The GreenRunner

MAY 2015

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FOUR GO MAD IN ABERGAVENNY

ALL THE MARATHON RESULTS

RR10 WHAT A START FOR STUBBINGTON

TIME TRIALS START AGAIN

WHAT A START FOR STUBBINGTON GREEN...

RACE ONE - Royal Victoria Country Park

The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.

The First event was set against the back drop of Victoria County Park with the sun shining it was the perfect start of the popular RR10 series and great conditions for running. Stubbington Green again fielded the largest team, showing that we are a club at the top of our game. The course was slightly amended from last year making it a little longer but still made up of 2 larger loops and one smaller.

As usual, Andy lead the team out taking an early lead up the first hill and was also first stubby across the line in 6th and 2nd v40 he then took this place on the sidelines to cheer in the rest of the runners. We had 4 runners finishing in the top ten Andy, Lewis Banner, Tom MacSwayne and Boe Harper but not to be out run by the boys the ladies also followed suit with 3 ladies in the top ten, Beccy Lord finishing 4th in her first RR10, Daisy Hall 6th and Laura Wainwright 9th. With all the great individual performances there was no great surprise that both ladies and mens A-Teams are leading the series along with men's B and C teams in the top 10 and ladies B in 4th place. It wasn't just the lead runners performing well on the night but with so many great improvements across the board there are just to many to name.

The next race is **Wednesday 6th May** at 7.15pm hosted by Totton RC at Stoney Cross, I look forward to seeing you all there again. Don't forget to join your team mates for post-race hydration and cheesy chips at the Green Dragon in Brook.

We will be holding our event on the 10th June at Fairthorne Manor again this year, I will be looking for marshalls and helpers for the water station, finishing tokens and parking. There will be a recce of the route on Friday 29th May, it would be great to get a few faces along to help with planning for race day.

FIXTURE LIST

May 6	Stoney Cross
May 20	Wilverley, Sway
June 3	Balckfield Recreation Ground
June 10	**Fairthorne Manor Stubbington Green Event**
June 24	Manor Farm
July 8	Marwell
July 22	Janesmoor Pond, Stoney Cross
Aug 5	Itchen Valley Country Park
Aug 19	IBM Hursley Park

MEN'S TEAM RESULTS

		1	2	3	4	5	Total	Pts
1	Stubbington Green Runners	6	7	8	9	12	42	1
2	Lordshill Runners	1	11	14	15	20	61	2
3	New Forest Runners	3	4	16	25	41	89	3
4	Stubbington Green Runners (B)	19	22	24	27	28	120	4
5	Hedge End Running Club	18	23	30	32	35	138	5
6	Winchester and District AC	21	26	34	37	38	156	6
7	Eastleigh Running Club	13	17	44	45	58	177	7
8	Lordshill Runners (B)	29	33	36	50	51	199	8
9	Romsey Road Runners	2	10	39	68	80	199	9
10	Stubbington Green Runners (C)	40	42	48	53	62	245	10
11	Totton Runners	5	47	60	71	76	259	11
12	Hedge End Running Club (B)	43	49	52	61	64	269	12
13	Lordshill Runners (C)	54	56	57	66	70	303	13
14	Winchester and District AC (B)	46	59	63	73	81	322	14
15	Hardley Runners	31	65	89	97	100	382	15
16	Stubbington Green Runners (D)	69	74	77	79	87	386	16
17	Eastleigh Running Club (B)	67	75	78	82	104	406	17
18	Totton Runners (B)	83	94	96	98	108	479	18
19	Stubbington Green Runners (E)	90	92	93	103	105	483	19
20	New Forest Runners (B)	55	86	91	126	131	489	20
21	Lordshill Runners (D)	84	85	107	118	123	517	21
22	Hedge End Running Club (C)	72	95	101	121	129	518	22
23	Winchester and District AC (C)	88	99	114	117	120	538	23
24	Romsey Road Runners (B)	102	109	116	125	134	586	24
25	Hardley Runners (B)	106	110	132	135	141	624	25
26	Stubbington Green Runners (F)	113	119	130	143	147	652	26
27	Eastleigh Running Club (C)	111	128	137	139	142	657	27
28	Totton Runners (C)	115	122	133	140	152	662	28
29	Lordshill Runners (E)	124	136	150	151	155	716	29
30	Winchester and District AC (D)	127	138	156	158	166	745	30
31	Hedge End Running Club (D)	144	145	146	149	172	756	31
32	Stubbington Green Runners (G)	154	163	164	168	171	820	32
33	Hardley Runners (C)	153	159	162	167	187	828	33
34	Totton Runners (D)	160	169	173	179	182	863	34
35	Eastleigh Running Club (D)	161	170	180	185	189	885	35
36	Hedge End Running Club (E)	175	177	184	186	190	912	36
37	Wessex Road Runners	112	165	207	209	226	919	37
38	Stubbington Green Runners (H)	174	191	199	201	229	994	38
39	Romsey Road Runners (C)	157	188	213	214	227	999	39
40	Hedge End Running Club (F)	196	197	200	215	216	1024	40
41	Eastleigh Running Club (E)	193	204	205	208	222	1032	41
42	Lordshill Runners (F)	178	206	210	218	223	1035	42
43	Totton Runners (E)	195	202	203	219	220	1039	43
44	Stubbington Green Runners (I)	231	234	235	236	240	1176	44

