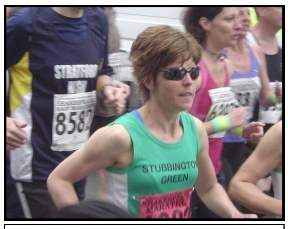
The Greenrunner
www.sgrac.net
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC

THEY'RE GOOD FOR THEIR AGE



Gill Rose

Susie MacGregor

Annie Tomlinson

It's official, three of our Stubbington Ladies are good for their age when it comes to running a marathon. Gill Rose, Annie Tomlinson and Susie MacGregor all achieved sub 3:50:00 marathons this Spring and now automatically qualify for The London Marathon next year, should they be daft enough to want to do it that is.

7 MARATHONS IN 7 MONTHS IN 7 LOCATIONS

7x7x7 Coastal Trail Series - ticked it off and got the t-shirt!!!

This off-road coastal challenge started back on 7th November 2009. The marathon events were successfully completed by Drew Briggs, Jane Adlard, Kathy McKain & Caroline Street; Karen Dean completed the half marathon series. We've visited some fantastic locations along the way in a variety of places ranging from Pembrokeshire & Gower in Wales; to Cornwall, South Devon, Portland & Exmoor in the south west. Sadly Glen had to drop out because of knee problems after the first 3 events but the rest of us managed to battle through to the finish. The hottest weekend of the year saw the final stage in Exmoor on 22nd May. It was incredibly hot but CTS certainly saved the "best till last". Fantastic scenery and tough climbs.

Thank you to everyone who has already sponsored me for the Rainbow Centre and/or the Breast Cancer Campaign. Many of you pledged sponsorship over the last few months so I'll be needing to collect it in now we've at last completed it. If anyone else would like to support one of these charities, more information about each of the 7 events (and my reasons for selecting these charities) can be found on the following web sites ...
http://www.justgiving.com/7x7x7Marathons
(The Rainbow Centre)
http://www.justgiving.com/7x7x7Marathons2009
(Breast Cancer Campaign)

Thank you once again.
Caroline Street

Drew Briggs

The 25 April 2010 marked the end of a very long journey and the fulfilment of a dream that began for me 30 years ago when I watched the very first London Marathon on our newly rented black and white TV!

This dream lay dormant for many years until in my 40s I ran my first 5K Race for Life. Subsequently when this distance felt too short I progressed to the Stubbington 10k. Finally having secured a charity place in the London Marathon 2009 I joined SGRs.

This was the best move I could have made. Running hills on a Monday with Penny and co and on the occasional Thursday with Glen's speedsters saw me achieving my best ever 10K time in January 2009 and running my longest ever distance – 14 miles. Sadly by the end of the month I had an unforeseen operation and despite my best efforts had to withdraw from the marathon deferring my place until 2010.

Thankfully through SGR I have met a great group of runners and in January of this year I began my marathon training in earnest with Sarah, Sue, Rowena and Julie, who were all training for Brighton – girls I couldn't have done it without you.

The day itself was amazing, I can't begin to describe the crowd and the support they give to each and every runner. My own support team (Jim and my three daughters) did a great job spotting me no less than 4 times during the race!

My mini wall came at 16 miles when a blister started giving me trouble (I hadn't had any in training). Stopping to plaster Vaseline on and re-tying my trainer helped and by mile 18 I was feeling more comfortable and back on target. Having reached mile 20 I knew there was no way I wasn't going to finish and the last 6 miles went in a blur. What I do remember is running towards Big Ben at five to 3 with 8 minutes past 3 as my target for a 5 hour finish. In the event I finished tired, a bit sore and utterly elated in 5:01:57.

A dream realised and a new one formed – a sub 5 hour marathon. Girls what are you doing in January!?
Sandie McIntosh

After months of training the day finally arrives and there really is something special about The London Marathon.

The atmosphere at Blackheath was tense and exciting, music, hot air balloons and hundreds of runners. I met up with some fellow stubbies and kept Susie company whilst we waited in our pens for the start of the race. After 10 minutes shuffling along all of a sudden the start line was there-EEKKK, we were off.

The first few miles were slow, having to dodge my way round walkers, but I felt great, there were so many people lining the streets, shouting, singing and cheering us on. Residents were making a real party of the day, stereos blaring music out from top floor flats, street bbqs and people dancing, it really was a carnival atmosphere.

As the route went towards the city centre the crowds got noisier and deeper, there really wasn't anywhere where you were not encouraged. I felt a tiny bit left out because I wasn't dressed up as a superhero (maybe next year I'll run as Wonder Woman!!) but it didn't matter, having complete strangers shouting your name in encouragement as you run past is amazing.

Running over Tower Bridge made the hairs on the back of my neck stand up, I'll never forget that, in fact most of the route is etched in my memory.

I didn't beat my Paris time, I'd forgotten how much running 26.2 miles hurt (as usual with me , when it starts to hurt I treat all my runs as training runs!) and I crossed the finish line swearing I would never do it again. BUT now that I can walk up and down the stairs without looking like I've got someone else's legs on that don't bend, I would do another marathon, and maybe one year do London again, it really was something special.
Verity

I had a great LM experience and I achieved my sub 4 hour goal comfortably when you look at the stats, but not when you look at the pictures (I look like I was dying throughout, always do, I'm not a natural athlete).

On the day it couldn't have gone any better (apart from a soaking just before the start, which made it a bit steamy). I ran the LM 11 years ago and it took me 12 minutes to cross the start line, so I was determined to get as far forward as possible.

The pens were closely controlled initially, but then with 10 minutes to go (and a lot of people still not lined up) they let everyone move forward. That was great for me and I crossed the start line only 1 minute behind the elite boys.

Another thing that really worked, having learned from last time, was having my name on my shirt. I wouldn't do this for any other event, but having your name shouted literally hundreds of times was great - I'm sure I would have been faster if I hadn't burned energy waving back to so many though!

