The Green Runner

THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS www.sgrac.net

January 2012

ELVES CONVENTION IN WARSASH

A lovely mild winter's day on Sunday 18th December greeted our 37 intrepid seasonal runners this year and there were about as many supporters (the mulled wine and mince pies draws them in!). Plenty of alcoholic and chocoholic prizes to go around this year, not least for the ever increasing efforts put into fancy dress outfits! I went for a run along Solent Breezes just before the handicap race and was rather surprised to encounter 4 running Christmas trees (maybe I need to cut down on the booze next year?!).

Anyway – yet again after an enjoyable 10k trot the finishers were all very close to the target 11am deadline with the winning male, Nigel Whitcher, coming in at 11.00.08 (good arrows Nige!) and first lady, Julie Ashman, arriving just 1 second later with husband Kev at 11.00.09!

Phil Martin as Santa's Little Helper?

Once all were accounted for (well at least I think they were!) runners and supporters gracefully retired to Lord Kimber's estate for the mandatory hot wine and pies and reminisced over what might have been had Mike White not been dragged along too fast by his dog and had Liz got out of bed in time for the race!

Suitably stuffed, we handed out the prizes which this year included best fancy dressed couples and family! Gill Rose and Richard Snell were rewarded for their Joseph and Mary (Mary complete with very large bump) and Phil and Sarah Martin for their elfin efforts. The family prize had to go to Jaz Smith's family of very well made (albeit hot after 10k!) Christmas trees. Fantastic effort by everyone all around and we look forward to even more inventive costumes next year!

Many thanks yet again to Nick and Helen Kimber for offering up their driveway to the hordes and preparing some very Moorish mulled wine. Great to see everyone smiling at this now well established club event – watch out for details of the Easter handicap soon!

Tim Sullivan
For Social Committee

Saturday's Race	
Richard Roche	01:45:25
John Nicholson	01:47:31
Jon Henderson	01:47:49
Sunday's Race	
Eric Beck	01:49:45
Donna Mitchell	01:49:45
Neil Jarvis	01:49:50
Julie Woodman	01:59:37

"Brooks HellRunner offers trail running at its toughest and most enjoyable. 10 -12 miles of challenging off-road running… tough, twisting trails… including the famed Hills of Hell and the Bog of Doom!"

That's the race advert that seven slightly crazy Stubbies signed up to including John Nicholson above who may be needing a new running vest soon.

PORTSMOUTH COASTAL WATERSIDE MARATHON

12	Tony Smith	03:02:13
159	Donna Mitchell	03:39:37
208	Graham Martin	03:47:34
385	Julie Woodman	04:15:17

Stubbington's Tony Smith finishes 12th

TODAYS RUNNER

With a few of the club's runners unavailable through illness, holiday or choosing to do another event it was a depleted team of 17 Stubbies which headed to Farnham for the second Todays Runner cross country which took place at Bourne Woods. However the team was reinforced by an influx of our younger members in the shape of James Sawyer, Sam Bell, Owen White and Leanna Whaley.

In fact it was one of those youngsters who led the team home with a strong run to cross the line in an excellent 7th place. It is good to see Graham making the transition from road to winter cross country and he capped his first run in a TR event with a fine 22nd place to be the second Stubbie back. Our third scorer was Mike in 53rd place proving that he is continuing his return following injury and he was closely followed by Jon (59th). The final scoring position was taken by another of the youngsters as Sam crossed the line in 84th place to ensure the Bells were ringing for the team. As a result the men's team were 7th.

