

The Green Runner

May 2021

From the Chair:

I would firstly like to congratulate the SGR members who took part in the Goggins challenge of running 4 miles every 4 hours for 48 hours – you all did yourselves and the club proud and resulted in a significant donation to the Thames Valley Air Ambulance that as we know played an important role in helping one of our members last year. Well done Nigel Whitcher (who proposed the event initially), Darren Tanner, Jenna Lloyd, Jon Leigh, Jon Warner, Lewis Chalk, Mike White, Sara McRitchie and Tracy Langdale.

Events are beginning to start up again, albeit in slightly different formats than we are used to but at least they are re-starting.

As you may have seen we are also hopefully running our own version of the South Downs Relay at the end of July so please let Andy Simpson know if you would like to take part – its open to all abilities so don't be shy. There is also the Hart 4 event which has been a very popular event for the club over the years – again all abilities are welcome and Marcus Lee is the contact for this one.

Finally I would like to thank everybody who has renewed their membership for the coming year and welcome all our new members who have joined in the last few months – its so good to see the club growing in the way it is.

Happy Running

Kevin



Captains Corner:

April has been a very special month with the easing of restrictions and the gradual return of club training sessions and some real-life events. It's been exciting to look at our Facebook page and see the obligatory "night before kit ready photo" and then post event photos of happy proud Stubby's with medals!! Our Coaches and Leaders have been delighted to be back leading and taking sessions again, often teaming up to cater for bigger groups of us – things are starting to feel a little more normal again!

The Time Trial saw a return –still using the Covid secure route and starting at the infamous "green bin!" Great attendance this month with 33 runners (16 of which were first timers) and it was clear to see the effort being put in by every single runner. We had so many improvements, but there can only be 2 winners! Huge congratulations to Jules Dinwoodie who has been running so strong this year and demonstrated this by shaving off 1 minute 53 seconds from her time. For the men, the prize went to Tommy Blake, an improvement of 1 minute 42 seconds and ran the course the fastest that night 22 minutes 22 seconds! The randomator winner this month was Tracey Terry who earned a bottle of wine for taking part! Well done everyone and we hope to see lots of you for the next time trial on Thursday 13th May – the Facebook post is already up to put your name down ☺

In other events a bit further afield – we had a strong Green Army turnout for the Ardingly 5k races on the Easter weekend. There were the Elite races for which we congratulate Rob Arkell for his 7th M35 position and a PB of 16:02, and Hollie Smith for her 4th F35 and also a PB of 18:49. Then congratulations go to Iain Cross with 5th M35 with 16:37, Nikki Roebuck 1st F40 and winner of her race with a PB of 19:26 and Penny Forse 1st F70 and another PB of 23:57....wow what a day you all had! Really well done all – the conditions were so challenging too (ice cold and windy and even snow!)

Another big day out for us was at the Goodwood motor circuit. The conditions were again challenging with a strong cold wind that would have made that exposed track hard work! This didn't deter our Green Army though! Far from it in fact! Rob Arkell achieved a new 5k PB beating his Ardingly time with a phenomenal 15:57 (not surprisingly 1st in age cat) Well done Rob ☺ . Also smashing the 5k was Richard Edmunds with 20:29 (4th V50). Running the 10k we had incredible results from Josh Cullen 38:05 and Nigel Feast 53:52 (3rd V65), We then also had the half marathon distance being smashed by Kimberley Achurch, Richard Jacks, Jake Wade, Dan Foster, Tim Rolfe, Alistair Wakefield, Rachel David, Tina Mackay (also a PB! Well done!) and Miles Pritchard. Last, but absolutely not least... the marathon distance was completely smashed by Amie Morgan – an incredible 03:26:37! Giving Amie a marathon PB and her GFA time for London, with a consistent pace that was so controlled, despite the balmy winds! A run to be proud of Amie.

The other event that saw a lot of Stubby's venturing out for was the challenging trail event, The Dorset Ooser. The photos shared made us all envious, stunning views from the top of those hills! Really well done to Helen and Greig Benson for the half marathon and Steve Cumes, Wendy Hawxwell, Nicola Willoughby, Karen Salmon (and Bella the dog) and Rob Anderson (this was Rob's first marathon, what a course to choose!!) for the marathon distances.

We have become very accustomed to our virtual races over the last year and they definitely will play a part in our future too, so many benefits to this format! We would like to say a huge well done to Gilly Shutler for completing the virtual Royal Parks half marathon this month, she ran the entire 13.1 miles and finished with a support crew that were very proud of her ☺ well done Gilly. Another big shout out to John Blake for a well-deserved PB of sub 3hrs 30 mins for his virtual Newport marathon this month. Not an easy achievement on your own and without the road closures and supporters etc.

