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

February 2011

Ain't sNOw Stoppin' Us Now!

In the words of the famous R&B song....."Ain't sNOw Stoppin' us now, we're on the move, we've got the groove". And that was certainly the feeling around Stubbington village square on Sunday 16th January 2011, as over 1,300 entrants lined up for the 25th Anniversary run, and the second on the "new" 10k course.

After months of planning, "it felt like years" said Race Director Gary Littlecott, and against a background of extenuating circumstances Gary and his band of merry "Green" helpers pulled off a spectacularly successful event. Having cancelled the race in 2010 due to the snow and ice, it was a huge relief to everyone to see the day dawn dull and overcast, and we don't get a chance to say that very often. Even the blustery South Westerly wind was more welcome than the Arctic chill we suffered last year.

The cancellation and the goodwill the club subsequently chose to show to the 2010 entrants meant that the entry process had to be ultra efficient and under control, and in Caroline Street the club had the right person to take on that task. Having to also accommodate Chip Timing for the first time, there were many new unknowns to be fathomed. But fathom them Caroline did, and it drew special praise from our chip timing partners and entrants alike who commented on how efficiently organised the entries were. This included the minor detail of physically issuing and collecting in the chips that accurately timed each runner across the line.

Mark Le Gassick tackles Coach Hill

Having got the runners to the start line, it was then down to the "Ops team" to organise the road closures, and there is no doubt in runners eyes that this is a big part of why Stubbington 10k was so successful again this year. Gary's vision and dedication to negotiate and agree this disruption to normal traffic flow was a master stroke, and having learnt the ropes two years ago everyone was even better prepared this year. The rolling road closure minimises the disruption, and despite the distribution of leaflets to houses on the affected route and the surrounding area, you will always get a few grumbles, but it maximises the running experience for over 1,300 runners. Paul Hammond, our Chief Marshal, or should that be "Field Marshal Hammond", organised and coordinated the road closures with military precision.

Heading up over 100 marshals around the course Paul was able to feel justly proud that everyone knew the part they had to play. This was re-emphasised to all marshals at the two briefing sessions that took place in the week before the event. Apart from there being no issues, speaking as a runner, the other gauge of a marshal is how friendly and how clear they are with directions. I may be biased but, Stubbington Green marshals are second to none on both scores. Many thanks to you all for the time you gave up to support the event, and for the smiles and cheers you gave to us runners.

Continued page 2

Thanks Gary

The Stubbington 10k was fantastic, with record numbers attending, and all the members of the club would like to thank Gary Littlecott for his hard work and dedication over the last few years. This race wouldn't have happened without Gary. He has done both the club, and Stubbington, proud in organising such a big event for a small village. So thank you Gary for doing such an amazing job, and to all his helpers and marshals.

Tina Chantrey

The race itself got underway on the dot of 10 o'clock; you'd expect nothing less from Gary, who even with his megaphone was still only talking to the first 3 rows of runners when he gave his final briefing to the assembled athletes. Racing off down the Titchfield Road went 1,300 athletes headed by a small group of elite runners.

The race safely negotiated Titchfield village, and the dreaded Coach Hill, which for those that regularly run it as part of the Figure of 8 training session found to be a piece of cake. We've usually done four hills before this one, and we also turned left half way up to head down Posbrook Lane, so no problem! Posbrook Lane was expected to be the gentle downhill recovery, but the blustery South Westerly wind had other ideas. The race ploughed on and down to Meon Shore where the high tide was not as bad as Gary predicted, and the marshals only needed a coat, and not a full wet suit. Heading past Hill Head Sailing Club and the Osborne View the race negotiated what had been Gary's potential nightmare - a subsided road. Fortunately for us Andy Simpson is injured at the moment so the road didn't suffer an excess load at the head of the field, and held together okay. Contingency plans had been put in place to reroute the run had subsidence hit before the day, including a remeasuring of the course, to comply with the Road Race license. The only disruption was to the lead vehicles which had to co-ordinate themselves to lead the race without disruption! Turing left and up Bells Lane, it was a fast and furious 1.5km dash to the finish in Stubbington Square.

As this was only the second time the Stubbington 10k has been raced along this route, their was always the high possibility of a new course record, and it was James Ellis of Newham and Essex Beagles who came home 12 seconds faster than the time posted by 2009 winner Andrew Greenleaf (Winchester & District AC) by clocking 32min 5sec. James edged out Salisbury ARCs Simon Plummer into second place (32:11), with Jamie Ashton of Bracknell AC in third spot (32:21). Stubbington Greens best placed runner was Mark Le Gassick who finish in 7th place (33:35).

The women's race was won by Newbury's Susie Bush in 35.02, some 83 seconds faster than the winning time set by Emily Alden (Epsom & Ewell Harriers) the first time the race was run over this course two years ago. Arena 80s Caroline Hoyte was second (35.11) and Winchester & District ACs Kathryn Bailey was third in a time of 36.44. Stubbington Greens best paced runner was Emily Foran who finished in 8th place (39:28pb).

