



# *The Green Runner*

<https://www.stubbingtongreenrunners.net>

*December 2023*

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## *Chairman's Report*



As we approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners. The committee, the coaches and leaders, everybody who runs and everybody who supports have all contributed to this.

At the time of writing I am looking forward to the Awards evening on the 1<sup>st</sup> December which I hope everybody will enjoy and I would just like to say congratulations in advance to all the award winners – it was not an easy job to select the winners as we have so many fantastic members in this club. We are already thinking of what we should do for 2024 but more on this in the New Year.

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself – we could not put on the event without the support of the nearly 200 people who help out and knowing this is not an issue is a great help in reducing the stress levels of our new RD and deputy RD Sara McRitchie [now Bamberger] and Sarah Barron.

Our popular Christmas handicap hosted yet again by Nick and Helen Kimber is scheduled for Saturday 16<sup>th</sup> December and it would be great to see as many members there as possible for some pre Christmas exercise and refreshments.

Finally, although it does seem to be a bit early, I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running  
Kevin



## *Captains' Report*



A new photograph for a new name. Congratulations to Sara Bamberger (and Stuart)

### **Captains' Corner**

As the calendar year is coming to a close, we are fully into the racing season with Hampshire Road Race League and the 3 cross country leagues. A plea from your captains is for more people to race in the club league races. We have not got full teams out in the road race league and struggled for numbers in Hampshire XC league and the last Southern race. All these races are open to our members with some needing you to be UKA affiliated which costs £17 a year and this is easily made up with the discounts in races and allows you to compete and score for the club in league races and run-in cross-country championships. We have 432 members with 283 UKA affiliated at the moment but struggling to get runners out to races.

In HRRL we have had two races in November with Hayling 10 and Gosport Half. I'm still not running so with itchy feet, the next best thing is to support the Green Army, so I was at a very windy

Hayling! We had just 8 runners on the day with our first and only lady being Jules Dinwoodie 1.46. For the men we got out just one complete team, leading home the A team men was the inform Rob Egerton in 71<sup>st</sup> 1.06, 120<sup>th</sup> Steve Dillely 1.11, 247 Evan De Wet 1.22 and 249<sup>th</sup> Steve Matty. Unfortunately, we were 1 man short to complete the B team, 379<sup>th</sup> Tim Crumpton 1.33, 430<sup>th</sup> Martin Robinson 1.40 and 443<sup>rd</sup> George Howarth 1.42. The ladies were given 11 points for no team and sit rock bottom of the division. The men's A team were 8<sup>th</sup> and sit 8<sup>th</sup> overall with the B team 9<sup>th</sup> and also sit 9<sup>th</sup> overall.

Gosport Half was another windy affair with lots of runners running as it was on our doorstep, we had 45 runners and got 4 ladies and 4 men's teams out. Quite a few people were running their

first race in green or first half marathon, so well done to everyone who ran. Ladies A Jen Granger, Lucy May, Claire Barnard and Sara Bamberger (formerly McRitchie!). B team Kirstie Graham, Louise Kennedy, Sarah Barron and Emma Ellis. C team Kim Beval, Tracey Shimmen, Gilly Shutler and Vicky Jane. D team Katherine Cooper, Susan Wakefield, Stacey Read and Jacqueline Healy. For the men's A team, Rob Arkell, Phil Morgan, Tim Rolfe and Rob Egerton. B team Wai Tak Cheung, Richard Mackay, Scott Shaw and Ed Har. C team Phillip Townley, Steve Matty, Jack Strougler and Stuart Bamberger. D team Mick Welland, Brian Graham, Evan De Wet and Nigel Feast. We also had the following runners in green: Jon Adams, Steve Fulcher, Ben Dyson, Andy Richardson, Peter Turnbull, Tim Matthews, Mike Healy, Mark Saywell, George Howarth, Karen Nichols, Janine Jenkins, Kate Provis and Claire Dyson. A few PBs even in those windy conditions with Stacey Read knocking 8 minutes off her half marathon time and 11 minutes off her Gosport best! Mick Welland was 1<sup>st</sup> V75 so congratulations on a great run and winning your category. No results on the HRRL website from Gosport yet at the time of writing this article. Next HRRL race is Victory 5 on Sunday 3<sup>rd</sup> December.

