The Green Runner

https://www.stubbingtongreenrunners.net

October 2023

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Chairman's Report

Following another record quick sell out for the 10k means the begging letters have already started so we have set up a Facebook group to allow entrants to transfer their place if they find nearer the time that they cannot run. If an SGR member can't run please offer your place to SGR first. Again we will need significant help and we are currently building the helpers/marshals list so please ensure that Sarah Barron (treasurer@stubbingtongreenrunners.net) has your details so we can put on this popular race safely and with great support.

The cross country series is just about to kick off with the CC6 and Southern series on a Sunday morning – these are similar to the RR10 series in the summer and are free to enter – you just need a SGR T-shirt or vest. Rob Williams is our rep for the former and Lisa Donn for the latter. The Hampshire, Southern and National cross countries are on a Saturday so look out for these too – Andy Simpson is our rep for these.

It was great to see that the fish and chip handicap last month had another excellent turnout and our thanks go to Nick Kimber for yet again organising this with the food. I'm just sorry that the dreaded Covid meant that we were unable to join you for the evening but at least you all missed last year's thunderstorms.

Our next handicap will be the Christmas one so keep an eye out for more details about this nearer to the time and remember this is also an opportunity to dust off your favourite fancy dress costume.

Our annual awards evening returns on Friday 1st December and the email invitations to this will be going out shortly. Like last year, the event will take place at Titchfield Community Centre and will consist of a 2 course meal, award presentations and disco, all for the price of just £22.50 per head.

Happy Running

Kevin

Captains' Report

Captains Corner

Well, what a busy September the Green Army has had.

We started the month off with the first race of the HRRL series for the Overton 5-mile race. We had four teams out for the race of the session. The ladies A team were 7th, which saw Nikki Roebuck first Stubbie home and first in her age category, Sara McRitchie, Claire Proctor and Sam Jeffery. For men's A team it was 8th with Rob Egerton leading home the men, Steve Dilley, Alistair Wakefield and Andrew McEwen.

Also, out on that day were three of our runners at the London Landmarks Half Marathon, well done to Dominic Shepherd, Kath Cooper and Gilly Shutler.

Also well done to Tom Beswick who completed the Cheltenham Half Marathon.

The second weekend in September was very busy, with so many races taking place in the heat wave that hit us.

Well done to Mark and Marie McDonald who ran the Olympic Park 10k on 9th September.

On the Isle of Wight, it was the weekend of Fell races, well done to Alison Lawrence, David Mallard, Daisy Clements and Nick Crane for taking part in the multiple races.

The 10th September saw Emma Baker-Chaplin, Stuart Bamberger, Rob Edgerton and Sara McRitchie take on the Richmond Marathon on the hottest day in September! An interesting event that got cancelled part way through but yet you could finish!

Some of our runners headed further up North to experience the Great North run, well done to Andy Stockwell, Scott Shaw and Claire Barnard and meanwhile back down south, we had the New Forest, Marathon, Half Marathon and 10k. Well done to everyone that took part in those events.

The following weekend 17th September was then another busy one for a lot of our runners with the Beat Feat Big Sky. Well done to everyone who took on the marathon and 16-mile distance race.

We also had some mad runners take to the Butser Hill Challenge. This was a deferred race for a few from last year and last year it seemed like a good idea, but as the rain came pouring down and the thunder and lightning was right above us, it was losing its appeal. Saying that though it was a great event and one that I would highly recommend and will definitely be doing again. Well done to Stuart Bamberger, Steve Cumes, (who came 2nd in his age category), Wendy Cumes, Sara McRitchie, Stacey Reed, Martin Pegler and Jacqueline Healy.

Also on that same day, we saw Rob Greenwood take to doing laps around Goodwood race circuit for the marathon. Massive well done to Rob Greenwood for finishing in 2 hours and 55 minutes which was a PB.

Amie and Phil Morgan ran the Berlin Marathon with them coming in together at 3 hours 40 minutes.

Over the weekend, when some of us were having some rest time, Janet and Cliff Shaw completed the Equinox 24-hour event. Well done you guys for completing this, looked like you certainly had some fun.

