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

Georgie and Sam win junior titles at the Promenade 5k

August was a very good month for Stubbington's junior athletes with Georgie Gair making it three out of three victories in the junior women's category at the Promenade 5k series and winning the overall junior women's title, and Sam Ratzer picking up the overall junior men's title.

Georgie Gair

Last month, at the final fixture of the popular three race Promenade 5k series, Georgie continued from where she left off in the first two races by putting in another superb run to record an impressive time of 18mins 43secs.

This was exactly the same time that Georgie ran in race two of the series, and it was 37 seconds quicker than the mark that she set at the first race back in May. The three consistent runs enabled Georgie to complete the triple in the junior women's category, winning the overall junior title in emphatic style. She was also third overall in the senior women's category.

Since joining Penny Forse's training group back in 2004, at the age of 13, Georgie has gradually increased her training, and she's run for Hampshire many times, over 3000m and in cross-country races. She's also won both the junior and senior Butser Hill fell races.

At the Prom 5k, there was also success for Stubbington in the junior men's category. Sam Ratzer ran very well in the series, and at the final fixture he just managed to pip Georgie to the line by a single second, finishing in a time of 18mins 42secs.

This gave Sam fifth place on the night in the junior men's category and, combined with his excellent first place at race one (20.17) in May, and fourth place at race two (17.59) in July, it meant that he was the top-placed junior male athlete for the overall series.

Earlier in the summer, at the beginning of June, Sam ran in the D-day 10k, completing the two-lap course - that starts and finishes on the track at Portsmouth's Mountbatten Centre - in a respectable time of 40mins 2secs.

This month, Sam will be starting at Guildford University where he hopes to continue to make progress with his running. Sam is going to be running for the senior men's team at the end of September in the Southern Road Relay Champs, at Aldershot (see page 3 for further details), and he's also looking forward to running in some of this season's HRRL fixtures.

Going into the final fixture of the Promenade 5k series, Chichester Runner, James Baker, was on course to make it an amazing three out of three consecutive series wins, including nine consecutive individual race victories. He was successful in winning the overall title for the third year in succession but, unfortunately, a classy run from Winchester & District AC's Tom Payn (14.36) prevented Baker from extending his total race win tally from eight to nine.

On the day, James crossed the line in third place (15.37), 12 seconds adrift of talented young Tom Wade who has recently joined Aldershot Farnham & District with brother, Joe. Joe was fourth (15.52), two seconds ahead of Stubbington's Mark Le Gassick who finished second behind Baker in the overall series for the third consecutive year.

Sam Ratzer

In the ladies' race City of Portsmouth's Karrie Blake completed a clean sweep of the series by winning the race (17.37) and taking the overall senior ladies' title for a second successive year.

See page 9 for details of all SGRAC's Prom 5k race results.

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

Can you spare a few hours each month to help out with The Green Runner? (see p9 for details)

The SGRAC annual awards night is on Friday 27th November

by Tracie Jarvis

Coming up this month it's the first - and hopefully not the last! - of the SGRAC weekends away (4th-6th September).

We're going to be staying at the Powder Mills Bunkhouse in Dartmoor. It's located right in the middle of the Dartmoor National Park, so it's a really great base for exploring the park by running, walking, or cross-country cycling. There's also kayaking and rock climbing on offer, so it's sure to be an adventurous and action-packed weekend.

With 20-plus Stubbies signed up for the trip, I'm sure that the evenings will be equally entertaining, and a fun-filled weekend is guaranteed! With the cost of the accommodation coming in at a measly £17.70 a head, it's a real bargain. However, please note that all booked activities will need to be paid for separately.

If anyone would like to join us, there are still a few places left. If you're interested, just give me a call (see page 12 for contact details).

A right pair: Chris and Phil at last year's awards night dinner

It doesn't seem like almost 12 months ago since the last SGRAC awards night extravaganza! Yes, it's almost that time of year again and planning for the annual awards dinner is now well and truly underway.

Rapturous applause: Neil Jarvis leads the clapping

This year, with hotel prices sky high, we'll be trying something a bit different with the event being held in Titchfield Community Centre's main hall on the evening of Friday 27th of November. We're hoping that as many club members as possible will come along to help make it a social night to remember - so be sure to mark the date on your calendar now!

The cost of the awards night dinner will be £20 a head, which will include a drinks reception, hot buffet, and disco. The bar will be open from 7.30pm onwards, and we're also looking into the possibility of adding in some wine at a slight extra cost per booking for those who are interested.

