The Green Runner

https://www.stubbingtongreenrunners.net

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South Downs Relay 2023 Edition

Chairman's Report

When I was writing last month's article for the Green Runner I wondered how many of these I had done and discovered it was 99 so welcome to number 100 and congratulations to those of you who have read all of them beginning in 2015. Those of you have read may have noticed that I do a little cheating by looking at the previous year's offering and using that as a basis for the current month's report but to celebrate my 100th I thought I wouldn't look back on my September 2022 piece but start this from scratch, although I have to say that I'm sure it might be similar! I normally leave commentating on performances to our captains but it would be remiss of me not to mention the fantastic turn outs we had for the RR10 series this year and to especially congratulate our Ladies A team for coming 2nd to a very strong Winchester side, who made sure they put an extra strong side out for the last race. We now move on to the different winter cross country series such as the CC6, Southerns (both of which are very similar to the RR10s), and the Hants, Southern, and National championships. Talking about winter already and I don't remember much about us having a summer!!

Our next social event is the Fish and Chip Handicap on Wednesday 6th September and it looks like we are going to have a huge turnout for this judging by the number of fish and chip orders that Nick has got. To slightly misquote the man from Jaws I think he's going to need a bigger van! I look forward to seeing you all down at the Rising Sun for the event and this year it looks as though we might avoid the thunderstorms of last year.

We are also in the final stages of organising our very popular Awards Evening which is scheduled for Friday 1st December so make sure you have the date in your diary. We will have 120 places available so

make sure you don't miss out on grabbing one once we announce that bookings are open. Further details about this should be published in the next month or so.

Finally, as I type this, the entries for our Stubbington 10k that opened just over 3 hours ago are already 75% full so it looks like we will beat last year's record of selling out in just 15 hours. UPDATE – we sold out within 5 ½ hours of opening!!!

Please look out for requests for help with the event from Sarah Barron who is co-ordinating the helpers list as we just can't put on the race without the support of the SGR community of which you are all an integral part. As you might imagine there is an awful lot of work that has already gone on behind the scenes so our thanks also need to go to Sara McRitchie as our Race Director for pulling this all together for us.

Thanks to everybody who has read this far and I look forward to penning more of these in the future – as long as you want me to!!

Happy Running

Kevin

Captains' Report

Captains' Corner

Harting 10 mile was on Sunday 6th August, this year we had 13 runners at this lovely 10 mile run out by the South downs, Great to see so many more people at this event. Finishing positions were, David 16th, Steve Cumes 29th, Martyn Poore 38th, Stuart Bamberger 70th, Andy Lee 81st, Katy Bradley 88th, Tracy Langdale 96th, Alison Lawrence 100th, Sara McRitchie 110th, Wendy Cumes 161st, George Howarth 174th, Janet Shaw 179th and Cliff Shaw in 180th. Well done everyone.

Tuesday 8th August saw the last one of the summer series, well done to all the runners that ran that night, Tim Rolfe, Graham Martin, Ed Hare, Steve Matty, Evan De Wet, Andy Richardson, Pete Turnbull, Kath Cooper, Mike Healy, Jules Dinwoodie and Stacey Read. Great results on the night with Jules coming 1st female v60 and Tim coming in 3rd Place. Well done to all of you that took part in the complete series.

The Big Pilgrimage was on Sunday 21st August. This event was a definite SGR Takeover. Over the three events we had 38 SGR take part. Five nutters took on the 54k, well done to Simon Bacon, Matt Emery, Stuart Bamberger, Tom Sindall, Rob Zeffertt and Sara McRitchie. Huge well done to Matt Emery who came 3rd overall and 1st in his age category, very impressive on his first Ultra. Simon Bacon came in 3rd in his age category – well done Simon.

We had 33 runners in the 15k event. I know for some this was the furthest that you had run, so massive well done to you. Well done to Angela Harrison who came 3rd lady V 40, Andrea Hind who was 2nd Senior Lady and Phil Townley for 3rd Male V60. Great also to see so many SGR supporters out on course.

Well done to Andy Donn and Lisa Donn for the cross-country event they took part in whilst in Cologne. Andy came 2nd in his age category and 23rd place for his 11k whilst Lisa took on the 33k event.

On Sunday 27th, Sarah Barron and Andrew McEwan went on tour to Windsor to run the Dorney Lake half marathon. Well done Sarah on a new half marathon PB and to Andrew for coming 2nd in his age category.

On Sunday 27th, we had the birthday girl Jacqueline Healy, Stacey Read and Martin Pegler take a trip to Arundel to run the 10k. Well done all of you.

On Monday 28th, 23 runners went on a recce of the Fish and chip route ready for the event in September, we all managed the route, and we didn't get lost! Looking forward to the social event and seeing so many people on the night.

The last two races of RR10 series were in August, first one was at Badger Farm with the ladies challenging for the overall team win and knowing that Winchester were marshalling nothing other than a win would do to keep them in contention. The ladies kept their title hopes alive with a win, which had them 2nd overall. Led home by Beccy Sandy in 1st, 4th Kelley Haniver and 7th Daisy Wilkinson. So, with one race to go it was game on in the team event. Individually Beccy Sandy had won the ladies race and was in a battle to win the overall ranking table which includes the men. Kelley Haniver stayed in 1st place in the F40 category, but Erica Fogg was close on her heels for the title. The men were 14th on the night and were 10th overall. David Mallard led the men home in 27th, 61st Martyn Poore, 71st Alistair Wakefield, 73rd Graham James and 74th Ray Gunner.

