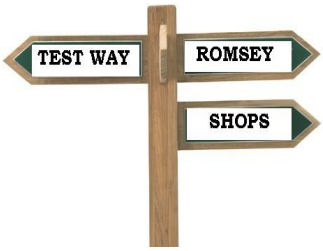
The Green Runner

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

STUBBINGTON LADIES WIN AS WINCHESTER VISIT THE SHOPS



The Stubbington ladies team turned up for the Test Way Relay to defend the title they had won last year, shocking everyone at the time, particularly Winchester who seemed to view winning the event as a simple formality.

The Stubby ladies had a feeling Winchester were not going to mess about this year and would put out a very strong team. This became evident when runners such as India Lee and Karen Hazlet were included in their team, runners who hold the all time record on their legs. Some of the Stubby ladies were already thinking second would be a good result.

But there is more to running this relay than having quick runners; you need to be organised, know your route and put in 100% effort. This is what Stubbington did and Winchester had forgotten.

Due to various circumstances, including an unfortunate road accident the day before, some of the Winchester ladies had to run unfamiliar legs and one runner had to run two legs, one for the ladies and one for the mixed team.

Stubbington's Gill Rose commented towards the end of the race that although she didn't expect to win, as a team you must put every single ounce of effort in 'because you never know, anything can happen'. She was right and although Stubbington were lying in second place during much of the race, on leg 7 Winchester's Tori Green went the wrong way and was seen standing in Romsey town centre completely lost. She eventually found her way to the change over but hadn't run a large section of the course and even approached the change over from the wrong direction. DISASTER.

Winchester were given a time penalty and Stubbington won again.

What really showed the difference between Stubbington and Winchester though, was when 500 yards from the end Winchester's Kath Bailey (a very quick athlete) approached a large, muddy and rock strewn puddle, stopped, looked at it, walked to one side then the other and eventually tip toed through what she hoped was a shallow bit. A few minutes later Stubbington's Tanya Brady approached the same puddle and ran straight through without hesitation, change of direction or loss of speed, just as any of us Stubbies would do when running for our TEAM.

TEST WAY RELAY

It wasn't just the Stubbington Ladies who were competing at The Test Way Relay, we also had a Men's Team and a Mixed Team.

The men, Phil Martin, Mark Eaton, James Sawyer, Ray Gunner, Andy Stockwell, Dave Jeffrey, Graham Bell and Lewis Banner finished 3rd behind very strong Southampton and Overton teams. As you may be aware Lewis Banner collapsed at the end from suspected heat exhaustion, well done Lewis for giving so much effort, we are all pleased you made a quick recovery in hospital and thank you to Lucy, James and Phil for the first aid (Lucy still has bruises), and a special thanks to Graham Bell for accompanying Lewis to the hospital and making the effort to contact his family.

On a slightly less exciting note the Mixed Team, Sarah Martin, Jo Warson, Nick Crane, Verity Wright, Tina Chantrey, Mike Bell, Neil Richardson and Jon Leigh finished in a respectable 7th place only 6 seconds behind 6th place Fareham.
Well done everyone, a great day.

APOLOGIES to Mark LeGassick and Mark Eaton who I got mixed up in last months issue regarding the final Promenade 5k race. Mark Eaton wrote the article, which then makes sense as Mark LeGassick has never done a Park Run or just taken 27 seconds off his 5k PB

THE BROUGHTON BOUNDER 9 MILE TRAIL RACE

Position	Surname	First_Name	Age_Group	Time
99	RICHARDS	DAVID	M60+	01:37:43
106	BOWDEN	JULIE	F50+	01:40:39
107	MCKAIN	KATHY	F40+	01:42:48

VICTORY 10K

55th	**Neil**	**Stantiall**	**Male Veteran 40**	**00:51:47**

GREAT NORTH RUN

ANDY LEE

2745th 01:38:35

Stansted Park Slog Half

26	01:50:43	JON LEIGH	Vet Men
46	02:00:22	NICK KIMBER	Vet Men

Southern Road Relays
Rushmoor, Aldershot

On a very, very wet day's weather when football matches were cancelled (my boys U7 match) due to the bad weather we saw 12 men brave the elements to represent the club and go up against the best running clubs from all over the South of England. The Vets copped for the worst of the weather with monsoon rain and flooding under foot. We had vet 50 and vet 40 teams, with Mike White running twice to make up the V40 team and Andy Stockwell running twice to help the Seniors out.

