The Green Runner

https://www.stubbingtongreenrunners.net

JANUARY 2022

gr-editor@stubbingtongreenrunners.net

Chairman's Report

Happy New Year everybody and welcome to 2022 – let's hope that we can soon return to some form of normality.
Not long now until our 10k race on Sunday 16th January and we are in the final stages of planning to ensure we have another successful event. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Don't forget the marshals/helpers meeting that is currently scheduled for Friday 14th January at 7.30pm. We will have some Covid specific requirements that we will communicate so please ensure that you comply with these. We have loads of club members running and have filled well over 150 helper /marshal positions which shows the fantastic support this club gives the 10k – myself as race director and Sara McRitchie as helper coordinator are very grateful so thank you so much.
We are also approaching the time of the year for the AGM which will be held in late February/early March – exact date to be confirmed. At this stage we are intending to hold the meeting by Zoom as we did in 2021 – if this changes we will let you know. We need more than 75 people at the meeting to ensure we are quorate as we have over 500 people in the club now so we would be grateful to see the support to this meeting from the membership that you give to all the other activities we arrange.

Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.

Happy Running
Kevin

Captains' Corner

December has been quite a chilly month making running conditions a lot more Wintery than of late. It also makes Cross Country just that bit more fun! Especially when the mud is aplenty.

The Southern Cross Country League race this month was at Lord Wandsworth College. A popular course that's usually held after Christmas, but this year we were a couple of weeks early, which sadly affected our numbers. We did manage to get a Men's and Ladies team out though and a good time was had by all! The conditions were very cold, foggy and the course was very muddy in places. For safety reasons the route was reversed this year! Very confusing for the regulars, but still what went up had to go down ☺ It's such a beautiful setting and really varied. No lost shoes this year so that was a bonus! Well done to our Gents – Chris Sandy (16) Mike White (33) Chris Hall (73) Simon Bacon (91) Graham James (96) Stuart Bamberger

(108) Andy Donn (112) and our Ladies- Lisa Donn (53) Frances Lord (54) Sara McRitchie (57). These events are really good fun with a mixed field of abilities. Ideal if you want to try out Cross Country (much like the CC6 and RR10 league races). Some good friendly local competition too as both Fareham and Gosport also run in this league, so we support and cheer each other on as well. The last race in the league for this season is Sunday 23rd January at Chawton House (nr Alton). 11am starts so nice and civilised, and car shares are usually arranged for those that want it. Your Southern's rep is yours truly, Lisa Donn, so keep an eye out on Facebook for more details when available. In terms of the league tables, we are currently 11th out of 23 teams (FYI..Gosport are 18th and Fareham are 20th) so let's see if we can nudge up to top 10!!

Hampshire XC league has had two races so far where we have struggled for numbers at both races. At Kings Park in November the senior ladies were 8th with first home in 27th Nikki Roebuck (2nd Vet), 36th Holly Watson, 42nd Kelley Haniver. For the ladies vets team we had Nikki, Kelley and 106th Penny Forse who were an excellent 2nd on the day. The men just got a team for seniors with Mike White in 186th leading home the guys in a very high-quality field, next in 234th Chris Hall, 257th Stewart Pepper, 277th Mike Bell and 293rd Steve Matty with the team 8th. For the vets it was Mike, Chris and Stewart with the team 18th. Second race was at Wellesley Woods in Aldershot with us just getting a senior ladies and mens team. The senior ladies were 7th on the day and sit joint 7th overall with Nikki Roebuck 27th again, leading home the team and 1st vet overall to be joint leader in the individual vet standings, next in 35th Beccy Lord and good to see Beccy back racing after injuries and 37th Holly Watson. Sadly, we didn't get a ladies vet team. For men after a lot of arm twisting we got two teams, the senior men were 6th and lie 8th overall. Rolling back the years and finishing first Stubbie home was Wes Jones 161st, 179th Tom North, 189th Tom Hastings, 219th Chris Hind and 227th Steve Matty. For the vets we were 18th and sit 19th overall with Wes, Tom North and Steve Matty scoring for the vets. The next race clashes on the same weekend as the Stubbie 10k, so if you're not racing please, please consider running the XC at Prospect Park, Reading on Saturday 15th January as we really will struggle for numbers. On February 15th there is a venue change with Popham Airfield being brought forward a month.

