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

March 2011

ZIPPY AND GEORGE APPEAR AT CHICHESTER 10K

THE Chichester Priory 10k is one of the major races on the English road running calendar, and this year's once again attracted a high class field from a large number of the country's top clubs.

Zippy Grice

This was the 20th staging of the event which over the years has become a firm favourite with elite athletes, club runners and recreational runners alike. Despite strong winds playing havoc over the last three kilometres, as the field headed towards the finish along Lavant Road and Broyle Road, fast times were recorded by the winner of both the men's and ladies' races.

There were a number of athletes who were capable of running around the 30 minute mark, but it was Ben Noad of Highgate Harriers who managed to pull out an advantage of 12 seconds over the closing stages of race, crossing the line in a time of 30mins 4secs.

The result of the ladies' race was slightly more decisive with GB international, Liz Yelling of Bedford & County AC, a clear winner in a time of 34mins 4secs, 45 seconds ahead of Arena AC's Caroline Hoyte.

For the greens, it was good to see two of the club's big hitters back in action after lengthy absences due to injury. Zippy Grice has been plagued by persistent foot problems over recent months, but he is now back training and racing again. Due to feeling unwell before the race, Zippy opted for a 'steady' run, returning to the Festival Theatre Car Park in a time of 35mins 21secs (61st).

Mark Le Gassick has also been making steady progress after being out injured for the majority of 2010. A sure-footed run of 32mins 50secs for 21st place, put Mark in between local rivals James Baker (31.55, 17th) and Andy Morgan-Lee (33.02, 24th) who was running for his new club Thames Hare & Hounds RC.

Other Stubbington Green finishers:

229 Simon Carson Jones	41.49
361 Richard Edmunds	44.27
504 Richard Chowns	46.16
658 George Howarth	48.13
1298 Kathryn Davies	58.41

There were a total of 1619 finishers.
Mark Le Gassick

George Howarth

YOUTH HOSTEL WEEKEND

The youth hostel weekend in Exford proved to be a big success again thanks to all the people who came along and joined in the fun.

The group was great, everyone dug in and pulled their weight to make it such an action packed enjoyable weekend. I want to send out a HUGE thanks to you all for your input and food contributions to the American supper (actually, I should say FEAST!).

I would also like to say a MEGA well done to the 7 kids who came along and joined us, they were absolutely brilliant! They looked after each other and gelled well as their own group but equally joined in the main group as required. They took part in a 3 mile run/walk/climb up over the moors in the freezing cold without a moan. They also did a good job in showing the grown ups how to scale the climbing walls with little effort later in the afternoon.

So well done to you all - Ben and Hannah Smith, Freddy Church, Katie Simister, my own to boys Aidan and Callum Jarvis and to Elizabeth Martin who unfortunately was very unwell for the entire weekend but still bravely soldiered on regardless. It was great to have you guys along and we'd definitely love to have you along in the future.
Tracie

Curry Night will be back on the last Thursday of March, venue to be confirmed, more details to appear on website. *Nick Kimber*

A Big Thank You From Di

A big thank you from DI following the Stubby 10K

Well, what a race day! The café was up and running earlier than ever this year and all those wonderful cakes appeared as usual, how do you all do it? It was just perfect and SO added to our sales.

The help I get every year is just wonderful and stops the panic setting in before I start cooking at 6am. Karen, Ann, Tracie and Jane worked flat out from 7.30am and luckily Callum Jarvis was on hand to run errands for us.

I upped the quantity of bacon and sausages this year because of the teams of helpers for the race and even then we had nearly sold all of the 22lbs of bacon before the race started! 28 pints of milk kept the tea and coffee flowing through to the end and that was down to the energetic ladies who kept me focused and stopped me talking too much! The takings were £404.41 which after all the race squash, paper cups, kitchen supplies and food left us with a profit of £187.42. What a result!

The community centre tells me they hope to re-vamp the little kitchen in the next year with a new cooker that will have 2 working ovens! They will move the counter out so there will be room for the helpers to move easily behind it- what a luxury. So that will make things easier and be very helpful to the next good person who wishes to take on the race café in 2012.

Can I now say thanks so much for the years of support and the amazing home made cakes that have made our race famous, not forgetting everyone else who helps make the race work for other people's pleasure.
Cheers, Di

MIAMI LEWIS

Miami done and very happy!

It has been a long journey since the end of August when I moved to the Dominican Republic for my new work and life adventure and I can now say the move has paid off in every way! I have a fantastic package as part of my work contract, I have met a beautiful girl who I am completely in love with and I have now smashed my marathon PB by 16 minutes!

Everything felt great throughout the race and I knew at 18miles I was going to break 2:45 and perhaps 2:42.....I am now just wondering if I'd have had a fellow runner with me from 14miles to 25 could I have broke 2:40??? That will be the target for the next marathon! It was also very pleasing at the 25th mile when I casually overtook two of the 'elite start' runners at my consistent 6minute average pace to finish in 14th place overall.

It's a shame my friends can't count! They got me very excited saying I came 6th overall, but the website clearly shows I came 14th! I am happy with that though and the fact I am currently the 2nd fastest UK marathon runner of 2011 how long will that last??? Take a look - http://www.thepowerof10.info/rankings

It hasn't all been easy and from my first training review in September 2009 I said these words… "It's hot, slow and painful! But I am enjoying the new scenery and the chance to impress a country/ continent better known for sprinting!" I feel I have impressed my new Caribbean friends and I am most proud of my 2:41 marathon finish and all the work I put in. I want to say a massive thanks to Penny Forse for her advice and support with training, and to Lucy May for getting me 'conditioned' and answering 'all' my questions prior to my summer departure.