The following weekend was yet again very busy, with some of our runners completing the Dash in the Dark on Saturday evening, well done to Louise Nicholson and Claire Hanrahan,

The following morning was the Winchester Half Marathon. Well done to Stacey Reed, Jacqueline Healy, Kieran Chaplin and Dominic Shepherd.

For some of us it was a very early start to a Sunday as we travelled to London for the London Vitality 10k. This is such an epic event, with crowds, bands and supporters the whole way round. Well done to Stuart Bamberger, Steve Cumes, Wendy Cumes, Sara McRitchie, Mel Barnham, John Simister, Sue Simister, Gill Shutler, Janine Jenkins, Mike Healy, Dave Kimber, Claire Dyson and Peter Turbull.

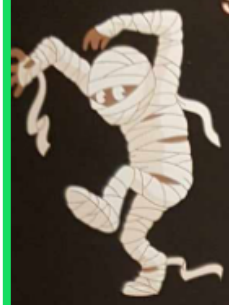
We had four runners at Farleigh Wallop, well done to Tiff Skeratt, Liz James, Hannah Paine and our new member Rachel.

Glow in the dark saw Lousie Nicholson and Claire Hanrahan enjoying this experience.

So are we having a rest for the last weekend in September, no of course not it's the second event of the HRRL series.

The content and scope of this magazine depends on members' contributions. Please consider sending articles, race reports, photos, anecdotes, advice etc. for publication. Lasts a moment on the Facebook page but will last in perpetuity in the magazine. Email submissions to ***gr-editor@stubbingtongreenrunners.net***

SOPHIE'S 10k



Join us for Sophie's 10k
Saturday 28th October 10am - 4pm
Crofton Community Centre

GET MOVING!

10k your way...

Run, cycle, skip, walk, dance, skate...
As long as you are moving that's all that matters!

We will have a suggested route which will include Sophie's bench but you can do this anywhere, so if you can't attend on the day you can still join in.

Sophie wanted families to spend time together and get moving! So we would love to have as many kids, parents, friends, running groups etc. joining us. Sophie loved Halloween and desgned an amazing medal for this year's 10k. We would love to see everyone in Halloween fancy dress although this is not mandatory.

To sign up all you need to do is purchase your medal for £15 from www.sophieslegacy.co.uk/shop or scan the QR code below. You can collect your medal on the day or we can post it to you.

Sophie's LEGACY

For more information please contact info@sophieslegacy.org.uk

Club News

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

The 2023/2024 season started with a bang at Overton 5 on 3rd September. In the middle of a heatwave 22 Stubbies represented the Green Army with amazing results.

The team scores for Overton are below:

Ladies name	team	team score
Nikki Roebuck	A	214
Sara McRitchie		
Claire Proctor		
Sam Jeffery		
Sarah Barron	B	482
Glynn Parson		
Jules Dinwoodie		
Janet Shaw		
Janine Jenkins	C	640
Jacqueline Healy		
Claire Dyson		
Mel Barham		
	D	

Men's name	team	team score
Robert Egerton	A	355
Steve Dilley		
Alistair Wakefield		
Andrew McEwan		
Chris Cullen	B	605
Stuart Bamberger		
Steve Matty		
Evan De Wet		
Cliff Shaw	C	691
George Howarth		

Amazingly well done to Nikki who came 1st in her age category! I'm looking forward to seeing you all at the Solent Half on 1st October 2023.

Ladies' A-Division 1		
Position	Club	Score
1	Winchester	1
2	Liss RC	2
3	Lordshill	3
4	Salisbury	4
5	Fareham	5
6	Farnham	6
7	Stubbington	7
8	Denmead	8
9	Totton	9
10	Hedge End	10

Men's A-Division 1		
Position	Club	Score
1	Winchester	1
2	Andover	2
3	Alton	3
4	Denmead	4
5	Salisbury	5
6	Lordshill	6
7	Fareham	7
8	Stubbington	8
9	Ryde Harriers	9
10	Southampton	10

Ladies' B-Division 1		
Position	Club	Score
1	Winchester	1
2	Lordshill	2
3	Salisbury	3
4	Farnham	4
5	Stubbington	5
6	Totton	6
7	Denmead	11
8	Gosport	11
9	Hedge End	11
10	Ryde Harriers	11

Men's B-Division 1		
Position	Club	Score
1	Winchester	1
2	Lordshill	2
3	Alton	3
4	Denmead	4
5	Salisbury	5
6	Eastleigh	6
7	Stubbington	7
8	Fareham	8
9	Hedge End	9
10	Totton	10

Please remember to wear an SGR shirt at HRRL events so that both you and the club can qualify for points.

