The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

The cross country series has just kicked off with the CC6 at Manor Farm and the Southern series starts later in the Autumn both on a Sunday morning – these are similar to the RR10 series in the summer and are free to enter – you just need a SGR T-shirt or vest. Rob Williams is our rep for the former and Lisa Donn for the latter.
The Hampshire, Southern and National cross countries are on a Saturday so look out for these too – Andy Simpson is our rep for these.

It was great to see everybody at the fish and chip handicap last month and our thanks go to Nick and Helen Kimber for yet again organising this with the food that was greatly appreciated.
Our next handicap will be the Christmas one so keep an eye out for more details about this nearer to the time and remember this is also an opportunity to dust off your favourite fancy dress costume.

It's not too long now until our 10k on the 12th January and please look out for the requests for help as we couldn't put this iconic race on without the support of our membership.

We are looking forward to our Celebration evening on Saturday 2nd November at the Solent Hotel and it would be great to see as many of you there to celebrate achievements and socialise with your fellow members. Just £26 gets you a 2 course meal followed by some award presentations and the chance to dust off your dancing shoes for the disco.

Happy Running

Kevin

Captains' Report

Captains' Report

September saw the start of the Hampshire Road Race League (HRRL) at Overton where the build up to this race had seen some heavy showers. That said for the race it remained dry! The turnout by Stubbies was a little disappointing for this friendly 5-mile race. Your reward after the race was an ice-cream and washed down with an alcoholic beverage should you want one. Our HRRL representative, Stacey Read was running her second race of the day after doing the Woking Half in the morning and might have been regretting going for the double! That said it was all good marathon training for her up and coming marathon on the IOW. At the time of writing this report, we are still waiting for the official team results, but we only managed one ladies and one men's team. The individual standings of the 10 runners are as follows. First

Stubbie home and having a great year in running was Brandon Chaplin 10th overall in 28.01, 184th Alistair Wakefield 37.11, 229th Peter Cole 38.37, 249th Martyn Poore 40.34 and 260th Jack Goozee 41.03. For the ladies first home was Emma Baker-Chaplin 318th 44.53, 416th Jules Dinwoodie 53.30, 423rd Gilly Shutler 53.45, 435th Janine Jenkins 55.57 and 457th Stacey Read 62.01. The next few races for the HRRL are the Solent Half 6th October, New Forest 10 27th October (full), Gosport Half 17th November and Victory 5 1st December.

The Woking Half was the same day as Overton with 4 Stubbies taking part Sara Bamberger, Stacey Read, Stuart Bamberger and Kieran Chaplin.

The Southern Road Relays at Rushmoor, Aldershot, sees clubs from all over the South competing in relay teams running 6km on an undulating course. Despite there having been heavy rain in the build up to this race which left some sticky points on the course, it was dry and sunny on the day and a great spectating event. The junior teams had gone out and it just left the seniors and vets to race. First up were the ladies' team with a mixture of seniors and vets running in the senior ladies race. Beccy got the ladies off to a flyer in 22.27, Kelley Haniver 24.16, Nikki Roebuck 27.13 and Lucy May 28.35. The ladies were the 38th best team in the South of England with a total time of 1.42.31. We had managed to get 3 teams out for the men after a lot of badgering from the men's captain! All 3 teams would set off together in an uphill start, the senior men were a 6-man team and the others 4-man teams. Senior men were the 75th best team in the South and ran 2.31.22. Leading off the relay for the senior men was Brandon Chaplin 20.24, Tom Kirby 19.47, Chris Sandy 25.52, Chris Cullen 26.02, Martyn Poore 30.08 and Evan De Wet 29.07. The V40 team was led off by Russell Coleman 22.37, Allan McKinnon 21.50, Daniel Foster 23.20 and Kieran Chaplin 26.37. The V40 team was the 21st best team in the South in 1.34.26. The V60 men were 9th overall in the South in 2.06.30. The team was led off by Phil May 38.40, Nick Crane 28.45, Mike Smith 28.44 and Derrick Morgan 30.19. Well done to everyone who competed in this high standard race rubbing shoulders with a few GB runners on the day.