In club's virtual races we saw the closing of the Blue Jean Challenge, Lee 5k Champs, Stubbie 10k and Bere Forest XC with full results in this issue. Thank you to Sarah Barron and Sara McRitchie for putting on the Stubbie 10k and to Lisa Donn and Louise Tanner for helping with the results in the Blue Jean and Lee 5k. In Blue Jean Challenge of run 1 mile in your blue jeans we had 7 different cuts of jeans! The fastest female was Becca White in her dungarees clocking 7 minutes 29 seconds and fastest male in his regular cut was Andy Simpson in 5 minutes 26 seconds. Well done to everyone who gave this challenge ago which was just a bit of fun.

The Lee 5k Champs saw 21 runners giving this a blast with the top 3 lady finishers being 1st Hollie Smith 18.59, 2nd Maria Millican and 3rd junior runner Penny Worthy 21.30. For the men 1st Andy Simpson 17.46, 2nd Christopher Fletcher 21.55 and 3rd Tom North 22.50. Congratulations to everyone who took part in this 5k road event.

Virtual XC series has 4 races in the series we are now halfway through the series. The results from Bere Forest saw 1st Beccy Lord 27.15, 2nd Daisy McClements 28.55 and 3rd Nikki Roebuck. For the men, 1st Lewis Banner 23.20, 2nd Will Feline 24.04 and 3rd Andy Simpson 24.47. In the current overall classifications after 2 races we see top 3 ladies as Beccy, Daisy and Nikki. In ladies age categories senior Beccy, F40 Nikki, F50 Maria Millican, F60 Frances Lord. For the men in the overall classifications sees 1st Will, 2nd Lewis and 3rd Andy. For the age categories sees senior Lewis, V40 Will, V50 Steve Dille and V60 Mike White. Well done everyone who did Bere Forest and thank you Mike for doing the results. Alver Valley XC closes on Sunday 9th May and Manor Farm XC finishes on Sunday 30th May, good luck with the remaining two events.

We then finished the month of April (and started the month of May) with a very special fund raising challenge! Not for the faint hearted, but that didn't deter the incredible Goggins crew this year! A huge Green Army cheer for Nigel Whitcher, Jon Leigh, Mike White, Darren Tanner, Jon Warner, Sara McRitchie, Jenna Lloyd, Tracy Langdale, and joining the event from Thailand Lewis Chalk (slightly prettier route!) If you have somehow managed to miss this, Goggins is the challenge to run 4 miles, every 4 hours, for a total of 48 hours! All our hardy runners had great support from their SGR family and it was a proud weekend to see how we all pulled together to make this happen for these 9 hard core runners. Funds were being raised via Jon Leigh for the very worthy Air Ambulance, a cause close to our hearts.

Have a great month of May everyone, whether you are racing, training, running for you or at a club session.... Enjoy and let's keep looking forward to more events to write about next month!



Blue Jean Challenge

Final Positions

Position	Name	Jean Style	Time
1	Andy Simpson	Regular	5.26
2	Mike White	Regular	6.07
3	Andy Donn	Skinny	6.39
4	Rob Williams	Loose	7.22
5	Becca White	Dungrae	7.29
6=	Kyle McRitchie	Regular	7.45
6=	Lisa Donn	Skinny	7.45
7	Mark Shepherd	Skinny	7.59
8	Sara McRitchie	Skinny	8.08
9	Louise Tanner	Skinny	8.42
10	Libby Wakefield	Straight	9.06
11	Heather Graham	Skinny	9.53
12	Katherine Tucker	Regular	9.59
13	Mark Tucker	Skinny	9.59
14	Charlotte Spencer	Skinny	10.06
15	Laura Grimwood	Skinny	10.06
16	Vicky Jane	Hipsters	10.37
17	Julie Ockwell	Regular	10.44
18	Gilly Shutler	Slim	11.43

Stubbie
10K

Position	Name	Time
1	Rob Arkell	34.46
2	Andy Simpson	36.29
3	Josh Cullen	38.14
4	Matt Emery	40.45
5	Russell Wiseman	41.26
6	Simon Bacon	45.06
7	Simon Hearnden	47.03
8	Nick Crane	47.20
9	Matt Smith	47.56
10	Steven Matty	48.18
11	Phillip Townley	49.15
12	Mike Smith	50.24
13	Phil May	50.33
14	David Abrams	52.53
15	Rob Williams	52.57
16	Brian Graham	53.09
17	Dominic Shepherd	53.10
18	Chris stapleford	53.14
19	Steve Fulcher	53.37
20	George Howarth	54.13
21	Andy White	54.19
22	Martin Powell	54.58
23	Carl Schafer	1.22.57
24	James Norman	1.28.20
25	Mark Jenkins	1.44.15

