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

Running on Le Gas

HE'S the man with the famous dark glasses come rain or shine, but with the speed of foot which chases the clouds away.

Mark Le Gassick continues to have a storming season on both road and cross country.

Last month, Le Gas opened the RR10 season at Royal Victoria Country Park with a convincing win, putting one over Winchester's Julian Mann who squeezed him out of the title last summer.

Despite some shin problems, Mark is running and training well, and victory at Netley came off the back of a fine fifth place in a quality field at the Totton 10km. Training partner Michael Breed, a Royal Navy training instructor, was ninth.

For Mark, it gave him second place in the HRRL individual standings behind Alton's Richard Gowan.

Mark said: "It was a pretty tough race in the hot conditions - the 11am start meant the temperature was pushing the 80s and towards the end through the industrial estate and the long 2mk run in to home, it was baking.

"However, I was pleased with my run because I had a sore shin going into the race and it was hurting quite a bit afterwards."

Sadly, there was disappointment for the ladies at Totton with hopes high of gaining promotion from Division 2.

Gosport Road Runners were already assured of promotion, it was then a dog-fight between Stubbington and Farnham Runners, but it was the Surrey club who just grabbed the second slot.

It was still a great performance from the ladies over the course of the HRRL campaign, and it augurs well for next season.

As for the RR10, in our second season of competing, Stubbington put out a record 27 runners for the Netley opener.

It was great to see a few new faces, and fantastic to witness the encouragement everyone was giving each other.

Have a look at the RR10 schedule and if you can make a race then please let Mark know at marklegass@sgrac.net

The next race takes place on Wednesday, May 2 at Deerleap in Ashurst, by the Otter & Owl Sanctuary, with a 7.15pm start.

RR10 results: Wednesday, April 18th (Royal Victoria Park)

MEN: 1 Mark Le Gassick, 7 Chris Hall, 9 Andy Simpson, 23 Ray Gunner, 38 Tim Crumpton, 45 Mike Harper, 52 Paul Hammond, 60 Malcolm Lavery, 66 Mike Bell, 67 Richard Simms, 71 Gordon Westley, 85 Keith Carter, 90 Ryan Gunner, 92 Tim Sands, 99 Neil Jarvis, 110 Andy Lee, 111 Mark Hindry, 145 Gary Littlecott, 153 Gilbert Yeates, 170 John Simister.

LADIES: 8 Suzie MacGregor, 13 Lynne Spiers, 57 Sarah White, 69 Carol Hindry, 75 Julia Hunter, 76 Suzanne Byrne, 84 Liz Hall.

Men's A: 3rd, Men's B: 13th, Men's C: 17th, Men's D: 29th. Ladies A: 10th, Ladies B: 23rd.

THE Stubbington Spring Handicap takes place in May, with a bottle of wine at stake for the winner.

The event will be held on Sunday, May 6th. The route is centred around Warsash, with the aim for runners to get to the finish of the ambling, picturesque run by 11.30am without the aid of watches, compasses etc. The one closest to 11.30am wins.

The route starts outside the Rising Sun pub in Warsash.

Head out along the tow path towards the School of Navigation, turn right at the wooden rails, head out to the shore line, turn left and head towards Solent Breezes. Turn left and go up the side of the caravan park, then turn right.

At the end, turn right, follow the path round to the Chilling Field. Go along the top of the field, continue to run around the field and back to where you came in.

Head back to Solent Breezes and at the corner turn right over the chain past the white house. At the end of the road, cross over into the School of Navigation field.

There, follow the path along, go through the second gate, then turn left at the Hook with Warsash sign.

Follow the path through the trees, go through the gate, head down the path, take the first right and at the end turn left.

At the road turn right, at the School of Navigation turn right and head down the footpath. At the shore line, turn right and head back towards Warsash.

The finish line will be at the pink Hamble ferry building.

There will be bottles of wine to the winning male and female runner plus points for the prestigious Stubbington Points League.

Results

STUBBINGTON FOUR-MILE TIME TRIAL

Graham Bell	23.52
Mike Harper	25.24
Mike Bell	26.05
Richard Simms	26.40
Keith Carter	27.31
Phil May	27.58
Steve Wylie	28.23
Richard Snell	28.39
Colin Elderfield	28.39
Lyn Spears	28.42
Tim Sands	29.24
Mark Hindry	29.33
Lucy May	30.03
Rick Scott	30.14
Gilbert Yates	32.10
Carol Hindry	33.33
Derek Balsdon	33.52
Geraldine May	39.25

For the summer time trials, which are held on the first Tuesday every month, we meet in Eric Road at 6.30pm for a prompt 6.35pm start.

WORTHING 20

WHERE: Goring Gap, Worthing, West Sussex.
WHEN: Sunday, April 1st.
THE RACE: Four-lapper around the streets and along the seafront to the west of Worthing.
RUNNERS: 630 runners.
FIRST MAN: Nick Baker (Denmead Striders) 1hr 56min 22sec.
FIRST LADY: Georgia McNicol (Winchester & District AC) 2:16.18. (38th overall).
STUBBIES: 128th Dave King 2:33.15, 144th Marcus Lee 2:35.59, 152nd Nick Kimber 2:37.09.

TWO SAINTS 10KM

WHERE: Mount Pleasant Junior School, Southampton.
WHEN: Sunday, April 1st.
THE RACE: Chilly and blustery on one-lap course via Southampton Common.
RUNNERS: 216 runners.
FIRST MAN: Nick Buis (Southampton Running Club) 35min 31sec.
FIRST LADY: Jan Ross (Winchester & District) 42.15 (28th overall).
STUBBIES: 29th Mike Bell 42.18 (V50, 3rd), 40th Tim Sands 44.51 (V50, 6th), 49th Steve Wylie 45.56 (V40, 17th), 60th Richard Snell 47.35.

Team: Stubbington men, 4th.

John and Anne Fairhurst e-mailed to point out that the lady featured on the front of April's Green Runner with those Stubby blasts from the past and whose surname we didn't know, was Janet Poston. Many thanks.

Don't wait to hydrate

THE weather is warming up – long may it last, but do keep hydrated, writes Penny Forse.

