# The Green Runner

https://www.stubbingtongreenrunners.net

*February 2024*

gr-editor@stubbingtongreenrunners.net

# Chairman's Report

Sunday January 7th saw another awesome 10k race put on by Stubbington Green Runners. .A heartfelt thanks goes to everybody who ran, helped in some way or marshalled along the course – the hard work that club members put into it made it such a success. Our Race Director Sara Bamberger did an awesome job along with her more than able deputy Sarah Barron – you ladies were fantastic.

You will have seen the calling notice for the AGM which is scheduled for Wednesday February 28th, which we will be holding in person at the Crofton Pub. We look forward to seeing as many of you there as possible – we need more than 64 members to ensure we have a quorum so please make every effort to attend. If you are interested in any of the roles on the committee and want to know more please feel free to talk to any member of the committee who would be happy to explain the role. Although all the committee positions are up for re-election we do know that we have General Committee members stepping down so will definitely need to see some new faces on the committee for the coming year.

Looking forward to our Foodbank run on Wednesday February 7th where we will hopefully be able to donate a significant amount of those cupboard staples and demonstrate what a great club we are for more than just running.

I would just like to thank all the committee members and the members with non-committee roles who ensure the continued good running of the club. Without all of their commitment the club would not be the success it is.

I hope everybody continues to enjoy their running , whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running

Kevin

# Captains' Report

**Captains Corner**

We started the New Year with a bang, going into our Stubbie 10K. We had 1784 runners on the day with over 100 Stubbie runners with 34 PBs from you guys. We had a good showing from our A teams both finishing 5th on the day. Our ladies were led home by Beccy Lord who was 4th overall, 49th Anna Wilby-Lopez, 51st Lucy May and 58th Katherine Trott. To finish 1st Stubbie male it was a battle royal with the young pup winning both securing PBs and just 1 second in it! Men's team was led home by ...34th Brandon Chaplin, 36th Phil Morgan, 62nd Tim Rolfe and 106th Russ Coleman. Individual winner on the day was Beccy Lord winning the Mike Clarke Trophy for the lowest scoring Stubbie runner in the race. Winning the Dennis Woodward Trophies for the 1st female and male veterans was Anna Wilby-Lopez and Russ Coleman.

Stephen Dunlop won 1st V65 in a new PB of 39.26. Congratulations to the individual winners. Well done to everyone who ran and an extra well done if you got a PB on the day.

A special thank you to Sara Bamberger as our race director, Sarah Barron as chief marshal coordinator, to Stewart and Ali Pepper on the PA system. Thank you to everyone that supported our event as marshal/ helper, leaflet deliveries, numbers and kitchen support.

Stubbie 10K Race Helpers Race had 31 runners and 12 walkers. First lady home was Helen Benson in 51.42 and in true running spirit Steve Dilley and Mark McDonald crossed the line together in 43.05, were you two holding hands like the London Marathon all those years ago?

Hampshire XC Championships took place the day before the 10K at a drier Fairthorne Manor. The ladies went off first with a depleted team due to last minute illnesses and unforeseen circumstances. We got a senior team out who finished 7th, led home by Kelley Haniver 21st 45.47, 27th Nikki Roebuck 48.17, 31st Daisy McClements 48.34 and 65th Emma Baker-Chaplin 65.08. Sadly, Emma Ellis had to pull out due to footwear issues. For the men we had 8 runners and got a Senior and Vets team out. Leading the men home in an impressive 12th position was Tom Kirby 45.55, 70th Mike White 56.43. 81st Jack Strouger 58.06 (with no XC shoes!), 86th Matt Emery 58.52, 88th Chris Hall 59.18, 111th Martyn Poore 66.48, 112th Andy Donn 67.09 and 116th Nick Crane 72.47. The Senior men were 10th and Vets 9th. We scooped a few podium finishes with Kelley Haniver 3rd F45, Chris Hall 2nd M55, Mike White 1st M65 and Nick Crane 3rd M65. Well guys on your podiums and to everyone who ran a sticky course well done.