Finally, and where I got really lucky, bananas; I swear by them and eat 2 or 3 a day. There was a lady with trays of banana halves peeled at about 18 miles and I grabbed one. I'm sure it was that and about 20 Jelly Babies on the way that were the biggest influence on achieving my time on the day.

Robert Blackmore

My training for the marathon had gone fairly well having completed all the normal marathon build-up races including Bramley 20, Cranleigh 21 etc.

About a week before the race I got a tightness in my left calf - being a typical male I ignored it and the advice of my better half, thinking it would go away as it wasn't stopping me running. Wrong - I was left with a choice of either deferring or continuing. Again being a typical male I continued – the race came and I paced it quite conservatively which meant when I hit the wall at 21-22 miles I was pleased I had done so.

My slowest mile was only a1.5 mins/ mile below my average and I finished in 3hours 43mins 48secs -slightly disappointed with my time but pleased to get round without any major issues!

I was also pleased to have raised approx £1,000 for Great Ormond Street hospital. This is my fourth marathon and every time I think I have prepared well for it, it just seems to catch me out!!
Marcus

After 12 weeks and 915 miles of training the big day came round very quickly. Surprisingly, I had a fairly injury free 12 weeks and managed to juggle my long runs around the HRRL races.

Fortunately I was able to secure a place representing the Army, in the Inter Services Marathon Championships (Navy v Army v RAF) which takes place annually at the London Marathon and with this you get a Championship start.

The Championship start reduces the stress on race day with your own little admin area at the blue start and you get to start the race just behind the Elite athletes (so no excuses for a bad start!). 0945 and Sir Richard Branson is about 20 meters away stood on the starters podium, dressed as what I can only describe as a very odd looking fairy!

You can't help but be carried along at the start and the first 3 miles are a tad quick (6:18, 6:20 and 6:10!). I then joined forces with a couple of RAF runners who were also doing 6:30 pace and joined them for the next 14 miles. Their pacing was spot on at almost every mile marker and we went through half way just over 1:25, bang on for my target of 2:50.

The two RAF guys started to drop off the pace at about the 18 mile point and I pressed on. However, at mile 20, there it was, sat there waiting for me....The Wall, not so much a 6 ft wall but maybe a small garden wall. My pace didn't drop dramatically, in fact I was still catching and overtaking runners that had picked up a much bigger wall than me! I dropped over 2 minutes in the last 6 miles but ran up The Mall with the biggest smile on my face. I could see the clock just click over to 2 hours and 52 minutes and finished in 2:52:42.

Tony Smith

I finally got to the start of the London Marathon. After being injured last year and having to defer, I was pleased that after all the training I had done, I was to be part of the London Marathon 2010.

What a fantastic day. After meeting the rest of the Stubbies at the blue start we headed off to our allocated pens. Once we actually got over the start line it was slow going all the way and very frustrating that I couldn't get into my pace. I had to keep focused and not get stressed and just enjoy the day.

I did start to get emotional at about 20 miles and had to remind myself to keep it together. I think that I was just overwhelmed by the whole thing. I managed to spot my husband at 9 & 11 miles and then heard a shout from Mike Harper which was great. It gives you such a lift when you see someone you know. Towards the end I was tiring as I was going into unknown territory at 22 miles.

When I finally saw the finish, what a great feeling. I ran over the finish and collected my goodie bag and medal and headed off to collect my kit bag and was just walking in a total daze until some man shouted at me that I was to collect my kit bag from his lorry. I then entered the meet and greet area and was walking round with my finishers t-shirt and medal on and feeling really proud that I had actually completed my first marathon and was still able to walk and talk !

I really enjoyed the race and was lucky enough to get Good for Age for next year so I will definitely be entering next year and do it all again !

I would also like to say thanks to all my running/training partners. You all have helped me a great deal with your words of wisdom and experience and I couldn't have done it without you !

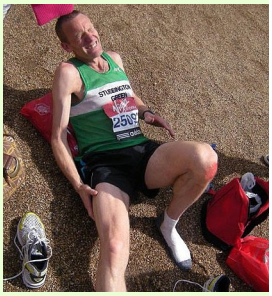
Susie MacGregor

Similar to Tony's heavy mileage - I hit 714 miles in my 16 week programme to run London (may be not enough) and I ran a few distance races of Cranleigh, Meon Valley and Surrey Spitfire - I thought I was ready to do "my time" in my first London after being refused so many times! So I say a Big thank you to the committee for giving me a place this year.

Being in pen 3, I was happy thinking I would have a good start to the race, but the amount of runners ahead was huge!! You just had to get on with it!! I met and over took Nick Kimber at about 3 miles.

I was very happy until the 20 mile mark when I suppose you could say I hit my wall. I slowed badly but did not stop running till the finishing straight- I had no more left in my legs but I did run the last ten metres over the line.

The atmosphere was amazing, the noise all the way round was fabulous, I did not realize how loud it was going to be! Yes I finished- Yes I enjoyed the day - but now I still want to break the time I have set myself for the marathon !! So it looks like my dear wife Karen will suffer another 4 months of running, spectating and pasta!! (oh no, not more pasta!! x x)



Why? Just because the time is there to be broken!!!

Many thanks to all who helped me during the training and who were at London supporting "the Stubbies" Ray Gunner

SHAKESPEARE MARATHON

The weather was worryingly hot and sunny the day before, but we needn't have worried too much as Sunday dawned with a light drizzle followed by cloud interspersed with sunny spells.

The two-lap course started with a circle of the streets of Stratford Upon Avon with lots of encouraging cheer and support from the crowds that had gathered. The marathon is part of the Shakespeare festival with events and entertainment going on throughout the weekend so it drew a lot of people into the town.

We then headed off through quiet roads and villages where the local people came out with their much appreciated music, banners, cheer, hoses and water guns! The route was pleasant, flat in places, undulating in others with a couple of hills thrown in for good measure (the full marathoners had to do these twice of course!).

