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

It's Marathon Time Again

By Verity Wright

Alongside 16+ Stubbies I am also running a marathon this spring as I was lucky enough to get a club place this year to run the Virgin London Marathon. This is a race that I have always wanted to do and so I was thrilled when I found out that I had got a place.

The training started in earnest at the beginning of the year and even as the temperatures dropped and the whole of the south came to a stand still because of the snow, being a northern girl, a few feet of snow didn't put me off from persevering with my schedule as I skidded about like Bambi on ice, determined to get the miles in.

As I contemplated my training schedule, unlike my previous training for marathons, I didn't have my usual running buddies to run with as they have had other running commitments this year, and so I was slightly nervous that I would have to plod round Locks Heath on my own. I needn't have worried though because early every Saturday morning a handful of Stubbies meet at Locks Heath Sports & Social Club car park to run various routes and speeds as part of their spring marathon training.

Most Saturdays I have met up with Gill, Rich & Annie and have run with them the long distances and they have really pulled me along - what do you mean you don't chat on the way round? This is really something I'm not used to. However, Annie always brings a flask of tea and Gill usually has some lovely home baked offering to make up for the lack of chatter. I also decided to enter some 20 mile races to help with the training so that I could gauge how well I was doing, and I am really pleased with my progress. I have already taken 10 minutes off my time for 20 miles in one month!

The Meon Valley Plod was an epic and it really was a plod and a test of stamina, not a PB by any stretch of the imagination but one that I completed with dignity (I hope). So now only 5 weeks to go and I was thinking about what my goal would be and I would love to finish it in around 4 hours; as long as I beat my Paris time I'll be happy.

Verity Wright

SHAKESPEARE MARATHON

Editor exit, editor entrance!

On behalf of all Stubbington Green runners and the Green Runner team I'd like to say a big thank you and well done to Mark Le Gassick for his year at the helm of the GR.

The year has flown by, with plenty happening in the club both competitively and socially and loads to report, Mark did a great job editing the Green Runner and keeping Stubbies up to date and well informed.

We'd like to wish Mark every success with his running in the future. Good to see you back from injury and we look forward to seeing your green shirt in the forefront of the field in future races. Moreover we'd like to wish Mark and Lucy a wonderful future together following their engagement.

I'd also like to take this opportunity to say a big welcome to Richard who takes up the reins as the new editor of the Green Runner. Great to have you on board Mr Snell! It's with great pleasure that I'd like to welcome Verity Wright back to the team after a few months break. I'm really looking forward to working with you both!

Tracie

SUMMER BALL

Calling all Stubby socialites! Get your glad rags sorted and your dancing shoes ready for the first Stubbington Green Runners Summer Ball!

I can confirm that the Stubby ball will take place on Friday the 25th of June at the David Lloyd Centre at Port Solent. Rita Leigh and her team who catered for our Awards Night will be our hostess for the evening. Kick off will be 7.30 with a sit down 3 course meal with tea/coffee, followed by disco, all for the excellent price of £22 per person! Everyone is welcome, runners, family and friends, the more the merrier after all.

Caroline Street has again performed one of her computer miracles and has produced a PayPal option to pay for your tickets online. It will be published on the website very soon so keep an eye out for it. For those who prefer to pay by cheque or cash Katie McKain will once again be the pay contact. It promises to be a great event, can't wait to see you all there!!

The Easter Handicap will take place on the 11th of April. Tim will fill you in on all the details in his piece. For new club members who will be starting the beginners course at the end of March, we will be running a shorter course with a group run at a gentle pace.

The route is likely to be circumference of the Chilling field, approx 2 miles. Any walkers, children who want to run this distance or mellow runners who would like to support the group will be very welcome. The plan is to join up with the main group and enjoy post run drinks and socializing at the end. Should be fun if previous Tim/Nick handicaps are anything to go by!

More news about the Summer BBQ will follow once all details have been finalised so that's all for now folks. Bye for now! *Tracie*

These are the goals of some of our fellow Stubbies running marathons this Spring

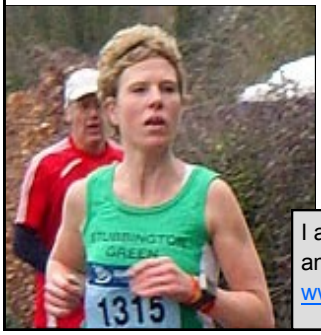
London Marathon

Susie MacGregor – "I aim to achieve 3 hours 30 mins"

Robert Spencer – "Quote from a fellow Stubby at Monday night training with Penny the day after FLM 2009 *don't worry you will never get in on your first general ballot application*" http://uk.virginmoneygiving.com/RobertSpencer

Marcus Lee - Find out if it's possible to enjoy a marathon (probably not)?? Also raise as much money as possible for Great Ormond Street Children's Hospital"

Mike Clarke—Get under 3 hours 45 mins, depending on how I feel, the weather, the crowds, my training etc etc…."



Brighton Marathon

Rowena Dodds -"I just want to survive the boredom of a 26 mile road race after experiencing the joys of the Hellrunner and the Grizzly where there's always a strategically placed bog to take your mind off the pain!"

Sue Robinson – "Would like to beat my Paris time of 5.5 hours, maybe even get just under 5 hours (4 hrs 59mins 59 secs would do!!!!!) however I managed to fall over (again!!!) and chipped my tooth this time. I guess my goal for the Brighton marathon has got to be to get all the way round and stay upright!!!!!"

Aaron Kingston – "To finally break the 4 hour mark"

Sarah Boddy – "I have two goals .....To run the marathon in 4.45 would be fantastic! To get my calves back to normal size after the marathon so I can zip my boots up!!"