The drinks reception will start at 7pm and we'll be sitting down for the meal at 7.30pm. After dinner, it'll be time for the exciting part of the evening - the award presentations! And, as if all this excitement isn't enough, we've booked that infamous double act - Phil & Gary - to keep everyone entertained with their usual 'comical' banter throughout evening.

Afterwards, it'll be time to get your dancing shoes on and strut your funky stuff across the dance floor for the rest of the evening. However, unfortunately, it's curtain time at around 11.30-11.45pm as we have to be out of the hall by 12 midnight (*Ed. or else the Chairman turns into something even uglier!*)

More details about booking your place for the awards evening will follow in October's issue of The Green Runner. To make payment for the event easier, we're hoping to set up a PayPal option. However, you'll still be able to pay by cheque or cash if you want to.

Also, to help make the organisation as smooth as possible, the social committee would like everyone to pay at the same time as they make their booking.

The countdown has begun...

With the World Athletic Championships in Berlin done and dusted, and the London 2012 Olympics three years away, the question on the lips of every athletics fan is, when and where is the next big athletic event taking place?

Well, the answer is simple because the next major athletic event is much closer to home than Berlin and Beijing. In fact, it's less than an hour's drive north of the county to Aldershot - and the event in question is, of course, the Southern Road Relay Championships.

Chris Hall (above) and Ray Gunner (above right) in 2006

The 2009 SEAA relay championships are being held over the weekend of 26th-27th September, and this year as well as being the southern championships, the event will incorporate the Hampshire Road Relay Champs.

On Saturday, it's the women's senior and veteran four-stage relays, where teams representing running clubs from all across the south will be competing for a place at the national championships later in the year. Both age group races are being run together over four kilometres, with the action getting underway at 3.55pm.

On Sunday, the senior and veteran men will be taking to the stage, with the veteran race, that starts at 12.30pm, being run over four six-kilometre legs, and the senior race, that starts at 2.30pm, comprising six legs of six-kilometres.

After a couple of years of not competing in the SEAA relay championships, this year SGRAC are entering four men's team - a senior team for the six-stage race, and three veteran teams for the four-stage (see boxes to the right for team and leg details).

If there's enough interest, the club may also enter a ladies' team. Please contact Ladies Captain, Susie MacGregor, if you are interested in running (see page 12 for Susie's contact details).

SGRAC senior men's 6-stage team

Leg	Runner
1	Mark Le Gassick
2	Lewis Chalk
3	John Rawlins
4	Sam Ratzer
5	Andy Simpson
6	Zippy Grice

SGRAC veteran men's 4-stage teams

Leg	Runner
1	Alisdair Ewing
2	Chris Hall
3	Richard Thomas
4	Mike White
1	Mike Bainbridge
2	Ray Gunner
3	Graham Bell
4	Mike Harper
1	Euan McGrath
2	Graham James
3	Nick Crane
4	Dave Jeffery

Preparations for the 2010 Stubbington Green 10k are now underway

WELL, here we go again - we're edging into the final third of the year and that means that the 2010 Stubbington Green 10k is just over four months away.

I'm hoping that 2010 will be another great year for the Stubb 10k and that we can build on the success of this year's race. There's been some talk about introducing chip timing for next year's race, but there's not enough time to get it all set up and there are still doubts within the club about whether or not it's the right move.

Race helpers

As always, the race needs in excess of 100 people to make it work on the day. Therefore, please pledge your support as a marshal or race helper by contacting either myself or Paul Hammond (please see page 12 for contact details). Even if you always help out every year, please don't take it for granted that we'll know you'll be there.

25th anniversary race mug

The 2010 Stubb 10k will be the 25th running of the race - it's amazing I know! To help celebrate this landmark in SGRAC history, it would be great to have a special commemorative mug.

If you have a design that you think would be memorable to mark this special occasion, please can you email it to me as soon as possible, and you could be the one to book your place in the club's history archives! Please can you use only two colours for your design.

Race Director

Unfortunately, 2010 will be my last year as Race Director, and for 2011 we're looking to recruit a new RD. If you'd like to see what needs to happen to make our race tick, please let me know. Full training and support will be on hand and you never know, I might even take on the role of deputy RD!

~ Gary Littlecott ~

Two classic 5-milers to open the new HRRL season

A pair of five milers - the Overton 5 and Victory 5 - are the first two races in this year's Hampshire Road Race League season that gets underway this month.

