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

May 2010

NETLEY GOES GREEN

The 2010 RR10 Series got underway on a glorious sunny, if slightly chilly, evening down by Southampton Water. The summer mid-week cross country series opened as usual within the picturesque grounds of The Royal Victoria Country Park, near Netley. A slight amendment to the 4.5 mile course provided a fast and furious start to the race and 2010 series.

The opportunity to stretch the legs in the spring sun tempted no less than 49 runners from SGRAC out of hibernation, which is up from 38 last year, but slightly down on the 2008 record of 52!. It really was a sea of green as we made our way to the start, with many of our runners making their way to the back of the field as they either had a post marathon recovery run, or a last shake out before marathons. After a few words to the 330 runners from our chairman, and paying our respects to Bev Lavery with a minutes silence, there was a rush to the first corner of the short lap around the Chapel.

Lewis and Wayne kept each other company at the head of the field, finishing 5th and 6th respectively. A great effort especially with Lewis easing his way back from injury, just in case you haven't been getting the text updates on the state of his hamstrings. I understand that he would like to say a big thank you to Lucy May, who is fast becoming his personal trainer and masseuse! Closely following these two was Chris Hall (10), who gave up a week in Majorca to run thanks to volcanic ash, Dave Jeffrey (15) and the fast improving Kevin Wheeler (18). These 5 made up the "A" team who finished 1st overall in the team competition on the night. It makes a change for Chris and Kev to be looking at the top of any league this year.

In the ladies race Sally McGrath finished a fantastic 6th, leading the team home to a 3rd place overall. Joining Sally in the ladies A team were the improving Rachel Openshaw (12) and, back from her travels, Penny Forse (13), who both also had great runs.

It was great to see so many Stubbington Green Runners, too many to mention, which slightly caught Jaz out, as she only had one packet of shortbread and brownies to go round 49!! If you didn't get one, good luck next time when I am sure that she will be better prepared.

The next race in the series is at Longdown Inclosure, Ashurst in two weeks time on May 5th (7:15pm), before which the debrief, cheesy chips, and orange squash (Lewis) location will be confirmed by Tim.

Full results are available on the RR10 website http://www.rr10.hampshire.org.uk/

Graham Bell

Due to a health problem Jenny Hearnden is unable to organise the MacMillan Mile this year. Anyone wishing to support this 'annual event' in the form of a donation, please forward to Jenny at 38 Summerfields, Locks Heath, Southampton SO31 6NN or telephone 01489 582204

WE ARE MACMILLAN. CANCER SUPPORT

"However, several club members will hopefully still be organising the event, please look out for details in the near future."
(editor)

RR10 RESULTS

Sally	McGrath	6
Rachel	Openshaw	12
Penny	Forse	13
Lucy	May	22
Margie	Pritchard	31
Lucy	Simmons	36
Jane	Butler	51
Megan	Hall	52
Naomi	Crane	53
Katherine	Briggs	59
Julia	Haskell	68
Donna	Mitchell	73
Susie	Macgregor	74
Ann	Blake	76
Eunice	Hoare	82
Katrina	Gunner	96
Jaz	Smith	104
Liz	Hall	106
Sarah	Martin	108
Sue	Simister	134
Lewis	Chalk	5
Wayne	Ewans	6
Chris	Hall	10
Dave	Jeffrey	15
Kevin	Wheeler	18
Graham	Bell	21
Graham	James	31
Tim	Sullivan	38
Mike	Harper	55
Mark	Urbanowski	72
Paul	Hammond	79
Nick	Crane	85
Euan	Mcgrath	100
Phil	May	101
Jon	Leigh	105
Neil	Jarvis	108
Jamie	Boller	109
John	Simister	129
Jeremy	Meadows	130
Alan	White	132
Paul	Hailwood	136
Richard	Simms	141
David	Elland	150
Nigel	Witcher	159
Martin	Banner	170
Peter	Hutchison	179
Chris	Gallagher	181
Gordon	Westley	182
Ray	Gunner	184

SOCIAL NEWS

Calling all Stubby movers & groovers and socialites, the time has come to book your place for the first Stubbington Green Runners Summer Ball at the David Lloyd Centre in Port Solent on Friday, June 25th at 7.30. Places are going really fast so avoid disappointment and get booking now!

The price is a steal at just £22 a head for a 3 course meal and disco. You can book your place online using PayPal via the SGR website. Alternatively, for those who would prefer to pay by cash or cheque please print off the form and send to Kathy McKain, 6 Violet Avenue, Hill Head, Fareham, PO14 3 PT. Please make cheques payable to Stubbington Green Runners (NOT SGR). So get booking now, look forward to seeing you all there!

The summer 'Fish and Chip' handicap will take place mid week at the end of May, details and route will be published on the website in the next couple of weeks.

The summer BBQ is proposed for mid July, again watch the website for confirmed date and information. Both these events were really successfully last year and we hope to make them equally so this year!

