	01:35:52
151	Lucy Window	01:37:50

ARUNDEL 10K

3	James Sawyer	00:37:36
10	Adrian Piddington	00:39:00
24	Mark Mcdonald	00:41:50
41	Stuart Hiscock	00:43:28
95	Phillip Hobby	00:47:39
116	Nigel Whitcher	00:49:42
138	Marie Mcdonald	00:51:01
161	Aga Plombon	00:51:51
171	Alan White	00:52:41
218	Lucy Window	00:55:30
375	Sarah Hobby	01:06:49

RR10
ITCHEN VALLEY

Daniel O'Boyle	1
Lewis Banner	5
Andy Simpson v40	7
Russ Coleman	8
Darragh Hendley v40	13
Rob Greenwood	16
Tor Duffin	18
Will Feline	21
Boe Harper	25
Adrian Piddington	26
Joseph Peat	27
Jack Webb	28
Murray Watson	29
Toby Greenfield	35
Mark Eaton v40	39
Mike White v50	49
Dan Foster	61
Ray Gunner v50	62
Jack Harris	74
Stuart Hiscock	78
Marcus Lee v40	80
Euan McGrath v40	84
Phil Martin v50	85
Nick Crane v50	91
Hayden Brown	92
Richard Snell v40	100
Liam Dredge	102
Peter Simpson	117
Paul Jacob v50	118
Paul Hammond v50	123
Neil Stantiall v40	128
Paul Smith v40	130
Paul Coverdale	136
Mike Bell v60	139
John Blake v40	145
Dan Jones	149
David Langrish	155
Nigel Witcher v40	156
Simon Vingoe	163
Tim Matthews	169
George Howarth v50	174
John Cox v50	182
Kevin Ashman v50	203
Martyn Banner v50	205
Robert Spencer v50	214
John Vose v70	215
Allan Stinson v40	217
Andrew Smith v50	219

Daisy Hall	6
Nicola Roebuck	20
Gill Rose v40	21
Laura Wainwright	24
Lucy May	29
Penny Forse v60	32
Sally McGrath v40	36
Kerry Dodsworth	47
Aga Plombon	48
Gaynor Heffer v40	58
Julie Ashman v40	68
Kelly Bennetts v40	69
Brigid Hone v50	75
Julia Webb v50	79
Sarah Martin v40	85
Sarah Barron	89
Karen Salmon	98
Besky Hodgkinson	100
Sharon Simpson v40	101
Michelle Simpson	102
Lucy Maggs	103
Sue Robinson v50	114
Jennie Lee v50	120
Kaarinia May v60	121
Liz Hall	127
Biz Cosens	128

Daisy Hall	4
Nicola Roebuck	14
Hollie Smith	17
Laura Wainwright	18
Lucy May	23
Gill Rose	27
Penny Forse	35
Sally McGrath	36
Kelly Bennetts	71
Julie Ashman	85
Jane Adlard	100
Sarah Martin	105
Alex Leighton - Goodhall	108
Holly Stockwell	112
Michelle Simpson	115
Sharon Simpson	116
Alison MacSwayne	117
Nikki Plomer	127
Sandie McIntosh	131
Liz Hall	141
Sue Robinson	145
Jennie Lee	160
Biz Cosens	162
Rowena Dodds	163

RR10
HURSLEY

Lewis Banner	8
Rob Greenwood	10
Andy Simpson	12
Russ Coleman	14
Darragh Hendley	18
Jack Webb	30
Boe Harper	31
Will Feline	34
Mark Eaton	42
Mike White	46
Adrian Piddington	48
Ray Gunner	56
Jack Harris	61
Dan Foster	66
Euan McGrath	68
Andy Stockwell	79
Murray Watson	81
Jon Leigh	84
James Sawyer	91
Phil Martin	93
Paul Jacob	94
Richard Snell	100
Haydn Brown	103
Paul Hammond	104
Mike Harper	115
Paul Smith	116
Nick Crane	117
Peter Simpson	118
Tim Crumpton	119
Neil Stantiall	132
James Lewington	143
Mike Bell	149
Paul Coverdale	150
Andy Lee	157
Simon Vingoe	168
Nigel Witcher	172
Ryan Gunner	180
Tim Matthews	185
John Cox	200
Keith Whittaker	204
Russell Mead	205
George Howarth	210
Stuart Macnamara	218
John Tussler	232
Allan Stinson	239
David MacSwayne	241
Martyn Banner	245
Robert Spencer	249
Andrew Smith	255

RR10

This years RR10 series had the best turnout to date from all the participating clubs. The opening race at Netley attracted a record 442 runners with SGR contributing over 90.

Our own race at Fairthorn Manor was blessed with good weather after the deluge last year at Alver Valley. Thank you to all club members who helped to make it the success it was.

Well done to:

Penny Forse and Andy Simpson

for winning their respective age categories.

Biz Cosens, Sally McGrath, Allan Stinson, Jack Webb, Nigel Whitcher and Ray Gunner for running 9 races.

The ladies team for coming 5th overall and the men's team for coming 2nd.

The 146 Stubbies who ran at least one race.

The new season starts at Netley in April 2015 when we can do it all again.

