# The Green Runner

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

# THEY RACED THE TRAIN … SOME EVEN BEAT IT

| | | | | | | |
|---|---|---|---|---|---|---|
| 25 | James | Sawyer | M | | 1:37:45 | BEAT THE TRAIN |
| 26 | Andy | Simpson | M | 35 | 1:38:13 | BEAT THE TRAIN |
| 106 | Graham | Bell | M | 45 | 1:48:36 | |
| 162 | Chris | Hall | M | 45 | 1:52:48 | |
| 168 | Liam | Dredge | M | | 1:53:02 | |
| 189 | Raymond | Gunner | M | 50 | 1:54:52 | |
| 229 | Emily | Foran | F | 35 | 1:57:40 | |
| 256 | Susie | Macgregor | F | 40 | 1:59:16 | |
| 282 | Philip | Martin | M | 50 | 2:01:15 | |
| 322 | Donna | Mitchell | F | 40 | 2:03:38 | |
| 354 | Nick | Kimber | M | 50 | 2:05:24 | |
| 402 | Nigel | Whitcher | M | 45 | 2:08:58 | |
| 437 | Andy | Lee | M | 50 | 2:11:30 | |
| 516 | Rachael | Openshaw | F | | 2:19:17 | |

| 10K QUARRY CHALLENGE RESULTS | | | | |
|---|---|---|---|---|
| 58 | Samuel | Bell | M | 00:51:43 |
| 72 | Ellie | Crane | F | 00:53:05 |
| 92 | Ryan | Gunner | M | 00:54:51 |
| 205 | Sarah | Martin | F | 01:07:45 |

The Awards evening this year has been booked for Friday, 30th November at the Bayside Cabin at Stokes Bay. Further details to follow in coming months.
Regards Kathy

## STUBBINGTON 10K

Stubbies, entries for our 10k are now open, so hopefully as usual we will get a good number enter.

However please be aware that the ongoing issue with staging our race is being able to provide enough marshals to cover all the positions outlined in the race safety plan submitted to FBC. Every year this is an issue and although we do normally manage to fill all positions, it is usually after a last minute panic.

This year all SGR entrants will be contacted and asked to nominate a suitable marshal, in lieu of running in the race. Please bear this in mind when entering. It is a very emotive discussion within the club, and this is a compromise that will hopefully ensure smoother marshal planning.

Many thanks in advance for your help and cooperation, which will lead to another successful Stubbington 10k in 2013.

*Graham Bell*

## PROM 5K RACE 5

The last three weeks I have been going to Park Run Netley to work on speed to try and get a new pb at Portsmouth 5k series.
The hard work paid off, I managed to take 27 seconds of my old 5k pb.
Sev Roberts also set a new 5k pb in a fantastic 18.19
There were 11 Stubbington Green Runners led home by Mark LeGassick
*Mark Eaton*

| | |
|---|---|
| **Mark LeGassick** | **16:17** |
| **James Sawyer** | **16:51** |
| **Mark Eaton** | **18:09** |
| **Sev Roberts** | **18:19** |
| **Andrew Stockwell** | **18:42** |
| **Ray Gunner** | **19:18** |
| **Mike Harper** | **19:21** |
| **Susie MacGregor** | **19:59** |
| **Tom Callaway** | **20:31** |
| **Mike Bell** | **20:53** |
| **John Tussler** | **26:09** |

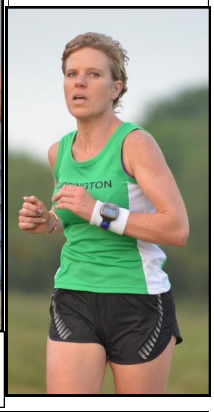
# RR10 LEAGUE
## FINAL LEAGUE POSITIONS

### INDIVIDUAL MEN

| | |
|---|---|
| SAWYER James | 4 |
| SIMPSON Andy | 11 |
| MCGRATH Euan | 36 |
| LEE Marcus | 58 |
| LEIGH Jon | 65 |
| CRANE Nick | 68 |
| DREDGE Liam | 71 |
| RICHARDSON Neil | 75 |
| BELL Mike | 82 |
| MCGAW Chris | 100 |
| WHITCHER Nigel | 112 |
| ASHMAN Kevin | 125 |
| BANNER Martin | 138 |