Winter Cross-Country Series

So below is your information on the winter cross-country series that the club enters. We have 3 leagues that we compete in and 4 cross-country championships which allows you to wear the famous green vest. All the information is on the Stubbie website. We advocate and promote car sharing for all these races.

Hampshire XC League

These races are on a Saturday afternoon with junior races available. Your club representative is Andy Simpson (Men's Captain). These races are run over more parkland terrain with ladies running at 13.35 over 6 km and men starting at 14.30 over 10k. You need to be a paid up UKA member and wear a Stubbie club green vest or t-shirt. The races are FREE as a club member and open to ALL abilities. There are individual and team standings.

The two races coming up in the league are 28th October Wellesley Woods, Aldershot and 11th November Popham Airfield, Overton.

CC6 XC League

Sunday races are nice and early at 9.30am so you get home and showered before lunchtime! Your club representative is Rob Williams. The races are run on trials and off road routes and the distance is just 4-5 miles with just one race start. You MUST have registered your parkrun barcode with the league, beforehand. NO barcode, NO result at the end! These are FREE again, open to ALL abilities and you must wear a club green vest again. If you like cake at the end then you will be happy! There are individual and team standings.

The first race is 8th October at Pound Hill, New Forest. The second race is our race, 12th November where we need to organise and marshal, not running this one. Let Rob know if you can help.

Southern XC League

Another Sunday race with an 11am start, over 4-5 miles off road. Again open to ALL abilities and FREE with a Stubbie club vest needed and food put on at the end at cost, food optional. Lisa Donn is leading the troops for these races. The first two races are 29th October at Renyon's Enclosure and 17th December at Lords Wandsworth.

Cross-Country Championships

All these races require you to be UKA affiliated and paid up, with a Stubbie green vest. The races will cost to enter, nothing extortionate and will be single sex races open to ALL abilities. The distances for ladies will be between 6 to 8k and men 10k to 15k. The races are on a Saturday afternoon with the ladies Masters the only race in the morning. Organising the XC championship races is Andy Simpson and we will do group entries with a deadline for entering to be decided shortly.

Master Cross-Country Championships

The race date is 9th December and is due to be in Horspath, Oxford still TBC. You must be over 40 years old!

Hampshire Cross-Country Championships

This is a very local race the day before our Stubbie 10k, so if you are helping out or didn't get into our Stubbie 10k then it is perfect for you. The race is at Fairthorne Manor with children's races starting in the morning. Ladies will run 8150 metres at 13.05 and men 11800 metres at 13.55.

Southern Cross-Country Championships

This race is held in Beckenham where you get to rub shoulders with all the running clubs in the South. Ladies race is 8k and the men's 15k. The race date is 27th January.

National Cross-Country Championships

This race is 24th February in Weston Park, Telford, Shropshire. The ladies are 8k and men 12k?

Time Trial

So the curtain came down on the last Summer Time Trial with 23 people running and 7 improvers on the night. Well done to everyone who ran. The biggest female improver on the night was Kim Bevel slicing 2 minutes 39 seconds off her best. The biggest male improver was George Howarth for the second month running as he knocked 2 minutes 53 seconds off.

Over the season we have been tracking the biggest improvers in the handicap bandings with the biggest overall improver in the season.

So congratulations to the following people who topped their handicap bandings, under 25 Chris Williams, 25.01 to 28.00 Simon Ross, 28.01- 31.00 Steven Matty, 31.01-35.00 Richard McAleer and 35+ George Howarth.

