The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

Sunday January 12th saw another awesome 10k race put on by Stubbington Green Runners. .A heartfelt thanks goes to everybody who ran, helped in some way or marshalled along the course – the hard work that club members put into it made it such a success. Our Race Director Sara Bamberger did an awesome job along with her support crew of Stacey Read and Stuart Bamberger.

The club AGM is scheduled for Wednesday March 12th, which we will be holding at a new venue this year – the Bugle pub in Titchfield and we will be meeting in Titchfield for the Wednesday group runs that evening so look out for more information on that nearer the time.person at the Crofton Pub. We look forward to seeing as many of you there as possible – we need 65 members to ensure we have a quorum so please make every effort to attend. If you are interested in any of the roles on the committee and want to know more please feel free to talk to any member of the committee who would be happy to explain the role. Although all the committee positions are up for re-election we do know that our secretary for the last two years is stepping down so will definitely need at least one new face on the committee for the coming year. All the instructions on how to be nominated are in the calling notice so if you think you can help please get yourself nominated for any of the roles.

I would just like to thank all the committee members and the members with non-committee roles who ensure the continued good running of the club. Without all of their commitment the club would not be the success it is.

I hope everybody continues to enjoy their running , whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Happy Running

Kevin

Captains' Report

Captains' Report

Well, we have made it to the end of January, one of the toughest months for running as its cold, wet and dark. Well done to everyone who has dug deep this month and carried on with getting out there on the training runs and races.

The start of the new year sees the Hampshire Cross Country Championships at Fairthorne Manor. I was informed there was mud, and we managed to get 5 out of the 5 teams possible, sadly I have not been able to find out 4 of the 5 teams positions!

It was great to see the U17 Boys get a team out with 23rd Max Buckton, 26th Liam Jennings and 27th Toby Smith. The ladies were led home by Kelley Haniver in 13th, 25th Helen Nicholls, 29th Nikki Roebuck, 60th Sara Bamberger and 62nd Kayleigh Collett. The ladies Vets were 3rd team so bronze medal winners, congratulations to Kelley, Helen, Nikki and Sara. Kelley was 1st F45 so congratulations on winning the category.

The men had 10 runners with Tom Kirby home, first in a very impressive 9th, 53rd Chris Sandy, 79th Mike White, 94th Matt Emery, 98th Chris Cullen, 99th Simon Hearnden, 108th Kieran Chaplin, 111th Mark Eaton, 124th Stuart Bamberger and 130th Ian Savory. We had two men individual winners with Mark Eaton 3rd V55 and Mike White 1st V65, congratulations to you both and well done to everyone who ran. I will keep chasing for the team results.

On Sunday 5th January, we had the helpers 10k. The weather was awful, but we had a great turnout of helpers wanting to take on the course of the best 10k.

Well done everyone that came out to take part in this as you really did battle against the wind and rain and also a massive thank you to our marshals who helped our runners cross the roads and stick to the correct course and the timekeepers who logged those vital times.

The following week on 12th January, was the day of our 10k. After months of planning, it was finally the day of the race. We had some cracking runners out there on the day: Tom Kirby 32:30, Tim Rolfe 34:29, Brandon Chaplin 35:14, Beccy Lord our first lady home 36:06, Max Buxton 37:02, Chris Sandy 37:26, Dan Foster 37:57, Stephen Dunlop 38:51, Gareth Charles 40:06, Toby Smith 40:33, Simon Hearnden 40:35, Matt Emery 41:22, Lucy May 42:22, Nikki Roebuck 42:53, Matt Evans 43:01, Mark Eaton 43:48, Maria Millican 44:30, Liam Jennings 44:44, Tom Hastings 45:23, Ray Gunner 45:45, Scott Shaw 45:49, Helen Lockyer 46:58, Ed Hare 49:22, Stephen Whitear 50:59, Andy Lee 51:44, Phil Martin 51:54, Emma Lovell 51:59, Simon Vingoe 52:37, Lara Evans 53:09, Nick Kimber 53:26, Tim Matthews 53:51, Chris Stapleford 54:41, Jeni Reeve 55:02, Kyle Hellyar 55:20, Sarah Barron 56:44, Richard Kneller 57:33, David Abrams 59:37, Evan De Wet 59:49, William Swanton 1:00:21, Cathy Webb 1:00:21, Dawn-Haynes-Sewell 1:01:34, Lindsay Pratt 1:02:23, Karen Nichols 1:05:18, Laura Rolland 1:06:08, Sandra Abrams 1:07:24, Janine Jenkins 1:09:33, Pete Cole 1:09:33, Rachel Butcher 1:09:41, Megan Woollam 1:17:39, Claire Dyson 1:20:41 and Mel Barnham 1:23:45.

