The GreenRunner

FEBRUARY 2015

www.stubbingtongreenrunners.net | @StubbGR

IN THIS MONTHS ISSUE.....

STUBBY 10K RESULTS AND REPORTS

YOUR INVITATION TO THE AGM

CROSS COUNTRY CHAMPIONSHIP RESULTS

THE NEW LEADERBOARD (ARE YOU ON IT YET)

FASCIA – YOUR SHAPE OF THINGS TO COME

AGM

You are cordially invited to the AGM of Stubbington Green Runners on Tuesday 24th February at 8pm at the Crofton Pub, Crofton Lane, Stubbington where we will have the meeting followed by refreshments. As we have a number of vacancies to fill on the committee we are giving the membership the maximum possible time for nominations and only ask that these are back with the secretary (secretary@stubbingtongreenrunners.net) by Friday 20th February. Nominations should simply be position, name and name of proposer.
If anybody wants any more information on the roles then please feel free to ask any of the committee if the brief role descriptions below don't give you enough information.

We are also proposing that we adopt a standard constitution tailored to our club to bring us into line with standard UKA practices – this includes the proposal to add a Vice Chair position to the committee and reduce the general committee from 4 to 3 – (document at the back of this Green Runner).

Whilst all the committee positions will need nominations we are aware that we have definite vacancies for a new Chair, a new Ladies captain and of course the new Vice Chair role. We also need some additional general committee members.

In addition we have a number of vacancies in non-committee roles – notably Social Secretary, HRRL Rep, Triathlon Rep and a Southern (previously Todays Runner) Xctry coordinator.

I am sure that in a club of over 380 members we will have enough nominations to ensure a smooth transition of the committee into the new year so don't be shy in going for committee or non-committee roles that will allow you support the growth and progress the club has made in the last few years.

To help people decide which positions they would like to be nominated for please find below a short description of each role.
Chairman – Chair club meetings and be the overall focal point for club matters.
Vice Chairman – Support the chairman through the year to ensure the chairman workload is not too onerous.
Treasurer – control overall finances of club and 10k, issue payments, report monthly on finances.
Secretary – keep membership records, minute meetings, act as point of contact for England athletics and other regional organisations.
Mens and Ladies Club Captain – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the club coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.
Club Coach – Act as focal point for all coaching activities within the club, co-ordinate training sessions and act as leader for all other coaches and running leaders
General Committee Members – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the committee to support the club.

Non Committee Roles

HRRL Rep – Act as rep for Hampshire Road Race League and encourage participation
Xctry Captain – Act as rep for Xctrys and encourage participation
Triathlon Rep – Lead all club's triathlon activities
Green Runner Editor – produce monthly newsletter
Social Secretary – Lead co-ordination of all social events of the club
10k Race Director – Lead all activities related to 10k and ensure successful race
RR10 Coordinator – Act as Rep for RR10 series and co-ordinate our own RR10 race
Southern (previously Todays Runner) Xctry coordinator - Act as rep for series and co-ordinate our own race.
Kit Coordinator – Maintain kit stock and meet demand for club kit.
Webmaster – Maintain the communication to members and the wider community through ongoing management of the website structure and content

Any additional proposals for discussion at the meeting should also be sent to the secretary by Friday 20th February.

Kind Regards
Kevin Ashman
Secretary – Stubbington Green Runners

STUBBINGTON GREEN 10K

What better way to celebrate the start of our clubs 30th year than by playing host to over 1,664 athletes who took part in our clubs very own 10K road race.

For me, the best thing about playing my part in the organisation of this race is seeing it all come together on the day. Watching members of our club and local community work together and play their part to deliver a 1st class race.

After two years of race organisation I have come to appreciate the inner workings of the club. I have been extremely humbled to learn what it takes to keep a club the size of ours working smoothly. To our chairman and club committee - thank you.

I would like to thank each and everyone of you who gave up your time and invested your energy in the preparation and successful execution of our race. Without you it would not have been possible. I would also like to thank the individuals who have been involved in the organisation of the race over the years, with your foundations we have built something great.

Thanks for playing your part,

Chris
Race Director

5	Daniel	O\'boyle	00:31:36
31	Lewis	Banner	00:35:02
39	Boe	Harper	00:35:29
52	Rob	Greenwood	00:36:14
78	Andy	Simpson	00:37:04
82	Murray	Watson	00:37:07
89	Mike	White	00:37:17
98	Daragh	Hendley	00:37:27
104	Sev	Roberts	00:37:38
137	Jack	Webb	00:38:26
189	Daniel	Foster	00:39:28
177	Russ	Coleman	00:39:28
201	Joseph	Peat	00:39:43
196	Thomas	Mcclemnts	00:39:50
233	Chris	Hall	00:40:50
247	Marcus	Lee	00:40:54
307	Philip	Martin	00:42:00
335	James	Lee	00:42:19
382	Graham	Martin	00:43:11
392	Nick	Crane	00:43:27
489	Richard	Cassell	00:44:15
455	Samuel	Masson	00:44:20
486	James	Sawyer	00:44:44
521	Simon	Vingoe	00:45:16
533	Peter	Simpson	00:45:28
541	Simon	Ellis	00:45:38
638	Mike	Harper	00:47:09
679	George	Rennie	00:48:12
792	Tommy	Cave	00:48:37
736	Richard	O\'rourke	00:48:54
767	Sam	Bell	00:49:16
774	Andy	Richardson	00:49:25
854	Mike	Donovan	00:50:04
1011	Stuart	Mcnamara	00:52:47
1027	Matt	Adamson	00:52:55
1043	Michael	Wootton	00:53:11
1231	Matt	Gould	00:57:01

192	Jen	Elkins	00:39:39
234	Daisy	Hall	00:40:50
266	Rebecca	Lord	00:40:56
273	Georgie	Gair	00:41:16
402	Nikki	Roebuck	00:43:41
415	Alethea	Adair-stantiall	00:43:54
583	Victoria	Joel	00:46:40
690	Karen	Barnicoat	00:46:43
650	Hilary	Gulliver	00:46:57
706	Lucy	May	00:48:28
822	Frances	Lord	00:48:54
850	Mandy	Burton	00:50:41
928	Claire	Jones	00:51:08
876	Brigid	Hone	00:51:12
901	Dawn	Haynes-sewell	00:51:36
1021	Shelley	Thomas	00:53:04
1051	Caroline	Chapman	00:53:18
1119	Jules	Dinwoodie	00:55:17
1267	Sarah	Barron	00:57:19
1295	Jacqui	O\'rourke	00:58:05
1325	Kerry	Bailey	00:58:34
1319	Elizabeth	Miles	00:58:53
1330	Nicola	White	00:59:03
1506	Liz	Weighell	01:03:57
1588	Karen	Nichols	01:07:54
1614	Rachel	Richardson	01:09:55
1608	Linda	Kopinska	01:10:23

FROM THE CHAIR

As usual January was an exceptionally busy month for Stubbington Green Runners, with lots of off road XC races available most weekends, the prospect of stepping up marathon training for many, and for those involved in our 10k lots of planning to finalise arrangements for our home road race.