The last race of the season was at IBM Hursley with Stubbington Ladies needing a win and a sub-par performance from Winchester ladies. Our ladies who fought valiantly all Summer just came up short on the night with 3rd place and finished 2nd overall as Winchester brought out the big guns for the last race. On the night Beccy Sandy was 2nd, 10th Kelley Haniver and 21st Nikki Roebuck. Beccy was crowned ladies champion but also collected 1st in ranking tables with the smallest winning percentage margin 0.01%. Heartache for Kelley as she finished 3rd overall and 1st F40 but in the F40 competition she finished 2nd and wasn't crowned F40 champ, that can't be right, but it is! For men it was a quiet season in the RR10 with big names missing for the team finishing 9th on the night and 10th overall. For the A team it was Tim Rolfe leading us home in 14th, 20th Will Feline, 46th Richard Hayward, 50th David Mallard and 82nd Mike White.

Well done to everyone who ran in the RR10s and thank you to Grace Thompson and Nicky Beale for organising the troops and our race. The final team positions and rankings for people competing in 6 races are as follows: -

Ladies A were 2nd, B 12th, C 31st and D 36th. We had 14 ladies who competed in 6 or more races, 1st Beccy Sandy, 3rd Kelley Haniver (2nd F40), 18th Lucy May, 55th Tracy Langdale, 58th Alison Lawerence, 69th Helen Benson, 75th Sara McRitchie, 84th Lisa Donn, 86th Laura Kay, 93rd Sam Jefferey, 134th Katharine Tucker, 140th Jacqueline Healy, 141st Stacey Read and 147th Melissa Barham.

Men A 10th, B 10th, C 26th. D 37th and E 48th. We had 19 men, 27th Jon Warner, 33rd David Mallard, 41st Richard Hayward, 75th Alistair Wakefield, 82nd Rich McAleer, 84th Martyn Poore, 85th John Blake, 96th Marcus Lee, 97th Ray Gunner, 113th Andy Donn, 162nd Stever Matty, 163rd Nick Crane, 164th Andy Lee, 182nd Jon Leigh, 193rd Nigel Feast, 206th Rob Williams, 212th Carl Schafer, 214th Phil Owen and 217th Mark Tucker.

A special mention in the RR10s goes to Ray Gunner who completed all 9 races, well done Ray.

Miles of Miles took place last week where each runner runs just one mile around the track and then tags their teammate to do the same, with 10 people in a team. We managed to get 3 teams out. It was a good night for running with not much wind and fabulous support on the track every 200 metres screaming you on to get round and pick off runners enroute! In previous years we have been the lucky runners up losing the lead on the last leg last year and in one year losing the lead with less than 100

metres to go. So would this be another heartbreak night for the Green Army missing key runners on the night. Lining up on the start line as the first runners to get the Greens off to a good start was team 1 Brandon Chaplin, team 2 was Tom Hastings and team 3 Emma Baker-Chaplin. The supporters were in fine voice every 200 metres and Brandon was 2nd on his leg in the fastest time of the evening for the club in 5 minutes 3 seconds, Tom ran 6.10 and Emma Baker-Chaplin 7.47. It's amazing on the night how quickly the legs go by and before you know it, you're down to your last 2-3 runners in the team. It's hard to keep track of the runners in the different teams and where your teams sit in relation to all the other teams. You can see which leg runner is running for another team but is that runner on their 1st, 2nd, 3rd or 4th lap. Anyway, as timekeeper for team 1, I had worked out that we were in the lead by one and a quarter laps when our last runner was out on the track, Kelley Haniver. Surely lightning doesn't strike for a 4 or 5 time to our first team when leading. The relief and joy when Kelley crossed the line in first place, and we finally put our ghosts to bed and won by over 1 minute in 57 minutes 3 seconds. Team 2 had a dark horse running for us with our new runner Jack Strougler racing around in 5.48 and got himself noticed by the Men's Captain. Pete Turnbull enjoyed running the relay so much that he did an extra lap and his teammates allowed him to! It was really great to see how well we supported our 3 teams out there on the night and when team 3's last runner Chris Stapleford was running his last lap the runners joined him! Team 2 was 13th team overall in 1 hour 7 minutes 16 seconds and 2nd B team on the night. Finally, we saved the best till last, Team 3 who were last on the night in 1 hour 24 minutes 34 seconds but ran with smiles on their faces and enjoyed the relay immensely. Really proud of all the teams and runners on the night. Having won the event, we now have to host next year's relay and look for a track close to us and exclusivity of the track on the night to us only and car parking for 200 cars. So put your thinking caps on, most likely to be a school in the area that has the parking, and the track needs to be 400 metres.

So, starting next month we see the return of the Hampshire Road Race League which is 13 races this year and needing to complete 7 races to get an individual standing in the league. To score for Stubbington Green team and individually in the league for these races you need to be a paid-up UKA affiliated member. Your HRRL representative is Stacey Read, so any questions ask her. The opening race is the Overton 5 on 3rd September and there were still entries with a week to go as I wrote this report. The next races for diaries are 1st October Solent Half, New Forest 10 29th October, Hayling 10 5th November and Gosport Half 19th November. Please get your entries in quickly as these races fill up quickly!

For next month's edition of the captains report we will be looking at the cross-country series that the club takes part in.

Enjoy next month's train and races you have entered; we look forward to hearing how you got on.

