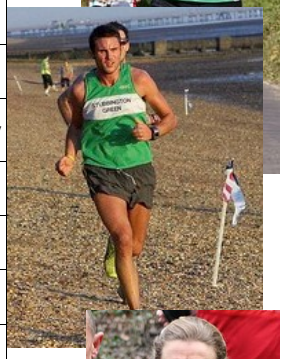
The Green Runner

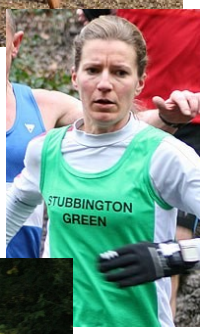
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS www.sgrac.net

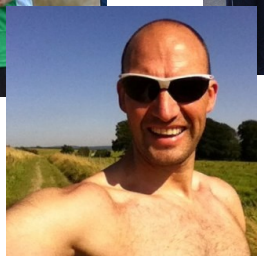
JANUARY 2013

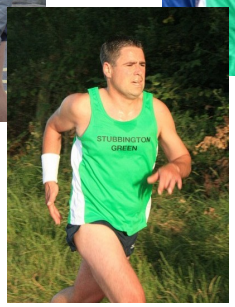
THE 2012 SGR AWARDS



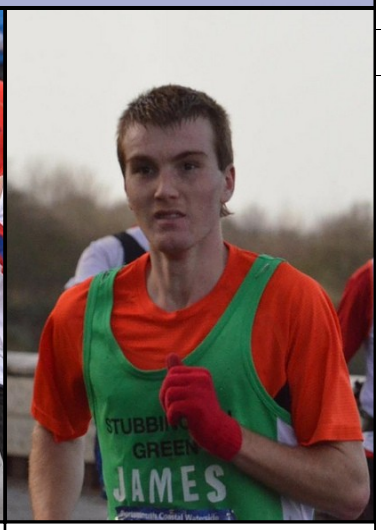
Junior of the year	Tom Whitcher
Newcomer of the year	Neil Richardson
Supporter of the year	Peter Hutchinson
Personality of the year	Sarah Martin
Most Improved in the year	Kevin Ashman
Performance of the year individual	Euan McGrath
Performance of the year team	Ladies South Down Relay
Leaderboard Winner	Andy Simpson
Female of the year	Tanya Brady
Male of the year	Lewis Chalk
Contribution to the club	Penny Forse







ANDREW STOCKWELL



JAMES SAWYER

191	Andrew Stockwell	03:41:49
347	James Sawyer	03:57:56
531	Richard Chowns	04:21:03
532	Katherine Daily	04:21:03
675	Jen Elkins	04:41:01
676	Del Granger	04:41:02
755	David Langrish	04:55:16

Tom MacSwayne (15), who will soon be an official member of SGR, ran the Hayling 10 mile race in a time of 61m23s, finishing 11th overall. That is a brilliant time for the course on road & waterlogged trails while coping with gale force winds. Tom will be a valuable member of this club & we look forward to him donning a Stubby vest & representing us in races. *Penny*

CHRISTCHURCH 10K

6	33:18:00	Lewis CHALK
121	43:49:00	Lucy MAY
358	55:55:00	Eric BECK
403	58:00:00	Robert SPENCER

Downland Devil 9

Once again the Sunday shopper has precipitated the demise of a popular race; this time the Duck Pond Waddle. Stubbington Green Runners have long scored well in the waddle, indeed one year the men produced a 1,2,3 result. As a replacement, Worthing Striders have come up with the Downland Devil 9; this is a 9 mile cross country race which is totally traffic free. Starting and finishing at Church Farm, Coombs, near Lancing the race touches on the South Downs with all the typical topography you would expect.

236 hardy souls including three Stubbies took on the devil on a clear and cold Sunday morning.

