



The Green Runner

<https://www.stubbingtongreenrunners.net>

November 2023

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Chairman's Report



The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring.

Saturdays see the Hants, Southern and National XC races so look out for adverts for these from our team captains. Sundays see the CC6 and Southern cross country series – Rob Williams is our contact for the former and Lisa Donn for the latter. Our CC6 race that we host with Netley Abbey Runners and Hamwich is at Itchen Valley on 12th November so please let Rob know if you can help out with this.

Not too long now until the Awards evening on Friday 1st December – the winners have been chosen so don't miss out on this popular annual event at Titchfield Community Centre. Tickets are still available but they are selling fast so come and celebrate the success of our member's running exploits with some awards, great food and a chance to demonstrate some awesome dancing skills.

Thank you to everybody who has come forward to offer help and support to our 10k. It is much appreciated and enables us to put on such a successful event. We can always find jobs for people so if you still want to volunteer and haven't yet volunteered please contact Sarah Barron to let her know you can help and make Sara McRitchie's job of being the Race Director the success it undoubtedly will be.

Finally, on behalf of everyone at the club I would like to wish Sara McRitchie and Stuart Bamberger all the best for their wedding on 4th November – have a great day and every happiness in your new married life together.

Happy Running

Kevin



Captains' Report



Captains' Corner

After a very busy few months, October started with the second race in the HRRL series – Solent Half Marathon on a humid day. We managed to get two full ladies and men's teams out. Ladies A team were 7th on the day and sit in 7th overall. The A team was led home by Angela Harrison, Sara McRitchie, Claire Proctor and Sarah Barron. The men's A team was Robert Egerton, Andrew McEwen, Steve Matty and Mick Welland. The men were 8th on the day and lie 8th overall after two races.

New Forest 10 was the third race in the series. The race was cancelled on the morning of the race, after the torrential rain we had the previous few days. This put parts of the course underwater in places and with moving flows of water which made it unsafe and the right decision to cancel the race. The next HRRL race is Sunday 5th November for the Hayling 10 and followed two weeks later with the Gosport Half on 19th November, still entries for Gosport.

The following weekend saw numerous events taking place,

Ageas Bowl 10k took place on Sunday 8th October and saw Rob Edgerton, Steve Matty, David Thorpe, Nigel Feast, Sara McRitchie, Steve Fulcher, Emma Baker-Chaplin, Peter Turnbull, Mike Healy, Sarah Barron, Jon Adams, Gary Stradling, Dave Kimber, Jo McQuaid, Gail Osborne, Stuart Nicholson, Phil Owen, Carl Schafer, Gilly Shutler, Jacqueline Healy, Janine Jenkins, Stacey Read, Claire Dyson and Susan Wakefield take to the street of Eastleigh. Well done to everyone that took part, and to those that gained PB's that day.

CC6 first race of the season took place in glorious sunshine in the New Forest at Roundhill Campsite. We got two teams together with new girl Emma Lovell running her first race in green and has the great honour of being next door neighbour to the men's captain! At the time of writing, I couldn't get the team results up. Lucy May led the ladies' home in 19th, 34th Emma Lovell, 37th Katy Bradley and 91st Wendy Cumes. The men were led home by Richard Hayward 20th, 35th Mike White, 42nd Steve Cumes, 49th Toby Greenfield,

60th Martyn Poore, 66th Chris Cullen, 76th Marcus Lee, 99th Andy Donn, 136th Ash Lovell and 162nd Rob Williams.

The next CC6 at Itchen Valley Country Park on Sunday 12th November is our marshalling race, where we marshal and don't run. Rob Williams is organising our marshals so please contact him if you can help on the day. Also we will need lots of cake baking, so please put on your aprons and whip up a storm in the kitchen, thank you in advance for marshalling and cakes.

A few of our runners had travelled to London to take part in the London Half Royal Parks, well done to everyone that took part in that event.

We had a few runners out in Bournemouth for the half marathon, well done to Ed Hare, Gemma Mellor, Richard Kneller, Kimberley Achurch, Laura Rolland, Katherine Tucker and Mark Tucker.

That same weekend we had a few runners that had travelled down to Cornwall to complete the Atlantic Coast challenge. Huge well done to Marie McDonald, Mark McDonald, Lisa Donn, Louise Tanner, Jon Leigh and of course to Jon Warner who completed the last three days in his crocs as part of his 7 marathons in 7 days.

Well done to Evan De Wet who completed the Isle of Wight Marathon.

The following weekend was a busy one for the Green Army as we had a lot of our runners taking part in the Great South Run. We had many PB's gained that day – a huge well done to everyone taking part and a big shout out to Kelley Haniver who gained a qualifying time from the Great South Run to represent England at the International master's Half Marathon in 2024.

