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

April 2011

GOOD LUCK TO ALL THE MARATHON RUNNERS

It's a success just getting to the start line for a Marathon and your fellow Stubbies wish you the best what ever your goal, 3 hours, 5 hours, just finishing or breaking a world record. Whether it is London, Stratford, Brighton, North Dorset or any other Marathon you are attempting this Spring then GOOD LUCK.

Your New Committee Members

Sally McGrath
Ladies Captain

Lucy May
Cross Country
Secretary

Kevin Ashman
Membership Secretary

Phil May
Chairman

The 10/10/5 Royal Wedding (Honeymoon) Handicap takes place on Monday 2nd May 2011. Please let Paul Hammond, (pjh669q@btinternet.com), know by April 8th if you are planning to take part so he can order the correct size coach for the change-over. Currently, (23/3/11), there is one team entered; if there is not enough interest the coach will be cancelled.

THE 2011 AGM

A blow by blow account

Chairman's opening remarks:
Chris thanked all for attending and also the committee for all their work over the past year. He especially thanked Di McEwen for her victualling prowess at the 10k and Today's Runner. He said that he would be standing down as chairman at this meeting.

Club secretary:
Paul reported that the club affiliations to Hampshire Athletics, England Athletics and the British Triathlon Association had been paid for the year.

Treasurer:
Neil provided a breakdown of club income & outcome for the past 12 months, and told the meeting that the books had been successfully audited by Marjorie Hammond.

Membership secretary:
Caroline informed the meeting that there are currently 323 club members of which 230 are UKA registered. There have been 61 new members since the last AGM of which 50 are competitive. It had been decided by the committee to keep the membership fees the same as last year and this was ratified by the attendees.
Single £16, couple £22, family £28.
Caroline stated that she would be standing down as membership secretary but would carry on as 10k entry co-ordinator.

Race director:
Gary thanked everybody who helped with the 10k for their efforts. The race went extremely well with no major hiccups. After all expenses and holding some over for next years fighting fund there is still a surplus of £10,000 in the race fund.

HRRL captain:
Graham gave a brief review of the current HRRL standings, and last season's results. He gave special mentions to the following: Lewis Chalk and Andy Simpson for finishing 2nd and 4th overall in the HRRL standings last season and Susie Macgregor for finishing 5th in the ladies league.
Mike Harper and Robert Spencer who completed all 11 races last season.
And also the other 81 club members who turned out for the club in at least one race.

Ladies captain:
Susie is standing down as ladies captain. She praised the ladies for all their efforts over the past year and encouraged all the lady members to turn out both at training sessions, and races as often as they can. She thanked everyone for their support during her time as ladies captain and wished her successor the best of luck.

Men's captain:
Mike gave a brief review of last season's efforts in all disciplines, and a preview of upcoming fixtures such as the South Downs and Test Way relays.

Cross country captain:
Phil gave a run down of the final standings for the season just finished.
He confirmed that the club would look to enter teams in the Emsworth to Basingstoke relays as it was such a success last year - despite the weather.

Triathlon:
There was no Triathlon report as Richard was unable to attend. Chris announced that the club Tri championship would be held at the Chichester event on July 17th.

The committee stood down for re-election in accordance with the club constitution.
There were several changes made:

Chris stood down as chairman; Phil May was proposed as his successor and was unanimously voted into the position.
Caroline stood down as membership secretary; Kevin Ashman was proposed as her successor and was unanimously voted into the position.
Susie stood down as ladies captain; Sally McGrath was proposed as her successor and was unanimously voted into the position.
As Phil was now chairman he stood down as cross country secretary; Lucy May was proposed as his successor and was unanimously voted into the position.

Congratulations to all the above and many thanks to those who have stood down for their contributions to the club.

