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

Costly change

YOU may remember that in my end of year report, in last June's issue of the Green Runner, I mentioned that England Athletics came into existence on April 1st, 2006, ***writes club secretary, Mark Le Gassick*****.**

England Athletics was formed with the aim of modernising athletics, and taking over many regional responsibilities from the South of England Athletic Association.

Well, if you can't remember reading about it, or if you joined the club after June 2006, here I will explain what the organisation does in a little more detail.

On April 1st, 2006, England Athletics was born, and it is now working closely with UK Athletics, and other national athletics organisations, such as English Cross-Country, and English Road Running, to encourage participation and to nurture talent.

The organisation is also responsible for developing the sport at a local level, and employs a number of regional staff to assist with club initiatives, and to ensure that events are well managed and delivered in a way that is safe for all participants (including the provision of public liability insurance).

During the first, 'transition' year, from April 1st, 2006 to March 31st, 2007, affiliation to England Athletics was free to all clubs and their members, with affiliation paid to the South of England Athletic Association as normal (from January 1st, 2006 to March 31st, 2007).

However, this year, all clubs and their members have to pay an affiliation fee to England Athletics as from April 1st.

From now on, clubs will pay an affiliation fee of £50, and each club member who competes, during that year, in any event run under UK Athletics rules, will also pay a £5 affiliation fee for the year.

For the first year of affiliation (April 1st, 2007 to March 31st, 2008) England Athletics have decided to reduce the individual membership fee to £3 per competing club member.

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Where did you get that hat, Hally?

Fashion-conscious Chris Hall was caught wearing his 'Compo' gear at the Meon Valley Plod in February. He could have had a shave, though! Plod results and other details inside.

Results

BLACKMORE VALE HALF
WHERE: Blackmore Vale, Sherborne, Dorset.
WHEN: Sunday, February 4th.
THE RACE: Tough, hilly half. Nasty finish.
RUNNERS: 418 runners
FIRST MAN: Peter Roper (SBR Sports) 1hr 14min 19sec.
FIRST LADY: Camilla Briggs (Thames Valley Harriers) 1:24.22 (15th overall).
STUBBIES: 118th Nick Kimber 1:38.23.

CHICHESTER PRIORY 10KM
WHERE: Chichester Festival Theatre, Chichester, West Sussex.
WHEN: Sunday, February 4th.
THE RACE: Good conditions, not too cold, on hilly 10km with downhill finish.
RUNNERS: 1,462 runners.
FIRST MAN: Toby Lambert (Alton Runners) 30min 22sec.
FIRST LADY: Linda Spencer (Chichester Runners) 34.39
STUBBIES:
Men: 11th Mark Le Gassick 32.15, 219th Malcolm Lavery 41.49 (M40, 80th), 241st Richard Simms 42.15 (M40, 90th), 242nd Jon Leigh 42.18 (M40, 91st), 257th Andy James 42.36 (M50, 48th), 263rd Tim Sands 42.45 (M50, 50th), 339th Nick Davies 44.14 (M40, 126th), 454th Colin Elderfield 46.48, 523rd Richard Snell 48.07, 532nd John Fairhurst 48.21 (M60, 16th.

Women: 34th Bev Lavery 41.49 (W40, 9th), 191st Jane Thomson 52.28, 229th Verity Wright 54.03, 275th Denise Crumpton 55.51, 276th Liz Hall 55.52 (W40, 111th), 429th Anne Fairhurst 1hr 1min 22sec (W60, 13th).

Race diary: pages 10 & 11

Michelle hits the magic 40!

Stubbington's very own 3am girl, Michelle Simpson, celebrated her 40th birthday with a party for friends and family at Sarisbury Green Community Centre. The great and the good from the south coast flocked for the celebration, and Michelle wanted to offer her own thanks to those who made it such a special evening for her.

Thank you! Thank You! Thank You!...to all those members that came to my party and made it such a memorable occasion for me.

As you all know, I love to dance, but you also know that my dancing skills don't lend themselves to parading in a nightclub! So my own party was the ideal opportunity to "express myself to music!"

My day was very ordinary with an emergency trip to the dentist! As Andy was busy with his preparations for the party that evening I had to continue with the "routine domesticity" - my extraordinary evening more than made up for the ordinary day!

I had "pockets" of friends from the various areas of my life, to have them all in one room was a little surreal.

Despite my request of "no pressies" they flooded in - for those of you that gave me alcohol...what are your trying to say!?

For those of you that bought me anti-wrinkle cream/age-defying cream...much appreciated! I'm not sure if it is polite to say this..but hey!, my favourite present was from Mike and Tracy King.....a flashing "40" wand!

I was in my element! My dancing portrayed an appearance of a drunken 40 year old.....far from it. I was high for sure, but on the buzz of the night. I left completely sober and was up early the next morning with my head in tact! Unlike my Husband!

I returned recently from a five-day trip in Prague - yet another treat from Andy to mark the occasion.

Five days, no kids and a beautiful city - how peaceful? No! We walked miles each day.....drank the city dry - it was rude not to the price they charge for beer!

Anyway, thank you again. I will now need to try and loose some weight - may even take up running! I mean instead of fast walking!

Changes to the cost of road racing

Continued from front page

For Stubbington members, the committee has agreed to pay both the club, and the individual membership fee for 2007-08.

