

The Green Runner

February 2020



From the Chair:

Lockdown continues but it is good to see so many people participating in the various virtual events that have been set up. The virtual 10k T shirts have proved very popular and a January without boxes of T shirts isn't really a January! Good to also see that our big bobble hats were also snapped up very quickly so there should be no problems spotting a Stubby on a cold winter's day.

February sees our AGM which will be held by Zoom on Feb 23rd at 8pm. As we have said previously, we need 15% of the membership to attend which is 68 members so please make every effort to attend if you can – we are limited to 100 on the Zoom call so please make sure you that you logon early to ensure attendance. We have definite vacancies for a General Committee member and a Cross Country Rep so please get any nominations into Louise (secretary@stubbyingreenrunners.net) prior to the meeting. Any existing committee member would be happy to explain what the roles entail so please don't be shy in coming forward.

Hopefully we will see some light at the end of this particular tunnel soon so that we can all get back to running safely in groups of more than 2! Meanwhile enjoy your running as best you can within the Government guidelines.

Happy Running

Kevin



Captains Corner:

Captains Corner

So as we write this report, we are on day 318 of Sarah Barron's lockdown posts. I must say I do enjoy looking at this daily messages to see how everyone is keeping active. Sadly no real races to report on but the club has had some virtual races to talk about and a virtual club race success, more on these later.

I have spoken to quite a few members when I've bumped into them on a run and a common theme keeps cropping up which is people seem to have lost their mojo with running due to no races on. I know we are in unprecedented times with lockdown but running should be a great release for everyone in the club. So I would encourage everyone to get out and keep running. If you struggle to get out on your own I would suggest calling a friend and go out with them as they may be in the same boat as you and struggling. Think of the people you would normally run with in a group session, contact one of these people. Put a message on the club's Facebook page, looking for a running buddy. If you'd like some inspiration on routes then please reach out to our wonderful run leaders and equally if you'd like ideas for sessions, then our coaching team will be more than happy to help there.

So although we don't have any real races we have the virtual races which have been a godsend to us, to allow us to focus on races and try to improve our times and distances. This a great way to get motivated, by running a virtual event like the Lee 5k champs, Virtual Stubby 10k, Bere Forest XC, Alver Valley XC or Blue Jean Challenge setting yourself a time and then next time trying to beat that time. Treat it like a real race and do all your prerace preparations the night before and in the morning. Don the green vest and put on your racing flats for the road attempts, please don't attempt this on XC events! Good luck in giving the virtual events a go, share your photos!

Virtual events this month have seen quite a few runners giving them a go. The big success of the month was the 5 mile Road Relay, after panicking that we might not get enough runners out we had 23 runners competing, so thank you very much for everyone who gave the relay a bash. We amazingly qualified for round 2, needing to finish in the top 50 clubs in England we finished 42nd in 4 hours 4 minutes and 29 seconds. There was 2454 individual runners, with the four quickest ladies and men counting for the team. For ladies 700th Hollie Smith 31.01, 952nd Nikki Roebuck 32.39, 1040th Beccy Lord 33.18 and 1077th Kelley Haniver 33.33. The men, 139th Lewis Banner 27.09, 192nd Rob Arkell 27.43, 398th Andy Simpson 29.16 and Colin Trigg 29.50. Full results are posted in this Green Runner. Round 2 for the relay is 10th to 15th February with the same rules applying and will be announced on Stubby Facebook page as well.

A quick glance at our virtual XC events at Bere Forest and Alver Valley for the latest update on the individual standings. At Bere Forest 42 runners have so far enjoyed the mud. Current leading standings see Lewis Banner 1st 23.20, 2nd Will Feline 24.58, 3rd Andy Simpson 25.08 and in age categories first in each category are Lewis (sen), Will V40, Steve Dilley V50 28.33 and Mike White V60 27.12. For ladies 1st Beccy Lord 27.15, 2nd Daisy McClements 28.55, 3rd Nikki Roebuck 29.32 and first in age categories Beccy (sen), Nikki F40, Maria Millican F50 32.38, Frances Lord F60 37.55 and Penny Worth (J) 29.33.

In the Alver Valley XC we have had 25 runners so far gliding around the course. Current leading standings for ladies, 1st Penny Worthy 29.38, 2nd Laura Grimwood 31.55, 3rd Gemma Hillier 36.46 and in age categories first in each are Penny Worthy (Junior), Laura (sen), Kay Jaffrey F40 37.40 and Sarah Barron F50 43.13. For the men 1st Andy Simpson 25.31, 2nd Tommy Blake 26.10, 3rd Mike White 26.55 and in the age categories Andy V40, Lee Torrens V50 36.41, Mike V60 and Tommy Junior.

Blue Jean Challenge of running 1 mile in your blue jeans has seen so far 10 people take up the challenge, running in skinny, regular and loose cut styles and times spanning from 5 minutes 26 seconds to 10 minutes 44 seconds.

All the virtual events will continue next month, so if you've not had a go please give them a try, post a time and then try to beat it next time!

Our AGM is on Tuesday 23rd February as a Zoom meeting which will be different but hoping that everyone can join us online.

