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

Hats off to the RR10!!

IT'S over for another summer, but the RR10 is fast becoming one of the Stubbington success stories.

Mark Le Gassick was crowned champion with a couple of races to go, and Suzie McGregor continued her magnificent form to finish sixth overall in a highly competitive ladies' category.

But the success was marked by the huge turn-outs of runners for the 10-race midweek cross country series, which saw a few Stubbies making their competitive debuts and others returning to the fold after a long-term injury.

For the final fixture at IBM's headquarters at Hursley Park near Winchester, 26 Stubbies wore club colours on an evening when the weather was threatening a downpour but just about held dry.

Mark Le Gassick finished third on the evening, feeling the effects of three consecutive hard training sessions, but was still able to bask in the glory of a comfortable overall victory from his six counting races.

Going into the final fixture at Hursley Park, Stubbington's men were lying third overall, ahead of Winchester & District AC by a single point.

However, at the final race, with three Winchester runners finishing inside the top ten, it was the home club who gained the advantage, placing second on the night and moving ahead of the greens in the overall team rankings with Stubbington sixth on the night.

Once again, Southampton Running Club were first, with their first five runners finishing inside the top 20, to give the club an unblemished record of nine out of nine wins in the series.

Another runner making his RR10 debut was Stubbington's talented young Lewes Banner. Lewes, who is 16, competes for the club on the track and, in only his second cross-country, he ran extremely well to finish in an excellent 16th place out of 194 finishers.

In the ladies' race, another Winchester debutant, Louise Damen, prevented team-mate Kath Bailey from making it eight wins out of eight, with the ladies' champion having to settle for second place.

Emma Patel finished third to complete the Winchester clean sweep, giving the home side a convincing win on the night, and cementing the club's place at the top of the overall team rankings.

For Stubbington, Suzie McGregor rounded off a superb RR10 series by finishing in 17th place on the evening, and an excellent sixth overall for the series.

The week before, the Stubbington vet finished 3rd overall in the Promenade 5k series, and was the highest placed female vet35. Mark Le Gassick was second overall in the series.

For the two years that Stubbington has taken part in the series, we have been limited over the number of runners we can enter.

All other competing clubs can have as many runners as they like, but as the newest kid on the block, restrictions were put in place because of fears that the Greens would take over.

For next summer, we will be pushing for no limits on race numbers, to give more club members, especially newer runners, the chance to experience competition in a relaxed and friendly setting.

SEE FINAL RR10 STANDINGS ON PAGE 2

RR10 Race Results

RR10 @ STOKE PARK WOODS, BISHOP-STOKE – Wednesday, August 2nd.
Men: 1st Mark Le Gassick, 9th Andy Simpson, 12th Chris Hall, 16th Ray Gunner, 32nd Graham James, 48th Mike Harper, 56th Malcolm Lavery, 66th Marcus Lee, 72nd Nick Kimber, 90th Richard Simms, 102nd Neil Jarvis, 105th Chris Furnell, 106th Keith Carter, 112th Colin Elderfield, 115th Gordon Westley, 124th Ryan Gunner, 145th Aitken Hunter, 148th John Simister.
Stubbington A: 3rd (3rd overall), Stubbington B: 13th (16th overall), Stubbington C: 22nd (30th overall).
Ladies: 14th Susie McGregor, 20th Louise James, 65th Jane Butler, 67th Helen Kimber, 87th Tracie Jarvis, 88th Liz Hall.
Stubbington A: 11th (6th overall), Stubbington B: 27th (28th overall).

RR10@ IBM SOUTH HURSLEY – Wednesday, August 16th.
Men: 3rd Mark Le Gassick, 16th Lewes Banner, 26th Ray Gunner, 37th Noel Charlton, 42nd Graham James, 52nd Tim Crumpton, 66th Malcolm Lavery, 76th Nick Kimber, 88th Marcus Lee, 93rd Mike Bell, 94th James Keen, 100th Richard Simms, 103rd Zac Conaty, 104th Keith Carter, 123rd Phil May, 129th Gordon Westley, 131st Ryan Gunner, 145th Dave King, 165th Aitken Hunter.
Stubbington A: 6th (4th overall), Stubbington B: 17th (16th overall), Stubbington C: 22nd (28th overall).

Ladies: 17th Susie McGregor, 31st Lou James, 36th Hana Littlecott, 68th Lucy May, 81st Helen Kimber, 84th Julia Hunter, 96th Liz Hall.
Stubbington A: 9th (6th= overall), Stubbington B: 28th (28th overall).

Dr Ironman!

IN terms of marathon running, most folk would be pleased with anything sub-four hours. A time of 3hrs 40mins is a very respectable marathon time by anyone's standards - but when you have just completed an Ironman Triathlon?

Richard Thomas pulled off that incredible marathon split at the end of the Ironman at Sherborne Castle in August.

For the record, the doctor who is based at Southampton General Hospital, ran the 26.2 miles in a time of 3hrs 40mins 54sec as the climax to almost 11 hours of competition.