Paul Hammond

	6 RACES
4	SIMPSON Andy
6	BANNER Lewis
19	HENDLEY Daragh
23	WEBB Jack
24	PIDDINGTON Adrian
25	FELINE Will
26	WATSON Murray
45	GUNNER Ray
67	FOSTER Dan
68	MCGRATH Euan
73	LEE Marcus
75	LEIGH Jon
76	MARTIN Phil
79	CRANE Nick
86	SNELL Richard
95	SIMPSON Peter
98	CRUMPTON Tim
103	SMITH Paul
104	LEWINGTON James
105	BELL Mike
106	HAMMOND Paul
110	LEE Andy
117	COVERDALE Paul
132	WHITCHER Nigel
150	HOWARTH George
153	MEAD Russell
156	COX John
173	STINSON Allan
176	BANNER Martyn
184	SPENCER Robert
	5 RACES
189	GREENWOOD Rob
191	HARPER Boe
205	BLAKE John
211	JONES Dan
214	MATTHEWS Tim
219	ASHMAN Kevin
226	SMITH Andrew
	4 RACES
230	COLEMAN Russ
232	SAWYER James
233	GREENFIELD Toby
244	HALL Chris
255	KIMBER Nick
256	STANTIALL Neil
262	VINGOE Simon
269	MACSWAYNE David
271	TUSSLER John
272	VOSE John

	3 RACES
273	O'BOYLE Daniel
282	LEACH Chris
291	STOCKWELL Andy
292	WHITCHER Tom
296	BROWN Haydn
303	HARPER Mike
307	JACOB Paul
312	LANGRISH David
332	EAMES Alan
	2 RACES
334	CHALK Lewis
344	EATON Mark
347	WHITE Mike
349	JONES Wez
351	HARRIS Jack
352	BELL Graham
355	MACDONALD Mark
357	CALLAWAY Tom
358	CHOWNS Rich
360	DREDGE Liam
366	JAMES Graham
369	TOAL Kevin
373	BLACKMORE Bob
379	GUNNER Ryan
385	HOBBY Phil
390	WHITE Alan
395	WOOLFORD Paul
409	WHITAKER Keith
410	MAY Phil
411	MACNAMARA Stuart
	1 RACE
422	DUFFIN Tor
428	PEAT Joseph
430	ROBERTS Sev
441	MCSWAYNE Anthony
444	LEE James
455	HISCOCK Stuart
464	RICHARDSON Neil
467	ELLIS Steve
511	EXLEY John
514	BELL Sam
551	WOOTTON Mike

	6 RACES
5	HALL Daisy
16	ROEBUCK Nicola
23	MAY Lucy
24	ROSE Gill
36	FORSE Penny
43	MCGRATH Sally
68	ROBBINS Sonia
69	ASHMAN Julie
81	HONE Brigid
87	MARTIN Sarah
94	MCINTOSH Sandi
112	COSENS Biz
	5 RACES
128	WAINWRIGHT Laura
131	HEFFER Gaynor
132	DONN Lisa
134	BENNETTS Kelly
141	SIMPSON Sharon
146	LEE Jennie
148	DODDS Rowena
	4 RACES
150	NICHOLLS Helen
160	GULLIVER Hilary
161	WILBY-LOPEZ Anna
162	WRIGHT Verity
165	PARK Julia
171	BARRON Sarah
174	HALL Liz
175	ROBINSON Sue
176	STOCKWELL Sam
181	BODDY Sarah

MENS TEAMS
1 Southampton Athletic Club
2 Stubbington Green Runners
3 Lordshill Runners
4 Winchester and District AC
5 Romsey Road Runners
6 Totton Runners
7 New Forest Runners
8 Southampton Athletic Club (B)
9 Stubbington Green Runners (B)

	3 RACES
198	PLOMBON Aga
201	MACDONALD Marie
209	WEBB Julia
212	STOCKWELL Holly
215	TOAL Laoise
217	SMITH Sarah
222	MAY Kaarinia
223	MARSH Kate
	2 RACES
251	WOOLFORD Jennet
253	WHITE Nicki
256	ADLARD Jane
261	HOBBY Sarah
263	SIMPSON Michelle
265	MACSWAYNE Alison
274	SALT Julie
	1 RACE
294	HUTTON-DUNTON Mel
298	SMITH Hollie
312	DODSWORTH Kerry
318	EVANS Laura
327	LEACH Rachael
343	BUTLER Jayne
344	SALMON Karen
346	HODGKINSON Besky
347	CLARKE Sharon
349	MAGGS Lucy
355	LEIGHTON Alex
355	WHITE Sharon
374	PLOMER Nikki
385	STREET Caroline
396	BRUSTER Nia
400	JAMES Julie

LADIES TEAMS
1 New Forest Runners
2 Winchester and District AC
3 Southampton Athletic Club
4 Lordshill Runners
5 Stubbington Green Runners
6 Totton Runners
7 Eastleigh Running Club
8 Hedge End Running Club
9 Winchester and District AC (B)
10 Romsey Road Runners
11= Stubbington Green Runners (B)

Tuesday 12th August 2014

The Absolute Running 5k Summer Series

Race 3

1	O'BOYLE, Daniel	00:16:01
5	SIMPSON, Andy	00:17:12
8	SAWYER, James	00:18:14
9	BELL, Graham	00:18:51
12	LEIGH, Jon	00:19:58
13	MCDONALD, Mark	00:20:00
21	MARTIN, Philip	00:20:59
24	RENNIE, Gavin	00:21:28
25	ADAIR-STANTIALL, Althea	00:21:40
29	HOBBY, Phil	00:22:18
30	JOEL, Victoria	00:22:18
31	ABRAMS, David	00:22:22
34	WHITE, Alan	00:22:47
38	MCDONALD, Marie	00:23:48
41	WRIGHT, Verity	00:24:07
50	CHAPMAN, Caroline	00:26:03
65	ABRAMS, Sandra	00:28:05
83	FLEMING, Gemma	00:33:06

Chariots of Fire – 13th August 2014

Andy Simpson 29.20	John Cox 40.51
Jack Webb 30.18	Harry Roebuck 43.45 (3 miles)
Mike White 31.04	Marie McDonald 43.57
Adrian Piddington 31.17	Kelly Bennetts 43.57
Chris Leach 31.47	Gaynor Heffer 43.58
Dan Foster 32.16	Dawn Haynes-Sewell 44.48
Mark McDonald 32.17	Katie Simister 45.20
Jack Harris 32.23	John Simister 45.25
Will Feline 33.00	Tim McNally 45.36
Phil Martin 33.04	Ryan Simpson 45.47
Mike Harper 33.09	Shelly Thomas 46.17
Graham Bell 34.29	Julie Woodman 47.05
Jon Leigh 35.32	David McSwayne 47.22
Marcus Lee 35.32	Michelle Simpson 47.25
James Lewington 35.32	Julia Webb 47.28
Nikki Roebuck 35.33	Sarah Barron 47.31
Mike Bell 35.57	Alison McSwayne 47.31
Neil Stantial 36.39	Martyn Banner 48.54
Nigel Whitcher 36.54	John Fairhurst 49.59
Laura Wainwright 37.14	Liz Hall 50.13
John Blake 37.16	Sandie McIntosh 52.45
Paul Hammond 37.16	Andy Lee 57.30
Phil Hobby 38.52	Biz Cossens 58.23
David Abrams 38.52	Jenny Lee 58.24

