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

So, who's your winner?

THE big night is fast approaching. An evening of fun, frivolity and curiosity about what outfits some of the Stubbies are going to be wearing. It is the Stubbington Green Runners' awards night.

SGR Awards Dinner:
Friday, November 2nd.
Holiday Inn, Titchfield.
Start: 7pm.
Last few tickets: call Michelle Simpson.

All roads lead to the Holiday Inn at Titchfield on Friday, November 2nd for this showcase in the club's year.

A time to discover that some Stubbies have no dress sense when it comes to running and possess even worse dress sense when they're putting on their glad rags.

A time to strike up conversation with fellow runners without wheezing away, clearing your throat and dribble running down your cheek after the last drinks station!

A time to let your hair down!

Most of the tickets have been sold for the three-course meal and disco which follows the gala event, so if you want to get along then you'll need to jump in quick.

At the time of writing just a handful of tickets were left.

The cost of the tickets is £25 which includes the meal, two bottles of wine on each table, disco, and sparkling repartee from the gruesome twosome, Gary Littlecott and Dave King.

Besides the dinner, the evening will also honour our runners of the year.

Here are the shortlisted candidates, and inside are details of how you can vote to decide this year's winners.

See page 5

Mike Bainbridge and Graham Bell lead off at the start of the race at Inkpen Beacon.
John and Lloyd Exley with faithful friend.

Position is team position at the end of each leg.	Stubbington A	Stubbington B	Stubbington C	Stubbington Mixed	Stubbington Ladies
Inkpen to Linkenholt 7.1km	Mike Bainbridge 29min 28sec 2nd	Graham Bell 33.16 8th	Glen Street 35.19 12th	Mike Harper 31.45 2nd	Caroline Street 48.30 8th
Linkenholt to Stoke Hill 8.8km	Chris Hall 34.28 2nd	John Exley 38.48 8th	Lloyd Exley 46.07 12th	Louise James 42.49 4th	Helen Grice 42.30 6th
Stoke Hill to Middleton Fm 10km	Mark Le Gassick 36.15 2nd	Chris Vernon 43.56 8th	Nick Kimber 44.40 12th	Tim Crumpton 44.19 4th	Jane Butler 57.38 7th
Middleton Fm to Wherwell 7.8km	Ray Gunner 31.08 2nd	Richard Simms 35.45 8th	Ryan Gunner 37.17 10th	Penny Forse 38.09 4th	Verity Wright 45.00 7th
Wherwell to Stockbridge 7.5km	Andy Simpson 29.03 2nd	Gary Littlecott 39.55 8th	Andy Tomlinson 44.57 12th	Marcus Lee 34.32 3rd	Margie Pritchard 39.57 7th
Stockbridge to Mottisfont 9.1km	Zippy Grice 33.27 2nd	Graham James 38.08 8th	Dave King 42.45 12th	Gordon Reid 36.24 2nd	Annie Tomlinson 47.30 7th
Mottisfont to Romsey 9.1km	Barry Hards 39.21 2nd	Malcolm Lavery 40.45 8th	Nick Crane 46.45 12th	Susie MacGregor 43.12 3rd	Lauren Coates 52.55 8th
Romsey to M27 7.6km	Alasdair Ewing 30.10 2nd	Mike Bell 34.52 7th	Andy Lee 37.21 13th	Lucy Simmons 38.00 3rd	Gill Rose 43.07 8th
M27 to Eling Wharf 6.1km	Richard Thomas 24.41 2nd	Steve Marshall 27.10 8th	Mike Clarke 30.45 13th	Lesley Harding 32.10 3rd	Rachel Openshaw 32.21 8th

FINISH TIME	**4hrs 48min 1sec** **2nd**	**5:32.32** **8th**	**6:05.56** **13th**	**5:41.20** **3rd**	**6:49.28** **8th**

A real Tester

STUBBINGTON'S strength in depth was demonstrated in no uncertain fashion when the club put out five teams and 45 runners for the annual Test Way Relay.

Even with a few injuries and late call-offs, the club was able to field its biggest ever relay squads for the 50-mile nine-stage race which meanders along the Test Way from the Berkshire border to the port of Southampton.

On the downside, the club failed to retain the trophy captured by the men's team last year. Southampton Running Club put out a very strong squad to win in 4hrs 38min 38sec – almost two minutes down on the relay record set by Stubbington 12 months ago.

Richard Thomas anchored the men home in a time of 4:48.01, a good half hour ahead of third-placed Portsmouth Joggers A (5:17.17).

Mike Bainbridge ran the opening leg to hold second place, but as soon as Southampton's veteran Andy Morgan-Lee blasted out a leg record on the 8.8km run between Linkenholt to Stoke Hill, the city club were streets away.

