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

July 2011

STUBBINGTON MEN TRIUMPH AT THE SOUTH DOWNS RELAY

When it comes to consistency, determination and experience The Stubbington Men's B Team had it in spades at this years South Downs Relay. This gave them a winning time of 13:14:35 over 16 minutes quicker than their nearest rivals and 36 minutes ahead of the third place team. Nick Kimber, Paul Hammond, Phil Martin, Marcus Lee, Neil Jarvis and Nick Crane were the Stubbington heroes and were very humble in victory.

The Ladies A team were 5th in a time of 13:50:52 getting under the magic 14 hour mark. Well done Kate Crowe, Tina Chantrey, Lucy May, Sally McGrath, Susie McGregor and Penny Forse.

The Men's A team Dave Jeffery, Dan Gueran, Mike Bainbridge, Graham Bell, Wayne Ewans and Andy Simpson actually seemed disappointed to finish 4th in 11:26:10 such is the high standard they set themselves.

Well done to everyone who ran while carrying an injury. Thank you to all the drivers, marshals and supporters.

24 Stubbington runners and their hard working support crew enjoy a well deserved post race beverage or two

POSITION	NAME		CATEGORY		TIME
4	Emily	Foran	LSn	2	31:35:00
6	Susie	MacGregor	L40	2	32:55:00
15	Lucy	May	LSn	5	37:01:00
21	Rachael	Openshaw	LSn	6	38:02:00
37	Donna	Mitchell	L35	4	40:44:00
38	Marina	Odey	L40	7	40:53:00
49	Sally	Sadler	L45	8	43:55:00
55	Eunice	Hoare	L35	7	44:48:00
58	Sarah	Martin	L40	13	44:58:00
70	Sandie	McIntosh	L55	3	46:29:00
86	Sharon	White	L40	20	48:32:00

THE PURBROOK LADIES 5

Congratulations to the WINNING Stubbington Ladies team at the popular Purbrook Ladies 5 mile race on Sunday 26th June.

The hottest day of the year so far but fortunately the race was over by the time the sun came out.
It was noted how many of the Stubbington men came along to watch!

THE STRIDERS

The Stubbington Striders left Whiteley at 3.30am to head for the shores of Beachy Head. We were driven by our MPOM (Military Precision Operations Manager) otherwise known as Euan McGrath and our team consisted of Team Captain Tim Sullivan, John Flynn, Richard Snell, Gill Rose, Rachael Openshaw and me Donna Mitchell. Tim, John and Rachael having all competed in the relay in previous years knew what a tough task lay ahead but for Richard, Gill and I we could only imagine the depths we would have to dig too to summon the energy needed to complete the mammoth task before us.

We arrived at a very windy and surprisingly cold Beachy Head all ready to be debriefed at 5.30am. We were all warmed up by our MPOM who really had thought of everything including a stove and kettle to treat us all to a nice warm cuppa before the race start at 6am.

John Flynn

Our race started alongside 8 other teams and our aim for the day was to try and do the best we could against those other 8 teams. John set off on leg 1 which is particularly tough with the renowned seven sisters before him. The weather was fresh to say the least but fortunately there was no mist on the cliff top. John ran a very respectable leg and finished in 5th place. Leg 2 was down to me and I managed to complete it without losing a position and finished keeping our team in 5th place.

Rachael was next up for leg 3 and she ran most impressively passing 2 of the other teams and bringing us to the end of the leg in 3rd place! At this point we were getting really competitive and our aim was to get into 1st position.

Tim ran leg 4 and he delivered 110% (fortunately the Victory runner took a wrong turn) and he brought us to the end of the leg in 1st position out of our original 9 teams that set off at 6am. By now we were flying and we were determined to hold onto this position and try to stay in front of those other teams if we could. Gill and Richard both had a huge pressure on them running legs 5 and 6 trying to make sure we held onto our 1st position which they both did brilliantly, after all 6 of us had run a leg each The Stubbington Striders were leading the relay! Woohoo!!

We managed to lead the relay until leg 8 when some of the faster teams who had started at 6:30am caught up with us so we now knew the Ladies A Team and Men's B Team would not be far away and although we thought it improbable we wanted to cross the finish line before them so we upped our game and ran our hearts out in a bid to do just that. We held the Men's B Team off until leg 13 when Nick Kimber caught John.