JAMES SAWYER

SUSIE MACGREGOR



### INDIVIDUAL LADIES

| | |
|---|---|
| MACGREGOR Susie | 9 |
| MCGRATH Sally | 11 |

### FINAL MENS TABLE

| | |
|---|---|
| 1= Southampton Athletic Club | 22 |
| 1= Totton Runners | 22 |
| 3 Lordshill Runners | 27 |
| 4 New Forest Runners | 37 |
| 5 Stubbington Green Runners | 47 |
| 6 Winchester and District AC | 55 |
| 7= Eastleigh Running Club | 62 |
| 7= Romsey Road Runners | 62 |
| 9 Hardley Runners | 72 |
| 10 Totton Runners (B) | 86 |

### FINAL LADIES TABLE

| | |
|---|---|
| 1 New Forest Runners | 14 |
| 2 Winchester and District AC | 28 |
| 3 Romsey Road Runners | 34 |
| 4 Southampton Athletic Club | 36 |
| 5 Stubbington Green Runners | 44 |
| 6 Eastleigh Running Club | 48 |
| 7 Totton Runners | 58 |
| 8 Lordshill Runners | 69 |
| 9 New Forest Runners (B) | 91 |
| 10 Hardley Runners | 94 |

# FISH N CHIP HANDICAP

Yes all you handicap race addicts, time for an Autumnal feast of dubious directions, dodgy woodland paths, mud, more mud, dangerous dogs and slippery shingle. Yep – time for the SEPTEMBER FISH N CHIP HANDICAP!! 10k of RR10 style cross country running around Warsash Common and Solent Breezes. The handicap will be held on Wednesday 5th Sept starting and finishing at the Warsash Sailing Club (WSC) barrier on the footpath to the left of the Rising Sun pub.

The usual handicap rules apply – no maps, instructions, sat nav or watches are allowed, you can start when you want, and you must follow the route outlined below, making sure that you do not take any short cuts along the way! A recce or 2 is essential for this course which is cleverly designed to lose as many people as possible (we have a sweepstake running on this!!). The winner will be the runner who finishes closest to 7.30 pm. Prizes for first male and female runner closest to the target finish time.

Since all this running will make you feel peckish, after the run there will be a fish & chip supper laid on at a cost of a mere £5.00 per head with the winning male and female eating free! (for Northerners (Andy Simpson) Pie and Chips is an option!). Please pay on the night but we must know exact numbers this time though so please email or call Tim Sullivan (tim.sullivan1@virginmedia.com / 0789 6613962) by Sunday 2nd Sept if you would like some fine English cuisine – otherwise NO NAME NO GRUB!

If you just want to run but not stuff yourself with all those unhealthy chips, the cost is a mere £1 per head to cover this handicap and future events.

- From the WSC barrier, head towards the Hamble river mouth along the coastal path
- Just after you pass the Warsash Maritime College you will come to a wooden barrier. Turn left (inland),
- Follow the footpath as it winds round the Warsash College (to your left). When you reach Newtown Road, turn right and continue along Hook Park Road.
- After about 400m and when running up a slight hill, turn left onto the footpath/ gravel track at 'Bridge House'.
- Follow the path into Hook with Warsash Nature Reserve and follow the path through the woods which initially bears left.
- Eventually the path takes you to a wooden gate. Go through the gate and onto the main track, turn left and head downhill,
- This track soon narrows and goes steeply uphill with woods either side.
- At the top of the hill you'll join a road (Church Road) with St Mary's church on your right. Go past the church and stay on the right side pavement for about ¼ mile.
- Just past the school on the left and a bus stop / shelter on the right, take the footpath on the right which is just before you reach house no. 27.
- This short footpath opens onto the residential Elmdale Close; follow the road round and then turn left into Spruce Close.
- At the bottom of Spruce Close, join a short footpath (15m) which ends at a barrier and T junction with a rough path.
- Turn left at the T junction, run along the path for about 50m then turn right and go down the steps and along a woodland path.
- Run along the path until it joins a road (Dibbles Road) and turn right.
- Run along the road for about 50m then turn right through the gate into Warsash Common, (there'll be a huge 'Warsash Common notice board and map in front of you).
- Keep to the path to the left of the Warsash Common board and follow it through the woods and over boardwalks until you get to a T junction with a track, (you'll also see a metal gate in front of you).
- Turn right at the T junction which goes slightly downhill.
- Follow this track as it winds its way through woods, over a wooden bridge then almost back on itself and then up a slight hill.
- At the top of the hill you'll see a wooden post on your left with red arrows on it (pointy ones not the aircraft!)
- Take a sharp left to follow the red arrowed path down a flight of steps and onto a narrow path.
- After a short distance you will pass under a large black pipe; at the wooden post just after this turn right and follow the track through the woods. Eventually this descends onto a boardwalk followed by a long flight of steep steps, (have fun going up!).
- At the top of the steps keep going to the junction with another boardwalk then turn right along the boardwalk which circles around the open area of Warsash Common.
- When you see some low wooden posts running along the right side of the track, just about when you reach the last one go straight on to the metal gate ahead.
- Go through the gate and (at the Warsash Common notice board) turn right.
- Just after jumping over the bridleway low barrier, go through the metal kissing gate on the right and take the footpath.
- Keep on the main footpath (ignoring lots of little ones coming off) until you reach a main road (Fleet End Road).
- Turn right on the road, run for about 100m until you reach a national speed limit sign and a footpath sign on your right. Take this woodland footpath and keep going until you eventually pass between some very nice houses and reach a gravelled track.
- At the path / track junction, turn right. You are now on the track that leads onto Hook Park Road.
- Head westwards along the track until you reach the Hook Park Road / Cowes Lane junction. Turn left into Cowes Lane, follow it to the end then take the footpath which winds round until reaching the seafront.
- Turn right when you reach the beach and from here run all the way back the Warsash on the coastal path, first along the beach then the riverside path to the finish (follow the smell of fish n chips if you're lost!!). Tim Sullivan

