The Green Runner

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

CALLING ALL MARSHALS

This year SGR is hosting its RR10 fixture at the Alver Valley Country Park in Gosport, on Wed 20th June with a 19:30 start time.

This is the first time this course has been used and is our opportunity to host a great event as the other RR10 teams do. The course is 4.9 miles long and is mainly flat so it should provide for a fast race, the start and finish is on the Alver meadow with plenty of room to spectate. We need about 75 people to marshal to course, work the finish funnels, man the water station and be 'Blakey' in the car park.

The marshal's job is not onerous as the park is completely traffic free; their job is to guide the runners around the course and advise members of the public that there is a race ongoing - the biggest headache may come from people walking their dogs. There will be only a limited amount of signage, tape and stakes so nothing too heavy to carry.

In the spirit of the RR10 format, host club members do not run their own event so we are hoping for a bumper turnout of marshals. Having said that, we are hoping that some of the runners on this year's beginner's course will run it as their first race, they will not take a ticket at the finish.

As there will not be enough time on the day to allocate jobs there will be three opportunities to run the course in the week prior to the race, firstly to acquaint members with the course and secondly to allocate marshal positions. These runs will take place on Tuesday 12th, Wednesday 13th and Thursday 14th of June, each starting at 18:45 from the meadow. Car parking next to the household waste site off of Grange Rd.

Anybody wishing to volunteer for a specific job may do so at any time - first come first served. Some of the marshal positions are about 2 miles from the car park, so if you have an off road bike that could be one for you.

Please remember that there is no vehicular access to the park, car parking is over Privett Rd in Bay House School field.

Paul Hammond *Email* mazda161158@sky.com

RR10 Update

The original race two, scheduled for Longdown Enclosure near Ashurst on 2nd May, has been rearranged for Weds 27th June at 7.30 pm with parking at Brockenhurst College (£1 fee) with the race run on an entirely fresh route inside the Forest. The second event planned from Longdown (Weds 6th June) has been moved to Manor Farm Country Park near Hedge End (£2 parking fee). Thanks must go to the organisers from Totton Running Club and Southampton Running Sisters for salvaging these races for the calendar. Watch this space and the RR10 website for further details.

THE BEGINNERS COURSE

Monday 28th May saw the end of another successful Beginner's Course and this year the format was slightly different, we ran it on a club night at the same time as the club runs so that the beginners mainly got into the habit of turning up on a Monday at 6pm and seeing lots of familiar faces so that when the course came to an end there was a natural progression to run with the club on a club night.

The intake was slightly higher than last year, we had 28 official registration forms and most Mondays we had an average of 20 beginners. We built the mileage up slowly and on the last night we completed an off road run of 5 miles which was fantastic! It was a pleasure to see the real sense of achievement that each beginner felt each week, never for one minute believing when they started the course that at week six they would be running 5 miles off road and still being able to talk. One week I asked a lady if she'd been out through the week running and she replied "oh I only managed 3 miles on my own"....she stopped herself when she realised she said ONLY 3 miles!!

Their progression and determination has really paid off so well done to all the beginners and a very big THANK YOU to all the helpers, you really do make a difference giving up your time to support and encourage our new group, the feedback so far has been so positive about your words of wisdom and encouragement and without your help we really would not be able to run these groups.
Verity

FAREHAM TRIATHLON

May 20th 400m swim,
19.2 km bike, 5.1 km run

John Blake	**48th M**	**53rd overall**	**1:17:03**
Rachael Openshaw	**5th F**	**71st overall**	**1:22:27**
Peter Rawlins	**97th M**	**127th overall**	**1:41:14**
Anne Fairhurst	**31st F**	**143rd overall**	**1:53:13**

I thought this would be an unusual way of celebrating my 70th birthday (the day before) and would definitely be my last triathlon. Rachael ran alongside me up the final hill giving me encouragement, which was most welcome.
Anne Fairhurst

The North Downs Relay to be held on 14th July, a double ended relay meeting in the middle this year starting from Dover and Farnham and run similarly to the White Horse Relay. Details on application. Anyone wishing to compete let me know by 15th June.
Phil May philmay@btinternet.com

RR10 LEAGUE

The third race in this seasons RR10 calendar took place at Wilverley enclosure at Sway.

New Forest Runners produced their race anti-clockwise round the course this year; a mix of grass, trail and track, with some steady inclines made for a good race. The biting, flying things were waiting at the finish which hastened the start of the post race wash up in the Oak Inn at Bank.

