# The GreenRunner

www.stubbingtongreenrunners.net | @StubbGR

OCTOBER 2014

# *FROM THE CHAIR*

The event packed month of September proved to be another successful one for the club and just reward for all the planning and organising that goes on in the background of the club to ensure that we participate and compete as a club at a wide range of events and races.

The cornerstone is, I believe, our successful training nights which continue to flourish, thanks in no small part to all the leaders that ensure that they take place in a structured and safe manner. From experienced coaches such as Penny and Verity, through to the newest Run Leaders (congratulations to Sarah Martin and Karen Salmon) the enthusiasm and dedication to do the right thing to promote and encourage running as a sport is evident and fantastic to see. In another step forward and to try and bridge the coaching gap between Run Leaders and fully qualified coaches the club recently invested to send Anna Wilby-Lopez and Sharon Simpson on the Coaching Assistant courses. I also attended, and we have all learnt even more about organising and planning a good session, and further aspects of coaching. These developments can only be positive for the future of the club.

The reward for all the summer training was that, thanks to Nikki's organisation, we were able to send four teams to the Test Way, where from the reports I have heard everyone had a great day once again. The following week at Aldershot Andy was also able to send a senior mens and three vets teams to compete at the prestigious South of England Championships. Like the training nights these events also take planning and coordination to ensure that we are successful in promoting and projecting the club in a good light, competing to the best of our abilities, and above all having some fun too.

The October race schedule, with the Cross Country season kicking off with Hampshire CC6 and Southern XC leagues all taking place on the same weekend, looks to be a packed with opportunities to race for free and represent the club too. Thanks to John Blake for his enthusiasm to promote XC's and we look to be well prepared again this year. We have even invested in a new club gazebo to offer some protection from the elements when the weather turns to Autumn and Winter. If you haven't tried them before then why not take a look at the XC fixtures, they are all well organised events, I would suggest that you double check to ensure that you have the appropriate footwear etc which goes a long way to make the experience a happy one.

On the social scene, Sue and her team have been busy getting some fun events organised for us. This includes the Wickham Railway Night run, so get those head torches out and check the batteries. The culmination of the social year is the Awards Night in November, and it is good to see the entry list fast approaching half way already. If you haven't got ticket yet then don't delay too long, it looks like being another popular fun packed evening where we can reflect and recognise the successes and achievements we have seen from so many members throughout the year.

Finally, thanks all for your continued support and positive feedback, it does make the efforts that the volunteers that run our club go to more worthwhile, especially when we see so many success stories of achievements and personal developments to take pride in.

Happy Running
Graham

LONDON MARATHON 2015

**HAD a rejection from London marathon? Don't despair the club will have some ( not sure how many at the moment ) club places available. Please get your rejection slips to Kevin Ashman by the end of October and the committee will then work out how to allocate them.**

# CAPTAINS CORNER

Wow what a busy month we've just had with 3 HRRL races, Test Way, Road Relays, Fish 'n' Chip Handicap, a few marathons and an Ultra or two, now breath!! It will be good to have a quieter month with just the odd XC, although a few people are tackling Bournemouth (includes Half) and Abingdon marathons, so good luck to everyone.

As Captains we are really proud of the starts we have made in the HRRL. As usual the league started with a sunny afternoon trip to Overton. This year switched to the Sunday. A great season opener for Stubbington, with an impressive selection of pbs on the hilly course and second place prize for the ladies and third for the men. Almost as soon as we had caught our breath it was over to Victory for their 5 mile road race. Unfortunately it clashed with the same weekend as the Test Way relay and not everyone was available for the double header, but still an impressive sea of green. Particular recognition for those participating in the HRRL for the first time; Rachel Richardson for one. Finally the month ended with a trip to the New Forest for the Solent half marathon. Another hot day and a very hilly course, but Lucy May still made three pb's out of three for her HRRL 2014/15 season, can you make it all the way to D-Day Lucy?

The Southern Road Relays, saw the sunshine and the stars come out to play. The Men entered 4 teams with a lot of first timers giving the event go and real enjoying the atmosphere and team camaraderie. The individual results are posted in the Green Runner, the team stats were the Seniors were 65th of 80 teams, Vet 40's were 10th and 22nd from 36 and Vet 50's were 10th of 20 teams.

We have had some great results over the last month in green vests. We had Euan McGrath completing the Ring Of Fire, 135 miles over 3 days and finished 2.5 hours quicker than last year an improved his finishing spot to the dizzy heights of 4th overall and 1st Vet 40. Ann Blake completing her 42 mile Ultra in 9 hrs 34 minutes of running. Chris Brobin for worrying Dennis Kimetto at the Berlin Marathon and smashing out 2 hours 44 minutes and gets him a championship qualifying time for London next year if he wants it. Hilary Gulliver at Nottingham Marathon with great time of 3 hours 56 minutes.

The Gosport 5K series came to an end in September which was the first time this series has been run by Absolute Running. The series has been an enjoyable experience for the Green Army where we seem to have monopolised the results at every event with quite a lot of Stubbies being rewarded with PBs on this fast course.

The September results saw Daniel O'Boyle win the race and the overall series for the Seniors. For September race results, Mark McDonald 1st MV40, Graham Bell 1st MV45, Mike Harper 1st MV50, David Abrams 1st MV65, Murray Watson 2nd Junior, Melissa Hutton-Dunton 1st FV35, Victoria Joel 2nd FV35, Sandra Abrams 1st FV65.

The start of the XC season is upon us with lots of races starting in October to get your teeth stuck into from Hampshire XC on Saturday afternoons to Sunday mornings with the CC6 at 9.30am and Today's Runner at 11am. These races are great for building up endurance; stamina and helping your times come down on the roads. Trail shoes are advisable on these courses, especially once the rain returns. So please give these events a go and remember mud is good for the complexion!!!

The last Time Trial for the year takes place on this month on Thursday 16th October at 6.30pm. Please note that the time has moved to 6.30pm due to the nights closing in and we will have just one group going off. It would be great to see lots of people there and to celebrate in the Red Lion afterwards with crowning of the handicap winners, these highly sought after titles are still up for grabs and prizes await the winners!! It would also be good to see if we could break the overall course record and the ladies record for the time trial route which has stood for a good few years now.

Finally a delve into the minds of what your Captain's are training and focusing on. The Men's Captain is already thinking ahead to the spring time and whether he should run another marathon. If so, will it be London or Manchester the latter is regarded as the flattest marathon in the UK, so if you don't get into London then Manchester is the week before and a good second choice. The big decision can be put off for a few months which allows me to build up my endurance and stamina with the XC season. I would also like to have a good showing at Lords Hill 10 and Gosport Half in November which are both fast courses for their respective distances.

After a summer of short distances which saw an improvement in my speed, for the ladies captain the autumn definitely needs a focus on strength and stamina. After testing my distance legs at Solent Half, I know there is some work needed to be done. So I intend to be hill training and using tempo runs to target improved times for Lords Hill and Gosport. My key focus will also be spring/ summer 2015 where I hope to improve my 10km times at both Eastleigh and Netley and then focus on the South Downs Relay. The talent within the ladies is really improving so I know I need to work hard to gain a place in next year's relay team.

The bonus races for the points league are October Hants XC at Farley Mount 11th October and for November Lordshill 10 on 2nd November.

## Tuesday 9th September 2014 The Absolute Running Gosport 5k Summer Series Race 4

| | | |
|---|---|---|
| 1 | 00:15:30 | O'BOYLE, Daniel |
| 3 | 00:16:13 | BANNER, Lewis |
| 4 | 00:16:20 | SAWYER, James |
| 13 | 00:17:53 | BELL, Graham |
| 14 | 00:18:14 | WATSON, Murray |
| 15 | 00:18:19 | HARPER, Mike |
| 16 | 00:18:32 | MCDONALD, Mark |
| 19 | 00:18:55 | PLOMER, Jon |
| 23 | 00:19:16 | EDMUNDS, Richard |
| 24 | 00:19:18 | HEARDEN, Simon |
| 34 | 00:19:58 | MARTIN, Philip |
| 37 | 00:20:17 | KIMBER, Nick |
| 39 | 00:20:24 | BROWN, Haydn |
| 40 | 00:20:26 | BLAKE, John |
| 42 | 00:20:38 | HUTTON-DUNTON, Melissa |
| 45 | 00:20:58 | ADAIR-STANTIALL, Althea |
| 49 | 00:21:34 | CHOWNS, Richard |
| 50 | 00:21:34 | JOEL, Victoria |
| 52 | 00:21:39 | BELL, Sam |
| 54 | 00:21:57 | ABRAMS, David |
| 73 | 00:24:01 | MEAD, Russell |
| 74 | 00:24:01 | RICHARDSON, Andy |
| 81 | 00:25:36 | CHAPMAN, Caroline |
| 87 | 00:25:58 | BANNER, Martyn |
| 89 | 00:26:09 | HAYNES-SEWELL, Dawn |
| 90 | 00:26:38 | PLOMER, Nikkie |
| 94 | 00:27:02 | ABRAMS, Sandra |
| 102 | 00:27:49 | BLAKE, Ann |

CARDIFF 10K
CAERDYDD
07.09.2014

| | | | |
|---|---|---|---|
| 20 | Lewis | Chalk | 00:33:21 |
| 44 | Rob | Greenwood | 00:34:54 |
| 73 | Christopher | Brobin | 00:36:45 |

## Netley Abbey parkrun Stubbington Green Age Grade League
## Well done Penny

| Athlete | Times | Age Grades |
|---|---|---|
| | Best | Best |
| Penny FORSE | 23:15 | 87.17% |
| Thomas MACSWAYNE | 16:44 | 81.87% |
| Mike HARPER | 18:37 | 81.20% |
| Andy SIMPSON | 17:18 | 78.95% |
| Lewis CHALK | 16:27 | 78.62% |
| Graham BELL | 18:14 | 78.34% |
| Chris HALL | 18:36 | 78.05% |
| Daragh HENDLEY | 17:31 | 77.93% |
| Mark John EATON | 18:32 | 77.70% |
| David Matthew CASTLE | 17:50 | 77.66% |
| Wayne EWENS | 17:06 | 77.10% |
| James SAWYER | 17:09 | 76.87% |
| Lewis BANNER | 16:54 | 76.33% |
| Mike WHITE | 20:08 | 76.32% |
| Jon LEIGH | 19:33 | 76.04% |
| Murray WATSON | 17:49 | 75.77% |

