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

January 2009

What do these 4 have in common?

WELL guys, this is it. The Stubbington 10k is a little more than a week away - Sunday, January 18th -, and I still can't believe it's going to happen, *writes race director, Gary Littlecott*.

With all the hard work now done, it's down to the goodwill and dedication of our members and friends, (known as you lot!). All the marshal briefings have been completed and hopefully everybody is clear on what they are doing!

If you have any doubts about your role on the day then please pick up a phone and call me or Paul Hammond.

If you find yourself in the position on race day that you cannot for some reason turn up, you must contact your sector marshal - the phone number is at the top of your risk sheet.

In the unlikely event that this should happen, then please try to find a replacement person for yourself.

The race mugs this year have been designed by Alan Ponsford, a nephew of Chris Hall. I must say they are quite an attractive addition to anyone's Stubbington 10k mug collection.

The characters adorning the mug are: Zippy Grice, Richard Thomas, Penny Forse (like you have never seen her before!) and Chris Hall. See if you can guess who is who.

This year's race will be started by the lady who lives in Titchfield Road at number 48, adjacent to the new start line.

I thought it was very fitting that she should come out and start the race as she and others who live there are prisoners in their own homes for an hour.

Speaking to her last Sunday during the helper's race, she said she is very excited about seeing the whole race spectacle happen right outside her home.

That just leaves me to say a big thank you, to all of you.

Let's go make the new Stubb 10 the best race on the south coast.

Results

HOG'S BACK 8
WHERE: Loseley House, Guildford, Surrey.
WHEN: Sunday, December 14th.
THE RACE: Freezing thick fog and cold conditions for the runners for this eight mile road race.
RUNNERS: 643 runners.
FIRST MAN: Hassan Raidi (Belgrave Harriers) 41min 38sec
FIRST WOMAN: Barbara Yff (Winchester & District AC) 48.09 (27th overall).
STUBBIES: 239th Eric Beck 1hr 1min 13sec.

GLEN STREET is on the hunt for marshals to help with Stubbington Greens leg of the Today's Runner Cross Country League which takes place at Manor Farm Country Park near Bursledon.

If you can spare the morning of Sunday, February 8th, to help out please let Glen know on 01329 845330 or email glen.street@ntlworld.com

The plan is to run/walk the course the week before so that everyone will know where to marshal.

Any help with setting up the course would be appreciated too.

It would be helpful if you have marshalled before, to marshal in the same place (it saves a bit of work!).

And Di McEwan would appreciate any nice cakes anyone wouldn't mind making for after race refreshments.

The race starts at 11am, and there are club championship points on offer for simply wearing a fluorescent bib, looking like a Michelin man, and sticking an arm out as runners pass!

THANK you to Michelle Simpson, who is standing down from the social committee due to home and work commitments.

Her enthusiasm and no-nonsense approach will be hard to follow, *writes chairman Chris Hall*.

I have managed to press gang Nick (Kimbernator) and Tim Sullivan into taking over along with Jenny Hearnden.

What we are looking for from the social side over the next year is a variety of events, BBQ's, running weekends and the like.

If anyone has any ideas, would they please forward them at a training session as we need to get things rolling.

Darrell's battling best at Hastings

Bill Clarke wins the first ever Hastings Marathon back in 1908, accompanied by a young John Vose riding beside on the bike!

HE'S been knocking on the door of a fast marathon over the past 12 months and Darrell Milner has finally cracked it.

The Stubby runner, who only ran his first marathon earlier in Stratford-upon-Avon last April, slashed a fantastic 10 minutes off his personal best time at the Hastings Marathon.

Darrell clocked a superb 3hrs 17mins for the distance. "It was a hard race with lots of hills, and even a run along the stoney beach near the end," he said.

Last year, 40-year-old Darrell made his marathon debut at the Rotary Shakespeare Marathon where he clocked 3:26, he later ran 3:39 at a very hot New Forest Marathon, and clocked 3:37 in New York.

But with a succession of sub 1hr 30min half marathons and sub-40 minute 10kms, it was only a matter of time before Darrell put in a super-quick 26 miler and he did so at the centenary Hastings Marathon.

On December 14th, 1908, 51 competitors lined up outside Hastings town hall for the start of the town's first marathon.

In December, exactly 1,908 runners did the same, with the 26.2 mile course following the same route.

The race was won by Julian Randle, from Tonbridge in Kent, who described it as 'an historic occasion'. "It was hard going - very hilly for the first bit, and quite cold as well," said Randle, after running the marathon in 2 hours 36 minutes and 43 seconds.

