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

June 2011

ANOTHER GOOD YEAR TO BE GREEN

Wow! Another fantastic road race season for Stubbington Green Runners & AC.

The Ladies A Team once again finished third in their league with an even better points total than last season, actually giving Eastleigh Ladies a run for their money, watch out Eastleigh and Winchester next season, the ladies in green are coming.

The Men's A Team were fourth just edged out by Denmead and Pompey Joggers by one point.
Both the Men's and Ladies B Teams competed well as did the C Teams, the highlight of the season perhaps being The Ladies C Team, the first time Stubbington have had one, finishing top of their league and have now been promoted to the same division as The B Team.

Well done to every Stubbie who ran in a HRRL race last season.

The Ladies A Team finish 3rd in the HRRL

	LADIES A	
1	Winchester	8
2	Eastleigh RC	19
3	**Stubbington**	**21**
4	Salisbury ARC	33
5	New Forest R	38
6	Pompey JC	41
7	Overton H	43
8	Alton Runners	45
9	Fareham	45
10	Denmead S	57

Emily Foran top Stubbie Lady finishes 4th overall in the HRRL

The Mens A Team finish 4th in the HRRL

	MENS A	
1	Winchester	13
2	Denmead S	27
3	Pompey JC	27
4	**Stubbington**	**28**
5	So'ton AC	38
6	Salisbury ARC	40
7	Overton H	41
8	Victory AC	66
9	Farnham R	66
10	Alton Runners	84

Top Man Wayne Ewens finishes 8th overall in the HRRL

Hampshire Road Race League

A SELECTION OF STUBBIES THAT HAVE SCORED 7 TIMES OR MORE IN THE HRRL AND THEIR FINAL POSITION IN THE LEAGUE

4	Emily Foran
5	Susie MacGregor
17	Sally McGrath
35	Donna Mitchell
36	Lucy May

Susie MacGregor

David Jeffery

8	Wayne Ewens
15	David Jeffery
19	Tony Smith
20	Graham Bell
25	Andrew Simpson
27	Mike Harper
40	Kevin Wheeler
72	Nick Kimber
75	Philip Martin
110	Nigel Whitcher
111	Alan White

Well done to Graham Bell Stubbington Greens HRRL Secretary for helping to inspire everyone to our best ever season

Donna Mitchell

Lucy May

Andy Simpson

Nick Kimber

	LADIES B	
1	Winchester B	8
2	Winchester C	20
3	Eastleigh RC	24
4	**Stubbington B**	**34**
5	Fareham	38
6	Salisbury ARC	39
7	Pompey JC B	40
8	Farnham R	60
9	Victory AC	68
10	New Forest R	72
11	Pompey JC C	74
12	Denmead S	82
13	So'ton AC	85
14	Hardley R	85
15	Gosport RR	89

	LADIES C	
1	**Stubbington C**	**24**
2	Alton Runners	40
3	I.O.W. RR	41
4	Andover AC	60
5	Lordshill RR	71
6	Totton RC	91
7	Ryde Harriers	91
8	Romsey RR	93
9	Overton H	99
10	Hart RR	99
11	Aldershot FD	112
12	Poole AC	112
13	Portsmouth AC	112

	MENS B	
1	Winchester B	16
2	Pompey JC B	20
3	**Stubbington B**	**27**
4	Salisbury ARC	37
5	So'ton AC	46
6	Winchester C	52
7	Fareham	54
8	Pompey JC C	59
9	Eastleigh RC	66
10	Farnham R	70
11	Overton H	80
12	Denmead S	94
13	Gosport RR	97
14	I.O.W. RR	100
15	Victory AC	109

	MENS C	
1	Andover AC	26
2	Pompey JC D	26
3	**Stubbington C**	**34**
4	New Forest R	37
5	Lordshill RR	74
6	Poole AC	76
7	Alton Runners	93
8	Hardley R	96
9	Totton RC	105
10	Hart RR	112
11	Portsmouth AC	119
12	Aldershot FD	121
13	Ryde Harriers	122
14	Romsey RR	135

Emsworth to Basingstoke Relay

As Saturday 14th May dawned I had the pleasure of driving The Three Amigo's (Eric, Alan and Nigel) and The Apprentice (Nikki) plus One (John) to Emsworth to compete in the annual Emsworth to Basingstoke Relay.