The last 5 miles are run mostly along the old railway track and seems to go on forever when your energy levels are depleting rapidly and your legs are painful and threatening to seize up!

Then you are on the road for a short spell followed by a sharp right hand turn down onto a narrow track that heads towards the river. Another sharp right turn (which really takes it out of you when you have run that far) and we were back on the river heading towards the cheering crowds and the end. A final right turn onto the grass and a sprint finish to the end (okay I lied about the sprint). *Gill Rose*

RR10
STUBBIES BITE BACK

The second RR10 event of the summer took place at Longdown Inclosure, Ashurst, and it proved to be more popular than ever. A fantastic 54 Stubbies braved the insects, bugs, and forest creatures, and turned out to represent the club. It was also good to see our Chairman out and about again after his "cider marathon" exploits, hopefully we will see his quads back in action soon too.

Andy Simpson

Penny Forse

The total number of runners was up from Race 1 (330) to 366 as the recently formed Southampton AC made there official debut in 2010, having hosted race 1.

There were some notable Stubbie performances on the night with Lewis (4), Andy (6) and Wayne (9) all achieving a top 10 place, something even the winning Southampton AC team were not able to pull off.

With strong running from Dave (18) and Ray (24) Stubbie ranked 2nd on the night in the mens team event, holding off New Forest in 3rd. Susie (13), back and running strongly after her marathon, lead the ladies team home to 6th place on the night, being well supported by Sally (16) and Penny (27), who both clearly enjoy the delights of off-road racing.

The course had a bit of everything, with a fast and furious start along the tracks, being quickly followed by a sandy section, some forestry, open heath land, and the obligatory water jump. Well some of us jumped it, and some of us didn't! The state of the shoes at the end was the tell tale sign, or the lack of shoes if your name is Phil May. You'd think that the XC Captain would be prepared and do his laces up properly wouldn't you?

It was a lesson to be learned for the RR10 debutants on the night who included the Emily Hall, Claire Borrowdale, Ed White, Julia Park, Tracie Jarvis, and maybe the next generation Stubbie, young Jordan Chalk. Hopefully they all enjoyed it and will be back for more, along with everyone else.

STUBBIES ARE SWAYING

Another fine summers evening saw 48 Stubbies out enjoying the New Forest at Wilverley Inclosure, Sway for the 3rd RR10 of the summer. It was encouraging to see lots of new faces joining in the fun of the 4.5 trail run through the woods. Even more pleasing that most seemed to still be smiling at the end, and at the Royal Oak at Bank for the beer and chips afterwards. Over the three races we have now fielded a total of 74 individual runners (42 men and 32 ladies) out of 578 who have competed from all clubs.

In the mens race Lewis lead the way once again. He was joined in the A team by the rejuvenated Chris Hall, Ray who also had a great run, as did the “awesome” Euan, getting in some off road speed work before the South Downs Relay. 5th team place in the team being taken by the writer, enough said, but at least I enjoyed a beer off Lewis:-) Many of the “old” guard made the "B" team with Jon, Nick, Paul and Graham James being joined by “young” Marcus. It was also good to see Tim Crumpton running again after a long lay off. Tim’s late decision to race, having cycled out to Sway in double quick time, was rewarded with 152nd place. Welcome back Tim.

Not to be out done by her husband, Sally was hot on the heels of Susie, in the ladies race. There must be something in the McGrath water or diet. With Susie 14th and Sally 15th it was Penny 26th who completed the ladies A team, who finished 6th on the night. With Rachael, Lucy and Margie making up the B team it was also good to see some new faces enjoying the spirit of the RR10. With Katrina Gunner breaking into the top 100 there was a posse of ladies hot on her heals too, with Becky, Andrea, Charlotte, Erin, and Kerry all having fine debut runs. Sue Simister completed her third RR10, having been joined by husband John for a romp in the woods;-)

Thanks to John Tussler for once again for sorting out the scoring for the team.

Sally and Euan

Full results are available here http://www.rr10.hampshire.org.uk/

The next RR10 is on Wednesday 2nd June and is being hosted by Running Sisters/Halterworth at Deer Leap Inclosure, Ashurst. The parking is at the Otter and Owl Sanctuary, as per the second race. The debrief will be a welcome return to the The Forest Inn where the chef will hopefully be prepared for 40+ lots of cheesy chips!

Our own RR10 event takes place this year at Manor Farm Country Park on 23rd June. Unfortunately FIFA have failed to consult with us, and we have a clash with the England match. Fortunately for us kick off is at 3pm, and our race starts at 7.30pm.

In order to stage this event we need lots of marshals on the night, please can you let me know of your availability for the 23rd June. gebell@ntlworld.com

We are also planning to hold a “rehearsal”/evening jog around the park on Wednesday 16th June. Meet at 6:45pm for 7pm in the parking area on the right at the top of the hill, next to children’s play area. This proved to be a good strategy in the past for ensuring a successful event, as marshalling points can be allocated as we jog round the course and we familiarise ourselves with the route.

The marshal's recce evening is crucial to the success of our event and all are welcome.

SALCOMBE MARATHON

"It doesn't matter how much you hold your breath John, that vest is still not going to reach your shorts."

I received a phone call from John Exley on Thursday 29th April asking if I fancied running the inaugural Salcombe Marathon in Devon. I asked him what was involved and he told me that it was all off road and followed the South West Coastal Path from Torcross to Bantham with almost 5000 feet of climbing.

Thinking it sounded like a nice scenic run I agreed but said that I would have to get some long training runs in as I hadn't done much running lately.

There lay the problem, apparently the race was on Saturday 1st May and as he knew I'd say yes he'd already entered us. This gave me 2 days to prepare so I went out for a run immediately and then started tapering for the race.