Women's Running 10k at Blaise Castle in Bristol	**110**	**Nicola White**	**01:02:33**

Missing results from last month

Wyvern 10k

37	**Mark McDonald**	**00:40:47**

Gosport 5k Tuesday 8th July 2014

8	MCDONALD, Mark	00:18:48	**the 1st V40**

CC6

The CC6 is a new Cross Country League we are joining for 2014-15 winter. It is friendly low-key league, organised by the running clubs of south Hampshire for their members, provides an excellent introduction to competitive off road racing.

These local races are free to club members and take place on early on Sunday mornings, between October and March. Distances are between 4 and 5 miles and have similar locations to those in the RR10. As per the RR10's there is no need to enter in advance, just turn up on the day, along with your club shirt, and run.

Race	Date	Start Time	Venue	Location	Host Club
1	12/10/2014	09:30	Flemming Park	Eastleigh	Eastleigh / Stubbington
2	09/11/2014	09:30	Dibden Enclousre, Dibden Purlieu	New Forest	Hardley
3	23/11/2014	09:30	Kings Enclosure, Stoney Cross	New Forest	Romsey/Halterworth
4	14/12/2014	09:30	Janesmoor Pond, Stoney Cross	New Forest	Lordshill/Wessex
5	11/01/2015	09:30	Badger Farm, Olivers Battery	Winchester	Winchester/Running Sisters/Southampton
6	15/02/2015	09:30	Dennywood Enclosure, Lyndhurst	New Forest	Totton
7	01/03/2015	09:30	Wilverley Enclosure	New Forest	New Foreast/Lymington

Individual scoring best 4 races out of 6 available racesTeam scoring 6 out of 7 racesRunners should not compete in 'home' races, as it ia felt this disadvantaged clubs with fewer membersVet Categories (V40-50-60-70 for both Mens and Ladies) based on age on day of first race.

Full Details available on the CC6 Website:http://cc6.co.uk/wordpress/

PERFORMANCES OF THE MONTH

Phil Hobby for his pacing and support of other Stubbington Green runners during races.

Sally McGrath for her last RR10! After nearly two years of absence she managed a great last race.

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

IOW HALF MARATHON

POS	Name	Chip Time
12	SAWYER, James	1:23:52
14	PIDDINGTON, Adrian	1:25:52
17	EATON, Mark	1:27:00
42	CAVE, Thomas	1:34:57
180	MCDONALD, Marie	1:57:22
181	MCDONALD , Mark	1:57:24

Six intrepid Stubbies ventured over to the Isle of Wight to join the good field of 334 runners to tackle the challenging & lumpy old half marathon course. Even seasoned veterans have described this course as 'brutal' & 'the most challenging of half's', so we decided that it was best no scare young James too much before the start.

With an astonishing winning time of 69:46, the winner was over a mile clear at the finish, & 5 runners broke 80 minutes, which gives you some idea of the demands of the course. James led the club home with a terrific run of 83:52 for 12th place. Adrian continued his recent run of good form with his 85:52 for 14th, & some 3 minutes quicker than last year. Mark ran an amazing 87:00 for 17th place, with his recent longest run being a mere 7 miles! Thomas Cove was an incredible 12 minutes quicker that the previous year, when he ran as an unattached runner.

The lucky green vest saw him cross the line in 94:57 in 42nd place. Marie & Mark McDonald both ran strong races out on them there hills, with Marie running an almost unheard of PB (on the island) of 1:57:22 for 180th place, & Mark just two seconds & one place behind (who said chivalry was dead). James, AP & Mark were narrowly piped to the first team place on the day.
Simon McMorran

LAKESIDE 5K

1	Daniel O'Boyle	15.27	1	SM
13	James Sawyer	16.52	9	SM
15	Rob Greenwood	16.53	11	SM
20	Lewis Chalk	17.07	13	SM
22	Andy Simpson	17.17	2	VM40
42	Howard Clark	18.22	6	VM40
49	Mark Eaton	18.39	3	VM45
50	Murray Watson	18.40	5	U20
60	Jack Harris	19.13	31	SM
62	Daniel Foster	19.20	33	SM
63	Richard Batten	19.21	34	SM
74	Simon Hearnden	19.47	41	SM
87	Philip Martin	20.23	6	VM50
88	James Lee	20.26	45	SM
95	James Lewington	20.45	46	SM
97	Nikki Roebuck	20.49	6	SW
98	Tim Crumpton	20.49	7	VM55
100	Lucy May	20.51	7	SW
102	Hollie Smith	20.52	8	SW
103	Peter Simpson	20.53	48	SM
104	Alethea Adair-Stantiall	20.54	9	SW
106	Mike Harper	20.57	9	VM50
108	Rachel Bednarski	21.07	10	SW
116	Paul Coverdale	21.30	50	SM
126	Andy Lee	22.07	12	VM50
142	Kerry Dodsworth	23.35	15	SW
146	Marie McDonald	23.57	4	VW40
155	Russell Mead	24.40	14	VM50
174	Michael Wootton	26.27	15	VM55
185	Robert Spencer	28.31	17	VM55
189	Allan Stinson	29.19	13	VM45
197	Andrew Smith	32.15	18	VM55
199	Julie Salt	32.19	9	VW45

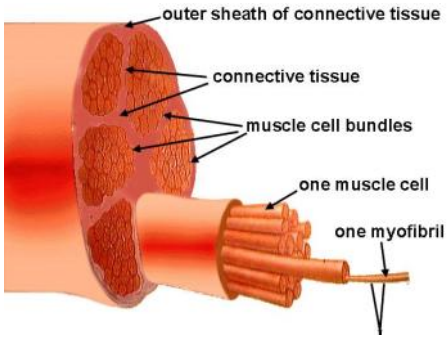
Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

Muscle Mania

The number of skeletal muscles (the muscles we can consciously control) in the human body is around 640 depending on who you ask, and the largest muscle is the Gluteus Maximus (the one that we runners tend to use the least!).

