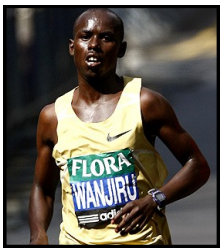
The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC

May 2009

Capital gains for six Stubbies at London

ANOTHER sunny, almost windless, April day, with a lovely cool air temperature, provided near perfect running conditions for the 29th Flora London Marathon.

Just over 35,000 runners took to the bright, sun-lit streets of the capital to run 26.2 miles. Some were there to chase the world marathon record, others were hoping for a new personal best time, while the majority were simply happy to make it to the finish line without walking!



An impressive run by Sammy Wanjiru (pictured), the reigning Kenyan Olympic champion, led the elite men home, in a personal best and new course record of 2:05:10. Wanjiru's time was six seconds quicker than fellow countryman, Martin Lel's previous course record that he set in London last year.

However, all thoughts of beating Haile Gebrselassie's world record of 2.03.59 quickly evaporated when the three early pacemakers clocked 4.35 for the first mile and, in the early stages of the race, were on target to run a sub-two hour marathon.

In the ladies race, a superb run by Great Britain's Mara Yamauchi resulted in her knocking a sizeable chunk off her previous best marathon time, crossing the line in second place in a time of 2.23.12.

The German athlete, Irina Mititenko, won the race in a time of 2.22.11, retaining the prestigious London Marathon title that she won 12 months ago, and becoming the first woman to do so since Paula Radcliffe back in 2003.

For Stubbington Green Runners & AC, six members enjoyed a great day out in the capital. Zippy Grice took his pledge of allegiance to the club to new heights by dying his hair emerald green, before sauntering round while chatting away to anyone who would listen, and still finishing in an amazingly quick sub-3 hour time of 2.54.07.

Marathon men: (left to right) Jon Leigh, Tim Sullivan & Nick Kimber

Tim Sullivan justified his marathon club place with a great run to clock a well-deserved time of 3.15.41. Meanwhile, the mileage-mad marathon men, Nick Kimber and Jon Leigh, resumed their usual tit-for-tat race day battle with Nick finishing in 3.23.09, and Jon just behind in 3.23.40.

Finally, there were also impressive performances from two of the club's newer members, Annie Tomlinson and Andrew Briggs. The pair were spotted amongst the vast swathe of runners heading to the half way point at Tower Bridge, and both were running strongly. Annie finished in an excellent time of 4.01.27, with Drew a few minutes behind in 4.05.35.

SGRAC's London Marathon results

Zippy Grice - 2.54.07
Tim Sullivan - 3.15.41
Nick Kimber - 3.23.09
Jon Leigh - 3.23.40
Annie Tomlinson - 4.01.27
Drew Briggs - 4.05.35

Homemade Easter bonnets, fish 'n' chip suppers, and youth hostelling - there's no expense spared at an SGRAC social!

A jolly group of Stubbies gathered in the Parsons Collar following the Easter Monday night run at Whiteley.

Nick hosted the Easter bonnet competition, with Mike Clarke taking on the challenging and difficult role of judge, and awarding prizes to running couple Gill Rose and Richard Snell. Liz Hall and Alan White were also prize winners.

After all the excitement had died down, we had a few drinks and a relaxing chat, and everyone seemed to really enjoy the evening. Maybe the Monday night pub meet will become a regular fixture on the social calendar!

The 2009 spring handicap and fish & chip supper will take place on the evening of Tuesday 26th May. Mike Clarke has once again agreed to donate his highly sought after navigational and map reading skills to set the course (see page 3, opposite, for the details of the route).

Mad as hatters: Stubbies in headgear

If you would like to take part in the handicap (or if you just want to turn up for the fish & chips without running!), please contact either Tim Sullivan (tim.sullivan@sky.com), or Nick Kimber (nick@hookpark.co.uk) before Thursday 14th May.

We are hoping to organise the first Stubbington Green youth hostel trip for around September time. At this stage we're just trying to establish how many people are interested before investigating suitable locations and accommodation.

Therefore, please can you email Kathy McKain (klaf@ntlworld.com) asap (by mid May at the latest) to let her know that you're interested. We've been advised that we need to make the booking as early as possible, so the sooner we can get an idea of numbers the better.

Many thanks, Tracie Jarvis.

Sock it to 'em for the Hampshire Autistic Society

IT'S time to dig out those dodgy socks - you know, the miss-matching pairs, the ones which got mixed up in the colour wash, or the socks which you once wore for a bet at a friend's fancy dress party!