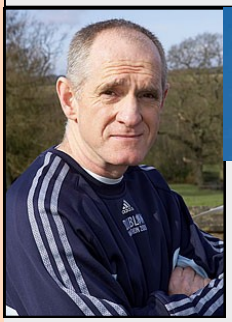
I'd like to take this opportunity to thank and congratulate Tim Sullivan on the Easter handicap. His route description was brill and easy to follow. Great job, Tim in organising everything, a great time was has by all who came along. Thanks also to Sue for helping with the time keeping and looking after our bags.

Tracie

April Time Trial Results

Lewis Chalk	23:20
Kevin Wheeler	24:02
Graham Bell	24:10
Mike Bell	26:29
Philip Martin	26:39
Neil Jarvis	27:22
Tina Chantrey	28:41
Rachel Openshaw	29:20
Philip May	29:31
Alex Drew	29:45
Paul Southon	29:47
Keith Whittaker	29:50
Georgie Wallis	29:53
Mike Harper	29:53
Alan White	30:18
Margie Pritchard	31:32
Jas Smith	39:23
Rowena Dodds	39:23
Lucy May	41:41
Geraldine May	41:52

BUNGAY BLACKDOG MARATHON



When I got up last Friday I realised that not only was I not going to be flying to Boston that day but it was unlikely that I'd get there at all. I made the decision that even if I was going to loose out financially I could still put my 4 months of training to some use so the bags stayed packed and I headed off to Suffolk for the weekend to run the Bungay Black Dog Marathon.

I set off at a pace which felt about right, before reaching the 2 mile point you start to climb the first of a 4 ½ mile stretch of hills, being a 2 lap course I knew these would be much tougher the second time round in the midday sun. By mile 8 I was starting to think I may be going a little too fast so asked the chap who'd been on my shoulder most of the way what pace we were running, hoping he'd say about 7.40 - his reply was "well under 7.30" I knew I'd pay later.

Starting the second lap I was already having to work hard to maintain the pace but decided to go with it for as long as I could, at mile 18 and after completing the hills for the second time my companion of the last 2 hours started to pull away as I slowed dramatically, I went through 20 miles in under 2hrs 30 which would acquaint to a finish of around 3.18 but I knew this was not on the cards, each of the last 6 miles included some walking and I struggled over the line in 3.34.55 (53rd of 210 finishers).

Although I'd had a bad race I've no regrets, it was a very good well organised event which I'd recommend to anyone wishing to get away from the crowds of the big city marathons. I will put this one down to experience, I think you need to have the odd bad race to appreciate the good ones, roll On Berlin!! *Jon Leigh*.

Brighton Marathon

This inaugural race was a huge success. A lovely sunny day, fantastic noisy crowds and a pretty fast course, made it a day to remember, and many runners are already eagerly awaiting the nod from Brighton Council to get an early entry for next year.

As it was the first, there were several improvements to be sorted for next year. The main and justifiable complaint was the lack of loos at the start. It did make you wonder if the organisers had ever run in a big race before! I found the course to be as advertised. It had a few inclines, not really hills in the first 10 miles, then a great scenic run back down to Brighton Pier, where the crowds were quite literally deafening! This was followed by a few out and back miles through suburbs and past shops before arriving back briefly to the mega noisy seafront before heading out to Shoreham.

The turnaround was pretty bleak but this only covered a couple of miles before heading to the finish along the prom. I had to dodge one spectator at 24 miles, as the prom was still open for spectators to wander across and I understand later runners found this a pain.

Once over the finish line the medal was really impressive, t-shirt ok, and the goody bag full of cosmetics I passed to my daughters! If you didn't get the park and ride buses there was a hell of a climb up countless steps, which must have been so tough on tight tired legs, but overall an excellent day, and if you fancy a spring marathon you won't be disappointed with Brighton. *Mike Harper*

I had a very worrying calf pain a few days before the race which was just agony to touch! So I dosed up on codeine and I revised my sub 3 hr target, to just get round, but if ok to at least get the sub 3.15 needed to get a qualifying time for London 2012.

As it was, the concern regarding my calf proved unfounded, but it did ensure I made a steady start. I pushed on to tag onto the 3 hr paced group. I eventually caught them about 10 miles (67mins), but I was now feeling strong so pushed hard after a brief chat with Mike White.

I never drink en route unless it's a marathon so had been taking water and powerade at every opportunity, but after 19 miles at sub 7 min miles, mile 20 was 7.01 and as the next few miles ticked by cramp set in and my sub 3 chance had gone. I had to stop briefly to stretch my hamstring around 24 miles as everything tightened.

I did battle really hard the last two miles, but 7.22's were too slow, so finished 3.00.57 on the clock and 3.00.24 on chip. My Garmin did show sub 3, as did the official text sent, but I had just missed sub 3 hrs. It was a real shame, but many years ago I ran 3.00.02 in London, so it could have been worse!

