The Green Runner

https://www.stubbingtongreenrunners.net *April 2022*

gr-editor@stubbingtongreenrunners.net

Disasters Emergency Committee

Please remember to renew your SGR subscription this month.

Chairman's Report

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 seventh year as Chairman of Stubbington Green Runners and indeed 11th consecutive year on the committee. I will make my report nice and short and sweet to allow time for the other committee members to run through their areas of responsibility. There is a sweepstake running on both the Ladies Captain and Mens Captain report lengths so bad luck if you picked a ticket with less than 20 minutes on it!
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. These were either held face to face when this was allowed or via Zoom if we couldn't meet in person. All of the committee are standing for re-election so I clearly haven't been driving them too hard and we have had no nominations for any of the positions so there is a proposal later on in the agenda to re-elect the committee en bloc. I hope the lack of other nominations reflects the fact that the club are happy with what the committee are doing. There are a number of other thanks that are due on the communication side which are due to Dawn Haynes-Sewell and then Richard Mackay for their work on the Green Runner and to Stewart Pepper for his podcast .

For our regular series of races I would like to thank Wendy Hawxwell representing the club on HRRL matters and Sally McGrath for the CC6 series for the last few years. Both Wendy and Sally need to pass these roles on and I am pleased to say Rob Williams has agreed to take on the CC6 role. We are therefore still looking for an HRRL rep to replace Wendy and I don't want to put people on the spot in the meeting but if you think you could take on this role (and Im sure Wendy would be happy to outline what is needed) please message/email myself or Louise so that we can fill the vacancy. Our RR10 rep Grace Thompson is happy to continue in her role and will be looking for help for our own race at Manor Farm in July so please look out for requests nearer the time. Thanks to Grace who has done a sterling job in this role for the last few years and thanks to Nicky Beal who has stepped forward to assist Grace this year.

Sessions in the past 12 months have been put in line with Government and England Athletics guidelines so our grateful thanks go to all the coaches and leaders involved in this process which has seen a few changes. My final thanks are due to George Howarth who has stored our club kit that we use for our races for the last few years but now quite reasonably wants his garage back. Our charity benefiting from our 10k profits this year is Alice's Arc in memory of Sophie Fairall who sadly passed away last year and you will see in Sarah's report what our proposed donation is. At this stage I would like to mention, although not a club event , Sophie's 10k organised by Tina Mackay and Debbie Adams on the weekend of 9/10 April – would be great to see as many Stubbies as possible supporting this event. We will need a new charity for this year and there will be an email going out shortly requesting your nominations – remember we like to keep the charity local if possible.

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 in support of this great club!

Finally ……If anybody has any questions for me then I am happy to take them.

Captains' Report

Captain's Corner

Spring has arrived with the clocks going forward, the temperatures reaching the dizzy heights of 21C over the weekend, with The Southerns and CC6 leagues finishing.

The last two races saw low turnouts in the CC6 with ladies failing to get a team at both races and the men just getting one. The 7th race of the series was at Badger Farm on a dry day but a windy one. Sara McRitchie was 39th, the first lady home and the only lady on the day for Stubbington. We some how finished joint 12th on the day with other teams behind us. The men had 5 runners led home by Mike White who was 21st and 1st V60, 72nd Marcus Lee, 75th Pete Tugwell in his first race in green, 85th Stuart Bamberger and 104th Nick Crane with team 11th on the day.

Fleming Park clashed with Mother's Day with numbers low at the event but we managed 6 runners. The ladies were led home by Frances Lord 46th and Mel Barham 82nd for 14th on the day and 11th overall. There were just two ladies who ran the bare minimum of 4 out of 8 races to get a final standing with Frances Lord 46th and Sara McRitchie 56th overall. The men managed 9th on the day and 13th overall. Again, the team was led home by Mike White 20th who wrapped up the V60 title with 4 wins from 4 races. Next home was Pete Tugwell 44th, Marcus Lee 56th and George Howarth 86th. The individual standings overall 26th Mike White, 98th Stuart Bamberger and 124th Rob Williams.

