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

RR STUBBINGTON GREAT?

The end of another great RR10 season and Stubbington have once again punched above their weight. The Men's team finished 3rd in their league with the 'B' team coming 12th overall beating several clubs 'A' teams.

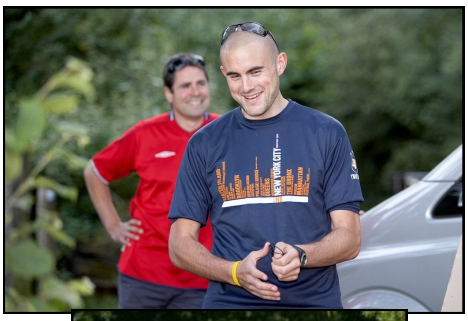
The Ladies also had a good overall result finishing 5th in the league and the 'B' team 18th.

1	Southampton Athletic Club	13
2	New Forest Runners	24
3	**Stubbington Green Runners**	**34**
4	Totton Runners	35
5	Winchester and District AC	48
6=	Eastleigh Running Club	54
6=	Southampton Athletic Club (B)	54
8	Hardley Runners	55
9	Romsey Road Runners	62
10	Southampton Athletic Club (C)	89
11	New Forest Runners (B)	104
12	**Stubbington Green Runners (B)**	**115**
13	Hardley Runners (B)	118
14	Southampton Athletic Club (D)	120
15	Winchester and District AC (B)	124
16	Eastleigh Running Club (B)	127
17	Lordshill Runners	138
18	Totton Runners (B)	150
19	Wessex Road Runners	159

1	Winchester and District AC	10
2	Southampton Athletic Club	25
3	New Forest Runners	26
4	Eastleigh Running Club	35
5	**Stubbington Green Runners**	**49**
6	Winchester and District AC (B)	51
7	Hardley Runners	64
8	Totton Runners	65
9	Southampton Athletic Club (B)	80
10	Romsey Road Runners	95
11	New Forest Runners (B)	111
12	Eastleigh Running Club (B)	116
13	Lordshill Runners	117
14	Southampton Athletic Club (C)	118
15	Totton Runners (B)	119
16	Hardley Runners (B)	141
17	Southampton Running Sisters	142
18	**Stubbington Green Runners (B)**	**150**
19	Southampton Athletic Club (D)	170

Individually it was Lewis and Susie the best placed Stubbies, but what a fantastic showing from family McGrath with Euan just one place behind Graham Bell and Sally ahead of Penny.

Well done to everyone who scored enough races to finish in the league, some of these races are along way from home and not easy to get to on a Wednesday night.



Final League Standings	
Lewis Chalk	4
Andy Simpson	10
Graham Bell	24
Euan McGrath	25
Mark Urbanowski	44
Jon Leigh	55
Marcus Lee	63
Paul Hammond	65
Nick Crane	72
Nick Kimber	76
Mike Bell	79
Neil Jarvis	97
Tim Crumpton	103
Gordon Westley	112
Keith Whittaker	118
Alan White	122
John Simister	128
Eric Beck	138
David Elland	139
Nigel Witcher	141
Martin Banner	153
Chris Gallagher	155
Robert Spencer	170

Susie MacGregor	6
Sally McGrath	9
Penny Forse	13
Lucy May	23
Donna Mitchell	51
Jane Butler	54
Andrea Charlson	68
Eunice Hoare	72
Ann Blake	74
Caroline Street	75
Sarah Martin	81
Liz Hall	83
Sharon White	86

SGRAC SUMMER BBQ

The Stubbington men's team giving their all against a few children

The annual summer Stubbie barbie took place in Manor Farm on 2nd August and proved to be as successful as last year with approx 100 people attending. The weather was not blazing sunshine as before but the rain held off and despite the cloud cover; it was a lovely warm day. The atmosphere was wonderful throughout the day and it was great to see so many of the families, especially the youngsters, enjoying themselves in the open air.

Chris Hall led out the jaunt around the country park for those who fancied a run before the grub. Tim and Nick again did a fantastic job with the challenge to provide the masses with their succulently cooked meats that went down very well with all. Kathy and Sue also did a great job rounding up the lovely salads and extras. Lewis Chalk rustled up a great session of rounders with all ages, sizes and gender getting stuck in. Tim's tug of war really got the competitive juices going with everyone. Kids, Mums and Dads gave their all to secure triumph when their turn on the rope came. However the prize for most competitiveness must go to the team of Dads who had to struggle to beat their children in the final contest of the afternoon. The kids really made them work for it but the big burley men won through in the end!

All in all it was a brilliant day, everyone seemed to have thoroughly enjoyed themselves and I'm sure we're all looking forward to next year. Well done to everyone in making it such a great day and a big thanks to all the above mentioned people for all their hard work both before and on the day. Also many thanks to Tim Crumpton for sourcing the meat for the day and to all of you who contributed to the salad collection.

