

The Green Runner

June 2020

THE 2020
**RUNNING
AWARDS**



in association with

race>nation



The Regional Finals

BEST 10K SOUTH EAST

STUBBINGTON 10K

BRONZE

FOR THOSE OF YOU WHO WERE NOT AWARE, OUR AMAZING 10K RACE WON BRONZE IN THE REGIONAL FINALS. IM SURE YOU WILL ALL JOIN ME IN THANKING THE COMMITTEE AND OTHER MEMBERS WHO WERE INVOLVED IN THE ORGANISATION OF THE RACE.

From the Chair:

Its good to see that everybody is still making the best of the circumstances and the communication within the club continues strongly. Hopefully it won't be too long until we are able to get larger groups together as the infection rate etc continues to fall.

You will have seen that we now have two additional events that we hope members will get involved with – the 1 mile distanced run organised by Sarah Barron for Monday 6th July and Andy Simpson's "Not the South Downs Relay" for August.

Covid relay continues to be well supported and I would just like to thank our two captains Andy and Lisa for the work they have put into this not to mention our statistician and official record keeper Louise who has done an amazing job .

The quiz continues to be well supported and we have generated in excess of 500 questions over the weeks that it has been going and my thanks here go to Louise and everybody else who has supported with supplying quiz rounds.

We have now launched our new website (same address) which has totally new look and feel to it. Our thanks go to club member Gemma Christie and her company Unbrandeddigitalmarketing.co.uk who we engaged to do the development and production of this – I am sure you will agree it is a great step forward. I would just like to thank Daniel Foster for his work over many years in supporting the old site.

Finally you will have seen the email talking about membership renewal and within the next few days now we have the new website we will be sending the renewal email out – please don't do anything until you receive this email. As we said in the email if paying your fees is going to be an issue please don't hesitate to contact myself, Louise or Sarah by email at either Chairman, Secretary or Treasurer all @stubbingtongreenrunners.net .

Stay safe everyone.

Kevin

Captains Corner

Virtual South Downs Way Relay

Ever wanted to experience the South Downs Relay well now you have the opportunity during lockdown!

Stubbington Green are going to do a shortened version of this event and run just 1 leg not 3 that the teams have to do on the day. The plan is to run in a team of 6, of mixed abilities which will be selected by the two Captains who will try to balance out all the teams. **No under 18's can compete in the relay.**

What's the route I hear you cry? Well the plan is to keep it as local as possible. So the run will go from Harting to Old Winchester Hill on the South Downs route and back again which for anyone who knows the relay, consists of 3 legs.

The legs are:

1. Harting to QE Park 5.43 miles,
2. QE Park to Sustainability Centre 3.93 miles
3. and from there to Old Winchester Hill 3.7 miles.

The event will take place throughout the month of August, so you have a whole month to recce your leg and then to race it (at a time convenient for you). The reason for the recce is so you don't get lost on the day and cost your team vital minutes!

We will have a joker card with one lucky runner getting to run double the distance by racing both the out and back legs (as 1 total time and leg), the leg will be decided by the race director and his committee.

Joker leg will be announced when the teams are announced. It's up to each team to decide who will run which legs, but you must race the route in one direction and then you'll need to run/walk back as recovery to your starting point (the race out is the leg that gets timed and submitted).

Don't forget you will have the extra leg that the joker runs for your team which will be done as an out and back in one go, so the teams will submit 6 times (joker out and back counting as 1 + 5 out legs) with their GPS route for verification by the race committee.

The winning team will be the team who completes their 6 legs in the shortest time. Please remember this is a bit of fun in lockdown and you should enjoy the run, good luck to everyone.

Please read the below the very important guidelines and around being safe during lockdown and running on the South Downs.

Closing date for entries is Sunday 19th July, please reply by email to the secretary.