First, on Saturday 5th September, it's a trip to the north of the county for the undulating, two-lap Overton 5, which is once again the traditional curtain raiser of the new HRRL season. Then, a couple of weeks later, on Sunday 20th September, the league returns to the south coast for the pan-cake flat, single-lap Victory 5 in Portsmouth.

It would be great if SGRAC could get off to a flying start in the HRRL by having a strong contingent of members running at both of these opening fixtures.

The Overton 5 starts at 3pm on the recreation ground, Bridge Street, Overton, and there are also children's races around the park, plus a 2.5 mile fun run. Postal entries are now closed, but entries are accepted on the day between 1pm-2.15pm.

Hit the road jack: Colin Elderfield at Eastleigh

This year, as well as being the opening fixture of the HRRL, the Overton 5 will

also incorporate the Hampshire 5-Mile Championships with a presentation taking place after the race for all age-category winners.

There will also be a presentation for last season's top placed HRRL runners, with Stubbington's Men's Captain, Mark Le Gassick, collecting an award for winning the league.

This year's third HRRL fixture, after the Victory 5, will be the Solent Half Marathon, in The New Forest, on Sunday 11th October. This is always a popular race with a limited number of entries, so make sure that you get your entry in early to avoid being disappointed.

As last year, the HRRL will include the same 12 races with the final fixture - the Netley 10k - once again bringing the action to a close next May. See the box below for a full fixture list for the 2009-10 season.

The fixtures can also be found on the SGRAC website - www.sgrac.net - and on the Hampshire Road Race League website - www.hrrl.org.uk - where you can also find race entry forms, plus a regularly updated link to the current individual and team standings.

This year, SGRAC are in division one for both the men's and ladies' A and B teams, following the men's B team victory in division two last season. Division one is again likely to be a closely fought affair as there is not much between the top five or six teams.

Stubbington's ladies will also need to score well in the eight-to-score HRRL team event because the two teams that won promotion from division two last year - Fareham Crusaders and Eastleigh Running Club - are both very strong.

Individually, it's the same format as last year, with a minimum of seven races required to feature in the final overall rankings. However, you can run more than seven races, with your poorer runs being dropped and your best seven results counting towards the final standings.

If you have any questions regarding the 2009-10 HRRL season, please contact Mike Harper on 07722 870 258, or alternatively, his email him address is theharpers12@hotmail.com. If you could let him know which league fixtures you are able to run this year it would also be appreciated.

Hampshire Road Race League fixtures: 2009-10

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

Fleming Park, Eastleigh and IBM Hursley : fixtures 8 and 9 of the RR10

There was a change of venue for fixture eight of the RR10 series with the race being run around the old golf course at Fleming Park, Eastleigh, instead of the previously advertised location - the Lordswood Fire Breaks.

The league committee felt that it was unacceptable for Forest Enterprise, who manage the land at Lordswood, to be demanding an extortionate fee to use the woods for the race, and therefore decided to switch the event to Fleming Park.

As has been the case throughout the season, another good turn out of 34 Stubbies pitched up at the old golf course at Fleming Park to compete over the 4.2 mile course for the club.

As usual, the leading runners set a fast and furious pace, with Chris Hall leading the green contingent down the fairways, and refusing to get caught in any of the bunkers along the way.

Chris finished in a very good 14th place and was followed in by Lewis Banner (22nd), Ray Gunner (33rd), and Graham Bell (36th). The fast-improving Dave Jeffery put in another solid run, finishing in 44th place, and completing the five-to-score men's team to give them 5th place on the evening.

On another very warm evening, it was Ladies' Captain, Susie MacGregor, who led home the Stubettes with an excellent run to finish in 4th place.

Susie was followed in by Sally McGrath who has run very consistently throughout the series. Sally crossed the line in 20th place, with Lucy May completing the three-to-score team (37th) also giving the ladies' team 5th place in the team results.

RR10 - fixture 8 Fleming Park, Eastleigh

Men *(205 finishers)*

14 Chris Hall
22 Lewis Banner
33 Ray Gunner
36 Graham Bell
44 Dave Jeffrey
45 Mike Harper
53 Euan McGrath
60 Tim Sullivan
62 Nick Crane
86 Paul Hammond
94 Jon Leigh
97 Phil May
105 Marcus Lee
115 Nick Kimber
118 Dan Horscroft
126 Jeremy Meadows
136 Phil Martin
137 Glen Street
150 Gordon Westley
165 Alan White
178 Pete Street
182 John Vose
187 Peter Hutchison
191 Martin Banner
200 Robert Spencer

Ladies *(115 finishers)*

4 Susie MacGregor
20 Sally McGrath
37 Lucy May
46 Georgie Wallis
48 Jane Adlard
59 Jaz Smith
75 Gemma Jones
94 Sarah Martin

Team results

Men

A team 5th
B team 10th
C team 19th
D team 26th
E team 32nd
(32 complete teams)

Ladies

A team 5th
B team 17th
(32 complete teams)

The final standings...

