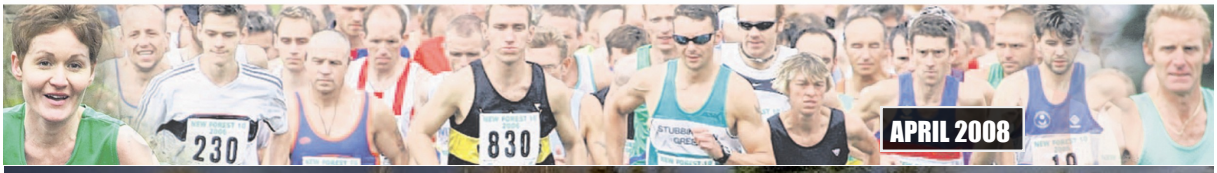
The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC
APRIL 2008



Just champion

WHAT'S the difference between Stubbington Green and Saints? We've won something this season and are likely to win promotion this season!

The first piece of trophy ware was secured at Staunton Country Park in Havant last month, with a superb victory in the final Today's Runner event of the season.

Going into the final just a single point ahead of nearest rivals Farnham Runners, the Greens revelled in the muddy conditions to claim the crown and represent the region at the national finals in Bedfordshire this April.

It was sunny and not too windy for the race which attracted a strong turn-out of Stubbies despite many being in the middle of marathon training.

In the men's race, the wee Scot Gordon Reid who, through a combination of work and injury, has enjoyed a quiet year, stormed back to lead the fellas home in eighth place, with Alasdair Ewing and Richard Thomas tucking in behind in 14th.

It was power to the elbow for the blokes, since the men's team was bereft of a number of Pompey-supporting Stubbies who were in Lanzarote celebrating the Blues' famous FA Cup quarter-final win at Manchester United.

Mike Bainbridge in 20th and 36th-placed Tim Sullivan completed the men's scoring on a fantastic day for the club.

Other placings: 43rd Jon Leigh, 57th Mike Bell, 60th Nick Kimber, 67th Phil May, 68th Paul Hammond, 73rd Tim Crumpton, 84th Aaron Kingston, 94th Nick Crane, 97th Andy Lee, 108th Paul Hailwood, 113th John Vose, 116th Derek Balsdon, 117th John Simister, 124th Andy Tomlinson, 127th John Randall. Malcolm Lavery did not finish due to hamstring injury.

The women have been strong all season, and it was left to talented teenager Georgie Gair to lead home her mentor Penny Forse; Georgie placed second and Penny was seventh. Bev Lavery and Lucy Simmonds were tucked in just behind their team-mates in ninth and tenth places, with Susie MacGregor (13th), Louise James (19th) and Lucy May (21st), powering Stubbington into pole position in the ladies' rankings and helping the club to overall victory.

Ladies captain, Chris Haskell, said: "A great turnout and a brilliant finish to an excellent Today's Runner season.

"Well done to everyone."

So it is off to Ampthill in Bedfordshire – just off the M1 – for the national final of the Today's Runner League on Sunday, April 6th. The timing is not great with a number of Stubbies running the Paris Marathon that day, and many more tapering down for the London Marathon a week later.

However, it would be fantastic if we could put out a strong team for the finals. The main proviso is that you must have represented Stubbington in at least two Today's Runner races during the series.

It's £3 per runner, and organisers need to receive entries by first post on Wednesday, April 2nd. So if you do qualify to run, and would like to go, then please contact Glen Street for more details.

The race starts at 1.30pm on the Sunday. To score, each team will comprise seven men, two of whom must be veterans (over 40-years-old) and three women, one of whom must be a veteran (over 35-years-old).

There will be changing and shower facilities available, as well as post-race refreshments.

If you want to go along then contact Glen Street on 01329-845330 or e-mail glen.street@ntlworld.com.

Results

THE TERMINATOR
WHERE: Pewsey, Wiltshire.
WHEN: Sunday, February 24th
THE RACE: Gruelling 11-mile run through muddy bogs, and over tough climbs, with nasty sting at the end.
RUNNERS: 820 runners.
FIRST MAN: Tim Wallis (Bristol & West AC) 1hr 12min 15sec.
FIRST WOMAN: Robyn Golding (Badburybest) 1:24.48 (45th overall)
STUBBIES: 141st Darrell Milner 1:32.30, 773rd Graham Watts 2:05.57.

ASICS READING HALF MARATHON
WHERE: Madejski Stadium, Reading, Berkshire.
WHEN: Sunday, March 2nd.
THE RACE: Fast race with a few hills at the start and stadium finish.
RUNNERS: 11,181 runners.
FIRST MAN: Patrick Makau (Kenya) 1hr 1min 19sec.
FIRST WOMAN: Liz Yelling (Bedford & County AC) 1:09.34 (20th overall).
STUBBIES: 450th Darrell Milner 1:27.02, 3,917th Annie Tomlinson 1:49.11, 3,918th Gill Rose 1:49.12, 3,919th Richard Snell 1:49.12, 5,461st Verity Wright 1:55.51, 5,993rd Karen Rogers 1:58.03, 6,049th Paul Hailwood 1:58.20, 6,120th Tom Mellor 1:58.38, 6,229th Philip Owen 1:59.04, 8,465th Holly Bayliss 2:11.28, 8,471st Kay Bayliss 2:11.29, 9,456th Sarah Boddy 2:19.46, 9,457th Sue Robinson 2:19.46.