James	Sawyer	5		John	Simister	115
Andy	Simpson	12		Nigel	Witcher	122
Euan	McGrath	42		Eric	Beck	126
Tim	Sullivan	52		George	Howarth	133
Marcus	Lee	57		Kevin	Ashman	144
Graham	James	60		Paul	Coverdale	146
Jon	Leigh	62		Mike	Wooton	158
Nick	Crane	67		Andy	Tomlinson	173
Neil	Richardson	68		Robert	Spencer	177
Nick	Kimber	69				
Paul	Hammond	71				
Mike	Bell	80		Susie	McGregor	5
Chris	McGaw	81		Sally	McGrath	8
John	Blake	85		Donna	Mitchell	26
Liam	Dredge	94				
Sam	Bell	107				

RACE 3 BLACKFIELD RESULTS

SAWYER James	5
SIMPSON Andy	9
CRANE Nick	64
HAMMOND Paul	74
LEE Marcus	75
LEIGH Jon	76
BELL Mike	81
KIMBER Nick	82
MCGAW Chris	107
SIMISTER John	115
WHITCHER Nigel	122
HOWARTH George	125
BECK Eric	129
COX John	130
COVERDALE Paul	140
ASHMAN Kevin	143
WEBBER Ian	159
BANNER Martin	166
TOMLINSON Andy	170

MACGREGOR Susie	12
GAIR Georgie	19
MAY Lucy	24
CRANE Ellie	27
WHITE Sharon	71
BUCHAN Tracy	75
BANNER Erin	97
DAVIES Kathryn	109
MARSH Kate	139

NEW RR10 DATES

2012 DATES	VENUE (click for map)	TIME	ORGANISERS
May-30	Recreation Ground, Blackfield	7.30pm	Hardley Runners
Jun-06	Manor Farm Country Park	7.30pm	Running Sisters/Halterworth
Jun-20	Alver Valley Country Park	7.30pm	Stubbington
Jun-27	Brockenhurst College	7.30pm	Totton RC
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

ALTON 10

James Sawyer	00:59:28
Andrew Simpson	01:01:27
Graham Bell	01:04:05
Sev Roberts	01:08:13
Jon Leigh	01:10:14
Nick Kimber	01:10:45
Philip May	01:11:28
Liam Dredge	01:13:29
Neil Richardson	01:14:00
Nigel Whitcher	01:19:34
Alan White	01:31:53

Susie MacGregor	01:13:06
Sally McGrath	01:18:57
Lucy May	01:19:10
Donna Mitchell	01:24:47

Southampton Athletic Club

NETLEY 10K

Well done to James and Susie for being first Stubbies in the last two HRRL races

James Sawyer	00:34:29
Andy Simpson	00:36:18
Graham Bell	00:36:46
Mike Harper	00:39:32
Marcus Lee	00:40:31
Andrew Stockwell	00:40:42
Jon Leigh	00:41:05
Neil Richardson	00:41:42
Liam Dredge	00:42:22
Graham Martin	00:42:55
Keith Carter	00:45:34
Aitken Hunter	00:49:50
Robert Spencer	00:59:31

Susie MacGregor	00:41:28
Sally McGrath	00:44:27
Georgina Gair	00:44:59
Donna Mitchell	00:47:47
Sue Simister	00:55:55

Georgina Gair

Neil Richardson

PERFORMANCE OF THE MONTH

CONGRATULATIONS to the Stubbington Green Ladies team who took first prize at The Marwell 10k

NICK KIMBER

While running the penultimate leg of the Emsworth to Basingstoke relay, he slipped and fell into a deep ditch which must have been quite a shock to his system as he couldn't muster up the strength to yell out to 2 runners who went past without seeing him.

Nick eventually gathered himself and managed to finish the leg for Ann Blake to take over but he was limping badly, very sore and clearly disorientated. Thanks to Phil May for producing some ice for Nick's hip

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

Hampshire Road Race League

Wow, what a brilliant road race season for Stubbington, the Ladies A team finishing second place in division1 behind Winchester, fighting off a late challenge from Salisbury and knocking the usually impressive and normally second place Eastleigh down to fourth.

Well done Emily for finishing third individual overall, hopefully she will have room on the mantelpiece for her trophy.

