The Green Runner

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

GOOD LUCK MARATHON RUNNERS

Best of luck to anyone attempting to run a marathon this Spring, particularly if its your first. Getting to the start line is hard work in its self, with all the training injury never seems far away. Enjoy the day and don't forget all your fellow Stubbies are cheering you on and wishing you the best.

BEGINNERS COURSE

This year we are going to incorporate the beginners into a club training night so that they can be part of the club straight away.

We are going to invite beginners to meet at 6pm, at the Solent Hotel car park on a Monday night where Gary, Tom and I will meet them, go through warm up stretches and then take them out for a run at 6.30pm.

This will be a separate run from the usual groups. The course will run for 6 weeks from April 16th.

We are also going to use the 16th April as an **Open Session** as well so that competent runners can also join our club and try out one of our training nights.

If anyone would like to help out that evening to meet new members and take them out for a run then that would be great, all you have to do is turn up with your club vest on! If you need any more info then email me at verity.wright@ymail.com

MEMBERSHIP RENEWALS

It's time to think about renewing your membership. Existing membership and UKA fees expire at the end of March. The on-line renewal system has proved very popular and is the preferred method of renewal but don't feel obliged to pay on-line if you prefer not to but please still use the system to generate your renewal form. This will help ensure you pay the correct fee. Members without internet access can request a membership renewal form by contacting me, Kevin Ashman on 01489-600294. If you have any queries then please do not hesitate to contact me. To renew your membership, please go to http://www.sgrac.net/MembershipApp/Membership.htm

Who is Lewis Chalk?

If you are new to the club (joined within the last 18months) you maybe wondering why race reports keep appearing on the club website from the Caribbean, Florida and California.

After all we never seem to have training sessions called “Three times round The Everglades with a two minute recovery”, “Bermuda Triangles” or “Four times Beverley Hills reps” or even “Eight Disney rollercoasters”.

Well one lucky Stubby has done all these training sessions, our very own overseas correspondent Lewis Chalk who for the last couple of years has been keeping the club updated with his running exploits while working in the Dominican Republic. Lewis, who obviously loved the club so much he kept his membership going while living abroad and even raced in his green Stubby vest when conditions were favourable is returning to the UK this summer so you’ll be able to meet the tanned individual in person.

According to the latest Run Britain rankings Lewis is our number one runner so welcome home Lewis.

SOME OF OUR KIT IS MISSING

Following the Stubbington 10K Race in January we are still missing a lot of kit and equipment including our rather nice and very useful loudhailer. If you have this or any bits and pieces from the day please hand them to Gary Littlecott or Paul Hammond at training or to any other member of the committee and nothing more will be said.
Thanks Gary

The Grizzly 2012
Every Hill Has A Silver Lining

		THE GRIZZLY	
1337	04:57:39	Rowena Dodds	
1338	04:57:41	Ann Vestergaard	1st in category
1424	05:14:51	Caroline Street	
1425	05:14:53	Julie Bowden	
		THE CUB RACE	
209	01:44:46	Julie Ashman	
265	01:51:02	Sandie Mcintosh	8th in category
405	02:05:57	Tracie Jarvis	
406	02:05:59	Kathy Mckain	
428	02:10:26	Sue Robinson	
429	02:10:29	Sarah Boddy	

ROWENA DODDS

JULIE BOWDEN

SANDIE MCINTOSH

April 4 Mile Time Trial

SIMPSON Andy	21.29
Sawyer James	22.03
Eaton Mark	24.26
Stockwell Andy	25.19
SULLIVAN Tim	25.21
LEIGH Jon	25.54
Kimber Nick	26.03
WITCHER Tom	26.09
HARPER Mike	26.28
MAY Lucy	26.44
MacGREGOR Susie	27.03
BELL Mike	27.15
SNELL Richard	27.58
OPENSHAW Rachel	28.07
MAY Philip	28.23
BLAKE John	28.42
BECK Eric	29.13
CARTER Keith	29.17
WITCHER Nigel	29.28
SOUTHON Paul	29.33
WHITAKER Keith	29.38
HOWARTH George	29.51
WRIGHT Verity	32.38
ASHMAN Kevin	32.41
Briggs Catherine	34.14
FORDINA Clara	34.16
Moore Karen	36.14
SPENCER Robert	37.30
McINTOSH Sandie	38.43
MARTIN Sarah	38.43
ROBINSON Sue	40.00
Jackson Lorrain	41.33
Smith Jaz	43.00

Chedworth Roman Trail
A demanding 10 mile multi-terrain race in scenic Cotswold countryside. The race is based at Chedworth Village Hall on the edge of the village of Chedworth, six miles north of Cirencester.

