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

"I'm not as scary as I look, honest"

I'm now coming to the end of my first year as the Chairman of Stubbington Green Runners & AC. Over the past year, there have been an awful lot of good developments within the club, plus a few that are not so good.

One of the first things that we tried to implement was to introduce a 'coach' at the Tuesday and Thursday night training sessions in order to add a degree of structure to the sessions. Phil May took on the task of setting the sessions and, with various helpers, there was a marked improvement in the number of club members at training.

However, recently the numbers at training seem to have dropped off. I'm as much to blame as anyone because I haven't been able to make many of the sessions lately. I think that the start of the RR10 mid-week series has also had an effect. Let's get things back on track back over the coming months and get the numbers at training back up.

Very much on the plus side is the work that the social committee - Nick Kimber and his gang - have been doing recently in organising get-togethers, particularly after the RR10 races where there has been up to 30 members in the pub afterwards.

The social side of the club can't be underestimated because it gives the newer club members a chance to get to know some of the longer-standing members, exchange ideas and opinions, and also buy me a drink!

Club Chairman, Chris Hall, may be an old git but he's not really that scary

Coming up we have a barbeque at Manor Farm Country Park on **Saturday 4th July**, in the afternoon, with a gentle run beforehand. Tim Sullivan is the man to speak to if you want more details (see page 12 for his contact details). In October, Club Secretary, Paul Hammond, is taking a few of us to France to do the Vannes Marathon. If you fancy joining us, please contact him as soon as possible.

The number of new active runners in the club has increased over the last year, and the best part is that many of them are younger than us 'old gits' and very enthusiastic. This was noticeable at the South Downs Relay at the beginning of last month, where many new members ran for a Stubbington team for the first time, which can only be a good thing for the club.

For the second year running we had a ladies' team competing in the South Downs Relay, which is definitely a step in the right direction, as for many years we couldn't get a team together. Thank you to Susie and the girls for all the hard work that you put into it *(Ed: See page 8 for a full report).*

The beginner's course has also been a great success again this year, and hopefully many of those who took part will carry on and run for the club in the future.

I'm starting to waffle now, so I'll shut up and let one of the wordsmiths in the club say their bit. Remember, this is your club and we on the committee are trying to make it as enjoyable as we can for you, so if you have any ideas to help improve the club, please don't be afraid to approach one of the committee members - I'm not as scary as I look, although Caroline Street is!

...notice…important notice...important notice.

All articles and notices for The Green Runner need to be submitted by the **15th of the month at the latest** (however, the earlier the better).

Please send your submissions to Tracie Jarvis - email:tracie.jarvis@ntlworld.com)

...notice...important notice...important notice.

There were fishy goings on aplenty at the SGRAC spring handicap!

by Kathy McKain

The Rising Sun pub, at Warsash, was the venue for the latest incarnation of the SGRAC handicap. A warm, late spring evening, on the last Tuesday of May, brought together 34 Stubbies in keen anticipation of this seasonal event which has become a firm favourite in the club's social running calendar.

There were also a good number of the beginners present which was great to see. For some, the draw of the handicap may have been the thought of the fish 'n' chip supper afterwards!

The course was great, taking in the seafront, Solent Breezes caravan site, Chilling fields, and then back round the coast to finish outside the Rising Sun pub. After the running was done and dusted, in good old fashioned English seaside tradition, fish and chips were served on the seafront, which Helen Sullivan kindly picked up from the local 'chippy'. Many thanks to Helen.

The 'winner' of this prestigious event was none other than Andy 'Blastoff' Simpson who arrived back at the finishing line at 20:00:34 hours. He kindly donated his prize to Graham Bell who had reconnoitred the run and 'showed' Andy the way! *(Ed. A steward's inquiry is currently pending)*.

A couple of other prizes went to Euan McGrath in second place (sorry time not kept…but very close to 20:00 hours), and to Wendy and Emily Hall, who were the earliest to arrive back at 19:39 hours (rumour has it that they were just keen to be first in line for the fish and chips!)

Thanks also to Nick Kimber who donated the water and the beer! Nick gets my vote for remaining on the Social Committee (but only if he keeps bringing alcohol with him), and many thanks to Tim Sullivan who co-ordinated this event.

Finally, thank you to Mike Clarke for organising the route. There were a couple of conflicting views regarding how far the route actually was - some had 6.8 miles, others 7.2 miles, and I think one person even had 7.8 (I think I'll log 7.8!).

Overall, a great evening run that was thoroughly enjoyed by everyone who attended - it's definitely one for the calendar in the future.

SGRAC summer handicap

FOLLOWING hot on the heels of the successful spring handicap, the committee have decided to organise a summer event.

The summer handicap will be held on Tuesday 14th July, starting and finishing at Portchester Castle, with an 8pm finish time. Afterwards, we'll have some refreshments in the Cormorant pub.

The usual rules apply, no watches, sat navs, hour glasses, sun dials etc. just your uncanny knack of being in the right place at the right time.

