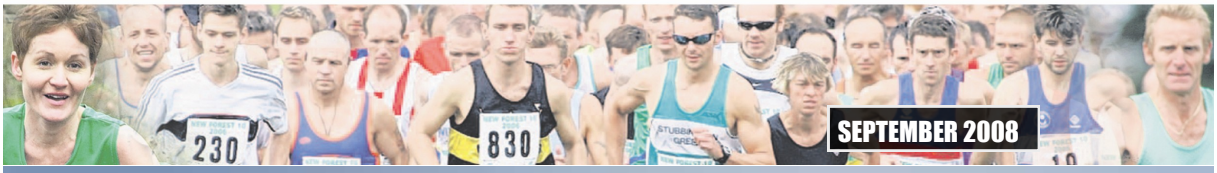
The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC



It's systems go

Hi everybody, I hope you all had a good summer holiday. Our 10k on January 18th moves ever closer to its start date.

The course has now been officially measured and the all-important start line has been established.

This will be approximately 25ft north of Canterbury Road on the main Titchfield Road, so this will leave runners with a short walk to the start on race day.

The course measurement is a very technical procedure and very time consuming with loads of bike riding. Our thanks go to Dave Yetton who gave up his time to carry out this job last month.

Now the important bit - **MARSHALS … MARSHALS … MARSHALS... MARSHALS.....**

I cannot stress enough how important all helpers are for race day, especially marshals..

This year will be the most technically demanding in the race's 24-year history.

This year we will break the marshals into four groups headed up by a team leader on each group who will be responsible for making sure they all get to the correct places on the day, have the correct contacts and numbers, so it is possible to make the race go off without a hitch.

We will need a big focus on procedure, because if it does not go to plan it could be very easy for Fareham Borough Council. to pull their support, and without that NO RACE.

So please pledge your support early to either me or Paul Hammond as soon as possible, and please employ your friends and family to help. You can contact us at: thelittlecotts@ntlworld.com or pjh669q@btinternet.com

I will be organising a race helpers' race, sponsored by Asics, in December.

It will be run around the new route, so do come along and be one of the first to run our new course.

There will also be a lot of goodies and cash prizes for first, second and third, plus a few secret prize categories.

I will let you know the date in November's Green Runner. so do let me know if you can't make any dates and want to run. (John & Anne).

That's all for this month. Let's see how the race entries take off as it went live on September 1st.

Gary Littlecott, Race Director.

Results

SWANAGE HALF MARATHON
WHERE: Swanage, Dorset.
WHEN: Saturday, July 26th.
THE RACE: Tough, hilly half through the Purbecks to Corfe Castle and back to the seafront at Swanage.
RUNNERS: 369 runners.
FIRST MAN: Lee Piercy (Big Adventure Store) 1hr 15min 52sec.
FIRST WOMAN: Charlotte Moore (Bournemouth AC) 1:23.52 (11th overall).
STUBBIES: 21st Darrell Milner 1:29.10.

MILLAND VALLEY TRAIL RACE
WHERE: Liss, Hampshire.
WHEN: Sunday, August 3rd.
THE RACE: Testing 14-mile trail race with some steep hills.
RUNNERS: 359 runners.
FIRST MAN: Richard Gregory (Ranelagh Harriers) 1hr 31min 29sec.
FIRST WOMAN: Jane Fanning (Serpentine Running Club) 1:47.40 (47th overall).
STUBBIES: 61st Darrell Milner 1:50.19, 64th Jon Leigh 1:50.27, 126th Marcus Lee 2:00.07, 127th Nick Kimber 2:00.08, 292nd Paul Hailwood 2:25.31.

STURMINSTER NEWTON HALF MARATHON
WHERE: Sturminster Newton, Dorset.
WHEN: Sunday, August 3rd.
THE RACE: Picturesque run in Thomas Hardy country.
RUNNERS: 350 runners.
FIRST MAN: Williard Chinhanhu (Poole Runners) 1hr 8min 41sec.
FIRST WOMAN: Stephanie Slade (Egdon Heath Harriers) 1:25.18 (32nd overall).
STUBBIES: 21st Barry Hards 1:23.08.

MIDHURST 10KM
WHERE: Midhurst, West Sussex.
WHEN: Sunday, August 10th.
THE RACE: Fast race with quality field taking part.
RUNNERS: 445 runners.
FIRST MAN: Toby Lambert (Winchester & District AC) 31min 43sec.
FIRST WOMAN: Emily Alden (Midhurst Milers) 36.37.
STUBBIES: 42nd Tim Crumpton 40.36 (Vet 50, 2nd), 53rd Jon Leigh 41.55 (Vet 45, 5th), 96th Colin Elderfield 44.46, 172nd Derek Balsdon 49.40 (Vet 60, 13th), 291st Robert Spencer 1hr 3min 45sec (Vet 50, 32nd). **Teams:** Stubbington 9th.

Turn to pages 10 and 11 for details of this autumn's race diary.

Once, twice, 3 times a start!

HE had started, but he hadn't quite finished….there were all sorts of problems for the Promenade 5km race last month organised by City of Portsmouth AC.

Susie MacGregor and Mike Bell at the start of the Promenade 5km running towards Hilsea Lido.

A top quality field had assembled at the Alexandra Sports stadium for the final race of the three race series.

Portsmouth AC's veteran coach, Orien Young, was the starter, but his gun didn't fire first time round and the runners had to be called back.

At the second time of asking, the starting pistol also didn't fire, so everyone ground to a halt – however, he then fired it and it was third time lucky!!

As it was the third and final fixture of the popular Promenade 5k midweek series came to a close on a warm but somewhat overcast early August evening.