OUR NEW FLAG

Despite Emily, Susie, Sally and Gill amongst the absentees from the ladies team which performed so well at QE Park the team still ran well at Farnham to secure a 6th place on the day. Tanya was again our first Stubbie lady home in 4th place and Donna was delighted with her 22nd place to be the team's second scorer. Lucy had a fine run to cross the line in 30th place, reflecting her continued improvement, to complete the team scoring. This result when combined with the men's meant we finished in 6th= place on the day.
John Tussler

Men	Ladies
7 James Sawyer	4 Tanya Brady
22 Graham Bell	22 Donna Mitchell
53 Mike Harper	30 Lucy May
59 Jon Leigh	64 Jane Butler
84 Sam Bell	68 Katherine Briggs
114 Owen White	74 Linda Hunt
140 Rick Scott	81 Leanna Whaley
167 Kevin Ashman	106 Caroline Street
	114 Sarah Martin

Your club needs you! Just a reminder that our Todays Runner fixture takes place at Manor Farm Country Park on Sunday 29th January at 11.00am and I am looking for a large number of volunteers to help out with marshalling duties in order to ensure that everything runs smoothly. So if you can spare a couple of hours on the day and are able to assist in any way please contact me by email - john_tussler@hotmail.com or by phone 02392 347962/07887791670. Your help would be greatly appreciated.
John Tussler

CHRISTMAS 10K CHRISTCHURCH

Bournemouth A.C.'s Ian Habgood won a damp and windy Christmas 10k at Burton, Christchurch in a time of 32.14 holding off the challenge of second placed Stephen Way (32.22). Brighton and Hove's Kevin Rojas was third (32.35) with another Bournemouth A.C. runner, Rob McTaggart fourth (32.36).

Littledown Harriers' Emma Dews was the first lady in a time of 37.01 with Kathryn Bailey of Winchester and Dist. A.C. second (38.02) and Helen Dyke of Poole Runners was third (38.44).
The race was started by BBC South weather presenter Alexis Green who also ran and finished with a time of 42.27.
Three Christmas spirited Stubbington runners took part, Lucy, Donna and Eric, the new Thee Amigos.

93	00:43:38	MAY, Lucy
114	00:44:55	MITCHELL, Donna
160	00:47:09	BECK, Eric

HANTS XC

Popham Airfield was the venue for the third fixture of the Hants cross country league with fourteen Stubbies making the trip up to the flat-ish course; or as Dad put it "as flat as a bowling green…just on a slope!" We had sunny conditions however there was a bitterly cold wind. As Graham put it, 'it was wind good enough to kite surf in' (knowing that I had just come back from a kite surfing holiday but didn't get any wind! Thanks for rubbing it in Graham).

Tom was once again off first in the under 15's race coming in 35th and just over two minutes behind the leader, well done Tom.

The Stubbettes were off next lining up ready to go to then be told we were all stood in the wrong spot so we all had to shuffle over to the actual start line. Donna Mitchell led us home with an improved position from Goodwood of 52nd. I was next home just ten places behind in 62nd with Sharon White completing the team in 85th Place. Special thanks to Sharon who felt a bit of a twinge part of the way round but soldiered on to the finish to ensure we had a complete team- hope it's all better now Sharon.

In the men's race newbie James Sawyer lead the green team home with a brilliant 70th overall position and 13th Under 20. Dan Gueran who was feeling under the weather from a recent illness was next in, followed by (make sure you're seated for this next shock appearance) – Mr Graham 'road runner' Bell who was just ahead of Ray Gunner, with Mike Harper completing the team. This was followed by some good grouping from Nick Crane, John Blake and Gordon Westley. With Keith Whitaker (having warmed up once again at the mornings Park run) and Zac Conaty finishing off the brilliant turn out.

Lucy May
Cross Country Captain

James Sawyer

Men's results:
James Sawyer 70th
Dan Gueran 102nd
Graham 'Road Runner' Bell 112th
Ray Gunner 117th
Mike Harper 139th
Nick Crane 161st
John Blake 165th
Gordon Westley 179th
Keith 'park run' Whitaker 185th
Zac Conaty 197th

PERFORMANCE OF THE MONTH

Donna Mitchell for her massive PB at The Portsmouth Waterside Marathon 03:39:37

Perhaps we'll see a sub three and a half hours in 2012?