Thanks to Susie Caroline and Chris for all their hard work on the Committee

Arrangements for this year's beginner's course: This will commence on Tuesday 26th April. Gary and Verity will attend a coaching course to enable them to ably assist. The relevant information will be disseminated around the borough at suitable locations. Thanks to Chris Haskell for all her help in previous years.

RR10 captain for 2011.
John Tussler confirmed that he will carry out this role. He said that he had been asked again by Malcolm Price to look for a new course for our event, it was decided that unless pushed the SGR race would stay at Manor Farm.

UKA changes.
Caroline explained that as of June this year members would not be able to race as a club member unless they were UKA affiliated.

UKA UNITED KINGDOM ATHLETICS

Chris read out an e-mail that he had received from a runner who had run a couple of times with the club as a tester for himself prior to joining. He complained that on two occasions he had been left behind by the group he was with.

Chris asked that this not be allowed to happen in the future. There then followed a protracted discussion about how best to stop this happening. The idea of a buddy runner for new runners was well received, as was the idea to put more detail about the sessions on the website. A set of principles for the training sessions was also mooted.

Mike Clarke asked if it would be possible to display the club trophies in a suitable location.

A long discussion ensued about the possibility of using some of the £10k from the 10k to provide a club house, or alternatively share a venue with an established organisation. The display of the trophies at the library or community centre in Stubbington was also discussed. The committee will pursue these propositions and let the club know the why's and wherefore's in due course.

Chairman's parting shot.
To ensure that club members get some benefit form the £10k from the 10k it has been decided to offer club members a free club running vest when they renew their membership this year. There were two caveats to this offer.

You must renew your membership AND be UKA affiliated by 31st May 2011.
You must have been a paid up club member on 3rd March 2011.

A proposal to allow only ladies to vote for the ladies captain and men only to vote for the men's captain was deferred, as it would impinge on voting for committee members and would require a change in the club constitution.

Meeting closed thence to the bar.

Beginners Course

This year the beginner's course will start on Tuesday 26th April at Crofton School, 6.30-8.00pm, and will run for 8 weeks. Myself, Gary Littlecott and Tom Mellor are organising it and we would really appreciate any volunteers to help out on the night. We envisage it will be the same format as previous years, running for the first part of the session then a talk from a variety of people about running, nutrition etc for the second part of the session. If anyone could help out, or if you would like to take some registration forms to give out at your work then please email me verity.wright@ntlworld.com.
The registration forms are also available to download on the Stubbington Green website under the beginners section.
Many thanks
Verity

SGRAC CHAMPIONSHIP LEADERBOARD

1	Sharon White	5	115
2	Mike Harper	25	110
3	Phil May	5	90
4	Sally McGrath	10	85
5	Nick Crane	5	80
5	Sarah Martin	15	80
7	Lucy May	5	75
8	Gordon Westley	0	65
8	Susie MacGregor	5	65
10	Andy Simpson	5	60
10	Graham Bell	10	60
10	John Gueran	0	60
10	Nigel Whitcher	5	60
14	Alan White	5	55
15	Andrea Charlson	0	50
15	Colin Elderfield	0	50
15	Jon Leigh	0	50
15	Neil Jarvis	5	50
15	Rachael Openshaw	5	50
15	Robert Spencer	5	50
15	Tina Chantrey	0	50
22	Ann Blake	5	45
22	Dan Gueran	0	45
22	David Jeffery	0	45
22	Julie Ashman	5	45
22	Paul Hammond	5	45
22	Penny Forse	0	45
22	Richard Snell	5	45

The Grizzly 2011 Valley of the Bogs

The Grizzly

Mike White	03:01:40
Julie Woodman	04:24:07
Julie Ashman	04:37:37
Rowena Dodds	04:58:40
John Simister	05:05:08
Richard Jones	05:15:46
Ann Blake	05:18:48
John Blake	05:18:50
Sarah Martin	05:43:26
Sharon White	05:43:30

