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

OFF AND RUNNING

The HRRL season is now one quarter through, and after three races Stubbington teams are all performing well.
Thirty eight Stubbies have run at least one of the first three races, with six making it to all three. Remember its 7 races to count if you want to be in with a chance to earn a mug for being in the top sixty (ladies and men) then you need to get your running shoes on.

See page 4 for the latest league tables and a schedule of the remaining HRRL races.

THE SOLENT HALF MARATHON

A small band of Stubbies made there way across to the New Forest for the popular (well it is for the HRRL clubs) Solent Half Marathon.

Having given the shorter races a miss is was good to see Rachael making her first appearance of the season, and looking strong at the end of her first half marathon. Donna to had a good race too, knocking 12 minutes off her PB. I think she must have been running on her own with no one to talk to. Susie put in her "normal" consistent run to lead the ladies home to third place behind, Winchester and Eastleigh.

Well done too to Verity and Jane who combined to complete the Stubette contingent. In the mens race it was a question of a hare and three tortoises for the Stubby Mens A team. Andy lead off as usual, at the pace he had in mind.

Unfortunately he forgot to tell his legs that it was 13 miles not 6 miles, and was passed by Dave, myself, and eventually Tony just after half way. Tony was, as usual, using the race a final preparation for the Abingdon marathon the following week. Andy was using the race as a final wake up call to loose some weight, having slipped from 8th to 22nd over the last 6 miles.

Mike White lead home the B team, which saw Daragh making his Stubby debut, and joining the V50 boys. You don't want to hang around with those boys too long Daragh. The mens C team was made up of Phil, Marcus, Phil May (having run XC at Farley Mount the day before) and the ever popular Alan White, who improved by 4 minutes over last year to finish in under two hours
Graham Bell

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.

Don't forget the awards night on 26th November.
More importantly please vote for your outstanding Stubbies, one from each category, and email to the club secretary Paul Hammond at pjh669q@btinternet.com

SENIOR MALE	Andy Simpson	Wayne Ewans
Kevin Wheeler	Mark Le Gassick	Dan Gueran
SENIOR FEMALE	Rachael Openshaw	Donna Mitchell
Lucy May	Kate Aldom	Emily Foran
VET MALE	Robert Spencer	Graham Bell
Dave Jeffries	Chris Hall	Tim Sullivan
VET FEMALE	Sarah Martin	Sally McGrath
Sharon White	Gill Rose	Jane Butler
PERFORMANCE OF THE YEAR	Euan McGrath	Wayne Ewans
Ladies Test Way Team	Susie MacGregor	Mens Southdowns B Team
MARATHON MALE	Eric Beck	Neil Jarvis
Nick Kimber	Tony Smith	Lewis Chalk
MARATHON FEMALE	Rowena Dodds	Susie MacGregor
Emily Foran	Gill Rose	Julie Ashman
TRIATHLETE	John Blake	Julie Woodman
Dave Abrams	Sandra Abrams	Tim Crumpton

THE STUBBINGTON CHAMPIONSHIP RESULTS

The 2010-11 Leaderboard has now been finalised and the top 10 Stubbies are shown below. For those interested enough to know how Mike Harper achieved success once again this year the full results, including number of points scored by event, number of races run / marshaled, is available here http://www.sgrac.net/html/results.html

1st Mike Harper 220 2nd Graham Bell 200 3rd Sarah Martin 190 4th Andy Simpson 180 5th Sharon White 170 6th Nick Crane 160 7th Phil May 155 8th Sally McGrath 150 9th Nigel Whitcher 140 10th Alan White 130 10th Rachael Openshaw 130

Thank you to all 172 Stubbies who took part in the Leaderboard League in 2010-11. There were 44 races in total, and Mike took part in 32 of them, scoring bonus points in the Today's Runner and Time Trails by completing them all. It just goes to prove that you don't have to be the fastest Stubby to win prizes at the annual awards night.

The 2011-12 season will follow much the same format as in previous years. Points are scored for taking part in the major Cross Country, Road Running Leagues, that the club take part in, as well as our own monthly Summer Time Trial. Keep checking the http://www.sgrac.net/html/leaderboard.html for updates.