CC6 saw the third race take place at Janesmoor Pond. We again struggled for numbers at this low-key race. The ladies were led home by Amy Fox in 15th, Katy Bradley 27th and Frances Lord 39th for an 8th place and sit 6th overall. The men were 12th and currently stand 14th overall with the men led home by Mike White 30th, 76th Marcus Lee, 80th Andy Donn, 100th Nick Crane and 122nd Rob Williams. The next CC6 is on 9th January at Holmsley Campsite at 11am.

The fourth race in HRRL took place at Lakeside which is a fast course and always popular with the Green Army. That said, about it being a fast course and should be worth 30 seconds plus quicker than the Overton 5 miler we had a very strong wind on the day making running conditions very difficult! So, congratulations to everyone who got PBs and there were quite a few!! We had 33 runners competing with us getting 7 teams out. We would like to congratulate two firsts on the day with Penny Forse 1st F70 and Mick Welland 1st V75. The ladies A team was 9th and currently lies 7th overall, 218th Amie Morgan (PB), 348th Alison Lawerence and 382nd Penny Forse. Ladies B team were 9th and sit 11th overall were 446th Hilary Misselbrook, 448th Sara McRitchie and 452nd Claire Proctor. Ladies C team 13th and 13th overall 499th Gail Osborne, 520th Emma Baker-Chaplin and 524th Jules Dinwoodie. The D team was short of 1 lady so 552nd Cath Dilley and 568th Sarah Barron. The men's A team were 2nd on the day and currently sit 1st overall, first home was the ever improving/ PB running Tim Rolfe 35th, 43rd Andy Simpson, 48th Brad Hammond and 53rd Brandon Chaplin had a storming run and PB to boot. The B team were 8th and were 3rd overall, led home by 156th Simon Ross, 163rd Mike White, 210th Steve Dilley and 313th Haydn Brown. The C team got 9th on the day and sat also 3rd overall with the team led home by Stuart Bamberger 314th, 317th Gavin Rennie, 322nd Mike Bell and 350th Steve Matty (thank you for running the day before at the XC as well). The D team were 11th and currently 13th overall with Mick Welland 366th, 375th Edward Hare, 386th Jack Gooze and 431st Steve Fulcher. The next race is our very own Stubbie 10k so we should have a great turnout there. The race after which we generally struggle for numbers is the Ryde 10 on Sunday 6th February. This is a great day out to the island. The club pays for travel on the ferry but we require people to have full cars and receipts needed, so nearer the time we will post about car sharing on Facebook.

Talking of mud…. We ended December with the Winter Cross Ultra 50k and 70k. A very inventive course design based on the compass. You have the central hub at Meonstoke Hall with 4 separate legs as a

