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

Another Stubb 10k over: now the work starts for 2010!!

IT has been a heck of a year for Gary Littlecott. When he first took over the running of the Stubbington 10k three years ago, Gary was handed a small bundle of papers from the previous race director.

Over a cup of tea and some Bourbon biscuits, the mechanics of what was then a very simple race, which had run for 20 years was discussed, *writes Dave King*.

This last January, a total of 1,210 runners took part in the 24th staging of the race on a brilliant day for running – bright sunshine, a light breeze and temperatures around 8c.

The race, which also formed part of the Hampshire Road Race League, was won by Andrew Greenleaf from Winchester & District AC in 32min 17sec, 25 seconds ahead of Paul Cameron from the Isle of Wight AC. Mark Le Gassick was the first Stubby home in third, a second behind Paul, in 32.43.

Emily Alden from Epsom & Ewell Harriers in Surrey won the ladies' race in a time of 36.25 for seventh overall, with Susie MacGregor the leading Stubbette in 15th position with 41.56.

Essentially, the Stubbington 10k had been run successfully for two decades thanks to the outstanding commitment of club members, who have been almost clockwork in their organisation.

This has been allied to the co-operation of the local police and council who were pleased to support this showpiece event.

However in the three years that Gary has been race director the goalposts have changed enormously. This year's race, for example, required around 8km of road closures to be put in place.

Stubby 10k 2009 - pages 4&5

Darrell dash to marathon best time

DASHING Darrell Milner continues to improve his marathon best.

Incredibly, it was less than a year ago that the Stubby embarked on his first marathon, and now he has a new pb after the Draycote Water Marathon in the Midlands.

"The race was run around a lake, five and a half times for the marathon runners and seven times for the 35 mile race which made things a bit confusing as to knowing where I was placed," said Darrell.

"It was pretty windy and cold by the time we got started."

Darrell managed to shrug off the conditions to slash four minutes off his personal best for an impressive time of 3hrs 13min 00sec and eighth overall.

If that was hard enough, then spare a thought for Jon Henderson, *pictured below*. He competed in the Draycote 35 Ultra Marathon, which was his second ever ultra.

"My time was a steady 5:41:44," said Jon. "I went through the marathon mark in 4:14, and the 50k in 5:03.

"The very cold wind made it quite tough on exposed sections of the course!"

Let's start at the very beginning!

YES, it's that time of year again folks when we start preparing for this year's beginners' course, *writes Chris Haskell.*

The eight-week course will commence on April 22nd at its usual time of 6.30pm at Crofton School and it will run through every Wednesday until June 10th.

As in previous years I would be grateful for as many helpers as possible.

If you can't make it every week that's fine by me, as long as I know when you can come so that we have the correct number of helpers to participant ratio. Please telephone or e-mail to the addresses below if you can help out.

Tom Mellor has agreed to come on board and help this year and to this end he is going to be taking his first coaching qualification.

If you know of anyone who may be interested in doing this beginners' course then please put him or her in touch with one of us.

Also, it would help if you could take a handful of advertising flyers and distribute them in your area. I will be at Whiteley and Stubbington on Monday and Wednesdays with a supply in my car.

Most shops, gyms, schools, community centres etc are willing to display them, or even put one in the side window of your car! It would be good if we could get 20 participants so try your best to advertise SGR and this course.

Contact: Chris Haskell on 01489-582996 or e-mail: haskells@talktalk.net, Glen Street on 01329-845330 or Tom Mellor on 01329-841371.

I HAVE had the task, with the help of some of the lady members, in replacing the running vests, *writes Susie MacGregor*.

The fit and style seemed dated and we wanted to make it more appealing to everyone - ladies and men.

We have looked at a wide range of styles and the committee has decided that the vest will now be green front and back, white side panels with black STUBBINGTON GREEN print across the chest.

The fabric is high-performance Micropore polyester in a distinctive eyelet knit for maximum breathability and low moisture retention - specifically designed for comfort.

The ladies and men's sizes range from 30" to 46" in 2" increments. Junior sizes are available on request but must be paid for in advance. Each vest will cost £13.50 for adults and £11.50 for juniors; this compares favourably with existing vests.

An order has been placed for 18 vests and delivery takes about 28 days. Some male and female runners have already committed to purchasing vests so look out for them at races and training nights in March. We want to show them off to encourage more members to purchase the new-style vests.

For more information, contact Liz Hall at Lizhall63@aol.com or me on: sue.macgregor1@ntlworld.com

Stubbies in training for Springtime marathons

WITH Spring in the air and the London and Paris Marathons looming we asked fellow Stubbies for a run down on their training thus far, write Verity Wright and Tracie Jarvis.

Here's what they had to say.....Susie MacGregor, ecstatic to have a club place for the London Marathon is training hard and running well.

After her initial excitement Susie said: "It soon dawned on me that I now had to think seriously about my training as didn't want to let the club down".

Previous injury had led to disappointment as she had had to pull out of the New Forest Marathon and she didn't want this to happen again.

Susie praised her fellow runners, Jon Leigh and Nick Kimber with whom she trains with for their marathon preparation expertise.

Although she remarked: "Fortunately, I haven't quite joined the Nick Kimber school of training which entails turning up on a Saturday morning hungover, no breakfast and no fluids whilst running but still managing to run at a very good pace!".

Susie ran a very respectable Bramley 20 in 2hrs 34mins, proclaimed this success was really down to Jon Leigh who was her pace maker all the way to 15 miles.

Susie said: "So far, I have enjoyed the training but am getting very nervous thinking about the marathon.

"It seems such a long way to run! I am running for Help for Heroes so if anyone would like to sponsor please go to www.justgiving.com/susiemacgregor

Fellow club runners Andrew Briggs (pictured) and Annie Tomlinson, are also experiencing a strong bid for London. They were also lucky enough to receive club places after failing on the ballot.

