The Green Runner

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

FEBRUARY 2013

Stubbington Green Runners Committee

Cordially invites all SGR members to the Annual General Meeting

Tuesday 26th February 2013

Crofton Pub, Crofton Lane, Stubbington

Join us to celebrate our highlights and achievements over the last year, meet new members and see what's in store for the year ahead.

A light buffet, free raffle and Stubbington Green Running kit will be available to view and purchase.

Programme

8.00pm-8.45pm	**AGM**
8.45pm-10.00pm	**Buffet – Information Evening**

For catering purposes please RSVP by 21st February 2013
verity.wright@ymail.com

THE STUBBINGTON COMMITTEE

With over **300** members (largest amount in the last few years) the committee have decided to use the AGM as an opportunity to host an information evening to our members. It will be an opportunity to meet new members, look at what's planned for the coming year and see the last years' achievements. As you are aware all the committee stands down to be re-elected at the AGM and the following committee members are happy to continue with their committee positions.

Mens Captain	Andy Simpson
Ladies Captain	Sally McGrath
Membership Secretary	Kevin Ashman
XCountry Captain	Lucy May
Green Runner Editor	Richard Snell

However the following committee members have resigned from their positions and no longer want to continue in their role

Chairperson	Phil May has resigned
Club Secretary	Paul Hammond has resigned
Race Director	Gary Littlecott has resigned (if you would like info about this role please contact Gary directly)
Treasurer	Neil Jarvis has resigned
HRRL Secretary	Graham Bell has resigned
Tri Captain	Richard Thomas has resigned
Club Coach Co-ordinator	vacant
Social Secretary	vacant

Any club member can be put forward for **any** position on the committee; you need a nomination and a second. Please email verity.wright@ymail.com with details of the position you wish to fill, your nominator and your second by 10th February 2013. The filled positions will be announced at the AGM and if there is more than one nomination for one position there will be an opportunity to vote for candidates at the AGM. I also ask for any items that you would like to add to the agenda. Please email verity.wright@ymail.com by 10th February 2013.

Thank you for your continued support

Phil May
Chairman

As many of you may know, Mike Clarke, who was SGR Chairman for 12 years and is now Welfare Officer, having been an active member for many years is now unable to do as much as he would like because he has been diagnosed with Motor Neurones disease.

To aid him in his endeavours to keep as fit as possible the Club has purchased a turbo trainer for his use. We would like to extend all our best wishes to him and his family – keep on training!

Thanks very much

Phil May

SOUTH DOWNS RELAY

Greetings from your club Captains Sally & Andy, we are looking to see who would be interested in running one of the premier off-road races in the calendar year....the South Downs Relay. The relay is on Saturday 1st June and covers 97 miles on the day and is an all day race starting with an early start and late finish. The race starts from Beachy Head and finishing near Winchester taking in some beautiful scenery on the South Downs.

We are hoping to enter 4 teams with 6 people in a team. Each competitor runs 3 legs over the day, which equates to about 14-17 miles. Runners are chauffeur driven to each leg, so you don't need to worry about transport, so you can concentrate on your running. The South Downs Relay is a great day out with lots of banter between all the teams.

Two pieces of criteria you need to be able to do....is run sub 47 minutes 10K, due to cut off times. Secondly, to be able to recce your 3 legs before the day, so you don't get lost! On the recces we have groups of people who go out and practice their legs. You can pair up with people doing the same leg as you, or somebody doing the leg before or after you.

If you are interested in running, can you please email both Captains. We are looking to announce the teams just after the AGM, so people can start reccing their legs. Therefore the deadline for entries is Friday 1st March

sallymcgrath@sky.com
andysimpson@blackberry.orange.co.uk

CHEERS GARY

Another fantastic 10k race organised by our Race Director Gary Littlecott and looking at the feedback from the runners on our website it seems to have been one of the most popular. As so many runners were expecting the race to be cancelled, the relief and excitement that the event went ahead despite the weather made this an extra special race. Well done Gary and all the other organisers and marshalls.