Overall 49 Stubbies ran the 2011 10k, all achieving individual success including many pbs and contributing to the overall success of the club and teams in the HRRL leagues.
Graham Bell

The SGR 10k had finished. We had dismantled the gantry, cleared away the barriers and were tidying up the village. I was putting the surplus prize mugs back into the boxes when a young man, wearing a race number, came jogging up and asked for a mug.
"Didn't you get one at the finish?" I asked. He replied "I've been round twice!"
Peter Rawlins

Emily Foran - First Stubby Lady

As is usual the main race was supplemented with a Junior Race to keep the waiting crowds entertained. The Junior Race is also one of the added attractions of the Stubbington 10k experience, and another reason for its success. A big thanks to Pat Woodward for organising the junior event this year.

As well as the marshals there are an army of helpers who make the Stubbington Green 10k a success. So big thanks to all the unsung heroes behind the scenes, from the Information Desk , the Bag Collection, to the all important and well loved catering division. Di McEwan and her band of helpers once again produced such wonderful and much appreciated sustenance to competitors and spectators alike. Thank you one and all.

We can all be proud of the 2011 Stubbington 10k, and look forward to the 2012 race, which will bring new opportunities and challenges. In the meantime well done Stubbington Green *"There ain't no stopping us now, we're on the move, we're got the groove"*.

Graham Bell

Thank you to everyone who made this year's Stubbington 10k a great success. After last year's race being called off I couldn't believe how nervous I was leading up to the big day. I needn't have been worried as Gary Littlecote and his team had everything running like clockwork.

I won't begin to try and say thank you to everyone involved as there are too many and I'm bound to forget someone. If you helped in any way at all the committee would like to say a big thank you to you.

I'm sure like me you were very proud on the day to belong to this great running club. We can push on from here and get more club members involved in races and social events, if you have any idea's as to ways we can improve even more please don't hesitate to contact one of the committee members.

Remember it's your running club and you can all have an input.

All the best Stubbies and keep running.

Chris (Chairman)

STUBBINGTON 10K RESULTS

Name	hrrl pos	gun time	chip time
Emily Foran	5	00:39:28	00:39:25
Susie MacGregor	7	00:40:07	00:40:03
Penny Forse	19	00:42:42	00:42:37
Tina Chantrey	21	00:43:10	00:43:06
Kate Crowe	28	00:44:10	00:44:03
Sally McGrath	33	00:44:28	00:44:21
Gill Rose	51	00:47:07	00:46:58
Donna Mitchell	56	00:47:26	00:47:17
Lucy May	60	00:47:50	00:47:24
Naomi Crane	86	00:50:28	00:50:07
Gemma Jones	125	00:54:16	00:52:54
Tracy Buchan	138	00:55:07	00:53:55
Angela Benfield	168	00:57:33	00:56:02
Sandie McIntosh	177	00:59:00	00:58:14
Claire Schnabel	187	01:00:16	00:59:05
Danae Lovegrove	196	01:01:06	01:00:23
Sandra Abrams	206	01:02:45	01:01:43
Sara McRitchie	215	01:03:48	01:01:56
Mark Le Gassick	4	00:33:35	00:33:35
Wayne Ewens	9	00:35:04	00:35:04
David Jeffrey	30	00:37:07	00:37:05
Chris Hall	33	00:37:18	00:37:17
Mike White	38	00:37:59	00:37:57
Graham Bell	45	00:38:18	00:38:15
Tony Smith	47	00:38:27	00:38:21
Euan McGrath	48	00:38:27	00:38:21
Jon Leigh	118	00:41:47	00:41:40
Nick Crane	130	00:42:23	00:42:17
Mike Bainbridge	139	00:42:59	00:42:52
Philip Martin	149	00:43:17	00:42:59
Nick Kimber	161	00:43:56	00:43:49
Richard Edmunds	203	00:46:19	00:45:14
David Abrams	211	00:46:47	00:46:20
Ryan Gunner	212	00:46:49	00:46:42
Richard Chowns	230	00:48:18	00:47:52
Richard Roche	237	00:48:50	00:48:01
Michael Townsend	244	00:49:11	00:48:48
Ashley Lovell	247	00:49:42	00:49:12
Zac Conaty	248	00:49:43	00:49:14
George Howarth	256	00:50:26	00:49:24
Rick Scott	282	00:52:30	00:51:52
Mark Jones	295	00:53:58	00:52:37
Simon Adamson	299	00:54:17	00:53:01
Chris Gallagher	303	00:54:56	00:54:23
Peter Moreton	305	00:55:06	00:54:25
Gerard O'Mara	314	00:56:28	00:54:43
Gilbert Yeates	316	00:57:08	00:56:49
Martin McBeath	317	00:58:02	00:56:59
Ray Gunner	327	00:59:37	00:58:42

Just wanted to say a BIG thank you to the Chip Team - it was great to have so many willing people helping with this job on both Saturday and Sunday. Helpers in the Chip Team included: Mike Clarke, Neil Jarvis, Chris Ryder, Jenny Hearnden, Jackie Richards & John Blake; the following people not only helped us but also ran: Sara McRitchie, Graham Bell, David Jeffery, Tony Smith, Ryan Gunner, George Howarth & Mike Harper - you were brilliant and went beyond my expectations (many of you runners staying at your "post" until 9.40am!).