For Stubbington, this second leg was made memorable by Chris Hall's close encounter with a low-hanging branch which left the folically-challenged Stubby scarred on his hairless cranium.

The two other men's team placed eighth and 13th on a day which began cold but ended up a scorcher.

There were high hopes for the mixed team which featured the fastest lady runners, and some speedy fellas, and they ran extremely well for third place behind winners Team Southampton and Winchester & District.

The Winchester club bizarrely did not field a men's team, but instead pinned their faith on two strong line-ups in the mixed and inevitably the women's squad, where they ran away with the win.

Rachel Openshaw brought the ladies home in eighth place.

Are you ready for even more Today's Runner?

IF you enjoyed running the RR10 summer cross country series, then the Today's Runner Winter League could be right up your street.....or muddy path!

The six-race Sunday morning series begins in November at the Queen Elizabeth Country Park near Petersfield and features five mile races where the speedies can't compete.

Any men who can run 5min 40sec pace for a mile or 6min 15sec pace for women is excluded.

Any runner who had achieved this pace over a measured distance of five miles or more during the 12 months prior to the first race is ineligible. The races are fun and not too intense, the standard variable, and conditions muddy!

So if you want to run for the club without any pressure, meet other club members, and have an enjoyable Sunday morning outing, then please come along.

There are refreshments afterwards, and it is a fun family event too. All races start at 11am and if you want more details then contact Glen Street on glen.street@ntlworld.com

November 11th: Portsmouth Joggers
(Queen Elizabeth Country Park, Petersfield)

December 16th: Farnham Runners
(The Bourne Woods, Farnham)

January 6th: Liss Runners
(Rogate Common, Liss)

January 20th: Hart Runners
(Lord Wandsworth College, Basingstoke)

February 10th: Stubbington Greeen
(Manor Farm Country Park, Bursledon)

March 9th: Denmead Striders
(Staunton Park, Rowlands Castle)

Season starts at Farley

WELL, the cross country season is upon us again, with the first Hampshire League event at Farley Mount on Saturday October 13th. If the current fine and dry weather holds the conditions should be ideal, like last year.

This year Hampshire County Council are charging for the use of the land for the event and Winchester & District AC hope to fund this by charging £2 per car parking, ***writes Tim Crumpton, Cross Country Captain.***

There will be allocated parking and police will be placing no waiting cones on the narrow lanes, so I'd advise you to avoid them at all costs!

As usual, we need to share cars where we can, so log onto the SGRAC Forum.

Farley Mount is located about five miles north of Romsey, to the west of the Test Valley.

I'd allow about 40 minutes from Junction 9 of the M27 to get there.

It is a beautiful, if challenging course, with good, mainly grassy surfaces.

The women's event kicks off at 1.35pm and the men at 2.30pm. I'm pleased to say several club members have confirmed their attendance, but I'd be glad to hear from a lot more of you.

Whilst theses events attract the best athletes from the area, don't be afraid to participate, as runners of all abilities are welcome, and you'll get fitter and stronger!

If it's dry you may choose to run in flats, but all terrain shoes or studs will be better if it's at all wet underfoot.

The system of scoring is as follows: to count for the individual standings you need to complete four of the five events. More importantly in each team event we need to finish five senior men (includes vets), and three senior ladies, and three vets to count. Some come on you Stubbies.

By the way, it was great to see so many of us out at the Stanstead Slog and Slug, thanks to Chris Hall for nudging us all into action.

Well done to Zippy Grice for winning the Slug, and another great performance by Suzie MacGregor who was fifth lady in the Slog, and Alastair Ewing *(pictured in action at Stanstead Park)* who was sixth man on the day.

John Exley chewed me up and spat me out like a bit of bubble gum , and there were some excellent other performances as usual by the Stubby stalwarts, including the proverbial 'Kimbernator' .

I've had a recent e-mail' from Hart Road Runners, who are organising a series of five Sunday cross countries from October 7th, based on the excellent course which they use for the Today's Runner at Lord Wandsworth College.

None of the dates clash with the Today's Runner league, but they will charge £4 for adults entries which all start at 11.50am. So we can run a cross country most Sundays this winter if we wish.

The next two Hampshire League dates for you diaries are Saturday, November 10th at Goodwood (organised by Chichester) and Saturday, December 1st at Ashe Meadows (organised by Overton)

Finally I'm still awaiting fixture details of the Wessex League events, but will update the website as soon as I learn anything.

Cheers for now, and take care out here!

