The Greenrunner
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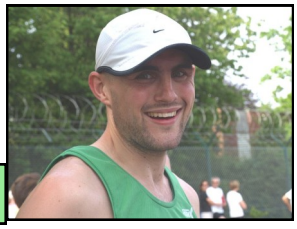
THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS & AC

CAPTAIN FANTASTIC AND THE BOY WONDER



SOUTHDOWNS RELAY

Another fantastic day for Stubbington Green. Three teams, the Senior men, the Vet men and the Ladies raced near on 100 miles, against 57 other teams from the South of England. It was a resounding success, with our 18 athletes battling the heat, the terrain, and strong competition. None of this would have been possible though without the support of several key Stubbies driving the teams and marshalling our changeover leg at Harting Down. *Mike Harper*

"Thanks to Simmo, a brilliant captain and gave us a resilient and gritty performance! I never had any doubts about how he would perform and I always said I'd take a 90% fit Simmo above any other runner – he possesses unrivalled competitiveness! From a personal point of view, I loved every minute of the event, from the winter recces to finishing leg 18 and being offered several ciders. Stubbington is an awesome club, great characters and awesome team spirit throughout, I cannot wait to proudly represent the club in Miami and across the world" *Lewis 'Boy Wonder' Chalk*

"Here here to our Team Captain and I just want to echo what Lewis said about the day, it was a fantastic experience. Performance of the day... I think it will have to be performances of the day" *Tony Smith*

"Excellent effort all round guys! Comedy moment was definitely Kev at the end of his second leg, I didn't think we were getting him back to do a third. His head was rolling, eyes were rattling in his sockets and I was sure he'd found a stash of Vodka shots somewhere! Fair play though Kev, you came back strong a third time after we all force-fed you with water. The only other notable point was an insatiable appetite for an obscene amount of food by myself through the day. I think I finished on 1 large bowl of porridge for breakfast, with 4 bananas, 4 oat bars, a big tub of tuna pasta, 2 mars bars, 1 snickers, 1 bounty, a few handfuls of minstrels, 3 energy gels and an apple before the finish, at which point I topped it all with 3 pints. Get those calories on board! Fantastic day and can't wait to do it all again next year!" *Wayne Ewens*

"Great effort from you all and well done on coming SECOND, next year FIRST?? A big thank you for the chauffeurs who put up with all the sweaty bodies and moaning about our aches and pains. The Test Way Relay is in September so maybe a good opportunity to get you all out again!"

And to finish we want to also say a huge thanks to the Vet and Female team members who supported us throughout and provided great banter and friendly rivalry! And of course a huge thanks to the race organiser, club marshals, and the other teams! The SDW Relay is a top event…and long may it continue! *Team Captain Andy Simpson*

VICTORY FOR THE VETS

The race itself was quite something, a really hot morning, most agreed that their first leg even as early as 8am was the hottest. Dave set off from Beachyhead and brought us in second from ten starters, only his brother Steve had got away from him! An excellent run from a lady from Midhurst Milers saw her finish a close fourth place on this leg.

Euan took on the very hilly climb from Jevington and again another monstrous climb out of Alfriston to hand over to Graham for his ONE easy leg of the day. I took over about a minute down on Phoenix vets for the long leg 4, my ONE tough leg off the day! Despite planning to run fast but steady, with a main rival just ahead all logic goes by the wayside and I spent 49 minutes chasing him down, to finally out sprint him to the changeover. At the end I was a mess, couldn't walk straight for a few minutes, so was guided under a nearby tap!

We then headed up to Ditchling Beacon, where ice creams were the treat for the drivers at least! We saw Mike White battling to the top with the Phoenix runner and things looked ominous as Mike is probably our strongest runner, then Ray took over and made a little headway with a great run. So with all six having completed a leg each, the day was set up for a close battle and that was without the vet teams that had started 30 mins before us, not to mention a super charged Stub A team, with Lewis and Wayne in particular making Theo Walcott look like a slouch.

As our second legs of the day developed, we started to shake off Phoenix, not by much but by leg 12 we had over 5 mins and things were looking good, though with the toughest legs, 13 and 17 to come, you never know. We had Dave and Mike W on those so we felt confident. Not so confident of holding off the stormimg A team though.

There had been significant banter for weeks, and though we were on schedule, they were ahead of schedule and closing fast! Our time was almost the same as last years A team, when conditions had been kinder, so we weren't hanging about, but a phenomenal run up Butser from Wayne took them ahead after starting half hour behind, and although I tried to claw back a bit on Andy on leg 16, even limping he held me off! Mike took on the hour run that is leg 17, where we all watched from the Millberrys pub and encouraged Susie, John and Mike past us within 5 minutes of each other. Ray brought us home in 11 hours and twenty mins, to give us an 8 minute winning margin over a gallant Phoenix team.

Of the 57 teams that started, 52 finished, and Phoenix vets came second in the Cooper Cup, given to the best age graded team. This was won once again by Chichester vets with 91.63%. We came third with over 90%, so with our A team finishing 9th with 87% it does at least go to show that when they reach our age, they won't be as quick as we were this year:)

It was a superb day, of course success helped, but none of our 18 runners got lost, all enjoyed the day immensely and the good natured banter from all teams shows what a great friendly club we have. Mike Harper.

