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

We three kings!

IT was a pre-Christmas cracker for three Stubbington runners who tasted festive success. Zippy Grice led home a Stubby 1-2-3 at the muddy and mucky Duck Pond Waddle around Worthing in West Sussex.

This was Zippy's third win on the trot over the nine-mile race which is run over rural countryside and a mixture of tarmac, plus chalk and farm tracks.

He finished a good couple of minutes ahead of Stubbington team-mate Andy Simpson, clocking 55min 47sec for the distance compared to Andy's 58.30.

And just on Simmo's tail was the evergreen Alasdair Ewing, second a year ago at the event, who clocked 59.03.

They were the only runners among a field of 228 entries who ducked under the hour mark.

Also enjoying the rich taste of success was Mark Le Gassick.

He's won a few races in his time, but nothing quite so bizarre as the Votwo Christmas Pudding Catcher race, which was staged at Fairthorne Manor near Botley.

Mark spent his Sunday morning chasing a Christmas pudding around the YMCA headquarters along with 116 other runners as part of a 12km off-road course.

The fancy dressed Christmas pud was none other than Southampton Running Club's Andy Morgan Lee, who was given a head start from the rest of the field—and some assistance from a golf cart half way round.

Despite being lumbered, Andy managed to get away pretty smartly before he was eventually caught by Mark, who pocketed a £100 cash prize for being the first runner to catch the pud.

Mark went on to win the race, finishing ahead of Lordshill Running Club's Nick Buis to win in a time of 38 min 42sec, a winning margin of 32 seconds.

Meanwhile in Spain, Andy Vernon further enhanced his reputation as one of Britain's brightest young athletes with a stunning bronze medal at the European Cross Country Championships.

Andy, who runs second claim for Stubbington and still retains a strong affinity for the club where he began his running career, produced a storming finish in the under-23 race in Toro to claim third place.

Turkish runner Kemal Koyuncu outclassed a strong field to win by three seconds from fancied Russian Yevgeniy Rybakov, with Andy just another two seconds adrift.

Andy is currently studying at St Mary's College in Twickenham. His was one of 14 Great Britain medals at the European Championships which comes on the back of the silver medal he won as a junior at the European Cross Country Championships a couple of years ago.

Birthday runner!

SOME choose to celebrate their birthdays with a relaxing morning opening presents, maybe a special breakfast and a day out, possibly even a slap-up meal in the evening.

New Stubby runner, Rick Scott, opted to mark his 58th birthday by taking part in the Boscombe 10km race last month.

"I used to run sub 40's for 10K in the good all days, but was thrilled to get around Boscombe in 48min 12sec - not a bad time for me allowing for the hill/mountain we had to climb between 6km and 7km," said Rick. "All in all it was a good race - nice people and a lovely morning."

Rick was one of two Stubbies who took part in the race in Dorset - Eric Beck got round in 44.38 and each of the finishers received a beanie hat."

For Rick, who used to coach rugby with United Services RFC, he is hoping to rediscover his love for running at Stubbington.

He explained: "Some years ago I was running regularly for Gosport Road Runners, had a bad run at the London Marathon in 1995 and decided to give it all up.

"It took some 12 years to discover I was missing it and I joined SGR & AC in August a year ago. I went through months of come-back injuries, but I am pleased to say that I am now injury-free and I ran my first race in years, in Stubby colours, to celebrate my 58th birthday with the Boscombe 10K."

With the New Year on the horizon, Rick is hoping to get down to club training nights on a regular basis, although work can sometimes hamper his plans. And race-wise, he has his targets set for the Eastleigh and Winchester 10km races.

Dial M for murder

....or for Michelle Simpson!

FANCY a good murder? Colonel Mustard in the library with a spanner, maybe?!!

Well, Michelle "Taggart" Simpson is in the throes of organising a murder mystery evening for Stubby members later this year – and she wants you to get this murder date down in your diary right now.

Let Taggart explain: "The evening itself at the moment is still partly a mystery….I haven't yet settled on a date or venue!

Michelle 'Taggart' Simpson bags her prime suspect.

"When the first is confirmed I can set about booking a venue, so there is a plan in there somewhere!

"I can tell you this much……the month of the event will be May and I am thinking a Friday or a Saturday in the middle three weekends.

"The Warsash Theatre Club recently put on an excellent evening which Andy and I attended and this got me thinking what an excellent idea for the club.

"The plan for our event is to hold it in a community centre or church hall where we could offer an evening of great entertainment/laughter, a supper and cheap or "bring your own" alcohol!

"Now if you are thinking two of those three appeals to you, if not all, then please show your interest to me in order that I can confirm the night early January.

"What I don't want any of you doing is thinking May…….that's ages away! It will be here before we realise.

So please send me an email, text or telephone me and put yourselves down as a "provisional" and then when I have a confirmed date and venue I will contact you first to confirm your place."

