The Green Runner

MARCH 2015

www.stubbingtongreenrunners.net | @StubbGR

OUR NEW COMMITTEE

WELCOME TO THE NEW CHAIRMAN

BRIGHTON HALF MARATHON RESULTS

LATEST CROSS COUNTRY RESULTS

MAY THE FORCE BE WITH YOU (WHAT IS POSTURE?)

FROM THE CHAIR

Hi everyone – it was good to see a big turnout for our AGM this week which saw the new committee agreed for the coming year which included myself becoming Chairman.

I would just like to put on record my thanks to Graham Bell and Verity Wright for the way they have helped move the club forward over the last couple of years – I hope that the new committee can build on and enhance this.

Before I go any further I ought to introduce myself to those members of the club who don't know me. I have only been running for the last 4 years or so after a break of about 40 years as I thought it seemed a lot easier to run than to chase around the country supporting my wife on her runs – I'm not sure I was right!

I have been on the committee as secretary for those 4 years, having taken early retirement in 2010 after 32 years working for IBM. I was, therefore, in the fortunate position to have a fair amount of spare time to be able to devote to the club.

Anyway enough about me - the club is celebrating its 30th year in 2015 so the committee is working on how we might celebrate this anniversary - please feel free to get in touch with us about any ideas of events that can help us do this.

On the running side of things we are just leaving the winter cross country series behind but looking forward to many more upcoming races, both road and off road. Training is also well under way for the Spring marathons – its good to see there always seems to be a group out training at the weekends whatever speed is being aimed for. We are planning a marathon bus to London again this year so keep your eye on the website for details.

Also from April we have the start of the RR10 series of races on a Wednesday night which cater for all abilities and has the added bonus of after race rehydration at a local pub. I really would urge everybody to give these a go to see how we combine the competitive and social side of the club in the best possible way.
Finally I would just like to say if you have any concerns about the way the club is being run or ideas that might make us even better please talk to myself or any other member of the committee – we all have the same ethos to make this the best club we possibly can but in a club of 400 members it is not always possible to please all of the people all of the time.

Happy running everyone

Kevin Ashman
Chairman

CHOOSE THE CLUB'S CHARITY

The club has had a very successful year supporting the Two Saints charity for the homeless and now is the time to decide what charity it would like to support for the coming year. If you have a particular charity, preferably local, that is close to your heart or relevant to you then send our Chairman, Kevin Ashman, an email to **kash99@ntlworld.com** by the end of March with a short explanation why you think this charity should be chosen. The committee will then decide which charity will be Stubbington's for the coming year.

PERFORMANCE OF THE MONTH

Julie Ashman for her two day 66 mile ultra along the Pilgrims Way on the North Downs. Completed through ankle deep mud in many places whilst enduring snow, ice and many other elements that the weather threw at her. Julie completed the 66 miles in 15:48:01

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

21	Daniel	O'Boyle	01:14:57
24	Lewis	Chalk	01:15:10
178	David	Castle	01:25:10
1401	Anna	Wilby-Lopez	01:42:04
1869	Tina	Chantrey	01:45:43
1856	Alan	White	01:45:37
2250	Aga	Plombon	01:48:37
3108	Kelly	Bennetts	01:53:59
3095	Neil	Stantiall	01:53:57
3559	Ellie	Crane	01:56:37
4028	Lucy	Window	01:59:10
4358	Kay	Sadler	02:01:39
5174	Sharon	Simpson	02:08:29
4666	Julia	Webb	02:04:08

Lewis Chalk finishing The Brighton Half Marathon

Vitality BRIGHTON HALF MARATHON 2015

HEARTBREAKER MARATHON		
127	**Julie Ashman**	**04:33:00**
128	**Donna Mitchell**	**04:33:00**

HEARTBREAKER HALF MARATHON		
5	Sev Roberts	01:25:57
30	Mark McDonald	01:33:28
64	Andy Lee	01:47:29
70	Phil Hobby	01:48:53
255	Marie Mcdonald	02:39:06
256	Sarah Hobby	02:39:11

THE RYDE 10 MILE ROAD RACE

15	Andy Simpson	1:00:44
18	Rob Greenwood	1:01:33
30	Sev Roberts	1:02:46
44	Mike White	1:04:52
70	Thomas Mcclements	1:08:00
95	Philip Martin	1:10:50
147	Peter Kay	1:14:49
175	Peter Simpson	1:17:01
197	Lucy May	1:19:17
273	Verity Wright	1:26:44
303	Dawn Haynes-Sewell	1:31:17
323	Sarah Martin	1:35:04
339	Sarah Barron	1:39:12
344	Sandie Mcintosh	1:40:18
348	Sue Robinson	1:41:56

28	**Joseph Peat**	**39.33**
76	**Jon Plomer**	**43.17**
150	**Paul Coverdale**	**46.56**
251	**James Lewington**	**50.58**
386	**Dawn Haynes-Sewell**	**56.03**
423	**Lucy Taylor**	**57.33**
479	**Robert Spencer**	**1.00.00**
498	**Nikkie Plomer**	**1.00.50**
566	**Yvonne Fisher**	**1.07.51**

