# The Green Runner

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

# LADIES FIRST

Who would have thought that we would be the winning ladies team by the end of the day!

The race was the South Downs Way relay. It is a very gruelling trail race, not for the feint hearted as it covers 100 miles and over 12,000ft of vertical ascent. You need six runners to run three non-consecutive legs each throughout the day beginning at Beachy Head in Eastbourne and finishing at Chilcomb near Winchester.

Most of us don't run more than once in a day, so to expect your body to cope with 3 races between 4 and 8 miles and to perform to race conditions each time is tough and very demanding. Knowing that your teammates are waiting and not wanting to let them down spurs you on to the end. Seeing the grimaces, tears, white faces and road side sickness on finishing each leg, even runners collapsing having given their all is part and parcel of the day.

Drivers throughout the day are very important to get you to the beginning of each leg without help as far as possible, to endure sweaty bodies and food being eaten around them all day. In the case of the minibus driver, to endure constant talking and gossiping from the ladies, needing to know where all the pubs and garages are for toilet breaks and ladies changing while he is driving!

Graham Bell had kindly provided us with a predicted finish time of 13hrs 01min based on previous years leg times which we thought was an incredibly high expectation. It would be the quickest that a Stubbington Green ladies team had run by 45mins. As the tough and relentless legs rolled on by, running through both rain and sun, we realised that we were keeping on track give or take a few minutes with the predicted time which spurred us on through pain and tiredness.

By the end of leg 2 we were the leading ladies team from our starting group and by leg 11 we began to encroach on the ladies teams who had started half an hour earlier. It dawned on us that we could certainly do better than 5th, our best placing so far since the Stubbington Green ladies had first entered the event. Penny summed it up really well, 'first of all you thought that you might do better than 5th, then you could get in the top 3 & then to realise that you could win it! You all 'raised your game' despite the fatigue that I remember so well'. We certainly did raise our game by not wanting to let the team down, and we put our hearts and soul into every step.

We were also battling with the mens B team. We saw part of their team at every leg change over point. By leg 11 they had a slight lead, however for the next 3 legs we kept ahead of them, but at leg 16 they were ahead again and did cross the finish line before us.

Lucy kept us on track with our predicted leg times, as well as previous leg records which we were smashing as we went! Penny was time keeper, and quietly, we all kept an eye on our rival ladies teams. Everyone, including Chris, was very nervous and excited. We had a 12 minute lead at the end of leg 17 which we maintained to the finish.

**We did it. Fantastic!'**

We could hardly believe it, even when we were announced as the ladies team winners and took the winners' plate and individual medals. And the predicted time? It took our team13hrs 02mins, 1 min over prediction and 44 mins ahead of the Stubbington Green ladies previous record. Not bad for 100 miles!

Many thanks to a fantastic, courageous team
Tanya Brady, Susie Macgregor, Donna Mitchell, Lucy May, Rachael Openshaw, and myself
A very proud team captain
*Sally McGrath*

| LADIES A TEAM | TIME |
|---|---|
| **Stubbington Green Runners** | **13:02:53** |
| Arena 80 | 13:14:12 |
| Chichester Runners | 13:43:06 |
| Phoenix AC | 13:50:27 |
| Lewes AC | 13:54:37 |
| Haywards Heath Harriers | 14:10:44 |
| Crowborough Runners | DNF |

# THE A TEAM

Early starts are the norm for the South Downs Relay; we were on the road by 05.55 late due to one of the drivers not being ready!

Arrived at a cold and windy start at Beach Head, with Verity wondering what she was doing up at this unearthly time with Goosebumps all over her and seeking sanctuary in the warmth of her car.

Liam got us off to a good start, with us pitted against Southampton A, who had a very fast runner doing leg 1 in 26 minutes.

Next up was James who came up against his biggest fear horses! He unfortunately took the wrong route and not the short cut which cost us a few minutes. This had a positive effect on James though. Annoyed with his first leg, this would set him up for a good day on his other two legs.

Paul the elder statesman of the team took over from the young buck James and was faced with an extra 2 miles on leg 3 due to road works and had a good solid run.

I had a good run on leg 4 and took a few people on the leg.

Phil took over from myself and had been suffering badly after the time trial the week before and needed the attentions of Lucy's physio (as had most of the Stubbie teams). He faced climbing up Ditchling Beacon with a smile, which is a couple of miles up hill at the start!

David had an excellent run on leg 6 to duck under the half hour.

