The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC
Nov/Dec 2009

SGRAC celebrates 25th road race anniversary

In January, Stubbington Green Runners & AC will celebrate a landmark occasion in the club's illustrious history - the 25th anniversary of its annual road race. Since 1986, the club has held a race every year and, over the years, it has become known as one of the best organised and friendliest running events on the south coast. To maintain this enviable reputation, Race Director, Gary Littlecott, needs your help and support to ensure that the 2010 race - our anniversary year - is a runaway success.

After months of planning, the 2010 Stubbington Green 10k is now starting to come together following what can only be described as a race director's biggest nightmare.

Unfortunately, in September, Richard Dean, who has produced the race results for us for many years, had a heart attack, and will be out of action for some time.

Therefore, at very short notice, I've had to find someone else to do what Richard does, which hasn't been an easy task! I would like to wish Richard a full and speedy recovery, and I hope that he's back on his feet in the near future.

Our next pending crisis is the postal strike, which could potentially have a big impact on getting race numbers sent out in time for the race. If push comes to shove, we may have to run a couple of self collection days at Crofton Community Centre before race day.

Race helper's meetings

As last year, the two race helpers meetings will again be held at Crofton Community Centre. If you're marshalling, it's absolutely imperative that you attend one of these meetings so that you are fully aware of what will happen on race day, and to ensure that you know what your role involves. You'll also need to collect your marshalling bib. At the time of going to press, the dates of the race helper's meetings are yet to be decided, but please keep an eye out for confirmation.

Line up: Stubbies await the gun at the 2007 Stubb 10k

Race day partners

This year, we have two new partners for race day - Alton Sports, the north Hampshire running kit specialist and Titchfield Haven Nature Reserve. Alton Sports have agreed to supply prizes and kit items at SGRAC events throughout the coming year. If there's anything that you think may help to enhance an event within the club, please let me know and I'll arrange it with Alton Sports.

Titchfield Haven Nature Reserve will also be joining us for 2010. The new course passes along the seafront by the nature reserve and, on race day, the tea rooms have agreed to offer discounted refreshments to supporters, plus an excellent spectator view point at just beyond the half-way mark.

Race helper's race

The date of the race helper's 10k is still to be confirmed. However, if you can make it, please come along to run. As usual, there will be lots of prizes on offer. We'll also need two marshals for this race, so please let me know if you're interested.

Finally, please remember that the Stubbington Green 10k is our club's big focal point of the year. Over the past 25 years, with a lot of effort and hard work from club members, we've been able to establish a reputation for putting on expertly organised road races.

However, we need to continue to uphold and build on this reputation which is only possible with your involvement and support on the day. Without your co-operation, we won't be able to continue to be as successful as we've been over the past quarter of a century - so be proud to be a part of it! **See page 2 for more details about volunteering to help out.**

Did you know?

In 1986, the first Stubbington road race was run over a distance of seven miles. The Stubbington Green 10k was introduced in 1987 and has been run every year since, making the 2010 race the 24th consecutive Stubbie 10k.

Time to get your tickets for the SGRAC annual awards night dinner

The annual SGRAC awards night dinner is now just under a month away! This important event on the club's social calendar takes place on Friday 27th November at the Titchfield Community Centre at 7pm.

Tickets for the annual extravaganza have been selling quicker than hot cakes, with over 70 tickets being snapped up within 10 days of going on sale. Therefore, to avoid disappointment, please book your tickets now. Tickets cost £21 each.

To book your tickets, go the SGRAC home page (www.sgrac.net), click on the link of the first news item, and complete the booking form. You can either pay via the website, using PayPal , or you can print the form out and post it to Kathy McKain, along with a cheque made payable to **Stubbington Green Runners** *(see page 14 for Kathy's address details)*. If you need a form printed, please contact a member of the social committee *(see page 14)*.

Wine pre-ordered at the time of booking will cost £5 a bottle. The bar will be open on the night, but please note that wine purchased at the bar will start at around £11 a bottle.

SGRAC annual awards night dinner

~ Menu ~

Chicken and mushroom curry, rice and popadoms
Vegetarian lasagne
Tagliatelle carbonara
Fish pie topped with creamy chive mash
Moroccan chicken served with cous cous
Fruity vegetarian curry

All dishes served with a choice of mixed salad tossed in French dressing, Caesar salad, and a brown or white roll

Raspberry crème bruleé
Coffee

Before the evening, please make sure that you take a few minutes to vote for the SGRAC club members who you feel would make worthy 2008/9 award winners. Details of the nominees in each category can be seen on the website (www.sgrac.net), as well as on pages 2, 4, and 5 of October's Green Runner. Please email your choices to Club Secretary, Paul Hammond - pjh669q@btinternet.com

Volunteers needed to help out at the Stubbington 10k on Sunday 10th January

by Paul Hammond, Club Secretary

It's that time of year again when our thoughts turn to the logistics of organising the Stubbington Green 10k. Every year we struggle for marshals even though we have a large membership base.

I know it's not everyone's cup of tea, but think of the embarrassment for Gary and the club if we had to cancel the race due to not having enough manpower around the course to satisfy the ever-growing health and safety concerns of the council and the police. Without enough volunteers to help on the day, it's a very real possibility.

This year, on race day there were 282 club members - 45 ran in the race, and 112 marshalled. We actually needed 140

marshals and helpers on the day which meant that 20 per cent of those who volunteered were not club members, but family and friends. And, unfortunately, we had to drop one marshalling position on the day as a result of a late withdrawal and no reserve.

Volunteering to help out with the race doesn't have to mean standing out in the cold on Posbrook Lane, there's plenty of other things to be done on the day, such as manning the kit stand in the sports hall at Crofton Community Centre, and helping Di to prepare the post-race refreshments in the kitchen.

However, if you do opt for a marshalling role, and you've never marshalled before, it will give you a totally different perspective on a road race. So go on, give it a go!

Please contact Gary Littlecott, or Paul Hammond, as soon as possible if you'd like to help out and remember to let them have a contact phone number. See page 14 for both Gary's and Paul's contact details.

Did you make the top 50 in the SGRAC Running Championships?

by Mark Le Gassick

It started back in September 2008 with the Overton 5, and incorporated the Hampshire Road Race League, the Hampshire Cross-Country League, the Wessex Cross-Country League, the Today's Runner league, the cross-country championships, the RR10s, and the club time trials. And, over the past 13 months, the SGRAC Running Championships has encouraged more members than ever to pull on the infamous green vest and represent their club.