	Team 1	Individual Time (mm:ss)	Cummulative Time (hh:mm:ss)
1	Brandon Chaplin	05:03	0:05:03
2	Ben Bradley	05:11	0:10:14
3	Harry Brind	05:13	0:15:27
4	Steve Cumes	05:32	0:20:59
5	Andrew McEwen	06:03	0:27:02
6	Richard Hayward	05:33	0:32:35
7	Alison Good	06:44	0:39:19
8	Tim Rolfe	05:24	0:44:43
9	Nikki Roebuck	06:18	0:51:01
10	Kelley Haniver	05:52	0:56:53

	Team 2	Individual Time (mm:ss)	Cummulative Time (hh:mm:ss)
1	Tom Hastings	06:10	0:06:10
2	John Blake	06:06	0:12:16
3	Katy Bradley	07:22	0:19:38
4	Stuart Bamberger	06:39	0:26:17
5	Jack Strougler	05:48	0:32:05
6	Helen Louise	07:01	0:39:06
7	Sara McRitchie	07:54	0:47:00
8	Frances Lord	07:59	0:54:59
9	Chris Cullen	06:10	1:01:09
10	Martin Pegler	06:07	1:07:16

	Team 3	Individual Time (mm:ss)	Cummulative Time (hh:mm:ss)
1	Emma Baker-Chaplin	07:47	0:07:47
2	Mike Healy	08:36	0:16:23
3	Emma Ellis	07:49	0:24:12
4	Claire Louise	07:43	0:31:55
5	Peter Turnbull (5 x laps!!)	09:26	0:41:21
6	Jacqueline Healy	08:53	0:50:14
7	Wendy Woos Cumes	08:36	0:58:50
8	Sarah Barron	08:10	1:07:00
9	Stacey Read	09:33	1:16:33
10	Chris Stapleford	08:01	1:24:34

Club News

South Downs Relay 2023

By Andy Simpson

The third running of the Club's South Downs Relay took place this month with the threat of high winds and rain on the day. The weather people got it wrong with just specks of water and with a breeze with only the leg 1 runners getting cooled off. We had 7 teams entered with their team names which is much better than being called team 1 to 7! Teams do spend a bit of time on deciding a name which is important they get the right name. You then have to select who's going to do what legs and organise the drivers. Once the boring admin is done it's off to recce your leg, so you don't get lost on the day and cost your team valuable seconds or minutes! We always have a few casualties in the last week before the relay, which gives the captains a headache. We end up scrambling around looking for suitable replacements while trying to keep balanced teams which is not always possible.

Before the relay starts is the quick race debrief. Then before you know it you hear the words 3, 2, 1 go and the leg 1 runners have started from Littleton Farm.

At the end of leg 1 Robin Good came in 1st into transition for Blood Sweat & Beers. Leg 2 is the hardest leg with over 1 mile uphill at the start and you normally put your strongest runner on this leg. Richard Hayward from team I Am Not Tom produced the fastest time on this leg by 2 seconds from David Mallard in 50 minutes 32 seconds and chopped the lead of Blood Sweat & Beers by 5 minutes.

Leg 3 is the lovely rolling leg from Harting to QE Angela Harrison set the quickest time by 2 seconds again from Katy Bradley. I Am Not Tom had closed the gap to the leads to under 1 minute from Blood Sweat & Beers.

Leg 4 was up Butser Hill but once you get to the top of the hill the rest of the leg is relatively flat. At this point Blood Sweat & Beers launched their not so secret, secret weapon… Jordan McRitchie was a last-minute replacement for Deborah Madeira who pulled out injured. Jordan was instructed by his mum, our lady captain, to run a 15-minute mile pace! Jordan ignored this and blasted his way round the leg. He ran a leg record by over 3 minutes, congratulations on your leg record Jordan. So, Blood Sweat & Beers had extended their lead.

Leg 5 was the Sustainability Centre at Old Winchester Hill. I Am not Tom responded again with Mark Tucker pulling back a couple of minutes on the leaders with the fastest leg time of 36.09. At one point I think we had 3 teams climbing the last hill with Jacqueline Healy chasing Stacey Read up the hill.

Leg 6 the glory leg, bringing home your team and special mention goes to Evan De Wet from the Southern Comfort team who due to last minute team dropouts ran the two hardest legs, 2 and 6 for his team. This was on the back of his 100K ultra the week before and his team had to take the slowest leg time from leg 5 for a last minute dropout. Chris Cullen was the quickest on this leg with 57.06 for Don't Tell The Physio. Closely followed by Tom Hastings from the team, Do you have any other legs? McRitchies Allsorts runner missed a turning, got lost and ran a little further than they wanted to.

Although the teams had finished having the usual watering hole, The Milburys pub, it was closed due to a major refurbishment which won't see it open till later in the year. Over the finish line first was Blood Sweat & Beers! The runners went down the road to the George and Falcon to refuel, while the race directors checked over the results.

The officials decided to add time on to Blood Sweat & Beers due to the late change over runner who greatly enhanced their team so much, so he ran a leg record by over 3 minutes. Just to be clear on the spirit of the relay is to have fun with mixed ability teams which are evenly matched on paper to best of the race director's knowledge. So, with the runner change we looked at the runner who dropped out and looked at the runner who was the same pace as the runner who completed the leg and added on the time difference which made it fair to the other teams in the relay. Also, a time penalty was added to I Am Not Tom for cutting across a path at the end of leg 3. All the leg results are attached.

Well done to everyone who competed in the relay and look forward to seeing you all next year. Thank you to all the teams for submitting a report for the Green Runner and hopefully encouraging and inspiring more people and more teams next year.

Congratulations to 3rd place in the relay. Who do you have any other legs? Wendy Cumes, Matt Emery, Alison Good, Jo Wedwick, Stacey Read and Tom Hastings in 5 hours 3 minutes and 27 seconds. In 2nd place and feeling robbed was Blood Sweat & Beers, a big well done on your efforts in 4 hours 59 minutes 6 seconds, was Robin Good, Martin Pegler, Jon Leigh, Jordan McRitchie, Gareth McQuid and Andrea Hind. Congratulations to the winners I Am Not Tom in 4 hours 56 minutes 36 seconds were Charley Maisey, Richard Hayward, Angela Harrison, Nigel Feast, Mark Tucker and Kieran Chaplin.