Who wins? You decide

So this is it, your chance to vote for this year's Stubbington Green Runners' awards. Some categories such as lifetime achievement, and services to the club will be decided by the committee and presented at the dinner.
However, we want you to run your eye over the candidates for these five categories and to make your pick.
To vote you can do it one of two ways:

1) **E-mail your votes for each category to Dave King at: peekay63@aol.com**
2) **Write down your winners on a piece of paper and either send them to Dave King at: 23, Hazel Grove, Locks Heath, Hampshire SO31 6SH, or hand them to Liz Hall at training on a Monday or a Wednesday evening.**

Performance of the year

Graham James: Welsh 1,000m Peak Race. 21 miles, four Snowdonian summits exceeding 1,000m in height, and a total of 8,000m of ascent - Graham completed the challenge in 5hrs 28mins, and finished 17th out of 72.

Susie MaGregor: Promenade 5km series. Susie was the 1st lady (v35) for the three race series, and finished in 3rd place overall.

Mark Le Gassick: RR10 summer cross-country series. Mark won the overall series with five race wins, two seconds, and one third place.

Richard Thomas: UK Ironman, Sherborne. A 2.4 mile swim, 112 miles cycle, and a 26.2 mile run. Richard completed the Ironman in 10hrs 58mins 10secs (swim - 1hr 9mins 14secs, cycle 5hrs 59mins 12secs, run 3hrs 40mins 54secs). He was 22nd vet 40-44.

Senior male runner of the year

Marcus Lee

Mike Williams

Andy Simpson

Mark Le Gassick

Veteran male runner of the year

Gilbert Yeates

Alasdair Ewing

Senior female runner of the year

Lucy Simmons

Lou James

Lauren Coates

Rachel Openshaw

Nick Kimber

Chris Hall

Veteran female runner of the year

Penny Forse

Susie MacGregor

Sarah White

Margie Pritchard

Please vote, and show your support to those runners who have enjoyed a fantastic year.
Voting closes on November 1st.
There will be no voting on the night.

Be patient - don't become a patient!

By Penny Forse

Are you are planning to run a spring marathon or just wanting to increase your training volume?

Your body can adapt fantastically well to improve fitness providing the progression is gradual.

Avoid sudden increases. Be patient – not a patient!

Decide how much mileage you have time for and can handle physically and mentally.

How seriously do you want to reach your goals?

How much time and energy are you prepared to invest?

We're all different, and can often achieve the same results on different amounts of mileage to that of a training partner.

If you run less than five times a week add in an extra session, repeat for four weeks then you can add in another in the same way until you reach five to six sessions (while keeping the quality sessions going, hills, reps, intervals etc).

Then increase the distance of your long run, then your medium runs – keeping a good balance of short, medium and long runs.

Don't forget to include easy recovery days as you build mileage.

Any increases in weekly mileage / length of long runs should be no more than five to 10 per cent.

Every few weeks have an easy week by 'cutting back' or having a 'plateau' and you will give your body the chance to adapt : -

By 'cutting back' this would mean: 20-22-24-20-24-26-26-26-28-24-30.

'Plateau' e.g. 20-20-22-22-24-26-26-26-28-30.

If going above 40 miles per week, 'plateau' for a few weeks to build up your resistance to injury.

Schedules for running your first marathon or aiming for under three hours will appear in the Green Runner next month.

Please remember, for anyone thinking of running the London Marathon on April 13th, 2008, you need to start your 16-week build up on December 23rd – Merry Christmas!

Winter time trials anyone?

IT was suggested at the last time trial that we should run the four-mile times trial throughout the winter, *writes chairman, Mike Clarke*.

The course has been improved with pavements around the whole route, plus good lighting. Does any one have objections?

The only problem is my college course has resumed and it is on Tuesday evening, so I will not be able to take the times, which is a shame as I was looking forward to standing their with a clipboard on a cold wet and windy winter's evening!

If you decide to go ahead and continue the runs through the winter can I ask you to take your own times and either e-mail or phone the results.

I trust every one will take their times accurately, any course records or Pb's will need to be ratified and watches tested for accuracy .

September Time trial

Mark Le Gassick	21.03
Andy Simpson	22.33
Chris Hall	23.20
Mike Bell	26.33
Zac Conaty	27.07
Keith Carter	27.36
Steve Wylie	28.45
Keith Whitaker	29.11
Mark Hindry	31.47
John Simister	32.52

NEW FOREST HALF MARATHON

WHERE: New Milton, Hampshire..
WHEN: Sunday, September 16th.
THE RACE: Sunny day for picturesque sortie around the forest, starting and finishing in New Milton.
RUNNERS: 1,504 runners.
FIRST MAN: Lee Rodriguez (unattached) 1hr 10min 48sec.
FIRST WOMAN: Kathy Bailey (Winchester & District AC) 1:18.39 (sixth overall).
STUBBIES: 875th Lauren Coates 2hrs 1min 11sec, 993rd Julie Woodman 2:06.58, 1166th Liz Hall 2:14.54.

