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

Hally gets a bum deal!

AS Sue Barker might ask in "A Question of Sport" - what happened next? More importantly, the club committee are asking - what is happening, why is it happening, and did Chris Hall ask for it to happen?

In other words, why is John Exley giving Chris Hall the Pompey elbow?

The damning photograph was captured during last month's South Downs Relay.

The excuse offered by Mr Exley are pitiful and thin, but it is for you to judge. "At the start of leg eight in the lay-by on the A283, just outside Newhaven, Chris Hall lay down and told me that he required me to insert my elbow into his buttock.

"I think he muttered something about periformas. I was reluctant but acquiesced to his request.

"I would be very grateful if any photographs of the incident can be doctored (If necessary) to make it absolutely clear that I was getting no pleasure out of the therapy session."

There's been no word of Chris Hall's current condition and whether he is still suffering from the bum's rush, but Hally managed to make it through all three of his legs on a sweltering hot day for the South Downs Relay.

Chris and his Vets team finished fourth in 12hrs 22min 20sec behind winners Brighton & Hove AC who won the vets and the overall prize in 10:46.28, ending Stubbington's four-year reign as champions.

The A team came third overall and second in the A category behind Steyning AC with a time of 10:59.27, and the B team finished in the darkness at Chilcomb near Winchester with 14:15.10

As for the Vets, John Exley was full of praise for his team.

"Tim Crumpton and Paul Hammond were both enthusiastic and anxious about the race, but once they had got their first legs out of the way, they were swept along by the buzz of the day.

"We met up with the A team for a while as they couldn't manage to shake off Alasdair Ewing and Chris, but we could not manage to lose the B team once we caught them up.

"Opinions as to why vary. One opinion is that the B team put in some excellent runs in the second half of the race.

"Another is that the frequent changing of runners and their legs just before the race led to Tim doing a leg he had not reccied - because he did not know he was doing it -which led to a navigation error we found hard to recover from.

"Another (but only Chris's) is that Tim's navigational error was his own stupid fault because he wasn't paying attention, is an ex-copper, lives too close to Southampton and can thrash Chris on a bike.

"I suspect it was something to do with the carbon footprint of Alasdair's Escort myself. This famous car doubled its annual mileage by doing the race and coincidently doubled its value by carrying Ray Gunner's Thermos flask."

The Vets team before Hally's unfortunate injury!

Results

WELSH 1000M PEAKS RACE
WHERE: Aber to Snowdon, North Wales.
WHEN: Sunday, June 4th.
THE RACE: 22-mile race with 8,000ft of climb from Aber to the summit of Snowdon.
RUNNERS: 72 finishers.
FIRST MAN: winning time 3hrs 55mins
STUBBIES:
Men: 17th: Graham James 5hrs 28mins.

D-DAY 10KM
WHERE: Mountbatten Centre, Portsmouth.
WHEN: Wednesday, June 6th.
THE RACE: Looping 10km starting and finishing on the athletics track taking runners around Hilsea Lido.
RUNNERS: 371 runners.
FIRST MAN: James Baker (Chichester Runners) 31min 56sec.
FIRST WOMAN: Kathy Bailey (Winchester & District AC) 37.12.
STUBBIES: Men: 110th Zac Conaty 45.07, 167th Simon Bean 49.37 (V40, 34th), 213th Peter Adams 53.11 (V70, 6th).

Women:7th Lynne Speirs 43.23 (V35, 2nd), 8th Bev Lavery 43.48 (V40, 2nd), 50th Lisa Edwards 54.57, 66th Liz Hall 57.38 (V40, 8th).

Stubbington Women: 3rd
Stubbington Women Vets: 3rd.

ROPLEY 10KM
WHERE: Ropley, near Alresford, Hampshire.
WHEN: Sunday, May 27th.
THE RACE: Three inclines on race which starts at St Peter's Church in Ropley.
RUNNERS: 446 runners.
FIRST MAN: Andy Morgan-Lee (Southampton Running Club) 32min 11sec.
FIRST WOMAN: Karen Rushton (Southampton Running Club) 38.15 (22nd overall).
STUBBIES: 10th Alasdair Ewing 36.21, 40th Tim Crumpton 40.33, 91st Nick Kimber 43.42, 98th Richard Simms 44.00, 197th Gilbert Yeates 51.41, 273rd Chris Haskell 54.04, 275th John Vose 54.05, 357th John Randall 58.19.

If you would like an electronic version of the Green Runner e-mailed to you, contact Dave King on peekay63@aol.com

Pace yourself

By Penny Forse

This picture has nothing to do with Penny's article about pacing - but it did get your attention!

EASY and moderate paced runs from 30 minutes to one hour give us the solid base on which to sharpen up for races – but how do we know what those paces should be?

A good formula I've been given is 'Run fast enough for perspiration, but slow enough for conversation'.

The same pace can get very boring however, so we can estimate three different paces per mile within the 'sweat and chat' formula based on our current 10km or 5km times : -

Brisk pace per mile = 10km time per mile plus 1 minute (or 5km time per mile plus 1min15s) e.g. 10km at 6:15 per mile = 7:15 base pace (7.25 if hilly).

Run at this pace once or twice a week only, but not the day before or after hard runs / speed work etc.

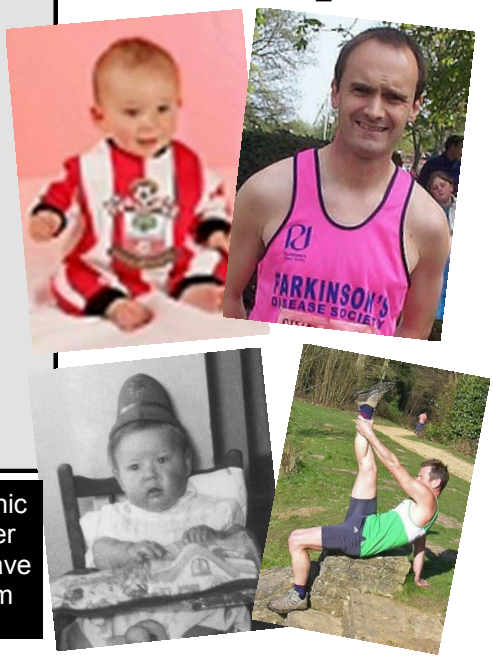
Base pace per mile = 10km time per mile plus 1½ minutes (or 5km time per mile plus 1min45s) e.g. 10km at 6:15 per mile = 7:45 base pace (8:00 if hilly). We should do most runs at this pace to give us improved aerobic fitness.