Shakespeare Marathon

Euan McGrath – "I have three goals/ objectives for my Marathon
The first objective is get fit after 6 weeks off exercise after a ski accident at Christmas.
The second is to get under 3hrs 15min, and secure a good for age time for London Marathon 2011.
The third is to kick start the miles under my feet for my 102 mile Ultra epic in September 2010."

Annie Tomlinson – "To beat my London Marathon time and get under 4 hours."

Gill Rose – "I decided to do the Shakespeare marathon whilst on holiday and under the influence of alcohol , I thought it would be a good "test run" for the Sydney marathon in September. My main aim is to complete it in under 4 hours and keep injuries at bay.
And my top marathon tip is "don't drink and discuss running, it's bad for your health".

Richard Snell – "Get under 4 hours and not let Gill and Annie beat me by too much"

I am running the London Marathon to raise money for the charity Help The Heroes. If anyone would like to sponsor me then please go to my web page http://www.justgiving.com/susie-macgregor **All donations will be greatly appreciated.** ***Susie***

TODAY'S RUNNER

It was a perfect spring day that greeted runners as they arrived for the 7th and final Today's Runner race of the season held at Staunton Country Park in Havant on Mother's Day, and although a number of Stubbies were concentrating on their marathon training, there were still 17 club members with accompanying supporters who enjoyed the fine weather. The sun was shining and conditions were ideal for cross country with the course being much drier than usual for this fixture after the recent good weather.

With Andy Simpson's fine form of recent months it seems likely that he will exceed the speed limit of those eligible to run in these events fairly soon so he capped what will probably be his last race with a fine run to maintain his record of being the first Stubbie home in each of his races, this time coming in a close second behind the winner from Victory, making five top three finishes from his 6 races. Club chairman Chris Hall was next to cross the line in 18th place and there was then a gap before the final three scorers finished within 10 places of each other having worked together throughout the race and having their own private battle. Jon Leigh led the pack home in 43rd position, closely followed by Mike Bell (48th) and Nick Crane (53rd). This resulted in the men achieving fifth place on the day.

Other individual results: Paul Hailwood (75th), Keith Whittaker (77th), Mike Clarke (83rd), Andy Lee (91st), John Vose (102nd), Andy Tomlinson (113th), Peter Hutchinson (115th)

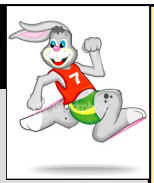
For the ladies Sally McGrath was the first to cross the line in 19th position while the second scorer was Rachael Openshaw who had a fine run to finish in 37th place which was an improvement of 15 places on her previous runs. As with the men's section there was a battle for the final scoring position, this time between Naomi Crane and ever present Ann Blake with Naomi (44th) just edging out Ann (48th). Jaz Smith was our other lady runner finishing in 54th place. The ladies were 10th team on the day which meant we were 8th overall, a result which left us holding on to third place in the final league table behind the winners Farnham Runners and Basingstoke, but it was close with Hart Road Runners closing the gap to just one point!

We had 48 members representing the club over the seven races (33 men and 15 ladies) and in addition to Ann, Nick Crane and Mike Clarke also took part in all seven. The other appearances are as follows:

6 races: Andy Simpson, Mike Bell, Jon Leigh, Jaz Smith
5 races: Mike White, Phil May, Andy Tomlinson, Susie MacGregor
4 races: Andy Lee, Dave Jeffery, Nick Kimber, Paul Hailwood, Penny Forse, Sally McGrath
3 races: Chris Hall, Mike Harper, Peter Hutchinson, Chris Gallagher, Alasdair Ewing, John Vose, Lucy May, Rachael Openshaw
2 races: Tony Smith, Paul Hammond, Neil Jarvis, Tim Sullivan, Simon Carson-Jones, Alan White, Georgie Gair, Nikki Clarke, Tina Chantrey, Margie Pritchard, Naomi Crane, John Simister, Eric Beck, John Blake, Chris Munro, Kevin Wheeler, Colin Elderfield, Gordon Westley, Peter Hailwood, Keith Whittaker, Georgie Wallis, Sharon White and Marina Odey competed in just one race.

Many thanks to you all for your efforts throughout the season and hope to see you all again when the season resumes in October/November. *John Tussler.*

MAD MARCH



To help with our Marathons, myself, Nick and Verity headed to Christchurch for the Mad March 20. The weather was ideal for running except for the wind which seemed to stay with us for the whole of the race. The race was well organised, with very encouraging, friendly marshals and plenty of water and energy drinks along the way.
Even though it was a hard slog we all enjoyed the race as it was a lovely route and we were pleased with our times. All three of us achieved PBs.

Results:-
Susie 2:28:05 (5th Cat) 73rd overall
Nick 2:29:27 (7th Cat) 78th overall
Verity: 3:08:57 (36th Cat) 252th overall

Report by Susie MacGregor.

RR10

The RR10 cross country season kicks off again on Wednesday 21st April at the Royal Victoria Country Park, start time is 7pm.

These are great races for all abilities and a good introduction to cross country. It's free to enter, just turn up in your Stubbie vest but please car share if possible as parking can often be difficult.

WANTED

Tim Crumpton is unfortunately having to give up his position as RR10 Secretary.
Due to his ongoing injury he will not be running the RR10s this year and feels it would be better to have someone with more enthusiasm at the helm. He will, however, assist and will still be organising the Stubbies own RR10 at Manor Farm this year. If you are interested please contact anyone in the committee.

The Grizzly 2010 Beauty and the Beach

Saturday 6th March saw 14 Stubbies heading west for the arduous Grizzly and Cub run races on 7th March. The weather was really kind, if a bit chilly at the start of the day.

