The Green Runner

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

THE PERFECT 10K

"Thoroughly enjoyed the race on Sunday, a lovely scenic course, a nice crisp bright morning, great organisation."
"Thank you Stubbington! My first time, although I'll be back next year."
"Thank you so very much for organising such a great event. It was excellently handled all the way through"

Just some of the many comments of praise for yet another successful Stubbington 10K.

EMILY FORAN

1466 runners officially completed the race, plus several non chipped athletes. Chris Powner of Winchester & District AC was first home in a new course record time of 30:39; first Vet Male was former Stubby Zippy Grice now running for Portsmouth AC in a time of 34:40 closely followed by the first Green vest of our very own David Castle 34:41
For the Ladies Winchester's Lucy Elliott finished first in 34:17, Emily Foran was first Stubby Lady in a very impressive 38:35

Well done Gary and all his helpers, marshalling, cooking, tidying, distributing chips and generally making the event the best 10K in the South of England.

DAVID CASTLE

FUN RUN RESULTS

There were 83 youngsters who ran on Sunday in 4 categories

Many thanks to all the helpers and spotters - it is quite a difficult task when so many cross the line almost at the same time. Also many thanks to all the youngsters who took part - all the money goes to the Naomi House Hospice for children.

Thanks, Pat Woodward

	Girls 11-15	Girls 7 - 10	Boys 11 - 15	Boys 7 - 10
1st	Evie Grice	Caitlin Marshall	Matt Riley	Callum Crock
2nd	Maisie Grice	Lucy Davis	Connor Stock	Joe Farlow
3rd	Hannah Smith	Joy Odey	Edward Scarborough	Tom Farlow

AGM

Ladies and Gents the time has come for the AGM and as you are aware the committee stands down to be re-elected.

Mike Harper has decided to step down from the post of Men's Captain.
So a new member for the committee is required.

John Tussler is standing down the post of Todays Runner and RR10 co-ordinator, so a member is required for this post.

John and Anne Blake are standing down as the people to see for new kit so this post requires an individual or couple to hand out the orders for the kit, there is a small stock being held by John and Anne that will require housing.

If anyone would like to be considered for these positions then let Phil know as soon as possible.

Thank you for your support.
Phil May Chairman

THIS years Stubbington Green Runners AGM will take place at the Crofton Pub in Crofton Lane , Stubbington on Wednesday 29th February at 8:00pm. If you have any items for the agenda then please contact Paul Hammond.

Three items already on the agenda are,
1. To alter the club name
2. How the club funds are spent and how they could be spent in the future.
3. As per the club constitution, the whole committee - except the chairman - will be standing down for re-election; so if you would like to take up a position on the committee this is your opportunity.

The AGM is your chance to ask the club as a whole in a more formal setting any questions you may have about how the club is run; it is also a good opportunity to discuss any ideas you may have about future events or races you would like to see the club arrange or partake in.

As well as the club committee there is also the social committee, so ideas about future social events are also welcome.

Light snacks, (sarnies), and the bar will be available for carbo loading.
Paul Hammond

I have decided to step down as Men's Captain, after a couple of years, mainly as I'm not able to get to enough training sessions currently, and when I do I'm hardly leading from the front these days, if I ever was!

After 15 years as either XC sec, Track & Field manager, HRRL Capt & then Men's Capt, I'm sure you have all had more than enough of me, but despite that I intend to offer as much help as possible to our great Club, and in a few months when my nasty knee injury allows, I'll be puffing round in a Stubby 'B' or 'C' team somewhere, though not at Lord Wandsworth College!

I know the ladies have been flying this past year, and I'm sure the men can match them, with Lewis returning, James and David joining us, and hopefully Mark getting his leg sorted, so that Simmo will have a few more green vests around him!

Of course, whoever takes over I am more than happy to advise/help on the South Downs and Test Way relay, not to mention the White Horse and Emsworth/ Basingstoke, and Southern Road relays.

