# The Green Runner

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

# WET WET WET LORDSHILL 10MILE

It always seems wet for the Lordshill 10, the organisers often have an issue clearing an annoying puddle at the 3 mile mark, which means wet feet for the remainder of the race.
This year in contrast the water feature wasn't so obvious as it has blended into all the other dozens of huge puddles that covered the country lanes South of Romsey , some of them more than ankle deep.
Running through freezing cold water for several minutes actually makes your feet start to go numb, it really wasn't pleasant.
Strangely despite the awful conditions many Stubbies recorded good times and several PB's were broken, perhaps we just wanted to get it over as quickly as possible.

| | | |
|---|---|---|
| 151 | 1:10:04 | Helen Nicholls |
| 212 | 1:14:23 | Laura Ridge |
| 233 | 1:15:31 | Gill Rose |
| 265 | 1:17:57 | Lucy May |
| 314 | 1:23:09 | Verity Wright |

| | | |
|---|---|---|
| 10 | 0:57:25 | Andrew Simpson |
| 44 | 1:02:12 | Mark Eaton |
| 45 | 1:02:15 | Lewis Chalk |
| 70 | 1:03:20 | Mike Harper |
| 78 | 1:04:27 | Graham Bell |
| 86 | 1:04:57 | Sev Roberts |
| 94 | 1:05:43 | Andrew Stockwell |
| 135 | 1:08:49 | Jon Leigh |
| 138 | 1:08:57 | Neil Richardson |
| 164 | 1:10:55 | Tim Crumpton |
| 170 | 1:11:13 | Richard Snell |
| 177 | 1:11:54 | Nick Kimber |

# HAMPSHIRE ROAD RACE LEAGUE

## HRRL TABLES AFTER **5 RACES**

| | |
|---|---|
| **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** |

### MENS A TEAM

| | | |
|---|---|---|
| 1 | Overton | 14 |
| 2 | Salisbury ARC | 14 |
| 3 | **Stubb'n Green** | 16 |
| 4 | Winchester | 19 |
| 5 | Lordshill | 28 |
| 6 | Denmead | 31 |
| 7 | Farnham | 36 |
| 8 | So'ton AC | 37 |
| 9 | New Forest | 38 |
| 10 | Pompey JC | 43 |

### LADIES A TEAM

| | | |
|---|---|---|
| 1 | Winchester | 5 |
| 2 | Eastleigh | 19 |
| 3 | Salisbury ARC | 22 |
| 4 | Alton Runners | 26 |
| 5 | **Stubb'n Green** | 28 |
| 6 | New Forest | 29 |
| 7 | Denmead | 33 |
| 8 | Fareham | 36 |
| 9 | Pompey JC | 39 |
| 10 | Farnham | 39 |

| | | | |
|---|---|---|---|
| 11 | Lewis | Chalk | 01:12:43 |
| 38 | Andy | Simpson | 01:16:48 |
| 62 | Wayne | Ewens | 01:19:31 |
| 73 | James | Sawyer | 01:20:49 |
| 98 | Mark John | Eaton | 01:22:45 |
| 102 | Mike | White | 01:23:08 |
| 109 | Mike | Harper | 01:23:20 |
| 127 | Daragh | Hendley | 01:24:24 |
| 168 | Graham | Bell | 01:26:53 |
| 189 | David | Jeffery | 01:27:45 |
| 250 | Andrew | Stockwell | 01:29:55 |
| 278 | Nick | Kimber | 01:30:40 |
| 285 | Sev | Roberts | 01:31:13 |
| 303 | Richard | Chowns | 01:31:18 |
| 307 | Jon | Leigh | 01:32:03 |
| 409 | Neil | Richardson | 01:35:21 |
| 424 | Richard | Snell | 01:35:57 |
| 500 | Robert | Blackmore | 01:37:43 |
| 653 | Kevin | Toal | 01:42:42 |
| 648 | Tom | Callaway | 01:43:04 |
| 908 | John | Cox | 01:50:47 |
| 889 | John | Fairhurst | 01:51:28 |
| 932 | Kevin | Ashman | 01:52:37 |
| 982 | Alan | White | 01:55:03 |
| 1050 | Aitken | Hunter | 01:57:21 |
| 1105 | James | Lee | 01:57:37 |