Overall the race was a success with perfect conditions, the course record broken and many achieved their target times and PB's too. My thanks to Chris Brobin for pulling together all the logistical elements required to host a race of this size and scale, and to all those that stepped in to lend support both in the build up and on the day. There is no doubting that putting on this popular race, effectively in our spare time, does take its toll, especially in the weeks immediately after Christmas, but the sense of satisfaction and achievement is something to be proud of.

Well done too Chris Hall for achieving an equally impressively slick Southern XC race at Manor Farm the following week. The event is proving even more popular with many more clubs participating, which puts strain on the 6 clubs that continue to organise these races as they have done for many years.

Moving on to February, there are plenty of running and racing opportunities to don the green vest and put the hard work in training to good effect. From my personal perspective February will be my last month as Chairman of this wonderful club. It has been a very full and rewarding 24 months and whilst I am sad to feel that I need to step down, I think it is the right thing to do for me, as I can't continue to give the role the attention it deserves in the time I have available. It has been a privilege to be Chairman and I would like to think that I have made a difference, but as they say, all good things must come to an end and being selfish, I need to get running again before I find myself in the next vet category before I am ready.

The AGM will offer the opportunity for everyone/ anyone to get involved in running and organising the elements of the club that make it what is it. I would urge each of you to think what you can do to make a difference to the club, both large and small, as it will make a difference, and is so rewarding. If you would like to talk through any of the roles then please get in touch. I would understand that there will be hesitation, that is natural, however, the club now has 380 members thanks to the good and hard work of the committee over the last 2 years. It would be a shame if we can't find suitable members to step in and step up to continue the good work. The last 2 years have taught me that the club has lots of people with lots of great ideas and these fresh ideas will help to keep the club moving forward and meeting the needs of all members.

Finally I would like to thank everyone who has supported me over the last two years, I have learnt lots, made new friends for life and been privileged to have been Chairman through a very successful period in the club's history. The foundations are in place to carry on the good work and the opportunity exists for someone to pick up the baton.

Happy running everyone
Graham

TWO SAINTS Supporting the homeless and those at risk

Thank you to everybody who has passed on old trainers. I have delivered another bag down to one of the centers in Gosport and they have been very gratefully received. Two Saints received a cheque from Stubbington Green Runners in December for £500, this was raised from the bake off, our raffle at the dinner and dance and other events over the last couple of months.

The money we donate goes towards accommodation, support and learning services across the south. Steve Benson and James Mcdermott who work at Two Saints ran the Stubbington 10k , they both ran under the hour and thoroughly enjoyed the event !!

Thanks again everybody
Sarah x

Tigger Tor Sunday 25 January 2015 9.5 miles 460m ascent (BM class)

I was a bit nervous about this one - my first 'proper' fell race, in January, and navigation required (i.e. no markings, just make your way between the checkpoints any way you like).

I needn't have worried - the day dawned cold but sunny and the map stayed firmly in my bum bag along with all the other compulsory safety kit. In case you're wondering, the name is because the race starts from Sheffield Tigers Rugby Club and ascends Higger Tor. From the rugby club the race headed out onto the bleak Peak District moorland.

I tucked in about a quarter of the way up the field and followed the locals. After a really tough and boggy first couple of miles we crested the first hill and awesome snowy vistas revealed themselves. No time for sightseeing though as the course careered down hills, through rivers, climbed back up again (hands needed) and repeat! The final mile or so was downhill on road, not quite so scenic maybe but blessed relief for tired legs. A final check of the safety kit after crossing the line before a much needed hot shower and pub lunch beckoned. I had a quick chat with Chris, a runner from Eastleigh who spotted the fellow southern refugee as he passed me out on the course.

I was happy with 47th position out of 380 finishers in 1:29 dead. One of my all-time favourite races, which reminded me of everything I love about the sport, and all for £7. I'm definitely going to be heading north to the fells again! Anyone fancy joining me?

Will

Southern Cross Country League

MANOR FARM

James Lee 56
Mike Harper 58
Jon Leigh 69
Richard Bailey 112
Nick Crane 113
Andy Lee 119

CC6 WINCHESTER

4	GEORGINA GAIR	2	ANDY SIMPSON
5	BECCY LORD	8	MURRAY WATSON
14	PENNY FORSE	13	JACK WEBB
17	GILL ROSE	22	DAN FOSTER
20	LUCY MAY	31	MIKE BELL
22	FRANCIS LORD	36	RICHARD SNELL
24	SALLY MCGRATH	39	GRAHAM BELL
42	PAM KEMP	41	PETE SIMPSON
44	JULES DINWOODIE	43	NICK CRANE
48	MICHELLE SIMPSON	63	ANDY LEE
57	JENNIE LEE	80	RUSSEL MEAD
58	DAWN HAYNES-SEWELL	81	ANDY RICHARDSON
61	SARAH MARTIN		

Becky Lord 11
Kerry Dodsworth 52
Sally McGrath 58
Francis Lord 65
Katherine Briggs 87
Jenny Lee 140

Well done to Sarah Martin and Dawn Haynes-Sewell who completed the CC6 at Winchester despite starting at least 10 minutes after everyone else due sat nav issues.

CAPTAINS CORNER

I would like to take this opportunity to thank Nikki for her year as Ladies Captain and wish all the best with her running this year and training for her marathon.

What, better way to start the New Year with a New Year's Day run through the mud. We both had our kids in tow, so did an eventful walk around the woods with kids exploring the vegetation, one child and one dog temporarily getting lost. Two other groups went out running through the muddy trials. Thank you again to Chris and Wendy Hall's for organising and doing the hot tomato soup and refreshments at the end. I managed to go back with more food than I came with!

Two days later, with the hangovers still just fading away and little time for the post-Christmas detox to have kicked in, we were both at the County Cross Country Championships at Eastleigh. The conditions were definitely an improvement from last year, but it was still a pretty sticky and slippy affair under foot. First congratulations go to Grace Park who represented the club in the under 11 category and finished an impressive 21st. For the ladies, the performance of the day went to Penny Forse who won the vet 60 category and we had the senior team finishing in 10th place and the vets in 6th. Also well done to Dawn and Sarah on their first championship race.

The Men managed to get 2 senior teams out and finished 9th and 19th with the Vets finishing 8th. In the individual places we had Dan O'Boyle finishing in the top 10 with 9th.

The following weekend, the Hampshire League had its penultimate fixture over at Reading, which is one of my favourite courses, even with that hill. Sadly we a small turnout from SGR, probably due to the more local race down the road the next day, which was the CC6 at Badger Farm where we a record turnout of 25 people. Despite this we managed to scramble together 4 teams for the Hampshire league. Senior ladies were 7th, with the women's vets team 3rd and still flying high, lying joint third going into the last fixture. Come on ladies, one last push for the silverware! The senior men have faced a tough season in division 1 and are facing relegation after their 9th place. They need to finish 3rd or higher at the next race in Bournemouth on 7th February, which is result we haven't achieved all season. The Vet men will spend another season in the top division and currently lie 5th overall.

CC6 participation by Stubbies is growing race by race and is turning out to be a successful first year in the series, for the Green Army. We had 5 ladies in the top 20 with Georgie Gair 4th and new lady Beccy Lord 5th. Sarah Martin and Dawn Haynes-Sewell get a special mention for getting lost in Winchester and missing the start. But they showed real character to run the race and finish instead of the easier option of grabbing a coffee in Sainsbury's. For men we saw the rivalry between Murray Watson and Jack Webb with Murray coming out on top this time. Mike Bell was the 1st Vet 60. Both the ladies and men were 2nd on the day. Currently the club lies in 4th place overall with the ladies 6th and men 4th overall.