- A couple of very important housekeeping rules, we will be adhering to the government lockdown rules at the time, so currently you will need to travel, mostly likely to be in the car to the leg on your OWN (or only with members of the same household), you will race the leg and then run it back as a recovery run, unless a member of your household is available to pick you up. If more than one team turn up at a leg start or finish they must adhere to the current government guidance about social distancing outdoors in terms of numbers of people and spacing.
- Should two members of the same team or other team's runners (up to 6 people) with the same leg want to recce together then they must adhere to social distancing when running. They ALL MUST travel alone in a car to the start point of the recce.
- You will need to run with a baton which for safety reasons this will be your phone in case of emergency and you must make sure it's FULLY charged before you set off.
- You may wish to take with you a minimum first aid pack but in case of a severe emergency they will need to call the appropriate emergency services using 999.
- You must make sure you are hydrated before and after the run. It is advised that you should take water with you if you're planning to be out for a long time to avoid dehydration as today the temperature was 31.5c and you are likely to be out there for over an hour by the time you've run it there and back.
- The runs will be done in public place and runners must remain alert. Even though you may be racing you need to adhere to government advice on social distancing when coming in to contact with the public and other runners/ teams. This may involve having to veer off the ideal line.
- Runners run at their own risk and must be responsible for their own safety, as this is not a marshalled event. They will need to look out for uneven ground, tree routes, animal holes and animals. Also careful when crossing roads on their legs.
- When paying for parking at pay and displays, opening gates and climbing over styles it is advised that you use gloves which can be clinical or not. An alternative to this is a plastic bag over your hands but must avoid touching their face with the glove on. After the run the runners can sanitise their hands as a precaution.
- No dog assisted running.
- No auto pause on the watches.
- We will need to see evidence of your run to confirm the time and verify you've run the route correctly and the correct direction for your team, so posting up on Facebook and tagging in Andy Simpson, Lisa Donn and Louise Tanner. They will then collate the times for the teams.
- Once times are published on Facebook with the routes then that time is the time that we count for that team.

Captains Report

Well another month of lockdown but at least we've been doing a few races with the virtual BMAF 5k which was well supported by Stubbies. The weekly not parkrun of running for 30 minutes and the Nice Works virtual 5k each weekend and all of these have been FREE to enter!

Coming up in July we have the Mile Time Trial organised by Sarah Baron which is on Monday 6th July and in August we have the virtual South Downs Relay open to ALL abilities. Please see the information, race instructions, Covid guidelines and the rules in this Green Runner.

The virtual BMAF 5k was a Masters race for over 35+ in 10 year age bands but was open to the under 35's but they couldn't score for the teams. We had over 40+ runners enter, although technology beat some of you for uploading the results or were too late in uploading your results. Congratulations to Penny Forse who won her age group. We managed 7 complete teams in the race with all the results enclosed in the Green Runner, so will summarise the team results. Lots of runners rose to the occasion and despite a lack of racing got PBs, well done to everyone who raced. The virtual race had over 3200 entrants so awesome running by Lewis Banner who got 15.55 to finish 61st overall and take a PB! The first Stubbie lady home was Kelley Haniver in 19.28. The team results saw us do very well. The ladies got 4 teams out with 35-44 group coming 43rd out of 87 teams in a combined time of 1:27:40, Kelley Haniver, Nikki Roebuck, Alison Lawrence and Jodie Francis. In 45-54 band we had 3 teams, A team was 55th in 1:09:14 with Maria Millican, Penny Forse and Tracy Langdale. B team were 80th in 1:17:33 with Zoe Dennis, Becca White and Lisa Donn. C team were 108th in 1:34:25 with Wendy Hawxwell, Julia Lawton and Debbie Adams. For men we had 3 teams in 35-44 was a very high standard with our men finishing 66th out of 81 teams in 1:56:47. The 6 man team was led home by Jon Warner, followed by Iain Cross, James Mackinnon, Russell Coleman, Kieran Chaplin and Matt Smith. In 45-54 group the men were 42nd out of 111 teams in 1:14:12 with Andy Simpson, Colin Trigg, Steve Dilley and Robert Egerton. In 55-64 group were 44th in 1:04:55 with Mike White, Mike Bell and Andy Lee.

The Covid 19 Ultra Relay has been running for over 10 weeks with 3 weeks to go, so far over 70 runners a team have donned the green vest and given maximum effort for their teams. As captains we have been impressed with everyone's enthusiasm, ability to raise their running and surprise yourself with how far you can run in 19 minutes, getting mile PBs and enjoying the relay. It's been great to see videos and the baton choices. So the results are as follows from week 7 to 10.