Overall team positions

RR10

Men

1	Southampton Running Club	11pts
2	Winchester District & AC	25pts
3	New Forest Runners	31pts
4	Hardley Runners	33pts
5	**Stubbington Green R & AC**	**34pts**

Ladies

1	Team Southampton	19pts
2=	Eastleigh Running Club	23pts
2=	Winchester & District AC	23pts
4	Southampton Running Club	24pts
5	New Forest Runners	42pts
6	**Stubbington Green R & AC**	**45pts**

SGRAC individual positions (in top 100)

12 Andy Simpson (6th man)
19 Susie MacGregor (8th lady)
40 Mike Harper (12th MV)
43 Ray Gunner (14th MV)
45 Graham Bell (15th MV)
57 Sally McGrath
82 Graham James
92 Tim Sullivan
93 Euan McGrath
95 Nick Crane

THE final race (fixture 9) of the 2009 RR10 season was organised by Winchester & District AC and consisted of three laps (4.2 miles) around IBM Hursley Park. It was another warm Wednesday evening but that didn't stop 36 Stubbies turning out to run.

RR10 - fixture 9 IBM, Hursley Park

Ladies *(128 finishers)*

5 Susie MacGregor
21 Sally McGrath
27 Gill Rose
34 Georgie Wallis
41 Margie Pritchard
54 Lucy May
57 Jane Adlard
77 Jaz Smith
105 Sharon White
109 Sarah Martin

Team results

A team 6th
B team 14th
C team 26th
(39 complete teams)

Men *(225 finishers)*

8 Lewis Chalk
12 Andy Simpson
17 Chris Hall
24 Lewis Banner
38 Ray Gunner
43 Kevin Wheeler
49 Mike Harper
60 Dave Jeffery
63 Tim Sullivan
65 Euan McGrath
70 Nick Crane
74 Tim Crumpton
84 Paul Hammond
100 Nick Kimber
105 Phil May
116 Mike Bell
126 Dan Horscroft
128 Jeremy Meadows
134 Phil Martin
146 Richard Snell
153 Mike Clarke
188 Pete Street
193 John Vose
205 Martin Banner
206 Peter Hutchison
208 Andy Tomlinson

~ see page 9 for team results ~

Greens enjoy day out at New Forest for Tri Champs

by Richard Thomas, Tri Secretary

There was a superb turnout of 23 Stubbie triathletes (plus loads of supporters, cheers guys) at the Concept Sport Southampton Fast Twitch Triathlon that was held at the Applemore Recreation Centre on Sunday 23rd August.

Fine summer weather greeted the athletes for the sprint distance event which included a field of nearly 300 competitors.

The swim was 400 meters (16 lengths of the pool) with waves of between 16-20 competitors starting from 7am onwards. To avoid lane congestion (and the dreaded 'lane rage') start times were based on competitor's predicted swim times which were submitted on entry.

After getting out of the pool, there was a rather slippery descent down the metal stairs of a fire escape to negotiate which led on to the tarmac and grass transition area below.

It was then a case of helmets on, grab your bike, and run to the mount line where you were allowed to mount your steed and pedal out on to the road. After negotiating a couple of roundabouts, and the first of a series of cattle grids, it was out into the New Forest National Park for the 18-mile bike leg.

Once in The New Forest, competitors found themselves sharing the roads with the usual Sunday morning mix of motorcyclists, cars, RVs, caravans, cyclists, cows, horses and ponies. All of these have no road sense whatsoever, particularly the four legged 'obstacles' who seem to delight in ever-so slowly meandering directly into the line of fire!

There was a lovely flat bit down the A35 towards Lyndhurst where it was possible to get up to a speed of over 35mph. There were also a fair number of 'undulations' to negotiate, a cross road, plus a sharp right-hand turn all of which added interest.

Once back into transition, it was quickly off the bike at the dismount line (gosh, wasn't she strict?!), rack up the steed, and then pull on the running shoes before blasting out of the transition area and on to the 3 mile single-lap run course that took competitors through a series of residential streets.