James really impressed on leg 8 with a fabulous time of 41.44. He then realised that the SDR is really a tough race as his legs were shattered and still had one leg to go.

Throughout the day you really get to know people while whizzing around the Downs. There was high and low brow conversation in the cars and a great team spirit. The drivers, Verity and Mike were doing a sterling job of getting the runners between legs. We had great camaraderie on the day with other teams including our very own Stubbie teams. Who was going to catch which Stubbie team? The Ladies and B team certainly saw enough of each other with the B team catching ladies only to famously lose the lead again.

The day was flying by as we raced from leg to leg and we were keen to stay ahead of the Stubbie Vets and were still trailing Southampton A with us closing in on our ladies.

Phil ran a tough leg 11 and then handed over to Liam to run his last leg. Then it was down to David to run the infamous leg 13 which has broken many a person in the past. He ran an awesome time of 44.55 which then unleashed James to complete his last leg in style.

Paul continued his solid running up Butser Hill and then handed over to Phil whose legs were in a bad way by now but he amazingly ran his last leg.

Then it was down to me to do the dreaded leg 17 which is 8.65 miles of pain as your legs are knackered and calves are on fire. I had the Vet team closing in on us and a couple of the quicker teams like Hailsham A just behind me. We caught Southampton A towards end of this leg after they had been ahead of us since the start of the day.

It was then down to David to keep that 50 metre lead over Southampton and bring home the baton for us. Although his Achilles was shot, in true runner's mentality, he popped a couple of pills. He managed to stay away and extend his lead. The team crossed the line in an impressive 11 hours 34 minutes with everyone giving 110%, well done boys.

I would like to thank all the runners from all our 4 teams for representing the club impeccably on the day and not to forget all the drivers who gave up their day to drive us sweaty people around. All 4 teams finished within 23 minutes of each other after covering the 100 mile relay and running 11 hours plus. Sally, Graham and Nick – Thank you Captains for organising your teams with all the recces, planning for the SDR and keeping spirits high on the day.

Big thanks also go to our marshals at the start of leg 14, who did an excellent job. They coped with the runners arriving very early to the checkpoint when they had literally just got set up. The race organiser gave a special mention to the marshals for doing a great job and without you people the race wouldn't go ahead.

My biggest and final congratulation goes to our ladies. Who did the club proud and WON the ladies race. The ladies team got by far the biggest cheer of the night when they went to pick up their medals.

I have already received names from people wanting to do next year's race! Roll on next year. *Andy*

| MENS A TEAM | TIME |
|---|---|
| Brighton & Hove AC | 10:22:05 |
| Arena 80 | 10:26:36 |
| Hailsham Harriers | 10:49:37 |
| Lewes AC | 11:23:25 |
| Phoenix AC | 11:32:14 |
| Steyning AC | 11:33:55 |
| **Stubbington Green Runners** | **11:34:19** |
| Southampton Athletic Club | 11:34:52 |
| Haywards Heath Harriers | 11:42:35 |
| Chichester Runners | 12:13:26 |
| Crawley AC | 12:22:50 |
| GO Faster | 12:30:41 |
| Basingstoke & Mid-Hants AC | 12:33:27 |
| Brighton Hash | 12:48:37 |
| Burgess Hill Runners | 12:56:31 |
| The Jam | 13:21:17 |
| Pigs Trotters | 13:43:25 |
| Victory AC | 14:07:57 |
| Henfield Joggers | 14:10:53 |
| Liss Runners | 14:38:41 |

# THE VETS

The South Downs Way Relay is an event that is eagerly awaited and look forward to, for months, by many members of the club and none more so than the old timers of the club, the Mens Vets team. Having stepped aside last year, SGR Mens Vets team made a welcome return to the Vets category of this great race. We won the Vets event in 2010 in 11 hours 20 minutes and knew that this years assembled team was equally keen and quick enough to challenge at the sharp end, with this in mind we set ourselves a target of 11:20 to complete the near 100 miles and therefore started the handicap race at 8:30am.

Having arrived at a still misty Beachy Head in plenty of time to see the A team start at 8am, it was clear that the challenge for the Vets title was going to be hotly contested, as we watched Basingstoke vets head off, with 4 sub 3 hour marathon guys in there team. We were left with our old rivals from 2 years ago Phoenix AC, and 2 A teams. We soon worked out that Phoenix were as equally keen on the race as us when we discovered that they had selected their team before Christmas, that's the sort of planning I like. Our team was put together somewhere nearer Easter. Four of our team had run together in 2010 and we were joined by the equally experienced SDWR man Marcus, and Mark Eaton a SDWR novice. Having prepared well and armed with the leg time predictor sheet for the team, everyone knew what was expected to achieve the overall goal of 11 hours 20.