Your body keeps cool by sweating, and the evaporation of the sweat will have a cooling effect.

It's important to replace all the fluids lost through running for both your performance and your health.

Be particularly attentive to this in the warm weather.

Drink before, during and after runs and throughout the day.

The colour of your urine is an excellent indicator – pale straw colour and plenty of it and you're OK, but dark and sparse and you're dehydrated.

Weigh yourself before and after a run. A kg lost equates roughly to 1 litre fluid. As you also lose fluid in urine then re-hydrate with 1.5 litres per kg lost.

Drink a glass or two of water with meals. Alcohol and caffeine are diuretics and will dehydrate you, so drink extra water to compensate.

Isotonic Sports Drinks supply electrolytes that are lost in sweat (sodium, chloride and potassium) and carbohydrates, and can be excellent for hydration after running.

When making up your sports drink from powder, manufacturers often recommend too high a concentration, and they can taste quite syrupy and sickly – so I always dilute them with more water than suggested.

I make a home-made isotonic sports drink from : - 250ml orange juice, 250ml water, a teaspoon-full of sugar or honey and a pinch of salt.

Until recently we were told that if you are running and feel thirsty, then its too late – you're dehydrated and you're going to have a bad, bad run!

Nautical novelties

SO how do you travel to a race; by car, by bike, or horse and trap?

For the West Wight 8 mile Three Hills Race, we had four Stubbies travelling across to the island over the Easter weekend using three different modes of nautical transport.

Nick Crane sailed with his wife on their boat from the south coast across to Yarmouth for the weekend, John Exley and Chris Hall dodged the huge container ships in the fog-bound Solent by inflatable RIB, and Zippy Grice made the conventional crossing by ferry.

The West Wight race is a popular off-road event, with two small hills and one big hill.

Competitors start at Freshwater and head to Golden Hill, it's then back to Freshwater and over the second small hill at Headon Warren and into Alum Bay.

Then runners have to tackle the vertical grass steps onto the big hill, Tennyson Down, which stretches along the backbone of the island to Freshwater Bay, and down to the finish at Freshwater.

The early morning fog lifted before the start and the run across Tennyson Down was as scenic and as fast as ever.

Final positions
Zippy Grice: 4th 48min 8sec.
Chris Hall: 8th 54.37
John Exley: 25th 59.11
Nick Crane: 48th 1hr 4 min 22 sec
(a 19sec improvement on 2006).

Well, there's always next year

AFTER 10 races, it all came down to one sunny day in Totton for the finale to the Hampshire Road Race League season.

For the ladies, there was the chance of promotion from Division 2, but injuries in the week leading up to the race meant Stubbington wasn't able to field its strongest team. As a result, the club was just pipped at the post by Farnham Runners for the second promotion slot.

However, there were plenty of positives to come out of the seven-month series, with more runners than ever wearing Stubby colours in the league, and many of those newcomers who have broken through the ranks of the beginners' course.

With Mark Le Gassick finishing second in the individual rankings, the men placed fifth in a strong Division 1, and the B team a very creditable third, which demonstrates the strength in depth the club has.

This was a good year on the road for the club, plenty of promising performances and one to build on for next season.

TOTTON 10KM

WHERE: Testwood School, Totton.
WHEN: Sunday, April 15th
THE RACE: Popular 10km on hot day. Finale to the RR10 season.
RUNNERS: 809 runners.
FIRST MAN: John Beattie (Winchester & District AC) 30.54
FIRST LADY: Linda Spencer (Chichester Runners) 34.33
STUBBIES:
Men:
5th Mark Le Gassick 32.10,
9th Michael Breed 33.08,
137th Malcolm Lavery 41.01 (V40, 40th),
149th Tim Crumpton 41.30 (V50, 19th),
156th Paul Hammond 41.43 (V50, 21st),
164th Eric Beck 42.01 (V40, 50th),
178th Mike Bell 42.30 (V50, 25th),
194th Tim Sands 43.08 (V50, 28th),
201st Richard Simms 43.31 (V40, 69th),
255th Sean Jones 45.31 (V40, 86th),
265th Zac Conaty 45.56,
319th Simon Dean 48.28,
352nd Derek Balsdon 50.23 (V60, 25th),
442nd Peter Wright 55.30 (V60, 35th),
463rd Mike Harper 57.13 (V40, 151st).

Women:
22nd Bev Lavery 42.17 (V35, 5th),
147th Chris Haskell 55.48 (V55, 4th),
169th Veronica Wright 58.32 (V55, 6th),
185th Liz Hall 59.47 (V35, 67th),
189th Denise Crumpton 1.00.27 (V35, 69th),
197th Julie Ashman 1.01.16 (V35, 70th),
243rd Kath Reed 1.06.38 (V35, 83rd),
253rd Michelle Simpson 1.09.07 (V35, 88th).

Men's A Division 1

1.	Winchester & District AC 10
2.	Southampton Running Club 23
3.	Portsmouth Joggers 23
4.	Overton Harriers 36
5.	Stubbington Green Runners 37
6.	Farnham Runners 44
7.	Denmead Striders 52
8.	Victory AC 53
9.	Eastleigh Running Club 58
10.	Alton Runners 59

Ladies' A Division 2

1.	Gosport Running Club 11
2.	Farnham Runners 13
3.	Stubbington Green Runners 21
4.	New Forest Runners 36
5.	Hardley Runners 37
6.	Totton Running Club 53
7.	Hart Road Runners 60
8.	West Wight Road Runners 62
9.	Ryde Harriers 65
10.	Poole Athletic Club 67
11.	City of Portsmouth AC 69
12.	Havant AC 82

Men's B Division

1.	Winchester & District 16
2.	Portsmouth Joggers 27
3.	Southampton Running Club 31
6.	Stubbington Green Runners 65

Women's B Division

1.	Winchester & District 7
2.	Portsmouth Joggers 21
3.	Denmead Striders 24
9.	Stubbington Green Runners 66

HAMPSHIRE ROAD RACE LEAGUE - OVERALL STANDINGS

Men: 2nd Mark Le Gassick, 55th Ray Gunner, 61st Mike Harper, 68th Michael Breed, 73rd Ross Lamport, 89th Richard Thomas, 97th Andy Simpson, 109th John Rawlins, 117th Tony Allen, 122nd Tor Duffin, 127th Alasdair Ewing, 136th Chris Hall, 142nd Gordon Reid, 158th Noel Charlton, 165th Graham Bell, 195th Chris Furnell.

