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

STUBBIES RACE THE TRAIN

Race The Train Results

Euan	McGrath	1:43:12
Mike	Harper	1:46:07
Ray	Gunner	1:49:29
Jon	Leigh	1:53:40
Susie Sat Nav	Macgregor	1:53:48
N	Kimber	1:57:05
Paul	Hammond	1:59:47
Sally	Mcgrath	2:01:04
Donna	Mitchell	2:08:29
Andy	Lee	2:24:09
Jane	Butler	2:31:51

Fun Run Results

Chris Crazy Horse	Hall	00:44:13
Rachael	Openshaw	00:56:11

Euan McGrath and Mike Harper beat the train

THE STUBBINGTON SUMMER BBQ

Marcus shows the kids how it's done

The sun was out and the rain stayed away for the annual Stubbie BBQ.
A lovely time was had by grown ups and children alike, the traditional game of rounders saw the Stubbington Cheaters captained by Andy Simpson beat the Stubbington Also-rans captained by Graham Bell by 4 rounders to 1.

Special thanks to Nick Kimber and Tim Sullivan for doing the BBQ, smashing grub and apparently the food poisoning was 50% down on last year, so a great success.

Thanks to Tina Chantrey and David Castle for the car boot sale of running gear lots of people took advantage of the bargains on offer.
See you all again next year.

4 MILE TIME TRIAL RESULTS AUGUST

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

SIMPSON Andy	22.27	OPENSHAW Rachel	28.26
BELL Graham	24.56	WHITAKER Keith	28.37
HENDLEY Daragh	25.28	WITCHER Tom	28.46
FORAN Emily	25.33	WEBBER Ian	28.55
EDMUNDS Richard	25.54	MAY Philip	29.24
HARPER Mike	25.54	BECK Eric	29.34
CARSON-JONES Simon	26.34	SOUTHON Paul	30.12
SNELL Richard	26.51	LEIGH Jon	30.36
BLAKE John	26.57	HOWARTH George	30.53
MARTIN Phil	27.06	TUSSLER John	33.00
ROSE Gill	27.24	NICHOLSON John	33.41
CRANE Nick	27.59	WRIGHT Verity	33.41
MOODY Dave	28.09	MARTIN Sarah	35.39
LEE Andy	28.26	SPENCER Robert	37.19

RR10 HURSLEY

The climax of the 2011 series of RR10 races culminated in the final race being held in the green and pleasant IBM grounds at Hursley which saw another strong contingent of 35 Stubbies (25 male and 10 female). The rain managed to hold off and it was ideal conditions over the three lap course of around 4.4 miles to round off the summer league.

Our first male runner to cross the line was Mark who had an excellent run to finish in 3rd place in his only appearance in this year's series. Second man home was Andy in a season's best of 11th with Dave and Euan following in 25th and 42nd places respectively. Marcus was the fifth Stubbie home for the first time this season to complete the 'A' team who finished 4th on the night.

In the ladies race Susie once again led the team home in 6th place whilst Kate was the next Stubbie lady in with her best run to cross the line in 12th place. Not far behind Kate there was a battle between Sally and Gill to complete the three-to-score 'A' team with Sally just edging it by one place. As a result of these high finishes the ladies finished in 3rd place on the night.

After the race was over quite a few adjourned to the Dolphin Inn in Hursley for a final debrief and post race get together where everyone was in great spirits after a good season overall which saw the men's 'A' team finish 6th in the final table and the ladies 'A' team 5th equal with Winchester whilst the respective 'B' teams were 14th and 17th=.

Now the season is over I would just like to pass my thanks to all those who helped out at our host race at Marwell and to Sarah Webber, Nigel Whitcher and Glen Street who kindly offered to take the results in the last two races to enable me to run them (albeit not that successfully) but mostly to all the members who gave us a tremendous turnout of numbers throughout the summer and hope to see you all out competing again next year.