Thank you all for your fantastic support over the years, and kindness recently with this serious knee injury.

Mike Harper

STUBBINGTON 10K RESULTS

Emily Foran	00:38:35	David Castle	00:34:41
Tanya Brady	00:39:19	Andy Simpson	00:35:06
Lucy May	00:42:06	Graham Bell	00:36:51
Donna Mitchell	00:44:26	Chris Hall	00:37:12
Sally McGrath	00:45:21	David Jeffery	00:37:23
Rachael Openshaw	00:45:35	Mike White	00:38:15
Julie Woodman	00:51:38	Kevin Steven Wheeler	00:38:35
Marina Odey	00:52:18	Ray Gunner	00:40:15
Lisa Donn	00:52:46	Tim Sullivan	00:40:20
Jennet Woolford	00:54:54	Philip Martin	00:41:25
Louisa Abbott	00:54:55	Marcus Lee	00:42:06
Nicola White	00:54:05	Graham Martin	00:43:01
Angela Benfield	00:55:22	Andy Lee	00:43:07
Simone Bayly	00:56:17	Nick Crane	00:43:30
Clara Fordina	00:55:24	Richard Chowns	00:42:47
Ronel Beukman	00:56:54	Sam Bell	00:43:43
Sandra Abrams	00:57:54	Nico Beukman	00:44:25
Jules Dinwoodie	00:58:48	Neil Richardson	00:44:48
Liz Hall	01:01:33	David Abrams	00:45:40
Kimberley Law	01:06:01	Richard Edmunds	00:46:10
		Jon Henderson	00:47:28
		Paul Southon	00:48:51
		Ian Webber	00:48:36
		Ryan Gunner	00:49:56
		Alan White	00:51:38
		John Cox	00:51:41
		Michael Wootton	00:53:44
		Russell Mead	00:57:22

RICHARD CHOWNS

LISA DONN

MICHAEL WOOTTON

RONEL BEUKMAN

THANK YOU

Di, Kathy, Chris, Tracie, Karen and Anne; the cafe team, would like to say a huge **THANK YOU** to everyone who very kindly donated the wonderful selection of tasty cakes for the 10k cafe! They were gratefully received and went down a treat with the customers, with next to nothing left over.

We'd also like to say thanks to Jaz Smith and John Vose for helping us out and running to Budgens for change and milk on the day. Another big 'thank you' goes to Kathy's daughter Lucy who gave up her time and came along to help with serving the hot food on the day. She was an enormous help and a very valued member of the team!! Here's hoping we can drag her along again next year!! Many thanks, Lucy'
Tracie

MEMBER OF THE MONTH

60 SECOND INTERVIEW WITH… ANN BLAKE

Words:

Tina Chantrey

Running with diabetes is a tough challenge. Ann Blake shows that you can run whilst coping with both coeliac's disease and diabetes, and even aim for a marathon.

"When my son, Tommy, was three I thought running would help me get fit again," says Ann. "I managed to get going, but a chest infection put a stop to my training, and I was struggling to find a way to manage running, hockey and diabetes - it all seemed too much and I gave up.

"My husband, John, joined our local club, Stubbington Green Runners and going along with him to races made me want to try again. I then got a shoulder injury playing hockey, but more importantly, I started on an insulin pump to manage my diabetes," she states.

An insulin pump provides a continuous delivery of insulin, which can be topped up with 'boluses' for meals. As the supply of insulin is continuous you have control over how much insulin the pump delivers, making it much easier to respond to changes in your activity levels. "It's probably more complicated than taking injections," believes Ann, "but it gives so much more flexibility and control; two and a half years later I wouldn't be without my pump."

Q.1 When did you join the club, and why?
March 2009 with the beginners course. My husband John had joined and encouraged me to get running. I wanted a way of keeping fit between hockey seasons.

Q.1b How long have you been running?
I ran a bit before joining the club but consistently since then.