Want to get more familiar with your muscles?

Each muscle is made up of fibres which are long and cylindrical and are bound together by connective tissue. Blood capillaries run through the connective tissue as do motor and sensory nerves. Within each muscle fibre are myofibrils which are long and even thinner and make the muscle look striped (or striated). Each of these myofibrils is made up of protein filaments called actin and myosin which overlap and form compartments called sarcomeres.



Muscle fibres are never partially recruited, they are always used one hundred percent when they are recruited. However, not all muscle fibres are recruited at the same time so the muscle may use only fifty percent of it's strength by recruiting only half the muscle fibres. When these fibres fatigue, they relax and the remaining fibres are recruited.

So enough of the biology lesson!

So what actions do the muscles perform?

Concentric This type of contraction shortens the muscle such as when you flex your elbow when lifting an object which shortens the biceps brachii.

Eccentric This type of contraction lengthens the muscle as it develops tension such as when you extend your elbow which lengthens the biceps brachii which helps to control the movement.

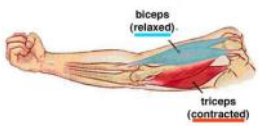
Isometric This is when the muscle contracts but doesn't change in length or create movement, as when you support a weight in a stationary position.

Synergists and Antagonists

Synergists are groups of muscles that work together to move a particular body part. The muscle that does most of the moving is called the prime mover and the muscles that help this muscle perform that particularly movement are called the synergists. Synergists also help to control unwanted movement when the prime mover acts.

Agonists and Antagonists These muscles oppose each other but in doing this they achieve an effect together. When a prime mover (Agonist) contracts and shortens there is usually an opposing muscle that lengthens (antagonist), keeping the movement smooth and controlled. So for example, when you flex your elbow your biceps muscle contracts but the triceps muscle in the back of your arm relaxes to allow this movement. When you lower your arm the biceps muscle lengthens and contracts eccentrically while the triceps muscle contracts concentrically.

Muscle pair during a grab or pull



Muscle pair during a punch

Hope you enjoyed the mini muscle lesson!

TIME TRIAL AUGUST

August time trial had an international feel to it with our very own medal winner and local boy Andy Vernon coming down to do the time trial. The older members of the club will remember Andy Vernon as a young boy who joined Stubbington with his Dad, Chris. He raced in a Stubbington vest doing many XC races and completed the South Downs Way and Test Way Relays. Andy then moved on to Aldershot for the coaching set up and to further his running development. Andy now has 3 medals from this year's European and Commonwealth Championships.

Andy at the time trial was great with all the members, posing for pictures on the start line, signing magazines, autograph books and even Stubbie vests. It was great to see him spending time catching up with older members. But he also took time to speak to new members and inspiring the next generation to run with Tommy Blake, Ryan and Chloe Simpson who were all mesmerised by him.

I was down to time-keep and had done my 4 mile effort and wasn't planning more than a sprint to the Shell garage to say I did a time trail with a Great British medal winner. Andy then asked me to run around with him…..I couldn't turn down an offer like that! We chatted around the course about his current exploits, while talking about the good old times. He was very keen to hear how Stubbington had moved on from his time in the club.

Afterwards Andy popped in to the Red Lion and let people try on the medals and more photos with him before doing the quiz! He is a grounded young man and I would like to thank him for taking part in the time trial and making it such a memorable event for everyone. We wish him more success in future and who knows in a few years he may be a household name like that Mo Farah bloke!!!

The results for the August time trial saw record numbers of spectators, I can't think why. Despite the clash with the RR10 the night before and the summer holidays we still got 51 runners. This included 13 people completing their first time trial of the year and 12 personal bests which is really well done since the conditions were a bit blustery for 2 miles of the run!

The winner of the monthly prize for biggest improver was Dawn Haymes-Sewell knocking over 4 minutes off her best, Kelly Bennetts was next knocking over 3 minutes off (apologises Kelly didn't call you out on the night), Marie McDonald keeps going quicker and took nearly 3 minutes off her time with Lee Stantial, Rowena Dodds, and Stuart Hiscock all beating their bests by over a minute.

Well done everyone look forward to seeing you all on 18th September for the next time trial, when I hope to have an Olympic medal winner.

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

Name	Best 2013	April	May	June	July	August	Aug Diff	Difference
								1st - Best
		56	66	50	32	50		
Adrian Piddington	24.23	24.35	**23.23**	23.43	24.20	23.43		-1.00
David Castle		23.29	**22.54**					-0.35
James Sawyer	22.49	23.00	**22.28**		24.07	28.25		-0.21
Tom MacSwayne	21.48			**21.36**		23.43		-0.12
Mike White	24.14	25.30	**24.04**			25.21		-0.10
Rob Greenwood		23.03	24.02			**23.01**	-0.02	-0.02
Andy Simpson	21.49	26.46	22.00	22.57	22.06	22.38		
Andy Stockwell	24.41				27.02	26.32		
Chris Hall	24.19			28.08				
Chris Leach			**24.53**	25.09				
Graham Bell	23.36	23.41		24.48		24.51		
Howard Clark	24.17		24.41					
Jack Harris						**25.32**		
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		36.00		
Mike Harper	24.45		29.28	26.11	25.32	25.50		
Simon Hearnden	24.56		25.19			26.09		
Tom Whitcher	24.05		26.35					
Will Feline	23.30		23.38					