John Tussler

3 Mark Le Gassick	156 Alan White
11 Andy Simpson	164 George Howarth
25 Dave Jeffery	178 Mike Wootton
42 Euan McGrath	181 John Tussler
61 Marcus Lee	192 Martin Banner
64 Graham James	197 Robert Spencer
72 James Keen	198 Keith Whitaker
80 Jon Leigh	
86 Nick Kimber	6 Susie MacGregor
89 Mike Townsend	12 Kate Aldom
90 Phil Martin	14 Sally McGrath
92 Paul Hammond	15 Gill Rose
93 Nick Crane	29 Donna Mitchell
105 Richard Snell	64 Jane Butler
112 John Blake	73 Nicki White
121 Ian Webber	89 Sarah Martin
141 Mike Harper	93 Caroline Street
154 Eric Beck	110 Liz Hall

RR10 FINAL LEAGUES

The RR10 series of races are over for another year which means it is now officially the end of summer. Well done to everyone who took part especially those that completed 6 races and even more especially to Sarah Martin and Paul Hammond who completed all 9 races.

Wednesday evenings will never be the same again.

RACES	NAME	POSITION
6	MACGREGOR Susie	6
8	MCGRATH Sally	13
6	ROSE Gill	14
6	MITCHELL Donna	34
6	ASHMAN Julie	83
9	**MARTIN Sarah**	**84**
6	MCINTOSH Sandie	85
7	STREET Caroline	86
6	HALL Liz	97
6	ROBINSON Sue	99
5	OPENSHAW Rachael	109
5	BUTLER Jane	115
5	WHITE Sharon	122
4	WHITE Nicki	142
4	DODDS Rowena	148
3	ALDOM Kate	159
3	MAY Lucy	166
3	WHITE Sarah	174
3	HALL Emily	177
3	JARVIS Tracey	192
2	FORSE Penny	201
2	WRIGHT Verity	210
2	TAYLER Sarah	219
2	CASEY Debbie	237
1	FORAN Emily	242
1	BRIGGS Katherine	263
1	BANNER Erin	278
1	ROGERS Becky	280
1	BEUKMAN Ronel	283

SARAH MARTIN

ANDY SIMPSON

SUSIE MACGREGOR

PAUL HAMMOND

MENS TEAMS

1	Southampton Athletic Club	11
2	Totton	24
3	New Forest Runners	28
4	Winchester and District AC	37
5	Southampton AC (B)	38
6	**Stubbington Green**	**58**

LADIES TEAMS

1	New Forest Runners	17
2	Totton	24
3	Southampton AC	38
4	Eastleigh Running Club	40
5=	**Stubbington Green**	**42**
5=	Winchester and District AC	42

RACES	NAME	POSITION
8	SIMPSON Andy	14
7	BELL Graham	28
8	MCGRATH Euan	45
7	SULLIVAN Tim	47
8	KEEN James	60
8	LEE Marcus	61
6	HARPER Mike	66
7	CRUMPTON Tim	71
7	KIMBER Nick	74
7	CRANE Nick	75
9	**HAMMOND Paul**	**76**
7	MARTIN Phil	77
6	LEIGH Jon	88
6	BELL Sam	100
6	SNELL Richard	102
6	BLAKE John	107
7	WHITCHER Nigel	121
6	WEBBER Ian	122
6	SIMISTER John	131
6	WHITE Alan	138
8	HOWARTH George	142
6	WHITAKER Keith	147
6	ELAND David	155
8	BANNER Martin	164
5	HALL Chris	180
5	JAMES Graham	186
5	SOUTHON Paul	204
4	JEFFERY Dave	212
4	MAY Phil	235
4	WOOTTON Mike	243
4	STREET Glen	244
4	TOMLINSON Andy	250
4	SPENCER Robert	253
3	EWENS Wayne	256
3	BEUKMAN Nico	275
3	BELL Mike	278
3	EDMUNDS Richard	279
3	JARVIS Neil	287
3	BECK Eric	296
3	TUSSLER John	301
3	GALLAGHER Chris	304
3	ASHMAN Kevin	309
2	BANNER Lewes	314
2	MEADOWS Jeremy	369
1	CHALK Lewis	374
1	LE GASSICK Mark	375
1	WHITE Ollie	401
1	WHITE Ed	406
1	TOWNSEND Mike	411
1	JOHNSON Lee	424
1	LEE James	425
1	WEBBER John	428
1	LEE Andy	436
1	MOODY Dave	441
1	NICHOLSON John	447
1	VOSE John	461