# GOSPORT HALF MARATHON RESULTS

| | | | |
|---|---|---|---|
| 414 | Ellie | Crane | 01:35:26 |
| 523 | Gill | Rose | 01:39:12 |
| 550 | Laura | Ridge | 01:40:04 |
| 812 | Katherine | Daily | 01:48:05 |
| 804 | Verity | Wright | 01:48:11 |
| 912 | Nicki | White | 01:50:58 |
| 895 | Joanna | Warson Parr | 01:51:25 |
| 937 | Lucy | Window | 01:52:49 |
| 1077 | Julie | Woodman | 01:57:21 |
| 1117 | Ann | Vestergaard | 01:58:20 |
| 1177 | Sharon | White | 02:02:07 |
| 1209 | Letitia | Magennis | 02:03:29 |
| 1234 | Karen | Moore | 02:03:41 |
| 1273 | Pippa | Abbott | 02:05:15 |

# The 2013 Stubbington 10k

is a little less than two months' away with another record field expected to take part. However race director Gary Littlecott reckons he faces his biggest challenge yet - recruiting enough marshals and helpers.

"We are going to need well over 100 people to make the race work, and my concern is that we may not have enough volunteers," explained Gary.

Entries for the race on Sunday, January 20th should hit the 1,600 mark by the end of November and Gary expects to put up the 'race entry closed' signs early in December.

A the time of writing, almost 15% of club members have entered the 2013 race, and with club membership at its lowest level for many years there are fewer club members than ever to help out on the day.

"It is a worry since we urgently need marshals and helpers both on the day and in the lead-up to the race," added Gary.

"For those who are running the race it would be great if they could find someone to help out with the race – friends, family even neighbours! Basically, the race cannot function without marshals and helpers and I am hoping that we will have loads of willing volunteers to ensure we put on another first class race."

In the lead up to the Stubbington 10k, there will be a race number packing session at Peel Common Junior School in early January, and volunteers will also be needed to distribute leaflets to homes along the race route over the weekend prior to the race.

There will be two marshals' meetings during the week leading up to the race to explain what is required on the day; all those marshalling **MUST** make one of the dates. The Stubbington 10k has established itself as the best-organised race in the region, testified by the huge amount of positive feedback we receive every year. If you can help, or find a volunteer to join the fray, then Gary would love to hear from you. We need marshals to help out on the route directing runners and some for traffic control, and also people to help out in Stubbington Square around the finish area and inside Crofton Community Centre.

There are a plethora of jobs to be done, before during and after the race.

Marshals need to be 18 or over and be confident in dealing with runners and the general public. 75% of the course is traffic free so most should not have any traffic to deal with. The 'Hot Spots' on the course need a degree of assertiveness and always have more than one marshal. Each marshal will have a crib sheet showing exactly what they have to do.

On top of everything you get a front row view of a fantastic 10k road race.
So what are you waiting for?
Contact Gary (Race Director) on 07749 389404 or thelittlecotts@ntlworld.com or
Paul Hammond (Chief Marshal) on 07817 369992 or mazda161158@sky.com

# THE HAIR OF THE DOG

CAN you think of a better way to start 2013 than a run around Bere Forest on New Year's Day for the club's annual Hair of the Dog Run?

We start at 11am, meeting at the Wood end car park, just outside of Wickham, off the A32. It's the same place as in previous years.
Don't forget your money for the car park since you don't want to start 2013 with a parking ticket!

Everyone is welcome – kids, grandparents, walkers, runners, dogs, the lot. You can have a gentle stroll round the forest, a steady run, or just sit and look after the mulled wine and mince pies.

How to get to Bere Forest: from Fareham, heads towards Wickham, the head north along the A32. Go past the Roebuck Public House on the left, turn right about 200 yards past the pub. The Wood end car park is about 400 yards up the road on the right hand side.