Good conditions enabled the front runners to record some quick times around the twisty 3.1 mile circuit that starts from the Mountbatten Sports Centre and heads out and back along the Stamshaw promenades.

James Baker sealed the three race series with another victory to add to those from rounds one and two, finishing in an impressive time of 15 minutes, 15 seconds. This was the Chichester Runner's sixth consecutive win in the event having also completed the triple in 2007.

Mark Le Gassick rounded off a trio of good 5k performances to finish second on the night in 15 minutes, 30 seconds, and second overall in the series. Matt West of Winchester & District AC was third in 16 minutes, 6 seconds.

In the ladies race, City of Portsmouth's Karrie Blake took victory once again in a time of 18 minutes, 9 seconds to make it three out of three for the series, and to be crowned as the overall ladies champion.

Emma Calderbank running for Serpentine RC finished in second place in a time of 18 minutes, 40 seconds, and Winchester's Jo Jeffries took third spot in 18 minutes, 44 seconds.

Full results from the race inside.

THE shape of Tuesday and Thursday evening training sessions are going to change.

Phil May has been put in charge with co-ordinating a new format for the weekly sessions which take place at Stubbington at 6.30pm on a Tuesday, and at 7pm from the Locks Heath Sports & Social Club on a Thursday evening.

Phil is looking to put together a group of experienced runners who will take coaching sessions on the evening.

Anyone interested should liaise with Phil so that he can organise a rota of sessions.

Phil said: "The committee have nominated me to co-ordinate the Tuesday and Thursday training sessions.

"So what we are going to try and achieve is a nominated person to run the particular evenings training with a session that they have come up with so they'll be overseeing the group.

"If anyone wants to submit a session they like, then please contact me."

Phil's email address is: philmay@btinternet.com

Tuesday's training sessions will move to a 7pm date later in the autumn.

The start date will be announced in the Green Runner and on the website, together with details of the new training sessions.

Alpine adventure!

John Tussler, Stubbington's Spanish ambassador, ventured from his mountain retreat on the Iberian Peninsula to Switzerland for some hilly Alpine running where he met up with fellow Stubbie, Dave Langrish. Here is John's report:

Dave Langrish and I made a trip to Davos in Switzerland from different directions (Spain and England) where, unbeknown beforehand, we met up to take part in the Swiss Alpine races which are run in the last week in July each year.

Davos is situated in the south-east of the country in the Grisons Alps between Klosters and St Moritz at an altitude of 1560 metres.

There is an option of doing one of six races: 78km on a circuitous course, two marathons over different courses; a 31km, 21km or an 11km, the last five races are point to point races, but with the excellent Swiss railway system getting to or from the races is not a problem.

We arrived seven days before the races to get some acclimatisation to the altitude and spent the first couple of days doing gentle training runs round a lake situated at the far end of the town near our hotel.

On the third day, Dave joined the others who had made the trip with Mike Gratton's 2:09 Events group by taking a train to Bergun for an organised challenging walk along a 14 mile section which formed part of the 78km race and the start of one of the marathons.

I opted out of this trip having done it before on several previous visits and chose to do a long training run on trails from the hotel up the Dischma Valley following the path of a river to a rescue hut at Durboden and back down again, a round trip of 15 miles.

Tuesday, Wednesday and Thursday were taken up with a number of activities involving more leisurely training runs and walks over parts of the course of other races to give people who hadn't been before a feel of what was before them on race day before a well-deserved rest day on the Friday.

On the Tuesday evening, Dave and I took part in a race round the lake organised by a local club as part of a series.

There was a choice of doing one lap of 4km, but Dave and I decided to go on to do the second lap with an overall finishing time for the 8km distance of 40min 50sec for Dave and 40.05 for myself, but we were still tired after the long run the previous day.

Saturday was race day. I had entered the K31 race which started in the stadium in Davos at 8am.

After doing a loop around the town, the route followed a series of trails and paths through woods and the spectacular Zugen Gorge, which followed the path of a river before crossing the well known Wiesen Viaduct.

The route then involved a number of short, sharp climbs through another wood before emerging into open meadow and the long 2km descent down to the finish in the village of Filisur.

As this was my longest run for some four years, I was more than satisfied with my time of 3hrs 6mins 19secs to finish 150th overall out of 417 runners and18th in my age group.

Dave had chosen to enter the K21 which started at 1pm just below Klosters at one end of the spectacular Sunniberg Bridge which spanned a deep gorge.

The route crossed the bridge before immediately going into a long climb which followed a series of paths and tracks through woods until after 600 metres of ascent over 12km the course then "flattened out" by alpine standards.

The remaining 9kms were moderately undulating and passed by the lake around which we did our early morning runs before heading through a section of woods backing onto a golf course which involved a final short climb to the end of the race in Davos stadium - a point Dave reached in 2hrs 17mins 52secs to finish 489th (of 961 runners), and 20th in his age group.

This was another enjoyable trip which matched up to many I have done through 2:09 Events (including the two to Cuba).

So if you are interested in doing this race or any other of the more unusual ones they organise I would recommend giving their website www.209events.com a visit.

Next year I plan to be a little more adventurous and try their trip to the Great Gorilla Marathon and Half in Uganda (makes a change from racing against humans!).

A summer of RR10

SO, the curtain came down on another summer of RR10 – 10 midweek cross country races spread throughout Hampshire which attracted 76 Stubbies over four months of running.

This was the first year in which the club was given an open entry to the Wednesday evening races after being handed strict quotas for the first couple of years.

And eyebrows were raised among competing clubs when, at the first race of the series in Netley last April, when 52 green vested runners showed up at the Royal Victoria Country Park.

Predictably, in the annoying politics which is played behind the scenes, there was some resentment from a couple of clubs moaning at not only the number of runners Stubbington was fielding, but also the calibre.

