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

January 2011

AND THE AWARD GOES TO....

Performance of the Year went to Euan McGrath for his epic 103 mile South Downs race where he came 7th in a time of 24:10:56 Pictured here with his wife Sally

A delighted Tina Chantrey is our Senior Lady award winner for 2010 alongside Rachael Openshaw who was voted Improver of the Year.

A very dapper looking Andy Simpson won the Senior Male award, pictured with his wife Michelle.

The May family had a great night with Lucy collecting the award as winner of the Stubbington Championship League of 2010. Dad Phil won Personality of the Year.

The biggest cheer of the night was saved for John and Anne Fairhurst who picked up The Lifetime Achievement Award

Penny Forse collecting her prize for Veteran Lady of 2010 from the lovely Gill Rose

Alan White was a popular winner of the 2010 Male Veteran

Another incredible year from Richard Thomas saw him collect the prize for Male Triathlete of the Year

Well done to Susie MacGregor for Female Triathlete of the year and another popular result as Donna Mitchell received Newcomer of the Year

Well done Jaz, Supporter of the Year, hope you are back running soon.

"I would like to say thank you for my supporter of the year award, although it really was not necessary to give it to me, I am truly honoured! I am unable to run at the moment so being able to cheer my friends along is the next best thing. Besides, it is also the only time I am officially encouraged to be loud and gobby!

I feel, however, that the true supporters often go unnoticed and if it wasn't for people like Caroline Street and Chris Haskell, who successfully organise the beginners course every year, and Glen, Penny and Phil who keep us motivated with our training sessions, and of course all the committee, we wouldn't have a club to support so thank you to all of you." Jaz

A special thank you was given to Mike Bell for his work on the Stubbington Green website, widely acknowledged as the best running website in the UK.

SOCIAL NEWS

Happy New Year to all you stubbies out there! As 2010 draws to a close and 2011 descends upon us I'd like to say well done and many thanks to all those who have made it another brilliant social year for Stubbington Green Runners.

The Annual Awards night was a great success! Many thanks to all those who worked so hard to make it such a great night; Kathy McKain for all her work and organisation of the bookings and co-ordinating menu choices, Rita Leigh and her merry team at David Lloyd who provided us with great service and fab food at a great price, helping us to keep the cost down in these challenging times, and last but not least, Phil May and Gary Littlecott (*pictured*) for their ever entertaining double act hosting the awards ceremony. Also 'thank you' to all of you who came along and made it such an enjoyable evening and congratulations to all you worthy and inspirational award winners, keep up the amazing work!

Congratulations also to Tim and Nick on the triumph of their regular club handicaps which always prove to be greatly attended, well organised and thoroughly enjoyable for us all. I think I speak for everyone in saying a big thanks for all your efforts!

The social calendar for 2011 kicks off with the youth hostel weekend away in Exmoor at the end of January. All 34 beds are now filled and it promises to be a great weekend. This time we have opened it to families so we hope that the younger members of the party will 'get into the groove, let their hair down' and enjoy some running and activities along with us oldies. Sue Robinson has done a great job getting this off the ground so well done and thank you to her.

I think that's all folks. Hope to see you soon and here's to a 'speedy' 2011!
Tracie x

"GREEN GIANTS"

THE LEGENDS OF STUBBINGTON GREEN

Barry Hards

Barry Hards is truly a 'Green Giant'. Barry has it all; speed, stamina, endurance along with an abundance of motivation, talent and grit.

His résumé of ultra race achievements makes fantastical reading, see below. The South Downs 80 is no longer running but the Compton which Barry ran in 2010 is still going. Barry crossed the line in 5hrs 40, he modestly says 'a lot slower than I used to!' but still an awesome pace. Ever the competitor Barry says 'I would like to start doing a few again, ...maybe Compton 40 again next spring, I should be able to smash this year's time'

Barry has a remarkable record at all distances; his achievements are too many to list. He humbly remarks 'my sub -three on the Seven Sisters/Beachy Head Marathon was very enjoyable, as was my flukey first place on the Isle of Wight when I turned 50'

To say Barry is a legend seems almost an understatement. He is an exceptional and inspirational runner; an outstanding athlete!

