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

Georgie leads Stubbie clean sweep

SHE'S only 17-years-old, but Georgie Gair ran a very mature race to inspire a Stubbington 1-2-3 at the opening RR10 race of the summer.

The youngster, who is part of Penny Forse's Team Forse, turned out in Stubbington colours for the season starter at the Royal Victoria Country Park in Netley last month.

Georgie has had a great season on the cross country with 31st at the English Schools' Championships and 30th at the Inter-Counties Cross Country Championships in Nottingham.

She also finished 43rd in the mini-London Marathon through the streets of the capital last month.

But now the teenager, who is studying sports massage at South Downs College in Havant, showed a deft turn of speed over the multi-lap course on the edge of Southampton Water to win the 4.5-mile race easily finishing 40th overall.

Georgie was superbly supported by Lucy Simmons and Susie MacGregor who crossed the finish line close to the old hospital in second and third to ensure top honours in the team rankings in a race where Winchester & District AC were competing.

The race itself was won by Winchester's Gavin Smith, but there was an encouraging return to competitive running from SGRAC secretary and last year's RR10 champion, Mark Le Gassick.

Mark has been struggling with an injury to his left calf over the winter months, though some warm weather training in Lanzarote seemed to help his progress.

At Netley, Mark finished fourth, followed by Zippy Grice in 10th, Andy Simpson in15th, Ray Gunner with 24th place, and another member of Team Forse, 16-year-old Lewis Banner from Locks Heath, completing the men's team scoring in 24th place overall.

Georgie Gair, who won the opening RR10 race.
For full results - see page 8.

Results

COMBE GIBBET TO OVERTON 16
WHERE: Inkpen on Berkshire border to Overton in North Hampshire.
WHEN: Sunday, March 30th
THE RACE: Muddy 16 miler.
RUNNERS: 151 runners.
FIRST MAN: Mark Richards (Headington Road Runners) 1hr 45min 10sec.
FIRST WOMAN: Lesley Whiley 1:55.34 (ninth overall).
STUBBIES: 59th Paul Hammond 2:20.59.

FITNESS FIRST BOURNEMOUTH BAY HALF MARATHON
WHERE: Pier Approach, Bournemouth, Dorset.
WHEN: Sunday, March 30th
THE RACE: Perfect running conditions, cool and not much wind.
RUNNERS: 1.074 runners.
FIRST MAN: Jonathan Hamblen (Walton AC) 1hr 14mins 37sec.
FIRST WOMAN: Jane Finch (Warwickshire Ladies) 1:26.24 (28th overall).
STUBBIES: 123rd John Flynn 1:34.58, 179th Keith Whittaker 1:38.21, 279th Gordon Westley 1:43.18, 357th Elly Joyce 1:46.37.

FITNESS FIRST BOURNEMOUTH 10KM
WHERE: Pier Approach, Bournemouth, Dorset.
WHEN: Sunday, March 30th
THE RACE: Perfect running conditions, cool and not much wind.
RUNNERS: 851 runners.
FIRST MAN: Pete Mosley (Votwo) 34min 33sec.
FIRST WOMAN: A Bailey (Shaftesbury Barnet Harriers) 39.32 (17th overall).
STUBBIES: 3rd Zippy Grice 34.52, 87th Matt Abbott 45.10.

TAUNTON MARATHON
WHERE: Taunton, Somerset.
WHEN: Sunday, April 6th.
THE RACE: The snow had cleared, but it was still cold.
RUNNERS: 172 runners.
FIRST MAN: David Tomlin (Teignbridge Trotters) 2hrs 40min 24sec.
FIRST WOMAN: Joanna Carritt (Highgate Harriers) 2:57.59.
STUBBIES: 9th Barry Hards 2:55.47 (Vet 45, 2nd).

Looking for a race in the next few months? Then take your pick from a host of races found in the race diary on pages 10 & 11.

Whodunnit? Maybe stick to running!!

WHEN the detective squad from Stubbington gathered to solve the "crime" of the century in Warsash last month, they never expected to encounter the crazy bunch that they did.

