The Green Runner

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

THE SUN SHINES ON THE STUBBIES IN LONDON

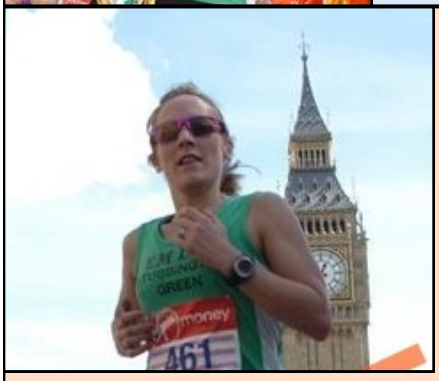
The weather couldn't have been better, cool, dry and a little breeze for The 2012 Virgin London Marathon. Tens of thousands of people lined the route, including Stubbington Green supporters, to cheer on the runners in green. Lots of Stubbies ran PB's which isn't bad seeing we had to contend with 35,000 other runners and not always being able to run the blue line meant running half a mile or so further than the marathon distance. A great day. *Richard Snell*

OVERALL POSITON	GENDER POSITION	AGE POSITION	NAME	CAT	HALF TIME	FINISH TIME
824	796	168	GRICE, ZIPPY (GBR)	40-44	01:26:31	02:55:53
1242	1186	273	Jeffery, David L (GBR)	40-44	01:24:08	03:00:13
1954	1830	105	WHITE, MIKE P Paterson (GBR)	50-54	01:30:00	03:09:06
5540	4641	385	Kimber, Nick (GBR)	50-54	01:37:56	03:35:53
6531	5397	459	Martin, Philip (GBR)	50-54	01:44:53	03:41:27
6751	5559	1188	Snell, Richard (GBR)	40-44	01:49:37	03:42:37
10976	8667	138	Whitaker, Keith H (GBR)	60-64	01:48:52	03:59:43
11337	8929	44	Fairhurst, John G (GBR)	65-69	01:59:04	04:01:13
11664	9163	271	Hunter, Aitken (GBR)	55-59	01:54:21	04:02:31
25517	18057	2467	HAILWOOD, PAUL Joseph (GBR)	45-49	02:12:15	04:57:53

OVERALL POSITON	GENDER POSITION	AGE POSITION	NAME	CAT	HALF TIME	FINISH TIME
2010	136	102	Foran, Emily C (GBR)	18-39	01:31:51	03:09:37
5767	952	186	ROSE, GILLIAN (GBR)	40-44	01:47:01	03:37:19
18080	4529	2633	Fordina, Clara Lilly Scarlett (GBR)	18-39	02:03:36	04:27:58
20018	5264	981	Martin, Sarah (GBR)	40-44	02:15:10	04:35:28
24597	7060	175	Mcintosh, Sandie (GBR)	55-59	02:18:32	04:54:05
26698	7963	1404	Abbott, Phillipa (GBR)	40-44	02:12:44	05:04:02
27702	8396	1473	Adlard, Jane (GBR)	40-44	02:22:21	05:09:55

I am very grateful to Stubbington Green Runners for giving me the opportunity to run London 2012.
Very pleased with my time, and I think the running sessions with the group and advice from fellow runners helped me. A big thanks to Sharon who ran with me for 16 weeks.

A wonderful day, so nervous but a fantastic achievement, The support from Stubbington Runners along the route was fantastic. I am really pleased that I ran in the same year as Philip. Phil had a good run considering he was out with injury for over 6 weeks. Oh and one last thing Phil puked in my goody bag and filled it to the top with sick.
Sarah Martin



After making the decision to fun run the marathon last year, I thought I would give London another go this year minus the wings and the wand!

The experience was definitely much more pleasant, although I imagine I was a lot more difficult to spot!
I had a great run and finished feeling strong. The adrenalin still hasn't worn off and I am already targeting another marathon to see if I can run even quicker!
Thank you to all of you who helped me with my training this year: especially Tanya Brady and Graham Bell. Having company for the longs runs really helped me and I am not sure I would have stayed awake for the Worthing 20 without Graham to converse with!

As some of you know, my family and I are moving to Lincolnshire in May. I just wanted to take this opportunity to say what a fantastic club Stubbington Green is and how much I will miss you all. I have no intention of switching allegiance just yet, am very much still green through and through! I will keep in touch and plan to come back from time to time, so do keep me posted of any key events/races.