SGRAC Running Champs 2008/9: The final standings

1.	**Mike Harper**	**283**
2.	**Georgie Wallis**	**252**
3.	**Phil May**	**231**
4.	**Andy Simpson**	**195**
5.	**Jaz Smith**	**188**
6.	Margie Pritchard	175
7.	Mike Bell	165
8.	Nick Crane	155
9.	Gordon Westley	145
10.	John Blake	139
11.	Lucy May	135
12.	Susie MacGregor	125
13.	Robert Spencer	120
14.	Jon Leigh	115
15.	Andy Lee	112
16.	Tim Crumpton	110
17.	Sally McGrath	107
18.	Penny Forse	105
19.	Jane Adlard	105
20.	Mark Le Gassick	101
21.	Chris Hall	100
22.	John Simister	93
23.	Graham Bell	90
24.	Ray Gunner	90
25.	Richard Snell	88
26.	Nick Kimber	85
27.	Paul Hammond	85
28.	Paul Hailwood	85
29.	Eric Beck	80
30.	Alan White	75
31.	Daniel Gueran	75
32.	Tim Sullivan	75
33.	Mike White	70
34.	Richard Simms	70
35.	Keith Carter	70
36.	Rowena Dodds	70
37.	Gill Rose	69
38.	Keith Whittaker	65
39.	Glen Street	65
40.	Kevin Wheeler	62
41.	Gary Littlecott	60
42.	Marcus Lee	60
43.	Dan Horscroft	58
44.	Graham James	55
45.	John Vose	55
46.	Euan McGrath	55
47.	Rick Scott	55
48.	Annie Tomlinson	55
49.	Zac Conaty	52
50.	Dave Jeffery	51

After one year and one month, the 46th and final event of the SGRAC Running Championships - the October time trial - has been run, the final points have been awarded, and the final standings have been calculated *(see table to the left for the top 50 rankings)*.

And, after a closely fought contest, the SGRAC Running Championships champion is none other than the inexhaustible Mike Harper who has managed to amass a colossal, chart-topping 283 points! Mike ran all 12 of the HRRL fixtures, all five of the Today's Runners, and all eight RR10s to pick up extra bonus points along the way - a superb effort, many congratulations!

Like Mike, Georgie Wallis, ran all 12 HRRL fixtures and all five Today's Runners, plus six of the RR10s, which enabled her to finish in second place with an excellent final tally of 252 points. Phil May, who led in the early stages of the competition and just beyond the half way point, finished in a clear third place with a superb 231 points.

Andy Simpson placed fourth with 195 points, and a late surge up the leaderboard enabled Jaz Smith to claim fifth place, just in front of Margie Pritchard, with a score of 188 points. Well done to the top five members, who will be receiving their prizes at the annual awards dinner at the end of November, and to everyone who finished in the top 50.

The great thing about the SGRAC Running Championships is that you don't need to be able to accelerate like Usain Bolt, or have the speed endurance of Haile Gebrselassie in order to take part.

That's because the club champs are not about how quickly you run, or how high up the field you finish in a race, they're about encouraging members to train regularly and progress with their running, as well as recognising the valuable contribution that all members make by representing the club at events across the region.

As last year, the 2009/10 SGRAC Running Championships will incorporate the HRRL, the Hampshire, Wessex, and Today's Runner cross-country leagues, the Hampshire, southern, and national cross-country championships, the RR10 mid-week summer league, and the club time trials that start in April 2010.

For a reminder of the competition rules, and for the latest standings in the 2009/10 champs, just click on the link below: http://www.sgrac.net/html/leaderboard.html.

Alternatively, you can go to the 'leaderboard' page of the website by clicking on the link on the left-hand side of the homepage.

Thank you to everyone who supported MacMillan Cancer Support

I've received letters of thanks and appreciation from MacMillan Cancer Support for the money that was raised by Stubbington club members at January's Stubbington Green 10k, at the MacMillan Mile in May, and at the 6-5 Special in July. Many thanks to everyone who supported these charity events.

~ Jenny Hearndean ~

Strength in depth pays off as SGRAC stay top of the HRRL

by Mike Harper and Mark Le Gassick

Following our fantastic start to the HHRL season at the Overton 5 and Victory 5 in September, the third league race, October's Solent Half Marathon, proved to be another very successful day for the greens.

For the men, there was a great turnout at Gangwarily, with 18 guys running on a weekend when we also had 14 running at the first Hampshire Cross-Country League fixture at Farley Mount, near Winchester.

First across the line for SGRAC was Lewis Chalk in a time of 1hr 17mins 5secs in his last race before the New York Marathon at the beginning of November. Making up the four-to-score team was Graham Bell (1.21.50), Mike White (1.22.25), and Club Chairman, Chris Hall (1.23.05).

The four scorers for the B team were Mike Harper (1.23.22), Ray Gunner (1.27.50), Tony Smith (1.29.03), and Kevin Wheeler (1.32.33). As a result of strong running all round, and with closely packed finishing times, SGRAC's men now head both the HRRL A and B leagues.

Mike Harper and Ray Gunner

There were also a number of other good performances on the day with Phil Martin (1.36.50) finishing strongly and looking in good shape for the Great South Run at the end of October, and Paul Southon and Alan White both comfortably crossing the line in under two hours (1.59.07 and 1.59.08 respectively).

For the ladies, a hatrick of half marathon personal bests from Susie MacGregor (1.30.54), Annie Tomlinson (1.40.52) and Georgie Wallis (1.43.00) resulted in our A team coming home in fourth place on the day, and just finishing ahead of Eastleigh Running Club by a single point. This means that SGRAC are now in second overall in division one, just behind Eastleigh.

Green team: 24 Stubbies made it a strong Solent Half Marathon for the club

There was also success for the ladies B team who moved to the top of the B league again, finishing just ahead of Fareham Crusaders and Southampton Running Club. Georgie Wallis (1.43.00) and Tina Chantry (1.43.02) paced the race well together, and Sally McGrath (1.49.26) stepped in to complete team, just a week after running the tough Clarendon Half Marathon. Jaz Smith also ran well, pulling away from a large group of runners on the last hill to finish well inside the two hour mark in 1hr 57mins 1second.

Overall, it was another very good day for the greens in the HRRL with a strong turnout and, in terms of quality, plenty of strength in depth.

Let's try to keep this fantastic start going. As always, I'm sure that we'll be very strong at our own club 10k in January, so we need to try and keep the momentum going at the two fixtures in November.