LADIES' TEAM RESULTS

		1	2	3	Total	Pts
1	Stubbington Green Runners	4	6	9	19	1
2	Hedge End Running Club	5	11	16	32	2
3	New Forest Runners	2	3	36	41	3
4	Stubbington Green Runners (B)	12	13	18	43	4
5	Winchester and District AC	1	25	27	53	5
6	Romsey Road Runners	15	20	22	57	6
7	Totton Runners	10	14	41	65	7
8	Lordshill Runners	8	29	32	69	8
9	Eastleigh Running Club	19	24	30	73	9
10	Hardley Runners	7	33	42	82	10
11	Hedge End Running Club (B)	17	21	46	84	11
12	Romsey Road Runners (B)	23	28	49	100	12
13	Winchester and District AC (B)	31	34	37	102	13
14	Stubbington Green Runners (C)	26	38	43	107	14
15	Solent Running Sisters	35	39	44	118	15
16	Stubbington Green Runners (D)	47	50	51	148	16
17	Lordshill Runners (B)	40	45	63	148	17
18	Solent Running Sisters (B)	56	61	62	179	18
19	Hedge End Running Club (C)	52	60	68	180	19
20	Totton Runners (B)	53	65	67	185	20
21	Eastleigh Running Club (B)	55	59	71	185	21
22	Stubbington Green Runners (E)	58	69	70	197	22
23	Lordshill Runners (C)	64	66	72	202	23
24	New Forest Runners (B)	57	74	75	206	24
25	Stubbington Green Runners (F)	73	79	84	236	25
26	Lordshill Runners (D)	77	78	82	237	26
27	Winchester and District AC (C)	48	54	138	240	27
28	Hedge End Running Club (D)	80	85	88	253	28
29	Stubbington Green Runners (G)	86	89	97	272	29
30	Romsey Road Runners (C)	83	87	111	281	30
31	Lordshill Runners (E)	90	93	100	283	31
32	Hedge End Running Club (E)	96	102	105	303	32
33	Totton Runners (C)	81	92	130	303	33
34	Eastleigh Running Club (C)	95	99	114	308	34
35	New Forest Runners (C)	76	103	133	312	35
36	Lordshill Runners (F)	101	104	116	321	36
37	Hedge End Running Club (F)	107	108	109	324	37
38	Stubbington Green Runners (H)	106	110	115	331	38
39	Solent Running Sisters (C)	94	98	146	338	39
40	Hedge End Running Club (G)	112	113	121	346	40
41	Hardley Runners (B)	91	127	128	346	41
42	Stubbington Green Runners (I)	117	118	119	354	42
43	Stubbington Green Runners (J)	120	125	129	374	43
44	Lordshill Runners (G)	124	126	150	400	44
45	Stubbington Green Runners (K)	131	135	137	403	45
46	Romsey Road Runners (D)	122	123	160	405	46
47	Totton Runners (D)	132	136	143	411	47
48	Hedge End Running Club (H)	134	144	151	429	48
49	Solent Running Sisters (D)	148	149	152	449	49
50	Stubbington Green Runners (L)	141	145	171	457	50
51	Eastleigh Running Club (D)	147	154	162	463	51
52	Lordshill Runners (H)	153	155	156	464	52
53	Lordshill Runners (I)	157	159	161	477	53
54	Hedge End Running Club (I)	163	166	167	496	54
55	Winchester and District AC (D)	142	165	203	510	55
56	Eastleigh Running Club (E)	168	170	180	518	56
57	Hedge End Running Club (J)	173	174	176	523	57
58	Lordshill Runners (J)	164	177	188	529	58
59	Totton Runners (E)	172	181	189	542	59
60	Solent Running Sisters (E)	178	184	185	547	60
61	Solent Running Sisters (F)	186	187	191	564	61
62	Stubbington Green Runners (M)	175	182	207	564	62
63	Eastleigh Running Club (F)	183	190	197	570	63
64	Solent Running Sisters (G)	193	194	195	582	64
65	Totton Runners (F)	192	196	202	590	65
66	Wessex Road Runners	139	-	-		100

RACE 1 : MEN'S INDIVIDUAL RESULTS

		R1	R2	R3	R4
Andy SIMPSON	V40	6	-		
Lewis BANNER		7	-		
Tom MACSWAYNE		8	-		
Boe HARPER		9	-		
Lewis CHALK		12	-		
Tom MCCLEMENTS		19	-		
Mike WHITE	V50	22	-		
Will FELINE		24	-		
Chris HALL	V50	27	-		
Euan MCGRATH	V40	28	-		
Chris LEACH		40	-		
Jack WEBB		42	-		
Andrew THOMAS		48	-		
Dan FOSTER		53	-		
Mark MACDONALD	V40	62	-		
Steven WILLIAMS		69	-		
Liam DREDGE		74	-		
Nick CRANE	V50	77	-		
James LEE		79	-		
Graham JAMES	V50	87	-		
Peter KEY	V50	90	-		
John BLAKE	V40	92	-		
Phil HOBBY		93	-		
Tim CRUMPTON	V50	103	-		
Paul SMITH	V40	105	-		
Mike BELL	V60	113	-		
Peter SIMPSON		119	-		
TJon LEIGH	V50	130	-		
Tom CALLAWAY		143	-		
Tim MATTHEWS		147	-		
Alan WHITE	V50	154	-		
Andy LEE	V50	163	-		
John COX	V50	164	-		
Chris STAPLEFORD	V50	168	-		
Russell MEAD	V50	171	-		
Nigel WHITCHER	V50	174	-		
George HOWARTH	V50	191	-		
Stuart MACNAMARA	V40	199	-		
Keith WHITAKER	V60	201	-		
David MACSWAYNE	V50	229	-		
Kevin ASHMAN	V50	231	-		
Robert SPENCER	V50	234	-		
John VOSE	V70	235	-		
Allan STINSON	V40	236	-		
Andrew SMITH	V50	240	-		

RACE 1 : LADIES' INDIVIDUAL RESULTS

		R1	R2	R3	R4
Rebecca LORD		4	-	-	-
Daisy HALL		6	-	-	-
Laura WAINWRIGHT		9	-	-	-
Nikki ROEBUCK		12	-	-	-
Vicky SHAW		13	-	-	-
Lucy MAY		18	-	-	-
Alethea ADAIR-STANTIAL		26	-	-	-
Hilary GULLIVER		38	-	-	-
Lisa DONN	V40	43	-	-	-
Sally MCGRATH	V40	47	-	-	-
Kerry DODSWORTH		50	-	-	-
Frances LORD	V50	51	-	-	-
Gaynor HEFFER	V40	58	-	-	-
Susie MACGREGOR	V40	69	-	-	-
Donna MITCHELL	V40	70	-	-	-
Sadie LEE BEDFORD	V40	73	-	-	-
Shelley THOMAS	V40	79	-	-	-
Bethan DAVIS	V40	84	-	-	-
Katherine BRIGGS		86	-	-	-
Brigid HONE	V50	89	-	-	-
Sandra HOOK	V50	97	-	-	-
Anna TROTMAN	V40	106	-	-	-
Danielle KEMP		110	-	-	-
Sarah MARTIN	V40	115	-	-	-
Caroline CHAPMAN		117	-	-	-
Lucy TAYLOR		118	-	-	-
Julie ASHMAN	V40	119	-	-	-
Sarah HOBBY		120	-	-	-
Pamela KEMP	V50	125	-	-	-
Bizz COSENS		129	-	-	-
Alison MACSWAYNE	V50	131	-	-	-
Karen SALMON		135	-	-	-
Claire SHERGIL	V40	137	-	-	-
Claire FAIRBROTHER	V40	141	-	-	-
Sue ROBINSON	V60	145	-	-	-
Ann BLAKE	V40	171	-	-	-
Jennie LEE	V50	175	-	-	-
Kaarinia MAY	V60	182	-	-	-
Wendy HOLLOWAY	V50	207	-	-	-

1616	Sarah	Gardiner	03:45:01
2104	Aga	Plombon	03:52:37
2521	Petra	Wagenblast	03:51:50
4896	Shelley	Thomas	04:20:28
6195	Sarah	Hobby	04:47:16
7762	Ellie	Crane	05:22:56
8906	Lucy	Window	06:19:23

265	Chris	Leach	03:12:12
648	James	Sawyer	03:27:10
2562	Tommy	Cave	03:57:43
2583	Dan	Hughes	03:57:07
3461	Paul	Smith	04:10:03
3827	Nigel	Whitcher	04:15:54
4170	George	Howarth	04:21:52
4972	Alan	White	04:32:10
5083	Phil	Hobby	04:36:30
5295	Mike	Harper	04:41:16
8905	Stephen	Wallbridge	06:19:23
9096	Martin	Neal	06:39:57