The course runs through parts of the Stowell Park Estate, the Coln Valley and close to the well-known Chedworth Roman Villa. The first and last half mile are on road but the remainder is on a mixture of farm trails, footpaths and woodland hills. These and a river crossing just after half distance make for a classic multi-terrain course with no stiles or obstacles to cause bottlenecks. This clashed with the final Todays Runner event but as many of you know I am always on the lookout for a new event so it was off to the Cotswolds on a brilliant sunny Sunday.

1st Male: Steve Millward Gloucester AC 58:42
1st Female: Niki Morgan Chepstow Harriers 1:11:57

Lone Stubbie: Paul Hammond 57th 1:16:46

THE JOHN AUSTIN HALF MARATHON

Standing on the start line of The John Austin Half Marathon in my short sleeves there was no question that it was going to be a bit wet and windy, but this was going to be a gentle pre-marathon training run and my goal was to run without racing, simples.

Never did I imagine how much my priorities would change to a single minded determination to cross the finishing line without frost bite or hypothermia!

The copious amounts of mud and ankle deep puddles would have been fun if it wasn't for the freezing rain and wind and temperatures that dropped from 10 degrees to 3 degrees during the race. It would be a gross understatement to say I was underdressed for the occasion as my arms, hands, fingers and face numbed to such an extent I had to check they were still attached to my body.

I knew just how wrong things were when climbing the steps of the railway bridge at 12 miles (yes very funny Mr Race Director) my legs felt as light as feathers – along with my head.
I wish I could say I was looking forward to the finish line but I knew what was to come. Standing in the changing room caked in mud (how did all that mud get inside my socks), soaked from head to foot and surrounded by foil clad turkeys (sorry competitors) I can only liken the experience to placing my swollen fingers (butchers choice pork sausages as Richard called them) in a sizzling hot frying pan, while handing out good advice to the person next to me to "get out of those wet clothes and drink some tea".

I would highly recommend this race to anyone who is completely insane, most runners then.
Gill Rose

Hampshire Road Race League

LEAGUE STANDINGS AFTER EASTLEIGH

LADIES A TEAM		
1	Winchester	9
2	Stubb'n Green	22
3	Eastleigh	23
4	Salisbury ARC	30
5	New Forest	37
6	Alton Runners	38
7	Pompey JC	46
8	Farnham	51
9	Victory AC	56
10	Overton	73

LADIES B&C TEAM		
1	Winchester B	9
2	Winchester C	23
3	Pompey JC B	35
4	Denmead	45
5	Stubb'n Green B	51
6	Salisbury ARC	54
7	Eastleigh	58
8	New Forest	68
9	Pompey JC C	72
10	Alton Runners	76
11	Fareham	76
12	Farnham	77
13	Stubb'n Green C	92
14	Victory AC	104
15	So'ton AC	124

MENS A TEAM		
1	Winchester	16
2	Overton	25
3	Salisbury ARC	32
4	Stubb'n Green	34
5	New Forest	50
6	So'ton AC	51
7	Pompey JC	53
8	Denmead	58
9	Andover AC	62
10	Victory AC	87

MENS B TEAM		
1	Winchester B	21
2	Pompey JC B	32
3	Stubb'n Green B	36
4	Salisbury ARC	46
5	Winchester C	67
6	Pompey JC C	67
7	Overton	70
8	Farnham B	72
9	Eastleigh	79
10	Andover B	83
11	So'ton AC	84
12	Denmead	88
13	Fareham	101
14	Pompey JC D	114
15	Gosport	119

