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

HOT HOT HOT!

Andrea Charlson

Eunice Hoare

It was the hottest day of the year, but that didn't deter 16 brave Stubbettes from taking part in an all-women event in Portsmouth on Sunday June 27th.

The sun was beating down on Purbrook , and temperatures topped 30 degrees during the morning. This, coupled with the undulating five mile course that wound its way through the heath meant we all had to work extra hard to get around the course.

Our first lady in was Susie McGregor in a great time of 33.40, placing her fourth. I followed in 11th in 35.27 and Penny Forse had a fantastic run to be the third SGR lady in, coming 12th in 35.37. Penny also was first in her age category. Sally McGrath managed to run a PB despite the heat, finishing in 15th in 35.46. Lucy May, who applied fake tan so we didn't think there was a vampire running through Purbrook Heath, finished in 28th place. Marina Odey also ran a PB, 42.07 (41st) as did Donna Mitchell, who finished in 43.07 (51st).

Donna Mitchell

Andrea Charlson put in a great effort up the last hill to finish in 45.54, followed quickly by Eunice Hoare in 46.18. Julia Ashman just dipped under 50 minutes finishing in 49.46, just out-sprinting Rowena Dodds to the line (49.55). Sarah Martin (51.24) also had a strong finish and placed well in the field despite her early worries; Sarah is obviously enjoying her races more and more! Sue Robinson managed a fantastic sprint to the line, and said after the race: "It was certainly hot but what a lovely race – the course was so pretty and not too hilly, the marshals were really supportive and I would love to do it again but perhaps a few degrees cooler." Sandie McIntosh and Sarah Boddy both finished in 54.44. Sarah later blamed too much Pimms the night before the race for struggling in the heat. Geraldine May also put in a good effort to the line, finishing in 57.25.

Kath Bailey (Winchester & District AC) won in a time of 31.18.

Portsmouth Joggers organise a really great race at Purbrook, followed by a lovely presentation ceremony, and there's something special about running in a women's only race. Hopefully SGR will have just as good a turnout next year.

Tina Chantrey.

Marina Odey

RR10

A big thank you to everyone who helped out at our RR10 at Manor Farm back in June, and ensuring that it went off smoothly. Your support was much appreciated by Tim, who also did a great job in pulling it together. In the end I think it helped take our minds off the football result that afternoon!!! If you haven't seen Mikes photos from the evening here they are http://www.sgrac.net/2010/photos/RR10_Manor_Farm/index.htm

Graham Bell

SUMMER HANDICAP

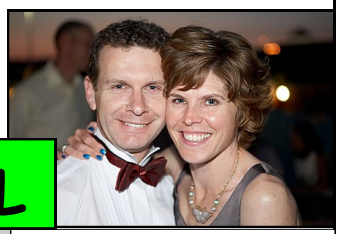
A couple of hours before the end time of this years summer handicap there were 38 confirmed entries. An hour after the finish time of 7.30 there were nearer 60 Stubbies, supporters and families in the garden of the Seahorse PH enjoying a drink and the marvellous hot buffet.

It was a lovely summers evening for the four and a half mile run along Stokes Bay and through the byways of Clayhall and Alverstoke. There was the usual joking, jockeying and close scrutiny of precise start times as the green clad runners set off to see who could get closest to the finish time of 7.30 - without the help of a timepiece. The fact that there is a clock on St Marys church in Alverstoke did not escape the eagle eye of some runners, but it did not help most as only a very few finished within a minute either side of 7.30.

It was a close finish for two couples, Ann and John Blake finished at 7.30.35 and 7.30.37 respectively; but the winners of the cuddly toy and a conveyor belt on the night were the intrepid - soon to be down under marathon duo of - Gill Rose and Richard Snell who snatched victory by crossing the line, (ok went passed the flag), at 7.29.32 and 7.29.34.

There was a slight delay in confirming the result as Jaz, the chief timekeeper, was holding three concurrent conversations, calling out the time and ordering her post race Pernod all at the same time. Having checked that she was holding the clock the right way up and there was plenty of ice in the pub the result was duly confirmed.

Paul Hammond



Richard and Gill Handicap Success

SUMMER BALL

The May family take to the dance floor

David Lloyd at Port Solent was definitely the place to be on Friday 25th June!!

This was surely the best social yet - great location with perfect weather, good food and everyone I spoke to (that was quite a few) said they were having a fantastic time.

Thanks go to Kathy, Tracie and Tim for all their hard work putting it on. Just look at Mike's photos to catch the atmosphere - thanks Mike! Despite the heat, the dance floor was busy throughout the evening. As always - there was a little light entertainment to add variety to the evening - Sumo wrestling ably refereed by Phil.

When a ball was first suggested, I wasn't too sure. What would I wear? Kathy & Tracie made it perfectly clear that people should wear what they wanted ... and they did. NO PROBLEM!!! Can't wait for next year. Thanks to everyone.

Caroline Street

July Time Trial Results

Name	July
Lewis Chalk	21:17
Graham Bell	24:26
Mike Harper	26:13
Jon Leigh	26:13
Mike Bell	26:50
Tina Chantrey	26:57
Sally McGrath	27:34
Richard Edmonds	27:43
Penny Forse	27:43
Neil Jarvis	28:06
John Blake	28:13
Philip May	28:42
Keith Carter	29:07
Eric Beck	30:06
Alan White	30:22
Tom Witcher	30:49
Paul Southon	31:02
Donna Mitchell	31:25
Nigel Witcher	33:03
Robert Spencer	35:10

PROMENADE 5K

The Promenade 5k always offers a chance of a quick time and potential for a PB. Phil and Geraldine May, Rachel Openshaw, Zak Contay, Mike Harper, Dave Jeffries and myself took to the 5k route on Wednesday 7th July for the 3rd race in the series.