| | 3RD NOVEMBER | | |
|---|---|---|---|
| | **NETLEY ABBEY** | | |
| 2 | Thomas MACSWAYNE | 17:49 | |
| 3 | James SAWYER | 18:07 | |
| 19 | Ellie CRANE | 21:17 | New PB! |
| 20 | Chris MCGAW | 21:28 | |
| 30 | Tom CALLAWAY | 22:51 | |
| 36 | Paul SOUTHON | 23:19 | |
| 37 | John SIMISTER | 23:28 | |
| 44 | Julie WOODMAN | 24:41 | New PB! |
| 59 | John TUSSLER | 28:27 | |
| 60 | Robert SPENCER | 28:32 | |
| 62 | Sue SIMISTER | 29:16 | |
| 73 | Andrew SMITH | 32:37 | New PB! |
| 81 | Jan SOUTHON | 36:21 | |
| | | | |
| | **EASTLEIGH** | | |
| 37 | Keith WHITAKER | 25:07 | |
| 58 | Glen STREET | 27:27 | |
| 75 | Julie BOWDEN | 29:15 | New PB! |
| 79 | Caroline STREET | 29:48 | |
| | | | |
| | **10TH NOVEMBER** | | |
| | **NETLEY ABBEY** | | |
| 1 | Lewis CHALK | 17:03 | |
| 6 | Tom CALLAWAY | 20:40 | New PB! |
| 10 | Marcus LEE | 21:22 | |
| 14 | Stephen ANDREWS | 21:44 | New PB! |
| 21 | Paul SOUTHON | 22:43 | |
| 22 | Keith WHITAKER | 22:48 | |
| 39 | Russell MEAD | 26:04 | New PB! |
| 46 | Jamie STOCKWELL | 27:44 | |
| 47 | Andrew STOCKWELL | 27:45 | |
| 51 | Terry John FRENCH | 28:27 | |
| 53 | Robert SPENCER | 28:40 | |
| 73 | Jan SOUTHON | 34:55 | |
| 74 | Andrew SMITH | 34:56 | |
| | | | |
| | **SOUTHAMPTON** | | |
| 28 | Sev T C ROBERTS | 19:28 | |
| | | | |
| | **BRIGHTON** | | |
| 124 | Ellie CRANE | 21:42 | |
| | | | |
| | **GUILDFORD** | | |
| 3 | Mike HARPER | 19:43 | New PB! |
| | | | |

| | 17TH NOVEMBER | | |
|---|---|---|---|
| | **NETLEY ABBEY** | | |
| 5 | Marcus LEE | 21:23 | |
| 6 | Chris MCGAW | 21:28 | |
| 13 | Paul SOUTHON | 23:45 | |
| 23 | John TUSSLER | 25:52 | |
| 33 | Jamie STOCKWELL | 27:28 | New PB! |
| 34 | Andrew STOCKWELL | 27:29 | |
| 39 | Jasmine SMITH | 27:46 | |
| 46 | Terry John FRENCH | 29:25 | |
| | | | |
| | **EASTLEIGH** | | |
| 18 | Ian RACE | 21:38 | |
| 50 | Keith WHITAKER | 24:37 | |
| | | | |
| | **24TH NOVEMBER** | | |
| | **NETLEY ABBEY** | | |
| 3 | Mike HARPER | 19:57 | |
| 9 | Tom CALLAWAY | 21:36 | |
| 15 | Stephen ANDREWS | 23:01 | |
| 21 | Paul SOUTHON | 24:01 | |
| 35 | Russell MEAD | 26:49 | |
| 38 | Laoise MAGENNIS | 27:08 | |
| 40 | Glen STREET | 27:31 | |
| 50 | Angela BENFIELD | 29:16 | |
| 51 | Jasmine SMITH | 29:17 | |
| 52 | Terry John FRENCH | 29:44 | |
| 58 | Robert SPENCER | 31:03 | |
| 66 | Andrew SMITH | 39:38 | |
| | | | |
| | **SOUTHAMPTON** | | |
| 1 | Lewis CHALK | 16:31 | |
| 68 | Laura RIDGE | 21:55 | |
| 89 | Keith WHITAKER | 23:36 | |
| | | | |
| | **EASTLEIGH** | | |
| 12 | Ian RACE | 21:51 | |

# OLD PARK RUN RESULTS FROM OCTOBER

| NETLEY ABBEY | | | | | |
|---|---|---|---|---|---|
| | | | | | |
| **06/10/2012** | | **13/10/2012** | | **20/10/2012** | |
| Lewis CHALK | 18:31 | Liam DREDGE | 20:45 | Daragh HENDLEY | 18:48 |
| Mark John EATON | 19:36 | Susie MACGREGOR | 20:49 | Tom CALLAWAY | 21:40 |
| Liam DREDGE | 21:07 | Chris MCGAW | 21:21 | Laura RIDGE | 22:08 |
| Tom CALLAWAY | 22:37 | Tom CALLAWAY | 21:59 | Andrew STOCKWELL | 23:30 |
| Laura RIDGE | 22:47 | Kevin John ASHMAN | 23:58 | Paul SOUTHON | 23:34 |
| Stephen ANDREWS | 23:08 | Joanna PARR | 24:23 | Glen STREET | 24:55 |
| Paul SOUTHON | 23:25 | Steve TROTMAN | 25:03 | John TUSSLER | 25:42 |
| John SIMISTER | 24:02 | Angela BENFIELD | 27:14 | Kevin John ASHMAN | 26:41 |
| Kevin John ASHMAN | 24:38 | Russell MEAD | 27:27 | Russell MEAD | 27:01 |
| Joanna PARR | 24:48 | Anne TROTMAN | 28:30 | Angela BENFIELD | 27:35 |
| Glen STREET | 24:58 | Jamie STOCKWELL | 28:37 | Jamie STOCKWELL | 27:44 |
| John TUSSLER | 25:01 | Samantha STOCKWELL | 30:54 | Jasmine SMITH | 27:48 |
| Julie WOODMAN | 25:42 | Andrew STOCKWELL | 30:55 | Robert SPENCER | 30:06 |
| Steve TROTMAN | 25:58 | Andrew SMITH | 38:28 | Samantha STOCKWELL | 31:18 |
| Russell MEAD | 28:38 | | | Jules DINWOODIE | 31:37 |
| Sue SIMISTER | 28:48 | | | Andrew SMITH | 34:32 |
| Terry John FRENCH | 29:56 | | | Jan SOUTHON | 35:08 |
| Andrew SMITH | 33:21 | | | | |