The Ironman consisted of a 2.4-mile swim which Richard completed in 1hr 9min 14sec, followed by a saddle sore cycle ride of 112 miles which took the Stubby club member 5hrs 59min 12sec. It was then straight off with the helmet and the cycle clips (not really), into the running shoes and off for a gentle 26-mile stroll—as you do!

Richard's total time was 10hrs 58mins 10secs to finish 155th overall in a quality international field, and 22nd in the Male 40 to 44 years age group.

RR10 Summer Cross Country Series Final Standings

Overall positions (six or more races).
Men: 1 Mark Le Gassick, 9 Chris Hall, 16 Ray Gunner, 34 Mike Harper, 37 Tim Crumpton, 55 Malcolm Lavery, 77 Marcus Lee, 82 Richard Simms, 83 Nick Kimber, 93 Keith Carter, 100 Neil Jarvis, 108 Ryan Gunner, 117 Gordon Westley, 147 John Simister.

Ladies: 6 Susie MacGregor, 21 Lou James, 76 Julia Hunter, 77 Liz Hall.

Those who completed five races were: Jon Leigh, Gary Littlecott, Lucy Simmons, Sarah White, and Suzanne Byrne.
Those who completed four races were: Andy Simpson and Paul Hammond.
Those who completed three races were: Colin Elderfield, Dave King, Gilbert Yeates, and Helen Kimber.
Those who completed two races were: Graham James, Mike Bell, James Keen, Phil May, Tim Sands, Eric Beck, Aitken Hunter, Hana Littlecott, Lauren Coates, and Lucy May.
Those who completed one race were: Lewes Banner, Tor Duffin, Noel Charlton, Shane Dimming, John Exley, Tim Sullivan, Zac Conaty, Chris Furnell, Andy Lee, Mark Hindry, Nick Davies, Mike Brennan, Andy Tomlinson, Penny Forse, Lynne Spiers, Annie Tomlinson, Gill Rose, Carol Hindry, Katrina Gunner, Chris Haskell, Jane Butler, Tracey Jarvis, and Julia Haskell.

Teams overall:
Men
1 Southampton Running Club – 9 points
2 New Forest Runners – 27 points
3 Winchester & District AC – 32 points
4 Stubbington Green Runners & AC – 35 points
5 Hardley Runners – 41 points
6 Southampton Running Club 'B' – 42 points

Ladies
1 Winchester & District AC – 12 points
2 Southampton Running Club – 19 points
3 Hardley Runners – 33 points
4 Winchester & District AC 'B' – 52 points
5 New Forest Runners – 57 points
6=Stubbington Green Runners & AC – 61 points
6=Team Southampton – 61 points

Time to defend Test Way title

THE Test Way Relay is just around the corner, and Stubbington will be fielding five teams in the prestigious event which runs from Inkpen Beacon in Berkshire to The Anchor Pub at Eling.

Made up of nine legs of between 6.1km and 10km in length, the race takes place on Saturday, September 8th along a 50-mile stretch of the picturesque way.

The men's A team will be defending the trophy they won a year ago and they will be lead off by Great Britain international Andy Vernon on the first leg.

The club has also fielded a strong mixed team this year and will be hoping to do well.

The starts for both the ladies and mixed teams will be at 10.30am on September 8th, and at 11.30am for the men's teams.

Leg	From	To	Distance	Men's A team	Vets	Men's B team	Ladies	Mixed
Leg 1	Inkpen Beacon	Linkenholt	7.1km	Andy Vernon	Mike Harper	Glen Street	Caroline Street	Malcolm Lavery
Leg 2	Linkenholt	Stokehill	8.5km	Chris Hall	John Exley	Lloyd Exley	Julia Hunter	Louise James
Leg 3	Stokehill	Middleton Farm	10km	Mark Le Gassick	Tim Crumpton	Nick Kimber	Jane Butler	Richard Simms
Leg 4	Middleton Farm	Wherwell	7.8km	Ray Gunner	Jon Leigh	Ryan Gunner	Verity Wright	Penny Forse
Leg 5	Wherwell	Stockbridge	7.5km	Andy Simpson	Marcus Lee	Gary Littlecott	Margaret Pritchard	Andy Tomlinson
Leg 6	Stockbridge	Mottisfont	9.1km	Zippy Grice	Graham James	Dave King	Annie Tomlinson	Lynne Spiers
Leg 7	Mottisfont	Romsey	9.1km	Barry Hards	Graham Bell	Nick Crane	Lauren Coates	Susie McGregor
Leg 8	Romsey	Lee Lane (M27 bridge)	7.6km	Alastair Ewing	Mike Bell	Andy Lee	Gill Rose	Lucy Simmonds
Leg 9	Lee Lane	The Anchor @ Eling	6.1km	Mike Bainbridge	Steve Marshall	Mike Clarke	Rachel Openshaw	Lesley Harding

It's September, so it must be Butser time!