Thank you for making me feel so welcome and supporting me in all the races I have done since moving to Hampshire. Am feeling quite emotional now, so will leave it there...
Emily

I really enjoyed the Virgin London Marathon this year, but my preparation was not ideal by any means. I think in hindsight I probably did too many shorter races in the previous weeks when I should have been doing long runs on those Sundays. I also picked up a knee problem on the Monday night before the race as well. No idea where it came from, but I was limping around on Tuesday and Wednesday and was really concerned I wouldn't be able to run.

I think the 3 pints of Guinness I had over in Dublin last Thursday night must have helped a bit, (Simmo, you must be proud of me) so set off to London early Sunday with Mike White.

I had a good for age green number so lined up behind the celebrities as usual in what looked like perfect conditions. None of the 89 degree heat Lewis had to contend with a week earlier in Boston, but warm enough to get stripped off in plenty of time and head over to the pen to line up with one or two familiar faces.

The gun went off, and so did I, at such a pace that I would have kept Lewis in my sights certainly for the 1st 5K. This was crazy of course for me, but I just could not get myself to slow down ! Again, too many shorter races I think !

The 1st 5k went past in 19 mins, 10K in 38.39 and I reached half way in 1.24. A few miles later and I started to realise that I clearly hadn't done enough mileage to keep this pace going…

The 15 mile mark was really where I started to forget about any sort of pace and just think about making sure I got to the finish.

That was a very long last 11 miles as all the time I had in the bank very quickly slipped away. 6:30s went to 6:45s then to 7:00s then to 7:30s… people overtaking me in droves !

I certainly wasn't on my own though. It is surprising how many people even at this stage start walking between the Tower of London and Big Ben. Luckily I know how important it is to get to the finish without walking because within a few seconds of stopping you can hardly take another step !

I managed to get to the line, but alas, in 3:00:13 which is a bit disappointing on one hand, but on the other I was just glad I got round. My knee just about held out but has been a bit sore the last couple of days. I plan to have a week off at least. Being so close to 3 though has given me an incentive to definitely do it again next year.

And the crowds this year were simply incredible. I was really proud to wear my stubby vest and certainly got many shouts on the way round. I saw Mike Clarke early on and particularly remember Graham and Tracy who went absolutely crazy when I ran past them (can't exactly remember where that was though, think it was around 9 miles).
I was also really pleased that Lisa and Elizabeth also managed to get up to watch this year for the 1st time as well and they both had a really good day out.
David Jeffery

I have to start any article about the London Marathon with the greatest sympathy for the poor lady who passed away and to her family. So sad especially as anyone who has done that run knows the feeling as you pass mile 25 and enter Bird Cage Walk.

My story is not one of a fast time but of shacking off an injury that has stopped me running for nearly 12 months. I was honoured to be given a club place for 2011 and then devastated when injury in Feb 2011 caused me to pull out and defer to 2012. I was still not walking pain free in the summer and no chance of running. Things started to improve in January and by mid March I was running 5 miles pain free! Managed one 13 miler a couple of weeks before the marathon and just went for it! This is not the best preparation I know but I was relying on basic fitness from cycling and a strong desire not to waste the place.

The day went well for me thanks to the support of my family, Janet and Harry plus other "Stubby" shouts from people I did not know; thanks to them. Looking good at mile 13, starting to slow by mile 19 and forced to walk run from 22 to 25, finished in under 5 hours but no injury!!!! This means I am back running and may even have the confidence to try an RR10. Thanks to Stubbington Green Runners for the club place, it encouraged me to get back into running when it would have been so easy to give up. The London marathon is a must do for all runners, never seen or heard such amazing support and never been a part of such a massive event. Thanks again to Janet and Harry who encouraged me all the way and dragged me home. I now have sore legs, sunburnt back and a grin from ear to ear which just will not fade.

See you all on a start line somewhere again soon!!
Paul Hailwood

I wasn't entirely looking forward to this marathon. I was convinced I wouldn't be able to see the ground in front of me, let alone run a nice even pace! I prepared well for it but just like Sydney there was a last minute hitch to increase my already sky high anxiety levels. I had been queuing for the loo for ages and just as I got near the front I heard them say the baggage lorry was leaving in 5 minutes (a whole 20 minutes before the race was due to start!). Throwing all my clothes off and attaching my running belt, I sprinted to the baggage lorry, pushed my way through, threw my bag down and sprinted back to my place in the queue, which was thankfully still there! My Southampton mate never made it to the front, having to make do with the back of the portaloos instead! But despite that, and the lack of sleep, I was lined up and raring to go.

