The Green Runner

January 2020

From the Chair:

Happy New Year everybody and welcome to 2021

In a normal year we would be looking forward to our 10k soon but as we know things are far from normal at the moment so that will have to wait!

We do , however, have our virtual 10k to enjoy amongst a number of other virtual events that members seem to be enjoying at the moment – thanks to everybody involved in setting these up and collating the results – it is much appreciated.

We are also approaching the time of the year for the AGM which will be a little different this year as we will need to hold by Zoom. We need 15% or more of the club to be present for the meeting to be quorate so please attend if you can to hear from the committee and discuss any other agenda items that might be proposed. The date is set for February 23rd and we look forward to seeing you there. The calling notice for the AGM will include a request for Committee nominations so if you would like to stand for any of the positions please don't be backwards in coming forward, Any of the committee would be happy to explain the roles if any member is interested in standing.

Looking forward to 2021 improving to get us back to something approaching "normal"

Happy Running

Kevin

Captains Corner:

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So December saw a few races before the Gosport divide line for tier 2 and tier 4 boundaries came in to place. This was swiftly replaced at the start of January with full national lockdown. We have been through one national lockdown and survived! The vaccinations have started to be rolled out, so there are plenty of positives to take out of the Covid pandemic.

We have a great club, who are putting on virtual races and virtual quizzes. It won't be long till we have a virtual bake off, by the way Simon Bacon's banana loaf is very good. If you are looking for an experienced judge to the virtual bake off, I have experience and putting my name forward as a judge.

So what happened in December we had a few people running actual 5k and 10k races. So the 5k at Ardingly Winter series had a few Stubbies and despite it being cold, wet and windy you seemed to enjoy the racing. Rob Arkell ran 16.34, Iain Cross 17.04, Colin Trigg 18.07. The Stubby stars of the show were Penny Forse 1st F70 23.00 and Mike Bell 1st V65 21.30 as they continue their rich vein of form.

The Goodwood 10k saw two Stubbies running great times with Iain Cross running his fastest 10k for donkey's years in 35.42 and Dan Foster getting a PB with 36.20 and still not happy with his time, great attitude to have.

Perhaps one of the most highly subscribed virtual events was Sophie's 10k which happened in the first 2 weeks of December. A real blessing that this event happened before the Tier 4 introduction! Our wonderful Green Army not only proudly has the organisers Tina Mackay and Debbie Adams as members, but made up for a phenomenal 140 of the participants!! Over the 2 weeks we embraced this fabulous cause with running as Santas, elves, super heroes and a certain pink tutu made a lot of appearances! So many emotions with this event and a few PB's too, well done Heather Graham and Claire Light! Other special mentions to Dom Truslove and Simon Bacon for choosing to run a marathon distance to incorporate their 10K….. 4 loops past Sophies house! Julie Ashman achieved an incredible 10k walking PB with her new hip and lastly Mark Eaton who chose to run a 10k everyday of the event, in that pink tutu and then finished as a Penguin along with Marcus Lee, Jon (Robin) Warner and Jon (Batman) Leigh. Images that will stay with us all for a very long time J

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We also had quite a few club virtual events going on with the tier 4 Alver Valley XC, Bere Forest XC. Lee 5k Champs, Totton v Stubbington parkrun Challenge and Time Trial. The good thing is all these events (bar the Totton challenge) will continue in January to get your teeth into, plus we have the Stubbie 10k and Blue Jean Challenge so lots of virtuals to get stuck into. So keep trying to improve on the XC courses and well done to everyone who took part in a virtual in December.

The Time Trial took place on a dry December evening with a lot of people having to drop out last minute. That said, we had 14 runners with 6 improvers on the night, they were Penny Worthy, Lisa Donn, Deborah Madeira, Steve Dilley, Steven Matty and Brian Graham. On the night the biggest improver for the ladies was Deborah Madeira with 1 minute 26 seconds which was redemption for last month when she ran a little extra! For the men it was very close race between Brian and Steven with Brian improving 13 seconds more with 1 minute 46 seconds. The randomator winner for taking part was Penny Worthy who enjoyed her tub of Celebrations. Congratulations to the winners and everyone who took part. This months' Time Trial will be done virtually, just share your Garmin or Strava file with me please.