Stubbington's men finished the season in fourth which would normally be considered a great achievement for a small club competing against the likes of Winchester, Southampton, Salisbury and Portsmouth but alas they've once again been overshadowed by the Stubbington ladies success.

EMILY FORAN

ANDY SIMPSON

LADIES A TEAM

1	Winchester	8
2	**Stubb'n Green**	**22**
3	Salisbury ARC	22
4	Eastleigh	23
5	New Forest	29
6	Alton Runners	34
7	Pompey JC	46
8	Farnham	48
9	Victory AC	56
10	Overton	65

LADIES B TEAM

1	Winchester B	8
2	Winchester C	18
3	Pompey JC B	31
4	Salisbury ARC	41
5	Denmead	43
6	**Stubb'n Green B**	**48**
7	Farnham	54
8	New Forest	56
9	Eastleigh	58
10	Alton Runners	64
11	Fareham	72
12	Pompey JC C	73
13	**Stubb'n Green C**	**93**
14	Victory AC	100
15	So'ton AC	117

MENS C TEAM

1	Lordshill B	15
2	New Forest	28
3	**Stubb'n Green C**	**30**
4	Lordshill C	39
5	IOW RR	48
6	Hardley	63
7	Totton RC	67
8	Farnham C	70
9	Victory AC	83
10	Alton Runners	109
11	Andover C	113
12	Poole AC	116
13	Ryde Harriers	139
14	Portsmouth AC	142
15	Aldershot FD	153
15	Romsey RR	153

MENS A TEAM

1	Winchester	16
2	Overton	21
3	Salisbury ARC	23
4	**Stubb'n Green**	**30**
5	So'ton AC	43
6	Pompey JC	50
7	New Forest	50
8	Denmead	51
9	Andover AC	59
10	Victory AC	85

MENS B TEAM

1	Winchester B	21
2	Salisbury ARC	28
3	**Stubb'n Green B**	**28**
4	Pompey JC B	29
5	Overton	50
6	Winchester C	60
7	Farnham B	61
8	Pompey JC C	67
9	Andover B	68
10	Eastleigh	69
11	So'ton AC	72
12	Denmead	77
13	Fareham	91
14	Gosport	103
15	Pompey JC D	114

INDIVIDUAL LADIES

1	Hannah Howard	Eastleigh	99.4
2	Erica Fogg	New Forest	99
3	Emily Foran	Stubb'ton	97.8
7	Susie MacGregor	Stubb'ton	94.4
17	Lucy May	Stubb'ton	82.6
18	Donna Mitchell	Stubb'ton	81.5
56	Verity Wright	Stubb'ton	36.7

INDIVIDUAL MEN

1	Andrew Greenleaf	Winchester	99.9
2	Julian Manning	Denmead	99.3
3	Nick Buis	Totton	99
9	Andy Simpson	Stubb'ton	95.7
14	Graham Bell	Stubb'ton	92
15	James Sawyer	Stubb'ton	90.6
16	David Jeffery	Stubb'ton	90.5

Olympic update….

The weekend finally arrived for the BUCS games, the test event for the Olympic Games.

We travelled to London on Friday morning and went to Star Lane to collect my Olympic uniform, we were told to allow an hour to collect it and it took an hour, in a cold warehouse, although Sheila and Nikki were colder waiting outside for me, they were not allowed in; firstly I had to prove who I was to 2 Border Agency Staff before I went on to collect my accreditation for the games, then it was on to shoe and uniform fitting, then to the collection point where they packed all the items into a nice Adidas bag, then to the checkout where they unpacked them all, scanned them and put them all back in the Adidas bag with a nice free red Swatch watch.

It was then onto the Olympic park and the Stadium for my first shift on Friday afternoon. I had expected to be met by my Team Leader, briefed on my duties, introduced to my other team members and told what to expect over the weekend. In fact it was the complete opposite. From a volunteer's point of view the whole weekend was totally disorganised, there was no planning, no leadership from team leaders. Had Stubbington Green Running Club been in charge of the volunteers we would have done a much better job, I could have walked in every day, signed in and just sat in the stands watching the athletics and gone home, nobody would have had a clue whether I was there or not, very few volunteers were given any training. The scary thing is the next time I will be going to the stadium will be the first day of competition for the Olympic Games and I don't have a clue what I will be doing. At the test event there was only a couple of thousand people watching, on the first day of competition at the games the eyes of the world will be watching on TV, the stadium will be packed with 80,000 people so any mistakes will be magnified a million times. If you see a tall person in an official uniform walking round looking lost when you are watching the athletics on television it could be me!!