They spent two or more hours listening to the suspects and giving them a "hard time" – Rev Twitcher, Teena Biscuit, Jenny Wren, Arthur Job, Ivana Tank, Richard Branston and Eves Dropper were examined, cross examined and certainly on my table, received plenty of verbal abuse!

Who was the murderer of Ian Stiff?

Last month's big SGRAC social, the Murder Mystery Evening, entitled "Death at the Vicarage" and presented at St Mary's Church Hall by the Warsash Theatre Club, was well supported with 56 people gathering for the event.

They nibbled their way through the first part of the entertainment before stopping for a "light buffet", cakes and of course….chocolate!

At the end of the evening it was clear that the Stubbie crew should stick to running – as none of the tables solved the murder! Although technically there was no murder! Yes that fooled most of us too!

The room may not have been filled with super detectives but hopefully the guests left having had a fun evening – enjoying the company of other members…..watch this space for the next event!

As always please make suggestions to any of the social committee (details on back of Green Runner or website) – they look forward to your ideas!

YOU'VE probably not forgotten, but a cursory nudge to make sure you have Tuesday, May 13th pencilled into your diary.

That's the day of the MacMillan Mile which takes place at Crofton School on the playing fields on between 6.30pm and 7.30pm.

Stubbies will be encouraged to run or walk a mile around the field. 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. See you there!

Oh la la, Stubbies have fun in Paris!

France was hit by a green invasion early in April as 14 Stubbies ran in the Paris Marathon, supported by friends and family. For them, it was the culmination of months of hard training and sacrifice. Here's Verity Wright's reflections on their weekend in the French capital.

IT was a fantastic weekend, the marathon itself was incredible, great atmosphere, a wonderful way to see Paris, and the crowds really made a difference.

Margie Pritchard and I had previously run the Isle of Wight marathon three years ago. That was our first marathon and there were no crowds lining the streets encouraging us, just a few little old ladies having afternoon tea at various cafes looking quizzical at two runners on what must have seemed a Sunday afternoon jog.

In fact, when we finished that marathon, most people had gone home and the only people to cheer us in were the St Johns Ambulance guys!

So seeing Avenue Foch filled with supportive spectators was a real treat. There were also quite a few Stubbie supporters who met us at various points along the route having grappled with the Metro system to get them across Paris. It gave us a real lift to see them throughout the course.

Glen Street 3hrs 40min 16secs PB
Margie Pritchard 4:11:50 PB
Verity Wright 4:22:44 PB (1st)
Sarah White 4:22:44 PB (1st)
Drew Briggs 4:24:17 PB (1st)
Richard Snell 4:24:17 PB
Gill Rose 4:24:18 PB (1st)
Annie Tomlinson 4:24:19 PB (1st)
Tracie Jarvis 4:44:32 PB
Kay Bayliss 5:08:07 PB (1st)
Holly Bayliss 5:08:09 PB (1st)
Sue Robinson 5:30:15 PB (1st)
Sarah Boddy 5:30:15 PB (1st)
Julie Ashman 5:30:15 PB (1st)

Caroline Street still managed to run alongside us at one point whilst we had a chat! Margie, Sarah White and I had all trained together and had agreed to run together, but Sarah and I couldn't find Margie at the start of the race. The crowds of runners and spectators made it impossible to find her so we had to run it without her.

However true to form Margie managed to hook herself up with a male American runner and subsequently completed the course in a very good time.

Sarah and I both felt very strong throughout the race, and kept each other going, chatting most of the way, we even managed a bit of a sprint finish. The speed sessions on a Thursday night with Glen certainly paid off and helped our performance.

Overall it was a brilliant weekend. We all met up on Sunday night for a few glasses of vino, and we hobbled onto the afternoon flight home the following day, I'm certainly going to do it again next year

London calling

Stubbington's Richard Thomas goes through the 11-mile mark along Jamaica Road at a brisk pace on is way to a sub-three hour marathon, while Liz Hall is pictured with Chris Haskell at the finish area in Horse Guards Parade after completing her first ever marathon in under four-and-a-half hours.