North, East, West and South. Each leg is run as an out and back with an aid station at the turnaround point. The 50k takes in 3 of the legs then the extra leg is for the 70km runners (mentally very tough as it's a 10km out and back along the Wickham railway line, so easier on the legs, but not the mind!) It's an early start at 7:30am and it's still dark! All runners start together usually but this year with Covid in mind it was a more relaxed half hour start when you like option. The North leg is a nice flat warm up start along the railway line, but you had to wade through a very deep, large, cold puddle that was unavoidable (many tried!!) so that really set the scene for the day! Wet and muddy feet/legs. As it's an out and back you get the pleasure of said puddle on the way back to ☺ The East leg 2 is the hardest. Taking in Old Winchester Hill and Salt Hill, up and down remember! Loads of really slippery mud making the terrain even more challenging than normal. The weather forecast was totally wrong and the rain came down hard and the wind was biting. I think we all struggled to keep our sense of humour at times with the more exposed parts of the South Downs being relentless. Wet cold gloves with still a marathon to go…. Hmm, not fun! But, the rain did clear and the blue skies were there and the temperatures were generally great for running. Then the West leg 3 was another beautiful route taking in Beacon Hill and going along the South Downs as far as Holden Farm. The rain had pretty much cleared up by then and spirits were high. The out and back on each leg meant we kept seeing our fellow Stubbies and other runners, so there was always lots of encouragement and stories of how many crème eggs awaited at each aid station. I would thoroughly recommend this event. I know a lot of Stubbies are regular attendees and I can see myself being one too. It's a great time of year after all the Christmas fuelling, so nice to escape the world for the day and be out on the South Downs. We also had a surprise visit from our number 1 club support team, Mr and Mrs Ashman. So glad to see them (and hear them ☺) at the top of the Salt Hill climb. Also great to see Stubbies Pam Kemp and Ray Bernice out as Marshalls! I don't think I have finished a long distance event quite so muddy or happy though! Definitely a great day of running and a huge sense of achievement at the end (especially when the organisers said they think that was the muddiest and most challenging it's ever been!). A huge well done to my fellow Winter X Stubbies…… Mark Westbrook 6:54:36 our 70k champ finishing 8th overall (4th age cat) as well! Then the 50k team of Simon Bacon 5:39:07 (6th age cat), George Howarth 6:32:18 (5th age cat), Greig Benson 7:10:05, Sara McRitchie and Stuart Bamberger 7:19:08 (1st official ultra), Rachel Donnachie and Lisa Donn 7:34:11. You were all awesome.

Portsmouth Coastal marathon is always a well-attended and big day out for our Green Army. This year was no exception. The distance options this year were 10k, Half and full marathon and the 50k ultra. There was also a slight change to the route this year! The marathon no longer goes down the Hayling Billy line, now that was just the extra for the Ultra distance (meaning these were saved from the usual mile out and back of beach and shingle!). Conditions were good, warm enough to run comfortably even in Elf and Santa costumes! There was some mud along the usual coastal bits, but not as bad as previous years. Facebook was flooded that evening with colourful photos of festive running outfits and green vests. Lots of positive stories of PB's, firsts and enjoyable running. What more could you ask for! Well done to our runners over all distances… The 10k was Jack Gooze 59:36. The Half Marathon was Nick Crane 1:50:27, Kat Chowns 2:03:24, Rob Williams 2:18:09, Ray Bernice 2:25:30. The marathon was Sean Bendell 3:32:24, Tom Hastings 4:05:29, Anna Wilby-Lopez 4:11:04, Phillip Townley 4:13:22, Kieran Chaplin 4:25:54, Robert Egerton and Jon Warner 4:27:47, Louise Tanner 4:29:45, Karen Salmon 4:33:18, Nicola Willoughby 4:33:21, Tracie Jarvis 4:40:22, Richard Cranswick 4:57:04, John Cox and Laura Kay 4:57:40.

We were all very envious of Kev Taylor Scullion running the beautiful and sunny course of Valencia marathon this month, well done Kev and thank you for sharing your photo of the green vest in blue skies.

Christmas Day Park run was well attended by our Green Army, in many locations! Lee on Solent, Whiteley, Fareham, Netley and I'm sure further afield. I spotted that Greig Benson ran his 100th at Whiteley that day! Well done Greig. Congratulations to everyone this year on your park run achievements. So good to see Chris's updates on how we are all doing.

Wishing all our runners a Happy New Year and may the running gods be with you and we all stay injury free for 2022. Good luck with the racing in the new year, targets and goals you set yourselves.

Editor's note - I aim to publish articles of general interest each month (I use the term 'of interest' advisedly) in addition to general Club news, results, events and interviews with Stubbies about their running experiences. However, this relies on the active participation of the Club membership. If you have any ideas, articles, photos, or information that you would like to see included in future issues, especially if you have participated in a distant or unusual event and would be willing to write about it, please email me at *gr-editor@stubbingtongreenrunners.net*

Article

It's a bling thing

By Richard Mackay

Despite often ending up in a drawer straight afterwards, for many runners there is no doubting the allure of a good medal when it comes to running events, especially for the marathons and Ultras that require so much time and effort.

