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

What is future for the Stubby 10k?

Photo: Ian Burnett Photography

ANOTHER record field (1,109 runners), a flurry of positive comments (even from the police), and a Stubbington 10k which once again established itself as one of the top road races on the south coast - but it now faces an uncertain future.

Race director Gary Littlecott said he was delighted with how well the January 13th event went, despite having to negotiate a welter of 11th hour bureaucratic red tape from the local council and police just to get the race on.

Gary said: "This year's Stubb 10 went off without a major hitch and everybody who volunteered their vital services on the day played a blinder."

However Gary, who has agreed to look after next year's race, admitted that major changes are going to have to be made if the Stubbington 10k is to take place in 2009.

The major problem is the route of the race. Both Hampshire Police along with Fareham and Gosport borough councils have expressed major concerns about the safety of the 10km circuit to runners, motorists and local residents, and about the major disruption which it causes. Gary and the club committee have been asked to come up with a fresh route which will be considered by road safety officials before the green light can be given to next year's race.

Among the pinch points is the second half of the race from Rowner, back across the Newgate Lane roundabout and then the home stretch to Stubbington where the field is strung out and major disruption is caused. Last year, one car collided with a runner, but fortunately no-one was hurt.

"We now have to show Fareham Borough Council that we are competent at what we do before they will let us engage the police," added Gary.

He is looking for suggestions for a new route. Two suggestions already put forward is for an out-and-back run to Lee-on-the-Solent, zig-zagging through the town centre. Another is to send runners through Titchfield, down Posbrook Lane and into Stubbington via Hill Head. Thought is also being given to changing the race start from 10am to 9am.

What do you think? How can we take the Stubbington 10km forward safely? Gary would appreciate your views in the next month. E-mail Gary on: thelittlecotts@ntlworld.com or catch him at training.

Results

ROUND THE LAKES 10K
WHERE: Poole Park, Poole, Dorset.
WHEN: Wednesday, December 26th.
THE RACE: Boxing Day treat of four laps around the lake and one final lap around the cricket pitch. Bright day.
RUNNERS: 335 runners.
FIRST MAN: Peter Freedman (Tavistock AC) 31min 10sec.
FIRST WOMAN: Holly Rush (Team Bath) 34.30.
STUBBIES: 40th Darrell Milner 39.23, 60th Bev Lavery 41.35, 63rd Malcolm Lavery 41.44, 216th Paul Winter 51.09, 241st Dave King 52.26, 244th Verity Wright 52.29, 286th Liz Hall 57.17.

Dave King's Round the British Isles in 80 races during 2007…

77: Round The Lakes 10km @ Poole, Dorset - 241st, 52min 26sec.

78: Maldon Mud Race @ Maldon, Essex (400m) - 10min 17sec.

79: Nos Galan 5km @ Mountain Ash, Rhondda Valley, South Wales - 39th, 20min 27sec.

80: Bryan Clifton Midnight Run @ Milford, Derbyshire (2km) - 9th, 8min 32sec.

SOMERLEY 10K
WHERE: Somerley Estate, Ringwood, Hampshire.
WHEN: Sunday, December 30th.
THE RACE: Foggy run on two-lap course in front of stately home.
RUNNERS: 414 runners.
FIRST MAN: Lee Piercy 33min 57sec.
FIRST WOMAN: Kath Bailey (Winchester & District AC) 37.41 (6th overall).
STUBBIES: 2nd Zippy Grice 35.19, 48th Nick Kimber 43.29, 90th Keith Carter 46.27, 108th Richard Simms 47.14, 141st Marcus Lee 49.00, 197th Helen Grice 51.36, 226th Aitken Hunter 53.14.

SLAUGHTERFORD 9
WHERE: Slaughterford Valley, near Chippenham, Wiltshire.
WHEN: Sunday, January 27th.
THE RACE: Nine miler with 900ft of ascent and descent over stony paths, tracks, fields and lanes.
RUNNERS: 346 runners.
FIRST MAN: Tom Room (University of Bath) 54min 50sec.
FIRST WOMAN: Joanna Clayton (Team Bath AC) 1hr 5min 47sec.
STUBBIES: 159th Ian Smith 1:18.44, 270th Graham Watts 1:34.16, 339th Caroline Watts 1:53.47.

EPSOM ODDBALLS PERCH IX
WHERE: Epsom Downs, Surrey.
WHEN: Sunday, January 27th
THE RACE: Hilly 6.25-mile multi-terrain race.
RUNNERS: 561 runners.
FIRST MAN: Vincent Van Woerkom (Epsom Oddballs) 36min 44sec.
FIRST WOMAN: Mira Salmi (Suuntolume) 41.43 (35th overall).
STUBBIES: 125th Neil Jarvis 46.40.

ROMSEY 5
WHERE: Greatbridge Industrial Estate, Romsey.
WHEN: Sunday, January 27th.
THE RACE: One-lapper around Fishlake Meadows, Woodley Lane and Cupernham Lake.
RUNNERS: 610 runners.
FIRST MAN: Jonathan Blackledge (Belgrave Harriers) 24min 28sec.
FIRST WOMAN: Karrie Blake (City of Portsmouth AC) 29.39.
STUBBIES: **Men:** 38th Mike Bainbridge 29.39 (Vet40, 11th), 48th Mike Harper 30.20 (Vet45, 4th), 129th Robert Blackmore 34.35 (Vet40, 26th), 293rd Andy Tomlinson 42.11 (Vet40, 62nd), 353rd Graham Edwards 47.45 (Vet70, 6th), 374th Alan Rogers 54.26 (Vet55, 22nd)
Women: 9th Susie MacGregor 33.42 (Vet35, 1st), 198th Gemma Jones 51.08.

Down down, deeper and Downs!

HOT summer's days and the South Downs Relay may seem a million miles away right now in the darkest, murkiest depths of winter, but already planning in under way for this June's event.

Stubbington Green Runners & AC has traditionally fielded a number of six-man teams for the 100-mile 18-leg relay from Beachy Head in East Sussex to Chilcomb near Winchester.

It is a fantastic race which lasts between 10 hours and more than 14 hours, for those who get lost.

Traditionally, the race takes place on the first Saturday in June, which is always hot!

Chris Hall is organising the Stubbington teams this year. He is planning to hold a meeting to discuss this year's South Downs Relay after the Today's Runner cross country event at Manor Farm Country Park in Bursledon on Sunday, February 10th. So please be there if you are interested in running.