MENS C TEAM		
1	New Forest	28
2	Lordshill B	34
3	Stubb'n Green C	45
4	IOW RR	48
5	Lordshill C	67
6	Hardley	75
7	Totton RC	80
8	Farnham C	86
9	Victory AC	95
10	Andover C	113
11	Poole AC	116
12	Alton Runners	123
13	Ryde Harriers	139
14	Portsmouth AC	142
15	Aldershot FD	153
15	Romsey RR	153

8	56:12:00	Andrew Simpson	V35
27	59:52:00	Graham Bell	V45
30	60:02:00	James Sawyer	U20
35	60:31:00	David Jeffery	V40
64	63:43:00	Emily Foran	V35
111	67:24:00	Tim Sullivan	V50
134	68:53:00	Jon Leigh	V50
171	71:17:00	Phil May	V50
182	72:04:00	Lucy May	SEN

212	73:49:00	John Blake	V40
271	76:58:00	Nico Beukman	V40
295	78:17:00	Gordon Westley	V40
301	78:39:00	Matthew Gardner	V35
327	80:01:00	John Simister	V50
370	82:58:00	George Howarth	V50
465	90:09:00	Verity Wright	V40

SALISBURY 10 MILE

PARLEY BUN RUN

So what criteria did you use to choose your last race? Distance, terrain, scenery, league, friend?
How about the availability of hot cross buns and an Easter egg?

Rich and I travelled down to Parley near Christchurch to run the Parley Bun Run 10k lured on with the promise of a hot cross bun and an Easter egg at the end. We didn't need any more incentive than that.

It was a very small race on a lovely sunny day and the route took us off road over gravelled tracks, fields and even some sandy tracks and was quiet and pretty.

The start was a little weird as no one was willing to actually stand on the start line so there was Rich proudly sporting his Stubbington Green vest leading the race when we heard "are you ready? Go!"

For all of about 30 seconds I was the leading lady (!) but was quickly over taken by a very young lady who I then managed to catch up with and stay hot on her heels (heavily breathing down her neck) until the last 1 K when off she galloped.

A very enjoyable race with two hot cross buns and a Cadburys cream egg :) oh and a cut and blow dry for Gill for finishing 2nd lady.

MAD MARCH TRIATHLON

You definitely had to be mad to do it!

A 7.30 swim start meant I was up at 4.45am and making porridge to kick start me into being ready for my first triathlon.

A huge thank you to Sue Simister for getting up equally early to support me!

Once in the pool it was a baptism of fire as I was much slower than the others in my lane. This continued into transition as I'm still getting the hang of finding my bike and the cold and rain just made everything more difficult. However once I was on my bike things improved and a downhill stretch to start was welcome. It was an undulating route, challenging in places, but I really enjoyed it and overtook a few on the way.

The next transition was even more of a challenge as running in was slippery and my fingers didn't seem to want to undo my cycle helmet! Got there in the end though. Then it was off for the run. The start of the route was the same as the bike so not only did I have to look out for cars, but also cyclists speeding by through the puddles - there was just no avoiding the water!

The run went ok and after a short sharp hill I suddenly seemed to find a bit more in the last half mile - it must be that finishing instinct. It was a great feeling having completed the event and then I realised that my arms and hands were so cold it felt like they had somehow disconnected along the way!

It was a well organised race, the marshalls should be congratulated for braving the weather and for their support on the way round.

1st Niall Laming 47:33
1st Lady Natalie Butler 58:32
92nd (20th Lady) Ann Blake 1:19:14
Distances: 250m swim, 10 mile bike, 3 mile run
Ann Blake

PERFORMANCE OF THE MONTH

Alan White for his great performance at The John Austin Half Marathon, first Amigo and gave Gill Rose and Richard Snell a run for their money.

Rachael Openshaw for her massive PB at the Eastleigh 10K and her Mad March run, her longest race distance so far.

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

TODAYS RUNNER

"It was a perfect sunny spring day that greeted runners as they arrived for the 7th and final Today's Runner race of the season held at Staunton Country Park in Havant and although a number of Stubbies were concentrating on their marathon training or competing in other races there were still 16 club members with accompanying supporters who enjoyed the fine weather. The sun disappeared for the duration of the race but conditions were ideal for the cross country although the course still had its customary muddy sections despite the recent good weather.