James Baker and Matt West of Chichester and Winchester stormed home for 1st and 2nd place in close to season best times I am sure, I came 3rd in the race and ran a new PB by some 29 seconds to finish in 16.05 so was very happy. Big thanks to Penny for recent advice about intensifying my training further and Lucy May for the rehab with my injury!

And well done of course to everyone who completed the 5k race. We all seemed pleased with our performances and this should bode really well for the start of HRRL season in September. Dave ran a time of 17.51, Mike 18.29, Rachel 21.47, Zak 22.47 and Phil and Geraldine 31.32.

The next race in the Promenade 5k series is August 4th. This does however clash with another RR10 race! I will definitely see you at one of the races!
Cheers Lewis Chalk

The New Forest 10

Nick Kimber

July 11th saw 11 Stubbington Runners take on the New Forest 10 in very hot conditions. These 11 runners were also supported by a great group of junior runners from the club and lots of family and friends. There were 857 runners in the adult race on the day and close to 200 juniors in the 1/2mile, 1mile and 3mile races in the build up to the 10mile race.

Can I please apologise to any supporters I did not acknowledge on the course, I was so hot I could barely focus in the final miles! And every Stubbie runner seemed pleased at the end with their times so a big thanks to the supporters for coming along, your encouragement really helps!

The winner was Simon Plummer of Salisbury in 53:50 - immense effort in the conditions and on a multiterrain course! Miles 1 - 3 seemed ok by most peoples' accounts, mile 5 was tough with a gradual incline and then mile 8 seemed to be where most people either pushed on or came unstuck.....I came unstuck in my race, running with Jon Sharkey of Bournemouth AC and Robin Ward of Portsmouth the entire race. Jon finished 2nd with Robin in 3rd. I trailed behind them in 4th not being able to maintain the pace but some good lessons learnt so I enjoyed the race and the massage afterwards certainly helped too!

Nick Kimber and Marcus had a very solid race with 7minute miling throughout and I always enjoy Nick's banter. Funny that he should call me a "tart" for having a massage as he walked off to find his personal shower set up for his post race wash!

Thanks Lewis Chalk.

4th Lewis Chalk 58:08
62nd Nick Kimber 1:10:28
72nd Marcus Lee 1:10:46
332nd Jon Henderson 1:26:28
375th Julie Woodman 1:28:42
435th John Nicholson 1:30:50
436th Julia Park 1:30:59
450th Julia Haskell 1:31:47
609th Angela Benfield 1:39:55
661st Kathryn Davies 1:42:36
783rd Alex Frost 1:53:59

Marcus Lee

Quote “I did the New Forest 10 and I was pants” John Nicholson

CHAMPIONSHIP LEADERBOARD

July 2010

Rank	Name	Total
1	Lucy May	177
=2	Mike Harper	145
=2	Philip May	145
=2	Andy Simpson	145
5	Sharon White	142
=6	Jas Smith	140
=6	Mike Bell	140
=8	Alan White	130
=8	Nick Crane	130
10	Gordon Westley	127
11	Eric Beck	125
12	Keith Whittaker	122
=13	Penny Forse	120
=13	Robert Spencer	120
15	Graham Bell	110
=16	Lewis Chalk	105
=16	Susie MacGregor	105
18	Sally McGrath	100
=19	David Jeffery	95
=19	Ray Gunner	95
=21	Chris Hall	90
=21	Neil Jarvis	90
=21	Rachael Openshaw	90
=24	Ann Blake	85
=24	Jon Leigh	85
=24	Nick Kimber	85
=24	Paul Hammond	85
=24	Wayne Ewens	85
=29	Daniel Gueran	82
=29	John Gueran	82
=31	John Blake	80
=31	Mike White	80
=33	Georgie Wallis	75
=33	John Simister	75
=33	Kevin Wheeler	75

John Vose

John Vose, aka 'Buffin Billy' celebrated his 75th birthday in July! Chairman Chris Hall presented John with a framed selection of photos of John and Jean looking glamorous at the ball. Chris made the presentation to John following the Fleming Park RR10 a week before his birthday. John was quite choked and very pleased with the photos. John continues to run amazingly and as competitively as ever, a fantastic role model for all Stubbies. Congratulations John!

Penny Forse

Montréal 1976

Penny started running aged 15 when a new PE teacher persuaded her and some friends to join Chichester AC for fitness & circuit training. In the first XC her teacher spotted her potential and that year coached her to become Sussex 880 yards and XC champion, and 5th in the English Schools Championships.

Unfortunately the teacher left, and without a coach Penny dropped out of the sport for 2 years. Recommencing at teacher training college she regained county champion status. Upon returning to work in Portsmouth she found a coach and a great group with which to train.

Doug James watched her first session & realised he had another future international athlete in his group alongside his daughter Della and son-in-law Alan Pascoe. In that first year Penny came 3rd in the 1973 National XC thus gaining her first international vest for England, finishing 14th in the 1973 World XC in Paris. Training gradually built up over 3 years from 4 to 10 sessions a week.

Running before & after work never seemed a chore, she just loved it, and although the hill sessions on Portsdown Hill and Farlington Avenue were really tough, she knew that is what it would take to achieve her goal – to be an Olympian. Penny competed regularly for England and GB on the track in the 1500m and XC and in 1976 had improved enough to qualify for the Montreal Olympics.