Ultra Race results

South Downs 80: Held the last week-end in June (potentially very hot!) this was Barry's favourite race.
1991 2nd place Time 10 hours 31 minutes
1992 1St place Time 11 hours 14 minutes – extremely hot.
1994 1st place Time 10 hours 43 minutes
1995 1st place Time 10 hours 44 minutes
1996 2nd place Time 10 hours 36 minutes

Compton Challenge 40 miles
1995 1st place Time 5:01
1997 2nd place Time 4:57
1999 1st place Time 4:50 – this was a course record
2000 2nd place Time 4:58
2004 2nd place Time 5:18

Fat-Ass 54 mile trail race: very tough trail race used to be held in the first week in Jan, no support provided. Along the North Downs.
1994 2nd place Time 7:16
1995 1st place Time 7:17

Mendip 40 trail race
1st place and course record 4:36

Sri Chimnoy 100k road race:
1997 4th place Time 7:55 – British Champs
1998 2nd place Time 7:54

London-to-Brighton 55 miles:
1997 6th (2nd Britton) Time 6 hours 34 minutes.

Dartmoor discovery 34 mile road racer:
2000 4th Time 4:12
2003 3rd Time 4:01

Selected to run for England 100k squad 1998 and 1999

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

Dozens of crazy Stubbies braved the ice, snow and freezing temperatures to take part in the annual Christmas fancy dress competition and handicap race.

A strange spectacle for local residents and the occasional dog walker at the sight of a giant Christmas present being chased across snowy fields by groups of Santa's. Just to confuse onlookers even more, the Christmas present was accompanied by an angel.

The organisers hadn't checked the tide times (or had they?), which made the section near the caravan park a choice between rock climbing or wading through the sea, most chose the rocks. Some very slippery sections of road meant the going was slow and several runners took a tumble on the ice. Everyone seemed happy at the end though.

The post race mulled wine and mince pies went down very well, thank you to the organisers and especially Mr and Mrs Kimber for letting us warm up in their kitchen.

The Handicap winners were Sarah Martin and David Jeffery
The fancy dress winners were Gill Rose (Angel) and Richard Snell (Christmas present)

SGRAC Championships Leaderboard

1	Mike Harper	40		21	Simon Carson Jones	15		51	Angela Benfield	5
2	Sally McGrath	35		21	Tina Chantrey	15		51	Annie Tomlinson	5
2	Susie MacGregor	35		30	Ann Blake	10		51	Ashley Lovell	5
4	Donna Mitchell	30		30	Chris Hall	10		51	Caroline Street	5
4	Sarah Martin	30		30	Dan Gueran	10		51	Chris Gallagher	5
6	Graham Bell	25		30	David Eland	10		51	David Abrams	5
6	Sharon White	25		30	Emily Foran	10		51	David Renfree	5
8	Alan White	20		30	Jane Butler	10		51	Debbie Casey	5
8	Andrea Charlson	20		30	Jaz Smith	10		51	Gemma Jones	5
8	Andy Simpson	20		30	John Blake	10		51	Georgie Wallis	5
8	Colin Elderfield	20		30	John Gueran	10		51	Ian Webber	5
8	David Jeffery	20		30	John Simister	10		51	John Tussler	5
8	Eric Beck	20		30	Julie Ashman	10		51	John Vose	5
8	Jon Leigh	20		30	Kathryn Davies	10		51	Julia Park	5
8	Kevin Wheeler	20		30	Mark Urbanowski	10		51	Kate Crowe	5
8	Mike White	20		30	Mike Bell	10		51	Marcus Lee	5
8	Nick Kimber	20		30	Mike Clarke	10		51	Marina Odey	5
8	Nigel Whitcher	20		30	Nick Crane	10		51	Mark Jones	5
8	Penny Forse	20		30	Phil May	10		51	Michael Edey	5
8	Rachael Openshaw	20		30	Ray Gunner	10		51	Neil Jarvis	5
8	Tony Smith	20		30	Rowena Dodds	10		51	Richard Roche	5
21	Gordon Westley	15		30	Sara McRitchie	10		51	Richard Snell	5
21	Lucy May	15		30	Tim Crumpton	10		51	Sam Mouncey	5
21	Paul Hammond	15		30	Tom Whitcher	10		51	Samuel Ratzer	5
21	Paul Southon	15		30	Tracie Jarvis	10		51	Sandra Abrams	5
21	Philip Martin	15		30	Wayne Ewens	10		51	Simon Adamson	5
21	Rick Scott	15		51	Aitken Hunter	5		51	Tim Sullivan	5
21	Robert Spencer	15		51	Andy Lee	5		51	Zippy Grice	5

CROSS COUNTRY NEWS

TODAYS RUNNER

On a bitterly cold December morning 14 Stubbies made the journey to Bourne Woods in Farnham for the third leg of the Todays Runner League where they found freezing conditions had produced an ice rink for the last 500 metres or so of the course. However conditions on the course were not too bad so the race went ahead although it made the finishing sprints rather interesting.