Massive well done to everyone that ran our 10k. Special well done to: Beccy Lord who won the Mike Clarke memorial shield, Dan Foster and Lucy May who won the Dennis Woodward Trophies.

We also had Maria Millican who was 3rd in her age category, Stephen Dunlop who was 1st in his age category and Sandra Abrams who was 1st in her age category.

The day before the 10k was the Hampshire XC League fixture which is always a hard sell with the 10k the next day. Going into the last race we had the senior ladies and men both in joint 2nd place chasing promotions back to the big time in division 1! The senior ladies had 3 runners and needed 3 runners for a team. They were led home by Sara Bamberger in 86th, chilling out before the pressures of the 10k the next day, then came 92nd Emma Baker-Chaplin and 97th Kayleigh Collett. The ladies were 8th on the day and finished sadly 6th overall.

The men also had just enough for a senior team, thanks to James Corder and Neil Jarvis for stepping up to get us a team! The senior men were led home by Allan McKinnon in 67th, 111th Mike White, 151st Kieran Chaplin, 174th Neil Jarvis and 179th James Corder. The senior men were 4th on the day and that was good enough to seal promotion on countback, finishing 2nd on the same points as Overton but having better total finishing score over the 4 races!! So congratulations senior men back in the big-time next year. The vet men of Allan, Kieran and Mike were 10th on the day and finished 18th overall. We had one individual recorded standing

for running 3 out of the 4 races so well done Kieran Chaplin on finishing 110th senior and 55th vet overall.

A big thank you to everyone who has raced the Hampshire league this season, we just need more people out next year, to save the stress on your captains!

On Sunday 19th January saw not only the SCCL race, marshalling at the CC6 but also the Romsey 5. Well done to Mel Barnham and James Corder who took part in this.

Box Hill Fell Race was also taking part that day – well done to everyone who took on this adventure.

Southern Cross-Country Championships at Beckenham Place saw 9 runners take on a tough, undulating course with the ladies running 8k and the men 15k but both courses were a little short but there seemed to be no complaints from the runners. We unfortunately didn't get a ladies team out due to one lady being ill and not fit to run. That said, the 3 ladies representing the club finished as follows: 73rd Kelley Haniver 33.18, 296th Sarah Barron 49.50 and 308th Stacey Read 58.15. The men got a team out and were 42nd best team in the South of England. They were led home by Simon Hearnden in 437th in 1.04.28, closely followed by Mike White 440th in 1.04.33, 495th Chris Cullen 1.07.59, 589th Stewart Pepper 1.15.10, 627th Ian Savoy 1.25.32 and 633rd James Corder 1.30.00. Well done to everyone who represented the club at the championships. Next month is the National Cross-Country Championships at the iconic Parliament Hill.

On Sunday 26th January we had one runner at the 5k at Crystal Palace. Well done, James Corder.

On that same day, we have a fair few runners taking on the Beat Feat Arundel 16 mile and marathon. Sounds like the conditions were tough, with a very muddy course and adverse weather conditions. Hope that you have all warmed up and dried out. Well done everyone for carrying on and getting the job done.

Stubbington 10k 2025 Report

Stubbington 10k by Sara - Race Director.

I am honoured enough to be the Race Director of the Stubbington 10k and have been since 2023, when I took over from Kevin. I had been Chief Marshal for a couple of years previously so did have a bit of an idea what was involved.