A superb experience but she was devastated not to progress to the semi-finals as a runner was tripped in front of her causing her to stumble. She kept her footing but missed qualifying by 0.01s despite a pb of 4m13.36s.

Another upside of Doug's group was meeting her husband Alan. He was a very talented 400m runner who gave Penny much help with her weakness – lack of speed. When Doug retired, Alan took over as her coach. Her mileage averaged 60mpw in the summer and 80mpw (maximum 100mpw) in the winter. To the already full training sessions Alan added in weight training, and refined many of the sessions to improve her speed.

XC was always her preferred event and Alan tuned the training to perfection so that she led the England team to Silver position with her 7th place in the 1980 World XC in Paris.
They were living near Paris at the time so it was great to be cheered on by both English & French friends. By the time she stopped to have a family Penny's 1500 pb was down to 4m09.5s and she went through the half-marathon point of a 14.4 mile road race in 1hr 12min.

Following bringing up 3 sons Penny returned to XC as an F40, and competed for the Hants Senior XC team on several occasions. She raced over the roads with pbs of 29m06s (5 miles) and 2hr55m37s (marathon). As an F45 she achieved 36m47s (10km), 61m31s (10 miles) and 80m15s (half-marathon). She still enjoys training & competing and coaching.

Penny competed in the Purbrook Ladies 5 Mile in 2010 with a time of 35.37. At the time of writing Penny is currently the fastest lady in the UK in her age group according to the Power of 10 rankings.

BLUEWATER 10K

The race organisers of the Bluewater Sweatshop 10k describe it as "an event like no other" because "where else can offer a fast 10k mass participation race followed by unlimited shopping in the UK's premier retail environment?"

Being born in Kent I'm eligible to run in the county's championship races but because I've competed in Hampshire championship races for the past six years I've been unable to enter championship races in Kent. UKA rules state that athletes can't compete in championship events in more than one county during the same competition year.

However, being out injured from the end of September 2009 until the beginning of May this year meant that I hadn't raced at all in the new competition year which starts on 1st October.

Unfortunately, my preparation for the race was far from ideal with a number of injury setbacks after the Netley 10k making any kind of consistent training impossible. Tightness in my right hamstring (the one that was torn in the injury that kept me sidelined during the previous seven months) proved to be the most problematic.

Therefore, a conservative race strategy was called for that involved making a steady start to gauge how my hamstring felt before gradually increasing the pace if there were no signs of a problem. 3K into the race my hamstring felt fine and I was leading the Kent championships.
Around the halfway point I was joined by Ben Louch from Dartford Road Runners who was also running in the champs (as indicated by the 'M' that competitors in the champs were issued with to wear on their backs).

Over the second, hillier half of the race we matched each other stride for stride but as we entered the final kilometre and approached the finish back at Bluewater, it was Ben who began to edge into the lead. He crossed the line in 33mins 28secs to win the county champs and take sixth place overall, and I was three seconds behind finishing second in the champs and seventh in the race.

Mark LeGassick

TRIATHLON

CHICHESTER TRIATHLON

Chris Gallagher completed the 400m swim in 8 minutes 12 seconds followed by a 35k cycle in a time of 74 minutes and finally a run of 5k in 37minutes 57 seconds and finished in 74th out of 150. Really pleased with his efforts.

SHROPSHIRE TRIATHLON

On Sunday 27th June I competed in the first of three National Ranking triathlon events that I've planned to do this year.

Judi and I decided to stay locally in a swanky B&B which turned out to be not quite so local to the event. However, my start time was 11:20 which is late for a tri and meant I could enjoy some porridge for breakfast before we left for the event, (Porridge seems to be a SGRAC favourite).

Trouble with the late start time was that we were running after midday on the hottest day of the year, probably about 27C and bright sun. Anyway the event was Olympic distance (1500m, 40K, 10K) and the lake swim took place in "The Mere" at Ellesmere, a really picturesque venue in beautiful Shropshire.

The triathlon had great organisation and there was a good standard of competition because this was a qualifier for the World Age Group Championships. I came out of the water in 23min 55s and was lying top 10 in my age group I think at that stage. On the bike route, which was undulating with a couple of steep climbs, I managed to claw back a couple of places, bike split was 63:30. The PA announced my departure from T2 after the bike and I was in 5th place at that stage.

The run was tough and I mean tough, hot and lumpy, but I stuck at it and as there were two out and back legs, you could see the opposition and I knew I was closing down on them. By the end of the race I'd recovered to 2nd place behind Nick Kinsey, (check out his website you tri buffs).

Overall time was 2hr 9min 55s, which I was really pleased with and was only about 30s off the time I did in 2007 in much kinder weather conditions – maybe it was the porridge. (Note: Picture is me having just competed in the ITU Long Course Triathlon Champs in Canberra in 2006 – Now that was hot!). *Mike White*

WORTHING TRIATHLON

For the Worthing Tri the morning started at some stupid South Downs Relay time of 03:30 to get breakfast and be at Worthing for Lucy to set off at 06:15 for the sea swim of 1500m.

For some reason the wind got up and produced some difficult waves as the tide was against the wind.

First off of the three wave start were the ladies followed by the men and finally the elite athletes. After about 20mins they had all mixed in together but the faster women came out just ahead of the fast men, Lucy coming out 30th.