The meeting will take place in the hall at midday where refreshments are being offered.

One of the items up for discussion is whether the club can enter a ladies team for the first time - or even a mixed team.

Chris said: "We will cover who's to do which legs and the commitments that are involved, I would very much appreciate your attendance, remember we are hoping to enter a ladies team this year."

Meanwhile, more immediately another beginner's running course is planned to get under way after Easter. The eight-week course will start on Wednesday, April 2nd, and will be based at Crofton School.

It will run straight through the eight weeks, with the format being a combination of structured running and then an informal classroom session dealing with a host of relevant running topics.

The beginner's course has been the starting point for a number of runners who have later joined the club.

If you know of anyone who would like a gentle and fun introduction to the sport, then why not encourage them to the sessions.

Also, if you are able to help out on one of the evenings, then please contact Chris Haskell on haskells@talktalk.net or by phone on: 01489-582996.

One race to mark your card for later this summer. Tim Crumpton is organising the 6-5 Special once again from Wickham. This will take place on Friday, July 11th with everyone retreating for pub grub afterwards.

All to play for in Today's Runner

IT'S showdown time at Manor Farm Country Park next month for the fifth and penultimate round of the Today's Runner cross country league, writes Glen Street.

Ray Gunner

Bev Lavery

Stubbington are locked in a tight battle with Farnham Runners at the top of the league after the fourth round at Lord Wandsworth College in Basingstoke in January.

A slippery, muddy and hilly course saw Stubbington's men's and ladies teams both take first place to ensure that the last two races at Manor Farm and then the finale at Staunton Country Park in Havant on March 9th will be very interesting.

The ladies team saw three Stubbington runners come home in the first 10. Georgie Gair was second, Penny Forse 7th and Bev Lavery 9th as the scoring runners.

If you go down to the woods today, you'll find some very scary people wearing green.

They were well supported by Lou James 16th, Susie MacGregor 31st and Jane Butler 70th.

A strong men's team also saw three men in the first 10. Andy Simpson was 2nd, Chris Hall 7th and Ray Gunner 8th. Mike Harper came home in 18th and Malcolm Lavery in 48th to complete the scoring team.

Other results: Jon Leigh 51st, Mike Bell 61st, Tim Sullivan 83rd, Nick Kimber 99th, Nick Crane 108th, Neil Jarvis 126th, Andy Lee 139th, John Tussler 140th, Paul Hailwood 152nd, John Vose 156th, Derek Balsdon 162nd and Andy Tomlinson 171st.

A special mention for Peter Hailwood who struggled to finish in 190th place, but finish he did, limping home with a suspected case of Medial Tibial Stress Syndrome - "Shin Splints" to you lot!

So with Stubbington (three firsts and a 3rd) and Farnham (three firsts and a 4th), each team is allowed to drop their worst result, both teams look to Manor Farm on Sunday, February 10th to lock horns once again....

No limits for summer RR10

STUBBINGTON Green Runners has been given full membership to this summer's RR10 cross country series.

For the past two summers, SGRAC has been restricted in numbers of runners it has been able to field in the popular race.

But now, after a meeting of RR10 clubs, Stubbington has been given full membership which means there is no limit to the number of runners who can enter.

We will be hosting race seven at Manor Farm Country Park near Bursledon on Wednesday, July 9th (7.30pm).

Race schedule:

April 23rd: Royal Victoria Country Park, Netley (organised by Southampton Running Club) - 7pm start.

May 7th: Nature Quest, Ashurst (Totton RC) - 7.15pm.

May 21st: Wilverley Enclosure near Sway (New Forest Runners) - 7.30pm.

May 28th: Nature Quest (2), Ashurst (Team Southampton) - 7.30pm.

June 11th: Itchen Valley Country Park, West End (Eastleigh Running Club) - 7.30pm.

June 25th: Cadland Park, Holbury (Hardley Runners) - 7.30pm.

July 9th: Manor Farm Country Park, Bursledon (Stubbington Green Runners) - 7.30pm.

July 23rd: Janesmoor Pond, Stoney Cross (Wessex Road Runners / Romsey Road Runners) - 7.30pm.

August 6th: Lordswood Fire Breaks (Lordshill Runners) - 7.30pm.

August 20th: IBM Hursley, Hursley Park (Winchester & District AC) - 7.15pm.

A DOZEN or so Stubbies managed to make their excuses from the Christmas celebrations to take part in the Portsmouth Joggers' Club's Pub to Pub race on December 27th.

Chichester Runners' James Baker won the seven-and-a-bit mile race in a time of 39min 43sec. The race started from the Ship & Bell pub in Horndean to the Red Lion in Chalton and finished back by the Blendworth Centre, just opposite the Ship & Bell.

It was an overcast and blustery day, which presented a challenge along the country lanes for the 146 runners who tackled a couple of tight climbs.

Mark Le Gassick was not far off from the Baker-man, and was closing fast at the end for second place. Winchester & District AC's Kathy Bailey won the ladies' race in 45.18.

Money from the 2007 event went to the Portsmouth Hospital's Rocky Appeal.

In 2006, the race raised £1,600 and this latest fund-raiser will go towards a £3million appeal to provide a state-of-the-art digital keyhole operating theatre at the Queen Alexandra Hospital in Portsmouth.

2nd Mark Le Gassick 40min 2sec, 5th Tony Allen 43.09, 6th Andy Simpson 43.10, 20th Darrell Milner 48.48, 25th Jon Leigh 49.51, 33rd Marcus Lee 51.17, 40th Nick Kimber 52.03, 44th Richard Simms 53.18, 45th Chris Munro 53.21, 48th Nick Crane 54.32, 49th Dave King 54.35, 64th John Tussler 58.34, 73rd Derek Balsdon 61.07, 80th John Reeve 62.42, 81st John Vose 62.49, 105th Gary Littlecott 68.22.

ROUGH N TUMBLE

WHERE: Milton Lilbourne, Wiltshire.
WHEN: Sunday, January 13th.
THE RACE: 10.4 miles of rough, muddy and wet hilly terrain.
RUNNERS: 524 runners.
FIRST MAN: Steve Herring (City of Salisbury AC) 1hr 7min 57sec.
FIRST WOMAN: Rachael Elliott (Team Kennet) 1:19.51 (33rd overall).
STUBBIES:19th Ray Gunner 1:16.25, 277th Del Granger 1:48.53.