The year that I took over was the year when we had to change the course due to the bypass being built – so that added some more fun. One memorable thing about sorting the new course was meeting up to complete the course check at 6:30am on a Sunday morning to cycle the course – very slowly so that we got the course measured accurately!

At first on taking over it is quite daunting and scary on how much there is to organise and how much pressure there is to get this right and to remember everything.

The organising starts in June with applying for the licence and preparing all the paperwork to go to the council for the road closures. Then we get to the day that the race opens and breaks the race sign up system at 6 am!

One of the most difficult decisions is what should the memento be – as I think that most people will agree this is a big thing. Should it be another t-shirt – which we are very famous for – but do we really need another t-shirt? Should it be a medal – which I know means a lot to some runners and off the back of that, means not a lot to some too! We had a t-shirt in 2024, and some people complained about the sizing but in general I think they were very popular – but then when I look at mine – it still looks like new, so I didn't think we needed another t-shirt for 2025. So, I decided (and of course ran it past the committee), that we should have something useful. This is where the bag and soft flask came from this year. I think in general that most people like this, but of course then came the questions and moans – oh no t-shirts and do we get a medal!!! The t-shirt will be back in 2026, and the colour has already been decided – but not giving out that secret!

We thought – or maybe I should say that I thought, it would be nice to add in a few chocolates into the bags…….. and then trying to calculate how many tubs of chocolates would you need for 2000 bags. Let's just say for the amount that I bought before xmas – I was miles off!!! Many thanks to the guys that went hunting for tubs of chocolates the day before the race to buy many many more, and then thank you to the helpers that were part of the bag filling convey about! Sadly, I missed most of this as I was away in Reading running the XC!!!

As we get nearer to race day, I ensure that everything is in place and that we get a full marshal and helpers list and over the last few years this has become one of the most stressful parts, which is slightly frustrating with a club our size. For the whole event we have at least 290 helping roles to be filled and I have already highlighted where we need additional helpers for the 2026 race. This year quite a few people did multiple roles which was so helpful and we had non club members offering to help and had to ask Gosport Road runners to help support us.

Over the last few years I have had three great chief marshals, with Sarah for the 1st two years and then having Stuart and Stacey this year.

Race day arrives and the alarm goes off at 5:15, and off we troop to the community centre for 6:am and then the setting up starts. This feels like the calm before the storm – but a pleasant storm and its lovely to see the community centre and village fill up with excited runners. The buzz is just amazing. The weather was very kind to us this year and luckily for the runners and marshals it wasn't like the weekend before!

Lining everyone up at the start is just so exciting and I did get quite worried about what I would say at the start of the race – but then realising that only actually the 1st 2 lines of runners can hear me – I just had a chat with them instead!

And they were off. – ah and breath they have left and are now out on course.

For the next 29 mins its chill time and lets just hope that no-one falls and that the car drivers of Lee on Solent and Stubbington are in a happy jolly mood this Sunday morning.

We do leaflet drop every house that is on the route and in the area, put articles in Stubbington matters and have signs up two weeks in advance of race day – so please don't say you didn't know anything about it!

Whilst the race is going on we rely on our bike crew and marshals to be the eyes and ears making sure our runners are safe out on course.

The children's race starts 10 mins after the adult's race and this year we had a staggering 50 children enter the children's race this year – which is just amazing. Seeing their smiling excited faces before the start is lovely.

Then time for a quick coffee and the runners are back – blimey doesn't time fly by!!!!

This year we had Abi running – and we knew from a few of us seeing him at the XC races that he is fast. A few bets had been made on just how quick he could run and if he could beat the course record and yes of course he did. A staggering 29 mins and he was disappointed with that as he wanted 28 mins!!!!

To see him and of course all the Green Army and all the other runners coming back over the finish line is very special and oh all those sweaty hugs are fab! I really do love being on that finish line and seeing everyone coming over the finish.

It means so much to those that come over and say what a great race it was and then to hear the buzz of everyone chatting away and telling their story of how their 10k just went – as us runners do like to talk about running!!!