STEYNING STINGER
WHERE: Steyning, West Sussex.
WHEN: Sunday, March 2nd.
THE RACE: Tough multi-terrain half marathon over South Downs.
RUNNERS: 183 runners.
FIRST MAN: Fraser Dawson (Mole Vale AC) 1hr 28min 39sec.
FIRST WOMAN: Jane Lawrence (Worthing Striders) 1:46.47 (20th overall).
STUBBIES: 85th Glen Street 2:09.19, 166th Caroline Street 3:03.08.

BROOKLANDS 10K
WHERE: Mercedes World track near Weybridge, Surrey.
WHEN: Sunday, March 2nd.
THE RACE: Fast run on traffic-free tarmac course round test track.
RUNNERS: 323 runners.
FIRST MAN: Patrick Hamilton (Annadale Striders) 31min 1sec.
FIRST WOMAN: Rachel Rowan (Ranelagh Harriers) 37.48.
STUBBIES: 148th Dan Horscroft 50.27.

Race diary - pages 10/11

Yes, it's back: the RR10 series

INJURY-permitting, Mark Le Gassick begins the defence of his RR10 title at the Royal Victoria Country Park at Netley later this month.

The 10-race series kicks off on Wednesday, April 23rd, with a three-lap race around the grounds of the historic park, organised by Southampton Running Club.

For the first time, Stubbington will be able to field unlimited numbers of runners – 12 months ago we were limited to just 30 Stubbies participating in each race.

Now the club has been accepted as a full member of the league and we will be hosting our own race at Manor Farm Country Park in Bursledon on Wednesday, July 9th.

This will be the third year the club has taken part in the summer cross country series with races held on a Wednesday evening around the county.

If you have not raced before, the RR10 is a friendly and informal series which attracts runners across a wide range of abilities.

Michelle Simpson takes time out to greet adoring fans at a recent RR10

Distances tend to be between four to five miles over woodland and parkland terrain, where no times are taken and it is down to placings.

For Stubbington, the series has proved increasingly popular for competitive runners looking for a sharp, speed session, others looking for a decent midweek run-out, while for many the RR10 has provided their first taste of competitive running….and they've come back for more!!

Last summer, Mark won the men's individual title having narrowly lost out the year before to Winchester's Julian Mann and Susie MacGregor was sixth in the ladies' individual rankings. In the team competition, Stubbington A were fourth in the men's competition behind winners Southampton Running Club and the B team placed 16th.

For the ladies, Stubbington A were 6th in an event easily won by Winchester & District AC, while the B team placed 28th.

If you have not competed at an RR10 before, then you will be pleasantly surprised. Just turn up on the evening wearing a club vest and run. It won't cost you a penny. It will be great to get a good turn-out of Stubbies to the races; best to turn up at least 15 minutes before the event.

Be warned for the first race at Royal Victoria Country Park, you can get held up by congestion coming off junction 8 of the M27 past the Tesco's roundabout, so leave plenty of time.

Finally, Tim Crumpton is leading the organisation for the Stubbington race on July 9th.

A recce has already taken place around Manor Farm where we are going to need at least 30 marshals on the evening. So please put this date in your diary to help out. You're not allowed to run in your host RR10 event, so the more marshals we can get the better.

Tim is organising an evening run around the race route at Manor Farm in May to familiarise everyone with the race route – more details will follow.

Official race website: www.rr10.hampshire.org.uk/

THE RR10 SERIES

April 23rd: Royal Victoria Country Park, Netley (7pm start).
May 7th: Longdown Inclosure, Ashurst (7.15pm).
May 21st: Wilverley Inclosure, Sway (7.30pm).
May 28th: Deer Leap Inclosure, Ashurst (7.30pm).
June 11th: Itchen Valley Country Park (7.30pm).
June 25th: Recreation Ground, Blackfield (7.30pm).
July 9th: Manor Farm Country Park, Bursledon (7.30pm).
July 23rd: Janesmoor Pond, Stoney Cross (7.30pm).
August 6th: Lordshill Fire Breaks, or Stoke Park Wood, Bishopstoke (7.30pm).
August 20th: IBM Hursley Park (7.15pm).

Girls aloud!

AFTER missing out by the narrowest of margins a year ago, could Stubbington's ladies finally win promotion from the Hampshire Road Race League?

With three races remaining of the season following last month's Eastleigh 10km, the club lies second in Division 2 in a close tussle with City of Salisbury AC and Eastleigh Running Club for one of two promotion places.

Susie MacGregor is also looking strong in the individual standings, holding second place behind Salisbury's Kathy Harvey, who was 23rd overall in a quality Eastleigh 10km with a time of 42min 2sec – winning the Vet35 age group category as well for the Fleming Park race.

The ladies race won by British international Natalie Harvey (South London Harriers) in 33.30.

Susie, who continues to run well despite nursing a couple of niggling injuries, was Stubbington's second scorer at Eastleigh as Lucy Simmons clocked 41.46 for 21st lady with Louise James completing the scoring as 45th lady in a time of 45.13 as the club were the top Division 2 team on the day in Eastleigh.

All this means that with three good performances at the Totton 10km on April 6th, the Alton 10 on May 11th and then the Winchester 10km on June 8th, the ladies should be in with a good shout of reaching the top flight.

The men are settled in mid-table Division 1 of the HRRL, as Tony Allen led the Stubbington contingent home in 31st overall with a time of 33.49.

