



The Green Runner

<https://www.stubbingtongreenrunners.net>

April 2023

gr-editor@stubbingtongreenrunners.net



Congratulations to our new ladies' captain, Sara McRitchie, and her beau, Stuart Bamberger, who are now affianced. If you look closely you'll see Skegness pier in the background beyond the palm trees.



Chairman's Report



Apologies for those who were at the AGM who will have already heard this report. I thought I would share this with the Green Runner.

I am pleased to present my report at this, the conclusion of my eighth year as Chairman of Stubbington Green Runners and indeed 12th consecutive year on the committee. I'll refrain from the less for murder comment.

I will make my report nice and short and sweet to allow time for the other committee members to run through their areas of responsibility.

Let me start with a heartfelt thank you to all members of the committee that have supported the club through this last year. We may not always agree on everything we discuss but we have an open and honest debate before we reach a decision on a subject which we then all support. This hasn't been the easiest of years for the committee for reasons that I don't need to go into but I can assure you that they all have the club's interests at heart and act in a way that they believe is the best for the club. They are also all volunteers who dedicate a not insignificant amount of their time to helping run this great club. We have held 12 committee meetings throughout the year and for the first time in 3 years these have all been face to face meetings. We have nominations for all the positions so for the agenda item later I will propose that the committee is elected en bloc, although there are some changes to roles which I will go through when we get there.. One committee member is standing down after 4 years on the committee so I would like to thank him for this with a small token of gratitude and wish him all the best for the future – Andy White.

As well as the committee positions we also have a number of non-committee roles that I would also like to thank Richard Mackay for The Green Runner, Catherine Miller for being our HRRL rep, Nicky Beal and Grace Thompson for looking after everything RR10 related, Rob Williams for CC6 and in a new role for this year Helen Nash as our Mental Health Champion. Thanks guys, your support to these various roles is very much appreciated.

Other members of our club who deserve thanks are our leaders and coaches who give up their time week in week out to support the group runs and sessions the club provides – all for that bargain price of just £16 a year. Thanks everyone.

The club put on a fantastic 10k in January which was a greater challenge this year as we had to change the route, Our new Race Director Sara McRitchie with her deputy Sarah Barron did an amazing job pulling everything together and with the support of the rest of the club the race just couldn't have gone better – thank you.

The race was again able to generate a not insignificant profit which will be split between our 2 charities Autism Hampshire and Sophie's Legacy and I will leave Sarah to cover the proposed donations in her report.

We will need a new charity for this year and there will be an email going out shortly requesting your nominations – remember we like to keep the charity local if possible.

I would just like to say that I have enjoyed the privilege of being your chairman for the last 12 months and look forward to working with the committee over the coming year in support of this great club!

FinallyIf anybody has any questions for me then I am happy to take them.



Captains' Report



Andy Simpson



Sara McRitchie

Captains' Corner

Welcome to my new sidekick Sara McRitchie as your new Ladies Captain. Thank you to everyone who came to the AGM at the Crofton pub. Big thank you to our outgoing Captain Lisa Donn who I have worked with over the last 5 years.

It is a real pleasure to have taken on the role as Ladies Captain, I am really looking forward to being here to support and lead the ladies.

So, March saw the 8th HRRL Race at Salisbury. It started off looking like it would be a wet race, but luckily the rain stayed away, and it was pretty perfect conditions. We had 19 Ladies and 21 men taking on the streets of Wiltshire. There were a fair few new PBs being set, including Lucy May, Sarah Barron, Sara McRitchie, Angela Harrison, Stacey Read, Helen Benson, Gilly Shutler, Nigel Feast, Phil Morgan and Mike Healy, sorry if we have missed anyone. Lots of great effort being put in with one very impressive sprint finish by Jacqueline Healy. Great going Green Army and great to see us having 4 full teams out.

March saw the conclusions to the three cross-country leagues.