The team of six now down to five set to run 18 legs on this tough relay over mixed terrain were feeling ever so slightly nervous! A total of 70km with 1500mtrs of climbing through gorgeous but challenging countryside lay before them.

First port of call was the local Bakers where we installed ourselves swiftly and placed our order for coffee's and Bacon Butties Mmmmm! Upon the arrival of Phil May at the Bakers it became clear very quickly The Amigos were not getting a 6th member to run in their team after all and that in fact our fellow Stubbington Green Team only had five members running in their team too. This was going to be a tough day for Stubbington but the sun was shining despite the awful weather report and everyone's spirits were high.

Eric, Alan, Nigel, Nikki and John decided to pull together and give all the extra legs to Alan "because he's worth it!" That's actually not strictly true as Nigel and Eric both got an extra leg but it certainly felt by the end of the day that Alan had ran a ridiculous amount of legs and had almost completed half of the course. Alan being the gentleman he is, decided to accompany Nikki on her legs as well as his own as they were so remote and Nikki being still very new to running was a little daunted by the prospect of getting lost along the way.

The Amigos all ran fantastically well on the day despite the pressure of the extra legs. The handovers were carried out with precision and fortunately no one got lost although Eric did take a slight detour on leg 18 in a bid to just keep the day going that little bit longer. Nikki was amazing and ran extremely well completing a staggering four legs, an achievement to be very proud of so early on in her running career!

John ran brilliantly on the day after being concerned about problems with his knee and feeling slightly apprehensive at the start. On the whole The Three Amigo's and The Apprentice plus One defied the odds and delivered an excellent performance completing the relay in 6 hours and 53 mins and finishing in 16th position. *Donna Mitchell*

It was 9.30 on a Saturday morning and there were lots of Stubbies in a coffee shop in Emsworth - it could mean only one thing - time for the Emsworth to Basingstoke relay. Along with Phil May, John Blake, John Simister and Andy Lee I was in the Stubbies in the Mix team.

Phil May at pace running legs one and two, John, John and Andy taking it steady, and me trying not to get left too far behind so that we could get the car on the road for the first changeover.

Somehow I had ended up with legs 6, 12 and 18 which I'm sure was the longest hilliest combination. Halfway through leg 6 I ran through an archery competition, coming out the other side unscathed fortunately. On finishing the leg I climbed over the stile, looked back at the field I had just run through and remarked "... I didn't see those cows there!" ... I'm not sure how I missed them as there was quite a big herd!

Due to being short a team member, Andy then took on leg 7 after only one leg rest, and Phil continued with leg 8. A trip to Tesco's for a comfort break meant that John B was in position only seconds before Phil handed over to him (lucky Phil had taken the wrong path very briefly after all!) John arrived at the end of leg 9 exhausted - Shoulder of Mutton Hill had taken its toll, and he had taken a minor detour too then tried to make up for it ... John S ran leg 10, and Andy took over for leg 11 to Selbourne.

It was my turn to have a blank moment as I entered a field near the end of leg 12. Lucky there was a Pompey Jogger not too far behind to give me a clue to the whereabouts of the stile to get out. Should have paid more attention on the recce ... As I reached the end of leg 12 my calf cramped and I hopped while Phil removed his jumper ready to start 13 and 14.

This was a tough combination, however Phil managed to make up a couple of places without seeing anyone - we think the other teams may have taken their turn to be momentarily confused about the route. John B set off on leg 15 the shortest leg - Andy estimated 10 minutes so we bundled an exhausted Phil into the car and headed for the garden centre and the start of leg 15. Keen to put some distance between us and the Pompey Joggers John arrived in 9:30 handing over to John S. Andy picked up for leg 17 and pushed hard to try to give me enough of a gap to stay ahead of Southampton and Pompey Joggers.

It wasn't to be, however we finished in a very creditable 9th place and I almost managed a sprint finish to make sure I didn't get overhauled by the lady from Victory.