Q.2 What is your favourite running event?
The Guernsey Easter running festival - it's friendly and there are some quality athletes there. It's a good way to combine running with a holiday.

Q.3 What achievement would you most like to be remembered for?
Completing all four Guernsey races two years in a row and improving on my times in all four the second time around including taking over five minutes off my half marathon.

Q.4 What do you do when not running?
Work, cycle and support John and Tommy in their sporting activities.

Q.5 What was your most embarrassing sporting moment?
A hockey game; with only the keeper to beat I went over on my ankle, missed and ended up in plaster with a fracture.

Q.6 Who is your sporting inspiration?
Sir Steve Redgrave; to achieve that many Olympic gold medals and to have been diagnosed with Type 1 diabetes and still go on for more must have required some dedication and support.

Q.7 Which 3 sports people would you invite to a dinner party (alive or dead)?
Sean Kerly, Roger Black and Kelly Holmes - they have all inspired me in different ways.

Q.8 Who would you most like to meet and why?
Dr Ian Gallen for some tips on training with diabetes

Q.9 What is your favourite food?
Curry and chocolate but not at the same time!

Q.10 Favourite film of all time?
The Italian Job

Q.11 Top 3 songs on your IPod?
This is tough as there are thousands to choose from and it depends on my mood but at the moment probably 'Magnificent' by U2, 'Beautiful Dangerous' by Slash featuring Fergie, and 'The Other Side of the World,' by KT Tunstall.

Q.12 Three words to describe you?
Determined, independent, shy. (Tommy said busy, mad, Mum!)

Q.13 What is your greatest aspiration? Or your next goal?
My next goal is to be able to swim 250 metres well enough to enter a triathlon in March. I'd like to do a marathon too but don't have enough time for the training at the moment.

Q.14 If you could only pass on one piece of advice, what would it be?
Remember why you enjoy running!

Hampshire Road Race League

05/02/2012	11:00am	Ryde 10 mile	**Entries On The Day**
12/02/2012	10:30am	Bramley 20 mile	**Entries Closed**
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	**Entries Now Open**
13/05/2012	10:30am	Netley 10k	**tbc**

LEAGUE STANDINGS AFTER THE STUBBINGTON 10K

LADIES A TEAM

1	Winchester	10
2	Eastleigh	17
3	Stubb'n Green	20
4	Alton Runners	29
5	New Forest	32
6	Salisbury ARC	37
7	Farnham	40
8	Pompey JC	44
9	Victory AC	46
10	Overton	56

MENS A TEAM

1	Winchester	9
2	Overton	17
3	Stubb'n Green	24
4	Salisbury ARC	25
5	Pompey JC	37
6	New Forest	38
7	Andover AC	40
8	So'ton AC	40
9	Denmead	41
10	Victory AC	59

LADIES B TEAM

1	Winchester B	8
2	Winchester C	29
3	Fareham	38
4	Pompey JC B	38
5	Denmead	40
6	Stubb'n Green B	42
7	New Forest	46
8	Eastleigh	47
9	Farnham	56
10	Alton Runners	63
11	Victory AC	66
12	Salisbury ARC	70
13	Pompey JC C	71
14	Stubb'n Green C	74
15	So'ton AC	94

MENS B TEAM

1	Winchester B	13
2	Stubb'n Green B	21
3	Pompey JC B	24
4	Winchester C	37
5	Salisbury ARC	45
6	Overton	46
7	Farnham B	48
8	Andover B	48
9	Pompey JC C	49
10	So'ton AC	54
11	Eastleigh	55
12	Fareham	63
13	Denmead	66
14	Pompey JC D	79
15	Gosport	81

MENS C TEAM

1	New Forest	20
2	Stubb'n Green C	31
3	IOW RR	37
4	Lordshill B	48
5	Farnham C	48
6	Totton RC	52
7	Hardley	63
8	Victory AC	63
9	Lordshill C	73
10	Andover C	75
11	Alton Runners	75
12	Poole AC	94
13	Portsmouth AC	96
14	Hart RR	97
15	Aldershot FD	108
15	Romsey RR	108
15	Ryde Harriers	108

PERFORMANCE OF THE MONTH

Gary Littlecott – Another great 10K race organised and delivered with military efficiency, and he manages to keep smiling throughout the event.