The overall winner of the race 100 years ago was WT Clarke, of Sefton Harriers in Liverpool, who was slightly slower at 2 hours 37 minutes and 16.8 seconds. He was one of six Olympic runners who took part in the marathon.

The East Sussex town annually hosts a half-marathon in March, but decided to recreate the full marathon to mark its centenary.

Race director Eric Hardwick said: "This event is all about history... and it's almost the same weather as 100 years ago."

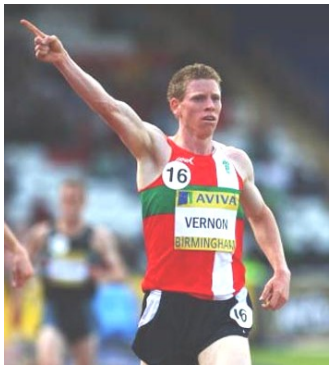
Andy disappointed with European silver

YOU'D have thought that Andy Vernon would have been pleased with a silver medal at the European Cross Country Championships, but in truth he was a touch disappointed.

Andy, who runs second claim for Stubbington, won silver for Great Britain in the 8km under-23 event in Brussels.

He was beaten to gold in December by Italy's Andrea Lalli, but finished ahead of pre-race favourite, the Ethiopian-born Selim Bayrak of Turkey.

Lalli won in a time of 24min 56sec, with Andy eight seconds back and Bayrak a further 13 seconds adrift. Andy was always in contention and looked safely set in third place with two laps remaining, but managed to pick off the rapidly fading Bayrak in the final lap.



Andy's Aldershot, Farnham & District team-mate, Ben Lindsay, was a gallant 4th; former Team Solent runner, John Beattie, who is based in Tulsa, USA, but now represents Winchester & District AC, was 6th and Keith Gerrard (Newham & Essex) 7th to give Great Britain & Northern Ireland a comfortable victory in the team competition, ahead of Italy and France.

However despite the team gold Andy was disappointed not to have come away from Belgium with an individual gold – 12 months earlier, he collected a European under-23 bronze medal at the championships in Toro, Spain.

He said: "You'd think I'd be pleased, but I really came here to win it. The break came and I really tried to rip the lid off it, but I got a stitch on the fourth and fifth laps and that held me back a bit. I did my best in the circumstances.

European Cross Country action from Brussels

"But I'm really pleased for the team, that's a great result."

Andy, who celebrated his 23rd birthday on January 7th, was watched by dad Chris, who is now living in Abu Dhabi, and who stood in the bitter cold to watch his son grab a silver medal.

It has been an exceptional 12 months for Andy, who took time out from a busy running and studying schedule to lead Stubbington's men to victory at the Test Way Relay last September.

He has run a string of personal bests on the track including a 1min 52.54sec 800m, a time of 3min 42.98sec for 1500m, clocked 7min 55.41sec for 3000m and 13min 45.35sec for 5000m.

The track highlight was victory in the Aviva Olympic trials in Birmingham last July when Andy won the 5000m, having a month earlier won the English under-23 1500m title in Bedford.

Over cross country, Andy represented Great Britain for the first time last March at the World Championships in Edinburgh where he finished 115th, having placed fifth in the trials as part of the UK Inter Counties Cross Challenge. A student at St Mary's College in Twickenham, Andy won the British Universities Student Association's cross country championship title in Swansea in February.

More recently in November, Andy placed third at the Gateshead Cross Challenge and was victorious in the Liverpool Cross Challenge against a very competitive field in an event which acted as trials for the Europeans.

It promises to be an interesting 2009 for Andy, who learned his running trade with Stubbington and retains a close affinity to the club, as he looks to make real progress in the senior ranks.

Several local charities received cheques from the club, the proceeds of last year's Stubbington 10km. Here is a thank you letter from one recipients:

Havant Women's Aid

Havant Women's Aid,
PO Box 53,
Havant PO9 1UA.

On behalf of Havant Women's Aid I would like to thank you for your wonderful donation. It will put to great use, especially over the Christmas period.

We really appreciate you donating your time to support us, meaning we are able to provide the best possible service to our users.

Once again, many thanks for your kindness.

Yours sincerely,

Yvonne Carter,
Outreach and Resettlement Worker.

Puddles - what puddles?!

ON a foggy December morning, 20 Stubbies made the journey to Bourne Woods in Farnham for round two of the Today's Runner league where they were greeted at the start by a warning that "the puddles will cover your knees, and the course is in a worse state than we have ever seen it".

Unfortunately this didn't turn out to be the case, probably due to the amount of sand around the course draining the rainwater away.

Georgie Gair led the ladies team home crossing the line in second place, with Penny Forse (17th), and Susie MacGregor (20th) completing the team scores.