The Men's B Team were flying and having a really great relay and although we were gutted that they had caught us we also delighted they were running so well and looking so strong! At this point we knew the Ladies A Team and Men's A Team would be closing down on us too so we pushed with all we had to try and get to the finish before they caught us.

We managed a sneaky pub stop on leg 17 to watch Tim pass by the Millbury's, we also managed to shout out a cheer for the Men's B Team here. Once Tim passed by we headed off to the end of Leg 17 to collect him but there was a runner in a green shirt in our way so we couldn't get through in time and ended up being 2 mins late. A valuable lesson learned but Tim was very understanding and extremely out of breath. Poor Richard was kicked out of the mini bus before it fully ground to a halt and had no chance to compose himself for Leg 18. By this point we knew unless Richard went terribly wrong we were going to be the 2nd Stubbington Team over the finish line and 1st team out of the original 9 that set off at 6.00am. Richard had a great run on the glory leg and brought us home in a very respectable 14hours 5mins 31secs.

We went out on the day after a prep talk from Euan which consisted of "Go out hard and finish even harder" and that's exactly what we all did! We had a fabulous day filled with lashings and lashings of team spirit and finished delighted in the knowledge that we done ourselves proud!

We'd like to thank our MPOM and Life Coach Euan McGrath for everything he done on the day, we all found his motivation invaluable and he just takes prepared to a whole new level! A huge well done to the Men's B Team who finished 1st in their category and to the Ladies A Team and Men's A Team who as usual ran fantastically well.

Donna

The Stubbington Striders Rachael, Donna, Richard, Gill and Tim (John was too busy running)

Ladies Captain's Report

The South Downs Way relay finally came around after months of running on the downs to make sure we knew the route. It was a long day beginning from 3am for most to get to the start - 6am for the Stubbington Striders including 3 ladies, and 6.30am for the ladies team. There were fantastic performances throughout the day from all ladies despite the heat and the wind giving the ladies team 5th place overall. All ladies completed the day successfully and were a credit to the club.

Thanks must also go to the ladies who supported fantastically driving, marshalling, baking and being there at the end without whom the teams couldn't have competed.

The RR10 series is continuing with Stubbington ladies currently having 18 runners to score for 6 teams. This shows the incredible turnout that has continued throughout the season. I look forward to seeing you all at Fleming Park on 6th July.

I hope those of you that run at Purbrook have a great race. I will be running a 5k in Nice, France the same day. By the time you read this the events will have taken place so I hope you ran your heart out!

I did enjoy the mass start race of the Edinburgh half marathon and was very pleased with my result.

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

60 SECOND INTERVIEW WITH…TIM SULLIVAN

Words:

Tina Chantrey

Being inept at football and most other team sports, I first discovered a taste for putting one foot in front of the other quickly at the age of 15. I ran for general fitness until I joined my first running club, aged 18. This was Thames Valley Harriers in West London. I enjoyed a mix of track and road running, with 5000m being my favourite distance.

In 1981 I joined the Royal Navy Medical Branch and was soon press-ganged into the area cross country team. This I revelled in, especially the mud! I was never an outright winner, but was always delighted to be a contributor to winning teams over the years.

My finest hour as a runner was at the world famous Gibraltar International 10k in 1992 (1 Moroccan and a few Spaniards turned up!). At this time I was running for the Joint Services Team in Gib and had found some form after running around and up the 'Rock' so many times that I'd lost count. Helped by losing half a stone due to salmonella poisoning some weeks before, at 10 and half stone I achieved a lifetime best of 33:40 for 10k which I've never come close to since!

After returning from Gib in 1992, I suffered repeated injuries which put me off running competitively for many years. I only really came back to serious running in ten years ago, first running briefly for the City of Bath Athletic & Running Club then, in 2008 joining Stubbington Green Runners. I've really enjoyed the team spirit with Stubbington both in competition and on the training runs. It's the friendliest running club I've known and it's been a pleasure to be a member.

Highpoints for me with the Stubbies have been the RR10 seasons (always good fun – not least for the beer and cheesy chips after), the HRRL 2009, the London marathon in 2009 and two South Downs Relays (2009 and 2011).