The Lorshill 10 is on 1st November, and the Gosport Half Marathon takes place on 15th. Both races are run over fast, flat courses, so hopefully we should see some more good performances from the greens!

SGRAC results

HRRL: Solent Half Marathon

Men

6 Lewis Chalk 1.17.05
21 Graham Bell 1.21.50 (7th V40)
22 Mike White 1.22.25 (3rd V50)
25 Chris Hall 1.23.05 (3rd V45)
26 Mike Harper 1.23.22 (4th V45)
46 Ray Gunner 1.27.50 (8th V45)
59 Tony Smith 1.29.03
94 Kevin Wheeler 1.32.33
97 Tim Crumpton 1.32.50 (13th V50)
120 Marcus Lee 1.35.41
130 Phil Martin 1.36.50 (27th V45)
152 Colin Elderfield 1.40.04 (28th V40)
155 Keith Carter 1.40.15 (30th V45)
197 John Simister 1.48.59 (29th V50)
233 Aitken Hunter 1.56.39 (32nd V50)
242 Paul Southon 1.59.07 (40th V45)
243 Alan White 1.59.08 (36th M50)
215 Robert Spencer 2.00.15 (38th V50)

273 finishers

Ladies

9 Susie MacGregor 1.30.54 (3rd V40)
20 Annie Tomlinson Tina 1.40.52 (4th V40)
28 Georgie Wallis 1.43.00 (7th V45)
29 Tina Chantry 1.43.02 (7th F35)
27 Sally McGrath 1.49.26 (9th F40)
69 Jaz Smith 1.57.01 (14th V35)

129 finishers

So Farley, so goody!

by Phil May and Mark Le Gassick

SGRAC had a very good start to the Hampshire Cross-Country League at Farley Mount, near Winchester, with a total of 20 members running - 14 men and six ladies.

The ladies were the first to tackle the hilly course that formed part of the Clarendon Way Marathon that took place the previous week *(see the race report on page 8)*. The two-lap race was run over a distance of six kilometres.

The first Stubbington lady home was talented youngster Georgie Gair who, in a high quality field, finished in an excellent 29th place in a time of 24mins 23secs. Second across the line for the greens was Georgie's coach, Penny Forse, in 57th place and stopping the clock on 26mins 50secs.

Margie Pritchard completed the three-to-score ladies' team in 27.36 (63rd), and she was closely followed in by Lucy May in 28.13 (74th) who has recently started to train more consistently at the Tuesday and Thursday night club sessions. Jaz Smith and Sharon White completed the ladies' B team with times of 31.20 and 35.32 respectively.

As usual, the men's race was run over the same course as the ladies race, but included an extra lap, taking the distance up to just under the 10-kilometre mark. For SGRAC, Zippy Grice was first across the line in 38th place in a time of 31mins 49secs. Just 10 places behind Zippy, and making his début for the greens, was Elliot Vernon in 32.26.

Elliot is the younger brother of Andy who runs second-claim for Stubbington and is also a Great Britain international *(See p8 of April's issue of The Green Runner to read about Andy's rise from Stubbington's junior ranks)*. With an obvious abundance of natural running talent in the Vernon family, Elliot, like Andy, will no doubt prove to be a great asset to SGRAC in the future.

Not far behind Elliot, Andy Simpson finished in 53rd place (32.39), with another débutant, Wayne Ewans (35.32), being joined by Dan Gueran (36.13) to complete the five-to-score team. The team finished in second place in division two just behind Poole Runners.

Chris Hall, Graham James, and Euan McGrath all had good runs to kick-start their off road season and, in a final sprint to the line, Phil May just managed to hold off John Gueran, with both runners comfortably finishing inside the top 200 in 39.20 and 39.22 respectively.

Green goddesses: Stubbettes in full flow at Farley Mount

Natural talent: Elliot Vernon

HXCL: Farley Mount

Men	Ladies
38 Zippy Grice	29 Georgie Gair
49 Elliot Vernon	57 Penny Forse
53 Andy Simpson	63 Margie Pritchard
109 Wayne Ewan	74 Lucy May
123 Dan Gueran	95 Jaz Smith
143 Chris Hall	109 Sharon White
149 Graham James	*114 finishers*
172 Euan McGrath	
182 Phil May	**Team results**
183 John Gueran	
201 Mike Bell	Seniors - 12th
214 Steve Martin	Vets - 5th
241 Gordon Westley	
269 Keith Whittaker	
278 finishers	

Team results

Seniors - 2nd (division 2)
Vets - 6th (division 2)

The Today's Runner cross-country league gets underway on Sunday 8th November

NOVEMBER sees the start of the Today's Runner cross-country league, with the first fixture taking place on the morning of Sunday 8th at 11am.

This year there are seven Today's Runner fixtures in total, with the second race, at Pamber Forest, Tadley, being held on Sunday 22nd November. As usual, the final race of the series will take place at Staunton Country Park on Sunday 14th March 2010.

Most race distances are between four-and-a-half and five miles, and the terrain is varied, with some courses being hillier than others. Off road shoes - either spikes or studs - are recommended, and a club vest must be worn in order to be counted for your club.

If you have any questions about the TR league, please contact John Tussler on 02392 347962, or by email: john_tussler@hotmail.com.

A complete fixture list and details of the venues can be found on the SGRAC website: www.sgrac.net/html/cross-country.html.

Stubbington Green back in action at the Southern Road Relay Championships!

Sam Ratzer: senior, leg 4

After an absence of three years, SGRAC returned to Rushmoor Arena, near Aldershot, for the annual Southern Road Relay Championships.

In warm conditions and up against a very high standard of competition, the club acquitted itself well over the deceptively undulating 6 kilometre, two-lap course.

The winners in the senior six-stage race were Aldershot Farnham & District A in a time of 1.49.28, with Herne Hill Harriers A taking victory in the vets four-stage race in 1.19.33.

