The Green Runner

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

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Chairman's Report

As we get to the end of the summer we can reflect on an RR10 series where we enjoyed success both in terms of the numbers of runners competing but also the Ladies winning the team title with some excellent individual performances as well. We will need a volunteer to be our representative for these races in 2025 as Grace Thompson and Nicky Beal are standing down after many years in the role. If you think you could help please contact Grace or Nicky to understand what is needed – the main activity is ensuring that our own race continues to be the success it has been at Manor Farm for the past few years – it's success being in no small measure to the planning and preparation that Grace and Nicky have left in place. We now move on to the different winter cross country series such as the CC6, Southerns (both of which are very similar to the RR10s), and the Hants, Southern, and National championships. Talking about winter already and I don't remember much about us having a summer!!

We had a very successful Miles of Miles event in August which we had the honour of hosting as we had won the previous year. Thanks go to Andy Simpson for organising this which managed to raise £500 which we will donate to the Rowans Hospice as one of our charities for this year. We were also grateful for the members who helped out on the evening itself.

Our next social event is the Fish and Chip Handicap on Wednesday 11th September and it looks like we are going to have a huge turnout for this judging by the number of fish and chip orders that Nick has got – payment will be by cash on the night so please could you try and bring the exact money if possible as that would help us out a lot . I would just like to remind you that the concept of these runs is to run without any help in terms of timekeeping or GPS so please if you must carry a phone or watch make sure

it's undisturbed in your pocket until you've finished the run. I look forward to seeing you all down at the Rising Sun for the event .

Tickets for the Celebration Evening at the Solent Hotel are selling well but there are still lots available so don't miss out on this very popular event. Details are on Facebook and in the email that Debbie sent out but if you have any questions please feel free to ask myself or Louise Tanner or indeed any member of the committee . It would be great to see as many of you there as possible to celebrate all the achievements of our fantastic membership.

Entries for the Stubbington 10k will be opening a little later this year at the beginning of October so keep an eye on the website and/or Facebook to confirm the actual date but please remember if you are entering then we need you to provide someone to help/marshal as we need more than 150 volunteers to make the event the success it is.

Happy Running

Kevin

Captains' Report

Captains Report

August seems to have been relay month, with the Miles of Miles and Hart 4 relays. Plus the conclusion to the RR10 season where titles were decided at the last race.

After many years of the Hart 4 Relay not going ahead for various reasons, it finally happened and after never getting to one before it was great to make one, even if it was just in a supporting capacity. We had 10 teams entered with a ladies, men's, vets and mixed relay team plus the 6 mixed relay teams in the club relay. The weather was a scorcher for the 4-hour relay with everyone getting to run 3 times or more for their respective teams. We had high hopes for our ladies and men's teams. The ladies won with 13 laps in 4 hours 2 minutes 42 seconds, congratulations to Kelley Haniver, Nikki Roebuck, Lucy May and Alison Good. The men fought hard but had to settle for 2nd place running 16 laps in 4 hours 1 minute 17 seconds, well done to Pere Capdevila, Tom Kirby, Tim Rolfe and Colin Trigg. Our Vets men were 5th overall, Stubbington Titans in 15 laps in 4 hours 10 minutes 21 seconds, Mike White, Richard Hayward, David Mallard and Dan Foster, well done chaps. The Stubbington Amigos, Susie MacGregor, Marcus Lee, Nick Kimber and Jon Leigh were 36th mixed team and 22nd vet team, running 12 laps in 4 hours 19 minutes 12 seconds. In the club relay mixed teams they all ran 12 laps and there was just 11 minutes between 6 teams after 4 hours of racing! First in the club relay was Stubbington Thunderbolts 19th mixed team, Matt Emery, Neil Jarvis, Helen Benson and Frances Lord. Second was Stubbington Mustang 21st mixed team one minute ahead of the winners, Tony Beswick, Jack Strougler, Sara Bamberger and Julia Lawton. In third place Stubbington Tomahawk 25th mixed team, Chris Cullen, Martyn Poore, Emily Fuller and Sarah Barron. Just agonisingly ONE second off third place was Stubbington Reaper in 26th, Stuart Bamberger, Beverley Woolcock, Tim Matthews and due to a late withdrawal on the day they were assisted by Matt Emery, Chris Cullen and Jack Strougler all running one leg to help the team. In fifth Stubbington Hellcats and 34th mixed team, Toby Smith, Steve Matty, Freya Roebuck and Rob Williams. In sixth Stubbington Bomber, 38th mixed team, Max Buckton, Stewart Pepper, Tracie Jarvis and George Howarth. Well done to everyone who ran on the day, hopefully see you all again next year. Thanks to Marcus Lee and Sara Bamberger on the admin side.

