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

Ee, bah, gum...remember the Hovis Ad and that hill?

BARRY HARDS digs in hard up Gold Hill in Shaftesbury, Dorset for the gruelling Gold Hill 9.5k race.

This was the hill made famous by the Hovis TV Ad filmed in the 1970s with the boy on the bike.

Barry, who finished sixth in a superb time of 39min 20sec, later described the race as: "The hilliest 10km I have ever done."

It was a good month for the Hards family, with wife Bev finishing second in the Chalke Valley Challenge in Salisbury, clocking 42min 2sec for the hilly race.

Here's to the Great Wet Run

ANNIE TOMLINSON battles through the rain and howling wind at BUPA Great South Run.

She was among a sprinkling of Stubbies who pounded the streets of Portsmouth for the showpiece event which attracted more than 12,000 runners; from top Olympic athletes, to an assortment of fun runners.

Zippy Grice was once again Stubbington's leading runner finishing 44th overall in a time of 56min 49sec.

The race was won by world marathon champion, Luke Kibet in 47.31, an incredible time considering the awful conditions, with the last two miles from Eastney proving the hardest as runners went into a headwind.

Bev Lavery was Stubbington's leading lady finishing 536th overall in a time of 1hr 12min 22sec, just a couple of minutes behind husband Malcolm. Annie clocked 1:23.27 for the 10-mile distance.

Among those taking part was Dave King, who ran dressed as Scooby Doo while pushing a sports stroller containing son, Ross.

"It was hard, bloomin' hard," said Dave. "I must have lost a few pounds inside that sweaty suit, and my eyes were really sore afterwards with Scooby's head bashing my eyes.

"I tried to stop for a drink half way round but no pubs in Portsmouth would accept dogs!"

Results

CLARENDON WAY MARATHON
WHERE: Salisbury to Winchester.
WHEN: Sunday, September 30th.
THE RACE: Undulating, multi-terrain marathon starting at Godolphin School, Salisbury and finishing at King's School in Winchester.
RUNNERS: 365 runners
FIRST MAN: Stuart Mills (Brighton & Hove AC) 2hrs 50min 31sec.
FIRST WOMAN: Katharine Jones (Winchester & District AC) 3:24.02 (22nd overall).
STUBBIES: 4th Zippy Grice 3hrs 2min 14sec, 22nd Alasdair Ewing 3:24.06 (4th Vet45), 35th Chris Hall 3:29.04 (14th Vet40), 45th John Exley 3:36.59 (8th Vet45), 81st Ray Gunner 3:52.18 (17th Vet 45),

CLARENDON WAY RELAY MARATHON
WHERE: Salisbury to Winchester.
WHEN: Sunday, September 30th.
THE RACE: Same as the marathon from Godolphin School, Salisbury to King's School, Winchester, split over four legs.
RUNNERS: 46 teams
FIRST TEAM: Winchester & District AC 2hrs 47min 33sec.
STUBBIES: 30th: Stubbington A (Paul Hammond, Gary Littlecott, Verity Wright, Sue Robinson) 4:00.20, 38th: Lost Causes (Jane Butler, Mark Hindry, Mark Dyer, Kathy McCain) 4:10.26.

CLARENDON WAY HALF MARATHON
WHERE: Broughton to Winchester.
WHEN: Sunday, September 30th.
THE RACE: Multi-terrain half from Broughton to King's School, Winchester.
RUNNERS: 609 runners
FIRST MAN: Matthew King (Winchester & District AC) 1hr 21min 17sec.
FIRST WOMAN: Heather Buckingham (Team Southampton) 1:36.40
STUBBIES: **Men:** 53rd Nick Kimber 1:43.41 (Vet45, 8th), 108th Nick Crane 1:51.50 (Vet50, 10th). 145th Neil Jarvis 1:56.18 (Vet40, 37th), 160th Gordon Westley 1:58.11, 189th Sean Jones 2:01.36 (Vet40, 48th).
Stubbington A: 7th.
Women: 8th Susie MacGregor 1:48.19, 147th Tracie Jarvis 2:25.25 (Vet35, 26th), 182nd Julia Hunter 2:32.52 (Vet45, 28th).
Stubbington A: 14th.

The club would like to send its best wishes to Joan Vose after her recent spell in hospital and illness. We hope you will be out and about, and fully fit soon.

You can rely on Gazza to get lost!

THERE'S history when it comes to Gary Littlecott and navigation. The two go hand in hand like Pompey and Saints fans, Rod Hull's Emu and Michael Parkinson or a fiery match and an unlit stove.

So it was no surprise when there was more navigational nonsense at the Clarendon Way Relay where two teams of Stubbies competed in the 46-team event from Salisbury to Winchester last month – a race run alongside the full marathon.