7	43	Richard Snell	2.85	113.88	Simone Shepherd	2.26	110.05
	44	Louise Milward	2.56	116.44	Darren Tanner	3.09	113.14
	45	Melissa Hunton-Dunton	2.57	119.01	Debbie Adams	1.74	114.88
	46	John Anderson	2.26	121.27	Cameron Sewell	2.38	117.26
	47	Susan Wakefield	1.89	123.16	Vicky Jane	1.70	118.96
	48	Ray Gunner	3.17	126.33	Amelie Tanner	2.14	121.10
	49	Dave Judson	2.41	128.74	Carlee Foddy	2.47	123.57

8	50	Hannah Paine	2.00	130.74	Melissa Barham	2.21	125.78
	51	Mandy White	2.14	132.88	Karen Charlton	1.96	127.74
	52	Rob Greenwood	3.53	136.41	Natalie Flack	2.12	129.86
	53	Samuel Donn	2.01	138.42	Calum McDonald	2.48	132.34
	54	Tiffany Skerratt	1.94	140.36	Catherine Yarrow	2.47	134.81
	55	Heather Bow	2.50	142.86	Brandon Chaplin	3.11	137.92

	56	Pere Capdelvia	3.40	146.26	Marie McDonald	2.58	140.50
9	57	Nikki White	2.42	148.68	Louise Tanner	2.47	142.97
	58	Wendy Hawxwell	2.26	150.94	Tommy Blake	3.35	146.32
	59	Mark McDonald	3.08	154.02	Liz Miles	2.53	148.85
	60	Zoe Nicholls	2.39	156.41	Jamie Earley	2.70	151.55
	61	Philip Owen	2.31	158.72	Ann Cooper	2.00	153.55
	62	Colin Trigg	3.34	162.06	Nigel Whitcher	2.17	155.72
	63	Mark Eaton	2.99	165.05	Kevin White	2.78	158.50
10	64	Gill Rose	2.88	167.93	Jodie Francis	2.51	161.01
	65	Phil May	2.42	170.35	Mark Shepherd	2.65	163.66
	66	Kirstie Graham	2.02	172.37	Jane Bodman	1.88	165.54
	67	Sean Bendell	2.96	175.33	Tim Matthews	2.49	168.03
	68	James Norman	2.21	177.54	Andy Lee	2.44	170.47
	69	Amy Fox	2.64	180.18	Stuart Bamberger	2.60	173.07
	70	Will Feline	3.52	183.70	Rachel Donnachie	2.20	175.27

In week 7 Richard got us off to a fine start whisking up the miles. The halfway point in the relay was reached with Melissa our international runner getting the honour and running a very hot and humid leg. Saturday saw the South Downs Relay being honoured with a leg on the Downs by Ray, as it would have been the South Downs Relay that day. Some of the batons I loved this week were Susan's Christmas cracker, Dave's computer mouse. The week ended with Team Even clocking up 17.71 miles and stretching our lead to 5.17 miles.

In week 8 it was 3 birthdays for the team to celebrate. Starting on Monday with birthday girl Hannah got us started running with a mini world cup statue. On Wednesday was birthday boy Rob smashing out 3.53 miles with his Davina McCall pink skipping rope and giving us a skipping display afterwards. Thursday was our first junior runner, Samuel Donn doing his first Stubbie race and running for the first time non-stop for 19 minutes clocking an impressive 2.01m. Friday was another birthday this time Tiffany Skerratt, not happy with her first attempt she went out for a second attempt and ran exactly the same distance as her first one! Anchoring the leg on Sunday was Pere clocking 3.40m running with his favourite football Lionel Messi mini statue. The team had another good week and ran 17.52m and increased the gap to 5.76m. Loved the video of Heather and her police cap baton and the number of outtakes!