For the men Andy Simpson resumed his rivalry with Matt Gordon from Havant carried over from Pamber Forest as they were well clear at the head of the field. Skirting the lake approaching the finish Matt had a slight lead but with youth on his side he extended this up the punishing finish to take first place with Andy a well deserved second. The next runner to appear was also wearing a green vest in the shape of James Sawyer who had his best finish of the year to take third place. Next Stubbie to cross the line was Tony Smith who with a strong run came home in 14th place in what proved to be his last race with the club as he departs for pastures new in Australia. Darragh Hendley was just nine places further back in his first run in the series to be our next scorer home whilst the final scoring place was taken by Mike Bell with a season's best 41st position. The remaining finishers were Mike Harper (45th), Phil May (46th), Nick Kimber (52nd), Jon Leigh (61st) and John Vose (103rd).

In the ladies race Tanya Brady had a particularly strong run and was always featuring well up with the leading men throughout the race and it was inevitable that she should be the first female runner to cross the line. Our second and third scorers were Susie MacGregor and Lucy May who both emulated their finishing positions of 6th and 10th respectively recorded at Pamber Forest to give us all three scorers in the top ten. With such a finish it would normally be enough to take first team on the day but unfortunately Farnham Runners' three scorers were 2nd, 3rd and 4th so we were slightly overshadowed. Sarah Martin (44th), Donna Mitchell (45th) and Sharon White (47th) were the other Stubbie ladies who took part.

With such a strong turnout from both the men and ladies we finished the season in style with both teams finishing in second place and also second overall on the day behind Farnham Runners who also took the league title ahead of Liss Runners. As a consequence of our strong finish this left us completing the season in a very respectable third place.

We had 49 members representing the club over the seven races (28 men and 21 ladies) with Jon Leigh and Donna Mitchell being the only ones to have competed in all seven. The other appearances were as follows:-
6 races: Andy Simpson
5 races: Nick Kimber, Lucy May, Sarah Martin, Phil May
4 races: Mike Bell, Mike Harper, Kevin Ashman, Tanya Brady, Susie MacGregor, Jane Butler, Sharon White, James Sawyer, Sam Bell
3 races: Chris Hall, Paul Hammond, Nick Crane, Andy Lee, Richard Scott, Linda Hunt, Graham Bell, Andrew Stockwell
2 races: John Simister, John Vose, Sally McGrath, Katherine Briggs, Owen White, Leanna Whaley, Tony Smith, Graham James, Richard Snell, Gill Rose, Eric Beck, David Richards, Emily Foran, Caroline Street, Phil Martin, David Castle, Dave Jeffery, Ray Gunner, Lucy Le Gassick, Rachael Openshaw, Tina Chantrey, Julie Bowden, Andrea Dyde, Darragh Hendley and Penny Forse all took part in just the one race.

Many thanks to you all for your efforts throughout the season and hope you have an equally successful season when it resumes in October/November."
John Tussler