They are in training together and recently both ran Bramley 20 in 2hrs 47mins and 24sec, crossing the line together.

Glen Street is training for the Paris Marathon, with two months preparation! Is it possible? "I'll let you know in April," said Glen.

"After posting a PB of 3:40 at Paris in 2008, I set a goal of breaking the 3:30 mark before I get too old.

"Training in late 2008 was going well until a throaty virus struck around Christmas and lasted about five weeks.

"Then I wrecked my back whilst performing a particularly tricky weights exercise whilst cross training at home. Would I still have time to train for Paris?

"My job as a fitness instructor at Fleming Park helped earlier on when the ground outside was covered in snow and ice, I was able to train on a treadmill.

"The end of February has come and I have just managed my longest run of 12 miles. I now have to fit in a couple of long runs and a quick taper during March to succeed.

"The Grizzly on March 8th should give me some idea of how the training is going, watch this space....."

Jane Adlard is also training for Paris and is running about 30 to 35 miles a week in the form of two speed sessions, a tempo and a long run.

Jane said: "I've improved so much over the last few months that I'm revising my potential time for Paris, particularly after the Bramley 20, where I knocked 35 minutes off of my previous pb."

Jane is now working towards the possibility of a four hour marathon with plans to run the Mad March 20 on Sunday March 1st and another 20 mile race.

Jane is feeling more relaxed, much stronger, and recovering faster as well as enjoying it more than previous marathon training.

She said: "The weight training, cycling and swimming are definitely helping, as is the enormous amounts of encouragement and help from the training groups especially Thursday night, thanks everyone!".

WELCOME to March's issue of The Green Runner.

As you may be aware, after almost two-and-a-half years as the editor of the Green Runner, Dave King has decided to step down from the role.

Dave has published 29 issues of the GR, in a format that's simple, yet effective, with content that's both interesting and informative.

As a result of Dave's efforts, the club has a newsletter to be proud of – many thanks for all your hard work, Dave!

The new editorial team – Mark Le Gassick, Tracie Jarvis, and Verity Wright – certainly have a hard act to follow, but we're hoping to continue where Dave left off. Therefore, initially, you won't notice too much difference in the style and format of the GR.

However, we do need your help in order for the newsletter to continue its past success.

If there's something that's missing that you think should be included, or if you have something that you feel would be of interest to other club members, please let us know.

For example, you may have been on holiday recently and entered a race while you were there, or you may have had a particularly good (or bad) running experience that you would like to share.

The important thing to remember is that The Green Runner is your newsletter and we feel that the content should reflect this.

So, please don't be shy, tell us what you think so that we can make improvements, and we'll aim to produce a high quality newsletter that provides the kind of content that you want to read about.

Please forward all feedback and content ideas to
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tracie.jarvis@ntlworld.com
Mark.LeGassick@capita.co.uk
Mark, Verity, & Tracie.

Junior Fun Run results

1 Joe Riley 6min 11sec (1st boy 11-14yrs), 2 David Fisher 6.24, 3 Joshua Cullen 6.35, 4 Ian Scogings 6.39, 5 Harrison Pocock 6.46, 6 Nicole Dally (1st girl 11-14yrs) 6.49, 7 Jaac Phillips 6.52 (1st boy 7-10yrs), 8 Alex White 6.53, 9 Olly White 6.55, 10 Kelsey Connolly 7.03, 11 Georgie Parks 7.09, 12 Matthew Riley 7.11, 13 Elie Harper 7.14, 14 Calum Cashell 7.22, 15 Evie Grice 7.25 (1st girl 7-10yrs), 16 Matthew Ashman 7.26, 17 Callum Jarvis 7.27, 18 Lottie Lord 7.40, 19 Joe Robinson 7.41, 20 Thomas Ellis 7.44, 21 Jack Netherwood 7.49, 22 Duncan Cameron 7.51, 23 Charlotte Cameron 7.51, 24 Freddie Browning 7.56, 25 Sian Samuel 7.57, 26 Tom Farlow 7.58, 27 Adam Waldron 7.59, 28 Connor Gardener 8.02, 29 Rebecca Barrows 8.04, 30 Aisling Stewart 8.04, 31 Maisie Grice 8.09, 32 Andrew Graham 8.09, 33 Sam Waldron 8.15, 34 Ellie Czura 8.19, 35 Stephen Andrews 8.21, 36 Holly Hunt 8.23, 37 Molly Proudlock 8.25, 38 Duncan Batchelor 8.26, 39 Tommy Fowler 8.29, 40 Craig Milne 8.29, 41 Louise Phillips 8.41, 42 Rachael Phillips 8.47, 43 Xanthe Gould 8.48, 44 Lucy Phillips 8.55, 45 Russell Andrews 9.06, 46 Olivia Fretwell 9.07, 47 Ben Smith 9.07, 48 Callum Cross 9.08, 49 Josie Czura 9.10, 50 Matthew Sullivan 9.10, 51 Brittany Hocquard 9.11, 52 Rosie Lawrence 9.12, 53 Amy Ramswell 9.14, 54 Harry Hailwood 9.16, 55 Joe Farlow 9.18, 56 Isabelle Lawrence 9.18, 57 Joe Perriam 9.21, 58 Lily Ellis 9.27, 59 Owen Scogings 9.31, 60 Rebecca Harrison 9.33, 61 Emily Stoddart 9.35, 62 Georgia Borrett-Lynch 9.37, 63 Maddy Czura 9.39, 64 Joseph Taylor 9.42, 65 Susannah Barrows 9.45, 66 Lauren Gregory 9.49, 67 Rebecca Brady 9.50, 68 Thomas Preston 9.50, 69 Jessica Goddard 9.56, 70 Georgia Robertson 9.58, 71 Freddy Church 9.58, 72 Chloe Netherwood 10.02, 73 Hester Borrett-Lynch 10.03, 74 Alexandra Pugh 10.03, 75 Grace Dixon 10.04, 76 Charlotte Ellison 10.09, 77 Eleanor Cousins 10.09, 78 Sam Turner 10.23, 79 Rachel Turner 10.23, 80 Hubble Millard 10.23, 81 Anthony Batchelor 10.31, 82 Georgia Ellison 10.34, 83 Maggie Antell 10.52, 84 Daisy Gore 10.52, 85 Charlotte Randall 10.59, 86 Alexander Boston 11.01, 87 Catherine Boston 11.01, 88 Isabel Leigh 11.15, 89 Emma Vernon 11.17, 90 Evie Duck 11.17, 91 Alex Seager 11.19, 92 Ellie Gauntlett 11.22, 93 Celia Stoddart 11.25, 94 George Ramswell 11.34, 95 Jake Steel 11.36, 96 Natasha Felicity Duck 11.40, 98 Serena White 11.40, 99 William Vickrage 12.06, 100 Samuel Frost 12.20, 101 Alasdair Duncan 12.42, 102 Callie MacBeath 12.47 103 Cherleigh Lammiman 12.48, 104 India Bethell 12.50, 105 Sophie Lammiman 13.05, 106 Jamie MacBeath 13.11, 107 Adam Sullivan 13.23, 108 Joe Morris 13.23, 109 Callum Morris 13.52, 110 Megan Johnson 14.01, 111 Rachel Johnson 14.01, 112 Eleanor Turner 22.26, 113 Jeff Turner 22.35.