Graham Bell

THE MINSTEAD STINGER

Totton RC put the second running of their Stinger back to October from it's original May date so as not to clash with the nesting season, and found a clear sunny day. The 9.3 mile cross country also had a different start/finish location from last year which entailed running under the rumbling A31. The course is a mix of the RR10 races we do in the forest; hills, tracks, grass, woodland; one stream and very little mud; and the hill through woods up to the finish is a little tester.

1st Male Matthew Hammerton - Romsey RR - 54:51
1st Female Angela Carpenter - Chichester Runners & AC - 1:04:59

Stubbies
Chris Hall 14th - 1:04:25
Paul Hammond 34th - 1:10:09
Sally McGrath 51st - 1:13:31

There were 146 finishers

Paul Hammond

1	Mike Harper	220
2	Graham Bell	200
3	Sarah Martin	190
4	Andy Simpson	180
5	Sharon White	170
6	Nick Crane	160
7	Phil May	155
8	Sally McGrath	150
9	Nigel Whitcher	140
10	Alan White	130
10	Rachael Openshaw	130
12	Paul Hammond	120
13	Lucy May	115
13	Robert Spencer	115
13	Susie MacGregor	115
16	Jon Leigh	110
17	Eric Beck	105
17	Neil Jarvis	105
17	Richard Snell	105
20	John Tussler	100
21	Donna Mitchell	95
21	John Blake	95
21	John Simister	95
21	Nick Kimber	95
21	Philip Martin	95
26	Caroline Street	90
26	Chris Hall	90
26	David Jeffery	90
26	Paul Southon	90
26	Tim Crumpton	90
31	Tim Sullivan	85
32	Gill Rose	80
32	Ian Webber	80
32	Julie Ashman	80
32	Penny Forse	80
36	Emily Foran	75
36	Mike Bell	75
38	George Howarth	70
38	Jane Butler	70
38	Keith Whittaker	70
38	Marcus Lee	70
42	Ann Blake	65
42	Glen Street	65
42	Gordon Westley	65
45	John Gueran	60
45	Richard Edmonds	60
45	Sandie McIntosh	60
48	Andrea Charlson	55
48	Jaz Smith	55
48	Martyn Banner	55
48	Sue Robinson	55
48	Tina Chantrey	55
48	Tracie Jarvis	55
48	James Keen	55
54	Colin Elderfield	50
54	Kate Crowe	50
54	Verity Wright	50
54	Wayne Ewens	50
54	Mike Wotton	50
54	Kevin Ashman	50

Hampshire Road Race League

The League standings after 3 races
Overton, Victory and Solent

LADIES A TEAM		
1	Winchester	4
2	Stubb'n Green	8
3	Eastleigh	11
4	New Forest	11
5	Alton Runners	13
6	Salisbury ARC	22
7	Farnham	23
8	Victory AC	24
9	Pompey JC	24
10	Overton	25

MENS A TEAM		
1	Winchester	6
2	Overton	7
3	Salisbury ARC	13
4	Denmead	15
5	Stubb'n Green	15
6	Andover AC	17
7	Pompey JC	19
8	New Forest	19
9	So'ton AC	24
10	Victory AC	30

LADIES B&C TEAM		
1	Winchester B	4
2	Winchester C	7
3	Denmead	16
4	Stubb'n Green B	18
5	Fareham	18
6	New Forest	18
7	Alton Runners	24
8	Pompey JC B	25
9	Victory AC	34
10	Stubb'n Green C	38
11	Farnham	38
12	Salisbury ARC	39
13	Eastleigh	41
14	Pompey JC C	44
15	So'ton AC	48

MENS B TEAM		
1	Andover B	9
2	Pompey JC B	9
3	Winchester B	10
4	Stubb'n Green B	13
5	Overton	19
6	Winchester C	19
7	Denmead	26
8	Pompey JC C	26
9	Salisbury ARC	27
10	Farnham B	27
11	So'ton AC	33
12	Eastleigh	34
13	Fareham	34
14	Gosport	39
15	Pompey JC D	42

MENS C TEAM		
1	New Forest	7
2	Andover C	20
3	I.O.W. RR	20
4	Stubb'n Green C	23
5	Lordshill	23
6	Alton Runners	28
7	Victory AC	29
8	Hardley	35
9	Farnham C	38
10	Totton RC	39
11	Portsmouth AC	40
12	Aldershot FD	51
12	Hart RR	51
12	Poole AC	51
12	Romsey RR	51
12	Ryde Harriers	51

