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

February 2010

Stubb 10k cancelled thanks to worst snow in 30 years

It was supposed to be a momentous day in the history of Stubbington Green Runners & AC as the club celebrated the 25th consecutive year of staging its annual road race. Instead, the worst snowfall in the country for 30 years left Race Director, Gary Littlecott, with no choice but to call off the race for the safety of all concerned. Tina Chantrey asked Gary about the course of events that led up to the cancellation, and how people reacted following the decision.

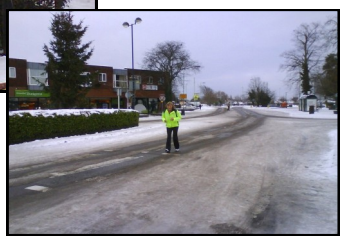
This year's anniversary race was going to be very special, with a steel band positioned along the final approach. However, unfortunately, the race fell foul of the worst winter weather for 30 years.

"The decision to abandon the race was soul-destroying," explains Gary. The snow arrived on the Tuesday before the race and by the following day, the services that we rely on were being affected. When the safety of the travelling runners and officials was brought into question, I had to stop it."

Centre closes doors

Gary continues: "Crofton Community Centre shut its doors because staff couldn't get into work, and the car park was a safety hazard. The schools that we use as car parks for the race faced the same problems. The course itself was a health and safety nightmare - you can imagine the half-way water station giving out ice cubes instead of water!"

Once the announcement went out that the race had been cancelled, the initial response that Gary received was far from positive. "I was inundated with a barrage of complaints from a small-minded minority who didn't have any understanding of what it takes to make a 10k happen, or indeed what it takes to make one stop!"



Snow joke: ice and snow made the 10k course extremely treacherous

The complaints threatened to damage the good reputation of both the running club and the race itself. "We were worried about how we would be perceived by runners who had paid their entry fee and got nothing for their money," says Club Chairman, Chris Hall.

Goodwill to all runners

However, the 10k entry form clearly stated that 'in the unlikely event of the race being cancelled, no monies will be refunded due to the pre-race expenses incurred'. Unfortunately, these costs, including fees to Fareham Borough Council, car parking costs, and paying for mugs and medals which are dated and cannot be reused, can't be recovered.

An emergency committee meeting was held on race day where it was decided to offer a reduced entry fee for the next SGRAC 10k, which is scheduled for 16th January 2011. The concession will apply to all entrants from the 2010 race (please keep a note of your 2010 number as it will help to validate your entry for 2011).

"Hopefully this will help to appease all the runners who have complained," says Gary. Any excess funds accumulated from the 2010 race will be donated to local charities. after all expenses have been paid.

~ report continued on page two ~

Remember that the SGRAC AGM takes place on Thursday 11th February - see p3 for further details

New Year's Day forest run was the perfect tonic for the festive period

It was business as usual for SGRAC on the first day of the new decade, as around 40 club members took to the wooded tracks around Bere Forest for the annual 'hair of the dog' run.

The morning was clear, cold, and sunny - perfect conditions for a run in the fresh air to blow away the cobwebs of the festive period.

As well as the off road run, there was a more leisurely walking option, which made it an ideal social occasion for both young and old. It was great to see so many club members and their families taking part in an event which, over the years, has become somewhat of a club tradition on New Year's Day.

Club tradition: New Year's Day run in 1999 or 2000

After the run there was plenty of time for everyone to catch up over mince pies and a glass or two of mulled wine. See page seven for some of the photos that were taken on the day.

Following a successful year of social events in 2009, the members of the SGRAC social committee - Nick Kimber, Tim Sullivan, Kathy McKain, and Tracie Jarvis - would be delighted to continue organising simple, low cost events during 2010.

If you've got any ideas for future social events, or if you'd like to see a different approach, the AGM on Thursday 11th February is the ideal forum for you to put your ideas forward (see page 3).

If you can't make it on the evening, please feel free to contact a member of the club committee so that they can add your suggestions to the meeting agenda.

Stubbington Green 10k cancelled thanks to worst snow in 30 years **(continued from page 1)**

A bridge too far: the 10k route on race day

Could we have postponed?

Marina Odey, who recently joined SGRAC asks: "Could the race not have been postponed? I understand that it must be difficult to rearrange such a big event, but as a new runner I would appreciate more information."

Gary explains: "It's very difficult to postpone a race until a later date because the road race calendar is so busy. There's also the issue of logistics - for example, we can only hire the Crofton Community Centre during January.