There you have it dial M for Michelle or Murder…

Michelle Simpson 01489 573667 or 07971 604690 or michelle.simpson@tiscali.co.uk

Don't stand so close to me!

Running the Country by Cross Country captain, Tim Crumpton

A very happy new year to one and all. Whatever your aims and ambitions are this coming year, whether they be in your private life, working life, or even your sporting life, I hope that you achieve them, and if like me, most of the time you only get half way there, well at least enjoy the ride!

Tim's New Year's Resolutions

1. Run and ride my bike more,
2. Stretch more, get injured less *(Margaret and Lucy I am listening to you!).*
3. Reduce my alcohol consumption *(well okay, slightly)* before and after events!
4. Eat more healthily,
5. Start races more steadily and run a more even pace
6. Spend more time with my family *(note: clashes with several of the above).*

It is the day after Boxing Day. As I sit at my computer thinking what can I write to keep my editor happy, some of you will be heading for the pub to pub at Horndean. I'm sorry, but due to a prolonged bout of dreaded 'man flu' I won't be there, but I'll try to find a pint of Gales somewhere.

Instead I'll type my seasonal cross country update.

I've been reading Glen Street's report of the Today's Runner at Farnham, some more fantastic results, well done everyone!

Thanks to those of you who let me know of their entries for the Hampshire Championships on January 5th, at Dibden Purlieu—I just hope I can survive the course.

Well the Hampshire League is past half way, the next event being at Reading (Prospect Park) on Saturday, January 12th. Yes, I know it's the day before the Stubbington 10K.

I will be there if only to get round, but please let me know if you can make it and we can arrange transport. (note: must use the club forum on the website much more).

Overall, in spite of our efforts, the picture is not rosy. Nearly all our male runners are vets but we are bottom of the vets league, however the same runners are second overall in the Division 2 rankings behind Reading Roadrunners, so it can't be all bad. Our stalwart ladies are still holding their own in the ladies section.

Andy Lee and Daniel Ewing pictured at the finish of the Today's Runner race at the Queen Elizabeth Country Park, near Petersfield.

Gordon Westley has been our only runner in the Wessex League (I think) , well done Gordon.

The South of England Championships are at Parliament Hill on January 26th. The Stubbington Green Senior mens' team I have entered is: Tor Duffin, Mike Harper (injured), John Gueran, Andy Simpson, Jon Leigh, Tim Crumpton, Mark Le Gassick, Alastair Ewing, Phil May, Ray Gunner, Nick Crane and Tony Allen, with new member Daniel Gueran (18) running in the under-20's race.

The February 2nd is the date for the South of England Masters Cross Country Championships at Ruislip in Middlesex, events are men's 50 plus (1pm), women's 35 plus (2pm) and men's 40 plus (2.45pm).

Entries are £7 per runner. We have some very good competitors, so please let me know if you are interested. I must get entries in by January 22nd, so asap please.

Once again, all the best for 2008.

Well done to Liz Hall, Jon Leigh, Keith Carter and Graham Edwards who received club places for this year's Flora London Marathon on April 13th. Good luck to them with their training for the race, and also to those runners who are preparing for the London and Paris marathons in April. A crowd of a dozen Stubbies are preparing to head out to the French capital for the Paris Marathon on April 6th. Don't miss Penny Forse's marathon schedule on pages 8&9.

Results

DUCK POND WADDLE
WHERE: Worthing, West Sussex.
WHEN: Sunday, December 2nd.
THE RACE: Nine mile race over rural countryside. Mixture of Tarmac and tracks. Cold, wet and loads of mud!
RUNNERS: 228 runners.
FIRST MAN: Zippy Grice (SGR) 55min 47sec.
FIRST WOMAN: Katy Moore (Brighton & Hove AC) 1hr 2min 33sec.
STUBBIES: 1st Zippy Grice 55.47, 2nd Andy Simpson 58.30, 3rd Alasdair Ewing 59.03, 30th Jon Leigh 1hr 9min 41sec, 47th Paul Hammond 1:13.06, 52nd Richard Simms 1:14.02, 62nd Neil Jarvis 1:16.09, 69th Tony Mundy 1:17.17, 74th Andy Lee 1:18.02, 207th Caroline Street 1:48.55.

ANDY READING 10K
WHERE: Bicester, Oxfordshire.
WHEN: Sunday, December 9th.
THE RACE: Flat course in windy conditions around villages of Bicester and Weston on the Green.
RUNNERS: 416 runners.
FIRST MAN: Jonathan Blackeledge (Blackheath Harriers) 31min 31sec.
FIRST WOMAN: Jude Craft (Headington Road Runners) 36.28 (14th overall).
STUBBIES: 71st Jon Leigh 41.48.