That's another

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During the day, Gary works for Fortis Insurance in Chandler's Ford, and in the evening he is often on the phone or logged onto his computer dealing with road race issues.

Pity Gary's poor wife Lyn, who is now resigned to lighting a candle next to an old photo of Gazza while placing a symbolic yellow ribbon by his favourite pair of slippers – it's that long since they have seen each other for a conversation!!

Three words – "health and safety" have dogged the organisation of the race. Health and safety are, of course, important safeguards, especially in an era of the "no win, no fee" society we live in.

But these safeguards have been almost anal in their application to such a frustrating extent that, at times, there have been major question marks raised over the staging of the race. They are safeguards which have to be met and is the reason why so many other races have sadly fallen by the wayside.

One wonders at the current rate how many road races will be left in years to come, judging by the difficulties faced for the recent Romsey 5, and the hoops which organisers of the Gosport Half Marathon had to jump through to get their race on.

The Totton 10km, scheduled for April, has already bitten the dust. More are sure to follow.

Gary explained: "The day after this year's Stubbington 10k I was at a meeting of the Hampshire Road Race League where we were questioned quite strongly by the other clubs as to how we, Stubbington Green Runners, had managed to put on a road race so successfully.

"They wanted to know how we had achieved this in light of everyone else around the county whose races had fallen by the wayside or which were struggling like mad.

"I told them that our success was down to the military-like precision which we organise our races.

"That is where we are so fortunate, because others clubs don't have the back-up and support which we have at Stubbington with our members.

"It is amazing how, on the day, everything comes together like clockwork. Everyone knows their job, they get on with it, and it's job done."

The paperwork involved in getting on this year's Stubbington 10k has wiped out an entire woodland, as various assessments, measurements, checks and re-checks have been made. Fareham Borough Council has demanded it, the Highways Agency has demanded it, and so has Hampshire Police.

When once the police would provide officers stationed around the course and even a motorcycle rider at the head of the race, now they have adopted a hands-off attitude, while at the same time demanding that certain standards are met for the race to go ahead.

The council has insisted on religiously scrutinising all aspects of race organisation, and discussions have been held with various highway authorities.

Gary added: "I think it is important that you work closely with the authorities, and that is another reason for the success of the race. We have done what they have asked us to the letter, and that has worked."

For example there was the new course for this year's race. Fareham Borough Council and the police had stated in no uncertain terms that they were unhappy with the old Stubbington 10k route which ran through Lee-on-the-Solent and Rowner, before heading back to Stubbington.

In truth, they had a point. There were a number of tricky pinch points along the course, and there had been a lot of negative feedback; not only from authorities, but the council had received over 100 complaints about the 2008 race.

So there had to be a change of course.

Gary looked at the option of taking the race up to Lee-on-the-Solent and zig-zagging it back to Stubbington, but that proved impractical.

That was when the Titchfield route was chosen.

It's a route well known to many Stubbies, and is part of Gary's training run at weekends. It is scenic, it is quiet, it is safe, while presenting a challenge to runners with the two short and snappy climbs.

Stubby 10 over with

The course was measured from Stubbington square and was found to be over 10km. Consideration was given to starting and finishing the race in the park behind the Crofton Community Centre, but dismissed.

Ultimately, a starting point along the Titchfield Road was found, the course was measured and risk assessed, and importantly it met the approval of all the key authorities.

Gary said he was bowled over by the positive reaction he received from the council and police once he outlined the route. The club had taken on their concerns, had used them as the basis of finding a new course, and bar a few wrinkles which needed ironing out, this was something that could be worked on.

Even though the new course was agreed last summer, there were still several hurdles to be cleared later in the year to ensure a ringing endorsement from all quarters.

But now a successful race has been staged, the new Titchfield course can be regarded as a template for future Stubbington 10k races.

"We had no real criticism from the race," added Gary. "We had one complaint from a shopkeeper who couldn't get to his store, and another was from a church-goer who couldn't attend the service – but we had flagged that up weeks earlier.

"We have had such positive feedback from all the runners who enjoyed the race and the new course. And I have had good feedback from the authorities.

"For me, I was just glad to have got the race on and got it done! Everyone pulled together on the day, but it wasn't easy and there was a lot of worry throughout the year."

When once the race could be staged to make a significant profit for Stubbington Green Runners & AC, now it is an extremely costly affair.

