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

# AND THE WINNER IS...

SENIOR MALE
ANDY SIMPSON

SENIOR FEMALE
EMILY FORAN

VET MALE
GRAHAM BELL

VET FEMALE
SALLY MCGRATH

Triathlete of the Year
Julie Woodman

Newcomer of the Year
Richard Edmunds

2011 Marathon Female
Susie MacGregor

Most Improved Runner
Gill Rose

2011 Marathon Male
Lewis Chalk

Club Triathlon Champ
Male – Richard Thomas
Female – Clara Fordina

Performance of the Year
Ladies Test Way Team – Donna, Susie, Lucy, Rachel, Gill, Sally, Tanya, Emily.

Personality of the Year
Donna Mitchell

Points League
1st – Mike Harper
2nd – Graham Bell
3rd – Sarah Martin
4th – Andy Simpson
5th – Sharon White

Supporter of the Year
Tracy Bell

Lifetime Achievement
Glen and Caroline Street

2011 Fun Runner
Chris Hall

# A CLOSE FINISH AT THE FIRST TODAYS RUNNER

The first of the Todays Runner winter series took place at QE Country Park in glorious warm sunny weather which was more reminiscent of early summer than mid autumn. As a consequence this led to very comfortable conditions for the 29 Stubbies who ran and many other club members who turned up to support them.

It was the ladies who took the honours in this first event. Very strong runs from Tanya and Emily saw them cross the line in 3rd and 4th places but with runners from Midhurst taking the first two places it was then left to which of each club's third placed runner was next across the line to determine which club took the team first place. Fortunately Susie triumphed in this respect with a top ten finish to edge out the third Midhurst runner by seven places to ensure the ladies secured the first place on the day.

Unfortunately the men did not fair quite so well. An excellent run from Andy saw him lead the team home with a comfortable 2nd place. Second Stubbie home was Chris who was pushed all the way during a private battle with Tanya before collapsing over the line in 21st place. Jon Leigh was our next finisher in 65th place whilst the final scoring positions were taken by Paul Hammond (73rd) closely followed by Graham James (75th). As a result of these placings the 236 points meant the men's team finished in 9th place on the day which when combined with the ladies result left us in 4th equal place with Portsmouth Joggers.

The next race takes place on Sunday 4th December at Bourne Woods, near Farnham starting at 11.00am. For directions see the Cross Country section on the website. For those wishing to stay and take advantage of the food supplied afterwards please note that the cost will be £1.50.

*John Tussler*

ANDY SIMPSON

TANYA BRADY

| Men | Ladies |
|---|---|
| 2 Andy Simpson | 3 Tanya Brady |
| 21 Chris Hall | 4 Emily Foran |
| 65 Jon Leigh | 10 Susie MacGregor |
| 73 Paul Hammond | 18 Sally McGrath |
| 75 Graham James | 24 Gill Rose |
| 79 Mike Bell | 28 Donna Mitchell |
| 101 Nick Kimber | 46 Lucy May |
| 110 Richard Snell | 73 Jane Butler |
| 111 Nick Crane | 87 Katherine Briggs |
| 123 Andy Lee | 91 Lynda Hunt |
| 154 Eric Beck | 94 Sarah Martin |
| 166 John Simister | 115 Sharon White |
| 188 Richard Scott | |
| 211 David Richards | |
| 216 Kevin Ashman | |
| 210 John Vose | |
| 214 Mike Harper | |

**John Tussler has decided to stand down as the club organiser for the RR10 and Today's Runner series; he will see out this TR season. The role consists of attending the relevant meetings, co-ordinating the race results and crucially, organising our two races.**
**So, do you fancy becoming a race organiser? There will be plenty of experienced club members ready to offer assistance so you would not be on your own.**
**If you feel you would like to help the club out by taking on this role please let any committee member know as soon as possible. John will also be pleased to answer any questions you may have.**