SGRAC vet team 1 - 4 x 6km

Leg

1	Chris Hall - 21.20
2	Mike White - 22.11
3	Alisdair Ewing - 22.16
4	Dave Jeffrey 21.52

Finishing time - 1.27.39
15th out of 69 complete teams
(all age categories)

Mike Harper: vet 2, leg 4

SGRAC senior team - 6 x 6km

Leg

1	Mark Le Gassick - 19.17
2	Lewis Chalk - 20.44
3	Graham Bell - 22.05
4	Sam Ratzer - 22.36
5	Andy Simpson - 21.07
6	Zippy Grice - 20.49

Finishing time - 2.06.38
48th out of 78 complete teams

Dave Jeffrey (front) & **Jon Leigh** (back)

SEAA
www.seaa.org.uk

SGRAC vet team 2 - 4 x 6km

Leg

1	Euan McGrath - 22.38
2	Ray Gunner - 22.51
3	Mike Bainbridge-24.33
4	Mike Harper - 23.13

Finishing time - 1.33.15
29th out of 69 complete teams
(all age categories)

Zippy Grice: senior, leg 6

SGRAC vet team 3 - 4 x 6km

Leg

1	Nick Crane - 23.53
2	Mike Clarke - 28.19
3	Jon Leigh - 25.05
4	Phil May - 24.55

Finishing time - 1.42.13
50th out of 69 complete teams
(all age categories)

Photos taken by Mike Clarke and Phil May

Senior moment: Mark Le Gassick gets the action underway for the seniors

Another great triathlon event down at Sandy Balls!

On a cool, late September morning, six Stubbie triathletes started The New Forest Middle Distance Triathlon at Ellingham Lakes, near The New Forest.

Competitors and spectators joined in the countdowns for the 7am start for the first wave, followed by the second wave eight minutes later.

The bike course was held over mostly minor New Forest roads, with ponies, foals, donkeys, pigs, pubs (which were closed!), and glorious views over the heath land.

There was a slight hold up at one point while a horse standing in the middle of the road took a drink from a water-splash! The run was mostly off road and followed the same scenic, hilly course as the aptly named 'Heartbreak Half'.

First home for the Stubbies was John Williams making his impressive triathlon début. He was followed by John Fairhurst

Tri-umphant: John F, Julie, and Jane

who, being 10 years older than any other competitor, won his age group unopposed.

Despite the trauma of suffering a puncture and the ensuing 20 minute delay, Jane Adlard recorded a good time, with Julie Ashman finishing strongly well clear of the final cut-off.

Unfortunately, a navigational error meant that Tracie Jarvis missed the bike cut-off, and Richard Thomas after posting excellent swim and bike times, had to withdraw on the run due to the return of a calf injury.

The race was well organised by the Race New Forest team, with friendly marshals and plenty of food at the finish. The support from Stubbies, relatives, and friends, both on the course and at the finish, gave everyone a terrific boost. Overall, it was a really enjoyable event.

New Forest Middle Distance Triathlon

Swim 1.9km, cycle 90km, run 21km

1st man: James Gilfillan - 4hrs 24mins 55s
1st lady: Jayne Parker - 5hrs 28mins 42secs

Stubbies:

213 John Williams - 6.34.48 (32nd M 30-34)
269 John Fairhurst - 7.02.53 (1st M60+)
302 Jane Adlard - 7.34.45 (11th F40-44)
311 Julie Ashman - 7.55.52 (13th F 40-44)

Tracie Jarvis - dnf
Richard Thomas - dnf

Keith recommends fish 'n' chips after a 56 mile run

The London to Brighton Run, that this year took place on Sunday 20th September, is a 56 mile (90km) ultra-distance running event.

The race starts at Blackheath, London, and passes through some beautiful countryside in the counties of Kent, Surrey, and Sussex (including the coastal city of Brighton).

The course is a tough mix of terrain that incorporates road sections, trail paths, plus many killer hills. There are five checkpoints along the route, but runners are required to map read and navigate their own way.

Overall, the London to Brighton Run is a very difficult challenge, which is not for the faint hearted. In fact, the race is so tough that it's recently become an official qualifier for the Mont Blanc North Face Ultra.

Keith Whitaker was the only SGRAC member who was brave (or mad) enough to take on this year's London to Brighton Run. Below, Keith describes how it went:

"The starters shout went off at 6am in the dark and cold. However, the weather was good for the rest of the day, particularly for the spectators!

Runners were well supported by the organisers - Extreme Running - who supplied food and water four times along the route. It was a good day out albeit for the fact that it took me 22 minutes to get to the top of Ditchling Beacon over a very rocky dried up water way!

My family, back in Locks Heath kept any eye on my progress online using the supplied tracker, so they knew what time to leave to bring me home (it was very dark by then!)

To be given an official finishing time, runners had to be in under 13 hours but, what the heck, I still got my medal and finisher's T-shirt!

Keith Whittaker

On the way back, we stopped at Mother Kelly's, in Portchester, at 10.45pm, and I can honestly say that fish and chips have never ever tasted so good; in fact, they were even better than the previous best after the spring handicap!"

Well done, Keith, 56 miles - what an amazing achievement!

London to Brighton Run

1st man: James Tomlinson - 8hrs 42mins 40secs

1st woman: Nicki Brantley - 9hrs 51mins 5secs

*157 runners crossed the line inside the 13 hour cut-off

Stubbies soak up autumn sun along the Clarendon Way

Conditions for the Clarendon Way Marathon (and half) on Sunday 4th October were almost perfect, with plenty of autumn sunshine, mild temperatures, no rain, and little wind to speak of.

The Clarendon Way, which links Winchester and Salisbury, is a beautiful setting for a race, with runners passing through ancient woodland, picturesque country villages, and enjoying spectacular views across wide, open down lands.

As well as individual full and half marathon options, there was also a team relay, giving the event a great club atmosphere. A total of 24 Stubbies took part in the race, with no less than five SGRAC teams running in the relay (four in each team).

In the individual events, Euan McGrath took on the full marathon distance, and Dave Jeffrey, Nick Crane, Sally McGrath, and Nick Kimber (who also ran in the relay) all ran in the half marathon.

Say cheese: some of the Stubbies who ran in the Clarendon Way

Clarendon Way results

Marathon

1st man: Matthew King, unattached - 2.53.41
1st lady: Barbara Hosack, Winchester & District AC - 1.29.09

Stubbie:

13 Euan McGrath - 3.14.42 (5th)

Half marathon

1st man: Darron Jones - 1.21.41
1st lady: Barbara Hosack, Winchester & District AC - 1.29.09

Stubbies:

9 Dave Jeffrey - 1.28.03 (3rd in his category)
37 Nick Crane (5th V50) - 1.36.42
108 Nick Kimber - 1.48.55

41 Sally McGrath (9th vet 40)

There were 466 finishers.

