The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

Happy New Year everybody and welcome to 2023.

At the time of writing it's not long now until our 10k race on Sunday 8th January and the final stages of planning to ensure we have another successful event are in full swing. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members. Don't forget the marshals/helpers meeting that is currently scheduled for Friday 6th January at 7.30pm.
We have loads of club members running and have filled well over 150 helper /marshal positions which shows the fantastic support this club gives the 10k - I know that both Sara and Sarah are extremely grateful for this. Putting on a race like this, as I can personally attest to, is a very stressful experience especially this year as we have had to change the route.
We are also approaching the time of the year for the AGM which will be held in early March – exact date to be confirmed. For the first time since 2020 we intend to hold this meeting as a face to face one rather than Zoom - if this changes we will let you know. We need about 75 people at the meeting to ensure we are quorate as we have about 500 people in the club now so we would be grateful to see the support to this meeting from the membership that you give to all the other activities we arrange.

Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.
Happy Running
Kevin

Captains' Report

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So, as we write this report we have had Christmas getting ready to bring in the new year, make lots of new resolutions or just setting our running goals, targets and entering our big races for the year. My own personal goals are to target a fast marathon and to enjoy my new age category and look to pick up some bling in my fifties! In reality, I'm not running due to a medical issue and dominating races seems miles away! So, whatever your goals and targets are for 2023, just be mindful you may have to make changes to these, as circumstances in your life change, but importantly enjoy your running.

Congratulations to Sara Mc Ritchie and Stuart Bamberger who got engaged in December whilst on holiday in Mexico.

In December, we have had races in all the XC leagues and HRRL races, plus a few marathons and Ultras. HRRL saw us running the Victory 5 which isn't the most inspiring race as it's 3 laps for 5 miles, that said it is a fast, flat course. The weather was too kind as we were in a cold snap and the conditions were very cold on the day. We had a great turnout on the day with 32 runners with quite a few people getting PBs and Mike White picking up silverware in the V60 category. We managed to get 7 teams out with our ladies A team finishing 8th and sitting 9th at the halfway stage in the league. Ladies A team was led home by Lucy May, Sara Mc Ritchie,

Helen Benson and Oana Matty. The men's A team saw Phil Morgan come home first for the greens, followed by Tim Rolfe, Rob Egerton and Steve Cumes. The men were 8th on the day and are 7th overall. A noticeable shout out is the Men's C team are top in their division so we need to keep getting numbers out to these races. The next race is our own 10k, so we will have enough runners! The next race is the lovely day out on the Isle of Wight for the Ryde 10 on Sunday 5th February where you get to travel on the ferry and visit the legendary Codfather afterwards.

The Masters XC Championship was run in Oxford which is a nice jolly out of Hampshire and you get to watch the inter county races between the ladies and men's race. This year there was a low turnout for the club but the 6 keen runners enjoyed the experience with Stuart Bamberger the sole male representative coming. The ladies got a team out with Helen Nichols in 25th leading the team home in 10th with Sara McRitchie 62nd and Gillian Shutler 76th making up the team with Janine Jenkins 80th and Jacqueline Healy 81st close on their heels.

CC6 saw us organise and marshal the event in November at Itchen Valley. Thank you Rob Williams and all the helpers from the club. This month the race was at Kings Garn where we had 11 runners with ladies finishing 7th on the day to sit 3rd overall. The ladies were led in by Nikki Roebuck 5th and 1st F40, 28th Frances Lord and 41st Claire Proctor. Also, we had 63rd Jules Dinwoodie and 67th Stacey Read. The men were 10th and currently sit 9th overall. Mike White was first home for the men and also 1st V60, followed by 41st Martin Pegler, 42nd Pete Tugwell and 62nd Marcus Lee, plus 83rd Rob Zefferett and Russell Mead. Well done to everyone who ran.

