The Green Runner

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

WAS THIS THE THOUGHEST MEON VALLEY PLOD EVER?

This years Meon Valley Plod was quite possibly the hardest ever, freezing cold winds, freezing cold rain, freezing cold puddles, freezing cold streams and mud that was over a foot deep in places. Dozens of competitors pulled out of the race half way making the final number of finishers the lowest for years.
Well done to all the Stubbies who braved the conditions.

3	SIMPSON, Andy	02:46:41
8	MCGATH, Euan	02:58:06
13	WHITE, Mike	03:02:49
22	RACE, Ian	03:09:45
49	JAMES, Graham	03:29:59
163	CRANE, Nick	04:07:58
239	DODDS, Rowena	05:01:20
248	MCKAIN, Kathy	05:42:46

I'm pleased to inform you that the Stubbington Green 10k has been commended by users of Fetcheveryone.com, for having some of the shiniest race toilet facilities in the whole of the UK.

Every month, around 60,000 runners visit our site to track and analyse their training, to look for races to enter, and of course, to provide feedback to the rest of our community about their experiences.

Our race review system allows runners to rate races based on 23 different attributes - everything from the quality of the marshalling, the speed of the results, right through to the all-important toilet facilities. Who among us can honestly say that they've never found solace from the wind in a portaloo on a cold winter morning, nor prayed to the gods of running for winged feet and a strong healthy movement?

With best wishes for a following wind,

Ian Williams aka 'Fetch' Editor, Fetcheveryone.com

THE BRAMLEY 20

Starting and finishing at the Bramley Primary School. Two laps of a 10 mile course on mainly rural roads. Ideal training for spring marathons. There is a one lap i.e. 10 mile option

RUNNERS. Total finishers (20 mile) 780
FIRST MAN: Paul Molyneux 01:45:53
FIRST WOMAN Samantha Amend 02:03:30
Slowest finishing time 04:33:36

STUBBIES: (All 20 miles)
11 Lewis Chalk 01:58:16
66 Simon Hearnden 02:11:42
93 Mark Eaton 02:14:16
121 Graham Bell 02:17:11
123 Euan Mcgrath 02:17:22
297 Robert Blackmore 02:36:48
398 Jon Leigh 02:45:05
598 John Fairhurst 03:07:54

309 Susie Macgregor 02:38:00
386 Jen Elkins 02:43:40
545 Joanna Parr 02:58:29

The sun shone which with the cool temperature gave ideal running conditions on the pleasant rural course. The various water stations had plenty of people handing out water and glucose drinks. Out on the course too were many friendly marshals providing ample directions. This enjoyable race was well organised and I met several runners using it as training for Brighton and London.

The Ladies Team was 11th. The first Men's team was 6th and the second 28th (sadly we were 1 runner short of a 3rd team).

John Fairhurst

THE TERMINATOR	
GILL ROSE	02:04:14
RICHARD SNELL	02:04:13

WINCHESTER 10K	
38:44	Sev Roberts
39:00	Chris Leach
41:20	Tim Sullivan
55:54	Jane Butler
56:20	Helen Butler
57:36	Angela Benfield
57:37	Rachel Leach

RR10

Spring is round the corner, so get the fly spray, mosquito nets, trail shoes (not always required) and cheesy chip money ready, its RR10 time again. The fixtures have now been published for this year.

If you aren't familiar with the RR10 series, there are 10 races that take place on Wednesday evenings and are a very friendly way to get into racing. No race numbers, no entry fee, but you MUST wear a Stubby vest.

RACE	PROVISIONAL 2013 DATES	VENUE	TIME	ORGANISERS
1	Apr-24	Royal Victoria Country Park	7.00pm	Southampton AC
2	May-08	Stoney Cross	7.15pm	Totton RC
3	May-22	Wilverley, Sway	7.30pm	New Forest Runners
4	Jun-05	Recreation Ground, Blackfield	7.30pm	Hardley Runners
5	Jun-12	Alver Valley Country Park	7.30pm	Stubbington
6	Jun-26	Manor Farm Country Park	7.30pm	Running Sisters/Halterworth/Hedge End
7	Jul-10	Marwell	7.30pm	Eastleigh RC
8	Jul-24	Janesmoor Pond, Stoney Cross	7.30pm	Wessex RR/Romsey RR
9	Aug-07	Itchen Valley Country Park	7.15pm	Lordshill RR
10	Aug-21	IBM Hursley Park	7.15pm	Winchester AC

WELL DONE THE DADS AT THE CHICHESTER 10K

Well done to everyone who took part in the Chichester 10k.

