

The Green Runner

March 2021



From the Chair:

This month's From the Chairman is my report from the AGM so sorry if you have already heard it!

I am pleased to present my report at this, the conclusion of my sixth year as Chairman of Stubbington Green Runners which as you are aware has been a little different to previous years.

Let me start with a thank you to all members of the committee that have supported the club through this last year. We have held 12 committee meetings through the year, 2 more than the minimum number our constitution requires us to hold. All of these except the first in March have been held virtually by Zoom and every one of the meetings has had a minimum of 9 attendees and an overall attendance of 93% thus demonstrating the commitment that the committee members have to their roles. All of the committee are standing for re-election with the exception of Lindsay Pratt so I would like to say thank you to Lindsay for her service over the last two years.

I would like to thank Dawn Haynes-Sewell for her first year of editing the Green Runner and also Stewart Pepper for the Podcast initiative that he kicked off in the first lockdown – Stewart really does have a voice for Radio and some would even say a Face – sorry Stewart only joking!

Although the lack of races has meant a decreased workload I would like to thank Jack Tuckwell and Wendy Hawxwell representing the club on HRRL matters, Grace Thompson on RR10, Sally McGrath on CC6 , and am pleased to say that Wendy Grace and Sally are happy to continue in their roles – let's just hope they have some more work to do!

The lack of races and social interaction has not stopped your committee and others coming up with ideas for virtual events including the Covid 19 relay (thanks to Rob Williams here for putting the celebratory video together) various Cross Countries, 5k challenges , 5 mile challenges , Stubby members 10k, time trials, blue jean 1 mile and others – we shouldn't underestimate the amount of work that goes into pulling these together and producing the results so our grateful thanks goes to everybody involved. We have also put together 20 quiz evenings over the last year which seem to have been enjoyed by the attendees so again thanks are due to everybody who has helped me with contributions to the 1000 questions we have asked! When we were able to put sessions on there was also a lot of work involved in making these sessions Covid secure in line with Government and England Athletics guidelines so our grateful thanks go to all the coaches and leaders involved in this process. A lot of thanks here across all the committee members but I think there has been more work for us in a non running year than there would be in a normal year. Although not a club event I would also like to thank Debbie Adams and Tina Mackay for their organisation of the 10k event to support Sophie Fairall and her fight against her cancer. It was great to see so many stubbies supporting the event and particularly poignant for me as I have known her Grandad for over 40 years as I both worked with him and played football for the same Sunday league team as him – yes I really played football!

A couple of years ago we offered honorary membership to a number of long serving members of Stubbington Green Runners and we would like to do that again this year to two members who originally joined the club 28 years ago (as they say they would have got less for murder). Both originally joining in 1993 we would like to offer honorary membership to Simon Hearnden and Jane Butler – congratulations to both of you. Whilst talking about membership its really encouraging to see that we are still getting new members even in lockdown so our reputation for being an inclusive and competitive club that supports everybody irrespective of their ability continues to grow.

I would just like to say that I have enjoyed the privilege of being your chairman for the last 12 months and look forward to working with the committee over the coming year !

Happy Running

Kevin



Captains Corner:

The month of February has been busy in the virtual world of races and challenges. We have kept ourselves busy and motivated with the combination of X county and road events to choose from. Both the Alver Valley and Bere Forest courses have provided mud and hills and even a dusting of snow! Great to see so many members getting out and running these either for the first time, or further attempts to improve times or just because they enjoyed it so much! We continue to track submitted results to keep the leader boards up to date. Currently 42 people have run submitted a time for Bere Forest and 25 people for Alver Valley.

If X country isn't your thing, then the road options are a plenty too! The Lee 5k champs continued this month and we still have plenty of members giving the planned 5k route their best efforts. It's been a bit busier than normal along the seafront over half term, so we tried early mornings and late evenings. The course still being enjoyed and the challenge continues into March. We then also have our denim mile. A curious experience that has to be tried! Both of your captains have donned their blue skinny jeans and risked the chafing for their best efforts. Restricting and not likely to be their future choice of speed wear, but very good fun and not something we would have tried if it weren't for lockdown challenges (and Rob Williams for the idea!) This challenge also continues into March and the leader board keeps on growing! We have also been seeing excellent virtual 10k results being shared on the club Facebook page with 43 runners giving the Stubby Virtual 10k a go. This event also continues into March, so keep those efforts coming in, remember you can pick your own route for this event.