However, those whingers were drowned out by many other competing clubs who admitted that Stubbington Green had added a fresh dimension to the series, as fears that the open entry policy would cause parking mayhem at some of the race venues because of the increased entry, proved unfounded.

It will be interesting to see what is said at the competition's annual meeting next January.

The final two rounds of the RR10 took place at Lordswood and then the finale at Hursley Park.

At Lordswood, the two-lap race across a 4.8-mile course took no prisoners. "That was one hilly RR10 race," said Gary Littlecott afterwards. "I got round without injury, but I was exhausted afterwards."

In the absence of some of the club's big guns who were competing at the Promenade 5km race in Portsmouth, it was left to teenager Lewis Banner to lead the team home with 13th place, followed by the ever-dependable Tim Crumpton in 49th.

Nick Crane (61st) and Nick Kimber (81st) followed, with Phil May completing the men's A team scoring in 92nd.

For the women, it was Penny Forse who led the ladies home in 16th, and she was well supported by 20th placed Lou James and high-flying Gill Rose in 36th

Two weeks later, the RR10 curtain came down at Hursley Park, north of Winchester for a multi-lap race around the grounds of the IBM site.

Mark placed second in race 10 behind winner Gareth Klepacz from Team Southampton to claim third in the overall standings.

Lee Rodriguez from New Forest Runners was crowned RR10 champion on the back of four wins from six starts to succeed Mark, who captured the title 12 months ago.

Amy Campbell from Southampton Running Club won the women's race with Susie MacGregor in seventh spot which gave her fourth overall – an improvement on last year's sixth equal placing.

Georgia McNicol from Winchester & District AC won the overall women's title with one win and five second places.

In the team competition, Stubbington's men were sixth overall behind winners Southampton Running Club, while the Stubbettes finished the season in fourth place in a competition won by Winchester & District AC.

A total of 56 men and 23 women competed for Stubbington during the RR10 series.

OVERALL PLACINGS (last year's overall position in brackets)

MEN

3rd Mark Le Gassick (1), 14th Lewis Banner (352), 34th Darrell Milner *(pictured right),* 53rd Tim Crumpton (37), 61st Jon Leigh (179), 63rd Nick Crane, 64th Nick Kimber (83), 74th Marcus Lee (77), 86th Gordon Westley (116=), 99th Aaron Kingston, 110th Richard Snell, 130th John Blake, 146th John Simister (146=), 157th Andy Tomlinson (437), 160th Martyn Banner, 162nd= Robert Spencer.
Five counting races: 170th Graham James (298), 171st Tim Sullivan (374), 187th Glen Street.
Four counting races: 207th Andy Simpson (204), 211th Graham Bell, 219th Phil May (321), 234th Dan Horscroft, 237th John Fairhurst, 238th David Langrish, 241st Paul Hailwood, 245th Gary Littlecott (194).
Three counting races: 255th Ray Gunner (15=), 258th Mike Harper (34), 265th John Exley (370), 269th Keith Carter (93), 279th Dave King (273).
Two counting races: 300th Zippy Grice, 304th= James Hall, 317th= Mike Bell (306), 341st Mark Folland, 356th Terry French.
One counting race: 367th= Gordon Reid, 376th Chris Hall (9), 377th Noel Charlton (360), 387th Paul Hammond (215), 404th James Keen (307=), 410th Colin Elderfield (271), 415th= Andy Lee (393=), 417th= Jon Henderson, 420th= Mark Hindry (395), 420th= Tim Sands (324), 430th= Darren Horscroft, 430th= John Tussler, 437th Peter Hailwood, 441st Drew Bridges, 448th Ashley Lovell, 450th Richard Roche, 451st Aitken Hunter (330), 457th Peter Adams, 458th Tom Mellor.

WOMEN

4th Susie MacGregor (6=), 14th Lou James (21), 15th Penny Forse (206), 32nd Gill Rose (228) *(pictured left).*
Five counting races: 92nd Georgie Gair, 94th Tara Doherty, 107th Karen Dean.
Four counting races: 114th Lucy Simmons (94), 146th Anne Fairhurst.
Three counting races: 153rd= Lucy May (178), 163rd= Sarah White (103), 167th Jane Adlard, 171st Liz Hall (77).
Two counting races: 189th= Elly Joyce, 202nd Rachel Openshaw, 214th Ingrid Exley.
One counting race: 232nd Hannah Littlecott (171), 242nd Mariani Wallis, 252nd= Julie Woodman, 255th Jane Butler, 260th= Amanda Jones, 288th Alex Frost.

SALISBURY 5-4-3-2-1
WHERE: Salisbury, Wiltshire.
WHEN: Sunday, August 10th.
THE RACE: Variety of 10km, 20km, 30km and 42km trail races. Jane chose the 20km event - 5 rivers, 4 hills, 3 country estates, 2 castles, 1 cathedral.
RUNNERS: 128 runners.
FIRST MAN: John Tushingham (Swindon Harriers) 1hr 46min 00sec.
FIRST WOMAN: Lisa Beard (Swindon Harriers) 1:46.01
STUBBIES: 66th Jane Adlard 2:18.36.

ISLE OF WIGHT HALF MARATHON
WHERE: Sandown, Isle of Wight.
WHEN: Sunday, August 17th.
THE RACE: Single lap course taking in Yaverland, Whitecliff, Bembridge, St Helens and back to Sandown via Brading.
RUNNERS: 172 runners.
FIRST MAN: Paul Cameron (Isle of Wight Road Runners) 1hr 15min 42sec.
FIRST WOMAN: Katy Moore (Brighton & Hove AC) 1:22.07.
STUBBIES: 90th Drew Briggs 1:47.51 (10 minute PB!).

