The Green Runner

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

GILL CARRIES THE FLAMING TORCH

As you may have heard Stubbington Greens very own Gill Rose carried the Olympic Torch and lit the cauldron in Southampton's Mayflower Park on Saturday 14th July.
Gill didn't stop smiling all day and was completely overwhelmed by the thousands of people that came out to cheer the torch on and in particular she would like to thank all the Stubbies who showed up on the day to give her their support.
"Bring on the Olympics"

One of the founding members of Stubbington Green Runners all those years ago, Andy Rogers, carried the Olympic Torch through Fareham on Sunday 15th July. Due to the absence of one of the torch bearers Andy ended up doing two legs of the relay, he had no problem with this and finished with a huge smile, though his police escort looked a little tired.

MIKE Clarke at the Olympic Games.

During my time at the Olympics I plan to keep people up to date via Twitter, giving them a tongue in cheek report from the games. You can follow me @michaelclarke54.
Regards, Mike.

Treasurer wanted. Neil Jarvis is standing down at the next AGM and we would like the successful replacement to have had a few months to get to know the books. Anyone wishing to take this post, please contact Phil May.

CLUB SECRETARY

I'd like to express my thanks to Paul on behalf of the club for the work that he has done in the position of Club Secretary. Being the secretary does involve a lot of administering of the clubs' correspondence with the authorities that run athletics. So once again I'd like to thank Paul for his efforts over the years he has been Secretary. Phil.

LYME DISEASE

After running off-road, particular near livestock or wild animals, do check your uncovered flesh for ticks. These are little insects that can sense warm bodies approaching & leap from branches or grasses on to your skin, or when you brush against undergrowth. They then embed themselves to suck your blood. The main problem is that they carry the vectors of many blood-borne diseases, including Lyme Disease which can cause meningitis, arthritis, heart & neurological disorders. Also brush your clothing down to avoid taking them in the car & home with you!!! If you are bitten a red rash round the site of the bite & flu-like symptoms may appear after 3 days. To remove a tick, rotate its body anti-clockwise with tweezers or simply give it a steady pull, making sure that the head parts come away and do not remain attached. Other methods of removal are drowning (using nail polish remover, surgical spirit or even whisky!). This should cause the tick to loosen its grip and drop out. If Lyme Disease is detected early enough, treatment by antibiotics often lead to a complete recovery. so if a tick has embedded in your skin SEE THE DOCTOR immediately even if you've got the tick out.

THE DEWPOND 7

44	Alan White	1:06:26
50	Eric Beck	1:09:21

HAMPSHIRE ROAD RACE LEAGUE

The Hampshire Road Race League kicks off again on September 1st
The Overton 5 Mile Road Race is the traditional first event of the season and takes place on a Saturday afternoon around the slightly hilly Overton Village

On line entry at http://www.overtonharriers.org.uk/

RR10 LEAGUE

FLEMING PARK EASTLEIGH

CHALK Lewis	2
SAWYER James	6
BANNER Lewis	13
SIMPSON Andy	23
MCGRATH Euan	25
LEE Marcus	59
CRANE Nick	70
LEIGH Jon	74
DREDGE Liam	75
SNELL Richard	103
CRUMPTON Tim	104
MAY Phil	110
MCGAW Chris	120
COX John	136
STREET Glen	141
ASHMAN Kevin	143

Helen Nicholls

Lewis Banner

NICHOLLS Helen	7
MACGREGOR Susie	13
MCGRATH Sally	16
CRANE Ellie	19
ROSE Gill	20
MAY Lucy	25
OPENSHAW Rachael	35
DONN Lisa	54
BANNER Erin	56
WHITE Sharon	58
STREET Caroline	99
DAVIES Kathryn	100

The sun made a rare appearance for the RR10 at Fleming Park Eastleigh, a relatively flat and not too muddy course.
New Stubby Lady, Helen Nicholls made a impressive debut for the club finishing in seventh, and despite suffering an injury halfway round Ellie Crane kept going and managed to beat Gill rose in a sprint for the line.
In the men's race the clubs younger runners, the two Lewis's and James Sawyer dominated the clubs results with Lewis Chalk finishing second overall.

RR10 DATES

2012 DATES	VENUE (click for map)	TIME	ORGANISERS
Aug-01	Itchen Valley Country Park	7.15pm	Lordshill RR
Aug-15	IBM Hursley Park	7.15pm	Winchester AC

GO *FAST* CHALLENGE

Fareham Crusaders are the proud new owners of the GoFast Challenge Trophy. They received their prize from the previous holders Gosport Road Runners. Hopefully it will be Stubbington's turn to win next year.

