The Green Runner

https://www.stubbingtongreenrunners.net

July 2024

gr-editor@stubbingtongreenrunners.net

Chairman's Report

It's been great to see the seas of green across the many events we have seen in the last month , whether it's road or trail everyone seems to be enjoying themselves. Our supporters also play a great role in motivating the runners so thank you to everyone out on the various routes cheering the runners on – I know it is so appreciated. Our marshalling team at Harting Hill for the South Downs Way Relay was a great success supporting all the teams taking part in this prestigious race so many thanks to all involved with this. We spent the day today supporting our own mini version of this event and it was fantastic to see so many of all abilities involved in this great event – 66 runners across 11 teams was amazing not to mention all the supporters as well. Thanks go to both of our captains (Andy Simpson and Sara Bamberger) for their hard work organising everything.

A large group of Stubbies are hitting the roads to take part in the various Lakeland Trails in the Lake District shortly so hopefully they have a great weekend promoting the club over 300 miles from home – I'm certainly looking forward to my support role here and it's always a good social weekend whether you are running, supporting or indeed just being there.

The RR10 season has again proved to be very popular and well supported by our members. If you haven't tried these friendly midweek I would urge you to give them a go – they are very friendly, free and you get to go to the pub afterwards – what's not to like? Congratulations to one of our RR10 Reps Nicky Beal and her partner Will Cowley who have just welcomed their new son to the world – I'm sure he'll look great in green!

I would like to welcome all the new members and hope you enjoy the benefits that come with being part of the community that is Stubbington Green Runners.

Happy Running

Kevin

Captains' Report

Captains' Corner

by

Sara Bamberger

This month seems to have been jam packed with races 3 times RR10s, lots of trail races, HRRL, interclub time trial and a club relay!!

Starting off with the RR10 series, the first race was Badger Farm with 11 teams. The ladies continued their impressive start to RR10s with another 1st place on the night led home by Beccy Lord with a 1st, 7th Daisy McClements and 12th Nikki Roebuck. The men's A team were 5th with Brandon Chaplin having an impressive run-in 3rd, 16th Tim Rolfe, 24th David Mallard, 35th Russell Coleman and 44th Ben Pyn. On the individual performances Nikki was 3rd F45, Tracy Langdale 3rd F55, Mike White 1st M65 and Ray Gunner 3rd M60.

The next RR10 was Ampfield Woods with its dodgy start as usual! We got 9 teams out. The ladies A team made it 4 wins from 4, led home by Beccy Lord 2nd, losing out to a junior international runner Annie Mann, 8th Kelley Haniver and 9th Daisy McClements. The men's A team were 9th with Brandon Chaplin 9th, 10th Tim Rolfe, 28th Richard Hayward, 30th David Mallard and 34th Russell Coleman.

Marwell RR10 saw 53 runners; the men finished 2nd on the night and now sit 3rd overall. The A team once again saw Brandon Chaplin leading home the men with his highest RR10 finish of 2nd, 9th Tim Rolfe, 21st Colin Trigg, 23rd Russell Coleman and 26th Richard Hayward. The ladies had a bad night at the office missing key contributors to the A team saw them slide to 9th on the night and drop to 2nd 3 points off Lordshill. The ladies A team saw some new faces in it, with Kelly Haniver having her best finish in 2nd, 42nd Helen Benson and 43rd Tracy Langdale. Individually on the night 1st F45 Kelley, 2nd F55 Tracy, Ray Gunner 3rd M60 and Mike White 1st M65. Next race is at River Hamble Country Park on 10th July at 7pm.

