The Green Runner

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

November 2012

LEADERBOARD

The club leader board format has been changed

The club leader board will now be compiled only from races that are reported in the Green Runner; we all know the green vests are seen far and wide so this will encompass all races that Stubbies compete in no matter where or what type, including Tri events. The scoring year will start with the Nov 2012 edition and finish with the Oct 2013 one, this will also tie in nicely with the awards night.

As the scoring year will now encompass two HRRL seasons the bonus points for completing all races in a series will be dropped. Relay team members will be scored as an individual, but as there are so many park runs there will be fewer points awarded for each.

The onus will be on individuals and team captains to ensure results are passed to Richard & Tracy. No entry in the Green Runner means no points.

Races will be scored as follows:

5 points = All races except park runs
3 points = Park runs
5 points = Club time trials
10 points = Marshalling or helping at the club 10k, Today's Runner and RR10
Paul Hammond

Thank you to Graham Bell who had been doing a great job compiling the Club Championship Leader board over the last couple of years.

VOLUNTEERS required for Friday afternoons at 4pm for 1 hour to assist in running the running club that has been established at
Meon Cross school in Stubbington.. The school has started a pupils and parents club that we have been asked to run and we require a few names to assist the coaches. Volunteers can contact
Phil May for more advice.

Hi All,
I have been running the SGR website for over 11 years (wow, how time flies!) and I think the time has come to pass over the helm to an enthusiastic member to carry on the good work.

It has been great fun being involved with the website and I would particularly like to thank Dave King for his tremendous input and help which has made our site so popular, not just with our members but also other running clubs.

My workload has increased substantially in the last couple of years, which is great, but I am finding it increasingly difficult to keep the website up to date, so now is a good time for someone else to take over. I will of course help the new webmaster to set it all up.

I am happy to keep our site going until the end of March 2013, but it would be nice to hand it over as soon as possible.

If you are interested, please feel free to email me at: mikebell@sgrac.net or ring me on 01489 576534. Thanks.

Kind regards,
Mike Bell

Denmead 10K

14	**00:40:29**	**STOCKWELL, Andrew**
33	**00:43:32**	**DREDGE, Liam**
64	**00:46:38**	**ANDREWS, Stephen**
79	**00:48:19**	**SIMISTER, John**

Great South Run

James Sawyer	00:59:07
Sev Roberts	01:06:19
KEVIN WHEELER	01:06:31
Neil Richardson	01:09:34
Chris McGaw	01:10:40
Graham Martin	01:12:00
Steve Martin	01:12:02
Jon Henderson	01:13:54
louisa abbott	01:15:14
Nico Beukman	01:15:34
Tom Callaway	01:18:58
Paul Coverdale	01:19:49
Naomi Crane	01:20:52
Jennet Woolford	01:21:11
Scott parkes	01:21:31
Liz Hall	01:21:57
Joanna Warson	01:24:52
Eleanor Crane	01:26:05
sharon white	01:28:10
Dai Lloyd Jones	01:28:18
John Cox	01:28:34
Michael Wootton	01:29:13
lisa donn	01:29:16
Russell Mead	01:29:48
Angela Benfield	01:30:36
paul Southon	01:31:21
George Howarth	01:31:33
Peter Rawlins	01:34:08
Letitia Magennis	01:34:31
Clara Lilly Scarlett Fordina	01:34:37
Kathryn Davies	01:34:41
Sadie Bedford	01:37:15
Sandie Mcintosh	01:38:13
Rowena Dodds	01:38:50
Katherine Adams	01:41:25
Julie Bowden	01:44:09
Julie Dinwoodie	01:48:36
Kimberley Law	01:51:28
Melanie Adcock	01:52:47

Stubbington Green Runners Awards Night!

