The GreenRunner

DECEMBER 2014

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2014 AWARDS NIGHT WINNERS

FINAL LEADERBOARD RESULTS

CHRISTMAS HANDICAP ROUTE

SUCCESS AT OUR FIRST CC6

THE STUBBY 10K NEEDS YOU!

Stubbington Green 10k - VOLUNTEERS NEEDED!

On the 18th January 2015 our very own Stubbington Green Runners will be staging the South Coast's premier 10k race.

The success of the race doesn't just miraculously happen, it relies heavily on the time and effort put in by the race organisers and all those helpers that volunteer their services, whether it be handing out race numbers, distributing leaflets and providing friendly marshalling etc.

One reason why the 2000 spaces fill up quickly is because the Stubbington Green 10k has a fantastic reputation that has been built up over a number of years. We wish to continue that tradition and put on a great race that is well organised, provides all the services the runners require and we have friendly volunteers and marshals covering the whole course.

To ensure we can do this again this year, we need YOU, to volunteer your services now! The club has the largest number of members it has ever had but please do not rely on others to volunteer. We need well in excess of 100 volunteers and we need YOU to register your commitment asap. Please do this by sending an email (now, before you forget) confirming your name, telephone number and preferred email address to hrrl-secretary@stubbingtongreenrunners.net.

Other running clubs that host a race may prohibit their own members from racing but we don't do that. We encourage our runners to run but on the one simple proviso, that each runner provides at least 1 marshal. With that in mind, can all those SG runners that have registered for the race please email, prior to the 19th December 2015, hrrl-secretary@stubbingtongreenrunners.net, confirming the name, telephone number and email address of your marshal. Please ensure your marshal is over the age of 18 and that they fully understand what is being asked of them.

If you have volunteered before, whether it be in the days leading up to the race or the race day itself, we would love to you to do it again! You know the drill, please email hrrl-secretary@stubbingtongreenrunners.net, confirming your name, telephone number, preferred email address and the roles that you have previously undertaken whilst volunteering your services.

Let's all pull together and make this a proud day to be a member of Stubbington Green Runners - the club that hosts a fantastic 10k race!

The Stubbington men's team came 3rd in the English National 10 mile championships at the Great South Run. We also managed 2nd (behind Winchester) in the Great Club Challenge at the GSR this is based on the aggregate time of our top 7 men and top 7 ladies.

Over these 14 runners we just missed beating Winchester by about 13 minutes so there's a challenge for next year! Well done everyone! This performance wins us 10 free places in next years GSR - the committee will decide in December how to distribute these.

FROM THE CHAIR

After a very mild Autumn the cold reality of winter has hit hard the past couple of weeks. Staying motivated to keep training is the secret to building stamina to reap the benefits in 2015, along with staying injury free. With 359 members at the last count, the training sessions offered rare being well supported. It is especially pleasing to see the support for the track sessions at the Mountbatten Centre each month. The guys who are attending are getting a real benefit from training on firm ground under good light conditions, and all motivating each other to train hard.

The recent Awards Night was once again the chance to recognise great performances over the past year, congratulations to the winners this year. It is always a difficult task to select the category winners, and the performances this year made this year no easier a task this year. Thanks to all those that came along to support the evening and make it the success that it was. An evening was a great success thanks to the hard work of the Social team, led so well by Sue Robinson. I am sure Sue is looking forward to next year already, having decided stepped down from the Social Committee in February. Thanks to Sue, and the Social team we have enjoyed many running and non running events this year which have helped to build the friendly atmosphere we have in the club today.

The final social event of the year is the traditional Mulled Wine Handicap, which is on Sunday 21st December….it is always fun to run in fancy dress! Thanks to Nick for organising and hosting the post run festivities. Chris Hall has kindly stepped forward to host the Hair of the Dog on January 1st, in Bere Forest. Please note the change of car park this year, I think Grandad Chris must be getting soft in his old age as we are meeting at the children's play area.

The first big club event in 2015 is our 10k on January 18th. Chris Brobin, has been very busy working in the background to ensure we get 2015 off to a great start. Tanya Brady has been supporting, along with Neil Stantial, and Neil Richardson has put the call out for marshals elsewhere in this Green Runner. With 2000 runners entered, we are going to need everyone to pull together and help this year. Please make sure you contact Neil to let him know how you can help, please do not assume we know you are available. We have enlisted two Scout packs this year, and support from the local Church too. However this is our race, and it is time to put a little something back into the sport and your club.

As we sign off on 2014 and reflect on another successful year thoughts will soon turn to goals and targets for 2015. Thanks to all that have run and supported the club so well at various races across the south of England, and beyond in 2014. Enjoy the Christmas break and make some time for running too, if you are like me, it helps to clear the head to set some sensible goals and plans for the year ahead.

Merry Christmas, and Happy New Year.

Graham

LONDON MARATHON 2015

The committee met on the 11/11/2014 to discuss how the 4 places the club has been given would be allocated. This was a very tough decision and we had a long and healthy debate about who was deserving of a place given that we had to reduce an applicant list of 17 down to 4. The result of this discussion was that the 4 places this year go to:-

Victoria Joel
Andy Lee
John Simister
Sharon Simpson

Congratulations to those 4 and many commiserations to those who missed out.

Social Round Up

Friday 14th November saw the inauguration of the Stubbington Green Skittle Group at The Crofton with plenty of fun and games interspersed with both liquid and solid refreshment. 22 Stubbies turned up for this event which was a perfect number for 5 teams of 4 plus scorers. During the evening we had two team games and when the scores for these were added together the winners were Kevin Ashman, Julie Ashman, Biz Cosens and Nick Crane. However the real fun of the evening was the two 'Killer' games, the first won by Mark Eaton and the second by Kevin Ashman. There was a definite mix of abilities with some excellent bowlers, some very competent bowlers and one or two, such as myself, who should perhaps stay on the scoring side!! Nevertheless everyone had a great time with lots of laughs and lots of encouragement. The Ashmans definitely came out well and managed to take 3 bottles of wine home between them!! I would like to thank Sandie for her invaluable help in organising this event as my knowledge of skittles is almost non-existent. Thanks to everyone for making it such a fun evening and hopefully we will do it again next year.

The Awards Night at David Lloyd was a fabulous evening, we had 97 people, and the last two booked just four hours before the start!!! (Rita thank you for your flexibility, it is much appreciated). The raffle raised £379 for Two Saints and the major prize of a Hamper went to Jon Leigh. Everyone had a great time though it seems the best entertainment was after most of us had left – if you haven't watched the video go on Facebook and watch, it is amazing. Many thanks to the staff and their wonderful sense of humour. Glad to hear the Christmas Tree made a full recovery. I would very much like to thank Rita and her fantastic staff who ensured that, through their hard work and enthusiasm, the evening went off so successfully. They certainly contributed a huge amount to the success of the event.

Congratulations to all the Award winners, all that hard work and training certainly paid off. I would like to thank Kevin for being such a splendid Master of Ceremonies but I would especially like to thank my fellow social committee members for all their hard work and support which made this event run so smoothly. Thank you so much Sandie, Sarah, Kathy & Nick, I could not do this without you. I would also like to say that I am so pleased at the award given to Nick as his help has always been invaluable.