There were no Stubbington Green Runners who competed in the full marathon.

A Swiss race not to miss

By John Tussler

AT the end of July, I swapped the flatness of the Spanish coast for the mountains of Switzerland when I travelled to Davos to take part in one of the Swiss Alpine races which are held there every year.

Davos is situated in the south-east of the country in the Grisons Alps between Klosters and St Moritz at an altitude of 1560 metres.

There is an option of doing one of five races: a 78km, two marathons over different courses, a 28km or a 21km. I opted for the 21km this year as I'm unable to do the necessary training to cope with the longer races any longer (this was my ninth visit).

We arrived eight days before the race to start acclimatising to the altitude and spent the first couple of days doing gentle training runs round a lake situated at the far end of the town.

On the third day we had a longer training run which involved running on trails from the hotel up the Dischma Valley to a four-mile turn round point. You could go on a further 3.5 miles to a rescue hut to return by bus or run back down the valley. I took the second option to assess what shape I was in and was pleased to complete the 15-mile run three minutes quicker than I did it in last year which boosted my confidence for the forthcoming race.

The next four days were taken up with a number of activities before a well-deserved rest day before the actual race:

Monday: We took a train to Bergun for an organised challenging walk along a 14-mile route which formed part of the 78km and the start of one of the marathon courses. This walk involved a steep climb for around 4km before traversing the Scaletta Pass and then a descent to end at the rescue hut we had run up to the day before.

Tuesday: Following an early morning run round the lake, the rest of the day was at leisure. In the evening a number of us took part in a race around the lake which was organised by the local club as part of a series. There was a choice of doing one lap (4km) or two - I opted for the latter and finished in a time of 38min 45sec.

Wednesday: Another early morning training run before embarking on a walk over part of the 28km course which followed a path through woods and a spectacular gorge which followed the path of a river. In the evening there was another easy run from the hotel following the last 4 miles of the races into Davos Stadium.

Thursday: Yet another run round the lake in the morning (getting to know every inch of it by now) followed by a scenic walk into the Sertig Valley before picking up the last miles of the 28km race and one of the marathons then into the Expo to register..

Saturday: This was race day and we took a train down to Klosters where the 21km event started. Klosters is situated some 500 metres below Davos so we knew the route would be tough.

The race started below Klosters on the spectacular Sunniberg Bridge which spanned a deep gorge and having crossed the bridge the climb started immediately and followed a series of paths and tracks through woods until after 600 metres of ascent over 12km the course then flattened out by Alpine standards.

The remaining 9kms were moderately undulating and after passing along the lake around which we did our morning training runs, the race ended in Davos Stadium, a point I reached in 2hrs 6mins.32secs to finish 313th (of 928 runners), 19th in my age group.

The men's winner was Martin Jost from Zurich in 1:22.54 and the first woman was Serainer Boner from Klosters in 1:33.39.

Despite the nature of the course I thoroughly enjoyed the race as it was exhilarating to run through such scenery and I will certainly be returning for my 10th visit next year.

It is an event I would recommend to anyone who enjoys a holiday with plenty of activity and running on trails. If anyone requires any information about this trip email me: john_tussler@hotmail.com or talk to Glen or Caroline Street who did the trip a few years ago.

It's the last call for club membership

THANKS to everyone who has already renewed their membership for 2008. For those of you who haven't, time is running short, *writes membership secretary, Caroline Street.*

If your renewal is not received within the first week of October, your details will be removed from our database.

If you are in any doubt as to whether you have paid then please contact me on 01329-845330 or drop me an email.

A number of regular runners have still not paid their additional £5 charge for their UKA affiliation (UK Athletics).

This is necessary if you wish to enter road races, Today's Runner, Hampshire Cross Country League or track and field events so, if you intend to run, then you DO need to be registered. This is a new requirement.

If you are in any doubt about what you need to do then please contact Caroline on 01329-845330 or drop me an email.

Results

LONDON TRIATHLON
WHERE: London's Docklands.
WHEN: Sunday, August 5th.
THE RACE: A 1500m swim, followed by a 38.7km bike ride and finished off by a 9.8km run.
RUNNERS: 367 finishers in mixed Olympic section.
FIRST MAN: Craig Clelland 2hrs 6min 6sec.
FIRST WOMAN: Andrea Larson 2:27.03 (27th overall)
STUBBIES: 3rd Richard Thomas 2:08.13 - 1500m swim: 24min 2sec, 38.7km bike: 1hr 0min 21sec, 9.8km run: 38min 4sec.

