The Green Runner

https://www.stubbingtongreenrunners.net *March 2023*

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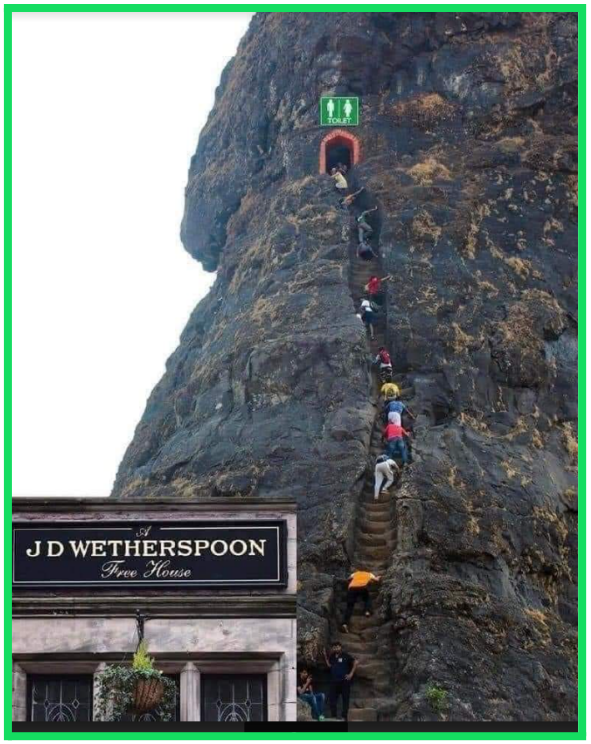


If Wetherspoons sponsored cross-country events…

Chairman's Report

The club AGM is taking place on Tuesday March 7h at 8pm at the Crofton Pub – the first time in 3 years that we have held the meeting face to face. It would be great to have a good attendance as we have had for the last few years for members to hear about what has been going on in the club for the past year. We need about 65 members to ensure we have a quorum and we have the bonus of a buffet following the meeting so looking forward to seeing as many of you there as possible.

We are finalising the profits from the 10k for this year and we will hopefully be in a position to announce our donations to Autism Hampshire and Sophie's Legacy which were the charities selected by the membership last year at the AGM.

Our Foodbank run to Waypoint Church was a great success and it was great to see the amount of goods that we were able to provide. Many thanks to everybody who contributed to this – I know it is greatly appreciated.

We will need a new charity or charities for this year so please give this some thought and email me with the charity name and your reasons for your nomination by the end of March – chairman@stubbingtongreenrunners.net. Please remember we do like to donate to local charities so do bear this in mind when coming up with suggestions.

Happy Running
Kevin

Captains' Report

Start of the month saw a ticket to Ryde! The day trip and pilgrimage to the Isle of Wight for the HRRL for the Ryde 10. We had quite a few runners doing the race for the first time. The ladies were led home by Lucy May 116th overall in 1.13.14, 231st Angela Harrison 1.23.37, 238th Sara McRitchie 1.24.03 and 336th Dawn Haynes-Sewell 1.35.32. The ladies A team were 7th on the day and now lie 8th overall. The men's team were led home by Mike White who was 1st V60 52nd in 1.06.13, 87th Simon Hearnden 1.09.45, 102nd Mark Eaton 3rd V55 1.11.28 and 133rd Simon Ross 1.14.57. The men's A team were 8th and now lie 7th overall. So well done to everyone who raced. After the race it was time to refuel and a trip to the legendary Godfather for fish and chips. The next race is the Salisbury 10 which is a sell-out.

It's been a busy month on the cross-country scene which saw the Southern XC Championships at the end of January at Beckenham Place which saw 12 people and a few supporters head off to the capital. This was second time this course had been used for championships with last year being the first. So, a new venue to a lot of runners. The course was pretty dry out but was undulating out there and not much dirt to wash out of the clothes afterwards! The ladies' team were the 24th best team in the whole of the South of England led home by Beccy Lord 17th in 28.33, 78thKelley Haniver 31.23, 208th Daisy McClements 35.30, 318th Sara McRitchie 40.26, 374th Dawn Haynes-Sewell 45.09 and 407th Jacqueline Healy 52.19. The men took on 15k of the course and were 43rd best club in the South, first Stubbie men was Chris Sandy 468th 1.06.09 just pipping Martyn Poore 469th 1.06.09 by 1 second. Next chap home was Chris Hall 494th 1.07.03, 504th Mark Eaton 1.07.37, 632nd Andy Donn 1.16.55 and 651st Stuart Bamberger 1.22.40. A tough

course so great running Stubbies. A special mention goes to Stuart who was struggling in the race with his diabetes but carried on after he took on some fluids and finished.