The training without race pressure has been really good and the heat has definitely been of huge benefit. However a lack of training partners and competition has made progress difficult to measure and when I returned at Xmas and got a chest infection I nearly admitted defeat in achieving my <2:45 target. Luckily a very supportive girlfriend kept me buzzing during January and I cannot thank Laura enough.
Laura herself did brilliantly in Miami… she completed the half marathon in 1:34 and is now poised to do great at London in her first ever-full marathon. She has new found belief after smashing her HM target and perhaps she also now realises that my advice and training schedules aren't that bad after all!
So we're both more than a little happy now and our hangovers from a wild night out have gone too!!!

As I now qualify for an Elite Marathon runner place I have the dilemma of perhaps entering London in 2012……it would be nice to race Simmo again in the Championship Start coral but I think the airfare and limited time at home will put me off! So I am probably going to resist London and instead take on the first ever Dominican Marathon in March 2012. Before this though I will have plenty of races to target with several 10k and HM's in the 2011 calendar, so I will keep Mike Bell busy with my ever growing race reports!

I wish Stubbington Green the very best of luck this year and to all you marathon runners, do not forget the importance of quality speed sessions! Take care and keep in touch,

Lewis Chalk from the Dom Rep x

10/10/5 Royal Wedding (Honeymoon) Handicap
Monday 2nd May 2011 11:45 finish time
£2.00 entry per runner

The 10/10/5 Royal Wedding (Honeymoon) Handicap is similar to the usual club handicaps, in as much as you have to finish as close to the specified time as possible. And that's where the similarity ends!

This is an event for teams of three. It consists of three legs but is not a relay; the first runner must run all three legs, the second runner legs two and three and the third runner leg three only. On legs two and three team members must run together. The first runner will run about 10 miles, the second about 10k and the third about 5 miles; with the emphasis on 'about'.
See it's not just a silly title.

It is hoped that the mixture of distances will encourage runners of all abilities to take part, with a good mix within teams. Remember you don't have to be a fast runner to win a handicap, it's all about pacing.

The start and finish are in the car park outside Bay House School, right opposite the Seahorse PH. The finish time will be 11:45. The two transition points will both be under the old granary in Clarence yard, this is because there is enough space, also if it is raining the marshals won't get wet, oh and there is a café.

A coach will be provided to transport leg 2 and leg 3 runners to Clarence yard. This will leave the Seahorse PH at 10.00 sharp.

Usual rules apply in as much as you are not allowed to wear a watch, carry a sun dial, ring the speaking clock or look out for timepieces en-route.

Please let Paul Hammond know by April 8th if you wish to take part so the right size bus can be ordered - you will need to arrange your own teams. He will also try to answer any questions you may have. pjh669q@btinternet.com

One last thing, when teams cross the finish line they must do so holding hands. It is a honeymoon period after all.

1st Leg

From the car park at Bay House School go along Gomer Lane towards the Cocked Hat PH, go over the roundabout and onto military road, go past HMS Sultan keeping to the right hand pavement. At the traffic lights turn right into Station Road, (there will be the old station house and platform on your right and allotments on your left).
After about 250 yards turn right onto a cycle/pedestrian path; (the old railway line), follow this until you reach the old station in Gosport.

TAKE CARE CROSSING AT THE ROAD JUNCTIONS
Go over the junction at Cambridge Road, past the murals under the bridge at Annes Hill Road, over the junction at Lees Lane (the Junction Tavern will be on your right here), at the junction on the path by the red containers go left towards Gosport, go past Newtown school and on along the top of several streets before coming to the station ahead of you, carry on down the path next to the new build with the station on your right.

At the road (Spring Garden Lane), carry on across and through the lights, go right along Mumby Road, cross over to the left side and go left down Weevil Lane.
Turn into Clarence Yard through the black gates and cut left across the car park, head toward the T.S. Hornet building, go through the white stone gateway and turn right, head down towards the harbour and go left at the bottom. The transition point is under the old granary.

2nd Leg

Head north from under the granary, go left at the old slaughter house, up past Ledwell Court then turn right and head over the Millennium Bridge.
Once over the bridge keep right and go between the black bollards, head towards 'Explosion', go through the museum gates and out the other side; (if the gates are closed go left and around the outside). You will now have a panoramic view of Portsmouth Harbour on your right.
After about 300 yards turn left at the two black bollards and on to a gravel path, follow this keeping the trees and houses on your right; (the track weaves and turns a fair bit here). At the black railings of a play area turn left, the path will then lead onto a park area, follow the path left at its junction and exit the park through the grey metal railing gate.
At the road; (St Vincent Rd), turn left and carry on to the junction with Mill Lane where you turn left. Follow this road past St Vincent College. At the junction with Forton Road turn left. Keep on the left hand side and follow the road back down to Weevil Lane.
Turn left down Weevil Lane and follow it towards the bridge, do not cross the bridge but follow your tracks back past Ledwell Court and the old slaughter house back to the transition point.