Hampshire XC league resumed after Christmas with the third race in series at Prospect Park which was the driest, I have seen it in a long time and infamous downhill was nothing to worry about! First up was Thomas Collett running his first race in green in the U11 race running 2k. Thomas was 47th in 14.43, well done Thomas see you at Bournemouth. The ladies race we got two teams out with the senior's 16th and vets 10th on the day. Leading home the senior and vet's teams was Nikki Roebuck 43rd, 104th Sara Bamberger and 106th Emma Baker-Chaplin with senior's 16th and vets 10th. Also running for the ladies and in her first Hampshire XC race was Kayleigh Collett 123rd, 127th Janine Jenkins and 128th Stacey Read. I can't get an overall standing for the ladies' teams at the moment. The Senior men were 3rd and currently sit 5th. First senior was Tom Kirby 27th, 65th Brandon Chaplin (17th U20), 99th Richard Hayward, 140th Chris Cullen and 154th Kieran Chaplin. The Vet men's team was Richard, Kieran and 183rd Stuart Bamberger who were 15th and sit joint 13th overall. Also running for the green army was 161st Martyn Poore, 169th Tom Hastings and 185th Martin Pegler. The last race is at Kings Park, Bournemouth Saturday 10th February.

CC6 had two races in January with the first one at Ocknell with 25 runners taking part. The ladies were represented by 9th Daisy McClements, 17th Nikki Roebuck, 46th Emma Lovell, 48th Katy Bradley, 54th Alison Lawerence, 77th Lara Evans and 78th Lisa Donn. The men were 18th Russ Coleman, 19th David Mallard, 32nd Mike White 2nd V60, 35th Chris Hall 3rd V50, 37th Toby Greenfield, 65th Chris Cullen, 77th Marcus Lee, 82nd Matt Evans, 95th Andy Donn, 105th Phillip Townley, 124th Jack Gooze, 125th Paul Smith, 130th Toby Smith, 131st Ash Lovell, 149th Tim Matthews, 150th Rob Williams and 157th George Howarth. The ladies were 7th and men 3rd.

CC6 5th race was a Holmsley Campsite with 19 runners. The ladies were led home by Alison Lawerence 31st, 39th Sam Hurst, 45th Freya Roebuck, 46th Nikki Roebuck, 59th Helen Benson, 65th Lisa Donn, 94th Jacqueline Healy and 98th Melissa Barham. The ladies were 11th and currently sit 8th overall. David Mallard was the first man home in 12th (3rd V40), 16th Russ Coleman, 42nd Toby Greenfield, 59th Tony Beswick, 66th Marcus Lee, 72nd Andy Donn, 77th Toby Smith, 98th Paul Smith, 100th Dominic Shepherd, 115th Ashley Lovell and 134th George Howarth. The men were 6th and currently sit 3rd overall. The next race is at Badger Farm, Winchester on Sunday 11th February.

Romsey 5 mile took part on 21st January. Well done to everyone that took part.

The Box Hill fell race took place on 20th January, well done to Colin Trigg and Chris Hall.

Southern XC at Chawton House we had 12 runners and got two teams out. Ladies team were 8th Kelley Haniver, 7th Daisy McClements, 53rd Katy Bradley and 54th Alison Lawerence. Also running 56th Sam Hurst, 88th Lisa Donn and 111th Lara Evans. Men's team were 11th with 28th David Mallard, 61st Simon Hearnden, 92nd Chris Hall and 99th Tony Beswick, plus 151st Andy Donn. The combined score on the day was joint 8th. Well done one and all. The next race is Bourne Woods on Sunday 18th February.

Arundel 15 mile and Marathon took part on a windy Sunday morning. Well done to everyone that took part, in the marathon and 15-mile course. It was a tough day out on the downs with the wind and the mud which was more like Polly filler.

On Sunday 20th January, we had one runner Domonic Shepherd take part in the Farnborough Half. Well done Dom.

On Saturday 27th, saw the Southern XC Championship at Beckenham Place. We had a great turn out of Ladies and Gents take on the event.

