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

LADIES FIRST

An amazing but unsurprising result at The Test Way Relay where our Stubbington Ladies Team won, the first time in many many years, beating the mighty Winchester AC into second place.

Several marshals and race officials were clearly confused at seeing the green vested Emily sprinting to the finish line in first place with no sign of the Winchester lady behind her.

The Winchester Ladies Team had dominated this race for several years but can now take nothing for granted.

Ladies Team 1st – 05:37:24
Mixed Team 8th – 06:46:14
Mens Team 3rd – 04:47:19

Tanya Brady, Rachael Openshaw, Sally McGrath, Gill Rose, Donna Mitchell, Susie Macgregor, Lucy May and Emily Foran.

STUBBINGTON GREEN 10K MARSHALS REQUIRED

The 2012 Stubbington 10k entries are now open online, however, before you enter this highly prestigious race please bear in mind we will require over 100 marshals on the day to allow the race to go-ahead. As in previous years, if you choose to run, please find a friend or family member to marshal in your place (another SGRAC member doesn't count).
Let's hope for another great race.

SGR Annual Awards Night

Saturday 26th November
Titchfield Community Centre
7.30 to 11.45
£20 per head!

Yes, it's that time of the year again!! Get you glad rags out and your dancing shoes dusted off. Mark your calendars' and get your booking secured.

The menu choice and booking form are available on the SGR website or complete the form at the back of this Green Runner and return to Kathy McKain. The cost has been kept at a price of £20/head by the club kindly subsidizing the event but anyone wishing to pay by PayPal will be asked to pay £1 per ticket to cover the administration cost.

You are welcome to pre order your wine from the club if you so wish, £6 per bottle, or £12.90 on the night from the bar.

Dinner will be a three course meal followed by coffee and mints. Presentations/Awards with SGR duo Phil and Gary will follow. Entertainment by DJ Barry to round off the evening.

We look forward to seeing you all. *Tracie Jarvis*

Awards Night

The 2011 nominations are bigger and better than ever, we now have 8 categories for you to vote for.
Simply select your favourite from each category and email your votes to the club secretary Paul Hammond at pjh669q@btinternet.com
The magnificent awards will be presented to the winners at the awards night on 26th November.

SENIOR MALE

WAYNE EWANS
HRRL - 8th / SDWR / TWR

ANDY SIMPSON
HRRL 25th / 7xTT's / 8xRR10 / SDWR captain / TWR

DAN GUERAN
XC - Hants All 4 as Popham cancelled / Nationals . MVP. SDWR / TWR

MARK LE GASSICK
Quickest TT of the year. Stubby 10k

KEVIN WHEELER
HRRL 40th / TWR

VET MALE

ROBERT SPENCER
Park Run king

TIM SULLIVAN
South Downs Mixed Team star performer

GRAHAM BELL
12xHRRL - 20th / SDWR / TWR
Consistently turns up at training and still getting PB's

DAVID JEFFRIES
HRRL 15th / SDWR / TWR
Hants XC champs - last but one

CHRIS HALL
6 hour mountain goat marathon / 4th Snowdon Fun Run / MVP

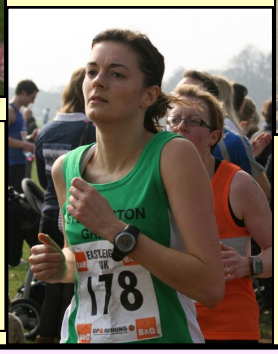
Awards Night

SENIOR FEMALE

Lucy May
36th HRRL, SDW relay team, 1st Test Way team, RR10 and XC races

Rachael Openshaw
SDW relay team, 1st Test Way team, RR10 races

Kate Aldom
South Downs Way relay team, RR10 and HRRL races



Donna Mitchell
35th HRRL, SDW relay team, 1st Test Way team, 34th RR10

Emily Foran
4th HRRL league and 3rd team, 1st Test Way team

VET FEMALE

Sarah Martin
HRRL races, TR races. Completed all 9 RR10 events. Sub 9 min/miles for 1st time!