# Hampshire Road Race League

The League standings after 5 races

| MENS A TEAM | | |
|---|---|---|
| 1 | Winchester | 8 |
| 2 | Overton | 15 |
| 3 | Salisbury ARC | 20 |
| 4 | Stubb'n Green | 21 |
| 5 | New Forest | 30 |
| 6 | Andover AC | 31 |
| 7 | Pompey JC | 33 |
| 8 | So'ton AC | 34 |
| 9 | Denmead | 34 |
| 10 | Victory AC | 49 |

| LADIES A TEAM | | |
|---|---|---|
| 1 | Winchester | 9 |
| 2 | Eastleigh | 14 |
| 3 | Stubb'n Green | 18 |
| 4 | New Forest | 25 |
| 5 | Alton Runners | 25 |
| 6 | Salisbury ARC | 28 |
| 7 | Farnham | 35 |
| 8 | Victory AC | 38 |
| 9 | Pompey JC | 38 |
| 10 | Overton | 46 |

| | | | |
|---|---|---|---|
| 15/01/2012 | 10:00am | Stubbington 10k | **Entries Now Open** |
| 05/02/2012 | 11:00am | Ryde 10 mile | **Entries Now Open** |
| 12/02/2012 | 10:30am | Bramley 20 mile | **Entries Now Open** |
| 11/03/2012 | 10:00am | Salisbury 10 mile | **Entries Now Open** |
| 25/03/2012 | 10:00am | Eastleigh 10k | **Entries Now Open** |
| 06/05/2012 | 10:30am | Alton 10 mile | **tbc** |
| 13/05/2012 | 10:30am | Netley 10k | **tbc** |

## THE GREAT SOUTH RUN

Apologies to Ronel Beukman, I missed her result in last months Green Runner, 1:38:19 for her first 10 miler, *Ed*

## ISLE of Wight Fell Race Saturday 18th September

Race 2 Ventnor Horseshoe 1500ft ascent 7 miles 120 runners
Zippy Grice 4th overall M40 2nd 0.hr 59.min 42 sec
Nick Crane 53rd overall M50 6th 1 hr 12 min 56 sec.
Results by Nick Crane.

## DORSET 3 Peaks Challenge Sunday 30th October

The Stickler 10.1 gruelling miles 3 massive hills and the infamous Stickle Path 1500 ft of climbing and very steep up and down hill sections.

414 runners took part on a damp drizzly morning visibility very limited on the tops of the hills running in cloud until 1/3 rd way round then you could take in the views. The end of the race was at platform 1 of the old Shillingstone railway station, a well organised event and one for next years calendar.

Nick Crane 122nd 1 hr 30 min 03 secs
Andy Lee 199th 1 hr 37 min 00 secs.
Results by Nick Crane.

## The Avebury 8

is an 8-mile trail race which takes place in the Wiltshire countryside, starting and finishing at Avebury, a World Heritage Site famed for its stone circle. The route follows byways and bridleways and seems to be all uphill; not the big hills that you may expect near Marlborough but long shallow uphill drags.
So on Gosport Half day I headed through the fog up to Wiltshire; the fog never really cleared all day, so it was a cool and murky autumnal morning throughout.

1st male, James Webster: Winchester AC: 50.18
1st lady, Sam Kelly: Wooton Basset Hounds: 57.19

21st, Paul Hammond: SGR: 58.05
There were 129 finishers.

*Paul Hammond*

# MEMBER OF THE MONTH

## 60 SECOND INTERVIEW WITH… Verity Wright

Words:

**Tina Chantrey**

"At school my idea of a successful PE lesson was hiding behind the bike shed smoking as many Marlboros as I could in an hour and a half without getting caught," says Verity. "Hence I came to running fairly late on in life and got the kick up the butt I needed when just days after giving birth to my second child my husband kindly bought me a keep fit video and a pair of trainers.

So I ensued on the usual aerobics, circuits, swimming (drinking coffee with my mates at Fareham Leisure Centre) for the next few years until my dad (who was a runner) offered me the incentive of a bottle of champagne if I completed my first 10k in under an hour."

Verity got her champagne, as well as the running bug, and in 2004 ran

in the Stubbington Green 10km and subsequently joined the club. "In 2005 my dad asked me if I would run a marathon with him for his 60th birthday; we found the Isle of Wight marathon and with neither of us not being from around these parts blindly signed up, whilst simultaneously congratulating ourselves on how ridiculously cheap the marathon was! We know why now; there weren't many spectators or fun runners that day! It didn't put me off though and I have run Paris, Dublin and London marathons and continue running regularly.

