The Greenrunner
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THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC

Showdown at Staunton Park

THE date - Sunday, March 9th; the venue - Staunton Country Park near Havant; the event - the climax to the Today's Runner cross country campaign.

Stubbington stand on the threshold of taking overall team honours from the six-race series with the Mad March finale.

We lead closest rivals Farnham Runners by a measly one point and so it is all to play for with team captain, Glen Street, in an uncontrollable state of excitement!

Thanks to a fantastic showing in our own event at Manor Farm Country Park last month, Stubbington are well poised to bring home the title.

Thanks to good packing (Andy Simpson 6th, Alistair Ewing 9th, Ray Gunner 10th, Chris Hall 18th, Mike Harper 19th), the men's team managed first place, beating Farnham into second.

Further down the field there were seasonal best placings from (Nick Crane 100th, John Vose 134th, Paul Hailwood 137th and Andy Tomlinson 146th), whilst (Ashley Lovell 124th and John Randall 156th) made their season's debuts.

Other results for the men: (Jon Leigh 47th, Mike Bell 65th, Paul Hammond 96th, Malcolm Lavery 103rd, Andy Lee 114th, Richard Snell 115th).

By contrast, in the ladies race, three of the top four places were occupied by Stubbington (Georgie Gair 1st, Bev Lavery 3rd and Penny Forse 4th), ensured it was a double first for the club on their home turf.

It was a sign of how well the ladies team is doing that without the top three they would have still finished in the top 10 teams.

Susie MacGregor and Penny Forse at Staunton Park last year

Other ladies results (Lou James 15th, Gill Rose 31st, Annie Tomlinson 36th, Mariani Wallis 57th, Celia Martin 77th). Denmead Striders finished second in the ladies race.

All of this means that thanks to Stubbington's team placings from the first five Today's Runner events (1,3,1,1,1), we move ahead of Farnham Runners (1,1,1,4,2) by just one point. Don't forget you drop your worst result.

And that means it all comes down to Staunton Country Park on March 9th, so let's have a good turn out and bring the league title back to Stubbington.

The race starts at 11am.

Results

WOKINGHAM HALF MARATHON

WHERE: Cantley Park, Wokingham, Berkshire.
WHEN: Sunday, February 10th.
THE RACE: A flat, fast and pleasant half marathon course going out into the countryside using major and minor roads which were all closed to traffic. Well organised, but whilst gun to chip timing simplified the finish, waiting over 2½ minutes to cross the start line showed that chip timing at the start too would have been a significant improvement
RUNNERS: 1,997 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 1hr 5min 41sec.
FIRST WOMAN: Liz Yelling (Bedford & County) 1:11.09
STUBBIES: 954th John Fairhurst 1.46.58 (MV60, 16th)

RYDE 10

WHERE: Ryde Esplanade, Ryde, Isle of Wight.
WHEN: Sunday, February 3rd.
THE RACE: Hilly Hampshire Road Race League event.
RUNNERS: 308 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 50min 45sec.
FIRST WOMAN: Karen Rushton (Southampton Running Club) 1hr 3min 32sec.
STUBBIES:
Men: 7th Zippy Grice 57.18, 70th Jon Leigh 1:08.32 (Vet 40, 27th), 98th Nick Kimber 1:12.27 (Vet 40, 41st), 110th Mike James 1:14.17, 132nd Glen Street 1:16.54 (Vet 50, 22nd), 136th Malcolm Lavery 1:17.39 (Vet 40, 57th).
Team: 6th (Div 1).

Ladies: 7th Bev Lavery 1:10.52 (Vet 35, 3rd), 11th Susie MacGregor 1:12.13 (Vet 35, 4th), 14th Lucy Simmons 1:12.48, 18th Lou James 1:14.18, 81st Caroline Street 1:37.07 (Vet 45, 18th).
Team: 1st (Div 2).

BLACKMORE VALE HALF MARATHON

WHERE: Bishops Caundle, Sherborne, Dorset.
WHEN: Sunday, February 3rd
THE RACE: Continuous climbs over Dorset's rolling pastures with very strong headwinds up to half way.
RUNNERS: 465 runners.
FIRST MAN: Adrian Marriott (Yeovil Town RRC) 1hr 9min 11sec.
FIRST WOMAN: Jenny Moore (Wells City Harriers) 1:24.44 (24th overall).
STUBBIES: 10th Chris Hall 1:22.13, 455th Aitken Hunter 1:53.22.