BURTON CHRISTMAS PUD 10K
WHERE: Burton, New Forest.
WHEN: Sunday, December 9th.
THE RACE: The rain just about held off after pre-race soaking.
RUNNERS: 800 runners.
FIRST MAN: Willard Chinhanu (Poole Runners) 32min 21sec.
FIRST WOMAN: Kath Bailey (Winchester & District AC) 36.21.
STUBBIES: 137th Richard Simms 44.31.

CHRISTMAS PUDDING DASH
WHERE: Battle, East Sussex.
WHEN: Saturday, December 22nd.
THE RACE: Five-mile race on a two-lap course round the historic grounds of Ashburnham Place.
RUNNERS: 220 runners.
FIRST MAN: Nick Barrable (Tonbridge AC) 28min 11sec.
FIRST WOMAN: Gill Wheeler (Hailsham Harriers) 32.34 (seventh overall).
STUBBIES: 32nd Paul Hammond 36.33, 36th Dave King 36.48.

Looking for a race in the New Year?
Check out the comprehensive race diary on pages 10 &11

Around the

EIGHTY races, some 700 running miles and 21,000 miles travelled throughout the British Isles, it's been an interesting 2007 for Dave King.

By the time you read this Dave should have rounded off his fund-raising challenge to run around the British Isles in 80 races by completing the 80th and final run in the Derbyshire town of Milford just after midnight on New Year's Eve – or was that New Year's Day?!

"I've had an absolute blast and in some ways it was sad to see the year come to an end," said Dave, before heading north. "I've travelled to parts of the British Isles that I wouldn't have otherwise visited and taken part in some fabulous races.

"I've also met some wonderful people."

It was 12 months ago that Dave's ambitious project began with a 2km race in Milford at 11.57pm on December 31st, 2006.

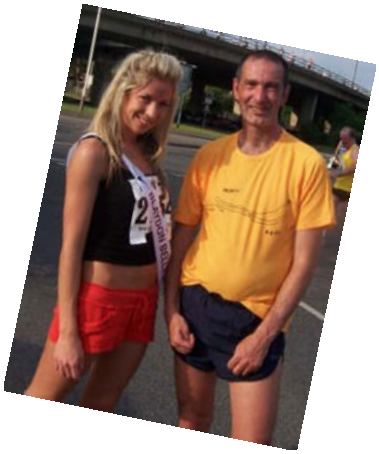
Hours later, he was driving to Cornwall to compete in the Brown Willy 6 hill race on Bodmin Moor on New Year's Day. That set the template for a year of running around the British Isles, from Cape Wrath in the far north of Scotland to Penzance, and included races in Northern Ireland, the Republic of Ireland, Wales, plus the Channel Islands and Isle of Man.

They have included races as big as the London Marathon and the Great North Run, historic events like the Blaydon Races and the Braemar Highland Games, fearsome sounding testers with The Terminator and The Grizzly, to small festival runs such as the Tickhill Gala in South Yorkshire and the Spilsby Show in Lincolnshire.

Dave raced a train in North Wales, hared across Salisbury Plain with a dog which stopped half way to have a consitutional, ran dressed as a banana, Santa Claus and Scooby Doo, and he even won a 10km race inside a prison – only after the three fastest inmates had been released a week earlier!

The challenge finished where it started with the 2km race in Milford at 11.57pm on New Year's Eve.

"It is a hell of a dash," explained Dave, who persuaded Liz Hall to act as chauffeur for a dramatic New Year's Eve which features two races in the space of five hours.



"I am due to run the Nos Galan 5km race in Mountain Ash, South Wales, at 7pm. Liz has a car ready and waiting, and then we will head 160 miles to the midlands to get to Derbyshire for the 80th and final race. Hopefully we will make it."

The focus behind the year-long challenge was to raise awareness of autism and to raise money for the Hampshire Autistic Society. Dave has also been writing a book about the project which is due to be published in 2008.

Dave is organising a final fund-raising dinner at Kuti's in Southampton on Thursday, January 24th. It is £15 a head, eat all you can, with all proceeds going to HAS. If you would like to come along, and tickets are going fast, email: peekay63@aol.com