73	O'Boyle, Daniel	02:31:51
92	Chalk, Lewis	02:33:00
1863	Roberts, Sev	02:59:50
3423	Leigh, Jon	03:13:27
4302	Martin, Philip	03:19:38
4444	Simpson, Andy	03:20:37
4606	Hutton-Dunton, Melissa	03:21:45
6050	Lee, Marcus Timothy	03:29:13
6827	Lee, Andy	03:33:21
9383	Barnicoat, Karen	03:44:46
10186	Joel, Victoria	03:47:51
12015	Dan, Hughes	03:54:30
13231	Kimber, Nick	03:57:55
14227	Ellis, Simon James	04:00:51
19314	Burton, Mandy	04:21:03
20882	Toal, Kevin	04:26:52
23183	Beck, Eric	04:35:35
28869	Simpson, Sharon	05:00:53
30352	John Simister	05:10:14
33681	Davison, Sophie Fay	05:37:45

1964	Richard SNELL	03:28:19
2347	Gill ROSE	03:34:50
6064	Jane Adlard MCGRATH	04:28:23
7169	Sarah BARRON	04:58:07

11412	Karen Barnicoat	03:46:54

A big thank you to all the members for giving me the honour of running in the 35th London Marathon and representing the club in its 30th year and 25 years after I first put on the green vest.

The Stubbie cheer at 11 -12 miles in Bermondsey was massive and much appreciated, apologies for missing the shouts in the Strand. I was in the "zone" and my legs had decided that they were missing my traditional mix of hills and mud.

So I have entered the SDW marathon on our away day in June and look forward to catching up with everyone over a beer and burger.

Andy Lee

FROM THE CHAIR

April continues to be the main marathon month and SGR was well represented at the 4 big marathons with a couple of our members Dan Hughes and Karen Barnicoat deserving a special mention as they decided they needed to do two each. It was also good to see how much support especially at London and Brighton members give to our runners to give then that lift they need when they see familiar faces.

The RR10 season kicked off last week with over 80 Stubbies making us the biggest club at Netley with both our Mens and Ladies teams coming first in the team competition. The next one is on 6th May and we are looking forward to anther big turnout at Stoney Cross/Janesmoor Pond. On the subject of RR10s it is our own race on June 10th so please look out for requests for help from Dan Foster re marshalling, reccies etc, in order for us to put on another successful race.

You will recall that earlier in the year we asked for charity nominations. The committee met in April to decide which of the nominations we would support which was not easy as we had 11 worthwhile causes from a total of 16 nominations (3 charities had multiple nominations).

CYSTIC FIBROSIS KIDS
REGISTERED CHARITY NUMBER 1115580

After considerable discussion we decided that we would like to support Cystic Fibrosis Kids as this year's charity as it is both local (based in Portsmouth) and one of our members has two sons with the condition. The charity supports children across the whole Southampton and Portsmouth area and details can be found here:- www.cfkids.org.uk/index.php. Many thanks to everybody for their nominations.

Finally don't forget our awayday at QE Park on the 20th June where we are looking to enter as many teams possible in the Marathon relay followed by a picnic to celebrate our 30th birthday.

Happy Running

Kevin Ashman
Chairman

New Forest Festival of Running

30 mile

50	Julie ASHMAN	05:25:32

20 mile

41	Karen BARNICOAT	02:52:53
67	Shelley Thomas	03:17:01
108	Sharon SIMPSON	03:55:23
109	Julie ASHMAN	03:55:23

Kinder Downfall fell race 10 miles

58	Will Feline	01:26:00
180	Laura Wainwright	01:47:05

10k

9	Caroline CHAPMAN	00:49:21

Bournemouth Bay Half Marathon

3 LEWIS CHALK 01:17:27

Marshalling errors meant the leaders ran 0.3 of a mile too far

BRIGHTON WEEKEND 10K	608	Rachel	Leach	00:53:31

Hawkshead Trail Run 10km

51	David Langrish	01:06:50

Windermere 5k in Orlando

4	Mark McDonald	19.29
42	Marie McDonald	24.39

SOCIAL NEWS

30th Anniversary Summer Event - August 30th

By way of celebration, and to mark the 30th anniversary of Stubbington Green Running Club the General Committee and Social Committee invite you a fun filled, family friendly sports day, hog roast, bake off and barn dance. All in one day!!

The event will be held at The Great Barn, Titchfield (Saint Margarets Lane, PO14 4BG) on Sunday 30th August.

We will have a selection of retro sports day activities, followed by a hog roast with all the trimmings.

As the Great Stubbie Bake Off was such a success last year, it's back again this year, so dig out your aprons and whisks and get baking.
We'll then have a ceilidh band and caller to lead us into the barn dance.

The Committee have kindly agreed to part fund this event, reducing the cost to £10 per adult and £5 per child.

More details (and rules/judging criteria for the Bake Off) will be released nearer the time, but make sure you save the date in your diary.

Spring Handicap

Sunday 19th April saw the return of the Spring Handicap on a lovely sunny, but fresh day, starting and ending at Meon Shore. Lured in by the promise of sausages and super prizes, 22 Stubbies successfully navigated their way around the route with a target finish time of 1200. The winners, who finished closest to 1200, were Gaynor Heffer and Graham Bell. Congratulations to you both. Special mention must go to Graham, who selflessly donated his prize (gift vouchers for Absolute Running) to his running companion on the day, Tim Sullivan. Hope to see you all at the next event, the Macmillan Mile on Monday 18th May

Bowling Night – CANCELLED

Unfortunately the Stubbie Bowling Night has had to be cancelled due to GoBowling in Fareham closing down. Thanks and apologies to those of you who had intended to come. We are looking to have a re-match of pub skittles later in the year, details TBC.

South Downs Way Marathon Relay & Social – Saturday 20th June, QE Park

Don't forget to book your place in the relay team, or the individual marathon or half marathon. Full details can be found on the SGRC website and Facebook page. The closing date for applications is May 22nd

Awards Night – SAVE THE DATE

This year's Awards Night will be held on Saturday 28th November. After looking into alternative venues for this year's event, we have decided to return to the David Lloyd Club, Port Solent. Further details will be released nearer the time, but make sure you put the date in your diary.

SOUTHDOWNS WAY 50 MILE

78	Donna Mitchell	09:09:13

Hoka Highland Fling 53 Miles

230	Donna	Mitchell	10:55:09

Three Peaks Yorkshire 23 miles	187th	Euan McGrath	03:57:25

Saturday 4th April, Sugar Loaf fell race. 7 miles, 500 metres ascent. BM class

A lovely day in Abergavenny for a fairly short but tough race. A great turnout from Stubbies considering the journey - Boe Harper returning after running well last year was joined by his friend Alex, Will Feline, Laura Wainwright and Graham Bell. Laura and Graham were making their fell running debuts.