Rachael's silky finish in paint race

SINCE July 2007 I have been on my industrial placement working in the chromatography laboratory in the analytical department of ICI Paints, Slough, **writes Rachael Openshaw**.

Each year, just before Christmas, they hold their annual Christmas Cross Country Fun Run for charity, which I decided to enter and to my surprise won!

The race was a 3.6 mile out and back course, along mostly gravel tracks, with a small hill at the half way point that ran parallel to the Jubilee River in Windsor.

The chosen charity for 2007 was the Multiple Sclerosis Trust and the race raised £2,500 for the charity.

The majority of the money raised was done so through the infamous "bets".

In the morning's running up to the eagerly anticipated race, the ICI workforce, were collared by several race organisers who were making damn sure that each employee managed to scrape together enough shrapnel, from the depths of their dusty pockets, in order to place a £1 bet on the runner who they thought would win.

For some reason, word had got round that I enjoyed the occasional amble on a Sunday morning and so the majority of R&D placed bets on none other than myself.

Now seeing as the winner of the race had their bets put into a hat and one lucky person who had betted on them won £60 worth of M&S vouchers, there was definitely no pressure!

At 12:30pm on Thursday, December 13th, the day after the work's Christmas party, on a very cold and frosty day, 49 runners set out en route. Twenty five minutes and 52 seconds later I crossed the finish line taking the title. I was the first and last girl to win the race under the ICI name, because as of January 2nd, ICI Paints were taken over by the Dutch giants Akzo Nobel.

After a brief medal ceremony and photo shoot, (well I had to make the most of it didn't I?), I returned back to work to be greeted by my fans, and a very happy Mr Alban Richardson, who had just won the £60 M&S vouchers, and who took much delight in thanking me for my shear grit and determination to win the race, as he was yet to buy his wife a Christmas present!

Andy hits top

ANDY Vernon goes into this month's National Cross Country Championships at Alton Towers on a high after a thrilling to finish second in a televised 4.4km cross country race at Edinburgh.

Running against a top class field, Andy, who runs second claim for Stubbington, was beaten by just one second by British international, Andy Baddeley, who recently finished 11th at the European Cross Country Championships in Spain where our Andy won a bronze medal in the under-23 race.

Andy's performance in the Scottish capital ranks him in the top five nationally, and he is in a prime position to do well at the nationals which take place in Staffordshire on February 23rd. Andy is currently studying at St Mary's College in Twickenham.

You played a blinder!

WELL another year has gone by and another Stubbington 10km has hit the streets – it was a brilliant 200% effort from everybody, *writes race director, Gary Littlecott.*

This year's Stubb 10 went off without a major hitch and everybody who volunteered their vital services on the day played a blinder. Thank you all very much.

As race director this year, I have seen the Stubb 10 come under close scrutiny from the police and both borough councils as suddenly they all wanted to know what sort of problems this great race of ours was causing the boroughs of Fareham and Gosport.

Photos: Ian Burnett Photography

For the first time this year, we have had our race analysed by Fareham's executive events committee and the police's road traffic safety team, which held the race plans up for three months whilst Fareham Borough Council decided whether or not to grant an Events' Licence.

Fortunately they did and the brakes came off, only to be halted again by the police suggesting that we should attend a post race meeting about the Gosport Half Marathon that would be very relevant to our race day plans – poor, inadequate marshalling with no-one seemingly taking charge on the day were the police's big concerns about the event organised by our friends at Gosport Road Runners.

Then they looked to us and asked how were we going to guarantee this was not going to happen at Stubbington?

I just knew it would not because I know we have a good, dedicated army of people that make this race happen.

Now we move forward into a new era with the race with some big changes about to happen.

1. A change of route

2. Massive police charges possibly as much as £5,500.

3. We now have to show Fareham Borough Council that we are competent at what we do before they will let us engage the police.

It will be very tough to make the race happen in 2009, so your support is essential to this races continued appearance on the race calendar. I would appreciate your thoughts and ideas, maybe with even a sketch or two of a revised route. Email me, or chat to me after one of the training nights.

STUBBINGTON 10K

WHERE: Crofton Community Centre, Stubbington.
WHEN: Sunday, January 13th.
THE RACE: A windy one this year, with a challenging first 2km to Lee. But at least it was dry!
RUNNERS: 1,109 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 30min 29secs**.**
FIRST WOMAN: Karen Hazlitt (Winchester & District AC) 35.30 (24th overall)
STUBBIES: **Men:** 17th Zippy Grice 34.29, 28th Andy Simpson 36.10, 40th Barry Hards 37.12 (Vet45, 5th), 42nd Richard Thomas 37.16 (Vet40, 6th), 114th Dave Marrott 40.48, 135th Jon Leigh 41.18 (Vet45, 21st), 143rd Malcolm Lavery 41.35 (Vet45, 23rd), 182nd Nick Kimber 42.54 (Vet45, 35th), 193rd Richard Simms 43.14 (Vet40, 33rd), 200th Chris Munro 43.21, 228th Richard Snell 43.53 (Vet40, 38th), 230th Steve Martin 44.01 (Vet45, 43rd), 232nd Andy Lee 44.04 (Vet45, 44th), 256th John Flynn 44.44 (Vet45, 49th), 270th Jon Henderson 45.18, 275th Raymond Oliver 45.26 (Vet50, 30th), 293rd James Keen 46.05, 312nd Mark Hindry 46.47 (Vet45, 53rd), 326th James Lee 47.26 (Junior, 7th), 347th Ashley Lovell 48.03 (Vet45, 61st), 353rd Richard Roche 48.06 (Vet40, 64th), 396th Christopher Green 49.16 (Vet40, 74th), 402nd David Langrish 49.27 (Vet55, 24th), 457th Peter Hailwood 51.10 (Junior, 9th), 492nd Paul Hailwood 52.17 (Vet40, 96th), 511th Mike Harper 52.49 (Vet45, 84th), 544th Gilbert Yeates 54.09 (Vet70, 10th), 547th John Simister 54.18 (Vet45, 87th), 587th Andy Tomlinson 56.28 (Vet40, 118th), 690th Michael Aimable 1hr 24min 41sec (Vet70, 14th). **Team: Men's A: 4th. Veterans A: 6th.**

Women: 20th Bev Lavery 42.11 (Vet40, 4th), 27th Susie MacGregor 42.47 (Vet35, 2nd), 31st Lucy Simmons 43.25, 36th Lou James 43.51, 55th Lucy May 45.18, 82nd Annie Tomlinson 47.44 (Vet35, 12th), 84th Gill Rose 47.49 (Vet35, 14th), 179th Sarah White 54.19 (Vet35, 38th), 221st Eunice Hoare 57.26 (Vet35, 47th), 253rd Julie Ashman 59.04 (Vet40, 45th), 294th Verity Wright 1hr 0min 43sec (Vet 35, 64th), 333rd Sharon White 1:03.24 (Vet35, 68th), 359th Jennie Lee 1:06.41 (Vet45, 49th), 372nd Linda Kopinska 1:09.20 (Vet50, 33rd), 384th Gill Adamson 1:10.22 (Vet40, 71st), 386th Kelly Sunderland 1:11.21, 400th Celia Martin 1:14.21 (Vet40, 74th). **Team: Women's A: 6th. Veterans A: 4th**.