Position	Name	Time
1	Amie Morgan	41.47
2	Penny Jaffrey	48.00
3	Laura Grimwood	49.58
4	Marie McDonald	52.06
5	Sara McRitchie	53.40
6	Kay Jaffrey	56.11
7	Lana Matty	56.25
8	Dawn Haynes-Sewell	57.24
9	Lucy Anne Foster	58.43
10	Zoe dennis	59.22
11	Simone Shepherd	1.00.33
12	Claire Peel	1.00.36
13	Charlotte Spencer	1.02.28
14	Caroline denyer	1.03.30
15	Zoe Main	1.04.56
16	Tiffany Skerratt	1.06.46
17	Lauren Nicola	1.07.11
18	Claire Hanrahan	1.08.39
19	Joanna Reed	1.08.59
20	Cheryl Claxton	1.09.24
21	Natalie Flack	1.09.26
22	Debbie Adams	1.09.39
23	Claire Johnson	1.10.17
24	Gilly Shutler	1.17.00
25	Angela Price	1.17.00
26	Louisa Knight	1.18.05
27	Sarah Barron	1.27.31
28	Geraldine May	1.33.39

Lee 5k Champs

Final Positions

Postion	Name	Age Cat	Time
1	Andy Simpson	V40	17.46
2	Matt Emery	Sen	19.16
3	Mike White	V60	19.50
4	Graham Donnachie	V40	20.33
5	Christopher Fletcher	Sen	21.55
6	Tom North	V40	22.50
7	Andy Lee	V60	23.06
8	Mike Smith	V60	23.35
9	Brian Graham	V50	24.35
10	George Howarth	V60	24.51
11	Phil May	V60	25.00
12	Rob Williams	V40	25.37
13	Martin Powell	V60	25.34
14	Carl Schafer	V50	33.53

Postion	Name	Age Cat	Time
1	Hollie Smith	Sen	18.59
2	Penny Worthy	J	21.30
3	Maria Millican	F50	21.05
4	Gemma Hillier	Sen	22.36
5	Tracy Langdale	F50	22.45
6	Betsy North	J	22.50
7	Lila North	J	22.50
8	Sally McGrath	F50	23.00
9	Louise Tanner	F40	25.07
10	Melissa Cosens	F40	27.17
11	Emma Pickering	Sen	28.00
12	Joanne Reed	F50	29.07
13	Melissa Barham	F40	31.04
14	Heather Graham	F50	32.02
15	Catherine Chamberlain	F40	33.44

Virtual Cross-Country Series

Overall Leaderboards

Overall Postion	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Will Feline	V40	1	2			3
2	Lewis Banner	Sen	3	1			4
3	Andy Simpson	V40	2	3			5
4	Colin Trigg	V40	4	6			10
5	Chris Sandy	Sen	6	5			11
6	Mike White	V60	5	7			12
7	Steve Dilley	V50	9	9			18
8=	Matt Emery	Sen	12	8			20
8=	Chris Hall	V50	8	12			20
10	Jack Tuckwell	Sen	13	13			26
11=	Andy Donn	V40	18	14			32
11=	Tom North	V40	17	15			32
13	Graham James	V60	19	17			36
14	Nick Crane	V60	22	18			40
15	Phillip Townley	V50	25	16			41
16	Andy Lee	V60	24	19			43
17	Rob Williams	V40	32	21			53
18	Stuart Bamberger	V40	35	22			57
19	Tom McClements	Sen		4			4
20	Iain Cross	Sen	7				7
21=	Steve Cumes	V40	10				10
21=	Ray Gunner	V50		10			10
23=	Tom Hastings	Sen	11				11
23=	Jake Gillie	Sen		11			11
25	Mark McDonald	V40	14				14
26	Richard Jacks	V40	15				15
27	Russell Coleman	V40	16				16
28=	Andy Miles	V50	20				20
28=	Brian Graham	V50		20			20
30	Mike Bell	V60	21				21
31	Greig Benson	V40	23				23
32	Peter Kay	V60	26				26
33	Kevin Finch	V40	27				27
34	Jon Leigh	V50	28				28
35	Jack Gooze	V50	29				29
36	George Howarth	V60	30				30
37	Dean Skeratt	V40	31				31
38	Vernon Wilde	V50	33				33

