The Green Runner

https://www.stubbingtongreenrunners.net

August 2022

gr-editor@stubbingtongreenrunners.net

Chairman's Report

Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 8th January 2023. After a number of years as Race-Director I am handing over the reins to Sara McRitchie who, I am sure with the support of the club membership, will continue to make our race the best 10k on the south coast. We have had additional challenges this year with the opening of the new Bypass which means we have had to totally change the route but have hopefully come up with a route that is good for the runners, but at the same time minimises the disruption to the residents who support the run so well.

If you can offer any help in the run up to the event then please contact Sara or Sarah Barron, who is taking on the role of Deputy Race-Director and who will be co-ordinating the marshal/helper list. This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward. We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day – entries are planned to open around the middle of September.

We are looking forward to the Hart 4 relay on August 14th where we have a number of teams participating at this fun and popular event, which we have missed for the last couple of years.It was good to see so many of you at the Chariots of Fire run last month and thanks again to Nick and Helen Kimber for keeping the runners and spectators well fed with their beachside barbecue.Our next social will be the Fish and Chip handicap on 7th September so please look out for details of this nearer the time. We also have the charity event scheduled for Saturday 26th November at the Crofton Club that Peter Redman is kindly organising.Finally, our Awards Evening is scheduled for Friday 4th November at Titchfield Community Centre – we will confirm ticket details as soon as possible but it would be lovely to see as many people there as possible at this popular annual event.

Happy Running

Kevin

Captains' Corner

July 2022 has been all about the heat and sunshine! We have tried our best to stay hydrated, setting early alarms to miss the hottest parts of the day and adding in a sea dip at the end of our routes…anything to keep the training and running going ☺

Plenty of events happened despite the heat, both inland and along the Coast, the Green Army were there!

Road trip along to West Dorset for the Charmouth Challenge, as the name would suggest, not an easy course, but the views are spectacular. Golden cap being one of the tough climbs for Paul Hammond, Simon Gibbon and Nicola Willoughby, well done guys, bet you were glad the sun wasn't out that day!

Penny and Alan Forse went a bit further afield to Tampere in Finland, for the WMA Championships. Very warm temps of 30 degrees plus (which little did we know at the time the UK would actually top!). Fantastic results from this legendary couple. Penny came 5th in the 800m final in 3 min 24 seconds. Alan came 4th in his 200m heat in 34.38 seconds, but sadly had to stop after that event with an injury ☹ Penny went on to smash 4th place in the 1500m event, then final day finished with a team silver medal in the 4 x 400m. The icing on the cake….they beat the British F70 record by 2 seconds!!! Just incredible, well done Penny and wishing you a speedy recovery Alan.

Whilst we are talking medals and wins, a big shout out to Sylwia Ward for her 2nd lady overall finish at the Dorney Lake half marathon. This was on one of our very hot days and the course does not benefit from a sea breeze sadly! Really well done Sylwia ☺

Road trips don't get much further and more popular than the "old favourite" Lakeland Trails in Ambleside. The village looks more like Stubbington Green when our army arrives! Such a stunning and challenging event, with the beauty of having multiple distance options – so a real "something for everyone" type of event. Choices of 14km, 23km, 55km and 100km. Being in July it's quite normal for the day to be a warm one, but yet again this year was very warm!! Special mention to Mike White for his outstanding finish of 5th place overall and 1st V60 in the 23km event. So many Stubby's there to congratulate, so here goes…

14km = Mark and Marie McDonald, Tracie Jarvis, Russell Mead, Jon Leigh, Gary and Lindsay Pratt, Jules Dinwoodie, Sue Moore, Sue Robinson, Julie Ashman, Julia Webb, Sarah Barron and Sandie Macintosh.

23km = Mike White, John Cox, Andy White, Paul Hammond and Laura Kay

55km = Sara McRitchie, Stuart Bamberger, Tracy Langdale, Neil Stantiall and Andy Lee.