On that same day we had some of our runners taking to the streets in Amsterdam in the marathon and half marathon. Massive well done to Kath Cooper and Susan Wakefield, Janine Jenkins, Claire Dyson and Kim Bevell.

Sunday 21st October, we had Chris Hall taking part in the Ron Skilton half marathon – well done Chris.

Saturday 28th we had lots of runners taking part in Sophie's 10k, some in amazing costumes. Well done to everyone who took part and in helping to raise lots of money for Sophie's Legacy.

Hampshire cross-country league saw its first race of the Winter at Wellesley Woods in Aldershot. It was mixed weather and by all accounts the ladies dished out a proper shower for their race and it may have brightened up for the men's race. That didn't deter our hardy ladies who got two teams out with the seniors in 15th and Vets in 8th. The ladies were led home by 36th Kelley Haniver, 110th Sam Hurst, 116th Sara McRitchie and 122nd Wendy Cumes. The men had 7 runners with 5 to score in a team and were 5th senior team in division 2 and 12th vets' team. Racing for the men were 44th Thomas Kirby, 118th Colin Trigg, 121st Harry Brind, 157th Richard Hayward, 192nd Steve Cumes, 217th Martin Poore and 238th Stuart Bamberger. Well done everyone and congratulations to our first timer runners and new members, Sam Hurst, Thomas Kirby and Harry Brind. The next race is just around the corner on Saturday 11th November at Popham Airfield.

Sunday 29th, we had some runners at the Stickler, well done to Nick Crane.

The last Sunday of the month was busy with the Southern Cross-Country Leagues first race of the season at Benyon's Enclosure, we again got completed teams. So the ladies were 10th on the day with 5th Daisy McClements, 61st Katy Bradley, 64th Alison Lawrence, 82nd Sam Hurst and 108th Lisa Donn. For the men they were 11th and currently the combined overall result is 9th. Men's results saw David Mallard lead the team home in 30th, 54th Mike White, 68th Chris Hall, 124th Tony Beswick and 149th Andy Donn. Great start to the series everyone who ran. The next race is 26th November at Alice Holt.

Have a great month training and racing



Club News



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

The second HRRL fixture took place on 1st October and we were lucky with the weather as always, but the heat could have been turned down a notch or two!!

Sadly the New Forest 10 was cancelled due to extreme flooding and an official statement has been made on behalf of the NF10 Committee. It is not known if there will be a refund or new date, so please be patient and wait for it to be sorted.

The team scores for Solent Half are below:

Ladies name	team	team score
Angela Harrison	A	214
Sara McRitchie		
Claire Proctor		
Sarah Barron		
Jules Dinwoodie	B	482
Janet Shaw		
Stacey Read		
Jacqueline Healy	C	
	D	
Men's name	team	team score
Robert Egerton	A	340
Andrew McEwan		
Steve Matty		
Mick Welland		
Evan De Wet	B	605
Max Buckton		
Stuart Bamberger		
Nigel Feast		
Andy Richardson	C	764
Cliff Shaw		
George Howarth		
	D	

Sadly Janine Jenkins and Gilly Shutler didn't make the start of the race due to traffic issues on the M27, however they still turned up and completed the course but just didn't make the points 😞. Well done!

Ladies A-Division 1		
Postion	Club	Score
1	Salisbury	5
2	Lordshill	7
3	Fareham	7
4	Liss	10
5	Winchester	12
6	Hedge End	13
7	Stubbington	14
8	Denmead	14
9	Totton	14
10	Farnham	15

Ladies B-Division 1		
Postion	Club	Score
1	Salisbury	7
2	Totton	7
3	Stubbington	8
4	Winchester	12
5	Lordshill	13
6	Ryde	13
7	Farnham	15
8	Denmead	22
9	Gosport	22
10	Hedge End	22

Mens A-Division 1		
Postion	Club	Score
1	Winchester	2
2	Andover	4
3	Alton	8
4	Lordshill	9
5	Salisbury	9
6	Denmead	11
7	Fareham	12
8	Stubbington	16
9	Ryde Harriers	18
10	Southampton	21

Mens B-Division 1		
Postion	Club	Score
1	Winchester	3
2	Lordshill	3
3	Alton	6
4	Salisbury	12
5	Eastleigh	12
6	Denmead	12
7	Fareham	12
8	Totton	14
9	Stubbington	16
10	Hedge End	20

On a separate note, it has been decided that all T-shirts and Mugs will be given out at the Awards Evening on 1st December 2023, so if you are eligible for either please ensure that you book your place with Kevin Ashman so that your achievement can be formally acknowledged in front of our great club and its members.

Time Trial

The opening night for the Winter series saw a very small turnout of 9 people running plus all the helpers. No improvers on the night so we had two randomator winners instead who were Andy Richardson and Steve Matty. A big thank you to all my helpers. The next time trial is Thursday 23rd November.