December 21st is the date for the annual Christmas Handicap which will again start and finish in Hook Park just outside Nick Kimber's house. The usual rules apply, no watches, Garmin's or mobile phones and the winner is not the first past the post but the one who crosses the line closest to the finish time. The route will be posted on the website and Facebook as well as in the Green Runner so keep an eye out for it so you can all get out there and do your reccies. Fancy dress is optional but encouraged and Nick has kindly agreed to provide mince pies and mulled wine at the finish for the princely sum of £2. There are two routes, a 5 mile and an 8 mile and, given the weather, they are probably both going to be muddy so have fun!

That brings the social events to a close for this year and I would like to thank you all for your support during 2014 and hope that you have enjoyed the events that we have arranged. The next event we are planning is a quiz evening in late January/early February so watch this space…… If you have any suggestions for events then please let us know, we are always happy to entertain new ideas. I hope you all have a great Christmas and New Year and look forward to seeing you at the social events in 2015.

THE AWARD WINNERS

Time Trial Improver - Eunice Hoare

Female Leaderboard – Julie Ashman

Male Leaderboard – Adrian Piddington

Most Improved – Rob Greenwood

Junior – Murray Watson and Jack Webb

Female Marathon Performance – Melissa Hutton-Dunton

Male Marathon Performance – Daniel Foster

Female Performance – Ann Blake

Male Performance – Daniel O'Boyle

Vet Female – Marie McDonald

Vet Male – Jon Leigh

Senior Female – Lucy May

Contribution to the Club – Nick Kimber

The Druid Challenge Ridgeway

Day 1 29 miles, Day 2 27 miles and Day 3 28 miles.

Ann	Blake	
Day	Position	Total Time
1	121	07:15:10
2	138	06:55:20
3	125	07:40:04
Finish	112	21:50:34

Julie	Ashman	
Day	**Position**	**Total Time**
1	123	07:15:10
2		
3	110	06:41:04

LEEDS ABBEY DASH 10K	5694	Rachel Leach	56.21

DOWNTON HALF MARATHON 30TH NOV		
211	Jennet Woolford	01:59:28
212	Paul Woolford	01:59:28
354	Louisa Abbott	02:50:34

HAYLING 10 MILE			
63	James	Lee	70:24
184	Andrew	Richardson	82:34
356	John	Fairhurst	95:43
367	David	MacSwayne	96:43

Gower Coastal Trail Series

Half Marathon 15th November

Glen Street	2:49:15
Caroline Street	3:31:16
Julie Bowden	3:31:17

Marlow Half Marathon

On road 3 sets of hills (including one and half miles up hill at start and a one in four hill) great course lovely rural scenery

Nick Crane 1 hr 43 mins 01 sec

158th 27th mV50 648 runners

THE WOLF RUN

Michelle Simpson, Jaz Smith, Kelly Bennetts, Julie Ashman, Marie McDonald, Tracie Jarvis, Sharon Simpson, Kathy McKain, Julie Woodman, Sarah Martin, Sarah Hobby

CAPTAINS CORNER

It's been a bit of a wet month, but that hasn't prevented another set of fantastic performances for team green. We started the month at Lordshill with a good show from the Green brigade with the Ladies A home in 7th and Men A team 4th but it was the Men's D team that came 1st in Div 2 showing the strength and depth in the club!

The second round of cross countries took place the following weekend, it has been great to see many new faces trying these events this year. The Hampshires took on the muddy course at Goodwood. Luckily the worst of the rain was missed with Harry Martin again representing the juniors in U15 with an impressive 41st position. The ladies managed to get two teams out with the seniors finishing 11th and lie 7th overall. The Vet ladies were 15th and are now 8th overall. The men are having a tough time in the top division this year and currently sit in the relegation zone in 9th overall after coming in 8th. Senior men now need 3 big performances to stave off relegation. The Vet men were 6th and currently lie 5th overall.

On Sunday I went up to Queen Elizabeth Country Park for the Southerns and Andy took part in the CC6. Following the wet weather on Saturday, Sunday was beautiful and perfect cross county weather. I really enjoyed the course at Queen Elizabeth, the hills were definitely challenging, but I was reminded how lucky we are to have such great off road routes just on the door step. The ladies team finished very impressively in second place, with the men in third and Stubbington second overall. The next race is on Sunday 7th at The Bourne Woods, Farnham.

Stubbies first running outing for the CC6 was at Dibden Inclosure with a steep hill which is run over the old Hampshire Championship course. The men were 6th and the ladies 8th. The second CC6, two weeks later, at the King's Inclosure was a very muddy and tough affair we had 14 runners and it was great to see Yvonne Colley battling the course with determination and coming out on top! Jack Webb put in another solid performance for 17th. After two races the men are now 4th overall with the ladies in 6th and when combining the men and ladies score we lie 7th.

November 16th was Gosport Half Marathon and I for one was a little concerned about the proposed course and the prospect of a sea breeze. Fortunately the rain stopped just before the race started and the wind stayed away, but the supporters came out in droves. The two lap course was great for spectators and the support was amazing. There seemed to be someone round every corner giving the greens a cheer. Neil will have a full report, but there were a large number of pbs, with people knocking huge chunks off previous times. Well done everyone, what a great day. Don't forget the next HRRL is our very own Stubbington 10km. For this to be a success we need as much help as possible before and on the day, please let Graham know when you can volunteer.

Finally, Andy and I would like to thank Sue and the social team for all their efforts organising the awards evening and also Rita Leigh and her team for the delicious food. Well done to all those who won awards and to everyone who has run in the green vest this year, 2014 has been a great year, bring on 2015 and our 30th anniversary year.

Start January with a boost; next months bonus race will be the Hampshire Cross Country at Reading on the 10th January.

THE GOSPORT HALF MARATHON

A good quality and a well travelled competitive field of 2000 road runners descended on Stokes Bay in a bid to achieve personal and team glory on the new coastal course. The running conditions were first class and the course was flat and fast, ensuring that pb's were in the grasp of those willing to race hard.

Despite the honour of hosting this sought after race falling upon our running neighbours at Gosport, the race felt like a home fixture for all the Stubbington Green Runners given the location, the fantastic stubbie support along the whole course and the fact that we were once again one of the best represented clubs.

Mike White took 1st vet 55 prize whilst Simon McMorran took 2nd vet 50 prize. SGR had 57 runners and according to Run Britain, the following 16 runners achieved PBs: Nikki Roebuck, Anna Wilby-Lopez, Marie McDonald, Lisa Donn, Sarah Martin, Dawn Haynes-Sewell, Sarah Barron, Rob Greenwood, Sev Roberts, Jack Harris, Mark McDonald, Daniel Foster, Philip Martin, Jon Plomer, Simon Vingoe and Peter Simpson.

