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The Green Runner

NOVEMBER 2014

AUTUMN MARATHON RESULTS

STUBBIES DOWN UNDER

CLARENDON RELAY SUCCESS

13 STUBBIES TAKE ON THE STICKLER

THIS YEAR'S TIME TRIAL WINNERS

FROM THE CHAIR

With Autumn in full swing, October was a time to dust off the muddy shoes and get back out on the XC trails. I know I, for one, enjoyed the Farley Mount XC at the beginning of the month. As a kick off to the XC season I thought John did a fantastic job, along with Nikki and Andy of course, to get one of the largest SGR turnouts in recent years, and lots of new faces too. Well done to those that ran the following day at Pamber Forest, and thanks to those that marshalled at the CC6 too. Having lots of choices is brilliant for the club and means we can all enjoy and share the pleasure and benefits of running. The spirit and supportive feel to the club, that I hope you feel too, means we have a diverse range of choices and experiences to choose from with like minded friends. This supportive spirit was evident on the road at Abingdon where a clutch of SGR runners performed brilliantly at this popular autumn marathon. It was a pleasure to shout myself hoarse cheering you on.

This range of choices was extended to the opportunity to train under the guidance of our club coaches, in a structured and well planned session under the lights on the track in Portsmouth. Again this may not be everyone's cup of tea, but for those of us able to experience the evening it was a great night that we are now planning on offering more frequently. As one old hand said on the night, "I've waited 20 years for a proper track session", and it was a pleasure for the club to be able to offer it. We need to refine the other sessions on a Thursday, but trying something new was a positive step forward for the club as a whole.

The GSR once again proved a popular event for Stubbies, not everyone's favourite, but if it's a big race atmosphere you want then this is the local run for you. We are lucky to have it on our doorstep. Well done to the 83 Stubbies that took part, and made the Sunday morning TV a sea of green.

November offers a mix of opportunities to represent the club in both XC and road races, so check out the diary and make your choice you will only be kicking yourself otherwise.

Happy running

Graham

Thank You Mike Bell

You may have noticed the growing numbers of back issues of the GR on the website. Mike Bell has taken it upon himself to create an archive of the Green Runners going back many years. It is a slow process to scan every page of every GR going back 25+ years and his initiative should much appreciated by all. If you take a peak back in time it provides a wonderful history of the club. Thanks Mike, your hard work in the background of the club is much appreciated, as always.

CLARENDON MARATHON		
172	Nick Crane	04:17:46
308	Jane Adlard	05:03:33
355	Julie Ashman	05:20:01

CLARENDON HALF MARATHON		
42	Andy Lee	01:47:12
47	Peter Simpson	01:48:32
77	Nigel Whitcher	01:53:06
89	Neil Stantiall	01:55:07
157	Verity Wright	02:04:30

CLARENDON MARATHON RELAY		
1	Stubbington Spitfires	02:43:28
	1. Adrian Piddington M 00:42:00	
	2. Andy Simpson M 00:38:00	
	3. James Sawyer M 00:50:00	
	4. Lewis Banner M 00:33:28	
8	Mean Green Speed Machines	03:14:22
	1. Louise Wills F 00:48:00	
	2. Dan Foster M 00:43:00	
	3. John Blake M 01:01:00	
	4. Nikki Roebuck F 00:42:22	
13	Stubbington Green Giants	03:27:00
	1. Nick Kimber M 00:51:00	
	2. Richard Edmunds M 00:58:00	
	3. Jon Leigh M 00:51:00	
	4. Victoria Joel F 00:47:00	
14	Stubbington Allstars	03:29:20
	1. Matthew Gould M 00:59:00	
	2. James Lewington M 00:46:00	
	3. Richard Chowns M 00:59:00	
	4. Sally McGrath F 00:45:20	

DENMEAD 10K

4	Boe Harper	00:36:45	MS	4
9	Mark Eaton	00:39:15	M40	1
24	Jon Plomer	00:42:27	M40	5
61	Anna Wilby-Lopez	00:47:54	FS	3
77	Gemma Jones	00:50:21	F35	5
78	Andy Richardson	00:50:30	M50	11
83	Verity Wright	00:50:59	F45	2
134	Eunice Hoare	00:58:29	F35	12
135	Alex Leighton-Goodall	00:58:34	F35	13
150	Robert Spencer	01:03:12	M50	23

Congratulations to Stubbington Ladies who took the team prize at The Denmead 10K.

Also age group success for Mark, Verity and Anna (pictured)

24	McGRATH, Euan	1:15:04	
27	HALL, Chris	1:15:15	
44	HALL, Daisy	1:18:02	first lady
59	WHITE, Mike	1:20:31	
65	LEE, Marcus	1:21:33	
73	LEE, James	1:22:35	
87	STANTIALL, Neil	1:25:23	
107	ROEBUCK, Nikki	1:27:37	
108	CRANE, Nick	1:27:40	
140	LEE, Andy	1:29:33	
161	WHITCHER, Nigel	1:31:28	
203	LANGRISH, David	1:34:27	
250	McGRATH, Sally	1:40:09	

MINSTEAD STINGER 5 MILE

55	JENNIE LEE	01:02:19

MINSTEAD STINGER 10 MILE

1	DANIEL O'BOYLE	00:57:28
22	IAN RACE	01:14:25
43	NICK CRANE	01:19:41
48	JAMES LEWINGTON	01:21:21
50	ANDY LEE	01:21:40
97	MIKE DONOVAN	01:32:16

B.T.A. British Age-Group Duathlon Championships

On Sunday 12 October, I travelled to Emberton Park near Milton Keynes to compete in the B.T.A. British age -Group Duathlon Championships. I was competing in the 55-59 Category, next year I will move up to the 60-64 group .
The course comprised of 3 laps run (10K) around the lake, followed by 40K on the bike on an undulating course, and finished with a further lap and a half around the lake for the second 5K run.

The events were scheduled to start in two waves at 8am, so I left home at 3.30am and got there in the dark and chilly mist at 6.30am to register, collect my number and rack my bike in transition.

I started with all the Veteran men and women in the second wave, and ran a steady 10K but was frustrated to have to dive into some convenient bushes at 9K for a brief 'comfort break', my time was therefore a somewhat disappointing 43'49".