They were backed up by Georgie Wallis (30th) and Jane Adlard (55th), to ensure the ladies team finished in 2nd place behind Farnham Runners.

Andy Simpson led the men's team home, crossing the line in seventh place.

The rest of the men's scoring places were filled by Mike White (9th), Chris Hall (12th), Jon Leigh (40th), Mike Bell (47th).

The other male finishers were Nick Crane (50th) *(pictured)*, Tim Sullivan (52nd), Phil May (67th), Nick Kimber (70th), Glen Street (75th), Paul Hailwood (100th), Andy Lee (109th), Mike Harper (117th), John Vose (129th) and Andy Tomlinson (136th).

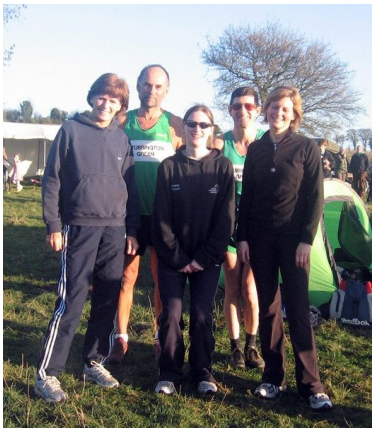
This gave the men fourth place behind Farnham Runners (1st), Victory AC (2nd) and Hart Road Runners (3rd).

Overall, this meant the top three were placed exactly the same as at the Today's Runner opener at Queen Elizabeth Country Park with Farnham leading the pack as Stubbington were tied second equal with Hart.

It's weather for penguins

BRRRR….it was bloomin' cold when the Today's Runner bandwagon headed for North Hampshire earlier this month.

Freezing conditions at Pamber Heath welcomed 13 members of Stubbington Green for the third leg of the Today's Runner Winter League, ***writes Glen Street.***



Farnham Runners seem to be taking the League in their stride - there seemed to be dozens of their vests in the first 20 places.

For Stubbington's men, Andy Simpson once again led the team home with eighth place, followed by Mike White (12th), Chris Hall (14th), Tim Sullivan (34th) and Jon Leigh (40th) making up the scoring places.

Other men finishers were Mike Bell (55th), Nick Crane (70th), Andy Lee (95th), Paul Hailwood (101st), Mike Harper (109th), Eric Beck (124th), John Tussler (127th) and Andy Tomlinson (142nd). The men finished second behind Farnham Runners.

The ladies; team was led home by Susie McGregor in 17th place, and she was well supported by Georgie Wallis in 27th and Jane Adlard in 57th (spooky all those 7s!).

This gave the ladies 11th place behind Hart Road Runners in first and Farnham in second.

Overall, Stubbington finished in fourth place, behind third-placed Denmead Striders, Hart Road Runners in second and Farnham Runners in first.

So after three races, Farnham Runners hold top spot with two points, defending champions Stubbington hold equal second on four points with Hart, and Denmead Striders lie fourth with seven points.

Well done to everyone who took part, and see you all at the next race, which is at Manor Farm Country Park, hosted by us, on Sunday, February 8th. Any volunteers for marshalling would be welcome. Contact me at: glen.street@ntlworld.com

Stubby 4 get their marathon places

STUBBINGTON Green Runners were awarded four places for this year's London Marathon.

The lucky four runners who were awarded the places are Susie McGregor, Annie Tomlinson, Andrew Briggs and Tim Sullivan.

There are several other Stubbies training for the marathon who have secured places through the ballot and other routes, so expect the Saturday long runs to become a bit of a cavalry charge.

Good luck to all.

Stubbington 10k meeting: There is a further meeting for race helpers and any marshals who did not manage to attend the previous two.

This is to be held at the Locksheath Sports and Social Club on Warsash Road, on Thursday, January 15th at 8pm. Please attend if possible as it is important that we get it right on the day.

Vorders gets his figures wrong!

HE'S studying mathematics in Manchester and so he should be good at figures, but Stubbington's very own answer to Carol Vorderman, Chris Munro, found himself caught out at the Hampshire Cross Country Championships.

The field for the men's race at Dibden Inclosure near Applemore, Southampton, had been given a five minute warning before the start.

"It could only have been two minutes," insisted cross country skipper, Phil May, jumping to Vorder's defence, because the main race of the day set off without the Stubbington mathematician!

Vorder's must have given the rest of the field a good two minute start in icy conditions on the multi-lap cross country course.

Remarkably, the long-legged Stubby managed to catch up rapidly to finish an impressive 96th place. The race was won by Toby Lambert from Winchester & District AC, but not far behind was Mark Le Gassick who finished 12th in 40 minutes for the 12km course followed by Andy Simpson in 46th and Mike Harper in 91st.