Enjoy this month's virtual events and look forward to seeing all the posts on Facebook. Keep running everyone and take care J



South Downs Relay

South Downs 100 mile Relay, on Saturday 5th June. The organisers and your captains are taking an optimistic approach this event will be on this year. We are looking to have a ladies and men's A team with one other men's team depending on entrants.

The race follows route of Bridleways and Footpaths across the South Downs from Eastbourne to Winchester, with 18 legs of approximately 5-7 miles, 6 runners in a team running 3 separate legs in a 10-13 hour period, akin to running flat out 3 separate undulating 10k races in one day!

Highly competitive off road event which requires lots of individual commitment to recce your legs, so you know them inside out as unmarshalled on the day and training hard in the build-up. You do need to be able to recce these legs under your own steam, sometimes people can help with the recces but not always available.

The race organisers do apply time limits and cut offs, we are once again asking for runners who can achieve a sub 43 minute 10k. To get in the Men's A team you need to be able to achieve a 37 minute 10k or faster such is the standard of the field! Deadline for putting your name forward is Sunday 14th March, this deadline maybe extended due to Covid and at the Captains discretion. A decision on teams will be made after the deadline. If you wish to be considered please contact your Captains.

EA 5 Mile Road Relay

Stubbington Green was 42nd overall in a time of 4:04:29.

Qualified for Round 2

Position	Name	Time
139	Lewis Banner	27.09
192	Rob Arkell	27.43
398	Andy Simpson	29.16
478	Colin Trigg	29.50
484	Tim Rolfe	29.52
636	Will Feline	30.38
660	Lee Reynolds	30.47
700	Hollie Smith	31.01
854	Iain Cross	31.59
952	Nikki Roebuck	32.39
1040	Beccy Lord	33.18
1077	Kelley Haniver	33.33
1175	Lucy May	34.08
1285	Maria Millican	34.47
1338	Matt Evans	35.10
1511	Gemma Hillier	36.31
1547	Andy Donn	36.48
1746	Christopher Fletcher	38.48
1927	Lisa Donn	40.57
1992	Rob Williams	41.51
2103	Dawn Haynes-Sewell	43.37
2254	Lucy Foster	46.32
	Tom North	32.53*

* Missed deadline for submission

Lee 5k Champs

Overall Leaderboard

Postion	Name	Age Cat	Time
1	Andy Simpson	V40	17.46
2	Christopher Fletcher	Sen	21.55
3	Tom North	V40	22.50
4	Brian Graham	V50	24.35
5	George Howarth	V60	24.51
6	Rob Williams	V40	25.37
7	Martin Powell	V60	27.03

Postion	Name	Age Cat	Time
1	Hollie Smith	Sen	18.59
2	Penny Worthy	J	21.30
3	Gemma Hillier	Sen	22.36
4	Betsy North	J	22.50
5	Lila North	J	22.50
6	Louise Tanner	F40	25.07
7	Melissa Cosens	F40	27.17
8	Melissa Barham	F40	31.04
9	Emma Pickering	Sen	28.00

* time still to be verified

Bere Forest
XC

Overall
Leaderboards

Postion	Name	Age Cat	Time
1	Lewis Banner	Sen	23.20
2	Will Feline	V40	24.58
3	Andy Simpson	V40	25.08
4	Chris Sandy	Sen	25.14
5	Colin Trigg	V40	26.22
6	Mike White	V60	27.12
7	Steve Dilley	V50	28.33
8	Ray Gunner	V50	28.42
9	Jake Gillie	Sen	28.45
10	Chris Hall	V50	28.58
11	Matt Emery	Sen	30.43
12	Andy Donn	V40	31.04
13	Tom North	V40	31.20
14	Jack Tuckwell	Sen	31.30
15	Phillip Townley	V50	31.54
16	Graham James	V60	32.16
17	Nick Crane	V60	34.10
18	Andy Lee	V60	34.12
19	Brian Graham	V50	36.23
20	Rob Williams	V40	40.04

Postion	Name	Age Cat	Time
1	Beccy Lord	Sen	27.15
2	Daisy McClements	Sen	28.55
3	Nikki Roebuck	F40	29.32
4	Penny Worthy	J	29.33
5	Maria Millican	F50	32.38
6	Betsy North	J	33.00
7	Laura Grimwood	Sen	33.08
8	Tracy Langdale	F50	33.10
9	Sally McGrath	F50	33.21
10	Lila North	J	33.41
11	Amy Fox	Sen	34.24
12	Kay Jaffrey	F40	36.05
13	Wendy Hawxwell	F40	37.22
14	Claire Light	F40	37.55
15	Frances Lord	F60	37.55
16	Sara McRitchie	F40	40.45
17	Katy Bradley	F40	43.00
18	Simone Shepherd	F40	45.09
19	Claire Peal	F40	45.11
20	Pam Kemp	F50	49.12

21	Stuart Bamberger	V40	40.18
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21	Melissa Barham	F40	55.08
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Alver Valley