3rd Leg

Head south from under the granary, go right at the end of the building, up then left through the white stone gateway, go across the car park and out of the black gates turning left onto Weevil Lane.
At the junction with Mumby Road turn left and follow the Gosport Millennium Trail all the way to the Submarine Museum.
(At one point early on it goes left down Harbour Road;
DO NOT FOLLOW IT HERE
after a few hundred yards it reappears on Mumby Road by the Castle Tavern).
This will take you down to the Falklands Gardens; (do not cut the corner), past the ferry, along the esplanade past the marina, over a small footbridge, along rampart row, over Haslar Bridge and finally to the museum.
When the trail stops you don't. Carry on down Haslar Road past the old hospital.
At the junction with Clayhall Road turn left then left again into Dolphin Way, this will take you past the detention centre.
At the sea wall go right or the next stop is France.
BE CAREFUL HERE AS THERE ARE USUALLY A NUMBER OF PEOPLE FISHING
Follow to sea wall as far as you can then turn right through a car park. Turn left on to Fort Road at the triangular tower, then follow the road past the entrance to the golf course, carry on past Monkton Road crossing to the left hand side. Then turn right into Crescent Road.
TAKE CARE CROSSING HERE
Follow Crescent Road to it's junction with Anglesey Road, turn left here then right at the roundabout. Carry on along the full length of Stokes Bay, then up to the roundabout and the finish is in the car park outside Bay House School.

Hampshire Road Race League

10 MILE RYDE

It's the first weekend of February, it's blowing a gale, so lets all get on a ferry and run 10 miles around the hilly end of the Isle of Wight. That was the choice of 14 Stubbies last weekend. After the special treatment of supporters on every corner in the last HRRL and a flattish course, we were offered plenty of hills, and just a few supporters. They may not have bought cakes, but they did make themselves heard none the less. Andy Simpson was keen to get out and see some running, and Chris Gallagher was just keen to get out after a "Disney Day" on Saturday! The Jeffery girls were just hoping that Daddy didn't come last again like he did at the Cross Country Championships!!

As for the running it was always going to difficult to out perform last years result at Ryde, but the 14 Stubbies who did make the journey had an enjoyable day out none the less. For those of us travelling with Andy, we were also treated to a gastronomic performance on the way home.

Susie lead home the ladies achieving 4th place overall, and an incredible 1 min 30 seconds quicker than last year!! On this hilly course she was only 30 seconds off her pb set at Lordshill last year. Lucy fresh from her "Disney experience" preparation day resumed her racing with a very credible 8mm. Just think what she be like if she ever trained!! Andrea seemed to enjoy her run too, and the challenge of the hill at mile 8. It all seemed a lot easier for her than Parliament Hill last weekend; well anything would seem easier than that though. Completing the Stubbie ladies contingent were Sarah who ran really well to smash the 10mm barrier, and Sharon who finished bang on 10mm. well done to both of you for your achievements.

Andrea Charlson

On the men's side of things the A team was lead home by Tony Smith, who was just a shade down on last year after putting in some high mileage marathon preparation weeks. Tony still managed to find the speed to go with the endurance to just out pace Dave Jeffery who was also just a few seconds down on last year. Mike White claimed the 1st V50 prize finishing in 20th place, and I managed to hang on to complete the A team.

Philip Martin

The B team was lead home by Phil, who's looking stronger and stronger every week of marathon training. Nico making his Stubbington debut finished with a very credible 7.30mm pace. Whilst Alan White and Nigel (You can't park 'ere) Whitcher continued their marathon training adventure with a consistent 8mm pace. John completed the Stubbington men's team finishing just a few seconds behind Nigel.

Following Bramley the HRRL moves across the boarder in to Wiltshire for the Salisbury 10, always a favourite with many Stubbies. With such a long trip it could well be worth breaking up the journey home at the Cuckoo Inn at Hamptworth, SP5 2DU [map] for some carbo loading;-) As if I needed an incentive to carbo load!

Eastleigh and Alton are also open for entries, but get in quick as Eastleigh especially fills up fast.
Graham Bell

Susie MacGregor	01:07:25
Lucy May	01:20:14
Andrea Charlson	01:26:45
Sarah Martin	01:36:53
Sharon White	01:40:01
Tony Smith	01:01:53
David Jeffery	01:02:04
Mike White	01:02:46
Graham Bell	01:03:31
Philip Martin	01:10:26
Nico Beukman	01:15:13
Alan White	01:19:29
Nigel Whitcher	01:20:24
John Simister	01:20:54

Race	Distance	Date	Notes
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**	

"GREEN GIANTS"

THE LEGENDS OF STUBBINGTON GREEN

Bev Hards

This month's Green 'Gigantic' Giant is Bev Hards. Bev has been running with Stubbington Green since the mid eighties and to say she's won a troop of trophies since then seems an understatement. Bev is one of the fastest women (if not, the fastest) that the club has been lucky enough to claim as a member.

This is her Personal Best Record

4 m Time Trail	23:48 (1993)
5 m All Time	29:28 (1993 B. Waltham)
10k All Time	35:37 (1994 Seaford)
10m All Time	60:35(1989 Fareham)
Half Marathon All Time	1:20:39 (1989 Portsmouth)
Marathon All Time	2:56:23 (1994 London

Unfortunately, Bev is not a face that many of us are now familiar with, she and husband Barry live 40 miles away so turning in for a training session is not an option but they still race in Green and remain dedicated to the club. Time to become acquainted with this Green Legend. Here Bev gives a little insight into her very colourful running/racing career.