Easy pace per mile = 10km time per mile plus 2 minutes (or 5km time per mile plus 2min15s) e.g. 10km at 6:15 per mile = 8:15 base pace (8:30 if hilly). This is recovery running, after hard sessions, before and after races or if we're just plain tired.

If these paces seem too easy we are not racing fast enough! If they seem too hard, are we basing it on our Stubby 10km time of a few years ago and not our current fitness level?

Or, is our training route accurately measured? My new GPS watch has thrown new light on my various training routes – my '8-miler' is actually 7.51 miles, my '11-miler' is 9.9 miles – I wish I'd never bought the damn thing!!!

What a pair of beauties!



SO did you spot out double dose of Stubbington stunners from last month's issue?
They were Graham Bell lovingly decked out in his Saints' kit, and the erstwhile Tim Crumpton who decided from an early age that a policeman's lot is not a happy one!
So who's this little lass? Answers next month's issue. As a clue, she did once appear in Star Wars uttering the immortal line: "May the Force be with you!"

Amanda's marathon challenge

POPULAR Stubby, Amanda Humphry has been getting used to life in Suffolk where she moved last year to begin a new teaching job.

Amanda still wears her Stubbington vest with pride and is an occasional visitor to training sessions when she returns to the south coast. Husband Nick still faces long-distance weekend commutes to Constable country.

For Amanda, her recent highlight was completing the London Marathon, thanks to plenty of guts and determination, as well as guidance from Penny Forse.

Here's a note from Amanda and news of how she is now facing a second tough battle of her own. We all wish her the very best.

"I was thrilled to complete the marathon in 5hrs 24mins 37secs and congrats to everyone else plus huge commiserations to those who didn't make it.

I have missed having a club to train with, but I did find a fairly local running partner to train with once a week, and a special thanks to Penny Forse for the training schedule!

I was also proud to raise £754 for the RNLI and £1,007 for Macmillan.

Since then life has all gone a bit mad. Three weeks after the marathon I was diagnosed (fairly out of the blue) with breast cancer. I started chemo this week, the first of six treatments at three weekly intervals, and I will have surgery after that.

I'm feeling okay, just tired from the treatment at the moment but that should wear off. The good news is that we had put our house in Locks Heath on the market two days before diagnosis and it has sold subject to contract already. Also Nick's company have been very understanding, and he is able to work form home up here on a contract basis.

So all the things that we had planned for in the long term have happened much quicker!

Anyway, we should be down in Hampshire to sort out house stuff later in the month so I might catch up with one or two people.

My best to everyone, please keep me in your thoughts, I know I am not the first Stubby to be facing a different kind of marathon!

Cheers for now

Amanda x

Saddle-sore Steve misses his train!

SADDLE-SORE Stubby Steve Wylie has been on his bike this past month. Steve took part in the Arundel Triathlon last month.

He competed over the sprint distance of a 400m swim, a 20km bike ride and then a 5km run. Steve finished 87th overall in a time of 1hr 40min 4sec, after a 24min 43sec swim (91st), a 49.34 bike ride (81st), and he had the 27th fastest 5km run split of 25.47.

Also taking part in Arundel was fellow Stubby Louise James.

She competed in the long triathlon which consists of an 800m swim, 40km cycle ride and then a 10km run to finish.

Louise was the seventh fastest female and 66th overall with a time of 2hrs 29min 30sec. For the swim she recorded a time of 15 minutes dead and 22nd, took 1hr 19min 49sec on the bike for 71st, and 54min 41sec over the 10km which was 69th fastest.

The winner in the long triathlon was Chris Birch from East Street Cycles in 1hr 46min 00sec, and Matt Jolly from Portsmouth Triathletes won the sprint event in a time of 1hr 1min 47sec.

The Arundel Triathlon is now in its third year and is based at the Arundel Outdoor Lido right on the banks of the River Arun.

For the sprint triathlon, the swim was in the outdoor 25m pool, the bike used mainly 'A' Class roads and had a long gradual climb shortly after the start.

The run took athletes along the tree-lined avenue by the castle and River Arun before heading towards the Arundel Estate.

The Long Triathlon then climbed to the trig point on the estate affording spectacular views at the top, before a rolling section into the village of South Stoke.

A week after Arundel, Steve joined thousands of other cyclists to take part in the gruelling 54-mile London to Brighton bike ride. He completed the distance in a time of 5hrs 17mins.

Steve then competed in the unofficial Brighton to Warsash bike right when he missed his lift home and Network Raily would take any cyclists because it was London to Brighton Day. The 60-mile journey took Steve six and a quarter hours!

The Ups and Downs

SIX runners per team, 18 legs ranging from between 4-8 miles each, and a total of 100 miles of spectacular, rolling downland countryside. It's not an easy challenge by any means, but the sense of satisfaction and team accomplishment afterwards, are the reasons why clubs like ours return year after year to compete in the South Downs 100-Mile Relay, **writes Mark Le Gassick.**

Race director, Richard Carter, who's been organising the event throughout it's 20 year history, hit the nail on the head when he said that the South Downs Relay is unlike any other race. It is unique, and the cooperation and friendly atmosphere that exists between the clubs, and their runners, is what makes the event special.

Having run the South Downs Relay for the past five years, Richard has a point. An event involving 25 Hampshire and Sussex clubs, 46 teams, 276 runners, plus a course consisting of 100 miles of undulating terrain, takes a fair bit of planning and organisation.