SEVILLE MARATHON

3649 Nick Kimber 03:39:39

CTS
COASTAL TRAIL SERIES

SOUTH DEVON

Half Marathon

317th Caroline Street 2nd FV55	3.38.13
317th Julie Bowden 3rd FV55	3.38.13

7 Mile

184th John Tussler	1.56.36

PORTSMOUTH COASTAL HALF MARATHON

57	Melissa Hutton-Dunton	01:37:05
70	Jon Leigh	01:38:36
204	Victoria Joel	01:49:17
214	Sylwia Ward	01:49:47

CHICHESTER 10K

16	Daniel O'BOYLE	00:31:26
58	Rob ARKELL	00:35:03
135	William FELINE	00:37:45
208	Stuart HISCOCK	00:39:53
227	Mark MCDONALD	00:40:23
241	Jon LEIGH	00:40:40
305	Laura WAINWRIGHT	00:41:49
401	Peter SIMPSON	00:43:51
403	Dan HUGHES	00:43:44
448	Daniel FOSTER	00:44:38
505	Phil HOBBY	00:45:27
514	Simon VINGOE	00:45:12
579	Hilary GULLIVER	00:46:25
735	Alan WHITE	00:48:45
895	Stephen WALLBRIDGE	00:51:33
932	Dawn HAYNES-SEWELL	00:52:18
958	Aga PLOMBON	00:52:32
1267	Robert SPENCER	00:56:02
1366	Nikkie PLOMER	00:58:50
1410	Sarah HOBBY	00:59:56

The 2015 National Cross Country Championships at Parliament Hill

117	Daniel O'Boyle	43:50
1224	Daniel Foster	57:17
1344	Thomas McClements	58:41
1366	Liam Dredge	58:58
1477	Philip Whitehouse	1:00:43
1563	John Blake	1:01:56
1570	Nick Crane	1:02:06
1625	Mike Bell	1:03:11
1649	Peter Simpson	1:03:38
1680	Gordon Westley	1:04:22
1882	James Lewington	1:11:18

229	Daisy Hall	39:14
631	Lucy May	48:10
663	Dawn Venessa Haynes-Sewell	49:33
818	Sarah Martin	57:28

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

May the Force be with you!

Posture

Many of us think of our posture as the way we hold ourselves when we are standing or sitting, often recognising that we slouch, or hunch our shoulders or stick our chin out. Sometimes we are unaware of it as it is a pattern we have learned and used for years. But posture is an active state, as well as a static state which relates to the ways in which we move.

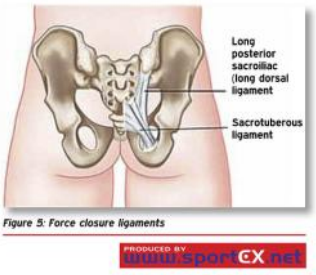
Martin (2002) states, "...posture is more than just maintaining a position of the body such as standing. Posture is active, whether it is in sustaining an existing posture or moving from one posture to another."

In his book The Vital Glutes, John Gibbons states,

*"*Poor posture is a faulty relationship of the various parts of the body, which produces increased strain on the supporting structures and in which there is less efficient balance of the body over its base of support".

There it is again, that word - ***balance,*** the key to our bodies performing well and injury free!

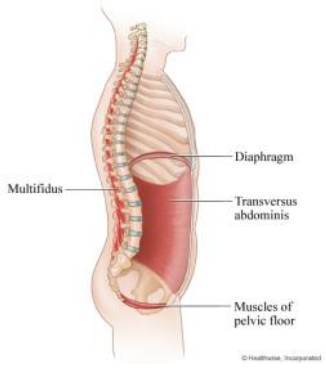
The pelvis
The pelvis is key to our ability to move from one position to another while keeping correct posture and alignment.



Force closure - a technical term! But basically force closure refers to the stabilization of the pelvis that is achieved by increasing compression across the Sacroiliac Joint (SIJ) at the moment of loading. Ligaments, muscles and fascia are responsible for this compression.

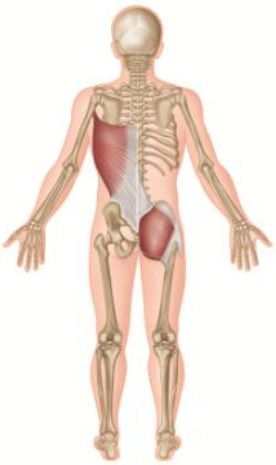
This stabilization is essential if we are to move without injury or progressive deformity when we run (ah the connection!). If there are muscle imbalances the positioning of the pelvis will be altered which will affect the rest of the kinetic chain.

There are two important muscle systems that contribute to stability of the pelvis and lower back, creating that force closure. They are the inner core unit and the outer core unit.



Inner Core Unit - this is made up of the transverses abdominus, multifidus, diaphragm and the pelvic floor muscles. They are local stabilizers and are predominantly made up of slow twitch muscle fibres which can sustain low level activity and are slow to fatigue.

Outer Core Unit - this consists of four myofascial slings, groups of muscles that are connected and functionally related and also create force closure. They are known as global stabilizers and mobilisers.



Posterior oblique system

Working together
Both the inner core unit and the outer core unit depend on each other and if the inner unit doesn't work when the outer unit is called to action, a muscle imbalance is created which leads to injury and poor performance.

As these two systems work together, they need to be trained together in an integrated and functional way. Exercises need to include the movement patterns that you use every day in your work or running or other activities. The need to be functional means that the resistance machines you get in the gym are generally ineffective as they don't relate to every day functional movements.

BRAMLEY 20 MILE

5	Daniel	O'boyle	01:53:29
22	Lewis	Chalk	01:59:44
184	Jon	Leigh	02:27:02
189	Marcus	Lee	02:27:24
201	Philip	Martin	02:28:21
222	Mark	Mcdonald	02:29:12
245	Daniel	Foster	02:31:54
281	Andy	Lee	02:36:06
322	Richard	Snell	02:38:50
410	Phil	Hobby	02:48:02
641	George	Howarth	03:20:18
680	John	Simister	03:29:09

335	Gill	Rose	02:40:23
478	Marie	Mcdonald	02:56:34
665	Sarah	Hobby	03:25:54
666	Lucy	Window	03:25:54
689	Sharon	Simpson	03:31:16
690	Julie	Ashman	03:31:16

The Bramley 20 is always a popular race for those training for a Spring Marathon. Though slightly undulating it still produces quick times, with several PB's being broken by the big Stubby turnout.
Bring on London, Brighton, Manchester etc.