In week 9 we had two birthdays on the same day so Nikki ran a day early and got us started with a good 2.42 miles banked. Wendy's birthday saw her starting the day with her run and a teddy with SGR top on. Our junior runner was Zoe who at 11 ran 2.39m which was incredible and loved her shin pad baton as a mad footballer! The Vets at the end of the week saw Colin run a fab distance of 3.34m to join the 3 mile club. Father's Day saw father and grandfather Mark, he had issues stopping his watch and was miffed to have run 2.99 first attempt, forgot to press stop on his watch at that point. So he decided to go out again in the evening and have another go, guess what....he ran 2.99 miles again! Weekly total was 18.79m which was our biggest weekly mileage with the exception of the joker week and extended our lead to 6.55 miles.

Week 10 and running legend Gill got us off to a flying start with 2.88m. Then one of my best moments so far in the relay was Phil May and his comedy sketch video, a must watch if you've not seen it yet. Our junior run for the week was Kirstie who impressed with 2.02m with her Iggly Piggly toy! Newbie

runner James ran well in his first Stubbie race and did 2.21. Amy Fox was spellbinding with her leg in 2.64m. Anchoring the team and running like a man possessed down the South Downs was Will clocking a whopping 3.53m, to get himself in the 3 mile club. Another good week saw another 18 miler with 18.65 and stretching further out in the lead to 8.43m. Well done everyone who has run over the last 4 weeks for Team Even. Good luck for the last 3 weeks team.

Team Odd's journey over weeks 7 to 10 has been exciting and full of personal achievements! We started the month of June with Simone Shepherd and her big green arrow baton, pushing herself way out of her comfort zone to achieve a fantastic 2.26 miles! Next to the start line was the first of Team Tanner to run – Darren with his hair colouring brush! Making it into the “3 mile club” plus an extra 0.9 miles. We then had a bit of magic happen! Debbie Adams and her Harry Potter wand had a fantastic run of 1.74 miles and achieving 3 PB's!! Faster 1 mile, 1km and ½ mile – magic Debbie ☺ Our next runner was the young talent of Cameron Sewell – banana baton and a fantastic 2.38 miles! Passed on now to Vicky John with her love of all things canine – running her fastest pace in 3 months – 1.71 miles with her work van doggie for company! Saturday we had a last minute swap out and a very brave and hugely talented Amelie Tanner took her turn! This donkey loving whirlwind paced her dad to a phenomenal 2.14 miles and smashed her target! Brilliant running Amelie, another distance challenge for your Mum to match! We then ended week 7 with a fantastic run by Carlee Foddy, having more trouble with the catching of the baton than her fantastic 2.47 miles of running! So a huge well done to all of our week 7 team – you all did us proud!

Week 8 then had a flying start with Mel Barham hitting both 1 mile and 2 mile PB's within her 2.21 miles. Passing on the baton to our NHS wonder woman Karen Charlton and her Haemodialysis filter (hope I spelt that correctly!) Nathalie Flack took her mini Dalmation out with her for company to substitute for the real thing and smashed it with 2.12 miles. The McDonald household were kept busy this week! Callum smashed it with his bike pump baton and 2.48 miles (Dad there for company/pacing) and then Marie finished our week off with an amazing 2.58 miles and exceeded her own expectations (also accompanied by Mark). More interfamily competition in the club with Catherine Yarrow running a fantastic 2.47 miles with her home school souvenir of a Pritt Stick, setting the target for sister Louise Tanner to match the following week! Last, but absolutely not least, to mention this week was our young talented star Brandon Chaplin. I witnessed his finish and I can say he gave that 110% - if not more!! A staggering 3.11 miles achieved. Really well done Brandon and all our week 8 runners.

Week 9 we started with our smiley Birthday girl Louise Tanner – candle as a baton and smashing 2.47 miles before letting the celebrations commence! Next up was another young talent in the club, Tommy Blake, triathlete who despite tired legs from a virtual event, ran an outstanding 3.35 miles! Liz Miles was next up and bravely hung onto her breakfast to run an amazing 2.53 miles. Jamie Earley had terrible rain to run in and changed his route plan to venture into “Hedgie Territory” with his Green vest to protect him ;) survived to report back his brilliant 2.70 miles. Ann Cooper had her goal of post run pink gin and smashed the 2 mile target, great motivator Ann! Amongst the weekend of week 9 we had a whole separate challenge going on with just one man! Nigel Witcher bravely incorporated his 19 minutes into a male mental health awareness challenge of 4x4x48 – 4 miles, every 4 hours for 48 hours! Really well done Nigel and all your supporters that joined you – day and night! Such an exciting week and finished off with a last minute swap over of runner to celebrate Father's Day we had the awesome Kevin White step up for the Team and run a fantastic 2.78 miles! Thank you Kevin and the rest of our week 9 superstars.