But, over the years, as the event has grown in stature and popularity, it's the clubs and their runners who have made the race what is - a competitive, but friendly, ultra-distance relay across some of the most beautiful and awe-inspiring countryside the south coast has to offer.

It's pretty clear the South Downs Relay is a great team event and that's why Stubbington Green Runners & AC has been entering teams in the race for many years.

For four years, from 2003-2006, the club's senior A team has won the race, becoming the first club in the event's 20-year history to win the title for more than two consecutive years. Last year was the club's most successful South Downs Relay ever, with the senior A and B teams, and the veteran's team, all picking up awards for finishing first, second and second in their respective categories.

So – why, particularly with regards to the senior A team, is it becoming more and more difficult to find club members who are willing and able to run for the club in the South Downs Relay?

This year, a number of injury problems certainly didn't help matters, however, injuries aside, it's disappointing that the club is rarely able to field its strongest possible senior A team for this highly enjoyable and important annual fixture.

Sure, running in the South Downs Relay involves a bigger commitment than simply turning up to run on the day itself.

The South Downs Way is signposted, but the race route isn't, which means it's imperative for runners to know the route of their three legs by going out and running them before the day of the race.

However, if done as a team effort, this isn't an onerous task and, at most, involves spending a few enjoyable hours running in locations bound to be more scenic than your usual weekend runs.

And, once you've run a number of legs a few times, it's not as imperative to recce them again, should you be selected to run the following year.

To ensure that everything runs smoothly on the day, the South Downs Relay involves a fair amount of organisation on behalf of the club itself. Yet there are a number of things the club can do in future so that runners understand what is required of them and ensure that everyone who competes has the information and support they need.

For example, we can provide better information about the race, such as leg maps and descriptions through setting up a dedicated area of the web site.

We can also hold pre-race meetings to improve communication between everyone involved, to develop camaraderie and an even greater sense of team spirit to that which exists already.

Another possibility for the club's future participation in the South Downs Relay is to enter a ladies and/or a mixed team.

It would certainly be good to hear from any ladies who would be interested in participating in the event.

In recent years, Stubbington has had a considerable success in the South Downs Relay. However, it's not just about being competitive, it's about taking part in a tough but fun team event where runners are willing and able to support their team mates and commit to the challenge. Hopefully with the support of the club and its members, we can continue to enter teams in this truly unique and highly enjoyable event in the future.

The South Downs Relay - June 2nd, 2007

(mileage in brackets)	A team	Vets	B team
Beachy Head - Exeat (6.5)	Richard Thomas 44min 00	Alasdair Ewing 43:07	Nick Crane 56:19
Exeat - Bo Peep (5)	Simon Hearnden 41:00	Chris Hall 42:40	Richard Simms 51:24
Bo Peep - Itford Farm (5)	Tor Duffin 26:09	Tim Crumpton 29:17	Dave King 31:57
Iford Farm - A27 (7)	Andy Simpson 47:29	Ray Gunner 51:06	Eric Beck 96:01
A27 - Ditchling (5)	Malcolm Lavery 40:39	Paul Hammond 42:07	Marcus Lee 42:16
Ditchling - Saddlescmbe (5)	Mark Le Gassick 28:29	John Exley 36:01	Jon Leigh 37:52
Saddlescombe - R Adur (5)	Richard Thomas 35:14	Ray Gunner 33:52	Dave King 40:02
R Adur - Washington (7.5)	Tor Duffin 44:42	Chris Hall 47:15	Richard Simms 57:11
Washington - Springhead (4)	Malcolm Lavery 32:05	John Exley 34:36	Nick Crane 39:26
Springhead - Houghton L (4)	Andy Simpson 22:11	Ray Gunner 24:44	Marcus Lee 27:06
Houghton L - Littleton F(5)	Simon Hearnden 40:55	Tim Crumpton 65:50	Eric Beck 55.45
Littleton F - Hill Barn (5.5)	Richard Thomas 33:37	Paul Hammond 40:27	Jon Leigh 40:54
Hill Barn - Harting Hill (7)	Mark Le Gassick 41:36	Alasdair Ewing 47:29	Dave King 58:17
Harting Hill - QE Park (4.5)	Malcolm Lavery 29:09	Chris Hall 27:31	Richard Simms 30:35
QE Park - Sustainab C (5.5)	Tor Duffin 37:01	Tim Crumpton 40:30	Marcus Lee 44:38
Sustainab C - Winch Hill (4)	Simon Hearnden 26:06	Paul Hammond 29:13	Eric Beck 31:43
Winch Hill - Holding F (8)	Mark Le Gassick 53:51	Ray Gunner 60.15	Jon Leigh 67:30
Holding F - Chilcomb (6)	Andy Simpson 33:54	John Exley 45:09	Nick Crane 43:10

THANKS to everyone who helped out on the day. In particular those Stubbies who turned up at Harting Hill on Saturday afternoon to marshal at the end of leg 13 and were involved in the saga of the lost runner.

Thanks too to those who helped support the runners along the route.

The B team would like to thank their drivers, Julie Simms and Liz Hall, who ferried the weary runners between stages despite having to get up at the crack of doom to get to Beachy Head.

Next year the B team are going for a 6am start from Beachy Head so that we can get to the Chilcomb Sports Ground in time for the barbecue!

Down beat

It's tough on the South Downs for Stubbington

WHAT a day and what a race – 100 miles of running spread over half a day on some of the most undulating terrain in the south and on a blistering day.

The South Downs Way is no cakewalk. True, the countryside is spectacular and the views from the tops of the Downs is breathtaking.

For the runners taking part, this is a day -long assault on the legs, an unyielding test of stamina and a constant reminder that for once you are no longer running for yourself, but for your team.

This year 47 teams started off from Beachy Head in East Sussex on the 18-stage relay to Chilcomb Down in Winchester. Once again it was hot, roasting hot, and conditions certainly took their toll with several teams failing to finish.

As four-time winners, Stubbington's A team were always going to be up against it to reclaim their title, as were the vets, who were second 12 months ago.

Setting off last and working your way through the field, is never easy but that's what the Stubbie A and Vet team did!