Miles of Miles Relay was hosted by Stubbington after winning last year's event. We had 26 teams running from the local running clubs for this charity event which raised around £490 for the Rowans charity. We had great interest from the club with 40 runners and 4 teams entered and despite last minute withdrawals we still had 40 runners on the night. Thank you to my helpers on the admin desk and car parking duty, Grace Thompson, Claire Dyson, Glynne Parsons, Wendy Cumes and Dave Judson. Well done to all the runners on the night and great support from the sidelines. The A team was 2nd in 56 minutes 44 seconds, just 53 seconds behind the winners, Hardley Runners. The B team was 9th overall in 1 hour 4 minutes 26 seconds. The C and D were picked by the captains to be evenly matched and so it turned out with a right battle royal going down to the last leg runners slugging it out! In the end the C team were 25th in 1 hour 17 minutes 49 seconds and D team 26th in 1 hour 17 minutes 4 seconds but what a finish we had! All the results are in the Green Runner.

RR10 had two races in August to conclude the series. The penultimate race was at Cadland Estate with Greens putting out 7 teams. The men's A team were 5th on the night and 4th overall going into the last race, in the team was 6th Brandon Chaplin, 27th David Mallard, 30th Max Buckton, 36th Chris Sandy and 40th Dan Foster. The ladies A team were 2nd on the night and were still holding on to 1st first place overall going into the last race. The A team were 2nd Beccy Lord, 6th Daisy McClements and 7th Kelley Haniver. In individual standings we had two winners with Beccy Lord crowned senior winner and Mike White won V65 with 6 wins from 6 races. Still up in the air was Kelly Haniver leading F45 category but old nemesis Erica Fogg was lingering like a bad smell but needed to run the last race. Brandon Chaplin was leading the overall men's standings with 2 blokes who could overhaul him if they ran the last race.

I would like to thank Grace Thompson and Nicky Beale who have organised the troops over the last few years or so. They are looking to step down and we need two willing volunteers to step into their place, please let someone on the committee know if you are wanting to take on these roles.

The last race was at IBM Hursley we got 10 teams out. The ladies were 2nd and won the ladies title, the A team was 1st Beccy Lord, 8th Kelley Haniver and 18th Vicky Shaw, great to see Vicky back running in green. The final standings for the rest of the teams which finished most races were B were 13th, C were 23rd, D were 42nd and E were 50th. The men's A team were 5th and 4th overall, with 6th Brandon Chaplin, 27th Allan McKinnon, 38th Dan Foster, 39th David Mallard and 42nd Chris Sandy. The men's final standings where B were 12th, C were 22nd, D were 32nd and E were 42nd. Thank you to everyone who has run this year in RR10 series scoring for one of the teams. In the individual standings for runners who ran 6 or more races the final standings are below. Brandon missed out on being crowned champion despite beating the guy who won 3 times and losing to him once, it was the guys overall wins on different nights that edged it. The good thing Brandon is you have youth on your side! Kelley Haniver had to settle for 2nd again in the F45 category. Beccy Lord won the overall ranking table which compares ladies and men's results with Brandon 3rd.