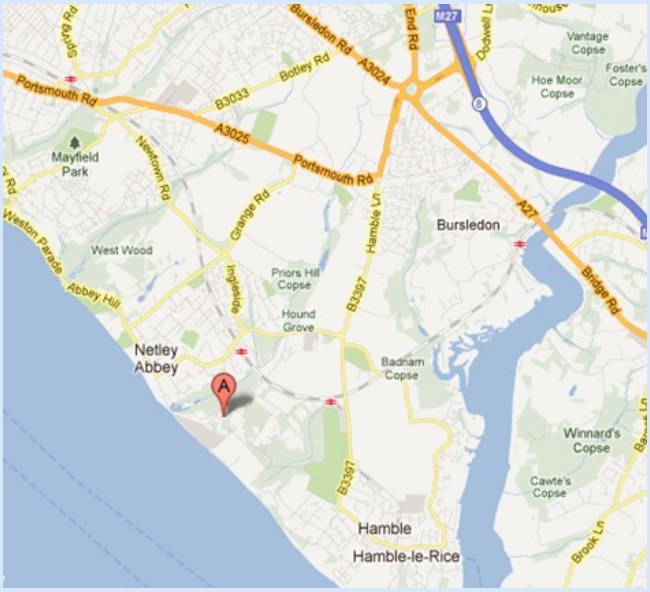
THE FINAL TODAYS RUNNER LEAGUE TABLE - WELL DONE STUBBINGTON

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Total	Worst	Corrected	Place
Farnham Runners	1	1	1	1	1	2	1	8	2	6	1
Liss Runners	2	3	4	4	2	3	3	21	4	17	2
Stubbington Green Runners	4	6	6	2	4	3	2	27	6	21	3
Portsmouth Joggers	4	4	6	2	6	5	5	32	6	26	4
Basingstoke & Mid Hants AC	7	6	2	7	3	1	11	37	11	26	4
Hart Road Runners	6	4	3	6	5	6	11	41	11	30	6
Denmead Striders	8	10	9	7	9	9	3	55	10	45	7
Midhurst Milers	3	1	18	5	6	18	18	69	18	51	8
Victory Athletic Club	15	13	10	9	8	7	5	67	15	52	9
Haslemere Border AC	9	10	5	15	15	18	8	80	18	62	10
Alton Runners	13	12	8	15	14	11	7	80	15	65	11
Petersfield Triathlon Club	10	13	10	12	9	12	15	81	15	66	12
Gosport Road Runners	14	15	13	12	11	8	9	82	15	67	13
Fleet & Crookham AC	10	8	12	12	18	10	18	88	18	70	14
Fareham Crusaders	10	16	16	11	15	14	13	95	16	79	15
Portsmouth Triathlon Club	16	16	16	10	12	18	10	98	18	80	16
Havant AC	16	16	14	17	13	13	14	103	17	86	17
Farnham Triathlon Club	16	9	15	18	17	18	16	109	18	91	18

TRY A RACE

If you are new to racing and fancy giving it a go there are a couple of events coming up in the same location that you might like to try.

On 18th April the first RR10 race takes place at Royal Victoria Country Park Netley at 7.00pm, it's the first of a series of 10 races that take place on Wednesday evenings throughout the summer. These are off road races over varying terrain, gravel paths, forest tracks and even a bit of shingle along the beach.



You will need to wear a club vest (available from Eric, see details at the back of The Green Runner or the website), there are no entry fees or race numbers. These are low key events with lots of fellow Stubbies to keep you company. No entry form required just turn up on the evening and look for the impressively large Stubbington Green flag.

At the same venue on Sunday 13th May the Netley 10K race will be held, also called The Run in the Park 10k, this is the last race in the Hampshire Road Race series and consists of three laps around the country park all on the road. Entry forms are available at http://www.teamsouthampton.co.uk/road/rvcp/runinthepark_2012.pdf
Entry is limited to 550 runners so don't leave it too late otherwise it will be full.

For this race there is an entry fee but you do get a running number and a timing chip. This is another event where you should see a lot of Stubbington Green vests.

THE 2012 RR10 DATES

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

WORTHING 20 RESULTS

42	Emily Foran	02:16:15
43	Graham Bell	02:16:17
225	Eric Beck	02:47:34
260	Nigel Whitcher	02:53:04
283	Alan White	02:55:38