Earlier this year I had the opportunity to train on a Leadership in Running Fitness and with Tom and Gary we organised the running clubs beginner's course where hopefully I was able to pass on my love for running."

**Q.1 When did you join the club, and why?**
2004 after running the Stubby 10km because the club was offering you the 10km fee back if you joined.

**Q.1b How long have you been running?**
Nine years.

**Q.2 What is your favourite running event?**
I love most events but the Paris Marathon was very special. The races I do year after year are the off road events like Marlborough Downs 20, Clarendon Way, Chichester Challenge.

**Q.3 What achievement would you most like to be remembered for?**
The fact that I can run most week-ends is an achievement in itself. I'm never going to win any races or prizes (apart from when I won the handicap one year) so I'd just like to be remembered for the fact I love running.

**Q.4 What do you do when not running?**
I had to give up work due to family commitments earlier this year so spend my time looking after my three teenage girls and when I'm not doing that I do a bit of cross training.

**Q.5 What was your most** embarrassing sporting moment?
Getting stuck in the toilet at the Cranleigh 21 race and very nearly missing the start. My running buddies were very sympathetic!

**Q.6 Who is your sporting inspiration?**
Anyone who has the guts to get themselves on the start-line.

**Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?**
Tanni Grey Thompson, Muhammad Ali, Bill Smith.

**Q.8 Who would you most like to meet and why?**
Emily Pankhurst to tell her it was worth the fight.

**Q.9 What is your favourite food?**
Anything that I haven't had to cook myself.

**Q.10 Favourite film of all time?**
*The World According to Garp*

**Q.11 Top 3 songs on your IPod?**
Dionne Bromfield, 'Yeah Right', Underworld, 'Born Slippy,' Bon Iver, 'Calgary'.

**Q.12 Three words to describe you?**
Determined, kind and passionate.

**Q.13 What is your greatest aspiration? Or your next goal?**
I would like to follow in my dad's footsteps and one day run the Everest Marathon.

**Q.14 If you could only pass on one piece of advice, what would it be?**
It doesn't matter if your last, at least you're there enjoying the countryside.

# HANTS XC GOODWOOD

Glorious Goodwood was the venue for the second Hants cross country fixture with twenty Stubbies turning out in the warm sunny conditions. I'm hoping they all turned up mainly for the running and not just to see our amazing new flag. The flag was definitely turning some heads from other jealous teams. Take a look at one of our tallest members Nigel who was dwarfed when he stood next to it.

Tom Whitcher was the first off in the U15's event and improved by twelve places from Farley Mount to finish a brilliant 32nd.

The Stubbettes were off next with six ladies taking on the tough slippery course. Ladies Captain Sally McGrath led her Stubbettes home in style with 55th position. The ever improving Donna Mitchell was next home in 66th just two weeks after her marathon. I was next home for the A team in 82nd. Rachel Openshaw led the B team (yes TWO Teams!) in 83rd. Ronel Beukman was 109th and Sharon White was 113th.

A good turn out from the men meant that Chris Hall (who cycled to Goodwood) didn't bother running and disappeared before I could tell him otherwise because he told me he was going to run-tut tut! The Men were lead home by Simmo, with Dan not far behind. Ray, Nico and Nick completed the team. Next came some good grouping from John, Mike and Phil. It was good to see Men's Captain Mike back from injury and jogging around supporting his team mates. Keith who warmed up at the park run in the morning was next in followed by Gordon, Zac, Rick (on his first cross country) and Ryan again with some good grouping.

Well done to everyone who ran, there were some good positions on a tough course and thank you to Penny and everyone else for the support.
Look forward to seeing you all (and Chris Hall) at the next one on Saturday 3rd December at Popham.

