

The Green Runner

November 2020



From the Chair:

Just as we thought things were improving we are back under a lockdown so as you will have seen we have had to cancel all club sessions for the time being. We are hopeful that we will be able to start again in early December when hopefully things have improved and we are able to offer the pre-booked sessions that seemed to be proving very popular.

We do, however, have some more virtual events to keep us entertained with the Whiteley XC and the Time Trial within the club and the 5k challenge we have set up with Totton running club. We are also encouraging members to use the #M2M to find someone else to run with as we are allowed to exercise in pairs. We have also re-started the Lockdown Quiz with the first scheduled for Saturday 14th November so it will be great to see a large turnout for that.

We continue, as a committee, to work on ideas to keep people entertained but we are very open to suggestions from all members of the club so please feel free to email me at chairman@stubbingtongreenrunners.net if you have any ideas about anything else you think we could be doing.

Stay safe everyone.

Kevin



Captains Corner:

Stubby Street Name Game

We had 36 people attempt spelling their name, first and surname using road signs. Two options were to go for the shortest or longest miles for your attempt. We came up with some early teething problems that there was no 'X' roads which affected two members. Then we had 'Z' for the Zoe's and Elizabeth's which we found Zetland road in Gosport!! Week 1 we got off to a slow start but soon the momentum picked up. In the final week it all got competitive with battles for the shortest and longest attempts. Richard Jacks had been out in front from week 2 with 0.97 miles but Janet Shaw was pushing him hard. Richard lowered his effort to 0.82 miles. On the final day Janet went 0.87 miles still not good enough to take the title. She poured over the A-Z and went out for her fourth attempt to smash out 0.60 miles and claim the shortest distance. It wasn't easy trying to plot the shortest distance as I found that needing an 'I' and two 'N' created its own problem to get the shortest distance so my attempt of 1.38 miles was the best I could do. The battle for the longest distance saw Jade and Mark Eaton the early leaders but then Captain Donn with the challenge to go for the longest distance, set by myself, came in with 9.65 miles. Although Lisa led for a while it was the virtual marathon ladies and men started to battle it out, first was Marie McDonald 23.08 miles with doing the virtual New York Marathon. Next came hubby Mark McDonald who came in just short at 22.93 miles. Stealing the show on the penultimate day was George Howarth who ran a little further than planned with not being able to find a signpost to complete an ultra-distance of 27.80 miles. It was great to see all the photos with failed selfie attempts and phones dying on runs. The most energetic photos we saw were from the springy Andrew McEwen who finished 3rd in the shortest distance attempt with 1.05 miles. Also we had the attempts from the 3 juniors, two being new members Amelie Tanner who was let down by mum's poor planning missing two A's and new members Bestsy North and Penny Worthy missing a few letters but completing 5.28 miles on their attempts. Well done to everyone who gave the Stubby Street Name Game go and congratulations to our two winners Janet and George, I think it's fair to say we all had great fun out there.

Captains Corner

October and we have seen racing!! Quite a few races were happening this month. We had the re-scheduled QE "Spring" half and full marathon, Clarendon half and full marathon and the IOW marathon. Results are further down, well done to all of our runners at these events. The weather and conditions were challenging for Clarendon (same day as London!). QE was glorious and it was lovely seeing all the post run pics of you all. IOW is usually quite a good Stubby turnout but with the uncertainty of the event this year we had the fabulous 3 of Mark Westbrook 3:24:14, Simon Bacon 3:51:53 and Tom Hastings 4:10:08 – all incredible strong finishes chaps, well done!

Plus we also had the virtual marathons for London, Manchester and New York. Not to mention the fun of the Stubby Street Name Game and the 4 mile Time Trial.

I think the London virtual marathon was so incredibly well put together. I had the pleasure of running with a merry band of 5 others. It was amazing to see we had 39 Stubby's taking part that day. In case you missed any of the Facebook posts (could you??!!) the marathon distance had to be completed within the 24 hours of Sunday 4th October. That wouldn't have been so bad had we not had storm Alex pay us a visit that day too! London had issued every runner with their number to proudly wear and armed with "the official app" – off we all set! As a club we had walkers, PB's, first marathons, umpteen

marathons and my worse weather marathons! But we all did that marathon! The sense of being part of a big event was still there! The numbers did the trick! Cars tooted us, other runners applauded us, members of the public looked on in awe! It was an incredible experience and I hope they continue to offer this virtual race every year for the non- ballot place masses! The t-shirts and medals arrived in no particular order as we all put our lives on hold waiting for that text from DPD to say your delivery was on its way. Well worth the wait though, a fabulous bundle of well thought out souvenirs arrived, que more Facebook pictures! Such a memorable day for all of us in this crazy year. Results further in to this edition. Well done to each and every one of us!

Woodley 10k saw Kieran Chaplin getting a PB in 43.12, well done on your effort, the photo showed the effort you were putting in on FB.

In Virtual T/T European Masters Challenge 1500m we had two winners, Penny Forse winning W70 in 6 minutes 27 seconds and Mike Bell M65 5 minutes 38 seconds. Well done on being Virtual European 1500m Champions!