Well done to Beccy Lord 45th, Kelley Haniver 100th, Sara Bamberger 323rd, Emma Baker-Chaplin 336th, Sarah Barron 343rd, Dawn Haynes-Sewell 355th who took part in the ladies race. The ladies were 26th best team in the South! Brandon Chaplin came home in an impressive 76th position in the under 20 men. In the men's race, Tom Kirby 107th, Mike White 461st, Chris Sandy 597th, Kieran Chaplin 603rd, Martyn Poore 631st and Stuart Bamberger 673rd. The men were 44th best team in the South

## Club News

**The content of The Green Runner depends on the contributions made by club members. I am presently receiving no members' content aside from what is sent to me by Kev, the Captains and the HRRL information, hence the rather spartan look over recent months.**

**The Facebook page is pretty lively but only ephemeral, so please forward it for inclusion. You will last longer with a Green Runner. gr-editor@stubbingtongreenrunners.net**

# South Downs Relay 2024 applicants. Important news and deadline date.

**South Downs Relay**

**By Andy Simpson**

South Downs 100 mile Relay, on Saturday 1st June is a prestigious event by invitation only. We are looking to have a ladies team, men's A and a Vet men's team.

The race follows route of Bridleways and Footpaths across the South Downs from Eastbourne to Winchester, with 18 legs of approximately 5-8.7 miles, 6 runners in a team running 3 separate legs in a 10-13 hour period, akin to running flat out 3 separate undulating 10k races in one day!

Highly competitive off road event which requires lots of individual commitment to recce your legs, so you know them inside out as unmarshalled on the day and training hard in the build-up. You do need to be able to recce these legs under your own steam, sometimes people can help with the recces but not always available. The recces and the race on the day are great fun with some good comradery between teams.

The race organisers do apply time limits and cut offs, we are once again asking for runners who can achieve a sub 43 minute 10k. To get in the Men's A team you need to be able to achieve a 37 minute 10k or faster such is the standard of the field! Deadline for putting your name forward is Wednesday 28th February, this deadline may be extended at the Captain's discretion. A decision on teams will be made after the deadline. If you wish to be considered please contact your Captains. We would also like to see some cross-country form, so racing the CC6, Hampshire XC league or Southern XC races over the next month.

**Stubbington Green Runners AGM Call Notice 2024**

You are cordially invited to the AGM of Stubbington Green Runners on Wednesday 28th February 2024 at 8pm at the Crofton Pub, 48, Crofton Lane , Stubbington PO14 3QF

All Committee positions are up for re-election and will need nominations.

Please send nominations to the Secretary, Debbie Adams, (secretary@stubbingtongreenrunners.net) by Friday February 23rd; nominations should simply be position, name and names of proposer and seconder ( who must both be members).

If anybody wants any more information on the roles then please feel free to ask any of the Committee if the brief role descriptions below don't give you enough information.

Please find below a short description of each role;

**Chair** – Chair club meetings and be the overall focal point for club matters.

**Vice Chair** – Support the Chair through the year to ensure the Chairman workload is not too onerous.

**Treasurer** – Control overall finances of the club and 10k, issue payments, report monthly on finances.

**Secretary** – Administration of all club matters, keep membership records, minute meetings, act as point of contact for England Athletics and other regional organisations.

**Men's and Ladies Club Captain** – Being seen as the leader for all members of the club no matter what their speed, attending as many sessions as possible to encourage members of all abilities to enter races, working closely with the Club Coach to help runners progression and development and overcome barriers, supporting at races to make everybody feel part of the club, picking and organising relay teams.

**Club Coach** – Act as focal point for all coaching activities within the club, coordinate training sessions and act as leader for all other coaches and running leaders

**General Committee Members** – Act as representatives for all members of the club ensuring that all views are aired appropriately, take on any jobs through the year as decided by the Committee to support the club.

Any additional proposals for discussion at the meeting should also be sent to the Secretary by Friday 23rd February 2024

Kind regards,
Debbie Adams
Secretary
Stubbington Green Runners

A bumper club turnout for our home race Stubbington 10k. Everyone was amazing and some great PB's were achieved too! The next race is Ryde 10 miles – See you there!!!

