The Green Runner

https://www.stubbingtongreenrunners.net

December 2024

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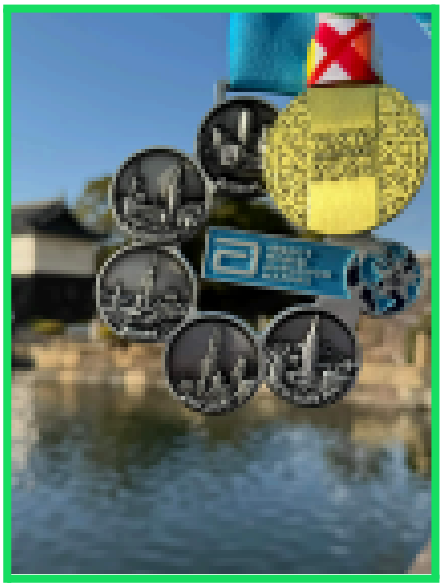
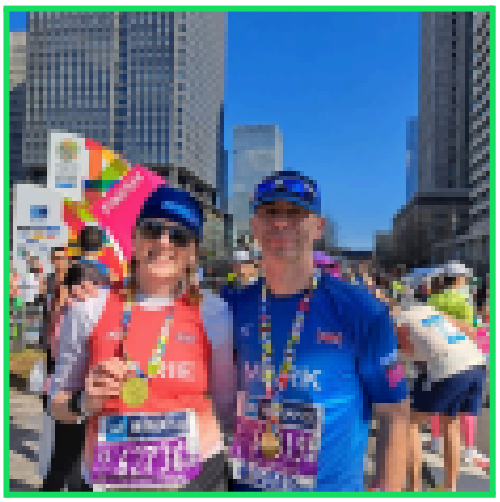




A big thank you to Mark and Marie McDonald for penning an impressive account of participation in the Abbott World Marathon Majors in time for this festive edition. Inside!

Chairman's Report

As we approach the end of the year I would like to thank everybody who has made this another great year for Stubbington Green Runners.The committee, the coaches and leaders, everybody who runs and everybody who supports have all contributed to this.

It was lovely to see everybody at our Celebration Evening on 2nd November at the Solent Hotel. I think everyone had a great evening celebrating the successes of our club members , enjoying a great meal and dancing the night away. The feedback we received was pretty positive and we are already looking to do something similar in 2025.

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself – we could not put on the event without the support of the nearly 200 people who help out and knowing this is not an issue is a great help in reducing the stress levels for our RD Sara McRitchie, who is being supported this year by Stuart Bamberger and Stacey Read managing the marshals and helpers list to ensure we have all the roles covered to put on a successful event. At the time of writing we do need additional helpers so please if you can help let Stuart or Stacey know.

Our popular Christmas handicap hosted yet again by Nick and Helen Kimber is scheduled for Saturday 21st December and it would be great to see as many members there as possible for some pre Christmas exercise and refreshments.

Finally although it does seem to be a bit early I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running
Kevin

Captains' Report

Captain's Corner

November saw a few club cross-country races and HRRL's Gosport half.

The Gosport Half being on our doorstep we didn't have an issue with runners and teams with 42 runners. We got 4 men's and ladies teams out.

The men's A team was led home by Al McKinnon in 63rd in 1.21, 91st Phil Morgan 1.24, Chris Sandy 1.25 and 118th Stephen Dunlop. Our Stephen also won the V65 category and set a new Swiss national record! The men's B team was led by Ken Cheung 151st in 1.28, 175th Jack Strougler 1.29, 193rd Rob Edgerton 1.30 and 226th Simon Hearnden 1.32. The ladies A team saw Lucy Simmons first home in 300th 1.35, 346th Lucy May 1.37, 367th Isabel Molyneux-O'Callaghan 1.38 and 432nd Maria Millican 1.41. The ladies B team was led home by Claire Barnard 622nd 1.48, 737th Aleksandra Dunford 1.53, 738th Beverley Woolcock 1.53 and 823rd Anna Sindall 1.57.

The team race results saw men A 6th and reside 9th overall, B team 2nd and 3rd overall, C team 4th and 7th overall and the D team 2nd and 3rd overall. Ladies team results were A team 3rd and 4th overall, B team joint 1st and 7th overall, C team 2nd and 4th overall and D team were 1st and 2nd overall.

The next race will have been run by the time this gets released as it is the Victory 5. The next three races after that are the Stubbington 10k 12th January, Ryde 10 on 2nd February and Salisbury 10 6th April. So get your entries in please for Ryde and Salisbury.