The highlight of the month was of course our own Stubbington 10k. Far too many thank you's to name names, but to race director, race set up, gifts, water, bananas, leaflet dropping, organising the marshals run, marshalling the course, running the kitchen, baking cakes, organising the fun run, taking photos, manning the bag drop a huge massive thank you to everyone that helped. It is always hard but we do have to balance number of helpers to runners and still produce a competitive performance in the league and we managed to get over 80 runners taking to the course. The weather conditions were perfect and saw a good number of pbs being set. What a great way to start the year.

Southern XC Championships at Stamer Park, Brighton saw Chris Hall driving a minibus of eager runners ready for the challenging course on a fresh and bitter day. The ladies as always got proceedings underway on a fast, well drained course with a spirited performance to finish 30th team which was won by our local rivals Winchester. There were some very good individual performances from the women and this was matched by the men. We managed to get 12 men to be eligible for the Hampshire Cup, although I wasn't sure if my calf would hold out after the Stubbie 10k. Sadly we didn't win the Hampshire Cup but came a credible 44th

If one race wasn't enough, we had two races to host in two weeks. Thank you to Chris Hall for organising the Southern Cross Country race at Manor Farm. To the guys who set up the course the day before which included Nick Kimber and to all the marshals a big thank you. As always we had some sterling efforts in the kitchen with everyone bringing cakes and not to mention the military operation of sandwich making which goes on behind the scenes! Another successful race put on by Stubbington Green, thank you to all the members for your help with our races in January. There is still time to put your name forward to your captains for the South Downs Relay on Saturday 6th June.

Please refer back to January's copy of the Green Runner to understand the relay, the criteria and the commitment involved to this race. The closing date for putting your name forward is the AGM with the teams being named shortly after the AGM.
Talking of the AGM it would be great to see as many people as possible turning out for our AGM.
The bonus race for March for the point's league is the Salisbury 10 on Sunday the 8th March.
Have a good month running.

STUBBY 10K HELPERS RACE

Pos	First Name	Surname	Time
1	Jon	Leigh	49:06
2	Mark	McDonald	49:06
3	Phil	May	51:45
4	Tim	McNally	53:24
5	Ann	Tortman	57:31
6	John	Fanfath	59:13
7	Sarah	Martin	60:25
8	Martyn	Banner	60:33
9	Sarah	Hobby	63:45
10	Kaarina (Kat)	May	63:47
11	Liz	Hall	64:15
12	Sharon	Simpson	65:25
13	Julie	Ashman	65:25
14	Kev	Ashman	65:53
15	Sandie	McIntosh	67:48
16	Rowena	Dodds	67:52
17	Melissa (Bizz)	Cosens	71:16
18	Sue	Robinson	71:16

PERFORMANCES OF THE MONTH

Mike Bell back to his running best and an outstanding performance at the Southern Cross Country Championships

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!

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

Monday 2nd February	Leafy Lane 1.1km loops
Monday 9th February	Pyramids of short hills
Monday 16th February	7 - 10 x (long hill (jog back to cul-de-sac) sprint to notice board (jog back down))
Monday 23rd February	Kenyan Hills 4 x 6 mins (2mins) - tough but a favorite
Monday 2nd March	3 - 5 x 1 mile loops (90s) on the flat mile loop
Monday 9th March	3 sets of 30 / 50 / 70 / 50 / 30s hills with jog back down
Monday 16th March	Leafy Lane 1.1km loops
Monday 23rd March	Kenyan Hills 4 x 6 mins (2mins)
BST begins Sunday 29th March	
Monday 30th March	7 - 10 x (long hill (jog back to cul-de-sac) sprint to notice board (jog back down))

HRRL TABLES FOLLOWING STUBBINGTON 10K

LADIES A TEAM		
1	Winchester	7
2	Victory	21
3	Lordshill	26
4	**Stubb'ton**	**26**
5	New Forest	34
6	Totton	38
7	Eastleigh	40
8	Fareham	43
9	Salisbury	47
10	Alton	49

LADIES B&C TEAMS		
1	Winchester B	6
2	Winchester C	15
3	Lordshill B	22
4	Hedge End	25
5	**Stubb'ton B**	**33**
6	Victory	40
7	**Stubb'ton C**	**57**
8	Fareham	57
9	Totton	62
10	Lordshill C	63
11	Eastleigh	64
12	IOW RR	65
13	Salisbury	69
14	Alton	70

LADIES D TEAM		
1	Denmead	23
2	**Stubb'ton D**	**43**
3	Farnham	43
4	PompeyJ	44
5	Gosport	45
6	So'ton AC	51
7	Overton	62
8	Ryde	66
9	Hardley	73
10	New Forest	76
11	Aldershot	90
11	Andover	90
11	Poole AC	90
11	PortsmAC	90

MENS A TEAM		
1	**Stubb'ton**	**17**
2	So'ton AC	18
3	Winchester	19
4	Overton	21
5	Lordshill	26
6	Denmead	39
7	Farnham	43
8	Eastleigh	44
9	Salisbury	47
10	PompeyJ	55

MENS B&C TEAMS		
1	**Stubb'ton B**	**13**
2	Winchester B	14
3	Lordshill B	19
4	Winchester C	34
5	**Stubb'ton C**	**37**
6	Farnham B	43
7	So'ton AC	49
8	Fareham	57
9	Hedge End	61
10	Lordshill C	61
11	Overton	64
12	Eastleigh	64
13	Denmead	69
14	PompeyJ B	69
15	Salisbury	81

MENS D TEAM		
1	**Stubb'ton D**	**11**
2	Victory	25
3	Hardley	38
4	Lordshill D	39
5	Totton	46
6	Farnham C	52
7	PompeyJ C	56
8	New Forest	57
9	Andover	60
10	IOW RR	64
11	Gosport	73
12	Alton	74
13	Ryde	89
14	Aldershot	102
14	PortsmAC	102
14	Poole AC	102

Romsey 5 Mile

35	Jen Elkins	30.53
124	Hilary Gulliver	36.56
231	Bethan Davis	41.41
293	Sandra Hook	44.05
297	Jules Dinwoodie	44.10

46	Jon Plomer	31.42
57	Tim Sullivan	32.37
137	Paul Coverdale	37.18
166	Andy Richardson	38.42
205	Russell Mead	40.26
354	Tom Cleary	46.18

300	Julie Woodman	01:50:17
301	Claire Shergill	01:50:18
302	Michelle Simpson	01:50:18
303	Marie Mcdonald	01:50:18
304	Nikkie Plomer	01:50:18

THE CLUB CHAMPIONSHIP LEADERBOARD

Only results published in the green runner will score.
The will be separate leaderboards for ladies and gentlemen.
10 mile races will score 10 points, 5 mile races 5 and so on.
10k races will score 6 points, marathons 26 and so on.
All park runs will score 3 points.
Club handicaps, GOFAST and time trials, will score according to their distance.
Tri events will score on the distance of the running leg only.
Relays will score based on the total race distance divided between the number of participants.
RR10 & Southern XC League races will score 5 points.
Marshalling/helping at the club 10k, Southern XC League and RR10 races will score 10 points.
A monthly bonus race nominated by the club captains will score 20 points regardless of distance. These races will be advertised in the Green Runner.