These fine pieces of footwear will come in very handy at the Sock It to Autism 5 cross country race, which takes place at the Itchen Valley Country Park in West End, near Eastleigh, on Saturday 20th June.

This is the third year that SGRAC member, Dave King, has organised the five-mile race in aid of the Hampshire Autistic Society.

"The races are a bit of fun, but at the same time they help to raise awareness and some cash for the Hampshire Autistic Society," said Dave.

"We're asking everyone who takes part to wear a silly set of socks. It's a fun five-miler - a real family day-out - and I'm really hoping that my participants will do me proud and dig out those dodgy socks."

The five-mile race is a one-lapper, which heads out into the meadows at the back of the Itchen Valley park. It's a safe course with a mixture of woodland, grassland, and a couple of hills thrown in for good measure!

The main race starts at 11am, and at 10.30am, there's a one-mile children's race. Starting at 11.05am there's also a sponsored walk around the same five mile route as that used for the main race.

The entry fee is £10 and all finishers will receive a memento. You can enter either on-line, through the Runner's World website, or, you can download an entry form on the SGRAC website (www.sgrac.net).

Entries will be accepted on the day, with registration starting at 9.30am. The race will be started by Olympic athlete, Iwan Thomas, and Wave 105 presenter Rick Jackson. After the race, refreshments will be served.

Back by popular demand- it's the 2009 spring handicap!

Spring is well and truly here and, to celebrate, the spring handicap will be held on Tuesday 26th May. If the fun and frolics of past handicaps are anything to go by, this is one club social event that you'll not want to miss! Everyone is welcome to take part in the handicap and afterwards there will be a good old fashioned social gathering at the Rising Sun at Warsash. Mike Clarke provides details of the route.

The start and finish line for the spring handicap is the barrier to the left of the Rising Sun pub. The usual handicap rules apply - no watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way! The winner will be the runner who finishes closest to 8pm.

From the barrier, head along the footpath, and when you get to the gate, turn left. Go up the path and past Warsash School of Navigation. When you reach the road, turn right and go down the road, before turning left into the woods. Follow the path through the woods, go through the gate, across a path, continue along the path and then turn left and head towards Hook village.

Turn right at the first footpath sign, and head towards the house, go over three stiles and, at the third stile, turn left and go round the outside of the field. Go over the stile, turn left, and go past the white house (it was white when I ran past it).

Mike Clarke on the path to enlightenment

At the end of the path turn left, at the corner turn right, go down the path and follow it round, continuing into chilling field. Continue along the path and at the corner turn right and then left past the lake, go through the gate, continue along the path past the farm building and then turn right and head down the path towards the seafront.

At the end of the path, turn right and go over the bridge, go up onto the cliff path and head towards Solent breezes. Follow the path to the club house, turn left, go down the steps, turn right and run along the beach. You then have the following option; you can either stay on the beach, or go up onto the foot path.

From here it's a straight run to the finish - all you have to do is follow the path and, at the point, turn right and head back to the Rising Sun pub. Good luck everyone!

If you're feeling a bit peckish after the run, why not join us at the Rising Sun for a fish and chip supper (£5.50 a head). And, the winner of the handicap will eat for free! It's not essential to know numbers for food, but it would be useful if you could let Nick know if you plan to be there nick@hookpark.co.uk

Grab yourself a fish paste sandwich and half a bitter at this year's AGM

Paul Hammond, Club Secretary

With the SGRAC Annual General Meeting just a couple months away, the excitement is starting to mount. As last year, this year's AGM will be held at The Crofton pub, Crofton Lane, Stubbington, on **Friday 3rd July** (8pm start).

The AGM is your opportunity to talk to the club committee 'en-masse', and voice any issues that you may have. You'll hear reports from the committee about what's been happening in the club over the past 12 months, and there are also a number of changes to the club constitution that need to be discussed this year.

Also, on the evening of the AGM, the committee members will step down from their posts in order to give other club members the opportunity for to stand for election. This year, the position of Chairman is not up for grabs because it's a minimum two year stint, and Chris is just starting to get comfortable.

However, if you fancy taking on the role of Club Secretary, Ladies Captain, or indeed any other club position, you just need to let a committee member know before the AGM so that your name can be put forward for consideration at the meeting.

All in all it's set to be another rip-roaring, fun night - so don't be shy, forget about Eastenders, or Corrie for once and come and grab a yourself fish paste sandwich and half a bitter, and make your vote count. You know it makes sense.