The race itself was quite different from anything I've experienced before; masses of spectators cheering everyone on, so much noise and so many runners. There was so much to take in along the way that the miles went by really quickly (although I managed to miss the Cutty Sark!). I tried to stay focussed on my pace, recalculating my splits at every mile marker until the maths got too challenging for my brain! I took on more water than I expected, but I felt really strong all the way and still can't quite believe the lack of aches and pains, until of course I stopped just over the finish line!

I really enjoyed my 26.75 miles and to top it off I have managed to raise a whopping £1,000 for the WAY Foundation, so thank you so much every one of you that sponsored me.

And a big thank you as well to my two training buddies, Rich and Annie, who made the training just that little bit more fun.
Gill

PERFORMANCE OF THE MONTH

John Fairhurst for his London Marathon performance, finishing in a time of 04:01:13 and 44th in his age category.

Eric Beck ran an unbelievable time at the Brighton Marathon, 03:33:13
The speed sessions are paying off.

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

Brighton Marathon™

Wow! That's how I would describe my first marathon! After going down to Brighton last year to spectate with Donna and Susie, I entered the Brighton Marathon 2012 the next day - must be something in the sea air - and what a year it has been! Having never run more than a 10 mile road race before, I clearly had my work cut out if I was going to drag myself around 26.2 miles!

Training started in earnest on new years day and before I knew it I was crossing the start line at Preston Park! The first 13 miles seemed to fly by, then I had a bit of a lull at mile 17, but nothing a few fruit pastels couldn't sort out! However, by mile 23 my legs were screaming out to stop but my brain was yelling only 3.2 miles to go and boy was I glad to see the "only 800 metres to go" sign! A quick check to see that my hair and sunglasses were in place (taking a few tips on board from Sarah Martin!) I think I was able to look reasonably good going down the home straight!

3:49:37 and 26.51 miles later (thanks race organisers!) mission accomplished! Thank you to everyone who helped me along the way! Thank you to Penny for your invaluable knowledge and advice and of course your gruelling Monday night hill sessions! Thank you to Donna for keeping me company on all those long training runs - come hell or high water we were out there pounding the streets! Thank you to everyone who came down to support on the day - seeing James and the girls swinging off that lamp post at the half way mark was a real boost and a very big thank you to everyone who has sponsored me! Your kind generosity has overwhelmed me and I have raised nearly £1000!!!!! for my two chosen charities, the Myasthenia Gravis Association (a muscle weakening disease that my Grandma suffers from) and the Cardiomyopathy Association (a heart disease that my Nana suffers from) and all money raised will be split equally between both charities.

A celebratory meal in Zizzi's with the Brighton gang and a very painful walk back to the Travelodge, with Julie, Kev and Sharon, rounded off a great weekend! Well done to all the Stubbies who took part at Brighton this year! You all achieved some cracking times and should be very proud of yourselves for finishing something that others wouldn't even dream of starting!

Would I do it again I hear you cry. . .well let's just say it's a good idea that I listened to Gill and Rich when they told me that I could go sub 3:50 and get good for age for London 2013!
Rachael

Euan McGrath (660)	03:06:19
Alex Drew (14555)	03:32:47
Eric Beck (4430)	03:33:18
Liam Dredge (9256)	03:38:47
Rachael Openshaw (1476)	03:49:37
Alan White (1726)	03:54:41
Ellie Crane (12234)	03:55:54
Nigel Whitcher (1725)	03:58:37
Clara Fordina (1179)	04:17:05
Sharon White (6400)	04:18:00
Kevin Ashman (4938)	04:31:11
Rowena Dodds (3586)	04:29:22
Naomi Crane (2572)	04:32:11
Michael Wootton (5767)	04:35:38
Tracie Jarvis (13040)	04:47:50
Julie Ashman (4937)	05:07:21

April 4 Mile Time Trial

			RICHARDSON Neil	27.21		MITCHELL Donna	30.46
			DREDGE Liam	27.3		OPENSHAW Rachel	30.46
			BELL Mike	27.34		SMITH Hannah	32.48
			MAY Lucy	27.38		WRIGHT Verity	33.36
SAWYER James	23.12		MAY Philip	27.41		ASHMAN Kevin	33.49
HALL Chris	24.02		LEE Andy	27.49		BENNETTS Kelly	35.14
BELL Graham	24.34		CRANE Ellie	29.01		BOWDEN Julie	35.49
HENDLEY Daragh	25.16		SOUTHON Paul	29.32		STREET Caroline	35.51
WITCHER Tom	25.18		HOWARTH George	29.38		SIMISTER Sue	36.26
HARPER Mike	25.51		RENNIE George	29.49		MARTIN Elizabeth	36.55
FORAN Emily	25.53		WITCHER Nigel	29.51		MARTIN Phil	36.55
EDMUNDS Richard	26.55		WHITAKER Keith	29.55		BENNETTS Ella	37.46
CRANE Nick	26.59		BECK Eric	30.18		McINTOSH Sandie	39.55
BLAKE John	27.17		WHITE Alan	30.34		MARTIN Sarah	39.56

