# The Green Runner

APRIL 2015

www.stubbingtongreenrunners.net | @StubbGR

## SPRING HANDICAP DETAILS

## 2015 SOCIAL NEWS (IT'S GOING TO BE BUSY)

## GAIT CYCLES AND WHERE TO FIND YOUR GMAX

## DASH TO DELIRIUM, 2015 GRIZZLY RESULTS

# *FROM THE CHAIR*

Hi everyone – The marathon season seems to be well and truly with us as we congratulate Rob Arkle on his tremendous performance at the Rome marathon although of course he was beaten to the title of this year's first Stubby international marathon runner by Nick Kimber at Seville!

Now April is here, we have Brighton, Paris, London and Manchester to name but four marathons which will all have a Stubby contingent. We wish everybody running, whether its their first or last or somewhere in between, the very best of luck.

Planning for our 30th anniversary is well under way with an awayday at the South Downs Way marathon relay on June 20th – details are on our website and in this GR and we are looking for as many people as possible to enter so that we can have a sea of green at the finishing line at Butser. This is a real family event so please do come along with your picnic to support even if you are not running.

The first handicap of the year, which we are happy to announce will all be free to enter this year, takes place on the 19th April – again the details can be found on the website and elsewhere in this GR.

More events/goodies are planned and as these are firmed up we will make sure they are well communicated so that everybody gets the chance to benefit from them.

Finally you will see later in the GR that a longstanding member has decided, after being with the club for 20 of its 30 years to move on. I would just like to thank Mike Harper for the service he has given the club over the years in his various roles not to mention the very important overall support and encouragement he constantly gives to all the club's runners and wish him all the very best for the future.

Happy Running

Kevin Ashman
Chairman

## Macmillan Mile

**Monday 18th May – from 1830 – Whiteley. £2 each.**

WE ARE MACMILLAN. CANCER SUPPORT

The Macmillan Mile will return on Monday 18th May to raise money for Macmillan Cancer Support. The timed 1 mile loop of the business park will start and finish at the pedestrian crossing on Whiteley Way, just near the Solent Hotel.
The run can be a 1 mile effort or can be incorporated as part of the usual Monday night group runs; your group leaders on the night will direct each group to the start.
Come along and help us raise as much money as possible for this worthy cause.

Don't forget your £2!

## MEMBERSHIP RENEWALS

It is that time of the year that your membership renewals are due and the committee would love you to continue your membership.

Please go to the website http://www.stubbingtongreenrunners.net/index.php/joining/join-here where the form to renew is available. If you have joined since 1st January 2015 then your membership will continue until 31/3/16 so you do not need to renew.

As last year it is the club's intention not to issue membership cards this year unless you specifically ask for one – if you do require a membership card please get in contact with the club secretary who will be happy to issue you with one.

**UKA are increasing the affiliation fee from £10 to the new fee of £12 for 2015; as a club we have agreed that there will not be an increase in cost to our members as the club will absorb the £2 for this year**

| Brett Lydd 20 mile Kent | | |
|---|---|---|
| 149 | DAN HUGHES | 02:48:15 |

| EXBURY GARDENS 5 MILE | | | |
|---|---|---|---|
| 19 | Jon | Plomer | 00:33:27 |
| 75 | Dawn | Haynes-sewell | 00:42:04 |

adidas HALF MARATHON SILVERSTONE

| | | |
|---|---|---|
| 2360 | George Howarth | 01:52:56 |
| 6613 | Martin Neal | 03:22:38 |

| SELSEY 10K | | | |
|---|---|---|---|
| 83 | Dawn | Haynes-Sewell | 00:54:10 |

## THE GRIZZLY 2015 - DASH TO DELIRIUM 20 MILES

| | | |
|---|---|---|
| 641 | Richard Bailey | 03:52:01 |
| 1351 | Sandie McIntosh | 05:13:48 |
| 1370 | Michelle Simpson | 05:24:28 |
| 1371 | Tracie Jarvis | 05:24:29 |
| 1385 | Julie Ashman | 05:28:58 |
| 1386 | Rowena Dodds | 05:28:59 |
| 1392 | Julie Bowden | 05:35:43 |
| 1393 | Caroline Street | 05:35:43 |
| 1416 | Jasmine Smith | 05:55:05 |

## THE CUB

| | | |
|---|---|---|
| 303 | Kevin Ashman | 02:06:59 |
| 348 | Sue Robinson | 02:14:39 |

| THE BATH HALF MARATHON | | |
|---|---|---|
| 2792 | JOHN COX | 01:48:25 |

MARATONA di ROMA 21 22/03 2015

## ROME MARATHON

**Rob Arkell 02:49:41**

| THE SPRING SHAKESPEARE STRATFORD UPON AVON | | |
|---|---|---|
| MARATHON | | |
| 2 | LEWIS CHALK | 02:45:52 |

| HALF MARATHON | | |
|---|---|---|
| 5 | CHRIS BROBIN | 01:18:33 |

## Barcelona Marathon

Keith Whitaker on his 66th Birthday 04:08:22

# CAPTAINS CORNER

Well, after my first month as Ladies Captain I can honestly say I never before realised just how much racing and hard work goes on at all levels within Stubbington Green Runners! From the A team all the way through the pack to the sweepers, pacers and fun runners who run purely for the social aspect … what an amazing club we are and what an amazing bunch of members we have! I am seeing SGR through fresh eyes and I am blown away by the level of pride I feel to be part of it all ….

The month of March has been host to 2 fantastic HRRL races, firstly SGR firmly stamped its' mark on Salisbury 10 with Dan O'Boyle storming over the finish line in 1st place with a time of 52.21, almost a full minute ahead of anyone else! The finish photo of Dan crossing the line with no-one else in sight on the track behind him is something he should be very proud of for a very long time to come! The men's A team was completed with Lewis Chalk, Andy Simpson and Chris Brobin. Melissa Hutton-Dunton led the ladies home in style with a fantastic PB time of 69.05! The ladies A team was completed with myself (Donna Mitchell) and Nikki Roebuck. We had a super turn out with 33 runners in total running and a full report from Mark McDonald on the HRRL will follow.

The second race on the HRRL list was Eastleigh 10k and goodness what a turnout we had there! 59 Stubbies ran in total and the PB's set were, well, just too many to mention! Well done to all who set new PB's, excellent running from everyone! The men's captain led the A Team home with a great time of 33.54 followed by Lewis Banner, Sev Roberts and Russ Coleman. Beccy Lord led the ladies A Team home with a brilliant PB and sub 40 performance (the first of many I feel), finishing in 39.59, Helen Nichols made her first race appearance since September and finished next closely followed by Melissa Hutton-Dunton.

We saw so many brilliant performances at Eastleigh and we had the full 4 teams required for both Men's and Ladies teams on the day … Full details can be found in Mark McDonalds HRRL report. Alongside the brilliant running performances at both HRRL races this month we have seen very prominent support in the shape of Melissa Cousens and Mark Eaton … what a fab cheerleading team they make!