# Todays Runner Winter League starts 30th September at Pamber Forest near Basingstoke.

The new cross-country season is nearly upon us, I have said I will help to put together teams and collect results for the coming Today's Runner Races. They run from September until March with 20 local clubs taking part.

Today's Runner race are slightly different in that they don't allow the fastest runners to take part thus allowing slower club runners a chance to shine, the time's that are too quick are shown below.

The website for the series is www.bobayer.com/trwl/

There will be more details to follow as the first meeting is September 5th. The first date has been set already as 30th September at Pamber Forest near Basingstoke.

*Chris Hall*

| | Men | Women |
|---|---|---|
| 5m | 27.30 | 30.00 |
| 10k | 34.11 | 37.17 |
| 10m | 55.00 | 60.00 |

# Hampshire Cross Country League

**The new cross country season is just around the corner and Stubbington's Cross Country Captain Lucy May has come up with 12 reasons why you should consider running these challenging but enjoyable races.**

1. Mud is good for your skin
2. You will see some lovely parts of the countryside you would have otherwise missed
3. Races are on a Saturday, so you can still have a lie in on Sunday
4. Off road running is better on your joints and builds up strength from the changes in pace & terrain
5. No entry fee
6. Improves the stabilising muscles & develops a greater ability to absorb shock
7. A good team spirit
8. No mile markers so can focus on the freedom of running rather than counting the miles
9. You compete in the same race as top British athletes
10. These races will be good hill training
11. They are short quick races so you will soon be home with your feet up
12. You'll make Lucy very happy

| TIME | | DISTANCE |
|---|---|---|
| 1200 | Under 13 Girls | 3.0km |
| 1215 | Under 13 Boys | 3.0km |
| 1230 | Under 15 Girls | 4.0km |
| 1250 | Under 15 Boys | 4.0km |
| 1305 | Under 17 Women | 4.0km |
| 1335 | Senior Women (inc Vet and Under 20 Women) | 6.0km |
| 1410 | Under 17 Men | 6.0km |
| 1430 | Senior Men (inc Vet and Under 20 Men) | 10.0km |

Saturday 13 October 2012 - Farley Mount, Winchester

Saturday 10 November 2012 - Goodwood, Chichester

Saturday 1 December 2012 - Popham Airfield, Basingstoke

Saturday 12 January 2013 - King's Park, Bournemouth

Saturday 9 February 2013 - Hudson's Field, Salisbury

## Maiden Newton Madness 10k - Dorset

11th August 2012

I hadn't realized how far the Maiden Newton run was from Swanwick! I had persuaded two of my daughters to join me and I was the only Stubbie there.

The run itself turned out to be 10.4k and started at 7pm so reasonably cool. It was a run keeping to the road for the first half and the second half was mixed terrain which meant running over fields, muddy areas, wet tracks, over narrow ridges with stones and a corn field! It seemed to be more uphill than down.

