The Green Runner

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

STUBBINGTON GREEN RUNNERS

Our club has changed its name. It was decided after a vote at the club AGM on February 29th that the club should drop the Athletics Club part of its name and now just be called "Stubbington Green Runners".

The AC was added a few years ago to encourage the people to join the club interested in taking part in Track and Field events. This had some success but over the last couple of years we have no longer taken part in Athletics so it seemed the right time to drop the AC.

Other ideas were put forward including adding Triathlon into the name, however, it was felt that this wasn't a part of the club very well promoted at the present time inside the club and certainly couldn't be heavily advertised outside the club by adding Triathlon to the name.

We will be looking to advertise the club more locally to try and increase membership which has decreased slightly over the last few years. It was informally decided to try and wear club vests etc to training nights so the public can see who we are.

As always the committee stood down, Mike Harper had decided not to carry on as Men's Captain and this post was filled by Andy Simpson, which seemed a popular choice. The Chairman thanked Mike Harper for all his hard work with the committee over many years and hoped he wouldn't fade into the background too much as his vast experience would be invaluable.

The Men's and Ladies Captains presented there reports as did The Cross Country Captain, HRRL Secretary, Membership Secretary and Treasurer. Gary Littlecott our 10k Race Director gave a report regarding another successful Stubbington Green 10k, however Gary has made it very clear that he will not be able to carry on with the position on his own because of the amount of work required to fulfil the task, he asked for help in organising next years race, Sharon White has put herself forward to be Gary's right hand man / PA. Gary thanked Sharon for her support and hoped once she realised what was involved she would still be keen to carry on.

Gary has highlighted that this years 10k was the worst ever with regard to the number of marshals volunteering. He thanked the people who did make the effort to turn up and help, but due to short numbers safety had been compromised and an incident had occurred, hopefully this isn't too serious but is ongoing with the police.

More effort is going to made earlier by the club to try and get more Stubbington members to marshal instead of running next years 10k.

The committee was delighted to announce that Penny Forse and Mike Clarke are to be made Honorary Members of the club and thanked them for many years of service to Stubbington Green Runners.

Neil Jarvis has announced he will be stepping down as Treasurer next year, volunteers required.

The Todays Runner series will be organised by Chris Hall after John Tussler stepped down and The RR10's will be taken over by club secretary Paul Hammond.

The kit distribution has yet to be decided after several people came forward, this will be finalised shortly.

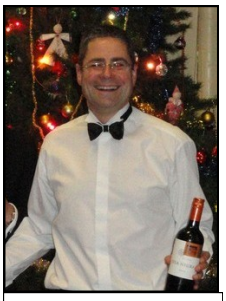
Thanks to everyone who attended the AGM.

Who's who

Sally McGrath
Ladies Captain

Graham Bell
HRRL Secretary

Phil May Chairman

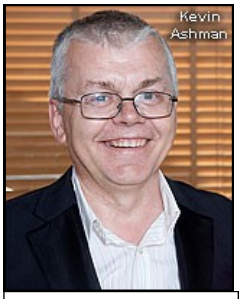


Andy Simpson
Men's Captain

Neil Jarvis Treasurer

Paul Hammond
Club Secretary

Lucy May
Cross Country Captain



Kevin Ashman
Membership Secretary

Gary Littlecott
Race Director

Richard Thomas
Triathlon Secretary

Mike Clarke
Welfare Officer

Richard Snell
Green Runner Editor

Sharon White Race
Directors Assistant

The Ladies Captain showed off the trophies won by the ladies teams last year

'BIG' Thank you for Macmillan Contributions!

Chris Ryder would like to say a BIG thanks to all those who very kindly contacted her and contributed to her Macmillan appeal after she put out leaflets after the Today Runner in Manor Farm. Chris and Di were delighted with the response and asked that we send out this message of thanks on their behalf.

