



The Green Runner

<https://www.stubbingtongreenrunners.net>

May 2022

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Please remember to renew your SGR subscription if you have not already done so.



Chairman's Report



It's great to see the club going from strength to strength as more people join the best running club on the South Coast – actually the best club in the UK! The numbers of members that are turning out for all the various events is really encouraging and the sea of green is fantastic to see. We had nearly 70 members at the first RR10 of the season which was great to see and hopefully this will continue throughout the season – it's only a few years ago that we were struggling to get 10 runners at these free and inclusive events. Our RR10 is scheduled at Upper Hamble Country Park (formerly called Manor Farm!) on 6th July so please look out for requests for help from Grace Thompson and Nicky Beal as we marshal at this race rather than running it.

As you may have seen we are also running our own version of the South Downs Relay on Sunday July 17th so please let Andy Simpson know if you would like to take part – it's 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. We also have the Green Run organised by Greg Rowe on Sunday 8th May and it would be great to see members supporting this initiative.

Please remember the Green Runner is your newsletter so please feel free to email Richard Mackay (gr-editor@stubbingtongreenrunners.net) the editor with race reports of any races you have completed – I'm sure that all members like reading about the exploits of others.

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 – it's so good to see the club growing in the way it is.

Happy Running

Kevin



Captains' Report



April has been and gone and we celebrated the start of the RR10 season, also had some unfinished business from the last race of last season, so in this doubleheader at Fleming Park, saw over 60 Stubbies turnout to run for the club. Firstly, we will talk about the end of last season with the ladies A team first on the night with all 3 ladies in the top 10, First home and in 1st place on the night for last year's race was Nikki Roebuck, 2nd Beccy Lord and 7th Lucy May. Nikki was also crowned F40 Champion, congratulations Nikki. The ladies A team was joint 3rd overall and the B team was 17th Overall. The men's A team were 3rd on the night and 6th overall with the first Stubby man being Tommy Blake 8th, 14th Tim Rolfe, 16th Andy Simpson, 17th Colin Trigg and 18th Lee Reynolds. The B team finished the series in 19th and C team 25th overall.

The new season still had exactly the same number of runners and Stubby runners finishing in the same teams but everyone's positions changed with clubs that weren't allowed to score in the last race as it was their drop out race. The ladies had 8 teams with the A team 2nd on the night, 3rd Nikki, 4th Beccy and 10th Lucy. The men had 8 teams with the A team 4th on the night, 11th Tommy, 17th Tim Rolfe, 20th Andy, 21st Colin and Lee 22nd. The next race is on Wednesday 4th May at Itchen Valley, then 18th May at River Hamble Country Park (Manor Farm) and 1st June Cadland Estate. It would be great if we could keep the momentum going with 60 plus runners again.

We have had a few parkrun milestones in the last month must notable was Simon Gibbon running his 250th. Also hitting a milestone, actually a double milestone was George Howarth who on the same weekend ran his 100th parkrun, followed by his 100th marathon run which was completed at the BigWay Round Ultra (but we will write more about that in May's edition). So, congratulations Simon and George on your achievements.

Sophie's Easter 10k took place over two days with people running, walking and cycling 10K and getting dressed up in fancy dress. This event took place due to the dream team of Debbie Adams and Tina Mackay who organised the event and raised for Sophie's Charities around £20K, it was great to be part of this great event and the weather was perfect and sunny over the two days with local food businesses giving up their time and some of their profits for this great cause.

April is known as the Spring Marathon month with Manchester, Brighton and Southampton Marathons taking place. Manchester Marathon saw a few Stubbies all getting PBs, Tim Rolfe ran a sub 3 hour 2.49, Sylwia Ward ran an amazing time of 3.06 to get Championship entry for London, Amy Fox 3.44 and Jodie Francis 4.47. At Brighton Marathon Vicky Kitchener ran 4.41. At Southampton running festival we saw people running 10k, half and full marathons. Helen Benson got a PB in the Half running her first sub 2 in 1.58. In marathon, Hollie Smith got GFA for London in 3.39 (and just a few weeks after getting her half marathon PB of 90:51 at Reading!) , Iain Cross ran sub 3 in 2.57. Rob Egerton got a PB at Boston marathon in 3.07 and Kev Scullion ran 4.08 in Milan. Louise Tanner (stood in for Darren) and Gary Pullen ran the Magna Carta marathon (mixed feedback on the route!) congratulations to Gary on a fabulous PB of 3hrs 36 placing him 19th overall out of 102 runners! And a big shout out to David Cameron for a great first marathon run at the Ooser (strictly speaking an ultra as David ran 27.12 miles!) pretty sure this won't be his only marathon by the sounds of it.