However, from April 1st, 2008, each club member who wishes to compete in any race run under UK Athletics rules will have to pay the £5 annual membership fee.

Events run under UKA rules include:

- Most road races, including all Hampshire Road Race League fixtures,
- Hampshire League cross-countries,
- Hampshire, Southern, and National Cross-Country Championships,
- Southern Men's League track and field, and
- South Downs and Test Way relays.
- Today's Runner league

To simplify the affiliation process for the club, the England Athletics individual member affiliation fee will be collected at the same time as the club annual membership fee, on August 1st, 2007.

On your renewal form there will be a section that will ask you whether you intend to compete in any event that is run under UK Athletics rules for the following year (April 1st, 2008 – March 31st, 2009).

If you intend to compete, you will be asked to tick a box and your £5 fee will be payable, along with your annual club membership fee. You will receive a membership card through the post that will show your eligibility to compete in UKA competitions.

Individual affiliation to England Athletics is through your first claim club only (if you compete for another club second claim you only need to affiliate once).

The only people who are exempt from paying the individual membership fee are club members who:

- are 10 years of age or under,
- train but do not compete and
- are officials, coaches, and volunteers.

Girls just wanna have fun!

Ladies captain, Chris Haskell, is one of the stalwarts of the club. She works hard behind the scenes and leads by example on the road and cross country. Here, Chris talks about her life, about her running,

How did you get into running and why?
In March 2003, my two beautiful daughters told me they were going to do a running course for beginners and that I should join them. So to keep the peace I did and the rest they say is history! I should add that I wasn't a total novice having been a treadmill runner in the local health club for several years, and I had played badminton for various clubs since I was a teenager.

When you got married, what did your husband Eric think about your running, and how did you manage to juggle your sport around bringing up children, running a busy household and work?
The first year of meeting Eric saw him being sent to sea for nine months and I decided that I needed something to keep me occupied during his absence. So I took up badminton, a sport I had first enjoyed at school. It was something I stayed with up until about eight years ago when tennis elbow forced me to give up. That's when I looked around for something else and joined a health club, doing all manner of classes and regularly working out in the gym. So by the time I came to running my cvs and joints were all ready for the rigours of running.

What do you think about while you are running?
How lucky we are to live in an area with so many beautiful places to run. When I was working at Southampton University, I found running a great way to leave behind the stresses of the day/ week. But it also enabled me to sort out problems in my head too so that by the time I got home I was in a much improved frame of mind. Nowadays I plan what I am going to cook or how I am going to reorganise my garden - much more pleasurable!

Do you enjoy training, and if so what do you enjoy most?
If you mean do I enjoy the Thursday night sessions or the times I join Penny and the juniors to do the Leafy Lane hills then you must be mad! But I know they are a necessary part of any runners regime. Even at my great age I still hope to improve or if not get better then maintain a high level of fitness. The sessions I enjoy most are the Monday and Wednesday evenings when we run as a group. It's always a pleasure to run with such a great bunch of people and catch up on the latest news.

Do you regard running as a means to keep fit, or because of what it provides socially?
When I started running regularly (three times a week) I lost a lot of weight (1.5 stone). Some of that I have put on again, but now my body feels much more toned and health wise I am much fitter. I am a firm believer that it helps improve your immune system. I suffer far less colds and I recover from them much more quickly; my blood pressure is brilliant - most of my non-running contemporaries take medication to lower their BP. As a woman I am also very aware of the need to exercise to ensure my bone density is maintained to ward off the dreaded osteoporosis. All this AND new friends - what more could a girl want?

How has running changed for you over the years?
Although I am a relative newcomer I am much more relaxed about it than when I first started. Then I worried about missing any session as I was convinced my new found figure and fitness would vanish overnight! Now I enjoy whatever time I spend running and am grateful that at my age I can still do it. Why did it take me so long to find?

Do you enjoy racing, and what sort of events do you like competing in?
I love racing. Not because I think I can win, but because I have met so many new people at the events and I am always amazed at the friendliness and support they provide. There is never any ill feeling. Everyone appreciates the skill of the top runners and I have never heard a bad word at any of the events. In every event I am competing against myself, always hoping to do as well if not better than the last time. That's why events like RR10 and the Today's Runner cross country series are so good because they encourage the not so fast by excluding the speedier runner and no one is bothered about what time it took to run the race.

Do you ever get nervous before races?
Yes I do and I find it a really strange feeling. I *know* I am not in the spotlight or that I am expected to do anything exceptional so I can never understand why I get nervous, but I am sure the adrenalin kick helps no end

More women are joining Stubbington Green Runners, why?
Don't know that I can answer this but maybe it has to do with the raising of women's profile in athletics. Paula Radcliffe and Kelly Holmes are only two of many sports women who have a huge following and what better role models could there be. If it encourages ladies into our sport then great. I am sure SGR are not the only club to benefit

Results

DAVID LLOYD 5KM
WHERE: David Lloyd Leisure Centre, Nursling, Southampton.
WHEN: Sunday, February 11th.
THE RACE: Testing 5km around Nursling and Lordshill.
RUNNERS: 146 runners.
FIRST MAN: Andy Morgan-Lee (Southampton Running Club) 15min 49sec.
FIRST LADY: Erica Sheldon (Southampton Running Club) 17.37
STUBBIES: Men: 29th Jon Leigh (V45, 5th) 20.19.
Women: 32nd Denise Crumpton (V40, 6th) 28.23, 35th Michelle Simpson (V40, 7th) 29.00.