Start in the car park at Waterside Lane by the green lamp post (number 2). Exit with the Castle on your left, turn right and then left into Hospital Lane, and at the shore turn right.

Follow the path keeping the sea on your left (that last bit is for 'sat-nav' Susie). After a while the path goes into a wooded area and then turns right. At the fork, go left onto the beach. Go through the boatyard, rejoining the beach at the blue tractor.

Leave the beach at Wicor recreation ground and follow the tree line keeping to the left, go through the gap in the trees and continue following the shore right, then left to the head of the inlet.

At the two green metal posts, do a u-turn and go left through the gap in the hedge. Follow the edge of the field to the chain link fence and then go right at the fence, across to the car park. Exit the car park through the yellow barrier, follow the road and turn right at the roof warehouse. Turn left onto the footpath, past the brick reclamation yard, say hello to the horses, and keep right at the fork before turning left.

At the wooden barrier, keep right and rejoin the shore path. Follow the shore path back towards the castle (this time keeping the sea on your right Susie). At the blue bin, turn left into Hospital Lane, at the green lamp post turn right towards the castle and then left by 'Castle House' onto the footpath.

Follow the track to the field, and then follow the line of the wires, up the slope and onto the shore path, before turning right towards the castle. When you get to the sailing club gates, go left and circumnavigate the outside of the Castle. The finish is at the green lamppost (number 2).

The SGRAC beginner's course has been a resounding success!

"I did my first 5k in less than 30 minutes the other day without stopping , which is a huge improvement for me! Thank you to all the coaches for their perseverance and help."

"I've really enjoyed the beginner's running group so far. As someone who has never run before the thought was pretty daunting! The club has done a great job in catering for all abilities and I feel that with their patience and encouragement I'm improving every week!"

"I've really enjoyed the sessions that I've attended - I've found it a challenge but the experienced members at the club have given me lots of encouragement and support."

"The beginner's course has been great - a real motivation to get back into running."

"A fantastic introduction - running with others has really helped me to push myself further."

"I would like to say how much I've enjoyed the course! It's been informative, fun and everyone has been very friendly."

These are just a few of the comments made by some of the 30 participants on this year's SGRAC beginner's course, which I think I can safely say has been a resounding success.

The group was a real mix of abilities this year with some absolute beginners, some returning to running after a break, and some who wanted to improve their times due to planned races, such as the Great South Run and the London 10k. Perhaps we can persuade them to do a few more races too?

After the initial two weeks, we split the participants into different groups based on ability, led by Glen Street, Tom Mellor, and Caroline Street and aided and abetted by yours truly. This worked very well as it enabled us to better assess everyone's progress and modify the sessions accordingly.

Our second week saw the group do their first mile, which we timed and used as a base-line assessment. The same mile was repeated on the final night of the eight week course and everyone improved their times - ranging from a few seconds to two minutes 20 seconds!

It was great to see the looks on their faces, particularly those who came to the course having never run before. Nobody thought that they would see such an improvement to their times let alone be able to run three or four miles without stopping!

Graduating with flying colours: the 2009 beginner's course was a success

All participants have asked me to pass on their thanks to all the club members who gave up their time to come along each week and run with them. Their encouragement and patience was well received and very much appreciated. Glen, Tom, Caroline and I must also thank these members as without their support we wouldn't be able to run the course - so a big thank you to everyone involved.

However, the support doesn't stop at the end of the beginner's course, and I know that you'll continue to encourage the "newbies" when they come along to the sessions on Mondays, Wednesdays, and Thursdays.

Finally, a many thanks to those who help organise the final night's social event at the Crofton pub - it was a great way to finish a very enjoyable eight weeks which I hope can be repeated for courses held in the future.

~ Chris Haskell ~

It's been a good year for Stubbington Green Runners & AC with a number of impressive individual and team performances. Below, the Club Captains' reports highlight a few of the many achievements…

Susie MacGregor, SGRAC Ladies' Captain

I've enjoyed my first year as the Ladies' Captain, and it's been a very good year for the ladies. Many ladies have seen a massive improvement in their running and quite a few have managed to achieve personal bests.

The ladies A team finished in 6th place in division one of the Hampshire Road Race League. Individually, the four members achieved an overall final placing in the league; Susie MacGregor (4th), Annie Tomlinson (22nd),Georgie Wallis (25th), and Margie Pritchard (26th).

Georgie Wallis was one of two ladies out of all the participating clubs to run at all 12 HRRL races. This was a fantastic achievement - well done Georgie! Many other SGRAC ladies competed in the HRRL but, unfortunately, they did not enter enough races to achieve a final score. Hopefully, next season many more will complete the seven races that are required to qualify for an individual overall position

In April, Annie ran an impressive London Marathon in a time of 4 hours, 1 minute, and 27 seconds. She put a lot of hard work into her training and deserved to do well. Well done Annie you should be very proud of yourself.