*Lucy May*
*Cross Country Captain*

| | | |
|---|---|---|
| 65 | A Simpson | 32:57:00 |
| 86 | D Gueran | 34:01:00 |
| 126 | R Gunner | 36:04:00 |
| 158 | N Beukman | 38:10:00 |
| 178 | N Crane | 39:28:00 |
| 183 | J Blake | 39:58:00 |
| 184 | M Harper | 40:00:00 |
| 188 | P May | 40:45:00 |
| 204 | K Whitaker | 42:15:00 |
| 208 | G Westley | 43:18:00 |
| 210 | Z Conaty | 43:40:00 |
| 215 | R Scott | 45:05:00 |
| 217 | R Gunner | 45:38:00 |

| | | |
|---|---|---|
| 55 | Sally McGrath | 26:07:00 |
| 66 | Donna Mitchell | 27:03:00 |
| 82 | Lucy May | 28:44:00 |
| 83 | Rachel Openshaw | 28:56:00 |
| 109 | Ronel Beukman | 33:30:00 |
| 113 | Sharon White | 34:48:00 |

| | | |
|---|---|---|
| 32 | T Whitcher | 17:16 |

# THE GOSPORT HALF MARATHON

| | |
|---|---|
| Emily Foran | **01:23:42** |
| Susie Macgregor | **01:32:14** |
| Donna Mitchell | **01:37:18** |
| Lucy May | **01:45:23** |
| Gemma Cowan | **01:56:18** |
| Verity Wright | **01:58:08** |
| Katherine Daily | **01:59:57** |
| Rowena Dodds | **02:04:44** |
| Clara Fordina | **02:04:56** |
| Sarah Martin | **02:05:44** |
| Pippa Abbott | **02:06:41** |
| Sandie Mcintosh | **02:07:07** |
| Sharon White | **02:15:14** |

AITKEN HUNTER

SUSIE MACGREGOR AND NICK KIMBER

| | |
|---|---|
| Andy Simpson | **01:16:21** |
| Graham Bell | **01:20:27** |
| David Jeffery | **01:21:46** |
| Tony Smith | **01:22:23** |
| Mike White | **01:23:49** |
| Kevin Steven Wheeler | **01:26:32** |
| Tim Sullivan | **01:28:22** |
| Marcus Lee | **01:32:12** |
| Nick Kimber | **01:33:58** |
| Michael Townsend | **01:34:21** |
| Philip Martin | **01:36:51** |
| Philip May | **01:37:19** |
| Graham Martin | **01:37:35** |
| Zac Conaty | **01:45:28** |
| Aitken Hunter | **01:52:07** |
| Michael Wootton | **01:55:11** |
| George Howarth | **01:56:29** |
| Richard Chowns | **02:00:00** |
| William Cowan | **02:04:11** |

# THE LORDSHILL 10

A reasonably good Stubbie turn out on a chilly morning in Lordshill.

I haven't taken part in this race for a couple of years and I think the course has changed slightly though it still has the bottle neck after 20 yards and the water feature at mile 3. You can either run straight through the middle of the ankle deep puddle or mince delicately round the edge, I went for the mincing option and though it cost me a few seconds at least I only got my toes wet.

Some good individual performances and a few PB's were achieved, in particular Sarah Martin who put her best ever 10 mile time down to the warm up with Andy Simpson which was a little faster than she was used to.

*Richard Snell*

| | | | | |
|---|---|---|---|---|
| Andy | Simpson | 0:57:54 | MS | 5 |
| Graham | Bell | 0:59:35 | mV45 | 1 |
| David | Jeffery | 0:59:43 | mV40 | 3 |
| Tony | Smith | 1:02:06 | mV40 | 6 |
| Mike | White | 1:02:22 | mV50 | 6 |
| Susie | MacGregor | 1:07:31 | FV40 | 3 |
| Jon | Leigh | 1:08:02 | mV50 | 13 |
| MARCUS | LEE | 1:08:39 | MV40 | 17 |
| Nico | Beukman | 1:09:15 | mV40 | 21 |
| Nick | Kimber | 1:09:22 | MV50 | 15 |
| Philip | May | 1:10:49 | MV50 | 17 |
| Graham | Martin | 1:11:16 | nq | |
| Simon | CARSON-JONES | 1:11:26 | MS | 43 |
| RICHARD | SNELL | 1:12:56 | mV40 | 24 |
| Richard | Edmunds | 1:13:06 | mV40 | 25 |
| Lucy | May | 1:17:48 | FS | 13 |
| Elizabeth | Dandy | 1:24:29 | fS | 22 |
| Verity | Wright | 1:26:48 | fV40 | 15 |
| Sarah | Martin | 1:28:06 | fV40 | 19 |

# THE HAYLING 10

| | | | |
|---|---|---|---|
| 23 | Tony | Smith | 1:05:31 |
| 197 | John | Simister | 1:21:33 |
| 214 | Matthew | Abbott | 1:23:00 |

# The Christmas Mulled Wine Handicap returns!

The date for your diary is Sunday 18th December.

