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

August 2011

HILLS MUD AND MORE HILLS

Wednesday 20th July saw the 8th RR10 take place at Janesmoor Pond - which has the reputation of being one of the hardest in the series and although there were some changes to the course it still contained plenty of hills so it fully lived up to expectations. Despite this there were still 34 club members who turned up to take it on.

In the men's race Dave led the way for the Stubbies crossing the line in 22nd place whilst our second runner home was Euan whose 38th place was a season's best by some distance. They were joined in the 'A' team by Mike and Tim S whilst Graham just edged out James for the fifth and final 'A' team scoring position which left them in 9th place on the night.

In the ladies race it was Susie who was the first Stubbie to cross the line, her 9th place continuing her record of top 10 finishes in the series. With the support of fine runs by Gill immediately followed by Sally the ladies 'A' team finished in 4th place overall on the night. With two races left in the series both teams are currently lying in 6th place in their respective sections.

Full results can be found on the RR10 website www.rr10.hampshire.org.uk where there are also plenty of pictures taken by Romsey Runners.

Race number 9 takes place at Itchen Valley Country Park on Wednesday 3rd August at 7.15pm (Please note the earlier start time!).

The all important debrief location will be as last year at Southampton Arms on Moorgreen Road, West End.

GOFAST.....

The inaugural GOFAST challenge between Gosport Road Runners, Fareham Crusaders and Stubbington Green Runners was held on Thursday 14th July. On a warm summer's evening 110 runners set off from the Seahorse PH to tackle the 4.8 mile course; Fareham put out 47 runners, Stubbington 37 and Gosport 26. The finish time was 7.45 back at the pub followed by a buffet and a few drinks.

As there were so many runners it was decided to award points in 30 second blocks; so 30 seconds either side of 7:45 attracted no points, one minute either side of 7:45 one point, one minute 30 seconds two points and so on up to five minutes; beyond five minutes was 10 points for all. Two Stubbies managed no points, John Randall and Keith Carter so well done guys. The total number of points per team were added up then divided by the amount of runners, with the winners being the team with the lowest number of points.

1st	Gosport	2.03.
2nd	Stubbington	2.84
3rd	Fareham	3.56

As winners Gosport will host the next event with Fareham following, then back to Stubbington. For future fixtures please remember to wear club vests or trail shirts.

RR10

Fleming Park

Fleming Park in Eastleigh was the venue for race 7 of this year's RR10 series and provided probably the least interesting course of the ten events with two laps weaving in and out around the former golf course. This seems to be reflected in the fact that numbers were down in both overall runners (299) and Stubbie finishers (31) with a 32nd member, Jon Leigh, having the misfortune of aggravating an injury forcing him to drop out after a mile. The race was run in very overcast conditions but most runners had completed the race just before the heavy rain arrived.

Of the men a strong run from Wayne resulted in him being the first Stubbie to cross the line with Andy being just nine places behind. Graham was our third scorer home whilst Euan took the fourth spot proving that he is recovering from his recent Ironman. The fifth and final scoring place was taken by James for the second race in a row and this combined effort gave the 'A' team 8th place overall on the night.

In the ladies race Susie led the team home with another top 10 finish but the performance of the night undoubtedly fell to Donna who showed her impressive progress over recent weeks by both breaking into the top 30 and making the 'A' team scoring for the first time. Another first time scorer was Jane who completed the 'A' team giving them a tenth place.

RR10 LEAGUES AFTER RACE **EIGHT**

MENS TEAMS

1	Southampton AC	9
2	Totton Runners	19
3	New Forest Runners	21
4	Southampton AC (B)	28
5	Winchester and District AC	35
6	**SGRAC**	**44**
7	Eastleigh Running Club	47
8	Romsey Road Runners	50
9	Hardley Runners	55

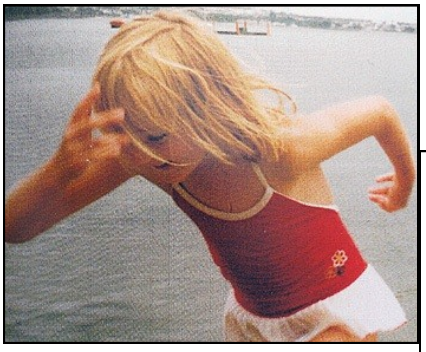
LADIES TEAMS

1	New Forest Runners	14
2	Totton Runners	20
3	Winchester and District AC	27
4	Eastleigh Running Club	30
5	Southampton AC	31
6	**SGRAC**	**35**
7	Hardley Runners	56
8	Romsey Road Runners	61
9	New Forest Runners (B)	69