My first transition was slow exactly 2 minutes, because changing into my standard cycling shoes took too long. However, Santa is rumoured to be addressing this issue with new Fizik Tri shoes!

I had a strong bike leg and passed lots of riders, two of whom were in GB team kit! The course was 2 laps of 20K each quite hilly and in places dangerous with the last two miles on a busy A road, hence the early start time! My bike time was 1.09.22, which I was pleased with because the Gold medal winner in my category did 1.07.34, but leaves me plenty of room for improvement.

I started the second run with legs that felt like logs, but after about 2K I began to lengthen my stride and finished the 5K in 24.29.

I finished very pleased with 7th in my age Category and 80th in the entire event, more pleasing was that I would have been only 20 seconds off the bronze medal in my V60 impending Category next year!
Tim Crumpton

THRUXTON MASS ATTACK DUATLON

One week later in extremely windy conditions I managed to get 3rd Vet. '50' and 24th overall in the Thruxton 'Mass Attack' Duathlon.
Our our own Wayne Ewans got 8th overall, and the winner of the V50 Category was former Stubby, Barry Hards who took 13th place.

STUBBIES DOWN-UNDER

Sri Chinmoy 101km trail run

Canberra, Australia Sunday
28th September 2014

Starting and finishing at Regatta Point, the mostly off-road route took in the major hills and mountains in the immediate vicinity of Canberra with the exception of Mount Stromlo which was the venue for a 24 hour mountain bike race.

RUNNERS: 31 solo males, 14 solo females, 13 all-male relay teams, 9 all-female relay teams and 44 mixed relay teams.

STUBBIES: John Fairhurst: Leg 3 (22.5km) 2-56:49

Waiting at transition with Black Mountain in the background

	Distance	Ascent	Descent
Leg 1	23.7km	651m	450m
Leg 2	31.9km	469m	540m
Leg 3	22.5km	532m	574m
Leg 4	23.5km	695m	723m

Last year was Canberra's centenary and the organisers billed the 100km race as unique and one which would never be repeated. It proved to be so popular that 1 year on they arranged a similar race but over 101km The family friendly nature of the event was amplified by the fact that the most numerous entry category was "mixed team"

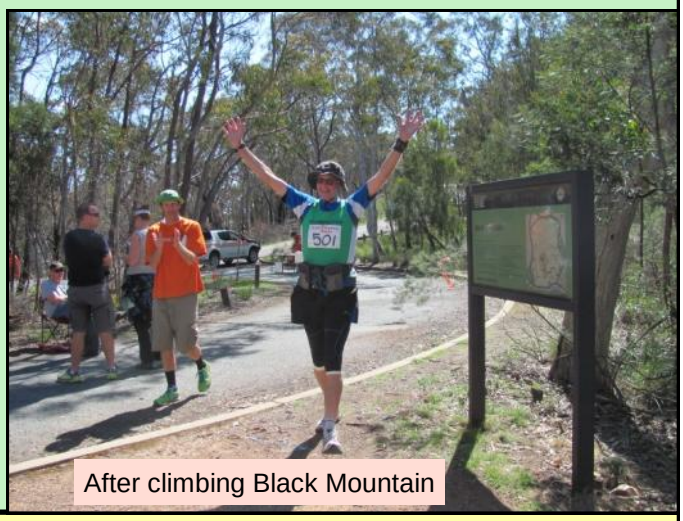
Our team was organised by former Stubby – Trevor who ran the first 2 legs, I ran the 3rd and Trevor's sister-in-law Katrina ran the 4th. A schooner, in that part of Australia, can be a 15floz. glass often used for serving beer – hence our team name of "2 schooners, a pint and a glass of champagne please" We finished 28th of 43 finishers in our category despite me being the oldest runner in the event. My leg which involved running up and down Black Mountain with its Telstra tower on the top was the easiest! Outside my normal experience, at one point, I had to make a detour involving climbing up a bank and over a couple of fences to avoid 2 venomous brown snakes which were blocking the path. Our all-important support crew included Trevor's wife Natalie with supplies in a car and Steve with gels and water on his mountain bike. His GPS was connected wirelessly to his mobile phone which in turn transmitted data to his web site which Natalie logged into to see where he was.

The winning mixed relay team included Olympic marathon runner Martin Dent and the second team led off with former world triathlon champion Jackie Fairweather

The friendly organisers and marshals did an excellent job and it was really good fun.

Teams were looking for members right up to registration and the pasta party the evening before, so if you are in the area at the right time next year you might well be able to run even if you do not fancy doing the race as a solo.

John Fairhurst



After climbing Black Mountain

Sri Chinmoy Labour Day 10 km and 4km

Out and back scenic course along surprisingly undulating footpaths beside Lake Burley Griffin.

10km RUNNERS. Total finishers 134 (77 Men, 57 Women)
FIRST MAN: Brendan Davies 34:53 FIRST WOMAN: Emma Newnham 43:36

STUBBIES: John Fairhurst: 58:19 (1st of 4 MV 70+)

Slowest finishing time 1-35:14

Canberra, Australia
Monday 6th October 2014

This Labour Day saw 206 runners participate in the 10 and 4 km fun runs at Acton Ferry. Coincidentally, there are 206 bones in the human body. And all of these bones, especially the leg and foot bones, were put to good use.

In the 4km race, Morgan Fairhurst (7 years old and escorted by his dad - former Stubby - Trevor) finished a creditable 9th of 12 Under 13 boys in a time of 23:53

The finish of both races was made particularly welcome by the pieces of water-melon and oranges but most of all by the copious supplies of hot tasty pancakes with the choice of various toppings. The races were enjoyable and, well organised with friendly marshals. Anne packed my weighty trophy in her case to avoid my incurring excess baggage charges on our return flight home!