Another impressive marathon performance was that of Jane Adlard's at the Paris Marathon. Jane completed the course in 4 hours, 6 minutes, and 26 seconds, which was a personal best by a staggering 39 minutes! Jane is going from strength to strength and she's improving in everything that she tackles - well done Jane.

For the second consecutive year, SGRAC had a strong ladies' team running in the South Downs Relay. It's a very hard, hilly race, with and each team member having to run three separate legs. Everyone had a fantastic day, and all the ladies gave 100%. The team did very well to finish in 5th place (out of 10). See page 8 for a full report.

Looking ahead, we're hoping to enter two ladies' teams in this year's Test Way Relay, in September. So far, there's been a lot of interest in the event which is great to see.

South Downs Relay team: (from left to right) Sally McGrath, Georgie Wallis, Lucy May, Georgie Gair, Penny Forse, & Margie Pritchard

This year, at SGRAC, there have been a number of positive developments, such as the growing interest in multi-sport activities, and the continued success of the beginner's course. In particular, it's pleasing to see the club's newer members (both male and female) training and racing well, and achieving some good results.

One of the club's newer members, Lewis Chalk, last year took on the challenge of competing in 11 events, including this year's London Marathon, in order to raise money for the Phab Kids charity.

Not only has Lewis surpassed his original fundraising target of £1,500, he's also achieved some promising results along the way, and he's now looking forward to competing in next season's Hampshire Road Race League. Well done to Lewis!

Also, well done to the guys who ran at the New York Marathon, in October last year, and at the Paris and London Marathons in the spring. In particular, Tim Sullivan had a very good run, recording an impressive time of 3.15.41. And, this was after having not run a marathon for the last 25 years!

This year, SGRAC's men finished mid table in A-Division 1 of the HRRL, in fifth place. Given the high level of competition in the league, this is a very good achievement for the club. However, the number of men who achieved an overall ranking score by running in seven races, or more, was disappointing.

Out of 72 SGRAC men who ran in at least one HRRL fixture, only four ran enough races to qualify for an overall ranking position. They were; myself (1st), Mike Harper (22nd), Kevin Wheeler (34th), and Keith Whittaker (86th). Despite this, overall turnouts were good and we managed to field a B at every fixture, enabling us to win B-team Division 2 by a comfortable margin.

In 2008/9, SGRAC men were once again successful in both the South Downs and Test Way relays.

Last year, the men's A team regained the infamous South Downs Relay 'truncheon', having relinquished the title in 2007 to Brighton & Hove Vets. This year, in the face of strong opposition from Steyning AC and Hailsham Harriers, the A team finished in third place.

South Downs Relay B team: (from left to right) Nick Kimber, Nick Crane, Marcus Lee, Euan McGrath, Tim Sullivan & Phil May

Mark Le Gassick SGRAC Men's Captain

In 2008, SGRAC also regained the Test Way 'flapping fish' trophy, having won the title back in 2006, and finishing in second place in 2007. In 2009, the club is going to be entering two men's teams in the Test Way Relay - an A team and a B team.

The Southern Road Relay Championships is a prestigious fixture on the road running calendar and, after a couple of years of not competing in the event, the club is going all out to enter a strong senior men's team for the six-stage race, and a strong veteran men's team for the four-stage.

I genuinely believe that we've got the ability within the club to achieve a good result in both of these age categories.

Chris hits the right pace at the Great Manchester 10k

A contact at a club in Manchester (where I'm currently studying) recently provided me with the opportunity to get involved in helping out with one of the pacing groups at the Powerade sponsored Great Manchester 10km.

There were four pace groups for the 10k, with about 20 people running in each group. The pacing times ranged from 45 minutes to one hour, with each group being led by runners from different parts of Greater Manchester.

As well as running with our groups during the Great Manchester 10k, we met with them a week before the race for a training day, which was held at a local park that happened to be about a two minute walk from my flat!

After an initial briefing and introduction, each pacer took their group through a warm up routine, before running with them for 3km at race pace, and then doing a warm down, before answering any questions about running in general.

This is where Penny Forse's Monday evening sessions at Whiteley came in handy, as it was at Penny's sessions where I learnt the dynamic stretches and strides routine that I still use during my training now. Therefore, I was able to ensure that my group warmed up properly before the run.

The 3km run, that we did at 55 minute 10k pace, actually turned out not to be 3k because the course was quite twisty, plus I took a wrong turn and we ended up about 300m short! However, the average pace was spot on at slightly faster than 55 minute pace (phew!).

As well as the other pacers and representatives from Powerade, Dan Robinson, the Great Britain international and bronze medallist at the Commonwealth Games, in Melbourne, was also present at the training day.

I managed to have a chat with him at the end of the event for about 10 minutes, and I found him to be a really nice guy who was very down to earth and approachable. He mentioned that he's been training with Jon Brown who has also represented GB at several Olympic Games and now competes for Canada. Both Dan and Jon ran at the Manchester 10km the week after.