The current standings will be published each month in the Green Runner.
This year's leaderboard will start with the December 2014 edition of the Green Runner, and conclude with the November 2015 in time for the awards night. When a race is report is sent to the GR it is up to the person sending it to ensure that the running distance is included.

Julie	Ashman	126
Ann	Blake	84
Sarah	Martin	68
Dawn	Haynes-Sewell	59
Agnieszka	Plombon	59
Marie	Mcdonald	57
Julie	Dinwoodie	55
Sarah	Hobby	54
Georgina	Gair	52
Kelly	Bennetts	45
Penny	Forse	45
Melissa	Hutton-Dunton	43
Sophie	Davison	42
Nikki	Roebuck	42
Sarah	Barron	39
Lisa	Donn	39
Gaynor	Heffer	36
Laura	Wainwright	36
Donna	Mitchell	35
Gill	Rose	35
Sharon	Simpson	34
Alex	Leighton-Goodall	33
Nikkie	Plomer	33
Pamela	Kemp	30
Sue	Robinson	30
Susie	MacGregor	29
Daisy	hall	28
Yvonne	Fisher	25
Verity	Wright	25
Bethan	Davis	24
Alethea	Adair-Stantiall	21
Victoria	Joel	21

Lucy	May	20
Sandie	McIntosh	20
Alison	MacSwayne	18
Jasmine	Smith	18
Sally	McGrath	17
Becky	Hodgkinson	16
Liz	Hall	15
Rachel	Leach	15
Rebecca	Lord	15
Rachael	Openshaw	14
Michelle	Simpson	14
Julie	Bowden	13
Kaarina	May	13
Karen	Salmon	13
Caroline	Street	13
Anna	Wilby-Lopez	13
Lucy	Window	13
Jennet	Woolford	13
Heidi	Loveridge	12
Tracie	Jarvis	11
Melissa	Cosens	9
Eunice	Hoare	8
Jennie	Lee	8
Hilary	Gulliver	6
Wendy	Holloway	6
Kathy	McKain	6
Katie	Simister	6
Elizabeth	Weighell	6
Julie	Woodman	6
Gemma	Fleming	3
Julie	Salt	3
Sue	Simister	3
Shelley	Thomas	3

Daniel	Foster	101
Andrew	Simpson	87
Graham	Bell	72
Mark	McDonald	71
Sev	Roberts	68
Peter	Simpson	59
Mike	White	57
Andy	Lee	55
Russell	Mead	55
Nigel	Whitcher	51
William	Feline	50
Euan	McGrath	48
Marcus	Lee	47
Mike	Bell	43
Mark	Eaton	41
John	Cox	39
Simon	Hearnden	39
Haydn	Brown	38
Nick	Crane	38
Phil	Hobby	38
Mike	Harper	37
James	Lee	37
Howard	Clark	35
Richard	Snell	35
David	MacSwayne	34
Philip	Martin	34
Andy	Richardson	34
John	Blake	33
Jack	Harris	33
Stuart	Hiscock	33
Jonathan	Plomer	33
Simon	Vingoe	33
Jack	Webb	33
Jon	Leigh	32
James	Lewington	32
Thomas	McClements	31
Glen	Street	31
Murray	Watson	31
Keith	Whitaker	31
Chris	Hall	30
Alan	White	29
James	Sawyer	27
Robert	Spencer	27
Richard	Batten	26
Duncan	Borthwick	26
Mark	Porter	26
John	Simister	26
Lewis	Chalk	25
Liam	Dredge	25
Boe	Harper	22
Neil	Stantiall	21

John	Tussler	21
Daniel	O'Boyle	20
John	Vose	20
Rob	Arkell	19
Rob	Greenwood	19
Ian	Race	19
Tom	Mellor	18
Joseph	Peat	18
Allan	Stinson	18
Gordon	Westley	18
Samuel	Bell	17
Dan	Hughes	16
Kevin	Ashman	15
Chris	Leach	15
Andrew	Smith	15
George	Howarth	13
Graham	Martin	13
Timothy	Matthews	13
Simon	Mcmorran	13
Gavin	Rennie	13
Paul	Woolford	13
Mike	Donovan	12
Paul	Southon	12
David	Langrish	11
Richard	Bailey	10
John	Fairhurst	10
Paul	Coverdale	9
Martyn	Banner	8
Daragh	Hendley	8
Gary	Littlecott	8
John	Randall	8
Peter	Rawlins	8
Christopher	Brobin	6
Tom	Callaway	6
Toby	Greenfield	6
Graham	James	6
Thomas	MacSwayne	6
Robert	Nicholls	6
Philip	Whitehouse	6
Alex	Johnson	5
Adrian	Piddington	5
Paul	Smith	5
Harry	Martin	4
Lewis	Banner	3
David	Castle	3
Rich	Chowns	3
Ian	Coady	3
Dan	Jones	3
Nick	Kimber	3
Stuart	Mcnamara	3
Martyn	Poore	3

South of England Athletic Association

CROSS COUNTRY CHAMPIONSHIPS BRIGHTON

50	00:54:31	D	O'Boyle
401	01:05:38	A	Simpson
484	01:08:03	C	Hall
583	01:11:36	T	McClements
680	01:15:41	J	Blake
683	01:15:52	P	Whitehouse
688	01:16:16	M	Bell
694	01:16:26	L	Dredge
732	01:19:04	A	Lee
736	01:19:08	G	Westley
746	01:19:48	P	Simpson
771	01:21:33	N	Crane

93	00:36:03	D	Hall
193	00:40:27	P	Forse
287	00:45:35	L	May
294	00:46:06	D	Haynes-Sewell

hampshire athletics

HAMPSHIRE CROSS COUNTRY LEAGUE 2014/15
10 JANUARY AT PROSPECT PARK READING

73	Boe Harper	33.36
90	Chris Hall	34.50
138	T Clements	38.24
153	John Blake	39.36
167	N Crane	42.01
27	Georgie Gair	24.11
30	Daisy Hall	24.30
50	Nikki Roebuck	26.16
57	Penny Forse	26.44
73	Lee Stantial	27.24

37	**Daisy Hall**	36.18
46	**Alethea Adair-Stantial**	37.27
47	**Nikki Roebuck**	37.3
53	**Penny Forse**	38.31
61	**Lucy May**	40.23
83	**Dawn Haynes-Sewell**	44.38
93	**Sarah Martin**	48.52

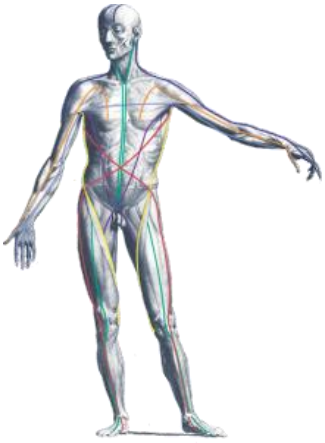
HAMPSHIRE CROSS-COUNTRY CHAMPIONSHIPS 2015
3 JANUARY AT FLEMING PARK

UNDER 11 GIRLS	21	**Grace Park**	**09:15**

9	**Daniel O'Boyle**	40.57
28	**Andy Simpson**	44.32
54	**Lewis Chalk**	47.12
61	**Rob Arkel**	47.52
97	**Mike White**	50.47
101	**Daniel Foster**	51.01
124	**John Blake**	52.57
134	**Thomas McClement**	54.16
138	**Liam Dredge**	54.31
148	**Philip Martin**	56.16
151	**Mike Bell**	56.53
156	**Tim Crumpton**	57.35
163	**Gordon Westley**	59.48

Gill Rose
LSSM (Dip) MISRM

Fascia - your shape of things to come...