The CC6 kicked off at Manor Farm with 21 runners from the club with ladies in 8th and men in 4th. The ladies were led home by Kelley Haniver 3rd, 48th Helen Benson, 56th Lucy May, 65th Frances Lord, 67th Lisa Donn, 111th Kayleigh Collett, 114th Hannah Paine and 115th Tiffany Skerratt. First home for the men was Russell Coleman 14th, 24th Ben Pym, 29th Toby Smith, 37th Toby Greenfield, 54th Chris Cullen, 66th Tom Hastings, 86th Liam Jennings, 88th Andy Donn, 95th Nick Crane, 101st Neil Jarvis, 122nd Andy Lee, 129th Rob Williams and 137th Tim

Matthews. The next two races in the series are 13th October, Roundhill, New Forest and 10th November, Ocknell, New Forest.

So what else have we been up to in September,

8th September we also had our runners out in The New Forest for the 10k, Half Marathon and Marathon. Well done to everyone that ran.

8th September was also the Great North run – well done to Scott Shaw who got himself a nice little course PB.

Well done to the crew that ran the Wroxall round 20 km fell race, Daisy McClements who came 3rd female and to Alison Lawrence and David Mallard.

On the 11th of September we had our annual fish and chip run. We had a fantastic turnout this year. Thank you to Nick Kimber for the organising of the route and food and well done to Jules and Russell for finishing closest to 7:30pm.

15th September we had quite a few stubbies out early doors for the big Sky race. A lovely early morning wake up to take in the sights of the New Forest. Well done to everyone that ran the 18 mile and marathon.

15th September was the Totton 10k, we had two stubbies out – well done to Steve Matty and Melissa Barnham

15th September was also the Butser Hill challenge – well done to Will Feline who came in 6th position.

22nd September we had two stubbie runners at the Chatsworth 10k in the Peak District – a great hilly run and I really did think they were joking at the start when they said it was 6k uphill and 4k downhill – but no they weren't joking. Well done to Stuart and myself 😉 .

22nd September was also the Winchester 10K. Well done to everyone that took part.

29th September was the Utilita 10k – well done to everyone who took part.

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.

Listen to your body.

There are loads of great sources of information these days, from coaches, physios, running videos and magazine articles. These help me to explore a subject a little deeper to see what works best for me. This is my take on this particular topic.

You would be forgiven to think that listening to your body is one of those things to do with embarrassing sounds that the body can emit from time to time like a gurgling stomach or flatulence. No it's not that, instead it's supposed to be a way to check how much effort to use or indeed whether to run at all that day. Be honest, how many of us have ignored the signs, whatever the signs are?

There are the obvious indicators like an injury or illness when it is common sense to take some extra rest days. After all, a week off running won't impact your fitness a great deal, but 6 weeks off because you turned a niggle into an injury will. However, I find it's the marginal situations that require more of an experienced judgement call. Such as the times you're feeling a bit off, sluggish, extra fatigued than usual, sore muscles or have that persistent niggle. What then? How do you decide whether you're just seeking an excuse to duck out or whether it's OK to push through? To mitigate the risk:benefit, to put it another way. It will come as no surprise that similar to other aspects of running, being in tune with your body is something that takes practice and a degree of self discipline.

As a runner I understand the pressure or disappointment of looking forward to a run only to cancel, or miss a session in a program or worry about losing the fitness I've built up over weeks. I have had to develop the willingness to adapt my plans realising it would only benefit my consistency in the long term. So I have a simple process.

On the days that I'm feeling weary I will perform my standard 10 minute warm up routine and then check my fatigue level, out of ten, normally I'm good to go. If I'm still sluggish (5/10 tired) I'll start out extra easy for 5 minutes then decide the intensity and duration of my run, reducing if necessary or turning back. If I have muscle soreness or tightness following a lot of volume, I will

try the stairs test. Walk up a flight of stairs to see how heavy and sore my legs feel. If it's more than 5/10 stiffness I'll take an extra day to recover further.

