The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring.

Saturdays see the Hants, Southerns and National XC races so look out for adverts for these from our team captains. Sundays see the CC6 and Southern cross country series – Rob Williams is our contact for the former and Lisa Donn for the latter. Our CC6 race that we host with Netley Abbey Runners is at Itchen Valley on 13th November so please let Rob know if you can help out with this.

It was great to see that we had a huge turnout of Stubbies at the Great South Run again this year and it was good to see many great performances on the day and the support that was given to all our runners all round the course was brilliant and the envy of the non-SGR runners!

At the time of writing I am looking forward to our Awards evening on the 4th November at Titchfield Community Centre. It will be great to celebrate the success of our member's running exploits for the first time since 2019 with some awards , great food and a chance to demonstrate some dancing skills.

Thank you to everybody who has come forward to offer help and support to our 10k. It is much appreciated and enables us to put on such a successful event. We

can always find jobs for people so if you still want to volunteer and haven't yet volunteered please contact Sarah Barron to let her know you can help and make Sara McRitchie's first year of being the Race Director the success it undoubtedly will be.

Happy Running

Kevin

Captains' Report

Captain's Corner

Autumn is here and such a beautiful time of the year to run, unseasonably mild with truly stunning colours in the trees. If you love a trail run and a bit of muddy Cross Country then it's probably your favourite season. We saw the start of the Southern Cross Country league this month, and then the complete opposite end of the spectrum with the world famous London Marathon. Something for everyone!!

A popular event with SGR is the Clarendon marathon. A lovely undulating, trail course with lots of entry options to choose from. We had 2 relay teams entered and our "Tuesday Night Titans" consisting of Marcus Lee, Peter Tugwell, Peter Cole and Mike White finished in an impressive 5th place out of 64 teams! Frances Lord and her "Stubby Smilers" Andy Lee, Tracy Langdale and Chris Yeoman finished in a fantastic 19th place. Well done to our Relay teams. Plenty of individual runners too, congratulations to Matt Emery 3:54:20 for the marathon including stops to help the chap running the event with the double buggy to get over the style!! Well done to Laura Kay 5:24:44 and George Howarth 6:13:40. The half marathon we had Nick Crane 2:10:00, David Cameron 2:13:42, Helen Benson

2:29:39, Andy and Liz Miles 2:33:35. Great results everyone

We had a strong Green Army at the totally incredible Atlantic Coast Challenge. My absolute favourite event and I know the photos shared were giving us a lot of run envy! The stunning Cornish coastline can also be cruel in bad conditions, but our guys and girls were lucky again with the weather this year. Jon Leigh, our ACC legend, nailed the whole 3 days for the first time in 4 years, so was rightly very happy with this achievement. We were all rooting here for you Jon . The challenge of back to back marathons is on another scale of running and the added complexity of the terrain on this event is what makes it so incredible. For most, just one day is enough! Jon was not alone on this huge achievement though, so a big shout out to Jon Warner for also smashing the 3 days and finishing in an incredible overall 2nd place for the whole 3 day event. Jon's individual results were 04:16:25, 04:05:08 and 5:51:05. These are incredible times for this terrain especially and day 3 is an ultra-distance of 44.3km. That's not all for this event though! We also congratulate Tracy Langdale and Andy Lee for taking on day 3 (the ultra-distance day and by far the hardest, most technical terrain) and Amy Fox had a brilliant run-on day 1 with a finish time of 05:39:53 and then again smashing day 2 in 05:17:13. Marie McDonald for pushing the boundaries by intending to "just do" day 1 (finished in 06:02:41) to then carry on and finish day 2 as well in 06:15:41 – wow . Team McDonald were on fire with Mark taking on the 40 miler course whilst Maria did her day 2, finishing in a remarkable 07:59:10. Well done to everyone and I am sure this will inspire others to put this event on their bucket list!

Congratulations again to Jon Warner on an outstanding PB this month at the Abingdon marathon, shaving 3 minutes off to achieve 2:46:09. I think that coastal challenge may have been good training (plus the 10k run every day!!) You certainly looked very comfortable in all your photos Jon!

Another outstanding marathon PB this month for Robert Egerton. Chester marathon was the location, and 3:02:27 was the finish time! Just going from strength to strength Rob, very exciting to see you have a well-earned good-for-age place for London 2024 too!

Pushing the distance out from marathons and your more recognised 50k ultra's etc.. Well, there is a certain event called the Centurion Autumn 100. Not 100km either, this is 100 miles! So who could be dedicated to run this in sub 24 hours?? Our one and only Euan McGrath that's who!! Finishing in a fantastic 22:48:04 and proving that since his heart attack in 2019, he can absolutely be a Centurion hero. We are in awe of Euan, so inspiring, well done.