The end of the CC6 means the start of the very popular mid-week RR10 series with a double header finishing off last season's abandoned race and starting the new season with race 1 at Fleming Park at 7pm. The RR10 series is open to everyone who is a member of the club, all abilities, you just need your green vest. The races are free, with car sharing and are only 4 to 5 miles off road. Only race you can't do is our own race when we need marshals to help out.

The Southern XC league finished the season with the stunning course at Alice Holt country park. We had more of a small green "platoon" rather than an army as described by Mike White ☺ , well done to our ladies Daisy McClements (10th) and Mel Barham (139th), and the men Mike White (35th), Graham James (85th), Nick Crane (163rd) and Nigel Feast (183rd). Our final standings in this league were 13th place (not superstitious!) out of 23 clubs, so well done everyone that has taken part this year.

Penny Worthy has had a busy month racing against the best runners in the country. Penny raced the Inter-Counties XC Championships at Loughborough finishing 52nd out of 297 runners being one of the youngest in the age category. Then a week later Penny was racing the English Schools Junior Girls XC Championships at Kent where she was 19th, 2nd Hampshire girl and Hampshire were 2nd overall. Congratulations Penny on a busy month of racing.

A very popular weekend of running for SGR is the Larmer races. There was the additional 10 mile canicross race this year too. Well done Andy White and Tinker with an impressive 1:54:06 up "those hills". Running humans only, we had Helen Benson (1:54:19) Simone Shephard (2:09:49), Veronica Way (2:09:53) and Claire Peal (2:10:05), John Gobbi (2:22:11), Sue Robinson (2:33:49), Sandie Mcintosh (2:34:20) and Caroline Street (2:36:34) doing the 10 mile event, well done ladies and gent! ☺. The half marathon we had podium finishes with Graham Donnachie 4th overall and 2nd age cat (1:49:25) and Anna Wilby-Lopez 2nd female and 1st age cat (1:51:47) Jon Leigh 2nd age cat (2:18:28) Superb results! Also really well done to Greig Benson (2:07:18), Amy Fox (2:07:19), Sara McRitchie (2:22:48), Wendy Hawxwell (2:45:31), Rob Williams 2:46:16), Julia Lawton (2:46:23), Tracey Mason (2:46:52) Louise Nicholson (3:13:06). The 7 mile event we had Sarah Northcott 1:29:39. Then the 20 mile event another podium finish for Philip Townley 1st age cat (3:21:41), David Cameron (3:32:32), John Cox 3rd age cat (4:40:57) and Laura Kay (4:40:57). Last but not least was the marathon event, well done to Simon Bacon 6th in age cat (4:24:18), George Howarth 3rd in age cat (5:09:28), Louise Tanner (5:11:56), Andy Lee (5:36:22). A notoriously hilly and generous on distance series of races, well done to all our Green Army athletes ☺

Back to the road now, Eastleigh 10k was this month and a beautiful sunny day! Always a popular local event and plenty of happy pics after and some PB's celebrated too. Loved the photo of Team Graham (Brian, Heather and Kirsty) for the first time running an event together, what a family!! Looking at the results which unfortunately don't allow a filter to look at just our club! So picked out : First Stubby man was Rob Arkell (34:22) and first Stubby lady was Lucy May (5th age cat) with 42:03. Well done everyone that ran.

In other events, our Green vests were spotted in Valencia!! Well done Ali Pepper for completing the Women's 10k ☺ on International Women's Day. Dominic Shepherd for his 50th double park run (running and volunteering!), Jacqueline Healy running her 150th park run (wow!!), Hollie Smith stepping out of her comfort zone and getting on the trails of the New Forest Half Marathon, only to smash it with 3rd place overall and 1st in age category! Great to see all our Green Army achievements.

Chichester Corporate Challenge is in its 30th year, which I was surprised about and races around the streets of Chichester town centre on short laps. The midweek races start with schools races at 18.30 which are very short and fast affairs, coming one after the other with girls and boys races and there are 3

races in the series. After the children's races came the senior races split into two races depending on your speed over 10k and raced over 4 laps over 4.5k. It is great for spectating. We had a few Stubbies who raced across the series and times generally got faster each race. Race 1 results, 10th Lewis Banner 14.39, 30th Andy Simpson 16.12, 43rd Holly Watson 16.40 (1st lady), 144th Mike Bell 19.39 and Penny Forse 20.50. Race 2 – 10th Lewis Banner 14.26, 14th Brandon Chaplin 14.44, 41st Holly Watson (4th lady) and 140th Mike Bell 19.37. Race 3, in the schools race year 9 girls, 3rd Penny Worthy 6.47, senior races 9th Lewis Banner 14.19, 38th Andy Simpson 15.52, 53rd Holly Watson 16.45 and Mike Bell 19.27.

