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

Growing old disgracefully

How would you celebrate your wife's 63rd birthday? Perhaps you would buy her a new spade and a pair of gardening gloves? Or, a bunch of flowers and a box of chocolates? Maybe a meal at a posh restaurant? What about buying her an entry to an Olympic distance triathlon? The last option is just what David Abrams did when his wife, Sandra, turned 63 years young.

Having both taken early retirement at 58, and after we both had a brush with cancer (breast for Sandra and prostate for me) we decided that triathlon would be a good way to spend our time.

When we were in our 30s and 40s, we ran mainly for fun, up to marathon distance, but we hadn't cycled since our school days. In addition, I couldn't swim crawl.

Despite the obvious challenges, we agreed to go for it, starting with the Supersprints in London and Seaford, and Total Immersion swimming training as a 60th birthday present. The following year, 2008, we entered the sprint distances at Blenheim and London.

This year, we decided to sign up for some Olympic distance triathlons - the first of which was on Sandra's birthday weekend. So we booked a nearby hotel and competed in the Dorney Lake Steelman Standard Distance Triathlon.

The venue was self-contained, with the swim taking place in the rowing lake, and the bike and run legs consisting of traffic-free laps around the lake. The transition area was located right next to the exit of the swim, so very conveniently placed!

Active retirement: David and Sandra Abrams

A few days before the event, we were informed that in view of the warm water temperature (23.5°C) wetsuits would be banned. That sent me into a bit of panic because I rely heavily on my wetsuit, both for warmth and maintaining a good body position in the water. However, Sandra was relieved as she overheats very easily.

On the day of the tri, the water was warm with a noticeable lack of buoyancy. Give me the Solent and a wetsuit any day! The run and bike legs were very flat, although later in the day were subjected to quite strong cross winds. The course at Dorney Lake is a good place to achieve a personal best - well it was for us as it was our first full Olympic distance! The organisation was also really smooth.

Despite my appalling goggle-flooding swim leg we managed to finish - 3hours 15mins for me, and just under 3hours 45mins for Sandra. I was very pleased to complete the run in 51 minutes, which was the same time as my first Stubb 10k. And, to put the icing on the cake, Sandra was the women's 60-plus age group winner. All in all, it was a very successful birthday weekend - roll on London at the beginning of August!

...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...

Nick and Tim cook up a feast down at the farm

by Tracie Jarvis

Unlike the British summer, the social scene down at SGRAC is really starting to hot up! Nick's 'post a pub' following the mid-week RR10 fixtures has proved to be a great success, with upwards of 30 people meeting for the post race chat and 'cheesy chips'.

The curry nights, held on the last Thursday of the month, have also been proving popular, and are a civilised way to catch up with other club members when you're not hot and sweaty *(Ed: unless of course you order the vindaloo!)*.

At the beginning of July, the SGRAC summer barbecue, held at Manor Farm Country Park, turned out to be a very successful social event for the club. Luckily, the weather on the day was kind to us, the rain held off, and more than 70 people turned up to join in the fun and games.

The club provided funds for the pitch, and the meat was supplied by Tim Crumpton (thank you Tim!). Also, thank you to everyone who contributed to the substantial salad selection that was on offer, and to Nick and Tim Sullivan who did a grand job on the barbecue, cooking up the feast with the help of us girls.

Tucking in: Stubbies enjoying the summer sun at Manor Farm

Before tucking into the char-grilled feast, Club Chairman, Chris Hall, organised a run for the more energetic members, plus those who felt that they needed to work up an appetite. After the run, Caroline Street, Kathy McKain and John Vose even went as far as taking a refreshing dip in the Hamble!

Many thanks to Lewis Chalk for helping to keep the kids entertained by organising a game of rounders, which was followed by a slightly more competitive adult session. There's still some lingering uncertainty as to who the winners were or, indeed, who was on which team!

However, it was such an enjoyable social event, with a friendly, relaxed atmosphere, that I think I can safely say that we were all winners on the day. It was brilliant to see so many club members and their families together in one place having a good time. It would be great to have a repeat performance next year!

The weekend away in September has been arranged for the Bunkhouse on Dartmoor. Those who contacted Kathy and I following the article in May's edition of the GR have filled the limited places available.