The Nationals XC Championships was hosted at a new venue at Bolesworth Estate, Tattenhall in Cheshire which is a 6000-acre estate. It was a fast course on a dry but chilly day. We had just 3 runners running in the green vest. In the ladies race there 773 runners, 615th Sara McRitchie 47.13 and 757th Stacey Read 64.08. The sole man flying the flag for the men was Stuart Bamberger who was lined up in 1400+ field and came home in 1330th in 1.00.52.

Hants XC league was at Popham Airfield, we struggled to get the teams out but we did get 4 teams out. The 3 lady runners were 17th senior team and sit 11th overall going into the last race, led home by Sara McRitchie 84th, 94thEmma Baker-Chaplin and 116th Jacqueline Healy. Vets were also Sara, Emma and Jacqueline with them 10th on the day and reside 8th overall. The senior men were led home by Brandon Chaplin 67th, Mike White 83rd (1st V60), 104thRichard Hayward, 136th Martin Pegler and 157th Kieran Chaplin. The seniors were 5th and lie 7th overall just above the relegation zone. The Vets were made up by Mike, Richard, Martin and Kieran and they were 13th and sit 17thoverall. The last race in the series in March is back at Kings Park due to the original hosting club unable to secure a venue.

CC6 XC was at Badger Farm with 23 runners turning out in green. The ladies were 3rd on the day and lie 3rd overall with Daisy McClements a very impressive 2nd, 5th Beccy Lord and 33rd Angela Harrison. Russ Coleman led home the men in 13th, 17th Mike White, 24th Richard Hayward and 39th Chris Hall. The men were 4th and currently 6th with one race to go. The last race is at Itchen Valley Country Park on Sunday 12th March.

Lastly in the XC leagues we had the Southerns – Alice Holt was the venue in February, but sadly we couldn't get a men's or ladies team out for this one. Clashes, injuries and holidays just weren't on our side. So our top man (and only man!) scorer on the day was Graham James and for the ladies we had Daisy McClements who smashed it with a 4th place overall and Alison Lawrence who never misses a XC if she can help it! Well done ladies and gent! We now currently sit in 15th position overall as a club. Next month's report will give us our final events scores and the overall league positions.

So, aside from the leagues, what else have we been upto?

February is the shortest month, but it had a lot to do!!

Goodwood 10k was a huge success for the Green Army, not an easy course with laps of the circuit and it has a little kick of an incline that bites! PB's were aplenty though! Rob Arkell 33:09, Chris Sandy 38:49, Beccy Lord 35:40, Holly Watson 38:52, Oana Matty 53:15 – yes these really are 10k times!! Unbelievable achievements guys, well done!

Staying in Goodwood, something quite astonishing happened there this month! The wonderful Jon Warner ran a marathon, wearing crocs, and totally smashed the Guiness World Record with a time of 3hrs 2 minutes and 42 seconds. This was 2 hours faster than the previous world record. Im still struggling to think that more than one person would even try this!! Jon took on this challenge to raise funds for his nephew Oliver, to enable him to buy a new wheelchair. This fundraising page is still open so please donate if you haven't already. The link is on Jon's Facebook page. Well done Jon, such an inspiration and we loved watching your training journey on this. All in awe of your choice of challenge and questioning whether crocs might make us all run that fast??. I don't think anyone will be taking that record away from you!