Friday, 30th November 2012.
Bayside Cabin, Stokes Bay, Alverstoke
7pm for 7:30pm prompt start - Midnight
£20.00 per head - made payable to 'Stubbington Green Runners'
Hot Fork Buffet and Dessert
Bar and waiting staff for the evening

It's here again, the ever popular Awards Night! Get out your glad rags and your dancing shoes, mark your calendars' and get your booking secured. This years' Awards evening will take place at the Bayside Cabin, Stokes Bay, Alverstoke.

The menu choice and booking form are available on the website. You can pay by PayPal or Cheque for £20.00 per person. If paying by Cheque, please print off the form with your choices and return to Kathy McKain, 6 Violet Avenue, Hill Head, Fareham, PO14 3PT

http://www.sgrac.net/Events/AwardsBooking2012.php

If you are unable to book through the website, please look at the following choices and forward it, together with your Cheque for £20.00 to Kathy at the address above. Menu choices are Main Course: Homemade Lasagne, Chicken Curry, Chilli or Vegetarian Lasagne. Dessert: Fresh Fruit Salad, Eton Mess or Chocolate Cheesecake. NB. Vegetarian Lasagne, fruit Salad and Eton Mess are all suitable for gluten free

We look forward to seeing you all.

Social Committee

mind
for better mental health
Solent

Solent Mind
28 The Avenue
SOUTHAMPTON
SO17 1XN

Tel: 023 8033 4977
Fax: 023 8020 8902

DATE: 24th October 2012

Dear Phil and the Stubbington Green Runners,

This is to thank you all for the £350 donation to Solent Mind, matching Gill Rose's fundraising. That is a really generous gift, and we do appreciate it. Gill in her note to you wrote about how running had helped her deal with the death of her husband Chris. We're all realising in the mental health world, if we didn't know it before, that physical fitness and good mental health often go hand in hand.

Solent Mind depends on donations to provide general information and advice to anyone who contacts us, and specifically at the moment to promote good mental health amongst young people in colleges and universities. Funding for mental health from state sources is reducing fast, so your support is very welcome. Thank you!

Yours sincerely,

RICHARD BARRITT
CHIEF EXECUTIVE
SOLENT MIND

KILLARNEY ADVENTURE RACE, IRELAND

As team Running Fitness we were lucky enough to participate in the Killarney Adventure Race in Ireland, on Saturday 6th October.

There were three different events on the day; 25km, 57km and 67km; we were in the 57km run, bike, kayak, run, bike.

The first run took us through a tough steep bog mountain trail up and over Strickeen mountain, through hill trail and heathen bog. It was tough but culminated in the stunning views of the Gap of Dunloe, the Lakes of Killarney and Purple mountain. However, I managed to face-plant myself six times during this first section and remember more the bitter taste of bog between my lips.

Next came the bike stage; I had been looking forward to this... however, all media personnel who travelled to Ireland were given what looked like shopping bikes! This made for impossible cycling on the ascents and was hugely demoralising as every single competitor from our wave, who had bought their own bike, was able to overtake us on this section despite us doing well in the first run. Still, again, the views were worth it.

A quick kayak was followed by the final five mile run, incorporating a 1,755 ft climb to the summit of Torc Mountain, (at one stage we did a 30-minute mile!) then a slippery, almost treacherous descent.

The final bike seemed easy in comparison. We took 5hours 58mins and I finished 11th vet 40 female runner. David finished alongside me, embarrassed to be so slow. There was definitely only one Stubby vest in 2012; maybe there will be more in 2013? It was an amazing challenge and weekend that we would recommend to all. The winner was the amazing Jerry O'Sullivan in 3:23:33.

Tina Chantrey

Minstead Stinger 15K

20	1:09:35 Jon Leigh
35	1:12:32 Nick Kimber
106	**1:35:44 Julie Woodman**

Portsmouth RNLI 10K

POS	CAT	NAME	TIME
2	1	Lewis Chalk	00:32:02
17	2	Helen Nicholls	00:40:19
52	16	Chris McGaw	00:44:50
76	4	Laura Ridge	00:47:14

TODAYS RUNNER WINTER LEAGUE

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

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**

Hampshire Cross Country League

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

Hants XC Farley Mount

Lucy May	**31:28:00**

C Leach	**43:11:00**
G James	**43:31:00**
J Keen	**46:09:00**
P Goss	**46:56:00**
P May	**47:39:00**
J Blake	**48:12:00**
D Langrish	**51:11:00**
G Westley	**54:58:00**

HAMPSHIRE ROAD RACE LEAGUE

SOLENT HALF MARATHON

ELLIE AND DONNA

PAUL, MIKE WHITE AND PHIL MAY

LUCY AND ?