This year's race cost in the region of £13,500 to stage – for example, what was once a small cost with asking St John Ambulance to provide cover, now stretches to a significant three figure sum, because health and safety requires a higher level of medical cover for 1,500 runners.

"We have probably made a profit of about £1,000," said Gary. "We will, of course, still be making a donation to charity as we have done in previous years, but it will be half of what it once was.

"The costs have gone up. It has cost us £3,500 more to stage the race this year, and unfortunately entry fees will have to go up next year to cover those costs – that's providing we are able to get the same deal with the council over road closures."

But if the finger is to be pointed anywhere as to the secret behind the race's success, then it is down to you, the club members. Without your support, the race would be a dead duck. You are the heartbeat which keeps the race going.

"I can't praise people enough," said Gary. "The club members were fantastic, their support on the day was overwhelming. The problem we now face is we are going to need the same level of support, if not more, from club members for 2010."

This year's race was under the closest of scrutiny, not only from the key agencies, but also from other running clubs as well as officials from the South of England Amateur Athletics Association and the British Association of Road Races.

As for next year, planning has already begun. There are unlikely to be many changes. One of the key comments from runners was a call for chip timing. This was a subject first brought up in the first year when Gary was race director, but was dismissed because of costs.

However many runners in their feedback suggested that maybe we should look at chip timing for the 2010 race. The trouble is that it costs around £2 per chip per runner, and if that is to happen then the cost will have to be added onto the race fee.

Suddenly, race entry might become prohibitive and while there has never been a problem filling the race, in 10 months' time would runners really stomach paying £12 or even £15 for a race entry?

"I don't think there are going to be any great changes," suggested Gary.

"There are a few little things we need to do, but nothing major.

"A lot of people have been asking about chip timing, but it is whether we can afford to it. It would be nice if we could find a major sponsor to offset the costs of the race.

"If we had that, then maybe chip timing might be a realistic option.

"But in the current financial climate it is going to be hard to get a backer on board."

What is certain is that Gary has created a race which can justifiably lay claim as one of the best 10k road races on the south coast.

Look at Eastleigh, and it doesn't win any prizes for scenery, Chichester has the quality field but doesn't have the same friendly atmosphere as Stubbington – can there really be any better 10k on the south coast?

It's doubtful!

Stubbington 10k results

Men:

3rd Mark Le Gassick 32.43, **9th** Zippy Grice 34.08, **16th** Micky Breed 35.12, **18th** John Rawlins 35.33, **20th** Andy Simpson 35.40, **40th** Mike White 37.01 (Vet 50, 2nd), **64th** Alan Houghton 38.09, **79th** Kevin Wheeler 38.43, **83rd** Noel Charlton 38.55, **95th** Mike Harper (Vet 40, 25th), **97th** Ian Smith 39.27 (Vet 40, 26th), **129th** Ray Gunner 40.30 (Vet 40, 40th), **143rd** Jon Leigh 41.09 (Vet 40, 47th), **159th** Nick Kimber 41.42 (Vet 50, 22nd), **171st** Samuel Ratzer 42.08, **238th** Zac Conaty 43.54, **282nd** Tim Sullivan 45.12 (Vet 40, 98th), **301st** Dan Horscroft 45.49, **314th** Rob English 46.00 (Vet 40, 110th), **346th** Mark Hindry 47.05 (Vet 40, 122nd), **372nd** Ray Oliver 47.44 (Vet 50, 65th), **373rd** Steven Mingay 47.47 (Vet 40, 133rd), **379th** Mark Folland 47.57 (Vet 40, 137th), **426th** Ash Lovell 49.04 (Vet 40, 153rd), **449th** David Langrish 49.33 (Vet 50, 84th), **521st** Paul Southon 51.49 (Vet 40, 184th), **558th** Alan White 53.16 (Vet 40, 198th), **562nd** Peter Hailwood 53.30, **600th** Marcus Lee 54.50, **663rd** Hugh McMullan 58.48 Vet 50, 120th), **683rd** Gerard O'Mara 1:00.29 (Vet 40, 240th), **687th** Robert Spencer 1:00.52 (Vet 50, 129th).

HRRL team standings: A team - 2nd, B team - 1st, vets - 8th.

Women:

15th Susie MacGregor 41.56 (Vet 35, 3rd), **40th** Penny Forse 44.44 (Vet 55, 2nd), **62nd** Georgie Wallis 46.51 (Vet 45, 13th), **63rd** Joan Oliver 46.53 (Vet 45, 14th), **73rd** Margie Pritchard 47.31 (Vet 45, 19th) *PB*, **76th** Mags Smith 47.43 (Vet 35, 26th), **107th** Jane Adlard 49.33 (Vet 35, 39th) *PB*, **109th** Lucy May 49.47, **175th** Linda Kopinska 53.49 (Vet 45, 44th), **186th** Rowena Dodds 54.29 (Vet 45, 46th), **188th** Sandie McIntosh 54.30 (Vet 45, 47th), **254th** Eunice Hoare 57.25 (Vet 35, 96th), **366th** Jacqui McMullan 1:03.37 (Vet 45, 101st).

HRRL team standings: A team - 3rd, B team - 3rd, vets - 3rd.

Margie grabs a third

MARGIE PRITCHARD finished third in the latest round of the Wessex Cross Country League, *writes Phil May.*

On a bitter day in Salisbury, with a biting north-easterly wind, the women's race got off first and a little early then advertised so it meant Margie Pritchard had little time to warm up before setting off for her race.

But once it was started, she tucked in behind the second place lady from Winchester biding her time for a sprint finish in the last hundred meters but just missed out on second spot by a few inches.

In the men's race, Nick Crane continued to show good form by coming in 13th and a steady run from Gordon Westley put him in 16th.

Phil May trailed in 19th suffering from not warming up enough before the race in the cold conditions and letting the middle field get away from him at the start and unable to close through the race.