RR10 JANESMOOR POND

SAWYER James	4
SIMPSON Andy	9
MCGRATH Euan	31
LEE Marcus	46
DREDGE Liam	56
RICHARDSON Neil	60
BELL Mike	67
MAY Phil	76
MCGAW Chris	92
WHITE Alan	95
WHITCHER Nigel	97
BECK Eric	118
COVERDALE Paul	120
ASHMAN Kevin	122
WEBBER Ian	131
BANNER Martin	135

NICHOLS Helen	5
MCGRATH Sally	11
CRANE Ellie	24
OPENSHAW Rachael	26
FORSE Penny	40
MARSH Kate	89

Andy Simpson NOT showing a clean pair of heels

MUD IN YOUR EYE. Glastonbury, The Isle of Wight, Janesmoor Pond, it's just another festival for Rachael

MILTON KEYNES HALF

Gill's long term ambition (apart from carrying a flaming torch) has been to get a sub 1:40 half marathon time. She decided to target the Milton Keynes Half Marathon as her target race this summer, it should have been fast and flat.
Though not hilly it was a continual series of little slopes and twists and turns making getting into a rhythm hard. Also the usual problem of having to run further than the actual distance because of not following the exact line meant an additional 400m of running that makes all the difference. Gill just missed out on her target again. BRING ON GOSPORT

Gill Rose 01:41:09 PB Richard Snell 01:42:12

PROMENADE 5K SERIES RACE 4

Pos			Cat	Cat Pos	Time
5	Mark	Le Gassick	SM	3	00:16:10
10	James	Sawyer	JM	4	00:16:50
33	Sev	Roberts	SM	17	00:18:37
34	Mark	Eaton	VM45	1	00:18:42
44	Andrew	Stocksen	VM40	3	00:19:28
45	Ray	Gunner	VM50	3	00:19:30
46	Kevin	Wheeler	SM	20	00:19:32
52	Helen	Nicholls	SW	3	00:20:02
55	Susie	MacGregor	VW40	2	00:20:15
64	Richard	Chowns	SM	26	00:20:49
66	Mike	Bell	VM55	6	00:20:52
113	Katherine	Dailey	SW	8	00:26:20

PAM LUCAS

It was very sad to hear that Pam Lucas has passed away.
Pam was Ladies Captain in the 1990s and started up the Beginners' Courses that are still being run so successfully. She was an enthusiastic runner herself, racing not only in the UK but also in mainland Europe & as far away as Japan where she ran the Kobe Marathon. She was always ready to welcome and encourage new members to the club. Her last few years have been a long battle with cancer but despite that, she always kept a great interest in how SGR was doing.
In the photo taken at an SGR BBQ Pam is on the right with Pat Woodward.

Stubbies from the past, we think they are from left to right, Pam Lucas, Di McEwen, Mike Bird, ?, Margaret, George Giles, John Armon, Chris Warner, Pam's son and John Randell in the red top. Thank you to John Vose for sending in the photo and for taking it. More photos of Pam overleaf.

WYVERN 10K

The inaugural Wyvern 10K took place on Sunday 15th July. A quick out and back route starting from the college in Fair Oak attracted a wide range of talents. The flat slightly undulating course produced some quick times and several Stubbies were rewarded with PB's including Sev Roberts, Tom Callaway and Kevin Ashman.

Times would have been quicker but the last part of the race was across a muddy field.

22	Sev Roberts	00:39:33
68	Richard Snell	00:43:41
75	Gill Rose	00:44:37
96	Tom Callaway	00:46:03
194	Kevin Ashman	00:52:05

KEVIN ASHMAN AND TOM CALLAWAY

Duberville Dash Trail 10km 22 July 2012

Beverley Hards 47.22 2nd lady 1st fv50

"This was my first race for nearly 3 years"
Bev

More photos of PAM LUCAS

Guernsey Easter 1993

Guernsey Easter 1994

Race the Train 1995

After Race the Train 1995

HAMBLE GAMES

The first ever River Hamble Games, inspired by the 2012 Olympics took place on Saturday with 26 teams and over 300 competitors taking part in the 5 events, Swimming, Running, Kayaking, Sailing and Rowing. It was a fantastic spectacle with a great community spirit that brought together all sides of the river.

The Games hosted the first open water swim in the River with over 70 swimmers taking to the water. The tide proved challenging but made for a great competition with spectators all along the Warsash banks cheering the swimmers to the finish.

The 5K and 10K runs ended with a spectacular finish down Hamble High Street cobbles into the village. Gold in the 10K went to Stubbington Green team captain Lewis Chalk in a fantastic time.
The Gig racing followed the swimming on the Warsash stretch of water, with Elephant Boatyard taking the Gold.

The wind filled in enough for some great dinghy racing in the Sailing event which took place in Southampton Water, just off Hamble Point. The Laser class was narrowly won on count back by Russell Peters.