We had a great Stubby turnout to the BigMud trail event this month. I think word had got out that

its really hard work and you start your run going up Butser and then the last hill is even worse etc… that's either news that's going to make you think OMG no thank you, or, WOW I have to do this event. There were 2 options of distances, the marathon or 16 miler. The weather was kind at least with blue skies and a nice chill to the air to make the hills bearable. Sadly I wasn't able to run this year due to injury, but I will definitely have this on my bucket list for 2024, along with a lot of other Stubby's I'm sure. A very big envious well done to our marathon runners Wesley Jones (8th overall) Simon Bacon, Sean Bendell, Matt Emery and our smiley hills coach Louise Tanner, the first and only Stubby lady this year. Our 16 mile warriors Mike White (4th overall and 1st age cat), Nikki Roebuck 1st lady overall, Laura Kay, Helen Benson, Pete Tugwell, Mark Eaton, Paul Smith, Robert Mills, Angela Harrison , Martyn Poore, Neil Stantial, Daragh Hendley (3rd overall), Tracie Jarvis, Simone Shepherd, Claire Peal, Julia Lawton and Tracey Mason. Well done everyone and for tackling that elevation.

That brings February to a close, and see's us into March. The month of the club AGM, season closers in the XC leagues, the start of some Spring training weather we hope and lots more events to keep us busy. Have a good month everyone and remember to keep sharing your adventures and photos on the club Facebook page.

Club News

The quality and breadth of content in The Green Runner depends on members' active participation by 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. ***gr-editor@stubbingtongreenrunners.net***

Time Trial

February's Time Trial was the last winter one but don't despair we will start the Summer Time Trials on Thursday 13th April, more details on this in this issue of the Green Runner.

The weather was very good for this time trial with no wind and this was reflected in the times with 4 improvers from the 13 runners who took part and others who were close to their best times. We welcomed 3 first timers with Jenny Moran, Gary Wood and Richard McAleer.

There were no female improvers on the night but Jules Dinwoodie did get a season's best on the night by 2 seconds. The biggest male improver saw a close-run affair with Steve Matty improving by 56 seconds and narrowly losing out by 4 seconds to Richard Hayward who was 1 minute quicker than his best from last month. So congratulations to Richard. The Randomator winner was Martin Pegler.

I would like to say a big thanks to everyone who has volunteered at the time trials and hope everyone has enjoyed running them and catching up in the pub afterwards.

Stubbington Green - Time Trial Results 2021-2022

Name	Best 2021/2022	October	November	December	January	February	Months Best	Total Yearly Best 2022/23
		12	10	9	11	13	4	10
Richard Hayward	21.29				**21.29**	20.29	-1.00	-1.00
Steven Matty	24.20		**24.17**	24.39		23.21	-0.56	-0.59
Pete Tugwell	23.19			**23.19**		22.36	-0.43	-0.43
Graham James	24.04		**24.04**			24.00	-0.04	-0.04
Andy Simpson	19.37	22.58	21.02		23.32	24.45		
Claire Proctor	27.05	28.00			27.28	28.08		
Dominic Shepherd	24.13		26.03	0.00		33.07		
Gary Wood	26.02					26.02		
Jenny Moran	23.54					23.54		
Jules Dinwoodie	31.36				33.09	33.07		
Martin Pegler	23.09	**23.09**	22.13			23.37		-0.56
Richard McAleer	23.11					23.11		
Steve Fulcher	26.51		27.40			26.55		
Andrew McEwen	27.57			27.57				
Brian Graham	29.26			25.26				-4.00
Graham Martin	22.24	23.30	24.19					
Jacqueline Healy	32.46	0.00			33.42			
James Bampton	21.58	23.29						
Janine Jenkins	35.04	**35.04**	34.36*		33.56			-1.08
Martyn Banner	33.37			33.37				
Melissa Barham	39.28				39.28			
Nick Crane	25.29	28.05						
Sara McRitchie	27.13	**27.12**		26.25	26.41			-0.48
Sarah Barron	31.06		31.11	29.34				-1.32
Simon Hearnden	22.59		**22.59**		21.59			-1.00
Stacey Read	35.46	0.00	35.46		35.57			
Stuart Bamberger	26.08	26.08						
Sue Robinson	0.00	0.00						
Tim Rolfe	20.34			20.34				
Tom Hastings	26.11				26.11			
Tracey Langdale	35.48*		35.48*					

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

In February a saw the 7th race of the season - Ryde 10 miles.