Dave got us underway, as usual, with a great run on leg 1, and set the pattern for the day by coming in just 13 seconds over the prediction. The legs ticked off quickly as we dashed from change over to change over and got settled into the day by each completing our first legs. By the time we got to Saddlescombe we were still bang on our predicted time, but Phoenix had opened a small lead on us on the road, and reports from up the road of Basingstoke's times made us realise that competition was stiff this year. We kept plugging away knowing we had experience and leg knowledge on our side, which is all part of the day, and that we could only do our best.

Continuing on through the second round of legs, as the sun came out to join us, everyone continued to perform to the high expectations we had set ourselves, and more importantly everyone continued to enjoy themselves. I think that the old saying that when things are going well the captains job is made easier was never truer. As well as performing in the running the team pulled together magnificently to support one another. The team included two great drivers without who's support we could not concentrate solely on the running, thanks to Kevin and Tracy not only for driving but also aiding and supporting the team so well too. Kevin revelled in his extra duties as gate man, and Tracy with a drink at every change over for the incoming runner. And if there was a driver baking competition I think we would have won that one hands down, thanks for that too.

| VETERAN MEN | TIME |
|---|---|
| Basingstoke & Mid-Hants AC | 11:07:58 |
| Phoenix AC | 11:16:12 |
| **Stubbington Green Runners** | **11:20:03** |
| Horsham Joggers | 11:52:28 |
| Heathfield Road Runners | 12:39:24 |
| Orpington Road Runners | 12:53:30 |
| Crowborough Runners | 13:28:08 |
| Brighton & Hove AC | 13:28:59 |
| Horsham Amphibians Triathlon | 13:57:40 |
| Brighton Hash | 14:21:27 |

The third round of legs is always that hardest, and this year was no exception, but a still we kept hitting our target times. Having started the day as the new boy Mark settled in brilliantly, and by time we got to QE Park he was itching to show us what he could do on leg 15, Butser Hill. He just seemed to get faster and faster as the legs progressed, and afterwards admitted that he wished for another leg!! I think we've hooked him in for next year already, that's what the SDWR does to us all. Marcus too ran well, and exceeded his own expectations for leg 14. Picking up the baton for leg 17 this year was Euan, and at the end of a long day performed brilliantly on what he considers to be a road leg. Euan took 13 minutes out of the Phoenix runner, who managed to lose the path coming down off Old Winchester Hill, proving one again that there is no substitute for good preparation.

Mike ran well, as always, and really enjoyed his legs this year, as well as the team spirit which us old guys generated between us. Leg 18 saw Mike bring us home as 3rd Vets team in a time of 11:20:08, just under a minute quicker that 2 years ago. Overall we finished a more than credible 6th overall out of the 42 teams that finished on the day.

Congratulations to all the SGR teams this year, especially the ladies for coming out on top in their race. Thanks too to Andy for the overall captaincy and competitive edge he gives the day. I should also like to extend my thanks to all the folks who manned our change over at Harting Down. Its a lovely spot to take in the view, but a bit manic for a couple of hours as 42 teams of runners pass through. Thanks guys, your support is appreciated as it means we can run in this great event. As a club we should be proud of all our achievements, and the way that everyone pulls together so well to make the whole day a joyous and happy experience, which after all is what running is all about.

My personal thanks though go the Vets team; Dave, Euan, Mark, Marcus, Mike, plus of course Tracy and Kevin. Thanks guys for a great day, it was a pleasure and a privilege to lead such a great Vets team in 2012, and I look forward to the next time we can drag ourselves over the South Downs for another memorable day out.

*Graham*

# THE MENS B TEAM

Can I start off by saying that having read the other team reports that I have no intention of writing a book on the subject. English was never my strong point, however, numbers are and the numbers this year show that we ran the fastest time for a B team in over ten years .

Starting off at some ungodly hour from the Solent Hotel (who are to be thanked yet again for the use of the free car parking facilities') we arrived at Beachy Head in time to see the now glorious ladies team start off on their conquest. At this point and I am sure that I speak for the rest of the team when I say, what great drivers we had for the day , Peter in his boy racer mini and Nick ( Ray's potential son-in-law) in what can only be described as a fine example of what can be done with an old Range Rover ( not a lot!).