10k Helpers Race 2013

Tim Sullivan	41.02
Richard Edmonds	43.16
Richard Snell	44.35
Gill Rose	44.38
Paul Hammond	46.08
Kev Toal	46.48
Keith Whittaker	47.47
John Webber	48.13
Paul Smith	48.2
Richard Townend	48.24
Frazer Rowbotham	48.58
Kat Daly	49.1
Rich Chowns	49.11
Anna Wilby-Lopez	49.12
Alan White	49.19
Jen Elkins	49.36
Verity Wright	49.42
Kev Ashman	52.13
Gaynor Heffor	52.38
Aitken Hunter	52.39
Laoise Magennis	53.34
John Fairhurst	54.11
Neil Jarvis	54.45
Pete Rawlins	57.49
John Vose	58.06
Justine Bennett	58.3
Robert Spencer	59.01
Nicola Brook	61.15
Julie James	69.12
Naomi Rowbotham	71.41
Sharon Simpson	71.46
Sandie Macintosh	71.46
Sue Robinson	71.46

STUBBINGTON GREEN FUN RUN

After a hasty change of venue and course we were able to offer the youngsters who turned up on Sunday 20th January a half mile run.
It was thought that running round the park behind the Community Centre would be safer underfoot than the icy pavements of Cutlers Lane.

There were 65 who opted to take part and all seemed to enjoy it. Thank you to all my willing helpers who marshalled, handed out medals and took down the results. These are the first three in each category:
Pat Woodward

Girls 7 - 10	Boys 7 - 10
1st Emily Corker	1st Callum Crook
2nd Olivia Dawe	2nd Joe Farlow
3rd Grace Park	3rd Ben Vaughan
Girls 11 - 14	**Boys 11 - 14**
1st Rosie Lawrence	1st Harry Corker
2nd Sophie Lockyer	2nd Tom White
3rd Isabelle Lawrence	3rd Kai Sterne

Cup of Tea Run. Sunday 10th Feb 2013 09:15 from the Pump House coffee shop Royal Clarence Yard, Gosport

After the success of the first tea and cake run we will again be taking to the streets of Gosport.
As before it will be 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. Note the slightly later time as I may have a hangover.
The run will take in the sights of Gosport that are en-route as I make it up as we go along……
And after all that the promised tea & cake. Remember to bring some money.
Paul Hammond