Tropic of Ruislip

RUISLIP is known for three things - it was home for an infamous Cold War spy scandal in the 1960s, Leslie Thomas wrote the book 'Tropic of Ruislip' with some reference to wife-swapping, and the very disturbed editor of the Green Runner grew up in this sleepy west London suburb.

Well now we can add a fourth accolade to Ruislip's raucous reputation - it was where Penny Forse won the Vet 55 title at the Southern Masters Cross Country Championships.

Some may argue how on earth does Penny qualify as a Vet 55, surely there must be some mistake, but fair play to her as she romped through the muddy 6km course to win her age group in a time of 25min 25sec, and 23rd overall.

"It was a nice two-lap course with a couple of medium hills per lap," said Penny. "A bit muddy, but by recent Today's Runner standards it was fairly dry.

"We wore our age category on our backs so it was easy to see where my immediate rivals were. Unfortunately I was the only Stubby there due to the Ryde 10 race but I travelled up with some Portsmouth runners who were good company."

Meanwhile, are there any vets who fancy running at the British Masters Athletics Federation Cross Country Championships in Oxfordshire this month?

Penny is planning to compete at the event in Banbury on Saturday, March 29th. "I'm keen to run," said Penny. "It's three to count for a team, so if you young ladies (W35-44) can run, I'll enter as W55+ as an individual and F35-44 for the team. I am happy to give lifts."

The closing date for entries is March 10th.

If anyone is interested in running, then contact either cross country captain, Tim Crumpton on: Timothy.crumpton@ntlworld.com or Penny on: pennyforse@hotmail.co.uk

It's murder most foul!

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. Already 25 of the 50 tickets have been sold, so you need to get in quick.

Michelle explained: "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 a small selection of soft drinks.

"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.

The fun run held during the Stubbington 10km once again proved very popular with over 150 children taking part and most of them enjoying themselves! Thank you to all the helpers both at the registration, marshalling, hare and tortoise, and giving out the medals. We sent a cheque for £200 to Naomi House, the children's hospice, as a result of the entry money and have had a nice thank you from them. Our support of this worthwhile home is always greatly appreciated. Thanks Pat Woodward.

The hardest race of my life

YOU can't keep a good man down. Stubbington's John Tussler ventured from his mansion on the Spanish costa in January to Cuba to take part in the Cuban Trail Race.

He was returning to the Caribbean island a year after taking part in the first event.

Here are John's reflections on a gruelling but spectacular race.

HAVING travelled to Cuba in 2007 to take part in the first Cuban Trail event I decided to return this year as on this occasion the race was being held on the opposite end of the island and gave me a chance to see more of the country.

This year's race was set amid the Sierra Maestra mountains in the eastern part of the island and was sited there particularly as it was the 50th anniversary of the time Fidel Castro landed his boat Granma on the coast before moving into the trails, some of which we followed during the race, to launch the revolution against the USA-backed Batista regime.

We were located for six days in the area where the race was taking place and this proved to be fairly isolated.

There were just two hotels situated on the beach surrounded by mountains with a few small villages scattered around.

We spent a couple of days acclimatising and the day before the race we went to the next village for race registration where we met 30 local Cubans who had entered the half marathon.

Each were given a new pair of trainers, shorts and t-shirt by former London Marathon winner, Mike Gratton, of 2:09 Events, who was the race director.

The race the following day started outside the hotel at 8.30am and after a mile or so on level road we then turned off onto the trails and immediately hit a 2km steep climb rising up to a ridge (think going up Butser five times but continuous).

We then followed an undulating route along this ridge for a while before dropping down the other side. The trail then narrowed considerably, a large part of which were accessible only by horse.

We went across and along river beds passing isolated small holdings on the way before climbing back over the ridge again and down out of the trails onto a two-mile section of road back to the finish in the village.

We had walked the course a couple of days beforehand which was a good idea as it gave us an indication of what was to come and proved as challenging as I expected, although I did manage to run more of it than I anticipated.

I would class it as the hardest race I have ever done (harder even than the races I do in the Swiss Alps) and finished it in a time of 2hrs 55mins 38secs (my current half marathon times are around 1hr 40mins to 1hr 45mins so this shows just how hard it was).

By the time I hit the last two miles on the open road the temperatures had risen into the 30s so that also took its toll.

I did, however, have the satisfaction of being the first veteran to finish. The Cubans obviously had the advantage of local knowledge of the terrain (and the short cuts?) as eight of them finished in the top 10 (including a 14-year-old lad who came sixth). The winner completed the course in 2hrs 13mins.