Wendy and I travelled down the day before and camped, unfortunately I had too much Devon Cider and was nearly late meeting John at the start even though I was 2 miles away and John had just travelled 150 miles.

Everything worked out fine in the end and we had the most beautiful run which included catching the Salcombe ferry half way. Thanks to the better halves for meeting us along the route and keeping us going with drinks and food.

It was a great day and we'll be back next year, but maybe with a day or two more training.

John Exley and Chris Hall 4.30 hours.
Chris Hall

HOUGHTON 11K TRAIL RACE

The race was won by Graham Bungay from Totton Running club in 42 minutes and 24 seconds.
Paul Hammond was the first Stubby home in 50 minutes and 53 seconds and he unfortunately missed out on being the 1st over 50 by 34 seconds. Neil Jarvis and Andy Lee were a couple of minutes behind and spent several miles of the race pushing each other along.

Jane Butler was the next Stubby in, looking extremely good and wanting to go around a second time until she was ushered into the finish funnel by Paul and Neil, not quite believing it could be over so quickly. Shortly afterwards Jennie Lee finished and Andy could finally go and get some of the cake that he had been thinking about for the previous hour. It was agreed by all that it is a race that should have more publicity as it is so good but you would not want to spoil it by having too many people there either. A race recommended by all of us.

13th Paul Hammond 50:53
28th Andy Lee 54:55
112th Jennie Lee 1:17:27
21st Neil Jarvis 53:34
71st Jane Butler 1:04:57

May Time Trial Results

Lewis Chalk	24:24
Andy Simpson	23:35
Graham Bell	24:37
Mike Harper	24:41
Euan McGrath	24:43
Mike Bell	26:53
Andy Lee	28:08
Sally McGrath	28:17
Tom Witcher	28:51
Keith Carter	29:18
Penny Forse	29:24
Rachel Openshaw	29:30
Paul Southon	29:33
Keith Whittaker	29:37
Alan White	30:13
Eric Beck	30:48
Donna Mitchell	32:39
Nigel Witcher	33:18
Ann Blake	35:02
John Blake	35:02
Rowena Dodds	36:10
Robert Spencer	36:59
Paul Askew	37:37
Geraldine May	39:43

THE BLACK DEATH RUN

I'm not sure why I chose to run this race, in fact WHAT WAS I THINKING! There's a clue in the name, the location (edge of Exmoor) and when you check out the start line to discover it is a gateway made of two large scythes with the words 'START TO HELL' written above. Many of the marshals and the race director are dressed as the Grim Reaper.

Now I love hills, in fact I ran a 7.5 miler round the QE country park and up Butser Hill on Tuesday and felt quite smug about my 2300 ft ascent and 8.45 pace. Let's just say it became apparent by mile two that this race was going to be more about completing than about time. I have completed half marathons quicker than this (1 hour 54). In the 10 miles we completed 4000 ft of ascent - the first two miles were killers and whilst I had thought rather disdainfully that I wouldn't walk I found myself walking about a mile of that first two. In fact it was even hard work walking up some sections.

On the plus side, this was a stunningly beautiful venue, some of the friendliest organisers I have ever come across, there was a samba band to play us over the start line and they kept on playing until we were all back in. My family were kept occupied in circus school. My five year old spent all the time she could learning to juggle with clubs and has the bruises to prove it.

There were five water stations on route and then juice, tea, coffee and a hog roast back at base with times posted up as they happened. We had to leave for the journey home after a quick wash in the river and so missed the band coming on in the afternoon.

All in all, this race had a great party atmosphere and I felt a huge sense of achievement crossing that line. I'll be back next year and hope to bring some more stubbies with me.

Julia Park.

SUMMER HANDICAP

30TH JUNE

It's nearly summer (allegedly) so it's time for the 2010 Summer handicap race! With the long evenings back in fashion this handicap is on a Wednesday night (30th June) with an optional meal and drink afterwards for a fiver in the Seahorse Public House near Stokes Bay. The course is detailed below and the aim is to finish as close as possible to 7.30 pm. The distance is about 5 miles. Usual rules apply - no GPS, watches, hidden clocks, asking strangers the time or other blatant, scandalous cheating! Prizes for closest male and female to the 7.30pm finish time.

For £5.00 per head the Seahorse PH will put on sausage, chicken and chips, or a veggie option in a buffet arrangement. Also included in the price is a drink i.e a pint of Fosters or John Smiths or a small glass of wine or a soft drink etc, (any Del Boy specials will cost you a bit more!). The Seahorse has been refurbished recently and is now quite smart, if the weather is nice there is also a patio area that we could use. If you would like to take advantage of this super summer meal deal you must **notify Paul Hammond** pjh669g@btinternet.com **as soon as possible but by 28th June at the very latest**. If applicable, please tell Paul if you want the veggie option. Friends and family welcome!

Back to the handicap itself - as they say in the west country - yer tis -

- Start at the barrier in the lay-by at Bay House School keeping the school on your left.
- Proceed down Gomer Lane to the roundabout then to Stokes Bay, once at the bay keep to the footpath on the sea side. Follow the path all the way to the lifeboat station; go past the station onto the gravel track. Follow the track towards Fort Gilkicker, at the fork keep right and go anti-clockwise around the fort. Turn left at the glide board and follow the track to the path that takes you through the golf course, keeping the moat on your right.
- **BEWARE OF GOLF BALLS IN FLIGHT AND STOP IF REQUIRED**
- At the end of the path turn left onto Fort Road then right into Monkton Road. At the end of Monkton Road turn left onto Clayhall Road, the RN Cemetery should then be on your right. After a short distance turn right onto the cycle track/footpath that takes you over Stoke Lake; once over the bridge turn left onto Little Anglesey Road.
- At the end of Little Anglesey Road turn right onto Anglesey Road then left into Green Road, at the end of Green Road dog leg left then right into Village Road; follow Village Road to the cross roads with Jellicoe Avenue; go straight across onto Western Way.
- After passing both entrances to Kennedy Crescent turn left at the black railing fence into Stanley Park; follow the path straight on until you get back to Stokes Bay via the car park at the Alverbank Hotel.
- Once over the entrance bridge turn right onto the grass and head towards Browndown; up to the roundabout and back to Bay House School.