06/11/2011	10:00am	Lordshill 10 mile	**Entries Closed**	Lordshil Road Runners	Lordshill 10 Race Details
20/11/2011	10:00am	Gosport Half Marathon	**Entries Now Open**	Gosport Road Runners	Gosport Half Race Details
15/01/2012	10:00am	Stubbington 10k	**Entries Now Open**	Stubbington Green Runners & AC	Stubbington 10k Race Details
05/02/2012	11:00am	Ryde 10 mile	**Entries Now Open**	Ryde Harriers	Ryde 10 Race Details
12/02/2012	10:30am	Bramley 20 mile	**Entries Now Open**	Reading Road Runners	Bramley 20 Race Details
11/03/2012	10:00am	Salisbury 10 mile	**Entries Now Open**	Salisbury AC	Salisbury 10 Race Details
25/03/2012	10:00am	Eastleigh 10k	**Entries Now Open**	Southampton AC	Eastleigh 10k Race Details
06/05/2012	10:30am	Alton 10 mile	**tbc**	Alton Runners	Alton 10 Race Details
13/05/2012	10:30am	Netley 10k	**tbc**	Southampton AC	Netley 10k Race Details

STUDLAND STAMPEDE

Clear blue skies, blue sea, white sand and national trust heathland; it could only be the Studland Stampede. Five stubbies made the trip to Dorset to tackle the 12k course on a gloriously sunny Sunday.

Starting on the sea front the run heads along the beach towards Old Harry Rocks. A right off the beach slip-way takes you into a tree lined path, then left along a muddy path up onto the heath land and along to Agglestone Rock; then along heathland paths towards the ferry. After a road crossing you have to tackle the energy sapping sandy tracks which lead onto the beach, then it's beach all the way to the finish line.

1st Male Lee Piercy - Unattached - 44:58
1st Female Christina - Squire Zoom Tri Club - 57:21

Stubbies
Paul Hammond 49th - 59:10
David Richards 248th - 1:16:13
Julie Bowden 297th - 1:26:03
Caroline Street 298th - 1:26:03
Kathy McKain 309th - 1:33:49

There were 312 finishers.

Paul Hammond

HANTS XC FARLEY MOUNT

The first race of the cross country calendar was held at Farley Mount near Winchester with 15 Stubbies turning out for the club.

First off was Tom Whitcher competing in the boys 15 race. After a cautious start Tom got into his stride and moved up the field to finish 44th.

The Stubbettes where next up with five girls turning out and of these there were 3 new girls to the cross country scene, Elizabeth Dandy, Hannah Wise and Ronel Beukman who all enjoyed their first cross country in Stubby colours. Sally was first home for the girls in 52nd then Lucy and Elizabeth making up the team. Unfortunately Hannah pulled up with an injury and Ronel finished well for her first run. The Team finished in 11th.

Results:
Sally McGrath 52nd
Lucy May 90th
Elizabeth Dandy 101st
Ronel Beukman 121st

In the Mens race Dan led home the team and was followed by the battling duo of Ray and Chris with Ray just catching Chris on the line. Nico and Phil completed the team who finished in 8th on the day and the vets in 3rd in Div. 2 of their league.

Richard just held off Martin Phillips of Salisbury to finish 179th then came Keith, Zac and Gordon to complete our representatives. Keith later revealed that he'd done the Park Run in the morning as a nice warm up for the cross country. As you can see there was some good grouping by the Stubby Men in this race.

Results:
Dan Gueran 76th
Ray Gunner 114th
Chris Hall 115th
Nico Beukman 148th
Phil May 170th
Richard Snell 179th
Keith Whitaker 188th
Zac Conaty 197th
Gordon Westley 198th

I'm looking forward to seeing you all (and showing off our impressive new Flag) at the next meeting on Saturday 12th November at Goodwood Race Course.