BATTLE OF SEDGEMOOR 10K
WHERE: Langport, Somerset.
WHEN: Sunday, August 26th.
THE RACE: Rural 10km in deepest Somerset. Lovely towel memento.
RUNNERS: 377 runners
FIRST MAN: Mark Jenkin (Bideford Athletic Club) 32min 31sec.
FIRST WOMAN: Eloise Pittwood (Unattached) 37.38.
STUBBIES: 202nd Dave King 50.51, 243rd Graham Watts 53.29, 333rd Caroline Watts 1hr 00min 47sec.

THE BEAST
WHERE: Corfe Castle, Dorset.
WHEN: Sunday, September 2nd
THE RACE: 13-mile toughie around the rugged Dorset coastline.
RUNNERS: 480 runners.
FIRST MAN: Mike Grist (Poole Runners) 1hr 27min 29sec.
FIRST WOMAN: Lynda Faulkner (Dorset Doddlers) 1:37.18
STUBBIES: 127th Marcus Lee 1:51.42, 137th Nick Kimber 1:52.55.

ARUNDEL CASTLE 10K
WHERE: Arundel, West Sussex.
WHEN: Sunday, September 2nd
THE RACE: Pretty 10km in the sunshine around Arundel.
RUNNERS: 403 runners.
FIRST MAN: Gary Blesson (Hercules Wimbledon) 36min 53sec.
FIRST WOMAN: Janice Jones (Worthing & District) 44.08.
STUBBIES: 260th Gilbert Yeates 55.05.

THE CUB
WHERE: Seaton, Devon.
WHEN: Sunday, September 9th
THE RACE: Tough 8-mile run along part of the route of the Grizzly.
RUNNERS: 139 runners.
FIRST MAN: Dan Mapp (Bideford Athletic Club) 1hr 10min 29sec.
FIRST WOMAN: Martina Rucka (Unattached) 1:30.15 (10th overall).
STUBBIES: 109th Liz Hall 2:11.24.

Five go camping in Cornwall!

IT was during that baking hot summer back in July, camping in Cornwall. It was suggested to me that I take part in a 7 mile multi-terrain race - the Tywardreath Trotter, writes Mike Clarke.

Chris Hall, John and Lloyd Exley plus Pete Simmons were the other Stubbie runners.

Chris and Pete decided the race would not be enough for them, so they cycled there.

We set off from the north coast of Cornwall on a dull overcast Saturday afternoon, the closer we got to the south coast the wetter it became, as we headed into the village it was clear this race was going to be very undulating.

I had been told by John that it was a flat course, if anyone knows Cornwall there are very few flat races. I paid my money and was then shown a profile of the course, at three miles there was a 100-foot ascent followed by the descent.

The race started and finished outside the pub and went downhill, I'm sure this was the only downhill part of the race.

By this time it was raining hard. It was one lap of the bungalows, through the town, then came the first of the obstacles, for those of you who are not aware. I am 6ft plus tall, so having to run through a tunnel that is only 5ft high and the ground covered in wet rocks was not easy.

Every part of the course had it challenges, running along the river, just trying to stay on the path and not ending up in the river, running down paths that had become small streams.

The road parts were no easier, you were either going up or downhill. Then, as you headed back towards the village for what you thought was the finish, you had to run through a very wet cow field, down some very slippery steps and up the hill to the finish line outside the pub.

This was my first race for the club for almost two years, how do I get talked in to doing these races when I'm away on holiday? A big thank you has to go to the support team made up of wives and children. Did I enjoy it? Yes!

Results
1st Ryan Cleave (Falmouth Road Runners) 42min 40sec.
11th Chris Hall 47.25
23rd John Exley 50.52
54th Pete Simmons 56.07
55th Lloyd Exley 56.16
94th Mike Clarke 1hr 2min 24sec

First lady: 20th Donna Jenkin (Carn Runners) 50.06.

148 runners.

THE GRIZZLY
WHERE: Seaton, Devon.
WHEN: Sunday, September 9th
THE RACE: 19.7-mile bruiser along the clifftops and hillsides of Devon.
RUNNERS: 998 runners.
FIRST MAN: Frank Zimmer (Skills 04 Frankfurt) 2hrs 27min 31sec.
FIRST WOMAN: Donna McEwen (Bedford Harriers) 2:52.57.
STUBBIES: 428th Dave King 3:44.55, 622nd Neil Jarvis 4:08.28, 921st Mark Dyer 4:58.25, 979th Kay Sadler 5:33.27, 980th Tracie Jarvis 5:33.27, 985th Kathy McKain 5:38.45, 986th Caroline Street 5:38.46, 990th Sue Robinson 5:46.53, 991st Sarah Boddy 5:46.54.