Jon Leigh, Nick Crane and Mike Bell then packed in the middle field with 101st, 105th and 115th positions respectively.

The rearguard was led home by Gordon Westley who zipped past Phil May in the last 200 metres to take 125th place and Phil in 127th.

The two Johns, Gueran and Tussler, then finished off the team with 133rd and 145th.

How John Tussler must have been lamenting his Spanish home with conditions very cold.

"The course was so hard that it felt like a road race," said Phil.

"One Portsmouth runner came to grief over the rough terrain with a badly twisted ankle.

"The temperature didn't get above freezing, but as there was no wind the conditions, once the race got going conditions were ideal.

A total of 15 Stubbies headed for the edge of the New Forest for the championships.

First off were the ladies and Penny Forse lead home the team finishing in 27th in a time of 36min 47sec. Margie Pritchard followed in 34th place, quickly followed by Georgie Wallis in 37th.

The team was completed with a steady run coming back from injury from Lucy May coming in 50th.

Roll up, roll up for the key HRRL fixtures

I HOPE your training has gone well over Christmas? If not, like me, we have January to catch up and start racing again in February!

I know I don't have to worry about our 10k, as loads of Stubbies have entered, but I do need to remind you that the next four races in the Hampshire Road Race League require entry forms to be posted very soon, if not immediately!

They are the Ryde 10 miles on February 1st. The club has once again agreed to pay our ferry costs, and hopefully we can meet at Portsmouth and travel over together. This race is only £7 to enter!

Then there is the Bramley 20 on February 15th. If you are running a marathon this year, here is the perfect preparation, and you can help your club in the league at the same time.

Or, if you are not running a marathon, but are lucky enough to have the ability to run this distance, then please do so, or if like me you are not completely sane and will only manage one 15 mile training run beforehand then good luck!

The Salisbury 10 mile race takes place on March 8th. It has a 600 runner limit so I would imagine will fill up pretty early.

That is followed by the Eastleigh 10k on March 29th. This is always very popular, mine and quite a few others' pb course, so you will have to enter early as it always fills in January.

Please consider entering at least one of these as our club is doing pretty well in both the men's and ladies' top division, but we need to maintain that.

Also, the men's B team are top of Division 2, just ahead of Fareham Crusaders, so we need eight runners to finish these races; runners of any ability.

I often get e-mails back saying "I'm running but will be too slow for the team". That doesn't matter and often isn't the case.

Also, you will get club points for each of these races that you complete, whatever your standard.

I would really appreciate if you could let me know if you are entering any of these races, and if so send the entry off now as they WILL fill up in January. Race forms can be printed from the HRRL link on our website. Thank you

Mike Harper
theharpers12@hotmail.com

New date for Marwell 10k race

EASTLEIGH Running Club has announced an earlier change of date for the popular Marwell Zoo 10km.

The one-lap race, which starts and finishes at the Colden Common-based zoo, tends to be staged after the London Marathon in late April.

However, the 2009 race, which has traditionally been a sell-out, despite the notoriously tough hill at Owslebury, will take place on Sunday, March 22nd.

For more details then log onto www.eastleighrunningclub.org.uk

The Cranleigh 15/21 race, which has traditionally been used by many Stubbies for their Spring marathon training, will take place a week later on Sunday, March 29th.

The race will start by the Band Room in Village Way, Cranleigh, Surrey at 9am.

This is another sell-out race, a tough little run around country lanes of 15 miles, or a second wicked six mile loop for those wanting the extra mileage.

For details then log onto: www.mabac.org.uk

While another good pre-marathon warm-up race, the Worthing 20, takes place at Goring Gap on Sunday, April 5th at 9am.

Entry details can be found at: www.worthingharriers.com

All the races and more can be found in the new-look 2009 SGRAC race calendar on the club website, or take a look at the round-up of races on pages 10 and 11 of this month's issue of the Green Runner.

WE are hoping to organise another beginners' course this spring when the clocks change (from March 29th), but we need some volunteers.

If you are able to offer any assistance with the organisation then please contact Caroline Street or Chris Hall - refer to contacts page on page 12 or call 01329-845330.

This is important for the club as it enables new runners to be introduced to the sport.

All change for track set-up

STUBBINGTON Green's track team is no more. The club has decided to pull out of Southern League Division 3 West because of difficulties of regularly fielding a team.

We will now been joining forces with City of Portsmouth AC.

Track & field secretary, Mike Harper explained: "Although our small number of athletes were keen to continue, it was felt that as numbers were so small we could not sustain a team. We have therefore withdrawn from the league."

