The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

Sunday January 8th saw another awesome 10k race put on by Stubbington Green Runners. The challenge of finding a new route was achieved and the feedback we got was very positive so we will certainly repeat this route for 2024.A heartfelt thanks go to everybody who ran, helped in some way or marshalled along the course – the hard work that club members put into it make it such a success. Our new Race Director Sara McRitchie did an awesome job along with her more than able deputy Sarah Barron – you ladies were fantastic and we look forward to you repeating this in 2024!

You will have seen the calling notice for the AGM which is scheduled for Tuesday March 7th, which for the first time in 3 years we will be holding in person at the Crofton Pub. We look forward to seeing as many of you there as possible – we do need nearly 70 members to ensure we have a quorum so please make every effort to attend. If you are interested in any of the roles on the committee and want to know more please feel free to talk to any member of the committee who would be happy to explain the role.

I would just like to thank all the committee members and the members with non-committee roles who ensure the continued good running of the club. Without all of their commitment the club would not be the success it is.

I hope everybody continues to enjoy their running , whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running, Kevin.

Captains' Report

Captains Corner

Happy New Year to everyone! I know it's long-past new year and we have had lots of races run and to report on.

Start of the new year saw a triple header with the Stubbie 10k, Race Helpers Race and the Hampshire XC Championship at Fairthorne Manor.

Race Helpers Race…..what an honour this year to be the first to try out the new course (minus a couple of alterations to make it safe on the open roads) and we all got one of the new wooden 10k medals.

Thank you to everyone for not sharing these on social media and spoiling the surprise for the next day ☺

We had a great turnout of 35 runners and the atmosphere was great. Another addition this year was having our amazing marshalls (Andrew McEwan, Janine Jenkins, Katy Bradley, and Annie Trotman), bike support (Mel Barham), back marker (Simon Bacon) and timekeepers Kieran and Annabeth Chaplin. The finish line was made even better by having our very own chairman Kevin Ashman do the honours with the medals. It was a very cold and windy day and poor Andrew was being blown away at his marshalling point on the top of the seafront! It certainly made the Daedalus estate an interesting experience. We still all had an enjoyable time though and chalked up some excellent miles and times. Our first male was Chris Williams in 40:39 and first lady was Sara McRitchie in 50:20. Sara took all the jokes about not getting lost

on the course very well ☺ I imagine it was a nice de-stress moment amidst a very hectic weekend! Well done to all 35 of you that ran.

The following day was "Race Day", Stubbie 10K was run on the new course with a new race director so congratulations to Sara McRitchie our RD, Kevin Ashman and Sarah Barron, along with all the helpers on day and before for making our 10K a huge success! The weather had a little shower at the start but then the sun came out and people enjoyed the race with lots of positive feedback.

We had 64 UKA affiliated runners who showed in the results for Stubbington and many more of you ran. So well done everyone who ran and too many PBs to mention. We had individual winners with Beccy Lord finishing 2nd overall and collecting Mike Clarke Trophy for the highest Stubbie finisher. Nikki Roebuck was 3rd F45 and Dennis Woodward Trophy for 1st female Stubbie Vet, Mike White 1st V60, Steve Dunlop 2nd V65 and Araon Froukhians was 1st Stubbie Vet Man for the Dennis Woodward Trophy so congratulations to you all. In the HRRL, the Ladies A team was 2nd overall with Beccy Lord, Nikki Roebuck, Jenny Moran and Lucy May. The men's A team was 5th overall with Rob Arkell, Tim Rolfe, Phil Morgan and Tommy Blake. The next race in the league is Ryde which will be a great day out on the ferry. After that we have the sold-out race of Salisbury 10 in March. Entries for Alton 10 on a new course this year are open and on the 14th May. Last 3 races are Netley 10k on 21st May, Alresford 10k on 18th June and Lordshill 10k on 2nd July which is already open.

Hampshire XC Championships saw 11 Stubbies getting muddy at Fairthorne. It wasn't ideal. The race was the same weekend as the 10k and numbers were low for the XC but some of our Stubbies doubled up. The men were one short for a team due to someone pulling out with an injury that said we had some great performances and a nice surprise a week later! So the men were led home by Mark Eaton 80th (2nd V55), 89th Pete Tugwell, 91st Graham James (2nd V60), 92nd Martyn Poore and 110th Tom Hastings. The surprise was a week later getting medals at Reading XC for Mark and Graham getting medals for 2nd which they don't normally do for the high age categories, So congratulations chaps. The ladies were very successful on the bling front picking up 3rd Vet Team and 3 individual podium places, so congratulations to the ladies team 16th Kelley Haniver (1st F45), 26th Nikki Roebuck (3rd F45), 35th Helen Nicholls and 59th Dawn Haynes-Sewell. The same ladies were 8th overall in the senior race. Well done to Jacqueline Healy and Stacey Read who turned up late due to a mix up in times so missed the ladies race but took on the men in the men's race!