Simples. Tim Sullivan.

Ladies Captain's Report

It was a busy month for Marathons among the Stubby Ladies.

Rowena Dodds and Sarah Boddy ran Brighton Marathon and came over the finish line in 5:18:57 & 5:18:59. Both enjoyed their run and did really well. Sue Robinson, who unfortunately had to pull out of the Marathon due to an injury, was also there supporting her fellow runners around the course which I know Rowena and Sarah really appreciated.

I went to support all the Stubby runners and was impressed with the Marathon. It was well organised and seemed a good Marathon to do.

There were 4 ladies that ran the Virgin London Marathon. All did really well. It was a great day and fantastic support along the way from family, friends & Stubbies. The atmosphere was electric and so encouraging as the miles got harder and harder. Well done ladies, you were fantastic ! Susie MacGregor 3:36:59 Verity Wright 4:30:05 Sandie Macintosh 5:01.57 Sharon White 5:28:45

Gill Rose and Annie Tomlinson headed off to run the Shakespeare Marathon. Both ladies got PB's Gill Rose 3:42:15 Annie Tomlinson 3:47:22. Well done to you two, you should be very proud of yourselves !

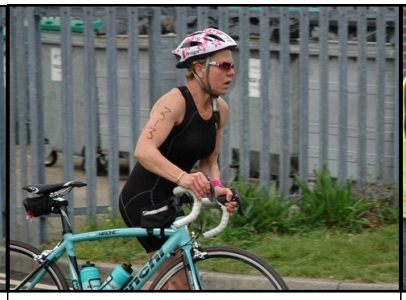
We have had a great turnout of ladies for the first 3 RR10's - great to see ! Let's try and get as many ladies as possible as you all count !

We had four ladies run the Alton 10 - all did really well. Rachel Openshaw is improving with every race. Lucy May is getting stronger and stronger. Also, I'd like to mention Donna Mitchell who has recently joined Stubbington Green Runners and who was very brave to tackle this tough 10 mile race even though she has only just started running. Well done ! And me, I struggled round as I was still tired from the London Marathon (that's my excuse but not sure how long I can actually keep saying that !)

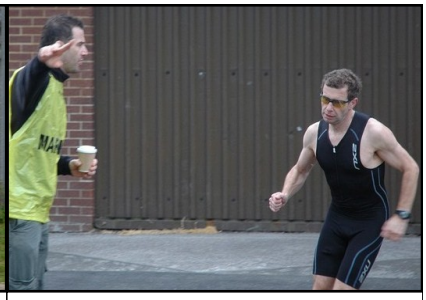
Fareham Triathlon - disappointing turnout - only myself and Gill Rose entered. Gill did an impressive time of 2:16:14. It was her first triathlon and she did really well. My time was 1:59:56 and I won the Ladies Triathlon so very pleased with that. Gill enjoyed it so much that she has entered another Triathlon - Southampton Fast Twitch in August - I think she now has the bug which is great to see ! Would be great if a few more ladies entered the Southampton Fast Twitch - if you need any details or encouragement please contact me.

I'm trying to organise as many ladies as possible to run the Purbrook Ladies 5 on Sunday 27th June 2010.This is a 5 mile road race which is a single lap course on quiet country lanes. Entry form can be obtained from Portsmouth Joggers Club website or please see me and I can print one off for you. Please can you let me know when you have entered.

Richard Thomas Men's Winner



Susie MacGregor Lady's Winner



Me - Lost in Transition

FAREHAM TRIATHLON

On a cold windy Sunday afternoon in May, seven hardened Stubbies took to the pool, road and trails for the Fareham Triathlon, helping to raise money for the Rainbow Centre.

Having frozen to death and had the micky taken out of me for my dashing tri suit, I entered the pool. I had determined that I would swim all 400 meters front crawl, which meant a slower time, but probably less tired legs. Climbing out of the pool I was berated by the triathlon police aka Euan for looking at my watch – shock horror – and not proceeding more quickly to transition!

The cycle route isn't the easiest, with hills, difficult right turns and uneven road surfaces, not to mention speed bumps going up Leafy Lane! At the bottom of Funtley Hill Euan passed me. Half way up the hill, just as he had disappeared from view (very convenient), I changed gear and my chain fell off. Several people who I had passed on my bike now passed me, probably having a snigger as they went. Having managed to get my chain back on and get going up the hill again, I finished my bike leg, dismounted at the line and ran to transition…until I realised my legs were no longer attached to me.

The run was a combination of pavements, grass, uneven dry muddy tracks and wooded trails. Oh, and I nearly forgot, a massive flight of steps! I can't remember running ever feeling so hard but I managed to pass a fair few others (including a lady who had passed me when my chain fell off – he he) and put in a final effort up the hill and come in still on my feet, just about.

I had to wonder at the sanity of putting myself through such a gruelling experience. My initial thought was that I'd rather run a marathon! But a challenge is a challenge and lured on by the thought of a slightly "easier" triathlon (ha ha!) I have signed up for the Southampton Fast Twitch, but this time I will get some training in on my bike and practice those bike to run sessions!

The first man to finish was our very own Richard Thomas in an overall time of 1:34:27. And first lady home was Susie Mac Gregor, just dipping in under the 2 hour mark with a grand time of 1:59:56.

Euan McGrath (first triathlon) 1:53:50 (9th male)
Richard Snell (first triathlon) 2:07:19 (30th male)
Phil May 2:07:27 (31st male)
Gill Rose (first triathlon) 2:16:14 (5th lady)
Chris Gallagher 2:25:26 (45th male)

Gill Rose.