Q.1 When did you join the club, and why?
2008, after dragging my feet for some years as a runner; I needed to rekindle my interest in running – and boy did it! Inspired by the sight of really old runners like Jon Leigh and Nick Kimber still carrying on despite their advanced years, I returned to the fold and have not looked back since!!

Q.1b How long have you been running?
There have been two main blocks to my running career; 1980s to 1992 then 2007 onwards with jogging in between! Last year was a bit grim due to niggling injuries but I'm slowly getting back to shape and hope for a good HRRL 2011/12.

Q.2 What is your favourite running event?
10k, although I do like the relays. Since joining the Stubbies I've competed in the SDR, Test Valley and Emsworth to Basingstoke relays. I also enjoyed a couple of trips to Vannes with a group from the club. The run was very well organised and the social side was great.

Q.3 What achievement would you most like to be remembered for?
It would have to be my 10k PB in Gib 1992.

Q.4 What do you do when not running?
Sailing; I cruise and race my small yacht around the Solent, nowadays with a few Stubbies as crew. I'm also a taxi driver for my two active boys, coach children's football and travel with the family as often as possible. Oh, and then there's the alcohol!

Q.5 What was your most embarrassing sporting moment?
My worst experience was being rescued by the RNLI during the 2009 Round the Island Race when my rudder sheared off! It wouldn't have been so bad had I not worked for the Maritime and Coastguard Agency!

Q.6 Who is your sporting inspiration?
Seb Coe and Steve Cram. Outside of running – Ellen MacArthur.

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Steve Cram to reminisce over the glory days, Phil Tufnell for a good laugh and Ben Ainslie to celebrate his 2012 Olympic golds!

Q.8 Who would you most like to meet and why?
John Simpson; he's had an astonishing life as a journalist and he's a fantastic speaker.

Q.9 What is your favourite food?
Roast lamb with all the trimmings. Rarely get it but that's what makes it so great!

Q.10 Favourite film of all time?
One flew over the cuckoo's nest takes some beating. *Lock, stock and two smoking barrels* always makes me laugh.

Q.11 Top 3 songs on your IPod?
'Sgt Peppers lonely heart band', Beatles; 'Dare', Gorillaz; 'What I've done', Linkin Park.

Q.12 Three words to describe you?
Enthusiastic team player.

Q.13 What is your greatest aspiration? Or your next goal?
Current goal is to have one running season free from major injury. Injuries permitting, I'd also like to do well as a V50 runner and dip below 39 mins for a 10k.

Q.14 If you could only pass on one piece of advice, what would it be?
Listen to your body especially when you're getting older! Take sufficient time off to recover from injury and have a strict daily routine for stretching. *(In other words, do what I haven't done!*)

THE GOFAST CHALLENGE

Once again it is club handicap time, and this time we have some competition; Gosport Road Runners , Fareham Crusaders and Stubbington Green Runners will compete in the inaugural GOFAST challenge during the evening of Thursday 14th July. This is something we hope will continue into the future will all three clubs taking turns in hosting.

We have catered for 25 runners per team as a start number; however, this is not a limit and the more the merrier. If you intend to take part please let Paul Hammond know **BEFORE THE 11TH JULY** so we can get the amount of post race food right, if you cannot commit before then you can still run but the food may get spread a little thin if there is a large last minute entry.

GOFAST HANDICAP ROUTE

Thursday 14th July

Start at the barrier in the lay-by at Bay House School keeping the school on your left.
Proceed down Gomer Lane to the roundabout then to Stokes Bay, once at the bay keep to the footpath on the sea side. Follow the path all the way to the lifeboat station; go past the station onto the gravel track. Follow the track towards Fort Gilkicker, at the fork keep right and go
anti-clockwise around the fort. Turn left at the glide board and follow the track to the path that takes you through the golf course, keeping the moat on your right.