There was a hill at about mile one just to test the legs, followed by a flattish bit that led to a fast descent back to the finish line where a mug awaited the happy finishers.

This was a great, well-organised event and our thanks go to the organisers at Concept Sports and all the marshals and time keepers who made the day safe and such fun.

Judging by the amount of frighteningly expensive kit and the number of seriously toned athletes, this was a high quality field. The sheer number of competitors who were involved, and the vast range of ages illustrates just how much triathlon has grown in popularity over the last few years, and it was brilliant to see so many Stubbies out there doing their thing.

SGRAC fielded a total of 23 athletes which compared well with the numbers managed by other local dedicated triathlon clubs. For example, Salisbury Tri had 11 competitors, Southampton Tri had 10, Hampshire Police Tri had six, and Portsmouth Tri had three.

A special mention must go to Mark Le Gassick for recording the times, and for taking the photos.

If you feel that you should have been there but weren't, just drop me an e-mail - drrichardthomas@aol.com) - so that you can be part of the fast growing and happy band of Stubbie multi-sport enthusiasts.

Well done everyone!

SGRAC Tri Championships - results

	swim/bike/run	total time
Men		
5 Richard Thomas	5.56/48.40/17.40	1.12.16
11Mike White	6.16/48.45/19.08	1.14.09*
26 Noel Charlton	6.15/52.39/19.47	1.18.41
52 Steve Fitzjohn	7.42/54.30/21.48	1.24.00
87 Tim Crumpton	9.00/57.55/21.06	1.28.01
129 Phil May	9.04/60.23/22.23	1.31.50
147 Peter Hailwood	7.42/61.14/24.52	1.33.48**
160 Graham Watts	8.38/59.00/27.59	1.35.37
166 Glen Street	10.25/62.46/23.50	1.37.01
218 John Fairhurst	8.59/71.10/24.10	1.44.10***
Ladies		
106 Susie MacGreg	8.40/60.30/20.31	1.29.41
117 Elly Joyce	6.58/?/?	1.30.54
130 Lucy Simmons	8.10/61.15/22.28	1.31.53
191 Lucy May	6.40/69.13/24.55	1.40.48
192 Jane Adlard	11.00/65.46/24.09	1.40.55
213 Julie Woodman	10.44/64.42/27.47	1.43.13
228 Annie Tomlinson	9.29/72.57/23.12	1.45.38
235 Caroline Street	9.35/89.12/7.27(?)	1.46.14
241Julie Ashman	9.18/68.18/30.14	1.47.50
255 Katherine Reed	8.20/71.58/32.56	1.53.14
265 Tracie Jarvis	11.11/76.20/30.21	1.57.52
268 Caroline Watts	9.29/73.55/35.38	1.59.02
275 Anne Fairhurst	10.35/80.28/33.23	2.04.26****

* 1st male 50-54
** 3rd junior male
*** 2nd male 65 plus
**** 1st female 65-69

The Forestman Triathlon is one tough challenge!

by Richard Thomas

Two SGRAC athletes - Richard Thomas and Noel Charlton - completed the gruelling Forestman Triathlon on Sunday 13th July.

The 2009 event was the second Forestman Triathlon, and this Ironman distance race consisted of a 2.5-mile open water lake swim, a 112-mile cycle, followed by a marathon of which 24 miles were off-road. The race takes place amid the beautiful New Forest National Park, and is one of a series of triathlons, duathlons, and running races that are organised by the excellent team of Richard, Jo, and Paul at Race New Forest.

The race started at 5.30am in Ellingham Lake just as it was starting to get light. However, like most competitors, I was up at 3am to give my breakfast a chance to go down. Rain had set in during the preceding few days and I really felt for those under canvas who had been kept awake by the overnight deluge.

The rain had largely stopped by the time we were all ready to go and this may have been helped by a blessing from the local Baptist minister - I've never known a race to start with a prayer before!

The 2.5 mile swim was three laps of the waterskiing lake at Ellingham; the water was warm and I really enjoyed it. I managed to find a pair of feet belonging to a slightly faster swimmer and hung on for the ride. At this stage I was working slightly harder than I had planned to with my heart rate in the 145-155 range.

I was second out of the lake, had a smooth transition to the bike and was away and pedalling just over 62 minutes after the starter's gun had sounded.

The 112-mile bike course was a three loop affair around the middle of The New Forest. There were no 'killer hills' but plenty of undulations to really take it out of the legs. There was a very strong headwind for the main 'flat bit' which was frustrating to say the least!

