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

PRESENTING THE STUBBINGTON GREEN 2010 AWARDS

The 2010 Annual Stubbington Green Awards Dinner is officially open for bookings.

Venue: David Lloyd Port Solent
Cost per person: £20.00
Time: 7:30pm
Date: Saturday 4 December 2010

Book now for your place at this prestigious night on the 4th December 2010. Friends and partners welcome, but book quickly as this event sells fast!

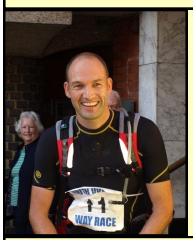
Please click on the link below or visit the website to print out the simple form. You can either pay by Paypal or for those of you who wish to pay by cash/cheque, please print out the form and return to Kathy McKain, 6 Violet Avenue, Hill Head, Fareham, PO14 3PT. Cheques should be made payable to Stubbington Green Runners. Any queries, please email Kathy on klaf@ntlworld.com.

http://www.sgrac.net/Events/AwardsBooking2010.php

See you all there! Social Committee

AND THE NOMINEES ARE

Performance of the Year



Euan McGrath 7th in SDWR 100 mile race 24:10:00

Graham James 9th in SDWR 100 mile race 24:49:00

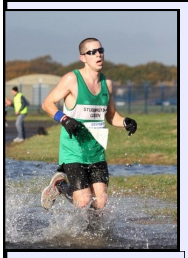
Tony Smith
London Marathon
2:52:00

Jon Henderson 2010
53 mile off road
Highland Fling
12:09:07

The Coastal Marathon Team - Caroline Street, Kathy McCain, Drew Briggs and Jane Adlard.
7marathons in 7 months

To vote just send an email to Paul Hammond at pjh669q@btinternet.com with your favourite candidate in each category

Senior Male



Kev Wheeler 6PB's South Downs Relay A team

Andy Simpson HRRL 4th place RR10 10th place South Downs Relay A team

Tony Smith 8PB's South Down Relay A team

John Blake 3PB's HRRL RR10's

Wayne Ewens South Down Relay A team

Sam Ratzer 3PB's Berlin Marathon

Chris Gallagher RR10's and Triathlons

Senior Female

Tina Chantry 7PB's

Lucy May 4PB's

Rachel Openshaw Test Way Relay and South downs Relay

Ann Blake 7 PB's

Vet Male

Graham Bell South Down Relay A team RR10 24th

Dave Jeffery South Downs Relay A team HRRL 19th

Euan McGrath South Downs Relay A team RR10 25th

Paul Southon 10PB's

Phil Martin 1PB HRRL and RR10's

Robert Spencer 8PB's

Alan White 8PB's only club member to run all 7 Time Trials

Vet Female

Jane Butler Test Way and Emsworth Relays and RR10's

Gill Rose HRRL 18th Good for Age London 3PB's

Sharon White 5PB's

Penny Forse RR1013th 1st FV60 over 5 miles in UK

Susie MacGregor HRRL 5th RR10 6th Good for age London

Sally McGrath RR10 9th

New Forest Middle Distance Triathlon, September 19th 2010

I can't believe it's all over with, but as I'm writing my race report I guess it must be!

The two different transition areas and minimal parking at the lake for this event meant great organisation was essential, and the organisers really stepped up to the challenge. Bike racking and numbered bags with running gear were left at the transition areas the day before the race, during registration and briefing. With all that done, an early night and early rise was in order.

Arriving at Sandy Balls for 0530, coaches then transported the competitors and spectators to the lake. The weather was ideal... autumn sunshine with a nice breeze, no rain! With a 60min cut off to swim the 1900m I was mildly concerned as my swimming often resembles drowning. I knew things were going well when I was still being pummelled by fellow athletes towards the end of the swim...I usually have the lake to myself by this time. To be out of the lake and on my bike in 47mins is one of my biggest achievements so far. Swimming gear had to be left in a numbered bag in the transition area for transportation to the finish.

The bike course is a 56mile two lap course taking in some breath taking views of the New Forest with some technical descents (which nearly had me off my bike on one occasion) and some fairly relentless hills. The atmosphere was friendly and as I was overtaken at speed by a woman bidding me good luck.... I wished her the same (whilst I secretly glared at her back wheel and hoped she got a puncture).
I have learnt many lessons during training and partaking in this event. One such lesson was, if your handlebars keep coming lose during training they'll probably do the same during the event. Having stopped 4 times to realign them, they decided to go altogether as I was breaking on a steep winding hill through Fordingbridge at mile 38. Amazingly I didn't fall off, and I was fortunate enough to find a friendly local with a tool kit who tightened them for me at the next bend. He saw me on my way to complete the ride in 3hrs 35mins.

At transition 2, the marshals rack your bike for you as you entered the tent to be handed your numbered bag with your running kit. A portaloo in the transition area was well received before I set off on the 13.8mile undulating course on mostly cycle racks through the New Forest. A slight change in the course had you taking in Blissford Hill (a 1:4 incline) in the first mile. The rest of the course was challenging but very pretty. My nutritional strategy involved two wine gums at every 2 mile marker and a gel at mile 8. Having gained a friendly running partner at 2.5 miles this left me with a tough decision to make at mile 4. Do I lose him at the next opportunity, or do I share my fare? A compromise was made and I split the goods at mile 4 then lost him up a hill by mile 6!

Congratulations to Penny and Alan Forse on the birth of their first grandchild!! Their son Richard and his wife Yuki became proud parents after a speedy delivery (must take after his grandmother!) The little boy, called Ren (pronounced Len) was born in Japan on the 12th of October. Yuki and Ren are doing well and Penny and Alan are enjoying watching his progress via Skype. They are looking forward to meeting him in person in the New Year. Very best wishes to you all from everyone at SGR

The support along the route, especially on the homebound mile was heart warming, and I crossed the finish line in Sandy Balls with a run time of 2hrs 18. Giving me an overall time of 6hrs 41mins. An easy collection of bike and belongings followed making a fantastic and memorable day!

