

The Green Runner

October 2020



From the Chair:

As you may have seen we have sadly had to cancel our 10k scheduled for January 10th 2021. We are hopeful that we may be able to put it on later in the year but we are obviously totally dependant on the way the rules and regulations changing back to a more normal structure. It is good to see that some events are able to go ahead but these do seem to be either trail races or within a private estate or a combination of the two.

The sessions and group runs we are putting on seem to be well supported and I would make another plea for members to book only if they are sure they can make it – I know sometimes dropping out is unavoidable but it is a shame that members on any waiting list are missing out unnecessarily.

I hope that as many people as possible will join in the street name game that we have set up for October – thanks go to the Benson's for the original post on this and specifically to Keiran for helping me with the K! The committee will continue to work on activities that members can take advantage of but if anybody has any ideas please feel free to contact us with suggestions as to what we can put on.

Stay safe everyone.

Kevin



Captains Corner:

Captains Corner – October 2020

This is the first month in a very long time that your Captains can report on real life race activity! September 2020 celebrated Green Army achievements in the New Forest, Milton Keynes, Goodwood, Dibden Purlieu and the tracks of Mountbatten and Southampton.

Let's start with the New Forest events. It was still quite touch and go whether the event would actually happen, but with a complete change of course and venue, it happened! Post race feedback was that the new course was tough! Long segments of grass to kill your legs! We had a great turnout though, so really well done to our marathon runners Simon Bacon (4:04:22), Robert Egerton (4:07:00) and George Howarth (5:01:02) The Half Marathon (one lap of same course) was smashed by Sean Bendell (01:40:42), Mark Jenkins (2:15:59), Mel Barham (2:58:42) Gayle Osborne (2:24:49), Stuart Nicholson (2:24:40) Greig (2:09:55) and Helen Benson (2:38:57). There was also the virtual event option so a huge well done to Emma Baker for completing the marathon in 5:11:55 😊

Out on the track this month we had the Southampton Open meeting with the 1500m distance for Penny Forse (6:19:45) and Iain Cross (4:38:07). Then the next day was over to the Mountbatten track with Mike Bell running 1500m in 5:46:83, Lewis Banner 3000m in 9:04:56 and Chris Sandy also 3000m in 10:07:41. Great to see this event happening and congratulations to you all on those outstanding individual results.

We had just one Stubby enter the Run Reading Multi-terrain riverside half marathon, but she only went and won it!! Sylwia Ward congratulations on your well deserved 1st Lady placing with an outstanding time of 1hr 29 minutes (that's an average pace of 6:54 min miles!!)

More PB's at the Milton Keynes marathon this month. Fantastic running from Robert Egerton ticking off that pb with 3hrs 26 minutes! Rob was paced by Jon Warner – what a dynamic duo and Jon forever the gentleman, came in at 3hrs 27 minutes. Really well done both of you.

Great run from Iain Cross at the MK 5km event with a run time of 17:22! His fastest in 10 years.

Goodwood's motor circuit was the venue this month for some outstanding Green Army results! Not the most obvious place for PB's given the exposed course, but this didn't deter Lewis Banner (33:25) and Debbie Adams (1:09:51) from achieving

their 10k pb's – congratulations to both of you. Excellent running too from Jane Bodman (1:11:31) Jon Plomer (43:55) and then the 5k event Nikkie Plomer (38:35). Last but absolutely not least, we salute James Norman for completing his first marathon distance with 11 laps of this course! James shared his video sprint finish for us all to see and it was incredible. Huge well done James with your finish time of 5hrs 9 mins.

Triathlon season came to an end this month and we had some outstanding Stubby results at the Bournemouth International event. Congratulations to Tommy Blake 1st male, Lara Evans winning 1st lady and Mike White 1st male in their respective age group categories. Also great results from Matt Evans (5th in age cat) and Steve Cumes (3rd in age cat). Lucy May smashed the aquathlon/sprint and came 1st in her age cat!

The Fast Twitch Tri in Dibden Purlieu has to be mentioned as a lot of Stubby's took part in this event. Another "sprint distance" event so 400m pool swim (16 lengths), then straight into a 23km bike ride, finishing with a 5km run! And there were few tricky hills in that too! I went along to support and it was really exciting to spectate. Congratulations to Lara Evans claiming that 1st lady in her age cat again! Steve Cumes and Dom Truslove smashed it with 3rd in their age cat's and Matt Evans and Laura Kay both 4th place and Claire Kelson and Tracey Terry coming 5th in their age cats. We then had some first Triathlons conquered by Wendy Hawxwell, Catherine Chamberlain and Martyn Francis. Everyone did so well and it was inspiring to watch you all.

Have a great October everyone, best of luck in all your events throughout the month. Enjoy your running and the virtual events that Andy, Lisa and Louise are hosting!