What they had to say about the 10k

Alec Parry: Thank you to all the volunteers and marshals who saw us safely round the course (with plenty of welcome encouragement) and for the welcome drinks halfway round and at the finish. As a local, I thought this was a great advert for the South and I look forward to picking up my Stubby mug next year.

Delia: "Apart from the wind blustering all over the place along the seafront, I thought it was a great one. Thanks to the organisers, the coppers (even the one that was telling people they could go faster - blithering idiot) and especially to the marshals who were fab right until the end.

DianaD: "I liked the lane alongside the golf course, just after the half way mark, and didn't find the traffic to be a problem really. Great that it stayed dry, after the forecast earlier in the week!"

Brian M: Excellent 10k to start the year. First of all, a very big 'well done' to the organisers, marshals and all the other helpers. Also well done yet again for managing to pick a good weather window - yes, it was a bit blustery but with what we have had in the last few days I don't think we could have dared hope for better.

Runamock: First rate organisation, PB-tastic course, Great way to kick off road racing in 2008.Organisation was very good, only minor gripe would be congestion at start of race. Current system does not overcome the jostling and bumping - maybe time pens/ zones would be a better option.

Richard Bailey: Well organised, friendly with good facilities. The encouragement from the marshals & supporters really helped me keep going in a race where the thought of stopping did creep in. The race was a great combo of seafront, rural & urban settings & I will definitely come back again next year.

Nick MacBeath: Really enjoyed it. First time runner & smashed my PB by 2.30mins.

Morb: A well marshalled and enjoyable race. Fantastic support from marshals, police and spectators, despite being a long way down the field. Fears about running on some of the roads were not founded as the marshals did an excellent job of dealing with the traffic.

Jenny Kitchen: A well-organised race- a good start to anyone's racing year! Well done to all involved in this race and a big thank you to the cheerful, encouraging marshals on the course. This is a flat, potentially fast course, but today's winds made it challenging. This was my first time at Stubbington but I'll definitely be back.

TZ: Flat, fast and deservedly popular. Another excellent Stubbington Green 10k. This is a perfect PB course - flat, wide, no tight bends. Just pure speed. If you have the time you can see the sights - the world's only hovercraft museum, the air-sea-rescue helicopter, the boats on the Solent. There was a lot of bumping and grinding going on, even relatively near the front. I'd happily pay the extra for chip-timing here. That is the only improvement I'd make to a consistently excellent race.

RFJ: Well organised on the day, car parking was a bit manic for some, but marshals did great job in a bitter wind, thank you. Need to add instructions in with race number.... as no indication of time of race with stuff posted.

Mark Pocock: Very windy, but a great race. Was my first time doing this race. With so many people entering there was a bit of a problem at the start (certainly the yellow one which I was at) where we were almost falling over each other. Maybe some sort of pace indicator markers are needed to help sort the field out a bit better. One for the calendar for next year.

Michael Rix: A race to compare and contrast your running fortunes! First time of running this race. Nice to see the slower runners separated from the faster group which helps both sets of runners. To make this race even better perhaps they should consider timing chips - especially as it has become so popular with over 1200 people racing. All in all, a pleasant season opener.

Darren Foy: Great race to start the year. Great race, weather better than forecast and nice and cool. Flat course although the first 2-3km were run into the brisk wind. Finished quicker than expected and set a good time to benchmark rest of 2008 against. Course superbly marshalled along the way, especially considering the numbers. Definitely will do again.

Richard Herrington: The race was great and very well organised. Thanks to you and all at SGRAC for putting on yet another successful and extremely enjoyable event.

Angela Benfield: Brilliant organisation – friendly marshals and loads of support coming into the village – loved it. Great weather helped too! The only one comment I would have is that the junction into St Nicholas Avenue onto Rowner Road was not marshaled (a very busy junction) and the cars were using runners as target practice! Also further along Rowner Road when we had to run on the road too! Could have done with a row of cones to run inside – at one point it looked like one car was going to hit runners with their wing mirror they were that close! We should make those idiots run it next year but I'm not sure I want to be sharing such an enjoyable race with them!

Blackers: Yep, well done Mr Littlecott and all your assistants on a fantastic race as usual. The wind on the seafront had an amazing effect on the tactics in the race - I've never seen such profound bunching before! I was in a group of about 25 runners, chasing a group of about 30 runners 75 yards ahead, with no one for 100 yards behind us! I've never seen that before. After having palpitations that the start was going to be a repeat of the Chichester problems, it actually worked very well. A sort of mini-London Marathon!

Mud lark: Well Done Stubbington. Another great day's running along the Solent. What a well organised and well marshaled event this is. Stubbington Green is to be congratulated for such a fantastic event. A must in the early season calendar. Best of all was managing to grab a bacon butty and a cup of tea at the end, oh what days!

Lee Gardener: Well organised again, shame about the wind and the bumping at the start.

Red FBBF: Once again a well organised race. I really enjoy this race, it's well organised and very friendly. Showers at the end too are always a bonus. Well done Stubbington.

1 For The Road: Great race, and excellent marshalling. It was good to see such excellent facilities at the community centre. I felt sorry for some of the slower runners at the start who got caught in the fights for position. Maybe better signage and marshalling at the start (like they have at Chichester) would prevent the significant bunching and pushing that occurred about 200m in.

SuperCaz: I got a personal worst, but I enjoyed the race so much that I am grinning inanely. Thanks for the 400 metre board and the marshal telling me when I had 500m to go. All the marshals were great. I tried to thank them all, but towards the end I was struggling for breath so they had to make do with an attempt at a smile.