I had totally enjoyed the day, and will give serious thought to running here again next year. Thanks to Susie, Georgie, Lana, Elle, Erin and Josh for their encouragement. *Mike Harper*

I had a calf problem two weeks before so not ideal preparation! The first ten miles I didn't feel good at all, I think the worst my legs have ever felt in a race and I was seriously wondering how I was going to finish! Luckily the race was very well supported and it was very loud the last two miles along the seafront before the finish. Given how I felt at the start I was pleased with the time. *Chris Munro*

If you want to know whether or not running a marathon is a sensible thing to do when you've got a cold, the short answer is - of course it's not! My cold was made very much worse by the 26miles of running at just below aerobic threshold pace and I've currently lost my voice. But I'm still very pleased I ran. It was a beautiful Spring day and the levels of support along the route were amazing, even out at the extremities.

It's a nice varied course that after the initial miles on the streets near the centre goes out and back along the coast to the East then to the West before finishing with a final 4miles along the seafront to finish past the pier.

Having the cold knocked my enthusiasm for hurting myself a bit, although towards the end things picked up and I actually enjoyed the last few miles picking off quite a few of the opposition along the seafront. *Mike White*

The Brighton marathon was a fantastic day out. The event was very well organised (apart from the delayed start) with frequent water stops, toilets and showers provided. The crowd was brilliant, cheering us on all the way, especially the last mile which was packed with supporters helping us on. But the best bit was the Stubbie supporters. We had Susie and family cheering us on at the first corner, with Sue (Robinson) popping up at various points along the way to keep us going, and Sandie joining her towards the end to help her push us through the final hurdle.

My big thanks to Sarah for making me keep running when I was perfectly happy to walk! And supporter of the year must go to Sue for getting us there in good time and providing champagne and strawberries at the end! Thanks Sue. *Rowena Dodds*

The crowds and the atmosphere were fantastic and certainly kept you going especially from mile 16 onwards. I saw a very welcome face at mile 18 in the form of Sue Robinson who as soon as I saw her I promptly burst into tears. After a few words of comfort and encouragement from her I managed to keep going until mile 24 when I saw her and Sandie which was just what I needed to get to the finish. I would like to say a huge thank you to Rowena who stayed with me and got me round.

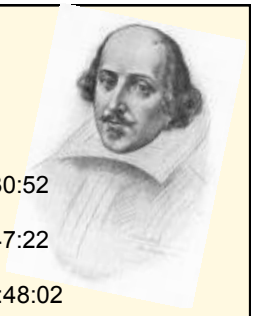
Thanks Ro! Would I do another marathon??? I thinks its a bit like when you have had a baby. At the time you think "never ever again" Then as the weeks go by and you forget the pain and agony you think "actually, it wasn't THAT bad!!" Watch this space....*Sarah Boddy*

STUBBINGTON ACHIEVE MARATHON AFTER MARATHON

Brighton Marathon

62	Mike Harper	3:00:57
70	Mike White	3:03:26
169	Chris Munro	3:13:58
457	Darrell Milner	3:29:06
1594	Aaron Kingston	3:58:30
5669	Chris Smith	5:16:28
6039	Rowena Dodds	5:26:39
6040	Sarah Boddy	5:26:39.

SHAKESPEARE MARATHON



126	Euan McGrath	03:30:52
196	Gill Rose	03:42:15
261	Annie Tomlinson	03:47:22
312	Richard Snell	03:53:18

844 Finishers / Winning time 02:48:02

Stratford upon Avon Half Marathon

21	Graham Bell	01:24:15

1,764 Finishers / Winning time 01:13:02

Virgin London Marathon 2010

574	Smith, Anthony P	02:52:42
3437	Gunner, Raymond J	03:24:10
4514	Kimber, Nick	03:30:46
5530	Macgregor, Susan	03:36:59
6373	Blackmore, Robert J	03:41:23
6802	Lee, Marcus T	03:43:48
9440	Roche, Richard A	03:54:59
11148	Clarke, Michael T	04:00:46
14844	Beck, Eric	04:15:23
18947	Wright, Verity	04:30:05
25111	West, Grant J	04:54:29
25793	Spencer, Robert Charles Paul	04:57:29
26773	Macintosh, Sandie	05:01:57
31053	White, Sharon S	05:28:45

Bungay Black Dog Marathon

Jon Leigh 3:34:55
53rd overall

Llannelli Star Great Welsh Marathon

Paul Southern
3:51:45 117th overall

Boston Marathon

Nick Kimber 3:28:54

MONTANE HIGHLAND FLING 53 MILE ULTRA RACE

53 mile Ultra Race
Jon Henderson 12:09:07

CTS COASTAL TRAIL SERIES

Coastal Trail Series Stage 6 Cornwall

Marathon

Andrew Briggs	**05:40:10**
Jane Adlard	**07:01:56**
Kathy McKain	**08:17:17**
Caroline Street	**08:17:18**

Half Marathon

Karen Dean	**02:56:59**

MORE MARATHON REPORTS NEXT MONTH

ROWENA BREEZES TO HANDICAP VICTORY

The first handicap run of the year thankfully coincided with a warm Spring day for the runners at Solent Breezes and Warsash Common.