He was followed by team-mate Zippy Grice in 36th with 34.11 and the Stubbington doctor, Richard Thomas, whose 37.31 earned him 86th. Mike Harper grabbed a top 100 place with 95th in 37.50, and Darrell Milner, an early contender for most improved runner of the year, was the team's fifth and final scorer in 101st with 38 minutes on the nail.

A total of 1,372 runners took part in a race run in cold and wet conditions which forced the abandonment of the fun run.

The 10km race was won by Stroud & District AC's Dan Robinson.

Such was the quality of the event that Winchester & District's Toby Lambert, who has been the outstanding road runner in Hampshire this season, was forced to settle for second place.

Dan Robinson won in 30min 17sec, to Toby's 30.52

Mariani Wallis and Mike Harper at the Eastleigh 10k finish.

HRRL Standings
Ladies Div 2

1. Salisbury AC 11pts
2. Stubbington 20pts
3. Eastleigh 23pts
4. Hardley 38pts
5. New Forest 39pts
6. Hart RR 44pts
7. Totton RC 51pts
8. Ryde Harriers 51pts
9. West Wight RR 68pt

HRRL Standings
Men Div 1

1. Winchester 7pts
2. Southampton 16pts
3. Pmo Joggers 24pts
4. Denmead 36pts
5. Stubbington 44pts
6. Farnham R 44pts
7. Overton H 50pts
8. Victory AC 52pts
9. Gosport RR 57pts
10. Poole AC 59pts

HRRL Individual standings

Men: 18th Zippy Grice, 22nd Mark Le Gassick, 72nd Richard Thomas, 87th Mike Harper, 100th Tony Allen, 109th Michael Breed, 111th Alasdair Ewing, 121st Andy Simpson, 136th Barry Hards, 154th Darrell Milner.

Ladies: 2nd Susie MacGregor, 9th Lucy Simmons, 12th Louise James, 20th Bev Lavery, 86th Gill Rose, 114th Joan Oliver, 153rd Lucy May, 159th Annie Tomlinson.

RESULTS

Men: 31st Tony Allen 33.49 (M40, 3rd), 36th Zippy Grice 34.11, 86th Richard Thomas 37.31 (M40, 15th), 95th Mike Harper 37.50 (M45, 12th), 101st Darrell Milner 38.00 (M40, 17th), 131st Graham Bell 39.21 (M40, 23rd), 189th Tim Sullivan 40.52 (M45, 26th), 215th Mike James 41.46, 287th Richard Simms 43.26 (M40, 54th), 305th Gordon Westley 43.57 (M40, 57th), 340th Keith Whittaker 44.52 (M55, 15th), 424th Christopher Green 46.55 (M40, 77th), 470th Mark Folland 47.53 (M40, 81st), 525th Derek Balsdon 48.49 (M65, 5th), 558th John Simister 49.10 (M45, 87th), 595th Terry French 51.02 (M65, 10th), 605th John Vose 50.57 (M70, 6th), 620th Richard Snell 51.33 (M40, 106th), 809th Gary Beck 59.52, 810th Eric Beck 59.55 (M45, 121st), 874th Michael Aimable 1hr 26min 40sec (M80, 1st).

Ladies: 20th Lucy Simmons 41.46, 23rd Susie MacGregor 42.02 (F35, 1st), 45th Louise James 45.13, 114th Mariani Wallis 49.46 (F45, 16th), 134th Jane Butler 50.46 (F50, 12th), 214th Helen Grice 54.55 (F35, 42nd), 337th Karen Dean 59.54, 390th Anne Fairhurst 1hr 2min 40sec (F65, 3rd).

Men's A team: 4th
Men's B team: 6th
Women's A team: 1st
Women's B team: 9th

Pain amidst the rain in Surrey countryside

THE Cranleigh 21 represents one of the last major pre-marathon hurdles for those contemplating a Spring-time jaunt over 26 miles, and for 15 Stubbies the Surrey race was a tough old grind in the wet weather.

The race consisted of one 15-mile loop around the countryside with a finish in Cranleigh, and then a second six-mile loop for those runners who wanted the extra distance.

It was a depressingly wet and cold day for the race along an undulating course of main roads, country lanes, footpaths, and even a dodge past Sunday morning shoppers through Cranleigh High Street.

Jon Leigh, Marcus Lee and Nick Kimber ran together for most of the way at strong seven-and-a-half minute mile pace, before Jon eked out a lead by the finish for 94th place in 2hrs 38min 58sec, followed by Marcus in 110th in 2:42.05 and Nick, suffering from the effects of his altitude training in Benidorm, was 124th in 2:44.09.

They were closely followed by Keith Carter who ran strongly to finish under three hours in 2:54.03 and 175th overall, with Glen Street, continuing his preparations ahead of the Paris Marathon, placing 279th in 3:06.49, and Nick Lewkowicz just behind in 286th with 3:08.39.

Annie Tomlinson, Gill Rose and Richard Snell *(pictured)* had planned to run together, only for Annie to lose her Stubbington team-mates early on. However, they finished in close order with Annie 359th in 3:19.36, and Gill and Richard clocking 3:20.08 for 364th and 365th.

Margie Pritchard, Verity Wright and Sarah White were spotted at one stage taking a breather and powdering their noses having seen the race photographer in the distance.