"If we had postponed the race it would have taken a minimum of five weeks just to rearrange the necessary licenses. It's like planning a military exercise - you can't gauge the enormity of the task until you get your feet wet. If I wasn't in full-time employment I would certainly have given it a go."

No volunteers, no race

One other issue that the Race Director encountered again this year, which is threatening the future of the race, is the lack of people volunteering to marshal. "It leaves a very bad taste in your mouth knowing that you've put in all that work for nothing," says Gary, "But what's worse is the lack of support from a club that has over 350 members. Please consider helping next year - your race really does need you!"

Mike Harper, Race Secretary, expands: "I feel it's important for the club to a have a race in the Hampshire Road Race League (HRRL). Ours is a well-respected race, and the feedback I've had over the years has always been incredibly positive. For many, it's first on the list when they're deciding which HRRL races to enter."

The race may have been cancelled, but a lot of people gave up their time to try and make it happen. "I have to thank Mike Harper and Paul Hammond for their huge efforts," says Gary.

"Also, thanks are due to Di McEwen and Peter Rawlins (plus the leaflet crew), and everyone who turned out to pack race numbers in the hail, thunder, and heavy snow."

"We also need to thank Gary," adds Mike. "It's been down to his sheer hard work and character that has made the race such a success over recent years."

Overall, the decision to cancel the race has been taken well by the majority of runners. "I think that as a club, we can rest easy in the knowledge that we've done everything possible to be fair and reasonable," says Chris.

SGRAC race mugs are available for collection

This year's race mugs can be collected at the Eastleigh 10k, and at our Today's Runner fixture at Manor Farm. They can also be collected from the Crofton Community Centre and Outdoor Direct, at Whiteley. Race numbers must be shown upon collection.

No racing on the road or the country this January

by Mark Le Gassick

With the unprecedented amount of snow and ice in January cancelling what is, for many, the highlight of the Hampshire Road Race League - the Stubbington Green 10k - there's not much to report about the league this month.

Provided that the Solent doesn't freeze over in the coming weeks, the next scheduled HRRL fixture will be the Ryde 10, on Sunday 7th February, followed a week later by the Bramley 20, on Sunday 14th February.

There are also two league races in March, with the Salisbury 10 taking place on Sunday 7th March, and the Eastleigh 10k on Sunday 28th March. If you're planning to do any of these races and you haven't already entered, entry forms are still available on the HRRL website - www.hrrl.org.uk

It would help Mike Harper, the HRRL Secretary, if you could let him know which races you'll be running. Please give him a call on 01329 288 262 (mob: 07722 870 258) or, alternatively, you can send him an email - theharpers12@hotmail.com.

It's been a similar story for cross-country in terms of race cancellations. First, the Hampshire Cross-Country Championships that this year were going to be held at Fleming Park, Eastleigh, on Saturday 9th January, were cancelled.

The Hampshire Athletic Association Executive Committee and the race organisers made the joint decision to cancel the event for the safety of the athletes and officials, many of whom would have had to travel in extreme road conditions to attend.

Then, the following week, the fourth Hampshire Cross-Country League fixture, at Prospect Park, Reading, also fell foul of weather, with the snow and ice hanging around for longer across the county border, in Berkshire.

The next HXCL fixture will be the final one of the season, at Hudson's Field, near Salisbury, on the afternoon of Saturday 13th February. If you intend to run, please contact XC secretary, Phil May, so that he can get an idea of numbers (see p10 for Phil's contact details).

Two other important dates in the XC calendar are the Southern Cross-Country Championships, at Parliament Hill, on Sat 30th January, and the National Cross-Country Championships on Sat 27th February, which this year are being held at Roundhay Park, Leeds. SGRAC will be entering teams at both of these events.

One race that did go ahead last month was the BUPA Great Edinburgh International Cross-Country, where 22-year old Kenyan, Joseph Ebuya (pictured, above) left the 11 times World Cross-Country Champion, Kenenisa Bekele, trailing in his wake to win by a convincing 36 second margin.

SGRAC AGM is on Thursday 11th Feb

THIS year's SGRAC AGM will take place at The Crofton Pub, Crofton Lane, Stubbington, on Thursday 11th February (start time 8pm). As agreed at last year's meeting, in July, the AGM has been brought forward in the year, to February, in order to coincide with the new membership year that will run from 1 April 2010, and which is also the date that England Athletics affiliation fees are due.