Lewis Chalk 33.05
Mark Le Gassick 34.17
Thomas MacSwayne 36.08 (PB)
David McNeish 38.17
Richard Edmunds 41.09(PB)
Rich Chowns 42.05
Stephen Andrews 45.02(PB)
Hannah McNeish 45.11
Kat Daily 47.08 (PB)
Robert Spencer 57.35
Sadie Bedford 50.43

So I wanted to keep this report short; however the results of our runners were so encouraging I thought I would celebrate this success with a few paragraphs…

The winner was Chris Powner of Winchester in sub 30minutes!!! This was a very impressive time considering the strong wind and shows what good form he is in after his win at Stubbington also. However I don't think Chris recorded splits as good as the stray dog that I saw bounding past me at 4k!!! That dog I did meet again at 7k when it had stopped to check out some hedges and obviously decided Chris and the other front runners were not worth racing against with only 2 legs!!!

Unfortunately for me, my watch was not quite in sync with the course measurement. My Garmin showed an average pace of 5.18 per mile but I still did not dip under 33minutes. Lesson learnt, don't trust technology!!! Those few seconds over my target time always bug me but my performance showed progress has been made since Stubbington as I managed to hold off a couple of local rivals in the sprint finish. So not bad but I want better as 2013 progresses…

Mark Le Gassick made a great come back and what a week he had. He became a father and demonstrated real class in Chichester. To come back from a long layoff and deliver 34minutes for 10k is a sign of things to come. As he regains sharpness heading into the summer season I certainly hope to see him out running more. Maybe he can share some tips, for both running and how to balance family life and training!!! Good on you Le Gass, brilliant to see you back!!!

It was also great to see some many new runners enjoy their race and achieve great results. Young Tom MacSwayne continues to wow people at 15 years old. He completed the race in 36.08 to achieve a new PB. It will not be long until he is pushing the 35minute barrier. Rich Edmunds declared post-race that despite a new PB of 41.09, he wants faster still…sub 40 is the target and with his continued training I am sure he is only a race or two away from achieving it!!! Rob Spencer achieved a 'recent best' despite a 'good' Saturday night! Well done Rob and shows you are not just a 5k park runner!!!

Rich Chowns demonstrated classic marathon running with progressive splits once warmed up. However he would probably agree that progressing at 7km didn't allow him enough time to achieve what he is capable of. That said if the race had been 20km he would have done flying into the finish!!! Nice job mate, and see you at the track again soon!!!

Nice work also from Stephen Andrews, a PB of 45minutes and a couple of seconds…and had the finishing straight been on the road rather than the narrow path there is no doubt he would have gone under the 45 barrier. Top running and lots more to come!!!

Proud Parents Mark and Lucy LeGassick

Kat Daily ran a PB in 47.08. A brilliant time and exactly the same goes for Sadie Bedford. Sadie completed in 50.43 which shows the growing strength across the club. This strength also extends to David and Hannah McNeish, two new members who not only run brilliant times but also boast great 'cross fitness'…I have promised Dave and Hannah that I will do some cross training with them in the near future and I am sure we will all be seeing a lot more of them at training and races, as well as the local parkruns. They have certainly got the running bug and they are both running the Edinburgh Marathon. With Dave running the 10k in 38.17 and Hannah running 45.11, they can both feel confident of running good times later in the year when they take on the 26.2 mile distance!!!

Once again, very well done to all involved!!! A couple of stubbie Dads also made a good showing .... come on Mr MacSwayne and Mr Andrews, you know you want to wear the green shirt!