OVERTON 5
WHERE: Overton, North Hampshire.
WHEN: Saturday, September 1st.
THE RACE: Two-lap five-miler on a hilly course around the lanes of Overton. First Hampshire Road Race League event of the season.
RUNNERS: 450 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 24min 8sec.
FIRST WOMAN: Sophie Morris (Windsor, Slough & Eton) 27:13 (18th overall).
STUBBIES: 10th Mark Le Gassick 26.32, 95th Ray Gunner 31.48, 144th Nick Kimber 33.41, 168th Susie MacGregor 34.20 (20th), 189th Zac Conaty 34.59, 229th Lucy Simmons 36.20 (39th), 355th Gilbert Yeates 42.01, 378th John Simister 43.55.
Team: Men: 9th (Div 1). Ladies: 7th (Div 2).

He's got it covered!

STUBBINGTON'S flying doctor, John Rawlins, chalked up a tremendous result at the UK Half Ironman Triathlon Championship.

John, who is based in London, finished fourth in the event which was held in Exmoor in Devon, and third in his age group.

This came on the back of a 1.2 mile swim in a time of 29min 35sec, a 56 mile cycle in 2hrs 50min 18sec, and finished off with a 13.1 mile run in 1hr 27min 24sec.

The half marathon time alone puts John's performance into perspective.

His total time was 4hrs 52min 16sec. A tremendous effort.

EVEN at this tender age, he was a fast crawler. He won the Stubbington 10-months 20 metre crawl and dribble, and still has the medal to prove it, but who is this bonny babe pictured above, who has made his Mark on Stubbington Green Runners?

As for last month, and the September issue of Babe's Corner, the identity of our cute chappie was our very own chairman Mike Clarke.

If you have got a baby photo you want to share then send it to Dave King.

STEVE WYLIE has been mixing it up in both triathlon and 10km running.

On August 26th, he finished 193rd in the Southampton Triathlon with a 19min 41sec swim over 400m, followed by an 18-mile bike ride in 1hr 19min 3sec, and then a three-mile run in 24.15. That gave the Stubby a combined time of 2hrs 2mins 59sec.

Then on September 9th, he took part in the Littlehampton 10k clocking a time of 45min 50sec for 88th from a field of 505, to earn 18th in the Vet45 age group.

HURSLEY 10KM XC
WHERE: Hursley Estate, Hampshire.
WHEN: Sunday, September 23rd
THE RACE: Well organised race around the Hursley Estate and Ampfield Woods.
RUNNERS: 356 runners.
FIRST MAN: Julian Mann (Winchester & District AC) 36min 47sec.
FIRST WOMAN: Janet Littlewood (Winchester & District AC) 44.53 (35th overall).
STUBBIES: 56th Richard Simms 47min 6sec, 77th Gordon Westley 48.41, 271st Julie Ashman 1hr 3min 2sec.

ISLE OF WIGHT FELL RUNNING WEEKEND
September 22-23rd
St Boniface Fell Run (3 miles, 775ft ascent): 4th Zippy Grice 18min 27sec.
Ventnor Horseshoe (7 miles, 1500ft ascent): 4th Zippy Grice 56min 17sec, 78th Nick Crane 1hr 21min 12sec.
Wroxall Round (13 miles, 1500ft ascent): 8th: Zippy Grice 1hr 30min 7sec.
Overall: Zippy Grice - fifth.

STANSTED SLOG
WHERE: Stansted Park, Rowlands Castle.
WHEN: Sunday, September 16th
THE RACE: 13-miler set along Stansted Forest and Chalton Down.
RUNNERS: 194 runners.
FIRST MAN: Nick Baker (Denmead Striders) 1hr 20min 57sec.
FIRST WOMAN: Sally Gilbert (Team Southampton) 1:33.28.
STUBBIES: 3rd Alasdair Ewing 1:24.45, 7th Chris Hall 1:27.02, 8th Paul Hayes 1:27.29, 13th Ray Gunner 1:30.52, 22nd John Exley 1:34.48, 39th Tim Crumpton 1:38.47, 50th Nick Kimber 1:41.48, 59th Susie MacGregor 1:44.52 (5th lady), 72nd Ian Pateman 1:48.10, 94th Neil Jarvis 1:52.38, 95th Glen Street 1:52.39, 171st Joslea McDonald 2:18.29, 186th Kathy McKain 2:32.38, 187th Caroline Street 2:32.38.

