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

Johnny Vose: a superstar!

A CREDIT to the club, and a friend to all, that's the one and only John Vose, who was presented with Stubbington Green's lifetime achievement award at the club's dinner last month.

The dapper John was stunned to receive the honour at the Holiday Inn in Titchfield from the two amigos, Gary Littlecott and Dave King who hosted the celebration evening.

The award marks John's 17 years spent with the club.

A runner who, despite being in the autumn of his years, remains as chirpy as ever, offers enormous encouragement to runners young and old, and is an inspiration.

Portsmouth born and bred, John started an apprenticeship in the Portsmouth Dockyard before joining the Merchant Navy and later working at the Ministry of Defence establishments at Blackbrook and Bedenham. Before joining Stubbington in 1990, he was a member of the Fareham Athletic Club.

One of life's all-round good guys, John is the life and soul of Stubbington Green Runners and who next year, with wife Joan celebrates their 50th wedding anniversary.

Joan is now out of hospital after recovering from a minor stroke and she will have been delighted for John to receive this honour which was nominated by the club's committee.

Plenty of pain and gain in the

THE 2007 BUPA Great South Run will be remembered for many things, but it will be the rain and the horrendous wind which will stick in many people's memories.

Now that runners have had a chance to thaw out, collect themselves and let the Green Runner have their results, here is a full list of Stubbies who got soaked on the streets of Portsmouth in October.

44th Zippy Grice 56.49, 245th Barry Hards 1hr 3min 53sec, 358th: Nick Kimber 1:10.12, 370th: Malcolm Lavery 1:10.20, 484th: Steve Martin 1:11.45, 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, 1,318th: Mark Hindry 1:17.56, 1,552nd: Richard Snell 1:19:07, 1,908th: Mags Smith 1:20.46, 2,563rd: Annie Tomlinson 1:23.27, 2,753th: Nicholas Lewkowicz 1:24.08, 2,960th: Peter Rawlins 1:24.52, 4,130th: Claire Borrowdale 1:29.02, 4,321st: John Randall 1:29.40, 4,484th: Julie Woodman 1:30.11, 5,063rd: Verity Wright 1:32.15, 5,065th: Sarah White 1:32:15, 5,071st: Tom Mellor 1:32:16, 5,602nd: Dave King 1:34.10, 5,652nd: Liz Hall 1:34.22, 5,935th: Philip Owen 1:35.22, 6,508th: Gill Rose 1:37:29, 7,883rd: Andrew Briggs 1:43.01, 8,842nd: Sue Simister 1:48.12, 9,995th: Charlotte Byng 1:56.03, 10,758th: Gill Adamson 2:05.58, 10,761st: Kelly Sunderland 2:05.58,

Results

COVERS 10 MILE XC
WHERE: East Wittering, West Sussex..
WHEN: Sunday, October 14th.
THE RACE: Pretty run from East Wittering along the beach to Chichester Harbour and then inland back to the finish in East Wittering.
STUBBIES: 3rd Zippy Grice 59min 4sec, 116th John Vose 1hr 27min 4sec, 127th Helen Grice 1:30.12, 135th Sarah White 1:32.35, 142nd John Randall 1:33.25, 160th: Liz Hall 1:36.20.

GILLINGHAM HILLY 7.5
WHERE: Gillingham, Dorset.
WHEN: Sunday, November 4th.
THE RACE: Hilly but not horrendous.
RUNNERS: 98 runners.
FIRST MAN: Dave Caddy (Egdon Heath Harriers) 42min 50sec.
FIRST WOMAN: Bev Hards (Stubbington Green Runners) 51:21 (15th overall)

LORDSHILL 10
WHERE: Oaklands Leisure Centre, Lordshill, Southampton.
WHEN: Sunday, November 4th.
THE RACE: New course, no steep hill!
FIRST MAN: Mark Hargreaves (Bournemouth AC) 55min 7sec.
FIRST WOMAN: Karen Rushton (Southampton Running Club) 1hr 1min 42sec.
STUBBIES: 34th Nick Kimber 1:09.37 (16th Vet), 35th Marcus Lee 1:09.38, Liz Hall 1:34.34.

Bev does it the Hards way

Bev in action at the Gillingham Hilly

BEV HARDS has a habit of winning races before going into hospital. A year ago last June, the Stubby runner won the Vet 45 ladies' trophy at the Seaford 10km just before going in for an operation on her foot.

