The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC
April 2009

Inspiring runs at the Salisbury 10

Awe-inspiring: Salisbury Cathedral took over 100 years to build (1220-1330 approx.)

FOR over 750 years pilgrims have flocked to Salisbury to seek inspiration in the city's magnificent 11th century cathedral. And, on 8th March, 555 runners from the surrounding counties also made the pilgrimage to the historic Wiltshire city in search of some inspiration of their own.

The Salisbury 10 was the ninth race of the Hampshire Road Race League - one of three new fixtures to be added for 2009, in addition to the Bramley 20, in February, and the Netley 10k, in May.

The race started outside the fire station, with the route following the meandering River Avon, and passing through a number of small, rural villages along the Woodford valley, before eventually returning to finish on the athletics track opposite Salisbury leisure centre.

Apart from a keen breeze that greeted runners on certain sections of the twisty and slightly undulating course, the weather for the 10-miler was near perfect, with a clear blue sky and warm, early spring sunshine making for pleasant running conditions.

The race organisers, City of Salisbury ARC, must have been very pleased with themselves because about an hour after the last runner had crossed the line, the sky turned a granite grey colour, the temperature plummeted, and the heavens opened, releasing a torrential hailstorm.

Winchester & District AC proved once again their indomitable force in distance running with Toby Lambert winning the race by a significant margin of over two minutes, in a time of 51 minutes, 10 seconds. In the ladies' race, Emma Patel was also in fine form, taking victory in a time of 62 minutes, 56 seconds (41st overall).

Winchester also took team honours in both the men's and ladies' categories, with City of Salisbury ARC finishing in second place in both categories. Stubbington Green Runners & AC finished third in the men's event, and Eastleigh RC took third spot in the ladies' race.

For Stubbington, 17 runners made the 45 minute journey to the city of Salisbury - four ladies and 13 men.

Annie Tomlinson was the first Stubby lady home in 76 minutes, 27 seconds, having also run 10 miles the day before as part of her build up to the London marathon later this month.

Race report and results continued on page four

The new social committee is now up and running!

THE first meeting of the new SGRAC social committee took place in March. *New committee member, Tracie Jarvis, explains how it went and what future social events we can look forward to.*

Nick Kimber, Tim Sullivan, Kathy McKain, and Tracie Jarvis, have taken over from Michelle Simpson and Jenny Hearnden in co-ordinating the club's social gatherings. Michelle and Jenny stepped down earlier this year following many successful years at the helm.

The new committee are keen to carry on in Michelle's and Jenny's footsteps by providing fun and friendly get-togethers, placing a special emphasis on trying to bridge the gap between the speedier and slower clans of the club.

There are many plans in the pipeline and here are a few initial ideas start Nick Kimber proposes 'posting a pub', after the popular Wednesday night RR10 races that kick off this month (see page 3). Nick will identify a pub for each fixture, and will post the venue on the website the week before each race.

Everyone, both runners and supporters alike are welcome to come along for a drink and post run chat. So, don't be a stranger, come and soak up the post run atmosphere and camaraderie!

Following on from the success of the pre-Christmas drinks after the Monday night training session, at the Parsons Collar, it was felt that an Easter Monday post run pub visit would provide a nice break from all of the chocolate consumption of the weekend, plus the opportunity to relax and enjoy a drink while catching up with some fellow Stubbies.

Around the middle of May we'd like to organise a mid-week fish and chip handicap to kick off the summer season, and to celebrate the warmer, brighter evenings!

Mike Clarke will organise a handicap course to start and finish at the Rising Sun pub in Warash. As always, the handicap will be a 'watch free' event, and the Stubby who comes home nearest to the specified time will win a free fish and chip supper courtesy of the club. Good luck to you everyone who takes part!

Many other events are in the planning stage, including summer barbeque, an end of beginner's course celebration, and the prestigious annual awards night, as well as a club weekend away youth hostelling. SGRAC socials.

He's got some sauce: SGRAC social committee member, Nick Kimber, soaking up the spring sunshine at last month's Bath Half Marathon

And, no Nick, you can't just book into a comfortable four star hotel down the road! Watch this space for future news about

Croissants, l'escargot, vin rouge, plus a small matter of 26.2 miles!

Club secretary, Paul Hammond, explains...

VANNES is a medieval walled town, which is twinned with Fareham, and is situated on the west coast of Brittany. The Vannes marathon association is organising three races which will take place on Sunday 18th October, and SGRAC are hoping to send a team over to take part.

There is a full marathon (Marathon de Vannes), a marathon relay for two (the Duet of Ermine), and a 13k race (Le Foulees) to choose from.

