The Greenrunner
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THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC
JULY 2008

The winning Stubbington South Downs Way Relay men's team pictured with the magnificent trophy after the awards presentation held at Chilcomb.

(from left to right): Alasdair Ewing, Gordon Reid, Richard Thomas, Andy Simpson, Zippy Grice, Mark Le Gassick.

Nice work boys

IT'S coming home….the South Downs Way Relay trophy is coming home after a year on loan.

Twelve months ago, in a spirit of amazing generosity, Stubbington's men relinquished their grip on the prestigious South Downs Way Relay title after an unprecedented four-year grip.

But this past year has been hard and the trophy has been missed, so last month the men in green took on the pride of the south coast to storm away with an impressive victory.

The Stubbies won the title with a fairly comfortable margin from nearest challengers, Chichester Runners & AC, with Steyning AC in third place.

Once again, the race was blessed with incredible weather, with hot and sticky conditions for most of the day as teams set out from Beachy Head near Eastbourne from as early as 6am.

Besides the victorious men's team, the Greens also fielded a veteran's and a B team, and for the first time, a ladies team, with Chris Hall taking on the role of minibus driver, supported by Tony Allen.

All four teams successfully completed the 18-leg six-person relay spread over a 100-mile route across the Downs to the finish at Chilcomb, just outside of Winchester.

The only major incident of the day was severe traffic delays around Storrington which caused all sorts of problems for teams which meant some support teams were unable to get to one of the change-over legs ahead of their runners.

For the Stubbettes, this meant some last minute juggling with Chris and Tony running with one of the ladies along routes they had not been before.

This prompted some complaints from other teams who instead had persuaded runners to complete two consecutive legs.

✦ Full story - see page 3.

Results

POOLE 10KM
WHERE: Poole Park, Poole, Dorset.
WHEN: Sunday, June 1st.
THE RACE: Two laps round Poole Park and Sandbanks.
RUNNERS: 918 runners.
FIRST MAN: Williard Chenhanhu (Poole Runners) 29min 59sec.
FIRST WOMAN: Birhan Dagne (Belgrave Harriers) 33.25 (15th overall).
STUBBIES: 73rd Darrell Milner 38.42 (Vet 40, 7th), 316th Derek Balsdon 47.44 (Vet 65, 1st).

D-DAY 10KM
WHERE: Alexandra Stadium, Northern Parade, Portsmouth.
WHEN: Wednesday, June 4th.
THE RACE: Two laps traffic-free race around Hilsea.
RUNNERS: 320 runners.
FIRST MAN: James Baker (Chichester Runners & AC) 32min 19sec.
FIRST WOMAN: Susie Bush (Aldershot, Farnham & District AC) 34.37 (ninth overall).
STUBBIES:
Men: 30th Darrell Milner 39.03 (Vet 40, 5th), 50th Tim Crumpton 40.35 (Vet 50, 6th), 63rd Nick Kimber 41.32 (Vet 45, 9th), 97th Martin Palethorpe 44.28, 163rd Nicholas Lewkowicz 49.29 (Vet 50, 23rd) *(best 10km time for 15 years!),* 202nd Peter Adams 53.34 (Vet 70, 3rd).
Team: Men 10th, Vets 4th.
Ladies: 7th Georgie Gair 41.22.

SGR MONTHLY FOUR-MILE TIME TRIALS
June

Mark Le Gassick	**21.00**
Mike Bell	**26.02**
Lucy Simmons	**26.28**
Keith Carter	**27.08**
Tim Sands	**27.10**
Louise James	**27.55**
Zac Conaty	**29.15**
Paul Hailwood	**30.43**
Derek Balsdon	**31.22**

July

Mike Bell	**25.52**
Keith Carter	**26.58**
Colin Elderfield	**27.55**
Phil May	**28.42**
Elly Joyce	**28.45**
Derek Balsdon	**30.50**
Paul Hailwood	**32.34**
Peter Hailwood	**32.34**

The next time trial will take place on Tuesday, August 5th.
Meet in the Crofton Community Centre car park in Stubbington for 6.30pm.

Stubb 10km takes a vital step forward

THE Stubbington Green 10km race took another step closer last month.

Race director, Gary Littlecott, held a couple of key meetings with Fareham Borough Council, Hampshire Police and Hampshire Highways as they considered the new race route for the January 2009 race.

And amazingly, the club was given the unanimous thumbs-up by the authorities who were impressed by the manner of Stubbington's proposals to change the former race route to one which was safer and easier to manage.

Gary said: "After six months of doom and gloom when we wondered whether will there ever be a Stubbington 10k race again, suddenly it is all system go

"Last month we finally got the good news from the council, police and Hampshire highways that our new 10k race route had been given the go ahead.

"2009 will be the start of a new era in the race's history as it challenges everybody involved with the organisation to be once again 200% sharp and totally dedicated on race day.

"Next January's race will cost us considerably more to stage than in previous years, but fortunately Fareham Borough Council has now become our very good allies, slashing the cost of necessary road closures from £2800 to a mere £700."

The new race route will start from Titchfield Road in Stubbington and head into Titchfield, winding its way through the village before dropping down Posbrook Lane to the Meon Foreshore. The runners will then wend their way through Hill Head all the way into Stubbington to finish in the square.

This is a major change from the traditional race route which has served the race so well for two decades and which took in Lee-on-the-Solent and Rowner. But because of traffic and safety concerns Gary and the club committee were forced into a rapid rethink – hence the new route.

The race date has been provisionally set for Sunday, January 18th with a 10am start. That date may change to a week earlier, depending on cross country fixtures. One of the key challenges will be to get the runners to the start in Titchfield Road without holding up traffic. It is likely the runners will have to pre-assemble in the park by the Crofton Community Centre.

Although major hurdles have been cleared, Gary conceded that a lot of work needs to be done to ensure the race is a success.

He added: "There is still so much to do up front of the race as it's now become a 1000 piece jigsaw puzzle with no picture.

"I have got one final meeting with the authorities to convince them that, we as a club and myself as race director are in charge of the situation and that we know what we are doing!