The next fixture took place on Sunday, March 1st at Stoke-sub-Hamden in Yeovil, Somerset, and the season finishes at Avon Heath Country Park near Ringwood on March 22nd.

THE final Hampshire League cross country race was run at Salisbury just two weeks after our last outing when the temperature was close to zero with a north-easterly wind. This time the temperature was a balmy 10 degrees and fairly dry under foot.

The ladies race was first off and included two new contestants for the Stubbettes in Kirsty Gueran and Maddy Beaumont. They helped the team come in ninth overall for the day and enjoyed their first outing, Hopefully they will compete for us again next season and grow within the club to do as well.

Dan Gueran finished the league in sixth place overall in the junior men's league. The Gueran dynasty finished off with dad John running with a dreadfully swollen ankle to come home in 161st. Not the ideal course for carrying an injury as the track either went up hill or down hill.

The men's team was lead home by Mark Le Gassic in 11th followed by Andy Simpson in 47th. The rest of the team then came in to finish the day in ninth place in Division 1 and so will be relegated to Division 2 for next year. At least the manager won't be sacked!!

Nick Crane and Mike Bell had a good run together, pushing each other to good positions in the race and Gordon Westley showed he is returning to form with his best finish this season.

Ladies: Penny Forse 38th (9th vet), Margie Pritchard 52nd (17th vet), Lucy May 66th, Kirsty Gueran 80th, Maddy Beaumont 85th.

Men: Mark Le Gassick 11th, Andy Simpson 47th, Dan Gueran 90th, Nick Crane 118th, Mike Bell 123rd, Gordon Westley 125th, Phil May 149th, John Gueran

Ladies come out in front

STUBBINGTON Ladies stormed to victory in the latest leg of the Todays Runner Winter League at Manor Farm Country Park near Bursledon last month, *writes Glen Street.*

Susie MacGregor led the ladies home with 5th place, followed by Penny Forse in 6th and Georgie Wallis in 21st. Megan Hall (57th) and Katherine Briggs (58th) enjoyed their first outings in the League, whilst Jennie Lee came home in 74th.

This gave the ladies first place over rivals Farnham Runners (2nd) and Haslemere (3rd).

The men took second place behind Farnham Runners, and ahead of Hart Road Runners. Andy Simpson (3rd), Mike White (11th), Alan Houghton (14th), Kev Wheeler (17th) and Ray Gunner (34th) made up the scoring team.

Other male finishers were Nick Crane (49th), Mike Bell (61st), Phil May (70th), Nick Kimber (74th), Andy Lee (102nd), Mike Harper (109th), Alan White (136th), John Vose (137th) and Andy Tomlinson (148th). There were 76 lady finishers and 162 men.

Overall team positions were: 1st= Farnham Runners and Stubbington Green, 3rd Hart Road Runners, 4th Portsmouth Joggers, 5th Liss Runners, 6th Denmead Striders, 7th Victory AC, 8th Portsmouth Tri, 9th Haslemere & District, 10th= Gosport Road Runners and City of Portsmouth AC, 12th Fareham Crusaders, 13th Basingstoke AC, 14th Midhurst Milers, 15th Havant AC, 16th= Alton Road Runners and Fleet & Crookham.

Overall league positions see Farnham Runners leading with three points from Stubbington in second on 5 points and Hart Road Runners a close 3rd with 6 points.

A very big thank you to all the marshals and Di McEwen's catering army for an excellent job which ensured some good comments on the race and the food afterwards.

The next race is scheduled for Sunday March 22nd at Staunton Country Park near Havant, hosted by Denmead Striders. See you all there!

BATTLING the Arctic wind that blew across the open fields Georgie Gair ran extremely well at the Southern Inter-Counties Cross Country Championships in Biggleswade, Bedfordshire in late January, writes Penny Forse.

The talented teenager came third in the under-20 Women's 6km event in a time of 23min 56sec.

On a firm, dry and fairly flat course Georgie had two team-mates in front of her and another in 18th place, giving Hampshire the gold team award.

For Georgie, winner of September's Butser run, this sort of course was not her favourite so it is to her credit that she ran so well to come away with gold and bronze.

Georgie is now looking forward to selection for the National Inter-Counties and English Schools Championships in March.

Penny Forse tackled the same 6km course in the Masters race, with a time of 26min 59sec giving her 40th over-35, 13th over-45 - but due to a technical blip the actual over-55 result was not and still has not been posted on the internet.

Where did all the mud come from?

A GLORIOUS sunny day saw the country's athletes descend on North London for the National Cross Country Championships, *writes Phil May*.

In typical form the course at Parliament Hill managed to get some gloopy mud from somewhere, even though we hadn't had that much rain in the last month. The ladies' race was off first for the Stubbettes with four hardy souls tackling the course.

Penny Forse led home the girls in 235th in a time of 39 minutes, then Margie Pritchard followed with 347th in 42 minutes for her first national championship. Georgie Wallis was next in her first championship as well and hopefully not their last.

Lucy May then was the fourth scorer in 461st out of 546 that finished the course, to give Stubbington 54th in a team competition won by Charnwood.

The men's race had Stubbington second claimer, Andy Vernon, coming home in third place wearing the red, green and white vest of Aldershot, Farnham & District.

This was an excellent result and a big improvement on last year's run - obviously the gooier the conditions the better the result for Andy.

He came home in 38 minutes, a full 10 minutes later Andy Simpson led home the Stubbies in 446th followed by the chairman (Chris Hall) in 649th.

Next came Dan Gueran in 712th, who opted to do the seniors' race and not the juniors as it was more taxing and he could beat his dad!

Another dad bettered by his son Chris Vernon in 903rd, Nick Crane came home in 943rd, Mike Harper was 994th and John Gueran 1145th, just missing out on the hour mark by four seconds.

Gordon Westley was 1160th and finally Phil May brought home the team in 1195th. He put down his mixed performance to a crazy fear of losing the chip timer as he wasn't prepared to fork out £7 for losing it in the mud, only to find that at the end it wouldn't have come off if he'd been dragged around the course.