Lewis Chalk

RACENEWFOREST

HEARTBREAK 10K	
28	Tina Chantrey 00:54:46
37	Sadie Bedford 00:57:26
51	Julia Park 01:01:54

HEARTBREAK HALF	
2	Lewis Chalk 01:21:03
17	David McNeish 01:32:13
32	Andrew Stockwell 01:39:12
62	Hannah McNeish 01:48:06
91	Rachael Openshaw 01:58:29
99	Louisa Abbott 02:02:51
100	Jennett Woolford 02:02:51

EASTER HANDICAP

Our first handicap race of 2013! An Easter feast of dubious directions, a nice gentle seaside run (on shingle?!), dodgy nature reserve boardwalks, muddy tracks, more muddy tracks, dangerous dogs and a promenade sprint finish! What more can a keen runner ask for?! This 10-ish handicap will be held on Sun 7th April starting and finishing at Lee-on-the-Solent sea front.

For those who have not enjoyed a handicap race before, the aim is to finish as close as possible to a set finish time. So anyone can win, it's not about the fastest runner and you can run the race as fast or as slow as you like. A few rules though - no maps, instructions, sat navigation or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way!

A recce or 2 is always advisable, especially for this course which is cleverly designed to lose as many people as possible, (we have a sweepstake running on this!!). Prizes for first male and female runner closest to the target finish time of 12 noon. Plus prizes for the best male and female Easter themed fancy dress – for those who just can't resist dressing up!

There's a minimal cost to cover the prizes - £2 per head – bargain! Please pay on the day. If you need any more info, please email or call Tim Sullivan (tim.sullivan1@virginmedia.com / 0789 6613962). Anyway – the route:

Start on the grass by Marine Parade No. 2 car park which is opposite 'White Dog Galley', Lee-on-the – Solent seafront.

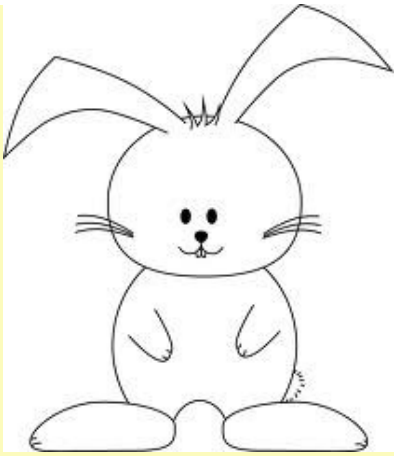
Head east through the car park then turn right, down a slope to join the main seafront prom and then continue to run east towards Stokes Bay.

At the end of the prom, go through the metal gate and into the Browndown Military Training area, (beware land mines, snipers etc). This will be a good work out, mainly running on shingle. The easiest route is down by the sea, (provided the tides out!) for those who want a challenge, run at the top of the beach and over the occasional big mound for that extra burn! Good views though!!

After what will seem like a long way, go through the metal gate at the end of the beach and into Stokes Bay.

Bear left heading inland, past the café and car park and up to a roundabout.

At the roundabout turn left and run for about 100m then turn right onto a marked footpath which follows a canal.



At the end of this short footpath you'll come to a main road. Cross the road and turn left; run for about 100m then turn right, through a metal gate and into the Alver Valley Nature Reserve.

Run along the dodgy old boardwalk (mind the gaps!) which soon joins a white gravel path. After about 50m on this track you'll join a wider track – bear right.

This track continues for a few minutes then just before in dips into some trees, bear left onto a track running through gorse; very soon after this keep left at the fork in this track.

After a while you'll come to a crossover of paths (ahead you'll see or hear the main road). Take the right hand grassy path which almost doubles back. After 50m and lots of mud, cross the style and go straight ahead on the grassy track. This may be wet and boggy in some areas, (bring a snorkel!).

Run up a slight slope to a large rock and an odd collection of blue pipes (bore hole pipes). In the distance you'll see a man-made hill with track going up it. Head for this track through the somewhat vague and soggy track (swamp!).

Run up the steep track, at the top enjoy the views then bear right and follow the grassy track around the top of the hill.

After a short while the track descends to a tarmaced track / minor road. Join this road and turn left heading towards a housing estate.