Following on in road races … The Reading Half Marathon saw 10 runners from Stubbington Green cross the finish line, Phil Hobby led the way in 1:39:12 (a new PB I believe) followed by Simon Ellis, Aga Plombon, Marie McDonald, Matt Gould, John Cox, Alan White, Lisa Don, Lucy Window and Sarah Hobby … all of our boys and girls crossed the line within 30 mins of each other!! Once again just brilliant running from all!
In the world of off road …

March also saw the yearly Stubbington Green day out to the Meon Valley Plod! The weather was kind this year, both on the day and in the week building up to the race meaning conditions underfoot were good and the course was very negotiable, however the organisers had thrown in some extra hills this year to ensure the overall race was not too much easier and that the course lived up to its tough and hardcore reputation.

A huge well done to Phil Hoy and his team for putting on a brilliant race with 1st class hospitality executed to the highest order. It was such a shame some mindless people saw the need to sabotage the race early on by moving signs that resulted in the front runners going wrong and adding an extra ¾ mile onto their course.

That said we all had a fantastic day that saw both Stubbington Green Men and Ladies winning the team prizes on the day. The men's team prize went to Boe Harper (10th), Mike White(12th), Euan McGrath(14th) and Will Feline(18th) and the ladies team prize went to Daisy Hall(3rd lady!!) Laura Wainwright(13th lady) and Donna Mitchell(18th lady) … the day also saw brilliant performances from Wez Jones, Jon Leigh, Phil Martin, Duncan Borthwick, Chris Leach, Thomas McClements, Neil Stantial , Nick Crane, Graham James, Andy Lee, Steven Ellis, Richard Snell, Gill Rose, Marcus Lee, Nick Kimber, Richard Roche, Nigel Whitcher and James Lewington who all took on the tough course and battled to the finish line.

Huge thanks on the day to Sarah Martin, Graham Bell and Will Bell along with Chris and Wendy Hall who offered support and encouragement along the route.

Further a field on the same day as the Plod 11 Stubbies descended upon The Larmer Tree running festival to see what delights were offered in a choice of 3 races, needless to say the green vest put in appearance at all 3 of these events! The mighty Julie Ashman took on the marathon and finished in 5:11:06 while Victoria Joel and Mike Donovan took on The Half marathon finishing in 1:55.02 for Victoria and 2.20.58 for Mike. 8 Stubbies took on the 20 miler and were led home by Mark McDonald who finished 20th overall in a time of 2:41:52

A huge well done to Lee Stanial who travelled to Dorset and took on the Dorset 5k and finished 1st Lady overall! Brilliant running from Lee … also well done to Mark McDonald, Phil Hobby and Marie McDonald who had very impressive finishes of 1st and 2nd men and 2nd woman at the 1st race in the Maverick Trail Series in The New Forest. Sounds like these races could be good ones to look out for if you like the trails.

Goodwood Duathlon saw a few Stubbies taking part, congratulations to Grace Park 1st girl in the 11-12 category. Also in the senior races, saw Helen Nicholls scooping 2nd lady and Boe Harper 3rd male.

Well done to everyone who ran at Cranleigh 21m and Combe Gibbet 16m in the gusting winds and wet weather, good training for the marathons in April. At Cranleigh, we had 6 runners with Lewis Chalk finishing 5th home after having done a 5 mile warm up to equate to a marathon!! Gill Rose and Sharon Simpson represented the ladies in the build up to their marathons.

At Combe Gibbet, 5 hardy runners turned out with Graham Bell scooping a top 50 finish, followed by Andy Lee and the ladies saw Julie Ryman, Julie Ashman and Sarah Martin representing the green army.
Races and events to pencil in on the calendar for April include the following. April is known as the spring marathon month with lots of Stubbies competing in Paris and Brighton on 12th April, followed by the next week in Manchester on 19th and last but not least is London on 26th.

We would both like to wish everyone good luck and fingers crossed you get the times you want, on the day, after all the hard training. We know quite a few Stubbies will be supporting the marathon runners, so make sure you shout loud and proud for our brave green warriors.

The first Hampshire Road Relays take place on 12th April and we have a few teams entered, should be a good spectacle to watch.

The time trial series starts on Thursday 16th April at 7pm from Eric Road in Stubbington (NB – one start only this year). Idea of the time trials is to see all the hard training over summer paying off with improvements in your times. There will be one time trial every month on the THIRD Thursday of the month through till October.

We will have a monthly winner for biggest improver and people's times will be graded and put into handicap bandings for the biggest improver over the season. To celebrate your PB, we meet in the Red Lion for a quick drink afterwards.

The fun and popular Spring Handicap takes place on the 19th April down at Meon Shore with a 12 finish. The very popular RR10 series starts on 22nd April at Royal Victoria Country Park at 7pm. RR10s are 10 races off-road over a distance of 4-5 miles with 1 race being our own race where we marshal. Open to all abilities, this is a very enjoyable way to spend a midweek night out with a trip to a designated pub afterwards for a social catch up. This series is FREE to run, just requires you to turn up in a Stubbie vest. The series is an individual and team event, providing you run in 6 races you will get a final individual classification and people score for the club team event.

Yet another series starts in April with the Lakeside 5k road series on Wednesday 29th April which has races through the summer and you can enter all of the 5 races or just enter on the day. You need to complete 3 races to be eligible for the final standings. For every Stubbie runner who runs we get a point for the club team event. Finally the next two Hampshire Road Race League events take place in May with Alton on 10th and Netley on 17th. Please make sure you enter ASAP to avoid disappointment. We need some good numbers out at the last few races, as we battle for silverware in the different divisions.

Enjoy the month's races and events.

Happy Easter to everyone.

# 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.

| | | |
|---|---|---|
| Daniel | Foster | 174 |
| Andrew | Simpson | 138 |
| Peter | Simpson | 134 |
| Mark | McDonald | 132 |
| Sev | Roberts | 119 |
| Thomas | McClements | 118 |
| Andy | Lee | 115 |
| Mike | White | 115 |
| Nick | Crane | 106 |
| Daniel | O'Boyle | 101 |
| Graham | Bell | 97 |
| Marcus | Lee | 94 |
| Philip | Martin | 92 |
| Jon | Leigh | 91 |
| Lewis | Chalk | 88 |
| Russell | Mead | 88 |
| Mike | Harper | 86 |
| Phil | Hobby | 86 |
| Mike | Bell | 84 |
| William | Feline | 81 |
| John | Blake | 79 |
| Chris | Hall | 76 |
| Robert | Spencer | 75 |
| Boe | Harper | 71 |
| David | MacSwayne | 69 |
| Keith | Whitaker | 64 |
| Stuart | Hiscock | 63 |
| Nigel | Whitcher | 61 |
| Richard | Snell | 60 |
| Jack | Webb | 59 |