BEWARE OF GOLF BALLS IN FLIGHT
AND STOP IF REQUIRED

At the end of the path turn left onto Fort Road then right into Monkton Road. At the end of Monkton Road turn left onto Clayhall Road, the RN Cemetery will be on your right. After a short distance turn right onto the cycle track/footpath that takes you over Stoke Lake; once over the bridge turn left onto Little Anglesey Road.
At the end of the lake turn left down the footpath, follow the path back to Clayhall Road. Turn left at the road, cross over and turn right into St Marks Road. Follow St Marks Road to its end and turn right at the Anglesey Hotel into Crescent Road.
Follow Crescent Road to it's junction with Anglesey Road, turn left here then right at the roundabout. Carry on along the full length of Stokes Bay, then up to the roundabout and the finish is in the car park outside Bay House School where you started.

How the handicap works:

There is a £2 entry fee per runner.
The aim is to finish as close as possible to 7:45.
NO watches, garmins or any other gizmos are to be worn or carried.
There will be a time check available at the start.
Runners may start whenever they wish but they must ensure that they have given their name to one of the timekeepers before setting off.
The course will not be marshaled so it is advisable to recce it beforehand.
Each club will provide two timekeeper/name takers at the finish.
For every second before or after 7:45 runners are given one point; the total number of points per team are then divided by the amount of runners and the team with the lowest points total is the winner.
As it a handicap you do not have to be a fast runner to win, it is all about pacing your run.
A buffet will be provided in the Seahorse PH after the event.

RR10 RACES

Conditions were near perfect for the 4th RR10 of the year held at Deer Leap Inclosure, Ashurst and 42 Stubbies enjoyed the warmth of the evening sun.

With one of the joint host clubs having no male section the men's race saw an increase in participation of runners from an average of 205 from the first three races to 246 in this one. As a consequence many found their finishing positions down on previous races. An exception to this was Andy who got off to a flying start and led the field for a while (perhaps to impress his children who were in attendance?) but unfortunately couldn't sustain it for long although he still had a storming run to be the first Stubbie home in a season's best 11th place.

Good packing saw our next three scorers finish in consecutive places with Dave (19th) just edging out Lewis (20th) and Chris (21st). With Graham crossing the line in 48th place this completed the 'A' team scoring which left us 5th team on the night.

11 Sally McGrath
15 Gill Rose
51 Lucy May
93 Julie Ashman
95 Rowena Dodds
96 Sarah Martin
99 Sandie McIntosh
105 Sharon White
114 Caroline Street
115 Sue Robinson
119 Liz Hall
127 Tracie Jarvis

Although many of our ladies were 'resting up' before the South Downs Relay on the following Saturday three relay runners did decide to tackle this race in addition perhaps to get some last minute speed work in as preparation and all three completed the 'A' team scoring positions with Sally being first home in 11th place. Not far behind was Gill in 15th and Lucy's 51st position resulted in them finishing in 8th place.

John Tussler

12 Andy Simpson
19 Dave Jeffery
20 Lewis Banner
21 Chris Hall
48 Graham Bell
60 Euan McGrath
65 James Keen
82 Nick Kimber
85 Nico Beukman
87 Tim Crumpton
101 Marcus Lee
107 Nick Crane
113 Paul Hammond
114 Jon Leigh
123 Neil Jarvis
139 Sam Bell
144 John Blake
147 Richard Snell
170 Nigel Whitcher
174 John Simister
176 Alan White
178 Keith Whitaker
184 Glen Street
188 Ian Webber
195 George Howarth
204 Paul Southon
208 Dave Eland
231 Andy Tomlinson
236 Robert Spencer
238 Martin Banner

RR10 LEAGUES AFTER RACE **SIX**

MENS TEAMS

1	Southampton	5
2	Totton Runners	14
3	Southampton (B)	17
4	New Forest Runners	18
5	SGRAC	27
5	Winchester and District AC	27
7	Hardley Runners	33
8	Eastleigh Running Club	39
9	Southampton (C)	44
10	Romsey Road Runners	45
11	New Forest Runners (B)	57
12	Lordshill Runners	61
12	SGRAC	61

