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

May 2011

RR10? More like The Grizzly

Almost 300 Stubbington Green Runners turned out for the first RR10 of the season, ok it was 58, but it seemed like so many more with the whole of Queen Victoria Country Park turning green.

It was great to see so many new faces and some faces we hadn't seen for a while.

Lewis Chalk must have felt at home leading the race along the sun drenched beach, a fantastic performance from Lewis who finished second overall, and backed up by great runs from Lewis Banner, Wayne Ewens, Dave Jeffery and Graham Bell giving the men's team a winning position.

With some of the faster Stubbington ladies having a well deserved rest after their marathon exploits it was down to the Ladies Captain Sally McGrath to lead home the ladies and with the support of excellent runs from Gill Rose and Rachael Openshaw the ladies finished 4th overall.

This years new course, running twice along the pebble beach, brought comments of "oh no, it's the Grizzly again!" though apparently The Grizzly is slightly tougher than your average RR10.

See you all at Longdown Inclosure, Ashurst for the second RR10 on Wednesday May 4th for a 7.15pm start.

DON'T FORGET THE FLY REPELLENT!

CONGRATULATIONS

All of the members of Stubbington Green Runners wish Mark and Lucy all the best on their new married life together.

Mark and Lucy started dating after a hot day on the South Downs a couple of years ago and from then on the romance has blossomed to culminate in their wedding on 30th April at Athlehampton House in Dorset.

RR10 LEAGUES AFTER RACE ONE

LADIES SCORES

10 Sally McGrath V
12 Gill Rose V
20 Rachael Openshaw
24 Lucy May
51 Katherine Briggs
56 Jane Butler V
58 Verity Wright V
59 Emily Hall
63 Sarah Tayler
64 Nicki White V
71 Julie Ashman V
80 Rowena Dodds V
84 Sarah Martin V
86 Sandie McIntosh V
88 Erin Banner
93 Sharon White V
100 Liz Hall V
114 Tracie Jarvis V
118 Debbie Casey V

LADIES TEAMS

1 Totton Runners
2 Eastleigh Running Club
3 Winchester and District AC
4 Stubbington Green Runners
5 New Forest Runners
6 Eastleigh Running Club (B)
7 Romsey Road Runners
8 Hardley Runners
9 Lordshill Runners

The Stubbington Green mass start and finish

MENS SCORES

2 Lewis Chalk
5 Lewis Banner
6 Wayne Ewens
10 Dave Jeffery
16 Graham Bell V
17 Andy Simpson
30 Mike Harper V
34 Tim Sullivan V
35 Chris Hall V
44 Nick Crane V
52 Marcus Lee
60 Nico Beukman V
61 Tim Crumpton V
62 Mike Bell V
63 James Keen V
70 Phil Martin V
71 Ollie White
73 Paul Hammond V
79 Ed White V
96 Richard Snell
97 Neil Jarvis V
105 James Lee
108 Ian Webber V
110 John Webber V
112 Sam Bell
118 Nigel Whitcher
121 Andy Lee V
123 Alan White V
140 George Howarth V
144 Dave Eland V
150 John Nicholson
163 Glen Street V
165 Mike Wootton V
168 Andy Tomlinson V
170 Martin Banner V
174 Chris Gallagher
175 John Vose V
180 Robert Spencer V
185 Kevin Ashman V

RR10 RACES

DATE	VENUE	TIME	ORGANISERS
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

MENS TEAMS

1 Stubbington Green Runners
2 Eastleigh Running Club
3 Totton Runners
4 Winchester and District AC
5 Hardley Runners
6 Stubbington Green Runners (B)
7 New Forest Runners
8 Lordshill Runners
9 Romsey Road Runners
10 Eastleigh Running Club (B)
11 Totton Runners (B)
12 Stubbington Green Runners (C)

Stubbies Rock in Brighton

Brighton Marathon

New Stubbie - Clara Fordina

I was very excited and nervous about doing the Brighton marathon, as it's my first.

I took my massage therapist with me too to help my legs after! And to drive me there and back! However on the way there someone crashed into the back of her car, then we got to the hotel only to discover they had no booking for us! So they put us up in what can only be described as a broom cupboard for the night, we had to share a single bed that wasn't so comfy either!