Hannah Taulbut: PE co-ordinator Portsmouth High School Junior Dept. I would like to thank whoever was responsible for the fun run for a thoroughly enjoyable event. We brought 32 girls from Portsmouth High School and the buzz in school has been tremendous. Everyone involved (including parents) felt that it was a good distance, an interesting course and would love to be involved again.

Cobweb clearer

IT was a New Year's cobweb clearer with a sting. The rain and stormy weather which had been predicted for the weekend managed to hold off for the Stubbington 10k road race. Instead, strong south-westerly winds buffeted runners on Sunday for the latest edition of one of the south's most popular 10km races.

A total of 1,109 runners (46 more than 2007) set out from Stubbington village for the race, which formed part of the Hampshire Road Race League.

They faced a stiff headwind going along the Lee-on-the-Solent seafront, before cutting into the town and the protection of the shops.

It was a clear-cut two-horse race with defending champion Toby Lambert, who works at a sports shop in Alton, going head-to-head with British international Keith Gerrard from Newham & Essex Beagles.

By the 5km mark near the golf course, the two elite runners were well out in front, a good minute ahead of nearest challenger, Andy Morgan-Lee (Southampton Running Club).

Andy, who continues to be dogged by injury but seems to be getting back to full fitness, had clear water between himself and a pack of 20 runners who seemed to be sticking close together to protect against the strong winds.

Some of the traffic problems which have dogged the race in previous years had been overcome thanks to close co-operation with Hampshire Police, as runners headed past the golf course, into Rowner and then on the hook back to Stubbington with the wind behind them.

Toby, who used to run for Alton Runners, but has now moved across to train with Nick Anderson and his top team of runners at Winchester & District AC, forged ahead in the closing stages to secure his third successive Stubbington 10k title.

He crossed the finish line first in a time of 30min 29sec, just eight seconds down on his winning time of 12 months ago.

Gerrard, who ran for Great Britain at the European Cross Country Championships in Spain in December, helping the British under-23 team to gold, was second in 30.57, with Morgan-Lee third in 33.04.

There was an interesting battle of the brothers in fourth and five with former Lordshill Road Runner, James Buis, who is now based in the north-east and running for Heaton Harriers, finishing six seconds ahead of Nick Buis (Southampton Running Club), crossing the finish line in 33.18 to Nick's 33.24.

With Stubbington's top runner Mark Le Gassick out injured, it was left to Zippy Grice to lead home the green charge, placing 17th in 34.29.

Stubbington's men came fourth in the team honours behind Winchester & District AC thanks to a fine run from Andy Simpson in 28th with 36.10, Barry Hards in 40th with 37.12 closely followed by Richard Thomas in 42nd with 37.16.

In the veteran's category, Barry was fifth Vet 45 and Richard sixth Vet 40.

The ladies' race was a Winchester one-two-three, with Karen Hazlitt, third a year ago, taking the title in a time of 35.50. She was a good minute ahead of team-mate Emma Patel (36.51) with Debbie Coslett in third (37.24).

For Stubbington, Bev Lavery led the ladies into sixth in the team standings with 20th place in 42.11 and fourth in the Vet 40 age group.

Susie MacGregor was just behind Bev in the finishing straight in 27th spot with 42.47 for second among the Vet 35's, Lucy Simmons was tucked in 31st in 43.25 and Lou James ran strongly for 36th in a time of 43.51.

Mention too for a fine run from young Lucy May who looked impressive with 55th place in a time of 45.18.

This was Georgie Gair's first ever 10km and she won the Junior 10km prize with 40m58s. She can't wait to do another 10km!

There were also two fine runs from Stubbington juniors with James Lee, son of Andy and Jennie, coming seventh in his category with a time of 47.26, just three minutes down on his dad, and Peter Hailwood, who was ninth junior in 51.10, beat dad Paul by just over a minute.

MANY thanks to all of you who kindly brought cakes to the Stubbington 10k. We took over £300.

Can I be cheeky and ask for your help again for our "Today's Runner" on February 10th.

Please either take cakes to 39 Cuckoo Lane, Stubbington on February 9th or bring them to the race.

Thanks again, Di McEwen.

Among those who had cracking runs were Richard Snell, whose time of 43min 53sec was his first time under 45 minutes and almost two minutes off his previous personal best.

The time was also more than four minutes faster than his first 10k race at Chichester a year ago. He puts all the improvement down to Monday and Thursday training nights.

A great performance too from Gill Rose who knocked nearly two minutes off her previous best 10k time to finish in 47.49 and despite an injury late last year, her times continue to improve

LAKESIDE CANAL RUN

WHERE: Frimley Green, Surrey.
WHEN: Sunday, January 27th.
WEATHER: Cool, sunny, no wind - ideal for running. What a change from the rain and wind of recent races!
THE RACE: 8.2 miles. An undulating course, starting at the Lakeside International Centre (also known for hosting major darts championships) with the first four miles on road and then most of the remainder along the Basingstoke Canal Towpath (a bit muddy in places, 12 locks all going up).The chip timing was particularly well organised - on completing the race you could type your number into a laptop and the display showed your finishing time, place etc.
RUNNERS: 356
FIRST MAN: Toby Lambert 42min 48sec
FIRST WOMAN: Caroline Payne 1hr 1min 20sec.
STUBBIES: 76th John Fairhurst 1:04.47. (MV60, 2nd)
327th Anne Fairhurst 1:27.25. (FV60, 3rd). Former Stubby: 14th Roger Fairhurst 56.11 (MV35, 5th)

THE Meon Plod is one of the toughest pre-marathon races in the calendar, a grueling 19-mileish run across the South Downs including a lovely little romp up Buster Hill.

This year's race, which is organised by Portsmouth Joggers, takes place on Sunday, February 17th, based at the Sustainability Centre by HMS Mercury in Clanfield.

This will be the 12th running of the race, and as the event instructions suggest, the Meon Plod is "…a near 20 mile cross-country multi terrain race around the Meon Valley. Remember that the weather in February can be unpredictable, come prepared!

"This is a tough event so only those who have trained for this distance should enter.

"Marshals will man the road crossings; elsewhere you will have to follow arrows/tape on a way marked course. Altered course for 2008- less Tarmac than 2007."

Before the end of January, entries had topped the 300 mark.

With a limit of 450, you are going to need to get in quick if you want to take part.

Entry forms can be found on the Portsmouth Joggers' website at: www.pjc.org.uk with the cost for affiliated runners amounting to £12.