XC

Overall Leaderboards

Postion	Name	Age Cat	Time
1	Andy Simpson	V40	25.31
2	Tommy Blake	J	26.10
3	Mike White	V60	26.55
4	Tom North	V40	28.34
5	John Blake	V40	29.39
6	Andy Donn	V40	29.46
7	Matt Evans	V40	30.05
8	Graham James	V60	33.02
9	Dave Judson	V40	34.49
10	Nick Crane	V60	34.54
11	Lee Torrens	V50	36.41
12	Andy White	V50	37.04
13	Keith Carter	V60	38.50
14	Mark Shepherd	V40	39.24
15	Stuart Bamberger	V40	39.30

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	Kay Jaffrey	F40	37.40
5	Sara McRitchie	F40	39.23
6	Dawn Haynes-Sewell	F40	39.30
7	Claire Peal	F40	41.31
8	Charlotte Spencer	Sen	43.05
9	Sarah Barron	F50	43.13
10	Simone Shepherd	F40	45.18

Stubbington Green - Time Trial Results 2020-21

Name	Best 2019	October	November	December	January	Months Best	Total Yearly Best 2020
		27	48	14	9	1	21
Lucy May	30.13		28.18	28.45	27.14	-1.14	-3.09
Andy Simpson	22.47		25.00		23.19		
Steven Matty	30.45		30.45	29.12	29.49		-1.33
Phil May	30.08		32.01	31.09	31.15		
Nick Crane	29.07	31.00		29.52	31.30		
George Howarth	32.30	34.16	32.34		33.03		
Sara McRitchie	37.17		34.14		34.52		-3.03
Stuart Bamberger	30.46		34.22		34.54		
Catherine Chamberlain	43.33				43.33		
Amie Morgan	28.42	28.42	27.50				-0.52
Andrew McEwan	26.39	26.39					
Andy Donn	26.54	30.40					
Andy Lee	30.09		29.52				-0.17
Andy Richardson	31.55	32.18		33.13			
Andy Stockwell	27.28	27.28					
Andy White	34.56			35.10			
Becca White	33.21	33.21	33.22				
Betsy North	28.58		28.58				
Brian Graham	34.38		34.38	32.52			-1.46
Catrina Groves	40.42		37.42				-3.00
Chris Sandy	23.13		23.13				
Chris Stapleford	30.32		33.53				
Daniel Foster	24.01	24.01	23.06				-0.55
Dawn Haynes-Sewell	34.11		34.11				
Deborah Madeira	38.16	38.44	37.51	36.25			-1.52
Dominic Shepherd	30.08		35.40				
Graham Donnachie	28.10	28.33	27.16				-0.54
Graham Martin	25.28	27.35					
Greg Rowe	39.31		50.38				
Haether Hudson	31.07		33.32				
Haydn Brown	28.11	29.02					
Heather Graham	39.50		39.50				
Helen Benson	34.15	34.15					
Jack Gooze	31.05		31.05				
Jade Eaton	36.46		36.26				-0.20
Jane Butler	39.27	39.27					
Julia Lawton	38.16		36.22				-1.54
Katy Bradley	27.54	32.08	31.36				
Keith Carter	31.59			32.00			
Lee Torrens	30.57	30.57					

Lila North	28.58		28.58				
Lisa Donn	36.52		36.52*	32.51			-4.01
Louise Nicholson	39.39	39.17	38.34				-1.05
Maria McDonald	33.00		33.00				
Maria Millican	28.40		29.38				
Mark Eaton	26.24	27.20	26.54				
Mark McDonald	27.02		27.02				
Melissa Barham	36.40		46.02				
Nikki Benson	46.51		46.51				
Nikki Roebuck	26.34	26.34					
Penny Worthy	27.58		27.58	27.44			-0.14
Phil Morgan	24.39	24.39	23.17				-1.22
Phillip Townley	27.47		28.58				
Rachel Donnachie	36.46		36.46	37.55			
Richard Edmunds	26.51	26.51					
Rob Williams	32.51		33.39				
Russ Coleman	25.38	25.38					
Sarah Baron	40.30	39.00	40.28				-1.30
Steve Dilley	26.25		26.25	26.18			-0.07
Steve Fulcher	33.55		33.55				
Tiffany Skerratt	37.11		38.41				
Tim Rolfe	24.28	24.28					
Tom Mellor	40.15		38.12				-2.03
Tom North	26.53	26.53					
Vernon Wilde	32.28		31.44				-0.44
Wendy Hawxwell	34.23		35.19	35.57			
Zoe Dennis	35.00	35.00	34.18				-0.42

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

Blue Jean Challenge

Overall Leaderboard

Position	Name	Jean Style	Time
1	Andy Simpson	Regular	5.26
2	Rob Williams	Loose	7.22
3	Kyle McRitchie	Regular	7.45
4	Mark Shepherd	Skinny	7.59
5	Sara McRitchie	Skinny	8.08
6	Heather Graham	Skinny	9.53
7	Katherine Tucker	Skinny	9.59
8	Mark Tucker	Regular	9.59
9	Charlotte Spencer	Skinny	10.06
10	Laura Grimwood	Skinny	10.06
11	Julie Ockwell	Regular	10.44