The Green Runner

https://www.stubbingtongreenrunners.net **March 2024**

gr-editor@stubbingtongreenrunners.net

Chairman's Report

Apologies for those who were at the AGM who have already heard this but I am using my Chairman's report for this months "From the Chairman" piece.
I am pleased to present my report at this, the conclusion of my ninth year as Chairman of Stubbington Green Runners and indeed 13th consecutive year on the committee. I will refrain from my comment of last year when I said you get less for murder

Let me start with a heartfelt thank you to all members of the committee that have supported the club through this last year. We may not always agree on everything we discuss but we have an open and honest debate before we reach a decision on a subject which we then all support. The issue that we were dealing with last year unfortunately continued into the current year and led us to the decision we came to which was to terminate a membership. I would like just to take this opportunity to remind everyone that all of us are volunteers who dedicate a not insignificant amount of their time to helping run this great club.

We have held 12 committee meetings through the year which is 2 more than our constitution requires. We have nominations for all the positions so for the agenda item later I will propose that the committee is elected en bloc. One committee member is standing down after 3 years on the committee so I would like to thank Tina Mackay for her contribution during that time.

As well as the committee positions we also have a number of non-committee roles, so I would also like to thank Richard Mackay for the Green Runner, Stacey Read for being our HRRL rep, Nicky Beal and Grace Thompson for looking after everything RR10 related and Rob Williams for CC6 . We also need to say thanks to Nick Kimber for his support to our handicaps whether it's

providing copious portions of fish and chips or mulled wine and mince pies at the Christmas handicap. Thanks guys, your support to these various roles is very much appreciated.
Other members of our club who deserve thanks are our leaders and coaches who give up their time week in week out to support the group runs and sessions the club provides – all for that bargain price of just £16 a year. Thanks everyone.

The club put on a fantastic 10k in January and Sara Bamberger with her deputy Sarah Barron did an amazing job pulling everything together and with the support of the rest of the club the race just couldn't have gone better – thank you. The race was again able to generate a not insignificant profit which will be split between our 3 charities Dinky Doris, Hants and IoW wildlife trust and Waypoint Hub Foodbank and I will leave Sarah to cover the proposed donations in her report.
We had a successful awards evening last year but are aware that not everyone was happy with the venue so have been looking at other alternatives and are pleased to announce that this year we have booked the Holiday Inn which hopefully will be a little warmer and we won't have to set up and tidy away afterwards! It will be a little more expensive than last year but please put Friday 15th November in your diaries for this great social event.

I mentioned charities earlier and we will need a new charity for this year and there will be an email going out shortly requesting your nominations – remember we like to keep the charity local if possible.

Sadly my running days are now over due to injury and unfortunately other health issues have meant that my supporting role hasn't been so visible in the last year but that hasn't diminished my commitment to this great club so I would just like to say that I have enjoyed the privilege of being your chairman for the last 12 months and look forward to working with the committee over the coming year in support of this great club!

Finally ……If anybody has any questions for me then I am happy to take them.

Captains' Report

Captains' Corner

The winter cross-country seasons are coming to an end with Southerns and Hampshire Cross-country League finishing.

Sadly, the National Cross-Country Championships at Weston Park was cancelled the day before due to rain and waterlogged car parking areas. They are rearranging it for September so maybe we can get two teams out again. It will be at Weston Park again.

Going into the last Southern XC league fixture we sat in 10th place. A rally call was put out and at the last race of the season at Bourne Woods the Green Army produced a great display to finish joint 7th in the league with one of our best turnouts of the season with 14 runners. For the ladies we had 5th Daisy McClements, 58th Alison Lawerence, 65th Katy Bradley and 69th Sam Hurst. The men were led home by Brandon Chaplin 9th, 23rd Colin Trigg, 37th David Mallard, 48th Mike White, 60th Chris Hall, 62nd Matt Emery, 71st Simon Hearnden, 79th Chris Sandy, 96th Tony Beswick and 143rd Nick Crane. Thank you to Lisa Donn for organising the troops.

CC6 at Badger Farm saw 19 runners. The ladies were represented by 26th Katy Bradley, 28th Alison Lawerence, 30th Freya Roebuck, 31st Nikki Roebuck, 34th Sam Hurst, 35th Helen Benson, 68th Lisa Donn and 69th Lara Evans. Leading home the men was David Mallard 6th (2nd V40), 332nd Toby Greenfield, 55th Tony Beswick, 61st Max Buckton, 63rd Chris Sandy, 75th Nick Crane, 81st Phillip Townley, 83rd Graham James, 92nd Paul Smith, 114th Tim Matthews and 115th Rob Williams. The last race is on 10th March at Itchen Valley, the men are currently 4th overall and the lady's 9th overall.