The proposed itinery is to travel over to France on the night of Friday 16th October, by ferry from Portsmouth to St. Malo, before making the three hour drive down the coast to Vannes, on Saturday. Race numbers can either be collected on Saturday afternoon or Sunday morning.

We could perhaps get together for a team meal on Saturday evening, before having an early night in preparation for the races on Sunday. After the races, a glass, or two, of vino to celebrate, before driving back to Caen on Monday to catch the evening ferry back to Portsmouth.

At this point, I must stress that nothing has yet been organised; it all depends on how many club members are interested and are prepared to commit. To allow for time to train, and to book ferries and accommodation, there is a cut off date of 30th May. Later entries are accepted, but they would have to be made on an individual basis.

As Vannes is twinned with Fareham, the twinning association can help us with accommodation, translation, and perhaps organise a meeting with the Mayor of Vannes. If successful, a return visit for our own 10k, next January, is a possibility.

If you're interested, see the Marathon de Vannes website (www.marathon-vannes.com) for more information. Please email Paul Hammond - pjh669q@btinternet.com - to register your interest.

*** Please be aware that to enter races in France, a medical certificate is required stating that you are fit to race. This can be obtained from your GP who may charge a small fee.**

The mid-week RR10 summer cross country series kicks off in April

IT'S April, the clocks have gone forward and the dark, wet evenings are starting to fade from memory. With summer just around the corner, now is the ideal time to make full use of the lighter evenings, and the RR10 summer cross country series provides the perfect opportunity for you to get in a sneaky mid-week race, or add a speed endurance session to your training schedule.

As last year, Stubbington Green Runners & AC have an unrestricted club entry to the RR10 league, which means that members can just turn up and run in a club vest, free of charge, at each of the nine fixtures. SGRAC members aren't allowed to run at the club's home fixture (race six) which once again is to be held at Manor Farm Country Park.

The great thing about the RR10s is that the races are very informal, attracting runners of all ages (although runners must be over 15 years of age to take part) and all abilities. No times are recorded, with results being based on finishing positions, making the RR10s an ideal introduction to racing for those who are new to the sport.

The distance of each race is usually somewhere around the four-and-half to five mile mark, and the courses are a good mixture of both flat and undulating terrain, with firm bridleways and country tracks (although depending on the weather conditions, some courses can have muddy sections). However, trail running shoes, or studs, are a perfect foot wear choice for all races.

Darrell Milner running at Deer Leap, Ashurst last year

As always, race one of the 10 race series takes place at The Royal Victoria Country Park, near Netley. The race is on Wednesday 22nd April, with a start time of 7pm (see *'racing ahead'* below for details of the rest of this season's RR10 fixtures).

To get to The Royal Victoria Country Park, you take junction 8 of the M27, and head straight across the Windhover roundabout (near Tesco) towards Netley. However, you need to make sure that you allow plenty of time to get to the opening fixture because at this time of day the traffic at the Windhover roundabout can be particularly heavy.

Tim Crumpton will again be organising SGRAC's own RR10 fixture, which this year will take place on the evening of Wednesday 24th June, with the race getting underway at 7.30pm.

Tim will be needing plenty of marshals and race helpers, so please put this date in your diary now, and let Tim know if you're able to help out (07973 300645 or email: tim.crumpton@ntlworld.com).

Tim is going to be holding a pre-race marshal's run at Manor Farm on the Wednesday before the race (17th June) so that everyone knows whereabouts on the course they will be positioned.

Finally, a quick word about parking. There's always concern about the number of cars at RR10 fixtures and whether there will be enough space for parking. Therefore, please try to car share with other club members whenever possible.

The results of each fixture can be found at the RR10 website - www.rr10.hampshire.org.uk

….racing ahead…..racing ahead…..racing ahead…..racing ahead…..racing ahead….

RR10 fixtures for 2009
Fixture 1: April 22 - Royal Victoria Country Park, Netley (7pm)
Fixture 2: May 6 - Longdown, Ashurst (7.15pm)
Fixture 3: May 20 - Wilverley, Sway (7.30pm)
Fixture 4: June 3 - Deer Leap, Ashurst (7.30pm)
Fixture 5: June 10 - Cadland Park, Blackfield (7.30pm)
Fixture 6: June 24 - Manor Farm Country Park (7.30pm) * SGRAC's home fixture
Fixture 7: July 8 - Itchen Valley Country Park (7.30pm)
Fixture 8: July 22 - Janesmoor Pond, Stoney Cross (7.30pm)
Fixture 9: August 5 - Lordswood (7.15pm)
Fixture 10: August 19 - IBM Hursley (7.15pm)

~ Salisbury 10 race report continued ~

In the race to the line, Joan Oliver (77.47) just managed to edge out Margie Pritchard (77.56) to make up the three-to-score ladies team who finished in 5th place on the day. The ladies are also currently lying 5th place in division one of the HRRL.