The Great Manchester 10k is very large in terms of the number of competitors with around 33,000 runners taking part. On the day of the race my group was a little bit smaller than it had been in training, but we made it round in just under the hour. It was definitely a weird experience to be doing a race where I'm not thinking about how bad my legs feel because I'm running so hard. Instead, I was able to take in the scenery as we ran past Old Trafford and Salford Quays before finishing in Deansgate.

Dan Robinson (left) and Chris Munro (right)

The rain held off until after we had finished, although it was a little bit windy which unfortunately thwarted Haile Gebreselassie's attempt at the UK all-comers record. However, he still won in a pretty speedy time of 27 minutes, 39 seconds, with Vivian Cheruiyot taking the honours in the female race with a 32 minute, 1 second clocking.

Mark and Lucy take on Weymouth Bay swim challenge

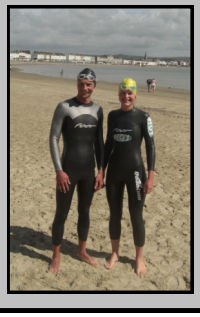
MARK Le Gassick and Lucy Simmons are going to be taking to the water this summer for the British Heart Foundation's annual Weymouth Bay swim.

The couple will be swapping their running shoes and vests for wetsuits and goggles as they take part in the one-mile swim, which starts at Weymouth Pavillion and finishes on the opposite side of the bay just off Preston beach.

Lucy has been unable to run for the last 12 months due to an Achilles tendon injury. However, despite the long lay-off, she's been working hard to maintain her fitness with regular gym sessions, cycling, and swimming.

"Being unable to run for such a long time has been really frustrating", said Lucy. "I decided that I needed something to focus on, and as I've been swimming regularly for the past year, the Weymouth bay swim seemed like the ideal challenge."

The swim will take place on Sunday 9th August, and Mark and Lucy are currently seeking sponsorship with all donations being gratefully received. If you would like to sponsor them you can do so at: http://www.justgiving.com/Lucy-Simmons-and-Mark-Le-Gassick.



Triple success for SGRAC's triathletes at the Swashbuckler Half Ironman

The Swashbuckler Half Ironman, at Buckler's Hard in The New Forest, involved a 1.9km open water swim in the Beaulieu River, followed by a 80km cycle, topped off with a 22.5km run. For SGRAC, Richard Thomas, Mike White, and John Fairhurst all enjoyed a successful day out in the forest. Here, Mike and John describe their race day experiences…

Mike White

Richard Thomas, John Fairhurst, and myself were SGRAC's representatives at the distance triathlon and we all won prizes on the day. John and I were age group winners and Richard was runner up in the highly competitive 40-44 age group.

Overall, Richard and I were placed 13th and 14th respectively, arriving at the final finishing straight together after 4 hours, 22 minutes of racing!

Richard managed to out sprint me but paused to offer a sporting handshake just before the line. It was, by all accounts, an excellent showing for the newly formed SGRAC triathlon squad. All we need now is a club triathlon strip so that everyone will know who we are!

~

John Fairhurst

It was a beautiful morning with hardly a ripple on the water, which was not cold having a temperature of 14ºC.The spectators joined in the countdowns before the horn sounded for each starting wave, with 05:50hrs being the start time of the first wave, with the following starting waves going off at 10 minute intervals.

The start of the race coincided with high tide to ensure that there was standing water for all competitors. The scenic bike course was mostly on minor roads in The New Forest, in amongst ponies and foals, and had glorious views of the heath land.

The run was also on minor roads, plus there was as an off road section that took us through woods and alongside Beaulieu River, where we passed the remnants of a medieval tithe barn. The final section to the finish was a scenic run up to Buckler's Hard from the river.

Overall, it was a very enjoyable event that was well organised with friendly marshals, plenty of drink stations on route, plus food at the finish.

The Swashbuckler Half Ironman

First man: Peter Galpin 4.01.15
First lady: Jenny Gowans 4.22.35

SGRAC

Richard Thomas - 4.22.37, 13th overall, 2nd M 40-44

Mike White - 4.22.38, 14th overall, 1st M 50-59

John Fairhurst - 6.07.33, 233rd overall, 1st M 60-69

Total number of finishers: 315 (247 men and 68 ladies)

July's Sprint Distance Triathlon Training Schedule

Week 6
(w/c 6th July)

Monday: Tempo run 45mins

Tuesday: Cycle 60mins

Wednesday: Swim for 40mins

Thursday: Swim 25m sprints (30mins), run intervals (30mins)

Friday: Practice changing a puncture/rest day/stretching

Saturday: Rest day/stretching

Sunday: Cycle for 90mins and then immediately run for 30mins (easy)

Week 7
(w/c 13th July)

Monday: Rest day/stretching

Tuesday: Long, easy run for 65mins

Wednesday: Swim for 40mins

Thursday: Cycle for 60mins (maybe try a spin class)

Friday: Swim for 40mins

Saturday: Cycle for 90mins

Sunday: Off road run for 30mins

Week 8
(w/c 20th July)

