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

Mark seals HRRL title with win at Netley 10k

May was a very good month for SGRAC's Men's Captain, Mark Le Gassick, as he rounded off his Hampshire Road Race League season, at the Netley 10k, with a third consecutive league victory and maximum point score. Mark's win at Netley also consolidated his position at the top of the HRRL leaderboard and confirmed for him the overall championship title.

Mark's victory at The Royal Victoria Country Park came hot on the heels of his win at the Alton 10 mile road race the previous Sunday. In warm, sunny conditions it was the quickest of his three wins over the hilly north Hampshire course, with a time of 54 minutes 17 seconds, and crossing the line ahead of HRRL contender Paul Cameron, of West Wight Road Runners, by almost two minutes.

Going into the final fixture, at Netley, Paul was lying in second place in the overall league standings, but he needed to win the race and finish ahead of Mark by several places in order to win the league title. However, given the recent form of SGRAC's men's captain that seemed unlikely, and it was Mark who was odds on favourite to hold on to the top spot in the overall individual rankings.

In a race that was reminiscent of the 2006 Stubbington 10k, Mark was once again involved in a closely fought contest with Southampton Running Club's Andy Morgan-Lee, following his recent return to competitive running after being out injured.

On a twisty, three-lap course that included several very tight and slippery corners - thanks to a heavy rainstorm earlier in the day - the old adversaries went head to head once again, with each taking the lead a number of times throughout the race only to be pegged back by the other.

Setting the pace: Mark leads Mike Grist of Poole Runners and Andy Morgan-Lee

However, Mark was determined to round off his road race season on a high, and he started to open up a gap over the final stages of the race to win by a 12 second margin in a time of 32 minutes 46 seconds.

There was an unfortunate incident at the start of the race involving Paul Cameron, who had his heels clipped by a runner from behind. Paul was sent sprawling to the ground, badly grazing his arm, and sustaining a nasty cut to the side of his face.

The incident caused considerable chaos as the field surged forward with people having to take evasive measures to avoid the runner on the ground. *(Ed. For the record, this was purely a racing accident and no brown paper envelopes changed hands after the race!)*.

Amazingly, despite taking the tumble, Paul managed to recover and finish the race in a very respectable fifth place (34.25).

This is the second time that Mark has won the HRRL in recent years, after finishing in joint first place with Andy Morgan-Lee back in 2006. On that occasion, the pair finished the season with the same overall point score and could not be separated on count back as they each had two wins, three second places, and one third place. Therefore, they were both awarded the league title - the first time in the event's history that the league has ended in a draw.

Commenting on his latest HRRL win, Mark said: "I'm delighted to win the league after being out injured at the beginning of 2008, and being unable to compete last year. My training went very well over the winter months, including many tough, high quality sessions, and all the hard work certainly paid off towards the end of the season with some very good performances, times, and race results."

~ See page 5 for a roundup of the final HRRL standings ~

There's a lot going on in June's SGRAC social calendar

by Tracie Jarvis

IT looks like June is going to be a very busy month for SGRAC socialites, so make sure that you've booked everything into your diary!

To welcome the 30 plus new members from the beginner's course into the fold, the club has organised a light buffet at The Crofton public house, which will take place after the final session on 10th June (8pm start).

The 'beginner's social' is also an opportunity to thank those members who have helped out at the course over the past eight weeks. However, all club members are welcome to come along for a snack (it's a light buffet, not a carb loading fest!), a bevy, and a chat. Kathy McKain has kindly organised the event, so many thanks!

Nick Kimber's 'post a pub' for the midweek RR10 series is going well, and so far everyone seems to be enjoying the get together post race beverage. However, not

satisfied with promoting beer as the ideal form of replenishment for tired, race weary muscles, Nick is now taking his carefully formulated, yet somewhat unorthodox running diet one step further by starting up a regular curry night.

To ensure that there are no availability problems with regards to the chosen restaurants, Dr Nick will be organising step two of his controversial, yet very tasty, nutritional plan, on the last Thursday evening of the month. Keep an eye on the website for information and updates.

Tim Sullivan is in the process of planning the summer barbecue, which will take place on Sunday 4th July at Manor Farm Country Park. Salads and snacks will be laid on, but everyone will need to bring their own meat to cook.

Anyone who is willing to help out with salad preparation, or would like to provide a dish for general consumption, please contact either Kathy, or I, nearer the time.

If you're lucky, and you ask nicely, the Chairman may even organise another fun and challenging running event!

If you have any ideas, or suggestions, for a social event, or if you want to advertise a club get together, please contact a member of the social committee (see page 12 for their contact details).

All aboard for the 6.05 Special!

SUMMER is fast approaching, like a proverbial express train, and that can only mean one thing - SGRAC's annual 6.05 Special is once again looming large on the horizon.