12 of us opted to spend Saturday night in Lyme Regis sharing family rooms to help reduce costs ... this makes it so much more sociable too! Tracie & Neil used the opportunity to catch up with family, joining us on the Sunday.

The Lyme Regis group included John & Sue Simister, Sue Robinson, Sarah Boddy, Rowena Dodds, Julie Ashman, Phil & Sarah Martin, Jaz Smith, Mandi Jones, Caroline & Glen Street. Injury prevented Julie & Glen from running this year so they offered support around the route and watched the fun instead. Thanks.

The Grizzly's were Phil, Neil, Tracie, Mandi, Rowena & Caroline. Everyone else enjoyed the Cub run. There were a few Grizzly/Cub virgins and they all agreed they'd want to come back another year ... so next year we could have an even bigger group!!!

This year the bogs were very sticky but great fun. The 10 and 20 mile

routes were exceptionally hilly this time ... even by Grizzly standards. I should know, this was my 10th visit!

Entries for 2011 will probably be posted on the Axe Valley Runners web site around 2nd week of September. Now that IS a date for your diaries!!! It fills up within a few days. I promise you it's not to be missed. *Caroline Street.*

Some Grizzly Quotes:

Another great Grizzly, it never fails to please: great challenge, great atmosphere, great scenery, great mud and always a great sense of achievement to finish upright! Tracie & Neil

Having been advised four days before the grizzly not to run, I was totally devastated. On the morning though, I felt I may be able to do some of the cub run and with the help of my friend Sarah who pushed me up and pulled me down hills and fed me jelly babies, I managed to complete it. I had an absolute fantastic time, there was breathtaking scenery, puddles up to our knees and a brilliant atmosphere. The only downside though was that I never got to play in the mud, so already looking forward to next years, really really cant wait! Jaz Smith (Cub Run)

Sarah Martins words :- Lovely scenery, hard work but very rewarding, looking forward to next years. (Cub Run)

Philip said: Loved every minute ,it exceeded my expectations and already looking forward to doing it again next year. (Grizzly)

'Toughest race I've ever done, continuous hills, mud, knee deep streams, two knee deep bogs.... BUT the BEST race I've ever done, will definitely be there next year!!!! Mandi Jones

"Another great Club weekend!!! The atmosphere in Seaton on the day was brilliant and the views on the Cub run spectacular. We are definitely hooked and will be back next year hopefully running the full twenty miles this time." Sue and John Simister

DIEPPE RAID

Fancy getting on your bike for a ride around France? Well, Caroline and Glen Street will be organising the annual Dieppe Raid for cyclists over the weekend of June 12th - 14th this year. Travel needs to be booked by early April so make your decision soon to avoid disappointment.

So what's it all about? The format consists of taking the early morning ferry from Newhaven to Dieppe on Saturday, June 12th in time to arrive for the local market. Cars are left at Newhaven. There is a reception in the Dieppe Town Hall at about 5pm on Saturday afternoon, so apart from that you are free to explore the many bars and restaurants in this lovely coastal town.

There are numerous rides organised by the Dieppe Cycling Club on Sunday, ranging in distance from 20km all the way up to 200km. Then there is a prize-giving in the late afternoon. We take the Monday teatime ferry back to Newhaven. Over 200 cyclists usually attend this popular event, and there are even guided walks organised for non-cyclists.

If you require any more information either visit www.dieppetour.com, or give Caroline and Glen a ring on 01329 845330.

Membership Renewals

Membership Renewals & Resignations (hopefully not too many of the latter).

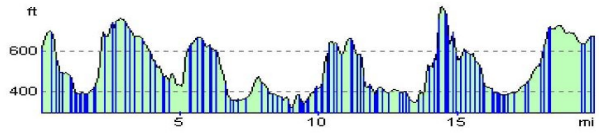
Our "short" year for 2009/2010 is nearing a close so it's time to think about renewing your membership. Existing membership and UKA fees will expire at the end of March.

The on-line renewal system has proved very popular. Don't feel obliged to pay on-line if you prefer not to but still use the system to generate your renewal form. This will help ensure you pay the correct fee.

Members without internet access can request a membership renewal form by contacting me, Caroline on 01329 845330. Or if you have any queries then please contact me.

To renew/resign your membership, click here http://www.sgrac.net/MembershipApp/Membership.htm

The Meon Valley Plod



11 Stubbies saw out the last day of winter in style with an epic run round the Hampshire countryside in the Meon Valley Plod. Weather forecasts looked horrific before hand, and although it was not as bad as feared, this was still by popular consent the hardest since the event started.

The event, billed as a 19.5 mile race, is actually nearer 21 miles in total, and only a very small percentage of the race is flat. Most find it at least as tough as a full marathon and is an excellent test for anyone with spring marathon plans.

I have to hand it to Pompey Joggers who as always put on a brilliantly well organised and marshalled event. Nick Baker of Denmead as usual lead from start to finish followed by the Army's David Spencer and Alton's Leonard Passingham.

I was very happy with my 12th place in 2:52, my best finish in this race.
Well done to all ! Report by *David Jeffery.*

There was a good turnout of 11 club members for this year's Plod. The weather conditions were not quite as bad as forecast, but underfoot was distinctly wet – a marked contrast to last year which was probably the driest the course has ever been. In fact, parts of the course this year were more paddling than running (could we claim it as a duathlon?).

The first Stubby home was Dave Jeffery in an excellent 12th place, closely followed by Ray Gunner who knocked an amazing 15 minutes off his previous Plod time. A few minutes later Graham James and Tony Smith crossed the line in close formation, giving us 4 finishers in the first 25.