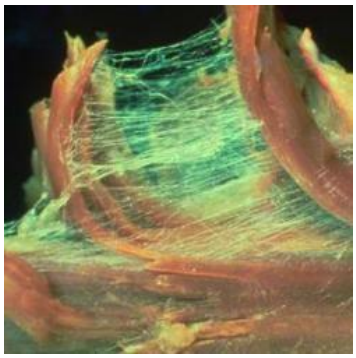
What is it?

Fascia is a 3 dimensional network of collagenous-based soft-tissue that surrounds and connects every muscle, bone, nerve, blood vessel and organ in your body and basically gives you your shape. "Fascia is the biological fabric that holds us together. You are about 70 trillion cells all humming in relative harmony; fascia is the 3-D spider web of fibrous, gluey, and wet proteins that hold them all together in their proper placement" (Anatomytrains.com). Instead of thinking of your body as separate parts, imagine it as a single structure from head to toe. Fascia is key to the interplay of movement and stability.

Recent research has found that fascia is also one of the richest sensory organs with six to ten times more sensory nerve receptors than muscles. Robert Schleip et al., *Fascia: The Tensional Network of the Human Body* (Elsevier, 2012)

So you can see how the whole of your body is inextricably connected to every other part by fascia. Fascia determines how one part of us relates to another, it is all one connected system or network.

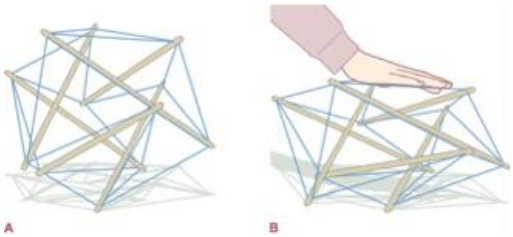
Why is this important?



Imagine your body is a finely knitted jumper. If you pull it at the shoulder what happens? It pulls it out of shape elsewhere. That is a very simplified analogy but you get the picture. You can't move just one piece of fascia in isolation; it always moves elsewhere too. Now imagine pulling the jumper over and over again in the exact same way or holding it in that position for 8 hours. What is happening to that jumper? That is exactly what is happening to your fascia while you sit at your desk all day or run thousands of steps four times a week, or lift your young child out of it's car seat several times a day.....you can see where I am going with this.

So if the fascia is one single network of 3D fibres you can see how an injury in one part of your body, say your Achilles, can impact on or be caused by what is going on in an entirely different part of your body.

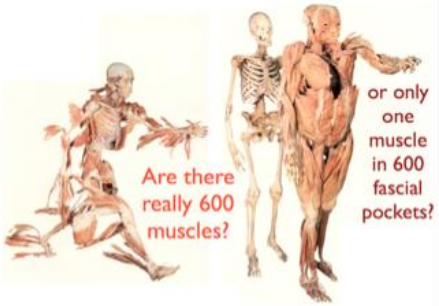
In a healthy state the fascia keeps the body balanced with finely tuned tension and elasticity which supports good efficient alignment of your bones and joints while allowing for full unrestricted movement.



So what upsets this delicate balance?

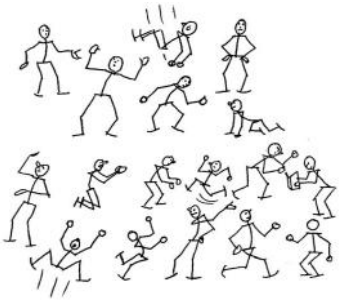
Fascial restrictions accumulate over time in response to injury and trauma, inactivity, stress, lack of flexibility, repetitive movement and habitual poor posture. They can also develop as a response to holding a part of your body in such a way as to protect it and avoid the pain the movement produces. Over time this becomes your new shape or pattern of movement and the source of the pain and limitation. These restrictions then start placing abnormal pressure on bones, joints, nerves etc creating pain in that localised area and/or in parts of the body that seem totally unrelated. Your body becomes unbalanced.

"While every anatomy lists around 600 separate muscles, it is more accurate to say that there is one muscle poured into six hundred pockets of the fascial webbing. The 'illusion' of separate muscles is created by the anatomist's scalpel, dividing tissues along the planes of fascia. This reductive process should not blind us to the reality of the unifying whole." Tom Myers, creator of Anatomy Trains (www.anatomytrains.com)



What can I do to keep my fascia healthy?

In its healthy state fascia is smooth and supple and slides easily, allowing you to move and stretch to your full length in any direction, always returning back to its normal state. But for most of us our fascia is in a far from healthy state. The good news is that we can take care of our fascia just the same as we can take of our muscles.



Move! In all directions, at different paces, in ways you've never moved before!. Be conscious of the habitual things you do that will, over time, cause restriction in your fascia and then do them differently. Variety of movement is key!

Lubricate your fascia! Just like our muscles and every other organ in our bodies, fascia needs water to keep it from drying out so drink lots of it. Movement also helps to get water to the fascia.

Stretch your fascia! This needs to be very slow and gentle as fascia responds differently to muscles when stretched. Some massage therapists use myofascial release techniques to release restrictions in the fascia. If your fascia is restricted your muscles will not be able to function properly within it i.e. they will be restricted.

Stretch your muscles! If your muscles become short and do not move through their full plane your fascia will "learn" this position and hold this new shape so your muscles cannot then stretch fully.

Relax! Your fascia will become restricted with chronic tension and it will learn the posture of tension.

Posture! Check out your posture while you are standing or sitting at your desk, or driving or running. Find out what good posture is and practice it!

Try using your foam roller! But not like you would on your muscles! "Drag" the fascia that is superficial to your muscles, don't hammer into it! Keep it slow and gentle and don't go too deep.

Beware injury! If you are running through injury or returning from injury that is not fully healed, your fascia will "learn" the way you are running e.g. with a limp or favouring one side, and you may find that you are continuing with this new pattern of running even when your injury has gone. This is setting yourself up for a further injury.

Rest! "Rest is how the tissues rehydrate. When you do heavy exercise you are driving the water out of the tissue in the same way that if you step on a wet beach you push the water out of the sand, and when you pick up your foot the water seeps back into that sand. You're doing the same thing with tissues, when you're really working out you are driving the water out of the tissue while you are working…The rhythm [of your fitness regimen] should include some rest… When you take the strain off of the tissues, like a sponge they will suck up that water and be ready for more exercise." *Tom Myers, fascial educator and creator of Anatomy Trains*

Always remember! Our fascia is one single amazing architectural structure – we benefit from seeing it, training it, and treating it that way. And looking after it.