Mike White

The Cub Race

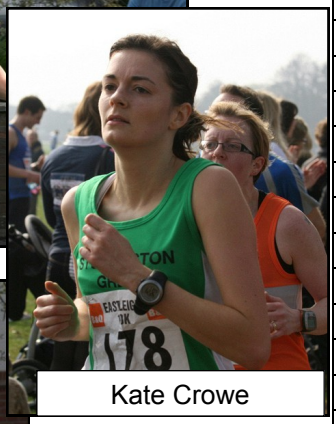
01:30:58	Andy Lee
02:09:17	Sandie McIntosh
02:09:20	Sue Robinson

Hampshire Road Race League

GREAT RESULTS AT THE EASTLEIGH 10K

The Three Amigos

Dave Jeffery and Chris Hall do battle



Kate Crowe

Mike Bell

Nicki White

Richard Edmunds

Russell Mead

GunPos	Forename	Surname	ChipPos	ChipTime
164	Emily	Foran	169	00:38:24
228	Susie	MacGregor	229	00:39:45
365	Sally	McGrath	372	00:42:56
371	Kate	Crowe	366	00:42:50
596	Lucy	May	605	00:46:22
629	Rachael	Openshaw	631	00:46:44
690	Donna	Mitchell	698	00:47:48
745	Clara	Fordina	758	00:48:39
754	Georgie	Wallis	768	00:48:46
1217	Kathryn	Davies	1253	00:55:56
1218	Nicki	White	1230	00:55:38
1276	Julie	Ashman	1284	00:56:26
1312	Sarah	Martin	1332	00:57:12
1369	Sandra	Abrams	1344	00:57:32
1401	Sharon	White	1379	00:57:58
GunPos	**Forename**	**Surname**	**ChipPos**	**ChipTime**
16	Mark	Le Gassick	16	00:32:52
47	Wayne	Ewens	47	00:34:47
75	Chris	Hall	76	00:35:44
84	David	Jeffery	82	00:35:53
136	Graham	Bell	136	00:37:36
147	Mike	Harper	147	00:37:53
163	Andrew	Simpson	166	00:38:22
255	Kevin	Wheeler	258	00:40:27
282	Nico	Beukman	288	00:41:11
291	Nick	Kimber	289	00:41:14
301	Philip	Martin	304	00:41:31
343	Mike	Bell	357	00:42:31
348	Richard	Edmunds	355	00:42:29
352	Michael	Townsend	349	00:42:25
419	Edward	White	400	00:43:25
448	Tim	Crumpton	431	00:43:55
487	David	Abrams	496	00:44:55
749	George	Howarth	743	00:48:20
750	Ashley	Lovell	762	00:48:42
766	John	Simister	708	00:47:53
815	Eric	Beck	811	00:49:19
818	Alan	White	812	00:49:19
820	Nigel	Whitcher	810	00:49:18
893	Leonard	Carter	890	00:50:25
949	John	Tussler	945	00:51:11
1104	Rick	Scott	1104	00:53:38
1205	John	Vose	1214	00:55:26
1212	Robert	Spencer	1226	00:55:35
1365	Chris	Gallagher	1368	00:57:48
1411	Russell	Mead	1394	00:58:13

Stubbington Green right up there in the latest HRRL table

MENS A TEAM		
1	Winchester	14
2	Pompey JC	27
3	**Stubb'n Green**	36
4	Denmead S	36
5	So'ton AC	42
6	Overton H	45
7	Salisbury ARC	47
8	Farnham R	67
9	Victory AC	71
10	Alton Runners	84

LADIES A TEAM		
1	Winchester	8
2	Eastleigh RC	21
3	**Stubb'n Green**	25
4	New Forest R	38
5	Pompey JC	44
6	Salisbury ARC	44
7	Overton H	45
8	Fareham	48
9	Alton Runners	53
10	Denmead S	59

AND NOT A BRAMLEY APPLE PIE IN SIGHT

For those on a spring marathon training regime the Bramley 20 is a traditional point in the schedule to test the water, and race over a longer distance. Alternatively, for those, like me, who aren't doing a marathon this year, it provided the opportunity of a long, no pressure run around the pleasant lanes of north Hampshire. At least that's what I thought.