Mark McDonald	27.22	25.57		25.33		**24.59**	-0.34	-2.23
Daniel Foster	27.17	26.22		26.48	26.02	**25.31**	-0.31	-1.46
Tom Callaway	27.29		**25.37**					-1.32
Nikki Roebuck	27.59	**26.46**	30.20	28.09				-1.13
Stuart Hiscock			27.05	27.19		**26.18**	-1.01	-1.01
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	28.53		-0.22
Philip Martin	26.56		**26.36**					-0.20
Tim Crumpton				27.29	**27.14**			-0.15
Jon Plomer	25.33		**25.23**		27.23	25.44		-0.10
Marcus Lee	26.15		**26.07**					-0.08
Andy Lee	26.04	27.43	26.49	29.11	28.25	29.31		
Daisy Hall				**26.10**				
Gavin Rennie		**27.02**						
Gill Rose	27.43		29.34	28.18				
Haydon Brown			**26.34**	26.37				
Hollie Smith						27.40		
James Lewington		**26.54**	27.19	27.07	31.25	27.35		
John Blake	25.44		29.09	29.02	30.11	27.40		
Jon Leigh	25.32	26.12	25.36		27.10	25.57		
Mike Bell	27.00	27.36	27.18					
Nick Crane	26.55		27.00	27.04		28.50		
Nick Kimber	26.22	27.04						
Philip May	27.56	35.56	35.44		31.57	34.01		
Richard Chowns	25.58					26.22		
Ryan Gunner				**27.22**				
Steven Ellis	26.37		27.39					
Susie MacGregor	26.47					35.11		
Philip Whitehouse	30.04	**26.17**	26.23					-3.47
Paul Coverdale	30.10	28.23		28.13		**27.51**	-0.22	-2.19
Lucy May	30.59	28.53	30.20		**28.39**			-2.06
Alan White	30.33	29.24	**29.10**		32.10			-1.23
Lee Adiar-Stantiall		28.55				**27.40**	-1.15	-1.15
Hilary Gulliver	30.01	**29.17**	29.33			29.51		-0.44
Phil Hobby		29.16	**28.46**					-0.30
Paul Southon	30.05	**30.03**	32.16			30.39		-0.02
Dan Jones		**30.39**						
David Abrams			**29.19**					
Keith Whittaker	29.46	36.59	35.05	32.31		31.46		
Mark Porter		**30.01**						
Nicki White			**30.40**					
Nigel Whitcher	28.56	31.22	29.27	29.56	32.10	29.50		
Peter Simpson		**28.37**			29.01			
Rachael Bednarski						**28.25**		
Russell Mead	30.49					32.18		
Tina Chantrey		**28.29**	28.32					
Victoria Joel	29.31					29.38		
Lucy Window	34.10	**30.57**			34.38			-3.13
George Howarth	32.53		**29.52**	30.32		30.47		-3.01
Verity Wright	32.09	30.42	**30.12**	30.45		30.57		-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**			-0.29
Andy Richardson		33.50	33.21	34.12	**33.19**			-0.21
Chris Patterson						**34.25**		
Katherine Briggs			**33.20**	34.11				
Matt Gould				**32.23**				
Mike Wotton	34.00	38.37				34.48		
Sarah Martin	33.54			38.18		35.11		
Stephen Wallbridge		**33.33**			34.13			
Stuart McNamara			**32.50**					
Tim Smart	33.16							

Marie MacDonald	35.51	35.15		32.53		**30.06**	-2.47	-5.45
Eunice Hoare	40.30	35.23	**34.57**	35.49		36.00		-5.33
Mike Donovan	36.08			**31.44**	33.15			-4.24
Dawn Haymes-Sewell					38.29	**34.19**	-4.10	-4.10
Kelly Bennetts	35.37					**32.24**	-3.13	-3.13
Bizz Cozens		45.51	44.06	43.50	46.13	**42.57**	-0.53	-2.54
Tobin Landricombe	37.21		**34.40**	36.05				-2.41
Sarah Hobby	35.54	35.51	**34.34**	35.53		37.03		-1.20
Rowena Dodds	39.32	42.04				**38.19**	-1.13	-1.13
Brigid Hone			35.34		**34.28**			-1.06
David MacSwayne	37.39			**36.44**				-0.55
Ann Blake	37.22					**37.11**	-0.11	-0.11
Agata Whitaker		36.32						
Caroline Chapman			**36.25**					
Jenny Birks					**37.28**			
Julie Ashman	35.16	45.51		35.36	46.45	38.19		
Kate Marsh		**42.55**						
Kay Sadler			**35.46**					
Kayleigh Abbott			**39.55**					
Liz Mitchell				**35.51**				
Michelle Simpson						**42.57**		
Nicola White			**35.02**	37.01	37.48			
Nikki Plomer	36.39		**37.10**					
Rachel Leach				**34.58**				
Robert Spencer	35.51	38.37						
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					

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 1st September — 7 - 10 (long hill (jog back to cul-de-sac)
Sprint to notice board (jog back down))

Monday 8th September — 30 / 60 / 90 / 120 / 90 / 60 / 30s of hills
with a jog back down recovery

Monday 15th September — 3 - 5 x 1 mile loops (3 mins rest)
(Recovery will be 2.5 mins next time)

Monday 22nd September — Leafy Lane 1.1km loop
3 - 7 laps fartlek

Monday 29th September — Kenyan Hills - 4 x 6 min up & down hill
(2min rest) ie no jogging down between hills