Ladies final overall standings for runners who ran 6 or more races, 1st Beccy Lord, 5th Kelley Haniver, 6th Daisy McClements, 42nd Tracy Langdale, 44th Helen Benson, 46th Alison Lawerence, 69th Gemma Mellor, 76th Claire Proctor, 88th Sara Bamberger, 121st Kayleigh Collett and 137th Melissa Barham. Men's final overall standings for 6 or more races, 2nd Brandon Chaplin, 27th Russell Coleman, 29th David Mallard, 31st Rachard Hayward, 41st Max Buckton, 44th Chris Sandy, 46th Dan Foster, 54th Mike White, 62nd Jack Strougler, 65th Toby Smith, 94th Ray Gunner, 95th Tony Beswick, 104th Graham Martin, 107th Marcus Lee, 143rd Liam Jennings, 154th Andy Donn, 156th Graham James, 157th Steve Matty, 179th Paul Smith, 190th Andy Lee, 193rd Derrick Morgan, 197th Tim Matthews, 210th Russell Mead and 217th Phillip Owen.

On Tuesday 20th, we held our annual Chariots of Fire run. Over 40 runners came out dressed in their white shorts and t-shirts to run along the water's edge for the 2 miles out and back. First across the line was Richard Hayward. A big thank you to Nick Kimber for organising the event and for cooking the sausages.

There have also been lots of other events during August which we have thrown ourselves into:

Mike White and Will Feline took part in the Brecon Beacons fell race, huge well done to Mike for first Vet 60.

On Sunday 4th August, we two Stubby's at the Clapham Common 10k, well done to Stuart and Sara Bamberger – who both came 1st in their age category.

Sunday 18th August, saw the green army on a day out completing the Big Pilgrimage way. Well done to everyone who took part in the 16 mile, Marathon and Ultra.

Well done to Sarah Barron for the Isle of Wight Half marathon on Sunday 18th and for getting a new course PB.

The Gosport summer series was on 13th August, well done to everyone that took part and to Kirsty Grahame for 1st Junior Female.

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.

Winter Cross-Country Season

Summer is ending and as we move through Autumn and into Winter we turn our attention to the different cross-country series and cross-country championships. All the cross-country series are open to all abilities in the club. All the XC series are FREE and have been paid for by the club to enter, so no entry fees for these races. You must wear a Stubbington Green club vest or t-shirt with the green racing tops. We look to car share to these races with people taking it in turn to drive. All these leagues have team and individual finishing positions. Below are the leagues we run in and the dates we know the races are on.

Hampshire XC League- Andy Simpson (league representative)

These fixtures are on Saturdays with the junior races starting from U13 races first, then U15 races, U17 women is 4k 13.05, U17 men is 6k at 14.10 and the afternoon sees the ladies running 6k at 13.35 and men running 10k at 14.30. You need to be a paid up UKA member.

12th October – Popham Airfield

9th November – Wellesley Woods , Aldershot

30th November - Kings Park, Bournemouth

11th January – Prospect Park, Reading

8th February – TBD

CC6 League – Rob Williams (league representative)

Sunday races start at 9.30 which means you can be showered and home for lunch. The race distance is 4 to 5 miles with everyone racing together. We have our own race which we need to marshal at Itchen Valley on 19th January and Rob will need volunteers.

29th September – River Hamble Country Park

13th October – Roundhill, New Forest

10th November – Ocknell, New Forest

8th December – Holmsley, New Forest

19th January – Itchen Valley Country Park (don't run, we marshal)

9th February – Badger Farm, Winchester

2nd March – Itchen Valley Country Park

Southern XC League – Lisa Donn (league representative)

Sunday races start at 11.00, so runners can have a later start to their Sunday mornings! The race distance is 4-5 miles. We only have one race confirmed so far normally about 5 to 6 races in the calendar.

3rd November – Benyon's Enclosure,

Cross-Country Championships – Andy Simpson (representative)

The cross-country championships are open to ALL abilities and in these races you will need to pay an entry for and be UKA registered and paid up UKA for this year. Stubbington Green racing vests or t-shirts to be worn.

Masters XC Championships – Saturday 7th December, venue to be decided, normally in Oxford. Now this race is for 40 plus year olds, no spring chickens at this one!

Hampshire XC Championships – Saturday 4th January, Fairthorne Manor. Races for juniors, seniors and vets.

Southern XC Championships – Saturday 25th January, Beckenham Place Park, Kent. Races for juniors, seniors and vets.

Nationals XC Championships – Saturday 22nd February – venue TBC. . Races for juniors, seniors and vets.