Many of the non-runners later helped with Chip Collection where we were joined by a whole team of people from Hollyrood Church. Special thanks to them for coming to support our race. You seemed to enjoy it so hopefully we may see you again next year!

Thanks to everyone for all your help in making the race a great success. *Caroline Street*

Stubb 10k Marshals & Helpers Race.

Another glorious day to conclude this year's races, which were both abandoned due to ice and snow last year. There was a record entry of 26 runners this year, all of whom shared prizes from new running shoes to various pieces of kit. There were also numerous cash spot prizes of £5.

This race is staged purely to reward all marshals and helpers, who do such a fantastic job on the day, and without whom the race could not take place. Thank you to everyone for your support on the day, which has helped to reinstate Stubbington 10K to its rightful position of the best 10K on the South Coast (and we're not biased!)

Gary Littlecott
Race Director

Mike Harper

Julie Ashman

1.	Mike Harper	39.47
2.	Paul Hammond	43.56
3.	Neil Jarvis	46.43
4.	Mike Bell	47.08
5.	Keith Whittaker	47.18
6.	John Webber	49.15
7.	John Simmister	49.27
8.	Paul Southern	53.06
9.	John Fairhurst	53.40
10.	Mark Hindry	54.00
11.	Pete Rawlins	54.40
12.	Julie Ashman	55.30
13.	John Tussler	55.51
14.	John Vose	55.56
15.	Andy Kelly	57.22
16.	Rowena Dodds	57.51
17.	Martyn Banner	58.27
18.	Caroline Street	58.42
19.	Sarah Martin	59.16
20.	Robert Spencer	59.31
21.	Liz Hall	61.00
22.	Sue Robinson	61.10
23.	Sharon White	61.15
24.	Anne Blake	63.45
25.	Anne Fairhurst	73.05
26.	Sue Simmister	80.40

Hampshire Road Race League

Race	Distance	Date	Notes
Ryde	10 Miles	6/2/11	Ticket to Ryde – travel costs covered by the club
Bramley	20 Miles	20/2/11	Calling all spring marathon runners
Salisbury	10 Miles	13/03/11	Lovely course, entries open and online at Runners World
Eastleigh	10km	27/03/11	Fast 10k with PB potential, entries open and online at Runners World, and filling up fast
Alton	10 Miles	08/05/11	Entry forms available
Netley	10km	16/05/11	

It seems a long time since the last HRRL event at Gosport so I thought a quick update on the forthcoming races over the next few months was in order. We have now (post Stubbington) completed 6 of 12 events in the HRRL calendar. The final HRRL leaderboard is based on runners having completed 7 of the 12 races, and to claim a mug with your name on it you need to finish in the top 60, both men and ladies. So with 6 events left there is still plenty of time to get on the leaderboard, providing you have completed at least one race already this season of course.

Even if you can't make it to 7 events this year, by running you will be representing your club in the team event. We have 6 teams entered (3 men/3 ladies), and the way teams score is on a first across the line basis. So for the mens team where it is 4 to score for the team, if you are in the first 12 Stubbington men then your finish position counts towards a team (A, B, or C). For the ladies it is 3 per team so the first 9 Stubbington ladies count. And remember it's not a pre-selected team, so its the participation and performance on the day that counts.

The current league standings for both individuals, and teams, along with links to entry forms for upcoming events can be found on the HRRL website, http://www.hrrl.org.uk/

The next race in the series is the Ryde 10 miles. If you are interested in going the club usually covers travel costs, and Wightlink are again offering a special deal of car and 4 people for £33.50. A fifth person can always travel as a foot passenger, if you have room. If you are interested in going please let me know and I will try and co-ordinate any spare seats etc. There is no doubt that It is a challenging course, but so rewarding in many ways too!

The Bramley 20 follows two weeks later, and is the longest event in the series. This is one to bear in mind for all those training for a Spring Marathon.

Thanks to all who have represented the club so far this season, it would be great to see as many Stubbies as possible out and representing the club in the HRRL series over the coming months.