Keep an eye on the website for details of future social events. Tim and Nick are organising the fish and chip handicap for the 15th September and the Awards night will be held at Portsolent, David Lloyd Centre on the 4th of December. The cost is likely to be in the region of £18 to £20. Look forward to seeing you there! *Tracie*

August Time Trial Results

DUFFIN Tor	23.10
SIMPSON Andy	23.22
WHITE Mike	24.03
JEFFERIES Dave	24.07
HARPER Mike	25.31
WHEELER Kevin	25.31
ELDERFEILD Colin	26.01
RATZNER Sam	26.27
BELL Mike	26.44
CHANTRY Tina	26.46
McGREGOR Susie	26.50
BLAKE John	27.05
CRANE Nick	27.16
MARTIN Philip	27.23
McGRATH Sally	27.27
FORSE Penny	27.38
JARVIS Neil	27.39
LEE Andy	28.08
CLARKE Mike	28.55
WHITTAKER Keith	29.00
MAY Philip	29.15
WITCHER Tom	29.26
WHITE Alan	29.32
SIMISTER John	29.35
OPENSHAW Rachel	30.01
WALLIS Georgie	30.59
BECK Eric	31.19
HOWARTH George	31.59
WITCHER Nigel	33.00
PRITCHARD Margie	33.40
CHARLSON Andrea	33.42
BUTLER Jane	33.43
ASHMAN Julie	33.54
DODDS Rowena	33.59
SMITH Jas	42.28
WHITE Sharon	42.28

September 18th & 19th. Picture a glorious 3 mile Fell race with 800 feet of very steep ascent, wonderful views, finishing at a large stretch of water.

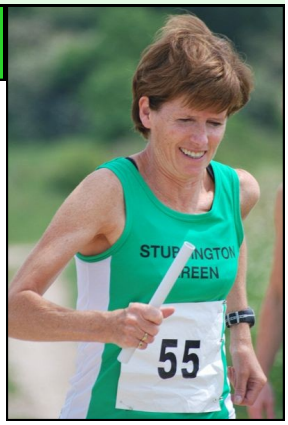
Now picture a second fell race on the same day, this one is 7 miles with 1500 feet of climbing, again finish by the water.

Now picture a third fell race, the next day – this one is 13 miles and 1500 feet of climbing.
3 Fell races – 2 days. A swim afterwards.

Now you learn that you don't have to drive to the lake district, Wales or Scotland to take part but you only have to go 20 miles or so. These races all take place just over the water on the Isle of Wight at Ventnor and people who take part seem to keep going back for more. The climbs are comparable with those on the Butser Challenge – if you have done that race then come to Ventnor.

The races are well run by Ryde Harriers so check out their web site for more info.
Will you join us? You can do as many or as few of the races as you like.
Wight link are doing a special rate for racers
Already signed up to go are:
Andy Grice and Family
John Exley & Ingrid Exley
Chris Hall

QUALITY SESSIONS



Steady running throughout the week is fine and you will get better - slowly. To make a real marked improvement you need to add in some quality sessions, short & long intervals with short or long recovery times and (my favourite) – hills.

This is not just from coaching manuals but from personal experience, too. Since November 2009 I have been doing our club sessions on Tuesdays & Thursdays (well planned by Phil May). With my hilly Monday session at Whiteley (6 – 7.30pm) the intensity of my training has increased and my performances have improved. We work really hard in the sessions but the warm-ups, cool-downs & stretching give us the chance for friendly banter & chat – as you can imagine, particularly if our illustrious chairman is there!

So please come along & give these sessions a go and see for yourself how your times will improve. We meet at 7pm on Tuesdays at Locks Heath Sports & Social Club car park and Thursdays at Crofton Community Centre car park. Glen's Speedsters meet at 6.30pm on Thursdays alternately at Locks Heath Sports & Social Club and Crofton Community Centre (see the club magazine & website for details of sessions).
Penny

Hampshire Road Race League

The Hampshire Road Race League (HRRL) is a series of road races, selected around the County for varying distance and location and between September and June. There are twelve races in the current season, all of which are open to everyone to run in.

Club teams score points through the success of their runners, and the series culminates in awards to the highest placed teams in the leagues. Clubs can have multiple teams and these enjoy a wide participation of runners of all standards, abilities and ages. Individuals score points from their finishing positions in the races. There are separate leagues for women and men, both for teams and individuals.

Following the success and participation that Stubbington Green Runners enjoyed in the 2009/10 season we will be fielding 3 mens teams (4 scoring per team) and 2 ladies teams (3 scoring per team) in the 2010/11 season.

For further information please contact Graham Bell or for full details of HRRL please click here.