The last Stubbington runner to finish came in an hour and a half after the start in 1455th. Jon Leigh had terrible cramp and couldn't continue as it would have caused more damage to his marathon preparations if he'd carried on, so he had to stop after the first lap.

The team finished in 74th of 112 teams which was a good result for us. In future championships I'll be looking for the guys who won the team event in our 10k to perhaps improve the standing of the club within the athletics community.

THE RR10 fixtures have been published, and Stubbington will once again be hosting a race at Manor Farm Country Park in Bursledon.

Hopefully the weather will be better this summer for the race on Wednesday, June 24th. Last year, the Stubbington event was dogged by awful rainy weather.

Race director, Tim Crumpton will need marshals, and at some point he is planning to organise a marshal's run around the course, similar to last year.

So please put the date in your diaries.

The first race in the series takes place at the Royal Victoria Country Park in Netley on Wednesday, April 22nd at 7pm. Entry is free.

Other races (all 7.30pm unless stated): May 6th: Longdown Inclosure, Ashurst (7.15pm); **May 20th:** Wilverley Inclosure, Sway; **June 3rd:** Deer Leap Inclosure, Ashurst; June 10th: Recreation Ground, Blackfield; **June 24th:** Manor Farm Country Park, Bursledon; **July 8th:** Itchen Valley Country Park; **July 22nd:** Janesmoor Pond, Stoney Cross or Badger Farm; **August 5th:** Lordshill Fire Breaks, Southampton (7.15pm); **August 19th:** IBM Hursley Park (7.15pm).

LEWIS Chalk continued his build up to the London and New York marathons later this year by finishing 15th in the Winchester 10k last month.

In only his fifth race, Lewis set a new pb of 36min 35sec over a hilly course which featured 579 men and 317 women runners.

Winchester's Toby Lambert won in 31.40 and Sophie Morris was the leading lady in 35.11.

All of Lewis's runs this year are in support of Phab Kids - www.justgiving.com/lewischalk -

Other Stubbies taking part included 138th Neil Jarvis 44.38 (Vet 40, 20th), 177th Robert Calver 45.46, 294th John Fairhurst 49.36 (Vet 65, 6th), 512th Robert Spencer 59.01 (Vet 50, 42nd). 282nd Anne Fairhurst 1hr 7min 21sec (Vet 65, 2nd).

THE Endurance Life Coastal Trail Marathon and Half Marathon proved a tough challenge for Peter and Paul Hailwood.

The course took in some stunning views around the Isle of Portland.

Peter performed a strong half marathon with a time of 2:28:52 coming 153th out of 246 and third in his category.

Paul completed two laps of the course making it his first marathon. It was going well up to 20 miles then the legs gave out. Four miles of shingle was just too much for a finish time of 5:53:51 coming 99th out of 112.

CHRIS Munro led home the Stubby contingent at the David Lloyd 5k in Southampton.

He clocked 19.01 for 26th, and team-mate Julie Woodman was second W35 and seventh lady with 23.21.

The race was won by Simon Plummer from Woodford Green & Essex in 15.14.

Team Southampton's Ceri Mitchell won the ladies' race in 17.30.

JANE ADLARD is running the Paris Marathon this year and is looking for sponsorship to raise money for Get Kids Going If you would like to donate, please go to www.justgiving.co.uk/

Mayo ketches up to chip into lead

WE'RE almost at the halfway point of the inaugural SGRAC Running Championships, and cross-country secretary, Phil May, currently heads the leaderboard. Margie Pritchard is not too far behind, lying in second place, with Gordon Westley in third.

However, with 22 fixtures down and another 23 to go, there's still plenty of time to score a hatful of points and put in a strong challenge for the prestigious title of 2008/9 SGRAC Running Championships champion.

Counting fixtures include the remaining four HRRL races - the Salisbury 10 on March 8th , the Eastleigh 10k on March 29th, the Alton 10 on May 10th, and the Netley 10k on May 17th. The last Today's Runner and Wessex cross-country fixtures also count.

Next month sees the start of the RR10 mid week summer cross-country series, with the first fixture taking place at the Royal Victoria Country Park, Netley, on Wednesday, April 22nd.

Championship points are available for all nine RR10 fixtures, plus 15 bonus points will be awarded to club members who help marshal at the club's own fixture at Manor Farm, on Wednesday, June 24th.

The four-mile time trials also start in April with championship points on offer for members who run each time trial, plus extra bonus points for improvements to your current best time for the series.

Phil May	135
Margie Pritchard	110
Gordon Westley	105
Mike Harper	100
Georgie Wallis	100
Andy Simpson	95
Nick Crane	90
Daniel Gueran	75
Mike Bell	70
Eric Beck	70
Susie MacGregor	65
Lucy May	65
Penny Forse	65
Tim Crumpton	60
Mike White	55
Mark Le Gassick	55
Chris Hall	55
John Gueran	50
Jon Leigh	50
Jane Adlard	45
Richard Snell	40
Tim Sullivan	35
Gill Rose	35
Annie Tomlinson	35
Keith Whittaker	35
Nick Kimber	35

The time trials are run on the first Tuesday of each month, and they are an excellent way for runners of all speeds and abilities to objectively measure the progress of their training against the clock.

Zippy has a real ball at Sandy Balls

ZIPPY Grice enjoyed two victories inside a month with wins in the Salisbury City 10k and the Heartbreak Half Marathon, based at Sandy Balls near Fordingbridge.

In Wiltshire, Zippy pushed on after 7km to win in 36min 37sec, with Chris Hall clocking 39.02 for 7th.

Meanwhile in the New Forest, after a steady first couple of miles Zippy pushed on, took the lead and never looked back with a time of 1hr 29min 44sec, winning by nearly two minutes from Owen Harries of Team Southampton.

