The Green Runner

https://www.stubbingtongreenrunners.net June 2023

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Congratulations to Sara McRitchie and her support team for completing The Goggins' Challenge 2023.

Chairman's Report

At the time of writing we are just a few days before the annual South Downs Way relay so I would just like to take this opportunity to wish all our runners the very best in this highly prestigious event.. I would also like to say a huge thank you to everyone who has offered to help at our marshalling point at Harting – the relay couldn't take place without the support from the clubs at the changeovers and our manned spot at Harting Down is always THE best or at least that's our view!!

It's been great to see the large turnouts for the RR10s so far and hopefully everyone is enjoying these friendly and inclusive events that cater for all abilities and normally include a very sociable debrief at a local pub – and thanks must go to Jon Leigh for finding and advertising these so well!. Our Ladies are currently equal first with Winchester which is an amazing performance and it would be great to see that continue for the rest of the season.

Don't forget that it's our RR10 on the 5th July and Grace and Nicky will be looking for help to run our Hamble Country Park RR10 where we will be able to again show that SGR marshals are

the best in the business! Using this location twice through the series gives us the benefit of running one and marshalling the other.

Always good to read about member's exploits at different races so don't forget to provide Richard, our editor, with your reports so that everyone can share in the enjoyment and performance of others.

Happy Running

Kevin
Chair

Captains' Report

Captains' Corner

The weather is turning nice at last as we go through the end of May into June. Just like the weather the races are hotting up with the HRRL having two races in May and 3 RR10s.

At the start of month we had the inter-club time trial, hosted by Gosport Road Runners down in Gosport over 5 miles with 70 runners taking part but only 5 Stubbie runners which was mainly due to the RR10 the next night. The Stubby results saw 18th Steven Matty in 32.26, 21st Dominic Shepherd 36.46, 31st Sara McRitchie 40.24, 40th Mike Healy 43.53 and 56th Jacqueline Healy 50.33. We are hosting the next inter-club time trial on Thursday 8th June, so would be great to get a good turnout to this event and not be outnumbered by Fareham and Gosport runners!

The 2nd race in the RR10 series took place at Itchen Country Park where we got 13 teams out across the ladies and men. The ladies A team was led home by Beccy Lord in 3rd, 6th Kelley Haniver and 12th Daisy McClements with the ladies 2nd on the night. The men's A team were 6th, first home was Tim Rolfe 20th, 31st David Mallard, 38th Jon Warner, 43rd Richard Hayward and 50th Mike White.

The 3rd race took place at the River Hamble country Park which is our first visit to the park with the second visit being on the 5th July where we are hosting the race. I know Grace Thompson and Nicky Beal, will welcome your help on the night, so please message them or comment on the Facebook post they put out to offer your services. We can't run this race. We had 15 teams running on the night. The ladies A team at Hamble were 1st on the night with a win for Beccy Lord congratulations and well done ladies. Supporting the A team was 4th Kelley Haniver and 8th Daisy McClements. The men were 4th with 14th Tim

Rolfe leading home the team again with 16th Will Feline, 28th Lee Reynolds, 29th Jon Warner and 35th David Mallard.

The final race in May was at Blackfield hosted by Hardley Joggers with us getting out 9 teams with depleted numbers due to the distance of the venue and the men keeping their powder dry for the South Downs Relay on Saturday which gave an opportunity for other guys to get in the A team. The ladies were on fire again and for the second race in a row they took the win on the night by 1 point from Winchester. Just shows how fighting for every place in the race right till the end can make a huge difference! So congratulations to the ladies who sit at the top of the league in joint 1st with Winchester with last night's A team being led home by Kelley Haniver in 3rd, 4th Nerys Jones and 10th Daisy McClements. The men's A team were 13th on the night and lie 11th overall were brought home by 33rd Jon Warner, 66th Alastair Wakefield, 73rd Rich McAleer, 79th John Blake and 91st Marcus Lee. Next race of the series is on Wednesday 7th June at Ampfield Woods.