Hampshire Road Running League Fixtures 2010/11

Date	Time	Event	Host Club Website	Entry	Race Address / HQ	Notes
4th Sept 2010	3:00pm	Overton 5 mile	Overton Harriers	Details	Recreation Centre Overton	Postal Entry Close 25/08/10.
19th Sept 2010	1:30pm	Victory 5 mile	Portsmouth AC	Details	Mountbatten Centre, Portsmouth	Hampshire 5 Mile Championship Race
10th Oct 2010	tbc	Solent Half Marathon	Hardley Road Runners	Details	Holbury Recreation Centre, Holbury	-
7th Nov 2010	tbc	Lordshill 10 mile	Lordshill Road Runners	-	Oaklands Community School Southampton	Look out for a picture of Mens Captain on this website!
21st Nov 2010	10:00am	Gosport Half Marathon	Gosport Road Runners	Details	Bay House School Gosport	Hampshire Half Marathon Championship Race
16th Jan2011	10:00am	Stubbington 10k	SGRAC	Details	Crofton Community Centre Stubbington Green	Hampshire 10K Championship Race
6th Feb 2011	11:00am	Ryde 10 mile	Ryde Harriers	-	Ryde Rowing Club, eastern end of Ryde Esplanade	Club will pay ferry costs for all Stubbies
20th Feb 2011	tbc	Bramley 20 mile	Reading Road Runners	Details	Bramley Primary School, Bramley,	Entries open 4th October 2010
13th Mar 2011 - tbc	10:00am - tbc	Salisbury 10 mile	Salisbury AC	-	Salisbury Leisure Centre Salisbury	-
27th Mar 2011	10:00am	Eastleigh 10k	Soton AC	Details	Fleming Park Leisure Centre Eastleigh	-
8th May 2011	10:30am	Alton 10 mile	Alton Runners	-	Lord Mayor Trelor College Alton	-
15th May 2011	10:30am	Netley 10k	Soton AC	Details	Royal Victoria Country Park Netley Abbey	-

The New Cross Country Season

The dates for the forth coming Hampshire Cross Country League are now known,

The races are against many of the clubs that we have run against in the RR10 races and the Today's Runner leagues. These races are ideal for building stamina over the winter months for the half marathons and marathons the next year, along with the Today's Runner there will be 2 cross country races a month if not more. Unlike the Today's Runner league which are out and back courses the Hampshire League have to accommodate younger runners and therefore will be lap races which for the spectator will mean plenty of cheering on!!

The first race is at Farley Mount near Winchester and will be basically a 2 lap circuit which will include an up hill and obviously down the other end. This race is usually done in warm weather!!

The second race is at Goodwood race course and will include a lap of the car park used for the horse racing before going off into the woods, the men's race usually does two laps of this loop.

The course at Popham replaces the Overton race. It is at the side of the airfield and is a flat fast race

The Reading race is at Prospect Park and is an old course used for many years and will include a very steep hill that will be negotiated on each lap twice, the second time going over the hill. There is a long flat back straight to get the legs moving and gain some places.

The last race at Salisbury is also the same course as used in the Wessex League, it's on a slope near to Old Sarum. This course has you running up hill then a fast, not too steep down hill to the finish.

The Women's races start at 13:35 and the races are approximately 6k and will include Vets and U20 women.

The Men's races start at 14:30 and also will include vets and U20 men and will be up to 10k.

9 Oct 2010	Farley Mount	Winchester and District AC
6 Nov 2010	Goodwood	Chichester Runners and AC
4 Dec 2010	Popham	Basingstoke and Mid Hants AC
15 Jan 2011	Prospect Park	Reading AC
12 Feb 2011	Hudson's Field	City of Salisbury AC

RR10's

JANESMOOR POND

Wednesday 21st July saw the 8th RR10 take place at Janesmoor Pond – which has the reputation of being one of the hardest in the series (and it didn't disappoint!!).
Results are below and well done to everyone that raced (some might still be having nightmares about that final hill!) and thanks to those supporting.
Marcus Lee.

FORSE Penny	17
MCGRATH Sally	23
OPENSHAW Rachael	28
MAY Lucy	29
WALLIS Georgie	42
CHARLSON Andrea	85
BLAKE Ann	86
STREET Caroline	89
DODDS Rowena	94
MARTIN Sarah	97
HALL Liz	100
WHITE Sharon	112
ROBINSON Sue	115
CHALK Lewis	3
SIMPSON Andy	14
MCGRATH Euan	23
BANNER Lewes	34
BELL Graham	35
JAMES Graham	51
URBANOWSKI Mark	53
LEIGH Jon	61
HAMMOND Paul	63
LEE Marcus	64
KIMBER Nick	67
JARVIS Neil	93
MAY Phil	97
CRUMPTON Tim	99
BLAKE John	100
MARTIN Phil	107
WHITTAKER Keith	129
BECK Eric	143
SIMISTER John	147
HARPER Mike	150
WHITE Alan	151
WITCHER Nigel	154
GALLAGHER Chris	167
BANNER Martin	169

Mark Urbanowski

David Elland

Andrea Charlson

Nigel Witcher

Donna Mitchell

Chris Gallagher

Martin Banner

Sarah Martin

Phil Martin

Jane Butler

ITCHEN VALLEY

Ladies

Susie	Macgregor	12
Penny	Forse	13
Sally	Mcgrath	16
Georgie	Wallis	39
Donna	Mitchell	50
Jane	Butler	61
Claire	Borrowdale	70
Andrea	Charlson	71
Gemma	Jones	73
Julie	Ashman	76
Eunice	Hoare	78
Rowena	Dodds	80
Ann	Blake	83
Caroline	Street	84
Sarah	Martin	85
Liz	Hall	88
Sharon	White	95
Tracie	Jarvis	102
Sue	Robinson	103

