The Green Runner

https://www.stubbingtongreenrunners.net

December 2022

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Chairman's Report

As we approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners.The committee, the coaches and leaders, everybody who runs and everybody who supports have all contributed to this. Again we showed our supportive side at the Gosport half where I'm sure it helped and I know it makes so much difference to the runners and long may it continue.

We had a great Awards evening on the 4th November which everybody seemed to enjoy and I would just like to say congratulations again to all the award winners – it was nice to recognise performances again for the first time in 3 years and I personally was humbled by the presentation from the committee for me. It was nice to see Wendy and Steve the night before their wedding and I know I speak for all of us when I wish them every happiness for their future together. The venue and catering again seemed to be well received so hopefully we can do something similar in 2023.

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself – we could not put on the event without the support of the nearly 200 people who help out and knowing this is not an issue is a great help in reducing the stress levels of our new RD and deputy RD Sara McRitchie and Sarah Barron. This 10k has been even more challenging by having to come up with a totally new route given the impact of the bypass on the old route.

Finally I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running,

Kevin

Captains' Report

November has been a very wet weather month, so its made some of our running a little more challenging, but our enthusiasm has not been dampened and we have made the most of our waterproof skin and just got on with it!

Roly's run is a very popular event in the Stubby calendar. It offers challenging but stunning trails, with a variety of distance options. Starting out at Swanmore then taking in the South Downs, Old Winchester Hill and Butser and a lot of steps! Choosing between a 15, 20 or 40 mile course, all options have their share of elevation and views. The aid stations are welcoming and full of great food choices. The fund raising, awareness and reason for the event is so worthy and the memento of a personalised pebble to show your completion of the day is a really special touch too.

Congratulations to all that ran on this perfect day, lovely still and dry conditions. I don't think we had any Stubby's in the 40 miler this year, but we had plenty in the 20 mile (which is actually more like 21.5 miles!) so well done to Will Feline, Richard Haywood, Simon Bacon, Nicola Willoughby, Jon Leigh, Tracie Jarvis, Paul Smith, George Howarth, Laura Kay, Louise Tanner and John Cox. Then taking on the 15 miler (actually 16 ish) we had podium finishes for Mark Eaton in 3rd overall and Nikki Roebuck as 1st lady, well done you two. Then also a huge well done to Robert Good, Peter Cole, Tracy Langdale, Nick Crane, Graham Donnachie, Jon Plomer, Greig Benson, Amy Fox, Rachel Fargher, Tina Chantrey and Jodie Francis.

Hayling 10 was one of our HRRL events this month, and the weather had been awful all weekend. Heavy rain and flooding made the course more like a decent cross country challenge than a road race. The journey over was a bit hairy with aqua planning on the motorway and the one and only road on and off the Island being flooded! The rain came down the while time we sheltered in the hall before the start, but then by some small running miracle, it stopped! So we had a mainly dry run, but the section of the course that runs down the Hayling Billy Line was really muddy and puddly. Road shoes seemed a bit of mistake, generally not a PB day but of course some of our Green Army weren't perturbed by that and did get 10 mile PB's and course PB's! The finisher's prize alongside the medal was a much appreciated pair of dry socks!! More luck than judgement I wonder? A great day out though and we all got back home in one piece, without the need of a boat! Big thank you to Stuart Bamberger for opening up his flat on the Island to us all, for much needed hot drinks and a disgusting amount of cake haha. The little row of wet trainers politely lined up in the hallway made for a great photo and told a story. Well done to our teams on the day, Ladies : Sara McRitchie, Helen Benson, Claire Proctor, Lisa Donn, Jules Dinwoodie, Nicola Benson, Jacqueline Healy, Stacey Read and Sarah Barron. The Men: Tim Rolfe, Russ Coleman, Andy Simpson, Mike White, Andrew Stockwell, Simon Ross, Richard Edmunds, Marcus Lee, Graham Martin, Peter Cole, Kieran Chaplin, Phil Townley, Stuart Bamberger, Ed Hare, Dominic Shepherd, Steve Matty, Evan De Wet, George Howarth and Nigel Feast.