Relay results

1st team: Winchester & District AC - 2.42.14

Stubbies:

13 Stubbington Green Amigos - 3.14.51
(Nick Kimber, Marcus Lee, Jon Leigh, and Annie Tomlinson)

24 Greenhounds - 3.31.33
(Richard Snell, Julie Woodman, John Blake, and Dan Horscroft)

25 Stubb IV - 3.32.58
(Margie Pritchard, Gill Rose, Richard Simms, and Paul Hammond)

37 Stubbington V - 3.46.08
(Verity Wright, Karen Dean, Jane Adlard, and Tim Sullivan)

54 Stubb Stars - 4.01.22
(Tracie Jarvis, Jaz Smith, Phil Martin, and Peter Street)

There were a total of 91 teams.

SGRAC club kit

FOR SGRAC club kit, please see John or Ann Blake who are usually at training on Monday nights at Whiteley, Wednesday nights at Stubbington, and at Glen's speed sessions on Thursdays.

The new SGRAC vest is available in a wide range of sizes and is priced at £14. Some of the men's and ladies' older style vests are also still available in a variety of sizes (£14). The old style vests won't be replaced after the remaining stock has been sold, so if you'd like one you'll need to get in fast. Other items of kit that are available include:

* **Green long-sleeved training tops - £16**
* White long-sleeved training tops - £19.50 (small and medium)
* **Green SGRAC T-shirts - £7 (small, medium, large, and extra large)**
* Fluorescent yellow safety bibs - £7
* **Small black fleece - £17 (one left)**
* Large black knee-length shorts, like cycling shorts - £15 (one pair left)
* **Medium green and black knee-length shorts - £15 (one pair left)**

See the web site - www.sgrac.net/2009/html/club-kit2.html - for a full list of club kit that's currently available.
If you have a kit request, please contact John Blake on 023 9255 2713, or send him an email - blakejohn@btinternet.com.

A festive theme for the SGRAC winter handicap

by Tim Sullivan

The popular handicap run returns on Sunday 6th December - this time with a festive spirit! Starting and finishing at the junction between Hook Park Road and Cowes Lane (just outside Nick Kimber's house in Warsash), this is a circular, flat course along road, gravel tracks, and through fields and woods around the Solent Breezes and Warsash Common areas.

The route may be muddy and slippery in places with tree roots set as traps throughout the woods! The course is almost exactly 10km and the aim, as usual, is to finish as close as possible to 11.30am. Christmas fancy dress is encouraged for this fun run - just how many Santas can there be I wonder?! There will be prizes for the winning male and female, and for best male and female fancy dress. The cost will be £1 to enter on the day which will cover the mulled wine and mince pies that will be served from Nick Kimber's driveway!

The detailed route is described below. Don't forget to reccie the route, and absolutely no watches, GPS, or other forms of skulduggery on the day!

1. Start at the junction of Hook Park Road and Cowes Road heading east along Hook Park Road (which soon becomes a gravel track) toward Hook village.

2. After about half mile, turn right onto the signed footpath. Follow this grassy footpath, crossing over 4 sties. Immediately after the 4th sty turn left onto another footpath.

3. Follow this path around the perimeter of the field keeping the barbed wire fence on your left.

4. When you reach a sty and 5 bar gate, turn left onto a gravel track. Run past a white house and green post box and keep going until you reach a metal kissing gate.

5. After the kissing gate, turn left at the path /gravel track junction.

6. When the track joins the road (Chilling Road), keep heading east (this is straight on, do not turn right and run into Solent Breezes Caravan Park).

7. At the next road / track junction, turn right and head south along the track towards Chilling Barn. Follow the track as it turns eastwards and into Chilling Fields. Keep to the left around the outside of the field.

8. At the end of the field just after it bears right, turn left along a path that takes you past a lake on your left. Do not jump over the log barrier across the Chilling Field path which would take you down to the sea.

9. At the next wooden gate, go through the V shaped crossing and turn immediately right at the post with a number 2 in black paint on it. Follow this narrow, probably muddy path towards the sea.

10. When you reach the sea please don't keep going south, (Chris Hall to note)!! Turn west and head back along the coastal path towards Solent Breezes caravan site.

11. When you reach the end of Chilling Fields, run into and through Solent Breezes Caravan Park, passing boats on your left, up a slope onto a road, past the reception on your right then turn left at the 'Breezes Bar'.

12. Run to the rear (seaward) of the Breezes Bar then, carefully, go down the steps to the pebbly beach. Run westwards along the beach for a short distance and then back onto the coastal path towards Warsash.

13. Follow the coastal path into the mouth of the river Hamble and head towards the Warsash School of Navigation. When you reach a wooden barrier, go straight on (not left and along the waterside path).

14. Follow the footpath as it winds round the Warsash College (to your left). When you reach Newtown Road, turn right and continue along Hook Park Road.

15. After about 400m and when running up a slight hill, turn left onto the footpath/ gravel track at 'Bridge House'.

16. Follow the path into Hook with Warsash Nature Reserve and follow the path through the woods which initially bears left.

17. Eventually the path takes you to a wooden gate. Go through the gate and onto a main path, turn right and head slightly uphill for about 30m.

18. At the path / track junction, turn right. You are now back on the track that leads onto Hook Park Road.

19. Head westwards along the track until you reach the Hook Park Road / Cowes Lane junction and the finish. A kindly club member will record your time.

20. Grab a mulled wine and mince pie to keep yourself warm and cheer the rest of the runners home. Fingers crossed for the closest time to the 1130 finish!

Mo Farah becomes the first British athlete to win the BUPA Great South Run since 1996

For once, the rain held off for the BUPA Great South Run as 13, 633 runners took to the windswept roads of Portsmouth and Southsea.

A brilliant tactical run by Mo Farah resulted in the Great Britain international taking victory by a single second from South African, Stephen Mokoka. A fast start by Mokoka and Luke Kibet, who was pre-race favourite and the winner of the GSR in 2007, enabled the African pair to open up a significant gap during the first half of the race.

However, shortly after 10k, Farah started to close in on Kibet who by then had fallen off the pace slightly, and he soon caught and passed him before starting to make inroads into Mokoka's lead.

By mile nine, Farah and Mokoka were level and engaged in a tense battle as they fought against gale force winds coming off the Solent. Over the years, this has become a familiar feature of the race between mile eight at Eastney, and the finish at Southsea.

In a thrilling climax, Farah waited until the last 150m before making his final sprint for the line. However, Mokoka hung on and fought back, losing out in the end by one second to Farah, who crossed the line in 46mins 25secs. As last year, Luke Kibet was third in 47mins 16secs.