Now Bev has had another operation on her foot this month, just weeks after winning the Gillingham Hilly 7.5-mile race in Dorset.

She was given a tough battle to win the race which was organised by Gillingham Trotters, finishing with a time of 51min 21sec and 15th overall.

Not far behind in a time of 51:51 was second-placed Diane Hier from Warminster Running Club.

"I led from the start and just kept my head down," said Bev. "I didn't realise the second-placed woman was so close."

Bev's running career has frequently been interrupted by hospital visits. She recalled how she won the ladies' trophy at the Fordingbridge 10-mile race back in October 2001. "I think shortly after that I had a long-term injury followed by pregnancy," said Bev.

"When I won in Seaford last year, that was just before the first operation to my foot. The doctors have decided that my problems are now associated with some bits of metal or wire they put in last time , so they are taking them out. Hopefully, they won't be taking out the screw which is holding my big toe on."

Despite the success, Bev does not race frequently, but admits to being part of husband Barry's support crew at events.

"I have still kept up the miles, but not raced," she added. "I hope not to be out of action for too long."

A total of 98 runners took part in the race organised by Gillingham Trotters, described as "hilly, but not horrendous". Dave Caddy from Egdon Heath Harriers won the race in a time of 42.50.

Begin the New Year with cheer

By club chairman, Mike Clarke

CHRISTMAS GREETINGS! I would like to take this opportunity to wish all the club members and their families a very happy Christmas and an injury free 2008.

Don't forget the club 10k on January 13th, 2008. If you haven't put your name forward to help, it's not to late.

We need all the help we can get, so don't delay phone today.

Meanwhile, can you think of a better way to start 2008 than a run round Bere Forest on New Year's Day for the club's annual Hair of the Dog run? We start at 11am. We meet in the Wood End car park, just outside of Wickham off the A32. The same place as in previous years.

Don't forget your money for the car park, you don't want to start 2008 with a parking ticket!

Everybody is welcome, kids, grandparents, walkers, runners, dogs - the lot. You can have a gentle stroll round the forest, a steady run or just sit and look after the mulled wine and mince pies.

I am happy to supply the mince pies if someone else can supply the mulled wine please.

How to get to Bere Forest: from Fareham, head towards Wickham, then head north along the A32. Go past the Roebuck Public House on the left, turn right about 200 yards past the pub.

The Wood End car park is about 400 yards up the road on the right hand side.

I look forward to seeing you all.

Oh what a night

Roll of honour

Track & Field athlete:
Dave Marrott.
Senior male runner of the year:
Mark Le Gassick.
Senior female runner of the year:
Lucy Simmons.
Senior male veteran of the year:
Nick Kimber.
Senior female veteran of the year:
Susie MacGregor
Most improved runner of the year:
Marcus Lee.
Supporter of the year:
Julie Simms.
Performance of the year:
Richard Thomas.

# of celebration!

OH what a night! A night of celebration, a night of honouring the stalwarts of Stubbington, those who have achieved, and those who have given.

It was also an opportunity to see Chris Hall put on the spot in an impromptu game of Mr & Mrs with wife Wendy.

Yes, the Stubbington Green Runners' awards night was another cracking success.

This year's event was held at the Holiday Inn, Titchfield, and the new location seemed to go down well with the 90 or so guests who attended the glittering dinner last month.

Once again, it was left to the wise-cracking duo of King and Littlecott to take control of the microphone

At the start of the evening, John Vose was presented with his lifetime achievement award. This was a very popular honour for a man who has been the bedrock of Stubbington Green Runners for many years.

John was unable to attend the dinner through looking after wife Joan, who had recently come out of hospital following a stroke. But he had his arm-twisted to turn up for a pre-dinner drink and then he was presented with two inscribed goblets to mark his award.

The evening also raised £347 from a raffle and a pre-dinner game of Heads & Tails for the Hampshire Autistic Society. Sally Hilyear and Gemma Harvey also collected a cheque for £1,000 from Gary Littlecott, part of the proceeds from this year's Stubbington 10k.

A cheque for a similar amount was also donated to Macmillan Cancer Care.