Chris is relentless in her support and work to help the Macmillan Cancer charity and, together with Di, continues to do regular car boots sales. Contributions are always welcome and Chris would be very grateful if anyone has any other unwanted items that they would be happy to donate to this worthy charity.

Old or unwanted jewellery, even broken pieces and single ear-rings are always popular at car boots as are any odd or unwanted toiletries. So if you've any unwanted smellies left over from Christmas or indeed anything that you can offer to Chris for her car boot collection please contact her on 01489 565843

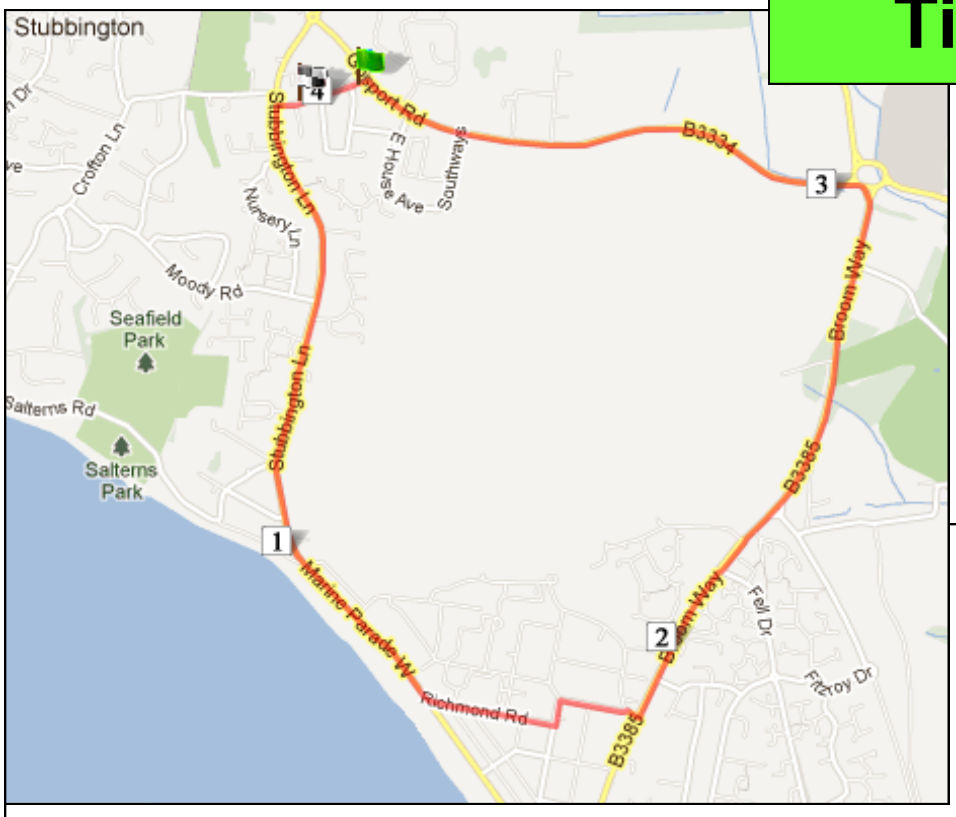
WE ARE MACMILLAN. CANCER SUPPORT

MVP
MEON VALLEY PLOD

Not the Alps, not the Pyrenees, this is Butser Hill. Well done Euan for conquering the north face and being first Stubbie to finish The Meon Valley Plod.

8	MCGRATH, Euan	02:43:09
9	SMITH, Tony	02:43:29
16	JEFFERY, David	02:48:09
19	WHITE, Mike	02:54:35
83	CRANE, Nick	03:31:23
139	BECK, Eric	03:48:10
153	ROCHE, Richard	03:54:35
183	HENDERSON, Jon	04:05:31
198	NICHOLSON, John	04:20:49
254	BOWDEN, Julie	05:29:14
255	STREET, Caroline	05:29:14

4 Mile Time Trial



The 4 mile Time Trials are back, starting on Thursday 29th of March.