Winner: Donald Maclellan of Brighton Phoenix. 1:00:26.
First lady: Sally Norris of Lewes AC. 1:10:26

Stubbies:
Nick Crane 43rd 1:11:36
Paul Hammond 67th 1:15:27
Andy Lee 90th 1:17:46

HAMPSHIRE ROAD RACE LEAGUE

20/01/2013	**Stubbington 10K**
03/02/2013	**Ryde 10 mile**
17/02/2013	**Bramley 20 mile**
10/03/2013	**Salisbury 10 mile**

24/03/2013	**Eastleigh 10K**
12/05/2013	**Alton 10 mile**
19/05/2013	**Netley 10K**

CTS
COASTAL TRAIL SERIES

8th December 2012

Endurance Life Coastal Trail Series Leg 4 (Dorset)
Classed as "Extreme" (Understatement)
Glen Street

Half Marathon (Actually 16.5 miles)	
440 finishers out of 460 starters	
1st Man - Rob Ogrady 2:16:13	
1st Woman - Anna Bartlett 2:28:42	
Last Finisher - 5:44:06	
Julia Park	4:09:40
Verity Wright	4:49:01
Eric Beck	4:49:08
Julie Bowden	5:01:42
Caroline Street	5:01:51
Ann Blake	Retired Injured

10K	
177 finishers out of 179 starters	
1st Man - Tom Davies 52:07	
1st Woman - Sarah Allen 56:10	
Last Finisher - 1:50:37	
Glen Street	1:09:56 (2nd MV55)
John Tussler	1:13:49
Jaz Smith	1:23:40

Cup of Tea Run Sunday 6th Jan 2013 09:00 from the Pump House coffee shop Royal Clarence Yard, Gosport

Just the thing to get you ready for going back to work after the Christmas break. A 9 mile, (ish), road run taking in scenic Gosport; finishing with a cup of tea and a piece of cake.

The pace will be nice and steady with the faster runners turning back at re-group points to encourage those further back.

No-one will be left behind.

The start and finish are in the car park within Royal Clarence Yard by the Pump House coffee shop.

The run will take in sights such as; the millennium bridge, a nature reserve, Portsmouth harbour, the old Royal Marines barracks, plenty of the old railway line, Stokes Bay, Haslar bridge, the Castle Tavern, three sea forts, the murals under Annes Hill Rd, the Junction Tavern,
HMS Sultan, Angleseyville Crescent & the Falklands gardens.

And at the finish the promised tea & cake. Remember to bring some money.

Paul Hammond

	Netley Abbey 1/12/12		
1	Thomas MACSWAYNE	18:34	
8	Chris MCGAW	20:32	New PB!
11	Tom CALLAWAY	21:31	
17	Stephen ANDREWS	22:24	
27	Paul SOUTHON	24.02	
30	Glen STREET	24.25	
39	John TUSSLER	25.39	
40	John SIMISTER	26.03	
41	Russell MEAD	26.17	
59	Terry John FRENCH	29.09	
68	Jasmine SMITH	31.36	
70	Sev T C ROBERTS	33.22	
71	Sue SIMISTER	33.40	
73	Jan SOUTHON	35.52	
74	Andrew SMITH	36.03	
	Eastleigh 1/12/12		
11	Ian RACE	21:19	New PB!
36	Keith WHITAKER	24.52	
	Wimbledon Common 1/12/12		
18	Mike HARPER	19:29	New PB!

	Poole 15/12/12		
100	Keith WHITAKER	22:58	
154	Eric BECK	25.07	
186	**Robert SPENCER**	**26.59**	**New PB!**

	Havant 15/12/12		
7	Andrew STOCKWELL	20:47	
8	Mike HARPER	20:52	
58	Jamie STOCKWELL	29.37	

	Netley Abbey 8/12/12		
1	Lewis CHALK	17:39	
10	Tom CALLAWAY	21:07	
16	Kevin Joseph TOAL	21:58	New PB!
17	Stephen ANDREWS	22:05	
24	John SIMISTER	23:12	
32	Paul SOUTHON	24.26	
41	Russell MEAD	26.01	New PB!
71	Andrew SMITH	33.46	
72	Robert SPENCER	33.46	
73	Katie SIMISTER	34.34	
76	Jan SOUTHON	35.40	
82	Sue SIMISTER	41.52	
	Eastleigh 8/12/12		
7	Ian RACE	21:16	New PB!
	Frimley Lodge 8/12/12		
12	Mike HARPER	19:31	New PB!

