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

CHEERS FOR THE SUPPORT AT GOSPORT

39 Stubbies turned out for The Gosport Half Marathon on Sunday 21st November and the conditions were perfect for fast times. The general banter after the race was who didn't manage a PB as fast times seemed to be the order of the day. Thanks must go to the Stubbington supporters all round the course cheering us on, thanks guys.

CAUTION RACE IN PROGRESS

The 2011 Stubbington 10k is on the horizon and this is the annual call for marshals and helpers. The race is especially important this time round for two reasons. Firstly this is our opportunity to show that a bit of snow has not lessened the verve that the club puts into this annual showcase; and secondly it is the race chosen for this seasons Hampshire 10k championship so all eyes will be on us to ensure a smooth and efficient event.

We need about 120 people to make the day work, most will be out on the course but there a several jobs in and around Stubbington Green itself. If you have never marshalled before you need to put a tick in that box, you get a totally different perspective of a road race marshalling than the one you get from running one. If you have entered the race please consider helping out before the off and try to pressgang a friend or family member to help out, you could try the lure of a Di & team special bacon roll and tea - on the club.

Please let me know as soon as you can if you wish to help out on the day, even those of you who turn out each year. We cannot have enough marshals and the bacon rolls are great.

Paul Hammond pjh669q@btinternet.com

Hampshire Road Race League

LORDSHILL 10 MILE

Susie MacGregor	01:07:03
Emily Foran	01:08:04
Sally McGrath	01:13:53
Kate Crowe	01:13:56
Annie Tomlinson	01:15:57
Donna Mitchell	01:20:18
Lucy May	01:25:03
Jane Butler	01:25:14
Andrea Charlson	01:31:16
Sarah Martin	01:35:32
Kathryn Davies	01:36:34
Sara McRitchie	01:43:37
David Jeffery	01:00:28
Tony Smith	01:01:29
Graham Bell	01:01:36
Kevin Wheeler	01:02:09
Andy Simpson	01:02:16
Mike Harper	01:03:20
Mark Urbanowski	01:03:50
Ray Gunner	01:05:46
Jon Leigh	01:08:36
Philip Martin	01:09:42
Neil Jarvis	01:09:56
Colin Elderfield	01:11:26
Nick Kimber	01:12:05
Nigel Whitcher	01:21:54
David Eland	01:22:11
Paul Southon	01:23:40
Rick Scott	01:25:40

Susie MacGregor

David Jeffery

Emily Foran

Tony Smith

GOSPORT HALF MARATHON

31	Wayne	Ewens	01:16:40
56	David	Jeffery	01:19:56
70	Mike	White	01:20:53
75	Tony	Smith	01:21:20
83	Mike	Harper	01:22:09
90	Graham	Bell	01:22:38
113	Kevin	Wheeler	01:24:38
200	Mark	Urbanowski	01:29:06
262	Paul J	Hammond	01:31:17
303	Philip	Martin	01:32:46
327	Marcus	Lee	01:33:35
425	Colin	Elderfield	01:37:06
450	Richard	Snell	01:38:05
536	David J	Abrams	01:41:09
578	Richard	Roche	01:42:23
642	Eric	Beck	01:44:49
691	David	Renfree	01:45:07
665	Alan	White	01:45:16
661	Aitken	Hunter	01:45:20
714	Nigel	Whitcher	01:46:45
917	Simon	Adamson	01:53:33
1055	Mark	Jones	01:58:45
1056	Ashley	Lovell	01:58:58
1287	Michael	Edey	02:11:03
1352	Robert	Spencer	02:16:29

216	Susie	Macgregor	01:29:17
221	Emily	Foran	01:29:33
449	Sally	Mcgrath	01:38:11
871	Gemma	Jones	01:52:08
1073	Sam	Mouncey	01:59:29
1086	Julie	Ashman	02:00:02
1089	Andrea	Charlson	02:00:08
1097	Sarah	Martin	02:00:56
1164	Rowena	Dodds	02:03:25
1246	Angela	Benfield	02:07:22
1283	Sandra	Abrams	02:10:37
1270	Sharon	White	02:10:38
1281	Kathryn	Davies	02:10:52
1317	Sara	Mcritchie	02:14:02