For first timers new to the concept, basically it's a 4 mile run round a set route starting and finishing in Eric Rd Stubbington. All abilities of Stubbies take part and it's a race against the clock.

As there is a series of these runs each month during the summer if you take part in a few it's a good way to gauge your progress through the year.

The route is reasonably easy to follow and you can always try and chase someone else if you're not sure.

We meet in Eric Road for a prompt 7.00pm start. (Stubbies only. Vests not compulsory)

Hampshire Road Race League

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	**Entries Now Open**

LEAGUE STANDINGS AFTER BRAMLEY

LADIES A TEAM

1	Winchester	14
2	Stubb'n Green	26
3	Eastleigh	32
5	Salisbury ARC	42
4	New Forest	42
6	Alton Runners	46
7	Pompey JC	53
8	Farnham	54
9	Victory AC	58
10	Overton	78

LADIES B&C TEAM

1	Winchester B	11
2	Pompey JC B	42
3	Winchester C	51
4	Stubb'n Green B	60
5	Denmead	60
6	Fareham	61
7	Farnham	77
8	New Forest	78
9	Eastleigh	79
10	Salisbury ARC	80
11	Pompey JC C	82
12	Victory AC	87
13	Alton Runners	95
14	Stubb'n Green C	97
15	So'ton AC	126

MENS A TEAM

1	Winchester	14
2	Overton	30
3	Stubb'n Green	33
4	Salisbury ARC	33
5	Pompey JC	45
6	New Forest	46
7	So'ton AC	53
9	Denmead	56
8	Andover AC	56
10	Victory AC	77

MENS B TEAM

1	Winchester B	19
2	Pompey JC B	30
3	Stubb'n Green B	38
4	Salisbury ARC	53
5	Pompey JC C	58
6	Farnham B	68
7	Winchester C	69
8	Overton	78
9	Andover B	80
10	Denmead	85
11	So'ton AC	86
12	Eastleigh	87
13	Fareham	95
14	Pompey JC D	100
15	Gosport	104

MENS C TEAM

1	New Forest	41
3	Lordshill B	48
2	IOW RR	42
4	Stubb'n Green C	53
5	Farnham C	67
6	Lordshill C	77
7	Totton RC	84
8	Hardley	84
9	Victory AC	95
10	Andover C	105
11	Alton Runners	106
12	Ryde Harriers	122
13	Poole AC	123
14	Portsmouth AC	125
15	Aldershot FD	136
15	Romsey RR	136

Ryde Harriers

10 MILE

4	Andy Simpson	00:57:33
17	David Jeffery	01:01:20
19	James Sawyer	01:01:35
20	Mike White	01:01:36
28	Graham Bell	01:02:33
51	Tony Smith	01:04:56
94	Philip Martin	01:10:01
111	Susie MacGregor	01:11:52
130	Lucy May	01:13:30
133	Philip May	01:13:40
134	Lucy Le Gassick	01:13:55
162	Rachael Openshaw	01:16:12
185	Donna Mitchell	01:19:00
192	Nico Beukman	01:19:22
213	Nigel Whitcher	01:21:07
227	John Simister	01:22:31
255	Alan White	01:26:07
275	Verity Wright	01:30:31
282	Sarah Martin	01:31:06
283	Sharon White	01:31:52

BRAMLEY 20 MILE

READING ROADRUNNERS

2	Emily Foran	02:14:02
17	Donna Mitchell	02:38:33
22	Gill Rose	02:40:28
65	Rowena Dodds	03:14:53

9	Graham Bell	02:11:17
23	James Sawyer	02:17:46
75	Richard Snell	02:41:24
87	Liam Dredge	02:46:36

BRAMLEY 10 MILE

63 Marcus Lee 01:08:13

70 Jon Leigh 01:08:54

COME ON IT'S RR10 TIME AGAIN

Spring is round the corner, so get the fly spray, mosquito nets, trail shoes and cheesy chip money ready, its RR10 time again. The fixtures have now been published for this year.
If you aren't familiar with the RR10 series, there are 10 races that take place on Wednesday evenings and are a very friendly way to get into racing. No race numbers, no entry fee, but you MUST wear a Stubby vest.
About 12 local clubs take part and if you turn up to several events you will soon see familiar faces around you to race against.