WERE you one of the marshalls who missed out on a souvenir mug at the Stubbington 10km race?

Well, thanks to a deal with Arthur Daley, the local mug manufacturer, a box of Stubbington mugs has been plundered from a mysterious source and made available to club members who didn't get their valuable memento.

So if that is you, then badger Gary Littlecott with the phrase: "I like your mug, so give me mine!"

It's the usual form - catch Gazza on Monday, Wednesday and Thursday evenings at training.

The club is also looking for volunteers to encourage the slothful Littlecott to stop making petty excuses for not going running on a Sunday morning.

The man is slipping into bad ways and needs the club's help to get him out of the trough which is his 12 tog duvet!

He's clearly missing his training partner, Kinger, who has taken the year off.

So, if you are at a loose end running-wise on a Sunday morning, and want an interesting, funny and witty running partner, then please give Gazza a call, and get him out of his bed on the Sabbath!

Running will never seem so boring again! And that's a promise!!

CHRIS Munro had an early bath in Bath thanks to a fine run at the British Universities Sports Association cross country championships.

Chris, who is currently studying at the University of Manchester, placed 195th in the 7.5km B race with a time of 31min 46sec.

He then followed that run up with a personal best set at the Alexandra Park 5km race in Manchester.

He clocked 20min 12sec on a day when there was hardly any win, and for once there was some sun!

Club contacts - see page 12.

The importance of recovery

It's a case of hard and easy - says Penny Forse

FULL recovery from hard runs takes about two days, but three days or more needed after racing.

It is a common mistake to rush back into hard training when you're on a 'high' from running well or feeling 'low' from a poor performance.

Muscles cells need time to repair from their miniscule lesions and the immune system must build up from its depleted state.

You need to alternate hard training days – fast runs, speed sessions, long runs, races – with easy days – short or medium runs over easy terrain at 'conversational' pace.

Run with someone of similar ability as what is easy for one runner may be difficult for another.

In addition you could plan one easier week each month, which is refreshing mentally as well as physically and prevents overtraining.

Reduce your mileage, cut out speed-work and long runs for that week. Even partake in 'active rest' which means you are exercising but in a different sport like cycling, swimming and walking.

Listen to your body and recognise the warning signs: sore muscles, aches and pains, fatigue, poor sleep patterns

For those of you that are well into your marathon training build up, just have a peek at your schedule and make sure you are planning in enough recovery sessions.

A final note – for those, like me, who are of 'a certain age' it does take longer to recover, so try planning a schedule the 'Hard-Easy-Easy' way and you'll never have to hang your running shoes up!

Chocolate is a sin: official!

THERE comes a time when we all have to confess when our sins will eventually catch up with us.

And so it was, with some surprise, that Father Dave, the newly-ordained parish priest for the Poopenhall diocese, was interrupted in his weekly tasting-cum-slurping of the communion wine by a visit from one Colin "Union Jack Shorts" Elderfield.

Here was his confession:

"Forgive me father, for I have sinned.

"For I was the "helper" mentioned in February's *Green Runner* who helped the lady for the last two 2km of our 10k race.

"You see, I was marshalling in Broom Way, and having finished there I jogged back to the Newgate Lane roundabout.

"It was here that I noticed a female runner wearing a t-shirt which read 'I would murder for chocolate'.

"I joined her, pushing her to a sprint finish. I do not usually wear a tracksuit or a back pack when running but I managed it that day.

"And guess what, the lady would have murdered me if she had known what was in the back pack - several nice Mars bars for later among other tasty treats.

"So there you go, I hope I didn't ruin the finishing picture."

Colin was subsequently absolved of his sin of helping a non Stubbington runner, and after two "Hail Mary's" and three "When the Saints go marching in", he was relieved of all his chocolate bars from his rucksack and told they were going to a good cause within the parish!

If you have a confession you would like to make in the Green Runner, then please let Father Dave know, but don't bother him during *'Deal or No Deal"'*- pleeeeease!

Bootiful - Just bootiful!

Stubbington's stars headed to Norfolk for the Southern Cross Country Championships. Mark Le Gassick reports.

Photos: Mike Clarke

MILE upon-mile of flat, bleak, featureless countryside, with only the occasional black, gnarled tree to break up the monotonous landscape – plus grey and dank, with an icy wind cold enough to freeze a brass monkey's what-sits off. This could only be a description of north Norfolk, couldn't it?

Well, the 13 enthusiastic members of Stubbington Green Runners & AC who made the long, five-and-a-half hour journey north to compete in the Saucony Southern Cross-Country Championships were pleasantly surprised to find a scene quite different from the one they had imagined.

The 25,000-acre Holkham estate, includes a deer park and its own private beach, and is situated three miles west of Wells-next-the-Sea, only a stone's throw away from The Wash.

Upon arrival, the team were greeted with an impressive sunlit view of the huge Holkham Hall, set against a cloudless, azure blue sky, and sitting majestically at the bottom of an emerald green valley, complete with a large, glistening lake to one side.

The hall was originally owned by Thomas Coke, the first Earl of Leicester, in the1750s, and eight generations later, is still home to Viscount Coke, his wife, and their four young children.