Mike Clarke

THE GUERNSEY EASTER RUNS

Guernsey this year was going to be very different. Ann was only running the relay and I was going to do all 4 races. We were also staying somewhere different! The accommodation was fine with a nice garden for Tommy and Katie to play in and for the Easter egg hunt, it was just a bit noisy being on the flight path.

On the Thursday we all went on a Caroline led walk around the coast to a local pub for lunch and then back via the inland smaller roads. A pleasant start to the weeks activities.

Friday came and it was the 10k road race and Katie's birthday - excellent birthday tea by John and Sue. There were no AFD runners which seemed surprising but it turned out they all got delayed in Poole and missed the ferry. The weather was not so kind as it was a windy day, although the rain held off. I started steadily and slowly built up gaining in confidence and speed as I went and finished in 44 mins 49 secs. Not a pb nor did it beat my best Guernsey 10k time (7 seconds short) but a good comfortable start and importantly no injuries. Some excellent runs by the Simisters (both John and Sue - Sue pb'd) and by John Tussler. Excellent support as always by the remaining non running stubbies. Tommy ran his first race - 1k over an undulating course. He came 4th in a time of 4 mins 30. Now officially quicker than his mum over this distance.

On Saturday it was the cross country race and Tommy started the day off with an excellent 3rd place in his 900m race in a time of 3 mins 50, an excellent finish to this race meant he really earned his Easter egg! In the adults race (4.75 miles) the three Johns all raced but Sue dropped out to rest for the relay. I started steadily and built up again finishing strongly in a time of 35 mins 5 secs. Still without any injuries.
The evening was the quiz night and the 'Green Arrows' were in first place by the halfway point but our collective knowledge of flags let us down and in the end we finished 4th 4 points behind the winners. Better luck next year!

The Sunday was the relay days. It was windy and raining when we arrived, not a great start but thats running. Tommy found his fellow relay team members and despite some marshalling blips (sending some of the kids round the long way) the event passed fairly successfully although the poor kids were really cold and wet. Tommy's team did well and came 6th overall and Tommy worked hard on his leg against a group of kids all older than him and some by 2 years!

In the adults relay the team was me, John Simister, Sue and finally Ann running the glory leg. Things got off to a bad start as I crossed the start line 10 seconds after everybody else still wearing my tracksuit bottoms (phone and keys included). It was good to catch a lot of people up though and I managed to get round in a reasonable time 14 mins 19. John and Sue both ran well leaving Ann to run the last leg which she did well and beat last years time by 30 seconds. Excellent running from the entire team meant that unusually there were seven teams behind us. An excellent result for the team and the adults were lucky because as the race went on the rain stopped and the sun came out.

The afternoon was dry which made the Easter egg hunt easier. Sue won the adults hunt organised by Katie and Tommy and the kids found loads of eggs. I wonder who put them there?
Monday morning arrived along with the half marathon and Tommy's final race. Tommy's race was the hilliest course yet. Tommy put in a fine effort and achieved a ninth place but was one of a few that completed all four races. Well done Tommy. For the half marathon it was John S and I that lined up at the start.

Unlike the previous races I started a bit too quickly but soon brought my pace back under control and ran the rest of the race with a Scottish guy from Wales! We worked our way up the field and were in a really strong position at mile 10 when we rounded a bend and hit the really strong wind. I began to falter at this point and pace dropped by nearly a minute a mile and I had to dig deep to get the PB that I was trying to achieve. My newly found friend really encouraged me along and I managed to get over the line in 1 hour 38 mins and 39 secs knocking over a minute off my previous PB so I was very happy, I also managed to avoid the torrential downpour that started just after I finished.
That evening we all had a celebratory meal in St Peter Port.

The following day was a bit more restful with a trip to the Cobo Bay tearooms for breakfast, a trip around the underground German hospital and then some fun at Petit Bot Bay.

As well as the running Ann and Glen and then Glen and Caroline went out for bike ride, both Ann and Caroline went for runs and there was also plenty of swimming (in a pool - not the sea though) as well.
All in all a fantastic week.
John Blake

NORTH DOREST VILLAGE MARATHON

The North Dorset Village Marathon might not have the atmosphere of a "big" marathon, just 400 runners and no closed roads, but what it does have is a tradition of putting on a marathon with a very personal touch. The Race Director has a very simple philosophy and that is to organise the event the way that she would like marathons, she takes part in, to be organised; value for money, understanding of change of circumstances, offering a variety of things at stations, treating the last runner the same way as the first.