UK in 80 races

1. Bryan Clifton Midnight Run @ Milford, Derbyshire.
2. Brown Willy 6 @ Bodmin, Cornwall.
3. Tadworth 10 @ Epsom, Surrey.
4. Stubbington Green 10km @ Stubbington
5. Brass Monkey Half Marathon @ York, North Yorkshire.
6. Not the Roman IX @ Stratford-upon-Avon, Warwickshire.
7. Asics Watford Half Marathon @ Watford, Hertfordshire.
8. Stamford Striders' St Valentine 30km @ Stamford, Lincs.
9. Great East Run @ Bungay, Suffolk.
10. The Terminator @ Pewsey, Wiltshire.
11. Vectis Lunatics' Full Moon Hash @ Ryde, Isle of Wight.
12. Ballycotton 10 @ Ballycotton, Republic of Ireland.
13. Banbury 15 @ Banbury, Oxfordshire.
14. Glenariff Mountain Race, Waterfoot, N Ireland.
15. Jimmy's 10 @ Downpatrick, Northern Ireland.
16. Coniston 14 @ Coniston, Cumbria
17. Worthing 20 @ Worthing, West Sussex.
18. Guernsey Easter 10km road race.
19. Guernsey Easter 4 mile cross country.
20. Guernsey Easter 4x2 mile relay.
21. Guernsey Easter Half Marathon.
22. Flitwick 10km @ Flitwick, Bedfordshire.
23. Flora London Marathon.
24. Horton Bull Run @ Chipping Sodbury, Gloucestershire.
25. Dudley Kingswinford 10km @ Dudley, West Midlands.
26. Round the Tree 3 @ Torrington, Devon.
27. Neolithic Cani-Cross @ Stonehenge, Wiltshire.
28. Penicuik 10km @ Penicuik, Edinburgh.
29. Half Marathon: Loch Eriboll to Durness, Scotland.
30. Sangomore Hill Run @ Durness, Scotland.
31. Durness Run @ Durness, Scotland.
32. Target Zero Beach Run @ Durness, Scotland.
33. Cape Wrath Marathon Relay @ Durness, Scotland.
34. Mull of Kintyre Half Marathon @ Scotland.
35. Beat the Baton @ Battersea Park, London.
36. South Downs Way Relay.
37. Blaydon Races @ Blaydon, Tyneside.
38. Potters Arf @ Stoke-on-Trent, Staffordshire.
39. Freckleton Half @ Freckleton, Lancashire.
40. Humber Bridge Half Marathon @ Hull, Humberside.
41. Army Orienteering Association race @ Longmoor Camp.
42. Prestwood Hall 10k @ Leicestershire.
43. Tickhill Gala Run @ Doncaster.
44. Spilsby Show 6 @ Spilsby, Lincolnshire.
45. Wenlock Olympian Games @ Much Wenlock, Shropshire.
46. Mug's Game 5 @ Itchen Valley Country Park, Eastleigh.
47. Swanage Half Marathon @ Swanage, Dorset.
48. Harlow 10 @ Harlow, Essex.
49. Mynyddislwyn Mile @ Newbridge, South Wales.
50. Isle of Man Half Marathon.
51. St Levan 10km @ Penzance, Cornwall.
52. Race The Train @ Twyn, North Wales.
53. Battle of Sedgemoor 10km @ Langport, Somerset.
54. Braemar Highland Games @ Braemar Castle, Scotland.
55. Great Scottish Run @ Glasgow.
56. Test Way Relay (Stockbridge to Mottisfont).
57. The Grizzly @ Seaton, Devon.
58. Round Norfolk Relay (King's Lynn to Hunstanton).
59. Midnight Marathon @ Talybont-on-Usk, South Wales.
60. Ron Hill Birthday 5km @ Littleborough nr Rochdale.
61. BUPA Great North Run @ Newcastle, Tyneside.
62. Chiquita Bananaman Chase @ Milton Keynes.
63. IRC Haslar 10km run @ Gosport.
64. Swindon Half Marathon @ Swindon, Wiltshire.
65. Bushy Park Time Trial @ Hampton Court, Middlesex.
66. Stroud Half Marathon @ Stroud, Gloucestershire.
67. BUPA Great South Run @ Portsmouth.
68. Guy Fawkes 10 @ Ripley, North Yorkshire.
69. Grand Union Canal Half Marathon @ Uxbridge, Middx.
70. Brampton to Carlisle Race @ Cumbria.
71. Gill Pimblott Memorial 5km @ Tyldesley, Manchester.
72. Leeds Abbey Dash 10km @ Leeds, Yorkshire.
73. Liverpool Santa Dash @ Liverpool, Lancashire.
74. Keyworth Turkey Trot Half Marathon @ Nottingham.
75. Merthyr Mawr Christmas Pud @ Bridgend, South Wales.
76. Christmas Pudding Dash @ Battle, East Sussex.
77. Round the Lakes10km @ Poole, Dorset.
78. Maldon Mud Race @ Maldon, Essex.
79. Nos Galan @ Mountain Ash, Brecon, Wales.
80. Bryan Clifton Midnight Run @ Milford, Derbyshire.