In terms of results the competition was the toughest of the year but the Men's A Team finished 4th, comprising Lewis Chalk, Andy Simpson, Rob Arkell and Rob Greenwood. The B team finished 1st in the B Division, comprising Mike White, Mark Eaton, Simon McMorran and Sev Roberts. The C Team finished in 8th place and they have to thank Jack Harris, Mark McDonald, Stuart Hiscock and James Sawyer for that position. The D team finished 1st in their division and they comprised Simon Hearnden, Daniel Foster, Graham Bell and Jon Leigh.

The ladies A Team, comprising Melissa Hutton-Dunton, Nikki Roebuck and Anna Wilby-Lopez finished 6th in a very strong A Division. The B team, comprising Victoria Joel, Verity Wright and Aga Plombon finished 7th in their division and the C Team of Marie McDonald, Gaynor Heffer and Lisa Donn finished 9th. The ladies D team comprising Kelly Bennetts, Julie Ashman and Sarah Martin finished 2nd in their division.

Finally, a massive thank you and well done to all the SGR's that made it a great occasion, especially those running in their debut race for SGR and a massive thank you to the supporters that shouted and cheered the runners throughout the race.

Onwards and upwards to the premier south coast 10K in Stubbington. **We still need many many volunteers. We are a big club now with c.500 members but please do not leave the volunteering to someone else. We need you! Volunteer now. Please let Chris Brobin and myself know that you are willing to help and we will allocate roles.**

Neil R

352	Melissa	Hutton-dunton	01:34:04
444	Nikki	Roebuck	01:36:56
620	Anna	Wilby-lopez	01:43:21
735	Victoria	Joel	01:47:17
746	Verity	Wright	01:47:35
774	Aga	Plombon	01:47:36
811	Marie	Mcdonald	01:49:24
945	Lisa	Donn	01:53:31
1072	Kelly	Bennetts	01:58:08
1098	Julie	Ashman	01:59:20
1099	Sarah	Martin	01:59:26
1186	Dawn	Haynes-sewell	02:01:46
1288	Becky	Hodgkinson	02:06:37
1289	Alex	Leighton-goodall	02:06:40
1274	Nikkie	Plomer	02:06:57
1316	Lucy	Window	02:07:54
1317	Sarah	Hobby	02:07:54
1320	Sophie	Davison	02:08:53
1334	Sarah	Barron	02:09:11
1416	Sharon	Simpson	02:16:02

15	Lewis	Chalk	01:13:36
37	Andy	Simpson	01:16:07
59	Rob	Arkell	01:19:32
67	Rob	Greenwood	01:20:08
90	Mike P	White	01:21:56
99	Mark	Eaton	01:22:41
106	Sev	Roberts	01:23:00
104	Simon	Mcmorran	01:23:05
160	Jack	Harris	01:26:18
210	Mark	Mcdonald	01:28:18
227	Stuart	Hiscock	01:29:09
246	Simon	Hearnden	01:29:40
249	Daniel	Foster	01:29:47
252	Graham	Bell	01:29:53
244	James	Sawyer	01:29:54
272	Jon	Leigh	01:30:40
308	Philip	Martin	01:31:53
322	Marcus	Lee	01:32:56
328	Jon	Plomer	01:33:01
383	James	Lee	01:35:08
409	Thomas	Mcclements	01:35:31
439	Andy	Lee	01:36:51
498	Graham	Martin	01:38:25
494	Neil	Stantiall	01:38:30
613	Simon	Vingoe	01:42:45
622	Tim	Matthews	01:43:33
631	Dan	Hughes	01:43:55
675	Peter	Simpson	01:44:43
749	Gavin	Rennie	01:47:44
914	Keith	Whitaker	01:51:55
913	Gaynor	Heffer	01:52:28
941	John	Cox	01:53:22
942	Andy	Richardson	01:53:30
1005	George	Howarth	01:55:48
1091	Nigel	Whitcher	01:59:25
1185	John	Blake	02:01:46

PERFORMANCES OF THE MONTH

Ann Blake for her incredible Druid Challenge Ridgeway Multistage Ultra

Richard Snell – for his cracking performance at the Lordshill 10 where he took 3 minutes off his previous PB earlier in the year at Salisbury, coming in at 1:09:33. That's an average pace of 6:57. Not bad for someone who has been running years and is getting on a bit. The tempo sessions on Wednesday nights are obviously paying off!

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

HAMPSHIRE ROAD RACE LEAGUE LATEST TABLES

	MENS A	
1	**Stubb'ton**	14
2	So'ton AC	14
3	Winchester	18
4	Lordshill	19
5	Overton	19
6	Denmead	34
7	Farnham	35
8	Eastleigh	38
9	Salisbury	38
10	PompeyJ	45

	LADIES A	
1	Winchester	6
2	Victory	18
3	Lordshill	22
4	**Stubb'ton**	24
5	New Forest	26
6	Totton	32
7	Eastleigh	35
8	Fareham	36
9	Salisbury	38
10	Alton	39

	LADIES B DIV 1	
1	Winchester B	5
2	Winchester C	12
3	Lordshill B	18
4	Hedge End	20
5	**Stubb'ton B**	31
6	Victory	32
7	Fareham	46
8	**Stubb'ton C**	47
9	Totton	50
10	Salisbury	55
11	IOW RR	56
12	Lordshill C	56
13	Alton	57
14	Eastleigh	58

	MENS B DIV 2	
1	**Stubb'ton D**	7
2	Victory	23
3	Hardley	28
4	Lordshill D	36
5	Totton	38
6	New Forest	46
7	Farnham C	47
8	PompeyJ C	49
9	IOW RR	58
10	Andover	59
11	Alton	62
12	Gosport	64
13	Ryde	76
14	Aldershot	85
14	Poole AC	85
14	PortsmAC	85

	MENS B DIV 1	
1	**Stubb'ton B**	9
2	Winchester B	13
3	Lordshill B	17
4	**Stubb'ton C**	28
5	Winchester C	29
6	So'ton AC	36
7	Farnham B	37
8	Fareham	46
9	Hedge End	47
10	Lordshill C	54
11	Eastleigh	56
12	PompeyJ B	57
13	Denmead	59
14	Overton	61
15	Salisbury	66

	LADIES B DIV 2	
1	Denmead	20
2	PompeyJ	38
3	**Stubb'ton D**	39
4	Gosport	40
5	Farnham	42
6	So'ton AC	43
7	Overton	53
8	New Forest	61
9	Ryde	64
10	Hardley	66
11	Aldershot	75
12	Andover	75
12	Poole AC	75
12	PortsmAC	75

LORDSHILL 10 MILE

We were slightly down on numbers for this popular 10 mile race when compared to last year's numbers but we still had 30 runners who braved the chilly autumn morning. Fortunately the pre race torrential passed through before the start and the high quality road racing soon heated things up.

Of the 30 SGR's there were 12 pb's (according to Runbritain). This is an great performance and is good reward for the hard work and planning that the runners, coaches and leaders are putting in to the training nights. Dan O'Boyle led the Stubby Green army home finishing in 4th overall and smashing his 10 mile PB, in a time of 52mins 52 secs, whilst Mike White was 1st vet 50.