The personal touch was evident from the minute I submitted my entry, back in February. Having last toed a Marathon start line at London 2007, when a heatwave (ah I remember those days) hit the event, and I failed to finish the last 385 yards, I was more than a little nervous announcing my return to the distance to anyone outside my immediate family. Having entered, I immediately emailed the race director and changed my name on the entry list to an alias, Reg White. There was no way I was going to give away this secret to Tony Smith, cheaply.

After many years of consistent running my training was relatively straight forward, and I slotted long runs in between the HRRL events, and even snuck a 20 miler at Worthing in under the cover of accompanying Emily in her marathon training. At this point I did have to confess my plans to Emily, and really appreciate her trust and confidence about this. The taper weeks were slightly tortuous, watching everyone else perform so well at Boston, Brighton and London, whilst itching to get on with it.

We decided to make a weekend of it, and set off for Dorset on Saturday morning, with hydration efforts well under way. Arriving in Sturminster Newton, on what appeared to be early closing day, it was hard to believe that this would be the location for a marathon the next day. Having studied the interactive map and profile on the race website in great detail, the first job, after taking on more carbs in the tea room, was to drive the course. This had a double benefit, allowing me to acquaint myself with the course, and to allow Tracy to plan her route for the day. With roads remaining open, the plan was for Tracy to "pop up" around the course to supplement the ample number of drinks stations with gels and energy drinks. It also helped her to keep tabs on me and to gauge how I was going, and basically it kept her busy.

Sunday dawned and, as predicted, it was cool and cloudy...perfect. We headed off to race HQ, the local high school, and collected race numbers. Marathon runners wear numbers front and back to distinguish from the Marathon Relay runners who also take part. The second job was to hand in my two personal drinks that would be handed back to me at 20k and 30k respectively. Tracy headed off, to beat the rush and I finished my warm up. At 8:25 and 5 minutes before the start there were probably 50 of us on the start line, and I still couldn't quite take in that this really was a marathon and not a 10k. The race itself was selected as the 2012 Dorset Marathon Championship, so to answer Dave Jeffery's, yes it was a proper race. It's just that it was nice and relaxed and just as I wanted, to be honest.

The pre-race drive on Saturday alerted me to the undulations of the course, and the uphill first mile was actually a really good start, the benefit being that it ensured a controlled start. Mile 1 and I was bang on the required target and could begin to relax a bit. I soon settled into a small group of runners and we quickly established that we were the 3hr group. They all proved to be experienced club runners, who were a pleasure to meet as we supported each other around the first half, bang on schedule. We continued on towards the business end of the marathon, although some guys did find it a struggle maintaining a consistent pace and dropped off. Those that remained continued to be amazed just how often Tracy "popped up" on the course. I was mindful of the course profile for miles 19 to 23, and knew that this would be the tough part, as the group broke up attempting the Dorset version of Heartbreak Hill(s). I just had to dig in and use the Lewis Chalk trick at this point, as I thought of various club mates and how supportive they had been, even without knowing. Emily for the long runs, Tony Smith for telling me not to do this one as a comeback race, Mike Harper and Donna for all the running talk on London marathon day and to Dave Jeffery for going off too fast in London and proving to me the value of even pacing.

Having negotiated the tough part of the course it was time to focus on the finish. It was at this point that thoughts began to turn to London 2007, but I soon banished those with the thought that I would never be able to face

Nick Kimber and Tim Sullivan again if I didn't finish this one. Hard to believe I know. Mile 23 was downhill, and after a final "check in" with Tracy at mile 24.5, the course headed down the disused railway line to the finish. With personal emotions running high I just concentrated on maintaining composure, style (if that is ever possible!) and pace knowing I was on achieve my ultimate goal. My thoughts of course also turned to Claire Squires, who like me had collapsed at mile 26 of London but only two weeks previously, I was grateful to be able to have another crack at a marathon. If goal 1 had been to finish, goal 2 was to do a pb, then goal 3 was to go sub 3. hours. The even pacing was paying off and coming down the finishing mile my brain was struggling with the timing maths, so I just kept going. Finally crossing the line elated to have finished in 2:59:48, marathon demons well and truly exorcised.