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

CLUB CHAMPIONSHIP LATEST

Julie Ashman	634		Rowena Dodds	86		Katie Simister	26		Rita Leigh	10
Sharon Simpson	291		Sally McGrath	81		Jen Elkins	25		Sadie Bedford	10
Clara Fordina	270		Claire Campbell	75		Laura Evans	25		Tanya Brady	10
Verity Wright	254		Lisa Donn	75		Michelle Simpson	25		Tracy Bell	10
Sarah Martin	241		Wendy Holloway	75		Dawn Haynes-Sewell	23		Chloe Simpson	9
Lucy May	238		Petra Wagenblast	71		Katherine Chowns	23		Caroline Chapman	8
Nikki Roebuck	238		Eunice Hoare	70		Ronel Beukman	23		Shelley Thomas	8
Nicki White	231		Sarah Smith	70		Tracie Jarvis	23		Claire Fairbrother	7
Donna Mitchell	227		Laura Wainwright	69		Georgie Gair	22		Claire Jones	7
Anna Wilby-Lopez	212		Gemma Fleming	66		Kerry Dodsworth	21		Erica Wallbridge	7
Sarah Barron	208		Samantha Stockwell	65		Kay Sadler	20		Rachel Richardson	7
Caroline Street	195		Jennie Lee	63		Sharon Clarke	20		Angela Benfield	6
Marie McDonald	177		Daisy Hall	60		Jenny Hearnden	19		Heather Hudson	6
Susie Macgregor	174		Kate Marsh	58		Vix Kitcher	19		Helen Kimber	6
Biz Cosens	164		Sarah Boddy	58		Sandra Abrams	16		Jacqueline O'Rourke	6
Aga Plombon	163		Clare Thorpe	57		Anne Trotman	15		Karen Salmon	6
Gaynor Heffer	162		Rachael Openshaw	56		Caz Lee	13		Kayleigh Abbott	6
Gill Rose	158		Sandra Clark	53		Elizabeth Miles	13		Lucinda Le Gassick	6
Hilary Gulliver	154		Sue Simister	53		Gemma Jones	13		Lucy Wilson	6
Sarah Hobby	150		Nikki Radford	52		Kathryn Davies	13		Pamela Kemp	6
Kelly Bennetts	145		Louise Wills	49		Jan Southon	12		Rachel Creasey	6
Sue Robinson	145		Kaarina May	47		Clare Longman	11		Nia Bruster	5
Julie Bowden	142		Hannah Smith	45		Alison Thomas	10		Tracy Terry	5
Lucy Window	140		Laoise Toal	45		Angie Crane	10		Jenny Birks	4
Tina Chantry	139		Liz Hall	44		Anne Fairhurst	10		Linda Kopinska	4
Penny Forse	131		Jane Butler	41		Caroline Lewington	10		Nicky Peskett	4
Rachael Leach	131		Nikkie Plomer	40		Chris Haskell	10		Alison Attwood	3
Julie Salt	130		Agata Whitaker	38		Clara Petal	10		Bev Watson	3
Sandie Mcintosh	126		Laura Chalk	38		Clare Roberts	10		Jenna Smith	3
Melissa Hutton-Dunton	123		Julia Webb	36		Di Masson	10		Rubymay Wild	3
Ann Blake	118		Kathy McKain	36		Ella Bennetts	10		Alex Leighton Goodhall	1
Jasmine Smith	117		Julie James	35		Elise Eaton	10		Claire Shergill	1
Lee Stantiall	114		Katherine Briggs	33		Gemma Eldridge	10		Debbie Faulkner	1
Brigid Hone	107		Holly Stockwell	32		Jackie Richards	10		Ella Davies	1
Julie Woodman	107		Sophie Davison	32		Jo McCluskey	10		Freya Roebuck	1
Alison MacSwayne	106		Jennet Woolford	31		Karen Gunner	10		Kerry Bailey	1
Victoria Joel	106		Lizzie Martin	31		Kate Crow	10		Lee Merritt	1
Elizabeth Mitchell	104		Mandy Burton	30		Kelly Malster	10		Maria Hare	1
Helen Nicholls	102		Jane Adlard	29		Lish Davies	10		Nicky Lewis	1
Julia Park	98		Julie Dinwoodie	27		Lola Chantry	10		Sally Hare	1
Sonia Robins	90		Debbie Spinks	26		Louisa Abbott	10		Zoe Hare	1

Adrian Piddington	444		John Simister	133		Dan Jones	50		Ben Piddington	10
Tom Callaway	429		Paul Hammond	131		John Fairhurst	48		Chris Richards	10
Mike Harper	380		Boe Harper	130		Stephen Wallbridge	47		Clive Farmer	10
Andy Simpson	379		David Castle	130		Lewis Banner	45		Clive Robinson	10
Jon Leigh	374		Tim Crumpton	127		Wez Jones	45		Craig McCluskey	10
James Sawyer	358		Tom Mellor	127		Aitken Hunter	42		Eric Haskell	10
Dan Foster	355		Mike Bell	126		Mike Wotton	42		Graham Jacobs	10
Nigel Witcher	337		Neil Stantiall	124		Tom Whitcher	42		James Barron	10
Allan Stinson	314		David MacSwayne	123		Sam Bell	39		Jamie Wright	10
Lewis Chalk	291		Ray Gunner	121		James Hall	38		John Randall	10
John Tussler	276		Glen Street	119		Terry French	36		Mark Dyer	10
Robert Spencer	269		Toby Greenfield	117		Graham Martin	35		Mark Millard	10
Mark Eaton	265		Paul Southon	114		Tomas Stinson	33		Mark Nichols	10
Andy Lee	250		Paul Smith	112		Duncan Borthwick	32		Martyn Webb	10
Andrew Stockwell	241		Chris Hall	111		Keith Carter	27		Michael Robinson	10
Nick Crane	237		Richard Edmunds	110		Matt Gould	26		Neil Mellor	10
James Lewington	227		Stuart MacNamara	105		Roger Fairhurst	26		Paul Viney	10
Alan White	222		John Blake	104		Steven Whitaker	26		Richard Brook	10
Liam Dredge	222		Martyn Banner	104		Stuart Hiscock	26		Robert Blackmore	10
Sev Roberts	221		Rob Greenwood	99		Eric Beck	25		Simon Ede	10
Nick Kimber	219		Mike Donovan	98		Harry Martin	25		Mark Porter	9
Keith Whitaker	213		Simon Vingoe	96		John Exley	25		Matthew Abbott	9
Richard Chowns	212		John Cox	95		Paul Jacob	25		Ryan Gunner	9
Mike White	208		Jonathan Plomer	95		Paul Woolford	25		Tobin Landricombe	8
William Feline	208		Daragh Hendley	87		Ryan Thomas	23		Ben Smith	6
Mark McDonald	203		Daniel O'Boyle	84		Chris McGaw	22		Dudley Malster	6
Kevin Ashman	201		David Pheby	83		Neil Jarvis	22		George Rennie	6
Peter Simpson	200		Kevin Toal	83		Dave Jeffery	21		Julian Web	6
Marcus Lee	192		Chris Brobin	82		Peter Rawlins	21		Martyn Thorpe	6
Graham Bell	186		Del Granger	82		Robert Nicholls	21		Sam Smith	6
Neil Richardson	186		Alan Eames	78		Tommy Cave	21		Sean Stinson	6
George Howarth	185		Tom Macswayne	75		David Abrams	20		Simon Carson Jones	6
Paul Coverdale	183		John Vose	73		Gary Littlecott	20		Steven Peach	6
Philip Martin	180		Mark Le Gassick	69		Sebastian Desmoulins	19		Thomas Cave	6
Russell Mead	180		Steven Ellis	69		Wayne Ewens	19		Anthony McSwayne	5
Murray Watson	179		Graham James	66		Andrew Richardson	17		Bob Blackmore	5
Phillip Whitehouse	177		Mike Bainbridge	64		Gordon Westley	17		Bob Moore	5
Simon McMorran	173		James Lee	63		Tim Sullivan	17		Dai Jones	5
Jack Webb	172		Russ Coleman	63		James Keen	16		Darley Dale	3
Richard Snell	170		Andrew Richardson	62		Chris Roebuck	13		Dave King	3
Euan McGrath	155		Tim Matthews	59		Johnathon Roper	13		David McNeish	3
John Salt	155		Danny Hughes	58		Andrew Miles	12		Richard Batten	3
David Langrish	154		Gavin Rennie	58		Robert Hinkley	12		Ben Leach	1
Andrew Smith	152		Phil May	56		Nico Beukman	11		Matt Granger	1
Howard Clark	152		Haydn Brown	54		Alan Forse	10		Matt Knibbs	1
Chris Leach	146		Simon Ellis	53		Alisdair Ewing	10		Nick Davies	1
Phil Hobby	138		Jamie Stockwell	52		Andrew McKewen	10		Svanoiz Sigonsouttir	1
Simon Hearnden	138		Seamus Stinson	51		Andy Donn	10		Tim Smart	1