John Fairhurst

STUDLAND STAMPEDE		12K
38	Mark McDonald	00:55:05
117	Phil Hobby	01:01:31
184	Paul Hammond	01:05:45
207	Mike Donovan	01:06:58
213	Alan White	01:07:28
228	Marie McDonald	01:08:20
352	Julie Woodman	01:18:37
376	Sarah Hobby	01:21:11

DUBLIN MARATHON

1754	DARAGH HENDLEY	03:30:49

BASINGSTOKE HALF MARATHON

1060	Stinson Allan	02:11:44

AMSTERDAM MARATHON

MANDY BURTON 04:17:46

ABINGDON MARATHON

4	Lewis Chalk	02:34:11
250	Jon Leigh	03:30:32
253	Daniel Foster	03:30:57
328	Philip Martin	03:42:05

THE BRISTOL HALF MARATHON

25	Lewis Chalk	01:14:48
692	Daniel Foster	01:33:19
882	Rich Chowns	01:35:34

CHICHESTER HALF MARATHON

129	Graham	Martin	01:42:37
587	Verity	Wright	02:17:13
588	Julie	Ashman	02:17:14
589	Sharon	Simpson	02:17:14
621	Tracey	Terry	02:22:14

CAPTAINS CORNER

October saw things coming to an end and a few starting up. The last time trial for the year was run which has been another successful series and is great to see how runners develop over the summer and achieve personal bests. We had the start of cross country series for the Hants XC, CC6 and Southern XC all happening the same weekend. Thank you to everyone who ran at Hants XC at Farley Mount and got the club off to a great start with an amazing turnout for the ladies race with quite a few first timers. It would be great to see everyone at Goodwood which is one of my favourite courses on Saturday 8th November. Also on the XC scene we have a double header on Sunday 9th with CC6 at Dibden Enclosure and Southern XC at QE Park. It was good to see over 15 people helping out and marshalling at the CC6 at Fleming Park, thank you for helping. The preparation and race was well executed by our neighbours Eastleigh Running Club under Jon Osman's guidance.

The first and certainly not the last of the track sessions at Mountbatten took place last Thursday with an amazing turnout. The session was put together by Penny Forse and Verity Wright and supported on the night by a few more leaders Anna Wilby-Lopez, Sharon Simpson and Graham Bell. It was really pleasing to see how professionally this session was put together and how beneficial the quality speed session was to the Stubbie runners and I blew a few cobwebs out myself.

We had a few weekends in October free from league races and this offered a chance to try out a couple of different local events. First up on Sunday the 5th was Clarendon Marathon, an off road event from Salisbury to Winchester. There was a choice of entering the full marathon, half marathon or the relay event across beautiful scenery and a few tasty hills. Andy and I both took part in the relays, where we had one men's team and three mixed teams, and saw the men come out victorious. I must add that they only just beat the first marathon runner, who was amazingly quick. The mixed teams finished all really close together with the Mean Green Speed Machines coming in 5th mixed team, followed closely by Stubbington Green Giants 9th and Stubbington Allstars 10th. There was great running in the individual distances by Nick Crane, Julie Ashman and Jane Adlard who took on the full marathon and we had a good turn out in the half too. Overall this was a really good event and one I would definitely like to do again next year. Thank you to everyone who sang happy birthday to me at the end.

It was great to see a number of ladies supporting the Denmead 10km. An undulating road race, which saw our ladies victorious! The winning team was represented by Anna Wilby-Lopez, Gemma Jones and Verity Wright and also silverware for Anna who was third senior lady, Verity was 2nd vet45 and impressive running from Alex Leighton-Goodhall and Eunice Hoare, well done ladies. The men had success too with Mark Eaton scooping 1st place for the V40's and Boe Harper was 4th overall.

Also on the 26th a group of us went over to Dorset to run the Stickler, or the Three Peaks Challenge. Over a distance of 10.1miles and with 1500 feet of climbing, this was tough! It started with an immediate climb, which even the front runners were walking up at the end and finished with an ankle breaking down hill drop. Daisy Hall put in performance of the day, winning for the ladies in a time of 1:18:02 and we were all quite jealous of her cheese prize. And I think it was Edward, Mike White's dog who looked freshest at the end, even after pulling Mike up those peaks (I'm only jealous after being overtaken on the first hill, even with Mike being made to start at the back)!! I would definitely recommend this for people wanting to try something different, it was very well organised with good water and jelly baby stations (maybe Graham Bell would like to man a jelly baby station, heard he was great at Abingdon) and the views were amazing. Hopefully my ankles will recover in time for Lordshill on Sunday.

Talking of marathons there were a few road marathons in October, Abingdon saw a couple of PBs from the men with Lewis Chalk running a blistering 2.34 and finished 4th overall and then there was a debutant run by Daniel Foster who ran 3.30 and was accompanied around the course by Jon Leigh and Phil Martin, great running guys. Bournemouth festival of running which included multiple distances had people doing the half and full marathon. Congratulations Aga Plombon for completing the marathon in the top 100 ladies with 3.51. Well done to everyone who competed in the half and Lewis Chalk for his 5th overall position.

The Great South last week saw fabulous weather compared to the storms last year. The only downside was the usual energy sapping wind over the last 2 miles. This race is a great spectator's race with the opportunity to watch loved ones in a few places on the course without having to move to far. The Green Army support was large, loud and proud on the course! We think there was around 83 people running from the club in Green or running for good causes (Tanya Brady – spotted on channel 5 coverage before the start of the race) which is great turnout and to many to mention here in this article. Lots of PBs for our runners on the day with some rumoured to have knocked 31 minutes off their time from hearing the encouraging support from the sidelines, so congratulations everyone on your achievements.

The bonus points races are for November, Lordshill and December's one will be the CC6 at Janesmoor.

Good luck to everyone running at Lordshill, Gosport and XC races over the next month. We are looking forward to celebrating a year's running at the awards night when we change our running shoes for dancing shoes!