If you have any agenda items that you would like to discuss at February's AGM, please contact Club Secretary, Paul Hammond, or another member of the committee. You should also contact Paul if you wish to be considered for a position, or if you want to nominate someone (please ensure that they're happy to be nominated before putting them forward). The committee posts up for re-election are:

Club Secretary
Treasurer
Men's Captain
Ladies' Captain
Membership Secretary

SGRAC is your club and the only way to make your voice heard is to get involved. It would be great to see a big turnout now that we have so many new active club members. The committee look forward to seeing you there. A light buffet will be provided.

South Downs Way Relay

THIS year, the date of the South Downs Way 100-mile Relay is Saturday 5th June.

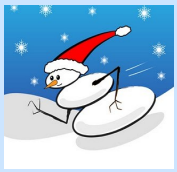
Please can all club members who are interested in running at this event, send an email to the men's or ladies' club captains **after the 11th February** to confirm your interest.

Please note that this doesn't mean that you will necessarily be running in the event; at this stage we simply need to know who is interested in order to establish which combination of team categories to enter.

Have you changed your email address recently?

IF you've changed your email address recently, please contact Membership Secretary, Caroline Street, so that she can update your records - caroline.street@ntlworld.com

Don't let your training hit the skids this winter!



Following the recent snow and ice, many SGRAC members have been asking about how best to train during these tricky winter conditions. The good news is that the wintry weather doesn't mean that you have to put your training on hold until the crocuses emerge in the spring ! However, you do need to make a few adaptations to your schedule and the way that you train so that you can keep yourself warm and safe during the colder months. Club coach, Penny Forse, has 10 winter training tips that will help ensure that you make it through the winter in one piece!

Tip 1 - select the right footwear

Ordinary trainers don't grip well on snow and ice so use studded trail shoes or spikes.

Tip 2 - layer up to stay warm

Wear layers of clothing, such as a wicking base layer (not cotton which will make you cold when sweaty), and zipped windproof tops to minimise the effect of wind-chill and help you to regulate your body heat. A hat is essential because 50 per cent of body heat is lost through the head. Thermal tights, gloves, and socks complete the essential winter kit list.

Tip 3 - keep off the ice

When it's icy, there's no way that you can run fast, so use trails and paths that are well away from skidding cars, and run slower. Beaches are usually free of ice and snow and you can get in some excellent resistance training on the shingle (thanks to Ann Blake for this suggestion).

Tip 4 - split long runs into two

You're more likely to slip when you're tired, so split your long runs in two, and go out in the morning and again in the evening. It's better to do this than to spend six weeks with your leg in plaster!

Tip 5 - protect your face and eyes

Use face cream and Vaseline to protect your skin and lips, and wear sunglasses to protect your eyes from reflected sunlight, wind, and chill.

Tip 6 - fuel up before you go

Eating a bowl of porridge before going on your long run will hep to keep your energy levels high. Also, increasing your Vitamin C intake will help to keep colds at bay.

Tip 7 - tell someone where you're going

Take a mobile phone with you when you're out running, and if you're on your own, make that sure that someone knows the route that you'll be taking and roughly what time to expect you back.

Tip 8 - don't take the high road

Choose short, sheltered loop circuits that are close to home, avoiding the colder, icier high ground.

Tip 9 - train inside

Use indoor-based activities to keep fit, such as treadmill training, spinning sessions, swimming, and circuit training.

Tip 10 - warm up properly

When conditions underfoot improve, but the temperatures are still low, you'll be desperate to run fast again. However, always start with a good quality warm-up consisting of a mile long jog, plus dynamic stretches and strides.

How would you like to run a marathon PB this autumn?

Susie MacGregor

THIS year, a few Stubbies are intending to run at the Berlin Marathon, which is being held on Sunday 26th September.

The course is well known for being the fastest in the world, so if you're aiming to run a marathon PB this year, you might like to consider entering this marathon.

Entries can be made online, but the later you enter, the more expensive it is, so entering early is advisable. You can find out more about the Berlin Marathon at the link below.

www.real-berlin-marathon.com/events/berlin_marathon/2010/index.en.php

So far, five Stubbies have entered. I've booked my flights which worked out at £115 for a return ticket, but I haven't booked any accommodation as yet.

Please let me know if you're interested in running, or if you have any further questions about the trip (see p10 for Susie's contact details).