All of the Stubbies enjoyed the day, sorry morning, Euan has been bitten by the Tri bug, Lucy was admiring the scenery as she cycled along, Dave looked as fresh as a daisy at the end, Richard and Mike looked really quick at the start of the run not showing any signs of a cycle ride and Sandra proudly showed off her Stubby vest. *Phil May.*

Richard Thomas	2:08:04	20th
Mike White	2:10:59	33rd
Euan McGrath	2:31:28	147th
Dave Abrams	2:41:28	206th
Lucy May	3:04:06	269th
Sandra Abrams	3:26:54	287th

BOURNEMOUTH OLYMPIC TRIATHLON

On Sunday 4th July Julie Woodman completed her first Olympic distance triathlon.

"At 0715 the starters whistle blew and I plunged into the warmish stillish sea muttering profanities and regrets under my breath....knowing I would be behind the rest of the group I quickly set into a steady pace I knew I could keep up."

"Despite being amongst the last out I was pleased with my time of 42.28mins."

"The 40k cycle route was flat and straight, minimising the chances of getting lost. The wind was against me on the way back and I finally returned to transition with a time of 1.30hr."

Having spent 1.39 mins changing my shoes I managed to place one foot in front of the other and set off for a 10k run, out and back along the seafront. . Again, I kept within an easy plodding pace and returned with a time of 57.03 and an overall time of 3.15hrs wondering how the hell I'm gonna cope with the New Forest Middle Distance Triathlon in September...I'm thinking some training may help!" *Julie Woodman.*

When the ITU World Championships come to Hyde Park, and Age Groupers are also invited to enter, it is too good to resist. That's how Sandra and I found ourselves in transition on Sunday morning, ready to roll on the 2012 Olympic course.

Although swimming in the weedy Serpentine was a first for us, we both still prefer the sea. The laps (5 for bike: 4 for run) became a little tedious, but the atmosphere all round the course made up for that. The tight bike turns took a few victims in the early waves, when the road was still wet, but by the time we were on the bike, the surface had dried. On one double bend, the straw bails separating bikes from runners were rather disconcerting on the first lap, but you got used to it, and didn't brake so hard on later rounds!

The run was hot, but again the crowds pulled you through, and we both finished in much better shape than poor Alastair Brownlee!

The first 60-64 Age Grouper, Norman Brown, completed in 2:35:06. I was second in that age group with 2:38:02. Sandra clocked her best swim split and finished in 3:22:59.
David and Sandra Abrams

RELAYS

September is traditionally the relay season, and we hope to get involved in two superb events.

Firstly, on Saturday 11th there is the Test Way Relay. We have competed in this for many years, and the event which starts at Inkpen Beacon in Berkshire finishes at Eling Quay close to Totton.

There are 9 legs, mostly about 5 miles, the longest is 10k. They are off road, scenic, some are hilly, and they DEFINITELY need reccying. Even if you have run the leg before, I would strongly recommend running the route again, one of our male runners was comfortably leading the race on leg 1 some ten years ago and went wrong losing 15 minutes. We eventually came back to second place, only 5 mins behind the winners, I mean he is still reminded by those with good memories :)

It is much trickier to get lost at the Southern Road Relays. These are enclosed at the Rushmoor Arena in Aldershot on Sat 25th (Ladies) and Sun 26th (Men). The course is

a two lap figure of eight, no hills as such but a few undulations. The men run approx 4 miles each, and the ladies about 2.5 miles. Teams of 6 for the senior men and 4 for the Ladies and vets.

The Test Way numbers are limited so please let me know if you are keen to run, we will inevitably have more runners than we are allowed, so some will be disappointed, so although an early response will be favourable, high numbers mean that we will have to name teams by early August to give runners a month to recce their leg.

Luckily, numbers at Aldershot are not restricted, so if you fancy a chance to rub shoulders with Andy Vernon and Mo Farah, then we can ensure you run here. It is a fantastic day, and although the standard is high, don't be put off, we are usually about 50th team of 80, so all standards do run here.

Please contact me if you are keen to run in one or both relays. Mike Harper.

theharpers12@hotmail.com or 01329 288262.

Ladies Captain's Report

Susie has asked me to put something together for the ladies report for July as she is relaxing in Egypt – ha ha! The last I heard she was going to advertise for a running partner in the hotel!

On 27th June we had a brilliant turn out of 16 ladies at the Purbrook 5. It was a very hot day with temperatures reaching 30 degrees and this isn't a flat course either, but we still had some PBs, including Sally Mc Grath finishing 15th in 35:46, Marina Odey finishing 41st in 42:07 and Donna Mitchell finishing 51st in 43:07. Our ladies captain, Susie MacGregor, finished 4th overall in a time of 33:40, followed by Tina Chantrey 11th in 35:27 and Penny Forse 12th in 35:37. Tina and Susie won prizes for coming 2nd in their respective categories. Penny won a prize for coming 1st in her age category and at the time of writing is the fastest lady in the UK in her age group over 5 miles (as per "Power of 10"). Well done to all the ladies who took part and ran so well in difficult conditions.

Right at the end of June lots of ladies turned out for the Summer Handicap at Stokes Bay. The weather was perfect (unlike the day I did a recce of the route!) and everyone seemed to enjoy themselves. The pub put on a good spread of food afterwards, which only cost a fiver including a drink! The lady who finished closest to 7.30pm was….me! But Ann Blake was so very close, only 7 seconds further away from the 7.30pm finishing time – sorry Ann!

Four ladies have given the Eastleigh Park Runs a go since they started in May - Alex F, Susie M, Georgie W and Ann B. I have heard good reports about these runs and their organisation and would recommend them if you fancy giving a 5k a go for the first time or want to try to improve on your times.