'I blame it all on Di (Mc Ewen). I had decided to run the Gosport 10km in 1986 and Di started talking to me and the rest they say is history. I joined the newly formed SGR and started training with the club, **80,000** miles later I am still a member. I have served my time as a committee member and treasurer.

When I started running kit was not the array of technical items you are bombarded with now. Just trying to get a decent pair of shoes was a trial (they came in pink for ladies!). There were no special drinks for pre, post and during training. I ran my marathons on a couple of pieces of Kendal mint cake shoved in the key pocket of my shorts. My mileage when marathon training was 100 miles+ a week – only marginally more than my usual 70-80 miles a week.

Until my recent injury I was running 80 miles a week and when not running 180 miles on the bike. It was all down to the LSD (long slow distance).

Going thru the boxes of trophies, lovely pieces of crystal and club archives I have managed to compile a list of races (see next page) that I have been positioned in. Many are missing such as the Fareham 10 and several Seven Sisters' marathons and the list does not take into account the many cross country events, LDWA events , relays, trips to Pulheim and Vannes and other foreign races on holiday.

My greatest achievement would be getting under the 3 hours for the marathon and winning the Gosport marathon, ½ marathon and 10km all in one year (for which I cannot confirm which year). I suppose I was disappointed not to break under the hour for 10 miles.

My only foray onto the track led to me being banned by the Athletics Association for 9 months. I won a race at Haringey and due to club politics (nothing to do with Stubb) was banned! I could look at my running career with a rosy glow but I have had many a fall (including hitting the tram lines at Netley and being trampled on) somersaulted whilst still being clipped in the bike, kicked by a horse and bitten by a dog.

These are all the hazards a runner faces – and I have the scars to prove it! There are so many memories that I wouldn't know where to start. Certainly the trips to Pulheim and Vannes, the annual pilgrimage to Charmouth, wading across the Beaulieu river in February in an orienteering LDWA event (New Forest Marathon), buddying Barry at the end of the South Downs 80 or more bizarrely running up on the South Downs on my own only to meet a man whose running kit consisted of only of a pair of Nikes!'

Please see page 6 to get an idea of the size of Bev's trophy cabinet

BEV HARDS RUNNING RECORD

1986

Great Butser	2nd		

1987

Marwell 10km	1st	Winchester ½ m	2nd
Gibbet Hill	2nd	Bournemouth 10	2nd
Haslemere 10km	2nd	New Forest 10	1st
Gosport 10km	2nd	Gosport ½ m	3rd
London Marathon	3.45.17	Charmouth Challenge	1st
Winchester 10km	1st		

1988

Solent ½ marathon	2nd	Boscombe 10km	1st
Gibbet Hill	3rd	Gosport ½ marathon	1st
Braishfield Beer	1st	Dawlish ½ marathon	2nd
Winchester ½ marathon	1st	Woodcraft 10km	1st
Charmouth Challenge	1st	New Forest 10	1st
Haslemere 10km	1st	Salisbury Plain 15.5miles	2nd
Sherbourne ½ marathon	1st	Gosport 10km	3rd
Southampton 10km	1st		

1989

Winchester 10 mile	2nd	Hayling 10 mile	3rd
New Forest 10	2nd	Otterbourne	1st
Sprat & Winkle	1st	Solent ½ marathon	1st
Winchester ½ marathon	1st	Gosport & Fare marathon	1st
Gosport ½ marathon	2nd	Gibbet Hill	3rd
Charmouth Challenge	1st	Braishfield Beer	1st
Winchester ½ marathon	2nd	Miles of Miles	3rd
Gosport 10 km	1st?		

1991

Boscombe 10km	1st	Theale Thrash	3rd
Banana February Fling	2nd	Otterbourne 5	1st
Seaford 10km	1st		

1992

Seaford 10km	1st	Bishops Waltham 5	1st

1993

Denmead 10km	3rd	Sultan 10km	3rd
Bishops Waltham 5	1st	Gosport 10km	3rd
Seaford 10km	1st	Solent ½ marathon	2nd
Banana February Flash	2nd	Banana Theale Thrash Series	1st
South Coast Marathon	1st	(Hampshire Gold medal marathon)	

1994

Purbrook Ladies	3rd	RR10 winner	
Winchester 10	1st	(Hampshire Gold medal 10 mile)	
Alton10	1st	London Marathon	2.56.23
Seaford mini marathon	1st	Sultan 10	2nd
Bishops Waltham 5	1st	Solent ½ marathon	1st

1995

New Forest ½ marathon	1st	Seaford mini marathon	2nd
Winchester 10km	3rd	Gosport marathon	2nd?

