The Green Runner

https://www.stubbingtongreenrunners.net

September 2022

gr-editor@stubbingtongreenrunners.net

Chairman's Report

I hope everybody has enjoyed the summer – whether you have been away somewhere or just stayed at home. August saw the end of the RR10 series which involved over 100 Stubbies during at least one race – congratulations to everybody who took part and especially Nikki Roebuck who won the Female Vet 40 category. As we move into Autumn, these races are replaced by the CC6 and Southern Cross Country series which are similar to the RR10s but take place on a Sunday morning – Rob Williams and Lisa Donn, respectively, are our reps for these series so look out for more information from them nearer the time.

It was a shame that the Hart relay was cancelled at the last minute but we are hopeful that there will be a partial refund to those who entered and we will confirm this and the process as soon as possible.

Our Stubbington 10k is currently scheduled for January 8th and planning is well underway to ensure another successful event in 2023. The new route, needed because of the new bypass impinging on our old route, has now been officially measured and we are hopeful that entries will be open from mid-September if everything goes to plan in the next couple of weeks. For those new to the club (and as a reminder for older members) you are very welcome to enter our event but we do need you to provide the name and contact details for someone who can act as a marshal/helper at the event on your behalf as we need over 150 volunteers to put on a successful event.

Our next social event is the Fish and Chip handicap on Wednesday 6th September and I look forward to seeing as many of you as possible at this annual and very popular event. Planning for our very popular

Awards evening is well underway and will be held on Friday 4th November at the same venue (Titchfield Community Centre) as last year. Once formally confirmed, please ensure you book your place as soon as possible so you don't miss out.

Happy Running

Kevin

Captains' Report

CAPTAINS' CORNER

August 2022….. one of the hottest on record, but still we ran! And we ran A LOT

The last of the Gosport 5k Summer series was on the 10th August and Penny kindly captured some great podium finishes for us. Congratulations to Katie Simister 18:19 3rd Senior female, Richard Edmonds 19:55 1st M50, Jon Plomer 20:36 4th M45, Haydn Brown 21:15 1st M60, Andy Richardson 23:54 2nd M55, Penny Forse 24:47 1st F70, Dawn Haynes-Sewell 25:55 2nd F50, Jules Dinwoodie 29:35 2nd F60.

Sylwia Ward took on the Burnham Beeches half marathon and smashed it with 1st lady in her

age cat V40. A ridiculously hot day but that didn't stop our Sylwia! A beautiful trophy to celebrate her win too.

We did really make the most of running whilst on holiday and embraced the tourist run status. Captain Lisa Donn and husband Andy found a couple of stunning Park Run's in Germany. Neither had particularly high numbers but that didn't spoil the atmosphere and incredibly warm welcome we received. Park Run has taken off pretty well in Germany with 47 different locations now. They do like to finish their run with a coffee the same as us Brits, so we were honoured to be invited along by the RD to join them. Was really interesting to hear how in Germany they typically don't like an early start on a Saturday, so numbers won't ever be that high, but our first location in Leinpfad had 44 runners that day. A varied course with some park, riverside paths, gravel, hills and we even ran through a small zoo! The second location was Speyer and this beautiful town made the perfect backdrop for a run with views! Running alongside the river Rhine, a double loop which took you through a park and up and over a bridge that they had accurately labelled as "Bridge of Doom!" (4 times over ouch!!), just 20 runners that day! They blamed the holiday season but don't get many more than the mid 30's anyway. The local Youth Hostel provided the fresh coffee after and the local bakery gave them 2 fresh loaves and a cake to share out (we were then very appreciative of the low numbers!). So, if you happen to find yourself in Germany on a Saturday morning, highly recommend you check out the ParkRun locations nearby!

Park running Stubbies were also spotted in Boston (the UK one!) Dominic Shepherd with a PB, 12th overall and 2nd age cat, Woolacoombe (the one with the killer sand dune) Louise Tanner was 1st V40 lady, Gnoll Country Park with a really pretty route for Claire Peal, Gloucester City for Janine Jenkins, Jersey for Claire Procter, Plymvalley for Mike Smith with chunky hills and woodland. Thank you all for sharing your happy photos of all these exotic locations!