BRAMLEY 10 MILE

392	Mrs	Martin	01:30:00
471	Sandie	Mcintosh	01:36:20
492	Sue	Robinson	01:38:08

CC6 Denny Wood

2	BECCY LORD
5	LAURA WAINWRIGHT
9	DONNA MITCHEL
30	DAWN HAYNES-SEWELL
38	PAM KEMP

3	ANDY SIMPSON
13	JACK WEBB
15	WILL FELINE
18	MIKE WHITE
27	MURRAY WATSON
38	GRAHAM BELL
47	NICK CRANE
48	MIKE BELL
50	LIAM DREDGE
58	PETER KAY
79	RUSSEL MEAD

CC6 - Wilverley Enclosure

Ladies were 4th team and Men 3rd team.

8	DONNA MITCHELL
10	NIKKI ROEBUCK
22	KERRY DODSWORTH
37	BRIGID HONE
41	LUCY TAYLOR
48	PAM KEMP
50	SARAH MARTIN

1	MIKE GREGORY
13	LEWIS CHALK
15	JACK WEBB
26	JACK HARRIS
27	JOE PEAT
35	GRAHAM BELL
55	PETER KAY

Southern Cross Country League - Alton

5	BOE HARPER
16	WILLIAM FELINE
24	CHRIS HALL
30	JACK WEBB
33	DARAGH HENDLEY
38	THOMAS MCCLEMENTS
113	NICK CRANE
121	RICHARD BAILEY

3	BECCY LORD
11	DAISY HALL
47	FRANCIS LORD

CC6 Series

This was the first year that Stubbington Green has run the CC6 series. The decision was taken by the committee to part take in these races as they were generally closer to home and had an early start time of 9.30am which meant people could be home before lunchtime!

The CC6 series has consisted of 7 races with clubs running 6 races and joint hosting one. We had 48 Stubbies competing across the 6 races and about 15 marshals when we co-hosted the first race at Fleming Park.

The last race of the series at Wilverley saw 7 men and 7 women battling through the mud, sand and water. Congratulations to new boy Mike Gregory who won the race on his first outing in Stubbie vest! All the ladies finished in the top 50 with the new ladies captain, Donna Mitchell leading from the front and the team on the day was 4th with Nikki Roebuck and Kerry Dodsworth completing the team. The men came in 3rd, with Lewis Chalk, Jack Webb and Jack Harris making the team.

For a first season in the league we have done very well and finished 4th Ladies team and 3rd Men's team which gave is an overall finishing position of 4th.

Individually we had 48 people competing in the league. We had two runners who competed in all 6 races which was Pam Kemp and Jack Webb, well done guys. To score a final individual position in the league you have to compete in 4 or more races, so congratulations to Pam, Jack, Sarah Martin, Dawn Haynes-Sewell, Graham Bell and Andy Simpson. We'll update the individual final positions once they come out.

Thank you to everyone who ran, supported at races and marshalled our own race. Look forward to seeing you all at RR10 series in Summer which starts on 22nd April at Royal Victoria.

CC6 2014 2015 TEAM RESULTS

MENS (TEAMS OF 4) – 6 RACES TO SCORE

TEAM	RACE1	RACE2	RACE3	RACE4	RACE5	RACE6	RACE 7	TOTAL	POS
LORDSHILL	2 - 34	1 - 34	2 - 36	HOST	1 - 19	1 - 23	1 - 22	8	1
WINCHESTER	3 - 38	2 - 38	1 - 29	2 - 40	HOST	4 - 76	2 - 46	14	2
STUBBINGTON	HOST	6 - 128	4 - 89	3 - 56	2 - 45	2 - 49	3 - 55	20	3
EASTLEIGH	HOST	4 - 80	3 - 65	5 – 94	6 - 134	5 - 108	5 - 108	28	4
SOUTHAMPTON	1 - 23	3 - 39	*9 - 194	1 - 22	HOST	6 - 108	*8 - 156	28	4
TOTTON	4 - 121	5 - 113	7 - 136	4 - 83	7 - 164	HOST	4 - 77	31	6
HARDLEY	5 - 125	HOST	6 - 96	6 – 113	5 - 100	7 - 117	6 - 134	35	7
NEW FOREST	7 - 183	7 - 182	8 - 138	7 - 115	3 - 85	3 - 67	HOST	35	7
LYMINGTON	*10 - 408	9 - 238	5 - 94	9 - 179	4 - 87	8 - 152	HOST	45	8
ROMSEY	6 - 157	8 - 222	HOST	8 - 148	*8 - 167	9 - 173	7 - 135	46	9
H/WORTH	*9 - 295	*10 - 282	HOST	*10 -276	*9-251	*10 - 287	*9 - 305	57	10
WESSEX	*8 - 350	*11 - 370	*10 - 334	HOST	*10-266	*11 - 339	*10 - 320	60	11