Gary was part of the Stubbington A team which consisted of Paul Hammond, Verity Wright and Sue Robinson who finished 30th, while The Lost Causes were inspired by Mark Dyer, Mark Hindry, Kathy McCain and Jane Butler to place 38th.

Gary takes up the story….

"Both teams headed for Salisbury in cars and promptly got lost finding the start!. Then, after a brilliant car park buffet set on by Sue Robinson (tea, coffee and bacon rolls) we went to register to see the start of the race.

The heavens opened and it tipped with rain. I then got in Mark Hindry's car to drive it to the end of the first leg not realising that I had no maps, no-one's phone number and no idea where I was going (nothing new there then!). This sent me into a blind panic, but fortunately Jane Butler phoned and threw a lifeline. Everybody got to the first leg finish together, where the field was slightly muddy and very slippery.

"I very nearly totalled Mark's car against the side of Kathy's (sorry Mark!).

"After a shaky start everybody got off on their race legs and did really well (everyone had steeper hills than everybody else!).

"Some brilliant gutsy efforts were performed by all the women. Post-race back at King's School, the queue for a tee-shirt table was like the Heathrow baggage check in queue.

"It took forever, but overall it all added to a brilliant and successful day for everyone in a Stubb vest. We will return next year."

Learning about the texts of life

By Chris Hall

A couple of months ago I decided that I'd like to do another marathon having not done one for a few years.

Last year's Clarendon Marathon team prize was won by Portsmouth Plodders so I thought it might be a good idea to get a team up to try and take there title.

Myself, Alasdair Ewing, Ray Gunner, Zippy Grice, John Exley and Graham James made up the team. On the morning of the race, Graham unfortunately had to withdraw as he tripped and bashed his front teeth out.

Just as the race started the heavens opened and we got a good soaking, but spirits were high as we all ran the first five or six miles together, although I did have to suffer Alasdair and his "look at the lovely view, Chris" as if he was out for a Sunday stroll!

I had to make my usual wee stop at around seven miles and that's when our group started to spread out with Alasdair, Zippy and Ray pulling away from myself and John.

I was aware that Barry Hards had warned that we needed to get to half way within 1.30 hours or we would get caught up in the start of the half marathon that would join us.

I wasn't able to make it and struggled to get through the tail-enders that included iPod wearers and, believe it or not, people who were texting while they were running!

I caught Ray at 18 miles and felt great, ready to push on and catch Alasdair and Zip. My legs had other ideas, though, and at 22 miles I hit the wall, or it hit me, and I struggled in to finish in 3hrs 29mins, my slowest marathon.

At the end I was met by Zippy changed and doing strides in the field. He had finished fourth in 3.02 and Alasdair, looking a bit worse for wear, finished in 3.24. John had a good run in 3.36 and Ray made up the team in 3.52.

Disappointed with my run and thinking we had blown the team prize I went home and sulked only for Zippy to call to tell me we had won it after all, which was great, but it does mean we'll have to return next year and defend it, doesn't it ?

It seems a long way off at the moment but I will be looking to start organising teams for the South Downs Relay being run next June. We need to do a little more forward planning this year with regards to recceing our legs. Hopefully we'll be able to enter a ladies team this year for the first time as we are so strong at the moment. please contact me if your interested on 07917684243.

Finally, I would like to wish Joan Vose all the best after her recent illness and stay in hospital. At least she had a break from John! She's at home now and feeling much better, we wish her all the best and hopefully she's up to making me some more bread pudding.

Results

BUPA GREAT NORTH RUN
WHERE: Newcastle to South Shields.
WHEN: Sunday, September 30th.
THE RACE: 50,000 runners, elite athletes and a carnival atmosphere over the half marathon course.
RUNNERS: 50,000 runners.
FIRST MAN: Martin Lel (Kenya) 1hr 00min 10sec.
FIRST WOMAN: Kara Goucher (USA) 1:06.57.
STUBBIES: 1,722nd: Dave King 1:37.00, 3,720th: Richard Simms 1:44.22.

CHICHESTER PRIORY 10K
WHERE: Northgate Theatre, Chichester, West Sussex.
WHEN: Sunday, October 7th.
THE RACE: Top class field for popular 10km which has moved from February date. Included national AAA 10km championships.
RUNNERS: 1,071 runners.
FIRST MAN: Williard Chinhanhu (Poole Runners) 29min 18sec.
FIRST WOMAN: Kate Reed (Bristol & West AC) 32.07 (53rd overall).
STUBBIES: 285th Tim Crumpton 41min 23sec, 346th Zac Conaty 43.10, 395th Richard Simms 44.21, 457th Richard Snell 46.06, 908th Tim Bishop 59.09, 718th Verity Wright 52.49, 846th Denise Crumpton 56.54, 879th Liz Hall 58.02.