After a brisk start, Georgie Wallis managed to finish in just under the 80 minute mark (79.17) to knock over two minutes off her previous best time over the 10 mile distance.

Stubbington's men also had a successful day at Salisbury. Mark Le Gassick ran strongly, finishing in 3rd place (53.32) to lead the team home. He was closing in on James Baker towards the final stages, with the Chichester Runner crossing the line just eight seconds in front. The result at Salisbury takes Mark to the top of the individual HRRL standings with three races (including Eastleigh) remaining.

Andy Simpson had a promising run to finish well inside the hour (58.17) in 11th place, and he's also currently lying in 11th place in the league. Good runs from Mike Harper in 48th and Alan Houghton in 49th meant that Stubbington's four scorers all finished inside the top 50.

Overall, the men are the 5th A team in division 1, plus comfortable B team leaders in division 2. They cannot be caught in the race for the league title with only three races to go.

Results

Men

3rd Mark Le Gassick 53.32
11th Andy Simpson 58.17
48th Mike Harper 63.53
49th Alan Houghton 64.12
55th Kevin Wheeler 64.44
70th Ray Gunner 66.07
80th Graham Bell 66.42
195th Keith Whitaker 74.36
251st Gordon Westley 78.20
264th Ray Oliver 78.49
333rd Eric Beck 83.27
478th Hugh McMullan 94.45
509th Robert Spencer 100.39

Ladies

224th Annie Tomlinson 76.27
242nd Joan Oliver 77.47
244th Margie Pritchard 77.56
272nd Georgie Wallis 79.17

It's fun to stay at the YMCA!

by Tracie Jarvis

THE Club Committee have recently purchased an annual membership with the Youth Hostel Association (YHA).

This means that anyone who is a member of Stubbington Green Runners & AC can use the YHA membership, either on an individual basis - for example, for a family break, or as part of a group.

To take advantage of the YHA membership, you just need to contact Neil Jarvis, the club Treasurer, before booking your trip (see page 12 for Neil's contact details). Neil will be able to provide you with the YHA membership details that you will need to make your booking.

While anyone can stay in youth hostel accommodation, belonging to the YHA gives SGRAC members discounted prices, as well as a passport to a network of 4,000 worldwide destinations.

And what's more, times have changed when it comes to youth hostelling. You don't necessarily have to share accommodation, or rough it with total strangers. You also don't have to carry out chores, or even be within a certain age range.

YHA accommodation ranges from one star, which is simple and practical, with no frills, to exceptional five star accommodations, with café, food, and bar facilities. The YHA has over 100 properties across the British Isles, in cities, towns, and countryside and coastal locations, which are perfect for any occasion.

Over the past few years, Caroline and Glen Street have had many youth hostelling weekends with their second claim club, Hardley Runners. They have had wonderful times and great experiences and highly recommend it. The weekend usually involves organised American suppers, with everyone mucking in, and fabulous all day runs across beautiful countryside settings. Roll on the first Stubbie hostelling weekend!

So, if you fancy a family weekend away, cheap accommodation for a far away race, a SGRAC club weekend, or even an action packed activity weekend for the girls or the guys, check out the YHA website at www.yha.org.uk, or phone 0870 770 8868. The choices are endless!

Take time to run against the clock

APRIL sees the start of the spring and summer time trials. This year, there will be seven time trials, with each one being run on the first **Thursday** of the month *(not Tuesday as stated in March's Green Runner).*

The first time trial will be run on Thursday 2nd April, and the last one will take place on Thursday 1st October.

The time trials are run over a distance of four miles and provide club members with the opportunity to run against the clock in a non-competitive environment.

Running against the clock is also a good way of assessing your current fitness level and objectively measuring your training progress.

Each time trial will start at **7pm** in Eric Road, which links Stubbington Lane with Gosport Road. However, you should aim to arrive at least 5-10 minutes before the start to allow for an adequate warm up.

From Eric Road, the time trial course heads towards Lee-on-Solent, along Stubbington Lane and Marine Parade.

Just after the war memorial on Marine Parade, you turn left down Richmond Road. A couple of quick zig-zags bring you out onto Manor Way, which formed part of the old Stubbington 10k route.

The course then heads back to the finish, at Eric Road, via Gosport Road.