Women: 52nd Lauren Coates, 74th Bev Lavery, 76th Susie MacGregor, 131st Louise James, 150th Lesley Harding, 181st Kay Sadler, 206th Chris Haskell.

Results

BOURNEMOUTH BAY HALF
WHERE: Bournemouth Promenade.
WHEN: Sunday, April 1st.
THE RACE: Pleasant stroll along the coast and cliffs. Bit of a camber along part of the route.
RUNNERS: 1,138 runners.
FIRST MAN: Ceri Rees (Poole Runners) 1hr 10min 53sec.
FIRST LADY: Karen Aus Der Fuenten (Littledown Harriers) 1:26.16 (51st overall).
STUBBIES: 7th Zippy Grice 1:14.59, 205th Chris Munro 1:37.23, 680th Paul Winter 1:55.57.

BOURNEMOUTH BAY 10KM
WHERE: Bournemouth Promenade
WHEN: Sunday, April 1st.
THE RACE: Cool, overcast and breezy run to Southborne and back via cliffs.
RUNNERS: 859 runners.
FIRST MAN: Mark Le Gassick (Stubbington Green Runners) 33min 22sec.
FIRST LADY: Andrea Hughes (Wells City Harriers) 38.41 (13th overall).
STUBBIES: 1st Mark Le Gassick 33:22.

MEL'S MILERS' 10KM RACE
WHERE: Christ's Hospital, Horsham, West Sussex.
WHEN: Sunday, April 1st.
THE RACE: Fun race based at Bluecoat Sports Centre.
RUNNERS: 209 runners.
FIRST MAN: Peter O'Connell (Horsham Joggers) 34.54.
FIRST LADY: Sarah Wigmore (unattached) 40.00 (17th overall).
STUBBIES: 86th Gilbert Yates 48.29.

COMBE GIBBET TO OVERTON
WHERE: Starts at Combe Gibbet in Berkshire, finishes in Overton, Hants.
WHEN: Sunday, April 1st.
THE RACE: 16 miles of mudded and rutted pathways, wind and hills!
RUNNERS: 161 runners.
FIRST MAN: Andy Macaskill (Maidenhead Runners) 1hr 37min 23sec.
FIRST LADY: Fiona Ross Russell (City of Salisbury AC) 2:01.25 (25th overall).
STUBBIES: 28th Jon Leigh 2:03.38, 62nd Paul Hammond 2:14.43.

MAIDENHEAD 10
WHERE: Nortel in Maidenhead, Berkshire.
WHEN: Friday, April 6th.
THE RACE: 10-mile traffic-free run. Race delayed because of queue for loos!
RUNNERS: 968 runners.
FIRST MAN: Phil Wicks (Belgrave Harriers) 49min 41sec.
FIRST LADY: Clare Pusey (Burnham Joggers) 1hr 1min 7sec (49th overall).
STUBBIES: 225th Eric Beck 1:11.02

Having fun in the island sun

THE Guernsey Easter Runs have become a popular focal point for Stubbies in recent years. Caroline and Glen Street have been heading for the Channel Islands for nine years now, and Caroline's infamous gentle cliff walks have become an integral part of a fun event which is built around four races in four days.

This year was a little bit different – the weather was absolutely gorgeous for all four days, and those Stubbies who made the short flight from Southampton Airport, came back through the arrivals lounge sporting tans which would not have disgraced Victoria Beckham or George Clooney!

Even the organisers, Guernsey Island Amateur Athletics Club, couldn't believe the sun-blessed Easter weekend, which began with a 10km race at Port Soif to the north of the island, featured a 4.6-mile cross country and a 4x2 mile relay over a sometimes lumpy and undulating course at L'Ancresse to the north-east, topped by a half marathon on Easter Monday, which started and finished in the island's capital St Peter Port.

Competition for the four races was as hot as the weather. Aldershot, Farnham & District brought several of their top talents to Guernsey including European Cross Country champion, Steph Twell, and Great Britain international, Susie Bush.

Guernsey's top runner, Lee Merrien, who featured at the Commonwealth Games last year, had his hands full with a couple of Kenyans, and the Poole-based Zimbawean, Williard Chinhanhu.

It all made for a record-breaking weekend with 17-year-old Twell breaking the 25-year British junior half marathon record with 77min 27sec. Williard, who won the half marathon in an astonishing time of 60min 25sec – nine minutes clear of his nearest rival, to claim overall honours.

As for the Stubbies, they were still running deep in the Guernsey countryside by the time Williard had finished.

It was a good weekend all round with Richard Simms (pictured), the leading light having four strong and consistent runs, including an impressive first half marathon outing with a time of 1hr 38min 27sec in hot conditions, finishing with team-mate Dave King.

Caroline Street competed in all four races along with Mags Smith, a Stubbington member who now lives in the west country.

Glen Street and Liz Hall also had good runs over the weekend, while the team was supported by Richard's wife, Julie, who was on photographic and ice cream duties!

Guernsey Island AC Runs

Healthspan 10km (Port Soif)
73rd Richard Simms 42min 35sec
87th Dave King 44.09
127th Glen Street 49.01
132nd Mags Smith 49.29
188th Caroline Street 57.16
191st Liz Hall 58.25

Keith Falla 4.6 mile X-Country (L'Ancresse)
63rd Richard Simms 33min 57sec
67th Dave King 34.48
98th Mags Smith 39.03
104th Glen Street 40.09
124th Caroline Street 45.49
125th Liz Hall 46.17

4x2mile Millennium Stone Relay
21st: Stubbington Men (Glen Street 15.08, Richard Simms 13.28, Dave King 13.45, John Embling (*Bridgend AC)* 12.06). 54min 27sec.
37th: Stubbington Ladies (Helen Embling *(Bridgend AC)* 18.06, Mags Smith 15.30, Liz Hall 18.05, Caroline Street 18.15). 69min 56sec.