Run over a two-lap course the race offers a 10 and 20-mile option, although for those wanting to score HRRL points, 20 miles was the only option.

Marcus Lee and Sarah Martin opted for the 10-mile option, and both ran well on what was really an ideal morning for road races.

In the longer race it was the Tony Smith who ran a negative split to arrive home in 2:06. This despite encouraging calls from Tracy of "come on Phil". No wonder he looked confused! Following not too far behind and inline with his expectations was Mike Harper, who finished 3rd in the M50 category. Trotting round and having a nice morning out I came home third Stubbie in bang on 7mm. Not too bad considering no long runs since November. Completing, and a very welcome addition to, the A team was Nick Kimber, not too bad for a nearly jobless old man, who doesn't know when he's going to get his next holiday.

The B team comprised of marathon men to be, in the shape of the improving Phil, the odd socked Keith, who was just back from starting a revolution in Egypt, and two of the three Amigos, Alan and Nigel. Nigel was obviously keen to get back to the car before he got a ticket;-)

Stubbington Ladies enjoy their day out in Salisbury

M/F Pos	Name	Chip Time
5	Emily Foran	01:05:09
20	Sally McGrath	01:12:49
24	Gill Rose	01:14:40
9	Wayne Ewens	00:56:53
39	Graham Bell	01:01:45
48	Mike Harper	01:02:38
126	Marcus Lee	01:11:03
140	Richard Edmunds	01:12:09
149	Richard Snell	01:13:30
203	Zac Conaty	01:23:19

Emily, Sally and Gill The Ladies A Team Second at Salisbury 10

Eric Beck was the third amigo home and completed the race recovering from a marathon training induced injury.

For the ladies it was Susie who led the team home in 7mm pace. Yes, for the observant of you that was 12 seconds behind me. As has been pointed out by many so-called teammates already, I will have to watch my back. Perhaps I am not that deceptively quick after all;-) Emily by her own admission ran a "disjointed" race as she got to grips with the logistics of the longer run. Perhaps she will need some of that fairy dust after all, just to tie her shoelaces properly. Completing the ladies A team was a relatively new Stubbington member Clara Fordina, who finished excellently at just over 9mm pace. Well run, and we hope to see you soon Clara.

Rowena, Julie, and Ann all finished well and were well supported around the course. I just hope Tommy left some cakes for you all at the finish. Well done to you all.

Competitive members - Club Vest Offer

In recent months there have been some issues raised about SGR members wearing vests of different styles at races. Particularly if you are entering a relay event, your old style vest may not allow you to be part of a SGR team.

At the Committee Meeting in February 2011 it was agreed that club funds would be used to subsidise purchase of club vests. To be eligible for a free club vest you must:
* Have been a paid up member of the club at the AGM (3/3/2011)
* Hold a UKA registration number
* Complete your membership renewal for 2011/2012 (including payment) by the end of May 2011

It is hoped that this will help prevent problems at future races. If you would like to take up this offer please visit the order form page at http://www.sgrac.net/ClubKit/SpecialVestRequest2011.php

John Blake (Club Kit Organiser) will be collecting the orders, and will arrange to get the vests from the supplier when he has enough. It is possible that it will take a few weeks before we get the vests in.

If you are unable to complete your request for a vest on-line and you are posting your membership renewal, please make a note about wanting a vest at the top of your membership form. Someone will contact you to arrange your order.

WRONG

RIGHT

MEMBERSHIP RENEWALS

Membership Renewals & Resignations (hopefully not too many of the latter)

It's time to think about renewing your membership. Existing membership and UKA fees expire at the end of March.