Dealing with niggles (less than 3/10 discomfort) is a little more tricky especially if high intensity running is planned but I will follow a similar approach. If the niggle doesn't feel worse after 5 minutes of light running (which is why putting a number on it helps) I will stick to my plan, except if it's a high intensity session (intervals, hills, race) in which case I will postpone or reduce the exertion level. If pain levels increase (above 4/10) then I'll stop and walk back. More running is not going to fix it. I am always mindful of my physios advice that **Running in pain is not normal** and should be taken seriously.

In my view running injury free for extended periods, say 3 times a week for months, is a commendable goal, just as important as improving pace even though it receives less kudos than say a seasonal best or race time. Maybe we could see more posts about those runners who run regularly, injury free for months irrespective of pace or distance and hear how they have achieved it.

In summary, listening to your body will reward you in the longer term with improved consistency which is the road to success.

Do you relay want to hurt me?

Team report 2024

2024 saw another attempt at the SGR South Downs relay. A fantastic event that incorporates everything we all love about running – trails, hills, flies, stinging nettles! It was an amazing day out and all the team thoroughly enjoyed taking part and doing an event with the rest of the SGR family. Here is the team report from 'Do you relay want to hurt me?' The team members

consisted of Rob Williams, Nikki Roebuck, Helen Benson, Julia Lawton, Frances Lord and Steve Matty.

Leg 1 – Rob Williams: Same leg, another year on and another year older.

Leg 1 started a little slower for me this year. I had learned from last year's race that the hill at the start goes on for quite a while. After the initial hill, things settled down along with my pace and I tried to keep my place on the leg. The final mile is downhill where I hoped to maybe pick up on a place or two. But gates and tired legs had other ideas.

Still, 3 minutes faster than last year, so I'm more than happy with that.

Leg 2 – Nikki Roebuck: I took on leg 2 for the team. I knew it was going to be a hard leg but volunteered to undertake it regardless. What did I learn from completing this leg? I should have recced it first but was more focused on ensuring my daughter knew where to go for her leg! Even though I did not recce it I still managed to complete the leg and hand over the baton to Helen. It was a great day out and great to be part of the team.

Leg 3 – Helen Benson: A new leg for me and the leg with the right turn you cannot miss!

After recceing this leg several times, just to make sure I knew where that turning was, I knew what was coming and when! On the day I challenged myself to run as many of the hills as possible to try and get a reasonable time. I succeeded for most of them apart from the one into QE park, where I saw Phil Hobby running down it, offering supporting words of 'you can run it. Let's go!' This was a great leg to run, with many technical aspects to it. I was pleased with my time for the leg.

Leg 4 – Julia Lawton: This was my very first time taking part in the South Downs Relay and what a day it was! I did not really know what to expect but it was so good going to the start of each lap and watching my teammates taking the baton and all the other teams too.

I did leg 4 which encountered Butser. I was happy with this leg as I had run it several times already this year so I knew what to expect and knew the route. Helen completed her leg 3 and passed the baton to me – I think we were in 10th position at that stage so I knew I had to work hard. I took off far too quickly and thought my heart was going to pop out when I ran through the incline in the woods at the start – probably due to nerves too!

I reached the base of Butser and saw all these green bodies taking the climb, everyone was well past the gate and I certainly had a mountain to climb – literally! Head down I ran to the gate then walked up Butser – I caught up with Claire at the top and then off I went to run the remainder of the lap. This was quite uneventful but I could see another club member in front of me and I tried desperately to catch up with her – I did gain quite a bit of ground but it was not to be!

I then passed the baton to Francis who did a storming leg 5 – well done to her and to all my other team mates who all did such a good run! Lovely team too with lots of support.

Such a good day – so good to see everyone else from SGR – loved cheering everyone on – and I would definitely do it again – if I can do leg 4 again!! 😊

Leg 5 - [by Frances Lord, appeared in the previous issue]

Leg 6 – Steve Matty: Not gonna happen again! No mistakes.