Mike Harper – despite sustaining a serious injury to his knee, that could keep him out of running for several weeks, he still managed to complete the race and score well for the team.

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

HANTS XC

The Hampshire Cross Country Championships returned to Dibden Inclosure after a couple of years break and saw a record breaking (definitely in recent years) number of 23 Stubbies competing. There were a few first time cross country runners which was good to see.

Ladies results:
Tanya Brady 16th
Emily Foran 17th
Lucy May 49th
Donna Mitchell 50th
Sally McGrath 59th
Rachael Openshaw 69th
Pipa Abbott 75th
Sharon White 89th

Once again the first Stubby to race was Tom Whitcher who finished a brilliant 26th and only a couple of minutes behind the winner. The Stubbetts were off next in the Ladies 8.4KM race with International runner Louise Damen from Winchester taking the glory. Tanya Brady led the Stubby team home with an excellent 16th position with Emily Foran just behind in 17th, coming 2nd and 3rd in their age group. Both received letters inviting them to represent Hampshire in the inter counties race.

The A team finished 8th overall and the B team finished 17th out of 19 teams. The Vets, consisting of Tanya, Emily, Donna and Sally came a brilliant second behind Winchester improving by one place from last year. *Lucy*

The Men's 12.1KM race was won by another international runner, Lee Merrien from Guernsey. A new streamlined Andy Simpson led the Stubbies home with a brilliant 39th place. Dan Gueran came home in 76th and Graham 'road runner' Bell 82nd. The men's A team came 11th and the B team came 16th out of 17 teams. The Vets A team came 6th and B team came 11th out of 12 teams.

Men's results:
Andy Simpson 39th
Dan Gueran 76th
Graham Bell 82nd
Chris Hall 85th
Daragh Hendley 86th
Michael Townend 110th
Graham James 112th
Jon Leigh 116th
Gordon Westley 125th
Richard Snell 131st
Phil May 133rd
John Blake 136th
Keith Whitaker 144th
Eric Beck 150th

GUERNSEY EASTER RUNS

Every year a group of Stubbies cross the Channel to take part in this superb weekend of running. There are four races over four days; a 10k, 4.5 mile cross country, 4 x 2 mile relay and a half marathon; you choose which you do.

There are age category children's races also. A quiz night takes place on the Saturday night just for fun but it adds to the competitive spirit of the weekend (Stubbies came second last year!) There is plenty to keep everyone entertained in between races; Guernsey has a lovely coastline to explore and in the past, where a few days have been added to the weekend, there have been visits to the islands of Herm and Sark.

Take a look at the website to find out more or contact myself at sue.simister@ntlworld.com
http://www.activeglobal.com/uk/running/st-peter-port-uk-channel-islands/kpmg-31st-guernsey-easter-running-festival-2012
https://www.facebook.com/home.php?ref=hp#!/GuernseyEasterRuns

ROMSEY 5 MILE ROAD RACE

117	Robert	Blackmore	00:35:42
178	John	Dynes	00:39:32
181	Chris	Douglas	00:39:44
260	Kathryn	Davies	00:44:07

Frank Horwill MBE
19 June 1927 – 1 January 2012

Frank Horwill, the renowned UK Senior Level 4 middle distance coach & legend, passed away at the age of 84. As a coach since 1961, Frank coached 49 Great Britain and Northern Ireland international athletes (at Sep 2008) from 800m to the Marathon - from track to the road and Cross Country. Five of his athletes have run sub-4 minute miles – the fastest being Tim Hutchings, who ran 3:54:53 and placed fourth in the 5000m in the 1984 Los Angeles Olympic Games.

