The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC
JANUARY 2007

Stubby 10k shoot-out

THE Stubbington 10k is threatening to be one heck of a race. Last year, Toby Lambert ran away with the race chased hard by our own Mark Le Gassick.

On January 14, the Alton Runner defends his title, but he is likely to have a battle on his hands with Andy Vernon wearing Stubby colours and favourite to return a home victory.

Andy, pictured, who celebrates his 21st birthday this month, has had an exceptional year and in Italy last month was the leading Briton at the European Under-23 Cross Country Championships by finishing 14th.

The spindly, wiry Andy, who was a talented junior with the club, has now developed into a strapping six-footer with a tremendous kick finish.

Although he now plies his running trade for Aldershot, Farnham & District, Andy, who is studying at college in Twickenham, will run for second claim Stubbington in his home race.

Besides Lambert, Andy faces competition from Winchester's Nick Anderson, Chichester Runners' James Baker who has been running riot with a succession of wins in south coast races, and Alton's Richard Gowen who heads the Hampshire Road Race League standings.

In fact the top five runners in the HRRL men's standings are expected to line up in a race which will also act as the Hampshire 10km Championship.

The Stubbington 10km starts at 10am, with a children's fun run at 10.05am.

If you are not running and still have not spoken to Gary Littlecott about helping out on race day, there is still time.

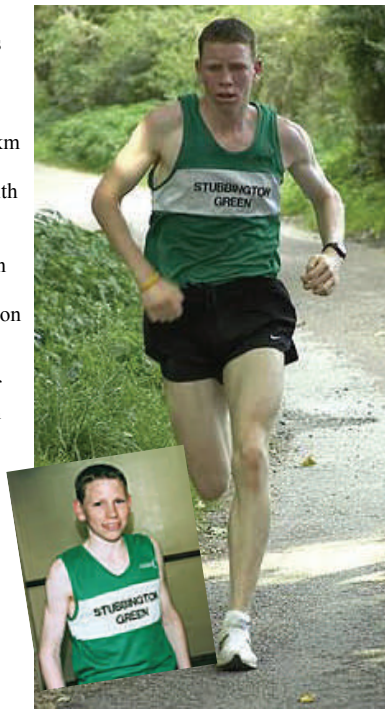
You can get hold of Gary by calling him on 02380-403249, or by e-mailing: thelittlecotts@ntlworld.com

A word to the wise that the next round of the HRRL takes place on the Isle of Wight on Sunday, January 28th with the Ryde 10.

This is a new race in the HRRL calendar. There are entries on the day at £9 for an 11am start. You can download an entry form at: www.hrrl.org.uk/

The previous day, Saturday, January 27th, Andy Simpson will be taking a coach party to the seaside for the day.

Simmo's team of runners head for the Southern Cross Country Championships at Holkham on the North Norfolk coast.



Cheque this out for the Kids charity

MICHELLE "3am girl" SIMPSON and daughter Chloe are having a ball at the Kids Centre in Fareham.

They were on hand to present a cheque for £234.10, the result of the raffle and the heads and tails fund-raisers at the running club's awards evening in November.

Kids works with children with special needs, and three-year-old Chloe has benefited from their services.

Michelle said: "Chloe had delayed speech and still has a great many developmental concerns , in particular communication, not expressive but understanding.

"She started started attending regularly this September, although she had a few sessions before the Summer.

"I like her to go to the Kids nursery as the ratios to children is great. They have a specialist speech therapist on site once a week and I think she is privileged to be learning in a diverse environment - something I value and feel is important.

"I am so thrilled to be able to give something back to Kids. Chloe is benefiting from being there, as are many children.

"Once you have visited the centre the enthusiasm and warmth of the people there make you want to do something worthwhile back!"

Results

VICTORY 5
WHERE: Mountbatten Centre, Portsmouth..
WHEN: Sunday, December 3rd.
THE RACE: Windy and rainy, along Hilsea Lido and around IBM.
RUNNERS: 778 runners
FIRST MAN: Williard Chinhanhu (Poole Runners) 24min 50sec.
FIRST LADY: Linda Spencer (Chichester Runners) 29:15 (58th overall).
STUBBIES: Men: 19th Mark Le Gassick 27:06, 77th Ray Gunner 30:00, 98th Chris Furnell 30:54, 99th Mike Harper 30:58, 173rd Paul Hammond 33:39, 206th Mike Bell 34:34, 208th Phil May 34:38, 219th Nick Kimber 35:01, 223rd Ryan Gunner 35:21, 229th Marcus Lee 35:36, 235th Tim Sands 35:49, 245th Eric Beck 36:00, 259th Richard Simms 36:33, 316th Sean Jones 38:21, 328th John Fairhurst 38:43, 411th Terry French 42:33.

Ladies: 114th Chris Haskell 43:13, 132nd Verity Wright 44:30, 156th Denise Crumpton 46:23, 160th Anne O'Neill 46:55, 161st Helen Adams 46:55, 169th Sue Simister 47:42, 207th Geraldine May 50:31, 213th Anne Fairhurst 51:18.

Stubbington men: ninth.
Stubbington men's vets: sixth.

DUCK POND WADDLE
WHERE: Ferring, near Worthing, West Sussex.
WHEN: Sunday, December 3rd.
THE RACE: Windy and muddy 15km race.
RUNNERS: 223 runners.
FIRST MAN: Zippy Grice (SGR) 57min 28sec.
FIRST WOMAN: Caroline Hoyte (Run Store) 1hr 5min 46sec. (14th overall)
STUBBIES: 1st Zippy Grice, 57min 28sec, 2nd Alasdair Ewing 59:34, 7th Chris Hall 1hr 3min 11sec, 50th Andy Lee 1:15.09, 59th Neil Jarvis 1:16.38, 137th Steve Wylie 1:23.57, 177th Kathy McKain 1:43.30, 178th Kay Sadler 1:43.33, 179th: Tracie Jarvis 1:44.01, 182nd Caroline Street 1:45.14.