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

Ladies name	team	team score
Lucy May	A	135
Angela Harrison		
Sara McRitchie		
Dawn Haynes-Sewell		
Sarah Barron	B	376
Emma Baker-Chaplin		
Jules Dinwoodie		
Gilly Shutler		
Tiffany Skerratt	C	495
Claire Hanrahan		
Louise NIcholson		
Janet Shaw		
Joanna Reed	D	536
Jacqueline Healy		
Stacey Read		
Melissa Barnham		
Men's name	**team**	**team score**
Mike White	A	297
Simon Hearnden		
Mark Eaton		
Simon Ross		
Pete Tugwell	B	458
Rob Zeffertt		
Kieran Chaplin		
Peter Cole		
Ed Hare	C	559
Steve Matty		
Domonic Shepherd		
Evan De Wet		
Nigel Feast	D	746
Russell Mead		
RP Mills		
Mike Healy		

Ladies A-Division 1		
Postion	Club	Score
1	Winchester	9
2	Lordshill	18
3	Totton	34
4	Hedge End	37
5	Farnham	41
6	Salisbury	45
7	Denmead	46
8	Stubbington	47
9	Alton	47
10	Hardley	63

Ladies B-Division 1		
Postion	Club	Score
1	Totton	24
2	Lordshill B	39
3	Winchester B	41
4	Stubbington B	58
5	Hedge End B	71
6	Farnham B	72
7	Salisbury B	78
8	Denmead	81
9	Alton	92
10	Fareham	98

Mens A-Division 1		
Postion	Club	Score
1	Winchester	10
2	Salisbury	21
3	Lordshill	27
4	Alton	34
5	Southampton	34
6	Denmead	45
7	Stubbington	48
8	Fareham	51
9	Farnham	56
10	Hedge End	60

Mens B-Division 1		
Postion	Club	Score
1	Winchester B	12
2	Lordshill B	23
3	Salisbury B	23
4	Alton	35
5	Stubbington	47
6	Denmead B	60
7	Hedge End B	67
8	Fareham	81
9	Farnham	83

The Time Tunnel

This boob was not on page 3 back in March 1993, but on the front page. I did this race a few years ago and can thoroughly recommend it. It is a race, according to Jon Leigh, whom I met whilst there quite by chance, in which you have to reverse your usual tactics. You have to do the first half fast, in order to get ahead as much of the second half of the race is confined to narrow paths with ankle-twisting slopes which makes overtaking very difficult. You have to beat the steam train that travels out-and-back from Tywyn. If you don't fancy the 14 mile hill run they do have shorter-distance events earlier on in the day. Tywyn itself is a nice seaside town on the west coast of Wales, but book early if you want accommodation there before and after the race day.

LAST MONTH'S BOOB - Editor

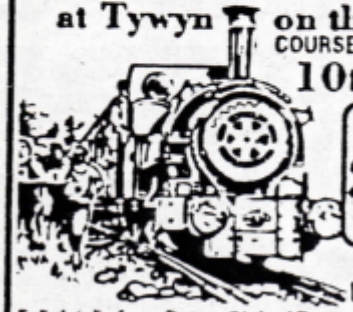
Acting on "reliable" information, I amended an old advert for the Race the Train in last month's issue. As you will see, we got the date wrong! I hope no-one booked their holidays on the strength of this information. I apologise for any inconvenience caused. We are still planning a weekend away.

RACE THE TRAIN

at Tywyn on the Mid Wales Coast

COURSE 14 MILES MAINLY CROSS COUNTRY

10th ANNIVERSARY



Saturday 21 August '93

also JUNIOR & FUN RACE

Closing date 11th August

Limit of 1250 for Senior Race

Full details from Rotary Club of Tywyn, C/O 20 Morfa Crescent, Tywyn, Gwynedd (please enclose SAE), or Phone Tywyn (0654) 710607 during office hours

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

Wednesday 1st March - Food Bank Run
Tuesday 7 March at 8pm - SGR AGM at the Crofton Pub.
Sunday 12th March - CC6 at Fleming Park

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/