Still, even with my lack of sleep I stayed positive! I could see the mile 26 marker from the window and just kept staring at it!! In the morning we walked to Preston Park, and the atmosphere was buzzing!! It was so hot though! Even for so early in the morning.

The race started and I was buzzing, think I did the dreaded starting off too fast due to my excitement! Once we were off there was a poster above us saying '0.2 miles done. 26 to go!!' then there was another about being more hills. And there were quite a few! After the halfway point though it was quite flat from then on, although towards the end there were some speed bumps that seemed like Mount Everest!!

It was such a hot day and the spectators were great for spurring you on, some even had hoses to cool us down which was lovely! Even though at certain points I felt like I was going to die, I really enjoyed it! Lots of people were at the sides of the roads collapsed but I tried not to look at those!

Just past mile 20 it went into an industrial estate which I found the toughest, there were no spectators to cheer you on and nothing to look at. Even worse, the organiser had put up a huge plastic wall to run through and had sprayed over it 'the wall'!! Slightly unfair I thought, but after speaking to someone who knew the organiser he said that he wanted those 3 miles to be like hell! And they were.

I lost my mojo a bit and had to walk now and again, then it came out on the front and I knew it wasn't far, it was really hot but there was a little breeze along the front, every mile there was water and I just kept myself as cool as possible, my legs were stiff as boards! Still kept going and then I saw the 26-mile marker and I had a sudden burst of adrenaline and sprinted down to the finish line! I cried when I crossed the line , it was so emotional! I raised just over £1000 for the Foundation Study into Infant Death. It was an amazing experience and I'm very glad I did it.

However, after running that, I then had to go and move all my stuff from one hotel to another a few blocks down! And it was up lots of stairs! Not easy when you are walking like John Wayne!! Well done to everyone else that took part.

Clara

Well, I didn't expect to get so wet running a marathon on a dry day, but ended up throwing so much water over myself to keep cool, I was absolutely soaked! It was a great day, made all the better for all the support from other stubbie runners and stubbie supporters there and sending phone messages - you know you have to finish with that backing!

Rowena Dodds

A lovely day for a trip to the seaside, not such a good day to run 26.2 miles! Fantastic crowd support more than made up for long boring out & backs on undulating tarmac for the first half followed by a pretty flat equally boring second half. A guy with a hose & lots of people giving out jelly babies were very welcome along the way as were the Stubby supporters, seeing them always gives you a boost.

Thanks to Rowena pulling me round, I was very happy to hang up my marathon shoes with 4.39, a PB by 50 minutes - but those 9 minutes are starting to nag already! Notes for the next one - don't leave gaps in the suntan i.e. between top of compression socks & bottom of leggings if you want to avoid dodgy tan lines!

Julie Ashman

Naomi Crane
Brighton Marathon 2011

On a very warm April morn,
In Brighton shortly after dawn,
I donned my green Stubby vest,
And put my endurance to the test.

A marathon virgin was I,
Determined to reach the end (or die),
Months of training had got me here,
On a lovely day, warm and clear.

The first 5 miles were all fine,
Supporters out in the sunshine,
Miles five to ten I really thought,
My marathon adventure would be cut short.

I began to believe between ten and thirteen,
Egged on by the gang from Stubbington Green,
Thirteen to twenty brought renewed hope,
If after breaking "the wall" I could cope.

The next four miles were very sore,
But by now I was damn sure,
I was going to cross the finish line,
Then chill in a bar with a cool white wine.

Words cannot adequately say,
How I felt on finishing that day,
I've never felt so amazingly good,
To all those who doubted "I knew I could".

So it would appear I've caught the marathon bug,
The amazing feeling is like a drug,
I'm already entered for twelve months time,
For another run in the sunshine.

If you're looking for a marathon,
I'd highly recommend the Brighton run,
A flat course and great atmosphere,
I'll see you there next year.....

Naomi

Brighton Marathon

The best thing about the Brighton Marathon is the crowd support, really noisy and encouraging. Even in the sparsely supported area at 20-23 miles the supporters were so positive:)

I had fantastic support from my family, loads of noisy Stubbies, and friends from Fareham and Gosport.