Results

HOG'S BACK
WHERE: Godalming, Surrey.
WHEN: Sunday, December 9th.
THE RACE: 8 miles. A circular route along the A3100 to Guildford then up to the Hog's Back and down to the village of Compton, finishing at the Losely Park Estate. The route includes a climb of 100 metres in 3 km up to the Hog's Back. Despite the cold and light rain it was enjoyable. Coffee and cake in the Tithe Barn at the end were particularly welcome.
RUNNERS: 698 runners.
FIRST MAN: Martin Mashford 40min 37sec.
FIRST WOMAN: Emily Adams 47.42
STUBBIES: 306th John Fairhurst 1hr 3min 52sec (6th M60), 658th Anne Fairhurst 1:22.26. (4th F60). Former Stubby: 46th Roger Fairhurst 51.32.

VICTORY 5
WHERE: Mountbatten Centre, Portsmouth.
WHEN: Sunday, December 2nd.
THE RACE: Hampshire Road Race League fixture. Wet, windy and horrible. Headwind coming into the final mile was horrendous.
RUNNERS: 681 runners.
FIRST MAN: Scott Overall (Blackheath & Bromley AC) 24min 43sec.
FIRST WOMAN: Kath Bailey (Winchester & District AC) 29.02.
STUBBIES:
Men:
19th Mark Le Gassick 27.13, 82nd Mike Harper 31.31 (Vet45, 6th), 120th Mike James 33.14, 138th Malcolm Lavery 33.53 (Vet45, 20th), 160th Dave Marrott 34.38, 181st Aaron Kingston 35.25, 185th Richard Snell 35.41 (Vet 40, 29th), 196th Phil May 35.56 (Vet50, 22nd), 209th Zac Conaty 36.21, 262nd John Fairhurst 38.46 (Vet65, 2nd), 268th Christopher Green 39.07 (Vet40, 42nd), 287th Steve Wylie 39.54 (Vet45, 43rd), 347th John Simister 42.40 (Vet45, 57th).

Men's team: 15th.
Vets' team: 14th.

Ladies:
17th Susie MacGregor 34.25 (Vet35, 2nd), 25th Lucy Simmons 34.55, 30th Bev Lavery 35.17 (Vet40, 7th), 34th Lou James 36.06, 64th Gill Rose 39.11 (Vet35, 6th), 66th Annie Tomlinson 39.13 (Vet35, 7th), 87th Lucy May 41.00, 202nd Geraldine May 51.31 (Vet45, 22nd), 205th Anne Fairhurst 51.34 (Vet65, 2nd).

Ladies' team: 4th
Ladies' B team: 14th.
Vets' team: 4th.

This man needs help

YES, it has been said for many years that Gary Littlecott is a man in dire need of help, but medical science can only go so far.

Instead, the man who has taken on the role of race director for the Stubbington 10k Road Race on Sunday, January 13th, is in need of your help.

It's another bumper field of more than 1,000 runners for an event, which also counts towards the Hampshire Road Race League.

There's quality at the front end of the field in both the men's and ladies races which start at 10am, and once again the Stubbington 10k has attracted a huge number of club runners as well as unattached runners.

Gazza's in control and finalising details.

If you have some free time on your hands on January 13th, or possible can coerce a few family and friends to pitch in for a couple of hours, then Gary is your man.

However, there is a subtext to this year's race. As you will be aware from the recent cancellation of the Hayling Island 10k race, and worries over the future of the Eastleigh 10k race, policing has become a major issue.

We've not drawn the same level of police resources as a year ago, and it is fair to say that Hampshire Constabulary are watching the Stubbington 10k with interest, certainly in terms of the safety of runners along the final stretch from Rowner to Stubbington.

This may mean a change of route for the Stubbington 10k race in future years.

With this in mind, it is vital that anyone marshalling at this year's race attends the pre-race briefing with Gary on Thursday, January 10th at the Locks Heath Sports & Social Club in Warsash Road, Titchfield Common.

The meeting starts at 8pm.

He said: "It really is so important this year that we get it dead right with the race organisation. Any major flaws and the police could possibly withdraw support for future races which could lead to major problems.

"It is vital all helpers attend the Thursday night briefing."

Wet run for helpers

THE Race Helpers' 10km run was held a little earlier than usual, on December 9th on a very wet & windy morning, ***writes Gary Littlecott***.

But we still had 11 people turn out to enjoy the new trial route along the sea front and back, which proved quite popular amongst the runners.

The race got under way and the heavens opened lashing the runners with very heavy rain, made worse by the very strong winds.

This only lasted for about 20 minutes and then it was glorious sunshine all the way to the finish..

I would like to thank every body who made the effort to turn out and apologise to the people who normally run the day before the race who could not make it.