## HURSLEY 10KM Sunday 21st September

### 462 finishers

| | | | Chip time |
|---|---|---|---|
| 39 | Graham Martin | 11th M40-49 | 43m29s |
| 47 | Lucy May | 3rd SW | 44m02s |
| 49 | Peter Simpson | 3rd SM | 44m06s |
| 90 | Simon Vingoe | 52nd SM | 46m52s |
| 101 | Penny Forse | 1st F55+ | 47m44s |
| 165 | Aga Plombon | 14th SW | 50m24s |
| 196 | John Cox | 5th M55+ | 52m09s |
| 204 | Lisa Donn | 14th F40-49 | 52m22s |
| 248 | Lucy Window | 29th SW | 55m02s |
| 249 | Stephen Wallbridge | 100th SM | 55m03s |
| 321 | Alex Leighton-Goodall | 39th F40-49 | 58m38s |

Bupa great north run

| | | |
|---|---|---|
| 21848 | Sarah Martin | 02:17:31 |
| 21847 | Sharon Simpson | 02:17:31 |

## *MONSTER ULTRA UK 68KM*

| | | |
|---|---|---|
| **48** | **ANN BLAKE** | **09:34:00** |

## Bacchus Half Marathon

An undulating, multi-terrain course held in Denbies Wine Estate, Dorking, Surrey. Georgie was 9th Lady

| | | |
|---|---|---|
| 45 | GEORGIE GAIR | 01:45:35 |
| 658 | JULIE WOODMAN | 03.04.18 |

## PILGRIMS HALF MARATHON FARNHAM

| | | |
|---|---|---|
| 46 | Jon Leigh | 01:41:40 |
| 60 | Marcus Lee | 01:45:31 |
| 189 | Mark Porter | 02:02:21 |
| 204 | Phil Hobby | 02:04:29 |
| 227 | Verity Wright | 02:07:24 |
| 291 | Julie Ashman | 02:18:58 |
| 358 | Sarah Hobby | 02:32:05 |
| 361 | Michelle Simpson | 02:32:40 |
| 374 | Tracie Jarvis | 02:35:33 |

## WINDSOR HALF MARATHON

| | | | |
|---|---|---|---|
| **636** | **Daniel** | **Foster** | **01:51:47** |

## BERLIN MARATHON

| | | |
|---|---|---|
| 292 | Brobin, Christopher | 02:44:43 |
| 21897 | Eames, Alan | 05:53:57 |

# RING O FIRE 135 MILES

| | | | |
|---|---|---|---|
| 4th | Euan | McGrath | 25:05 |

## PURBECK MARATHON

| | | | |
|---|---|---|---|
| 236 | DAVID | LANGRISH | 5.31.49 |
| 250 | GEORGE | HOWARTH | 5.37.18 |

## ROBIN HOOD MARATHON

| | | |
|---|---|---|
| 505 | HILARY GULLIVER | 03:56:33 |

# Winter Track Sessions

The club are excited to introduce track sessions starting on Thursday 23rd October 7.00pm. They will be held at Mountbatten Centre Athletic Track (PO2 9QA) and thereafter every 3rd Thursday until Spring at a cost of £3.50 per session.

## Goal of the sessions

These sessions are aimed at all levels of runners and would help anyone who wants to develop some more speed in their legs. However runners should have built up a good base of stamina and endurance before introducing speedwork into their programme. If you are in doubt or have any queries on this or other coaching points, please do contact verity.wright@ymail.com or pennyforse@hotmail.co.uk

The sessions start with warm ups and drills at 7.00pm. Pacing charts are available and runners are recommended to calculate their paces for the forthcoming sessions (http://www.heartbreakhill.org/trackpace.htm) and session information will soon be available on the club website.

# Social Round Up

The annual Fish 'N chip Handicap took place on Friday 5th September with an amazing turn out and great weather. Nick brought the usual fish and chips, keeping them warm in the back of his van by utilising a hostess trolley! Everyone enjoyed the 6 mile route and the winners crossing the line closest to the finishing time were Tim Crumpton for the guys and Jane Adlard -McGrath for the girls. Well done to you both. My thanks to all who took part but especially to Nick for his usual fantastic organisation. The next Handicap will be the Christmas one on Sunday 14th December and the route will be posted on the website and on Facebook nearer the time. Keep an eye out for it.

I hope you have all got your head torches charged up for the next event which is the night time 6.05 Special leaving Wickham Halt at 7 o'clock on Friday 10th October for an out and back run. All runners and dogs welcome. Full details for this are on the website and the rehydration point will be The Titchfield Mill. Look forward to seeing you all.

Friday November 14th is the date for our Skittles Evening to be held at The Crofton. The cost is £10 per head to include supper and the menu is posted on the website. We do have to put the food order in no later than a week before the event so please make sure you have booked your place by Friday 7th November and made your menu choice, however you can pay on the night.

Finally please note that the booking form for the Awards Night is up on the website and it promises to be another fantastic evening with music from our DJ, Jim Christopher, plus the usual great food supplied by Rita and her team. This is an opportunity to celebrate the fabulous achievements by our Club members over the past twelve months as well as having a fun evening. We are holding a raffle during the evening in aid of our charity Two Saints. If anyone has something they would like to donate as a prize for this then please contact any member of the Social Committee.

Hope you can make one or all of the above events, they would not be the same without you.

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

# VICTORY 5 MILE

A calm sunny day coupled with a fast flat course provided perfect running conditions for the 495 runners for the 2nd 5 mile HRRL race of the season.

SGRs' turned up in force with 50 runners, each with their own personal challenges. Some seeking prize money and silverware whilst others desperately trying to pip a teammate to one of the teams. Others were there to try and achieve a PB or were on hand to help and support their teammates to assist them with achieving their goals. Whatever the goal or objective, SGRs' had a fantastic day out with many personal goals smashed. It was great to see some debut runners for SGR and some runners returning after a period of HRRL road running absence.

Run Britain website recorded 12 Pb's for Stubbie runners including Daniel O'Boyle, Rob Greenwood, Daragh Hendley, Lucy May, Peter Simpson, Neil Stantiall, Keith Whitaker, Stuart McNamara, Julie Ashman, Nikki Plomer, Sandie McIntosh and Sarah Hobby.

Daniel O'Boyle finished in 3rd place overall with a fantastic run in what was a very strong field. The Men's A Team comprising Daniel, James Sawyer, Russ Coleman and Rob Greenwood took 1st place in the A Division whilst Dan, James and Russ controversially snatched 1st place from Southampton for the team prize on the day.

The men's B team (Daragh Hendley, Adrian Piddington, Mark Eaton and Simon McMorran) finished in top spot in the B division, the C team (Mike Harper, Sev Roberts, Toby Greenfield and Jack Webb) finishing in 3rd, whilst the D Team (Jack Harris, Jon Plomer, Chris Hall and Daniel Foster) finished in 2nd spot in the 2nd Division.

The ladies A team (comprising Daisy Hall, Lucy May and Anna Wilby-Lopez) took 2nd place team price. The ladies B team (Verity Wright, Kelly Bennetts and Gaynor Heffor) finished 5th In the B Division, the C Team (Julie Ashman, Eunice Hoare and Alex Leighton-Goodhall) finishing 8th and the D team (Nikkie Plomer, Sandie McIntosh and Sarah Hobby) finishing 3rd In the 2nd Division.

*Neil R*

| | | | |
|---|---|---|---|
| 3 | Daniel | O'boyle | 00:25:26 |
| 22 | James | Sawyer | 00:27:43 |
| 28 | Rus | Coleman | 00:28:31 |
| 37 | Rob | Greenwood | 00:28:44 |
| 41 | Daragh | Hendley | 00:29:07 |
| 53 | Adrian | Piddington | 00:29:38 |
| 71 | Mark | Eaton | 00:30:04 |
| 74 | Simon | Mcmorran | 00:30:15 |
| 81 | Mike | Harper | 00:30:32 |
| 91 | Toby | Greenfield | 00:30:51 |
| 92 | Sev | Roberts | 00:30:51 |
| 106 | Jack | Webb | 00:31:46 |
| 112 | Jack | Harris | 00:31:48 |
| 123 | Jon | Plomer | 00:32:18 |
| 126 | Chris | Hall | 00:32:28 |
| 131 | Daniel | Foster | 00:32:35 |
| 145 | Rich | Edmunds | 00:33:18 |
| 151 | Stuart | Hiscock | 00:33:23 |
| 153 | Thomas | Cave | 00:33:27 |
| 196 | Peter | Simpson | 00:35:00 |
| 198 | Tom | Callaway | 00:34:59 |
| 203 | James | Lewington | 00:35:11 |
| 209 | Neil | Stantiall | 00:35:20 |
| 255 | Dan | Hughes | 00:36:49 |
| 263 | Nico | Beukman | 00:37:01 |
| 271 | Simon | Vingoe | 00:37:20 |
| 272 | Nigel | Whitcher | 00:37:36 |
| 335 | Russell | Mead | 00:40:24 |
| 336 | Andrew | Richardson | 00:40:31 |
| 346 | Keith | Whitaker | 00:40:40 |
| 351 | John | Simister | 00:41:11 |
| 355 | Stuart | Mcnamara | 00:41:18 |
| 438 | Robert | Spencer | 00:47:58 |
| 439 | Phil | Hobby | 00:48:19 |

| | | | |
|---|---|---|---|
| 138 | Daisy | Hall | 00:32:54 |
| 173 | Lucy | May | 00:34:09 |
| 278 | Anna | Wilby Lopez | 00:37:41 |
| 302 | Verity | Wright | 00:38:57 |
| 347 | Kelly | Bennetts | 00:41:01 |
| 359 | Gaynor | Heffer | 00:41:52 |
| 378 | Julie | Ashman | 00:43:09 |
| 383 | Eunice | Hoare | 00:43:17 |
| 395 | Alex | Leighton-goodall | 00:43:44 |
| 399 | Nikkie | Plomer | 00:43:50 |
| 427 | Sandie | Mcintosh | 00:46:47 |
| 426 | Sarah | Hobby | 00:46:51 |
| 435 | Sarah | Barron | 00:47:26 |
| 457 | Jules | Dinwoodie | 00:50:17 |
| 478 | Rachel | Richardson | 00:56:10 |
| 480 | Melissa | Cosens | 00:57:23 |