2012 DATES	VENUE	TIME	ORGANISERS
Apr-18	Royal Victoria Country Park	7.00pm	Southampton Athletic Club
May-02	Longdown Inclosure, Ashurst	7.15pm	Totton RC
May-16	Wilverley Plain, Sway	7.30pm	New Forest Runners
May-30	Recreation Ground, Blackfield	7.30pm	Hardley Runners
Jun-06	Deer Leap Inclosure, Ashurst	7.30pm	Running Sisters/Halterworth
Jun-20	Alver Valley Country Park (to be confirmed)	7.30pm	Stubbington
Jul-04	Fleming Park, Eastleigh	7.30pm	Eastleigh RC
Jul-18	Janesmoor Pond, Stoney Cross	7.30pm	Wessex RR/Romsey RR
Aug-01	Itchen Valley Country Park	7.15pm	Lordshill RR
Aug-15	IBM Hursley Park	7.15pm	Winchester AC

PERFORMANCE OF THE MONTH

Andy Simpson finished first at the Todays Runner race Liss

Tony Smith finished in first place at the Heartbreak Marathon

Lucy May (again) this time for beating her dad at The Ryde 10

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

TODAYS RUNNER

The fourth race of the Todays Runner cross-country series was our own fixture which, as usual, took place at Manor Farm Country Park on the 29th January and, thanks to the help of many club members, the event went off without a hitch with no interference from horse riders this year.

Despite the spell of fine weather leading up to the race the course conditions were customarily wet underfoot and 273 runners (175 men and 98 ladies) were hardy enough to take on the challenging conditions which in some places resembled a mud bath.

The club's first male runner across the line was David C who had a fine battle with Matt Elton from Havant AC as they opened up quite a gap at the head of the field but it was Matt who just forged ahead towards the end leaving David to finish in second place. Andy was our next runner home in 3rd place whilst with Dave J came in just 10 places behind.

James Sawyer's brave efforts to finish having earlier suffered a bad injury to his left ankle crossed the line in 23rd place before collapsing in agony. Ray made the fifth and final scoring position on his first appearance this year and his 46th place gave the men's team 87 points and 2nd place on the day, our best result to date.

For the ladies, Tanya was the club's first runner home following a strong run and crossing the line in 3rd place. Tanya was followed in by Lucy who was also making her first appearance of the season and had an 11th place finish. Further down the field Donna, Rachael and Tina packed well together and ultimately finished in consecutive places with Donna taking the honour of completing the scoring places coming home in 25th place. The ladies therefore accumulated 39 points giving them fourth place on the day.

Farnham Runners had a strong team out for both the men's and ladies' sections and they inevitably finished in first place and look to be very likely winners of the shield with three races still to go. Overall SGRAC finished in joint second place at Manor Farm which has moved us up to fifth place in the league. However there are only three points covering Midhurst and Liss in joint second place and Portsmouth Joggers (fourth) so a good turnout for the last three races could well see us improve on this position.