As I'm too tight to pay for a hotel, and I'm not sure how they would accommodate my porridge at exactly 6am, I have to put up with the farce that is Park and ride! It was rubbish last year and this year even worse, I queued at 7.15 to 7.45 to be told it was full, so had to drive to Preston Park, fortunately stopped for the loo en route as the other problem as with many races is the massive loo queues at the start! So that's the two moans out the way, park and ride, loo's. The rest of the day was superb.

Wonderful warm sunny day, I seem to be one of the few who love running in the sun, not humid and no air of course, but just sunny and a light coastal breeze, fantastic Warmer than London, and less shade here as much of the course in along the open seafront.

For me personally, my training had not been quite as good as last year, so although I was still going to run at 6.45 mile pace for as long as possible, I wasn't too confident, but you never know on the day. Decent start, only 30 seconds to get over the line, the first mile or so has a few inclines, no hills, and lots of support as you head down to the seafront at about 5 miles.

Then a long stretch to Ovingdean, which is a turnaround point about 9 miles, there is a small sharp hill there. Then as you head back, you can see the leaders ahead of you as several switchback points, and the masses behind you, both being a great distraction. From 11 miles it is really flat, the crowds at halfway are deafening, then out to Hove, again a mile or so switchback, when you notice the happier faces of earlier are now more focused!

Back to the seafront and a good straight run to 20 miles, where there is a constructed brick wall to run through! This was when I knew I wasn't going to get near 3 hours, just a case of mind over matter and hang on best as possible:(
I was determined not to walk, it's been twenty years since that happened and still not over it now! It was disconcerting that a youngster was walking and then sprinting past me repeatedly though! As my speed dropped to over 7 min miling, my adductor muscles and groin tightened up so lifting my leg up was really painful and spasms meant I had to stop and stretch 4 times in the last few miles, so the finish couldn't come soon enough.

I finished in 3hrs 12mins, so the only good news is I have a good for age qualifying time for the next two years, if indeed that is good news! I think 3.05 would have been about right, so not sure if it was the heat, I didn't feel it was, but logic says maybe it has an affect with cramp? Only 41 runners out of 8,000 did run sub 3!

Still, a fantastic day, I will be down next year to cheer on about a dozen Stubbies who have already entered:))

Mike Harper

Brighton Marathon

This was my first marathon and I really didn't know what to expect. But leading up to it I've had some great advice and support from fellow Stubbies, especially Eric (The Viking) Beck.

On the morning of the race, I was very excited and couldn't wait to get going. despite it being a hot day (about 22°C) I had a good race with only one bad spot at about 21 miles but managed to work through it and finish as strong as I could.

The encouragement from the crowd, family and friends was amazing! What a fantastic day! Booked again for 2012 the very next day

Alan White

NAME AND NO.	RACE TIME	CHIP TIME	POSITION
Mike Harper (1194)	03:13:21	03:12:50	139
Alan White (8244)	04:16:22	04:08:31	2612
Nigel Whitcher (8243)	04:20:54	04:13:03	2893
Clara Fordina (11147)	04:25:48	04:20:49	3187
Rowena Dodds (6658)	04:47:50	04:38:53	4446
Julie Ashman (9661)	04:47:50	04:38:54	4447
Naomi Crane (3391)	04:56:02	04:47:12	4915