I am not going to bang on about how everyone pulled their weight on the day as some of us have more weight to pull then others! But I do have to mention John Blake (Southdown Virgin) who got off his sick bed to run after being struck down the previous week by a mighty oak , leaving him dazed and confused , I can confirm that he was still confused on the day as he offered to buy a round of drinks!

I would also like to thank the other new comers to the team Neil Richardson and Nico Beukman both of whom ran well under their predicted times, well I was generous with both of them, you never know when we might need them to run again.

Ray Gunner deserves a special thank you for keeping us in the hunt all day with a fine example of outstanding running, he single-handedly took over 30 minutes off the ladies team , we love to have you in the team Ray but you do make the rest of us look bad !

Jon Leigh , what can I say about him apart from that he did look absolutely knackered at the end of his last leg , but it has to be said he often looks like that at the start. A great help throughout the whole event especially with organizing the reccies beforehand.

Congratulations to the ladies for winning in such fine style and for making the day so competitive, if I would have known that Tanya was going to wallop me so bad on Leg 13, I would not have told her to run over Beacon Hill rather than around it!

A big thank you must also go to the men's captain Andy for giving us the opportunity to run, his support throughout was most welcome , as was the chocolate , he gets my vote.

Thank you to everyone who supported us throughout the day especially our marshal's at Harting Down who managed to send the rival B teams in the wrong direction, well they might have if only my bribe stretched to more than a left over Mars bar.

Well done team , thanks for making my job and day such fun.

*Nick Kimber*

| MENS B TEAM | TIME |
|---|---|
| Arena 80 | 11:40:58 |
| Hailsham Harriers | 12:08:32 |
| Lewes AC | 12:17:29 |
| **Stubbington Green Runners** | 12:27:59 |
| Phoenix AC | 12:35:23 |
| Basingstoke & Mid-Hants AC | 12:57:04 |
| Chichester Runners | 13:15:56 |
| Henfield Joggers | 14:38:44 |
| Burgess Hill Runners | DNF |

# STUBBINGTON GREEN TRIATHLON CLUB CHAMPIONSHIP 2012

The SGRAC committee has approved the "Concept Sport Southampton Fast Twitch Triathlon" 26th August as our 2012 club championship race. We are hoping to have a social / picnic in the new forest after the race. Can I urge you to book your entry with concept sport via the race diary link

http://www.racediary.co.uk/races.asp?r_Type=Triathlon

If there are any problems with this link then just search for "conceptsport" and follow the instructions.... you will have to register your e-mail address.

*Richard Thomas*

# RR10 LEAGUE

## "THE BEST MARSHALS SO FAR THIS SEASON"

Thanks to all the Marshals that turned up and helped make the Stubbington RR10 a great success. Lots of compliments from other clubs on the night and since, especially about the friendliness of our Marshals.
We were lucky in the end with the weather and the course seemed to be generally liked.

## RACE 4 MANOR FARM

| | | |
|---|---|---|
| James | Sawyer | 10 |
| Lewis | Banner | 15 |
| Andy | Simpson | 17 |
| Euan | Mcgrath | 44 |
| Mark | Eaton | 46 |
| Chris | Hall | 59 |
| Marcus | Lee | 76 |
| Liam | Dredge | 82 |
| Sam | Bell | 85 |
| Graham | Bell | 87 |
| Neil | Richardson | 89 |
| Nick | Crane | 93 |
| Jon | Leigh | 94 |
| Paul | Hammond | 99 |
| Nick | Kimber | 104 |
| Mike | Bell | 105 |
| Nico | Beukman | 123 |
| Richard | Snell | 128 |
| Alan | White | 138 |
| Nigel | Witcher | 139 |
| Keith | Whittaker | 151 |
| Paul | Coverdale | 160 |
| Kevin | Ashman | 169 |
| George | Howarth | 173 |
| Martin | Banner | 189 |

| | | |
|---|---|---|
| Susie | McGregor | 14 |
| Gill | Rose | 33 |
| Lucy | May | 44 |
| Rachael | Openshaw | 56 |
| Sharon | White | 60 |
| Tracy | Buchan | 65 |
| Lisa | Donn | 66 |
| Sarah | White | 86 |

# RR10 DATES

| 2012 DATES | VENUE (click for map) | TIME | ORGANISERS |
|---|---|---|---|
| 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 |

# *GOFAST* Handicap

Following on from last years event, Gosport Road Runners, Fareham Crusaders and Stubbington Green Runners will compete in the second GOFAST challenge during the evening of Thursday 5th July. As current holders of the prestigious trophy Gosport RR are hosting and have decided on a handicap event.