THE EASTLEIGH 10K

GunPos	GunTime	Forename	Surname		Chip Pos	Chip Time
45	00:34:08	Andy	Simpson	M	46	00:34:07
72	00:35:45	James	Sawyer	M	72	00:35:44
77	00:35:57	Graham	Bell	M	77	00:35:54
91	00:36:24	David	Jeffery	M	95	00:36:21
142	00:37:56	Emily	Foran	F	144	00:37:50
218	00:39:56	Kevin	Wheeler	M	214	00:39:38
225	00:40:01	Tim	Sullivan	M	230	00:39:53
276	00:41:10	Lucy	May	F	285	00:41:02
285	00:41:23	Marcus	Lee	M	283	00:40:58
303	00:41:47	Richard	Edmunds	M	307	00:41:22
347	00:42:26	Philip	May	M	358	00:42:10
391	00:43:08	Neil	Richardson	M	405	00:42:54
431	00:43:51	Nicole	Beukman	M	450	00:43:34
432	00:43:52	Sam	Bell	M	459	00:43:38
436	00:43:55	Liam	Dredge	M	460	00:43:39
439	00:43:56	Jon	Henderson	M	462	00:43:40
440	00:43:56	Rachael	Openshaw	F	461	00:43:40
442	00:43:57	Mike	Harper	M	463	00:43:40
505	00:44:51	Robert	Blackmore	M	538	00:44:34
518	00:45:04	David	Abrams	M	516	00:44:22
736	00:48:14	George	Howarth	M	729	00:47:08
753	00:48:23	Alan	White	M	731	00:47:09
785	00:48:53	Keith	Carter	M	764	00:47:39
842	00:49:41	Donna	Mitchell	F	914	00:49:25
895	00:50:14	Rick	Scott	M	936	00:49:45
1078	00:53:03	Verity	Wright	F	1112	00:51:56
1111	00:53:21	Katherine	Briggs	F	1105	00:51:52
1160	00:53:49	Andy	Richardson	M	1090	00:51:39
1174	00:53:59	John	Tussler	M	1203	00:53:01
1278	00:55:24	John	Vose	M	1271	00:53:55
1336	00:56:10	Ronel	Beukman	F	1371	00:55:10
1476	00:58:15	Sandra	Abrams	F	1441	00:56:12
1575	00:59:49	Eunice	Hoare	F	1594	00:58:20
1653	01:01:12	Russell	Mead	M	1673	00:59:50
1673	01:01:45	Jules	Dinwoodie	F	1697	01:00:23
1686	01:02:06	Robert	Spencer	M	1661	00:59:37

RICHARD EDMUNDS

KEITH CARTER

KATHERINE BRIGGS

ANDY RICHARDSON

JON HENDERSON

82	Nick Kimber	02:31:36
104	Gill Rose	02:37:42
111	Richard Snell	02:39:49
156	Rachael Openshaw	02:50:47
168	Donna Mitchell	02:52:42
282	Michael Wootton	03:17:43

RESULTS ROUND UP

CARTMEL TRAIL RACE

Cartmel Trail Race: famous for it's Sticky Toffee Pudding and leg sapping mud!

Sally & I went to compete in the 4th, the 18km Cartmel Trail Race run as part of the fantastic Lakeland Trail series (www.lakelandtrails.org). If you love your hill sessions with Penny or just love running out on beautiful trails, you would have loved this race.

The race is an off road trail race which journeys through some of the most scenic and varied countryside in the Lake District - along a 'Beauty and Beast' of a course. The course was waymarked & marshalled along footpaths and bridleways. The views of both Morecambe Bay and the surrounding peaks were spectacular if you dared take your eyes away from the terrain you were attempting to run across. To say the underfoot conditions where tough and at some points technical would be a reasonable under-statement . With a mix of awesome fast sections for the fearless downhill looney tunes, to very sticky and boggy sections to the leg slapping uphill slogs this race had everything.

This is our type of racing, and we love it. Sally came 9th FV40 & 175 overall, I was 6th MV40 and 19th overall. With a host of international runners in front of us these are results we are both happy with.

NIGHTRUNNER

Last weekend I headed down to Beer in Devon with my family to take part in the Axe Valley Runners Nightrunner, a 7 mile multi terrain trail race. The catch - it doesn't start until night falls so head torch and high vis jackets compulsory.

What a fantastic race, this is about the best fun I have had running for a while but this is also Grizzly country so they made it a little challenging! Those of you who have run the (much longer and more challenging) Grizzly will know some of the terrain - running across cliff tops, descent to the sea via the under-cliff, a strength sapping run along the beach , up and down hills through a river and then up the stair way to heaven (who put the styles at the top of those steps!) lit only by the stars and your head torch. Somehow not seeing what was coming seemed a bit of an advantage and unusually it was the descents that were trickiest as you tried to keep your footing in the dark making it all a bit slower than usual.

This was a really low key race, 88 runners and mostly from local clubs. The route was well marked with tape and LED lights at tricky points and marshals at key junctions. There were only a couple of points on the cliff tops home when I was scanning to spot the little red flashing lights. The stars were fantastic, I even got a view of venus and jupiter and the weather was perfect.

What a friendly bunch. I'll be back next year!

1st Male: Garry Perratt Axe Valley Runners 51.54
1st Female: Jane Allison Plymouth Harriers 1:06:23
SGRAC: Julia Park 56th 1:21:28 (4th in age category!)