Lucy May
Cross Country Secretary

BUPA great south run

Mike Harper	01:01:44
zippy grice	01:02:00
Emily Foran	01:03:22
kevin wheeler	01:05:07
philip martin	01:10:00
Steve Martin	01:11:56
Nico Beukman	01:12:15
Richard Chowns	01:14:27
Georgie Wallis	01:15:10
David Abrams	01:17:13
Jon Henderson	01:17:46
Zac Conaty	01:19:04
Naomi Crane	01:19:22
claire borrowdale	01:22:02
George Howarth	01:23:44
Michael Edey	01:25:49
heather hudson	01:26:19
Matthew Marsh	01:27:05
Kay Sadler	01:27:29
chris smith	01:27:32
Rowena Dodds	01:28:45
sarah white	01:29:36
David Richards	01:30:39
Jon Abbott	01:31:21
lisa donn	01:32:09
sarah matin	01:34:27
Mark Pamplin	01:36:47
gary blackburn	01:37:29
Sandy Saunders	01:37:52
Peter Rawlins	01:38:27
sarah edwards	01:38:37
Sharon White	01:39:02
Russell Mead	01:39:24
Kathryn Davies	01:39:54
Sandie Mcintosh	01:39:58
Stephanie Fuller	01:42:49
Derek Cameron	01:46:14
sara mcritchie	01:53:32
Deborah Ann Casey	01:58:07
Jacqui McMullan	01:58:10
Amy Packard	01:58:59

MEMBER OF THE MONTH

60 SECOND INTERVIEW WITH… SAM BELL

Words:

Tina Chantrey

Sport has been a part of my life pretty much since birth. With both my dad and grandpa supporting Southampton it has been worked into my bones that I follow football….. well, more like I follow the Saints!

As I have grown older my sporting choices have become more varied. I've sailed since I was 11 and enjoyed sailing with both my scout group and sailing clubs. I haven't got any trophies, medals or awards to my name but I took part because it was fun. Dad has been running for as long as I can remember, and during my younger years he tried to encourage me by getting me to enter into various fun runs, including the Stubbington fun run.

In school my primary school teacher also took us to the Portsdown Hill runs where schools in Hampshire compete against each other. During my years at Brookfield I ran on a Friday afternoon at the running club, which was organised by John Exley and then Lewis Chalk. We did nice simple runs through Holly Hill and often down on to the tow path, I never took it seriously enough to race though which was a shame because I'm now really enjoying running.

My overall goal is to beat dad… I definitely have age and running style on my side! I feel it's always good to have something to aim for so I will have interim goals along the way as it's the only way to get quicker.

Being one of the newest and youngest runners to the club I feel that everyone has been very welcoming. I'm trying to get more people my age to join up to this fine club; personally I think it's the pub trips that are enticing them the most though! I have even spread the word as far as Kenya, to a little project called St Tareza on the outskirts of Nakuru where I spent two weeks in July this year. I took some of our old style Stubbington Green racing vests and since then they have been trying to set up a running club at the orphanage and school so they can encourage their children to keep fit.

Now it's just a question of balancing my running with my studies and social life.

Q.1 When did you join the club, and why?
I joined a few years ago, but didn't realise I was a member until my dad reminded me! I wasn't really a footballer or rugby player, and running gives me the opportunity to stay fit.

Q.1b How long have you been running?
I've been running off and on all my life, but competitively since May 2011. The RR10 series through the summer was my introduction to racing, and it was motivational to see my placing improve.

Q.2 What is your favourite running event?
So far it has be the RR10's, for the running and the social. I really enjoyed running for the mixed team in the Test Way Relay, even though Dad made me go to sleep reading the map and route every night.

Q**.3 What achievement would you most like to be remembered for?**
My biggest achievement is yet to come, and will be to maintain my sprint finish, so that I can overtake Dad in the home straight of a race.

Q.4 What do you do when not running?
I'm a teenager, so the answer is obvious. X-box and Facebook. I also sail and continue to be involved in the scouting movement where I am a Young Leader for a cub pack and attend Explorers too.

Q.5 What was your most embarrassing sporting moment?
Throwing up at the end of the Eastleigh RR10? Capsizing a Hoby Cat on holiday last year, after a family discussion with my brother. They are supposed to be un-capsizable.

Q.6 Who is your sporting inspiration?
Mark Cavendish; you've got to love those sprint finishes. And of course Mo Farrah.

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Ben Ainsle, Mo Farrah, Roger Banister.

Q.8 Who would you most like to meet and why?
Chris Hoy, he seems like a nice guy.