Finally, I must say a very big thank you to Jaz Smith and Glen Street who gave up their Saturday to help in marking out the course, all the marshals and helpers who volunteered their services on the day and Robert Spencer who acted as sweeper for the race. Also well done to Di McEwen and her fantastic catering team for an excellent job. Di's inspiration of arranging for chips to be provided went down well and prompted a few compliments from runners from other clubs . Without the help of the club's members the race would not have been the success that it was - so many thanks.
John Tussler

Sarah, Sharon and Graham battle the final hill at Todays Runner Liss

CLUB	Place
Farnham Runners	1
Liss Runners	2
Midhurst Milers	3
Portsmouth Joggers	4
Stubbington Green Runners	**4**
Hart Road Runners	6
Basingstoke & Mid Hants AC	6
Denmead Striders	8
Haslemere Border AC	9
Victory Athletic Club	10
Petersfield Triathlon Club	11
Fleet & Crookham AC	12
Alton Runners	13
Gosport Road Runners	14
Fareham Crusaders	15
Portsmouth Triathlon Club	16
Farnham Triathlon Club	17
Havant AC	18

Today's Runner: "Cheap as Chip!"

Well done to everyone for another great Todays Runner hosted by Stubbington Green

John Tussler's last year of organising this event for us was a great success! From the catering point of view, luckily, we pulled it out of the bag again; with chips thrown in this time to boot. Providing food and drink on the cheap is always challenging and this year was no exception!

Nonetheless, the catering miracle only happens as a result of the marvellous work of the club members who roll up their sleeves and get stuck in. I am totally reliant on my early risers/ workaholic volunteers in the hall buttering 860 sandwiches, cutting up cakes and savouries. These yummy cakes and savoury bits are so very generously contributed by our runners/members.

The 1st time the Club put this event on was 1993 (I think). It was held in Bere Forest Wickham. Chief in Charge was Chris Richards with his band of Merry Men and Women. He set the trend for many a year (and before you ask; yes, I was in the kitchen). The cost of a plate of food was £1.00 back then and hasn't changed since despite inflation!

All the organisers of this event have followed Chris' lead and have done it for many years. Martin Welstead took over from Chris, then Mike Bird followed by John Tussler, next came Glen Street and then back again to John. Who will take up the challenge for 2013? It needs a good woman or man to do our **21st year** please!!!!

This year we prepared a total of 215-220 meals, and I asked for 200 portions of Chips from Sam's Chip Van. The end result was 194 meals sold which was a record for us and hopefully our marshals did not go hungry.

A very special thanks must go to my team who made it all happen: Geraldine May, Sue Robinson, Julie Ashman, Julie Bowden, Andy Dyde, Chris Haskell, Karen Gunner, Ann Blake and young Tommy Blake, Jaz; the wondrous banana Lady and Chris Ryder, my right hand woman, who thinks of everything I might forget to do. Then the chaps who sorted out the tables, electrics and such like were Neil Jarvis, Gary Littlecott, Phil May, Eric Haskell and extra thanks to 'Chris the man Hall' for raising his voice (no megaphone required!) to get the folks on the start line to persuade them come and eat my chips.

It was such a welcoming sight to see you all back at the hall especially our own runners who did so well for the club. Brill day thanks

Di.

94	R Gunner	39:48
114	R Chowns	42:51
120	G Westley	43:25
121	P May	43:32
134	J Blake	44:53
148	J Simister	49:29
28	Lucy Le Gassick	23:17
34	Lucy May	23:50
64	Sharon White	28:49
30	T Whitcher	15:50