But despite the pit stop all three Stubbies recorded good times with Margie 377th in 3:23.50, while Verity and Sarah recorded excellent times of 3:24.16 for 381st and 382nd.

Exactly ten minutes behind them were Liz Hall and Dave King who came home in a time of 3:34.16 for 419th and 420th, as Tracie Jarvis completed the Stubbington finishers in 455th with 3:42.04.

Caroline Street pulled out at 10 miles with an injury hoping to protect it for the Paris Marathon.

Results

MAD MARCH HARE 20
WHERE: Buriton, Christchurch, Hampshire.
WHEN: Sunday, March 2nd.
THE RACE: Good weather for 20 miler around country lanes.
RUNNERS: 241 runners.
FIRST MAN: Stuart Fox (Bournemouth AC) 1hr 53min 20 sec.
FIRST WOMAN: Dawn Broom (Egdon Heath Harriers) 2:14.52 (31st overall).
STUBBIES: 69th Nick Kimber 2hrs 33min 34sec, 75th Marcus Lee 2:35.00.

TRIMPELL 20
WHERE: Trimpell, near Morecambe, Lancashire.
WHEN: Sunday, March 2nd.
THE RACE: Blustery day for flat, traffic-free 20-miler.
RUNNERS: 279 runners.
FIRST MAN: James Meldrum (Vegan Runners UK) 1hr 52min 15 sec.
FIRST WOMAN: Louise Gardner (Lancaster & Morecambe AC) 2:03.46 (12th overall)
STUBBIES: 23rd Chris Hall 2:07.43.

THE GRIZZLY
WHERE: Seaton, Devon.
WHEN: Sunday, March 9th.
THE RACE: 19ish miles on a tough, rugged course on the Devon coast.
RUNNERS: 1379 runners.
FIRST MAN: Lee Turner (Torbay AAC) 2hrs 24min 34sec.
FIRST WOMAN: Donna McEwen (Bedford Harriers) 2:45.49.
STUBBIES: 407th John Gueran 3:28.10, 1035th Neil Jarvis 4:23.25, 1291st Graham Watts 5:06.29.

THE CUB RUN
WHERE: Seaton, Devon.
WHEN: Sunday, March 9th.
THE RACE: Shorter course than the Grizzly of around 9 miles. Still tough!
RUNNERS: 241 runners.
FIRST MAN: David Tomlin (Teignbridge Trotters) 1hr 7min 28sec.
FIRST WOMAN: Alicia Leal (North Devon Runners) 1:24.25.
STUBBIES: 230th Caroline Street 2:44.48, 231st Kathy McKain 2:44.48, 234th Di McEwen 2:52.02, 235th Jacqui Dyer 2:52.02.

BATH HALF MARATHON
WHERE: Great Pulteney Street, Bath.
WHEN: Sunday, March 16th.
THE RACE: Chaotic race delayed by an hour.
RUNNERS: 10,000 runners.
FIRST MAN: Raymond Tonui (Kenya) 1hr 5min 21sec.
FIRST WOMAN: Wendy Nicholls (Cirencester AC) 1:13.33.(52nd).
STUBBIES: 1,507th Jon Henderson 1:38.42 (pb)

CITY OF SALISBURY 10
WHERE: Salisbury Leisure Centre, Salisbury, Wiltshire.
WHEN: Sunday, March 9th.
THE RACE: Followed banks of River Avon to north of the city.
RUNNERS: 275 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 51min 16sec.
FIRST WOMAN: Kathy Harvey (City of Salisbury AC) 1hr 05min 22sec (29th overall).
STUBBIES: 25th Darrell Milner 1:04.23, (pb) 167th Jon Henderson 1:34.28.

CRANLEIGH 20
WHERE: Cranleigh, Surrey.
WHEN: Sunday, March 16th.
THE RACE: Rainy, windswept run the around country lanes of Surrey.
RUNNERS: 482 runners.
FIRST MAN: Danny Norman (Stragglers) 2hrs 3min 20sec.
FIRST WOMAN: Lucinda Graves (Horsham Joggers) 2:26.29
STUBBIES: **Ladies:** 105th Annie Tomlinson 3:19:36, 108th Gill Rose 3:20:08, 117th Margie Pritchard 3:23:50, 120th Verity Wright 3:24:16, 121st Sarah White 3:24:16, 147th Liz Hall 3:34:16 174th Tracie Jarvis 3:42:04. Caroline Street pulled out at 10 miles, hoping to protect her ongoing injury. **Men:** 88th Jon Leigh 2:38:58, 101st Marcus Lee 2:42:05, 111th Nick Kimber 2:44:09, 151st Keith Carter 2:54:03, 210th Glen Street 3:06:49, 216th Nicholas Lewkowicz 3:08:39, 257th Richard Snell 3:20:08, 273rd Dave King 3:34:16.

Guernsey go!

GUERNSEY at Easter has become a familiar haunt for legions of Stubbies.

The four-day Easter Running Festival hosted by the Guernsey Island Amateur Athletic Club is a popularevent which attracts a number of leading runners from across the UK lining up against some of the most competitive athletes from the Channel Islands.

Caroline and Glen Street have been leading the green-vested hordes for a number of years and both were in action on an overcast weekend in Guernsey.

Glen is running extremely well. He capped a great weekend of running on Easter Monday with a strong performance in the Healthspan Half Marathon by finishing 77th overall in a time of 1hr 39min 50sec to lead home the Stubby contingent..