"I have every faith in the power of the Stubb, and be assured that I will fight any one who wants to stand against me in our fight to keep this race alive.

"It is also very humbling to learn that the police and council have passed my details on to other clubs as a point of reference purely for our dedicated and professional approach to the whole shake up.

"All the new route and race details will shortly be posted on our web site. I hopefully can maintain the good news momentum next month."

Stubbies shine in Downs sunshine

YOU can always bank on South Downs Way Relay day to be an absolute stinker weather-wise – though Mike Clarke can remember an age when this popular 100-mile relay was dogged by bad weather, wet runners and smelly cars!

The 2008 edition of the 18-leg run from Beachy Head to Chilcomb had you reaching for the deodorant big-time. It was a boiler.

Stubbington fielded four teams for the event – 24 runners who in the proceeding weeks had reccied their routes and travelled considerable distances across the south coast and into East Sussex to do so.

The preparation was worth it because this is one relay you don't want to miss out on. The views are spectacular and the camaraderie is first class. This is like no other race.

The South Downs Relay is as hard as a marathon with each runner expected to put in between 14 and 18 miles from their three legs spread over a 10 to 14-hour day. This across terrain which is a never-ending tester of climb after climb. Most of the starts to each leg, for example, are uphill climbs.

For the first time, Stubbington had a ladies' team who set off from Beachy Head at the ungodly hour of 6am. The squad of Susie MacGregor, Lucy May, Lou James, Lucy Simmons, Margie Pritchard and Tina Turner – fresh from Nutbrook City Limits AC, were aided and abetted by driver Chris Hall and bus conductor Tony Allen.

In fact, Chris and Tony were called upon the don running shoes when major traffic delays around Storrington meant runners couldn't get to the start of their legs on time. After a quick bit of reshuffling, the two wise hands, who have run the relay on numerous occasions and were familiar with the routes, accompanied Lucy and Margie on legs which they had not previously run.

Some runners on other teams were forced to run back to back legs because of the traffic delays. The Stubbettes did well in tiring conditions finishing fifth of the nine teams in a time of 13 hours 47 minutes and 10 seconds. The winners were Steyning AC in 13:19.43.

Naturally, the headlines went to Stubbington's men's team who dominated the race from start to finish. They left Beachy Head at 9am and were back at the Hampshire County Council Sports Ground at just after 7.40pm.

The team of Andy Simpson, Mark Le Gassick, Richard Thomas, Zippy Grice, Gordon Reid and Alasdair Ewing took a staggering 10 hours 40 minutes and four seconds to complete the relay, finishing 12 minutes ahead of nearest rivals Chichester & District AC, with third-placed Steyning AC a further 27 minutes adrift.

The Veterans and a Stubbington B team also competed and both squads more than held their own against some good competition. The Vets squad of Jon Leigh, John Exley, Tim Crumpton, Graham Bell, Ray Gunner and John Gueran finished fourth in 12.27.38 in a category won by Brighton & Hove City AC in 11.49.51.

And the B team, who were grateful to driving from Neil Jarvis and Jennie Lee, managed to get round the course unscathed, finishing in daylight for once. The team of Nick Kimber, Phil May, Andy Lee, Nick Crane, Richard Simms and Dave King were sixth of 10

A teams: 1st Stubbington Green A 10hrs 40mins 44secs, 2nd Chichester Runners 10.52.59, 3rd Steyning AC 11.07.37, 4th Heathfield Road Runners 11.38.24, 5th Liss Runners 11.40.10, 6th Midhurst Milers 12.01.25, 7th Amphibians 2 Tri Club 12.16.52, 8th Hailsham Harriers 12.18.41, 9th Basingstoke & Mid Hants AC 12.33.23, 10th Fittleworth Flyers 12.41.40, 11th Haywards Heath Harriers 12.43.06, 12th Wildebeests 12.44.23, 13th Victory AC 12.54.06, 14th Burgess Hill Runners 13.15.17, 15th Seaford Striders 13.16.00, 16th Henfield Joggers 13.29.29, 17th Brighton & Hove AC 13.47.11, 18th Exiles 13.55.50. Disqualified: Phoenix AC, Ranelagh Harriers.

Vets: 1st Brighton & Hove City AC 11.49.51, 2nd Arena 80 11.53.28, 3rd Phoenix AC 12.05.35, **4th Stubbington Green Runners 12.27.38,** 5th Ranelagh Harriers 12.30.48, 6th Wessex Road Runners 12.32.06, 7th Southampton Running Club 12.52.48, 8th Crowborough Runners 13.37.26.

B teams: 1st Chichester Runners 12.02.11, 2nd Phoenix Old Boys 12.22.32, 3rd Hailsham Harriers 12.26.45, 4th Steyning AC 12.35.31, 5th Heathfield Road Runners 12.43.53**, 6th Stubbington Green Runners 13.25.21,** 7th Midhurst Milers 13.34.59, 8th Liss Runners 13.57.38, 9th Henfield Joggers 14.43.53, 10th Burgess Hill Runners 15.00.07

Ladies: 1st Steyning AC 13.19.43, 2nd Hailsham Harriers 13.27.36, 3rd Chichester Runners 13.39.57, 4th Phoenix AC 13.41.26, **5th Stubbington Green Runners 13.47.10,** 6th Haywards Heath Harriers 13.54.27, 7th Pigstrotters 15.04.49, 8th Crowborough Runners 15.47.46. Disqualified: Heathfield Road Runners.

Doctor unfazed by jellyfish

THE Flying Doctor, Richard Thomas, finished 36th out of 381 competitors for the Beaulie Middle Distance triathlon last month.

The half ironman event consisted of a 1300m swim, a 54 mile cycle ride and then a 14-mile run to finish.

"The swim took place in the Beaulieu River with all the jellyfish, temperature allegedly a balmy 17.5 degrees," said Richard. "You had this horrible sensation of being one of a hundred fish in a barrel, this time with the added thrill of swimming against the tide!

"A tidal surge moved the marker buoys approx 300m which shortened the swim to approx 1300m. Sounds good, but I'm not sure this was a good thing as I was only just settling down to a good rhythm at this point.

