The Green Runner

https://www.stubbingtongreenrunners.net
gr-editor@stubbingtongreenrunners.net

June 2025

Chairman's Report

At the time of writing we are just a week away from the annual South Downs Way relay so I would just like to take this opportunity to wish all our runners the very best in this highly prestigious event.. I would also like to say a huge thank you to everyone who has offered to help at our marshalling point at Harting – the relay couldn't take place without the support from the clubs at the changeovers and our manned spot at Harting Down is always THE best or at least that's our view!!.

It's been great to see the large turnouts for the RR10s so far and hopefully everyone is enjoying these friendly and inclusive events that cater for all abilities and normally include a very sociable debrief at a local pub – and thanks must go to Jon Leigh for finding and advertising these so well!..Look out for the posts advertising the RR10s from James Corder and come along and join in the fun.

The support you gave to our own RR10 was very much appreciated and proved yet again it doesn't matter whatever the event, our marshalling is simply the best! In their first year of

organising Helen and Tim did a fantastic job especially as the route had to be changed a couple of times.

Looking forward to the club's own mini version of the South Downs Relay on Saturday 28th June with 9 teams signed up – don't forget to write about your experiences of the event to include in a future Green Runner as it's always good to read about member's exploits at different races so don't forget to provide Richard our editor with your reports so that everyone can share in the enjoyment and performance of others.

The relay will be followed by the club's 40th Anniversary BBQ at QE Country Park where it would be great to see as many members as possible to celebrate this milestone. If you can bring along salad or dessert that would be great as the club will supply sausages, burgers, veggie options along with bread rolls. Please let Louise Tanner know what you will be bringing so we can ensure a good mixture. Thanks.

Happy Running

Kevin
Chair

Captains' Report

Captains' Corner

In May we had HRRL races back-to-back weeks with Alton 10 up first which was a hot one with 14 runners taking on the lumpy course. First lady home for the A team was Jo McQuaid 67th 1.38, 84th Jacqueline Healy 1.43, 92nd Sarah Barron 1.47 and 106th Janet Shaw 1.54. The A team was 4th and B team was also 4th. The men's A team was 9th with Jim De Trafford first back in 48th 1.09, 81st Andrew McEwen 1.14, 143rd Andy Richardson 1.28 and 153rd Andy Stockwell 1.31.

The following week was the Netley 10k which was being run on a new course where you go out of Royal Victoria Country Park and on the streets of Netley. It started off with perfect running conditions for 22 runners, overcast and cool, towards the end the sun popped out in time for ice-creams in the park! We got out 3 ladies' teams and 1 men's team which was disappointing for a local HRRL race! The ladies A team was led home by Hilary Misslebrook 59th 50.55, 76th Emma Baker-Chaplin 52.52 PB, 97th Sara Bamberger 55.47 and 99th Jeni Reeve 56.07. The ladies were 3rd on the day and currently sit 5th overall in division 2. The men's A team were 10th and sit in the relegation zone in 9th. Steve Matty led the team home 141st 47.37, 163rd Stuart Bamberger 49.16, 209th Ian Savory 55.38 and 212th David Kimber 56.00.

RR10's second race of the season was at Itchen Country Park where it was a glorious evening and we got 13 teams out. The ladies A team were 5th on the night and currently sit 3rd overall with Beccy Lord 2nd on the night and currently 1st overall. The men's A team were 6th on the night and sit 6th overall. In June you

have 3 races to get stuck in to 4th June is Badger Farm, 11th is Ampfield Woods and 25th Marwell.

Apart from the league races, what else have the green army been up to this month:

The fox – Gary and Tracie

Ollie Half marathon

On 25th May Stuart and Sara Bamberger completed the Dorney lakes Half Marathon, an interesting run with the wind being so strong coming along the lake. Great to see Sylvia Walton there completing a Tri.

On the same day we had one new member, Ollie Francis complete the Groningen Half Marathon, well done to Sun to the sea Brighton

Wings run

Star wars 10k

Marlborough 20 mile

Run to the sea Brighton

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

By Andy Simpson

This month's time trial saw a low turnout of just 9 runners which included two backmarkers. This was probably due to the RR10 we put on the night before and Fareham's interclub time trial on Tuesday. That said 57% of the runners got a PB/SB in very favourable running conditions. For the ladies there was just one improver, who improved for the second month running with 13 seconds off her time and that was Laura Kay. The male improvers saw 3 improvers and a slight change to Facebook announced results. In third place with 8 seconds off was Neil Jarvis, second slicing 1 minute 28 seconds off was Steve McNamara. The winner chopping 1 minute 48 seconds off his time was Steve Wood. The Randomator winner was George Howarth. Well done to everyone who ran, improved and our biggest winners' improvers of the month. The next time trial on Thursday 19th June, will have a stand in organiser while catching some rays abroad.

A	D	E	F	K	L
Name	Best 2024	April	May	Months Best	Best 2025
		25	9	4	10
Steve Wood	35.26		33.38	-1.48	-1.48
Steve McNamara	35.50	35.50	34.23	-1.27	-1.27
Laura Kay	35.17	34.23	34.10	-0.13	-1.07
Neil Jarvis	32.28	35.06	32.20	-0.08	-0.08
Fiona Tomlinson	37.28		37.28		
George Howarth	34.40	41.58	38.32		
Heather Hudson	37.59		37.59		
Sara Bamberger	37.07*	34.49	38.38		
Steven Matty	27.48	27.41	33.39		-0.07
Andy Donn	29.52	29.08			-0.44
Andy Lee	44.12*	44.12			
Andy Simpson	34.19	34.19			
Andy Stockwell	30.26	30.26			
Claire Kelson	32.51	32.51			
Claire Procter	34.12	32.41			-1.31
Derrick Morgan	33.51	33.51			
Glynne Parsons	37.54	37.54			
Haydn Brown	27.59	27.59			
Heather Graham	42.31	42.31			
Jenny Lee	44.11	44.11			
Jules Dinwoodie	38.54	37.31			-1.23
Julia Lawton	35.43	35.43			
Kirsty Edwards	38.50	38.50			
Mark Saywell	38.02	35.05			-2.57
Ronnie Way	33.28	33.28			
Russell Mead	34.57	35.03			
Stacey Read	40.51	39.26			-1.25
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 Records	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/