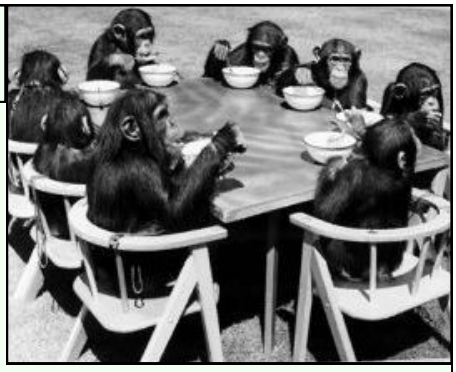
LADIES TEAMS

1	New Forest Runners	12
2	Totton Runners	15
3	Southampton	19
4	Winchester and District	20
5	SGRAC	21
6	Eastleigh Running Club	27
7	Hardley Runners	37
8	Southampton (B)	48
9	New Forest Runners (B)	50
10	Romsey Road Runners	55
11	Totton Runners (B)	56
12	Eastleigh Running Club (B)	61
13	Lordshill Runners	69
14	SGRAC(B)	85

REMAINING FIXTURES

DATE	VENUE	TIME
July 6	Fleming Park, Eastleigh	7.30 pm
July 20	Janesmoor Pond, Stoney Cross	7.30 pm
Aug 3	Itchen Valley Country Park	7.15 pm
Aug 17	IBM Hursley Park	7.15 pm

JUNE'S COMMITTEE MEETING



Present: Sally M, Lucy M, Kathy M, Kevin A, Phil M, Neil J, Paul H, Gary L, Mike H, Graham B, John B.

Kathy:
The summer BBQ will be at Manor Farm on the 7th August.
The next fish 'n' chip handicap will be held on Sunday 31st August.
This years awards night will be at David Lloyd on Saturday 10th December.

Sally:
Applauded all the ladies who took part in the SDR.

Mike:
Informed us that the Test Way relay is now being organised by Totton RR. We would be restricted to two teams only but would ask for more if possible. It will now finish at Salmon Leap and consist of only 8 legs, marshals will now be required from SGR.
He also praised the efforts of the SDR teams, marshals and supporters

Graham:
Gave a review of a very successful HRRL season for the club.

John:
The trail shirts in club colours are in, £18 each. He will speak with the manufacturer and order some smaller sizes.

Gary:
Next years race will be held on Sunday 15th January, the license has been applied for. On-line entries will commence on 1st September.

Paul:
Has been in touch with Gosport RR and Fareham Crusaders with regard to the GOFAST challenge. If all goes well the first one will be held on Thursday 14th July, starting and finishing at the Seahorse PH.

AOB: The Macmillan Mile for this year is still to be arranged.

Win a 1 Hour Massage!

On Monday 25th July 2011 I will be swimming 1.25miles across the Solent for the Isle of White Samaritans-Sounds easy maybe however it's an extra challenge for me carrying a shoulder injury.

Also I'm hoping I won't encounter any fish as some of you may know I don't like fish!! However that may make me swim faster!

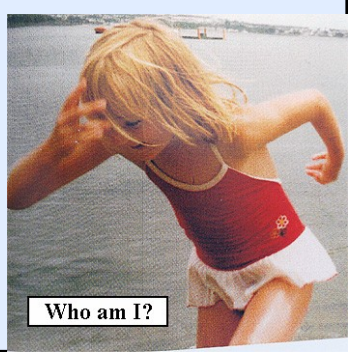
Instead of just asking for you money I know how competitive you all are I thought I'd run a little competition.

All you need to do is sponsor me whatever you like by going to my just giving page http://www.justgiving.com/Lucy-May0 and then you'll be able to enter my 'Stubby Name That Face' competition.

Once you have sponsored me send me an email loo_c50@hotmail.com and I'll get a form with lots of celebrity, sporting heroes and stubby committee members on! All you need to do is complete the picture board with who you think the faces are and return to me (or Dad) by Saturday 16th July 2011. The file is a bit big so I'll print them off and send them out to you or see you at training or races. Any questions please don't hesitate to ask-apart from if it's who this picture is!

The person who guesses the most correct answers is the winner and wins a 1 hour free massage from myself.

P.S for those of you that have already donated Many Thanks-and you can still enter if you want to.
Thank you and good luck!
Lucy May



BRAISHFIELD 5 MILE BEER RACE
SUNDAY 12TH JUNE

Philip Martin

Most of the Stubbington Green athletes stayed sober until after the race at Braishfield, with excellent performances on a hilly 5 mile course around Braishfield near Romsey.