Virgin LONDON MARATHON 2011

RECORDS TUMBLE AS THE SUN SHINES ON THE STUBBIES IN LONDON

Place overall	place gender	Place category	name	category	half	finish time
554	538	356	FAIRHURST, PETER G	18-39	01:22:13	02:52:18
1965	158	23	MACGREGOR, SUSIE	40-44	01:33:15	03:12:01
2050	1884	285	DAVIES, KEITH J	45-49	01:23:35	03:12:56
2781	2492	192	KIMBER, NICK	50-54	01:35:21	03:20:23
2826	295	209	FORAN, EMILY C	18-39	01:35:54	03:20:52
10765	8570	121	WHITAKER, KEITH	60-64	01:49:01	04:07:00
10966	2249	1348	WOODMAN, JULIE R	18-39	02:02:16	04:07:56
11376	9019	1698	BLAKE, JOHN A	40-44	01:53:52	04:09:48
11667	2441	1475	MITCHELL, DONNA	18-39	02:02:18	04:11:15
11987	9450	761	BECK, ERIC	50-54	01:56:49	04:12:35
13984	10817	5824	PADGHAM, RICHARD M	18-39	01:59:52	04:20:48
21492	15591	2825	EDEY, MICHAEL J	40-44	02:21:38	04:51:13
26797	18652	1450	MCMULLAN, HUGH	50-54	02:24:54	05:18:12

IT'S A RECORD

I did it! I know it was a crazy idea but I am now the proud owner of a Guinness world record certificate. It feels good, which is more than can be said for my poor feet and legs!

It was a beautiful day for spectating I am told, however, those of us running, particularly those of us in silly costumes, might say it was just a little too hot!

I suffered for my moment of fame with a terrible stitch from mile 8 to 16..who knew a tutu would stop you breathing properly?! Low point in the race was stopping to ask for advice from the St Johns Ambulance team at the roadside on how to cure a stitch, only to be told "they didn't know". I held my peace, but seriously, not knowing how to treat a stitch at the London Marathon?!

Apart from that though, it was a race of highs. The crowd were absolutely fantastic as were all the lovely Stubbies who came to cheer on those of us running. Seeing you all was a real boost at points all around the course.

Seeing my boys, husband, mum and my sisters at mile 19 was my favourite moment. The boys looked so excited (and slightly confused) to see their Mum 'flying' past dressed as a fairy.

So mission accomplished: A world record; somewhere in the region of £1,300 raised for Cystic Fibrosis and a personal best (only by 12 seconds, but it still counts)!

Only trouble is, have now heard next years event will see the finish line moving into the Olympic stadium. And I am already tempted to apply. Yes, I really think I must be away with the fairies.

Emily Foran.

Peter Fairhurst completed the marathon in 2:52:18 and was 555th overall.
Peter was the last one in our family to run this event.
Trevor Fairhurst as a student ran it in 1991, 1992 and 1993, Anne Fairhurst in 1995 and John and Roger Fairhurst in 2007.

Wow, I did it, my 1st marathon completed!! £1280 of funds raised for St Vincents Hospice in memory of my Mum.

I want to thank everyone who supported me raising funds and also everyone who supported me on the day but most of all I would like to thank the club for making it possible by allowing me to have a club place.

The advice and support received over the weeks before and on the day itself really made the whole experience just the best ever. I loved every minute and feel very lucky to have been given the opportunity.

Thanks Team Stubby, you are all AMAZING!! Donna Mitchell

The marathon left me with mixed feelings.

I'm glad I did it because I really wanted to run 'The London Marathon'. The atmosphere, support and sense of occasion were definite highlights; it also was something I really wanted to do because many years ago it helped me through a difficult time after I got caught up in a bomb blast. I was pleased to finish it in 4:09:48 especially given that only in November I was injured and going out for twenty minutes and only running half of it. I also made it round without any lasting injuries.

On the down side I struggled in the final third due to dehydration and the heat. This meant that I couldn't run all of it and I didn't enjoy it much towards the end.

A big thanks to the club for giving me a place when I was struggling with injury and to Ann and Tommy for their support on the day. It was good to see Eric at the end too. I'd hoped to see other Stubbies and supporters but I must have missed you all, thanks for your support if you saw me.

I raised about £750 for Coeliac UK which was another bonus and thanks to those that sponsored me.

John Blake

The Guernsey Easter Running Festival

passed this year without Glen and Caroline Street, but John and Sue Simister with ten year old daughter Katie and John Tussler joined John, Tommy and I for the trip this year.

With the London Marathon less than a week beforehand John Blake had relaxation on his mind rather than running, and the weather was perfect for that.