Last year, Stubbington's Chris Vernon came up with the idea of using the Holkham estate as a brand new venue for the Southern Cross-Country Championships, and successfully persuaded the event's organisers that it would make an ideal setting.

Chris worked closely with the race organisers to ensure the course was worthy of its championship status, and most of the team agreed that it made a welcome change to the traditional deep mud and unrelenting hills of north London.

The three-lap 15km senior men's course, although not as challenging as Parliament Hill, still provided runners with a stern test.

It included a mixture of flat terrain that took the field out around the lake and back, plus a couple of long climbs and descents on the huge grassy area in front of the imposing Holkham Hall. Conditions underfoot were pretty good, although the hard, uneven ground did result in sore feet and blisters for many competitors.

Spectators were treated to an exciting senior men's race with Belgrave Harrier, Phil Wicks, taking the title by a slender 16-seconds in the final sprint to the line, from Bedford & County AC's, Huw Lobb, and clocking a superb time of 45 minutes 55 seconds in the process (about five minute per mile pace).

First for the greens was Mark Le Gassick with a consistently paced run, finishing in 70th place, in a time of 52 minutes 2 seconds.

Alisdair Ewing ran well, as per usual, to finish in a time of 56 minutes 39 seconds in 160th place, and a strong run from Noel Charlton helped him sneak inside the first 200, in 58 minutes 1 second, for 199th place.

Andy Simpson was the fourth man home for Stubbington in a time of 59 minutes 23 seconds (238th). Solid runs by Jon Leigh, finishing in 1.07.40 (427th) and Gordon Westley - 1.07.52 (431st) - completed the six-man team.

A few places behind Gordon, Phil May finished in 1.08.16 (437th), Eric Beck was 463rd in 1.10.27, with Richard Simms hot on Eric's heels, in 1.10.29 (465th).

Despite suffering badly from blisters, young Chris Furnell performed well in the senior's race, clocking 1.11.34 (480th), with Nick Crane – 1.11.37 (481st), and completing the team, a very tired Chris Vernon, walking across the line in 1.13.01 (498th).

Bedford & County AC were the clear winners in the six-man team category. Southampton Running Club finished in 16th place (1129 points) and 22 men running for them. SGR finished as the 25th six-man team overall (1525 points).

Unsurprisingly, with a depleted squad due to injuries, and not to mention one die-hard Portsmouth fan travelling all the way up to Manchester to watch the blues get knocked out of the FA Cup, Stubbington finished behind Southampton in the 12-to-score event, losing the legendary, if somewhat tarnished, Hampshire Cup that the club has proudly held for the past three years.

An excellent performance by Becki Gough, in the under-17 ladies' race, resulted in the former Stubbington junior finishing on the podium, in a superb third place.

Poisoned arrow!

DESPITE somebody's extraordinary efforts to disrupt the race, by turning arrows around, the Today's Runner event at Manor Farm Country Park went off without too much of a hitch, *writes Glen Street.*

Andy Lovell of Portsmouth Tri Club, had a large lead when he got to the offending arrow, but decided, wisely, to follow the course he knew from previous years.

From all of the evidence gathered so far, every other runner took the wrong course, but they all went the same way, so the results were not affected in any way (phew !).

A big thank you to all the marshals that ensured the race ran smoothly.

And another big thank you to Di McEwen and her catering team for putting on a good spread afterwards, which even included hot vegetable soup this year.

Also, many thanks to everyone that took the time to make those wonderful cakes – apparently they were excellent !!

And so to the results;

Farnham Runners ran away with both the men's and ladies' races. Stubbington finished 4th in the mens race and an excellent 2nd in the ladies race, only one point behind the winners.

This gave Stubbington an overall, 2nd place behind the obvious winners, Farnham Runners.

Ladies: 2nd Bev Lavery, 8th Penny Forse, 9th Louise James, 14th Susie MacGregor, 40th Annie Tomlinson, 41st Chris Haskell, 46th Carol Hindry, 49th Veronica Wright, 54th Caroline Street.

Men: 5th Andy Simpson, 22nd Malcolm Lavery, 28th Tim Crumpton, 31st Mike Bell, 44th Jon Leigh, 47th Richard Simms, 55th Marcus Lee, 69th Nick Crane, 70th Phil May, 83rd Andy James, 84th Mark Hindry, 98th Steve Wylie, 105th Neil Jarvis, 117th John Vose, 121st Terry French, 124th Peter Wright.

There were 60 lady finishers and 130 men finishers. The final race will be organised by Denmead Striders at Staunton Country Park on Sunday, March 11th.

Di - you are one souper Stubby

RUNNERS were treated to a feast fit for a king at fixture five of the Today's Runner cross-country series, at Manor Farm Country Park, Bursledon. Yes, you guessed it, Stubbington's 'hostess-with-the-mostess', Di McEwen, pulled out all the stops yet again to ensure that the 200-plus ravenous runners, and helpers, left well fed and watered following their energy-sapping efforts around the muddy course.

On Saturday afternoon, and well into the evening, when most of us were out shopping, or watching the rugby, Di was busy making 400 sandwiches with a variety of fillings, plus gallons of piping hot vegetable soup, in order to make sure that there would be enough to go round at the race on Sunday.

Di has organised the catering at SGR&AC's annual 10k race, and the club's Today's Runner cross-country fixture for many years.