A mention has to go to Julie Woodman for her performance at the Bournemouth Triathlon earlier in July. Julie has done a few sprint triathlons but this was her first dip in to an Olympic distance tri. Having not swum in the sea since she was a kid she managed to swim 1500 meters battling the tide and blinded by the sun, then cycle 40k and run 10k. I take my hat off to you Julie! Good luck in the New Forest Middle Distance Triathlon in September!

A number of women, including those new to the club, have been turning up for the RR10s, which are friendly off road events on Wednesday evenings for all abilities. They are a great way of getting to know other people in the club and I would particularly recommend them to ladies racing for the first time. Sally, one of our faster ladies who prefers off roading, has been doing particularly well in these races, even managing a photo finish with Penny at the Eastleigh RR10! There are only two RR10s left – 4th August 7.15pm at Itchen Valley Country Park and 18th August 7.15 pm at IBM Hursley Park. There is always an opportunity for a drink and chips afterwards at a pub local to the race, details posted in advance on the website.

And last but not least, all the very best to Annie Tomlinson who moved to Winsor in the New Forest on 14th July. Although Annie won't be able to join us for training on Monday and Thursday nights she will still run for the club in races until her yearly membership runs out, at which time she will defect! We're missing you already Annie!

Sorry I can't mention everyone who has run races in July – the Editor is ruthless and won't let me go on!

Gill Rose

EASTLEIGH PARK RUNS

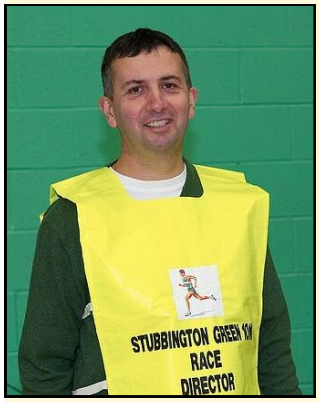
Stubby Runners, the Eastleigh Park Runs this summer are a must! They start at 9am, finish by 9.20 if you're fast and you can enjoy a coffee to finish or just go back to bed! A great training session to start the weekend and perfect way to work on speed before the new HRRL and XC season. Should also mention Rob's continuing PB count! Hope to see some more of you there soon, just register once using the website instructions and then simply turn up.
http://www.parkrun.org.uk/eastleigh/News.aspx
Lewis Chalk.

Name	Best	Average	Worst
Lewis CHALK	16:45	16:54	17:04
Wayne EWENS	16:48	16:56	17:05
Mike HARPER	19:03	19:34	20:04
Euan MCGRATH	19:29	19:29	19:29
Susie MACGREGOR	20:04	20:12	20:21
Jordan CHALK	22:19	22:19	22:19
Keith WHITAKER	22:31	23:00	23:35
Zac CONATY	23:28	23:46	23:59
John NICHOLSON	23:32	23:51	24:16
David ELAND	24:18	24:30	24:41
John TUSSLER	24:46	25:44	27:36
Georgie WALLIS	25:22	25:22	25:22
Ann BLAKE	27:03	27:03	27:03
Robert SPENCER	27:35	28:23	29:03
Alex FROST	28:18	28:18	28:18

SGRAC 10K UPDATE

The cancellation of the 2010 Stubbington 10k was devastating financially, it also slightly impacted on the clubs reputation and I had a very difficult time recovering emotionally from the stress of it all. The planning for the Race in 2011 is well underway, but has not been without its problems already.

Part of Meon Shore Rd, next to the Osborne View Pub has subsided and they have closed the road to traffic. It remains open to pedestrians at present but The Highways Agency has said if any more movement occurs then they will close the road completely, which will leave us with a big problem for the road race route. Therefore I must have a plan B in place for race day to cover the possibility of the road being closed; the prospect of this is very real if we have a wet winter.



This will mean re-routing through Old Street, Short Street, and Carisbrooke Drive in the unlikely event of closure and possibly moving the start line to compensate the distance if necessary. All very time consuming and costly to put in place, but very necessary because if the race were to be cancelled again, it would possibly be the end of the Stubbington 10k.

This year's entry for the race will be available from the SGRAC web site ONLY. No Runners World entries and no paper entries will be available, or cheques accepted. All such entries will be returned to you and you will not have been entered. This is because we have offered a discount for runners who entered 2010 and this is the only way we can police this. Please pass this news to anybody who may ask how to enter 2011 or guide them to our web site.

This Year more than Ever we need everybody on board as helpers and marshals to help get this race back on an even keel, so please pledge your support.. Next years race will now be its 26th year but 25th running, so let's make this one special. (Let's hope for better weather & NO ICE!).

Gary Littlecott—Race Director

RR10

Everyone seemed to enjoy the delights of the seven hills of the "old course" at Eastleigh for the 7th RR10 of the summer.

In a very fast and furious event at Eastleigh this week it was a never say die run from Andy Simpson that led the team home. Just when some thought his pb days were coming to an end he stormed home to 19th. Not quite his normal standard, granted, but not bad on one leg. There was a question mark about his route judging by the cuts on his leg, but he assured us he did run the full course. Chris (my bad back's suddenly got better) Hall was pipped on the line by Lewis, no not that one, Lewis Banner. Euan passed me in the last half mile, as I was day dreaming about what pint to have in the "19th Hole", whilst he was benefiting from a pre-race massage from Lucy!!! The former "Member of the Month" really is taking the RR10's seriously this year.
In the ladies race, Penny and Sally battled to the line, with Penny using all her experience to dip on the line to take 17th in a photo finish. Lucy completed the ladies A team in 32nd. All great results as both Winchester and Southampton fielded very strong teams on the night.