127	Donna Mitchell	01:37:25
145	Ellie Crane	01:38:56
251	Lucy May	01:50:48
252	Verity Wright	01:50:51
6	Andy Simpson	01:15:03
24	Mike White	01:22:59
29	Mark Eaton	01:24:03
32	James Sawyer	01:25:06
45	Graham Bell	01:26:06
46	Mike Harper	01:26:08
66	Sev Roberts	01:28:42
74	Andrew Stockwell	01:30:04
100	Neil Richardson	01:33:57
119	Philip Martin	01:36:20
136	Liam Dredge	01:38:15
166	Philip May	01:40:51
296	Paul Southon	01:59:42

HRRL TABLES AFTER
3 RACES OUT OF 12

MENS A TEAM		
1	Salisbury ARC	7
2	**Stubb'n Green**	**8**
3	Winchester	9
4	Overton	11
5	Lordshill	18
6	Denmead	18
7	Farnham	19
8	New Forest	24
9	Pompey JC	25
10	So'ton AC	27

LADIES A TEAM		
1	Winchester	3
2	Salisbury ARC	10
3	Eastleigh	14
4	Alton Runners	15
5	Stubb'n Green	16
6	New Forest	17
7	Fareham	19
8	Denmead	22
9	Pompey JC	23
10	Farnham	27

CLARENDON

MARATHON RELAY	
Stubbington Musketeers Susie Macgregor, Nick Kimber, Marcus Lee, Jon Leigh	**03:18:11**

HALF MARATHON		
01:35:10	Tanya	Brady
01:47:15	Donna	Mitchell
01:50:57	Andy	Lee
02:01:43	Marcus	Lee
02:15:40	Julia	Park

MARATHON		
03:44:38	Andrew	Stockwell
03:48:14	Graham	James
04:19:21	Nick	Crane
04:19:27	Louisa	Abbott
05:14:04	Ann	Blake
05:30:09	Julie	Bowden
05:38:32	Kathy	Mckain
05:57:45	Caroline	Street

COASTAL TRAIL SERIES PEMBROKESHIRE

MARATHON		
28	Jane Adlard	07:49:27
29	Julie Ashman	07:48:31
HALF MARATHON		
75	Sarah White	03:40:48
76	Verity Wright	03:41:00

NETLEY PARK RUN 27/10/2012		
POS	NAME	TIME
14	John SIMISTER	00:23:14
15	Stephen ANDREWS	00:23:32
23	John TUSSLER	00:25:56
30	Jasmine SMITH	00:28:20
33	Caroline STREET	00:29:16
34	Robert SPENCER	00:29:26
37	Andrew STOCKWELL	00:30:44
42	Andrew SMITH	00:33:32

A trip to Bushy Parkrun for Parkrun's 8th anniversary

A report by Lordshill runner James Saunders

Ever since I started running at Parkruns, I've wanted to visit the first, and biggest, Bushy Parkrun in Teddington. As it was Parkrun's 8th anniversary today, it seemed a great opportunity to make the trip.

Fortunately, fellow Parkrunner, Robert Spencer, wanted to go, so along with Geoff Collins and Mike Harper, we made the trip up the M3 this morning. It was an early start (7am and we arrived at 8:15am).

It wasn't long before the park started to fill up with Parkrunners, we bumped into Danny Norman for a chat, and at 8:40am, we congregated for the anniversary awards ceremony with trophies being presented by Nell McAndrew.