HOGS BACK
WHERE: Loseley House, Guildford, Surrey.
WHEN: Sunday, December 10th
THE RACE: Dry - hilly course.
RUNNERS: 760 runners
FIRST MAN: James Baker (Chichester Runners) 41min 26sec.
FIRST LADY: Caroline Johnson (unattached) 49:34.
STUBBIES: 454th: Gilbert Yeates 1hr 6min 10sec.

The shorts are back and they're winning!

TONY ALLEN made a welcome return from a summer dogged by injury to win race three in the Today's Runner series, writes Glen Street.

Tony and his dazzling shorts were in fine form at The Bourne in Farnham, Surrey for the cross country event.

Unfortunately Ray Gunner was running with a sore back having finished third in the first two races), but this enabled Ryan Gunner to be part of the scoring team.

One hundred per cent appearances were kept by Ray, Tim Crumpton, Mike Bell, Andy Lee, Ryan, John Vose and Derek Balsdon.

Tony 'Kiprono' Allen

The men's team finished 9th as Farnham Runners won the men's event, with Portsmouth Joggers second and Fleet & Crookham third.

Unfortunately Penny Forse twisted an ankle on the second hill and had to pull out of the race, leaving Verity Wright with the honour of being first Stubbington lady home in 56th place. Chris Haskell and Tracie Jarvis kept up their 100% appearance record.

The ladies finished 15th , with Liss ladies winning – making it three out of three for them, Farnham second and Midhurst third.

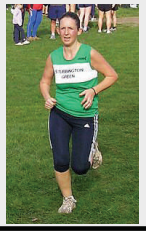
Overall Stubbington were 12th with Farnham Runners winning the event. This leaves Stubbington in 9th place in the overall competition, with leaders Liss Runners and Farnham Runners in second having a close competition for overall winners with three races left.

The next round of the Today's Runner series takes place in Hart on January 21st. There will be more details on the website, or contact Glen Street. The race start is 11am.

Today's Runner results @ Farnham

Men
1 Tony Allen
39 Tim Crumpton
62 Mike Bell
68 Marcus Lee
71 Ryan Gunner
80 Ray Gunner
86 Malcolm Lavery
104 Andy Lee
126 John Reeve
137 Gilbert Yeats
143 Derek Balsdon
146 John Vose (pictured)

Ladies
56 Verity Wright
58 Chris Haskell (pictured)
69 Tracie Jarvis (pictured)



ANDY READING 10KM
WHERE: Bicester Sports Association, Chesterton, Oxfordshire..
WHEN: Sunday, December 10th
THE RACE: Fast and flat course around the village of Chesterton.
RUNNERS: 412 runners
FIRST MAN: Dan Merkel (Oxford City AC) 32min 29sec.
FIRST LADY: Liz Hartney (Reading Road Runners) 37:33 (13th overall)
STUBBIES: 77th Jon Leigh 42:24.

MICHELLE SIMPSON is holding a 40th birthday party at the Sarisbury Green Community Centre on Friday, January 26th from 7.30pm to midnight.

All Stubbies are welcome to the knees-up, which includes a buffet and disco.

"No presents, just your presence," insists Michelle. Contact Andy Simpson on michelle.simpson@tiscali.co.uk or call 07971-830269 for more details.

Why Tim loves those German stewardesses

THE first time I met Tim Crumpton was a couple of years back on a Monday evening run at Whiteley, *writes Dave King*.

We were running through the woods when this lycra-wearing nutter on a bike hurtled past, threw his bike against the tree, and began running with us. He was late because he'd been to the pub with some builders to sort out a late bill! Tim later ran back from the Solent Hotel to collect his cycle.

Tim is one of the club's loveable characters, and when we put him under the spotlight, here's what he had to say!

So, name, age and rank.
Timothy Crumpton— 51 (May 12th 1955; a premier Cru Vintage).

Where's home?
Maytree Close in Locks Heath.

And what do you do work-wise?
Retired Police Sergeant of 26 years, but now self employed trading as Maytree Home Improvements.

When and where do you train?
With Stubbington on Mondays and recently Thursdays. Very occasionally Tuesday.

> **"I ran down a steep cliff path to a small cove where four delightful German Air stewardesses were playing volleyball naked!"**

Favourite distances?
10km and 10 miles.

What was your best ever race?
A 59min 21sec run at the Ryde Harriers' club 10 mile championships back in '95 and a 36.54 10k at Totton. I think that was in the same year. I'd like to brag about my cycle road race wins in the 70's but I'd send people to sleep.

What do you wear on your feet to race?
I usually use Asics shoes, but I'm trying Mizuno at present which seem even better for me.

What do you do to keep yourself occupied during runs?
I never sing when I run, I'm not that happy, I'm usually thinking about life's challenges like when am I going to hang those doors for Eric, or else I'm looking forward to the end of the run!

Have you got any running tips to pass on?
Run off road as much as you can—it's less boring, you'll avoid injuries, and strengthen joints.
When you stop running towel dry and put on a dry top asap. Also don't worry if your body says rest today, it's for a reason so listen to it! Try a different effort at least once a week; cycle, swim, walk. It will keep you mentally fresher and develop you all round fitness.

What's your favourite face?
My favourite race is usually the last one when I was happy with my performance so I don't have many!!

Do you have a pre-race routine?
I try to eat at least three or four hours before any effort unless it's just a small bite like a banana or a cereal bar.