THE STUBBINGTON GREEN 10K

POS	TIME	NAME	CHIP	AGE GRADED
7	00:33:25	Lewis Chalk	00:33:25	80.70
12	00:34:38	Andy Simpson	00:34:38	79.90
18	00:35:30	David Castle	00:35:29	79.07
26	00:36:03	James Sawyer	00:36:03	74.81
29	00:36:30	Thomas MacSwayne	00:36:28	73.90
38	00:36:58	Simon Hearnden	00:36:54	74.32
49	00:37:31	Mike White	00:37:28	82.73
55	00:37:44	Daragh Hendley	00:37:40	73.34
78	00:38:28	Mike Harper	00:38:24	79.37
82	00:38:42	Mark Eaton	00:38:38	75.25
92	00:38:59	Helen Nicholls	00:38:52	76.74
98	00:39:07	Mike Bainbridge	00:39:03	74.45
107	00:39:20	Sev Roberts	00:39:14	68.58
183	00:42:04	Andrew Stockwell	00:41:56	67.70
194	00:42:16	Nick Kimber		73.45
207	00:42:38	Philip Martin	00:42:15	71.02
208	00:42:43	Nick Crane	00:42:34	74.60
218	00:43:04	Liam Dredge	00:42:40	62.63
226	00:43:12	Rich Chowns	00:43:03	62.44
235	00:43:27	Neil Richardson	00:43:04	64.14
253	00:43:38	Ray Gunner	00:43:21	69.40
288	00:44:20	Tom Callaway	00:44:11	60.83
290	00:44:22	Laura Ridge	00:44:06	67.43
310	00:44:49	Lucy May	00:44:25	66.75
321	00:45:05	Tina Chantrey	00:44:58	69.81
342	00:45:34	Ryan Thomas	00:45:06	59.20
377	00:46:16	Nico Beukman	00:45:52	62.01
404	00:47:01	Nikki Roebuck	00:46:36	63.80
415	00:47:15	Stephen Andrews	00:46:32	57.08
439	00:47:47	Joanna Warson Parr	00:47:21	62.60
502	00:49:09	Katherine Daily	00:48:43	60.86
525	00:49:30	John Cox	00:48:50	62.71
547	00:50:00	Paul Coverdale	00:49:20	54.20
560	00:50:17	Lucy Window	00:49:51	59.50
707	00:53:26	Sadie Bedford	00:52:19	59.38
720	00:53:50	Steve Martin	00:53:41	56.25
770	00:54:50	John Tussler	00:53:57	62.16
771	00:54:50	Lisa Donn	00:53:22	56.92
816	00:56:07	David Pheby	00:55:15	53.11
845	00:56:52	Helen Butler	00:56:06	52.60
853	00:57:00	Michael Wootton	00:55:37	55.91
906	00:58:13	Alison Thomas	00:57:55	51.39
939	00:59:08	Louisa Abbott	00:57:39	51.12
940	00:59:08	Jennet Woolford	00:57:40	53.22
1035	01:01:56	Julie Salt	01:00:46	55.98

HAMPSHIRE ROAD RACE LEAGUE

The Hampshire Road Running League season is now at the half way mark, with 6 of the 12 races completed. The tables make encouraging reading, both team wise and individually. We are however suffering this year as the injury curse seems to have hit us hard.

03/02/2013	**Ryde 10 mile**	**24/03/2013**	**Eastleigh 10K**
17/02/2013	**Bramley 20 mile**	**05/05/2013**	**Alton 10 mile**
10/03/2013	**Salisbury 10 mile**	**19/05/2013**	**Netley 10K**

The good news though is that Stubbington entry numbers are holding firm, so it is good to see new faces filling the void.

For those that are unaware what the HRRL is all about, full details can be found at http://www.hrrl.org.uk/default.htm. In summary the HRRL is an umbrella organisation run by a committee of representatives from member clubs that provides a competitive edge to road racing. By entering and competing as individuals many runners get motivation from racing against others at or near there own level, what ever that maybe, on a regular basis.

The scoring is calculated on a descending % basis where the first HRRL runner gets 100% and the last 1%, for men and ladies individually. This method of scoring allows a simple gauge to your improving performance as the training begins to pay off.

To score in the final league tables individuals must complete in at least 7 of the 12 races, and it is the 7 best scores that count. If you finish in the top 60 in the ladies or men's then you receive a commemorative mug at the end of the season, with your name and final position on it.

The team event runs along side the individual competition, and teams score is based on individual finishing position, with 4 men per team, and 3 for ladies. We currently have 3 teams entered in both men's and ladies leagues, which means we need 12 men and 9 ladies each race. It also means that every Stubby entry is important too as it really does make a difference to everyone's score.

If I can answer any questions or fill in any gaps in information about the HRRL events, then please just ask.