The time trial is also part of the SGRAC Running Championships, with members receiving five championship points for each time trial that they run.

Those who run all seven time trials will be awarded an extra 15 points, and bonus points are also available for improvements to your quickest time.

Time trials: dates for your diary

The 2009 time trial series will be run on the first Thursday of the month.

TT1 - Thurs **2nd April**
TT2 - Thurs **7th May**
TT3 - Thurs **4th June**
TT4 - Thurs **2nd July**
TT5 - Thurs **6th August**
TT6 - Thurs **3rd September**
TT7 - Thurs **1st October**

Beginner-friendly

STUBBINGTON Green Runners & AC's annual eight-week beginner's course starts on Wednesday 22nd April and runs until Wednesday 10th June.

We'll meet at Crofton School, Marks Road, Stubbington, for a prompt 6.30pm start, and after each training session a series of guest speakers will give talks about a variety of running-related subjects, such as footwear, running kit, diet, and keeping fit.

The course is suitable for runners of all abilities. Absolute beginners can be assured that we will treat them gently; we're trying to encourage not discourage, and each session will be supported by members who have many years of running experience between them.

For safety reasons, the numbers are restricted to a maximum of 30, so those interested should apply early to ensure that they get a place. If you're uncertain about signing up, or if you want to join SGRAC, please call one of the following club members for more information:

* Christine Haskell - 01489 582996
* Glen Street - 01329 845330
* Chris Hall - 02392 355498

Before applying, it's recommended that you speak with your GP to ensure that you're fit to participate. The cost of the course is £20, which is inclusive of club membership through to the end March 2010.

We're also looking for club members to help out at the beginner's course. You don't have to commit to all of the sessions, but we do need enough volunteers at each session. If you can help, please call one of the members above.

Cross Country

Second place for SGRAC in Today's Runner League

AFTER taking victory in the Today's Runner cross country league 12 months ago, this year Stubbington Green Runners & AC finished second behind league winners Farnham Runners. ***Mike Bell reports on last month's final fixture at Staunton Country Park, near Havant.***

What better way to spend Mother's Day than a trip to Staunton Country Park in Havant. A total of 15 Stubbies, including the odd mum or two ventured to Staunton Country Park for the final fixture of the Today's Runner series.

It was a lovely spring day; the air temperature was cool, the sun was shining, and conditions were ideal for a bit of cross-country. It was all a far cry from a couple of months ago at the Hampshire Cross-Country Championships, at Dibden Purlieu, where runners had to deal with sub-zero temperatures and rock hard, rutted terrain underfoot.

This year, the Today's Runner course at Staunton was changed slightly, and conditions underfoot were much drier than usual. However, there was still enough mud to satisfy our taste buds, and to justify a dip in the lake afterwards to bring the lily-white legs back to their normal colour. We also still had the usual hill at the finish to look forward to!

First home for the men, and running very well to finish in second place, was Andy Simpson, followed by Chris Hall (8th), Alan Houghton (14th), Nick Crane (43rd), and Mike Bell (47th) to complete the scoring team.

Georgie Gair, who had raced the day before, was first for the ladies, finishing in third place, followed by her coach, Penny Forse (15th), and Georgie Wallis (22nd).

Nick Crane has really improved this season and he had an excellent run, making a quick exit at the end so that he could run at the final Wessex XC, at Bournemouth, in the afternoon (see below). Also, well done to Paul Hailwood who managed to dip inside the top 100 for the first time.

Today's Runner

Staunton Country Park

Sunday 22nd April

Other individual results:

81 Andy Lee
86 Mike Harper
94 Paul Hailwood
100 John Tussler
108 John Vose
117 Andy Tomlinson

Team results:

Ladies - equal 1st with Fleet & Crookham

Men - 4th behind Farnham (1st), Hart (2nd), and Victory (3rd)

SGRAC were 1st overall

Final league standings

1st Farnham Runners - 6 pts
2nd Stubbington - 10 pts
3rd Hart Runners - 13 pts

New SGRAC vest on show at Bournemouth

THE final Wessex cross-country league race took place at Avon Heath Country Park on 22nd March. The new SGRAC vest was on show for the first time, and it performed well, being both cool and light.

Conditions for the race were excellent with a light breeze taking the edge off the warm spring sunshine. For the ladies, Margie Pritchard and Lucy May both ran well, finishing in 3rd and 5th places respectively.