There are entries on the day at £14 and the race starts at 10.30am

Daniel just gets the better of dad

IT was a battle between dad and son at the Southern Cross Country Championships with family pride at stake in the Gueran family.

Eighteen-year-old Daniel pipped dad John by just five seconds on the course around Parliament Hills in Hampstead, North London.

Dan clocked a time of 70min 18sec for 6596th, to John's 70.23 and 6599th place. For John, it was the first time he had run the event since his debut as a 15-year-old back in 1971.

They led home a five-strong Stubbington team. Gordon Westley the next to finish in 6603rd in a time of 71.28, followed by Phil May with 73.43 for 6604th and Nick Crane whose time of 79.26 earned him 6595th place.

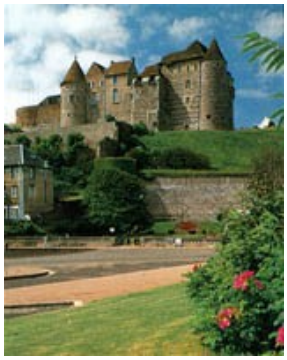
The race was won by Wells City Harriers' Frank Tickner in a time of 46.14, with Stubbington's very own Andy Vernon, running in Aldershot, Farnham & District AC colours, placing second, just half a minute down, in 46.44.

"Andy Vernon lapped us all in coming in second in the race," said Phil May afterwards. "That was a first for me to have been lapped. Conditions were not as bad as expected with some dry patches over the back of the course. But it still sapped the energy."

In the women's under-20s race, another former Stubby, Becky Gough, placed eighth in a time of 20min 38sec. Becky now runs for Winchester & District AC. The race was won by Aldershot, Farnham & District's Steph Twell in a time of 19.07.

Some 832 runners finished the course, with the last man in coming home in 1hr 50mins.

Streets plan a French raid



STUBBIES Caroline and Glen Street are preparing for yet another cross Channel raid in lycra.

The Titchfield terrors are gearing up for the 36th annual Tour des Trois Vallees between June 7th to 9th and they are inviting fellow Stubbies to get on their bikes and join them.

The tour is a series of randonnees (touring rides) organised by the Cyclo-Club Dieppois based on roads and lanes in the countryside beyond Dieppe, offering various distances to suite both families and keen club cyclists. A walk is generally offered for non-cyclists.

British riders travel from Newhaven to Dieppe on the Saturday morning. They will be travelling via the Transmanche ferry service from Newhaven.

After checking into your chosen accommodation and having lunch, the cyclists reassemble in the Town Hall for a reception hosted by a member of the Mayor's office and CC Dieppe, followed by a glass of wine.

Prior to the ride on Sunday you will receive route sheets for your chosen distance, all of which are covered on Michelin map 52. Riders may travel in groups or ride alone.

If you are interested in more details then contact Caroline or Glen, or log onto: www.dieppetour.com/

Leesen velly carefully, I vill say zis only once!

IT'S murder....but not as we know it!

Michelle "Allo Allo" Simpson is organising a Death at the Vicarage presented by Warsash Theatre Club as part of a Stubbington social.

The event takes place at St Mary's Church Hall on Saturday, April 19th with a 7.30pm for an 8pm start.

The cost of tickets is a chilling bargain of £7.50 per person which includes a light buffet supper.

Here's what Michelle has to say: "You are being offered the opportunity of solving a crime – who says it's always the butler!

"Are you ready to cross examine the suspects?

"I can't tell you much about the storyline, but that would spoil it – even if I did know! What I can tell you is - you don't want to miss it!

"To assist you in your pursuit of justice, I will be setting up a bar.

"It will be stocked with red and white wine, beer and small selection of soft drinks at a very good price!

"So enlist friends, family and fellow runners to come along. Please book early so we can assess requirements."

Call, e-mail or text Michelle on 01489 573667, 07971 604690 or michelle.simpson@tiscali.co.uk to reserve your seats.

Please advise of any special dietary needs at this time.

Go on, get your partner interested

PLANS are well in place to run another beginners' running course this Spring.

This is the third year that the club has run the course and which every year has introduced dozens of people to running, some of whom have later decided to join Stubbington Green.

This year's eight-week course will run every Wednesday from April 2nd to May 21st. The course is based at Crofton School starting at 6.30pm with a steady training run. That's followed by a classroom session featuring a range of specialists to talk on subjects related to running and keeping fit.

The course is suitable for all abilities. Absolute beginners can be assured we will treat them gently For safety reasons we will be restricting numbers to 30.

So if you've got a partner who has maybe wondered why you get so excited about running, then why not get them along – you won't be the first, and a few spouses have later become members.

Equally, if you know of friends who keep making loads of excuses about not having the time to exercise – the get-round-to-it brigade – the coral them along to Crofton after Easter.

The cost of the course is £18 which includes one year's club membership which is a bit of a Brucie Bonus. There is an entry form which can be downloaded from the club website at: www.sgrac.net/

Chris Haskell, Glen Street and Chris Hall will be leading the sessions and they can be contacted on the following numbers:
Christine Haskell 01489 582996
Glen Street 01329 845330
Chris Hall 02392 355498

Penny gain

Running the Country by Tim Crumpton

AMAZINGLY, the cross country season is fast approaching its climactic closing stages. Stubbington's super attendance and successes in the Today's Runner League almost overshadow the achievements made in the very competitive Hampshire League.

It's great to see these consistent attendances for both leagues. Andy 'Catch me if you can' Simpson takes 'la course en tete', never afraid to grab a bull by the horns his policy of racing from the front seems to pay off these days, well done Andy.

Hampshire Championships

The day dawned grey, wet, and windy at Dibden Inclosure, near Applemore in the New Forest for the Hampshire County Championships on January 5th. The course was certainly tough enough for a championship, with a challenging mixture of mud, hills, grass and forest trails.

For a couple of hours though the sun shone through to remind the runners and helpers that spring and summer are around the next bend.

The women's event was dominated by Winchester runners, who won all three medals.

Our own Penny Forse ran strongly to 29th place, but more importantly won first V55, a true champ!

Susie MacGregor was 39th and 5th V35, next Stubby in was Lucy May in 46th place, and Margie Pritchard 7th V40, in 51st spot.

Notably, Penny is our only entry for the South of England Masters Cross Country Championships at Ruislip in Middlesex on February 2nd. Penny, we all wish you well, have a good run.