Graham Bell
gebell@ntlworld.com

LADIES A TEAM

1	Winchester	6
2	Eastleigh	21
3	Salisbury ARC	25
4	**Stubb'n Green**	**32**
5	Alton Runners	34
6	New Forest	38
7	Denmead	39
8	Fareham	43
9	Pompey JC	44
10	Farnham	50

MENS A TEAM

1	Salisbury ARC	15
2	Overton	17
3	**Stubb'n Green**	**18**
4	Winchester	23
5	Lordshill	33
6	Denmead	37
7	So'ton AC	45
8	Farnham	47
9	New Forest	47
10	Pompey JC	50

LADIES B & C TEAMS

1	Winchester B	6
2	Winchester C	18
3	Denmead	31
4	Fareham	34
5	Lordshill B	38
6	Totton RC	46
7	Pompey JC	50
8	**Stubb'n Green B**	**53**
9	Salisbury ARC	57
10	Eastleigh	64
11	Farnham	69
12	**Stubb'n Green C**	**71**
13	New Forest	77
14	Alton Runners	78

MENS B TEAM

1	Winchester B	17
2	**Stubb'n Green B**	**23**
3	Lordshill B	24
4	Overton	30
5	Fareham	39
6	Eastleigh	40
7	Salisbury ARC	43
8	Winchester C	44
9	Denmead	52
10	New Forest	57
11	Pompey JC	63
12	So'ton AC	68
13	Farnham B	76
14	Andover B	78

MENS C TEAM

1	**Stubb'n Green C**	**26**
2	Totton RC	30
3	Lordshill C	39
4	IOW RR	40
5	Victory AC	42
6	Hardley	47
7	Gosport	52
8	Alton Runners	74
9	Poole AC	84
10	Farnham C	87
11	Andover C	88
12	Aldershot FD	96
12	Portsmouth AC	96
12	Romsey RR	96
12	Ryde Harriers	96

2013 Walt Disney World Half Marathon

5312	ERIC BECK	02:15:07
21234	JENNIFER BECK	03:31:04

SOMERLEY 10K

30TH DECEMBER 2012

I was 3rd Lady and did 42min10 which I was disappointed with but then reasoned that it was off road with a hill and very windy.

Best bit – instead of socks or a voucher as a prize I got a beautiful bunch of flowers which was absolutely lovely and a real nice surprise!

Helen Nicholls

The Grim Sunday 2nd December

ChipPos	ChipTime	M/F Cat
1640	01:41:51	Julie Bowden F 50
649	01:42:01	Jaz Smith F
1651	01:42:02	Kathy Mckain F 45
1652	01:42:02	Tracie Jarvis F 40
1653	01:42:04	Caroline Street F 55

Romsey 5

363	**45.27**	**Robert Spencer**

OUCH

The photograph above shows the worst case scenario when cars meet athletes on the road.

When out running on dark nights you need to give other road users as much opportunity to see you as possible; wear light coloured and reflective clothing, carry a light of some description if you have one, and where possible run on the pavement on the left hand side of the road.
The Highway Code details that large groups of walkers, (runners), should stay on the left hand side if there is no pavement.

Imagine yourself as a driver.
When you get to a junction to turn left, you look right but not necessarily left, if a runner is approaching from the left you may not see him until you pull out.

When you get to a roundabout you look right, not left, if a runner is going round the roundabout the wrong way, again you may not see him until it is too late.
When driving we all know how difficult it is to see cyclists who have no lights and wear dark clothing; a runner is equally hard to spot.

Every club training session should have a designated leader. He/she is not only responsible for the running aspect but also, to a large extent, for the safety of the group. The leader may have missed something, so if you are running in a session and you feel it is not safe for whatever reason, let the leader know; shout if you have to. It is hoped that this short article will make you think a bit more about your safety and that of fellow runners. The spring marathon training season is in full swing now, so before you don your trainers and step out of your front door think for a moment of where is it safe to run.
Paul Hammond

	Southampton 1/1/13	
65	John SALT	24.14
71	Keith WHITAKER	24.29
100	Julie SALT	27.07
	Netley 1/1/13	
17	Sev ROBERTS	20:26
18	Andrew STOCKWELL	20:30
27	Tom CALLAWAY	21:24
32	Chris MCGAW	21:56
34	Richard SNELL	22:02
46	Gill ROSE	22:55
55	Paul SOUTHON	24.16
59	John SALT	24.39
69	John TUSSLER	26.42
78	Jamie STOCKWELL	27.26
80	Keith WHITAKER	27.31
88	Jasmine SMITH	28.37
90	Julie SALT	28.49
106	Michael EDEY	30.46
116	Caz LEE	34.18
	Havant 1/1/13	
21	Alan Paul WHITE	24.22
35	Eric BECK	26.56
	Lloyd 1/1/13	
60	Robert SPENCER	34.28
	Roundshaw Downs 1/1/13	
80	Robert SPENCER	33.21