There was also a welcome return to racing for John Tussler, welcome back John.
Full results are available on the RR10 website http://www.rr10.hampshire.org.uk/ including a full ranking of overall runners. It is calculated as a % of finishing place for men's and ladies. It makes for interesting reading, especially in the McGrath household, as Sally heads the Stubby contingent in 10th place overall, whilst Euan is 24th! And he's the one that goes out training every night, except Thursday's. *Graham Bell*

Sally McGrath

John Tussler

MEMBER OF THE MONTH

Julia Park

Up for a Challenge

Words: Tina Chantrey

Julia Park brings a wealth of experience to SGRAC, from her school cross country days to fell-running in Snowdonia

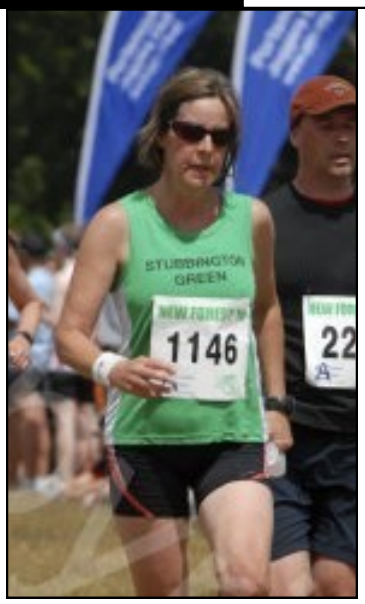
"I've been running since my school cross-country days, but I had a long break when I got interested in other things; I taught self-defence, circuit and aerobics classes and enjoyed climbing and hill walking in my twenties," says Julia.

"In the mid nineties I moved to beautiful North Wales. A friend who was in a fell running club suggested hill running and invited me along to my first fell event. I thought I was fit and started well but just couldn't keep going. It felt like every time we reached the 'peak' there was another tucked in behind!

"I was the last over the finish line and completely exhausted but had really enjoyed it," she says. "After that I tried to run a bit further uphill each time I trained until I could run decent times without a break. I was hooked! I joined Eryri Harriers (Eryri is the Welsh name for Snowdon). Based in Llanberis all our club runs were in the hills around Snowdonia, and with scenery like that you couldn't help but love it. I haven't looked back and have run ever since, mainly off road and in the hills."

Julia ventured south ten years ago, and joined SGRAC after her daughter was born five years ago. "Joining the club was a way of getting back into things, having a routine to training and keeping me motivated."

Julia's passion is off road. "If I can run in the hills all the better. I am a lot slower than I used to be but that doesn't matter so much with cross country and trail events; it's more about the enjoyment and the views. I often run on the Downs and see deer, kestrels, buzzards and I've seen adders in the New Forest and mountain goats and puffins in Wales (the Great Orme)."



Julia says: "Monday night training with Penny Forse is fantastic and going to those sessions taught me a lot. Sometimes I have to grab runs when I can, so I often run solo. I am self-employed, so try to fit in a run during the day when my daughter is at school. This isn't a problem though as I love running on my own; it's a part of the day when I can think things through or switch off and have a bit of time to myself."

This year saw Julia looking for a new challenge (apart from sorting out her recurring ITB problem). "I am running my first marathon, alongside a few middle distance trail events and an ultra event later in the year. Well I've got to see if I can do it!" she says.

"My goal is to increase my endurance hence the choice of events. I have recently run the Marlborough Downs Challenge (20 miles) and a few cross country events – like the Black Death Run in Somerset. The Marlborough Downs was fantastic, it was a real challenge but had a great atmosphere, lots of support from the marshals and jaffa cakes at the water stops – what more could you want!"

"I was due to run the Votwo South Downs Challenge in June but am struggling with my ITB injury so had to pull out," says Julia. "But I still hope to complete the challenge this summer as it is a fundraiser for Titchfield Primary School. I've been keeping a blog of the training http://running-for-fots.blogspot.com and http://julesrunning.blogspot.com and hope to put together a record of the trip for the children. The head teacher, Mike Bainbridge (another Green Runner), runs a cross country club at the school and fires interest in running.

"I'm also hoping to run in the Milland Valley Trail Race in August, the Great Clarendon Marathon and the Atlantic Coast Challenge in October (a three day event on the north coast of Cornwall covering 26 miles each day of the challenge)."

What is Julia most proud of? "That would have to be my fell running achievements (7 to 7.30 mile pace in those days); my best racing event was at the Welsh Castles Relay. This was a real team event with 20 of us running from Caernarfon to Cardiff. If SGRAC ever gets the chance to enter this event they should.

"One of my best running experiences was joining a group of mountain biking friends on the Lakeland Loop (a mountain bike route which starts in Bowness and goes via Skiddaw to Bassenthwaite on to Buttermere, Eskdale, Coniston and back to Bowness). Each day we stayed at a different point on the loop, the bikers would set off and I would drive the support vehicle to the next venue and then run back to meet for lunch if I was lucky! Then I'd head back into the next base with them. This was a fantastic event for me as it combined solo running which I love with some great camaraderie."

Gill's Shorts

Eaten alive

Go on, admit it, you thought I meant mosquitoes didn't you? But no, I am talking about a much bigger, much more terrifying creature – The Dog.