23 Stubbies ran the 6 mile course (mainly ladies – come on fellas where were you?!) and it was great to see 13 beginners join in by running a lap of Solent Breezes field cheerily encouraged on the way by Christine Haskell.
The previous day's sunny weather had dried out the route to some extent but there was still plenty of mud and ankle deep water to be relished! For those who've not enjoyed the pleasures of a handicap run, it's not about the fastest or fittest, anyone can win, it's just about being a very good judge of your own pace and getting as close to the target finish time as possible.

As usual, no watches, sat navs or 'what time is it?' to passers-by were allowed but remarkably 21 runners finished within 2 minutes of the 12:00 deadline. All enjoyed the varied route which took in tracks, woods, boardwalks and sea views in the local area. Bottles of bubbly and yet another helping of Easter chocolate were awarded to the winning male and female plus the best fancy dress winner.

Thanks to Julie and Kevin Ashman who kindly donated new heart rate monitors for the winning male and female. Andy Lee took first prize for his well judged finishing time of 11:59:51 and Rowena Dodds just pipped Sarah and Sandie to win the female prize in 11:59:34. Sarah Martin, with a very attractive set of ears and bunny tail (borrowed from Jaz I should add!), won the prize for best fancy dress.

We all retired for an enjoyable debrief in the Breezes beer garden afterwards, watching the world go by on the Solent whilst scraping all the mud off our legs – the perfect day out! Thanks to all who took part, next handicap – the 'fish-n-chip special' at the end of May! *Tim Sullivan and Sue Robinson.*

SOUTHDOWNS SOCIALS

Each Friday evening in May we will be meeting at a point (or pub) and running out and back for approximately 15 minutes or 30 minutes along legs of the South Downs with a social at a pub afterwards

All abilities welcome, start at 7pm.

May 7th
End of leg 18 Chilcomb village - Post run to The Flowerpots in Cheriton.

May 14th
End of leg 14 Start of leg 15 Buriton village car park - Post run to The Master Robert.Buriton.

May 21st
End of leg 12 start of leg 13 Cocking car park A286 nr Hill Barn - Post run to The Bluebell Inn, Midhurst.

May 28th
Middle of leg 17 The Shoe at Exton - Post run straight in the Shoe.

For any more info required please contact Mike Harper 07722870258.

STUBBIE JUNIORS

Eastleigh 2k Fun Run

Alex White, and Ben and Hannah Smith all ran well for Stubbington Green in the race for 9 to 12 year olds. Ben did particularly well, having run with an injury as many dedicated runners seem to do!

Tommy Blake was the only Stubbington Green representative in the 5 to 8 year old race, and he also had a fine run.

Guernsey Easter Fun Runs

Tommy Blake and Katie Simister represented Stubbington Green in the Under 7s and Under 9s races. Tommy ran in all four races and did exceptionally well to come 3rd, 2nd and 3rd in the individual races, with his relay team coming 4th. Katie also had fine runs in races 2 and 3 despite having been poorly earlier in the week. Well done Tommy and Katie!

Membership Fees are now overdue!

If you wish to run for the club at road or cross country events, you must ensure that your membership fees have been paid. Thanks to all of you that have paid so far. Just visit the link on our web site to enter your details, then either pay using PayPal or post your cheque to Caroline Street at 83 Garstons Close, Titchfield PO14 4EU. If you don't have access to the internet then call Caroline on 01329-845330 to get a renewal form.

This year the following members have been awarded Honorary Social Membership:
George and Jean Childs, Joan Vose, Chris Brittain, Alan Bromley, John Randall,
Karen Gunner, Ann Rawlins, Jenny Hearnden, Chris and Eric Haskell, Chris and Jackie Richards, Andy Rogers, Wendy Hall. The committee have used their discretion in awarding these Honorary Memberships and they are based on a number of criteria; namely the amount of time in the club and the member's contribution to the club.
Caroline

The Guernsey Easter Runs

Caroline & Glen Street, John & Sue Simister with nine year old daughter Katie, John & Ann Blake with seven year old son Tommy and Gary & Maria Solly enjoyed a week of sunshine and running events in Guernsey over the Easter break. Gary competing in his first ever events as a Green Runner!

Team SGRAC

Steph Twell Team GB

On Good Friday 175 runners took part in the 10K road race with Jonathan Hay from Aldershot Farnham & District winning in a time of 31:25. Olympic hopeful Stephanie Twell from the same club won the ladies event in a time of 33:06. Green times were, John Blake 44:42, John Simister 49:24, Caroline Street 56:42, Ann Blake 57:09, and Gary Solly 59:47.

On Saturday Jonathan Hay and Stephanie Twell carried on where they left off taking the 4.75 mile cross country honours in times of 25:06 and 26:09. Green times this day were, John Simister 40:05, Ann Blake 46:42, Caroline Street (whose hip had come out in sympathy with Glens knee, and meant this was to be her last race of the weekend) 46:52, Gary Solly 46:59, Sue Simister 53:11 and John Blake with a knee injury limped over the line in 55:56.