The team scores are below for Stubbington:

| Ladies name | team | team score |
|---|---|---|
| Beccy Lord | A | 175 |
| Anna Wilby-Lopez | | |
| Lucy May | | |
| Jennifer Moran | | |
| Anna Sindall | B | 508 |
| Sam Jeffery | | |
| Claire Louise | | |
| Cathy Webb | | |
| Lara Evans | C | 780 |
| Jane Butler | | |
| Kim Bevel | | |
| Katherine Cooper | | |
| Lucy Foster | D | 1045 |
| Elizabeth Richardson | | |
| Wendy Mannion | | |
| Oana Matty | | |
| **Men's name** | **team** | **team score** |
| Brandon Chaplin | A | 167 |
| Phil Morgan | | |
| Russ Coleman | | |
| Stephen Dunlop | | |
| Steve Cumes | B | 450 |
| Chris Sandy | | |
| Joshua Cullen | | |
| Matt Emery | | |
| Simon Hearnden | C | 758 |
| Tony Beswick | | |
| Marcus Lee | | |
| David Jennings | | |
| Matt Evans | D | 953 |
| Mark Eaton | | |
| Richard Mackay | | |
| Kieran Chaplin | | |

| Ladies A-Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Denmead | 19 |
| 2 | Hedge End | 24 |
| 3 | Fareham | 28 |
| 4 | Liss | 29 |
| 5 | Lordshill | 30 |
| 6 | Salisbury | 32 |
| 7 | Totton | 37 |
| 8 | Farnham | 40 |
| 9 | Stubbington | 45 |
| 10 | Winchester | 50 |

| Ladies B-Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Totton | 17 |
| 2 | Lordshill | 32 |
| 3 | Denmead | 34 |
| 4 | Hedge End | 34 |
| 5 | Stubbington | 36 |
| 6 | Salisbury | 39 |
| 7 | Farnham | 47 |
| 8 | Gosport | 51 |
| 9 | Ryde | 53 |
| 10 | Winchester | 56 |

| Men's A-Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Lordshill | 24 |
| 2 | Alton | 25 |
| 3 | Salisbury | 26 |
| 4 | Andover | 27 |
| 5 | Winchester | 28 |
| 6 | Denmead | 32 |
| 7 | Fareham | 35 |
| 8 | Ryde | 36 |
| 9 | Stubbington | 42 |
| 10 | Southampton | 56 |

| Mens B-Division 1 | | |
|---|---|---|
| Position | Club | Score |
| 1 | Lordshill | 12 |
| 2 | Fareham | 21 |
| 3 | Alton | 22 |
| 4 | Denmead | 25 |
| 5 | Totton | 38 |
| 6 | Eastleigh | 40 |
| 7 | Winchester | 40 |
| 8 | Salisbury | 41 |
| 9 | Stubbington | 45 |
| 10 | Hedge End | 49 |

Please remember to wear SGR vests at HRRL events in order to gain those points.

# 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]

Now some feedback collated by Mike Bell about the 2004 Stubby 10k race.

**SGR & AC 10k** – Mike Bell

I've received some nice comments which I thought everyone would like to hear!
1) Thanks for a great race. Well organised, lovely flat course and I got a pb. Couldn't be happier! Cheers, Ben LeGrys.

2) Just a few words of congratulations for an excellent batch of pictures taken at yesterday's race. I have had a look at some of the pages of earlier events and it is noticeable how much improved the pictures have become over the past year or so. Again well done, great effort. Tony Hoskinson, Victory AC.

*3)* This is the second year I have taken part in the Stubbington 10k. Thank you for the excellent organisation, great support and well-marshalled course. Last year this was the first run I had taken part in and believed they would all be so efficient. I have now found out that Stubbington is one of the best in its organisation beforehand *and* on the day! Hope it was a successful day for the Club. I look forward to taking part again in 2005. Evelyn Denison

## 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

- Wednesday 7 February - Foodbank Run.
- Friday 23 February - deadline for committee nominations to be sent to the Secretary (Debbie Adams).
- Wednesday 28 February - 8pm, The Red Lion, Stubbington. Annual General Meeting. We need as many Stubbies as possible to attend.
- Wednesday 28 February - South Downs Relay 2024 deadline for applicants, who must be capable of running a sub-43 minute 10k race (or sub-37 minute 10k if applying for the Men's A Team).

## 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/