And, with the invaluable help of club members, such as Ann Rawlins, Jean Childs and Joan Vose (pictured), their efforts are vital in ensuring that after the race, competitor's insatiable appetites are fully satisfied (on the food front that is!)

In fact, over the years at the club's 10k, Di's mouth-watering bacon butties, and home made cakes, have become a legend in their own right, and have garnered compliments across numerous post-race Internet forums and, in particular, on the Runner's World web site.

So, let us not forget Di's dedication and hard work over the years, and those who help make her kitchen run like clockwork on race day, and the next time you go to a race remember that there are probably many unsung volunteers like them working just as hard behind the scenes as well. Thanks Di, your efforts (not to mention your delicious cakes) are very much appreciated by us all!

Dublin delights

HOW do you fancy a weekend in Dublin next September? The adidas Dublin Half Marathon takes place on Saturday, September 22nd, and it's race 59 on Dave King's Round Britain Running Challenge.

"I'm going to Dublin anyway, and I've already planted the seed in a few Stubbies' brains about getting a few of us together to run in Ireland next autumn," he said.

"One person said he would be interested, but he would probably have to bring the wife, and a few others have expressed initial interest.

"I'm flying out on the Friday for the race from Southampton, and coming back on Sunday evening – I checked flight prices just before the Green Runner went to press and you can get flights with taxes for £75.70 (the taxes are more than the flights!).

"If anyone is interested in making a weekend of it then it would be good to have the company."

Month two of the challenge has gone well for Dave with four races. He ran the Watford Half Marathon at the beginning of the month in 1hr 34min 55sec for 364th place, and then headed for Stamford in Lincolnshire to take part in the Stamford Striders' St Valentine's 30km. This was a very hilly run which took in four counties, with Dave coming home in 156th place in 2hrs 21min 41sec.

Next up was the Great East Run in Bungay over 20km. Liz Hall and Amanda Humphry *(pictured with Dave),* who is now teaching in Suffolk but still wears her Stubby vest with pride, ran together in the early stages with Liz finishing in 453rd place with a time of 2:02.14 and Amanda not far behind in 480th with 2:07.09 and another important step taken with her London Marathon preparations. Dave had a steady run with 102nd place in 1:28.51.

Finally, February was completed by the gruelling Terminator race at Pewsey in Wiltshire. An unrelenting and vicious run over 11.4 miles with mud and hills aplenty, including a nice river dip at the end. Graham Watts also made the journey from his Somerset home to compete and was happy to cross the finish line in 640th place with a time of 2:28.56. Dave was glad to see the finish line too, his time of 1:52.42 for 266th.

This month, Dave heads to the Republic of Ireland for a race near Cork called the Ballycotton 10, ventures to Oxfordshire for the Banbury 15, spends St Patrick's weekend in Northern Ireland for two races – a mountain race in Waterfoot and a 10km in Downpatrick, followed by a scenic 14-miler around Lake Coniston in Cumbria at the end of the month.

Results

SUSSEX BEACON HALF
WHERE: Madeira Drive, Brighton.
WHEN: February 18th.
THE RACE: New route through the town centre and along the seafront.
RUNNERS: 3,202 runners.
FIRST MAN: James Baker (Chichester Runners) 1hr 8min 33sec.
FIRST LADY: Gill Wheeler (Hailsham Harriers) 1:21.38 (45th overall).
STUBBIES: 1138th Simon Holford 1:46.50, 1603rd Gilbert Yeates 1:50.19.

BRAMLEY 20/10
WHERE: Bramley School nr Basingstoke, Hampshire..
WHEN: February 25th.
THE RACE: One and two lap course around country lanes. Two hills.
RUNNERS: 726 runners (20 miler) / 483 runners (10 miler)
FIRST MAN: 20 miles: Dave Mitchinson (Newham & Essex Beagles) 1hr 45min 44sec.
10 miles: Julienne Lhomme (Headington Road Runners) 54min 53sec.
FIRST LADY: 20 miles: Heather Foundling-Walker (Honiton Running Club) 2:03.42 (27th overall).
10 miles: Melissa Neal (Peterborough AC) 1hr 2min 40sec
STUBBIES:
20 miles: 293rd Jon Leigh 2:35.04 (V40, 76th), 300th Nick Kimber 2:35.59 (V40, 79th), 325th Marcus Lee 2:38.39.
10 miles: 145th Peter Moreton 1:17.11 (V60, 4th).

CONGRATULATIONS to former Stubby runner, Trevor Fairhurst, and his wife Natalie, now living in Canberra, Australia, who are proud to announce the arrival on February 21st of their son Morgan, who weighed in at 8lbs 11ozs. He is the third grandchild of Anne and John Fairhurst.

Get your partner running!

DO YOU KNOW anyone who would like to join Stubbington Green Runners' beginnner's course which starts next month?

Maybe a friend, a work colleague, even a partner who you've been wanting for ages to encourage them to get a little more active!!

Last year, the eight-week session proved immensely popular providing advice and encouragement to a number of joggers/runners/amblers/pedestrians who discovered the joy of running.

Now the club is planning to hold another eight-week course, starting on Wednesday, March 28th and running every Wednesday through to May 16th.

We will meet at Crofton School in Stubbington for a prompt 6.30pm start and after the training session a series of guest speakers will give talks on a variety of subjects related to running and keeping fit.

For example, Just Run from Eastleigh will be coming on April 4th to talk about footwear and kit.