| | | |
|---|---|---|
| John | Simister | 58 |
| Alan | White | 57 |
| Gordon | Westley | 56 |
| Haydn | Brown | 53 |
| Liam | Dredge | 53 |
| James | Lee | 53 |
| Rob | Greenwood | 51 |
| James | Sawyer | 51 |
| Andy | Richardson | 50 |
| Murray | Watson | 50 |
| James | Lewington | 49 |
| John | Tussler | 49 |
| Euan | McGrath | 48 |
| Philip | Whitehouse | 47 |
| Simon | Vingoe | 45 |
| Jonathan | Plomer | 44 |
| Howard | Clark | 41 |
| Mark | Eaton | 41 |
| Jack | Harris | 41 |
| Joseph | Peat | 41 |
| John | Cox | 39 |
| Simon | Hearnden | 39 |
| Tom | Mellor | 36 |
| Andrew | Smith | 36 |
| Allan | Stinson | 36 |
| Rob | Arkell | 34 |
| Neil | Stantiall | 34 |
| Glen | Street | 34 |
| George | Howarth | 33 |
| Peter | Kay | 33 |

| | | |
|---|---|---|
| David | Langrish | 33 |
| Paul | Southon | 33 |
| Paul | Coverdale | 32 |
| Nick | Kimber | 29 |
| Chris | Leach | 27 |
| Richard | Batten | 26 |
| Samuel | Bell | 26 |
| Duncan | Borthwick | 26 |
| Mark | Porter | 26 |
| Kevin | Ashman | 25 |
| Dan | Hughes | 25 |
| Daragh | Hendley | 24 |
| Mike | Donovan | 21 |
| Richard | Bailey | 20 |
| John | Vose | 20 |
| David | Castle | 19 |
| Graham | Martin | 19 |
| Ian | Race | 19 |
| Ian | Coady | 18 |
| Tim | Crumpton | 16 |
| Robert | Nicholls | 15 |
| Andrew | Thomas | 15 |
| Adrian | Piddington | 14 |
| Timothy | Matthews | 13 |
| Simon | Mcmorran | 13 |
| Gavin | Rennie | 13 |
| Paul | Woolford | 13 |
| Stephen | Wallbridge | 12 |
| Martyn | Banner | 11 |
| Tim | Sullivan | 11 |

| | | |
|---|---|---|
| John | Fairhurst | 10 |
| Lewis | Banner | 9 |
| Christopher | Brobin | 9 |
| Richard | Cassell | 9 |
| Toby | Greenfield | 9 |
| Thomas | MacSwayne | 9 |
| Stuart | Mcnamara | 9 |
| Andrew | Stockwell | 9 |
| Gary | Littlecott | 8 |
| John | Randall | 8 |
| Peter | Rawlins | 8 |
| Tom | Callaway | 6 |
| Tommy | Cave | 6 |
| Russ | Coleman | 6 |
| Simon | Ellis | 6 |
| Matthew | Gould | 6 |
| Graham | James | 6 |
| Samuel | Masson | 6 |
| Richard | O'Routke | 6 |
| Martyn | Poore | 6 |
| George | Rennie | 6 |
| Michael | Wootton | 6 |
| Tom | Cleary | 5 |
| Mike | Gregory | 5 |
| Alex | Johnson | 5 |
| Paul | Smith | 5 |
| Harry | Martin | 4 |
| Rich | Chowns | 3 |
| Chris | Davidson | 3 |
| Dan | Jones | 3 |
| Tomas | Stinson | 3 |

| | | |
|---|---|---|
| Julie | Ashman | 238 |
| Dawn | Haynes-Sewell | 121 |
| Sarah | Martin | 117 |
| Sarah | Hobby | 108 |
| Marie | Mcdonald | 102 |
| Donna | Mitchell | 96 |
| Nikki | Roebuck | 96 |
| Ann | Blake | 93 |
| Agnieszka | Plombon | 87 |
| Julie | Dinwoodie | 86 |
| Sarah | Barron | 84 |
| Penny | Forse | 84 |
| Georgina | Gair | 83 |
| Daisy | hall | 83 |
| Lucy | May | 78 |
| Sue | Robinson | 76 |
| Kelly | Bennetts | 68 |
| Sharon | Simpson | 67 |
| Rebecca | Lord | 65 |
| Melissa | Hutton-Dunton | 62 |
| Gill | Rose | 60 |
| Bethan | Davis | 59 |
| Alethea | Adair-Stantiall | 57 |
| Sophie | Davison | 55 |

| | | |
|---|---|---|
| Sandie | McIntosh | 53 |
| Laura | Wainwright | 52 |
| Lucy | Window | 52 |
| Nikkie | Plomer | 51 |
| Verity | Wright | 48 |
| Pamela | Kemp | 45 |
| Alison | MacSwayne | 45 |
| Susie | MacGregor | 44 |
| Victoria | Joel | 40 |
| Lisa | Donn | 39 |
| Gaynor | Heffer | 36 |
| Rachel | Leach | 33 |
| Alex | Leighton-Goodall | 33 |
| Julie | Bowden | 32 |
| Yvonne | Fisher | 31 |
| Hilary | Gulliver | 29 |
| Frances | Lord | 27 |
| Sally | McGrath | 27 |
| Jasmine | Smith | 27 |
| Tina | Chantrey | 26 |
| Sandra | Hook | 26 |
| Caroline | Street | 26 |
| Anna | Wilby-Lopez | 26 |
| Michelle | Simpson | 25 |

| | | |
|---|---|---|
| Kaarina | May | 23 |
| Wendy | Holloway | 21 |
| Tracie | Jarvis | 21 |
| Jennie | Lee | 21 |
| Elizabeth | Weighell | 21 |
| Melissa | Cosens | 19 |
| Rachael | Openshaw | 17 |
| Becky | Hodgkinson | 16 |
| Kathy | McKain | 16 |
| Liz | Hall | 15 |
| Eleanor | Crane | 13 |
| Kerry | Dodsworth | 13 |
| Kay | Sadler | 13 |
| Karen | Salmon | 13 |
| Slywia | Ward | 13 |
| Julia | Webb | 13 |
| Jennet | Woolford | 13 |
| Heidi | Loveridge | 12 |
| Katie | Simister | 12 |
| Julie | Woodman | 12 |
| Brigid | Hone | 11 |
| Lucy | Taylor | 11 |
| Jane | Butler | 10 |
| Shelley | Thomas | 9 |

| | | |
|---|---|---|
| Eunice | Hoare | 8 |
| Jane | Adlard | 6 |
| Kerry | Bailey | 6 |
| Karen | Barnicoat | 6 |
| Mandy | Burton | 6 |
| Caroline | Chapman | 6 |
| Rowena | Dodds | 6 |
| Gemma | Fleming | 6 |
| Claire | Jones | 6 |
| Elizabeth | Miles | 6 |
| Karen | Nichols | 6 |
| Jacqui | O'Rourke | 6 |
| Rachel | Richardson | 6 |
| Vicky | Shaw | 6 |
| Claire | Shergill | 6 |
| Nicola | White | 6 |
| Katherine | Briggs | 5 |
| Sandra | Clark | 3 |
| Wendy | Hall | 3 |
| Sonia | Robins | 3 |
| Julie | Salt | 3 |
| Sue | Simister | 3 |
| Anne | Trotman | 3 |
| Grace | Park | 2 |

**Back by popular demand is the core stretching class with a circuit twist. Looking to put a class on for a Friday night at 7.30 to 8.30 at Abshot or Solent Hotel, so it doesn't clash with a running night. Would look to start the class middle/ end of April for 6 weeks. Please email if you'd like to do the class to**

**mens-captain@stubbingtongreenrunners.net**

# QUALITY SESSIONS – Penny Forse (Club Coach)

My Monday session and the Tuesday / Thursday sessions are open to all abilities. However, on behalf of the SGR coaches & leaders I would stress that you need to have a background of running at least 6 miles, 2 to 3 times a week, otherwise it will not be beneficial to you (or pleasant!).