SOLENT HALF MARATHON
WHERE: Gangwarily Community Centre, Hardley.
WHEN: Sunday, October 7th
THE RACE: Scenic half marathon through the New Forest to Lepe Beach and tough finish. Hampshire Road Race League event.
RUNNERS: 333 runners.
FIRST MAN: Richard Gowen (Alton Runners) 1hr 11min 33sec.
FIRST WOMAN: Shona Crombie-Hicks (Winchester & District AC) 1:20.48 (14th overall).
STUBBIES: 89th Nick Kimber 1:32.46, 104th Susie MacGregor 1:35.37 (11th lady, Vet35, 6th), 239th Gill Rose 1:52.02, 240th Annie Tomlinson 1:52.02,

PETE RAWLINS made the trip to Devon last month to compete in the Tarka Trail.

This was a 4.5-mile run based at Braunton on October 7th where Peter finished in 10th place overall in an impressive time of 35min 56sec.

The Stubbington Green Runner also qualified as the first 'visitor' to finish the race!

Young Michael makes his bow

Running The Country:
By Tim Crumpton

Ashley Lovell, with son Michael, who made his Stubbington cross country debut last month.

WELL, the Hampshire Cross Country League season is under way, and on a very mild and dry day at Farley Mount near Winchester last month, the Stubbies were out in Forse (hope Penny will excuse the pun!).

Notable apologies were received from Mark Le Gassick, who was training in the Algarve, and Chris Hall who was in Spain.

It was great to see young Michael Lovell competing for Stubbington in the under 15's . Michael is still 13-years-old so there is plenty of time to improve on his creditable finish. Well done Michael, and well done dad Ashley too.

A total of five ladies ran for Stubbington one more and we'd have had two teams as Susie MacGregor pointed out. Come on you ladies and get well soon Christine Haskell. It was great to see Lucy May and Heather Bowers running for the club.

The men managed to secure second position in the Division 2 rankings, well done all who ran. It was really pleasing to meet two newcomers to our vets ranks, namely John Gueran and Steve Martin.

Gordon Westley

The race was won by Stubbington second claim runner, Andy Vernon, who was competing for Aldershot, Farnham & District AC. The next event is at Goodwood on Saturday, November 10th, so see you all there plus a few more, I hope.

Full list of Stubbington finishers from Farley Mount:

Under-15 boys:
66th Michael Lovell

Women:
Suzie MacGregor 47th, Penny Forse 49th, Margie Pritchard 84th, Lucy May 103rd, Heather Bowers 109th.

Men:
Zippy Grice 32nd, Andy Simpson 52nd, Ray Gunner (V40) 84th, Noel Charlton 102nd, Mike Harper (V40) 127th, Tim Crumpton (V50) 159th, John Gueran (V50) 190th, Gordon Westley 200th, Steve Martin (V40) 206th, Zac Conaty 204th, Nick Crane (V50) 213rd, Phil May (V50) 216th, Ash Lovell (V40) 251st.

THE Hampshire XC Championships are returning this year to Dibden on Saturday, January 5th, 2008.

Please note an entry form is now on the Hampshire website for people to enter the race, closing date to get your entries in is Saturday, December 8th .

The cost per runner is £4.00 which is great value!

Please can you email or telephone Tim Crumpton to let him know you've entered.

That way, he'll know how numbers are going for a ladies and men's teams for both Senior and Vet categories.

The website for Hampshire XC site is www.hants.gov.uk/athletics/

I may be injured, but I can still get you on the phone!

By ladies captain, Chris Haskell

WELL that's it as far as summer is concerned – over for another year. Whilst it wasn't memorable as far as the weather was concerned it certainly was for Stubbington Green Lady runners.

They had a great series of runs in the RR10's. A good selection of ladies taking part in a very enjoyable series. Susie McGregor also had a fine result in the 5km series and went on as part of a strong mixed team to get a third place in the Test Way Relay.

Then thanks to a lot of work by Caroline Street we had a brilliant showing of six ladies in the Grizzly *(pictured below)* who all finished in very respectable times in what, after all, is a very tough race. Well done to all of you.

This weekend was the 2007 Great South Run and I want to send best wishes to all club members who took part.

You have worked really hard for this day so I hope you all enjoyed it. I especially want to mention those ladies from the 2007 beginner's course. For them it is likely to be the first of many races (I hope!!)

I would also like to give a special mention this month to Liz Hall *(pictured left)*.