Healthspan Half Marathon (St Peter Port)
65th Richard Simms 1hr 38min 27sec
66th Dave King 1:38.27
99th Mags Smith 1:51.12
131st Caroline Street 2:06.58

OVERALL (from 4 races)
46th Richard Simms
49th Dave King
64th Mags Smith
75th Caroline Street

Mighty Flynn!

Congratulations to all of you that completed the London Marathon last month. I came up to watch and for the first time didn't envy you at all in that heat, *writes men's captain, Chris Hall.*

Zippy and Mike Bainbridge both did well to run and get under three hours, but the real star of the day for Stubbington Green was John Flynn who ran a time of 3hrs 40min.

That time is a lot slower than his best, but it was remarkable considering that John was only diagnosed with leukaemia in January.

If anyone can beat this bloody horrible illness then surely someone as tough as John can. If you would like to make a contribution towards John's sponsorship for Leukaemia research please contact me and I'll pass it on.

The South Downs Relay teams for June 2nd have been selected, and training and recceing are in full swing.

The teams are:

A team: Mark Le Gassick, Tor Duffin, Andy Simpson, Mike Breed, Simon Hearndon and Richard Thomas.

B team: Nick Crane, Eric Beck, Dave King, Jon Leigh, Marcus Lee and Richard Simms.

Vets team: Tony Allen, Alasdair Ewing, Chris Hall, Ray Gunner, John Exley and Tim Crumpton.

THIS year's 6.05 Special race will take place on Friday, July 6th at 6.30pm from Wickham Railway Station. As usual it will be an out and back course along the old railway line of 11km.

I could do with someone to help organise the food afterwards at the Kings Head in Wickham Square. Please call me on 02392 355498 or see me at training.

Is anyone going to organise a summer BBQ similar to the anniversary one we held in 2005 at Hamble Country Park? I've got a cracking idea for a race on the day if anyone can get it off the ground.

Fancy getting more involved at the club?

ARE you interested in getting more involved with the club? At the annual meeting in June, there are expected to be a few changes with two committee members standing down, writes club chairman, Mike Clarke.

Andy Simpson is hanging up his muddy boots as cross country secretary and Ann Rawlins, *pictured left*, is handing over the reins as club treasurer. Also, Glen and Caroline Street, *pictured right*, who have looked after the club kit for a number of years, will also be standing down.

Thank you all very much for your hard work, it has been very much appreciated. All the remaining committee members will be standing for re-election at the AGM, which is likely to take place at The Crofton Pub in Stubbington on Tuesday, June 19th.

For the club to move forward and to continue to develop we need new faces on the committee. Can you spare a couple of hours a month to help your club?

If you can, then drop me a line at michael.tclarke@btopenworld.com or call me on 01329-661049.

Also, the athletics season is just around the corner, and we need to target senior men for the men's Southern League, along with both Veteran ladies and men for the vets' league.

If you fancy getting involved in track and field this summer, then contact either myself, or Mike Harper.

Results

STEVE Wylie has been keeping up a busy schedule of races recently.

Steve has been taking part in the Chichester Corporate Challenge race series which consists of three 4.5km runs.

In the first of these in February, Steve clocked 19min 25sec for the distance.

Two weeks later, he sliced a good minute off that time with 18:21, and then in the final race on March 28th, Steve improved his time even further, with a finish of 18:18.

Steve and Malcolm Lavery then took part in the Goodwood Duathlon at the Goodwood Motor Racing Circuit in West Sussex which consisted of a 4km run, a 24km cycle ride, and then another 4km run to finish.

Malcolm held a five second lead over Steve after the first of the runs with 16min 40 sec to 16:45, then pulled out a five minute gap on the bike as Malcolm recorded a split of 45min 35sec to Steve's 50:55.

For the final run, Malcolm pushed on with 17:24 for a finish of 1hr 19min 39sec.

A tiring Steve clocked 18min 25sec for the 4km finale and a finishing time of 1:26.05.

ARUNDEL CASTLE 10KM

WHERE: Arundel Castle, Arundel, West Sussex.
WHEN: Sunday, April 15th
THE RACE: Hot one around the streets of Arundel. One lovely hill!
RUNNERS: 436 runners.
FIRST MAN: Jason Simpson (South London Harriers) 34min 25sec.
FIRST LADY: Emily Nelson (Midhurst Milers) 39.51 (seventh overall).
STUBBIES: 150th Neil Jarvis 51.33, 218th Gilbert Yeates 55.11.

ARE you ready to run the MacMillan Mile? Yes, it's that time of year again, an opportunity to run and achieve something really worthwhile.

Thanks to the efforts of Dennis Woodward and Jenny Hearnden, the club has regularly been staging MacMillan Mile fund-raisers. The next one takes place on Wednesday, May 16th.

This takes place, as usual, at Crofton Community School from 6.30pm to 8pm. All you have to do is to pay your £1, or maybe more, and run one mile of four laps around the athletics track.

It really doesn't matter how fast or slow you are; you can run or walk the distance. You can bring friends and family to join you.

If you are unable to take part, then next time you see Dennis or Jenny, then why not make a donation to this great cause?

Running into trouble?

ROAD RUNNING in England has reached something of a crossroads. In recent months, it has been the focus of a huge political wrangle with two bodies touting for our business.
Club secretary, Mark Le Gassick, gives us both sides of the story:

SINCE the start of the new millennium, there has been a resurgence in the sport of road running, with races up and down the country enjoying record entry levels, and the demand for places in popular events growing every year.

While the increased interest in running has been welcomed by most clubs, who have seen a groundswell in their memberships and race entries, for the past few years there has been a growing discontent among many clubs. One of the main problems has centred around the unattached race levy that is imposed by the sport's national governing body, UK Athletics, on runners who enter races but do not belong to clubs. The levy was increased from £1 to £2 in June 2005, and has, in the past, been used to fund track and field athletics.

Many people, particularly those from the smaller, more traditional road running clubs, feel that the large amount of money raised by road running, should be put back into the sport, instead of being siphoned off for use elsewhere.

The newly formed Association of Running Clubs (ARC), set up in February this year, is an independent affiliating body aimed at clubs who are primarily involved in road, cross-country, trail and fell running.

