

The Green Runner

July 2021

From the Chair:

Hopefully this will be the last time I have to say that lockdown restrictions should be lifted shortly so we can get back to some form of normal. For the moment the current booking system for sessions and group runs will continue but as things change we will keep you all informed of any changes to this. More and more events are taking place albeit within a different set of rules than we are used to at these events but at least they are happening. It was great to see such a large turnout for the Purbrook Ladies 5 with our members being the largest group – even more than the unaffiliated runners! A large group of Stubbies are hitting the roads to take part in the various Ultimate Trails in the Lake District shortly so hopefully they have a great weekend promoting the club over 300 miles from home! Good to see that we have a good number of teams in our own mini South Downs Way relay – should be a great club event so let's hope for the weather to match.

The RR10 season is scheduled to start later this month so hopefully we will get a great club turnout for these events and please look out for requests to help at our own race at Manor Farm on August 4th where we marshal rather than run and show to the other clubs what a great club we are!

Finally the club continues to grow and I would like to welcome all the new members and hope you enjoy the benefits that come with being part of the community that is Stubbington Green Runners.

Happy Running

Kevin



Captains Corner:

Captains Corner June 2021

The month of June has been really quite a busy one in the running calendar. We have seen a good selection of events happening again, under slightly different conditions to keep us safe, but this hasn't impacted the enjoyment, excitement and pre-run nerves that we love to hate from our running J

One thing that has been reassuringly the same as ever.... the British weather! We had a great Stubby turn out for the Needles half marathon on the not so sunny Isle of Wight. The Needles were pretty much hidden by the clouds I heard! A tough course though with a lot of hills. Well done to Mark Eaton, Sarah Barron, John Cox, Nick Crane, Sara McRitchie, Stuart Bamberger, Nicola Willoughby and Laura Kay.

Also out on the rolling green hills were Chris Hall and Daisy McClements, tackling the Cribyn fell race in Wales. Unfortunately there's no podium finish to report for this dynamic duo as they got a bit lost. Chris confessed to leading Daisy the wrong way and they finished in last place. Oops, we are just glad you got back safely!

Congratulations to Tracie Jarvis for running a really strong South Downs half marathon in QE with a time of 2:38:50.

Well done to the 5 Stubby's that ran the Alresford 10k, John Parker 41:56 and 1st age cat, Stuart Bamberger 48:40, Sara McRitchie 53:35, Vernon Wilde 53:56 and Mel Barham so good to see you back out there with a time of 1:34:20 J An unusual post race "medal" of a branded cookie!

Next in the diary was the infamous Race to the Kings. The challenging Ultra that runs from Goodwood to Winchester along the unforgiving South Downs Way for 53 miles! A HUGE congratulations to our awesome Stubby's Sarah Barron running the "non-stop" option in 15:47:27 and Louise Nicholson running the 2 day "weekender" in 32:25:52. Well done ladies.

The same weekend we had the Hampshire Hoppit marathon. Another hilly trail event, not for the faint hearted! Really well done to Nigel Witcher 5:10:26, Jon Leigh 4:55:44, Wendy Hawxwell 5:47:23, Steve Cumes 4:28:11, Simon Bacon who achieved a time of 4:07:47 making this the final marathon in his fundraising challenge of 10 marathons. George Howarth ticked this off as his 80th marathon/ultra in just over 10 years with a time of 5hrs 17 mins. Fantastic achievements guys, really well done. Hoppit half marathon, congratulations to Tracy Langdale 2:08:04, Andy Lee 2:08:07, Paul Hammond 2:11:49, Martine Thomas 2:25:35 and Gilly Shutler 3:24:32.

Lastly on the trails we started the month of July as I write this with the Serpent trail events – 10k, half marathon, Ultra 50k and 100k. Our Green Army runners were Robert Egerton for the 100k in 16:28:23, then the 50k was George Howarth 6:31:05, Rob Williams 7:37:51, Jodie Francis (first ultra!!) 6:32:56. The half marathon was Aaron Kingston 1:50:01, Zoe Preston 1:51:44 (1st age cat), Carlee Foddy 2:22:32, Vernon Wilde 2:42:08 and finally the 10k was Martyn Poore 52:43 and Greig Benson 58:01. Really well done to each and every one of you, a tough course!