The ladies team took the honours on the day where we had all three scorers making the top ten, a situation we haven't seen for some years.
Susie MacGregor again led the ladies team home crossing the line in fourth place whilst Penny Forse in 8th place closely followed by Sally McGrath in 10th completed the team scores and ensured they finished top of the placings ahead of host club Farnham Runners. The other ladies who braved the cold were Rachael Openshaw (33rd), Sarah Martin (70th) and Tracie Jarvis (76th).

The men's team were led home by Chris Hall completing the race in 14th place with Mike Harper (26th), Jon Leigh (52nd), Nick Crane (63rd) and Mike Bell (87th) filling the remaining scoring places. This gave the men's team 7th place on the day which when combined with the ladies first place meant we finished in third equal place with Hart Road Runners and behind Farnham Runners (1st) and Basingstoke & Mid Hants. Other Stubbie men who took part were Mike Clarke (118th), Nigel Whitcher (123rd) and Phil Martin (running with Sarah 172nd).

Well done to everyone who ran and hope to see you all at the next race which is due to take place at Lord Wandsworth College, Long Sutton on Sunday 2nd January

Mike Bell

Tracie Jarvis

League Table after 3 Races

CLUB	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total	Worst	**Corrected**	Place
Host Club	B&M	PJ	FR	HRR	SGR	DS				
Race Date	31-Oct	14-Nov	12-Dec	02-Jan	13-Feb	06-Mar				
Basingstoke AC	1	1	2	0	0	0	4	2	**2**	1
Farnham Runners	3	1	1	0	0	0	5	3	**2**	1
Hart Road Runners	2	4	3	0	0	0	9	4	**5**	3
Stubbington Green	4	3	3	0	0	0	10	4	**6**	4
Fleet & Crookham AC	4	9	6	0	0	0	19	9	**10**	5
Liss Runners	6	7	5	0	0	0	18	7	**11**	6
Portsmouth Joggers	8	4	15	0	0	0	27	15	**12**	7
Victory Athletic Club	9	6	11	0	0	0	26	11	**15**	8
Haslemere Border AC	16	10	8	0	0	0	34	16	**18**	9
Portsmouth Triathlon	17	11	7	0	0	0	35	17	**18**	9
Fareham Crusaders	11	8	15	0	0	0	34	15	**19**	11
Midhurst Milers	7	17	13	0	0	0	37	17	**20**	12
Gosport Road Runners	9	13	12	0	0	0	34	13	**21**	13
Farnham Triathlon Club	13	17	8	0	0	0	38	17	**21**	13
Denmead Striders	12	12	10	0	0	0	34	12	**22**	15
Alton Runners	13	17	14	0	0	0	44	17	**27**	16
Havant AC	15	17	17	0	0	0	49	17	**32**	17
City of Portsmouth AC	18	17	18	0	0	0	53	18	**35**	18

TODAYS RUNNER REMAINING FIXTURES

02.01.2011	Lord Wandsworth College, Long Sutton, Hook
13.02.2011	Manor Farm Country Park, Bursledon
06.03.2011	Staunton Country Park, Havant

HAMPSHIRE CROSS COUNTRY REMAINING FIXTURES

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

STUBBINGTON Green 10K helpers urgently required.

We are still short of helpers for the day and we really need your help if you can spare a few hours on the day. Please contact Paul Hammond as soon as possible - pjh669q@btinternet.com

There will be two meetings for race day marshals and helpers, Thursday 13th & Friday 14th January; both will be held at the Crofton Community Centre times to be confirmed. If you are marshalling or helping out on race day please attend one of these meetings, this is very important as details of the day and your responsibilities will be disseminated then.
Help is also required to pack the numbers for race entrants, this will be done on Wednesday 5th January, 7.30pm at Peel Common Junior School. We need between 25 and 30 people for this to try and break the 1hr 45min record to pack 1800 numbers. Note: Gary makes the tea and provides the cakes!
Paul Hammond pjh669q@btinternet.com

Boxing day arrived and the race started at 9a.m with temperatures at -5C it was always going to be about just finishing for me!