Virgin London Marathon Results:

Place (Overall)	Place (Gender)	Place (Category)	Name	Club	Running Number	Category	Finish
33298	16070	2109	Adams, Debbie (GBR)	Stubbington Green ...	20915	50-54	09:30:28
28279	12808	1662	Allen, Janice (GBR)	Stubbington Green ...	22581	50-54	07:29:56
22185	13041	2510	Bamberger, Stuart (GBR)	Stubbington Green ...	30810	45-49	06:05:22
23814	10112	2158	Barham, Melissa (GBR)	Stubbington Green ...	18323	40-44	06:24:07
14028	9314	1816	Benson, Greig (GBR)	Stubbington green r...	19180	40-44	04:58:54
11390	3524	761	Bishop, Sarah (GBR)	Stubbington Green ...	21749	45-49	04:40:47
30758	14412	970	Bodman, Jane (GBR)	Stubbington Green ...	17822	55-59	08:20:00
28223	15456	2133	Bonnar, Susan (GBR)	Stubbington Green ...	24216	50-54	07:28:43
-	-	-	Chantrey, Tina (GBR)	Stubbington green r...	16097	45-49	-
-	-	-	Cumes, Steve (GBR)	Stubbington Green ...	18234	45-49	05:34:59
21218	8591	1801	Dilley, Cath (GBR)	Stubbington Green ...	23880	45-49	05:56:01
22028	9063	1898	Donn, Lisa (GBR)	Stubbington Green ...	12909	45-49	06:03:43
22020	9057	1939	Donnachie, Rachel (GBR)	Stubbington Green ...	12722	40-44	06:03:34
14144	4770	1774	Francis, Jodie (GBR)	Stubbington Green ...	17991	18-39	04:59:45
22400	9273	1986	Groves, Catrina (GBR)	Stubbington green r...	28895	40-44	06:07:52
22078	12989	885	Harrington, Jonathan (GBR)	Stubbington Green ...	15697	55-59	06:04:16
18419	7030	1486	Hawxwell, Wendy (GBR)	Stubbington Green ...	18233	45-49	05:32:26
11649	8010	213	Howarth, George (GBR)	Stubbington Green ...	24320	60-64	04:42:43
29271	13456	902	James, Liz (GBR)	Stubbington Green ...	27203	55-59	07:48:38
11578	3610	432	Jarvis, Tracie ()	Stubbington Green ...	32624	50-54	04:42:12
10333	7251	930	Jenkins, Mark (GBR)	Stubbington Green ...	16916	50-54	04:33:12
30980	16425	3125	Judson, Dave (GBR)	Stubbington Green ...	29367	45-49	08:25:54
22335	9229	1164	Lawton, Julia (GBR)	Stubbington green r...	14087	50-54	06:06:59
2803	2338	509	Mackay, Richard (GBR)	Stubbington Green ...	27780	40-44	03:36:18
22223	9167	1967	Madeira, Debby (GBR)	Stubbington Green ...	22641	40-44	06:05:50
Place (Overall)	Place (Gender)	Place (Category)	Name	Club	Running Number	Category	Finish
22201	9154	1915	Mcritchie, Sara (GBR)	Stubbington Green ...	18773	45-49	06:05:33
17988	6817	2466	Nicholson, Louise (GBR)	Stubbington green r...	12725	18-39	05:29:08
23625	13628	1861	Norman, James (GBR)	Stubbington Green ...	19665	50-54	06:21:57
30438	14215	4915	Paine, Hannah (GBR)	Stubbington Green ...	24316	18-39	08:12:51
33891	16456	3400	Payne, Rachael (GBR)	Stubbington Green ...	15346	40-44	09:53:00
27162	12104	1567	Pratt, Lindsay (GBR)	Stubbington Green ...	25673	50-54	07:10:35
28075	12687	2628	Sefton, Mary (IRL)	Stubbington Green ...	14471	45-49	07:26:06
28210	15450	1116	Shaw, Cliff (GBR)	Stubbington Green ...	17705	55-59	07:28:26
29478	13579	915	Shaw, Janet (GBR)	Stubbington Green ...	17704	55-59	07:52:40
22798	9502	230	Shutler, Gillian (GBR)	Stubbington Green ...	30811	60-64	06:12:08
31244	14725	3006	Thompson, Grace (GBR)	Stubbington Green ...	24028	45-49	08:32:21
325	319	85	Warner, Jonathan (GBR)	Stubbington green r...	15862	40-44	02:53:26
22863	9539	231	Webb, Julia (GBR)	Stubbington Green ...	9865	60-64	06:12:48
16833	10639	2051	Williams, Rob (GBR)	Stubbington Green ...	15724	45-49	05:20:20