Good Friday saw 164 runners take part in the 10k this year, which was won by Andrew Combs of Aldershot, Farnham and District in a time of 31:34. Emma Pallant also of AFD won the ladies race in 34:47 as Olympic hopeful Steph Twell cycled round in support as she recovers from a broken ankle. Stubbington times were John Simister 47:36, John Tussler 50:18 and Ann Blake 56:40. John S was very happy to get a pb by 8 seconds, I was pleased to have bettered my previous Guernsey time, and John T very happy to have run almost a minute quicker than his Eastleigh chip time.

Tommy took part in the U9s 1k, however after starting strongly was bundled over by a bigger girl at the half way point, and wasn't able to finish.

Katie and Tommy had their photo taken with Steph Twell which really made their day!

100 runners took part in the X-country on Saturday, and this time John B decided to join Ann for a gentle recovery run (for him

at least!) Once again Andrew Combs of AFD came home first in 24:19, but this time Louise Small an AFD U20 won the ladies race in 26:32. Stubbington times were John S 38:30, John T 40:07, Ann 45:35 and John B 45:35. Once again John S and I had run Guernsey PBs.

Tommy and Katie took part in the U9s and U11s races respectively. Tommy took great pride in showing a young AFD runner his bandage covering the damage from the day before!

Saturday night saw the greatest Stubbington success of the weekend - 2nd prize for the Green Arrows in the quiz, and lots of yummy Easter eggs to share. Katie and Tommy came 3rd in the children's photo quiz which just added to the Easter treats!

Easter Sunday arrived and 34 teams took part in the Relay. Once again Andrew Combs headed the individual times with 9:53 and Louise Small led the ladies with 10:52. The Green Arrows finished with a total time of 63:52 - Leg 1 John S 15:04, Leg 2 Ann B 18:00, Leg 3 John B 14:07, Leg 4 John T 16:14. John S and I were pleased to have set more Guernsey bests, John Blake (who can't possibly have tried hard enough in the London Marathon) was very pleased to be getting back to some faster times, and John T thoroughly happy with completing 3 races in 3 days.

Tommy ran a fine second relay leg taking his team from 7th to 4th, only to see them slip back to 7th again by the end.

Easter Monday arrived and with it 146 runners for the Half Marathon. Once again Andrew Combs was triumphant in a time of 68:41 - his first race over this distance. Louise Small led the ladies home again in 77:58, so these two also took the overall honours over the weekend. For Stubbington John S finished in 1:49:23 over 2 minutes quicker than his previous Guernsey best. I was really pleased to finish in 2:08:22 a PB by 5:38.

Tommy finished off with the final U9s race tired but happy with his running.

Despite at least 100 individuals taking part in each of the races only 47 completed all four. John S finished a very creditable 40th, and I brought up the rear in 47th. Even that was better than last year though, which for me had been the target for the weekend.

A huge thank you to Sue Simister who didn't run this year, but supported us all the way and did a fantastic job in the picture round at the quiz.

It was a fantastic week, and we'll be back for more next year.
Ann Blake

Ladies Captain's Report

Congratulations to all the ladies who completed marathons this month. There were excellent performances including Emily Foran as the Worlds Fastest Fairy!!

Brighton - Rowena Dodds, Julie Ashman, Clara Fordina, Naomi Crane
London - Susie Macgregor, Donna Mitchell, Emily Foran.

If I have missed your name then please let me know as these ladies are the only ones I know about.

It was fantastic to see so many ladies turn out to run the first RR10 of the series at Netley. I tried to speak to as many of you as I could, but a fabulous turnout of 27 was a challenge! Not forgetting those supporting who were recovering from their marathon. I hope to see you all at the next race on 4th May at Longdown. If you prefer road running, then these races are great to improve your stamina! and enable you to meet more runners from the club. The drink at the end of the race in the local pub is an added incentive, so ensure that you check the website prior to the race to find out where we are all meeting.

Relays are a highlight of the year due to the social aspect and the fact that they are great days out! Any seasoned relay runner will tell you the same. There are many ladies running on the South Downs to prepare for the relay early in June. These hot conditions have made it difficult, but still enjoyable.
If you are not involved in this relay, then the Basingstoke to Emsworth relay is on 14th May.