The Paris Marathon: a great race with an amazing atmosphere

by Tracie Jarvis

The 33rd Paris Marathon took place on Sunday 5th of April, as a staggering 31,373 competitors took to the streets of the French capital (Ed: the number was staggering, not the competitors!).

A superb performance by Vincent Kipruto, saw the Kenyan beat the previous course record by nearly a minute, winning the race in a blisteringly quick time of 2 hours, 5 minutes, and 47 seconds. Ethiopian, Astede Bayisa, won the ladies' race in an excellent time of 2 hours, 24 minutes, and 42 seconds.

Five Stubbington Green Runners, including Jane Adlard and Glen Street, made the trip to Paris, and they all enjoyed good runs.

Jane Adlard

"The atmosphere at the start of the race more than lived up to my expectations", said Jane after the race.

"The sight of the mass of runners stretching as far as the eye could see along the Champs Elysee was just amazing. The route was spectacular, taking in all of the main sights of the city, and the sun shone, perhaps a little bit too much.

I ran well and thoroughly enjoyed the first 18 miles, but then I began to struggle a little with stomach ache. My dream of finishing in less than four hours slipped away, but I pushed on and got the job done. I was very glad to see the finish!"

Jane continues: "It was a truly memorable race through scattered banana skins and orange peel, and taking in camp disco dancers, camels, Barack Obama, and some very nice firemen - well done everyone!"

Jane certainly deserves a pat on the back - she finished in a time of 4 hours, 6 minutes, 26 seconds - which was a personal best by a whopping 39 minutes!

Glen Street, who ran the Paris Marathon last year, recording a personal best of 3 hours, 40 minutes turned up to the start line with hopes of improving on this. He started very strongly, and passed the 30k mark in a time of 2 hours, 30 minutes, with his goal well within reach.

"It was then that the wheels came off!" explained Glen. "A lack of training due to illness and injury caused me to start cramping terribly and I had to walk. It seems to be a persistent problem for me at the moment having also suffered with it at the Grizzly earlier this year."

However, Glen soldiered on to cross the line disappointed but not disheartened. Reflecting on his run, Glen was very philosophical about the situation, saying simply, "If you're going to run a marathon, you need to put the miles in."

SGRAC's results: Mike White - 2.59.12, Zac Conaty - 3.58.30, Aitken Hunter - 4.05.59, Jane Adlard - 4.06.26, and Glen Street - 4.13.08.

The Fairhursts take their running shoes to France

STUBBINGTON Green members, John and Anne Fairhurst, made sure that they packed their running shoes when they recently visited their son, Peter, in France.

"Peter lives in Chartres, so we decided that it would be a nice idea to combine a spring visit with the local races," explained John.
"There was a 5-kilometre race, which started at 9.30, and a half marathon that started an hour later. Unfortunately, Peter was injured and so he was unable to run.

The races at Chartres were very good value even at the current exchange rate. It was just five Euros for the 5km, and eight Euros for the half marathon (including a t-shirt, plus excellent post-race refreshments consisting of fruit purée, dates, prunes, cakes, chocolate, water, and cola).

Brits abroad: John and Anne in Chartres

Also, during the half marathon, there was much on offer at the feed stations, which were very well-staffed. You could choose from dried apricots, prunes, cake, chocolate, water, and fruit juice!

However, one thing that we did find a bit strange was that during registration for the races, we were asked for the first time to quote our England Athletics competition licence numbers on the entry forms!

Anne was first in the veteran-3 category, and was delighted to receive a huge trophy and a lovely towel with an embroidered logo."

Green invasion at the Royal Victoria Country Park

After a third successful season in the RR10 mid-week cross country series in 2008, SGRAC got off to a flying start at the opening fixture of 2009. Men's club captain, Mark Le Gassick, reports on race one of the ten race series at the Royal Victoria Country Park, near Netley.

A glorious sunny evening down by Southampton Water made for an ideal start to the 2009 RR10 mid-week cross country series.

As always, the first race of the season was run over a distance a 4.5 miles in the picturesque grounds of the Royal Victoria Country Park, near Netley.

The warm, spring sunshine tempted no less than 38 runners from SGRAC out of hibernation for the Wednesday evening April fixture.

Sea of green: there were 38 Stubbies at the first RR10 fixture at Netley

However, impressive as the turnout was, it could not match last year's race where a whopping 52 green vested runners descended on the banks of Southampton Water, setting the nerves of league organisers on edge who are always concerned about the number of runners taking part in the league due to the pressures on parking at some fixtures.