TRIATHLON

Two weekends in London…two great triathlons – and some pleasing results for SGRAC athletes!

First one, at Excel, was a big event, with swim waves having to be halved since they were so big. Despite that, both Sandra's and mine were well in excess of 200 people, and became more of a martial art than a swim. I still have the bruises over a week later! It was body

SANDRA ABRAMS

contact all the way round.

T1 was long, and you needed to be very sure of where you were racked among the thousands of bikes. Although a little short, the bike route was flat and fast, on closed roads. It certainly made for good splits. My favourite part was the tunnel, which gave a chance to really motor!

T2 was equally long, and the run (9.8k) was of four laps which looped into the Excel centre each circuit. That part was hot, humid and very noisy! The run was very crowded, but well provided with electrolyte drinks, water, and a lovely cooling water spray arch!

We met Euan there, who was the only other Stubbie. He was in the wave behind me, so I spent the whole race worrying about him shooting past me! Luckily, I wasn't lapped.

The sub 2:30 races were won by Mat Clarkson in 2:03:04, and Kelly van de Toorn in 2:10:21.
Stubbington Green results were:-
33/357 M40/44 **Euan McGrath**
00:31:36 00:04:37 01:04:16 00:03:04 00:41:57 **02:25:27**
7/44 M55+ **David Abrams**
00:36:37 00:04:36 01:10:06 00:03:21 00:45:48 **02:40:26**
6/15 F55+ **Sandra Abrams**
00:39:14 00:07:30 01:19:43 00:02:55 01:00:25 **03:09:45**

The second one, a week later, was at Hyde Park, and part of the ITU World Series. We were lucky to be based in the same hotel as the GBR elite team, so had the honour of saying we had the Brownlees and Helen Jenkins for breakfast! We saw them with pre-race nerves, and with post-race exhaustion. All were modest, humble and very charming.

Sandra raced the old Hyde Park route, with the swim in the Serpentine, and the bike and run laps all contained within the park. She also beat her 2010 time for the same course by over 15 minutes!

DAVID ABRAMS

David and Richard (the other Stubbies taking part) both did the Buckingham palace route. This will form part of the Olympic course next year, so it felt quite special.

The swim in the Serpentine was quite civilised compared with last week, with no real body contact and no extreme path-crossing by lost neoprene clad forms as there was at Excel. There was a distinct smell of cabbage soup, however! The bike route of 5 laps felt quite technical to me, a mere novice, but it was enjoyable. The run was four laps around the Serpentine, and the finish was past the stands and over the blue carpet that was graced by Alistair and Helen as they ran to victory. That felt special!

As you no doubt know, the Men's Elite was won by Ali Brownlee, in 1:50:09, and the Women's by Helen Jenkins in 2:00:34.

Stubbington Green Age Grouper results are as follows:-
Hyde Park Olympic Distance
Sandra Abrams 1st FVET6
36:13 05:37 1:23:08
03:02 59:09 **3:07:07**

Buckingham Palace Olympic Route
Richard Thomas 1st MVET2
24:10 03:24 1:04:24
01:53 37:25 **2:11:14**
David Abrams 1st MVET6
33:55 04:26 1:18:53
02:48 46:23 **2:46:23**

Great results for a great club!
…and my favourite of the two races – must be Hyde Park- though if you want to do it next year, you'll have to qualify for the Olympics first!