LADIES (TEAMS OF 3) – 6 RACES TO SCORE

TEAM	RACE1	RACE2	RACE3	RACE4	RACE5	RACE6	RACE7	TOTAL	POS
TOTTON	1 - 8	1 – 11	1 - 21	2 – 22	1 – 10	HOST	2 -30	8	1
LORDSHILL	2 - 35	2 - 31	2 - 23	HOST	4 - 47	2 - 25	5 - 44	17	2
ROMSEY	3 - 45	4 – 46	HOST	5 - 43	5 - 66	4 - 45	3 - 32	24	3
STUBBINGTON	HOST	9 – 161	6 - 70	3 - 40	2 - 23	1 - 16	4 - 40	25	4
EASTLEIGH	HOST	6 - 62	4 - 53	6 - 58	3 - 41	3 -38	6 - 48	28	6
WINCHESTER	4 - 59	3 - 31	*9 - 129	1 – 21	HOST	*9 - 60	1 - 18	27	5
NEW FOREST	6 - 89	5 – 55	5 - 68	4 - 40	6 - 83	5 - 49	HOST	31	7
HARDLEY	5 - 70	HOST	3 - 36	9 - 112	8 - 116	7 - 84	7 - 82	39	8
R.SISTERS	8 - 119	8 – 122	8 - 91	7 - 82	HOST	8 - 126	8 - 136	47	9
LYMINGTON	*10 - 192	7 - 100	7 - 82	8 - 104	7 - 92	*11 - 150	HOST	50	10
SOUTHAMPTON	7 - 07	10 – 167	*10 - 380	*10 - 54	HOST	*10 - 125	*9 - 102	56	11
H/WORTH	*10 - 171	*11 - 230	HOST	*11 - 157	*9 - 186	6 - 76	*10 -147	57	12
WESSEX	*9 - 171	*12 – 270	*10 - 380	HOST	*9 - 186	*12 - 154	*11 -175	63	13

COMBINED TEAM TROPHY – 6 RACES TO SCORE

TEAM	MENS POINTS	LADIES POINTS	TOTAL	POSITION
LORDSHILL	8	17	25	1
TOTTON	31	8	39	2
WINCHESTER	14	27	41	3
STUBBINGTON	20	25	45	4
EASTLEIGH	28	28	56	5
NEW FOREST	35	31	66	6
ROMSEY	46	24	70	7
HARDLEY	35	39	76	8
SOUTHAMPTON	28	56	84	9
LYMINGTON	45	50	95	10
H/WORTH	57	57	114	11
WESSEX	60	63	123	12
R.SISTERS		47	NA	n/a

Staunton Park

Thank you to all the Stubbies that ran the final Southern Cross Country league Race of the season at Staunton Park, we had 12 men and came in 4th place but unfortunately once again we were unable to field a ladies team which meant that we finished in 20th place overall. A special mention for Laura Wainwright who came 10th in her first ever league race and thanks to David McSwayne who ran despite getting to the start late.

For those that have run this season I'm sure they would all agree it is a fantastic league with 7 proper cross country courses and food afterwards all for £1.50, we still managed 7th place out of 22 this year despite incomplete teams a couple of times, thank you to everyone who joined in the fun.

Chris Hall

10	Boe Harper
20	Will Feline
28	Mike White
31	Daragh Hendley
51	Stuart Hiscock
57	James Lee
62	Mike Harper
71	Nick Crane
73	Mike Bell
98	Peter Simpson
118	Andy Lee
188	David McSwayne
10	Laura Wainwright
39	Penny Forse

Hampshire Road Race Relay 2015

Ever fancied running a road relay? Well the first Hampshire Road Relay Championships Race is on Sunday 12 April 2015, at Lakeside, Cosham. Anybody from the club can enter whether your young or old….whatever your speed! You need to find 3 people for a team and enter here on the Stubbie website, the cost per person is £3.35. You will enter your individual details and pay separately but you will need to name your two other team mates so I can marry up the teams!!!

The first race will be at 10.30am and the order will be the U11 Race followed by relays U13/U15 Girls, U13/U15 Boys, U17/Senior/Veteran Women and U17/Senior/Veteran Men.

Relay runners must be 1st claim members of Stubbington Green. All Relays are 3 legs. Relays for U13, U15 (Approx. 3k per leg) U17, Senior, Vets 40, 50, 60 (Approx. 6k per leg).

The U11 Race will be approx. 2k (not a relay) with individual entry (£3.35 per person) & will include a team competition for affiliated athletic clubs and schools. Awards for the top 3 male and female and winning athletic club or school, based on 3 to score.

Awards for winning Hampshire teams and fastest legs. All runners are limited to running 1 relay leg. Veterans may compete in a younger veteran age group or as a senior but will only be eligible for a fastest lap award in the age category in which they compete. An additional award, The 1000 Lakeside Trophy will be presented to the best performing club.

So what are you waiting for, enter individually via the link.

Please note the deadline for entries on the Stubbie website is the 30th March.

Any questions please get in touch with your Captains Donna Mitchell and Andy Simpson.

THE NEW COMMITTEE

Following the AGM in February the new committee has been chosen as follows:

CHAIRMAN	**Kevin Ashman**
VICE CHAIRMAN	**Chris Hall**
SECRETARY	**Phil Hobby**
TREASURER	**Robert Spencer**
LADIES CAPTAIN	**Donna Mitchell**
MENS CAPTAIN	**Andy Simpson**
CLUB COACH	**Penny Forse**
GENERAL COMMITTEE ROLES	**Sue Robinson**
	Victoria Joel
	Sarah Martin