# PERFORMANCES OF THE MONTH

We've had so many suggestions for Performance of the Month this month, but they are all worthy so all have been included below

**EUAN MCGRATH** for Ring of Fire 135 mile ultra knocking 2.5 hours off last years time and finishing 4th overall and 1st M40

**JAMES SAWYER** for his PB at Solent Half Marathon and going under 1:20 for the first time

**LUCY MAY** has so far had 3 PB's in three Hampshire Road Race League meetings this season

**DANIEL O'BOYLE** has two 2nds and a 3rd with a PB at Solent Half Marathon in the Hampshire Road Race League , plus winning the RAF 10k Championship.

**ANN BLAKE** for completing the 68km Monster Ultra in a time of 9 hours 34 minutes

**CHRIS BROBIN** achieved a time of 02:44:43 at The Berlin Marathon

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

# HRRL RACES

| Club | Distance | Date | Start Time |
|---|---|---|---|
| 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 |

## HRRL tables after 3 races

| MEN | | |
|---|---|---|
| 1 | Stubb'ton | 6 |
| 2 | Winchester | 8 |
| 3 | Lordshill | 12 |
| 4 | So'ton AC | 12 |
| 5 | Overton | 14 |
| 6 | Salisbury | 20 |
| 7 | Eastleigh | 21 |
| 8 | Farnham | 22 |
| 9 | Denmead | 23 |
| 10 | PompeyJ | 26 |

| LADIES | | |
|---|---|---|
| 1 | Winchester | 4 |
| 2 | New Forest | 9 |
| 3 | Stubb'ton | 11 |
| 4 | Victory | 13 |
| 5 | Lordshill | 17 |
| 6 | Alton | 19 |
| 7 | Fareham | 21 |
| 8 | Salisbury | 23 |
| 9 | Totton | 24 |
| 10 | Eastleigh | 25 |

## 2014 ITU World Triathlon Grand Final Edmonton

| AGE GROUP POS | | | TIME | SWIM | T1 | BIKE | T2 | RUN |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| 9 | Sandra | Abrams | 03:14:18 | 00:33:20 | 00:05:48 | 01:27:32 | 00:04:16 | 01:03:20 |
| | | | | | | | | |
| 22 | David | Abrams | 02:54:16 | 00:32:26 | 00:04:19 | 01:20:35 | 00:04:22 | 00:52:32 |

# *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

# 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 6th October** | Forest lap (about 940m) 3 to 6 x 1 lap fast (1 side jog) |
| **Monday 13th October** | 3 - 5 x 1 mile loops (2.5 mins rest) |
| **Monday 20th October** | 7 - 10 x long hill (jog back to cul-de-sac) sprint to notice board |
| **BST ends Sun 26th October** | (jog back down) |
| **Monday 27th October** | 3 sets of 30 / 50 / 70 / 50 / 30s hills with jog back down |

| VICTORY 10K | | | | |
|---|---|---|---|---|
| | 21 | James | Lee | 00:44:14 |
| | 85 | Tim | Smart | 00:52:50 |
| | 102 | Sandra | Hook | 00:54:13 |

| | | |
|---|---|---|
| 2 | Daniel O'Boyle | 00:25:31 |
| 14 | James Sawyer | 00:28:09 |
| 20 | Andy Simpson | 00:28:26 |
| 32 | Adrian Piddington | 00:29:41 |
| 48 | Mark Eaton | 00:30:22 |
| 57 | Mike White | 00:30:28 |
| 66 | David Castle | 00:30:43 |
| 75 | Jack Webb | 00:31:10 |
| 76 | Graham Bell | 00:31:11 |
| 91 | Howard Clark | 00:31:39 |
| 98 | Mark Mcdonald | 00:31:50 |
| 114 | Daniel Foster | 00:32:12 |
| 120 | Daisy Hall | 00:32:52 |
| 121 | Chris Hall | 00:32:54 |
| 122 | Jon Plomer | 00:32:50 |
| 137 | Marcus Lee | 00:33:14 |
| 150 | Richard Edmunds | 00:33:53 |
| 170 | Lucy May | 00:34:30 |
| 172 | Tim Crumpton | 00:34:32 |
| 173 | Nikki Roebuck | 00:34:44 |
| 179 | Rich Chowns | 00:34:53 |
| 186 | James Lewington | 00:35:04 |
| 201 | Peter Simpson | 00:35:36 |
| 236 | Paul Coverdale | 00:37:05 |
| 257 | Gavin Rennie | 00:37:37 |
| 287 | Marie Mcdonald | 00:39:25 |
| 310 | Kerry Dodsworth | 00:40:01 |
| 316 | Sam Bell | 00:40:16 |
| 357 | Keith Whitaker | 00:41:52 |
| 362 | John Simister | 00:42:31 |
| 384 | Julie Ashman | 00:43:30 |
| 394 | Stuart McNamara | 00:44:17 |
| 407 | Nikkie Plomer | 00:44:34 |
| 410 | Alex Leighton-Goodall | 00:44:51 |
| 413 | Dawn Haynes-Sewell | 00:45:07 |
| 418 | Eunice Hoare | 00:45:24 |
| 428 | Sarah Barron | 00:46:59 |
| 438 | Allan Stinson | 00:48:18 |
| 468 | Gemma Fleming | 00:58:25 |

# OVERTON 5 MILE

Following a well earned summer recess from last year's very successful HRRL season, Stubbington Green turned out in force for the 2014/2015 HRRL season's opener in the picturesque upper Test Valley with the Overton 5. The Overton 5 is a popular 5 mile road race comprising two undulating laps around the Hampshire Village and then through the High Street, culminating with a sprint finish at the sports ground.

SGR had 41 runners at Overton and were able to put out 4 teams for both Ladies and Men. The fact that SGR had so many runners is a testament to the hard work and time put in through the summer, the excellent coaching and training provided to newbies, beginners and established SGR's alike. It was great to see some old faces like Chris Hall returning to road running and it was great to see many new SGR HRRL debutants.

The racing was of a high quality with some excellent individual and team results. Run Britain website recorded 13 Pb's for Stubbie runners including Mark McDonald, Daniel Foster, Daisy Hall, Marcus Lee, Lucy May, Nikki Roebuck, James Lewington, Peter Simpson, Marie McDonald, Kerry Dodsworth, Dawn Haynes-Sewell, Eunice Hoare and Sarah Barron

Daniel O'Boyle finished in 2nd place overall with an exceptional run, whilst the ladies A team (comprising Daisy Hall, Lucy May and Nikki Roebuck) took 2nd place team prize. The Men's A Team comprising Daniel, James Sawyer, Andy Simpson and Adrian Piddington snatched 3rd place from a competitive Lordshill team.

The ladies B team (Marie McDonald, Kerry Dodsworth and Julie Ashman) finished 5th In the B Division, the C Team (Nikki Plomer, Alex Leighton-Goodall and Dawn Haynes-Sewell) finishing 11th And the D team (Eunice Hoare, Sarah Barron and Gemma Fleming) finishing 4th In the 2nd Division.

The men's B team (Mark Eaton, Mike White, David Castle and Jack Webb) finished 3rd In the B division, the C team (Graham Bell, Howard Clark, Mark McDonald and Daniel Foster) finishing in 6th, whilst the D Team (Chris Hall, Jon Plomer, Marcus Lee and Richard Edmunds) finished in top spot in the 2nd Division.

On the negative side, Hollie picked up an injury during the race and we hope to see you back up and running soon.

Finally, well done to the supporters and cake bakers and those that recommended the Beer Festival for a post race recovery, although if anyone asks, I was never there!
*Neil R*

# SOLENT HALF MARATHON

The day started off as it was meant to go on as the Green Army took centre stage inside the Gang Warily Recreation Centre sports hall at race number and chip collection.

**Lewis collects 1st Men's team prize**

On what was shaping up to be a rather warm day it was always going to be difficult to record a Personal Best time when running 13.1 miles on an undulating course through the New Forest and along the Solent shore, but 8 of the 28 strong Stubby team did not fail to disappoint.

**Daniel O'Boyle 2nd Male**

Leading the troops home in second place overall and a new PB of 72:54 was the phenomenal Daniel O'Boyle, with Lewis Chalk in 3rd having run 9 miles before the gun had fired which bodes extremely well for his forthcoming October marathon.

It is clear that no distance fazes James Sawyer any longer, as he knocked an incredible 2:29 off his PB from Gosport 2013 to finish in 9th and continues to go from strength to strength. Watch out for exciting times ahead from this young talent. The Men's captain Andy Simpson came home in 11th overall and 3rd V40 to help secure 1st place for the Men's A-team on the day who maintain top spot in the league after 3 races.

The Men's B-team was lead home by a strong Mark Eaton in 25th who enjoyed every stride over his favourite distance, with Mike White hot on his heels in 28th to take the 1st V50 prize in 1:25 dead.

After suffering with a cold during the week, I was pleased to come through in 36th after what proved to be a tough final 3 miles, followed by Rob Greenwood who knocked a few seconds off his PB and helped ensure that the B-team sit proudly at the top of B-division 1.