Lewis Chalk had other ideas and after trying out a few shoe options he set off with slicks and shorts and slid across the finish line in first place.
Keith Whitaker wore his stubby hoodie standard colour clashing shoe and sock combination and quickly passed me after making a late dash for the start line.
It was great that a couple of Stubbies were able to join me at the end of my 2010 experience.
Bring on 2011!

I had missed out on my last planned pre Christmas run and that meant I had to squeeze in another run before Boxing Day.
Eastleigh park run Boxing day was the 1000th mile.
Robert

CHRISTCHURCH CHRISTMAS 10K

even though it's held in December, it's very popular and good for PBs. *Alan White.*

The three wise puddings, aka Alan White, Robert Spencer and Eric Beck travelled down to Christchurch for the Christmas 10k organised by the Christchurch Runners. This is a lovely flat course run around the country lanes of Burton.

The race got underway at 11.00am, and Robert led the team away for at least.....ermm! 20 - 30 metres!! Eric and I then settled into our race pace. I slowly pulled away from Eric and stayed there until almost the last half-mile when Eric had ideas of revenge for the Jack & Jill race we took part in earlier in the year, but luckily for me I looked over my shoulder in the nick of time and saw him catching me up, which led to a very close finish! Robert had a good race and finished well.

For us three 50-somethings we had a good race and were pleased with our times, finishing a good day off with a stop-off at the pub which was conveniently located near the finish!

I'd recommend booking early in the year for this race

First Man: George Miller Poole Runners 32:00
First Woman: Elizabeth Yelling Bedford AC 33:38
Alan White 47:22 pb
Eric Beck 47:28
Rob Spencer 57:00
554 finishers

Ladies Captain up for Grabs!!

At the next AGM I will be stepping down as Ladies Captain. After two and a half years in the role I feel that it is time for a change and to give someone else the chance to take our ladies forward in 2011. I also want to concentrate on training for the goals I have set myself for next year – the London Marathon and a Middle Distance Triathlon.

I have really enjoyed my time as Ladies Captain, particularly meeting so many women with a variety of experience and ability, all so enthusiastic about running and bringing a real depth of field to our club. It has also been encouraging to see so many new faces at training sessions and at races.

If you like the idea of meeting ladies across the club and encouraging all abilities to reach their potential and play a part in racing for Stubbington Green Runners, why not put yourself forward for Ladies Captain? If you want to have a chat about the position please email me at sue.macgregor1@ntlworld.com or catch me at a club session or race.

Ladies only need apply!!

Many thanks to everyone who has supported me in my role. I wish all our ladies well with their running in 2011.

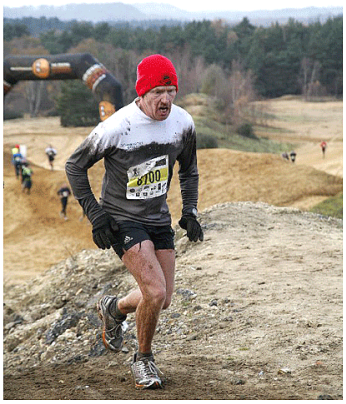
Susie

On the 28th November Neil Jarvis and myself headed to the Longmoor training camp near Petersfield to run the Hell Runner with temperatures as low as -3c.

We started at 11am running along tracks, up and down hills, then Neil said, "Lets go through the water", which was icy. Then the challenge came upon us going through the bog of doom which was chest deep mud & water. Well we thought that was it, but we were wrong! We then had to cross a river chest deep again and as we came back Neil slipped down a muddy bank.

The final challenge was to run across some tough sandy hills. We both finished in 1.47.