HRRL penultimate race was at Alresford 10K, a low turnout with just 13 people and just 3 teams out of a possible 8 teams. The ladies A team were led home by Sam Jeffery 336th 61.07 350th Jules Dinwoodie 62.04 and 366th Glynne Parsons 63.23. The ladies B team was 387th Gilly Shutler 67.32, 398th Stacey Read 69.56 and 404th Janine Jenkins 70.47, plus 408th Joanna Reed 71.35, 409th Jacqueline Healy 71.35 and 430th Melissa Barham 80.43. Ladies A team currently sit in the relegation zone in 9th and need a miracle to escape. The ladies B team are mid-table in 5th overall. The ladies C team are faring well in 2nd, but no team and the D team is 2nd just 1 point off top spot. The men's A team was led home by Steven Matty 147th 47.25, 218th Evan De Wet 51.35, 221st Pete Cole 51.44 and 311th George Howarth 58.55. The men's A team were 7th and 8th overall, sitting just 1 point above the relegation zone and well truly in the relegation battle. The men's B team were 11th with no team and sit 9th in the relegation zone. The men's C-team are 6th in mid-table and the D team are 2nd out of 3 teams. So, the last race of the HRRL season is Sunday 9th July at Lordshill, let's see if we can go out with a bang and avoid relegation for our teams.

South Downs Club Relay was on the last day of June. We had 11 teams with 6 runners in a team. The runners had to recce their legs beforehand, organise the transport logistics as always. The teams had to run with batons and handover to their next runner. The day started with obligatory coffees and hydrating themselves. Leg 1 started at Littleton Farm with a nice uphill start for 5.18 miles and with the weather gods with us, they set off with Matt Evans charging up the hill and into the distance. Leg 2 starts at Hill Barn, near Cocking with a 1 mile plus uphill to start and a few more bumps on the toughest leg. As we waited to see who would come in first there was a buzz around the finish of the leg, more hydrating with coffee and lots of nervous wees! First to handover to his team was Matt Evans for Team Saga in 42.06 to Marcus Lee. The next two runners in were Neil Jarvis 2nd 46.33 for Two Lagers, A Packet of Crisps & Jack Strougler, with the 3rd team The Downbusters with Marie McDonald in 47.48. Leg 2 is 6.39 miles and lots of teams changed positions. The lead changed with the 6th place team coming in 1st with the flying David Mallard in 47.23 some 3 and half minutes quicker than anyone else, so Scrambled Legs were now leading. Coming in 2nd was Marcus 55.49 for Team Saga. The 3rd team on the Downs was Jack Strougler in 52.52 for Two Lagers, A Packet of Crisps & Jack Strougler. Leg 3 Harting to QE Park for 5.42 rolling miles and the lead changed hands again. So, starting in 3rd Captain Simmo charged into 1st place early in the leg and hung on to finish the leg in 1st in 43.23, much to the surprise of his teammates! So, team Two Lagers, A Packet of Crisps & Jack Strougler were now 1st, coming in 2nd after having passed numerous runners on the legs was Tom Hastings for Worst Pace Scenario, running the fastest leg time by 3 seconds in 43.20. Leg 4 up to Sustainability Centre via Butser Hill over 3.93 miles. The lead

changed once again with Alison Lawerence running the fastest leg time in 37.54 leaping from 2nd to 1st place with Worst Pace Scenario. Leg 5 to Old Winchester Hill Car Park saw a team hold on to the lead with Gilly Shutler running 43.05 to give Evan De Wet around a 6-minute lead. Coming in 2nd was Stacey Read in 44.03 for Two Lagers, A Packet of Crisps & Jack Strougler. The glory leg to the Milburys Pub at 7.15 miles saw the race to the finish line. The fastest leg runner saw his team go from 8th to 4th was Russell Coleman running 48.57 for Runwalkcrawldrinksleeprepeat. The podium places were decided over this last leg with Kieran Chaplin in 57.31 for the Range Goats to claim 3rd spot with a total time of 4 hours 52 minutes 38 seconds. Evan, the wounded tiger with a leg issue, saw his lead whittled away but hung on to claim 2nd spot in a leg time of 64.58 with Worst Pace Scenario in 4 hours 50 minutes 28 seconds. So, overhauling a 6-minute deficit and passing Evan near the end was Chris Cullen who ran the last leg in 56.46. The winning time was 4 hours 48 minutes 51 seconds, and the team crowned Club Relay Champions 2024 was……Two Lagers, A Packet of Crisps & Jack Strougler. The relay was a close-run thing with the top 5 teams separated by just 5 minutes and less than 30 minutes separated the top 10 teams for covering 32 miles of the course. Well done to all the 66 runners who ran on the day, great camaraderie and people mixed and met runners with who they wouldn't normally run with. A special thanks to Sara Bamberger for helping me organise the event. Everyone seemed to enjoy the day, so we will do it again next year.