A big thank you to the team for working so hard (particularly Phil and Andy for doing an extra leg each) and maintaining good humour throughout. I thoroughly enjoyed the day, and would happily do it again next year! *Ann Blake*

THE MARLBOROUGH DOWNS CHALLENGE

The Marlborough Downs Challenge encompasses a 20 mile walk a 20 mile run and a 33 mile ultra over the scenic countryside of the Marlborough Downs.

I entered the ultra. It is a self navigated run, although the instructions are fairly precise (apparently). Having said that, this whole navigation malarkey worried me. I spent hours marking up the route on an ordinance survey map and bought a compass...then wondered what the pointy arrow meant.

This has to be the first time I've started a race, not sure if I'd actually finish it. I marked all the checkpoints up on a map for Mr W just in case I needed rescuing and took my mobile with me. There was always the option to switch to the 20 miler at checkpoint 3 if you found it a bit tough...so with this in mind I turned up at the start for this race.

Luckily I managed to meet up with some friends I had acquainted myself with (whether they liked it or not) from Snowdonia Marathon. I was fortunate enough to run with a well respected ultra runner who is well experienced in ultras including 100 milers through the night. I figured if I could keep up with them for 10 miles or so, I should have the navigation thing sussed enough to carry on myself. Fortunately I didn't have to get my instructions out once!

The race is fantastically organised and absolutely beautiful! The weather was perfect, sunny with a cooling breeze. At checkpoint 3, I didn't hesitate in turning left for the ultra. The beautiful downs taking in the white chalk horses, the big spiky monument and some fabulous butterflies distracted me from the pain in my legs. With 8 checkpoints providing refreshments and drinks, I found it easier to concentrate on these to mark my progress.

I ended up running in a group of 5 where we took it in turns to lead and encourage each other. The 'manyana' attitude to ultra running suited me perfectly.

I finished with my ultra colleagues in a time of 6hrs 17 mins with a smile on my face, keen to do it all again next year! Food was provided at the end of the race with a pottery mug for the ultra finishers and a pottery plate for the 20 milers.

Other 'stubbies' running the 20 miler included Julie Ashman and Rowena Dodds both with a finishing time of 3hrs 57 minutes.

Julie Woodman

Stubbington Green Summer Buffet & Dance Friday 17th June 2011

This summer we've pushed the boat out (almost literally!) and booked the whole ground floor and garden of Warsash Sailing Club for a summer buffet and dance.

This really is a bargain package in lovely surroundings on the banks of the River Hamble. For a mere £12 per head you can enjoy a delicious cold buffet (with vegetarian choices) care of Rumours restaurant in Warsash and then dance the night away to the aptly named 'Too drunk to dance'! Doors open at 7pm, and you'll be pleased to hear that there's a well stocked, low priced bar kindly run by sailing club volunteers.

The buffet will come out at about 8pm and, weather permitting, you'll have a choice of eating indoors or outdoors in the waterfront garden. The band will play to 11pm but we have until 1130pm to clear the club. Partners and guests are welcome, the more the merrier! But hurry - tickets will sell fast! You can buy tickets from any of the social committee - me, Nick Kimber, Sue Robinson, Tracie Jarvis or Kathy McKain. Payment is by cash or a cheque made payable to 'Stubbington Green Runners'. No ticket - no entry!

The location of the sailing club is – Warsash Sailing Club, Shore House, Shore Road, Warsash, Southampton SO31 9FS. For further info and tickets contact me - Tim Sullivan on 0789 6613962 or email tim.sullivan1@virginmedia.com .
Dress for the evening is smart casual but summery with it! Don't miss out on this great night out and watch out for the family BBQ at Manor Farm Country Park soon!
Tim Sullivan for SGRAC Social Committee

Tom Whitcher came first again in his age group Tri 3 in the Hamble aquathon organised by Chapel tri stars . Tom had a very good race starting with the 400m swim in 6.08 . He was second out of the pool and the leader had a 200m head start on the run . After a very quick transition Tom managed to catch and pass the leader at 1k . He ran the 3k in 14 min and looked very comfortable at the finish . Total race time 21.08 well done Tom
Nigel Whitcher

ALL SWAY TOGETHER

Another fine summer's evening saw 40 Stubbies out enjoying the New Forest at Wilverley Inclosure, Sway for the third RR10 of the summer. It seems to be the theme for this year's series to make changes to the courses and on this occasion runners found themselves running it in the opposite direction from previous years.