HRRL LADIES A TEAM LEAGUE AFTER 5 RACES

1	Winchester	6
2	Eastleigh RC	12
3	Overton H	22
4	**Stubb'n Green**	23
5	New Forest R	26
6	Alton Runners	34
7	Salisbury ARC	34
8	Pompey JC	38
9	Fareham	40
10	Denmead S	340

HRRL MENS A TEAM LEAGUE AFTER 5 RACES

1	Winchester	8
2	Pompey JC	10
3	**Stubb'n Green**	21
4	Overton H	25
5	So'ton AC	30
6	Denmead S	30
7	Salisbury ARC	31
8	Victory AC	35
9	Farnham R	39
10	Alton Runners	46

Remaining HRRL Fixtures

16/01/11	Stubbington 10k
06/02/11	Ryde 10 mile
20/02/11	Bramley 20 mile
13/03/11	Salisbury 10 mile
27/03/11	Eastleigh 10k
08/05/11	Alton 10 mile
15/05/11	Netley 10k

"GREEN GIANTS"

THE LEGENDS OF STUBBINGTON GREEN

Peter Rawlins

According to legend Stubbington Green's Peter Rawlins has run all 21 Great South Runs since the first race in 1990. That year the race was in Southampton, the following year it moved to Portsmouth where it has been ever since. It is now Europe's most popular 10 mile race. In 2000 the race was postponed due to flooding in the Eastney area of Portsmouth and took place in December that year. Despite gale force winds, driving rain and freezing temperatures Pete turns up every year.

Peter started running to get fit after giving up smoking in the early 1980's and soon joined Stubbington Green, and the rest as they say is history.

"This year was the 21st Great South Run and yes, I've done them all! My pb was 1-11 in 1992, this year's time of 1-39 was the slowest so far; I'm getting more sedate as the years roll by!

Well done to all the other SGR finishers; here's to next year!" *Peter*

Peter's Great South times

1991	75:51
1992	71:33 PB
1993	72:16
1994	75:38
1995	77:25
1996	72:17
1997	76:35
1998	79:42
1999	77:17
2000	77:45
2001	85:50
2002	83:09
2003	78:49
2004	79:56
2005	83:40
2006	94:06
2007	84:52
2008	88:27
2009	85:48
2010	99:16

Bupa 21st great south run 2010

Zippy Grice	00:57:40
Kevin Wheeler	01:01:38
James Prill	01:03:12
Nick Kimber	01:09:30
Stephen Martin	01:09:35
Philip Martin	01:10:47
Mark Greenfield	01:14:33
Michael Clarke	01:16:11
David Abrams	01:16:47
Zac Conaty	01:17:51
Aitken Hunter	01:19:07
James Hall	01:19:34
Eric Beck	01:19:48
Alex Drew	01:19:49
Paul Southon	01:26:00
David Langrish	01:34:48
Robert Spencer	01:34:49
Hugh Mcmullan	01:36:54
Peter Rawlins	01:39:16
Michael Edey	01:43:35
Mark Pamplin	01:47:32
Kate Crowe	01:14:12
Katherine Briggs	01:23:12
Julie Woodman	01:23:21
Gemma Jones	01:24:42
Jane Butler	01:24:50
Karen Rogers	01:26:17
Naomi Crane	01:29:55
Angel Fisher	01:31:04
Julie Ashman	01:32:14
Sam Mouncey	01:32:38
Marina Odey	01:32:48
Sharon White	01:36:31
Eunice Hoare	01:37:03
Rowena Dodds	01:37:24
Liz Hall	01:40:37
Sandie Mcintosh	01:40:39
Claire Schnabel	01:42:18
Sandra Abrams	01:43:05
Claire Martinelli	01:45:32
Nikki Clarke	01:49:11
Sarah Clements	01:51:48
Jacqui McMullan	01:58:55
Sarah Devries	02:06:31
Claire Borrowdale	02:18:37

Zippy Grice

Kate Crowe

Thank you to Tracey Jarvis for spending many late nights looking up results and photos from the last 21 years. *Ed*

The Mulled Wine Solent Breezes 10k Handicap: the sequel! Sunday 19th December 2010