PROMENADE 5KM
WHERE: Mountbatten Centre, Portsmouth.
WHEN: Wednesday, August 6th.
THE RACE: Fast and twisty one lap course around Hilsea.
RUNNERS: 182 runners.
FIRST MAN: James Baker (Chichester Runners & AC) 15min 15sec.
FIRST WOMAN: Karrie Blake (City of Portsmouth AC) 18.09.
STUBBIES: 2nd Mark Le Gassick 15.30, 45th Susie MacGregor 19.14 (7th lady), 52nd Mike Bell 19.37, 100th Marianni Wallis 22.39, 101st Mike Harper 22.39, 137th Peter Adams 25.20.

EVERTON 10KM
WHERE: Everton village, New Forest (between Lymington and New Milton).
WHEN: Sunday, August 17th.
THE RACE: Race starts and finishes in Everton village. Flat first half and out in the open, second half undulating but shaded by trees.
RUNNERS: 308 runners.
FIRST MAN: Ian White (Bournemouth AC) 33min 31sec.
FIRST WOMAN: Sue True (Winchester & District AC) 39.30 (27th overall).

Richard Thomas will be working as a volunteer at the 2008 UK Ironman Triathlon in Sherborne, Dorset, on September 7th.
If anyone wants a lift to watch the event, then drop him a line.
He plans to leave Fareham at about 6am and return by midnight!

Don't get X about country

WE haven't even put the clocks back, but already thoughts are turning to the cross country season.

Stubbington takes part in three leagues; the Hampshire Cross Country League on a Saturday afternoon, the Today's Runner league on a Sunday morning and the Wessex Cross Country League whose fixtures take place on a Sunday afternoon.

For those of you who enjoyed the RR10 series this summer, the winter cross country programme is just an extension of that – okay, it's a bit colder and muddier!!

But it is just as fun, it's friendly, and for those worried that the events are very competitive with the cry "I'm bound to be last" – don't worry, you won't!

The three leagues are good cross country events, and with the Today's Runner league the faster runners are not allowed to compete. Above all, the cross country is very friendly with everyone supporting each other.

The Mad Hatter, Phil May, is the club's new cross country secretary, and he is hoping for a strong turn-out this winter.

The season opens at picturesque and hilly Farley Mount just outside of Winchester on Saturday, October 11th.

Car parking is going to cost £1 to offset the cost of hiring the course.

There are five races in the series. "All the league races are lap courses, two laps for ladies and between two and three for men," explained Phil.

"All the courses have a little hill in the middle and are fairly dry (watch it rain cats and dogs for the week before each race)!!!!

"Or they have been fairly dry for the last couple of years.

"The courses have to accommodate all age groups hence the lap courses."

Stubbington will also be entering the Wessex Cross Country League whose races take place on a Sunday and details will be announced shortly of diary dates.

So, what of the race venues?:

Farley Mount west of Winchester has a sprint start then up a hill and a down hill finish, sort of.

Goodwood starts and runs around the car park at the race course and then an out and back into the woods.

Ashe Meadows is on farm land near Overton and after a lap of the field the course goes up a long hill that is usually sticky as it's clay, then over the hill down the other side around another field and start the lap again.

Prospect Park is just off the A4 to the east of Reading and is a down hill start around a football pitch before going up a hill which the course goes over and then around the edge of the park before going round again. If you fancy this then maybe take in some shopping at the Oracle Centre in Reading.

Phil May wishing he'd not had that curry the night before!

Salisbury is a new course and until it is known where it is then we'll put something on the web.

The club will also be entering the Hampshire Championships, Southern Championships and National Championships in the New Year.

Can you wait? For more details about cross country, then contact Phil May on: phil-may@btinternet.com

Saturday, October 11th 2008: Farley Mount *(Winchester AC)*
Saturday, November 8th 2008: Goodwood *(Chichester AC)*
Saturday, December 6th 2008: Ashe Meadows *(Overton Harriers)*
Saturday, January 3rd 2009: Prospect Park *(Reading AC)*
Saturday, February 14th 2009: Salisbury tbc *(City of Salisbury AC)*

The six-race Today's Runner league begins in November – usually Queen Elizabeth Country Park near Petersfield, and diary dates should be available for the next Green Runner.

The Wessex Cross Country League, also over six races, begins in October.

The league is notoriously slow with information, but once the fixtures have been released they will be made available on the club website and in the Green Runner.

Take your courses for the awards evening

DUE to a clerical error in last month's Green Runner, the wrong price was publicised for the upcoming awards dinner on Friday, November 21st.

The correct price for a ticket is £25. The evening at the Alverbank Country House Hotel in Stokes Bay, will consist of a three course meal, the awards ceremony and a disco.

The menu is as follows:

Chef's home made soup of the day
Mushrooms in a creamy garlic sauce on toasted brioche
Smoked salmon roulade on crispy leaves

Rump steak topped with mozzarella & herb crust
Cod loin glazed with olives and herbs
Chicken wrapped in parma ham with a white wine and tarragon sauce
(V) Vegetarian wellington served with a white wine sauce

Profiteroles served with chocolate sauce
Raspberry & white chocolate crème brulee
Fruit of the forest cheesecake
Fresh fruit salad
Selection of cheese & biscuits

****I think tea and coffee afterwards will be extra**

Tickets and more details will be available shortly, but you can reserve your tickets by asking any committee member.

Remember that places are limited so don't delay.

THE website caption competition featuring Jenny Hearnden surrounding by steaming and half naked bodies at Manor Farm Country Park in July, didn't attract many entries.
In fact, there was just one. But Richard Snell's caption was so good, that it deserves airing and, as you might suspect, his entry will not be receiving a general airing on the website.

"Jen suddenly realises she can't tell the difference between the Winchester AC men and women"

Richard, you're a bad man - but very funny!