SOUTHDOWNS RESULTS

Men's A Team

Team Name	Time	Place
Brighton & Hove AC	10:42:30	1
Stubbington Green Runners	**10:46:33**	**2**
Lewes AC	10:59:32	3
Steyning AC	11:11:23	4
Midhurst Milers	11:24:07	5
Black Sheep Runners	11:25:21	6
Ranelagh Harriers	11:57:42	7
Basingstoke & Mid-Hants AC	12:04:01	8
Phoenix AC	12:14:06	9
GO Faster	12:20:33	10
Brighton Hash	12:25:58	11
Wessex Road Runners	12:34:27	12
Henfield Joggers	13:06:24	13
Martlet Runners	13:12:29	14
Heathfield Road Runners	13:21:02	15
Southampton Running Club	13:24:36	16
Chichester Runners	13:44:35	17
Seaford Striders	13:48:26	18
Arena 80	13:50:35	19
Haywards Heath Harriers	14:03:08	20
Amphibians 2 Tri Club	14:10:15	21
Victory AC	14:32:45	22
Burgess Hill Runners	14:25:32	DSQ
Crawley AC	DNF	DNF
Hailsham Harriers	DNF	DNF
Orpington Road Runners	DNF	DNF
Crowborough Runners	DNF	DNF

Lady's A Team

Team Name	time	Place
Brighton & Hove City AC	12:12:56	1
Steyning AC	12:43:30	2
Chichester Runners	12:48:50	3
Liss Runners	13:25:16	4
Phoenix AC	13:50:59	5
Stubbington Green	**13:51:45**	**6**
Pigs Trotters	14:31:08	7

Men's Vet Team

Team Name	time	Place
Stubbington Green Runners	**11:20:55**	**1**
Phoenix AC	11:28:31	2
Arena 80	11:45:52	3
Chichester Runners	11:45:55	4
Brighton & Hove City AC	11:47:48	5
Amphibians 2 Tri Club	12:20:45	6
Marshall Milton Keynes AC	12:42:45	7
Basingstoke & Mid-Hants AC	12:46:36	8
Liss Runners	12:57:03	9
Heathfield Road Runners	13:08:01	10
Haywards Heath Harriers	13:14:54	11
Crowborough Runners	13:28:06	12
Brighton Hash	14:17:54	13

SOUTHDOWN LADIES

Rachael headed off on leg 1, with six other teams, at 6am and it was already hot. Even though she hadn't recced this leg she did extremely well to find us at the beginning of leg 2, and we were all relieved to see her. The first legs for all of us were gruelling in the heat, and we all seemed to feel sick for a while after, but eventually we got into our strides.

We managed to get ahead of the other women's teams that set off with us, and keep up just about with the men's. No one got completely lost, and we didn't have a chance to think about how tired we were as we hopped in and out of the mini-tank. Nick did an excellent job driving to each leg and kept us in order so that we arrived early for each changeover.

Our second legs all went well though already we were tiring and we all started to doubt how we were going to get ourselves round the third legs. There was neither a breeze in the air nor a cloud in the sky on the Downs, so the sweat was dripping off us all day. Poor Nick had to inhale clouds of deodorant all day, and our carbon footprint for the day, from body spray alone, must have been huge. Still we soldiered on and as our third legs approached silence descended in the bus. I was the first to finish all legs, but the truth is that leg 13 finished me long before I got to the handover.

The relief that it was over then slowly washed over all six of us as we tried to keep smashing the hills that just kept coming. Rachael, Sally, Penny and Susie put everything they could into their last legs to hand over to Lucy on the final leg, with the men's teams very close behind but not quite catching us.

Lucy took off, and even though we had instructed her to trip up Lewis and Ray if she saw them coming up on her, she knew how devastated they would be to be beaten by us girls and took pity on them, graciously letting them pass her during Leg 18. But Lucy really showed the men how to do a sprint finish, and such was her speed in the final 100m that the driver for the Brighton ladies team (the overall ladies winners) came over to us, worried that we may have beaten them with such fine runners in our team. The final Brighton lady had come in only minutes before Lucy. However, they had set off an hour and a half after us, which was met with a heavy "Oh," from the driver.

So we finished our relay in 13hours and 51minutes, which was the fastest we could have possibly done in the heat, coming sixth, one place lower than last year and a few minutes slower.

We all doubted whether we would ever run up a hill again after our third legs, but despite the hard work it was an amazing day, with great team mates.

We may not have been the fastest but we smelt the best, and we probably had the most fun. Oh and we suppose we should congratulate the men's teams for doing quite well; we are, of course, extremely proud of you all.

Tina Chantrey

NETLEY 10K

Our Men took the honours here winning the team prize with Mark, Lewis and Wayne all in the top 10. It would have been 4 if Andy's knee had held up, so a top twenty place isn't bad when you are on one leg!!

Mark is getting back close to his very high standard after a long while out through injury, so great to see him battling it out with the leaders again. Lewis maintained his superb standard that brought him 2nd place overall in the HRRL, while the biggest improver must surely go to Wayne who smashed a couple of minutes off his best to be only 30 seconds behind Lewis!!

Dave again led our B team to their 7th win of the season, with a great time, and Graham, me and Ray completed the B team full of vets as usual! That may change next season as hot on our heels were Sam, Mark and Kev all ridiculously young and therefore improving all the time!

Talking of staying young, another fantastic effort from our webmaster. Mike may look a lot younger than me and the soon to be fifty guys (he so isn't!) but on age graded I doubt there are many quicker as he ran sub 7 min miles.

Mid race we had Phil, Matthew, John and a great run by David. Paul edged out Alan, again very close as it has been all season. I don't know if Robert managed a pb here though I suspect it may have been, as with help from Rick he was miles under the hour and fittingly finished on a high having completed all the series. Great effort Robert.