Mags Smith *(pictured right)* was next across the finish line in 87th place with 1:43.54, just ahead of Richard Simms *(pictured above)* who clocked 1:43.54 for 94th. Sian Mundy, back in Guernsey after a year's absence, came home in 145th place in 2:02.18.

A total of 152 runners competed in the festival finale, as the half marathon was won by Jonathan Thewlis from Nottingham University in 1:08.02. He beat into second place Guernsey favourite, Lee Merrien, who won the overall Easter title.

Aldershot, Farnham & District AC once again sent out a strong squad of athletes, and it was Andrea Woodvine from the Hampshire club who won the half marathon in 1:16.23 for 16th overall to capture the Easter Festival title for her performance over the four races.

Richard just pipped Glen on the overall count, with Richard 49th and Glen 50th. Mags Smith ran all four races for 55th overall, and Sian was 68th.

Earlier on Good Friday, five Stubbies took part in the Healthspan 10km at Port Soif in the face of gale force winds. Lee Merrien won the race in 31min 13sec, and Vicky Gill from Aldershot, Farnham & District was the top lady in 35.33 for 15th overall.

Richard was 85th in 45.40, with Glen 89th in 46.22, Mags came 98th in 47.30 and Sian was 143rd with 54.29.

Caroline Street chose to just run the 10km race over the weekend where she finished 158th in 59.20.

Twenty four hours later, it was the turn of the Keith Falla Memorial Cross Country races over 4.75 miles at L'Ancresse.

Conditions were harsh with a cold, gale force winds blowing from the north making running difficult.

Merrien was once again the winner in 24min 50sec, and 15th-placed Andrea Woodvine (AFD) led home the ladies with 27.37.

Richard was 67th in 35.42, Glen 69th in 36.15, Mags clocked 38.22 for 79th and Sian was 100th with 43.51.

Then on Easter Sunday, the four Stubbies were at L'Amarreurs to the north of Guernsey for the 4x2 mile cross country relay.

Whilst the wind had moderated, temperatures were decidedly chilly and increasingly damp conditions made the technical sections of the course slippery.

Richard, Sian and Glen joined forces with Helen Embling to form the Half Baked quartet who finished 35th from the 36 teams. Richard led off with a split of 13min 48sec, followed by Sian's 17.00, Helen's 19.35 and Glen anchored the squad with 14.33.

Mags joined forces with the Tasmanian Devils quartet which included Zara Hyde-Peters, Mike Peters and Amanda Purser.

Running the third leg, Mags' time of 15.10 helped the Devils to 14th in a race won by Lee Merrien's GIACC 'A'.

Results

GOODWOOD DUATHLON
WHERE: Goodwood, West Sussex.
WHEN: Sunday, March 23rd.
THE RACE: Two 4km runs either side of a 24km bike ride.
RUNNERS: 70 competitors.
FIRST MAN: John Stoddart (University of Bath Tri Club) 1hr 7min 1sec.
FIRST WOMAN: Louise Clowes (Stafford Tri) 1:17.43 (15th overall).
STUBBIES: 31st Bev Lavery 1:23.44 (4th vet, 8th lady), 42nd Malcolm Lavery 1:27.36 (21st vet).

SHERBORNE CASTLE 10KM
WHERE: Sherborne Castle, Dorset.
WHEN: Sunday, March 16th.
THE RACE: Multi-terrain 10km.
RUNNERS: 178 runners.
FIRST MAN: James Brown (Metropolitan Police Running Club) 35min 6sec.
FIRST WOMAN: Elizabeth Hutson 42.08.
STUBBIES: 2nd Bev Hards 42.59 (FV45, 1st).

Fun Run 2km: 29th Ella-May Hards 8min 43sec (11th female), 41st Kim Hards 13.46.

LEWES 10KM
WHERE: Lewes Leisure Centre, East Sussex.
WHEN: Sunday, March 24h.
THE RACE: Multi-terrain 10km.
RUNNERS: 546 runners.
FIRST MAN: Robbie James (Lewes AC) 33min 52sec.
FIRST WOMAN: Gill Wheeler (Hailsham Harriers) 41.15 (22nd overall).
STUBBIES: 12th Barry Hards 39.48.

800m fun run: 9th Ella-May Hards (3rd female), Kim Hards time unknown - not last, managed the whole course without stopping!

WEST WIGHT 3 HILLS
WHERE: West Wight Swimming Pool, Freshwater, Isle of Wight.
WHEN: Sunday, March 24h.
THE RACE: Eight-mile race with 900 feet worth of ascent.
RUNNERS: 93runners.
FIRST MAN: Pete Stainer (Shaftesbury Barnet Harriers) 49min 18sec.
FIRST WOMAN: Ulla Korenjak (Ryde Harriers) 56.01 (21st overall).
STUBBIES: 40th Nick Crane 1hr 4min 58sec (Vet 50, 6th).

Looking for a race? Check out the race diary on pages 10 and 11.

IT'S amazing how quickly the MacMillan Mile comes round each year, but the traditional Stubbington fund-raiser has been scheduled to take place next month.

It will be held at Crofton School on the playing fields on Tuesday, May 13th.

Stubbies will be encouraged to run or walk a mile around the field from 6.30pm to 7.30pm.

It doesn't matter how fast or how slow you complete the lap, just make the mile.

The club holds this event every year, and is organised by Jenny Hearnden.