1996

Gosport ½ marathon	2nd		

1997

Piddle Valley Plod	1st	Seaford 10km	1st
Stickler (Dorset 3 peaks)	1st	Newton Tony 10km	1st
Milborne 10 mile	1st	Marnhull 12km	1st
Bournemouth 10 mile	2nd	Salisbury 10 mile	2nd

1998

Luppit Lollop	1st	Grizzly	3rd
Fordingbridge 10km	1st	Impress 10	1st
Rose Road 10km	1st	Dorset Peak Series	1st
Bramley 20	2nd	Piddle Valley Plod	1st
Shillingstone Hill run	1st	Hambledon Hill Race	1st
Hambledon Hill Rampart Race	1st	Blackmore Vale ½	1st

2000

Mince Pie 10 mile	2nd	Bournemouth 10 mile	1st
Bishop Waltham 5	1st	Piddle Valley Plod	1st fv35
Friston Forest	1st fv35	Cranborne 10km	2nd
Norwich Union 10km	2nd fv35		

2001

Fordingbridge 10 mile	1st	Golden Cap challenge	2nd
Salisbury 10 mile	1st	Bishops Waltham 5	1st
Fordingbridge 10km	1st	Blackmore ½ marathon	1st
Shrive Cross	1st		

2006

Seaford 10km	1st fv45

2007

Gilly Hilly 7.5 mile	1st	Chalke Valley Challenge	2nd

2008

Gilly Hilly 7.5 mile	3rd	Seaford 10km	1st fv45
Sherborne Castles	2nd	Chalke Valley Challenge	1st
Tarrant 10km	1st		

2009

Chalke Valley Challenge	1st	Marwell 10km	3rd
King Alfred's Torment	2nd	Moors Valley 10km	1st
Sherborne Castles	2nd	Tarrant 10km	2nd

Emily Foran The Fairy

To those of you who have not met me as I am quite new to the club, hello!

I only moved to Lee on the Solent in August so have only been a "Stubbie" for quite a short time. I have been a runner for some time, but my husband is in army and thus, we move around quite a bit. In fact, this is the first time I have been able to be part of a running club since the birth of my eldest son Freddie some three years ago! So far, I have not regretted joining you all. Everyone has been so welcoming and also and most importantly, so encouraging! You really have helped me to get the running bug again after a couple of years in the wilderness when the boys were very young- so thank you very much!

I also want to take this opportunity to tell you about my London marathon plan for 2011...
I have been lucky enough to run the London marathon twice before and now am going to run it for the third time.
Following a half decent run at the Gosport half, I was able to get a championship place for this year, an opportunity that I am not sure will ever happen again, so took it!
I have been training quite a bit but wanted to make it just a bit more fun this year so have decided to run in fancy dress!
A friend of my son Freddie (3) has cystic fibrosis. Her name is Amelie and she is a lovely little girl. So with her in mind, decided to run this year in support of the Cystic Fibrosis Trust.

So what to run as? Why a fairy of course! And if I am going to run in fancy dress... why not make it a world record attempt?! So yes, I have officially logged my attempt with the Guinness World records HQ and I have a current time to beat of 4 hours. I think I have a good chance of significantly improving on that-fingers crossed! Best marathon performance to date, was 2006, when I finished in 3 hours 21. It is all very formal though: I have to finish with the wand in hand and with my wings still attached...oh and no flying- ok, so the last bit I made up!
Anyway, wish me luck...and if anyone wants to join me for moral support on my dress rehearsal run around Lee-on-the-Solent, let me know!

Finally, if anyone wants to support the Cystic Fibrosis Trust, I have set up a Virgin giving web page:
http://uk.virginmoneygiving.com/fundraiser/Thefastestfairy
Emily

Inca Trail & Yak Track

Barry Hards and daughter Ella-May ran the Inca Trail & Yak Track on the weekend. Conditions were very wet, and the course was flooded and muddy, but enjoyable. This was Barry's first race for 8 months. .
Inca Trail 7+ miles Barry Hards 5th overall (1st V50) 53:29
Yak Track 3 miles: Ella-May Hards (age 11) 4th overall (2nd female) 26:51

CROSS COUNTRY NEWS

TODAYS RUNNER MANOR FARM

"The penultimate race of the Today's Runner cross-country series was our own fixture which, as usual took place at Manor Farm Country Park on the 13th February. And, thanks to the help of many club members the event, apart from an incident soon after the start when the runners encountered a couple of horseriders who had managed to find

Ashley Lovell

their way onto the course, went off without a hitch.

With the weather being depressingly wet, numbers were inevitably down on those of earlier races. However, 226 runners (138 men and 88 ladies) were hardy enough to take on the challenging conditions of the course which in some places resembled a mudbath.

The club's first male runner across the line was Dave Jeffery who ran well to finish in 14th place having been one of those runners who managed to grab hold of one of the horses to prevent any serious injuries. Mike Harper was our next runner home in 30th place whilst Paul Hammond's 65th place saw him into the scoring places for the first time. Closely following Paul home was Mike Bell in 68th place and Nigel Whitcher, another first time scorer was our fifth runner home when he crossed the line in 97th place to give the men's team 274 points and tenth place on the day. There then followed a procession of Stubbies when Ashley Lovell (98th), Mike Clarke (99th), John Simister (101st), Alan White (106th) and Dave Eland (108th) finished in close order.

For the ladies, Susie MacGregor was the club's first runner home following a strong run crossing the line in 5th place. Susie was closely followed by Tina Chantrey who also made the top 10 with an 8th place finish with Sally McGrath taking the third scoring place, coming home in 13th place. The ladies therefore accumulated 26 points giving them third place on the day with Basingstoke and Midhurst Milers just edging them out of their third first place finish in a row. Georgie Wallis (32nd) was next home and Sarah Martin and Tracie Jarvis finished 58th and 60th respectively.