56	Lewis Banner	00:58:02
129	Rob Greenwood	01:01:37
132	simon mcmorran	01:01:44
144	MARK EATON	01:02:10
184	Murray Watson	01:03:41
318	Jack Webb	01:06:21
409	Mark McDonald	01:07:28
488	andrew stockwell	01:08:34
512	Jonathan Plomer	01:08:52
575	chris mcgaw	01:09:29
678	Simon Hearnden	01:10:33
701	Graham Martin	01:10:49
1243	james lewington	01:14:24
1508	Andrew Miles	01:15:44
1770	Simon Ellis	01:17:02
1795	Gavin Rennie	01:17:09
1989	David Abrams	01:17:52
2215	Simon Vingoe	01:18:47
2283	Tim Matthews	01:18:59
2733	Mark Porter	01:20:37
2882	george rennie	01:21:10
3090	Alan White	01:22:00
3108	Paul Woolford	01:22:03
3516	Nico Beukman	01:23:31
3680	Russell Mead	01:24:02
3715	George Howarth	01:24:10
4284	Paul Southon	01:25:59
4358	John Cox	01:26:12
7686	Michael Wootton	01:35:18
8216	Tim Smart	01:36:42
8463	Stephen Trotman	01:37:23
8813	Peter Rawlins	01:38:18
10398	Robert Spencer	01:42:57
11484	David Richards	01:46:41
11520	Tom Cleary	01:46:48
14923	Robert Hinkley	02:07:59
15612	Martin Neal	02:21:18

1482	Hollie Smith	01:15:36
1972	Aga Plombon	01:17:49
2066	Tina Chantrey	01:18:11
2088	Anna Wilby-Lopez	01:18:16
2234	Victoria Joel	01:18:50
2403	Rachael Openshaw	01:19:23
2447	Verity Wright	01:19:32
2450	Lucy Window	01:19:33
3024	Hilary Gulliver	01:21:42
3146	Nicki White	01:22:12
3222	Marie Mcdonald	01:22:28
3366	Mandy Burton	01:23:03
3705	Lucy Carter	01:24:07
3823	Gemma Jones	01:24:31
3905	Tanya Brady	01:24:47
4763	lisa donn	01:27:20
5068	Kelly Bennetts	01:28:05
5152	Dawn Haynes Sewell	01:28:20
5444	Ronel Beukman	01:29:07
5836	Claire Jones	01:30:11
6237	Liz Hall	01:31:13
6620	Lara Evans	01:32:19
6647	Tracey Terry	01:32:22
6703	Elizabeth Miles	01:32:30
6872	Alex Leighton-Goodall	01:32:59
7412	Julie Dinwoodie	01:34:30
7714	Sarah Barron	01:35:23
7785	Brigid Hone	01:35:34
7983	Nikkie Plomer	01:36:06
8102	Sarah Hobby	01:36:26
8143	Sandra Abrams	01:36:32
8286	Julie Ryman	01:36:56
8434	Sandie McIntosh	01:37:19
8559	Sophie Davison	01:37:38
8675	Rowena Dodds	01:37:57
8703	Sharon Simpson	01:38:01
9112	Nicola White	01:39:06
9492	Anne Trotman	01:40:13
9705	Sharon Hughes	01:40:51
10154	Becky Hodgkinson	01:42:10
11516	Dayna Else	01:46:47
11917	Clare Campbell	01:48:18
14003	Rachel Richardson	01:59:09
15042	marie fitzgerald	02:09:43
15043	karen nichols	02:09:43
15797	julie james	02:27:49

Social Round Up

The weather was exceptionally kind to us and we managed to run the 6.05 Special with no rain even though it had been pouring over the previous days. We had 19 runners (and I lost count of dogs!) who completed the course with Daragh Hendley first home for the men and Daisy Hall coming in first for the ladies. Numbers were a little down mainly due to the weather and the fact that so many were running the cross country next day. Full results and times are given below. I would like to thank Phil Hobby & Tia for marking the halfway point and ensuring that everyone got back safely. Also thanks to Sarah Hobby, Nick Kimber, Penny Forse and Andy Simpson who helped with recording times and names and not forgetting Chloe and Ryan who warned us of incoming runners in true Simpson style! It would not have been so successful without their invaluable help. I would also like to mention Julie who was kind enough to run the course with me in the morning to make sure there were no unforeseen obstacles to trip up the unwary runner.

I hope you have all booked up for the Skittles Evening at The Crofton on Friday 14th November. This will include Skittles and Supper all for the price of £10 per head which can be paid on the night however we must have the food orders a week before the event. So please go to the website where you can book your place and make your choice from quite a wide range including sausages, chicken, fish & chips, salad, steak & ale pie and pasta. There will be prizes for the winners and it should be a really fun evening so don't delay – book now.

The Awards Night is creeping up on us (Saturday 29th November) and tickets are selling like hot cakes. Don't miss out on your chance to be at the best night of the year. Full details and booking form are on the website and the closing date is Friday 21st November. There will be great food, great company and the opportunity to dance the night away so make sure you are there.

There is a change to the date of the Christmas Handicap as our original date clashes with the Janesmoor Pond CC6. This will now take place on Sunday 21st December followed by mince pies and mulled wine at Chez Nick Kimber. The route will be posted on Facebook and also in next month's Green Runner so keep your eyes peeled for it and make a note of the date in your diary. It is another highlight of the Stubbie year not to be missed.

Look forward to seeing you at the above events.

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

Stubbington 6.05 Special

1 Daragh Hendley 41.08
2 Murray Watson 43.07
3 Chris Hall 43.12
4 Daisy Hall 43.15
5 Stuart Hiscock 43.36
6 Mark McDonald 44.16
7 Will Feline 44.59
8 James Lewington 45.48
9 Adrian Piddington 46.44
10 Tom McClements 47.55
11 David Langrish 50.25
12 Graham Bell 55.33
12 Dan Foster 55.45
14 Russell Mead 58.35
15 Brigid Hone 59.45
16 Hadyn Brown 59.47
17 Michelle Simpson 59.52
18 Alex Leighton-Goodall 63.03
19 Yvonne Fisher 77.04

Southern Cross Country League Round 1

The first race of the Southern Cross Country League was run at Pamber Forest near Basingstoke 12th

October. Stubbies were a bit thin on the ground as the previous day we had Hants League and we also marshalled the first CC6 at Eastleigh the same morning. We still managed to field a men's and ladies team.

James sawyer led us home with a really strong run in 5th place, followed by Chris Hall 62, Neil Stantial 109, Mike Harper 113 and Tom McClements in his first race for the club in 124th place. This gave the men 14th position overall.