Commercial organisers have naturally picked up on this - and the free advertising such medals often give to their companies - so the design and size of the medals are often well publicised beforehand. They have become a hallmark of running events and everyone who takes part can expect to receive one.

The 1897 Boston Marathon in the USA was unusual in that all ten (!) participants received a medal at the finish line. However, this was unusual and it was not until fairly recently that medals were given simply for completing an event. Medals have also grown in size, weight (and garishness) from the coin-like medals of the 1960s and 1970s to the massive technicolour bling of today. One such example is the Texas Marathon medal, which weighs approximately 1.5kg and is over 20 centimetres in diameter.

Environmental considerations could soon elicit change. The production of countless medals today does have a carbon footprint. Keen to be seen to be Green, events companies are now turning towards the creation of other awards and medals forged from different materials, such as wood.

Meet the Membership

The first interview of 2022 is with Simon Bacon, who has been an active member of SGR since 2017 and has taken part in many events. Please contact the editor at the email address on the front page if you would like to be featured.

What first motivated you to start running?

I was sitting in a pub one Sunday afternoon, flicking through a magazine, when I stopped on an article about a lady who had just run the New York marathon. I read through the article which was really quite interesting, I then didn't think about it until I was laying in bed that night!
The next day I decided I'd give running a go! I went into Sports Direct and bought myself a cheap pair of running shoes and running kit, I downloaded a 10k training plan, and off I went on my first run! The rest as they say is history!

When did you join SGR and which events and club activities do you regularly take part in?

I joined the club in February 2017, and have regularly attended the AGM meetings, awards evenings and the skittle nights. I also take part in Lisa's Tuesday morning interval sessions every week and the occasional summer time trial.

What has been your most memorable running experience, why?

I think I'd have to say the first time I did Parliament Hill XC, it's a fantastic, but long and exhausting day out. On the minibus journey there everyone was filled with nervous excitement, and discussing their tactics for the start of the race, which can be a little bit manic apparently!
On the start line each club is in there own pen on one side of the field lined up side by side, on the other side of the field is the first and biggest of the hills, on the starting gun it is then a mad dash across the field where you enter the narrow funnel to start the first climb, the first few minutes it absolute carnage, terrifying and fun at the same time. The rest of the race didn't disappoint, with plenty of ups and downs and mud to go around.
I would definitely recommend everyone to give it a go.

What has been your biggest challenge or set-back since you started running?

My biggest challenge so far would have to be my 10 marathons in 10 months to raise money for the British Heart Foundation. And if that wasn't a difficult enough challenge, Covid happened just a week before I was to do my second of the 10, and scuppered my carefully laid plans. I then spent the next 6 months carrying on with my training but not knowing when races would restart again! And then when the rescheduled races did start back again, I had 3 marathons in 4 weeks. I did eventually finish the 10 with the help of a few virtual marathons in the middle.

My biggest setback was in March 2019, quite early into the Fleet Half Marathon I was aware of a problem with my right shin, I tried to ignore it but by mile 6 it was quite painful, so with my runner's logic I thought it would be better to speed up so that I could get the race over with sooner! Obviously that wasn't my best idea and I ended up hobbling the last 1.5 miles. My refusal to give up cost me 13 weeks off work and a total of 17 weeks of no running, and then a long rehab and getting back to fitness. Definitely my lowest

point in running and I did become very depressed and couldn't sleep. I later found out that I'd run the best part of 10 miles with a severe stress fracture!

How do you combine your training and club commitments with your work and home life?

It's quite easy really as I only work part time, which is early starts, and I'm single and living on my own, so once I've finished work I've then got the rest of the day to fill with my running, cycling, walking, swimming, rowing, skiing, S&C and anything else I can think of to keep busy. So I'm quite lucky in some ways compared to most people who don't have the luxury of much spare time.

How would you recommend people prepare physically and mentally for events, especially endurance events such as marathons?