In the men's race Chris led the way for the Stubbies with a series best place to date of 20th. He was joined in the 'A' team by Andy, Graham and Tim S whose 48th place was also up on his Longdown result. Fifth place in the team was taken by Euan, getting in some off road speed work before taking on the Edinburgh marathon. All these efforts left the team in 9th place on the night.

In the ladies team it was Susie who was first to cross the line on her first appearance of this year's series. With Susie 7th and Sally 14th it was Penny 17th who completed the ladies 'A' team who finished 5th on the night with Rachael, Lucy and Donna making up the 'B' team.

John Tussler

MENS TEAMS

1 Southampton Athletic Club	2
2 Southampton Athletic Club (B)	4
3 Totton Runners	6
4 New Forest Runners	10
5 Eastleigh Running Club	11
6 Winchester and District AC	13
7 Stubbington Green Runners	16
8 Southampton Athletic Club (C)	17
9 Hardley Runners	18
10= Romsey Road Runners	24
10= New Forest Runners (B)	24
12 Totton Runners (B)	26
13 Southampton Athletic Club (D)	27
14 Lordshill Runners	28
15 Stubbington Green Runners (B)	32

RR10 LEAGUES AFTER RACE THREE

LADIES TEAMS

1 Totton Runners	4
2 Winchester and District AC	6
3 Southampton Athletic Club	7
4 New Forest Runners	8
5= Eastleigh Running Club	10
5= Stubbington Green Runners	10
7 Southampton Athletic Club (B)	16
8 Totton Runners (B)	22
9= Hardley Runners	26
9= Eastleigh Running Club (B)	26
11 New Forest Runners (B)	27
12= Lordshill Runners	29
12= Romsey Road Runners	29
12= Southampton Athletic Club (C)	29
15 Stubbington Green Runners (B)	36

RR10 RACES

DATE	VENUE	TIME	ORGANISERS
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

LYMINGTON RNLI 10K

For anyone looking for a very enjoyable 10k in lovely scenery then try this one next year. This year's RNLI charity race took place on Sunday 8th May in breezy but otherwise good running conditions.

This was the 10th year for this run which took place on the coast between Lymington and Keyhaven. The circular route followed country lanes and the flat coastal path along the sea wall with views across the Solent to the Isle of Wight. Approx. 870 runners took part but it never felt crowded and was very well organised and marshalled. The wind was in your face on the way out but gave a nice push in the back on the way home!

A shame that it clashed with the HRRL Alton 10 but for those looking for a change I would strongly recommend this race – not least for the food choices at the end and great massage! 4 stubbies made the day, I saw James and Nick at the finish and watched as Nick hobbled off back to his yacht having slept awkwardly and aggravated a hip twinge (should have gone for the massage Nick!).
Tim Sullivan

Results:

Tim Sullivan	39'20"	22nd	V50 2nd
James Keen	41'15"	50th	V40 12th
Nick Crane	44'24"	111th	V55 6th
Elizabeth Weighell	56'27"	572nd	

Tim celebrates with the winners of the fun run

STUBBINGTON GREEN CHAMPIONSHIP

1	**Mike Harper**	**25**	**135**
1	**Sharon White**	**20**	**135**
3	Sally McGrath	25	110
4	Phil May	15	105
5	Nick Crane	20	100
5	Sarah Martin	20	100
7	Graham Bell	30	90
7	Lucy May	15	90
7	Nigel Whitcher	30	90
7	Andy Simpson	30	90
11	Alan White	25	80
12	Rachael Openshaw	25	75
12	Susie MacGregor	10	75
14	Robert Spencer	20	70
15	David Jeffery	20	65
15	Gordon Westley	0	65
15	Jon Leigh	15	65
15	Neil Jarvis	15	65
15	Richard Snell	20	65
20	John Gueran	0	60
20	Julie Ashman	15	60
20	Mike Bell	20	60
23	Andrea Charlson	5	55
23	Chris Hall	15	55
23	Eric Beck	15	55
23	John Blake	15	55
23	John Tussler	15	55
23	Paul Hammond	10	55
23	Penny Forse	10	55
30	Ann Blake	5	50
30	Colin Elderfield	0	50
30	Donna Mitchell	10	50
30	Emily Foran	25	50
30	Philip Martin	15	50
30	Tina Chantrey	0	50
36	Dan Gueran	0	45
36	Gill Rose	15	45
36	John Simister	10	45
36	Nick Kimber	15	45
36	Tracie Jarvis	5	45