Do you need sports therapy?

Lucy May is a qualified sports therapist and a member of The Society of Sports Therapists.

She is offering SGRAC members treatment by appointment only:

* **30 minute massage - £15**
* 60 minute massage - £25
* **30 minute sports therapy - £15**
* 60 minute sports therapy, plus initial treatment assessment - £25

For further information, or to book a session, call 07731 746 953, or email loo_c50@hotmail.com

Andy leads greens home at Lord Wandsworth College

by John Tussler

When 23 SGRAC members arrived at Lord Wandsworth College, near Long Sutton, for the fourth race of the Today's Runner series, they discovered a frozen and rutted course that was strewn with patches of deep icy mud and water.

Andy Simpson

However, the race went ahead and all were hardy enough to tackle the tricky conditions, although some were taking it carefully because at the time the Stubbington Green 10k was coming up .

So far in the series, Andy Simpson has consistently finished in the top three and this race was no exception as he crossed the line in second place, about 20 metres behind a runner from Basingstoke.

He was well supported by Dave Jeffery in fourth place and Mike White in seventh, giving the club three runners in the top 10.

Alistair Ewing and Chris Munro were next home in 27th and 35th places respectively, completing the scoring positions and enabling the men to finish in third place behind Farnham Runners and Basingstoke.

For the ladies, Susie MacGregor was one of those treating the course with caution and as a consequence her finishing position of 14th was slightly down on her previous results. Susie was closely followed by Tina Chantrey in 16th place, with Georgie Wallis completing the scoring positions, in 29th place, which put the ladies in 6th place.

Two other ladies braving the conditions were Ann Blake (63rd) and Jaz Smith who, despite taking a heavy fall early on in the race and injuring her shoulder, was determined to carry on to finish the race, doing well to cross the line in 66th place.

Overall, when the men's and ladies results were combined, SGRAC finished in equal fourth position on the day, with Farnham Tri, behind Farnham in first place, Basingstoke in second, and Hart in third.

Today's Runner - fixture 4 - Lord Wandsworth College, near Long Sutton

Men

2 Andy Simpson
4 Dave Jeffery
7 Mike White
27 Alisdair Ewing
35 Chris Munro
53 Kevin Wheeler
60 Tim Sullivan
77 Nick Crane
88 John Leigh
106 Paul Hammond
110 Nick Kimber
118 Paul Hailwood
122 Neil Jarvis
134 Mike Harper
135 Mike Clarke
137 Alan White
162 Andy Tomlinson
179 Peter Hutchison
193 finishers

Ladies

14 Susie MacGregor
6 Tina Chantrey
29 Georgie Wallis
63 Ann Blake
66 Jaz Smith
78 finishers

Challenging terrain & tough competition in the Today's Runner league

Today's Runner - fixture 5 - Rogate Common, near Liss

Men	Ladies
6 Andy Simpson	10 Susie MacGregor
11 Mike White	20 Penny Forse
13 Dave Jeffery	35 Margie Pritchard
45 Alisdair Ewing	36 Lucy May
65 Nick Crane	52 Rachael Openshaw
67 Jon Leigh	66 Jaz Smith
72 Mike Bell	68 Ann Blake
79 Simon Carson-Jones	73 Sharon White
86 Nick Kimber	74 Naomi Crane
89 Phil May	*80 finishers*
92 Colin Elderfield	
97 Gordon Westley	
108 Paul Hailwood	
111 Mike Clarke	
123 Alan White	
154 Chris Gallagher	
158 Peter Hailwood	
160 finishers	

A total of 26 SGRAC members made the journey to Rogate Common, near Liss, for the fifth round of the Today's Runner series. It was a challenging course with several tough hills. Unfortunately, a number of runners, including Paul Hammond, turned their ankles on the heavily rutted tracks.

With a number of quicker runners dominating at the front of the field, Andy Simpson was unable to finish in the top three for the first time during the series, crossing the line in 6th place.

Mike White and Dave Jeffery were also slightly down on their positions at Lord Wandsworth College, but they were still able to finish fairly high up the field in 11th and 13th places respectively. Alasdair Ewing (45th) and Nick Crane (65th) completed the scoring to give the men's team 6th place on the day.

In the absence of the injured Georgie Gair, Susie MacGregor led the team home, finishing in 10th place. Having missed the previous two races, Penny Forse made a welcome return and was the second Stubbie lady across the line in 20th place.