If you are a relay regular, or a complete novice to relays and have not already expressed an interest but would like to run, meet many club runners and have a fun day, then please contact Phil May asap.
The Test Way relay runs in September so look out for information on the website later in the summer.

The road race league comes to a close with Alton 10 and Netley in early May so ensure you have entered if you wish to race. The more the merrier.

Keep those entries coming for the Purbrook ladies 5m on 26th June.

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

THE HOUGHTON 11K TRAIL EVENT

1st	Matthew King	00:40:54 Unattached
29th	Neil Jarvis	00:53:26 SGRAC

BLUEBELL TRAIL RUN

I ran my first ten km in over 6 years near Arundel in 42 minutes 20 seconds

Finished 11th out of 401 entrants over a very hilly cross country course that included woods full of bluebells.

The time was slow because of the course but would have probably equated to a 37 min clocking. Time for speed work I think now!
Mike Bainbridge

WHATEVER HAPPENED TO CHRIS MUNRO?

After finishing my maths degree I moved to Manchester to do an MSc in maths/computing, and stayed on to do a PhD in maths, which I finally finished this February after doing the oral exam etc, so my student days are over.

I am now working at the British Geological Survey in Keyworth, Nottingham, as a geophysicist. I have/am still running regularly (last year ran the Brighton and New Forest marathons) and I have entered the Nottingham marathon this year.

I ran regularly whilst in Manchester, doing the weekly parkrun in Platt Fields park and also the 5Ks in Alexandra Park, Manchester does seem to be a hub for 5K races! I am still a member of Stubbington although obviously I don't get down to run for them in the South as much nowadays.

Best Wishes to everyone, *Chris Munro*

BRIGHTON DUATHLON

Tom Whitcher came 1st in his age group TRI 3 in the Bodyworks Duathlon at Preston Park Brighton on the 3rd April.

Tom had an excellent race and was very strong throughout . He started with run in a time of 8.04 2k and was about 400mtrs behind the leaders at that point. He had a very quick transition onto his bike and managed to catch the leaders in 3 laps.

The 13 lap bike course was round a 550m cycle track and he did it in 14.52. After another quick transition to run again he managed to stay in front with second run time of 4.43 1k and just enough energy for a strong sprint finish. Total race time 27.39.
Nigel Witcher

MARCH 4 MILE TIME TRIAL RESULTS

BELL Graham	23.56
SIMPSON Andy	24.06
SULLIVAN Tim	25.19
FORAN Emily	25.52
TOWNSEND Mike	26.26
CARSON -JONES Simon	26.36
CRANE Nick	26.42
BELL Mike	26.54
HARPER Mike	27.25
WHITE Edward	27.25
JARVIS Neil	27.56
BLAKE John	27.58
SNELL Richard	28.01
FORSE Penny	28.12
ROSE Gill	28.39
OPENSHAW Rachel	29.11
WITCHER Nigel	29.58
WHITE Alan	30.37
LEIGH Jon	31.46
WITCHER Tom	32.11
TUSSLER John	33.01
BLAKE Ann	34.49
BECK Eric	35.39
SPENCER Robert	35.39
MORTON Peter	36.18
CHARLSON Andrea	36.25
WHITE Sharon	37.13
MARTIN Sarah	41.07
SMITH Jas	42.49

MEMBER OF THE MONTH

DAN GUERAN

Words:

Tina Chantrey

Daniel Gueran runs, literally, in dad John Gueran's, footsteps.

"Before I started running I cycled eight miles every day in order to get to school and back. So I was in a pretty good condition when I started college but my true inspiration for running comes from my Dad. He runs every day and keeps a log of his miles in a book (currently equivalent to several times around the world). About six years ago I asked him if I could go with him, and in the beginning I needed him to keep me going but as I got older I improved. When I started cross country I had to tag on his shoulder and then wait to just before the finish line to sprint off and beat him but now I can run at my own pace through races."

Daniel used to run for the Royal Navy Cross Country team with dad John. "When the Royal Navy stopped their cross country team, my Dad moved to Stubbington Green Runners; by this time I was also hooked so I joined with him.

"As you can imagine, I love cross country running the most, especially as the season takes part during the winter, when it is cold, wet and muddy; all conditions I need to perform at my best. I have tried track before but it doesn't give me the same thrill and I really don't enjoy running in the sun and warmer weather."