We hope to build on the race helpers' race and make it bigger and better. So please come along and support it, and let me have any ideas you would want to see happen. I can be contacted at: thelittlecotts@ntlworld.com

Results: 1st Keith Carter 47min 23sec, 2nd Neil Jarvis 49.25, 3rd Nick Davies 49.31, 4th Rick Scott 50.31, 5th John Blake 54.31, 6th John Vose 55.12, 7th Peter Adams 57.21, 8th Peter Rawlins 59.37, 9th Sue Simister 66.25, 10th Graham Edwards 67.13, 11th Jenny Hearnden 67.29 *(Jenny ran the route solo, starting at 9am).*

Dave King's December runs

Dec 2nd: Liverpool Santa Run @ 5km: 27min 30sec.

Dec 9th: Keyworth Turkey Trot, Nottinghamshire @ 13.1 miles: 1hr 38min 7sec (195th out of 762).

Dec 16th: Merthyr Mawr Christmas Pud, Bridgend, South Wales @ 10km: 51min 36sec (219th out of 630).

Dec 22nd: Christmas Pudding Dash, Battle, East Sussex @ 5 miles: 36min 48sec (36th out of 220).

Dec 26th: Round The Lakes, Poole, Dorset @ 10km. 52 min 11 sec

NEXT year's Bramley 10 and 20-mile road race has been cancelled.
The race was due to be staged on February 17th next year, and is part of the Hampshire Road Race League circuit. Reading Roadrunners have announced the cancellation because of major roadworks currently taking place in Bramley, and which are not due to finish until March
The Hampshire Road Race League committee are currently deciding which race will replace Bramley as a fixture for this season.

Stubby success in frozen wastes!

FARNHAM is a long way to go for a cross country race on a cold and frosty Sunday morning, but Stubbington Green Runners are made of tough stuff, and 24 of them made the long trek north for the latest round of the Today's Runner series - and how well they were rewarded.

The ladies team finished sixth, which was a very good result as only three ladies could make the trip due to other commitments. Annie Tomlinson (35th) and Gill Rose (34th) stepped up to the mark to support Penny Forse (10th) to complete the team, and if Annie *(pictured)* hadn't gone over on her ankle the result could have been even better.

The men's team finished second, only three points behind the winners, Farnham. This could also have been better if Mike Harper hadn't had to pull up with a sore calf when he was in 25th place, finishing 107th.

Notable men's performances were Andy Simpson's second place and a very good 16th place on his debut from Martin Stockley.

Overall, what does that mean? Well, on the day we finished second behind Farnham Runners. This does mean that we are still equal first with them, as each team is allowed to drop their worst result.

The next race will take place on Sunday, January 6th at Rogate Common and will be hosted by Liss Runners. Start time is 11am.

Men: 2nd Andy Simpson, 7th Chris Hall, 16th Martin Stockley, 17th Ray Gunner, 44th Jon Leigh, 52nd Tim Sullivan, 61st Mike Bell, 80th Nick Kimber, 83rd Paul Hammond, 102nd Andy Lee, 104th Richard Snell, 107th Mike Harper, 111th Nick Crane, 117th Tony Mundy, 146th John Vose, 151st John Reeve, 155th Derek Balsdon, 158th Paul Hailwood, 164th Peter Hailwood, 165th Gary Littlecott, 172nd Andy Tomlinson.

Women: 10th Penny Forse, 34th Gill Rose, 35th Annie Tomlinson.

Don't worry about long training runs

Penny Forse's marathon guide

THERE is nothing to fear so don't dread your long runs – you have built up to them and they provide time to do a lot of thinking if you're on your own or to enjoy the company of others.

After all, you are running at an easy pace and not doing 'eyeballs-out' reps.

However, it's still a hard day's training, so take it easy the day before and 1-2 days after.

Wear well-cushioned, worn-in, but not worn-out shoes. If you have to run on slanting surfaces then change the slant direction every few miles to avoid injury.

Take walk breaks if necessary but keep moving. Don't attempt them if you are not fully recovered from injury or illness.

Make sure your partner is willing to run at your conversational pace. If they can't run that far link up with them for the latter part of your run, or ask a friend to accompany you by bike.

In the main stick to courses you know, avoid congested areas but run safe. If you are on your own, don't run in isolated areas and do let someone know your intended route and predicted time.

Avoid freezing headwinds, but if you can't, then run into them on the way out and have them behind you on the way back when you're tired and sweaty.

Postpone them or cut them short if the weather is atrocious.

Be flexible but disciplined about the schedule – if you have to miss the occasional long run you will not lose fitness – but don't make a habit of it!

Take in similar amounts of fluid and/or food as you plan to do in the marathon by carrying gels, energy bars and small bottles in pouches.

Alternatively loop via your home or car for supplies. After your run, drink & eat plenty of fluids & carbohydrates within 30 – 60 minutes to replenish your muscles' energy stores.

Happy New Year and enjoy your marathon preparation.