So we'll break down all the jargon, and cut to the chase with a no-nonsense, easy to enjoy course.

The course will be suitable for all abilities. Absolute beginners can be assured we will treat them gently – we are trying to encourage not discourage and each session will be supported by members who have many years of experience between them.

For safety reasons we must restrict the numbers to a maximum of 30 so apply now to be certain of a place.

If you are uncertain about applying ring one of the following numbers for more information:

Christine Haskell on 01489 582996, Glen/Caroline Street on 01329 845330 or Chris Hall on 02392 355498

It is recommended that you speak with your doctor to ensure your fitness to participate before applying.

The cost of the course is £18 which is includes one year's club membership.

Roll up for the Stubbington quiz night

Question: What's the best thing you could do on a Friday night in April?
Answer: Get yourself along to the Stubbington Green Runners' quiz night!
Question: When?
Answer: Friday, April 27th at 7.30pm.
Question: Where?
Answer: The Crofton pub in Stubbington.

Here's your chance to pit your wits against the finest brains that SGR can offer. Who's a member of Mensa and who's got life membership of Densa? Who thinks H20 is hot water and C20 is cold water? Well now you can find out.

3am girl Michelle Simpson and her glamorous social committee team, fresh from their success at last autumn's awards night, have conjured up another treat.

It's going to be a fun quiz at the Crofton with a basket meal thrown in, all for the measly sum of £7.50 per person. Details of the basket meal menu will appear in next month's Green Runner and on the website.

There will be a prize for the winning team, and once again more details will follow shortly.

Michelle said: "We have recruited a top quizmaster – no, not one of the dynamic duo that hosted our awards night! But his talents will leave you shouting and squealing…or will they? There's only one way to find out…..be there!"

Graham Norton was invited to be the quizmaster, but Michelle Simpson said she didn't like his hairstyle or his high-pitched laugh, so we ditched him!

Results

MEON VALLEY PLOD
WHERE: Sustainability Centre, HMS Mercury, East Meon.
WHEN: February 11th.
THE RACE: 19.5 tough miles of multi-terrain, including Butser Hill, and 10 miles of new course.
RUNNERS: 338 runners.
FIRST MAN: Greg Deacon (Basildon AC) 2hrs 22mins 12secs.
FIRST LADY: Lucy Brooks (Serpentine Running Club) 2:38.28
STUBBIES: 31st Mike Bainbridge 2:48.56, 38th Graham James 2:49.44, 44th Chris Hall 2:53.03, 122nd Nick Kimber 3:20.25, 217th Ian Street 3:51.47.

WINCHESTER 10KM
WHERE: Winchester City Football Club.
WHEN: February 25th
THE RACE: Hilly 10km, with a confused start which saw leaders lap back-markers on opening lap!
RUNNERS: 788 runners.
FIRST MAN: Gary Thornton (Kent AC) 30min 20sec.
FIRST LADY: Lucy Elliott (Winchester & District AC) 35.38 (14th overall).
STUBBIES: Men: 3rd Mark Le Gassick 32.47, 62nd Tim Crumpton 40.57, (V50, 8th), 76th Michael Tinney 41.47 (V40, 14th), 111th Richard Simms 43.33 (V40, 21st), 180th Zac Conaty 46.07, 270th Gilbert Yeates 49.53 (V70, 2nd), 452nd Tim Bishop 58.26 (V45, 56th).
Team: Stubbington Green - 6th.

Ladies: 24th Susie MacGregor 45.51 (V35, 4th).

Keep upto date with all the club news at: www.sgrac.net/

There's no stopping the Kimber-nator!

THE London Marathon has been concentrating the minds of quite a few Stubbies. For Nick Kimber, the Spring-time 26-miler has become something of a pilgrimage, and he has been training well this winter in the build-up to another assault.

The Kimber-nator was up to 18 miles in training before Christmas and was among a feast of Stubbies who took on the Meon Valley Plod. Portsmouth Joggers through in 10 miles of new course, but still left in the Butser on another gruelling 19-mile toughie which threw the elements at the field.

Nick came through well in 3hrs 20min 25sec. The race was made memorable by rare outings from the Compo lookalike Chris Hall who was 44th in 2:53.03, and Mike Bainbridge who was the leading Stubby in 2:48.56.

Graham James ran a pretty smart time of 2:49.44 for 38th, and then headed for the snows of New Hampshire, USA, where days later he braved conditions for a four-mile run dressed in thermal top, fleece, Pertex top, hat, gloves, tights and tracksters!

"New Hampshire is colder than the old one," he remarked. "I'm coming back to England for some warm weather training!"

The Bramley 20 is a traditional benchmark for the marathon runners. Get a good 20 in by the end of February, and that sets you up nicely for London.

A pleasant two-lapper around the Hampshire countryside, Nick joined Jon Leigh and Marcus Lee on the run with Jon taking it nice and steady with 2:35.04, Nick in 2:35.39 and Marcus 2:38.39.

Mark Le Gassick is looking to have some fast runs in the Spring 10km races, and had a tasty run at the Winchester 10km where he placed third in 32min 47sec. Tim Crumpton seemed to enjoy his run with a fine 62nd in 40.57.

A strong run too from Susie MacGregor, who is running back to form after a three month lay-off, and she placed 24th in 45.51, while it's good to see Gilbert Yeates back in the frame.