Julie Woodman

STUBBINGTON GREEN 10K—UPDATE

It is that time of year again when thoughts turn towards organisation of the Stubbington 10k road race.

And once again we're asking, urging, even pleading with you that if you are not running the race on Sunday, January 16th then please put your name forward to help out on the day.

After the cancellation of the snow-affected race last January, this time the pressure is on for race director Gary Littlecott and his team to put on a cracking 10k, which will once again be a Hampshire Road Race League event, and also act as a Hampshire 10k Championship run.

As many people will know already, for the first time we have introduced chip timing which is a bold innovation which we hope will be well received by runners, particularly at the congested start along Titchfield Road.

We are accepting 1,800 entries which, even allowing for a drop-off of between 10% and 25%, should mean that the 25th running of the Stubbington 10k will be the biggest race ever.

That's why we need your help more than ever.

We will need people to help set up the finish area which this year has been moved across to the Budgens side of the Stubbington horseshoe.

At Crofton Community Centre there will be 101 jobs which need doing, including the dishing out of race chips to competitors who will have to collect them on the day. We will also need a time of de-chippers at the race finish funnel to collect all the chips.

And naturally, around the course itself we will need an army of marshals to ensure the runners' safe passage along the route which, this year, may have to be diverted because of some subsidence near the Osborne View along Hill Head Road.

At the moment, the race will pass along Hill Head Road, but if the subsidence gets any worse and the road is closed, then runners will have to be diverted down Old Street and around the block until they rejoin the route close to the junction of Crofton Lane.

If you are running, then please see if you can press-gang someone in the family to help out. If you are not running, then please help out. We're a club which has 200 plus members, so we should be able to get enough support on the day to back our showpiece event.

Paul Hammond is the man who wants to hear from you and who will add you to his Christmas card list if you can help him out. Paul can be contacted on his mobile at: 07817 369992 or by email at: pjh669q@btinternet.com

SOCIAL NEWS

The Mulled Wine Solent Breezes 10km Handicap Run Sunday 19th December 2010

Yes folks - it's back for the second year - the great mulled wine and mince pie Christmas handicap run!

Start thinking now of fancy dress ideas and how to scrape off all that mud! This fun run will take place on Sunday 19th Dec 2010 with a target finish time of 11am at Nick Kimber's house (same as last year).

The route will be the same as last year except in reverse - but don't feel that you have to run backwards, always best to see where you're going!

Put the date in your diary and watch out for full details of the route on the website soon and in December's Green Runner.

Happy Christmas! Tim Sullivan for Social Committee.

Santa and Rudolph at last years run

Exmoor Weekend

All those of you who came on the weekend to Dartmoor will remember what a fabulous time we all had. Well we have organised a follow up – a weekend at Exford Youth Hostel on beautiful Exmoor from Friday evening 11 February to Sunday 13 February and the cost will be around £30 per person.

This would be a great training opportunity for those of you with Spring marathon places but there will also be plenty of opportunity for the less energetic of you.

I am assured by Kathy and Caroline that the running on Exmoor is fantastic – it was their last Coastal marathon venue. Other details to follow but places are limited so please email Sue Robinson on sue.robinson@cdata.co.uk if you are interested.

VIRGIN LONDON MARATHON CLUB ENTRIES

Although the club has yet to receive it's allocation of entries for the 2011 Virgin London Marathon, it is time to start thinking if you would like to be considered for one.

If you applied for an entry via the ballot and were not fortunate enough to get in you can apply for a club entry, to do this you must let Paul Hammond have your rejection slip; this in itself will not guarantee you an entry but will get you in the mix.

This year the club was allocated five entries so get those slips in.

Dear fellow runners

I am looking for new ideas for running/ fitness/women's consumer magazines and was wondering if any of you are fed up with the same old features you read in your running magazines?

What features do you think should be included but never are, or are there subjects you would like to know more about that are only covered in general.

Are there any human interest stories, about amazing people doing amazing things, that you feel should be featured in the magazines or papers you read?

The magazines I am trying to sell ideas into are Running Fitness, Women's Fitness, Women's Running, Runner's World, Zest, Red, Top Sante, Natural Health etc

I would LOVE to hear from you if you have something to say!

Thanks, Tina, t.chantrey@ntlworld.com

STUBBINGTON JUNIORS

There were five races at Overton and we won two of them!

First up there was the 5 and under 80m dash across the field. A very determined looking Ryan Simpson finished in fourth place, laying the secret of his success in his superlight, superfast racing shoes!

Next out was Tommy Blake in the 6 to 8's 80m sprint. Another very determined effort saw Tommy take first place after what looked like a photo finish. Only Andy Simpson was convinced of Tommy's success until they announced the winner! Well done Tommy!

Finally Ben Smith, Alex White and Harry Martin went in the 9 and over 80m race. This time Alex romped home the clear winner, with Ben and Harry looking like they were having their own race within a race. Well done Alex!

Setting off with the main 5 mile race was the 2.5 mile single lap Fun Run. Hannah Smith and Elizabeth Martin both ran well. Hannah finished in 12th (4th Junior Girl) with a time of 20:33 and Elizabeth finished in 26th (7th Junior Girl) with a time of 25:32.
Fantastic results .... congratulations to all the young Stubbies!
Ann Blake

Hampshire Road Race League

SOLENT HALF MARATHON

A bright and sunny Autumn day greeted the 16 Stubby runners who took on the challenge of the Solent Half Marathon. This was the 3rd race of 12 in the HRRL 2010/11 season, and as usual was dominated by Hampshire Road Race League runners.