Hampshire XC league second race was at Kings Park, Bournemouth and this will be where the last race will be so some good practice for the course for the 13 athletes. We got 4 teams out with the ladies being led home by Holly Watson 18th, 98th Sara McRitchie and 114th Emma Baker-Chaplin for 15th on the day and lie 7th overall. The lady vets were Sara and Emma plus 131st Janine Jenkins, closely followed by 132nd Jacqueline Healy and 134th Stacey Read. The vets were 10th and reside 17th overall. For men we had Chris Sandy charging home first for the men in 110th, 140th Mike White, 182nd Richard Hayward, 183rd Martin Pegler and 217th Pete Cole, for 8th and are perched 8th overall. The vet men were 18th and sit 19th overall with the team being Mike, Richard and Martin. Also competing in green was 221st Kieran Chaplin and 232nd Stuart Bamberger.

Winter Handicap is always a fun morning when you try to follow Nick Kimber's directions and be the closest to the finishing time with no watch, dressed up in your finest Christmas fancy dress. One person when reccing this year did over 19 miles following Nick's directions! The winners ran together and were the old wise heads of Penny Forse and Mike Bell with Cat Groves dressed as Christmas Pudding setting a light the fancy dress competition with Tiffany Skerratt a close runner up as a penguin.

Portsmouth Coastal marathon and half is always a popular event for us Stubby's. This event also hosts the Santa runs of 5k and 10k, so literally something for everyone! The time of year is just perfect to keep the training ticking over into the winter months, but also gives you that virtuous feeling once the Christmas indulgences start ☺ . This year however, the weather gods were not kind to us! In fact someone must have REALLY upset them! Cold, wet, windy and cold…so cold!! The usual chatty and smiley combo of Coaches Tanner and Donn even ran in silence for the very cold final 7 miles of the marathon!!! Unheard of! (normal chatting services did resume quite quickly after though once they'd defrosted). The course was slightly different again from previous years due to tides and work on the sea defence walls, but it still makes a varied and well supported route. There was still a decent quota of festive outfits despite the weather (Louise was a particularly soggy elf) and the aid stations offered a festive selection of jaffa cakes, mince pies and mulled wine. The event "village" has now moved from the Pyramids

into the grounds of Southsea castle with a gazebo. It made a stunning backdrop and the marshalls were excellent at getting finishers wrapped up into foil blankets and armed with mince pies, bounty bars and a medal! It was the saintly services provided by our very own Cliff and Janet Shaw that saved many a runner that day though. They were in the gazebo to provide their sports massage services but instead selflessly used most of their time assisting freezing cold finishers with hot water bottles (super size ones too!), blankets and a pair of functioning hands to get in and out of wet kit and dry clothes. Thank you again to you both, so much appreciated. So, how many runners did we have on the day?? Well, it was a lot and we even had our merry band of Santa Stubbys make the front page of the Portsmouth News paper! Autographs are available from Gilly, Susan, Claire, Kim and Katherine!! The rest of the Santa 10k'ers were Mike Healy, Jacqueline Healy, Janine Jenkins, Pete Turnball. The Half marathon crew were Angela Harrison, Brian Graham, Rob Anderson, Louise Kennedy, Sally Ellicott, Annie Trotman, Stacey Read (PB'd in these brutal conditions!!) and the marathon runners were Lee Reynolds (6th overall and 3rd in age cat with an incredible time of 2 hrs 56!), Sean Bendell, Anna Wilby-Lopez, Simon Bacon, Richard Cranswick, Evan De Wet, John Cox, Nicola Willoughby, Lisa Donn, Louise Tanner, Andrew Stockwell, George Howarth, Sammi Graham, Andy Richardson. A huge well done to each and every one of us that made that event this year, the most brutal conditions and definitely not for the fair weather runner!

Southerns Cross Country League event this month was the amazing location of Lord Wandsworth college – but it clashed with the Portsmouth Coastal! Absolutely gutted about that and affected our numbers for making teams unfortunately. The ladies absolutely smashed the day with Beccy Lord taking 1st lady overall, Kelley Hanniver 3rd lady overall and Frances Lord as 57th lady. Sadly we were unable to complete a scoring team of 4 ladies, but top performances nonetheless!! Our men's team scored well with Mike White 41st, Graham Martin 74th, Chris Hall 83rd and Graham James 115th. The next race date for your dairies in this league is Sunday 22nd January at the beautiful Chawton House.