In the ladies' race, a dominant piece of front running by Ines Monteiro resulted in victory for the Portuguese athlete, who crossed the line in 52mins 32secs. Fellow countrywoman, Ana Dulce Felix was second (53.58), and Australian Benita Willis, who won the GSR in 2004, was third (54.41). *SGRAC's results: p10*

Results round up...

King Alfred's Torment - 12th September

Distance: Seven 'Irish' miles

1st Man: Michael Towler, Avon Valley Runners - 45.29
1st Lady: Diane Hier, Warminster Running Club - 53.10

Stubbies:
28 Beverley Hards 55.45 (2nd lady)
31 Paul Hammond 56.13 (6th V50)

There were 150 finishers.

September TT (4 mile) - 1st Oct @ 7pm

Leiws Chalk - 21.54
Andy Simpson- 22.01
Van Powluk - 22.49
Mike Harper - 24.38
Tim Crumpton - 25.42
Kevin Wheeler - 26.00
Mike Bell - 26.19
Phil May - 27.03
Dan Horscroft - 27.21
John Blake - 27.42
Philip Martin - 28.11
Zac Conaty - 29.20
Annie Tomlinson - 29.24
Margie Pritchard - 29.41
Paul Southon - 30.07
Rick Scott - 31.40
Jaz Smith - 34.21
Rowena Dodds - 35.37
Robert Spencer - 35.47

Chalke Valley Challenge 10km - 11th October

1st Man: Kevin Tilley - 37.11
1st Lady: Beverley Hards, SGRAC - 42.16

3km race

Ella-May Hards - 3rd girl over 9 (Ella-May is 10)
Kim Hards - 8th boy under 9 (Kim is only 5!)

Denmead 10k - 18th October

1st Man: Robin Ward, Portsmouth Joggers - 34.01
1st Lady: Karrie Blake, City of Portsmouth - 36.57

Stubbies:
24 Georgie Gair - 40.18 (2nd SF)
35 Tim Crumpton - 41.00 (5th V50-59)
90 Richard Padgham - 47.17
152 Chris Douglas 52.25
196 Ann Blake - 56.37

There were 284 finishers.

BUPA Great South Run - 25th October

1st Man: Mo Farah, GBR - 46.25
1st Lady: Ines Monteiro, POR - 52.32

Stubbies:

Men

55 Zippy Grice - 58.14
133 Tim Sullivan - 1.04.25
172 Kevin Wheeler - 1.06.00
260 Sam Ratzer - 1.08.13
432 Robert Calver - 1.10.50
646 Marcus Lee - 1.13.16
1028 Steve Martin - 1.16.31
1034 David Langrish - 1.16.35
1111 John Blake - 1.17.07
1159 Zac Conaty - 1.17.25
1284 Alan Houghton - 1.18.11
1551 David Abrams - 1.19.41
1841 Steve Fitzjohn - 1.21.11
1874 Matthew Abbott - 1.21.17
2244 Jon Henderson - 1.23.25
2401 Eric Beck - 1.24.09
2705 Ray Fisher - 1.25.41
2732 Paul Southon - 1.25.48
2734 Peter Rawlins - 1.25.48
2869 Steven Mingay - 1.26.20
2963 Alan White - 1.26.51
3810 Rick Scott - 1.30.43
4482 Robert Spencer - 1.33.56
4565 Tom Mellor - 1.34.27
4906 Peter Hutchison - 1.36.14
5273 Hugh McMullan - 1.38.13
5915 Phil May - 1.42.13
7269 Paul Askew - 1.57.34

Ladies

269 Lucy May - 1.22.03
798 Gemma Jones - 1.29.46
923 Jaz Smith - 1.30.58
1050 Sue Robinson - 1.32.16
1203 Liz Hall - 1.33.31
1485 Karen Rogers - 1.35.45
1589 Angela Fisher - 1.36.27
1973 Amanda Jones - 1.39.00
2025 Megan Hall - 1.39.14
2126 Julia Haskell - 1.39.57
2155 Sharon White - 1.40.09
2307 Kathryn Davies - 1.41.12
2319 Jane Heywood - 1.41.18
2434 Geraldine May - 1.42.14
2457 Clair Martinelli - 1.42.21
2478 Sandra Abrams - 1.42.31
2852 Eunice Hoare - 1.44.56
2872 Charlotte Byng - 1.45.03
3709 Elizabeth Cooper - 1.50.52
3915 Jacqui McMullan - 1.52.27
4127 Julie Ashman - 1.54.18
4391 Sandie Mcintosh - 1.56.30
4646 Kristine Hampson - 1.59.23
4652 Samantha Bramley - 1.59.27
4653 Annie Thresher - 1.59.28
4728 Sarah Body - 2.00.07
4799 Gina Parslow - 2.0059
4928 Samantha Cowpe - 2.02.41