For the third successive year, Winchester & Disrict AC's Gavin Smith won the race, with the Team Southampton duo of Gareth Klepacz and John Charles taking the second and third spots on the podium.

In the ladies race, Team Southampton were again at the forefront of the action, with Laura Brenton taking the victory and club mate Hannah Fothergill finishing in second place.

Twelve months ago, the ladies race was dominated by Stubbington when Georgie Gair, Lucy Simmons, and Susie MacGregor made it a 1-2-3 clean sweep for the greens. This year, another excellent early season performance by Georgie saw her mixing it up with the front runners to finish in an excellent third place.

In the men's team event, Winchester & District AC were first, Team Southampton were second, and strong running by Stubbington's men ensured that the greens got off to a good start in the league to take third spot in the team rankings.

In the ladies' team event, Winchester & District AC's strongest athletes were conspicuous by their absence, with the club finishing down in a lowly eighth place on the evening. Team Southampton, Eastleigh Running Club, and Hardley Runners took full advantage of Winchester's weakened team by filling the first three places.

A very good performance by Stubbington's ladies helped the Stubbettes to secure a creditable fourth place on the evening.

There were a total of 321 finishers - 196 men and 125 ladies.

The second round of the RR10s takes place on the evening of Wednesday May 6th at Longdown Inclosure, Ashurst. The start time is 7.15pm and directions to the venue can be found at: http://www.sgrac.net/html/cross-country.html

SGRAC's results

RR10 fixture 1 - Royal Victoria Country Park

Men	Ladies
9 Andy Simpson,	3 Georgie Gair
16 Chris Hall	14 Gill Rose
22 Kevin Wheeler	20 Sally McGrath
23 Mike Harper	22 Rachel Openshaw
24 Graham Bell	27 Margie Pritchard
29 Ray Gunner	33 Jane Adlard
32 Graham James	38 Lucy May
39 Nick Crane	57 Jaz Smith
55 Mike Bell	113 Debbie Casey
56 Euan McGrath	
68 Paul Hammond	
77 Marcus Lee	
79 Nick Percy	
96 David Langrish	
99 Nick Kimber	
100 Jon Leigh	
103 Richard Snell	
105 Dan Horscroft	
107 Andy Lee	
108 Gordon Westely	
114 Jeremy Meadows	
119 Mike Clarke	
120 Richard Simms	
127 John Simister	
134 Mark Folland	
182 Peter Hutchison	
185 Martin Banner	
186 Terry French	
188 Robert Spencer	

Apology

IN April's issue of the Green Runner, we included a story on page 7 with the headline, 'Jon swaps capitals to bag a marathon place'. The story should have been about John Nicholson missing out on a London Marathon place and then getting a place at the Edinburgh Marathon, NOT Jon Henderson. I would therefore like to apologise to both parties for the mix up. Incidentally, Jon Henderson has just completed the 53 mile Montane Highland Fling, and you can read his race report on page 8 of this month's GR. We'll also be reporting about how John Nicholson got on in the Edinburgh Marathon in a future issue.

Editor

Why not try a tri in 2009?

'MULTI-SPORT' is the latest buzzword down at SGRAC, and with last year's highly successful inaugural club triathlon championships, on the Isle of Wight, the trend looks set to continue throughout 2009.

If you've never done a triathlon before, the discipline combines three great sporting activities into one continuous race - a swim (pool-based or open water), followed by a cycle, and finishing off with a run.

As with running, there's a plethora of multi-sport races to choose from around the south coast area, with distances to suit all abilities and levels of experience.

This year, the SGRAC club triathlon championships will be the Concept Sport Southampton Fast Twitch Triathlon, on Sunday 23rd August.

The race headquarters is the Applemore Recreation Centre, at Dibden Purlieu (where the Hants Cross Country Championships are based).

As the race is a sprint distance triathlon, it's an ideal event for those who are attempting their first triathlon.

The pool swim is 400m (16 lengths), the cycle is 18 flat miles on quiet country lanes, through the picturesque New Forest, and the run is a snip at just 3.5 miles.

For further information about the event, and to download an entry form, visit the Concept Sport website: www.conceptsport.co.uk/

Listed below are some other sprint distance triathlons that you may also be interested in trying in 2009. For a full listing of multi-sport events, see the triathlon link on the SGRAC website.

Look out for the triathlon training schedule in next month's GR to help you get started.