HRRL saw Alton 10 being run on a different course and most people seemed to like the new course and quite a few PBs were achieved, so well done everyone. It was a hot race with quite a few people catching the sun and burning! The ladies A team were 8th with 69th Kelley Haniver, 245th Sara McRitchie, 356th Sarah Barron and 379th Jacqueline Healy. For the men's A team it was 9th with 16th Tim Rolfe, 44th Mike White, 147th Kieran Chaplin and 195th Ed Hare. Congratulations to the individual winners with Kelly Haniver 1st F45 and 1st V60 Mike White.

Netley 10K was great weather compared to the previous year where the back end of the race saw it raining cats and dogs!! The ladies A team were 7th and now sit just above the relegation zone in 8th so we need two good performances to avoid relegation to div 2. Leading the Green Army home in 196th Alison Lawerence, 248th Sara McRitchie, 312th Ona Matty and 365th Sarah Barron. We did get a full house of ladies teams out with B team 6th sitting in 6th overall, C team 10th and 2nd overall, D team 1st on the day and 1st overall! For the men the A team were 8th and sit 7th overall with the team brought home by Russ Coleman 42nd, 114th Andy Simpson, 124th Marcus Lee and 139th Chris Cullen racing his first HRRL in green. Going into the final two races the B team was 8th and sits 6th overall, C team were 3rd and lie 4th and the D team was 2nd and 2nd overall. There were again quite a few PBs with the following people achieving one, Alison Lawerence, Stacey Read, Mike Healy, Rob Zeffertt, Peter Turnbull and Ed Hare. The last two HRRL races still have spaces with Alresford 10K on 18th June and Lordshill 10K on 2nd July, so don't delay and get entered.

Lakeside 5k conditions were good for fast times in the second race in the series. Leading home the Green Army with an impressive run was Beccy Lord 21st overall in 17.30, 24th Aaron Froukhians 17.53, 30th Colin Trigg 18.15, 33rd Chris Sandy 18.26 and 101st Graham Martin 21.21.

The Bayside 5k second race in the series saw much better weather conditions than in race one! We had 10 Stubbies race with first home being Matt Evans in 22nd and 2nd V50, 36th Steven Matty, 37 Haydn Brown, 48th Andy Richardson, 55th Mike Healy, 79th Dawn Haynes-Sewell, 80th Peter Turnbull, 91st Jules Dinwoodie 1st F60, 105th Jacqueline Read and 108th Stacey Read.

We had a first this month with the first person competing in the Senior Hampshire Walking Championships in 3000 metres at the Mountbatten Centre with Wai Tak Cheung coming 2nd in 14.45 for silver congratulations.

We started the month of non-league races being the Milton Keynes Marathon weekend, there were five different distance events taking place and in the 5K Brandon Chaplin finished 2nd in a time of 16:53. We had two Stubbies in for the 10k, Heather Graham and Kirsty Graham. Well done on your PBs Ladies. Claire Procter and Brian Graham went for the one lap half marathon, with Jo Reed, Catherine

Chamberlain, Lisa Donn, Kieran Chaplin and Louise Tanner taking on the two-lap marathon. Well done to Catherine for completing your 1st marathon.

Also on the same weekend, we had some of our runners taking on the trials at the Big Way Round, well done to Martyn Poore, Tiff Skerratt, Simon Bacon, Helen Louise and Mike Smith.

On 5th May, I took on the race to the Sea Brighton, this sadly wasn't in the nice warm weather and instead got soaked up on the South Downs, even with the wind and rain this was a great event and a 20 min PB from last years' time.

This same weekend, we saw two Stubbies taking on the Riga marathon. Andrew McEwan had an amazing day and finished in 3 hours and 33 mins.

On 14th May, we had three runs at the Rob Burrow Leeds Marathon, well done to Andy White, Tracey Jarvis and John Gobbi.

More Stubbies were back on the trails at the Houghton Trail Race, well done to Lisa Donn, Andy Donn, Steve Cumes, Wendy Cumes, Tiff Skerratt and Rob Williams.

Two Stubbies were out at the Compton 10k, well done to Angela Harrison and Richard Hayward.

The last weekend of May saw me taking on the Goggins 4x4x48 Challenge. Starting on Friday at 5pm and finishing on the Sunday at 1pm. This was a great weekend showing what an amazing supportive club we are, with me having a support crew of runners with me on every one of the 12 laps, even at 1am and 5am in the mornings. The last leg the support crew came out in force with me having 15 runners as support crew and numerous supporters and photographers on route. This was a great event and for the majority of the legs enjoyable! Great mental and physical training and I highly recommend it to everyone to give it a go.