My final thanks, of course, go to Tracy, Sam and Will for their support and patience, without which I could not have started back on the road to achieving my running goal of running a sub 3 hour marathon. Thank you.
Graham Bell

15th	Graham	Bell	02:59:48
33rd	Barry	Hards	03:14:59
237th	George	Howarth	04:14:51

Marlborough Downs Challenge 33 miles
Sat 12th May 2012
Mostly off-road along tracks and footpaths through Wiltshire countryside.

My first ultra didn't go quite to plan but I loved every minute of it: all 9 hours 48 minutes of the 36.25 miles – you can see it didn't go to plan!

Rowena and I were running together, the weather was perfect, cool, not too breezy, blue sky but with a few clouds. After a lovely hill to walk up after only .3 of a mile, it was nice & easy to the first checkpoint. Then it was through the bluebell woods, but I just couldn't run through those without taking a photo. It was incredibly muddy and slow going due to the amount of rain we have had over the last few weeks and at this point Sarah and Sharon on ahead and over the next few miles we would only catch sight of them in the distance.

We made the second checkpoint with only about 10 minutes to spare (a combination of mud & enjoying the views) but at least underfoot was great now we were out of the woods. We chatted with dog walkers, horse riders who all wanted to know what we were doing, (and why!) and how far we were going.

Checkpoint 3 came & went, we topped up on jaffa cakes (Rowena), fig rolls (me) and I put more carb powder in my water bottle. We were still in awe of the stunning views and the joy of just being out there, no pressure, enjoying the company and loving every minute. We were both fastidious in following the directions and checking with each other that we were on track, but there were loads of arrows directing us. We then had a lovely flat 3 miles along a canal towpath. We still had some walking breaks but managed to get our average pace up a bit (which was nice but not a big thing)

We found Sarah and Sharon at Checkpoint 4 after about 15 miles and stayed together from then on. We had all completed marathons (London or Brighton) in the last month and didn't know how we would cope with 33miles, but that was half the fun, finding out.

Checkpoint 5 came and we kind of got complacent with the arrows, chatting, chopping & changing who was running with whom. After a couple of miles we realised we hadn't gone through any gate over stiles etc and had actually missed nearly a page of directions! DOH!!! We had missed a gate only .3 of a mile after checkpoint 5 and had done an extra 3.5 miles by the time we got back to the gate. That was game over, no way we would make the next checkpoint in time (they were still there however and we topped up on supplies) but we were still aiming to finish inside the eight and half hours.

That too went out of the window when Sharon hurt her knee so it was then a lot of walking/running to the end. They said Rowena and I should go on, but we couldn't leave them.

The last 2 checkpoints were deserted except for a couple of policemen at CP7 who offered us a lift to knock of a few miles, but we couldn't do that either. So only 7 miles of more beautiful countryside, stunning views, tiny lambs, and a few more hills 'til the end.
With half a mile or so to go, we get a phone call from the organisers as they needed to lock up the finish and our bags were still there, so Rowena and I ran on ahead so they could lock up and go home, 9 hours 48 minutes after we started!

I don't think our Sharon or Sarah will be doing another Ultra but Rowena and I are on the lookout for more. I have already signed up for Caesars Camp 50 miler in October and with the legs feeling nearly okay, after a bit of swimming & walking I can't wait to get back out there.

We did have to stop off at a pub on the way home for water, lime and soda and peanuts as there had been no food or water at the finish plus we had got lost almost as soon as we had left the car park so needed to stop for directions, we still didn't care as we'd had such a good day.
Julie Ashman