Fast Twitch Triathlon Series

Sun 10th May - Dorset

400swim/15m cycle/4m run

Sunday 24th May - Salisbury

400swim/19m cycle/4m run

Sunday 21st June Marlborough

400swim/20m cycle/5m run

Sunday 26th July - Tidworth

400 swim/13m cycle/5m run

***Sunday 23rd Aug - S'hampton**

400 swim/18m cycle/3.5m run

Sunday 20th Sept - Littledown

400swim/18mile cycle/4mile run

* SGRAC Triathlon Champs
** All swims are pool-based

"YOUR CAPTAIN NEEDS YOU."

THIS year, the Southern Road Relays will be held on Saturday 26th September at the Rushmoor Arena, near Aldershot.

SGRAC Men's Captain, Mark Le Gassick, is looking to enter a senior team of six and a veteran team of four.

"For the seniors, if you run 10k in 34 minutes, or less, please keep this date free in your diary," says Mark.

"The relays are a great opportunity for us to showcase our running talent, and with the club's strongest six runners there's no reason why we can't compete with the likes of Southampton and Winchester."

Please support the Macmillan Mile in May

THIS year's Macmillan Mile will take place on the evening of Wednesday 27th May from 6.30-7.30pm, at the usual place - the playing field at Crofton Secondary School, Marks Road, Stubbington.

As usual, the minimum donation is £1 to run, or walk, your mile around the grass track, and all monies raised will go to Macmillan Cancer Care - www.macmillan.org.uk.

This event has been arranged so as not to clash with the RR10 mid-week cross country series, so please make every effort to attend in order to complete your mile for a worthwhile cause.

If you're unable to attend but you would like to make a donation, please contact me on 01489 582204.

Many thanks for your support.

Jenny Hearnden

Stubbies get plenty of eggs-ercise at the Guernsey Easter runs

by Glen Street

Caroline and Glen Street made their eleventh consecutive trip to Guernsey for the traditional Easter runs, which are held over the Easter bank holiday weekend. It was Richard and Julie Simms's third trip to the island to take part in the event.

Also in Guernsey over the Easter break were SGRAC members John and Sue Simister, with their eight-year-old daughter, Katie. Other Stubbies who made the trip were Neil Jarvis, Ian and Mags Smith, and Zippy and Helen Grice, with daughters Maisie and Evie.

The weekend got off to a flying start with 188 runners taking part in the 10K. The first man home was Poole Runner, Willard Chinhanu, in a time of 30 minutes 41 seconds. The first lady to cross the line was British International, and 2012 Olympic hopeful, Steph Twell, representing Aldershot Farnham & District AC. She clocked a time of 32 minutes 35 seconds, to finish in 5th place overall.

Stubbington finishers: Zippy Grice (34:15), Ian Smith (42:13), Glen Street (42:53), Neil Jarvis (45:17), Richard Simms (47:44), John Simister (47:45 PB 1:25) and Caroline Street (55:56). Katie Simister had a fine run in the junior race which was held on the sand dunes.

On Saturday, there was a change of terrain, with a 4.75 mile cross country run that took runners around Lancresse Common. Again, it was Willard Chinhanu who won the men's race in a time of 24 minutes, 35 seconds, with Steph Twell also completing the double in the women's race, in a time of 26 minutes 18 seconds (6th place overall).

Picture postcard: stunning sea views on the island of Guernsey

Stubbington finishers: Zippy Grice (26:49), Ian Smith (32:43), Glen Street (34:30), Neil Jarvis (36:01), John Simister (38:49), Richard Simms (38:25) and Caroline Street (45:49).

On Sunday, it was back to Lancresse Common once again for the 4x2 mile cross country relay. The course was different from previous year, with the new route proving to be much tougher than the previous one.

This year, individual times were recorded in the relay, with Jonathan Thewliss, from Nottingham University, the fastest man clocking a time of 9 minutes, 58 seconds. Emma Pallant (AF&D AC) was the fastest lady in 10 minutes, 39 seconds.

Stubbington times: Zippy Grice (10:53), Ian Smith (12:50), Glen Street (13:57), Helen Grice (14:13), Neil Jarvis (14:29), Richard Simms (15:26), Mags Smith (15:44), John Simister (16:06) and Caroline Street (18:12). Katie Simister ran a very good second leg in the junior relay.

On Monday morning, it was back on to terra firma with the Half Marathon, which was held in St Peter Port, and run over a flat, out-and-back course. Willard Chinhanu returned to his winning ways with a time of 1 hour, 6 minutes, 38 seconds.