Margie Pritchard (35th) completed the scoring team, just edging out Lucy May (36th) up the final hill. This gave the ladies' team 8th place on the day, and they currently lie in 6th overall, equal with Hart Road Runners and Fleet & Crookham.

In the combined men's and ladies competition, after five rounds, Farnham Runners lead the way on 6 points, just ahead of Basingstoke who have 7 points. SGRAC are currently in third place (9 points), and hold a 5 point lead over Hart RR who are in fourth.

Marshals needed for SGRAC's home fixture at Manor Farm Country Park

THE next Today's Runner fixture is SGRAC's own race which, as usual, is being held at Manor Farm Country Park.

The race will take place on Sunday 7th February and I'm looking for a large number of volunteers to help out with marshalling duties in order to ensure that everything runs smoothly.

If you're able to assist in any way please contact me, either by email - john_tussler@hotmail.com - or by phone (02392 347 962). Your help would be greatly appreciated.

Di McEwen and her ever-willing team of helpers will be laying on food after the race, and Di would be very pleased to receive some cooked pizza or cake contributions. Please contact her on 01329 662091 if you can help in this respect.

This race clashes with the HRRL fixture on the Isle of Wight - the Ryde 10 - so it's likely that we'll be shorter than usual on runners. Therefore, if you plan to run, please can you let me know in advance so that I can make sure that we have a complete team.

7 marathons, in 7 coastal locations, in 7 months

by Mark Le Gassick

The Endurancelife Coastal Trail Series - also known as the Ultimate 7x7x7 Challenge - is a series of seven marathons, in seven coastal locations, which are run over seven consecutive months. Of course, it would be way too obvious and symmetrical for seven Stubbies to take on this tough tri-sided challenge so, fittingly, there are just six madcap greens who have signed up to it.

They are; Jane Adlard, Drew Briggs, Kathy McKain, Caroline and Glen Street, plus Karen Dean, who has entered the half marathons in the same series but is currently considering upgrading to the full marathon distance towards the end of the challenge.

From l to r: Drew, Glen, Karen, Jane, Kathy & Caroline

The marathon courses that are used in the Coastal Trail Series are reputed to be among the toughest and most exciting in the UK. For those who are intrepid (or mad) enough to take on the 7x7x7 coastal trail series, the organisers point out on their web site - www.endurancelife.com - that the challenge requires "preparation, commitment, strength, and determination."

One of the Stubbies who is taking part in the challenge is Membership Secretary Caroline Street, and she has decided to put her marathon running exploits to good use by raising money for two very different charities that are both close to her heart (see below).

The Rainbow Centre is a local, Fareham-based charity that provides excellent support for children with cerebral palsy and their families. Many SGRAC members will be aware that Caroline has been closely involved with this charity for many years. www.justgiving.com/7x7x7Marathons

The Breast Cancer Campaign - Nicky, a good friend of Caroline's, was diagnosed with an aggressive form of breast cancer last year. So far she's gone through some tough treatment and is very keen to support the research that's being undertaken to find the causes and development treatments for this cruel disease. www.justgiving.com/7x7x7Marathons2009

"Hopefully, supporting two different charities will mean that people can select the one that they would most like to support," says Caroline.

"I've set-up a JustGiving page (see links above) for each of the charities so that payments can be collected online. I can also provide sponsorship forms if you prefer. I hope you might be able to offer a small amount of sponsorship towards these excellent causes. I'm paying the full costs for the event, including travel and accommodation, so all funds raised will be passed directly to the charities concerned."

Coastal Trail Series 2009/10

27th Nov 2009 - Charmouth, Dorset

5th Dec 2009 - Llangennith, Gower, Wales

23rd Jan 2010 - Fortuneswell, Portland, Dorset

27th Feb 2010 - Beesands, South Devon

27th Mar 2010 - Little Haven, Pembrokeshire

24th April 2010 - St Just, Cornwall

22nd May 2010 - Lynton, Exmoor

Race 1 - Charmouth, Dorset

The first race in the seven race series took place in early November in Charmouth, Dorset. The course followed the stunning Jurassic coastline, ascending to Golden Cap, which is the highest point on the south coast.

The course is considered to be the second toughest of the series, so it was somewhat of a baptism of fire for the six Stubbies! However, fortunately on the day the weather gods were smiling, with dry and sunny conditions making the difficult course slightly more bearable. Everyone crossed the line exhausted but pleased to have the first race of the series under their belts.