On other events, our runners have also been completing a lot of other events:

On 2nd June, saw a few of the Green Army heading to Reading for the 10k. It was a very hot morning but a great day out. Well done to Brandon Chaplin, Kieran Chaplin, Emma Baker-Chaplin, Stacey Read, Janine Jenkins, Stuart Bamberger and Sara Bamberger.

On 9th June saw the annual Purbrook ladies 5-mile run, This is such a great event and loved by so many. Well done to all our Ladies that took part.

On that same day we have a fair few taking on the sand and trails to complete the Big Sea, well done to everyone that took part in the various distances.

Monday 10 June: Copythorne 10K saw runners taking part in the 10k and 5k. This is such a great community event with live music, BBQ, and a lot of fun, with some running thrown in there too. Some great dancing and running – well done everyone.

15th June: Saw us having the Lee on Solent Parkrun takeover. Thank you to everyone who gave up their time to pace, Marshall and help organise this. Unfortunately, the weather wasn't in our favour, but a great time was had by all.

16th June saw a few of us taking on the Southampton Running Festival 5k and half marathon. There is nothing like some laps around Southampton common. Well done to James Corder for the 5k and Ed Hare, Kieran Chaplin, Stuart Bamberger and Sara Bamberger. Also well done to Stuart and Sara for getting 1st in their age categories.

Also on this same day was the Giants Head Marathon and Half Marathon. Well done to everyone that took part and a big well done to Daisy McClements who was 1st lady home on the half marathon.

23rd June was a very busy day, we had the 1st ever Hangers Way, we had a few runners there taking on this new 50k event. Well done to Mike Smith, George Howarth, Louise Tanner, Jon Leigh, Laura Kay and Sara Bamberger.

The Solent Airport run and Exbury Gardens 10k also was well supported by the Green Army. Well done to everyone that ran in these two events.

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.

South Downs Relay 2024 Reports

A Team

The Stubbington A Team had a successful day out on the South Downs, with strong running from all team members, in particular Mike White coming in 3 minutes ahead of schedule on Leg 8, Tim Rolfe 4.5 minutes ahead on Leg 13, and Phil Morgan 4 mins 20 ahead on Leg 17!

First timer to the south downs, Rob Egerton put in a fine performance, especially considering he ran the Edinburgh marathon less than one week before. Rob Greenwood turned up less than fit, but got the job done.

Finally, after 12 hours 5 minutes and 26 seconds Chris Sandy brought the team in.
Stand out performer on the day was team driver Stewart Pepper, who remained calm and focused throughout the day.

2024 SDW relay – Stubbington Green Runners Women's Team

Lucy May, Kelley Hanniver, Helen Nicholls, Ali Young, Anne Sydenham, Daisy Hall
Captain Sara Bamberger

Driver Chris Hall
Support Stu Bamberger

For the Ladies, the reality is that the hardest part of the whole mission is getting a competitive team to the start line in one piece and 2024 proved no exception! With injuries and illnesses taking their toll, we were lucky that 2 exceptional athletes and thoroughly fantastic human beings, Anne and Ali stepped up at the last minute and came bounding into the Stubbington Green Runners fold – strengthening the Ladies members greatly. For 2025 our collective wish is that we support, nurture and develop our Lady members' competitive running ambitions so that we can reflect the Men's position of having numerous runners wishing to, and capable of, joining the SDW team.
The SDW race is a unique challenge, when describing it to others, we talk about running 3 x 10km races with a rest in a van for a few hours in between each leg. It's tough, hard but amazing because the huge positive of the day and why some runners in the team keep returning each year is the support, comradery, and being part of such an awesome team including Captain Sara and Driver Chris and support crew Stu.
We finished 3rd on the day and had a fantastic race – nothing went wrong, everyone enjoyed themselves and we found coffee, toilets and food stops all at the right times – a happy camp!
We asked the team for a few insights as to the highs and lows of the day and their 'why' they put themselves through this race each year…