Six of the 2:09 group were hardy enough to go round the course again to complete the marathon and the winner crossed the line in 4hrs 45mins having completed the first lap in 2hrs 10mins, quicker than the winner of the half.

With the participation of the locals in the half marathon, the atmosphere was much better than last year as all of the villagers turned out to support everybody during the race and at the finish and the local children lapped it up.

They had not experienced anything like that before and really got involved in the event. I am sure they can't wait till next year.

Towards the end of the trip we flew to Havana for a couple of days where a city tour had been laid on. I was a bit reluctant to go on that having seen most of it last year, but I am glad I did in the end as we were taken to quite a few new places which made it more interesting and completed what turned out to be a very enjoyable trip.

Results

TRING2TOWN 40-MILE ULTRA MARATHON
WHERE: Tring, Hertfordshire to Brentford, Middlesex.
WHEN: Sunday, February 3rd
THE RACE: 40-miles along the Grand Union Canal towpath.
RUNNERS: 113 runners.
FIRST MAN: Jez Bragg 4hrs 27mins.
STUBBIES: 88th Aaron Kingston 8hrs 35mins.

LONGLEAT 10KM
WHERE: Longleat House, Warminster, Wiltshire.
WHEN: Sunday, February 10th
THE RACE: Figure of eight loops around the grounds with fast downhill finish.
RUNNERS: 1,129 runners.
FIRST MAN: Martin Cox 32min 9sec.
FIRST WOMAN: Sophie Williams (Birchfield Harriers) 38.38 (26th overall).
STUBBIES: 754th Dan Horscroft 58.48.

Love is in the air

IF you've wondered what's happened to the wee Scot, Gordon Reid, then the truth can now be revealed - he has got engaged!

Gordon decided to propose to girlfriend Sarah Hilley on Christmas Eve as they were climbing Muckish Mountain in County Donegal, Northern Ireland.

Here Sarah takes up the story: "It is a flat-topped mountain - with loads of space at the top. As we set off I attempted to get my water-proofs from our ruck sack in the boot. Gordon strangely snapped at me to leave it alone and not pull everything out.

"I fleetingly thought with amusement that he is becoming a little pedantic and waited as he took out the trousers and handed them to me.

"On the way up, the sun brightened, but it was quite steep. On arrival, we walked around to take in the views from all angles. I'd settled myself on a big stone and suddenly Gordon appeared on his knee. Before he got out the sentence I said 'yes'.

"He gave me a little token ring he had saved for two years (it is baked in Irish hallowe'en cakes and is traditional).

"The mystery of the bag was solved when he pulled out a bottle of champagne.

"He also had plastic champagne glasses - typical - he is so into having every possible camping/hiking equipment imaginable."

Congratulations to Gordon and Sarah.

XC in the sunshine

I WOULD just like to say well done to Glen Street and all this marshals for the Today's Runner event on Sunday, February 10th.

The warm weather brought out a wide range of competitors and great numbers!

My stalwart race food helpers were there bright and early to help me as usual, so I would personally like to thank Ann and Peter Rawlings, Karen and Ray Gunner, John and Joan Vose, Pat and Dennis Woodward, Jenny and Graham Hernden, Jacqui, Mark and Laura Dyer, Kathy McKain, Tracie and Cameron Jarvis, Chris Haskell and, of course, the wonderful cake makers.

Everyone worked so hard to get the meals out and then many of my helpers nipped off to marshalfor Glen and returned to clear up the hall afterwards as well. Just amazing. Thanks.

I made the error of not realising Glen's course would be so popular so I ran out of food due to my miscalculation of hungry runners which is totally my fault.

On a brighter note, we did manage to make a profit of £94.73 due to club members supporting me with cakes, sausage rolls and savouries which, without these donations, we would never manage to cover the food costs of £1 per plate.

As you know we still have to pay for the hire of the hall and the hiring of the woods to run the event in which, of course, I have no way of covering those costs.

Thanks everyone. Cheers Di McEwen.

Mad March for Georgie

MARCH will be a busy month for Georgie Gair as she takes on some of the country's best young cross country talent around the UK.

Georgie, who won the ladies' race at our Today's Runner event at Manor Farm Country Park did so after finishing fourth senior girl at the Southern Inter-Counties Schools' Cross Country Championships at Paddock Wood in Kent the day before.

Georgie is coached by Penny Forse and is one of the brightest young talents in Hampshire right now.