Lucy May 43:38 10k in Christchurch just before Christmas

Just how quick can she go in 2012

NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT r.snell48@btinternet.com

Hampshire Road Race League

15/01/2012	10:00am	Stubbington 10k	**FULL**
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**

SGRAC Championships Leaderboard

The 2011/12 Stubbington Leaderboard is up and running and will be following the same format as previous years. You don't have to be the fastest to win the SGRAC Running Championships. This is because the championships are not about how quickly you run, or how high up the field you finish in a race, they're about recognising the valuable contribution that you make to the club by wearing the famous green vest at events across the region.

The club championships will this year incorporate the Hampshire Road Race League (HRRL), Hampshire Cross Country League (HXCL), the Cross Country Championships (XCC), Today's Runner Cross Country League (TRL), RR10s, and the club Time Trials (TTs). And will run from September 2011- to September 2012.

Race Series	# Races	Points/Race	Bonus for 100%
Hampshire Road Running League	12	5	25
Hampshire Cross County League	5	5	15
Cross Country Championships	3	10	15
Todays Runner	7	5	15
RR10	9	5	15
Time Trials	7	5	15
Marshalling / Helping			
Stubbington 10k	1	10	0
Todays Runner	1	10	0
RR10	1	10	0

After the final event of the championships, prizes will be awarded to the five members with the highest overall scores, at the awards dinner. So, with a massive 42 SGRAC championship events to choose from, there's no excuse not to lace up your shoes, pull on your vest, and start scoring points!

Graham Bell

SGRAC Championships Leaderboard

Rank	Name	HRRL	HXCL	XCC	TR	Total
1	Lucy May	20	15		10	45
2	Donna Mitchell	20	10		10	40
3	Philip May	25	10			35
3	Graham Bell	25	5		5	35
3	Andy Simpson	25	5		5	35
6	Susie MacGregor	25			5	30
6	Mike Harper	10	10		10	30
8	Zac Conaty	10	15			25
8	Sarah Martin	15			10	25
8	Sally McGrath	10	10		5	25
8	Richard Snell	15	5		5	25
8	David Jeffery	25				25
12	Verity Wright	20				20
12	Sharon White	5	10		5	20
12	Nico Beukman	10	10			20
12	Emily Foran	15			5	20
15	Tony Smith	15				15
15	Tom Whitcher		15			15
15	Tim Sullivan	15				15
15	Rick Scott		5		10	15
15	Ray Gunner		15			15
15	Philip Martin	15				15
15	Nick Kimber	10			5	15
15	Nick Crane		10		5	15
15	Mike White	15				15
15	Marcus Lee	15				15
15	Kevin Wheeler	15				15
15	Kevin Ashman	5			10	15
15	Keith Whittaker		15			15
15	Jon Leigh	5			10	15
15	Gordon Westley		15			15
15	Dan Gueran		15			15
31	Tanya Brady				10	10
31	Sam Bell	5			5	10
31	Ronel Beukman		10			10
31	Richard Edmunds	10				10
31	Richard Chowns	10				10
31	Rachael Openshaw	5	5			10
31	Linda Hunt				10	10
31	Katherine Briggs				10	10
31	John Blake		10			10