There are only 26 bunks, but if anyone should pull out, or can't make the weekend, any available spaces will be advertised on the club website on a first come first served basis. Also, if anyone would like the club's Youth Hostelling Association membership details to arrange their own trips, please contact myself or another member of the social committee (see page 12 for details).

John and Ann Blake are the new SGRAC club kit representatives

John and Ann Blake have kindly offered to take over as the SGRAC club kit representatives from Liz Hall who stood down at last month's AGM. Many thanks to Liz for taking on the task for the past couple of years.

Liz has handed over a list of members who have requested the new club vests. An order has just been placed and delivery is expected to take about five weeks.

Alternatively, if you want any other items club kit, or if you have previously ordered one, please contact John and Ann at: blakejohn@btinternet.com to confirm that you are on the list.

Alternatively, if you want any other items of club kit, you can contact them on 023 9255 2713.

Double success for the Tomlinsons at the SGRAC summer handicap

by Caroline Street

A total of 32 SGRAC club members took part in the summer handicap, which took place on the evening of Tuesday 14th July.

The run was held over a lovely coastal route that started and finished at Portchester Castle. Despite the threat of rain at around 7pm, luckily it stayed dry for the event.

The aim was to complete the route as close to 8pm as possible. Husband and wife team Annie and Andy Tomlinson were the closest man and lady to the designated finishing time, and ran away with both the ladies' and men's prizes. Andy came in just two seconds after the target finish time, with Annie following four seconds later. Well done to you both!

Thanks go to Paul Hammond, Club Secretary, for taking on the organisation of the summer handicap that was very well supported. The route was relatively easy to follow although I understand that some of the ladies ended up on the wrong side of a barbed wire fence!

Although 32 runners/walkers set off on the route, there were only 31 finishers. Sarah Martin, who has only recently joined the club, decided against completing the whole course, pulling up in the latter stages before the final circuit around Porchester castle. She later said laughing, "It wasn't so much a case of 'did not finish', more a case of refusing to finish!"

It was really good to see George Childs, accompanied by John Randall, participating in the event as a walker. Both George and John have been SGRAC members for many years.

Keep moat-tivated: Porchester Castle was the venue for the summer handicap

George used to be very active in the club, organising trips away to Bruges and Benidorm, and participating in marathons worldwide. Despite recent ill health, John continues to be an active runner and he helped throughout the beginner's course this year.

As usual, the run culminated in a social get together at The Cormorant pub. Roll on the next social.

Andy and Annie Tomlinson were the closest to the 8pm finishing time

SGRAC summer handicap times

7.48.53 Jenny Hearnden
7.48.54 Claire Hearnden
7.55.15 John Vose
7.55.57 Peter Street
7.56.25 Caroline Street
7.58.14 Sharon White
7.58.22 Chris Hall
7.58.40 Andy Simpson
7.58.58 Mike Clarke
7.58.59 Nikki Clarke
7.59.00 Graham Bell
7.59.09 Tim Sullivan
8.00.02 Andy Tomlinson
8.00.04 John Leigh
8.00.06 Annie Tomlinson
8.00.07 Marcus Lee
8.00.12 Nick Kimber
8.00.13 Susie Macgregor
8.00.22 Sue Simister
8.00.23 John Simister
8.00.50 Paul Hailwood
8.00.53 John Randall
8.00.53 George Childs
8.01.00 Lewis Banner
8.01.01 Ray Gunner
8.01.28 John Blake
8.01.45 Gill Rose
8.01.46 Richard Snell
8.02.27 Jaz Smith
8.02.58 Verity Wright

Stubbington Green Runners & AC's membership year is changing in 2010

AT the AGM on 3rd July it was agreed that as from next year (2010) the SGRAC membership year will change to run from 1st April to 31st March. This means that this year's membership will be shortened to eight months, starting on August 1st and ending on 31st March.

There will, of course, be a reduced charge for this eight month period. The membership fees for an individual, couple, and family membership will be reduced to £10, £14, and £18 respectively.

All members who wish to represent the club at races will still need to pay the England Athletics affiliation fee of £5. As this is always paid by members in arrears, there will not be a reduction to this amount.