This is our third year of running this event and once again Nick Kimber is very kindly hosting the aftermath with the start and finish near his house at the junction of Cowes Lane and Hook Park Road in Warsash.

Last year we provided an ice rink for the course but I fear we cannot guarantee this for this year so put your skates away and break out your running shoes! Entry fee is £2 per head to cover costs and all participants /supporters will enjoy a cup of hot mulled wine and a mince pie at the finish and there will be prizes for first male and first female.

To give us an idea of numbers could you let me or Nick know if you're running the handicap and if your supporting hoards require hot alcoholic nourishment and carbo loading! Contact Nick at postbox@hookpark.co.uk or text 07977 411452 or me at tim.sullivan1@virginmedia.com or text 0789 6613962. An honesty bucket will be at the finish for the entry fees!

The usual rules apply for this scenic route taking in familiar scenes around Solent Breezes and Warsash Common – no watches, no Garmin, sundials, egg timers, hiding in car parks (Liz note) or any other skulduggery!

**The aim is to finish at 1100 at the end of Cowes Lane, Warsash.**

A recce is a must for this enjoyable route of between 1 and 215 miles (depending on your navigation skills!)

**The route is over the page**

1. Starting at the junction of Hook Park Road and Workmans Lane, run along Workmans Lane until you come to a metal gate.

2. Once through the gate, turn right on the gravel path and head toward the sea.

3. Just before you hit the beach (Chris Hall may choose to go straight on at this point!) turn right onto the path that runs along the cliff top and follow the coastal path all the way to the Rising Sun PH at Warsash water front. Watch out for the horses in one field, they eat runners!

4. Turn right at the Rising Sun, up the hill to the T junction and then right along Shore Road up to Warsash village centre.

5. At the roundabout go straight on keeping to the right hand side of Warsash Road

6. Soon after passing Church Road on the right, bear right into Dibles Road. After about 200m and down a dip, take the narrow footpath on the right just after number 32.

7. Follow this path through the woods which soon bears right up some steps. Join another path and follow round to the left which soon brings you onto a small green.

8. Run through the green, onto the estate road and then bear left into a cul-de-sac. Follow the path to the right of a double garage with white doors, join a track and turn left.

9. The track runs downhill then bears right and crosses over a wooden bridge.

10. Continue to follow the track uphill and at the top of the slope there is a footpath on the right by a wooden post with 2 red arrows and one blue arrow. Take this right hand path passing through a wooden barrier and then turn left.

11. At the T junction with the next track, turn right and follow this track around the open space of Warsash Common.

12. Bear right at Y fork and turn right at T junction. After a short distance jump over the low horse gate then almost immediately turn right through a metal kissing gate onto a probably muddy woodland path.

13. Follow this path through the woods which eventually comes out at a road (Fleet End Road). Turn right and run along the road for about 50m then turn right again onto yet another muddy woodland path.

14. Follow the path as it winds through the woods eventually coming to a gravelled road (Hook Park Road), turn right and run for about 50m before turning left and over a stile and onto a footpath through some fields.

15. At the 4th stile, turn left and follow the path around the field until you leap over a gate and back onto to Workmans Lane. But wait …. It's not over yet! Turn left at Workman's Lane and retrace some of your earlier steps, first coming to a T junction with a gravel track turning right here and heading towards the sea.

16. This time though when you reach the National Grid signage for Chilling Sub Station on the right of the track, ignore the warnings of 400,000V and duck under the barb wire and run along the substation road toward the sea.

17. If you've avoided death by horrible electrocution, run to the right of the heavily guarded sub-station (looks like something out of a 007 film!) along a track and yes over a gate and back into that field of runner-eating horses!

18. Sprint past the horses, bearing right and diving over the small gate at the end of this field.

19. Once on the beach path, run about 100m then turn right through a kissing gate and onto a footpath heading back inland.