Time trial this month was a virtual event and could be run at any time, as long as the official measured course was used (start at the green bin!!) We had 8 runners this month and our biggest improvers were Lucy May 35 seconds and Tim Rolfe 58 seconds, we also need to acknowledge the fantastic improvement from Brian Graham of 48 seconds. Well done everyone that ran this month. We are taking a break in March for the Time Trials but you can still practice the course. Hopefully in April we will see the return of the Time Trial being run in a group format, in may have to be staggered starts but at least you can run with a group of other people.

Last but by no means least, this month we had earned ourselves the right to take part in the second stage of the England Athletics virtual 5 mile road relays. We finished the event with a combined time of 4.01.23, which was an improvement on our stage 1 time. Giving us a final placing of 36th out of the 50 teams that scored which saw us improve by 6 places from round 1. We had 22 runners in this round. The rules are that the top 4 fastest men and women create the team that is put forward. Our 8 incredible runners were Rob Arkell 27:22, Iain Cross 27:23, Phil Morgan 28:00, Rob Greenwood 28:21, Andy Simpson 28:21, Beccy Lord 31:14, Hollie Smith 32:01, Nikki Roebuck 32:46 and Kelley Hanniver 33:55. We also got to celebrate Mike White and Maria Millican placing overall 3rd in their age cats. Well done Mike 32:13 and Maria 34:32, very well deserved. Some incredibly tough competition, putting us

up against the top running clubs in the country. So we did really well to make it through to the second stage, let alone improve on our time. Huge congratulations to everyone that ran in either of the stages, you certainly did yourselves, and the club proud.

Towards the end of February we've had the club AGM, a zoom event this year that went smoothly and was a joy to see so many of your friendly faces. Your Captains delivered their usual end of year reports – a chance to celebrate club achievements and individual performances. We are both honoured to be given the opportunity to remain in our posts for this next year.

What a year this is going to be (and not the same as we thought 2020 was going to be!!) We seem to have some light at the end of the tunnel. Boris has delivered his plan to gradually ease restrictions – and we all waited with baited breath to hear....when can we run in groups of 6 again? When can we resume club session, park run? Events and races? Thankfully it really seems we may not have long to wait. Emails are hitting our inboxes with more confidently rearranged events for later in the year. London marathon ballot places are announced, the tentative dates for the start of the RR10 series this year!!! At this point I will stop, for fear of tempting fate!

Have good month of training, running our virtual events, keeping fit and active and most of all, keeping happy and positive.



AGM LADIES CAPTAIN REPORT 2021

What a year 2020 ended up being! Not anything we could have predicted or imagined as we sat in the Crofton Pub this time last year.

The last 12 months have been hard, runners are so sociable, notorious for over sharing and congregating in coffee shops! But.... We are also resilient! We've adjusted, and our wonderful club has kept us all going with numerous virtual events and used the power of Facebook to keep us communicating and supporting each other.

Before I talk about the virtual events, we did have a few real life races happen, in between various lockdowns and tier systems!

The QE Spring event became the delayed Autumn version, and we had Sara McRitchie (6th in age cat) and Allie Hodgson (10th in age cat) both represent the ladies for the marathon distance, then the Half marathon ladies were Daisy McClements (2nd age cat), Tracy Langdale (3rd), Kat Chowns, Rhonda Phillips, Louise Tanner, Laura Kay, Sue Moore, Lindsay Pratt and Tracey Terry. Well done Ladies, I know how much you all enjoyed the chance to run a proper event and in that beautiful setting.