All the teams raced over 6km which was two laps of the course. The V50 team finished 11th in their category with Mike White the 12th fastest individual V50, Mike H, Phil and Tim all had good runs in the conditions and they finished ahead of the V40 team by two and half minutes. The V40 team finished 20th in their category with Dave running the fastest time. They raced at the same time as the V50s, so suffered the same bad weather.

11th Position Stubbington Green V50 in 1:37:23	
Mike White	22:20
Tim Crumpton	25:23
Mike Harper	24:18
Phil Martin	25:22

20th Position Stubbington Green V40 in 1:40:03	
Andy Stockwell	23:41
David Jeffery	22:58
Eric Beck	30:16
Mike White	23:08

57th Position Stubbington Green Seniors in 2:14:51

Lewis Banner	22:37
Wayne Ewens	21:35
Andy Simpson	21:10
Richard Chowns	24:43
Andy Stockwell	23:59
James Sawyer	20:47

Seniors rocked up just as the Vets were on their last leg with the much needed gazebo and we were soaked through to the bone just walking from the car park to the venue.

We had done our good deed for the day helping to push start a car (that was my pre-warm up!). Lewis got us off to a good start which is always intimidating when running against international and county runners with some of these guys running 6km in 17 minutes. Wayne and I carried on the good work knocking out 21's.

Richard, running in his first relay for us, had a good run, after having done a long run (marathon training) the day before. Andy on his second go around the course was only slightly slowly than his first run.

Lastly came boy wonder, James who had the fastest time in a Stubbie vest with an impressive sub 21 minutes. We finished a respectable 57th out of all the teams in the South. We may have all finished a little damp from the relays but thoroughly enjoyed ourselves.
Andy

I, like the majority of the nation, had spent the first five days of the Olympics routed to the settee watching every last minute of the Olympic Games. It was now time for me to travel to London to play my part in this amazing show. I was fortunate I could stay with my eldest daughter Nikki at Woolwich Arsenal for the duration of the games. It saved me travelling up every day from home and it was a lot cheaper.

My first shift was the first athletics session in the Olympic stadium. I left the flat decked out in my volunteers uniform feeling a little uneasy, but these fears were soon dispelled when I got to the train station and met several other volunteers all heading to the Olympic Park. On arriving at the Olympic Park we were met by an army of volunteer's that always greeted you with a smile and some cheery words; it was then on to security which was always manned by friendly, helpful military personnel. I then had to check in at the workforce control before heading off to the post events room situated under the mix zone; this is where I spent the majority of my time. The post events room was the area where the athletes accreditation's, valuables and the plastic boxes containing their kit were laid out in pens ready for collection and it was the post events team's job to ensure that only athletes entered the room and their passage through the room was as smooth as possible. There was a live feed television in the room mainly for the athletes to watch the action in the stadium. The room was straight after the mix zone and for some athletes like Oscar Pistorius and Usain Bolt, it could take over an hour to get through the mix zone. The athletes had to go through the mix zone otherwise they were deemed to have committed a doping violation.

Before the competition started on the first morning, many of the volunteers took the opportunity to have a walk around on the track and take some photos; once the competition started we had little time to relax. On the second day it was the heats of the men's 100 metre, with the obvious excitement of the big Jamaicans, Bolt and Blake plus the Americans. With all the Jamaicans in the same small room together the atmosphere was lively. The 100 metre final was on the 05 August which was my birthday and I had hoped beforehand that I would be able to get out and see the race; I wasn't disappointed and managed to get out onto the spectator area and had a very good view of the race. As the week went on I got to meet more and more of the athletes and got to see the different emotions, the winners, the losers, the ones that had made the final and the ones that had missed out, the medallist's and the ones that came fourth.