I finish back on the road now – still with hills though – and just ladies!! Lots of Green ladies! The Purbook 5 ladies race was a huge success as always. Despite the Covid restrictions meaning a staggered start alphabetically, we absolutely smashed it and enjoyed a morning out altogether. Well done to you all for getting that race head on and doing your green vests proud. Lack of Park Run's and RR10's made this a bit of a shock to the system, 5 miles !! ouch, but we did it ladies. Oh did I mention we won a lot of prizes too! 1st team award with the trio of Hollie Smith, Amie Morgan, Lucy May. Overall positions 1st Hollie Smith, Age 18-39 Amie Morgan 2nd place, Age 60+ Ali Pepper 2nd place. Huge turnout and a lot of happy faces (at the end!!).

We hope you have a good month of running and look forward to following your achievements.



Time Trial

Well done to the 29 athletes who took on the time trial this month with 3 first timers and 6 improvers on the night. The conditions were favourable on the first three quarters of the course but the last mile was into a stiff headwind! The biggest female improver on the night was Cate Provis slicing 1 minute 27 seconds off her best. The male biggest improver was a close run thing with the top 3 separated by just 12 seconds! In third place was Steve Fulcher with 30 second PB, with second going to Callum Swann taking 37 seconds off. The biggest improver and going sub 30 minutes for the first time was Stuart Bamberger, congratulations on knocking off 42 seconds off your best. Next months' Time Trial will be on Thursday 8th July look forward to seeing you all then.

Stubbington Green - Time Trial Results 2021

Name	Best 2019/2020/2021	April	May	June	Months Best	Total Yearly Best 2020
		33	25	29	6	23
Tommy Blake	24.04	22.2 2				-1.42
Josh Cullen	24.06	23.2 9		24.1 9		-0.37
Daniel Foster	23.06	22.5 4				-0.12
Andy Simpson	22.47	24.4 7	24.4 5	23.3 3		
Tim Rolfe	23.30		23.4 0			
Steve Dilley	26.18	24.4 2				-1.36
Richard Edmunds	26.51		26.1 8			-0.33
Chris Williams	25.23	25.2 3	24.5 5	24.5 9		-0.28
Graham Martin	25.28	26.2 8	26.1 9	26.2 8		
Simon Ross	25.43		25.4 3	26.1 1		
Richard Mackay	25.56			27.0 1		
Mark Frost	26.13	26.1 3				

Handicap Bandings

Under 25 mins

25.01 – 28 mins

28.01 – 31 mins

31.01 – 35 mins

35+ mins

Under 25 mins

25.01 – 28 mins

Steve Cumes	26.17	26.2 2		27.5 3		
Andy Donn	26.54			29.2 1		
Holly Watson	27.41	27.4 1				
Katy Bradley	27.54			33.1 7		
Callum Swann	30.36	30.3 6	29.3 1	28.5 4	-0.37	-1.42
Simon Bacon	30.38		29.1 2			-1.26
Chris Hind	29.49	28.3 4				-1.15
Dominic Shepherd	30.08		29.0 0			-1.08
Stuart Bamberger	30.46		30.2 6	29.4 4	-0.42	-1.02
Steven Matty	29.12	29.1 0	28.4 6	29.5 2		-0.26
Nick Crane	29.07	29.5 4	29.3 4	31.0 6		
Lee Torrens	30.18		30.1 8			
Mark Jenkins	30.34	34.4 2	35.2 3	35.4 4		
Andrea Hind	30.47	30.4 7				
Sara McRitchie	34.14		32.0 1	32.5 0		-2.13
Andy Richardson	31.55	31.3 2	31.1 0	32.1 2		-0.55
Steve Fulcher	33.55	35.2 5		33.2 5	-0.30	-0.30
Brian Graham	32.04			31.5 6	-0.08	-0.08
Nigel Feast	33.52	33.5 2	33.4 5	34.0 5		-0.07
David Cameron	31.28			31.2 8		
George Howarth	32.30	32.5 5				
Danielle Stanning	32.49	32.4 9				
Lisa Donn	32.51			49.5 4		
Claire Procter	33.26	33.2 6				
Carl Schafer	33.43			39.1 9		
Tracey Terry	34.25	34.2 5				
Nicky Beal	34.38	34.3 8				
Phillip Owen	34.54	34.5 4				