STANSTED SLUG
WHERE: Stansted Park, Rowlands Castle.
WHEN: Sunday, September 16th
THE RACE: Eight-miler set along Stansted Forest and Chalton Down.
RUNNERS: 119 runners.
FIRST MAN: Zippy Grice (SGR) 50min 22sec.
FIRST WOMAN: Karen Rushton (Southampton Running Club) 57.09.
STUBBIES: 1st Zippy Grice 50.22, 22nd Lloyd Exley 1hr 9min 22sec, 50th John Vose 1:16.47, 56th Gilbert Yeates 1:18.16, 57th John Simister 1:18.20, 64th Graham Watts 1:19.38, 115th Debbie Casey 1:41.59.

EXPERIAN ROBIN HOOD HALF MARATHON
WHERE: Victoria Embankment, Nottingham.
WHEN: Sunday, September 16th
THE RACE: Popular race along the Trent and past Nottingham landmarks.
RUNNERS: 6,507 runners.
FIRST MAN: Simon Tonui (Kenya) 1hr 4min 8sec.
FIRST WOMAN: Jane Muia (Kenya) 1:13.59 (11th overall).
STUBBIES: 1416th Penny Forse 1hr 47min 45sec.

KING ALFRED'S TORMENT
WHERE: Stourhead Estate on Somerset/Wiltshire border.
WHEN: Sunday, September 23rd
THE RACE: Seven "Irish" miles over tough but pretty course.
RUNNERS: 191 runners.
FIRST MAN: Ed Knudsen (Langport Runners) 42min 50sec.
FIRST WOMAN: Julie Humphries (Alton Runners) 53.06 (29th overall).
STUBBIES: 9th Barry Hards 48.38, 71st Paul Hammond 59.08, 138th Graham Watts 1hr 11min 23sec, 184th Deborah Casey 1:29.35.

The Race Diary

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
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

The Race Diary

Date	Race	Venue	Time
Sun Nov 4	AECC Dash Back (10k)	Parkwood Road, Bournemouth, Dorset.	11am
Sun Nov 4	Tidworth 10km	Tidworth Green, Tidworth, Salisbury, Wiltshire.	10.45am
Sun Nov 4	Gillingham Hilly 7.5	Wyke Primary School, Gillingham, Dorset.	11am
Sat Nov 10	Hampshire Cross Country	Goodwood, Chichester, West Sussex.	1.35pm
Sun Nov 11	Today's Runner XC	Queen Elizabeth Country Park, Petersfield, Hampshire.	11am
Sun Nov 18	Blacklands Challenge 7.25	Blacklands Health Club, Calne, Wiltshire.	11am
Sun Nov 18	Wimborne 10	Queen Elizabeth Leisure Centre, Wimborne, Dorset.	11am
Sun Nov 18	Avebury 8	Avebury, near Marlborough, Wiltshire.	10.30am
Sun Nov 18	41st Trophy Team XC	Ravencote Junior School, Camberley, Surrey.	1.15pm
Sun Nov 18	Brooks Brighton 10km	Madeira Drive, Brighton, West Sussex.	11am
Sun Nov 18	Gosport Half (TBC)	Bay House School, Gosport (could be moved to Nov 25)	11am
Sun Nov 25	Hayling 10 (TBC)	Hayling School, Hayling Island. (could be cancelled!)	10am
Sun Nov 25	Boscombe 10k	Kings Park Athletic Stadium, Boscombe, Bournemouth.	11am
Sun Nov 25	Downton Half Marathon	Downton Leisure Centre near Salisbury, Wiltshire.	10am
Sun Nov 25	Castle Combe 10k	Castle Combe Circuit, Chippenham, Wiltshire.	10.30am
Sun Nov 25	OareDeal 10	Oare Village Hall, Oare, Marlborough, Wiltshire.	10.30am
Sat Dec 1	Hampshire XC League	Ashe Meadows, Overton, Hampshire.	1.35pm
Sat Dec 1	Dynamic Endurance 90km	North Downs, Guildford, Surrey.	10am
Sat Dec 1	SLH Pirie 10 mile XC	South London Harriers HQ, Coulsdon, Surrey.	2.30pm
Sat Dec 1	Worthing Xmas Cracker	The Promenade, Worthing -5km and 10km multiterrain	10am
Sun Dec 2	Crowborough 10k	Beacon Community College, Crowborough, East Sussex	10am
Sun Dec 2	Duck Pond Waddle	West Worthing Tennis Club, Worthing, West Sussex.	10am
Sun Dec 2	Dynamic Challenge 5km	North Downs, Guildford, Surrey.	10am
Sun Dec 2	Hawley Winter Wonder	Hawley Lake, Hawley, Camberley, Surrey. (22miles XC)	10am
Sun Dec 2	Victory 5	Mountbatten Centre, Northern Parade, Portsmouth.	1.30pm
Sun Dec 9	48th Hogs Back 8	Artlington, Guildford, Surrey.	9.30am
Sun Dec 9	Santa Fun Run 3	Queens Avenue Playing Fields, Aldershot, Hampshire.	11am
Sun Dec 9	Tadley Runners Xmas XC	Hurst Community College, Tadley, Hampshire (5.3m)	11am
Sun Dec 9	Mince Pie 10	Meridian Leisure Centre, Peacehaven, East Sussex.	11am
Sun Dec 16	Today's Runner XC	Bourne Woods, Farnham, Hampshire.	11am
Sun Dec 22	Christmas Pudding Dash	Ashburnham Place, Battle, East Sussex.	10.30am
Wed Dec 26	Turners Hill XC	St Leonard's Church, Turner's Hill, West Sussex.	11am
Wed Dec 26	Round The Lakes 10k	Poole Park, Poole, 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)