It didn't mean they got any extra sleep, as they were still up before the first birds were singing. After the A team suffered the last minute loss of Michael Breed through injury, there was some frantic phone calling and Malcolm Lavery thankfully agreed to the challenge.

It meant some last minute changes to a couple of legs and Andy Simpson going out to reccie leg 4 on Friday, the day before the race!

At the start of the day it was about making sure Malcolm was happy with the crib notes he'd got from people who were running his legs. The day turned out to be a hot one, 24C with no wind!! Plenty of drinks were onboard and lots of food and chocolate to keep the runners energy levels up.

Next it was down to Alasdair Ewing and Richard Thomas to get the race under way for the two Stubbington teams. The boys were running a new leg one this year with the nasty Seven Sisters' hills included.

It soon became apparent that the Stubbie teams were up against a very good Brighton Vets team who eased into a good lead after the first couple of legs, and would remain out in front for the rest of the day. Stubbington A team were battling with Phoenix A and, unbeknown to them, also Steyning A, who quietly went off half an hour early.

There was some sterling performances from both teams, but the hero for the A team has to be Malcolm for navigating his way around the Downs without getting lost.

Also special recognition for Mark Le Gassick who took on leg 17 the longest leg after only a short breather from his leg 13 which he didn't hold off on!

The Stubbington A team came home with a surprised third place overall behind overall winners Brighton Vets and Steyning A, who pipped them to be the first A team by less than two minutes!

The vets finished fourth in 12hrs 22min 20sec, while the B team, who set off at 7.30am, were among the last finishers. Nick Crane emerged from the gloom at 9.45pm at the Chilcomb Sports Ground on the anchor leg to bring the boys home after 14hrs 15mins 10secs of running. Second last year, they suffered when Eric Beck suffered a nasty ankle injury on leg four, getting lost in the process, but still finishing. And despite having his leg strapped by nurse Liz Hall, Eric completed the other two legs.

All the guys seemed to enjoy the race but felt exhausted at the end of what was a long draining day, starting on the road at 5am and for some not getting home till 11pm. Roll on next year!

RESULTS

A team:
1 Steyning Athletic Club 10:57.48
2 Stubbington Green 10: 59.27
3 Hailsham Harriers 11:16.26

Vets:
1 Brighton & Hove AC 10hrs 46min 28sec
2 Chichester Runners 12:12.58
3 Arena 80 12:13.51
4 Stubbington Green 12:22.20

B team:
1 Phoenix Old Boys 12:39.39
2 Steyning Athletic Club 12:57.58
3 Henfield Joggers 13:42.13
7 Stubbington Green 14:15.10

Ladies:
1 Hailsham Harriers 12:50.23
2 Steyning Athletic Club 12:54.28
3 Liss Runners 13:27.53

The South Downs Relay - June 2nd, 2007

The X-ley factor

By John Exley

HERE's a thought: how bad before you pull the plug and sink the team?

About a week before the race I was not feeling that well, but could not put my finger on a particular illness and seemed to shrug it off. On the morning of the race I did not feel 100% but felt well enough to do my best.

My first leg was number 6 and I felt I had ran well. I didn't feel any worse than normal. The trouble was I only had two legs' rest before I ran again. At leg 9, I had the motivation to chase and catch the B team who had about a minute lead on me. I eventually managed catch up and get by, feeling again like I had had a good run but I was very tired.

Then things started to go downhill. I just felt worse and worse as the day went on. I started to feel chilled and exhausted. My diaphragm felt tight and I knew I wasn't well.

What were my options.

- I could mention to the guys that I probably wouldn't want to do my final leg, THE final leg, leg 18 and that I hope they wouldn't mind.
- I could wait until the last minute and fake a collapse.
- I could wait until the last minute, give it a go and hope for the best.

I ruled out the first option. But I began to wonder how bad I would have to feel before I would actually pull out of a race that involve so much hard work by so many people. I guess the answer is, a bit worse than I felt.

By the time we got to the start of leg 18 I had tried unsuccessfully to get some sleep and was sitting in the car wearing two jumpers feeling dreadful. I reviewed my options again and didn't like them.

I really did not feel well enough to complete the run but could not justify pulling out.

I went to option four which was :

- I texted my son (sure to be near his mobile phone) and said please stay near to your phone as I am not feeling so great. Please respond.

He did respond promptly, not in the old fashioned way of speaking to me but by text (as planned) and asked how bad I was.

There was the extra bonus that I knew he would tell my wife Ingrid but not before responding, giving me time to start the run before she got wind of the situation. I sent one more just saying that I was about to run but was taking the phone in case I needed some back up. And would phone when safely in.

I started the leg with a chill and a prayer, and got to wonder just how close an ambulance could get to me if I collapsed, I really thought I might need one.

I began to feel guilty about being so selfish and putting myself at risk instead of just saying no, I wondered if I would ever run again. It all went to pass the time and I promised myself that my mission was merely to finish alive and still running if possible. I was not going to race anyone and hoped not to see anyone. I didn't..

Half way through the leg came the worried text from Ingrid demanding that I don't run and that she was coming to get me. I phoned her (while running, don't tell the team) and reassured her I was already half way and felt I was going to get home OK.

I did, the applause was wasted on me but I appreciate it now, I felt miserable, I didn't get any of the prize giving, I didn't have a celebration beer I just sat in the car shivering and feeling I had had a lucky escape.

"I reviewed my options again and didn't like them. I really did not feel well enough to complete the run but could not justify pulling out."

When I eventually got home I was rude to the guests in my house and had a bath demanding immediate soup, cheese and tea.

I then came down apologised to the visitors went, upstairs and passed out.

Midnight saw me running a temperature and with a very inflamed sore throat. A delirious night's half sleep and shivering finished at about 10 o clock on Sunday. I spent the day feeling grim and enslaved to paracetemol.

I was not well enough to work Monday, I couldn't think straight, I couldn't focus properly with my right eye (these were new developments!). A visit to the Doctors.