Turn to pages 8&9 for Penny's marathon schedule

Penny Forse's Get-You-Round beginner's marathon schedule

Week 2	Miles	
Mon Dec 31	3	25 min run on grass – with occasional bursts
Tue Jan 1		
Wed Jan 2	5	Slow run – work out a 5-mile course
Thu Jan 3		
Fri Jan 4	5	As Wed but keep up steady pace
Sat Jan 5		
Sun Jan 6	10	Get dropped 10 miles away and walk/jog home!
Total	23	
Week 3	Miles	
Mon Jan 7		Rest or walk after Sunday's effort
Tue Jan 8	5	Steady pace, record your time
Wed Jan 9	2	Try a 15 min run in your lunch hour
Thu Jan 10	3-5	At least 3 miles, but push on if you feel like it
Fri Jan 11	4-5	Jog 2 miles then put in short bursts
Sat Jan 12		
Sun Jan 13	10	Another slow 10 miles. Run at pace you could talk at if not alone!
Total	24-27	
Week 4	Miles	
Mon Jan 14	4	Jog on grass, slowly first then speed up
Tue Jan 15		
Wed Jan 16	4	Start slowly, speed up in last 2 miles
Thu Jan 17	7	Jog 1 mile, run 5 mile course (record your time), jog 1 mile slowly
Fri Jan 18		
Sat Jan 19	5	Grass, variable pace with 100m bursts, last mile slow
Sun Jan 20	11-12	As slow as you like, but go that extra mile or two
Total	31-32	
Week 5	Miles	
Mon Jan 21	3-5	Easy run on grass or paths, no pressure
Tue Jan 22		
Wed Jan 23	4	Find a course with hills and work hard up them
Thu Jan 24	2-3	Grass, put few bursts in when you feel like it
Fri Jan 25	6	Warm up 1 mile, timed 5 mile circuit, 1 mile jog
Sat Jan 26		
Sun Jan 27	8	Don't push, but compare fitness/feelings with 8 mile of Week 1
Total	23-26	
Week 6	Miles	
Mon Jan 28	4	Slow start, work up to brisk pace
Tue Jan 29		
Wed Jan 30	6	Warm up 1 mile, timed 5 mile circuit, 1 mile jog
Thu Jan 31	4	Easy pace with a few stride outs
Fri Feb 1	3	Steady run
Sat Feb 2		
Sun Feb 3	8	Slow but steady, ignore the time
Total	25	

Take a look at the club training sessions on page 12 to fit in with your schedule

Advanced marathon schedule

Week 2		
Mon Dec 31	7	As last Monday, off road, start slowly
Tue Jan 1	5	Steady untimed run, no pressure
Wed Jan 2	5	5 mile easy but hilly course
Thu Jan 3	7	Start slowly, increase speed in last 3 miles
Fri Jan 4	6	1 mile jog, then fartlek with several 150-200m bursts per mile
Sat Jan 5	-	Rest
Sun Jan 6	10	Find different route, keep it steady
Total	40	
Week 3		
Mon Jan 7	7	Same as last Monday, but include some striding out
Tue Jan 8	6	1 mile jog, then 5 miles at good pace
Wed Jan 9	5	Easy run, save yourself for Thursday
Thu Jan 10	7-8	1 mile jog, stretch, strides, 5 x 1 mile (5 min jog), warm-down jog
Fri Jan 11	4	Easy run, preferably off road
Sat Jan 12	-	Rest
Sun Jan 13	10-12	Go the extra mile or two, but still slow and easy
Total	39-41	
Week 4		**LOW MILEAGE WEEK, GIVES YOUR BODY CHANCE TO RECOVER**
Mon Jan 14	7	Cross-country, find some hills and practice on them
Tue Jan 15	5	Routine 5 mile run, untimed
Wed Jan 16	4	Fast-and-slow run, put effort into the bursts
Thu Jan 17	6	Warm up then fast timed run over 3-5 mile course, record time
Fri Jan 18	5	Easy run, off road
Sat Jan 19	-	Rest
Sun Jan 20	8	Warm up, Race or fast 6 mile run, warm down
Total	35	
Week 5		
Mon Jan 21	7-8	Cross country run , efforts on hills
Tue Jan 22	5	Good pace round your 5 mile course, untimed
Wed Jan 23	4-5	Easy run, with jogging & striding
Thu Jan 24	7-8	Repetition session as Week 3, time should be faster
Fri Jan 25	5-6	Easy run, preferably off road
Sat Jan 26	-	Rest
Sun Jan 27	15	First really long run, but you should be able to cope with it by now
Total	43-47	
Week 6		
Mon Jan 28	5	1 mile steady then road intervals
Tue Jan 29	6	Pace run, slightly faster than marathon speed
Wed Jan 30	6	Easy running, off road preferably
Thu Jan 31	6-8	Jog to hills, then 30-40 minutes of hill climbs
Fri Feb 1	-	Rest
Sat Feb 2	8	Warm up, then time-trial over 5-6 mile circuit
Sun Feb 3	10-12	Steady run, marathon speed or slower
Total	41-45	