	Netley Abbey 15/12/12		
1	Thomas MACSWAYNE	18:16	
10	Tom CALLAWAY	21:33	
12	Richard SNELL	22:09	
16	Gill ROSE	22:36	1st Lady
20	John SIMISTER	23:44	
22	Paul SOUTHON	23:59	
33	John TUSSLER	26.15	
38	Russell MEAD	26.59	
42	Julie SALT	27.43	
47	Glen STREET	28.38	
49	Jasmine SMITH	29.28	
62	Jules DINWOODIE	34.09	
65	Jan SOUTHON	35.27	
66	Katie SIMISTER	35.30	
67	Sue SIMISTER	35.33	
73	Andrew SMITH	38.06	
75	Caroline STREET	39.14	

	Netley Abbey 29.12.12		
3	Sev ROBERTS	21:06	
4	Marcus LEE	22:06	
6	Tom CALLAWAY	22:26	
12	Liam John Charles DREDGE	23:07	
23	Paul SOUTHON	24.58	
33	Steve TROTMAN	26.21	
34	Russell MEAD	27.17	
37	Glen STREET	28.02	
43	Jasmine SMITH	28.52	
47	John TUSSLER	29.10	
48	Michael EDEY	29.15	
53	Julie SALT	29.59	
68	Jules DINWOODIE	40.50	
	Eastleigh 29.12.12		
43	Keith WHITAKER	27.16	
	Southampton 29.12.12		
10	Mike HARPER	19:15	New PB!
132	Terry John FRENCH	30.04	
	Little Stoke 29.12.12		
46	Robert SPENCER	28.37	
54	Andrew SMITH	36.42	
	Huddersfield 29.12.12		
21	Andrew STOCKWELL	20.18	
103	Jamie STOCKWELL	27.47	

	Netley Abbey 22/12/12	
1	Thomas MACSWAYNE	18:11
5	Sev ROBERTS	20:52
8	Marcus LEE	22:16
21	John SIMISTER	24.42
24	Glen STREET	25.31
35	John TUSSLER	26.49
51	Robert SPENCER	30.31
52	Terry John FRENCH	30.40
54	Jasmine SMITH	30.50
55	Julie SALT	31.03
58	Jamie STOCKWELL	31.53
59	Andrew STOCKWELL	31.54
69	Jan SOUTHON	37.45
72	John BLAKE	38.46
74	Andrew SMITH	39.40
	Eastleigh 22/12/12	
43	Keith WHITAKER	30.03

	Christmas Day Southampton	
66	Robert SPENCER	28.48
90	Andrew SMITH	35.12
	Christmas Day Netley	
13	Liam John Charles DREDGE	22:31
28	Paul SOUTHON	24.46
29	Glen STREET	25.06
37	John TUSSLER	26.40
47	Jamie STOCKWELL	28.40
50	Andrew STOCKWELL	28.50
53	Jasmine SMITH	28.59
57	Angela BENFIELD	29.58
61	Julie SALT	30.26
62	Julie BOWDEN	30.55
65	Robert SPENCER	31.30
68	Caroline STREET	32.18
73	Andrew SMITH	38.22