The on-line renewal system has proved very popular. Don't feel obliged to pay on-line if you prefer not to but still use the system to generate your renewal form. This will help ensure you pay the correct fee.

Members without internet access can request a membership renewal form by contacting me, Kevin Ashman on 01489-600294. If you have any queries then please contact me.

To renew/resign your membership, click here http://www.sgrac.net/MembershipApp/Membership.htm
Regards
Kevin

VICTORY FOR MARK AT DAVID LLOYD 5K

David Lloyd 5k in Southampton. For those who had run the race in previous years, a last-minute change to the course made the map included in the race pack totally redundant.

As in previous years, the start and finish were located within the grounds of the David Lloyd leisure centre, but the twisty, two lap course took an out and back route around the adjacent business park, and at the end of each lap included a longish climb at a gradient similar to that of Coach Hill.

This year, Mark Le Gassick was the only athlete from Stubbington who was stupid enough to get up early on a bitterly cold Sunday morning to run twice around an industrial park. Mark was on schedule to run a sub-16 minute time, but on approaching the top of the hill towards the end of the first lap, he opted to tuck in behind the aging lead cyclist as he struggled to keep the pedals turning up the incline. However, with the clock ticking and the finishing line beckoning, there was to be no such mercy shown on lap two and it was the Stubbington athlete who hit the brow of the hill first and began to make the final descent to the increasingly distant and hapless cry of, “Turn left at the bottom and head back towards the David Lloyd centre!”

After a mad sprint that 32 year old Francis Obikwelu would have been proud of, and dodging bleary-eyed club members as they took their lives in their hands crossing the car park for their early Sunday morning swims, Mark eventually made it to the line in 16 minutes 2 seconds. Ant Gritton (David Lloyd) was second in 16.27, a few seconds ahead of David Blackman (Southampton AC) who was third in 16.29. The ladies’ race was won by Elinor Kirk (Swansea Harriers) in 17.36.
Mark Le Gassick

THE BATH HALF

It's a big event 9,700+ finishers and lots of support as you run round the streets in this beautiful city. The race organisation matched the size of the event and was similar in quality to the London Marathon, excellent marshalling, provision of energy drinks, bag drop etc.

As one of the favoured few with an elite number you got to go off from a pen right at the front under the start banner and could warm up in the starting straight along with various Kenyans, I was pleased to see a number of older faces in the group up front, although everyone looked intimidatingly fit.

At the gun, the order was soon establish with the really fast guys streaming away. Of course this meant I had a bit of a fast start, (5:36 first mile), although it was slightly down hill. It did turn out to be a cracking race for me with a best time for about 6 years of 1hr 20min 34s.

I'd recommend the Bath Half and I'll be in it again free next year based on this year's time. *Mike White*

Rambouillet Half Marathon

Peter Fairhurst 18th 1:14:29

Surrey Spitfire 20

Dunsfold Aerodrome, Guildford
Sunday, 13th March 2011

Starting and finishing at the aerodrome. Two laps of an accurately measured 10 mile course, going out of the aerodrome on to surrounding countryside B roads. Undulating course, ideal training for spring marathons.

24TH Tony Smith 2-13:10
Roger Fairhurst 67th 2-26:57
405th John Fairhurst 3-04:50
622nd Michael Edey 3-44:17

EXBURY 10K

Tim Sullivan	40'14"	14th	1st MV50
Annie Tomlinson (ex-Stubbie!)	46'31"		2nd lady
Matt Abbott	52' 46"		149th
Elizabeth Weighell	58' 26"		234th

Gill Races on Slicks at Silverstone

6500 frozen runners were kept waiting for 10 minutes as the start was delayed while Katie Price parked her car. This was the rumour but it could have been any of a number of minor celebs who took part in the Silverstone Half Marathon on Sunday 6th March that we had to wait for.

Running around a motor racing circuit three times sounds boring but in fact was better than we had expected, each lap was completely different taking in the airfield in the middle and the spectator areas around the perimeter.