LOUISA ABBOTT

DAVID CASTLE

JENNET WOOLFORD

NETLEY 10K

1	Emily Foran	00:38:19
6	Susie MacGregor	00:40:41
17	Penny Forse	00:43:22
37	Rachael Openshaw	00:46:29
42	Tina Chantrey	00:46:51
47	Louisa Abbott	00:46:58
55	Lucy May	00:47:43
60	Georgie Wallis	00:48:03
69	Jennet Woolford	00:49:18
71	Donna Mitchell	00:49:23
124	Jane Butler	00:53:27

5	David Castle	00:34:34
16	Wayne Ewens	00:35:50
22	David Jeffery	00:36:04
26	Andy Simpson	00:36:49
38	Graham Bell	00:37:47
48	Mike Harper	00:38:24
64	Kevin Wheeler	00:39:14
108	Nick Kimber	00:41:50
14	Richard Edmunds	00:42:07
120	Tim Crumpton	00:42:51
229	Aitken Hunter	00:49:35
266	Chris Gallagher	00:53:41

PERFORMANCE OF THE MONTH

TIM SULLIVAN
(10K run)
39:20 at The Lymington Life Boat 10k
Almost back to his all time best

NICKI WHITE
(Newbie)

Great runs at two RR10's for a new Stubby runner, keep running Nicki

GILL ROSE
(RR10 result)

Outstanding run at the RR10 Ashurst to finish in 11th place, her best ever placing

TINA CHANTREY
(first marathon)

"I did it, 3:39! Ran with nausea from mile 10 so obviously got the gel thing wrong, but loved it, was so ecstatic! Can't wait till the next one"

SUGGEST YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT RICHARD-SNELL@O2.CO.UK

Ladies Captain's Report

It was a great month for the Stubby ladies.

Both RR10 's this month produced outstanding results with the ladies A team 1st at Ashurst with Emily Foran 2nd, me 8th, and Penny Forse 10th.
Further outstanding performances were seen at Sway from all ladies present, another great turnout.

In the road race league at Alton, Emily was an amazing 2nd overall, I was 2nd V45, Susie Macgregor 3rd V35, and the team came a fantastic 2nd.

To everyone's delight, Emily came 1st at Netley having used Mike Harper as her pace maker and storming past him at the finish!! Great results from Penny and Susie put the ladies team in 2nd place again.
The road race league has now finished with the ladies A team in 3rd place, an excellent result.

Tina has finally completed a marathon following a few false starts and in a great time of 3.39. Elly Joyce completed the same in 3.51 so well done to both Stubby ladies.

Jazz Smith completed her marathon moon walk so well done Jazz!!

I am looking forward to the RR10's next month and hope to see many of you there.
Good luck to everyone running in the South Downs Way relay!!
Don't forget the Purbrook ladies 5m race on 26th June!

I am off to Edinburgh for the half marathon at the time of writing and am looking forward to my first mass start road race?!

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

Well done The Three Amigos, a great performance at the Stubbington Green Royal Honeymoon Handicap

THE SHAKESPEARE MARATHON STRATFORD UPON AVON

Chantrey	Tina	3:39:05
Joyce	Elly	3:51:08

Edinburgh Marathon
Euan McGrath 553rd 3:15:42 91st M40 of 191
John Fairhurst 3765th 3:59:16 (PB). 40th M60+ of 154

Edinburgh Half Marathon
Sally McGrath 1:34:16

Edinburgh Marathon Festival 5km
Anne Fairhurst 190th 36:18. 2nd W55+ of 8

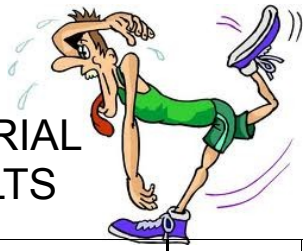
Isle of Wight 3 hills race Easter Monday 8 miles with steep climbs
Hot sunshine and little breeze
81 entries and I had hoped to beat 1 hour but was pleased with 1hr 00min 42 secs
19 th overall 17 th male 4th V50 *Nick Crane*