Last month, SGR&AC Chairman, Mike Clarke, attended a meeting, chaired by Michael White, to find out more about how the club might benefit from joining ARC.

ARC's affiliation fees are about 50% of those of England Athletics. The organisation provides comprehensive civil liability insurance, issues race permits and offers assistance with staging races.

WHAT DO YOU THINK?

DO you have any comments about SGR&AC's decision to support England Athletics, or about the breakaway from UKA by ARC?

If so, you can send your views to Dave King, the Green Runner editor, who may publish them in future issues. Email Dave at peekay63@aol.com

They also provide the added incentive of allowing clubs to retain 60% of the unattached levies received from races. ARC's cub-centric approach means that, unlike England Athletics, they will not collect information about individual club members and will not charge an individual membership fee.

On the surface, ARC's bid to break away from the mainstream athletics bodies seems appealing. However, there is a downside. Joining ARC will mean that runners who wish to compete in races run under UKA rules (which is the vast majority) will have to pay an unattached levy.

Also, most officials are UKA qualified, and as races run under ARC would use non-UKA officials, this could have implications for event insurance.

The week after the ARC presentation, Mike Clarke and myself attended a meeting hosted by Christine Benning, one of two Sub Regional Managers for England Athletics in the South East. England Athletics aims to use an athlete centred approach and be fully accountable to its member clubs.

Each region has a Regional Council, elected by clubs, which will work with individual counties to deliver local competition and develop local initiatives. They have set up the English Road Running Association and have ring-fenced funds to be used specifically for developing the sport in the South East region.

England Athletics also have the added benefits of offering insurance cover to all members, they are able to offer funding and support for coaching and officiating courses, plus they provide race organisers with £10m public liability insurance.

In March's issue of The Green Runner, I outlined how England Athletics are implementing a system of individual affiliation that will involve club members paying a £5 membership fee (from 1st April 2008) if they wish to compete in races that are run under UKA rules.

As England Athletics has expressed a renewed commitment towards road running and has the backing of a tried and tested system, the SGR&AC committee feel that they should be given the opportunity to achieve their remit.

Also, Colin Goater and John Marsh, two experienced members of the Hampshire Athletics Association committee, have been elected to the Regional Council of England Athletics, and as strong advocates of road running, have said they will be working hard to represent the views of clubs from within the county.

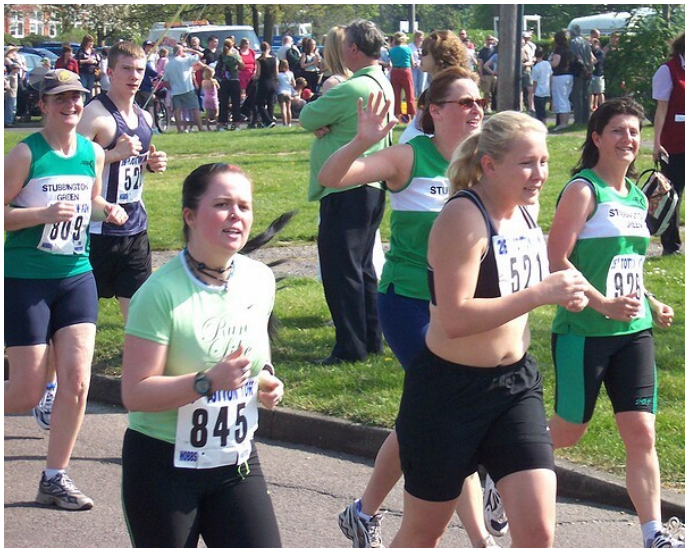
Towing the line

JOHN RAWLINS pulled off a great performance at the Fuller's Thames Towpath Ten at Chiswick by finishing third.

The London-based doctor clocked a time of 57min 37sec for the 10 miler, just two minutes behind winner, Vale of Aylesbury's Paul Gregory, who led home 472 runners with a winning time of 55.34. Ellen Pooley from Ful-on-Tri won the ladies race in 1hr 5min 51sec.

Pipped at the post

By Ladies captain, Chris Haskell



THE last race of the Hampshire Road Race League season was the Totton 10K and this saw a good turn out of Stubbington ladies, including ex-ladies captain, Kath Reed, in her first race for the club since the birth of Hannah in 2005. Welcome back Kath!

The race was to be the decider as to whether we gained promotion to Division1.

Lying in 2nd place to Gosport for most of the season , and being strongly chased by Farnham, we needed to field a strong team to ensure promotion. Sadly it was not to be.

Due to injury and illness we were unable to field our strongest team and were beaten on the day into 3rd place.

A huge thank you to all the ladies who ran for us in this league and the cross country fixtures this year. Who knows, maybe 2008 will be our year?!!! I'll be seeking you all out in September for the Overton 5, the first race of the season.

Flora London Marathon

"I rather go through labour and liver failure" Tracie Jarvis's words to me the day after finishing the FLM in 5hrs 26mins.

Congratulations to Heather Bowers, Lauren Coates, Amanda Humphrey, Tracie Jarvis, Kathy McKain, Kay Sadler and Lucy Simmons for all doing so brilliantly in this years 27th London Marathon. Also to Kathy's mum Shirley, who at 71 years young should be an inspiration to us all – her time was 5:38!

Kay and Tracie came along to the beginner's class three days after the race on the Wednesday - yes they could still manage a gentle 3 miles – and it was obvious they were still on a high.

Of all the SGR ladies who ran in London, four were members of last year's beginners course, so as a club I think we are obviously doing something right! I personally would like to say a big thank you to Kathy for taking Tracie and Kay under her 'training wing'. Without you, they wouldn't have made it! (their words not mine). Happily Tracie has got over the reaction above and is now talking about "conquering the beast"!

News Items

Rachel Openshaw - It was good to see Rachel home from Uni for Easter and have her run for us in the Eastleigh 10k. Thanks also for your help with the beginner's course, Rachel, and good luck in your Year Out with ICI. I hope you can manage some runs for us in 2008.

Congratulations

Gerry & Ced Perrier who are expecting a child in August,

Jane Thomson and Chris who were married on April 20th. Hope to see you both back running with us soon.