Julia Park

FLEET HALF MARATHON

Eric	Beck	679	01:44:01
Aitken	Hunter	943	01:50:13
Karen	Moore	1891	02:13:30

EXBURY 10K

Race Pos	Time	first name	surname	cat	cat pos
18	0:41:11	Ray	Gunner	MV50	3

CRANLEIGH 21 MILE

97	**KIMBER, NICK**	**02:41:24**
207	**MARTIN, PHILIP**	**02:54:03**
509	**MARTIN, SARAH**	**03:33:36**
519	**WHITE, SHARON**	**03:35:46**

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 Race Diary

Date	Race	Venue	Time
Wed 2 May	RR10 (race 2)	Longdown Inclosure, Ashurst	7.15pm
Sat 5 May	East Grinstead 10	East Grinstead Sports Club, EGrinstead, RH19 4JU	10.30am
Sat 5 May	Sussex Marathon weekend	E Grinstead, Haywards Heath, Burgess Hill, RH19 4JU	10.30am
Sat 5 May	Pony Express Ultra 60	Brockenhurst College, Lyndhurst, SO42 7ZE	9am
Sun 6 May	Brighton Barefoot 5K	Stanmer Park, Brighton, BN1 9SE	11am
Sun 6 May	Fire Station 10K	Fordingbridge Fire Station, Fordingbridge, SP6 1JN	11am
Sun 6 May	Frimley Park 10K	Frimley Park Hospital, Frimley, GU16 7UJ	10.30am
Sun 6 May	Richmond Half Marathon	Petersham Road, Richmond, TW10 7AA	8.30am
Sun 6 May	Dorchester Lions 10K	Thomas Hardye Leisure Ctre, Dorchester, DT1 2HT	10.30am
Sun 6 May	Neolithic Marathon	Avebury, Stonehenge, Salisbury, SP4 7DE	10am
Sun 6 May	Three Forts Marathon	Rotary Field, Hill Barn Lane, Worthing, BN14 9QF	10am
Mon 7 May	May Day Celebration 4	Sports Pavillion, Rusper, W Sussex RH12 4PX	2pm
Mon 7 May	Hampshire 10K	Mountbatten Centre, Portsmouth, PO2	11am
Mon 7 May	May Day Triathlon	Kings School, Romsey Road, Winchester, SO22 5PN	8am
Tue 8 May	Roundway Chase 10K	Ivy Pub, Heddington, Wiltshire, Calne, SN11 0PL	7.30pm
Sat 12 May	Run for Love 14.6K	Bournemouth, BH1 1AA	10am
Sun 13 May	Alton 10 (HRRL)	Eggars School, Holybourne, Alton GU34 4EQ	10.30am
Sun 13 May	Bayer Newbury 10K	Waterside Community Centre, Newbury, RG14 1DS	10.15am
Sun 13 May	Dunsfold Duathlon 10/20/5	Dunsfold Park, Guildford, GU6 8TB	2pm
Sun 13 May	Harewood Forest 10K	Wherwell Playing Fields, Wherwell, SP11 7JP	10am
Sun 13 May	Lymington Lifeboat 10K	Woodside Park, Lymington, SO41 8FP	10am
Wed 16 May	RR10 (race 3)	Wilverley Plain, Sway	7.30pm
Wed 16 May	St Michael's Hospice 10K	Down Grange, Pack Lane, Basingstoke, RG22 5HH	7pm
Sun 20 May	Run in the Park (HRRL)	Royal Victoria Country Park, Netley	10.30am
Sun 20 May	Barton Stacey 10K	Barton Stacey, Winchester, SO21 3RL	10am
Sun 20 May	Hard Way round Rock 11	Portland United FC, Grove Rd, Portland, DT5 1DP	10am
Sun 20 May	Hook 10 & 6	Hook Schools Site, Hook, Hampshire RG27 9NR	11am
Sun 20 May	Marwell Wildlife 10K	Marwell Wildlife, Colden Common, SO21 1JH	10.30am
Sun 20 May	Soton Athletic 10K	Royal Victoria Country Park, Netley SO31 5GA	10.30am
Sun 20 May	The General 10K	Matterley Bowl, Winchester, SO21 1HW	10am
Sun 27 May	Poole 10K	Poole Park, Near Civic Centre, Poole, BH15 2RU	2pm
Sun 27 May	Ropley 10K	Ropley Rec Ground, Ropley, Alresford, SO24 0DT	11am
Sun 27 May	Needles XC Half Marathon	West Wight Sports Centre, Freshwater, PO40 9XH	10am
Wed 30 May	RR10 (race 4)	Recreation Ground, Blackfield	7.30pm