During an ironman distance race it's vital to keep hydrated and to fuel up on the bike leg, and I drink one litre of electrolyte, and eat one energy bar every hour which I practice in training. After I had finished the drinks that I had on the bike (I can only carry 1.6 litres), I had to use the fluids provided by the two aid stations.

"Throughout my racing career, I've been blessed by the fact that I've never had to walk in a race before, but this time I just couldn't help it."

This was my first mistake as I should've taken more of my own drink and arranged for it to be at the aid stations. My second mistake was to have a couple of salt tablets on the bike (lesson: don't do something in a race that you haven't tried first in training!)

My third mistake was to go too hard on the bike, my target was to do the 112 miles in six hours. However, I reached the second transition with the fourth fastest individual bike time (5hrs 43mins 49secs), and could definitely feel it in my legs! My plan had been to keep my heart rate between 135-145, but it was more like 145-155 and I'd therefore been at my aerobic threshold at times.

Another smooth transition - into my Stubbie vest and running shoes - and I was out on to the run course. I was delighted to see a Stubbie support crew of Mike White, Susie Macgregor, Debs Masson, and Elly Joyce all cheering me on (thanks guys!)

The run is a 'toughie' - it's mostly off road with plenty of hills, loads of flint and gravel underfoot, and it's very exposed along a ridgeline for most of the way. There's an out and back bit which leads to three loops which means that you get to see your fellow sufferers several times, and can see how you're doing in relation to them.

At this point, I was in fifth place and gradually making up time on the chap in fourth (he eventually won the race). I managed to get up to fourth place but then things started to go wrong big time.

A stitch in my side came and went and then I started to get cramps in my calves going up hills. By the eighth mile I was barely jogging and all the muscles in my legs were cramping.

I saw Wendy and the kids just before the first turn point, and was feeling so awful that I said to her that I didn't think I could finish. Had she said "get in the car!" I would gladly have obeyed, but instead she said "you can do it!", and from that point on I knew that I'd have to continue with what became the most unpleasant four hours of my life!

Throughout my racing career, I've been blessed by the fact that I've never had to walk in a race before, but this time I just couldn't help it. Even walking caused the cramps and I tried gels, water, electrolyte drink, coke *(Ed. I think he means the drink!)* and painkillers to try to stop them. By the end of it all I was vomiting from this unholy combination, and although I was aware that I was being passed by everyone I had stopped caring by now .

Even though the last bit of the run is downhill on the road, I was still unable to do anything other than a 'shambling jog', but I was very glad to finish!

A great event to do. The small field of about 130 starters doesn't really matter and makes it all a bit more intimate. It's also very well organised and marshalled, and it's set in a wonderful location with good support for competitors and supporters alike. I'm even tempted to do it again (I haven't told Wendy yet!) in order to put right all the mistakes that I made.

Forestman Triathlon results

	swim/bike/run
1st man:	
Austin Mills	62.06/5h43.11/3h39.20
Total	*10hrs 28mins12secs*
Stubbies:	
Richard Thomas	62.23/5h43.49/4h41.27
Total	*11hrs 30mins 41secs* 11th overall, 2nd M40-44
Noel Charlton	68.13/6h49.02/4h27.13
Total	*11hrs 45mins 9secs* 17th overall, 6th M35-39

8

"A circular route that takes in part of the South Downs Way"

Fave Run

Name: Peter Hutchison
Route: Beacon Hill, South Downs Way, Wayfarers' Walk
Distance: 5 miles

This is a picturesque countryside run with some superb views across the Solent to the Isle of Wight (photo 1).

In the winter, it can be very muddy in places, making it a good route for improving your stamina. I usually do it anti-clockwise, but either way you start downhill enabling your legs to get used to the idea of another pounding!

1

2

The run starts at Beacon Hill car park, on the west side of the Meon Valley. Head north-west along the road and on to South Downs Way (photo 2) to Lomer Farm (photo 3).

3

Here, turn left off the SDW and along a farm track, which is part of the Wayfarers' Walk. This takes you south, down into a wonderfully quiet valley (photo 4). However, beware of the occasional herd of bullocks (the scene of my fastest 100 yards during the last 40 years!)

4

Following this path (which is just about marked) takes you through Betty Mundy's Bottom (!), and eventually along the centre of a rutted, flinty field. At the end of the field (photo 5), turn immediately left at the fingerpost, uphill, and follow the signed footpath east across a minor road (Sailor's Lane), and through Littleton Copse, where you're likely to come across some local wildlife, such as foxes, deer, pheasant, and buzzard.