Race 2 - Llangennith, Gower

The second race in the series was run at the beginning of December, at Gower, in Wales, and it proved to be a very challenging and interesting run to say the least!

In stark contrast to the first race, this time round the weather gods were growling, with atrocious conditions, treacherous terrain, plus a cruelly extended race distance to boot! In the end, the course was actually measured at 28 miles, but despite the extra distance, driving rain, and freezing cold, all of the Stubbies managed to make it safely home, albeit shivering and drenched to the core.

Race 3 - Fortuneswell, Portland, Dorset

The third race in the series took place in Portland, Dorset, towards the end of January. Luckily, conditions for the race were kind with the sun even putting in an appearance at one point! The marathon course consisted of two laps, each one ending with a tough 1.5 mile stretch along Chesil beach. Fortunately, the race organisers were kind enough to let Caroline and Kathy set off an hour early so that they could make it to the finish in time for tea and cake! The race winner finished in a time of 3 hours 27 minutes, with all of the Stubbies making it home safely, led by Drew in a very good time of 5.06 (76th position).

The next marathon in the series takes place at Beesands, in South Devon, at the end of February. To keep up to date with the progress of the trail marathon running Stubbies you can read the race reports as they appear on the news section of the club website - www.sgrac.net

Results round up...

Photos taken at the 'Hair of the Dog' on 1st January 2010

Pub to Pub (7.3 miles) - 28th December

1st Man: Tom Payn, Winchester & District AC - 38.41
1st Lady: Nicci Blandford, Southampton RC - 48.33

Stubbies:

3 Lewis Chalk - 41.19
6 Andy Simpson - 42.43
15 Chris Munro - 47.09
21 Tim Sullivan - 48.06
27 Nick Crane - 49.07
37 Susie MacGregor - 50.50 (4th)
45 Nick Kimber - 52.06
53 John Tussler - 53.19
57 Paul Hammond - 54.22
59 Andrew Briggs - 54.44
71 Mike Clarke - 56.13
74 Georgie Wallis - 56.32 (9th)
75 Mike Harper - 56.40
88 Alan White - 60.00
105 Sarah White - 63.24 (16th)
118 John Vose - 65.30
131 Karen Dean - 67.26 (28th)
132 Verity Wright - 67.28 (29th)

There were 167 finishers.

Hampshire Chronicle Romsey 5 - 24 January

1st Man: Toby Lambert, Winchester & D AC - 23.49
1st Lady: Erica Fogg, New Forest Runners - 29.36

Stubbies:

10 John Rawlins - 27.46
210 Mark Folland - 40.04
228 Sam Mouncey - 41.05 (13th lady)
298 Robert Spencer - 44.43
313 Peter Hutchison - 45.14

There were 405 finishers.

"Seen in green"

This photo of Andy Simpson, at the Lordshill 10 on 1st November, was published in the sports section of Southern Daily Echo.

In the lead up to the race, event organisers - Lordshill Road Runners - were faced with three major problems. Firstly, they had to find an alternative results service at short notice when local results maestro, Richard Dean, was suddenly taken ill.

Secondly, there was a postal strike that coincided with race numbers being sent out, which meant that arrangements had to be put in place to enable runners to pick up their numbers on the day. And finally, torrential rain the day before the race, and on race day morning, caused severe flooding on parts of the course.

However, despite the setbacks, and to the credit of the Lordshill RR, the race went ahead as planned, with a total of 25 SGRAC members taking part *(see January's issue of The Green Runner for a full list of results)*.

Andy was the first green across the line in a time of 57.03, finishing in third place.