The ladies came in 4th place, with Daisy Mae Hall 5th, Georgie Gair 16th, Tina Chantry 30, Penny Forse 34 and Sally McGrath on her birthday 46th. Special mention to Georgie and Penny who also ran cross country the day before at Farley Mount.

The next race in the league is 9th November at Queen Elizabeth Country Park near Petersfield 11am start.
Chris Hall

The Three Cross Country Championships Are Coming!

The Hampshire County Championships take place on 3rd January 2015 at Fleming Park, Eastleigh
The Southern Championships take place on 24th January 2015 at Stanmer Park, Brighton
The National Championships take place on 21st February 2015 at Parliament Hill, London

To take part you will need to enter via the Stubbington Green website page by the end of November. We need at least 6 men and 4 women to run to make up a team so please get your entries in as soon as possible.

These races cost £7 to enter, but in the case of the Southerns and the Nationals (providing enough enter) I will try to arrange a minibus to keep your travelling costs down. They are fantastic races with runners of a wide range of abilities taking part, albeit loaded towards the faster end of the field, but in the case of the Nationals it means you get to rub shoulders with some of the best cross country runners in the country at one of the best cross country courses in England.

To help in collecting the names of those that wish to run and to collect the payment of the entry fees Mike Bell and I will be setting up a page to allow entry and payment via paypal. This will be available early November and will remain open until the end of November, at which point I will complete the entry forms on everyone's behalf. Please look out for this and enter these races.

Any questions please contact me at xc-captain@stubbingtongreenrunners.net or catch me at training or at the Hants League cross country.

Many thanks

John Blake XC Captain

hampshire athletics

The cross country season got off to a good start with the first race of the Hampshire League at Farley Mount. A team of 23 runners (13 men, 9 ladies and an under 15) and supporters arrived on an overcast day with the odd shower - sorry ladies. The conditions under foot were fairly dry and as Andy said "the cars were muddier than the runners." All ran well but both Harry and Penny were the stars of the day. Both running exceptionally well. Unfortunately AP had to drop out half way through due to a foot injury - here's to a speedy recovery.

The individual results are here and the team results place the men 9th with the vets 6th (both newly promoted) and the ladies 6th with their vets 3rd.

Well done everybody and I hope you can all make Goodwood on the 8th of November. It would be great to get another record attendance again for the green army.

John Blake.

	UNDER 15 BOYS	
49	Harry Martin	18:29
	LADIES	
35	Georgie Gair	26.29
57	Nikki Roebuck	28.20
67	Lucy May	28.56
73	Penny Forse	29.19
78	Melissa Hutton-Dunton	29.39
83	Lee Stantial	29.59
103	Kerry Dodsworth	31.57
128	Julie Ashman	36.28
131	Sarah Martin	37.31

	MEN	
18	Daniel O'Boyle	34.52
50	Andy Simpson	37.24
80	B Harper	39.34
121	M White	41.23
143	Jack Harris	42.47
148	C Hall	43.05
155	Liam Dredge	43.58
157	G Bell	44.06
181	John Blake	46.39
187	T Callaway	46.59
191	Peter Simpson	47.20
214	D Langrish	50.16

PERFORMANCES OF THE MONTH

TIM CRUMPTON
For his performance at the British Age-Group Duathlon Championships

PENNY FORSE
For her great run in the Hampshire Cross Country League at Farley Mount

DAISY HALL
A fantastic run in the tough race down in Dorset, The Stickler, she was first lady finisher

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

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 3rd November	Leafy Lane 1.1km loops
Monday 10th November	Kenyan Hills 4 x 6 mins with 2 mins recovery
Monday 17th November	3 - 5 x 1 mile flat loops with 2 mins recovery
Monday 24th November	3 sets of 3 x 30s (jog down + 60s rest) with 5 mins between sets

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

TIME TRIAL OCTOBER

The final curtain fell on this year's Time Trials which has seen more people take part than ever, with 131 runners completing 345 time trials (up 23%) which has seen 52 people improve on their starting time for the year, well done everyone. I would like to say a big thank you to my little helpers….the committee who turnout and time-keep for you all and sometimes sacrifice their own run to do so.

At the final time trial we saw 40 people run the flood-lit course and 8 people improving on their time for the year, congratulations to you all, with the biggest monthly improver was Sharon Clarke knocking 2 minutes 13 seconds.

The handicap winners for the year were as follows Adrian Piddington, Mark McDonald, Philip Whitehouse, Lucy Window and Eunice Hoare. The biggest overall improver out of everyone and stealing the crown on the last night with a fabulous 54 seconds off, to seal a whopping 6 minutes and 27 seconds improvement was Eunice, excellent running over the summer. Eunice will receive a trophy to recognise her achievement at the Awards Night

Banding	Name	Improvement (mins)
Under 25 mins	Adrian Piddington	-1.00
25.01 – 28 mins	Mark McDonald	-2.23
28.01 – 31 mins	Philip Whitehouse	-3.47
31.01 – 35 mins	Lucy Window	-3.13
35+ mins	Eunice Hoare	-6.27

A couple of other key stats for the time trials were:-

Fastest Time Trial of the Year – Tom MacSwayne 21.36
Fastest Lady – Daisy Hall 25.44
Most PBs in a row - Dawn Haymes-Sewell with 3!
100% Running Attendance at the Time Trials – Nigel Whitcher
Record Turnout for a Time Trail = 66 people in May
Favourite Tipple in the Red Lion – Pint of Lager/ Beer!!!!

