The Green Runner

https://www.stubbingtongreenrunners.net

January 2024

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Chairman's Report

Happy New Year everybody and welcome to 2024 .

At the time of writing it's not long now until our 10k race on Sunday 7th January and the final stages of planning to ensure we have another successful event are in full swing. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members.
We have loads of club members running and have filled well over 150 helper /marshal positions which shows the fantastic support this club gives the 10k - I know that both Sara and Sarah are extremely grateful for this. Putting on a race like this, as I can personally attest to, is a very stressful experience and the more support the club members give the easier it is.
We are also approaching the time of the year for the AGM which will be held in late February – exact date to be confirmed. Please make every effort to attend the meeting and give it the support you give to all the other activities we arrange.

Look out for the AGM calling notice which will be sent late January/Early February.

See you at the 10k.

Happy Running
Kevin

Captains' Report

Captains' Corner

Well, we have had a fairly busy December with the Awards Night and a few races to boot!

So, the month started with the Awards Night, and it was great to see everyone dressed up and enjoying themselves on the dancefloor. I would like to thank our new Davina McCall (Louise Tanner) for hosting and presenting the awards. Congratulations to everyone who was recognised for their achievements there is only a small number of awards to go around 450+ members. So if you didn't receive one we appreciate all your efforts for the club over the last year.

HRRL saw 19 runners take on the fast Victory 5 course. Sadly we only got 3 men's and 1 ladies team for this very local race. We are approaching half in the season and our A teams are in a relegation battle. We will get a good showing at the Stubbie 10k, but this will mask the fact that we are not getting 4 ladies and 4 men's teams out at every race. If I could run, I would be on the battlefield with you and our Ladies' Captain will be there with you to support you. Please

look at these great locally put on races just like our fabulous 10k and go and give them a go please.

The results from Victory saw our ladies A team led home by Sam Jeffery 81st, 83rd Sara Bamberger, 89th Claire Proctor and 90th Sarah Barron saw good grouping for our ladies who were 9th on the day and sit 9th overall. Ladies incomplete B team was Jules Dinwoodie, Gilly Shutler and Janine Jenkins. Men's A team was led home by Richard Edmunds in 116th place, according to the results our next two runners must have been holding hands with joint 163rd in 36.10 which were Steve Matty and Jack Strougler. Making up the B team was Evan De Wet, Haydn Brown, Stuart Bamberger and Nigel Feast. C team was led home by Martin Robinson, Russell Mead, Carl Schafer and George Howarth.

The Southerns XC the week before Christmas was at the popular Lord Wandsworth College where saw good numbers with 14 runners. We got two teams out with two ladies in the first 5 led home by Kelley Haniver in 4th, 5th Daisy McClements, 55th Sam Hurst and 60th Alison Lawerence. It's been a long time since we had a male Stubbie runner winning the race with new member Tom Kirby crossing the line in 1st, congratulations Tom. Next in was 40th Russ Coleman, 48th David Mallard, 54th Mike White, 62nd Chris Hall, 91st Simon Hearnden, 114th Tony Beswick, 150th Graham James, 155th Mark Preston and 207th Nick Crane. We had our best results at this race in the series with the ladies 5th and men 8th and the aggregate score meant we finished in 7th overall on the day.

CC6 race 3 was at Kings Garn Enclosure with 22 runners enjoying the course. The ladies were 10th on the day and sit 6th overall. The team was led home by Katy Bradley in 33rd, 36th Beccy Lord, 42nd Alison Lawerence and in her first senior race in Green in 55th Freya Roebuck. Also running for the ladies was 56th Nikki Roebuck, 78th Lara Evans and 108th Stacey Read. The men's team was led home by Will Feline in the top 10 in 8th, 11th Russ Coleman, 16th David Mallard and 24th Richard Hayward. Also running for the men, 27th Mike White, 37th Chris Hall, 40th Toby Greenfield, 49th Chris Cullen, 54th Martyn Poore, 68th Martin Pegler, 79th Marcus Lee, 81st Tom Hastings, 82nd Matt Evans, 116th Nick Crane and 126th Ash Lovell. The men were 2nd on the day and sit 4th overall. The next two races in the series are on 14th January at Ocknell and 28th January at Holmsley Campsite.