October 4th: Four-mile time trial.
October 11th: 4 x 4 mins out and back (2mins recovery).
October 18th: 4 x 1km Cuckoo Lane.
October 25th: 10 x 1 min (1min recovery).
November 1st: 3 x Lee triangle.

Thursdays (7pm)

October 6th: 4 x Titchfield rollercoaster.
Weekend races: Hampshire Cross Country @ Farley Mount and Wessex League.
October 13th: 2 x Titchfield figure of 8.
October 20th: 16 x short hills.
October 27th: 4 x Paarlauf @ Crescent Road

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.

October 4th: Cuckoo Lane - 4 x 1km (Stubbington).
October 11th: 12 short hills (Locks Heath).
October 18th: Lee 10 x 1 min (30 sec recovery) (Stubbington).
October 25th: 2 x 2 miles (4mins recovery) (Locks Heath).

Please let us know your news and results. It's not always easy to keep tabs on where people are running. If you've been in a race then let Dave King know at: Peekay63@aol.com and we'll tell everyone about it!!

Committee meetings will now be held on the first Tuesday of each month at 8.30pm at 2, Grasmere Way.

Who's who.....

Chairman: Mike Clarke
2, Grasmere Way, Stubbington.
Tel: 01329-661049.
Michael.tclarke@btoopenworld.com

Secretary: Mark Le Gassick
5, Vicarage Lane, Stubbington.
Tel: 01329-662352.
marklegassick@madasafish.com

Treasurer: Anne Rawlins
101 Cuckoo Lane, Stubbington.
Tel: 01329-662330.
prawlins@cuckoo101.wanadoo.co.uk

Membership sec: Caroline Street
83, Garstons Close, Titchfield.
Tel: 01329-845330.
glen.street@ntlworld.com

Men's captain: Chris Hall
9, Portobello Grove, Portchester.
Tel: 02392-355498.
hally.pfc@ntlworld.com

Ladies' captain: Chris Haskell
39, Pine Walk, Sarisbury Green.
Tel: 01489-582996 / 07766 296420
haskells@talktalk.net

X-country captain: Tim Crumpton
11, Maytree Close, Locks Heath.
Tel: 01489-576022 / 07973-300645.
Timothy.crumpton@ntlworld.com

Track & Field sec: Mike Harper
3, Serpentine Road, Fareham.
Tel: 01329-288262 / 07722-870258.
theharpers12@hotmail.com

Social committee:
Michelle Simpson: 01489-573667.
33, Wheatlands, Titchfield Common.
michelle.simpson@tiscali.co.uk
Lesley Harding: Tel: 01489-605122.
202, Warsash Road, Warsash.
lesleyjane.harding@ntlworld.com
Andy James: Tel: 07799-347907.
118 Angelica Way, Whiteley.
Andrew.James@akerkvaerner.com
Jenny Hearnden: 01489-582204.
38, Summerfields, Locks Heath.
graham@hearnden38.freeserve.co.uk

Stubbington 10 race director:
Gary Littlecott.
1, Estridge Close, Lowford.
Tel: 02380-403249.
thelittlecotts@ntlworld.com

Club coach: Colin Elderfield
9, Lansdowne House, Inverness Road, Gosport.
Tel: 02392-586108.
colinelderfield@amserve.com

Website editor: Mike Bell
224, Botley Road, Burridge.
Tel: 01489-576534.
mikebell@sgrac.net

Green Runner editor: Dave King
23, Hazel Grove, Locks Heath..
Tel: 01489-577610 / 07795-305206.
peekay63@aol.com

Race entry forms: Di McEwen
39, Cuckoo Lane, Stubbington.
Tel: 01329-662091.

Kit contact: Liz Hall
23, Hazel Grove, Locks Heath.
Tel: 01489-577610 / 07788-132143.
Lizhall63@aol.com

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