The Race Diary

Sun Dec 30	Somerley 10k	Somerley House, Ringwood, Hampshire.	11am
Tue Jan 1	Hair of the Dog	Bere Forest, Wickham, off the A32.	11am
Tue Jan 1	Box Hill Knacker Cracker	Foot of Box Hill, Mickleham/Westhumble, Dorking. 10k	11am
Tue Jan 1	Hangover 5	Hillbarn, Hillbarn Lane, Worthing, West Sussex.	11.30am
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
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
Sat Feb 9	G3 February	Newlands Corner, Dove Road, Guildford, Surrey	8.30am
Sun Feb 10	Henfield 9	Henfield Leisure Centre, Henfield, West Sussex.	10.30am
Sun Feb 10	Punchbowl Marathon	Chichester Hall, Witley, Godalming, Surrey.	8.30am
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	Meon Valley Plod	HMS Mercury, East Meon, Petersfield. (19.5 miles)	10.30am

The Race Diary

Date	Race	Venue	Time
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	Asics Reading Half Mara	Madejski Stadium, Reading, Berkshire.	10am
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
Sun Mar 2	Brooklands 10k	Mercedes World, Brooklands Circuit, Weybridge, Surrey	8.30am
Sun Mar 2	Eastbourne Half Marathon	Princes Park, Royal Parade, Eastbourne, Sussex.	10am
Sat Mar 8	G3 March (10km XC)	Newlands Corner, Dove Road, Guildford, Surrey.	8.30am
Sun Mar 9	Dorney Lake 10k	Dorney Lane, Windsor, Berkshire	2pm
Sun Mar 9	Leith Hill Half Marathon	Priory School, West Bank, Dorking, Surrey.	11am
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 9	City of Salisbury 10k	Salisbury Leisure Centre, Hulse Road, Salisbury, Wilts.	11am
Sun Mar 9	Devizes 10k	Devizes Football Club, Nursteed Road, Devizes, Wilts.	11am
Sun Mar 9	The Grizzly & Cub Run	Seaton, Devon	10.30am
Sun Mar 9	South Coast Half Marathon	Seaford, East Sussex.	10am
Sun Mar 9	Exbury Gardens 10k	Exbury Gardens, Exbury, New Forest, Hampshire.	10am
Sun Mar 16	Cranleigh 15/21	The Band Room, Village Way, Cranleigh, Surrey.	9am
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
Fri Mar 21	Maidenhead Easter Ten	Maidenhead Office Park, Maidenhead, Berkshire.	9.30am
Fri Mar 21	Guernsey Easter 10km	Guernsey, Channel Islands.	10.30am
Sat Mar 22	Compton Downland 40/20	The Downs School, Compton, Newbury, Berkshire.	9am
Sat Mar 22	Newport to Ryde 7	Methodist Church Hall, Quay Street, Newport, IoW.	3pm
Sat Mar 22	Guernsey Easter 4.7m XC	Guernsey, Channel Islands.	11am
Sun Mar 23	Oakhaven Easter 10k	New Park, Brockenhurst, Hampshire.	11am
Sun Mar 23	Guernsey Easter 4x2m XC	Guernsey, Channel Islands.	11am
Mon Mar 24	West Wight Three Hills	West Wight Sports Centre, Freshwater, Isle of Wight.	12pm
Mon Mar 24	Guernsey Half Marathon	Guernsey, Channel Islands.	10am

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)
January 1st: Hair of the Dog @ Bere Forest (11am).
January 8th: 14x1 minute (1 minute recovery).
January 15th: 6x1km @ Cuckoo Lane.
January 22nd: Lee 10 minutes out and back (3 minutes' recovery).
January 29th: 5x5 minutes out and back (2 minutes' recovery)

Thursdays (7pm)
January 3rd: 6 x Paarlauf.
January 10th: 6 x Titchfield rollercoasters.
January 17th: 20 short hills.
January 24th: 2 x 2 miles (3 minutes' recovery).
January 31st: 2 x Titchfield figure of 8.

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

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.

January 3rd: *(Locks Heath)* Titchfield figure of 8.
January 10th: *(Crofton)* 1km @ Cuckoo Lane.
January 17th: *(Locks Heath)* Titchfield rollercoasters.
January 24th: *(Crofton)* Lee 10 minutes out and back (3 minutes' recovery).
January 31st: *(Locks Heath)* Short hills.

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. www.sgrac.net/

Looking for a training partner or trying to fix-up a weekend run? Then why not use the club forums on the website. Respond to messages or even create your own letting fellow Stubbies when you are training at the weekend.

Who's who.....

Chairman: Mike Clarke
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Michael.tclarke@btoopenworld.com

Secretary: Mark Le Gassick
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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