CLUB CHAMPIONSHIP

1	Lucy May	155		40	Dan Gueran	25		78	Clara Fordina	10
2	Donna Mitchell	145		40	Tim Crumpton	25		78	Steve Martin	10
3	Andy Simpson	130		40	Jaz Smith	25		78	Sarah White	10
4	Philip May	120		40	Jane Adlard Mcgrath	25		78	Sarah Boddy	10
5	Sharon White	105		40	Graham James	25		78	Paul Hailwood	10
6	Graham Bell	100		50	Richard Edmunds	20		78	Liz WEIGHELL	10
7	Tom Whitcher	90		50	Richard Chowns	20		78	Kate Aldom	10
7	Gordon Westley	90		50	George Howarth	20		78	Julie Ashman	10
9	Jon Leigh	85		50	Andy Stockwell	20		78	John Fairhurst	10
9	John Blake	85		50	Andy Lee	20		78	James Keen	10
11	James Sawyer	80		50	Sandie McIntosh	20		78	Georgie Wallis	10
11	Rachael Openshaw	80		50	Rowena Dodds	20		78	George Childs	10
13	Sarah Martin	65		50	Nigel Whitcher	20		78	Gary Littlecott	10
14	Verity Wright	60		50	Keith Carter	20		78	Eric Haskell	10
14	Ray Gunner	60		50	Darragh Hendley	20		78	Colin Elderfield	10
15	Susie MacGregor	55		50	Tracy Bell	20		78	Anne Fairhurst	10
15	Richard Snell	55		50	Sue Simister	20		78	Ann Blake	10
15	Chris Hall	55		50	Peter Hutchison	20		78	Alasdair Ewing	10
18	Mike Harper	50		50	Neil Jarvis	20		102	William Cowan	5
18	David Jeffery	50		50	Mike Townsend	20		102	Simon Carson Jones	5
18	Emily Foran	50		50	Chris Brittain	20		102	Sandra Abrams	5
18	Nick Crane	50		64	Ronel Beukman	15		102	Russell Mead	5
18	Kevin Ashman	50		64	Paul Hammond	15		102	Robert Blackmore	5
18	Keith Whittaker	50		64	Linda Hunt	15		102	Nicole Beukman	5
24	Sally McGrath	45		64	Liam Dredge	15		102	Mike Wotton	5
25	Nick Kimber	40		64	John Vose	15		102	Mat Gardener	5
25	Tony Smith	40		64	Ian Webber	15		102	Mark Eaton	5
25	John Simister	40		64	Tina Chantrey	15		102	Marina Odey	5
25	Eric Beck	40		64	Sue Robinson	15		102	Loraine Jackson	5
29	Tim Sullivan	35		64	Pippa Abbott	15		102	Katherine Daily	5
29	Sam Bell	35		64	Penny Forse	15		102	Karen Moore	5
29	Nico Beukman	35		64	Michael Townsend	15		102	Julie Woodman	5
29	Tanya Brady	35		64	Mark Le Gassick	15		102	Julie Bowden	5
29	Rick Scott	35		64	Eunice Hoare	15		102	Julia Park	5
29	Robert Spencer	35		64	Euan Mcgrath	15		102	Jules Dinwoodie	5
35	Philip Martin	30		64	Aitken Hunter	15		102	John Tussler	5
35	Lucy Le Gassick	30		78	Ryan Gunner	10		102	John Cox	5
35	Katherine Briggs	30		78	Paul Southon	10		102	Graham Martin	5
35	Jane Butler	30		78	Owen White	10		102	Gemma Cowan	5
35	Alan White	30		78	Neil Richardson	10		102	David Richards	5
40	Zac Conaty	25		78	Leanna Whaley	10		102	Caroline Street	5
40	Mike White	25		78	Jon Henderson	10		102	Ashley Lovell	5
40	Mike Bell	25		78	Graham Martin	10		102	Andy Richardson	5
40	Marcus Lee	25		78	Elizabeth Dandy	10		102	Andrea Dyed	5
40	Kevin Wheeler	25		78	David Castle	10				
40	Gill Rose	25		78	David Abrams	10				

Volunteering for the Olympics

As I am sure some of you know I have been a track and field timekeeper for over 10 years. Back in the summer of 2010 I was asked if I would like to be a volunteer for the London Olympics 2012. I completed the on line form and registering my interest in August 2010. In return I received log in details for the games maker website. Very little happened until early June 2011 apart from a request for what size uniform I would require.