The Men's A team comprising Dan O'Boyle (pb) Andy Simpson, Mark Eaton and Sev Roberts (pb) finished 4th but retained top spot in the league. The men's B team, comprising Mike White, Howard Clark, Jack Harris (pb) and Mark McDonald (pb) finished 3rd but also retained top spot in their division. The men's C team of Graham Bell, Stuart Hiscock, Daniel Foster (pb) and Marcus Lee took 7th spot in the B division. The Men's D team comprising Jon Plomer, Richard Snell (pb) Murray Watson and Andy Lee took 1st spot in their league.

The ladies A team comprising Melissa Hutton-Dunton, Gill Rose and Gaynor Heffer (pb) finished 7th in the A Division. The ladies B team comprising Aga Plombon, Nikkie Plomer (pb) and Sarah Barron finished 10th, whilst the C Team of Alex Leighton-Goodall, Sandie McIntosh and Sue Robinson finished 11th.

Other runners that achieved pb's are Haydn Brown, James Lewington, Peter Simpson and Simon Vingoe.

A big well done to all the runners and supporters.

Neil R

4	Daniel	O'boyle	4	00:52:52
21	Andy	Simpson	3	00:57:39
51	Mark	Eaton	12	01:01:48
54	Sev	Roberts	37	01:02:07
61	Mike	White	1	01:02:39
76	Howard	Clark	22	01:03:19
99	Jack	Harris	51	01:05:15
104	Mark	Mcdonald	34	01:05:38
106	Graham	Bell	36	01:05:48
138	Stuart	Hiscock	68	01:07:42
143	Daniel	Foster	71	01:07:57
155	Marcus	Lee	49	01:08:32
156	Jon	Plomer	50	01:08:38
171	Richard	Snell	53	01:09:33
175	Murray	Watson	4	01:10:05
208	Andy	Lee	20	01:12:21
215	Haydn	Brown	22	01:12:52
223	James	Lewington	85	01:13:19
253	Peter	Simpson	93	01:15:25
261	Simon	Vingoe	96	01:15:59
389	John	Simister	48	01:27:19

183	Melissa	Hutton-dunton	8	01:10:33
233	Gill	Rose	8	01:14:00
357	Gaynor	Heffer	32	01:23:45
384	Aga	Plombon	31	01:26:11
435	Nikkie	Plomer	46	01:33:02
438	Sarah	Barron	48	01:34:01
457	Alex	Leighton-goodall	52	01:37:07
477	Sandie	Mcintosh	13	01:40:35
479	Sue	Robinson	14	01:41:09

Southern Cross Country League
QE Country Park 9th Nov 2014

Ladies team 2nd	
Daisy Hall	4
Georgie Gair	7
Nikki Roebuck	20
Lee Stantial	30
Sally McGrath	51
Tracie Jarvis	177
Kaarina May	181
Yvonne Fisher	191

Mens team 4th	
James Sawyer	9
Boe Harper	14
Darragh Hendley	30
Mike White	43
Will Feline	44
James Lee	78
Tom McClements	82
Nick Crane	105
Jon Leigh	106
Mike Harper	111
Liam Dredge	113
Richard Bailey	114
Andy Lee	145
Mike Bell	149
David Langrish	201
Andy Richardson	279
John Vose	306

hampshire athletics

The Goodwood Hants cross country saw the return of strong winds and for the men's race rain (only fair as the ladies got it last time). The course was the normal one taking in both the woods and the hilly fields but despite some of the wet weather it wasn't too slippery under foot.

The day got off to a good start with Harry Martin running in the U15s and finishing 8 places higher than at Farley Mount.

Next was the ladies, fortunately despite the smaller numbers (5) we were still able to field a senior and a vets team which was great. As a result the ladies senior team finished 11th on the day taking them to =7th over the two races so far and the vets were 15th taking them to 8th overall. It's fantastic that we are getting teams out, as if we don't have a team in only one of the races we will no longer count in the league.

Finally 12 men ran and as with the ladies we fielded a senior and vets team. The seniors were 8th on the day leaving them 9th in the league, this is in the relegation zone but the finish at Goodwood closed the gap on the 8th placed team (Reading - who were 9th on the day) If we finish the season in 8th we remain in the top division. The Vets team were 5th giving them an overall position of 6th, and yet again closing the gap on the 5th team.

Everybody ran well in difficult conditions but I feel that Dawn should receive a special mention for running her first Hants cross country only a couple of weeks after an operation (I did check she was ok to run - honest!) There were other first timers too and thanks to those for coming and running - I hope you enjoyed it.

In addition to the days running I awarded medals to those men that turned up most regularly and scored most often for last years promotion to the top division. Well done to Tom Callaway, Dan Foster, Andy Simpson who received their medals and to Mark Eaton and Tim Sullivan who should contact Andy for their medals.

Thanks

John Blake (XC Captain)

48	Andy Simpson	31.23
73	Boe Harper	32.54
99	Joe Peat	34.09
114	Mike White	34.35
145	Dan Foster	36.53
152	Liam Dredge	37.17
156	Ian Race	37.33
167	John Blake	38.13
172	Phil Martin	38.28
178	Graham Jones	38.40
196	Peter Simpson	40.03
199	Tom Callaway	40.13
41	Harry Martin	17:39
34	Georgie Gair	23:47
38	Daisy Hall	24.05
91	Sally Mcgrath	27.54
132	Dawn Haynes-Sewell	31.34
140	Sarah Martin	32.58

1	ANDY SIMPSON
15	JACK WEBB
43	ALEX JOHNSON
69	PAUL SMITH

39	VERITY WRIGHT
54	DAWN HAYNES-SEWELL
68	PAM KEMP
72	MICHELLE SIMPSON
73	SARAH MARTIN

2	ANDY SIMPSON
17	JACK WEBB
30	IAN RACE
40	LIAM DREDGE
42	GRAHAM BELL
48	NICK CRANE
73	MIKE DONNOVAN
91	KEVIN ASHMAN

CC6 A VERY HILLY AND MUDDY STONEY CROSS

7	GEORGINA GAIR
25	DAWN HAYNES-SEWELL
38	JULIE ASHMAN
40	SARAH MARTIN
42	KAREN SALMON
45	PAM KEMP
60	YVONNE FISHER

HAIR OF THE DOG NEW YEARS DAY

After many years running from Woodend car Park this years Hair of the Dog will now start at West Walk Car Park, Bere Forest, Hundred Acres Road, PO17 6JD.

This social run takes place every year at 11am to blow away the cobwebs from the night before. It is a 5 mile run around the forest in what is usually very muddy conditions, if your lucky you may see me push Andy Lee in a puddle. All abilities welcome as well as walkers of which are usually quite a few. Afterwards there will be mulled wine and mince pies but no cakes. The reason I have changed car parks is that there is a great kids play area and toilets. So bring the family.

Parking
Parking charges are up to 2 hours £1.50, 2 to 4 hours £2.50 and over 4 hours £4.00.

Look forward to seeing you all there, have a great Christmas and remember your rivals will run Christmas Day so get out there

Chris Hall

December 21st

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 11am. Fancy dress is optional and a wonderful selection of last year's leftovers will be on offer for prizes.