Monday: Swim 40mins, practice changing a puncture

Tuesday: Interval run session for 30mins

Wednesday: Cycle for 60mins (maybe try a spin class)

Thursday: Rest day/stretching

Friday: Swim for 40mins

Saturday: Cycle (hills)120mins

Sunday: Long, easy run for 75mins

Week 9
(w/c 27th July)

Monday: Rest day/stretching

Tuesday: Swim for 40mins, easy run for 35mins

Wednesday: Cycle for 60mins

Thursday: Swim for 30mins, interval run session for 30mins

Friday: Continuous swim 30mins, very easy recovery cycle 50mins

Saturday: Rest day/stretching

Sunday: Cycle 75mins, straight into run at race pace (20mins)

Open water swimming at Horsea Island

At the end of May a small group of six Stubbies braved the cool waters of the lake at Horsea Island for a trial open water swim. The lake is used by the Navy to train divers, and it's also an ideal venue for triathletes to practice open water swimming. Triathlon Secretary, Richard Thomas, plans to organise future sessions, so keep an eye out on the website for further details.

Runners at RR10 sent on a wild goose chase!

IT was not a good night for those who turned up hoping for a good result at fixture five of the RR10 mid-week series, at Badminston Common, Blackfield, near Fawley.

The race, which was hosted by Hardley Runners, had to be declared a non-event following a marshalling error which resulted in the front runners being sent on what could be described as 'a wild goose chase'.

The race got underway as usual, at 7.30pm, and for the first three miles or so things appeared to be going according to plan. At this point, the runners in the middle and at the back of the pack, were totally oblivious to the chaos and confusion that was to follow just moments later up ahead.

At around the three-and-a-half mile mark, a marshal directed the leading pack in the wrong direction, sending them back round a part of the circuit which they had just run. This of course meant that the leaders were soon to find themselves unexpectedly rejoining the race at back of the field!

Once runners began to realise that a mistake had been made, they started to find their own way home, converging on the finish from all manner of directions in a totally bizarre scene that was more akin to

orienteering rather than a point-to-point cross-country race. In the end, some SGRAC members reported running well over 7 miles on a course that was supposed to have measured just 4.75!

Event organisers, Hardley Runners, took a note of runner's names to ensure that everyone eventually returned safely to what was for many the welcome relief of 'the finish'. There was much discussion and debate after the 'race' was finally over about what had happened, and how far some people had ended up running but, fortunately, after things had cooled down, most runners were able to see the funny side.

After the 'non-event', Mick Anglim, from Hardley Runners, made the following apologetic statement:

"Hardley are totally embarrassed that the race had to be abandoned. One of our 50 marshals was given contradictory information and sent the runners in the wrong direction. We would be prepared to host the race again on a 'spare' Wednesday if that was acceptable to all. We appreciate that would mean racing for three successive Wednesdays, but the league rules wouldn't need to be changed. Alternatively, the number of qualifying races could be reduced to five."

Since the unfortunate incident at Blackfield, there has been much debate among the competing clubs about how to resolve the situation in a way that will be fair to both teams and individuals alike.

Although Hardley Runners were willing to organise a replacement fixture on a spare Wednesday evening, this idea has now been dropped because it would disadvantage those runners who were aiming to complete the minimum six scoring fixtures, but wouldn't be able to make the extra fixture at such short notice due to being on holiday or because of other commitments.

Instead, the consensus among clubs is to calculate individual league positions on the best of five results, rather than the best of six. Members of Hardley Runners will compete in all of the remaining races and take a finishing ticket so that there isn't a significant drop in numbers at any race.

However, one of the races will be treated as if Hardley are joint organisers, so they will not score in the individual league or the team competition. It has not yet been decided in which race this will take effect.

Important change: new venue for the penultimate RR10 fixture

THE sixth fixture (now fixture five due to the non-event at Blackfield) of the RR10 series was none other than SGRAC's own fixture at Manor Farm Country Park.

As last year, good pre-race planning, clear signage, and a strategic placing of marshals, meant that the race went smoothly, without major incident.

The success of the event was down to the efforts of race director, Tim Crumpton, ably assisted by Paul Hammond, plus the club members who helped marshal on the evening. Thanks to everyone who was involved.

The next RR10 is on Wednesday 8th July, at the Itchen Valley Country Park. The race gets underway at 7.30pm, and will be organised by Eastleigh Running Club. Directions to the venue are available on the SGRAC website.

Last year's RR10 at Itchen Valley

Please be aware that the venue of the penultimate RR10 fixture has been changed. Due to an unreasonably high charge for using the Lordshill Fire Breaks, fixture eight (previously nine) will now take place at Fleming Park, Eastleigh.

All other details regarding the fixture remain the same. The race is still taking place on the evening of Wednesday 5th August, with a 7.15pm start time, and it will be organised by Lordshill Road Runners.

A good day on the Downs for Stubbington Green Runners & AC

by Mark Le Gassick

Saturday 6th June was the date of this year's South Downs Relay and, as is always the case for this eagerly anticipated fixture, it proved to be another day to remember for Stubbington Green Runners & AC.