The good news is that the ladies managed to hold onto 3rd place in Div 1 which is fantastic as the standard is so high, so an excellent season. Here we did struggle with Tina the only lady under 50 mins, which is just natural ability as her training has been almost non existent recently. This gives her 12th place in Hampshire in her first season!!

Just over the 50 mins were a couple of youngsters, Lucy was unwell and I believe pulled out of the Tri in the afternoon, and Naomi had a good run to close our A team. Great to see Jane back racing again and still running strongly, and Donna will improve even more as I usually see her at training or an RR10, so this will pay off with quicker times next season. Ann was just ahead of Rick and Robert whilst Kathryn was close behind, but a special mention to Sandra who had a strong finish to just get under the hour and finish 3rd in her age category. *Mike Harper.*

HAMPSHIRE ROAD RACE LEAGUE FINAL STANDINGS

	Lady's A Team	
1	Winchester	11
2	Eastleigh RC	14
3	**Stubbington Green**	**31**
4	Fareham	31
5	Salisbury ARC	33
6	Pompey JC	33
7	Denmead S	47
8	Alton Runners	48
9	Farnham R	54
10	So'ton AC	55

Kevin Wheeler

Georgie Wallis

	Lady's B Team Division 1	
1	Winchester B	8
2	Fareham	29
3	Winchester C	30
4	Pompey JC B	31
5	**Stubbington Green**	**35**
6	Eastleigh RC	39
7	Salisbury ARC	47
8	Victory AC	64
9	Gosport RR	65
10	Farnham R	69
11	Denmead S	70
12	Pompey JC C	75
13	New Forest R	84
14	Alton Runners	86
15	Totton RC	123

Tina Chantrey

Mike Harper

Gill Rose

	Men's A Team	
1	Winchester	18
2	**Stubbington Green**	**19**
3	Overton H	31
4	Pompey JC	36
5	So'ton AC	45
6	Alton Runners	50
7	Denmead S	53
8	Farnham R	59
9	New Forest R	59
10	Eastleigh RC	66

	Men's B Team Division 1	
1	**Stubbington Green**	**11**
2	Winchester B	22
3	Pompey JC B	24
4	Pompey JC C	43
5	So'ton AC	57
6	Eastleigh RC	57
7	Farnham R	63
8	Winchester C	64
9	Salisbury ARC	68
10	Victory AC	76
11	Gosport RR	92
12	Overton H	94
13	Denmead S	98
14	Alton Runners	107
15	Andover AC	119

NETLEY 10K RESULTS

3rd	Mark Le Gassick	33.17
8th	Lewis Chalk	34.13
9th	Wayne Ewens	34.39
19th	Andy Simpson	35.58
32nd	Dave Jeffery	36.39
48th	Graham Bell	37.40
52nd	Mike Harper	37.45
53rd	Ray Gunner	37.48
69th	Sam Ratzer	38.55
90th	Mark Urbanowski	40.15
100th	Kev Wheeler	40.44
124th	Mike Bell	42.27
143rd	Phil May	43.30
152nd	Matthew Abbott	43.49
176th	John Blake	45.11
194th	David Abrams	46.21
208th	Paul Southon	47.10
214th	Alan White	47.38
220th	John Simister	48.01
242nd	Aitken Hunter	49.34
288th	Rick Scott	56.47
289th	Robert Spencer	56.48
	322 male finishers	
30th	Tina Chantrey	44.39
80th	Lucy May	50.25
87th	Naomi Crane	51.04
94th	Jane Butler	51.34
109th	Donna Mitchell	53.31
129th	Ann Blake	56.25
142nd	Kathryn Davies	57.46
159th	Sandra Abrams	59.55
	200 female finishers	

David Jeffery

Graham Bell

Paul Southon

Alan White

Stubbington Runners Who Scored 7 Times This Season

5	Susie MacGregor
12	Tina Chantrey
18	Gill Rose
22	Georgie Wallis
27	Lucy May

2	Lewis Chalk
4	Andrew Simpson
14	Mike White
19	David Jeffery
20	Mike Harper
21	Tony Smith
22	Graham Bell
27	Ray Gunner
35	Kevin Wheeler
38	Tim Sullivan
77	John Blake
81	Richard Snell
92	Alan White
93	Paul Southon
99	Robert Spencer

June Time Trial Results

Lewis Chalk 23:20
Mike Harper 26:20
Mike Bell 26:41
Mike Townsend 27:14
Richard Edmonds 27:55
Tom Witcher 29:07
Keith Carter 29:41
Keith Whittaker 29:45
Alan White 29:45
Eric Beck 30:40
Margie Pritchard 31:40
Donna Mitchell 32:49
Nigel Witcher 33:19
Jane Butler 34:08
Nikki Clarke 38:53
Geraldine May 43:32

BRAISHFIELD 5 MILE BEER RACE

There were a record 250 finishers for the Romsey Road Runners annual beer race held round the picturesque village of Braishfield, just north of Romsey.

First to the bar this year was the ever speedy James Baker of Chichester Runners and Athletics Club in a time of 25minutes and 51 seconds. Followed over a minute later by Mike Grist of Poole Runners and a further minute back was our very own Wayne Ewens in a time of 27:56. After the excursions of the South Downs last weekend, and an Olympic distance Triathlon on Saturday it was a brilliant effort from Wayne to take third spot, especially when he thought he was 5th!