"The 54 mile cycle was in and around the southern part of the New Forest taking in Lyndhurst and Lymington. It was a bit wet and drizzly initially but there was not much wind and the course was pretty flat. I managed to average 22mph, but probably pushed too hard and trashed my legs for the run.

"The 14 mile run was on roads and trails around Buckler's Hard in a two-lap format. Again, it was a pretty flat course; a few more ups and downs would probably have suited me better.

"This was a really lovely location and well organised by Richard & Jo Iles of RACENEWFOREST; I will definitely want to do it again and recommend it to anyone for their first shot at the longer triathlon distances."

Richard completed the event in a time of 4hrs 34mins 33sec, which placed him 36th overall and 11th in the 40-44 age group. His splits were 23min 3sec for the swim, 2hrs 30min for the cycle ride and 1hr 40min for the run.

"I was pleased with the time," added Richard. "My previous half ironman and middle distance triathlons have been around 5hrs 12mins and 5hrs 35mins. But this was a much easier course and the slight differences in the length of all three disciplines make it difficult to compare."

What's coming up race-wise for the rest of 2008….

Sunday August 3rd: Sturminster Newton Half Marathon.
Sunday, August 3rd: Milland Valley 14 @ Liphook.
Wednesday, August 6th: Promenade 5km.@ Portsmouth.
Saturday, August 9th: Maiden Newten Madness 10km.
Sunday, August 10th: Midhurst 10km.
Sunday, August 17th: Everton 10km.
Sunday, August 17th: Henfield Half Marathon.
Monday, August 25th: Shillingstone 5 @ Blandford Forum.
Saturday, August 30th: Test Way Relay.
Sunday, August 31st: The Beast @ Wareham.
Sunday, August 31st: Arundel Castle 10km.

Saturday, September 6th: Overton 5.
Sunday, September 7th: Fittleworth Flyers 5.
Sunday, September 14th: Believe & Achieve 10km @ Portsmouth.
Sunday, September 14th: Studland Stamped 12km.
Sunday, September 21st: New Forest Marathon/Half Marathon.
Sunday, September 21st: Stansted Park Slog/Slug.
Sunday, September 28th: Littledown 5 @ Bournemouth.

Sunday, October 5th: Hoburne 5 @ Christchurch.
Sunday, October 5th: Clarendon Way Marathon/Half.
Sunday, October 12th: Chichester Priory 10km.
Sunday, October 12th: Solent Half Marathon.
Sunday, October 12th: Gold Hill 9.5k @ Shaftesbury.
Saturday, October 18th: Weymouth 10.
Sunday, October 19th: Milford & Keyhaven 5.
Sunday, October 19th: Tadley Runners' 10.
Sunday, October 26th: BUPA Great South Run.
Sunday, October 26th: The Stickler 10.1 @ Blandford Forum.

Sunday, November 2nd: Dash Back 10km @ Bournemouth.
Sunday, November 2nd: Gillingham Hilly 7.5km.
Sunday, November 2nd: Barns Green Half Marathon.
Sunday, November 16th: Gosport Half Marathon.
Sunday, November 16th: Wimborne 10.

Sunday, December 7th: Tadley Runners' Xmas XC 5.3 miles.
Sunday, December 7th: Victory 5.
Sunday, December 14th: Believe & Achieve 5km @ Portsmouth.

See the latest fixtures on pages 10 & 11.

Greens looking mean for RR10

THE summer RR10 series continues to attract a good-sized contingent of Stubbies, with strong turn-outs at both Itchen Valley Country Park near Eastleigh and also at Cadland Park near Holbury.

The race at Itchen Valley has been taken over by Eastleigh Running Club and instead of the three-lap race around the park, the hosts conjured up an interesting two-lap, twisting and turning course which seemed to go down well with most runners.

For several Stubbies, they came into the race with hamstrings hurting and bodies aching after taking part in the South Downs Way Relay a few days earlier.

Among those entering the fray were Susie MacGregor and Lucy Simmons who had both turned out for the ladies' team on the South Downs, but who came home in sixth and 10th places respectively - the first time that Susie has beaten Lucy in the RR10 this summer. The indefatigable Penny Forse was 16th to help the Stubbettes to third place in the team competition.

For the men, despite sore calfs and quads from the weekend with the victorious Stubbington men's team, Mark Le Gassick still twinkle-toed his way round the firm course of parkland and woodland paths for seventh, chased home by two youngsters; Lewis Banner (17th) and James Hall (28th). The old stager in Ray Gunner (25th) and Darrell Milner, watched by his new son Izaak, was 37th as the men finished fifth on the evening.

We had 35 Stubbies turn out at Itchen Valley on a pleasant Wednesday evening which was fantastic. For the next race at Cadland Park, organised by Hardley Runners, we had 26 runners make the trek to the New Forest, which was once again an impressive number.

It was good to see another teenager, Georgie Gair, back in Stubbington colours as she led home the ladies in sixth, just head of eighth-placed Susie, with Penny in 17th.

It means that with four races to go, Susie lies third overall behind series leader Georgia McNicol (Winchester) with Penny seventh and the impressive Gill Rose in 17th with a series of consistent runs in the high 30s and early 40s.

In the men's race at Cadland, Andy Simpson led the charge in 8th supported by Graham Bell (16th), and with Darrell (36th), Mike Harper (37th) and Graham James (38th) finishing together.

Overall, Darrell, in 13th place is Stubbington's highest placed runner, with Nick Kimber 23rd, Nick Crane 25th and Marcus Lee 27th.

The next race is our race at Manor Farm on July 9th. If you can marshal and haven't told Tim Crumpton then he would welcome a call. You cannot run this race. You can run at Janesmoor Pond at Stoney Cross on July 23rd (both 7.30pm).

Race 5: Itchen Valley Country Park Wednesday, June 11th.

Men:
7th Mark Le Gassick, 17th Lewis Banner, 25th Ray Gunner, 28th James Hall, 37th Darrell Milner, 42nd Graham Bell, 48th Graham James, 51st Mike Harper, 57th Tim Sullivan, 68th Tim Crumpton, 77th Nick Crane, 84th Gordon Westley, 86th Marcus Lee, 89th Keith Carter, 101st Aaron Kingston, 110th Dave King, 138th Richard Snell, 140th Glen Street, 142nd John Blake, 154th Paul Hailwood, 161st Dan Horscroft, 170th Gary Littlecott, 171st John Fairhurst, 182nd Andy Tomlinson.