And what has been your most embarrassing running moment?
On holiday in Croatia about 15 years ago I ran down a steep cliff path to a small cove where four delightful German Air stewardesses were playing volleyball naked. How do I know they were air stewardesses, well I felt obliged to stay for a brief

Don't miss out on the Stubbington profiles on the club website: www.sgrac.net/

Get on-line with new running web forum

INTERESTED in chewing the fat and gassing with other runners on the internet?

Stubbington member Richard Snell has started his own local running forum and he wants to spread the word.

Richard explained: "I recently spent several fruitless hours searching the internet for a local running forum to find out about local races and discuss my running issues.

"As there didn't seem to be one I decided to create my own."

You will find it at www.WhiteleyForum.Net/

Richard added: "I've had interest from various clubs around Hampshire and I hope all my fellow Stubbies join in to talk about their running issue such as

- **Your favourite or least favourite run**
- **Injury Problems**
- **Training habits**
- **Advice for the newbies**
- **Your favourite piece of running gear**
- **General chit chat and running Gossip**

"Living in Whiteley is not a requirement. So come and join in the banter, the more the merrier."

Big in Japan

NEWS from Japan, where Tor Duffin is currently working.

"Hi, I hope everything`s going well. Am really enjoying it in Japan, but missing Stubbington Green Runners," writes Tor.

"I've been running for `Fukushima Hashiro-kai` (Fukushima Running Club) and here are a couple of recent results of mine:

Nov 26th: Shinobu-no-Sato 10k - 34min 51sec

Dec 10th: Azuma-Arakawa 12k XC - 43min 01sec

Duffin-san: On the run for some sushi in downtown Rowner!

Bring it on for the big one!

THEY are the Magnificent Five. The quintet of Stubbies who have been handed club places for next April's Flora London Marathon.

At a club committee meeting held last week, applications for one of the places was considered.

Anyone who had applied for a place at the London Marathon but who had been unsuccessful in the public ballot, were able to apply for a club place which are handed out by the event's organisers to all UK Athletics clubs.

Those who had to endure a frugal Christmas and New Year on the drinking and feasting front as they build up their mileage for the big day on April 22nd are Marcus Lee, Lauren Coates, Michael Aimable, John Fairhurst and Tracie Jarvis.

Kay Sadler has been chosen as a reserve should any of the five runners drop out - and the five are asked to contact Mark Le Gassick if they are unable to take up a place.

They will join a number of Stubbington runners who already have places for next Spring including Jon Leigh, Nick Kimber, Simon Holford, Eric Beck, Dave King and Lesley Harding. Lesley, who has been injured lately with ankle and Achilles problems, is currently considering whether to accept the place she got through the ballot or to defer for a year, which she is allowed to do.

Sick of the Baker-man!

MARK Le Gassick must be getting sick of the sight of rival Chichester Runners' James Baker. The two of them have been slugging it out at the front of races this season – in November the Sussex athlete won the Gosport Half Marathon ahead of Mark, even though the Stubby runner ran a personal best.

It was a familiar tale with the traditional Christmas pub to pub run from the Ship & Bell at Horndean to the Red Lion at Chalton and back where Mark was forced to settle for second place behind James over the 7.3-mile course. Mark has been runner up four times in five years.

Over Christmas, Mark hasn't been in the best of health. He went for a run on Christmas Day and felt rough with nothing in his legs at all. It was the same story on Boxing Day, but he still decided to give the Portsmouth Joggers-run race a go.

"I felt better so decided to go ahead with the pub to pub," said Mark.

"I was surprised that I ran quite well. I was second again, well behind James Baker this time. I ran 40min 41sec with a negative split of 20:28sec and 20:13 – a few seconds quicker than two years ago (last year's times were much slower due to the ice).

"James ran 39:08 and, afterwards, I told him that I'd had a cold over Christmas and almost didn't run. He said that he'd been unwell too and hadn't trained for the past five days – so that saw my excuse for being so far behind him go out the window!"

There was a healthy sprinkling of Stubbies at the race. Full results will appear shortly on the website and in February's Green Runner.

The Stubbington 10k

BOARHUNT GARAGE LIMITED
Fareham • Hampshire

The Hampshire 10km Championships and a Hampshire Road Race League event

Alton Sports

Sunday, January 14th 10am start

WELCOME to the Stubbington 10km road race. A new year, a new race, and hopefully the weather will be a little kinder this year!

Once again the race is a 1,200 runner sell-out, so thank you for taking part and helping to make the event one of the most popular 10kms on the south coast.

The route is the same as ever, although this year we have split the start to either side of the Stubbington horseshoe.

One of the chief complaints we received last year was about congestion at the tight start. So we have provided two start lines - one for sub-40 minute 10km runners (red start), and the majority of the field in the plus-40 minute section (white start).

The red start will run under the roundabout, and the white start around the roundabout, with the two starts converging on Stubbington Lane near Crofton Community Centre. We've re-measured the course - and it works!!

We will have marker boards at the start lines for runners to line-up to according to their predicted finish time. Please be realistic and please be sensible.

The race will once again follow a route along roads which have not been closed. There will be police and plenty of marshalls along the course, but please run safely, listen to the marshalls - if they have asked you to run down a certain line, there is a reason, no matter how bizarre! - and be aware of motorists.

Above all, have a great day. Yes, for the top runners it is about winning and times, but for the majority this is a New Year cobweb clearer and a lot of fun. Enjoy!