	Netley 5/1/13	
1	Lewis CHALK	17:23
6	Sev ROBERTS	19:35
15	Richard CHOWNS	21:07
17	Chris MCGAW	21:15
20	Tom CALLAWAY	21:30
42	Paul SOUTHON	23:27
61	Glen STREET	25.00
62	Stephen ANDREWS	25.23
66	John TUSSLER	26.07
67	Russell MEAD	26.17
85	Jasmine SMITH	28.25
105	Sue SIMISTER	32.09
112	Caz LEE	34.4
113	Andrew SMITH	35
114	Jan SOUTHON	35.2
117	Katie SIMISTER	36.14
118	John SIMISTER	36.14
	Havant 5/1/13	
1	Thomas MACSWAYNE	18:26
59	Keith WHITAKER	25.25
75	Alex BURTON	27.34
	Netley 12/1/13	
1	Lewis CHALK	18:37
5	Chris LEACH	20:00
6	Sev ROBERTS	20:12
16	Richard CHOWNS	21:28
20	Marcus LEE	21:43
23	Tom CALLAWAY	21:59
39	Stephen ANDREWS	24.22
41	John SIMISTER	24.32
43	John SALT	24.53
44	Glen STREET	24.59
52	Russell MEAD	26.24
55	John TUSSLER	26.59
62	Keith WHITAKER	27.55
72	Hannah SMITH	28.57
74	Jamie STOCKWELL	29.00
75	Jasmine SMITH	29.13
80	Robert SPENCER	29.52
82	Julie SALT	30.18
84	Terry John FRENCH	31.43
	Havant 12/1/13	
3	Chris HALL	20:15

	Brighton 12/1/13	
161	Mike HARPER	24.15
	Havant 19/1/13	
18	Keith WHITAKER	28.41
31	Robert SPENCER	32.25
	Netley 26/1/13	
1	Thomas MACSWAYNE	17:50
3	James SAWYER	18:21
9	Sev ROBERTS	19:25
10	Mark John EATON	19:28
18	Andrew STOCKWELL	20:51
23	John BLAKE	21:11
26	Richard EDMUNDS	21:25
29	Tom CALLAWAY	21:38
30	Richard CHOWNS	21:40
34	Liam Charles DREDGE	22:27
37	Laura RIDGE	22:31
48	John SALT	24.02
52	Stephen ANDREWS	24.17
54	Paul SOUTHON	24.35
57	Keith WHITAKER	24.41
58	Katherine DAILY	24.45
62	Glen STREET	25.14
68	Russell MEAD	25.51
73	John TUSSLER	26.27
78	Hannah SMITH	27.2
88	Robert SPENCER	28.15
103	Julie SALT	32.24
104	Caz LEE	32.32
110	Katie SIMISTER	35.28
114	Sue SIMISTER	35.44
117	Ben SMITH	36.16
118	Jasmine SMITH	36.17
129	Andrew SMITH	49.26
	Woodley 26/1/13	
1	Lewis CHALK	17:34
	26/01/13 Havant	
2	Mark LE GASSICK	18:00
	26/01/2013 Old Deer Park	
8	Paul COVERDALE	23:53