When you reach the main road cross over and turn right onto a wide footpath and head towards the Daedalus airfield.

At the main road in front of the airfield turn left, run past the Wyvern pub (sadly), cross over the main road when safe to do so, past the BP garage and then right into Manor Way and then immediately left into Court Road.

At the T junction turn left then after about 50m turn right into Victoria Square – ahead of you is the sea front.

At the sea front, carefully cross the road then turn left and run along the footpath.

When you come to the grassy area, run onto the grass and finish just before the car park where you started.

Netley 2.2.13	
James SAWYER	19:18
Andrew STOCKWELL	20:59
Kevin Joseph TOAL	21:41
Tom CALLAWAY	21:51
Chris MCGAW	21:54
Marcus LEE	22:04
Nick KIMBER	22:38
Anna WILBY-LOPEZ	24:11
Paul SOUTHON	24:31
Glen STREET	25:19
Nicki WHITE	25:53
Russell MEAD	25:54
Laoise MAGENNIS	26:11
Gaynor HEFFER	26:46
John TUSSLER	27:17
Sue SIMISTER	31:22
Terry John FRENCH	33:31
Allan STINSON	33:57
Robert SPENCER	39:54
Jan SOUTHON	40:12
Eastleigh 2.2.13	
Keith WHITAKER	33:15
Brighton 2.2.13	
Mike HARPER	24:02

Eastleigh 9.2.13	
Keith WHITAKER	25:35

HAVANT 16/02/2013	
Keith WHITAKER	25.52
EASTLEIGH 16/02/2013	
Thomas MACSWAYNE	18:23

Netley 9.2.13	
Lewis CHALK	17:42
Chris LEACH	18:53
Mike BAINBRIDGE	19:03
Julie WOODMAN	29:02:00
Andrew SMITH	37:48:00
John TUSSLER	26:11:00
Sev ROBERTS	19:29
Mark John EATON	19:31
Gaynor HEFFER	26:21:00
Jon LEIGH	20:48
Paul SOUTHON	24:08:00
Andrew STOCKWELL	21:53
John SALT	23:19
Stephen ANDREWS	23:28
Allan STINSON	33:51:00
Jamie STOCKWELL	26:49:00
Julie SALT	29:22:00
Robert SPENCER	27:09:00
Rachel LEACH	29:29:00
Terry John FRENCH	29:56:00
Glen STREET	24:07:00
Jasmine SMITH	28:17:00
Tom CALLAWAY	20:59

NETLEY 16/02/2013	
Lewis CHALK	18:12
Chris LEACH	19:07
Sev ROBERTS	19:40
Tom CALLAWAY	21:21
Mike HARPER	23:15
John NICHOLSON	24.16
Paul SOUTHON	24.17
David LANGRISH	24.23
John TUSSLER	25.35
Glen STREET	26.39
Jasmine SMITH	28.39
Rachel LEACH	28.40
Julie SALT	28.51
John SALT	28.51
Jules DINWOODIE	29.41
Terry John FRENCH	31.19
Allan STINSON	35.00

NETLEY 23/02/2013	
Andrew STOCKWELL	20:10
Tom CALLAWAY	20:34
Richard CHOWNS	20:36
Mike HARPER	20:38
Susie MACGREGOR	21:30
Stephen ANDREWS	22:48
Daniel FOSTER	23:22
Glen STREET	23:44
David LANGRISH	24.41
Katherine DAILY	24.54
Kevin John ASHMAN	25.00
Andy RICHARDSON	25.21
Russell MEAD	25.52
Jamie STOCKWELL	26.43
Angela BENFIELD	27.55
Jasmine SMITH	28.27
Terry John FRENCH	29.14
Holly STOCKWELL	30.04
Caz LEE	30.49
Allan STINSON	33.46

EASTLEIGH 23/02/2013	
Keith WHITAKER	25.14

Congratulations to John Tussler who has now run his 100th parkrun and to Jaz Smith for her 50th parkrun

Have you got lazy glutes?

by Gill Rose LSSM (Dip), MISRM
http://www.sportsandremedialmassagehampshire.com/

What are my glutes and what do they do?