Netley 31 Jan	
Dan Foster	20.14
Andrew Thomas	20.54
Mike Bell	21.23
Marcus Lee	21.51
Jon Leigh	22.17
Donna Mitchell	22.27
Vicky Shaw	23.02
Daniel Hughes	23.15
Hilary Gulliver	23.52
Susie MacGregor	25.52
Russell Mead	26.10
Jules Dinwoodie	28.06
John Tussler	28.23
Sandra Hook	28.59
Robert Spencer	29.54
Julie Bowden	31.10
Ann Blake	31.13
Robert Nicholls	31.31
Tom Mellor	31.36
Ian Coady	31.49
Bethan Davis	32.09
Andrew Smith	40.01
Eastleigh 31 Jan	
Haydn Brown	22.08
Keith Whitaker	28.12
Alison MacSwayne	30.25
David MacSwayne	32.08
Havant 31 Jan	
Sandra Clark	29.14
Southsea 31 Jan	
Stuart Hiscock	20.08
Grovelands, Enfield 31 Jan	
Philip Whitehouse	22.04
Poole 31 Jan	
David Castle	18.08
Tina Chantrey	23.34
Horsham 31 Jan	
Mike Harper	25.54
Winchester 31 Jan	
Gordon Westley	22.32
Paul Coverdale	23.17
Longrun Meadow 31 Jan	
Paul Southon	24.48
East Coast Park 31 Jan	
Howard Clark	18.59
Claisebrook Cove 31 Jan	
Terry French	34.02

QE Park 7 Feb	
Mark McDonald	20.56
Phil Hobby	23.45
David Langrish	24.25
Alan White	25.00
Mike Donovan	29.07
Sarah Hobby	32.58
Grovelands, Enfield 7 Feb	
Philip Whitehouse	20.54
Wythenshawe 7 Feb	
Jane Adlard	27.24
Netley 7 Feb	
Lewis Chalk	18.16
Sev Roberts	18.59
Rebecca Lord	20.30
Marcus Lee	21.32
Dan Foster	22.17
Martyn Poore	24.55
Paul Southon	25.23
Sandra Hook	27.55
Bethan Davis	29.51
Tom Mellor	30.01
Ian Coady	32.18
Sandie McIntosh	34.52
Sue Robinson	35.26
Rowena Dodds	35.27
Andrew Smith	41.42
Wendy Holloway	42.30
Havant 7 Feb	
Alison MacSwayne	28.35
David MacSwayne	30.08
Eastleigh 7 Feb	
Keith Whitaker	28.49
Winchester 7 Feb	
Gordon Westley	21.49
Ipswich 7 Feb	
Joseph Peat	18.57
Medina, I O W 7 Feb	
Sarah Barron	29.21
Alice Holt 7 Feb	
Mike Harper	24.53
Chipping Sodbury 7 Feb	
Robert Spencer	27.22
Rockingham 7 Feb	
Terry French	32.04
Fish Hoek 7 Feb	
Andy Stockwell	21.08
Southsea 14 Feb	
Daniel O'Boyle	15.43
Stuart Hiscock	19.39
Kerry Dodsworth	23.51

George 14 Feb	
Andy Stockwell	22.04
Bognor Regis 14 Feb	
Mike Harper	19.39
Southampton 14 Feb	
Rob Arkell	17.16
Newbury 14 Feb	
Allan Stinson	34.57
Medina, I O W 14 Feb	
Sarah Barron	30.02
Winchester 14 Feb	
Gordon Westley	22.05
Jules Dinwoodie	27.49
Bryn Bach 14 Feb	
Chris Hall	18.39
Thomas McClements	19.02
Wendy Hall	30.20
Netley 14 Feb	
Lewis Chalk	17.42
Joseph Peat	19.39
Rebecca Lord	19.51
Andrew Thomas	20.05
Tim Sullivan	20.32
Mark McDonald	20.55
John Blake	21.45
Frances Lord	24.41
Paul Southon	24.44
Susie MacGregor	24.54
Russell Mead	25.19
Bethan Davis	26.48
Sandra Hook	27.12
Ann Blake	33.04
Jaz Smith	34.14
James Lewington	36.22
Andrew Smith	37.29
Claisebrook Cove 14 Feb	
Terry French	31.17
Brockenhurst 14 Feb	
Alison MacSwayne	28.37
David MacSwayne	28.40
Robert Spencer	28.42
QE Park 14 Feb	
Mike White	21.44
Nikki Roebuck	24.09
Alethea Adair-Stantiall	24.29
Eastleigh 14 Feb	
Haydn Brown	21.46
Keith Whitaker	27.04
Eastleigh 21 Feb	
Haydn Brown	21.51
Keith Whitaker	28.44

Netley 21 Feb	
Tom MacSwayne	18.17
Mark McDonald	20.29
Andrew Thomas	20.30
Rebecca Lord	20.41
Richard Cassell	21.27
Donna Mitchell	21.47
Chris Davidson	21.55
Peter Kay	21.59
Phil Hobby	22.12
Frances Lord	24.55
Russell Mead	25.14
Paul Southon	25.27
Sandra Hook	27.27
Jules Dinwoodie	27.28
Bethan Davis	27.37
John Simister	28.27
Alison MacSwayne	29.04
Tom Mellor	29.54
Lucy Window	30.21
Aga Plombon	30.21
Sarah Hobby	31.11
David MacSwayne	32.24
Andrew Smith	40.41
Wendy Holloway	40.49
Southsea 21 Feb	
Robert Nicholls	29.57
QE Park 21 Feb	
Jon Leigh	21.52
Jack Harris	22.47
Phil Martin	23.06
Marcus Lee	23.20
Nikki Roebuck	24.02
Basingstoke 21 Feb	
John Nicholson	29.44
Grovelands, Enfield 21 Feb	
Philip Whitehouse	20.56
Newbury 21 Feb	
Tomas Stinson	33.40
Allan Stinson	33.41
Winchester 21 Feb	
Paul Coverdale	22.24
Robert Spencer	27.27
Roundhay 21 Feb	
Rachel Leach	38.38
Chris Leach	38.39
Rockingham 21 Feb	
Terry French	31.10
Rondebosch Common 21 Feb	
Andy Stockwell	19.30
Havant 21 Feb	
Andy Lee	23.40
Mike Harper	23.51
Jennie Lee	31.43

CAPTAINS CORNER

Firstly I would like to take the opportunity to thank everyone for their fantastic support and warm welcome over the last week or two, everyone has been so lovely and I feel extremely privileged to be taking up the position of Ladies Captain. I am so looking forward to meeting all of you ladies and hearing all about your individual goals and hopefully having a hand in helping you achieve them.