Week 10 started with a nervous (as were we all !) Jodie Francis, armed with SGR Lego bricks as her baton, smashing her 2.51 miles, passing onto Mark Shepherd on a ridiculously warm morning to run 2.65 miles with his trusted Biofreeze! Really well done Mark tough conditions and I was glad to have witnessed your strong finish. Hotting up the next day we had Jane Bodman carrying Daddy Pig and Mr Dinosaur for her Grandchildren, a nice early start to beat the worse of the heat and a fantastic 1.88 miles. Still warm for the rest of the week for Tim Matthews so he ran super early and wisely took his hydration of a hip flask as a baton! Great achievement of 2.49 miles for Tim. Our trail warrior Andy Lee had the hot and windy sea front as his route and somehow managed to run with a chocolate Toblerone for an impressive 2.44 miles before the support crew polished it off! Saturdays star was Stuart Bamberger, not missing a marketing opportunity for his new business venture, a "Runners PB" business card was his baton of choice ☺ - great result of 2.6 miles. We finished week 10 in style with a text book run from Rachel Donnachie, Glastonbury themed baton of glitter and flowers, smashed her 2 mile target and clocked up 2.20 miles and 3 personal records along the way! Huge well done to our week 10 runners. This bought Team odd's cumulative total to a whopping 175.27 miles !!!! Great work Team, let's keep on going for these last 3 weeks and show the Evens what we are made of!!!

BMAF Virtual 5K

61	Lewis Banner	15.55
193	Rob Greenwood	16.45
332	Andy Simpson	17.18
351	Jon Warner	17.22
471	Iain Cross	17.43
493	Colin Trigg	17.47
565	James MacKinnon	17.58
571	Russell Coleman	17.59
1131	Steve Dilley	19.27
1136	Kelley Haniver	19.28
1207	Robert Egerton	19.40
1248	Jon Plomer	19.49
1303	Mike White	19.57
1489	Nikki Roebuck	20.30
1494	Steve Cumes	20.31
1640	Mike Bell	20.54
2001	Andy Donn	21.59
2106	Maria Millican	22.18
2243	Kieran Chaplin	22.48
2290	Matt Smith	22.57
2318	Penny Forse	23.02
2321	Alison Lawrence	23.03

Team Results

Men 35-44
66th 01:56:47

Jon Warner
Iain
Cross

James Mackinnon
Russell Coleman
Kieran Chaplin
Matt Smith

Men 45-54
42nd 01:14:12

Andy Simpson
Colin Trigg
Steve Dilley
Robert Egerton

Men 55-64
44th 01:04:55

Mike White
Mike
Bell

Women 45-54
43rd 01:09:14

A Team

Maria Millican
Penny Forse
Tracy Langdale

80th 01:17:33
B Team

Zoe Dennis
Becca White
Lisa
Donn

108th 01:34:25
C Team

Wendy Hawxwell
Julia Lawton
Debbie Adams

2510	Tracy Langdale	23.54
2543	Andy Lee	24.04
2660	Jodie Francis	24.39
2674	Sally Watford	24.44
2721	Louise Tanner	24.58
2736	Zoe Dennis	25.01
2786	Lisa Donn	25.28
2917	Frances Lord	26.27
2976	Wendy Hawxwell	27.04
3030	Martin Read	27.38
3050	Julia Lawton	27.52
3170	Carl Schafer	29.44
3172	Katharine Tucker	29.48
3174	Melissa Barham	29.50
3229	Gillian Shutler	32.07
3277	Jane Bodman	39.27
3278	Debbie Adams	39.29

Andy
Lee

Women 35-44
43rd 01:27:40
Kelley Haniver
Nikki Roebuck
Alison Lawrence
Jodie Francis

Results not submitted due to technical issues

Dan Foster	17.41
Nick Crane	22.46
Catrina Groves	29.43
Joanne Reed	28.45
Dawn Haynes-Sewell	22.29

Captains Report

Well another month of lockdown but at least we've been doing a few races with the virtual BMAF 5k which was well supported by Stubbies. The weekly not parkrun of running for 30 minutes and the Nice Works virtual 5k each weekend and all of these have been FREE to enter!