3	00:27:56	Wayne Ewens
10	00:30:13	Graham Bell
11	00:30:20	Andy Simpson
13	00:30:36	Mike Harper
67	00:35:16	Philip Martin
81	00:36:10	Andy Lee
82	00:36:13	Matthew Abbott
85	00:36:37	Gordon Westley
167	00:44:30	Andy Tomlinson
177	00:45:30	Peter Rawlins
183	00:45:58	Julia Haskell
227	00:50:16	Sarah Martin
237	00:54:04	Jennie Lee

"Birthday Boy" Andy Lee finished 22nd in the V50 category out of 50 V50's, whilst Peter Rawlins finished 15th out of 21 V60's. It must be the beer that makes this one popular with the older generation. Mathew and Gordon were both well inside 8 min/mile, whilst Andy Tomlinson was well supported by "Team Tomlinson". There to witness daddy enjoy a pint and piece of cake, and a 5 mile run too.

In the "Stubbettes" ladies race Julia ran well after her holiday, and Sarah looked so "cool" as she crossed the line in 50 minutes, having given Phil enough time to finish his first pint and piece of cake. Jennie enjoyed the race, and crossed the line wearing a big smile.

EMSWORTH RELAY

Stubbingtons first delve into this relay was a little more than just a relay, the weather turned out to make it a cold wet outing for all concerned.

Nellie's Tea Room didn't know what hit them as 18 Stubbies and other runners descended for a pre race cuppa.

The race started with all runners going off on leg one and the leg two runners carrying on the race. Then it started raining and continued until well into the afternoon. This gave us all wet shoes and a cold feel throughout the day so much so that Naomi Crane had to be bundled into the car and the heater turned up to stave off hypothermia!!

The race was won by Southampton Athletic Club, in a time of 4 hours 56 mins, who were getting concerned that the Basingstoke mixed team were only 2 minutes behind them! But they held on to claim the title for a second year.

The 'Mixed up Stubbies' team belted off with Chris Hall leading the team supported by Tim Sullivan, Marcus Lee, Jon Leigh, Margie Pritchard and Jane Butler.

The 'Men of Stubbington' team started with Mike Clarke, then Eric Beck, Andy Lee, John Simister, Phil May and Nick Kimber.

The 'Stubbettes' were led off by Verity Wright. With Naomi Crane, Liz Hall, Mandy Jones, Caroline Street and Jenny Lee.

With runs through Havant and Petersfield not all the route was through rolling countryside and some of the legs were only a couple of kilometres long so getting the runners to their next legs was another race within the relay.

By the end of the day the 'Mixed' team had become the lead team of Stubbies and eventually finished the day in sixth place. Forty minutes later the mens team came in and then the ladies.

The Mixed Team finished in a time of 5hr 36mins, 3rd mixed team
The Mens Team finished in 6hr 18mins, 4th Mens Team
And the Ladies finished in 8hr 11mins, 3rd Ladies Team

Well done to everyone who ran and thoroughly enjoyed themselves. Start thinking of next year's event.

Phil May

RR10 Deer Leap Inclosure Ashurst

Once again 48 Stubbies enjoyed the warmth of the evening sun in near perfect conditions for the 4th RR10 of the year.
With many the senior men "resting up" before the South Downs Relay it was left to the "veterans" to form the bulk of the A team behind the charging Lewis, who finished an excellent 2nd on the night. Chris, Dave, Ray and myself made up the rest of the A team who finished 3rd team. In the ladies race it was Susie, Sally and Penny's teamwork that resulted in 5th place on the night.
Full results available at http://www.rr10.hampshire.org.uk/

Happy running! Graham Bell

Susie	Macgregor	V	11
Sally	Mcgrath		14
Penny	Forse	V	25
Lucy	May		44
Margie	Pritchard		46
Jane	Butler		63
Donna	Mitchell		66
Katherine	Briggs		68
Emily	Hall		80
Becky	Yeo		85
Eunice	Hoare		86
Andrea	Charlson		94
Caroline	Street	V	95
Julie	Ashman		101
Katrina	Gunner		104
Sandie	McIntosh		106
Liz	Hall	V	107
Sue	Robinson		116
Sarah	Boddy		121
Rowena	Dodds		122

Lewis	Chalk		2
Chris	Hall	V	16
Dave	Jeffrey	V	18
Ray	Gunner	V	23
Graham	Bell	V	27
Euan	Mcgrath	V	28
Mark	Urbanowski		60
Jon	Leigh	V	65
Marcus	Lee		80
Mike	Bell	V	83
Paul	Hammond	V	89
Nick	Kimber	V	97
Nick	Crane	V	98
Phil	May	V	101
Neil	Jarvis		121
Tim	Crumpton	V	125
Phil	Martin		133
Keith	Whittaker	V	138
Gordon	Westley		140
Alan	White	V	150
John	Simister	V	162
Eric	Beck	V	175
David	Elland		188
Nigel	Witcher		193
Andy	Tomlinson		212
Chris	Gallagher		214
Robert	Spencer		223
Peter	Hutchison	V	227

7 MARATHONS 7 MONTHS 7 LOCATIONS

CTS COASTAL TRAIL SERIES

The 'Stupid Six' (Drew Briggs, Karen Dean, Caroline and Glen Street, Kathy McKain and Jane Adlard) set off for Charmouth in November 2009 without a clue as to what they were letting themselves in for. Adventure on the high mountains, mud, swamps, snow, hail, heat, hills, hedges, rocks, missing toenails, rain, wine, more wine, Don Johnson and sausage fingers.

