The Green Runner

https://www.stubbingtongreenrunners.net

March 2025

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Chairman's Report

The club AGM is taking place on Wednesday 12th March at 8pm at the Bugle Pub in Titchfield. Please make every effort to attend as we need over 60 members to ensure we have a quorum and we have the bonus of a buffet following the meeting so looking forward to seeing as many of you there as possible. Please note that the group runs on that evening will be starting from Titchfield to give as many the opportunity to attend after their run .

We are finalising the profits from the 10k for this year and we will hopefully be in a position to announce our donations to Rowans Hospice and the Stubbington Ark, which were the charities selected by the membership last year, at the AGM.

We will need a new charity or charities for this year so please give this some thought and email me with the charity name and your reasons for your nomination by the end of March – chairman@stubbingtongreenrunners.net. Please remember we do like to donate to local charities so do bear this in mind when coming up with suggestions.

The winter cross country season is coming to an end and we are now looking forward to the variety of spring marathons and the start of the RR10 series – please look out for requests for support at our own RR10 in May at River Hamble Country Park.

Happy Running
Kevin

Captains' Report

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It's been a busy February – still cold and dark in the evenings but the races are starting to ramp up and so are the miles for those that are getting those training miles in preparation for the spring marathons.

On Sunday 2nd February we saw the mass outing to Ryde for the 10-mile race. Such a great Stubby day and the sun came out for us all as well and of the course the trip to the Fish and Chip shop afterwards. Well done to everyone that took part Daisy McClements, Nikki Roebuck, Mark Eaton, Pete Cole, Stuart Bamberger, Andy Donn, Steve Matty, Sara Bamberger, Ian Savory, Dom Shepherd, Nigel Feast, Sarah Barron, Lisa Donn, Cliff Shaw, Dave Kimber, Mike Healy, Pete Turnbull, Kim Bevel, Kath Cooper, Janet Shaw, Janine Jenkins, Stacey Read, Gilly Shutler, Tracey Shimmen, Claire Dyson, Jacqueline Healy, Sam Shutler and Mel Barham.

Saturday 8th was the 1st of the weekend half marathons, well done to Rob Egerton, Stacey Read and Kieran Chaplin for taking part in the Langstone Half marathon and to Stacey for getting a new PB.

On Sunday 9th was the Farnborough Half, on a cold day – but not as cold as last year! Well done to Stacey Read and Kieran Chaplin on their 2nd Half Marathon of that weekend and also to Emma Baker-Chaplin, Stuart Bamberger and Sara Bamberger.

On 16th Feb we had a few people completing the Bramley 10/20. Well done to Stuart Bamberger who completed the 10 mile and to Sarah Barron, Alison Good, Phil Townley, Rob Egerton and Sara Bamberger who all completed the 20 miles.

Also on this Sunday was the Southampton Common Half Marathon and 10k, well done to everyone that took part and to James Corder who completed his 1st Half Marathon.

23rd February was a busy weekend and there were multiple events to keep our Green Army happy:

Tracie and Neil Jarvis travelled out to Malta to complete the Half Marathon – so envied the sunny hot weather they were running in. Well done to both of you.

Stuart and Sara Bamberger were in London at the Queen Elizabeth Olympic Park for the Half Marathon. A great event which I highly recommend the route was bonkers with loads of twists and turns and out and backs – just looked like a scribble on my Strava!

Rob Egerton completed the Wokingham Half Marathon – well done Rob another great time put in with finishing in 1 hr 29 mins.

Winchester 10k - attracted a lot of the Green Army. Well, done to everyone who took part. This looks like a great event today with lots of hills and support.

Big Mud certainly won on the muddiest course – well done to everyone who completed the 16 mile and Marathon. From the photos it looks like it was a tough day out. Well, done to Graham James who came 1st in his category.