THE FINAL 2012 SGR LEADERBOARD

1	Andy Simpson	230		48	Jaz Smith	40		91	Hannah Littlecott	10
2	Lucy May	210		54	Tanya Brady	35		91	Georgie Gair	10
3	Donna Mitchell	190		54	Kathryn Davies	35		91	George Rennie	10
4	Graham Bell	185		54	Sue Simister	35		91	Erin Banner	10
5	Philip May	170		57	Andy Stockwell	30		91	Elizabeth Dandy	10
6	Kevin Ashman	165		57	Sue Robinson	30		91	David Castle	10
7	James Sawyer	155		57	Sandie McIntosh	30		91	David Abrams	10
8	Jon Leigh	145		57	Lisa Donn	30		91	Clara Fordina	10
9	Sharon White	135		57	Katherine Briggs	30		91	Ann Vestergaard	10
10	Sarah Martin	130		57	Jane Butler	30		91	Andy Tomlinson	10
10	Rachael Openshaw	130		57	Darragh Hendley	30		91	Steve Martin	10
12	Nick Crane	115		57	Sarah White	30		91	Sarah Boddy	10
12	Tom Whitcher	115		57	Rowena Dodds	30		91	Russel Mead	10
14	Richard Snell	105		57	Penny Forse	30		91	Paul Hailwood	10
14	Nigel Whitcher	105		57	Mark Le Gassick	30		91	Mike Clarke	10
14	John Blake	105		57	Gary Littlecott	30		91	Michelle Simpson	10
17	Verity Wright	100		57	Tracy Bell	30		91	Liz WEIGHELL	10
17	Marcus Lee	100		67	Zac Conaty	25		91	Kathy Mckain	10
18	Susie MacGregor	95		67	Richard Edmunds	25		91	Kate Aldom	10
18	Eric Beck	95		67	Kevin Wheeler	25		91	Julie Bowman	10
20	Sally McGrath	90		67	Julie Bowden	25		91	John Fairhurst	10
20	Mike Harper	90		67	Ellie Crane	25		91	Jane Heywood	10
20	Keith Whittaker	90		67	Tracy Buchan	25		91	James Keen	10
20	Gordon Westley	90		67	Paul Southon	25		91	Georgie Wallis	10
24	Alan White	85		67	Mike Wotton	25		91	George Childs	10
25	Sam Bell	75		67	Keith Carter	25		91	Eric Haskell	10
25	Nick Kimber	75		67	Julia Park	25		91	Colin Elderfield	10
25	Gill Rose	75		67	John Vose	25		91	Anne Fairhurst	10
28	Liam Dredge	70		67	David Richards	25		91	Ann Blake	10
28	John Simister	70		67	Dan Gueran	25		91	Andy Donn	10
28	Chris Hall	70		67	Mike Townsend	25		91	Alasdair Ewing	10
28	Ray Gunner	70		67	Jane Adlard Mcgrath	25		118	William Cowan	5
31	Neil Richardson	65		78	Richard Chowns	20		118	Simon Carson Jones	5
31	David Jeffery	65		78	Lewes Banner	20		118	Sev Roberts	5
31	Robert Spencer	65		78	Kate Marsh	20		118	Sandra Abrams	5
33	Mike Bell	60		78	Graham Martin	20		118	Robert Blackmore	5
33	Tim Sullivan	60		78	Aitken Hunter	20		118	Rachel Peel	5
35	George Howarth	55		78	Peter Hutchison	20		118	Nicole Beukman	5
35	Euan Mcgrath	55		78	Neil Jarvis	20		118	Nicki White	5
35	Emily Foran	55		78	Chris Brittain	20		118	Mike Bainbridge	5
35	Paul Hammond	55		85	Stephen Andrews	15		118	Mat Gardener	5
35	Caroline Street	55		85	Ronel Beukman	15		118	Marina Odey	5
40	Philip Martin	50		85	Linda Hunt	15		118	Loraine Jackson	5
40	Rick Scott	50		85	Kelly Bennetts	15		118	Lara Evans	5
40	Nico Beukman	50		85	Helen Nichols	15		118	Katherine Daily	5
40	John Cox	50		85	Tina Chantrey	15		118	Karen Moore	5
40	Tim Crumpton	50		85	Pippa Abbott	15		118	Julie Woodman	5
45	Martyn Banner	45		85	Michael Townsend	15		118	Jules Dinwoodie	5
45	Ian Webber	45		85	Eunice Hoare	15		118	John Tussler	5
45	Julie Ashman	45		91	Ryan Gunner	10		118	James Lee	5
48	Chris Mcgaw	40		91	Russell Mead	10		118	Glen Street	5
48	Andy Lee	40		91	Owen White	10		118	Gemma Cowan	5
48	Tony Smith	40		91	Lewis Chalk	10		118	Ella Bennetts	5
48	Paul Coverdale	40		91	Leanna Whaley	10		118	Elizabeth Martin	5
48	Mike White	40		91	Jon Henderson	10		118	Beadriz Gareun	5
48	Mark Eaton	40		91	John Nicholson	10		118	Ashley Lovell	5
48	Lucy Le Gassick	40		91	Jo Watson	10		118	Andy Richardson	5
48	Graham James	40		91	Hannah Smith	10		118	Andrea Dyed	5