**GOFAST Handicap Route 4.8 miles**
**Thursday 5th July**

Start at the barrier in the lay-by at Bay House School keeping the school on your left.
Proceed down Gomer Lane to the roundabout then to Stokes Bay, once at the bay keep to the footpath on the sea side. Follow the path all the way to the lifeboat station; go past the station onto the gravel track. Follow the track towards Fort Gilkicker, at the fork keep right and go anti-clockwise around the fort. Turn left at the glide board and follow the track to the path that takes you through the golf course, keeping the moat on your right.

**BEWARE OF GOLF BALLS IN FLIGHT AND STOP IF REQUIRED**

At the end of the path turn left onto Fort Road then right into Monkton Road. At the end of Monkton Road turn left onto Clayhall Road, the RN Cemetery will be on your right. After a short distance turn right onto the cycle track/ footpath that takes you over Stoke Lake; once over the bridge turn left onto Little Anglesey Road.
At the end of the lake turn left down the footpath, follow the path back to Clayhall Road. Turn left at the road, cross over and turn right into St Marks Road. Follow St Marks Road to its end and turn right at the Anglesey Hotel into Crescent Road.

Follow Crescent Road to it's junction with Anglesey Road, turn left here then right at the roundabout. Carry on along the full length of Stokes Bay, then up to the roundabout and the finish is in the car park outside Bay House School where you started.

**How the handicap works:**
There is a £2 entry fee per runner.
Club colours are to be worn.
The aim is to finish as close as possible to 7:45.
**NO** watches, garmins or any other gizmos are to be worn or carried.
There will be a time check available at the start.
Runners may start whenever they wish but they must ensure that they have given their name to one of the timekeepers before setting off.
The course will not be marshalled so it is advisable to recce it beforehand.

Each club will provide two timekeeper/name takers at the finish - volunteers requires.

30 seconds either side of 7:45 attracts no points, one minute either side of 7:45 one point, one minute 30 seconds two points and so on up to five minutes; beyond five minutes is 10 points for all; the number of points per team are then divided by the amount of runners and the team with the lowest points total is the winner.
As it a handicap you do not have to be a fast runner to win, it is all about pacing your run.
A buffet will be provided in the Seahorse PH after the event.
*Paul Hammond*

# PERFORMANCE OF THE MONTH

The winning Ladies team at The Purbrook 5 Gill Rose, Tanya Brady and Ellie Crane

Lewis Chalk who won the third Promenade 5K race

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

# 2012 Olympic Torch Relay

On Saturday 14th July Stubbington Green Runners very own Gill Rose will be carrying the Olympic Torch through Southampton, the exact time and place is yet to be confirmed but will be late afternoon or early evening.

Gill hasn't yet decided whether to do a steady jog with the torch or try to outrun the security guards, just to see what they do. There could be some delay as she tries to get a signal on her Garmin before she starts.

She may also require to go to the loo at least 3 times in the last 10 minutes before she runs, just like any race she does.
She is hoping the event is chipped timed.

## Shock Absorber Women's Only Triathlon Dorney Lake 10th June

A ladies only event seemed like the perfect introduction to triathlon even if it did involve an open water swim.

A training day at Dorney Lake two weeks earlier (primarily for the open water experience) proved very worthwhile as we received some excellent advice and the all important dip in the lake with our wetsuits on (thank you Tracie Jarvis and Caroline Street for loaning us yours). From what I've read, the open water swim can be a source of anxiety for even the most experienced triathlete and that was certainly true for both of us.

No matter how much one practices in the swimming pool nothing can prepare you for an open water swim. Although I have always been keen on swimming and in the past had done sub aqua so was used to wetsuits, open and deep water I was still worried about thrashing out 200m. But for Ann, who has only recently gained confidence in a swimming pool, *jumping in at the deep end* is both an understatement and an amazing achievement! Probably the most I learnt from the day was the importance of practicing transition; I looked at the results and saw ladies whose swim, bike and run times were all slower than mine but their transition times were very fast.

All in all, I found the triathlon great fun and if anyone out there is thinking they would like to have a go I would say just do it because loads of other people are! Training days are not necessary as there is a huge amount of triathlon experience within the club already. Results (Novice 200m swim, 5.3k bike, 2.5k run). The bike course was extended by 0.3k because of preparation work for the Olympics.
There were also Sprint, Challenge and Challenge relay distances so something for everyone.
*Sue Simister*

Ann Blake: 36.56 (48th)
Swim: 6.51 T1: 2.38
Bike: 11.24 T2: 1.24
Run: 14.39

Sue Simister: 35.52 (38th)
Swim: 4.39 T1: 2.28
Bike: 13.07 T2: 1.18
Run: 14.20

154 took part in the Novice Tri event and the winner finished in 29.23.