Hants XC league race saw a fair bit of mud and the notorious muddy hill for our 14 runners to take on a couple of times but the weather was a dry affair. We got four teams out on the day with the ladies being led home by Nikki Roebuck 32nd, 87th Sara McRitchie, 106th Emma Baker-Chaplin the same 3 ladies scored for both teams with the senior team 12th on the day and lie 8th overall and vets 7th and lie 9th overall. Also donning their green vests were 117th Jacqueline Healy with a sprint finish Asher-Smith would have been proud of, 119th Janine Jenkins and 121st Stacey Read. The men were led home by Brandon Chaplin wearing spikes on his boots which were literally stubs, probably 3mms as he skated around the course like Bambi on ice! Next home in 117th Mike White (2nd V60), 162nd Richard Hayward, 177th Stuart Bamberger and 189th Tom Hastings the team was 7th and 8th overall in the senior category. The vets were 18th and currently 19th overall with Mike, Richard and Stuart accompanied by Kieran Chaplin 201st. The next race is at Popham Airfield, Basingstoke on Saturday 11th February.

Box Hill Fell Race in Sussex saw five people from the club taking on fell racing which is completely different to cross-country running. The results were 31st Will Feline, 95th Martyn Poore, 123rd Chris Hall (Senior), 152nd Daisy McClements and 168th Graham James.

The Southerns Cross Country league event this month was set in the stunning grounds of Chawton House, otherwise known as Jane Austens house. A really stunning setting with a decent quota of hills. We had a beautiful cold and crisp morning so any potential mud was frozen over and a solid surface to run on, the cleanest type of XC you can get!! We had a great turnout for this one and it was really good to see Stubby's trying this league for the first time. It really is a very inclusive league and especially fun to run alongside our other local clubs of Fareham and Gosport. To achieve a scoring team we need 4 men and 4 ladies – sometimes we struggle to get these numbers believe it or not. But we had an incredible 9 men and 10 ladies at this event! So a huge well done to our scorer teams: Chris Sandy 28th, David Mallard 41st, Mike White 45th, Graham Donnachie 103rd. plus the sterling efforts of Andy Donn 137th, Simon Bacon 141st, Pete Cole 142nd, Nigel Feast 207th and Russ Mead 217th. Then our ladies: Beccy Lord 6th, Helen Nicholls 11th, Frances Lord 76th, Alison Lawrence 78th. Plus these incredible ladies… Claire Proctor 88th, Lisa Donn 101st, Sue Moore 142nd, Lindsay Pratt 156th, Jules Dinwoodie 158th and Mel Barham 181st. On the day that put SGR men 17th and SGR ladies 13th out of 23 clubs – with an overall placing of 14th – so we did really well. The overall league positions as they stand are still to be published. The next event is on Sunday 13th March at Alice Holt with an 11am start – keep your eye on our Facebook page for more info and car shares etc..

Our CC6 event this month was held in Holmsley, hidden away in the New Forest – always a popular one with Stubby's. Another great turnout and a pre run team photo of smiling faces ☺ Huge well done to our competitors: Nikki Roebuck, Alison Lawrence, Kirstie Graham, Katy Bradley, Frances Lord, Jodie Francis, Helen Benson, Wendy Cumes, Tiffany Skerratt, Louise Nicholson, Liz James, Hannah Paine. Then the men – David Mallard, Mike White, Richard Hayward, Steve Cumes, Pete Tugwell, Graham James, Marcus Lee, Phil Townley, Tim Hastings, Pete Cole, Brian Graham, Rob Zefferett, Dom Shepherd, Jack Gooze, Rob Williams. The overall results as they stand after this race put our ladies in 4th position overall and our men in 8th position. There are 2 more of these events left this season, so dates for your diaries are Sunday 12th February for Badger Farm and then Sunday 12th March for Itchen Valley Country Park.