The New Forest marathon was completely changed to a different location and reports back of tougher conditions and "that long grass"! We had just one of our ladies take on the marathon this year, the virtual event, well done to Emma Baker 5:11:55 . We also had great achievements on the half from Mel Barham, Helen Benson and Gayle Osborne. Great efforts all round ladies.

We also had the Clarendon event happen in October – marathon Steve Dilley 4:09:02, Oli Caudwell 4:52:14, Wendy Hawxwell and Steve Cumes 5:35, Rhona Phillips 5:47:26, Cath Dilley 5:57:52, Sarah Barron 6:09:55. Then the half we had Nick Crane 1:58:29, Nicola Willoughby 2:00:00, Gaynor Heffer 2:16 and Paul Hammond 2:18, Nigel Whitcher 2:25. Not for the faint hearted that event, so really well done everyone.

Track events were few and far between, for our ladies we had Southampton Open meeting and Penny ran a fantastic 1500m in 6:19:45, which is an age grade of 99.43%!

Penny was also star of the show at the Ardley 5k Winter series, winning her age category with a nice tidy 23 minutes! Well done Penny 😊

We had just one Stubby enter the Run Reading Multi-terrain riverside half marathon, and 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!!)

Goodwood's motor circuit was the venue for some outstanding Green Army results! Not the most obvious place for PB's given the exposed course, but this didn't deter Debbie Adams (1:09:51) from achieving her 10k pb – congratulations! Excellent running too from Jane Bodman and the 5k event Nikkie Plomer

We did have 6 of the 8 CC6 races this league, our ladies came out 8th overall. Stubby ladies that got their “best of 4” in were Gill Rose (2nd V50), Katy Badley 19th, Lara Evans 24th and Mel Barham 66th.

Our HRRL league sadly didn't get to finish. So 2019/20 results haven't changed since the Ryde 10 which was the 7th race out of the usual 12. Ladies A Team sitting 6th overall, B Team 7th. Our top scoring ladies at that point in the league were Hollie Smith 19th, Amie Morgan 38th, Katie Leatherland 44th, Katy Bradley 48th. Well done to all our ladies that took part and hoping we can get a full fixture list for 21/22

Now I move onto the virtual events:

Our absolute saviour in the first lockdown – the infamous Covid-19 Relay! Cast your mind back to Monday 20th April and sunshine! We had 180 runners sign up to take part which took us up to the 18th July for the grande finale of super heroes, a nun and a beer bottle running along Lee seafront!

Divided into birth date Teams of Odd (Captain Donn) and Even (Captain Simmo), the challenge was to run as far as you could in 19 minutes! We learnt a lot about each of you from your baton choices! Lucy May kicked off day 1 for Team odd with her dubious soap on a rope baton, along with Dawn Haynes-Sewell running for Team even as an international runner being Welsh! And so the fun, rivalry, sweat, definitely tears and a bit of running torments flooded our Facebook pages. Weekly graphs showed Team Even nudging ahead and with some strategically played jokers just to spice things up – we had a “Lewis off”.

The Mackays provided added entertainment with the 2 headed baton featuring Captain Simmo and yours truly – both ends adopting a peculiar Newcastle accent along the way! The final winners – Team Even – got custody of the mascot – a very proud moment for Andy and I am glad to see that despite losing some of my stuffing, I am taken out now and again on other events! We concluded with Team Odd clocking up 222.17 miles vs Team Even's 238.30 miles.

BMAF 5k Masters back in June, This virtual race had over 3200 entrants so awesome running by our Green Army to achieve results to be proud of! Our first lady was Kelley Haniver in 19.28. 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. Really well done ladies and I have to also congratulate the following ladies who all put out a fantastic 5k time but due to the placing of teams I haven't yet mentioned: Louise Tanner, Cat Groves, Jo Reed, Sally Watford, Katherine Tucker, Gilly Shutler, Mel Barham, Jane Bodman. I know we all enjoyed the challenge and pre-run nerves of a timed 5k in the place of park runs!