It was an amazing experience and a privilege to be part of it. After finishing the morning sessions I spent the afternoons walking around the park soaking up the atmosphere and just being part of the Olympic experience. I went to watch the Ladies marathon on a very wet Sunday morning, and later in the week the men's triathlon. On super Saturday I went to Blackheath Common to watch the action on the big screen along with a large crowd of people, watching Jess, Mo and Greg win their gold medals and then back the next Saturday to watch Mo do the double. It wasn't as good as being in the stadium but it was still an amazing atmosphere.

My pre-event reservations were dispelled very quickly, the organisation was first class and could not be faulted, everything went off very well. The test event was a disaster from a volunteers point of view but the games were first class. I worked with some very interesting people, met some amazing athletes, had an incredible time and it proved that the British can deliver an amazing event and showed the world that we can produce the goods with a smile and some overdue sunshine!

I hope that everyone who followed me on twitter enjoyed my daily updates and I am sure you can understand that I could not give a blow by blow account of what I had seen because it would not be fair on the athletes.

It's difficult to pick out one highlight but I think watching the men's 100m final and getting Usain Bolt's autograph takes some beating.

Mike Clarke

NOW that the evenings are dark please could you all be safe and wear some reflective/high visibility clothing. See and be seen!!!! Reflective bibs can be purchased at most running shops or you can purchase a stubbie one from:

http://www.sgrac.net/ClubKit/ClubKitOrder.php

TODAYS RUNNER WINTER LEAGUE

30 Sep Basingstoke &MH AC Pamber Forest
11 Nov Portsmouth Joggers Queen Elizabeth Country Park
09 Dec Farnham Runners The Bourne Woods
30 Dec Hart Road Runners Lord Wandsworth College
27 Jan Stubbington Green Runners Manor Farm Country Park
03 Mar Denmead Striders Staunton Country Park

All races start at 11 am.

HRRL FIXTURES

14/10/2012	**Solent Half Marathon**
04/11/2012	**Lordshill 10 mile**
18/11/2012	**Gosport Half Marathon**
20/01/2013	**Stubbington 10K**
03/02/2013	**Ryde 10 mile**
17/02/2013	**Bramley 20 mile**
10/03/2013	**Salisbury 10 mile**
24/03/2013	**Eastleigh 10K**
12/05/2013	**Alton 10 mile**
19/05/2013	**Netley 10K**

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

HAMPSHIRE ROAD RACE LEAGUE

OVERTON 5

CAT	NAME	TIME	PACE
snr	Nikki Roebuck	0:35:45	07:09
40	Donna Mitchell	0:36:29	07:18
40	Verity Wright	0:42:57	08:35
40	Sarah Martin	0:45:31	09:06
snr	Lewis Chalk	0:26:08	05:14
snr	James Sawyer	0:27:49	05:34
snr	Andy Simpson	0:28:31	05:42
50	Mike White	0:30:15	06:03
45	Mark Eaton	0:30:20	06:04
snr	Liam Dredge	0:34:34	06:55
45	Paul Southon	0:39:45	07:57

LEAGUE POSITIONS AFTER FIRST TWO RACES

MENS A TEAM		
1	**Stubb'n Green**	4
2	Overton	4
3	Salisbury ARC	6
4	Winchester	7
5	Denmead	9
6	Farnham	14
7	Lordshill	15
8	So'ton AC	16
9	New Forest	16
10	Pompey JC	19

LADIES A TEAM		
1	Winchester	2
2	Salisbury ARC	5
3	Eastleigh	6
4	**Stubb'n Green**	9
5	Alton Runners	12
6	Fareham	13
7	Denmead	13
8	New Forest	15
9	Farnham	17
10	Pompey JC	19