Hampshire Cross Country Championships

12	Tanya Brady	32:26
15	Helen Nichols	32:58
48	Lucy May	38:31
52	Gill Rose	39:06
28	Tom Whitcher	25:36
45	Andy Simpson	46:17
74	Mike White	48:49
87	Chris Hall	51:00
94	Ian Race	51:45
103	Mike Harper	52:18
106	Mark Eaton	52:55
108	Andy Stockwell	53:42
118	Phil May	55:14
123	Nick Crane	55:56
130	Liam Dredge	57:44
131	James Sawyer	57:44
133	Tim Crumpton	58:22
136	Richard Snell	59:04

Hampshire Cross Country League

Saturday 12 January
King's Park Bournemouth

23	L Chalk	34:16
38	A Simpson	35:59
127	J Blake	42:23
135	P May	43:11
143	N Crane	43:52
150	L Dredge	44:35
28	T Whitcher	23:25
61	Lucy May	27:59
75	Rachael Openshaw	29:32
81	Jen Elkins	31:08

THE NEW LOOK LEADERBOARD

Green Runner Edition	Nov-12	Dec-12	Jan-13	TOTAL
Andrew Stockwell	18	32	32	82
Mike Harper	5	37	12	54
James Sawyer	10	23	15	48
John Tussler	3	20	25	48
Paul Southon	10	18	15	43
Lewis Chalk	5	24	13	42
Andrew Smith	3	18	21	42
Robert Spencer	3	15	23	41
Glen Street	0	20	20	40
Jasmine Smith	3	17	20	40
Tom Callaway	5	23	12	40
Caroline Street	8	16	11	35
Nick Crane	5	15	15	35
Verity Wright	15	15	5	35
Julie Bowden	10	16	8	34

CAREER ADVICE

The son of an ex colleague of mine really needs some advice and help to focus him on a career path in sport. He is great with people of all abilities and I think he would be good with kids with disabilities, but his mind is wide open at the moment! He is very motivated and it would be good to get him as much advice and experience as possible.

This is where you come in! If you think you can offer Ciaran any advice, knowledge or help, or even better some voluntary work experience in a sport related field (so he can get a feel for what he enjoys) please email him at ciaranmanning@hotmail.co.uk Here is an excerpt from the email his mum sent me (he has given his permission for it to be published here):

"Ciaranis in year 10 now so not long left at school. He has wanted to work in sport for as long as I can remember, with his ambition to be a sports physiotherapist. Will and I know physio is incredibly competitive and academic and have told him so.

For a long time we thought he wouldn't get his GCSE's (he was quite delayed due to health problems) but he is doing amazingly well, working so hard and it is looking like he will get 5 including English and hopefully Maths. He is also taking a BTEC in Sport and doing a GCSE in food tech (help with sports performance) He wrote to Winchester City Council and has work experience with the Sports Development Officer there in the new year, he is also hoping to do some football coaching there with young children in holiday time after his placement.

He has also applied to do some voluntary work in the Gym which is attached to his school, which looks as if it is going to come off. He's been in touch with the Saints Foundation as he wanted to do some coaching on their disability football programme, but no joy there. So he is busy trying to get experience. All of that is between playing footie for his team!!

He is great with people, all people, regardless of ability etc. Do you have any ideas of other career paths that he could follow? Or experience he can gain after he has finished what he is doing at the moment? We have talked about coaching, personal trainer etc. Or are there any qualifications that are better than others that you know of? What we don't want is him wasting £32k on a sports science degree or something in the future without a direct career path".

Many thanks

Gill Rose

TODAYS RUNNER WINTER LEAGUE

Last Race

03 Mar Denmead Striders Staunton Country Park

start at 11 am.

Todays Runner Lord Wandsworth College 30th December

7 Stubbies braved very wet and muddy conditions at the 4th Todays Runner , Mike (goat) White had his best run yet to finish 18th, James Sawyer was still feeling the effects of his marathon but still managed 47th. Nick Crane continued improving to come 73rd, Phil May was 98th with Liam Dredge and Rick Scott running their first Todays of the season to finish 113 and 156 respectively . Lucy May was disappointed to be our only lady in 20th place.