Right from the off the hills were brutal and I (Will) was pleased to see Boe walking ahead as it meant I could do so too! After a mile and a half things eased off and we were running over some lovely grassy terrain. In the distance we could see the Sugar Loaf looking ominously vertical as we approached. The final climb wasn't too bad though - so steep I occasionally used my hands but over quite quickly. Then a dash round the trig point and time to fly downhill! Fortunately the course was well marked (for a fell race) but with few runners around me to follow I asked some walkers if I was on the right track - thankfully I was! Once back into Abergavenny it was onto the playing fields for a sprint finish which I lost by a huge margin to a local guy.

All in all a good day out. At £4 entry including a bottle of Sugar Loaf beer I felt like I robbed the organising club (Mynydd Du - guess the pronunciation!) blind.

Will

Will Feline 18th 59:54
Boe Harper 22nd 1:00:56
Graham Bell 67th 1:11:23
Laura Wainwright 72nd / 9th lady 1:11:56

MARATHON		
157	Julie Ashman	05:11:06

HALF MARATHON		
35	Victoria Joel	01:55:02
118	Mike Donovan	02:20:59

Compton Downland Challenge 20 mile	17	LEIGH, JON	02:52:27
	183	ADLARD, Jane	04:15:33

Compton Downland Challenge 40 mile	55	ASHMAN, JULIE	08:40:31

West Wight 3 Hills

Easter Monday 6th April 8 miles with 3 hills

Chris Hall 15th 0verall 14th male 2nd M50 0.56.11
Nick Crane 45th overall 39th male 3 rd M55 1.03.23
Sarah Barron 134th overall 45th female 1.34.46

Newport to Ryde 7 Mile		
6	HALL, Chris	00:49:18
18	HALL, Daisy	00:52:42

CAPTAINS CORNER

May Day May Day… we have arrived in May after a hectic few weeks of marathon running, RR10, Hampshire Road Relays, Lakeside, Spring Handicap and a Time Trial not to mention the Highland Fling Ultra, 53 miles that our Lady Captain entered in and did extremely well in with a time of 10:55:09.

The first Hampshire Road Relays in a long time saw only 5 Stubbie teams competing at this relay which was on our doorstep. That said the teams that entered did very well with the ladies team comprising of Daisy Hall, Rebecca Lord and Georgie Gair scooping 1st prize!! Our other ladies team with Nikki Roebuck, Lee Adair-Stantiall and Lucy May were 4th. The Vet 50 men were 3rd with Jon Leigh, Chris Hall and Mike White. The Vet 40 men were 6th and our senior men were 8th. The day was a huge success and one for the calendar next year, so thank you guys for flying the green flag.

Hampshire Road League has 3 races to go Alton 10, 10th May, Netley 10, 17th May and D-Day 10 on 7th June. We need a call to arms and every man and woman should lace up their boots and pitch up for the last 3 races as we chase the silverware and glory across the various Stubbie teams. Remember everyone who runs helps pushdown the other clubs runners and helps our 4 teams in the men's and ladies leagues.

Spring Handicap down at Meon shore saw a good turnout with no injuries this year! The winners with the closest times to 12.00 were Graham Bell and Gaynor Heffer, congratulations to you both. Thanks to the social committee for organising another good handicap and the Mitchlen star barbeque sausages afterwards. First RR10 of the season saw 80+ runners and 22 teams putting on the green vest. The best possible start for the Green army was achieved with 1st and 4th for both ladies and men's teams. Individual we saw 4 men in the top 10 Andy Simpson 6th, Lewis Banner 7th, Tom MacSwayne 8th and Boe Harper 9th. The Ladies managed 3 in the top 10 with Rebecca Lord 4th, Daisy Hall 6th and Laura Wainwright 9th.

Every year I'm amazed at the numbers we get out doing the Spring marathons and seeing months of training pay off on the big day. This year so far we've had 23 men and 17 ladies run the marathon distance with 28 PBs!!!! Over the last month in the 4 marathons at Brighton, Manchester, Paris and London we had the majority of runners for Stubbington completing their Spring marathons. The weather wasn't kind to the runners at Brighton and Paris with hot weather and the wind to contend with but Chris Leach ran a PB in 3:12:12 and Petra Wagenblast ran a PB in 3:51:50. The Stubbie supporters were the loudest at Brighton and even made it on the television. In Manchester we had Gill Rose running 3:34:50 and Richard Snell powering home in 3:28:19 PB.

London was an early start for most people and the Stubbie coach left Whiteley at 6am with a few runners but mainly the supporters had piled on the coach to cheer the Stubbie runners on. London saw perfect conditions, overcast and no wind on the course. I was pacing Phil Martin around attempting for about the 6th time to get a PB and put his demons to bed. Not only did he smash his PB by 12 minutes with 3:19:38 he got good for age and his fastest mile came at mile 25 not too many people can say that!! Dan O'Boyle finished in the top 100 at London with 94th out of 36,000 runners with a PB in 2:31:51. He was closely followed by Lewis Chalk with 2:32:51 PB and 111th. The Ladies saw Melissa Hutton-Dunton smashing over 10 minutes off her best in 3:21:45, closely followed by Victoria Joel 3:47:51 PB. Special mention goes to Dan Hughes who ran Brighton and London two weeks apart and went quicker at the second marathon in London while raising money for charity. Well done to everyone who completed the marathons this year.

This month looks like a busy month with races glory to choose from including HRRL at Alton and Netley as already mentioned. Two RR10s at Stoney Cross on 6th and Wilverley 20th May. Also we have the clubs MacMillian Mile on the 18th May and the Time Trial on 21st May. The week after sees the Lakeside 5k on 27th May and the Gosport 5k and Golden Mile on the 31st May. The Purbrook 5 mile which is a ladies only race is also on 31st May.

The bonus race for May will be the HRRL at Netley on 17th May.

The South Downs Marathon Relay on the 20th June was a great day last year where we had an inter-club competition within the official marathon relay and mixed up the teams. This year we are hoping to get more people doing the relay or you can run individually a fun run, half marathon or the full marathon. We are also hoping to put in two competitive teams for the men's and ladies. Afterwards we will have a picnic in Queen Elizabeth Country Park at the finish, so bring your own food and a blanket. To enter and more details please go to the Stubbie website.

Have a fun month running and enjoying the two bank holidays we have!!