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 26 July			**Basingstoke 2 Aug**			**Southampton 9 Aug**			**Netley 16 Aug**			**Southampton 23 Aug**	
Adrian Piddington	19.02		Allan Stinson	31.21		Robert Nicholls	27.35		Andy Simpson	17.29		Robert Nicholls	26.43
Sev Roberts	19.28								Murray Watson	19.15			
Chris Leach	19.48		**Netley 2 Aug**			**Netley 9 Aug**			Andy Stockwell	20.28		**Eastleigh 23 Aug**	
Mark McDonald	20.07		Chris Brobin	18.25		Lewis Banner	17.21		Louise Wills	20.53		Keith Whitaker	26.23
Daniel Foster	20.16		Rob Greenwood	18.52		Lewis Chalk	17.31		Liam Dredge	20.59			
Jon Leigh	20.21		Adrian Piddington	19.53		Andy Simpson	17.50		Del Granger	23.09		**Havant 23 Aug**	
Liam Dredge	22.05		Daniel Foster	19.53		Chris Brobin	18.31		Susie MacGregor	23.29		James Lee	20.05
Chris McGaw	22.54		Marcus Lee	20.45		Adrian Piddington	19.00		Marcus Lee	23.30			
Paul Southon	24.33		Tom Callaway	20.55		Rob Greenwood	19.56		Mike Donovan	24.30		**Kingston 23 Aug**	
John Simister	26.12		Liam Dredge	21.29		Jon Leigh	20.36		Marie McDonald	24.36		Mike Harper	18.42
Susie MacGregor	26.43		Richard Chowns	22.29		Tom Callaway	20.54		Paul Southon	25.14			
Rachel Leach	28.24		John Blake	22.50		Mike White	21.10		Ryan Simpson	25.27		**QE Park 23 Aug**	
Wendy Holloway	42.40		Harry Martin	23.09		Liam Dredge	21.42		Martyn Banner	28.59		David Langrish	21.29
Andrew Smith	42.41		Glen Street	25.39		Del Granger	22.39		Julie Salt	30.58			
			Susie MacGregor	26.27		Ryan Simpson	25.29		Jules Dinwoodie	32.08		**Winchester 23**	
Eastleigh 26 July			John Tussler	27.58		Marie McDonald	25.50		Chloe Simpson	35.24		Paul Coverdale	21.17
Haydn Brown	21.31		Martyn Banner	28.49		Susie MacGregor	26.26						
Stuart Hiscock	21.33		Sarah Martin	28.51		Martyn Banner	28.18		**Bushy 16 Aug**			**Netley 23 Aug**	
Keith Whitaker	31.08		Julie Salt	30.44		Sarah Martin	28.19		Mike Harper	18.49		Lewis Banner	16.54
			Jaz Smith	32.06		Michelle Simpson	30.22					Andy Simpson	17.25
Southsea 26 July			Andrew Smith	38.26		Julie Salt	30.36		**Basingstoke 16 Aug**			James Sawyer	17.51
Chris Hall	19.07		Wendy Holloway	45.04		Chloe Simpson	35.47		Seamus Stinson	22.46		Adrian Piddington	19.13
Daisy Hall	19.58					Jenny Hearnden	36.24		Allan Stinson	27.53		Sev Roberts	20.04
Mike Donovan	24.09		**Grovelands, Enfield 2 Aug**			Erica Wallbridge	38.51					Andy Stockwell	20.18
Alex Leighton-Goodall	27.37		Philip Whitehouse	20.33					**Grovelands, Enfield 16 Aug**			Jon Leigh	20.31
						Eastleigh 9 Aug			Philip Whitehouse	20.30		Liam Dredge	20.33
Southampton 26 July			**Southampton 2 Aug**			Haydn Brown	21.51					Mark McDonald	20.45
Robert Nicholls	28.04		Robert Nicholls	27.39		Keith Whitaker	25.07		**Camperdown, Dundee 16 Aug**			James Lewington	21.24
									Terry French	36.49		Nikki Roebuck	21.32
Havant 26 July			**Southsea 2 Aug**			**Havant 9 Aug**						Chris McGaw	21.37
Howard Clark	19.08		Stuart Hiscock	20.32		Howard Clark	17.43		**Winchester 16 Aug**			Gavin Rennie	21.46
			David MacSwayne	27.07					Chris Leach	21.18		Del Granger	22.47
Basingstoke 26 July						**Brockwell, Herne Hill 9 Aug**			Rachel Leach	28.11		Susie MacGregor	23.07
Allan Stinson	28.43		**Eastleigh 2 Aug**			Ann Vestergaard	27.53					Marie McDonald	24.06
			Keith Whitaker	26.42					**Brockenhurst 16 Aug**			Paul Southon	24.22
Winchester 26 July						**Poole 9 Aug**			Lewis Chalk	17.20		Lucy Window	24.57
Paul Coverdale	23.02		**Winchester 2 Aug**			Murray Watson	17.58					Glen Street	25.58
			Paul Coverdale	22.03					**Thetford 16 Aug**			Ryan Simpson	26.06
Abingdon 26 July			Gordon Westley	24.32		**Winchester 9 Aug**			Becky Hodgkinson	33.26		Harry Roebuck	26.12
David MacSwayne	28.19					Paul Coverdale	22.05					John Tussler	27.06
Alison MacSwayne	28.47		**Chichester 2 Aug**			Gordon Westley	24.07		**Skipton 16 Aug**			Caroline Street	29.02
			Mike Harper	19.27					Robert Spencer	30.17		Robert Spencer	29.07
Brockenhurst 26 July			Andy Stockwell	20.54		**Tilgate 9 Aug**			Andrew Smith	35.16		Michelle Simpson	30.37
Terry French	31.10		Peter Simpson	22.13		Robert Spencer	29.43					Andrew Smith	32.41
			Lucy May	22.15					**Weymouth 16 Aug**			Wendy Holloway	37.43
Shorne Woods 26 July			Robert Spencer	30.21		**Preston Park, Brighton 9 Aug**			David MacSwayne	27.21		Chloe Simpson	38.04
Julie Salt	32.16					Mike Harper	18.57		Alison MacSwayne	28.01			
			Pontypool 9 Aug									**Grovelands, Enfield 23 Aug**	
QE Park 26 July			Daisy Hall	20.17		**QE Park 9 Aug**			**Blandford 16 Aug**			Philip Whitehouse	21.13
David Langrish	23.46					Boe Harper	19.23		Keith Whitaker	23.57			
			Exeter Riverside 9 Aug			Jennie Lee	33.55					**Brockwell, Herne Hill 23 Aug**	
Blandford 26 July			Andrew Smith	40.02					**Chichester 16 Aug**			Ann Vestergaard	27.35
James Sawyer	16.59		Wendy Holloway	41.22		**Southsea 16 Aug**			Kevin Toal	23.27			
Robert Spencer	29.21					James Sawyer	17.43					**Wycombe Rye 23 Aug**	
			Southsea 9 Aug			Kaarina May	33.38		**Southsea 23 Aug**			Murray Watson	18.31
Cuerden Valley 26 July			James Sawyer	18.12					Lewis Chalk	18.25			
John Tussler	37.58		Stuart Hiscock	20.36		**Southampton 16 Aug**			David MacSwayne	27.22		**Lanhydrock 23 Aug**	
			Alethea Adair-Stantiall	22.05		Simon Vingoe	22.25		Allan Stinson	28.03		Russell Mead	27.59
						Robert Nicholls	26.46		Alison MacSwayne	28.21		Jules Dinwoodie	34.44