He had a cracking run at the Sussex Beacon Half with 1hr 50min 19sec, and then was second Vet70 at Winchester with a time of 49min 53sec. Good on y'er, Gilbert! Simon Holford, who has also got London in his radar, ran in Brighton with a measured 1:50.19.

Great effort - but sadly no cigar!

The final race of the Hants XC League was run at Canford Park in Wimborne. Despite a rallying call from yours truly we struggled to find runners who were fit and able to compete, writes Andy 'Muddy Boots' Simpson.

The ladies' race was won by Amy Campbell of Southampton Running Club. The Stubbington ladies were led home by Penny Forse coming home 34th overall and 15th vet.

Next was Margaret Pritchard in 64th and 35th vet overall, who is continuing to improve after her Thursday night speed sessions.

The ladies' captain, Chris Haskell, brought the team home with 74th overall and 43rd vet. She also managed to slip through everybody's radar at the finish and we were still looking for after the last lady came in! Sorry, Chris you were too quick for us all at the finish.

The ladies senior team was 13th on the day with the vets coming home in 8th place, so well done ladies.

The men's teams were battling to avoid relegation in senior division and chasing a slim chance of runners up spot in vet's league.

After some desperate ringing around to confirm numbers we got two teams out. The senior men were level on points with Overton but in the relegation zone on aggregate positions.

It was always going to be tough and after the 1km Overton had four of their runners ahead of our second place runner with five to score.

Sadly that's how it remained and their 5th runner completed an easy victory for Overton on the day finishing 7th to our 9th position which means we are relegated to division 2 for next season.

Hampshire Cross Country League (Canford Park, Wimborne)

Men	
12 Mark Le Gassick	**30.55**
59 Barry Hards	**34.31 (mv 15th)**
67 Andy Simpson	**34.53**
89 Chris Hall	**36.28 (mv 32nd)**
96 Chris Vernon	**36.46 (mv 39th)**
129 Gordon Westley	**39.35**
146 Richard Simms	**41.19 (mv 74th)**
153 Nick Crane	**41.57 (mv 81st)**
Women	
34 Penny Forse	**26.40 (fv 15th)**
64 Margaret Pritchard	**30.30 (fv 35th)**
74 Chris Haskell	**34.18 (fv 43rd)**

The senior men were led home by Mr Reliable, Mark Le Gassick 12th, next was Barry Hards 59th, Andy Simpson 67th, Chris Hall 89th, Chris Vernon 96th *(pictured above)*.

All the team gave 110% and special thanks go to guys who have turned up for 4 or more races, Richard Simms, Nick Crane and Gordon Westley for all of the races. Every cloud has a silver lining which means we stand a good chance of winning division 2 and going straight back up next year!!

The vet team were hoping that Aldershot had a bad race and they could slip in to the runners up spot. They were led home by Barry 15th, Chris Haskell 32nd and Chris Vernon 39th for 5th spot on the day and finished 3rd overall behind the winners Reading AC and Aldershot in second.

Below are the final overall standings for runners who have completed in four races or more, well done guys. Penny Forse has completed in every ladies race for the club so a big thank you Penny. I will try and find out your overall position since the ladies don't list final standings of all the individuals - 42nd Andy Simpson, 84th Nick Crane, 85th Gordon Westley, 96th Richard Simms.

THE Wessex Cross Country fixture at Salisbury last month is one of the closest league meetings to us, so I was hoping to get a couple of teams out. Unfortunately we only had two senior men runners, so thank you guys for flying the Stubbie flag. Gordon Westley finished 39th and Phil May 42nd.

Can I say a big thank you to all the runners for travelling to Holkham Hall in Norfolk for the Southern Cross Country Championship, especially Chris Furnell who made up the men's team at the last minute! Also thank you to the minibus drivers. Everyone had a cracking day, especially since we got to watch the first-half of the FA Cup match between Manchester United and Pompey! For the running report, see Mark Le Gassick's article on page 5.

The Winter XC Points League is drawing to a close with only a couple of races to go. These are the National Cross Country Championships in Sunderland and the final Wessex League meeting in Poole. It's still a close run thing with Gordon Westley just out in front.

Standings: Gordon Westley 230pts, Andy Simpson 190pts, Nick Crane, Richard Simms, Phil May and Penny Forse – all 150pts.

The Race Diary

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
Sun Mar 4	RW 15-mile training run	Broomfield Hill Car Park, Richmond Park, Surrey.	8am
Sun Mar 4	EAS 10k (Castle Combe)	Castle Combe Circuit, Chippenham, Wiltshire.	9.30am
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 11	Poole 5km	Poole Park, Poole, Dorset.	11am
Sun Mar 11	The Grizzly	Seaton, Devon.	10am
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	Axe to Exe 20.3miler	South West Coastal Path, Exmouth, Devon.	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
Sun April 1	Worthing 20	Goring Gap, Worthing, West Sussex.	9am
Sun April 1	Mels Milers' 10km race	Bluecoats Sports Centre, Christ's Hospital, Horsham.	11am
Sun April 1	Rotary Club Calne 10km	Bowood House, Derry Hill, Calne, Wiltshire.	10am
Sun April 1	South Coast Half	Martello Fields, Seaford, East Sussex.	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