The same weekend as Gosport was the Roly's Run with 39 Stubbies taking part over various distances. Well done to everyone that completed the 4-, 22 and 15-mile distance. This is another great local event.

Hampshire XC league went to Popham Airfield for the second race in the series where we had 11 runners and a late decision the night before by our hero of the hour for running for the ladies meant that the ladies got a team out and saved their season. So, thank you very much Sarah Barron. We managed to get 4 teams out. The ladies were led home by Kelley Haniver in an impressive 28<sup>th</sup>, 137<sup>th</sup> Wendy Cumes and 140<sup>th</sup> Sarah Barron. Senior ladies were 19<sup>th</sup> and sit 18<sup>th</sup> overall and Vet ladies were 12<sup>th</sup> and are 10<sup>th</sup> overall. Senior men were 5<sup>th</sup> and are 7<sup>th</sup> overall, led home by Tom Kirby 55<sup>th</sup>, 95<sup>th</sup> Brandon Chaplin, 170<sup>th</sup> Richard Hayward, 192<sup>nd</sup> Joe Foreshaw and 216<sup>th</sup> Chris Cullen. Vet Men were 22<sup>nd</sup> and are now 15<sup>th</sup> overall, scoring for the vets were 170<sup>th</sup> Richard Hayward, 192<sup>nd</sup> Joe Foreshaw, 241<sup>st</sup> Kieran Chaplin. Just missing out on the vet's team was Andy Donn in 259<sup>th</sup>. The next race is at Prospect Park on Saturday 13<sup>th</sup> January.

The CC6 race this month was our marshalling race. The race was at Itchen Country Park where Rob Williams helped organise and execute a brilliant race, we had the volunteers from our club. So, give yourself a big pat on the back for a job well done. A massive thanks to Rob Williams for organising everything and everyone. We currently sit 4<sup>th</sup> in the ladies and 5<sup>th</sup> in the men's league after 2 races. The next race is Sunday 10<sup>th</sup> December at Kings Garn Enclosure.

The New Forest Stinger took place on 26<sup>th</sup> November, and it was great to see so many of the Green Army there, by far we had the most club runners out. It was a very cold day, with a little bit of rain to add to the mix, it was a great race with plenty of water and mud on the course. Congratulations to 19 runners. A big well done to Russ Coleman who was 3<sup>rd</sup> overall.

Southern Cross-Country league had its second race of the series at Alice Holt which was put on at short notice and clashed with the Stinger! Sadly, we didn't get a ladies or men's team out. Well done to the 4 runners who turned out in Green, 59<sup>th</sup> Katy Bradley, 33<sup>rd</sup> Colin Trigg, 105<sup>th</sup> Simon Hearnden and 144<sup>th</sup> Tony Beswick. The next race is Sunday 17<sup>th</sup> December at Lords Wandsworth College which is a great course.

Also in November, we had lots of runners out at the Big Night out. Well done to everyone who completed this event too and I know for some it was the first time completing an event in the dark.

On 18<sup>th</sup> November, we did the ParkRun takeover at Whitley, it was so great to see this so well supported by our fabulous club runners and also bakers, there were certainly some impressive looking cakes on offer too. Thank you to Debbie for organising everyone.

It is only 5.5 weeks away until our 10k, and a lot of work is going on behind the scenes to make sure this is another fabulous day. If you are running, please do also add your name onto the helpers list as there are many roles that can be done before and after the event and if you are not running then please do offer to marshal out on the course. Sarah Barron is co-ordinating all the helpers, so please comment on her post on Facebook or send Sarah a message.

As I am sure you have all noticed it is now getting very dark in the evenings and we want to make sure that we are all as safe as you can be whilst out completing the many sessions that we have on offer. Can we please remind you that for your own safety, wear high viz brightly coloured clothing and if you can wear some lights.



## *Club News*

The content of The Green Runner depends on the contributions made by club members. If you have any articles suitable for submission please do email me for inclusion in a future edition. The Facebook page is pretty lively but only ephemeral. You will last longer with a Green Runner.

### Time Trial

On another perfect night for time trialling we had the highest percentage of PBs ever with 64%! The biggest lady improvers were, in second Sarah Barron shaving 6 seconds off and the winner was.... Stacey Read with 1 minute 29 seconds. The top 3 male improvers were, in third Ash Lovell with a 40 second improvement, second place was Andy Richardson slicing 1 minute 47 seconds off and the winner chopping a whopping 2 minutes 16 seconds was Tom Hastings. Congratulations to Stacey and Tom. The randomator winner was George Howarth. Thank you to all my helpers on the night.