1	Stubbington Green - Time Trial Results 2023-2024				
2					
3	Name	Best 2022/2023	October	Months Best	Total Yearly Best 2023/24
4					
5			9	-	-
6					
7					
8					
9	Alison Good	25.38	25.38		
10	Andy Richardson	28.57	28.57		
11	Ashley Lovell	26.51	26.51		
12	Carl Schafer	31.08	31.08		
13	Chris Cullen	23.03	23.03		
14	Emma Lovell	26.51	26.51		
15	George Howarth	31.13	31.13		
16	Richard McAleer	23.11	23.32		
17	Sara McRitchie	26.25	27.38		

Course Records	Name	Time	Date
Men's	Oli Caudwell	18.05	February 2020
Ladies's	Beccy Lord	19.42	10th October 2017
2nd Fastest	Name	Time	Date
Men's	Andy Simpson	18.32	10th October 2017
Ladies's	Katie Simister	20.56	February 2019



Films about Running



Whether injured or just looking for something to do during the dark wintry evenings, there are some films about running. Some are running documentary films for the hardcore runner, others are just films with running as a subtext.

In no particular order:

[Spirit of the Marathon - Official Trailer](#) - documentary film that charts six runners preparing for the 2005 Chicago Marathon.

[Finding Traction Trailer](#) - a documentary film ultrarunner Nikki Kimbell is followed during the 273 mile Long Trail in Vermont in 2012.

[1962 The loneliness of the long distance runner Official Trailer 1 Woodfall Film Productions](#) - Tom Courtney smokes cigarettes whilst training for perfection in this classic British film.

["The Jericho Mile" Trailer](#) - collar length hair and big moustaches abound in this 1979 prison drama about a prisoner who finds freedom in running.

[Gallipoli \(1981\) ORIGINAL TRAILER](#) - Peter Weir's 1981 Australian film about two runners who join the army to fight in the First World War. Early appearance for Mel Gibson.

[Chariots of Fire \(1980\) Official Trailer - Ian Holm, Ben Cross Running Movie HD](#) - the quintessential running film as athletes prepare for the 1924 Olympics.

Of course, there are many others. Forrest Gump. The Running Man. *Carry On Running* was the film that could have been! (Please be mindful that the links to Youtube might change in the future, so if viewing this on the website in the dim and distant future you could end up with an entirely different type of offering when you click the link!)



The Time Tunnel

From the May 1995 issue, the list of outstanding performances by Stubbies. Access to pre-2007 club newsletters, scanned and archived by Mike Bell, can be accessed on the Club website. Some familiar names here.

SUMMARY OF OUTSTANDING PERFORMANCES

May 94 Havant Half Ken Griffiths 1st MV
May 94 Alton 10 Bev Brown 1st Lady
May 94 Winchester Triathlon 1st Man Peter Farwell
May 94 Otterbourne Fun Runs Pat Woodward 1st
Lady, Ryan O'Neill 1st U18 male, Charlotte Wellstead
1st U18 lady
May 94 Downland 10 Km Ken Griffiths 1st MV
May 94 Fleet 10K Penny Forse 1st Lady and 1st
Ladies' team (Penny Forse, Beverley Cattle and
Bernadette Johnson)
Jun 94 Gosport 10K Penny Forse 1st FV
Jun 94 Purbrooke Ladies 5 ml 1st Team (Beverley
Brown, Beverley Cattle and Sian Mundy)
Jun 94 World Trail Champion is Barry Hards
Jul 94 L.O.S.T Runners 100Km Relay 1st Team
Sep 94 Solent Relay Marathon 1st Team,
Sep 94 Bishops Waltham 5 1st Lady Beverley Brown
Sep 94 Downland Half Ken Griffiths 1st MV
Sep 94 Mile of Miles U9 400m 1st Kirsty Harper
Oct 94 Solent Half 1st Lady Beverley Brown, 1st V45
and V40 Penny Forse and 1st Ladies Team (Beverley
Brown, Penny Forse and Bernadette Johnson)
Oct 94 Great South Chris Hall 31st
Dec 94 Victory 5ml Penny Forse 1st FV45, Sue
Summerfield 1st FV50, 1st Ladies Team Penny Forse,
Beverley Brown and Beverley Cattle)
Jan 95 SGR 10 km Penny Forse 1st FV45
Jan 95 Denmead Today's Runner 1st Alison Ridd
Jan 95 Fleet XC U11 Boys 1st Michael Harper
U9 Girls 1st Kirsty Harper
Feb 95 Farnham Today's Runner Simon Hearnden 1st
Feb 95 Queen Elizabeth Today's Runner Andy Grice
1st
Mar 95 Eastleigh 10km 1st FV45 Penny Forse

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

Awards Evening - Friday 1st December

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/>