In the men's race, the hero of the day was Nick Crane who ran at the final Today's Runner fixture, at Havant, in the morning, before jumping in his car to travel to Bournemouth for the Wessex league race in the afternoon. Phil May was the first Stubbie man home in 14th place, followed by Gordon Westley, in 16th, who had a bad bout of cramp at the end of the first lap, but soldiered on to finish well. Nick crossed the line in 21st place understandably feeling a little achy stiff at the end. Stubbington were 3rd in the team event.

At the end of the race, it was good to see Simon Hayter, a fellow Fareham athlete. Simon, who runs for Poole Runners, finished in 8th place, helping his club to win team event.

Vested interest: Lucy & Margie in the new SGRAC club vest

Jon swaps capitals to bag a marathon place

LAST month in The Green Runner, we featured some of our club member's preparations for the London and Paris Marathons. Unfortunately, Jon Henderson was not lucky enough to get a place for London but, undeterred, he ventured across the border to find a place in the Edinburgh Marathon. Jon takes up the story….

As some of you are aware, this year I've decided to break my vow of never doing a marathon," says Jon. "I've been running for a couple of years now, but only over short distances, as I'm quite rubbish and anything further than 10 miles hurts!

However, this year I want to do a sponsored event, and the only way I feel I can justify sponsorship is by taking on something outside of my comfort zone. So, last year, after getting all excited watching the London Marathon, I decided to enter the race.

Fortunately, six weeks later, a magazine dropped through my letterbox with 'you're a reject' *(ed: or something similar)* on it. Is this the organisers of the London Marathon's way of impressing upon you how privileged you should be if you are granted a place? Me? Bitter? Noooo!

So, by the end of that evening (and a couple of glasses of red wine later), I've entered a marathon in Scotland, in defiance of London's poor treatment of me. The next morning, I woke to find an acceptance email sitting in my inbox, and cursed the fact that it was so easy to get into Edinburgh Marathon!

Earlier this year, I embarked on my 16 week training plan with gusto, and managed to injure myself within the first week. However, as it was only a minor injury, I carried on regardless until I really injured myself before having to rest for week four.

Over the following weeks, I managed to get my weekly mileage up to over 30 miles, and the longest single run so far has been 15 miles, preceded the previous day by an eight-miler. This rather ridiculous amount of training (based on a well known marathon training plan) has now led to further injury, so a revised plan of action has been made.

True sassenak: Jon Henderson

Rather than the four hour finish time that I would have liked, I'm now just concentrating on completing the darn thing with the help of a number of physio appointments to patch me up during the training.

Right, well that's a bit of background so now on to the begging bit! The charity I have chosen is very close to my heart. My sister-in-law suffers from multiple sclerosis, and also works part-time for the MS Trust, so I've chosen them as my charity.

I've set up a site on the justgiving website (www.justgiving.com/johnsmarathon1), and all donations that I receive are very much appreciated. Thank you - Jon Henderson.

It's the final countdown...

~ Penny for your thoughts ~

WHEN it comes to running marathons, Penny Forse has been there, done it, and got the t-shirt. She knows what it takes to run a good marathon, and understands what a runner's body and mind is going through as they enter the final phase of preparation.

"Your body has made fantastic adaptations to the increased training load of your marathon schedule, and many of you have had the confidence booster of a long race, such as the Bramley 20," says Penny.

"By incorporating recovery runs and rest days into your schedule, you'll get to the start line in optimum fitness. So, run easily the day before and after races, and the day after your hardest quality sessions and longest runs."

Injury and those little niggles are the bane of marathon runners. Penny's advises not to ignore them, and to take rest if you need it; remember that most of the hard work has been done in the preceding months.

"Recovery is particularly valuable in your marathon build-up - ignore it at your peril!" adds Penny.

And finally, with your marathon now just weeks away, it's time to take stock of your shoes and kit. Don't leave it until the last minute when late changes could prove costly for the race itself.

"Make sure the shoes you intend to race in have plenty of cushioning left. They should not be completely new, but 'newish', explains Penny . "Also, try your socks out as well."

"Taper training down as the marathon date approaches - you'll be burning less muscle glycogen, and the carbohydrates you eat will go to form the glycogen stores in your muscles to take you round those 26.2 miles."

From Stubbington junior to Great Britain International

In 2001, former Stubbington Green junior, Andy Vernon, won the Butser Hill Challenge - a grade A fell race - at the age of 15. Now, eight years on, the talented youngster has qualified for the World Cross Country Championships in Amman, Jordon. Proud dad, Chris Vernon, remembers how it all began.

A VERY proud and pleased dad would like to say a huge thank you to all of you at SGRAC for getting Andy started in athletics, particularly Penny Forse, his first coach.