The next race in Hampshire XC League is on 13th January at Prospect Park in Reading. We really struggle to get people out at this fixture. After the race we normally go to the pub on site for a drink and food afterwards.

On Sunday 3rd December we had some of our runners out at Goodwood completing various distances. Well done to everyone that took on this event.

Sunday 3rd also saw the Christmas Pudding run. Well done to the Green Army that completed this event.

On 9th December, three hardy fools took to Swanage due to the Endurance Life Trail run. Stuart and Sara Bamberger completed the 27-mile marathon and Sarah Barron completed the Half Marathon. Oh, what a day this was, 14 times for falling over in the thick boggy mud for me. One of the hardest runs that I have ever completed.

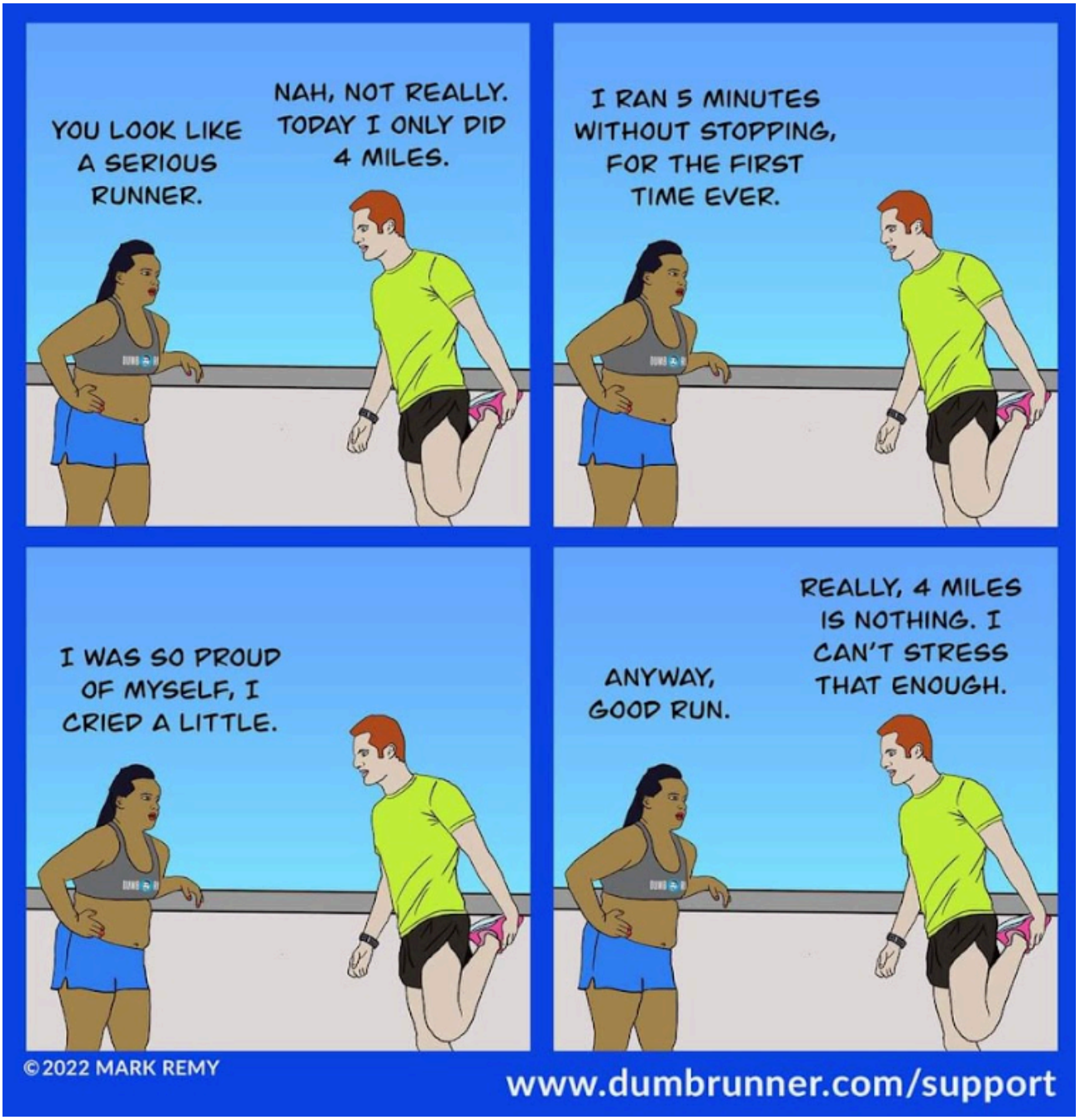
Saturday 16th, saw the clubs Christmas Handicap, we had a great turnout for this fun club event. Everyone seemed to enjoy the course and the well done to the two winners who came in nearest to the time were Steve and Oana Matty. Also well done to Mark and Marie McDonald for winning the best fancy dress.