Sharon White
3rd vet team Hampshire XC championship race, XC and RR10 races

Gill Rose
14th RR10, SDW relay, 1st Test way team, 4 mile, 5 mile & 1/2 marathon PBs

Jane Butler
HRRL and RR10 races, Test Way mixed team

Sally McGrath 13th RR10 and 1st V45, 17th HRRL league and 3rd team, SDW relay, 1st Test way team, 1st V45 and 3rd vet team Hampshire XC championship race, XC races

PERFORMANCE OF THE YEAR

Ladies Test Way Team FIRST

Mens Southdowns B Team FIRST

Wayne Ewans 11th in age category 30-34 2011 Gijon ITU Duathlon World Championships 30-34 Male AG Sprint

Susie MacGregor
5K 18.59 23rd V40 in UK (powerof10)

Euan McGrath Ironman France

Awards Night

MARATHON MALE

Lewis Chalk
Miami
02:41:11

Neil Jarvis
South Downs
04:15:46

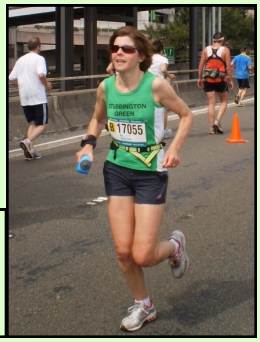
Eric Beck
London
04:12:35

Nick Kimber
London
03:20:23

Tony Smith
North Dorset
03:07:05

MARATHON FEMALE

Emily Foran
London
03:20:52



Gill Rose
Sydney
03:40:50

Julie Ashman
Brighton
04:38:53

Susie MacGregor
London
03:12:01

Rowena Dodds
Brighton
04:38:53

TRIATHLETE OF THE YEAR

John Blake

Dave Abrams

Tim Crumpton

Julie Woodman

Sandra Abrams

Hampshire Road Race League

OVERTON 5

For no apparent reason the organisers of the Overton 5 decided to run the race backwards this year.

Opinion was divided whether this made the undulating course easier or harder, most thought harder and the unseasonably hot weather didn't help.

But some good results for the Stubby runners with a few PB's in evidence.

RACE PLACE	TIME	NAME	CAT		MILE PACE	HRRL PLACE
24	00:29:25	Andy Simpson	m	snr	05:53	20
40	00:30:01	David Jeffery	m	40	06:00	33
41	00:30:03	Graham Bell	m	45	06:01	34
53	00:30:45	Kevin Wheeler	m	snr	06:09	41
107	00:33:18	Euan McGrath	m	40	06:40	84
117	00:33:53	Richard Edmunds	m	40	06:47	89
150	00:35:04	Richard Snell	m	40	07:01	112
202	00:36:55	Ian Webber	m	40	07:23	135
204	00:37:02	Tim Crumpton	m	55	07:24	136
224	00:37:41	Philip May	m	50	07:32	146
72	00:31:36	Emily Foran	f	snr	06:19	8
90	00:32:21	Susie MacGregor	f	40	06:28	10
161	00:35:25	Sally McGrath	f	45	07:05	20
185	00:36:26	Donna Mitchell	f	35	07:17	32
237	00:38:04	Lucy May	f	snr	07:37	48

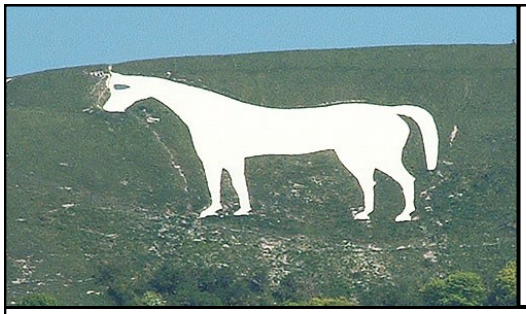
VICTORY 5

Unlike Overton the conditions at this years Victory 5 were perfect for running good times. This was evident from the number of runners breaking their own records.

Well done to the Ladies A Team who finished second and the Ladies B Team who finished first in their categories. The Ladies were also first in the vet female team category.