				Don't Tell The Physio		**Do you have any other legs?**		**Aka Dudes and Boobs**	
Leg	Start	Finish	Leg Dist Miles	Name	Time mm/ss	Name	Time mm/ss	Name	Time mm/ss
1	A285 Littleton Farm	A286 Nr. Hill Barn	5.18	Janine Jenkins	61.01	Wendy Cumes	54.15	Oana Matty	51.20
2	A286 Nr. Hill Barn	Harting Down	6.39	David Mallard	50.37	Matt Emery	51.45	Marcus Lee	58.56
3	Harting Down	QE Park at Benhams	5.42	Pete Cole	49.59	Alison Good	50.17	Alison Lawrence	51.36
4	QE Park at Benhams	Sustainability Centre	3.93	Simone Shepherd	41.39	Jo Wedick	41.23	Andy White	40.39
5	Sustainability Centre	Nr. Old Winchester	3.75	Gilly Shutler	42.41	Stacey Read	45.05	Jacqueline Healy	40.57
6	Nr. Old Winchester	The Milburys Pub	7.14	Chris Cullen	57.06	Tom Hastings	60.55	Stuart Bamberger	66.22
		TOTAL MILEAGE	31.81	TOTAL TIME	**05:04:09**	TOTAL TIME	**05:03:27**	TOTAL TIME	**05:10:17**
				POSITION	**4TH**	POSITION	**3RD**	POSITION	**5th**

				McRitchies Allsorts		**I AM NOT TOM!**	
Leg	Start	Finish	Leg Dist Miles	Name	Time mm/ss	Name	Time mm/ss
1	A285 Littleton Farm	A286 Nr. Hill Barn	5.18	Rob Williams	52.57	Charly Maisey	54.49
2	A286 Nr. Hill Barn	Harting Down	6.39	Martyn Poore	57.32	Richard Hayward	50.35
3	Harting Down	QE Park at Benhams	5.42	Sara McRitchie	52.42	Angela Harrison	49.19*
4	QE Park at Benhams	Sustainability Centre	3.93	Nick Kimber	43.29	Nigel Feast	41.23
5	Sustainability Centre	Nr. Old Winchester	3.75	Katherine Tucker	42.21	Mark Tucker	36.09
6	Nr. Old Winchester	The Milburys Pub	7.14	Steve Matty	74.19	Kieran Chaplin	64.40
		TOTAL MILEAGE	31.81	TOTAL TIME	**05:23:18**	TOTAL TIME	**04:56:32***
				POSITION	**7TH**	POSITION	**1ST**

				Southern Comfort!		Blood Sweat & Beers!	
Leg	Start	Finish	Leg Dist Miles	Name	Time mm/ss	Name	Time mm/ss
1	A285 Littleton Farm	A286 Nr. Hill Barn	5.18	Helen Benson	47.17	Robin Good	44.24
2	A286 Nr. Hill Barn	Harting Down	6.39	Evan De Wet	62.26	Martin Pegler	55.08
3	Harting Down	QE Park at Benhams	5.42	Kate Bradley	49.21	Jon Leigh	53.25
4	QE Park at Benhams	Sustainability Centre	3.93	Claire Peal	43.36	Jordan McRitchie	31.22*
5	Sustainability Centre	Nr. Old Winchester	3.75	Slowest Leg 5 Time	45.05	Gareth McQuid	38.50
6	Nr. Old Winchester	The Milburys Pub	7.14	Evan De Wet	69.14	Andrea Hind	65.07
		TOTAL MILEAGE	31.81	TOTAL TIME	**05:16:59**	TOTAL TIME	**04:59:06***
				POSITION	**6TH**	POSITION	**2ND**

* Fastest Leg

*NBs - I Not Tom, 10 second penalty for straying off the path on leg 3 in QE Park right at the end

* Blood Sweats & Beers lost a runner and replaced by a lot quicker runner, so evened it up by looking at the leg times of similar runners to the replaced runner. Therefore 11 minutes added on to their total finishing time.

Relay Teams' Reports

Club South Downs Team Reports

McRitchies Allsorts @ the SDWR July 2023

Leg 1 8.29 km Rob

Leg 2 10.13 km Martyn Poore

It was a great atmosphere at the start of leg 2 and I was excited to get stuck in. After a tough initial climb I got into a rhythm and enjoyed having friends from the club around me to push me on through the leg. The wind was pretty brutal at the highest points and the continuous up and downs near the end of the leg were very draining. However, the views made up for this and I was happy to come in with our team looking competitive. Tracking my team throughout the rest of the day was also enjoyable and catching up with friends from other teams at the pub made for a very enjoyable day.

Leg 3 9.20 km Sara McRitchie

The day of the relay started and I was feeling confident and excited about running my leg, even though I wasn't sure it would be as enjoyable as the training run I had done for my recce.
I went to the end of leg 1 first to see the leg 1 runners coming in and they all looked strong. There was a slight panic, when we couldn't find Martyn as we were expecting Rob in at any time, but he had gone off for a warm up, so once we had located him all was good.

Rob came in and Martyn went flying off in the distance; now for me to get to Leg 3 ready to take over. The weather was changeable, so I spent a little bit of time trying to work out if I would need my sunglasses and decided yep, the sun was going to shine for me for my run.

It was great, exciting and nerve racking watching the Leg 2 runners coming in, as it was becoming real that soon it would be my turn and I knew that on a good day I was the same pace as the other runners doing the same leg, but with the 55K Lake District run only being the week before, I knew that my legs were tired and would not like the up-hills.

It was then my turn as I saw Martyn coming flying through at Harting Down, one of the other teams had only just gone out before me, so I had someone to chase down. I started off well and Alison was only slightly ahead of me at the second road crossing, but as we hit the up-hills I could see Alison getting further and further ahead of me. I kept feeling positive and telling myself as much as this hurts, just keep going. Now it was just NOT to let the team that was behind ours get passed. I know though that Pete was faster than me, and just hoped that his legs were also tired from doing the 23K Lake District run the week before. The miles soon slipped away, and I won't say that my legs gave up moaning at me – as they didn't!!!