Stubbington Green's very own version of bionic man, Andy Simpson, lead the team home with a fantastic run of 1:23:44, which although a little down on his pb, was an amazing run considering the pain and suffering he is currently enduring with his left knee. Fortunately for him there were no drugs testers present at this event, because I am sure that "kryptonite" is on the banned list of performance enhancing drugs. Andy was joined in the A team by Tony Smith, who was out of a last training/jog round before the Abingdon marathon this weekend. Good luck Tony for that one, by the looks of things that alpine training you recently undertook has had the positive effect on your running. Mike Harper finished strongly as usual in the last half mile, chasing down the first lady, and out sprinted the dispirited writer who "blew up" in the last half. (Note to self, 10k training is all very well, but don't forget the long runs)

Dave Jeffery lead home the mens B team, although he too did not perform to his usual high standards, and was not happy with his run. But at least Dave can cite a bout of Noro Virus in the week preceding the race as a contributing factor. Mr marathon man himself Nick Kimber returned to action after refuelling himself in the beer cellars of Berlin (you'd best ask Jon Leigh for directions), recording a time bang on 7:15 m/m. Colin too had a good run breaking the 1hr 40 which was exactly 1 minute quicker than last year. John Simister completed the B team line up with a strong run, but slightly down on last years time, in what turned out to be breeze but warm conditions.

The men C team, which unfortunately was not complete, still managed to rank 8 out of 14 teams in Div 2 of the B league. Well done to Nigel, returning after a niggly calf strain, Alan White, running in his normal relaxed style, and Robert Spencer for making the effort and counting for the Stubbington Green team.

The ladies team was lead home by the ladies captain Susie, also making a return after the Berlin marathon exploits. Tina ran well again and despite pulling out for the New Forest Marathon showed that she is continuing to improve, with a time over 1 minute quicker than last year. Donna, making her debut at the half marathon, finished in a very respectable time, well under the 2 hour barrier. It was a another great effort from Donna as she continues to make big strides forward with her running since joining the club earlier in the year. Unfortunately Georgie Wallis was unable to complete the race, and pulled out after a couple of miles. Hopefully only a precautionary measure, but we hope to see you back racing soon.

Susie MacGregor	01:37:06
Tina Chantrey	01:41:50
Donna Mitchell	01:54:35
Andy Simpson	01:23:44
Tony Smith	01:24:39
Mike Harper	01:25:04
Graham Bell	01:25:13
David Jeffery	01:26:36
Nick Kimber	01:34:58
Colin Elderfield	01:39:04
John Simister	01:53:37
Nigel Whitcher	01:53:54
Alan White	02:01:12
Robert Spencer	02:17:28

OVERTON

12	Susie MacGregor	00:34:01
15	Tina Chantrey	00:34:37
17	Sally McGrath	00:35:05
44	Donna Mitchell	00:39:09
50	Rachel Openshaw	00:39:43
58	Marina Odey	00:40:57
61	Jane Butler	00:41:21
89	Andrea Charlson	00:44:01
108	Sarah Martin	00:47:47
110	Sharon White	00:48:20
120	Jasmine Smith	00:53:16
11	Wayne Ewens	00:28:14
30	Graham Bell	00:29:42
36	Tony Smith	00:30:13
38	Andy Simpson	00:30:21
45	Samuel Ratzer	00:30:39
46	Kevin Wheeler	00:30:40
50	Mike White	00:31:01
59	Mike Harper	00:31:29
103	Colin Elderfield	00:33:36
114	Tim Crumpton	00:34:43
124	Paul Hammond	00:35:15
125	Philip Martin	00:35:24
130	John Blake	00:35:52
164	Ian Webber	00:39:01
173	Alan White	00:39:43
174	Eric Beck	00:39:49
177	Nigel Whitcher	00:40:16
188	Rick Scott	00:42:12
190	Paul Southon	00:42:27

VICTORY 5

40	Graham Bell	29.20
61	Andy Simpson	29.50
62	Kevin Wheeler	29.55
78	Mike Harper	30.31
118	Ray Gunner	32.08
151	Jon Leigh	33.13
160	Nick Kimber	33.36
179	Philip May	34.43
221	John Blake	36.31
242	Tim Crumpton	37.31
253	David Eland	38.05
257	Eric Beck	38.15
269	Alan White	38.53
275	Rick Scott	39.25
284	Paul Southon	39.56
329	Chris Gallagher	44.39
346	Robert Spencer	47.51
19	Susie MacGregor	33.04
36	Penny Forse	34.44
38	Sally McGrath	34.48
48	Tina Chantrey	35.32
64	Rachael Openshaw	37.42
70	Lucy May	38.33
75	Donna Mitchell	38.44
89	Georgie Wallis	40.19
113	Andrea Charlson	42.16
130	Ann Blake	43.43
143	Sharon White	45.45
147	Sarah Martin	45.58
165	Jasmine Smith	48.27
202	Debbie Casey	54.43

HRRL AFTER 3 RACES

LADIES A TEAM

1	Winchester	4
2	Overton	6
3	Eastleigh	8
4	**Stubb Green**	**16**
5	New Forest	19
6	Denmead	20
7	Pompey	22
8	Alton	23
9	Salisbury	23
10	Fareham	24

MENS A TEAM

1	Pompey	4
2	Winchester	6
3	Salisbury	13
4	Overton	13
5	**Stubb Green**	**13**
6	So'ton	16
7	Victory	23
8	Farnham	24
9	Denmead	26
10	Alton	27

BERLIN MARATHON

Five Stubbies went to Berlin and thankfully avoided the Wall !!