Mike said that Stubbington has been in discussion with City of Portsmouth.

"Whilst nothing is finalised yet, it appears in the long-term that both Portsmouth and Stubbington could benefit.

"We could not amalgamate as City of Portsmouth are a Division 1 team and the rules do not allow that.

"However, we can join them as second claim track and field athletes and several Portsmouth Joggers already do this.

"This would probably be at a reduced rate, and would entitle Stubbington to train at the Portsmouth track and be coached by their coaches.

"Any of our athletes could compete for them.

"Obviously it will be tough to get in the team on merit, but not impossible, and we can run in non-scoring and relay teams."

Mike added that the move would benefit Stubbington members who wanted to continue track and field in the summer.

One main benefit would be that many of the fixtures will be in the London area during 2009, so there would not be the long hauls to the likes of Cornwall which Stubbies experienced last summer.

"The plan is for Portsmouth to get promotion to the national league this season," he added. "That's not a definite, but a probable outcome.

"They will then definitely start up a team in the men's Southern league, which would mean as the British league is such a strong standard, that most of our athletes would be able to compete in the men's Southern League.

"This would still be with the use of a local track, qualified specialist coaches and travel organised by coach to the fixtures.

"I hope this will interest to some, if not all of you. It does mean we can still offer some track events to any athlete who wants this, otherwise we would have no such option.

"Without wishing to look with too rose-coloured glasses, there is a possibility that in 2010 we would be competing in the Southern league alongside a comparable number of Portsmouth athletes and just having three events each to concentrate on, instead of the high number we have had to cover in recent years.

"Please get back to me either positively or negatively and let me know your thoughts on such an amalgamation.

"Thanks very much for your support for the last seven years."

Tough final fixture to avoid league relegation

STUBBINGTON'S men turned in a barn-storming performance in the penultimate round of the Hampshire Cross Country League, *writes Phil May*.

The Greens were firing on all cylinders at Prospect Park in Reading for the fourth of fifth fixtures with a strong turn-out. However, despite good scoring from all the runners, relegation from Division One looks likely with one fixture remaining, in Salisbury next month.

It was a glorious day for a race in Berkshire; the sun shone and the temperature was about three degrees with a light breeze.

The ground was still frozen in places which meant that runners had to watch where they were running and not hit any ruts thinking that they would give way. So with football matches being called off because of frozen pitches the race went ahead as planned.

Nine Stubbies and three Stubbettes ran a very good race. When the race got going, the top inch or so had melted the ground where the sun had caught it, but under that the ground was still frozen, so going up the hill required a bit of skill not to slide. Going downhill also required some caution. The flats were okay, but only just.

In the ladies' race, Penny Forse led home the trio with Margie Pritchard and Georgie Wallis making the team to score

In the men's race, Mark Le Gassick had a very good run to finish 10th, then a good run from Andy Simpson and Daniel Gueran pushing each other along and resulting in them coming in 71st and 72nd.

Chris Munro was a welcome addition to the team with a very good run to come home 113th. Mike Harper and Nick Crane followed with Gordon Westley getting the better of Phil May on the last bend, and finally John Tussler achieving two goals of completing the course and not coming last.

Ladies: Penny Forse 42nd, Margie Pritchard 58th, Georgie Wallis 62nd. **Men's:** Mark Le Gassick 10th (28mins 27secs); Andy Simpson 71st (30.52), Daniel Gueran 72nd (31.04), Chris Munro 113th (33.41), Mike Harper 127th (35.00), Nick Crane 140th (35.57), Gordon Westley 170th (38.08), Phil May 171st (38.12), John Tussler 199th (44.34).

The result leaves Stubbington men in ninth place in Division 1 with 36pts, just two points ahead of cellar dwellers Overton Harriers.

With eighth-placed Reading Roadrunners eight points better off than Stubbington, it would require a miraculous result at the season finale on February 14th at Hudson's Field for the Greens to avoid the drop to Division 2.

Prizes galore for Stubby helpers' race

THE new Stubbington 10k course was given a test run on Sunday with a record entry for the helpers' race.

Clearly the lure of some attractive prizes persuaded 26 Stubbies to brave the icy conditions for the race from Stubbington, through Titchfield, along Posbrook Lane to the Meon Foreshore and back along Hill Head and to Stubbington via Bell's Lane.

In a tight finish, Graham Bell pipped Richard Thomas to first place in a time of 41min 33sec to pick up a £35 cash prize, with Richard taking the £25 second prize for finishing a second adrift.

A rejuvenated Colin Elderfield, wearing the skimpiest of running outfits in the iciest of conditions, was third in 42.34 to collect a £15 third prize.