For those of you who haven't done this event before, it's a relaxed run for club members, which takes place along the disused Wickham railway line. The event also provides a good opportunity to mingle with other club members, and to have a chat and catch up.

This year's 6.05 Special will be held on the evening of Friday 26th June, at 7pm, starting as usual at the old Wickham Halt. This year there's a slight change to proceedings with two runs being held together - a 5k and a 10k.

The runs will be out and back along the railway line, so even 'SatNav Susie' can't get lost, can she? After the running is over and done with, we'll retire to a nearby hostelry for a post race banquet and wash up *(Ed. I hope that means a discussion about the runs as opposed to doing the dishes!).*

Final details of this event will be published nearer the time, but make a note in your diary for this annual opportunity to dress up in green and do some funky train spotting.

Stubbies take on challenge of ultra marathon distance at the Marlborough Downs

by Tracie Jarvis

Nominated as race of the month in May's issue of The Green Runner, the Marlborough Downs Challenge certainly lived up to expectations for the 11 Stubbies who travelled to Wiltshire on Saturday 16th May.

Going all the way: Stubbies prepare for a long day on their feet

As runners set off from the grounds of Marlborough College, at the start of the day, conditions were overcast and blustery.

However, the weather slowly improved as the day wore on and, after a heavy downpour at around noon, the sun finally made an appearance, and it brightened up for the latter part of the race.

There were two distances to choose from - 20 miles and 33 miles. Verity Wright and Karen Dean chose the shorter course, and thoroughly enjoyed their run.

"We were a little apprehensive as we set off because our longest training run had been 13 miles," explained Verity. "In the past, I've done so much training for other long distance runs that I was sure that we'd not done enough."

"We set off with the attitude that we just wanted to get round and enjoy the day out. And, we weren't disappointed because the race proved to be as great as we'd been led to believe, and we certainly would do it again. In fact, we're already thinking about doing the 33 miler next year!"

Drew Briggs, Richard Snell, Jane Adlard, Kathy McKain, and Tracie Jarvis all took on the 33 mile challenge. Although Kathy and I had done the 20 mile Marlborough Downs challenge for the last few years, and really loved it, the 33 miler was new ground for all of us. Graham James, Glen and Caroline Street, and Aaron Kingston also did the ultra marathon distance.

Despite our apprehension, once we were underway, the magnificent scenery, friendly atmosphere among fellow runners, plus the welcome encouragement from the marshals, soon set us at ease, and we thoroughly enjoyed the day.

I unfortunately had a slightly sore hip for the last few miles, but otherwise we were in great shape the whole way round, and were surprised at how good we felt at the end. Although we ached all over, we were exhilarated!

In fact, we've almost forgiven Caroline for deceptively convincing us to do this run, and we've even decided to stay friends with her!

"We weren't disappointed, as the race proved to be as great as we'd been led to believe"

Important proposals for changes to the club constitution

THIS year's SGRAC AGM will take place on Friday 3rd July at The Crofton public house, Crofton Lane, Stubbington (8pm start). All club members are invited, so please come along to hear about the progress of the club and to have your say.

Proposal for change to membership year

Currently, it is necessary for the club to pay UKA affiliation fees for members in April each year. However, at this time it is not possible to know who will rejoin and who will resign in August.

In 2008, this meant that some fees were paid for members who resigned a few months later. These fees cannot be recouped.

It is thus proposed that the 'new membership year' should be moved to commence from 1st April 2010. This means that there will be a 'short membership year' for 2009/10 to cover the period from 1st August 2009 to 31st March 2010 (8 months).

The membership fees for this 'short membership year' are proposed to be as follows:

* Individual £10
* Couple £14
* Family £18

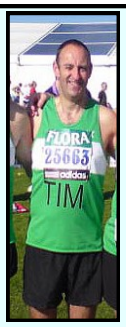
To date, the UKA fee has initially been paid by the club and then members pay the fee at renewal time. Therefore, members have been paying the fee in arrears. The UKA fee will remain at £5.

Proposal for change to AGM date

To fit in with the proposed 'new membership year', it is proposed that the AGM be moved to February/March as from 2010. This will allow issues such as membership fees to be agreed in time for membership renewals.

If you have any queries about these proposals, please contact Membership Secretary, Caroline Street, or one of the other committee members (see page 12 for contact details).

This year, the London Marathon proved to be a fantastic day with superb weather and great crowd support. We asked some of the Stubbies who ran on 26th April about how the race went for them…



Tim Sullivan

Having got back into running competitively over the last few years I was beginning to feel a bit of a fraud for not attempting a marathon, especially when training marathon addicts Jon Leigh and Nick Kimber.

So, 25 years after my last marathon, and courtesy of a coveted SGRAC place, on 26th April I found myself basking in the warm sunshine at the start of this year's London Marathon.