After the success of last year's Christmas handicap, we return to Solent Breezes for another 10kish handicap run ending with some essential mince pie and mulled wine carbo-loading! Like last year, the run starts and finishes at the junction between Hook Park Road and Cowes Lane (just outside Nick Kimber's house in Warsash), but this time we go anti-clockwise (or run backwards if you prefer!). So it's a circular, flat course along road, gravel tracks and through fields and woods around the Solent Breezes and Warsash Common areas. The route will probably be muddy and slippery in places with tree roots set as traps throughout the woods and a swimming pool arranged on the sea front! The aim, as usual, is to finish as close as possible to 1130. After the fantastic turnout last year, Christmas fancy dress is a must for this fun run – Santas, elves, fairies and reindeers are all welcome! Prizes will be presented to the winning male and female and for best male and female fancy dress. £1 to enter on the day which will cover the mulled wine and mince pies which, once again by kind permission, will be on Nick and Helen Kimber's driveway!
The detailed route is described below. Don't forget your recce and absolutely no watches, GPS or other skulduggery on the day!

Start at the junction of Hook Park Road and Cowes Road heading east along Hook Park Road (which soon becomes a gravel track) toward Hook village.

At the next path / track junction on the left, turn left and then run slightly downhill for about 30m. If you start going steeply downhill you've gone too far and have moved into 'lost lonely, billy-no-mates' runner category.

Turn left at the wooden gate kissing gate into Hook with Warsash Nature Reserve. From the main track take the narrower track on the right which takes you on a winding route through the woods.

Eventually the narrow path bear left and emerges from the woods and onto a main track to your right. Pass through the gate and onto the wide path toward a road passing 'Bridge House' on yr left. Turn right at the track / road junction (Newtown Road).

Run along Newtown Road for about 400m then turn left onto the footpath at the edge of Warsash Maritime College, (when you're on the footpath the college fence will be on yr right).

Follow the footpath slightly downhill as it winds around the college boundary. When you reach a wooden barrier, go straight along the waterside path heading towards the sea (Chris Hall please don't keep going on to the Isle of Wight!).

When you arrive at the beach run eastwards along the beach path for about ¾ mile towards Solent Breezes caravan site. After running through a field (mind the horses – they eat runners you know!) run along a short stretch of cliff (about 2m high!) then back onto the pebbly beach seaward side of Solent Breezes.

Run (not walk) up the steps to 'Breezes Bar ', run to the right of the bar then turn right at the road. Follow the road eastwards passing in front of a crescent of caravans on the sea front (boats on your right), up a slight hill to a footpath which joins onto Chilling fields.

Turn right onto the path on the cliff top and keep running eastwards to the end of Chilling Fields.

As you come to the end of Chilling Fields bear right slightly to take yourself back on the beach then immediately bear left towards a small wooden bridge which will almost certainly be underwater! I did say that this was a Biathlon event didn't I?!

Run over or swim past the wooden bridge then turn sharp left onto an uphill footpath heading inland.

Run up this path which soon joins a wider track (also coming from the beach). Keep going for about 500m until you come to a T junction. Turn left and follow this main track as it first curves right and then left back towards Chilling Fields.

Run along the track; pass through a V shaped crossing to the left of a gate then along the track with a pond to the right, woods to the left.

At the next T junction turn right and follow the track around the north edge of Chilling Fields eventually coming to a gate.

At the gate go straight on and exit Chilling fields. Follow the track past Chilling Barn then sharp right towards a road (Chilling Road).

Turn left at Chilling Road and run westwards. Where the road bears left into Solent Breezes Caravan Park, keep going straight on to a gravel track and follow this for about 200m.

When you come to a sharp left hand bend, turn right and pass through a kissing gate onto a wide path.

Just after you've run past a green post box and White House on your right, turn right toward a sty and 5 bar gate. Vault over the gate performing a triple somersault with half pike, land on the footpath which runs round the edge of a field (keep the wire fence to your right).

Once you've run around the field you'll reach a sty on your right, hop over the sty and then 3 more before coming back to the main track that you started with, (Hook Park Road).

Turn left at Hook Park Road Head and head westwards along the track until you reach the Hook Park Road / Cowes Lane junction and the finish. A kindly club member will record your time.

Grab a mulled wine and mince pie to keep yourself warm and cheer the rest of the runners home. Fingers crossed for the closest time to the 1130 finish!