I'VE never stood by the roadside and watched a marathon in my life before, in fact I don't really enjoy watching races - far better to run them! ***writes Dave King*****.**

So it was an interesting and a very different experience after competing in three London Marathons myself to head up to the capital to watch the big race.

I was there, in particular, to support Liz Hall, but also the other Stubbies taking part in what is the Holy Grail of running. You can have achieved many feats in your life, but to run a marathon is a definite badge of honour.

Liz had been in London 12 months earlier to support my run, so when she suggested at the time how she fancied a crack at the marathon, I thought she was joking.

In recent years she has been plagued with a few niggly injuries, particularly her back, and I was fearful how her body would stand up, not necessarily to the marathon itself, but to the months of hard training.

Yet hers, if I can be so bold, is one of the success stories of the marathon. I take my hat off to everyone who took part - particularly to my chum the Kimbernator who scorched his way round to a personal best of 3hrs 22mins - but also to Liz's achievement at London, which certainly raised a few eyebrows and should act as an inspiration to others.

Liz is not the fastest runner in the club tending to run around nine minute miles, but she is a dogged lady who trains on a Monday evening at Whiteley, and Wednesday's down at Lee, with the occasional Thursday night session with Glen's group.

Zippy Grice 2:48.11
Richard Thomas 2:58.48
Nick Kimber 3:22.34
Marcus Lee 3:43.41
Keith Carter 3:45.22
Nicholas Lewkowicz 4:22.56
Liz Hall 4:25.28
Heather Bowers 4:44.30
Helen Grice 5:35.41
Hugh Edwards 5:46.25
Andrew Willis 6:27.45

Liz was awarded one of the club's places in December, she then focused on a running schedule which was built around a long weekend run, a midweek eight to 10-miler, a recovery run on a Monday, and the occasional speed session on a Thursday.

The key was to build in a minimum of three 20-milers during the winter to get her body used to running for that amount of time.

She joined up with Portsmouth Joggers on a Saturday morning for their long runs starting and finishing at the Mountbatten Centre. These were ideal preparation.

She went out with a big group of runners, and though the prospect of running up Portsdown Hill at 14 miles was not the most enticing of prospects, she stuck to it.

The key run for Liz was the Cranleigh 21 mile race which took her 3hrs 35mins. It was a hard slog, but having run the distance in Surrey this gave her huge comfort when the going got tough around Canary Wharf.

Preparations went well. Liz stuck to her schedule and climbed the first major hurdle, getting to the start line itself. I felt bitterly sorry for Chris Hall and Jon Leigh who had been going so well in training but who were unable to run in London because of injury.

As for the race in a mixture of sun, shower and one nasty hail storm, Liz ran brilliantly running most of the way with a friend from Pompey Joggers. She had a plan and stuck to it. She prepared and delivered with a superb 4hrs 25min marathon. Meeting Liz at Horse Guards Parade, she was overjoyed about finishing and with her time.

The moral of the story is that running is not always about who can run the fastest, but who can achieve. Liz was among 11 Stubbies who ran at London, who all stuck it out, and who all achieved.

The joys of a marathon virgin

By Keith Carter

THIRD rejection, then the phone call from Mark Le Gassick about a club place.

Serious training doubts, worries about diet and injuries along the way. Settle into a routine with Tuesday club training and some Thursday club training with long Sundays on my own averaging 30 to 40 miles a week.

Come marathon day, book a hotel in Bexley not too far from the race start.

Lots of advice from experienced marathon runners as April draws near and life gets put on hold as it's all about pasta and running (friends and family fitted in between). People ask if I'm running for a charity and want to sponsor me, so I adopt FORT (Friends of Oncology and Radiotherapy).

My last long run was at Cranleigh (21 miles) which I found hard and I didn't know where the last five miles would come from at London (they say the crowds carries you…). Still, I was doing the Wednesday runs, and getting help and advice.

Eventually the Wednesday registration arrives and everything is very real - organising friends' and family viewing points - checking and re-checking kit list. Saturday evening hotel at Bexley, self-catered breakfast, and then the coach left at 7am.