Closer to home we celebrated at Lee on Solent with Amie Morgan running her 250th park run, as the 25 minute pacer! Stu Nicholson clocked up his 400th park run this month too at Banbury. Just WOW! Congratulations to you both

Whiteley Park run last weekend of August and Brandon Chaplin got his pb of 17:57, well done

In other events, we had a small but strong Green Army take on the Harting Trail race this month. A very hot day for Steve Cumes, Stewart Pepper, Will Feline and Sara McRitchie. Looked like a stunning course, and according to the camera man it had no hills!!!! HaHa – the photos said otherwise!

We had another of the ever growing "BigFeat" events this month and a huge Stubby turnout for the Big Pilgrimage. This event had 3 distance options with 15 miles, marathon and 54k Ultra, following the Pilgrim trail which in its full length would run from Southampton to Canterbury. For the event though, this was a point-to-point run starting in Mayflower Park, Southampton and finishing at either Titchfield Abbey or Fort Nelson on Portsdown Hill for the longer distance, with both courses crossing the River Hamble on the pink ferry. We had podium finishes from Jon Leigh 2nd MV60 in the 15-mile event, for the marathon George Howarth (7:24:03) 3rd MV60 in the Ultra and Simon Bacon (5:55:53) 2nd MV50 in the Ultra. We had a particularly good turnout for the 15 mile option with Pam Kemp, Jon Leigh, Louise Tanner, Laura Kay, Julia Lawton, Cat Groves, Jo Reed, Paul Smith, Helen Benson, Louise Nicholson, Tiffany Skerrett, Tracey Terry, Tracey Mason and Andy Richardson. Well done everyone and for collecting all your stickers on route too Love that idea!

Not strictly running related but we have to congratulate Sara McRitchie and Stuart Bamberger for completing the 3 peaks challenge this month. This dynamic duo climbed Ben Nevis, Snowdonia and Scafell Pike in succession over 24 hours! It was incredible to see your photos and follow your adventure on Facebook, a huge achievement and many of us are very envious! Also a big shout out to Lucy May for her silver medal in the European Aquathlon Champs held in Slovakia, achieving 2nd place in her age category for a 1km open water swim followed by a 5km run. Well done Lucy, we are all really proud of you

The RR10 series finished this month with the last two races, and we have had relatively good turnouts at these fun midweek races. The second to last race was at Badger Farm with a slight change to the course. We had 6 teams on the night with the ladies A team 7th on the night led home by Lucy May 8th, 30th Angela Harrison and 37th Alison Lawerence. The men were 6th, first home was Colin Trigg 11th, 13th Andy Simpson, 36th David Mallard, 54th Mike White and 66th Aaron Froukhians.

So, the last race of the season was two weeks later with Nikki Roebuck fighting to be top F40 lady. The ladies were led home by Beccy Lord who I had the pleasure of running with me for part of the race as she came in 3rd, 9th Nikki Roebuck and 48th Alison Lawerence with the A team 5th on the night and finishing 3rd overall for the series. In the final ladies' standings for running a minimum of 6 races out of the 9, in an impressive 2nd was Beccy Lord and 6th Nikki Roebuck and retaining her F40 title and winning it for the 3rd time. Congratulations to Beccy and Nikki. The ladies who ran 6 races are listed here, 12th Lucy May, 31st Angela Harrison, 38th Alison Lawerence, 47th Helen Benson, 52nd Sara McRitchie, 72nd Gail Osborne, 108th Jacqueline Healy and 111th Stacey Read. The ladies B team was 19th, C were 28th, D equalled 48th, E and F were 57th and 58th.

The men's A team on the night was 8th and finished 6th overall, the last race saw Southampton AC pack the front with guys. Leading home the men were Andy Simpson 23rd, 30th Jon Warner, 35th Chris Sandy, 42nd David Mallard and 58th Aaron Froukhians. The men's other teams finished as follows B were 17th, C got 28th, D was 40th, E and F were 45th and 46th. For the men who scored in 6 races here are the final results 9th Andy Simpson, 13th Colin Trigg, 35th David Mallard, 46th Mike White, 66th Simon Ross, 69 Callum Swann, 78th Pete Tugwell, 98th Marcus Lee, 101st Haydn Brown, 104th Graham James, 143rd Ed Hare, 166th David Kimber, 172nd Carl Schafer and 178th Stuart Nicholson. Mike White was runner up in the V60 category to Jon Osman who won all 9 races he could run in!