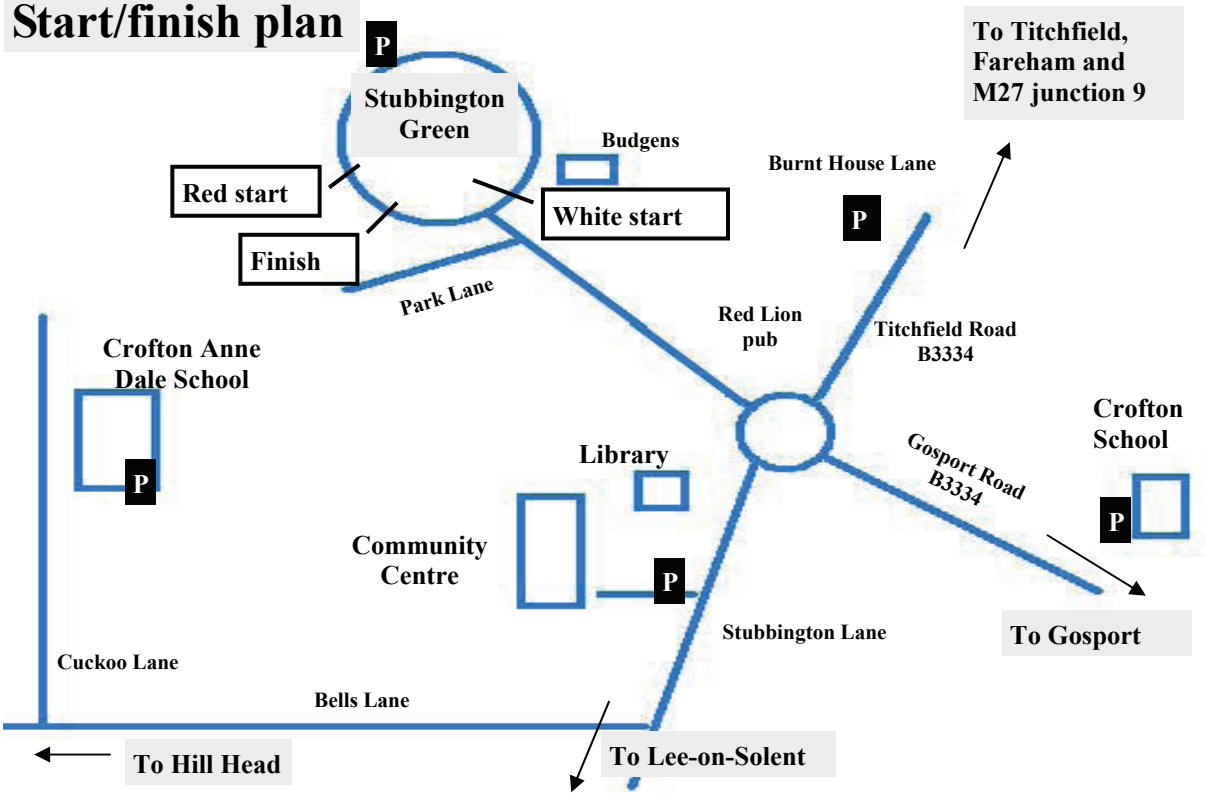
Gary Littlecott - race director

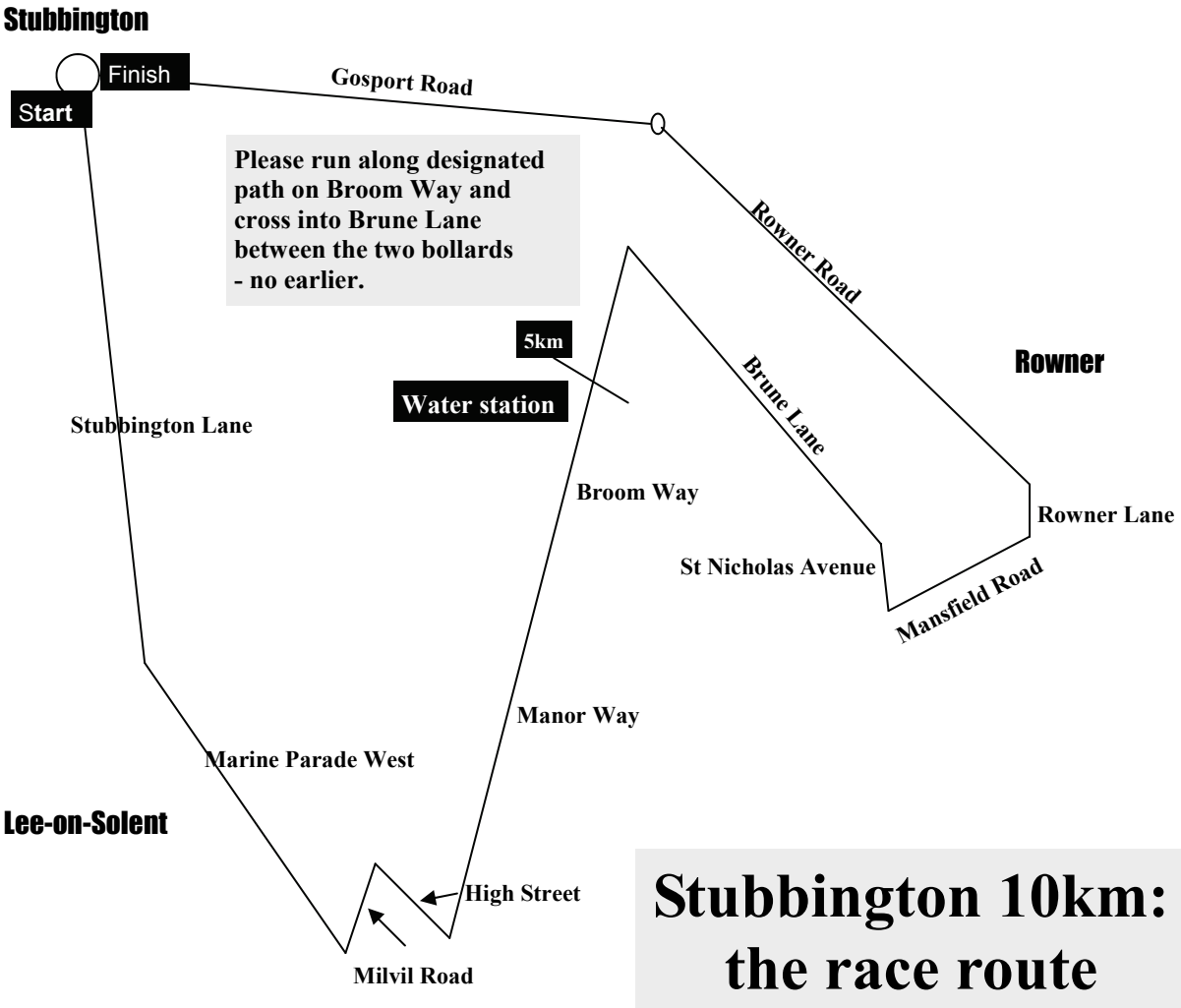
British Association of Road Races

Race measurement No: 90/016

Run under UKA Rules:
SEAA permit applied for

Start/finish plan





Stubbington 10km: the race route

Stubby 10 ... explained!

OK, where, when and what time?
The race takes place on Sunday, January 14th, starting at 10am sharp from the Stubbington Green horseshoe, where it will finish. Stubbington is about two miles south of Fareham. Take junction 9 of the M27 and find the B3334 from Titchfield which runs into Stubbington.

What about the fun run?
It's on again this year. For runners aged between 7 and 14-years-old, there will be a one-mile fun run at 10.05am which starts and finishes from the football pitches beside Crofton Community Centre on paths around the recreation ground.

Any parking?
Yes there is. The two main car parks are at Crofton School on the Gosport Road and at Crofton Anne Dale Junior School in Cuckoo Lane. Both are within walking distance of the start. There are other car parks in the vicinity, and off-street parking too, but please be kind to our neighbours, or we'll have to base the race in Rowner next year!!

Two starts this year?
Yep, this is to ease congestion. You will have received either a red or a white number depending on your predicted finish time. The white start for those predicting a time in excess of 40 minutes will be besides Budgens. For the speedies, the red start will be beside the Tea Shop just a few yards away. Both starts will be clearly marked, with predicted time boards at each start.

If the red start are running under the roundabout and into Stubbington Lane, won't they run a shorter course?
No, the course has been re-measured and the starts adjusted.

Same course again?
Yes, by and large it is the same course. The only other slight tweak you will find is by the 5km point along Broom Way. By the entrance to HMS Daedalus, runners will be directed off the road and onto the main path for about 300 metres. There will be a crossing point between two bollards, which will be well marshalled, allowing runners to cross Broom Way to head down Brune Lane. PLEASE only cross the road at this point for your own safety. Police will be on hand to control traffic at this point.

Shame about the traffic on the course?
You could say that, but every year we have a good Stubbington 10, which works well because of the understanding of both motorists and runners. Especially on the run back to Stubbington along Rowner Lane and Gosport Road where runners cross the Newgate Road roundabout, please be sensible and safe - don't run four abreast in the road. Above all, please listen to marshalls, and let's have another fun and safe race.

Where is the race headquarters?
This will be at Crofton Community Centre, within spitting distance of the start. There will be an information desk, showers, toilets, and the canteen will be doing a brisk business in tea, cakes and bacon rolls! There will be a number of stall holders set up inside the hall.