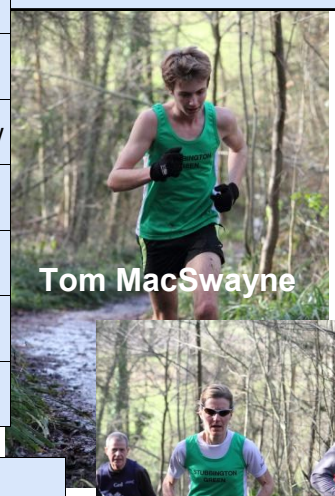
Chris Hall

18	Mike White
47	James Sawyer
73	Nick Crane
98	Phil May
113	Liam Dredge
156	Rick Scott
20	Lucy May

TODAYS RUNNER MANOR FARM

Thank you to all Stubbies who either raced or helped at our Today's Runner, it was a great team effort with Tanya leading our ladies to victory helped by Helen and Tina. Young Tom MacSwayne made his Todays Runner debut coming in 2nd to help the men's team to 2nd place. Good to see some new faces as well from Monday nights, I think everyone enjoyed the mud and puddles.
Thanks to all the marshals and Di McEwan and her band of helpers.
Chris Hall

1st	Tanya Brady
3rd	Helen Nicholls
21st	Tina Chantrey
22nd	Lucy May
32nd	Rachael Openshaw
39th	Sadie Bedford
57th	Gaynor Heffer
79th	Jennie Lee
86th	Tracey Terry


Tom MacSwayne

Tina Chantrey

Tanya Brady

Dave Castle

Results
Stubbington Green Ladies 1st
Stubbington Green Men 2nd

2nd	Tom MacSwayne
3rd	Dave Castle
6th	James Sawyer
22nd	Chris Hall
55th	Ian Race
57th	Andy Stockwell
58th	Richard Edmunds
76th	Liam Dredge
82nd	Tom Callaway
87th	Andy Lee
90th	Paul Hammond
91st	Mike Bell
129th	John Simister
149th	John Vose