In 1963 he co-founded the British Milers' Club (BMC) with the aim of raising "British middle distance running to world supremacy". Seventeen years after the BMC was formed, British male middle distance runners held all the middle distance World Records.

In 1970 Frank invented the 5-pace/multi-tier system of training, used by Sebastian Coe to enormous success under his father and coach Peter Coe. Many other prominent athletes also adopted the 5-pace system of training including Saïd Aouita of Morocco, who was the only man at the time capable of running 800m in sub 1:44, 1500m in sub 3:30, 3000m in sub 7:30, 5000m in sub 13:00, and 10,000m in sub 27:30. Noah Ngeny, the 2000 Sydney Olympic 1500m champion, also adopted the system.

Widely respected in athletics circles around the world, Frank lectured and coached internationally, including in Canada, Ireland, Poland, Zimbabwe, Kenya, Bahrain, Portugal and South Africa. A prolific writer he regularly produced articles for Athletics Weekly and other sporting publications. He was co-author of 'The Complete Middle Distance Runner (1972)', along with Denis Watts and Harry Wilson. In 1991, Frank published 'Obsession for Running', described by The Daily Telegraph as "The athletics book of the year". He was appointed Member of the Order of the British Empire (MBE) in the 2011 Birthday Honours for voluntary service to sport.

I went to Frank's funeral on the Isle of Dogs. He was not my coach but in the 70s he was revered in middle distance circles, respected by coaches & athletes alike. He was anti-establishment, original, brusque & downright rude to those who shirked hard work or didn't have the welfare & benefit of athletes & athletics at heart. He absolutely abhorred the 'old-boy' network.

I made good use of BMC 800m & 1500m races in order to attain the speed needed for achieving qualifying times. I remember warming up nervously at Crystal Palace for a National 1500m final, when a loud voice bellowed over in my direction "Go on, Yule, show some grit & determination!" I won that day!!! Even the athletes he coached, male & female, got the surname treatment.

As a coach, I have used Frank's multi-tier or 5 pace system in my sessions & whoever devised our Lee triangle session showed a good knowledge of Frank's system. I've still got my copy of 'The Complete Middle Distance Runner' and I wish I'd asked the 3 authors who helped create the Coe, Ovett, Cram, Moorcroft era to sign my copy.

Penny Forse

TODAYS RUNNER

On a very sunny though crisp day 20 Stubbies made their way to Lord Wandsworth College, Long Sutton for the first ever Todays Runner event to tke place on a Monday although conditions on the course were very wet and muddy which took its toll on a number of runners.
In the men's race Andy led the team home with a fine run to finish in 4th place with Chris only five places further back to give us two runners in the top ten. Tony (32nd) was our next runner home in his first appearance of the season whilst Graham was our fourth runner to cross the line in 48th place.
Mike was one of those runners who fell foul of the course when he took a really bad fall and suffered a very bad gash to his right knee whilst landing on a rock. However he bravely carried on for the benefit of the team and it was a tremendous effort to make the final scoring position. The injury proved to be so bad it has led to a spell in hospital in order to clear it up so we all hope for a speedy recovery.

In the ladies race Susie led the team home in 5th place whilst Lucy was the next Stubbie lady in with her best run to date to cross the line in 22nd place. It then came down to a battle between Linda and Jane for the third scoring place which resulted in Linda just edging it by three places to make the scoring team for the first time, the result of which led to the ladies finishing 8th on the day.
Leanna was another to suffer injury through the course conditions but like Mike also managed to complete the race. With Donna still in recovery mode from the Portsmouth Coastal marathon she opted to run round with Sarah, a move which was to the benefit of Sarah as she was pulled through to her best finish by some margin.