PS We'd also like to thank Anne Fairhurst for the giving us the idea to do triathlon, and the encouragement to persevere.
David Abrams

2011 Promenade 5k Series Race 4

Position	Overall Time	Name	Age Group
6	16:26	Mark Le Gassick	4 SM
12	16:53	Wayne Ewens	7 SM
35	18:33	Emily Foran	2 SW
45	18:59	Mike Harper	2 VM50
48	19:12	Ray Gunner	4 VM45
90	21:38	Ryan Gunner	31 SM
128	24:27	Zac Conaty	37 SM

Yateley 10k Road Race Series

Donna Mitchell
Chip Time 00:47:46
Cat Pos 12

MEMBER OF THE MONTH

60 SECOND INTERVIEW WITH… RICHARD EDMUNDS

Words:

Tina Chantrey

I've always been into all sports - the reason I don't have Sky Sports at home is I would spend half my life in front of the TV. When I was younger I played squash for the county at all age groups, also winning the combined services under 25 title. This meant I had to be fit, but this involved very short shuttle sprints and very rarely some longer runs, which at the time felt like a real chore.

Then in 2009 a friend of mine who worked for Sony Erickson, the sponsors of the Run To The Beat half marathon, asked if I wanted to enter the event with him. I finished in a very tired time of 1h 43min – still my only half marathon and I hope another PB I can better.

After the race I carried on running on my own until a friend at work, who is a good runner, suggested I join a running club in order to improve, and with Stubbington only two miles away from home, I made the decision that the club was for me. I'm quite competitive and want to get quicker as having goals is the best way to enjoy any sport.

As a newbie and not knowing anyone, I have found everyone to be really friendly and welcoming. My positive experience has meant I have recommended other people from work to join their local running club. I now need to start to get the balance of competitive squash and running right as the sessions of both sports run in tandem. At the moment squash is suffering!

Q.1 When did you join the club, and why?
I joined just after the Eastleigh 10k last year. I wanted to see if the running club could help me break 45min's for 10k – job done.

Q.1b How long have you been running?
I've been running on and off for many years as I've always been into sport but usually just jogs round the block. The 'Run to the Beat' was my first proper organised race.

Q.2 What is your favourite running event?
So far I like the 10ks as I have competed in them most, but there are still lots of races I have not tried yet so hopefully over the next year there will be an obscure distance which will suit me best.

Q.3 What achievement would you most like to be remembered for?
My big achievement is that in all the sports I've competed in I have worked as hard as I can.

Q.4 What do you do when not running?
I play team squash for Lee-on-Solent competing in the Hampshire league, read, watch films, talk about sport with friends with a beer in hand.

Q.5 What was your most embarrassing sporting moment?
Not actually embarrassing, but I told my partner that squash doubles was a safe sport. I then ended up in hospital having stitches after getting hit across the face and eye with a racket. I still have a numb spot in my head; she had little sympathy. I don't play doubles any more.

Q.6 Who is your sporting inspiration?
I admire people like Matthew Syed, not the most natural table tennis player in the world but he worked very hard to get where he did. He's also a good author, journalist and broadcaster. People who are capable and don't try I find annoying.

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Ian Botham, Martin Johnson and Michael Johnson – legends in their own sports.

Q.8 Who would you most like to meet and why?
Sport-wise it's Usain Bolt. He is the biggest name in sport at the moment and it might be the only way I can actually get a ticket for the Olympics!

Q.9 What is your favourite food?
Nearly all food tastes nice with cheese in or on it, cheesy chips being one example.

Q.10 Favourite film of all time?
Zatoichi, a Japanese film about a blind Ronan (a master-less Samurai); it's funny and very violent, in an artistic way.

Q.11 Top 3 songs on your IPod?
Down in the tube station at midnight', The Jam, 'Will you', by Hazel O'Connor (both Childhood classics) and 'Sandstorm' by Darude, a great track to get your energy up before a run.

Q.12 Three words to describe you?
Enthusiastic, easy-going and friendly.