Entry fee is £2 per head to cover costs and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading! Contact Nick at nick@hookpark.co.uk or text 07977 411452. An honesty bucket will be at the finish for the entry fees!

This year again you have the choice of two course lengths, either just under 5 miles or just over 8. Both routes will be muddy and off road shoes should be used.
The routes start and finish at the same point, junction of Hook Park Road and Workmans Lane in Warsash, with the first and last 2 miles of the route running together.

1. Start by running down Workmans Lane towards the coast, when you have passed through the gate turn left and continual until you reach the entrance for Solent Breezes.

2. Go in to Solent Breezes and keep to your left until you come out at the corner of Chilling Field and the Sea.

3. Run along the coastal path towards Meon , going over the wooden bridge and continual along the coast until you reach a point where the path forks , at that point take a sharp left , and head up between the fields. The stile which use to be at this point has disappeared.

4. Head up this path until you reach a stile at the end, at this point the 2 routes split, for those doing the 5 mile route turn left and the 8 milers turn right.

5. Those doing the 8 mile now follow instructions A-F before meeting back up with 5 mile course instructions.

6. Five milers, once you have turn left at the stile, follow the footpath around the back of Thatchers Copse keeping to your left until you reach Bromwich Lane. Now turn Left, heading down the concrete road towards the sea

7. Follow this concrete path as it bears right, (National Cycle route 2 signs) do not turn left toward the sea, you should end up in Chilling Field.

8. Then turn right and follow the National Cycle route 2 signs around the top end of the field.

9. When the path bears left you need to go straight on into the small car park and bear right, until you reach the tarmac road.

10. At this point turn left passing in front of Solent Breezes until you reach Workmans Lane again, turn right, up the lane to the finish.

A. 8 milers, once you have turned right follow the path until just before the large house with a roof similar to the Sydney Opera House. There is a hole in the hedge about 75 yards before this house , go through this hole and turn right towards the sea.

B. When you get to The Meon Beach Chalets turn left and run behind them till you reach the road.

C. Cross the road going into Tichfield Haven, now run up the Haven towards Tichfield until you reach a small bridge on your left, take this path in to Steve Harris strawberry fields.

D. Follow the path though the Strawberry fields all the way up, passing some houses on your right until you reach a metal 5 bar gate, now turn left, after 100 yards you come to Posbrook lane.

E. Cross the lane and go through a wooden kissing gate, keep to your right and run across the fields until you reach Bromwich Lane.

F. Turn left and head down Bromwich Lane towards the sea; you will now rejoin the 5 mile route, following instructions 7, onwards.

THE FINAL LEADERBOARD. WELL DONE JULIE AND ADRIAN

1	Julie Ashman	751	39	Brigid Hone	129	77	Julie James	45	115	Karen Salmon	11
2	Verity Wright	364	40	Rowena Dodds	114	78	Laoise Toal	45	116	Angie Crane	10
3	Sharon Simpson	352	41	Lisa Donn	111	79	Sophie Davison	42	117	Clare Roberts	10
4	Nikki Roebuck	346	42	Helen Nicholls	108	80	Jane Butler	41	118	Dayna Else	10
5	Lucy May	334	43	Wendy Holloway	108	81	Mandy Burton	40	119	Di Masson	10
6	Sarah Martin	333	44	Elizabeth Mitchell	104	82	Laura Chalk	38	120	Gemma Eldridge	10
7	Clara Fordina	270	45	Laura Wainwright	104	83	Hollie Smith	37	121	Julie Ryman	10
8	Sarah Barron	264	46	Jennie Lee	103	84	Katherine Briggs	37	122	Karen Nichols	10
9	Nicki White	257	47	Nikkie Plomer	103	85	Kathy McKain	36	123	Louisa Abbott	10
10	Marie McDonald	250	48	Eunice Hoare	98	86	Tracie Jarvis	36	124	Lucy Carter	10
11	Anna Wilby-Lopez	246	49	Julia Park	98	87	Laura Evans	35	125	Marie Fitzgerald	10
12	Aga Plombon	238	50	Michelle Simpson	90	88	Katie Simister	33	126	Sharon Hughes	10
13	Donna Mitchell	227	51	Sonia Robins	90	89	Ronel Beukman	33	127	Tanya Brady	10
14	Caroline Street	221	52	Claire Campbell	85	90	Sandra Abrams	32	128	Ann Vestergaard	9
15	Susie Macgregor	214	53	Liz Hall	83	91	Jennet Woolford	31	129	Becky Hodgkinson	8
16	Biz Cosens	212	54	Jane Adlard	75	92	Lizzie Martin	31	130	Claire Fairbrother	7
17	Ann Blake	205	55	Dawn Haynes-Sewell	74	93	Gemma Jones	29	131	Rachel Bednarski	7
18	Sarah Hobby	198	56	Gemma Fleming	74	94	Sharon Clarke	28	132	Yvonne Fisher	7
19	Penny Forse	197	57	Julie Dinwoodie	72	95	Tracy Terry	28	133	Angela Benfield	6
20	Gaynor Heffer	196	58	Alex Leighton Goodhall	71	96	Debbie Spinks	26	134	Heather Hudson	6
21	Kelly Bennetts	196	59	Georgie Gair	71	97	Anne Trotman	25	135	Helen Kimber	6
22	Hilary Gulliver	194	60	Petra Wagenblast	71	98	Jen Elkins	25	136	Jacqueline O'Rourke	6
23	Lucy Window	194	61	Sarah Smith	70	99	Jenny Hearnden	25	137	Kayleigh Abbott	6
24	Gill Rose	193	62	Samantha Stockwell	68	100	Chloe Simpson	24	138	Lucinda Le Gassick	6
25	Tina Chantry	183	63	Rachael Openshaw	66	101	Elizabeth Miles	23	139	Lucy Wilson	6
26	Sue Robinson	177	64	Kerry Dodsworth	60	102	Katherine Chowns	23	140	Pamela Kemp	6
27	Sandie Mcintosh	169	65	Holly Stockwell	58	103	Erica Wallbridge	22	141	Rachel Creasey	6
28	Alison MacSwayne	163	66	Kate Marsh	58	104	Rachel Richardson	22	142	Sandra Hook	6
29	Julie Bowden	162	67	Louise Wills	58	105	Caroline Chapman	20	143	Lucy Maggs	5
30	Lee Stantiall	162	68	Sarah Boddy	58	106	Kay Sadler	20	144	Nia Bruster	5
31	Rachael Leach	158	69	Clare Thorpe	57	107	Vix Kitcher	19	145	Jenny Birks	4
32	Melissa Hutton-Dunton	152	70	Kaarina May	55	108	Claire Jones	17	146	Linda Kopinska	4
33	Daisy Hall	142	71	Agata Whitaker	53	109	Caz Lee	13	147	Nicky Peskett	4
34	Julie Salt	142	72	Sandra Clark	53	110	Ella Bennetts	13	148	Alison Attwood	3
35	Victoria Joel	138	73	Sue Simister	53	111	Kathryn Davies	13	149	Bethan Davis	3
36	Sally McGrath	134	74	Nikki Radford	52	112	Jan Southon	12	150	Bev Watson	3
37	Jasmine Smith	132	75	Hannah Smith	45	113	Shelley Thomas	12	151	Jenna Smith	3
38	Julie Woodman	131	76	Julia Webb	45	114	Clare Longman	11	152	Rubymay Wild	3