We passed some walkers and they kindly all moved out of my way. I did hear one of them say, "Ah she's way behind the others". I didn't stop to tell her that it was a relay and actually there was another team behind me!

The weather was kind and the one little spell of rain we had, was actually really nice to cool me down. Soon I was hitting the downhill road section and then I knew I was at QE, so not much further to go – just a few more hills and it was all over – for me anyway. I could then take up the position of supporter role with a cup of tea in my hand.

QE was soon done and before I knew it, I could hear Andy Simpson – always a good sign that you are near the finishing area.

I would like to think I came flying into QE to hand over to Nick, but not 100% sure there was much flying going on.

Ah, I was done, I cheered Nick off on his way through QE. On the way to the car, I got a well-deserved cup of tea and a slice of cake. Now it's off to the Sustainability Centre to cheer Nick on and check how Katharine was doing.

Nick came flying in and Katharine looked strong as she took off towards Old Winchester hill, another jump in the car and off to see the Leg 5 runners in and cheer off the 6 runners.

Before heading to the finish we went to the top of Butser Hill, so we could be the gate opener for the Leg 6 runners. They all came streaming through and Steve wasn't far off from catching Stu.
Now to the finish to watch them all coming flying home.

This really is always such a fun event to take part in, from the chatting through the team group page to going out for the recce and then the actual day arrives. It always amazes me though, just how quickly that day goes.

Leg 5 5.91 km Kate Tucker

The shortest leg with some pretty challenging gradients so I'd recced it twice before and knew the challenges ahead of me. This is a straightforward section which turns left then right three times.

As Nick Kimber handed over the baton it was obvious that we were currently in last place, so I got a move on and ran as fast as was sensible for a steep gradient all the way to the top of the first hill. So relieved that the forecast rain and lightning didn't materialise. My husband, also running Leg 5, had remarked that at least it was likely to be the transmitter mast at the top of the hill that would get hit, rather than a runner! It was so windy at the top that it almost blew me over. Down through the wooded area, left and up the next gradient onto a concrete farm drive between fields and there I spotted Gilly Shuttler ahead of me. The gauntlet was truly down for me to recover some time for our team and I put on the speed again.

Down the hill, right, along the road, left up through the farm, down a bit and then that horrendous final hill – the leg killer. Thankfully no cattle were on it this year and Andy Simpson was shouting encouragement at its foot, although I knew my legs were a bit tired and I needed to hold some speed in reserve. Through the elongated cattle gate, I didn't get stung by the very long nettles and then suddenly there were mountain bikers speeding down the path and I had to jump up to the higher elevation on the right, the difficult, bumpy, lumpy bit. The final hump of the hill was in sight so I pushed as much as I could, through the gate at the end, left and onto that final 100m stretch. It was up to me to sprint like mad to hand over to Steve Matty, who was primed and ready to go. Phew, I'd grabbed back a few minutes (was it 3?) and the baton was on its way with Steve.

Leg 6 11.57 km Steve Matty

Having recced leg 6 - not once, but twice (plus a return no less!) in the preceding fortnight, I received the baton from the wonderful Katharine Tucker full of confidence. As I wound my way towards Beacon Hill I kept checking my position against the reference GPX route - all was well.

Although starting in last place, I hoped that I could close the gap on 6th. My awesome teammates welcomed me near the top - Martyn Poore let me know that I had closed the gap to Stuart Bamberger to about 3 minutes. "Race on!" I thought to myself as I cruised towards Wheely Down Farm. My mind was fully focused on maintaining pace and catching up with Stewart.

So focused in fact, that I completely missed the turn at the farm and sauntered a full half mile to an open clearing before my heart sank. "Where the hell did I go wrong?". Phone out of pocket, load up the GPX. "Noooooooo!!" Another half a mile back to the farm, my (and my team's) hopes and dreams in tatters…

I saw the sign post, slapped myself across the forehead and trudged on towards The Milburys pub. As I came down the hill, feeling very sorry and even more embarrassed, I was greeted with rapturous applause and cheers from the mighty Green Army. My word were they were pleased to see me back! Could be that they were just desperate to get to the pub, but I'll take it nonetheless.

An ice cold beer and delicious BLT panini rounded off a most memorable day. I'll be back next year, ready to take on leg 6 again with a valuable lesson well and truly learnt.

Relay Report - 'Dudes and Boobs' – By Alison Lawerence

The 'Dudes and Boobs' were well prepared when relay day arrived with our recces under our belts and the logistics of timings and lifts all sorted (thanks to Jacqs for organising us). Of course the weather tried to throw a spanner in the works with Met Office warnings, but the Dudes and Boobs are hardcore Stubbies and not to be put off by gale force winds or storms (in the end it wasn't too bad, with only the Leg 1 runners getting wet, and a lot more pleasant than last year's heatwave!)

Oana got our team off to a flying start on leg 1, arriving into Cocking well ahead of the 1 hour she had predicted. Marcus then set off and I headed over to Harting for my leg after watching the other leg 1 runners come in. After warming up it was a nervous wait listening to calls of 'runner' from across the field, until I took on the baton from Marcus. Setting off I was hoping I might catch Katy who I could glimpse up ahead, but sadly this was not to be and after 9km of the south downs' finest 'undulations' I was quite glad to make it down the final steep descent into QE without getting caught by Sara or Pete who were hot on my heels. I handed over to Andy (White) who had the task of getting the baton safely over Butser. With my leg done I could relax a bit and there was time to grab tea and cake from the cafe before dashing round to see Jacqs set off for leg 5. Jacqs managed to defeat the long climb up to Old Winchester Hill in style and handed it over to Stu. From there we went up to Beacon Hill to cheer all the leg 6 runners through the gate and then quickly on to the finish to welcome in Stu bringing it home for Dudes and Boobs.