With the prediction that this year's race was likely to be wet, the forecasters fortunately got it wrong, and for once the cool, overcast conditions were perfect for the ultra-distance trail running event.

It was indeed a great day, both for those who ran, and for those who came along to help with driving duties, and to support their club mates over the gruelling 100-mile long course.

For the second consecutive year, SGRAC had a ladies' team running in the race, which

starts at Beachy Head, East Sussex, and follows the South Downs Way into West Sussex, before eventually crossing back into Hampshire.

Starting out at the unearthly hour of 3.30am, the ladies' team made their way along the south coast for their 6.00am start time, driven by Club Chairman, Chris Hall.

Supervet, Penny Forse, had the tough task of running leg one for the ladies, which this year headed eastwards, up and down the infamous hills that are known as The Seven Sisters.

Out of 10 teams, SGRAC's ladies did very well to finish in a creditable fifth place in a time of 13 hours, 46 minutes, and 10 seconds. The winning team was Hailsham Harriers (12.24.11).

"The day was very tiring and by about 3pm I could see that a few of our ladies were starting to feel the strain", said Ladies Captain, Susie MacGregor. "However, everyone dug in and kept going, they all ran really well, and they should be as proud of themselves as I am of them."

SGRAC's men's B team, led by Nick Kimber, were off and running half an hour after the ladies, at 6.30am. Nick Crane got the team underway, and ran well on the first leg, but everyone was surprised when Hailsham ladies arrived at the start of leg two a good six minutes ahead of Nick, illustrating just how strong the winning ladies team were.

Out of 10 teams, SGRAC's B team finished one place higher than the ladies, in fourth, in an overall time of 12 hours, 28 minutes, 59 seconds. Hailsham Harriers were the first B team home (12.02.30).

"The team performed really well and without any problems", said team member, Phil May. "All in all, everyone really enjoyed the event and we're already preparing for next year - suckers for punishment or what?!"

As usual, SGRAC's men's A team had the last start time of the day (8.30am), and it was the strong and vastly experienced Alisdair Ewing who got things underway for the five times South Downs Relay winners by running leg one.

However, by the end of the first leg, it was clear that the A team were going to have their work cut out this year as Hailsham Harriers looked very strong and, as the race progressed, reports started to filter back that Steyning AC, who started in the 8am group, were starting to pull ahead by a significant margin.

At the end of the day, after all 18 legs had been run, SGRAC's A team finished in an excellent third place (out of 19 teams) in a time of 11 hours, 17 minutes, and 39 seconds. This was a very good result considering the level of competition and the fact that the team was a mix of three vets and three seniors.

"The team's motto for the day was to turn up and run your heart out, and there can be no complaints with everyone giving 150%", said team member, Andy Simpson.

Overall, Steyning AC were first (10.47.47), with Hailsham Harriers once again picking up honours in second place (11.09.08).

Brighton and Hove AC were the winners of the veteran category in a time of 11 hours, 38 minutes, and 43 seconds (out of 7 teams).

Finally, many thanks to all those who helped make the day a success, particularly those who volunteered to marshal at the leg 13/14 changeover at Harting Hill car park.

2009 South Downs Relay: leg times for Stubbington Green Runners & AC

Leg	From	To	Men's A team	Time	Men's B team	Time	Ladies' team	Time
1	Beachy Head	Exceat	Alisdair Ewing	45.03	Nick Crane	48.00	Penny Forse	53.58
2	Exceat	Bo Peep	Simon Hearnden	41.44	Phil May	44.00	Sally McGrath	52.06
3	Bo Peep	Itford Farm	Ray Gunner	28.53	Nick Kimber	32.00	Lucy May	33.00
4	Itford Farm	A27 lay-by	Andy Simpson	45.05	Marcus Lee	54.00	Georgie Gair	53.18
5	A27 lay-by	Ditchling Beacon	Graham Bell	37.45	Euan McGrath	38.00	Georgie Wallis	45.52
6	Ditchling Beacon	Saddlescombe	Lewis Chalk	30.05	Tim Sullivan	35.00	Margie Pritchard	38.50
7	Saddlescombe	River Adur	Simon	36.55	Phil	33.00	Sally	41.53
8	River Adur	Washington	Ray	48.47	Nick C	57.00	Lucy	60.00
9	Washington	Springhead Hiill	Alisdair	29.23	Marcus	36.00	Georgie G	32.20
10	Springhead	Houghton Lane	Andy	21.54	Nick K	26.00	Penny	28.26
11	Houghton	Littleton Farm	Lewis	38.56	Tim	44.00	Margie	52.00
12	Littleton Farm	Hill Barn Farm	Graham	36.03	Euan	36.00	Georgie W	43.33
13	Hill Barn Farm	Harting Hill car park	Simon	54.25	Phil	55.00	Sally	53.55
14	Harting Hill	QE park	Ray	28.03	Tim	27.00	Margie	31.29
15	QE park	Sustainability Centre	Alisdair	39.54	Nick K	46.00	Georgie G	52.00
16	Sustainability	Old Winchester Hill	Lewis	23.43	Marcus	30.00	Lucy	31.59
17	Old Winchester	Holding Farm	Andy	53.44	Nick C	68.00	Penny	78.00
18	Holding Farm	Chilcomb Sports Ground	Graham	37.17	Euan	39.59	Georgie W	43.31
		Overall finishing times		**11.17.39**		**12.28.59**		**13.46.10**

Results round up...