So what do you do when you are approached by a dog, a large lolloping one or a little rat like yapping one, while out trotting around your local park – cower amongst the bushes hoping it won't see you, smell you or wee on you? Throw it the raw steak you have conveniently stashed away in your pocket for just such an occasion? Or square up to it and look as mean as you can, daring it to even try?

Actually the answer is to out run him (great sprint training). And if you can't do that? Make sure that you just happen to be standing well behind your running mate.

RESULTS ROUND UP

RACE FOR LIFE

The Race for Life 10km at Southsea on July 18 had 2000 entrants on the 2 x 5km lap course. The km markers were bizarre - and discussing them after with Portsmouth Jogger friends who help to run the event they said they were just put up anywhere!!!

Fortunately I didn't bother to look at my watch on the way round. I came 3rd and my watch said 38m33s but the clock at the finish said 38m55s although no times were recorded. I then queried the length of the course with the marshalls and they said it was measured on Google Earth then they took a measuring wheel round, and although it may not be as accurate as eg our race, they said it was 10km as near as dammit! So if it was, then I am delighted with my time. It was a very good course - slightly windy, but cool, flat & fast. *Penny Forse*

The Charmouth Challenge and The Maiden Castle Loop

Paul Hammond

As it's July, for me it must be running in Dorset. The Charmouth Challenge and the Maiden Castle Loop are firm fixtures in my summer diary.
The Challenge was first up, this is an eight mile multi-terrain running experience. The start is a fast half a mile which then gives a gruelling climb of about a mile rising over 120m. The next mile rises steadily another 60m to the top of Chardown Hill. A fast and steep downhill section on grass and stone tracks leads to a flattish section on grass then a woodland path before the start of the long 140m climb to Golden Cap. A fierce final climb up a gravel path gives out onto the flat summit of the Cap. A quick blast along the top then it's the short way down to the ruined church of St.Gabriel's at 5 miles. A rough stone track and a couple of fields lead out to the cliff edge and the coastal path, before the final steep climb up a concrete track to the top of Stonebarrow Hill. The final section down to the finish at Charmouth School is an exhilarating swoop down the coastal path.
There were 232 finishers.
First Male: Stuart Leaney, unattached, 52:12

The following weekend it was off to Dorchester for the Loop, it is a six and a half mile race centred on the run around the top of Britain's largest Iron Age hill fort. After a fast start along tarmac paths the first incline up the west side of the fort slowed the field down, then it was down a steep slope before turning onto a minor road. After about half a mile it was sharp left and up to the top of the fort, once there the route took an undulating twisting path which takes you round the fort.
After the deluge during last years race the fine but breezy weather made for some spectacular views with rural Dorset laid out before you. Neil Jarvis joined me for the race with Tracie and the family supporting.
There were 145 finishers.
First Male: Ian White, Bournemouth AC, 39:52
First Lady: Lin Lascales, Maiden Newton RC, 45:48
Stubbie: Neil Jarvis, 50th, 52:09

My eureka moment: compare my results from the two races over the past two years.

	Challenge	Loop
2009.	1:13.00 98th	48:42 38th
2010.	1:13:03 75th	49.06 33rd

See, the slower you run the better your finish position.

LORDSHILL 10K

The Lordshill 10k race started at 10.30am and my family's guess work suggested there was around 400 runners who participated. The first 5k was nice and flat, few bends and I had a nice pace going and was through the half way mark in 16minutes 40 seconds so well on course for a PB. I also had the very classy and experienced Mark Hargreaves of Bournemouth running alongside me so I knew if I could keep with him I would have a strong and consistent race. We both knew by 1k however that we wouldn't win with the first 3runners in another league - the winner finishing in around 32minutes!

Mark and I kept a strong pace going but the 6th and 7th kilometres were tough going as both had inclines and included agility work through some forestry.
Come 8km our pace picked up and in the final km I managed to put in a good finish down the main road before turning into the finish. I kicked to come 4th beating Mark and beat my original course record by over 2 and a half minutes. Many thanks to Mark if he reads this, quality run despite the heat!

So no PB but with the tough 2nd half of the course and hot conditions I was pleased to finish in 34minutes 19seconds.
Lewis Chalk

THE HIGH WYCOMBE 10K AND HALF MARATHON

The High Wycombe 10k was no easier this year but a good finish and Argos vouchers made the effort worth it!
I ran this race last year and with my return for the 2010 event I hoped the marshals would direct me correctly and I would better my 3rd place finish and time (and also complete the full 10k distance!)
The half marathon and 10k races split at 5k and at this point I knew I was 2nd in the race with a few local runners close behind. Then came the nice descent and my splits were back to where I expected after my recent training. Unfortunately though there was another set of 2 sharp hills in the final 3kilometres so the race finished hard and with 3rd place closing on me I had to really push for the finish line. I managed to come 2nd in the race in a time of 34minutes and 55seconds. Soon after the race I was informed that I joined a 'special club' being one of only a few runners to have cracked the 35 minute mark. Clearly the infamous "Marlow Mountain" is a tough one and the South Downs Relay training and race helped me out!
Lewis Chalk.

Report by Matt Abbott - High Wycombe Half Marathon

I was also in High Wycombe on Sunday for my first (and possibly last) attempt at the High Wycombe half marathon, and having read Lewis' report for the 10k, I would have preferred to take part in that race instead. I'm glad he got to experience the steep inclines of the shared first section of the race, where some people were walking within the first mile. By the half way point I was averaging 7 and a half minute miles - possibly due to nearly a whole mile of steep down hill and half a bag of jelly babies.
I finally dragged myself over the finishing line in 1:51:09 (383rd out of 987), a full 8 minutes worse than my pb. The fantastic medal and goodie bag might tempt me again, but those hills...