XLP Triathlon, Romsey
400m Swim 16mile bike
3.5mile run
Stubbington's Matt Abbott
Time 1:40:27
Position 28 out of 50

PROMENADE 5K SERIES

This year's Promenade 5k series sees a change to proceedings with two extra fixtures being added to the usual three race line-up.

As well as the usual May, July and August races, there will also be fixtures in June and September. After all five races have been run overall ranking positions will be based on the best three performances of the series.

For the first race, on May 12th, conditions were favourable with no real wind to speak of in either direction along the promenades for runners to compete with.

In the men's race, three time series winner James Baker of Chichester Runners added to his increasing tally of victories by crossing the line in first place in 15mins 37secs.

In second place, crossing the line just four seconds behind James was Andy Morgan Lee, running in the distinctive red and white vertical stripes of newly formed Southampton AC.

Mark Le Gassick

Third place went to City of Portsmouth's aspiring young 800m and 1500m runner, Harry Carter, who ran strongly and was rewarded with a sub-16 minute time of 15mins 55secs.

In the ladies' race, two time series winner Karrie Blake of City of Portsmouth continued from where she left off last August by securing another victory in a time of 17mins 44secs (20th place overall).

Rosanna Stewart running for AFD was second in 18mins 14secs (1st JW, 28th overall), and Portsmouth Jogger Rachael Clay was third in 19mins 28secs (49th overall).

A small contingent of Stubbies ran at the opening fixture of the popular Portsmouth-based midweek 5k series. They were:
5 Mark Le Gassick 16.09
6 Lewis Chalk 16.34
27 Mike Harper 18.12 (3rd V45)
93 Rachael Openshaw 22.25
138 Chris Douglas 25.17
149 Zac Conaty 27.07
There were a total of 175 finishers.

The next race takes place on Wednesday 9th June, with the remaining three fixtures being held on 7th July, 4th August and 1st September. All races start at 7.30pm from the Mountbatten Centre and entry to individual races is available on the evening.

MEMBER OF THE MONTH

EUAN MCGRATH

Running Free

Words: Tina Chantrey

Hard graft is Euan McGrath's personal heaven

As a kid I ran at school up Arthur's Seat in Edinburgh, and the Pentland Hills, but I didn't start running regularly until last year," says Euan.

Euan, and wife Sally, took up running when friends in the Lake District encouraged both to attend a trail running event (www.lakelandtrails.org). "We entered our first trail race which was a 21km run over the Garburn Pass. We did it, but Sally agreed that we needed to train for the next event!

"Then, every time we were out walking the dog down at Chilling on a summers evening we would see this group of runners. We chatted with some, and found out they were SGRAC. Joining the club seemed the obvious thing to do."

For Euan nothing comes close to trail running up hills or mountains, away from people and the distractions of modern life. "This allows me to work hard and feel rewarded by the sheer beauty of the landscape. To me running is escapism and for me the hills, beach and countryside, with only a few people, is where I really want to be. I love the RR10 series; it's off road, great competition, and at the end you get cider and cheesy chips!"

Euan loves challenges. "The marathon is one, but they have to be off-road. I loved the Clarendon Marathon last year. It's a must; if you don't want to do the whole thing do the relay or half; just don't miss it."

Euan is naturally drawn to events most of us would consider crazy. **"**Ultra trail running is a real motivator. I like doing my best and would love to be near the front but I am happy to work hard and just keep running. When you see people suffering around you it makes you dig deep and realize you have no excuses."

Euan's 2010 challenge is the South Downs Way Race (after he has run his legs for our men's vet team in the SDW Relay). "This is 102 miles of the South Downs and I am one of three Stubbies that have secured one of the 50 places for the event. My aim is just to finish! To do it in 24 hours would be great."

This year hasn't been smooth running for Euan, though. "I suffered a fairly spectacular crash skiing at Christmas. I was skiing with Sally and a friend off-piste when I suddenly realised I had skied off a 3-4m drop. The drop-off had rocks at the top which I caught, causing me to rotate forward. Even though I landed on my skis I had too much forward rotation, came flying out of my bindings and landed on my arms and head." Luckily Euan's head was saved by his helmet (though we may have to check with Sally if there really wasn't any permanent brain damage). "However, I suffered a badly dislocated right elbow, broken left wrist, and badly damaged right wrist. To put my elbow back together I was given ketamin, a horse painkiller, which gave me the wildest 'pink elephant' experience!"

Competing against self

Has this dampened this man's running spirit? Not at all. "I am dabbling with triathlons this year, and really enjoyed Fareham. I'm tempted to enter the Worthing Olympic distance in July, but wonder if I can swim 1500m without having a pool end to hang on to and get my breath back.

"I know who my targets are, and who I want to beat. I am competitive against myself, my targets and how I expect to perform. When you do well you can smile and enjoy!"

Euan considers his greatest running achievement to be the Mont Blanc CCC® in 2007, from Courmayeur to Champex and finishing in Chamonix (www.ultratrailmb.com). "It was 98km, 5600m+ vertical ascent whilst running at altitudes of 2500m+. Out of 2000 starters I finished 716 (297 in my age group), in 19hrs 30min 20sec."

What is the dream?

As a relative newcomer to running Euan has a lot he still wishes to achieve. "I would love to get faster (more speed training), run further (more distance work) but as long as I can smile I will be happy. I quite like the look of the Coastal Trail series marathons for the end of this year through to spring 2011, as long as they don't get in the way of my skiing!

"And of course, I want to keep doing long distance ultras in beautiful locations. The one that really catches my eye is the Ultra Tour du Mont Blanc, 166km, 9500m+ vertical ascent. That is my dream."

Gill's Shorts

The Competitive Spirit

Races always seem to be such friendly affairs – lots of jolly banter and the sharing of goals as you wait at the start line and then words of encouragement along the way.