SOUTHAMPTON HALF MARATHON

85	Mark MCDONALD	01:27:19
307	Jon PLOMER	01:34:26
495	Vicky SHAW	01:37:39
611	Stephen WILLIAMS	01:38:27
746	Aga PLOMBON	01:42:20
894	Katie STEAN	01:43:13
1065	Simon VINGOE	01:45:30
1239	Mark PORTER	01:48:21
1368	Marie MCDONALD	01:50:53
1392	Chris MCGAW	01:52:24
1445	George HOWARTH	01:51:09
1929	Bethan DAVIS	01:55:37
2132	Caroline CHAPMAN	01:54:59
2148	Michael WOOTTON	01:54:23
2157	Stuart MCNAMARA	01:58:33
2168	John COX	01:56:00
2184	Lisa DONN	01:56:05
2292	Julie DINWOODIE	02:01:27
2382	Sharon CALLUS	02:00:26
2652	Ronel BEUKMAN	02:05:11
2829	Julie RYMAN	02:06:06
3066	Lucy TAYLOR	02:11:16
3089	Sandie MCINTOSH	02:10:21
3120	Gemma ELDRIDGE	02:11:56
3166	Eunice HOARE	02:12:36
3374	Sarah HOBBY	02:16:38
3375	Nikkie PLOMER	02:16:36
3513	Robert SPENCER	02:15:54
3664	Andrew MILES	02:21:05
3665	Elizabeth MILES	02:21:05
4044	Rachel LEACH	02:35:14

HOUGHTON 32K CYCLE

4	Chris Hall	01:18:12
26	Ann Blake	01:45:58
29	Russell Mead	01:49:37

SOUTHAMPTON 10K

3	Rob GREENWOOD	00:38:17
225	Claire JONES	00:53:09
338	Kerry BAILEY	00:56:57
653	Debbie LOWE	01:07:29
681	Rachel RICHARDSON	01:08:54
870	Nicola PESKETT	01:23:33

LAKESIDE 5K SERIES

36	Mark McDonald	18:48
38	Howard Clark	19:02
45	Simon Hearnden	19:19
53	Jon Plomer	19:35
68	Peter Simpson	21:09
72	Lucy May	21:24
93	Philip May	22:52
94	Marie McDonald	23:01
95	Russell Mead	23:18
111	Mike Wootton	25:04
124	Anne Trotman	26:18
125	Jules Dinwoodie	26:33
126	Sarah Hobby	26:37
135	Robert Spencer	27:40
139	David MacSwayne	28:12
160	Andrew Smith	32:09

THE HOUGHTON 11K RUN

36	Mark McDonald	18:48
38	Howard Clark	19:02
45	Simon Hearnden	19:19
53	Jon Plomer	19:35
68	Peter Simpson	21:09
72	Lucy May	21:24
93	Philip May	22:52
94	Marie McDonald	23:01
95	Russell Mead	23:18
111	Mike Wootton	25:04
124	Anne Trotman	26:18
125	Jules Dinwoodie	26:33
126	Sarah Hobby	26:37
135	Robert Spencer	27:40
139	David MacSwayne	28:12
160	Andrew Smith	32:09

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	294
Marie	Mcdonald	178
Sarah	Hobby	170
Sarah	Martin	162
Dawn	Haynes-Sewell	158
Agnieszka	Plombon	155
Donna	Mitchell	146
Nikki	Roebuck	116
Sue	Robinson	111
Sharon	Simpson	111
Daisy	hall	110
Sarah	Barron	104
Gill	Rose	102
Julie	Dinwoodie	95
Ann	Blake	93
Melissa	Hutton-Dunton	91
Penny	Forse	90
Verity	Wright	90
Lucy	May	87
Georgina	Gair	83
Sandie	McIntosh	79
Rebecca	Lord	77
Nikkie	Plomer	77
Kelly	Bennetts	73
Laura	Wainwright	73
Bethan	Davis	71
Pamela	Kemp	67
Lucy	Window	65
Victoria	Joel	63
Alison	MacSwayne	63
Alethea	Adair-Stantiall	60
Sophie	Davison	55
Julie	Bowden	52

Lisa	Donn	52
Jasmine	Smith	50
Caroline	Street	46
Anna	Wilby-Lopez	46
Michelle	Simpson	45
Susie	MacGregor	44
Rachel	Leach	42
Tracie	Jarvis	41
Gaynor	Heffer	39
Yvonne	Fisher	37
Sandra	Hook	35
Eunice	Hoare	34
Alex	Leighton-Goodall	33
Frances	Lord	33
Tina	Chantrey	32
Wendy	Holloway	30
Elizabeth	Weighell	30
Hilary	Gulliver	29
Kaarina	May	29
Melissa	Cosens	28
Jane	Adlard	27
Sally	McGrath	27
Karen	Barnicoat	26
Rowena	Dodds	26
Jennie	Lee	24
Julie	Ryman	22
Rachael	Openshaw	17
Lucy	Taylor	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
Kerry	Bailey	12
Mandy	Burton	12
Heidi	Loveridge	12
Claire	Shergill	12
Katie	Simister	12
Julie	Woodman	12
Brigid	Hone	11
Jane	Butler	10
Vicky	Shaw	9
Shelley	Thomas	9
Caroline	Chapman	6
Kat	Chowns	6
Gemma	Fleming	6
Wendy	Hall	6
Claire	Jones	6
Elizabeth	Miles	6
Helen	Nicholls	6
Karen	Nichols	6
Jacqui	O'Rourke	6
Rachel	Richardson	6
Julie	Salt	6
Sue	Simister	6
Nicola	White	6
Katherine	Briggs	5
Jennifer	Birks	3
Sandra	Clark	3
Sonia	Robins	3
Anne	Trotman	3
Grace	Park	2

Daniel	Foster	226
Mark	McDonald	207
Phil	Hobby	168
Andrew	Simpson	164
Peter	Simpson	163
Lewis	Chalk	158
Philip	Martin	157
Mike	White	156
Andy	Lee	155
Thomas	McClements	139
Sev	Roberts	131
Nick	Crane	127
Daniel	O'Boyle	121
Marcus	Lee	118
Jon	Leigh	115
Graham	Bell	113
Robert	Spencer	113
Nigel	Whitcher	103
William	Feline	102
Richard	Snell	102
Russell	Mead	100
John	Blake	99
Keith	Whitaker	99
Boe	Harper	92
Mike	Bell	90
Alan	White	88
David	MacSwayne	87
Mike	Harper	86
Jack	Webb	85
Stuart	Hiscock	83
Chris	Hall	79
Jonathan	Plomer	75
George	Howarth	72
James	Lewington	70
Euan	McGrath	69
Haydn	Brown	68
John	Cox	65
Jack	Harris	64
Liam	Dredge	62
James	Lee	62
Gordon	Westley	62
John	Tussler	61
Rob	Arkell	60
Philip	Whitehouse	59

John	Simister	58
Chris	Leach	57
Neil	Stantiall	55
Rob	Greenwood	51
Dan	Hughes	51
James	Sawyer	51
Nick	Kimber	50
Joseph	Peat	50
Andy	Richardson	50
Murray	Watson	50
Duncan	Borthwick	47
Andrew	Smith	45
Allan	Stinson	45
Simon	Vingoe	45
Glen	Street	43
Christopher	Brobin	42
Peter	Kay	42
Paul	Southon	42
Howard	Clark	41
Mark	Eaton	41
Richard	Bailey	40
Simon	Hearnden	39
Lewis	Banner	38
Paul	Coverdale	38
Tom	Mellor	36
Kevin	Ashman	34
David	Langrish	33
Daragh	Hendley	30
Steven	Ellis	27
Graham	James	27
Richard	Batten	26
Samuel	Bell	26
Mark	Porter	26
Graham	Martin	25
Robert	Nicholls	24
Mike	Donovan	21
Wesley	Jones	21
Richard	Roche	21
John	Vose	20
David	Castle	19
Simon	Ellis	19
Matthew	Gould	19
Ian	Race	19
Ian	Coady	18