HANTS XC SALISBURY

Lucy Le Gassick

Ray Gunner

THE STUBBINGTON CHAMPIONSHIPS LATEST

1	Lucy May	105		29	Tanya Brady	30		58	Sandie McIntosh	15		71	Georgie Wallis	10
2	Donna Mitchell	90		29	Rick Scott	30		58	Pippa Abbott	15		71	George Childs	10
2	Graham Bell	90		29	Lucy Le Gassick	30		58	Nigel Whitcher	15		71	Gary Littlecott	10
4	Philip May	85		29	Jane Butler	30		58	Michael Townsend	15		71	Eunice Hoare	10
5	Andy Simpson	80		36	Zac Conaty	25		58	Mark Le Gassick	15		71	Eric Haskell	10
6	Sharon White	70		36	Nick Kimber	25		58	Euan Mcgrath	15		71	Colin Elderfield	10
7	Ray Gunner	60		36	Mike White	25		58	Daragh Hendley	15		71	Ann Blake	10
7	Tom Whitcher	60		36	Gill Rose	25		58	Aitken Hunter	15		71	Alasdair Ewing	10
7	Gordon Westley	60		36	Dan Gueran	25		71	Ryan Gunner	10		101	William Cowan	5
10	Chris Hall	55		36	Alan White	25		71	Ronel Beukman	10		101	Simon Carson Jones	5
11	Sarah Martin	50		36	Tim Crumpton	25		71	Owen White	10		101	Paul Southon	5
11	Richard Snell	50		36	Robert Spencer	25		71	Mike Bell	10		101	Neil Richardson	5
11	Jon Leigh	50		36	Jane Adlard Mcgrath	25		71	Liam Dredge	10		101	Mike Wotton	5
11	John Blake	50		36	Graham James	25		71	Leanna Whaley	10		101	Marina Odey	5
15	James Sawyer	45		46	Tim Sullivan	20		71	Graham Martin	10		101	Katherine Daily	5
15	Verity Wright	45		46	Richard Chowns	20		71	Elizabeth Dandy	10		101	Julie Woodman	5
15	Rachael Openshaw	45		46	Marcus Lee	20		71	David Castle	10		101	Julie Bowden	5
15	Keith Whittaker	45		46	Kevin Wheeler	20		71	Andy Stockwell	10		101	Jon Henderson	5
19	Susie MacGregor	40		46	Andy Lee	20		71	Sue Robinson	10		101	John Vose	5
19	David Jeffery	40		46	Rowena Dodds	20		71	Steve Martin	10		101	John Cox	5
19	Sally McGrath	40		46	Katherine Briggs	20		71	Sarah White	10		101	John Cox	5
19	Emily Foran	40		46	Sue Simister	20		71	Sarah Boddy	10		101	Graham Martin	5
19	Kevin Ashman	40		46	Peter Hutchison	20		71	Penny Forse	10		101	George Howarth	5
24	Mike Harper	35		46	Neil Jarvis	20		71	Paul Hailwood	10		101	Gemma Cowan	5
24	Tony Smith	35		46	Jaz Smith	20		71	Mike Townsend	10		101	David Richards	5
24	Nick Crane	35		46	Chris Brittain	20		71	Liz Weighell	10		101	David Abrams	5
24	John Simister	35		58	Richard Edmunds	15		71	Keith Carter	10		101	Clara Fordina	5
24	Eric Beck	35		58	Paul Hammond	15		71	Kate Aldom	10		101	Caroline Street	5
29	Sam Bell	30		58	Linda Hunt	15		71	Julie Ashman	10		101	Ashley Lovell	5
29	Philip Martin	30		58	Ian Webber	15		71	James Keen	10		101	Andrea Dyed	5
29	Nico Beukman	30		58	Tina Chantrey	15								

RELAYS

The Emsworth to Basingstoke relay is Saturday 19th May 50 miles, a team of 6 with everyone doing the first leg. 18 legs in total.

The White Horse relay is 30th September Around the White Horses of Wiltshire, each leg goes off at a set time and the results are totalled up from who comes in what position of their leg.

The North Downs Relay Saturday 25th June 2011.Entry fee £1/head (ie £16/team). It is a low-key informal event but nonetheless competitively raced. We don't require uniform club membership - any group of people can form a team. The relay has 16 legs for 16 runners, though the rules (see website) do allow more legs to be run under certain conditions. Legs are varied and cater for all types - from the insomniac/early riser who wants to run the Dover cliffs with the rising sun on his/her back, to the lunchtime jogger who wants to arrive at the Rose and Crown (near Sevenoaks) for a pie and a pint at 2pm, to the glory-downhill-legger into Farnham at the end, before we regroup in a local hostelry.