Race director Gary Littlecott handed out a number of spot prizes.

Mandy Jones collected a £10 mid-place prize, Anne Fairhurst won a £10 mystery placing prize, and Caroline Street collected an £80 Asics shoe voucher.

Santa Littlecott also distributed a number of other spot prizes to the eager runners.

"The day went really well," said Gary. "Runners seemed pleased with the course.

"Thanks to John Blake and Dave King for marshalling and for giving out the spot prizes."

That was the dress rehearsal, now for the real thing on Sunday, January 18th.

Results:
1st Graham Bell 41min 33sec, 2nd Richard Thomas 41.34, 3rd Colin Elderfield 42.34, 4th Keith Carter 42.50, 5th Keith Whittaker 44.40, 6th Nick Davies 45.40, 7th Neil Jarvis 46.13, 8th Paul Hammond 46.30, 9th Mark Hindry 47.37, 10th Julie Woodward 48.47, 11th John Fairhurst 49.03, 12th Aitken Hunter 49.35, 13th Phil May 51.16, 14th John Vose 51.20, 15th John Simister 50.30, 16th Peter Rawlins 51.35, 17th Mandy Jones 52.45, 18th Helen Kimber 53.20, 19th Jaz Smith 54.30, 20th Peter Hutchinson 55.25, 21st Sue Simister 1hr 2mins, 22nd Carol Hindry 1hr 2mins, 23rd Caroline Street 1hr 3mins, 24th Anne Fairhurst 1hr 4mins, 25th John Randall 1hr 15mins, 26th Michael Aimable 1hr 27mins.

A stately run for Zippy

ZIPPY Grice chose to get rid of some Christmas excess with a gentle 10km jog around the grounds of Somerley House near Ringwood.

Zippy joined 750 runners for the Somerley 10km race, organised by the Wessex Autistic Society. The race helped to raise more than £6,000 for the charity.

The run, which is now in its eighth year, took place at the spectacular grounds of Lord Normanton's private Somerley Estate in Ringwood.

Money raised will go towards supporting adults and children with autism throughout the Wessex region.

Everyone who completed the race received a goody bag containing a medal, water bottle and chocolate.

The fastest male and female 10km runners received a trophy and champagne alongside the second and third place runners who received a bottle of wine.

For the second year in a row the male winner of the 10k was Lee Piercy from Wick with a time of 33min 39sec.

Last summer, Lee won the British Age Group Duathlon Championships. The female winner was Helen Thomson from Salisbury with a time of 43.44.

Zippy finished second in a time of 34.54, with Nick Crane, who has improved superbly this year, placing 32nd in 41.45. Stubby Del Granger made one of his rare appearances coming home in 72nd with 44.24.

There was also a 5km race and the top male runners were Alastair Bartlett from Trowbridge in 18min 06sec and Rowland Turnell-Ritson from London in 18.08.

The top female runners were Africa Mason in 20.01 & Grace Howie in 20.12 both from Poole.

Race entrants are being encouraged to raise more sponsorship now the race is over as the person raising the most sponsorship will win a round of golf for four people with bacon butties and hot drinks, at Parley Golf centre.

Millie Paterson, Community and Events Fundraiser at the Wessex Autistic Society said: "It was a glorious, crisp day with clear skies so we were lucky and a record number of people entered so we are very grateful for the local support.

"As always we would like to express huge thanks to Lord Normanton for allowing the runners to use his stunning parkland, Nationwide who were the main supporters and our fantastic volunteers.

"The runners all did a fantastic job as it was a chilly day, as did the volunteers who were also exposed to the frost!"

Terrific Tor tears on between the pubs

TOR Duffin returned home from the land of the rising sun to take on the land of the rising hills with the annual Pub to Pub race in Horndean.

Tor, who is in his second year of teaching English in Japan, and is due to get married in Sweden this year, finished fifth in the seven-mile race organised by Portsmouth Joggers.

A field of 161 runners took part in the post-Christmas race from the Ship & Bell in Horndean to the Red Lion at Chalton.

Conditions were cold and crisp for the run along quiet country lanes and which included two tasty climbs at the start and the finish of the race, plus a rise to half way.

James Baker from Chichester Runners made an attack from a pack of four runners after half way to win in a time of 41min 9sec, or miling every 5min 36sec.

Tor finished two minutes down on James with a time of 43.24, just ahead of the leading lady runner, eighth-placed Hanna Ramsey who recorded a time of 43.55.

Chris Munro, on holiday from his studies in Manchester, had a storming run to finish 18th in 48.57, just behind Tim Sullivan.