The diagnosis: At least tonsilitis. The remedy: antibiotics and some rest.

It is now Tuesday and I only now feel well enough to write this. If I rest (This means at least a week without running) I am confident I will fully recover and hope to do the South Downs Relay next year.

What have I learned.

- Our bodies are tough and wonderfully made
- We need to build in to any race plan an escape route for when our health is seriously at risk. It may mean being the bogey man and letting everyone down on the team. Better than letting down the family..
- Mobile phones aren't all bad

I still don't know how bad I will have to feel before I pull out of a team race.

So bad that I don't care about the consequences I suppose! I will invite Penny Forse to include a response on the matter in a later 'Green Runner' I know her comments and advice will be sound.

Girls just wanna have fun!

IT was one result and just one victory, but significantly the performance of the ladies at the RR10 summer cross country at Blackfield last month spoke volumes for the way the club's runners have progressed.

For the first time for a long age, Stubbington's women won the team event at race six pipping Winchester & District AC by one point.

With Susie MacGregor fifth, Lucy Simmons sixth, and Penny Forse *(pictured)* in seventh, it was a fantastic evening for the ladies.

Winchester at their strongest are a match for anyone in the country, but what was reassuring was not only the performance of the top three, but those of the other ladies such as Lucy May, Suzanne Byrne, Sarah White, Chris Haskell and Julia Hunter who packed well to pick up valuable positions.

This followed the ladies placing third at Itchen Valley Country Park earlier in the month with Lucy sixth, Susie seventh and Lou James eighth.

Mark Le Gassick, who missed Itchen Valley, won at Blackfield, to lead the individual title after six rounds.

The next race is at Manor Farm Country Park near Bursledon on July 4th (7.30pm). Marshals are needed as this is our race (you can't run this one!). Please contact Dave King if you can help.

Give Tim your support

THANKS to every one that turned up and supported the clubs AGM last month, writes chairman, Mike Clarke.

All the vacant committee post were filled, our new cross country captain is Tim Crumpton, I am sure you will give Tim as much support as you have given the out going captain Andy Simpson.

Glen and Caroline Street have handed the club kit over to Liz Hall, so if you are in need of some new club kit contact Liz. Dennis Woodward is standing down as membership secretary and handing over to Caroline, so as soon as you get your rejoining form please get it filled in and returned ASAP.

Anne Rawlins has volunteered to continue as treasurer until we can find a replacement. If you feel you can do the job give me a call on 01329 661049

Sorry for the lack of articles and information relating to the Stubbington Points League. I finally got round to sorting it out before the AGM.

Below are the final top ten positions for this year. I will present the prizes at the awards dinner later in the year. Some 103 members scored points and the league was made up of 14 races.

I will publish the points league rules and regulations in the next Green Runner for the coming year.

The winner for 2006/7 was Nick Kimber with 240 points, followed by:

Sean Jones 200
Marcus Lee & Mark Le Gassick 170
Chris Haskell 150
Mike Harper 140
Richard Simms & Tracie Jarvis 130
Alasdair Ewing & Paul Hammond 120.

IT's club membership rejoining time. Forms will either be contained within the paper copy of the Green Runner, or sent by post. It is important that anyone who intends to enter races ticks the box and includes the £5 extra per person. Please could everyone deal with this form ASAP as it is frustrating to keep issuing reminders.

Test yourself on the Test Way Relay

THIS year's Test Way Relay takes place on Saturday, September 8th and, like last year, Stubbington Green Runners & AC will be looking to enter a number of teams, that will include both men and ladies.

The Test Way Relay is a really fun, team-orientated event and, over the years, has become extremely popular with many of the county's clubs entering.

Last year, SGR&AC entered four teams, with the men's A team fighting off stiff competition from Southampton RC and Winchester & District AC, to bring home the highly sought after 'flapping fish' trophy which had eluded the club since 1999. Hopefully, this year, the club will again be able to enter several teams, and have a chance of retaining the title.

As the name suggests, the Test Way Relay follows the picturesque route along the Test Way river valley.

The total length of the course is 44 miles, which is split into nine legs, each ranging from between 7km-10km.

Each member of the nine-person team runs one leg that, as with South Downs Relay, must be reccied before the day of the race. The start is at Inkpen Beacon and, as 12 months ago, the finish will be at The Anchor pub at Eling Quay, Totton.

If you are interested in running in the Test Way Relay this year, please contact men's captain, Chris Hall (hally.pfc@ntlworld.com) or ladies' captain (haskells@talktalk.net) who will be sorting out teams.

Results

POOLE 10KM FESTIVAL OF RUNNING

WHERE: Poole Park, Dorset.
WHEN: Sunday, June 3rd
THE RACE: Pleasant two lap course around Poole Park and along Sandbanks.
RUNNERS: 805 runners.
FIRST MAN: Williard Chinhanhu (Poole Runners) 29min 6sec.
FIRST WOMAN: Louise Damen (Winchester & District AC) 33.49.
STUBBIES: 295th Paul Winter 50.30, 339th Derek Balsdon 51.46.

JUNE'S FOUR-MILE CLUB TIME TRIAL

Mike Bell	**26.26**
Neil Jarvis	**27.39**
Zac Conaty	**27.55**
Steve Wylie	**28.12**
Keith Whitaker	**28.22**
Colin Elderfield	**28.32**
Richard Snell	**30.04**
Derek Balsdon	**32.03**
Gilbert Yeates	**32.24**

Next time trial is on Tuesday, July 3rd at Eric Road, Stubbington at 6.30pm.

LLOYDS BANK TSB FOUR-MILE FITNESS RUN

WHERE: Pilot Inn, Hardwicke, Gloucestershire.
WHEN: Thursday, June 7th.
THE RACE: Out and back course along country lanes on a dry but humid evening. Closed to runners who would be under 24 minutes.
RUNNERS: 78 runners.
STUBBIES: 10th: John Fairhurst 29min 23sec (Vet 60, 2nd), 74th Anne Fairhurst 39.36 (Vet 65, 1st).