Any questions contact Tim Sullivan (tim.sullivan@sky.com) or Nick Kimber (Nick.Kimber@dsl.pipex.com)

CROSS COUNTRY NEWS

Hampshire Cross Country, Goodwood

The second Hampshire Cross Country race took place on Saturday and a depleted Stubbington group turned out. Of the group Tom Whitcher was first to run in the 15 year old race and came in 60th.
Sally and Sharon were the only girls running in the ladies event with Sally coming in 45th and Sharon 91st .
In the mens event Dan came in 65th, Simon 132nd Mike H taking it easy was 158th just ahead of John on 164th, Gordon and John T bought up the rear of the group.
This meant the girls team was incomplete and the men last in Div 1 and 10th in the vets league, and at this early stage relegation from Div 1 looks inevitable. But I shall be petitioning Mark and Zippy for the next races in order to boost our aggregates and hopefully avoid the drop. Phil May.

Tom Whitcher	60th	
Sally McGrath	45th	8th Vet
Sharon White	91st	34th vet
Dan Gueran	65th	
Simon Carson Jones	132nd	
Mike Harper	158th	61st Vet
John Gueran	164th	67th Vet
Gordon Westley	201st	95th Vet
John Tussler	210th	105th Vet

SALLY MCGRATH

TODAYS RUNNER

MIKE CLARKE

A total of 17 Stubbies made the long trek to North Hampshire for the first Todays Runner fixture of the season which took place at Pamber Forest near Tadley. The event was hosted by Basingstoke & Mid Hants AC and all the runners found the course to be much drier than last year and slightly altered due to the inclusion of a field this year in addition to the normal forest tracks.

It was good to see Zippy back in action again and he led the Greens home with a creditable 7th place. The standard appeared to be higher for this event as once again Dave and Mike W were our second and third men in as last year but this time Dave was 10 places down and Mike 8. Mike H was the fourth member to cross the line in 39th place and the scoring was completed by Jon Leigh who continues to maintain progress coming in 58th, an improvement of 16 places on last year just edging out Tim who was making a welcome return after a long spell through injury. These results gave us a total of 145 points and fourth place.

In the ladies race captain Susie was the first Stubbie across the line in 7th place, a repeat of last years position. Not far behind was Penny with a 10th place finish, 4 up from last year. Donna made her Todays Runner debut and had a fine run to complete the ladies scoring. A total score of 55 points saw the ladies emulate the men to also finish fourth.

Overall on the day the club came fourth equal with Fleet and Crookham with Basingstoke winning the day comprehensively.

John Tussler

Men	Ladies
7 Zippy Grice	7 Susie MacGregor
19 Dave Jeffery	10 Penny Forse
22 Mike White	38 Donna Mitchell
39 Mike Harper	69 Sarah Martin
58 Jon Leigh	76 Tracie Jarvis
60 Tim Sullivan	77 Caroline Street
62 Nick Crane	(88 runners)
75 Mike Bell	
81 Nick Kimber	
109 Mike Clarke	
126 Eric Beck	
(164 runners)	

HAMPSHIRE CROSS COUNTRY REMAINING FIXTURES

04.12.2010	Popham Airfield
15.01.2011	Prospect Park
29.01.2011	South of England Cross Country Championships, Parliament Hill, London
12.02.2011	Salisbury, Hudsons Field, Castle Road (A345) within 1 mile or so north of City Centre
19.02.2011	National Cross Country Championships, Alton Towers

TODAYS RUNNER REMAINING FIXTURES

12.12.2010	The Bourne Woods, Farnham
02.01.2011	Lord Wandsworth College, Long Sutton, Hook
13.02.2011	Manor Farm Country Park, Bursledon
06.03.2011	Staunton Country Park, Havant

Exmoor Weekend

All you fun lovers out there mark your calendars! Forget the post Christmas blues and join us for the SGR youth hostelling weekend in January, from Friday 28th January to Sunday 30th January, for an action packed, full of fun, frantic weekend.

We're off to Exford, in the heart of Exmoor National Park, this time round. The accommodation is more upmarket; Exford youth hostel is a charming refurbished Victorian house with timber features, set in its own wooded grounds in the centre of the village. Naturally we have ensured there is a pub within throwing distance right across the road!!