NORTH DORSET VILLAGE MARATHON

Sunny spells on a warm Sunday Morning in Sturminster Newton. At 8.30 I set off on my very first marathon, round some very scenic north Dorset villages, along some quiet country lanes. The first half came and went, it seemed, very easily, I was joined by Jason from Sheffield. We came together after a couple of miles, agreeing we were both looking for a time of 4 to 4 and a half hours. As my family are from that area of the country, we found a lot to talk about and it took our minds off the enormous task ahead. At the half way point, 2 hours 8 mins, I felt I needed to increase my speed to achieve a finishing time nearer the 4 hour mark. We split up, as Jason took a call of nature, he never caught up, as he got cramp. (We saw each other after the race).

I was going very well passing other runners, feeling good until around 23 miles, when disaster struck - cramp. After a few yards it went away, but then after a little while a different muscle decided to cramp, and so it went on. This, obviously, slowed my pace and coming to the last mile my legs were giving up, but being a stubborn ********** , I pushed on. Then, I saw a mirage - 3 cheerleaders in short skirts - what a boost!! I limped over the finish line in 4 hours 23 mins. It took 10 mins or so to stop the cramps. The other good news was no blisters, a problem I was having during the training for this race. I am very pleased with the time, considering the cramp, and after 4 days recovery, the legs are now feeling good. Now, looking forward to the next marathon.
In addition, I also raised over £500 for MENCAP.
George Howarth

MAY 4 MILE TIME TRIAL RESULTS



SIMPSON Andy	22.38
BELL Graham	24.04
FORAN Emily	24.16
WHEELER Kev	24.34
HARPER Mike	24.57
MacGREGOR Susie	25.51
LEE Marcus	26.17
CRUMPTON Tim	26.19
EDMUNDS Richard	26.24
BELL Mike	27.00
MARTIN Phil	27.01
WITCHER Tom	27.14
JARVIS Neil	27.21
BLAKE John	27.24
LEIGH Jon	27.32
SNELL Richard	27.36
CARTER Keith	27.46
OPENSHAW Rachel	28.24
WEBBER Ian	28.26
WITCHER Nigel	29.07
WHITE Alan	29.30
WHITAKER Keith	29.38
WALLIS Georgie	29.39
SIMISTER John	29.44
NICHOLSON John	30.49
SOUTHON Paul	31.01
HOWARTH George	31.11
BECK Eric	31.40
TUSSLER John	31.50
WOOTON Mike	32.06
SMITH Hannah	33.06
SCOTT Rick	33.17
SPENCER Robert	34.57
MARTIN Sarah	35.01
VESTERGAARD Ann	35.41
DAVIES Kathryn	36.18
McINTOSH Sandie	37.03
ROBINSON Sue	38.10

MEMBER OF THE MONTH

60 SECOND INTERVIEW WITH… EMILY FORAN

Words:

Tina Chantrey

At school Emily was a keen athlete and rower. She still holds the 200 metre junior school record some 20 plus years on! But rowing was her main focus and she was part of a team of four who became national quad-sculling champions aged 16. Training twice a day and spending most weekends at regattas took some serious commitment and for that reason and with exams looming, Emily made the decision to stop rowing in favour of her studies (and social life!).

She spent her sixth form and university years mainly running for fitness with the odd half marathon thrown in, but with no real zeal for competitive running. It was only in her early twenties when Emily joined a running club (Hallamshire Harriers), and completed a few races, that she really began to get the running bug.

Emily has run the Great North Run five times, the London Marathon three times and many 10ks all around the country. She has dabbled in a bit of fell running and even claims to enjoy the hills (a bit).

2011 has been a year of running highs for Emily. It has been a year of personal bests across the board; partly due to entering more races but more significantly, Emily attributes this to being part of a club who have encouraged and supported her all the way. And she was elated to finish the Hampshire League series in first place at the Netley 10K alongside a very strong Stubbington ladies team. Go the Stubbington Ladies!