Graham Bell

MENS A DIVISION

1	WADAC	11
2	Pompey JC	15
3	**Stubb'n Green**	**25**
4	Denmead S	31
5	So'ton AC	32
6	Overton H	32
7	Salisbury ARC	37
8	Victory AC	45
9	Farnham R	48
10	Alton Runners	54

LADIES A DIVISION

1	WADAC	7
2	Eastleigh RC	17
3	**Stubb'n Green**	**26**
4	New Forest R	28
5	Overton H	32
6	Alton Runners	39
7	Pompey JC	42
8	Salisbury ARC	43
9	Fareham	47
10	Denmead S	48

MENS B DIVISION

1	WADAC B	15
2	**Stubb'n Green B**	**17**
3	Pompey JC B	18
4	So'ton AC	26
5	Salisbury ARC	39
6	Fareham	43
7	WADAC C	44
8	Eastleigh RC	50
9	Pompey JC C	53
10	Farnham R	59
11	Overton H	68
12	Victory AC	69
13	I.O.W. RR	73
14	Gosport RR	79
15	Denmead S	84

MENS C DIVISION

1	New Forest R	17
2	**Stubb'n Green C**	**19**
3	Andover AC	20
4	Poole AC	45
5	Pompey JC D	52
6	Alton Runners	58
7	Totton RC	60
8	Hardley R	72
9	Portsmouth AC	74
10	Lordshill RR	75
11	Hart RR	80
12	Aldershot FD	90
12	Romsey RR	90
12	Ryde Harriers	90

LADIES B DIVISION

1	WADAC B	6
2	WADAC C	15
3	Eastleigh RC	18
4	**Stubb'n Green B**	**40**
5	Fareham	41
6	New Forest R	45
7	Pompey JC B	49
8	Denmead S	60
9	Farnham R	61
10	Victory AC	63
11	Salisbury ARC	68
12	Hardley R	74
13	Pompey JC C	76
14	Gosport RR	78
15	So'ton AC	86

LADIES C DIVISION

1	**Stubb'n Green C**	**22**
2	Alton Runners	37
3	I.O.W. RR	50
4	Andover AC	54
5	Totton RC	63
6	Romsey RR	65
7	Overton H	71
8	Ryde Harriers	76
9	Lordshill RR	78
10	Aldershot FD	83
11	Hart RR	84
12	Poole AC	84
12	Portsmouth AC	84

"GREEN GIANTS"

THE LEGENDS OF STUBBINGTON GREEN

Dennis Woodward

This month we pay homage to one of Stubbington Green's longest serving members, Mr Dennis Woodward.

Dennis, who joined the club way back in its early days (September 1985), has been a driving force within Stubbington Green Runners since. He has dedicated much of his time and energy to the club and been one of the most prominent members helping to mould it into the club it is today.

Fondly known in his hay day as 'mileage mad,' Dennis was certainly a formidable runner in his time and knocked out an admirable record of pb's (see below)

4 Mile Time Trial	23:57	1993
5 Mile	28:46	1990 Victory
10km	36:39	1989 Haslemere
10 mile	59:26	1989 Hayling
Half Marathon	1:20:19	1989 Portsmouth
Marathon	2:58:00	1991 London

His wife Pat told me that the pb that he is most proud of is his sub 3 hour marathon times, (he also ran sub 3 in Portsmouth in 1996) a pb that most of us Stubbies could only ever dream of. Dennis continued running until recently when his health has forced him to a more sedate pace.

Interviewed in 2008 Dennis said his favourite route was around Hook and Warsash where, up to 2 -3 years ago, he could be frequently met running with his training partner and great buddy, Jenny Hearnden.

Dennis's interest in the club has not just been for personal gain and in setting exceptional pbs. Together with Pat he has worked tirelessly for the good of the club throughout their 25 plus years as members and both were awarded the 'Lifetime Achievement Award' in 2009.

Dennis was Editor of the Green Runner for **21** years from the mid eighties right up until 2006 when Dave King took up the reigns. He was also membership secretary throughout this time until he stepped down in 2007. In the early pre computer days, the newsletter was the only means of communication for the club and keeping members up to date. Dennis not only provided news, he also sourced information and training advice for members in a time when other publications such as runners world weren't widely available. Dennis and Pat have also co-ordinated printing and distribution of the GR until this last year.

Dennis may have slowed down in these latter years but his heart still remains as green as ever, as does Pat's. Together they continue to contribute to the club and year in, year out do their bit to help with the Stubb 10k and Today's Runner events.

Mr Woodward, you are a true Green Giant and we salute you!

Tracie Jarvis

CROSS COUNTRY NEWS

TODAYS RUNNER

"Conditions at Lord Wandsworth College for the fourth of the Todays Runner series were considerably warmer and more comfortable than those experienced at the same event last season which made for very pleasant running.

Once again the ladies from Stubbington stormed to victory with another fine display of packing which saw all three scorers finish inside the top ten. It was an inspiring sight to see all three in close formation coming across the field towards the finish and in a final flourish Penny just edged out Susie nearing the line, both of whom were followed closely by Tina in her first run of the series. This gave the ladies first place over Farnham Runners (2nd) and Basingstoke (3rd).