The next pair deserve a special mention – Dan and John Gueran completed this race in excellent times, less than 24 hours after running in the National Cross Country at Leeds. Our male contingent was completed by Paul Hailwood and Aaron Kingston, with the ladies represented by Annie Tomlinson, Verity Wright and Julie Woodman – judging from the results, the latter two went round holding hands – come on girls, we want to see a competitive sprint finish next year.

To put the times in perspective, even the winner, Denmead's Nick Baker, was 13 minutes slower than last year. Anyone who got round on Sunday has reason to feel pleased with themselves. As ever though, the real stars were the army of marshals, many of whom must have been out longer than most of the runners – not forgetting the helpers back at base, rarely has a cup of tea been more appreciated! Thanks also to Alan Dunk (www.denmeadphotos.co.uk) for his efforts in photographing the bedraggled masses as we staggered up Butser Hill.
Report by *Graham James*

12	David	Jeffery	02:52:13
15	Ray	Gunner	02:53:38
23	Graham	James	02:59:03
25	Tony	Smith	03:01:02
81	Daniel	Gueran	03:29:39
108	John	Gueran	03:41:14
144	Paul	Hailwood	03:50:41
167	Aaron	Kingston	03:56:24
257	Annie	Tomlinson	04:30:00
293	Verity	Wright	04:52:07
294	Julie	Woodman	04:52:07

Annie Tomlinson and David Jeffery

Surrey Spitfire 20

Ray Gunner

The Stig

Part of my preparations for my first London marathon was to do this race at Dunsfold aerodrome which is where Top Gear does its filming for the Stig.

After finding the place (as there were no signs for it !!) I then realized at the start I had forgotten my "chip timer", so I had to find where the car was parked, put the chip on and then get back to the start! That was my warm up!!

This race started on the runway with the "Tempest 10" (one lap), the race was 2 laps of the surrounding country side, with just one short stretch on a busy country road. We ran about 3 miles each lap on the aerodrome which I did not like due to the wind and the boring view!!

I think this was the first time this race was on and if it's on next year put your entry in for a good organized event.

1st male Alex Gibbins 1:56:28 Blackhealth 1st female Sarah Jarvis 2:06:28 Bingley. My time was 2:13:15 (7th cat) 17th out of 635 *Ray Gunner*

EASTER HANDICAP
SUNDAY 11TH APRIL

Yes it's that time again! Having survived the en-route swimming pools of the Mulled wine handicap in December last year it's now time for our Easter treat! If it rains like it did on the weekend of 20th March there will be an awful lot of mud – the Today's Runner junkies will love it!!

The route begins on the cliff top in Chilling Fields by the eastern entrance to Solent Breezes Holiday Park. It's a circular route, mainly on tracks with a bit of road and the odd boardwalk! According to my GPS it is dead on 6 miles.

The aim for this handicap is to finish at 12:00 noon and then proceed to the bar in Solent Breezes Caravan Park for a drink and something hot to eat.

There will be prizes for closest male and closest female finisher to the 12:00 target plus a prize for the best fancy dress, (how many Easter bunnies can we have on one run I wonder?!). There's no parking allowed at Solent Breezes Park I'm afraid so I suggest parking just off Chilling Lane by the Chilling Riding School close to the north western entrance to Chilling Fields. It's then a short walk or jog to the start which is via the Western path around Chilling Fields heading towards the coast.

The start and finish is at the 'Warning Cliff Fall' sign on the cliff top by Solent Breezes. If you find yourself freefalling you know you've gone too far! £1 on the day for all runners, proceeds to go to the prizes and perhaps a few bowls of cheesy chips!

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

- From the start, run westwards through Solent Breezes caravan park for about 200m, turn right at the top of the ramp then left next to number 31 chalet and follow the road out of the park.
- Just outside the park, at the Solent Way footpath sign turn left and follow the track for a few 100m. Where the track takes a sharp left, turn right to follow the yellow signed footpath which passes through a metal kissing gate.
- Follow the track until you reach a junction with a road (Hook Park Road) and turn right at the 'Byway' sign to follow the gravel track.
- After about 400m turn left onto the blue cycle path signed track (the blue sign is on the fence on the right of the gravel track). Beware this is easy to miss. This track soon goes downhill then steeply uphill with woods either side.
- At the top of the hill you'll join a road (Church Road) with St Mary's church on your right. Go past the church and stay on the right side path for about 100m. Then turn right onto the gravelled 'New Road'.
- Stay on this track passing Warsash Wasps football ground to the right.
- Take the track into Warsash Common then immediately after going through a wooden and metal gate, take a sharp right to follow the red arrowed path down a flight of steps and onto a narrow path.
- After a short distance you will pass under a large black pipe; at the wooden post just after this turn right and follow the track through the woods. Eventually this descends onto a boardwalk followed by a long flight of steep steps.
- At the top of the steps keep going to the junction with another boardwalk then turn left along the boardwalk.
- The boardwalk soon becomes a gravel track which bears right. At the wooden seat turn left and go through or over the metal gate. At the junction with a path just after the gate, turn right (don't go straight on) and stay on this path until it becomes a road and passes some houses.
- This road soon comes to a multiple road junction (Fleet End Road); go straight across the junction to join the blue signed bridleway and follow this narrow track until just before a main road (Warsash Road).
- Just before Warsash Road, follow the track as it bears round to the right and stay on the track until it joins a minor road (Little Abshot Road). Carry on along this road past the Abshot Country Club then, at the next road junction, turn left onto Hook Lane
- Stay on this road until you reach Chilling car park on your right; turn right onto the footpath to the right of the car park.
- Follow this long path as it winds its way down to the northeast corner of Chilling Fields.
- Head due south for about 30m then 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.
- 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 through the woods towards the sea.
- When you reach the sea please don't keep going south, (Chris Hall to note)!! Turn west and head back along the coastal path to the finish just before Solent Breezes caravan site.