Basingstoke and Mid Hants had a strong team out for both the men's and ladies' sections and they inevitably finished in first place and look to be battling it out with Farnham Runners for the shield at the final race with just two points between them.

Overall SGRAC finished in sixth place at Manor Farm which has now put us down to fourth place in the league. However we are only one point behind Hart Road Runners in third place so a good turnout for the final race of the series at Staunton Country Park on Sunday 6th March could ensure that we can overtake them.

Finally, I must say a very big thank you to Jaz and Hannah Smith who gave up their Saturday afternoon to help in marking out the course, all the marshals and helpers who volunteered their services on the day and endured the appalling weather and Robert Spencer who acted as sweeper for the race. Also well done to Di McEwan and her catering team for an excellent job which prompted a few compliments from runners from other clubs. Without the help of the club's members the race would not have been the success that it was - so many thanks." *John Tussler*

Tina Chantrey

Di McEwen would like to send out a big thank you to everyone who helped with the food and organising the hall for the race: Tracie and Neil Jarvis, Karen and Ray Gunner, Chris Ryder and Pat Woodward, Sue Robinson, Geraldine May, Michelle Simpson, Kathy McCain and Alan Gordon. Also thank you to Jaz Smith for securing a big box of bananas from the Fruit Basket Greengrocers in Stubbington.

Di would also like to send out her thanks to everyone for the food contributions and delicious cakes that they've supplied not just this year but year in, year out. Your support and contributions have been very much appreciated by the club and the runners. Di has managed this event forever, right from its concept but now feels she'd like to step back and take on the role of helper/ advisor rather than manager for the event.

Anyone interested in stepping into Di footsteps please email the committee.

Last but not least could you put in a **Thank you** to SGR that was sent to Pat Woodward from Naomi House, Children's hospice. SGR donated £1,000 from funds raised from race proceeds.

Here's the link to their website as I was unable to cut out the logo, you might have more luck ie knowledge than me. http://www.naomihouse.org.uk/

South of England Cross Country Championships

An intrepid team of Stubbies entered the 'Southerns' this year held at Parliament Hill in London. As usual the course still is the ultimate in cross country courses, hills, clingy mud, gloopy mud and muddy down hills.

First off were the Stubbington ladies: Tina, Sally, Lucy, Andrea and Sharon. This was Tina, Andrea and Sally's first Parliament Hill run and they all enjoyed the experience, although warming up took on a whole new meaning as it was bitterly cold!

Tina incorporated her run with her marathon training and after her race went off for another circuit to get the hours and mileage in but still couldn't get warm even with four layers on!! Andrea wasn't too traumatised by the hill and had a good run and can be really proud of her run against the best in Southern England, considering she's only been running for a year, and all the girls can equally feel proud of their efforts.

Tina led home the team followed shortly after by Sally, Lucy was only two minutes behind and then Andrea and Sharon, who continued her battle with Marilyn from Victory AC and managed to stay ahead again for this race!

The men's race started with half the field still trying to get through the chip tent set up to check that all the athletes had their chips on before the race, so once the gun went off there was a stampede that Calgary would be proud of as 100 athletes rushed through the gap in the tent!
We all climbed the hill without problems and then out into the countryside, Gordon and Phil ran together for the first lap but then lack of fitness took its toll on Phil who then dropped back and said afterwards the race was six miles too long! Gordon, in the meantime, managed to catch up close to John but neither could stay with Nick who finished well up the field. Phil May.

Tina Chantrey	223	40:03
Sally McGrath	239	40:51 (16th Vet 45)
Lucy May	278	42:24
Andrea Charleson	347	47:08
Sharon White	366	51:31

Stubbington was the 52nd ladies team

Nick Crane	651	72:30
John Gueran	763	77:41
Gordon Westley	768	78:18
Phil May	861	90:34

Well done to all who ran.

Phil

Lucy May

THE MEON VALLEY PLOD

02:42:02	HALL, Chris	16
02:42:33	JEFFERY, David	17
02:50:35	GUERAN, Daniel	29
03:26:01	CRANE, Nick	122
03:29:10	MARTIN, Steve	136
03:38:53	JARVIS, Neil	180
03:41:35	WHITE, Alan	191
03:43:19	WHITCHER, Nigel	199
03:58:06	WOODMAN, Julie	247
04:05:28	BECK, Eric	270
04:41:14	NICHOLSON, John	339

WINCHESTER 10K

SULLIVAN Tim	M50	4	39.41
LOVELL Ashley	M45	32	49.06
ABBOTT Matthew	Snr	152	52.05
CHANTREY Tina	W35	1	43.48
DAVIES Kathryn	W40	27	57.07

HAMPSHIRE CROSS COUNTRY

The last Hampshire race of the season took place at Salisbury on Saturday 12th with ten Stubbies turning out for the club. The course on the side of the hill at Old Sarum is like running the rollers at Titchfield if you're not going up you're coming down!