Running for Hampshire, Georgie was part of the gold medal-winning team on a muddy, hilly, energy-sapping course, but she still had enough energy reserves to win at Manor Farm.

Having finished fourth in the Hampshire Schools' XC County Championships on January 19th, the fine result in Kent confirmed Georgie's place in the county schools' team for the English Schools AA Cross Country Championships in Liverpool on March 8th.

On March 15th, she will represent Hampshire at the National Inter-Counties XC at Nottingham, having qualified with a brilliant third place in the Hampshire Cross Country Championships at Dibden on January 5th.

A third place at the Southern Colleges Cross County Championships at Brockenhurst, also in January, has ensured Georgie of a place at the British Colleges Cross Country Championships at Loughborough in April.

It's girl power!

FOR many years it has been Stubbington's men who have been grabbing all the headlines, so it is a pleasant change that women power is coming to the fore.

In the past 18 months, a new crop of female runners have come to the fore and which has seen results at the top end improve considerably both on the road and cross country.

The Hampshire Road Race League has seen Stubbington enhance its reputation, none moreso than at Ryde last month when the women delivered a fantastic second place in the team competition behind formidable Winchester & District AC.

Winchester's three-strong squad were well in front with 21 points, ironically led by Katherine Jones who is a second-claim runner for Stubbington and who placed second overall in 1hr 6min 41sec behind winner Karen Rushton from Southampton Running Club, who clocked 1:03.32.

Our girls scored 32 points and nearest rivals City of Salisbury AC were well adrift in third with 50 points. Bev Lavery was the first Stubby home in seventh spot in a time of 1:10.52 for third in the Vet35 age group, followed by 11th placed Susie MacGregor in 1:12.13 (Vet35, 4th), and Lucy Simmons completed the scoring in 14th spot with a time of 1:12.48.

The Stubbington ladies packed well, and such was the quality of the Greens at the front of the race that Lou James took an excellent 18th spot in 1:14.18. Caroline Street came home in 81st place in 1:37.07 (Vet 45,18th).

Bev added, "This is my best time for a long while, it's taken ages to get under 71 minutes. And also our team coming second I have medals for the team, myself Susie and Lucy. It was great to see a good turn out by Stubbington."

The superb performance puts Stubbington ladies well in contention for promotion from Division 2 of the Hampshire Road Race League, with March's Eastleigh 10k next in line.

A total of 308 runners took part in this the sixth round of the Hampshire Road Race League as part of an event organised by Ryde Harriers, which started by Ryde Rowing Club.

Winchester & District's Toby Lambert followed up his victory at the Stubbington 10k with a fine win on the Isle of Wight.

He coasted to victory in a time of 50min 45sec, from Winchester team-mate Tom Payn (51.35), with Southampton Running Club's Andy Morgan-Lee third (54.31).

Zippy Grice tends to enjoy his runs on the island, particularly the fell running weekend in September. He revelled on the roads to be the first Stubby to finish in seventh with a time of 57.18.

Jon Leigh, despite being in the middle of marathon training, will have been delighted with a fantastic time of 1hr 8min 32sec for 70th (Vet40, 27th), and fellow marathon aspirant, Nick Kimber, who ran 16-miles in training the previous day, still had enough energy for a time of 1:12.27 and 98th place (Vet40, 41st).

They were Stubbington's three scorers in the team race, as the Greens held 18th place with rampant Winchester & District dominating the men's team standings.

Mike James was fourth home for Stubbington in 110th place with 1:14.17 followed by Glen Street with 1:16.54 for 132nd and 22nd in the Vet 50 age group while Malcolm Lavery had one of his steadier races for a time of 1:17.39 and 136th (Vet 40, 57th).

Next up on the HRRL schedule in the Eastleigh 10km which takes place at Fleming Park Leisure Centre on Sunday, March 16th. The house full signs went up age ago, and the race starts at 10am.

That will be followed by the Totton 10km on Sunday, April 6th from Testwood School at 11am.

Entry forms can be found on the HRRL website: www.hrrl.org.uk/ where you can also find details for the final two series races – the Alton 10 on May 11th and the Winchester 10km on June 8th. Entries are now open for both of those races.