What about bags?
We will be providing a supervised baggage area at the community centre. A label will be provided for your bag, so clearly print your race number. Please note, any bags left are done so at the owner's risk.

Any entries on the day?
Are you kidding? The race sold out in November, and although 1,200 entered, we expect around 1,000 to take to the streets of Stubbington.

I'm bound to be thirsty on the way. Any drinks stations?
Yes, there's one at 5km. There's the Red Lion pub at the finish and a couple of decent cafes along Lee seafront which do a good-priced all-day breakfast if you are peckish.

Kilometre markers and marshalls?
Kilometre markers at every kilometre. The route will be well marshalled, supported by police. A police motorcycle outrider will lead the race, along with a heavyweight truck from our sponsors Boarhunt Garages which will have a timing club on board. There will be a sweeper car to make sure we don't lose anyone on route.

What about prizes?
We will be dishing out prizes for the first four men and women, plus the winner of the M40, M50, M60, FV35, FV45 and FV55 age groups. There will be prizes for the first junior male and female, along with prizes to the first men's and women's senior and vet teams - four to score for the men and three to score for the women. Since this is also a Hampshire 10km Championship race, awards will be made to winners in the respective county categories. A number of spot prizes will also be handed out at the finish.

So what time do I need to get ready to pick up my prize?
Prizegiving will be at midday in the community centre.

Any mugs?
Loads of them! Special Stubby mugs for all the finishers of the 10km race, and medals for finishers of the fun run.

No t-shirts or results sheets?
Afraid not. Take up of t-shirts was poor from previous races, so we scrapped them, and with results we can whip them up on the website in no time at all now.

No wheelchair entries either?
Yes, this was a disappointing one, but because of concerns about the safety of the wheelchair competitors on roads which are not closed to traffic, we reluctantly made the decision.

Is there any medical back-up?
We will have St John Ambulance on hand during the race and will be supported by our friends at Raynet, as well as Hampshire Police. If you have a medical condition, write it on the back of your race number. And please, DON'T run if you feel unwell before the race. Why have a rubbish run and feel worse afterwards. Stay in bed!

Any chance the race might be cancelled?
No chance! Well, if we suddenly get really bad weather conditions, which has never happened before in the race's history, then the race director will review the situation with police. If in doubt, check the Stubbington Green Runner's website www.sgrac.net/ and listen to BBC Radio Solent.

When will the race results be published?
These will be published on the Stubbington website on Sunday evening on www.sgrac.net/ and words, pictures and results will appear in the Southern Daily Echo on Wednesday, January 17th.