5

6

Follow this winding path until it reaches Beacon Hill Lane (photo 6) where you turn left, taking the road back to the car park by running in the field (a 'permissive' path and horse gallop - photo 7) to the west of the road. This last bit is well over a mile uphill without a break, so it will get you puffing! However, there are several pubs on the way home!

7

What's your fave run?

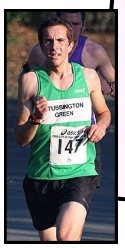
Please send details of the route, distance options, points of interest, plus photographs to Tracie Jarvis (see page 12 for contact details).

Results round up...

August Time Trial (4 mile) - 6th Aug @ 7pm

Dave Jeffery - 24.08
Mike Harper - 24.12
Euan McGrath - 24.42
Susie MacGregor - 25.09
Phil May - 27.13
Tina Chantry - 27.50
Keith Carter - 27.50
Sally McGrath - 28.05
Paul Hailwood - 29.48
Georgie Wallis - 29.56
Margie Pritchard - 29.58
Rick Scott - 30.06
Jaz Smith - 32.38
Andy Lee - 32.39

Promenade 5k Race 3 - 5th August



1st Man: Tom Payn, Winchester & District AC - 14.36
1st Lady: Karrie Blake, Portsmouth AC - 17.37

Stubbies:

Men
5 Mark Le Gassick - 15.54
34 Chris Munro - 18.30
26 Sam Ratzer - 18.42 (5th JM)
105 Zac Conaty - 22.30

Ladies
3 Georgie Gair - 18.43 (1st JF)

Milland Valley Trail Race, Liphook - 2nd August

1st Man: Nicholas Torry, Serpentine RC - 1.21.33
1st Lady: Marie Synnott-Wells, Ranelagh Harriers - 1.40.09

Stubbies:
20 Mike White - 1.33.16
36 Ray Gunner -1.37.51
77 Susie MacGregor - 1.45.55 (5th lady)
102 Jon Leigh - 1.48.55
127 Marcus Lee - 1.52.08
183 Colin Elderfield - 2.00.37
235 Nick Kimber - 2.07.57
266 Paul Hailwood - 2.12.22
306 John Simister - 2.18.40

There were 418 finishers.

Would you like to run at this year's Great North Run on 20th September?

Dave King is offering his number to anyone who would like to run in Newcastle - for free.

Dave says: "I've run the Great North for the past couple of years and if you've never entered before, it's a race you won't forget."

Dave has got an orange number in zone B, so a swift start is guaranteed. If you're interested, you can email Dave at: peekay63@hotmail.co.uk

RR10 - fixture 9 @ IBM Hursley
~ continued from p5 ~

Men's team results

A team 2nd
B team 12th
C team 17th
D team 28th
E team 38th
(39 complete teams)

Everton 10k, Lymington - 23rd August

1st Man: Matthew King, unattached - 33.36
1st Lady: Emma Dews, Bournemouth AC - 38.25

Stubbies:
8 Chris Hall - 37.33
13 Barry Hards - 38.41
50 Jon Leigh - 43.49
55 Paul Hammond - 44.17
204 Eric Beck - 55.32

There were 322 finishers.

The Green Runner: help required

Can you spare a few hours each month to help out with The Green Runner?

The role involves sourcing races for the race diary on page 11. It's fairly painless, doesn't take very long to do, and it would be a very big help!

You will need to be a subscriber to Runner's World (to access the online event finder), and have Microsoft Publisher on your computer, which can be provided if needed.

Full training will be given. Please contact Mark Le Gassick on 07950 505 602, or by email - marklegass@sgrac.net - if you're interested.