MacMillan Mile - 27th May, 6.30-7.30pm

Mike Bell	6.00
Nick Kimber	6.28
Susie MacGregor	6.30
Phil May	6.35
John Simister	7.16
John Fairhurst	7.21
Tina Chantrey	7.40
Tom Mellor	7.43
John Vose	7.45
Peter Street	8.21
Helen Kimber	8.25
Caroline Street	8.30
Anne Blake	8.30
John Blake	8.30
Tracey Abbott	8.40
Rowena Dodds	8.50
Geraldine May	9.00
Sharon White	9.00
Chris Haskell	9.00
Sam Bramley	9.10
Annie Thresher	9.10
Hilary Gregory	9.10
John Randall	9.16
Anne Fairhurst	9.25
Lisa Martin	9.28
Tracey Wilson	9.28
Justin Randall	9.38
Hannah Smith	10.09
Jaz Smith	10.14
Ben Smith	10.15
Freddy Church	10.26
Alex Boston	10.48
Heather Short	11.09
Josef Martin	12.24
Kathy McKain	12.28
George Childs	15.45
Hannah Reed	24.00
Kath Reed	24.00
Joan Vose	28.59
Jean Childs	28.59
Penny Forse	no time recorded!
Marcus Lee	no time recorded!
Mike Clarke	no time recorded!
Paul Hammond	no time recorded!
Sue Robinson	no time recorded!

* Jenny Hearnden is still collecting money for MacMillan Cancer Care, so please contact her (01489 582204) if you would like to make a donation.

SGRAC's Bev Hards has been running very well in recent months and has posted some impressive results.

Easter Bunny 10k - 40.22 (1st v45)
Sherborne Castle 10k - 41.32 (2nd)
Moors Valley 10k - 41.49 (1st)

Commenting on her run at the Moors Valley 10k, Bev said: "I saw a little bit more of the car park than I would've liked as the first 10 or so (including myself) went wrong at the start and had to run back, rejoin and battle our way through the masses. Nice run through forest trails and tracks."

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

Mike Harper - 24.43
Sam Ratzer - 25.30
Phil May - 26.30
Keith Carter - 27.25
Zac Conaty - 28.03
Richard Snell - 28.06
Dan Horscroft - 28.15
Drew Briggs - 28.20
Gill Rose - 28.37
Tina Chantrey - 29.44
Rachel Openshaw - 29.59
Jane Adlard - 30.20
John Simister - 30.35
Rick Scott - 30.47
Paul Hailwood - 31.01
John Blake - 33.57
Kathryn Davies - 35.48
Geraldine May - 37.12
Rowena Dodds - 38.34
Karen dean - dnf (was unwell)
Aitken Hunter - dnf (assisted Karen)

D-Day 10k - 3rd June

1st Man: Tom Payne, Winchester - 30.06
1st Lady: Nicci Blandford, Southampton RC - 39.01

Stubbies:

Men
3 Mark Le Gassick - 32.41
45 Sam Ratzer - 40.02
179 Nicholas Lewkowicz - 48.56
187 Lewis Chalk - 49.19
300 Robert Spencer - 57.48

Ladies
301 Jane Heywood - 57.59
318 Debbie Casey - 61.51

~ Race of the month ~

Hampshire Chronicle Winchester City Centre 5k

In the ninth century (871AD) Winchester was chosen by King Alfred the Great as the country's capital city, and it remained so for several centuries.

The Hampshire Chronicle Winchester City 5k is a fast, flat multi-lap course which, as its name suggests, passes through the centre of the historic former capital.

This year, the race is being held on the evening of Thursday 16th July with a 7pm start time. The start and finish is on Broadway.

If you fancy heading to Winchester for this race, please be aware that postal entries are now closed. However, entries are accepted on the day, with registration in the Saxon Suite at the Winchester Guildhall.

The cost of entry is £8 for affiliated club members, and £10 for those who are unaffiliated (including a £1 surcharge).