Men

Andy	Simpson	11
Dave	Jeffrey	22
Chris	Hall	30
Euan	Mcgrath	34
Graham	Bell	35
Mark	Urbanowski	39
Graham	James	52
Marcus	Lee	66
Paul	Hammond	68
Nick	Crane	72
Nick	Kimber	75
Mike	Bell	87
Phil	Martin	96
Ed	White	98
John	Blake	99
Neil	Jarvis	102
Ollie	White	108
Gordon	Westley	123
Keith	Whittaker	133
Ian	Webber	134
John	Simister	138
Mike	Harper	142
Alan	White	147
David	Elland	148
Nigel	Witcher	169
Martin	Banner	171
Chris	Gallagher	175
Robert	Spencer	182

SOUTH COAST HALF

Some time ago a few Stubbies had the idea of a quick summer half marathon.....The South Coast Half Marathon in Seaford seemed ideal as the website described it as flat and fast and very well supported.

Two out of the three elements were present! It was certainly flat, running 4 laps along the promenade. Spectators were out in good support and there was a nice buzz about the race with a number of runners raising money for fantastic causes. Unfortunately the weather was not ideal so the race was not fast....no sun and a very strong wind left to right so in both directions along the promenade you had to run with the wind in your face and the only relief was when you got in behind the beach huts!

The race started at 9am and Rob Spencer and Lewis Chalk travelled up together and met Chris Munro and his family at the race. We were up there in good time and had plenty of time to scout the course, collect our numbers and get rid of any pre race nerves. When the race started it involved 5k, 10k and Half Marathon runners all running laps of the promenade. The first lap was a bit confusing with a couple of 10k runners at the front and Lewis having to check if they were his competition or not.

After 2 slightly shorter laps to the half marathon route, the faster 10k runners had finished along with the 5k runners so it was then a case of now running through the crowds to finish the remaining laps. The Stubbies all ran well and offered support to each other as they passed on the promenade and there were a couple of female supporters who took a shine to Lewis' GO FAST SOCKS! This certainly made this part of the course a highlight and he was quick to thank them after the race ;-)

Lewis finished in 76minutes 20seconds and won the race by over 1 minute. He run a consistent race, with strong mile splits so the training has paid off. He didn't quite manage the sub 75minute target he wanted though and the wind was clearly a factor as was running solo at the front of the race for 13.1 miles! .....10seconds a mile quicker next time! Massive thanks to Penny for support with training, the structure certainly helped and apologies if I over trained.

Chris was happy to complete another half marathon and from his facebook status' he clearly has his sights on continued training and improvement! He finished in 1:27:50 so the training is going well as the conditions were tough and Chris still managed to finish in the top 15 runners. Well done!

Rob Spencer enjoyed the race and tolerated Lewis' pre race chat all the way up to Seaford - so well done! Rob is training hard now for The Great South Run and Gosport Half with PB's firmly in mind. His race in Seaford was positive and finished in around 2hours 15minutes so a good long run. He also had a good massage after and even more race analysis on the way home from Lewis meant for a great Sunday!

Full race results are available here - http://www.southcoastrun.co.uk/docs/results%20and%20photos.htm

That now marks the end of Lewis' racing for 2010 and finally he has won a road race! He is now off to live and work in the Dominican Republic and will be training for the Miami Marathon in January 2011.....training reviews will be provided!

Thanks, The South Coast Half Marathon Runners

Ladies Captain's Report

I would like to say a huge "Well done" to all the ladies who participated in this years RR10 Series. We proudly finished 5th overall in the final team results. Our last 2 outings at Itchen Valley and IBM Hursley saw a fantastic turnout as has been consistent throughout this season.

As the door closes another one opens with the Overton 5 on 4th September which is our first HRRL race of the season. I hope to see many Stubbington ladies on the day taking part. This would also be a great time to get your entries in for Victory 5 on 19th Sept and Solent Half on 10th October. You don't have to be looking at doing PB's; these are good events with a great atmosphere and fun to run.

I'm delighted to say that we have 4 teams running the Test Way Relay this year, one ladies, one mens and 2 mixed teams. Although I am not taking part this year, I will be at the start line cheering everyone on so good luck and I hope you all do well and have a great time.

I would like to wish all my ladies doing marathons over the next few months good luck. I hope you all achieve your goals whether they are PB's or just completing the race.

Triathlons seem to be a big hit with the ladies this year and it's great to see. There have been some terrific performances from the Stubbington ladies.

Myself, Gill Rose, Annie Tomlinson and Lucy May competed in the Southampton Fast Twitch on Sunday 22nd August - see photos and results on page 6.

On a final note, well done to Lucy May in coming 3rd at the Eastleigh Lake Aquathlon - 750m swim and 5K run This is a great event but maybe a bit pricey at £15.00 to enter. It's very low profile and just the thing if you want to get involved in triathlons. Wet suits can be hired at the lake if you want to just try it to see if you like it ! On Saturdays the swim costs £3.50 for club runners and the 5K is free to run afterwards. If you would like anymore information, please let me know

Susie

Seen in Green

Did any of you budding triathlete's out there spot our very own **Julie Woodman** in September's issue of Triathlete's World magazine? You'd be forgiven for missing her – I did!