A special mention now to both Jack Harris, who knocked a staggering 4:40 off his PB to clock 1:32.15 and then set his sights on sub 1:30 at Gosport and Mark Mcdonald who knocked off 5:31 off his PB to clock 1:34.04. Jack led home the C-team followed by Joseph Peat, Mark Mcdonald and Stuart Hiscock who look strong in Men's B-division 1, whilst the Men's D-team consisting of Andy Stockwell, James Lewington (PB), Peter Simpson (PB) and Neil Stantiall stay top of B-division 2.

**Andy Simpson 3rd V40**

The outstanding ladies performance of the day was most certainly from Lucy May knocking 1:14 off her PB to finish in 18th position in the Ladies race in a fantastic time of 1:41.12. Captain Nikki Roebuck came home in a great 36th in 1:49.16 whilst Verity Wright paced Marie McDonald to within just a few seconds of her 1:57.22 Isle of Wight PB to finish 62nd and 63rd respectively, which continued Marie's recent run of excellent performances.

The ladies A-team made up of Lucy, Nikki and Verity sit in 3rd position in the A-division 1. The B-team led home by Marie followed by Lisa Donn and Gaynor Heffer were 4th on the day and sit 5th overall in B-division 1. It was great to see some sterling pacing out there, none better than that from Sarah Martin who paced Nikki Plomer to a very respectable time on a very hot and humid day along the Solent shore. Well done to all ten ladies on your runs.

The Green Army next march onto the Lordshill 10-miler on 2nd November for race number 4 in the HRRL race calendar. We hope to see just as many if not more Stubbies out for this great race.

*Adrian Piddington*

| | | |
|---|---|---|
| 2 | Daniel O'Boyle | 01:12:54 |
| 3 | Lewis Chalk | 01:14:55 |
| 9 | James Sawyer | 01:17:29 |
| 11 | Andy Simpson | 01:18:42 |
| 25 | Mark Eaton | 01:24:04 |
| 28 | Mike White | 01:25:00 |
| 36 | Adrian Piddington | 01:26:09 |
| 45 | Rob Greenwood | 01:28:02 |
| 69 | Jack Harris | 01:32:15 |
| 70 | Joseph Peat | 01:32:16 |
| 81 | Mark McDonald | 01:34:04 |
| 95 | Stuart Hiscock | 01:35:53 |
| 96 | Andrew Stockwell | 01:36:03 |
| 134 | Lucy May | 01:41:12 |
| 182 | James Lewington | 01:46:47 |
| 194 | Peter Simpson | 01:47:58 |
| 204 | Nikki Roebuck | 01:49:16 |
| 206 | Neil Stantiall | 01:49:17 |
| 229 | Tom Callaway | 01:51:31 |
| 281 | Verity Wright | 01:57:24 |
| 282 | Marie McDonald | 01:57:24 |
| 291 | Lisa Donn | 01:58:24 |
| 292 | John Cox | 01:58:25 |
| 301 | Gaynor Heffer | 02:00:58 |
| 313 | Dawn Haynes-sewell | 02:05:10 |
| 356 | Nikkie Plomer | 02:16:38 |
| 357 | Sarah Martin | 02:16:37 |
| 360 | Sarah Barron | 02:19:13 |

# TIME TRIAL SEPTEMBER

100 pairs of feet floated around the time trail route with 10 new people running their first one of the year. So well done for everyone getting out and having a go this month. We saw five people improve on their times, so excellent running from Mike White, Dawn Haymes-Sewell, Julie Ashman and Rowena Dodds with the biggest monthly improver accolade going to Andy Richardson who knocked nearly 2 minutes off his best.

In the race to be the handicap champions and biggest improver in the time bandings there was no change at the top. So can the leaders Adrian Piddington, Mark McDonald, Phil Whitehouse, Lucy Window and Marie McDonald hang on? Or will somebody make a move and steal top spot and scoop the prizes from underneath their noses, with an awesome last run!

We have one last time trial on 16th October which will be at an earlier time due to the days getting shorter, will communicate this nearer the time.

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

## Stubbington Green - Time Trial Results 2014

| Name | Best 2013 | April | May | June | July | Au-gust | Septem-ber | Sept Diff | Difference |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 1st - Best |
| | | 56 | 66 | 50 | 32 | 50 | 50 | | |
| | | | | | | | | | |
| Adrian Piddington | 24.23 | 24.35 | 23.23 | 23.43 | 24.2 | 23.43 | 23.36 | | -1 |
| David Castle | | 23.29 | 22.54 | | | | | | -0.35 |
| James Sawyer | 22.49 | 23 | 22.28 | | 24.07 | 28.25 | 23.35 | | -0.21 |
| Mike White | 24.14 | 25.3 | 24.04 | | | 25.21 | 24.01 | -0.03 | -0.13 |
| Tom MacSwayne | 21.48 | | | 21.36 | | 23.43 | | | -0.12 |
| Rob Greenwood | | 23.03 | 24.02 | | | 23.01 | 23.4 | | -0.02 |
| Andy Simpson | 21.49 | 26.46 | 22 | 22.57 | 22.06 | 22.38 | 23.2 | | |
| Andy Stockwell | 24.41 | | | | 27.02 | 26.32 | 25.38 | | |
| Chris Hall | 24.19 | | | 28.08 | | | | | |
| Chris Leach | | | 24.53 | 25.09 | | | 25.2 | | |
| Graham Bell | 23.36 | 23.41 | | 24.48 | | 24.51 | 24.33 | | |
| 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 | | | 23.38 | | |
| Mark Eaton | 23.21 | 24.39 | 25.25 | 25.32 | | 36 | 24.09 | | |
| Mike Harper | 24.45 | | 29.28 | 26.11 | 25.32 | 25.5 | 28.34 | | |
| Simon Hearnden | 24.56 | | 25.19 | | | 26.09 | 25.36 | | |
| Tom Whitcher | 24.05 | | 26.35 | | | | | | |
| Will Feline | 23.3 | | 23.38 | | | | | | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Mark McDonald | 27.22 | 25.57 | | 25.33 | | 24.59 | | | -2.23 |
| Daniel Foster | 27.17 | 26.22 | | 26.48 | 26.02 | 25.31 | 26.39 | | -1.46 |
| Tom Callaway | 27.29 | | 25.37 | | | | 27.22 | | -1.32 |
| Nikki Roebuck | 27.59 | 26.46 | 30.2 | 28.09 | | | | | -1.13 |
| Stuart Hiscock | | | 27.05 | 27.19 | | 26.18 | 26.58 | | -1.01 |
| Richard Edmund | 26.41 | | 25.5 | | | | | | -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 | | | | 27.36 | | -0.2 |
| Tim Crumpton | | | | 27.29 | 27.14 | | | | -0.15 |
| Jon Plomer | 25.33 | | 25.23 | | 27.23 | 25.44 | | | -0.1 |
| Marcus Lee | 26.15 | | 26.07 | | | | | | -0.08 |
| Andy Lee | 26.04 | 27.43 | 26.49 | 29.11 | 28.25 | 29.31 | | | |
| Daisy Hall | | | | 26.1 | | | 26.17 | | |
| Daragh Hendley | | | | | | | 27.23 | | |
| Gavin Rennie | | 27.02 | | | | | | | |
| Georgie Gair | | | | | | | 26.37 | | |
| Gill Rose | 27.43 | | 29.34 | 28.18 | | | | | |
| Haydn Brown | | | 26.34 | 26.37 | | | 27.2 | | |
| Hollie Smith | | | | | | 27.4 | | | |
| James Lewington | | 26.54 | 27.19 | 27.07 | 31.25 | 27.35 | 27.09 | | |
| John Blake | 25.44 | | 29.09 | 29.02 | 30.11 | 27.4 | | | |
| Jon Leigh | 25.32 | 26.12 | 25.36 | | 27.1 | 25.57 | | | |
| Mike Bell | 27 | 27.36 | 27.18 | | | | 28.06 | | |
| Nick Crane | 26.55 | | 27 | 27.04 | | 28.5 | 29.05 | | |
| Nick Kimber | 26.22 | 27.04 | | | | | | | |
| Philip May | 27.56 | 35.56 | 35.44 | | 31.57 | 34.01 | 33.41 | | |
| Richard Chowns | 25.58 | | | | | 26.22 | 26.35 | | |
| Ryan Gunner | | | | 27.22 | | | | | |
| Steven Ellis | 26.37 | | 27.39 | | | | | | |
| Susie MacGregor | 26.47 | | | | | 35.11 | | | |
| Tim Sullivan | | | | | | | 26.39 | | |
| Philip Whitehouse | 30.04 | 26.17 | 26.23 | | | | | | -3.47 |
| Paul Coverdale | 30.1 | 28.23 | | 28.13 | | 27.51 | | | -2.19 |
| Lucy May | 30.59 | 28.53 | 30.2 | | 28.39 | | | | -2.06 |
| Alan White | 30.33 | 29.24 | 29.1 | | 32.1 | | | | -1.23 |
| Lee Adiar-Stantiall | | 28.55 | | | | 27.4 | | | -1.15 |
| Hilary Gulliver | 30.01 | 29.17 | 29.33 | | | 29.51 | | | -0.44 |
| Phil Hobby | | 29.16 | 28.46 | | | | | | -0.3 |
| Paul Southon | 30.05 | 30.03 | 32.16 | | | 30.39 | 31.04 | | -0.02 |
| Dan Jones | | 30.39 | | | | | | | |
| David Abrams | | | 29.19 | | | | | | |
| John Simister | 30.5 | | | | | | 33.21 | | |
| Keith Whittaker | 29.46 | 36.59 | 35.05 | 32.31 | | 31.46 | 31.43 | | |
| Mark Porter | | 30.01 | | | | | | | |
| Nicki White | | | 30.4 | | | | | | |
| Nigel Whitcher | 28.56 | 31.22 | 29.27 | 29.56 | 32.1 | 29.5 | 29.22 | | |
| Penny Forse | | | | | | | 29.35 | | |
| Peter Simpson | | 28.37 | | | 29.01 | | | | |
| Rachael Bednarski | | | | | | 28.25 | | | |
| Russell Mead | 30.49 | | | | | 32.18 | 31.03 | | |
| Sally McGrath | | | | | | | 29.18 | | |
| Tina Chantrey | | 28.29 | 28.32 | | | | | | |
| Victoria Joel | 29.31 | | | | | 29.38 | | | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Lucy Window | 34.1 | 30.57 | | | 34.38 | | | | -3.13 |
| George Howarth | 32.53 | | 29.52 | 30.32 | | 30.47 | | | -3.01 |
| Andy Richardson | | 33.5 | 33.21 | 34.12 | 33.19 | | 31.22 | -1.57 | -2.18 |
| Verity Wright | 32.09 | 30.42 | 30.12 | 30.45 | | 30.57 | 0 | | -1.57 |
| Gaynor Heffer | 32.57 | 31.45 | 32.15 | 31.47 | | | | | -1.12 |
| Clara Fordina | 32.45 | 33.04 | 31.44 | | | | | | -1.01 |
| Dave Pheby | 33.41 | 32.5 | 33.02 | | | | | | -0.51 |
| Aga Plombon | | 31.14 | 31.07 | 31.28 | 30.52 | | | | -0.29 |
| Chris Patterson | | | | | | 34.25 | | | |
| Katherine Briggs | | | 33.2 | 34.11 | | | | | |
| Matt Gould | | | | 32.23 | | | | | |
| Mike Wotton | 34 | 38.37 | | | | 34.48 | 35.39 | | |
| Sarah Martin | 33.54 | | | 38.18 | | 35.11 | 35.37 | | |
| Stephen Wallbridge | | 33.33 | | | 34.13 | | | | |
| Stuart McNamara | | | 32.5 | | | | | | |
| Tim Smart | 33.16 | | | | | | | | |
| Marie MacDonald | 35.51 | 35.15 | | 32.53 | | 30.06 | | | -5.45 |
| Eunice Hoare | 40.3 | 35.23 | 34.57 | 35.49 | | 36 | 35.02 | | -5.33 |
| Dawn Haymes-Sewell | | | | | 38.29 | 34.19 | 33.52 | -0.27 | -4.37 |
| Mike Donovan | 36.08 | | | 31.44 | 33.15 | | | | -4.24 |
| Kelly Bennetts | 35.37 | | | | | 32.24 | | | -3.13 |
| Bizz Cozens | | 45.51 | 44.06 | 43.5 | 46.13 | 42.57 | 43.29 | | -2.54 |
| Rowena Dodds | 39.32 | 42.04 | | | | 38.19 | 36.48 | -1.31 | -2.44 |
| Tobin Landricombe | 37.21 | | 34.4 | 36.05 | | | 37.09 | | -2.41 |
| Sarah Hobby | 35.54 | 35.51 | 34.34 | 35.53 | | 37.03 | | | -1.2 |
| Julie Ashman | 35.16 | 45.51 | | 35.36 | 46.45 | 38.19 | 34.04 | -1.12 | -1.12 |
| Brigid Hone | | | 35.34 | | 34.28 | | | | -1.06 |
| David MacSwayne | 37.39 | | | 36.44 | | | | | -0.55 |
| Sharon White | 39.18 | | | | | | 38.55 | -0.23 | -0.23 |
| Ann Blake | 37.22 | | | | | 37.11 | | | -0.11 |
| Agata Whitaker | | 36.32 | | | | | | | |
| Alex Leighton- Goodall | | | | | | | 35.3 | | |
| Caroline Chapman | | | 36.25 | | | | | | |
| Jamie Stockwell | | | | | | | 38.31 | | |
| Jenny Birks | | | | | 37.28 | | | | |
| Kate Marsh | | 42.55 | | | | | | | |
| Kay Sadler | | | 35.46 | | | | | | |
| Kayleigh Abbott | | | 39.55 | | | | | | |
| Liz Mitchell | | | | 35.51 | | | | | |
| Martyn Banner | | | | | | | 38.25 | | |
| Michelle Simpson | | | | | | 42.57 | | | |
| Nicola White | | | 35.02 | 37.01 | 37.48 | | | | |
| Nikki Plomer | 36.39 | | 37.1 | | | | | | |
| Rachel Leach | | | | 34.58 | | | | | |
| Robert Spencer | 35.51 | 38.37 | | | | | 37.22 | | |
| Sandie McIntosh | 35.22 | 36.08 | 35.32 | 38.18 | | | 38.35 | | |
| Sandra Abrams | | | 37.38 | | | | | | |
| Sarah Barron | | 35.54 | | | 37.45 | | | | |
| Shelley Thomas | | | | 34.29 | 35.21 | | | | |
| Steve Whitaker | | 36.32 | | | | | | | |
| Sue Robinson | 35.3 | 35.33 | 35.32 | | | | 38.55 | | |