In the 4x2 mile cross country relay the deadly duo of Jonathan Hay and Steph Twell were at it again with times of 10:02 and 10:38 respectively. The SGR team brought up the rear but thoroughly enjoyed(?) a demanding course with times for John Simister 15:49, Ann Blake 18:19, Gary Solly 19:11 and Sue Simister 22:15.

It was all change in the men's Half Marathon on Easter Monday as Johnny Thewliss from Nottingham University recorded a time of 1:09:41, just 10 seconds ahead of Jonathan Hay. Steph Twell was again at her best smashing the ladies course record by three minutes with a time of 1:11:56. Only two Stubbies survived to take part this time, John Simister finishing in 2:00:21 and Ann Blake in 2:14:00. John and Ann being amongst only 52 runners that managed to complete the four races, so well done to them.

Well done also to Katie and Tommy who represented the junior side of the club. Katie got out of her sick bed to run in two of the children's races and Tommy, having a personal battle with the locals, managed to finish 2nd, 3rd and 2nd in his individual races and in the 5th team in the relay. As he says, he was the highest ranked Stubbie of the week!

This was all topped off with lots of good food and drink, nice walks, and trips to the local islands of Herm and Sark...can't wait for next year!

Glen

Ladies Captain's Report

It's a quiet month in April with a lot of people training for a Spring Marathon. All my Marathon news will be in next months issue.

A few of us travelled to Marlow to compete in the Water of Life Half Marathon. It was a well organised race and the weather couldn't have been better. We all had a great day out with myself and Ray Gunner winning our age group. Susie MacGregor 1:38:11
Annie Tomlinson 1:47:22 Sally McGrath 1:53:20 Georgie Wallis 1:53:35 Julie Woodman 2:01:34 Caroline Street 2:15:29

We had 8 ladies turn out for Eastleigh 10K. Sharon White unfortunately had to pull up due to a hamstring problem. Gill Rose led the ladies home with a time of 45:11 It was good to see a few new names competing in the HRRL.

Annie Tomlinson and I ventured to Cranleigh to run the 21 miles as part of our Marathon training. We were expecting terrible weather but it was fantastic, maybe getting a little too hot towards the end. At this stage of the training this race was hard as we were running tired all the time but it was great to get the miles in the bank. Susie MacGregor 2:45:18 Annie Tomlinson 3:02:08

The Beginners Course started on 30th March. There was a great turn out of new runners and also Stubbington runners who offer help and assistance to Chris Haskell, Caroline Street, Glen Street & Tom Mellor who run the course. It's great to see new people who are enthusiastic about running and want to achieve their goals, be it running a mile or running a Marathon. If any Stubbies can help out on a Tuesday evening I'm sure it will be appreciated - you might even learn a thing or two !

The last two HRRL races are in May - it would be great to see a good turn out of ladies.

The RR10's have just started - don't forget to look out for the pub details on the Website/Forum - Cheesy Chips are always on the menu! If you need any further information or need further encouragement to run the RR10's let me know. These are great 5 mile off road races, many in The New Forest.

Susie

Bev Lavery
04/11/64 – 06/04/2010

This month saw the shocking and distressing news that one of the south's most talented runners, Bev Lavery, 45, died following a tragic accident which occurred on Saturday, 3rd April.

Bev, who had been for her run earlier in the day, went out on her bike to meet husband Malcolm to keep him company on the last miles of a training run for the London marathon. As Bev was cycling at a slow pace alongside Malcolm, she unfortunately wasn't wearing her helmet. She received a text message and stopped to answer it whilst Malcolm ran on. As Bev cycled to catch up with Malcolm, she is believed to have collided with a parked car and sustained head injuries which proved to be fatal. She was taken initially to QA hospital but was transferred to the Wessex Neurological Unit in Southampton where tragically she lost her fight to survive and died on Tuesday 6th April.

Bev was an extremely talented runner who had worn the green vest of SGR for many years. Here Phil May describes her running career:

"Beverley started her running career with Fareham AC where she ran with her brothers, Lee and Gary, and was coached by her mother Beryl. After a brief spell in the Army she returned to run for Stubbington Green in the mid 90's.

Her desire to run on the track took her to Havant whilst running the country for Stubbington but finally settling for Havant for both disciplines in recent years.

Her 2008 season on the track saw her ranked 15th in the country for vets 40 in 800m and 3000m and 16th in the 1500m. In the 5000m she managed 11th in her class.

She will be sorely missed from the athletics world and the achievements she has made".

Bev, along with her husband Malcolm, was a well known figure on the cross country circuit and road races. Throughout her time in SGR she could always be depended upon to be amongst the first of our ladies home. Bev was instrumental in helping the SGR ladies team capture the Today's Runners crown in 2008. She will be remembered as a gifted, devoted and determined runner.

Bev's 12 year old daughter, Georgie shares her mother's talent and commitment for running and is also a member of Havant Athletic Club. Bev, who enjoyed sharing her passion for the sport, was involved in teaching new talent to run and helped to train youngsters, including Georgie, just as her mother Beryl had trained her.