Liz has, it seems, spent most of this year following Dave King around UK, supporting him on his quest to run innumerable races in aid of "Running is a Mug's Game " and the Hampshire Autistic Society.

Liz's support wasn't confined to being a spectator either as she has run in many of the same races as Dave wearing her SGR top and flying the flag for SGR ladies. Well done Liz and may your plans to run London in 2008 come to fruition. Maybe if my knee is better we could train together??

November 2nd is the night of the SGR annual awards dinner. I do hope a lot of you will be attending. I am sure if last year's event is the yardstick you will all have a great time. I look forward to seeing everyone.

As you may know this summer has not been good for me as I sustained a knee injury in August. I am currently waiting to see a 'nuts and bolts man' as my GP calls him and am eager to get it sorted so I can be back running with you all again soon.

A 'gammy knee' doesn't stop me using the phone so, look out, I am still likely to ring you to run in the up coming Hampshire Road Race League, Hampshire Cross Country League and Today's Runner series of races.

Cross country is a great way to improve your stamina and the knock on effect to your road running goes without saying.

So ladies, don't be afraid to volunteer. You don't have to be a front runner to score and improve your club's league position – all are welcome.

Results

BUTSER RUN
WHERE: Butser Hill, Petersfield.
WHEN: Sunday, September 23rd.
THE RACE: 4.5-mile hill run with 888ft of climb.
RUNNERS: 281 runners.
FIRST MAN: James Baker (Chichester Runners) 30min 48sec.
FIRST WOMAN: Fay Cripps (Chichester Runners) 37.48
STUBBIES:
Men: 16th Graham James 37.51 (V45, 2nd), 53rd Marcus Lee 41.29, 55th Ray Oliver 41.33 (V50, 6th), 56th Lloyd Exley 41.33, 95th Neil Jarvis 43.47 (V40, 17th), 118th Zac Conaty 45.51, 222nd Michael Aimable 1hr 18min 19sec.
Ladies: 9th Joan Oliver 44.10 (V50, 2nd), 14th Louise James 46.28,

GOLD HILL RUN
WHERE: Shaftesbury, Dorset.
WHEN: Sunday, October 14th.
THE RACE: 9.5km around Shaftesbury including Gold Hill (think Hovis advert).
RUNNERS: 116 runners.
FIRST MAN: Pete Roper (Votwo) 34min 12sec.
FIRST WOMAN: Cathy Hanson (Unattached) 44.15 (22nd overall).
STUBBIES: 6th Barry Hards 39min 20sec.

CHALKE VALLEY CHALLENGE
WHERE: Broad Chalke, Salisbury, Wiltshire.
WHEN: Sunday, October 7th.
THE RACE: Undulating race along the lanes of the Chalke Valley.
RUNNERS: 121 runners.
FIRST MAN: Justin Montague 36min 14sec.
FIRST WOMAN: Sara Ponsford 40.08.
STUBBIES: 2nd Bev Hards (1st Vet40) 42.03.

OCTOBER TIME TRIAL
Mark Le Gassick 21.06
Mike Bell 26.32
Zac Conaty 26.44
Keith Carter 27.29
Phil May 28.02
Colin Elderfield 28.14
Mark Hindry 29.44
John Simister 30.29

Secretary, Mark Le Gassick writes:
"There was also another guy whose name I forget, who hasn't sent me his time.
He is quite small, has grey hair and wears a big round watch – if you know anyone who fits that description!"
If you know this person, or have seen someone similar on Crimewatch, then please let us know!!

So do you want to run a marathon?

By Penny Forse

The sky's the limit for the marathon!

SO, do you plan to run a marathon? Do you just want to enjoy the event – and finish – anyway you can? Do you want to run all the way in a time you can be proud of?

Well, from December the Green Runner will publish two schedules to suit and guide you towards the big race in April.

This year's London Marathon takes place on Sunday, April 13th.

You've already answered your own questions about why anyone in their right mind would want to run 26miles 385 yards (or 42.195m for metric runners)!

So before you start training for it, think about these basic requirements:

Get healthy first – have a thorough medical exam, don't start marathon training if you're injured or ill and if you're carrying excess weight lower it to minimise the stress on your body.

Have a solid fitness base of up to 15 to 20 miles per week within which you should be able to get round a 6 mile run.

Run a 10km before the schedule starts, and send off your entry for a 10 mile race or half-marathon taking place before Week 13 of the schedule.

Marathon training requires sacrifices, so prepare your family, friends, work-mates for the energy-sapping physical and mental stress of marathon training.

It's a fantastic goal, it takes only 16 weeks out of the year and they will be so proud of your achievement.