The only negative thing was the track being about 40m wide, the course having lots of bends and 6500 runners meant it was impossible to take the shortest route round the course, consequently we all clocked 300 – 400m further than half marathon distance.

Official results:

Richard Snell	01:39:23
Gill Rose	01:42:08

Please note if Gill had run 13.1 miles instead of 13.38 she would have finished in 01:39:59.999 :)
Richard Snell

CRANLEIGH 21 AND 15 MILE

21 MILE

MACGREGOR, SUSIE	02:27:13
HARPER, MIKE	02:27:14
MARTIN, PHIL	02:37:50
KIMBER, NICK	02:39:34

15 MILE

ROCHE, RICHARD	02:02:05
CONATY, ZAC	02:22:13

Catch The RR10 Race Series This Summer

RR10 LEAGUE

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

The RR10 series is a friendly and very sociable event, with a very wide variety of standards, and is an ideal starter race for those who might feel nervous or intimidated about racing.

Races take place in scenic locations around Southampton and The New Forest.

Please car share where possible as parking can be a problem at some of the venues.

Ladies Captain's Report

My first duty as ladies captain is to thank Susie Macgregor for the time and dedication she gave to the club in her time as ladies captain and I know it will be a tough act to follow!

In this first month, we have seen the end of the Today's Runner series held at a very muddy Staunton park. There were admirable runs from all who competed, so we can look forward to the RR10s and hopefully encourage many more of you to participate on these warm summer evening runs! Especially with the social at the local pub as an incentive.

It is encouraging to see that 16 ladies are entered into Eastleigh 10k at the time of writing, especially following the depleted numbers at Salisbury namely Emily Foran, Gill Rose and myself. However, I know that many of you had opted for the Grissly and are still feeling the effects of that now! Others of you are in the swing of marathon training so good luck with that. The entries are open for Alton and Netley, the final 2 of the Hampshire Road Race series events, so hopefully we will have good turn outs for those.

Looking forward, a date for your diary is the ladies Purbrook 5m race on 26th June. Last year saw a record number of Stubby ladies enter and it is certainly a popular event. Sadly I won't be joining you this year as I will be supporting Euan in Nice who is competing in the Iron Man the very same day.

I hope to see many of you at either training or races, and if you are ill or injured, you are wished a speedy recovery!
Sally

MEMBER OF THE MONTH

Julie Woodman

Words:

Tina Chantrey

Taking on the World

Julie Woodman is one of the club's more adventurous runners. If there is a running event out there that involves mud, long distances and suffering, Julie's name will be on the start list! This woman likes a challenge!

"I've been running since I was very young, when I ran the 800m for Hampshire Schools. I don't think I was really fast, I was just one of the few teenagers prepared to put myself through the discomfort and pain of 800m!"

Running continued to be part of Julie's life after education. "Running is always something that has been very therapeutic for me, especially when I'm under stress; from being dumped as a teenager to the more complicated pressures we face as adults. I feel like I can take on the world if I've been for a run.

"Eventually I realised there were other people like me out there, and I also got to a natural state where I became aware that I needed to expand my running knowledge and experience if I was going to continue to improve," says Julie. "I'd run in a few races and noticed other people running in club vests and fancied having one of my own."

As mentioned above, Julie loves adventure running. "Being able to run long distances has opened up a whole world of fun I never knew existed before," she says. "Recently I have run the Saab Salomon Turbo X, the Snowdonia Marathon (4.17) as well as taking on the Tough Guy Challenge in 2010. Cross country and mud keeps me happy. I also finished the Grizzly in 4.24 as part of my VLM training." Julie was the first female Stubbington runner home and finished a very creditable 153rd out of 453 females.