HRRL Ladies' Division 2

1. City of Salisbury 7pts
2. Stubbington Green 19pts
3. Eastleigh RC 20pts
4. New Forest 33pts
5. Hart RR 34pts
6. Hardley Runners 36pts
7. Ryde Harriers 44pts
8. Totton RC 46pts

HRRL Ladies' individual

1. Kathy Harvey (Salisbury) 575pts
2. Susie MacGregor (SGR) 435
12. Bev Lavery (SGR) 343
18. Lucy Simmons (SGR) 318
19. Lou James (SGR) 302
78. Gill Rose (SGR) 103
107. Joan Oliver (SGR) 73
145. Lucy May (SGR) 54
150 Annie Tomlinson (SGR) 52

Down your way

THE South Downs Way Relay will have no fewer than four Stubbington teams entered this summer with, for the first time, a ladies squad.

The date of this year's race is Saturday, June 7th, with the first teams setting off at around 6am from Beachy Head on the arduous 100-mile run to Chilcomb near Winchester.A meeting to finalise South Downs Way teams was held shortly after the Today's Runner cross country event last month when it was decided to field a men's A and B team, a vets squad and also a ladies team.

Mark Le Gassick and Paul Hammond will captain the A and B team, Jon Leigh will be in charge of the crinklies making sure they finish early so they get home to bed in time.

After a disappointing South Downs Way relay last summer, the club had a long, hard look at the race and its organisation.

Chris Hall said that they key was for all those who have been selected to commit to the race and to recce the routes, which is vital.

He said: "I must stress that these relays are to be taken very seriously as the club have laid out a lot of money to enter.

"I would ask you to please ensure that you fully recce each of your legs as has not always been the case in the past and spoils the event for those who have put the hours in.

"It may be an idea if you contact the runners doing the same legs as you and sharing lifts to recce.

"I will be buying some waterproof maps from the Cotwold shop in Hedge End for us to share, or you might like to buy one yourselves as the are priced only £10, these are the best I have found and are better than printed copies. **More details can be found on the South Downs website:**

South Downs Relay teams

Men's A team	Men's Vets team
1 Tony Allen	1 Malcolm Lavery
2 Mark Le Gassick	2 Ray Gunner
3 Richard Thomas	3 Jon Leigh
4 Zippy Grice	4 Tim Crumpton
5 Andy Simpson	5 John Exley
6 Alasdair Ewing	6 Graham Bell
Men's B team	**Ladies team**
1 Nick Kimber	1 Bev Lavery
2 Paul Hammond	2 Lucy May
3 Nick Crane	3 Margie Pritchard
4 Richard Simms	4 Susie MacGregor
5 Phil May	5 Lucy Simmons
6 Dave King	6 Lou James

MEON VALLEY PLOD

WHERE: Sustainability Centre, HMS Mercury, East Meon, Petersfield.
WHEN: Sunday, February 17th
THE RACE: Near 20-mile multi-terrain race around South Downs.
RUNNERS: 352 runners.
FIRST MAN: Nick Baker (Denmead Striders) 2hrs 23mins 4secs.
FIRST LADY: Lucy Brooks (Serpentine) 2:49.19 (27th overall)
STUBBIES: 2nd Tony Allen 2:28.30, 10th Zippy Grice 2:39.26, 16th Chris Hall 2:40.55, 78th Ray Gunner 3:07.44, 105th Graham James 3:16.00, 114th John Gueran 3:18.14, 121st John Exley 3:20.00, 128th Nick Kimber 3:21.15, 272nd Amanda Jones 4:09.44, 295th Aaron Kingston 4:15.42.

SUSSEX BEACON HALF MARATHON

WHERE: Madeira Drive, Brighton.
WHEN: Sunday, February 17th
THE RACE: Fast out and back race which finishes along the seafront in town centre.
RUNNERS: 3,714 runners.
FIRST MAN: Dave Carter (Phoenix AC) 1hr 11min 17sec. .
FIRST LADY: Naomi Warner (Thames Hare & Hounds) 1:18.33 (22nd overall).
STUBBIES: 3630th Julia Hunter 2:44.30.

SALISBURY CITY 10KM

WHERE: Salisbury City Football Club.
WHEN: Sunday, February 17th
THE RACE: Multi-terrain 10km around Old Sarum and Salisbury.
RUNNERS: 211 runners.
FIRST MAN: Pete Roper (Votwo) 34min 19sec.
FIRST LADY: Keirston Reyneard 45.07 (36th overall)
STUBBIES: 178th Jane Adlard 1hr 00min 18sec, 208th Michael Aimable 1:27.15.