POSITION	TIME	NAME	
15	00:29:50	Graham	Bell
39	00:33:44	Tim	Crumpton
48	00:34:49	Philip	Martin
175	00:45:28	Peter	Rawlins
168	00:44:47	Sarah	Martin
195	00:47:12	Matthew	Abbott

Graham Bell

Peter Rawlins

Tim Crumpton

PROMENADE 5K RACE 2

POSITION	NAME	TIME	CAT	PLACE
27	MIKE HARPER	18:18	VM50	1
31	EMILY FORAN	18:29	SW	3

D-DAY 10K PORTSMOUTH

NAME	POSITION	TIME
GRAHAM MARTIN	58	43.05
TIM CRUMPTON	68	43.59
PHILLIP MAY	75	44.24
MICHAEL EDEY	165	51.50
CHRIS GALLAGHER	181	52.34
JOHN COX	182	52.35
SALLY SADLER	203	53.55
ROBERT SPENCER	260	58.12
TERRY FRENCH	264	58.20
DEBBIE CASEY	318	69.55

HAYLING BILLY 5

NAME	POSITION	TIME
Kevin Wheeler	14	31.01
John Simister	71	37.24
Alan White	82	37.57
Eric Beck	105	39.31
David Eland	110	40.10
Chris Gallagher	132	42.22

Terry French

Kevin Wheeler

Chris Gallagher

John Simister

PERFORMANCE OF THE MONTH

Sarah Martin - 5 mile. Great results for Sarah at The Braishfield 5 Miler and then at Purbrook. Getting under 45minutes both times. Sub 9 minute mile pace.

Neil Jarvis - Marathon. Neil completed the South Downs Marathon in a time of 04:15:46. Anyone who ran at The South Downs Relay will know what an achievement this is.

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

Hampshire Road Race League

The 2011 / 2012 Season kicks off with the Overton 5 on Saturday 3rd September 3.00pm this is quickly followed by the Victory 5 in Portsmouth on Sunday 18th September at 11.00am.
The date is now confirmed for the Solent Half Marathon on Sunday 9th October.
Keep an eye out for more information on The Stubby website and in The Green Runner.

THE GREAT STUBBINGTON SUMMER BARBIE

Ohh yessss! Contrary to the current weather, BBQ season is on its way! So let's hear it for the return of the Great Stubbington Green Summer Barbie!!

This will be our third year at Manor Farm Country Park with the BIG BBQ pit s already booked for **Sunday 7th August**.

The last year we've catered for 100+ hungry people and hope to attract the same number this year! So bring the whole family, the more the merrier! The BBQ is booked for the day but the fun starts with a training run with Chris Hall at 1200.

We'll get the BBQ going for 1pmish and will eat between 1 and 3pm. The club will provide plenty of good quality grub meat from the same supplier as last year (burgers, sausages, chicken thighs etc.) and a certain amount of salad, other side dishes and paper plates and napkins – all for the bargain basement price of £3 for adults, £2 for under 12s! If you'd like to bring along any additional meat that you fancy, vegetarian food, bread rolls, drinks and cutlery that'll be lovely jubbly.

There are a few picnic tables on site but I suggest you bring along your own picnic tables and chairs to make yourself comfortable. For the kids perhaps bring along footballs, pop up goals, bat 'n' balls etc.

As in previous years we'll organise some games for kids and the young at heart alike to burn off some of those extra calories!

How to get there – the group BBQ (BBQ 6) is located at 'Toplands' in Manor Farm which is about ¾ mile along the main road into the park on the left hand side, (also marked 'picnic and play area'). Park at the end of the car park and you will see the Stubbie banner flying at the western end of the field.

Parking is £2 per car for the day. A few of us will bring gazebos for a bit or shade so look out for these as well. Don't miss a great day out and a perfect opportunity to carbo-load for those marathon miles!! So that we have a rough idea of numbers, if you are coming along please call Tim Sullivan on 0789 6613962 or send an email to tim.sullivan1@virginmedia.com.
Fingers crossed for the weather! See you there

THE BISHOPS WALTHAM 5

Just two Stubbies, David Eland and myself decided to give the Bishops Waltham 5 a go this year.