In the men's race Chris once again led the team home with a fine run to make a top ten finish. Mike W was next home followed by Tony Smith who like Tina was also making his first appearance this season. Mike H was our fourth runner to cross the line whilst Mike B became the fifth member home as he just edged out Jon for the final scoring place.

Despite considerably better finishing positions than at Farnham which consequently led to a much lower points total the men were only one place higher in sixth which indicates a much stronger field took part. As a result of the combined finishing positions we were third equal with host club Hart Road Runners on the day. After four races in the series Basingstoke head the league with 3 points with Farnham Runners close behind with 4. Hart are currently lying third with 8 points with ourselves just 1 point behind in fourth. There is then a gap of 6 points to fifth placed Fleet and Crookham so it looks as if we will be battling with Hart for third place at the end of the season.

John Tussler

Sharon White and Sarah Martin

Paul Southon

Alan White

Results

Men		Ladies	
10	Chris Hall	6	Penny Forse
20	Mike White	7	Susie MacGregor
25	Tony Smith	9	Tina Chantrey
34	Mike Harper	41	Donna Mitchell
71	Mike Bell	83	Sharon White
73	Jon Leigh	84	Sarah Martin
91	Nick Crane	85	Caroline Street
101	Paul Hammond	(94 runners)	
126	Mike Clarke		
127	Nigel Whitcher		
133	Alan White		
155	Paul Southon		
(172 finishers)			

Your club needs you! Just a reminder that the next Todays Runner fixture is SGRAC's own race being held at Manor Farm Country Park on Sunday 13th February at 11.00am. Whilst we have already had offers to marshal and help out from some club members we are still short of numbers for the day so if you can spare a couple of hours and are able to assist in any way please contact me either by email - john_tussler@hotmail.com - or by phone (02392 347962 or 07887791670). Your help would be greatly appreciated.

Di McEwen and her ever-willing team of helpers will be laying on food after the race, and Di would be very pleased to receive any contributions by way of cakes or any other food items. Please contact her on 01329 662091 if you can help in this respect.

This years Stubbington Green Runners AGM will take place at the Crofton Pub in Crofton Lane, Stubbington on Thursday 3rd March at 8:15pm.
If you have any items for the agenda then please contact Paul Hammond. pjh669q@btinternet.com

AGM

As usual all the committee members will stand down for re-election, if you wish to stand for one of the positions please let Paul know, if there are no takers then the committee will continue for a further year. Susie is resigning as ladies captain so a successor is needed.

Committee posts up for re-election are:

Chairman
Secretary
Ladies Captain
Membership Secretary
Triathlon Secretary
Cross Country Secretary
Treasurer
Men's Captain
Race Director
Social Secretary
Newsletter Editor

Remember that it's your club - the only way to provide your input is to come along and get involved. It would be good to see a big turn out as we have so many active members, we look forward to seeing you there. A light buffet will be provided.

Dear Stubbies

It is with some regret that I have decided to stand down as Stubbington Green Chairman, after nearly 20 years on the committee I feel there is a need for a new face and some fresh ideas to keep the club striding forward.
I would like to thank everyone who has helped and supported me during that time.

Yours in sport

Chris Hall

HAMPSHIRE CROSS COUNTRY READING

Just 2 Stubbettes turned out for the club at the Reading Cross Country on Saturday. Rachael and Sharon battled the mild breeze that whipped across the course and came in 60th and 71st respectively. The race was won by Lucy Elliot representing Winchester and former Stubby Louise James came in 36th.
Along with the women's race the men's was also down on numbers but we managed a team which means Stubbington have moved up to 7th in Div 1. The last race of the season at Salisbury will require some of the faster boys to come along to make sure we stay out of the relegation zone. The first runner home was Dan Gueran who came in 44th with rosy cheeks from the slight breeze.

Next home was the ever youthful Mike Harper in 80th even after starting slowly for the first half mile. Nick Crane held off John Gueran this week, after last weeks Championships where John pipped Nick on the line, with a 96th position John finished this race in 111th (which was good for adding up the scores), Phil May crossed the line in 126th with a week of training behind him but had nothing in the tank to catch the guy in front. Gordon Westley was 30 seconds behind Phil in 132nd and John Tussler completed the Stubby group with 141st.
Well done to everyone who came along and make a note of the positions for future reference.

HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

The Hampshire Championships were held today in Eastleigh Fleming Park over the same course as the RR10. Stubbington entered a Mens and Ladies team and there was a good turn out for both teams.
The Stubbettes went off first after a short delay. The race was won by Louise Perrio from Guernsey in a time of 29:11. Penny led the Stubbettes home in 23rd winning her over 60 category in a time of 34:15. Tina was placed second for Stubbington and the SGR supporters watching said she looked good and strong for her 27th place. Kate and Sally crossed the line for 33rd and 34th. Sally also won her age group. Lucy and Sharon followed in and Sharon managed to hold off the Victory girls to improve Stubbies points.
The ladies came in 5th team out of 10.
The vets team of Penny, Tina, Sally and Sharon won 3rd place. Sharon was nearly in tears as she found out she'd got a medal, the first one in running.