The men's event was won by Lee Merrien from Guernsey Island, with Southampton's Andy Morgan Lee in 5th spot, which gives you some idea of the standard! Stubbington saw a rare appearance from Tor Duffin home from overseas for Christmas. Tor was 49th, with Andy Simpson snapping at his heels in 50th.

Other Stubbies were Ray Gunner who ran very strongly to 60th place and 2nd V45. Well done Ray.

Gordon Westley was 113th, our new member, 18-year-old Daniel Geuran was 114th, closely followed by his dad John in 115th. Chris Munro was 118th and Phil May 119th (and 5th V50).

Yours truly struggled round in 130th spot, and Nick Crane substituted for Mike Bell coming in 138th spot. John Tussler, home from Spain for a few weeks, was 153rd.

Hampshire League

Round 4 of the Hampshire League took place at Reading's Prospect Park on Saturday, January 12th. Tony Allen led the Stubbies home in 22nd place and third V40. Andy Simpson was not far behind in 56th place and still ran well in our 10k next day.

Chris Hall made 56th spot and 17th V40, John Gueran was 135th (54th Vet). Mike Bell made 139th spot (57th Vet) Dan Gueran was 17th under-20 in 144th spot. Gordon Westley was 147th, and Nick Crane 174th (81st Vet).

Penny Forse and Margie Pritchard who ran well in the Hampshire League and county champs

In the women's event, Penny Forse continued as the leading Stubby in 23rd position and 8th Vet. There was another consistent attendee, Margie Pritchard, who ran very well for 48th and 13th Vet.

Go Gordon!

Meanwhile the omnipresent Gordon Westley *(pictured left)* made the trip to Kings Park, Bournmouth, for the fourth Wessex League event. The league is much reduced in numbers this season, but Gordon ran to a very creditable 20th place in a tough race, won by David Fry from Newbury.

Nationals at Alton Towers

The National Championships take place later this month on Saturday February 23rd.

The Stubbington Green senior men's team that is entered is: Eric Beck, Tim Crumpton, Alastair Ewing, John Gueran, Ray Gunner, Chris Hall, Mike Harper,Gordon Westley, Andy Simpson, Mark Le Gassick, Phil May, with Daniel Gueran running in the under-20's race.

Can the above please confirm their participation as soon as possible so that we can arrange transport etc..

MOST runners have heard of "Hitting The Wall" which can occur when you are running low on glycogen, the energy source stored in your muscles, writes Penny Forse.

Normally you begin to deplete your stored glycogen after about 90 minutes running so your body starts to conserve its glycogen stores by burning (metabolising) fat for energy.

HOWEVER it is unfortunate that fat needs more oxygen than glycogen to metabolise it, so you are forced to slow down to increase your oxygen uptake.

So, how can you minimise the Wall's effect on your marathon performance? How can you beat the Wall?

Follow the schedules and, as you can see, you are GRADUALLY increasing both your weekly mileage and the length of your long runs, and you are well on the way to beating the Wall.

Your muscles are adapting to store more glycogen and increase their ability to metabolise fat more efficiently as fuel. Well-trained muscles store 20–50% more glycogen than untrained muscles.

By conserving glycogen and metabolising some fat efficiently you will have enough energy reserves to keep a good pace going in the later stages of your marathon.

Although you have many weeks to go before the big day, you can look forward to a 7-10 day taper down in training before your marathon.

You will not be depleting your glycogen stores as before and when you increase your carbohydrate intake during the last 3 to 4 days prior to race day e.g: at a pre-race pasta party, your body will produce and store the increased levels of muscle glycogen that you need to beat the Wall.

Don't miss Penny's marathon guides on pages 8&9 ….

Running briefs… running briefs… running briefs… running briefs ..

✦HELP is needed for the Today's Runner cross country event in February, which Stubbington Green is hosting.

Our race takes place at Manor Farm Country Park near Bursledon on Sunday, February 10th at 11am. Glen Street is co-ordinating organisation of the race.

He said: "Let's put on another great show and prove we are the PREMIER running club on the South Coast.

"If you have marshalled the event before that would be great, as you know what is expected, and if I had the same people in the same positions as last year, that would make my job a lot easier.

"If you haven't marshalled the event before we can always find something that needs covering - and you get a plate of sandwiches and cakes at the end !!!!"

Please email glen.street@ntlworld.com, or ring Glen on 01329 845330 or 07810 066360, to volunteer your services.

✦IF you want to run the Eastleigh 10k road race in March, then you need to get your entries in quick.

This popular race takes place on Sunday, March 16th and organisers are closing in rapidly on their limit of 1,800 runners.

If you haven't entered already, then log onto www.hrrl.org.uk/ for entry details or you can enter on-line at www.runnersworld.co.uk

Meanwhile, with the cancellation of the Bramley 20/10, the Totton 10k on Sunday, April 6th will now count as one of the Hampshire Road Race League events.

Again, entry details can be found on the HRRL website.

✦FOLLOWING the recent success of our Stubbington 10k, the next Hampshire Road Race League event is the Ryde 10 which takes place on Sunday, February 3rd.

The race starts at 11.00am from the Ryde Esplanade and is a one lap, undulating, scenic course.

Wightlink operate a half-hourly catarmaran service from Portsmouth harbour to Ryde.

As usual, the club is offering club runners £10 towards travel costs to this fixture.

Please email Mike Harper - theharpers12@hotmail.com - if you're able to run.

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

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	
Week 7	Miles	
Mon Feb 4		Rest
Tue Feb 5	4	Warm up properly then brisk pace
Wed Feb 6	6	Pace run, slightly faster than marathon speed
Thur Feb 7	5	Jog to hill, then 25 minutes of hill climbs
Fri Feb 8		Rest
Sat Feb 9	5	Easy pace with a few strides
Sun Feb 10	10	Steady pace, compare your reactions with Week 3
Total	30	
Week 8	Miles	
Mon Feb 11		Rest
Tue Feb 12	3	Short run, fairly fast
Web Feb 13	6	Warm up 1 mile, timed 5 mile circuit, 1 mile jog
Thur Feb 14	4-5	Easy running away from the road
Fri Feb 15	5	Fartlek run with several fast bursts of up to 200 metres
Sat Feb 16		Rest
Sun Feb 17	11-12	As last week with extra 1-2 miles, ignore the time
Total	29-31	
Week 9	Miles	
Mon Feb 18		Rest
Tue Feb 19	5	Fartlek
Wed Feb 20	7	Pace run, slightly faster than Marathon pace
Thur Feb 21	6	Hill running, same as Week 7, but add few more climbs
Fri Feb 22		Rest
Sat Feb 23	5	As you feel
Sun Feb 24	12	As last week, but with more confidence. Run with someone if possible
Total	35	
Week 10	Miles	
Mon Feb 25		Rest
Tue Feb 26	5-6	Fartlek, with bursts up to 300 metres
Wed Feb 27	6	Time trial over 5 mile circuit, work hard at this run
Thur Feb 28	5-6	Easy pace, off road if possible
Fri Feb 29	4	Hill running, cut down on number of climbs as this is an easier week
Sat March 1		Rest
Sun March 2	8-10	This distance should be easier by now
Total	28-32	