Lucy Ann Foster is next on our honours board this month! Lucy took on her own challenge to run a very long way, every day, for 3 consecutive days. This was a truly emotional journey to follow as Lucy was raising money for a cause very close to her heart in memory of her beloved Dad and the hospital that helped him. Congratulations Lucy on completing 65.08 miles in total. Remember everyone that this was self-motivated with no aid stations, closed roads or marked out routes!

Lucy received a huge amount of support from family and friends, both with the running and supporting. Made some pretty emotional photos! Huge well done Lucy and I hope you continue to raise money for this worthy cause and your incredible achievement. I've just seen on your latest update that you have £810 so far, that's amazing

From solo achievements to a big Green Army gang at the Pieces of Eight event! This year the 8 mile course was more local, from the GAFIRS in Stokes Bay. A soggy day but still plenty of smiling happy Stubby's. Congratulations to Steven Fulcher, Andy Richardson, Sarah Northcott, Vicky Cornall, Louise Nicholson, Keith Nicholson, Mel Barham, Debbie and Jon Adams, Jane Bodman, Janine Jenkins and Susan "Dottie" Bonnar.

The Ageas Bowl 10k had the most gorgeous weather for their event. Blue skies and a lot to be cheerful about! The Green Amy smashed it! Congratulations to Rob Arkell for his 1st place win in 35:06, leading the charge there for us. Just behind us were the rest of the army Mel Barham, Dave Kimber, Mike Healey, Janine Jenkins, Gilly Shutler, Peter Turnball, Claire Dyson, Kim Bevel and Mark Saywell. Well done everyone, with just over 600 runners in this event we did so well, in this flat and fast course with such an exciting backdrop. Looked like a great pre Great South event do to as well, so remember this one for 2023 people

Sticking with the 10k distance we have to talk about the Denmead 10k this month. I think we were all grinning along with Sara McRitchie at her humble post and genuinely surprised face when holding up her age cat trophy! Very well deserved Sara and 51:58 for a hilly course too from what I hear. Not forgetting our other runners that day of course, well done to Stuart Bamberger 49:45 and Stacey Read 01:15:24.

Further afield we had the beautiful Valencia Half Marathon – Brandon and Kieran Chaplin were our club representatives. This was a very special event as our young and talented Brandon was making his debut at the HM distance. He did so incredibly well at it too! The course was over the 13.1miles so his true HM time was 1:25:25 wow (chip time on the day 1:27:16) Thank you to Emma for sharing your family photos from the trip, we especially loved the one of Brandon proudly holding his bag of tenderstem broccoli as his post run goody bag find. Green all the way eh! Well done to both Brandon and Kieran on your run and excellent support from Annabeth as always (loved the handmade sign).

This month we saw the start of the Southern XC league – Folly Farm was the location and it was muddy, longer than the usual course for the league (nearly 6 miles!), and a tough run. That's your ladies captain's opinion anyway. We had a reasonable turnout but it would be amazing to see more of you at the future events! They will definitely be easier from here!! We did get enough of us there to form both a ladies and a men's team, so that was brilliant. Thank you to all that ran. We got off to a good start too, the ladies topping the charts with Beccy Lord finishing 1st lady we completed our A team with Sara McRitchie, Lisa Donn 12th overall was made up with the top 4 finishers Andy Simpson, Mike White, Simon

Bacon and Stuart Bamberger. Just outside the scoring team was Andy Donn and Nick Crane. We certainly did the club proud and it was a great start to the season. It was a very mixed ability field of runners and the conditions were true XC. The downpour of rain the night before gave us fresh glorious mud and some recently ploughed fields made for interesting terrain. I'd describe it as undulating rather than really hilly, the views were stunning though and it was well marshalled and great to run somewhere different. The next event in this league is on Sunday 27th November, 11am start and in the Bourne Woods. Around a 4.5 mile course and really beautiful there. Please keep your eyes peeled on Facebook for updates on the event and car sharing.

The CC6 season kicked off with over 20 runners taking on Ocknell Campsite. It was great to get good numbers out at the first race under the new stewardship of Rob Williams. Well done to everyone who donned the green vest for the club. The ladies got off to a flying start with 1st ladies' team and Beccy Lord taking 1st place and back up with two more top 10 finishes with 5th Daisy McClements and 6th Nikki Roebuck (1st V40). Frances Lord was the 1st V60 on the day. The men's team saw it being led home by young Brandon Chaplin 25th, 28th Mike White (1st V60), 38th Richard Hayward and 44th Pete Tugwell. The team finished 6th on the day. Next race is our race to organiser and marshal with two other clubs, at Itchen Valley Country Park on Sunday 13th November. Rob Williams has posted on our Facebook looking for marshals and pleas for cakes! Please get in touch with Rob if you can help out.