CC6 at Ocknell was the day after The Hants XC which we struggled to get numbers out of but there were plenty of runners for this fixture with 21 runners. Ladies were led home by Beccy lord who was 1st lady and 8th overall, congratulations Beccy, 42nd Hilary Misslebrook, 56th Frances Lord, 59th Jodie Francis, 68th Sara Bamberger, 81st Lara Evans, 104th Stacey Read and 113th Melissa Barham. The ladies were 9th on the day and sit 6th overall. The men were 3rd and sit 5th overall led home by Russ Coleman 8th (3rd V40), 15th Richard Hayward, 16th Max Buckton, 17th Chris Sandy, 27th Toby Smith, 43rd Mike White (3rd V60), 46th Chris Cullen, 51st Mat Emery, 67th Tony Beswick, 87th Matt Evans, 103rd Liam Jennings, 124th Stuart Bamberger and 129th Rob Williams. The next race is on 8th December at Holmsley.

Hants XC League saw two races in November, starting with the first one at Wellesley Woods in Aldershot which was a beautiful day for a run in the woods. We got an U17 men's team out, which I was so pleased with. The 3 U17 runners were 27th Max Buckton, 38th Toby Smith and 42nd Liam Jennings. The team was 9th and 9th overall. The ladies were 17th seniors and 12 vets. Kelley Haniver first home for the greens in 31st, 152nd Sara Bamberger, 153rd Emma Baker-Chaplin and 168th Stacey Read. The senior men were 5th and vets 19th with Tom Kirby first home in 40th, 191st Brandon Chaplin, 261st Stewart Pepper, 262nd Stuart Bamberger, 263rd Martin Pegler and 267th Ian Savory.

The last day of the month saw the Hants XC at Kings Park, Bournemouth which was another great day for running. We were again struggling to make teams up and sadly we didn't get a ladies vet team. Ladies were first up to run with Beccy Lord having a great run with her NEW XC shoes and was 6th overall. Next lady home was Frances Lord 118th, 120th Emma Baker-Chaplin and 132nd Kayleigh Collett. The ladies were 15th on the day, currently don't have the overall team position. Another team for the U17 men with Max Buckton 27th, Toby Smith 43rd and Liam Jennings 44th. The U17s were 7th on the day and 9th overall. The men managed to get two teams with senior men 5th and residing 2nd with maybe just one race to go as they chase promotion back to division 1. The vet men were 18th and 21st overall. First home in 96th was Chris Sandy, 108th Richard Hayward, 152nd Chris Cullen, 173rd Kieran Chaplin, 196th Stewart Pepper and 212th Mel Barham. Possibly the last Hants XC league fixture is 11th January the day before the Stubbie 10k, so if you are not running the 10K, we need you to run at Reading. The final fixture possibly won't go ahead as no one has come forward to host it.

Lastly there was a Stubbie long weekend away to Benidorm in Spain, organised by Alison Good, there was a 10K and half marathon run. Kelley Haniver came first in her age category in the 10K and brought the bling back to the UK. There is a write up for the trip away in this issue of the green runner.

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.

Marie and Mark's journey along Abbott World Marathon Majors

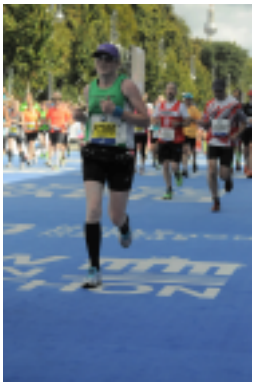
The Abbott World Marathon Majors (Abbott WMM) is a series of six of the largest and most renowned marathons in the world - Tokyo, Boston, London, Berlin, Chicago and New York City Marathon and over the last 9 years Mark and I completed all six. Since writing this Sydney has now successfully become part of the World Majors.

Our journey to start the WMM was not initially intentional, we along with a group of other members of Stubbington Running Club decided to enter the ballot for the **Berlin Marathon 2015**, with the aim of this being Mark and my first official marathon. As it turned out only Mark and I were successful both getting a place in the ballot, so we thought as we both got a ballot space what were the chances of that and the training began.

Berlin Marathon, as it turned out, wasn't our first marathon, prior to crossing that start line we both did the Portsmouth Coastal with a large contingent of stubbies (our first marathon), we both then ran Edinburgh in 2015 and I also did Marlborough 33 mile Ultra. The latter left me with an injury and as a result my training leading up to the Berlin Marathon was limited. As my entry was based on no past marathon I started at the back, which was fine with me as I really didn't know how I would do on the day, I remember chatting to club friends and the plan was go enjoy it, stop and take a picture every 5 miles and it will be what it will be. As a result of Mark having a good run at Edinburgh he was able to change his starting pen ahead of me.