Euan McGrath 3rd; 4:45:46

Gill Rose 67th; 6:13:48

Richard Snell 68th; 6:13:48

Rowena Dodds, Julie Ashman 9:48:00

Sarah Martin, Sharon Clarke 9:48:00

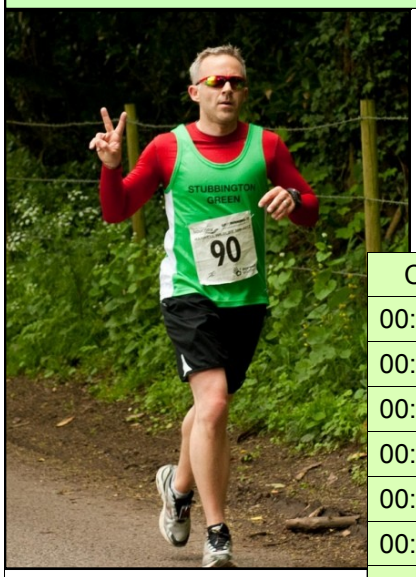
Shaw Stampede 10km

Pos.	Name	Time	Category	
2	Chris Hall	39:00	MV40	2nd Man

ROPLEY 10K

80	Beukman, Nico	00:47:24
109	Beck, Eric	00:49:31
162	White, Alan	00:52:24
199	Ashman, Kevin	00:55:16
208	Fairhurst, John	00:56:20
241	Beukman, Ronel	00:59:54
310	Hoare, Eunice	01:06:33

RESULTS ROUND UP



Neil Stantiall

Marwell Wildlife

Chip	Name	Category
00:46:19	Eric Beck	Vet Men 50
00:47:50	Gordon Westley	Vet Men 40
00:49:06	Karen Andrews	Senior Ladies
00:49:10	Rick Scott	Vet Men 60
00:49:21	Neil Stantiall	Senior Men
00:49:30	Louisa Abbott	Vet Ladies 35
00:49:49	Alan White	Vet Men 50
00:51:49	Jennet Woolford	Vet Ladies 35
01:03:55	Julie Dinwoodie	Vet Ladies 45
01:04:26	Leanna Whaley	Senior Ladies

Louisa Abbott at The Marwell 10K

Lifeboats

LYMINGTON LIFEBOAT 10K

James Keen 45:11

PROMENADE 5K RACE 2

7	James Sawyer	3	JM	16:50
12	David Castle	1	VM40	17:11
47	Sev Roberts	27	SM	18:56
50	Ray Gunner	3	VM50	19:02
62	Richard Chowns	33	SM	20:02
69	Susie MacGregor	1	VW40	20:30
73	Mike Bell	6	VM55	20:48
109	Tina Chantrey	4	VW40	23:17
118	Andrew Richardson	9	VM45	24:02
121	Katherine Dailey	8	SW	24:09
125	John Tussler	4	VM60	25:22
144	Robert Spencer	15	VM50	28:27

THE HOUGHTON 11K TRAIL RACE

Paul Hammond in action, no idea of his time, it was so wet the results were illegible

FORDINGBRIDGE FIRE STATION 10K

Eric Beck 45:47
Mike Harper 40:09

On Sunday 6th May, whilst visiting my folks over the bank holiday weekend, I donned my new Stubbington vest for the first time and ran the Frimley Park 10K, in a PB of 40:15 chip / 40:22 gun

Sev Roberts

Sev Roberts

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)	Manor Farm Country Park, Hedge End	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
Wed 13 Jun	Hayling Billy 5	Hayling Billy Trail, West Town, Hayling Island	7.30pm
Fri 15 Jun	Summer Solstice 10K	Moors Valley Country Park, Ringwood, BH24 2ET	7pm
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)(Ours!)	Alver Valley Country Park, Gosport	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	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	RR10 (New Race 2)	Brockenhurst College.	7.30pm
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 Race Diary