There was a field of 117 runners and the winning time was 39.45
My time was 1.07.04 and placed 99th and I was the first finisher over 70. Daughters placed 81st at 1.00.41 and 86th at 1.01.41.

Although small field of runners it was well organized and now know why it's called the Newton Madness!

*Terry French*

## ANDY STOCKWELL'S RACES

5th August Milland Valley Trail Half Marathon 1Hr 52.04
Very muddy, 80% Off road, pretty hilly.

19th August South Coast Half Marathon at Seaford 1Hr 34.30
Four laps of the seafront, very flat, very hot.

26th August Vale of Pewsey Half Marathon 1Hr 33.35
Rolling Hills, all on back roads.

## Everton 10k

Sev Roberts 26th overall 41:04

David Richards 240th 1:04:56

# PERFORMANCE OF THE MONTH

**Liam Dredge** nominated twice in one month for two different races, his performance at 'Race The Train' impressed everyone.

Also his decision to add 4 miles on to the Salisbury 30km race was dedication to do additional training, and he still wasn't last.

Julie Woodman nominated for her awe inspiring triathlon efforts, read her blog http://bogofdoom.blogspot.co.uk/ it is both inspiring and hilarious, she could already has one hand on the performance of the year trophy at the awards night.

**NOMINATE YOUR PERFORMANCE OF THE MONTH BY SENDING YOUR NOMINATION BY EMAIL**

**r.snell48@btinternet.com**

# SALISBURY 54321

I decided to run the 30km trail run along with Neil Richardson and Liam Dredge.
Barry Hards ran the 50km, and Karen Davies, Julie and Kevin Ashman ran the 21km.
There was also a 42km route.

It was a cool morning and it dared to rain briefly which we were all grateful for. The route was both on and off road so would be suitable for all runners. As I had only run 14 miles before, I was anxious about the distance which turned out to be 19.03 miles. However, I was pleased with how I'd paced the run.

Liam decided to run 4 extra miles by following the 42K route due to missing the very large 30K sign which indicated a right turn. I reckon he was trying to outwit Neil as they are both training for the New Forest Marathon!
*Sally McGrath*

| 21km results | 30km results | 50km results |
|---|---|---|
| Winner male 1.20.55 | Winner male 2.09.54 | Winner male 3.53.56 |
| Winner female 1.40.52 | Winner female 2.20.10 | Winner female 4.14.39 |
| | | |
| Karen Davies 1.54.34 2nd F45 | Neil Richardson 2.39.08 4th M40 | |
| Julie Ashman 2.25.53 9th F40 | Sally McGrath 2.57.49 3rd F45 | Barry Hards 4.17.17 3rd M40 |
| Kevin Ashman 2.25.53 6th M50 | Liam Dredge 3.18.02 - 23 miles! | |

# *SOUTHAMPTON TRIATHLON (THE CLUB CHAMPIONSHIP)*

| POS | NAME | CAT | POS | SWIM | POS | BIKE | POS | RUN | POS | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 | Thomas, Richard | 45-49 | 1 | 00:06:05 | 13 | 00:35:54 | 8 | 00:18:21 | 5 | 01:00:20 |
| 13 | White, Mike | 50-54 | 3 | 00:06:39 | 33 | 00:36:52 | 14 | 00:19:03 | 8 | 01:02:34 |
| 83 | May, Philip | 55-59 | 4 | 00:08:47 | 134 | 00:46:09 | 104 | 00:21:50 | 54 | 01:16:46 |
| 99 | Blake, John | 40-44 | 9 | 00:09:30 | 166 | 00:45:54 | 97 | 00:22:40 | 73 | 01:18:04 |
| 112 | Macgregor, Susie | 40-44 | 3 | 00:08:51 | 137 | 00:49:58 | 149 | 00:20:47 | 32 | 01:19:36 |
| 113 | Snell, Richard | 45-49 | 14 | 00:10:55 | 195 | 00:47:11 | 116 | 00:21:47 | 52 | 01:19:53 |
| 126 | Openshaw, Rachael | 25-29 | 3 | 00:08:34 | 122 | 00:50:03 | 151 | 00:23:28 | 95 | 01:22:05 |
| 134 | Rose, Gill | 40-44 | 4 | 00:09:31 | 170 | 00:51:26 | 168 | 00:21:53 | 58 | 01:22:50 |
| 163 | Blake, Ann | 40-44 | 5 | 00:11:32 | 205 | 00:48:57 | 135 | 00:26:47 | 161 | 01:27:16 |
| 176 | Ashman, Julie | 45-49 | 5 | 00:08:02 | 99 | 00:51:37 | 170 | 00:30:06 | 193 | 01:29:45 |
| 179 | Weighell, Liz | 45-49 | 6 | 00:08:55 | 140 | 00:49:26 | 144 | 00:32:20 | 205 | 01:30:41 |
| 204 | Simister, Sue | 55-59 | 2 | 00:11:09 | 198 | 01:00:35 | 205 | 00:29:30 | 189 | 01:41:14 |