SALISBURY 10

BEAUTIFUL SURROUNDINGS AT THE SALISBURY 10

Remember this race for next year. We had loads of p.b's on a good course, there are hot showers, massage and Tim found a great country pub on the way back!

Despite the numerous p.b's, our men's team were pushed down to 4th, and our ladies' to 8th, as our rivals made serious attempts to haul us in!

Fantastic p.b's from both Lewis and Andy, as they pushed each other all the way. You can imagine the sprint on the track at the end! The poor guy from Alton who was with them on the track had no chance.

Wayne may have found Bramley a little too long after his Australian adventure, but 10 miles was much more to his liking. He looked very strong as he ran under an hour for the first time (watch out Lewis and Andy). Mike White ran another fast time as he completed the A team, and just headed the Green charge.

Only 30 seconds separated 5 of us. Dave, Tony, myself and Graham were the B team, as we comfortably won again, showing that we have the best strength in depth in this league by some way. This was further emphasised when our C team of Ray, Kev, Tim and John Williams finished ahead of all the B teams except Winchester!

John Blake gets faster with every race, and is now close to 7 minute miles. Here he chased Phil for most of the race, with Phil just managing to hold him off this time. Gordon had a faster chip time than both Phil and John. He must have been at the back as he started the race, giving most of us a 40 second start! Another to smash his p.b. was Richard, as he left Gill and Georgie early on to improve on his Ryde time by over 3 minutes.

It was encouraging to see some new HRRL Stubbies – Rod was just ahead of Georgie and Tina, and Matthew, Angela and Brian ran their first HRRL race of the season. Alan ran well at steady 8 minute miles, just ahead of Eric and Paul. Paul was 2 minutes quicker than his best. Robert, who has run all 8 races, smashed his 10 mile p.b. and, like me, we can now drop our worst % of the season, as it's your 7 best races that count. For my part, dropping my worst result (Overton) means I am temporarily ahead of Dave, Graham and Tony. Dave has run 5 HRRL races so far, and beaten me in all of them!

Despite more p.b's from our ladies we really missed Susie's consistently high placing. We finished 8th in Division 1, easily our lowest team position, and that despite our scorers running at 7.30 minute miles, which is very strong running. We are still 3rd in the league, but have both Fareham and Portsmouth Joggers right behind us.

A fantastic personal best from Gill, over 2 minutes quicker than she ran at Ryde, led our ladies home. Georgie also posted an excellent p.b, more than 1 minute quicker than Ryde. She put much of it down to Tina running with her, telling her to attack every hill, and it certainly paid off. Lucy was just behind Alan, so 8 minute miling off sporadic training! More points here to maintain her place at the top of our Stubbington leaderboard.

Thanks to Chris Hall and Karen Gunner for cheering us all on!

With only 3 races to go in the HRRL we need to maintain our high team placings, so if you can run at Eastleigh, Alton or Netley it would be great to see lots of green vests. Currently we still have 26 Stubbies on the HRRL results table. That's more men than any other club and only Fareham have more ladies. Get your entries in early for Netley as there are limited places. I will chat to our Social Committee to try and arrange something (picnic/pub) after the Netley 10k. *Mike Harper*.

12th	Lewis Chalk	56.33
13th	Andy Simpson	56.37
40th	Wayne Ewens	59.33
45th	Mike White	60.29
49th	Dave Jeffery	60.4
51st	Tony Smith	60.43
52nd	Mike Harper	60.52
56th	Graham Bell	61.03
61st	Ray Gunner	61.46
78th	Kev Wheeler	62.47
83rd	Tim Sullivan	63.23
189th	John Williams	70.42
205th	Phil May	71.3
206th	John Blake	71.33
212th	Gordon Westley	71.49
246th	Richard Snell	73.12
266th	Gill Rose	74.12
286th	Roderick Nairn	75.22
297th	Georgie Wallis	75.52
298th	Tina Chantrey	75.53
378th	Alan White	80.42
381st	Lucy May	81.02
405th	Eric Beck	82.34
408th	Paul Southon	82.46
450th	Matthew Abbott	85.2
582nd	Robert Spencer	97.02
603rd	Angela Benfield	99.23
604th	Brian Benfield	99.23
	648 finishers	

Calling all runners!!

You are needed for the Emsworth Relay on 29th May to make up teams of six, each running 3 legs. Each leg is approx 4 miles, mostly off road. You will need to recce the legs before the race. You don't have to be a fast runner to enter this relay, everyone is welcome, it's all about enjoying the day and being part of a team. Please have a look on the following web site http://www.emsworthrelay.org.uk/ where you will find all the details. If you want further information or would like to take part please contact either Susie at sue.macgregor1@ntlworld.com or Phil May at philmay@btinternet.com

MEMBER OF THE MONTH

Sharon White

Doing al-White

Words: Tina Chantrey

Sharon White was one of the lucky recipients of a club London marathon place this year. We caught up with her to find out more about her motivation to run 26 miles

"I took up running four years ago," says Sharon. "I used to secretly jog for a few lampposts, then walk, then jog again until I was able to run for 15 minutes without stopping," she explains. "I then trained for the Stubbington 10k, and joined the club. I don't know why but I thought I had to be able to run a 10k before I would be able to join!"

Right from the beginning Sharon had her sights set on a marathon. "Deep down I thought it would be amazing to achieve a marathon, but never thought I would do one. If somebody told me four years ago that I'd be running a marathon for my 40th I would have laughed."