REMAINING FIXTURES

Aug 3	Itchen Valley Country Park	7.15 pm
Aug 17	IBM Hursley Park	7.15 pm

PERFORMANCE OF THE MONTH



EUAN MCGRATH Bouncebackability

After what was for him a disappointing Ironman event in France (though he still completed it so a great achievement) Euan was back running the RR10 at Janesmoor Pond and led the field in Andy Simpson style right up to the first bend.

LUCY MAY
The Big Swim

Lucy was 5th home and the 1st Lady, her time was 35:28mins to swim 1.25miles. she raised over £700 for the Isle of Wight Samaritans and is still collecting.

NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT richard-snell@o2.co.uk

MEMBER OF THE MONTH

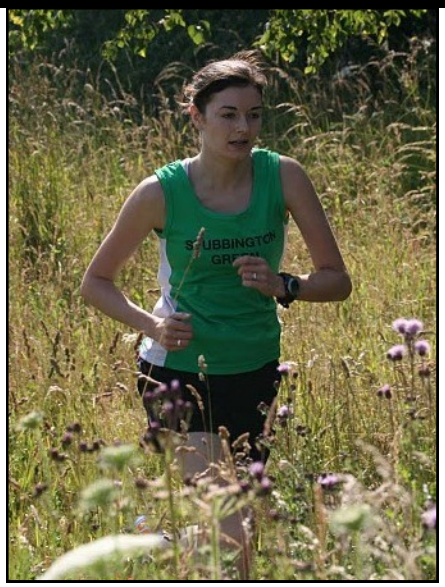
60 SECOND INTERVIEW WITH…KATE ALDOM (Crowe)

Words:

Tina Chantrey

When I was 14 years old a new sports centre opened up in Inverness and along with it came Inverness Trampoline Club. I spent every second of my spare time either bouncing up and down on trampolines or thinking about it! I competed until I was about 17 (I made it into the Scottish Nationals) and then turned my attention to coaching both at the University Club in Aberdeen and at other clubs around the area, and just trampolining myself for fun. I was a judge at a lot of competitions and I loved seeing the kids that I'd coached do well.

I spent a year in Australia after finishing University and whilst working on a boat that cruised around Sydney Harbour I saved up for flying lessons. I loved flying but not turbulence and was interested in the air traffic control side of things and this eventually led me to where I am today!



Since I've been a proud Stubby I can't believe how much my running has improved – just being out running with other people and racing for the club makes me determined to push myself as much as I can. In the past year I've done PBs at the Salisbury Half Marathon, the Great South Run, Lordshill 10, Stubbington 10k, then Eastleigh 10k, and the parkrun. I was delighted to be part of the team that did the mental and physical anguish that was the South Downs Challenge – an amazing day and despite my better judgement, one definitely to be repeated!

Q.1 When did you join the club, and why?
I joined the club in July 2010 after I was recommended by Just Run in Eastleigh when I bought a new pair of trainers. I work shifts so am able to make at least one session a week.

Q.1b How long have you been running?
My Dad's a runner and I spent my childhood cheering him on at races and being driven around the Highlands of Scotland to leave water bottles in certain trees for him so it must be in my genes! I remember plodding along Aberdeen beach when I was at University there but I can't say I really took a 'proper' interest in running until Easter 2009 when I signed up for the Loch Ness Marathon in October of that year.

Q.2 What is your favourite running event?
Whatever is shorter than what I'm training for at the moment! I'm also enjoying the parkruns at Eastleigh on Saturdays.

Q.3 What achievement would you most like to be remembered for?
God, that's depressing that I can't think of anything apart from making it as an air traffic controller! Nah… my best achievement is yet to come!!!

Q.4 What do you do when not running?
House renovation and work takes up a lot of time but I love cooking and catching up with friends, snowboarding, travelling, going out for walks and life in general!

Q.5 What was your most embarrassing sporting moment?
Hmmm….after the Loch Ness Marathon my legs were so stiff that when I tried to put on a pair of trackies I fell flat on my face! It's amazing how quickly my legs recovered when I had to spring to my feet!