TODAYS RUNNER WINTER LEAGUE

27 Jan Stubbington Green Runners Manor Farm Country Park
03 Mar Denmead Striders Staunton Country Park

All races start at 11 am.

09 Dec Farnham Runners The Bourne Woods

2	JAMES SAWYER
17	SIMON HEARNDEN
31	MIKE WHITE
47	CHRIS HALL
71	ANDY STOCKWELL
80	NICK CRANE
87	MIKE BELL
101	SIMON CARSON JONES
123	ANDY LEE
193	JOHN TUSSLER
3	HELEN NICHOLLS

The Brutal 10 at Longvalley on 8 Dec 2012
Andy Stockwell Position 44th 1:07:05

POPHAM 1ST DECEMBER

39	L Chalk	35.00
63	A Simpson	36.51
88	J Sawyer	38.19
150	A Stockwell	42.40
160	J Blake	43.51
164	N Crane	44.04
166	P May	44.33
188	G Westley	46.50

54	Tina Chantrey	29.06

Hampshire Cross Country League

Saturday 12 January 2013 King's Park, Bournemouth

Saturday 9 February 2013 Hudson's Field, Salisbury

The Race Diary

Date	Race	Venue	Time
Tues 1 Jan	Hare of the Dog	Forest of Bere, Wickham	11am
Tues 1 Jan	Brown Willy Run 7	Jamaica Inn, Bolventor, Launceston, PL15 7TS	11am
Tues 1 Jan	Hangover 5M	Hillbarn Rec', Hillbarn Lane , Worthing, BN149QF	11.30am
Tues 1 Jan	Knacker Cracker 10K	Burfoot Slope, Box Hill, Dorking, RH5 6BN	11am
Tues 1 Jan	Serpentine 10K	Hyde Park, London, W2	11am
Sat 5 Jan	Hants XC Champ'ships	Fleming Park, Eastleigh	1245/1340
Sun 6 Jan	Cliveden XC 6	Cliveden, Taplow, Maidenhead, SL6 0JF	10am
Sun 6 Jan	Tadworth 10M	Tattenham Corner, Epsom Downs, Epsom, KT18 5LQ	11.30am
Sat 12 Jan	Hants XC league (Race 4)	King's Park, Bournemouth BH7 7AF	1335/1430
Sun 13 Jan	January Jaunt 10K	Plymouth Speedway, Marsh Mills, Plymouth, PL7 4NW	9am
Sun 13 Jan	Rough and Tumble 10	Milton Lilbourne Village Hall, Marlborough, SN9 5LQ	11am
Sun 13 Jan	Swanage 10K	North Beach CP, de Moulham Rd, Swanage, BH19 1NX	11am
Sun 13 Jan	Goring Woodcote 10K	Village Green, Woodcote, Reading, RG8 0QY	10.30am
Sun 13 Jan	Axmouth Challenge 10	Axmouth Village Hall, Axmouth, Seaton, EX12 4AX	10.30am
Fri 18 Jan	Poole Runners 5K Series	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 19 Jan	Runners Need G3 10K	Newlands Corner, Guildford, GU4 8SE	8.30am
Sun 20 Jan	Stubbington 10K	Stubbington Green.	10am
Sun 20 Jan	Lakeside Canal 8	Lakeside, Frimley Green, GU16	10am
Sun 20 Jan	TriAdventure Sprint Duath	Collingwood College, Camberley, GU15 4AE	10am
Sun 20 Jan	Maxifuel Winter Duathlon	Dorney Lake, Windsor SL4 6QP	8am
Sun 20 Jan	Bath Skyline 10K	University of Bath, Bath, BA2 7AY	11am
Sun 20 Jan	Fred Hughes 10M	St Columba's Sch, St Albans, AL3 4AW	9.30am
Sun 20 Jan	Maxifuel 5 & 10K	Dorney Lake, Windsor, SL4 6QP	12.30pm
Sun 20 Jan	First Chance 10K	Haven Banks, Exeter, EX2 8DP	10.30am
Sun 20 Jan	Riverbank Rollick 9	Mundy Playing Fields, Thornbury, Bristol, BS35 2BQ	11am
Sat 26 Jan	Xendurance Winter 5/10K	Berks College of Ag', Maidenhead, Berks SL6 6QR	11.30am
Sat 26 Jan	Iceman Duathlon 10/18/5	Frimley, Camberley, Surrey, GU16 6GP	9.45am
Sun 27 Jan	Today's Runner (Race 5)	Manor Farm Country Park, Bursledon	11am
Sun 27 Jan	Hants Chronicle 5	Broadlands Estate, Romsey , SO51 9ZE	10am
Sun 27 Jan	Kenley Charity 10K	Kenley Airfield, Kenley Common, Kenley, CR8 5YG	10am
Sun 27 Jan	The Perch 6.25	Nonsuch Park , Ewell Road, Cheam, KT17 2DE	10.30am
Sun 27 Jan	Barretts Canterbury 10	Chaucer Tech Sch, Spring Lane, Canterbury, CT1 1SU	11am