The hostel has 34 beds and we have hired it for our exclusive use for the weekend so get your bed booked now as they are sure to go fast. Email Sue Robinson on sue.robinson@cdata.co.uk. The cost will be in the region of £30 per person for the two nights based on all beds being taken (which they surely will be). In light of late withdrawals on our previous weekend we are asking for your cheque within two weeks of your booking to confirm your place. Cheques should be made payable to Stubbington Green Runners (not SGR) and forwarded to Sue Robinson at 17 Harvey Crescent, Warsash, SO31 9TA or by hand on Monday and Thursday evenings running sessions.

Based on the success of last year's programme we are going to follow the same pattern. Friday night will be pub grub (walking distance this time!), Saturday night will be American Supper and Sunday will be a communal fry up before leaving for home. Running and activities will be organised and details of these will be posted soon.

"I have a one-bedroom apartment at Club La Santa in Lanzarote available for two weeks in March next year. The dates are 10th to 17th and 17th to 24th. The apartment will accommodate up to four people and is available at a cost of £503 per week, which when compared to the cost of £899 per week if booked direct through Sports Tours, represents pretty good value.

If anyone is interested in making use of the apartment for either week to get some warm weather training in at this renowned sports complex or would like further details please contact me at john_tussler@hotmail.com before the 10th December as this is the deadline for notifying the resort. John Tussler"

After a heated debate and several cups of tea and cakes, the four lucky recipients of club places for next years Virgin London Marathon were decided upon at this months committee meeting. They are.....
Donna Mitchell, Eric Beck, John Blake and Paul Hailwood.

Good luck to them all.

Keith Davies

Very sadly Keith Davies passed away on 28th October after a long illness.
He had only just joined SGRAC from Havant AC and was a long time running companion and very good friend of Mike White.

Keith started running in 2000 after visiting London with his wife on the day of the Marathon, he got inspired and ended up running the London Marathon each year for 9 years until illness prevented it this year. His best marathon time was an impressive 2hr 48min 59sec in 2006, but arguably it was in Ultra-distance running that Keith truly made his mark and the pinnacle of his achievements here was the unbelievably tough 100mile Cesar's Camp race where in 2007 he won the event in a time of 21hrs and 29min which is a course record that still stands. This race includes 1500ft of total climb on each 10ml lap or a total of 15,000ft of climb for the 100mls.

Those who knew Keith will always remember his incredible endurance and his friendship and when the going gets tough we'll imagine what Keith would have done and just get on with it.
(The picture is of Keith at the Meon Valley Plod in 2007).
Mike White.

THE HAIR OF THE DOG CLUB RUN

Brush away the cobwebs on New Years Day with the annual Hair of the Dog Club Run.

11am on 1st January at The Forest of Bere near Wickham

Meeting at the Wood end car park, just outside of Wickham, off the A32. It's the same place as in previous years.

Don't forget your money for the car park since you don't want to start 2011 with a parking ticket!

Everyone is welcome – kids, grandparents, walkers, runners, dogs, the lot. You can have a gentle stroll round the forest, a steady run, or just sit and look after the mulled wine and mince pies.

How to get to Bere Forest: from Fareham, heads towards Wickham, then head north along the A32. Go past the Roebuck Public House on the left, turn right about 200 yards past the pub. The Wood end car park is about 400 yards up the road on the right hand side.

Ladies Captain's Report

Two Todays Runners, 2 HRRL races and 1 Hampshire Cross Country saw a good turn out of Ladies for November

The first fixture of the season was at Pamber Forest, 6 ladies braved the cold weather in Basingstoke. The course is undulating but one of the easier Todays Runners.

Next came Lordshill 10 - This is a flat fast course. We had 12 ladies competing for the club and many PB's were obtained which was fantastic.

Gemma Jones

Sandra Abrams

QE Country Park was held on 14th November, conditions were cold but we all warmed up after the first hill which seems to go on forever! Again a great turn out of ladies.

Sally McGrath (8th Vet) and Sharon White (34th Vet) were the only ladies to run the Goodwood Hampshire Cross Country.

The last race for November was the Gosport Half Marathon. The conditions were perfect. This is also a flat fast course where PB's were obtained in abundance. Well done Ladies. It was great to see so many of you.

The next Todays Runner will be held on 12th December at The Bourne Woods, Farnham and also our handicap run on 19th December.