Rank	Name	HRRL	HXCL	XCC	TR	Total
31	Jane Butler				10	10
31	James Sawyer		5		5	10
31	Ian Webber	10				10
31	Graham Martin	10				10
31	Gill Rose	5			5	10
31	Elizabeth Dandy	5	5			10
31	Chris Hall		5		5	10
47	William Cowan	5				5
47	Tim Crumpton	5				5
47	Simon Carson Jones	5				5
47	Sandie McIntosh	5				5
47	Ryan Gunner		5			5
47	Rowena Dodds	5				5
47	Robert Spencer	5				5
47	Pippa Abbott	5				5
47	Paul Hammond				5	5
47	Owen White				5	5
47	Mike Wotton	5				5
47	Mike Bell				5	5
47	Michael Townsend	5				5
47	Mark Le Gassick	5				5
47	Lucinda Le Gassick	5				5
47	Leanna Whaley				5	5
47	Katherine Daily	5				5
47	John Vose				5	5
47	John Simister				5	5
47	John Cox	5				5
47	Jane Adlard Mcgrath	5				5
47	Graham James				5	5
47	George Howarth	5				5
47	Gemma Cowan	5				5
47	Euan Mcgrath	5				5
47	Eric Beck				5	5
47	David Richards				5	5
47	Daragh Hendley	5				5
47	Clara Fordina	5				5
47	Caroline Street				5	5
47	Ashley Lovell	5				5
47	Andy Lee				5	5
47	Alan White	5				5
47	Aitken Hunter	5				5

THE BEACHY HEAD MARATHON

It was a cold dark Friday night when the Simisters and I arrived in Eastbourne. John and I went to collect our numbers for what was billed as one of the toughest marathons in England on the following day. As we came out of the tent firmly clutching the numbers (it was quite windy) we looked up to the first hill only a couple hundred metres from the start. As it was dark I had no idea what it looked like so it was easy enough for me to stay relaxed and enjoy the evening with John's family who live in Eastbourne.

Two other Stubbies - Alan and Eric, unfortunately did not run due to a serious health problem for Alan. Best wishes to Alan and his family and I hope he carries on recovering well. Best wishes to Eric as well who looked after Alan when he needed it. They were both missed on the day.

The morning of the race started off relaxed and calm, except for the weather which was very blustery. John and I headed to the start with Sue, Katie and a big green frog called Lacey to support us. There was quite a large turnout of excited but nervous people. The wind was beginning to drop a bit and the sun was trying to come out so conditions were looking quite good, that is all except the first hill. Seeing it in daylight made me think this was really going to be as tough as it was made out.

One minute John and I were on the start line together the next we were separated as I sought out some space on the left hand edge to make my ascent. It was tough but the incline soon decreased to something more manageable and I settled into a nice rhythm. I kept this going up to mile 3 where I met a guy called Matt with whom I ran a large part of the race. It was an easy pace, the company was good, the weather was constantly improving and the views were excellent and about mile 15 2h15 after starting, I asked what time Matt was hoping for. The answer was sub 4 and at that point I wondered "could I do this?" and then promptly said that at some point I would tire and he should just go on.

Matt was impressed with the support crew I had (Sue, Katie, Lacey, John's mum and sister) and I found their support great. The support throughout was also tremendous as there were loads of people everywhere! I began to tire soon after mile 19 (This is where my training began to tell or at least not doing enough of it!) and despite Matt hanging on for me for a mile and dragging me round he set off on his own and I hope he achieved his sub 4. What a great running partner he was.

As foretold by Chris Hall mile 20 onwards was hard. I worked a bit too hard in the first 20 but hell I enjoyed them, it just meant I had to work harder in the last 6. The wind had picked up a bit now and there were times where I walked - the uphill bits, but I ran the downs and the flat (umm I missed the flat bit if it actually existed...). As I approached the end I caught sight of Sue, Katie and Lacey the frog and felt that I was about to complete my toughest challenge yet and realised that I had enjoyed every mile of it including the hard painful bits.

Credit to John S who was running his maiden marathon - what a one to do. He looked very tired when he finished but was pleased to have done it and swore blind he would never do a marathon again. Lets just see, I said that after London!

I finished in a time of 4 hours 26 mins in 290th
John Simister finished in 5 hours 34 mins in 782nd

Fastest man was Steve Nimmo in 3 hours 2 mins
Fastest lady was Susie Casebourne in 3 hours 37 mins
There were 1,700 runners and walkers with 851 completing it in under 6 hours.
John B

When I first heard that Alan and Eric had signed up for the Beachy Head marathon and were going to do training runs on the Southdown's I thought it would be a great off road training opportunity to join in with them which it was. As I come from Eastbourne and my family live there I decided that if I was going to do the training I might as well sign up and give it a go and have a weekend away.