28.01 – 31 mins

31.01 – 35 mins

Claire Peal	40.15	40.1 5	36.1 9			-3.56
Simone Shepherd	39.40	39.4 0	36.1 9			-3.21
Jules Dinwoodie	35.39	33.4 6	33.2 4	35.3 5		-2.15
Catherine Chamberlain	43.33		42.0 5	44.2 9		-1.28
Cate Provis	51.20		51.2 0	49.5 3	-1.27	-1.27
Andrew Chamberlain	36.40	36.4 0	36.3 0	36.1 8	-0.12	-0.22
Martin Powell	35.10			35.1 0		
Lucy Roberts	37.17	37.1 7	37.2 8			
Martyn Banner	37.35		40.0 7			
Karen Hoggarth	38.00			38.0 0		
Greg Rowe	39.31	45.5 1		45.3 7		
Ronnie Way	40.00	40.0 0				
Rachelle Newman	40.10	40.1 0				

35+ mins

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

The Gosport 1k Summer Series - Race 1 2021

Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No.	Gen. Pos	Cat. Pos
2	00:04:34	00:04:34	Cameron Sewell	Stubbington Green Runners	M	Junior Male	146	2	2
5	00:05:04	00:05:04	Lincoln Sewell	Stubbington Green Runners	M	Junior Male	149	5	5
9	00:05:25	00:05:22	Indigo Smith	Stubbington Green Runners	F	Junior Female	159	3	3
11	00:05:32	00:05:32	Miah Sewell	Stubbington Green Runners	F	Junior Female	148	4	4
12	00:05:35	00:05:35	Rosie Sevell	Stubbington Green Runners	F	Junior Female	150	5	5
14	00:12:13	00:12:13	Finley Sewell	Stubbington Green Runners	M	Junior Male	147	8	8

The Gosport 5k Summer Series - Race 1 2021

Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No.	Gen. Pos	Cat. Pos
11	00:22:32	00:19:13	Hollie Smith	Stubbington Green Runners	F	Female Vet 35	160	1	1
12	00:20:14	00:19:16	David Thorpe	Stubbington Green Runners	M	Male Vet 40	163	11	4
18	00:39:25	00:20:17	Richard Edmunds	Stubbington Green Runners	M	Male Vet 50	197	17	1
20	00:21:18	00:20:31	Jon Plomer	Stubbington Green Runners	M	Male Vet 45	144	19	4
39	00:37:29	00:23:32	Haydn Brown	Stubbington Green Runners	M	Male Vet 55	363	34	5
41	00:34:01	00:23:59	Andy Richardson	Stubbington Green Runners	M	Male Vet 55	357	35	6
54	00:34:15	00:26:21	Toby Evans	Stubbington Green Runners	M	Male Vet 40	353	44	6
56	01:01:33	00:26:36	Becky Hodson	Stubbington Green Runners	F	Senior Female	387	12	4
57	01:01:34	00:26:42	Jamie Atkinson	Stubbington Green Runners	F	Senior Female	359	13	5
59	00:27:21	00:26:47	Dawn Haynes-sewell	Stubbington Green Runners	F	Female Vet 45	145	14	4
70	00:37:10	00:29:17	Chris Wheeler	Stubbington Green Runners	M	Male Vet 40	354	52	8
93	00:35:46	00:35:12	Nikkie Plomer	Stubbington Green Runners	F	Female Vet 45	143	35	9