The Kayaking slalom race was staged just off the Hamble foreshore with some tricky manoeuvres required to complete the course.

The day was wrapped off with the Medal ceremony at MDL's Hamble Point Marina where Round the World Yachting Legend Mike Golding OBE presented the medals to the winners. The overall winning team was RK Marine who took Gold, Silver went to Bursledon Bods and Bronze went to Stubbington Green XYZ.

Medals table

	Swimming			Rowing			Running			Kayaking			Sailing			Total				
Competitors	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	G+S	G+S+B
RK Marine	1		1				1	1	1				1			3	1	2	4	6
Bursledon Bods	1						1						1		1	3	0	1	3	4
Stubbington Green XYZ		2	1				2	1	1							2	3	2	5	7
The Ultimate Engagement 2	1	2					1				1					2	3	0	5	5
Hamble River Sailing Club	1				1		1		2					1	1	2	2	3	4	7
RAFYC							1			1						2	0	0	2	2
Stubbington Green 123			1				1	3								1	3	1	4	5
Feeling Rough	1	1														1	1	0	2	2
Hamble Sea Scouts				1							1	1				1	1	1	2	3
Hamble Spitfires	1					1		1	1							1	1	2	2	4
T-JAM							1	1								1	1	0	2	2
Dark and Stormy	1															1	0	0	1	1
Elephant Boatyard Gig Team				1												1	0	0	1	1
EMU	1															1	0	0	1	1
Harveys Wolfpack	1															1	0	0	1	1
The Ultimate Engagement 1									0	1		1				1	0	1	1	2
Individuals							1		1							1	0	1	1	2
Bay House Boys			1		1			1								0	2	1	2	3
SMUSH								2								0	2	0	2	2
4 Muskateers		1														0	1	0	1	1
MDL		1	1													0	1	1	1	2
3 Peakers																0	0	0	0	0
Coopervision 1			1													0	0	1	0	1
Coopervision 2																0	0	0	0	0
Crazy daisy																0	0	0	0	0
G.E.Tgoing																0	0	0	0	0
SWAGS																0	0	0	0	0
	9	7	6	2	2	1	10	10	6	2	2	2	2	1	2	25	22	17		

BISHOPS WALTHAM 5

Eunice Hoare and John Vose discuss pre-race tactics

5	James	Sawyer	29.16
12	Mark	Eaton	31.25
23	Helen	Nicholls	34.10
27	Mike	Harper	34.56
33	Richard	Snell	35.45
41	Gill	Rose	36.07
52	Tom	Callaway	38.03
89	John	Vose	47.07
101	Eunice	Hoare	49.32

Gut Buster

The Summer Gut Buster http://www.2mevents.com/index.php/event/the-summer-gut-buster held at Butlers Lands Farm in Mortimer a few miles north of Basingstoke.

The run was an inaugural run set up to complement the first Gut Buster run on the same course held on New Years Eve 2011. You had the choice of a 10mile run or 10K, I chose the 10 Mile option. The idea being that the winter course is muddy and loose underfoot, which it was as I was there, and the summer run was therefore set up as a faster trail/road course. However due to the recent rain I would say the summer run had the worst conditions.

The run itself was again enjoyable with features including a transit through a Ford, a trip around a Roman Walled village and basically a tour around the local hilly countryside, Oh and free Pimms on completion.

I completed the run in 1hour 15min 47sec coming in ninth beating my previous time on the course by about 5 minutes. No other Stubbies seemed to be present.

Andy Stockwell

PERFORMANCE OF THE MONTH

NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL TO ME AT

r.snell48@btinternet.com

No one has been nominated this month so I have decided to nominate Gill Rose myself as she won the mothers and others race at her nephews school sports day, wearing wellington boots. Competitive or what?

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
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	Boscombe Beach Triathlon	The Overstand , Undercliff Drive , Boscombe, BH5 1BN	7.30am
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 Race Diary