Bev's funeral took place on Wednesday 21st April and was a moving and heart-rending affair with a very personal touch that would have made Bev very proud. Bev was a Police Community Support Officer at Waterlooville, a life time dream that she had achieved. Police colleagues lined the route into the Crematorium saluting her to the sound of the bagpipes. Brave Georgie and Malcolm lead a group of runners from Havant Athletics and SGR who ran behind her hearse. Bev's sons Andrew,19 and James, 17 carried her coffin into the chapel of rest where around 200 people packed in to pay their respect.

Beryl, Bev's mother paid tribute to her daughter saying "You gave 100% at 100mph at whatever you did".

Bev was a truly inspirational lady, may she rest in peace.

By Tracie Jarvis

You know how it is; you get an injury and the physio tells you to rest, then slowly to build up strength in the injured part, and for your first race back pick a steady easy outing. Right then, that's sixteen miles cross country from Combe Gibbet to Overton.

This is a race I have done a couple of times previously and one that I enjoyed, so I was not to be put off by turning my ankle back in January at Rogate Common. Myself, Neil and Eric made the trip to Overton on Sunday through the multitude of Pompey fans on the motorway on their way to Wembley.

After a cup of tea it was onto the bus for the Police escorted trip to the start. "Why an escort?" I hear you ask, well the route to the Gibbet alongside the river Test is not really suitable for a bus, let alone four of them, so the Police ensured a hassle free trip. After an hour's sight seeing we arrived at a very windy but wonderfully scenic start; after the usual varied pre-race rituals, (predominantly it seemed finding a suitable bush), we were off.

The route is a mix of gravel tracks, grass fields, woodland trails and a small amount of tarmac. It has the usual topographic mix that you would expect over sixteen miles, with one hill just after half way that goes on for about a mile. With three evenly spaced water stations, helpful cheery marshals and the police encouraging you on, jelly babies towards the end and tea and cakes at the finish, it is a great way to spend a Sunday afternoon.

Well done to Overton Harriers for a well organised race.

First male and race winner: Graham Bungay of Totton RC. 1:41:50
First female: Frances Burge of Headington RR. 1:53:21

Stubbies.
62nd Paul Hammond. 2:08:28
85th Neil Jarvis. 2:13:57
117th Eric Beck. 2:29:37
There were 161 finishers.
Paul Hammond

MEMBER OF THE MONTH

Paul Hailwood

Getting tough (and scenic)

Words: Tina Chantrey

Paul Hailwood has been a member of the club for nearly three years. For him, the muddier the race, the greater the enjoyment.

"I started running as my family were not impressed with this fat bloke in the house. My younger son, Harry, started calling me fatty! I knew I had to turn this slide to flabbiness around and running seemed a good idea," explains Paul.

"When I first started jogging making it to the sea front and back was hard, which was just 1.5 miles," he says. Yet Paul instantly fell in love with running.

"My son Peter needed a bit of encouragement to get fit so we challenged each other to go for a run with SGR. It was a Wednesday session and very stupidly we decided to run with the 'slow' group thinking this would be easy. We were destroyed and I couldn't walk for a week afterwards! But we did not give up and went back the next week. Slowly but surely we improved and there was less pain at the end of the day. We both enjoyed the friendliness of the club and the encouragement; we were hooked."

Paul gradually developed his own preferences in running. "I enjoy a run with hills and mud and lots of variety. Not knowing what is around the next corner makes it all a bit of an adventure. To me running is just sightseeing in a hurry! Off-road is much kinder on the knees, too."

Paul enjoys taking off without a map and trying to get home without going on a road. "It's great fun," he says, "but often takes a bit longer than expected! This may be why I don't have a running buddy!"

What about his race tactics? "I like to spot somebody at a race and think 'I can beat him this time'. I normally start at the back of the group and slowly work my way up the field to about half way. I really enjoy just sprinting ahead of someone in the last few feet of the *Today's Runner*, not that it happens much!

"I am not so interested in the mass participation races and much prefer the small fields where you can chat to other runners as you plod around. Distance is my challenge, I have completed a 30 mile event; can I do a 33 mile?"

Future plans

Paul has completed two marathons, Portland and Doyen of the Downs. "Long runs are my favourite," he explains, "as I don't have the speed in my legs. But I am stubborn and stupid enough to keep going for mile after mile."

The next goal for Paul is the Marlborough Downs 33 miles later in May. "I did the 20 two years ago and loved it. I am aiming for six hours so it isn't just a plod around and survive. I want to really push myself. I completed the Doyen 30 miles in 5hrs 45min and that was a very tough run for me, so I am hopeful."

For Paul, this year's Meon Plod has been a highlight in his running career. "I am very proud of this run. I finished in the middle of the field but still felt good. This was down to good preparation before hand and pacing myself in the first half.

"Running with my wife Janet as she finished a six mile Sport Relief race will always be a special memory for me, also. I knew she could do it and was very proud to see her so happy at the end."