I was skimming through the magazine when I saw this impressive picture of a woman with water spewing out of her mouth as she began to climb out of the pool in the Summer Sizzler sprint triathlon in Dorset. I turned to Rich and said, "now that's a *real* triathlete". Little did I know then that it was Julie! Who is obviously a real triathlete.
Gill Rose

LOTS OF SMILES AT THE SOUTHAMPTON TRIATHLON

Richard Snell

Gill Rose

Lucy May

Susie MacGregor

Chris Gallagher

Annie Tomlinson

Stubbies	**Swim**	**Bike + T1,2**	**Run**	**Overall**	**Position**	**Category Result**	
Susie MacGregor	00:08:32	00:45:14	00:21:21	01:15:07	95	3	
Richard Snell	00:10:43	00:44:12	00:21:38	01:16:33	107	18	
Gill Rose	00:09:41	00:49:06	00:22:11	01:20:58	161	6	
Annie Tomlinson	00:08:49	00:49:44	00:22:59	01:21:32	168	7	
Lucy May	00:06:51	00:52:17	00:24:15	01:23:23	178	1	1st Lady 20-24
Chris Gallagher	00:07:25	00:49:18	00:28:09	01:24:52	188	34	
Winners							
Mark Westlake	00:05:08	00:33:05	00:18:18	00:56:31	1	1	1st Man

ANDOVER TRIATHLON

Annie completed the Andover Triathlon at the week end (25th July).
440 metre swim, 30km bike ride and 8km run in stunning Test Valley.

"It was an undulating course with some fantastic long views!"

Annie finished in a time of 2.08.21 - 24th out of a total of 39 finishing ladies, not bad after moving house 10 days before!

"I'd recommend this low key event to fellow Stubbies next year, it was very friendly".
440 swim 10.02
30km bike ride +(t1 and t2) 1.17.43
8km run 40.36

Annie Tomlinson.

MILLAND VALLEY TRAIL RACE

It was my first time competing in the Milland Valley Trail Race and it is now firmly in my top 5 great races. For those that have yet to experience it, I would recommend you put it in your diary for next year (7 Aug 2011).
The overall organisation of the race from the car parking to the marshals to the route marking and mile markers is excellent . It's a fairly demanding off road half marathon with several climbs (but what goes up must come down), but the scenery is outstanding. A great off road course with no clock to chase as most of us do on road half marathons and a great medal to top the race off.
Tony Smith

The winner was Julian Manning Denmead Striders in a time of 01:22:12

11	Tony Smith	01:32:38 7
78	Marcus Lee	01:48:19 33
101	Jon Leigh	01:51:10 43
127	Colin Elderfield	01:54:36 57
186	Richard Roche	01:59:21 72
287	John Simister	02:14:37 102

Tony Smith

FISH & CHIP HANDICAP

15TH SEPTEMBER

Yes all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP!! 10k of RR10 style cross country running around Warsash Common and Solent Breezes. The handicap will be held on **Wednesday 15th Sept 10** starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, instructions, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way! A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to **730 pm**.

Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere **£4.50 per head** with the winning male and female eating free! (for Northerners (Andy Simpson) Pie and Chips is an option!). Please pay on the night but we must know exact numbers this time though so please email or call Tim Sullivan (tim.sullivan@sky.com / 0789 6613962) **by 8th Sept 10** if you would like some fine English cuisine – otherwise NO NAME NO GRUB!

If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere **£1 per head** to cover this handicap and future events

From the WSC barrier, head towards the Hamble river mouth along the coastal path

Just after you pass the Warsash Maritime College you will come to a wooden barrier. Turn left (inland),

Follow the footpath as it winds round the Warsash College (to your left). When you reach Newtown Road, turn right and continue along Hook Park Road.

After about 400m and when running up a slight hill, turn left onto the footpath/ gravel track at 'Bridge House'.

Follow the path into Hook with Warsash Nature Reserve and follow the path through the woods which initially bears left.

Eventually the path takes you to a wooden gate. Go through the gate and onto a main path, turn left and head downhill, This track soon goes steeply uphill with woods either side.

At the top of the hill you'll join a road (Church Road) with St Mary's church on your right. Go past the church and stay on the right side pavement for about ¼ mile.

Just past the school on the left and a bus stop / shelter on the right, take the footpath on the right which is just before you reach house no. 27.

This short footpath opens onto the residential Elderdale Close; follow the road round and then turn left into Spruce Close.

At the bottom of Spruce Close, join a short footpath (15m) which ends at a barrier and T junction with a rough path.

Turn left at the T junction, run along the path for about 50m then turn right and go down the steps and along a woodland path.

Run along the path until it joins a road (Dibbles Road) and turn right.

Run along the road for about 50m then turn right through the gate into Warsash Common, (there'll be a huge 'Warsash Common notice board and map in front of you).

Keep to the path to the left of the Warsash Common board and follow it through the woods and over boardwalks until you get to a T junction with a track, (you'll also see a metal gate in front of you).

Turn right at the T junction which goes slightly downhill.

Follow this track as it winds its way through woods, over a wooden bridge then almost back on itself and then up a slight hill.

At the top of the hill you'll see a wooden post on your left with red arrows on it (pointy ones not the aircraft!)