20. Follow the path as it winds round before finally joining the seaward end of Cowes Lane. Sprint to the finish 100m at t'other end shouting out your name at the drunken marshals with clipboards.

21. Retire gracefully to Nick's driveway for mulled wine and mince pies and await glory (or not!)

*Tim Sullivan For Social Committee*

# SANDY BALLS DUATHLON

On Sunday 30th October while lots of green vests were lining up for the Great South Run, I was at Sandy Balls for an 8.15 start to the duathlon. Conditions hadn't been too bad on the way over but as the race progressed it became greyer and wetter, which was a shame as the colours in the New Forest could be quite spectacular at this time of year!

The run route had been adjusted due to muddy conditions, and although billed as 5k, it was closer to 6! A hilly route heading down the hill from the holiday park, back up and through the park, the out along roads, and still very hilly ... not what I wanted as my training has tailed off recently due to pressure of work and other commitments. As I finished the run with only one other lady in sight ahead of me I was convinced I was in last place, so decided to just get on my bike and enjoy the cycle through the New Forest.

Another out and back route along the main road mostly, I was pleased that the road was in good condition. I wasn't so pleased to be cycling into a head wind on the way back, but I did pass two other cyclists which spurred me on a little. The bike distance was a more accurate 20k.

The final run was tough with the hills and very slow, but my legs were tired due to the lack of run training, and for me it was more about finishing and enjoying the race, than the time.

I managed to stay ahead of the competitors I had overtaken on the bike, and then John told me I hadn't been in last, apparently there had been someone behind me all the time!

I thoroughly enjoyed the race, it was well organised, all the marshalls were very encouraging, and I would happily go back next year with a bit more hill training behind me.

1st male Lee Piercy 1:16:40
1st female Gemma Farrell 1:35:41 80th Ann Blake 2:22:53

83 completed the race
*Ann Blake*

# The Caesar Camp 50 mile Ultra

A few weeks ago I competed in Caesar Camp 50 mile Ultra. The event takes place to the east of Aldershot on the Army training grounds. The 10 mile off road lap climbs Sunny Hill then out towards and Ewshot and back to the Start/ Finish area. Each lap has a vertical ascent of 1520 feet. This makes for a great race which is challenging and has the advantage of passing the start/ finish regularly enough so you do not need to carry many 'supplies' or spare kit.

This set up does make it an ideal local 'Ultra' for any budding Ultra runner. The race is well organised, social and friendly and I can highly recommend it.

www.caesarscampenduranceruns.co.uk describes the underfoot conditions 'from quite nice to downright brutal'. Having completed the course I can only agree.

They do offer a 30 mile race which starts at midnight for those looking for a 'easy' Ultra or a 100 mile race for those looking for a complete 'beasting'.

My race went reasonable well except for the fact that I ran the first 20 miles to quickly. I finish a very happy 3rd overall with a finishing time of 9:51:12.

So I now have my 5 qualification points to enter Ultra Trail du Mont 2012. Whilst you have to qualify to enter UTMB, the entry will still go through a ballot process so keep your fingers cross for me please. I will find out mid January whether I successfully secured a place or not! Bring on 2012J

*Euan McGrath*

# WHY NOT TRY A TRI?

Try Tri events run childrens, novice and sprint triathlons in the Hampshire and Oxfordshire area. Next year they have 5 triathlon events taking place:

The Good Fri Tri, April 6th 2012, Radley College, Oxford
The May Day Tri, May 7th 2012, Kings School, Winchester
The Andover Tri, June 3rd 2012, Andover Leisure Centre
The Eastleigh Open Water Tri, July 1st 2012 Eastleigh Lakeside
The VLT (Olympic distance Tri) September 9th 2012, Andover Leisure Centre.

The Novice distance for each event will be roughly a 200m swim followed by a 10km cycle and a 2.5 km run. The Sprint distance will be a 400m swim followed by a 20km cycle and a 5km run. For each event there will also be a sprint SWICLE! Perfect for those who can't or don't enjoy running. This is a 400m swim followed by a 20km cycle.

There will also be an Aquathlon series, consisting of a 400 or 750m open water swim, followed by a 5km run, taking place at Eastleigh Lakeside on the last Thursday of every month from May to September 2012. They are currently offering a discount if you sign up to these events before the end of the year.