The last Hants XC League fixture saw us go back to Kings Park after the Southampton/ Winchester XC failed to get off the ground. The senior ladies were 9th and finished joint 10th overall. The ladies were led home by Beccy Lord in a very impressive 2nd place, 20th Kelley Haniver and 98th Sara McRitchie. The vet ladies saw Kelley, Sara and 102nd Emma Baker-Chaplin finish 7th and 8th overall in the league. The ladies that completed 4 or more races were 53rd Sara McRitchie 30th Vet, 57th Emma Baker-Chaplin 36th

Vet, 69th Jacqueline Healy 48th Vet and 76th Janine Jenkins 51st Vet. The senior men were led home by 58th Brandon Chaplin, 85th Chris Sandy, 117th Mike White 1st V60, 120th Richard Hayward and 137th Martyn Poore and they were 3rd on the day with their best finish of the season. The vet team was Mike, Richard and 148th John Blake and were 13th on the day. The senior men finished 7th overall and the Vet Men were 15th overall. Well done to the guys who ran 4 races to get a final standing in the league, 42nd Brandon Chaplin (8th U20), 52nd Mike White 27th Vet and 1st V60, 67th Richard Hayward 34th Vet, 84th Martin Pegler 48th Vet, 93rd Kieran Chaplin 63rd Vet, 103rd Stuart Bamberger 65th Vet.

CC6's last race was changed to Itchen Valley due to car parking issues at Fleming Park. We had our largest turnout of the season with 29 runners and after a little sprinkling of rain it made the course a little muddy in places. The ladies were led home by Nikki Roebuck 5th, 6th Beccy Lord and 17th Alison Lawrence. The ladies were 3rd on the day and finished 3rd overall. Everyone who scored in 4 races or more got a final placing congratulations to Nikki Roebuck 4th and 28th Helen Benson, just two ladies. The men were led home by Will Feline 6th, 27th Andy Simpson, 28th Mike White and 30th Gareth Charles. The men were 6th on the day and finished 6th overall. The men's final standings saw 18th Mike White, 21st Richard Hayward, 27th Pete Tugwell, 49th Marcus Lee, 53rd Rob Zeffertt and 78th Rob Williams. Thank you to Rob Williams for organising the troops and putting on our race. Well done to everyone who turned out to race in the series and for the members who scored in 4 races or more. Congratulations to Nikki Roebuck on 1st V40 and Mike White 1st V60.

Southerns last race was hosted by Fareham Runners on a new course at the Holywell estate which was greatly received by the runners and conditions were lovely for the race. Stubbington Green had their best result of the season finishing 8th on the day with two complete teams which has been a struggle this season. In the men's team was 7th Will Feline, 24th Russ Coleman, 74th Graham Donnachie, 85th Simon Bacon and 88th Tom Hastings. The ladies were led home by Daisy McClements 6th, 46th Alison Lawrence, 54th Sara McRitchie and 75th Laura Kay. We finished 13th overall in the league. A big thank you to Lisa Donn for organising everyone and thank you to everyone who turned out for the club.

So, what have the lovely ladies and gents been up to in March other than league races.

Stacey Reed and Jacqueline Healy took on the Chidenham Half Marathon, taking in the sights of Chichester Harbour. Great training for both these ladies who have a spring marathon coming up.

The Larmer Tree running weekend saw 6 stobbies on the various distances, Tracy Langdale taking on the Marathon, Kieran Chaplin and Chris Yeomans taking on the 20-mile event, Emma Baker-Chaplin and Anne Trotman taking on the Half Marathon and Pam Kemp taking on the 10 miler. Well done everyone.

We had one solo Lady at the Big Night Out, well done Helen Louise.

The following day, saw a very busy Sunday for the Green Army, 32 Green runners took to the street of Eastleigh for the 10k. Personal bests were broken, and new records set and lots of smiling faces. Whilst these guys were enjoying a road 10k, 10 Stobbies were making their way to Reading for the 20 miler. This two Lap, trail, muddy and hilly route certainly put everyone through their paces. Well done to Kieran Chaplin, Stuart Bamberger, Sara McRitchie, Emma Baker-Chaplin, Laura Kay, Claire Kelson, Louise Tanner and Sue Moore for finishing the 20 miles and to Stacey Reed and Jacqueline Healy who completed 10 miles.