If you can't make the date, then please catch Jenny to make a donation. It's a £1 minimum, so do dig in deep for a very worthwhile cause. See you there!

WE ARE MACMILLAN. CANCER SUPPORT

Are you ready for a murder?

HAVE YOU got your tickets for this month's big social? If so, why not?!!

Tickets for the murder mystery evening in Warsash have sold very well, and by the time you read this you should have parted with some cash to Michelle Simpson.

If you still haven't got a ticket and if you ask Michelle nicely, she may well have a spare ticket or two - but don't hold me to that!

What is it all about?

"Death at the Vicarage" is being presented by Warsash Theatre Club and this 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.

If you were any good at Cluedo, or can suss out the Agatha Christie TV mysteries before the second set of adverts, then this will be right up your street.

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.

For more details, then call, e-mail or text Michelle on 01489 573667, 07971 604690 or e-mail her at: michelle.simpson@tiscali.co.uk

Sleet at Easter time

ERIC BECK chose to delay the unwrapping of his Easter eggs to take part in the Oakhaven Easter 10km race in the New Forest.

Now in its second year, the race took place at New Park in Brockenhurst while raising funds for the Oakhaven Hospice Trust.

The race was set within the New Forest on tracks, paths and Tarmac.

Eric clocked a time of 43min 17sec for the race. "I don't thlnk thls was quite a 10k, more like 6 miles," said Eric.

"This was a good race, all off-road in the New Forest. The weather could have been better. It was raining sleet and it was windy - what more could you ask for at Easter?!"

Life's a beach for the La Santa boys

STRONG March winds may have been blowing across the island of Lanzarote, but that didn't stop a group of four Stubbies from enjoying a week of warm weather training and action packed multi-sport racing, ***writes Mark Le Gassick.***

For Mark Le Gassick, Mike Harper, and Andy Simpson it was their third visit to Club La Santa - the well-renowned training camp that provides athletes from across Europe with first class training facilities, including a 50m Olympic sized swimming pool, athletics track, fully equipped gymnasium, plus a variety of fitness classes and a personal coaching service.

For Club La Santa debutant, Ray Gunner, the trip enabled him to get in some quality training and racing, as well as providing him with the opportunity to try a number of new activities, such as spinning and windsurfing.

As usual, most days started bright and early with a steady 5k run around the lagoon, with the exception of the first day when we opted for the 8k off road run that took us out across the rock-strewn tracks and lava fields surrounding the camp.

After soaking our legs in the icy cold waters of the leisure pool, breakfast was usually followed by a group class, such as stretch and relax, yoga, or Pilates.

These classes are ideal because they stretch out all of the body's muscle groups, and help to strengthen the core areas that are so important for good running performance, such as the lower back, abdominals, and external obliques.

On most days, at midday, we ventured down to the 50m swimming pool where, during the first part of the week, some seriously good swimming groups from Denmark and Germany were being put through their paces.

With the aquathlon and mini triathlon races to prepare for later in the week, our much needed daily swim practice came in very useful.

During the afternoons, there was no less choice of sporting activities on offer - including hiring out road bikes, gym sessions, spinning classes, and windsurfing and kayaking down at the surf school.

There were also a number of useful instructional classes to attend, such as an introduction to massage and a bike maintenance workshop.

On some evenings of the week, entertainment was laid on in the square at the centre of the complex, where we ate most nights.

It included an amazingly bendy woman whose incredible spine -bending exploits brought tears to the eyes, a fantastic quartet of African acrobats, plus the legendary Club La Santa green team show involving comedy sketches and acrobatic and dance routines by the club's instructors and coaches.

Results

5k road race: 2nd Mike Harper 19 min 8sec. *(19 finishers).*
10k road race: 3rd Andy Simpson 36min 35sec, 6th Ray Gunner 38.41. *(13 finishers).*
Concept II 200m rowing challenge (<75kg): 2nd Mark Le Gassick 7min 30sec *(3 finishers).*
Duathlon (2.5k run, 14.8k cycle, 2.5k run): 5th Ray 50min 55sec (10.07, 30.13, 10.37), 7th Andy 52.45 (9.26, 33.04, 10.15). *(34 finishers).*
Aquathlon (200m swim, 3k run): 4th Mike 17 min 8sec (4.32, 12.36), 7th Andy 17.49 (5.53, 11.56) *(16 finishers).*
Half-marathon: 6th Andy 1hr 25min 21sec, 7th Ray 1.26.14 *(56 finishers).*
Mini triathlon (400m swim, 15.2k cycle, 4.8k run): 19th Andy 1hr 2min 58sec (11.28, 33.59, 17.32) *(37 finishers).*
Team: 2nd Mike/Mark/Ray – 54.47 (8.25, 29.15, 17.09). *(5 teams).*

Track & field dates

Havant AC Open T&F Meeting, Saturday, April 19th.
www.havantac.org/

Team Southampton Open T&F Meetings (Wednesdays) April 23rd, May 28th, June 18th, July 16th, August 27th.
www.teamsouthampton.co.uk/

Southern Men's Track & Field League (Saturdays) May 3rd @ Par, June 7th @ venue tba, June 28th @ Southampton, July 12th @ Abingdon, August 2nd @ Bournemouth.

Promenade 5km Series (Wednesdays) May 7th, July 2nd, August 6th.