On the start line I felt I'd prepared fairly well but after really struggling over the last few miles of my last marathon decided to take it easy for the first few miles, I ran the first half of the race with Nick in a steady but slow pace of just under 8 minute per mile going through half way in 1 hour 44 min's, and an overall finish time of 3.22.17, only about 20 seconds outside my pb.
John Leigh

Susie in only her second marathon wasn't far behind in a great time of 3.28.18 this is what she had to say about her first race on foreign soil,
"I was a bit apprehensive about the Berlin Marathon as I felt that I had struggled with my training and everything was so different from the London Marathon. I hate flying and wasn't really focused. It rained the whole time we were there which was really disappointing as it would have been nice to do a bit of sight seeing. The marathon itself was well run but not as organised as London. I had a great run and was extremely pleased with my time as my goal was to run a sub 3 hrs 30 min marathon which I achieved.
Susie MacGregor

Nick had been feeling so unwell at the marathon expo the day before the race that he said goodbye to the others before making a speedy retreat to his hotel where he spent the rest of the day in bed without even eating. When I met up with Nick in the runners village on the Sunday morning he was still really pale and I was surprised that he was going to run but we all know Nick, he doesn't throw the towel in easily. Amazingly he ran the whole race at a fairly even pace to finish in 3.31.29, a time which I think Nick was initially disappointed, but then taking everything into consideration he was happy "and so he should be".

"Entering into what was my first attempt at the marathon, I arrived in Berlin with mixed emotions; quite excited, but equally as apprehensive about covering the distance. Following a sprained ankle and a busy summer schedule, my training regime was far from comprehensive/ conventional but the over cautious fuelling did the trick as I got to the Brandenburg gates in just shy of 3 hrs 35. I loved the experience from beginning to end, and in spite of the rain I remained with a smile on my face. My legs held up well and against the odds took a walking tour of Berlin the following day and indeed the beers continued to flow in celebration of the weekend's achievements well into my return to uni and late into the week."
Sam Ratzer

Zac made sure all Stubbie runners finished under the 4 hour mark when he came across the line in 3.58.50. Zac seemed to of taken the marathon completely in his stride, in fact if he was any more laid back he'd be horizontal, he was pleased he'd dipped under 4 hours and that he'd run faster than his last marathon in Paris. Like Sam, Zac has time on his side and will run more marathons in the future I'm sure.
Jon Leigh.

ABINGDON MARATHON

Another year gone and I'm getting closer to that V40 category, in fact only a few months now! This is my third Abingdon marathon in a row and for me I think it is a fantastic marathon, if I am perfectly honest I prefer it to London.

I arrived at Abingdon to a chilly frosty morning, but after the sun broke through the weather conditions were perfect. Again, I met up with a fellow runner from the RW Abingdon marathon forum and ran with him up to the 15 mile point when he was feeling good and pushed on. My target time was to go sub 2:50, after a 2:52 at London in April I was hoping I had set a realistic goal.

Anyway, we started off very disciplined and went through the first mile at 6:30 (a first for me I have always normally run the first mile of the marathon too fast!) We clicked off the miles between 6:20s and 6:30s and went through half way at 1:24:34. Up to 15 miles I was feeling good but then I started to feel fatigue in my legs and my running partner pushed on. I still managed to hold the 6:30s to about 21 miles, but then I lost just over a minute in the last 5 miles. I crossed the line in 2:50:42 I am still over the moon with the time another PB by over 2 minutes and over 4 minutes faster than the previous year. Abingdon doubles up as the Army Marathon Championships and I took along 4 other runners from my Unit and we did very well. We managed to win the Army Team event and I was the second Senior Male runner in from the Army.

If you are looking to do a fast flat marathon with up to a 1000 runners Abingdon is the one. Everything about the race is perfect, but be aware it sells out quick and its targeted from all over the UK with runners looking to go sub 2:45 for a championship start at London.(3-4 months before the start).
Tony Smith

New Forest Half Marathon
26th September 2010

At the start it was all smiles,
As we set off on our 13.1 miles,
In the late September sun,
The New Forest Half I did run.

A half marathon for the very first time,
To fulfil a long term goal of mine,
I couldn't have chosen a prettier place,
To make a debut in such a race.

Watched as I ran by ponies and deer,
As well as locals who came out to cheer,
And though at times it felt grim,
I crossed the finish wearing a grin.

So what's the next challenge for me?
The Brighton Marathon it's going to be,
Then New Forest Marathon this time next year,
With an audience of ponies and deer.

Naomi Crane

NEW FOREST MARATHON

Barry	Hards	3:11:53
Chris	Munro	3:27:04
Georgie	Wallis	3:54:18
Matthew	Abbott	4:36:18

NEW FOREST HALF MARATHON

Marcus	Lee	1:35:21
Annie	Tomlinson	1:45:15
George	Howarth	1:51:53
Naomi	Crane	2:03:48
Brian	Benfield	2:09:14
Angela	Benfield	2:11:45
Robert	Spencer	2:12:33
John	Williams	2:45:11

All the sessions with the faster group on Mondays must have done some good, and possibly, Glen's Thursday night sessions also.

I completed the half marathon in 612th place, 1 hour 51 min 53 secs. That's 24 mins 24 secs. better than last year, and 894 places better.

George Howarth

CROSS COUNTRY NEWS

The Todays Runner Winter League series of cross countries will recommence in October
All races start at 11.00am and it is essential that club vests are worn or you risk not being counted in the results.

31st October 2010	**Pamber Forest, Tadley**
14th November 2010	**Queen Elizabeth Country Park, Nr Petersfield**
12th December 2010	**Bourne Woods, Farnham**
2nd January 2011	**Lord Wandsworth College, Long Sutton, Hook**
13th February 2011	**Manor Farm Country Park, Bursledon**
6th March 2011	**Staunton Country Park, Havant**

Hants XC Farley Mount

The first of the winter cross country races was held at Farley Mount Winchester on Saturday and just 12 runners represented the club.