# HAMPSHIRE ROAD RACE LEAGUE

| | |
|---|---|
| **01/09/2012** | **Overton 5 mile** |
| **16/09/2012** | **Victory 5 mile** |
| **14/10/2012** | **Solent Half Marathon** |
| **04/11/2012** | **Lordshill 10 mile** |
| **18/11/2012** | **Gosport Half Marathon** |

The new Hampshire Road Race league has kicked off and many races are now available to enter. see http://www.hrrl.org.uk/default.htm
Lets have a good Stubbie turnout and see if we can improve even more on last years great league finishes.

# Club Spirit

This is a massive thank you to Lewis Chalk for organising the Hamble Games. It was great to be involved in something with the club where the emphasis was on participation rather than winning … even though we all enjoyed the competition. The ethos seemed to be: "Do your best and have fun!" The variety of events provided a wonderful opportunity to socialise with other club members learning new skills. It was great to get to know everyone better.

When it was first mentioned on the SGR Facebook page I expressed an interest as I thought it sounded fun. Very quickly there was more interest shown by many of our faster members so I didn't expect to hear anything more about it. I was thrilled when Lewis contacted me to find out what activity I would like to do - even though I made it clear that I was unlikely to do very well.

A total of 21 of us took part in 3 different events – swimming, kayaking and running. Thankfully I didn't put myself to shame, so that enhanced the experience further, though I wouldn't have been surprised if I'd come last in everything. It was all the more rewarding knowing I'd contributed to the overall team position!!

Lewis was somewhat surprised when I explained afterwards that I hadn't expected him to get back to me. Everyone who had expressed an interest was included and felt part of the team. His attitude played a big part in this. Thanks for making this possible.

Thanks also to Alan White for supplying equipment for kayak practice, changing facilities, tea/coffee and biscuits; Verity for sustenance along the way and organising the post-race BBQ on the beach; Julie for loaning me her kayak; and everyone else who participated and made it such an occasion.
Let's hope the sailing club organise the event next year … maybe we'll have a few more teams!!
*Caroline Street*

# 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 | Test Way Relay | Inkpen Beacon car Park, Newbury, Berks | 10.30/11.30 |
| 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 (4SL) | Minterne House, Minterne Magna, DT2 7AU | 11am |