By secretary, Mark Le Gassick

AS the summer comes to an end (did it ever start?), the evenings begin to draw in, that familiar autumnal chill fills the early morning air, and as octogenarian Michael Aimable turns his attention once again towards successfully completing another Butser Hill Challenge, now seems to be an ideal opportunity to reflect on the past 12 months, and look ahead to the forthcoming road and cross-country seasons.

Passing the test

The year got off to a great start for Stubbington Green Runners & AC when the club won the prestigious Test Way Relay.

The last time we won the highly sought after 'flapping fish' trophy was back in 1999 and, since then, Southampton Running Club have dominated the event, winning it five years in a row, from 2001 to 2005.

However, last year, a great team performance by the greens put an end to Southampton's dominance of the event. So, it's going to be an intriguing race, on Saturday, September 8th, as SGR&AC attempt to defend the title.

2008 XC Championships

Hampshire XC Championships: January 5th, 2008 – venue tbc
Southern XC Championships: January 26th, 2008 – Parliament Hill, London.
National XC Championships: February 23rd, 2008 – Alton Towers

Cross-purposes

In 2006/7, the cross-country season provided some highs and some lows for Stubbington.

In the Hampshire Cross-Country League, there were mixed fortunes as the men's vets did well to place 3rd overall in the vet's league, with the senior men being relegated from division 1 to division 2.

For the coming cross-country season, the club is going to concentrate on just two leagues – Today's Runner and Hampshire XC. This will allow us to focus specifically on the two leagues without the added pressure of a third league. However, we will still enter the Wessex XC league, so if you want to run at the Sunday afternoon fixtures, you can still do so.

Last season, the club finished equal 3rd in the Today's Runner league, recording some good (and some not so good) results along the way. For example, there were some particularly good results from the ladies towards the end of the series, finishing with two 2nd places and a 1st, but the start of the season was a far cry from this success with two 10th places and a 15th.

Today's Runner fixtures are friendly, sociable races and provide an ideal introduction to cross-country. Both the men's and ladies' results are combined, and with the strength and depth that the club has, there's certainly no reason why we shouldn't be able to win this league in 2007/8.

After three years as cross-country secretary, Andy Simpson has handed over the reins to Tim Crumpton at: timothy.crumpton@ntlworld.com or 01489 576022.

Please let Tim know which Hampshire Cross-Country League fixtures you can make, and also if you're interested in running at next year's Hampshire, southern, and national cross-country championship races.

Glen Street, who can be found at: glen.street@ntlworld.com or 01329 845330 is the man to contact if you're interested in competing in the Today's Runner league.

RR10 romp

This year was the second year that Stubbington has competed in the RR10 midweek summer cross-country series, and what a successful year it has been!

As well as a certain green vested runner winning the overall title, there have been large numbers of Stubbies at each of the 10 Wednesday evening fixtures, and it's great to hear that everyone has enjoyed running at these sociable midweek races.

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It's September, so it must be Butser time!

From page 4

Throughout the RR10 series there's been some very good performances, not least by Stubbington's ladies who've done very well at every race, notching up an impressive win at round six at Blackfield, and demonstrating that the 'green queens' are a force to be reckoned with and capable of beating the likes of Winchester & District AC.

I'm sure that next year we'll be able to continue where we've left off and enjoy another great season in the RR10 league.

Hit the road

It's September, so back to school for the kids and, if you've been tucking into relish-laden barbecued sausages and strawberries and cream over the summer months (from the shelter of the garage), then it's perhaps time to get back to some regular training!

The good news is that September heralds the start of the new road running season, with the first fixture of the Hampshire Road Running League, the Overton 5, taking place on Saturday, September 1st .

However, don't worry if you've missed out on the Overton 5, as there are still nine more races for you to target, and therefore plenty of time to complete the minimum six races in order to post an overall score.

Last year, Stubbington's ladies did brilliantly in the HRRL, just missing out on promotion to division 1 at the final fixture, the Totton 10k, in April.

The men finished in a creditable 5th place in division 1, so there's still plenty of room for improvement right across the board.

If you're able to let league secretary, Mike Harper - theharpers12@hotmail.com or 07722 870258 - know which races you're able to do in advance, he would greatly appreciate it.

All you ever needed to know about the SGR Points League

THE idea of the point's league is to get members competing in races; you do not have to win the race to get the points's – it's all about taking part, ***writes chairman Mike Clarke (pictured in front of a very alluring pink background with his special clip board).***

I've been running the Points league for a number of years and there always seems to be confusion over the rules, so I hope this article will clear things up.

The league starts and finishes at the AGM in June; the winner will receive either a club fleece or club jacket.

Counting races include all Hampshire Road Race League events, except the club 10k since we need all the helpers we can get for our race.

Also counting towards the points league tally are the summer time trials, the summer and winter handicaps, Portsmouth Joggers' Christmas Pub to Pub race, the Duck Pond Waddle in Worthing, plus any other races I can find.