PENNY FORSE'S 16-WEEK MARATHON TRAINING PLAN

Beginners

WEEK 1

	Miles	
Mon, Dec 24th:	4	35-40 minute easy run.
Tues, Dec 25th:		Rest.
Wed, Dec 26th:	4	As Monday.
Thur, Dec 27th:		Rest.
Fri, Dec 28th:	4	Slow run.
Sat, Dec 29th:		Rest.
Sun, Dec 30th:	8	At least one hour's slow run.
Total	20	

WEEK 2

Mon, Dec 31st:	3	25 min on grass with occasional bursts.
Tue, Jan 1st:		Rest.
Wed, Jan 2nd:	5	Slow run - work out a 5-mile course.
Thur, Jan 3rd:		Rest.
Fri, Jan 4th:	5	As Wednesday, but keep up a steady pace.
Sat, Jan 5th:		Rest.
Sun, Jan 6th:	10	Get dropped 10 miles away and jog or walk home!
Total:	23	

WEEK 3

Mon, Jan 7th:		Rest or walk after Sunday's effort.
Tue, Jan 8th:	5	Steady pace. Record your time.
Wed, Jan 9th:	2	Try a 15 minute run in your lunch hour.
Thur, Jan 10th:	3-5	At least three miles but push on if you feel like it.
Fri, Jan 11th:	4-5	Jog 2 miles then put in short bursts.
Sat, Jan 12th:		Rest.
Sun, Jan 13th:	10	Another slow 10 miles. Run at a pace you could talk at if not alone!
Total:	24-27	

Advanced

WEEK 1

	Miles	
Mon, Dec 24th:	6-8	Steady pace, preferably not on road.
Tues, Dec 25th:	4-5	Run steadily for up to 30 minutes.
Wed, Dec 26th:	4-5	As Tuesday.
Thur, Dec 27th:	7	Think of "time on your feet" as opposed to speed.
Fri, Dec 28th:	4-5	Off road, preferably.
Sat, Dec 29th:		Rest.
Sun, Dec 30th:	10	At least one hour's slow run.
Total	35-40	

WEEK 2

Mon, Dec 31st:	7	As last Monday, off road and start slowly.
Tue, Jan 1st:	5	Steady, un-timed run, no pressure.
Wed, Jan 2nd:	5	5 mile easy, but hilly course.
Thur, Jan 3rd:	7	Start slowly, increase speed over last 3 miles.
Fri, Jan 4th:	6	1 mile jog, then fartlek with several 150 metre to 250 metre bursts per mile.
Sat, Jan 5th:		Rest
Sun, Jan 6th:	10	Find a different route and keep it steady.
Total:	40	

WEEK 3

Mon, Jan 7th:	7	Same as last Monday, but include some striding out.
Tue, Jan 8th:	6	1 mile jog, then 5 miles at a good pace.
Wed, Jan 9th:	5	Easy run, save yourself for Thursday.
Thur, Jan 10th:	7-8	1 mile jog, stretch, strides, 5x1 mile (5 min jog), warm-down jog.
Fri, Jan 11th:	4	Easy run, preferably off road.
Sat, Jan 12th:		Rest
Sun, Jan 13th:	10-12	Go the extra mile or two, but still slow and easy.
Total:	39-41	

Sixteen weeks until Paris and London!

... even with the new 189mph Eurostar!

SO, you've got your desired place in Paris or London - now you need to channel that desire to get you through the training and to the finish line.

There are two schedules on page 6 – one for a first marathon and one for a more experienced runner - both involving a gradual build-up, *writes Penny Forse*.

You can either follow them exactly or adapt them to suit your needs. The dates have been set according to the London Marathon on April 13th, but for those who are planning to take part in the Paris Marathon, which takes place a week earlier on April 6th, work back a week on the schedule.

Be dedicated but flexible. You will need to adjust them to fit in some competitions, remembering to run easily the day before & after races. Half-marathon races are especially valuable in the marathon build-up.

Rest days are essential in order to recover and allow the body to make its adaptation to the new training regime.

They are particularly important if you are running more mileage and longer distances than ever before. On the specified days just rest, do some light cross-training or go for a walk.

You will come across the strange word 'Fartlek' in the schedules. It is the Swedish word for 'speed play'and is a normal endurance run interrupted by a few bursts of speed intervals.

It is a good transition between easy running and speed training. Find an interesting park or trail, ideally grass or dirt terrain.

Do your warm up run of 5 to 10 minutes, then surge at a variety of speeds and distances, perhaps to landmarks, recovering at an easy pace over the same distance. If you prefer it to be more structured, do eight bursts of 1 to 2 minutes each with a slow recovery run of the same duration as your effort.