A busy month for HRRL races as we had the Gosport Half we had lots of Stubbies running this very local race and conditions were good for fast times with quite a few Stubbies getting PBs on the day. It was fabulous to get 4 ladies and 4 men's teams. Leading the ladies home was Helen Nicholls, Luc1y May, Anna Wilby-Lopez and Sara McRitchie. The B's were Claire Light, Emma Baker-Chaplin, Sarah Barron and Jules Dinwoodie The C's were Katherine Holmes, Zoe Dennis, Jacqueline Healy and Joanna Reed. The D's were Claire Hanrahan, Gilly Shutler, Janine Jenkins and Stacey Read. The men's results saw Tim Rolfe leading us home then Rob Egerton, Mike White and Russ Coleman. The B's were Steve Cumes, Andy Simpson, Stephen Dunlop and Ken Cheung. The C's Simon Hearnden, Alistair Wakefield, Martyn Poore and Chris Hind. The D's were Graham Martin, Andrew Stockwell, Kieran Chaplin and Stuart Bamberger. We had so many runners we could have made a few more teams. Mike White was 1st Vet 60 so congratulations Mike.

The Southern Cross Country League race this month was set in the beautiful Bourne Woods. Hosted by Farnham Runners this is a mixed terrain course with some trails and footpaths, and a decent bit of elevation! We were lucky with the weather, it had been wet but on the day it dried up and we had a good turnout of 2 mens and 1 ladies team. Well done to Daisy McClements 6th and Beccy Lord 7th, Alison Lawrence 71st and Frances Lord 77th bringing the ladies team into 7th place overall. The men, well done to Dave Hallard 39th, Chris Sandy 51st, Mike White 61st and Chris Hall 100th. Graham Donnachie 109th, Graham James 142nd, Simon Bacon 149th and Andy Donn 167th, bringing our Men's teams into 14th place overall. SGR as a club overall now sits in 11th place overall (out of 23 teams). Great position to be in with our next event now on Sunday 18th December at the Lord Wandsworth College (a very popular course with us Stubby's with "that hill" to finish with "that mud". So if you aren't already signed up for the Portsmouth Coastal events on that day, I can highly recommend you get to this lovely Cross County event.

The Stinger was the event this month that offered a lot of mud for its miles! The photos did make me smile, some proper decent mud and puddles. Well done David Cameron, Stacey Read, Sara McRitchie, Stuart Bamberger, Jules Dinwoodie, Russell Mead, Andrea Hind and Helen Benson.

An event with a bit of a difference this month was "the Big Night Out" . A new event from the Big Feat company that meant you started and finished at night, in the dark! Oh and it was trail, and hilly (1350ft ascent), you've all heard of Cheesefoot Hill right?? Bright clothes, lights, neon and laughter. Looked like such a fun event, for most anyway, not our poor George who took a tumble mid way. They had 2 distance

options of 15 miles and 14km, taking in the Winchester trails, St Catherine's Hill and the Pilgrim trail. Well done to Laura Kay, Louise Tanner, Claire Kelson and George Howarth.

This month's time trial saw a bitterly cold night for running and not the night to be marshalling so thank you very much to our helpers. We had only 8 runners on the night but still had 3 improvers with Sarah Barron pipping Sara McRitchie to become the biggest female improver chopping 1 minute 32 seconds off her best. For male title on the night it was Brian Graham who has improved by a whopping 4 minutes since he did it last year. The random-ator winner was Dominic Shepherd.

The first Hants XC took place at Wellesley Woods in Aldershot with a good turnout of runners, we managed to score in 4 teams. The ladies got their season off to a flyer with the senior ladies 6th, leading the ladies home was Beccy Lord 16th, 35th Holly Watson, and 43rd Kelley Haniver. The vet ladies saw Kelley, 161st Sara McRitchie, and 191st Janine Jenkins coming home in 12th place. Also running in Green for the ladies was 61st Daisy McClements, 192nd Jacqueline Healy and 194th Stacey Read. The men's race saw Brandon Chaplin running his first senior race and competing in the U20 category he was first home for the senior men followed by 151st Chris Sandy, 194th Mike White, 211th Tom North and 227th Martin Pegler for 7th on the day The vet men were 15th with Mike, Tom and Martin scoring again. Also running on the day we had 263rd Graham James, 264th Stuart Bamberger and 267th Martyn Poore.

We would like to finish you all a Merry Christmas and Happy New Year and here's to great 2023 for everyone's running challenges.