Overton 5 kicks off new HRRL season

IF it is September and road running, then it can only mean one thing – the Overton 5.

This North Hampshire race is the traditional curtain-raiser to the road running season .

The race attracts the usual suspects from the south coast, a few runners from across the English Channel on their holidays, and usually a few track runners looking for a final blow-out before they hibernate for the winter.

This year's race, which provides the opener for the Hampshire Road Race League season, takes place on Saturday, September 6th with a 3pm start time and forms the first of the 12-race series.

Based at the village's recreation centre, the five-mile race is a two-lapper around Overton with a couple of testing climbs.

However, it is a good day out, one of the few races where you can bring the family who can have a good time at the village show while you race.

There are children's fun races beforehand.

The last day for postal entries was August 27th, although you can enter on the day but you will need to register by 2pm.

The race entry form can be found at www.hrrl.org.uk/ along with details of this season's HRRL campaign.

Mike Harper, the club's HRRL secretary, said: "If you can run, please do. We are looking to do well this season and it's so much easier if we can start well.

"All standards will help the club as a new B league starts this year, so we need numbers as well as quality."

It's a 41 mile drive from Stubbington to Overton, which should take just under an hour travelling via the M27, M3, A34 and A303.

Both the men's and women's teams will be competing in Division 1.

In at the deep end with swim

Experienced competitor, Richard Thomas, has taken on the role as Stubbington's triathlon secretary. Here, in the first of three articles aimed at those thinking about taking up the sport, Richard discusses how to train for your first triathlon with the swimming discipline. Next month, he will be looking at the cycling element.

The swim can put people off triathlon as for some it may have been a long time since they have been immersed in water without bubble-bath in it!

You can do front crawl or breaststroke but front crawl is the most efficient and fastest. Backstroke is not allowed. If you lie on your back with your arm(s) in the air a marshal will come and haul you out as this is a sign that you need help!!.

Your training sessions should try to make the distance that you are going to compete.

For the Isle of Wight triathlon later this month at Freshwater, the distance is 600m (24 lengths of a 25m pool).

Don't worry if you can't complete the distance just yet. Make a note of how far you can swim and the time that it takes you.

The next time that you swim aim to swim a little further and longer. By doing this regularly you will soon find that your swimming improves.

The secret to swimming is to relax and not to rush your stroke.

Try to go slower and perfect your technique rather than trying to be as fast as you can as this often leads to bad habits. It will help you as you emerge from the water also. If you are too exhausted after the swim you will not perform well on the bike or the run.

Try and swim at least 3 sessions a week. If you are not very confident in the water keep the distances you swim short.

- Swim 4 to 8 lengths easy with any stroke as a warm-up. Then swim three lengths (75m) 10 X, allow 30 seconds rest between each. If you can't manage 10 do 5. If you are still able to do some more swimming try 20 X 25m (1 length) do every other one hard/easy.
- Swim 4 – 8 lengths easy any stroke to warm up, 5 X 50m/100m (2 lengths/4 lengths) with 30 seconds rest and 1 minute rest respectively. If you feel you can do more take it up to 10 X 50/100.
- Long swim – swim continuous for 20 minutes. Count how many lengths you manage to do and work out the distance you have covered. If it is not the distance of the race aim to improve by 2 lengths per week until you have covered 200m more than the race distance.

I am very happy to talk triathlon / training plans and always on the look out for training partners (especially on long rainy cycle rides). Give me a ring 07787-530183 or drop me a line: drrichardthomas@aol.com

I am hoping that next year we can enter teams for the National Club Relay Championships.

THE first-ever Stubbington Green triathlon club championship will be staged as part of the West Wight triathlon this month.

Already a number of club members, both male and female, have entered the September 14th event on the Isle of Wight.

The event starts at the West Wight Sports Centre in Freshwater with a 600m swim. The 35km cycle ride is along the spectacular Military Road, though it's a little bit hilly, and the 7.5km run is alongside the River Yar and is very flat.

You can download an entry form from: www.westwight.co.uk/triathlon/menu.asp

Richard has managed to negotiate some special fares with Wightlink for the event.

- **Individual with cycle / pushbike: £8.30**
- **Car with up to 5 people, with up to 5 cycles on the roof / cycle carrier: £49.10**

These fares apply to Portsmouth and Lymington crossings, but booking must be made in advance via telephone.

The promotional code to give when calling for special fares is: prom08 / iocc

Call 0871 376 4342.

RR10 - race 9
WHERE: Lordswood, Southampton.
WHEN: Wednesday, August 6th.
THE RACE: Two-lap 4.8-mile course which took no prisoners.
FIRST MAN: Gavin Smith (Winchester & District AC).
FIRST WOMAN: Emma Patel (Winchester & District AC).
STUBBIES: Men: 13th Lewis Banner, 39th Graham James, 49th Tim Crumpton, 61st Nick Crane, 81st Nick Kimber, 92nd Phil May, 104th Gordon Westley, 107th Glen Street, 117th Mark Hindry, 122nd Richard Snell, 128th Paul Hailwood, 143rd John Fairhurst, 151st Peter Hailwood, 157th Gary Littlecott. **Teams:** Stubbington A: 9th, Stubbington B: 22nd.

Women: 16th Penny Forse, 20th Lou James, 36th Gill Rose, 64th Rachael Openshaw, 77th Jane Adlard, 78th Karen Dean, 106th Anne Fairhurst. **Teams:** Stubbington A: 7th, Stubbington B: 26th.

