The Green Runner

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

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Chairman's Report

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring.
Saturdays see the Hants, Southerns and National XC races so look out for adverts for these from our team captains. Sundays see the CC6 and Southern cross country series – Rob Williams is our contact for the former and Lisa Donn for the latter. Our CC6 race that we host with Netley Abbey Runners and Hamwich is at Itchen Valley on 19th January so please let Rob know if you can help out with this.

As I type this we are just a couple of days from the social event of the year our annual get together take we have rebranded this year as a Celebration Evening. We have so much to celebrate as a club and I hope that everybody has a great time at our new venue of the Solent Hotel – I am so looking forward to not having to set up and then clear up at the end!

Thank you to everybody who has come forward to offer help and support to our 10k. It is much appreciated and enables us to put on such a successful event. We can always find jobs for people so if you still want to volunteer and haven't yet volunteered please contact Stuart Bamberger or Stacey Read to let them know you can help and make Sara McRitchie's job of being the Race Director the success it undoubtedly will be.

Happy Running

Kevin

Captains' Report

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October saw the start of the Hampshire XC League. We were short of runners for the 4 teams but a little bit of badgering saw us get 4 teams out at Popham. The ladies seniors were 10th and led home by Beccy Lord with an impressive 6th overall, 27th Kelley Haniver (4th F40) and 120th Emma Baker-Chaplin. The vet ladies were 8th led home by Kelley, then Emma and 124th Sara Bamberger and 127th Sarah Barron. The senior men got off to a great start winning the first race in division 2. Senior men were led home by Tom Kirby 18th, 69th Brandon Chaplin, 75th Adam Hart (first race for the green army!), 94th Chris Sandy and 168th Andrew McEwen. The vet men were 22nd led home by Andrew, 187th Kieran Chaplin, 211th Stuart Bamberger and 219th Martin Pegler. We had one junior runner in the U17 men's race which was Toby Smith and he finished in 41st. I'm hoping at the next race we might get out an U17 men's team. The next race is on Saturday 9th November at Wellesley Woods in Aldershot.

CC6 second race at Roundhill, New Forest was the day after Popham with a few people doubling up! The ladies were 1st and sat 4th overall. Daisy McClements was first home in 3rd, 14th Lucy May, 19th Nikki Roebuck, 51st Helen Benson, 86th Sara Bamberger, and 127th Stacey Read. The men were 6th and reside 6th overall. Junior Max Buckton was first home for men in 12th, 18th Richard Hayward, 21st Toby Smith, 62nd Tony Beswick, 80th Phillip Townley, 84th Liam Jennings, 96th Andy Donn, 105th Paul Smith, 107th Stuart

Bamberger, 120th Nick Crane, 127th Ash Lovell and 131st Rob Williams. The next race is 10th November at Ocknell in New Forest.

HRRL had two races in October, first one was the Solent Half with a very poor turnout of just 8 runners and we scored 1 ladies and 1 men's team. The ladies were 6th and currently hold 5th position in Division 2. In A team were 64th Sarah Barron 2.06.03 course PB, 93rd Gilly Shutler 2.34.03, 94th Janine Jenkins 2.34.03 and 148th Melissa Barham 3.07.52. The men were 7th and are now 8th in division 1. Leading home the men was Rob Egerton in 45th in 1.33.39, 55th Scott Shaw 1.35.21, 99th Pete Cole 1.48.29 and 130th Nigel Feast 2.01.53.

The second HRRL race this month was the New Forest 10 mile – this 2023 race was postponed due to the bad weather last year. Well, what a difference a year made as the sun came out and it was a lovely sunny day.

Well done to everyone that took part, we managed 3 men's teams and 3 ladies' teams. In A team was Lucy May, Angela Harrison, Sara Bamberger and Emma Baker Chaplin and in B team, Sarah Barron, Glynne Parsons, Jacqueline Healy and Tracey Shimmen C team, Janine Jenkins, Stacey Read and Sam Jeffery.

Mens A team was Daniel Foster, Robert Egerton, Alistair Wakefield and Pete Cole.