Hants XC at Kings Park we just managed to get 4 teams out with runners dropping like flies in the last week! The ladies had just 3 runners who scored for the seniors and vets, being old does have his benefits when you can score for both teams! So, the ladies results were 91st Emma Baker-Chaplin, 97th Sara Bamberger and 123rd Janine Jenkins. The lady's finishing position was senior's 18th and Vets 13th.

The had 7 runners, led home by Brandon Chaplin 36th, 88th Richard Hayward, 94th Mike White, 129th Kieran Chaplin, 137th Chris Cullen, 157th Martin Pegler and 165th Stuart Bamberger. The senior men finished 4th in Division 2 and Vets 12th. Thank you to everyone who has turned out this season for these races, perhaps a few more runners running in this great league will help reduce my chasing and begging for runners each race! I have struggled to find the individual finishing positions. So far, I haven't found the ladies individual finishing positions due to the results being done by Aldershot and Farnborough AC for the last few races, sorry. The men who qualified for a final position were Brandon Chaplin 10th U20, in the Vets, 24th Richard Hayward, 60th Kieran Chaplin and 73rd Stuart Bamberger.

The HRRL at Ryde was another great away day with ferry crossings and a visit to the Codfather afterwards. We had 30 runners and managed to get 7 teams out on the day. Ladies A team was led home by Emma Lovell, Sara Bamberger, Sarah Barron and Sam Jeffery. The men's front runner was Richard Hayward, Mike White, Jack Strougler and Christopher Cullen. Mike White was 1st in his age category, well done everyone.

The Big Mud event had lots of mud by all accounts and our runners took on the 16 miles or marathon distance. Well done to everyone who stayed upright! Congratulations to Daisy McClements having a birthday run and finishing 1st lady and 5th overall. Mike White was 4th overall and 1st MV60 and Chris Hall was 1st MV50.

We had a successful food bank run on a Wednesday night with a BC group running from Stubbington to Waypoint Church and A group running from Titchfield Community Centre to the church. We had a film crew and made the news regional news. A big thank you to everyone who donated food and ran on the night.

Well done to Phil Townley who completed the Seville Marathon in a great time of 3:45. Well done Phil.

The Winchester 10k was on 19th February and we had a few Stubbies out there representing the club, well done to everyone.

On 11th February we had four runners at Bramley 20 mile. Well done to Steve Matty, Stuart Bamberger, Sarah Barron and Sara Bamberger.

A couple of announcements for your diaries. Firstly, we will be doing the interclub time trials again with Fareham and Gosport over the Summer. Gosport will kick it off on Tuesday the 2nd of April with a 5K, meet at Pebbles car park for 7pm.

The Club South Downs Relay will once again be on the calendar. This popular event sees mixed ability teams of 6, running one third of the South Downs and each team member running one leg ranging from 3.75 miles to 7.15 miles. All the teams are picked by the Captains with mixed ability runners in each team. You will have to recce your leg before the big day to make sure you don't go wrong on the day. Normally you find people running the same leg go out together to recce the legs.

So, for now all you need to do is let your Captains know that you want to run the relay, which is Sunday 30th June, the deadline for putting your name forward is Sunday 21st April. After the relay, we will rehydrate in a pub and people who want to can order food.

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

Time Trial

The last time trial of the Winter series and we had our largest turnout with 18 runners, 8 first timers and 3 improvers on the night. Ladies biggest improver on the night, saw Jacqueline Healy come 2nd with slicing 19 seconds off her best but the winner on the night was Emma Ellis who knocked 38 seconds off her best. We only had one male improver but it was an enormous improvement of 3 minutes 17 seconds by Jack Strougler. The randomator winner was Toby Greenfield on his first Winter time trial, that's how it works sometimes. A big thank you to my marshals on the night and everyone who has helped over the series. Congratulations to our winners on the night. I will be having a month off next month. Then the Summer Time Trials start on Thursday 11th April in Eric Road, Stubbington. More details and reminders nearer the time.