Winter Cross Ultra is a fantastic way to end your running calendar if you fancy the challenge of a guaranteed muddy, puddly and hilly ultra. A novel set up of a central location (Meonstoke Hall) and then 4 separate branches of out and back legs to total up to the 50km or 70m options! Our Ultra champs this year were Sara McRitchie, Stuart Bamberger, Martin Peglar and Dave Cameron – this was Dave's first ultra distance and wow….what an event to choose!! Well done all of you, good to see "that puddle" was still these and providing photo fun for everyone ☺

Marcus Lee won an age cat prize in the Oakhaven 10 – well done Marcus for being the 1st V50 category.

Mel Barham, Andrew Chamberlain and Hayden Brown were our 3 green representatives at the new Southampton 10k, actually running through the St Mary's stadium – a must for all Pompey supporters! A very cold morning for this one, but good feedback – well done you 3 ☺

The Green vests have had a pretty exciting and adventurous December. They have been spotted in Scotland, the top of Ben Nevis, Mexico, Mapperton, Hull, Running for Autism, 10k recce's galore, chasing Christmas lights, Christmas handicaps and kitchen sink runs – to name but a few!!

We would like to thank all the runners who have raced in green this year and wish you all a Happy New Year!

Ladies! After a festive season wearing high-heeled shoes to socials and then running the next morning, it's nice just to take a weekend off and let your feet recover. Treat yourself to some nicely painted nails such as these.

Club News

The quality of the content of The Green Runner depends on membership participation; submitting articles, photos, race reports, etc. The Facebook page is very active, so please also consider emailing similar items to the editor, so they can be preserved for posterity by being included in the next issue of the magazine.

The Time Tunnel

From a quarter-century ago, January 1998, comes a report about a foreign adventure submitted as a newsletter article(hint-hint) and, at the risk of turning into a Peter Kay sketch, can you remember running shoes costing £20!? £20!?

MAJORCA FULL & HALF MARATHONS
- George Childs

We had just left a cold and freezing Gatwick in the early hours of Friday morning, when the pilot greeted us with the news that, although we were on time for Palma, it was cold and raining in Majorca and so it was! However, the following day turned out to be warm and sunny for the fun run. The run started at the Sports Centre but, as all the instructions - including race directions - were in Spanish, this added to the "fun". No-one noticed that there were no other runners - apart from Brits - in our large group! We were all starting in the wrong road while the rest including Germans, French, Dutch and, of course,Spanish were all elsewhere on the correct route! Still it was a pleasant run for three miles along the sea-front at Palma Nova but you can guess who got the T-shirts! Yes, the Spanish including the local kids who were all wearing them!
Still, that's Spain and, after the run, we collected our race goody bags which included a Costa de Calvia Marathon T-shirt, a pottery gift, food, drink and our race numbers. The day finished with an excellent pasta meal in the Sports Centre, which set us up for the race on the following day.
Race day dawned fine and sunny with both half and full marathons starting together - this gave the marathon runners some company for the first thirteen miles. We had two club members in the marathon - Alec Marshall and myself and in the half marathon were Martin Wellstead, Colin Knight and Pam Lucas. All had excellent runs with Martin having his best race for some time with a fine 1.46.25. Colin finished in 1.50.46 and Pam gained second FV45 in 1.52.52. Fine runs by all.
In the full marathon, I managed 3.50.18 which is the best that I have done for some years and Alec was close behind in 3.51.25.
The race was held in superb conditions from Magalluf to Santa Ponsa and returned to Magalluf via Palma Nova. All in all - an excellent week.

SHOES FOR SALE - Glenn Jarvis

I have a pair of ASICS GEL KAYANO high mileage training shoes (size 10½ UK) which I cannot get on with. If you would like to try them out, give me a ring (01489-583932). They are for sale at £20.

Last Month's Parkrun

Parkrun information is compiled by Chris Stapleford.Details are available on the website and on the SGR Facebook page.

Forthcoming Club Events and Socials

7 January 2023 - 10k Helpers race
7 January 2023 - Hampshire Cross Country Championships, Fairthorne Manor
8 January 2023 - Stubbington 10k race
14 January 2023 - Hampshire Cross Country, Prospect Park, Reading
28 January 2023 - Southern Cross Country Championships, Beckenham Place Park
29 January 2023 - CC6, Holmsley Campsite

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/