Q.6 Who is your sporting inspiration?
I think the biggest influence on my running has come from my Dad. He's always encouraging, never gives up and is even setting up a parkrun in Inverness! How cool is that?!

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Jens Voigt the cyclist as he's so funny and I love the way he speaks. Paula Radcliffe and Roger Bannister as they're both amazing and I'd love to know how they run/ran so damn fast!

Q.8 Who would you most like to meet and why?
Wow…..I have NO IDEA!

Q.9 What is your favourite food?
Marmite and toast. Oh and cheese and biscuits. And pick 'n mix sweets, especially the fizzy cola bottles.

Q.10 Favourite film of all time?
Stardust, it's just brilliant! I also love the Lord of the Rings and Star Wars films too.

Q.11 Top 3 songs on your IPod?
I chop and change my mind all the time. I like a good mix of music so anything from the '90s or some Kylie would definitely be up there! Cheesy I know, ha ha!

Q.12 Three words to describe you?
Happy, lively, reliable.

Q.13 What is your greatest aspiration? Or your next goal?
I would absolutely love to do the Polar Circle Marathon or maybe a marathon in Scandinavia but for now the Solent Half will have to do!

Q.14 If you could only pass on one piece of advice, what would it be?
It's not having what you want; it's wanting what you've got.

STUBBIE BBQ

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 and the BIG BBQ pit is already booked for **Sunday 7th August**.

Last year we 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 including 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 fixed 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. Tim

Ladies Captain's Report

Well done to the Stubbington Ladies who came 1st team in the Purbrook 5, and to all the ladies who took part. It looked like it was a scorcher of a day, not far off the temperatures we were having in Nice at the time.
I was 14th in my 5k race out of 500 starters so was very pleased especially in the 30+ degrees we were having.

The month has been fairly quiet, however the RR10s are still happening with good results being achieved by those participating. I missed running at Eastleigh due to injury and I know that there are several ladies suffering injuries at the moment and are unable to run. Let's hope we have a good turn out at Janesmoor Pond, Itchen Valley and IBM which are the last 3 for this year!

I would encourage you to look at the White Horse Relay which runs the 1st weekend of September, and give your name to Paul Hammond if you are interested. Until we hear from Totton about more teams for the Test Way, we are unable to offer any more spaces, but you will know as soon as we hear.

The Road Race series dates are now available, and entries are open for the first ones, so get your name down if you wish to run.

The cross-country dates for Hampshire and Todays Runner will soon be available so keep your eyes on the website.

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

Coaching Course

The club is willing to provide a level 1 coaching course for any members that are interested. The cost will be met by the club in the hope that the certification will be put to good use! The date will follow once numbers and availability are known.

Please send your interest to sallymcgrath@sky.com

White Horse Relay Sunday 4th September 2011.

As many of you will know the Test Way Relay has been organised by Hardley Running Club for some years; they have now given up the baton and Totton Running Club are the new organisers. They have effected two major changes to the race; there are now only eight legs as opposed to nine and they have initially restricted clubs to two teams. These two changes combined means that we will only be able to field sixteen runners this year compared to thirty six last time.
The club has decided to enter one fast men's team and one fast ladies team with the aim of winning the event. This means that there will be a lot of Stubbies unable to run this popular event.

To cater for others who wish to run a relay event the club has entered two teams for The White Horse Relay; this is an event staged around the eight visible white horses in Wiltshire, starting and finishing near the Cherhill White Horse. There are ten legs ranging in length from 5.2 miles to 9.6 miles, mostly off road, (the Test Way relay has eight legs ranging from 7.1k to 11.2k). It is an all day event starting at 09:00 with an approximate finish time of 17:15; it is not an event where you run your leg then go home, you stay with your team till the end. Each leg starts at a specified time whether your runner from the previous leg has arrived or not, this in effect makes it ten separate races and ensures that the whole event finishes at a reasonable time. There is an eleventh leg - The Glory Leg - of two miles to the finish, which must be run by a runner who has already completed a leg.
The prize giving will be at The White Horse Inn at Compton Bassett a couple of miles from the finish.