Money raised from the race went to the Portsmouth Hospitals' Rocky Appeal.

A number of Stubbies and their families also took part in a three-mile walk, and the organisers held a pairs event pairing a walker with a runner.

Nick Crane was the highest placed pairing, finishing fifth with Edward Hall, the son of Liz Hall.

Stubbington results: 9th Andy Simpson 44.33, 17th Tim Sullivan 48.16, 18nd Chris Munro 48.57, 21st Nick Crane 49.53, 27th Nick Kimber 51.09, 38th Colin Elderfield 52.47, 47th Dave King 55.30, 54th Aaron Kingston 55.52, 55th Eric Beck 55.55, 80th Derek Balsdon 60.32, 87th John Tussler 61.57, 96th Jane Adlard 63.08, 97th John Vose 63.14, 135th Liz Hall 69.57.

The Race Diary

Date	Race	Venue	Time
Sun Jan 18	STUBBINGTON 10K	Crofton Community Centre, Stubbington, Hampshire.	10am
Sat Jan 24	Southern XC Champs	Hillingdon, Middlesex.	1pm
Sun Jan 25	Epsom Oddballs 6.25	Epsom Downs, Surrey.	10.30am
Sun Jan 25	Lakeside Canal 8.2	Lakeside, Frimley Green, Surrey.	10am
Sun Jan 25	Heartbreak Half	Sandy Balls Holiday Park, Godshill, Fordingbridge.	10am
Sun Jan 25	Slaughterford 9	Leafy Lane Playing Fields, Corsham, Wiltshire.	10am
Sun Feb 1	Ryde 10	Ryde Rowing Club, Ryde, Isle of Wight. (HRRL)	11am
Sun Feb 1	Blackmore Vale Half	Bishops Caundle, Sherborne, Dorset.	11am
Sun Feb 1	Wessex XC League	Salisbury, Wiltshire.	2pm
Sun Feb 1	Watford Half Marathon	Cassiobury Park, Watford, Hertfordshire.	10.30am
Sat Feb 7	GB Ultra Thames Trot 50	Oxford to Henley.	9am
Sun Feb 8	Today's Runner XC	Manor Farm, Bursledon, Hampshire (OUR EVENT).	11am
Sun Feb 8	Bookham 10k	South Bookham School, Bookham, Surrey.	10am
Sun Feb 8	Wokingham Half	Cantley Park, Wokingham, Berkshire.	10am
Sun Feb 8	Longleat 10k	Longleat, Warminster, Wiltshire.	10am
Sun Feb 8	David Lloyd 5km	David Lloyd Southampton, Frogmore Lane, Soton.	10.30am
Sun Feb 8	Saucony 10k	Sandown Park, Portsmouth Road, Esher, Surrey.	10.30am
Sun Feb 8	Henfield 9	Henfield Leisure Centre, Northcroft, Henfield, W Sussex.	10.30am
Sun Feb 8	Punchbowl Marathon	Chichester Hall, Petworth Road, Witley, Godalming.	8.30am
Sat Feb 14	Hampshire XC League	Salisbury, Wiltshire (TBC)	1.35pm
Sun Feb 15	Bramley 10/20	Bramley Primary School, Basingstoke. (HRRL)	10.30am
Sun Feb 15	Salisbury City 10k	Salisbury City FC, Old Sarum, Salisbury.	10am
Sun Feb 15	Lytchett Manor 10	Lytchett Minster School, Poole, Dorset.	10.30am
Sun Feb 15	Suunto Winter Duathlon	Eton Rowing Club, Windsor, Berkshire (5k/20k/5k)	10am
Sat Feb 21	National XC Champs	Parliament Hill Fields, North London.	1pm
Sat Feb 21	Mountain Bike Duathlon	Frimley, Farnborough, Surrey. (10k/15k/5k)	10.30am
Sun Feb 22	Enduro Duathlon 30	Bagshot Heath, Bagshot, Surrey. (30 miles)	10am
Sun Feb 22	The Terminator 11	Pewsey School, Wilcot Road, Pewsey, Wiltshire.	10.30am
Sun Feb 22	Winchester 10k	River Park Leisure Centre, Winchester.	10.30am
Sun Feb 22	Sussex Beacons Half	Madeira Drive, Brighton, Sussex.	9.45am
Sun Mar 1	Wessex XC League	Ham Hill, Yeovil, Somerset.	2pm
Sun Mar 1	Mad March Pukka 10 & 20	Burton Recreation Ground, Burton, Christchurch.	10.15am
Sun Mar 1	Eastbourne Half Marathon	Princes Park, Royal Parade, Eastbourne, East Sussex.	10am
Sun Mar 1	Meon Valley Plod 20	Sustainability Centre, Droxford, East Meon.	10.30am
Sun Mar 1	Steyning Stinger Marathon & Half Mara	Steyning Grammar School, Steyning, West Sussex.	8.30am
Sun Mar 1	Berkhamsted Half	Berkhamsted Cricket Club, Berkhamsted, Herts.	10.30am