Enjoy this month's virtual opportunities to get out and exercise and feel you are competing, whilst enjoying the fun of the mud or road challenges! Remember to post on Stubbie FB page, tagging the various event owners an

EA 5m Road Relays, it looks like we have finished 42nd out of the English running clubs, an amazing achievement! Hopefully they will confirm this and it means we progress to round 2. ALL rules stay the same we just need to run a little faster!😁 The next round is 12-15th February, so get training hard, it would be great to see how high up we can finish on the leaderboard. To run for England we need to finish 1st which is a tall order but I reckon we could finish top 20 and everyone can enter again. I'm assuming at this stage that only runners from the top 50 clubs can run which means everyone should in theory improve their finishing positions. Thank you to everyone who ran. Put 12-15th February in your diary. Go Green Army!!

Race 2 Bere Forest XC - December 2020 & Jan 2021

Current Leaderboards

Men

Postio	Name	Age Cat	Time	Date
1	**Lewis Banner**	**Sen**	**23.20**	03-Jan
2	**William Feline**	**V40**	**24.58**	03-Jan
3	**Andy Simpson**	**V40**	**25.08**	02-Jan
4	Chris Sandy	Sen	25.14	09-Jan
5	Colin Trigg	V40	26.22	16-Dec
6	Mike White	V60	27.12	19-Dec
7	Steve Dilley	V50	28.33	20-Dec
8	Ray Gunner	V50	28.42	31-Dec
9	Jake Gillie	Sen	28.45	02-Jan
10	Chris Hall	V50	28.58	12-Dec
11	Matt Emery	Sen	30.43	17-Dec
12	Andy Donn	V40	31.04	06-Dec
13	Tom North	V40	31.20	02-Jan
14	Jack Tuckwell	Sen	31.30	17-Dec
15	Phillip Towley	V50	31.54	10-Jan
16	Graham James	V60	32.16	24-Dec
17	Nick Crane	V60	34.10	26-Dec
18	Andy Lee	V60	34.12	24-Dec
19	Brian Graham	V50	36.23	08-Jan
20	Rob Williams	V40	40.04	27-Dec
21	Stuart Bamberger	V40	40.18	09-Jan

Women

Postion	Name	Age Cat	Time	Date
1	**Beccy Lord**	**Sen**	**27.15**	09-Jan
2	**Daisy McClements**	**Sen**	**28.55**	05-Dec
3	**Nikki Roebuck**	**F40**	**29.32**	19-Dec
4	Penny Worthy	Jnr	29.33	26-Dec
5	Maria Milican	F50	32.38	17-Dec
6	Betsy North	Jnr	33.00	02-Jan
7	Laura Grimwood	Sen	33.08	29-Dec
8	Tracy Langdale	F50	33.10	08-Jan
9	Sally McGrath	F50	33.21	08-Jan
10	Lila North	Jnr	33.41	02-Jan
11	Amy Fox	Sen	34.24	27-Dec
12	Kay Jaffrey	F40	36.05	12-Dec
13	Wendy Woos	F40	37.22	20-Dec
14	Frances Lord	F60	37.55	23-Dec
15	Claire Light	F40	37.55	16-Dec
16	Sara McRitchie	F40	40.45	09-Jan
17	Katy Bradley	F40	43.00	21-Dec
18	Simone Shepherd	F40	45.09	04-Jan
19	Claire Peal	F40	45.11	04-Jan
20	Pam Kemp	F50	49.12	13-Dec
21	Melissa Barnham	F40	55.08	26-Dec

Alver Valley XC

Overall Leaderboards

Postion	Name	Age Cat	Time
1	Andy Simpson	V40	25.34
2	Tommy Blake	Sen	26.10
3	Mike White	V60	26.55
4	Matt Evans	V40	30.05
5	Andy Donn	V40	30.29
6	Graham James	V60	33.02
7	Dave Judson	V40	34.49
8	Lee Torrens	V50	36.41
9	Andy White	V50	37.04
10	Keith Carter	V60	38.50

Postion	Name	Age Cat	Time
1	Penny Worthy	J	29.38
2	Laura Grimwood	Sen	31.51
3	Gemma Louise Hillier	Sen	36.46
4	Dawn Haynes-Sewell	F40	39.30
5	Charlotte Spencer	Sen	43.05
6	Sarah Barron	F50	43.13
7	Simone Shepherd	F40	45.18

Totton and Stubbington Green – Virtual 5Km Challenge November 2020

This challenge was as a COVID safe event between Totton and Stubbington Green running clubs, open to runners of all abilities, which took place between 01/11/20 and the 20/12/20. Runners from each club could submit a 5km time along with their average time for a local Parkrun (not including QE Country Park!). The runner's actual 5km time was then subtracted from their average Parkrun time to give a net time. Examples:

Runner A has a best Parkrun time of 25:00 in 2019 and runs 25:40 – this is a net +40sec time for Runner A.