Penny	23rd	34:15
Tina	27th	35:13
Kate	33rd	37:02
Sally	34th	37:06
Lucy	55th	41:44
Sharon	65th	47:32

The Guys went off and after five minutes Dave Jefferies and Mike H decided to go, just to give us a head start. The race was won by Steve Dawes, also from Guernsey, who was well ahead of James Ellis from Aldershot. Mark Le Gas led home the Stubbies in 12th and it was good to see Zippy out for a pre 10k loosener coming in 30th, there was then a big gap before John and Nick came in. All the way round Nick had held off John but on the last lap John just managed to get the better of Nick who was quickly followed in by Steve Martin, Dave Jeffery and Mike H. Neil and Phil finished off the team. The numbers were down on previous years but didn't diminish the high class competition.
The Mens team finished equal 10th and we had enough in the vets to finish in 8th and 9th.
Phil May

Mark Le Gassick	12th	39:39
Zippy Grice	30th	42:48
John Gueran	90th	51:00
Nick Crane	91st	51:04
Steve Martin	94th	51:49
Dave Jeffery	95th	52:44
Mike Harper	98th	53:34
Neil Jarvis	105th	56:12

THE ROMSEY 5

48	Tim Sullivan	M50	6	32.09
114	Gordon Westley	M40	20	36.38
179	Chris Douglas	M40	34	41.06
212	John Dynes	M45	23	42.57
217	Gary Blackburn	M45	24	43.12
74	Kathryn Davies	W40	16	44.35

AMNESTY

If you have any Marshals bibs, signs etc from the Stubby 10k, Gary would like them back ASAP because he needs them for our Todays Runner at Manor Farm, please give him a ring on 02380 403249

STUBBINGTON CHAMPIONSHIPS LEADERBOARD AFTER THE STUBBY 10K

Rank	Name	Month	Total
1	Mike Harper	40	80
2	Sharon White	35	60
3	Sally McGrath	20	55
3	Sarah Martin	25	55
5	Susie MacGregor	15	50
6	Nigel Whitcher	25	45
6	Penny Forse	25	45
6	Phil May	35	45
6	Rachael Openshaw	25	45
10	Alan White	20	40
10	Donna Mitchell	10	40
10	Nick Crane	30	40
13	Andrea Charlson	15	35
13	Andy Simpson	15	35
13	Colin Elderfield	15	35
13	David Jeffery	15	35
13	Jon Leigh	15	35
13	Mike Clarke	25	35
13	Paul Hammond	20	35
13	Tina Chantrey	20	35
21	Graham Bell	5	30
21	Lucy May	15	30
21	Mike White	10	30
21	Neil Jarvis	25	30
21	Robert Spencer	15	30
21	Tony Smith	10	30
21	Tracie Jarvis	20	30

Duck Pond Waddle Sunday 5th December

It was an early morning start after a great night out at the awards night at Port Solent; the snow had almost gone and the course had finally been declared okay on the Saturday afternoon. Two Stubbington Green Runners completed the nine mile course in reasonably dry conditions, a great cross country course in rural West Sussex with 200 plus runners.
Nick crane 25th 1.08.08
Andy lee 86th 1.18.27

Somerley 10 km Monday 3rd January

Held on a course at a stately home north of Ringwood this 10 km race takes in 2 laps of the grounds on gravel paths with hills with 465 keen runners.
Lewis Chalk 3rd 36.14 2nd male
Nick Crane 42nd 43.40

Nick Crane

Do you want a place for the Reading 1/2 Marathon on Sunday 20th March?

You may be aware that the on-line registration for this event has now closed. However, the Rainbow Centre in Fareham still have a few places available. Please contact them on 01329-289500 or email julie@rainbowcentre.org for more information. (Caroline Street)

Youth Hostel Weekend with Hardley Runners
18 - 20 February 2011

Hardley Runners would like to invite us along on their Youth Hostel Weekend in February. The hostel is Streatley on Thames and the dates are 18 – 20 February 2011. The cost is £35.50 per person. The hostel is close to the Thames Way and also the Ridgeway. Details are available at:
http://www.yha.org.uk/find-accommodation/south-east-england/hostels/streatley-on-thames/index.aspx

All cheques should be made payable to Hardley Runners and sent to Sue Stone at 68 Downs Park Crescent , Eling, Southampton SO40 9GP.

We have joined them on several other occasions and it has always been a good weekend away. Perhaps you could drop me an email if you might be interested. I can always give you some more details.
Caroline Street

MEMBER OF THE MONTH

Donna Mitchell

The Scottish Dynamo

Words: **Tina Chantrey**

Donna Mitchell made an instant impact when she joined the club in 2010; 2011 looks set to be even better (and faster!)

Donna may be a newbie (well, almost) at the club, but she is an experienced sportswoman with a wealth of experience and training behind her.