# TEST WAY RELAY

| | MEN | 1ST | | MIXED A | 2ND | | MIXED B | 7TH | | LADIES | 3RD |
|---|---|---|---|---|---|---|---|---|---|---|---|
| LEG 1 | Russell Coleman | 00:27:22 | | Laura Wainwright(F) | 00:33:58 | | Julie Bowden (F) | 00:44:43 | | Victoria Joel | 00:38:15 |
| LEG 2 | Adrian Piddington | 00:23:25 | | Penny Forse (F) | 00:28:58 | | Kerry Dodsworth (F) | 00:30:09 | | Althea Adir-Stantiall | 00:27:56 |
| LEG 3 | Lewis Chalk | 00:47:27 | | Murray Watson (M | 00:55:42 | | Nick Crane (M) | 01:01:58 | | Helen Nicholls | 00:56:47 |
| LEG 4 | Euan McGrath | 00:30:44 | | Verity Wright (F) | 00:39:47 | | Lucy Window (F) | 00:42:10 | | Melissa Hutton-Dutton | 00:42:05 |
| LEG 5 | Rob Greenwood | 00:27:53 | | Sally McGrath (F) | 00:37:02 | | Ann Blake (F) | 00:45:26 | | Lucy May | 00:34:15 |
| LEG 6 | Tom MacSwayne | 00:31:37 | | Jon Leigh (M) | 00:37:31 | | John Blake (M) | 00:40:52 | | Gill Rose | 00:41:10 |
| LEG 7 | Lewis Banner | 00:35:46 | | Marcus Lee (M) | 00:42:10 | | Rich Snell (M) | 00:44:29 | | Nikki Roebuck | 00:43:45 |
| LEG 8 | James Sawyer | 00:43:34 | | Ray Gunner (M) | 00:48:38 | | Mike Bell (M) | 00:54:56 | | Tina Chantrey | 00:59:16 |
| TOTAL | | 04:27:48 | | | 05:23:46 | | | 06:04:43 | | | 05:43:29 |

## Test Way Ladies team

This time last year I was representing Stubbington in my first relay. I wasn't sure what to expect, but it was a great to be running as part of a team. This year, I feel very pleased and honoured to be the Ladies captain and although the run-up was a little stressful, I was still so excited when it came to race day.

The race for the ladies (and mixed) started at 10.30am at Inkpen Beacon and when we arrived, the Test Way was still under cloud and mist and was absolutely freezing. Luckily it started to clear (and warm up) as we cheered Vic Joel off up the first hill. Unfortunately as we got to the first changeover point we quickly knew something was wrong as Vic didn't come in when expected.

Following a tumble, Vic hobbled across the line and passed onto Lee Stantial who shot off on the now shorter leg 2. And shot off she did, as Lee is now the record holder for the leg in an impressive 27mins 56secs beating Winchester by 7 seconds. Poor Helen was not feeling her best and must be commended on her dedication to the team, particularly as she had the new horror of the longer and hillier leg 3. I could only hope to run that fast fully fit, let alone full of flu. Thank you Helen you were amazing.

Helen passed to Mel to run leg 4 and unfortunately as we waited for her hand over to Lucy we again knew something had gone wrong. Sadly Mel ran an extra 0.5mile, which lost us a few minutes on Winchester and Totton. However, Lucy again blistered her leg and was the fastest lady and faster than any of the mixed teams for leg 5. Nice one Lucy.

Lucy handed over to Gill, who got the flat, straight (and probably a little dull) leg 6, which then ends on a nasty climb. Having done this leg last year, I know what it's like, everyone watching you for what seems like ages as you try to get up the hill. At this point we were one minute behind Totton and five minutes behind Winchester as I took over for leg 7. I'm thinking leg 7 should be reclassified as the obstacle leg.

Seriously how many styles do you need on a public footpath? With added fallen trees on top. Not the easiest leg and very hard to get a rhythm going, but as I came into the final field I could see both the Winchester and Totton runners and as I handed over to Tina there was less than 1min and 20seconds between the three teams. Tina had a long leg to finish and also had to battle with the incoming tide, but put in a fine final leg performance. Unfortunately for us the Winchester runner was amazingly quick.

We finished the day in 3rd place, with possibly a little disappointment, but once again the team spirit was amazing and I was so proud of my team for giving all that they could throughout the day. Also special thanks to Bizz and Dan who represented the club at one of the marshall points and to all the lovely Stubbies who came out to give us a cheer on the way. To next year……..

# Test way Relay Mixed 'A' Team.

It is often said that to form a great team you need a blend of Youth and experience; the Stubbington mixed 'A' team had a good mix of both with an abundance of the latter. When asked to give an estimated leg time for each of our runners I came up with an estimated accumulative finish time of 5 hours 53 minutes, when I realised this would have won the mixed team race last year I hoped I had not been over optimistic, I need not have worried.

**Laura Wainwright** who had stepped into the team with just a week before the race ran a storming first leg in 33:58 to get us off to a great start. Thanks to Nick Kimber who used his vast Test Way experience to guide Laura as she had not had time to do a recce.