South Downs Club Relay was affected by the prospects of record hot weather that weekend, so the race committee decided to give people the option to drop with no pressure to do the event or feel they had let their teams down. So, the relay lost nearly half the runners, so with a good juggling act by your Captains on Wednesday night we managed to cobble together 4 teams with two reserves and gave most people legs they knew the route for, so as not to get lost on the day. There were two exceptions with reservist Pete Cole going out to recce on the Thursday and Chris Hind reccing on the Friday morning. We had put all the safety precautions we could in place for the relay. The club relay sees the runners running 1 leg each from Littleton Farm to The Milberry Pub which is 31.81 miles with the legs ranging from 3.75 to 7.14 miles. All the leg times for the day are recorded and these can be found in this issue of the Green Runner.

The relay started at 9am with the 4 teams and 4 outgoing runs chomping at the bit to get off. There were bets on who would come in first on leg 1 and some confusion with the wife of an incoming runner not able to recognise her husband! First to the changeover was Team 4s Greig Benson in 40 minutes and 51 seconds with 2nd person in for Team 1 was Phillip Townley just 34 seconds behind. Second leg over the relay which is the hardest leg from Cocking to Harting at 6.39 miles but some serious hill climbing starting with over a mile's climb at the start.

Captain Simmo found himself hunting down runners on this leg which he knows really well from running it numerous times on the 100-mile relay. So even after a brilliant start by Alison Lawerence who had got a PB on leg 1, Team 2 still found themselves minutes behind to be precise 4 minutes 47 seconds. This is the nature of the club relay with mixed abilities of runners and speeds and makes the outcome of a winner impossible to call! After motoring up the first hill Jon Leigh was overtaken and before the forest section Tom Hastings was passed. Captain Simmo came into the changeover in 1st place having set a club leg record of 45 minutes 47 seconds, so team 2 now had the pressure of leading and being hunted down by the other 3 teams.

The temperatures were creeping up and on the Downs you find that there is no shade for long periods of time and you enjoy what shade you can on your legs. The next leg was from Harting to QE Park. The fastest runner on this leg was Team 4s Andy Donn in 46 minutes 48 seconds and nearly two minutes quicker than anyone else, obviously the Ladies Captain had given him a pep-talk beforehand as their team closed the gap.

Leg 4 QE to Sustainability Centre up Butser Hill, Team 2 still held the lead after this leg but lossed a little time as Melissa Barham took a nasty tumble on a stone but carried on. We wish her a speedy recovery. A special thanks to Becca White for cleaning up Melissa's wounds and bandaging her up. Team 4 were on a roll with late substitute Pete Cole closing the gap to the other teams with a record for the leg in 34 minutes 37 seconds.

Leg 5 was to Old Winchester Hill which had a little hill finish where everyone watches you coming up the hill. At the end of this leg on the hill we had 3 of the 4 teams on the hill together battling it out with Team 4 just a couple minutes behind. Andy White was the quickest on leg 5 setting a new leg record by 1 second in 34.27.

So, it came down to the last leg runners with Team 2 still leading but the lead had greatly reduced. The race to the pub was on who would be victorious? The teams saw their runners safely across a road at Exton with Team 2 holding a 1 minute 30 second lead with still over half the leg to go. At this point it was about 28ish degrees with the teams offering water to their runners. We met them at the top of Beacon Hill and Team 1 had taken lead Chris Hind had passed Dominic Shepherd across the uphill camber of 3 fields to Beacon Hill. More water was dished out with a couple of miles still to go. Team 1 with Chris crossed the line first in the fastest time in 60 minutes 14 seconds but there was more drama as the ensuing time penalty was looming due to going wrong on leg 3 into QE. Next home was the long-time leaders Team 2 with Dom. Third team home was Marcus Lee and 4th home was Team 4 with Darren Tanner. Amazingly all 4 teams were just separated by 11 minutes and the top 3 teams by just 2 minutes. So, a pat on the back to our Captains for getting the right balance in the teams. After discussions and going to independent judges due to two of the race committee having a vested interest it was decided to give a small time penalty on the time saved by team 1. A big well done to all the teams and runners who competed in a great day on the Downs and the weather didn't beat us! So, the winners of Club South Downs Relay 2022 was…….. Team 1 by just 24 seconds so congratulations to Phillip Townley, Tom Hastings, Martyn Poore, Louise Tanner, Helen Benson and Chris Hind. Team 2 were runners up Alison Lawerence, Andy Simpson, Stuart Bamberger, Melissa Barham, George Howarth and Dominic Shepherd.