Teams: Stubbington A: 4th, Stubbington B: 9th, Stubbington C: 20th, Stubbington D: 29th

Ladies
6th Susie MacGregor, 10th Lucy Simmons, 16th Penny Forse, 24th Tara Doherty, 38th Gill Rose, 53rd Julie Woodman, 68th Sarah White, 90th Liz Hall, 99th Karen Dean. 103rd Chris Haskell, 132nd Anne Fairhurst. **Teams**: Stubbington A: 3rd, Stubbington B: 12th, Stubbington C: 27th.

Race 6: Cadland Park, Holbury Wednesday, June 25th.

Men:
8th Andy Simpson, 16th Graham Bell, 35th Darrell Milner, 36th Mike Harper, 37th Graham James, 41st Tim Crumpton, 49th Jon Leigh, 57th Nick Crane, 65th Nick Kimber, 70th Marcus Lee, 112th Glen Street, 117th Richard Snell, 124th Dan Horscroft, 129th John Fairhurst, 132nd John Blake, 138th John Simister, 143rd Andy Tomlinson, 155th Martyn Banner,163rd Robert Spencer.
Teams: Stubbington Green A: 5th, Stubbington Green B: 12th, Stubbington Green C: 25th.

Ladies:
6th Georgie Gair, 8th Susie MacGregor, 17th Penny Forse, 28th Tara Doherty, 42nd Gill Rose, 97th Liz Hall, 122nd Anne Fairhurst. **Teams:** Stubbington Green A: 4th, Stubbington Green B: 18th.

Results

HAYLING BILLY 5
WHERE: Hayling Billy Railway Line, Hayling Island.
WHEN: Wednesday, June 11th.
THE RACE: Short, sharp five-mile blast along old railway line.
RUNNERS: 224 runners.
FIRST MAN: James Baker (Chichester Runners) 25min 50sec.
FIRST WOMAN: Sue Gardener (Victory AC) 33.50 (45th).
STUBBIES: 72nd Neil Jarvis mid 36 minutes (Vet 40, 20th), 107th John Simister 38.54 (Vet 40, 34th), 116th Steve Wylie 39 minutes (Vet 40, 37th), 142nd Peter Adams 42.45 (Vet 70, 4th), 165th Tracie Jarvis 46.06 (42nd female), 177th Jane Heywood 47.49 (Vet 40, 22nd), 181st Jasmine Smith 48.10,

BROAD TOWN 5
WHERE: Broad Town, Swindon, Wiltshire.
WHEN: Saturday, June 14th.
THE RACE: Pleasant five miler race based at school fete.
RUNNERS: 157 runners.
FIRST MAN: Gary O'Brien (Swindon Striders) 27.15.
FIRST WOMAN: Amy Chalk (Bristol AC) 27.41 (third overall).
STUBBIES: 37th Dave King 34.58.

BRAISHFIELD BEER 5
WHERE: Braishfield, Romsey, Hampshire.
WHEN: Sunday, June 15th.
THE RACE: Five mile race around Braishfield lanes with beer at the finish!
RUNNERS: 167 runners.
FIRST MAN: Andy Morgan-Lee (Southampton Running Club) 25min 42sec.
FIRST WOMAN: Karen Rushton (Southampton RC) 30.33
STUBBIES: 8th Andy Simpson 28.38, 13th Graham Bell 30.07, 15th Ray Gunner 30.50, 30th Tim Crumpton 32.28, 38th Marcus Lee 33.42, 65th Zac Conaty 37.41, 83rd Nicholas Lewkowicz 40.10, 95th Andy Tomlinson 41.47.

Southampton Running Club has some Open Time Trials at the Southampton Sports Centre track on Friday, August 1st if anyone is interested.
Events: 7pm, 400m; 7:30pm, 1 mile; 8pm, 3000m. The cost is £2 per event.

All change for club committee

ALREADY the rumour-mill has started. Will our new chairman change the colours to Pompey blue and the club renamed Stubbington Blue Runners, will all new members have to swear allegiance on the gospel according to Harry Redknapp and male runners will need to follow the go-fast grade one hair cut of their esteemed leader!!

Yes, Chris Hall has taken over as the new chairman of Stubbington Green Runners, taking over from long-standing chief Mike Clarke who has been given welfare! No, he has been given a new title of welfare officer.

The club's annual meeting at The Crofton at the end of the month saw a number of changes to the club committee.

Mark Le Gassick has swapped his secretary's hat for that of men's team captain, previously worn by the aforementioned chairman.

Susie MacGregor has taken over from Chris Haskell as ladies' skipper, while master of silly walks, Phil May (pictured), moves to the cross country captain post vacated by Tim Crumpton.

A new post has also been created to demonstrate the increasing influence of triathlon as Richard Thomas becomes triathlon captain.

The final change sees Paul Hammond accepting the reins of club secretary.

Membership secretary, Caroline Street, spoke at the meeting about a new on-line registration system which will be introduced this summer when subscriptions are due.

This should make the whole membership renewal system much slicker and easier to manage. More about this in August's Green Runner.

Liz Hall remains as i/c club kit, Gary Littlecott couldn't find anyone foolish enough to take over the running of the Stubbington 10km (you've got it for life!), Dave King and Mike Bell continue to run the Green Runner and website, and Michelle Simpson and Jennie Hearnden are the social committee queens with valuable input from Tracie Jarvis. Mike Harper remains as track and field secretary.

All aboard 6.5 Special

IT'S all aboard for another trip on the annual Stubbington 6.5 Special.

This year's race takes place on Friday, July 11th, meeting at 6.30pm for a 7pm start.

The race is a very flat 11km run, that's seven miles in old money, out and back from Wickham along the old railway line.

The track is suitable for road shoes and studs, there are very few muddy spots, according to organiser, Tim Crumpton.

The start can be found on the north side of Wickham off Mill Lane.