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	Martello Fields, The Esplanade, Seaford, 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 Leisure Centre, Northcroft, Henfield, BN5 9QB	10am
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 Race Diary

Date	Race	Venue	Time
Wed 1 Sep	Promenade 10K	Mountbatten Centre, Portsmouth, PO2	7.30pm
Sat 4 Sep	Overton 5	Overton Rec', Overton, Basingstoke, RG25 3HD	3pm
Sun 5 Sep	Fittleworth Flyers 5	Fittleworth Village Hall, School Lane, Fittleworth,, W Sussex	11.15am
Sun 5 Sep	London to Brighton 56	Blackheath, London	6 am
Sun 5 Sep	Peppard 10K	Greys Green Golf Course, Henley-on-Thames, RG9 5JU	10.30am
Sun 5 Sep	Buntinskin Big Bay Swim	Ham Beach, Portland Harbour	10am
Sun 5 Sep	Surrey Badger Half	Leatherhead Leisure Centre, Surrey KT22 9BL	9am
Sun 5 Sep	Swallowfield 10K	Swallowfield Parish Hall, Reading, RG7 1QX	10am
Sun 5 Sep	Kraken on the Coast 13M	Corfe Castle, Wareham	10.30am
Fri 10 Sep	Rye Classic Series 5K	Rye Nature Reserve, Rye Harbour, Rye	6.30pm
Sat 11 Sep	Test Way Relay	Inkpen Beacon (not yet confirmed)	t.b.c.
Sat 11 Sep	Weymouth Classic Tri	Bowleaze Cove, Weymouth, Dorset	7am
Sun 12 Sep	Bacchus Half & Marathon	Denbies Wine Estate, Dorking, Surrey, RH5 6AA	12 & 11am
Sun 12 Sep	Bramshill Forest 10K	Bramshill Forest, Eversley, RG27 0QB	11am
Sun 12 Sep	Chestnut Tree House 10K	Littlehampton Seafront, Littlehampton	9.30am
Sun 12 Sep	Queen Elizabeth XC Race 1	QE Country Park, Petersfield, Hampshire	t.b.c.
Sun 12 Sep	HighWays & SkyWays 16& 8	Charmouth Primary School, Charmouth, Dorset	9.30am
Sun 12 Sep	Salisbury City 10K	Salisbury Football Club, Old Sarum, Salisbury	11am
Sat 18 Sep	St Boniface Fell IOW— 3	Winter Gardens, Ventnor, IOW	11am
Sat 18 Sep	Ventnor Horseshoe—7	Winter Gardens, Ventnor, IOW	3pm
Sat 18 Sep	Great Wishford 10K	Great Wishford, Salisbury, Wiltshire	11am
Sun 19 Sep	Stansted Slog & Slug	Stansted house, Rowland's Castle, PO9 6DX	10.30am
Sun 19 Sep	Littledown 5	Littledown Leisure Centre, Chaseside, Bournemouth	10.30am
Sun 19 Sep	Hursley 10K	Hursley, Winchester, Hampshire SO21 2LA	10.30am
Sun 19 Sep	Farnham Pilgrim Marathon	Recreation Ground, Sands Village, Farnham, GU10 1NE	9am
Sun 19 Sep	Victory 5	Mountbatten Centre, Portsmouth, PO2	1.30pm
Sat 25 Sep	Pumpkin 10K	Salisbury, Wiltshire	t.b.c.
Sat 25 Sep	Running4Women 8K	The Long Walk, Windsor Great Park, Berkshire	12am
Sat 25 Sep	FGS XTT Tri	Hawley Lake, Camberley	8.30am
Sun 26 Sep	New Forest Half & Marathon	Station Road (South), New Milton	9.30am
Sun 26 Sep	Test 10K Romsey	Broadlands Estate, Romsey SO51 9ZD	10.30am
Sun 26 Sep	Help for Heroes 5 & 10K	Moors Valley Country Park, Ringwood, Dorset	10am
Sun 26 Sep	BHEAA Stanmer Stagger 5	Stanmer Park, Brighton	10am
Sun 26 Sep	East Grinstead 10K	Imberhorne School, East Grinstead, RH19 1QY	10.30am

The Stubbington Noticeboard

AUGUST TRAINING

Tue 3rd	Tempo Run 3 x 6 min	Chilling Field	Chris H
Thu 5th	4 x 400 and 4 x 800	Crofton	Phil
Tue 10th	5 Brownwich Loop + 1 Short Hill	Brownwich Farm	Mike B
Thu 12th	4 Mile Time Trial - **date changed**	Eric Rd	Phil
Tue 17th	5k Race pace 4 x 6mins	Chilling Field	Mike W
Thu 19th	1,2,4,8,1000,8,4,2,1 Pyramid	Crofton School	Phil
Tue 24th	Tempo Run 4 x 5mins	Chilling Field	Mike B
Thu 26th	6 x 1200	Crofton School	Mike H
Tue 31st	Chilling 2,4,6,6,4,2 mins	Chilling Field	Richard

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.

5th Aug - Stubbington - Fartlek along Lee sea front

12th Aug - Locks Heath - Chilling 2x1 mile (3 mins)

19th Aug - Stubbington - 10x200m (200m jog)

26t Aug - Locks Heath - 12x350m (1min) Lee sea front

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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