Long runs are at an easy conversational pace. Do the distance – but don't try and break your course record! If you are a beginner marathoner take walk breaks as necessary.

If you are running London, a session may fall on Christmas Day. There is nothing to compare with the smug feeling one gets after putting the turkey in the oven, going for a 30 minute steady run then getting stuck into all the seasonal food & drink. If your intended run meets with the family's disapproval (or your own!) then swap the run with your rest day.

Wishing you all a very Merry Christmas, a Happy New Year and a wonderful Spring-time Marathon.

AS another year draws to a close, it's time once again for those hoping to run at next year's London Marathon, on April 13th 2008, to start planning their winter training and racing schedules.

If you're hoping to run at London next year, it's vital that you start preparing now (if you haven't done so already) so that you'll be able to last the distance and achieve your target time next April.

This year, Stubbington Green Runners & AC have four London Marathon club entries on offer for those who've been unlucky in this year's ballot.

The results of the ballot will be distributed in early December, and if you would like to be considered for a club place, you'll need to get your rejection slip to a member of the committee by Friday, December 14th.

After all of the rejection slips have been submitted, the committee will cast their votes based on a variety of criteria such as regularity at training sessions, representing the club at races, and services to the club. The four members with the highest point totals will be awarded the club places, and will be informed of the outcome of the ballot, as will those who were not so lucky.

Please note that if you're one of the four lucky candidates to be offered a club entry at next year's London Marathon, you'll need to return your club entry form, together with your payment, to the London Marathon Office by the closing date – January 11th, 2008.

Club Secretary, Mark Le Gassick, will send you your entry form once the results of the club ballot have been decided.

Good luck to everyone who enters the ballot!

Results round-up

AGC WORTHY HALF

WHERE: Worthy Down, Winchester.
WHEN: Sunday, November 4th.
THE RACE: Pretty run, mainly road, with a few off-road hilly bits.
RUNNERS: 135 runners.
FIRST MAN: Matt King (Winchester & District AC) 1hr 12min 44sec.
FIRST WOMAN: Debbie Coslett (SPS TS) 1:25.11 (sixth overall).
STUBBIES: 51st John Tussler 1:46.16.

ALEXANDRA PARK 5KM

WHERE: Alexandra Park, Manchester.
WHEN: Sunday, November 4th.
THE RACE: Short sharp 5km in popular month time trial.
RUNNERS: 108 runners.
FIRST MAN: Stuart Lang (East Cheshire Harriers) 17min 6sec.
FIRST WOMAN: Kathleen Fitzpatrick (Hallamshire Harriers) 19.56.
STUBBIES: 28th Chris Munro 20.06.

BOSCOMBE 10KM

WHERE: Boscombe, Bournemouth.
WHEN: Sunday, November 25th.
THE RACE: Sunny day for slightly hilly 10km.
STUBBIES: Eric Beck 44min 38sec.

INTO December, and Dave King has now run 72 of the 80 races in 2007, a challenge which he completes on New Year's Eve.

Races this month included:
Guy Fawkes 10 @ Harrogate:
1hr 18min 49sec *(262nd from 828)*
Grand Union Half Marathon from Uxbridge to Watford:
1hr 38min 14sec. *(46th out of 285)*
Brampton to Carlisle 10:
1hr 10min 40sec. *(270th out of 613)*
(Liz Hall ran 1:32.56). *(571st)*
Gill Pimblott 5km @ Manchester:
23min 3sec. *(41st out of 102)*
Leeds Abbey Dash (10km):
42min 34sec. *(648th out of 6,000)*

HAMPSHIRE CROSS COUNTRY LEAGUE

WHERE: Goodwood, West Sussex.
WHEN: Sunday, November 10th.
THE RACE: Crisp autumnal day with good-to-firm ground. Undulating multi-lap course.
RUNNERS: 243 runners for the men's race and 122 runners for the women's race.
FIRST MAN: Andy Vernon (Aldershot, Farnham & District AC).
FIRST WOMAN: Charlotte Purdue (Aldershot, Farnham & District AC).
STUBBIES: **Men:** 16 Mark Le Gassick, 26 Zippy Grice, 63 Andy Simpson, 76 Ray Gunner, 134 Tim Crumpton, 190 Steve Martin, 191 Gordon Westley, 197 Phil May, 219 John Tussler. **Ladies:** 45 Susie MacGregor, 46 Penny Forse, 82 Lucy May, 83 Margie Pritchard, 106 Heather Bowers.
Senior Men: 2nd on the day, 2nd overall in Division 2. **Veteran Men:** 10th overall.
Senior Ladies: 14th overall after two fixtures. **Vet Ladies:** 6th place overall.