RR10 - race 10
WHERE: IBM Hursley Park.
WHEN: Wednesday, August 20th.
THE RACE: Three lap course around IBM HQ—grassland and gravel tracks.
FIRST MAN: Gareth Klepacz (Team Southampton).
FIRST WOMAN: Amy Campbell (Southampton Running Club).
STUBBIES: Men: 2nd Mark Le Gassick, 15th Lewis Banner, 41st Tim Sullivan, 59th Jon Leigh, 60th Nick Crane, 70th Marcus Lee, 82nd Nick Kimber, 87th Mike Bell, 92nd Gordon Westley, 94th Glen Street, 118th Richard Snell, 139th Dan Horscroft, 144th John Blake, 152nd John Fairhurst, 177th Andy Tomlinson. **Teams:** Stubbington A: 7th, Stubbington B: 18th, Stubbington C: 29th.

Women: 7th Susie MacGregor, 13th Penny Forse, 16th Lou James, 29th Tara Doherty, 40th Gill Rose, 76th Jane Adlard, 105th Anne Fairhurst. **Teams:** Stubbington A: 5th, Stubbington B: 16th.

ISLE OF WIGHT HALF MARATHON
WHERE: Sandown, Isle of Wight.
WHEN: Sunday, August 17th.
THE RACE: Single lap course taking in Yaverland, Whitecliff, Bembridge, St Helens and back to Sandown via Brading.
RUNNERS: 172 runners.
FIRST MAN: Paul Cameron (Isle of Wight Road Runners) 1hr 15min 42sec.
FIRST WOMAN: Katy Moore (Brighton & Hove AC) 1:22.07.
STUBBIES: 90th Drew Briggs 1:47.51 (10 minute PB!).

Stubby safe for another season

SAFE for another season, Stubbington Green's track & field team have avoided the drop.

After the final fixture at Bournemouth, the Greens finished third in the fifth match of the series behind winners Team Kennet with 93 points, with Plymouth second on 85 points, Stubbington were three points adrift of the Devonians and the Dorset hosts fourth on 76pts.

That means that in Division 3 West, Stubbington finished 12th from 15 teams.

Usually two teams are relegated from the division and those berths are filled by Team Dorset and Haslemere.

But because Newton Abbott dropped out of the league at the beginning of the season, it may be that basement dwellers Haslemere are the only ones to be relegated.

Newquay & Par were crowned champions and will be promoted along with second-placed Chichester, though the Cornwall team may decline promotion because of the extra travelling.

"It has been tough after missing the Cornwall trip, but looks like we should stay up ok," said track and field captain, Mike Harper.

Final League table:
1st Newquay & Par 20pts, 2nd Chichester 18pts, 3rd Team Kennett 16pts, 4th Radley 15pts, 5th Overton/Andover 15pts, 6th Team Southampton 15pts, 7th Basingstoke 15pts, 8th City of Plymouth 15pts, 9th Poole 14pts, 10th Wessex/Bath/Salisbury 11pts, 11th Abingdon 10pts, 12th STUBBINGTON GREEN 8pts, 13th Bournemouth 8pts, 14th Team Dorset 7pts, 15th Haslemere 6pts.

RACE THE TRAIN
WHERE: Tywyn, North Wales.
WHEN: Saturday, August 16th.
THE RACE: 14 miles out and back along a valley, up and over hillsides. Very wet and muddy. Conditions treacherous, and all the time being chased by a train! 201 runners beat the train finishing in under 1:48.
RUNNERS: 822 runners.
FIRST MAN: Gareth Raven (Sale Harriers) 1hr 18min 15sec.
FIRST WOMAN: Phoebe Webster (UWA Harriers) 1:39.14 (80th overall).
STUBBIES: 372nd Dave King 1:59.43, 583rd Richard Simms 2:16.42.

CAN you help John Tussler? Here, our man from Spain explains:

"A running colleague of mine over here in Spain took part in the Swansea Bay 10k in September last year where he apparently met and spoke to a couple of Stubbington Green members who are known to me. He cannot however remember their names (he is in his 70's bless him) so it would be of interest to him (and me) if you were in that race you could let me know by email to john_tussler@hotmail.com or by telephone to (0034) 6778-11254."

Gunning for glory in Southern road relays

THIS year's Aldershot road relays, incorporating the Southern Road Relay Championships, are being held over the weekend of Saturday 28th and Sunday 29th September.

As usual, the event will take place at the Rushmoor Arena, near Aldershot, and will see the south's best road runners competing for the honour of representing their club at the national road relay championships later in the year.

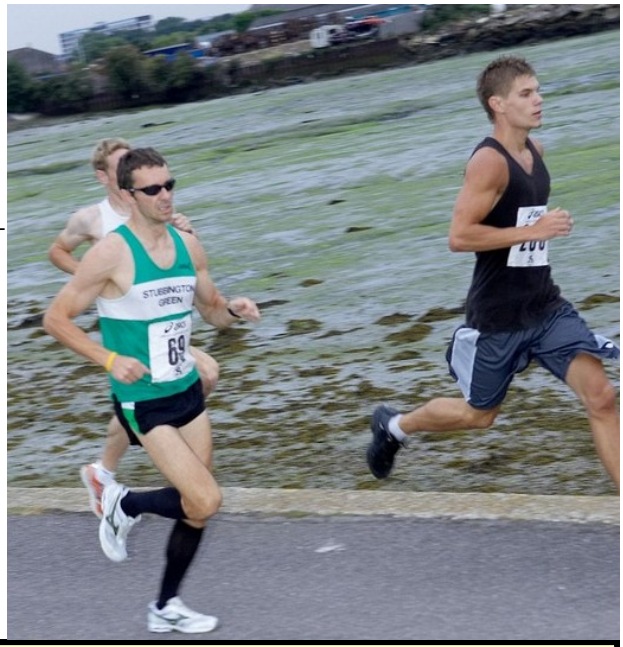
On Saturday, the senior male six-stage and veteran male four-stage relays will take place, followed by the senior and veteran ladies four-stage relays on Sunday.