In the Vets league Stubbington finished 5th in Div 2 and so the curtain comes down on the league races. Thank you to you all who have competed for the club and I'll look forward to dragging you out again in October for a new season! *Phil*

Dan Gueran

Dan Gueran	46th	36:40
Steve Martin	106th	43:01
Gordon Westley	113th	43:49
Richard Snell	127th	45:15
Andy Simpson	135th	46:49
Phil May	136th	46:54
John Gueran	142nd	52:53

Sally McGrath	30th (11th vet)	23:48
Gill Rose	39th (14th vet)	25:14
Sharon White	69th (39th vet)	31:15

National Cross Country Championships, Alton Towers

Lucy	371st	35.30
Dan	372nd	45:28
Gordon	1006	56.55
Nick	1039	57:37
John	1092	59:32
Phil	1174	1:02:32

MEMBER OF THE MONTH

Nigel Whitcher

Words:

Tina Chantrey

Nigel Whitcher has been running for SGRAC for just over a year, however, even though he is new to the club, he's an old-hand at staying fit.

"I have always tried to stay fit throughout my life," says Nigel, "due to my career, and the extreme sports that I'm in to. I initially joined the club to get my son, Tom, fit for his first triathlon. Tom and I ran together when we both joined, and have gradually both progressed to where we are today.

"Before I joined the club I had already run a couple of competitive races, including the Portsmouth Half Marathon back in 1997."

For Nigel, his favourite running events, and training, involve a lot of mud and open fields. "Cross country seems to be so much more interesting and more of a challenge than running on the roads," he says. "I'll never forget running the Meon Valley Plod last year! It was a very bad year, with wet and muddy conditions, which funnily enough didn't faze me at all. I also enjoyed the RR10 series than ran through the summer - my first competitive series race for the club. I felt they were a huge benefit to my levels of fitness, and felt much stronger at the end of them."

The next goal for Nigel is a big one: Brighton Marathon in April. "I am looking forward to Brighton, but very apprehensively indeed! Although I had a very good base fitness level before Christmas, with two half marathon and 10 mile runs under my belt, I have definitely found marathon training to be very challenging so far. But also good fun; it's undoubtedly made me even fitter and stronger.

"When I started running with the club I attended Penny's and Glen's groups, who both gave me the encouragement and coaching I needed to get going. I particularly enjoy Penny's session on Monday nights at Whiteley. The hill training is hard work and I can't emphasize enough what a benefit it has been to my running. I thank Penny for all the help she has given to both Tom and me over the last year.

"And even though I don't see myself as being a competitive runner, it's hard not to be when you join a club; we all find our niche and naturally want to improve on that. You are driven to get fitter and stronger, alongside your clubmates."

The club's social side is also something Nigel has benefited from. "Throughout this last year I have met and made some really great friends. Some club members I knew before, from my triathlon coaching, and others I have met at the training sessions. Eric (Beck), Alan (White) and I have become close friends and have helped and encouraged each other to keep improving. We have become known as 'the three amigos'!

After being the triathlon coach for the children at Chapel Tri Stars for a couple of years (and before that he coached at Hamble Swimming Club), Nigel has decided it's time to get first hand experience of the event and do one! "After the marathon in April I am setting my sights on the middle distance New Forest Triathlon in September. I am really looking forward to training for this event – maybe because of the challenge (maybe because I am due my mid life crisis!).

I have invested in a road bike and can't wait to get out and clock up the miles throughout the year. I also plan to do a few warm up tri's to get the experience of competition."

RR10 LEAGUE

PROVISIONAL SCHEDULE FOR 2011

DATE	VENUE	TIME	ORGANISERS
April 20	Royal Victoria Country Park	7.00pm	Southampton AC
May 4	Longdown Inclosure, Ashurst	7.15pm	Totton RC
May 18	Wilverley Plain, Sway	7.30pm	New Forest
June 1	Deer Leap Inclosure, Ashurst	7.30pm	Running Sisters/ Halterworth
June 8	Recreation Ground, Blackfield	7.30pm	Hardley Runners
June 22	Manor Farm Country Park(??)	7.30pm	Stubbington
July 6	Fleming Park, Eastleigh	7.30pm	Eastleigh RC
July 20	Janesmoor Pond, Stoney Cross	7.30pm	Wessex /Romsey
Aug 3	Itchen Valley Country Park	7.15pm	Lordshill RR
Aug 17	IBM Hursley Park	7.15pm	Winchester AC

SGRAC CHAMPIONSHIP LEADERBOARD

Pos	Name	Month	Total
1	**Sharon White**	**50**	**110**
2	Phil May	40	85
2	Mike Harper	5	85
4	Nick Crane	35	75
4	Sally McGrath	20	75
6	Lucy May	40	70
7	Gordon Westley	40	65
7	Sarah Martin	10	65
9	John Gueran	35	60
9	Susie MacGregor	10	60
11	Nigel Whitcher	10	55
11	Andy Simpson	20	55
13	Graham Bell	20	50
13	Andrea Charlson	15	50
13	Colin Elderfield	15	50
13	Jon Leigh	15	50
13	Tina Chantrey	15	50
13	Alan White	10	50