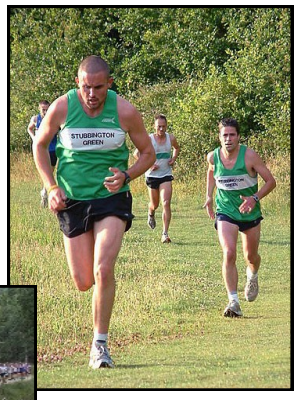
The SGRAC web site has now been updated to reflect the new fees. It would be appreciated if all members who need to renew their membership could access the rejoining page on the web site in order to complete your membership renewal.

Before renewing your membership, please check your membership card to see whether you have already paid up to next March. Beginners from this year will be paid up providing that they paid the beginner's fee and did not attend the beginner's course as members.

If you are not sure, please contact Membership Secretary, Caroline Street (see page 12 for contact details).

Itchen Valley Country Park and Janesmoor Pond: fixtures 6 and 7 of the RR10 series

ON a warm and muggy evening another healthy number of greens turned out to run at the RR10 at Itchen Valley Country Park. In total, 42 members (30 men and 12 ladies) made the trip to West End for fixture six of the mid-week summer cross country series that was organised by Eastleigh Running Club.



Two weeks later, it was back to the New Forest once again and the turn of Wessex Road Runners and Romsey Road Runners to host the seventh race of the series at Janesmoor Pond, Stoney Cross.

As mentioned in July's issue of The Green Runner, there is a **change of venue for fixture eight** of the RR10 series, with the race now taking place at Fleming Park, Eastleigh. The race is still on 5th August and gets underway at 7.15pm. As usual, the final fixture, on 19th August, is at IBM Hursley and also has a 7.15pm start time.

RR10 - fixture 6 Itchen Valley Country Park

Men *(197 finishers)*	**Ladies** *(124 finishers)*
6 Lewis Chalk	9 Susie MacGregor
7 Andy Simpson	11 Georgie Gair
18 Lewis Banner	15 Penny Forse
24 Sam Ratzer	20 Sally McGrath
25 Ray Gunner	42 Lucy May
29 Mike Harper	43 Jane Adlard
40 Graham Bell	50 Jaz Smith
47 Tim Sullivan	75 Caroline Street
49 Dave Jeffrey	88 Mandy Jones
52 Euan McGrath	96 Liz Hall
55 Graham James	105 Sharon White
77 Jon Leigh	106 Sarah Martin
85 Paul Hammond	
88 Tim Crumpton	**Team results**
89 Mike Bell	
93 Phil May	**Men**
100 Marcus Lee	
108 Nick Kimber	A team 2nd
117 Dan Horscroft	B team 9th
126 Gordon Westley	C team 15th
130 Glen Street	D team 23rd
138 Phil Martin	E team 30th
142 Mike Clarke	*(34 complete teams)*
148 John Simister	
159 Alan White	**Ladies**
172 John Vose	
185 Pete Street	A team 4th
186 Andy Tomlinson	B team 12th
189 Martin Banner	C team 24th
DNF Jeremy Meadows	D team 33rd
	(36 complete teams)

RR10 - fixture 7 Janesmoor Pond, Stoney Cross

Men *(178 finishers)*	**Ladies** *(108 finishers)*
7 Andy Simpson	6 Susie MacGregor
23 Ray Gunner	22 Sally McGrath
38 Mike Harper	34 Georgie Wallis
40 Graham Bell	36 Lucy May
41 Kev Wheeler	43 Jane Adlard
47 Dave Jeffrey	78 Jaz Smith
50 Euan McGrath	92 Sharon White
57 Nick Crane	94 Sarah Martin
66 Graham James	
83 Jon Leigh	**Team results**
84 Paul Hammond	
89 Marcus Lee	**Men**
104 Nick Kimber	
109 Tim Crumpton	A team 6th
134 Jeremy Meadows	B team 11th
143 John Simister	C team 23rd
147 Alan White	D team 32nd
161 Andy Tomlinson	*(32 complete teams)*
165 Peter Hutchison	
169 Martin Banner	**Ladies**
	A team 7th
	B team 17th
	(31 complete teams)

THE fixtures for the 2009-10 Hampshire Road Race League were confirmed at the HRRL AGM that took place on 1st June at the Wide Lane Sports Complex, Eastleigh.

As with the 2008-9 HRRL season, there will be a total of 12 fixtures with individuals needing to complete a minimum of seven races in order to obtain an overall ranking position, and teams requiring a minimum of eight fixtures.