Then in July we had the EA Virtual 5km Road Championships with 18 Stubbies taking part. Congratulations to Penny Forse on becoming the Virtual 5km Road Champion F70 runner with an amazing time of 22.40 minutes. Ladies A Team was 54th in 1:05:44 Kelley Haniver, Maria

Millican and Penny Forse. Ladies B team was 100th , Dawn Haynes-Sewell, Katy Bradley and Mel Barham. Fantastic results ladies and putting us up against the best teams in the Country.

Sticking with the virtual 5k distance brings me onto the inter club challenge that we took on with Totton. Thank you Marcus for organising this event, it really was fun to pitch ourselves against another local club – and I know you have thoroughly enjoyed the bragging rights... as we did completely smash it!! Just to remind you that this event was scored as the 5k time you ran then subtracted from your average Parkrun time to give a net time. 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 winner was the one with the lowest total net time. Conveniently, both clubs had 33 runners take part. The overall results were:

1st Stubbington Ladies -56m 07s

2nd Totton Ladies -35m 56s

3rd Stubbington Men -32m 40s

4th Totton Men -19m 29s

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

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

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

Our fastest 5km times were:

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

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 honoured Sophie's personal request of outfits and Santa's, elves, super heroes and a certain pink tutu made a lot of appearances! I hope we all managed to follow the event on Facebook as just so many special memories were made, 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, Julie Ashman achieved an incredible 10k walking PB with her new hip and lastly Mark Eaton who chose to run a 10k every day of the event, in that pink tutu and then finished as a Penguin along with Marcus Lee, Jon (Robin) Warner and Jon (Batman) Leigh. The event raised an incredible £9,304.61!!! and the news came out just recently that this will be taking the whole family on the trip of a lifetime to Australia, when Sophie is well enough.

London Marathon 2020 – the 40th year anniversary, also a casualty of Covid, so it went virtual for the first time ever! Us Stubby's couldn't get enough of virtual events by then, and who could resist the charm of London! The beauty of this virtual was that we all had to achieve the 26.2 miles on the same day (official elites race day) and we got to wear a race number!! We

had 39 of us on the day, between us we celebrated first marathons, PB's, double bubble events with Clarendon marathon and stressed more about getting the official App to work than the run I think ☺ It was great to be part of such a huge event in the running calendar though and the original t-shirt and medal didn't disappoint. I think I've nearly forgotten how bad the weather was too! Definitely bringing the running community together as we all supported each other out and about when you spotted the London number on a downed rat! We couldn't stop smiling though!

What is it with runners and getting drenched and muddy!! XC.... That's what! We are still enjoying our courses in the Alver Valley and Bere Forest, but the Whiteley event has come to an end. Ladies – we do love to get our pretty kit nice and mucky don't we! I think that was the benchmark for how much we enjoyed it! We had 45 hardcore ladies take part – our top 3 scorers were Beccy Lord 34:24, Daisy McClements 35:06 and Nikki Roebuck 36:17. We had some emerging junior stars – Penny Worthy 37:23, Betsy and Lila North both 42:04.

Top 3 seniors – Beccy, Daisy and Jodie Francis. Top 3 V40's – Nikki, Katy Bradley and Becca White. Top 3 V50's – Maria Millican, Tracy Langdale, Sally McGrath and top V60's - Francis Lord and Jules Dinwoodie and last but not least V70 – Penny Forse,

Huge well done ladies to all of you – the self-navigating was as challenging as the mud and hills!

Before we move away from the world of virtual events, we have to give a huge congratulations to our superstar Penny Forse GBR Gold Medalist's in the Open European Masters – yes gold...for the W70 category for 1500m in 6:27:00 minutes, well done Penny.

And lastly, another achievement to celebrate is the unstoppable force that is Angela Price. This incredible lady was given the very thoughtful 70th birthday gift of a charm bracelet with an unusual charm of 26.2 on it!! Cleverly disguised virtual marathon entry, by Tina Mackay! Once the shock had sunk in, the training began! This month, Angela successfully completed the 26.2 miles with a run/walk strategy in a hugely respectable time of 7:19:56. Just incredible Angela and I am excited/slightly nervous to see what you get up to next!