On Sunday 17th, saw the return of the Portsmouth Coastal. We had some runners out taking on the Ultra Course, and for Ed Hare it was his first Ultra. We also had runners taking on the

Marathon and the half marathon course. Massive well done to everyone. It was great being out on course and supporting you.

Saturday 23rd we had two runners, Stuart and Sara Bamberger take a trip to Wimbledon for the Wimbledon Christmas 10k. Great event and not many that you go to, where a womble starts the race!!

We would like to wish everyone a very Happy New Year and hope you make lots of new year resolutions to run lots of club races and set yourself running goals for the year! Have a great 2024.



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

Great conditions again for the Time Trial. Sadly a low turnout but yet again the runners smashed out PBs. The biggest male improver was a close affair in third place was Tim Rolfe taking 56 seconds off his best. Second place and shaving an extra 3 seconds off his time with 59 seconds off was Jon Adams. The winner on the night and biggest male improver with 1 minute 10 seconds was….. George Howarth. Well done to everyone who ran and congratulations to our winner George. A special thank you goes to all my helpers. The randomator winner was Steve Matty.

The next Time Trial is on Thursday 18th January; please get in touch if you can help on the night.

9	George Howarth	31.13	**31.13**	**31.06**	29.56	-1.10	-1.17
10	Jon Adams	30.14		**30.14**	29.15	-0.59	-0.59
11	Tim Rolfe	20.34			19.37	-0.57	-0.57
12	James Bampton	23.29			23.10	-0.19	-0.19
13	Nikki Roebuck	22.19			22.19		
14	Sara McRitchie	26.25	27.38	30.14	29.57		
15	Alison Good	25.38	25.38				
16	Andy Richardson	28.57	**28.57**	27.10			-1.47
17	Ashley Lovell	26.51	**26.51**	26.11			-0.40
18	Carl Schafer	31.08	31.08	31.38			
19	Chris Cullen	23.03	23.03				
20	Emma Lovell	26.51	26.51				
21	Jon Leigh	34.17*		**34.17**			
22	Richard McAleer	23.11	23.32				
23	Sarah Barron	29.34		29.28			-0.10
24	Stacey Read	35.46		34.17		-1.29	-1.29
25	Steven Matty	23.21		23.17			-0.04
26	Tom Hastings	26.11		23.55			-2.16

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

Victory 5 took place at North Harbour on 3rd December 2023, and had a smaller turnout than previous HRRL races. The next race is our wonderful 10k – See you there!!!

The team scores are below for Victory:

Ladies name	team	team score
Sam Jeffery	A	343
Sara Bamberger		
Claire Proctor		
Sarah Barron		
Jules Dinwoodie	B	625
Gilly Shutler		
Janine Jenkins		
	C	
	D	
		team

Men's name	team	team score
Robert Egerton (still showing in results)?	A	474
Richard Edmund		
Steve Matty		
Jack Stroulger		
Evan De Wet	B	763
Haydn Brown		
Stuart Bamberger		
Nigel Feast		
Martin Robinson	C	1019
Russell Mead		
Carl Schafer		
George Howarth		
	D	

Ladies A-Division 1		
Postion	Club	Score
1	Denmead	17
2	Hedge End	20
3	Salisbury	23
4	Lordshill	24
5	Fareham	25
6	Liss	28
7	Totton	29
8	Farnham	33
9	Stubbington	40
10	Winchester	40