Q.13 What is your greatest aspiration? Or your next goal?
Running wise they are modest. I want to continue to lower my PBs. My short-term goal is to run a sub 70min 10 mile and a little more ambitious, to get in the 25mins for the time trail (25.59 would do).

Q.14 If you could only pass on one piece of advice, what would it be?
Not long after joining SGR I ran with an injury and was out for two months. I told experienced runners at the club and every one of them said they had done the same and made the injury worse. So, my piece of advice is if injured recover before pounding the streets again – easier said than done.

The Annual Fish n Chip Handicap Returns!

The date for your diary is **Wednesday 7th September.** This is our third year of running this event, once again with the start and finish outside the **Rising Sun PH in Warsash.** Fish n chips will need to be pre- ordered through Nick Kimber, postbox@hookpark.co.uk or 07977 411452 and will cost £5 per head.

Please reserve your fish n chips through Nick by Monday 5th so that he can give accurate numbers to the chippie – pay Nick the cash on the Handicap night. No reservation – no supper!

The usual rules apply for this scenic route taking in the river Hamble footpath with diversions into the surrounding woods – no watches, no Garmin, sundials, egg timers or any other skulduggery!

The aim is to finish at 1915 at the wooden barrier on the footpath in front of the Warsash Sailing club. A recce is a must for this enjoyable

1. Starting outside the Rising Sun PH head up the river Hamble along Shore Road towards the large car park.

2. Cross the car park diagonally and then uphill over the grass area to the gap in the fence in the top corner,

3. Turn left and run along Thornton Avenue admiring the unnecessarily large houses! The road swings round to the right up a slight hill eventually reaching Brook Lane

4. Turn left into Brook Lane and run about 518.37m before turning left down Brook Avenue,

5. As Brook Ave approaches the river it turns sharp right and a footpath continues straight ahead. Take the footpath which descends down to the river with a wooden fence on your right

6. At the bottom of the path it becomes a gravel path which passes through the saltmarsh. (This is underwater at high tide but should be OK on 7th – best bring swimwear though!)

7. Once you've swam, sorry, run across the path you join the main river Hamble path at a T junction. Turn right and head towards Swanwick. Mind your step along this path, it is quite uneven and easy to trip over – as spectacularly demonstrated by Nick during our recce whose diving fall achieved scores of 1.2, 1.3, 1.0 and 0. Try harder next time Nick!

8. Keep running along the path, over a small bridge until finally, after between 2 and 6 miles running, you reach Universal marina,

9. The path bears right into the marina area, once you are on the road which passes through the marina area, follow it to the road exit and run up the hill with fields either side,

10. Just before you get to the top of this road take a sharp right hand turn onto a gravel track (Crableck Lane), almost doubling back on yourself. If you run up to a T junction with Holly Hill Lane you've gone too far and frankly will be regarded as a wally!

11. Run down the stony road all the way back to the river path and turn left heading back toward Warsash,

12. After a short while you will see a wooden bridge across the saltmarsh on your left which has a hand rail on one side. Cross this bridge and onto the narrow track which winds its way upwards through woods, when you reach a metalled road bear right.

13. Follow this private road as it winds its way slightly uphill with houses both sides and occasional views across open fields. Eventually you'll see a half-timbered house ahead of you; when you reach the T junction with this house in front of you turn right ignoring more 'private road' signs and follow the road until you reach a gate and large sign for 'Wendleholme Common'.

14. Go through the gate and follow the grassy path that bear s to the right eventually cutting through shrubs to run downhill to the river path (again!)

15. Join the Hamble path for the last time and turn left to head back towards Warsash,

16. Go past the pink ferry shelter on your right then keep to the path as it flanks the car park on your left,

17. Join Shore Road, run past the Rising Sun and finish at the wooden barrier at exactly 1915 + / - 2 hours!

After a short interlude whilst other runners come in, the fish n chips will appear for consumption on the boardwalk by the war memorial. Let's hope that the weather stays good. See you there.
Tim Sullivan

YOUR CROSS COUNTRY NEEDS YOU

The new cross country season is just around the corner and Stubbington's new Cross Country Captain Lucy May has come up with 12 reasons why you should consider running these challenging but enjoyable races.