5	Lewis	Chalk	00:25:36
18	James	Sawyer	00:27:37
19	Andy	Simpson	00:27:51
22	David	Castle	00:28:00
90	Sev	Roberts	00:30:44
113	Andrew	Stockwell	00:31:57
130	Liam	Dredge	00:32:44
140	Jon	Leigh	00:32:57
145	Philip	Martin	00:33:03
161	Richard	Chowns	00:33:31
179	Richard	Snell	00:34:10
278	Paul	Southon	00:37:07
299	Nico	Beukman	00:38:09
311	John	Simister	00:38:25
350	Kevin	Ashman	00:39:49
459	Robert	Spencer	00:48:55

VICTORY 5

178	Donna	Mitchell	00:34:10
195	Gill	Rose	00:34:40
243	Lucy	May	00:35:46
331	Verity	Wright	00:39:08
356	Katherine	Dailey	00:40:19
390	Nicki	White	00:42:42
401	Julie	Woodman	00:43:22
434	Sue	Simister	00:45:59
487	Clare	Van Den Bos	00:52:20

The Stubby Tri Champs took place at Applemore Sports centre on 26 August so here are the results of the race which was over 400mtr swim a 13 mile cycle and 3k run.

Richard Thomas 3rd overall, swim time of 6.05, cycle time 35.54 and 18.21 for the run giving a total time of 1hr and 20 secs.
Mike White finished 13th with times of 6.39, cycle 36.52, run 19.03 total time of 1:02:34
Nigel Whitcher finished 50th with times of 7.03, 42.06 and 22.37, total time of 1:11:46
Phil May finished in 83rd with times of 8.47, 46.09 and 21.50 total time of 1:16:46
John Blake finished in 99th and times of 9.30, 45.54 and 22.40 total time of 1:18:04
Susie MacGregor finished in 112th and times of 8.51, 49.58 and 20.47 and total time of 1:19:36
Richard Snell came in 113th with times of 10.55, 47.11 and 21.47 and total of 1:19:53
Rachel Openshaw finished 126th and her times were 8.34, 50.03 and 23.28 with a total of 1:22:05.
Gill Rose finished in 134th with times of 9.31, 51.26 and 21.53 total time of 1:22.50
Ann Blake crossed the line in 163rd, and splits of 11.32, 48.57 and 26.47 totalling at 1:27:16.
Julie Ashman rolled in 176th with splits of 8.02, 51.37 and 30.06 finishing in 1:29:45
Liz Weighell finished 179th with times of 8.55, 49.26 and 32.20 total time of 1:30:41
Sue Simister finished 204th and split times of 11.09, 1:00:35 and 29.30 finishing in 1:41:14

A lovely sunny day was set up for the event and the cows at Beaulieu managed to keep out of the way of the Stubby athletes as we cycled passed. As you can see Richard won the event with an impressive time just over the hour followed by Mike White just over 2 minutes behind.
Sue Simister competed and still had a smile at the end which meant that John was in charge of the crèche and baggage.
Phil May

Tri Man Nigel Whitcher

NEW FOREST MIDDLE DISTANCE TRIATHLON

NAME	CAT	SWIM	BIKE	RUN	FINISH	OVERALL	CAT POSITION
NIGEL WHITCHER	M45	00:42:16	03:21:08	02:27:41	06:31:06	123RD	19TH
MICHAEL TOWNSEND	M40	00:45:54	03:31:34	02:28:55	06:46:23	153RD	30TH

New Forest Half Marathon

567	01:49:35	Matt	Gardner
585	01:50:05	Louisa	Abbott
586	01:50:06	Jennet	Woolford
817	01:56:00	Paul	Coverdale
977	02:00:29	Sarah	White
1033	02:02:36	Kathryn	Davies
1206	02:10:20	Michael	Edey

New Forest Marathon

94	03:34:20	Liam	Dredge
96	03:34:31	Neil	Richardson
274	03:59:52	Steve	Martin
477	04:42:22	Angela	Benfield

PERFORMANCE OF THE MONTH

LARKING GOWAN IPSWICH HALF MARATHON

2ND	LEWIS CHALK	01:12:18

Verity Wright for a massive PB at The Victory 5

STUBBINGTON'S HELEN NICHOLLS REPRESENTED GB AT THE 2012 NANCY ITU DUATHLON WORLD CHAMPIONSHIPS

Pos	Name	Country	Time	Run	T1	Bike	T2	Run
13	Helen Nicholls	GBR	02:16:48	00:41:39	00:01:00	01:09:45	00:01:34	00:22:53

THE NORTH FACE ULTRA-TRAIL DU MONT-BLANC

616th	Euan MCGRATH	18:46:35

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

r.snell48@btinternet.com

Hampshire Cross Country League

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

Stockbridge 10k
Sunday 9th September 2012

It appeared that once again I was the only Stubbington Green entered and on this occasion no support from my daughters either!