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
Thurs 1 Oct	SGRAC time trial	Eric Road, Stubbington	7pm
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 Race Diary

Date	Race	Venue	Time
Sun Oct 4	Julian Farrell 10K	Kings International College, Camberley, Surrey	11am
Sun Oct 4	Alton Downland Challge	Anstey Park, Alton	10.30am
Sun Oct 4	Clarendon Marathon	Godolphin School, Milford Hill, Salisbury, Wiltshire	10.15am
Sun Oct 4	Clarendon 1/2 Marathon	Broughton Village Hall, Stockbridge, Hampshire	12pm
Sun Oct 4	Hoburne 5	Hoburne Park, Hoburne, Christchurch, Dorset	11am
Sun Oct 4	Cricklade 10K	Cricklade leisure Centre, Swindon, Wiltshire	10.30am
Sat Oct 10	Hampshire XC League	Farley Mount, Winchester, Hampshire	1.35pm
Sun Oct 11	Gold Hill 9.5K	Coppice Street, Shaftesbury	11am
Sun Oct 11	Swindon Half Marathon	Pipers Way, Swindon, Wiltshire	11am
Sun Oct 11	Blackdown Hill 4	Lickfold Road, Fernhurst, Haslemere, West Sussex	11am
Sun Oct 11	Steepdown 5	Lancing Manor Leisure Centre, Lancing, West Suxxex	11am
Sun Oct 11	Henley Half-Marathon	Marlow Road, Henley-on-Thames, Oxon	9.30am
Sun Oct 11	Jog Shop Jog 20	Brighton Marina Carpark, Brighton, East Sussex	9am
Sun Oct 11	Solent Half-Marathon	Gang Warily Community Centre, Fawley, Southampton	10am
Sun Oct 11	BMAF 10 mile Champs	Royal Manor Arts College, Weston Road, Portland	11am
Sat Oct 17	GRIM Duathlon 30K	Fleet Road, Aldershot	10.30am
Sun Oct 18	Fullers Denmead 10K	Denmead, Portsmouth	10.30am
Sun Oct 18	Peter Driver 10K	Harlington Way, Fleet, Hampshire	10.30am
Sun Oct 18	Tadley Runners 10	Hurst Community College, Brimpton Road, Tadley	10am
Sun Oct 18	B'mouth Seafront 10K	Bournemouth	11am
Sun Oct 18	Salisbury Half-Marathon	Salisbury Fire Station, Ashley Road, Salisbury	11am
Sat Oct 24	Weymouth 10	The Esplenade, Weymouth	10.30am
Sat Oct 24	Beachy Head Marathon	Duke's Drive, Eastbourne	9am
Sun Oct 25	The Stickler 10.1	Shillingstone, Blandford Forum	10.30am
Sun Oct 25	BUPA Great South Run	Southsea, Portsmouth	10am
Sun Oct 25	Beckley 10K	Rye, East Sussex	11am
Sun Nov 1	Dash Back 10K	Boscombe, Bournemouth, Dorset	11am
Sun Nov 1	Salisbury 10K	Tedworth House, Tidworth, Salisbury	10.45am
Sun Nov 1	Loseley 10K	Loseley House, Guildford	10am
Sun Nov 1	Barns Green1/2 Marathon	Barns Green Village, Horsham, West Sussex	11am
Sun Nov 1	Over the Hills 12K	Pound Lane Pavillion, Bradford on Avon	10am
Sat Nov 7	Coastal Trail Series S'ge 1	Charmouth, Dorset	9am
Sat Nov 7	Autumn Duathlon 8/24/8	Box Hill, Dorking	8am
Sun Nov 8	Bexhill Poppy 1/2 Marathon	Bexhill Seafront, Bexhill on Sea, East Sussex	12.30
Sun Nov 8	Sussex Obstacle Dash 10K	Ardingly, Haywards Heath, West Sussex	9am

The Stubbington Noticeboard

September's Training Programme

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

Tuesday 1st - 4 mile Time Trial, Eric Road - Gilbert is timekeeper

Thursday 3rd - Beach session - Phil

Tuesday 8th - 6 x Titchfield rollers, recovery on the down bits - Phil

Thursday 10th - 5k race pace 4x6mins, 2mins recovery between runs - Mike B

Tuesday 15th - Fartlek at Locks Heath - Chris

Thursday 17th - Beach session - Phil

Tuesday 22nd - Titchfield fig of 8 - Mark

Thursday 24th - 6 x Cuckoo Lane 1k (300m) - Mike H

Tuesday 29th - 3x1 5 Tempo pace at 'red path' - Mike W

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.

3rd Sep - Stubbington - TT or 12x350 (1min)
10th Sep - Locks Heath - 4 x rollercoasters
17th Sep - Stubbington - 4x2mins (2mins)
24th Sep - Locks Heath - 12 short hills

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... ...

Chairman: Chris Hall
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Tel: 02392 355498.
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Secretary: Paul Hammond
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Treasurer: Neil Jarvis
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Stubbington 10k race director: Gary Littlecott
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Welfare officer: Mike Clarke
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Race entry forms: Di McEwen
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