INCA TRAIL 7 MILE XC

WHERE: Ilchester, Somerset.
WHEN: Sunday, February 17th
THE RACE: Seven-miler cross country along heavily rutted and potholed tracks with one big hill after half way.
RUNNERS: 89 runners.
FIRST MAN: Paul Levick (Yeovil Town RR) 50min 8sec.
FIRST LADY: Alison Ramsey (Hogweed Trotters) 1hr 3min 8sec.
STUBBIES: 14th Paul Hammond 59min 51sec, 15th Richard Simms 1hr 00min 8sec, 72nd Jon Henderson 1hr 22min 49sec.

WINCHESTER CITY 10K
WHERE: River Park Leisure Centre, Winchester.
WHEN: Sunday, Feb 24th
THE RACE: Undulating 10km around city boundary.
RUNNERS: 815 runners.
FIRST MAN: Chris Bolt (Aldershot, Farnham & District) 31min 14sec.
FIRST LADY: Joanna Rodriguez (Woking AC) 38.14.
STUBBIES: 292nd Richard Roche 49.59 (Vet 40, 48th), 336th Rick Scott 51.50 (Vet 55, 11th).

NATIONAL XC CHAMPIONSHIPS
WHERE: Alton Towers, Staffordshire.
WHEN: Saturday, Feb 23rd
THE RACE: 12km course for the men.
RUNNERS: 1,244 runners.
FIRST MAN: Tom Humphries (Cannock AC) 32min 3sec.
STUBBIES: 910th John Gueran 48.00, 947th Gordon Westley 48.43, 969th Phil May 49.18.

TUNBRIDGE WELLS HALF MARATHON
WHERE: Tunbridge Wells, Kent.
WHEN: Sunday, Feb 24th.
THE RACE: Testing single-lap course.
RUNNERS: 1,361 runners.
FIRST MAN: Benjamin Hoad (Highgate Harriers AC) 1hr 9min 48sec.
FIRST LADY: Tina Oldershaw (Paddock Wood AC) 1:23.12.
STUBBIES: 164th Nick Kimber 1:34.13, 206th Marcus Lee 1:36.08.

Back where we belong

Andy Simpson and Margie Pritchard practise their soccer free-kick routine.

WE'RE back in the pack ... Stubbington Green's men have bounced back into the top flight of the Hampshire Cross Country League at the first attempt.

We booked our place after finishing runners-up in Division 2 behind Reading Road Runners after the fifth and final round at Canford Park in Wimborne. The Greens, relegated a year ago, replace Bournemouth and Poole Runners who drop out of Division 1.

It was a close-run thing with Stubbington just dipping ahead of closest rivals Farnham Runners, despite the Surrey outfit putting in a sterling performance on the final day to unhinge the Greens.

With Mark Le Gassick out injured, it was left to the ever-reliable Andy Simpson to bring home the promotion bacon.

Andy finished 40th and was the first Stubbington scorer in a time of 32min 29sec.

The race was won by Great Britain junior international, Ben Lindsay, from Aldershot, Farnham & District, who finished half a minute ahead of his closest challenger in 27.50.

Gordon Westley was next to score in 118th in 37.28, followed by John Gueran in 126th with 38.10 (Vet, 59th). Steve Martin placed 135th in 38.59 (Vet, 65th), with Phil May just a few yards adrift in 138th and 39.04 (Vet, 67th).

Nick Crane and Ashley Lovell completed the Stubbington contingent in 147th (Vet 76th) and 161st (Vet, 88th) with times of 40.11 and 41.45.

Sadly, in the veterans' league, Stubbington's men finished ninth of 10 in division one and are relegated along with New Forest Runners. Fleet & Crookham and Basingstoke & Mid Hants (surely that is four teams!) make the step up.

Team Southampton's Neil Phillips won the individual title from Winchester & District AC's Gavin Smith while Steve Laidler captured the veterans' title on behalf of Aldershot, Farnham & District.

In the women's race, it was left to Penny Forse, Susie MacGregor and Margie Pritchard to fly the Stubbington flag.

In a race won by Winchester & District AC's Louise Damen in 20min 22sec, Penny ran into 23rd place and seventh vet with 24.53.

Susie was not far behind in 30th, and 11th vet, with 25.32, and Margie dug in well for 43rd overall, and 17th vet in a time of 27.29.

That gave Stubbington eighth on the day behind winners Winchester, and fourth in the veteran team rankings, which Winchester also won.

In the overall veteran's rankings, which saw victory for Winchester's Michaela McCallum, Penny placed eighth overall and Susie 10th.

