The Green Runner

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

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Chairman's Report

As we entered the summer season it was great to see so many members at the first RR10 of the season at Fleming Park. These free to enter Cross country races are a fun way to spend a Wednesday evening whether you are running or supporting with a rehydration session in a local pub after! If you haven't tried one yet please do – you won't regret it. Our RR10 is scheduled at Upper Hamble Country Park (formerly called Manor Farm!) on 22nd May and no doubt you have already seen the requests for help from Grace Thompson and Nicky Beal as we marshal at this race rather than running it. It would be great to see as many of you there as possible so we can demonstrate what a great marshalling as well as running club we are. If you want any more details just take a look at www.RR10.org.uk.
April traditionally sees a great number of marathons across the country and this April was no different and it was good to see so many involved in the London marathon . Many congratulations to everybody who took part and supported this event – you were all awesome.

The blue riband event of the year takes place on Saturday 1st June – the South Downs relay and we are again marshalling the changeover point on Harting Down so please let Saran Barron know if you can offer any help on that day. Good luck to our 3 teams in this prestigious event – it's a great day out and as the runners get closer to the finish in Winchester then I'm sure they will also be grateful for any support they can get. As you may have seen we are also running our own version of the South Downs Relay on Sunday 30th June and it looks like we have had a great response to this so let's hope we have good weather on the day and enjoy the run and celebrations at the Milburys pub at the end.

Please remember the Green Runner is your newsletter so please feel free to email Richard Mackay (gr-editor@stubbingtongreenrunners.net) the editor with race reports of any races you have completed – I'm sure that all members like reading about the exploits of others.

Finally I would like to thank everybody who has renewed their membership for the coming year and welcome all our new members who have joined in the last few months – its so good to see the club growing in the way it is.

Happy Running

Kevin

Captains' Report

April is known as marathon season with runners taking part in Brighton, Manchester, Paris, Newport and the big one….London. Well done to everyone who ran their marathons and very sorry for the people who had to pull out due to injury and illness after all the training, I know a few people who did. We had a few people who were first timers and runners getting PBs.

At Manchester marathon we had one representative with James Redman running 5 hours 6 minutes.

Newport marathon was officially too long!! So that makes the result of Kate Charles's first

marathon even more impressive with a time of 4 hours 19 minutes 15 seconds.

Paris, saw three runners, Sarah Barron, Stuart Bamberger and Sara Bamberger. Well done all three of you on great times on a warm day.

London marathon is always the holy grail to run this marathon and you're a winner if you just get into the marathon!! Along with London marathon, they run the virtual London marathon on the same day and two club members did just that. So well done to running around Hampshire to complete the marathon, Helen Coulthard 7.21.58 and James Norman 7.31.54. At London we had 16 runners, with people trying to beat their own World Record…Crocman aka Jon Warner. A Swiss national record attempt by Stephen Dunlop for V65 runner.

Marathons are hard and you may be feeling great on the start line but as the marathon unfolds it doesn't always go to plan, if that was you this year, don't worry you can always bounce back next year. There is a fine line between running a great marathon and crashing and burning as you run on the edge!

So the results from London, Tim Rolfe 2.58.15, Phil Morgan 2.59.20, Stephen Dunlop 3.09.38 PB GFA for V65, Anna Wilby-Lopez 3.16.06 PB GFA, Rob Egerton 3.28.52, Jon Warner 3.32.17, Paula Williams 3.41.06 GFA, Steve Matty 3.46.49, Chris Hall 4.22.46, Marie McDonald 4.25.53, Elizabeth Richardson 5.11.07, Mike Healy 5.13.23, Kate Provis 5.45.13, Karen Nichols 5.48.14 and Elizabeth Savory 5.48.44. Sadly Steve just missed out on the Swiss record and Jon was sadly injured so didn't lower is 3 hour 2 minute record for running in a pair crocs. I know both of you well bounce back but 3 hours 9 minutes for V65 man is an awesome time. Just reflect on your achievements of running one of the most iconic marathons in the world and well done everyone.

Well done to everyone who also took on Brighton Marathon and to Sam Jeffery on her 1st Marathon.

Also on a very windy day, we had representatives at Southampton taking on the marathon, half and 10k. Well done to everyone.

Sunday 14th April, we had two runners at Reading Half Marathon, well done to Stuart and Sara Bamberger, and well done Stuart for getting a new PB.

Well done to Evan De Wet and Ed Hare who ran the Worthing Half Marathon.

And awell done to Domonic Shepherd for the Boston Marathon.

RR10 season kicked off at Fleming Park. As requested by your captain there was a sea of green! We had 56 runners for the opening race with 7 ladies and 7 men's teams. The ladies A team got off to a perfect start by winning with 3 runners in the top 5. Congratulations to Beccy Lord for winning the race, 4th Daisy McClements and 5th Kelley Haniver. The men's A team were 3rd led home by Colin Trigg 9th, 19th Richard Hayward, 23rd David Mallard, 26thRussell Coleman and 35th Jack Strougler. After 1 race in the individual standings, Beccy leads overall, Kelley 1st F45 and Tracy Langdale 3rd F55. For men Mike White got off to a perfect start 1st V65, Chris Hall senior 2nd V55 and Ray Gunner 2nd V60. The next race is at Itchen Country Park on 8th May. The race after that on 22nd May, we are hosting at River Hamble Country Park, where we volunteer and bake loads of cakes for after the race.

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.

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]

From the first edition of the new millennium…

SGR MILLENNIUM AWARDS - Anon.

(not to be taken too seriously!)

MOST TRAVELLED RUNNER - George Childs
MOST TALKATIVE RUNNER - Di McEwen
RUNNER WITH CLEANEST SHOES (female)
- Jenny Hearnden
RUNNER WITH CLEANEST SHOES (male)
- Ian Lewis
OLDEST RUNNER - Michael Aimable
YOUNGEST RUNNER - Ella May Hards
EVERGREEN RUNNER - Chris Brittain
SILLIEST SHORTS - Doug Roberts
SILLIEST TROUSERS - Ken Payne
LONGEST LONG DISTANCE RUNNER
- Barry Hards
BEST COOK - Joan Vose
WORST COOK - Andy Rogers
RUNNER WITH LARGEST APPETITE -
John Vose (Runner-up - George Childs)
RUNNER WITH LEAST SENSE OF DIREC-
TION - Michael Tuffrey & James Marshall (tie)
BEST DISGUISED RUNNER - Gary Davies
(disguised as a tree in London Marathon 99)
WARM WEATHER RUNNER - Mike Whybrow
& Terry Andrews (tie)
COLD WEATHER RUNNER - Chris Richards &
Claire Hearnden (tie)
EASIEST TO SEE RUNNER - Peter Rawlins
HARDEST TO SEE RUNNER - you?
Other categories and nominations are welcome!

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/