First to run was Tom Whitcher in the under 15 boys race. With the warm weather we've experienced over the week end the hills and lack of training due to a knee problem Tom found the going a bit tough and came in 54th. But was up beat about the rest of the season and hopes to move up the field in the next races.

Next up were the Stubbettes with 6 girls lining up for the 6k race. Penny was first home with a steady run that put her in 43rd position and she was followed in by Sally in 54th. Rachel and Lucy came in 84th and 88th with Sharon making the vets team in 105th.

The team finished 12th on the day and in the vets category 6th overall so well done.

Lastly the 'Old Guard' turned out for the men's race of 9.4k and had to negotiate the hill 4 times as the course had been altered. Chris Hall and Dan Gueran resumed their battle after the Isle Of Wight fell runs with Chris this time taking the honours and coming in 70th and Dan in 73rd just 11 seconds between them.

Simon Carson-Jones finished in 163rd just ten places ahead of John Gueran in 173rd who was also fresh from running on the island the other week, and finally Phil and Gordon concluded the Stubbies with 188th and 211th. Which meant the team finished 10th in Div 1 with a massive 667 points and will need all the fast guys out for the next race at Goodwood if we are to avoid relegation, and the rest of them just to make sure. With the Solent Half on the Sunday the numbers were down on last year and even Bournemouth struggled for numbers but had the quality at the front to finish up the league.

The Hampshire League is continuing to grow as a quality league and a team from Guernsey turned out as well as a new team from Camberley in the Boys races. Steve Gough is also resurrecting a navy team to compete as well, so all looks good for the Hampshire Cross Country League!

BUTSER HILL CHALLENGE 26/09/10

MEN
1st Julian Manning SM Denmead Striders 33:29
8th Chris Hall 6th M40 36:27
39th Simon Carson-Jones SM 41:09
63rd Tim Crumpton M50 43:52
WOMEN
1st Emma MacReady SW The Royal School 38:31
2nd Emily Foran SW 40:12
7th Penny Forse 1st F60 44:42
17th Donna Mitchell SW 50:29

2010 Season Time Trial Results

Tina Chantrey	26.46
Susie MacGregor	26.50
Sally McGrath	26.50
Emily Foran	26.55
Penny Forse	27.38
Kate Crowe	28.19
Rachel Openshaw	29.20
Georgie Wallis	29.53
Lucy May	30.11
Donna Mitchell	30.44
Margie Pritchard	31.32
Andrea Charlson	33.42
Jane Butler	33.43
Julie Ashman	33.54
Rowena Dodds	33.59
Ann Blake	35.02
Sandie MacIntosh	36.08
Sarah Martin	37.11
Karen Dean	37.17
Sue Robinson	38.17
Sara McRichie	38.37
Nikki Clarke	38.53
Tracie Jarvis	39.00
Sharon White	39.00
Jas Smith	39.12
Geraldine May	39.43
Hannah Smith	40.30
Hayley Preston	52.49

A BIG THANK YOU TO EACH MONTHS TIME KEEPERS

Lewis Chalk	21.17
Mark Le Gassick	21.20
Tor Duffin	23.10
Andy Simpson	23.21
Chris Hall	23.54
Kevin Wheeler	24.02
Mike White	24.03
Dave Jefferies	24.07
Graham Bell	24.10
Mike Harper	24.37
Euan McGrath	24.43
Colin Elderfield	26.01
Jon Leigh	26.13
Sam Ratzner	26.27
Mike Bell	26.29
Marcus Lee	26.34
Philip Martin	26.39
Paul Hammond	27.00
John Blake	27.05
Mike Townsend	27.14
Nick Crane	27.16
Neil Jarvis	27.22
Richard Edmonds	27.43
Andy Lee	28.08
Tom Witcher	28.41
Philip May	28.42
Keith Whittaker	28.46
Mike Clarke	28.55
Keith Carter	29.07
Alan White	29.32
Paul Southon	29.33
John Simister	29.35
Alex Drew	29.45
Eric Beck	30.02
Rick Scott	30.30
George Howarth	30.35
Nigel Witcher	31.00
Paul Hailwood	31.17
John Tussler	31.44
Robert Spencer	35.10
Paul Askew	37.37

RESULTS ROUND UP

BADGER HALF MARATHON

RUNNERS. 286 Men. 164 Women
FIRST MAN: Tim Elsey 1-15:17
FIRST WOMAN Rose Nicholson 1-25:28
STUBBY: John Fairhurst 284th 1-58:17 (10th M60 of 15)
FORMER STUBBY: Roger Fairhurst 81st 1-38:52

MARCUS LEE

RICK SCOTT

NICK KIMBER

JULIE ASHMAN

DENMEAD 10K

5	00:35:55	GRICE, Zippy
33	00:42:44	LEE, Marcus
41	00:43:34	KIMBER, Nick
59	00:45:11	NAIRN, Roderick
126	00:50:36	SCOTT, Rick
190	00:56:02	ASHMAN, Julie
198	00:56:48	O'MARA, Gerard

ZIPPY GRICE

ARUNDEL 10K

Results
Stubbington Green Runners
202 Ian Webber 50:31
213 Eric Beck 51:10
226 Allen White 51:43
290 Jane Butler 54:19
346 Chris Gallagher 56:36
There were 545 finishers. Eric Beck

The Slug Approx 8 miles

24th 01:08:27 LEE, Andy
25th 01:08:35 CLARKE, Michael
35th 01:11:12 SIMISTER, John