Q.1 When did you join the club, and why?
I joined in August 2010 as we had just moved to Lee and I wanted to get back into running having had two boys pretty close together. A friend recommended Stubbington Green as it was a nice, friendly club.

Q.1b How long have you been running?
I started running when I stopped rowing for my school. I only did it for fitness until I entered a half marathon in my early twenties. Then I gradually got the bug. I have run more races this year than any other year before!

Q.2 What is your favourite running event?
Probably a 10K or a five mile. I now know I am definitely better over shorter distances that the longer events.

Q.3 What achievement would you most like to be remembered for?
Running aside, I would like to be remembered for raising two beautiful and lovely boys. But in the context of running, probably my fastest fairy Guinness World Record.

Q.4 What do you do when not running?
Look after my kids, work, see friends, and go skiing whenever we can. Generally try to have fun and I enjoy a nice chilled glass of wine or two here and there.

Q.5 What was your most embarrassing sporting moment?
It could well be having to go for a wee in a field on the side of the Bramley 20. Definitely not my most glamorous moment...

Q.6 Who is your sporting inspiration?
Paula Radcliffe. I know this is a predictable answer but I just think she is an inspiration. The other day my eldest son Freddie pulled out her autobiography from our bookshelves and said: "Is that you Mummy?" It made me very happy!

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Prince Harry; I think he would be really fun to have around and I could get all the royal wedding gossip. David Beckham; just for someone nice to look at, not really for dazzling conversation. Paula Radcliffe; to get some tips on how to be such an awesome runner.

Q.8 Who would you most like to meet and why?
Simon Cowell. I think he is brilliant at what he does and I would love to see what he was like off-camera.

Q.9 What is your favourite food?
Pizza. And I am particularly partial to a Dominos pizza the night before a long run.

Q.10 Favourite film of all time?
I've seen it a million times, but probably *Planes, Trains and Automobiles*. It's such a classic.

Q.11 Top 3 songs on your IPod?
'Mr Brightside', The Killers; 'You got the love', The Source ft. Candi Statton; 'With or without you', U2.

Q.12 Three words to describe you?
Outgoing, loyal, tidy.

Q.13 What is your greatest aspiration? Or your next goal?
It has to be to run the New York Marathon. I love New York and it would be two of my favourite things rolled into one trip: running and shopping!

Q.14 If you could only pass on one piece of advice, what would it be?
Always run imagining that you have a day off running tomorrow. This makes me put more into a training session.

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	7.30pm
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)	Marwell Zoo Car Park (SGRAC marshalling)	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	Round the Island Race 69	Cowes, Isle of Wight, Cowes, PO31 8HB	10am
Sun 26 Jun	Purbrook Ladies 5	Purbrook Heath, Purbrook, Waterlooville, PO7 5RY	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 Race Diary