Time Trial

On a drizzly night we had a low turnout with more helpers than runners. It's the school holidays and we did have 40 runners running 1 mile last night in the Miles of Miles, but I would have expected a few more people out. We had 8 runners, if you take the backmarkers out, and 11 helpers on the night. Thank you very much to my helpers. There were no improvers on the night. The randomator winner was Claire Proctor.

The last Summer Time Trial is next month on 26th September. As always I could do with helpers, so please let me know by messenger if you can help on the night.

Stubbington Green - Time Trial Results 2024

Name	Best 2023	April	May	June	July	August	Months Best	Total Yearly Best 2024
		22	18	13	14	10	-	9
Chris Williams	23.43	**23.40**	24.47	24.12	26.06			-2.41
Nikki Roebuck	27.07	27.07						
Andrew McEwen	27.41		29.09					
Steven Matty	27.59	27.54	29.42	28.40				
Simon Hearnden	28.13	35.05	25.36		0.00			
Andy Donn	29.00	0.00			29.52			
Stuart Bamberger	29.09		29.09			32.57		
Kieran Chaplin	29.11			47.34				
Helen Benson	30.55			30.55				
Sara Bamberger	31.47	48.41	50.45	37.07		46.34		-2.41
Michael Healy	34.42					34.58		-0.03
Nigel Feast	32.04	36.45			36.00	33.35		
Claire Procter	32.51	34.21		34.48	34.35	34.12		
Freya Roebuck	33.16	33.16						
Lisa Donn	33.53	34.01						
Gaynor Heffer	34.35		39.39					
Janine Jenkins	43.11	**43.11**	37.26	42.22				-8.47
Phil May	40.59	42.37		41.26	42.16			-2.36
Martyn Banner	42.03	42.03	43.06					-1.47
Deborah Madeira	35.28	35.28						-0.39
Sarah Barron	35.18				50.50			-0.11
Stacey Read	41.54		41.43					-0.05
Steve Wood	35.04		35.52	35.26	35.39	36.28		
Peter Turnbull	35.20			33.33				
Mark Saywell	36.29		38.10		40.12	39.16		
George Howarth	37.21	**38.31**	34.40		37.54	38.50		
Jules Dinwoodie	37.47	38.54		39.02	40.17			
Jacqueline Healy	38.33	40.34	43.08					
Gilly Shutler	39.37		40.58		42.03	41.26		
Katherine Cooper	40.07	40.07			39.28			
Tracey Shimmin	40.11	40.11						
Nick Richardson	42.55	**42.55**	42.29					
Claire Dyson	48.41	48.41	48.44					
Alison Good	45.50*			45.50				
Melissa Barham	54.45*	**47.45**	50.45	45.58	50.50	46.34		

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'	Beccy Lord	23.27	8th September 2016
2nd Fastest			
Men's	Mark Le Gassick	20.43	October 2005
Ladies'	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]

A decade ago there was a Bake Off, the results as follows:

BAKE OFF RESULTS

What an amazing selection of cakes & biscuits of all shapes and sizes. Congratulations and thank you to all the bakers, you did a fabulous job and made a great success of the first (hopefully of many) Great Stubbie Bake Offs.

Thank you so much to the Judges, Andy Simpson (whose idea it was in the first place), Nikki Roebuck and Tracy Bell, they did a great job although I am not sure any of them will be eating cake for a while! I would also like to thank Sarah Hobby and Sandie McIntosh for all their help and without whom it would not have been the success it was.

Now for the important part:

Cakes:
1st – Ann Blake
2nd – Alex Leighton-Goodall
3rd – Mike Bell

Traybakes/Biscuits:
1st – Tim Smart
2nd – Kelly Bennett
3rd – Jane Adlard-McGrath

Under 16s:
1st – Tommy Blake with his shortbread Stubbie Runners
2nd – Tommy Blake with his madeleines.

Andy Vernon kindly presented the Stubbie Aprons to Ann, Tim & Tommy and was then presented with a shortbread version of himself, complete with medal, which had been made by Tommy Blake.

We also made a fantastic £70 for our charity from selling off the wonderful bakes. Thanks to everyone who so generously contributed.

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

Fish and Chip Handicap - 11 September

RR10 coordinator vacancies. Please let the Committee know if you are interested.

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/