Luckily for us conditions were a lot kinder than the 25 degrees + the day before and it was quite cool with light rain coming and going throughout. The route takes you through part of Bishops Waltham and then out towards Swanmore before taking a hard left up quite a steep hill of about a mile. Once you hit the top though it is downhill and then flat through country lanes to the finish.

There was a field of about 95, including a few from local clubs, but mainly the field was made up of unattached runners. There was also a 2 mile fun run which started after the main race.

The race was won by Matthew King in a time of 26.26 and the first lady home was Helen Cartwright 34.42. I had a good run and managed to finish in 29 place with a 5 mile PB of 37.09. David also had a good run and he had a PB with 40.27.

The organisation for this run is very good, and the local Fire station is the race HQ where there were refreshments and other facilities. *John Simister*

David Eland

LORDSHILL 10K

42:33 Marcus Lee

44:01 Jon Leigh

44:48 Tim Crumpton

49:05 Ian Webber

1:02:18 Kathryn Davies

ALRESFORD 10K

ROBERT BLACKMORE 78TH 49:12

THE WORTHING 10K

On a windy Wednesday evening down at Goring Gap the Worthing 10k course had it's first run out. The course was out and back down the coast to Worthing Pier, the return into the strong westerly wind and setting sun was going to be the main challenge of the day.

Unfortunately the gale force gusting wind put paid to the finish arch, flags and razamatazz of the day, the Air temperature itself wasn't much of a problem, but the wind chill once the sun went behind the clouds had a vicious edge to it. On the other hand, I'd prefer wind to heavy rain any day.

I managed to complete the course 427th out of a total runners of 621 in 54:28. *Chris Gallagher*

CHAMPIONSHIP LATEST

1	**Mike Harper**	**35**	**170**
2	Sharon White	20	155
2	Graham Bell	65	155
4	Sarah Martin	35	135
5	Nick Crane	30	130
5	Andy Simpson	40	130
7	Nigel Whitcher	35	125
7	Phil May	20	125
7	Sally McGrath	15	125
10	Alan White	30	110
11	Lucy May	15	105
11	Rachael	30	105
13	Robert Spencer	30	100
14	Neil Jarvis	25	90
14	Susie MacGregor	15	90
16	Chris Hall	30	85
16	Jon Leigh	20	85
16	Paul Hammond	30	85
19	Nick Kimber	35	80
19	Penny Forse	25	80

SOUTH DOWNS RELAY MARATHON

Eric Beck, myself, Alan White and Verity Wright were in the team. Eric did leg 1 in 1:11:27, I did leg 2 in 0:54:03, Alan leg 3 in 1:08:28 and Verity leg 4 in 0:58:31 giving us an overall time of 4:12:29, chip time 4:12:22. We were 71st relay team of 100 teams. *Tracie Jarvis*