Coming up in July we have the Mile Time Trial organised by Sarah Baron which is on Monday 6th July and in August we have the virtual South Downs Relay open to ALL abilities. Please see the information, race instructions, Covid guidelines and the rules in this Green Runner.

The virtual BMAF 5k was a Masters race for over 35+ in 10 year age bands but was open to the under 35's but they couldn't score for the teams. We had over 40+ runners enter, although technology beat some of you for uploading the results or were too late in uploading your results. Congratulations to Penny Forse who won her age group. We managed 7 complete teams in the race with all the results enclosed in the Green Runner, so will summarise the team results. Lots of runners rose to the occasion and despite a lack of racing got PBs, well done to everyone who raced. The virtual race had over 3200 entrants so awesome running by Lewis Banner who got 15.55 to finish 61st overall and take a PB! The first Stubbie lady home was Kelley Haniver in 19.28. The team results saw us do very well. The ladies got 4 teams out with 35-44 group coming 43rd out of 87 teams in a combined time of 1:27:40, Kelley Haniver, Nikki Roebuck, Alison Lawrence and Jodie Francis. In 45-54 band we had 3 teams, A team was 55th in 1:09:14 with Maria Millican, Penny Forse and Tracy Langdale. B team were 80th in 1:17:33 with Zoe Dennis, Becca White and Lisa Donn. C team were 108th in 1:34:25 with Wendy Hawxwell, Julia Lawton and Debbie Adams. For men we had 3 teams in 35-44 was a very high standard with our men finishing 66th out of 81 teams in 1:56:47. The 6 man team was led home by Jon Warner, followed by Iain Cross, James Mackinnon, Russell Coleman, Kieran Chaplin and Matt Smith. In 45-54 group the men were 42nd out of 111 teams in 1:14:12 with Andy Simpson, Colin Trigg, Steve Dilley and Robert Egerton. In 55-64 group were 44th in 1:04:55 with Mike White, Mike Bell and Andy Lee.

The Covid 19 Ultra Relay has been running for over 10 weeks with 3 weeks to go, so far over 70 runners a team have donned the green vest and given maximum effort for their teams. As captains we have been impressed with everyone's enthusiasm, ability to raise their running and surprise yourself with how far you can run in 19 minutes, getting mile PBs and enjoying the relay. It's been great to see videos and the baton choices. So the results are as follows from week 7 to 10.

7	43	Richard Snell	2.85	113.88	Simone Shepherd	2.26	110.05
	44	Louise Milward	2.56	116.44	Darren Tanner	3.09	113.14
	45	Melissa Hunton-Dunton	2.57	119.01	Debbie Adams	1.74	114.88
	46	John Anderson	2.26	121.27	Cameron Sewell	2.38	117.26
	47	Susan Wakefield	1.89	123.16	Vicky Jane	1.70	118.96
	48	Ray Gunner	3.17	126.33	Amelie Tanner	2.14	121.10
	49	Dave Judson	2.41	128.74	Carlee Foddy	2.47	123.57

8	50	Hannah Paine	2.00	130.74	Melissa Barham	2.21	125.78
	51	Mandy White	2.14	132.88	Karen Charlton	1.96	127.74
	52	Rob Greenwood	3.53	136.41	Natalie Flack	2.12	129.86
	53	Samuel Donn	2.01	138.42	Calum McDonald	2.48	132.34
	54	Tiffany Skerratt	1.94	140.36	Catherine Yarrow	2.47	134.81
	55	Heather Bow	2.50	142.86	Brandon Chaplin	3.11	137.92