Your highlight of the day
I always love the crew at the gates on leg 17. (Not enough to keep wanting that leg though)
I love the start at the stunning location of Beachy head – makes us all feel alive and magical
Emptying the tanks into the final stage, painful but much fun. That and the sheep sounding like they were cheering me on.
How everyone finds that extra push for the team and gives it everything.
Love the camaraderie and support throughout the event, especially towards the end when things get tougher.
Highlight of the day has to be racing the last leg with another runner.

Your hardest part of the day
Saying no to being part of the team – you just can't!
Getting the legs moving after van time – who took a hammer to our thighs?
Managing eating and fueling to avoid running out of gas but keeping stomachs happy.
Queuing for the toilet before leg 12 then a minor panic as they blocked the route back to the start
Hardest part after the 4:00 am start was the 3rd leg for me. My fitness is not what it used to be and recovery time is longer.
Hardest part is always fueling for the day but this year it all went OK. I ate as soon as I finished a leg even if I didn't feel like it.

What's so special about the SDW relay to you?
Being competitive but the team not being overly pressured by it so we still enjoy the day.
Running as part of a team supporting each other
Tough, fast women supporting each other to be awesome – adds 10% to your ability to suffer without a doubt
SDW is such a beautiful trail, I love the recce runs taking me to great places I wouldn't have gone to otherwise.
It is such a unique amazing race, I realise this when explaining to non-runners. I love jumping in the van and racing to the next checkpoint before your runner gets in.
One of the toughest races due to having to go flat out , recover, refuel, stretch before doing it again and again. Beautiful scenery and a fitting tribute to our teammate Tanya who passed away in 2022 and still holds some of the leg records.

Vets' Team

Saturday 1st June 2024 was the date for the annual South Downs relay, the SGR Vets team going into the event as defending champions with the sole objective of retaining the trophy and a trip back to the engraver to add another Stubbington name on the list. The original start times released a month before the event confirmed this year would be no less competitive with 3 or 4 other Vets teams predicting similar overall times.

The day started with the usual gathering at Simmo's house to start the journey to Beachy head. The team this year was made up of multiple off road event champion Pere, Iron man Daragh, David (1 year after the event that led him to a visit to QA with a bloody forehead from a low branch. The remaining team members were Lee, Colin and myself (Russ). A notable tactical change from prior year was that Colin and I swapped the legs we ran, this was put down to gaining the most from each of our strengths but we suspected it was more likely to ensure Colin did not end up in a toilet close to starting his run (again) 🙂

The start was particularly windy and cold this year, conditions not ideal for a man from Barcelona but despite this, Pere got the team off to the best possible start, a huge lead over the other teams we started with, including the other Vets team, Phoenix. Daragh took over from Exceat, running a solid leg up to Bo Peep, handing on to David, proving a great addition to the team on his SDW vets debut. Lee, Colin and Russ then carried the baton from Itford farm to Saddlescombe, completing the first round of runs for the team on the day. At this stage we knew we had a good lead over our closest rivals on our start but were hearing rumours the Basingstoke Vets team had run their first 6 legs quicker than our time at the same point, starting 30 mins ahead. We therefore had to find an extra gear to try and retain the Vets trophy.

All 6 runners continued to give absolutely everything to finish even quicker than Andy's ambitious predicted times, leaving me to run the final leg with the belief that if I could run to expectations and not fade the trophy would be ours. Despite all of us knowing our relay legs well, a few minor mishaps along the way had cost small amounts of time, leading me to fear the possibility of taking a wrong turn on the final leg, I therefore borrowed Colin's garmin and ran with 2 watches, 1 to ensure I did not veer off course the final leg. It was not needed but gave me confidence for the final leg.