Hampshire XC League starts on Saturday 12th November at Wellesley Woods, Aldershot. Ladies (6k – 13.35pm) and men (10K – 14.30pm) run separate races with you just needing to be a paid-up UKA member to run these races. Please let Andy Simpson know if you can run at Aldershot and subsequent races in the league.

There is another event that happened this month, and it's the last time it will be in October too! The London Marathon. Just HUGE! We had our ballot results this month too, for April 2023…. So, there has been a lot of London chat! It's a tricky event to write about, we all know about it, we've probably watched it on the TV since we were kids, and a lot of us have been lucky enough to have run it! It's such a personal experience though. Depending on whether you had a ballot, club, good for age or charity place. That changes the experience and the build up a lot. If it's your first marathon or your umpteenth marathon, also very different! Are you running it for a PB or taking your time and drinking in the whole experience with photo stops etc.. It's certainly a well-supported event. Crowds line the streets, Stubby's and their families travel there to support their loved ones and wave inflatable green aliens and get themselves on national TV ha-ha It really is a truly incredible day and the start of it for me is when you get into the Expo to collect your number. That's when it starts to feel real. I had the honour this year of running with a ballot place and being part of a team of wonderful Stubby ladies. We absolutely embraced the whole experience from the training to the expo to the actual day. Then all the celebrating after too of course. Thank you to Joanne Reed, Gilly Shutler, Claire Hanrahan, Tracey Terry, Lindsay Drysdale Pratt, Lauren

Fowler and Katherine Cooper for making 2022 an incredible London Marathon. I will leave Katherine to tell you all about her London experience as, like I said, it's so different for all of us, so Katherine kindly agreed to share her story. Just to say a huge congratulations to every Stubby that ran this year, both the "actual" event and the virtual which can be tougher in so many ways! I know we had lots of PB's. first timers, fundraising targets smashed etc… just too much to write about sadly! Thank you all for sharing your achievements on the club Facebook page, it's so good to be able to see all this and be able to congratulate you. And, congratulations now to all those that have a place for 2023!

The Great South Run saw a massive club turnout as always for this local race. The conditions were lovely with beautiful sunshine and screaming supporters encouraging the Green Army. We had a few people running for Sophie's Legacy, so well done Jon Adams on running your first 10 miler and raising money for Sophie. Rob Arkell was first Stubbie home and broke into the top 60 runners finishing 53rd in 56.23 and first Stubbie lady was Sylwia Ward who collected a PB as well in 69.09. There were lots of PBs on the day so apologies for not mentioning everyone. It was a great day in the Benson household with Helen and Greig Benson both getting PBs. Also achieving impressive PBs was Steve Cumes, Rob Egerton and Sara McRitchie. Well done everyone who ran and thank you to all the members supporting the course.

This weekend I saw around 10 Stubbies on a parkrun tour to the mecca of parkrunning at Bushey, by the looks of it you all had a great time.

The New Forest 10 was also run at the weekend with 6 Stubbies enjoying this event, Stacey Read, Sara McRitchie, Helen Benson, Melissa Barham, Martyn Poore and Stuart Bamberger.

In order to provide The Green Runner with varied content each month, we need members to volunteer articles, photos, race reports, training advice, and anecdotes. A lot goes on each month and our Facebook page is really busy, so please consider sending such articles for inclusion in the magazine instead of just uploading to the Facebook page . Please contact:
gr-editor@stubbingtongreenrunners.net

Club News

Mr and Mrs Editor and Mr and Mrs Wednesday Evening Club Run Leaders went on a road trip to do a Parkrun in the distant northern lands of Derbyshire. The Bakewell Parkrun was a nice out-and-back course very similar to Wickham. A friendly, relatively small contingent were present as it was raining, and the Parkrun starts and ends by a very accommodating cafe - I was able to get changed afterwards in their wonderfully spacious water closet, hence my attire - that is very popular with the runners.

Nearby Bakewell itself is a lovely place, especially if you fancy picking up a tart or two.

Kath's Couch to London

By Katherine Cooper.

21 months ago, I was 18 stone 10. I decided to lose some weight and get healthy. I started PT sessions with Martin and although the first few were one of the scariest and hardest things I ever did it is one of the best. I could not even run from one tree to another in the park where we trained. Gradually each session things became easier, and I became stronger finding a love for strength and conditioning.