The Glute muscles consist of the Gluteus Maximus, Medius and Minimus. Each one has a different role and collectively they are responsible for the extension, flexion, abduction and rotation of your hips as well as helping to stabilise the hips. They are a powerhouse of muscle responsible for speed and acceleration.

If you sit down a lot during the day (that dreaded desk!) your glutes are not able to engage properly and you will have tight hamstrings and tight hip flexors. So when you go out for a run at the end of the day your glutes are affectively asleep and the opposing muscles, such as the hip flexors and quads, are restricted.

Tight hip flexors can inhibit the activation of your glutes and if your glutes (a prime mover) are not doing their work, their little helpers, the hamstrings, will have to do all the work instead, which they are not kitted out for.

What happens if they don't fire to full capacity?

- Your hamstrings, quads and hip flexors take the load and become fatigued, leading to injuries
- You have no power, speed and acceleration in your run
- It can cause issues all the way down the kinetic chain from your back to your feet, including hip issues, Runners Knee (PFS), sore ITB, calf and Achilles injuries and back pain

But the Glutes themselves will feel fabulous because they aren't doing any of the work!

Lazy or weak glutes are shameless and do a very good job of hiding behind other muscles and letting them take the strain. When you drastically increase your mileage or intensity in training any flaw in the kinetic chain will start to cause problems. So, for example, if the hamstrings are taking the strain they will become more and more fatigued by the increase in training which can then lead to an overuse injury.

So how do I get those lazy glutes firing?

- Focus on engaging them when you run, and run uphill
- Perform static or forward lunges and deep squats, just before you run and in between training sessions (but learn how to do them the right way)
- Perform hip extension exercises (lying face down on the floor) and side lying leg lifts. The Journal of Strength and Conditioning Research reports that the side-lying leg lift activates the glutes the most
- Think about your Glutes, tensing and releasing them – and focus on using them when you get out of a chair. Use them to push off while walking, and exaggerated backward walking

Strengthening exercises for that great runners butt!

Lunges, Squats, Clam, Alphabet, Bridge (and with single leg raise)

And what do I need to stretch?

Hip flexors – Iliopsoas, Rectus Femoris & Tensor Fasciae Latae (TFL), Quads, Adductors

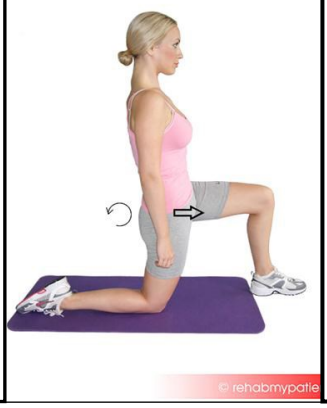
Google them or ask someone who knows!

Next month: What is ITB Syndrome?

Strength exercise of the month

Lunge
Take a step forwards and bend the front knee past the vertical. The back knee drops towards the floor. Keep your knee cap over your second toe but don't allow your knee to go beyond your toes.