Good luck to our South Downs Relay teams running the 100-miler non-stop from Beachy Head to Winchester. Have a great month's training and racing, hoping this nice weather continues!

Club News

The Green Runner depends on the membership for its content. The more articles received the more varied the content will be. Race reports, personal perspectives and achievements, advice for runners etc. If you're going to Facebook-it on the Club page, please also consider sending it for inclusion in the newsletter.

Time Trial

This month's time trial saw 23 runners racing around the 4 miles. Although the time trial was a dry affair while running. The heavens opened during the results, so everyone got a good shower!! We had 8 improvers on the night. The ladies podium was separated by just 26 seconds, in third was Sara McRitchie with 1 minute, 2nd was Laura Kay with 1.06. The biggest lady improver was Lisa Donn with 1 minute 26 seconds. The male improvers podium was a lot closer. In joint third place was Chris Williams and Evan De Wet with 21 seconds. In second and missing out by just 4 seconds was Nigel Feast with 43 seconds. Winning for the second month running was the fastest improving…Steven Matty with 47 seconds off his previous best. The Randomator winner was Pete Tugwell.

Next month on the 8th June, we are hosting Fareham and Gosport Road Runners on our monthly time trial. So it would be great to put on a good show and see good numbers out for the time trial.

	Stubbington Green - Time Trial Results 2022					
	Name	Best 2020/ 2021	April	May	Months Best	Total Yearly Best 2022
			23	23	8	14
	Chris Williams	24.04		23.43	-0.21	-0.21
	Simon Ross	26.22	26.01			-0.21
	Pete Tugwell	27.35		36.37		
	Steven Matty	30.49	**28.46**	27.59	-0.47	-2.50
	Evan De-Wet	30.44	**30.44**	30.23	-0.21	-0.21
	Andy Donn	28.39	29.07	29.17		
	Robert Good	29.41		29.41		
	Jenny Moran	30.07	30.07			
	Sara McRitchie	32.47		31.47	-1.00	-1.00
	Nigel Feast	32.47	33.24	32.04	-0.43	-0.43
	Andy Richardson	32.00		32.41		
	Claire Procter	32.37	33.24	32.51		
	Richard McAleer	32.57	32.57			
	Michael Healy	34.40	37.30	34.42		
	Carl Schafer	34.57		35.59		
	Lisa Donn	35.19	**35.19**	33.53	-1.26	-1.26
	Laura Kay	35.26	**35.26**	34.20	-1.06	-1.06
	Phil May	42.57		42.53	-0.04	-0.04
	Stacey Read	47.54	42.00			-5.54
	Emma Baker-Chaplin	35.48	33.03			-2.45
	Peter Turnbull	37.15	35.20			-1.55
	Jacqueline Healy	39.12	38.33			-0.39
	Sarah Barron	36.55	36.28			-0.27
	Jules Dinwoodie	35.10	39.39	37.47		
	Lara Evans	36.26	36.26	37.41		
	Heather Hudson	36.35		36.35		
	Mark Saywell	37.26		38.33		
	Gilly Shutler	39.37		39.37		
	Melissa Barham	42.50	54.45			
	Claire Hanrahan	43.03		43.03		
	Will Cowley	43.59	43.59			
	Nicole Trevena	46.17	46.17			
	Kate Provis	46.56		46.56		
	Brandon Chaplin	32.00*	33.04			
	Simon Hearnden	33.17*	33.17			
	Kieran Chaplin	46.56*		46.56		

In May we saw not one but two HRRL races, Alton 10 and Netley 10k. Alton managed to become hillier and there was a small turn out of Stubbies but numbers were back up for Netley 10k which was a 3 lap course.

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

Ladies name	team	team score
Kelly Hanniver	A	226
Sara McRitchie		
Sarah Barron		
Jacqueline Healy		
Stacey Read	B	412
	C	
	D	
Men's name	**team**	**team score**
Tim Rolfe	A	283
Mike White		
Kieran Chaplin		
Ed Hare		
Steve Matty	B	630
Robert Good		
Gary Wood		
Evan De Wet		
Nigel Feast	C	589

Also, well done to, Melisa Barham.