The first lady was once again Emma Pallant who clocked 1 hour, 16 minutes, 31 seconds. Zippy finished in 1:17:03. Ian Smith kept Glen Street company for most of the way, until dropping him inside the last half mile. Ian finished in 1:36:33 with Glen just behind in 1:36:42.

Neil Jarvis, suffering from a bit of plantar fasciitis, accompanied John Simister to record a time of 1.51.27 (which was a pb for John by an impressive margin of 6.49!). Caroline finished in 2:07:13.

Above: Stubbies looking relaxed in the Easter sunshine. **Below**: a little more pensive waiting for the off

Braveheart, Jon, completes 53 mile Highland Fling epic

The Montane Highland Fling Race is a 53 mile ultra distance trail marathon that runs along the West Highland Way.

The race starts from Milngavie and finishes at Tyndrum, which is to the north of Loch Lomond. The run itself is virtually all off road, and there is almost 10,000ft of ascent, over a mixture of terrain that includes grass, shingle, woodland, plus a lot of clambering up and over rocks!

The day was almost perfect for running, if perhaps a little too warm during the middle part of the day.

The race started at 7am, and I eventually crossed the finish line just before 7.30pm, completing the course in a time 12 hours, 27 minutes, and 44 seconds. I think that it was the hardest thing that I have ever done, or will ever do again!

Not least due to the amount of climbing involved, but also because some sections were simply un-runnable for miles at a time as a result of the difficult terrain. There were many times when it was very frustrating!

I paced myself sensibly, setting off nice and easily and walking the inclines, up and over the infamous Conic Hill and along the hilly banks of Loch Lomond with its tortuous rocky sections.

However, by the 43rd mile, the wheels started to come off a bit just as I was about three miles into an eight mile climb to the top of the forest at Bogle Glen.

At this point, the terrain was so severe that I was barely able to make progress even by walking, putting in three miles at 20-minute mile pace!

Herculean effort: Jon crossing the line and enjoying a well earned beer

Once that had passed, I ran the last four or five miles quite strongly (it's all relative), and was very happy to have achieved my goal of finishing within the 14 hour time limit.

Stubbies get set for the South Downs 100 Mile Relay

THE 2009 South Downs 100 mile relay will take place on Saturday 6th June. This year, SGRAC have three teams running in the ultra-distance trail relay that starts at Beachy Head, East Sussex, and finishes at Chilcomb Sports Ground, just outside Winchester. See the table below for details of the teams .

Leg	From	To	Men's A team	Men's B team	Ladies' team
1	Beachy Head	Exceat	Alisdair Ewing	Nick Crane	Penny Forse
2	Exceat	Bo Peep	Simon Hearnden	Phil May	Sally McGrath
3	Bo Peep	Itford Farm	Ray Gunner	Nick Kimber	Lucy May
4	Itford Farm	A27	Andy Simpson	Marcus Lee	Georgie Gair
5	A27	Ditchling	Graham Bell	Andy Lee	Georgie Wallis
6	Ditchling Beacon	Saddlescombe Fm.	Lewis Chalk	Dave King	Margie Pritchard
7	Saddlescombe Fm.	River Adur bridge	Simon	Phil	Sally
8	River Adur bridge	Washington	Ray	Nick C	Lucy
9	Washington	Springhead	Alisdair	Marcus	Georgie G
10	Springhead	Houghton	Andy	Nick K	Penny
11	Houghton	Littleton Farm	Lewis	Dave	Margie
12	Littleton Farm	Hill Barn Farm	Graham	Andy	Georgie W
13	Hill Barn Farm	Harting Hill	Simon	Phil	Sally
14	Harting Hill	QE park	Ray	Dave	Margie
15	QE park	Sustainability Centre	Alisdair	Nick K	Georgie G
16	Sustainability Centre	Old Winchester Hill	Lewis	Marcus	Lucy
17	Old Winchester Hill	Holding Farm	Andy	Nick C	Penny
18	Holding Farm	Chilcomb	Graham	Andy	Georgie W

As in previous years, SGRAC have been asked by the race organisers to be responsible for the leg 13/14 changeover at Harting Hill car park. If you are able to help out with marshalling duties, please can you contact Chris Hall on 02392-355498, or by email at hally.pfc@ntlworld.com.

Results round up...