The No.1 support was with me, my wife, Maria. I got into the Blue start area at 9am where I happened to meet Nick Kimber and Marcus Lee who gave me some last minute advice. I get into pen 6 with Maria waving from the other side of the fence. It's then over the line and I start my watch: 0–3 miles I don't remember; 3-11 miles running on adrenalin. I started looking for friends and family, and seeing them and I got a big lift.

Tower Bridge half way - my supporters rushed to the next meeting point having been given ETA's. See them in a sea of faces – another big lift.

Saw Dave King and Mike Harper - feels great to be recognised in masses of runners. Saw supporters again at 23 miles – now I realise I can do it. 25 miles for family friends and sponsors; last 385 yards for me.

Never thought I would do it, fantastic feeling finishing 3hrs 45mins 21sec – well pleased with time for my first marathon.

Next day while at Greenwich we see the "Iron Giant" which puts everything in perspective.
I managed to raise £600 for the FORT charity.

Thank you to SGR for giving me the chance and to all family, friends and sponsors.

Thank you also to SGR for all the advice and encouragement and to Andy and Hugh from Gosport

Results

RR10 race @ Royal Victoria Country Park, Netley. Wednesday, April 23rd (4.5 miles).

MEN

4 Mark Le Gassick
10 Zippy Grice.
15 Andy Simpson
20 Ray Gunner
24 Lewis Banner
34 Darrell Milner
36 Chris Hall
38 Graham Bell
39 Noel Charlton
44 Graham James
45 Tim Sullivan
62 Tim Crumpton
63 Nick Kimber
67 Paul Hammond
69 John Exley
78 Keith Carter
79 Nick Crane
84 Marcus Lee
86 Phil May
90 Aaron Kingston
92 James Keen
108 Andy Lee
112 Jon Henderson
120 Dave King
130 Richard Snell
149 Mark Folland
160 Drew Bridges
165 Paul Hailwood
166 David Langrish
168 John Blake
171 Ashley Lovell
175 Richard Roche
176 Aitken Hunter
179 John Simister
196 Terry French
204 Peter Adams
207 Martin Banner
208 Andy Tomlinson
215 Tom Mellor
220 Robert Spencer

WOMEN

1 Georgie Gair
2 Lucy Simmons
3 Susie MacGregor
10 Lou James
18 Elly Joyce
23 Penny Forse
25 Lucy May
39 Gill Rose
53 Sarah White
55 Jane Butler
62 Amanda Jones
93 Alex Frost

The next RR10 race takes place on Wednesday, May 7th at the Longdown Inclosure in Ashurst with a 7.15pm start.

Car parking is at the Otter and Owl Sanctuary. To get there, take the A35 towards Ashurst from the Totton bypass. Turn left into Deerleap Lane at the top of the hill. Follow this for about 1.5 miles.

Signs will be put up on the A35.

Stubbettes on course for step up

SUDDENLY, with two races to go, promotion to the top flight of the Hampshire Road Race League looks good for Stubbington's women.

A gaggle of Stubbettes cleared the snow off their cars and found their way to Totton last month for round eight of the HRRL, the Totton 10km which took place at Testwood School. Surprisingly, a good size field of runners took part – 618 – including some top-flight athletes at the front of the pack in both races.

Aldershot, Farnham & District's highly-rated Susie Bush won the women's race from British international Louise Damen (Winchester & District AC) in a time of 34min 19sec, to demonstrate the quality on a day which was cool, dry and with little wind on the fast, flat, but not particularly picturesque Totton course.

Chasing promotion from division two of the HRRL, the Stubbington ladies were depleted with several of the team either on Easter vacation, in Paris or training for the London Marathon. However, they were led home by the dynamic duo of ninth-placed Lucy Simmons (pictured above) in a super-slick time of 40min 28sec and Susie MacGregor in 41.08 to place third in the Vet35 category.