The first marathon seemed little more than a jaunt along the Jurassic coast, picking up fossils on the way. The only blot on the horizon was the prospect of Golden Cap at around 23 miles. No problem. It turned out to be tougher than we had imagined, despite our extensive and comprehensive preparations (ha ha). I think we now realised what a real challenge this would turn out to be. But we all finished and went to the pub. Which would turn into something of a theme.

So at least when it came to Gower, we knew what to expect. Or so we thought. More hills. More wind. More varied terrain. Sand. Beach. Wet. Darkness. Outside showers. Didn't bank on the pouring rain and having to come downhill to the finish on our arses. Karen and Jane then spent about a week trying to get warm by wearing a variety of silly hats .

Portland was Jane's nemesis. Ian McEwan wrote about a doomed relationship in 'On Chesil Beach'; our relationship with Chesil Beach is forever tainted with memories of trying to run on shingle. On a slope. With a perfectly serviceable pavement merely yards away. Twice.

In South Devon we found Miami Vice in the back of a pub, and Don Johnson. Honestly, you wouldn't believe it! The course was muddy (well, swampy, and not in a 'dreadlocked environmental campaigner' way) and varying in terrain, but we all managed to complete it and with 4 down we were over half way! Momentarily famous after being filmed by a helicopter, we were on a roll. (I don't think the helicopter was a police one, honest). Unfortunately Glen had to pull out because of injury. So he took some good photos and shouted abuse at us instead.

On to Pembrokeshire. The last place that the British Isles were invaded. By now the novelty had worn off, but we'd signed up and paid our money so we had to do it. Turned out they'd changed the course. Shame they didn't make it shorter. However, this was the most undulating. And we had an Easter egg hunt. Lights out, hiding behind the curtains and under a blanket, convinced that we were invisible.

Cornwall loomed. Not only was it a long journey, it was very hilly indeed. And it was kind of like running on the moon. Drew managed to 'injure' himself by falling over. Oh how we laughed. Until we saw the stitches. Jane managed to miss two massive signs and did an extra two miles. As if 28 miles wasn't enough. We got somewhat inebriated in the local hostelry on local ale and cider, even resorting to snakebites at one point. The pub singer took a shine to Drew. Too many calls to the 'stout yeoman of the bar' resulted in wet feet for the girls and a long night of drunken frivolity! The next day we lounged nonchalantly on the sofa eating bacon butties watching those poor souls running the London Marathon.

Finally we found ourselves in Exmoor for the final of our 7 marathons in 7 months in 7 locations. A nice 1200 feet climb in the first 4 miles along with 28 degree heat set us on our way and what a hard day it turned out to be. It's not big and it's not clever. Only half a mile from the finish Jane did her classic 'tripping over an invisible stone' ® manoeuvre and sustained extensive bruising. And swearing. Drew stubbed his toe. And to be fair, didn't swear. For about 30 seconds. To be honest, it was a miracle we were alive, let alone grooving on down to the banging tunes at the post-race party later that night. All for a t-shirt and seven medals. And of course, the amazing feeling of achievement we all had. And now for a lie down.

We had an amazing time, and we loved every minute of it, despite the hills, mud, sweat and sometimes tears. And we'd do it all again. Well, maybe.....

Jane Adlard

"I have run the Himalayas" by Peter Fairhurst

Date April 12th 2010: after 2 years of dreaming, and 3 months of serious preparation, here I am finally, 8hrs from Kathmandu at the start of the Annapurna Mandala Trail 2010 race (AMT2010). I am anxious, how will I cope, but ready to be off.

This year marks the 10th anniversary of this race invented by a Himalayan running veteran Bruno Poiré and the 60th anniversary of the first time an 8000 m mountain, the Annapurna 1, was climbed by the patron of the race, Maurice Herzog. He succeeded in reaching the summit, but paid a heavy price for his success suffering several amputations due to frostbite. Oh I hope I won't suffer the same fate, but we have been told to expect -20°C temperatures!

The racecourse is modified every year, but the spirit and concept remains the same. To run "heavens trails", carrying all personal equipment in a backpack, in a stage race where top Europeans compete against the best invited Nepalese runners, to promote mountain running in Nepal.

This year the race course will go through the Manaslu valley before the Annapurna ring and covers a blister producing 380 km, with a lung bursting 15000+m of climbing, in 11 stages, with 60% of the course above 3000m and a high point of 5450 m (for the scientific out there, at this altitude the atmosphere has less than 50% of oxygen compared to sea level). The longest stage is 72 km and there are no rest days.

I know my physical condition is good, having 2 weeks earlier run a national qualifying time for the half marathon distance (sub 1hr 15min) and having completed a cross country ski marathon (42km) in a little over 2 hrs, but, living in Chartres, one of the flattest areas of France, how can you really prepare for the Himalayas, the roof of the world?

What about my experience? Well I have, in total, completed two stage race running events, the Marathon des Sables in the Sahara desert finishing in the top 40 and in the longest mountain race in Europe the "Swiss Jura Marathon" where I was placed 5th, a similar distance of 350 km, but at much lower altitude. These race results with a hypoxic effort test performed in a state of the art Paris hospital, allowed my "dossier" to be accepted by the race organiser, so you can now understand, you have to earn the right to be on the start line.

So here I am on the start line dying to be off after 3 days of travelling, carrying equipment and medical checks. Then, 2 minutes before the gun, a little Nepalese girl with big eyes looks me straight in the eye and asks the question, "why run?" I have no answer, but I feel like I should have. The famous reply from Edmund Hillary "because it's there" unfortunately doesn't fit although it feels to me like it should.