# The Race Diary

| Date | Race | Venue | Time |
|---|---|---|---|
| Sat 6 Oct | Vanguard Way 66 | Sandilands Club, Croydon, CR0 5DB | 10am |
| Sat 6 Oct | Q2 Quest - Bike/run/kayak | Alfriston, East Sussex. BN25 | 10am |
| Sun 7 Oct | Fairoaks 5 | Fairoaks Airport, Chobham Rd, Chobham, GU24 8HU | 10.30am |
| Sun 7 Oct | Alf Shrubb Memorial 5 | Slinfold Cricket Club, Slinfold, Horsham, RH13 0RY | 11am |
| Sun 7 Oct | Alton Downland 10K | Anstey Park, Alton, GU34 2RL | 10.30am |
| Sun 7 Oct | Clarendon Marathon | Salisbury, to, Winchester, SO22 5PN | 10.30am |
| Sun 7 Oct | Basingstoke Shire Half | War Memorial Park, Basingstoke, RG21 | 11am |
| Sun 7 Oct | Portsmouth RNLI 10K | Lifeboat station, Ferry Road, Portsmouth, PO4 9LY | 10.30am |
| Sun 7 Oct | Southsea Pirates 8 | Lifeboat station, Ferry Road, Portsmouth, PO4 9LY | 10.30am |
| Sun 7 Oct | Surrey Badger Half | Denbies Wine Estate, London Rd, Dorking, RH5 6AA | 10am |
| Sun 7 Oct | 56th IOW Marathon | Ryde Rowing Club, Ryde Esplanade, Ryde, PO33 1ND | 11am |
| Sun 7 Oct | Hoburne 5 | Hoburne Park, Hoburne Lane, Christchurch, BH23 4HU | 11am |
| Sat 13 Oct | Hants XC Farley Mount | Farley Mount, Winchester, SO22 5QS | 1.30pm |
| Sun 14 Oct | Studland Stampede 12K | Car Park, Studland Beach, Poole, BH19 3AH | 11am |
| Sun 14 Oct | Chalke Valley Ch'nge 10K | Sports Field, Broad Chalke, Salisbury, SP5 5DS | 10.30am |
| Sun 14 Oct | Brighton Big Fun Run 5K | Stanmer Park, Brighton, TBC | 11am |
| Sun 14 Oct | Chichester Half | Chichester College, Chichester, PO19 1SB | 9am |
| Sun 14 Oct | Guildford Riverside 5/10K | Nr Spectrum Sports Centre, Guildford, GU1 1UP | 11am |
| Sun 14 Oct | Henley Half | Henley Rugby Club, Henley-on-Thames, RG9 2JA | 9.30am |
| Sun 14 Oct | Jog Shop Jog 20 | Brighton Marina Car park, Brighton, BN2 5WB | 9am |
| Sun 14 Oct | Oxford Half | Kassam Stadium, Grenoble Road, Oxford, OX4 4XP | 9.30am |
| Sun 14 Oct | Solent Half (HRRL) | Gang Warily Rec', Newlands Rd, Blackfield, SO45 1GA | 10am |
| Sun 14 Oct | Tadley 10 Road Race | Hurst Leisure Centre, Brimpton Rd, Tadley, RG26 5NL | 10am |
| Sun 14 Oct | Heroes Run 5K | Poole Park, Poole | 10.20am |
| Sat 20 Oct | Big Fun Run Soton 5K | Southampton Common, Southampton, SO15 7NN | 11am |
| Sat 20 Oct | Brutal 10 | Hindhead, Surrey | 10am |
| Sun 21 Oct | Minstead Stinger 15K | Ocknell Caravan Park &Campsite, Fritham, SO43 7HH | 10am |
| Sun 21 Oct | Denmead 10K | Ashling Pavilion, Southwick Road, Denmead, PO7 6LA | 10.30am |
| Sat 27 Oct | Beachy Head Marathon | St Bede's School, Duke's Drive, Eastbourne | 9am |
| Sat 27 Oct | Brighton Midnight Half | Brighton Seafront, Brighton BN1 2FG | 11.30pm |
| Sun 28 Oct | The Stickler 10.1 | Shillingstone, Blandford Forum, DT11 0RA | 10.30am |
| Sun 28 Oct | Worthing 5 | Worthing RC, Splash Point Parade, Worthing, BN11 3PN | 11am |
| Sun 28 Oct | Great South Run | Southsea Common, Portsmouth | 10.40am |
| Sun 28 Oct | Milford & Keyhaven 5 | Hurst Road, Milford on Sea, Lymington, N/A | 10.30am |

# The Stubbington Noticeboard

| SEPTEMBER | What | Recovery | Where | Who |
|---|---|---|---|---|
| Tuesday 4th | Tempo Run 4 x 5mins | 2 mins between each | Chilling Field | Mike B |
| Thursday 6th | 20 x100mtr 4 x200mtr | 2 mins between each | Crofton School | Chris H |
| Tuesday 11th | Holly Hills | | Holly Hill | Mike W |
| Thursday 13th | progression run | | Crofton School | Phil |
| Tuesday 18th | Fartlek | | Locks Heath Cntr | Graham |
| Thursday 20th | Beach Session | | Crofton | Phil |
| Tuesday 25th | 8 Titchfield Rollers | | Locks Heath Cntr | Mike B |
| Thursday 27th | Last Time Trial | | Eric Rd | Eric/Phi |

## GLENS THURSDAY TRAINING SESSIONS

6th September - 4 x RollerCoasters - Locks Heath

13th September - 4 x 2 mins - Stubbington

20th September - 2 x 2 miles - Locks Heath

27th September - 4 x 1K Cuckoo Lane - Stubbington

**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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