As well as the runs on the South Downs, John and I did distance training locally and with John's encouragement I managed to get up to around 20 miles. In hindsight I should have done some other types of training in between the weekly long runs, but I was worried about getting injured and missing out.

I was amazed how many runners there were and how little some seemed to be wearing and taking with them seeing as it was quite nippy. We did look for Alan and Eric totally unaware what was going on. Within a few hundred metres of the start is the first hill and John B disappeared from view at this point. For the next 10 miles it is mainly running on the top of the downs then down into Friston Forest then back up above Alfriston (amazing views all round) then down again on some very bumpy tracks. Sue, Katie and my Mum and Sister were at Alfriston. Sue told me John was quite a long way ahead of me and he was going really well (Thanks Sue!!).

The next 6 miles or so was quite undulating. Sue and Katie (& Lacey the frog) were at High and Over to cheer me on then they dashed off to see John cross the line back in Eastbourne. Their support was very welcome at this point as I was feeling quite tired. By now John B was about an hour ahead of me.

From here it did start to get quite tough and there were 2 sets of steep steps as you went back into Friston Forest and onto Exceat. Everyone kept saying the Seven Sisters and Beachy Head were going to be hard and for me this was definitely true, but the final mile downhill to the finish was a bonus.

Although I was completely exhausted I was really pleased I had got round ok and have the medal and sweatshirt to prove it. John B did really well and had a great run and time.

It is a really well organised run and the checkpoints, especially the one in the middle of nowhere on the Seven Sisters was very welcome. Will I do it again??? (maybe!!)
John S

The Race Diary

Date	Race	Venue	Time
Sun 1 Jan	Hare of the Dog (t.b.c.)	Forest of Bere, Wickham (t.b.c)	t.b.c.
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 Race Diary