Club News

Time Trial Results

Stubbington Green - Time Trial Results 2021-2022

Name	Best 2019/2020	October	November	Months Best	Total Yearly Best 2021
		12	10	2	3
Martin Pegler	23.09	23.09	22.13	-0.56	-0.56
Steven Matty	24.20		24.17	-0.03	-0.03
Andy Simpson	19.37	22.58	21.02		
Claire Proctor	27.05	28.00			
Dominic Shepherd	24.13		26.03		
Graham James	24.04		24.04		
Graham Martin	22.24	23.30	24.19		
Jacqueline Healy	32.46	0.00			
James Bampton	21.58	23.29			
Janine Jenkins	35.04	35.04	34.36*		
Nick Crane	25.29	28.05			
Sara McRitchie	27.13	27.12			-0.01
Sarah Barron	31.06		31.11		
Simon Hearnden	22.59		22.59		
Stacey Read	0.00	0.00	35.46		
Steve Fulcher	26.51		27.40		
Stuart Bamberger	26.08	26.08			
Sue Robinson	0.00	0.00			
Tracey Langdale	35.48*		35.48*		

Course Record:	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

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

During November, we have had the 3rd and 4th races in the HRRL calendar, Hayling 10 mile and Gosport Half Marathon.

Well done to everyone that took part in these races. The team scores are below:

Hayling 10 mile

Ladies name	team	team score
Sara McRitchie	A	341
Helen Benson		
Claire Procter		
Lisa Donn		
Jules Dinwoodie	B	587
Nicola Benson		
Jacqueline Healy		
Stacey Read		
Men's name	**team**	**team score**
Tim Rolfe	A	189
Ross Coleman		
Andy Simpson		
Mike White		
Andrew Stockwell	B	435
Simon Ross		
Richard Edmunds		
Marcus Lee		
Graham Martin	C	640
Peter Cole		
Kieran Chaplin		
Philip Townley		
Stuart Bamberger	D	749
Edward Hare		
Dominic Shepherd		
Steve Matty		

Also well done to: Evan De Wet, George Howarth and Nigel Feast.

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Gosport Half Marathon

Ladies name	team	team score
Helen Nicholls	A	174
Lucy May		
Anna Wilby-Lopez		
Sara McRitchie		
Claire Light	B	533
Emma Baker-Chaplin		
Sarah Barron		
Jules Dinwoodie		
Katherine Cooper	C	670
Zoe Dennis		
Jaqueline Healy		
Joanna Reed		

Claire Hanrahan	D	728
Gillian Shutler		
Janine Jenkins		
Stacey Reed		
Men's name	**team**	**team score**
Tim Rolfe	A	257
Robert Egerton		
Mike white		
Russ Coleman		
Steve Cumes	B	458
Andy Simpson		
Stephen Dunlop		
Ken Cheung		
Simon Hearnden	C	810
Alistair Wakefield		
Chris Hind		
Graham Martin		
Martyn Poore	D	965
Andy Stockwell		
Kieran Chaplin		
Stuart Bamberger		

Also, well done to Melissa Barham, John Gobbi, Ed Hare, Scott Shaw, Matt Evans, Phil Townley, Evan De Wet, Derrick Morgan, Steve Matty, Steve Fulcher, Andy White, Nigel Feast, Martin Powell, Mark Green, Mike Healy and Philip Owen.

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

Last Month's Parkrun

Parkrun information provided by Chris Stapleford. Also available on the website.