For more information and discount bookings please visit www.trytri.co.uk If you have any queries, please contact
Hannah Owens
Triathlon Events Director

Try Tri Events
02380 273657
www.trytri.co.uk

**The Stubbington 10k** is a little less than two months' away with another record field expected to take part. However race director Gary Littlecott reckons he faces his biggest challenge yet recruiting marshals.

"We are going to need well over 100 people helping out behind-the-scenes this time, and my concern is that we will have enough people on hand to help out," explained Gary.

Entries for the race on Sunday, January 15th should hit the 1,600 mark by the end of November and Gary expects to put up the 'race entry closed' signs early in December.

A record-number of Stubbies have entered the 2012 race, and with club membership at its lowest levels for many years it means Gary will have fewer bodies to choose from to help out on the day.

"It is a worry since we urgently need marshals and helpers both on the day and in the lead -up to the race," added Gary. "For those who are running the race it would be great if they could find someone to help out with the race – friends, family even neighbours! Basically, the race cannot function without marshals and I am desperately hoping we will have loads of willing volunteers to ensure we put on another first class race."

In the lead up to the Stubbington 10km, there will be a number packing session at Peel Common School, The Drive, Gosport on Wednesday, January 4th at 7.30pm, where 45 people will be required to help.

Volunteers will also be needed to distribute leaflets to homes along the 10km route on Saturday, January 7th and Sunday, January 8th. The more helpers, the merrier, to make the job a quick one.

And there will be marshals' meetings on Thursday, January 12th and Friday, January 13th at Crofton Community Centre at 7.30pm. Anyone marshalling MUST make one of the dates.

The Stubbington 10km has established itself as the best-organised race in the region, testified by the huge amount of positive feedback we receive every year. For that to happen, we need to behind-the-scenes helpers to ensure everything runs slickly on the day.

If you can help, or find a volunteer to join the fray, then Gary would love to hear from you. We need marshals to help out on the route directing runners and ensuring traffic control, but also to help out in Stubbington Square around the finish area and inside Crofton Community Centre.

There will be a plethora of jobs to be done, both before and after the race has finished, so we can get the area back to normal and litter-free as soon as possible.

If you can help, contact Gary (Race Director) on 07749 389404 or email: thelittlecotts@ntlworld.com or Paul Hammond (Chief Marshal) on 07817 369992 or email: pjh669q@btinternet.com

After a heated debate and several cups of tea with biscuits, the three lucky recipients of club places for the 2012 Virgin London Marathon were decided upon at this months committee meeting. They are.....
Sarah Martin, Richard Snell and Keith Whittaker. Good luck to them all.