Date	Race	Venue	Time
Sat 1 Sep	Overton 5 (HRRL)	Recreation Centre, Bridge Street, Overton, RG25 3HE	3pm
Sun 2 Sep	Lingfield Dry Hill 10 & 5	Young Epilepsy, St Piers Lane, Lingfield, RH7 6PW	10am
Sun 2 Sep	Stansted Park Slog Half	Stansted Hse , Stansted Park, Rowlands Castle, PO9 6DX	10.30am
Sun 2 Sep	JET 8 Mile Race	Parley Golf Centre, Christchurch, BH23 6BB	10.30am
Sun 2 Sep	The Beast 13	West Street, Corfe Castle, BH20 5EB	10.30am
Sat 8 Sep	Alice Holt 10K & 5K	Alice Holt Forest, Bucks Horn Oak, Farnham, GU10 4LS	1.30pm
Sat 8 Sep	Hardassnails 10K	Pilgrims Way, Guildford, GU4 8AW	8.30am
Sun 9 Sep	Black Hill XC 5K	Bere Regis, BH20 7LY	11.30am
Sun 9 Sep	Bacchus Marathon + Half	Denbies Wine Estate, London Rd, Dorking, RH5 6AA	11 &12am
Sun 9 Sep	Fordingbridge Fire Stn 10	Fordingbridge Fire Station, Fordingbridge, SP6 1JN	11am
Sun 9 Sep	Hill X 10K Endurance	Winchester Road, Petersfield, GU32 1RG	10am
Sun 9 Sep	Peasemoor Festival 5	Recreation Ground, Peasemore, Newbury, RG20 7JE	10.30am
Sun 9 Sep	Stockbridge 10K	Stockbridge Pre School, Stockbridge, SO20 6EJ	10.30am
Fri 14 Sep	The Oxford Ultra 63	Shifford Lock, Oxford, OX29 7QD	8.30am
Sat 15 Sep	Challenge 2012 XC M'thon	West Fleet Farm, Chickerell, Weymouth, DT3 4EF	8.30am
Sat 15 Sep	BananaMan Triathlon	Dorney Lake, Eton, SL4 6QP	9am
Sat 15 Sep	Seven Stiles 4	Henfield Leisure Centre, Henfield, BN5 9QB	4pm
Sat 15 Sep	The Shere 40K	Shere Village Car Park, Shere , Guildford, GU5 9HS	9am
Sat 15 Sep	The Windsor Ultra 47	Marlow Bridge, Marlow, SL7 1RG	8.30am
Sun 16 Sep	The Purbeck Marathon	Seafront, Swanage, BH19 1LB	9.30am
Sun 16 Sep	Chestnut Tree House 10K	Littlehampton , BN17	9.30am
Sun 16 Sep	HSBC Triathlon	Dorney Lake, Eton, SL4 6QP	9am
Sun 16 Sep	K2 Crawley 10K	K2 Crawley, Pease Pottage Hill, Crawley, RH11 9BQ	10.30am
Sun 16 Sep	Swallowfield 10K	Swallowfield Hall, Swallowfield, Reading, RG7 1QX	10.30am
Sun 16 Sep	The Bounder Trail Race 9	Broughton Sports Field, Broughton, SO20 8DA	11am
Sun 16 Sep	Victory 10K & 5 (HRRL)	Mountbatten Centre, Portsmouth, PO2	11am
Sat 22 Sep	Run for Love 14.6K	Bournemouth, BH1 1AA	10am
Sun 23 Sep	Butser Hill Challenge 4.5	QE Country Park, Gravel Hill , Horndean, PO8 0QE	12.30pm
Sun 23 Sep	Hursley 10K	John Keble C of E Sch., Winchester, SO21 2LA	10.30am
Sun 23 Sep	New Forest M'thon & Half	New Milton, BH25 7YL	10/9.15am
Sun 23 Sep	The Devil Run 15K	The Devils' Punch Bowl, Hindhead, GU26 6AB	9am
Sat 29 Sep	The Hurt 24K Trail Run	Peaslake Rec, Lawbrook Lane, Guildford, GU5 9QW	9am
Sat 29 Sep	Grayshott 10K	Applegarth Farm, Headley Rd , Grayshott, GU26 6JL	10.30am
Sun 30 Sep	The Cerne Burn 10K	Minterne House, Minterne Magna, DT2 7AU	11am

The Stubbington Noticeboard

AUGUST	What	Recovery	Where	Who
Thurs 2nd	Beach Session		Hill Head Beach	Phil
Tues 7th	5 Brownwich Loop + 1 short hill		Locks Heath	Mike W
Thurs 9th	2 x 8 200mtrs	30 secs between runs & 4 mins between sets Crofton Track	Chris H	
Tues 14th	8 x 500 steady	200 jog	Holly Hill	Penny
Thurs 16th	4 x 400 and 4 x 800	90 secs 1st set 2 mins 2nd set	Crofton	Phil
Tues 21st	5 Brownwich Loop + 1 Short Hill	Jog one length	Brownwich Farm	Mike B
Thurs 23rd	6 x 1200 mtr	2 mins between each	Crofton Track	Graham
Tues 28th	5k Race pace 4 x 6mins	3 mins rest between each run	Holly Hill	Penny
Thurs 30th	6th Time Trial		Eric Rd	Phil

GLENS THURSDAY TRAINING SESSIONS

2nd Aug - Locks Heath - 5 x Brownwich Loop
9th Aug - Stubbington - 4 x 600
16th Aug - Locks Heath - Chilling 3 x 5 minutes
23rd Aug - Stubbington - 100, 200, 400, 800, 400, 200, 100 Pyramid
30th Aug - Stubbington - August 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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