Stubbington hasn't fielded a team at the Aldershot road relays for the last few years, so this year the club is hoping to enter one, or possibly two, strong teams in the highly prestigious event.

If you're interested in running in a senior men's team, please contact men's captain, Mark Le Gassick (marklegass@sgrac.net).

Vet men who are interested in running should contact Chris Hall (hally.pfc@ntlworld.com), and ladies please contact ladies' captain, Susie MacGregor (sue.macgregor1@ntlworld.com).

Coming soon: The SGRAC Running Championships - see October's issue of the Green Runner for more details.



Just a month to go for membership!

THANKS very much to everyone who has already paid their membership fee, *writes Caroline Street.*

If anyone has not seen a form or a reminder email then please contact Caroline on 01329-845330 to arrange for a form to be sent to you.

Alternatively send an email to me at: caroline.street@ntlworld.com and I will email you the details.

So far 187 of the 337 members on the database have paid their fee and 25 have resigned.

That means I am still awaiting payment from 125 people; 128 of the rejoining members are classed as competitive.

This means they have paid their UK Athletics affiliation fee.

I look forward to hearing from the remaining people as soon as possible.

Anyone not contacting me by the end of September will be removed from our database.

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

IT is a scenic run through the heart of crop circle country in Wiltshire, but there was nothing mysterious about the Vale of Pewsey Half Marathon.

Based at Pewsey School, and with the bonus of delicious homemade post-race cakes, the Vale of Pewsey Half is one of the more relaxed half marathons.

Darrell Milner headed to Pewsey for the race where he finished 38th in 1hr 32min 21 sec, just over seven minute mile pace.

He was joined by fellow Stubby Jane Adlard who clocked 2:11.18 for 249th place.

WINDFALL Films are looking for extras to fill various roles across a three-day shoot from September 2nd to 4th at HMS Sultan in Military Road, Gosport.

Extras are required to dress as SAS soldiers and/or Sailors for the film Helicopter Wars, a documentary series looking at the history of the helicopter and its deployment in war.

Requirements for each day are:

Tuesday 2nd September 0800 - 2000
Scene: SAS in the arctic / circa 1982.
Required: 8 x SAS extras required. Need to be aged 20-30ish and look reasonably fit.

All costume/make up will be provided.

Wed 3rd September 0800 - 2000
Scene: SAS in the artic / circa 1982.
Required: 4 x SAS extras required. Could be same people used on Monday.

Same set-up/all costume provided.

Thursday 4th September 0800 - 2000
Scene: Navy Ship / circa 1982.
Required: 4 x Sailors. Cannot be same people as Tuesday/Wednesday shoot. Need to look reasonably fit and aged 20-30ish.

All make-up/costume provided.

Pay is £65 per day plus travel expenses.
Interested? Email: jason@windfallfilms.com with a picture and basic measurements - eg: height/chest/trousers.

The Race Diary

Date	Race	Venue	Time
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
Sun Sept 7	Newbury Triathlon	Northcroft Leisure Centre, Newbury, Berkshire.	8.30am
Sat Sept 13	Dorney Lake Windsor 10k	Dorney Lake, Windsor, Berkshire.	11am
Sun Sept 14	Andover 5	Charlton Sports Centre, West Portway, Andover.	11am
Sun Sept 14	Believe & Achieve 10k	Portsmouth Lifeboat Station, Ferry Road, Portsmouth.	10.30am
Sun Sept 14	Cancer Research 10k	Petworth House, Petworth, West Sussex.	11am
Sun Sept 14	Orca Triathlon	Dorney Lake, Windsor, Berkshire.	12pm
Sun Sept 14	Peasemore Festival	Recreation Ground, Peasemore, Newbury. (5 miles)	10.30am
Sun Sept 14	Studland Stampede	Shell Bay Beach, Studland, Poole, Dorset. (12km)	10am
Sun Sept 14	JuMbLeD Sprint Tri	Weymouth Beach, Weymouth, Dorset. (800m/30k/6k)	8.30am
Sun Sept 14	Votwo Classic Triathlon	Sea front, Weymouth, Dorset (1.5k/40k/10k)	10am
Sat Sept 20	Great Wishford 10k	Gt Wishford Primary School, Gt Wishford, Salisbury.	11am
Sat Sept 20	Running4Women 8k	The Long Walk, Great Windsor Park, Windsor.	12pm
Sat Sept 20	St Boniface Fell	Winter Gardens, Ventnor, Isle of Wight (3 miles)	11am
Sat Sept 20	Ventnor Horseshoe 7	Winter Gardens, Ventnor, Isle of Wight (7 miles)	3pm
Sun Sept 21	King Alfred's Torment	Stourhead Gardens, Stourton, Wiltshire. (7 miles)	11am
Sun Sept 21	Dorset 13	Tyneham, Dorset.	9.30am
Sun Sept 21	Tytherley 10k	West Tytherley, Salisbury, Wiltshire.	10.30am
Sun Sept 21	Cancer Research 10k	Beaulieu Estate, Hampshire.	10am
Sun Sept 21	New Forest Marathon	New Milton, Hampshire.	10am
Sun Sept 21	New Forest Half Marathon	New Milton, Hampshire.	11am
Sun Sept 21	Stansted Slog & Slug	Stansted Park, Rowlands Castle, Portsmouth (13/8mi)	10.30am
Sat Sept 27	Xtreme Terrain Triathlon	Hawley Lake, Camberley, Surrey.	8.30am
Sun Sept 28	ADP Highclere 10k	Highclere Castle, Newbury, Berkshire.	10.30am
Sun Sept 28	Hursley 10k	Partridge Down, Olivers Battery, Winchester.	10.30am
Sun Sept 28	Horsley 5k	Horsley Football Club, Horsley, Guildford, Surrey.	1.30pm
Sun Sept 28	Mortimer 10k	Mortimer Fairground, Mortimer, Reading, Berkshire.	11am
Sun Sept 28	Saab Solomon Turbo X	Poppyhill, Sandhurst Academy, Camberley, Surrey (10)	10am
Sun Sept 28	Chalke Valley Challenge	Broadchalke Sports Field, Broadchalke, Salisbury (10k)	10.30am
Sun Sept 28	Littledown 5	Littledown Leisure Centre, Chaseside, Bournemouth.	10.30am