Eastleigh 10k - 29th March

1st Man: Russell Dessaix-Chin, Belgrave H - 30.18
1st Lady: Stacey Ward, Basildon - 33.59
Stubbies:

Men
10 Mark Le Gassick - 31.55
40 Zippy Grice - 33.30
54 Andy Simpson - 34.18
129 Mike Harper - 37.17
148 Kevin Wheeler - 37.56
154 Alan Houghton - 38.08
168 Graham Bell - 38.37
253 Mike Bell - 41.15
271 Phil May - 41.40
297 Glen Street - 42.14
302 Keith Carter - 42.19
315 Roderick Nairn - 42.55
316 Jon Henderson - 42.56
333 Colin Elderfield - 42:57
368 Keith Whitaker - 44.16
380 Neil Jarvis - 44.38
398 Richard Snell - 44.55
443 Nick Davis - 45.57
556 Alan White - 48.29
560 Rick Scott - 48.32
582 Ashley Lovell - 48.52
632 Derek Balsdon - 49.37
699 Paul Southon - 51.10
702 John Vose - 51.10
804 Terry French - 54.07
896 Robert Spencer - 58.22

Ladies
60 Gill Rose - 45.01
72 Georgie Wallis - 46.03
93 Jane Adlard - 47.20
100 Margaret Pritchard - 47.54
114 Julie Woodman - 49.05
205 Jaz Smith - 53.31
310 Kathryn Davies - 57.32

April Time Trial (4 mile) - 2nd April @ 7pm

Mark Le Gassick - 20.48
Andy Simpson - 21.53
Chris Hall - 23.29
Mike Harper - 25.43
Mike Bell - 26.23
Keith Carter - 26.45
Keith Whitaker - 27.38
Phil May - 28.11
Margie Pritchard - 29.18
Georgie Wallis - 31.30
Gary Littlecott - 32.05
James Barnes - 34.59
Geraldine May - 38.58

Reading Half Marathon - 29th March

1st Man: Kiplimo Kimutai, Kenya - 1.02.46
1st Lady: Joyce Kirui, Kenya - 1.12.49
Stubbies:
1466 Robert Calver - 1.37.08
2740 Dan Horscroft -1.43.55
3616 Richard Roche - 1.47.41
6066 Karen Rogers - 1.57.00
7045 Karen Dean - 2.00.46
7842 Tom Mellor - 2.04.41
10407 Rowena Dodds - 2.21.50
10408 Sue Robinson - 2.21.51

Cranleigh 21 Mile - 29th March

1st Man: Will Clark, Epsom H - 2.01.34
1st Lady: Suzanne Wood, Dorking - 2.24.47
Stubbies:
74 Jon Leigh - 2.34.10
228 Annie Tomlinson - 2.55.39
326 Sarah White - 3.08.31

~ Race of the month ~

The Marlborough Downs Challenge

The Marlborough Downs Challenge, organised by the Marlborough Running Club, is a scenic one lap route across the Wiltshire Downs that passes along the Wansdyke and through Avebury Stone Circle.

Runners who've done the MDC in the past say that the event has it all - magnificent scenery, a wonderful atmosphere, super organisation with friendly, supportive marshals, and great refreshments, both during and after the race.

This year, the Marlborough Downs Challenge takes place on Saturday 16th May, and there are two distances to choose from - the long distance, 33 mile challenge, and the shorter, 20 mile challenge.

Both runs start and finish near the Marlborough leisure centre, with the 33 mile run (minimum 20 years) starting at 9am, and the 20 mile run (minimum 18 years) getting underway at 10.30am. For safety reasons, there is a cut off time of 5.30pm.

There's also an option for walking the 20 mile route, with a choice of fixed start times ranging between 9.15-9.45am.

Although the start and finish of the challenge is marked with direction arrows, most of the route isn't marked. Entrants are given a written description of the route, and a map and compass is recommended.

For walkers and affiliated club runners, the cost of entry is £14. For unaffiliated runners, the cost of entry is £16. The race has a limit of 350, and provided there are unfilled spaces, entries will be available on the day at a cost of £18.

Log on to the Marlborough Running Club website for more details about the race:

www.marlboroughrunningclub.co.uk/

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 Race Diary

Date	Race	Venue	Time
Tue June 2	SGR time trial (4 miles)	Eric Road, Stubbington.	7pm
Wed June 3	D-Day 10k	Mountbatten Centre, Northern Parade, Portsmouth.	7.30pm
Wed June 3	Yateley 10k - race 1	Yateley Centre, School Lane, Yateley, North Hampshire.	7.30pm
Thur June 4	Project 65	Tarrant Hinton, Dorset to Pegasus Bridge, Normandy	2pm
Sat June 6	Dorney Dash 10km	Dorney Lake, Dorney, Windsor, Berkshire.	10am
Sat June 6	South Downs Relay	Beachy Head, East Sussex	Early!
Sun June 7	Malvern Half-Marathon	Three Counties Showground, Malver.	10.30am
Sun June 7	FOSMS 5	Chippenham Rugby Club, Chippenham, Wiltshire.	11am
Sun June 7	Poole, 10km	Poole Park, Poole	11am
Sun June 7	Seaford Half-Marathon	Seaford, East Sussex	9am
Sun June 7	Braishfield Beer Race	Braishfield Village Hall, Braishfield Road, Braishfield	10.30am
Tue June 9	Corfe Mullen Carnival 5k	Corfe Mullen Rec, Corfe Mullen, Dorset.	7.30pm
Wed June 10	Lethbridge 10k	Croft Sports Centre, Lethbridge, Swindon, Wiltshire.	7.30pm
Wed June 10	Hayling Billy 5	Station Road, Hayling Island, Hampshire	7.30pm
Wed June 10	RR10 - race 5	Itchen Valley Country Park, West End, Eastleigh.	7.30pm
Sat June 13	South Downs Marathon	Slindon to Queen Elizabeth Country Park, Petersfield.	9am
Sun June 14	Blandford Bridges 10k	Blandford School, Blandford Forum, Dorset.	10.30am
Sun June 14	Alresford Rotary 10k	Arlebury Park, The Avenue, Arlesford, Hampshire.	10am
Sun June 14	Brading 10k	Smallbrook Stadium, Ryde, Isle of Wight.	11am
Sun June 14	Fishbourne Flat Five	Fishbourne, West Sussex	9.45am
Sun June 14	Puddletown Plod 20k	St Mary's Middle School Puddletown, Poole	10.30am
Sun June 14	Pant In The Park (5km)	Charlton Sports & Leisure Centre, Andover, Hants.	11am
Sun June 14	Wargrave 10k	Wargrave Recreation Ground, Wargrave, Berkshire.	10am
Tue June 16	Q Mother Reservoir 10k	Queen Mother Reservoir, Horton, Berkshire.	7.30pm
Fri June 19	Summer Solstice 8km	Moors Valley Country Park, Ringwood, Dorset.	7pm
Sat 20 June	Sock it To Autism 5	Itchen Valley Country Park, Eastleigh	11am
Sun 21 Jun	Brading 10k	Smallbrook Stadium, Ryde, Isle of Wight	11am
Wed June 24	RR10 - race 6	Recreation Ground, Blackfield, Hampshire.	7.30pm
Wed June 24	Saab Solomon Forest Trail	Swinley Forest, Bracknell, Berkshire (10km)	7pm
Wed June 24	Woodland 5 mile	Lower Broadmoor Car Park, Crowthorne, Berkshire.	7.30pm
Wed June 24	Summer Cross Country	Queen Elizabeth Country Park, Petersfield, Hampshire.	7.15pm
Sun Jun 28	Hobledon 6	Playing Field, Stourpaine, Blandford Forum, Dorset.	11.30am
Sun Jun 28	New Forest Junior Triathlon	Totton	TBC
Sun Jun 28	Lordshill 10km	Lordshill Recreation Centre, Lordshill, Southampton.	10.30am
Sun Jun 28	Purbrook Ladies 5	Purbrook Heath, Purbrook, Portsmouth, Hampshire.	10am
Sun Jun 28	Samaritans 10k Sam Run	Wellington College, Crowthorne, Berkshire.	10.30am
Tue 30 Jun	Saab Salomon Forest Trail	Swinley Forest, Bracknell, Berkshire 10k	7pm

The Stubbington Noticeboard

May Training Programme

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

Tuesday 5th - 3x2 mile Chilling field - Mike White

Thursday 7th - 4 Mile Time trial - Gilbert Yeates is time keeper

Tuesday 12th - 5 x Brownwich loops - Chris Hall

Thursday 14th - 15 x 200m - Lee grass - Phil May

Tuesday 19th - 6 x school of Nav. Paarlauf - Mike Bell

Thursday 21st Fartlek session at the sewage works - Mike Harper

Tuesday 26th - 5 mins at 5k pace x 3 with 2min between - Richard Thomas

Thursday 28th - Crocodile run - 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.

7th May - Stubbington - 10x100mtrs (100)
14th May - Locks Heath - Chilling 2x1mile (3mins)
21st May - Stubbington - 4x400mtrs (400)
28th May - Locks Heath - 4xBrownwich Loop

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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