It was a good day all round as Barry Hards was first V50 in a time of 1.37.03 and 8th place, with Chris Hall first V40 in 1.39.42 and 11th place.

The Green contingent was completed with John Fairhurst and Jane Adlard battling it out for 139th and 140th places with times of 2.14.31 (3rd MV60) and 2.14.44 (7th FV35) respectively.

Susie is on song in IoW

IF you are looking for a pre-London 20 miler I can definitely recommend the Bramley 20, which formed the eighth leg of the Hampshire Road Race League, *writes Mike Harper.*

The course is scenic, quiet and has very little traffic, and a few climbs but none too bad!

We had another good show of green and white vests in North Hampshire in February.

The ladies should consolidate their Division One status, with an excellent team performance. Susie once again led the way, with good support from Gill and Annie. Georgie managed to easily get inside her 3 hour target, despite only one 15 mile training run. Jane is also improving with every race and only a congested start meant that her time was just over 3 hrs, with her chip timing proving otherwise.

If I return to Bramley next year I will certainly put some miles in as preparation.

Not having run this far for 9 years and one slow 15 mile training run, meant the afternoon was a complete write off as fatigue and dehydration took their toll!

I doubt Nick and Jon had such problems as their marathon training paid off with sub 8 minute miling.

Completing the A team was Zac, who is also marathon training, and was just behind Nick and Jon.

Leading home the B team was Keith, whose chip time was spot on 8 minute miling.

Richard ran much of the race with Gill, in completing his 5th HRRL race of the season.

Drew was only a minute behind Richard, finishing alongside Annie.

Completing the team was Paul, who managed 9 1/2 min miles. Unfortunately Eric Beck had to pull out at ten miles with a reoccurrence of his heel problem.

The next HRRL is the Salisbury 10 mile on March 8th. If you haven't entered yet and can run ten miles please give it some serious thought!

109 Mike Harper 2.15.50/2.15.34 chip,
301 Nick Kimber 2.34.44/2.33.03.
311 Jon Leigh 2.34.22/2.33.41,
317 Susie MacGregor 2.34.49/2.34.07,
346 Zac Conaty 2.37.30/2.36.49,
396 Keith Whitaker 2.41.45/2.40.17,
464 Gill Rose 2.47.10/2.45.34,
471 Richard Snell 2.47.44/2.46.09,
487 Drew Briggs 2.48.58/2.47.24,
488 Annie Tomlinson 2.48.58/2.47.24,
534 Georgie Wallis 2.52.22/2.50.52,
631 Jane Adlard 3.01.21/2.59.42,
706 Paul Hailwood 3.10.25/3.08.47.

WAITING for the Hovercraft at Southsea early on Sunday morning, the small band of Stubbies didn't think the conditions seemed too bad to run the ten hilly miles over on the Island! How wrong could they be, writes Mike Harper

Half way across the water we were buffeted by decent sized waves and on arrival in Ryde, not only sub zero temperatures, but a wind that at times stopped you in your tracks!

With the ten minute walk to the Rowing Club taking nearer 20 minutes, we spent the next hour cowering inside. Andy and Susie were given some stick as they obviously were going to freeze in just a vest and shorts.

I was starting to think that despite running nearly a minute a mile slower than Andy, my vest, thermal top and t shirt not to mention leg compression socks would come into play as I would surely pass a shivering Andy at some point?

In fact I saw him only once during the race, in 2nd place as I looked across the canoe lake shortly after the start!

Andy led home our A team with a superb 7th place, comfortably under the hour, on a tough course in fairly tough conditions.

There was decent grouping to complete the A team.

Alan, Kev and myself were within 20 seconds at the finish.

Alan had only run ten miles once before at the Great South so this was a fair bit more challenging, and Kev who has recently moved over from Fareham Crusaders, both should improve as this is only their second race for us.

Next home was Graham, out for a while after a nasty fall in the Autumn but getting back some very quick form that saw him win the helpers 10k last month.

Nick and Tim both went under 75 mins, despite Nick running 18 miles on Saturday for marathon training and Tim having a couple of months out and just getting back with a couple of training runs.

Completing the B team was John, who came over with Sue, who was unfortunately not well enough to run. John's position meant we were able to beat both our main rivals (Fareham and Andover) in the B league, and maintain our strong position at the top.

Despite my horror at Susie not even wearing a thermal top, she obviously knew exactly what she was doing to finish 7th in the ladies race! This having run 18 miles with Nick the day before!

That certainly bodes well for the Bramley 20. In her first visit to the Island, Georgie Wallis was only four seconds off her pb in finishing just in the top half of a field predominantly of club runners.

Men: 7th Andy Simpson 58.19, 39th Mike Harper 65.39, 41st Kev Wheeler 65.42, 46th Alan Houghton 66.00, 75th Graham Bell 68.59, 112th Nick Kimber 72.43, 126th Tim Crumpton 74.16, 196th John Simister 88.18. 223 men finished.

Ladies: 7th Susie MacGregor 71.38, 50th Georgie Wallis 81.42. 108 Women finished

HRRL Standings after 8 Races

We have four more races in the Hampshire Road Race League series this year; the Salisbury ten mile, Eastleigh 10k, Alton ten mile and Netley 10k. Eastleigh is almost full, and Netley will fill soon as it is limited to 400 runners.

Our runners listed below are still in line to complete 7 races out of the twelve:

2nd Mark Le Gassick (3 completed races), 12th Andy Simpson (3), 46th Mike Harper (8), 54th Kev Wheeler (5), 98th Jon Leigh (3), 115th Phil May (3), 123rd Nick Kimber (5), 129th Tim Crumpton (3), 164th Zac Conaty (5), 170th Keith Whitaker (4), 186th Eric Beck (4), 187th Richard Snell (5). Only 243 Men are still listed, so can complete the 7 races required.