Julie has run the Snowdonia Marathon twice. She says: "This year I'm running London, after having to defer last year due to being stuck in Spain whilst a volcano was erupting and causing the airways to be shut down. I'm not sure how it will go as I've never run a marathon on roads before." But even the marathon isn't enough for this tough lady. "I feel an ultra will be more my thing. I will be taking London steady as its part of my training for the Marlborough Downs 33 mile ultra in May.

"In 2010 the New Forest Half Ironman was my major challenge. Injury has drawn me into cycling and swimming and I've enjoyed discovering triathlon over the past two years. The Half Ironman was a challenge I thought was a step too far. Having achieved it, I'm thinking a full Ironman wouldn't be so tough, once my lifestyle allows for the training. I'm a busy mother of four and work nights full-time as a midwife on a labour ward, so I have to pace myself."

Julie is incredibly proud of competing in The Tough Guy in Jan 2010. "This was probably the most mentally challenging event I've completed. My teenage son picked it out and showed me a YouTube movie saying 'bet you wouldn't do this mum'. Red rag. Bull! But Snowdonia Marathon always impresses people, especially when I say I've done it twice."

Julie enjoys the company of the club on Monday nights and occasionally runs with individual club members and friends, but overall prefers the solitude of running alone, with her fabulous lurcher Stanley. "Stanley runs with me all the time, he even comes to club on a Monday night with his vizivest and flashing light on his collar. He's been known to give Colin Elderfield a run for his money!

"I know I'm never going to lead the field, however, I enjoy improving and doing the best I can considering I'm not built to run and my lifestyle limits me somewhat. I'm really looking forward to a new challenge each year. Next year I'm considering reducing the amount of big events I do and perhaps focusing on some of the club runs instead, but I'm not sure I will be able to resist something a bit more messy at some point. And I would love to run the Inca Trail through Mount Machu Pichu for my 40th birthday in 2013/14."

Great Western 10k

4th	0:41:36 CHRIS HALL	1st Veteran 40
6th	0:42:13 BARRY HARDS	1st Veteran 50
35th	0:51:23 JOHN EXLEY	

Great Western 2k results

0:11:28 ELLA-MAY HARDS
2nd Female under 14

0:13:03 KIM HARDS 3rd Male under 11

We did the Ringwood Rabbit Off-road Run - here are the results.
A good race, mostly around the forest tracks.

10k (10.1K!) - Barry Hards 40:30ish 2nd Overall. 1st vet.
5k - Ella-May Hards(11) 28:01 17th overall (4th female, and 2nd under 17)
Barry Hards