The Race Diary

Date	Race	Venue	Time
Sat Mar 7	Mountain Bike Duathlon	Guildford, Surrey. (7.5km/15km/7/5km)	10.30am
Sun Mar 8	Banbury 15	Spiceball Park Sports Centre, Banbury, Oxfordshire.	10.30am
Sun Mar 8	Milton Keynes Half	Open University, Milton Keynes, Buckinghamshire.	10.30am
Sun Mar 8	Leith Hill Half Marathon	Priory School, West Bank, Dorking, Surrey.	11am
Sun Mar 8	City of Salisbury 10	Salisbury Leisure Centre, Salisbury, Wiltshire (HRRL)	11am
Sun Mar 8	Devizes 10k	Devizes Football Club, Devizes, Wiltshire.	11am
Sun Mar 15	Bath Half Marathon	Great Pulteney Street, Bath, Somerset.	11am
Sun Mar 15	The Bowleaze Loop	Bowleaze Cove, Weymouth, Dorset.	11am
Sun Mar 15	Fleet Half Marathon	Calthorpe Park, Fleet, Hampshire.	11.30am
Sun Mar 15	Finchley 20	Hillingdon AC, Bury Street, Ruislip, Middlesex.	9.30am
Sun Mar 15	Hastings Half Marathon	Grosvenor Gardens, St Leonards-on-Sea, East Sussex.	10.30am
Sun Mar 15	Exbury Gardens 10km	Exbury Gardens, Exbury, New Forest, Hampshire.	10am
Sun Mar 15	Suunto Winter Duathlon	Eton Rowing Club, Windsor, Berkshire. (5k/20k/5k)	10am
Sat Mar 21	Ballbuster Duathlon	Box Hill, Dorking, Surrey. (8 miles/24 miles/8 miles)	8am
Sun Mar 22	Today's Runner XC	Staunton Country Park, Havant.	11am
Sun Mar 22	Marlow Duathlon	Marlow Sports Club, Marlow, Bucks (7k/25k/7k)	9am
Sun Mar 22	Marwell Zoo 10k	Marwell Zoo, Colden Common, Winchester, Hants.	10.30am
Fri Mar 27	Jurassic Coast 3-Day	Lyme Regis, Dorset.	10am
Sun Mar 29	B&Q Eastleigh 10k	Fleming Park Leisure Centre, Eastleigh, Hampshire.	10am
Sun Mar 29	Brooklands 10k	Mercedes World, Brooklands Circuit, Weybridge.	8.30am
Sun Mar 29	Cranleigh 15/21	Band Room, Village Way, Cranleigh, Surrey.	9am
Sun Mar 29	Mel's Milers 10k	Bluecoats Sports Centre, Christ's Hospital, Horsham.	11am
Sun Mar 29	Reading Half Marathon	Madejski Stadium, Reading, Berkshire.	10am
Sun Mar 29	Wessex XC League	Avon Heath Country Park, Ringwood, Hampshire.	2pm
Sun Mar 29	Ferndown Rotary 10k	Avon Heath Country Park, Ringwood, Hampshire.	11am
Sat April 4	Bolt Round the Holt 5k/ 10k/21k	Alice Holt Woodlands, Bucks Horn Oak, Farnham.	10am
Sun April 5	Bournemouth Bay 10k	Pier Approach, Bournemouth, Dorset.	9.30am
Sun April 5	Bournemouth Bay Half	Pier Approach, Bournemouth, Dorset.	10am
Sun April 5	Calne 10k	Bowood House, Derry Hill near Calne, Wiltshire.	10am
Sun April 5	Trowbridge 10k	Studley Green Primary School, Trowbridge, Wiltshire.	11am
Sun April 5	Combe Gibbet-Overton 16	Overton Recreation Centre, Bridge Street, Overton.	2pm
Sun April 5	Frimley Park 10km	Frimley Park Hospital, Frimley, Surrey.	10.30am
Sun April 5	Breakfast Run 8.2 & 16	Kingston Town Centre, Kingston, Surrey.	8.30am
Sun April 5	Worthing 20	Goring Gap, Worthing, West Sussex.	9am
Fri April 10	Guernsey Easter Runs	Guernsey, Channel Islands (from April 10th to 13th)	10.30am