Place	Name	Cat	Cat Posi-tion	Time
7	Emily Foran	sr	5	30:17
15	Susie MacGregor	40	2	31:57
23	Sally McGrath	45	2	33:47
30	Gill Rose	40	6	34:22
40	Lucinda Le Gassick	sr	19	35:01
41	Donna Mitchell	sr	20	35:14
46	Lucy May	sr	22	35:49
123	Verity Wright	40	22	42:17
137	Sarah Martin	40	25	43:29

Place	Name	Cat	Cat Position	Time
15	Mark Le Gassick	sr	13	26:59
36	Andy Simpson	sr	26	28:34
44	David Jeffery	40	5	29:02
51	Graham Bell	45	5	29:15
92	Kevin Wheeler	sr	50	30:43
98	Mike Harper	50	8	30:52
117	Tim Sullivan	50	14	31:38
147	Philip Martin	50	16	33:09
169	Nico Beukman	40	26	33:44
174	Richard Snell	40	27	33:50
185	Sam Bell	sr	13	34:18
189	Philip May	50	24	34:35
228	Richard Chowns	sr	103	36:02
244	Ian Webber	40	35	36:44
289	Ashley Lovell	45	44	39:08
296	John Cox	50	44	39:22
298	Zac Conaty	sr	123	39:27
360	Kevin Ashman	5	26	45:04
365	Robert Spencer	50	55	45:49



THE WHITE HORSE RELAY

Date: Sunday 4th Sept 2011
Time: 07:00
Place: Solent Hotel Car Park
Conditions: Cool and overcast with rain in the air
Cast: 20 Stubbies all thinking 'I could still be in bed'

After some muttering, then getting the right runners in the right car along with their kit, we set off in five cars to Cherhill near Marlborough for the start of the White Horse Relay. We had entered two teams for our first crack at this event as a club; as they were fairly evenly matched they were given the names Pirates & Bandits instead of the usual A & B.

The relay is 77 miles over, up and down the Marborough downs centred around the eight visible white horses of Wiltshire. It consists of 10 legs, and a short 11th glory leg which must be run by a runner who has already completed a leg. Unfortunately we could only entice 18 Stubbies to run the event so myself and Nick Kimber ran an extra leg each; Jaz Smith and Chris Haskell kindly volunteered to drive on the day so that made up the 20.

The relay started at 09:00 once the race director found someone with a watch, then the dash around the countryside to all the leg pick up and drop off points began. As some of these were in different places it made for some nifty driving. Each leg started at a specific time, so in most instances a leg's runners had not finished when the next leg set off; this in effect made it 11 seperate races and ensured that the whole event finished at about 5:30.

Leg 1. The Bandits scored first with John Blake coming in ahead of Ian Webber.....who got lost.
Leg 2. Saw the two captains going head to head with Paul Hammond winning the leg for the Pirates, helped by the runner from the Chepstow Chargers going left instead of right at one junction, and Nick coming in third.
Leg 3. The first two ladies went off, Jane Butler scored for the Bandits, Tracie despite some heavy hints from the sweeper got lost and did an extra mile or so.

Jane Butler challenges on Leg 3

Leg 4. Marcus Lee and Jon Leigh came in close together, first and second they thought as another runner from Chepstow had made a mistake with his navigation, only to find that he had managed to get back on course and win the leg. Another score for the Bandits.

Leg 5. Phil May and Neil Jarvis set off from Pewsey with Neil only just back from holiday and having no time to recce the leg. After a steep climb up to the Pewsey white horse Phil managed to hold off Neil for a score to the Pirates.
Leg 6. Nick Crane and Donna Mitchell were on one of the long 9 mile legs, Nick scored for the Pirates but we have to give Donna credit as it was her third race in four days with a p.b. at Overton the previous day.

Leg 7. Another 9 miler with Eric Beck and Alan White going head to head. Eric held sway for the Bandits with Alan not too far behind down the nice downhill finish.

Leg 8. Mike Harper and Caroline Street started from Bratton recreation ground, having to do a lap of the pitch first to thin out the 7 runners before they went out through a narrow gate! Mike scored for the Bandits winning the leg.
Leg 9. Two more ladies went head to head with Ann Blake coming in ahead of Sue Robinson despite taking a tumble. Another score for the Pirates.
Leg 10. Paul & Nick were wheeled out again for the final long leg. After about a mile and a half Nick took the inside line round an air ambulance that had landed on the track while Paul went the long way round, Paul was unable to make up that ground so another score to the Bandits.