Gosport Golden Junior Mile

Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No.	Gen. Pos	Cat. Pos
19	00:23:27	00:08:59	Lincoln sewell	Stubbington green runners	M	Junior Male	120		
20	00:23:40	00:09:11	Miah sewell	Stubbington green runners	F	Junior Female	119		
23	00:24:21	00:09:53	Rosie sewell	Stubbington green runners	F	Junior Female	117		
28	00:25:49	00:11:20	Finley sewell	Stubbington green runners	M	Junior Male	118		

Gosport Golden Mile

Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No.	Gen. Pos	Cat. Pos
11	00:05:37	00:05:35	Simon Ross	Stubbington Green Runners	M	Male Vet 45	110		
12	00:05:42	00:05:39	Richard Bailey	Stubbington Green Runners	M	Senior Male	3		
14	00:05:58	00:05:55	Graham Martin	Stubbington Green Runners	M	Male Vet 45	19		
30	00:27:26	00:07:23	Russell Mead	Stubbington Green	M	Male Vet 55	164		
33	00:07:56	00:07:33	Andy Richardson	stubbington green runners	M	Male Vet 55	28		
36	00:22:07	00:07:38	Dawn Haynes-Sewell	Stubbington Green Runners	F	Female Vet 45	121		

Gosport Golden 5k 2021

Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No.	Gen. Pos	Cat. Pos
3	00:22:31	00:19:12	David Thorpe	Stubbington Green Runners	M	Male Vet 40	206	3	
6	00:22:28	00:20:38	Richard Bailey	Stubbington Green Runners	M	Senior Male	3	6	
7	00:24:26	00:21:07	Graham Martin	Stubbington Green Runners	M	Male Vet 45	19	7	
20	00:25:19	00:25:15	Andy Richardson	stubbington green runners	M	Male Vet 55	28	18	
25	00:35:18	00:28:05	Philip Owen	Stubbington Green Runners	M	Male Vet 55	203	22	

QE HALF

16	5	14	235	Cumes, Steve	40-49 Male	Stubbington Green Runners	m	01:47:11
111	15	65	390	Torrens, Lee	50-59 Male	Stubbington Green Runners	m	02:33:37
137	15	60	209	Pratt, Lindsay	50-59 Female	Stubbington Green Runners	f	02:37:20
138	3	61	212	Dinwoodie, Jules	60+ Female	Stubbington Green Runners	f	02:37:21
142	30	65	236	Hawxwell, Wendy	40-49 Female	Stubbington Green Runners	f	02:40:47
143	31	66	206	Haynes-Sewell, Dawn	40-49 Female	Stubbington Green Runners	f	02:40:56
150	27	79	267	Mcdonald, Calum	Snr Male	Stubbington Green Runners	m	02:44:43
151	35	72	233	Mcdonald, Marie	40-49 Female	Stubbington Green Runners	f	02:44:46
153	27	80	411	Judson, Dave	40-49 Male	Stubbington Green Runners	m	02:45:55
154	19	74	208	Lawton, Julia	50-59 Female	Stubbington Green Runners	f	02:46:00
155	36	75	245	Madeira, Debby	40-49 Female	Stubbington Green Runners	f	02:46:03
192	52	107	403	Skerratt, Tiffany	40-49 Female	Stubbington Green Runners	f	03:12:09
194	53	108	382	Dowler, Amelia	40-49 Female	Stubbington Green Runners	f	03:14:11
196	24	109	299	Paine, Hannah	Snr Female	Stubbington Green Runners	f	03:23:06
197	25	110	298	Nicholson, Louise	Snr Female	Stubbington Green Runners	f	03:23:15
204	28	113	291	Ashman, Julie	50-59 Female	Stubbington Green Runners	f	03:26:37

QE MARATHON

26	10	25	22	Mcdonald, Mark	50-59 Male	Stubbington Green Runners	m	04:24:12
58	3	43	111	Howarth, George	60+ Male	Stubbington Green Runners	m	05:15:04