Take a sharp left to follow the red arrowed path down a flight of steps and onto a narrow path.

After a short distance you will pass under a large black pipe; at the wooden post just after this turn right and follow the track through the woods. Eventually this descends onto a boardwalk followed by a long flight of steep steps.

At the top of the steps keep going to the junction with another boardwalk then turn right along the boardwalk which circles around the open area of Warsash Common.

When you see some low wooden posts running along the right side of the track, just about when you reach the last one go straight on to the metal gate ahead.

Go through the gate and (at the Warsash Common notice board) turn right.

Just after jumping over the bridleway low barrier, go through the metal kissing gate on the right and take the footpath.

Keep on the main footpath (ignoring lots of little ones coming off) until you reach a main road (Fleet End Road).

Turn right on the road, run for about 100m until you reach a national speed limit sign and a footpath sign on your right. Take this woodland footpath and keep going until you eventually pass between some very nice houses and reach a gravelled track.

At the path / track junction, turn right. You are now on the track that leads onto Hook Park Road.

Head westwards along the track until you reach the Hook Park Road / Cowes Lane junction. Turn left into Cowes Lane, follow it to the end then take the footpath which winds round until reaching the seafront.

Turn right when you reach the beach and from here run all the way back the Warsash on the coastal path, first along the beach then the riverside path to the finish (follow the smell of fish n chips if you're lost!!).

MEMBER OF THE MONTH

Wayne Ewens

Wayne's World

Words: Tina Chantrey

"I didn't run regularly until I was about 15. I do however remember my first training run back then. I was at school and planned to get up early and run first thing. It must have played on my mind as my alarm went off, so I thought, I got up, put on my carefully laid out running gear and watch already set on stopwatch. I shot out the door and did four miles. I remember thinking it was very quiet on the roads and got some funny looks from people but just assumed that was the norm at six in the morning.

"It wasn't until I got home and put the watch back to time that I realised it was only 4am. I hadn't taken door keys as I expected my parents to be up by the time I got back. So I broke into our shed, put on the entire family's waterproofs and slept on a garden chair for two hours. I never made the same mistake again."

Last year was the first year Wayne took up running competitively, though he has been competing in triathlons for six years.

"I joined the Royal Marines when I turned 17 and became a fully fledged Commando the next year, after eight months basic training. Running to retain fitness became a way of life from that point. I spent a lot of time in Norway with the Marines and loved disappearing for long two hour sessions taking in amazing scenery, terrain and really feeling alive. I also entered the occasional race for fun, including the Great South Run and the Eastleigh 10km.

"After entering and finishing the UK Ironman in 2009 I decided to take up cross country events to maintain a focus through the winter, and to improve my running for the following triathlon season.

"SGR stood out as it had a cross country section and the growing triathlon

side. I got hooked on running again and, importantly, it has massively improved my run splits off the bike in triathlons as hoped.

"My favourite type of running is after jumping off my bike. I always feel at my strongest after completing a cycle, whether it's a triathlon or duathlon race.

I've only run one straight marathon so far, the New Forest Marathon in 2005, which I completed in 3.48.47. I seriously over-trained for this and was nearly 40 minutes over my target time. I ran a 20 mile training session one week before the race, and so ran with very tired legs!

"I learnt much more in training for the Ironman last year. I ran that marathon after a 2.4 mile swim and 112 mile bike, in 3.50.19 so not much slower than my straight marathon time. With this in mind and my improved running I want to attempt another marathon in the next couple of years, aiming for sub three hours."

What are Wayne's goals? "I want to consistently maintain sub 60 minutes over 10 miles for next year's road season, having finally cracked the barrier this year at the Salisbury 10mile race. I want a sub 34 minute 10km time under my belt. Finally, a sub three hour marathon before I turn 35 in 2013."

Wayne loves to have people in front of him to chase down. "Which is why triathlon suits me so well, as they often have split waves and start times meaning there are always people to catch. I'm not so confident when leading a race as the opposite negative thoughts start and I think everyone will overtake me."

Wayne will continue competing in triathlons but aims to concentrate in duathlons from next summer, his target being the age group world championships in Spain in September 2011. "I'm hoping to build on my strengths of running and cycling and leave out swimming for a while, as I haven't made such improvements in the water this year."

That means Wayne will be aiming for the duathlon age group qualifiers in March/April 2011, hopefully followed by Spain in September. "I would also like to complete seven races in the HRRL's coming season and hopefully get a top 10 finish.

"I'm sure I will complete in more Ironman triathlons and hopefully smash my first effort and go sub 11 hours. Potentially I want to do Ironman Western Australia as this is where my sister lives. I'm sure that should all keep me busy. However, my main aim is to remain fit and healthy for the long-term and be able to continue participation for years to come."

Gill's Shorts

How far should you go to help a fellow competitor?

About 7 miles into a 20 mile race I'm happily minding my own business when I'm forced to make a split second decision. Now I'm a girl who likes to take my time over decision-making but, to give myself credit here, I rose to the occasion. The dilemma was, "do I or don't I pick up the gel that has just been dropped by the woman in front of me?"