The first four stages follow the Manaslu valley towards the Larka pass, climbing steadily from 450 m to 4500 m. The first stages are long, taking 5 to 7 hrs to complete and hot at 35 to 40°C. I find it difficult to adapt to running with an 8 kg back pack, to having to drink 10 litres of water per stage to stay hydrated and to finding the right rhythm. Here a good running pace is 10 km/hr and not the 17km/hr that is my half marathon pace. Stride length, arm movement and foot placement are all different, running believe me is not simply running. The scenery in the valley and the views of the mountains are, however, absolutely amazing. We see the Mansalu, which is the 8th highest mountain in the world and even go up to its base camp. I am also invited to a monastery, where after the ceremony, all the young monks want to exchange their sandals for my running shoes!

The route over the initial stages is fairly rolling and I find myself in 3rd place overall heading into the high altitude, technical stages. Competitors in the race start talking up my prospects of finishing on the podium but I know that I lack experience and speed on really technical sections, especially the descents.

Stage 5 is the monster stage, the one everyone fears except the Nepalese. We complete the climb of the Larka pass to 5250 m and then descend down over 3000 m, running along the valley to the Annapurna ring, 72 km in total. At the top of the climb, I am still with the best Europeans (the Nepalese are already long gone) and then the descent starts. Oh what agony! Whilst I slip and fall, all the experienced mountain runners "flow" down the mountain, there is nothing I can do, I cannot keep up.

Then to make matters worse, the bridge to cross a major river, marked on the map, has collapsed! What should I do? I skirt the banks up and down trying to find a crossing place. There is no alternative but to take off my shoes and socks, tie them to my backpack and cross slowly. The current is strong and with a stumble, one of my shoes goes into the water! Now I will have to run with wet shoes, not good for the feet. I reach the other side of the river and whilst putting on my shoes, a top Spanish runner arrives on the other bank. I signal that I will wait for him, to ensure his safe crossing. Even now I can see the surprise in his eyes at my chosen crossing place. He gets over safely and we continue together. The stage eventually takes me 11hrs. I finish 10th absolutely exhausted with, as usual, only a tap of cold water to wash under and no electricity for the night !

The following stages take us back up the high altitude of the Thorong pass at 5450 m. En route a lama blesses me for a safe run. Whilst running I am fine, but at night it is difficult to sleep because of the altitude.

After successfully crossing the Thorong pass (even sprinting at the top to show it is possible!) I complete the final stages that take us to Poon Hill. That last morning my view of the sun rising over the Annapurna range was absolutely stunning. In the last stages the further technical descents of over 4000 m and my weakened condition due to the altitude, meant that I slipped to 7th in the overall classification, but still top 10 !

It is a great honour to have finished in the company of such high quality athletes and, with an indescribable elation of being able to say out loud "I have run the Himalayas!"

Finally I have an answer to the little girl's question at the start, "why run?" Simple really, walking or trekking is good, but running is better!

MEMBER OF THE MONTH

Robert Spencer

Running High

Words: Tina Chantrey

Robert Spencer decided to take his health into his hands in his 40s, and get fit, culminating in the Virgin London Marathon this year…

"In my forties I was fat and unfit which forced me to take up walking on the treadmill in the gym. By 2007 my weight had increased and I had reached eighteen stone. My fiftieth birthday was fast approaching and I wanted to do more to improve my health," says Robert. Running outside was the natural progression.

"My first race was the Great South Run (GSR) in October 2007; I had spent six months prior to that training for it," says Robert. "I met Paul Hammond at my gym and he told me about the club, so I decided to follow the GSR with the Stubbington 10K in Jan 2008."

Robert has progressed immensely since those early training runs in 2007. "The first time I ran the GSR my time was 1.55.23. This year I am going to try for 1:29:59, which would be a four minute improvement on last year (I've set my SMART targets just like Lewis told me to!)."

Easy to please

Robert loves any type of running, as long as it isn't uphill! "When I first started I had to listen to music when I ran. It eventually dawned on me that I actually love the process of running and the music was just distracting me," he says. "I like both on and off-road but the RR10's and any coastal runs are my real favourites.

"Races keep me focused and under control; I don't want to drift back to my old unhealthy lifestyle. The sheer sense of achievement and well-being that finishing a race gives you is one of the best feelings in the world."

Robert trains with the club on Wednesdays and with Glen's speedsters on Thursdays. One of the things he has picked up from the club is the concept of the P.B. "Since being with the club I have worked hard on my P.B.'s, which makes me competitive with myself. I am in awe of what some of the lads at the club, who are about my age, have achieved, and this helps me to keep pushing myself."

Personal high

Robert completed this year's Virgin London Marathon, running in support of The Prostate Cancer Charity, raising a massive £2250. "For me, completing London this year (in 4.57.29) was an obvious high. The day was an unbelievable experience; the atmosphere was absolutely buzzing along the whole of the course!

"I have been touched by everyone's generosity, both financially and emotionally, and especially through the dark days of winter training."

It took 377 miles of training runs and races to get Robert to the start line at London, which means he has another 623 miles to run to make his secondary target of the year; to run 1,000miles.

"If I had to say what I was really proud of its that I got off my arse and took the first step to a healthier lifestyle," adds Robert.