| EASTLEIGH | | | | | |
|---|---|---|---|---|---|
| | | | | | |
| **13/10/2012** | | **20/10/2012** | | **27/10/2012** | |
| Keith WHITAKER | 23:55 | Keith WHITAKER | 23:27 | Lucy MAY | 23:45 |
| | | | | Keith WHITAKER | 24:30 |

| HAVANT | | | |
|---|---|---|---|
| | | | |
| **13/10/2012** | | **27/10/2012** | |
| Glen STREET | 25:13 | Mike HARPER | 19:54 |
| John TUSSLER | 26:05 | | |
| Julie BOWDEN | 28:54 | | |
| Jasmine SMITH | 28:55 | | |
| Caroline STREET | 30:04 | | |

| BUSHY PARK | |
|---|---|
| | |
| **06/10/2012** | |
| Mike HARPER | 19:20 |
| Robert SPENCER | 27:52 |

parkrun

Saturday 9am parkruns will take place throughout the Christmas and New Year period with additional runs on

Christmas Day 9am Southampton Common
9am Fleming Park 10am Netley Abbey
I know a few of the parkrun Stubbie's will be running the double on Christmas Day

New Years Day 9am Southampton Common
10am Netley Abbey
Another chance of a double, and then a very quick dash to the SGR hair of the dog run. *Robert Spencer*

On 15th December Lewis Chalk is leading a gallop of Stubbies to Poole for an all comers smackdown. Poole is a fast course and if the weather is kind and the swans are friendly there is a real chance of a PB. The invitation to join him is open to all.

# ATTENTION!!!!

PLEASE ENSURE YOU ARE WEARING REFLECTIVE HIGH VIZ CLOTHING DURING EVENING CLUB TRAINING SESSIONS, OUR INSURANCE WILL NOT COVER YOU IF YOU AREN'T

High viz bibs can be purchased from the website
www.sgrac.net/ClubKit/ClubKitOrder.php
Or see Eric on a training night

## Annual Xmas Walk

Many of you will be aware that for the last 3 years I've organised a Xmas walk for members, family & friends. On Thursday 27th December we'll be setting off again for a 6 mile walk from Whiteley out past the Horse & Jockey. It will be a leisurely stroll and we'll stop at the pub en route. (This photo was taken on the 2009 walk .... must make sure I take a camera this year!!)

If you would like to come along then we will be meeting at 11am at the Solent Hotel car park (Junction 9 M27) for an 11.15 start.

Perhaps you could let me know if you are considering coming so that I can warn the pub of approximate numbers. Contact me at caroline.street@ntlworld.com if you are interested.

Happy Christmas everyone!!

*Caroline Street.*

# GREAT SOUTH RUN

I thought I'd share some feedback from our newbie members who completed the Beginners Course back in April and then went on to run the Great South Run in October. I would like to say a huge well done to them all, it was a great achievement! *Verity*

**Kath** - January 2012 – hit 50, slightly irrational thought –do a 10k to celebrate, reality- how many excuses can one woman make not to train.

Luckily I saw the Stubbington Green beginners course advertised – can't make excuses when other people are involved.Monday and Wednesday evenings became running nights, brilliant people, really supportive members, especially John who kept the beginners going when we didn't think we could.

But beware the Stubbie coaches they're not always entirely accurate about how far they're going to make you run. Puffing 3 miles to comfortable 10k in weeks.So why enter a 10k when you can enter a 10 miler, egged on by fellow beginners (half my age – should have known better by then!) Increasing terror as the day approached despite Eric's best efforts to convince me that if I could do 10 miles cross country (it was more than that by the way!) I'd be fine and Garry's strict instructions on pacing.On the day quite relaxed – well there was no going back and with fellow members around me and Verity's conviction that it really would be a Great (South) Run what could there be to worry about. 1.41.25 later all done – not bad for an oldie, but couldn't have done it without Team Stubbie.