Further reading

http://www.anatomytrains.com/fascia/
http://www.anatomytrains.com/fascia/tensegrity/
http://breakingmuscle.com/mobility-recovery/the-top-5-ways-fascia-matters-to-athletes

Netley 27 Dec	
Rebecca Lord	20.58
Toby Greenfield	21.04
Marcus Lee	21.34
Donna Mitchell	21.38
Sev Roberts	21.39
Del Granger	23.58
John Simister	25.25
Paul Southon	25.54
Bethan Davis	27.32
John Tussler	28.42
Sonia Robins	29.14
Martyn Banner	30.44
Tom Mellor	30.45
Jaz Smith	33.23
Glen Street	35.04
Andrew Smith	41.05
Wendy Holloway	41.28
Southampton 27 Dec	
Murray Watson	18.18
Sarah Barron	28.24
Reading 27 Dec	
Mike Harper	21.58
Bromley 27 Dec	
David Langrish	23.59
Guildford 27 Dec	
Keith Whitaker	25.50
King's Lynn 27 Dec	
Robert Spencer	31.20
Clonakilty 27 Dec	
Allan Stinson	37.30
Fountain's Abbey 27 Dec	
Verity Wright	28.21
Humber Bridge 27 Dec	
Liz Weighell	33.47
Chichester 27 Dec	
Peter Simpson	23.25
Sheringham Xmas Day	
Robert Spencer	32.22
Aylesbury Xmas Day	
Adrian Piddington	19.23
York Xmas Day	
Philip Whitehouse	21.44
Chichester Xmas Day	
Bethan Davis	27.37

Netley 1 Jan	
Dan Foster	20.39
Rebecca Lord	21.02
Marcus Lee	21.45
Donna Mitchell	23.03
Susie MacGregor	25.27
Katie Simister	25.37
John Simister	25.54
Bethan Davis	27.17
John Tussler	28.18
Rachel Leach	30.41
Tom Mellor	31.11
Vicky Kitcher	34.28
Sev Roberts	40.47
Chichester 1 Jan	
Peter Simpson	22.59
Phil Hobby	23.52
Alan White	24.10
Lucy May	24.24
Keith Whitaker	26.06
Sarah Hobby	30.57
Havant 1 Jan	
Alison MacSwayne	30.07
David MacSwayne	40.02
QE Park 1 Jan	
David MacSwayne	33.42
Alison MacSwayne	35.26
Reading 1 Jan	
Robert Spencer	32.23
Woodley 1 Jan	
Robert Spencer	29.54
Bushy Park 1 Jan	
James Sawyer	18.19
Adrian Piddington	19.18
Mike Harper	23.42
Fulham Palace 1 Jan	
James Sawyer	18.52
Adrian Piddington	18.54
Mike Harper	20.19
Rubymay Wild	41.03
Gemma Fleming	41.07
Bognor 1 Jan	
Keith Whitaker	26.08

Netley 3 Jan	
Lewis Chalk	18.22
Chris Brobin	18.27
Rob Greenwood	18.31
Chris Leach	19.48
Rebecca Lord	21.12
Jon Leigh	23.28
Del Granger	23.42
Donna Mitchell	24.28
Rachel Openshaw	24.29
Hilary Glover	24.30
Susie MacGregor	24.47
Katie Simister	25.08
John Simister	27.08
Stephen Wallbridge	27.57
John Tussler	28.03
Robert Spencer	29.17
Annie Trotman	29.29
Rachel Leach	30.05
Sandra Hook	32.18
Bethan Davis	32.19
Ian Coady	33.35
Liz Weighell	33.36
Andrew Smith	38.41
Wendy Holloway	41.28
Albert, Melbourne 3 Jan	
Melissa Hutton-Dunton	21.48
Southampton 3 Jan	
James Sawyer	22.25
Havant 3 Jan	
Boe Harper	18.43
Mike Harper	26.05
David MacSwayne	43.55
Winchester 3 Jan	
Paul Coverdale	24.10
Claisebrook Grove 3 Jan	
Terry French	32.16
Llyn Llech Owain 3 Jan	
Chris Hall	20.09
Basingstoke 3 Jan	
Keith Whitaker	24.50
Allan Stinson	38.45
Grovelands, Enfield 3 Jan	
Philip Whitehouse	21.16

Netley 10 Jan	
Rob Greenwood	18.26
Sev Roberts	20.21
Mike White	20.44
Rebecca Lord	21.09
Marcus Lee	22.08
Andrew Thomas	22.13
Jon Leigh	22.14
Phil Martin	22.15
James Sawyer	22.45
Vicky Shaw	23.25
Paul Southon	25.05
Russell Mead	25.57
Susie MacGregor	26.06
Bethan Davis	26.34
Stephen Wallbridge	27.35
John Tussler	28.11
Jules Dinwoodie	28.40
Alison MacSwayne	28.53
Robert Spencer	29.29
David MacSwayne	30.04
Aga Plombon	31.24
Lucy Window	31.25
Ann Blake	31.52
Ian Coady	32.02
Vicky Kitcher	33.12
Sophie Davison	33.53
Jaz Smith	34.00
Liz Weighell	34.13
Andrew Smith	39.58
Wendy Holloway	40.19
Southampton 10 Jan	
David McNeish	20.03
Keith Whitaker	23.50
Havant 10 Jan	
Howard Clark	19.10
Winchester 10 Jan	
Chris Leach	19.37
Gordon Westley	23.25
Paul Coverdale	25.41
Rachel Leach	28.25
Eastleigh 10 Jan	
Mark McDonald	21.31
Marie McDonald	39.21
Sarah Hobby	39.21
QE Park 10 Jan	
David Langrish	25.03
Rushmoor 10 Jan	
Mike Harper	24.22
Albert, Melbourne 10 Jan	
Melissa Hutton-Dunton	20.24

Grovelands, Enfield 10 Jan	
Philip Whitehouse	21.35
Wythenshawe 10 Jan	
Jane Adlard	29.42
Clonakilty 10 Jan	
Allan Stinson	31.55
Chichester 10 Jan	
Alan White	24.39
Harcourt Hill 10 Jan	
Sam Bell	26.52
Claisebrook Cove 10 Jan	
Terry French	32.30
Netley 17 Jan	
Russell Mead	26.19
Bethan Davis	26.32
Jules Dinwoodie	27.53
John Tussler	27.59
Alison MacSwayne	28.53
Robert Spencer	29.40
Sandra Hook	30.22
David MacSwayne	30.59
Tom Mellor	31.19
Ian Coady	31.28
Southampton 17 Jan	
Gordon Westley	22.01
Keith Whitaker	24.15
Eastleigh 17 Jan	
Haydn Brown	21.58
Marie McDonald	36.55
Southsea 17 Jan	
James Sawyer	19.47
Stuart Hiscock	20.24
QE Park 17 Jan	
Mike Harper	21.12
Winchester 17 Jan	
Rachel Leach	28.02
Newbury 17 Jan	
Allan Stinson	31.17