In a nanosecond I weigh up the needs of my fellow competitor (who I might be trying to outsprint at the end) and I weigh up the safety issues (getting trampled to death) and decide, in impressively quick time, to leave the gel. Decision made.

Or so I thought. A second later I'm slowing to bend and pick up the gel and just as I have it in my hand I realise, with a feeling of impending doom, that I've over estimated my speed. In slow motion I fly through the air and skid to a halt on the unforgiving tarmac. But I'm a runner, so no time for tears or squinnying. The gel is reunited with its owner and I carry on running.

So, was it worth it? Let me see - one holey top, one holey pair of trousers, one holey glove, one bright red bloodied shoe, half the skin off my elbow, hands and knees and half an hour freezing to death with the St Johns Ambulance comics – I think not. Next time, I'm leaving it.

RESOLUTION 10K

WHERE: Finsbury Park, London
WHEN: Sunday, 15th August 2010
THE RACE. Two intricate and surprisingly undulating laps with many twists and turns in this London Park. It was well organised including the warm up and friendly marshals
RUNNERS. 178 Men and 178 Women
FIRST MAN: Darren Tanner. 37:00
FIRST WOMAN Lemedu Berihun. 44:29
STUBBY: John Fairhurst 126th overall 53:09
FORMER STUBBY: Roger Fairhurst 12th overall 41:29
Total finishers 356. Slowest finishing time 1-23:56
Comment. The race pack included a technical running vest sporting the mnemonic FAST as a guide to recognising and dealing with symptoms of a stroke.

FACIAL weakness: Can the person smile? Has their mouth or eye drooped?
ARM weakness: Can the person raise both arms?
SPEECH problems: Can the person speak clearly and understand what you say?
If there are any of these, even temporary it is
TIME to call 999 FAST
A speedy response can help reduce the damage to a person's brain and improve their chances of a full recovery. A delay in getting help can result in death or long-term disabilities. *John Fairhurst*

JACK AND JILL 5 MILE

'Just a nice little run', he said, 'Why don't you travel down to Clayton in West Sussex with me and run?'... Run!? Sure, if the hills weren't so flipping steep!

There were two races that day. A 30 mile ultra which started at 9:00 and our 5 miler that started at 11:00. After a good drive down, we arrived about an hour before the start - which was handy as there were plenty of tea and cakes for sale.

As we started it was a lap of the playing field and then straight in to a climb up the first hill, for about a mile past the Jack & Jill windmills. Just as we thought things were looking good and levelling out, down we went... A nice half mile road section. But after

that it was back up to the top again. At the top we were on a flat for about half a mile. Eric went past me at around 4 miles and pulled out 20-25 seconds on me.

Soon we were heading downhill fast toward the finish, so I thought I'd try to catch up with Eric. As we entered the final circuit of the playing field, a couple of spectators shouted to me 'Go on and catch your mate!', so I dug deep and in the last 20 metres managed to get past him by two seconds. So good fun, but for a moment I thought I had blown my lift home - a pint in The Plough eased the pain of defeat for him, though. Alan White.

Alan White 52:14
Eric Beck 52:16
Winner: James Baker 31:58.

Stubbies on their travels

We were in the middle of our holiday and felt the pull of the Middlesbrough 5k Parkrun. This was recommended to us by the organisers of the Eastleigh Parkrun and they said it was fast and flat, so off we went bright and early to give it a go.

The weather was not looking too great as we drove through many showers and just as we got out of the car to get to the race meeting point the heavens opened and all three of us got absolutely soaked. After drying off a little in the park information centre we prepared ourselves, the weather turned and the sun came out. This with no wind made for excellent running conditions.

Ann ran a PB in a time of 26:31, knocking 32 seconds off her previous time and Tommy also ran a PB of 31:26 knocking an amazing 5:29 off his previous best. Both Ann and Tommy were really pleased and I enjoyed running with Tommy who really impressed me with his determination, although I am a bit sore he out-sprinted me at the end to finish 2 seconds and 2 places in front of me.

The first male was Tom Danby in 16:28 and the first female was Sue Carpenter in 20:45.

The run was very well organised and the marshals very friendly and welcoming to new faces. Anybody who happens to be anywhere near a parkrun on a Saturday morning should give it a go.
John Blake

EVERTON 10K

Three stubbies headed over to Everton for their 10k last Sunday, 22nd. The rain just about held off, but it was a muggy damp day. We three all struggled round - Barry Hards was disappointed with his time, Rich Edmunds struggled with injured calves and my legs were heavy. Barry finished 27th overall in 40.38 (24th male), I finished 51st overall in 43.47 (6th female) and Rich finished 101st in 47.40 (85th male).