After playing sardines with several thousand other runners on the docklands light railway, I had met Jon and Nick at Blackheath and was raring (ish) to go. The temperature was a bit of a worry but it made for a bright day and certainly brought out the crowds. What a carnival it was - shouting and screaming all the way round the route - and that was just the wife!

The scene was fantastic with bands along the route, non-stop cheering from the packed kerbs and the odd surreal moment like being overtaken by a 6 foot banana! Nick and I kept together for about 11 miles while Jon (dark horse) Leigh held back due to recent injury. Feeling good, I pressed on and enjoyed a good spell between miles 12 to 20.

Beyond 21 miles I was in undiscovered territory and was anticipating a tough 21-25 miles, and a fast, lung bursting last mile to finish. How wrong I was! The 21-25 mile stage certainly was tough (not helped by Lewis Chalk popping up on my shoulder bright as a daisy at 25 miles), but boy that last 800 metres seemed to go on and on!

I finally flung myself over the line in a time of 3:15, just nine minutes slower than I was 25 years ago! Lewis was just behind me, and Nick came in just ahead of the 'dark horse in 3:23-ish.

What a day! Lessons learnt: fabulous event, a must for any runner at least once. Care in training is vital - I had January off injured because I pushed too hard too soon - patience is a virtue.

Find some good training partners for those otherwise boring long runs - I did in Jon, NIck, Eric, Susie and Marcus, even though Nick and Jon left me on the floor in agony with cramp at the end of the marathon! I guess that'll teach me to disloyally race on ahead of my team mates!

I thoroughly enjoyed my first London Marathon. I found the entire experience awesome and I loved it! I ran most of the way with Drew Briggs, who was my running buddy over the past three months, but I lost sight of him at around the 23-mile mark (he stopped for Crème Brule!).

I was totally unprepared for the sheer volume of runners, which was daunting and it made keeping a constant running pace difficult. I managed to trip up on a water bottle at eight miles, turning my ankle, and I had to stop briefly. I was also bumped and bundled for much of the route.

I kept well-hydrated and fuelled throughout, and made one diversion for Vaseline from St John's for chapped lips only to receive a full handful of the stuff! It took me two miles to get rid of the remainder and taking water thereafter wasn't easy!

The crowds of spectators were brilliant, the music was uplifting, and the atmosphere through Canary Wharf was deafening!
I saw a number of Stubbies en-route, and saw my most loyal supporter, Andy, three times.

My girls were also there at 22 miles with home made signs cheering me on, which brought tears to my eyes.

I can vividly remember crossing Tower Bridge and running along the Embankment towards Big Ben - the crowds were yelling 'not far now!'. I turned and saw the finish line, and as I crossed it in 4.01.27, I felt ecstatic. However, I was a little disappointed not to have broken four hours, but it was a personal best by 23 minutes, and there's always next time!

Drew finished in 4.05.35 which was also a personal best by 19 minutes.

Annie Tomlinson

Nick Kimber

Even though this was my eighth consecutive London Marathon, I still got butterflies in my stomach at the start. No matter how well the training has gone, there's always that niggling doubt in the back of my mind that 26.2 miles is just too far!

I'm still enjoying the marathon experience and would urge all aspiring marathon runners to take on the challenge. The wonderful encouragement from the crowd and family supporters is worth every minute of those long winter training runs. This year, I seemed to see more Stubby supporters than ever - well done to you all and thank you - when you hear a club member cheering you on around the course it really does give you a lift.

It was great to start with Jon Leigh and Tim Sullivan as we had been training together over the winter, and for a long time it looked as if Jon wouldn't make it this year due to injury. Tim and I went off at a quick pace, with Jon wanting to take it a bit slower because he didn't want a reoccurrence of his injury.

However, it was not long before I came to the conclusion that maybe I should have taken it a bit slower as well because Tim soon started to pull away.

The weather was great for supporters, but a bit warm for runners - usually I take on water every three, or four miles, but by the time I got to mile 16, I needed it every mile. At mile 19, Jon arrived on my shoulder, and we stayed together until near to the end - he ran brilliantly considering he had been out for so long.

All in all a wonderful day of running - well done to all the Stubbington marathon runners, and if any of you fancy doing another marathon anytime soon, why not join me for the New York marathon in November?

Just drop me a line - it does become a bit addictive!"

Runners on the rampage: heading out from Treloar College at the start of the Alton 10

By Mike Harper

At Alton, with our Club Captain leading the way, the men's team finished 3rd on the day, and 2nd in division 1 of the HRRL.

Mark was first across the finishing line, but he wasn't in lead for the whole race. Andy Simpson started like a man who was in a hurry to get to the pub to watch Manchester United beat Manchester City!

A calf injury curtailed his progress slightly, but not so much that at seven miles, when he saw me catching him, he once again disappeared into the distance. With Graham Bell and myself completing the four-to-score team, only Eastleigh RC and Pompey Joggers finished ahead of us.