No wrong turns. No missed turns. Leg 6 was mine as soon as teams were announced. Last year, despite doing 2 recces I managed to miss a turn at a crucial point that cost the team 5th place. This year I wanted to make amends. The absolute legend that is Frances Lord handed me the baton moved our team "Do you relay want to hurt me" from around 8th to 3rd. Wow, what pressure!? Last year was my first doing the relay and I absolutely loved it. The camaraderie, the banter, the bacon roll. All awesome. I set off quickly knowing that I had the beasts that are Kieran Chaplin and Russ Coleman were gonna be hot on my heels. I got to 6j in pretty quick time but could hear Kieran catching me. A walk/run combo up Beacon Hill saw Kieran Chaplin about 45 seconds ahead. Try as I might, I couldn't make up the time. 4th was still good I thought. As I made my way to the finish, with exemplary support from the team I heard another set of footsteps behind me with just 600m to go. "That sounds like Russ" I shouted, hoping that nobody would reply. "Yes, mate" came the soul-destroying reply. I knew then that I wouldn't be able to hold him off for that distance. I gracefully (honestly) let him pass and made a good go of it to bring it home. 5th place was ours, with a 15 minute PB. I was pleased to get home with no wrong turns and absolutely will be signing up next year.

And, well, my team name suggestion got picked so at least I made some mark on the day. Roll on Leg 2 next year!

Time Trial

The last Summer Time Trial was a windy affair! We had our best turnout of the season with 28 runners excluding the inter-club meeting. Despite the very windy conditions we had 4 improvers

on the night, in the ladies we had Katherine Cooper reducing her best by 10 seconds but the winner was Stacey Read who slashed 52 seconds off her best, just shows that marathon training is paying off! For the men Steve Matty improved for the second time this season taking off 6 seconds. The biggest men's improver was Martyn Banner who saved the best till last taking a chunk out of his best with 1 minute 42 seconds. The Randomator winner was Lisa Donn. A special mention goes to all my helpers on the night and all the people who have helped throughout the six Summer time trials with top 3 helpers doing 5 of the time trials they were Chris Laidlaw, Jo Reed and Sara Bamberger.

The biggest improvers in the handicap divisions were in under 25 minutes Chris Williams 3 seconds, 25.01 to 28.00 minutes Steve Matty 11 seconds, 28.01 to 31.00 minutes Simon Hearnden 2 minutes 36 seconds, 31.01 to 35.00 no improvers and 35+ minutes Melissa Barham 8 minutes 47 seconds.

Well done to everyone who has run the summerTime Trials and congratulations to all the improvers.

The Winter Time Trials start on 24th October at 18.45, just one start time from Holly Hill Leisure Centre, the course is 3.35 miles. We will meet by the green poo bin adjacent to the car park on the path. Looking forward to seeing you all.

Stubbington Green - Time Trial Results 2024

Name	Best 2023	April	May	June	July	August	September	Months Best	Total Yearly Best 2024
		22	18	13	14	10	28	4	10
Chris Williams	23.43	**23.40**	24.47	24.12	26.06		24.37		-0.03
Steven Matty	27.59	**27.54**	29.42	28.40			27.48	-0.06	-0.11
Andrew McEwen	27.41		29.09						
Cameron Shepherd	25.43						25.43		
John Blake	26.38						26.38		
Martin Pegler	27.57						36.40		
Nikki Roebuck	27.07	27.07							
Simon Hearnden	28.13	35.05	25.36		0.00				-2.36
Andy Donn	29.00	0.00			29.52				
Helen Benson	30.55			30.55					
Kieran Chaplin	29.11			47.34					
Simon Bacon	29.01						33.15		
Stuart Bamberger	29.09		29.09			32.57			
Claire Procter	32.51	34.21		34.48	34.35	34.12			
Emma Baker-Chaplin	33.03						33.28		
Freya Roebuck	33.16	33.16							
Gaynor Heffer	34.35		39.39						
Laura Kay	34.20						35.17		
Lisa Donn	33.53	34.01					35.43		
Michael Healy	34.42					34.58	37.18		
Neil Jarvis	32.28						32.28		
Nigel Feast	32.04	36.45			36.00	33.35	33.35		
Russell Mead	34.57						34.57		
Sara Bamberger	31.47	48.41	50.45	37.07		46.34	43.18		
Melissa Barham	54.45*	**47.45**	50.45	45.58	50.50	46.34			-8.47
George Howarth	37.21	**38.31**	34.40		37.54	38.50	36.00		-2.41
Janine Jenkins	43.11	**43.11**	37.26	42.22			40.48		-2.41
Peter Turnbull	35.20			33.33					-1.47
Martyn Banner	42.03	42.03	43.06				40.21	-1.42	-1.42
Stacey Read	41.54		41.43				40.51	-0.52	-1.03