Andrew	Thomas	18
Tim	Crumpton	16
Richard	Cassell	15
Chris	Davidson	15
Stuart	Mcnamara	15
Martyn	Banner	14
Adrian	Piddington	14
Timothy	Matthews	13
Simon	Mcmorran	13
Martin	Neal	13
Gavin	Rennie	13
Paul	Woolford	13
Tom	Callaway	12
Russ	Coleman	12
Terry	French	12
George	Rennie	12
Andrew	Stockwell	12
Stephen	Wallbridge	12
Tim	Sullivan	11
John	Fairhurst	10
Rich	Chowns	9
Toby	Greenfield	9
Thomas	MacSwayne	9
Martyn	Poore	9
Chris	Stapleford	9
Tom	Cleary	8
Gary	Littlecott	8
John	Randall	8
Peter	Rawlins	8
Tommy	Cave	6
Martin	Griffin	6
Ray	Gunner	6
Samuel	Masson	6
Philip	May	6
Richard	O'Routke	6
Stephen	Peach	6
Neil	Richardson	6
Kevin	Toal	6
Michael	Wootton	6
Mike	Gregory	5
Alex	Johnson	5
Paul	Smith	5
Harry	Martin	4
Dan	Jones	3
Tomas	Stinson	3

TIME TRIAL RESULTS APRIL

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins
Under 25 mins

The start of time trials saw us enjoying a mini heatwave over the Easter school holidays. Despite the holidays and being in the middle of the spring marathons we had a good turnout of 43 runners. We had 8 runners who were new to trials or didn't complete one last year. On the night we saw 9 personal/ seasonal bests with some phenomenal improvements versus last year's times (NB- seasonal best can reflect an improvement versus last years' time trial results but may not be a runners personal best).

Congratulations on the people who improved their times with the top 3 improvers on the night being Bizz Cosens 6.25 minutes, Tom McClements 4.56 minutes and Rachel Leach 1.26 minutes. I've tried to slow Bizz down by giving her a box of chocolates, for winning the biggest improver on the night!!

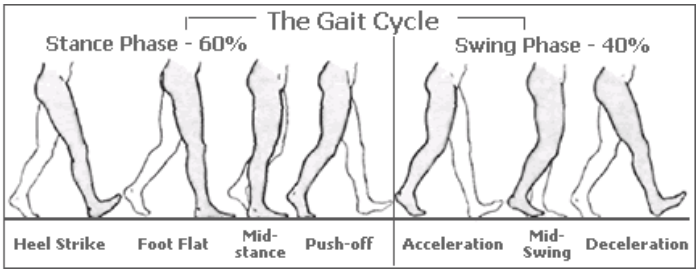
The current standings in the battle to be biggest improver in their handicap banding, come October are as follows, 35+ Bizz Cosens, 31.01 to 35 mins is Rachel Leach, 28.01-31 mins is Tom McClements, 25.01 to 28 mins Stuart Hiscock with -0.28 seconds and no improvers in the under 25 category. The next time trail is Thursday the 21st May at 7pm, so please pencil the date in the diary and look forward to seeing as many of you as possible. We also pop into the Red Lion afterwards to rehydrate.

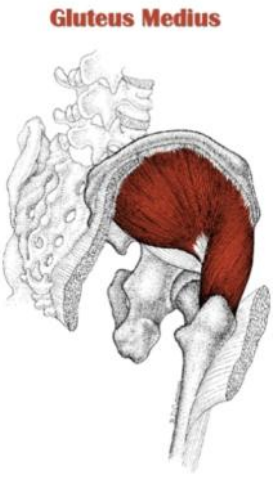
Andy

Name	Best 2014	April	April Diff	Difference
				1st - Best
		43	9	9
Andy Simpson	22.00	28.27		
Chris Leach	24.53	25.03		
David Castle	22.54	23.44		
James Sawyer	22.28	24.12		
Lewis Banner	22.06	22.45		
Lewis Chalk	22.06*	22.29		
Mike White	24.01	24.49		
Stuart Hiscock	26.18	**25.50**	-0.28	-0.28
Daisy Hall	25.44	**25.35**	-0.09	-0.09
Andy Lee	26.49	40.31		
Chris Hall	25.03	25.36		
Daniel Foster	25.31	26.04		
Haydn Brown	26.34	26.41		
James Lee	25.18	26.36		
Jon Plomer	25.19	27.59		
Lee Adair-Stantiall	27.40	28.22		
Mike Bell	27.18	27.52		
Peter Kay		**27.10**		
Philip Martin	26.36	29.42		
Steve Williams		**26.30**		
Tim Crumpton	27.14	28.10		
Tom Callaway	25.37	29.32		
Tom McClements	29.04	**24.08**	-4.56	-4.56
Peter Simpson	28.37	**28.22**	-0.15	-0.15
Nigel Whitcher	29.22	33.33		
Sam Leahy		**30.27**		
Tim Matthews	29.46	30.07		
Tina Chantrey	28.29	28.37		
Rachel Leach	34.58	**33.32**	-1.26	-1.26
Mike Wotton	34.48	**33.54**	-0.54	-0.54
Philip May	31.57	**31.30**	-0.27	-0.27
Dawn Haynes-Sewell	33.13	33.26		
Gaynor Heffer	31.45	32.23		
Julie Ashman	34.04	41.55		
Melissa Hutton-Dunton		**32.23**		
Russell Mead	31.03	31.52		
Bizz Cosens	42.57	**36.32**	-6.25	-6.25
Sarah Martin	35.11	**34.59**	-0.12	-0.12
Anne Trotman		**36.27**		
Jennie Lee		**40.31**		
Karen Salmon		**36.27**		
Robert Spencer	37.22	37.42		
Yvonne Fisher		**41.55**		

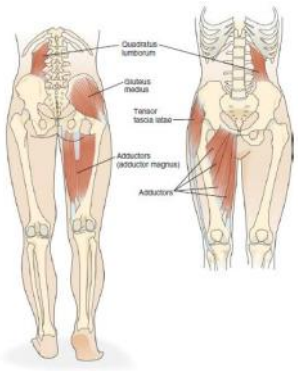
Gill Rose
LSSM (Dip) MISRM
www.sportsandremedialmassagehampshire.com

The Gait Cycle and the Function of the GMed





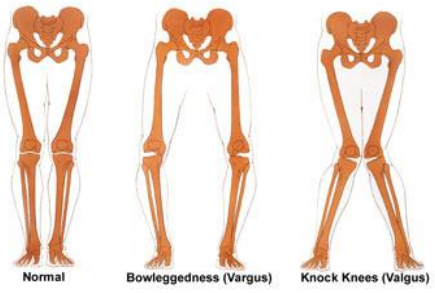
The Role of GMed (Gluteus Medius)
Abducts the hip, laterally rotates and extends the hip (posterior fibres), medially rotates and flexes the hip (anterior fibres). The GMed is responsible for maintaining the position of your pelvis as you walk and run and has a prime role as a hip stabiliser. The GMed is part of the lateral sling which comprises the GMed, GMin and adductors on the same side and the QL (Quadratus Lumborum) on the opposite side. And as we saw last time with the GMax and the posterior oblique sling, any weakness can lead to compensations in these muscles.