Who	Where	Milestone	PB?	Age Grade	Gender 1,2,3
5 November 2022					
Haydn BROWN	Southampton parkrun			65+	
Toby GREENFIELD	Whiteley parkrun		New PB!	65+	
Andrew STOCKWELL	Whiteley parkrun			65+	
Holly STOCKWELL	Whiteley parkrun		New PB!		
Edwin CHOWNS	Whiteley parkrun	Tenth parkrun	New PB!		
Daniel O'BOYLE	Durham parkrun		New PB!	75+	1
Iain CROSS	Bognor Regis parkrun			70+	3
Phil MORGAN	Lee-on-the-Solent parkrun			65+	
Tom NORTH	Lee-on-the-Solent parkrun			70+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Simon ROSS	Lee-on-the-Solent parkrun			65+	
Graham DONNACHIE	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	1
Amie MORGAN	Lee-on-the-Solent parkrun			65+	2
Dominic SHEPHERD	Lee-on-the-Solent parkrun			65+	
Derrick MORGAN	Lee-on-the-Solent parkrun			65+	
Mick WELLAND	Lee-on-the-Solent parkrun			70+	
Tom SINDALL	Portsmouth Lakeside parkrun		New PB!		
Tim ROLFE	Fareham parkrun			65+	
David MALLARD	Fareham parkrun			70+	
Daisy MCCLEMENTS	Fareham parkrun			70+	1
Ray GUNNER	Fareham parkrun			70+	
Brad HAMMOND	Warwick Racecourse parkrun			70+	2
Mike HARPER	The Great Field parkrun			75+	
Who	**Where**	**Milestone**	**PB?**	**Age Grade**	**Gender 1,2,3**
12 November 2022					
Dominic SHEPHERD	Town Moor parkrun		New PB!	65+	
Haydn BROWN	Southampton parkrun			70+	
Rob ARKELL	Southsea parkrun			75+	3
Tim ROLFE	Whiteley parkrun			70+	2
Daniel FOSTER	Whiteley parkrun			70+	
Robert GOOD	Whiteley parkrun		New PB!	65+	
Andrew STOCKWELL	Eastleigh parkrun			65+	
Tommy BLAKE	Long Eaton parkrun			65+	
Frances Louise LORD	Netley Abbey parkrun			75+	
Simon ROSS	Rushcliffe parkrun			70+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Ken CHEUNG	Lee-on-the-Solent parkrun			65+	
Mark John EATON	Lee-on-the-Solent parkrun			70+	
Graham DONNACHIE	Lee-on-the-Solent parkrun			65+	
Rachel FARGHER	Lee-on-the-Solent parkrun			70+	1
Phillip TOWNLEY	Lee-on-the-Solent parkrun			70+	
Lucy MAY	Lee-on-the-Solent parkrun			65+	3
Mike SMITH	Lee-on-the-Solent parkrun			70+	
Mick WELLAND	Lee-on-the-Solent parkrun			80+	
Keith CARTER	Lee-on-the-Solent parkrun	Twenty Fifth parkrun		65+	
Sara MCRITCHIE	Lee-on-the-Solent parkrun			65+	
Chris STAPLEFORD	Lee-on-the-Solent parkrun			65+	
Gail OSBORNE	Lee-on-the-Solent parkrun			65+	
Alison HESSELBERTH	Lee-on-the-Solent parkrun			65+	
Cathy WEBB	Lee-on-the-Solent parkrun			65+	
David MALLARD	Fareham parkrun			70+	3
Ray GUNNER	Fareham parkrun			70+	
Angela HARRISON	Fareham parkrun		New PB!		
Tim CRUMPTON	Fareham parkrun			65+	
Brad HAMMONDS	Warwick Racecourse parkrun		New PB!	75+	1
Mike HARPER	Penryn Campus parkrun			70+	
Who	**Where**	**Milestone**	**PB?**	**Age Grade**	**Gender 1,2,3**
19 November 2022					
Haydn BROWN	Southampton parkrun			75+	
Iain CROSS	Southsea parkrun			75+	
Oana MATTY	Southsea parkrun		New PB!		
Jon LEIGH	Whiteley parkrun			65+	
Dominic SHEPHERD	Osterley parkrun			65+	
Rob GREENWOOD	Lee-on-the-Solent parkrun			70+	
Chris WILLIAMS	Lee-on-the-Solent parkrun			65+	
Simon ROSS	Lee-on-the-Solent parkrun			70+	
Russ COLEMAN	Lee-on-the-Solent parkrun			65+	
Graham MARTIN	Lee-on-the-Solent parkrun			70+	
Amie MORGAN	Lee-on-the-Solent parkrun			65+	2
Stephen DUNLOP	Lee-on-the-Solent parkrun			75+	
Josh CULLEN	Lee-on-the-Solent parkrun	One Hundredth parkrun			
Mike SMITH	Lee-on-the-Solent parkrun			65+	
Keith CARTER	Lee-on-the-Solent parkrun			65+	
Mick WELLAND	Lee-on-the-Solent parkrun			75+	

Forthcoming Club Events and Socials

Winter TimeTrail - Thursday 8th December
Mince pie handicap - Saturday 17th December.

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/