It's a difficult one really because everyone is so different. But I would definitely recommend a lot of cross training to build up your overall strength, which in turn will help to prevent injuries. Cycling is a very good and non-impacting way of building strength and endurance, swimming is another, along with walking and doing strength and conditioning at least once a week. And make sure you have 1 complete rest day a week at least.
And to gain mental strength I think it's a good idea to do some of your long training runs alone, if you can work through any problems you encounter on your own in training, then on race day it will be so much easier because you would have the confidence of knowing that you got through it in your training.

Which one piece of advice do you wish you could have known when you first started running?

Probably how expensive this cheap hobby can be. Running can get very addictive, so the amount of kit you need for all the different races/events soon adds up! Different shoes for various terrains, clothing for all seasons and weather conditions, equipment and hydration/fuelling, race fees and travelling. The list goes on and on.

Club News

Time Trial

By Andy SImpson

December's Time Trial saw 15 runners starting in perfect conditions then we saw a few showers come down but that didn't stop 7 people recording improvements. The ladies biggest Improver was Helen Benson who knocked 1 minute 20 seconds. The men's biggest improver was a hotly contested affair with 4 guys being separated by 7 seconds, in 4th Carl Schafer 31 seconds, Steve Matty 32 seconds, Andy Simpson 36 seconds and winning by 2 seconds with 38 seconds improvement was Steve Dilley. The randomator winner was Louise Tanner. The next Time Trial is on 20th January we need 12 runners and 5

helpers to make it viable to put on the session.

Name	Best 2019/2020	October	November	December	Months Best	Total Yearly Best 2021
		11	4	15	7	8
Helen Benson	27.36			26.16	-1.20	-1.20
Steve Dilley	22.19			21.41	-0.38	-0.38
Andy Simpson	20.13	20.35		19.37	-0.36	-0.36
Steven Matty	25.07		24.52	24.20	-0.32	-0.47
Carl Schafer	28.57			28.26	-0.31	-0.31
John Gobbi	25.27		25.27	25.04	-0.23	-0.23
Callum Swann	23.02	23.02	23.07	22.54	-0.08	-0.08
Brian Graham	29.26			29.26		
Daniel Foster	19.33			19.35		
George Howarth	26.56			29.31		
Jules Dinwoodie	29.44			31.36		
Louise Tanner	32.17*			32.17		
Nick Crane	24.31	25.29		27.47		
Sara McRitchie	27.13			27.13		
Sarah Barron	31.49			0.00		
Carlee Foddy	25.48	25.54				
Graham Martin	22.19	22.24				
Greg Rowe	40.49	40.49				-0.17
James Bampton	22.13	25.57				
Marcus Lee	23.07	25.57				
Martyn Poore	23.48	23.48	23.31			
Nigel Whitcher	28.40	28.40				
Russ Coleman	19.31	20.48				

Course Rec	Name	Time	Date
Men's	Oli Caudwell	18.05	February 2020
Ladies's	Beccy Lord	19.42	10th October 2017

2nd Fastes	Name	Time	Date
Men's	Andy Simpson	18.32	10th October 2017
Ladies's	Katie Simister	20.56	February 2019

The Time Tunnel

The Green Runner from 30 years ago this month. The Hampshire South Coast Marathon sounds like an interesting route.

January 1992

Editor: Dennis Woodward (Stubb. 667263)
85 Stubbington Lane, Stubbington,
Fareham, PO14 2PG.

PORTSMOUTH ½ "DO" - Doug

I hope to make arrangements to use the United Services Hockey Club again this year after the Portsmouth ½ - hot showers, cheap beer and a simple lunch at about £1.50 a head. Names and numbers to Doug (Stubb. 662256).

OLD KIT - Julie

We still have some stock of old kit which may be useful for training. Shorts and vests available for £5 per article. Ring Julie (Fareham 235601) if interested.

LONDON MARATHON - Dennis

Rejected? You can still enter the draw for the club places by giving your rejection slip to Frank Wright by Sunday, January 12th. The draw will be made at the social meeting on Tuesday, 14th January.
Accepted? Let me know (Stubb. 667263) so that we can keep a list of all the runners to look out for on the day. A coach to London will be organised - details next month.

SGR 10k, 1993 - Chairman

No, I'm not joking! We need to start now by finding a Race Director for the race.
Any volunteers?