Q.9 What is your favourite food?
Roast dinner with Yorkshire puddings (my mum's not Aunt Bessie's).

Q.10 Favourite film of all time?
This is tricky... *Star Wars* (Episode 6), *I-Robot*, *Toy Story*, *Saving Private Ryan*… I could go on.

Q.11 Top 3 songs on your IPod?
Ed Sheeran 'The A Team', Foster The People 'Pumped Up Kicks', Two Door Cinema Club 'Cigarettes in the Theatre' …well you did ask!

Q.12 Three words to describe you?
Tall, dark and handsome…..and I also have a good sense of humour, too.

Q.13 What is your greatest aspiration? Or your next goal?
My running goal is to build my stamina, and run a 10k. My main long term goal is to beat my dad, but it may be a few years yet.

Q.14 If you could only pass on one piece of advice, what would it be?
Work hard, play hard, train harder.

Mark Le Gassick	21:37
Andy Simpson	22:27
Graham Bell	23:02
David Jeffery	23:24
Tim Sullivan	24:00
Kevin Wheeler	24:14
Daragh Hendley	24:14
Mike Harper	24:39
Chris Hall	24:51
Richard Edmonds	25:54
Marcus Lee	25:58
Tim Crumpton	26:19
Simon Carson Jones	26:20
Mike Townsend	26:26
Jon Leigh	26:29
Nick Crane	26:42
Richard Snell	26:51
Mike Bell	26:54
John Blake	26:57
Philip Martin	27:00
Neil Jarvis	27:08
Tom Whitcher	27:14
Ed White	27:25
Keith Carter	27:46
Ian Webber	27:56
Dave Moody	28:09
Andy Lee	28:26
Keith Whittaker	28:37
Phil May	28:55
Nigel Whitcher	29:07
Eric Beck	29:18
Alan White	29:30
John Simister	29:44
Paul Southon	30:12
John Nicholson	30:39
John Tussler	30:42
George Howarth	30:53
Rick Scott	31:30
Mike Wotton	31:49
Robert Spencer	34:57
Peter Morton	36:18
Kevin Ashman	36:54
Mike Clarke	37:45

TIME TRIALS 2011

These tables represent this seasons Stubbington Time Trial results showing the quickest time each runner has achieved in 2011.
Congratulations to Mark and Emily our quickest male and female 4 milers this year.
Well done to everyone who took part especially those who recorded personal bests.

Emily Foran	24:15
Susie MacGregor	25:51
Gill Rose	27:06
Sally McGrath	27:12
Donna Mitchell	27:31
Kate Crowe	27:32
Rachael Openshaw	28:03
Penny Forse	28:12
Lucy May	28:18
Georgie Wallis	29:39
Hannah Smith	33:06
Verity Wright	33:30
Clara Fordina	33:55
Julie Ryman	34:10
Ann Blake	34:49
Sarah Martin	35:01
Liz Weighell	35:06
Ann Vestergaard	35:41
Karen Moore	36:02
Sandie McIntosh	36:14
Kathryn Davies	36:18
Andrea Charlson	36:25
Sarah Tayler	36:43
Sharon White	37:06
Sue Robinson	38:10

TODAYS RUNNER WINTER CROSS COUNTRY LEAGUE

The Todays Runner season kicks off this month 13th November 2011 Queen Elizabeth 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

STUBBINGTON GREEN 10K MARSHALS REQUIRED

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	Moors Valley Country Park, Ringwood, BH24 2ET	10.30am