A month in I had the idea of starting couch to 5k. I was nervous to try but I was determined. I always used to say but I am not a real runner, ill never be like a real runner and the idea of running 5k or doing a parkrun was a very daunting one. But I did those runs one by one and every time although it got harder, I also got more determined to do them and complete them.

In October last year I entered the great south 5k I had lost 3 stone, had started lifting weights and feeling much stronger, it was my first official race. I continued with my PT sessions continuing to get stronger and really enjoying them, building up my running from 5k to 10k.

I had a mad idea that I would enter the ballot for the London marathon.

Most Fridays Claire and I would run on a Friday afternoon building up from 10k and getting to 10 miles. I had a month out in December due to illness and emergency surgery. New Year's Day parkrun was my first run back.

We waited to hear the result and whilst Claire did get a ballot place, I didn't.

So, I decided to apply for a charity place with great Ormond Street. my own son is a patient, and it was a charity we as a family wanted to support.

A week later in April I was shocked and surprised to receive an email saying I had been given a place to run in the London marathon in October 22.

When I was encouraged to join Stubbington green in May I said but they are real runners I still felt like I wasn't. From that very first evening I was made to feel so welcome, I have met the most supportive friendly people who are now good friends.

Martin put me in touch with Paul who is an amazing, knowledgeable and very experienced runner.

Paul created my weekly training plan including 4 runs a week and strength and conditioning. and answered my many running and training questions.

London meant a lot to me, not only was it my first marathon but me running the London marathon for such an important charity and for our son was huge.

When I met Kim and Mark at a club run on a Sunday in May that's when our training crew started. Every Sunday for three months, during the heatwave too, they would meet me for our training runs. We trained hard, there were no excuses

even when there were doubts.

London was about proving to myself that I was strong, and I could do this. I wasn't giving up even when it got hard.

9 weeks into training was the big run 20 miles. I decided to also combine this with a charity cake sale. That morning so many lovely friends from the club came and completed miles 10-20 with me and we met the Stubbington green cycling group along the route which was a real boost to have their support.

The week before the marathon I was excited but so incredibly nervous.

The morning of the marathon after very little sleep the night before the nerves were high. I left my supporters at the hotel and met with other Stubbington green ladies to travel to the start.

Walking to the start onto Blackheath common was something I won't forget, and the sheer amount of people. When we all lined up in our pen to start that's when it really hit me, all the weeks of training, there was no turning back now and here I was on the starting line about to run The London Marathon.

We started well, running the first 7 miles with Gilly. The atmosphere was something else, all the people on the side-lines supporting cheering shouting. I saw family and friends at different points in the first half which was amazing...When I came round the corner and saw Tower bridge at mile 12 the emotion hit me again. Running across the bridge was amazing and I realised I was halfway through, still smiling and feeling good. There was so much support from other runners too.

At canary Warf spotting my training friends was just amazing it was starting to get a little hard. At mile 20 I struggled with pain and had a few doubts, another runner talked to me and encouraged me for the next mile. At mile twenty-two another group of stubbie green supporters and the green aliens were there to give us that much needed hug and boost to get through those last few miles.

The next 4 miles was definitely mind over matter and digging deep.

The last mile was very emotional I was a bit overwhelmed when I saw friends about 800m from the end.

Seeing the finish line ahead of me is a feeling I find hard to describe, crossing that line and knowing I had completed my first marathon, and that it was one of the biggest ever was amazing.

Like many people I have watched the London marathon on tv and thought wow these runners are amazing. I never thought I would ever be saying I have run it.

It was one of the best days of my life, it was topped off by the fact that I went over my fundraising target and raised over £2400 for Great Ormond Street.

I hope I will get the chance to run it again someday and have a goal to complete other marathons majors.

10K Update

By Sara McRitchie

I am pleased to say that the 10k sold out in an amazing time this year. If you have a place and find that you are unable to run, could you please offer this out within the club before advertising it on the HRRL Swap FB.

Preparations for the race are going well and we have a great team of helpers designated to the key roles.

We do, however, need to have a lead person for the bike crew, if you are an experienced cyclist and would like to be the lead for this, can you please let Sarah Barron know by messaging her.

If you haven't yet put your name on the helpers list, can you please do so. There are plenty of tasks before and after the event if you are running and then lots of help is needed on the day.

The helpers meeting will take place on 6th January, it is really important that you attend the meeting so that we can go through all the key information with you, *especially as it is a new route this year.*

The helpers' race will take place on Saturday 7th January, all helpers are welcome to come along and run the route. More details on this will be announced nearer to the time.

If you need any more information about the 10k, please do ask.
Your support in making the 10k a great success is always greatly appreciated.