The club still scored well thanks to Lucy May's 44th place in 47.44. Mum Geraldine placed 171st in 1hr 00min 55sec (Vet 45, 36th), as the Stubbettes placed third in the team event behind Winchester and second-placed Romsey Road Runners.

The result means that Stubbington's ladies now lie second in Division 2, with clear water between the Greens and third-placed Eastleigh Running Club, with just two races to go. Next up is the Alton 10-mile race on Sunday, May 11th at Lord Treloar College. (10.30am).

City of Salisbury AC head Division 2 and are virtually certain of promotion. Two strong performances at Alton, and then the season finale on June 8th at Winchester will guarantee Division One status next year.

In the individual standings, Susie MacGregor holds second place behind Salisbury's Kathy Harvey, and Lucy Simmons has soared to sixth place on the back of her fine run in Totton. Louise James lies 17th.

The Totton 10km was won by Basingstoke & Mid Hants AC's Steve Rees-Jones in 30.34, just seven seconds ahead of second-placed Thomas Payn (Winchester & District AC).

Darrell Millner was the first Stubbie home in 37.35 and 11th Vet40, followed by Graham Bell in 66th with 38.58 (Vet 40, 15th) and 118th-placed Tim Crumpton in 41.32 (Vet 50, 17th).

On a day out for the May family, dad Phil led home the tribe in 141st with 42.38 (Vet 50, 22nd) and Richard Roche in 241st was the fifth scorer with 47.59 (Vet 40, 71st).

Stubbington's men hold comfortable mid-table in Division 1 with sixth place in the ten-team league. Zippy Grice is the highest-placed Stubby in the individual standings with 20th spot and Mark Le Gassick is 30th.

Rome-ing about

WHEN in Rome…. Aitken Hunter enjoyed the Italian hospitality when he took part in the Rome Marathon recently.
"It's always nice to have a Spring break and running the Rome Marathon on March 16th was a good excuse to get away," said Aitken, finished 5,129th out of a field of 10,511 runners with a time of 4hrs 1min 9sec.

WE (my wife and I, plus 2 friends) arrived in Rome 3 days prior to the marathon where it was a sunny 17 degrees, quite different to the weather we had left behind.

In the afternoon it was off to the expo to sign on and pick up my bib number etc.

My England Athletics Competition Licence enabled me to take part without the need for a full sports medical, the licence and race registration conformation letter were the only ID required to sign on.

The expo was very well organised, similar to London (only smaller!) red carpet laid out on the steps leading up to the marathon village and everyone involved did their best to make participants feel welcome.

Friday was again sunny, our day included an open top bus tour of Rome taking in the sights including the marathon route.

On Saturday we were lucky enough to obtain tickets from a group of Italian fans for the Italy vs Scotland Six Nations rugby match. Much to our relief the tickets were accepted at the gate! Once inside the ground we witnessed a display of Italian parachutists each carrying a flag of the six nations involved in the tournament, however for me, as a jock, the display on the pitch afterwards was disappointing to say the least, Scotland lost 23-20.

Finding a restaurant that served pasta for dinner Saturday night was not a problem!

Race day, the temperature had dropped a few degrees and the sky was slightly over cast. The race started at 9.00 however getting to the Colosseum for 8am was easy on the metro.

Bib numbers dictated which pens you mustered in and segregation was strictly controlled; unlike London the fences were 6ft tall and difficult to vault over. The positioning of these made it difficult for spectators to witness the start and finish.

Once off, the crowds were very encouraging initially, however their numbers and enthusiasm dwindled as the kilometres passed, although sporadic pockets of support were evident in places.

There were ample water/refreshment/sponge stations throughout. The best indication of a station or an official photographer on the route was the rapid transit of the indigenous runners to whichever side of the road these were positioned.

Although Rome is built on seven hills, the course criss-crossed the river and was relatively flat with only a few gentle inclines, the running surface was a mixture of Tarmac and cobblestones and in some places the Tarmac was worse to run on than the cobblestones.

Rome is a very beautiful city and running past some of the best known historic sights in Europe was awe inspiring; the Vatican, the Spanish Steps and the Trevi Fountain to name but a few.