This was not a race, this was an endurance run so all you tough guys, this is one to try. *Eric Beck.*



Hello from the Tomlinsons'

Andy and I completed the Southwold 10k running alongside Steve Cram! .....he beat us both unfortunately, but we did share a photo and beer afterwards.
The course was 2 1/2 laps of the Southwold Harbour and Common, flat and mostly on road and cold (East Anglia).
Times: Annie 46.16 11th and Andy 58.43 364th and Steve Cram 41.42 40th.
Annie

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

The Duck Pond Waddle

Nick Crane 01:08:08
Andy Lee 01:18:27

Brecon Beacons 20

Plans to find a race in Wales were made when the Pompey fixtures revealed that we would be playing at Swansea on a Friday evening in November.

Former Stubby member and friend of the family Neil Thomas now lives near Swansea. I phoned him to say myself and Wendy would be coming up to the game. I would take Neil and his Pompey supporting boy Ben to the match and could he find a race up there for the following day.

He got back to me to say he'd found a 3 mile fell race in Abergavveny, unfortunately for him in the meantime I had found a 20 mile off road night race in the Brecon Beacons. After a few complaints from Neil that he wasn't fit enough he agreed to give it a go.

We had the best possible start to the weekend when Pompey won in sub zero temperatures on the Friday, on the Saturday afternoon we struggled across the mountains in heavy snow to arrive at the start in the small village of Talybont on usk. We checked in to our B & B and found the local tea rooms around 4pm by which time it was minus 4 degrees.

At race registration the organisers had decided to change the route slightly as the roads were so icy that mountain rescue wouldn't be able to get to some parts of the course, it was still 20 miles though a bit easier. We set off from the canal bank at 6pm by which time it was minus 8, as

you can see from the photo we were well prepared with head torches and plenty of layers. The atmosphere from the start was superb with runners chatting and joking during the first 7 miles which were all up hill.

At the top of a mountain pass and with the field getting strung out we moved onto an icy road that saw a few runners take tumbles. It was here that Neil and myself went wrong, we were so busy chatting that we missed our turning and ended up at the bottom of the mountain, we realised our mistake after arguing over the map for a couple of minutes, turned around and climbed all the way back up again. We had gone from a top 10 position to near the back at the turn round point.

The route back was mostly downhill but real ankle twisting stuff, especially in the dark. I pulled away from Neil over the final few miles to arrive back in Talybont to be met by Wendy who was waiting outside in the freezing cold to cheer us in. Luckily there was a lovely pub nearby with an open fire where we recovered with lashings of beer and pork scratchings. It was after the refreshments that we agreed to return next year but next time study the map before we run. *Chris Hall*

Portsmouth Waterside Marathon

09:00 Saturday 11th December saw 250 runners venture out into onto the Portsmouth Seafront by the Pier for probably the UK's least undulating and possibly last Marathon of the year.
What is also unusual for this Marathon is that you can also see the half way point from the start as well and strangely it doesn't actually look very far away.
Weather was extremely kind as well, no wind whatsoever, and the thermometer touching a tropical 6 degrees.

I lined up at the start with a cold knowing I probably didn't have anywhere near enough miles in my legs for a full Marathon alongside Tony "The Marathon Machine" Smith who seems to be able to run any distance at exactly the same pace!
I had a definite goal in mind though, and that was to obtain a 3:15 Good For Age time for the London Marathon in 2012, and save having to go through the ballot next year. I felt relatively confident that I would get round under that time despite my lack of preparation.

The excellent route took us down towards Eastney, then down beside Eastern Road, across Farlington Marshes to Hayling Island, down to the end of the Hayling Billy Trail and back again. I'm not normally a fan of an out and back route but I have to say I really enjoyed this course. It was excellent for spectators as well. M&D came down to watch and they could stop off at any point to cheer me on! It was mostly off road on dry tracks with a bit of pebble beach and only 1 place were we had to negotiate a road with any sort of traffic on it.

I picked up a Camelbak at the 10-mile mark and that was where I started to fall behind Tony, and with still 16 miles to go I decided to settle into my own pace to make sure I got to the finish. He ploughed on at 6:50 pace and disappeared into the distance!..
My gels started disappearing, I had 4 on board, and there were plenty being dished out round the course as well. I had eight in total, I'm wondering if that is a club record?
Water was also in good supply round the course.

Heading back up Eastern Road things started to get quite hard. I did begin to wonder whether or not I was going to make it under my target time. I thought I'd completely blown it shortly after the 24 Mile mark when the chap in front of me turned round having realised he'd gone the wrong way. Myself and 3 or 4 others had followed him up a blind alley!