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
Sun Oct 5	Julian Farrell 10k XC	Kings International College, Camberley, Surrey.	11am
Sun Oct 5	Alton Downlands Challge	Anstey Park, Alton, Hampshire.	10.30am
Sun Oct 5	Covers 10 mile XC Run	West Wittering Beach Car Park, West Wittering, Sussex	10am
Sun Oct 5	Clarendon Marathon	Godolphin School, Milford Hill, Salisbury, Wiltshire.	10.30am
Sun Oct 5	Clarendon Half Marathon	Broughton Village Hall, Stockbridge, Hampshire.	12pm
Sun Oct 5	Hoburne 5	Hoburne Park, Hoburne, Christchurch, Dorset.	11am
Sun Oct 5	Cricklade Half & 10km	Cricklade Leisure Centre, Swindon, Wiltshire.	10.30am
Sat Oct 11	Hampshire XC League	Farley Mount, Winchester, Hampshire.	1.35pm
Sun Oct 12	Gold Hill 9.5k	Coppice Street, Shaftesbury, Dorset.	11am
Sun Oct 12	Swindon Half Marathon	Pipers Way, Swindon, Wiltshire.	11am
Sun Oct 12	Longleat 10km	Longleat, Warminster, Wiltshire.	10am
Sun Oct 12	Kamikaze Adventure 7	Mapperton Farm, Bridport, Dorset.	10.30am
Sun Oct 12	Kingston Running Festival	Ancient Market Place, Kingston, Surrey (16/8.2 miles)	8am
Sun Oct 12	Loseley Park 10k	Loseley Park, Guildford, Surrey.	11am
Sun Oct 12	Chichester Priory 10k	Northgate, Chichester, West Sussex.	11am
Sun Oct 12	Henley Half Marathon	Henley Rugby Club, Marlow Road, Henley, Oxon.	9.30am
Sun Oct 12	Jog Shop 20	Brighton Marina Car Park, Brighton, Sussex.	9am
Sun Oct 12	Prince's Trust 10k	Legoland, Winkfield Road, Windsor, Berkshire.	10am
Sun Oct 12	Solent Half Marathon	Gang Warily Community Centre, Fawley, Southampton.	10.30am
Sat Oct 18	Weymouth 10	The Esplanade, Weymouth, Dorset.	10.30am
Sun Oct 19	Abingdon Marathon	Tilsley Park, Dunmore Road, Abingdon, Bucks.	9am
Sun Oct 19	Fullers Denmead 10k	Denmead, Portsmouth, Hampshire.	10.30am
Sun Oct 19	Autumn Assault 22	Weavers Down, Longmoor Camp, Bordon, Hampshire.	10am
Sun Oct 19	Milford & Keyhaven 5	Hurst Road, Milford-on-Sea, Lymington, Hampshire.	10.30am
Sun Oct 19	Tadley Runners 10	Hurst Community College, Brimpton Road, Tadley.	10am
Sun Oct 19	Thorney Island 10k	Thorney Island, Emsworth, Hampshire.	10am
Sun Oct 19	Bincombe Bumps 8	Bimcombe Farm, Weymouth, Dorset.	11am
Sun Oct 19	Bournemouth Seafront 10k	Bournemouth Seafront, Bournemouth, Dorset.	11am
Sun Oct 19	City of Salisbury Half	Salisbury Fire Station, Ashley Road, Salisbury, Wilts.	11am
Sat Oct 25	Beachy Head Marathon	St Bede's School, Eastbourne, East Sussex.	9am
Sat Oct 25	Endurance 50/100 mile	Bourley Road, Aldershot, Hampshire.	12pm
Sun Oct 26	BUPA Great South Run	Southsea, Portsmouth.	10am
Sun Oct 26	The Stickler	Shillingstone, Blandford Forum, Dorset.	10.30am
Sun Oct 26	Peter Driver Fleet 10k	Harlington Way, Fleet, Hampshire.	10.30am
Sun Oct 26	Steepdown 5	Lancing Manor Leisure Centre, Lancing, West Sussex.	11am

The Stubbington Noticeboard

September's training programme

Tuesdays (6.30pm)

September 2nd: Four-mile time trial.
September 9th: Old SGR 10k route fartlek session.
September 16th: Lee seafront fartlek session on the grass.
September 23rd: 12 x 350 metres (1 min recovery) @ Lee seafront.
September 30th: Cuckoo Lane 4 x 1km (250m recovery).

Thursdays (7pm)

September 4th: 6 x Brownwich loop.
September 11th: 14 short hills @ Chilling seafrot.
September 18th: 7 x School of Navigation paarlauf.
September 25th: Chilling 2 x 2 miles (3 min 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/

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.

September 4th: Stubbington 4 x 2 minutes (2 minutes recovery).

September 11th: Locks Heath 4 x rollercoasters.

September 18th: Stubbington 12 x 350m (1 minute recovery).

September 25th: Locks Heath 12 x Short Hills.

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

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!!

Who's who... ...

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Tel: 02392-355498.
hally.pfc@ntlworld.com

Secretary: Paul Hammond
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