The Green Runner

https://www.stubbingtongreenrunners.net

May 2025

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Chairman's Report

As we enter the summer season it was great to see so many members at the first RR10 of the season at Fleming Park. These free to enter Cross country races are a fun way to spend a Wednesday evening whether you are running or supporting with a rehydration session in a local pub after! If you haven't tried one yet please do – you won't regret it. Our RR10 is scheduled at River Hamble country Park on 21st May and no doubt you have already seen the requests for help from Helen Benson and Tim Matthews as we marshal at this race rather than running it. It would be great to see as many of you there as possible so we can demonstrate what a great marshalling as well as running club we are. If you want any more details just take a look at www.RR10.org.uk.

The blue ribboned event of the year takes place on Saturday 7th June – the South Downs relay and we are again marshalling the changeover point on Harting Down so please let Stacey Read know if you can offer any help on that day. Good luck to our 3 teams in this prestigious event – it's a great day out and as the runners get closer to the finish in Winchester then I'm sure they will also be grateful for any support they can get.

As you may have seen we are also running our own version of the South Downs Relay on Saturday 28th June and it looks like we have had a great response to this so let's hope we have good weather on the day and enjoy the run. We have booked a BBQ site at Queen Elizabeth Country Park after the relay to celebrate the 40th birthday of the club so it would be great to see as many of you as possible there for food, some games and general socialisation with other club members – lets hope the weather is good. The club will provide sausages, burgers and veggie

options but it would be great if members could bring along salads and desserts to share with everyone. We will also have a cake competition which I know our chief taster Andy Simpson is looking forward to judging!

Please remember the Green Runner is your newsletter so please feel free to email Richard Mackay (gr-editor@stubbingtongreenrunners.net) the editor with race reports of any races you have completed – I'm sure that all members like reading about the exploits of others.

Finally I would like to thank everybody who has renewed their membership for the coming year and welcome all our new members who have joined in the last few months – it's so good to see the club growing in the way it is.

Happy Running

Kevin

Captains' Report

Captains' Corner

We had one race in the HRRL league this month - Salisbury 10 mile. Well done to Dan Foster, Pete Cole, Kieran Chaplin, Steve Matty, Ed Hare, Nigel Feast and Ian Savory, Emma

Baker-Chaplin, Julia Lawton, Sarah Barron, Glynne Parsons, Stacey Read, Gilly Shutler, Lindsay Pratt, Tracey Terry and Janine Jenkins.

The first RR10 took place at Fleming Park with over 56 runners and 14 teams. The ladies were 1st team on the night and Stubbington had the 1st lady home, Beccy Lord, 7th Kelley Haniver (1st F45) and 12th Lucy May. The men's A team were 9th on the night led home by Chris Sandy 28th, 33rd Dan Foster, 39th David Mallard, 50th Toby Smith and 56th Ben Pym. Individual age category results saw Maria Millican 3rd F55 and Mike White 1st V65. Well done everyone who ran. The RR10 fixtures in May are 7th with Itchen Valley Country Park and our own race is 21st at the River Hamble Country Park. We can't run our own race. We still need helpers on the night so please get in touch with Helen Benson and Tim Matthews to offer your services.

April has seen the start of the spring marathons – with all the training completed, it was time for our runners to stand on the start lines.

We started off the month with Brighton Marathon on 6th April on a very hot sunny day, well done to Emma Ellis on completing her first marathon in 5:13 and to her pacer Jack Strougler, Andy Richardson for getting a marathon PB 4:26, Rob Egerton for a staggering time of 3:10 and sara Bamberger finishing in 4:14.

On the same day we had quite a few runners at Southampton completing the Marathon, Half Marathon and 10k. well done to George Howarth 5:56 in the marathon, Melissa Barnham 3:37, Max Buxton 1:26, Gary Coburn 1:59, Jack Goozee 2:09,Claire Johnson 3:11, Louisa Knight 3:11, Claire Procter 2:07, Dominic shepherd 2:14, Mike Smith 2:10, Toby Smith 1:30, Karla Tizard 2:21, Stephen Whitear 2:02 in the half marathon and Rachel Butcher 1:11, Laim Jennings 44:01, Jo Rawlings 58:13 in the 10k and Evan De Wet 24:04 in the 5k.

We had a few runners at the London landmarks half marathon, well done to Mike Healy, Claire Dyson and Kath Louise

On 13th April saw the Paris Marathon, well done to Sarah Barron for completing the marathon in 5:05.

We also had two runners at the Newport marathon on 13th April, well done to Emma Baker-Chaplin finishing in 4:29 and getting a marathon Pb, and also to Gareth Charles finishing in 3:07.