**Anna** - After a year off running to have a baby I didn't feel confident in joining a club until I heard about the beginners at Stubbington. As far as I'm concerned its the best move I made. The club members were very helpful,and the course was very well set up for mixed abilities and ages. Everyone was friendly and encouraging. I knew straight away I wanted to join as a member. Now, 6 months on, I go twice a week. I always like the fact that on group runs I was never left behind.

With regular regroup point and the faster runners coming back to the slower runners just made me feel that I was never holding anyone back.

I have used the sessions to train for the GSR which was fantastic. The support, encouragement and advice was great and helped me achieve my first PB by taking 21 minutes of my time in 2010, and finishing the race in a good time. I would highly recommend the club.

**Laoise -** In February a friend told me about the beginners running club hosted by Stubbington Green Running Club. I thought this would be a good opportunity to meet new people and possibly improve my running fitness, as sometimes I need a little push.

Joining the club has been a great motivator for me. I went from running 3 miles most lunch times to 6-7 miles on Monday evening (which I thought was impossible for me). I also swore

I wouldn't enter any races as I'm not competitive; this was all just for fun and fitness (that didn't last long). After running with the club for a few weeks, and making some great friends, I was persuaded to enter the Great South Run 2012 with them. The club has helped me up my run distance and pace over the past few months. I've even completed two 10 mile off-road runs with them.

It helps that the people at the club are friendly and very welcoming to any level of runner. On Sunday 28th October, the day of the GSR, members of the team met at the Gosport ferry so we could all make the daunting walk to the start line together. My goal for the day was just to finish the race without involving St Johns Ambulance. I had never ran 10 miles without stopping so knew at some stage I probably would walk for a bit. Once the race started I knew I had a long way to go so I paced myself to what I was comfortable with.

I made it around the full 10 miles without stopping (or collapsing) in 1 hour 34 minutes and it felt amazing to cross the finish line. If someone had said to me this time last year that I'd be able to run 10 miles non-stop I would have laughed. But with help from other runners and like minded people such as those in the SGR, achievements like this are made so much easier. I'm even thinking about entering a half marathon next. Thanks SGR for all the support.

**Nat** - The beginners course was great for my confidence as I know I would not have had the motivation or inclination to tackle 6/7 mile runs without it. Building up the miles week by week on the course showed me that I could do it and that it wasn't as painful as I thought it would be! I am really pleased that I continued to come to club after the beginners course as I know that running in a group has helped me with my training and motivation for the GSR.

The knowledge and experience of the club members has also helped me with my mental attitude towards running which definitely helped me get through Sundays course!I didn't really have a time in mind for the GSR, I just wanted to complete it in one piece which I did! I surprised myself that I didn't find it as hard as I thought I would, although the last couple of miles were a real challenge! I am already thinking about entering next years so that I can try and improve on my time. Not bad for someone who only started running 18 months ago!

# THE WHITE HORSE RELAY

After hearing great comments about last year's White Horse Relay, I thought I'd sample the delights of the Wiltshire countryside myself this year. The relay consists of 10 legs and a short Glory leg at the end. The team accumulate points on your finishing position in each leg with the lowest point's total...winning. We entered a mixed team.

I know we harp on about having to recce legs but for this race it's a must. Sally, Wayne and I can voucher for this year as we had fun and games doing our legs one afternoon. This ended with me lost in a field in pitch black and heading for the nearest lights in the distance and knocking on door for directions back to my car. To top this off we were covered in millions of stinging nettle bites which were still stinging the next day.

We were up against 5 other teams this year. Leg 1 got underway and it was up to the Captain to get the team off to a flyer, it soon became clear that unless I got lost then a win was in the bag and so it proved beating last year's time by over 10 minutes and quite a few guys getting lost!

Nick took up the challenge on leg 2 and came in a good 2nd place behind a young whipper snapper who bested him last year. Sally stepped up to the plate and put in an excellent run to finish 1st, with 3 of the other runners holding hands to cross in joint 2nd due to not recceing. The referee stepped in to split the points out so these teams didn't benefit. Marcus kept up the momentum with a fine 2nd, after he was tracked all the way behind a runner who had not recced, but sprinted past him towards the end. Jon kept up the top 2 finishes with a second, so at the halfway stage we were sitting pretty with only 8 points.

Second half of the relay saw our inform runner James take up the baton against a tough tall tri guy, myself and Donna stopping to cheer every half mile as this was a track/ road section. Boy wonder came home with a great 1st. Wayne continued the winning ways with another 1st.