An enjoyable evening run by the Severn Athletic Club. The marshals and other competitors were friendly. The event was appropriately rounded off by a visit to the pub which included a chat and a pint of Bob Gloucestershire Bitter!

HAYLING BILLY 5

WHERE: HIADS Theatre, Hayling Island..
WHEN: Sunday, June 13th
THE RACE: Short, sharp blast along the old Hayling Billy railway line.
RUNNERS: 198 runners.
FIRST MAN: Nick Baker (Chichester Runners) 25min 27sec.
FIRST WOMAN: Karrie Blake (Denmead Striders) 30.21 (21st overall).
STUBBIES: 32nd Paul Hammond 32.45, 34th Jon Leigh 32.52, 48th Marcus Lee 34.12 (pb), 53rd Andy Lee 34.57, 63rd James Lee 36.40, 114th John Simister 39.41, 127th Gilbert Yeates 40.52, 171st Julia Hunter 48.09, 183rd Jennie Lee 50.27, 184th Sue Simister 50.39

Are you ready for the 6.05 Special?

IT'S all aboard once again for the 6.05 Special which will be calling into Wickham on Friday, July 6th.

Following the successful revival of this popular club run and social, Chris Hall and Tim Crumpton are organising another event.

This year's race will be the same as usual with a 7pm start from the old railway station in Wickham.

It is 11km in length on an out and back course along the old railway line, so it's nice and flat - maybe a little muddy in places, but there are definitely no trains running on the night!

Entry is on the night with a £3 fee going towards the Rainbow Centre in Fareham - for many year a popular charity for Stubbington Green Runners, a charity based at Palmerston Drive in Fareham, and which helps children with cerebral palsy to learn to help themselves.

The event will also feature runners from Portsmouth Joggers and from Totton Running Club.

A post-race social will be held at The Cricketers pub in Curdridge (for those of you with SatNavs the postcode is SO32 2BH).

The pub is a short way from Botley on the Waltham Chase Road, and just five minutes' drive from Wickham.

Meals will be £6 a head, which include chicken, scampi or sausage with chips, and a spinach and goats' cheese lattice for vegetarians. There is also a salad option.

So as to help with numbers, can you please give either Tim a call on 01489-576002 (home) or 07973-300645 (mobile), or Gary Littlecott on 02380-353774 (work) or 02380-403249 (home).

An earlier call the better. So don't worry about eviction night on Big Brother, get down to Wickham on Friday - who goes, you decide!

Coaching the young stars

IF you have youngsters who are keen on running, then Wednesday evenings at Brune Park Community School in Military Road, Gosport could be the place to go.

Stubbington coach Colin Elderfield runs a coaching session there every Wednesday, except in the school holidays, from 6pm. It is aimed at youngsters aged between seven and 16 in track and field, as well as longer distance.

The sessions are aimed at all standards, with parents welcome to stay and watch, maybe even help.

Some of the youngsters who started on these courses have moved on to join Stubbington Green. Colin, who is a level two coach, and Ian Ore, a level three coach run the sessions, so if you know of a youngster with an eye for running, then just turn up on the night to talk to either Colin or Ian. You can also call Colin on 02392 586108.

Kimbernator is tops

THE Kimbernator was named as the winner of the chairman's points league at this year's Stubbington AGM.

Nick Kimber won the award on the back of his participation in a number of key races and events over the past season, including joint victory in the recent handicap race with Jon Leigh.

The award was announced at the 21st Stubbington Green Runners' annual general meeting, which was held at The Crofton pub last month with 23 people attending, including five committee members.

At the meeting it was reported that the club currently has 252 members, with the two successful beginner's course helping to increase membership. Twenty eight new members completed this year's course which finished in May.

Treasurer Ann Rawlins said that the was in a good financial position at the moment and the club accounts have now been audited for the 2006/7 financial year.

Reflecting on the main event of the year, the 2007 Stubbington 10km race was a great success, with more than 1,000 finishers completing the course – a record! The weather was superb and the new two-wave start worked well. Also, we must have broken the world record for having the biggest lead vehicle in the history of road racing!

New Race Director, Gary Littlecott, did a great job in his first year in the role and, as always, the hard work and support of club members, their family, and friends, helped to make the day another great success.

The awards dinner and pub quiz were two very successful social events for the club and the committee welcome your feedback and suggestions about possible future socials.

Over the past year, the club has continued to enjoy a great deal of success, both on and off-road. In particular, the ladies did very well in the Hampshire Road Race League where, out of the 10 races, there was only one fixture where they didn't field a team.

The ladies narrowly missed out on promotion to Division 1, the result going down to the wire at the Totton 10k.

It's great to see that the ladies doing so well in the RR10 league this year and they did brilliantly to win at the last RR10 fixture at Blackfield through Susie MacGregor, Lucy Simmons and Penny Forse.

The following committee posts were confirmed for 2007/8:
Chairman: Mike Clarke
Secretary: Mark Le Gassick
Treasurer: Ann Rawlins
Men's captain: Chris Hall
Ladies' captain: Chris Haskell
Membership secretary: Caroline Street (for Dennis Woodward)

The following non-committee posts were confirmed:
XC secretary: Tim Crumpton (for Andy Simpson)
Club kit: Liz Hall (for Glen and Caroline Street)

It's half way point for Dave

THE Humber Half Marathon signalled half way in Dave King's charity challenge to run around the British Isles in 80 races.

After running for the club in the South Downs Way at the beginning of June, the rest of the month has been spent running in exotic locations such as Newcastle, Stoke, Preston and Hull. "It's going okay," said Dave. "I'm not running as fast as I would expect to in races, but I'm pacing myself to keep up with the schedule.

"It has been physically and mentally tiring, but it is worth it."

In July, Dave is organising a race under the club banner at Itchen Valley Country Park in West End, Eastleigh. Called the Mug's Game 5, it is a 4.5-mile run around the same route as the recent RR10.

The race takes place on Saturday, July 21st at 6pm, with all proceeds going to the Hampshire Autistic Society.