Leg 11. The glory leg was run by Marcus and Jon, a swift 2 mile sprint to the finish. Again Marcus managed to hold off a determined Jon. More points to the Bandits.

Points were awarded in relation to the finish position, so 1st place scored 1 point, second 2 and so on.

The winning team were Chepstow Chargers with 19 points, second were Devizes with 40, third were the Bandits with 47 and the Pirates were fourth on 54 points. Eight teams took part.

The post race wash up was held in a pub called.....The White Horse. Mike was drinking cider that looked like you could run your car on.

Thanks to all the Stubbies who took part for making it a really enjoyable day, and an extra big thank you to Jaz and Chris for driving, also well done to Jaz's daughter Hannah for putting up with us all for the day.

Paul Hammond

Alan White found the marshalling more complicated than expected

MEMBER OF THE MONTH

60 SECOND INTERVIEW WITH… DAVID CASTLE

Words:

Tina Chantrey

I've been running since the age of 10, which, when you consider I hit a landmark birthday this year, means I've been running competitively for what seems like a very long time. I was something of a late bloomer and it wasn't until I was 15 that I started to win races: that year, I represented Kent at the English Schools, made the Southern Counties final and then finished fourth over 1500m at the National Youth Championships.

I followed in the footsteps of my then hero, Seb Coe, and went to Loughborough where I was small fish in a big pond: there were so many great runners there at the time – Jack Buckner, Jon Brown, Paula Radcliffe – that it took me a while to find my feet. I did eventually run well and set my track PBs in one year (which remain unbroken to this day!).

However, I realised that I'd pretty much reached my potential over 1500m and wanted a new challenge, so 15 years ago, took up duathlon. In my first year, I finished 10th in the National Elite Champs, and then

took a bronze medal in the 25-29 age group at the World Champs in Rimini. I then took up swimming and Olympic Distance Triathlon, won a few races and actually qualified for the Elite Duathlon Champs in France, where I had my worst ever race and vowed never to do one again!

I'm probably now better known as the editor of *Running fitness* magazine, a job which means I have to try and stay fit to test products and go for runs with some of the country's leading athletes (fellow Stubbie Andy Vernon is a good example!). I've also become much more aware of how to protect my body, and split running with conditioning work, swimming, cycling and my new love/hate relationship – yoga!

Q.1 When did you join the club, and why?
I joined just before the Eastleigh 10k this year. I'd got fed up of having no one to race with and wanted to join a friendly club that did exciting things!

Q.1b How long have you been running?
Too long.

Q.2 What is your favourite running event?
I'd like to say 1500m, but I'm too old and too slow. I probably prefer 10ks over anything else as I tend to be more competitive over shorter rather than longer distances.

Q.3 What achievement would you most like to be remembered for?
Well, national medals are always worth remembering, but I guess I'd like to be remembered as someone who just loved running.

Q.4 What do you do when not running?
Spend as much time as possible with the people I love.

Q.5 What was your most embarrassing sporting moment?
Using the women's toilets at the National Road Relays and not being able to come out because of the queue of desperate women waiting to go.

Q.6 Who is your sporting inspiration?
I'd like to say people like Steve Ovett, Steve Cram and Seb Coe, but I'd probably go for Rich Whitehead, world marathon record holder for double amputees. He's grounded, gifted and never complains.

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Hmm, I've met some pretty amazing people in my job (Paula Radcliffe, Steve Cram, Haile Gebrselassie, Usain Bolt) but I think I'd go for – Emil Zatopek, Peter Snell and Steve Prefontaine, all gifted and born winners.

Q.8 Who would you most like to meet and why?
The organiser of the 2012 Olympic Games to ask why he didn't give me a press pass or any tickets!

Q.9 What is your favourite food?
Pizza.

Q.10 Favourite film of all time?
Too difficult to answer, so many to choose from.

Q.11 Top 3 songs on your IPod?
At the moment it's Florence + the Machine 'What the Water Gave Me'; Radiohead 'Supercollider'; Tom Vek 'A Chore'.