At this point Mike was feeling the pressure as nobody had finished below 2nd. They set off on leg 8 with one lap around the recreation ground with a cagey start, with nobody going above a very slow warm down pace! Mike soon put the hammer down to leave the opposition eating his dust and coming in 1st.

Next came my most nervous point of the race as Euan had stepped in last minute for an injured member of the team. Although Euan hadn't recced his leg it covered part of the Marlborough 33 Ultra which he had done and he'd studied maps and directions and felt confident. I needn't have worried as Euan won by good distance.

Leg 10 saw dynamite Donna up against the local man who knew this leg like the back of his hand. She had already sized up and played mind games on the female competition. Donna found herself in third place which was unchartered water for the team on the day but as it happened the second man went wrong and finished a few hundred metres up the road, so Donna secured 2nd spot and just shows the importance of recceing the legs.

Finally, the glory leg which was a 2.5 mile sprint which went uphill for a mile, a flattish section, followed by a downhill to the finish. Having started the race, I thought it was only fitting that the captain did the last leg and I was the only one to have recced it. Up against the young tri boy that James had raced and two other people. It was always going to be a two horse race. So not wanting to leave it till the downhill finish and sprint, I decided to attack the hill and drop my man, the Stubbies ended with another win.

The team had a wonderful day out and was successfully crowned champions with a tin of Quality Streets and biscuits!! I would like to thank the people who drove on the day. This was a good relay but one you need to recce to avoid getting lost which numerous people did on the day. Thankfully none of them were in green and white.

*Andy Simpson*

| | | |
|---|---|---|
| Leg 1 | Andy Simpson | 1st |
| Leg 2 | Nick Kimber | 2nd |
| Leg 3 | Sally McGrath | 1st |
| Leg 4 | Marcus Lee | 2nd |
| Leg 5 | Jon Leigh | 2nd |
| Leg 6 | James Sawyer | 1st |
| Leg 7 | Wayne Ewens | 1st |
| Leg 8 | Mike Harper | 1st |
| Leg 9 | Euan McGrath | 1st |
| Leg 10 | Donna Mitchell | 2nd |
| Leg 11 | Andy Simpson | 1st |

Do you have an interest in supporting/leading and developing our weekly running sessions at the club? If so then the England Athletics Leadership in Running Fitness course is for you. It's a one day course with no assessment and it will enable you to support our popular Beginners Course, develop our Open Sessions for new club members and generally help out at club training. The committee have agreed to fund a number of places so please contact me to show your interest verity.wright@ymail.com

## CTS Gower half marathon 10th November 2012

| | |
|---|---|
| Verity Wright | 03:04:27 |
| Sarah White | 03:04:34 |
| Rowena Dodds | 03:45:23 |
| Julie Ashman | ? |

## CTS Gower 10k 10th November 2012

| | |
|---|---|
| John Tussler | 01:27:19 |
| Glen Street | 01:27:44 |
| Jasmine Smith | 01:47:44 |
| Jane Adlard | 01:47:49 |
| Julie Bowden | 01:53:09 |
| Caroline Street | 01:53:09 |

## RACE DIARY VOLUNTEER REQUIRED

After over three years of compiling the Green Runner race diary Peter Hutchison will unfortunately have to give up the role very shortly.
As Green Runner Editor Pete has been a fantastic help to me producing the two pages of up and coming races every month.
I now desperately need someone to take over this role.
If you would like to contact Pete to let you know what is involved and how he goes about finding the races his email is
Or you can contact me r.snell48@btinternet.com

Thank you Peter for all your hard work.
*Richard Snell GR Editor*

## HILLINGDON SPRINT DUATHLON

| | 2MILES | 10MILES | 1MILE | |
|---|---|---|---|---|
| | RUN | BIKE | RUN | TOTAL |
| ANN BLAKE | 16:16 | 33:14 | 08:26 | 57:56 |

# TODAYS RUNNER WINTER LEAGUE

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.

| | |
|---|---|
| Tanya Brady | 1 |
| Helen Nicholls | 5 |
| Lucy May | 27 |
| Tina Chantrey | 35 |
| Penny Forse | 51 |
| Gaynor Heffer | 80 |
| Kath Adams | 110 |

JAMES SAWYER

| | |
|---|---|
| James Sawyer | 1 |
| David Castle | 4 |
| David Jeffery | 31 |
| Nick Crane | 82 |
| Jon Leigh | 84 |
| Mike Bell | 89 |
| Richard Edmunds | 97 |
| Andy Lee | 100 |
| Phil May | 118 |
| Nick Kimber | 119 |
| Nico Beukman | 120 |
| Paul Hammond | 123 |
| John Exley | 147 |
| Kevin Ashman | 199 |
| John Vose | 228 |