	56	Pere Capdelvia	3.40	146.26	Marie McDonald	2.58	140.50
9	57	Nikki White	2.42	148.68	Louise Tanner	2.47	142.97
	58	Wendy Hawxwell	2.26	150.94	Tommy Blake	3.35	146.32
	59	Mark McDonald	3.08	154.02	Liz Miles	2.53	148.85
	60	Zoe Nicholls	2.39	156.41	Jamie Earley	2.70	151.55
	61	Philip Owen	2.31	158.72	Ann Cooper	2.00	153.55
	62	Colin Trigg	3.34	162.06	Nigel Whitcher	2.17	155.72
	63	Mark Eaton	2.99	165.05	Kevin White	2.78	158.50
10	64	Gill Rose	2.88	167.93	Jodie Francis	2.51	161.01
	65	Phil May	2.42	170.35	Mark Shepherd	2.65	163.66
	66	Kirstie Graham	2.02	172.37	Jane Bodman	1.88	165.54
	67	Sean Bendell	2.96	175.33	Tim Matthews	2.49	168.03
	68	James Norman	2.21	177.54	Andy Lee	2.44	170.47
	69	Amy Fox	2.64	180.18	Stuart Bamberger	2.60	173.07
	70	Will Feline	3.52	183.70	Rachel Donnachie	2.20	175.27

In week 7 Richard got us off to a fine start whisking up the miles. The halfway point in the relay was reached with Melissa our international runner getting the honour and running a very hot and humid leg. Saturday saw the South Downs Relay being honoured with a leg on the Downs by Ray, as it would have been the South Downs Relay that day. Some of the batons I loved this week were Susan's Christmas cracker, Dave's computer mouse. The week ended with Team Even clocking up 17.71 miles and stretching our lead to 5.17 miles.

In week 8 it was 3 birthdays for the team to celebrate. Starting on Monday with birthday girl Hannah got us started running with a mini world cup statue. On Wednesday was birthday boy Rob smashing out 3.53 miles with his Davina McCall pink skipping rope and giving us a skipping display afterwards. Thursday was our first junior runner, Samuel Donn doing his first Stubbie race and running for the first time non-stop for 19 minutes clocking an impressive 2.01m. Friday was another birthday this time Tiffany Skerratt, not happy with her first attempt she went out for a second attempt and ran exactly the same distance as her first one! Anchoring the leg on Sunday was Pere clocking 3.40m running with his favourite football Lionel Messi mini statue. The team had another good week and ran 17.52m and increased the gap to 5.76m. Loved the video of Heather and her police cap baton and the number of outtakes!

In week 9 we had two birthdays on the same day so Nikki ran a day early and got us started with a good 2.42 miles banked. Wendy's birthday saw her starting the day with her run and a teddy with SGR top on. Our junior runner was Zoe who at 11 ran 2.39m which was incredible and loved her shin pad baton as a mad footballer! The Vets at the end of the week saw Colin run a fab distance of 3.34m to join the 3 mile club. Father's Day saw father and grandfather Mark, he had issues stopping his watch and was miffed to have run 2.99 first attempt, forgot to press stop on his watch at that point. So he decided to go out again in the evening and have another go, guess what....he ran 2.99 miles again! Weekly total was 18.79m which was our biggest weekly mileage with the exception of the joker week and extended our lead to 6.55 miles.

Week 10 and running legend Gill got us off to a flying start with 2.88m. Then one of my best moments so far in the relay was Phil May and his comedy sketch video, a must watch if you've not seen it yet. Our junior run for the week was Kirstie who impressed with 2.02m with her Iggly Piggly toy! Newbie

runner James ran well in his first Stubbie race and did 2.21. Amy Fox was spellbinding with her leg in 2.64m. Anchoring the team and running like a man possessed down the South Downs was Will clocking a whopping 3.53m, to get himself in the 3 mile club. Another good week saw another 18 miler with 18.65 and stretching further out in the lead to 8.43m. Well done everyone who has run over the last 4 weeks for Team Even. Good luck for the last 3 weeks team.

Member of the Month

Penny Forse – Intermediate Girl to F70 (I'm not hanging up my spikes yet!)