That's a short walk from Wickham Square, although there is plenty of parking in the cul-de-sac off Mill Lane, right by the start.

Afterwards, we will be retiring to the Cricketers Pub in Curdridge for some grub.

"Last year was a lot of work arranging choices of food beforehand," said Tim.

"So this year I have arranged for plenty of sausage or chicken and chips to be available for 8.45pm. If folk want a veggie spinach and cheese pastie, then they can order on arrival at the pub, or they can order their own meals from the pub menu."

The basket meals will be £6 per head, payable on the night.

To get to The Cricketers from Wickham Square, turn right at the southern end of the square onto the A334 towards Botley. Stay on the A334 which forks left after a mile.

After passing the Silverlake car parts outlet on the right-hand side, you climb a fairly steep hill and take a right into Lockhams Road, which is a leafy lane.

At the end of the road, there is a dangerous T-junction, that you'll find The Cricketers pub right ahead of you.
See you then!

That's all folks!

AS I am sure you are all aware, I have decided after three years to stand down as Ladies Captain this year. Well you know what they say 'if you have to leave make sure you do it at a high point' and as far as SGR Ladies are concerned it doesn't get much better than the 2007-08 season, *writes Chris Haskell.*

Not only have the ladies consistently fielded teams in the road race league and Todays Runner XC series, they also took on the challenge of the South Downs Relay for the first time and after several months of preparation and recceing, they performed brilliantly on the day to complete it in 13 hours 47 mins, with 3rd place overall.

This is a very tough course from Beachy Head to Winchester over some wonderful countryside with outstanding views and *some rather steep hills*- the six who took part loved it (or so I am told!).

But of course the top achievement for the ladies was for the 'A' team to gain promotion to Division 1 of the Hampshire Road Race League. Of the ten races we only failed to field a team on one occasion (Overton 5) and in many races had enough ladies to have 3 scoring teams, so well done girls, I am proud of you! Individually the final positions saw us with five ladies in the top 60 of the league – a result you can be justifiably proud of; 5th Susie McGregor, 10th Lucy Simonds, 14th Louise James, 28th Bev Lavery, 59th Gill Rose.

Once again the ladies were able to hold their heads high and take equal credit with the men when it came to bringing home the Today's Runner trophy to Stubbington. It all came down to the last race at Staunton and although a close run thing they did the club proud.

This series of winter cross country races is a great way of starting cross country running so I hope to see a lot of our newer members next season.

Liz Hall and Helen Grice were the SGR reps at the London Marathon this year. After a winter of long hard training they did SGR and themselves proud. Well done!

One of the reasons we had so few ladies at London this year can only be blamed on one person – Tracie Jarvis!

It was at the annual awards dinner in November that Tracie, after several glasses of vino, decided it would be a good idea to do the Paris Marathon and by the end of the evening she had a whole crowd agreeing to do it with her. Even I agreed, although hobbling around with a torn cartilage, such are her powers of persuasion!! The final number was 10 ladies, plus 3 honorary ladies! - Tracie Jarvis, Annie Tomlinson, Gill Rose, Verity Wright, Sarah White, Margie Pritchard, Sue Robinson, Sarah Boddy, and Julie Ashman. Caroline Street sadly had to withdraw due to injury but was a very enthusiastic supporter.

They had such a great time that and, believe it or not, I understand they want to repeat the event next year so if you want to join them keep a look out in the Green Runner around November time. If I ever get fit again I will on the list!

I know that their success was due in no small measure to the continued support and encouragement they got from Glen Street and his Thursday training sessions, plus the Monday sessions run by Penny Forse. Many thanks to both of you.

I think Triathlon is the aim for 2008-09 - mad or what?!!

A word of thanks to our social sec Michelle Simpson. She has done sterling work this year aided and abetted by Jennie Hearnden, Dave King and Gary Littlecott to ensure that we have some social events to let our hair down at, namely the Annual Awards Dinner in November and the Murder Mystery Night in Spring.

I know she has a very busy year ahead with a young family, new job and college course (and Andy, of course) to keep her busy, so it would be understandable if the social sec role was just a job too far, but I for one would like to see her continue in the role if she is willing? Well done Michelle.

Another successful course was completed in May with 11 more eager newbies joining our club. The 8 weeks flew by and before they had realised it they were all up to running 4 miles and had even improved their times over a mile by a minute or two!

When they turn up at Stubbington on a Wednesday evening remember they need our support to maintain their enthusiasm – they love running as much as we do

A big thank you to the many members who gave up their own Wednesday training sessions to come and help on this course. Glen and I appreciate it very much; it would be impossible without you.

Finally I would like to say a big thank you to everyone in the club who has made my three years as Ladies Captain an enjoyable and rewarding experience. I have had a great time and made some great friends and running partners.

I am not leaving the club but just handing over the reins (I hope) to a younger member, who I am sure will get all the support I have had to ensure that Stubbington Ladies' success continues!

Record-breaker

AFTER our no show in match one at Newquay, we needed a good performance at Salisbury to have a chance of staying in the Southern League Division 3 South-West, *writes Mike Harper*.

As 1pm approached and the shot and pole vault beckoned, it didn't look promising. Only three athletes to cover 38 events; myself, Dave Marrott and Lewis Banner!

We had intended to just compete in a few events each. As I was warming up for the shot, Stew Shaw arrived, and we had a quick re-think! We knew Gordon Westley and Dan Dell would be along later, so apart from "B" string Pole Vault we covered all events.

Unsure as the afternoon wore on (and we were more worn out) whether our efforts would be worth it, we were really pleased to accumulate 82 points and 3rd place.

Performance of the day came from Lewis in the 800m where, in a tight finish, he was a very close second, but recorded 2min 2.2 seconds, a new personal best and club record.

That was certainly a massive highlight, but Lewis also chipped in with 10.95m, to win the triple jump, and 55.1sec to place 2nd in the 400m.

After hours stuck in traffic delays from Cardiff, Dan crammed five events into the last two hours. He comfortably won the 400m "B" string and led home our relay teams.