The Race Diary

Date	Race	Venue	Time
Sun Nov 1	Barns Green Half	Barns Green Village Hall, RH13 0PT	11am
Sun Nov 1	Lordshill 10 (HRRL)	Lordshill Outdoor Recreation Centre, Southampton	10am
Sun Nov 1	Loseley 10k	Loseley House, Guildford, GU3 1HS	10am
Sun Nov 1	Tidworth 10K	Tidworth House, Tidworth, nr Salisbury, Wiltshire	10.45am
Sun Nov 1	Marlow Half Marathon	William Borlase Grammar School, Marlow	9.30am
Sun Nov 1	Gillingham Hilly 7.5k	Wyke Primary School, Gillingham, Dorset SP8 4SH	11am
Sun Nov 1	AECC Dash Back 10k	Boscombe Pier, Boscombe, B'mouth, Dorset BH5 2DF	11am
Sun Nov 1	Over the Hills 12k	Pound Lane Pavillion, Bradford-on-Avon, Wiltshire	10am
Sat Nov 7	Richmond Park Run 5K	Richmond Gate, Richmond Park, Richmond	9am
Sat Nov 7	Hampshire XC League	Goodwood Racecourse Goodwood, West Sussex	1.35pm
Sun Nov 8	Today's Runner XC	Queen Elizabeth Country Park, near Petersfield	11am
Sun 8 Nov	Bexhill Half Marathon	Bexhill Seafront, TN40 1HE	12.30pm
Sun 8 Nov	Sussex Obstacle Dash 10k	South of England Centre, Ardingly, Haywards Heath	9am
Sun 8 Nov	Half SOD 5k	South of England Centre, Ardingly, Haywards Heath	9am
Sun 8 Nov	Phoenix Races (7.3K & 3.8k)	Preston Park, Brighton, Sussex	11.45am
Sat 14 Nov	Richmond Park Run 5K	Richmond Gate, Richmond Park, Richmond	9am
Sun 15 Nov	Gosport Half (HRRL)	Bay House School, Gosport PO12 2QP	10am
Sun 15 Nov	Fleet & Crookham XC 8K	Lord Wandsworth College, Long Sutton, Hook RG29 1TB	11am
Sun 15 Nov	Avebury 8	Avebury, Wiltshire	10.30am
Sun 15 Nov	PUMA Hell Runner	Weavers Down, Longmoor Camp, Bordon GU33 6EL	10.30am
Sun 15 Nov	Wimborne 10	QE Leisure Centre, Wimborne, Dorset BH21 4DT	10.30am
Sun 22 Nov	Swindon 10k	Swindon Karting, Hackpen Lane, Swindon	11am
Sun 22 Nov	Today's Runner	Pamber Forest Basingstoke	11am
Sun 22 Nov	Saab Salomon Turbo X	Bordon, Hampshire (10 miles)	10am
Sun 22 Nov	Pine Ridge 10K	Wisley Common, Wisley GU23 6QB	10.30am
Sun 22 Nov	Epsom 10	Epsom Downs Racecourse, Epsom, Surrey	9.30am
Sun 22 Nov	Boscombe 10k	Kings Park Athletic Stadium, Boscombe, Bournemouth	11am
Sun 22 Nov	Castle Combe 10k	Castle Combe Circuit, Castle Combe, Chippenham, Wilts.	10am
Sun 22 Nov	Camberley XC	Ravenscote Junior School, Old Bisley Road, Camberley	11am
Sun 29 Nov	RNLI Reindeer 10k	Moors Valley Country Park, Ringwood, Dorset	10.30am
Sun 29 Nov	Downton Half Marathon	Downton Leisure Centre, Wick Lane, Downton, Salisbury	10am
Sun 29 Nov	Beddington 10k Fun Run	Beddington Park, Church Road, Wallington, Surrey	10am
Sun 29 Nov	Hayling 10 Road and Trail	Hayling Community Centre, Station Road, Hayling Island	10am
Sun 29 Nov	Crowborough 10k	Beacon Community College, Crowborough, Sussex	10am

The Race Diary

Date	Race	Venue	Time
Sat 5 Dec	Hants XC League	Popham Airfield SO21 3BD	13.35/14.30
Sat 5 Dec	Grim 8	Eelmore Fast V'cle Drive Circuit, Fleet Road, Aldershot	10.30am
Sat 5 Dec	SLH Pirie XC 10	194a Brighton Road, Coulsdon, CR5 2NF	2pm
Sat 5 Dec	Merrell MudMan MTB	Camberley	10.30am
Sat 5 Dec	Watlington XC XK	Shirburn Road, Watlington, 0X49 5BZ	10am
Sat 5 Dec	Christmas Cracker 5K/10K	The Lido , Promenade, Worthing	10am
Sun 6 Dec	Basingstoke Santa Jog 5K	Eastrop Park, Basingstoke	11am
Sun 6 Dec	Doyen of the Downs 30	The South Downs, Arundel	8am
Sun 6 Dec	Duck Pond Waddle 9	Worthing Tennis Club, Titnore Lane, Worthing	10am
Sun 6 Dec	Fleet, Crookham, LWC 8K	Lord Wandsworth College, Long Sutton	11am
Sun 6 Dec	Grim 8	Eelmore Fast V'cle Drive Circuit, Fleet Road, Aldershot	10am
Sun 6 Dec	Tadley Runners Xmas XC 5.3	Hurst College, Brimpton Road, Tadley, RG26 5NL	11am
Sun 6 Dec	The Mince Pie 10	Meridian LC, Greenwich Way, Peacehaven, BN10 8BB	11am
Sun 6 Dec	Swindon Santa Dash	Wyvern Theatre, Swindon	9.30am
Sun 6 Dec	Reindeer Run 5k	Kenwood House, Hampstead Lane NW3 7JE	11.30am
Sun 6 Dec	SGRAC winter handicap	Junction of Hook Park Road and Cows Lane	11.30am(fin)
Sun 13 Dec	Andy Reading 10k	Bicester Sports Ass'n, Chesterton, Bicester, OX26 1TH	11am
Sun 13 Dec	Believe & Achieve 5K Fun Run	Southsea Rock gdns, South Parade, Portsmouth, PO5 3PG	11am
Sun 13 Dec	Today's Runner XC	The Bourne, Bourne Woods, Farnham	11am
Sun 13 Dec	BHF Reading Santa Jog	Prospect Park, Reading	2.30pm
Sun 13 Dec	Golden Hog (Hogs Back 8)	A3100 Artlington, Guildford	9.30am
Sat 19 Dec	Christmas Pudding Dash	Ashburnham Place, Battle	10am
Sun 20 Dec	Holly Run 6	Reigate Priory, Bell Street, Reigate	11am
Sun 20 Dec	Pudding Catcher 12K	Pippingford Park, Nutley, Crawley, TN22 3HW	10am
Sun 20 Dec	Hooky Christmas Canter 7	The Bourne, Hooke Norton, Oxfordshire	11am
Sat 26 Dec	Round the Lakes 10k	Poole Park (Cricket Pavilion)	10.30am
Mon 28 Dec	Pub to Pub (7 miles)	Blendworth Lane, Horndean (just off the A3M)	10.30am
Mon 28 Dec	Cliveden XC 6	Cliveden House, Maidenhead, SL6 0JA	11am
Fri 1 Jan	Knacker Cracker 10K	Ryker's Cafe Car Park, Box Hill, Dorking	11am
Fri 1 Jan	Hair of the Dog (tbc)	Forest of Bere, Wickham	11am
Fri 1 Jan	Hangover 5	Worthing	t.b.c.
Sun 3 Jan	Somerley 10k	Somerley House, Ringwood, BH24 3PL	11am
Sun 3 Jan	Tadworth 10	Tattenham Corner, Epsom Downs, Surrey	10.30am
Sun 3 Jan	Today's Runner	Lord Wandsworth College, Long Sutton, Hook	11am