Once most of the teams were in the presentations began and it was confirmed the vets team had retained the title, our 3rd win in 4 years. We had won thanks to an amazing effort from all 6 runners but helped immensely by Nick Kimber's vast experience driving the minibus between each leg, helping us quickly beat the runner to the next point, often down narrow lanes with limited parking with so many other teams involved. It turned out the close battle with Basingstoke was a psychological ploy to motivate the team to run even harder. It worked and we ended up 14 mins ahead of both Basingstoke and Phoenix. 1 or 2 other teams were not far behind this so we know the 6 runners selected next year will again have their work cutout.

A big thankyou to Nick Kimber for driving the bus for the team, I would like to also thank the Stubbington members that volunteered at South Harting as well as a big thanks to Andy Simpson for his great efforts in bringing the 2 men's teams together and giving all 3 Stubbington teams constant cheers and motivation throughout the day.

SOUTH DOWNS
100 Mile
RELAY
FINISH
SOUTH DOWNS
100 Mile
RELAY

2024

Race No.	Team Name	Cat.	Start time	Finish time	Elapsed time	Race pos. A
1	Brighton & Hove AC	A	9:00	18:59:19	9:59:19	1
2	Brighton Phoenix	A	9:00	19:27:53	10:27:53	2
3	Henfield Joggers	A	8:30	19:26:38	10:56:38	3
11	Alton Runners	A	8:00	19:16:37	11:16:37	4
5	Chichester Runners	A	8:30	19:56:06	11:26:06	5
9	Vegan Runners	A	8:00	19:33:51	11:33:51	6
19	Worthing & District Harriers	A	7:30	19:30:48	12:00:48	7
12	Haslemere Border Athletic Club	A	8:00	20:08:01	12:08:01	8
14	Stubbington Green Runners	A	8:00	20:08:29	12:08:29	9
21	Hailsham Harriers	A	7:30	19:41:06	12:11:06	10
26	Victory AC	A	7:00	19:34:53	12:34:53	11
34	Arena 80	A	6:30	19:06:25	12:36:25	12
38	Meads Runners	A	6:30	19:19:56	12:49:56	13
24	Haywards Heath Harriers	A	7:00	19:51:02	12:51:02	14
32	Isle of Wight Road Runners	A	7:00	19:52:12	12:52:12	15
17	Liss Runners	A	7:30	20:23:50	12:53:50	16
35	Chineham Park Running Club	A	6:30	19:42:38	13:12:38	17
40	Orpington Road Runners	A	6:30	19:54:03	13:24:03	18
48	Brighton Hash	A	6:00	19:38:30	13:38:30	19
43	Fareham Running Club	A	6:00			DNF
52	Horsham Amphibians Triathlon	A	6:00			DNF

Time Trial

This month's time trial was a special edition with the Interclub Time Trial with our neighbours Fareham and Gosport running clubs joining us. We had an unfortunate clash, with England playing football in the Euros before the time trial which impacted our numbers on the night, versus last year's figures. That said I booked the weather and it was a glorious night with the sun still shining. A massive thanks to my 23 helpers on the night and using the parkrun app worked really well, for doing the timings which maybe something we use going forwards.

We had 59 runners on the night with 12 Stubbies, 31 Fareham and 16 Gosport which saw 17 improvers on the night. First runner home on the night was our very own Chris Williams in

24.12. The ladies biggest improver saw some whopping improvements with Gosport's Rebecca Scott taking 3rd spot with 2 minutes 30 seconds. The top 2 ladies on the night were from Fareham with 2nd going to Brooke Bishop with 4 minutes 32 seconds but the winner on the night with an amazing improvement was Katie Savage, slashing 5 minutes and 14 seconds off last year's time!

The biggest male improver on the night was a very close run affair with just 8 seconds separating the top 3! In 3rd place was Stubbies Pete Turnbull with 1 minute 47 seconds. The top 2 were separated by 2 seconds in 2nd was Fareham's Colin Sharpe with 1 minute 53 seconds. Congratulations goes to Gosport's Mark Jakins with 1 minute 55 seconds.

The randomator winner on the night went to Mark Brooks of Fareham.