Handicap Bandings	Name	Improvement
Under 25 mins	Chris Williams	-0.21
25.01 – 28 mins	Simon Ross	-0.21
28.01 – 31 mins	Steven Matty	-2.50
31.01 – 35 mins	Richard McAleer	-1.11
35+ mins	George Howarth	-7.23

The top 3 improvers overall were, in 3rd Will Cowley 5 minutes 15 seconds, 2nd Stacey Read 6 minutes and biggest overall improver was George Howarth with 7 minutes 23 seconds. Congratulations to everyone who took part in the Summer. We couldn't have put on these Time Trials without the help of my volunteers, so thank you to all the 36 volunteers and special recognition goes to my top 3 helpers. So for volunteering for 5 times out of the 6 time trials Jo Reed and Kat May, with 4 times Alison Good.

The Summer series is done and dusted but we move on to the Winter Time Trials at Holly Hill Leisure Centre Car Park on 12th October for a 18.45 start, please note there is only ONE start time. The distance is 3.35 miles. Look forward to seeing you all there. If you can help out that would be great.

	Stubbington Green - Time Trial Results 2023									
	Name	Best 2021/ 2022	April	May	June	July	August	September	Months Best	Total Yearly Best 2023
			23	23	19	22	15	23	7	25
	Chris Williams	24.04		**23.43**	25.33	24.22	23.55	24.12		-0.21
	Harry Brind	24.01				**24.01**	24.45	24.57		
	Simon Ross	26.22	26.01							-0.21
	Martin Pegler	26.20				28.37	33.03	27.57		
	Andrew McEwen	26.53				27.41				
	Pete Tugwell	27.35		36.37						
	Graham Donnachie	27.37						28.33		
	Steven Matty	30.49	**28.46**	27.59		30.29		30.00		-2.50
	Simon Bacon	30.59				**29.57**		29.01	-0.56	-1.58
	Tony Beswick	30.15					**30.15**	29.06	-1.09	-1.09
	Evan De-Wet	30.44	**30.44**	30.23			31.18	30.50		-0.21
	Chris Cullen	28.12			28.12					
	Simon Hearnden	28.13	**33.17**		28.13					
	Phil Townley	28.21				28.21				
	Andy Donn	28.39	29.07	29.17	29.00					
	Dominic Shepherd	29.02			30.40			33.34		
	Kieran Chaplin	29.11		46.56	29.11					
	Robert Good	29.41		29.41	30.07					
	Tom Hastings	29.48			29.48					
	Jenny Moran	30.07	30.07							
	Richard McAleer	32.57	**32.57**			31.46				-1.11
	Sara McRitchie	32.47		31.47	42.07	50.59	32.48	46.01		-1.00
	Nigel Feast	32.47	33.24	32.04	34.05	33.24	33.02	35.33		-0.43
	Andy Lee	33.03			**33.03**		51.17	32.20	-0.43	-0.43
	Brian Graham	31.27						31.17	-0.10	-0.10
	Andy Richardson	32.00		32.41	32.20					
	Claire Procter	32.37	33.24	32.51						
	Adrian Knight	33.34						33.34		
	Emma Lovell	33.45						33.45		
	Tim Crumpton	34.09				34.09				
	Michael Healy	34.40	37.30	34.42						
	Carl Schafer	34.57		35.59	37.29					
	George Howarth	44.44				**44.44**	**40.14**	37.21	-2.53	-7.23
	Stacey Read	47.54	**42.00**		42.06	41.54		42.35		-6.00
	Will Cowley	43.59	**43.59**			38.44				-5.15
	Emma Baker-Chaplin	35.48	33.03							-2.45
	Kim Bevel	40.18						37.39	-2.39	-2.39
	Kate Provis	46.56		**46.56**	48.23	**45.21**		44.50	-0.31	-2.06
	Phil May	42.57		42.53		**41.02**	40.59			-1.58
	Peter Turnbull	37.15	35.20							-1.55
	Sarah Barron	36.55	**36.28**			36.48	35.18			-1.37
	Lisa Donn	35.19	**35.19**	33.53						-1.26
	Gaynor Heffer	35.55			**35.55**	34.35	35.21			-1.20
	Laura Kay	35.26	**35.26**	34.20		35.16				-1.06
	Mark Saywell	37.26		38.33		37.54	36.29	38.44		-0.57
	Jacqueline Healy	39.12	38.33					46.01		-0.39
	Jules Dinwoodie	35.10	39.39	37.47		39.04		40.29		
	David Kimber	35.12			37.39			38.04		
	Lara Evans	36.26	36.26	37.41		37.45				
	Heather Hudson	36.35		36.35	37.28					
	Julia Lawton	37.24					37.24			
	Rosemary Steven	38.01					38.01			
	Gilly Shutler	39.37		39.37						
	Melissa Barham	42.50	54.45							
	Claire Hanrahan	43.03		43.03						
	Nicole Trevena	46.17	46.17							
	Brandon Chaplin	32.00*	33.04							
	Alison Good	48.24*			**48.24**					

Articles of Interest!