1	Adrian Piddington	567	46	Neil Richardson	186	91	John Fairhurst	71	136	Tim Sullivan	21
2	Andy Simpson	520	47	David MacSwayne	183	92	Mark Le Gassick	69	137	Tommy Cave	21
3	Dan Foster	505	48	Howard Clark	178	93	Steven Ellis	69	138	Gary Littlecott	20
4	James Sawyer	498	49	Phil Hobby	177	94	Phil May	68	139	Mark Porter	19
5	Jon Leigh	479	50	Chris Leach	175	95	Graham Martin	67	140	Sebastian Desmoulins	19
6	Mike Harper	474	51	Chris Hall	173	96	Graham James	66	141	Wayne Ewens	19
7	Tom Callaway	471	52	John Blake	171	97	Jamie Stockwell	65	142	Tim Smart	17
8	Nigel Witcher	421	53	Daragh Hendley	170	98	Mike Bainbridge	64	143	George Rennie	16
9	Allan Stinson	413	54	Paul Hammond	167	99	Danny Hughes	63	144	James Keen	16
10	John Tussler	376	55	Mike Bell	165	100	Simon Ellis	63	145	Tom McClements	16
11	Lewis Chalk	368	56	Simon Hearnden	165	101	Seamus Stinson	60	146	Ryan Simpson	14
12	Mark Eaton	363	57	Tim Crumpton	164	102	Terry French	60	147	Chris Roebuck	13
13	Robert Spencer	351	58	John Simister	163	103	Stephen Wallbridge	59	148	Johnathon Roper	13
14	Mark McDonald	345	59	Ray Gunner	162	104	Dan Jones	55	149	Tobin Landricombe	12
15	Euan McGrath	331	60	Daniel O'Boyle	161	105	Sam Bell	53	150	David Richards	10
16	James Lewington	328	61	John Cox	160	106	Mike Wotton	52	151	Ian Race	10
17	Nick Crane	323	62	Paul Southon	160	107	Paul Jacob	50	152	Martin Neal	10
18	Andrew Stockwell	320	63	Glen Street	155	108	Harry Martin	48	153	Robert Blackmore	10
19	Andy Lee	318	64	John Salt	155	109	Robert Nicholls	45	154	Stephen Trotman	10
20	Mike White	307	65	Martyn Banner	147	110	Wez Jones	45	155	Tom Cleary	10
21	Keith Whitaker	294	66	Simon Vingoe	145	111	Gordon Westley	44	156	Dudley Malster	9
22	Peter Simpson	289	67	Tom Mellor	142	112	Aitken Hunter	42	157	Harry Roebuck	9
23	William Feline	277	68	David Castle	138	113	Tom Whitcher	42	158	Matthew Abbott	9
24	Liam Dredge	271	69	Paul Smith	137	114	Chris McGaw	41	159	Chris Patterson	8
25	Alan White	261	70	Jonathan Plomer	135	115	David Abrams	40	160	Ben Smith	6
26	Russell Mead	260	71	Stuart MacNamara	135	116	James Hall	38	161	Julian Web	6
27	David Langrish	254	72	Mike Donovan	134	117	Paul Woolford	35	162	Martyn Thorpe	6
28	Richard Chowns	253	73	Lewis Banner	131	118	Tomas Stinson	33	163	Richard Batten	6
29	Murray Watson	252	74	Richard Edmunds	131	119	Duncan Borthwick	32	164	Sam Smith	6
30	George Howarth	250	75	Toby Greenfield	130	120	Matt Gould	32	165	Sean Stinson	6
31	Philip Martin	248	76	Haydn Brown	121	121	Peter Rawlins	31	166	Simon Carson Jones	6
32	Graham Bell	240	77	Chris Brobin	107	122	Ryan Gunner	29	167	Steven Peach	6
33	Marcus Lee	238	78	Del Granger	100	123	Keith Carter	27	168	Anthony McSwayne	5
34	Paul Coverdale	238	79	James Lee	99	124	Nico Beukman	26	169	Bob Blackmore	5
35	Sev Roberts	238	80	Russ Coleman	99	125	Roger Fairhurst	26	170	Bob Moore	5
36	Nick Kimber	228	81	Tim Matthews	98	126	Steven Whitaker	26	171	Dai Jones	5
37	Jack Webb	222	82	Andrew Richardson	97	127	Eric Beck	25	172	Tor Duffin	5
38	Andrew Smith	213	83	Stuart Hiscock	93	128	John Exley	25	173	Samuel Masson	4
39	Neil Stantiall	209	84	Alan Eames	91	129	Joseph Peat	25	174	Tim McNally	4
40	Kevin Ashman	206	85	Gavin Rennie	88	130	Robert Hinkley	25	175	Darley Dale	3
41	Richard Snell	205	86	Jack Harris	88	131	Thomas Cave	24	176	Dave King	3
42	Phillip Whitehouse	198	87	Kevin Toal	86	132	Ryan Thomas	23	177	David McNeish	3
43	Rob Greenwood	195	88	Tom Macswayne	85	133	Andrew Miles	22	178	Tony Smith	3
44	Boe Harper	194	89	David Pheby	83	134	Neil Jarvis	22			
45	Simon McMorran	191	90	John Vose	78	135	Dave Jeffery	21			

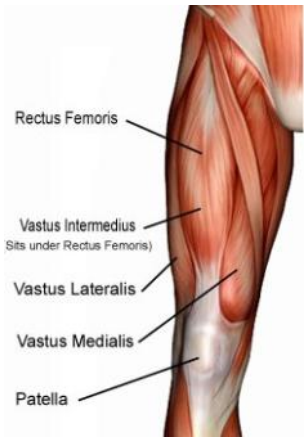
Gill Rose
LSSM (Dip) MISRM

Introducing the muscles of the pelvis & thigh

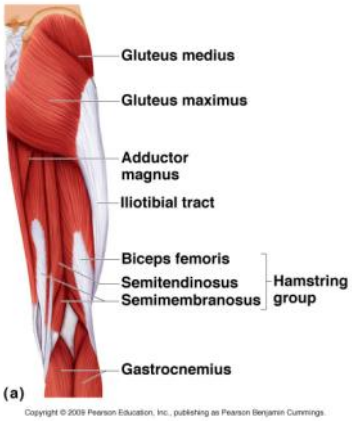
The muscles of the pelvis and thigh work together primarily to create movement at the hip and knee joints. They also help in stabilising the pelvis.

Quadriceps

The are 4 quads located at the front of the thigh primarily responsible for extending the knee. The Rectus Femoris is the only one that crosses the hip joint as well as the knee joint so flexes the hip too. They are antagonists to the hamstrings and are used in the forward motion of your leg when running. They also help to stabilise your knee. A lot of people have an imbalance between their lateral and medial quads which can lead to problems at the knee due to the knee cap pulling out of line.