The run had 203 entries which was double last year's event.

The run was a chipped time event and started at 10:30am. It was very hot and the run took in a fair distance on the road but fortunately as there was plenty off road running you had the advantage of the overhanging trees which provided much appreciated shade.

On completion we were presented with a medal, bar of chocolate and very welcome bottled water.
The winning times – 1st male 37.16 and 1st female came 17th position 42.41.

My time 59.12 and position 129th and only disappointment I came second in the over 70s category!

It was a very good run and well organized except not all the advertising explained not to expect your number or information through the post.

Terry French

Butser Hill Challenge

70th	00:46:11	James Keen

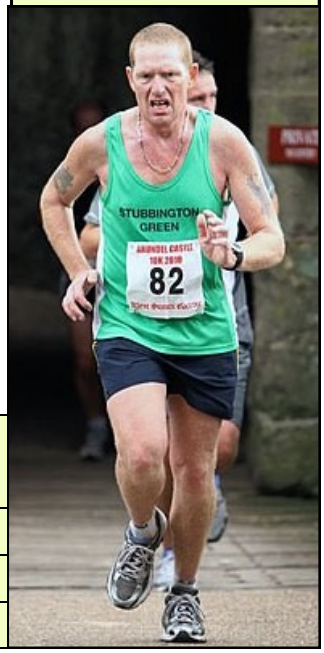
Hursley 10K

Place	Name		Cat		Time
34th	Graham	Martin	Male Under 50	31st	00:43:41
58th	Nikki	Roebuck	Female Under 50	3rd	00:45:24
195th	Verity	Wright	Female Under 50	21st	00:54:04

PURBECK MARATHON

114th David Langrish 05:23:34

THE BEAST



Time	First Name	Surname	Position	Category Position	Category
01:44:08	ANDREW	STOCKWELL	68	21	M40
02:12:32	ALAN	WHITE	261	59	M50
02:42:24	ERIC	BECK	392	80	M50