The next correspondence I received was inviting me for an interview in London at the Excel centre in early July. The only problem was the date they gave me was in the middle of our holiday to Cornwall. I managed to change the date and booked the coach to London allowing plenty of time to get across London; unfortunately the coach was delayed and there was no way I was going to get to the interview on time. Being late for the interview I thought my Olympic dream could be over before it had started; a quick phone call to my daughter Nikki, who lives at Woolwich Arsenal and was waiting for us at the Excel. She popped in and explained the problem; they were very relaxed and said that I could join the next batch.

I finally arrived, registered, got my wrist band, had my photo taken and went through to a small display area. We then had a five minute briefing before watching a 10 minute Eddie Izzard video about volunteering, interviews and to tell the interviewee everything before you left, because once you had left it would be too late (it was funny). The interview lasted about an hour, it was carried out by volunteers and everyone got asked the same questions. They told me I would hear if I had been successful by the end of 2011.

2011 ended with no news, it was not until the middle of January that I finally got the e-mail telling me that I had been successful and I knew that I would be in the Olympic stadium . Then followed a host of emails inviting me to training days, test events, uniform collection and shift schedules. I am scheduled to be working on the evening of 5th August, the men's 100m final and my birthday.

My training day was 21/04/2012 Pompey's last home game of the season (for my sins I am a season ticket holder), and the day before the London marathon; we stayed in London and watched the race; the training day started at 10.00am so Sheila and I travelled up to London on the Friday and stayed with Nikki. If I wasn't able to stay with Nikki it would not be possible for me to take up my role for the test event or the Olympics, my shifts generally start at 7.00am and finish at 11.00pm with one hour off in the middle.

The training day; it was my first opportunity to see the Olympic Park, (it is still very much work in progress). First I had to collect my accreditation and then go through airport style security before the long walk to the Olympic stadium. There I checked in, collected a work book and uniform for the test event, then up stairs to one of the VIP lounges for the briefing (it was very cold, there was no heating). After the briefings and lunch we broke into our teams and had a small tour of the stadium (there is still a lot of work to be done); we did get out on to the home straight. The team I am in is responsible for equipment, putting out starting blocks, lane numbers, escorting athlete's to and from their events etc.

The test event is the British university games held over the May bank holiday weekend. I'm working Friday, Saturday and Sunday, and have arranged to collect my Olympic uniform on the Friday. The test event has to go to plan as there is no second chance, the next event will be the Olympic games. The IOC will be there to make sure the event goes smoothly. On the Saturday it will be the official opening of the stadium.

There will be a SGR presence at the Olympics, I will give you an up date on the test event next month and the Olympics in August.

Thank you very much for giving me honorary membership to the club, I am very grateful, thank you.

Mike Clarke

RR10 LEAGUE

In conditions resembling a Today's Runner race rather than a RR10, forty six Stubbies donned their Green vests for the opening race of the 2012 season hosted by Southampton AC.

Conditions were wet and muddy for the two lap race at Netley, throw in the stiff headwind on the beach section and it was a testing cross country race. Full results can be found on the RR10 website. There were several first time Stubbies to the RR10 beano's, well done to all and welcome to the summer.
Paul Hammond

The next race on Wednesday 2nd May at Longdown Enclosure, Ashurst, HAS BEEN CANCELLED DUE TO PARKING PROBLEMS

Lucy	May	12
Sally	McGrath	13
Donna	Mitchell	32
Lara	Evans	37
Lisa	Donn	38
Sarah	White	47
Julia	Park	52
Tracy	Buchan	55
Verity	Wright	56
Sharon	White	61
Julie	Bowden	69
Sue	Simister	71
Caroline	Street	86
Jaz	Smith	93

Lisa Donn and Lara Evans

Mark	Le Gassick	2
James	Sawyer	7
Andy	Simpson	9
Lewis	Banner	13
Darragh	Hendley	27
Graham	Bell	30
Mike	Bainbridge	43
Tim	Sullivan	49
Euan	McGrath	52
Jon	Leigh	61
Graham	James	63
Marcus	Lee	64
Mike	Harper	71
Nick	Crane	73
Paul	Hammond	77
Sam	Bell	87
Neil	Richardson	89
John	Blake	90
Liam	Dredge	91
Mike	Bell	94
Chris	McGaw	102
Phil	May	103
Andy	Lee	107
Tim	Crumpton	125
John	Simister	133
Alan	White	134
James	Lee	141
John	Cox	142
Nigel	Witcher	143
Eric	Beck	146
Kevin	Ashman	169
Gary	Littlecott	173