And if we've got any comments to make about the race?
Good or bad, we'd love your feedback. It's the only way we can improve the race. Please e-mail

Got a date for next year's race?
Give us a chance! But pretty much first or second week of January 2008.

Unattached? How about a blind date?!

ARE you lonely and looking for luuuurve? Looking for running love?

You see every year we notice the huge number of unattached runners who take part in the Stubbington 10km — almost half the starting field don't belong to a running club.

And what are they missing out? The fun, the friendship, the camaraderie; the chance to run around the cold and wet south coast countryside with friends, rather than catching pneumonia on your own!

I'd like to join a running club, but I'm too slow!

WRONG! You should see how slow the race director runs after a curry, and then you be the judge of how slow, slow is! Running clubs cater for runners of all abilities, from the lunatic whippets to the more sedate and saner runners/joggers.

I'm too old!

You're only as old as you feel - next excuse.

I'm too fat!

Running - the perfect and cheap diet!

I'm too stupid!

Can't help you there. Try origami!

This race is my first run since I was at school. I'd embarrass myself at a running club.

Go back to my first answer about the race director and embarrassing yourself! In fact, if the Stubbington 10 rekindles your interest, and you feel you got something out of the 10km race, they why not push on? Go on, think about it.

But come on, you all run 10 miles a night, and I'll want to give up after a couple of miles.

Stubbington Green truly caters for runners of all abilities. On training nights, groups of different abilities will set out on runs from four to five miles, and longer. So if you ran the 10km, that's well within your radar. On other evenings, the club holds speed sessions which are short, sharp, and good for all speeds.

I wouldn't mind running with others, but I don't want to race that often.

No problem. Some of our club members never race. They enjoy running because they want to keep fit, it's a good chance to have a gas, and they like to run with others.

Club training sessions:

Monday:
Solent Hotel, Whiteley (6.30pm).

Tuesday:
Crofton Community Centre, Stubbington (6.30pm).

Wednesday:
Crofton Community Centre, Stubbington (6.30pm).

Thursday:
Locks Heath Sports & Social Club (7pm).

...also speed hill sessions on a Thurday (6.30pm) - alternate venues (Locks Heath Sports & Social Club or Crofton Community Centre)

I honestly don't have time to join a running club.

Stubbington Green Runners meets four evenings a week; Monday, Tuesday, Wednesday and Thursday for about an hour. Once a week for about an hour is not a lot of time. Just give up EastEnders.

I can't afford it.

Well, I tell you what, for you, and for you only - so don't let anyone else read this race instruction leaflet, join Stubbington Green Runners before the end of January, and we'll give you the next six months membership free. Because our membership fees are so low, that amounts to about a shilling, but the spirit is there!

Have you got any beginner's courses coming up?

Funny you should mention that. We ran a very successful course last March, and there are plans to repeat the exercise this Spring. We'll be staging weekly training sessions on a Wednesday evening, and that will be mixed with informative discussions sessions with experts about fitness, clothing diet and other running issues. It's fun!

So why should I join a club? Quick answer.

Running is a fantastic sport for all ages, sexes and abilities. Running with like-minded people helps to enhance your sport, and makes those miles skip by so much quicker.

Oh go on, you've persuaded me, what do I do next?

Great! Well have a chat to anyone at the information desk on race day and they will have joining information.

Alternatively, if you decide after the race you fancy joining, then either come along to one of the Stubbington training sessions, or contact the club secretary Mark Le Gassick by calling 01329-662352

or e-mailing: marklegass@sgrac.net

For more details, log onto the Stubbington website: www.sgrac.net/

You know a little about us, we don't know anything about you…..in fact, this could be

Thanks to our race sponsors Boarhunt Garage Services and to everyone who has helped towards the staging of this year's Stubbington 10km road race

Why Zippy's going animal quackers!

ZIPPY GRICE has made the Duck Pond Waddle something of his own.

The first week of December sees this popular 15km race take to the West Sussex countryside.

Organised by Worthing Striders, the run sees competitors wade through a mud-strewn farm and woodland course.

This is not the race to give your new pair of running shoes their first outing.

The Zip-meister completed a glorious hat-trick of wins at the race in Ferring, which follows his victory earlier in the season at the much drier Stansted Slug last September, and the honour of pacing round the Great South Run with Sonia O'Sullivan.

Zippy won in just over 57 minutes ahead of Alasdair Ewing who was second and Chris Hall was seventh.

On the same December day, just down the A27, a plethora of Stubbies competed in a windswept Victory 5 in Portsmouth.

Everyone who ran and lived to tell the tale recalls a tough course, congested start, wet course littered with puddles, and a fierce headwind which virtually brought you to a standstill.

So on that basis, it was amazing to see the winner of the race in a top class field cross the finish line at the Alexandra Park stadium in a time of 24min 50sec, that's mile splits of 4min 58sec.

Mark Le Gassick once again lead home the Stubbies for this Hampshire Road Race League fixture in 19th place with a time of 27:06, and Ray Gunner, probably one of Stubbington's most consistent runners of 2006, was second to score in 77th place in 30:00.

Chris Haskell headed a good ladies entry in 114th, and at the half-way stage Stubbies fairer sex lead Division 2.

With a strong green vest women's entry for the Stubby 10 they could strengthen that lead in the New Year with Ryde 10 to follow at the end of the month.

With only three to score for a ladies' team, it is important the club is able to put out squads for the remaining races. Contact Chris if you want to know more.

Elsewhere, it was good to see super Vet Gilbert Yeates back and running after a difficult year through injury.

He ran at the Hogs Back eight-mile road race in Guildford finishing in 1hr 6min 10sec.

Next up on the HRRL front is the Ryde 10 on Sunday, January 28th (11am).

Egg sandwiches were not to blame!