If anyone fancies these relays then let myself (Phil) or Paul Hammond know. Each has a web site so that you can check the set up.
Thanks
Phil

RESULTS ROUND UP

HEARTBREAK HALF

Sally	McGrath	01:59:07
Nigel	Whitcher	02:03:19
Eric	Beck	02:07:31
Alan	White	02:09:07
Angela	Benfield	02:31:42

HEARTBREAK MARATHON

Tony	Smith	03:11:02
Euan	McGrath	03:13:29
Donna	Mitchell	04:14:21

HEARTBREAK 10K

Jennifer	Beck	00:58:43
Louisa	Abbott	01:01:43
Jennet	Woolford	01:01:43
Julia	Park	01:04:24

The Heartbreakers? Nigel, Euan, Tony, Eric and Alan

CHICHESTER 10K

Tim Sullivan	**39:04**
Rich Chowns	**41:41**
Richard Snell	**42:51**
Gill Rose	**43:28**
Richard Edmunds	**43:38**
Jane Butler	**59:15**

Portsmouth Coastal HALF MARATHON

351	**Michael Edey**	**01:51:59**
698	**Kathryn Davies**	**02:15:47**
744	**Jane Adlard**	**02:22:04**
406	**Clara Lilly Fordina**	**01:54:51**
509	**Verity Wright**	**02:00:47**
582	**Angela Benfield**	**02:04:51**

WINCHESTER 10K

Andrew	**Stockwell**	**00:40:28**
Graham	**Martin**	**00:42:44**
Robert	**Blackmore**	**00:46:03**
Matthew	**Abbott**	**00:50:54**

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	Today's Runner (Race 7)	Staunton Country Park, Havant.	11am
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	Coastal Trail Series 10K	Birling Gap, East Dean, East Sussex BN20 0AB	11.30am
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	Eastleigh 10K (HRRL 10)	Fleming Park Leisure Centre, Eastleigh	10am
Sun 25 Mar	Ferndown Rotary 5 & 10K	Avon Country Park, Ringwood, BH24 2DA	11am