Sara

Time Trial

The first Winter Time Trial at Holly Hill Leisure Centre. Conditions were good for running with 12 people setting out but a couple of people dropped out after the first lap but nothing to worry about. We have just one improver on the night, with the smallest improvement but that doesn't matter an improvement is an improvement. So, congratulations to Sara McRitchie on her 1 second PB. The randomator winner was Martin Pegler. Well done to everyone who ran and a big special thanks to my helpers on the night. The next time trial is Thursday 24th November at 18.45, we look forward to seeing a few more people out. As always, I need helpers to put on this event, so please let me know if you can help.

Stubbington Green - Time Trial Results 2021-2022

Name	Best 2021/2022	October	Months Best	Total Yearly Best 2022/23
		12	1	1
Sara McRitchie	27.13	27.12	-0.01	-0.01
Andy Simpson	19.37	22.58		
Claire Proctor	27.05	28.00		
Graham Martin	22.24	23.30		
Jacqueline Healy	32.46	0.00		
James Bampton	21.58	23.29		
Janine Jenkins	35.04	35.04		
Martin Pegler	23.09	23.09		
Nick Crane	25.29	28.05		
Stacey Read	0.00	0.00		
Stuart Bamberger	26.08	26.08		
Sue Robinson	0.00	0.00		

Course Records	Name	Time	Date
Men's	Oli Caudwell	18.05	February 2020
Ladies's	Beccy Lord	19.42	10th October 2017
2nd Fastest	Name	Time	Date
Men's	Andy Simpson	18.32	10th October 2017
Ladies's	Katie Simister	20.56	February 2019

The Time Tunnel

The Do's and Don'ts of Doping from 1995. Past newsletters dating back to 1985 are available on the SGR Website.

Recent publicity has brought this topic to the fore again. The club has a BAF booklet entitled "Doping Control Information Booklet. BAF List of Doping Classes and Treatment Guidelines". This was only in force until March 1994 but, in the absence of more up to date information, I am sure the bulk of the information is still relevant.

The booklet is 18 pages and so cannot be circulated to everyone or even reproduced in the newsletter so I will attempt to precis it. By doing this, I do not attempt to minimise its importance.

A Stimulants - there are a list of banned stimulants - many of which are used in treatments for colds, flu or hay fever so you should check any of these treatments for banned substances eg ephedrine.

B Narcotic Analgesics - again there are a list of banned substances in pain relief medicines eg codeine and morphine

C Anabolic Steroids - testosterone has been in the news recently but I think the taking of drugs in this class is unlikely to be done inadvertantly by SGR members!

D Amphetamines - this section is missing from my booklet!

E Peptide hormones and analogues - again, this section is less relevant for SGR members, I think.

There are also sections on Doping Methods:-

A Blood Doping, where blood or blood products are added or removed for training.

B Pharmacological, chemical and physical manipulation where substances are added which alter the validity of urine samples.

A special note regarding Ginseng. Although Ginseng Root does not itself contain any banned substance, many products bearing the name "ginseng" do contain other ingrediants which ARE banned eg ephedrine, anabolic steroids etc.

Finally, there is a list of medicines which MAY be taken by competing athletes. As only the chemical names are given, it is necessary to read the small print on any treatment you are taking to find out what it contains!

I hope this summary is helpful. I am happy to lend members the club's copy of this booklet and also one entitled "Testing Procedures - a Guide for Competitors and Officials", if anyone is interested. Just give me a ring.

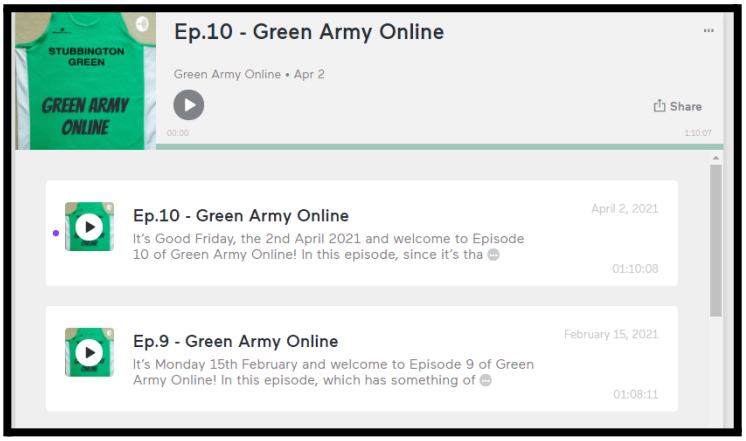
Parkrun information is provided by Chris Stapleford. Full results are available on the website and Facebook page.

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.

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/