Sara McRitchie

Julie Ashman

If any of you can help out at the Stubbington 10K on Sunday 16th January, Paul Hammond would love to hear from you. pjh669q@btinternet.com

I would also like to say "Well done" to Anne Fairhurst who ran the Athens Classic 5KM on 31st October. Anne ran a time of 34:55 and was 1st Lady for her age cat (64-69) Fantastic achievement !

Susie

RESULTS ROUND UP

SNOWDON MARATHON

Just thought I'd say a few words about the Snowdonia Marathon which I ran on Saturday 30th Oct. As you may imagine its a tad hilly, with the final four miles particularly challenging ... from 22 miles it went up to Bwlch y Groes, a very steep climb, which ends up on track rather than tarmac, then its a two mile ish downhill all the way to the finish on Llanberis high street. The weather was rather damp, as we reached the top of that final climb there was a most spectacular thunderstorm followed by a hail storm which lasted till I got back to the car! It rained quite a lot, which made that final downhill section slippery, as it was muddy paths and tracks! An awesome race with the most amazing scenery, and I was also pleasantly pleased with my time of 4hr 11 53 ... highly recommended race, incredible scenery, superbly organised and far more interesting and challenging than any city marathon! Hope to see more Stubbies on the start at the bottom of the Llanberis pass in 2011!
Steve Martin

Steve Martin	04:11:53
Julie Woodman	04:17:35

The Original Mountain Marathon – 30-31 October

For those unfamiliar with this event, it is a two day orienteering-style event for teams of two, who must be totally self-sufficient, carrying all their food and camping equipment. We finished in 14th overall, in a total time of 13:02 – some 2½ hours behind the winners.
Graham James

Athens Classic Marathon

John Fairhurst 3439th

4-10:52 (PB). 19th M(64-69) of 135

Roger Fairhurst 409th

3-14:57. 70th M(35-39) of 1130

Athens Classic 5km

Anne Fairhurst 1297th
34:55 1st F(64-69) of 12

FRENCH NATIONAL HALF MARATHON CHAMPS

Saint Pol to Morlaix, Brittany, France, date 31st October

This was the third time in the last 10 years that St. Pol – Morlaix has held the national half marathon championships. The organization is well oiled, efficient and friendly. On the Sunday with the various races held there were 9000 participants and 50 000 spectators on the course which guaranteed an excellent atmosphere. The race route is challenging, pleasant and point to point. To put into perspective there are several false flats up and down plus two big hills one a bit like Fishers hill Titchfield and the other similar to running up 9 Elms lane to the very top of Portsdown Hill. You then end with 4 flat kms along a river and finish under a magnificent viaduct! A real "monument" in the French road-racing calendar.
Winner 1:04:16 Lic Letellier (former national champion 5000 & 10 000m),

Stubby Peter Fairhurst 131st 1:16:11.

SANDY BALLS DUATHLON

Wayne Ewens 3rd John Rawlins 4th

MEMBER OF THE MONTH

Rachael Openshaw

Words:
Tina Chantrey

Running to her own beat

Rachael Openshaw revels in the outside life that running offers

"I've been running for about 10 years now, which is very scary because 10 years ago I was only 13. Once I started I couldn't stop!

"At school my form tutor, John Exley, asked me if I'd like to do the junior Butser Hill Challenge as part of a school team. Little did I know what I was letting myself in for! The school won the team event and I came third in my age category and joined SGRAC not long after, in about November 2002. I haven't looked back since."

Rachael is one for punishment, attending the Monday, Tuesday and Thursday sessions at the club whenever possible. "I really enjoy all the club training sessions, even the ridiculously hard sessions. My favourite type of running is road running, just because it's the easiest type, but in the summer I also really enjoy running down by the cliffs at Chilling."

Rachael is not only motivated, she is cunning as well. "As far as races go, I aim to try and beat anyone who looks older than me!" she smiles. "In terms of challenges . . . well, I'd like to be able to say that I've run a marathon and climbed Mount Kilimanjaro before I die. I think that knowing you've pushed your body to its absolute limits, both mentally and physically is a good indicator of a great but tough challenge. And I just love the look on people's faces after you've told them that you've done one of those 'once in a lifetime' things, a bit like when I told my mum that I'd mountain-biked down Camino de las Yungas, in Bolivia, whilst I was travelling. This road is also known as Death Road!"