I will publish the top ten positions in the league in the Green runner each month.

The points are awarded as follows:

HRRL: 20 points.
Time trials: 20 points.
Pub to Pub: 50 points.
Duck Pond Waddle: 50 points.
Any additional races I deem fit to add into the programme: 50 points.
Summer and winter handicap races: winner 50 points, plus 20 for taking part, second place 30 points plus 20 for taking part, third place 20 points plus 20 for taking part, and everyone else will pick up 20 points. The winners will also receive a bottle of wine.

To make sure you get your points make sure your name is published in the results section of the Green Runner.

If you can think of any races that you would like to be included in the SGR Points League, then drop me a line at: michael.tclarke@btopenworld.com

HAMPSHIRE ROAD RACE LEAGUE FIXTURES 2007/2008

Saturday, September 1st: Overton 5.
Sunday, October 7th: Solent Half Marathon (@ Gangwarily Recreation Centre, Blackfield).
Sunday, November 18th: Gosport Half Marathon.
Sunday, December 2nd: Victory 5 (@ Mountbatten Centre, Portsmouth).

Sunday, January 13th: Stubbington 10km
Sunday, February 3rd: Ryde 10.
Sunday, February 17th: Bramley 20.
Sunday, March 16th: Eastleigh 10km OR
Sunday, March 30th: Totton 10km.
Sunday, May 11th: Alton 10.
Sunday, June 8th: Winchester 10km.

Contact Mike Harper for more details:
Email: theharpers12@hotmail.com
or call: 07722-870258.

Results

MIDHURST 10KM
WHERE: Grange Centre, Midhurst, West Sussex.
WHEN: Sunday, August 12th.
THE RACE: 15th year of popular race .
RUNNERS: 622 finishers.
FIRST MAN: Toby Lambert (Alton Runners) 30.56.
FIRST WOMAN: Rachel Townend (Winchester & District AC) 35.59.
STUBBIES: 85th Rod Nairn 42.07, 96th Nick Kimber 42.45.

MAIDEN 'NEWTEN' MADNESS
WHERE: Maiden Newton, near Dorchester, Dorset.
WHEN: Saturday, August 11th.
THE RACE: Friendly 10km multi-terrain race.
RUNNERS: 121 finishers.
FIRST MAN: Ian Habgood (Egdon Heath Harriers) 36min 38sec.
FIRST WOMAN: Stephanie Slade (Egdon Heath Harriers) 44.01 (20th overall)
STUBBIES: 92nd Graham Watts 57.16, 117 Caroline Watts 1hr 5min 17sec..

SGR FOUR-MILE TIME TRIALS

JULY

Andy Simpson	22.38
Marcus Lee	26.42
Neil Jarvis	27.32
Sean Denning	25.31
Colin Elderfield	27.58
Lou James	28.11
Phil May	28.16
Keith Whitaker	28.20
John Tussler	29.18
Steve Wylie	29.54
John Simister	31.13
Derek Balsdon	32.00
Gilbert Yates	34.16

AUGUST

Andy Simpson	22.34
Mike Bell	26.24
Neil Jarvis	27.20
Zac Conaty	27.48
Colin Elderfield	28.14
Derek Balsdon	31.25

EVERTON 10KM
WHERE: Everton Recreation Ground, Everton, near Lymington.
WHEN: Sunday, August 19th.
THE RACE: 10km along country lanes.
RUNNERS: 259 runners.
FIRST MAN: Matthew King (Winchester & District AC) 33min 48sec.
FIRST WOMAN: Nicci Blandford (Southampton Running Club) 40.46.
STUBBIES: 9th Zippy Grice 36.25, 32nd Tim Crumpton 39.49, 63rd Zac Conaty 43.16, 107th Eric Beck 46.59, 154th Terry French 51.23, 234th Debbie Casey 1hr 4min 25sec.

SINGING IN THE RAIN: Gerry Perrier (left) with Chris Haskell

CONGRATULATIONS to Geraldine Perrier and husband Cedric who are celebrating the birth of their first child.

Gerry gave birth to a baby boy on August 13th, Raphael Laurent, who weighed in at 5lb 6oz. Both mum and Raphael are doing well - let's hope both are sleeping well too!

It's the latest birth in the dramatic Stubbington summer baby boom. In July, Marcus Lee's wife Caz gave birth to a daughter, Abigail Sienna Lee at Southampton General Hospital on July 25th at 12.55am, weighing in at 6lbs 11ozs.

The question is.....who's going to be the third?!!!

Go! Get your kit off for Liz!

GET your kit off for Liz! Well, within reason, of course!

Liz Hall has taken over from Caroline Street as the lady with the kit. What qualities does the Southampton-based nurse have for taking on such a key job? Well, she knows her leggings from her crop tops, and her fleeces from her fancy pants so that's a start.