RR10 Series

Ladies are needed for this series of summer cross country races which take place on Wednesday evening at a variety of venues in and around Southampton. The races are all about four to five miles and start around 7pm or 7.30pm. Let Mark Le Gassick know if you would like to run.

Eager beavers are on the run!

MARCH 28th saw the first session of this year's beginners' course, which is being supported by Hampshire's Return to Sport initiative.

Thirty six (***yes 36!***), eager beavers, both young and not so young, turned up for the introductory session run by personal trainer and club member Amy Hopper. Amy had them all assessing and correcting their posture in the class room before taking them out onto the Crofton School playing fields for a lesson on warm-ups, cool-downs and stretching.

The whole group got to feel what it was like to be continuously on the move for 30 minutes – a taster for the subsequent weeks of the course.

The practical session was followed by a talk about correct footwear and why it is needed, by Pete Staunton from Just Run of Eastleigh.

Now into week four of the eight-week course, the group has just managed their first three-miler to Hill Head, with a mid-way break at Salterns Rec for an introduction to sprint and pyramid runs. It's the first time that many of them have sprinted since leaving school!

We always need the support of club members with this course so if you can lend a hand for one or two sessions please get in touch with me. The next session is Wednesday, May 2nd.

Runners with loads of bottle!

STUBBINGTON'S RUNNERS MARATHON FINISHERS

MEN

595: Zippy Grice 2:56.30 (V35, 168).
733: Mike Bainbridge 2:58.22 (V40, 144)
1410: Richard Thomas 3:09.38 (V40, 309)
3226: Dave King 3:29.24 (V40, 677)
3536: Jon Leigh 3:32.03 (V45, 498)
4286: Eric Beck 3:38.26 (V45, 593)
4593: John Flynn 3:40.40 (V45, 625)
6184: Ben Whittaker 3:51.32 (V30, 1153)
6354: Nick Kimber 3:52.39 (V45, 869)
9369: John Fairhurst 4:11.14 (V60, 131)
10,741: Ian Street 4:18.56 (V45, 1361)
11,223 Marcus Lee 4:21,27 (V35, 2163)
11,605: Aitken Hunter 4:23.33 (V50, 852)
15,215: Simon Holford 4:44.01 (V35, 2888)
15,744: Nick Davies 4:47.03 (V40, 2794)
24,323: Andrew Willis 6:36.17 (V40, 4052)
24,406: Michael Aimable 6:42.36 (V80, 4).

LADIES

1474: Lucy Simmons 3:59.07 (V30, 305)
2872: Kay Sadler 4:23.44 (V25, 554)
4518: Lauren Coates 4:46.23 (V20, 270)
7369: Amanda Humphrey 5:24.38 (V40, 1252)
7469: Tracie Jarvis 5:26.07 (V35, 1372)
8224: Kath McKain 5:38.07 (V40, 1388)
9878: Heather Bowers 6:20.17 (V25, 2044)

IT was one of the hottest London Marathons ever, with temperatures hitting 21c as a record 36,391 runners took to the streets of the capital last month.

One man died in hospital after collapsing at the finish, while St John's Ambulance staff dealt with more than 5,000 runners, 73 or whom went to hospital.

Rugby World Cup winner, Matt Dawson, described conditions as "brutal", and celebrity chef, Gordon Ramsey said: "It was like running in a desert today."

Twenty five Stubbies took part, those who got places through the main draw, some through charity entries, and five through the club ballot.

Here are a few of their stories…..

I made one big mistake in my preparation and forgot to put on any sun cream, which I paid for dearly.

Knowing it was going to be hot, I drank about 4 litres of water on Saturday and another 2 litres on Sunday morning before the race. I normally take water every 3 miles but decided on every 2 which I stuck with for the first half of the race, and then it was every mile. The trouble was I felt really bloated but still thirsty.

The race was a total contrast to last year when it was cool and drizzly and I was able to run well within myself to maintain 8 minute miles. This year it was really hard work from half way.

The last six miles was a mental battle which I didn't think I would win at times. Each time I took water I was tempted to have a 50 yard walk but I knew if I did it would be stop start for the rest of the race.

I'm glad I kept going and was pleased with my time, although it was 2 minutes slower than last year. I did finish around 1,000 places higher so all things considered it was probably a better result.

I was disappointed to hear all the stories of those that had a bad day. The St John's figures tell their own story!

Jon Leigh

Exhausted … too hot … thirsty … cramps … mildly confused!

I had a good start but began to feel very tired early on with the effects of the heat and times began to slip at about half way around.

Then thoughts of pulling out from about mile 16 onwards - it wasn't easy!

Still, I shattered my last year's personal best by a whopping 9 seconds, so it has got to be worth it!

I'm not sure I enjoyed it quite so much this year, but the crowds were fantastic, as always.

Lucy Simmons

Bit of a disaster really. All was well and on time for 3 hours 30 minutes at the 16 mile point, but by 17 miles I was making use of the on course loos. I must have visited every one from there until the finish. If it wasn't coming out one end then it was the other!

I felt very dehydrated. Every time I tried to take on water, within 500 yards it was coming straight back up. I had to slow down a bit, but I managed to keep going in between.

Don't really know what caused it. It could have been the heat or something that I had eaten. I've never had anything like it in the past except when I have drunk one bottle of red wine too many, which was definitely not the cause this time!

It took over 2 hours after the run before I could keep anything down. It was quite funny on the tube back knowing that I needed to drink, then making use of my Flora Bag to deposit it back into.

Nick Kimber.

Flora London Marathon

I GOT pulled out of the race after 26 miles within 500 yards of the finish. After three attempts by the St John's to help me out, on the fourth "collapse" I was counted out.

I spent two hours in recovery in St John's base outside Buckingham Palace, and then 2 hours in University College Hospital.

I felt a bit sore the day after and a bit of a prat.

I went through a range of emotions straight afterwards.

I got to 20 miles bang on 7 minute miling. Then it all went to pot. I struggled through mile by mile until mile 25, and then it went wrong big time!

I've still got my chip, but no medal! I'll probably have to go on Ebay to get one now!

I do plan to get back running again, although I have had to promise to my family that there will be no more marathons.

My next goals will be 10km and 10 mile PBs. I just need to recover a little! It feels like I have run a marathon, but I haven't!!!