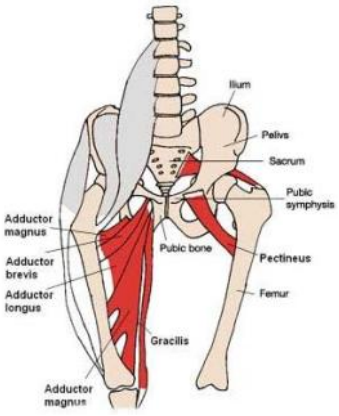
Hamstrings



There are 3 hamstring muscles located on the back of the thigh. They all extend the hip, flex the knee and tilt the pelvis backwards. The Biceps Femoris also laterally rotates the flexed knee and the medial hamstrings medially rotate the flexed knee. The hamstrings also assist in laterally and medially rotating the hips. They come into play as you take your leg behind you during running and also help to stabilise your hip while bending over to tie your shoe laces (incidentally an easy way to pull your hamstring if you are a bit wobbly!). A lot of runners use their hamstrings far too much e.g. when they have lazy glutes, and the muscles get tired and injured.

Adductors

There are 5 adductors located along the inside of the thigh between the hamstrings and the quads. They are primarily responsible for adducting (bringing the legs together) and medially rotating the hips. The Adductor Magnus is the broadest of these muscles and the posterior fibres extend the hip. The Gracilis is the only one to cross the knee joint, hence it also flexes the knee and medially rotates the flexed knee. They stabilise and control the movement of our legs when running, sprinting or doing anything that involves sudden changes of direction. When we say we have a groin strain it is one of these muscles that is affected. Strains usually occur when sprinting, changing direction or in rapid movements of the leg against resistance such as kicking a football (hence a common footballers injury).

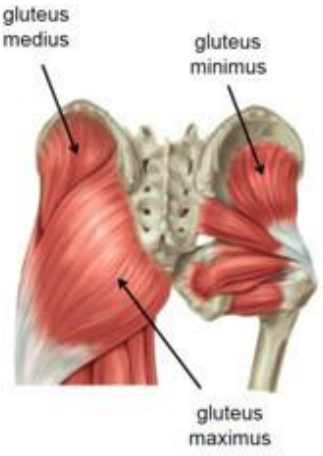


Sartorius

This is the longest muscle in the body running from the top of the lateral side of the thigh/pelvis to the medial side of the knee. Its name comes from “sartor” meaning tailor and refers to its ability to bring the thigh and leg into the position a tailor would use when sewing (men often sit like this). It has 5 actions - flexing, abducting and laterally rotating the hip, flexing the knee and medially rotating the flexed knee. The muscle inserts into the Pes Anserinus Tendon along with the Gracilis and the Semitendinosus (one of the medial hamstrings). This tendon sometimes gets painful and sore in runners.

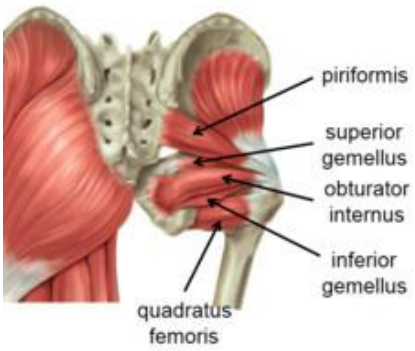
Gluteals

There are 3 gluteal muscles located in your buttock region. The Gluteus Maximus and Gluteus Medius are superficial and primarily extend, abduct and laterally rotate the hip. The more anterior fibres of the Gluteus Medius flex and medially rotate the hip. The Gluteus Minimus lies deep to the Gluteus Medius and flexes and medially rotes the hip as well as abducting the hip. The glutes are your power muscles but are often lazy! They will give you the power and propulsion when running if you get them firing.



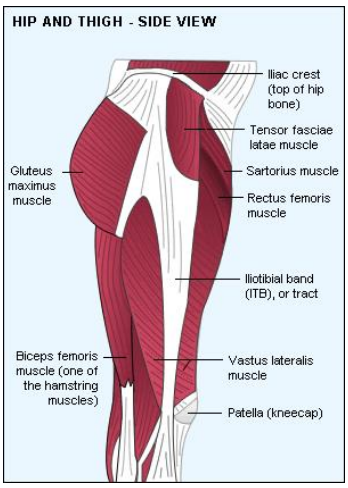
Lateral hip rotators

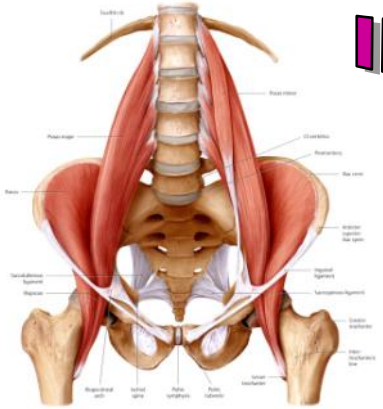
There are 6 lateral hip rotators which do exactly as described, they laterally rotate the hip! The Piriformis however, also abducts the hip when it is flexed. They are small muscles located deep to the Gluteus Maximus and attach at the one end to the sacrum and pelvis and the other end to the top of the thigh bone. All are deep to the Sciatic nerve apart from the Piriformis which lies over it (in a few people the sciatic nerves runs right through the Piriformis). When the Piriformis is over contracted it can press on the nerve and cause sciatic type symptoms down the back of the leg to the foot. We use these rotators while running and to stabilise the pelvis while standing. The Piriformis controls rapid medial rotation of the hip during the early phase of walking and running and because so many people have lazy and weak glutes (which are supposed to abduct and laterally rotate your hips) the Piriformis has to work very hard to counteract medial rotation and adduction.



TFL

The Tensor Fasciae Latae (TFL) is a small but important muscle located on the outside of your upper thigh. It attaches to the Iliotibial Band (ITB), along with the Gluteus Maximus. The ITB is a superficial sheet of fascia that runs down the outside of your thigh and inserts onto your Tibia just below the outer side of your knee. Its function is to stabilise the hip and knee and is therefore not meant to be flexible in the same way a muscle is. It also does not become short and tight (no matter what it feels like!). Your TFL flexes, medially rotates and abducts your hip. When you have ITB problems (which generally cause issues on the outer side of your knee and sometimes your hip), your TFL muscle usually needs working on to release some of the tension on your ITB. Sometimes your ITB can become a bit "glued" to the Vastus Lateralis (quad) underneath and a bit of work needs to be done to release this.





Iliopsoas

The Iliopsoas is made up of the Iliacus and the Psoas Major muscles. They are important hip flexors and lower back stabilisers. About 40% of us also have a Psoas Minor. The Psoas Major primarily flexes the hip. In certain circumstances it also flexes the trunk towards the thigh and tilts the pelvis forwards. The Iliacus also flexes the hip and again, in certain circumstances, flexes the trunk towards the thigh and tilts the pelvis forwards. You will use your Iliopsoas when running up hills or getting up from lying down, but probably more importantly you will use it to help stabilise the lumbar spine. People with a pronounced lumbar curve usually have a short Iliopsoas and this can often cause lower back pain.