You have until December 8th to decide if you want to run at the Hampshire Cross Country Championships which take place at Dibden Inclosure near Applemore Leisure Centre in the New Forest on Saturday, January 5th. The cost for entry is £4, but you need to let cross country captain, Tim Crumpton, know by the deadline. Call Tim on 01489-576022 or 07973-300645 pretty sharpish so he can get your entry in on time.

TODAY'S RUNNER CROSS COUNTRY

WHERE: Queen Elizabeth Country Park, Petersfield.
WHEN: Sunday, November 11th.
THE RACE: Perfect running conditions; mild and slightly damp underfoot.
STUBBIES: **Men**: Andy Simpson 5th, Ray Gunner 8th, Mike Harper 26th, Tim Crumpton 44th, Jim Sullivan 66th, Mike Bell 73rd, Jon Leigh 76th, Mike James 82nd, Nick Kimber 91st, Malcolm Lavery 102nd, Nick Crane 103rd, Paul Hammond 104th, Andy Lee 109th, Daniel Ewing 110th, Tony Mundy 121st, Eric Beck 135th, John Tussler 136th, Ryan Gunner 148th, Mick Clarke 152nd, Richard Snell 154th, Derek Ballsdon 166th, John Vose 168th, James Lee 169th, John Simister 177th, Paul Hailwood 183rd, Andy Tomlinson 200th. **Ladies:** Bev Lavery 10th, Penny Forse 11th, Susie MacGregor 14th, Lucy Simmonds 15th, Lou James 18th, Tara Doherty 39th, Anne Tomlinson 43rd.

GOSPORT HALF MARATHON

WHERE: Bay House School, Gosport.
WHEN: Sunday, November 25th.
THE RACE: Two lapper around Stokes Bay, Gosport and Alverstoke on a glorious autumn day. Hampshire Road Race League event.
RUNNERS: 874 runners
FIRST MAN: Toby Lambert (Winchester & District AC) 1hr 5min 36sec *(course record)*.
FIRST WOMAN: Shona Crombie-Hicks (Winchester & District AC) 1:17.42 (31st overall).
STUBBIES: 6 Mark Le Gassick 1.12.09, 23 Zippy Grice 1.16.03, 26 Mickie Breed 1.16.18, 28 Alisdair Ewing 1.16.53, 219 Bev Lavery 1.33.50, 231 Nick Kimber 1.34.19, 250 Phil May 1.35.13, 308 Rob English 1.38.25, 310 Raymond Oliver 1.38.55, 318 Malcolm Lavery 1.38.55, 326 Marcus Lee 1.39.30, 351 Joan Oliver 1.40.55, 352 Richard Snell 1.40.55, 365 Aaron Kingston 1.41.43, 370 Mike James 1.42.07, 371 Louise James 1.42.08, 551 Nicholas Lewkowicz 1.52.30, 607 Mike Harper 1.56.04, 617 Sarah White 1.56.24, 619 Verity Wright 1.56.28, 731 Liz Hall 2.05.17, 747 Amy Hopper 2.06.19, 808 Julie Ashman 2.14.08.
Stubbington Men's A: 2nd (lie seventh in HRRL Division 1 after 3 races).
Stubbington Men's B: 10th (lie 17th overall).
Stubbington Ladies A: 2nd (lie fifth in HRRL Division 2 after 3 races).
Stubbington Ladies B: 10th (lie 16th overall).

THE Stubbington 10km race is once again going to be a sell-out and race director Gary Littlecott is on the prowl for more helpers on Sunday, January 13th.

"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.

"The race is under increasing threat from the police to change and for clubs likes ours to manmanage 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 e-mail Gary on: thelittlecotts@ntlworld.com or call him on 02380-403249.

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.

"The race will start at 10am 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."

And she only came to watch!

STUDLAND Beach in autumn; it should have been a picturesque setting for a race at the annual Studland Stampede.