Well, where to start? When Andy asked me if I would like to do this month's report, I thought, how hard can it be? Well it turns out February has been a mammoth month of racing both on road and off with some really fantastic results for both the men's and ladies teams.

The Cross country races kicked off with The Hampshire XC at Kings Park in Bournemouth where 9 runners turned out on the day, the Vet ladies team were hoping to secure a podium finish but unfortunately narrowly missed out on the day with Lee Stantial leading the same 3 ladies home to makeup both the Senior and Vet Teams. John Blake organised an excellent XC season and worked hard to ensure we had teams at all of the races, thank you John for all your hard work during the season and to everyone who took part. We have seen 2 CC6 races in February and both have produced good numbers for men and ladies. We saw Beccy Lord have a fantastic race at Dennywood finishing in 2nd place and leading the ladies team to a 1st place finish on the day. We also saw Mike Gregory take 1st place at Wilverley leading the men to 3rd place finish on the day and securing 3rd place overall in the series, Ladies finished in a respectable 4th place, well done everyone.

The cross country races continued with 2 races in the Southern XC league, Chawton Park and Staunton Park. The National XC Championships at Parliament Hill saw 16 runners, 12 men and 4 ladies take on the notorious course in very muddy conditions. Ladies finished 82nd team with Daisy Hall, Lucy May, Dawn Haynes-Sewell and Sarah Martin skating around the course. The Men's 6 man team were 117th and our 9 man team was 64th comprising of Dan O'Boyle, Dan Foster, Tom McClements, Liam Dredge, Phil Whitehouse, John Blake, Nick Crane, Mike Bell and Peter Simpson.

We have had 2 road 10k races this month, Chichester and Winchester. Chichester saw Daniel O'Boyle lead the men home finishing in 16th position with an incredible time of 31.26, likewise Laura Wainwright produced a fantastic time of 41.49 and finished 38th lady. At Winchester Joseph Peat led the men home in 39.29 and Dawn Haynes-Sewell for the ladies in 55.56.

Upping the distance we have also had 3 Half Marathons and Marathon in February (all on the same day too!) We saw Melissa Hutton-Dunton finish 3rd Lady at Portsmouth Coastal Half, at Brighton Half Marathon Daniel O'Boyle led the men home once again and Anna Wiliby-Lopez led the way for the ladies. Sev Roberts led the way in the Heartbreak Half with a brilliant 5th place finish in 01:25:57 and Julie Ashman smashed her off road Marathon PB time by 38 minutes in the full Marathon! What a fantastic effort from everyone who took part in all of these races, well done to you all.

Coming up in March we have 2 HRRL races, The Salisbury 10 miles on the 8th and Eastleigh 10k on the 22nd. Please note Salisbury is the March bonus race for double points on the leaderboard. I have to say in comparison, March looks really quiet next to February! The Meon Valley Plod is also coming up on March 15th, good luck to everyone taking part, fingers crossed you get dry weather on the day and in the week before!

Just to give you all some notice for April as it will also be a busy month with marathons in London, Paris, Manchester and Brighton. On the 12th April there is the new Hampshire Road Race Relay, anyone can enter and you need 3 people for a team. We will see the first of our Time Trial's starting on Thursday 16th at 7pm (articles on the road relay and time trial in this month's Green Runner). **The following week we see the start of the RR10 season at Royal Victoria Country Park on Wednesday 22nd at 7pm (please note this will be April's bonus race for double points) we hope to see as many green vests as possible!** Just to make the month extra busy the first of the Lakeside 5k series is on the 29th at 7.15pm. So, plenty to choose from in April, the real problem will be trying to fit it all in! Have a great month running and racing.

Donna Mitchell
Ladies Captain

HAMPSHIRE CROSS COUNTRY LEAGUE 2014/15

The Hants League consists of Five XCs in a series starting at Farley Mount where we fielded 22 runners, 1 under 15, 9 ladies and 12 men, with both senior and vets teams for both men and ladies. This was possibly the best turnout at one of these races for a few years. Given that both the men's seniors and vets teams were both promoted into the top division this season it was going to be a difficult job but the vets finished 6th on the day and the seniors 9th. The ladies finished 6th for the seniors and 3rd for the vets. This was a brilliant start for them. The highlight here was Penny's fantastic run beating many younger runners, an inspiration to us all. Harry Martin ran as an U15 and did the club proud running his own race and not being intimidated by the quality of younger runners.

Next up was Goodwood where the men fielded 12 again with seniors finishing 8th and vets 5th. Harry ran in the U15s, but the ladies numbers dropped to 5. Importantly we still managed a senior and a vets team. This proved significant in the series and Sally McGrath, Dawn Haynes-Sewell and Sarah Martin got those all important points that meant the vets team stayed in the competition. The seniors finished 11th and the vets 15th

Popham followed and the men fielded 13 – the highest male turnout this year including David MacSwayne who had the pleasure of the support from all the Stubbington runners at the end and his son Tom running in with him. A special moment perhaps. The seniors finished 9th despite a strong field, just showing the quality of the top clubs, and the vets finished 7th. The ladies fielded 5 again with both a senior team finishing 9th and the vets team coming in 4th.