The Stubbington Noticeboard

Apr-12	What	Recovery	Where	Who
Tues 3rd	10min warm up 20mins tempo run	10 min warm down	Locks Heath	Mike B
Thurs 5th	Lee triangle Accelerations x 4		Crofton Community	Chris H
Tues 10th	6 Titchfield rollers (Because I don't like hills)	South Downs Training	Locks Heath	Graham
Thurs 12th	200m run on the beach 2 set of 4.		Crofton	Phil
Tues 17th	10 x 1min hard 2min rec.	Chilling Field	Locks Heath	Graham
Thurs 19th	8 x 400m 200 rec.	Crofton School Track	Crofton	Chris H
Tues 24th	Sovereign Crescent Run		Locks Heath	Mike W
Thurs 26th	2nd 4mile Time Trial		Eric Rd	Phil

GLENS THURSDAY TRAINING SESSIONS		
	5th April - Locks Heath - 5 x Brownwich Loop	**12th April - Stubbington - 6 x 1K Cuckoo Lane**
	19th April - Locks Heath - 1,2,3,4,3,2,1 (1 min recovery)	**26th April - Stubbington - 12 x 350 Metres (1 min recovery)**

Looking for club kit? - Eric Beck is your man his email is eric65beck@virginmedia.com mobile 07828172475 home number after 3.00 pm 01329 847790 and address 65, Fareham Park Road, Fareham, PO15 6LF he normally attend the Monday session at Whiteley and Glen's Thursday group. Or you can order on the website

Who's who…

Chairman: Phil May
20 Pennine Walk, Fareham.
Tel: 01329 284930.
philmay@btinternet.com

Secretary: Paul Hammond
2, Nottingham Place, Lee-on-the-Solent.
Tel: 02392 553340.

Men's Captain: Andy Simpson
33 Wheatlands, Titchfield Common
Fareham, PO14 4SL
O1489 573667 / 07971 830269
andysimpson@blackberry.orange.co.uk

Ladies Captain: Sally McGrath
sallymcgrath@sky.com
07876 533479

Treasurer: Neil Jarvis
3, Ditton Close, Stubbington.
Tel: 01329 516215
n.jarvis3@ntlworld.com

Membership Sec:Kevin Ashman
4 Peters Close Locksheath Southampton
SO31 6ED
01489 600294 / 07909 115936
Kash99@ntlworld.com

Green Runner Editor: Richard Snell
Tel 07961 781066
r.snell48@btinternet.com

HRRL Secretary: Graham Bell
105 Warsash Road
Warsash
07801 594085
gebell@ntlworld.com

X-country Captain: Lucy May
loo_c50@hotmail.com
07731 746953

Triathlon Rep: Richard Thomas
5, Sandringham Road, Fareham.
Tel: 07787 530183.
Drrichardthomas@aol.com

Website editor: Mike Bell
224, Botley Road, Burridge.
Tel: 01489 576534.
mikebell@sgrac.net

Stubbington 10k Race Director: Gary Littlecott
1, Estridge Close, Lowford.
Tel: 07749 389404
thelittlecotts@ntlworld.com

Welfare Officer: Mike Clarke
2, Grasmere Way, Stubbington.
Tel: 01329 661049.
Michael.tclarke@btoopenworld.com

Social committee:

Nick Kimber
Molins, Hookpark Road, Warsash.
Tel: 01489 579885.
nick@hookpark.co.uk

Tim Sullivan
38, Yarrow Way, Locks Heath.
Tel: 01489 572641.
tim.sullivan1@virginmedia.com

Kathy McCain
6, Violet Avenue, Hill Head
Tel: 01329 668856
klaf@ntlworld.com

Tracie Jarvis
3, Ditton Close, Stubbington.
Tel: 01329 516215
tracie.jarvis@ntlworld.com