Many thanks for making Andy and I so welcome nine years ago. I know that Penny saw potential in Andy following his first run at Overton. Since then, it's taken a lot of hard work, both from Andy and many others, to get to where he is now.

Each obstacle has had to be overcome with patience, hard work, and fortitude. Andy has had a number of injuries along the way, but as Brian Stopher of Aldershot once said to me, "He always seems to come back from injury stronger and faster."

You may have wondered when I thought that Andy had potential. The answer was simple - as soon as he could run. He just ran like no other child I ever saw.

The photo to (below) is of Andy during his first fun run at the Royal Victoria Country Park, Netley, in 1990, aged four. As you can see, he just loved to run. How far? The correlation was that whatever his age, he could comfortably run the equivalent distance in kilometres.

Back then, I had no idea what Andy was going to be capable of (I still don't), but the journey so far has been great!

Here's a story for you. The first day that the Vernon family arrived in Kuwait, complete with cats, dog, a shed loads of cases, and three kids, I said to Andy, "I've got to go to collect the car from head office, so I'm going to run to the site and then get a lift from there. Do you fancy coming along for the run?"

Andy said: "Yes, okay dad, when do you want to go?" He didn't ask where we would be running to, how far it was, or how hot it would get - just when I wanted to leave. So we set off across the desert and ran the 8km very easily. And, how old was he? Eight years old of course! Best regards, Chris Vernon.

Born to run: Andy aged 4 (inset) and winning the World XC trials last month

There's plenty of opportunity locally to swim, bike and run

Richard Thomas, Tri Secretary

THE Southampton Fast Twitch sprint triathlon, on the 23rd August, will be this year's club tri championships. It's a good first tri as the swim is in a swimming pool (as opposed to open water), and both the swim (400m) and cycle (18 miles) are relatively short. My advice is to give it a go!

There's many training resources locally, plus plenty of enthusiastic people willing to help. The club running sessions will set you up for the running part of the tri, and below are the local swim and cycle sessions that I'm aware of. (If you know of others, please drop me a line so that I can publicise them in future issues of the GR).

Cycle Training:

Friday evenings: Portsmouth veladrome (at the Mountbatten Centre). The 1830 session is good for developing confidence when cycling close to others, plus sprint training. You'll need your own road bike for this session (cost £3). A second session starts at 1930 and is on specialised "track bikes" which are provided.

On Saturday mornings, the Stubbie triathletes meet at 0930 at Fareham Leisure Centre. Also, on Sunday mornings, the Fareham-based cycle club, Fareham Wheelers, have their club cycle (see www.fareham-wheelers.org.uk).

Swimming Training:

Tuesday and Thursday nights 2130 at Fareham Leisure Centre. A small group interested in swimming and triathlon use these times to swim together. A guy called Phil usually leads the session.

Sunday afternoon at 1700: so called 'speed swim'. A chap called Richard runs this session and the format is that swimmers of similar abilities swim a set together for about an hour. The set is written at the end of the lane.

Richard is keen for triathletes to use the session, he's prepared to dedicate a lane to them, and draw up a specific swim plan to help prepare for various distances.

Friday evenings at 1900 (hour approx) based at the pool at St Vincent College, Gosport. Aimed at very wide spread of abilities and ages. These sessions are particularly valuable as they include coaching on technique.

Gary is also very keen to attract triathletes to this session, and he's also planning to start a Wednesday evening session at the same venue. You can contact Gary on 01329 319391, 07891 842501, or by email: gary.solly@ntlworld.com.

Results round up...

Meon Valley Plod (20+ miles) -1st March (East Meon)

1st Man: Nick Baker, Denmead Striders - 2:21:02
1st Lady: Stephanie James, Maidenhead AC - 2:57:58
Stubbies:
Mike White - 2:34:54
Barry Hards - 2:36:40
Graham James - 3:02:03
John Gueran - 3:14:14
Nick Crane - 3:25:02
Andrew Briggs - 3:2959
Jon Henderson - 3:39:06
Richard Snell - 3:39:06
Richard Roche - 3:39:48
Julie Woodman - 3:43:55
Del Granger - 3:51:32
Paul & Peter Hailwood - 5:11:38

Mad March 20 - 1st March (Christchurch, Dorset)

1st Man: Steven Way, Bournemouth AC - 1.53.16
1st Lady: Dawn Broom, Holmfirth Harriers 2.16.05
Stubbies:
Susie McGregor - 2.33.35
Nick Kimber - 02.34.33
Zac Conaty - 2.38.01
Jane Adlard - 2.59.08
Karen Dean - 3.21.35
Liz Hall - 3.23.10
10 mile race
1st Man: Nigel Leighton, volmo.co.uk - 53.17
1st Lady: Tracy Cook, Tri UK - 1.05.19
Stubbies:
John Simister - 1.27.07
James Keen - 1.17.37