Liz will be at training on most Monday evenings at Whiteley and also on a Wednesday at Stubbington, so if you need any kit in particular give her a call and she can bring that item to the session. You can contact Liz at home on: 01489-577610 or her mobile, which is: 07788-132143.

Currently in stock, Liz has buried in boxes in the spare bedroom wardrobe the usual collection of Stubbington green vests (both men's and women's), shorts, ladies' knee shorts, training shirts, t-shirts, safety bibs and some fleeces, all in different sizes.

Over the coming months, Liz is looking to build up the stock and if need-be, so long as there is the demand, to make available new kit.

So what sort of kit do you want? Is there anything which the club doesn't stock which you would like to be available? You've seen what other club runners wear, is there anything which we are missing out on. Stubbington Green tracksters, for example? Would you be interested if the club stocked a range of running socks in different sizes? Have a think about it and let us know.

Quite clearly there has to be a demand for the product. There is no point just stocking for one person, but Liz would like your feedback. You've got her phone numbers.

Alternatively, you can e-mail Liz at: Lizhall63@aol.com with your suggestions or collar her at training one evening.

Are you ready to party?

THE date is Friday, November 2nd, the place is the Holiday Inn at Titchfield, and the event is the Stubbington Green Runners awards dinner.

More popular than the Brit Awards, more valued than a seat in the Fratton End at Pompey, more precious than Colin Elderfield's Union Jack shorts, these are the awards to beat all awards, an evening to not stay at home but to get out, have fun and be dazzled by some Stubby dancing!

Already more than half the seats have been sold for the event, and that's within a month of the date being announced. We've got 100 tickets up for grabs, so genuinely you are going to have to get in pretty sharpish not to miss out.

What's in store? Well, a lavish three-course dinner in the grand surroundings of the Holiday Inn. Two bottles of complimentary wine at each table, a disco and, of course, the awards. A time to salute the achievers and hiss the Saints supporters.

An occasion to let your hair down - or in Chris Hall or John Exley's case, if you've got any hair to let down at all!

Last year was the first time we have tried the format, moving away from the traditional Christmas dinner, and it was a stunning success.

We had a full house then and another capacity crowd is expected on November 2nd, with a 7pm start for a 7.30pm sit down.

So, check your diaries, check your partner's diaries and invite them along too.

It's all for the princely sum of £25 per head, which is pretty good value.

Next month in the Green Runner and on the club website, we will be announcing some of the award categories we will be asking for you to vote for, and which will be presented on the evening.

In the meantime, if you would like tickets, then get your orders in sharpish by contacting either Michelle Simpson on 01489-573667 or by e-mailing: michelle.simpson@tiscali.co.uk or Dave King on 07795-305206 or by e-mailing: peekay63@aol.com For those who have booked tickets we need money by the end of the month.

Menu

Pate with ciabatta bread

Chicken breast wrapped in pancetta with a herb stuffing. Served on a bed of roasted vegetables & potatoes

Lemon panacotta with mixed berries

Tea & coffee to follow

Gary Littlecott at last year's awards dinner strutting his stuff on the red carpet. Hope he cleaned it afterwards!

Still on track to run 80 races in a year

DAVE KING hit the half century of races for the year in August when he competed in the Isle of Man Half Marathon.

He is now nearly two-thirds through the charity challenge to run around the British Isles in 80 races which finishes on New Year's Eve this year.

"August has not been the easiest of months," said Dave.

"I had an absolute stinker of a run on the first weekend when the sun shone and the temperature hit the 80s for the Harlow 10.

"I ran like a dog and clocked 1hr 19min for the distance. But I didn't enjoy the race one bit, and it was one of those runs which shatters your confidence.

"However the following day I trained with the guys at Whiteley and felt much better."

Among the races in August, Dave took on the Mynyddislwyn Mile in South Wales - a one-mile run up a one in eight hill.

"This year I've run my fastest ever mile when I ran 5mins 45sec downhill and with the wind behind me in Scotland, and my slowest, with this race, where it took me 12min 15sec," he added. "This was hard! I had to walk at one point."

Two days later, Dave was in the Isle of Man for a 13-miler around the island where he came 40th in 1hr 38min 15sec.

It was then down to Cornwall for a Friday evening run at St Levan over 10km where he placed 71st with a time of 46min 33sec, and then the following day he ran with clubmate Richard Simms at Race The Train in Tywyn, in Mid Wales, finishing in 2hrs 9mins, a minute behind Richard.

Results

JACK & JILL CHALLENGE
WHERE: Hassocks, West Sussex.
WHEN: Sunday, July 29th.
THE RACE: 5.5 mile run over the South Downs.
RUNNERS: 163 runners.
FIRST MAN: James Baker (Chichester Runners) 32min 11sec.
FIRST WOMAN: Laura Burton (Brighton & Hove AC) 40.14 (14th overall).
STUBBIES: 103rd, Tex Dallas 53.17.