Q.12 Three words to describe you?
Caring, devoted, loving.

Q.13 What is your greatest aspiration? Or your next goal?
To get down to 33 minutes again for 10k, and be competitive as a Vet40.

Q.14 If you could only pass on one piece of advice, what would it be?
Don't take your running too seriously and enjoy every step. Oh, and make sure you do your conditioning work!

TODAYS RUNNER WINTER CROSS COUNTRY LEAGUE

The dates for the forthcoming Todays Runner season have now been agreed and details are as follows:-

13th November 2011 Queen Elizabeth Country Park
4th December 2011 Bourne Woods, Farnham
2nd January 2012 Lord Wandsworth College, Long Sutton
(**Please note this is the Bank Holiday Monday**)
29th January 2012 Manor Farm Country Park
19th February 2012 Rogate Common, Liss
4th March 2012 Pamber Forest, Basingstoke
18th March 2012 Staunton Country Park

All races start at 11.00am. In terms of team scoring it is the first five men and the first three women to cross the line.

The league rules also state that male runners who have achieved a pace of 5.30 minute/mile or quicker over a measured distance in a road race between 13th November 2010 and 12th November 2011 will not be eligible to take part. The same rule applies to female runners who have achieved a pace of 6.00 minute/mile or quicker. This equates to the following times:-

	Men	Women
5m	27.30	30.00
10k	34.11	37.17
10m	55.00	60.00

The emphasis of this league is 'to provide ordinary club members with the opportunity to participate in a series of cross country events. The atmosphere is to be enjoyable and social without the cut and thrust that is associated with specialist cross country leagues.' So for new members, or those who have thought about trying cross country but were afraid they would be too slow, why not give these races a try.

They are free to enter, there is no registration and food is provided afterwards at a cost of up to a maximum of £2 although this is generally between £1-£1.50. The only stipulation is that club vests must be worn or you risk not being counted in the results.

So put a note in your diaries now for the first race on Sunday 13th November and I hope to see many of you there so that we can get the season off to a good start with a strong turnout.

For further details. or if you have any questions, feel free to give me a call on 07887791670 or drop me an email to john_tussler@hotmail.com.

John Tussler

Mud, mud, glorious mud.

Paul Hammond

Yeovil town running club's King Alfred's Torment race over seven torturous Irish miles, clashed with the Victory 5, but for me there was no contest as to which race to run.

Set amongst the wonderful National Trust estate of Stourhead near Wincanton on the Wiltshire / Somerset border, the seven undulating miles of hills, fields, tracks, paths, gates and stiles provided a wet and very muddy Sunday morning's entertainment.

147 hardy souls took on the course with two Stubbies amongst them, myself and Barry Hards. Bev Hards and their two children also came along to support.

The winner was Nathan Young from Bristol & West AC 44:58
First lady was Lynn Hutchings from Wimborne RC 57:15

Stubbies:
Barry Hards 15th 51:39
Paul Hammond 34th 57:12

Paul Hammond

Barry Hards

Ladies Captain's Report

A fantastic 1st place in the Test Way relay for the ladies team who took the shield from Winchester who have held it for 6 years!!
Every lady in the team gave 110% bringing victory to Stubbington.
The stars are:
Donna Mitchell, Susie Macgregor, Lucy May, Rachael Openshaw, Gill Rose, Sally McGrath, Tanya Brady and Emily Foran.

As well as the shield for the Test Way, I have collected a couple of cups for team performances in the road race series 2010/2011.
We were 3rd ladies A team in A division 1 and 1st ladies C team in the B division 2. The C team is promoted to B division 1 where our B team currently are.
Fantastic results.

The Road Race series for 2011/2012 kicked off this month with Overton and Victory 5 mile races. In both races we picked up prizes for lady V40 and V45 as well as team prizes, so we are in the running to do well this year. The more of you that turn out, the better we will do so I look forward to seeing many of you at the next races.

For those that fancy cross country, the Hampshire series begins in October - always good fun and often muddy!! Hope to see you at Farley Mount on 8th October.