11th Susie MacGregor (7), 37th Annie Tomlinson (4), 51st Margie Pritchard (3), 60th Gill Rose (4), 62nd Georgie Wallis (8), 84th Jane Adlard (3), 115th Liz Hall (3). Only 125 Ladies are still listed. A further 813 HRRL runners have run either one or two races.

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	Votwo Kamikaze 7	Mapperton Farm, Bridport, Dorset.	10.30am
Sun Mar 8	Fleet & Crookham 8k XC	Lord Wandsworth College, Long Sutton, Hook, Hants.	11am
Sun Mar 8	Leith Hill Half Marathon	Priory School, West Bank, Dorking, Surrey.	11am
Sun Mar 8	Farnborough 6 & 3 Runs	Farnborough 6th Form College, Farnborough, Hants.	11.30am
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	Sherborne Castles 10k	Sherborne Castle, Sherborne, 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	Bushy Park 4.8	Hampton Wick Royal Cricket Club Pavilion, Middlesex.	10.45am
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 (HRRL)	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

The Race Diary

Date	Race	Venue	Time
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
Sun April 5	Taunton Marathon	Somerset College, Wellington Road, Taunton, Somerset.	10.30am
Fri April 10	Guernsey Easter Runs	Guernsey, Channel Islands (from April 10th to 13th)	10.30am
Fri April 10	Maidenhead Easter 10	Nortel, Maidenhead Office Park, Maidenhead, Berks.	9.30am
Sat April 11	Easter Quarter Marathon	Boscombe Pier, Bournemouth, Dorset.	11am
Sat April 11	Asthma UK 10k	Eton College Rowing Centre, Dorney Lane, Windsor.	11am
Sat April 11	Compton Downland 20/40	Downs School, Compton, Newbury, Berkshire.	9am
Sat April 11	Newport to Ryde 7	Methodist Church Hall, Quay Street, Newport, IoW.	3pm
Sun April 12	Oakhaven Easter 10k	New Park, Brockenhurst, Hampshire.	11.30am
Sun April 12	Winter Duathlon (5k/20k/5k)	Eton College Rowing Centre, Dorney Lake, Windsor.	10am
Mon April 13	West Wight Three Hills 8	West Wight Sports Centre, Freshwater, Isle of Wight.	12pm
Sat April 18	Hurstbourne 5	George V Playing Fields, Hurstbourne Tarrant, Hants.	11am
Sun April 19	Dunsfold 10k	Dunsfold Park, Cranleigh, Surrey.	10am
Sun April 19	Thames Towpath 10	University of Westminster Sports Ground, Chiswick.	9.30am
Sun April 19	Hartfield 10k	Town Croft, High Street, Hartfield, East Sussex.	11am
Sun April 19	Hastings Runners 5	Hastings Town Centre, East Sussex.	10.30am
Sun April 19	Corsham St Georges 10k	Corsham Football Club, Lacock Road, Corsham, Wilts.	11am
Sun April 19	Highworth 5	Warneford School, Highworth, Swindon, Wiltshire.	11am
Sun April 19	The Zig Zags 10k	Durley Chine, Poole, Dorset.	10am
Wed April 22	RR10 - race 1	Royal Victoria Country Park, Netley, Hampshire.	7pm
Sun April 26	Flora London Marathon	Blackheath, London.	9.45am
Sun April 26	Houghton 11k	Houghton Village Hall, Houghton, Stockbridge, Hants.	10.30am
Sun April 26	Lambourn 6k Fun Run	The Lambourn Centre, Lambourn, Berkshire.	10.30am
Sun May 3	Fordingbridge Fire 10k	Fordingbridge Fire Station, Fordingbridge, Hampshire.	11am
Sun May 3	Three Forts Marathon	Norwich Union, Hill Barn Lane, Worthing, West Sussex.	10am
Sun May 3	Three Forts Half Marathon	Norwich Union, Hill Barn Lane, Worthing, West Sussex.	10.15am
Sun May 3	Neolithic Marathon	Avebury to Stonehenge, Wiltshire.	10.30am
Sun May 3	Neolithic Half Marathon	Redhorn Hill to Stonehenge, Wiltshire.	11am
Sun May 3	North Dorset Marathon	Sturminster Newton Village Hall, Sturminster N, Dorset.	8.30am
Sun May 3	Round the Rock 10k	Portland United Football Club, Portland, Dorset.	10.30am
Mon May 4	Shinfield 10k	School Green, Shinfield, Reading, Berkshire.	10.30am

The Stubbington Noticeboard

March training programme

Tuesdays (Locks Heath, 7pm)
Thursdays (Crofton, 7pm)

March 3rd: 2x2 mile (Chris Hall).

March 5th: 7x1k @ Cuckoo Lane (Mark Le Gassick).

March 10th: Figure of 8 through Titchfield as crocodile (Phil May).

March 12th: 5k race pace - 4x6 mins (3 mins rest between sets) (Mike Harper).

March 17th: 5 x Paarlauf @ Crescent Road. (Richard Thomas).

March 19th: Pyramid Sessions (Mike Bainbridge).

March 24th: 3x1.5 tempo pace at Red Path (Mike W).

March 26th: Fartlek (Chris Hall).

March 31st: 5xTitchfield Hill rollers (Phil May)

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.

March 5th: Paarlaufs @ Locks Heath.
March 12th: Lee triangle accelerations @ Stubbington.
March 19th: Cuckoo Lane 1kms @ Stubbington.
March 26th: Rollercoasters @ Locks Heath.

If you have future articles or reports for publication on the club website and in the Green Runner, then please get send them to Mike Bell at: mikebell@sgrac.net
Don't be shy, let him have news of races you have taken part in, with not only details of your result and time, but also a bit of background of what the race was like.

Looking for club kit? Liz Hall has a wide selection of tops and shorts, especially if you are getting kitted out for the warmer weekends. If you want to find out more, contact Liz at the Monday and Wednesday training nights, or call 01489-577610.

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