Those Stubbington runners who have entered the London Marathon through the main draw should hear whether they have been accepted or not early in December.

If you have been rejected, then the club has a handful of places for the race. Details of how to be included in the club draw will appear in December's Green Runner, but keep hold of those slips.

Not long now until Stubby 10

THE Stubbington 10km race is one again going to be a sell-out. By the end of October, entries for the popular race have surpassed the 1,000 mark and entry secretary, Mike Harper, is fully expecting to close the book on any more runners by the middle of November.

Earlier this year, the Stubby 10 attracted more than 1,000 runners as it established itself one of the best 10km road races on the south coast. Blessed by wonderful weather 11 months ago, the challenge for race director, Gary Littlecott, is to put on another fantastic race.

He is now spreading the word that he needs more marshals and helpers than ever to ensure the race on January 13th goes off without a hitch.

"The Stubbington 10k road race is not far away now and we need lots of marshals and volunteers to make the race happen," said Gary.

Gary Littlecott needs your help with more marshals for this year's race.

The sudden cancellation of the Hayling 10 next month because of increasing police costs and considerations has put further pressure on events such as the Stubbington 10.

While police will be present at the January race, there is no guarantee there will be as strong a police presence that the club had for the race earlier this year.

Gary added: "The race is under increasing threat from the police to change and for clubs likes ours to man-manage a majority of the course ourselves. So you can see the importance of all of your roles for our 10k day."

If you are not running and can help to marshal, then Gazza would be delighted to hear from you.

Equally, if you can press gang friends or family to join you for the morning, with the promise of a mug and the chance to sample the kitchen's delicious bacon rolls, then you will be welcomed with open arms. If you can help, then e-mail Gary on: thelittlecotts@ntlworld.com

As part of a new departure, Gary has decided to hold the helper's race in December, and not on the day before the big event.

He's hoping the move to hold the helper's race on Sunday, December 9th at 10am might encourage more Stubbies to take part.

And Gazza has got a few incentives up his sleeve.

He added: "If you have ever run the race helpers race in previous years, then I think you will agree with me that it is a very low key affair when only a handful of people turn up on a Saturday morning and, basically, get nothing out of it.

"I believe that you should get something back from the race, so this year I have decided to try something new; a new route, some spot prizes and a race day 10k t-shirt for all entrants.

"The race will start at10am on the Sunday morning of the 9th and it will follow a route which, I am sure, everybody has run at sometime. It's a run from the Crofton Community Centre car park in Stubbington to the Kingfisher caravan park just outside of Lee by Browndown, and back.

"Hopefully we can get a good field out for this new helpers race and build on it . I would like to make it a popular pre-race event..

"Please make an effort to come along. After all, you will be one of the first to sport a 10k t-shirt for 2008!

"The new t-shirts feature caricatures of four club members; Mark Le Gassick, Mike Clarke, Caroline Street and Zippy Grice.

Once again please e-mail me with your intent to run on that day or see me on a training night.

Results

TADLEY 10
WHERE: Hurst Community College, Tadley, North Hampshire.
WHEN: Sunday, October 14th
THE RACE: Undulating 10-miler blessed with good weather.
RUNNERS: 170 runners.
FIRST MAN: Matthew King (Winchester & District AC) 55min 9sec.
FIRST WOMAN: Tina Oldershaw (Paddock Wood AC) 59.41.
STUBBIES: 52nd Marcus Lee 1hr 10min 39sec.

FULLERS BREWERY DENMEAD 10K
WHERE: King George's Playfield Fields, Denmead, Hampshire.
WHEN: Sunday, October 21st.
THE RACE: Fast course and fine weather on country lanes around Denmead.
RUNNERS: 264 runners.
FIRST MAN: Tom Jenkins (South London Harriers) 34min 13sec.
FIRST WOMAN: Karrie Blake (City of Portsmouth AC) 37.38 (12th overall).
STUBBIES: 4th Tony Allen 35.06, 48th Nick Kimber 42.15, 57th Susie MacGregor 42.58 (fourth lady), 98th Richard Snell 46.49, 100th David Langrish 47.12, 176th Lauren Coates 53.15.

MILFORD & KEYHAVEN 5
WHERE: Milford-on-Sea, Hampshire.
WHEN: Sunday, October 21st.
THE RACE: Sunny conditions for five miler with a testing hill halfway.
RUNNERS: 181 runners.
FIRST MAN: Lee Rodriguez (Poole Runners) 27min 6sec.
FIRST WOMAN: Nicola Blandford (Southampton Running Club) 31.19.
STUBBIES: 45th Paul Hammond 34.26, 50th Richard Simms 35.28.