See the box to the right for this season's HRRL fixture list.

Hampshire Road Race League fixtures: 2009-10

Fixture	Race	Date
1	Overton 5	Saturday 5th Sept
2	Victory 5	Sunday 20th Sept
3	Solent Half Marathon	Sunday 11th Oct
4	Lordshill 10	Sunday 1st Nov
5	Gosport Half Marathon	Sunday 15th Nov
6	Stubbington 10k	Sunday 10th Jan
7	Ryde 10	Sunday 7th Feb
8	Bramley 20	Sunday 14th Feb
9	Salisbury 10	Sunday 7th March
10	Eastleigh 10k	Sunday 28th March
11	Alton 10	Sunday 9th May
12	Netley 10k	Sunday 16th May

Stubbies raid Dieppe and bring back silverware

by Tracie Jarvis

In June, thirteen intrepid members of Stubbington Green Runners & AC travelled to France to take part in the annual Tour des Trois Valles - an annual 74-mile cycle ride that is organised by the Dieppe Cycle Tourist Club. For Tracie Jarvis and a number other members it was their first time on the tour. Tracie takes up the story...

Thirteen Stubbies ventured across the English Channel to Dieppe to take part in the Tour des Trois Valles (three valley's tour) - an annual cycling event that is organised by Caroline and Glen Street in conjunction with CDC Dieppe.

Some of the group had been before, some were seasoned veterans but, for several of us, including myself, Kathy McCain, Richard Sims, and Kevin and Matt Ashman, it was our first experience of this kind of event.

We set off early on the morning of Saturday 13 June to catch the ferry from Newhaven, where we abandoned our four-wheeled vehicles for our two-wheeled ones. This is where I met my first hurdle - limiting my luggage to carry on my bike!

On arrival in Dieppe, we cycled through the town to our hotel. After a few relaxing beers, we went to the greet meeting with the French organisers, where Caroline did us proud by making a speech in both French and English!

It was then off for some food, a stroll around the seafront, and a reasonably early night in anticipation of the glorious weather that was forecast for the next day's cycle.

However, the following morning we woke to the sound of heavy rain. A little disheartened, but none the less determined, we headed down to breakfast. Luckily, the rain held off for the start of the cycle and the weather steadily improved throughout the day. We cycled some of the route together, as a large group, breaking into smaller groups at different times.

After three punctures and a roadside puncture repair that later reverted to a slow puncture, which had to be pumped up every three miles or so for the last 25 miles (big respect to Sian Munday who pedalled up many big hills with a deflated tyre!) the day was not without its share of technical glitches.

The route was, to say the least, challenging - the word 'hilly' just doesn't seem to cover it! However, the scenery was picturesque, the atmosphere was great, and the country roads were a pleasure to cycle on, with the French drivers surprisingly considerate to us cyclists.

The camaraderie within the SGR team was fabulous, everyone managed to conquer every summit, plus the hairpin bend hill to the finish! We were all in awe of our youngest member, 12 year old Matt Ashman, who pedalled his heart out, led on every hill, and never once moaned over the whole of the 74-mile course! Well done Matt, man of the tour!

The SGR team finished tired but delighted with the day and were awarded a cup for being the third largest team to enter the event! Unfortunately, Caroline and I ended the day in A&E with Ted, an 87 year old who had come off his bike on the last hill. He was a little bruised and shaken but he was delighted with his cup for the oldest cyclist, and was later discharged.

All in all, the Tour des Trois Valles was a brilliant event that was enjoyed by everyone, both young and old. Many thanks to Caroline, Glen, and Ian Lewis for supporting the group throughout the day - you were brilliant. I can't wait for next year!

Nice one Elly!

After many doubts, fears and months of training I competed in and completed Iron Man France, in Nice, on Sunday 28 June. The whole family flew out for a long weekend.

Race morning began with oversleeping - so much for the calorie loaded breakfast that I had planned! I hadn't envisaged wolfing down a banana and tracker bar while jogging to the bike park.

On arrival there, I found my bike was fine, which was good as I only had 10 minutes to load up my gels, energy bars, and bottles, get changed and then push on through to the start. There was literally no time for any last-minute jitters!

At 0630 hours, all 2,800 swimmers began the swim leg of the race together. For the first 300-400m, it was simply a case of survival, with bodies being pushed down, swum over, and generally bashed around.