Hants County Track & Field Championships, Portsmouth, May 10-11.
www.athletics.hampshire.org.uk/events/tfc08.frm.pdf

Andover Young Athletes Open T&F Meeting, Monday, May 26th.
http://www.andover-athletic.co.uk/2008_Entry_Form.pdf

Southern T&F Championships
U15 & U17: May 24-25, Ashford
U20 & Senior: June 14-15, Crystal Palace
www.seaa.org.uk/whatson/index.htm

D-Day 10km Wednesday, June 4th.

Hants County Schools Track & Field Championships Saturday, June 14th.

England Athletics Track & Field Championships
U20 & U 23 Bedford: June 21-22.
U15 & U17 Birmingham: August 9-10.

10k Forest Trail, Moors Valley Thursday, June 26th.

Purbrook Ladies' 5 mile Road Race Sunday, June 29th.

Woking YA Open T&F Meeting Sunday, September 7th.

Penny Forse's marathon schedules

Beginners' / get-you-round schedule

Week 15	Miles	
Mon Mar 31	2	Easy pace on grass.
Tue April 1	4-6	Start slowly, keep going.
Wed April 2	5	Easy pace on grass with a few stride outs.
Thur April 3	10	Marathon pace.
Fri April 4	7	1 mile warm up, 5 mile timed circuit, 1 mile warm down.
Sat April 5	0-3	Rehearsal of pre-race jog for next week.
Sun April 6	13	Half marathon run at marathon pace, don't push yourself to the limit.
Total	41-46	
Week 16	Miles	
Mon April 7	3-4	Easy jogging on grass.
Tue April 8	4-5	Warm up, 2-3 mile at marathon pace, warm down.
Wed April 9	8-9	Start gently, then 5-6 miles at marathon pace, ease down to a slow pace.
Thu April 10	2-5	Easy jog if you feel tired, or as Tuesday.
Fri April 11	3	20 minutes of jogging in race-day gear and shoes
Sat April 12	-	Rest
Sun April 13		THE BIG DAY - GOOD LUCK!

Advanced schedule

Week 15	Miles	
Mon Mar 31	3	Easy jogging and a lot of stretching.
Tue April 1	8	Start slowly, work up to a good pace.
Wed April 2	8	Fartlek, with a lot of short bursts.
Thur April 3	12	Warm up, then 10 miles at marathon pace.
Fri April 4	8	Warm up, then 5-6 mile time-trial.
Sat April 5	-	Rest
Sun April 6	3	Easy jog, rehearsal for next week.
Total	42	
Week 16	Miles	
Mon April 7	13-15	Run strongly at marathon pace, but conserve yourself in last few miles.
Tue April 8	3-4	Easy jogging on grass, plus stretching.
Wed April 9	10	Slowish pace.
Thu April 10	5	Easy fartlek.
Fri April 11	5	Warm up, 3 miles at marathon pace, warm down.
Sat April 12	3	Easy jog in race day gear and shoes,
Sun April 13		THE RACE - GOOD LUCK!

Countdown to a marathon

SO this is it….the end of that gruelling marathon training programme which has dogged you through the winter months is in sight. All you have to do now is to run 26.2 miles. Easy!! These final weeks of the training programme are crucial. Here, experienced runner Penny Forse gives you her tips on tapering for the big day.

REDUCE training volume by about a third in the penultimate week before the race with your last long or moderate run, or your last race taking place two weekends before the marathon.

Your last long run is a full dress rehearsal!

Drink the same sports drink, run at the same time of day as the race and wear the same clothes and shoes. (If wearing racing flats in the race – just wear them for part of this run and switch to more cushioned shoes).

Get plenty of sleep and keep away from infectious people as your immunity may be down. No cross training/weights/ circuits etc.

The final week means serious tapering to ensure you arrive fresh on the start line. Take one or two days off - cut the mileage again to a third or half of the previous week, but don't reduce the pace. Do some short runs at your usual pace, not at an uncomfortable jog which will make you feel sluggish.

Stay off your feet when you can and avoid the pre-marathon events – they are draining and can make you nervous.

Think calmly – focus on staying relaxed – you will feel edgy but that's normal. You are not losing fitness and you can't improve your fitness – you are READY!

Get to the race two hours early, suitably clothed, so you can deal with pre-race concerns and changes in the weather without feeling rushed.

Move around every 15 minutes or so eg: a short walk and a few stretches – there is no need for a running warm-up.

Pace yourself wisely eg: the pace you averaged for your last long run and keep that speed to 20 miles so WATCH YOUR WATCH! Then hang on or pick up the pace depending on how you feel.

At halfway if you are on or ahead of goal time and feel okay you get a mental lift. But don't panic if you are behind – readjust your goal and you can finish in a respectable time by keeping working.

Focus on passing the runner ahead – dig down deep for that extra strength - and as you pass the 26 mile mark, keep pushing by working the arms and lifting the knees for that final 385 yards. GOOD LUCK!

Good luck to all the Stubbies running in the Paris and London marathons on April 6th and 13th. Have a great race, and please drop a line to Dave King at peekay63@aol.com with how the race went for you - describing the highs and the lows - and any photos for use on the website and May's issue of the Green Runner.