There will be refreshments, loads of sidestalls, and a mug for every finisher.

If you would like to run, then there is an entry form on the Stubbington Green website. Equally, Dave needs help with marshalls from 5pm, so if you can help please email him at peekay63@aol.com or call 07967-339908. No offer of help will be turned down.

At 5.15pm, a 2km children's race is being held, so please spread the word about a fun event for a good cause, and do bring the family. There will be loads to do!

Results

LORDSHILL 10KM
WHERE: Lordshill Outdoor Recreation Centre, Lordshill.
WHEN: Sunday, June 24th.
THE RACE: Rural run around the roads and paths of Nursling and Redbridge.
RUNNERS: 205 runners.
FIRST MAN: Andy Morgan Lee (Southampton Running Club) 32min 28sec
FIRST WOMAN: Marie Stokes (Southampton Running Club 42.22.
STUBBIES:
Men: 20th Tim Crumpton (V50, 2nd) 39.39, 30th Tim Sullivan (V40, 9th) 40.54, 33rd Jon Leigh (V40, 10th) 41.04, 45th Marcus Lee 42.44, 92nd Paul Winter (V40, 28th) 49.02.
Women: 3rd Susie MacGregor (V35, 1st) 42.54, 5th Lynne Speirs (V35, 3rd) 44.03, 21st Margie Pritchard (V35, 13th) 50.32, 27th Chris Haskell (V55, 1st) 53.27.

Men's team: 6th. Women's team: 2nd.

SALOMON SOUTH DOWN MARATHON
WHERE: White Ways Country Park, Arundel to Queen Elizabeth Country Park, Petersfield.
WHEN: Saturday, June 16th.
THE RACE: Challenging run over the South Downs.
RUNNERS: 297 runners.
FIRST MAN: Stuart Mills (Brighton & Hove AC) 2hrs 51min 7sec.
FIRST WOMAN: Annabelle Stearns (Invicta East Kent AC) 3:22.03.
STUBBIES: 296th Andy Willis 7:28.53 (V40, 43rd).

BRAISHFIELD BEER RACE
WHERE: Braishfield, near Romsey.
WHEN: Sunday, June 10th.
THE RACE: Pretty informal five miler.
RUNNERS: 170 runners.
FIRST MAN: Steve Rees-Jones (Basingstoke & District AC) 26min 24sec.
FIRST WOMAN: Susan Sleath (Hardley Runners) 33.35 (22nd overall).
STUBBIES: 12th Graham Bell 31.16, 28th Tim Crumpton 34.03, 35th Marcus Lee 34.42, 43rd Richard Simms 35.15, 47th Nick Davies 36.18, 90th Margi Pritchard 42.09.

Dave's races
Blaydon Races (5.7 miles) 41min 23sec. ***(515th from 3,338 runners)***

Potters Arf Marathon: 1hr 41min 8sec. ***(203rd from 925 runners)***

Freckleton Half Marathon: 1:38.02. ***(116th from 497 runners)***

Humber Bridge Half: 1:45.43 ***(356th from 1,137 runners)*** **(Liz Hall 2:11.47 - 886th)**

The Race Diary

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.	7pm
Sat July 7	Compton Canter (6 miles)	Compton Village Rec, Compton, Nr Newbury, Berks.	2pm
Sat July 7	Golden Gap Challenge	Charmouth School, Charmouth, Dorset. (8.25miles xc).	3pm
Sun July 8	Moonraker 10km	Urchfont Village Green, Devizes, Wiltshire.	5pm
Sun July 8	New Forest 10	New Farm, Brocknhurst, Hampshire.	11.15am
Sun July 8	Winchester 10km	River Park Leisure Centre, Winchester, Hampshire.	10am
Wed July 11	Gibbet Hill 10km	Lion Green, Haslemere, Surrey.	7.30pm
Sat July 14	Southern Lge T&F	Southampton Sports Centre, Southampton.	1pm
Sat July 14	Maiden Castle Loop (6.5 m)	Thomas Hardey Leisure Centre, Dorchester, Dorset.	7pm
Sat July 14	Elmore 7	Elmore High Road, Chipstead, Surrey.	2pm
Sun July 15	Tarrant Valley 10km	Langton Arms, Tarrant Monkton, Blandford Forum.	10.30am
Sun July 15	The Lumpy Bumpy 10	Milton Libourne Village Hall, Pewsey, Wiltshire.	10am
Sun July 15	Surrey Slog Half Marathon	Duke of Kent School, Peaslake Road, Ewhurst, Surrey.	10am
Sun July 15	Chichester Challenge	Oaklands Park, Broyle Road, Chichester. (40km)	8.15am
Sun July 15	Elmbridge 10km	Walton Casuals FC, Walton-on-Thames, Surrey.	9.30am
Sun July 15	Great Capital Run (10km)	Hyde Park, London.	10am
Sun July 15	Power Trophy 10 miles	Wimbledon Park, Southfields, Surrey.	10am
Sun July 15	Race for Life Southampton	Southampton Common.	11am
Sun July 15	Tadley Runners 10km	Hurst Community College, Brimpton Rd, Tadley, Hants	11am
Sun July 15	Crawley 10km Race	K2 Crawley, Pease Pottage Hill, Crawley, West Sussex.	10am
Sun July 15	Women's Trailblazer 5.8m	Falmer Road car park, Woodingdean, Brighton.	11am
Wed July 18	RR10 - race eight	Janesmoor Pond, Stoney Cross, Hampshire.	7.30pm
Thur July 19	Winchester 5km	Winchester Guildhall, Winchester, Hampshire.	7pm
Sat July 21	Mug's Game 5 (4.5 miles)	Itchen Valley Country Park, West End, Eastleigh.	6pm
Tue July 24	Summer Trail Challenge	Hawker Leisure Centre, Kingston, Surrey. (10km)	7.30pm
Wed July 25	Finch Coasters 5	Lower Broadmoor car park, Crowthorne, Berkshire.	7.30pm
Sat July 28	Swanage Half Marathon	Shore Road, Swanage, Dorset.	11am
Sun July 29	30 mile Downland Challenge	Clayton Playing Fields, Clayton, Burgess Hill, W Ssx.	9am
Sun July 29	Jack & Jill Challenge 10k	Clayton Playing Fields, Clayton, Burgess Hill, W Ssx.	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
Telephone: 01329-662091.