We managed to rejoin the course having done an extra half-mile and struggled back down the sea front to the finish.
My watch had mysteriously stopped, so I had to ask the timekeeper what time I had done when I crossed the line, and the lady confirmed 3:14:51. 9 seconds to spare.
Job Done!!
I've not seen the official results yet though.

Woolly hats off to Tony Smith though, he finished 4th in 2:58, an extremely impressive time.

I enjoyed the race, it was well organised and I'll definitely consider doing it again next year.

David Jeffery

MEMBER OF THE MONTH

John Simister

Words:
Tina Chantrey

Ain't no mountain higher!

John Simister shares his love of trail runs, and this year hopes to conquer The Grizzly!

"I started running in November 2006. My wife Sue really enjoyed running, and seeing how much she got from it made me want to give it a go," says John, who is a regular at the Wednesday and Thursday night training runs with the club.

"It didn't take me long to join the club, literally by the December I had taken the plunge. Sue had participated in the club's beginner's course in the April of 2006, as well as running the Great South Run that year, and I caught the bug of wanting to take part in races," he says.

"My first race was a Staunton CP Today's Runner, and despite the mud and wading through fields of knee-deep water, feeling totally exhausted, I still wanted to do more races!"

John enjoys trail runs the most. "I loved doing Milland (I said never again the first time, yet went back for more!). My other favourites are the Race the Train in Wales and the nine mile Cub run at Seaton. The areas they take place in are very scenic and challenging," adds John. "I also always enjoy the RR10's. They are great as they give you something to look forward to every couple of weeks in the summer."

For John, it is the build-up to, and experience of taking part in races, that bring him most fulfillment. "This year I also had the opportunity to run in relay races for the first time, which were great fun and something I'd like to do again. I would recommend them to any of our club members as they are a fun day out and good team event.

My goal is to carry on enjoying the races I do, to try and beat previous PB's and also to keep trying out different races. I have entered The Grizzly in Devon for 2011, which is going to be a serious challenge for me, as it is well outside my comfort zone, but I will be proud to turn up in my green vest."

John tries to do a longer run on his own at the weekend, plus lunchtime runs with a work colleague when time permits. "My training is going well at the moment. I am a competitive runner, within my own limitations, and I always try to beat those around me."

One of John's greatest challenges this year is to work on how to pace himself properly at the different distances he takes on. "I always go off too fast then fade later on in a race. Getting a Garmin has been helping with this," he says.

Looking back over the years John has been running for the club, his highlight is the first time he competed in the Guernsey Easter Runs, in 2009. "This series of runs involves four races in four days, which was a real challenge for me, especially as you finish with a half marathon. I did them again this year, and the whole experience of being there with a group of Stubbies was fantastic.

"Now I need to focus on keeping the training going and getting some longer off-road runs in; perhaps even the Meon Valley Plod in February. The Grizzly will be further than I have ever run before, and has bogs to contend with as well as some very steep hills. I can't wait!"

Sue is often at races, with their daughter Katie, supporting not just John but all the SGR runners (and Sue sometimes races herself). "Sue and Katie are great supporters and are often shouting at me to get a move on! We've even taken part, as a family, in the ParkRuns at Eastleigh, which we all really enjoyed this summer," says John. "I've gained so much from being in our club and am proud to wear my green vest at races."

Thank You

To the Stubbies who help put The Green Runner together every month.
Tina Chantrey for her Member of the Month articles.
Peter Hutchison for spending hours putting together the race diary.
Tracey Jarvis for staying up late doing research and finding old photos.
Happy New Year. *Ed*

Walk on 27th December

Thanks to everyone who turned out for the post-Christmas walk. It was great to see runners, families and friends. This year we had 22 people - 8 more than last year's walk. The weather was a bit warmer than it had been lately but thankfully the rain stayed away. A lovely leisurely stroll with a snack at the Horse & Jockey 1/2 way round. Happy New Year to everyone! Caroline & Glen