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

The Race Diary

Date	Race	Venue	Time
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
Sat April 7	Asthma UK 10km	Dorney Lake, Windsor, Berkshire.	10.30am
Sun April 8	Oakhaven Easter 10k	New Park, Brockenhurst, Hampshire.	11am
Sun April 8	Guernsey Easter Runs	Les Amarreurs, Guernsey, Channel Is (4x2m relay)	10am
Mon April 9	Guernsey Easter Runs	St Peter Port, Guernsey. (Half Marathon)	10am
Mon April 9	West Wight Three Hills 8	West Wight Sports Centre, Freshwater, Isle of Wight.	12pm
Thur April 12	6 in the Park 5km series	Hove Park, Hove, Sussex.	7pm
Sun April 15	Hawker 10k	YMCA Hawker Centre, Kingston, Surrey.	11am
Sun April 15	Arundel Park 10k	Arundel Castle, Mill Lane, Arundel, West Sussex.	9.30am
Sun April 15	Ferndown Charity Fun Run	Avon Heath Country Park, Ringwood. (10km)	10.30am
Sun April 15	Thames Towpath 10	Chiswick, West London.	9.30am
Sun April 15	Totton 10k	Testwood School, Totton, Hampshire (HRRL race)	11am
Sun April 15	Puma Dunsfold 10km	Dunsfold Park, Cranleigh, Surrey.	10am
Sun April 15	Highworth 5	Warneford School, Highworth, Swindon, Wiltshire.	11am
Wed April 18	RR10 - race one	Victoria Country Park, Netley, Southampton.	7pm
Sat April 21	Clandon Park Run (10k)	George Abbott School, Guildford, Surrey.	11am
Sun April 22	Flora London Marathon	Blackheath, London.	9.45am
Sun April 22	Corsham St George's 10k	Corsham Town Football Club, Corsham, Wiltshire.	11am
Thu April 26	Hayward Heath Open	K2 Track, Crawley, Sussex (one-mile races)	6.30pm
Sun April 29	Hastings 5 mile road race	Hastings, East Sussex.	10.30am
Sun April 29	Marwell Zoo 10k	Marwell Zoo, Colden Common, Hampshire.	10.30am
Sun April 29	Bracknell Half Marathon	South Hill Park, Ringmead, Bracknell, Berkshire.	9am
Wed May 2	RR10 - race two	Deerleap, Ashurst (Otter & Owl Sanctuary), Totton.	7.15pm
Sun May 6	Bluebell Trail	Angmering Park Estate, Arundel, West Sussex.	10.30am
Sun May 6	Fordingbridge10k	Fordingbridge Fire Station, Fordingbridge, Hampshire.	11am
Sun May 6	Three Forts Marathon	Hill Barn Lane, Worthing, West Sussex.	10am
Sun May 6	Neolithic Marathon/Half	Wiltshire Wildlife Trust, Devizes, Wiltshire.	11am
Sun May 6	Downton Multi Terrain	Downton Leisure Centre, Downton, Wiltshire (10km)	10am
Mon May 7	Shinfield 10k	Recreation Ground, Milworth Lane, Shinfield, Berks.	10.30am
Mon May 7	Esher Church School 10k	Esher Church School, Milbourne Lane, Esher, Surrey.	10am
Mon May 7	May Fayre 3 miler	Christchurch Primary School, Bradford on Avon, Wilts.	2.30pm
Tue May 8	Roundway Chase (10k)	St Andrews Church, Heddington, Calne, Wiltshire.	7.30pm
Wed May 9	Hearts First Jog South-ampton (3km & 6km)	Southampton Common, Southampton.	5pm
Wed May 9	Purbeck 10km	Puddletown Road, Wareham, Dorset.	7.30pm

The Stubbington Noticeboard

The next issue of the Green Runner will be published on Thursday, April 5th. Deadline for articles is Thursday, March 29th.

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/

Dates of the next three committee meetings:

Tuesday, March 6th, Tuesday, April 3rd and Tuesday, May 2nd all at 8.30pm.

March's training programme

Tuesdays

March 6th: 12 min O/B Lee (2 min recovery).
March 13th: 8 x 600 Hill Head (250m recovery)
March 20th: 6 x 5 mins (2 min recovery)
Mar 27th: 5 x Lee Triangle accelerations
April 3rd: Monthly time trial (meet at Eric Road)

Thursdays

March 8th: 16 short hills
March 15th: 2x2 miles (2 min recovery)
Mar 22nd: 8 x Titchfield rollercoasters
March 29th: 2 x Titchfield figure of 8
April 5th: 6 x Brownwich loop

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)

March 1st: Locks Heath
March 8th: Stubbington
March 15th: Locks Heath
March 22nd: Stubbington
March 29th: Locks Heath

PORTSMOUTH Joggers are running a coach to the London Marathon.

There will be a coach leaving Wallington Village Hall in Fareham at 8am on Wednesday, April 18th for the pre-registration. It will leave London's Docklands at 3pm.

On race day, Sunday, April 22nd, a coach will be leaving Wallington at 5.15am for the race start at Greenwich.

The coach will pick up survivors in Pall Mall at 4.45pm.

The cost of each coach journey is £16.50 return. For more details call Alan Marsh on 02392-750691.

WANNA run Sundays with a group? Gary Littlecott is looking to get together a gathering of Stubbies keen to go for a saunter around the Stubbington/Locks Heath area on the Sabbath.

If you're interested, then give Gazza a call. His contact details are below.

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