# BBQ & HANDICAP

With the glorious English summer full on what a great time to start thinking about the Stubbie 2012 BBQ!! (don't forget your umbrellas!)

Our fourth year Stubbie BBQ will once again be at the spacious Manor Farm Country Park and the BIG BBQ pit is already booked for **Sunday 29th July**.

On past history we will be catering for 100+ hungry people so bring the whole family, the more the merrier! The BBQ is booked for the day but the fun starts with the **MANOR FARM HANDICAP RACE** with the target finish time of **1200**. This will be a handicap run with a difference – no recces needed - a 4 to 4.5 mile route through Manor Farm Country Park will be marked out with tape, follow the taped trees / bushes / posts etc - prizes for the first male and female runners closest to the finish time. Usual rules – no GPS, no watches, no hiding in the bushes near the finish line!

We'll get the BBQ going for 1pmish and will eat between 1 and 3pm. The club will provide plenty of good quality grub including burgers, sausages, chicken thighs etc and a certain amount of salad, other side dishes and paper plates and napkins – all for the bargain basement price of **£3 for adults, £2 for under 12s**! If you'd also like to bring along any additional meat that you fancy, vegetarian food, bread rolls, drinks and cutlery that'll be lovely jubbly.

There are a few fixed picnic tables on site but I suggest you bring along your own picnic tables and chairs to make yourself comfortable. For the kids perhaps bring along footballs, pop up goals, bat 'n' balls etc.

As in previous years we'll organise some games for kids and the young at heart alike to burn off some of those extra calories!

How to get there – the group BBQ (BBQ 6) is located at '**Toplands**' in Manor Farm which is about ¾ mile along the main road into the park on the left hand side, (also marked 'picnic and play area'). Park at the end of the car park and you will see the huge new Stubbie banner flying at the western end of the field.

Parking is £2 per car for the day. A few of us will bring gazebos for a bit of shade (storm shelter) so look out for these as well. Don't miss a great day out and the perfect opportunity to carbo-load for those marathon miles!! So that we have a rough idea of numbers, if you are coming along please call me, Tim Sullivan, on 0789 6613962 or send an email to tim.sullivan1@virginmedia.com or let me know via the Stubbington Green Facebook page.
Fingers crossed for the weather; surely it's got to get better?! See you there
*Tim Sullivan*
*Social Committee*

## THE PURBROOK WINNING LADIES

| | | | | |
|---|---|---|---|---|
| 3 | Tanya | Brady | L35 | 31:44:00 |
| 7 | Ellie | Crane | LSn | 35:27:00 |
| 11 | Gill | Rose | L40 | 35:50:00 |
| 12 | Nikki | Roebuck | LSn | 35:50:00 |
| 34 | Verity | Wright | L40 | 42:36:00 |
| 47 | Sarah | Martin | L40 | 44:55:00 |
| 53 | Sue | Simister | L50 | 46:37:00 |

## River Hamble Games

Saturday 21st July - spectate and watch the events during the day and you can buy tickets for the evening celebration from the website.
Full details here
http:// www.riverhamblegames.com/

The Stubbington Team is made up of 20+ keen participants who will hopefully swim, run, kayak, row and not drown their way to victory!!!
Hope to see you there :-)
*Lewis Chalk*

# RESULTS ROUND UP

## THE NORTHERN STUBBETTE

| | | | | |
|---|---|---|---|---|
| **Woodhall Spa 10K** | | 10th June | | |
| 41 | Emily Foran | 0:39:04 | 3rd Lady | 1st V35 |
| | | | | |
| **Lincoln Wellington 5K Series** | | 30th May | | |
| 21 | Emily Foran | 00:18:47 | 1st Lady | |

## STUBBIES IN FRANCE

Marathon des Courants le la Liberte (Caen)

96th Chris Hall 3:06:46

1107 finishers

Semi Marathon International Pegasus (Caen)

230th Ray Gunner 1:29:30
351st Jon Leigh 1:32:30
492nd Tim Sullivan 1:35:38
581st Paul Hammond 1:37:34