The Slog Approx 13 miles

3rd 01:25:40 SMITH, Tony
36th 01:49:10JARVIS, Neil

IOW FELL RACES

3 miles	7 miles	13 miles	overall	
Zippy Grice	21.24	1.02.02	1.34.00	6th 1st V40
Daniel Gueran	23.52	1.06.19	1.40.59	22nd
Chris Hall	23.31	1.08.27	1.45.06	28th
John Exley	27.08	1.18.17	1.59.54	56th
John Gueran	29.04	1.19.49	1.59.35	59th
Nick Crane		1.12.39		

SYDNEY MARATHON

Gill Rose 3:40:50 PB
Richard Snell 3:43:05 PB

KING ALFRED'S TORMENT

This is a multi terrain race over seven 'Irish' miles, with a route akin to the RR10 and To-day's runner courses with several Farley Mounts thrown in for good measure. At the usual race preamble the race director apologised for the lack of mud on the course, which meant a very pleasant run through the Stourhead estate.
At the finish there were the usual drinks and a cake to remember King Alfred by.
I was 33rd, 54:59. Paul Hammond.

PROMENADE 5K SERIES

	Race 1 - May	**Race 2** - June	**Race 3** - July	**Race 4** - Aug	**Race 5** - Sept
Lewis Chalk	16.34 (6)		**16.06 (3)**		
Zac Conaty	27.07 (149)	23.02 (114)	22.47 (94)	**21.35 (67)**	21.44 (94)
Chris Douglas	**25.17 (138)**				
Penny Forse					**20.58 (77)**
Mike Harper	**18.12 (27)**	18.34 (27)	18.29 (25)		
Dave Jeffery			**17.51 (20)**		
Marcus Lee					**20.00 (62)**
Mark Le Gassick	**16.09 (5)**			16.32 (5)	16.12 (3)
Geraldine May		30.51 (171)	**30.23 (149)**	31.37 (130)	30.48 (162)
Phil May		30.48 (170)	30.21 (147)	**29.57 (126)**	30.46 (161)
Rachael Openshaw	22.25 (93)	21.49 (85)	**21.47 (76)**	21.48 (74)	22.44 (110)
Total finishers	175	179	153	132	168

Paul Hammond

MEMBER OF THE MONTH

Sarah Martin

Words:
Tina Chantrey

Sarah Martin started running about five years ago, with the joint goals of getting fit and competing in the Great South Run.

"The first time I completed the Great South Run, in a time of two hours, I thought that was really fast and was very chuffed with myself!" says Sarah.

Sarah took the plunge and joined SGR two years ago. "I found that my running was going through a constant cycle of starting and stopping, and realised I needed some support and encouragement."

As Sarah has invested more in her training and races, she has reaped the benefits, not just in terms of times but in a much higher level of motivation. "In the last year I have competed in more races and more training sessions then ever before. The people who I train with in the club sessions have been so supportive of my goals, especially Glen and Penny, who are always on hand with advice. My friends Jaz and Sharon also give me endless encouragement."

Running has become a family affair for the Martins; Sarah asked her husband Philip to join the club so that they could run together. "Phil has got better and better since he joined the club, much to my annoyance!" says Sarah. Harry and Elizabeth, Sarah and Phil's children, have also joined club training sessions throughout the summer, showing that you are never too young to run. The family have also been known to go out en masse for a run along the beach.

"I was very proud of Harry and Elizabeth in the Overton races," says Sarah. "Harry participated in the 9 and over 80metre run, and Elizabeth finished 26th in the 2.5 mile single lap Fun Run (7th Junior Girl) with a time of 25:32."

This year Sarah is dipping her toe into more road races to see if she likes them. "I completed the Overton five miles race, finishing 108th, and 21st in my category. I was extremely pleased with my time of 47.47 as I normally run at a slower pace of between 10 and 11 minute miles." Sarah made the SGR ladies C team in Overton, marking another achievement for her. She followed this race with a great performance at the Victory 5, finishing in 45.58. "I've also taken on some longer challenges, and last year I ran my furthest, the Marlborough Downs 20 mile race. It was very hard, but such a stunning course," she comments.

"I've just competed in the Clarendon Half, and was happy with my time of 2.39.52 and one day I would love to do the London marathon. My other goal is to complete the Great South Run in 1hr 40; that would be wonderful."

Overall, Sarah is happy with her running. "I tend to run mainly on my own unless it's training night. I don't mind off road or road running. And I try to enjoy and smile at every race and at every camera opportunity!"

Ladies Captain's Report

Well Ladies, where do I start ? The last two months has been packed with races, relays and Marathons so I will try and keep things as short as possible.

Kicking things off with the Victory 5 Road Race, we had a fantastic turn out of ladies who took to the promenade and due to ideal running conditions Pb's were in abundance. Donna, Andrea, Sarah and Sharon all managed to set new Pb's.

Next came the Test Way Relay which looked to be awful conditions but actually turned out really nice. Everyone had a great day and team moral was at maximum levels. Our mixed ladies team came 2nd. Well done to Penny, Rachael, Annie, Georgie Gair and Tina. Our ladies team all had great runs with a special well done to Sandie McIntosh who gave everything she had powering up the final hill at the end of leg 6

Moving onto Butser, 3 ladies braved this race of grit and determination on a perfect afternoon of excellent conditions. Well done to Emily Foran our new lady who stormed home in 2nd place, closely followed by Penny in 7th place and then the ever improving Donna came in17th place. Well done ladies, a great team effort.

Now onto the marathons. Gill Rose travelled to Australia to take part in the Sydney Marathon and achieved a fabulous time of 03:40:50
I set off to Germany to take part in the Berlin Marathon and was delighted to dip under the 03:30 hrs (03:28:18) marathon.

Georgie Wallis travelled to the depths of the New Forest where she ran a fantastic marathon with a great time of 03:54:34.