Date	Race	Venue	Time
Sun 1 Jul	Didcot 5	Willowbrook L.C, Bowmont Water, Didcot, OX11 7AF	9.30am
Sun 1 Jul	Tadley Summer 10K	Hurst Community College, Tadley, RG26 5NL	11am
Sun 1 Jul	Portland 10	Portland YC, Weston Rd, Portland, DT5 2RS	10.30am
Wed 4 Jul	Reigate Priory 10K	Reigate Priory Park, Reigate, RH2 7RL	7.30pm
Wed 4 Jul	RR10 (Race 7)	Fleming Park, Eastleigh	7.30pm
Wed 4 Jul	Yateley Road Race 2	Yateley School, Yateley, GU46 6NW	7.30pm
Sat 7 Jul	Charmouth Challenge 8	Charmouth Sch, Lower Sea Lane, Charmouth, DT6 6LR	2.30pm
Sat 7 Jul	The Hurt 12K &24K	Lawbrook Lane, Peaslake, Guildford, GU5 9QW	9am
Sat 7 Jul	Maiden Castle Loop 6.5	Dorchester Rugby Club, Dorchester, DT1 2HX	7pm
Sun 8 Jul	New Forest 10	New Park Farm, Brockenhurst, SO42 7QH	11.15am
Sun 8 Jul	Farnborough Charity 10K	Rushmoor Arena, Aldershot, GU11 1HG	10.30am
Sun 8 Jul	Race for Life—Newbury 5K	Newbury Showground, Newbury, RG18 9QZ	11am
Sun 8 Jul	Chichester Challenge 42K	Lavant Village Green, Chichester, PO18 0BB	9.30am
Sun 8 Jul	Claygate Country 5	Claygate Rec', Church Road, Claygate, KT10 0JP	10.30am
Sun 8 Jul	Fishbourne Flat 5	Fishbourne Centre, Fishbourne, PO18 8BE	9.45am
Sun 8 Jul	Madness in the Maze	Tulleys Farm, Turners Hill Road, Crawley, RH10 4PE	10am
Sun 8 Jul	Tri Challenge	Thorney Hill C.C., Burley Road, Bransgore, BH23 8DR	10am
Sun 8 Jul	Pedal Paddle Tri	The Broadway, Winchester, SO23	10am
Wed 11 Jul	Gibbet Hill 10K	Lion Green, Haslemere, GU27 1LD	7.30pm
Sat 14 Jul	Swanage Half Marathon	Swanage Seafront, Shore Road, Swanage, BH19	9.30am
Sat 14 Jul	Elmore 7	Elmore, High Road, Chipstead, CR5 3SB	2pm
Sat 14 Jul	3 Spires Challenge Half	Lucy Plackett Playing Field, Banbury, OX17 3EE	9.45am
Sun 15 Jul	Tytherley 10K	King Edward's Hall W. Tytherley, Salisbury, SP5 1JX	11am
Sun 15 Jul	Cranleigh 10K	The Band Room, Village Way, Cranleigh, GU6 8AF	11am
Sun 15 Jul	Andover Triathlon	Farleigh School, Andover, SP11 7PW	7am
Sun 15 Jul	Wyvern 10K	Wyvern College, Fair Oak, Eastleigh, SO50 7AN	10am
Mon 16 Jul	Brighton Beach Aquathlon	Brighton & Hove beach, Brighton, BN3 2FR	8.30am
Wed 18 Jul	RR10 (Race 8)	Janesmoor Pond, Stoneycross, New Forest	7.30pm
Wed 18 Jul	Brighton Pheonix 10K	Hove Lawns, Hove, Brighton, BN3 2FR	7.30pm
Sat 21 Jul	Boscombe Beach Triathlon	The Overstand , Boscombe, BH5 1BN	7.30am
Sun 22 Jul	Dewpond 7	Clayton Playing Fields, Clayton, Hassocks, BN6 9PJ	10.45am
Sun 22 Jul	Downland Ultra 30	Clayton Playing Fields, Clayton, Hassocks, BN6 9PJ	9am
Sun 22 Jul	Durberville dash 10K	Durberville Centre, Wool, Wareham, BH20	11am
Sun 29 Jul	Doughnut Dash 5K	Mountbatten Centre, Portsmouth	11am

The Stubbington Noticeboard

Jun-12	What	Recovery	Where	
Tuesday 5th	Diamond Jubilee Stakes		Holly Hill	Penny
Thursday 7th	6 x 1200m	2 mins post SDR recovery	Crofton Track	Chris H
Tuesday 12th	Fleet foot Tempo Run 3 x 6 min	3 min between sets	Locks Heath	Graham
Thursday 14th	4 x 400 and 4 x 800	90 secs 1st set 2 mins 2nd set	Crofton Track	Phil
Tuesday 19th	Rollers x 8		Holly Hill	Penny
Thursday 21st	20 x100mtr 4 x200mtr	100 bend	Crofton Track	Mike B
Tuesday 26th	Chilling 2,4,6,4,2 mins	2 mins recovery	Locks Heath	Mike W
Thursday 28th	4th Time Trial		Eric Rd	Eric
Tuesday 3rd	Lake fartlek		Holly Hill	Penny

GLENS THURSDAY TRAINING SESSIONS

7th June - Locks Heath - 6 x 15seconds (30seconds) - 3 minutes - 6 x 30seconds (30seconds)

14th June - Stubbington - 5 x 300metres (100metres)

21st June - Locks Heath - 1,2,3,4,3,2,1 (1minute)

28th June - Stubbington - Time Trial

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…

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