Well done to everyone else. You are all heroes, especially on a day like that.

Graham Bell

FOR me the run was even harder than I'd imagined, not helped by the heat and humidity - particularly in the docklands section.

I bumped into Marcus Lee and Jon Leigh in the blue paddock, Lauren Coates waved at me as she passed and Zippy Grice (I think) was passing Tower Bridge on his way towards the finish as I came off at about half way!

In the final straight I realised I was next to Nick Davies (small world in a huge race), but I don't think either of us was up to much in the way of chatting.

Simon Holford

A CROWD of from Stubbington Green Runners joined the Portsmouth Joggers coach for the 2007 London Marathon.

The Stubby gang consisted of Di McEwen, Mark & Jaqui Dyer, Jane Butler, Neil Jarvis and Alan Sadler and Mary ??, Tracie Jarvis's Mum....which made up the supporters crew, and Kay Sadler, Tracie Jarvis, Shirley McKain (my Mum) and myself (Kathy McKain).....the excited runners of the Marathon (well, not so excited after seeing the weather forecast for the day!).

Di came armed with her usual tea/coffee and biscuits, but we were a little disappointed that she hadn't made the effort to bring bacon and sausage sarnies.

She did point out that she needed cooking facilities for this, but we felt that she normally brings everything with her but the kitchen sink, so what difference would an extra grill or cooker in her bag make, and trust me, her bag is big enough to fit all these thing in!

It was an early start. We met the coach at 5.15am in Fareham and set off in high spirits, if not a little nervous. We arrived on Blackheath at about 8.15am, with plenty of time to spare for the 9.45am start (or so we thought!)

Kay Sadler and hubby Alan went over to the Red Start and Tracie, Shirley and myself started on the blue. My Mum, Shirley, did have a green number, but sneaked into the blue start as we were running together. After putting our bags on the lorries (and realising we had left a number of things in there like Imodium, hats and the all important sun cream!), we made our way over to the queue for the toilets. We got in the queue for the loo in good time....but still had to race over to the start line with seconds to spare.

The weather was extremely hot, but the support from the crowd and our own 'Supporters club' was fantastic and carried us through to that all important finish line.

What a day and what an achievement for us all. Talking about the wonderful day on the coach on the way back....we all agreed that we are NEVER doing a marathon again.

A few days before, Tracie had mentioned that she wanted to do the Dublin Marathon in October and the Paris next Spring. I reminded her of this after the race. I really can't repeat her answer but somewhere in the obscenities I guessed it was a NO!

It's strange though because my phone went off the morning after the race and it was Tracie talking about our next marathon....funny that eh???!!!

We all had great runs (despite the weather) and I just want to say a special well done to Tracie and Kay and to tell them I am really proud of them both.

Also to my lovely mum Shirley who, at 71-years-old, is still running so brilliantly. And of course to the 'Supporters Crew' who were great.

Kathy McKain

I finished in 3hrs 40mins, much slower than normal but I felt ok, all things considered. Was frustrating having to take it slower, but I really enjoyed it all the same. It's amazing that the legs remembered what to do! Great support from the crowd and especially the SGR contingent around the course. I am hoping to raise £1,000 plus for Leukaemia Research - many thanks to everyone from the club who has sponsored me and for all their fantastic support.

John Flynn

The Race Diary

Tue May 1	SGR FOUR MILE TIME TRIAL	Eric Road, Stubbington.	6.30pm
Wed May 2	RR10 - race two	Deerleap, Ashurst (Otter & Owl Sanctuary), Totton.	7.15pm
Sat May 5	Southern League Track	Oxford (v Wessex/Salisbury, Radley, Newton Abbott).	12pm
Sun May 6	SPRING HANDICAP	Starts Rising Sun, Warsash - finish at Hamble ferry.	11.30am
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
Sun May 6	Salisbury 10 mile road race	Salisbury Leisure Centre, Salisbury, Wiltshire.	11am
Sun May 6	Southdown 4 mile run	Steyning Cricket Ground, Steyning, West Sussex.	11.30am
Wed May 9	Jog Soton (3km & 6km)	Southampton Common, Southampton.	5pm
Wed May 9	Purbeck 10km	Puddletown Road, Wareham, Dorset.	7.30pm
Sat May 12	Emsworth-B'stoke relay	Finish at Down Grange Track, Basingstoke.	10am
Sun May 13	Alton 10	Lord Treloar College, Holybourne, Alton.	10.30am
Sun May 13	Fishbourne Flat Five	Fishbourne Club, Blackboy Lane, Fishbourne, Sussex.	10am
Sun May 13	Heatherley 6'n'10	Heatherley Cheshire Home, Copthorne, West Sussex.	10.30am
Sun May 13	Lymington Lifeboat 10k	Lymington Leisure Centre, Pennington, Lymington.	10am
Sun May 13	Moors Valley 10k	Moors Valley Country Park near Ringwood, Hampshire	10.30am
Sun May 13	South Downs Marathon	South Harting War Memorial, Petersfield.	10am
Wed May 16	RR10 - race 3	Wilverley Enclosure, Sway, near Lymington.	7.30pm
Wed May 16	MacMillan Mile	Crofton Secondary School, Stubbington.	6.30-8pm
Sun May 20	Bognor Prom 10k	West Park, Bognor Regis, West Sussex.	10.30am
Sun May 20	Hook 10 & 6 mile races	Hook School, Hook, Basingstoke.	11am
Sun May 20	Run In The Park (10km)	Royal Victoria Country Park, Netley, Southampton.	10.30am
Sun May 20	Findon Village 5km	Findon Village Pre-School, Findon, Worthing, Sussex.	11am
Sun May 20	Run In The Park (10km)	Royal Victoria Country Park, Netley, Southampton.	10.30am
Sun May 20	Swanmore Fun Run (4.2k)	Swanmore Primary School, Swanmore, Southampton.	11.30am
Sun May 20	Isle of Wight Marathon	Ryde Rowing Club, Ryde Esplanade, Isle of Wight.	11am
Sun May 20	Pewsey Vale 10km	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	11am
Sun May 20	Wessex Ridgeway Relay	Tollard Royal, Wiltshire, to Lyme Regis, Dorset.	7.30am
Wed May 23	Trundle Hill Run (10km)	Lavant Village Hall, Pook Lane, Lavant, West Sussex.	7.30pm
Sat May 26	Egdon Easy 10km	Weymouth College, Cranford Avenue, Weymouth.	7pm
Sun May 27	Ropley 10km	Ropley, near Winchester, Hampshire.	11am
Mon May 28	Kintbury 5 mile Run	Inkpen Road, Kintbury, Hungerford, Berkshire.	10.30am
Wed May 30	RR10 - race 4	Longdown Inclosure, Ashurst, near Totton.	7.30pm