GMed and the Gait Cycle
The GMed is used in the gait cycle particularly during initial contact with the ground and the stance phase of the cycle. When your left foot makes that initial contact with the ground the GMed helps to stabilize and align the lower limb. During the stance phase the GMed abducts the other (right) hip which lifts allowing the right leg to swing through.

If you have weakness in the GMed your body will respond by either the pelvis dipping down on the opposite side to the leg you are standing on, or by compensating for this by shifting the whole of your trunk towards the weaker hip.

Weakness of the GMed will affect the kinetic chain all the way down to your foot, creating excessive internal/medial rotation of your femur (upper leg), valgus and sometimes varus knees (see pic to right), internal rotation of your Tibia (shin bone), increased weight transfer to the medial part of your foot and an increase in pronation at the subtalar joint in the foot (see pic to left). Imagine the types of injuries that this can lead to in your hips, knees, lower leg and feet!



Hip Abduction Firing Pattern
There is a specific firing pattern when we abduct our hip (take our leg out to the side) just as there is when we extend our hip. If the TFL or QL fire first they will adapt by becoming short and this in turn will create problems. The correct hip abduction firing pattern is:

GMed -> TFL -> QL

If you have a weak GMed and either the TFL or QL are firing first, the first thing to do is work on lengthening the QL, TFL and Adductors which may lead to the GMed naturally regaining it's shorter length and in turn it's strength. If this doesn't happen within a period of about two weeks, functional exercises can be used to strengthen it.

Lakeside Road Relays

Senior Women

1st	STUBBINGTON GREEN RUNNERS 'A'	01:15:53
Leg 1	Daisy Hall	25:16
2	Georgina Gair	25:41
3	Rebecca Lord	24:56

4th	STUBBINGTON GREEN RUNNERS 'B'	01:22:06
Leg 1	Nikki Roebuck	26:42
2	Alethea Adair-Stantiall	27:54
3	Lucy May	27:30

Senior Men

8th	STUBBINGTON GREEN RUNNERS	01:20:56
Leg 1	Liam Dredge	25:09
2	Peter Simpson	27:30
3	James Lewington	28:17

Veteran Men over 40

6th	STUBBINGTON GREEN RUNNERS	01:18:27
Leg 1	Mike Bell	26:44
2	Haydn Brown	26:42
3	Jon Plomer	25:01

Veteran Men over 50

3rd	STUBBINGTON GREEN RUNNERS	01:12:22
1	Chris Hall	23:34
2	Jon Leigh	25:06
3	Mike White	23:42

YOUR FEEDBACK NEEDED!!! Penny Forse (Club Coach)

I've had quite a few people wondering if we could change the start of the **Thursday** session to 6:30pm as it makes it so late finishing a 7pm session with work the next day, children to sort out, dinner to eat…..Please email or text me pennyforse@hotmail.co.uk or 07905 671656 before Friday 22 May stating which start time you prefer, then a decision will be made for the sessions from June onwards. I have put this on Facebook so you may have let me know already!. Thank you

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 4th May (Bank Holiday)	Flat forest rectangle (about 940m) 4 - 8 laps of long side fast stride
RR10 on Wednesday	with recovery jog on the short side
Monday 11th May	Long hills up the zigzag path to the notice boards - easy jog down
	recovery
Monday 18th May	**Macmillan Mile 6:30pm** - bring your £2 if you plan to run it then a
RR10 on Wednesday	long warm down round the mile loop and Meadowside
Monday 25th May (Bank Holiday)	Flat forest rectangle (about 940m) 1 - 2 x 1 lap fast (1 lap jog);
Lakeside 5km on Wednesday	½ lap fast (½ lap jog); 1 side fast (1 side jog)

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.

Netley 28 Mar	
Lewis Chalk	18.26
Rob Greenwood	18.48
Jon Leigh	19.56
Andrew Thomas	20.30
Chris Davidson	20.55
Donna Mitchell	21.27
Tom Callaway	22.12
Chris Stapleford	24.09
Frances Lord	24.20
Sandra Hook	25.39
Russell Mead	25.44
Dawn Griffiths	26.03
Bethan Davis	26.52
Jules Dinwoodie	27.09
John Tussler	27.56
Caroline Street	30.25
Liz Weighell	31.05
Jaz Smith	32.27
Andrew Smith	34.28
Sue Simister	35.34
Glen Street	36.18
Wendy Holloway	37.03
Southampton 28 Mar	
David Castle	18.18
Rebecca Lord	19.33
Dan Foster	20.01
Martyn Poore	26.36
Robert Spencer	28.26
Melissa Cosens	28.56
Eastleigh 28 Mar	
Lucy May	22.19
Peter Simpson	22.26
Paul Southon	24.50
Keith Whitaker	28.08
Haydn Brown	29.43
Newbury 28 Mar	
Allan Stinson	32.37
Preston Park, Brighton 28 Mar	
Mike Harper	23.12
Grovelands, Enfield	**28 Mar**
Philip Whitehouse	20.47

Carine Glades 28 Mar	
Terry French	30.10
Brockenhurst 28 Mar	
Joseph Peat	18.56
David MacSwayne	28.46
Alison MacSwayne	29.35
Southsea 4 Apr	
Harry Martin	20.15
Anna Wilby-Lopez	22.04
Paul Southon	23.37
Sarah Martin	26.55
Sharon Simpson	27.13
Robert Nicholls	29.41
Havant 4 Apr	
Alison MacSwayne	28.43
David MacSwayne	30.14
Grovelands, Enfield 4 Apr	
Philip Whiehouse	20.44
Netley 4 Apr	
Andy Simpson	17.28
Joseph Peat	19.13
Dan Foster	19.24
Sev Roberts	19.47
Mark McDonald	20.08
Liam Dredge	20.20
Rebecca Lord	20.36
Chris Davidson	21.20
Graham Martin	21.28
Phil Hobby	21.34
Alethia Adair-Stantiall	22.02
Del Granger	22.57
Vicky Shaw	22.58
Nikki Roebuck	23.35
Russell Mead	24.55
Dawn Griffiths	26.17
Sarah Hobby	26.45
Marie McDonald	26.45
Jules Dinwoodie	27.09
Melissa Cosens	28.00
Tom Mellor	29.34
Martyn Banner	30.54
Jaz Smith	33.19
Andrew Smith	37.11
Wendy Holloway	37.13
Southampton 4 Apr	
Peter Kay	21.14
Martyn Poore	24.26
Eastleigh 4 Apr	
Keith Whitaker	42.58