As I seriously doubt anyone prints these magazines into hardcopy it makes sense to post links to various articles and videos of interest that are out there. Just click on the relevant link to view the articles. Note these links may be time-limited and link to other Youtube articles in future.

The History of the Trainer. I thought some of you might find this 2015 article from The Grauniad (sic) quite interesting; the evolution of the sports and fashion footwear.

Pumped: our long love affair with trainers – in pictures | Fashion | The Guardian

This man collects Dunlop Green Flashes. Boring, eh? Not a bit of it, because all of them are sizes 9 or 10! One assumes that is his foot size.

Dunlop Green Flash collection.

Who on earth would run a marathon in Crocs!? Well, Jon Warner is going to be running multiple marathons this month in aid of a local charity.

This video is about another runner who chose to run in Crocs…

I Ran a Marathon in Crocs.. My Feet Aren't The Same

Why do runners lift their legs so high? Some Youtube advice for general interest, not necessarily authoritative!

PERFECT RUNNING FORM - Why Do PRO Runners Kick Their Feet So High?

The Time Tunnel

25 years ago, the October 1998 edition of The Green Runner. Digital copies of back issues going back to the inception of the club in 1985 can be found here [Newsletters - Stubbington Green Runners]

GREEN SHOOTS & JUNIOR SGRs - Penny Forse

RESULTS
GREAT SOUTH JUNIOR FUN RUN, Sept 13

Paul Swanwick	11.59 (9th overall)
Lucy May	13.25 (6th Girl)
Chris Hind	16.18
Owen Wylie	16.19
Nikki Clarke	17.53
Nathan Didushko	18.08
Holly Knight	18.29
Lisa Cross	20.57
Louise Duane-White	22.01
Hannah Didushko	22.42

Training is well underway at Crofton School, Stubbington on Tuesday and Thursday from 6-7 pm. Andy and John took some of the juniors for training runs during the summer holidays which kept their fitness up during the long break. Andy and John got fitter too!
We'll provide reflective bibs but please bring warm clothing to pu on after training.

Great South Run - well done to Lucy and Paul for their great runs - against much older runners, too.

Last Month's Parkrun

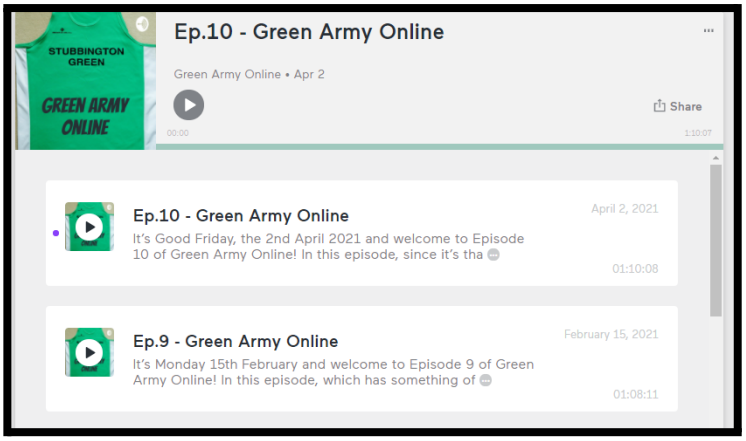
Parkrun information provided by Chris Stapleford. Available on the website and club Facebook page.

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 not updated each month.



https://anchor.fm/stewart-pepper?fbclid=IwAR3kcKpUoQEX8DtwvFdrhCT16Vrzft7Ssc8AEnlXLVl07RnVYpSlbcBm3Xk

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/