39	Katherine Cooper	40.07	40.07			39.28		39.18	-0.10	-0.49
40	Alison Good	45.50*			45.50					
41	Carl Schafer	35.59						38.13		
42	Claire Dyson	48.41	48.41	48.44						
43	David Kimber	37.39						37.58		
44	Deborah Madeira	35.28	35.28							
45	Gilly Shutler	39.37		40.58		42.03	41.26	42.49		
46	Jacqueline Healy	38.33	40.34	43.08						
47	Jules Dinwoodie	37.47	38.54		39.02	40.17				
48	Kim Bevel	37.39						38.09		
49	Linda Kopinska	43.18						43.18		
50	Lindsay Pratt	41.03						41.03		
51	Mark Saywell	36.29		38.10		40.12	39.16	38.02		
52	Nick Richardson	42.55	**42.55**	42.29						
53	Phil May	40.59	42.37		41.26	42.16		41.46		
54	Rob Zeffertt	33.37*						33.37		
55	Sarah Barron	35.18				50.50				
56	Steve Wood	35.04		35.52	35.26	35.39	36.28			
57	Tracey Shimmin	40.11	40.11							

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

Fish & Chip Handicap

Nearest to 19:30:00 won a bottle of wine for the ladies and men

Name	Time		Name	Time	
Liz Hall	18:57		**Andy Simpson**	**17:58**	
Gail Osborne	19:14:08		Stuart Nicholson	19:14:08	
Janet Shaw	19:16:32		Derrick Morgan	19:14:08	
Helen Benson	19:23:27		Gary Pullen	19:23:04	
Alison Good	19:24:23	DISQ	Rob Williams	19:23:27	
Lisa Donn	19:27:45		Marcus Lee	19:23:29	
Lara Evans	19:28:16		Pete Tugwell	19:24:24	
Lindsay Pratt	19:29:15		Mike Harper	19:24:43	
Jules Dinwoodie	**19:29:20**		Jon Leigh	19:24:44	
Beccy Lord	19:31:32		Neil Jarvis	19:24:45	
Frances Lord	19:32:35		Matt Evans	19:28:08	
Claire Johnson	19:33:30		Andy Donn	19:28:29	
Janine Jenkins	19:33:57		**Russell Mead**	**19:29:25**	
Emma Baker-Chaplin	19:33:57		Pete Cole	19:31:29	
Stacey Read	19:33:58		Steve Matty	19:31:30	
Marie McDonald	19:34:29		Chris Sandy	19:31:31	DISQ
Sara McRitchie	19:34:31		John Blake	19:31:32	
Rachel Mullin	19:37:12		Richard Hayward	19:31:51	
Jacqueline Healy	19:54:12		Chris Cullen	19:31:51	
Gilly Shutler	19:54:12		George Howarth	19:32:19	
Claire Dyson	19:54:12		Rob Zeffertt	19:32:25	
			Phil Guest	19:34:21	
			Stuart Bamberger	19:34:31	
			Mark McDonald	19:35:00	
			Liam Jennings	19:36:05	
			Toby Smith	19:36:05	
			Will Cowley	19:37:12	
			Steve Wood	19:38:43	
			Peter Turnbull	19:39:50	

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

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/