2012 DATES	VENUE	TIME	ORGANISERS
May-02	CANCELLED		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	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

This race was certainly an experience… and a very valuable and HOT one!
The BAA rightly promote the race as the most famous road race and in its 116th year I am sure the 2012 race will live long in the memory of the professionals, club runners, fun runners and everyone that watched and supported. I know I will never forget it!!!

I had trained for the race since September racking up over 2,000 miles. I peaked at 84miles a week in my training, taking in hill sessions, tempo runs, mile repeats and of course long runs up to 24miles. However no training could prepare my body for the 89degree heat with no breeze, that Boston suffered this year.

I was told by my friend who I was visiting in the week prior to the race, to bring lots of layers as it's been cold in Boston. This of course was even more important for me as I am used to Caribbean climates…these climates however, did very little for my preparation to be running sub 6minute pace in the hottest ever Boston Marathon.
I arrived in Boston on the Friday evening. I was aware of the history of the race before I arrived, but once I got to the expo on the Saturday morning, I really knew I was taking part in the most prestigious road race there was. John Leigh told me some time ago it's the runners 'lap of honour'… well I certainly milked this point in the final 6miles of my race!!!

On the Sunday my friend Jade took me to Old South Church in the Back Bay Area of Boston, right where the finish line was. The Church was holding a special Sunday service known as the 'Blessing of the Runners.' This was a memorable hour for me, I really enjoyed the service and those in attendance who said prayers for the athletes really helped me to finish!
So waking up on Monday morning I felt a lot better than I had in the previous days. I had unfortunately felt shivery and full of head ache from Friday onwards so I was relieved that finally all the energy products and Vitamin -C had done their work…I'll never know how much the 'man flu' sapped me of my strength and if I was 100% at the start line, but by the 20th mile this was immaterial as injury had set in.

I arrived in central Boston at 6.30am on race morning as I caught the shuttle bus out to the start area in Hopkinton. The ride and pre-race activities were all great; I felt relaxed, met some new friends and discussed the ensuing battle that was on our hands. People commented that I must have been prepared for the heat, but unfortunately not! The weather in the Dominican Republic is beautiful, always warm with nice sun but there is always a breeze to keep your core temperature regulated. In Boston, even at the start as the temperature reached 80degrees there was next to no wind and the sun was piercing.

My race began at 10am and I was seeded in the fastest coral so this meant I had little traffic in the course. I had done my research about the course and knew the first 16miles were very fast and achieved a net decline. I had trained on hills plenty in my preparation, focusing on downhill running just as much as conquering the ups.
In the first few miles I stuck to my desired pace of 5.55 miles which I had trained for and even raced half marathons at for fun. My splits for the first half of the race I am very happy with and in reflection it shows the progress I have made as a runner.

- 5k pace – 5.56 miling
- 10k – 5.52 miling
- 15k – 5.58 miling

HM – 5.57 miling
I recorded these times in the hottest of conditions and had injury not occurred I feel confident I could have maintained them for a great marathon finish.
En route to the half way mark I really enjoyed running through the area of Wellesley which is well known for the female students trying to attract runners for kisses!!! The picture with this report says it all!!! I turned the girls' advances down but did enjoy a few high fives...this kept me running strong through to mile 16!!!

At mile 14 I saw my friend Jade and it was later that she told me that she counted over 50 people drop out of the race at this point. I continued with my pace and by mile 16 I was approaching the first of the 4 rolling hills that the race is famous for. I got up the first hill but during mile 17 I knew I was struggling! My average pace for the race was now at 6.03 and my running style had deserted me. I was soon realising my groin muscle and right hip were throbbing, going tight and screaming for help! I continued in vein, determined not to let the hills beat me, but once I was at the bottom of Heartbreak Hill, I knew my race was done. My pace was now well out and I knew there was zero chance of a sub 2.40 finish. The heat had taken its effect on my head and with my groin and hip seizing up I was now at limping pace going up the hill. I was gutted and began to think all the training had been a waste of my time…I don't remember crying but when medical staff grabbed me suggesting I quit I soon picked my spirits back up! There was no chance I was taking a ride back to the race finish in a medical vehicle. I did accept the offer of a massage and some stretching advice to ease the tightness of my groin in the hope I could resume a slow jog. Once back out on the course I decided to switch my watch off to avoid any urges to race again and proceeded with a very slow and brutal 6mile run, walk and skip technique.