The last 2km of the run took us past Circus Maximus and the Palatine Hill for a second time, before leading us around the Colosseum to finish on the Via Dei Fori Imperiali; as dramatic a back drop as the Mall and Buckingham Palace.

This was my fourth marathon and even though I didn't manage to finish inside my four-hour target time, the experience of running in Rome outweighed any disappointment I felt.

We spent a further four days enjoying the sights and delights of Rome, including cakes, ice cream and Peroni!

Did you know that Jonny W is obese?

DID you know that rugby star Jonny Wilkinson is not far off being classed as obese?!!

Seriously. It's all down to your Body Mass Index, according to Stubbington fitness guru, Glen Street.

Jonny Wilkinson

Glen Street

Your Body Mass Index is calculated by dividing your weight (in kg) by your height (in metres) squared.

This can be very misleading as the following shows.

Our Jonny weighs 88kg and stands at 1.77 metres tall. Taking those calculations into account, his BMI is 28.11.

"This reading actually puts Johnny in the overweight (25-29.9) category, and not far off being classed as obese (30-34.9)," says Glen. "This is why BMI should not be used as a means of monitoring changes in body composition.

"A much more accurate reading is obtained when taking skinfold measurement. Four measurements are taken around the body, a calculation is made and gender and age are also taken into consideration."

For anyone that would like to know what their body fat percentage is, Glen is offering to take these readings, and give a Personal Training "taster" session, where he will put you through a short series of exercises targeting those problem areas, for just £10.

If you would like to know more please ring Glen on 07810-066360 or e-mail glen.street@ntlworld.com

Paul's day is made by his choc saviour

PAUL Hammond likes a challenge, and he wasn't ducking out of one last month when he once again took part in the tough Combe Gibbet to Overton 16-mile cross country race.

Paul joined 151 other runners for the race which starts at Inkpen Beacon on the Hampshire/Berkshire border, close to where the Test Way Relay begins, and finishes in Overton, North Hampshire.

"It was muddy," said Paul. "Very muddy. The start at the Gibbet was wonderful, a clear day after the deluge of Saturday, you could see for miles in all directions.

"The first five to six miles were the muddiest, with deep ruts and puddles.

"At one stage I was literally knee deep in mud, I had to stop after that particular mire to extract half of North Hampshire from my left shoe; anyone who has had to take off a muddy wet shoe mid race will remember how difficult it is to put back on again.

"After that the mud wasn't so bad, the hills were still there though.

"My heroine of the day was the little girl who, with her Dad, was giving out fun size chocolate bars at about the 13 mile stage. At the finish at Overton it was tea a cakes a la the today's runner series. Hard work but great fun."

Paul finished 59th overall in a time of 2hrs 20min 59sec in an event organised by Overton Harriers.

PENNY Forse just missed out on a medal at the British Masters Athletic Federation Cross Country Championships in Oxford.

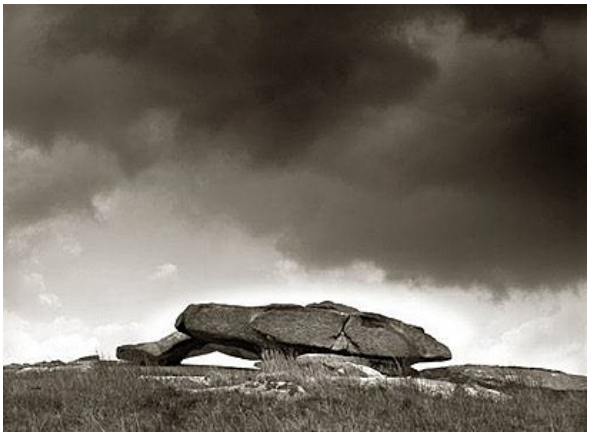
Competing in the Vet 55 age group in Banbury, Penny finished fourth in the 6km race in the category to finish as the 40th woman.

"It wasn't one of my best runs," said Penny, before heading off on a skiing break.