1. Mud is good for your skin
2. You will see some lovely parts of the countryside you would have otherwise missed
3. Races are on a Saturday, so you can still have a lie in on Sunday
4. Off road running is better on your joints and builds up strength from the changes in pace & terrain
5. No entry fee
6. Improves the stabilising muscles & develops a greater ability to absorb shock
7. A good team spirit
8. No mile markers so can focus on the freedom of running rather than counting the miles
9. You compete in the same race as top British athletes
10. These races will be good hill training
11. They are short quick races so you will soon be home with your feet up
12. You'll make Lucy very happy

Date	Venue
08.10.2011	Farley Mount near Winchester
12.11.2011	Goodwood West Sussex
03.12.2011	Popham Airfield A303 Near Andover
14.01.2012	Kings Park, Bournemouth
11.02.2012	Salisbury, Hudsons Field

Southern Road Relays

Ever thought you'd see Andy Simpson out sprint Mo Farah? Well Rushmoor Arena could be your chance.

On September 24th/25th it is the annual Southern Road Relays Championships at Aldershot, and if Mo is there again, you can safely put your money on Simmo leading him round, at least till the first corner!
On the Saturday it's the ladies, teams of four, seniors and vets(v40). They race 3851mtrs so about 2.5 miles each.

On Sunday it's the men. Teams of six for the seniors, or four for the vets. It's 6km, so about 4 miles each.

We need teams to compete, and I don't think we've ever had a ladies team here, so that would be something to be the first ladies to race here. It's been a few years since we had had a Men's team, so again it will be great to see a few teams out. I'm hoping the V40, V50 team will make for some interesting banter!

Any Stubbie is very welcome to run, the pace is pretty hot, especially in the seniors, the vets are not quite so intimidating. It is a fantastic event, the top London teams get quite enthusiastic, it's free, it's in Hampshire, just, and if we get enough interest I'll sort out a minibus, and a decent pub, losing v40's to buy the beer

Generally, just see me (Mike Harper) or Sally to put your name forward individually, and we'll sort out the teams, but if say The Three Amigos are up for the challenge, I'm sure they can get an honorary 4th drinking buddy , I mean runner, for the day?