In other distances we had a good Stubby turnout at the tough trail event "The General". A really lovely, lumpy and pretty course ☺ well done to Sara McRitchie, Stuart Bamberger, and Rob Williams for smashing the 20k and Nikkie Plomer, Lisa Donn, Dean and Tiffany Skerratt, Liz James.

Salisbury 10 was this month and what a turnout!! Captain Donn's first time running this course and I loved it! Such a lovely combination of villages and quiet roads and a stadium finish. Really well done to all of us on the day! Both Nikki Roebuck and Lucy May topped the ladies charts with Nikki 4th in her age cat in 1:06:36 and Lucy a PB of 1:11:19, also a big shout out to Catherine Chamberlain for this event as her longest run to date... all part of her half marathon training, well done ladies. For the Men we had Adam King as first stubby home in 59:57 and Russ Coleman 1:03:01, podium finish for our legend Mick Welland 1:15:17 and first in his age cat.

Congratulations to Brandon Chaplin for his first place at Park Run Lee on Solent this month, a well deserved placing for this talented young runner with a fantastic time of 18:03.

April's Time Trial saw 19 runners running the first Summer one. Thank you to all my helpers on the night. The aim of the Time Trials is that anyone can run them, you are only trying to beat yourself! What I mean by that is you are looking to see your times improve over the Summer from all the training you put in. The conditions were good for fast running on the night with lots of people just seconds away from their PBs, well done to everyone who ran. The biggest improvers on the night saw Clare Proctor knocking 49 seconds off her best to be the biggest female improver. We had 3 male improvers on the night in 3rd was Andrew Chamberlain with 35 seconds, 2nd Ash Lovell with 1 minute 32 seconds. The male winner on the night and biggest improver slicing a whopping 2 minutes 58 seconds off his time was Carl Schafer. The randomator winner was Michael Healy. Congratulations to our biggest improvers on the night and look forward to seeing everyone at the next one, on Thursday 26th May. Have a good month running, racing and enjoying the long Bank Holiday weekends.

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

You should eat lots of fresh fruit and vegetables, but remember to give 'em a good squeeze first...



Members' Articles



The Green Run

by Greg Rowe

Thinking back to Covid lockdown when our lives changed so much, not least with the lack of social running, oh the pain of it! I really don't like running on my own, I wonder why that is? Could it be the lack of human contact, my need to race, group loyalty, the need to impress my running peers with my ability to suffer pain, or even my ever pressing desire to prove myself to myself, oh and the copious amounts of coffee/chocolate-drunk post run with Stubbies buddies . I hardly ran in lockdown and started to suffer from withdrawal symptoms at one stage, not even placated by watching excessive amounts of action on TV! But things did improve when my mind moved to other things I had maybe neglected before this period of meditation was imposed on us, and I don't mean alcohol!

To be honest I do have other hobbies that I am quite passionate about so maybe I was luckier than others in this respect. In saying that I and I think others did find we had more thinking time during lockdown and maybe sadly my mind started to settle on world issues, thankfully we had no Ukraine situation to worry about during this period!

The main subject that my mind settled on was the Environmental global situation, not least global warming and its terrible current and projected effect on all things human. The result of this was my decision to do something active instead of simply mulling things over (!), hence the initiatives I have taken recently in SGR with the Rerun scheme and The Green Run, on Sunday May 8th along our beautiful coastline from Titchfield Haven to Browndown. This coastline is forecast to be seriously affected by 2050 (all of Gosport, Portsmouth and a large part of Southampton lost to the sea) due to the ongoing and fast rising sea levels, worsened by global warming and the exponential rate of the melting glaciers. If that isn't enough motivation then what is!? I will of course not be around in 2050 as I am 69 years young (it's a get out), but before I die I would like to think I tried to do something, not least for the reason that my Grandchildren will be in their mid to late thirties in 2050. Let's just hope that the human race really wakes up to all this, not least of course our wonderful politicians!

So, I am spreading the word in the hope that more people confront the environmental issues of today and that the human race survives through to the next millennium. Fingers crossed!

Hope to see you all at The Green Run Sunday 8th May. There is at least one Seal in the sea off our coast, seen this week and we may be able to spot it during the run!