Chariots of Fire took place on a warm Friday evening down at Meon Shore, always one of my favourite races which takes place at low tide as you run to Solent Breezes and back which is 4 miles in total. After a few years' absence due to the big C, it made a welcome return to the social calendar with over 40 runners taking part and quite a few spectators who came down to watch the wondrous white spectacle of everyone in white shorts and t-shirts. Followed by Uncle Nick's bangers done on the barbie. Good running from everyone it's not easy terrain to run across but the reward at the end of the run was delicious hot dogs. Thank you very much Nick for organising and doing the food.

RR10s in July saw us hosting our one at Manor Farm, sadly I was on holiday but did hear great reviews of our race. So, a big thank you to Grace Thompson, Nicky Beal and to the rest of the marshals, helpers on the night. Wide Lane was the other RR10, on a very warm evening and was run around the cricket pitch and football fields and seriously lacks hills but is a very fast course to run. We had 33 runners on the night and 7 teams. Well done to everyone who ran on the night and special thanks to Chloe Simpson for doing the numbers. Congratulations to Beccy Lord on being first lady on the night with the ladies A team including Kelley Haniver 6th and Nikki Roebuck 10th. The ladies were 2nd on the night and currently joint 2nd overall with two races to go. The men's A team were 7th and sit 6th overall with Colin Trigg 11th leading home the men with Andy Simpson 13th, David Mallard 46th, Callum Swann 69th and Simon Ross 70th. There are two races left in the series so it would be great to finish off with some good turnouts, 3rd August Badger Farm, Winchester and 17th August IBM Hursley.

The start of the Hampshire Road Race League is just over a month away with the first race at Overton 5 on 4th September, 25th September Solent Half, 6th November Hayling 10, 20th November Gosport Half and 4th December Victory 5. Having checked the entry lists we don't seem to have many people entered for these races. Anybody can run these races, so please have a look at entering these races, thank you.

So August is looking to continue with the warm and dry weather. So please enjoy the summer weather and keep hydrated.

August's Top Tip

https://theoatmeal.com

Club News

July Time Trial

By Andy Simpson

On a very hot night and in a busy week for Stubbie runners, with relay and Chariots of Fire we had just 10 runners on the night. Thank you to Lisa for looking after the evening and her band of helpers. We had 1 female and 1 male improver on the night, so congratulations Stacey Read on taking 10 seconds off your time and Chris Williams for improving for the second successive month with 17 seconds off. The randomator winner was Mark Saywell. The next time trial is 25th August.

Stubbington Green - Time Trial Results 2022

Name	Best 2020/ 2021	April	May	June	July	August	Months Best	Total Yearly Best 2022
		20	21	23	10	-	2	17
Chris Williams	24.24	24.28	25.52	**24.21**	**24.04**		-0.17	-0.20
Andy Simpson	23.33	26.46						
Steve Cumes	25.55	25.58	24.47	25.19				-1.08
Callum Swann	27.58			27.44				-0.14
Mark Eaton	26.46	**26.46**	26.59	26.44				-0.02
Simon Ross	25.43	26.22		26.30				
Andrew McEwen	26.53			26.53				
Pete Tugwell	28.26	**28.26**	40.25	28.16				-0.10
Haydn Brown	28.50		**40.10**		28.50			
Andy Donn	28.36	28.39						
Steven Matty	28.46		31.18					
Dominic Shepherd	29.00			29.02	29.08			
Simon Bacon	29.12		26.49					
Nick Crane	29.34		32.47					
Mike Smith	30.30			30.30				
[illegible]d Hare	30.43	30.45						
Rob Zeffertt	31.51	**31.51**		28.58	34.53			-2.53
Mark Shepherd	31.08				31.08			
Andy Richardson	31.10		33.40	32.00				
Brandon Chaplin	32.00*			**32.00**				
Sara McRitchie	32.01	45.18	43.36	33.54	47.54			
Ash Lovell	32.43	31.11						-1.32
Jules Dinwoodie	33.24	37.11		35.10				
Claire Procter	33.26	32.37			34.14			-0.49
Sammi Lou	33.39		33.39					
Carl Schafer	38.15	35.17	34.57					-3.18
Jacqueline Healy	41.32	41.32	39.12					-2.20
Sarah Barron	39.49			37.31				-2.18
Janine Jenkins	45.17	45.17	43.36					-1.41
Michael Healy	37.46	37.46	36.41	37.18				-1.05
Eunice Eaton	41.10	41.10	40.22					-0.48
Andrew Chamberlain	36.18	35.43						-0.35
Stacey Read	48.04			**48.04**	47.54		-0.10	-0.10
Mark Saywell	37.32	**37.32**	38.12	37.26	37.40			-0.06
David Timber	35.12			35.12				
Russell Mead	35.18		35.18					
Andy White	34.53				34.53			
Simone Shepherd	36.19			37.04				
Deborah Madeira	37.04			37.04				
Haydn Brown	40.10*		40.10					
Kim Bevel	40.18		40.18					
Peter Turnbull	40.25		40.25					
Samantha Gass	41.50			41.50				
Jon Leigh	48.04*			**48.04**				