Thank you to everyone who ran the series, special thanks to Grace Thompson and her sidekick Nicky Beal for organising the troops each race and for our own race. Thanks to Jon Leigh for the pub posts for rehydration afterwards which towards the end of the series gathered pace with good turnouts!!

Miles of Miles , made a return this year with the relay consisting of mixed teams of 10 with each runner completing a mile which equates to 4 laps of 400 metre track. This year we were at a different venue at Mountbatten School, Romsey on their grass track. We had two teams with a few last-minute dropouts which saw 3 guys go twice for both teams. It was a very warm evening with the sun dangerously low down the back straight which meant most of the runners couldn't see the finish line till the last 10-15 metres and hoped the next runner was in place. The race got off to a fast start, our A team found themselves in 3rd place at the first changeover despite Colin Trigg running a low 5-minute mile on grass! Edward Smyth took over from Colin and his last 100 metres was like he was being chased by a swarm of wasps and he finished with another low

5-minute mile. Handing over to Andy Simpson who didn't get a chance to warm up due to doing the admin duties at the start, note to self to employ someone next year for that job or run towards the end! We soon found ourselves in the lead and as our legs went by we were still in the lead. The next 3 runners, Kieran Easton, Tom Hastings and Brandon Chaplin, all had good legs for the team. At the back end of the relay, we had our talented ladies Lucy May 8th runner, 9th Nikki Roebuck and the glory leg Beccy Lord. It was between Lordshill and ourselves for the victory with Lordshill men's leg runners closing in every leg. When Beccy took over, she had only a few seconds lead at the handover and despite a brave fight, we were going to be 2nd again losing by about 15 seconds in 56 minutes 14 seconds. Always the bridesmaid and never the bride, so to speak, after finishing 2nd last time. I will shoulder the blame as my first leg wasn't good for the team in 5.43, well off my best. Next year we will try again to win. Our B team was very inexperienced in track and relay racing, so was great to see these runners enjoying the relay. First out was Rob Zeffertt who had a good opening leg handing over to Jacqueline Healy, Louise Tanner, Mike Healy, Claire Dyson, Frances Lord and Helen Benson. The last 3 runners had been giving maximum rest after there first runs, so thanks to Colin, Edward and Andy for running twice. The Stubbie B team were 15th overall and 5th B team in 1 hour 11 minutes 37 seconds, well done you guys. Everyone had a great time and we look forward to next year's race.

August Time Trial saw 18 runners, with a few elapsed runners having a go. Thank you to all my helpers, plus Sara McRitchie and Sarah Barron stepping in to my shoes as I was celebrating my son's GCSE results! On a good night for running, we had just one female improver which was the birthday girl Janine Jenkins slicing 26 seconds off her best. The men's biggest improver saw 4 runners Brian Graham (29 secs) and Pete Tugwell (41 secs). The runner who was second on the night and continues to improve over the season will be gutted that a huge 2 minutes 1 second wasn't enough to claim biggest improver, Mike Healy. The biggest male improver with a whopping 2 minutes 57 seconds was Peter Turnbull. Congratulations to Janine and Peter, well done everyone who ran. The randomator winner was Emma Baker-Chaplin. The next Time Trial is Thursday 29th September.

We have the start of the Hampshire Road Race League in September with Overton 5 which will have been run by this publication and then the Solent Half on Sunday 25th September. It would be great to get lots of runners out at these club races.

Lots of runners over the Summer have been training hard for Autumn marathons which include Abingdon, London and Richmond to mention a few, so good luck to you all and which sees our Ladies Captain, Lisa taking on London.

Have a good month's training and racing.