The Race Diary

Date	Race	Venue	Time
Wed Aug 1	Yateley Road Race (10km)	Yateley Centre, School Lane, Yateley, Hampshire.	7.30pm
Wed Aug 1	RR10 - race nine	Stoke Park Wood, Bishopstoke, Hampshire.	7.30pm
Wed Aug 1	Pewsey Midweek 5	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	7.30pm
Sat Aug 4	Southern League T&F	At Basingstoke (v Kennet, Newquay, Haslemere).	1pm
Sun Aug 5	Lambourn Carnival 5	Lambourn Sports Club, Lambourn, Berkshire.	10.30am
Sun Aug 5	Milland Valley Trail 21k	Milland Sports Pavilion, Milland, Liphook, Hampshire.	10.30am
Sun Aug 5	Sturminster Newton Half	Recreation Ground, Sturminster Newton, Dorset.	10.30am
Wed Aug 8	Promenade 5km	Mountbatten Sports Centre, Portsmouth, Hampshire.	7.30pm
Sat Aug 11	Maiden Newton Madness	Youth Centre, Maiden Newton, Dorchester, Dorset.	7pm
Sun Aug 12	Salisbury 5-4-3-2-1 marathn	Salisbury Fire Station, Ashley Road , Salisbury, Wilts.	9.30am
Sun Aug 12	Salisbury trail runs	Salisbury Fire Station, Ashley Road , Salisbury, Wilts.	10am
Sun Aug 12	Midhurst 10km	Grange Centre, Midhurst, West Sussex	11am
Wed Aug 15	RR10: race 10	IBM Hursley Park near Winchester.	7.15pm
Sun Aug 19	Everton 10km	Recreation Ground, Frys Lane, Everton, Lymington.	10.30am
Sun Aug 19	Henfield Half Marathon	Henfield Leisure Centre, Henfield, West Sussex.	10.30am
Sun Aug 19	Isle of Wight Half Marathon	Sandown & Shanklin Rugby Club, Sandown, IOW.	11am
Sun Aug 26	The Foxtrot 5	The Fox, Broughton Gifford, Melksham, Wiltshire.	11am
Sun Aug 26	Vale of Pewsey Half	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	10.30am
Sun Aug 26	Run 4 Your Grub 5k	Weymouth Sea Front, Weymouth, Dorset.	8am
Mon Aug 27	Shillingstone 5	Shillingstone Playing Field, Blandford Forum, Dorset.	2.15pm
Sat Sept 1	Overton 5 Mile (HRRL)	Overton Recreation Centre, Overton, Hampshire.	3pm
Sun Sept 2	Arundel Castle 10km	High Street, Arundel, West Sussex.	9am
Sun Sept 2	Dry Hill 10km	Lingfield Leisure Club, Lingfield, Surrey.	10.30am
Sun Sept 2	Fittleworth Flyers 5	Fittleworth Village Hall, Fittleworth, West Sussex.	11.15am
Sun Sept 2	Hawker 10km	YMCA Hawker Centre, Kingston-upon-Thames, Surrey	11am
Sun Sept 2	Reading O2O 10k	Thames Valley Park, Reading, Berkshire.	9am
Sun Sept 2	The Beast	Corfe Castle, Corfe, Dorset.	10.30am
Sun Sept 9	Dorset Demon 16	Swanage & Herston FC, Swanage, Dorset.	9.30am
Sun Sept 9	The Grizzly	Seaton, Devon.	10.30am
Sun Sept 9	Chestnut Tree 10km	Littlehampton Seafront, Littlehampton, West Sussex.	9.30am
Sun Sept 9	Pants in the Park 5km	Old Deer Park, Richmond, Surrey.	11am
Sun Sept 16	New Forest Marathon and Half Marathon	New Milton High Street, New Milton, Hampshire.	9.30am/ 10am
Sun Sept 16	Stansted Slog 13 and Stansted Slug 8.5	Stansted House, Rowlands Castle, Havant, Hampshire.	11am

The Stubbington Noticeboard

July's training programme

Tuesdays (6.30pm)
July 3rd: Four-mile time trial.
July 10th: 10x200m (200m jog).
July 17th: 4x800m (400m walk).
July 24th: 4x1200m (400m walk).
July 31st: 6x600m (200m jog).

Thursdays (7pm)
July 5th: Chilling Fields 5x5mins (2mins).
July 12th: 7 x Brownwich loop.
July 19th: 6 x School of Navigation paarlauf.
July 26th: Hunts Pond Road 12x15sec (30sec recovery), 12x30sec (30sec recovery).
August 2nd: Chilling Fields 2x2 miles (3mins recovery)

Liz Hall has taken over as the new kit person.
If you want Stubbington kit, then call Liz on 01489 -577610 or you can catch her at club nights on a Monday and a Wednesday.
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.

Mike Harper needs helpers for the Track & Field meeting on July 14th at Southampton Sports Centre. It's our home meeting. If you can help contact Mike on: theharpers12@hotmail.com

Glen's Thursday speedsters (6.30pm)

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.

July 5th: Locks Heath – 1-2-3-4-3-2-1 min pyramid (1 min rest).
July 12th: Stubbington – 2x1200m (400 walk).
July 19th: Locks Heath - 6x15sec (30sec) - 3mins - 6x30sec (30sec).

Committee meetings will now be held on the first Monday of each month at 8.30pm.
Dates of next meeting is: Monday, July 9th.

The August issue of the Green Runner will be published electronically only - to give the distributors a month off.
If you are not on the e-mail distribution list for the Green Runner and want a copy, then please let Dave King know.
E-mail: Peekay63@aol.com

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Don't miss out on the latest news on the club website - www.sgrac.net/ and send any information to: peekay63@aol.com