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

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 — VICTORY 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

5th OCT — BASINGSTOKE HALF MARATHON

Basingstoke, Hampshire

Traffic free roads and challenging course, this is a 'must do' race for 2014, after just 3 years we are proud that the Basingstoke Half Marathon has built a reputation that puts it on a level with some of the great races in the south, yet retains a real community feel

www.destinationbasingstoke.co.uk

12th OCT — CHICHESTER HALF MARATHON

Chichester, Sussex

The 'Chi Half' is a challenging yet beautiful half marathon, revived in 2012 after a 25 year absence. The event raises vital funds for the work of Children on the Edge and is now in its third year.

The route, which includes a mixture of road, cross country and cycle path terrain, starts at Chichester College and takes in the historic sites of Chichester, including the Cathedral and the walls. It then leads up to the pinnacle of the South Downs before wending its way back down Centurion Way.

www.chichesterhalfmarathon.co.uk

19th OCT — DENMEAD 10K

Waterlooville, Hampshire

There is a new route, which you may like to try out. It will also be a Hampshire Police Championship event.

www.denmeadstriders.co.uk

19th OCT — NEW FOREST STINGER

Oaknell, New Forest

An undulating 5 or 10 mile run through the New Forest National Park. Perfect for those who enjoy multi-terrain including forest trails, woodland, heathland and penty of MUD!

www.tottonrc.weebly.com

26th OCT — FLEET 10K

Fleet, Hampshire

Undulating road race, the course consist of almost two anti-clockwise laps

fleetandcrookhamac.org.uk

26th OCT — BUPA GREAT SOUTH RUN

Portsmouth, Hampshire

Join 25,000 people at the 25th staging of the world's leading 10 mile running event.

Flat and fast route taking in the Portsmouth Historic Dockyard and beautiful views of the Isle of Wight

www.greatrun.org

31st OCT — HALLOWEEN 5K NITE RUN

Reading, Berkshire

Run a personal best like your life depends on it, across moonlit fields and through darkened woods. See your breath hit the air as your pulse quickens and your hear pounds in fear of all the things that appear on the night they call Halloween!

www.halloween5niterun.co.uk