# 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 Race Diary

| Date | Race | Venue | Time |
|---|---|---|---|
| Sun 1 Jan | Hare of the Dog (t.b.c.) | Forest of Bere, Wickham (t.b.c) | 11am |
| Sun 1 Jan | Knacker Cracker 10K | Ryker's Cafe, Box Hill, Dorking, RH5 6BN | 11am |
| Sun 1 Jan | Chard Flyer NY Day 10K | Chard Cricket Club, Zembard Lane, Chard, TA20 1JL | 11am |
| Sun 1 Jan | Brooks Serpentine 10K | 35 Merton Rd, Harrow, HA2 0AA | 11am |
| Mon 2 Jan | Today's Runner (Race 3) | Lord Wandsworth College, Long Sutton, Hook | 11am |
| Mon 2 Jan | Tadworth 10 | Tattenham Corner, Epsom Downs, Epsom, KT18 5LQ | 1pm |
| Mon 2 Jan | Hangover 5 | Hillbarn Recration Ground, Hillbarn Lane, Worthing | 11.30am |
| Mon 2 Jan | Somerley 10K | Somerley Estate, Ringwood, BH24 3PL | 11am |
| Mon 2 Jan | Cliveden Cross Country 6 | Cliveden, Taplow, Bucks, SL6 0JF | 10am |
| Sun 8 Jan | First Chance 10K | Quay Climbing Centre, Haven Banks, Exeter, EX2 8AX | 10.30am |
| Sun 8 Jan | Milborne 10 | Milborne St Andrew, DT11 0JX | 10.30am |
| Sun 8 Jan | First Chance 10K | Haven Banks Outdoor Centre, Exeter EX2 8AX | 10.30am |
| Sat 14 Jan | Runners Need G3 10K | Newlands Corner, Guildford, GU4 8SE | 8.30am |
| Sat 14 Jan | Hants XC (Race 4) | King's Park, Bournemouth | 1.35/2.30 |
| Sun 15 Jan | Stubbington 10K (HRRL 6) | Crofton Community Centre, Stubbington | 10am |
| Sun 15 Jan | Winter Tanners 2012 30 | Car Park, Station Road, Leatherhead, KT22 2FT | 8.30am |
| Sun 15 Jan | Bath Run Series 8K | University of Bath Campus, Bath, BA2 7AY | 10am |
| Sun 15 Jan | Oh My Obelisk 11 | Dawlish Leisure Centre, Dawlish, EX7 0AF | 10.30am |
| Sun 15 Jan | Rough 'n' Tumble 10 | Milton Lilbourne Village Hall, Marlborough, SN9 5LQ | 11am |
| Fri 20 Jan | Poole Runners Winter 5K | Boscombe Pier, Bournemouth, BH5 | 7.30pm |
| Sat 21 Jan | ASICS Wildman Duathlon | Hankley, Guildford, GU10 | 10am |
| Sun 22 Jan | Guernsey 10 Mile Champs | Garenne Stand, St Peter Port, Guernsey | 10am |
| Sun 22 Jan | Maxifuel Dorney Lake 5K | Eton Rowing Centre, Dorney Lake, Windsor, SL4 6QP | 12am |
| Fri 27 Jan | Brooks Serpentine 5K | 35 Merton Rd, Harrow, HA2 0AA | 12.30pm |
| Sun 29 Jan | Skyline 10K | Bushey Norwood Field, Bath, Avon | 11am |
| Sun 29 Jan | Hants Chronicle Romsey 5 | Broadlands Estate, Romsey , SO51 9ZE | 10am |
| Sun 29 Jan | Hestercombe Humdinger 9.5 | Hestercombe Gardens, Taunton, TA2 8LG | 10.30am |
| Sun 29Jan | Kenley 10K Charity Run | Kenley Airfield, Kenley Common, Kenley, CR8 5YG | 10am |
| Sun 29 Jan | Slaughterford 9 | Leafy Lane Playing Fields, Rudloe, Nr.Corsham, Wilts | 9.50am |
| Sun 29 Jan | The Perch 6.25 | Nonsuch Park , Ewell Road, Cheam, KT17 2DE | 10.30am |

# The Stubbington Noticeboard

| Dec-11 | What | Recovery | Where | |
|---|---|---|---|---|
| Thurs 1st | 7 x Cuckoo lane 1k | 300 mtr from finish to start | Cuckoo Lane | Chris H |
| Tues 6th | 2x2 mile | jog back to beginning | Locks Heath Cntr | Phil |
| Thurs 8th | Lee Triangle Accelerations | the hard road bits | Crofton | Mike B |
| Tues 13th | Figure of 8 Titchfield | | Locks Heath Cntr | Graham |
| Thurs 15th | Hillhead 6x600mtr Accelerations | | Crofton | Mike H |
| Tues 20th | 3x1.5 Tempo pace at 'Red Path | 200 mtr jog to start | Locks Heath Cntr | Mike W |
| Thurs 22nd | Pyramid Run 1-2-4-6-8 and back min runs | 1 min between runs 2 mins for 6 and 8 | Crofton | Chris H |
| Tues 27th | 8 Titchfield rollers (cos I don't like hills) | The down hill bits | Locks Heath Cntr | Phil |
| Thurs 29th | Lee Front Fartlek | | Crofton | |

GLEN'S THURSDAY TRAINING 6.30

1st Dec - 4 x 5 mins out and back - Stubbington

8th Dec - 6 x Rollercoasters - Locks Heath

15th Dec - 6 x 1K Cuckoo Lane - Stubbington

22nd Dec - 2 x Titchfield Figure of 8 - Locks Heath
(Plus Christmas drink in Wheatsheaf afterwards)

**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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