Jack Strougler	24.49				**24.49**	21.32	-3.17	-3.17
Emma Ellis	30.48				**30.48**	30.10	-0.38	-0.38
Jacqueline Healy	33.42					33.23	-0.19	-0.19
Carl Schafer	31.08	**31.08**	31.38		31.30	31.17		-0.08
Dominic Shepherd	26.03				26.21	26.56		
Heather Graham	34.36					34.36		
Helen Benson	25.32					25.32		
Janine Jenkins	33.56					34.09		
Jules Dinwoodie	33.07				34.00	33.18		
Kate Provis	36.04					36.04		
Kirsty Graham	28.28					28.28		
Laura Rolland	32.07					32.07		
Martin Pegler	22.13					24.58		
Neil Jarvis	26.19					26.19		
Oana Matty	30.45					30.45		
Stacey Read	35.46		34.17			35.30		-1.29
Steven Matty	23.21		23.17		23.37	36.04		-0.04
Toby Greenfield	23.25					23.25		
Alison Good	25.38	25.38						
Andy Richardson	28.57	**28.57**	**27.10**		26.38			-2.19
Ashley Lovell	26.51	**26.51**	26.11					-0.40
Chris Cullen	23.03	23.03						
Chris Hall	22.58				22.58			
Emma Lovell	26.51	26.51						
Gareth McQuaid	29.50				29.50			
George Howarth	31.13	**31.13**	**31.06**	29.56				-1.17
James Bampton	23.29			23.10				-0.19
Jo McQuaid	28.40				28.40			
Jon Adams	30.14		**30.14**	**29.15**	27.35			-2.39
Jon Leigh	34.17*		**34.17**					
Louise Tanner	37.08*				37.08			
Martyn Poore	23.50				23.50			
Melissa Barham	39.28				44.04			
Nikki Roebuck	22.19			22.19				
Pete Cole	30.04				30.04			
Richard McAleer	23.11	23.32						
Russell Mead	28.49				28.49			
Sara McRitchie	26.25	27.38	30.14	29.57	30.48			
Sarah Barron	29.34		29.28					-0.10
Tim Rolfe	20.34			19.37				-0.57
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

The Stubbie big day out to Ryde was epic, there was beer, cheers and fish N chips - what more could we want. Simmo was in full force as our number 1 cheerleader even if it was with a pint in his hand in the pub garden as we all ran past!!! Same again for Salisbury??

The team scores are below for Ryde:

Ladies name	team	team score
Emma Lovell	A	254
Sara Bamberger		
Sarah Barron		
Sam Jeffery		
Wendy Cumes	B	505
Emma Ellis		
Gilly Shutler		
Kim Bevel		
Katherine Cooper	C	651
Stacey Read		
Janine Jenkins		
Claire Dyson		
Jacqueline Healy	D	185*n
Men's name	**team**	**team score**
Richard Hayward	A	254
Mike White		
Jack Stroulger		
Christopher Cullen		
Ed Hare	B	471
Steve Matty		
Andrew McEwan		
Stuart Bamberger		
Steve Cumes	C	610
Jack Goozee		
Evan de Wet		
Nigel Feast		
Dominic Shepherd	D	749
Peter Turnbull		
George Howarth		
Mike Healy		

Ladies A-Division 1		
Position	Club	Score
1	Denmead	22
2	Hedge End	29
3	Fareham	30
4	Lordshill	31
5	Liss	37
6	Totton	41
7	Salisbury	41
8	Farnham	46
9	Stubbington	52
10	Winchester	61

Ladies B-Division 1		
Position	Club	Score
1	Totton	20
2	Lordshill	34
3	Denmead	38
4	Hedge End	41
5	Stubbington	41
6	Salisbury	50
7	Ryde	54
8	Gosport	57
9	Farnham	58
10	Winchester	67

Men's A-Division 1		
Position	Club	Score
1	Lordshill	28
2	Alton	28
3	Salisbury	33
4	Denmead	34
5	Ryde	37
6	Andover	38
7	Winchester	39
8	Fareham	40
9	Stubbington	48
10	Southampton	67

Men's B-Division 1		
Position	Club	Score
1	Lordshill	16
2	Fareham	23
3	Alton	25
4	Denmead	26
5	Totton	46
6	Eastleigh	47
7	Stubbington	50
8	Winchester	51
9	Salisbury	52
10	Hedge End	55

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	SOLD OUT
Salisbury 10	10 Mile	17 March 2024	SOLD OUT
Alton 10	10 Mile	12 May 2024	Entries open
Netley	10Km	19 May 2024	Entries open
Alresford	10km	16 June 2024	Entries open
Lordshill	10Km	7 July 2024	Entries open

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

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
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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

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/