Keep the quality with the quantity

YOU are approaching the part of your marathon preparation when not only your long run is as long as it gets, but your mid-week run is at its longest, too, writes PENNY FORSE.

Your body is adapting well to its increased work-load, and, looking back to week one, you should be pleasantly surprised with just how much training you now have under your belt.

You have a good base so make sure that your shorter sessions i.e. fartlek, hills & reps are run at a good pace to keep quality in the schedule along with the quantity.

If you haven't trained at race pace and slightly faster, then you will find the pace very hard on the day.

Running fast in speed sessions over distances of between a quarter mile and two miles will make your marathon race pace seem a lot easier.

If you have raced in the recent past over set distances e.g. 5km, 10km or half marathon, calculate the pace per mile or km that you ran, and use these different speeds in your reps. Not only will it improve your speed but it will add some interest, too.

You can run one session at 5km pace, the next at 10km pace and so on, or run parts of each session at a different speed.

Tempo runs are hard even-paced runs over two to six miles at slightly faster than your current or expected race pace.

This develops a feel for pacing at a relaxed marathon pace, and you won't run into oxygen debt if the excitement of the start makes you run at a faster speed than planned.

Your fartlek runs should include short, medium and long hills, so keep the quality high with a fast pace and recover well by jogging slowly between hills till the heart stops pounding.

Racing at 10-miles or half-marathon is an enjoyable way to do tempo runs, and you will push yourself harder with people around you than by running alone – so good luck for your racing this month.

See pages 8&9 for Penny's marathon schedules

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

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	
Week 11	Miles	
Mon Mar 3	7	5 miles steady, then 2 miles of striding on grass
Tue Mar 4	5	Fartlek, with bursts up and down hills.
Wed Mar 5		Rest
Thur Mar 6	9	Longest midweek run so far, at marathon pace.
Fri Mar 7	5	Easy run, on soft going if possible.
Sat Mar 8		Rest
Sun Mar 9	14	One mile warm-up, then half marathon slowly.
Total	40	
Week 12	Miles	
Mon Mar 10		Rest
Tue Mar 11	4	Start really slowly, then stride out.
Wed Mar 12	7	Fartlek, hard or easy, depending on how you feel.
Thur Mar 13	7	1 mile warm up, 5 mile timed circuit, 1 mile warm down.
Fri Mar 14	5	Easy run on soft going.
Sat Mar 15		Rest
Sun Mar 16	14-16	Half marathon race, or well-planned 16-18 mile slow run.
Total	37-39	
Week 13	Miles	
Mon Mar 17	2	Easy jog on grass.
Tue Mar 18	6	Start slowly, keep going though you may be tired.
Wed Mar 19		Rest
Thur Mar 20	10	The longest midweek run.
Fri Mar 21	5	As last Friday
Sat Mar 22		Rest
Sun Mar 23	15-18	As previous Sunday (only race on one of these two weekends).
Total	38-41	
Week 14	Miles	
Mon Mar 24	2	Easy jog on grass.
Tue Mar 25	4	Steady pace.
Wed Mar 26	8-10	If you feel good run faster than previous midweek runs.
Thur Mar 27	3	Easy run on soft going.
Fri Mar 28	5	Steady pace over 5 mile course.
Sat Mar 29		Rest
Sun Mar 30	18-20	The last and biggest of the long runs, easy pace.
Total	40-44	

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

Advanced marathon schedule

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	
Week 11		
Mon Mar 3	8	One hour on grass or soft going.
Tue Mar 4	8-10	Good pace with surges.
Wed Mar 5	6-7	East fartlek on soft going.
Thu Mar 6	8	Rep session, try to improve.
Fri Mar 7	5-6	Steady run.
Sat Mar 8		Rest
Sun Mar 9	18-20	As last week, but keep going for extra miles, run in company if possible.
Total	53-59	
Week 12		
Mon Mar 10	7	One hour very easy on soft going.
Tue Mar 11	8	1 mile easy pace, then 7 miles pace run if feeling okay.
Wed Mar 12	8	Road intervals.
Thu Mar 13	12	Steady run, marathon pace.
Fri Mar 14	7	Fartlek, with a lot of short bursts.
Sat Mar 15		Rest.
Sun Mar 16	14	Half marathon race or hard run.
Total	56	
Week 13		
Mon Mar 17	3-4	Steady
Tue Mar 18	8	Steady run, about marathon speed
Wed Mar 19	6-7	Fartlek, on soft going if possible
Thu Mar 20	8	Reps, as Week 7. Strict 5 min recoveries & try to improve times
Fri Mar 21		Rest
Sat Mar 22	6-7	Steady run, with burst up hills
Sun Mar 23	10-12	Start easily, work up to good pace, finish fast
Total	41-46	
Week 14		
Mon Mar 24	7	One hour very easy on soft going.
Tue Mar 25	8	Start slowly, put in surges if you feel good.
Wed Mar 26	8	Road intervals.
Thur Mar 27	10	Fast, confident run.
Fri Mar 28	6-7	Fartlek on soft going, as you please.
Sat Mar 29		Rest
Sun Mar 30	20	Easy start, then marathon speed. Ease off in last two miles. Practise drinking on the run.
Total	59-60	