Runner B has a best Parkrun time of 32:00 in 2019 and runs 31:00 – this is a net –1min time for runner B.

At the end of the challenge, the ten best ladies' and men's net times for each club were taken to give a total. The winning club/gender was the one with the lowest total net time.

Results

A total of 66 runners (evenly split between the two clubs) participated in this event. Stubbington's results are below (fastest times shown in red):

SGR 5K Challenge					
Rank	Time	PR avg	Score	Name	Cat
1	33:16	42:11	-08:55	Amelie Tanner	Junior
2	28:48	36:05	-07:17	Caroline Denyer	
4	25:08	32:15	-07:07	Louise Tanner	
3	26:39	33:39	-07:00	Melissa Cosens	
5	28:30	33:26	-04:56	Catrina Groves	
8	30:36	35:23	-04:47	Heather Graham	
6	29:31	33:47	-04:16	Zoe Main	
7	28:05	32:15	-04:10	Janet Shaw	
9	31:04	34:56	-03:52	Melissa Barham	

SGR 5K Challenge					
Rank	Time	PR avg	Score	Name	Cat
1	24:36	30:31	-05:55	Phil May	
2	23:04	28:43	-05:39	Lee Torrens	
3	28:30	33:26	-04:56	Tom Mellor	
4	17:31	22:26	-04:55	Chris Sandy	
5	23:52	27:14	-03:22	Jack Gozee	
6	25:37	28:06	-02:29	Rob Williams	
7	22:46	24:52	-02:06	Andy Lee	
8	15:44	17:20	-01:36	Lewis Banner	
9	24:09	25:05	-00:56	Dominic Sheppard	

10	25:11	28:58	-03:47	Lisa Donn	
11	27:41	31:25	-03:44	Charlotte Spencer	
12	23:50	27:32	-03:42	Claire Light	
13	29:49	33:29	-03:40	Joanna Reed	
14	22:48	26:20	-03:32	Laura Grimwood	
15	32:00	35:23	-03:23	Catherine Camberlain	
16	22:56	26:17	-03:21	Tracy Langdale	
17	30:02	32:30	-02:28	Natalie Flack	
18	21:50	24:10	-02:20	Maria Millican	
19	29:59	32:01	-02:02	Hannah Paine	
20	33:56	35:43	-01:47	Claire Johnson	
21	20:25	21:15	-00:50	Nichola Roebuck	
22	24:09	24:49	-00:40	Katy Bradley	
23	20:09	20:00	00:09	Kelley Haniver	
			-56:07	Best 10 Ladies	

10	25:10	25:56	-00:46	Chris Stapleford	
11	25:30	21:50	03:40	Marcus Lee	
			-32:40	Best 10 Men	

The overall results were:

***1st** Stubbington Ladies (23 participants) - Best 10 efforts total -56m 07s*

***2nd** Totton Ladies (20 participants) - Best 10 efforts total -35m 56s*

***3rd** Stubbington Men (11 participants) - Best 10 efforts total -32m 40s*

***4th** Totton Men (12 participants) - Best 10 efforts total -19m 29s*

Runners with the largest differences between their average Parkrun and 5km times were:

***Totton**: Ladies: Rachel McCulloch - difference = -4m 59s*

Men: Rob Kendall - difference = -3m 20s

***Stubbington**: Ladies: Amelie Tanner (Junior) - difference = -8m 55s*

Men: Phil May - difference = -5m 55s

The fastest 5km times were:

***Totton**: Ladies: Flo Studdert-Kennedy - 21m 29s* *Men: Alex Cooper - 19m 07s*

***Stubbington**: Ladies: Kelley Haniver - 20m 07s* *Men: Lewis Banner - 15m 44s*

Well done to all runners who participated.

Dave Murray and Marcus Lee

(Totton & Stubbington Green Running clubs)