Finally it was off to the pub for a well deserved drink and chips and the prize giving. While we did not win we had an amazing time and gave it our all. It is the 3rd time I have taken part in the club relay and it is definitely one of my favourite days of the year!

Do you have any other legs? – Stacey Read

Do you have any other legs? This was a question within our group chat at the point we were discussing the lengths and elevation of each of the relay legs. I think by the end of the actual relay day we wished we had other legs! Each member of my team ran their little socks off and I am so proud of us all! Everything in the lead up to the race day fell into place, everyone was happy (well at least they didn't say if they were unhappy) with their allocated legs and nominated drivers for the day, the team seemed very easy going and laid back. On the morning of the race, I was excited and slightly nervous as this was my first SGR South Downs relay, however this all changed at the start of leg 1 there was some fighting talk going on and lots of banter – I love banter! I may have been one of the people doing the most banter actually! We managed a quick ½ team photo as the other team were going to leg 2 and listened to Simmo's briefing. It was becoming real and the competition was fierce!

Timesheets and first aid bags were handed out and the start line was assembled. 3…. 2….1 they were off! Tom/Rich and I watched Wendy off up the hill then we jumped in the car to navigate our way to leg 2 where we met up with Alison, Matt and Jo. Wendy came in 5th and handed over to Matt who went off like a whippet, he was our secret weapon! Matt managed to make up 2 places and came in 3rd for the start of leg 3. He handed over to Alison who managed to retain 3rd place as she came into QE country park. Jo had the delights of Butser Hill which would have filled me with dread but she took it all in her stride and held her own handing over to me at the Sustainability Centre still in a respectable 3rd place. I went off far too fast, like I was doing a 100 metre event and once I had rounded the first corner I needed to stop and get my breath back as I wasn't going to make it 100 metres let alone 3.7 miles! It finally calmed down and I settled into my rhythm for leg 5 for the steady up, fast but rocky down, twisty trail then another fast down, with a flattish road at the bottom into the fishing lake farm and then the dreaded long up! I kept looking over my shoulder to see if I could see a flash of green and nope nothing so far so good. Then over the whooshing of the wind I could hear it, the dulcet tones of Simmo shouting at me from the gate. I plodded on towards him, finally reaching him and not even being able to speak. I heard him say that someone was behind me. I had no clue who it was. I just knew I needed to get to the top and maintain 3rd place for the team, I could not be the weakest link. I continued looking over my shoulder all the way up the second part of the hill only to realise it was Jacqs. I knew she was strong on the hills, I really had to dig deep to get up that final part of the hill, it definitely helped seeing Emma, Annabeth, Lexie and Wendy which gave me something to focus on. Once at the top it was the final push to the handover point where I knew Tom/Rich would be waiting for me and I made it! I collapsed into a mess at the end and couldn't breath but I didn't let Jacqs get me! I gained my composure, and went off with Wendy to meet Tom/Rich at the Mulberrys. I was absolutely buzzing with adrenaline still pumping through me! Tom/Rich did us proud and pushed hard to come in to finish 3rd place. Once all the teams were in, we bundled in the car off to the pub to fill our bellies with a well deserved chips and a pint!

I soaked up the atmosphere in the pub which was light-hearted and loud and made a mental note to myself that I was definitely doing the relay next year and I might even try a different leg. SO if you are in doubt about doing it next year don't be. If I can do it…..anyone can!

Blood Sweat & Beers! - Martin Pegler

Well where do we begin? In it for the WIN!!!

Team 7 – Blood, Sweat & Beers got off to the most amazing start with Robin Good smashing the other teams and jogging to a 10 minute lead, this was perfect as next into bat was the slow Martin Pegler who lost 5 mins of that lead over 2nd place on what was a very hilly section to be fair, next up was Jon Leigh who had the great leg of running into QECP, flying down the hill and passing off to Jordan 'World Record Holder' McRitchie , who as a late replacement and no time to train and is usually only used to running between boxes of 18 and handing out colourful cards blew away the leg 4 course record, increasing the teams lead once again. Passing the hot potato to Gareth McQuaid who ran his leg as if it were flat (its certainly wasn't), and onto the final leg and the long one for Andrea Hind to bring it all home to a famous TEAM cheer and celebration, all the team very proud and happy with each other's performances and the winners party could

begin, Pimm's and canape were enjoyed whilst watching the other teams eventually come in. And on to the pub where the club captains were to hand out our prizes for being the greatest and best team in history!!!! WHAT????? Stewards enquiry please, Blood Sweat and Beers! handed a 7 hour time penalty for being so fast and the captains favourite team (might have had money on them?) coming in second, demoted to 2nd place, the champagne stolen from the jaws of victory and replaced with biscuits and wine (warm as well I'm told).

In all seriousness a great day had by all the team, thanks to the club captains for organising (one tip – give out replacement runner time penalties in advance 😊), massive thanks to our drivers for the day, even if one of them needed fuel during the event and their sat nav went the wrong way, lol.

DON'T TELL THE PHYSIO – David Mallard

Leg 1 - Janine: Fantastic debut relay run from Janine. Overcoming the challenging uphill start. As I stood nervously at the roadside for leg 2 I was relieved to see her running in with her son alongside in support.

Leg 2 - David: As a last minute stand-in for an injured Mike White (again) and my disastrous performance at the full South Downs Relay in June I had set 3 objectives. 1. Don't run into any trees. 2. Don't require 1st aid. 3. Don't get lost. Despite the strong wind and surprising number of trees I achieved all 3 objectives. I caught a few tantalising glimpses of runners on the hills ahead but couldn't catch them. I was relieved to handover the baton to Pete without significant incident.