RICHARD EDMUNDS

TINA CHANTREY

PENNY FORSE

## Hampshire Cross Country League

Saturday 1 December 2012 Popham Airfield, Basingstoke

Saturday 12 January 2013 King's Park, Bournemouth

Saturday 9 February 2013 Hudson's Field, Salisbury

## GOODWOOD 10TH NOVEMBER

| | | |
|---|---|---|
| 65 | Lucy May | 27:33 |

| | | |
|---|---|---|
| 50 | A Simpson | 32:31 |
| 55 | J Sawyer | 32:41 |
| 145 | A Stockwell | 37:40 |
| 166 | N Crane | 38:57 |
| 173 | M Townsend | 39:11 |
| 176 | P May | 39:31 |
| 184 | J Blake | 39:59 |
| 213 | G Westley | 43:59 |

## DOWNTON HALF MARATHON

| | |
|---|---|
| Jennet Woolford | 01:54:37 |
| Louisa Abbott | 01:54:37 |
| Kathryn Davies | 02:10:45 |

## BOSCOMBE 10K

42:04 MCGAW, Chris

## THE STICKLER 10.1 MILES

| | | |
|---|---|---|
| 73 | NICK CRANE | 01:24:19 |
| 112 | ANDY LEE | 01:28:30 |
| 274 | ERIC BECK | 01:49:07 |

## AMSTERDAM MARATHON

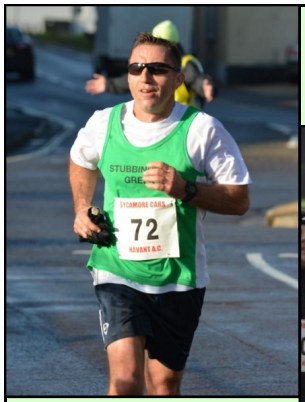
| | |
|---|---|
| Lewis Chalk | 02:36:41 |
| Graham Bell | 03:03:32 |
| Richard Chowns | 03:19:35 |
| Katherine Daily | 04:06:06 |

## HELL RUNNER DOWN SOUTH

| | | | |
|---|---|---|---|
| 573 | ALAN | WHITE | 01:51:11 |
| 700 | ERIC | BECK | 01:58:19 |
| 1048 | CLARA | FORDINA | 02:18:47 |
| 1076 | JULIE | BOWDEN | 02:22:09 |
| 1079 | KATHY | MCKAIN | 02:22:34 |
| 1080 | CAROLINE | STREET | 02:22:40 |

| **Old Deer Park 10km** | |
|---|---|
| Paul Coverdale | 47:27 |

| **Florence Marathon** | |
|---|---|
| Paul Coverdale | 04:27:58 |




MARK EATON

MARCUS LEE

KATHERINE DAILY

RICHARD CHOWNS

ANDREW STOCKWELL

## HAYLING ISLAND 10MILE

JOHN SIMISTER

| | | | |
|---|---|---|---|
| 25 | Mark | Eaton | 64:32 |
| 48 | Andrew | Stockwell | 68:32 |
| 88 | Marcus | Lee | 73:05 |
| 166 | John | Simister | 80:02 |
| 199 | Katherine | Daily | 83:09 |
| 200 | Richard | Chowns | 83:09 |