So when I finally caught up with a fellow competitor during the last few miles of a 20 mile race recently, I thought, "try to keep with her for as long as you can Gill". I had no illusions of keeping with her to the end; after all, she took on water at a drinks station and kept breathing and running with apparent ease. It was all I could do just to keep running (breathing was optional), but with her encouragement I kept pace – she was with me, I could do this.

About a mile from the end, to my great surprise, she started to flag. Now it was my turn to encourage her with a smile and "we're nearly there, come on we can do it". I was on her side. Keeping pace with each other, each encouraging the other to keep it going, we were a team. Until the finish line came into view that is, when without any conscious thought or sideways looks, as if our minds were finely tuned, our pace increased, faster and faster until our legs broke into a sprint.

And there I was, insane grin on my face, legs flying, determined at all costs to beat my new running pal. And with almost a photo finish I did… then turned and took her hand, united again in our achievement and smiles.

RESULTS ROUND UP

STUBBINGTON CHAMPIONSHIP LEADERBOARD

Rank	Name	May	Total
1	Lucy May	20	157
2	Jas Smith	0	125
3	Philip May	20	120
4	Gordon Westley	5	117
5	Andy Simpson	20	115
5	Mike Harper	35	115
7	Sharon White	10	112
8	Nick Crane	5	105
9	Mike Bell	20	100
10	Keith Whittaker	15	92
11	Robert Spencer	40	85
12	Daniel Gueran	0	82
12	John Gueran	0	82
14	Alan White	25	80
14	Penny Forse	15	80
14	Susie MacGregor	15	80
17	Ann Blake	20	75
17	Kevin Wheeler	15	75
19	David Jeffery	15	70
19	Eric Beck	15	70
19	Graham Bell	25	70
19	Ray Gunner	20	70
19	Sally McGrath	15	70
19	Wayne Ewens	15	70
19	Rachel Openshaw	20	70
25	Chris Hall	5	65
25	Lewis Chalk	25	65
25	Mike White	0	65

MARLBOROUGH DOWNS 33 MILE AND 20 MILE

Graham James

Dave King

STUBBINGTON'S evergreen long distance runner, Graham James, led the way over the no-prisoners-taken Marlborough Downs.

On a beautiful May morning, with running conditions firm underfoot, Graham battled with 130 other runners to complete the undulating 33 -mile course on a loop from Marlborough College, out towards Devizes and back.

He finished 25th overall in an excellent time of 5hrs 16mins 57sec for fourth in the Vet 50 category. On a sun-kissed day, the race was won by Allen Smalls from Colchester Harriers in 3:51.33.

Another Stubby who favours the longer distance is Aaron Kingston, and he battled his way over a mixture of grassland, woodland and chalk hills to 70th place in a time of 6:10.46 with team-mate Paul Hailwood checking in with a 98th place finish in 6:58.07.

Running alongside the main race was a 20-mile trail run over the Downs which attracted 102 runners.

First Stubby home was Dave King in 45th place with a time of 2:56.46, with Julia Park just half an hour behind in 74th with 3:24.07.

Sarah Martin placed 93rd in a time of 4:12.37, followed by Sharon White in 98th in 4:14.03 and Tracie Jarvis in 99th in 4:22.30.

THE MINSTEAD STINGER

When Totton RC lost their 10k road race to the demands of the Sunday shopper they decided to come up with a new race altogether.

They devised the Minstead Stinger, a 9 mile multi terrain race through the New Forest at - wait for it - Minstead. If you have run the New Forest 10, take off a mile, add some hills, (stingers), and there is your race. For those you haven't done the 10, think of any of the New Forest RR10 races, double the distance and throw in a few stingers.

It turned out to be the hottest day of the year so far which made the three water stations most welcome, these were also the changeover points for the relay event. The start out of Minstead village hall was uphill and from then on the course undulated, the one road that had to be traversed was marshalled with stop/go boards so no problems there. The marshalling throughout was excellent, with one in particular reading the entry sheet and encouraging you by name.

The overall winner was Neil Richmond from Southampton Athletics Club in 55:55

The first lady was Susanne Enhard from Compton Harriers in 1:04:39

I was placed 26th in 1:11:25

There were 117 runners and 2 relay teams. *Paul Hammond.*

ALTON 10 MILE RESULTS

Susie MacGregor	01:11:21
Lucy May	01:19:07
Rachael Openshaw	01:23:54
Donna Mitchell	01:32:29
Lewis Chalk	00:57:13
Andrew Simpson	00:57:41
Wayne Ewens	00:59:43
David Jeffery	01:01:30
Mike Harper	01:02:32
Graham Bell	01:02:37
Kevin Wheeler	01:02:45
Tony Smith	01:03:28
Ray Gunner	01:04:40
Tim Sullivan	01:06:12
Samuel Ratzer	01:07:59
Jon Leigh	01:08:43
Colin Elderfield	01:11:15
Philip May	01:11:45
Nick Kimber	01:13:36
Richard Snell	01:13:59
John Blake	01:15:57
Alan White	01:20:52
Paul Southon	01:21:51
Christopher Douglas	01:26:55
Robert Spencer	01:39:43

I have a two-bedroom two-bathroom apartment at Club La Santa in Lanzarote for the period from the 14th to 21st of October. The apartment will accommodate up to 6 people and is available at a cost of £650 which represents exceptionally good value, as if this was booked direct through Sports Tours it would cost £1468.