The Marathon events ended with the Clarendon which saw various ladies taking part in the Half distance and relay events. All odds appeared to be against us in the morning, the weather was awful but as the day progressed spirits rose, the sun came out and an excellent day was had by all.

Only four ladies entered the Solent Half Marathon. Unfortunately Georgie Wallis had to pull out due to illness in the second mile. I came home in a time of 1:37:06 Tina was next in at 1:41:50 and then Donna came home in a time of 1:54:35

Races to look out for in November are Lordshill 10 & Gosport Half Marathon. Also, the first of the Today's Runner will be held on 31st October. If you need any information on these races, please let me know -
Thanks Susie

You don't have to be the fastest to win the SGRAC Running Championships. This is because the championships are not about how quickly you run, or how high up the field you finish in a race, they're about recognising the valuable contribution that you make to the club by wearing the famous green vest at events across the region.
The club championships will incorporate the Hampshire Road Race League (HRRL), Hampshire Cross Country League (HXCL), Wessex Cross Country League (WXCL), the Cross Country Championships, Today's Runner Cross Country League (TRL), RR10s, and the club Time Trials (TTs).

Competition rules

The rules of the SGRAC Running Championships are simple. To be eligible to compete, you must be a SGRAC club member and affiliated to England Athletics so that you can take part in races that are run under UKA rules.
Every time you represent the club at one of the nominated events, you'll score championship points, and if you complete all the fixtures in any of the leagues, you'll score extra bonus points.
The 2010/11 season will run broadly along the lines of last season and include all the same races and competitions as previous years. There has been a slight amendment to the scoring this year which should hopefully make the competition even closer between those that prefer the country to the roads and vice versa
See http://www.sgrac.net/html/leaderboard.html for more information

The Race Diary

Date	Race	Venue	Time
Sat 6 Nov	Pine Ridge 10K	RHS Garden Wisley, Woking, GU23 6QB	10.30am
Sat 6 Nov	Winter Ballbuster	Box Hill, Dorking, KT20	8am
Sun 7 Nov	Lordshill 10	Oasis Academy, Fairisle Road, Southampton, SO16 8BY	10am
Sun 7 Nov	Losely 10K/4K	Loseley House, Guildford	10am
Sun 7 Nov	Marlow Half Marathon	William Borlase's Grammar School, Marlow, SL7 2BR	9.30am
Sun 7 Nov	QE Cross Country (3)	Queen Elizabeth Country Park, Petersfield	9.30am
Sun 7 Nov	Tidworth 10K	Tidworth House, Tidworth, Hants SP9 7AH	10.45am
Sun 7 Nov	Twin Peak Challenge	1 Ropemaker Street, London, EC2Y 9HT	9am
Sun 7 Nov	AECC Dash Back 10K	Boscombe Pier, Boscombe, Bournemouth, BH5 2DF	11am
Sun 7 Nov	Gillingham Hilly 7.5	Wyke Primary School, Gillingham, SP8 4SH	11am
Sun 7 Nov	Ilminster 10k Road Race	1 Fortnum Place, Townsend, Ilminster TA19 0HT	10.30am
Sun 7 Nov	QX Winter Trail Run 10K	Erlestoke Woods, Salisbury Plain, Salisbury, Wiltshire	10am
Sat 13 Nov	Hants XC	Goodwood Race Course PO18 0PS	13.35/1430
Sun 14 Nov	Today's Runner (Race 2)	Queen Elizabeth Country Park, Petersfield	11am
Sun 14 Nov	Bexhill Half Marathon	Polegrove Park, Bexhill on Sea, TN39 3DX	12.30pm
Sun 14 Nov	Leatherhead Fire 10K	Leatherhead Fire Station, Fetcham, KT22 9AW	10am
Sun 14 Nov	Pheonix Races 5	Preston Park, Brighton	12.15pm
Sun 14 Nov	Rempstone M'n Bike Duath	Burnbake Campsite, Rempstone nr Corfe Castle	10am
Sun 14 Nov	Run for Heroes 5K	South Marston Hotel & leisure Club, Swindon	10am
Sat 20 Nov	Wildman 10/16K Trail run	Hankley, Guildford, GU10	12am
Sat 20 Nov	Wildman Duathlon	Hankley, Guildford, GU10	12am
Sat 20 Nov	Moors Valley CaniX/5K	Moors Valley Park, Ashley Heath, Ringwood, BH24 2AA	10am
Sun 21 Nov	Epsom 10	Epsom Downs, Racecourse, Epsom, KT18 5LQ	9.30am
Sun 21 Nov	Gosport Half Marathon	Bay House School, 18 Gomer Lane, Gosport, PO12 2QP	10am
Sun 21 Nov	Salamon Turbo X (10)	Bordon, GU35 0NE	10am
Sun 21 Nov	Sussex Obstacle Dash 10K	South of England Centre, Ardingly, RH17 6TL	9am
Sun 21 Nov	Wimborne 10K	Wimborne Town Football Club, Wimborne, BH21	10.30am
Sat 27 Nov	Hell Down South Saturday	Weavers Down, Longmoor Camp, Bordon, GU33 6EL	10.30am
Sat 27 Nov	Camberley Cross Country	Ravenscote County Junior School, Camberley	11am
Sun 28 Nov	Hell Down South Sunday	Weavers Down, Longmoor Camp, Bordon, GU33 6EL	10.30am
Sun 28 Nov	Hayling Road and Trail 10	Hayling Community Centre, Station Road, Hayling	10am
Sun 28 Nov	The Three Molehills Relay	Denbies Wine Estate, Dorking, RH5 6AA	9am
Sun 28 Nov	Boscombe 10K	Kings Park Athletic Stadium, Boscombe, Bournemouth	11am
Sun 28 Nov	White Horse Gallop 5	Leighton Recreation Centre, Westbury, BA13 3PW	10am