The Race Diary

Date	Race	Venue	Time
Sat 6 Feb	Pilgrim Ch. N Downs Ultra 33	Farnham, GU9	8am
Sat 6 Feb	GB Ultra Thames Trot 50	Oxford to Henley	8.30am
Sun 7 Feb	Blackmore Vale Half	Bishops Caundle Playing Field, Bishops Caundle, Dorset	11am
Sun 7 Feb	Bookham 10k	South Bookham School, Oakdene Close, Bookham	10am
Sun 7 Feb	Chichester Priory 10k	Northgate Theatre Carpark, Chichester, PO19 6AP	11am
Sun 7 Feb	Longleat 10k	Longleat, Warminster	10am
Sun 7 Feb	Nonsuch Park 10k Fun Run	Nonsuch Park, Cheam, Surrey	11am
Sun 7 Feb	DAR Ch'ge Adventure Race	Ringwood, Hants	10am
Sun 7 Feb	Ryde 10 (HRRL)	Ryde Rowing Club, Ryde Esplanade, Ryde	11am
Sun 7 Feb	David Lloyd 5k	Frogmore Lane, Southampton, SO16 0XS	10.30am
Sun 7 Feb	Today's Runner	Manor Farm Country Park, Bursledon (OUR EVENT)	11 am
Sat 13 Feb	Hampshire XC League	Hudsons Field, Castle Road (A345), Salisbury	13.35pm
Sat 13 Feb	Snow and Rock G3 10k	Newlands Corner, Guildford	8.30am
Sun 14 Feb	Punchbowl Marathon	Chichester Hall, Witley , Godalming	8.30am
Sun 14 Feb	Valentines Run 3.8	Village Hall, Church Lane, Southwater , RH13 9BT	10am
Sun 14 Feb	Bramley 10/20 (HRRL)	Bramley Primary School, RG26 5AH	10.30am
Sun 14 Feb	Saucony 10k	Sandown Race Course, Esher, Surrey, KT10 9AJ	10.30am
Sun 14 Feb	The Lytchett Manor 10	Lytchett Minster School, Lytchett Minster, Dorset,	10.30am
Sun 21 Feb	Wokingham Half Marathon	Cantley Park, Wokingham	10am
Sun 21 Feb	Sussex Beacon Half	Madeira Drive, Brighton, East Sussex, UK	9.45am
Sun 21 Feb	Coastal Half - Portsmouth	Portsmouth RNLI station, Ferry road, Portsmouth	10.30am
Sun 21 Feb	Hants Chr.Winchester 10K	River Park Leisure Centre, Winchester, SO23 7DD	10.30am
Sun 21 Feb	Wessex X-C League (4)	Ham Hill, Stoke-sub-Hamden (Yeovil)	2pm
Sun 21 Feb	Wilton House Run 5/10k	Wilton House, Wilton, Salisbury, SP2 0BJ	11am
Sun 21 Feb	The Sparks 5/10k Flyer	Eton Rowing Centre, Dorney Lake,Windsor, SL4 6QP	1.30pm
Sat 27 Feb	Run Richmond Park 5/10k	Richmond Park, Richmond, TW10 2AS	10am
Sat 27 Feb	BHF South Downs Challenge	QE Country Park, Gravel Hill, Waterlooville	7.30am
Sun 28 Feb	Barnado's Big 5k	Victoria Park, London, Greater London, E3 5SN, UK	11am
Sun 28 Feb	Henfield 9	Henfield Leisure Centre, NorthCroft, BN5 9QB	10am
Sun 28 Feb	Meon Valley Plod	Sustainability Centre, Droxford Rd, East Meon	10.30am
Sun 28 Feb	Goring 10k	Storton Lodge, Scout Centre, Goring	11am
Sun 28 Feb	South London 10k	Wimbledon Common, Borough Of Merton, SW19	9.15am

Important notice: please note that March's issue of The Green Runner will be published slightly later (during the second week of the month). As usual, all **articles need to be submitted by the 15th month** at the latest. Please send you articles to Tracie Jarvis - tracie.jarvis@ntlworld.com