**Penny Forse** ran leg 2 and continued to prove the Physicians wrong and ran a fantastic leg in 28:58 to lift the team into 5th place. Penny handed over to the youngest member of the team **Murray Watson** who despite his lack of experience lived up to expectations on the longest and toughest leg finishing in 55:42, the team were now in 2nd place where they would finish.

**Verity Wright** believed I may have been a little bit optimistic with an estimated time of 40 minutes for leg 4 and that somewhere between 40-45 minutes might be closer to the mark, I was n't surprised to see Verity fly home in 39:47.

**Sally McGrath** our former ladies captain who had spent a long time out with a foot injury had been showing signs of getting back to form over the summer but I'm sure she wont mind me saying that she surprised everyone (even Euan) with her time of 37:02 for leg 5, the 2nd fastest of all 14 mixed team runners.

I took the baton from Sally for leg 6 and was grateful that it was probably the flattest and easiest to follow of all the legs enabling me to concentrate on good speed without worrying too much about navigation, I was pleased with my time of 37:31, I handed over to the ever dependable **Marcus Lee** who probably had the trickiest leg of all, when I ran a recce of leg 7 with Marcus I lost count of the stiles that had to be crossed and easily missed turns, Marcus successfully navigated himself through the leg in an impressive time of 42:10, 4th placed mixed team runner on the leg and only a few seconds behind the 2nd and 3rd place runners.

Our Anchor of team was the stalwart of many a Stubbington relay team **Ray Gunner** who despite being under little threat from behind ran hard to the line recording a great time of 48:38 just 18 seconds behind the fastest finisher of leg 8 and bringing the team home in a time of 5 hours 23 minutes.

With 14 mixed teams entered into the relay this year it was obvious that many clubs were targeting this section of the event to go for glory which makes our 2nd place even more impressive. I was honoured to be asked to act as Captain for such a fantastic team and was proud of everyone of them for their amazing efforts on the day and thank them for making my task so easy.

***Jon Leigh***

# Mixed B Team

The Test Way Relay is one of my favourite events because the atmosphere and team spirit is always fantastic and you get to see some lovely parts of the countryside. This is the first time I've had the honour of being a captain and was put in charge of the Mixed B Team. I was also given the pleasure of running leg 8 - glory leg? Not in my case!

We had a slight change of line up before the day and Paul Coverdale's name was drawn out of Nikki Roebuck's hat by her daughter Freya. Paul was very excited to be running and also added that his fiancé, Sarah was expecting a baby within a week of race day and that there was a possibility of getting 'the call' from Sarah on the day! As you can appreciate, mild panic ensued so I immediately switched to yellow alert and set phasors to stun followed by a quick email to Nikki asking her to draw a standby out of the hat - just in case. John Blake was the lucky man to be drawn.

This ended up being a wise move because I received a text from Paul on race day saying that he unfortunately had to pull out as Sarah may have to go into hospital within the next few hours - cue John!! I'd like to give John a very BIG thank you for being on hand and saving the day and I'm pleased to say that everything went without a hitch and we all lived happily ever after.

Well done to Julie Bowden, Kerry Dodsworth, Nick Crane, Lucy Window, Ann & John Blake & Rich Snell. I would also like to wish Paul and Sarah congratulations on the birth of their baby daughter Emily Rose who was born on Sunday 21st September, weighing 7lb 15oz.

**Mike Bell**
Captain, Mixed B Team

# MENS TEAM

What an honour it was when I bumped into Simmo when shopping and learnt that I had been appointed captain of such a talented group of runners for the 44-mile Test Way relay. I relished the challenge of leading the Men's team, safe in the knowledge that it would be no mean feat defending the trophy without recce'ing our legs thoroughly in advance.

This proved to be sensible as we were up against a very strong Southampton AC team on the day and could not afford to make any mistakes with the route. After running his leg in reverse as a warm up, and psyching out the competition before the start, Russ Coleman got us off to a flying start bringing us home in the lead by some margin before passing the baton onto me.

After increasing our lead to approx 1min 20 I passed over to Lewis Chalk to run the toughest leg of the day. He was not fazed in the slightest, putting in a sterling performance to maintain our lead going into Euan Mcgrath's relatively short leg after his recent Ultra marathon successes, before Southampton AC upped the pressure and took the lead but we had some serious talent to come.

Rob Greenwood put in a truly outstanding performance on leg 5 to reduce the gap to a mere 10 seconds, before the young talent Tom Macswayne regained the lead with one of the fastest leg 6 runs of all time. After his mutiple recce's of leg 7 and with his sheer speed, Lewis Banner made me a very happy man by extending the lead to 3 minutes, but in this event you cannot afford to take your feet off the gas.

It was down to our extremely talented anchor leg runner, James Sawyer, to keep pushing right up to the Salmon Leap public house in Totton and his determination to succeed was clear for all spectators at the end of the boardwalk to see. James had given his absolute all on the final leg of the Test Way, and in doing so ensured a glorious day for the Men's team.

I was so proud to collect the trophy at the end of a really enjoyable day, and would like to thank each and every team member as well as our ladies captain Nikki Roebuck for their dedication to this wonderful event in the race calendar.

*Adrian*

# Southern Road Relays

One of the many races packed into the September calendar but a great event where the best of the best compete to find out where they stand in the pecking order of South's running club supremacy. A favourite race within our running club and a fabulous event for spectating.

The rules are simple 6km over 2 laps for each runner in a relay event. We took a mixed team of experience and newcomers to the event which sees me classing James Sawyer as an old hand at this relay now! We entered 4 teams with the Vets racing first where we had two Vet 40 teams and a Vet 50 team.

We did have a few niggles in our ageing Vets from Achilles to a couple of bad backs with Daragh's back unfortunately going that morning!! That said we had great commitment from everyone and I would like to single out two vets for very different reasons, Daragh for running the 3rd fastest time for a Stubbie including seniors with the back issues he'd had and Mike White for turning back the clock and running an amazing time of 22.36.

The Seniors faced the daunting task of running against runners who clock 17 or 18 something for 6km which is super quick. So who do send out to get the team off to a good start…..James Sawyer, a man possessed in hunting down his Men's Captain's time from earlier in day.

James ran a blind and set a massive PB at 20.23 which set the tone for the rest of the team with everyone running to their potential and some as they ran flat out for the team. Jack and Stuart did particular well in their first relay experience for the club. Seniors improved on last years result to finish 65th

*Andy*

| **10th** | **Vet 40 Team** | **01:27:51** | **Leg Pos.** | **Team Pos.** |
|---|---|---|---|---|
| out of 35 | Andy Simpson | 21:06 | 10 | 8 |
| teams | Euan McGrath | 22:08 | 13 | 11 |
| | Mark Eaton | 22:37 | 11 | 9 |
| | Daragh Hendley | 22:00 | 13 | 10 |
| | | | | |
| **22nd** | **Vet 40 Team** | **01:35:26** | | |
| out of 35 | Andrew Stockwell | 23:32 | 41 | 25 |
| teams | Jon Plomer | 24:39 | 44 | 25 |
| | Richard Batten | 23:51 | 37 | 23 |
| | Simon Hearnden | 23:24 | 34 | 22 |
| | | | | |
| **10th** | **Vet 50 Team** | **01:32:28** | | |
| out of 20 | Simon McMorran | 22:53 | 32 | 7 |
| | Mike White | 22:36 | 31 | 9 |
| | Mike Harper | 23:08 | 25 | 9 |
| | Chris Hall | 23:51 | 26 | 10 |
| | | | | |
| **65th** | **Seniors** | **02:15:43** | | |
| out of 82 | James Sawyer | 20:23 | 48 | 46 |
| | Adrian Piddington | 21:46 | 61 | 63 |
| | Andy Simpson | 21:20 | 58 | 54 |
| | Chris Leach | 23:29 | 64 | 69 |
| | Jack Harris | 23:36 | 64 | 65 |
| | Stuart Hiscock | 25:09 | 66 | 71 |

| Netley 30 Aug | |
|---|---|
| James Sawyer | 17.48 |
| Adrian Piddington | 19.59 |
| Sev Roberts | 20.04 |
| Toby Greenfield | 20.19 |
| Liam Dredge | 21.21 |
| Gavin Rennie | 22.07 |
| Phil Hobby | 23.15 |
| Susie MacGregor | 23.16 |
| Nigel Whitcher | 23.54 |
| Paul Southon | 24.29 |
| Ryan Simpson | 23.44 |
| Nikki Roebuck | 26.31 |
| Harry Roebuck | 26.34 |
| Stephen Wallbridge | 26.59 |
| Russell Mead | 27.02 |
| John Tussler | 27.18 |
| Glen Street | 27.38 |
| Rachel Leach | 28.25 |
| Robert Spencer | 29.41 |
| Tom Mellor | 30.34 |
| Jules Dinwoodie | 31.29 |
| Jaz Smith | 32.16 |
| Andrew Smith | 32.59 |
| Wendy Holloway | 37.10 |
| Erica Wallbridge | 39.13 |
| | |
| **Havant 30 Aug** | |
| Chris Hall | 20.41 |
| Daisy Hall | 20.47 |
| David MacSwayne | 29.32 |
| Alison MacSwayne | 29.37 |
| | |
| **Winchester 30 Aug** | |
| Paul Coverdale | 23.13 |
| Agata Whitaker | 28.45 |
| Keith Whitaker | 28.47 |
| | |
| **Brockenhurst 30 Aug** | |
| Lewis Chalk | 17.53 |
| | |
| **Frimley Lodge 30 Aug** | |
| Mike Harper | 18.45 |
| | |
| **Royal Tunbridge Wells 30 Aug** | |
| David Castle | 18.48 |
| | |
| **Andover 30 Aug** | |
| Seamus Stinson | 22.43 |
| Allan Stinson | 28.05 |
| | |