MILLAND VALLEY TRAIL RACES
WHERE: Milland Sports Pavilion, Liss, Hampshire.
WHEN: Sunday, August 5th.
THE RACE: Tough 21km and 6-mile multi-terrain races on blazing hot day.
RUNNERS: 295 runners (21km) / 97 (six-mile)
FIRST MAN: 21km - Paul Bleach (City of Portsmouth AC) 1hr 21min 49sec.
Six mile - Robert Watts (Highgate Harriers) 32min 3sec.
FIRST WOMAN: 21km - Kate Brown (Army Athletic Association) 1hr 35min 16sec.
Six mile: Marguerite Lazell (Highgate Harriers) 40min 28sec.
STUBBIES:
21km: 92nd Marcus Lee 1:49.10, 93rd Nick Kimber 1:49.11, 265th Lauren Coates 2:27.01.
Six mile: 67th John Vose 53.35 (11th vet)

PROMENADE 5KM
WHERE: Mountbatten Centre, Portsmouth.
WHEN: Wednesday, August 8th.
THE RACE: Third and final 5km race in the series starting and finishing at the sports stadium.
RUNNERS: 197 runners.
FIRST MAN: James Baker (Chichester Runners) 15min 24sec.
FIRST WOMAN: Lucy Elliot (Winchester & District AC) 17.24 (21st overall).
STUBBIES:
Men: 2 Mark Le Gassick 15.45 (pb), 18 Chris Hall 17.16, 48 Tim Crumpton 19.13, 68 Zac Conaty 20.27, 107 David Langrish 22.45.
Ladies: 8 Susie MacGregor 20.18, 19 Lauren Coates 24.13.

Mark finished second overall in the series behind James Baker, and Susie (pictured) placed third overall in the ladies challenge which was won by Denmead Striders' Karrie Blake, and she was the leading Vet35 runner.

Have you renewed your membership? If not....why not?

By Caroline Street
Membership Secretary

AS you are probably aware, I have taken over the Membership Secretary position from Dennis Woodward.

If you haven't already made your payment for membership renewal, it should now be sent to Caroline Street at 83 Garstons Close, Titchfield, PO14 4EU. If you have already paid then thanks for your prompt response.

Please send your form and payment back to me as soon as possible.

If you have lost the renewal form sent out in June, please download a new form from www.sgrac.net/PDF/Membership.

So far less than half of the renewal forms have been returned.

In brief, the annual subscription rates are £15 per person, £20 per couple or £25 for family membership.

If you are in any doubt as to which payment you should make then please contact me on 01329-845330.

You need to ensure that you include an additional £5 if you wish to participate in UK Athletics events.

UK Athletics events include most road races and all Hampshire Road Race League, Hants Cross Country League, Today's Runner and Track & Field races. This means that you need to pay this fee if you intend to enter races.

If you lost your original form then ensure that you let me know any new personal best times since your last membership renewal. Have you changed your email address, home address or telephone numbers?

Be warned...renew your membership of Caroline will prove why she is Titchfield's mud-wrestling champ!!

WHO is this cute boy looking lost by the garden shed?

It is the face of a well-known Stubbie. Not sure if he was wearing Clarke's shoes which were all the rage back then in the 1960s, but he's grown longer legs since then.

Answers next month, and if you've got a baby photo you want to share let Dave King have the picture.

Well chuffed after racing the train!

IF you love running, then Race The Train is one of the must-do races. It is unique, it is challenging and it is fun, and after my first bash at this popular event, I'll be back.

Race The Train takes place in the coastal town of Tywyn in mid-Wales, north of Aberystwyth, and this was the 24th staging of the multi-terrain run, ***writes Dave King.***

Runners go head to head with a steam train which runs along the Talyllyn Railway. It leaves Tywyn Wharf and heads up trough the valley past Rhydyronen, Brynglas, Dolgoch Falls to Nant Gwernol, and then turns round before making the trip back along a route, much of which is within the Snowdonia National Park.

It is brilliantly organised with a huge marquee in the centre of the field offering food, seating and tables, and protection from the elements. There were also changing rooms and showers.

As Liz (Hall) and myself pulled into the car park at the town school, we spotted Richard and Julie Simms with their family walking towards the sports ground where the race was situated.

The first mile out of Tywyn is gentle as runners headed trough the town towards Brynglas. The race starts at 2pm, the train leaves 20 minutes later. Richard and myself took it nice and gently on the way out. At Brynglas, the course turned up a farm drive to cross over the railway which we followed to Rhyd-yr-Onnen.

Despite it being August, the weather was grey and overcast though still humid. It was pretty clear early on once we stepped into the country that this was going to be a muddy race. The first short but stiff climb tested the footwear on a grassy hill.

Everyone had warned to take it steady for the first half of the race because the second half would be tough. The rain started falling as the huge field of runners, who had come from all over the country for this gruelling multi-terrain race, tackled the mixture of tracks and field which included wading through a ford.

It was mucky, it was dirty, it was a slog. You were picking your way along the tracks, trying to avoid the cowpats, and picking out a path which was firm. At times it was single file running and having to be patient behind the runners who were ahead of you..