Stubby Street Name Game saw 36 people have a go at the challenge of spelling your first and surname using road signs. Full write up elsewhere in the Green Runner. The top 3 in the shortest and longest efforts were as follows. Titanic battles in both these distances in the last week, with Janet Shaw finally beating long-time leader Richard Jacks, 1st Janet 0.60 miles, 2nd Richard Jacks 0.82m and 3rd Andrew McEwen 1.05m. In the longest attempt the virtual marathon runners took 2nd Marie McDonald 23.08 miles and 3rd Mark McDonald 22.93m in their Virtual New York Marathon attempt. Long distance runner and winner completing his 20th marathon distance or further this year was George Howarth completing an Ultra run of 27.80 miles. Great effort from everyone who had a go at playing the game and lots of fun had with the game.

As we write this, we are about to enter our 2nd period of lockdown. We see more races cancelled/postponed. Look after each other and your captains urge you to take part in our virtual events in November. Put on your green vests (and probably a zoodie now too) and keep your spirits high and let's keep our Facebook page flooded with happy runner pics 😊



Time Trial

The first 4 mile time-trial since lockdown took place this month. We slightly changed the course to the start and finish using the Green in Stubbington as a place to socially distance and warm up. Thank you Lisa Donn for measuring the course from me. We set the runners off in waves of 5 and at 5 minute intervals setting the quicker runners off first to avoid overtaking on the course. Everyone recorded their own times and then gave them in at the end. Once times were given in the runners were encouraged to disperse home.

It was a windy affair out there with a tailwind early on and then a strong headwind within the last mile. We had 4 first timers with 3 of them being new members. Thank you to my marshals and my daughter for helping out on the start and finish line.

On the night we had two official improvers with Sarah Barron knocking 1 minute 30 seconds off her best to take biggest female improver on the night. Louise Nicholson knocked 22 seconds off her best, well done ladies. Dan Foster knocked 1 minute 27 seconds off his previous best set a few years back. Enjoy your bottle of wine Sarah and Dan. The randomator winner which is a random draw for everyone who takes part and including marshals, saw Becca White as the winner and a bottle of wine is winging its way to you. Well done everyone who ran, hope to see you all back next month Thursday 26th November, please private message me or email me on mens-captain@stubbingtongreenrunners.net

Stubbington Green - Time Trial Results 2019

Name	Best 2019	October	November	December	January	February	Months Best	Total Yearly Best 2020
		27	-	-	-	-	2	2
Sarah Baron	40.30	39.00					-1.30	-1.30
Louise Nicholson	39.39	39.17					-0.22	-0.22
Daniel Foster	24.01	24.01						
Tim Rolfe	24.28	24.28						
Phil Morgan	24.39	24.39						
Russ Coleman	25.38	25.38						
Nikki Roebuck	26.34	26.34						
Andrew McEwan	26.39	26.39						
Richard Edmunds	26.51	26.51						
Tom North	26.53	26.53						
Mark Eaton	26.24					27.20		
Andy Stockwell	27.28	27.28						
Graham Martin	25.28					27.35		
Graham Donnachie	28.10	28.33						
Amie Morgan	28.42	28.42						
Haydn Brown	28.11	29.02						
Andy Donn	26.54	30.40						
Lee Torrens	30.57	30.57						
Nick Crane	29.07	31.00						
Katy Bradley	27.54	32.08						

Best 2018 does not count

Andy Richardson	31.55	32.18						
Becca White	33.21	33.21						
Helen Benson	34.15	34.15						
George Howarth	32.30	34.16						
Zoe Dennis	35.00	35.00						
Deborah Madeira	38.16	38.44						
Jane Butler	39.27	39.27						

Course Records	Name	Time	Date
Men's	Daniel O'Boyle	20.25	20th August 2015
Ladies's	Beccy Lord	23.27	8th September 2016
2nd Fastest			
Men's	Mark Le Gassick	20.43	October 2005
Ladies's	Beverley Hard (Brown)	23.48	1st June 1993

Stubby Street Name Game

Entrants

(listed from shortest to longest efforts)

Name	Dist. Miles
Janet Shaw	0.60
Richard Jacks	0.82
Andrew McEwen	1.05
Lara Dent	1.14
Mike White	1.22
Andy Simpson	1.38
Hannah Paine	1.94
Louise Tanner	2.03
Sarah Barron	2.13
Louise Nicholson	2.27
Alison Lawrence	2.33
Tiffany Skerratt	2.60
Lauren Fowler	2.70
Rachel Donnachie	2.82
Matt Evans	2.96

Final Leaderboard

Shortest Distance

Position	Name	Dist. Miles
1	Janet Shaw	0.60
2	Richard Jacks	0.82
3	Andrew McEwen	1.05

Longest Distance

Position	Name	Dist. Miles
1	George Howarth	27.80
2	Marie McDonald	23.08
3	Mark McDonald	22.93

Incomplete

* Missing letters/ roads from their names

Name	Dist. Miles

Helen Benson	3.36
Nichola Thomas	3.46
David Abrams	4.16
Natalie Flack	4.40
Sandra Abrams	4.54
Claire Johnson	4.72
Penny Forse	5.06
Tom North	5.28
Eunice Eaton	6.23
Jade Eaton	8.00
Mark Eaton	8.00
Zoe Dennis	9.08
Lisa Donn	9.65
Mark McDonald	22.93
Marie McDonald	23.08
George Howarth	27.80

Liz Hall	0.20*
Dawn Haynes-Sewell	0.47*
Amelie Tanner	1.36*
Betsy North	5.28*
Penny Worthy	5.28*