Date	Race	Venue	Time
Sat 2 Jul	Compton Canter 9.3K	Rec' Ground, Compton, Newbury, RG20 6NP	12am
Sun 3 Jul	Sway Carnival 5	Car Park, Wilverley Inclosure, Sway, N/A	10.30am
Sun 3 Jul	Tadley Runners 10K	Hurst Community College, Tadley, RG26 5NL	11am
Sun 3 Jul	Portland 10	Royal Manor Arts College, Portland, DT5 2RS	10.30am
Sun 3 Jul	Toad Hall 5K & 10K	Whitchurch Hill, Nr Pangbourne, Reading, RG8 7QR	10.30am
Sun 3 Jul	Bewl 15	Uplands Sports Centre, Wadhurst, TN5 6AX	10.30am
Sun 3 Jul	Didcot 5 Road Race	Willowbrook LC, Bowmont Water, Didcot, OX11 7AF	9.30am
Wed 6 Jul	Promenade 5K	Mountbatten Centre, , Portsmouth, PO2	7.15pm
Wed 6 Jul	RR10 (Race 7)	Fleming Park, Eastleigh	7.30pm
Wed 6 Jul	Yately Road Race 10K	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Wed 6 Jul	Thames 10K	Beale Park, Lower Basildon, Reading, RG8 9NH	7.30pm
Sat 9 Jul	Maiden Castle Loop 6.5	Thomas Hardye Leisure Centre, Dorchester, DT1 2HT	7pm
Sat 9 Jul	BananaMan Triathlon	Eton College Rowing Centre, Dorney Lake, SL4 6QP	10am
Sat 9 Jul	The Hurt 10K	Lawbrook Lane, Peaslake, Guildford, GU5 9QW	9am
Sun 10 Jul	New Forest 10	New Park Farm, Brockenhurst, SO42 7QH	11.15am
Sun 10 Jul	Chichester Challenge 42K	Lavant Village Green, Chichester, PO18 0BB	8.30am
Sun 10 Jul	Cranleigh 10K	The Band Room, Village Way, Cranleigh, GU6 8AF	11am
Sun 10 Jul	Bustinskin Triathlon	WPNSA, Osprey Quay, Portland, DT5 1SA	6.30am
Sun 10 Jul	Croydon Ultra 30	Sandilands Club House, Croydon, CR0 5DB	9am
Mon 11 Jul	Race for Life 5K	The Common, Southampton, SO15 7NN	11am
Fri 15 Jul	Rye Summer Classic 10K	Rye Nature Reserve, Rye Harbour, Rye, TN31 6AX	7pm
Sat 16 Jul	Swanage Marathon	Swanage Seafront, Shore Road, Swanage, BH19	9.30am
Sun 17 Jul	Brighton Beach Aquathlon	Brighton Beach, Brighton, BN3 2FR	9am
Sun 17 Jul	Pants in the Park 5K	Charlton Athletic Track, Andover, SP10 3LF	10am
Sun 17 Jul	Andover Triathlon	Farleigh School, Andover, SP11 7PW	7am
Sun 17 Jul	Sherborne Sprint Triathlon	Sherborne Sports Centre, Sherborne, DT9 3AP	9am
Wed 20 Jul	Pheonix 10K Brighton	Hove lawns, Kingsway, Brighton, BN3 2FR	7pm
Wed 20 Jul	RR10 (Race 8)	Janesmoor Pond, Stoney Cross	7.30pm
Sun 24 Jul	Downland Ch'nge Ultra 30	Clayton playing Fields, Clayton, Hassocks, BN6 8XG	9am
Sun 24 Jul	Jack and Jill 5 miler	Clayton playing Fields, Clayton, Hassocks, BN6 8XG	11am
Sun 24 Jul	Ridgeway Challenge	Stevens Farm, Dorchester, DT2 9JR	10.30am
Wed 27 Jul	Gatton Summer Run 10K	The Royal Alexandra & Albert Sch, Redhill, RH2 0TD	7.30pm
Sun 31 Jul	Brighton Trailblazer 10K	Falmer Road, Woodingdean, Brighton, BN2	11am
Sun 31 Jul	Concorde Triathlon	Bradfield College, Bradfield, Near Reading, RG7 6AU	9am

The Stubbington Noticeboard

June 2011	What	Recovery	Where	Who
Thurs 2nd	4 x 400, 4 x 800	1 min between 4's 90 secs between 8's	Crofton School	Chris H
Tues 7th	Tempo Run 4 x 5mins Chilling Field		Locks Heath	Mike B
Thurs 9th	5 x 1k Crofton School Track 400 rec		Crofton School	Graham B
Tues 14th	Chilling 2,4,6,4,2 mins 2mins rec		Locks Heath	Mike H
Thurs 16th	12 x 400 steady pace	100 recovery	Crofton School	Chris H
Tues 21st	5k Race pace 4 x 6mins 3min rest		Locks Heath	Graham B
Thurs23rd	2 x 6 beach session		The beach	Phil
Tues28th	10x1 min hard 1 min rec. chilling		Locks Heath	Mike B
Thurs 30th	4th 4 Mile Time trial		Eric Rd	Phil

GLEN'S THURSDAY TRAINING

2nd June - Locks Heath - 4 x Brownwich Loop
9th June - Stubbington - 5 x 300 (100 walk)
16th June - Locks Heath - 6 x 15 secs(30secs),6 x 30 secs(30secs)
23rd June - Stubbington - 3 x 800 (400)
30th June - Locks Heath - 1 2 3 4 3 2 1 (1 min)

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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