3123 finishers

## D DAY 10K

Having had a tough weekend at the south downs relay and a good run at the Manor Farm RR10, I went to the D Day 10k
I went with a very laid back attitude and had a nice comfortable race which ended with a best in category VM45 1st place and a time of 38.35
There were 7 Stubbington runners on a breezy cool day *Mark Eaton*

| Pos | Name | Time |
|---|---|---|
| 24 | Mark Eaton | 38.35 |
| 40 | Andrew Stockwell | 41.04 |
| 46 | Richard Chowns | 42.00 |
| 121 | Chris Douglas | 47.27 |
| 146 | Katherine Dailey | 49.12 |
| 153 | Andrew Richardson | 49.49 |
| 190 | Neil Stantiall | 53.02 |

# PROM 5K RACE 3

| Men | | Ladies | |
|---|---|---|---|
| Lewis Chalk | 15:40 | Ellie Crane | 20:57 |
| Mark LeGassick | 16:07 | Sarah White | 24:53 |
| James Sawyer | 16:42 | Katherine Dailey | 26:57 |
| Ray Gunner | 19:18 | | |
| Kev Wheeler | 19.05 | | |
| Sev Roberts | 19:02 | | |
| Richard Chowns | 19:48 | | |
| Mike Bell | 20:47 | | |
| John Tussler | 25:26 | | |

## THE BRAISHFIELD BEER RACE

| | | | | |
|---|---|---|---|---|
| 7 | 00:29:57 | MV40 | Graham | Bell |
| 25 | 00:32:56 | M | SEV | ROBERTS |
| 61 | 00:37:03 | M | Sam | Bell |
| 145 | 00:44:53 | MV40 | Paul | Webster |
| 162 | 00:46:10 | MV40 | Andy | Tomlinson |

## *THE FORESTMAN IRONMAN*

| | | SWIM | BIKE | RUN | |
|---|---|---|---|---|---|
| Euan | McGrath | 01:20:17 | 6:41:32 | 4:59:59 | 13:07:29 |

## SUMMER CROSS COUNTRY SERIES

| | | |
|---|---|---|
| Alan | White | 41:10:00 |
| Erick | Beck | 43:36:00 |

# Sway carnival 5

### Lewis Goes The Wrong Way!

After a night of heavy rain, runners were presented to a very wet course and standing water – snorkels and flippers were an optional extra!

The race was won by Jon Sharkey, Bournemouth A.C., with a time of 28.07. However, Jon seemed to be a little bemused as he had been in second place with about half a mile to go. Somehow the race leader had disappeared. The mystery was resolved when Lewis Chalk, Stubbington Green Runners, arrived at the finish from the wrong side! It appeared that he had missed a direction on the course.
In true sporting fashion, Jon handed over his prize to rival Lewis and the pair shook hands.

Graham Bell was 5th in a time of 32:01

# 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 | Bishops Waltham 5 | Bishops Waltham Junior School Oak Rd | 10.30am |
| Wed 25 Jul | Promenade 5K | Hilsea Lido, London Road, Portsmouth, PO2 9RP | 7.15pm |
| Sun 29 Jul | Doughnut Dash 5K | Mountbatten Centre, Portsmouth | 11am |