A strong B team of Alan Houghton, Kevin Wheeler, Phil May, and Colin Elderfield easily won the division 2 B league, and with only one race to go, SGRAC were the only team in division 2 to have a complete B team out at all 11 HRRL fixtures.

We had five ladies tackling the hilly Alton course, led home by Joan Oliver, who ran really well to almost catch her husband, Ray. Annie Tomlinson ran sub eight minute miles, and moved up to 25th place in the ladies' league rankings.

Georgie Wallis completed the ladies' team, maintaining her 100 per cent record in this season's HRRL - one of only two ladies in the county to achieve this. Just one minute back was Margie Pritchard who was happy to have improved on her time after a tough run last year. Lucy May ran her first 10 miler, getting in some useful hill training for the South Downs Relay later this month.

Alton 10 results

Men
1 Mark Le Gassick 54.17
18 Andy Simpson 62.35
27 Mike Harper 64.04
43 Graham Bell 66.22
45 Alan Houghton 66.23
50 Kevin Wheeler 66.55
77 Phil May 69.54
116 Colin Elderfield 73.09
123 Marcus Lee 73.51
128 Tim Crumpton 74.19
149 Ray Oliver 76.39
236 Aitken Hunter 86.38
252 Alan White 88.44
322 finishers

Ladies
34 Joan Oliver 77.11
43 Annie Tomlinson 79.47
51 Georgie Wallis 81.29
57Margie Pritchard 82.36
78 Lucy May 86.38
186 finishers

Final HRRL rankings for SGRAC

Congratulations to the eight SGRAC members who qualified for an overall HRRL ranking position by completing the minimum requirement of seven races. They were:

Men
1st **Mark Le Gassick** - 7 races, 99.7%
22nd **Mike Harper** - 12 races, 84.4%
34th **Kevin Wheeler** - 9 races, 79%
86th **Keith Whittaker** - 7 races, 36.5%

Ladies
4th **Susie MacGregor** - 8 races, 91.5%
22nd **Annie Tomlinson** - 7 races, 74.7%
25th **Georgie Wallis** - 12 races, 68.4%
26th **Margie Pritchard** - 7 races, 67.7%

SGRAC out in force at the Netley 10k

DESPITE a torrential downpour that caused chaos on the M27, and delayed the start of the race for 15 minutes, SGRAC had a turnout of 32 Stubbies for the final HRRL race of the season, at Netley .

With some very good performances from a number of individuals, the men's A team of Mark Le Gassick, Graham Bell, Mike Harper, and Alan Houghton finished in 4th place in division 1.

Once again, SGRAC's strength in depth showed as Sam Ratzer, Kevin Wheeler, John Williams, and Phil May won the B team, division 2 race. This was the club's eighth B team win of the season out of the 12 fixtures, which highlights the fantastic turnouts that our club has managed this season.

For the ladies, the A team of Susie MacGregor, Gill Rose, and Annie Tomlinson ran well to finish in 3rd place. And, this was matched by our B team of Georgie Wallis, Margie Pritchard, and Lucy May who also finished in 3rd place on the day.

See page 9 for full list of results

Saturday cycle rides are now up and spinning

Richard Thomas,
SGRAC Tri Secretary
drrichardthomas@aol.com

SGRAC's triathlon section is progressing well following on from the success of last September's inaugural triathlon club championships, on the Isle of Wight, and thanks to Tri Secretary, Richard Thomas, who's been busy organising club cycles and swim sessions.

In particular, Richard has been encouraging some of the slower and less confident cyclists to come along to the Saturday morning cycle rides that regularly meet outside the Fareham Leisure Centre at 9.30am.

SGRAC club members are welcome to come along to these sessions, regardless of experience level, ability, or speed. Susie MacGregor, Lucy Simmons, Julie Ashman, and Tracie Jarvis have all attended the Saturday cycle rides in recent weeks, and have found them to be a worthwhile and enjoyable experience.

Tracie, who went along with Julie, said: "At first we were a little bit nervous about going out with the group, but Richard and Phil (May) were both brilliant and made us feel completely at ease. There was no pressure on us to achieve a certain pace - we rode at a pace that was comfortable for us all."

The routes and distances of the cycle rides vary each week, but they are on roads, which are mainly flat. The distances range from between 15-30 miles. If you're interested in giving the cycle ride a go, it's best to let Richard know beforehand so that he can add you to the email list that he uses to send out details prior to the ride.

Richard is also currently planning a trial swim at Horsea Island for club members who have expressed an interest in open water swimming. Details of how the trial went will be published in July's Green Runner and, if it's a success, further sessions will be arranged in the future.