39	Matt Evans	V40	34				34
40	Andy White	V50	36				36
41	Kyle McRitchie	Sen	37				37
42	Miles Pritchard	V40	38				38
43	Russell Mead	V50	39				39
44	Andy Richardson	V50	40				40
45	Robin Peal	V50	41				41
46	Martin Read	V60	42				42
47	Cliff Shaw	V50	43				43

Overall Postion	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Beccy Lord	Sen	1	1			2
2	Daisy McClements	Sen	2	2			4
3	Nikki Roebuck	F40	3	3			6
4	Penny Worthy	J	4	4			8
5	Maria Millican	F50	5	5			10
6	Betsy North	J	8	6			14
7	Tracy Langdale	F50	6	8			14
8	Sally McGrath	F50	7	9			16
8	Lila North	J	8	10			18
10	Kay Jaffrey	F40	12	12			24
11	Katy Bradley	F40	10	19			29
12	Claire Light	F40	16	14			30
13	Wendy Hawxwell	F40	18	13			31
14	Sara McRitchie	F40	17	17			34
15	Frances Lord	F60	21	14			35
16	Alison Lawrence	F40	24	16			40
17	Zoe Dennis	F40	23	18			41
18	Claire Peal	F40	26	21			47
19	Lisa Donn	F40	25	22			47
20	Julia Lawton	F50	31	22			53
21	Pam Kemp	F50	28	25			53
22	Natalie Flack	Sen	41	26			67
23	Melissa Barham	F40	40	28			68
24	Claire Johnson	F40	42	27			69
25	Laura Grimwood	Sen		7			7
26	Becca White	F40	11				11
26=	Amy Fox	Sen		11			11
28	Penny Forse	F70	13				13
29	Marie McDonald	F40	14				14
30	Jodie Francis	Sen	15				15
31	Louise Tanner	F40	19				19

32=	Catherine Yarrow	F40	20				20
32=	Simone Shepherd	F40		20			20
34	Liz Miles	F40	22				22
35	Catrina Groves	F40		24			24
36	Helen Benson	F40	27				27
37	Lindsay Drysdale-Pratt	F50	29				29
38	Jules Dinwoodie	F60	30				30
39	Caroline Denyer	Sen	32				32
40	Louise Nicholson	Sen	33				33
41	Tiffany Skerratt	F40	34				34
42	Sarah Barron	F50	35				35
43	Debby Madeira	F40	36				36
44	Rachel Donnachie	F40	37				37
45	Janet Shaw	F50	38				38
46	Rachel Gooze	F50	39				39
47	Debbie Adams	F50	43				43
48	Jane Bodman	F50	44				44
49	Louisa Knight	F40	45				45

Mens Age Category Tables

Senior Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Lewis Banner	Sen	3	1			4
2	Chris Sandy	Sen	6	5			11
3	Matt Emery	Sen	12	8			20
4	Jack Tuckwell	Sen	13	13			26
5	Tom McClements	Sen		4			4
6	Iain Cross	Sen	7				7
7=	Jake Gillie	Sen		11			11
7=	Tom Hastings	Sen	11				11
9	Kyle McRitchie	Sen	38				38

V40 Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Will Feline	V40	1	2			3
2	Andy Simpson	V40	2	3			5
3	Colin Trigg	V40	4	6			10
4	Steve Cumes	V40	10	6			16
5	Andy Donn	V40	18	14			32
6	Tom North	V40	17	15			32
7	Rob Williams	V40	33	21			54
8	Stuart Bamberger	V40	36	22			58
9	Mark McDonald	V40	14				14
10	Richard Jacks	V40	15				15
11	Russell Coleman	V40	16				16
12	Greig Benson	V40	24				24
13	Kevin Finch	V40	28				28
14	Dean Skeratt	V40	32				32
15	Matt Evans	V40	35				35

V50 Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Steve Dilley	V50	9	9			18
2	Chris Hall	V50	8	12			20
3	Phillip Townley	V50	26	16			42
4	Ray Gunner	V50		10			10
5	Brian Graham	V50		20			20
6	Andy Miles	V50	21				21
7	Jon Leigh	V50	29				29
8	Jack Gooze	V50	30				30
9	Vernon Wilde	V50	34				34
10	Andy White	V50	37				37
11	Russell Mead	V50	40				40
12	Andy Richardson	V50	41				41
13	Robin Peal	V50	42				42
14	Cliff Shaw	V50	44				44