The Race Diary

Date	Race	Venue	Time
Sat 3 Dec	Hants XC Race 3	Popham Airfield, Basingtoke	1.35/2.30
Sat 3 Dec	Grim 8 - Original day 1	Fleet Road, Aldershot, GU11 2HL	10.30am
Sat 3 Dec	Santa Run 5K	Richmond Park, Richmond, SW14 8BJ	11am
Sat 3 Dec	Capital Runners Park 10K	Richmond Park, London, SW14 8BJ	10am
Sat 3 Dec	Endurancelife CTS M'thon	PGL, Osmington Bay, Weymouth, DT3 6HF	7am
Sat 3 Dec	Endurancelife CTS Half	PGL, Osmington Bay, Weymouth, DT3 6HF	7am
Sat 3 Dec	Santa Fun Run 5K	Five Rivers Centre, Hulse Rd, Salisbury, SP1 3NR	10.30am
Sun 4 Dec	Duck Pond Waddle 15K	West Worthing Tennis Club, Worthing, BN13 3RT	9.30am
Sun 4 Dec	Today's Runner (Race 2)	The Bourne Woods, Farnham	11am
Sun 4 Dec	Grim 8 - Original Day 2	Fleet Road, Aldershot, GU11 2HL	10.30am
Sun 4 Dec	QE XC Series Race 4 10K	Queen Elizabeth Country Park, Petersfield, PO8 0QE	9.30am
Sun 4 Dec	SLH Pirie 10K	South London Harriers HQ, Coulsdon, CR5 2NF	10am
Sun 4 Dec	Tadley Runners Xmas XC	Hurst Community College, Tadley, RG26 5NL	11am
Sun 4 Dec	Full Monty-cute 10	Ham Hill C. P.Stoke Sub Hamdon Nr Yeovil, TA14 6RW	10.30am
Sun 4 Dec	Stourhead Reindeer 10K	Stourhead Estate, Nr Mere, BA12 6QD	11am
Sun 4 Dec	Doyen of the Downs 30	Stanmer Park, Brighton, S E Sussex	7am
Sat 10 Dec	Brutal 10	Bordon, Camberley, GU35 0GL	10am
Sun 11 Dec	Andy Reading 10K	Bicester Sports Association, Bicester, OX26 1TH	10.30am
Sun 11 Dec	Alexandra Sport Santa 5K	Rock Gardens, South Parade, Portsmouth, PO5 3PG	11am
Sun 11 Dec	Alexandra Sport Santa 10K	Rock Gardens, South Parade, Portsmouth, PO5 3PG	10.50am
Sun 11 Dec	Santa Fun Run 5K	University of Winchester, Winchester, SO22 4NR	10.30am
Sun 11 Dec	Mince Pie 10	Meridian L. Centre, Peacehaven, BN10 8BB	11am
Sun 11 Dec	Christmas 10K	66 Stony Lane, Burton,, Christchurch, BH23 7LE	11am
Sun 11 Dec	Santa Dash 4K	12 Romsey Rd. Yeovil, Somerset, BA21 5XN	10.30am
Fri 16 Dec	Poole Runners Winter 5K	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 17 Dec	Xmas Pudding Dash 5	Ashburnham Place, Battle, TN31	10.30am
Sun 18 Dec	P'mouth W'side Marathon	Pyramids Centre, Clarence Esplanade, PO5 3ST	9.30am
Mon 26 Dec	Stoke Stampede 10K	16 Huntham Close, Stoke St Gregory, Taunton TA3 6EZ	11am
Mon 26 Dec	Poole Round the Lakes 10K	Poole Park, Poole, BH15 2SF	10.30am
Tues 27 Dec	Plain Crazy 12	Land Warfare Centre, Warminster, BA12 0DJ	11am

The Stubbington Noticeboard

Nov 2011	What	Recovery	Where	Who
Tues 1st	1 mile rep Schooner Way	jog back to beginning	Locks Heath	Graham B
Thurs 3rd	Hillhead 6x600mtr	400 mtr jog short lengths	Crofton Community	Mike H
Tues 8th	Figure of 8 Titchfield		Locks Heath	Mike B
Thurs 10th	5k Race pace 4 x 6mins	2 mins between sets	Crofton -Lee Front	Chris H
Tues 15th	Fartlek		Titchfield	Graham
Thurs 17th	Pyramid Run 1-2-4-6-8 and back min runs	1 minute between runs 2 mins for 6 and 8	Crofton -Lee Front	Mike H
Tues 22nd	6 Titchfield Rollers		Locks Heath	Phil
Thurs 24th	2x15 min Crocodile	4 mins between sets	Lee Front	Mike B
Tues 29th	3x1.5 Tempo pace at 'Red Path	4 mins between sets	Locks Heath	Mike W

GLEN'S THURSDAY TRAINING

3rd Nov - Stubbington - Lee 10 minutes out and back (3 minutes)

10th Nov - Locks Heath - 5 x Paarlauf Crescent Road

17th Nov - Stubbington - 5 x 1K Cuckoo Lane

24th Nov - Locks Heath - 2 x 2 miles (3 minutes

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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