The Grizzly (20 miles) - 8th March (Seaton, Devon)

1st Man: John McFarlane, Thames Hare & Hounds - 2.19.21
1st Lady: Nicola Juniper, Thift Green Trotters - 2.49.15
Stubbies:
Glen Street - 4.09.09
Neil Jarvis - 5.12.50
Tracie Jarvis - 5.12.51
Kathy McKain - 5.25.24
Caroline Street - 5.25.25
Rowena Dodd - 05.25.25
Julie Ashman - 5.25.26

Bath Half Marathon - 15th March

1st Man: Simon Tonui - 1.03.08
1st Lady: Joyce Kandia - 1.11.49
Stubbies:
John Rawlins - 1.21.23
Tim Sullivan - 1.28.27
Nick Kimber - 1:32:10
Darrell Milner - 1:32:37

Fleet Pre London Half Marathon - 15th March

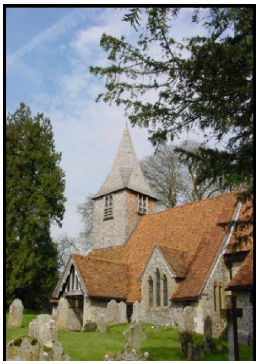
1st Man: Matthew Blunden, Royal Air Force - 1.10.47
1st Lady: Victoria Gill, Aldershot, Farnham & District - 1.17.46
Stubbies:
Robert Blackmore - 01.36.28
Andrew Briggs - 1.41.57
Annie Tomlinson - 1.42.55
Julie Woodman -1.51.16

Marwell Zoo 10k - 22nd March
1st Man: James Baker, Chichester Runners - 33.00
1st Lady: Rachel Elliot, Team Kennet - 37.44
Stubbies:
Zippy Grice - 34.59
Lewis Chalk - 36.32
Glen Street - 43.54
Keith Carter - 44.05
Marcus Lee - 44.11
Alan White - 50.40
Derek Balsdon - 51.59
Julia Park - 53.36
Caroline Street - 59.11

~ Race of the month ~

The Houghton 11k Trail Race

DO you fancy a change from running on the road all the time? Are you looking for something a bit different? Well, how about getting back to nature with a pleasant spring time race in the countryside?



All Saints church dates from the 12th century

The Houghton 11k Trail Run (7½ miles) takes place on Sunday 26th April, starting and finishing in the charming little village of Houghton, which is situated on the River Test, just south of Stockbridge, and half way between Winchester and Salisbury.

The picturesque course runs alongside the River Test, and takes in part of the Clarendon Way. And, at about the four mile mark, runners pass through a wood that's carpeted with bluebells.

The event also includes a 2½ mile off road fun run and, for those who prefer two wheels, there are two multi-terrain cycle rides to choose from (14km and 32km). If you like your Sundays to be a bit more relaxing, there's also a walk which sets off after the runners to avoid any nasty clashes!

The race starts at 10.30am (registration from 9.00am), and entries are £6 for adults, and £3 for under 16s. Entries on the day are accepted (£1 extra per entry), and all proceeds go to the All Saints Church, at Houghton. For entry forms go to: www.sgrac.net/2009/html/houghton-11k.html

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
Sun May 3	Sutton Runners10k	Beddington Park, Church Road, Wallington, Sutton	10.30am