Reading was the fourth race and here the numbers dropped for the men down to 5 and the ladies also fielded 5. It was proving harder to encourage people to turn out for these races by this point, with cross country and road league races coming thick and fast when many people were starting their marathon training. However we still managed senior and vets teams for both. The men's seniors came 9th with the vets coming 7th. The ladies seniors finished 7th and vets came 3rd again setting up an interesting final race.

The final race at Bournemouth was our lowest turnout with just 3 ladies and 6 men. But yet again crucially we were able to field both a senior and vets team for both the men and ladies. A great result as this is the first year for a while (if not ever) we have final results for the ladies seniors and vets teams to join the men's seniors and vets. On the day the men's seniors and vets both finished 10th and the ladies seniors finished 12th and the same 3 ladies also scored for the vets, and they were chasing silverware as well, finishing 5th.

Overall the senior men finished10th place which means they will be relegated for next season. It was a tough call but we just lacked the ability to consistently get our best team out but even then it would be a difficult job given the quality at this level. The vets faired much better finishing 5th and therefore maintaining their position in the top league – an important reminder that fielding a team at every race puts us in a good position to stay in this league.

There were 25 men that raced over the series with 2 running 4 races and gaining an overall score – Boe Harper who finished 42nd and Liam Dredge who finished 82nd in the seniors individual results. John Blake ran all 5 and finished 41st in the vets individual results.

The senior ladies team finished in the top half by coming 6th and the vets finished 4th, also in the top half, unfortunately just 1 point behind 3rd. They just missed out on the silverware, but what a result for the first year. Undoubtedly in my mind the best result from the series. Unlike the men's divisions if the ladies failed to field a team they would simply drop out of the table so it was great to get the teams out for each race which is why the vets at Goodwood played an important part proving it is not always down to speed.

There were 14 ladies that ran over the series with 2 receiving individual scores having both run 4 races each. Nikki Roebuck came 13th and Lee Stantiall 18th both in the vet's individual results.

Well done to all those that ran, both Hants League experienced runners and those that ran for the first time this season.

John Blake (XC Captain)

RESULTS

7 February at King's Park, Bournemouth

34	Lewis Chalk	33.52
121	Dan Foster	39.56
134	Liam Dredge	40.52
141	Nick Crane	41.55
156	Peter Kay	43.21
179	John Blake	46.38

59	Lee Stantial	26.58
62	Nikki Roebuck	27.04
64	Donna Mitchell	27.14

PENNY'S MONDAY NIGHT TRAINING 6:30PM WHITELEY	
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))

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		Pamela	Kemp	35
Ann	Blake	87		Sharon	Simpson	34
Nikki	Roebuck	85		Alex	Leighton-Goodall	33
Georgina	Gair	83		Alison	MacSwayne	33
Penny	Forse	79		Rachel	Leach	30
Dawn	Haynes-Sewell	79		Verity	Wright	28
Julie	Dinwoodie	77		Victoria	Joel	27
Sarah	Martin	77		Sally	McGrath	27
Daisy	hall	73		Yvonne	Fisher	25
Marie	Mcdonald	69		Michelle	Simpson	25
Agnieszka	Plombon	65		Jasmine	Smith	24
Sarah	Hobby	63		Kaarina	May	23
Sarah	Barron	58		Tracie	Jarvis	21
Kelly	Bennetts	55		Elizabeth	Weighell	21
Sophie	Davison	55		Hilary	Gulliver	20
Alethea	Adair-Stantiall	54		Sandie	McIntosh	20
Donna	Mitchell	54		Melissa	Cosens	19
Lucy	May	53		Jennie	Lee	18
Melissa	Hutton-Dunton	49		Rachael	Openshaw	17
Bethan	Davis	47		Julie	Bowden	16
Rebecca	Lord	46		Becky	Hodgkinson	16
Sue	Robinson	43		Frances	Lord	16
Gill	Rose	40		Kathy	McKain	16
Lisa	Donn	39		Lucy	Window	16
Nikkie	Plomer	39		Liz	Hall	15
Susie	MacGregor	38		Wendy	Holloway	15
Gaynor	Heffer	36		Sandra	Hook	14
Laura	Wainwright	36				

Daniel	Foster	134		Liam	Dredge	40
Andrew	Simpson	113		Richard	Snell	40
Peter	Simpson	95		John	Cox	39
Graham	Bell	87		Simon	Hearnden	39
Mark	McDonald	84		John	Tussler	39
Nick	Crane	83		Simon	Vingoe	39
Sev	Roberts	83		Gordon	Westley	39
Thomas	McClements	82		Howard	Clark	38
Mike	White	82		Jonathan	Plomer	38
Andy	Lee	74		John	Simister	35
Russell	Mead	74		Alan	White	35
Mike	Harper	69		Glen	Street	34
John	Blake	68		Jack	Harris	33
Chris	Hall	68		James	Lewington	32
Marcus	Lee	65		Rob	Greenwood	31
Mike	Bell	63		David	Langrish	30
Boe	Harper	61		Allan	Stinson	30
Nigel	Whitcher	61		Philip	Whitehouse	30
William	Feline	60		Tom	Mellor	27
David	MacSwayne	52		Richard	Batten	26
Keith	Whitaker	52		Samuel	Bell	26
Daniel	O'Boyle	51		Duncan	Borthwick	26
James	Sawyer	51		Mark	Porter	26
Robert	Spencer	51		Rob	Arkell	25
Andy	Richardson	50		Kevin	Ashman	25
Philip	Martin	49		Chris	Leach	24
James	Lee	48		Joseph	Peat	24
Euan	McGrath	48		Andrew	Smith	24
Stuart	Hiscock	46		Paul	Southon	21
Jon	Leigh	46		Neil	Stantiall	21
Murray	Watson	45		Paul	Coverdale	20
Haydn	Brown	44		John	Vose	20
Lewis	Chalk	44		Graham	Martin	19
Jack	Webb	44		Ian	Race	19
Mark	Eaton	41		Mike	Donovan	18
Phil	Hobby	41		Tim	Crumpton	16
				Dan	Hughes	16