Further along to the East we had another bit of Cross country happening the same day as the CC6. A number of Stubbys are becoming big fans of the BigFeat events. They do put on a good course, with plenty of hills and elevation and a couple of distance options generally. The event this time was a new one created to take in Arundel and the South Downs Way. Two options to choose from, the 15 miler or the marathon (which ended up as 27.3 miles due to a re-route avoiding flooded land). Everyone did the same route upto the 10 mile aid station (which was being manned by our very own Sara McRitchie and Stuart Bamberger!) and there the course split. So we all had the delight of starting the run with a hike up what was later described as a cliff face ☺, and a very long one at that!! I'd say that set the tone for the day perfectly, the course was tough, but you could tell it had been designed by passionate trail runners. We had a bit of everything; cliffs, mud, river paths, bridges, sheep, deer, red kites, jaffa cakes, hills that make you swear, the SDW views and perfect running temperatures (not a course for a hot sunny day!). As Jon Leigh pointed out, we ran 3 of the South Downs Way relay legs in one hit, as a part of the marathon! A huge well done to the marathon team that day of Jon Leigh (2nd MV60), Simon Bacon (3rd V50), Louise Tanner, Laura Kay and Lisa Donn. And another huge well done to the 15 mile team of George Howarth, Stacey Read and Emma Baker-Chaplin. Well done ladies for choosing this bonkers route for your London Marathon training!! This was Stacey's furthest distance to date and what an achievement.

A busy weekend this one as we also had the Dark Moors 10 mile event – well done to Cliff and Janet Shaw and Helen Benson for being our glow in the dark Green Army for the evening ☺

The Southern Cross Country Championships were on the Saturday of this busy weekend, this year held at Beckenham Place. Andy Donn joined the team for his first time at this location and had the following to report for us:

Saturday 28th Jan found the Green Army in London for the Southern Cross Country Championships at Beckenham Place. Replacing Parliament Hill with its vertical cliff start, Beckenham still offered the usual terrifying mass starts with the ladies running 8k and the men 15k. Less muddy than expected, the park offered hills, wooded slopes, dive bombing parrots and Andy Simpson shouting from behind seemingly every tree! The encouragement worked and the ladies team had excellent results all round. Becky lord was 17th in a massive field! The gents seemed to be working as a close knit team and the first four finishing really close to each other. The ladies team were Beccy Lord 17th, Kelley Hanniver 78th, Daisy McClements 208th, Sara McRitchie 318th, Dawn Haynes-Sewell 374th, Jacqueline Healey 407th. The men's team were Chris Sandy 468th, Martyn Poore 469th, Chris Hall 494th, Mark Eaton 504th, Andy Donn 632nd and Stuart Bamberger 651st. The pub on the way home was the old Whyte lion. A great event and a great day out. Final scores show that SGR Men came 43rd team overall and SGR ladies 24th overall, this is a phenomenal result considering the calibre of runners out there. Well done all ☺

Good luck over the coming months for the athletes training for Spring Marathons with London less than 100 days to go.

The content of The Green Runner depends on the active participation of the membership. The Facebook page is incredibly busy with articles, events, photos etc. Please consider also sending these for submission in forthcoming editions of the magazine, where they will be preserved on the website for posterity.

Club News

South Downs Relay

South Downs 100 mile Relay, on Saturday 3rd June is a prestigious event by invitation only. We are looking to have a ladies team, men's A and a Vet men's team.

The race follows route of Bridleways and Footpaths across the South Downs from Eastbourne to Winchester, with 18 legs of approximately 5-8.5 miles, 6 runners in a team running 3 separate legs in a 10-13 hour period, akin to running flat out 3 separate undulating 10k races in one day!

Highly competitive off road event which requires lots of individual commitment to recce your legs, so you know them inside out as unmarshalled on the day and training hard in the build-up. You do need to be able to recce these legs under your own steam, sometimes people can help with the recces but not always available. The recces and the race on the day are great fun with some good comradery between teams.

The race organisers do apply time limits and cut offs, we are once again asking for runners who can achieve a sub 43 minute 10k. To get in the Men's A team you need to be able to achieve a 37 minute 10k or faster such is the standard of the field! Deadline for putting your name forward is Wednesday 8th March, this deadline may be extended at the Captain's discretion. A decision on teams will be made after the deadline. If you wish to be considered please contact your Captains. We would also like to see some cross-country form, so racing the CC6, Hampshire XC league or Southern XC races over the next two months.

To kick start the year off, we had our very own 10k for the 6th race in the HRRL calendar.