National Cross-Country Championships at Parliament Hill, saw a depleted squad turn up with the ladies just having one sole representative but Kelley Haniver had a great race and finished 213th in 38.44. The U17 men had a team which I was so excited about but unfortunately Kyle pulled his hamstring on the first hill. The other 3 lads did experience the course and the occasion. First home was Max Buckton in 289th 30.42, 309th Toby Smith 33.11 and 310th Liam Jennings 33.12, I heard there was a sprint finish at the end. After all the other races had churned up the course, it was the turn of the men with 1800 men charging up the first hill. It is an impressive site and the ground shakes beneath you. We had 8 men running and 6 needed for a team. First back home in an impressive position was Tom Kirby in 262nd 53.35, 934th Will Feline 1.04.48, 1043rd Mike White 1.06.31, 1345th Matt Emery 1.13.29, 1401st Chris Cullen 1.15.25, 1591st Stewart Pepper 1.22.01, 1729th Ian Savory 1.32.38 and 1749th Nick Crane 1.36.57. The men finished 90th best team in England! The course was a mudfest but I think everyone enjoyed the championships, so well done everyone.

Penultimate CC6 was at Badger Farm with 19 runners taking part. The ladies were on fire with 4 in the top 10 and easily scooping first team on the day and lie 6th overall. Winning the ladies race on the day and 11th overall in the race was Beccy Lord, congratulations to her. After Beccy came Kelley Haniver in 4th, 7th Lucy May, 9th Nikki Roebuck, 40th Frances Lord, 41st Alison Lawerence, 52nd Helen Benson and 78th Mel Barnham. The men were 8th on the day and 6th overall. They were led home by David Mallard 25th, 29th Toby Greenfield, 32nd Matt Emery, 45th Toby Smith, 47th Chris Cullen, 57th Chris Sandy, 66th Pete Tugwell, 67th Tony Beswick, 88th Graham James, 114th Rob Williams and 120th Tim Matthews.

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 last Winter time trial was held in ideal running conditions. We had a poor turnout with just 8 runners. That said 25% of the field improved and we had one first time. The biggest lady improver on the night was Janine Jenkins who sliced 40 seconds off her time. The biggest male improver has improved on 3 occasions this winter series and shows how putting in the training benefits your times. Congratulations to Liam Jennings who chopped 1 minute 18 seconds off his best. The randomator winner was Pete Cole. I would just like to thank everyone who has helped out at the Winter series. The Summer Time Trials will start on Thursday 10th April in Stubbington, meeting in Eric Road for 18.45 and 19.00, start times.

Name	Best 2023/2024	October	November	December	January	February	Months Best	Total Yearly Best 2024/25
		21	6	11	14	9	2	13
Liam Jennings	24.32	**24.32**	**24.06**	**23.35**		22.17	-1.18	-2.15
Janine Jenkins	34.09	**33.39**				32.59	-0.40	-1.10
Dominic Shepherd	26.21					27.41		
Frances Lord	28.18	28.18			28.20	30.52		
Karen Turtle	30.55					30.55		
Martin Pegler	24.58	27.08			23.09	32.59		-1.49
Pete Cole	30.04	33.39				32.59		
Sarah Barron	29.28					30.14		
Steven Matty	23.21	23.14		24.57		23.39		-0.07
Alison Good	25.38				24.40			-0.58
Andy Richardson	26.38	27.10			26.19			-0.19
Angela Harrison	33.02*				33.02			
Beccy Lord	20.09	20.09		20.30				
Cameron Shepher	20.02			20.02	20.23			
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
James Bampton	23.10				23.48			
Jules Dinwoodie	33.18	33.13						-0.05
Kirsty Graham	28.28			26.15				-2.12
Kyle Helyer	32.13				32.13			
Luke Lord	26.48				26.48			
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 Tugwell	33.02*				33.02			
Phil May	34.06	34.06						
Sam Woodland	23.20				23.20			
Sara Bamberger	27.38	29.05		32.51				
Stacey Read	34.17	33.46			33.01			-1.16
Toby Smith	20.18	20.18	22.04					
Tom Hastings	23.55				24.20			
Tracey Shimmen	32.50			**32.50**	32.35			-0.15

Course Record	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

The club AGM is taking place on Wednesday 12th March at 8pm at the Bugle Pub in Titchfield.

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/