Although I never want to have to walk during a race again, it was a brilliant experience taking in the atmosphere in those final few miles on my 'lap of honour' and once I crossed the finish line I knew exactly how big my achievement was. I had managed to walk 6miles in a marathon and still finished in 3.09. I got to 16miles and was on course for a 2.36 finish and I know that my training has improved my fitness greatly. I am also most proud of myself for making the intelligent decision to limp out at 20miles rather than destroy my legs and potentially risk a major injury. I also know that one day in the coming years I will be back in Boston to resume this battle…I am not going to be telling my grandkids that Heartbreak Hill got the better of me!!!
So as I finish this race report, I will say a huge thanks to all my friends at Stubbington Green. The support, banter and advice has been excellent whilst I've been away and I cannot wait to get home and race again in Green! I will be home on June 18th, I should be at most RR10's during July and August in preparation for the new HRRL season and to rack up even more mileage and improve my speed ever further…I have the Amsterdam Marathon in October to train for!!!

I can assure you all though and especially Laura, that I will be recovering plenty in the forthcoming weeks before I resume any serious training. I have a number of cocktails, massages and beach days to enjoy first…so here's to a great summer ahead and I look forward to seeing you all in June.
A big thanks once again,
Lewis

RESULTS ROUND UP

PROM 5K

Men		Ladies	
James Sawyer	17:12	Susie MacGregor	20:19
Ray Gunner	19:31	Tina Chantrey	22:39
Sev Roberts	19:34	Katherine Dailey	24:30
Richard Chowns	20:07		
Mike Bell	20:59		
David Castle	22:39		
John Tussler	26:25		
Robert Spencer	28:37		

Wednesday 25th April saw the start of the annual Prom 5k series and this year we were treated to a new car free course. Unsurprisingly numbers were low due to the adverse weather conditions we've been enjoying but as luck would have it the rain stayed away leaving us with a strong breeze to contend with, so there probably weren't too many pb's on the night!

The race was well organised with friendly support from the marshals followed by bottled water and bananas at the finish.

James Baker of Chichester Runners was first home in 15:44 and Cassie Thorp of Portsmouth AC was first in for the ladies at 17:21.

For the Stubbies James Sawyer had a superb run finishing in 8th place in 17:12 and Susie MacGregor came 4th in 20:19.

It was good to see Tina Chantrey running again after a long injury accompanied by David Castle who was recovering from a bout of man flu.

If you fancy a short sharp mid week race, there are 4 more to go and they don't clash with the RR10's - entries here
Mike Bell

ANGMERING 10K

Mike Bainbridge	00:42:28
Nikki Roebuck	00:48:43

MARATONA di ROMA 18

TINA CHANTREY	03:51:04
DAVID CASTLE	03:51:04

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MILTON KEYNES MARATHON

JON HENDERSON 03:57:11

Winchester 9.7km

Nikki Roebuck
48:07
Gordon Westley
01:19:31 (late)