Want to know more? Click onto the SGR website: www.sgrac/net

The Race Diary

Date	Race	Venue	Time
Sat June 2	Southern League Track	Newquay, Cornwall. (v Soton, Oxford, Bournemouth).	12pm
Sat June 2	South Downs Relay	Beachy Head to Chilcomb, Winchester.	7am
Sun June 3	Poole 10km	Poole Park, near Civic Centre, Poole, Dorset.	2pm
Sun June 3	Glorious Goodwood 10km	Goodwood Country Park, Goodwood, West Sussex.	11am
Sun June 3	Needles XC Marathon/Half	West Wight Sports Centre, Freshwater, Isle of Wight.	10am
Sun June 3	Portsmouth Race for Life	Southsea Common, Portsmouth.	11am/ 3pm
Sun June 3	Seaford Half Marathon	Salts Recreation Ground, Seaford, East Sussex.	9am
Tue June 5	Corfe Mullen Carnival 5k	Corfe Mullen Rec, Corfe Mullen, Dorset.	7.30pm
Wed June 6	D-Day 10km	Mountbatten Centre, Northern Parade, Portsmouth.	7.30pm
Wed June 6	RR10 - race five	Itchen Valley Country Park, West End, nr Eastleigh.	7.30pm
Wed June 6	Worthing 10km	Worthing Leisure Centre, Shaftesbury Avenue, Worthing.	7.30pm
Wed June 6	Yateley 10km	Yateley Centre, Yateley, Hampshire.	7.30pm
Sun June 10	Braishfield Beer Race	Braishfield Village Hall, Romsey (5 miles).	10.30am
Sun June 10	Puddletown Plod	St Mary's Middle School, Puddletown, Dorset. (20km)	10.30am
Sat June 16	South Downs Marathon	Arundel to Queen Elizabeth Country Park, Petersfield.	10am
Sun June 17	Brading 10km	Smallbrook Stadium, Ryde, Isle of Wight.	11am
Sun June 17	Winchester Race for Life	River Park Leisure Centre, Winchester.	11am
Wed June 20	Midsummer 5	Lavant Village Hall, Pook Lane, Lavant, West Sussex.	7.30pm
Wed June 20	RR10 - race six	Cadland Park, Hardley.	7.30pm
Thur June 21	Summer Solstice 8km	Moors Valley Country Park, Ringwood, Hampshire.	7pm
Sat June 23	Midsummer Munro Half	Box Hill, Mickleham, Dorking, Surrey.	4pm
Sat June 23	Southern League Track	Swindon (v Basingstoke, Wimborne/Poole, Plymouth).	12pm
Sun June 24	Warminster Forest 10	Cricket Ground, Sambourne Road, Warminster.	10.30am
Sun June 24	Basingstoke Race for Life	Down Grange Sports Complex, Basingstoke.	11am/ 3pm
Sun June 24	Lordshill 10km	Lordshill Recreation Centre, Lordshill, Southampton.	10.30am
Sun June 24	Smannell & Enham 10k	Smannell Primary School, Smannell, Andover.	10.30am
Wed June 27	Finchcoasters 5	Upper Broadmore Road, Crowthorne, Berkshire.	7.30pm
Wed June 27	Summer Cross Country	Queen Elizabeth Country Park, Petersfield. (5 miles)	7.15pm
Sun July 1	British 10km London Run	Piccadilly, London.	9.35am
Sun July 1	Sway Carnival 5	Wilverley Plain Car Park, Brockenhurst.	10.30am
Sun July 1	Purbrook Ladies 5	Purbrook Heath, Purbrook, Hampshire.	10am
Wed July 4	RR10 - race seven	Manor Farm Country Park, Bursledon (marshal race)	7.30pm
Wed July 4	Promenade 5km	Mountbatten Centre, Portsmouth.	7.30pm
Fri July 6	6.05 Special	Wickham Railway Station, Wickham, Hampshire.	6.30pm

The Stubbington Noticeboard

The next issue of the Green Runner will be published on Thursday, June 7th. Deadline for articles is Friday, May 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)
Or alternate for Glen's Thursday speedsters at either Locks Heath or at Crofton Community Centre (6.30pm) - see list.

May's training programme

Tuesdays

May 1st: Four-mile time trial.
May 8th: 10x200 (200m rest).
May 15th: 4x800 (400m walk).
May 22nd: 3x1200 (400m walk).
May 29th: 5x600 (200m walk).
June 5th: Four-mile time trial.

Thursdays

May 3rd: 7 x Brownwich loop.
May 10th: Chilling 5x5 mins (2min rest).
May 17th: Chilling 2x2 miles (3min rest).
May 24th: 1-2-3-4-5-4-3-2-1 minute pyramid (1 min rest).
May 31st: School of Navigation Paarlauf x 7.

Don't forget that the MacMillan Mile takes place at Crofton School on Wednesday, May 16th from 6.30pm to 8pm. Bring your £1!!

Glen's Thursday speedsters

Speed sessions for the slower runners on a Thursday evening at 6.30pm, with alternate venues: Locks Heath Sports & Social Club or Crofton Community Centre in Stubbington.

May 3rd: 2 laps of the Sewage Farm, Fartlek (Stubbington)
May 10th: 1-2-3-4-3-2-1 pyramid (1 minute recovery) (Locks Heath)
May 17th: 4 mile time trial course (Stubbington)
May 24th: 5 x Brownwich Loop (Locks Heath)

Committee meetings will now be held on the first Monday of each month at 8.30pm.
Dates of next two meetings are: Monday, May 7th, Monday, June 4th.

Who's who.....

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