The Race Diary

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
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

The Race Diary

Date	Race	Venue	Time
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	Marwell 10k	Marwell Zoo, Colden Common, Winchester, Hampshire	10.30am
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
Sun May 4	Fordingbridge Fire 10k	Fordingbridge Fire Station, Fordingbridge, Hants.	11am
Sun May 4	Reigate YMCA 5 Mile	Reigate Priory Park, Bell Street, Reigate, Surrey.	11am
Sun May 4	Sutton Runners 10k	Beddington Park, Church Road, Sutton, Surrey.	10.30am
Sun May 4	Three Forts Marathon	Norwich Union, Hill Barn Lane, Worthing, Sussex.	10am
Sun May 4	Neolithic Half Marathon	Avebury, Wiltshire.	10.30am
Sun May 4	Silver Jubilee 10k	Portland Football Club, Grove Road, Portland, Dorset.	10.30am
Mon May 5	May Fayre 3 Miler	Christchurch Primary School, Bradford upon Avon.	2.30pm
Mon May 5	Esher Church School 10k	Esher Church School, Milbourne Lane, Esher, Surrey.	10am
Mon May 5	Shinfield 10k	Recreation Ground, Millworth Lane, Shinfield, Berks.	10.30am
Wed May 7	RR10 - race 2	Nature Quest, Totton, Hampshire.	7.15pm
Wed May 7	Purbeck 10k	Puddletown Road, Wareham, Dorset.	7.30pm
Sat May 10	Keevil Airfield 10k	Keevil Airfield, Steeple Ashton, Trowbridge, Wiltshire.	11am
Sun May 11	Alton 10	Lord Treloar College, Holybourne, Alton, Hampshire.	10.30am
Sun May 11	Coombe Hill 5	Coombe Hill Junior School, Kingston, Surrey.	9.45am
Sun May 11	Moors Valley 10k	Moors Valley Country Park, Ringwood, Hampshire.	10.30am
Sun May 11	Lymington Lifeboat 10k	Lymington Leisure Centre, Pennington, Lymington.	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

Dieppe 2008

Over the last few years a number of SGR members have joined us for the annual Dieppe weekend. Dieppe Cyclotourists Club organise a number of cycling events and 2 walks. There is something to suit everyone.

This year there is also a lovely new swimming complex that opened last summer.

This year's weekend takes place from 7th - 9th June. Routes range from 20k to 200k and an array of awards are presented.

Details for this year's Dieppe trip are now available from the web site: http://www.dieppetour.com/

Both Entry and Travel Forms have been published. Please note that Group Travel bookings MUST be finalised by 4th April.

If you cannot access the forms then just let me know and I'll contact you direct (caroline.street@ntlworld.com). Similarly, give me a call if you want to know more about the weekend.

I look forward to receiving your entry forms. Please feel free to pass these details on to anyone who you believe may be interested.

Caroline Street
01329-845330

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.

March 6th (Stubbington): 3 x Lee triangle accelerations.
March 13th (Locks Heath): 7 x Paarlauf.
March 20th (Stubbington): 6 x 1km @ Cuckoo Lane.
March 27th (Locks Heath): 6 x Titchfield rollercoasters.

March's training programme

Tuesdays (6.30pm)

March 4th: Hill Head 8 x 600m (250m recovery)
March 11th: 4 x Lee triangle accelerations
March 18th: 6 x 1km @ Cuckoo Lane.
March 25th: 12 minutes out and back (3 minutes recovery)

April 1st: Monthly time trial. Meet in Community Centre car park.

Thursdays (7pm)

March 6th: 2 x 2 miles (2 minutes recovery).
March 13th: 7 x Paarlauf.
March 20th: 7 x Titchfield rollercoasters.
March 27th: 2 x Titchfield figure of 8.

Who's who... ...

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