So, we don't mind what your 10km time is, we are just happy to have you benefitting from quality sessions at your own level. If you'd like to join us in those sessions but feel you are not doing enough running, then increase your weekly mileage gradually. When adding another run in per week or making your runs longer, then the increase should be no more than 5 to 10%. Every month have an easy week to allow your body to adapt.

# Spring Handicap: Sunday 19th April
# Finish Time 12:00 Noon

The start and finish of this year's Spring handicap is the Beach Huts at Meon Shore. The Handicap is open to all members of the club, the length of the course is nearly 10k. The usual rules apply, which means you can start running or walking anytime you like but you can't use a watch or any other means of time keeping! With the winner being the person who crosses the winning line nearest to 12 noon.

If the weather permits I will be serving sausages (Veggie Sausages also available but will need numbers) in buns afterwards on the beach, the fallback position is The Osborne View public house.

**There will be no charge for the Spring Handicap. Prizes (and sausages) will be provided by the club**

Route.

1. The start is from the where the ice cream van parks in the summer (next to the loo's) Run along the beach towards Solent breezes, after a 100 meters or so, you can join the Cliff path, running along the Solent Way. Keep going until you just about reach Solent Breezes but don't go in.
2. Just before you reach Solent Breezes bear right around the edge of the field and continue along this path as it twists for about 400 meters.
3. When you come to the gate do not turn left instead bear right again and follow the top path around Chilling.
4. At the end of this top path you come to a t-junction, if you bear right you would run towards the sea, so turn sharp left inland(Wooden Rail)
5. Follow this path some way as it bears right. Then take the 1st right turn into woods(Down a few steps) and on to a wooden boardwalk, up a few steps in to a narrow path.
6. Go across the track (Brownwich Lane), though a kissing gate and turn left, running up the side of the field (full of asparagus).
7. At the corner turn right and continue running in a straight line until you can exit the field via a gate with Posbrook Lane in front of you.
8. Cross Posbrook Lane into field opposite go left for only 20 meters and then right for 100 meters until you reach a gate on your left. Turn Right.
9. Run down the path which leads in to Steve Harris Strawberry Fields, keep going until you reach the end, the path bears left towards the end and you reach a small bridge.
10. Cross the bridge and turn right and follow the path though Titchfield Haven until reach a wooden kissing gate opposite where you started.
11. For safety reason the finish is at that kissing gate within the Haven, opposite the Ice Cream Van parking space, avoiding crossing the busy road.

# SOCIAL NEWS

2015 looks like another busy year for club socials, especially in this 30th anniversary year. An outline of events is below, complete with all the usual favourites, and plans are underway for a special 30th anniversary event in August.

Although Sue Robinson has stepped down from the role of Social Secretary, I'm pleased to say that she has decided to stay on the Socials Committee with myself (as Social Secretary), Nick Kimber and Sandie McIntosh. We've also welcomed Marie McDonald to the committee.

If you have any ideas for social events, please feel free to let us know, either at training, or by emailing sarah.hobby@hotmail.co.uk

I hope to see many of you at the socials throughout the year.

Sarah Hobby

**April 19th – Spring Handicap**
Come and join us at Meon Shore for the Spring Handicap. Details and route directions will be posted on the News page and in the Green Runner. Remember no watches allowed!

**May 29th – Bowling Night**
Come and join the Social Committee on Friday 29th May for a fun evening of 10 pin bowling at GoBowling, Fareham. Full details and booking on Socials page of the SGRC website

**May 18th – Macmillan Mile**
SGRC are organising a timed 1 mile run to raise money for Macmillan Cancer Support. The route is a 1 mile loop around the Whiteley business park. Timings will be posted on Facebook nearer the time.

**June 20th – South Downs Marathon Relay – QE Park**
After the success of last year's South Downs Marathon Relay event, we've decided to hold another 'Away Day' event at QE Park on Saturday 20th June. You could take part in the interclub competition in the marathon relay, or run as an individual in a range of distances, finished off with a picnic and social at the bottom of Butser Hill.

Full details can be found on the Socials page of the SGRC website.

Any questions, please either catch me at a training session, or drop me an e mail.

**July 24th - 6.05 Special**
July sees the return of the popular 6.05 Special event along Wickham Old Railway line. A 6 mile off-road out & back route, followed by drinks in the Titchfield Mill pub.

**September 9th – Fish & Chip Handicap**
Another favourite – a 6 mile-ish handicap race concluding with fish n chip supper from the local chippie.

**August 30th – 30th Anniversary Summer Event**
Plans are afoot for a 30th anniversary event on the Sunday of the August bank holiday weekend. We are looking at something different to the annual BBQ, so watch this space for details of how we are going to mark the club's 30th birthday.

**OCT – Skittles at The Crofton**
Return of the popular skittles event. Could you knock Kev Ashman off the top spot? Come and have a go

**October 16th – Night-time 6.05 Special**
10k Friday night run out and back on the disused Wickham railway line, and afterwards at the Titchfield Mill pub for some refreshments. Night-time version of the July event. Don't forget your head torch!

***NOV – SGRC Awards Night***
*Details TBC, but a night to dress up and celebrate both individual and club achievements.*

**December 13th – Christmas Handicap**
Our final handicap race of the year with post run mulled wine and mince pies. Fancy dress an absolute must!