If anyone is interested in making use of the apartment at this renowned sports complex or would like to have further details please contact me at john_tussler@hotmail.com or on 02392 347962. *John Tussler.*

HANTS 10K

This is the same course as the D-day 10k run which is flat and fast. Conditions on the day were dry but with fairly strong winds. *Eric Beck.*

Mens Results

47 Aaron Kingston 44:19

48 Neil Jarvis 44:32

77 Eric Beck 49:52

91 Chris Douglas 52:51

92 Martyn Banner 53:18

Ladies Results

27 Julia Haskell 53:45

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)	Cowes High School, Cowes, PO31 8HB	8am
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	Hawker Leisure Centre, Kingston-upon-Thames, KT2 5BH	7.30pm
Wed 23 Jun	The Midsummer 5	Lavant Village Hall, Lavant, Chichester, PO18 0AH	7.30pm
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 Race Diary

Date	Race	Venue	Time
Sat 3 Jul	Brighton Race for Life 5K	Stanmer Park, Lewes Road, Brighton, BN1 9SE	2pm
Sat 3 Jul	Charmouth Challenge 8	Charmouth School, Charmouth, DT6 6LR	3pm
Sun 4 Jul	Bewl 15	Uplands Community College, Wadhurst, TN5 6AX	10.30am
Sun 4 Jul	Brighton Race for Life 5K	Stanmer Park, Lewes Road, Brighton, BN1 9SE	11am
Sun 4 Jul	Tadley Runners 10K	Hurst Community College, Tadley, Hants	11am
Sun 4 Jul	Portland 10	Royal Manor Arts College, Portland, DT5 2RS	10.30am
Sun 4 Jul	Sway Carnival 5	Wilverley Plain Car Park, Brockenhurst	10.30am
Sun 4 Jul	Cranleigh 10K	The Band Room, Village Way, Cranleigh, GU6 8AF	11am
Mon 5 Jul	Thruxton 5K Series	Thruxton Motor Racing Circuit, Andover	7pm
Wed 7 Jul	Promenade 5K	Mountbatten Centre, Northern Parade, Portsmouth	7.30pm
Wed 7 Jul	Bustinskin Aquathlon	Bowleaze Cove, Weymouth, DT3 6PW	7pm
Wed 7 Jul	RR10 (Race 7)	Fleming Park, Eastleigh	7.30pm
Wed 7 Jul	Yateley Road Race 10K	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Sat 10 Jul	Legion Lollop	Town Park , Warminster, BA12 9NH	10am
Sat 10 Jul	Maiden Castle Loop 6.5	Thomas Hardye Leisure Centre, Dorchester, DT1 2HT	7pm
Sun 11 Jul	Race to the Bill Triathlon	Wpnsa, Osprey Quay, Portland, DT5 1SA	7am
Sun 11 Jul	Chichester Multi Distance	Lavant Village Green, Chichester, PO18 0BB	8.30am
Sun 11 Jul	Didcot 5	Willowbrook Leisure Centre, Didcot, OX11 7AF	9.30am
Sun 11 Jul	New Forest 10	New Park Farm, Brockenhurst, SO42 7QH	11.15am
Sun 11 Jul	Velociraptor Purbeck Tri	Purbeck Sports Centre, Wareham, BH20 4BH	7am
Wed 14 Jul	Reigate Priory Summer 10k	Reigate Priory Park, Reigate	7.30pm
Thurs 15 Jul	David Lloyd 5K	David Lloyd Southampton, Southampton, SO16 0XS	7pm
Sat 17 Jul	Swanage Half Marathon	Shore Road, Swanage	10am
Sat 17 Jul	Elmore 7	Elmore, High Road, Chipstead, Surrey CR5 3SB	2pm
Sat 17 Jul	Oxfam Trailwalker 100K	Queen Elizabeth Country Park, Petersfield.	t..b.c.
Sun 18 Jul	Surrey Slog Half Marathon	Duke of Kent School, Ewhurst, GU6 7NS	10am
Sun 18 Jul	Beach Run 5	Middleton on Sea, West Sussex	10.30am
Sun 18 Jul	Race for Life Portsmouth 5K	Portsmouth (PO5 3NT)	9am
Sun 18 Jul	Tytherley 10K	King Edward Village Hall, West Tytherley	10.30am
Sun 18 Jul	Votwo Kamikaze	Mapperton Farm, Bridport, DT8 3NS	10.30am
Wed 21 Jul	RR10 (Race 8)	Janesmoor Pond, Stoney Cross	7.30pm
Sun 25 Jul	'Down Tow up Flow' Half	Windsor Leisure Centre, Windsor, SL4 5JB	10am
Sun 25 Jul	Elmbridge 10K	Excel Leisure Centre, Walton on Thames, Surrey	9am
Sun 25 Jul	Andover Triathlon	Farleigh School, Andover, SP11 7PW	7am

The Stubbington Noticeboard

June's Training Programme (all 7.00pm start)

June	What	Recovery	Where	Who
Tues 1st	Figure of 8 Titchfield		Locks Heath	Mark
Thur 3rd	3rd 4 mile time trial		Eric Rd	Phil
Tues 8th	Chilling 2,4,6,4,2 mins	2mins rec	Locks Heath	Lewis
Thur 10th	20x200 mtr	60secs rec	Crofton	Mike H
Tues 15th	Sovereign Cresent Lewis Duckworth Run		Locks Heath	Chris H
Thur 17th	5 x 1200mtr	2 mins	Crofton	Phil
Tues 22nd	5k Race pace 4 x 6mins	2 mins	Locks Heath	Mike W
Thur 24th	4 x 400, 4 x 800	1 min between 4's 90 secs between 8's	Crofton	Phil
Tues 29th	10x1 min hard chillingfield	1 min	Locks Heath	Mark
July				
Thur 1st	4th 4 Mile Time Trial		Crofton	Phil
Tues 6th	5 Brownwich Loop + 1 short hill		Locks Heath	Chris H

Glen's Thursday Speedsters (6.30pm)

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

3rd June - Locks Heath - 6x15 secs (30 secs) / 6x30 secs (30 secs)
10th June - Stubbington - 5x300 (100)
17th June - Locks Heath - 1,2,3,4,3,2,1 (1min)
24th June - Stubbington - 3x800 (400)

Please send articles or reports for the club web-site 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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