Stretch of the month

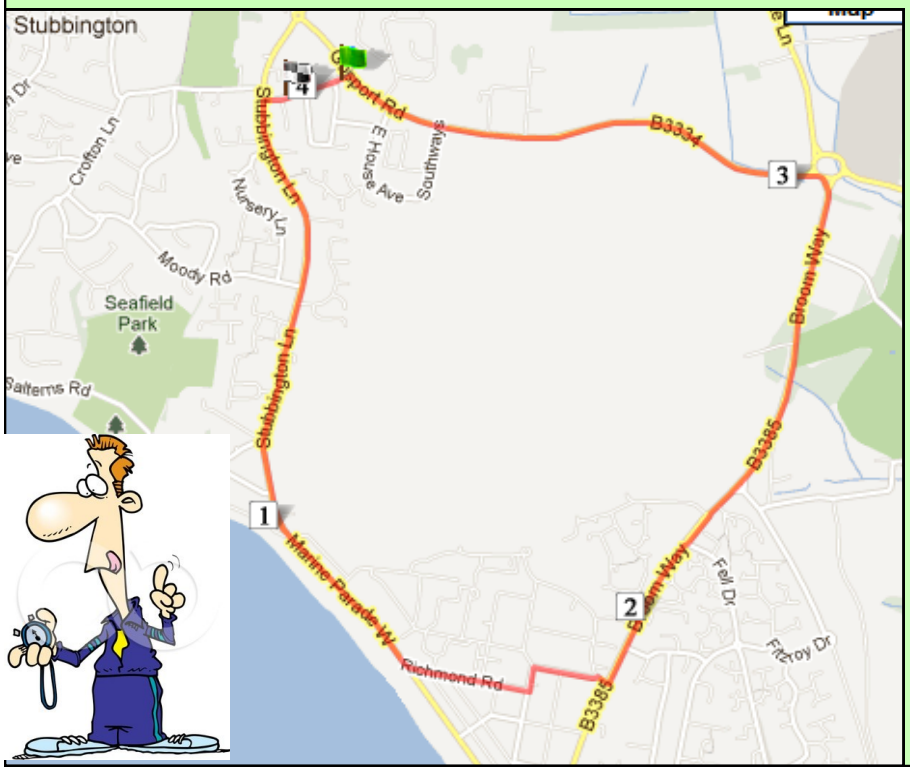


Hip flexor stretch
In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown in the photo.
Use a pillow under your knee if you find you need the padding.

THE 4 MILE TIME TRIALS

The 4 mile Time Trials are back, starting on Thursday 4th April

For first timers new to the concept, basically it's a 4 mile run round a set route starting and finishing in Eric Rd Stubbington. All abilities of Stubbies take part and it's a race against the clock.



As there is a series of these runs each month during the summer if you take part in a few it's a good way to gauge your progress through the year.

The route is reasonably easy to follow and you can always try and chase someone else if you're not sure.

We meet in Eric Road for a prompt 7.00pm start. (Stubbies only. Vests not compulsory)

4th April
2nd May
13th June
4th July
1st August
5th September
3rd October

Portsmouth Coastal HALF MARATHON

www.fitprorob.biz

175	Kevin Toal	01:42:16
304	Christopher Douglas	01:50:34
307	John Salt	01:49:13
371	Lucy Window	01:52:17
376	Anna Wilby-Lopez	01:52:31
512	Verity Wright	01:59:19
563	Letitia Magennis	02:01:55
616	Aitken Hunter	02:05:31
751	Kathryn Davies	02:13:38

SEVILLE MARATHON

NICK KIMBER 03:14:51

Congratulations, no HUGE CONGRATULATIONS to Nick Kimber on his Seville Marathon on Sunday 24th Feb. 1141st overall, 66th V50 in a chip time of.....3:14:51. (3:15:22 gun time). In his own words, "conditions were perfect, and he had a good run". Last heard of sitting in the sun drinking cold beers. No need for a club place next year Nick, looks like you are GFA.

TODAYS RUNNER WINTER LEAGUE

Last Race

03 Mar Denmead Striders Staunton Country Park starts at 11 am.

HAMPSHIRE CROSS COUNTRY HUDSONS FIELD SALISBURY

Lucy May	25.46
Rachael Openshaw	28.03
Sharon White	28.59
T MacSwayne	19.09
L Chalk	34.36
J Blake	41.55
A Stockwell	42.32
T Callaway	43.32
L Dredge	43.42

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS PARLIAMENT HILL

347 1:10:55 John Blake
413 1:14:49 Phil May
419 1:15:04 Jon Leigh
420 1:15:07 Andy Stockwell
422 1:15:14 Rich Chowns
423 1:15:20 Tom Callaway

Lucy May	1:18:31
Verity Wright	1:31:15
Sandie Mcintosh	1:37:32
Andrew Simpson	0:57:39
James Sawyer	0:59:40
Mike White	1:02:41
Mark Eaton	1:03:05
Sev Roberts	1:05:15
Graham Bell	1:05:30
Andrew Stockwell	1:09:39
John Blake	1:10:19
Philip May	1:10:51
Liam Dredge	1:11:13
Tom Callaway	1:14:55
John Simister	1:23:25

BRIGHTON HALF MARATHON

Ellie Crane	01:39:55
Alan White	01:50:16
Nicki White	01:53:40

RYDE 10

Euan Thomas presenting Stubbington's James Sawyer with his Stubby 10K mug (or is it the other way round?)