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 Race Diary

Date	Race	Venue	Time
Sat 2 Apr	Clandon Park Run 10K	George Abbot School, Guildford, GU1 1XX	11am
Sun 3 Apr	Combe Gibbet - Overton 16	Overton Recreation Centre, Overton, RG25 3ES	2pm
Sun 3 Apr	Fight in Forest 5/40/5K	Beaulieu Estate, Beaulieu , SO42 7ZN	7am
Sun 3 Apr	Harewood Forest 11K	Wherwell Playing Fields, Wherwell, SP11 7JP	9.30am
Sun 3 Apr	Bournemouth Bay Run 10K	Pier Approach, Bournemouth, BH2 5AA	9.30am
Sun 3 Apr	Bournemouth Bay Half	Pier Approach, Bournemouth, BH2 5AA	10am
Sun 3 Apr	4 Seasons Challenge	Kew Green, London, TW9 3AB	11.15am
Sun 3 Apr	Calne Rotary 10K	Bowood House, Derry Hill, Near Calne, SN11 0LZ	10am
Sun 3 Apr	Mel's M Multi-Terrain 10K	Christ's Hospital School, Horsham, RH13 0YB	11am
Sun 3 Apr	Sussex Marathon	Ashburham,, Battle, TN39 3DX	9am
Sun 3 Apr	Votwo Dorney Duathlon	Eton College, Dorney Lake , Windsor, SL4 6QP	10am
Sat 9 Apr	Ful-on Duathlon 6/22/6K	Kempton Park , Sunbury-on-Thames, TW16 5AQ	9.30am
Sat 9 Apr	Bath Beat 26.5	Ralph Allen School, Claverton Down, Bath	8.30am
Sun 10 Apr	Brighton Marathon	Preston Park, Brighton, BN1	9am
Sun 10 Apr	Frimley Park 10K	Frimley Park Hospital, Frimley, GU16 7UJ	10.3am
Sun 10 Apr	Fullers Thames Towpath 10	Uni of Westminster Sports Ground, Chiswick, W4 3UJ	9.30am
Sun 10 Apr	Houghton 11K Trail Run	Village Hall, Houghton, Stockbridge, SO20	10.15am
Sun 10 Apr	White Horse Half Marathon	Old Mill Hall, School Lane, Grove, OX12 7LB	10am
Sun 10 Apr	Highworth 5	Warneford School, Highworth, SN6 7BZ	11am
Sun 10 Apr	Honiton Hippo 7	Honiton Primary School, Honiton, EX14 1QF	10.30am
Sun 10 Apr	Parley 10K & 2K	Chapel Gate Spts Grnd, E.Parley, Christchurch, BH23 1QL	11am
Sun 10 Apr	Trowbridge 10K	Studley Green Primary School, Trowbridge, BA14 9JQ	11am
Sat 16 Apr	Bolt Round the Holt 10K/21K	Alice Holt Woodlands, Bucks Horn Oak, Farnham, GU10	10am
Sat 16 Apr	Hurstbourne 5	George V Playing Fields, Hurstbourne Tarrant, SP11 0AX	11am
Sat 16 Apr	Q2 Quest Challenge Multi	Burnbake, Rempstone, Corfe Castle, BH20 5JH	10am
Sat 16 Apr	3 Marathons in 24 hrs	Chesil Beach Holiday Park, Weymouth, DT4 9AG	6pm
Sun 17 Apr	Tri-Adventure Sprint	Shere Recreational Ground, Shere, GU5 9HF	10am
Wed 20 Apr	RR10 (Race 1)	Royal Victoria Country Park	7pm
Sat 23 Apr	Rotary Easter 1/4 Marathon	Boscombe Pier, Promenade, Bournemouth , BH5	11am
Sat 23 Apr	Newport to Ryde 7	Methodist Church Hall, Quay Street, Newport, PO30	3pm
Sat 23 Apr	Compton Downland 20 & 40	The Downs School, Compton, Newbury, RG20 6NU	9am
Sun 24 Apr	XLP Research Trust Tri	Romsey Rapids, Southampton Road, Romsey, SO51 8AF	8am
Mon 25 Apr	West. Wight 3 Hills 8	W. Wight Sports Centre, Freshwater, O.S. SZ338869	12pm
Mon 25 Apr	Bampton to Tiverton 7	Tiverton Town F. C, Bolham Road, Tiverton, EX16 6SG	10am

The Stubbington Noticeboard

March	What	Recovery	Where	
Tues1st	Sovereign Cresent Run		Locks Heath	Mike W
Thurs 3rd	AGM Impromptu time trial		Crofton -Lee Front	Phil
Tues 8th	Figure of 8 Titchfield	Southdowns Training	Titchfield	Richard
Thurs 10th	Pyramid Run 1-2-4-6-8	1 minute between runs	Crofton -Lee Front	Chris H
Tues15th	3x1.5 Tempo pace at 'Red Path	200 mtr jog to start	Locks Heath	Mike W
Thurs 17th	2x15 min Crocodile	4 mins between sets	Lee Front	Mike B
Tues 22nd	8 Titchfield Rollers	Southdowns Training	Locks Heath	Phil
Thurs 24th	7 x Cuckoo lane 1k	300 mtr from finish to start	Cuckoo Lane	Mike H
Tues 29th	10 x 1min hard x 2	1min rec, between and 5mins between sets	Locks Heath	
Thurs 31st	1st 4 Mile Time trial		Crofton	Phil

GLEN'S THURSDAY TRAINING

3rd March - Locks Heath - 2x2 miles (4 minutes)

10th March - Stubbington - 4x5 minutes (3 minutes)

17th March - Locks Heath - 6xTitchfield Rollercoasters

24th March - Stubbington - Lee Grass Fartlek

31st March - Locks Heath - 5xBrownwich Loop

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

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

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

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

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