So that's my review of 2020! It's been a real honour to be your ladies captain, especially in such a challenging year, where your support, sense of humour and positivity has been inspiring. Here's to a better 2021!



Stubbington Green - Time Trial Results 2020-21

Name	Runnin g/ Marshal	Best 2019	Octob er	Novemb er	Decemb er	Januar y	Februar y	Month s Best	Total Year ly Best 2020
	6.45								
			27	48	14	9	8	3	22
Tim Rolfe		24.28	24.28				23.30	-0.58	-0.58
Brian Graham		34.38		34.38	32.52		32.04	-0.48	-2.34
Lucy May		30.13		28.18	28.45	27.14	26.39	-0.35	-3.44
Andy Simpson		22.47		25.00		23.19	24.34		
Nick Crane		29.07	31.00		29.52	31.30	32.14		
Phil May		30.08		32.01	31.09	31.15	30.52		
Sara McRitchie		37.17		34.14		34.52	34.48		-3.03
Stuart Bamberger		30.46		34.22		34.54	33.06		
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					
Catherine Chamberlain		43.33				43.33			
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					
George Howarth		32.30	34.16	32.34		33.03			
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 Worthly		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				
Steven Matty		30.45		30.45	29.12	29.49		-1.33
Tiffany Skerratt		37.11		38.41				
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

Race 2 Bere Forest XC - From December 2020

Current Leaderboards

Men				Women					
Postion	Name	Age Cat	Time	Date	Postion	Name	Age Cat	Time	Date
1	Lewis Banner	Sen	23.20	03-Jan	1	Beccy Lord	Sen	27.15	09-Jan
2	William Feline	V40	24.58	03-Jan	2	Daisy McClements	Sen	28.55	05-Dec
3	Andy Simpson	V40	25.08	02-Jan	3	Nikki Roebuck	F40	29.32	19-Dec
4	Chris Sandy	Sen	25.14	09-Jan	4	Penny Worthy	Jnr	29.33	26-Dec
5	Colin Trigg	V40	26.22	16-Dec	5	Maria Milican	F50	32.38	17-Dec
6	Mike White	V60	27.12	19-Dec	6	Betsy North	Jnr	33.00	02-Jan
7	Steve Dille	V50	28.33	20-Dec	7	Laura Grimwood	Sen	33.08	29-Dec
8	Ray Gunner	V50	28.42	31-Dec	8	Tracy Langdale	F50	33.10	08-Jan
9	Jake Gillie	Sen	28.45	02-Jan	9	Sally McGrath	F50	33.21	08-Jan
10	Chris Hall	V50	28.58	12-Dec	10	Lila North	Jnr	33.41	02-Jan
11	Matt Emery	Sen	30.43	17-Dec	11	Amy Fox	Sen	34.24	27-Dec
12	Andy Donn	V40	31.04	06-Dec	12	Kay Jaffrey	F40	36.05	12-Dec
13	Tom North	V40	31.20	02-Jan	13	Wendy Woos	F40	37.22	20-Dec
14	Jack Tuckwell	Sen	31.30	17-Dec	14	Frances Lord	F60	37.55	23-Dec
15	Phillip Towley	V50	31.54	10-Jan	15	Claire Light	F40	37.55	16-Dec
16	Graham James	V60	32.16	24-Dec	16	Sara McRitchie	F40	38.42	13-Feb
17	Nick Crane	V60	34.10	26-Dec	17	Zoe Dennis	F40	40.56	27-Feb
18	Andy Lee	V60	34.12	24-Dec	18	Katy Bradley	F40	43.00	21-Dec
19	Brian Graham	V50	36.23	08-Jan	19	Simone Shepherd	F40	45.09	04-Jan
20	Rob Williams	V40	40.04	27-Dec	20	Claire Peal	F40	45.11	04-Jan
21	Stuart Bamberger	V40	40.18	09-Jan	21	Pam Kemp	F50	49.12	13-Dec
					22	Melissa Barnham	F40	55.08	26-Dec