SUNDAY SOCIAL - Dennis

The club has an "official" social meeting every second-Tuesday of the month at the Golden Bowler. For some years now, there has also been an UNOFFICIAL social every week at the Osborne View on a Sunday. This enables the day's racing results to be analysed and the coaching team to spot who needs to be the target of their attention for the following week. Tony keeps a register of attendance and recently a vote amongst the most regular members showed a preference to move this meet to THE GOLDEN BOWLER. The fact that this involves much less distance to walk home is incidental.
Fifteen attended the inaugural meeting and after analysing the day's results, it was decided that Siân was running too fast and Andy was drinking too much. It was resolved to meet at THE GOLDEN BOWLER on a regular basis to keep this situation under review. OV casual callers, please note.
PS 9 pm is the starting time.
PPS Just to confuse you even more - we go back to the OV whenever Cuff is playing!!

WORLD VET CHAMPS - Harry

Opening ceremony in Birmingham on Saturday 29th August 1992 at 12 noon followed in the afternoon by some walking events and the 10k veteran world championship road race. The following day sees a 5k open veteran road race and the 25k veteran world champs., presentations and closing ceremony. The entry fee is £17.50 and closing date June 30th 1992. This is likely to be a once in a life time opportunity either to compete or spectate. Entry forms now in Di's folder.

HANTS/S.COAST MARATHON - George and Siân

Preparations are well in hand for the running of the 1ST HANTS S. COAST MARATHON. The event will be held on April 26th 1992 and promises to be a high profile event.
The course details have now been finalised with design and measurement by our own ANDY ROGERS, who has done a fine job. To show his faith in his own "product", he has submitted his entry (which number 49 to date).
The race starts on Stokes Bay Sea Front with the HQ and finish at Bay House School. The course will be familiar to most of our 26.2 men and ladies, taking in Haslar, Gosport, Fareham (Longfield Av), Stubb., Titchfield and the part that differs from the old G & F route - Posbrook Lane and Hillhead.
We then circle Stubb. Green, off to Lee Front and a final circuit taking in Stokes Bay, Jellicoe Av and Privett Rd to the finish at Bay House School.
Next month, we hope to publish details of the tasks that our club will be committed to on the day - marshalls, drinks stations, timekeepers etc.
Keep this day clear either to run the race or help the race run!

THANKS - Dennis

I would like to thank all who help by delivering the newsletters each month and saving the club a fortune in postage. We produce 180 copies; only 20 have to be posted so you save us over £28 each month! Thanks to Frank, Pat, Marian, Paul H., Roger, Martin, Mike, Gary, David, Paul C., Barry, Richard, George, Ray, Mickie, Katie, Rex, Steve, John, Mark, Anne, Peter and Doug who co-ordinates it all.

CRACKER - Anon

Last Month's Parkrun

Parkrun information is provided by Chris Stapleford. Here is a link to the PDF document containing our results;
https://drive.google.com/file/d/1W1ezqQq5nUlwCWGfsGrS7u4xm4ikAD3a/view?usp=sharing
This is also available on the SGR Facebook Page.

Hampshire Road Race League

2021-22 Race Diary – HRRL.org.uk

1	Sunday 5 September 2021	Overton 5 mile
2	Sunday 19 September 2021	Lordshill 10 k
3	Sunday 21 November 2021	Gosport half-marathon
4	Sunday 5 December 2021	Victory 5 mile
5	Sunday 16 January 2022	Stubbington 10 k
6	Sunday 6 February 2022	Ryde 10 mile
7	Sunday 3 April 2022	Salisbury 10 mile
8	Sunday 8 May 2022	Alton 10 mile
9	Sunday 15 May 2022	Netley 10 k
10	Sunday 19 June 2022	Alresford 10 k

Please remember to wear your SGR shirt when taking part in HRRLs in order to qualify for club and individual points.