# The Race Diary

| Date | Race | Venue | Time |
|---|---|---|---|
| Wed 1 Aug | RR10 (Race 9) | Itchen Valley Country Park | 7.15pm |
| Wed 1 Aug | Yateley Road Race 3 10K | Yateley School, Yateley, GU46 6NW | 7.30pm |
| Sun 5 Aug | Milland Valley Trail 13 | Milland Sports Pavilion, Milland, Liphook, GU30 7LU | 10.30am |
| Sun 5 Aug | Thorpe Aquathlon 750/5 | Thorpe Water Ski Lake, Chertsey, KT16 8PH | 9am |
| Sun 5 Aug | Lake Logic Standard Tri | Lake 62, Cotswold Water Park, Ashton Keynes, SN6 6QX | 8.30am |
| Sun 5 Aug | Lambourn Festival 5 | Lambourn Sports Club, Lambourn, Berkshire | 10.30am |
| Sun 7 Aug | Dyrham Park 10K | Dyrham Park, Dyrham, Bath, SN14 8ER | 12pm |
| Sat 11 Aug | Brutal—Bramshott 10K | Bramshott, Liphook, GU30 7QZ | 10am |
| Sat 11 Aug | North Downs Way 50&100 | Farnham, GU9 8BQ | 6am |
| Sat 11 Aug | Maiden Newton 10K | Youth Centre, Maiden Newton, Dorchester, DT2 0AX | 7pm |
| Sun 12 Aug | Devizes Roundway 7 | Sports Club, London Road, Devizes, SN10 2DL | 10am |
| Sun 12 Aug | Salisbury 5-4-3-2-1 M'thon | Salisbury Fire Station, Ashley Road , Salisbury, SP2 7TN | 9.30am |
| Sun 12 Aug | Mid Kent 5 Miler | Cricket and Tennis Club, Staplehurst, TN12 0DH | 9am |
| Tues 14 Aug | Richmond Park Trail 10K | Ham Riverside, Richmond, TW10 | 7.30pm |
| Wed 15 Aug | Rye Summer 5K | Rye Sailing Club, Rye Harbour, Rye, TN31 7PH | 7pm |
| Wed 15 Aug | RR10 (Race 10) | IBM Hursley Park | 7.15pm |
| Thu 16 Aug | Barbury Castle 5 | Barbury Shooting School, Broughton, Swindon, SN4 0QH | 7.30PM |
| Sat 18 Aug | Great British Beerathon 5 | Hoop and Grapes, 80 Farringdon Street , EC4A 4BL | 1pm |
| Sat 18 Aug | South Coast Triathlon | Martello Fields, Seaford, BN25 1JX | 8am |
| Sat 18 Aug | Salty Seadog Triathlon | Overcliffe Drive, Boscombe, BH5 1BN | 7.30am |
| Sun 19 Aug | IOW Half Marathon | Ryde Rowing Club, Ryde Esplanade, Ryde, PO33 1ND | 11am |
| Sun 19 Aug | Henfield Half Marathon | Henfield Leisure Centre, The Kings Field, Henfield | 10.30am |
| Sun 19 Aug | Everton 10K | Recreation Ground, Everton, Nr Lymington | 10.30am |
| Sat 25 Aug | Thames Meander Marathon | Marymount International School , Kingston, KT2 7PE | 9.30am |
| Sun 26 Aug | Newick 10K Road Race | George V Playing Field, Newick, Sussex BN8 4NA | 11am |
| Sun 26 Aug | Vachery Sprint Cross Tri | The Vachery Estate, Horsham Rd, Cranleigh, GU6 8EJ | 2pm |
| Sun 26 Aug | Studland Country Fair 5K | Show Ground, Ferry Road, Studland, BH19 3AY | 11am |
| Sun 26 Aug | Vale of Pewsey Half | Pewsey Vale School, Wilcot Road, Pewsey, SN9 5EW | 10.30am |
| Sun 26 Aug | Arundel Scouts 10K | Arundel Town Centre and Park | 9.30am |
| Sun 26 Aug | Guernsey Marathon | Footes Lane Stadium, Guernsey | 9am |
| Mon 27 Aug | King's Head Canter 5K | Kings Head, East Hoathly, E Sussex | 11am |
| Mon 27 Aug | Hope Rising XC 10K | Avon Tyrrell Youth Centre, Bransgore, BH23 8EE | 6pm |
| Mon 27 Aug | Shillingstone 5 | Blandford Forum Dorset | t.b.c. |
| Wed 29 Aug | Promenade 5K Road Race | Hilsea Lido, London Road, Portsmouth, PO2 9RP | 7.15pm |

# The Stubbington Noticeboard

| JULY | What | Recovery | Where | Who |
|---|---|---|---|---|
| Tuesday 3rd | Lake fartlek | | Holly Hill | Penny |
| Thursday 5th | Beach Session 2 x 6 | 200 rec | Lee Sea Front | Phil |
| Tuesday 10th | 10x1 min hard chillingfield | 1 Min recovery | Locks Heath | Mike W |
| Thursday 12th | 5 x 800 mtr | 1 400 lap jog | Crofton Track | Chris H |
| Tuesday 17th | 8 x 600 steady pace | | Holly Hill | Penny |
| Thursday 19th | 6 x 1200 | 2 mins between each | Crofton Track | Chris H |
| Tuesday 24th | 6 x Paarlauf | School of Navigation | Locks Heath | Mike B |
| Thursday 26th | 5th Time Trial | | Eric Rd | Eric |
| Tuesday 31st | 12 x 400m steady pace (no hills) | 200m recovery | Holly Hill | Penny |

## GLENS THURSDAY TRAINING SESSIONS

5th July - GOFAST handicap (see SGR web site)

12th July - Locks Heath - Chilling 2 x 1 mile (3 minutes)

19th July - Stubbington - 3 x 800 (400)

26th July - 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…

**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