Sharon has been committed to her marathon schedule from the outset. "Training is going really well, although I would have liked a few more 20 mile runs under my belt. Running at Bramley was a shock for me as I had never run further than 15 miles. I hit the wall at 16 miles and slowed down to a snail's pace between miles 16 and 19.

"However you quickly forget the pain and within a few days are putting your trainers back on. Although it is hard my body is recovering a lot quicker after the long runs. My goal is to get round uninjured in under five hours, which I feel is achievable for a first marathon."

Sharon runs regularly with the club. "I wouldn't describe myself as competitive though," she says. "I know I'm not one of the club's elite runners but I enjoy competing alongside them in various events. Some of our runners are very good and I feel proud to be in the club with them."

Sharon's hard work over the winter has really paid off. "I'm proud of the fact that I have been able to progress my fitness to another level. Running five or six miles a few times a week is easy to maintain but doing more is hard work."

Future plans

What are Sharon's plans for the future? "When I finish on April 25th I will be cracking open the bottle of Moet that's been sitting in my fridge waiting for me to complete a marathon!" she enthuses.

"Then I will be running the Marlborough 20 a few weeks later with Jaz Smith and Sarah Martin from the club. I also intend to keep running in the cross country series with Phil May as you get to run with a great bunch of people."

It's really been a whirlwind of a year for Sharon as far as running goes. "I've run a P.B. in my fourth Great South Run, completed my first RR10 series, ran my first half marathon,

completed my first cross country series (including running in the championships at Parliament Hill) ran my first 20 mile race and am now in the final month of training for the London Marathon - how did I manage that! I can honestly say that it's because I am in a great club, so thanks SGRAC."

TIME TRIALS

The 4 mile Time Trials start again in April, they will take place on the first Thursday of every month starting on 1st April 7.00pm at Eric Road in Stubbington.

These runs are a good way of measuring your running progress through the summer months. Starting from Eric Road the run takes you down to Lee On Solent via Stubbington Lane, along the front past the hovercraft then you turn left at the War Memorial into Richmond Road, at the end a quick left and right zig zag and on to Manor Way / Broom Way taking you around the airfield back to Eric Road.

Don't worry if you're not sure of the route, there is usually someone to follow.

Gill's Shorts

Run me over…*please!*

Now I know racing isn't meant to be easy and when my body is crying out for me to STOP STOP STOP I have to turn to my brain to tell me to GO GO GO!

But what do you do when your body is shouting, "I feel so bad, everything hurts, I want to stop, I *need* to stop…NOW! And all your brain can muster in response is "please God send a car around that corner, no better still a bus, to run me over (just a little bit). The ambulance can come with its welcoming flashing light and I can lie down in the back. Aah bliss. Just for half an hour, that's all, then I'll be back, honest…

MONTHLY MANTRA: Pain is temporary. Pride lasts forever.

RESULTS ROUND UP

Exbury 10K

Just one Stubbie

Rick Scott 50:42

First man Paul Ashley Hardley Runners 34:50
First Lady Claire Nichols Team Southampton 37:28

Bath Half Marathon

Aaron Kingston 1:39:21 PB (only Stubbie I could find)

First man Ezekiel Cherop 1:03:03

First Lady Michelle Ross Cope 1:12:07

Water for Life Half

7th	Ray Gunner	01:23:11 1st MV40
10th	Mike Harper	01:24:55 2nd MV40
27th	Jon Leigh	01:33:25
41st	Nick Kimber	01:38:11
42nd	Susie McGregor	01:38:11 1st FV40
52nd	Marcus Lee	01:39:36
110th	Annie Tomlinson	01:47:22
171st	Sally McGrath	01:53:20
172nd	Georgie Wallis	01:53:35
244th	Julie Woodman	02:01:34
344th	Caroline Street	02:15:29
	443 Finishers	

Ladies Captain's Report

Today's Runner - Manor Farm & Staunton Country Park
Well done to all the ladies who took part in the Today's Runners events, especially Ann Blake who was the only lady to complete all seven races. Please see John Tussler's report for more details.

Tough Guy 2010

They don't come much tougher than Julie Woodman who completed the Tough Guy 2010 recently. This involved running cross-country, wadding waist high in frozen icy water, swimming through tunnels, jumping over fiery bails of hay and clambering over and under various obstacles. Julie did herself proud with a time of 3:05:45 and came 116 out of 305. Well done Julie, you really are a Tough Gal!

HRRL 2010
We had 5 ladies turn out for the ***Ryde 10*** in February and the ladies ran really well with 4 out of 5 of us achieving PBs Susie 1:09:00 Tina Chantrey 1:10:32 Gill Rose 1:16:40 Georgie Wallis 1:17:10 Lucy May 1:18:29

On the way to the ***Bramley 20*** on 14th February things didn't look good as we were driving through a blizzard at Basingstoke but thankfully by the time we arrived the snow had stopped . Suffering with an injury I wasn't sure if I would get round but due to a pre-race massage I ran well as did all our ladies. Tina Chantrey had an excellent race particularly as she hadn't run 20 miles before. All the ladies who raced are doing a marathon this year so it was good training. We were the first ladies team which then put us 2nd overall in the A Division 1 HRRL. It was also great to have enough ladies for a B team who came 3rd in B Division 1 on the day.
Susie MacGregor 2:32:20 Tina Chantrey 2:36:44 Gill Rose 2:48:41 Annie Tomlinson 2:50:44 Verity Wright 3:16:10 Sharon White 3:49:54

The ***Salisbury 10*** on 7th March is a friendly race suitable for all abilities. It follows a scenic route north of Salisbury following the banks of the river Avon through the gently undulating (with a few cheeky hills!) Woodford Valley. We were just short of a B Team but Gill and Georgie both achieved PB's, Gill by over 2 mins and Georgie by over 1 minute. We finished 8th and we are currently in 3rd position in A Division 1 and 2nd position in B Division 1.
Gill Rose 74:12 Georgie Wallis 75:52 Tina Chantrey 75:53 Lucy May 81:02 Angela Benfield 99:23

By the time this report goes to press it will be too late to enter the next HRRL race which is the Eastleigh 10K on 28th March but hopefully it won't be too late to enter the Alton 10 on 9th May & Netley 10K on 16th May! Please enter as soon as you can, as places are limited. It would be great if we could get a good turn out of ladies for these last two races to keep us in the top 3 of A Division 1 and to keep our 2nd placing in B Division 1 - you can make a difference!