Netley 25 Oct	
Ryan Simpson	23.57
Chloe Simpson	34.47
Netley 1 Nov	
Chris Leach	19.05
Joseph Peat	19.39
Jon Leigh	21.02
Daniel Foster	21.10
Richard Chowns	21.27
Nigel Whitcher	22.43
Mike Harper	22.44
Ryan Simpson	22.45
Paul Southon	23.34
Verity Wright	24.19
Andy Richardson	24.20
Glen Street	25.00
Russell Mead	25.03
Harry Roebuck	25.10
Nikki Roebuck	25.11
Bethan Davis	26.38
David MacSwayne	26.51
Jules Dinwoodie	28.08
Alison MacSwayne	28.09
Rachel Leach	28.12
Kate Aldom	28.58
Tom Mellor	29.36
Terry French	33.23
Julie Salt	33.56
Andrew Smith	35.30
Wendy Holloway	35.48
Eastleigh 1 Nov	
Ian Race	21.18
Haydn Brown	21.32
Havant 1 Nov	
James Lee	20.26
Robert Spencer	31.30
QE Park 1 Nov	
Howard Clark	19.18
Chris Hall	20.08
Daisy Hall	21.16
Alethea Stantiall	23.10

Netley 8 Nov	
Chris Leach	18.50
Neil Stantiall	21.37
Dan Foster	21.37
Paul Southon	23.39
Susie MacGregor	23.52
Hilary Gulliver	23.58
Bethan Davis	25.35
Glen Street	26.17
David MacSwayne	26.35
John Tussler	27.03
Alison MacSwayne	27.51
Becky Hodgkinson	28.28
Robert Spencer	29.07
Tom Mellor	29.21
Jaz Smith	30.49
Terry French	32.36
Eastleigh 8 Nov	
Haydn Brown	21.41
Basingstoke 8 Nov	
Allan Stinson	29.14
Winchester 8 Nov	
Paul Coverdale	21.54
Russell Mead	25.35
Pegwell Bay 8 Nov	
Sev Roberts	18.27
QE Park 8 Nov	
Mike Harper	21.45
Eastleigh 15 Nov	
Keith Whitaker	30.55
Southsea 15 Nov	
James Sawyer	18.26
Mike Harper	25.48
Winchester 15 Nov	
Paul Coverdale	21.37
Gordon Westley	22.36

Netley 15 Nov	
Lewis Chalk	18.35
Dan Foster	20.22
Alethea Stantiall	22.51
Paul Southon	23.47
Susie MacGregor	24.53
Russell Mead	25.19
Bethan Davis	26.02
John Tussler	27.29
David MacSwayne	27.49
Jules Dinwoodie	28.35
Kate Aldom	29.03
Tom Mellor	29.44
Martyn Poore	32.43
Andover 15 Nov	
Terry French	32.05
Harrogate 15 Nov	
Rachel Leach	33.34
Clonakilty 15 Nov	
Allan Stinson	28.53
Great Cornard 15 Nov	
Robert Spencer	27.54
Harcourt Hill 15 Nov	
Sam Bell	22.20
Southampton 22 Nov	
James Sawyer	18.45
Mike Harper	24.07
Robert Spencer	28.59
Southsea 22 Nov	
James Lee	19.38
Eastleigh 22 Nov	
Haydn Brown	21.38
Havant 22 Nov	
Chris Hall	19.33
Daisy Hall	20.45

Netley 22 Nov	
Andy Simpson	18.10
Sev Roberts	19.57
Dan Foster	20.19
Rebecca Lord	21.20
Alethea Stantiall	21.54
Nikki Roebuck	22.06
Paul Southon	23.58
Susie MacGregor	24.33
Glen Street	25.08
Bethan Davis	26.48
David MacSwayne	27.38
John Tussler	27.41
Kate Aldom	28.50
Alison MacSwayne	29.22
Liz Weighall	32.19
Melissa Cosens	36.10
Wendy Holloway	39.23
Andrew Smith	39.23
Basingstoke 22 Nov	
Allan Stinson	33.17
Cardiff 22 Nov	
Rob Greenwood	17.43
Enfield 22 Nov	
Philip Whitehouse	22.46
Winchester 22 Nov	
Chris Leach	18.59
Gordon Westley	22.25
Russell Mead	25.17
Jules Dinwoodie	27.53
Barking 22 Nov	
David Langrish	21.51
QE Park 22 Nov	
Keith Whitaker	26.27
Reigate Priory 22 Nov	
Terry French	34.06
Harcourt Hill 22 Nov	
Sam Bell	23.14

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

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!
Hill running is for 20 to 30 minutes (depending on ability) after the warm up.

Monday 1st December	Leafy Lane 1.1km loops
Monday 8th December	Pyramids of short hills
Monday 15th December	Kenyan Hills 4 x 6 mins with 2 mins recovery
Monday 22nd December	3 - 5 x 1 mile flat loops with 2 mins recovery
Monday 29th December	3 sets of 60s hill (jog down) 45s hill (jog down) 30s hill (jog down) 15s hill (jog down) with 5 minutes rest between sets

TUESDAY AND THURSDAY TRAINING DECEMBER

Day/Time	Tuesday	7pm
Meeting Point	Locks Heath Sports Centre, Warsash Road	

02/12/2014	Red Path 3x1.5	Jog 300m to start (set off in reverse order)
Mike White		
09/12/2014	4x6min Kenyan hills Woodpecker close	2min
Mike White		
16/12/2014	5x1ml St John's rd	2min
Mike White		
23/12/2014	No Club Session	
30/12/2014	No Club Session	

Day/Time	Thursday	6:30pm
Meeting Point	Locks Heath Sports Centre, Warsash Road / Crofton Community Centre, Stubbington / Mountbatten Centre , Portsmouth	

04/12/2014	Red Path 3x1.5	Jog 300m to start (set off in reverse order)
Mike Bell	Locks Heath Sports Centre	
11/12/2014	15 min x 2 Lee Front	3mins, (or up to 5min)
Graham Bell	Crofton Community Centre	
18/12/2014	Track Session	
Verity Wright / Penny Forse	Mountbatten Centre, Portsmouth	
25/12/2014	No Club Session	
01/01/2015	No Club Session	

Day/Time	Thursday	7pm
Meeting Point	Crofton Community Centre, Stubbington	

04/12/2014	Cuckoo lane 6x1km	300m Jog rec
Mike Harper		
11/12/2014	15 min x 2 Lee Front	3 mins
Jon Leigh		
18/12/2014	TBC - dependent on track session	TBC
25/12/2014	No Club Session	
01/01/2015	No Club Session	

Weekend Races
Hants XC, Popham (Sat) / SXCL Bourne Woods
CC6 Janesmore Pond, Stoney Cross
SGR Club Handicap
SXCL Lord Wandsworth College
Hants XC Champs, Eastleigh (Sat)

RACE DIARY

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

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