April Time Trial Results

| Name | Running/ Marshal | Best 2019/ 2020/ 2021 | April | Months Best | Total Yearly Best 2020 |
|--------------------|---------------------|--------------------------|-------|----------------|---------------------------|
| | | | 19 | 4 | 4 |
| Andy Simpson | | 23.33 | 26.46 | | |
| Chris Williams | | 24.24 | 24.28 | | |
| Simon Ross | | 25.43 | 26.22 | | |
| Steve Cumes | | 25.55 | 25.58 | | |
| Mark Eaton | | 26.46 | 26.46 | | |
| Pete Tugwell | | 28.26 | 28.26 | | |
| Andy Donn | | 28.36 | 28.39 | | |
| Ed Hare | | 30.43 | 30.45 | | |
| Ash Lovell | | 32.43 | 31.11 | -1.32 | -1.32 |
| Claire Procter | | 33.26 | 32.37 | -0.49 | -0.49 |
| Rob Zeffertt | | 31.51 | 31.51 | | |
| Sara McRitchie | | 32.01 | 45.18 | | |
| Carl Schafer | | 38.15 | 35.17 | -2.58 | -2.58 |
| Andrew Chamberlain | | 36.18 | 35.43 | -0.35 | -0.35 |
| Mark Saywell | | 37.52 | 37.32 | | |
| Michael Healy | | 37.46 | 37.46 | | |
| Eunice Eaton | | 41.10 | 41.10 | | |
| Jacqueline Healy | | 41.32 | 41.32 | | |
| Janine Jenkins | | 45.17 | 45.17 | | |

| Handicap Bandings | Course Records | Name | Time | Date |
|-------------------|--------------------|-----------------------|-------|--------------------|
| Under 25 mins | Men's | Daniel O'Boyle | 20.25 | 20th August 2015 |
| 25.01 – 28 mins | Ladies's | Beccy Lord | 23.27 | 8th September 2016 |
| 28.01 – 31 mins | | | | |
| 31.01 – 35 mins | 2nd Fastest | | | |
| 35+ mins | Men's | Mark Le Gassick | 20.43 | October 2005 |
| | Ladies's | Beverley Hard (Brown) | 23.48 | 1st June 1993 |



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.

The SGR contingent at the 1989 London Marathon.



**The Stress Diet, as used by runners after they have done their long
run...**

STRESS DIET

BREAKFAST:

1/2 Grapefruit
1 slice Whole Wheat Toast
8 oz. Milk

LUNCH:

4 oz. Lean Broiled Chicken Breast
1 cup Steamed Zucchini
1 Oreo Cookie
Herb Tea

MID-AFTERNOON SNACK:

Rest of the package of Oreos
1 quart Rocky Road Ice Cream
1 jar Hot Fudge

DINNER:

2 loaves Garlic Bread
Large Pepperoni and Mushroom Pizza
Large Pitcher of Pepsi
2 Milky Way Candy Bars
Entire Frozen Cheesecake eaten directly from the
freezer

Violet M. Taylor

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.

Race details and league positions can be found at [RR10 LEAGUE](#)

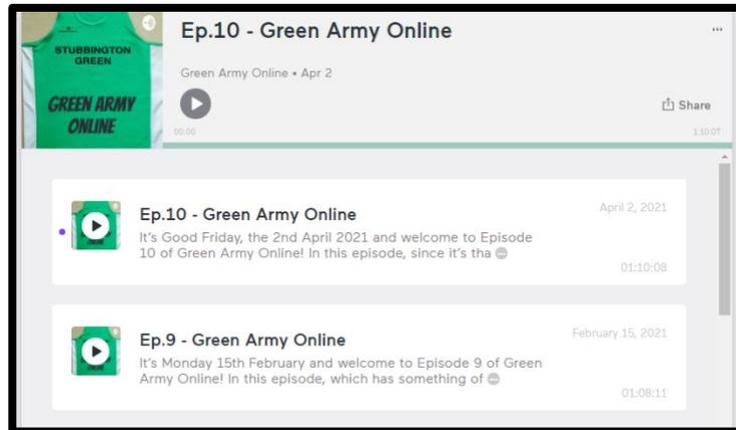
SGR will be hosting the River Hamble Country Park on 6 July and we would like volunteers to support this.

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.



<https://anchor.fm/stewart-pepper?fbclid=IwAR3kcKpUoOEX8DtwvFdrhCT16Vrzft7Ssc8AEnlXLVI07RnVYpSIbcBm3Xk>

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/>



<https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>