Have a good month training and racing, we hope to see you at the RR10 towards the end of the month.

Editor's note - the magazine relies on members' ongoing contributions. If you are willing to be interviewed, or have any ideas, articles, photos etc for inclusion 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*** ***Richard Mackay***

How to be a green Stubbington Green Runner

By Andy White

It is everywhere in our life, the need to be conscious of the environment and our effect on it. What we wear. What we eat. What we use. So why not how we run? Okay, running itself couldn't be greener. You get out the door and you plod around those streets or trails for a load of miles, working up a sweat, before coming home, elated, tired and possibly a little bit better for it. But, there is just so much more to running than that. There's clothes and watches and Strava and food and races and so much more besides. We all know there is no such thing as a cheap hobby.

So how can we, as individual runners, and as part of the wider Stubbing Green Running club do our little bit? Because changing those small things can be easy, and they magically add up so that before you know it, you might have made a big thing and more importantly, you have made a difference. So I am hoping that this might become a regular series of some of the little things that we can do, starting with…

What we wear…
There are countless running brands providing green, zero-carbon-footprint, thoughtful, eco-friendly stuff and yes, that is good and helpful. A quick trawl through the internet and you'll find all sorts. Shoes, shirts and socks that are kind to polar bears and conscious of trees. Even the big brands are giving it a go. But quite often these greener products are more expensive and just aren't that brand of trainer we used when we got that personal best and so we are never changing for a different shoe ever again. But they are getting there, and even those big companies are taking those little steps.

In the meantime what can we do if we are going to stick with our tried and tested brands? Now I am not going to advise you how far you can run in your favourite shoes, but really, that email from Strava telling you it is time to change your shoes because you ran for a few miles doesn't mean you have to. Besides, you can set when that alert pops up, so maybe increase it. a lot… Let the state of your shoes dictate whether they need changing, not an automated email. And just because the new ones come in a brighter shade of blue isn't reason enough either. So try and eke out a few more miles. It will be saving you money too. And when they do finally give up the ghost; recycle, or better yet re-use. Those tired old pairs of trainers would look good on you when you mow the lawn. Very stylish.

There are a number of companies that will take your old shoes and clothes and repurpose them. not just the big bins on the seafront, but people that specialise in sports gear.

Which leads nicely onto clothes, or specifically, shirts. Yes, it is nice to display your prowess at completing the Twin Peaks 2022 or the Isle of Dogs double Ultra 2021, but invariably that shirt ends up at the bottom of the wardrobe when it is one of far too many. There it will lie, unused and forgotten. It would be better to not have taken it in the first place and maybe got the message through to organisers that they are not always necessary. I do realise that most of us need a t-shirt or three for running, so if you do take one. Keep using it. They last forever - that's half the problem! And you can make the last even longer by not putting them in the drier and using appropriate detergent and avoiding softener. Now wouldn't it look even cooler when you wear your Atlantis Marathon1976 shirt. It is all about Retro!

All the best and see you out there in your finest antique shirt and well used trainers.

Cheers

Andy White

Sophie's Easter 10k Charity Event, weekend of 9-10 April

Please remember to sign-up to this forthcoming fundraising event. The 10k event we held in December 2020 was a smashing success and Sophie and her family were touched by the support. We had over 110 Stubbies taking part in fancy dress so we would like to make this event similarly successful.

Although the 10k is a virtual race, run whenever and wherever convenient for you, and wearing Easter fancy dress is optional The money raised will be going to four charities.

However, places are limited as we have to arrange for the medals to be manufactured before the event. These bespoke medals were designed by Sophie herself, just weeks before she passed away.