The Race Diary

Date	Race	Venue	Time
Sat 4 Dec	Grim 8	Eelmore Fast Vehicle Circuit, Aldershot, GU11 2HL	10.30am
Sat 4 Dec	Mudman Off Road Duathlon	Army testing ground, Camberley, GU15 1HF	10.30am
Sat 4 Dec	Mudman Trail Run 10K	Army testing ground, Camberley, GU15 1HF	10am
Sat 4 Dec	Hants XC	Popham Airfield	13.35pm
Sun 5 Dec	Doyen of the Downs 30	The South Downs, Arundel	8am
Sun 5 Dec	Duck Pond Waddle 15K	West Worthing Tennis Club, Worthing, BN13 3RT	10am
Sun 5 Dec	Grim 8	Eelmore Fast Vehicle Circuit, Aldershot, GU11 2HL	10.30am
Sun 5 Dec	Grim Challenge 8	Fleet Road, Aldershot, GU11 2HL	10.30am
Sun 5 Dec	Downton Half Marathon	Trafalgar School, Downton, Salisbury, SP5 3HN	10am
Sun 5 Dec	SLH Pirie XC 10	S. London Harriers HQ, 194a Brighton Road, CR5 2NF	10am
Sun 5 Dec	Full Monty Cute 10	Ham Hill Country Park Stoke Sub Hamdon, Yeovil	10.30am
Sun 5 Dec	CC6 XC League Race3 of 6)	Janesmoor Pond, Stoney Cross	9.30am
Sat 11 Dec	P'mouth Waterside M'thon	The Pyramids Centre, Portsmouth, PO5 3ST	9am
Sun 12 Dec	Hogs Back Road Race 8.2	Quadrum Business Park, Guildford, GU3 1LU	9.30am
Sun 12 Dec	Rempstone M.Bike Duathlon	Burnbake Campsite, Rempstone nr Corfe Castle	10am
Sun 12 Dec	Believe and Achieve 5/10K	Southsea, Rock Gardens, South Parade, PO5 3PG	10.50am
Sun 12 Dec	Basingstoke Santa Jog 5K	Basingstoke, RG21 4QB	11am
Sun 12 Dec	Swindon Santa Dash 5K	Coate Water Country Park, Swindon, SN3 6AA	11am
Sun 12 Dec	Pudding Catcher 12K	Pippingford Park, Nutley, TN22 3HW	10am
Sun 12 Dec	Queen Elizabeth XC Race 4	Queen Elizabeth Country Park, Petersfield	9.30am
Sun 12 Dec	The Mince Pie 10 Mile	Meridian Leisure Centre, Peacehaven, BN10 8BB	11am
Sun 12 Dec	Hawley Winter Wonder 20	Hawley Lake , Camberley	10am
Sun 12 Dec	Today's Runner (Race 3)	The Bourne Woods, Farnham, GU10 3PR	11am
Sun 12 Dec	Burton Xmas Pudding 10K	Martins Hill Lane, Burton, Nr Christchurch, Dorset	11am
Wed 15 Dec	Brighton City Race 5K	Brighton, BN1 2RG	7pm
Sun 19 Dec	Tadley Runners Xmas XC	Hurst Community College, Tadley, RG26 5NL	11am
Sun 19 Dec	Chase the Pudding 5K	Weymouth Beach, Dorset	11am
Sun 26 Dec	Round the Lakes Poole 10K	Poole Park, Poole, BH15 2SF	10.30am
Mon 27 Dec	Warminster Plain Crazy 14	Knook Camp, Knook, Warminster, BA12	11am

The Stubbington Noticeboard

November	What	Recovery	Where	Who
Tuesday 2nd	Fartlek		Locks Heath	Richard
Thursday 4th	5k Race pace 4 x 6mins	2 mins between sets	Crofton -Lee Front	Chris H
Tuesday 9th	Figure of 8 Titchfield		Titchfield	Graham
Thursday 11th	Pyramid Run 1-2-4-6-8 and back	1 min between runs 2 mins for 6 & 8	Crofton -Lee Front	Phil
Tuesday 16th	3x1.5 Tempo pace at 'Red Path	200 mtr jog to start	Locks Heath	Mike W
Thursday 18th	2x15 min Crocodile	2 mins between sets	Lee Front	Mike B
Tuesday 23rd	Race pace 2x10 mins	4 mins between sets	Locks Heath	Phil
Thursday 25th	7 x Cuckoo lane 1k	300 mtr from finish to start	Cuckoo Lane	Mike H
Tuesday 31st	2x2 mile	jog back to beginning	Locks Heath	Richard

Glen's Thursday Speedsters (6.30pm)

4th Nov - Stubbington - Lee 10 mins out-and-back

11th Nov - Locks Heath - 5 x Paarlauf Crescent Road

18th Nov - Stubbington - Cuckoo Lane 5 x 1K

25th Nov - Locks Heath - 2 x 2 miles (3 mins)

Please send articles or reports for the club website to Mike Bell (mikebell@sgrac.net)
For The Green Runner, submissions should be sent to Tracie Jarvis (tracie.jarvis@ntlworld.com)
If you have taken part in a race recently, let us know how it went. Send us your result and time, plus a bit of background information about the race.

Looking for club kit? John and Ann Blake have a wide selection of club vests, t-shirts (both adults and children's), hoodies and bibs.
These can now be found on the new kit page http://www.sgrac.net/ClubKit/ClubKitOrder.php.

John and Ann will still be available at training sessions to sell kit as before, accepting cash or cheques, and to answer any club kit questions you may have. John and Ann are at training on most Mondays, Wednesdays, and Thursdays, or you can call them on 023 9255 2713 or email blakejohn@btinternet.com

Who's who... ...

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