Leg 3 - Pete: Pete, who incidentally had 'told his physio', probably shouldn't have been running but hadn't wanted to let the others down. By the end of leg 3 he was obviously in pain and struggling but had gained further ground on the runners ahead.
Leg 4 - Simone: Took on the tough run up Butser Hill handing over at the Sustainability Centre.

Leg 5 - Gilly had the shorter but very steep leg with everyone watching at the roadside to see if anyone was walking up the hill.

Leg 6 - As the last leg runner Chris looked pleased everyone had made it as Gilly passed the baton and he shot off. Chris looked strong as he passed us at the gate after Beacon Hill car park having made up a lot of ground on the others ready for the big finish.

Overall really enjoyable day and clear how much work had gone into the organisation. Would highly recommend it to anyone who hasn't taken part before.

I am NOT Tom! – Richard Hayward

After such a long debate just to decide on a team name, none of us were holding out much hope for being organised enough for the actual event. There were fears that some team members may let the side down due to their inability to navigate their way out of a paper bag…

With a Met Office weather warning cancelling the Goodwood FoS, there were fears (and hopes) the relay would be postponed. But no dice, we'd all have to get up early on Saturday and hit the hills - although at least the lack of Goodwood traffic was one less logistical headache to deal with!

First up was Charly who had been unable to recce beforehand so was going in blind to the twists turns and hills that loomed on leg 1. Armed only with the aim of keeping Wendy in sight and a route hastily put onto her gps watch, Charly accomplished her aim and got the team off nicely in the middle of the pack.

Next up was Rich (not Tom) for the hilliest of the legs to South Harting. Keeping pace with Matt up the first long hill before catching Martyn, Marcus and Evan (and calling out to him so he didn't go the wrong way - twice!). He then had to scramble over the back to back peaks with enough in reserve to make the finish into the head wind with Matt still hot on his heels.

With a 10 minute deficit cut down 5 on the lead team, Rich (not Tom) passed the baton to Angela, who absolutely flew along the Leg 3 trails to QE park. Hills, what hills it was all just a flat to Ange, taking off another 3 minutes off Blood, Sweat & Beers. But she wasn't satisfied with doing her leg once, oh no, so turned round and did it reverse to get back to her car!

Leg 4 was taken on by Nigel, the short distance on the leg shouldnt fool anyone, with only a few trails before the immense climb up Butser Hill it's no walk in the QE park. With the rain holding off, the temperature increased and the wait for the runners by the teams at the sustainability centre was palpable.

Nigel gave it his all and we were still in with a chance as he handed over the baton to Mark for Leg 5, another short distance leg but with a final, long brutal climb up to Old Winchester Hill - why couldn't the route just follow the road!?

With the sun and camaraderie of each of the teams shining through as we waited for the runners, Mark appeared - he'd put in a blinding performance to put the team into second place for the final and arguably toughest leg of the relay which to be was tackled by our unofficial team captain - Kieran.

Unconventionally fuelled by pepperoni pizza and beer the night before, Kieran had doubts as the morning progressed if he literally had the stomach for it. But the time had come and he wasn't going to let the team down as we made our way to the final checkpoint.

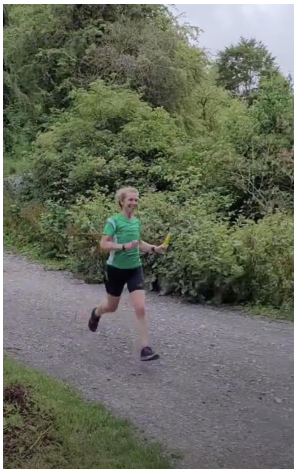
With technical descents, a long distance and yet more brutal hills, the wait at the finish line was almost agonising, which runner would we see first?! As Andrea sprinted to the end our hopes of a win were dashed. Or so we thought. At the pub, an arguably controversial adjudicator's decision was taken to place a time penalty onto Blood, Sweat & Beers - as they were too fast!

Overall it was a fantastic day out and although it was a shame that not everyone could stay for the whole race, as a team we ran our legs as fast as we could, cheered everyone on and just somehow pulled it out of the bag!

Southern Comfort report of the South Downs Relay – Helen Benson

We wrote an acrostic poem about the day:

Southern Comfort was our name
Other teams were in the game
Umbrellas were needed at the start
Time was ticking
Helen started with leg 1!



Deftly, Evan took up the baton
On his way running leg 2
We cheered and supported every runner.
Next was Katy steaming to QE park
Sending the baton to Claire for a trip up Butser Hill.

Tearing through the lanes, the car found the way
Excitement building with each distant glimpse of a green vest
Another leg for Evan to finish for the team.

Meeting at the George and Falcon with the other Stubbie teams.

6 became 4 but we had a blast!

What have we spelt out in the poem?

Time Trial

We had 15 people running this month's time trial which was slightly down, but it is the school holidays! The conditions were not bad for running good times and 4 people were improvers with just one lady improving on the night so congratulations to Sarah Barron knocking 1 minute 10 seconds off her best. For the men in 3rd place and squeezing 3 seconds off his time was Phil May. In 2nd place was Mark Saywell with 57 seconds sliced off his best. The biggest male improver on his comeback was…George Howarth who chopped, sliced and diced 4 minutes 30 seconds off his time. The rand-o-meter winner was unlucky runner up Phil May. Well done to all our improvers and runners on the night. We look forward to welcoming you all to the last Summer Time Trial in Eric Road before we move to our Winter course. So get the date in your diary Thursday 28th September. We still need helpers at night, so if you're not able to run please help out instead.