Stubbington Green Runners: Social Events 2013

Mon 1st April – Easter Bonnet Run

The traditional Easter Monday training run complete with Easter bonnets, hats and other regalia. After the usual training sessions, it's off to the Parsons Collar PH in Whiteley for a seasonal drink or 2 plus a prize for the most exotic outfit!

Sun 7th April - Easter handicap race

Continuing with the Easter theme, this is a 10k-ish run starting and finishing on Lee-On-the Solent sea front. The aim is to finish as close to the finish time of 12 noon as possible; it's not about the fastest runner, it's all about pace and timing! No watches, no GPS, no cheating! The route is along the prom, over a stretch of shingle beach, through Alver Valley Nature Reserve, past Daedalus airfield then back to Lee. Prizes for closest male and female to the finish time plus best male and female fancy dress (an Easter theme!).

Fri 28th June - Chariots of Fire race & Macmillan Mile

A nostalgic out and back handicap race on Hill Head beach to Vangelis' Chariots of Fire music. White shorts and T shirts a must. Full details soon.

Sun 21st July – Summer BBQ at Manor Farm Country Park

An old favourite. Our summer BBQ for runners, partners and children often attracts more than 100 people. Preceded with a training run through the park for those interested and fun & games during the BBQ.

Fri 6th Sept - Fish n chip handicap

Another favourite – a 6 mile-ish handicap race starting and finishing in front of the Rising Sun PH at Warsash. Concludes with prizes and a fish n chip supper from the local chippie.

SGR Awards Night Nov / Dec 2013

Date tbc but by popular demand we hope to return to the David Lloyd Centre at Port Solent on the last weekend of Nov or first of Dec 13. Details will follow soon.

Sun 15th Dec - Pre-Christmas - Mulled wine handicap

Our final handicap race of the year. Kindly hosted by Nick and Helen Kimber. A 5-6 mile run through Solent Breezes and Warsash Common followed by piping hot mulled wine and mince pies on Nick's driveway! Fancy dress an absolute must!

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	Eastleigh 10K	Fleming Park Leisure Centre, Eastleigh	10am
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 Race Diary