B Team: Steve Matty, Stuart Bamberger, Jack Goozee and Nigel Feast

C Team: Evan De Wet, George Howarth and Neil Jackson.

There has been a lot of other runs taking part this month:

Sunday 6th October was a very busy day for the Green Army:

It was the 68th edition of the Isle of Wight marathon. Stacey Read won her marathon place and 3 other stubbies headed over to the Island with her. Well done to Steve Mattty, Sara Bamberger, Stuart Bamberger and Stacey Read on taking on a very hilly marathon. Stacey even managed to get herself a marathon PB.

This was also the weekend where quite a few stubbies headed down to Cornwall for the Atlantic Coast Challenge. Well done to everyone that took part in the 40 miler, the marathon and the 3 day challenge. This looks like such an epic event. Massive well done to everyone.

We also had a few runners also running the Pieces of Eight, well done to everyone who took part.

The Clarendon Marathon also attracted a few runners who completed the marathon and in a relay team.

Well done to everyone who also took part in Roly's Run. This is such a great local trail event.

Russ Coleman headed to Bournemouth for the half marathon – well done Russ.

A few stubbies headed up to London for the Royal Parks Half Marathon, great running by everyone that took part. Certainly looked like you all had a great weekend.

Demead 10k also attracted a great crowd of Stubbies this year. Well done to everyone that took part in this very hilly 10k race. Well done to Sue Robinson and Ronnie Way who won their age categories.

Sunday 20th October was meant to be the Great South Run but due to the weather conditions this didn't go ahead. We had a few runners that went out anyway to complete the run virtually to gain their medal and t-shirt.

Well done to everyone who has done this.

The 5k race on Saturday 19th did take part though and Brandon Chaplin smashed out 16:25 and got himself a very impressive new PB. Well done Brandon.

The Stickler saw a few Stubbies giving the race a go. The ladies had some success with Ali Young 3rd lady overall and Helen Nichols was 7th lady and 1st F40.

We had a few runners that took part in Oktoberfest, you all looked great in your costumes. Well done to everyone that took part.

Johnny Gobbi took part in the Snowdon Marathon, well done Johnny - great running.

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.

Time Trial

This month saw the start of the Winter Time Trials at Holly Hill. We had our biggest starting numbers for a few years with 21 people running on the night with 13 people being first timers or lapsed runners for the winter time trials. Well done everyone who ran on the night. A massive thanks to my 7 helpers on the night. We had 4 improvers, the sole male improver was Steve Matty knocking 7 seconds off his best. The biggest female improver was a close run affair, in 3rd place was Jules Dinwoodie taking 5 seconds off her best. In second place and losing out by just 1 second was Janine Jenkins slicing 30 seconds off. First on the night was ever improving ... .Stacey Read with 31 second improvement. The randomator winner was Martyn Banner.

The November time trial is on 21st November. If anyone can help then please message me.

	A	D	E	K	L
1	Stubbington Green - Time Trial Results 2024-2				
2	.				
3	Name	Best 2023/2024	October	Months Best	Total Yearly Best 2024/25
4					
5			21	4	4
6					
7					
8	Stacey Read	34.17	33.46	-0.31	-0.31
9	Janine Jenkins	34.09	33.39	-0.30	-0.30
10	Steven Matty	23.21	23.14	-0.07	-0.07
11	Jules Dinwoodie	33.18	33.13	-0.05	-0.05
12	Andy Richardson	26.38	27.10		
13	Beccy Lord	20.09	20.09		
14	Charlie Austin	27.41	27.41		
15	Chris Sandy	21.43	21.43		
16	Claire Proctor	27.32	27.32		
17	Dan Foster	20.15	20.15		
18	Derrick Morgan	27.17	27.17		
19	Frances Lord	28.18	28.18		
20	Liam Jennings	24.32	24.32		
21	Martin Pegler	24.58	27.08		
22	Martyn Banner	33.12	33.12		
23	Max Buckton	19.48	19.48		
24	Nigel Feast	27.27	27.27		
25	Pete Cole	30.04	33.39		
26	Phil May	34.06	34.06		
27	Sara Bamberger	27.38	29.05		
28	Toby Smith	20.18	20.18		

Course Records	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 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/