Stubby Anne Fairhurst headed to deepest Dorset with husband John thinking she was going to watch, but in the end allowed herself to be persuaded to run….and what a tale that was.

Here Anne picks up the tale:

"I had gone along to navigate and support John, but had taken my running gear to do my own thing or with a very slight possibility of entering on the day. A lady named Julie, who was helping to set up the start, encouraged me to have a go.

"Running along the sand at the rear, I managed to catch up at the bottlenecks. Soon, however, I was on my own with the penultimate runner out of sight and Julie, the sweeper, way behind.

"The rain was pouring down and it was difficult to see through my glasses. Soon Agglestone Rock appeared and then came more undulating heath land. Ahead I saw a junction with no directions, oh dear, that could not be correct, I must have missed a turning.

"Talking to some dog walkers they told me the runners had turned right at the Rock. Retracing my steps I reached it to find to my horror that Julie must have gone past, collecting the signs as she went.

"The only option was to try and find the course by following the footprints in the sand. It seemed to work for a while but then that failed and I came to the main road. After running a bit further I found myself back at the start!!

"The organiser offered me a seat, but I wanted my medal. She directed me along the main road to where the right turn to the beach was situated and eventually the long run along the sand into the wind and the rain and at last the finish. Not the official course, but probably longer!!!

"This was the third time the race had been held, the first two in glorious weather. The organisers were very friendly and enthusiastic. It was good fun despite the wind and rain. The National Trust café at the start serves a good selection of meals and snacks.

"And ladies, if you want to do this race there are more loos than ladies!"

STUDLAND STAMPEDE

WHERE: Studland, Dorset
WHEN: Sunday, October 28th
THE RACE: 12km race. Starts along Studland Beach (scramble over or round some rocks because the tide was in), inland over Agglestone Rock (would have been a super view but for the rain), undulating heathland (clamber over a locked gate), sandy paths, last 3k along the beach (into the wind and rain).
RUNNERS: 135 runners
FIRST MAN: Graham Brook 48min 25sec
FIRST WOMAN: Elizabeth Hunt 1hr 3min 26sec.
STUBBIES: 93rd John Fairhurst 1:13.48; 135th Anne Fairhurst 1:40:51.

THANK you to everyone who helped put together the Stubbington Green Awards evening at the Holiday Inn. It went really well and everyone seemed to enjoy themselves, *writes men's captain, Chris Hall.*

It was hosted by Dave King and his glamorous assistant Gary Littlecott, who was more amusing than he was supposed to be.

The only downside for me was getting beaten by Wendy at Mr & Mrs and watching Mike Harper dancing in glue.

The next morning we were up at six and off on our annual pilgrimage to watch Pompey get beaten at Newcastle. We stayed in the pub too long, as usual, fearing the worst, only to get into the ground just after Pompey had scored (Wendy stayed in the pub), closely followed by two more goals. Could this really be happening?

With 15 minutes to go, we scored goal number four and it was all to much to handle as we were thrown out for over celebrating and not sitting down. We made our way to Shearer's Bar to watch the remainder of the game and keep our heads down for obvious reasons.

Our cover was blown when Charlton scored a 91st minute winner against Saints at St Mary's. I think us doing the conga around the bar gave it away.

After a good night out on the Toon we were up early next morning heading for the beautiful North Yorkshire Moors for a long walk followed by cream teas .

Does life get any better?!

The Race Diary

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
Sat Dec 8	Brighton Santa Dash	The Peace Statue, Brighton Seafront, Brighton. (5km)	10.20am
Sun Dec 9	SGR Helpers' Race	Crofton Community Centre car park, Stubbington (10k)	10am
Sun Dec 9	Southampton Santa Dash	Southampton Common, Southampton (5km)	10.30am
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 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	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
Sun Jan 6	Longmoor Lollipop 13	Longmoor Camp, Borden, Hampshire. (13 miles)	10.30am
Sat Jan 12	Hampshire XC League	Prospect Park, Reading, Berkshire.	1.35pm
Sat Jan 12	G3 January (10km XC)	Newlands Corner, Dove Road, Guildford, Surrey.	8.30am
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
Sun Jan 13	Milborne 10	Milborne St Andrew, Dorset.	10.30am
Sat Jan 19	Thames Path Ultra 50	King's Meadow, Reading, Berkshire.	9am