Grovelands, Enfield 17 Jan	
Philip Whitehouse	22.42
Claisebrook Cove 17 Jan	
Terry French	32.44
Netley 24 Jan	
James Sawyer	18.57
Rebecca Lord	20.22
Andrew Thomas	21.30
Del Granger	23.02
Paul Southon	25.29
Russell Mead	26.55
John Tussler	28.31
Aga Plombon	28.59
Sandra Hook	29.21
Julie Bowden	31.14
Robert Nicholls	31.47
Sarah Hobby	32.57
Tim Sullivan	33.03
Sue Robinson	34.52
Rowena Dodds	34.53
Jan Southon	43.19
QE Park 24 Jan	
Jon Leigh	22.33
Dan Foster	22.35
Marcus Lee	23.19
David Langrish	23.55
Alethea Adair-Stantiall	24.16
Nikki Roebuck	24.43
Winchester 24 Jan	
Chris Leach	20.32
Rachel Leach	28.31
Grovelands, Enfield 24 Jan	
Philip Whitehouse	22.03
Dulwich 24 Jan	
Mike Harper	23.18
Oakwell Park 24 Jan	
Robert Spencer	33.29
Keith Whitaker	33.30
Bibra Lake 24 Jan	
Terry French	31.54
Havant 24 Jan	
Alison MacSwayne	28.46
David MacSwayne	28.47
Eastleigh 24 Jan	
Haydn Brown	22.07
Southampton 24 Jan	
David McNeish	20.17

TUESDAY AND THURSDAY TRAINING

Day	Date	Meet	Time	Leader/Coach	Location	Effort	Recovery	Weekend Race
Tues	03/02/2015	Locksheath Sports Ground	7pm	Mike White	Schooner way	5x1ml	90s RI	Sun - Chichester 10k
Thurs	05/02/2015	Locksheath Sports Ground	6:30pm	Verity Wright	Schooner way	4x1ml	90s RI	
Thurs	05/02/2015	Crofton Community Centre	7pm	Mike Bell	Lee Front	Lamp Post Fartlek	Jog recoveries	
Tues	10/02/2015	Locksheath Sports Ground	7pm	Mike White	Red Path	3x1.5ml	Jog back (set off in reverse order)	Sun - CC6, Denny Wood, New Forest
Thurs	12/02/2015	Crofton Community Centre	6:45pm	Mel Hutton-Dunton	Lee Front	10 min x2	3min	
Thurs	12/02/2015	Mountbatten Centre, Portsmouth	7pm	Verity Wright/ Penny Forse	Track	3 x 8 x 200m	tbc	
Tues	17/02/2015	Locksheath Sports Ground	7pm	Mike White	A27	Hill reps to successive lamp posts	On down hills	Sun - Southern XC League, Chawton Park Wood
Thurs	19/02/2015	Locksheath Sports Ground	6:30pm	Graham Bell	A27	Hill reps to successive lamp posts	On down hills	
Thurs	19/02/2015	Crofton Community Centre	7pm	Jon Leigh	Lee Front	8 min x4	2min	
Tues	24/02/2015	Locksheath Sports Ground	7pm	Mike White	Hunts Pond Road	2x2ml	jog back (3min)	Sun - CC6, Wilverley Enclousre, New Forest/
Thurs	26/02/2015	Crofton Community Centre	6:30pm	Nigel Whitcher	Carisbrooke Avenue	6x600m Osborne View	200m	Sun - Southern XC League Stauton Country Park
Thurs	26/02/2015	Crofton Community Centre	7pm	Graham Bell	Carisbrooke Avenue	6x600m Osborne View	200m	
Tues	03/03/2015	Locksheath Sports Ground	7pm	Mike White	Crescent road	2x4x800	90s and 3min	Sun - Salisbury 10 (HRRL)
Thurs	05/03/2015	Locksheath Sports Ground	6:45pm	tbc	Crescent road	2x4x800	90s and 3min	
Thurs	05/03/2015	Mountbatten Centre, Portsmouth	7pm	Verity Wright/ Penny Forse	Track	3 x 4 x 400m	tbc	
Tues	10/03/2015	Locksheath Sports Ground	7pm	Mike White	Woodpecker close	4x6min Kenyan hills	2min	Sun - Meon Valley Plod
Thurs	12/03/2015	Crofton Community Centre	6:30pm	Mike Bell	Lee Front	Lamp Post Fartlek	Jog recoveries	
Thurs	12/03/2015	Crofton Community Centre	7pm	Jon Leigh	Lee Front	Lamp Post Fartlek	Jog recoveries	
Tues	17/03/2015	Locksheath Sports Ground	7pm	Mike White	Red Path	3x1.5ml	Jog back (set off in reverse order)	Sun - Eastleigh 10k (HRRL)
Thurs	19/03/2015	Locksheath Sports Ground	6:30pm	Graham Bell	Red Path	3x1.5ml	Jog back (set off in reverse order)	
Thurs	19/03/2015	Crofton Community Centre	7pm	Verity Wright	Cuckoo Lane	6x1km	300m Jog	
Tues	24/03/2015	Locksheath Sports Ground	7pm	Mike White	Sovereign Crescent	2x4x800	90s and 3 min	
Thurs	26/03/2015	Crofton Community Centre	6:45pm	Mel Hutton-Dunton	Cuckoo Lane	4-6 x1km	300m Jog	
Thurs	26/03/2015	Mountbatten Centre, Portsmouth	7pm	Verity Wright/ Penny Forse	Track	3 x 4 x 300m	tbc	
Tues	31/03/2015	Locksheath Sports Ground	7pm	Mike White	St John's rd loop	5x1ml (hilly)	90s	
Thurs	02/04/2015	Crofton Community Centre	6:45pm	Andy Simpson	Eric Road	Time Trial? TBC	Red Lion	
Thurs	02/04/2015	Crofton Community Centre	7pm	Andy Simpson	Eric Road	Time Trial? TBC	Red Lion	

RACE DIARY

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

8th FEB CHICHESTER 10K
Chichester, West Sussex

The course is generally flat with three inclines and it has been accurately measured.

www.chichester10krace.org.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

22nd FEB HEARTBREAK HALF & FULL MARATHON
New Forest, Hampshire

Mainly off-road, just a bit of tarmac to start and finish with. These undulating courses are based from Sandy Balls Holiday Park, Godshill near Fordingbridge, choice of full Marathon or Half-marathon distances

www.racenewforest.co.uk

22nd FEB BRIGHTON HALF MARATHON
Brighton, Sussex

The Vitality Brighton Half has a wonderful atmosphere, a fast, flat course and a fantastic location by the sea and beside some iconic landmarks of our wonderful City

www.brightonhalfmarathon.com

22nd FEB WINCHESTER 10K
Brighton, Sussex

1 lap route starting outside Winchester Guildhall and running up the historic High Street and along Jewry Street before heading out towards the village of Kingsworthy. The return leg passes through the village of Headbourne Worthy and back towards Winchester before finishing at The City of Winchester Football Club ground

www.offbeat-events.com

1st MAR EASTBOURNE HALF MARATHON
Eastbourne, Sussex

Undulating road race in the seaside town, ideal for spring maarthon training

www.eastbournehalf.co.uk

1st MAR ROWANS 10K
Portsmouth, Hampshire

The route takes you along the coastal path of Langstone Harbour adjacent to the Milton Common and nature reserve. 10k or 5k both starting and finishing at Portsmouth Watersports Centre on Eastern Road

www.rowanshospice.co.uk

1st MAR GORING 10K
Reading, Oxfordshire

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.goring10k.co.uk

8th MAR SALISBURY 10 - HRRL
Salisbury, Wiltshire

A friendly race suitable for all abilities that follows a scenic route north of Salisbury following the banks of the River Avon through the gently undulating Woodford Valley with fine views of the cathedral spire on the return leg