# SALISBURY 10 MILE

| | | | |
|---|---|---|---|
| 153 | Melissa | Hutton-Dunton | 01:09:05 |
| 230 | Donna | Mitchell | 01:13:35 |
| 244 | Nikki | Roebuck | 01:14:01 |
| 278 | Victoria | Joel | 01:15:49 |
| 300 | Anna | Wilby-Lopez | 01:17:00 |
| 317 | Aga | Plombon | 01:17:36 |
| 402 | Marie | McDonald | 01:22:35 |
| 404 | Verity | Wright | 01:22:59 |
| 516 | Dawn | Haynes-Sewell | 01:29:50 |
| 528 | Julie | Ashman | 01:30:44 |
| 542 | Sarah | Martin | 01:32:57 |
| 613 | Sue | Robinson | 01:38:33 |
| 628 | Sarah | Barron | 01:40:07 |
| 636 | Eunice | Hoare | 01:41:34 |
| 637 | Nikkie | Plomer | 01:41:34 |

| | | | |
|---|---|---|---|
| 1 | Daniel | O'Boyle | 00:52:21 |
| 6 | Lewis | Chalk | 00:55:08 |
| 15 | Andy | Simpson | 00:57:50 |
| 24 | Chris | Brobin | 00:59:28 |
| 47 | Mike | White | 01:02:15 |
| 49 | Lewi | Banner | 01:02:24 |
| 99 | Stuart | Hiscock | 01:06:18 |
| 106 | Mark | McDonald | 01:06:43 |
| 110 | Jack | Webb | 01:07:00 |
| 133 | Jon | Plomer | 01:08:07 |
| 135 | Philip | Martin | 01:08:17 |
| 142 | Daniel | Foster | 01:08:40 |
| 189 | John | Blake | 01:11:32 |
| 245 | Jack | Harris | 01:14:01 |
| 299 | Peter | Simpson | 01:16:54 |
| 316 | Phil | Hobby | 01:17:37 |
| 458 | George | Howarth | 01:25:59 |
| 605 | Robert | Spencer | 01:38:05 |

## 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 | | |

## THE MAVERICK ORIGINAL TRAIL SERIES HAMPSHIRE

## 5MILES

| | | |
|---|---|---|
| 1 | Mark McDonald | 32.55 |
| 2 | Phil Hobby | 37.34 |
| 5 | Marie Mcdonald | 41.35 |
| 14 | Sarah Hobby | 50.35 |
| 26 | Kelly Bennetts | 01:01:12 |
| 27 | Ella Bennetts | 01:01:15 |

## SORRY

MISSED RESULT FROM LAST MONTH

CHICHESTER 10K

Kaarina May 01:03:59

## READING HALF

| | | |
|---|---|---|
| 2122 | Phil Hobby | 01:39:12 |
| 3882 | Simon Ellis | 01:44:59 |
| 4095 | Aga Plombon | 01:47:16 |
| 4253 | Marie Mcdonald | 01:48:14 |
| 4588 | Matt Gould | 01:57:39 |
| 5637 | John Cox | 01:53:40 |
| 5641 | Alan White | 01:56:37 |
| 5645 | Lisa Donn | 01:53:43 |
| 7734 | Lucy Window | 02:07:16 |
| 9042 | Sarah Hobby | 02:09:41 |

## Age UK 10km, Harewood House on Sunday 8 March

Penny Forse 48m29s (chip time) 16th Lady; 1st F65.

The course was mainly trail in the fairly hilly but beautiful grounds of Harewood House. The forecast was for 14 degrees C and no wind. The reality was 8 degrees C and a very cold wind. With a couple of thousand competitors there were plenty of taller runners to shelter behind!

## Bolt Round the Holt 10k

Phil Hobby 46.53

Sarah Hobby 1.04.11

RUNDORSET 5K, 10K & HALF MARATHON 5K

| | | | |
|---|---|---|---|
| 2 | Alethea Adair-Stantiall | 22.18 | 1st Lady |
| 17 | Tom Cleary | 28.23 | |

## PERFORMANCE OF THE MONTH

This Month's cover photo is Daisy Hall at The Meon Valley Plod.

Despite taking a detour due to signs being moved she still finished 3rd lady

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

## Combe Gibbet To Overton

## 16 Miles

| Pos | Time | Name |
|---|---|---|
| 39 | 02:06:25 | Graham Bell |
| 84 | 02:20:22 | Andy Lee |
| 173 | 03:02:18 | Pamela Kemp |
| 174 | 03:02:18 | Julie Ryman |
| 178 | 03:10:14 | Verity Wright |
| 179 | 03:10:14 | Julie Ashman |
| 180 | 03:10:14 | Sarah Martin |

## CRANLEIGH 21 MILE

| | | |
|---|---|---|
| 5 | CHALK, LEWIS | 02:09:15 |
| 41 | MCDONALD , MARK | 02:33:08 |
| 83 | MARTIN, PHILIP | 02:44:05 |
| 144 | ROSE, GILL | 02:55:42 |
| 145 | SNELL, RICHARD | 02:55:42 |
| 292 | ADLARD, JANE | 03:29:25 |
| 323 | SIMPSON, SHARON | 03:46:52 |

## CRANLEIGH 15 MILE

| | | |
|---|---|---|
| 60 | PLOMBON, AGA | 02:09:16 |
| 61 | HOBBY, PHIL | 02:09:16 |
| 64 | WHITE, ALAN | 02:10:18 |
| 69 | MCDONALD, MARIE | 02:11:15 |
| 82 | WHITCHER, NIGEL | 02:14:41 |
| 155 | HOBBY, SARAH | 02:39:03 |

Dear Stubbies

After 20 amazing years as a Stubbie, I have made the difficult decision to move on.

This wasn't easy as I have made many genuine friends here at this inspiring club and hope to remain friends with everyone who'll have me. Twenty years is twice as long as my longest marriage, so I think that proves my love of running has sometimes taken over!

During my time I was Men's Captain, Road Race Captain, even Cross Country Captain (I know, unbelievable), but my fondest memories are as a Track and Field Captain, this involved some very talented youngsters and some half decent Vets touring Southern England. Minibus trip in a day to Newquay with Clarkie, chipping a kerb to puncture, so a long day! Phil May stood in the Steeplechase water jump grinning, Gordon Westley finishing the high hurdles with a fractured leg, me and Chris Vernon kicking over all the hurdles just grinning to "win" the race but getting DQ'd for not attempting. I managed 13 events in one afternoon making Decathletes look like pussys, and who could forget Colin Elderfield attempting the Pole Vault with an unconventional over the shoulder spear carry! I won't bore all the newbies who don't remember this time, you are all making your own wonderful memories when running in the green vest.

My decision is many small reasons rather than one big one, I guess my decision to try Tri would be the main one, although also I'm slowing down and feel frustrated not being able to help the "A" or even "B" team score. I have another friendly running club at the end of my road, so logically jogging up there makes sense, I also want to represent Vegan Runners, to advertise the unbelievable cruelty that so many animals suffer before ending up on a dinner plate.

I hope you understand it is in no way a slight on your great Club, that goes from strength to strength and I will still be cheering on the green vests just as enthusiastically as ever. I mentioned to a couple of good friends that I'd decided to move on, and they very kindly said encouragement from me in their early days had inspired them so I'm pleased to have made a small difference. I usually try to stay and clap in all the Stubbies when possible, though many are in before me these days. I was pretty good at this but could never match Simmo as I don't have his natural insulation to stand out on a cold day for too long!

So no dramas, I just wanted to say it's been a real blast, and hope to retain you all as friends, and look forward to the banter as you race past me in future, and I'm sure this great Club will continue to go from strength to strength.

Thanks for putting up with me for 20 years, only my parents and kids can match that and they had little choice!