Mike Harper

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 Race Diary

Date	Race	Venue	Time
Sat 1 Oct	Heroes Run, Soton 5K	Southampton Common SO15 7NN	11am
Sat 1 Oct	Run Richmond Park 5/10K	Richmond Park, Richmond, TW10 5HS	10.10am
Sun 2 Oct	Blenheim Palace Half	Blenheim Palace, Woodstock, OX20 1PP	10am
Sun 2 Oct	Basingstoke Half M'thon	Basingstoke, RG21 4AH	11am
Sun 2 Oct	Friston Forest Charity 10K	Friston Forest, Litlington Road, Seaford BN25	9.45am
Sun 2 Oct	Julian Farrell 10K	Kings International College, Camberley, GU15 2PQ	11am
Sun 2 Oct	Lewes Downland 10	Wallands School, Gundreda Road, Lewes, BN7 1PU	11.15am
Sun 2 Oct	Queen Elizabeth Trail 11	QE Country Park, Horndean, PO8 0QE	10.30am
Sun 2 Oct	Reading 020 10K	Thames Valley Park, Reading, RG6 1RA	9am
Sun 2 Oct	Titsey Trail 10K	Limpsfield Common, Westerham Road, Oxted, RH8 0SL	10.30am
Sun 2 Oct	Heroes Run, Poole 5K	Poole Park, Poole, BH15 2SF	10.20am
Sun 2 Oct	Hoburne 5	Hoburne Park, Christchurch, BH23 4HU	11am
Sun 2 Oct	Jersey Marathon	The Weighbridge, St Helier, Jersey, JE2 3NF	9am
Sat 8 Oct	XT 10K	Hawley Lake, Camberley, GU17 9LP	9am
Sat 8 Oct	Hants XC Farley Mount	Farley Mount, Winchester.	1.45, 2.30
Sun 9 Oct	1066 Hastings E.Hill Steps	Winkle Island, Hastings TN34 3DW	11am
Sun 9 Oct	Alton Downland 10K	Anstey Park, Alton, GU34 2RL	10.30am
Sun 9 Oct	Dash for Desks 10K	Sandy Balls, Godshill, Fordingbridge, SP6 2JZ	10am
Sun 9 Oct	Jog Shop Jog 20	Brighton Marina Carpark, Brighton, BN2 5WB	9am
Sun 9 Oct	Portsmouth RNLI 10K & 8	Portsmouth RNLI, Ferry Rd, Portsmouth, PO4 9LY	10.30am
Sun 9 Oct	Solent Half M (HRRL-3)	Gang Warily Rec' Centre, Road, Blackfield, SO45 1GA	10am
Sun 9 Oct	55th IOW Marathon	Ryde Rowing Club, Ryde Esplanade, GRSZ 601927	11am
Sun 9 Oct	Salisbury Half Marathon	Salisbury Fire Station, Salisbury, SP2 7TN	10am
Sun 9 Oct	Hospice 10K	Bournemouth Pier, Bournemouth, BH2 5AA	9am
Sun 16 Oct	Chalke Valley Ch'nge 10K	Broadchalke Sports Field, Salisbury, SP5 5DS	10.30am
Sun 16 Oct	Fullers Denmead 10K	Ashling Pavilion, Denmead, PO7 6LA	10.30am
Sun 16 Oct	New Forest Ladies 5 & 10K	Red Shoot Camping Park, Linwood, BH24 3QT	9/11am
Sun 16 Oct	Tadley Runners 10	Hurst Community College, Tadley, RG26 5NL	10am
Sun 16 Oct	The Bounder 9	Broughton Sports Field, Broughton, SO20 8DA	11am
Sat 22 Oct	Weymouth 10	Weymouth Pav', Esplanade, Weymouth, DT4 8ED	10.30am
Sun 23 Oct	Milford & Keyhaven 5	Hurst Road, Milford on Sea, Lymington, N/A	10.30am
Sun 23 Oct	Minstead Stinger 9	Ocknell Caravan and Campsite, Fritham, SO43 7HH	10am
Sun 30 Oct	The Stickler 10.1	Shillingstone Prim' Sch, Blandford Forum, DT11 0RA	10.30am
Sun 30 Oct	Great South Run 10	Southsea Common, Portsmouth	10.30am

The Stubbington Noticeboard

Thurs 1st	8 x 400 mtr 200 mtr	Crofton or Lee front.	Chris H
Tues 6th	6 Titchfield Rollers	Locks Heath Cntr	Mike B
Thurs 8th	5k Race pace 4 x 6mins 2 mins rest between runs	Crofton Community	Graham B
Tues 13th	Fartlek	Locks Heath Cntr	Mike H
Thurs 15th	Beach Session Car park to car park hillhead!!	Crofton Community	Phil
Tues 20th	Figure of 8	Titchfield	Mike W
Thurs 22nd	6 x cuckoo lane 1k 300 mtr from finish to start.	Crofton Community	Chris H
Tues 27th	2 x 2 mile 100 mtr jog back to start.	Locks Heath Cntr	Mike H
Thurs 29th	7th 4 mile time trial last one	Eric Rd	Phil

GLEN'S THURSDAY TRAINING
Thursday evenings 6.30pm

1st Sept- Locks Heath - 4 x Rollercoasters

8th Sept - Stubbington - 4 x 2 minutes (2mins)

15th Sept - Locks Heath - 2 x 2 miles (4mins)

22nd Sept - Stubbington - 4 x 1K @ Cuckoo Lane

29th Sept - Locks Heath - 2 x Titchfield Figure of 8

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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