This man's running achievements, considering his unhealthy past, are inspiring. "I still can't really believe I have completed a marathon, running every step of the way (albeit very slowly for the last few miles) when I consider that I couldn't even run 50 yards three years ago. Saying that, I did have my confidence shattered at one stage of London when I was overtaken by a Cornetto!"

Robert still managed to enjoy the experience though. "The final two kilometres were less pressure than I thought they would be, especially once I knew I would get inside my target time. I was then able to savour the atmosphere and the setting."

The high of finishing his first marathon stayed with Robert for days. "The feeling when I crossed the line was more of relief that the race was over and I had made it, rather than the joy that I had expected. It took a while for me to fully appreciate what I had just done, but once I did the good feeling lasted for days!"

Robert has undoubtedly got the marathon bug. "I promised my wife, Melinda, that I would never run another marathon after a particularly difficult training week in the depth of winter. Yet I've entered the London ballot for 2011 and plan to run a spring marathon in Paris if I don't get in. I have also got to hit my 2010 1000mile target that I promised The Prostate Cancer Charity I would achieve."

Gill's Shorts

Shower after sticky shower

Is it me or is racing getting wetter and stickier?

There I am plodding along in my own world (as usual), the sun is shining, my legs and arms are in a comfortable rhythm and I'm feeling good, when whoosh! I find myself covered head to toe in a super sticky substance. The guy in front of me has stomped on a pouch of sports drink with his size tens which has then shot into the air in a neat arc over his head, carefully missing him of course, and hit me full frontal instead. Queue one very sticky and somewhat shocked runner.

But this is a race and I'm a runner (no really) so stickiness aside I continue on my way, keeping up my pace, focussing on my goal (to finish), carefully avoiding the cars to the right of me and whoosh! Queue a cold shower on boost mode. A car has run over a bottle of water kindly deposited by a runner who maybe thought I could do with a shower after my earlier sticky experience.

Can't wait for that finishing photo.

RESULTS ROUND UP

BUPA LONDON 10K

Rachael Openshaw.
pb of 47m 47s

Ropley 10k

12	Tony Smith	38:21	
35	Trevor Fairhurst	42:14	
95	Annie Tomlinson	47:13	3rd Ladies Team
137	Alan White	50:03	
183	John Fairhurst	52:28	
226	Katherine Briggs	54:35	3rd Ladies Team
239	John Vose	55:02	
258	Eunice Hoare	56:46	3rd Ladies Team
288	Terry French	59:34	
334	Anne Fairhurst	01:09:13	1st FV65

All of the ladies won a bottle of wine each – Annie, Katherine and Eunice as 3rd Ladies team and Anne as 1st FV65. The men have had to buy their own! There were 353 Finishers

South Cerney Standard (Olympic) Distance Triathlon

Wayne Ewens.10th overall in 2 hours 17 min 07 sec - a PB

WEYMOUTH SPRINT TRIATHLON

Ist man over 60 David Abrams (SGRAC) in 01:30:25

Sandra Abrams (SGRAC) was also first woman over 60 (and last!), but there was no trophy! Time - 1.57.18

A great start to the season, with calm sea, and pleasant weather!

The Hayling Billy 5 mile

Alan White 37:20 60
Zac Conaty 37:44 64
John Simister 38:40 81
Eric Beck 38:51 82
Sue Simister 56:01 174

Zac Conaty

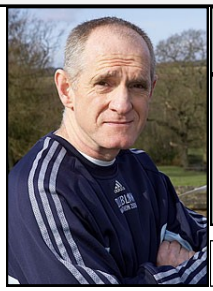
South Downs Marathon

Neil Jarvis & myself ran the South Downs Marathon on Saturday 12th June.
On a sunny day we picked the coach up from Q E country park at 7:00 am to Slindon College where we started the 26.2 miles along the South Downs.
No pb here as some of the hills were impossible to run, but we finished. The course was well marshalled and supported at check points but there was not enough drink stations - but it was a good run. *Eric Beck.*

Neil Jarvis 4:37:08 302 Eric Beck 4:55:30 412

Egdon Easy Weymouth

This year, the only Stubbie to venture west for this 10-kilometre race was Mark Le Gassick who finished third in a time of 33mins 37secs



Bishops Waltham 5

John Leigh	16th	33:11
Paul Hammond	25th	35:16
Colin Elderfield	31st	35:49
Alan White	51st	39:26
John Simister	60th	40:13

John Leigh

RNLI Lymington 10km

Nick Crane 87th 43 min.25 secs 9th M50
Naomi Crane 366th 51 min.42 secs F 25.

TORUN HALF MARATHON POLAND

Competing in the Torun Half Marathon in Poland, Dave King finished 70th among a field of 150 runners in a snail-like time of 1hr 52min.
"I ran like a sack of potatoes" said Dave. "I was going well at 10km and was holding a nose-bleedingly high placing of around 30th, but then I suddenly pulled up with nasty hamstring cramp. "Temperatures were in the high 70s and the second half of the race was plain nasty since I couldn't get rid of the cramp, until I got to a drinks station at 10 miles which had isotonic liquid. I was just glad to finish."
After the race, runners were rewarded with pints of beer, as well as platefuls of pea and sausage soup!
Dave somewhat redeemed himself a few days later by taking part in a low-key 10km race in Swindon. He finished 54th among 270 runners competing in the Lethbridge 10km, run along a disused train line, similar terrain to the 6.5 Special route near Wickham.
His finishing time was 45min 15sec. "That was much better, and after the Polish disaster it was the sort of decent run-out I needed," he said.
Dave King.