The Race Diary

Date	Race	Venue	Time
Sun 1 Apr	Combe Gibbet/Overton 16	Overton Rec'Centre, Bridge Street, Overton, RG25 3ES	2pm
Sun 1 Apr	Croydon Half Marathon	Club House, Sandilands, Croydon, CR0 5DB	9.15pm
Sun 1 Apr	Mel's Multi-terrain 10K	Christ's Hospital School, Horsham, RH13 0YB	11am
Sun 1 Apr	Reading Half Marathon	Madejski Stadium , Reading, RG2 0FL	10.05am
Sun 1 Apr	Resolution Run 5K	Shotover Country Park, Oxford, OX3 8TD	11am
Sun 1 Apr	Sussex Marathon 2012	Heathfield, Heathfield, TN21 0XG	8.30am
Sun 1 Apr	Old Deer Park 10K	Old Deer Park, Richmond, TW9 2RA	9.15am
Sun 1 Apr	USN Dorney Duathlon	Eton College, Dorney Lake , Windsor, SL4 6QP	10am
Sun 1 Apr	White Horse Half Marathon	Old Mill Hall, School Lane, Grove, OX12 7LB	10am
Sun 1 Apr	Bournemouth Bay Run 10K	Pier Approach, Bournemouth, BH2 5AA	9.30am
Sun 1 Apr	Bournemouth Bay Half	Pier Approach, Bournemouth, BH2 5AA	10am
Sun 1 Apr	Exe to Axe 20	South West Coastal Path, Exmouth, EX8 2DB	10am
Fri 6 Apr	Good Fri Triathlon	Radley College, Radley, Abingdon, OX14 2HR	8am
Sat 7 Apr	Compton Downland 20/40	The Downs School, Compton, Newbury, RG20 6NU	9am
Sat 7 Apr	Newport to Ryde 7	Church Hall, Quay Street, Newport, PO30 5BA	3pm
Sat 7 Apr	Rotary Quarter Marathon	Boscombe Pier, Bournemouth, BH5 1BN	11am
Mon 9 Apr	West Wight 3 Hills 8	West Wight Sports Centre, Freshwater, PO40 9XH	12pm
Sat 14 Apr	Hurstbourne 5	George V Fields, Hurstbourne Tarrant, SP11 0AX	11am
Sat 14 Apr	The Bath Beat 26.5	Ralph Allen Sch, Claverton Down Rd, Bath, BA2 7AD	8.30am
Sat 14 Apr	Ful-on Duathlon	Kempton Park, Sunbury-on-Thames, TW16 5AQ	9.30am
Sun 15 Apr	Brighton Marathon 2012	Preston Park, Brighton, BN1 6HN	9am
Sun 15 Apr	Hartfield 10K	Town Croft, High Street, Hartfield, E Sussex TN7 4AD	11am
Sun 15 Apr	Tri-Adventure Sprint/Trail	Mickleham Village Hall, Mickleham, Dorking, RH5 6EF	10am
Sun 15 Apr	Fullers Thames Towpath 10	Uni of Westminster Sports Ground, Chiswick, W4	9.30am
Wed 18 Apr	RR10 (Race 1)	Royal Victoria Country Park, Netley, Southampton	7pm
Sat 21 Apr	Clandon Park Run 10K	George Abbot School, Guildford, GU1 1XX	11am
Sat 21 Apr	ONER 3 Marathons	Chesil Beach Holiday Park, Weymouth, DT4 9AG	10am
Sun 22 Apr	London Marathon	Greenwich Park, London	9.45am
Sat 28 Apr	Round the Rock 10K	Portland, Dorset.	7pm
Sun 29 Apr	Hogsmill Ladies 5	The Harrier Centre, West Ewell, Epsom, KT19 9SH	10am
Sun 29 Apr	Houghton 11K Trail Run	Village Hall, Houghton, Stockbridge SO20 6LP	10.15am
Sun 29 Apr	The Bluebell Race 12K	Collingbourne Ducis Hall, Marlborough, SN8 3UH	11am
Sun 29 Apr	The Drovers 10K	Langford Lakes, Steeple Langford, Salisbury, SP3 4PA	10am
Sun 29 Apr	Highworth 5	Warneford School, Shrivenham Rd, Highworth, SN6 7BZ	11am

The Stubbington Noticeboard

March	What	Recovery	Where	Who
Thursday 1st	Race pace 2x10 mins	4 mins between sets	Crofton	Chris H
Tuesday 6th	2x2 mile	jog back to beginning	Locks Heath Cntr	Mike B
Thursday 8th	4 x 1200m acceleration (2 mins)	Lee Triangle	Crofton Community	Phil
Tuesday 13th	Figure of 8 Titchfield		Locks Heath Cntr	Graham
Thursday 15th	Pyramid Run 1-2-4-6-8 and back min runs		Crofton Community	Phil
Tuesday 20th	3x1.5 Tempo pace at 'Red Path		Locks Heath Cntr	Mike W
Thursday 22nd	Tempo Run 4 x 5mins		Crofton Community	Chris H
Tuesday 27th	8 Titchfield Rollers		Locks Heath Cntr	Mike B
Thursday 29th	1st 4 Mile Time Trial		Eric Rd	Phil

GLEN'S THURSDAY TRAINING 6.30PM

1st Mar - Locks Heath - 2x2 miles (3 minutes)
8th Mar - Stubbington - 4x5 minutes (3 minutes)
15th Mar - Locks Heath - 6xTitchfield Rollercoasters
22nd Mar - Stubbington - Lee grass fartlek
29th Mar - Locks Heath - 5x Brownwich Loop

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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