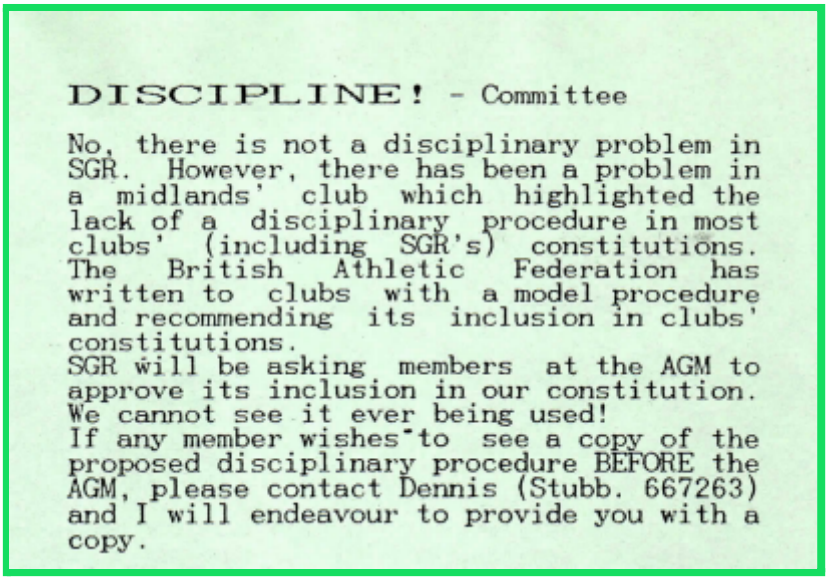
Any problems or queries, please contact either one of us.

Debbie Adams and Tina Mackay

The Time Tunnel

Past issues of The Green Runner, dating back to its inception in 1985, are available via this link: Newsletters and Podcast - Stubbington Green Runners If you want to see the pre-2007 editions scanned by Mike Bell, click on the link on the link to the club google drive.

In the midst of John Major's Government *Back to Basics* campaign, April 1993 saw the need for a damned good bit of discipline rearing its head in The Green Runner. I wonder what that running club in the midlands was doing…?



DISCIPLINE! - Committee

No, there is not a disciplinary problem in SGR. However, there has been a problem in a midlands' club which highlighted the lack of a disciplinary procedure in most clubs' (including SGR's) constitutions. The British Athletic Federation has written to clubs with a model procedure and recommending its inclusion in clubs' constitutions.
SGR will be asking members at the AGM to approve its inclusion in our constitution. We cannot see it ever being used!
If any member wishes to see a copy of the proposed disciplinary procedure BEFORE the AGM, please contact Dennis (Stubb. 667263) and I will endeavour to provide you with a copy.

Last Month's Parkrun

Parkrun information is provided by Chris Stapleford. Full details can be found on the website and Facebook page.

Hampshire Road Race League (HRRL events)

Information courtesy of Grace Thompson.

Details and league positions can be found at RR10 LEAGUE

Races restart at Fleming Park, 20 April 2022, at 7pm.

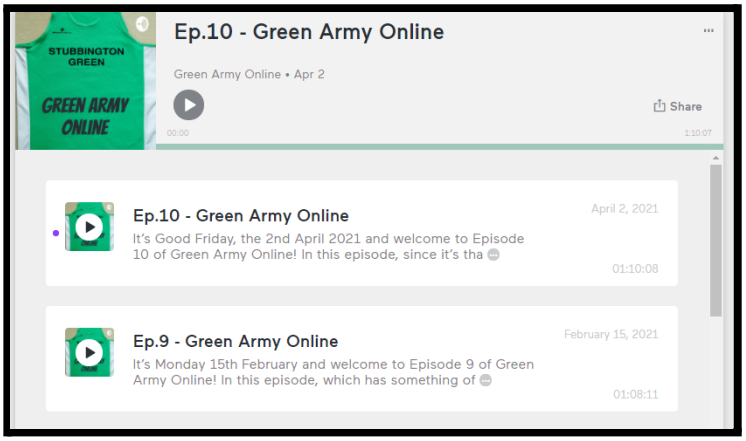
SGR will be hosting the River Hamble Country Park on 6 July and we would like volunteers to support this.

Further updates and reminders will be posted on the Facebook page

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

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.



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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

https://www.stubbingtongreenrunners.net/training/