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 Race Diary

Date	Race	Venue	Time
Fri 2 Nov	Ghost Race 5	Alexandra Park, Mountbatten Centre, Portsmouth	6.45pm
Sat 3 Nov	Pine Ridge 10K	Wisley Common, Woking	10.30am
Sun 4 Nov	Loseley 10K & 4K	Loseley House, Guildford GU3 1HS	10am
Sun 4 Nov	Tidworth 10K	Tidworth House, Tidworth, SP9 7AJ	10.45am
Sun 4 Nov	Lordshill 10K (HRRL)	Outdoor Rec', Romsey Rd, Lordshill, Southampton	10am
Sun 4 Nov	Gillingham Hilly 7.5	Wyke Primary Sch, Deane Ave, Gillingham, SP8 4SH	11am
Sun 4 Nov	Drovers' Revenge 9	Chalke Valley Spts Centre, Broad Chalke, Salisbury	10.30am
Sun 4 Nov	Little Pell Mell Mud Run 5	Little Pell Farm, Wadhurst, E Sussex TN5 6DN	11am
Sun 4 Nov	Salisbury Hosp 10K	Tedworth House, Tidworth, SP9 7AJ	10.45
Tues 6 Nov	White Horse Trail Ultra 52	Lowbridge Farm, Calne, Wiltshire.	8am
Sat 10 Nov	Hell Down South	Weavers Down, Longmoor Camp, Bordon, Hants	10.30am
Sat 10 Nov	Hants XC League	Goodwood, Chichester, PO18 0PS	1.35/2.30
Sun 11 Nov	Brooks Hell Runner 16K	Longmoor Camp, Bordon, Hants	10.30am
Sun 11 Nov	Winter Ballbuster Duath	Box Hill, Dorking	8am
Sun 11 Nov	Wiltshire Road Relay 6K	Castle Combe Circuit, Chippenham, Wilts SN14 7EY	t.b.c
Tues 13 Nov	Wessex Ridgeway Ultra 52	Dorchester, Dorset DT2 9PW	8am
Wed 14 Nov	Clarendon Way Ultra 52	Salisbury, Wilts	8am
Thur 15 Nov	Sussex Border Ultra 49	Old Barn Farm Campsite, Liphook, Hants	8am
Fri 16 Nov	The Vanguard Way 40	East Grinstead, W. Sussex	8am
Sat 17 Nov	Brutal 10K Bordon	Bordon Heath, Bordon, Hants, GU35 0GL	10am
Sun 18 Nov	Avebury 8	Avebury Village Hall, Avebury, SN8 1RF	10.30am
Sun 18 Nov	Brooks Brighton 10K	Madeira Drive, Brighton	10am
Sun 18 Nov	Gosport Half (HRRL)	Bay House School, Gosport, PO12 2QP	10am
Sun 18 Nov	Epsom 10	Epsom Downs, Racecourse, Epsom, KT18 5LQ	9.30am
Sun 18 Nov	White Horse Gallop 5	Leighton Rec', Wellhead Lane, Westbury, BA13 3PW	10am
Sun 18 Nov	Old Deer Park 10K	Old Deer Park, Richmond, TW9 2RA	9.15am
Sat 24 Nov	Wildman 10 & 15K	Ash Ranges, Nr Aldershot, GU12 5 EU	10am
Sun 25 Nov	Hayling Road & Trail 10	Com'ty C'tre, Station Rd, Hayling Island PO11 0HB	10am
Sun 25 Nov	The Three Molehills	Denbies Wine Estate, London Road, Dorking	10am
Sun 25 Nov	Trionium Bath Hilly Half	Bath Racecourse, Lansdown, Bath, BA1 9BU	11am
Sun 25 Nov	Boscombe 10K	Kings Park Stadium, Boscombe, Bournemouth, BH7 6JD	11am
Sun 25 Nov	Downton Half	Trafalgar Sch, Downton, Salisbury Wilts SP5 3HN	10am
Sun 25 Nov	Castle Combe Chilly 10K	Castle Combe Circuit, Chippenham, SN14 7EY	10.30am
Sun 25 Nov	Wickstead Wander 5	Warneford School, Shrivenham Rd, Highworth, SN6 7BZ	11am

The Stubbington Noticeboard

OCT	What	Recovery	Where	Who
Tuesday 2nd	Figure of 8 Titchfield		Locks Heath Cntr	Mike W
Thursday 4th	Queens Crescent x 10	100mtr jog.	Crofton	Chris H
Tuesday 9th	2 x 2mile		Locks Heath Cntr	Mike B
Thursday 11th	Easy Hillhead 6 x 600 drills	jog short lengths	Crofton Community	Phil
Tuesday 16th	8 Titchfield Rollers with accelerations	Down hill bits	Locks Heath Cntr	Phil
Thursday 18th	4 x 1200m acceleration (2 mins)	Lee Triangle	Crofton Community	Chris H
Tuesday 23rd	Red Path Run	jog back to beginning	Locks Heath Cntr	Mike W
Thursday 25th	Crocodile Run		Crofton Community	Phil
Tuesday 30th	5 x Paarlauf at Crescent Rd	jog back to other group	Locks Heath Cntr	Graham

GLENS THURSDAY TRAINING SESSIONS

4th October - Stubbington - 4 x 1K Cuckoo Lane
11th October - Locks Heath - 2 x Titchfield Figure of 8
18th October - Stubbington - Lee 10 x 1 minute (30 seconds)
25th October - Locks Heath - 5 x Roller Coasters

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