The Fleet Half marathon saw just one representative from the club, well done Mark Green who beat 2 hours for the first time in 15 years in 1.55.

We also had one representative from the club at Barcelona for the marathon, well done to Kev Taylor Scullion.

Two runners went out global trotting to New York for the New York Half Marathon, it sounded like it was a great event. Well done Marie and Mark McDonald.

A lot of our ladies and gents have been taking to the streets getting the long training miles in, even one lady completed her long run on a treadmill in Mexico, that really is marathon training dedication! Well done to everyone on the training for their spring marathons, all this hard work being put in now will pay off come race day. Good luck for your Spring marathons and please don't hesitate to do a write up on your marathon experience for the next Green Runner.

News updates, the RR10s will be starting on Wednesday nights which are 4 to 5 off road miles and we rehydrate afterwards in the pub. The first race is at Fleming Park, 19th April at 7pm. There are changes to the results process, you might have seen on Facebook you need your parkrun barcode to be registered with the league and taken for scanning to the races.

The Summer Time Trials are back and the start is in Eric Road. The start times are 18.45 for runners looking to complete 4 miles in over 35 minutes and 19.00 start for runners looking to run sub 35 minutes. After the race we will rehydrate in the Red Lion. This year we will have a company of Fareham and Gosport runners at our time trial on the 8th June with Gosport hosting their time trial on Tuesday 2nd May and Fareham on Tuesday 4th July. We will still run our monthly Time Trials in May and July. The full dates for our time trials to pencil in your diary are Thursday 13th April, 11th May, 8th June, 13th July, 3rd August and 28th September. I will need helpers to put on our Time Trials, if everyone can volunteer once to help out then I won't need to chase for helpers! You can still run the time trial earlier in the day and post a time.

It's coming up to renewal time for our membership and it would be great to see more paid-up UKA affiliated members. For UKA affiliation you get a discount in races, it allows you to race and score in XC Championships and Hampshire XC League. You can't score in the Hampshire Road Race League for the club if you're not a paid-up member. A few people would have scored in the team results at Salisbury had they been members. It helps the club with places for the London marathon. If you're not UKA affiliated you can't go in the ballot for a Club London Marathon place (depending on how long you have been a UKA member in the club). Also being a member allows you to benefit from England Athletics partnerships which leads to special offers on events.

Club News



Unfortunately the cupboard is bare this month. The Green Runner depends on contributions from the club membership. Please consider sending articles, photos, news and views (within reason!) for inclusion in forthcoming issues.

Last Month's Parkrun



Parkrun information provided by Chris Stapleford. Available on the website and club Facebook page.

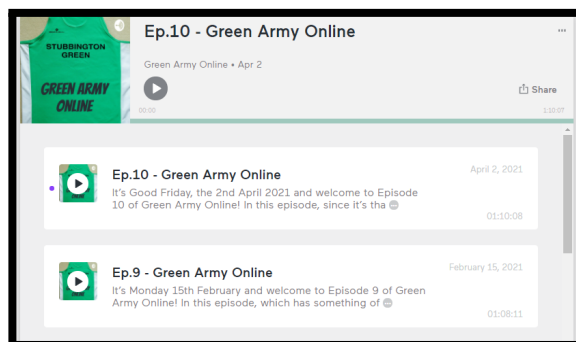
Please remember to wear your SGR shirt when taking part in HRRLs in order to qualify for club and individual points.

Forthcoming Club Events and Socials

Please remember to respond to the link sent out by The Secretary to renew your membership this month.

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.



<https://anchor.fm/stewart-pepper?fbclid=IwAR3kcKpUoQEX8DtwvFdrhCT16Vrzft7Ssc8AEnlXLVI07RnVYpSlbcBm3Xk>



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/>