See you at a parkrun soon

Mike Harper

# THE EASTLEIGH 10K

| 44 | Simpson | Andy | 00:33:54 |
|---|---|---|---|
| 88 | Banner | Lewis | 00:35:44 |
| 109 | Roberts | Sev | 00:36:43 |
| 133 | Coleman | Russ | 00:37:15 |
| 167 | Webb | Jack | 00:38:04 |
| 174 | Peat | Joseph | 00:38:06 |
| 194 | Hendley | Daragh | 00:38:39 |
| 204 | Mcdonald | Mark | 00:38:41 |
| 260 | Harper | Mike | 00:39:45 |
| 301 | Plomer | Jon | 00:40:37 |
| 382 | Lee | James | 00:41:31 |
| 364 | Brown | Haydn | 00:41:33 |
| 397 | Bell | Mike | 00:41:57 |
| 439 | Gunner | Ray | 00:42:02 |
| 413 | Dredge | Liam | 00:42:03 |
| 444 | Cassell | Richard | 00:42:41 |
| 497 | Kay | Peter | 00:43:00 |
| 507 | Ellis | Steven | 00:43:11 |
| 506 | Martin | Graham | 00:43:24 |
| 496 | Griffin | Martin | 00:43:25 |
| 554 | Simpson | Peter | 00:44:12 |
| 603 | Richardson | Neil | 00:44:41 |
| 660 | Rennie | George | 00:46:16 |
| 686 | May | Philip | 00:46:24 |
| 863 | Chowns | Richard | 00:48:15 |
| 952 | Howarth | George | 00:49:06 |
| 1014 | Mead | Russell | 00:49:42 |
| 1036 | Whitcher | Nigel | 00:50:32 |
| 1298 | Mcnamara | Stuart | 00:53:10 |
| 1502 | Toal | Kevin | 00:54:47 |
| 1510 | Peach | Steven | 00:55:14 |
| 1595 | Spencer | Robert | 00:56:19 |
| 1612 | Hughes | Dan | 00:57:54 |
| 1758 | Macswayne | David | 00:59:06 |

| 268 | Lord | Rebecca | 00:39:59 |
|---|---|---|---|
| 321 | Nicholls | Helen | 00:40:48 |
| 377 | Hutton-dunton | Melissa | 00:41:34 |
| 461 | May | Lucy | 00:42:51 |
| 458 | Mitchell | Donna | 00:42:54 |
| 651 | Hall | Daisy | 00:46:14 |
| 723 | Chantrey | Tina | 00:46:31 |
| 833 | Wright | Verity | 00:48:15 |
| 1030 | Burton | Mandy | 00:49:38 |
| 1139 | Davis | Bethan | 00:51:24 |
| 1149 | Haynes-sewell | Dawn | 00:51:48 |
| 1267 | Hoare | Eunice | 00:52:21 |
| 1256 | Martin | Sarah | 00:53:18 |
| 1439 | Ryman | Julie | 00:54:22 |
| 1447 | Taylor | Lucy | 00:54:32 |
| 1459 | Kemp | Pamela | 00:54:33 |
| 1471 | Dinwoodie | Julie | 00:55:23 |
| 1506 | Chowns | Katherine | 00:55:42 |
| 1536 | Macswayne | Alison | 00:55:45 |
| 1579 | Mcintosh | Sandie | 00:56:24 |
| 1640 | Shergill | Claire | 00:57:07 |
| 1642 | Bailey | Kerry | 00:57:11 |
| 1641 | Plomer | Nikkie | 00:57:17 |
| 1718 | Robinson | Sue | 00:58:21 |
| 2105 | Fisher | Yvonne | 01:10:13 |

# Mentors

Last year the club introduced a mentoring scheme with a small bank of mentors willing to share their broad and extensive experience, skills and knowledge with anyone who is serious about committing to a new goal, whether that be trying your first triathlon, achieving a PB, improving your swimming, trying a new distance, developing training sessions to fit around your family, improving your fitness or getting into trail running. Just a few ideas!

The mentors have been willing to give their time, some via email, FB, phone and meeting up, others by training with you or offering a few joint training sessions. However, there has been a very low take up of this offer.

So, if you have a goal that you are motivated to achieve, whether it is running related or Triathlon related, please consider the opportunity of teaming up with a mentor who can help and encourage you to reach that goal.
If you are unsure and want to find out more first, please email me at g.rose68@btinternet.com and I'll be happy to help.

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

**The warm ups & warm downs are longer for advanced runners & shorter for improvers.**

**No one ever gets lost or left behind!**

**Before Wednesday RR10 & Lakeside 5km races the Monday session is on the flat.**

**From April to October the hills are run faster but with a longer recovery to maintain the quality.**

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

| | |
|---|---|
| **Monday 6th April** | Football pitch reps - 2 x 600 steady / 3 x 400 faster then 4 x 200 fast - all with 200 rest between |
| **Monday 13th April** | Leafy Lane 1.1km hilly loops. 3 - 7 loops fartlek |
| **Monday 20th April** | Forest rectangle (flat). 4 - 8 laps of fast strides on the short sides |
| **RR10 on Wednesday** | with a jog recovery on the long sides. |
| **Monday 27th April** | Forest rectangle (flat). 3 - 6 x 1 lap fast with 1 side jog recovery. |
| **Lakeside 5km on Wednesday** | |

| 20 MILES | | |
|---|---|---|
| 20 | Mark Macdonald | 02:41:52 |
| 40 | Daniel Foster | 02:53:35 |
| 57 | Phil Hobby | 03:02:33 |
| 145 | Marie McDonald | 04:06:14 |
| 146 | Karen Barnicoat | 04:06:13 |
| 148 | Sarah Hobby | 04:06:18 |
| 149 | Aga Plombon | 04:06:19 |
| 171 | Sharon Simpson | 04:58:45 |

Marie, Aga and Karen running with a Larmer?