We naively decided to fly out the day before, it's only over the road right! When we arrived we dragged our luggage around the expo - which what I have seen at other expos since was pretty good. After checking in at the hotel we were treated to some

inline skaters racing the day before the marathon, quite impressive. Anyway I think it was fair to say I was nervous, I do remember leaving our hotel room on the day of the event only to return as I left my watch on my bed! Thankfully we were not far from the start. The start and finish is near the Brandenburg Gate, quite an iconic feature. Mark was starting further up the field so we went our separate ways. I do remember being shocked and disgusted at the time at the number of men blatantly having a wee at the side (no discretion) of the pen I was waiting in. Anyway once we got going it was quite a buzz to see all these people streaming along with me, I had a good steady pace and felt comfortable, I followed the advice, took pictures, made sure I stopped for water at every aid station, I honestly cannot remember what I ate on this marathon, it is likely as one of my early marathons it probably included gels, not something I tend to have now. I was in my last mile and I recall that feeling of waning and thinking 'is this nearly over', so I was elated when I took the last turn towards the finish, where they were giving out ERDINGER non-alcoholic beer to finishers, hard pass from me. I did it and was astounded with my time of 4.08 given my limited training, I think it was down to not checking the watch and just enjoying it, of course after I was thinking darn it had I been paying attention could I have got that magic 4 hours. Either way it's my quickest marathon to date, maybe one day I'll go sub 4 but speed is not really my driver. Mark finished in a cracking time of 3.15.



I enjoyed the marathon course, I guess it does live up to its name about being flat and fast, the route was good and fairly spread in supporters, I do recall a wee lad sat at the side of the road with his mini drum kit tapping away to music and running through an underpass and someone shouting oggy oggy oggy.

Post marathon was a quick nip, ok maybe hobble back to the hotel for a wash and refreshment, before heading off to get our flight back to Southampton. Well that was a bad decision, we were naive and missed out on all that Berlin offers. At the airport there were similar nutters doing the same, it was quite a picture of people seizing up and hobbling around but all whilst trying to look normal.

Sometime after we returned home Mark had got talking to Jon Leigh about his epic adventure of doing this thing called the world majors, little did I know where this would lead!

Many running miles later I was lucky enough to be lining up to run the **London Marathon** 2017 having secured a Club marathon place, which I am still very grateful for and was proud to represent my club. We stayed at the Premier Inn in Stratford and headed off to get to our respective starting pens. I was really nervous as we had to go in different directions for our starts, but Mark being the gent that he is, he escorted me to my starting area before hot footing it to his own starting pen. The plan for this run was to meet up with my friend Karen who I had been doing a lot of other running events with, but her start was also elsewhere. I can't believe it but less than a mile after starting Karen and I met up on the course and we had an

epic run together. Wow for those that have done London, wow, the crowds, the people were amazing, the support all the way round was amazing. On route we passed Prince William who was promoting the Heads Together campaign promoting mental health, but we didn't clock him until we had run past, Karen being an officer in the Royal Navy had us both running back, yep back to get that all important selfie, hilarious. I was also chuffed to see my sister Sarah and nephew Matthew shouting out for us on route. Karen and I had a great finish running together down the Mall and I have one of my best finishing photos of us crossing the line together with such an iconic backdrop of Buckingham Palace. This has to be one of my most favourite marathons. Given like much of my running years I had an injury, a hip flexor issue, my finishing time of 4.16 was quite a surprise and much relief, mostly due to Karen supporting me in those last few miles to get to the finish. We have done many events together and we have taken it in turns to pull one another along when the other is flagging. Chicago below is definitely one of those events.

Mark had a good marathon finishing in 3.45, having run Boston in 3.40 the week prior. Mark had managed to secure a ‘good for age’ place from completing Brighton marathon in 2016 for both Boston and London, when he did Boston I was there to support. At the time I thought I would never be able to get into Boston, it's really only for fast runners. On the day of the Boston marathon (2017) the plan was I would get the train out and see him at 2 points on route. Getting to the first point wasn't too bad, the train was spacious and lots of other supporters doing the same, what I hadn't really appreciated is it was Patriots Day and service was limited. It turned out to be an extreme hot weather day and just watching runners go by you could see the heat taking effect. I got to see Mark and then went to get the train to the next stop, hmm the train didn't turn up for a very long time, the problem was there was no signage to say what platform to stand on either and lots of supporters like me were hedging their bets on what side to wait. When it did eventually arrive the train driver was very good having taking in the situation reversed his train and allowed people, me included to walk over the tracks (oh my) and climb up the otherside onto the train, I hadn't appreciated just how high up the american trains were and how stupid it was that we were cross the train lines. Needless to say I went straight to the finish. I was tracking Mark and expected him to cross the line, after waiting some time he never materialised and started to think the wheels had come off. They hadn't he had just been a good samaritan to young lady who in the final mile or so lost the ability to run, heat exhaustion took over, so Mark along with three other individuals carried a limb each to guide her to just in front of the finish line where she stumbled over and claim a good for age time, wow. A credit to Mark and others for helping her on her way. Many runners did not finish that year due to heat, they were literally busing people back and putting them in ice baths.