However, once clear of the melee, the conditions were perfect with a flat, blue Mediterranean Sea. It was not long before I was back on the beach heading for my first transition.

The bike ride took us out towards Nice airport, and then up into the mountains. Supporters lined the streets in the beautiful villages along the route, and the views were simply spectacular. Once the major climbs were out of the way, it was just the long descents and hairpin bends that were left to tackle.

Going into the second transition - from bike to run - I heard the third finisher being announced. I still had to begin my first ever marathon! Again, the supporters lined the hot promenade of Nice sea-front as I set out on the four- lap course.

My five and six year old sons ran a little of the route with me and they were delighted to be able to keep up! They also ran over the finish line with me and gave me a kiss, before asking whether I had anything to eat or drink!

What a truly awesome day! Thank you to all of the SGRAC members who supported me, especially Richard Thomas and Debbie Masson. I'm looking forward to cheering you both on in the Forest Man triathlon.

August's Sprint Distance Triathlon Training Schedule

Week 10 (w/c 6th August)

Monday:	Swim 40mins..do at least 3 x 400m as hard as you can
Tuesday:	Cycle for 60mins (20mins fast pace)
Wednesday:	Run 45mins
Thursday:	Swim 40mins
Friday:	Rest day/stretching
Saturday:	DRESS REHEARSAL (easy pace but fast transitions) Swim 400m...cycle 50mins...run 30mins
Sunday:	Rest day/stretching

Week 11 (w/c 10th August)

Monday:	Swim 40mins
Tuesday:	Transition practice between cycle & run
Wednesday:	Swim for 40mins
Thursday:	Rest day/stretching
Friday:	Interval run session for 45mins
Saturday:	Swim 20mins then cycle 60mins
Sunday:	Brisk run with strides 25mins

Week 12 (w/c 17th August) ****Race week** (sleep and eat well)**

Monday:	Check bike/ rest day/stretching
Tuesday:	Cycle 30mins with some sprint efforts
Wednesday:	Brisk run with strides 25mins
Thursday:	Swim 100m as fast as you can five times
Friday:	RELAX
Saturday:	Cycle 20mins/run 10mins if you want to
Sunday:	Good luck...enjoy it - **get there in plenty of time!!!**

Greens on show at Fareham Tri

IT was great to see a generous helping of SGRAC members - both competitors and spectators - turning out for the recent Fareham Triathlon.

The event took place on a sunny Sunday afternoon at the end of June, and involved a 400m pool swim, a 25km road cycle, and a 10km run, which was partly on road and partly off road.

The race was organised by staff at the Fareham Leisure Centre, and was the first Fareham-based triathlon to be held since the fire brigade triathlon was discontinued many years ago.

Particular mentions go to Susie for completing her first ever triathlon (on her brand new bike), and Tim who had already run the Lordshill 10k in the morning!

Results

1st man: Peter Campbell (Portsmouth Triathletes) - 1:26:09
1st lady Sarah Gardiner - 1:54:41

Stubbies

2nd Richard Thomas - 1:28:00
3rd Mike White - 1:30:00
12th Tim Crumpton - 1:48:51
21st Sam Ratzer -1:58:28

2nd Susie MacGregor - 1:55:48
4th Jane Adlard - 2:02:35
6th Lucy May - 2:07:29

There were 53 finishers.

Put your running skills to the Test

by Mark Le Gassick

Known throughout the world as an excellent location for fly fishing, the fast flowing River Test stretches for over 40 miles from its source, near Ashe (about 6 miles west of Basingstoke) to the sea at the head of Southampton Water.

Go with the flow: the River Test

On its way to the sea, the River Test passes through many picturesque Hampshire towns and villages, including Overton, Laverstoke, Whitchurch, Longparish, Wherwell, Chilbolton, Leckford, Longstock, Stockbridge, Houghton, Mottisfont, Kimbridge, and Timsbury.

On route, the River Test is joined by the Rivers Dever and Anton, near Wherwell and Chilbolton, and by the River Dun at Kimbridge.

As well as the scenic riverbank walks and quaint villages, complete with cosy country pubs, there are also many points of interest along the River Test, such as the recently restored Sadler's Mill, that dates from the 16th century, and sits across the river on the outskirts of Romsey.