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

Advanced marathon schedule

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	
Week 7		
Mon Feb 4	6	Warm up, then go at brisk pace
Tue Feb 5	6-7	Fartlek session, not too hard, on grass
Wed Feb 6	8	Rep Session : - Warm up, 5 x 1 mile (5 mins jog rest), warm down
Thu Feb 7	6-7	Steady run over hilly route
Fri Feb 8		Rest
Sat Feb 9	8-10	Marathon pace
Sun Feb 10	13-15	Your longest run so far, so start easily
Total	47-53	
Week 8		
Mon Feb 11	5	Road intervals
Tue Feb 12	6-7	Easy running with some stride-outs, off road
Wed Feb 13	6-8	Pace run, faster than marathon speed
Thu Feb 14	6	Hill running as Week 6, but not as long
Fri Feb 15	8	Time trial, as Week 6, go for it!
Sat Feb 16		Rest
Sun Feb 17	15-16	HALF-MARATHON RACE, plus warm up & warm down
Total	46-50	
Week 9		
Mon Feb 18	3-4	Steady
Tue Feb 19	8	Steady run, about marathon speed
Wed Feb 20	6-7	Fartlek, on soft going if possible
Thu Feb 21	8	Reps, as Week 7. Strict 5 min recoveries & try to improve times
Fri Feb 22		Rest
Sat Feb 23	6-7	Steady run, with burst up hills
Sun Feb 24	10-12	Start easily, work up to good pace, finish fast
Total	41-46	
Week 10		
Mon Feb 25	6	Slow & easy
Tue Feb 26	7-8	Hilly course, with bursts
Wed Feb 27	10-12	Pace run, marathon pace or faster
Thur Feb 28		Rest
Fri Feb 29	7-8	Road intervals
Sat March 1	7-8	Steady run
Sun March 2	13-15	As Week 7, but with more confidence
Total	50-57	

The Race Diary

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
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

The Race Diary

Date	Race	Venue	Time
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
Fri Mar 28	Jurassic Coast 3-dayer	Lyme Regis, Dorset (78.6 miles over three days)	10am
Sat Mar 29	Crawley 6 & 12 hour race	K2 Leisure Centre, Pease Pottage Hill, Crawley, Sussex.	7am
Sun Mar 30	Breakfast 16 & 8.2 mile runs	Ancient Market Place, Kingston, Surrey.	8am
Sun Mar 30	Combe Gibbet-Overton 16	Overton Recreation Centre, Overton, Hampshire.	2pm
Sun Mar 30	Clandon Park Run (10k)	George Abbot School, Guildford, Surrey.	11am
Sun Mar 30	Mel's Milers 10k	Bluecoats Sports Centre, Christ's Hospital, Horsham.	11am
Sun Mar 30	Farnborough 6 Run	Sixth Form College Farnborough, Hampshire.	11.30am
Sun Mar 30	Wimbledon 10k	Wimbledon Rugby Club, Copse Hill, Wimbledon.	9.30am
Sun Mar 30	Bournemouth Bay Half	Pier Approach, Bournemouth, Dorset (also 10k)	10am
Sun April 6	Totton 10k (HRRL)	Testwood School, Testwood Lane, Totton, Hampshire.	11am
Sun April 6	Ferndown Rotary 10k	Avon Heath Country Park, North Park, Ringwood.	10am
Sun April 6	Trowbridge 10k	Studley Green Primary School, Trowbridge, Wiltshire.	11am
Sun April 6	Dunsford 10k	Dunsfold Park, Cranleigh, Guildford, Surrey.	10am
Sun April 6	Frimley Park 10k	Frimley Park Hospital , Portsmouth Road, Surrey.	10.30am
Sun April 6	Thames Towpath Ten	Chiswick, West London.	9.30am
Sun April 6	White Horse Half Marathon	Millbrook School, Grove, Oxfordshire.	10am
Sun April 13	Dorney Lake Windsor 10k	Dorney Lane, Windsor, Berkshire.	2pm
Sun April 13	Flora London Marathon	Greenwich Park, London.	9.45am
Wed April 23	RR10 Series: race 1	Royal Victoria Country Park, Netley, Southampton.	7pm
Thur Apr 24	North Wilts 5km Series	Springfield Centre, Beechfield Road, Corsham, Wilts.	7pm
Sun April 27	Bluebell Trail Run (10k)	Angmering Park Estate, Angmering, Arundel, W Sussex	10.30am
Sun April 27	Hastings Runners 5	Hastings Town Centre, Hastings, East Sussex.	10.30am
Sun April 27	Houghton 11k Trail Run	Village Hall, Houghton, Stockbridge, Hampshire.	10.30am
Sun April 27	Bracknell Half Marathon	South Hill Park Arts Centre, Bracknell, Berkshire.	9am

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

February's training programme

Tuesdays (6.30pm)
February 5th: 3 x Lee triangle accelerations.
February 12th: 6 x 1km @ Cuckoo Lane.
February 19th: 12 minutes out and back (3 minutes' recovery).
February 26th: Lee 20 x 45 sec (45 sec recovery).
March 4th: Hill Head 8 x 600m (250m recovery).

Thursdays (7pm)
February 7th: 7 x paarlauf.
February 14th: 6 x Titchfield rollercoasters.
February 21st: 20 short hills.
February 28th: 2 x Titchfield figure of

Committee meetings will now be held on the first Monday 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.

February 7th (Stubbington): 6x600m with 250m recovery.

February 14th (Locks Heath): 2x2 miles with 3 minutes' recovery.

February 21st (Stubbington): 4x5 minutes with 3 minutes' recovery.

February 28th (Locks Heath): 2 x Titchfield figure of 8.

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. Have a look at a selection of the kit at: 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
2, Grasmere Way, Stubbington.
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