The Race Diary

Date	Race	Venue	Time
Sat 6 Mar	Snow and Rock G3 10k	Newlands Corner, Guildford	8.30am
Sun 7 Mar	Fleet, Crookham XC 8k	Lord Wandsworth College, Long Sutton, RG29 1TB	11am
Sun 7 Mar	Salomon Turbo X, 10	Surrey Hill, Swinley Forest, Bracknell	10am
Sun 7 Mar	Steyning Stinger Marathon	Steyning Grammar School , Shooting Field, Steyning	8.30am
Sun 7 Mar	Old Deer Park 10k	Old Deer Park, Richmond	9.15am
Sun 7 Mar	Trionium Leith Hill Half	The Priory School, West Bank, Dorking, RH4 3DG	11am
Sun 7 Mar	Bath Half Marathon	Great Pulteney Street, Bath	11am
Sun 7 Mar	City of Salisbury 10 (HRRL)	Salisbury Leisure Centre, Hulse Road, Salisbury, SP1 3NR	11am
Sun 7 Mar	Southbourne Fast & Flat 10k	St Katharine's School, Southbourne, BH6 4NA	11am
Sun 7 Mar	Eastbourne Half Marathon	Princes Park, Royal Parade, Eastbourne, East Sussex	10am
Sat 13 Mar	Chertsey 10k	MOD Chertsey, Chobham Lane, Longcross, KT16 0EE	11am
Sat 13 Mar	Sparks Half Marathon	Eton Rowing Centre, Dorney Lake, Windsor, SL4 6QP	11am
Sun 14 Mar	Today's Runner	Staunton Country Park, Havant	11am
Sun 14 Mar	Mad March 10	Burton Recreation Green, Christchurch, BH23 7LE	10.30am
Sun 14 Mar	Sparks 5k/10k Flyer	Eton Rowing Centre, Dorney Lake, Windsor, SL4 6QP	1.30pm
Sun 14 Mar	Surrey Spitfire 20	Dunsfold Aerodrome, Cranleigh, Surrey	9.30am
Sun 14 Mar	Surrey Tempest 10	Dunsfold Aerodrome, Cranleigh, Surrey	9.30am
Sun 14 Mar	Exbury Gardens 10k	Exbury Gardens, Southampton, Hants	9.30am
Sun 21 Mar	Reading Half Marathon	Madejski Stadium, Reading, Berkshire	10.05am
Sun 21 Mar	Fleet Pre-London Half	Calthorpe Park, Fleet, Hampshire	11.30am
Sun 21 Mar	Hastings Half Marathon	Sea Road, Grosvenor Gardens, St Leonards-on-Sea	10.30am
Fri 26 Mar	Jurassic Coast 3 day	Chesil Beach Holiday Park, Portland Road, Weymouth	9.30am
Sat 27 Mar	Bolt Round the Holt 5/10/21k	Alice Holt Forest, Farnham, Surrey GU10 4LS	10am
Sat 27 Mar	Richmond Riverside 10k	Ham Street, Richmond, Greater London, TW10 2AS	9.30am
Sat 27 Mar	Questars Adventure Series	Brockenhurst College, Lyndhurst Road, B'hurst, SO42 7ZE	9am
Sun 28 Mar	Wessex XC League	Avon Heath Country Park, Ringwood, Poole	t.b.c.
Sun 28 Mar	B&Q Eastleigh 10k (HRRL)	Fleming Park Leisure Centre, Eastleigh, Hampshire	10am
Sun 28 Mar	Brighton Trail Marathon	The South Downs and Sea, Brighton	9am
Sun 28 Mar	Brooklands 10k	Mercedes World, Brooklands Circuit, Weybridge	9am
Sun 28 Mar	Mel's Milers @CH 10k	Christ's Hospital School, Horsham, RH13 0YB	11am
Sun 28 Mar	Cranleigh 15/21	The Band Room, Village Way, Cranleigh, GU6 8AF	9am
Sun 28 Mar	The Bowleaze Loop	Bowleaze Cove, Weymouth	11am
Sun 28 Mar	Bournemouth Bay Half	Pier Approach, Bournemouth, Dorset, BH2 5AA	10am
Sun 28 Mar	Bournemouth Bay 10k	Pier Approach, Bournemouth, Dorset, BH2 5AA	9.30am

The Stubbington Noticeboard

February's Training Programme

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

Tuesday 2nd - 8 x Titchfield rollers, Phil

Thursday 4th - Lee-on-Solent triangle accelerations, Chris

Tuesday 9th - 2 x 2 miles (jog back to start of rep for recovery) - Richard

Thursday 11th - crocodile run (2 x 20 minutes) - Mike B

Tuesday 16th - 5 x 1 mile @ Schooner Way (100m walk back to start) - Mike W

Thursday 18th - Lee-on-Solent grass fartlek (recovery on the path sections)

Tuesday 23rd - 8 x Titchfield rollers, Phil

Thursday 25th - 6 x 600m at Hill Head (400m jog recovery on the short sides)

Tuesday 2nd March - Sovereign Crescent run - 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 and Social Club, or Crofton Community Centre in Stubbington.

28th Jan - Locks Heath - 2 x Titchfield figure of 8
4th Feb - Stubbington - 10 minutes out and back
11th Feb - Locks heath - 2 x 2 miles (4mins)
18th Feb - Stubbington - 12 x 1 minute (1min)
25th Jan - Locks Heath - 7 x paarlauf

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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