Dave had an excellent afternoon in the throws. He won the "B" string hammer with 27.00m, improving his Stubbie best by 5cms. In throwing over 10m in the shot, Dave took 2nd place in that event. He also won the "B" string discus with 22.55m.

After helping out in the 100 m and 800m, Gordon immediately went from 800m to 5000m and, despite the heat, was well inside 20 minutes. Then he ran a strong steeplechase, to take 3rd in "A" string, reversing our individual positions from the 5000m earlier.

Stew used to compete as a decathlete, which proved very useful as he competed in 10 events in an afternoon! In the throws Stew finished 2nd "A" string, in 3 events, and 2nd "B" string in the shot. After running in both the relays, high jump, and long jump, he ran in both hurdles with much more success in the 110m hurdles, where he easily won the "B" string in 21 seconds, less than one second off Dave Marrott's club record.

I covered the other events, in the main pretty slowly, but it all added up to a great result. Many thanks must also go to Mike Clarke, Brian Cooper and Mariani Wallis, who helped and supported us during the day.

Results.....Results....Results....Results....Results....Results....Results....Res

BISHOPS WALTHAM 5
WHERE: Bishops Waltham, Hampshire.
WHEN: Sunday, June 8th.
THE RACE: Perfect summer's day for popular five-miler.
RUNNERS: 115 runners.
FIRST MAN: Matt West (Winchester & District AC) 27min 34sec.
FIRST WOMAN: Lorna Russell (Unattached) 30.28 (fourth overall).
STUBBIES: 17th Robert Blackmore 34.33, 25th Nick Davies 37.15, 43rd Derek Balsdon 39.35, 57th John Vose 41.58, 68th David Elland 44.07, 75th John Randall 45.11.

SEAFORD 10KM
WHERE: Seaford, East Sussex.
WHEN: Sunday, June 15th.
THE RACE: Multi-terrain 10km along grass, footpaths and downland tracks.
RUNNERS: 144 runners.
FIRST MAN: Geoff Gray (Seaford Striders) 38min 27sec.
FIRST WOMAN: Katy Moore (Brighton & Hove 40.11 (3rd).
STUBBIES: 4th Barry Hards 40.11 (Vet 50, 1st), 9th Lewis Hards 42.10, 17th Darryl Hards 43.49 32nd Bev Hards 46.08 (V45, 1st).
Ella-May and Kim competed in the 1km fun run and the Hards family won the social team prize and were third in the overall team standings.

HETHEL 10
WHERE: Hethel, Wymondham, Norfolk.
WHEN: Sunday, June 15th.
THE RACE: Low key 10 miler held at the site of the Hethel engineering centre.
RUNNERS: 148 runners.
FIRST MAN: Jez Cox (St Albans Striders) 57min 22sec.
FIRST WOMAN: Emma Coombes (City of Norwich AC) 1hr 5min 21sec. (16th overall)
STUBBIES: 33rd Jon Leigh 1:08.29.

SAAB SALOMON FOREST TRAIL 10KM
WHERE: Moors Valley Country Park, Ringwood.
WHEN: Thursday June 26th.
THE RACE: Scenic forest trail run with steady climbs and a long downhill finish.
RUNNERS: 144 runners.
FIRST MAN: Nick Baker (Denmead Striders) 33min 40sec.
FIRST WOMAN: Georgie Reed 43.33 (14th overall)
STUBBIES: 38th Paul Hailwood 47.43 (Vet 45, 5th) (PB), 50th Jon Henderson 49.20, 51sr John Nicholson 49.20.

At last it's promotion

TWELVE months ago, Stubbington's ladies narrowly missed out on promotion from the Hampshire Road Race League.

But last month at Winchester, promotion from division 2 was secured and so in September the Stubbettes will take their place in the county's top flight.

It was a little bit of an anti-climax since many of Stubbington's leading ladies were missing from the Winchester 10km at the Riverside Leisure Centre because of the South Downs Way Relay the previous day. So it was left to the fast-improving Gill Rose to carry the beacon on a hot and hilly race as the first of the ladies to finish in 282nd in a time of 49min 11sec. Gill was followed by Verity Wright and Sarah White who ran together, finishing 400th and 401st in 55.08.

For the men, Tim Sands was the first Stubby home in 142nd place with a time of 43.45, followed by Richard Snell in 47.30 for 229th. The race was won by Winchester & District AC's David Knapman as the 27-year-old clocked 32.47 for the distance. Barbara Yiff, also from Winchester, won the women's race in 37.20 for 21st overall.

As for the promotion tussle, closest rivals Eastleigh, who stood a chance of snatching the second and final promotion slot, were the top Division 2 club at the Winchester event.

But the girls did just enough to ensure that it will be Stubbington and Division 2 champions, City of Salisbury, who will compete in Division 1 next September.

Salisbury finished top on eight points, with Stubbington on 11pts and Eastleigh were a further seven points adrift. They will replace Lordshill Road Runners and Overton who are relegated from Division 1.

Winchester & District AC were the runaway winners of Division 1 and newly-formed Fareham Crusaders claimed the Division 3 crown.

Individually, fifth-placed Susie MacGregor was Stubbington's highest placed runner, with Southampton Running Club's Karen Rushton pipping long-time leader Kathy Harvey (City of Salisbury) to the title. Other Stubbington HRRL overall placings: 10th Lucy Simmons, 14th Lou James, 28th Bev Lavery, 58th Gill Rose, 103rd Lucy May, 147th Joan Oliver, 201st Annie Tomlinson, 207th Margie Pritchard.

Winchester's women claimed first and second position in the B Division where Stubbington placed 11th, unable to field a B team at Winchester.

Stubbington's men finished seventh in Division 1 behind winners Winchester. Gosport Road Runners and Poole AC were relegated to be replaced by Division 2 champions City of Salisbury AC, and runners-up New Forest Runners. Andover AC won Division 3.

Winchester completed the team clean-sweep by capturing the men's B division where Stubbington disappointingly placed 16th after the series which to begins again on Saturday, September 6th with the Overton 5.