The two teams will be made up from Stubbies who are not running the Test Way Relay.
The team names are: Stubbington Green Pirates and Stubbington Green Bandits.
If you wish to run you must let Paul Hammond know by Monday 15th August at the latest - no exceptions. First come first served and you can pick your own leg if you wish. pjh669q@btinternet.com

The make up of the teams will be decided on the 15th August.
If you are not UKA registered you will be required to pay a £2 surcharge.

If we are short on numbers runners can run more than one leg, but not consecutive ones.
It will be beneficial to recce the legs beforehand and there is also a need for two or three cars per team.
The legs are generally longer than those of the Test Way Relay.

Two marshals will be required on the day, your beer will be paid for in the pub afterwards.
All the details are on the White Horse Relay website, www.whitehorserelay.org
Paul Hammond

JULY 4 MILE TIME TRIAL

Andy	SIMPSON	23.01
Dave	JEFFERIES	23.24
Graham	BELL	23.36
Kev	WHEELER	24.14
Emily	FORAN	24.15
Chris	HALL	24.15
Marcus	LEE	25.58
Susie	MacGREGOR	26.00
Richard	EDMUNDS	26.26
Jon	LEIGH	26.35
Phil	MARTIN	27.03
Tim	CRUMPTON	27.10
Nick	CRANE	27.19
Sally	McGRATH	27.22
Richard	SNELL	27.27
Neil	JARVIS	27.33
Kate	Crowe	27.49
Gill	ROSE	27.52
Ian	WEBBER	27.56
Lucy	MAY	28.18
Keith	CARTER	28.26
Philip	MAY	28.55
Rachel	OPENSHAW	28.55
Dave	MOODY	29.22
Mike	HARPER	29.47
Donna	MITCHELL	29.47
Keith	WHITAKER	30.50
George	HOWARTH	31.20
Rick	SCOTT	31.30
Paul	SOUTHON	31.40
Sarah	MARTIN	35.26
Sandie	McINTOSH	36.14
Sarah	TAYLER	36.43
Sue	ROBINSON	39.07

NEW FOREST 10

Marcus Lee	01:10:07
John Blake	01:14:36
Louisa Abbott	01:18:34
Dave King	01:19:21
John Nicholson	01:21:45
Julie Woodman	01:30:24
Angela Benfield	01:34:30
Matthew Abbott	01:36:19
Kathryn Davies	01:39:12
Alex Frost	01:44:15