After suffering from injury throughout last year's season Paul is being more sensible these days. "Still, I would like to complete a multi-stage ultra. It must be very challenging to run two marathons or more back to back. Cracking 50 miles before I am 50 also sounds like a great challenge. I also hope to compete in this year's RR10s when possible; these are great races."

Gill's Shorts

The Incredible Hulk Returns

I walk into the shop changing room with trepidation and three pairs of skinny jeans over my arm. I've been here before (and I don't mean the shop). I pull the first pair over my ankles - so far so good - then up over the calves - yep – here come the thighs…oomph, eeeh, grrr…. sigh…

I can feel myself turning green; if I move an inch I am going to rip my way out of these jeans. I see The Hulk standing there before me in his shredded trousers and shirt, looking miserable and bewildered and then "Rrroooaaarrr!" and everyone scarpers. I know how he feels.

Women's jeans are made for women with no muscles whatsoever, you can't squeeze muscle into jeans the way you can squeeze fat in (even if it does try to escape somewhere else), believe me, I've tried!

So I'm standing in the changing room, jeans stuck half way up my legs, won't go up, won't come down, berating the fashion industry that doesn't make jeans to fit women with a little muscle definition, and I can feel my anger rising. I hide my face from the oversized mirror in front of me because I just know I am turning a ghastly shade of green…

MONTHLY MANTRA: What does not destroy me makes me stronger.

RESULTS ROUND UP

Barry Hards

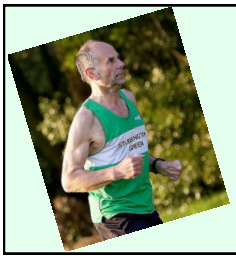
14/03/10 Sherbourne 10k (X-country) 40:01. 16th overall 2nd V50.

03/04/10 Compton Challenge (40 miles) 5:49:24. 9th overall. 1st V50. I have only been 2nd or 1st in this race (usually an hour quicker) so was a bit disappointed, but it was my first ultra for 6 years, so can't complain. I managed to raise £300+ for Salisbury Stars.
Barry Hards

Cranleigh 21

Sunday 28th March 2010

Ray Gunner 2:21:16
Jon Leigh 2:42:28
Susie MacGregor 2:45:18
Marcus Lee 2:45:47
Nick Kimber 2:46:42
Richard Roche 2:58:36
Annie Tomlinson 3:02:08



Nick Crane West Wight 3 hills race 01:01:10

Angmering Bluebell 10K Trail Run

Bit of a damp start to this trail run, but there was some good support from the family and friends of the runners to see us off. The course is very good, mainly tracks and grass, starting with a 1k downhill section, then a gradual climb for 2k.
After that, the course was undulating and dry underfoot. The bluebells were only just starting to show, but it was still a very scenic route. The final twist that got your heart rate going was the 400m climb to the finish.
The race was hosted by The Fox pub, which was open for food and drinks, and they also had a marquee showing the London marathon on a TV.

Four Stubbies finished the race, out of a total 406 finishers.

Alan White - 116th - 52.02 Julia Park - 176th - 55.45 Hugh McMullen - 273rd - 01.01.24 Jacqueline McMullen - 383rd - 01.10.57 *Alan White*

Rotary Easter Quarter Marathon

Chris Douglas 53:33

EASTLEIGH 10K

Andy Simpson	34.26
Chris Hall	36.04
Mike White	36.43
Dave Jeffery	36.55
Mike Harper	37.11
Tony Smith	37.15
Kev Wheeler	37.17
Lewis Banner	38.02
Adrian Charlton	39.43
Mike Bell	41.38
Phil Martin	42.20
John Blake	42.35
Richard Thomas	42.46
Phil May	43.08
Richard Snell	44.16
Dan Harley	44.23
Gill Rose	45.11
David Abrams	45.43
Lucy May	48.25
Paul Southon	49.09
Alan White	49.15
Margie Pritchard	49.19
Aitken Hunter	50.06
Naomi Crane	50.35
Chris Smith	50.59
John Vose	52.31
Jas Smith	53.34
Martyn Banner	55.12
Robert Spencer	57.05
Victoria Townsend	58.57
Sandra Abrams	59.16
Chris Gallagher	59.29

"Unseen in green"

This SGRAC team photo was taken at last year's Netley 10k by a Southern Daily Echo photographer, but it wasn't subsequently published in the paper.

As well as playing host to this year's final HRRL fixture later this month, the Royal Victoria Country Park was also the venue of the opening fixture of the 2010 RR10 summer cross-country series in April.

In 1856, in front of a crowd of 11,000 onlookers, Queen Victoria laid the foundation stone of what was to become the largest military hospital of its time. During 100 years of service, the Royal Victoria Hospital provided treatment and care for thousands of sick and injured troops returning from conflicts from across the globe, including the First and Second World Wars.

Following a large fire in 1963, the hospital was badly damaged and later demolished . The chapel is the last remaining piece of the original building.

Words: Mark Le Gassick - photo courtesy of The Southern Daily Echo.