Toby Lambert (Winchester) was crowned men's HRRL champion where Zippy Grice in 30th place, after running just four races during the campaign, was Stubbington's top-placed male runner. Other Stubbington HRRL overall placings: 43rd Mark Le Gassick, 100th Richard Thomas, 111th Darrell Milner, 119th Mike Harper, 129th Tony Allen, 139th Micky Breed, 143rd Alasdair Ewing, 151st Andy Simpson, 167th Barry Hards.

Results

AXLR 8 TRIATHLON
WHERE: Crowthorne, Berkshire.
WHEN: Sunday, June 22nd
THE RACE: 200m swim, 17km bike, 5km run.
RUNNERS: 305 runners.
FIRST MAN: Charles Pennington 47min 8 sec.
FIRST WOMAN: Katy Granville-Chapman 54.25 (9th overall).
STUBBIES: 188th Jane Adlard 1hr 14min 46sec (7min 16sec swim, 39min 20sec bike, 28min 10sec run).

PURBROOK LADIES 5
WHERE: Purbrook Heath, Purbrook.
WHEN: Sunday, June 29th
THE RACE: Popular ladies-only race on lanes around Purbrook.
RUNNERS: 145 runners.
FIRST WOMAN: Emma Patel (Winchester & District AC) 31min 16sec.
STUBBIES: 15th Gill Rose 37.54 (V40, 3rd), 17th Annie Tomlinson 38.39 (V35, 2nd), 33rd Mariani Wallis 40.18 (V45, 8th), 43rd Verity Wright 42.53 (V35, 7th), 120th Sue Simister 54.07 (V50, 11th), 126th Kelly Sunderland 55.18 (V35, 27th), 127th Gill Adamson 55.18 (V40, 26th)

PJC SUMMER X-COUNTRY
WHERE: Queen Elizabeth Country Park, Petersfield.
WHEN: Wednesday, June 25th.
THE RACE: Five-mile race staged over forest tracks around country park.
RUNNERS: 156 runners.
FIRST MAN: James Baker (Chichester Runners & AC) 26min 53sec.
FIRST WOMAN: Emily Nelson-Alden (Midhurst Milers) 31.58 (12th overall).
STUBBIES: 57th Andy Lee 38.58.

LORDSHILL 10KM
WHERE: Lordshill Outdoor Recreation Centre, Southampton.
WHEN: Sunday, June 29th
THE RACE: Hot 10km around country lanes of west Southampton.
RUNNERS: 275 runners.
FIRST MAN: Andy Morgan-Lee (Southampton Running Club) 32min 29sec.
FIRST WOMAN: Emma Dews (Wimbledon Windmilers) 37.51 (fifth overall).
STUBBIES: **Men:** 18th Darrell Milner 40.19 (V40, 5th), 28th Jon Leigh 41.35 (V40, 7th), 37th Nick Kimber 43.16 (V50, 6th), 121st Gary Littlecott 52.08 (V40, 40th), 134th John Blake 53.19. **Team:** 7th

Women: 2nd Susie MacGregor 41.31 (V35, 1st—26th overall), 12th Margie Pritchard 48.24 (V35, 5th), 49th Holly Bayliss 58.01, 63rd Jane Adlard 1hr 00min 37sec (V35, 26th). **Team:** 4th.

The Race Diary

Date	Race	Venue	Time
Tue July 1	SGRAC 4 mile time trial	Meet outside Crofton Community Centre, Stubbington.	6.30pm
Wed July 2	Promenade 5k	Mountbatten Centre, Portsmouth, Hampshire.	7.30pm
Wed July 2	Roundhill Romp (6 miles)	Steyning Athletic Club, Steyning, West Sussex.	7.30pm
Wed July 2	Yateley 10km - race 2	Yateley Centre, School Lane, Yateley, Hampshire.	7.30pm
Sat July 5	HAS Superheroes 5	Itchen Valley Country Park, West End, Eastleigh.	2pm
Sat July 5	Compton Canter 10km	Compton Recreation Ground, Newbury, Berkshire.	2pm
Sat July 5	Charmouth Challenge	Charmouth School, Charmouth, Dorset. (8.25 miles)	3pm
Sun July 6	Portland 10	Royal Manor Arts College, Portland, Dorset.	11am
Sun July 6	Asics British London 10k	Piccadilly, London.	9.35am
Sun July 6	Bewl 15	Uplands Community College, Wadhurst, East Sussex.	10.30am
Sun July 6	Cranleigh 10km	The Band Room, Village Way, Cranleigh, Surrey.	11am
Sun July 6	Sway Carnival 5	Wilverley Plain, Brockenhurst, Hampshire.	10.30am
Sun July 6	Tadley Runners' 10k	Hurst Community College, Tadley, Hampshire.	11am
Sun July 6	The Moonraker 10k	Urchfont Village Green, Devizes, Wiltshire.	5pm
Wed July 9	RR10 - race 7	Manor Farm Country Park, Bursledon, Hampshire.	7.30pm
Wed July 9	Gibbet Hill 10km	Lion Green, Haslemere, Surrey.	7.30pm
Wed July 9	Chippenham River 5km	Monkton Park, Chippenham, Wiltshire.	7.30pm
Fri July 11	6.5 Special	Wickham Railway Line, Wickham, Hampshire.	7pm
Sat July 12	Maiden Castle Loop 6.5	Thomas Hardey Leisure Centre, Dorchester, Dorset.	7pm
Sun July 13	New Forest 10	New Park Farm, Brockenhurst, Hampshire.	11.15am
Tue July 15	QM Reservoir 10km	Queen Mother Reservoir, Horton, Berkshire.	7.30pm
Thu July 17	Winchester City Centre 5k	Winchester Guildhall, Winchester, Hampshire.	7pm
Fri July 18	Rye Summer Series (10km)	Rye Nature Reserve, Rye Harbour, Rye, East Sussex.	7pm
Fri July 18	Poole Runners Series	Upton House, Poole, Dorset (3.5 miles)	7.30pm
Sat July 19	Elmore 7	Elmore, High Road, Chipstead, Surrey.	2pm
Sun July 20	Surrey Slog Half Mara	Duke of Kent School, Ewhurst, Surrey.	10am
Sun July 20	Elmbridge 10km	Walton Casuals Football Club, Walton, Surrey.	9.30am
Sun July 20	Tarrant Valley 10km	Langton Arms, Tarrant Monkton, Dorset.	10.30am
Wed July 23	RR10 - race 8	Janesmoor Pond, Stoney Cross, Ringwood, Hampshire.	7.30pm
Sat July 26	Swanage Half Marathon	Shore Road, Swanage, Dorset.	10am
Sun July 27	Chichester Challenge	Oaklands Park, Broyle Road, Chichester, West Sussex.	8.15am
Sun July 27	Thames Towpath Half	Windsor Leisure Centre, Windsor, Berkshire.	10am
Sun July 27	Downland Challenge (30mi)	Clayton Playing Fields, Burgess Hill, West Sussex.	9am
Sun July 27	Jack & Jill Challenge 5.5	Clayton Playing Fields, Burgess Hill, West Sussex.	11am