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

NEW FOREST MIDDLE DISTANCE TRIATHLON

	NAME	CAT	SWIM	CYCLE	RUN	OVERALL	POS	CAT POS
Euan	McGrath	M40	39:47	02:48:44	01:59:43	05:28:15	68	10
Susie	MacGregor	F40	43:16	03:25:22	01:52:34	06:01:13	170	3
Nigel	Whitcher	M45	35:15	03:02:59	02:33:54	06:12:09	212	27

NEW FOREST HALF MARATHON

NAME				POSITION	TIME
John	Blake	M	40	214	1:39:51
Jennet	Woolford	F	35	736	1:54:46
Louisa	Abbott	F	35	737	1:54:47
George	Howarth	M	50	743	1:55:00
Michael	Edey	M	40	1017	2:01:13
Kathryn	Davies	F	40	1686	2:21:07

NEW FOREST MARATHON

Andrew Malcolm	Douglas	M	45	549	4:35:54

2011 Promenade 5k Series Race 5

Position	Overall Time	Name	Age Group
8	16:06	Mark Le Gassick	5th SM
13	16:34	Wayne Ewens	9th SM
49	18:47	Mike Harper	4th VM50
55	18:59	Susie Macgregor	1st VW40
66	19:33	Marcus Lee	8th VM40
86	20:35	Sally McGrath	1st VW45
99	24:24	Donna Mitchell	5th VW35
123	24:11	Zac Conaty	13th SM

SOUTH OF ENGLAND ROAD RELAYS

M50 Cat Total Time 1:34:47

Mike White	22:38
Mike Harper	23:05
Phil Martin	25:19
Tim Sullivan	23:45

10th out of 20 clubs

FISH AND CHIP HANDICAP

Thanks to the social committee, especially Nick Kimber and Tim Sullivan for organising this years fish and chip handicap. What on paper looked like a pretty boring course actually turned out to be a very pleasant run along the river Hamble.
Well done to Nick Crane who was the winner and the fish and chips went down very well afterwards.

John Leigh or ET?

Special Offer from Glen Street

Sports Massage and Personal Training Sessions
Buy 4 and get a fifth one free

Pay for 4 sports massage or personal training sessions (or a mixture of both), and get a fifth one free. That works out to an amazing £16 an hour, saving 20% on the normal price.

Glen is a qualified Level 4 Personal Trainer and Sports Massage Therapist and works from his home in Titchfield.

He can also arrange to visit you at your own home if necessary.

Want to improve your performance?
Want to lose some weight?
Want to improve flexibility?
Have a niggling injury?
Want to stay injury free?
Want to tone those muscles?
Improve strength?
Just want to feel better about yourself?

Then contact Glen now on 07810066360 or email glen.street@ntlworld.com or see me at a training session near you!

STANSTED SLOG

CHRIS HALL	**01:44:57**
ANDY LEE	**02:12:59**

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	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 (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	Beachy Head Marathon	St Bedes School, Dukes Drive, Eastbourne, BN20 7XL	9am
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 Race Diary