## THE MEON VALLEY PLOD 21 MILES

LAURA WAINWRIGHT

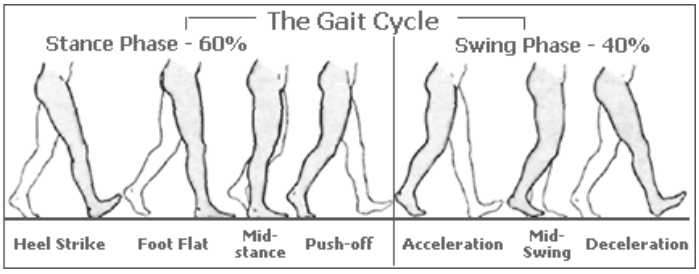
WEZ JONES

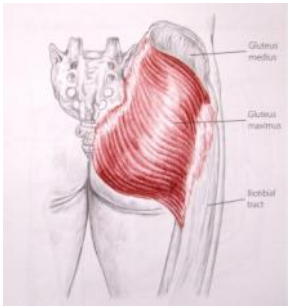
NEIL STANTIALL

| | | | |
|---|---|---|---|
| 10 | boe | Harper | 2:52:30 |
| 12 | Mike | white | 2:55:10 |
| 14 | Euan | McGrath | 2:56:14 |
| 18 | William | Feline | 2:58:20 |
| 21 | Wez | Jones | 3:00:07 |
| 31 | Jon | Leigh | 3:03:24 |
| 36 | Phil | Martin | 3:08:47 |
| 38 | Daisy | Hall | 3:09:34 |
| 43 | Duncan | Borthwick | 3:11:10 |
| 46 | Chris | Leach | 3:11:31 |
| 51 | Thomas | McClements | 3:12:53 |
| 86 | Laura | Wainwright | 3:24:26 |
| 100 | Donna | Mitchell | 3:29:19 |
| 104 | neil | Stantiall | 3:30:58 |
| 114 | nick | crane | 3:35:03 |
| 122 | graham | James | 3:37:20 |
| 126 | Andy | Lee | 3:38:15 |
| 134 | Steven | Ellis | 3:44:53 |
| 136 | Richard | snell | 3:46:32 |
| 137 | Gill | Rose | 3:46:32 |
| 138 | Marcus | Lee | 3:49:05 |
| 139 | Nick | Kimber | 3:49:05 |
| 150 | Richard | Roche | 3:52:52 |
| 160 | Nigel | Whitcher | 4:06:24 |
| 181 | James | Lewington | 4:23:21 |

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

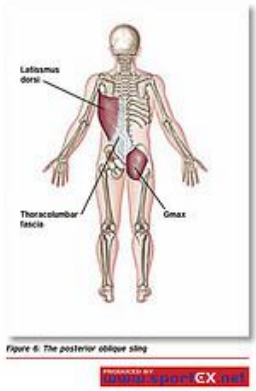
# The Gait Cycle and the Function of the GMax



**The Role of GMax (Gluteus Maximus)**

Abducts, laterally rotates and extends your hip joint. As it inserts onto your ITB it also helps to stabilize your knee. As you will have seen in last months article, it also has a role in stabilizing the Sacroiliac Joint (SIJ) as it is part of a group of muscles that form the posterior oblique myofascial sling which helps to create force closure.




The GMax works in partnership with the Latissimus Dorsi (Lats) on the opposite (contralateral) side via the Thoracolumbar Fascia to increase the compression force to the SIJ during the weight bearing stance of the gait cycle (see pic above).

If your GMax doesn't fire, or is weak, this posterior oblique sling is not so affective, which leaves you open to injury. Our bodies love to compensate too! So, if there is little or no tension being created by the GMax, the Lats on the opposite side will activate to increase the tension. If your Lats are over active this can have a knock on affect to your shoulder, as they attach to your shoulder blade and your Humerus (upper arm).

**GMax and the Gait Cycle**

Just before heel strike your hamstrings activate, increasing the tension on the SIJs. During the heel strike to mid stance part of the gait cycle the GMax increases its activation while the hamstrings decrease theirs. If your GMax is not firing, or is weak, your hamstrings will continue to remain active to stabilize the SIJs and your pelvis, which will lead to them becoming fatigued and prone to injury.

More often than not the GMax becomes inhibited and weak because the antagonistic muscles, the hip flexors, have become too short and tight. These are the Iliopsoas, Rectus Femorus (one of your quads) and the Adductors (on the inside of your thighs). To enable the GMax to activate you must first lengthen these shortened tight muscles before starting an exercise programme aimed at activating and strengthening your GMax and GMed.

**Hip Extension Firing Pattern**

There is a specific firing pattern when we extend our hip (take our leg behind us). If we are misfiring our body will not function well and we will start to experience problems and pain. The correct hip extension firing pattern is:

GMax -> Hamstrings -> Contralateral lumbar extensors -> Ipsilateral lumbar extensors -> Contralateral thoracolumbar extensors -> Ipsilateral thoracolumbar extensors (contralateral = opposite side; ipsilateral = same side)

The hamstrings and GMax may activate at the same time.

If you want to test this for yourself and see what your body is doing in relation to the above, get a partner, and pen and paper, and go to this You Tube clip
https://www.youtube.com/watch?v=ZYPO8s2GHls

***Next month:*** The Gait Cycle and the Function of the GMed

| Netley 28 Feb | |
|---|---|
| Lewis Banner | 17.43 |
| Andrew Thomas | 20.45 |
| Rebecca Lord | 20.46 |
| Jon Leigh | 21.15 |
| Chris Davidson | 21.23 |
| Donna Mitchell | 21.30 |
| Melissa Hutton-Dunton | 22.01 |
| Marcus Lee | 22.08 |
| Tom Callaway | 23.27 |
| Victoria Joel | 24.20 |
| Frances Lord | 25.00 |
| Paul Southon | 25.18 |
| Chris Stapleford | 25.50 |
| Bethan Davis | 27.34 |
| Sandra Hook | 27.45 |
| Martyn Banner | 30.38 |

| Woodley 28 Feb | |
|---|---|
| Jack Harris | 19.14 |

| Southsea 28 Feb | |
|---|---|
| Lewis Chalk | 18.24 |
| Mike Harper | 22.53 |

| Havant 28 Feb | |
|---|---|
| Mark McDonald | 20.21 |
| Phil Hobby | 22.38 |
| Alan White | 24.09 |
| Marie McDonald | 25.12 |
| Alison MacSwayne | 28.37 |
| David MacSwayne | 30.44 |
| Gaynor Heffer | 33.27 |
| Sarah Hobby | 33.31 |

| Winchester 28 Feb | |
|---|---|
| Paul Coverdale | 23.09 |
| Rachel Leach | 27.14 |

| Southampton 28 Feb | |
|---|---|
| Joseph Peat | 21.55 |
| Dan Foster | 21.58 |
| Robert Spencer | 27.31 |
| Sharon Simpson | 40.32 |

| Grovelands, Enfield 28 Feb | |
|---|---|
| Philip Whitehouse | 20.28 |

| Killerton 28 Feb | |
|---|---|
| John Tussler | 29.18 |
| Glen Street | 34.24 |

| Eastleigh 28 Feb | |
|---|---|
| Haydn Brown | 22.02 |
| Keith Whitaker | 32.23 |

| Fountains Abbey 28 Feb | |
|---|---|
| Jennifer Birks | 26.12 |

| Claisebrook Cove 28 Feb | |
|---|---|
| Terry French | 31.06 |

| Netley 7 Mar | |
|---|---|
| Sev Roberts | 19.22 |
| Chris Davidson | 21.51 |
| Tom Callaway | 22.11 |
| Frances Lord | 24.34 |
| Chris Stapleford | 24.40 |
| Russell Mead | 24.50 |
| Jules Dinwoodie | 27.20 |
| Keith Whitaker | 27.21 |
| Sandra Hook | 27.28 |
| Glen Street | 27.59 |
| John Tussler | 28.50 |
| Andrew Smith | 42.05 |
| Wendy Holloway | 42.09 |
| Julie Salt | 57.05 |