Date	Race	Venue	Time
Fri 3 Feb	Poole Runners Series 5K	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 4 Feb	Asics Tuffman (Duathlon)	Pippingford Park Estate, Gatwick, TN22 3HW	10am
Sat 4 Feb	Ultra Thames Trot 50	Oxford, to , Henley, OX4 4EF	8.30am
Sat 4 Feb	Runners Need G3 10K	Newlands Corner, Guildford, GU4 8SE	8.30am
Sat 4 Feb	The Pilgrim Challenge 66	Sandy Farm Business Centre, Farnham, GU10 1PX	8am
Sun 5 Feb	Bookham 10K	Polesden Lacey Infant School, Bookham, KT23 4PT	10am
Sun 5 Feb	Chichester Priory 10K	Northgate Theatre Carpark, Chichester, PO19 6AP	10.30am
Sun 5 Feb	Nonsuch Park 10K	Nonsuch Mansions, Ewell Road, Cheam, SM3 8AL	11am
Sun 5 Feb	Ryde 10 (HRRL 7)	Ryde Rowing Club, Ryde Esplanade, Ryde, PO33 1ND	11am
Sun 5 Feb	USN Dorney Duathlon	Eton College, Dorney Lake , Windsor, SL4 6QP	10am
Sun 5 Feb	Blackmore Vale Half	Playing Fields, Bishops Caundle, Sherborne, DT9 5NQ	11am
Sun 5 Feb	Longleat 10K	Longleat, Warminster, BA12 7NW	10am
Sat 11Feb	Hants XC (race 5)	Salisbury, Hudsons Field, Castle Road (A345)	1.35/2.30
Sun 12 Feb	Bramley 10 (HRRL 8)	Bramley Primary School, Basingstoke, RG26 5AH	10.30
Sun 12 Feb	Coastal Half, Portsmouth	The Pyramids Centre, Portsmouth, PO5 3ST	10.15am
Sun 12 Feb	Meon Valley Plod 21	Scout Hall, Little Hyden Lane, Clanfield, PO8 0RE	10.30am
Sun 12 Feb	Reading 5	Whiteknights Campus, Reading, RG6 6UR	11am
Sun 12 Feb	Valentines 10K	Chessington Sports Centre, Chessington, KT9 2JS	9am
Sun 12 Feb	Valentines Run 4	Village Hall, Church Lane, Southwater ,RH13 9BT	10am
Sun 12 Feb	The Wiltshire 10	King George V Playing Fields, Melksham, SN12 7ED	10am
Sat 18 Feb	Endurance S. Devon Ultra	Beesands, Nr Kingsbridge, Devon TQ7 2EN	8.15am
Sun 19 Feb	Today's Runner (race 5)	Rogate Common, Liss	11am
Sun 19 Feb	Brighton Half Marathon	Madeira Drive, Brighton Seafront	9am
Sun 19 Jan	Reigate Priory Park 10K	Priory Park, Bell Street, Reigate, RH 2 7RL	11am
Sun 19 Feb	Brooks Plymouth Hoe 10	25 Crossway, Plympton PL7 4HX	9.30am
Sun 19 Feb	Lychett Manor 10	Lytchett Minster School, Poole, BH16 6JD	10.30am
Sun 19 Feb	The Stinger Plymouth	Newnham Park, Plympton, Plymouth, PL7 5BN	11am
Sat 25 Feb	BHF South Downs Way 20	QE Country Park, Horndean	t.b.c.
Sun 26 Feb	Chronicle Winchester 10K	River Park Leisure Centre, Winchester, SO23 7DD	10.30am
Sun 26 Feb	Heartbreak 14 & 10K	Sandy Balls Holiday Park, Godshill SP6 2JZ	10am
Sun 26 Feb	Heartbreak Marathon	Sandy Balls Holiday Park, Godshill SP6 2JZ	9am
Sun 26 Feb	Henfield 9 Mile Run	Henfield Leisure Centre, West Sussex BN5 9QB	10am
Sun 26 Feb	The Vale Gallop 10K	The Pony Club Field, Walton on the Hill, KT20 5BN	10.30am
Sun 26 Feb	Skyline 10K, Bath	Sports Training Village, Bath University, Avon BA2 7AY	11am

The Stubbington Noticeboard

JAN 2012	What	Recovery	Where	
Tues 3rd	Race pace 2x12 mins	3 mins between the 2 sets	Locks Heath Cntr	Mike B
Thurs 5th	Crocodile Run	2 x 15 mins	Crofton	Graham B
Tues 10th	Figure of 8 Titchfield		Locks Heath Cntr	Mike W
Thurs 12th	Lee Front Fartlek		Crofton	Mike H
Tues 17th	5 x Paarlauf at Cresent Rd		Locks Heath Cntr	Phil
Thurs 19th	5k Race pace 4 x 6mins	2 mins rest between runs	Crofton	Chris H
Tues 24th	8 Titchfield Rollers		Locks Heath Cntr	Mike B
Thurs 26th	4 x 1200m acceleration (2 mins)	2 mins between each triangle	Crofton	Phil
Tues 31st	Soveriegn Cresent x 4	200 mtr	Locks Heath Cntr	Mike W
FEB 2012				
Thurs 2nd	Lee Front Core drills		Crofton	Phil
Tues 7th	Race pace 2x10 mins	3 mins between the 2 sets	Locks Heath Cntr	Graham B

Glen's Thursday Training

5th Jan - 20 Short Hills - Locks Heath
12th Jan - 3 x Lee Triangles - Stubbington
19th Jan - 7 x Paarlaufs - Locks Heath
26th Jan - Lee 10 mins out and back - Stubbington

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

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

Who's who... ...

Chairman: Phil May
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Secretary: Paul Hammond
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Men's captain: Mike Harper:
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theharpers12@hotmail.com

Ladies' captain: Sally McGrath
sallymcgrath@sky.com

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