This year has seen a revolution in Daniel's training. "Due to focusing on my upper as well as lower body, my running has improved significantly. I recently ran the Meon Valley Plod, which saw me improve my time on last year by 40 minutes. My next goal now

is to improve on my running in boots. Recently I have donned my Adidas GSG9.2s whilst I run in the mornings and would like to see my minutes/mile pace go down to at least 6 minutes (currently at 6.5).

"Currently I run with my dad at least three times a week, on his way to work and then run back home on a more scenic route. The other two days of the week are spent doing bleep tests as it's not all about the long distances. On the weekends we try our best to get out to the English countryside right at our doorstep and run for longer.

"Chris Hall has also provided me with some competition over the last year. At the fell-running championships I managed to beat him on the whole weekend by one place. Then at the first cross country race at Farley Mount, Winchester he managed to beat me by about three places (I still maintain that I was severely hung-over that day!). Unfortunately, he also managed to beat me by about three places again at the Meon Valley Plod, which I don't mind; we both had a really good race that day and his wife Wendy gave me an energy gel (as ordered to by Chris) which gave me the extra 'oomph' I needed to finish the last five miles of the race.

"A couple of years back when I knew I had cracked a 6min mile pace I was really pleased," continues Daniel. "Ever since then I have been improving on my standards daily. I was extremely happy when I got to the end of the Prospect Park, Reading race (my favourite race of all) and came 44th. When I ran the Portsmouth Royal Navy Cross Country Championships as a guest I thoroughly enjoyed it and came first; I was stunned when I found out."

Daniel is currently applying to the Royal Marines to become an officer. "If I manage to get in this year then I will be in training by September which means I may have to miss the next season of cross country," he says. "In the meantime I am running in our men's A team for the South Downs Way Relay Race; it should be a great day out. I am also planning to cycle from Land's End to John O' Groats in the summer for charity. This is something I've always wanted to do and I'm doing it with a very good friend of mine (we may be doing it on a tandem to add an extra twist to it!). Whatever lies ahead, I will always make sure that I get out running every day."

CLUB TRI CHAMPIONSHIP

Dear Stubbies
We shall use the Chichester triathlon (Sunday 17th July 2011) as our annual championship race. The link below should take you to where to enter the event (already 24% full).

http://www.racetimingsystems.com/public/event.aspx?id=2171

It's a pool swim and fairly challenging bike leg with a flat 10K.

David Lloyd Port Solent tri club are also planning to use the race as their champs.... if there is enough interest I will explore the possibility of setting up a "race within a race" between the clubs!! You could do it as relay teams for those not interested in individual glory!!