Date	Race	Venue	Time
Mon 1 Apr	West Wight 3 Hills 8M	West Wight Sports Centre, Freshwater, PO40 9XH	12am
Wed 3 Apr	Redados Turbo Torture Tri	Surrey Sports Park, Guildford, GU2 7AD	8pm
Sat 6 Apr	Bolt Round the Holt 21/10K	Alice Holt Forest, Farnham, GU10 4LS	10am
Sat 6 Apr	Compton Downland 20/40	Downs School, Compton, Newbury, RG20 6NU	9am
Sun 7 Apr	Regents Park 10K	The Hub, Regent's Park, London, NW1	9.30am
Sun 7 Apr	Coombe Gibbet/Overton 16	Overton Recr', Bridge Street, Overton, RG25 3ES	2pm
Sun 7 Apr	Bournmouth Bay Run 13.1	Bournemouth Pier Approach, Bournemouth, BH2 5AA	10am
Sun 7 Apr	Bournmouth Bay 5K/10K	Pier Approach, Bournemouth, BH2 5AA	9.30am
Sun 7 Apr	Exe to Axe 20	South West Coastal Path, Exmouth, EX8 2DB	10am
Sun 7 Apr	Croydon Half Marathon	Sandilands Club House, Croydon, CR0 5DB	9.15am
Sun 7 Apr	Mel's Milers 10K	Christ's Hospital School, Horsham, RH13 0YP	11am
Sun 7 Apr	Sussex Marathon and Half	Heathfield, Heathfield, E Sussex,TN21 0XG	8.30am
Sun 7 Apr	White Horse Half M'thon	Old Mill Hall, School Lane, Grove, Oxon OX12 7LB	10am
Sat 13 Apr	Maxifuel Duathlon	Dorney Lake, Eton Rowing Club, Windsor, SL4 6QP	9am
Sat 13 Apr	Hurtleberry 10K	Holmbury Saint Mary, Dorking, Surrey, RH5 6PD	9.30am
Sat 13 Apr	Hurtleberry Duath10/20/5	Holmbury Saint Mary, Dorking, Surrey, RH5 6PD	8.30am
Sun 14 Apr	Brighton Marathon	Preston Park, Brighton, BN1 6UU	9am
Sun 14 Apr	Honiton Hippo 7	Honiton Primary School, Honiton, EX14 1QF	10.30am
Sun 14 Apr	Chichester Big W'end 42K	The Drive, Westhampnet, Chichester, PO18 0SH	10am
Sun 14 Apr	Hartfield 10K	Town Croft, High Street, Hartfield, E Sussex TN7 4AD	10am
Sun 14 Apr	Osprey Sprint Triathlon	The Osprey Leisure Centre, Portland, DT5 1BD	8am
Sat 20 Apr	Oner 76.2M	Lyme Regis, DT5 2JT	10am
Sat 20 Apr	Clandon Park Run 10K	George Abbot School, Guildford, GU1 1XX	11am
Sun 21 Apr	Bluebell Trail Run 10/10K	Angmering Park Estate, Arundel, BN13 3UH	10.15am
Sun 21 Apr	The Bluebell Race 12K	Collingbourne Ducis Vill Hall, Marlborough, SN8 3UH	11am
Wed 24 Apr	Lakeside 5K	Hilsea Lido, London Road, Portsmouth, PO2 9RP	7.15pm
Wed 24 Apr	RR10 (Race 1)	Royal Victoria Country Park, Netley	7pm
Sat 27 Apr	Salty Seadog Duathlon	Overstrand, Undercliff Drive, Boscombe, BH5 1BN	8am
Sat 27 Apr	Round the Rock 10K	Blues Club Grove Road, Portland DT5 1DP	7pm
Sat 27 Apr	Hurstbourne 5	George V Play Fields, Hurstbourne Tarrant, SP11 0AX	11am
Sun 28 Apr	Fairoaks Five	Fairoaks Airport, Chobham Rd, Chobham, GU24 8HU	10.30am
Sun 28 Apr	Houghton 11K Trail Run	Village Hall, Houghton, Nr Stockbridge,	10.15am
Sun 28 Apr	Portsmouth Duath (Race 2)	Speakers corner, Clarence Esp, Portsmouth PO5 3PG	8.30am
Sun 28 Apr	Drovers 10K	Langford Lakes, Nr Salisbury, SP3 4PA.	10.30am

The Stubbington Noticeboard

MARCH TRAINING

Tue 5th	5 x 1 mile Schooner Way	100m walk to start	Locks Heath S & S Club	Graham Bell
Thu 7th	6 x Lee triangle accelerations	Jog the side after 3rd effort	Crofton Community Centre	Mike Harper
Tue 12th	2 miles / 20 x 150m hill sprints / 2 miles	Jog back down	Locks Heath S & S Club	Mike Bell
Thu 14th	4 x 5 min Tempo run	3 min	Crofton Community Centre	Jon Leigh
Tue 19th	2 x Titchfield Figure of 8	Steady pace down hills	Locks Heath S & S Club	Mike White
Thu 21st	Pyramid 1 / 2 / 4 / 6 / 8 min & back down	1 / 1 / 2 / 2 / 3 / 2 / 2 / 1 / 1 min	Crofton Community Centre	Phil May
Tue 26th	3 x 1.5m Tempo runs at Red Path	200 jog to start	Locks Heath S & S Club	Graham Bell
Thu 28th	Anker Lane 7 x 1km	Jog to start in 60s	Crofton Community Centre	Mike Harper

GLENS THURSDAY TRAINING SESSIONS

7th March - Stubbington - 6 x 600 (250)
14th March - Locks Heath - 6 x Titchfield Rollercoasters
21st March - Stubbington - Lee Grass Fartlek
28th March - Locks Heath - 5 x Brownwich Loop
(Depending on ground conditions)

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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