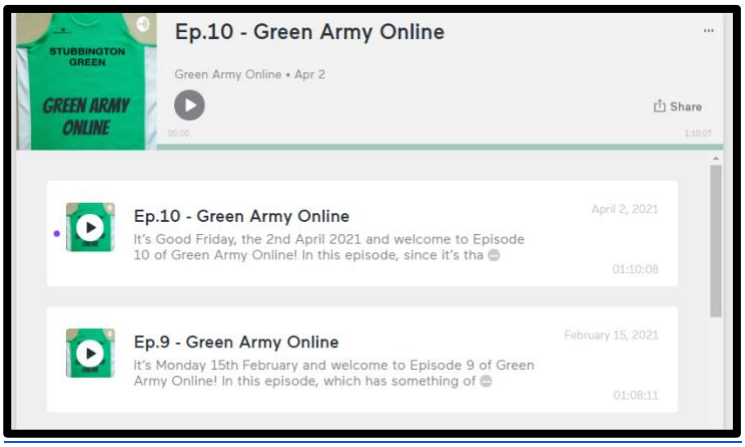
Forthcoming Club Events and Socials

Sunday 16 January - Stubbington 10k. Remember to volunteer if you are able to do so, or find a substitute if you intend to run this event.

Marshalls/Volunteers for the above to meet on Friday 14 January at 1930.

Green Army Online Podcasts

Please click on the image, or copy and paste the link, to listen to the current podcast and also view the archive. These podcasts are created by Stewart Pepper and are packed with news, views, training tips and in-depth interviews with members. Please note this is not updated each month, so the latest episode is Episode 10 from April 2021.



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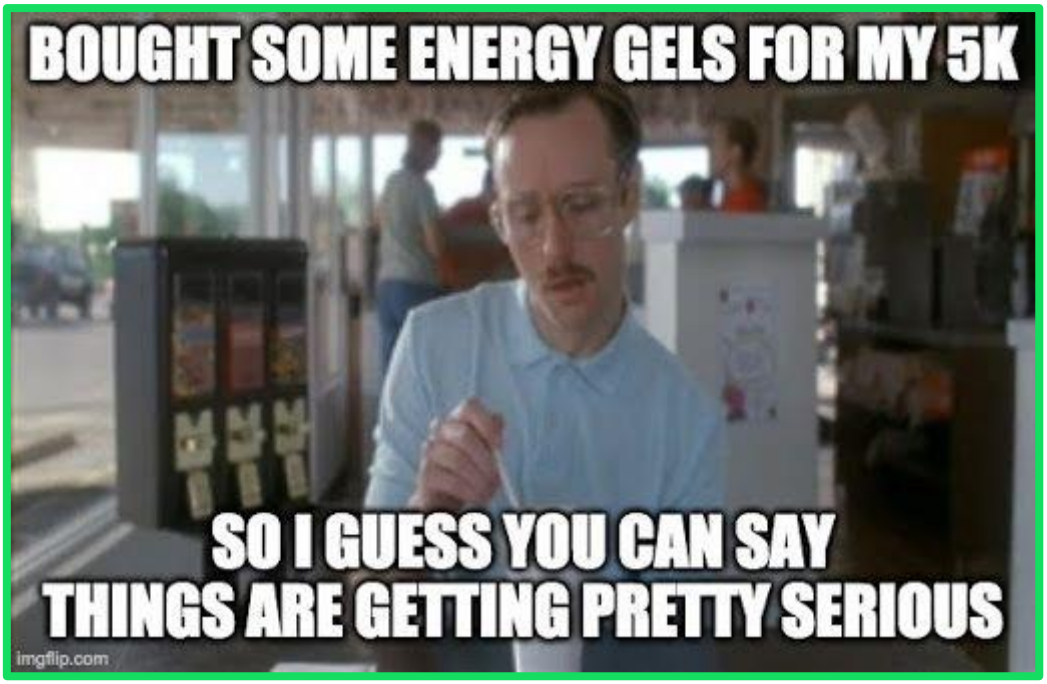
Useful Links

Order online or instore with Alton Sports, stockists of SGR sportswear:

https://www.altonsports.co.uk/product-category/brands/club-kit/stubbington-green/

SGR Session and Training Calendar

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