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 Race Diary

Date	Race	Venue	Time
Sat Aug 3	Lambourn Carnival 5	Lambourn Sports Club, Lambourn, Berkshire.	10.30am
Sat Aug 3	Milland Valley 14	Milland Sports Pavilion, Milland, Liphook, Hampshire.	10.30am
Sun Aug 4	Sturminster Newton Half	Bath Road, Sturminster Newton, Dorset.	10.30am
Wed Aug 6	Promenade 5km	Mountbatten Centre, Northern Parade, Portsmouth.	7.30pm
Wed Aug 6	RR10 - race 9	Lordswood Firebreaks, Sandpiper Road, Lordswood.	7.30pm
Wed Aug 6	Yateley 10km	Yateley Centre, School Lane, Yateley, Hampshire.	7.30pm
Wed Aug 6	Pewsey Midweek 5	Pewsey Vale School, Wilcot Road, Pewsey, Wiltshire.	7.30pm
Fri Aug 8	Poole Summer Series	Upton House, Poole, Dorset (3.5 miles)	7.30pm
Sat Aug 9	Maiden Newten 10km	Maiden Newton, Dorchester, Dorset.	7pm
Sun Aug 10	Midhurst 10km	Grange Centre, Midhurst, West Sussex.	8.45am
Sun Aug 10	Salisbury 5-4-3-2-1	Salisbury Fire Station, Ashley Road, Salisbury, Wilts.	9.30am
Sun Aug 10	EAS Castle Combe 10k	Castle Combe Circuit, Chippenham, Wiltshire.	3.30pm
Sun Aug 17	Everton 10km	Recreation Ground, Frys Lane, Everton, Lymington.	10.30am
Sun Aug 17	Henfield Half Marathon	Henfield Leisure Centre, Henfield, West Sussex.	10.30am
Sun Aug 17	Isle of Wight Half Marathon	Sandown & Shanklin Rugby Club, Isle of Wight.	11am
Sun Aug 17	The Conkwell Killer (8mi)	Bradford-on-Avon Rugby Club, Winsley, Wiltshire.	11am
Wed Aug 20	RR10 - race 10	IBM Hursley Park, Hursley Park, Hampshire.	7.15pm
Sun Aug 24	Newick Will Page 10km	George V Playing Field, Newick, East Sussex.	11am
Sun Aug 24	Pewsey Vale Half Mara	Pewsey Vale School, Wilcot Road, Pewsey, Wiltshire.	10.30am
Sun Aug 24	Run For Your Grub 3km	Weymouth Sands, Weymouth, Dorset.	8am
Sun Aug 24	Fox Trot 5	The Fox, Broughton Gifford, Melksham, Wiltshire.	11am
Mon Aug 25	Shillingstone 5	Shillingstone Playing Fields, Blandford Forum, Dorset.	2.15pm
Mon Aug 25	Kings Head Canter 5km	Kings Head, East Hoathly, East Sussex.	11am
Wed Aug 27	F3 Midweek Triathlon	Dorney Lake, Windsor, Berkshire.	7pm
Sat Aug 30	South Downs 40km	Brighton, West Sussex (run & bike)	10am
Sat Aug 30	Test Way Relay	Inkpen Beacon to Eling Wharf, Southampton.	10.30am
Sun Aug 31	Arundel Castle 10km	High Street, Arundel, West Sussex.	9.30am
Sun Aug 31	Seaford Marathon	Seaford Fire Station, Cradle Hill Road, Seaford, Sussex.	10am
Sun Aug 31	The Beast	Corfe Castle, Wareham, Dorset.	10.30am
Tue Sept 2	Poole Ladies-only 5km	Poole Park Pavilion, Poole, Dorset.	7pm
Sat Sept 6	Overton 5	Overton Recreation Centre, Overton, Hampshire.	3pm
Sun Sept 7	Chestnut Tree House 10k	Littlehampton Seafront, Littlehampton, West Sussex.	9.30am
Sun Sept 7	Fittleworth Flyers 5	Fittleworth Village Hall, Fittleworth, West Sussex.	11.15am
Sun Sept 7	Surrey Badger Half	Leatherhead Leisure Centre, Leatherhead, Surrey.	9am

The Stubbington Noticeboard

July's training programme

Tuesdays (6.30pm)
July 1st: Four-mile time trial.
July 8th: 10 x 400m (200m recovery).
July 15th: 4 x 200m (200m recovery), 4 x 800m (400m recovery).
July 22nd: 2 x 800m (400m recovery), 8 x 200m (200m recovery).
July 29th: 10 x 200m (200m recovery).

Thursdays (7pm)
July 3rd: 2 x 2 miles (4 mins recovery).
July 10th: 2 sets of 12 x 30sec (30 sec recovery - 3 minute recovery between sets).
July 17th: 14 short hills @ Chilling seafront.
July 24th: 7 x School of Navigation paarlauf.

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

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.

July 3rd: 6 x 15sec (30 sec recovery), 3 min recovery then 6 x 30sec (30 sec recovery). (Hunts Pond Road).
July 10th: 2 x 1200m (400m walk) (Stubbington).
July 17th: 5 x Brownwich Loop @ Chilling.
July 24th: 4 x 600m (200m walk) (Stubbington).
July 31st: 2 x 1 mile (3 mins recovery) @ Chilling.

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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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