The Race Diary

Date	Race	Venue	Time
Mon May 4	Shinfield 10k	School Green, Shinfield, Reading, Berkshire	10.30am
Wed May 6	RR10 - race 2	Longdown Inclosure, Ashurst	7.15pm
Wed May 6	Promenade 5k - race 1	Mountbatten Centre, Northern Parade, Portsmouth	7.30pm
Thu May 7	Time Trial 2	Eric Road, Stubbington	6.30pm
Sun May 10	Alton 10 (HRRL)	Lord Treloar College, Holybourne, Alton, Hampshire	10.30am
Sun May 10	Lymington Lifeboat 10k	Woodside Park, Rookes Lane, Lymington	10am
Sun May 10	Bracknell Half Marathon	South Hill Park Arts Centre, Bracknell	9am
Sun May 10	Moors Valley 10k	Moors Valley Country Park, Horton Road, Ringwood	10.30am
Sun May 10	Hogsmill Ladies 5	Harrier Centre, Poole Road, West Ewell, Epsom, Surrey	10am
Sun 10 May	Ranelagh Half Marathon	River Lane, Richmond, Surrey	8.30am
Sun 10 May	Horsham Lions 10k	Horsham Rugby Club, Hammerpond Road, Horsham	11am
Tue 12 May	Roundway Chase 10k	The Ivy Inn,. Heddington, Wiltshire	7.30pm
Wed 13 May	Purbeck 10k	Puddletown Road, Wareham	7.30pm
Sat 16 May	Marlborough Downs Ch.	Marlborough Leisure Centre, Wiltshire (20 miles)	10.30am
Sat 16 May	Bratton Hilly 11k	Bratton Jubille Hall, Bratton, Westbury	11am
Sat 16 May	Emsworth-Basing relay	Cliddesden Millenium Hall, Cliddesden, Basingstoke	10am
Sat 16 May	Dynamic Adventure Race	Purbeck Hills, Wareham, Dorset (12 hour, 120k epic)	10am
Sun 17 May	Netley 10k (HRRL)	Royal Victoria Country Park, Netley	10.30am
Sun 17 May	Hook 10 (& 6 mile)	Hook School, Hook, North Hampshire	11am
Sun 17 May	Heroes 10k	Brighton and Hove seafront, Brighton	11.30am
Sun 17 May	Bognor Prom 10k	West Park, Silverston Avenue, Bognor Regis	10.30am
Sun 17 May	Hillcrest 10k	Warlingham Rugby Club, Warlingham, Surrey	11am
Sun 17 May	Ramsbury Circuit 5	Recreation Ground, Hilldrop Lane, Ramsbury Marlb.	11am
Sun 17 May	Wessex Ridgeway 100k relay	By the pond, Tollard Royal, Dorset	7.30am
Sun 17 May	Woodley 10k	Headley Road, Woodley, Reading	11am
Wed 20 May	RR10 - race 3	Wilverley Enclosure, Sway, near Lymington	7.30pm
Sat 23 May	Shaw & Whitley Stampede	Shaw Village Hall, The Beeches, Melksham	2pm
Sun 24 May	Ropley 10k	Ropley Recreation Ground, Ropley, Alresford	11am
Sun 24 May	Pewsey Vale 10k	Pewsey Vale School, Wilcot Road, Pewsey, Marlborough	11am
Sun 24 May	Wokingham Half Marathon	Cantley Park, Wokingham	10am
Mon 25 May	Lindfield Village 10.5k	Hickmans Lane Rec, Lindfield, Haywards Heath	10.45am
Wed 27 May	Bexhill Seafront 5k	Bexhill seafront, Bexhill on Sea	7pm
Sat 30 May	Egdon Easy	Weymouth College, Cranford Avenue, Weymouth	7pm
Sun 31 May	Edinburgh Marathon	Regent Road, Edinburgh city centre	9am
Sun 31 May	Bayer Newbury 10k	Waterside Community Centre, Northbrook St. Newbury	10am
Sun 31 May	Saab Salomon Turbo X	Surrey Hill, Swinley Forest, Bracknell, Surrey (10 miles)	10am

The Stubbington Noticeboard

April Training Programme

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

Thursday 2nd - 4 mile time trial

Tuesday 7th - Tempo run 3x5mins (2mins) - Richard

Thursday 9th - 8x600m (400m) - Chris

Tuesday 14th - Race pace 2x10mins (2mins) - Mark

Thursday 16th - 200m beach run, 2x4 (3mins) - Phil

Tuesday 21st - 2x4 Titchfield hills (South Downs training session) - Phil

Thursday 23rd - Lee triangle accelerations x4 - Chris

Tuesday 28th - 10x1min hard (2mins) - Mike B

Thursday 30th - Crocodile run 2x10 - Mike H

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.

April 2nd - Locks Heath, Brownwich loops
April 9th - Stubbington, Lee grass fartlek
April 16th - Locks Heath 1,2,3,4,3,2,1 (1 min)
April 23rd - Stubbington, 10x350m (1 min)

Please send articles or reports for the club website to Mike Bell (mikebell@sgrac.net)
For The Green Runner, submissions should be sent to Verity Wright (vwright@southdowns.ac.uk) or Tracie Jarvis (tracie.jarvis@ntlworld.com).
If you have taken part in a race recently, let us know how it went. Send us your result and time, plus a bit of background about the race

Looking for club kit? Liz Hall has a wide selection of tops and shorts, and is now taking orders for the new club vest. If you want to find out more, Liz at most Monday and Wednesday training nights, or you can call her on 01489-577610.

Who's who... ...

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