Karen	Salmon	13		Claire	Jones	6
Caroline	Street	13		Elizabeth	Miles	6
Anna	Wilby-Lopez	13		Karen	Nichols	6
Jennet	Woolford	13		Jacqui	O'Rourke	6
Heidi	Loveridge	12		Rachel	Richardson	6
Katie	Simister	12		Claire	Shergill	6
Julie	Woodman	12		Nicola	White	6
Jane	Butler	10		Katherine	Briggs	5
Tina	Chantrey	10		Kerry	Dodsworth	5
Shelley	Thomas	9		Jane	Adlard	3
Eunice	Hoare	8		Rowena	Dodds	3
Kerry	Bailey	6		Sonia	Robins	3
Karen	Barnicoat	6		Julie	Salt	3
Mandy	Burton	6		Vicky	Shaw	3
Caroline	Chapman	6		Sue	Simister	3
Gemma	Fleming	6		Anne	Trotman	3
Brigid	Hone	6		Grace	Park	2

Richard	Bailey	15		Tommy	Cave	6
Daragh	Hendley	14		Russ	Coleman	6
Adrian	Piddington	14		Simon	Ellis	6
George	Howarth	13		Matthew	Gould	6
Timothy	Matthews	13		Graham	James	6
Simon	Mcmorran	13		Thomas	MacSwayne	6
Gavin	Rennie	13		Samuel	Masson	6
Paul	Woolford	13		Richard	O'Routke	6
Ian	Coady	12		George	Rennie	6
Martyn	Banner	11		Andrew	Thomas	6
John	Fairhurst	10		Stephen	Wallbridge	6
Lewis	Banner	9		Michael	Wootton	6
Christopher	Brobin	9		Tom	Cleary	5
Toby	Greenfield	9		Alex	Johnson	5
Stuart	Mcnamara	9		Paul	Smith	5
Robert	Nicholls	9		Harry	Martin	4
Gary	Littlecott	8		David	Castle	3
John	Randall	8		Rich	Chowns	3
Peter	Rawlins	8		Dan	Jones	3
Tim	Sullivan	8		Nick	Kimber	3
Tom	Callaway	6		Martyn	Poore	3
Richard	Cassell	6				

RR10 2015

	2015 DATES	VENUE	TIME	ORGANISERS
1	Apr-22	Royal Victoria Country Park	7.00pm	Southampton AC
2	May-06	Stoney Cross	7.15pm	Totton RC
3	May-20	Wilverley, Sway	7.30pm	New Forest Runners
4	Jun-03	Recreation Ground, Blackfield	7.30pm	Hardley Runners
5	Jun-10	Fairthorne Manor, Botley	7.30pm	Stubbington
6	Jun-24	Manor Farm Country Park	7.30pm	Running Sisters/ Hedge End
7	Jul-08	Marwell	7.30pm	Eastleigh RC
8	Jul-22	Janesmoor Pond, Stoney Cross	7.30pm	Wessex RR/Romsey RR
9	Aug-05	Itchen Valley Country Park	7.15pm	Lordshill RR
10	Aug-19	IBM Hursley Park	7.15pm	Winchester AC

TRY A RACE

On 22nd April the first RR10 race takes place at Royal Victoria Country Park Netley at 7.00pm, it's the first of a series of 10 races that take place on Wednesday evenings throughout the summer. These are off road races over varying terrain, gravel paths and forest tracks.

You will need to wear a club vest, there are no entry fees or race numbers.

These are low key events with lots of fellow Stubbies to keep you company. No entry form required just turn up on the evening and look for the impressively large Stubbington Green flag.

women'srunning MAGAZINE UK

10K RACE SERIES

Women's Running 10K/5K race Southampton 14th June

This year Women's Running Magazine are offering a 10K and 5K and guarantee it will be a great atmosphere, especially brilliant for any beginners who may be apprehensive about racing.The races are very non-threatening and fun, and family friendly too! It's a unique local chance to run in a man-free zone!

http://womensrunninguk.co.uk/wr10k-2015/wr10k-southampton/

TUESDAY AND THURSDAY TRAINING

Day	Date	Meet	Time	Leader/Coach	Location	Effort	Recovery	Weekend Race
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	

Time Trials – April to October

After last year's very successful time trials where we saw great turnouts over the 4 mile course, we are looking to replicate the format again with just one change the race handicap will have just ONE start time at 7pm.

The idea of the time trials is for runners to see their improvement with training throughout the summer.
Adding fun to these trials again, we will be looking to highlight time losses runners achieve each month. The person who shaves the most off their time trial each month, receiving recognition each month.

To make this fair, we are looking to time band people again, so people can compete with similar paced runners. At the end of the season, the winners will be the people in each band who shave the most time off their season's best, from last years' time trial and will receive a prize. If you didn't run last season don't worry, we will take the first time that you post this season.

We are looking to combine the trials with a social drink in the Red Lion afterwards to rehydrate everyone!
See below the handicap bandings:-

Under 25 mins
25.01 – 28.00 mins
28.01 – 31.00 mins
31.01 – 35.00 mins
Over 35 mins

We will meet on the **THIRD** Thursday of every month at the Crofton Community Centre in Stubbington at 6.45pm and jog down to start at Eric Road by the Shell Garage. We have tried to avoid as many clashes with the RR10's, Lakeside and HRRLs races.

A map of the course is posted on the website with written directions.

Dates for time trials are as follows:-

16th April	16th July	17th September
21st May	20st August	15th October
18th June		