"As a child I swam from the ages of 11-14 with my local club, in Scotland," says Donna. "We entered teams into galas all the time within various leagues including the Scottish Junior league, and I was lucky enough to represent Scotland. I was also a very keen diver. I won various medals and trophies as part of the team over the years, but unfortunately at the age of 14 discovered boys and cigarettes and that was the end of that!"

Although Donna moved away from swimming, she took up cycling later in life, before she then progressed onto running last year. "Running started for me in March 2010, when I ran in the Eastleigh 10k," Donna recalls. "I had previously entered a competition at my gym that comprised of running, cycling and rowing; I learned that day I was not a very good runner so decided to put that right and learn how to run properly.

"I'm very lucky to have Susie MacGregor as my best mate and when I mentioned I wanted to run properly she wasted no time getting me to the Monday night training session to see what I thought."

Naturally Donna loved it and the rest is history: "I then joined the club in April 2010," she says.

At the moment Donna is trying different types of running on for size, in her quest to find the style and race she prefers. "I think I'm definitely swaying towards off road running," she says. "The few runs I've done on the South Downs have been my favourite. I just love everything about it; the hills, mud and scenery."

GOING FOR THE MARATHON

Not one to shy away from a challenge, Donna was ecstatic when she won a club place for the Virgin London Marathon this April. "I started my training for London 2011 on 1st January and so far so good, but it's very early days still! I'm delighted to have a club place and am thoroughly looking forward to running it. I guess I'll find out on 18th April if I'm 'a marathon person'. Fingers crossed!

"I really just hope that I make it to the start line injury free," she says. "I am totally daunted by the thought of the training and the main event and hope everything comes together for me. I would love to do a sub four hour marathon, but will be happy just to complete the course if I'm 100 per cent honest."

Donna thrives on personal challenge; her winning the Newcomer of the Year award at the club's award night in December is a testimony of this. "I am really enjoying seeing my times improve and achieving targets I didn't think I could," says Donna. "I'd love to say I'm not competitive but I'd be lying. I think it's important to be the best you can be!

"I run with a wide variety of club members and I always try to do a Monday night session and a speed session on a Thursday. I really can't rate the speed sessions enough and feel they have been priceless to me."

Donna has already found a favourite event: The Butser Hill Challenge. "This race showed me a new meaning to the word hill! It was a great event to be part of and I was hugely impressed with the juniors who raced that day too. I'd recommend it to everyone as one to be ticked off the 'must-do' list. This year I might even train for it!"

After the marathon, comes a triathlon; with Donna's natural ability at swimming, cycling and running, it's a natural progression. "From April I'll be concentrating on getting myself into shape for the New Forest Middle Distance Triathlon in September," states Donna. "I think that will take up most of my summer and again I'm very daunted at the thought of the race. Fortunately there are a few Stubbies training for the event, so I won't be alone, and I'm sure I'll get loads of much welcome support along the way.

"Finally, I would just like to mention what a pleasure joining SGRAC has been for me. I could never have guessed what an impact it would have on my life, nor how many good friends it would bring my way. What a fantastic club filled with amazing people!"

Ladies Captain's Report

January has got off to a flying start with a series of great races.... The Lords Wandsworth Todays Runner saw 7 Stubbington Ladies tackle the tough, muddy, hilly course and storm home with a 1st place team. Well done Ladies.
Next came The Hampshire Championships at Fleming Park which 6 Stubbington Ladies raced and again stormed home with Vet Ladies coming 3rd.
The Reading Cross Country didn't receive a great turnout from our ladies but 2 of our very committed runners Rachael and Sharon flew the green flag on the day.
And finally our very own Stubbington 10K.... Wow did the Stubbington Ladies let everyone know they were there !!
Team results on the day saw our Senior Team take 1st place, our Vet team 3rd place with many PBs achieved against the odds of the weather, too many to mention but one stood out in particular, Emily Foran finished in a fantastic time of 39:25 - Well done Emily. All the ladies did excellent and it was great to see so many green vests!
GO TEAM STUBBINGTON ! *Susie*

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, Chichester, 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
Sat 19 Feb	Nat'n'l XC . Hants XC.	Alton Towers	1335/1430
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	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 Race Diary