| Grovelands, Enfield 30 Aug | |
|---|---|
| Philip Whitehouse | 22.04 |
| | |
| **Inverness 30 Aug** | |
| Terry French | 32.02 |
| | |
| **Netley 6 Sep** | |
| James Sawyer | 20.02 |
| Liam Dredge | 21.31 |
| Tom Callaway | 22.00 |
| Del Granger | 23.07 |
| Daniel Foster | 24.23 |
| Glen Street | 24.42 |
| Marie McDonald | 25.03 |
| Stephen Wallbridge | 25.34 |
| Russell Mead | 25.59 |
| John Tussler | 27.02 |
| David MacSwayne | 27.15 |
| Caroline Chapman | 27.16 |
| Susie MacGregor | 27.38 |
| Michelle Simpson | 28.00 |
| Caroline Street | 28.31 |
| Alison MacSwayne | 29.31 |
| Jules Dinwoodie | 30.13 |
| Chloe Simpson | 33.38 |
| Jaz Smith | 33.39 |
| Andrew Smith | 33.44 |
| Jenny Hearnden | 35.27 |
| Melissa Cosens | 36.07 |
| Julie Salt | 36.51 |
| Wendy Holloway | 37.06 |
| | |
| **Eastleigh 6 Sep** | |
| Haydn Brown | 21.15 |
| Agata Whitaker | 29.04 |
| Keith Whitaker | 29.06 |
| | |
| **Southsea 6 Sep** | |
| John Blake | 21.12 |
| | |
| **Basingstoke 6 Sep** | |
| Allan Stinson | 27.50 |
| | |
| **Grovelands, Enfield 6 Sep** | |
| Philip Whitehouse | 20.49 |
| | |
| **Coventry 6 Sep** | |
| David Langrish | 21.48 |
| | |
| **Winchester 6 Sep** | |
| Paul Coverdale | 22.04 |
| Gordon Westley | 24.34 |
| | |
| **Horsham 6 Sep** | |
| Mike Harper | 18.54 |
| Robert Spencer | 29.03 |

| Oakwell Hall 6 Sep | |
|---|---|
| Andy Stockwell | 22.23 |
| | |
| **Netley 13 Sep** | |
| Liam Dredge | 20.13 |
| James Sawyer | 20.23 |
| Richard Chowns | 20.45 |
| Chris McGaw | 21.25 |
| Daniel Foster | 21.38 |
| Del Granger | 22.23 |
| Paul Southon | 23.42 |
| Susie MacGregor | 24.02 |
| Glen Street | 24.46 |
| Russell Mead | 26.50 |
| John Tussler | 26.52 |
| Dudley Malster | 27.12 |
| Martyn Banner | 27.57 |
| Becky Hodgkinson | 28.05 |
| Alison MacSwayne | 28.23 |
| Tom Mellor | 29.25 |
| Jules Dinwoodie | 30.10 |
| David MacSwayne | 43.39 |
| | |
| **Eastleigh 13 Sep** | |
| Haydn Brown | 21.12 |
| Agata Whitaker | 29.15 |
| Keith Whitaker | 29.19 |
| Robert Spencer | 31.49 |
| | |
| **Southsea 13 Sep** | |
| Mike Harper | 25.37 |
| | |
| **Basingstoke 13 Sep** | |
| Allan Stinson | 27.43 |
| | |
| **Grovelands, Enfield 13 Sep** | |
| Philip Whitehouse | 20.11 |
| | |
| **Andover 13 Sep** | |
| Andy Stockwell | 20.48 |
| Holly Stockwell | 29.06 |
| | |
| **Winchester 13 Sep** | |
| Gordon Westley | 23.53 |
| | |
| **Roundhay 13 Sep** | |
| Chris Leach | 27.01 |
| Rachel Leach | 28.02 |
| | |
| **Chichester 13 Sep** | |
| Peter Simpson | 29.20 |
| | |
| **Havant 20 Sep** | |
| James Lee | 21.58 |
| | |

| Netley 20 Sep | |
|---|---|
| Lewis Chalk | 18.12 |
| Rob Greenwood | 18.12 |
| Adrian Piddington | 18.45 |
| Jon Leigh | 20.31 |
| James Lewington | 21.05 |
| Nikki Roebuck | 21.49 |
| Daniel Foster | 22.28 |
| Nigel Whitcher | 23.10 |
| Andy Stockwell | 23.42 |
| Paul Southon | 24.03 |
| Glen Street | 24.43 |
| Kelly Bennetts | 25.14 |
| Russell Mead | 25.52 |
| John Tussler | 26.50 |
| David MacSwayne | 27.03 |
| Alison MacSwayne | 28.22 |
| Jamie Stockwell | 28.46 |
| Rachel Leach | 29.20 |
| Robert Spencer | 29.26 |
| Jules Dinwoodie | 30.16 |
| Ella Bennetts | 32.39 |
| Melissa Cosens | 35.35 |
| Wendy Holloway | 38.32 |
| Andrew Smith | 38.32 |
| Erica Wallbridge | 40.24 |
| | |
| **Eastleigh 20 Sep** | |
| Haydn Brown | 21.57 |
| Robert Hinkley | 24.11 |
| | |
| **Basingstoke 20 Sep** | |
| Allan Stinson | 27.40 |
| | |
| **Falkirk 20 Sep** | |
| Terry French | 31.51 |
| | |
| **Winchester 20 Sep** | |
| Gordon Westley | 23.42 |
| | |
| **Alice Holt 20 Sep** | |
| Keith Whitaker | 27.06 |
| | |
| **Thetford 20 Sep** | |
| Julie Salt | 30.59 |
| | |
| **QE Park 20 Sep** | |
| David Langrish | 23.51 |
| | |
| **Rushmoor 20 Sep** | |
| Mike Harper | 24.11 |
| | |
| **Havant 27 Sep** | |
| Howard Clark | 19.34 |
| James Lee | 20.18 |
| | |

| Netley 27 Sep | |
|---|---|
| Chris Leach | 19.20 |
| Daniel Foster | 19.52 |
| Marcus Lee | 20.13 |
| Nigel Whitcher | 22.46 |
| Lucy Window | 23.57 |
| Susie MacGregor | 24.21 |
| Andy Stockwell | 25.19 |
| Caroline Chapman | 25.42 |
| Glen Street | 25.55 |
| John Tussler | 26.09 |
| Jamie Stockwell | 26.37 |
| David MacSwayne | 26.46 |
| Alison MacSwayne | 28.03 |
| Rachel Leach | 28.06 |
| Jules Dinwoodie | 29.48 |
| Sarah Barron | 29.53 |
| Samantha Stockwell | 30.48 |
| Michelle Simpson | 30.49 |
| Chloe Simpson | 34.35 |
| Wendy Holloway | 37.18 |
| Erica Wallbridge | 38.11 |
| | |
| **Eastleigh 27 Sep** | |
| Haydn Brown | 21.34 |
| Agata Whitaker | 29.40 |
| Keith Whitaker | 29.45 |
| | |
| **Southampton 27 Sep** | |
| Mike Harper | 18.34 |
| Aga Plombon | 22.49 |
| | |
| **Southsea 27 Sep** | |
| Lewis Banner | 16.18 |
| | |
| **Basingstoke 27 Sep** | |
| Allan Stinson | 27.33 |
| | |
| **Eastbourne 27 Sep** | |
| John Simister | 24.14 |
| | |
| **Grovelands, Enfield 27 Sep** | |
| Philip Whitehouse | 21.18 |
| | |
| **Winchester 27 Sep** | |
| Gordon Westley | 23.28 |
| | |
| **Pomphrey Hill 27 Sep** | |
| Robert Spencer | 29.45 |
| | |
| **Reigate Priory 27 Sep** | |
| Terry French | 33.28 |
| | |
| **Chichester 27 Sep** | |
| Peter Simpson | 29.45 |
| | |

# 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

# TUESDAY AND THURSDAY TRAINING OCTOBER

| Day/Time | Tuesday | 7pm |
|---|---|---|
| Meeting Point | Lockeath Sports Centre, Warsash Road | |
| 30/09/2014<br>Mike White | 2x2ml Locks Heath | Jog back (4min) |
| 07/10/2014<br>Mike White | St Johns Rd long and short hills (x4) | Down hill |
| 14/10/2014<br>Mike | Schooner way 4x1ml | 90s |
| 21/10/2014<br>Mike White | Sovereign Cresc 2x4x800 | Jog back |
| 28/10/2014<br>Mike | Red Path 2x8 Short hills | Recovery loop |
| 04/11/2014<br>Mike White | Crescent road Paarlaufs (x6) | Turn when you meet last person |
| 11/11/2014<br>Mike White | 5x1ml Schooner way | 90s |
| 18/11/2014<br>Mike White | Titchfield Hills successive lamp posts | Jog back down |
| 25/11/2014<br>Mike White | 2x2ml Locks heath | Jog Back (3min) |
| 02/12/2014<br>Mike White | Red Path 3x1.5 | Jog 300m to start (set off in reverse order) |
| 09/12/2014<br>Mike | 4x6min Kenyan hills Woodpecker close | 2min |
| 16/12/2014<br>Mike White | 5x1ml St John's rd | 2min |
| 23/12/2014 | No Club Session | |
| 30/12/2014 | No Club Session | |