"If I'd felt as good as I have in recent races I think I'd have given the bronze medallist a bit of a scare - but there we go - running is like that!

"I had hoped it would be hilly and muddy, my favourite terrain but it was dead flat, boring and any mud was very superficial. A good spectator course, however."

What a great way to spend Easter!



DARRELL Milner couldn't resist the opportunity for a spot of racing while on vacation in Cornwall over the Easter holidays.

The weather wasn't great, but that didn't stop Darrell from trying his hand at the Bodmin Five Tors Challenge. "It wasn't much fun, but very character-building," said Darrell afterwards.

"The weather was horrendous. I stood at the start in a t-shirt, Stubby vest and shorts with the other hundred plus competitors in the pouring rain and gale force winds wishing I had stayed in bed.

"It was that bad that the registration staff actually wrote my number on my hand in permanent ink in case my number dissolved in the rain!

"The terrain was pretty difficult as well. Running up tors, through bogs, over rocks and through cow fields, knee deep in mud and at one point it started to hail."

In the end, Darrell's devotion paid of with a creditable 16th place. "I managed to finish without spraining or breaking anything, which started to become my priority as conditions worsened," added Darrell.

Fancy a bit of track & field?

THIS article is to make all athletes at the club more aware of our track team and give you all more information about how you can help and get involved in the Stubbington Green Runners and Athletic Club.

We have been competing in the Southern Men's League for seven seasons and after getting promoted a few seasons back have consolidated in Division 3 West.

As that suggests we compete regionally, and the venues this summer are Newquay, Salisbury, Southampton, Abingdon and Bournemouth.

Southern League Division 3 West fixtures

May 3rd @ Par, Cornwall vs Newquay, Poole R.

June 7th @ venue to be confirmed vs Radley, Overton, Team Dorset.

June 28th @ Southampton vs Haslemere, Wessex/Salisbury, Chichester.

July 12th @ Abingdon vs Abingdon, Team Southampton, Basingstoke.

August 2nd @ Bournemouth vs Bournemouth, Plymouth, Team Kennet.

The first event starts at one o'clock with the pole vault and often the shot.

The first track race starts at 2.15pm with the 400m hurdles.

The races and throws come thick and fast through the afternoon finishing with the steeplechase at 5pm and the 4 x 400m relay at 5.30pm.

Apart from the relays we need an A and a B string competitor in each event.

There are throws, jumps and races from sprints to 5000m.

The standard is very hard to predict.

The 5km, for instance, can be won in 15 minutes if Mark le Gassick is running, or in 17min 30sec.

Most athletes would expect to run in under 20 minutes, but often a club will persuade a 17-stone thrower to jog round for a point, so 25 minute 5k's are not unknown!

All athletes score points for their club, just getting round will secure two points, and last season we lost out overall by two points or less in two fixtures and won by the same narrow margin in another.

So if you can help, particularly at the first fixture at Newquay on May 3rd, please let me know, we hope if we get enough interest to take a minibus there.

Even if you can't compete through injury or because it's a men's league you would be a big help to come along and judge a couple of field events, which we are obliged to cover. This often means measuring throws or jumps, retrieving the discus or raking the sandpit.

If you can make the first fixture at Newquay **PLEASE** let me know as Newton Abbott have dropped out so just finishing the race or getting a throw in will earn 3 points.

Newquay are strong so we will have a contest with Poole Runners for second, and it may well come down to who can fill most events!

Mike Harper 07722-870258

It's thumbs up from Chris Munro on the track.

SGR MONTHLY FOUR-MILE TIME TRIAL
April

Gordon Reid	23min 32sec
Mike Bainbridge	23.33
Mike Harper	23.40
Darrell Milner	23.46
Mike Bell	26.08
Keith Carter	26.53
Phil May	27.06
Lucy Simmons	27.35
Tim Crumpton	28.57
Louise James	28.58
Mark Hindry	29.35
Derek Balsdon	31.36
Geraldine May	40.16

Next one: Tuesday, May 6th.
Meet in Crofton Community Centre Car Park, Stubbington at 6.30pm.