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 Race Diary

Date	Race	Venue	Time
Sun 1 May	Fordingbridge F/Station 10K	Fordingbridge Fire Station, Fordingbridge, SP6 1JN	11am
Sun 1 May	Brighton Barefoot 5K	Stanmer Park, Brighton, BN1 9SE	11am
Sun 1 May	Three Forts Marathon	Rotary Field, Hill Barn Lane, Worthing, BN14 9QF	10am
Sun 1 May	Watership Duathlon	Fieldgate Centre, Kingsclere, Newbury, RG20 5RU	8am
Sun 1 May	N. Dorset Village Marathon	Sturminster Newton School, Bath Rd, DT10 1DT	8.30am
Sun 1 May	Round the Rock 10K	Portland United FC, Grove Road, Portland, DT5 1DP	10.30am
Sun 1 May	Round the Tor 10K	Glastonbury Town Hall, Magdelene St, BA6 9EL	11am
Mon 2 May	SGRAC H'moon H'cap	Bay House School, Gosport	11.45 fin.
Mon 2 May	Rusper May Day 5	Rusper, Horsham, RH12	2pm
Wed 4 May	RR10 (Race 2)	Longdown Inclosure, Ashurst	7.15 pm
Wed 4 May	Arrunners Beach Run 5	East Beach Cafe, Sea Rd, Littlehampton, BN17 5GB	7.30pm
Wed 4 May	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.15pm
Sun 8 May	Alton 10 (HRRL-11)	Eggars School, Holybourne, Alton, GU34 4EQ	10.30am
Sun 8 May	1066 Relay (5 stage)	Gibbets Marsh car park, Rope Walk, Rye, TN31 7DW	9am
Sun 8 May	Lymington Lifeboat 10K	Woodside Park, Ridgeway Lane, Lymington, SO41 8FP	10am
Sun 8 May	Ranelagh Half-Marathon	Rose of York Hotel, Richmond, TW10 6UY	8.30am
Sun 8 May	Shiplake Scramble 10K	Shiplake College, nr Henley on Thames, RG9 4BW	10.30am
Sun 8 May	Surrey Hill Trail 30K	Priory Sch. West Bank, Dorking, RH4 3DG	10.30am
Sat 14 May	Marlborough Downs 33/20	Marlborough Leisure Centre, Marlborough, SN8 1PB	9am
Sun 15 May	Bognor Prom 10K	West Park, Silverston Avenue, Bognor Regis, PO21RB	10.30am
Sun 15 May	Netley 10K (HRRL-12)	Royal Victoria Country Park, Netley	10.30am
Sun 15 May	Farnham Bluebell 5K/10K	Hampton Estate, Seale, Farnham, GU10 1JE	10am
Sun 15 May	Hillcrest Run 10K	Warlingham RFC. Limpsfield Rd, Warlingham, CR6 9RB	11am
Sun 15 May	Hook 10/6 Miles	Hook Schools Site, Hook, RG27 9NR	11am
Sun 15 May	Longleg 10K	Albury Cricket Pitch, Albury Heath, GU5 9DB	10am
Sun 15 May	Southampton Hosp Ch. 5K	Sandy Balls Holiday Park, Fordingbridge, SP6 2JZ	11am
Sun 15 May	Osprey Sprint Tri	Osprey Leisure Centre, Portland DT5 1BD	8am
Wed 18 May	RR10 (Race 3)	Wilverley Enclosure, Sway	7.30pm
Wed 18 May	Purbeck 10K	Puddletown Road, Wareham, BH20 4PH	7.30pm
Sun 22 May	Marwell Wildlife 10K	Marwell Wildlife, Colden Common, SO21 1JH	10.30am
Sun 22 May	The Priory 10K Run	The Priory School, Pamber End, Tadley, RG26 5QD	10.30am
Sat 28 May	Egdon Easy 10K	Weymouth College, Cranford Av, Weymouth, DT4 7LQ	7pm
Sun 29 May	Ropley 10K	Ropley Recreation Ground, Ropley, Alresford, SO24 0DT	11am
Mon 30 May	Lindfield 10.5K Village Run	Hickmans Lane Rec, Lindfield, Haywards Heath, RH16 2NZ	10.45am

The Stubbington Noticeboard

Apr 2011	What	Recovery	Where	Who
Tues 5th	10 min warm up 20 mins temp run	10 min warm down	Locks Heath	Graham B
Thurs 7th	400 mtr core circuits.	Lee Front grass	Crofton	Phil
Tues 12th	Figure of 8 Titchfield		Locks Heath	Mike B
Thurs 14th	Lee triangle Accelerations x 3		Crofton	Mike H
Tues 19th	6 x Paarlauf	School of Navigation	Locks Heath	Graham B
Thurs 21st	8 X 600mtr 400 rec.	Crofton School Track hopefully	Crofton	Chris H
Tues 26th	Hill Hell Chilling Field	South Downs Training	Locks Heath	Phil
Thurs 28th	2nd 4 Mile Time Trial	Eric Rd	Crofton	Phil

7th April - Stubbington - 6 x 1K Cuckoo Lane

14th April - Locks Heath - 1,2,3,4,3,2,1 (1min)

21st April - Stubbington - 12 x 350mtr (1min)

28th April - Locks Heath - Chilling 3 x 5min (2mins)

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

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

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

Who's who... ...

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