Richard and I were running at close to eight-minute-mile pace.

We took it in turns to lead, navigating our way over fields and rough pasture to Dolgoch, running through a car park, and then

Richard Simms and Dave King muddied at the finish!

along an unmade track to some well-cultivated pasture which had been ploughed just the day before.

It was unbelievable trying to pick your way through the gloopy mud of this field which had been ploughed right up to the edge.

It was at this point that, seven miles into the race, that I saw the train. We could hear the whistle sounding miles back, and then to our right was the train with supporters waving and cheering at us.

I couldn't look up, I was wading through ankle high mud.

This was the turning point as we crossed a stream and then climbed steeply across the face of the hillside on narrow sheep tracks. This was a killer. You were running on a camber one foot higher than another. It took all your concentration to keep your balance and footing. Take a wrong step on the muddy and sodden tracks and you could tumble 20 feet down the hillside.

We were now following some of the well-worn tracks used for the 10km race in the morning which made conditions even more treacherous. Again it was single-file order for some of the way. Some of the climbs you had to walk up.

We passed a stunning waterfall at Dolgoch by the 10-mile mark. By this time, Richard had moved just ahead of me some 50 metres ahead and I was never able to close the gap.

The legs were growing increasingly tired, I was thoroughly wet and the fact that I had run a 10km race the night before was beginning to tell. It was fairly evident that there was no way we were going to beat to train, even though Richard and I steadily moved our way through tiring runners over the last few miles.

You need to complete the 14.75-mile race in around 1 hour 47 minutes. Ordinarily on a road, that would be gettable, but on the wild Welsh mountains with rain pouring and difficult conditions, only the top 10 per cent managed to beat the train.

I was pleased with my finish which was surprisingly strong. I dug in for the last few miles and crossed the finish line in 2hrs 9mins, a minute down on Richard. It was a great effort.

We were wet and muddy.. That was a thoroughly satisfying race, enormously rewarding and a challenge I plan to take on again.

The Race Diary

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	Reading O2O 10k	Thames Valley Park, Reading, Berkshire.	9am
Sun Sept 2	The Beast	Corfe Castle, Corfe, Dorset.	10.30am
Sat Sept 8	Test Way Relay	Inkpen Beacon to Eling Quay, Totton.	11am
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	Around the Park (5 mile)	Charlton Leisure Centre, West Portway, Andover.	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
Sat Sept 22	St Boniface Fell (3 miles)	Winter Gardens, Ventnor, Isle of Wight.	11am
Sat Sept 22	Ventnor Horseshoe (7ml)	Winter Gardens, Ventnor, Isle of Wight.	3pm
Sun Sept 23	Stanmer Stagger 5	Stanmer Park, Stanmer, Brighton, Sussex.	10am
Sun Sept 23	Butser Hill Challenge	Queen Elizabeth Country Park, Petersfield, Hampshire.	12pm
Sun Sept 23	Hursley 10km	John Keble School, Hursley Park Road, Winchester.	10am
Sun Sept 23	Dodger's Dash (8 miles)	Tarrant Rushton Airfield, Poole, Dorset.	11am
Sun Sept 23	Littledown 5	Littledown Leisure Centre, Chaseside, Bournemouth.	10.30am
Sun Sept 23	King Alfred's Torment 7	Stourhead Gardens, Stourton Village, Wiltshire.	11am
Sun Sept 23	Tytherley 10km	West Tytherley, Salisbury, Wiltshire.	10.30am
Sun Sept 23	Biddestone 10km	Biddestone Village Hall, Biddestone, Chippenham, Wilts	11am
Sun Sept 30	Finchcoaster's Tough 10 & Tough 5	Bramshill Forest, Bramshill Road, Everley, Hampshire.	9.30am
Sun Sept 30	Clarendon Way Marathon (& relay)	Godolphin School, Milford Hill, Salisbury, Wiltshire.	10.30am
Sun Sept 30	Clarendon Way Half	Broughton Village Hall, Broughton, Stockbridge.	12pm
Sun Sept 30	ADP Highclere 10k	Highclere Castle, Highclere, Newbury, Berkshire.	10.30am
Sun Sept 30	Windsor Half Marathon	Windsor Great Park, Windsor, Berkshire.	1pm
Sun Sept 30	Mortimer 10km	Mortimer Fairground, Mortimer, Reading, Berkshire.	11am
Sun Oct 7	Alton Downland (10k&5k)	Anstey Park, Alton, Hampshire.	10.30am
Sun Oct 7	Cancer Research Beaulieu 10k	Beaulieu, Brockenhurst, Hampshire.	10am
Sun Oct 7	Logan's Run (4 miles)	Rushmoor Arena, Aldershot, Hampshire.	11am
Sun Oct 7	Chichester Priory 10km	Northgate Festival Theatre, Chichester, West Sussex.	11am
Sun Oct 7	Chalke Valley 10km	Broadchalke Sports Field, Broadchalke, Salisbury.	10.30am