The Race Diary

Tue April 1	SGR time trial (4 miles)	Eric Road, Stubbington.	6.30pm
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	Arundel Park 10k	Arundel Castle, Mill Lane, Arundel, West Sussex.	9.30am
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
Sat April 26	Superhero 10k challenge	The Peace Statue, Brighton Seafront, Brighton.	11am
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
Sat May 3	Southern League T&F	Newquay, Cornwall (contact Mike Harper for details)	12pm
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
Tue May 6	SGR Time Trial (4 miles)	Eric Road, Stubbington.	6.30pm
Wed May 7	RR10 - race 2	Nature Quest, Totton, Hampshire.	7.15pm
Wed May 7	Portsmouth Prom 5k	Mountbatten Centre, Northern Parade, Portsmouth.	7.30pm
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

The Race Diary

Date	Race	Venue	Time
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
Sun May 11	Hogsmill Ladies 5	Harrier Centre, Poole Road, West Ewell, Surrey.	10am
Sun May 11	Ranelagh Half Marathon	River Lake, Richmond, Surrey.	8.30am
Sun May 11	Isle of Wight Marathon	Ryde Esplanade, Ryde, Isle of Wight.	11am
Sat May 17	Emsworth-Basing relay	Down Grange Athletics Track, Basingstoke, Hampshire.	10am
Sat May 17	Bratton Hilly 11k	Melbourne Street, Bratton, Westbury, Wiltshire.	11am
Sat May 17	Marlborough Downs Chl	Marlborough, Wiltshire (20 miles).	10.30am
Sat May 17	Shaw & W Stampede	The Beeches, Shaw, Melksham, Wiltshire (6 miles)	11am
Sun May 18	Swanmore 4.2k Fun Run	Swanmore Primary School, Swanmore, Southampton.	11.30am
Sun May 18	Bognor Prom 10k	West Park, Silverston Avenue, Bognor, West Sussex.	10.30am
Sun May 18	Hillcrest 8k	Warlingham Rugby Club, Warlingham, Surrey.	11am
Sun May 18	Ramsbury Circuit 5	Recreation Ground, Ramsbury, Marlborough, Wilts.	11am
Sun May 18	Wessex Ridgeway 100k	Tollard Royal to Lyme Regis (100km relay)	7.30am
Sun May 18	Hook 10 (& 6 mile)	Hook School, Hook, North Hampshire.	11am
Sun May 18	Around the Parks 10k	Royal Victoria Country Park, Netley, Southampton.	10.30am
Sun May 18	Woodley 10k	Headley Road, Woodley, Reading, Berkshire.	11am
Wed May 21	RR10 - race 3	Wilverley Enclosure, Sway, near Lymington.	7.30pm
Sat May 24	Egdon Easy 10k	Weymouth College, Cranford Avenue, Weymouth.	7pm
Sun May 25	Ropley 10k	Ropley Recreation Ground, Ropley, Winchester, Hants.	11am
Mon May 26	Surrey Hill Races	Priory School, West Bank, Dorking, Surrey.	10.30am
Mon May 26	Lindfield Village Run 10k	Hickmans Lane Rec, Lindfield, Haywards Heath, Sussex	10.45am
Mon May 26	Ollie Johnson Kintbury 5	Recreation Ground, Kintbury, Hungerford, Berkshire.	10.30am
Wed May 28	Finchcoasters Woodland 5	Lower Broadmoor car park, Crowthorne, Berkshire.	7.30pm
Wed May 28	RR10 - race 4	Nature Quest, Totton, Southampton.	7.30pm
Thu May 29	Near As Damn It 10k	Brighton Road, Coulsdon, Surrey.	7.30pm
Sun June 1	Dorking 10	Dorking Rugby Club, Kiln Lane, Brocking, Dorking.	10am
Sun June 1	Needles Marathon & Half	West Wight Sports Centre, Freshwater, Isle of Wight.	10am
Sun June 1	Seaford Half Marathon	Seaford Rugby Club, Salts Rec, Seaford, Sussex.	9am
Sun June 1	Poole 10k	Poole Park, Civic Centre, Poole, Dorset.	2pm
Tue June 4	SGR time trial	Eric Road, Stubbington.	6.30pm
Wed June 4	D-Day 10k	Mountbatten Centre, Northern Parade, Portsmouth.	7.30pm
Wed June 4	Worthing 10k	Worthing Leisure Centre, Shaftesbury Av, Worthing.	7.30pm
Wed June 4	Yateley 10k - race 1	Yateley Centre, School Lane, Yateley, North Hampshire	7.30pm

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

April's training programme

Tuesdays (6.30pm)
April 1st: Four-minute time trial (meet in Crofton Community Centre car park).
April 8th: Lee grass Fartlek.
April 15th: 12 x 350 metres (1 minute recovery) @ Lee seafront.
April 22nd: Fartlek session @ sewage works.
April 29th: ?
May 6th: Four-minute time trial.

Thursdays (7pm)
April 3rd: 5 x Brownwich Loop.
April 10th: 1,2,3,4,3,2,1 minute repetitions (1 minute recovery).
April 17th: Chilling 2 x 2 miles (4 minutes' recovery).
April 24th: School of Navigation, Paarlauf x 5.

A timekeeper will be required for the time trials. If you can help then please contact Mike Clarke.

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.

April 3rd (Crofton): Lee grass Fartlek.
April 10th (Locks Heath): 5 x Brownwich Loop.
April 17th (Crofton): 1,2,3,4,3,2,1 minute repetitions (1 minute recovery).
April 24th (Crofton): 12x 350 metres (1 minute recovery).
May 1st (Locks Heath): Chilling 2 x 1 mile (3 minutes recovery).

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... ...

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Michael.tclarke@btoopenworld.com

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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