Going aero: The cycle rides are open to all levels and abilities

The countdown to the SGRAC triathlon club championships has begun

WITH just 12 weeks to go before the 2009 Stubbington Green Runners & AC triathlon club championships, it's time to start thinking about getting down to some multi-sport training. And, if you're new to the sport, SGRAC's Triathlon Secretary, Richard Thomas, is on hand to help you get started, and to answer any questions that you may have along the way.

Richard has put together a 12 week training schedule which is aimed specifically at those who've never done a triathlon before and would like to give it a go. Below is June's five week training plan and, in July's issue of The Green Runner, we'll bring you weeks six through to nine. Before you get started, Richard has a few basic rules: "When swimming, cycling, and running always warm up/down for at least 10 minutes, make sure that your bike is roadworthy and, if necessary, get it serviced, buy a new pair of running shoes, and make sure that you take at least one rest day every week." Good luck!

Week 1
(w/c 1st June)

Monday: Swim for 30mins (easy)
Tuesday: Cycle for 45mins (easy)
Wednesday: Run for 30mins (easy)
Thursday: Swim for 40mins, try to do 200m without stopping
Friday: Rest day, stretching, practice changing a puncture
Saturday: Cycle on road for 60mins (easy pace)
Sunday: Run for 30mins (easy)

Week 2
(w/c 8th June)

Monday: Swim for 30mins, do some two-length sprints
Tuesday: Cycle for 45mins (30mins easy, 15mins steady)
Wednesday: Run for 30mins (easy)
Thursday: Swim for 40mins, try to do 300m without stopping
Friday: Rest day, stretching
Saturday: Cycle on road for 75mins (hills), run straight afterwards for 15mins
Sunday: Run for 50mins (very easy) am, swim for 30mins pm

Week 3
(w/c 15th June)

Monday: Swim for 40mins, do some one-length sprints
Tuesday: Cycle for 50mins (30mins easy, 20mins steady)
Wednesday: Run for 45mins (30mins easy, 15mins steady)
Thursday: Swim for 40mins, repeats of 150m with good rest period in between
Friday: Rest day, stretching
Saturday: Cycle on road for 90mins (easy)
Sunday: Run for 55mins (very easy)

Week 4
(w/c 22nd June)

Monday: Swim continuously for at least 20mins, any stroke but no stopping!
Tuesday: Run for 30mins (easy)
Wednesday: Cycle for 60mins (do some hard efforts for at least 5mins, find a hill!)
Thursday: Swim for 40mins, pyramid up and down to six lengths
Friday: Rest day, stretching
Saturday: Cycle for 75mins (steady pace) run immediately for 20mins (easy)
Sunday: Rest day, stretching

Week 5
(w/c 29th June)

Monday: Swim 30mins, easy run for 30mins
Tuesday: Cycle for 45mins
Wednesday: Swim for 30mins
Thursday: Run off road for 45mins
Friday: Rest day, stretching
Saturday: Cycle for 60mins (hills), run straight afterwards for 15mins (easy)
Sunday: Rest day, stretching

Two bumper turnouts for the greens down in the forest

By Mike Harper

Following last month's first RR10 fixture, at Netley, Stubbington had another fantastic turnout at race two in the New Forest. With a total of 33 runners, SGRAC had one of the largest contingents. And, with most of us taking up Nick's advice about fluid replenishment, the greens also had the most in the pub afterwards!

After organising the first race, Southampton RC were running at fixture two, which meant that almost all of us were pushed down a few places. Overall, there were 30 more men and 10 more ladies than at Netley, so anyone who matched their placing, or improved on it, did very well.

Once again, Andy Simpson led home the men's team finishing in 10th place. Ray equalled his Netley place (29th), obviously now getting over his injury and back in front of me once again! The A team was completed with another solid run from Graham Bell (34th). Graham James, who finished in 49th place, just managed to hold off Kevin Wheeler (51st), who lost both shoes in a really muddy bog!

With Georgie Gair not running, it was left to her coach, Penny Forse, to lead our ladies home in 16th place. Next in was Sally McGrath in 21st place, who has joined our ladies South Downs relay team and, on this evidence, will be a welcome addition. Georgie Wallis, another South Downs runner, completed the A team in 41st place. Jane Adlard (53rd), Lucy May (60th), and Jaz Smith (77th) made up the B team.

RR10 - fixture 2 Longdown Inclosure

Men *(226 finishers)*	**Ladies** *(135 finishers)*
10 Andy Simpson	16 Penny Forse
29 Ray Gunner	24 Sally McGrath
30 Mike Harper	41 Georgie Wallis
34 Graham Bell	53 Jane Adlard
49 Graham James	60 Lucy May
51 Kevin Wheeler	77 Jaz Smith
56 Euan McGrath	89 Katherine Briggs
59 Tim Sullivan	111 Megan Hall
63 Nick Crane	122 Sharon White
81 Mike Bell	127 Debbie Casey
101 Jon Leigh	
103 Paul Hammond	**Team results**
111 Nick Kimber	
113 Marcus Lee	Men: A team 6th, B team 13th
124 Tim Crumpton	
129 Keith Carter	Ladies:'A team 10th, B team 20th
146 Jeremy Meadows	
152 David Langrish	
160 Richard Simms	
175 John Simister	
186 Alan White	
199 Gary Littlecott	
221 Robert Spencer	

SGRAC's home RR10 fixture is on Wednesday 24th June

FIXTURE six of the RR10 midweek series is the SGRAC organised event at Manor Farm Country Park on the Wednesday 24th June.