What would our lives as runners be if we didn't have our goals? Like the rest of us Rachel is goal-driven, and at the moment Rachael's immediate goal is: "to run sub 45mins at Eastleigh next year. Penny has set me a somewhat busy training schedule, which started, in earnest, with a missed session as I went to see the Manic Street Preachers at Southampton Guildhall instead. Obviously I have my priorities sorted!

"I am competitive to a point, but I'm not one of those people who are so competitive that they let it take over their life. I know I will never be a great athlete, but I'm content with the running that I do. I enjoy all sports really, especially athletics and football. But if I'm not out running I love music and am always going out to gigs with my friends. I just love being out of the house and doing something fun!"

Rachael has set herself some plans, one of which is to start increasing her mileage, and getting out for those long runs at the weekend. "Although I probably do more off-road running, as I try and do as many cross country races as I can, I actually prefer road running. I find it much easier, which I know is a lame excuse, but I always feel like I've run better on the road rather than off-road and I usually find that I can beat people on the road that I can't beat off road. Although off-road running is very good for stamina building (or so I'm told!), which is why I do it!"

What has been a defining moment in Rachael's running career? "I loved the South Downs Relay this summer. It was without doubt the best race I have ever done, from setting off in the minibus at 3am in the morning to crossing the finish line some 13 hours after the race started! The camaraderie was fantastic and so were Tracy Bell's chocolate brownies!"

With those swelteringly hot South Downs runs a distant memory for us all, Rachael has a very long and very tough winter of training ahead of her. "I am just concentrating on Eastleigh for now, but after that I will probably, or should probably, sets my sights further afield and maybe even do a half marathon one day!" We know you can do it easily Rachael.

UKA UNITED KINGDOM ATHLETICS

UKA Update
From next year all UKA affiliations will require an email address so that affiliated members can be better informed. If you have your logon details, perhaps you would go on-line and enter your email details ... if you haven't already.

Once I start the 2011-2012 renewals, I will need to ensure all email addresses are up-to-date. If you do NOT wish me to enter your email address onto their system then please let me know ASAP. With up to 200 updates to apply I won't be wanting to leave it until March to add this information to their database. If you don't wish me to submit your email to UKA then any communications will be sent through the club, thus they are likely to be delayed.
Thanks Caroline Street

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
Sat 4 Dec	Orienteering for Runners	Greenwich Park, SE10 8XJ	11am
Sun 5 Dec	Crowborough 10K	Beacon Community College Crowborough, TN6 2AS	10am
Sun 5 Dec	Reindeer 10K	Stourhead Estate, Stourton, Warminster, BA12 6QD	9.30am
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
Sun 12 Dec	Santa 5K Fun Run	Old Deer Park, Richmond, TW9 2AZ	11am
Sun 12 Dec	Reading Santa Jog 6K	Reading, RG30 2ND	2.10pm
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
Sun 26 Dec	Turners Hill XC 4.5	St Leonard's Church, Turners Hill, RH10 4PB	11am
Mon 27 Dec	Warminster Plain Crazy 14	Knook Camp, Knook, Warminster, BA12	11am