The next time trial is Thursday 7<sup>th</sup> December. I will need helpers please tonight.

1	<b>Stubbington Green - Time Trial Results 2023-2024</b>					
2						
3	Name	Best 2022/2023	October	November	Months Best	Total Yearly Best 2023/24
4						
5			9	11	7	7
6						
7						
8						
9						
10	Tom Hastings	26.11		<b>23.55</b>	-2.16	-2.16
11	Andy Richardson	28.57	<b>28.57</b>	<b>27.10</b>	-1.47	-1.47
12	Stacey Read	35.46		<b>34.17</b>	-1.29	-1.29
13	Ashley Lovell	26.51	<b>26.51</b>	<b>26.11</b>	-0.40	-0.40
14	Sarah Barron	29.34		<b>29.28</b>	-0.10	-0.10
15	George Howarth	31.13	<b>31.13</b>	<b>31.06</b>	-0.07	-0.07
16	Steven Matty	23.21		<b>23.17</b>	-0.04	-0.04
17	Sara McRitchie	26.25	27.38	30.14		
18	Jon Adams	30.14		<b>30.14</b>		
19	Carl Schafer	31.08	<b>31.08</b>	31.38		
20	Jon Leigh	34.17*		<b>34.17</b>		
21	Chris Cullen	23.03	<b>23.03</b>			
22	Richard McAleer	23.11	23.32			
23	Alison Good	25.38	<b>25.38</b>			
24	Emma Lovell	26.51	<b>26.51</b>			

Course Record	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



## The Time Tunnel

The Stubbington Green Runners' website hosts back-issues of The Green Runner dating back to the Club's inception in 1985. [Newsletters - Stubbington Green Runners](#)

This edition is from November 2008 and features some well known people doing a well-known marathon. Click on the link to read the entire article.

# Three go to New York



**THE New York Marathon is one of the world's greatest 26-milers. Last month, Darrell Milner (pictured), Jon Leigh and Nick Kimber headed for the Big Apple. All three Stubbies ran well with Jon clocking 3hrs 21mins 56secs, followed by Nick with 3:25.51 and Darrell with 3:37.55.**

**Here are Jon and Nick's reflections on a fantastic race.**

THE New York Marathon was a great experience, not just the race itself, but the whole weekend.

After the long flight over and the usual delays clearing US Customs, the bags were dropped off at the hotel and it was straight off to the Expo to pick up my race number and chip.

Anyone who has run London or any other big city marathon will know this is where you get the big event feel and get your mind into marathon mode, it was also where the credit card took the first big hit of the weekend with a few pieces of snazzy running gear!

Whilst browsing the many clothes racks I heard my name called out, it was Darrell Milner who had come ruck sack on his back straight from the airport after a flight delayed by three hours and the same delays clearing customs that I'd had.

HI, I'm writing this while lapping up the Caribbean sunshine but also catching the tail end of a hurricane that is now on its way to Cuba. However it's still hot and they have a good gym!

As far as New York went I loved every minute of it. It started very early on the Sunday - buses picked us up at 5am and dropped us off at Staten Isle by 6am, it was cold (5c), but no rain.

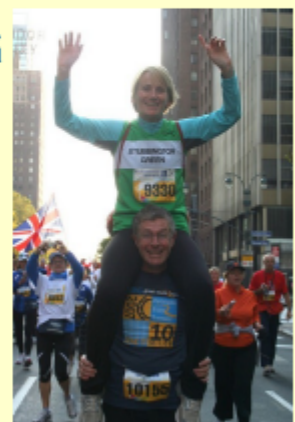
Standing about for three-and-a-half hours in the cold was not much fun.

However as soon as the run started I felt good. I had it in my mind that I needed to do under 3hrs 30mins to get a guaranteed entry for next year so I went out fast, maybe too fast in hindsight.

I saw Helen on the way round in three places which was good; she had the Stubbington Green flag hanging out, so was she easy to see.

The course seemed harder than London mainly because of the long bridges; one at the half way mark was over two miles long which seemed to climb forever.

I went though 20 miles in 2hrs 31mins which was far too quick, but then I had it in my mind that I had just under an hour to run the last 6 miles. At which point I slowed down and really



## **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/>