National Cross Country Champs Leeds
Lucy May was the only Stubby Lady to venture to Leeds for the Cross Country Champs. Lucy finished 406th out of 543th. Well done Lucy, especially for turning out the next day on the South Downs!

Fareham Triathlon 16th May
If you are interested in doing a Triathlon, particularly for the first time, this one is great for the novice. It is a low-key event, which involves a 400m swim 27K cycle and 10K run. You can either enter on your own or be part of a team. Stubbington Green Runners are using this Triathlon as their Championships. If you need any further information, please let me know.

RR10
It would be great to see as many ladies as possible at the RR10s, which start on Wednesday 21st April at Royal Victoria Country Park. All abilities are welcome and there is always a good cross range of runners. For further details see page 3.

Good luck to everyone who will be running Marathons in April. With the amount of training that you have put in I'm sure you will all do well and hopefully achieve your goals.
Don't forget the Curry Night that is organised by the social committee. This is usually the last Thursday in the month. Please look on the website for details.

Keep on running!
Susie

The Race Diary

Date	Race	Venue	Time
Fri 2 Apr	Maidenhead Easter 10	Maidenhead Office Park, Westacott Way, SL6 3QH	9.30am
Sat 3 Apr	Compton Down 20 & 40	Downs School, Manor Crescent, Newbury, RG20 6NU	9am
Sat 3 Apr	Newport to Ryde 7	Methodist Church Hall, Quay Street, Newport, PO30	3pm
Sat 3 Apr	Run Richmond Park 5&10k	Richmond Park, Richmond, TW10 5HS	10am
Sat 3 Apr	Rotary Easter 1/4 Marathon	Boscombe Pier, Boscombe, Bournemouth	11am
Sun 4 Apr	Sparks 5 & 10k Flyer	Eton Rowing Centre Dorney Lake, Windsor, SL4 6QP	1.30pm
Sun 4 Apr	Winter Duathlon Series	Eton Rowing Club, Dorney Lake, Windsor, SL4 6QP	9am
Mon 5 Apr	West Wight 3 Hills 8	West Wight Sports Centre, Queens Road, Freshwater	12am
Sat 10 Apr	Crawley AIM 12hr Ultra	K2 Leisure Centre, Tilgate, Crawley, RH11 9BQ	7 am
Sat 10 Apr	Crawley AIM Marathon	K2 Leisure Centre, Tilgate, Crawley, RH11 9BQ	10am
Sat 10 Apr	The Bath Beat 26.5	Ralph Allen School, Claverton Down, Bath	8.30am
Sun 11 Apr	Salisbury 5	5 Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR	11am
Sun 11 Apr	Clapham Common 10k	Clapham Common, Clapham Common, SW4	10am
Sun 11 Apr	Combe Gibbet-Overton 16	Overton Recreation Centre, Overton, RG25 3ES	2pm
Sun 11 Apr	Denbies 10	Denbies Wine Estate, Dorking, RH5 6AA	10am
Sun 11 Apr	Denbies 5k	Denbies Wine Estate, Dorking, RH5 6AA	10am
Sun 11 Apr	Frimley Park 10k	Frimley Park Hospital, Portsmouth Road, GU16 7UJ	10.30
Sun 11 Apr	Kingston Breakfast Run 16	Kingston Upon Thames, Surrey	8.30am
Sun 11 Apr	White Horse Half	Millbrook School, School Lane, Grove, OX12 7LB	10am
Sun 11 Apr	Sidmouth Aquathon	Sidmouth Pool, Ham Lane, Sidmouth, EX10 8XR	8am
Fri 16 Apr	Poole Park 5k	Poole Park, Poole	7.30pm
Sat 17 Apr	Fast F'ward Hurstbourne 5	George V Playing Fields, Hurstbourne Tarrant,	11am
Sun 18 Apr	Parley Park 10k/2k Bun Run	Chapel Gate Sp Ground, E Parley, Christchurch, BH23 6BL	11am
Sun 18 Apr	Hartfield 10k	Town Croft, High Street, Hartfield, TN7 4AD	11am
Sun 18 Apr	The Brighton Marathon	Start, Preston Park, Brighton	9am
Wed Apr 21	RR10	Royal Victoria Country Park	7pm
Sat 24 Apr	Q2—The Quest Challenge	Burnbake, Rempstone, Corfe Castle, BH20 5JH	10am
Sat 24 Apr	Clandon Park Run 10k	George Abbot Sch. Woodruff Ave, Guildford, GU1 1XX	11am
Sun 25 Apr	The ZigZags 10k	Durley Chine, Poole	9am
Sun 25 Apr	Houghton 11k	Village Hall, Houghton, Stockbridge, SO20	10.30am
Sun 25 Apr	XLP Trust Triathlon	The Rapids, Southampton Rd, Romsey, SO51 8AF	10.15am
Sun 25 Apr	South Downs Marathon	East Dean Village Hall, Eastbourne, BN20 0DJ	9am
Sun 25 Apr	Virgin London Marathon	Blackheath, London	9.45am
Sun 25 Apr	Angmering 10k Bluebell	Angmering Park Estate, Arundel, BN13 3UH	10.30am