| Day/Time | Thursday | 6:30pm |
|---|---|---|
| Meeting Point | Lockeath Sports Centre, Warsash Road / Crofton Community Centre, Stubbington / Moutbatten Centre , Portsmouth | |
| 02/10/2014<br>Nigel Whitcher | 10 min x2 Lee Front | 3min, (or up to 5min)<br>Crofton Community Centre |
| 09/10/2014<br>Graham Bell | St Johns Rd long and short hills (x3) | Down hill<br>Lockeath Sports Centre |
| 16/10/2014<br>Andy | 4 mile Time Trial | Red Lion<br>Crofton Community Centre |
| 23/10/2014<br>Verity Wright / Penny | Track Session | Moutbatten Centre |
| 30/10/2014<br>Verity | Cuckoo lane 5x1km | 300m Jog rec<br>Crofton Community Centre |
| 06/11/2014<br>Mike Bell | Crescent road Paarlaufs (x5) | Turn when you meet last person<br>Lockeath Sports Centre |
| 13/11/2014<br>Nigel Whitcher | 6x600m Osborne View | 200m jog<br>Crofton Community Centre |
| 20/11/2014<br>Verity Wright / Penny | Track Session | Moutbatten Centre, Portsmouth |
| 27/11/2014<br>Jon Leigh | Lamp Post Fartlek - Lee Front | Jog recoveries<br>Crofton Community Centre |
| 04/12/2014<br>Mike Bell | Red Path 3x1.5 | Jog 300m to start (set off in reverse order)<br>Lockeath Sports Centre |
| 11/12/2014<br>Graham | 15 min x 2 Lee Front | 3mins, (or up to 5min)<br>Crofton Community Centre |
| 18/12/2014<br>Verity Wright / Penny | Track Session | Moutbatten Centre, Portsmouth |
| 25/12/2014 | No Club Session | |
| 01/01/2015 | No Club Session | |

| Day/Time | Thursday | 7pm |
|---|---|---|
| Meeting Point | Crofton Community Centre, Stubbington | |
| 02/10/2014<br>Mel Hutton-Dunton | 8 min x4 Lee Front | 3min |
| 09/10/2014<br>Jon Leigh | 6x600m Osborne View | 200m jog |
| 16/10/2014<br>Andy Simpson | 4 mile Time Trial | Red Lion |
| 23/10/2014 | TBC - dependent on track session | TBC |
| 30/10/2014<br>Mike Harper | Cuckoo lane 6x1km | 300m Jog rec |
| 06/11/2014<br>Graham Bell | 1,2,4,6,8,6,4,2,1 Minute(s) | 1,1,2,2,3,2,2,1,1 Minute (s) |
| 13/11/2014<br>Jon Leigh | 6x600m Osborne View | 200m jog |
| 20/11/2014 | TBC - dependent on track session | TBC |
| 27/11/2014<br>Mike Bell | Lamp Post Fartlek - Lee Front | Jog recoveries |
| 04/12/2014<br>Mike Harper | Cuckoo lane 6x1km | 300m Jog rec |
| 11/12/2014<br>Jon Leigh | 15 min x 2 Lee Front | 3 mins |
| 18/12/2014 | TBC - dependent on track session | TBC |
| 25/12/2014 | No Club Session | |
| 01/01/2015 | No Club Session | |

| Weekend Races |
|---|
| Clarendon Mara & Relay / Bournemouth Mara |
| Hants XC, Farely Mount (Sat) / Southern XC Pamber Forest (Sun) |
| Abingdon Mara |
| Great South Run |
| Lordshill 10m |
| Hants XC, Goodwood (Sat) / CC6 Dibden Enclosure / SXCL QE Park |
| Gosport Half Mara |
| CC6 Kings Enclosure, Stoney Cross |
| SGR Awards Night (Sat) |
| Hants XC, Popham (Sat) / SXCL Bourne Woods |
| CC6 Janesmore Pond, Stoney Cross |
| SGR Club Handicap |
| SXCL Lord Wandsworth College |
| Hants XC Champs, Eastleigh (Sat) |

**Don't panic its only mud and hills!**

The winter cross country (XC) series are fast approaching. As there are three different series to choose from, as well as the three championship races, on different days and at different times, here is a handy guide to help you choose which ones to take part in.

**Hampshire XC League**

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

Course style: Some hills, generally rough fields, can be very muddy

Recommended Footwear: Dry conditions – trail shoes
Wet conditions – studs or spikes

| | | |
|---|---|---|
| Dates: | 11 October 2014 | Farley Mount |
| | 8 November 2014 | Goodwood |
| | 6 December 2014 | Popham |
| | 10 January 2015 | Prospect Park, Reading |
| | 7 February 2015 | Kings Park, Bournemouth |

Captain: John Blake

Teams: Three per team except senior men where 5 are required.

- These races are open to all standards of runners from all clubs across Hampshire, so the range of ability on show is very wide.
- No runner is too fast or too slow!
- Please note though that you do need to be a UKA member.
- Please let John Blake know if you are a younger runner planning to take part so that he can be there early to ensure the club paperwork gets completed for you and he can support you.

**The Southern League** (formerly Today's Runner)

Day: Sunday

Time 11:00

Distance: Approximately 5 miles

Course style: Some hills, rough ground, woods, multi-terrain, can be muddy

Recommended Footwear: Dry conditions – trail shoes
Wet conditions – trail shoes or studs

| | | |
|---|---|---|
| Dates: | 12 October 2014 | Pamber Forest |
| | 9 November 2014 | QE Country Park |
| | 7 December 2014 | Bourne Woods |
| | 28 December 2014 | Lord Wandsworth College |
| | 25 January 2015 | Manor Farm Country Park (home race, marshalls needed) |

| | | |
|---|---|---|
| | 22 February 2015 | Chawton Park |
| | 1 March 2015 | Staunton Park |

Captain: Chris Hall

Teams: Three per ladies team and five per men's team.

The faster runners are not allowed to race in these, so if you have run these times or quicker in the last 12 months I am afraid you can not race.

| Minutes | Men | Ladies |
|---|---|---|
| 5 Miles | 27:30 | 30:00 |
| 10K | 34:11 | 37:13 |
| 10 Miles | 55:00 | 60:00 |

… and for a small fee (usually £2) there is food available afterwards. A great way to socialise while you refuel.

**The CC6 League** (new this year for the green army)

Day: Sunday

Time 09:30

Distance: Approximately 4 to 5 miles

Course style: Some hills, rough ground, woods, multi-terrain, can be muddy

Recommended Footwear: Dry conditions – trail shoes
Wet conditions – trail shoes or studs

| | | |
|---|---|---|
| Dates: | 12 October 2014 | Fleming Park (home race, marshalls needed) |
| | 9 November 2014 | Dibden Inclosure |
| | 23 November 2014 | Kings Inclosure |
| | 14 December 2014 | Janesmoor Pond |
| | 11 January 2015 | Badger Farm |
| | 15 February 2015 | Dennywood Inclosure |
| | 1 March 2015 | Wilverley Inclosure |

Captain: Graham Bell

This is the first time SGR has entered the CC6 league. These are like the winter version of the RR10 league where runners are not allowed to run in their home race. For us, we share this with Eastleigh at Fleming Park. There are no restrictions on pace unlike the Southern League.

**What do I need to do to enter?**

All the XC series are free to enter. You can just turn up on the day, and as long as you have your club vest, you can race. However it helps the captains if you let them know you are going. Also it helps to car share, as parking can be limited at some venues. Please note that at some venues you will need to pay for parking.

**The Championships**

As well as the leagues the club enters three XC championship races.

These races give you a chance to rub shoulders with the best runners in the county / region / country, however they are open to all abilities. They are a fantastic experience and always a good day out.

There is an entry fee, and John Blake will post details of how to enter and the cost on the club website and Facebook page once the details are confirmed, but here are the dates.

| | | | |
|---|---|---|---|
| Dates: | Hants champs | 3 January 2015 | Fleming Park, Eastleigh |
| | Southern champs | 24 January 2015 | Stanmer Park, Brighton |
| | National champs | 21 February 2015 | Parliament Hill, London |

Course style: Some hills, generally rough fields/parks, can be very muddy

In all team events, not just the XCs the club needs people to run. It doesn't matter how fast you are, you still run the same distance and can hold your head high when you cross that line. If we need a team of four and we have three very quick runners, they can't get a team result without the fourth person, wherever they finish in the field.

Why run XCs? A good question and here are just a few things to ponder from Penny Forse and myself.

- ⇒ It improves both aerobic and anaerobic systems
- ⇒ Muscles get used to absorbing and dissipating shock, and builds strength
- ⇒ Increases core strength
- ⇒ It strengthens ankles and helps with flexibility
- ⇒ There is less impact on joints
- ⇒ Helps with mental toughness (running in all weather conditions and dealing with different conditions under foot)
- ⇒ Great to run these without a stopwatch unlike road and track races
- ⇒ You get rub shoulders with national champions and international runners
- ⇒ It is FUN!

All of the above can also help with those road and track races as well as marathons and ultras.

I really hope to see many of you as possible at some of the events.

John Blake (Cross Country Captain)

THE DARK EVENING
ARE COMING
DONT FORGET TO
WEAR YOUR
HIGH-VIS
WHEN OUT RUNNING

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

## BASINGSTOKE HALF MARATHON

5th OCT

*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**

## CHICHESTER HALF MARATHON

12th OCT

*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**

## DENMEAD 10K

19th OCT

*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**

## NEW FOREST STINGER

19th OCT

*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**

## FLEET 10K

26th OCT

*Fleet, Hampshire*

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

**fleetandcrookhamac.org.uk**

## BUPA GREAT SOUTH RUN

26th OCT

*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**

## HALLOWEEN 5K NITE RUN

31st OCT

*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**

## LORDSHILL 10MILE ROAD RACE - HRRL (4)

2nd NOV

*Lordshill, Hampshire*

The race is organised by Lordshill Road Runners and takes place around the lanes and streets of Nursling, Hillyfields, Lee and the Broadlands Estate in Southampton starting and finishing at 5 Acres, Redbridge Lane, Southampton.

**www.lordshillroadrunners.org.uk**

## GOSPORT HALF MARATHON - HRRL (5)

16th NOV

*Gosport, Hampshire*

There is a new route this year, but sure to be fast and flat with the potential for a personal best

**www.gosporthalf.org**

## HAYLING 10 MILE ROAD AND TRAIL RACE

30th NOV

*Hayling Island, Hamsphire*

A flat road race with 2 miles being taken off road

**www.havantac.co.uk**