Date	Race	Venue	Time
Sat 5 Mar	Runners Need G3 10K	Newlands Corner, Guildford, GU4	8.30am
Sun 6 Mar	Today's Runner (Race 6)	Staunton Country Park, Havant	11am
Sun 6 Mar	Bushy Park 10K	Bushy Park, Hampton Court Gate, Hampton, TW12 2EJ	10.30am
Sun 6 Mar	David Lloyd 10K	David Lloyd Southampton, Frogmore Lane, SO16 0XS	10.30am
Sun 6 Mar	Eastbourne Half M'thon	Princes Park, Royal Parade, Eastbourne, BN22 7LQ	10am
Sun 6 Mar	Goring 10K	Goring on Thames, Reading, RG8	11am
Sun 6 Mar	Spring Ballbuster 8	Box Hill, Dorking, KT20	8am
Sun 6 Mar	Steyning Stinger M'thon	Steyning Grammar School , Steyning, BN44 3RX	8.30am
Sun 6 Mar	Trionium Wife-Carrying (!)	The Priory School, West Bank, Dorking, RH4 3DG	10.30am
Sun 6 Mar	Leith Hill Half M'thon	The Priory School, West Bank, Dorking, RH4 3DG	11am
Sun 6 Mar	Votvo Dorney Duathlon	Eton College, Dorney Lake , Windsor, SL4 6QP	10am
Sun 6 Mar	Bath Half Marathon	Great Pulteney Street, Bath, BA2 4DE	11am
Sun 6 Mar	Zoom Mad March 10	Burton Rec', Burton, Christchurch, BH23 7LE	10.30am
Sat 12 Mar	Dirty Double Adv'ture Race	Pippingford Park, Nutley, E. Sussex TN22 3HW	10am
Sat 12 Mar	Great Western 10K	Leweston Sch , Longburton , Sherborne , DT9 6EN	11am
Sun 13 Mar	Salisbury 10 (HRRL)	Salisbury Leisure Centre Butts Road Salisbury SP1 3NR	10am
Sun 13 Mar	Camberley Fun Run 3K	Frimley Lodge Park , Frimley Green, Camberley	10.30am
Sun 13 Mar	Ferndown Rotary 10K	Avon Heath Country Park, Ringwood, BH24 2DA	10.30am
Sun 13 Mar	John Austin Half M'thon	Brockenhurst College, Brockenhurst, SO42 7ZE	10.30am
Sun 13 Mar	Surrey Spitfire 20	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 13 Mar	Tadley Runners XC 5.3	Hurst Community College, Tadley, RG26 5NL	11am
Sun 13 Mar	Kamikaze Final Sortie 7	Pipping Ford Park , Ashdown F'st, Crawley, TN22 3HW	10.30am
Sun 13 Mar	Southborne Fast &Flat 10K	St Katharine's Sch, Southbourne, Bournem'th, BH6 4NA	11am
Sun 13 Mar	Wilton House Jog 5/10K	Wilton House, Wilton, Salisbury, SP2 0BJ	11am
Sat 19 Mar	Brutal 10	Frith Hill, Frimley, GU16 6GA	10am
Sun 20 Mar	Cranleigh 15/21	The Band Room, Village Way, Cranleigh, GU6 8AF	9am
Sun 20 Mar	Fleet Pre-London Half	Calthorpe Park, off Reading Road North, FLEET, GU51	10.30am
Sun 20 Mar	Hastings Half Marathon	St. Leonards on Sea, Hastings, TN38 9JJ	10.30am
Sun 20 Mar	Exbury Gardens 10K	Exbury Gardens, New Forest, Soton, SO45 1AZ	9.30am
Sun 20 Mar	Tri-Adventure Sprint	Shere Recreational Ground, Shere, GU5 9HF	10am
Fri 25 Mar	Jurassic Coast,3 day, 78.6	Chesil Beach , DT4 9AG	10am
Sat 26 Mar	Military 10K	Sandy Lane, Nutfield, Redhill, RH1 4EJ	10am
Sat 26 Mar	Selsdon Half Marathon	2-4 Selsdon Park Road, Croydon, CR2 8JA	10am
Sun 27 Mar	Eastleigh 10K (HRRL)	Fleming Park Leisure Centre, Eastleigh SO50 9NL	10am

The Stubbington Noticeboard

Feb 2011	What	Recovery	Where	Who
Tuesday 1st	8 Titchfield Rollers with accelerations	Down Hill bits	Locks Heath	Phil
Thursday 3rd	Lee triangle accelerations		Crofton Community	Chris H
Tuesday 8th	2x2 mile	jog back to beginning	Locks Heath	Richard
Thursday 10th	12 x 400 lee front grass	1 min	Crofton Community	Mike B
Tuesday 15th	5x 1mile Schooner Way	100 mtr walk to start	Locks Heath	Mike W
Thursday 17th	Lee Front grass Fartlek	the hard road bits	Crofton Community	Graham B
Tuesday 22nd	Titchfield Figure of 8		Locks Heath	Phil
Thursday 24th	Hillhead 6x600mtr	400 mtr jog short lengths	Crofton Community	Mike H
Tuesday 1st	Sovereign Crescent Run		Locks Heath	Mike W
Thursday 3rd	Impromptu Time Trial		Crofton Community	Phil

Glen's Thursday Speedsters (6.30pm)

4th Feb - Locks Heath - 2x2 miles (4 minutes)

11th Feb - Stubbington - 12x1 minute (1 minute)

18th Feb - Locks Heath - 2xTitchfield Figure of 8 YAY!!

25th Feb - Stubbington - 6xCuckoo Lane

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

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