The Test Way Relay is always an eagerly anticipated event on the running calendar. This year, Stubbington Green Runners & AC is entering four teams in the relay - two men's teams and two ladies' teams (*see below*).

The relay is on Saturday 19th September, and involves 30 teams of nine runners setting off from Inkpen Beacon, which lies just across the Hampshire border, in Berkshire, south of Newbury.

The 45-mile course winds its way along the River Test passing through many of the villages mentioned above, and the race finishes outside The Anchor pub, at Eling Quay, near Totton.

Last year, SGRAC's men's A team were successful in their bid to win back the infamous 'flapping fish' trophy (*pictured left*) that they lost 12 months previously to Southampton RC, completing the course in a time of 4hrs 44mins 16secs.

If you're running or supporting, please be aware that there are new, earlier start times this year, with the ladies' and mixed teams setting off at 10.30am and the men's race getting underway at 11.30am.

Run of the mill: Sadler's Mill

Test Way Relay 2009: Stubbington Green Runners & AC

Leg	From	To	Distance	Men's A team	Men's B team	Ladies' A team	Ladies' B team
1	Inkpen Beacon	Linkenholt	7.1km	Chris Hall	Nick Kimber	Mags Smith	Helen Kimber
2	Linkenholt	Stoke Hill	8.5km	Alisdair Ewing	Marcus Lee	Georgie Wallis	Karen Dean
3	Stoke Hill	Middleton Farm	10km	Andy Simpson	Nick Crane	Georgie Gair	Sam Mouncey
4	Middleton Farm	Wherwell	7.8km	Graham Bell	Paul Hammond	Sally McGrath	Amanda Jones
5	Wherwell	Stockbridge	7.5km	Mike Bainbridge	Mike Bell	Margie Pritchard	Geraldine May
6	Stockbridge	Mottisfont	9.1km	Ray Gunner	Dave King	Sarah White	Liz Hall
7	Mottisfont	Middlebridge	9.1km	Barry Hards	Phil May	Tina Chantry	Rowena Dodds
8	Romsey	Lee	7.6km	Lewis Banner	Tim Sullivan	Lucy May	Sue Simister
9	Lee	Eling Quay	6.1km	Lewis Chalk	Euan McGrath	Verity Wright	Jane Butler

"A countryside run with breathtaking cliff top sea views"

Fave Run

Name: Verity Wright
Route: Titchfield canal, Titchfield haven, Meon foreshore, Chilling field
Distance: 7.5 miles

My favourite run starts just off Bridge Road, in Titchfield, at the beginning of the footpath that runs alongside the canal. After going through the kissing gate, you follow the towpath with the canal on your right, passing through the water meadows and down to the nature reserve and the Meon foreshore.

During the winter months, the path can get flooded but, in the spring and summer, it's a delight to run along. In the stillness of the early mornings, I've spotted the resident kingfisher, and during the tranquility of dusk, a snowy owl swooping graciously along the pathway.

At the end of the towpath, you come out onto the Meon foreshore, where you turn right on to the shingle lane that heads up to the cliffs. From the cliff tops, the view of the sea is breathtaking, and regardless of whether it's sunny or raining, I always stop to admire it.

Turning inland, you follow the path up to and around Chilling field, where you eventually reach a bridleway on your left. The bridleway brings you out on to Hook Lane, where you turn right at the junction before heading back down towards Titichfield.

I love this run because no matter how many times I do it, the scenery is never the same, and it combines the peace and tranquility of the countryside with dramatic sea views across the Solent. It always makes me feel glad to live so close to the sea.

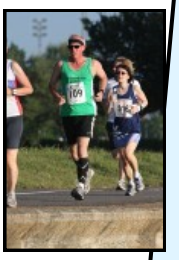
What's your fave run?

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

Results round up...