The team scores for Netley are below:

Ladies name	team	team score
Alison Lawrence	A	252
Sara McRitchie		
Oana Matty		

Sarah Barron		
Kim Bevel	B	492
Laura Rolland		
Jules Dinwoodie		
Jacqueline Healy		
Tiffancy Skerratt	C	573
Tracey Shimmen		
Katharing Tucker		
Stacey Read		
Joanna Reed	D	646
Janine Jenkins		
Claire Hanrahan		

Men's name	team	team score
Russ Coleman	A	341
Andy Simpson		
Marcus Lee		
Chris Cullen		
Rob Zeffertt	B	524
Tom Hastings		
Ed Hare		
David Thorpe		
Kieran Chaplin	C	673
Evan De Wet		
Nigel Feast		
Peter Turnbull		
Mike Healy	D	816
Phil Owen		
Mark Tucker		

The Time Tunnel

The Forse was strong in The Green Runner from May 1995. Presumably the Green Shoots were the junior members of the Stubbington Green Runners?

STARTRACK EASTER FUN DAY

- Andrew Forse

On Thursday, 13th April, thirteen Green Shoots aged 6-13 years took part in an indoor athletic tournament at Taunton's College, Southampton. There were 56 children altogether and we were divided into four teams - the blues, reds, greens and yellows. We started with four events, had a ten minute break before another four events, a five minute break and a final cross country run. The eight events were sprinting, throwing a football, speed bounce, standing long jump, javelin, standing triple jump, a relay and hurdle race. Thanks to Mr. Dave Willoughby, Mr. Mike Harper and Mrs. Penny Forse for helping with the event. The greens won and everybody enjoyed the day.

LADIES' CAPTAIN'S REPORT - Penny Forse

Firstly, a big THANK YOU to Pat & Dennis Woodward for their excellent organisation of The London Marathon coach. All arrangements went like clockwork, which was comforting for us travelling up to London in a nervous state and back home in an exhausted state! Five ladies ran. Congratulations to Kay Bunney and Caroline Austin on their debuts and to Pat Woodward and Anne Fairhurst on their pb's. We hope that Anne's bruising has gone now after her tumble at the finish. I'm still saying, "never again!" and the response is "we've heard that one before!" - just wait until October when the entries go in!
Well done to Jane Butler and Marlene Newman on their results in the Totton 10 km and to Pam Lucas in the Petersfield Half Marathon. Congratulations to Beverley Brown (2nd in the Lederle South Coast Marathon), Joan Evans (an excellent run in 3.27) and Pam Lucas who together won the ladies' team prize.
We are top of the HRRL; three points ahead of the Joggers and our B team, having won their division at Eastleigh, are now 3rd - well done.
The Alton 10 mile on Sunday, May 14th is our next race and we need your continued support. We won the team event last year so let's make it a double. The HRRL then continues with the Fleet 10 km on June 4th.

Last Month's Parkrun

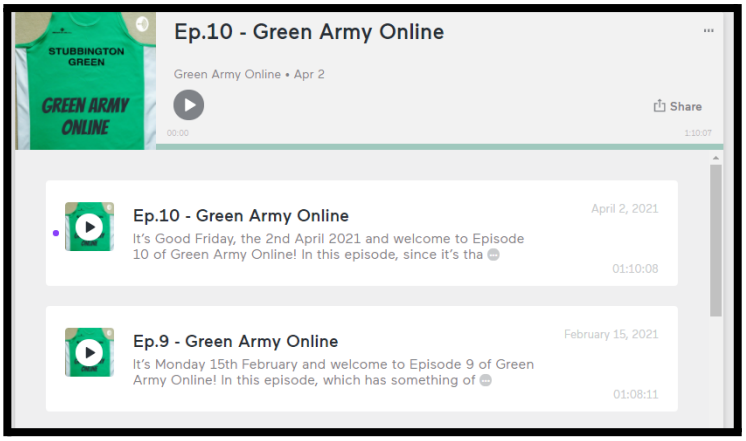
Parkrun information provided by Chris Stapleford. Available on the website and club Facebook page.

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

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 no longer updated but listed for interest.



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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/