STUBBIES took a short trip to Ashe Meadows, Overton at the weekend for the latest round of the Hampshire Cross Country League where they picked the best of the weekend to race; Sunday's racing at the Victory 5 was a very windy affair (too many egg sandwiches was not the problem!).

Because of the Victory 5 in Portsmouth, we had a limited number of runners with one lady and eight men representing the club over a dry and mud-free course!

Penny Forse (pictured) was the only lady to run in Stubby colours and she improved on her previous outings in the league this year to finish 39th and 18th vet in 25min 19sec.

The men were missing a good half dozen the quicker guys who were at Victory, Duck Pond Waddle or injured.

So it was down Barry Hards (pictured) and Ray Gunner to set a blazing pace through the field and finish as the first two Stubbies with Barry just getting the better of Ray to finish 45th in 31.16 and 7th Vet home. Ray was 53rd in 31.42, followed by Andy Simpson with 105th in 34.45, Tim Crumpton who placed 118th in 35.16 and Phil May was the final scoring man in 151st position in 37.59.

The men's team were 9th on the day to stay 8th overall, but they will need to get good results from the last two races as it is looking like the bottom three clubs are fighting for 8th place and survival in the top flight.

The vets had another good day in the field and came away with 4th to remain 3rd overall. They were led home by Barry, Ray and Tim. Two good results from the last two fixtures could see them snatch 2nd place in the league.

Good news on the individual standings sees Barry 8th overall in the vets, with Ray just behind him in 10th.

Other runners – 157th Richard Simms 38.50, 159th Nick Crane 38.53 and 170th Gordon Westley 40.04.

The next Hants XC league fixture is at Reading on Saturday, January 13th, so anybody who is not doing the Stubbington 10K, can you please sign up for this race. Give Andy Simpson an email or a phone call.

The Race Diary

Date	Race	Venue	Time
Mon Jan 1	Hair of the Dog	Forest of Bere, near Wickham, Fareham.	11am
Mon Jan 1	Box Hill Knacker Cracker	Foot of Box Hill, Mickleham, Dorking, Surrey.	11am
Sat Jan 6	Hampshire XC Champs	War Memorial Park, Basingstoke.	12.30pm
Sat Jan 6	G3 10km XC	Shere Road, Guildford, Surrey.	8.45am
Sun Jan 7	Wessex League XC	Bicton Agricultural College, Exmouth, Devon.	12.45pm
Sun Jan 7	Tadworth 10	Tattenham Corner, Epsom Downs, Surrey.	10.30am
Sun Jan 7	Longmoor Lollipop(13m)	Bordon, Hampshire.	10.30am
Sat Jan 13	Hampshire XC League	Prospect Park, Reading, Berkshire.	12pm+
SUNDAY JAN 14th	STUBBINGTON 10KM (HRRL)	CROFTON COMMUNITY CENTRE, STUBBINGTON	10AM
Sun Jan 14	Rough 'n Tumble 10	Milton Lilbourne Village Hall, Marlborough, Wilts.	11am
Sun Jan 14	Milborne 10	Milborne St Andrew, Dorset.	10.30am
Sun Jan 21	Today's Runner XC	Hart Road Runners	11am
Sun Jan 21	SIS Lakeside Canal Run	Lakeside, Frimley Green, Surrey.	10am
Sun Jan 21	Epsom Oddballs 6.25m	Epsom Racecourse, Epsom, Surrey.	10.30am
Sun Jan 21	Plumpton Classic 7.5k	Plumpton Racecourse, Plumpton, Sussex.	11am
Sat Jan 27	Southern Counties XC	Holkham, Norfolk.	12pm +
Sun Jan 28	Slaughterford 9	Leafy Lane Playing Fields, Rudloe, Corsham, Wilts.	9.50am
Sun Jan 28	Ryde 10 (HRRL)	Ryde Rowing Club, Ryde, Isle of Wight.	11am
Sun Jan 28	Romsey 5	Romsey School, Greatbridge Road, Romsey, Hants.	10.30am
Sun Jan 28	Slaughterford 9	Corsham, Wiltshire.	9.50am
Sun Jan 28	Heartbreak Half	Ringwood, Hampshire.	10am.
Sat Feb 3	G310km XC	Shere Road, Guildford, Surrey.	8.45am
Sun Feb 4	Chichester Priory 10km	Northgate Car Park, Chichester, West Sussex.	11am
Sun Feb 4	Blackmore Vale Half	Playing Fields, Bishops Caundle, Sherborne, Dorset.	11am
Sun Feb 4	Puma Longleat 10km	Longleat House, Longleat, Warminster, Wiltshire.	10am
Sat Feb 10	Hampshire XC League	Hamworthy, Poole, Dorset.	12pm+
Sun Feb 11	Meon Valley Plod 19.5	Sustainability Centre, HMS Mercury, East Meon, Hants	10.30am
Sun Feb 11	Wokingham Half	Cantley Park, Wokingham, Berkshire.	10am
Sun Feb 18	Wessex League XC	Hudson's Field, Salisbury, Wiltshire.	12.45pm
Sun Feb 18	Today's Runner	Manor Farm Country Park, Bursledon.	11am
Sun Feb 18	Lytchett 10	Lytchett Manor School, Lytchett Minster, Dorset.	10.30am
Sun Feb 18	Sussex Beacon Half	Madeira Drive, Brighton Seafront, Brighton, Sussex.	10am
Sun Feb 18	Bookham 10km	South Bookham School, Bookham, Surrey.	10am
Sun Feb 18	City of Salisbury 10km	Salisbury Fire Station, Ashley Road, Salisbury, Wilts.	11am