The next time trial is Thursday 18th July, as always please let me know if you can help.

Stubbington Green - Time Trial Results 2024

Name	Best 2023	April	May	June	Months Best	Total Yearly Best 2024
		22	18	13	2	8
Chris Williams	23.43	23.40	24.47	24.12		-0.03
Nikki Roebuck	27.07	27.07				
Andrew McEwen	27.41		29.09			
Steven Matty	27.59	27.54	29.42	28.40		-0.05
Stuart Bamberger	29.09		29.09			
Simon Hearnden	28.13	35.05	25.36			-2.36
Kieran Chaplin	29.11			47.34		
Helen Benson	30.55			30.55		
Andy Donn	29.00	0.00				
Sara Bamberger	31.47	48.41	50.45	37.07		
Nigel Feast	32.04	36.45				
Claire Procter	32.51	34.21		34.48		
Freya Roebuck	33.16	33.16				
Lisa Donn	33.53	34.01				
Gaynor Heffer	34.35		39.39			
Peter Turnbull	35.20			33.33	-1.47	-1.47
Deborah Madeira	35.28	35.28				
Steve Wood	35.04		35.52	35.26		
Mark Saywell	36.29		38.10			
George Howarth	37.21	38.31	34.40			-2.41
Jules Dinwoodie	37.47	38.54		39.02		
Jacqueline Healy	38.33	40.34	43.08			
Gilly Shutler	39.37		40.58			
Katherine Cooper	40.07	40.07				
Tracey Shimmin	40.11	40.11				
Phil May	40.59	42.37		41.26		
Stacey Read	41.54		41.43			-0.11
Martyn Banner	42.03	42.03	43.06			
Nick Richardson	42.55	42.55	42.29			
Janine Jenkins	43.11	43.11	37.26	42.22		-2.41
Alison Good	45.50*			45.50		

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Course Records	Name	Time	Date
Men's	Daniel O'Boyle	20.25	20th August 2015
Ladies's	Beccy Lord	23.27	8th September 2016
2nd Fastest			
Men's	Mark Le Gassick	20.43	October 2005
Ladies's	Beverley Hard (Brown	23.48	1st June 1993

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

In this month's issue, the time trial results from the July 1997 edition, to compare with the current timings:

July 1997

1997 TIME TRIAL RESULTS - Editor

	Tues May 6	Wed May 21	Tues June 3	Wed June 11	Tues Jul 1st
Neil Thomas	21.50				
Chris Hall			22.21		
Simon Hearnden	22.26				
Phil May			23.40		24.07
Mike Laws					23.40
Ian Smith	24.07				
Dave Minden	24.09				
John Tussler	24.17		24.16		24.09
Mick Clarke	24.29		24.22		
Chris Brittain	24.38		24.02		23.56
Paul Christmas	25.02		24.47		28.43
Rex Legge	25.20		25.15		25.33
Mike Bell	25.29		25.59		
John Reeve	25.32		25.51		
Steve Pothecary	25.44				
Mike Bird	25.54		24.44		24.01
John Millican			25.59		
Mark Davis	26.03	25.31	25.11		
Pat O'Brien		26.05			
Andy Lee	26.07		26.53		26.49
Alan Payne		26.24		25.25	
Mark Witham	26.38			26.36	
Tony Mundy	27.11		25.25		24.48
Mike Godwin			27.18	27.21	
Gareth Balsdon	27.55		27.15		27.15
Kevan Plant		28.06			
Chris Warner		28.15			
Ian Riches	28.16				
Nigel Cranston				28.55	
Doug Roberts	29.08		29.08		
Simon Hole	30.12		29.11		
Sandra McGreal			30.48		
John Randall	30.57				
John Vose	31.02		29.47		
Jane Butler	31.23		30.46		31.38
Martin Wellstead	32.11			30.40	30.14
Valerie Webb	33.03		32.43		34.11
Pam Lucas		33.21		31.43	
Debbie Rowe		38.46			
Jackie Richards				42.57	
Gina Pindar		43.23		45.44	
Annette Wilkins		43.50		45.43	

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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/