The Race Diary

Date	Race	Venue	Time
Sat 9 Jan	Hampshire Championships	Fleming Park, Eastleigh	tbc
Sun 10 Jan	Goring, Woodcote 10k	Langtree School, Woodcote	10.30am
Sun 10 Jan	STUBBINGTON GREEN 10K	Crofton Community Centre, Stubbington (HRRL)	10am
Sun 10 Jan	Winter Tanners 20	Leatherhead Municipal car park, Leatherhead	7.30am
Sun 10 Jan	Milborne 10	Milborne St Andrew Dorset	tbc
Sun 10 Jan	Rough 'n' Tumble 10	Milton Lilbourne Village Hall SN9 5LQ	11am
Sun 10 Jan	Winter Tanners 30	Station Road Municipal Car Park, Leatherhead	8.30am
Sat 16 Jan	Hants XC League	Prospect Park, Reading	13.35/14.30
Sat 23 Jan	Snow and Rock G3	Newlands Corner, Drove Road, Guildford	8.30am
Sat 23 Jan	Merrell Wildman Duathlon	Hankley, Nr Guildford, Surrey	tbc
Sat 23 Jan	Endurance Coastal Trail	Fortuneswell, Portland	9am
Sun 24 Jan	Today's Runner	Rogate Common, Liss	11am
Sun 24 Jan	Hants Chronicle Romsey 5	Romsey School, Greatbridge Road, Romsey	10.30am
Sun 24 Jan	Lakeside Canal 8.2	Lakeside, Frimley Green	10am
Sun 31 Jan	Epsom Oddballs XI 6.25	Epsom, Surrey	tbc
Sun 31 Jan	Riotrunner 7 mile XC	Bordon Hants	11am
Sun 31 Jan	Heartbreak Half Marathon	Sandy Balls Holiday Park, Godshill, Fordingbridge	10am
Sun 31 Jan	Slaughterford 9	Leafy Lane Playing Fields, Rudloe, Nr Corsham, Wilts	9.50 am

"Seen in green"

THIS photo of Lucy May was taken at this year's Alton 10 in May.

The photo was published in the sports section of the north Hampshire newspaper, The Herald, with a race report.

Making her début over 10 miles, Lucy finished in a time of 1hr 26mins 38secs to give her 78th position out of a field of 186 female finishers.

Editor's note

As you may have noticed, this issue of The Green Runner covers both November and December.

This means that there won't be an issue next month because I'm taking a well earned break, and will be on holiday at the end of November and beginning of December.

However, normal service will be resumed in the new year, so please continue to send in your articles and race reports. Please forward them to Tracie Jarvis (tracie.jarvis@ntlworld.com).

Many thanks to all members who've submitted reports for The Green Runner over recent months, and please keep writing and sending them.

Merry Christmas and a happy New Year!

Mark Le Gassick
Editor, The Green Runner

Editor's note

The Stubbington Noticeboard

November's Training Programme

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

Tuesday 3rd - Fartlek session - Richard

Thursday 5th - 4 x 6mins 5k race pace (2mins between sets) - Chris H

Tuesday 10th - Titchfield figure of 8 - Mark

Thursday 12th - Pyramid run 1-2-4-6-8-6-4-2-1 min runs (1min) - Phil

Tuesday 17th - 3 x 1.5mins tempo pace at 'red path' (200m jog back) - Mike W

Thursday 19th - 2 x 15mins 'crocodile run' (2mins) - Mike B

Tuesday 24th - 2 x 10mins race pace (4mins) - Phil

Thursday 26th - 6 x 1k Cuckoo Lane (300m jog recovery to start) - Mike H

Tuesday 1st - 2 x 2miles (jog recovery to start) - Phil

Please see www.sgrac.net for the full December training schedule.

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 and Social Club, or Crofton Community Centre in Stubbington.

5th Nov - Lock Heath - 2 x 2 miles (3mins)
12th Nov - Stubbington - Lee 10mins o/b (3mins)
19th Nov - Locks Heath - 5 x paarlauf (Cres. Rd)
26th Nov - Stubbington - 5 x 1k Cuckoo Lane
3rd Dec - Locks Heath - 2 x 2 miles (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... ...

Chairman: Chris Hall
9, Portobello Grove, Portchester.
Tel: 02392 355498.
hally.pfc@ntlworld.com

Secretary: Paul Hammond
2, Nottingham Place, Lee-on-the-Solent.
Tel: 02392 553340.
pjh669q@btinternet.com

Men's captain/Green Runner editor: Mark Le Gassick
5, Vicarage Lane, Stubbington.
Tel: 07950 505602.
marklegass@sgrac.net

Ladies' captain: Susie MacGregor
15, Lawson Close, Swanwick.
Tel: 01489 573966 / 07534 268106.
sue.macgregor1@ntlworld.com

Treasurer: Neil Jarvis
3, Ditton Close, Stubbington.
Tel: 01329 516215
n.jarvis3@ntlworld.com

Membership sec: Caroline Street
83, Garstons Close, Titchfield.
Tel: 01329 845330.
caroline.street@ntlworld.com

X-country captain: Phil May
20 Pennine Walk, Fareham.
Tel: 01329 284930.
philmay@btinternet.com

HRRL sec: Mike Harper
3, Serpentine Road, Fareham.
Tel: 01329 288262 / 07722 870258.
theharpers12@hotmail.com

Triathlon rep: Richard Thomas
5, Sandringham Road, Fareham.
Tel: 07787 530183.
Drrichardthomas@aol.com

Website editor: Mike Bell
224, Botley Road, Burridge.
Tel: 01489 576534.
mikebell@sgrac.net

Stubbington 10k race director: Gary Littlecott
1, Estridge Close, Lowford.
Tel: 02380 403249.
thelittlecotts@ntlworld.com

Welfare officer: Mike Clarke
2, Grasmere Way, Stubbington.
Tel: 01329 661049.
Michael.tclarke@btoopenworld.com

Race entry forms: Di McEwen
39, Cuckoo Lane, Stubbington.
Tel: 01329 662091.

Kit contacts: John and Ann Blake
4, Megson Drive, Lee-on-the Solent.
Tel: 023 9255 2713.
blakejohn@btinternet.com

Social committee:

Nick Kimber
Molins, Hookpark Road, Warsash.
Tel: 01489-579885.
nick@hookpark.co.uk

Tim Sullivan
38, Yarrow Way, Locks Heath.
Tel: 01489 572641.
Tim.sullivan@sky.com

Kathy McCain
6, Violet Avenue, Hill Head
Tel: 01329 668856
klaf@ntlworld.com

Tracie Jarvis
3, Ditton Close, Stubbington.
Tel: 01329 516215
tracie.jarvis@ntlworld.com