www.salisbury-arc.org

15th MAR SELSEY 10K
Chichester, West Sussex

A flat and fast 10K road race around the town of Selsey, taking in parts of the famous Bunn Leisure caravan site and the sea front, starting and finishing at The Academy Selsey, Secondary School. Accurately measured and an ideal opportunity to gain a PB

www.victoryac.org.uk

15th MAR LARMER HALF & 20MILE RACE
Rushmore, Wiltshire

The Larmer Tree half Marathon and 20 mile are demanding off road races. Starting in the beautiful surroundings of the Larmer Tree Gardens on the Rushmore on the border of Wiltshire, Hampshire and Dorset. These hilly mainly off road race start and finish on the edge of the tiny Wiltshire village of Tollard Royal home of the Larmer tree gardens and fantastic scenery of the Wiltshire and Hampshire chalk downs

www.whitestarrunning.co.uk

21st MAR HOT CHOCOLATE HALF MARATHON
Windsor, Buckinghamshire

If you want to get a PB Half Marathon this should be the one - it is the flattest course in the UK!!! The race takes place on very flat, smooth tarmac roads and paths - completely traffic free, comprising of 4.5 loops of scenic Dorney Lake. Chip timing will be in operation for accurate splits and finish time. The race provides the perfect (& fastest) Half Marathon in preparation for the 2015 London Marathon

www.hotchocolateseries.co.uk

22nd MAR FLEET HALF MARATHON
Fleet, Hampshire

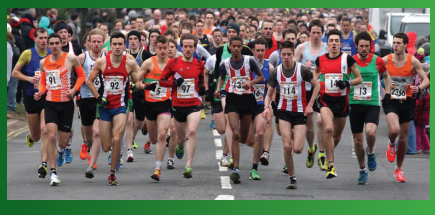
A gently undulating course with good chance to achieve your PB. An ideal build-up to the London Marathon

www.fleethalfmarathon.com

22nd MAR EASTLEIGH 10K - HRRL
Eastleigh, Hampshire

The fast, flat course will give you the Opportunity for a pb's and sb's

www.runningmania.co.uk



22nd MAR BANBURY 15
Banbury, Oxfordshire

Mostly on country roads, You will find the course fairly fast but there are sizeable hills about 1.5, 2.5, 6 & 11 miles

www.banburyharriers.org

29th MAR WHITE HORSE HALF MARARTHON
Grove, Oxfordshire

A flat road race, White Horse Half Marathon has been voted one of the top 10 races for PB potential and ideal build-up to to any spring Marathon

www.whitehorseharriers.org

29th MAR SURREY SPITFIRE 20
Cranleigh, Surrey

The start and finish is at Dunsfold Aerodrome, venue for BBC Top Gear. This event is either one lap (Tempest) or two laps (Spitfire). The route is undulating with plenty of flat bits and the odd short, sharp hill

www.eventstolive.co.uk

29th MAR CRANLEIGH 21
Cranleigh, Surrey

highly recommended as a pre-London Marathon event. The course consists of a 9-mile loop and a 6-mile loop, with the option on the day of running the 6-mile loop twice for a total of 21 miles

www.mabac.org.uk

29th MAR EXBURY GARDENS 5MILE
Southampton, Hampshire

a flat and fast circular course run over country lanes which starts and finishes at Exbury Gardens, taking in spectacular views of the Solent

www.hardleyrunners.co.uk

Club Constitution

STUBBINGTON GREEN RUNNERS

1. Name

The club will be called *Stubbington Green Runners* and will be affiliated to *England Athletics.*

2. Aims and objectives

The aims and objectives of the club will be:

- To offer coaching and competitive opportunities in *Athletics*
- To promote the club within the local community and *Athletics*.
- To ensure a duty of care to all members of the club.
- To provide all its services in a way that is fair to everyone.

3. Club Equity Statement

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

- The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

4. Membership

To ensure all present and future members receive fair and equal treatment.
Membership should consist of officers and members of the club.
All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of practice that the club has adopted.

Members will be enrolled in one of the following categories:

- Senior member
- Couple member.
- Family member.
- Junior member.
- Honorary member.

5. Membership fees

Membership fees will be set annually and agreed by the Executive/ Management Committee or determined at the Annual General Meeting.

Fees will be paid: annually and are due on 1st April each year. If fees have not been paid by 1st July then a £10 rejoining fee will also apply. New members joining between the 1st Jan and 31st March will get membership until the following 31st March.

6. Officers of the club

The officers of the club will be:

- Chair
- Vice Chair.
- Secretary.
- Treasurer.
- Mens Captain
- Ladies Captain.
- Club Coach
- 3 X General Committee members

Officers will be elected annually at the Annual General Meeting with the exception of the Chair who will be appointed for an initial 2 Year period..

7. Committee

The club will be managed through the Management Committee consisting of:

- *The Officers of the club above*. Only these posts will have the right to vote at meetings of the Management Committee.
- The Management Committee meetings will be convened by the Secretary of the club and held no less than 10 times per year.
- The quorum required for business to be agreed at Management Committee meetings will be: 6
- The Management Committee will be responsible for adopting new policy, codes of practice and rules that affect the organisation of the club.
- The Management Committee will have powers to appoint subcommittees as necessary and appoint advisers to the Management Committee as necessary to fulfil its business
- The Management Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/constitution. The Management Committee will be responsible for taking any action of suspension or discipline following such hearings.

8. Finance

All club monies will be banked in an account held in the name of the club.

The Club Treasurer will be responsible for the finances of the club.

The financial year of the club will end on: 31st January

An **audited** statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

Any cheques drawn against club funds should hold 2 signatures of members of the Management Committee.

9. Annual General Meetings

Notice of Annual General Meetings (AGM) will be given by the Club Secretary. Not less than 21 clear days notice to be given to all members.

The AGM will receive a report from officers of the Management Committee and a statement of the audited accounts.

Nominations for officers of the Management Committee will be sent to the Secretary prior to the AGM.

Elections of officers are to take place at the AGM.

All members have the right to vote at the AGM.

The quorum for AGMs will be 15% of the paid up membership of the club.

The Management Committee has the right to call Extraordinary General Meetings (EGMs) outside the AGM. Procedures for EGMs will be the same as for the AGM.

10. Discipline and appeals

All concerns, allegations or reports of poor practice/abuse relating to the welfare of children and young people will be recorded and responded to swiftly and appropriately in accordance with the club's child protection policy and procedures. The club Welfare Officer is the lead contact for all members in the event of any child protection concerns.

All complaints regarding the behaviour of members should be presented and submitted in writing to the Secretary.

The Management Committee will meet to hear complaints within *30* days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.

The outcome of a disciplinary hearing should be notified in writing to the

person who lodged the complaint and the member against whom the complaint was made within 10 days of the hearing.

There will be the right of appeal to the Management Committee following disciplinary action being announced. The committee should consider the appeal within 30 days of the Secretary receiving the appeal.

11. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of such a dissolution, after all outstanding liabilities have been met, the assets of the Club will be passed to Hampshire AA with a request that they are to be used for the benefit of athletics within the Portsmouth area. Any money remaining is to be divided equally between the current membership as at the last AGM**.**

11. Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

12. Declaration

Stubbington Green Runners hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed: **Date:**

Name:
Position: Club Chair

Signed: **Date:**

Name:
Position: Club Secretary