The Race Diary

Date	Race	Venue	Time
Fri 1 Feb	Poole Runners 5K	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 2 Feb	Run Eton Dorney 10K	Rowing Lake, Eton Dorney, Nr Windsor, SL4 6QP	1.30pm
Sat 2 Feb	Run Richmond Park 5/10K	Richmond Park, Richmond, TW10 5HS	10am
Sat 2 Feb	Pilgrim Ch'nge Ultra 66	Sandy Farm Business Centre, Farnham, GU10 1PX	8am
Sat 2 Feb	GB Ultra Thames Trot 50	Oxford, to , Henley, OX4 4EF	8.30am
Sun 3 Feb	Bookham 10K	Polesden L'cey Sch, Oakdene Close, Bookham, KT23 4PT	10am
Sun 3 Feb	Chichester Priory 10K	Northgate Theatre Carpark, Chichester, PO19 6AP	10.30am
Sun 3 Feb	Nonsuch Park 10K	Nonsuch Mansions, Ewell Road, , Cheam, SM3 8AL	11am
Sun 3 Feb	Ryde 10M	Ryde Rowing Club, Ryde Esplanade, Ryde, PO33 1ND	11am
Sun 3 Feb	Runners Need G3 10K	Newlands Corner, Guildford, GU4 8SE	8.30am
Sun 3 Feb	Blackmore Vale Lions Half	Playing Fields, Bishops Caundle, Sherborne, DT9 5NQ	11am
Sun 3 Feb	Longleat 10K	Longleat, Warminster, BA12 7NW	10am
Sat 9 Feb	Hants XC league (Race 5)	Hudsons Field, Castle Road (A345), Salisbury	1335/1430
Sun 10 Feb	The Wiltshire 10	Adventure Centre, KGV Fields, Melksham, SN12 7ED	10am
Sun 10 Feb	Meon Valley Plod 21	Scout Hall, Little Hyden Lane, Clanfield, PO8 0RE	10.30am
Sun 10 Feb	The Reading 5	Whiteknights Campus, Reading Uni, RG6 6UR	11am
Sun 10 Feb	Valentine's Run	Village Hall, Ch. Lane, Southwater, Horsham, RH13 9BT	10am
Sat 16 Feb	Salty Seadog Duath 5/20/5	The Overstrand, Undercliff Drive, Boscombe, BH5 1BN	8am
Sat 16 Feb	Race your Pace Half	Rowing Centre, Dorney, Windsor, SL4 6QP	10am
Sun 17 Feb	Brooks Plymouth Hoe 10	Brickfields, Devonport Plymouth	9.30am
Sun 17 Feb	Brighton Half Marathon	Madeira Drive, Brighton, BN2 1TB	9am
Sun 17 Feb	Bramley 20/10 10M & 20M	Bramley Primary School, Basingstoke, RG26 5AH	10.30am
Sun 17 Feb	Coastal Half Marathon	Pyramids Centre, Clarence Esp., Portsmouth, PO5 3ST	10.30am
Sun 17 Feb	Bath Skyline 10K	University of Bath, Bath, BA2 7AY	11am
Sun 17 Feb	Harrow Hill Race 6	Harrow Sch Playing Fields, Harrow, HA1 3GF	10.30am
Sun 17 Feb	Reigate Priory Park 10K	Priory Park, Bell Street, Reigate, RH2 7RL	11am
Sun 17 Feb	Drover Half Marathon	Racecourse, Netherhampton, Salisbury, SP2 8PN	10.30am
Sun 17 Feb	Lychett Manor 10	Sports Ctre, Lytchett Minster Sch, Poole, BH16 6JD	10.30am
Sat 23 Feb	Brutal 10K - Bordon Heaths	Bordon Heath, Hampshire GU35 0LG	10am
Sat 23 Feb	S. Downs Trail Challenge 20	QE Country Park, Horndean, Hampshire, PO8 0QE	7.30am
Sun 24 Feb	Heartbreak Marathon & 14	Sandy Balls, Godshill Fording bridge SP6 2JZ	9am
Sun 24 Feb	The Terminator 11.5M	Pewsey Vale School, Wilcot Road, Pewsey, SN9 5EW	10.30am
Sun 24 Feb	Heartbreak 10K	Sandy Balls, Godshill, Fordingbridge SP6 2JZ	10am
Sun 24 Feb	Hants Chr. Winchester 10K	River Park Leisure Centre, Winchester, SO23 7DD	10.30am