Despite considerably better finishing positions than at Farnham which consequently led to a much lower points total the men were only two places higher in fifth which indicates a much stronger men's field took part. As a result of the combined finishing positions we were sixth equal with Portsmouth Joggers on the day. After three races in the series Farnham Runners head the league with 2 points with Midhurst close behind with 4. Liss are currently laying third with 5 points while we currently find ourselves 5 points behind in seventh.
John Tussler

Now that another successful Stubbington 10k has taken place it's time to try out another club's organisational skills. Never mind local races in the wilds of Alton , Farnham or Portsmouth it's time for a race on the other side of the channel.

We have seen club ambassadors travel to Vannes twice recently to run their duo marathon and 13k races; twice is enough for the locals, and Tim Sullivan's digestive system is still coping with his lunch choice.

This year we are looking to race at Caen over the weekend of 9th & 10th June.

The Caen weekend has a race for everyone. A full marathon, the Pegasus Bridge half marathon and a 10k, all on the Sunday; preceded on the Saturday at 7pm by a ladies only race in support of the fight against breast cancer.

The outline itinerary would be to catch the Saturday morning ferry to Caen, register and collect race numbers at the race HQ in Caen, then soak up some French wine, (sorry I mean scenery), for the rest of the day, early night, then up at 'o' crack sparrow to get to the start. PB's all round, shower, beer, food, wine, beer - you get the general idea.

Then catch the Monday afternoon snooze cruise back to Blighty.

If you like the sound of this keep fit booze cruise weekend please enter the race of your choice, then let Paul Hammond know by the end of March so that ferries and accommodation can be booked. Before your entry can be confirmed you will need to send the organisers a medical certificate from your doctor stating that you are fit to compete, he may charge you or this.

Full details and Tim's lunch menu 'a la Gaviscon', can be found at www.lescourantsdelaliberte.com

Vous savez qu'il a un sens

Paul Hammond

LEGENDS OF STUBBINGTON GREEN

John, Anne, Roger and Peter Fairhurst

Tadworth 10

Epsom Race Course Monday, 2nd January 2012

THE RACE. Started at 1.00 p.m. on a bright but chilly day. The 10-mile course consisted of two very undulating laps on grass, woodland paths, tracks and tarmac roads. Rain the previous day / night meant that the off-road parts were somewhat muddy and slippery.

RUNNERS. 359 Men 195 Women
FIRST MAN: Chris Busaileh of Herne Hill Harriers in 55:11.
FIRST WOMAN Sarah Pemberton of Epsom Oddballs in 1:07:26.
STUBBY: John Fairhurst 369th overall 1-31:17 (11th MV60 of 25)
FORMER STUBBY: Roger Fairhurst 66th overall 1-10:45 (40th Senior Man of 144)
Total finishers 554. Slowest finishing time 2-45:32

The cold biting wind at the start on the exposed Epsom Downs made me wonder whether hat, gloves and 4 layers would be warm enough – fortunately they proved to be adequate. The hooter sounded promptly and we were off. Bottlenecks in the early part caused delays but after a mile or so we were mostly spread out. The race was well marshalled with the occasional Happy New Year greeting thrown in for good measure. The final stretch was into the wind and at the finish were we given fleece neck tubes with the Tadworth 10 logo which were fitting mementoes of the challenging but enjoyable race.

Run Iceland

4th – 11th September 2011

A relatively new multiday race in the ultra calander. Organised by a group of experienced Italians with input from their great friend and legend Marco Olmo (UTMB race winner) who even this year at +60 yrs old finished 11th in the Marathon des Sables. Marco won the inaugural event last year and came back to defend his crown. The race runs over 6 days with 5 stages and a 110 km in total. In general the shorter stages are run in the mornings with organized sightseeing in the afternoon.
The stages are run in different locations in Iceland and have appropriate stage names such as “black and white” for example where you run around the foot of one of the famous Icelandic glaciers and then finish with a few km’s along the classic black sand beaches. The stages being fairly short are run at a quicker pace than a regular ultra trail, the last stage a ½ marathon with 700m+ climbing was won in 1hr 26 for example.
An excellent race with an excellent atmosphere and of course winning it in front of the legendary Marco Olmo was the “icing on the cake”.
My high points? The natural hot spring baths with lovely mountain scenery at the end of the marathon stage and seeing the northern lights two nights on the trot !!!
The video can be seen by following the link below:

http://www.facebook.com/video/video.php?v=161984213889641

Peter Fairhurst

Stubbies Down-under

WHERE: Canberra, Australia
WHEN: Monday 3rd October 2011
THE RACE. Out and back scenic course along surprisingly undulating footpaths beside Lake Burley Griffin.
RUNNERS. Total finishers 134 (69 Men, 65 Women)
FIRST MAN: Stuart Grey 35:37
FIRST WOMAN: Kim Wilmshurst 41:48
STUBBIES: John Fairhurst: 51:29 (2nd MV 60 – 69)
Anne Fairhurst: 1-13:05 (2nd FV 60 – 69)
Slowest finishing time 1-15:55
Comment.
While folk in England were enjoying an Indian Summer, we were having an unseasonal cold snap. It had been –2ºC the night before and a dusting of fresh snow lay on the distant Brinbabella Range. Although it was sunny, there was a cold biting wind which we had not come prepared for as we stood in the queue for our numbers dressed in our summer running gear plus borrowed fleeces. Next to us were a couple of recent emigrants from Whiteley.
Having reluctantly taken our warm fleeces off we lined up for the start, the hooter sounded and we set off following the directions of the various signs and marshals. It was a pleasant course and we warmed up during the race but soon felt chilly when we stopped. The finish was made all the more welcome by the pieces of water-melon and oranges but most of all by the copious supplies of hot scrumptious pancakes with the choice of honey, maple syrup, golden syrup, treacle and Nutella toppings. Despite the cold it was an enjoyable race, well organised and with friendly marshals.

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	Grim Night Terror 8	Fleet Road, Aldershot, GU11 2HL	6pm
Sat 4 Feb	Ultra Thames Trot 50	Oxford, to , Henley, OX4 4EF	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 Race Diary