Richard Thomas

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 Race Diary

Date	Race	Venue	Time
Wed 1 Jun	RR10 (Race 4)	Deer Leap Inclosure, Ashurst	7.30pm
Wed 1 Jun	Yately Road Race 10K	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Sat 4 Jun	Bath Hilly Ten	Culverhay Sports Centre, Rush Hill, Bath, BA2 2QL	11am
Sun 5 Jun	Barfield Bolt 5K and 10K	Barfield School, Runfold, Farnham, GU10 1PB	10.30am
Sun 5 Jun	D-Day 10K	Mountbatten Centre, Portsmouth, PO2	11am
Sun 5 Jun	Poole 10K	Poole Park, Near Civic Centre, Poole, BH15 2RU	2pm
Sun 5 Jun	Dorking 10	Dorking RC, Kiln Lane, Brockham, Dorking, RH3 7LZ	9am
Sun 5 Jun	Needles XC Half Marathon	West Wight Sports Centre, Freshwater, PO40 9XH	10am
Sun 5 Jun	Seaford Half Marathon	Seaford RC, Salts Rec' Ground, Seaford, BN25 1DR	9am
Sun 5 Jun	Zoo Stampede 10K	ZSL Whipsnade Zoo, Whipsnade, LU6 2LF	9.30am
Wed 8 Jun	RR10 (Race 5)	Recreation Ground, Blackfield	7.30pm
Wed 8 Jun	10K Run for Charity	Down Grange Sports Complex, Basingstoke, RG22 5SN	7pm
Wed 8 Jun	Puma 10K	Worthing, BN12 4QW	7.30pm
Sat 11 Jun	S. Downs Relay Marathon	Slindon-QE Country Park, Nr Petersfield, PO8 0QE	9am
Sat 11 Jun	South Downs Marathon	Slindon-QE Country Park, Nr Petersfield, PO8 0QE	9.20am
Sat 11 Jun	Broad Town 5	Broad Town Sch, Wootton Bassett, SN4 7RE	2.30pm
Sat 11 Jun	London-Brighton Challenge	London, TW10	8am
Sun 12 Jun	Alresford Rotary 10K	Arlebury Park, Alresford, SO24 9EP	10am
Sun 12 Jun	Brighton Blast 10K	Brighton, BN2 1EN	9am
Sun 12 Jun	Braishfield Beer Race 5	Braishfield Village Hall, Braishfield, Romsey, SO51	10.30am
Sun 12 Jun	Great Shaftsbury Run 13.1	St Giles House, Wimborne St.Giles, BH21 5NH	10am
Wed 15 Jun	Hayling Billy 5	Hayling Billy Trail, West Town, Hayling Island	6pm
Sat 18 Jun	Every Woman Duathlon 15K	Bucklers Hard, Beaulieu, Brockenhurst, SO42 7XB	8.15am
Sat 18 Jun	Trionium Picnic Marathon	Ryker's Cafe, Box Hill, Dorking, RH5 6BN	2pm
Sat 18 Jun	The Valley Run 10K	Avon Valley College, Durrington, Salisbury, SP4 8HH	11am
Sun 19 Jun	Brading 10K	Smallbrook Stadium, Ryde,	11am
Wed 22 Jun	RR10 (Race 6)	Manor Farm Country Park (t.b.c)	7.30pm
Wed 22 Jun	The Midsummer 5	Lavant Village Hall, Pook Lane, Chichester, PO18 0AH	7.30pm
Fri 24 Jun	Votwo S.Downs Way Ch'nge	Race HQ: Washington, Pulbrough, RH20 4AJ	8am
Sat 25 Jun	Downlands Fayre 5	Downlands School, Dale Ave, Hassocks, BN6 8LP	2.30pm
Sat 25 Jun	Round the Island Race 69	Cowes, Isle of Wight, Cowes, PO31 8HB	10am
Sun 26 Jun	Lordshill 10K Road Race	Fairisle Road, Lordshill, Southampton, SO16 8BY	10.30am
Sun 26 Jun	South Downs Marathon	East Dean Village Hall, Eastbourne, BN20 0DJ	10am
Wed 29 Jun	Summer Cross Country 5	Queen Elizabeth Country Park, Petersfield, PO8 0QE	7.15pm

The Stubbington Noticeboard

May 2011	What	Recovery	Where	Who
Tues 3rd	Pyramid Run 1-2-4-6-8 and back min runs	Hunts Pond Rd Pitch	Locks Heath	Mike W
Thurs 5th	200 mtr run on the beach 2 set of 4.	5 min recovery between sets	Crofton	Phil
Tues 10th	Tempo Run 4 x 5mins Chilling Field		Locks Heath	Chris H
Thurs 12th	5 x 1k Crofton School Track 400 rec		Crofton	Mike H
Tues 17th	Brownwich Loop x 6		Locks Heath	Graham B
Thurs 19th	5 x 1200mtr	2 mins (longer for us oldies)	Crofton	Mike W
Tues 24th	2 x 10 short hill reps	Chilling Field 4 mins between sets	Locks Heath	Mike B
Thurs 26th	3rd 4 Mile Time Trial	Eric Rd	Crofton	Phil
Tues 31st	3 x 10 mins tempo pace	2 mins recovery between each		Mike H

5th May - Stubbington - 10 x 100 (100 walk)

12th May - Locks Heath - Chilling 2 x 1 mile (3 mins)

19th May - Stubbington - 4 x 400 (400 walk)

26th May - Locks Heath - 4 x Brownwich 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... ...

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