Marcus Lee

Louisa Abbott

TADLEY 10K
Chris Douglas 50.57

Promenade 5k series race 3
Mark Le Gassick 16:48

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 Race Diary

Date	Race	Venue	Time
Sat 3 Sept	Overton 5 - HRRL Race 1	Recreation Centre, Overton, Basingstoke RG25 3HD	3pm
Sat 3 Sept	GSR Launch Event 5K	Southsea Common, Portsmouth, PO5 3AA	10am
Sun 4 Sept	Autumn Spitfire 20	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 4 Sept	Autumn Tempest 10	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 4 Sept	BBB 10K	Battle Abbey, High Street, Battle, TN33 0AD	10am
Sun 4 Sept	Fittleworth Flyers 5	Fittleworth Village Hall, Fittleworth, RH20 1JB	11.15am
Sun 4 Sept	Queen Elizabeth XC Race 1	Queen Elizabeth Country Park, Petersfield, PO8 0QE	9.30am
Sun 4 Sept	Stanstead Park Slog Half	Stansted House, Stansted Pk, Rowlands Castle, PO9 6DX	10.30am
Sun 4 Sept	The Beast 2011 13M	Corfe Castle, Corfe Castle, BH21 1DE	10.30am
Sat 10 Sept	Alice Holt 10K	Alice Holt Forest, Visitor's centre, Farnham, GU10 4LS	1.30pm
Sun 11 Sept	Littledown 5	Littledown Centre, Chaseside, BH7 7DX	10.30am
Sun 11 Sept	Bacchus Marathon & Half	Denbies Wine Estate, London Road, Dorking, RH5 6AA	11/12am
Sun 11 Sept	Chestnut Tree House 10K	Littlehampton , BN17	9.30am
Sun 11 Sept	Bristol Half Marathon	Harbourside, Bristol, BS1	9.30am
Sun 11 Sept	Fordingbridge 10 M Yomp	Fordingbridge Fire Station, Fordingbridge, SP6 1JN	11am
Sun 11 Sept	London to Brighton 56	Blackheath, London, SE3	6am
Sun 11 Sept	Peasemore Festival 5	Recreation Ground, Peasemore, Newbury, RG20 7JE	10.30am
Sun 11 Sept	HighWays and Sky Ways 17	Charmouth Primary School, Charmouth, DT6 6LR	9.30am
Sun 11 Sept	Reading Triathlon	Tri2O Swim Centre, Pingewood, Reading, RG30 3UN	7am
Sun 11 Sept	Weymouth Classic Triathlon	Bowleaze Cove, Weymouth, DT3 6PW	7am
Sat 17 Sept	Stockbridge 10K	Stockbridge Pre School, Stockbridge, SO20 6EJ	10am
Sat 17 Sept	Woodstock 12	Blenheim Palace, Woodstock, OX20 1PX	2pm
Sun 18 Sept	Votwo Kamikaze Banzai 7	Mapperton Farm, Bridport, DT8 3NS	10.30am
Sun 18 Sept	Foodbank 5K	Five Rivers Leisure Centre, Salisbury, SP1 3NR	11am
Sun 18 Sept	Farnham Marathon & Half	Sands Rec', Sands Village, Farnham, GU10 1NE	9am
Sun 18 Sept	ADP Highclere 10K	Highclere Castle, Highclere, Newbury, RG20 9RN	10.30am
Sun 18 Sept	Brooks Hove Prom 10K	Hove Lagoon, Hove, BN3 4QH	10am
Sun 18 Sept	Undercliff run for women 8K	Whitecliffs Cafe, Undercliff Path, Saltdean, BN2 5RL	10am
Sun 18 Sept	Victory 5—HRRL Race 2	Mountbatten Centre, Portsmouth, PO2	11am
Sun 25 Sept	Race to the Bill Triathlon	Nat. Sailing Centre, Portland, Dorset DT5 1SA	7.30am
Sun 25 Sept	Brighton Triathlon	Brighton, E Sussex	7.30am
Sun 25 Sept	New Forest M'thon & Half	New Milton, BH25 7YL	10/9.30am
Sun 25 Sept	Hursley Multi Terr 10K	John Keeble Primary Sch. Hursley, Winchester,	10.30am
Sun 25 Sept	Abbotts Ann 10K XC	Abbotts Ann Sports Field, Abbotts Ann, SP11 7BN	10am

The Stubbington Noticeboard

Aug 2011	What	Recovery	Where	Who
Tuesday 2nd	Fleet foot Tempo Run 3 x 6 min	3 min	Chilling Field	Mike W
Thursday 4th	Beach Session		Lee Beach	Phil
Tuesday 9th	5 Brownwich Loop + 1 Short Hill	Jog one length	Brownwich Farm	Chris H
Thursday 11th	24 x200mtr in 60 secs turnover		Crofton School	Phil
Tuesday 16th	5k Race pace 4 x 6mins	3 mins rest between each run	Chilling Field	Graham B
Thursday 18th	1,2,4,8,1000,8,4,2,1 Pyramid	1,2,400 mtr	Crofton School	Phil
Tuesday 23rd	Tempo Run 2 x 10mins	3 mins between each	Chilling Field	Mike B
Thursday 25th	6th 4 Mile Time Trial		Eric Rd	Phil
Tuesday 30th	Chilling 2,4,6,6,4,2 mins	2 mins between each	Chilling Field	Mike H

GLEN'S THURSDAY TRAINING

Thursday evenings 6.30pm alternate weeks at Locks Heath and Stubbington

See website for details

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

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

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

Who's who... ...

Chairman: Phil May
20 Pennine Walk, Fareham.
Tel: 01329-284930.
philmay@btinternet.com

Secretary: Paul Hammond
2, Nottingham Place, Lee-on-the-Solent.
Tel: 02392-553340.
pjh669q@btinternet.com

Men's captain: Mike Harper:
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Tel: 01329-288262 / 07722-870258.
theharpers12@hotmail.com

Ladies' captain: Sally McGrath
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Treasurer: Neil Jarvis
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Stubbington 10k race director: Gary Littlecott
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Tel: 02380-403249.
thelittlecotts@ntlworld.com

Welfare officer: Mike Clarke
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Tel: 01329-661049.
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Kit contacts: John and Ann Blake
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