All of a sudden, the crowd of almost 1000 runners moved subtly and we were ready for the start almost at the front which was definitely the wrong place for us to start.

The pre-run briefing was short, sweet and very difficult to hear. The first straight was on grass alongside the road that enters the park. To say it was waterlogged was a slight understatement. Trying to avoid the surface water was pointless.

Before long, we were on a gravel path littered with more puddles. Due to the number of runners, I was always running in a pack. I was hoping to equal my recent course PB at Southampton Parkrun of 24:20 and kept pace at about 4:50 mins/km throughout the run. Given the flat nature of the course and the fact there were no tight turns, this wasn't too difficult. No sudden inclines to zap energy.

Before too long I had reached the 4km mark and felt ok. The last km went by quickly and it wasn't too long before I was crossing the finish line. I looked down at my Garmin. 24:02. 18 seconds better than my course PB at Southampton and only 9 seconds away from my 5km PB.

The finish funnel had been honed to ensure that everyone was kept in order during peak periods and given the right position token. The solution was to keep runners in batches and take one batch at a time. During peak finishing times, batches were shepherded in parallel to ensure the finish funnel didn't get overcrowded. This seemed to work well. It wasn't long until Robert and Geoff crossed the line. In the meantime, I caught up with Jo and Paul Sinton-Hewitt, having missed Mike Harpers impressive finish and comeback PB Before we headed home, we indulged in a rather tasty cooked breakfast.

Overall, a great trip and definitely interesting to see Bushy parkrun with its 2nd highest attendance of 994 runners. I crossed the line in position 344 in a confirmed time of 24:02.
(*Thanks to Robert Spencer for sending in the report)*

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, SN11 9HE	8am
Sat 10 Nov	Hell Down South	Weavers Down, Longmoor Camp, Bordon, GU33 6EL	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,GU33 6EL	10.30am
Sun 11 Nov	Winter Ballbuster Duath	Box Hill, Dorking, KT20 7LB	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	White Hill Caravan Park, Salisbury, Wilts, SP5 1DY	8am
Thur 15 Nov	Sussex Border Ultra 49	Old Barn Farm Campsite, Liphook, Hants GU30 7SY	8am
Fri 16 Nov	The Vanguard Way 40	East Grinstead, W. Sussex, RH19 4ND	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 Race Diary