Chicago Marathon (2017),

This was our first one that was arranged through the Sport Tours International operator, who is able to secure places into the WMM events. Many months prior it had

been a case of putting in your application, along with that for Event 2:09, in the hope of securing places. 2:09 sold out within minutes, no joy there but we were fortunate enough to get into Sports Tours, along with my friend Karen.
We meet up out there and did the touristy thing, trying not to get too many miles in before the event, Mark had organised us an experience of an interaction with a beluga whale, which will be an experience I won't forget, and whilst I have mixed views about it now it was still something very unique to be able to have done. We also did a boat tour up the river taking in the history and learning about all the many films that were shot in Chicago. We were also fortunate enough to go to watch a game of american football (Chicago Bulls), not appreciating absolutely no bags are allowed in the venue, Mark managed to get a locker outside the venue so that was lucky, we were sat up in the Gods, and on each seat was a hand towel of the Chicago Bears. It's a long game, with a lot of stopping, starting and entertainment, and after the 2nd quarter we left. It was, however, an experience.

The expo for Chicago was quite good, I remember the kit sponsor at the time was Nike, whilst not brand promoting I was pretty impressed with the gear and probably purchased a t-shirt too many.

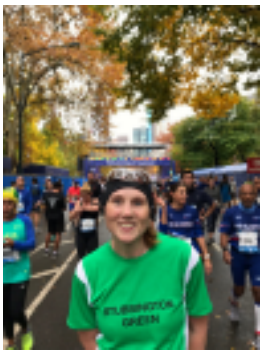
The day before the marathon we took on the Chicago 5k, which finished next to Lake Michigan. Nice leg shake out and as we discovered a thing that in the USA they did the day before a Marathon. In addition to our finisher medal we also got a lovely woolly scarf.

The day of the marathon, another really hot day, considering it was October it was a surprise, the route was a bit meh if you ask me but I think that was mostly due to two things, one there were quite a few dead zones with no supporters
and two it was just so hot, they started to give out ice at each of the aid stations and Karen was dousing my headscarf with water each time (I don't do well running in the heat). The early part of the course we ran through much of the highrise parts of the city, and
we found that our watches GPS were out of sync with the course mile markers which did mess with our heads. We did however run over many of the famous Chicago bridges. I was glad to finish this event. The heat had taken its toll, having a bag of ice at the end said it all. With a finish time of 4.30 hours I was happy with that given the conditions.

Post marathon we all treated ourselves to the traditional Chicago pizza and it didn't disappoint, but there was so much to it that we took our remaining pizzas away with us giving them to the needy.

New York Marathon

November 2018, I was really looking forward to this marathon having been to support friends previously. This had to be my favourite along with London.



The crowds are immense, especially at the end. Prior to the event we were really lucky, we got to meet a few great athletes. Mark had as part of his Strava membership at the time an invite to a gathering at a local micro brewery pub, we got chatting to this chap and his brother (Howie) who we eventually realised was Meb Keflezighi (he had previously won the 2009 NY Marathon, Boston in 2014, and fourth in the 2012 Olympics). On the Saturday morning we took part in the Abbott Dash to the Finish Line 5K and ran a few paces with and talked to Paula Radcliff who was taking part, later that day we also were lucky to join a NY road runners talk where Paula was providing advice and insight, we managed to get a photo with her too which was fab.

The day of the Marathon you start on Staten Island, it was a very early wake up, it was quite fresh and we had plenty of layers to take off at the start (all of which goes to charity).

With NY it's all about the bridges. I was starting on top of the first, Verrazano-Narrows Bridge, with many running under the bridge.

It all felt good, as the day progressed for a November day it started to warm up. Pace was ok, at 16 miles I started to feel sick. The last 10 miles were tough with a mix of running and walking. I did love it even with the cheeky slow up to get you to Central Park finish, the crowds were brilliant. With a finish time of 4.27 I had to be happy with that right! I was really disappointed as I had a plan, which as happens didn't go as expected. I think it's only now I look back and think that was brilliant. We also got a NY marathon poncho which was a nice extra. Mark had a really good run, starting earlier than me under the bridge, the cheering/support was fantastic and he managed to get a new PB 3.10.