Ladies B-Division 1		
Postion	Club	Score
1	Totton	8
2	Denmead	30
3	Lordshill	31
4	Salisbury	31
5	Stubbington	31
6	Hedge End	32
7	Farnham	41
8	Gosport	42
9	Winchester	45
10	Ryde	46

Mens A-Division 1		
Postion	Club	Score
1	Winchester	19
2	Andover	20
3	Lordshill	21
4	Alton	21
5	Salisbury	24
6	Denmead	26
7	Fareham	27
8	Ryde	35
9	Stubbington	37
10	Southampton	46

Mens B-Division 1		
Postion	Club	Score
1	Lordshill	10
2	Alton	17
3	Fareham	18
4	Denmead	24
5	Totton	29
6	Winchester	29
7	Eastleigh	32
8	Salisbury	35
9	Stubbington	41
10	Hedge End	42

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

The 2023/2024 session dates are:

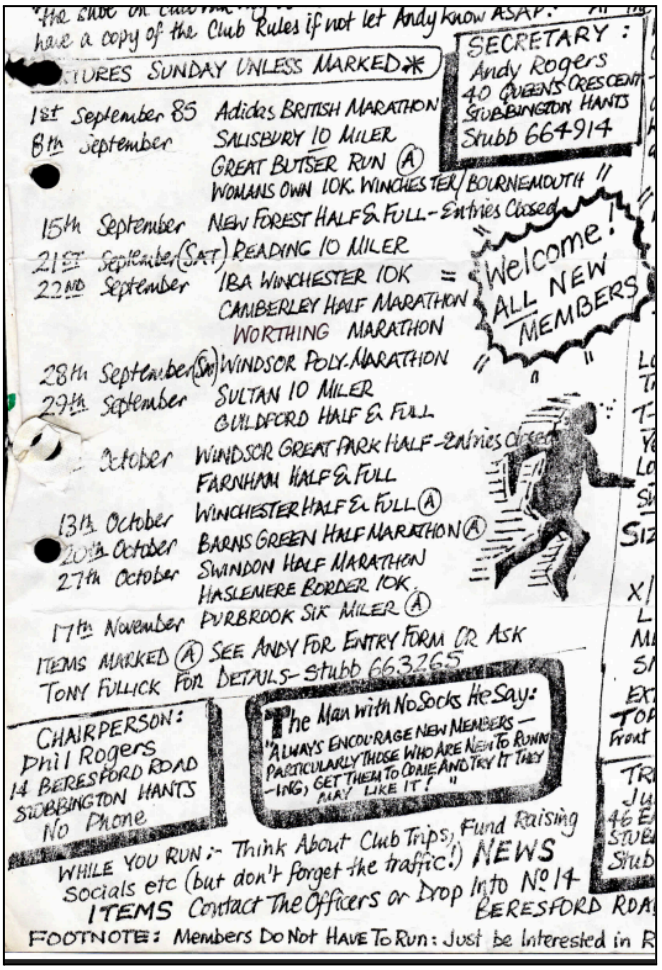
Club	Distance	Date	Status
Overton	5 Mile	03 September 2023	
Solent Half	Half Marathon	01 October 2023	
New Forest 10	10 Mile	29 October 2023	
Hayling 10	10 Mile	05 November 2023	
Gosport Half	Half Marathon	19 November 2023	
Victory 5	5 Mile	03 December 2023	
Stubbington	10 Km	07 January 2024	**SOLD OUT**
Ryde 10	10 Mile	4 February 2024	Entries open
Salisbury 10	10 Mile	17 March 2024	SOLD OUT
Alton 10	10 Mile	XX May 2024	
Netley	10Km	19 May 2024	
Alresford	10km	XX June 2024	
Lordshill	10Km	XX July 2024	

Looking forward to seeing you at the HRRL races, Stacey Read, (HRRL Secretary) my email address is hrrl-secretary@stubbingtongreenrunners.net.

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 month, the fixtures list for the autumn-winter of 1985 taken from issue Number 2 of The Green Runner. 1985 was almost 40 years ago… let that sink in.



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

Stubbington 10k - 7 January 2024. Any last minute volunteers would be appreciated. Contact Sara M or Sarah B.

Time Trial - 18 January 2024

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/