The Race Diary

Date	Race	Venue	Time
Sat 1 Jan	Hair of the Dog	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
Sun 9 Jan	Milborne 10	Milborne St Andrew, DT11 0JX	10.30am
Sat 15 Jan	Hants XC (Race4)	Prospect Park, Reading	13.35/14.30
Sun 16 Jan	Stubbington Green 10K	Crofton Community Centre, Stubbington, PO14 2PP	10am
Sun 16 Jan	Run Rampage 10K	Bagshot MOD D1 and D2 Sites, Camberley	11am
Sun 16 Jan	The Perch 6.25	Nonsuch Park , Ewell Road, Cheam, KT17 2DE	10.30am
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)	14.00/14.15
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 Race Diary

Date	Race	Venue	Time
Sat 5 Feb	GB Ultra Thames Trot 50	Oxford, to , Henley, OX4 4EF	8.30am
Sun 6 Feb	Bookham 10K	Polesden Lacey Infant School, Bookham, KT23 4PT	10am
Sun 6 Feb	Chichester Priory 10K	Northgate Theatre Carpark, Cichester, PO19 6AP	11am
Sun 6 Feb	Ryde 10	Ryde Rowing Club, Ryde Esplanade, IOW	11am
Sun 6 Feb	SLH Pirie XC 10	SLH HQ, 194a Brighton Road, Coulsdon, CR5 2NF	10am
Sun 6 Feb	Votwo Dorney Duathlon	Eton College, Dorney Lake , Windsor, SL4 6QP	10am
Sun 6 Feb	Blackmore Vale Half	Playing Fields, Bishops Caundle, Sherborne, DT9 5NQ	11am
Sun 6 Feb	QX Winter Trail Run 10K	Erlestoke Woods, Salisbury Plain, Wiltshire	10am
Sun 6 Feb	Longleat 10K	Longleat, Warminster, BA12 7NW	10am
Sat 12 Feb	Hants Cross Country	Hudsons Field, Castle Road (A345), Salisbury	1335/1430
Sat 12 Feb	Runners Need G3 Feb 10K	Newlands Corner, Guildford, GU4	8.30am
Sat 12 Feb	Sat Action Duchenne 10K	Finsbury Park, Harringey, London, N4	10.30am
Sun 13 Feb	Today's Runner (Race 4)	Manor Farm Country Park, Bursledon	11am
Sun 13 Feb	Coastal Half Marathon	The Pyramids Centre, Portsmouth, PO5 3ST	10am
Sun 13 Feb	Saucony 10K @ TCR11	Sandown Park, Portsmouth Road, Esher, KT10 9AJ	10.30am
Sun 13 Feb	Valentines 10K	Chessington Community College, Chessington, KT9 2NE	9am
Sun 13 Feb	Valentine's Run 3.8	Village Hall, Church Lane, Southwater, RH13 9BT	10am
Sun 13 Feb	Incal Trail 7	Ilchester Sports Field, Ilchester, Yeovil, BA22 8NA	11am
Sun 13 Feb	The SMaRTT Smasher 10K	Calne Town Hall, Calne, SN11 0EN	11am
Sun 13 Feb	Wiltshire 10	KGV Playing Fields, Melksham, SN12 7ED	10am
Sun 20 Feb	Bramley 20 & 10	Bramley Primary School, Basingstoke, RG26 5AH	10.30am
Sun 20 Feb	Brighton Half Marathon	Madeira Drive, Brighton, BN2 1TB	9am
Sun 20 Feb	Winchester 10K	River Park Leisure Centre, Winchester, SO23 7DD	10.30am
Sun 20 Feb	QX Off Road Duathlon	Wasing Park, Aldermaston, Reading, RG7 4NG	11am
Sun 20 Feb	QX Trail Run	Wasing Park, Aldermaston, Reading, RG7 4NG	11am
Sun 20 Feb	Eton Half Marathon	Dorney Lake, Eton, Nr Windsor, SL4 6QP	10am
Sun 20 Feb	London Ultra 50K	Wembley Plaza Hotel, Wembley, HA9 8DS	9am
Sun 20 Feb	Vale Gallop 10K	The Pony Club Field, Walton on the Hill, KT20 5BN	10.30am
Sun 20 Feb	Tri-Adventure Sprint	Shere Recreational Ground, Shere, GU5 9HF	10am
Sun 20 Feb	Lychett Manor 10	Lytchett Minster School, Poole, BH16 6JD	10.30am
Sat 26 Feb	South Downs Way Chall' 20	QE Country Park, Waterlooville, PO8 0QE	7.30am
Sun 27 Feb	Wessex Cross Country	Kings Park, Bournemouth	14.00/14.15
Sun 27 Feb	Meon Valley Plod 2011	Sustainability Centre, Droxford Road, East Meon	10.30am
Sun 27 Feb	The Terminator 2011 11	Pewsey Vale School, Wilcot Road, Pewsey, SN9 5EW	10.30am