Well done to everyone that took part in this race. The team scores are below:

Ladies name	team	team score
Beccy Lord	A	84
Nikki Roebuck		
Jenny Moran		
Lucy May		
Amie Morgan	B	361
Katherine Trott		
Angela Harrison		
Samantha Whiting		
Anna Sindall	C	740
Jenna LLoyd		
Louise Kennedy		
Cathy Webb		
Sally Ellicott	D	1009
Oana Matty		
Emma Cogdell		
Charlotte Earnshaw		
Men's name	**team**	**team score**
Rob Arkell	A	121
Tim Rolfe		
Phil Morgan		
Tommy Blake		
Josh Cullen	B	231
Aaron Froukhians		
Will Feline		
Daragh Hendley		
Rob Greenwood	C	375
Brandon Chaplin		
Chris Sandy		
Mike White		
Gareth Charles	D	545
Stephen Dunlop		
Wai Tak Cheung		
Matt Emery		

Also, well done to Ann Earnshaw, Anne Trotman, Gilly Shutler, Kim Bevel, Haylee Taylor, Laura Rolland, Vicky Cornall, Glynne Parsons, Karen Nichols, Janine Jenkins, Karen Hoggarth, Sandra Abrams, Stacey Read, Louisa Knight, Susan Wakefield, Nicola Thomas, Claire Johnson, Diane Wilson, Lisa Evans, Melissa Barnham, Claire Dyson., Callum Swann, Mark Eaton, Marcus Lee, Simon Hearnden, David Barrett, Ian Miles, Rob Zeffertt, Johnny Gobbi, Kieran Chaplin, Ed Hare, Steve Matty, Chris Yeomans, Stuart Bamberger, Chris Hall, Mike Smith, Evan De Wet, Steve Fulcher, Mark Green, Nigel Feast, Richard Jacks, Chris Stapleford, Tim Matthews, David Abrams, Jon Adams, Paul Thorpe, Gary Stradling, Ray Bernice, Mike Healy, peter Turnbull, mark shepherd, Brian reid, george Howarth, Sam Churcher and Leyon Joseph.

Ladies A-Division 1

Postion	Club	Score
1	Winchester	1
2	Lordshill	3
3	Totton	6
4	Hedge End	5
5	Salisbury	8
6	Farnham	4
7	Denmead	7
8	Stubbington	2
9	Alton	9
10	Hardley	10

Ladies B-Division 1

Postion	Club	Score
1	Totton	3
2	Winchester B	1
3	Lordshill B	4
4	Hedge End B	2
5	Lordshill C	7
6	Stubbington B	5
7	Salisbury B	13
8	Denmead	10
9	Farnham B	9
10	Winchester C	15

Mens A-Division 1

Postion	Club	Score
1	Winchester	1
2	Salisbury	4
3	Southampton	3
4	Lordshill	2
5	Alton	6
6	Stubbington	5
7	Denmead	7
8	Fareham	8
9	Farnham	9
10	Hedge End	10

Mens B-Division 1

Postion	Club	Score
1	Winchester B	1
2	Salisbury B	5
3	Lordshill B	3
4	Winchester C	2
5	Alton	7
6	Stubbington	4
7	Lordshill C	6
8	Salisbury C	9
9	Denmead B	8
10	Hedge End B	11

The 2022/2023 session dates are:

Club	Distance	Date	Status
Overton	5 Mile	04 September 2022	
Solent Half	Half Marathon	25 September 2022	
Hayling 10	10 Mile	06 November 2022	
Gosport Half	Half Marathon	20 November 2022	
Victory 5	5 Mile	04 December 2022	
Stubbington	10 Km	08 January 2023	
Ryde 10	10 Mile	5 February 2023	Entries open
Salisbury 10	10 Mile	26 March 2023	Entries open
Alton 10	10 Mile	May 2023	Entries open
Netley	10Km	21 May 2023	Entries open
Alresford	10km	18 June 2023	
Lordshill	10Km	2 July 2023	Entries open

Looking forward to seeing you at the HRRL races, Catherine Miller, (HRRL Secretary) my email address is hrrl-secretary@stubbingtongreenrunners.net.

The Time Tunnel

You may or may not have noticed this Blue Plaque next to the entrance of the Crofton Community Centre. I believe Scott attended the Wednesday night runs.

Last Month's Parkrun

Parkrun information provided by Chris Stapleford. 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

Hampshire XC Popham, Basingstoke - 11th February
CC6 Badger Farm - 12th February
Southern XC, Alice Holt - 26th February
National XC Championships, Tattenhall, Chester - 25th February

Useful Links

Order online or in store 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/