As you may already be aware from previous years, as the organising club, SGRAC members aren't allowed to run in this event. However, plenty of marshals and race helpers will again be needed on the evening.

Tim Crumpton is going to be hosting a marshal and helpers evening on the Wednesday evening prior to the race (June 17th) at Manor Farm, meeting at the main car park from 6.45pm for a 7pm start.

If you can make it, please come along so that Tim can allocate you a marshalling point, and to help avoid any confusion on the night of the race.

If you're unable to make it on Wednesday 17th June, but you're able to help out on the night of the race, please contact Tim now to let him know.
timothy.crumpton@ntlworld.com

By Tim Crumpton

On a beautiful, sunny evening at Wilverley Inclosure, near Sway, almost 250 runners, including 35 Stubbies charged off into the setting sun for race three of the RR10 series. Considering that Sway is one of the more remote locations on the RR10 circuit, this was another excellent turnout for the greens.

The race was hosted by New Forest Runners, around a challenging 4.7 mile course, which consisted of sandy and rutted trails, with a particularly long, gradual climb that took runners up towards the finish area.

As well as the long-standing club members, and usual suspects, it was particularly pleasing to see a number of new members making their debuts in the RR10s, such as Lewis Chalk, who ran very well to finish in 15th place, and Sharon White who fully deserved the cheer that she got as she ran in to the finishing funnel with a wide grin on her face.

Leading them out: Andy Simpson gets another flyer

Race four of the RR10 series - to be jointly organised by Team Southampton and Southampton Running Sisters - takes place at the Deerleap Inclosure, Ashurst, on Wednesday 3rd June with a start time of 7.30pm.

RR10 – fixture 3 Wilverley, Sway

Ladies *(129 finishers)*
10 Penny Forse
17 Susie McGregor
21 Sally McGrath
44 Lucy May
48 Georgie Wallis
68 Jaz Smith
84 Katherine Briggs
109 Megan Hall
120 Sharon White
Team results
Men: A team 4th, B team 9th
Ladies: A team 5th, B team 17th

Men *(210 finishers)*
14 Andy Simpson
15 Lewis Chalk
24 Lewis Banner
25 Mike Harper
27 Graham Bell
28 Ray Gunner
42 Tim Sullivan
47 Euan McGrath
53 Nick Crane
64 Mike Bell
71 John Leigh
80 Paul Hammond
92 Tim Crumpton
94 Marcus Lee
99 Keith Carter
111 Gordon Westley
115 Jeremy Meadows
126 David Langrish
137 Richard Simms
139 Dan Horscroft
143 Keith Whittaker
152 John Simister
159 Alan White
186 Peter Hutchinson
201 Martin Banner
202 Robert Spencer

Fave Run

"A scenic trail run with fantastic views of the water"

Name: Mark Le Gassick
Route: Fareham creek, Cams Hall golf course, Porchester Castle
Distance: 3-10 miles

This is a great off-road route that takes you around Fareham marina before skirting Cams Hall golf course, along the water's edge. At the start of the run you pass Cams Hall - an impressive 300 year old, grade two listed mansion that stands majestically as the centre piece of the Cams Hall Estate.

Access to the footpath that takes you on to the route can be found just across from the Delme Arms pub on the A27. There are a number of distances to choose from, including a three-mile loop, and a ten-mile loop if you decide to go as far as Porchester Castle.

This is one of my favourite routes for several reasons. Even though it's a stone's throw away from civilisation, once you've been running for a couple of minutes, it feels like you're out in the middle of the

The scene across the water is always different each time you run - on a bright, sunny day you get a clear view across to Portsmouth harbour, with the distinctive white sail of the Spinnaker Tower creating a familiar backdrop. There's also a variety of wildlife to see, including Brent geese, oyster catchers, redshank, avocet, and grey heron to name but a few.

The other bonus is the variety that the route has to offer. For example, there's a recreation ground about half way along the shoreline, which is absolutely perfect for adding in a few fast fartlek laps en route!

What's your fave run?

Please send details of the route, distance, any points of interest, plus photographs to either Tracie Jarvis or Verity Wright (see page 12 for contact details).

Results round up...