Eric Beck

Verity Wright

Alan White

Tracie Jarvis

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 Race Diary

Date	Race	Venue	Time
Wed 3 Aug	RR10 (Race 9)	Itchen Valley Country Park	7.15pm
Wed 3 Aug	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.15pm
Wed 3 Aug	Yateley Road Race 10K	Yateley Centre , School Lane, Yateley, GU46 6NW	7.30pm
Wed 3 Aug	Pewsey Vale 5	Pewsey Vale School, Wilcot Road, Pewsey, SN9 5EW	7.30pm
Sun 7 Aug	Lambourn Festival 5	Lambourn Sports Club, Lambourn, RG17 8PS	10.30am
Sun 7 Aug	Milland Valley Trail 13	Milland Sports Pavilion, Milland, Liphook, GU30 7LU	10.30am
Sun 7 Aug	Sturminster Newton Half	High School, Sturminster Newton, DT10 1DT	10.30am
Sun 7 Aug	Trowbridge Triathlon	Trowbridge Sports Centre, Trowbridge, BA14 0DJ	9am
Tues 9 Aug	Richmond Park 10K Trail	TBC, Richmond, TW10	7.30pm
Wed 10 Aug	220 Tri Evening Sprint	Eton College Rowing Centre, Dorney Lake, SL4 6QP	6pm
Fri 12 Aug	Rye Summer Series 5K	Rye Nature Reserve, Rye Harbour, Rye, TN31 6AX	7pm
Sat 13 Aug	North Downs Way 50 & 100	St Polycarps School, Farnham, GU9 8BQ	6am
Sat 13 Aug	North Downs Way M'thon	St Polycarps School, Farnham, GU9 8BQ	10am
Sat 13 Aug	South Coast Triathlon	Martello Fields, Seaford, BN25 1JX	8am
Sat 13 Aug	Maiden N'ten Madness 10K	Youth Centre, Maiden Newton, Dorchester, DT2 0AX	7pm
Sun 14 Aug	Spartan Race, Exeter 5K	WoodBury Common, Exeter, EX5 1JJ	10am
Sun 14 Aug	S. Coast Run 13.1/5K/10K	Martello Fields, Seaford, BN25 1JX	9am
Sun 14 Aug	Salisbury Trail Marathon	Salisbury Fire Station, Salisbury, SP2 7TN	9.30am
Sun 14 Aug	Hooky 6	Hook Norton Sports Club, Hook Norton, OX15 5PB	10.30am
Wed 17 Aug	RR10 (Race 10)	IBM Hursley	7.15pm
Sun 21 Aug	I.O.W. Half Marathon	Sandown & Shanklin RC, Sandown, GR SZ 591844	11am
Sun 21 Aug	Henfield Half Marathon	Henfield Leisure Centre, Henfield, BN5 9QB	10.30am
Sun 21 Aug	Seaford Marathon	Fire Station, Cradle Hill Road, Seaford, BN25 3JA	9am
Sat 27 Aug	Hardassnails 10K	Pilgrims Way, Guildford, GU1	9am
Sat 27 Aug	Ridgeway 85	Ashridge Car Park, Ashridge Estate, Ivinghoe	12am
Sun 28 Aug	Foxtrot 5	Village Hall, Broughton Gifford, SN12 8PN , Wilts	11am
Sun 28 Aug	Battle Of Sedgemoor 10K	Langport Arms Hotel, Langport, TA10 9PD	11am
Sun 28 Aug	Arundel Castle Scouts 10K	Arundel Town Centre, W. Sussex	9.30am
Sun 28 Aug	Studland Country Fair 5K	Show Ground, Ferry Road, Studland, BH19 3AY	11am
Sun 28 Aug	Vale of Pewsey Half M'thon	Pewsey Vale School, Wilcot Road, Pewsey, SN9 5EW	10.30am
Mon 29 Aug	King's Head Canter 5K	Kings Head, East Hoathly, BN8 6DR, E. Sussex	11am
Mon 29 Aug	Shillingstone 5	Shillingstone, A 357, Blandford Forum, Dorset	14.15pm
Mon 29 Aug	Roundway Rampage 7	Devizes Sports Club, Devizes, Wiltshire SN10 2DL	10am
Wed 31 Aug	Promenade 5K	Mountbatten Centre, Portsmouth, PO2	7.15pm

The Stubbington Noticeboard

July 2011	What	Recovery	Where	Who
Tuesday 5th	5 Brownwich Loop + 1 short hill		Locks Heath	Mike H
Thursday 7th	2 x 600 (300) / 3 x 400 (200) / 4 x 200 (100)	Crofton School	Phil	
Tuesday 12th	Chilling field 2 x 2mile	2 min recovery	Chilling Field	Chris H
Thursday 14th	GOFaSt Handicap		Bay House	Paul
Tuesday 19th	6 x Paarlauf		School of Navtn	Graham
Thursday 21st	5 x 800 mtr	1 400 lap jog	Crofton School	Mike B
Tuesday 26th	2 x 3 double laps	2 mins between laps, 3 mins between reps	Locks Heath Park	Mike H
Thursday 28th	4 mile Time Trial		Eric Rd	Phil

GLEN'S THURSDAY TRAINING

7th July 1,2,3,4,3,2,1 mins (1 min) Locks Heath

14th July 4 x 600 (200 walk) Stubbington

21st July Chilling 2 x 1 mile (3 mins) Locks Heath

28th July 100,200,400,800,400, 200, 100 Pyramid Stubbington

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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