The Race Diary

Date	Race	Venue	Time
Sat 1 Jan	Hare of the Dog (tbc)	Forest of Bere, Wickham	11am
Sat 1 Jan	Knacker Cracker 10K	Ryker's Cafe Car Park, Box Hill, Dorking, RH5 6BN	11am
Sat 1 Jan	Brown Willy Run 7	Jamaica Inn, Bolventor, Launceston	11am
Sun 2 Jan	CC6 XC League	Kings Inclosure, Stoney Cross	9.30am
Sun 2 Jan	Today's Runner (Race 4)	Lord Wandsworth College, Long Sutton, Hook	11am
Sun 2 Jan	Tadworth 10	Tattenham Corner, Epsom Downs, KT18 5LQ	10.30am
Sun 2 Jan	Milborne 10	Milborne St Andrew, Dorset DT11 0JX	10.30am
Mon 3 Jan	Brutal 10	Longmoor Camp, Liss	10am
Mon 3 Jan	Somerley 5K & 10K	Somerley House, Somerley, Ringwood, BH24 3PL	11am
Sat 8 Jan	Hants Championships XC	Fleming Park, Eastleigh	11.30am
Sun 9 Jan	Goring Woodcote 10K	Village Green, Woodcote, Reading	10.30am
Sun 9 Jan	Winter Tanners 20 & 30	Station Road Municipal Car Park, Leatherhead	8.30am
Sat 15 Jan	Hants XC (Race4)	Prospect Park, Reading	13.35/14.30
Sun 16 Jan	Run Rampage 10K	Bagshot MOD D1 and D2 Sites, Camberley	11am
Sun 16 Jan	Stubbington Green 10K	Crofton Community Centre, Stubbington, PO14 2PP	10am
Sun 16 Jan	Rough & Tumble 10	Milton Lilbourne Village Hall, Marlborough, SN9 5LQ	11am
Sun 16 Jan	Plumpton Classic 7.5K	Plumpton Rcaecourse, Plumpton Green, BN7 3AL	11am
Sun 16 Jan	Run Rampage 10K	Bagshot MOD D1 and D2 Sites, Camberley	11am
Sun 23 Jan	Romsey 5	Broadlands Estate, Romsey	10.30am
Sun 23 Jan	Asics Iceman Off road 10K	Frimley, Camberley, GU16 6GP	10am
Sun 23 Jan	Asics Iceman Duathlon	Frimley, Camberley, GU16 6GP	10.30am
Sun 23 Jan	Maxifuel Winter Duathlon	Dorney Lake, Eton Rowing Club, Windsor, SL4 6QP	9am
Sun 23 Jan	Maxifuel Running 5 & 10K	Dorney Lake, Eton Rowing Club, Windsor, SL4 6QP	12am
Sun 23 Jan	Bath Run Series 10K	Sports Training Village, University of Bath, BA2 7AY	10am
Sun 23 Jan	Lakeside Canal 8	Lakeside, Frimley Green, Camberley, GU16 6PT	10am
Sun 23 Jan	Wessex XC League	Ham Hill, Stoke-sub-Hamden (Yeovil)	t.b.c
Sat 29 Jan	Hants XC (Race 5)	Parliament Hill, London	13.35/14.30
Sat 29 Jan	Snow and Rock G3 10K	Newlands Corner, Guildford	8.30am
Sun 30Jan	Riotrunner 7	Slab Common, Bordon, GU35 0NE	11am
Sun 30 Jan	Ross Cycles Kenley 10K	Kenley Airfield, Kenley Common, Kenley, CR8 5YG	10am
Sun 30 Jan	Porridgepot or Bust	Stoney Castle Campsite, Pirbright	10am
Sun 30 Jan	Slaughterford 9	Leafy Lane Playing Fields, Corsham, SN13 9UQ	9.50am

The Stubbington Noticeboard

DECEMBER	What	Recovery	Where	Who
Thursday 2nd	Lee Front grass Fartlek	the hard road bits	Crofton 7.00pm	Mike B
Tuesday 7th	5x 1mile Schooner Way	100 mtr walk to start	Schooner Way	Mike W
Thursday 9th	Hillhead 6x600mtr		Crofton 7.00pm	Mike H
Tuesday 14th	Titchfield figure of 8		Locks Heath Cntr	Phil
Thursday 16th	7 x Cuckoo lane 1k	300 mtr jog	Crofton 7.00pm	Chris H
Tuesday 21st	6 titchfield rollers	Jog back to other group	Locks Heath Cntr	Graham
Thursday 23rd	Lee Triangle Accelerations	Normal ones	Crofton 7.00pm	Phil
Tuesday 28th	Race pace 2x12 mins	3 mins between the 2 sets	Locks Heath Cntr	Mike B
Thursday 30th	Lee Front grass Fartlek	the hard road bits		Chris H

Glen's Thursday Speedsters (6.30pm)

2nd Dec - Stubbington - 4x5 minutes out-and-back

9th Dec - Titchfield - 6 x Titchfield Rollercoaster

16th Dec - Stubbington - 6 x 1K Cuckoo Lane

23rd Dec - Titchfield - 2 x Titchfield Figure of 8
(followed by drink in The Wheatsheaf)

30th Dec - Stubbington - 6x600 (250)

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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