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 Race Diary

Date	Race	Venue	Time
Sat 2 Jun	South Downs Relay	Beachy Head, Eastbourne	Various
Sat 2 Jun	Egdon Easy 10K	Weymouth College, Cranford Av. Weymouth, DT4 7LQ	7pm
Sat 2 Jun	Kingston Lacy Run 10K	Kingston Lacy House , Wimborne, BH21 4EA	3pm
Sun 3 Jun	Andover Tri 400/20/5K	Leisure Centre, West Street, Andover, SP10 1QP	8am
Sun 3 Jun	Beddington Park 10K	Beddington Park, Wallington, SM6 7NH	10am
Sun 3 Jun	Rye Triathlon 1500/40/10K	Harbour Field, Winchelsea Beach, Rye, TN36 4LX	11am
Sun 3 Jun	Seaford Half Marathon	Seaford RC, Salts Rec' Ground,, Seaford, BN25 1DR	9am
Mon 4 Jun	Godalming Jubilee 10K	Godalming, GU7 1HR	2pm
Wed 6 Jun	RR10 (Race 5)	Deerleap Inclosure, Ashurst, New Forest	7.30pm
Wed 6 Jun	Yateley 10K	Yateley School, Yateley, GU46 6NW	7.30pm
Sat 9 Jun	S. Downs Marathon/Half	Slindon to QE Country Park, Petersfield, PO8 0QE	9.20am
Sat 9 Jun	S. Downs Relay Marathon	Slindon to QE Country Park, Petersfield, PO8 0QE	9am
Sun 10 Jun	D-day 10K	Mountbatten Centre, Portsmouth, PO2	11am
Sun 10 Jun	Mid Sussex Tri 400/25/5K	Triangle L.C. Triangle Way, Burgess Hill, RH15 8WA	7am
Tues 12 Jun	Corfe Mullen Carnival 5K	Corfe Mullen Rec', Wimborne, BH21 3HU	7.30pm
Fri 15 Jun	Summer Solstice 10K	Moors Valley Country Park, Ringwood, BH24 2ET	7pm
Sun 17 Jun	Littlledown Marathon	Littledown Centre, Chaseside, Bournemouth, BH7 7DX	10am
Sun 17 Jun	Alresford Rotary 10K	Arlebury Park, Alresford, SO24 9EP	10am
Sun 17 Jun	Brading 10K	Smallbrook Stadium, Ryde, PO33 4BH	11am
Sun 17 Jun	Braishfield Beer Race 5	Braishfield Village Hall, Braishfield, Romsey, SO51	10.30am
Sun 17 Jun	Puddletown Plod 20K	St Mary's School, Puddletown, Dorchester, DT28SA	10.30am
Tues 19 Jun	Ham Riverside Ch'nge 10K	Ham Riverside, Kingston, KT2	7.30pm
Wed 20 Jun	RR10 (Race 6)	Alver Valley Country Park	7.30pm
Wed 20 Jun	Midsummer 5	Lavant Village Hall, Lavant, Chichester, PO18 0AH	7.30pm
Sat 23 Jun	Downlands Fayre 5	Downlands School, Dale Ave, Hassocks, BN6 8LP	2.30pm
Sat 23 Jun	Trionium Picnic Marathon	Ryker's Cafe, Box Hill, Dorking, RH5 6BN	2pm
Sun 24 Jun	Fullers Purbrook Ladies 5	Purbrook Heath Pavillion , Waterlooville, PO7 5RU	10am
Sun 24 Jun	Blandford Bridges 10K	Blandford School, Blandford Forum, DT11 7LD	10.30am
Sun 24 Jun	Lordshill 10K Road Race	Lordshill Rec' Redbridge Lane, SO16 0XN	10.30am
Sun 24 Jun	Sway Carnival 5	Wilverley Plain C. Park, Wilverley Inclosure, Sway.	10.30am
Wed 27 Jun	Promenade 5K	Hilsea Lido, London Road, Portsmouth, PO2 9RP	7.15pm
Wed 27 Jun	Summer Cross-Country 5	Queen Elizabeth Country Park, Petersfield, PO8 0QE	7.15pm
Sat 30 Jun	Round the Island Race 69	Cowes, Isle of Wight, Cowes, PO31 8HB	10am
Sat 30 Jun	South Downs Way 100	Chilcombe Sports Ground, Winchester, Hampshire	6am

The Stubbington Noticeboard

May-12	What	Recovery	Where	
Tuesday 1st	School of Navigation Paarlauf		Locks Heath	Mike W
Thursday 3rd	6 x 600 mtr 200 rec	Crofton School Track hope-fully	Crofton	Mike B
Tuesday 8th	Rollers at Holly Hill	South Downs Training	Holly Hill	Penny
Thursday 10th	8 x 400 steady pace	100m	Crofton	Phil
Tuesday 15th	10 x 1min hard 2 min rec.	Chilling Field	Locks Heath	Graham
Thursday 17th	4 x 1600mtr .	300m	Crofton	Chris H
Tuesday 22nd	Lake Fartlek		Holly Hill	Penny
Thursday 24th	200 mtr run on the beach 2 set of 4.		Crofton	Phil
Tuesday 29th	5 Brownwich Loop + 1 short hill		Locks Heath	Mike B
Thursday 31st	3rd 4 mile Time Trial	Pre SDR tester	Eric Rd	Phil/Eric

GLENS THURSDAY TRAINING SESSIONS

- 3rd May - Locks Heath - Chilling 2 x 1 miles (3 mins)
- 10th May - Stubbington - 10 x 100 (100)
- 17th May - Locks Heath - 4 x Brownwich Loop
- 24th May - Stubbington - 4 x 400 (400)
- 31st May - Stubbington TT

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 attends the Monday session at Whiteley and Glen's Thursday group. Or you can order on the website

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