On Friday 18th April, we had three runners at Victoria Park half marathon, a pretty tough course completing 6.75 laps of Victoria park. Well to Stuart Bamberger for coming 4th in his age category, Gary Couplend who came 3rd in his age category and Sara Bamberger who came 2nd in her age category.

Over the Easter weekend we had Mark and Marie McDonald completing the Goggins challenge, they started at 10am on Good Friday and completed 4 miles every 4 hours for 48 hours. Massive achievement to these two for completing this challenge and well done to everyone that joined them in the many 4 mile runs.

Sunday 27th April was the big Marathon Day in Manchester and London. The sun certainly shone on our runners and maybe made it a bit too hot. Well done to Kieran Chaplin finishing in

4:09 and fighting the demons throughout the marathon and also to Stacey Read finishing in 5:39 and enjoying an ice cream on route.

For the London Marathon we had quite a few runners out – including those that had won the club places. Well done to everyone that ran. Tim Rolfe 2:43, Al McKinnon 2.50, Lee Reynolds 2:51, Daisy McClements 3:16, Claire Barnard 4:21, Helen Benson 4:59, Nigel Feast 4:42, Andy lee 4:47 and Megan Woollam 7:03. A few people ran the virtual London marathon, Andy Richardson 4.37, Ian Savory 5.29 and James Norman 7.12.

Also, on the same day we had 4 Stubbies out in a different part of London – doing a shorter version of the marathon – the Richmond Half marathon, well done to everyone on this surprisingly undulating course. Stuart Bamberger finished in 1:55 and came 1st in his age category, Sara Bamberger finished in 2:05 and came 2nd in her age category, Tracie Jarvis finished in 2:16 and came 3rd in her age category and Sarah Barron finishing in 2:30 and coming 4th in her age category.

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 is only ephemeral. You will last longer with a Green Runner.

Race Report

By James Corder

Time Trial

The start of the Summer Time Trials had brilliant weather and brought 25 runners out on the night. We had a few lapsed runners and a couple of first timers, with 7 improvers on the night. A big thank you to my helpers on the night.

The ladies had 4 improvers, in 4th was Laura Kay 54 seconds off her time. The top 3 were separated by just 8 seconds, in 3rd Jules Dinwoodie 1 minute 23 seconds and in 2nd Stacey Read 1 minute 25 seconds. The biggest female improver on the night was Claire Proctor slicing 1 minute 31 seconds off her best.

The 3rd male improver was Steve Matty with 7 seconds and then in 2nd Andy Donn 44 seconds with his brand new Hoka Clifton trainers improving his time. The biggest male improver with a whopping 2 minutes 57 seconds off his best was Mark Saywell.

The randomator winner, which is a randomly selected award for everyone who runs or helps out on the night, went to Derrick Morgan.

The next time trial is Thursday 22nd May. Please let me know if you can help on the night.

Name	Best 2024	April	Months Best	Total Yearly Best 2025
		25	7	7
Mark Saywell	38.02	35.05	-2.57	-2.57
Claire Procter	34.12	32.41	-1.31	-1.31
Stacey Read	40.51	39.26	-1.25	-1.25
Jules Dinwoodie	38.54	37.31	-1.23	-1.23
Laura Kay	35.17	34.23	-0.54	-0.54
Andy Donn	29.52	29.08	-0.44	-0.44
Steven Matty	27.48	27.41	-0.07	-0.07
Andy Lee	44.12*	44.12		
Andy Simpson	34.19	34.19		
Andy Stockwell	30.26	30.26		
Claire Kelson	32.51	32.51		
Derrick Morgan	33.51	33.51		
George Howarth	34.40	41.58		
Glynne Parsons	37.54	37.54		
Haydn Brown	27.59	27.59		
Heather Graham	42.31	42.31		
Jenny Lee	44.11	44.11		
Julia Lawton	35.43	35.43		
Kirsty Edwards	38.50	38.50		
Neil Jarvis	32.28	35.06		
Ronnie Way	33.28	33.28		
Russell Mead	34.57	35.03		
Sara Bamberger	37.07*	34.49		
Steve McNamara	35.50	35.50		
Stuart Bamberger	29.09	29.52		

Handicap Bandings
Under 25 mins
25.01 – 28 mins
28.01 – 31 mins
31.01 – 35 mins
35+ mins

Course	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

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 Alexandra Sports, stockists of SGR sportswear:

https://www.alexandrasports.com/collections/club-kit?sort_by=relevance&q=stubbington+green

SGR Session and Training Calendar

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