It's welcome back Tony

TONY Allen has had a frustrating 2007 dogged by injury, but the Stubbington runner put that behind him with an encouraging comeback run at the Denmead 10km race.

Tony, pictured right, revelled in the conditions to win the veteran's title and finish fourth overall in a handy time of 35min 6sec. The race was won by Tom Jenkins from South London Harriers in a time of 34.13.

Susie MacGregor followed suit in the women's race by placing fourth against a quality field. She finished in a time of 42.58 for 57th overall in a race won by Karrie Blake from City of Portsmouth AC in a time of 37.38.

Sadly, the first two Hampshire Road Race League fixtures of the season have not attracted large contingents of Stubbington runners - primarily because both the Overton 5 and Solent Half Marathons fell at inconvenient times.

However the Solent race, previously known as the Hardley A Half and based at the Gangwarily Community Centre near Blackfield, saw a tremendous run from Nick Kimber who was 89th in a superb time of 1hr 32min 46sec.

THE STICKLER
WHERE: Shillingstone, near Blandford, Dorset.
WHEN: Sunday, October 28th
THE RACE: Four tough hills over 10 miles in driving rain and gales.
RUNNERS: 408 runners.
FIRST MAN: Pete Roper (Votwo) 1hr 4min 10sec.
FIRST WOMAN: Tracy Cook (North Dorset Tri Club) 1:14.29 (26th overall).
STUBBIES: 9th Alasdair Ewing 1:11.06, 228th Eric Beck 1:37.14, 327th Graham Watts 1:49.29, 399th Caroline Watts 2:05.07.

SNOWDON MARATHON
WHERE: Snowdonia National Park, North Wales - starting from Nant Peris to Llanberis.
WHEN: Sunday, October 28th
THE RACE: Driving rain, strong winds and low clouds for this most gruelling of marathon runs with several thousand feet of climb.
FIRST MAN: Shaun Milford (Newquay Road Runners) 2hrs 41min 28sec.
FIRST WOMAN: Debbie Walters (Birchfield Harriers) 3:13.18.
STUBBIES: 432nd Ray Oliver 3:59.35 (46th Vet50), 467th Joan Oliver 4:03.10 (51st lady).

SALISBURY HALF MARATHON
WHERE: Salisbury Fire Station, Salisbury, Wiltshire..
WHEN: Sunday, October 28th
THE RACE: Staged along quiet roads to the north of Salisbury, following the River Avon.
RUNNERS: 360 runners.
FIRST MAN: Colin Gell (Sale Harriers) 1hr 18min 40sec.
FIRST WOMAN: Suzanne Clare (Corsham Running Club) 1:33.14 (42nd overall).
STUBBIES: 151st Gordon Westley 1:51.27.

Chris Haskell is selling a pair of running shoes which were bought in April, but which have been hardly used as they don't suit.

Up for grabs is one pair of ladies' Mizuno Wave Rider 10. It's a neutral running shoe, size 5.5 (UK).

Chris is asking for £30 or nearest offer. If you are interested, call Chris on 01489-582996.

BUPA GREAT SOUTH RUN
WHERE: Southsea, Portsmouth.
WHEN: Sunday, October 28th.
THE RACE: Wet and windy.
RUNNERS: 11,443 runners
FIRST MAN: Luke Kibet (Kenya) 47min 31sec.
FIRST WOMAN: Rose Cheruiyot (Kenya) 53.44
STUBBIES: 44th Zippy Grice 56.49, 245th Barry Hards 1hr 3min 53sec, 358th: Nick Kimber 1:10.12, 370th: Malcolm Lavery 1:10.20, 536th: Bev Lavery 1:12.22, 581st: Zac Conaty 1:12:46, 590th: Marcus Lee 1:12.51, 637th: Jon Leigh 1:13.24, 721st: Robert English 1:14.00, 856th: Paul Hammond 1:14.54, 887th: Keith Carter 1:15.06, 956th: Richard Simms 1:15.34, 1318th: Mark Hindry 1:17.56, 1552nd: Richard Snell 1:19:07, 1908th: Mags Smith 1:20.46, 2563rd: Annie Tomlinson 1:23.27, 2753th: Nicholas Lewkowicz 1:24.08, 2960th: Peter Rawlins 1:24.52, 4130th: Claire Borrowdale 1:29.02, 5063rd: Verity Wright 1:32.15, 5065th: Sarah White 1:32:15, 5071st: Tom Mellor 1:32:16, 5602nd: Dave King 1:34.10, 5652nd: Liz Hall 1:34.22 5935th: Philip Owen 1:35.22, 6508th: Gill Rose 1:37:29 7883rd: Andrew Briggs 1:43.01

67 races down: just 13 to go!