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 Race Diary

Date	Race	Venue	Time
Sat Aug 1	Lambourn Carnival 5	Lambourn Sports Club, Lambourn, Berkshire	10.30am
Sun Aug 2	Sturminster Newton Half	Bath Road, Sturminster Newton, Dorset	10.30am
Sat Aug 2	Milland Valley 13	Milland Sports Pavilion, Milland, Liphook, Hampshire	10.30am
Wed Aug 5	Promenade 5km	Mountbatten Centre, Northern Parade, Portsmouth	7.30pm
Wed Aug 5	RR10 - race 9	Lordswood Firebreaks, Sandpiper Road, Lordswood	7.15pm
Wed Aug 5	Yateley 10km	Yateley Centre, School Lane, Yateley, Hampshire	7.30pm
Wed Aug 5	Pewsey Midweek 5	Pewsey Vale School, Wilcot Road, Pewsey, Wiltshire	7.30pm
Thurs Aug 6	SGRAC Time Trial	Eric Road, Stubbington	7pm
Sat Aug 8	Maiden Newton 10km	Maiden Newton, Dorchester, Dorset	7pm
Sun Aug 9	Midhurst 10km	Grange Centre, Midhurst, West Sussex	8.45am
Sun Aug 9	Salisbury 5-4-3-2-1 marathon	Salisbury Fire Station, Ashley Road, Salisbury, Wiltshire	9.30am
Sat Aug 15	Ace Race 1-day 30k	Queen Elizabeth Country Park, Hampshire	10am
Sun Aug 16	Isle of Wight Half	Sandown & Shanklin Rugby Club, Isle of Wight	11am
Sun Aug 16	South Coast Half	Martello Fields, The Esplanade, Seaford, BN25 1JH	10am
Wed Aug 19	RR10 - race 10	IBM Hursley Park, near Winchester	7.15pm
Thurs Aug 20	Barbury Castle Track 'n' Trail 5	Barbury Shooting School, Barbury Castle Country Park, Wroughton, Swindon, SN4 0QH	7.30pm
Sat Aug 22	Hard as Snails 10k	Pilgrims Way, Guildford	9am
Sun Aug 23	Everton 10km	Recreation Ground, Frys Lane, Everton, Lymington	10.30am
Sun Aug 30	Arundel Castle 10km	High Street, Arundel, West Sussex	9.30am
Sun Aug 30	Pewsey Vale Half	Pewsey Vale School, Wilcot Road, Pewsey, Wiltshire	10.30am
Sun Aug 30	Fox Trot 5	The Fox, Broughton Gifford, Melksham, Wiltshire	10.30am
Sun 30 Aug	Studland Country Fair 5k	Show Ground, Ferry Road, Studland, BH19 3AY	10am
Sun 30 Aug	Newick Will Page 10k	George V Playing Filed, Newick, Lewes	11am
Mon Aug 31	Shillingstone 5	Shillingstone Playing Fields, Blandford Forum, Dorset	2.15pm
Mon Aug 31	Kings Head Canter 5km	Kings Head, East Hoathly, East Sussex, BN8 6DR	11am
Wed Sep 2	Back in a Flash 5k	Coate Water Country Park, Swindon	7pm
Thurs 3 Sep	SGRAC Time Trial	Eric Road, Stubbington	7pm
Sat Sep 5	Overton 5 (HRRL)	Overton Recreation Centre, Overton, Hampshire	3pm
Sun Sep 6	The Beast - sweet sixteen!	Corfe Castle, Wareham, Dorset	10.30am
Sun Sep 6	Fittleworth Flyers 5	Fittleworth Village Hall, Fittleworth, West Sussex	11.15am
Sun Sep 6	Henfield Half Marathon	Henfield Leisure Centre, The Kings Field, Henfield	10.30am
Sun Sep 6	Dry Hill 10	Lingfield Park Race Course, Race Course Rd, Lingfield	10.30am
Sun Sep 6	Harry Hawkes 8	Thames Ditton Cricket Club, Thames Ditton, KT7 0BT	10am
Sun Sep 6	Surrey Badger Half	Leather head Leisure Centre, Guildford Road, Leatherhead, KT22 9BL	9am
Sun Sep 6	Peppard 10k	Grey Green Golf Course, Henley on Thames	10.30am

The Stubbington Noticeboard

July's Training Programme

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

Tuesday 7th - 3x2 mile Chilling field (2mins) - Mark

Thursday 9th - 2x10 sets of 200m (diagonal rec, 3mins) - Phil

Tuesday 14th - 6 x School of Navigation Paarlauf - Mike Bell

Thursday 16th - 5 x 800m (400m jog) - Chris Hall

Tuesday 21st - 2x3 double laps (2mins between laps, 3mins between reps) - Mike White

Thursday 23rd - 2x10 100m, 4x200m (100m bend) - Mike Bell

Tuesday 28th - Fleet foot tempo run 3x6mins (3mins) - Phil

Thursday 30th - Beach session - Phil

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.

2nd July - Stubbington - 3x800mtrs (400 walk)
9th July - Locks Heath - Chilling 2x1mile (3mins)
16th July - Stubbington - 4x600mtrs (200 walk)
23rd July - Locks Heath - 5xBrownwich Loops
30th July - Stubb - 100, 200, 400, 800, 400, 200, 100

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

Chairman: Chris Hall
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Tel: 02392-355498.
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Secretary: Paul Hammond
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