The Stubbington Noticeboard

Jan 2011	What	Recovery	Where	Who
Tuesday 4th	5x 1mile Schooner Way	100 mtr walk to start	Locks Heath	Mike W
Thursday 6th	4 x 1200 Gosport sign to Lee Bus Stop	2 mins between each	crofton	Phil
Tuesday 11th	3x1.5 Tempo pace at 'Red Path		Locks Heath	Mike H
Thursday 13th	2x16 min Crocodile	200 mtr jog to start	crofton	Mike B
Tuesday 18th	Figure of 8 Titchfield	3 minutes between	Locks Heath	Graham B
Thursday 20th	Pyramid Run 1-2-4-6-8 and back min runs		crofton	Chris H
Tuesday 25th	6 x Paarlauf at Cresent Rd	1 minute rest between each	Locks Heath	Phil
Thursday 27th	7 x Cuckoo lane 1k	300 mtr from finish to start	Cuckoo Lane	Mike H

Glen's Thursday Speedsters (6.30pm)

6th Jan - Locks Heath
Short Hills
13th Jan - Stubbington
3 x Lee Triangles
20th Jan - Locks Heath
7 x Paarlauf
27th Jan - Stubbington
10 minutes out-and-back

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... ...

Chairman: Chris Hall
9, Portobello Grove, Portchester.
Tel: 02392-355498.
hally.pfc@ntlworld.com

Secretary: Paul Hammond
2, Nottingham Place, Lee-on-the-Solent.
Tel: 02392-553340.
pjh669q@btinternet.com

Men's captain: Mike Harper:
3, Serpentine Road, Fareham.
Tel: 01329-288262 / 07722-870258.
theharpers12@hotmail.com

Ladies' captain: Susie MacGregor
15, Lawson Close, Swanwick.
Tel: 01489-573966 / 07534-268106.
sue.macgregor1@ntlworld.com

Treasurer: Neil Jarvis
3, Ditton Close, Stubbington.
Tel: 01329-516215
n.jarvis3@ntlworld.com

Membership sec: Caroline Street
83, Garstons Close, Titchfield.
Tel: 01329-845330.
caroline.street@ntlworld.com

Graham Bell HRRL Secretary
105 Warsash Road
Warsash
07801 594085
gebell@ntlworld.com

X-country captain: Phil May
20 Pennine Walk, Fareham.
Tel: 01329-284930.
philmay@btinternet.com

Triathlon rep: Richard Thomas
5, Sandringham Road, Fareham.
Tel: 07787-530183.
Drrichardthomas@aol.com

Green Runner editor: Richard Snell
Tel 07961-781066
Richard-snell@o2.co.uk

Website editor: Mike Bell
224, Botley Road, Burridge.
Tel: 01489-576534.
mikebell@sgrac.net

Stubbington 10k race director: Gary Littlecott
1, Estridge Close, Lowford.
Tel: 02380-403249.
thelittlecotts@ntlworld.com

Welfare officer: Mike Clarke
2, Grasmere Way, Stubbington.
Tel: 01329-661049.
Michael.tclarke@btoopenworld.com

Race entry forms: Di McEwen
39, Cuckoo Lane, Stubbington.
Tel: 01329-662091.

Kit contacts: John and Ann Blake
4, Megson Drive, Lee-on-the Solent.
Tel: 023 9255 2713.
blakejohn@btinternet.com

Social committee:

Nick Kimber
Molins, Hookpark Road, Warsash.
Tel: 01489-579885.
nick@hookpark.co.uk

Tim Sullivan
38, Yarrow Way, Locks Heath.
Tel: 01489-572641.
Tim.sullivan@sky.com

Kathy McCain
6, Violet Avenue, Hill Head
Tel: 01329-668856
klaf@ntlworld.com

Tracie Jarvis
3, Ditton Close, Stubbington.
Tel: 01329-516215
tracie.jarvis@ntlworld.com