Date	Race	Venue	Time
Fri 2 Mar	Poole Winter Series 5K	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 3 Mar	Spring Ballbuster (Duath)	Box Hill, Surrey, KT20 7LB	8am
Sat 3 Mar	Runners need G3 10K	Newlands Corner, Guildford, GU4 8SE	8.30am
Sat 3 Mar	Thames Path 100 Mile	Richmond New Waterfront, London, TW9	10.30am
Sun 4 Mar	Devizes 10K	Devizes FC, Nursteed Road, Devizes, SN10 3DX	11am
Sun 4 Mar	Eastbourne Half Marathon	Princes Park, Royal Parade, Eastbourne, BN22 7LQ	10am
Sun 4 Mar	Today's Runner (Race 6)	Pamber Forest, Nr Tadley	11am
Sun 4 Mar	Goring 10K	Bourdillon Field, Goring, Reading, RG8 0BG	11am
Sun 4 Mar	John Austin Half Marathon	Brockenhurst College, Brockenhurst, SO42 7ZE	10.30am
Sun 4 Mar	Steyning Stinger Marathon	Steyning Grammar School , Steyning, BN44 3RX	8.30am
Sat 10 Mar	New Forest Festival 100K	Red Shoot Camping Park, Linwood, BH24 3QT	9am
Sat 10 Mar	N. Forest Ladies 5/10K	Red Shoot Camping Park, Linwood, BH24 3QT	2pm/10.30
Sun 11 Mar	David Lloyd 5K	David Lloyd Soton, Frogmore Lane, Soton, SO16 0XS	9.30am
Sun 11 Mar	New Forest Festival 10K	Red Shoot Camping Park, Linwood, BH24 3QT	9am
Sun 11 Mar	New Forest Festival 20	Red Shoot Camping Park, Linwood, BH24 3QT	10am
Sun 11 Mar	New Forest Festival Half	Red Shoot Camping Park, Linwood, BH24 3QT	11.15am
Sun 11 Mar	Salisbury 10M Road Race	Salisbury Leisure Centre, Hulse Rd, Salisbury, SP1 3NR	10.30am
Sun 11 Mar	Bath Half Marathon	Great Pulteney Street, Bath, BA2 4DE	11am
Sun 11 Mar	Great Western 10K	Leweston School , Longburton , Sherborne , DT9 6EN	11am
Sun 11 Mar	Southbourne Fast & Flat 10K	St Katharine's School, Southbourne, BH6 4NA	11am
Sun 11 Mar	Zoom Mad March 10&20	Burton Rec, Burton, Christchurch, BH23 7LE	10.15am
Sat 17 Mar	Brutal 10	Windmill Hill, Frimley, GU16 6SQ	10am
Sun 18 Mar	Kingston 10K	Hawker Centre YMCA, Kingston, KT25BH	9.15am
Sun 18 Mar	Marlow Duathlon	Marlow Sports Club, Pound Lane, Marlow, SL7 2AE	9am
Sun 18 Mar	Surrey Spitfire 20	Dunsfold Aerodrome, Cranleigh, GU6 8TB	9.30am
Sun 18 Mar	Exbury Gardens 10K	Exbury Gardens, Exbury, Southampton, SO45 1AZ	9.30am
Sun 18 Mar	Tri-Adventure Sprint (Du)	Mickleham Village hall, Dorking, RH5 6EF	10am
Sun 18 Mar	Leith Hill Half Marathon	The Priory School, West Bank, Dorking, RH4 3DG	11am
Sun 18 Mar	Worthing Road Race 20M	Amberley Drive, Goring by Sea, Worthing, BN12 4QW	9am
Fri 23 Mar	Jurrasic Coast 3 day 78.6	Chesil Beach Holiday Park, Weymouth, DT4 9AG	10am
Sat 24 Mar	Newbury Duathlon	Chieveley Village Hall, Newbury, RG20 8TE	10am
Sun 25 Mar	Sika Woods Duathlon	Sika Woods, Wareham, Dorset BH20 4LP	9.30am
Sun 25 Mar	Parley Bun Run 10K	Chapel Gate, Christchurch, BH23 6BL	11am
Sun 25 Mar	Ferndown Rotary 5 & 10K	Avon Country Park, Ringwood, BH24 2DA	11am

The Stubbington Noticeboard

Feb-12	What	Recovery	Where	Who
Thursday 2nd	Lee Front Core drills		Crofton	Phil
Tuesday 7th	Race pace 2x10 mins	3 mins between the 2 sets	Locks Heath Cntr	Mike W
Thursday 9th	7 x Cuckoo lane 1k	300 mtr from finish to start	Cuckoo Lane	Chris H
Tuesday 14th	Figure of 8 Titchfield Valentine Run	2 mins between sets	locks Heath	Mike B
Thursday 16th	6 x 600mtr	200 short straights.	Crofton	Phil
Tuesday 21st	5k Race pace 4 x 1200 (Segensworth)	2 mins between sets	Locks heath cntr	Graham
Thursday 23rd	2 x 5 Lee front	Each run in 1 min 45 secs 2 mins between	Crofton	Phil
Tuesday 28th	8 Titchfield Rollers	Down hill bits	Locks Heath Cntr	Mike W

GLEN'S THURSDAY TRAINING 6.30PM

2nd Feb - 2 x 2 miles Locks Heath

9th Feb - 12 x 1 minute Stubbington

16th Feb - 2 x Titchfield Figure of 8 Locks Heath

23rd Feb - 6 x Cuckoo Lane 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... ...

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