The Stubbington Noticeboard

January	Session	Recovery	From where	In charge!
Tues 1st	Hair of the Dog' Club Run 11am	Forest of Bere	Woodend Car Park	
Thurs 3rd	Hill head 8 x 600m	250m jog	Crofton Community Centre	Mike Harper
Tues 8th	3 x Titchfield Fig of 8	Steady pace down hills	Locks Heath S & S Club	Graham Bell
Thurs 10th	Anker Lane 6 x 1km	250m jog to the start	Crofton Community Centre	Phil May
Tues 15th	3 x 2 miles	3 min jog back to start	Locks Heath S & S Club	Mike Bell
Thurs 17th	Lee 10 x 1 min	1 min	Crofton Community Centre	Jon Leigh
Tues 22nd	10 x A27 rollers	Jog back	Locks Heath S & S Club	Mike White
Thurs 24th	Hill Head 6 x 600m	250m jog	Crofton Community Centre	Mike Harper
Tues 29th	4 x 1.5 mile 'Red Path' tempo run	200m jog to start	Locks Heath S & S Club	Graham Bell
Thurs 31st	6 x Lee triangle accelerations	Jog the sideafter 3rd effort	Crofton Community Centre	Mike Bell

GLENS THURSDAY TRAINING SESSIONS

3rd January	Locks Heath	2 x 2 miles (3 mins)
10th January	Stubbington	6 x 1K Cuckoo Lane
17th January	Locks Heath	6 x Titchfield Rollercoasters
24th January	Stubbington	Lee 10 mins out and back
31st January	Locks Heath	7 x Raley Road Paarlaufs

Looking for club kit? - Eric Beck is your man his email is eric65beck@virginmedia.com mobile 07828172475 home number after 3.00 pm 01329 847790 and address 65, Fareham Park Road, Fareham, PO15 6LF he normally attend the Monday session at Whiteley and Glen's Thursday group. Or you can order on the website

Who's who…

Chairman: Phil May
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