The Race Diary

Date	Race	Venue	Time
Sun 2 May	Neolithic Marathon	Study Centre, Great Barn, Avebury, Wilts	10.30am
Sun 2 May	Fordingbridge F. Stn 10K	Fordingbridge Fire Station, Fordingbridge, SP6 1JN	11am
Sun 2 May	Sutton 10K	Church Road, Wallington, SM6 7NN	10.30am
Sun 2 May	3 Forts M'thon &1/2M'thon	Norwich Union, Hill Barn Lane, Worthing, BN14 9QF	10am
Sun 2 May	Stonehenge Cani-X 21K	Neolithic CaniX, Stonehenge, Amesbury	10.30am
Sun 2 May	Round the Rock 10K	Portland United FC Ground, Portland, DT5 1DP	10.30am
Sun 2 May	Trussel Trust 5K	Five Rivers Leisure Centre, Hulse Road, Salisbury	11am
Mon 3 May	Hampshire 10K	Mountbatten Centre, Portsmouth, PO2	11am
Mon 3 May	Shinfield 10K	School Green, Shinfield, Reading, RG2 9EH	10.30am
Wed 5 May	RR10	Longdown Enclosure, Ashurst	7.15pm
Wed 5 May	Run4Fun4Men 5K	Down Grange Sports Complex, Pack Lane, Basingstoke	7.30apm
Sat 8 May	Dorney Dash 10K	Eton Rowing Centre, Dorney Lake, Dorney SL4 6QP	10am
Sun 9 May	Alton Ten - HRRL	Eggars School, Holybourne, Alton GU34 4EQ	10.30am
Sun 9 May	Goodwood Duathlon	Goodwood Motor Circuit, Chichester, PO18 0PH	9am
Sun 9 May	Lymington Lifeboat 10K	Woodside Park, Lymington	10am
Sun 9May	Moors Valley 10K	Moors Valley Country Park, Ringwood, BH24	10.30am
Wed 12 May	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.30pm
Wed 12 May	Purbeck 10K	Puddletown Road, Wareham, BH20 4PH	7.30pm
Sun 16 May	Run in the Park 10k -HRRL	Royal Victoria Country Park, Netley	10.30am
Sun 16 May	Bognor Prom 10K	West Park, Aldwick, Bognor Regis	10.30am
Sun 16 May	Harewood Forest Run 11K	Wherwell, Hampshire	t.b.c
Sun 16 May	Hook 6 & 10	Hook School's Site, Hook, RG27 9NR	11am
Sun 16 May	Longleg 10K & 5K	Albury Cricket Pitch, Guildford, Surrey GU5 9DP	8.30am
Sun 16 May	Southampton RC 10K	Royal Victoria Country Park, Netley, SO31 5GA	10.30am
Sun 16 May	The Priory 10K & 5K	The Priory School, Pamber End, Tadley, RG26 5QD	10.30am
Wed 19 May	RR10	Wilverley Enclosure, Sway	7.30pm
Sun 23 May	Fishbourne Flat Five	The Fishbourne Club, Fishbourne West Sussex	9.45am
Sun 23 May	Marwell Wildlife 10K	Marwell Wildlife, Colden Common, Winchester	10.30am
Sat 29 May	Emsworth-Basingstoke Relay	Emsworth	t.b.c
Sat 29 May	Egdon Easy 10K	Weymouth College, Weymouth, DT4 7LQ	7pm
Sun 30 May	Ropley 10K	St Peter's Church, Ropley	11am
Sun 30 May	Needles X-C Half Marathon	West Wight Sports Centre, Freshwater, PO40 9XH	10am
Mon 31 May	Lindfield 10.5K	Hickman's Lane Rec' Ground, Lindfield, Sussex	10.45am
Mon 31 May	D-Day 10K	Mountbatten Centre, Portsmouth, PO2	11am

The Stubbington Noticeboard

April's Training Programme

Tues (Locks Heath, 7pm) Thurs (Crofton, 7pm)

April

Thurs 1st First 4 mile Time Trial Crofton. Phil

Tues 6th 10min warm up 20 min tempo run 10 min warm down Locks Heath. Mark LG

Thurs 8th 1,2,4,8,1000,8,4,2,1 Pyramid 1,2,400 rec Crofton School Track.. Richard

Tues 13th Tempo Run Locks Heath. Phil

Thurs 15th Lee Triangle Accelerations X 4 Crofton. Phil

Tues 20th Figure of 8 Titchfield (Southdowns Training) Locks Heath. Chris H

Thurs 22nd 200m run on the beach 2 sets of 4, 5min recovery between sets. Crofton. Phil

Tues27th Sovereign Crescent Run Locks Heath. Mike White

Thurs 29th 8 x 600m 400 rec Crofton School Track.. Chris

May

Tues 4th 10 x 1min hard 2 min rec Chilling Field, Locks Heath. Mike B

Thurs 6th Second 4 mile Time Trial Crofton. Phil

Glen's Thursday Speedsters (6.30pm)

Speed sessions for the slower runners on a Thursday evening at 6.30pm, with alternate venues: Locks Heath Sports & Social Club or Crofton Community Centre in Stubbington.

1st April Lee Grass Fartlek Stubbington
8th April 1,2,3,4,3,2,1 (1 min recovery) Locks Heath
15th April 6 x 1K at Cuckoo Lane Stubbington
22nd April Chilling 3 x 5 mins (2 mins) Locks Heath
29th April 12 x 350 metres (1 minute) Stubbington

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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