The Race Diary

Date	Race	Venue	Time
Sun Oct 7	Cricklade 10km & half m	Cricklade Leisure Centre, Cricklade, Swindon, Wilts.	10.30am
Sun Oct 7	Hoburne 5	Hoburne Park, Hoburne Lane, Christchurch, Dorset.	11am
Sat Oct 13	Hampshire XC League	Farley Mount, Winchester, Hampshire.	1.35pm
Sun Oct 14	Asics Running Festival	Ancient Market Place, Kingston-upon-Thames, Surrey.	8.30am
Sun Oct 14	Rose Bowl Run	Hampshire Rose Bowl, West End, Eastleigh.	11.30am
Sun Oct 14	Peter Driver Fleet 10km	The Views, Harlington Way, Fleet, Hampshire.	10.30am
Sun Oct 14	Running4Women 10km	Madeira Drive, Brighton, Sussex.	10am
Sun Oct 14	Steepdown 5 miler	Lancing Manor Leisure Centre, Lancing, West Sussex.	11am
Sun Oct 14	Tadley Runners 10	Hurst Community College, Brimpton Road, Tadley.	10am
Sun Oct 14	Gold Hill 9.5k	Youth Club, Coppice Street, Shaftesbury, Dorset.	11am
Sun Oct 14	Swindon Half Marathon	Pipers Way, Swindon, Wiltshire.	11am
Sat Oct 20	Weymouth 10	Weymouth Pavillion, Seafront, Weymouth, Dorset.	10.30am
Sun Oct 21	Milford 5 miler	Hurst Road, Milford-on-sea, Lymington, Hampshire.	10.30am
Sun Oct 21	Denmead 10km	King George's Fields, Denmead, Hampshire.	10.30am
Sun Oct 21	Weavers Autumn Assault	Weavers Down, Longmoor Camp, Bordon, Hampshire.	10am
Sun Oct 21	Founders Challenge 26	Peaslake Memorial Hall, Peaslake, Guildford, Surrey.	10.30am
Sun Oct 21	Milford & Keyhaven 5	Hurst Road, Milford-on-Sea, Lymington, Hampshire.	10.30am
Sat Oct 27	Beachy Head Marathon	St Bede's School, Dukes Drive, Eastbourne, Sussex.	9am
Sat Oct 27	British Military Fitness Race (5km and 10km)	Sandy Lane, Redhill, Surrey.	10am
Sat Oct 27	Beddington Park 10k	Beddington Park, Church Lane, Wallington, Surrey.	11am
Sun Oct 28	BUPA Great South Run	Clarence Parade, Southsea, Portsmouth.	10am
Sun Oct 28	Barns Green Half Marathon	Barns Green Village Hall, Horsham, Sussex.	11am
Sun Oct 28	Salisbury Half Marathon	Salisbury Fire Station, Ashley Road, Salisbury, Wilts.	11am
Sun Oct 28	Studland Stampede (12k)	Shell Bay Beach, Studland, Poole, Dorset.	10am
Sun Oct 28	The Stickler 10.1	Shillingstone Primary School, Blandford Forum, Dorset.	10.30am
Sun Oct 28	Fordingbridge 10	Fordingbridge Fire Station, Fordingbridge, Hampshire	11am
Sun Oct 28	Puma Urban Escape Series	Hankley Common, Farnham, Surrey (10km trail)	11am
Sun Nov 4	Saab Solomon Hellraiser	Weavers Down, Longdown Camp, Longmoor, Hants.	11am
Sun Nov 4	AGC's A Worthy Half	Worthy Down, Connaught Road, Winchester, Hants.	11am
Sun Nov 4	Cuckmere Challenge	Cuckmere House School, Seaford, East Sussex. (10 mile)	10.30am
Sun Nov 4	Lordshill 10	Lordshill Recreation Centre, Redbridge Lane, Soton.	10am
Sun Nov 4	AECC Dash Back (10k)	Parkwood Road, Bournemouth, Dorset.	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 Stubbington Noticeboard

September's training programme

Tuesdays (6.30pm)

September 4th: Four-mile time trial.
September 11th: Fartlek session @ sewage works.
September 18th: SGR 10k route reverse fartlek.
September 25th: Cuckoo Lane 4x1km (250m recovery).

Thursdays (7pm)

September 6th: 7 x Brownwich loop.
September 13th: 6 x School of Navigation Paarlauf.
September 20th: Chilling Fields (2x2 miles) (3 minute recovery).
September 27th: 4x rollercoasters!

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

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.

September 6th: (Stubbington) 8 x 350 (1 min)
September 13th: (Locks Heath) 2 x 8 x 30secs (30secs) (3 mins)
September 20th: (Stubbington) 4 x 4mins (2mins)
September 27th: (Locks Heath) Paarlauf

Committee meetings will now be held on the first Monday of each month at 8.30pm.

Who's who.....

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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