Date	Race	Venue	Time
Sat 5 Nov	jAR! 10K	Tunnel Hill, Ash Ranges, Camberley, GU16	10am
Sat 5 Nov	Yarcombe Yomp 5	Village Hall, Yarcombe, Devon EX14 9BN	10.30am
Sun 6 Nov	Crowborough 10K	Beacon Community College, Crowborough, TN6 2AS	10am
Sun 6 Nov	Lordshill 10M (HRRL-4)	Oasis Academy Lordshill, Southampton, SO16 8BY	10am
Sun 6 Nov	Loseley 10K	Loseley House, Guildford, GU3 1HS	9am
Sun 6 Nov	Tidworth 10K	Tedworth House, Tidworth, SP9 7AJ	10.45am
Sun 6 Nov	7th Beckley 10K	Village Centre, Main Street, Beckley, Rye, TN31	11am
Sun 6 Nov	Gillingham Hilly 7.5	Wyke Primary Sch., Deane Ave, Gillingham, SP8 4SH	11am
Sun 6 Nov	Ilminster 10K Road Race	Ilminster, TA190HT	10.30am
Sun 6 Nov	Wiltshire 4 x 4 Road Relay	Castle Combe Circuit, Chippenham, SN14 7EY	11am
Sun 6 Nov	Cotswold Challenge 5 & 10	Cornbury Park, Charlbury, OX7 3EH	11am
Sat 12 Nov	Hants XC (Race 2)	Goodwood Horseracing course, Chichester	1.35/2.30
Sat 12 Nov	Brutal 10	Long Valley South, Camberley, GU52 8AD	10am
Sat 12 Nov	Active Winter Ballbuster	Box Hill, Dorking, KT20	8am
Sun 13 Nov	Today's Runner (Race 1)	Queen Elizabeth Country Park, Petersfield	11am
Sun 13 Nov	Leatherhead Fire St'n 10K	L'head Fire Station, Fetcham, Leatherhead, KT22 9AW	10am
Sun 20 Nov	Camberley Cross Country	Ravenscote School, Frimley, Camberley, GU16 9RE	11am
Sun 20 Nov	Gosport Half (HRRL-5)	Bay House School, Gosport, PO12 2QP	10am
Sun 20 Nov	Old Deer Park 10K	Old Deer Park, Richmond, TW9 2RA	9.15am
Sun 20 Nov	Tri-Adventure Sprint 12K	Albury C.Club, Albury Heath, Guildford, GU5 9DB	10am
Sun 20 Nov	Avebury 8	Avebury, SN8 1RF, Wilts	10.30am
Sun 20 Nov	Turbo X, Bordon 10	Bordon, GU35 0NE	10am
Sun 20 Nov	Wimborne 10 Road Race	Pamphill, Wimborne, BH21 4EE	10.30am
Sun 20 Nov	Jersey Half Marathon	FB Fields, St Clement, Jersey, JE2 6QN	9am
Sun 20 Nov	Cornwall Marathon	Millenium Centre, Pensilva, liskeard, PL14 5NF	10am
Sat 26 Nov	Hell Down South Sat 11	Weavers Down, Longmoor Camp, Bordon, GU33 6EL	10.30am
Sun 27 Nov	Bath Hilly Half	Bath Racecourse, Lansdown, Bath, BA1 9BU	11am
Sun 27 Nov	Beddington Park 10K	Beddington Park, Church Road, Wallington, SM6 7NH	10am
Sun 27 Nov	Hayling Road and Trail 10	Hayling Com. Ctre, Station Rd, Hayling Is, PO11 0HB	10am
Sun 27 Nov	Hell Down South Sun 11	Weavers Down, Longmoor Camp, Bordon, GU33 6EL	10.30am
Sun 27 Nov	The Three Molehills 15	Denbies Wine Estate, London Rd, Dorking, RH5 6AA	10am
Sun 27 Nov	Boscombe 10K	Kings Park Athletic Stadium, Boscombe, BH7 6JD	11am
Sun 27 Nov	White Horse Gallop 5	Leighton Rec., Wellhead Lane, Westbury, BA13 3PW	10am
Sun 27 Nov	RNLI Reindeer Run	Ringwood, Dorset.(tbc)	(tbc)

The Stubbington Noticeboard

October	What	Recovery	Where	Who
Tues 4th	3x1.5 Tempo pace at 'Red Path		Locks Heath	Mike W
Thurs 6th	Lee Front Fartlek	Easy run prior to X country	Lee Front	Mike B
Tues 11th	Race pace 2x10 mins	4 mins between sets	Locks Heath	Graham B
Thurs 13th	Lee triangle accelerations		Crofton Community	Mike H
Tues 18th	6 Titchfield rollers (Because I don't like hills)		Locks Heath	Phil
Thurs 20th	Crocodile Run 2 x 15 mins		Crofton Community	Phil
Tues 25th	5 x Paarlauf at Cresent Rd	jog back to other group	Locks Heath	Mike W
Thurs 27nd	8 x 400 mtr with core exercises	2 min recovery at half way	Crofton Community	Phil

GLEN'S THURSDAY TRAINING

6th October - Lee 10 x 1 minute (30 seconds) Stubbington

13th October - 5 x Roller Coasters Locks Heath

20th October - 4 x Lee Triangle Stubbington

27th October - 2 x 2 miles (4 minutes) Locks Heath

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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