The race was won by Matthew Missen of Southampton A C in a time of 33.15. Claire Nichols made it a double celebration for Southampton A C by winning the ladies race in 37.03. There were 340 entrants.
Tina Chantrey

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, 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 Car Park	10.30/11.30
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	9.30am
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 Wisford School, Gt Wishford, Salisbury, SP2 0PQ	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	Guide Centre, Berwick St James, Salisbury, SP3 4TS	11am
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 Race Diary

Date	Race	Venue	Time
Fri 1 Oct	Atlantic 3 day Challenge 78M	North Atlantic Coast Cornwall, St Ives Holiday park, St Ives	10am
Fri 1 Oct	Curry Mallet 10K	Curry Mallet Village Hall, Curry Mallet, TA3 6SY	11am
Sun 3 Oct	Hoburne 5	Hoburne Park, Christchurch, BH23 4HU	11am
Sun 3 Oct	Autumn Surrey Spitfire 20	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 3 Oct	Autumn Surrey Tempest 10	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 3 Oct	Brighton & Hove Run 10K	Brighton & Hove Seafront, Brighton, BN3 2WN	11am
Sun 3 Oct	Studland Stampede 12K	Knoll Beach Car Park, Studland Beach, Poole	10am
Sun 3 Oct	Epsom Dash 5K	Nonsuch Park, Epsom	10am
Sun 3 Oct	Finstock 10K	Cornbury Park, Charlbury, OX7 3EH	11am
Sun 3 Oct	Julian Farrell 10K	Kings International College, Camberley, GU15 2PQ	11am
Sun 3 Oct	Portsmouth RNLI 10K	Portsmouth lifeboat station, Ferry Road, PO4 9LY	10.30am
Sun 3 Oct	54th IOW Marathon	Ryde Rowing Club, Ryde Esplanade, Ryde	11am
Sun 3 Oct	Clarendon Marathon	The Godolphin School, Salisbury, SP1 2RA	10.30
Sun 3 Oct	Jersey Marathon	13 Castle St, St Helier, Jersey, JE4 8PT	9am
Sat 9 Oct	So'ton Big Fun Run 5K	Southampton	11am
Sun 10 Oct	Chalk Valley Challenge 10K	Broadchalke Sports Field, Broadchalke, Salisbury	10.30am
Sun 10 Oct	Solent Half Marathon HRRL	Gang warily Recreation Ground, Fawley, Hants	10.10am
Sun 10 Oct	EdUKaid's Race to Face 10K	Sandy Balls, Godshill, Fordingbridge, SP6 2JZ	10am
Sun 10 Oct	Henley Half Marathon	Henley Rugby Club, Marlow Road, Henley, RG9 2JA	9.30am
Sun 10 Oct	Jog Shop Jog 20	Brighton Marina Carpark, Brighton	9am
Sun 10 Oct	Profeet RunKingston 16	Market Square, Kingston, KT1	8.30am
Sun 10 Oct	QE XC Series Race 2	Queen Elizabeth Country Park, Petersfield	9.30am
Sun 17 Oct	Hospice 10K	Bournemouth Pier, Bournemouth, BH2 5AA	10.30am
Sun 17 Oct	Salisbury Half Marathon	Salisbury Fire Station, Ashley Road, SP2 7TN	11am
Sun 17 Oct	8K Undercliff Run - Women	Saltdean, East Sussex	10am
Sun 17 Oct	Southampton Cancer 10K	The Common , Southampton, SO15 7NN	10am
Sun 17 Oct	Fullers Denmead 10K	Denmead, Portsmouth	10.30am
Sun 17 Oct	Tadley Runners 10K	Hurst Community College, Tadley, RG26 5NL	10am
Sun 17 Oct	Weavers Down Assault 20	Longmoor Camp, Bordon, Hampshire, GU33 6EL	10am
Sat 23 Oct	Beachy Head Marathon	St Bede's School, Duke's Drive, Eastbourne, BN20 7XL	9am
Sun 24 Oct	BUPA Great South Run	Southsea Common, Portsmouth	10.40am
Sun 24 Oct	Milford & Keyhaven 5	Hurst Road, Milford-on-Sea, Lymington, SO41	10.30am
Sun 24 Oct	Outside In Triathlon	St.Michaels School, Colehill, Wimborne, BH21 7AB.	8am
Sun 31 Oct	Barns Green Half	Horsham, West Sussex	11am

The Stubbington Noticeboard

September	What	Where	Who
Thursday 2nd	6th 4 Mile Time Trial	Eric Rd	Phil
Tuesday 7th	3x1.5 Tempo pace at 'Red Path	Locks Heath	Mike W
Thursday 9th	Beach Session	Crofton	Phil
Tuesday 14th	6 Titchfield rollers	Locks Heath	Chris H
Thursday 16th	5k Race pace 4 x 6mins	Crofton	Mike H
Tuesday 21st	Fartlek	Locks Heath	Richard
Thursday 23rd	Lee triangle accelerations	Crofton	Mike B
Tuesday 28th	Figure of 8 Titchfield	Locks Heath	Chris H
Thursday 30th	6 x cuckoo lane 1k	Crofton	Mike H
October	**What**	**Where**	**Who**
Tuesday 5th	2 x 2mile	Locks Heath	Chris H
Thursday 7th	7th Time Trial (Last in Season)	Eric Rd	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.

2nd Sep - 4 x 2 mins (2 mins) - Stubbington
9th Sep - 2 x 2 miles (4 mins) - Locks Heath
16th Sep - 4 x 1K Cuckoo Lane - Stubbington
23rd Sep - 2 x Titchfield Figure of 8 - Locks Heath
30th Sep - 10 x 1 min (30 secs) - Stubbington

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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