V60 Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Mike White	V60	5	7			12
2	Graham James	V60	20	17			37
3	Nick Crane	V60	23	18			41
4	Andy Lee	V60	25	19			44
5	Mike Bell	V60	22				22
6	Peter Kay	V60	27				27
7	George Howarth	V60	31				31
8	Martin Read	V60	43				43

Womens Age Category Tables

Senior Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Beccy Lord	Sen	1	1			2
2	Daisy McClements	Sen	2	2			4
3	Natalie Flack	Sen	41	26			67
4	Laura Grimwood	Sen		7			7
5	Amy Fox	Sen		11			11
6	Jodie Francis	Sen	15				15
7	Caroline Denyer	Sen	32				32
8	Louise Nicholson	Sen	33				33

V40 Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Nikki Roebuck	F40	3	3			6
2	Kay Jaffrey	F40	12	12			24
3	Katy Bradley	F40	10	19			29
4	Claire Light	F40	16	14			30
5	Wendy Hawxwell	F40	18	13			31

6	Sara McRitchie	F40	17	17			34
7	Alison Lawrence	F40	24	16			40
8	Zoe Dennis	F40	23	18			41
9=	Claire Peal	F40	26	21			47
9=	Lisa Donn	F40	25	22			47
11	Melissa Barham	F40	40	28			68
12	Claire Johnson	F40	42	27			69
13	Becca White	F40	11				11
14	Marie McDonald	F40	14				14
15	Louise Tanner	F40	19				19
16=	Catherine Yarrow	F40	20				20
16=	Simone Shepherd	F40	20				20
18	Liz Miles	F40	22				22
19	Catrina Groves	F40	24				24
20	Helen Benson	F40	27				27
21	Tiffany Skerratt	F40	34				34
22	Debby Madeira	F40	36				36
23	Rachel Donnachie	F40	37				37
24	Louisa Knight	F40	45				45

V50
Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Maria Millican	F50	5	5			10
2	Tracy Langdale	F50	6	8			14
3	Sally McGrath	F50	7	9			16
4=	Julia Lawton	F50	31	22			53
4=	Pam Kemp	F50	28	25			53
6	Lindsay Drysdale-Pratt	F50	29				29
7	Sarah Barron	F50	35				35
8	Janet Shaw	F50	38				38
9	Rachel Gooze	F50	39				39
10	Debbie Adams	F50	43				43
11	Jane Bodman	F50	44				44

V60
Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Frances Lord	F60	21	14			35
2	Jules Dinwoodie	F60	30				30

V70
Table

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Penny Forse	F70	13				13

Girls Juniors

Overall Age Cat Pos.	Name	Age Cat	Whiteley	Bere Forest	Alver Valley	Manor Farm	Total Points
1	Penny Worthy	J	4	4			8
2	Betsy North	J	8	6			14
2	Lila North	J	8	10			18

Southampton fast twitch duathlon:

Overall	No.	Name	Chip Time	Gender	Cat	Cat/Pos
53	92	Anna Wilby-lopez	01:25:07	f	40-44	4
92	119	Paul Stubbington	01:37:12	m	45-49	12
105	170	Matt Whitcher	01:41:00	m	50-54	8
123	76	lisa donn	01:45:30	f	45-49	3
139	111	Dawn Haynes-sewell	01:51:43	f	50-54	5
142	104	Tracey Terry	01:54:35	f	50-54	6

Goodwood Running Grand Prix:

5k:

Fav	Race No	Name	Gun Time	Chip Time	Category	Cat Pos
★	505	ROB ARKELL	00:16:00	00:15:57	V35	1
★	673	RICHARD EDMUNDS	00:21:07	00:20:29	V50	4

10k:

Fav	Race No	Name	Gun Time	Chip Time	Category	Cat Pos
★	349	JOSH CULLEN	00:39:00	00:38:05	Senior Men	29
★	145	NIGEL FEAST	00:58:31	00:53:52	V65	3

Half:

Fav	Race No	Name	Gun Time	Chip Time	Category	Cat Pos
★	806	TIM ROLFE	01:22:41	01:21:31	Senior Men	23
★	873	ALISTAIR WAKEFIELD	01:30:19	01:27:36	V40	13
★	1155	RACHAEL DAVID	01:48:57	01:42:45	Senior Women	17
★	1226	JAKE WADE	02:00:50	01:52:26	Senior Men	51
★	1159	KIMBERLEY ACHURCH	02:08:11	02:00:32	V35	7
★	1198	RICHARD JACKS	02:08:11	02:00:32	V40	39

Marathon:

Fav	Race No	Name	Gun Time	Chip Time	Category	Cat Pos
★	1403	AMIE MORGAN	03:29:46	03:26:37	Senior Women	4