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

Andy Simpson - 22.50
Mike Harper - 24.38
Sam Ratzer - 24.56
Dave Jeffery - 25.31
Kev Wheeler - 25.54
Phil May - 26.47
Jon Leigh - 26.57
Sally McGrath - 28.11
Tina Chantry - 28.31
Richard Snell - 28.42
Georgie Wallis - 30.07
John Simister - 30.24
Rick Scott - 31.06
Margie Pritchard - 31.19
Glen Street - 31.20
Eric Beck - 31.47
Jaz Smith - 35.51
Rowena Dodds - 36.12
Kathryn Davies - 36.13
John Blake - 36.13
Karen Dean - 36.36
Robert Spencer - 37.27
Jen Scott - 37.54
John Tussler - dnf (injured)



Promenade 5k Race 2 - 1st July

1st Man: James Baker, Chichester Runners - 15.36
1st Lady: Karrie Blake, Portsmouth AC - 17.44

Stubbies:

Men
4 Mark Le Gassick - 15.57
14 Lewis Chalk - 17.11
26 Sam Ratzer - 17.59 (4th JM)
39 Mike Harper - 18.36
54 Tim Sullivan - 19.16
95 Zac Conaty - 22.13
155 Robert Spencer - 28.14

Ladies
4 Georgie Gair - 18.43 (1st JF)
16 Geargie Wallis - 22.32

New Forest 10 - 12th July

1st Man: Bertie Powell, Woodford Green & EL - 55.46
1st Lady: Jess Peterson, The Stragglers - 1.01.59

Stubbies:

9 Lewis Chalk - 1.00.27
34 Graham Bell -1.04.12
48 Tim Sullivan - 1.06.07
101 Jon Leigh - 1.10.42
107 Nick Kimber - 1.11.30
110 Marcus Lee - 1.11.36
155 Dan Horscroft - 1.13.49
306 Richard Snell - 1.20.04
344 John Simister - 1.21.31
349 Gill Rose - 1.21.49
416 Julie Woodman - 1.24.48
506 Paul Winter - 1.28.44
596 Alan White - 1.33.14
742 Kathryn Davies - 1.41.12
799 Hugh McMullan - 1.41.39
838 Jacqui McMullan - 1.50.55

There were 910 finishers

Purbrook Ladies 5 - 28th June

1st Lady: Tracie Lancaster, Fareham Crusaders - 34.07

Stubbies:

12 Tina Chantry - 37.11
16 Geogie Wallis - 37.52
92 Claire Schnabel - 49.14

There were 146 finishers

~ Race of the month ~

The Arundel Castle 10k

Built at the end of the 11th century, there is almost 1,000 years of history within the walls of Arundel Castle. The castle was built by Roger de Montgomery, the Earl of Arundel, and is now home to the Duke and Duchess of Norfolk and their children.

The Arundel Castle 10k is part of the annual Arundel Festival. The race starts in the town centre and, after a circuit of the town, runners enter the castle courtyard by the lower gates, climb through the grounds, loop around the gallops, before returning through the lower gates to finish in the town square.

The course is a mixture of road (75%) and downland grass tracks (25%) and includes a number of fairly tough hill climbs.

This year's Arundel Castle 10k takes place on Sunday 30th August, and it will be the eleventh time that the race has been held over the current course. The start time is 9.30am, and all entrants must be 16 years of age, or over, on the day of the race.

If you fancy giving the Arundel 10k a go, there's plenty of time to get your race entry in as postal entries are being accepted up until Wednesday 26th August. Postal entries cost £8, online entries are £9, and entries on the day are £10 (registration by 9am).

Entry forms for the Arundel 10k can be downloaded at: http://www.arundelscouts.org.uk/10k/Castle%2010%20k%202009.pdf

Alternatively, you can enter on line at: http://www.ukforms.net/onlineforms/php/Applicant.php?EventID=312

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	Fleming Park, Eastleigh (*new venue)	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
Thur 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 m'thon	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
Thur 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 Race Diary