| Southsea 7 Mar | |
|---|---|
| David MacSwayne | 27.31 |
| Alison MacSwayne | 27.36 |
| Robert Nicholls | 29.48 |

| Newbury 7 Mar | |
|---|---|
| Allan Stinson | 33.22 |

| Winchester 7 Mar | |
|---|---|
| Chris Leach | 19.04 |
| Gordon Westley | 21.46 |
| Rachel Leach | 29.38 |

| Southwick Country 7 Mar | |
|---|---|
| Chris Hall | 19.11 |
| Wendy Hall | 31.03 |

| Grovelands, Enfield 7 Mar | |
|---|---|
| Philip Whitehouse | 20.16 |

| Big Bay 7 Mar | |
|---|---|
| Andy Stockwell | 21.10 |

| Humber Bridge 7 Mar | |
|---|---|
| Liz Weighell | 33.16 |

| Cranleigh 7 Mar | |
|---|---|
| Mike Harper | 22.47 |

| Bibra Lake 7 Mar | |
|---|---|
| Terry French | 32.03 |

| Southampton 7 Mar | |
|---|---|
| Dan Foster | 19.29 |
| Peter Kay | 21.15 |
| Martyn Poore | 26.23 |
| Robert Spencer | 27.18 |
| Melissa Cosens | 34.05 |

| Eastleigh 7 Mar | |
|---|---|
| Haydn Brown | 21.14 |

| Chichester 14 Mar | |
|---|---|
| Peter Simpson | 22.22 |
| Lucy May | 22.45 |

| Bibra Lake 14 Mar | |
|---|---|
| Terry French | 30.21 |

| Southampton 14 Mar | |
|---|---|
| Dan Foster | 19.26 |
| Sarah Martin | 26.30 |
| Robert Spencer | 27.21 |
| Melissa Cosens | 31.57 |

| Havant 14 Mar | |
|---|---|
| Alison MacSwayne | 28.18 |

| Winchester 14 Mar | |
|---|---|
| Paul Coverdale | 21.55 |
| Rachel Leach | 29.50 |
| Chris Leach | 30.10 |

| Netley 14 Mar | |
|---|---|
| Rebecca Lord | 20.11 |
| James Lee | 20.19 |
| Sev Roberts | 20.37 |
| Liam Dredge | 20.48 |
| Chris Davidson | 21.24 |
| Andy Lee | 22.15 |
| Paul Southon | 24.31 |
| Chris Stapleford | 24.44 |
| Russell Mead | 24.57 |
| Bethan Davis | 27.13 |
| Sandra Hook | 27.41 |
| John Tussler | 29.23 |
| Jennie Lee | 29.32 |
| Allan Stinson | 32.29 |
| Liz Weighell | 32.49 |
| Andrew Smith | 38.56 |
| Wendy Holloway | 39.13 |

| Southsea 14 Mar | |
|---|---|
| Anna Wilby-Lopez | 22.26 |
| Robert Nicholls | 29.09 |

| Grovelands, Enfield 14 Mar | |
|---|---|
| Philip Whitehouse | 20.07 |

| Milton Keynes 14 Mar | |
|---|---|
| David MacSwayne | 28.29 |

| Southampton 21 Mar | |
|---|---|
| Dan Foster | 22.51 |
| Phil Martin | 22.51 |
| Robert Spencer | 27.57 |
| Melissa Cosens | 30.32 |

| Southsea 21 Mar | |
|---|---|
| Robert Nicholls | 28.59 |

| Eastleigh 21 Mar | |
|---|---|
| Haydn Brown | 25.52 |
| Keith Whitaker | 26.43 |

| Winchester 21 Mar | |
|---|---|
| Gordon Westley | 27.28 |

| Grovelands, Enfield 21 Mar | |
|---|---|
| Philip Whitehouse | 20.26 |

| Castle Demence 21 Mar | |
|---|---|
| Allan Stinson | 35.35 |

| Rushmoor 21 Mar | |
|---|---|
| Mike Harper | 23.33 |

| Humber Bridge 21 Mar | |
|---|---|
| Liz Weighell | 32.02 |

| Bibra Lake 21 Mar | |
|---|---|
| Terry French | 30.48 |

| Netley 21 Mar | |
|---|---|
| Chris Leach | 19.09 |
| Chris Davidson | 20.48 |
| Vicky Shaw | 22.03 |
| Paul Southon | 24.10 |
| John Tussler | 28.01 |
| David MacSwayne | 29.04 |
| Alison MacSwayne | 29.04 |
| Jaz Smith | 33.56 |
| Sue Simister | 36.55 |
| Wendy Holloway | 38.09 |
| Andrew Smith | 38.10 |
| Glen Street | 40.57 |

# TUESDAY AND THURSDAY TRAINING

| Day | Date | Meet | Time | Leader/ Coach | Location | Effort | Recovery |
|---|---|---|---|---|---|---|---|
| Tuesday | 31/03/2015 | Locks Heath Sports Ground | 7pm | Mike White | St John's Rd loop | Long and short hills | Jog back down |
| Thursday | 02/04/2015 | Crofton Community Centre | 7pm | Nigel/ Penny | Lee on Solent | 3 - 4 x Lee Triangle accelerations | |
| Thursday | 02/04/2015 | Mountbatten Centre, Portsmouth | 7pm | Penny Forse | Track | 4 - 5 x 1000 | 200 jog |
| Tuesday | 07/04/2015 | Locks Heath Sports Ground | 7pm | Mike White | Warsash Common | 2,4,6,6,4,2 min hooter session | 2min |
| Thursday | 09/04/2015 | Crofton Community Centre | 7pm | Graham Bell | Crofton School Track | 7-10 x 300 (100) | |
| Tuesday | 14/04/2015 | Locks Heath Sports Ground | 7pm | Mike White | End of red path | 2x8x short hill rep | 3min between sets |
| Thursday | 16/04/2015 | Crofton Community Centre | 7pm | Andy Simpson | Eric Road | Time Trial | Red Lion |
| Tuesday | 21/04/2015 | Locks Heath Sports Ground | 7pm | Mike White | Chilling field top track | 6x1km | 90s |
| Wednesday | 22/04/2015 | RR10 | 7pm | | Royal Victoria Country Park | | |
| Thursday | 23/04/2015 | Crofton Community Centre | 7pm | Jon Leigh | Lee on Solent | Lee grass fartlek | |
| Tuesday | 28/04/2015 | Locks Heath Sports Ground | 7pm | Mike White | Fisherman's rest | Long and short hills | Jog back down |
| Wednesday | 29/04/2015 | Lakeside 5k | 7.15pm | | Lakeside | | |
| Thursday | 30/04/2015 | Crofton Community Centre | 7pm | Graham Bell | Lee on Solent | 2 x 5 - 6 Beach Session | |
| Tuesday | 05/05/2015 | Locks Heath Sports Ground | 7pm | Mike White | Brownwynch lane | 4x1ml | 90s |
| Wednesday | 06/05/2015 | RR10 | 7.15pm | | Stoney Cross | | |