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Course Records	Name	Time
Men's	Daniel O'Boyle	20.25
Ladies's	Beccy Lord	23.27
2nd Fastest		
Men's	Mark Le Gassick	20.43
Ladies's	Beverley Hard (Brown)	23.48

SGR Mental Health Champion - Introducing Helen Nash

England Athletics have created the role of **Mental Health Champions** as part of the #RunAndTalk programme. They aim to establish a network of volunteers across affiliated clubs and Run together groups in England to:

Promote mental wellbeing through running by supporting the aims of

A bit about me
I'm a mum of two children aged 10 and 8 and moved to Hillhead with my husband and children three years ago. I joined SGR this year and usually attend the hills session on a Friday morning. I have tried to keep fit over the years and dipped in and out of running. At school I loved to sprint short distances and as an adult tried different HITT and interval activities as I got bored quickly! Fast forward to my late thirties, at home for a year after having my son and needing a challenge, I ran my first Great South Run. Since then, I have run more regularly, tried new routes and enjoyed longer scenic runs and trails. I am proud to say that I ran my first marathon – the inaugural Brighton Trail marathon in June this year and am still buzzing from the experience!

Why I volunteered for this role
I have worked in various mental health settings and teams for over 20 years. Over this time I have been interested in the links between physical health, activity, exercise and mental health. My patient sessions often include a focus on these links and how small changes can make a big difference to quality of life. Exercise can be a great way to connect to others and the present moment, release happy chemicals, improve self esteem and confidence. That's aside from the many physical health benefits. I can also speak from my own experience and how exercise and running in particular helps to improve my mental health.

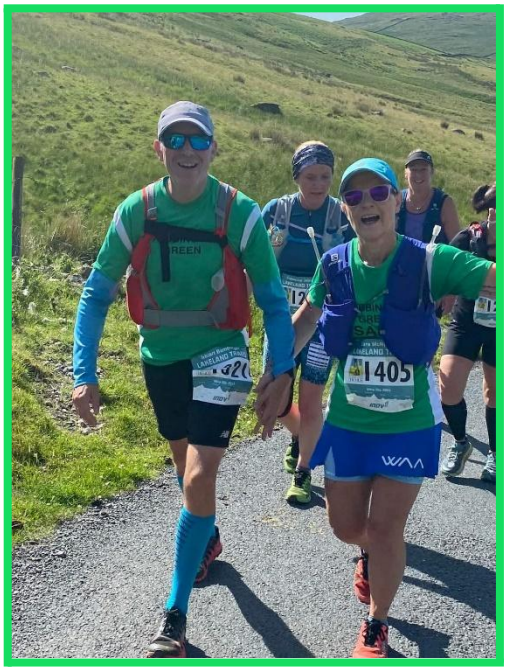
What the role is likely to involve
I will be here to promote talking about mental health, signpost people to organisations and resources if they need support, liaise with local organisations such as Mind and other run clubs and to check in with people if they have asked for support.

Email me on: mentalhealthchampon@stubbingtongreenrunners.net

I will post any updates or campaigns from the
#RunAndTalk programme and hope to meet some of you soon

The Ultimate Trails – 55K

by Sara McRitchie



Stuart and I signed up last year after completing the 23k twice.

The training runs during the year were planned in and Stu had to put up with my saying for a full year that every run was a training run for the Lakes!