Name	Best 2021/ 2022	April	May	June	July	August	Months Best	Total Yearly Best 2023
		23	23	19	22	15	4	20
Chris Williams	24.04		**23.43**	25.33	24.22	23.55		-0.21
Harry Brind	24.01				**24.01**	24.45		
Simon Ross	26.22	26.01						-0.21
Martin Pegler	26.20				28.37	33.03		
Andrew McEwen	26.53				27.41			
Pete Tugwell	27.35		36.37					
Tony Beswick	30.15					30.15		
Evan De-Wet	30.44	**30.44**	30.23			31.18		-0.21
Steven Matty	30.49	**28.46**	27.59		30.29			-2.50
Andy Donn	28.39	29.07	29.17	29.00				
Dominic Shepherd	29.02			30.40				
Jenny Moran	30.07	30.07						
Kieran Chaplin	29.11		46.56	29.11				
Phil Townley	28.21				28.21			
Robert Good	29.41		29.41	30.07				
Simon Bacon	30.59				29.57			
Simon Hearnden	28.13	**33.17**		28.13				
Tom Hastings	29.48			29.48				
Sara McRitchie	32.47		31.47	42.07	50.59	32.48		-1.00
Nigel Feast	32.47	33.24	32.04	34.05	33.24	33.02		-0.43
Andy Lee	33.03			33.03		51.17		
Richard McAleer	32.57	**32.57**			31.46			-1.11
Andy Richardson	32.00		32.41	32.20				
Brandon Chaplin	32.00*	33.04						
Carl Schafer	34.57		35.59	37.29				
Claire Procter	32.37	33.24	32.51					
Mark Shepherd	31.08							
Michael Healy	34.40	37.30	34.42					
Tim Crumpton	34.09				34.09			

George Howarth	44.44				**44.44**	40.14	-4.30	-4.30
Phil May	42.57		42.53		**41.02**	40.59	-0.03	-1.58
Sarah Barron	36.55	**36.28**			36.48	35.18	-1.10	-1.37
Gaynor Heffer	35.55			**35.55**	34.35	35.21		-1.20
Mark Saywell	37.26		38.33		37.54	36.29	-0.57	-0.57
Julia Lawton	37.24					37.24		
Rosemary Steven	38.01					38.01		
Stacey Read	47.54	**42.00**		42.06	41.54			-6.00
Will Cowley	43.59	**43.59**			38.44			-5.15
Emma Baker-Chapl	35.48	33.03						-2.45
Peter Turnbull	37.15	35.20						-1.55
Kate Provis	46.56		**46.56**	48.23	45.21			-1.35
Lisa Donn	35.19	**35.19**	33.53					-1.26
Laura Kay	35.26	**35.26**	34.20		35.16			-1.06
Jacqueline Healy	39.12	38.33						-0.39
Alison Good	48.24*			**48.24**				
Chris Cullen	28,12			28.12				
Claire Hanrahan	43.03		43.03					
David Kimber	35.12			37.39				
Gilly Shutler	39.37		39.37					
Heather Hudson	36.35		36.35	37.28				
Jules Dinwoodie	35.10	39.39	37.47		39.04			
Lara Evans	36.26	36.26	37.41		37.45			
Melissa Barham	42.50	54.45						
Nicole Trevena	46.17	46.17						

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Course Records	Name	Time	Date
Men's	Daniel O'Boyle	20.25	20th August 2015
Ladies's	Beccy Lord	23.27	8th September 2016
2nd Fastest			
Men's	Mark Le Gassick	20.43	October 2005
Ladies's	Beverley Hard (Brown	23.48	1st June 1993

The Time Tunnel

Back in the August 2012 edition, the prelude to the London Olympic Games was featured. Back issues of the club magazine dating all the way back to 1985 are available on the SGR website.

As you may have heard Stubbington Greens very own Gill Rose carried the Olympic Torch and lit the cauldron in Southampton's Mayflower Park on Saturday 14th July.
Gill didn't stop smiling all day and was completely overwhelmed by the thousands of people that came out to cheer the torch on and in particular she would like to thank all the Stubbies who showed up on the day to give her their support.
"Bring on the Olympics"

One of the founding members of Stubbington Green Runners all those years ago, Andy Rogers, carried the Olympic Torch through Fareham on Sunday 15th July. Due to the absence of one of the torch bearers Andy ended up doing two legs of the relay, he had no problem with this and finished with a huge smile, though his police escort looked a little tired.

MIKE Clarke at the Olympic Games.

During my time at the Olympics I plan to keep people up to date via Twitter, giving them a tongue in cheek report from the games. You can follow me @michaelclarke54.
Regards, Mike.

Last Month's Parkrun

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

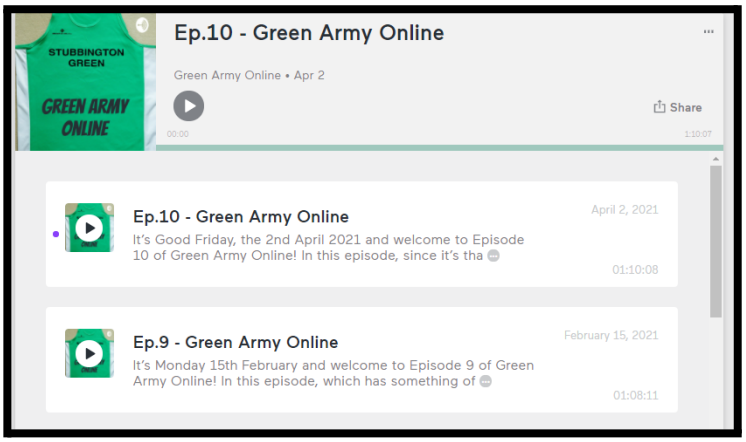
Please remember to wear your SGR shirt when taking part in HRRLs in order to qualify for club and individual points.

Forthcoming Club Events and Socials

Fish and Chips Handicap - Weds 6th September
Awards Evening - Fri 1st December

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.



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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/