Date	Race	Venue	Time
Sat Sept 12	Great Forest 10K	Bedgebury National Forest, Goudhurst, East Sussex	9am
Sat Sept 12	Great Wishford 10K	Great Wishford Primary School, Great Wishford, SP2 0PQ	11am
Sat Sept 12	New Forest Challenge 10	Bolderwood, New Forest, Lyndhurst	1pm
Sun Sept 13	Chestnut Tree Hospice 10K	Littlehampton Seafront, Littlehampton	9.30am
Sun Sept 13	Chippenham Half	Chippenham Sports Club, Chippenham, Wiltshire	9.30am
Sun Sept 13	John Faulds Hellingly 10K	Hailsham, East Sussex	10.30am
Sun Sept 13	Littledown 5	Littledown Leisure Centre, Chaseside, Bournemouth	10.30am
Sun Sept 13	Richmond River 10K	Kew Green, Old Deer Park, Richmond, London	9.00am
Sun Sept 13	Peasemore Festival 5	Recreation Ground, Peasemore, Newbury	10.30am
Sat Sept 19	Pumpkin 10K	The Guide Centre, Berwick St James, Salisbury	11am
Sat Sept 19	Test Way Relay	Inkpen Beacon to Eling Quay, Totton	10.30/11.30
Sun Sept 20	Bramshill Forest 10K	Bramshill Forest, Near Everseley, Wokingham, Berkshire	11am
Sun Sept 20	Dorset Demon 10	Church Knowle, Dorset	9.30am
Sun Sept 20	King Alfred's Torment 7	Stourhead Gardens, Stourton, Wiltshire	11am
Sun Sept 20	Stansted Park Slog 13	Stansted Park, Rowlands Castle, Portsmouth	10.30am
Sun Sept 20	Studland Stampede 12K	Knoll Beach Car Park, Studland Beach, Poole	10am
Sun Sept 20	Victory 5	Mountbatten Centre, Northern Parade, Portsmouth	1.30pm
Sat Sept 26	FGS X Terrain Tri 35K	Hawley Lake, Camberley	10.30am
Sat Sept 26	FGS X Terrain 10K	Hawley Lake, Camberley	8.30am
Sat Sept 26	RAF Lyneham 10K	RAF Lyneham, Chippenham, Wiltshire	11am
Sat Sept 26	TRI Challenge Team Tri	Dorney Lake, Eton, Windsor	9am
Sun Sept 27	Bexhill Seafront 10K	Bexhill Seafront, Bexhill on Sea, East Sussex	10.30am
Sun Sept 27	Blackland Downs 8	Blacklands Health & Fitness Club, Stockley Lane, Wilts.	11am
Sun Sept 27	Firle 10K	Firle Place, Firle Village, Lewes	10.15am
Sun Sept 27	Firle Half Marathon	Firle Place, Firle Village, Lewes	9.30am
Sun Sept 27	Hursley 10K	Hursley School, Hursley	10.30am
Sun Sept 27	New Forest Half	New Milton, Hampshire	9.30am
Sun Sept 27	New Forest Marathon	New Milton, Hampshire	10am
Sun Sept 27	The Stoke Row 10K	Stoke Row School, Henley-on-Thames, Oxfordshire	10am
Sun Sept 27	Windsor Half Marathon	Windsor Great Park, Windsor	1pm
Sat Oct 3	Caesar's Camp 100	Bourley Road, Aldershot	12pm
Sat Oct 3	Cheltenham 10K	Cheltenham Race Course, Cheltenham	10am
Sun Oct 4	Alton Downland Challenge	Anstey Park, Alton	10.30am
Sun Oct 4	Believe & Achieve 10K	Portsmouth Lifeboat Station, Ferry Road, Portsmouth	10.30am
Sun Oct 4	Bincombe Bumps 8	Bincombe Farm, Weymouth	11am

The Stubbington Noticeboard

August's Training Programme

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

Tuesday 4th - 5 Brownwich loops + 1 short hill (1 length jog) - Chris

Thursday 6th - 4 mile Time Trial, Eric Road - Jenny is timekeeper

Tuesday 11th - Chilling 5k race pace, 4x6mins (3mins) - Mike W

Thursday 13th - 1,2,4,8,1000,8,4,2,1 pyramid (1,2,400m) Crofton - Phil

Tuesday 18th - Chilling tempo run 4 x 5mins (2mins between each) - Mike B

Thursday 20th - Crofton field 6x1k (400m lap) - Mike Bell

Tuesday 25th - 2,4,6,6,4,2mins (2mins between each) Chilling - Mark

Thursday 27th - Crofton 8x400m (200m) - Chris

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.

6th Aug - Stubbington - 4 mile TT or Lee fartlek
13th Aug - Locks Heath - Chilling 3x5mins(2mins)
20th Aug - Stubbington - 10x200mtrs (200 jog)
27th Aug - Locks Heath - Chilling 2x1mile(3mins)

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? John and Ann Blake have a wide selection of tops and shorts, and are currently taking orders for the new club vest. John and Ann are at training on most Mondays, Wednesdays, and Thursdays, or you can call them on 023 9255 2713.

Who's who... ...

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