Date	Race	Venue	Time
Sat 1 Dec	Hants XC League (Race 3)	Popham Airfield, Basingstoke, SO21 3BD	1335/1430
Sat 1 Dec	Running Sisters 5&10K	The Lido , Promenade, Worthing, BN11 3PX	10am
Sat 1 Dec	Grim Original Day 1, 8	Fleet Road, Aldershot, GU11 2HL	10.30am
Sun 2 Dec	Kingston 10K	Hawker YMCA, Lower Ham Rd, Kingston	9.15am
Sun 2 Dec	Hogs Back Road Run 11K	Loseley House, Guildford, GU3 1HS	9am
Sun 2 Dec	Crowborough 10	Beacon CC, E. Beeches Rd Crowborough TN6 2AS	10am
Sun 2 Dec	Tadley Xmas XC 5.3	Hurst Leisure Ctre, Brimpton Rd, Tadley, RG26 5NL	11am
Sun 2 Dec	Jigsaw 5K Fun Run	Dunsfold Park, Stovolds Hill, Cranleigh, GU6 8TB	11am
Sun 2 Dec	Downland Devil 9	Coombes Farm, Coombes, Steyning, BN15 0RS	10am
Sun 2 Dec	Reindeer Run 10K	Stourhead Estate, Mere, BA12 6QD	11am
Sun 2 Dec	Grim Original Day 2, 8	Fleet Road, Aldershot, GU11 2HL	10.30am
Sat 8 Dec	Mudman 12K	Camberley, Surrey, GU15 1HF	11am
Sat 8 Dec	Mudman 8\16/8 Duathlon	Camberley, Surrey, GU15 1HF	8am
Sat 8 Dec	Brutal 10K Longvalley	Bordon Heaths,, Surrey, GU35 0LG	10am
Sat 8 Dec	Endurancelife 10K & Half	Lulworth Cove, Dorset, Weymouth, BH20 5RQ	7am
Sat 8 Dec	Endurancelife M'n & Ultra	Lulworth Cove, Dorset, Weymouth, BH20 5RQ	7am
Sat 8 Dec	Friston Forest Trail Run 5K	Friston Forest, Seven Sisters Park, E. Sussex	9.30am
Sun 9 Dec	Today's Runner (Race 3)	Cricket Lane, Lower Bourne, Farnham, GU10 3PR	11am
Sun 9 Dec	The Mince Pie 10	Leisure Ctre, Greenwich Way, Peacehaven, BN10 8BB	11am
Sun 9 Dec	Turbo X, Bordon 10	Bordon, Hants, GU35 0NE	11am
Fri 14 Dec	Poole Runners 5K series	Boscombe Pier, Bournemouth, BH5	7.30pm
Sat 15 Dec	Christmas Pudding Dash 5	Ashburnham Place, Battle, E. Sussex	10.30am
Sun 16 Dec	RNLI Santa Run 5 & 10K	Southsea, Rock Gardens, S. Parade, P'mouth, PO5 3PG	1100/1050
Sun 16 Dec	Jingle Jog 5K	Frimley Lodge, Frimley Green, Camberley, GU16 6HY	9am
Sun 16 Dec	The Holly Run	Reigate Priory Park, Reigate, RH2 7RL	Various
Sun 23 Dec	Portsmouth Coastal M'thon	Pyramids C'tre, Clarence Esplanade, P'mouth, PO5 3ST	9.30am
Wed 26 Dec	Round the Lakes 10K	Cricket Pavilion, Poole Park, Poole, BH15 2SF	10.30am
Thur 27 Dec	Fullers Pub to Pub 7.5	Blendworth Centre, Horndean, PO8 0AA	11am
Thur 27 Dec	Plain Crazy 12	Land Warfare Centre, Warminster, BA12 0DJ	11am
Sat 29 Dec	Brutal 10 Longmoor	Longmoor Camp, Liss, GU33 6EL	10am
Sun 30 Dec	Somerley 10K	Somerley Estate Ringwood, Hampshire BH24 3PL	11am tbc
Sun 30 Dec	Stoke Stampede 10K	Stoke St Gregory, Taunton, Somerset TA3 6EU	11am

The Stubbington Noticeboard

Nov-12	What	Recovery	Where	Who
Thursday 1st	Lee Front grass Fartlek	the hard road bits	Crofton Community	Mike B
Tuesday 6th	8 titchfield rollers (Because I don't like hills)		Locks Heath Cntr	Graham
Thursday 8th	Hillhead 6x600mtr	jog short lengths	Crofton Community	Chris H
Tuesday 13th	4 (or 5) x 1 mile rep	2 min incl. walk back to start	Schooner way	Mike W
Thursday 15th	5k Race pace 4 x 6mins	2 mins between sets	Crofton -Lee Front	Chris H
Tuesday 20th	Figure of 8 Titchfield		Titchfield	Graham
Thursday 22nd	Pyramid Run 1-2-4-6-8 and back min runs	1 minute between runs 2 mins for 6 and 8	Crofton -Lee Front	Phil
Tuesday 27th	Sovereign Crescent 8x800mtr	100 mtr jog back	Locks Heath	Mike W
Thursday 29th	2x15 min Crocodile	2 mins between sets	Lee Front	Mike B

GLENS THURSDAY TRAINING SESSIONS

1st Nov - Stubbington - 4 x Lee Triangle
8th Nov - Locks Heath - 2 x 2 Miles (4 minutes)
15th Nov - Stubbington - Lee 10 minutes out and back (3 minutes)
22nd Nov - Locks Heath - 5 x Paarlauf Crescent Road
29th Nov - Stubbington - Cuckoo Lane 5 x 1K

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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