The Race Diary

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
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

The Race Diary

Date	Race	Venue	Time
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 (4 miles)	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
Fri June 6	Poole Rs Summer Series	Upton House, Poole, Dorset. (3.5 miles)	7.30pm
Sat June 7	Southern League Track	Venue to be confirmed - contact Mike Harper.	12pm
Sat June 7	Dream Miles	Long Walk, Windsor Great Park, Windsor, Berkshire.	10am
Sat June 7	Dorney Dash 10km	Dorney Lake, Dorney, Windsor, Berkshire.	10am
Sun June 8	Fishbourne Flat 5	Blackboy Lane, Fishbourne, Chichester, West Sussex.	9.45am
Sun June 8	Winchester 10k (HRRL)	River Park, Gordon Road, Winchester, Hampshire.	10am
Sun June 8	FOSMS 5	Chippenham Rugby Club, Chippenham, Wiltshire.	11am
Sat June 8	Kennet Kanter 10 mile	The Green, Devizes, Wiltshire.	11am
Tue June 10	Corfe Mullen Carnival 5k	Corfe Mullen Rec, Corfe Mullen, Dorset.	7.30pm
Wed June 11	Lethbridge 10k	Croft Sports Centre, Lethbridge, Swindon, Wiltshire.	7.30pm
Wed June 11	RR10 - race 5	Itchen Valley Country Park, West End, Eastleigh.	7.30pm
Wed June 11	Hayling Billy 5	Station Road, Hayling Island, Hampshire.	7.30pm
Sat June 14	South Downs Marathon	Slindon to Queen Elizabeth Country Park, Petersfield.	9am
Sun June 15	Blandford Bridges 10k	Blandford School, Blandford Forum, Dorset.	10.30am
Sun June 15	Alresford Rotary 10k	Arlebury Park, The Avenue, Arlesford, Hampshire.	10am
Sun June 15	Brading 10k	Smallbrook Stadium, Ryde, Isle of Wight.	11am
Sun June 15	Braishfield Beer 5	Braishfield Village Hall, Braishfield, Hampshire.	10.30am
Sun June 15	Pant In The Park (5km)	Charlton Sports & Leisure Centre, Andover, Hants.	11am
Sun June 15	Wargrave 10k	Wargrave Recreation Ground, Wargrave, Berkshire.	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

May's training programme

Tuesdays (6.30pm)
May 6th: Four-mile time trial.
May 13th: 10x200m (200m jog) @ school field.
May 20th: 4x800m (400m walk) @ school field.
May 27th: 4x1200m (400m walk) @ school field.

Thursdays (7pm)
May 8th: 6 x Brownwich loop.
May 15th: 5x5mins (2mins recovery).
May 22nd: Hunts Pond Road, 12x15sec (30sec recovery), 12x30sec (30sec recovery).
May 29th: 6 x School of Navigation Paarlauf.

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.

May 1st (Locks Heath): Chilling 2 x 1 mile (3 minutes recovery).

May 8th (Locks Heath): Chilling 3 x 5 mins (2 mins recovery).

May 15th: (Stubbington): 10 x 100m (100m walk).

May 22nd: (Locks Heath): Chilling 2 x 1 mile (3 mins recovery).

May 29th: (Stubbington) 4 x 400m (400m walk).

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.
Tel: 01329-661049.
Michael.tclarke@btoopenworld.com

Secretary: Mark Le Gassick
5, Vicarage Lane, Stubbington.
Tel: 01329-662352.
marklegassick@madasafish.com

Treasurer: Neil Jarvis
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Tel: 01329-516215
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Membership sec: Caroline Street
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Men's captain: Chris Hall
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hally.pfc@ntlworld.com

Ladies' captain: Chris Haskell
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Tel: 01489-582996 / 07766 296420
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X-country captain: Tim Crumpton
11, Maytree Close, Locks Heath.
Tel: 01489-576022 / 07973-300645.
Timothy.crumpton@ntlworld.com

Track & Field sec: Mike Harper
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Kit contact: Liz Hall
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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