Club News

Time Trial Results

By Andy Simpson

Stubbington Green - Time Trial Results 2022								
Name	Best 2020/ 2021	April	May	June	July	August	Months Best	Total Yearly Best 2022
		20	20	23	10	18	6	19
Chris Williams	24.24	24.28	25.52	**24.21**	**24.04**			-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**		29.00		-0.14
Mark Eaton	26.46	**26.46**	26.59	**26.44**				-0.02
Simon Ross	25.43	26.22	26.49	26.30				
Andy Stockwell	26.36					**26.36**		
Andrew McEwen	26.53			**26.53**				
Martin Pegler	27.31					**27.31**		
Pete Tugwell	28.26	**28.26**	40.25	**28.16**		**27.35**	-0.41	-0.51
Graham James	28.16					**28.16**		
Andy Donn	28.36	28.39						
Steven Matty	28.46		31.18					
Haydn Brown	28.50		**40.10**		**28.50**			
Dominic Shepherd	29.00			29.02	29.08			
Nick Crane	29.34		32.47			31.44		
Stuart Bamberger	29.44					31.45		
Mike Smith	30.30			**30.30**				
Ed Hare	30.43	30.45						
Rob Zeffertt	31.51	**31.51**		**28.58**	34.53			-2.53
Ash Lovell	32.43	31.11						-1.32
Claire Procter	33.26	**32.37**			34.14	33.06		-0.49
Brian Graham	31.56					**31.27**	-0.29	-0.29
Mark Shepherd	31.08				**31.08**			
Andy Richardson	31.10		33.40	32.00				
Sara McRitchie	32.01	45.18	43.36	33.54	47.54	32.47		
Jules Dinwoodie	33.24	37.11		35.10				
Sammi Lou	33.39		**33.39**					
Andy White	34.53				**34.53**			

Carl Schafer	38.15	**35.17**	34.57			36.35		-3.18
Michael Healy	37.46	**37.46**	**36.41**	37.18		34.40	-2.01	-3.06
Peter Turnbull	40.25		**40.25**			37.28	-2.57	-2.57
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**			43.10	-0.26	-2.07
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	43.11		-0.06
David Kimber	35.12			35.12		35.53		
Russell Mead	35.18		35.18					
Emma Baker-Chaplin	35.48					35.48		
Simone Shepherd	36.19			37.04				
Deborah Madeira	37.04			37.04				
Kim Bevel	40.18		40.18					
Samantha Gass	41.50			41.50				
Melissa Barham	42.50					42.50		
Brandon Chaplin	32.00*			**32.00**				
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**	**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

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

The Time Tunnel

From September 1992. Pre-2007 issues of The Green Runner have been scanned by Mike Bell and are available on the club website.

CLUB KIT - Andy

1. Currently ALL sizes of men's/women's vests/shorts are in stock.
2. One-off emerald green Ron hill SGR Sweatshirt, large, in club design, very smart, guinea pig wanted, £15.
3. Vests and shorts in children's sizes are available - if interested, please ring Andy. ASAP deliveries are good (for cross country season?!).
4. For your further convenience, RUNNING STEPS will be keeping a stock of Club Vests and Shorts - phone first and don't forget your membership card. Also many other good running bargains and an excellent gym. RUNNING STEPS, 159 WEST ST FAREHAM. Phone:- Fareham 822608.
5. NEW CLUB LINES to be released soon - for information or suggestions ring Andy.
6. Remember for all club kit matters contact Andy Rogers, 10 Vixen Close, Stubbington, Fareham, PO14 3ST. Phone:- Stubbington 663665.

Last Month's Parkrun

Parkrun information provided by Chris Stapleford. Full details are available on the website and club Facebook page.

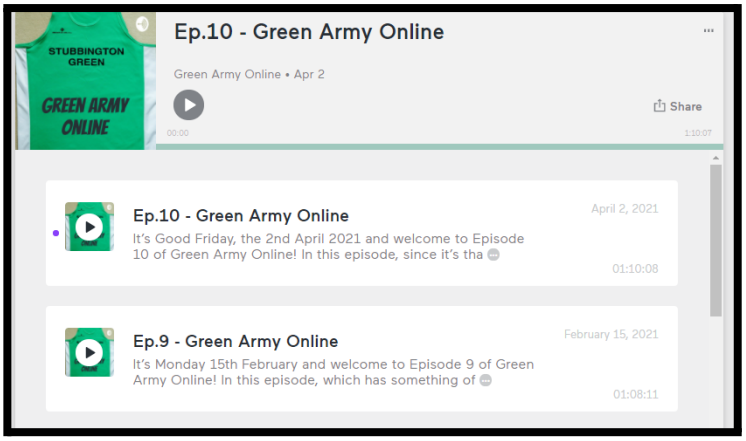
Please remember to wear your SGR shirt when taking part in HRRLs in order to qualify for club and individual points.

Forthcoming Club Events and Socials

Wednesday 6 September - Fish and Chips Handicap
Friday 4 November - SGR Awards Evening

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/