# 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 Race Diary

| Date | Race | Venue | Time |
|---|---|---|---|
| Tues 1 Jan | Hare of the Dog | Forest of Bere, Wickham | 11am |
| Tues 1 Jan | Brown Willy Run 7 | Jamaica Inn, Bolventor, Launceston, PL15 7TS | 11am |
| Tues 1 Jan | Hangover 5M | Hillbarn Rec', Hillbarn Lane , Worthing, BN149QF | 11.30am |
| Tues 1 Jan | Knacker Cracker 10K | Burfoot Slope, Box Hill, Dorking, RH5 6BN | 11am |
| Tues 1 Jan | Serpentine 10K | Hyde Park, London, W2 | 11am |
| Sat 5 Jan | Hants XC Champ'ships | Fleming Park, Eastleigh | 1245/1340 |
| Sun 6 Jan | Cliveden XC 6 | Cliveden, Taplow, Maidenhead, SL6 0JF | 10am |
| Sun 6 Jan | Tadworth 10M | Tattenham Corner, Epsom Downs, Epsom, KT18 5LQ | 11.30am |
| Sat 12 Jan | Hants XC league (Race 4) | King's Park, Bournemouth BH7 7AF | 1335/1430 |
| Sun 13 Jan | January Jaunt 10K | Plymouth Speedway, Marsh Mills, Plymouth, PL7 4NW | 9am |
| Sun 13 Jan | Rough and Tumble 10 | Milton Lilbourne Village Hall, Marlborough, SN9 5LQ | 11am |
| Sun 13 Jan | Swanage 10K | North Beach CP, de Moulham Rd, Swanage, BH19 1NX | 11am |
| Sun 13 Jan | Goring Woodcote 10K | Village Green, Woodcote, Reading, RG8 0QY | 10.30am |
| Sun 13 Jan | Axmouth Challenge 10 | Axmouth Village Hall, Axmouth, Seaton, EX12 4AX | 10.30am |
| Fri 18 Jan | Poole Runners 5K Series | Boscombe Pier, Bournemouth, BH5 | 7.30pm |
| Sat 19 Jan | Runners Need G3 10K | Newlands Corner, Guildford, GU4 8SE | 8.30am |
| Sun 20 Jan | Stubbington 10K | Stubbington Green. | 10am |
| Sun 20 Jan | Lakeside Canal 8 | Lakeside, Frimley Green, GU16 | 10am |
| Sun 20 Jan | TriAdventure Sprint Duath | Collingwood College, Camberley, GU15 4AE | 10am |
| Sun 20 Jan | Maxifuel Winter Duathlon | Dorney Lake, Windsor SL4 6QP | 8am |
| Sun 20 Jan | Bath Skyline 10K | University of Bath, Bath, BA2 7AY | 11am |
| Sun 20 Jan | Fred Hughes 10M | St Columba's Sch, St Albans, AL3 4AW | 9.30am |
| Sun 20 Jan | Maxifuel 5 & 10K | Dorney Lake, Windsor, SL4 6QP | 12.30pm |
| Sun 20 Jan | First Chance 10K | Haven Banks, Exeter, EX2 8DP | 10.30am |
| Sun 20 Jan | Riverbank Rollick 9 | Mundy Playing Fields, Thornbury, Bristol, BS35 2BQ | 11am |
| Sat 26 Jan | Xendurance Winter 5/10K | Berks College of Ag', Maidenhead, Berks SL6 6QR | 11.30am |
| Sat 26 Jan | Iceman Duathlon 10/18/5 | Frimley, Camberley, Surrey, GU16 6GP | 9.45am |
| Sun 27 Jan | Today's Runner (Race 5) | Manor Farm Country Park, Bursledon | 11am |
| Sun 27 Jan | Hants Chronicle 5 | Broadlands Estate, Romsey , SO51 9ZE | 10am |
| Sun 27 Jan | Kenley Charity 10K | Kenley Airfield, Kenley Common, Kenley, CR8 5YG | 10am |
| Sun 27 Jan | The Perch 6.25 | Nonsuch Park , Ewell Road, Cheam, KT17 2DE | 10.30am |
| Sun 27 Jan | Barretts Canterbury 10 | Chaucer Tech Sch, Spring Lane, Canterbury, CT1 1SU | 11am |

# The Stubbington Noticeboard

| | | | | |
|---|---|---|---|---|
| Tuesday 4th | 8 Titchfield Rollers | Steady pace down hills | Locks Heath S & S Club | Phil May |
| Thursday 6th | 7 x Cuckoo Lane 1km | 300m jog on to start | Crofton Community Centre | Mike H |
| Tuesday 11th | 2 x 2 mile | 3 mins jog back to start | Locks Heath S & S Club | Graham Bell |
| Thursday 13th | Lee 10 mins Out & Back | 3 mins | Crofton Community Centre | Jon Leigh |
| Tuesday 18th | 16 x 150 hills up Woodpecker & Kingsfisher Close | Jog back to start | Locks Heath S & S Club | Mike Bell |
| Thursday 20th | 5 x Lee Triangle Accelerations | Jog 4th side of Tri-angle! | Crofton Community Centre | Mike Harper |
| Tuesday 25th - Christmas Day! | A steady 5 to 8 miles before opening your presents! | | | |
| Thursday 27th | Lee 10 mins Out & Back | 2 mins | Crofton Community Centre | Phil May |

## GLENS THURSDAY TRAINING SESSIONS

6th December - Locks Heath - 20 short hills
13th December - Stubbington - 6 x 600 (250)
20th December - Locks Heath - 2 x Titchfield Figure of 8 (plus Christmas Drinks in The Wheatsheaf)
27th December - Stubbington - 4 x 5 mins out-and-back

**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**
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**Secretary: Paul Hammond**
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**Ladies Captain: Sally McGrath**
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**Treasurer: Neil Jarvis**
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