I started running aged 15 when a PE teacher persuaded some of us to join Chichester AC for circuit training. With my first XC race my teacher thought I had potential and coached me to become Sussex 880 yards and XC champion, and 5th in the English Schools T&F Championships. Unfortunately when the teacher left, I had no coach and dropped out of the sport for 2 years.

Starting running again at teacher training college, I regained county champion status. Upon returning to work in Portsmouth I found a coach and a great group with which to train. Doug James watched my first session & realised he had another future international athlete in his group alongside his daughter Della and son-in-law Alan Pascoe. In that first year I came 3rd in the 1973 National XC thus gaining my first international vest for England, finishing 14th in the World XC Championships in Belgium. Doug's friendship with Ian StJohn also led to me helping Pompey FC with their endurance (or lack of it), which was fun for me, if not for them!



Training gradually built up over 3 years from 4 to 10 sessions a week. Running before & after full-time work never seemed a chore, I just loved it, and although the hill sessions on Portsdown Hill and Farlington Avenue were really tough, I knew that that is what it would take to achieve my goal – to be an Olympian. I competed regularly for England and GB on the track in the 1500m and XC and in 1976 had improved enough to qualify for the Montreal Olympics. It was a superb experience but I was devastated not to progress to the semi-finals as I stumbled to avoid a fallen runner. I kept my footing but missed qualifying by 0.01s despite running a pb at the time of 4m13.36s.



Another upside of Doug's group was meeting my husband Alan. He was a very talented 400m runner who gave me a lot of help with my weakness – lack of speed. When Doug retired, Alan took over as my coach and also coached several young athletes including a future international runner, Steve Purser – more about him later! My mileage averaged 60 miles per week in the summer and 80 (maximum 100) in the winter. To the already full training sessions Alan added in weight training, and refined many of the sessions to improve my speed.



XC was always my preferred event and Alan tuned the training to perfection so that I led the England team to Silver position with my individual 7th place in the 1980 World XC in Paris. We were living near Paris at the time so it was great to be cheered on by both English & French friends.

By the time I stopped to have a family my 1500 pb was down to 4m09.5s, my mile time was 4m36.5s and I ran my first half-marathon in 72 minutes.

I returned to the sport when my 3 sons were school age and raced on the roads with pbs of 29m06s for 5 miles and 2hr55m37s for the marathon. As an F45 I ran 36m47s for 10km, 61m31s for 10 miles and 80m15s for the half-marathon. I just loved competing for Stubbington Green Runners and regularly coached and gave advice to many of our athletes for 25 years. As well as the various league races I also enjoyed running the Test Way and South Downs Way Relays.



In 2016 I entered my first international Masters event, the World Championships in Perth, Australia where I came 4th in the F65 XC and was in the winning GB team.

I then stepped my training up a notch, as I wanted to get among the individual medals. Running our league races improved my speed-endurance and it was such a proud moment for me when Beccy Lord, Nikki Roebuck, Gill Rose and I all won our age groups in the 2018 RR10 League.



In March 2019 I won the World Masters F65 10km in Torun, Poland but again came 4th in the XC, which should have been my strongest event.



September 2019 found me in Venice for the European Masters Championships and I at last won an individual XC Gold as an F70.



All well and good, but I was disappointed to come 3rd in the 1500m and 4th in the 800m there – losing out in the last 200m when I just couldn't raise a sprint! I had to do something about this and I decided to get advice from Steve Purser, the 'lad' I trained with in the 1970s! Now aged 60 he coaches a group in Portsmouth and he's really helping me with my speed as well as endurance. In February, before our pandemic lockdown, Kelly Haniver, Lucy May and I ran the National XC in Nottingham over the muddiest course I've ever run on (worse than Parliament Hill Fields) and I beat my main F70 rival by over a minute.



This lockdown period has coincided with training for 800m and 1500m on the track. Many thanks to Mike Bell who has been a good 'socially distanced' training partner (well, he's faster than me so no problem there!). I hope that there will be a remnant of a track season left for us to put our improved speed into practice before the longer work starts for the XC season.

Keep up the training while keeping safe, enter Virtual Races to give you some incentive and I look forward to standing on the start line with you all soon.