If you have any constructive feedback on the time trails then please get in touch with me on email **mens-captain@stubbingtongreenrunners.net.**

Enjoy the racing over the winter months and look forward to seeing you all in April.
Thank You
Andy

Name	Best 2013	April	May	June	July	August	September	October	Oct Diff	Difference
										1st - Best
		56	66	50	32	50	50	40	8	52
Adrian Piddington	24.23	24.35	23.23	23.43	24.20	23.43	23.36			-1.00
David Castle		23.29	22.54							-0.35
James Sawyer	22.49	23.00	22.28		24.07	28.25	23.35			-0.21
Mike White	24.14	25.30	24.04			25.21	24.01	24.29		-0.13
Tom MacSwayne	21.48			21.36		23.43				-0.12
Rob Greenwood		23.03	24.02			23.01	23.40	23.40		-0.02
Andy Simpson	21.49	26.46	22.00	22.57	22.06	22.38	23.20	22.27		
Andy Stockwell	24.41				27.02	26.32	25.38			
Chris Hall	24.19			28.08				25.03		
Chris Leach			24.53	25.09			25.20			
Graham Bell	23.36	23.41		24.48		24.51	24.33	24.59		
Howard Clark	24.17		24.41							
Jack Harris						25.32		24.43		
Jack Webb			24.44	24.48				25.12		
James Hall		24.44								
Lewis Banner								22.06		
Lewis Chalk	22.06			23.21			23.38			
Mark Eaton	23.21	24.39	25.25	25.32		36.00	24.09			
Mike Harper	24.45		29.28	26.11	25.32	25.50	28.34	28.22		
Murray Watson								24.26		
Simon Hearnden	24.56		25.19			26.09	25.36			
Tom Whitcher	24.05		26.35							
Will Feline	23.30		23.38					24.09		

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	27.22		-1.32
Nikki Roebuck	27.59	26.46	30.20	28.09						-1.13
Stuart Hiscock			27.05	27.19		26.18	26.58	26.48		-1.01
Richard Edmund	26.41		25.50							-0.51
Richard Snell	27.27		26.36	27.47				28.12		-0.51
Ray Gunner	26.12			25.29	25.58					-0.43
Daisy Hall				26.10			26.17	25.44	-0.33	-0.33
James Lee	25.42	25.59	28.38	25.18	27.06	28.53		25.44		-0.22
Philip Martin	26.56		26.36				27.36			-0.20
Tim Crumpton				27.29	27.14					-0.15
Jon Plomer	25.33		25.23		27.23	25.44		25.19	-0.04	-0.14
Marcus Lee	26.15		26.07							-0.08
Andy Lee	26.04	27.43	26.49	29.11	28.25	29.31		28.19		
Daragh Hendley							27.23			
Gavin Rennie		27.02								
Georgie Gair							26.37	26.54		
Gill Rose	27.43		29.34	28.18				28.42		
Haydn Brown			26.34	26.37			27.20	27.13		
Hollie Smith						27.40				
James Lewington		26.54	27.19	27.07	31.25	27.35	27.09			
John Blake	25.44		29.09	29.02	30.11	27.40				
Jon Leigh	25.32	26.12	25.36		27.10	25.57		31.42		
Mike Bell	27.00	27.36	27.18				28.06			
Nick Crane	26.55		27.00	27.04		28.50	29.05	28.04		
Nick Kimber	26.22	27.04								
Philip May	27.56	35.56	35.44		31.57	34.01	33.41	33.03		
Richard Chowns	25.58					26.22	26.35			
Ryan Gunner				27.22						
Samuel Masson								27.31		
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	30.10	28.23		28.13		27.51				-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
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	31.04	30.46		-0.02
Dan Jones		30.39								
David Abrams			29.19							
John Simister	30.50						33.21			
Keith Whittaker	29.46	36.59	35.05	32.31		31.46	31.43	32.16		
Mark Porter		30.01								
Nicki White			30.40							
Nigel Whitcher	28.56	31.22	29.27	29.56	32.10	29.50	29.22	29.50		
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			
Tim Matthews								29.46		
Tina Chantrey		28.29	28.32							
Tom McClements								29.04		
Victoria Joel	29.31					29.38				

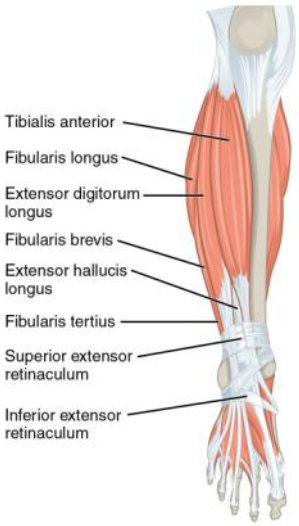
Lucy Window	34.10	30.57			34.38					-3.13
George Howarth	32.53		29.52	30.32		30.47				-3.01
Andy Richardson		33.50	33.21	34.12	33.19		31.22			-2.18
Verity Wright	32.09	30.42	30.12	30.45		30.57	0.00			-1.57
Gaynor Heffer	32.57	31.45	32.15	31.47						-1.12
Chris Patterson						34.25		33.17	-1.08	-1.08
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
Katherine Briggs			33.20	34.11				33.56		
Matt Gould				32.23						
Mike Wotton	34.00	38.37				34.48	35.39			
Rachel Leach				34.58						
Sarah Martin	33.54			38.18		35.11	35.37			
Shelley Thomas				34.29	35.21					
Stephen Wallbridge		33.33			34.13					
Stuart McNamara			32.50							
Tim Smart	33.16									
Eunice Hoare	40.30	35.23	34.57	35.49		36.00	35.02	34.03	-0.54	-6.27
Marie MacDonald	35.51	35.15		32.53		30.06		31.04		-5.45
Dawn Haymes-Sewell					38.29	34.19	33.52	33.13	-0.39	-5.16
Mike Donovan	36.08			31.44	33.15					-4.24
Rowena Dodds	39.32	42.04				38.19	36.48	35.40	-1.08	-3.52
Kelly Bennetts	35.37					32.24				-3.13
Bizz Cozens		45.51	44.06	43.50	46.13	42.57	43.29			-2.54
Tobin Landricombe	37.21		34.40	36.05			37.09			-2.41
Sharon Clarke	39.18						38.55	36.42	-2.13	-2.36
Sarah Hobby	35.54	35.51	34.34	35.53		37.03				-1.20
Julie Ashman	35.16	45.51		35.36	46.45	38.19	34.04	34.29		-1.12
Brigid Hone			35.34		34.28					-1.06
David MacSwayne	37.39			36.44						-0.55
Alex Leighton- Goodall							35.30	34.42	-0.48	-0.48
Ann Blake	37.22					37.11				-0.11
Agata Whitaker		36.32								
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		37.10							
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			36.02		
Steve Whitaker		36.32								
Sue Robinson	35.30	35.33	35.32				38.55			

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

Introducing the muscles of the lower leg

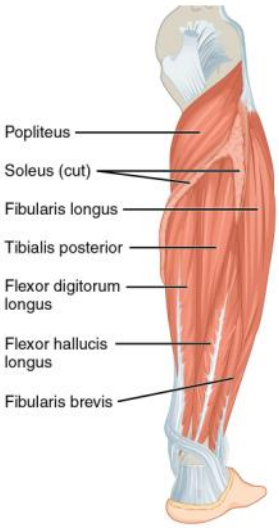
When we think of the lower leg muscles most of us think of the main calf muscles, the gastrocnemius (the bulging one at the back of your lower leg) and the Soleus (the larger of the two lying underneath). When we have pain and tightness in the calf area we think of stretching them by putting one foot in front of the other and pushing against a wall, or dropping our heel off the edge of a step.