Netley 10k - 17th May

1st Man: Mark Le Gassick, Stubbington - 32.46
1st Lady: Erica Fogg, New Forest Runners - 37.51

Stubbies:

Men
1 Mark Le Gassick - 32.46
35 Graham Bell - 38.11
38 Mike Harper - 38.24
46 Alan Houghton - 38.59
74 Sam Ratzer - 41.00
75 Kevin Wheeler - 41.00
83 John Williams - 41.27
84 Phil May - 41.28
93 Jon Leigh - 41.45
98 Mike Bell - 41.55
116 Marcus Lee - 43.05
133 Dave Marrott - 44.16
140 Keith Whittaker - 44.52
151 Gordon Westley - 45.32
164 Richard Simms - 46.17
187 John Simister - 47.44
191 Aitken Hunter - 47.57
203 Alan White - 48.52
238 Paul Southon - 51.00
287 Robert Spencer - 58.03
303 Paul Askew - 64.47

Ladies
24 Susie MacGregor - 44.19
34 Gill Rose - 46.15
35 Annie Tomlinson - 46.15
39 Georgie Wallis - 46.54
47 Margie Pritchard - 47.19
57 Lucy May - 49.30
97 Jaz Smith - 54.09

Ropley 10k - 24th May

1st Man: James Baker, Chichester Runners - 33.10
1st Lady: Erica Fogg, New Forest Runners - 40.26

Stubbies:

8 Lewis Chalk - 37.33
49 Jon Leigh - 43.13
65 Tim Crumpton - 44.49
95 David Langrish - 47.29
99 Richard Simms - 47.45
118 John Fairhurst - 48.55
158 John Simister - 50.41
177 Alan White - 51.32
211 John Vose - 53.26
255 Derek Balsdon - 56.26
280 Peter Hutchison - 57.53
284 Terry French - 58.11
285 Katherine Briggs - 58.11
333 Megan Hall - 61.49
341 Robert Spencer - 62.36
385 Anne Fairhurst - 68.24
407 Michael Aimable - 1.43.16

1st Men's Team: Southampton Running Club
2nd Men's Team: Stubbington Green Runners & AC

May Time Trial (4 mile) - 7th May @ 7pm

Kevin Wheeler - 24.54
Mike Harper - 25.02
Sam Ratzer - 25.56
Mike Bell - 26.04
Keith Carter - 27.16
Phil May - 27.29
Richard Snell - 28.17
Zac Conaty - 28.31
Sally McGrath - 28.50
Gill Rose - 28.52
Margie Pritchard - 29.36
John Tussler - 30.32
Aitken Hunter - 31.02
Peter Rawlins - 32.02
Karen Dean - 32.59

~ Race of the month ~

Puddletown Plod 20k

Puddletown is a small, picturesque village, situated on the River Piddle, in the heart of rural Dorset. The village lies just off the A35, in between Dorchester and Bere Regis.

Puddletown neighbours the smaller, but more historically renowned village of Tolpuddle. During the early part of 19th century, Tolpuddle experienced several years of unrest and rebellion due to high corn prices and low wages.

Six disgruntled activists who were arrested for their 'crimes', and deported to New South Wales and Tasmania, became known as the 'Tollpuddle Martyrs'.

The village of Puddletown

Much of the village of Puddletown was rebuilt during the 1860s in the gothic style, although a number of earlier thatched cottages still remain.

The Puddletown Plod 20k is a one lap road race which starts in the village and takes runners out around country lanes. The course is undulating, and has both flat and hilly sections, and the final three kilometre section is uphill.

This year, the race is being held on Sunday 14th June, with a 10.30am start time. Race headquarters is St Marys Middle School, and the entry cost is £7 for affiliated club runners, and £9 for unattached. Entries are also available on the day.

Toilets, showers, and changing facilities will be available, as well as onsite parking and refreshments. A memento will be awarded to all finishers.

In a recent Runner's World survey, all of those who had previously run the Puddletown 20k said that they would run the race again, with one runner commenting - "it's a challenging run with stunning scenery."

Congratulations to Nick Crane who ran a personal best at the West Wight Three Hills Race on the Isle of Wight in April. The course is a single, eight mile lap, and involves some serious climbs with approximately 900ft of ascent.

This was the fifth time that Nick has crossed the Solent to run in this race and he was delighted with his time. Nick said: "I finally managed to break the hour mark in 58.19, 24th place (4th V50) which was 6.37 quicker than last year!"