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.	6am.
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 Race Diary

Date	Race	Venue	Time
Sun 1 Aug	Milland Valley Trail 13	Milland Sports Pavilion, Milland, Liphook, GU30 7LU	10.30am
Sun 1 Aug	Sturminster Newton Half	High School, Sturminster Newton, DT10 1DT	10.30am
Sun 1 Aug	Sturminster Newton 5K	High School, Sturminster Newton, Dorset	10.30am
Sun 1 Aug	Brighton Beach Aquathon	Hove Beach, Brighton	11am
Sun 1 Aug	Concorde Triathlon	Bradfield College Sport Complex, Reading , RG7 6BZ	9am
Sun 1 Aug	Old Deer Park 10K	Old Deer Park, Richmond, TW9 2RA	9.15am
Sun 1 Aug	Cirencester Park Half	Cirencester Park, Coates, Cirencester	9am
Wed 4 Aug	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.30pm
Wed 4 Aug	RR10 (Race 9)	Itchen Valley Country Park	7.15pm
Wed 4 Aug	Yateley Road Race	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Wed 4 Aug	Pewsey Mid-week 5	Pewsey Vale School, Pewsey, Marlborough, SN9 5EW	7.30pm
Thurs 5 Aug	Swanage Carnival Fun 4	Sandpit Field, Swanage, Dorset	6.30pm
Sun 8 Aug	Ightham Knowle 21/14/7K	Crown Point Inn A25 , Sevenoaks, TN15 0HB	10am
Sun 8 Aug	Salisbury 5-4-3-2-1	Salisbury Fire Station Salisbury SP2 7TN t.b.c	8am
Mon 9 Aug	Thruxton 5K Series	Thruxton Motor Racing Circuit, Andover	7pm
Fri 13 Aug	Rye Summer Classic 5K	Rye Nature Reserve, Rye Harbour, Rye	7pm
Sat 14 Aug	South Coast Classic Triathlon	Seaford Beach, Seaford, E Sussex BN25 1JH	8am
Sat 14 Aug	Jurassic Coast 10K	Seafront, Budleigh Salterton, East Devon	11am
Sun 15 Aug	Isle of Wight Half M'thon	Sandown & Shanklin Rugby Club, , Sandown	11am
Sun 15 Aug	Castle Combe Summer 10K	Castle Combe Circuit, Chippenham, SN14 7EY	11.30am
Wed 18 Aug	Stourhead Fresh Air 5K	Outside The House, Stourhead, Warminster, Wiltshire	7pm
Wed 18 Aug	RR10 (Race 10)	IBM Hursley Park	7.15pm
Thur 19 Aug	Barbury Castle Track 5	Barbury Castle Country Park, Swindon, Wiltshire	7.30pm
Sun 22 Aug	Dunsfold Duathlon	Dunsfold Park, Guildford	2.30pm
Sun 22 Aug	Everton 10K	Recreation Ground, Frys Lane, Lymington	10.30am
Sun 22 Aug	Henfield Half Marathon	Henfield, West Sussex	t.b.c.
Sun 22 Aug	Dunsfold 10K	Dunsfold Park, Cranleigh, Guildford	6pm
Sun 22 Aug	Seaford Fun Runs 2K & 4K	Seaford Fire Station, Cradle Hill Road, Seaford, E Sussex	9am
Sun 22 Aug	Seaford Marathon	Seaford Fire Station, Seaford, E Sussex	9am
Sun 22 Aug	The Foxtrot 5	The Common, Broughton Gifford, Nr Melksham, Wiltshire	11am
Sun 29 Aug	Newick Will Page 10K	George V Playing Field, Allington Rd, Newick, E Sussex	11am
Sun 29 Aug	Arundel Scouts 10K	Arundel Town Centre, W Sussex BN18 9AD	9.30am
Sun 29 Aug	Studland Country Fair 5K	Show Ground, Ferry Road, Studland, BH19 3AY	11am
Sun 29 Aug	Pewsey Vale Half M'thon	Pewsey Vale School, Pewsey, Marlborough, SN9 5EW	10.30am

The Stubbington Noticeboard

July's Training Programme (all 7.00pm start)

July				
Thur 1st	4th 4 Mile Time Trial		Crofton	Phil
Tue 6th	5 Brownwich Loop + 1 short hill		Locks Heath	Chris H
thur 8th	8 x 600 steady pace	200 rec	Crofton School	Phil
tue 13th	6 x Paarlauf		School of Navtn	Mike B
thur 15th	5 x 800 mtr	1 400 lap jog	Crofton School	Mike H
tue 20th	2 x 3 double laps	2 mins between laps, 3 mins between reps	Locks Heath Park	Mike W
thur 22nd	20 x100mtr 4 x200mtr	100 bend	Crofton School	Phil
tue 27th	8 Titchfield Rollers		Locks Heath	Chris H
thur 29th	Beach Session		Lee Beach	Phil
August				
tue 3rd	Fleet foot TempoRun 3 x 6 min	3 min	Chilling Field	Chris H
thur 5th	5th 4 Mile Time Trial		Crofton	Phil

Glen's Thursday Speedsters (6.30pm)

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

1st July - Locks Heath - Chilling 2x1 mile (3 mins)
8th July - Stubbington - 4x600 (200 walk)
15th July - Locks Heath - 5 x Brownwich Loop
22nd July - Stubbington - 100, 200, 400, 800, 400, 200, 100 Pyramid
29th July - Locks Heath - Chilling 3x5 mins (2 mins)

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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