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 (2)	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 Playing Field, Wherwell, SP11 7JP	9.25am
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 (3)	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	Village Hall, Cliddesden, Basingstoke, RG25 2JQ	10.30am
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 Race Diary

Date	Race	Venue	Time
Wed 2 Jun	RR10 (4)	Deer Leap Enclosure, Ashurst	7.30pm
Wed 2 Jun	Yateley Road Race 10K	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Sat 5 Jun	Race for Life Oxford 5K	University Parks, South Parks Road, Oxford, OX1 3RF	11am
Sun 6 Jun	Poole 10K	Poole Park, Near Civic Centre, Poole, BH15 2RU	2pm
Sun 6 Jun	Kennet Kanter 10 & 5K	Devizes Leisure Centre, Devizes, SN10 5AB	10.30am
Sun 6 Jun	Bishop's Waltham 5	Fire Station, Lower Lane, Bishops Waltham	11am
Sun 6 Jun	Run for Heroes 5K	Lydiard Park, Lydiard Tregoze, Swindon, SN5 3PA	10am
Tues 8 Jun	Corfe Mullen Carnival 5K	Corfe Mullen Recreation Ground, Wimborne, BH21 3HU	7.30pm
Wed 9 Jun	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.30pm
Wed 9 Jun	RR10 (5)	Recreation Ground, Blackfield	7.30pm
Sat 12 Jun	Salomon S. Downs Marathon	Slindon to QE Country Park, Chichester	9am
Sat 12 Jun	Salomon Relay Marathon	Slindon to QE Country Park, Arundel	9.30am
Sun 13 Jun	Arlesford Rotary 10K	Alrebury Park, Arlesford, Hampshire	10am
Sun 13 Jun	Braishfield Beer Race 5	Braishfield Village Hall, Braishfield, Romsey	10.30am
Sun 13 Jun`	Summer Sizzler Triathlon	St.Michaels Middle School Wimborne, Dorset	7am
Sun 13 Jun	Mid Sussex Triathlon	Triangle Leisure Centre Burgess Hill, W. Sussex	7am
Fri 18 Jun	Summer Solstice 8K	Moors Valley Country Park, Ringwood, BH24 2ET	7pm
Fri 18 Jun	S Downs Way Challenge 106	Pulborough, West Sussex, Washington, RH20 4AJ	10am
Sat 19 Jun	Round the Island 69 (2day)	East Cowes, Isle of Wight	9am
Sun 20 Jun	Warminster Forest 10	Warminster, Wiltshire, BA12 8LH	10.30am
Sun 20 Jun	Brading 10K	Smallbrook Stadium, Ryde, GR. SZ 591904	11am
Sun 20 Jun	Lordshill 10K	Lordshill Outdoor Rec Centre, Redbridge Lane, Soton	10.30am
Sun 20 Jun	Rotary Midsummer 10K	Headley Heath, Leatherhead, Surrey	10am
Tue 22 Jun	Ham Riverside 10K	Kingston-upon-Thames, Surrey	t.b.c
Wed 23 Jun	The Midsummer 5	Chichester, West Sussex	t.b.c
Wed 23 Jun	RR10 (6)	Manor Farm Country Park	7.30pm
Sun 27 Jun	Purbrook Ladies 5	Purbrook Heath Road, Purbrook, Portsmouth	10am
Sun 27 Jun	Blandford Bridges 10K	Milldown Road, Blandford Forum, Dorset	10.30am
Sun 27 Jun	Twist Kingsclere 5	Fieldgate Centre, Kingsclere, RG20 5SQ	11am
Sun 27 Jun	Ardingly Race for Life 5K	Ardingly, West Sussex , RH17 6TL	11am
Sun 27 Jun	Heathfield Midsummer 10K	Heathfield, East Sussex	10am
Tues 29 Jun	Salomon Forest Trial 10K	Swinley Forest, Bracknell	7pm
Wed 30Jun	Summer X-C 5	Queen Elizabeth Country Park, Petersfield	7.15pm
Wed 30 Jun	Back in a Flash 5K	Coate Water Country Park, Swindon, SN3 6AA	7.30pm

The Stubbington Noticeboard

May's Training Programme

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

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

Thur 6th 2nd 4 mile Time Trial Crofton Phil

Tue 11th Tempo Run 4 x 5mins Chilling Field Locks Heath Mike W

Thur 13th 5 x 1k Crofton School Track 400 rec Crofton Mike H

Tue 18th Chilling 2,4,6,4,2mins 2mins recovery between each Locks Heath Chris H

Thur 20th 1,2,4,8,1000,8,4,2,1 Pyramid 1,2,400 rec.
School track hopefully Crofton Phil

Tue 25th 2 x 10 short hill reps Chilling Field 4 mins between sets Locks Heath Mike B

Thur 27th 2 x 6 beach session 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.

6th May	Chilling 2 x 1 mile (3 mins)	LH
13th May	10 x 100 (100 walk)	STUB
20th May	4 * Brownwich Loop	LH
27th May	4 x 400 (400 walk)	STUB

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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