Poole 4 Apr	
Chris Leach	18.24
Rachel Leach	26.26
Medina, I O W 4 Apr	
Sarah Barron	29.35
QE Park 4 Apr	
David Langrish	24.22
Fulham Palace 4 Apr	
Robert Spencer	28.10
Fountains Abbey	**4 Apr**
Verity Wright	24.24
Humber Bridge 4 Apr	
Liz Weighell	35.46
Kesgrave 4 Apr	
Lewis Chalk	18.27
Claisebrook Cove	**4 Apr**
Terry French	32.43
Southsea 11 Apr	
Graham Martin	21.25
Robert Spencer	28.31
Andrew Smith	36.31
Netley 11 Apr	
Lewis Chalk	18.28
Rob Greenwood	18.43
Andrew Thomas	20.43
Chris Davidson	21.31
Peter Kay	21.33
Neil Richardson	22.21
Paul Southon	24.20
Laura Ridge	24.27
Frances Lord	24.41
Chris Stapleford	24.51
Russell Mead	25.14
Sandra Hook	25.49
Jules Dinwoodie	27.02
April Hassett	28.32
David MacSwayne	28.53
Alison MacSwayne	28.53
Tom Mellor	29.54
Liz Weighell	31.43
Jaz Smith	32.19
Wendy Holloway	35.45
Winchester 11 Apr	
Chris Leach	20.58
Gordon Westley	22.40
Rachel Leach	29.25

Southampton 11 Apr	
Dan Foster	19.32
Harry Martin	22.43
Verity Wright	23.58
Sarah Martin	26.43
Melissa Cosens	26.55
Eastleigh 11 Apr	
Haydn Brown	20.47
Keith Whitaker	39.01
Grovelands, Enfield	**11 Apr**
Philip Whitehouse	20.12
Royal Tunbridge Wells 11 Apr	
David Castle	18.44
Newbury 11 Apr	
Allan Stinson	32.37
Bibra Lake 11 Apr	
Terry French	28.56
Netley 18 Apr	
Andrew Thomas	19.54
Chris Davidson	21.11
Chris Stapleford	23.34
Frances Lord	24.14
Kate Aldom	25.07
Sandra Hook	25.27
Jules Dinwoodie	26.21
Anne Trotman	28.39
Tom Mellor	29.13
Julie Bowden	31.03
Caroline Street	31.15
Andrew Smith	37.35
Wendy Holloway	37.37
Tommy Blake	40.54
Ann Blake	40.55
Southampton 18 Apr	
Robert Spencer	28.08
Southsea 18 Apr	
Lewis Chalk	17.35
Harry Martin	20.45
Anna Wilby-Lopez	22.14
Laura Ridge	22.21
Verity Wright	23.35
Robert Nicholls	28.52
Winchester 18 Apr	
Chris Leach	20.21
Gordon Westley	22.08
Paul Coverdale	23.30
Rachel Leach	26.50

Havant 18 Apr	
Thomas MacSwayne	16.56
Alison MacSwayne	27.58
David MacSwayne	31.28
Newbury 18 Apr	
Allan Stinson	30.14
QE Park 18 Apr	
John Blake	21.59
James Lewington	22.59
Grovelands, Enfield 18 Apr	
Philip Whitehouse	20.19
Clermont Waterfront 18 Apr	
Bethan Davis	26.39

Eastleigh 18 Apr	
Dan Foster	19.33
Melissa Cosens	26.53
Keith Whitaker	40.42
Rockingham 18 Apr	
Terry French	30.11
Humber Bridge 18 Apr	
Liz Weighell	32.28
Havant 25 Apr	
Alison MacSwayne	29.51
David MacSwayne	30.41
Southampton 25 Apr	
Robert Spencer	29.58
Sarah Barron	30.39
QE Park 25 Apr	
Howard Clark	19.45
Mike White	20.09
David Langrish	23.38

Eastleigh 25 Apr	
Haydn Brown	20.31
Southsea 25 Apr	
James Sawyer	19.22
Dan Foster	19.25
Mark McDonald	19.49
Phil Hobby	21.11
Alan White	22.50
Marie McDonald	23.50
Gaynor Heffer	25.09
Russell Mead	25.46
Melissa Cosens	27.00
Sarah Hobby	28.10
Robert Nicholls	29.31
Winchester 25 Apr	
Chris Leach	19.23
Gordon Westley	21.23
Paul Coverdale	22.53
Rachel Leach	27.32
Humber Bridge 25 Apr	
Liz Weighell	34.39

Netley 25 Apr	
Andrew Thomas	20.04
Rebecca Lord	20.38
Peter Kay	21.53
Nikki Roebuck	21.55
Del Granger	22.24
Chris Davidson	22.43
Paul Southon	24.06
Frances Lord	24.35
Stephen Wallbridge	27.07
Sandra Hook	27.19
Anne Trotman	28.23
Aga Plombon	29.48
Andrew Smith	37.01
Wendy Holloway	37.02
Tommy Blake	41.08
Ann Blake	41.08
John Blake	41.11
Newbury 25 Apr	
Allan Stinson	29.39
Grovelands Enfield 25 Apr	
Philip Whitehouse	21.02

Having collated the parkrun results for inclusion in the newsletter for some time now I am afraid I will be ceasing this with effect from the 1st June. As I am no longer involved with the club I feel obliged to hand this over to another member and am therefore looking for a volunteer to take this on. If anyone is interested please contact me at john_tussler@hotmail.com and I will outline the simple procedure necessary to collate the results.

John Tussler.

Macmillan Mile

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

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!

TUESDAY AND THURSDAY TRAINING

Tuesday	05/05/2015	Locks Heath Sports Ground	7pm	Mike White	Brownwynch lane	4x1ml	90s
Wednesday	06/05/2015	RR10	7.15pm		Stoney Cross		
Thursday	07/05/2015	Crofton Community Centre	7pm	Mel	Lee on Solent	10 - 12 x 350m (60s) Lee seafront	
Thursday	07/05/2015	Mountbatten Centre, Portsmouth	7pm	Verity/ Sharon	Track	2 x 4 - 5 x 600	200 jog

Tuesday	12/05/2015	Locks Heath Sports Ground	7pm	Mike White	Hook field	Flag session	
Thursday	14/05/2015	Crofton Community Centre	7pm	Mike Bell	Crofton School Track	6-8 x 600 (300)	

Tuesday	19/05/2015	Locks Heath Sports Ground	7pm	Mike White	Chilling	Short loops from beach	Jog back to beach
Wednesday	20/05/2015	RR10	7.30pm		Wilverley		
Thursday	21/05/2015	Crofton Community Centre	7pm	Andy Simpson	Eric Road	Time Trial	Red Lion

Tuesday	26/05/2015	Locks Heath Sports Ground	7pm	Mike White	St John's park	2x4x800	90s and 3min
Wednesday	27/05/2015	Lakeside 5k	7.15pm		Lakeside		
Thursday	28/05/2015	Crofton Community Centre	7pm	Phil Hobby	Lee on Solent	2 x 5 - 6 Beach Session	

Tuesday	02/06/2015	Locks Heath Sports Ground	7pm	Mike White	Warsash Common	2,4,6,6,4,2 min hooter session	2min
Wednesday	03/06/2015	RR10	7.30pm		Blackfield		
Thursday	04/06/2015	Crofton Community Centre	7pm	Mel	Lee on Solent	10mins out and back	
Thursday	04/06/2015	Mountbatten Centre, Portsmouth	7pm	Penny/ Sharon	Track	2 - 3 x 1600	3 minutes