I'VE run as a banana, dashed around the streets of Portsmouth wearing a Scooby Doo outfit, and I've run around a prison - October has been a mad, mad month, writes Dave King

This infernal year-long running challenge, which must be boring the pants off a few of year, is steadily coming to an end.

After Sunday's BUPA Great South Run, I have 13 races left in 2007 to achieve my goal of running around the British Isles in 80 races.

It's a challenge which started at three minutes to midnight on New Year's Eve with a 2km race in Milford, Derbyshire, and which finishes there on December 31st with race number 80 at 11.57pm. So I will run into 2007 and run out of 2007!

During the past 10 months, I've run as far north as Cape Wrath in Scotland - the most north-westerly point in mainland UK - to Penzance in Cornwall, and worn Stubbington colours in Northern Ireland, the Republic of Ireland, England, Scotland and Wales, along with Guernsey in the Channel Islands and the Isle of Man.

The challenge has featured big races such as the London Marathon and Great North Run, to smaller country events like the Tickhill Gala Run in South Yorkshire and the Spilsby Show in Lincolnshire.

From fearsome sounding races such as the Terminator and the Grizzly, to historic runs including the Braemar Highland Games in Scotland and the Wenlock Olympian Games in Shropshire.

The project has included road running, cross country, fell running, orienteering and even Cani-X where I raced with a dog!

It is all to raise money for the Hampshire Autistic Society - I'm well on course to raise £20,000 this year - and also awareness nationwide of autism and the impact of it.

In Hampshire alone, there are 16,000 people with autism, a disability which touches 500,000 lives in the county.

As for the running, it's been good. I've managed to remain injury-free thanks to fortnightly physio from a tremendous guy in Park Gate called Mark Diment. He's as strong as an ox, but he's got my legs and back sorted.

And in the races themselves, I've tried to run within myself so as not to bring on any injury. So my times have been modest.

Speed is not the be all and end all, it's getting round.

So October has been quite something. I began the month running in Milton Keynes dressed as a banana for the Chiquita Bananaman Challenge for Leukaemia Research.

Ten bananas had to run around a lake over 10km at a set pace chased by hundreds of other runners who were sponsored for each banana they caught.

I had to pace at 47 minutes, which was quite tricky trying to run in a banana costume while keeping an eye on the time.

A few weeks later, thanks to fellow Stubby Mark Hindry, we managed to take part in a 10km run organised by the wardens at the Haslar Detention Centre. This is a seven-lap race around the grounds of the detention centre inside the high fences and barbed wire.

Fortunately, three of the fastest detainees had been released the previous week, so of those who were left it was a fairly motley crew of detainees, plus wardens and a couple of guest runners who competed.

Such as the poor standard of the race I won just a minute ahead of Mark in something over 46 minutes - which must account for the slowest winning time of any 10km race in the country!! Still, it was the first time I'd ever won a race.

And as for the Great South Run, I ran in the Scooby Doo outfit while pushing my son Ross in his sports stroller.

Ross is severely autistic, and besides looking a total loon, the idea was to highlight autism and to gain maximum publicity for the cause, which I think the run achieved.

So, it's 13 races to go, and I can smell the finish! This has been the most worthwhile thing I have ever done; worthwhile for the cause and the sense of achievement.

I am writing a book about the challenge which will be published next year, and I cannot wait for January 1st to arrive.

As Chris Haskell has mentioned earlier, Liz Hall has been superb in her support and help for me, putting up with all the trials and tribulations, while running in a fair few races herself and doing well.

I've met some fabulous people, and thanks to Liz and many of the other folk in the club for their support and encouragement.

October races:

Oct 7: Bananaman Run @ Milton Keynes: 47min 39sec. 17th.
Oct 11th: IRC Haslar 10k@ Gosport: 46.28. 1st
Mark Hindry: 2nd, 47.36.
Oct 14th: Swindon Half Marathon: 1hr 37min 6sec. 140th.
Oct 20th Bushy Park 5k Time Trial @ Bushy Park, London: 20min 54sec. 69th.
Oct 21st: Stroud Half Marathon: 1hr 37min 4sec. 403rd Liz Hall: 1,161st, 2:04.57.
Oct 28th: Great South Run:

The Race Diary

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
Sun Nov 4	Tidworth 10km	Tidworth Green, Tidworth, Salisbury, Wiltshire.	10.45am
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	Gillingham Hilly 7.5	Wyke Primary School, Gillingham, Dorset.	11am
Sat Nov 10	Hampshire XC League	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 25	Gosport Half (HRRL)	Bay House School, Gosport.	11am
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 (HRRL)	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