But our calves are made up of so much more! Take a look...



Superficial muscles of the right lower leg (anterior view)

Superficial muscles of the right lower leg (posterior view)



Deep muscles of the right lower leg (posterior view)

Flexors

Flex the toes (to pick up a pencil!), point the foot (plantar flex) and turn the bottom of your foot inwards (invert). You use them for walking on tip toes and walking or running over rocky or uneven trails. They make small specific stabilising movements of the foot and ankle.

Extensors

Extend the toes (pull them upwards), pull the foot up towards you (dorsiflex) and either invert as above, or evert (turn the bottom of your foot to face outwards). You use them to balance on one leg and during the swing phase of your gait when you lift your foot after toe off so your foot clears the ground.

Peroneals

Evert the foot and point the foot downwards. They also keep your foot and ankle stable when walking or running especially on uneven surfaces and prevent the foot from turning inwards. They tend to be weaker than the muscles and tendons on the inside of your ankle.

Plantaris

This muscle runs from the bottom of your thigh bone to the back of your heel and helps with plantar flexion of the foot and flexion of the knee. Interestingly it is absent in 10% of the population.

Popliteus

Found behind the knee this muscle flexes the knee and medially rotates the knee when it is flexed. It has the vital role of “unlocking” the joint from an extended position.

Next month: Muscles of the upper leg

Netley 4 Oct	
Daniel O'Boyle	15.14
Lewis Banner	16.16
Rob Greenwood	17.34
Murray Watson	18.23
Sev Roberts	18.45
Daniel Foster	19.11
Chris Leach	19.12
Glen Street	23.32
Mike Harper	23.42
Susie MacGregor	23.42
Katie Simister	24.35
John Simister	24.37
Russell Mead	25.58
John Tussler	26.10
Becky Hodgkinson	26.23
Rachel Leach	27.09
Caroline Street	27.34
Tom Mellor	28.28
Jules Dinwoodie	28.42
Terry French	31.05
Julie Salt	31.48
Eastleigh 4 Oct	
Tony Smith	26.10
Bushy 4 Oct	
James Sawyer	17.03
Adrian Piddington	18.12
Andy Stockwell	19.41
Jamie Stockwell	25.19
David MacSwayne	27.27
Robert Nicholls	27.41
Robert Spencer	28.26
Alison MacSwayne	28.41
Basingstoke 4 Oct	
Allan Stinson	42.50

Swindon 4 Oct	
Andrew Smith	38.36
Wendy Holloway	38.42
Poole 4 Oct	
David Langrish	22.15
Grovelands, Enfield 4 Oct	
Philip Whitehouse	21.16
Brockwell, Herne Hill 4 Oct	
Ann Vestergaard	26.52
Winchester 4 Oct	
Gordon Westley	23.16
QE Park 4 Oct	
Howard Clark	18.51
Chichester 4 Oct	
Georgie Gair	21.41
Netley 11 Oct	
James Sawyer	18.00
Sev Roberts	18.25
Andy Stockwell	19.00
Tom Callaway	20.57
Mike Harper	21.11
Nigel Whitcher	22.15
Aga Plombon	23.03
Paul Southon	23.05
Russell Mead	26.13
David MacSwayne	27.00
Jules Dinwoodie	28.42
Tom Mellor	29.04
Terry French	30.46
Andrew Smith	36.51
Wendy Holloway	36.51
Erica Wallbridge	37.14
Eastleigh 11 Oct	
Haydn Brown	21.11
Keith Whitaker	24.48

Southampton 11 Oct	
Robert Nicholls	28.14
Southsea 11 Oct	
James Lee	19.19
Mike Donovan	23.54
Havant 11 Oct	
Alison MacSwayne	29.21
Basingstoke 11 Oct	
Allan Stinson	26.58
Cambridge 11 Oct	
Chris Leach	19.07
Rachel Leach	38.43
Winchester 11 Oct	
Gordon Westley	23.07
Margate 11 Oct	
Robert Spencer	29.33
Eastleigh 18 Oct	
Agata Whitaker	31.52
Keith Whitaker	32.53
Southampton 18 Oct	
Murray Watson	21.55
Robert Nicholls	29.04
Havant 18 Oct	
Graham Martin	21.28
Basingstoke 18 Oct	
Allan Stinson	28.09
Winchester 18 Oct	
Gordon Westley	22.55
Little Stoke 18 Oct	
Andy Stockwell	20.06
Holly Stockwell	29.38

Netley 18 Oct	
Chris Brobin	18.19
Rob Greenwood	18.26
Sev Roberts	18.55
Mark McDonald	20.09
Marcus Lee	20.48
Nigel Whitcher	22.57
Del Granger	23.10
Paul Southon	23.31
John Simister	24.52
Marie McDonald	25.10
Susie MacGregor	26.20
David MacSwayne	U/K
John Tussler	27.27
Bethan Davis	27.28
Glen Street	27.38
Alison MacSwayne	28.25
Gavin Rennie	28.44
Caroline Street	28.58
Jaz Smith	31.44
Sarah Hobby	31.44
Terry French	31.56
Andrew Smith	36.39
Wendy Holloway	36.42
QE Park 18 Oct	
Alethea Adair-Stantiall	24.20
Harcourt Hill 18 Oct	
Mike Harper	20.08
Sam Bell	22.13
Robert Spencer	28.31
Basingstoke 25 Oct	
Seamus STINSON	26.57
Allan STINSON	30.33
Southampton 25 Oct	
Robert NICHOLLS	27.44
Eastleigh 25 Oct	
Haydn Brown	21.22
Keith Whitaker	25.33