The Race Diary

Date	Race	Venue	Time
Sun Feb 25	The Terminator 10	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	10.30am
Sun Feb 25	Bramley 20/10	Bramley Primary School, Bramley, Basingstoke, Hants.	10.30am
Sun Feb 25	Winchester 10km	River Park Leisure Centre, Gordon Road, Winchester.	10.30am
Sun Feb 25	Eastbourne Half	Princes Park, Royal Parade, Eastbourne, Sussex.	10am
Sun Mar 4	Mad March 20 (HRRL)	Martins Hill Lane, Burton, Christchurch, Dorset.	10am
Sun Mar 4	Devizes 10k	Devizes Leisure Centre, Devizes, Wiltshire.	11am
Sun Mar 4	Steyning Stinger Marathon & Half	Steyning Grammar School, Shooting Field, Steyning, West Sussex.	8.30am
Sat Mar 10	National XC Champs	Sunderland, Tyne & Wear.	12pm +
Sun Mar 11	Today's Runner	Staunton Country Park, Havant, Hampshire.	11am
Sun Mar 11	Asics Fleet Half	Calthorpe Park, Fleet, Hampshire.	11.30am
Sun Mar 11	Hastings Half	Grosvenor Gardens, St Leonards on Sea, East Sussex.	10.30am
Sun Mar 11	Wimbledon 10k	Wimbledon Rugby Club, Copse Hill, Wimbledon, Surrey	9.30am
Sun Mar 18	Wessex League XC	Avon Heath Country Park nr Ringwood, Dorset.	12.45pm
Sun Mar 18	Sherborne Castles 10km	Sherborne Castle, Sherborne, Dorset.	11am
Sun Mar 18	Finchley 20	Bury Street, Ruislip, Middlesex.	9.30am
Sun Mar 25	Asics Reading Half	Madjeski Stadium, Reading, Berkshire.	10.05am
Sun Mar 25	Cranleigh 15/21	Cranleigh, Surrey.	9am
Sun Mar 25	B&Q Eastleigh 10km	Fleming Park Leisure Centre, Eastleigh (HRRL race)	10am
Sat Mar 31	Crawley 6&12hr race	Pease Pottage Hill, Tilgate, Crawley, Sussex.	7am
Sat Mar 31	Jurassic Coast Challenge	Lyme Regis, Dorset. (75 mile challenge over 3 days!)	10am
Sun April 1	Bournemouth Half	Pier Approach, Bournemouth, Dorset.	10am
Sun April 1	Trowbridge 10km	Studley Green Primary School, Trowbridge, Wiltshire.	10am
Sun April 1	Kingston 16-mile run	Kingston Town Centre, Surrey (and 8-mile run)	8.30am
Sun April 1	Combe Gibbet-Overton	Overton Recreation Centre, Overton, Hants (16 miles)	2pm
Sun April 1	Two Saints 10km	Cranbury Avenue, Southampton, Hants.	10am
Fri April 6	Maidenhead Easter 10	Maidenhead, Berkshire.	10am
Fri April 6	Guernsey Easter Runs	Port Soif, Castel, Guernsey, Channel Islands (10km)	10.30am
Sat April 7	Guernsey Easter Runs	Les Amarreurs, Guernsey, Channel Islands (4mileXC)	11am
Sat April 7	Newport to Ryde 7	Quay Street, Newport, Isle of Wight.	3pm
Sat April 7	Rotary Quarter Marathon	Boscombe Pier, Bournemouth, Dorset.	3pm
Sun April 8	Guernsey Easter Runs	Les Amarreurs, Guernsey, Channel Is (4x2m relay)	10am

Want to know more? Click onto the SGR website: www.sgrac/net
For entry forms contact Di MEwen at 39, Cuckoo Lane, Stubbington P014 2PE
Telephone: 01329-662091.

The Stubbington Noticeboard

The next issue of the Green Runner will be published on Thursday, February 1st. Deadline for articles is Thursday, January 25th.

If you want Stubbington kit, then call Glen or Caroline Street on 01329-845330. To view the range we have, log onto the SGR website: www.sgrac.net/

Club training sessions:

Monday:
Solent Hotel, Whiteley (6.30pm).

Tuesday:
Crofton Community Centre, Stubbington (6.30pm).

Wednesday:
Crofton Community Centre, Stubbington (6.30pm).

Thursday:
Locks Heath Sports & Social Club (7pm).

...also speed hill sessions for the slower runner (6.30pm) - alternate venues (Locks Heath Sports & Social Club or Crofton Community Centre)

Jan 4th: Locks Heath
Jan 11th: Stubbington
Jan 18th: Locks Heath
Jan 25th: Stubbington

Dates of the next three committee meetings:

Tuesday, January 2nd
Tuesday, February 6th,
and Tuesday, March 6th
all at 8.30pm.

January's training programme

Tuesdays
Jan 2nd: 5x Lee triangle accelerations
Jan 9th: Hill Head 8x600m (250m recovery)
Jan 16th: 5x5 mins (2 min recovery)
Jan 23rd: Lee 16x1min (1 min recovery)
Jan 30th: 6x1km @ Cuckoo lane

Thursdays

Jan 4th: 7 Titchfield rollercoasters
Jan 11th: 2x Titchfield figure of 8
Jan 18th: 2x2 miles (2 min recovery)
Jan 25th: 16 mini rollercoasters

IF any members have any unwanted Christmas gifts or other items could they pass them onto me.
I can sell or raffle them for Macmillan Cancer Support or my local church blind club.
I am happy to collect on running evenings or to call round for them.
Please keep me in mind.

Chris Ryder
(01489 565843)

ANYONE with children who wants to enter the Stubbington fun run on 10k day should bear in mind the race starts at 10.05am on January 14th. Enter early. The price is £1 with all proceeds going to Naomi House Hospice. Medals to all finishers. Only 160 entrants on the day. Trophies to first three boys and girls in under 11 and 11-14 years categories.

Who's who.....

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Don't miss out on the latest news on the club website - www.sgrac.net/