Then onto the prize giving – which is manic to get the results so quick and to hope that everyone is there!

The 2025 race for me was probably the most successful as there seems to be very few issues on the day – maybe by starting to plan it 7 months in advance does help!

Then comes tidy up and then to the pub!!!!!!

Doesn't finish there though, there is the report to write the invoices to receive and to get the results loaded – which has been an issue this year.

Post wash up and make notes for improvements for 2026 as there are always things to tweak and improve on and then book the 2026 race! The 2026 race will be on 11th January 2026 and entries will be open mid-October.

Then chill for a few months and start again! This role is very stressful but at the same time, I do love being such a big part of it – am I ready to hand it over to someone new – not quite yet 😊

Sara

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

The evening was another perfect night for running PBs. We had 14 runners with 4 first timers and 5 improvers on the night which equated to 38% of the field! Thank you to my 5 wonderful helpers on the night. The male biggest improver saw two improvers with 19 seconds shaved off by Andy Richardson but this was no match for the improving Martin Pegler after all his injury woes last year who chopped a whopping 1 minute 49 seconds off. The ladies biggest improver was a three way affair and in third place was Tracey Shimmen slicing 15 seconds off. Runner up on the night and denied a Mrs & Mr double winner was Stacey Read, who rinsed 45 seconds off her best. The winner on the night with a 58 second improvement and complaining on the start line of tired legs was….Alison Good. The Randomator winner was Claire Proctor. Well done to everyone who took part and congratulations to our winners on the night. The last Winter time trial is on 27th February, at 18.45 from Holly Hill Leisure Centre. As Always I will need helpers on the night so please get in touch if you can help.

Name	Best 2023-24	October	November	December	January	Months Best	Total Yearly Best 2024-25
		21	6	11	14	5	13
Martin Pegler	24.58	27.08			28.09	-1.49	-1.49
Alison Good	25.38				24.40	-0.58	-0.58
Stacey Read	34.17	33.46			33.01	-0.45	-1.16
Andy Richardson	26.38	27.10			26.19	-0.19	-0.19
Tracey Shimmen	32.50			32.50	32.35	-0.15	-0.15
Cameron Shepherd	20.02			20.02	20.23		
Sam Woodland	23.20				23.20		
James Bampton	23.10				23.48		
Tom Hastings	23.55				24.20		
Luke Lord	26.48				26.48		
Frances Lord	28.18	28.18			28.20		
Kyle Helyer	32.13				32.13		
Angela Harrison	33.02*				33.02		
Pete Tugwell	33.02*				33.02		
Beccy Lord	20.09	20.09		20.30			
Charley Austin	27.41	27.41	27.43				
Chris Sandy	21.43	21.43		20.31			-1.12
Claire Proctor	27.32	27.32		26.43			-0.49
Dan Foster	20.15	20.15					
Derrick Morgan	27.17	27.17					
Jacqueline Healy	33.42			31.14			-2.28
Janine Jenkins	34.09	33.39					-0.30
Jon Adams	27.35						
Jules Dinwoodie	33.18	33.13					-0.05
Kirsty Graham	28.28			26.15			-2.12
Liam Jennings	24.32	24.32	24.06	23.35			-0.57
Martyn Banner	33.12	33.12					
Max Buckton	19.48	19.48	21.53	20.06			
Nick Crane	31.26		31.26				
Nigel Feast	27.27	27.27					
Paul Smith	31.36*		31.36				
Pete Cole	30.04	33.39					
Phil May	34.06	34.06					
Sara Bamberger	27.38	29.05		32.51			
Steven Matty	23.21	23.14		24.57			-0.07
Toby Smith	20.18	20.18	22.04				

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

Annual General Meeting

Wednesday 12th March at 8pm, The Bugle Hotel, The Square, Titchfield, Fareham, PO14 4RT.

Useful Links

Order online or instore with Alton Sports, stockists of SGR sportswear:

https://www.alexandrasports.com/collections/official-stubbington-green-club-kit

SGR Session and Training Calendar

https://www.stubbingtongreenrunners.net/training/