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 Race Diary

Date	Race	Venue	Time
Sat 2 Mar	Runners Need G3 10K	Newlands Corner, Guildford, GU4 8SE	8.30am
Sun 3 Mar	Surrey Spitfire 10 & 20	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 3 Mar	Today's Runner (Race 6)	Staunton Country Park, Havant.	11am
Sun 3 Mar	Bushy Park 10K	Diana CP, Hampton Court Gate, Hampton, TW12 2EJ	10.30am
Sun 3 Mar	Eastbourne Half Marathon	Princes Park, Royal Parade, Eastbourne, BN22 7LQ	10am
Sun 3 Mar	Goring 10K	Bourdillon Field, Goring, Reading, RG8 0BG	11am
Sun 3 Mar	John Austin Half Marathon	Brockenhurst College, Brockenhurst, SO42 7ZE	10.30am
Sun 3 Mar	Steyning Stinger Marathon	Steyning Grammar School , Steyning, BN44 3RX	8.30am
Sun 3 Mar	Bath Half Marathon	Great Pulteney Street, Bath, BA2 4DE	11am
Sun 3 Mar	Southbourne Fast/ Flat 10K	St Katharine's Sch, Southbourne, B'mouth, BH6 4NA	11am
Sat 9 Mar	New Forest F'val 10 & 10K	Red Shoot Camping Park, Linwood, BH24 3QT	10am
Sat 9 Mar	Back to Trenches Mud 5K	Sandy Lane, Nutfield, Redhill, RH1 4EJ	10am
Sun 10 Mar	Salisbury 10 (HRRL R 9)	Salisbury L.Centre, Hulse Road, Salisbury, SP1 3NR	1030am
Sun 10 Mar	Portsmouth Duath (Race 1)	Speakers corner, Clarence Esp'de, Portsmouth, PO5 3PG	9am
Sun 10 Mar	New Forest F'val 20 & Half	Red Shoot Camping Park, Linwood, BH24 3QT	9.30/2.30
Sun 10 Mar	BHF Longleat Half M'thon	Longleat, Warminster, BA12 7NW	9.30am
Sun 10 Mar	Great Western 10K	Leweston School, Sherborne, DT9 6EN	11am
Sun 10Mar	Zoom Mad March 20	Burton Rec Ground, Burton, Christchurch, BH23 7LE	10.30am
Sat 16 Mar	Brutal—Windmill Hill 10K	Windmill Hill, near Frimley, GU16 6SQ	10am
Sun 17 Mar	Exbury Gardens 10K	Exbury Gardens, Exbury, New Forest, SO45 1AZ	9.30am
Sun 17 Mar	Reading Half Marathon	Green Park/ Madejski Stadium, Reading, RG2 6GP	10am
Sun 17 Mar	Wrap Up & Run 10K Soton	Southampton Common, Southampton, SO15 7NN	10am
Fri 22 Mar	Jurassic Coast Ch'nge 78.6	Ferry Bridge Inn, Portland Rd, Weymouth, DT4 9AG	10pm
Sat 23 Mar	Weymouth Bay 10K	Riviera Hotel, Bowleaze Cove, Weymouth, DT3 6PR	10am
Sun 24 Mar	Ringwood Rabbit 5K/10K	Red Shoot Camping Pk, Toms Lane, Linford BH24 3QT	10.30am
Sun 24 Mar	Hastings Half Marathon	St. Leonards on Sea, Hastings, TN38 9JJ	10.30am
Sun 24 Mar	B&Q Eastleigh 10K	Fleming Park LC, Passfield Avenue, Eastleigh, SO50 9YN	10am
Sun 24 Mar	Trionium Leith Hill Half	The Priory School, West Bank, Dorking, RH4 3DG	11am
Sun 24 Mar	Weymouth Bay 10K	Riviera Hotel, Bowleaze Cove, Weymouth, DT 3 6PR	10am
Sun 24 Mar	Dorchester Lions 10K	Dorchester Sch, Coburg Road, Dorchester, DT1 2HS	10.25am
Fri 29 Mar	Guernsey Festival 10K	Rovers Athletic Club, Port Soif, Guernsey (t.b.c)	10.30am
Sat 30 Mar	Newport—Ryde 7	Methodist Church Hall, Quay St, Newport, PO30 5BA	3pm
Sun 31 Mar	Hinton Admiral 10K	Hinton Admiral Estate, Hinton, BH23 7DY	11am

The Stubbington Noticeboard

FEB	SESSION	RECOVERY	FROM WHERE	IN CHARGE!
Tue 5th	3 x 2 miles	2 min jog back to start	Locks Heath S & S Club	Mike White
Thur 7th	Lee 4 x 5 mins O/B	2 min	Crofton Community Centre	Phil May
Tue 12th	3 x Titchfield Fig of 8	Steady pace down hills	Locks Heath S & S Club	Graham Bell
Thur 14th	Anker Lane 8 x 1km (250)	250m jog to the start	Crofton Community Centre	Mike Harper
Tue 19th	6 x Crescent Road paarlauf	Jog on to meet partner	Locks Heath S & S Club	Mike Bell
Thur 21st	Lee 12 mins O/B	3 min	Crofton Community Centre	Jon Leigh
Tue 26th	10 x A27 rollers	Jog back	Locks Heath S & S Club	Mike White
Thur 28th	Hill Head 6 x 600m	250m jog	Crofton Community Centre	Phil May

GLENS THURSDAY TRAINING SESSIONS

- 7th February - Stubbington - Lee Triangle Accelerations
- 14th February - Locks Heath - 2 x Titchfield Figure of 8
- 21st February - Stubbington - 4 x 5 minutes (3 minutes)
- 28th February - Locks Heath - 2 x 2 Miles (4 minutes)

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…

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