The Race Diary

Date	Race	Venue	Time
Sun Jan 20	Today's Runner XC	Lord Wandsworth College, Basingstoke, Hampshire.	11am
Sun Jan 20	Plumpton Classic 7.5k	Plumpton Race Course, Plumpton, West Sussex.	11am
Sat Jan 26	Portland Coastal Marathon	The Isle of Portland, Weymouth, Dorset.	8am
Sun Jan 27	Romsey 5	Romsey School, Greatbridge Road, Romsey.	10.30am
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 9	G3 February	Newlands Corner, Dove Road, Guildford, Surrey	8.30am
Sun Feb 9	Henfield 9	Henfield Leisure Centre, Henfield, West Sussex.	10.30am
Sun Feb 10	Longleat 10k	Longleat, Warminster, Wiltshire.	10am
Sun Feb 10	Today's Runner XC	Manor Farm Country Park, Bursledon, Hampshire.	11am
Sun Feb 10	RRC Valentines 10km	Chessington Community College, Chessington, Surrey.	9am
Sun Feb 10	Wokingham Half Marathon	Cantley Park, Wokingham, Berkshire.	10am
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	Bookham 10km	South Bookham School, Bookham, Surrey.	10am
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
Sun Feb 24	Winchester 10km	River Park Leisure Centre, Winchester, Hampshire.	10.30am
Sun Feb 24	The Terminator	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	10.30am
Sun Mar 2	Mad March Hare 20	Martins Hill Lane, Burton, Christchurch, Dorset.	10am
Sun Mar 2	Brooklands 10k	Mercedes World, Brooklands Circuit, Weybridge.	8.30am
Sun Mar 2	Steyning Stinger Half	Steyning Grammar School, Steyning, West Sussex.	8.30am
Sat Mar 8	G3 March (10km XC)	Newlands Corner, Dove Road, Guildford, Surrey.	8.30am
Sun Mar 9	EAS Castle Combe 10k	Castle Combe Circuit, Chippenham, Wiltshire.	9.30am
Sun Mar 9	Today's Runner XC	Staunton Park, Havant.	11am
Sun Mar 16	Asics Fleet Half Marathon	Calthorpe Park, Fleet, Hampshire.	11.30am
Sun Mar 16	Eastleigh 10km (HRRL)	Fleming Park Leisure Centre, Eastleigh, Hampshire.	10am
Sun Mar 16	Hastings Half Marathon	Sea Road, Grosvenor Gardens, St Leonards-on-Sea.	10.30am

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

December's training programme

Tuesdays (6.30pm)

December 4th: 4x4 mins out and back (2 mins recovery).

December 11th: 6x1km @ Cuckoo Lane.

December 18th: 2x2 miles (3 mins recovery). *Bring along some cash for Christmas drinks straight after the run!*

December 25th: Take a rest, put your feet up and hope that Santa brings you that piece of running kit which you have always wanted. Eg: SatNav!

January 1st: Hair of the Dog @ Bere Forest (11am).

Thursdays (7pm)

December 6th: 6 x Titchfield rollercoasters.
December 13th: 2xTitchfield figure of 8.
December 20th: 20 short hills.
December 27th: Pub to Pub @ Horndean (11am).

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.

December 6th: 5 x Crescent Road paarlauf (Locks Heath).
December 13th: 12 x 1 minute (1 minute recovery) (Stubbington).
December 20th: 2 x 2 miles (3 minute recovery) (Locks Heath).
December 27th: 4x5 minutes out and back (Stubbington).

If you want Stubbington kit, then call Liz Hall on 01489-577610 or you can catch her at club nights on a Monday and a Wednesday.

GLEN STREET has just completed an intensive course in Personal Training, run by Premier Training International at the Littledown Centre in Bournemouth.

He is now in the position to offer Stubbington members, family and friends the opportunity to take advantage of his newfound knowledge.

Glen said: "I am sure there will be many club members who will want to shed some unwanted weight soon, what with the Christmas Festivities just around the corner.

"I can offer advice on weight loss, endurance training, power training or strength training, as well as advice on nutrition.

"Please feel free to give me a call on 078100 66360, or email glen.street@ntlworld.com when we can arrange to meet for a confidential and free lifestyle analysis.

"We can then discuss your needs and what I can do for you.

"By the New Year, I will have finished the Sports Massage Therapy part of the course and will be pleased to offer a massage service, with the first session free to all Stubbington Green members.

"Please contact by email or phone as above".

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