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 Race Diary

Date	Race	Venue	Time
Wed 1 July	Promenade 5k	Mountbatten Centre, Northern Parade, Portsmouth	7.30pm
Wed 1 July	Yateley 10k - Race 2	Yateley Centre, School Lane, Yateley, Gu46 6NW	7.30pm
Thur 2 July	Saab Salomon Forest 10k	Moors Valley, Bournemouth, Dorset	7.00pm
Thur 2 July	SGRAC Time Trial	Eric Road, Stubbington	7.00pm
Sat 4 July	Charmouth Challenge 8	Charmouth School, Lower Sea Lane, Charmouth, DT66LR	3.00pm
Sat 4 July	The Valley 10k	Avon Valley College, Recreation Raod, Durrington	11.00am
Sat 4 July	Compton Canter 10k	Compton village recreation ground, School Road, Newbury	2.00pm
Sun 5 July	Cranleigh 10k	The Band Room, Village Way, Cranleigh, GU6 8AF	11.00am
Sun 5 July	Portland 10	Royal Manor Arts College, Western Road, Portland	11.00am
Sun 5 July	Bewl 15	Uplands Community College, The High Street, Wadhurst	10.30am
Sun 5 July	Sway Carnival 5	Wilverley Plain Car Park, Brockenhurst	10.30am
Sun 5 July	Tadley Runners 10k	Hurst Community College, Brimpton Road, Tadley	11.00am
Wed 8 July	RR10 - race 7	Itchen Valley Country Park, West End, Southampton	7.30pm
Wed 8 July	Gibbet Hill 10k	Gibbet Hill 10k	7.30pm
Sat 11 July	Maiden Castle Loop 6.5	Thomas Hardye Leisure Centre, Coburg Road, Dorset	7.00pm
Sun 12 July	Tytherley 10k	West Tytherley, Salisbury, SP5 1JY	10.30am
Sun 12 July	New Forest 10	New Park Farm, Brockenhurst, Hampshire, SO42 7QH	11.15am
Sun 12 July	Race for Life Women's 5k	Southampton	11.00am
Thu 16 July	Winchester 5k	Saxon Suite, Winchester Guildhall, Winchester	7.00pm
Sat 18 July	Swanage Half-Marathon	Shore Road, Swanage, Dorset	10.00am
Sat 18 July	Elmore 7	Elmore, High Road, Chipstead	2.00pm
Sun 19 July	Chichester Challenge	Lavant Village Green, Pook Lane, Chichester,PO18 0BB	8.30am
Sun 19 July	Tarrent Valley 10k	Langton Arms, Tarrent Monkton, Blandford Forum,	10.30am
Sun 19 July	Surrey Slog Half-Marathon	Duke of Kent School, Peaslake Road, Ewhurst, GU6 7NS	10.00am
Sun 19 July	Race for Life Women's 5k	Portsmouth	11.00am
Tue 21 July	QM Reservoir 5k/10k	Horton Road, Horton, SL3 9NT	7.30pm
Wed 22 July	RR10 - race 8	Janesmoor Pond, Stoney Cross	7.30pm
Fri 24 July	Rye Summer Classic 10k	Rye Nature Reserve, Rye Harbour, Rye	7.00pm
Sat 25 July	Gloucester Half Marathon	Newent Sports & Leisure Centre, Newent, Gloucester	6.00pm
Sun 26 July	30 Mile Downland Ultra	Clayton Playing Fields, Clayton West Sussex	9.00am
Sun 26 July	Milton Keynes Half	Bury Lawn School, Stantonbury, Milton Keynes	10.00am
Sun 26 July	Thame Triathlon	Thame Leisure Centre, Oxford Road, Thame	8.00am
Sun 26 July	Elmbridge 10k	Xcel Leisure Complex, Watersidedrive, Walton-on-Thames	9.00am

Want to know more? Click onto the SGR website: www.sgrac.net
For entry forms contact Di MCEwen at 39, Cuckoo Lane, Stubbington PO14 2PE
Telephone: 01329-662091

The Stubbington Noticeboard

June Training Programme

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

Tuesday 2nd - Tempo run 4x5 mins, Chilling field - Mike White

Thursday 4th - 4 Mile Time trial - Time keeper: Jenny Hearnden

Tuesday 9th - 2,4,6,4,2 (2 mins) Chilling - Chris Hall

Thursday 11th - 1,2,4,8,1000,8,4,2,1 Pyramid 1,2,400 recovery - Phil May

Tuesday 16th - 4x6 mins (3 mins) @ 5k race pace - Mike Bell

Thursday 18th - 2 x 6 beach session - Phil

Tuesday 23rd - 10 x 1 min hard (1 min) - Mark Le Gassick

Thursday 25th - 5 x 1k (400m) Crofton School - Mike Harper

Tuesday 30th - 5 Brownwich loops, plus 1 short hill - Richard Thomas

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.

4th June - Stubbington - 3 x 800mtrs (400)
11th June - Locks Heath - 6 x 15secs(30secs), 3 mins 6 x 30secs (30secs)
18th June - Stubbington - 5 x 300mtrs (100)
25th June - Locks Heath - 1,2,3,4,3,2,1 mins (1min)

Please send articles or reports for the club website to Mike Bell (mikebell@sgrac.net). For the Green Runner, please send submissions 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 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.

Who's who... ...

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