Newbury 25 Oct	
Alex Frost	23.50
Winchester 25 Oct	
Gordon Westley	22.48
Netley 25 Oct	
Chris LEACH	19.01
James LEE	19.36
Daniel FOSTER	20.01
Liam DREDGE	20.38
Nikki ROEBUCK	24.55
Susie MACGREGOR	25.00
Russell MEAD	27.25
Rachel LEACH	27.50
Andy LEE	27.58
Gavin RENNIE	29.23
Tom MELLOR	29.37
Robert SPENCER	30.11
Jasmine SMITH	30.13
Glen STREET	31.05
Jennie LEE	32.17
Terry John FRENCH	32.35
Jules DINWOODIE	34.31
Sue ROBINSON	35.17
Rowena DODDS	35.18
Wendy HOLLOWAY	37.42
Andrew SMITH	37.43
QE Park 25 Oct	
Howard CLARK	18.53
Chichester 25 Oct	
Mike Harper	20.49
Lucy May	21.42
Peter Simpson	21.51
Kesgrave 25 Oct	
Lewis Chalk	17.59
Harcourt Hill 25 Oct	
Sam Bell	22.42

TUESDAY AND THURSDAY TRAINING NOVEMBER

Day/Time	Tuesday	7pm	Day/Time	Thursday	6:30pm	Day/Time	Thursday	7pm	Weekend Races
Meeting Point	**Locks Heath Sports Centre, Warsash Road**		**Meeting Point**	**Locks Heath Sports Centre, Warsash Road /** **Crofton Community Centre, Stubbington /** **Mountbatten Centre , Portsmouth**		**Meeting Point**	**Crofton Community Centre, Stubbington**		
04/11/14	Crescent road Paarlaufs (x6)	Turn when you meet last person	**06/11/2014**	Track Session	3x8x200m (200m rec)	**06/11/14**	Crescent road Paarlaufs (x6)	Turn when you meet last person	Hants XC, Goodwood (Sat) / CC6 Dibden Enclosure / SXCL QE Park
Mike White			**Verity Wright**	Mountbatten Centre		**Graham Bell**			
11/11/14	5x1ml Schooner way	90s	**13/11/2014**	6x600m Osborne View	200m jog	**13/11/14**	6x600m Osborne View	200m jog	Gosport Half Mara
Mike White			**Verity Wright**	Crofton Community Centre		**Jon Leigh**			
18/11/14	Titchfield Hills successive lamp posts	Jog back down	**20/11/2014**	Titchfield Figure of 8 x3		**20/11/14**	Lamp Post Fartlek—Lee Front	Mike Bell	CC6 Kings Enclosure, Stoney Cross
Mike White			**TBC**	Locks Heath Sports Centre					
25/11/14	2x2ml Locks Heath	Jog Back (3min)	**27/11/2014**	Track Session	Jog recoveries	**27/11/14**	Titchfield Rollers x6	Jog recoveries	SGR Awards Night (Sat)
Mike White	0		**Verity Wright Penny Forse**	Mountbatten Centre		**TBC**			

RACE DIARY

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

2nd NOV — LORDSHILL 10MILE ROAD RACE - HRRL (4)

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

16th NOV — GOSPORT HALF MARATHON - HRRL (5)

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

30th NOV — HAYLING 10 MILE ROAD AND TRAIL RACE

Hayling Island, Hamsphire

A flat road race with 2 miles being taken off road

www.havantac.co.uk

7th DEC — LAKESIDE 5K

Portsmouth, Hampshire

Fast 5k set in the car park at Lakeside (IBM) great way to see your progress over the summer

www.portsmouthathletic.co.uk

14th DEC — ANDY READING 10K

Bicester, Oxfordshire

The course is a flat 10km on local roads around the village of Chesterton, near Bicester, and the route takes in RAF Weston on the Green. The race starts and finishes at the Bicester Sports Association HQ in Chesterton

www.portsmouthathletic.co.uk

21st DEC — PORTSMOUTH COASTAL MARATHON

Portsmouth, Hampshire

If you like to run something slightly different just before Christmas then this is for you. Full Marathon running from South Parade Pier to the end of the Hayling Billy Line and return. With some fantastic views across Langstone Harbour. All in aid of the RNLI

www.fitprorob.biz

27th DEC — PUB TO PUB

Horndean, Hampshire

From the SHIP & BELL at Horndean to the RED LION at Chalton and back. An undulating course of approximately 7.4 miles on minor roads

www.pjc.org.uk

18th JAN — STUBBINGTON 10K - HRRL (6)

Stubbington, Hampshire

The run begins in the heart of Stubbington village, taking you through a loop of country lanes, wide open fields and scenic coastal roads.

The course is flat with a sprinkling of gentle inclines. You can look forward to eight kilometers of closed smooth-surfaced roads and plenty of support along the way

www.stubbingtongreenrunners.net

1st FEB — RYDE 10 MILE - HRRL (7)

IOW, Hampshire

One lap, undulating, scenic, taking in RYDE, ST.HELENS, NETTLESTONE, SEAVIEW, SPRINGVALE, APPLEY and back to RYDE and most of all a great away day with the Green Army

www.rydeharriers.co.uk

15th FEB — BRAMLEY ROAD RACE 10 & 20 MILE

Bramley, Hampshire

Fast and flat 10 and 20 miles road race, could be used as a build-up to a spring marathon

www.readingroadrunners.org

1st MAR — GORING 10K

Reading, Oxfordshire

Fast and flat race Set in beautiful countryside and with chip-timing, closed roads and free flapjack, the Goring 10k is regarded as one of the most enjoyable 10k races in the UK

www.going10k.co.uk

8th MAR — DEVIZES HALF MARATHON

Devizes, Wiltshire

The run will start on Church Walk, next to The Green. The route will go down Nursteed Road and head towards Monument Hill before looping off into the surrounding villages. There will be a mid way timing point. The finish line will be on The Green with a spectator friendly loop around the field

www.eventslogicuk.com