The Race Diary

Date	Race	Venue	Time
Sun Dec 16	Today's Runner XC	Bourne Woods, Farnham, Hampshire.	11am
Sun Dec 16	Wessex XC League	Millfield Junior School, Glastonbury, Somerset.	2pm.
Sun Dec 16	Votwo Pudding Catcher	Fairthorne Manor, Curdridge, Southampton (12km).	10.30am
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
Wed Dec 26	Boxing Day Run	Crown & Cushion Pub, Weyhill, Haslemere, Surrey.	11am
Thur Dec 27	Pub to Pub (TBC)	Ship and Bell Pub, Horndean, Hampshire.	11am
Sun Dec 30	Somerley 10k	Somerley House, Ringwood, Hampshire.	11am
Tue Jan 1	Box Hill Knacker Cracker	Foot of Box Hill, Mickleham/Westhumble, Dorking. 10k	11am
Sun Jan 6	Tadworth 10	Epsom Racecourse, Epsom, Surrey.	10.30am
Sun Jan 6	Goring & Woodcote Run	Village Green, Woodcote, Reading, Berkshire (10km)	10.30am
Sun Jan 6	Today's Runner XC	Rogate Common, Liss, Hampshire.	11am
Sat Jan 12	Hampshire XC League	Prospect Park, Reading, Berkshire.	1.35pm
Sun Jan 13	Stubbington Green 10km	Crofton Community Centre, Stubbington, Hampshire.	10am
Sun Jan 13	Wessex XC League	Kingston Marward, Dorset.	2pm
Sun Jan 13	Rough 'n Tumble 10	Milton Lilbourne Village Hall, Marlborough, Wiltshire.	11am
Sat Jan 19	Thames Path Ultra 50	King's Meadow, Reading, Berkshire.	9am
Sun Jan 20	Today's Runner XC	Lord Wandsworth College, Basingstoke, Hampshire.	11am
Sat Jan 26	Portland Coastal Marathon	The Isle of Portland, Weymouth, Dorset.	8am
Sun Jan 27	Epsom Oddballs Perch IX	Epsom Racecourse, Epsom, Surrey. (6.25 miles)	10.30am
Sun Jan 27	Lakeside Canal Run Frimley	Lakeside, Frimley Green, Surrey. (12km)	10am
Sun Jan 27	Slaughterford 9	Leafy Lane Playing Fields, Rudloe, Corsham, Wiltshire.	9.50am
Sun Feb 3	Blackmore Vale Half	Bishops Caundle, Sherborne, Dorset.	11am
Sun Feb 3	Ryde 10 HRRL	Ryde Rowing Club, Ryde, Isle of Wight.	11am
Sun Feb 10	Longleat 10k	Longleat, Warminster, Wiltshire.	10am
Sun Feb 10	Today's Runner XC	Manor Farm Country Park, Bursledon, Hampshire.	11am
Sat Feb 16	Thames Meander 54	King's Meadow, Reading, Berkshire.	9am
Sat Feb 16	Hampshire XC League	Canford Park, Wimborne, Dorset.	1.35pm
Sun Feb 17	Bramley 20/10 HRRL	Bramley Primary School, Bramley, Basingstoke.	10.30am
Sun Feb 17	Meon Valley Plod	HMS Mercury, East Meon, Petersfield. (19.5 miles)	10.30am
Sun Feb 17	Sussex Beacons Half	Madeira Drive, Brighton Seafront, Brighton, Sussex.	9.45am
Sun Feb 17	Wessex League XC	Ham Hill, Yeovil, Somerset.	2pm

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)

November 6th: Lee 10 minutes out and back (3 minute recovery)
November 13th: 5x1km @ Cuckoo Lane.
November 20th: 12 x 1 minute (one minute recovery).
November 27th: 5x5 minute out and back (2 minute recovery)

Thursdays (7pm)

November 1st: 5 x Titchfield rollercoasters.
November 8th: 2 x Titchfield figure of 8.
November 15th: 18 short hills.
November 22nd: 5 x Paarlauf @ Crescent Road.
November 29th: 2 x 2 miles (3 minute 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) -

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!!

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.

See the club website for more details.

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
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Tel: 01329-845330.
caroline.street@ntlworld.com

Men's captain: Chris Hall
9, Portobello Grove, Portchester.
Tel: 02392-355498.
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Ladies' captain: Chris Haskell
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Tel: 01489-582996 / 07766 296420
haskells@talktalk.net

X-country captain: Tim Crumpton
11, Maytree Close, Locks Heath.
Tel: 01489-576022 / 07973-300645.
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Track & Field sec: Mike Harper
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Tel: 01329-662091.

Kit contact: Liz Hall
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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