The day approached and we completed bag check and it started to feel real. The weather forecast was meant to be about 20° with some shade, but it was obvious from the few days before that this wasn't going to be the case.

On the morning of the event, it was warm – very warm. I prefer running in the warmer weather, so this didn't bother me – I knew that we just had to keep well hydrated and keep to our main goal – to finish!

We set off – and of course Stu was still wearing his multiple layers even though it was very warm, we adjusted our pace to nice and steady and just kept drinking. We took in the amazing views, and soaked up the support from our support crew, the marshals', and the local people in the area.

When we came round the last corner and saw the SGR crew that we were waiting for us (even though we were much later than we thought we would be), it was an amazing feeling that we had actually completed it in 11 hours 51 minutes.

We both suffered from blisters on the day and multiple stops had to be put in, to plaster up. Still not sure why this was the case as we had completed enough training runs and this didn't happen at all. In hindsight I don't think that we did actually fuel enough on route either. All lessons to be learnt and for improvements to be made ready for the Ultimate trails 55k in 2023.

Stubbington 10K Update – Sara McRitchie

As you would have seen from this edition, I have taken over as Race Director for our 10K from Kevin. I hope that I am able to do just as good a job as Kevin has done over the years. I will be supported by Sarah Barron as the Deputy RD.

Work organising the 10k is well underway and some of you may be aware that we have had to change the route for the 2023 race as we are unable to get road closure agreement on the section of the new Stubbington Bypass.

The race will now be starting and finishing in Stubbington Village and will head out along Gosport Road to the Peel Common roundabout and turn down Manor Way and onto Daedalus Drive and past the airfield. At the end it will cross over Marine Parade (this section of road will be closed) and head down towards Sea Lane and Salterns Road and on towards Hill Head Road, there will be a loop down Knightsbank Road and Old Street before heading back along Hill Head Road, this road will be closed for next year and we will have runners on both sides of the road. The run will then have the same finish as in previous years but with an added loop of the village to finish.

We have tried our best to find a new route that will still be fast and flat and with the small section of out and back should offer great support for the runners. The proposed road closures are subject to council approval.

We will start looking at the number of marshals that will be needed for the new route soon and will be asking people as before to volunteer for marshalling duties out on the course and also for help before and after the event, we do ask that if you are intending to run on the day that you provide a nominated person to help on your behalf and ideally not someone who is already a club member.

Your support in making the 10k a great success is always greatly appreciated.

Race Information and Forthcoming Events

Parkrun information provided by Chris Stapleford. A statistical analysis is available on the Facebook page and website.

Forthcoming Hampshire Road Race League Events

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

See the Facebook Page for details.

SGR Members' Bike Ride - 7 August, meet 9am Crofton Community Centre. Please contact Peter Redman or Julia Lawton if you intend to come so they can provide adequate refreshments at the stopover in Warsash.

Hart 4 Relay - 14 August

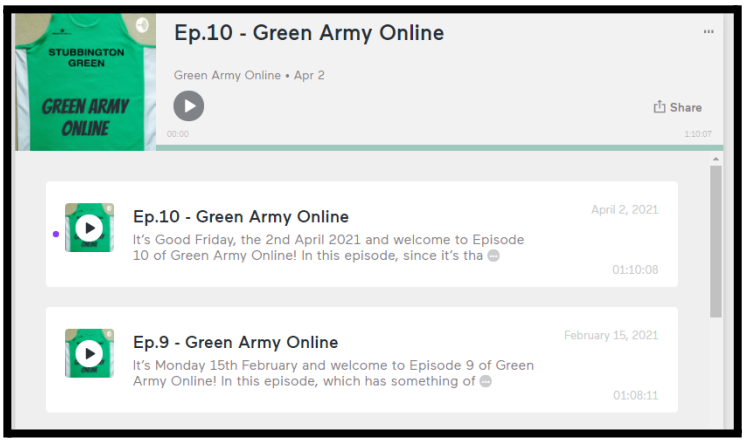
Fish & Chip Handicap - 7 September

SGR Awards Evening at Titchfield Community Centre - 4 November

Charity Event at the Crofton Club - 26 November

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.



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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/

Just try to look at your shoes the same way again.....
You're welcome.