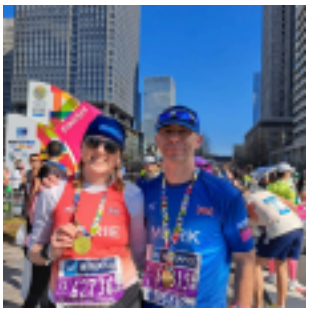
Boston Marathon

2019 was the year I met the Boston Beauts. I was again doing another WMM with my good friend Karen, we were with different tour operators and got to know other Brits who not only were taking on the Marathon but for most it was also their penultimate before we all tried to get into Tokyo. Everyone gets bused to the start at Hopkinton where you then run back to Boston. On the day it was absolutely chucking it down, and by the time our bus arrived after many hundreds others with earlier start times, the waiting area was like a quagmire, thankfully when we started it had stopped raining. It's not a bad course and we felt comfortable, it started to warm up quite a bit so we decided to dial it back and in the last few miles the rain came on again, not a bad route with a few ups otherwise relatively flat ish route, another well supported event especially by the students from Boston College near Heartbreak Hill.

Tokyo Marathon

We were due to finish off the big 6 in 2020, and only the week before it was announced that the event would only be open to elite runners. We were really disappointed, at this point Covid wasn't a world pandemic that we all eventually experienced and we were not able to get our money back on the flights so we decided along with several others to go anyway. Whilst out there we did manage to unofficially run the marathon very early on the day of the event and do a lot more sightseeing that we probably wouldn't have done had we been officially doing the event. It was a really good trip, albeit very odd given everything started to close down around us.

2024 was our year to finally get the last one in the bag. Given the time difference and being our last WMM I just wanted to get over the finish line, I also wanted to finish with Mark so we agreed to run it together and soak it all up. It was a really good atmosphere, even with the warnings at the start of what to do should an earthquake occur. We took lots of pictures and waved and cheered along with the crowd. There was a lot of running up and down the same roads in various directions, with a mix of tourist sites to see. Crossing that finish line in 4.28, it was so emotional for us both, finally we got to get our 6 star medal. I for one was glad it was done, Mark is already looking at Australia but not yet!



It has been a great, albeit expensive experience, we have been to some lovely places and met some amazing people.

SGR on tour 2024!

In November, 13 SGR runners headed to sunny Benidorm to take part in the half marathon and 10k road races. Clearly, running was the priority with partying coming a close second. But with the first glass of beer/bubbles in our hands at the airport on Friday morning, this completely swung the other way.

Saturday - Race day! With sleep scores in their 20s, a training readiness of 1 and watches screaming “Rest, no exercise due to excessive fatigue”, we were well and truly prepared to race. It was also slightly worrying that we had already done 20,000+ steps before breakfast, probably from dancing the night away into the early hours. Fortunately, the race didn’t start until 17:30 so we had a few hours to try and refuel our battered bodies. All 13 Stubbies made it to the start line (just).

The course was absolutely beautiful with electric support all the way round. We started by running across the top of town before heading down to the golden sandy promenade. The sea breeze was welcomed as we raced towards the winding streets of Old Town with its eclectic bars and music playing. Back on the promenade, the course split with the 10k runners heading back inland leaving the 21k runners questioning their life choices. After meandering through the east part of town, our final mile was running along The Strip with its bright flashing lights and bucking broncos. You’d like to think the finish was a welcomed sight but it was a nasty hill which broke a few of us! But we all did it and smashed it. PBs were achieved and Kelly placed first in her age category (8th lady overall) bringing home the bling for the team.

As for the rest of the weekend, what happens on tour stays on tour!! But what I can share is that we have all had a weekend we will never forget and have made the best of friends. I’m sure there has been a lot of FOMO but fear not, I will get planning the next SGR tour so watch this space. Adios Amigos!!

Official chip times were as follows:

10k
Kelly Haniver: 40:14
Pete Tugwell: 47:33
William Gill: 1:18:30

Half marathon
Daisy Mcclements: 1:37
Alison Good: 1:40
Chris Hall: 1:41
Nikki Roebuck: 1:44
Marcus Lee: 1:44
Pete Cole: 1:48
Iain Dove: 1:54
Emma Baker-Chaplin: 2:03
Stacey Read: 2:33
Janine Jenkins: 2:36

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/