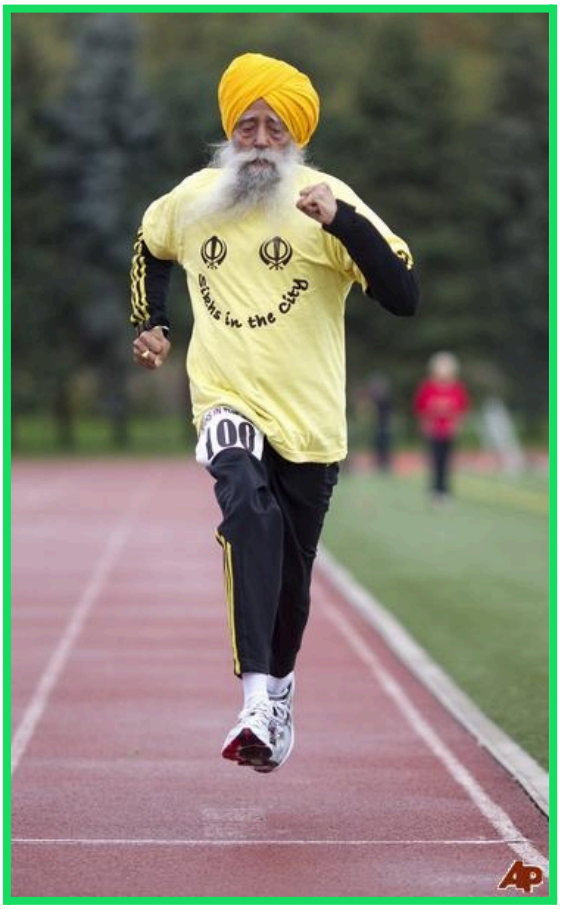
The Green Runner

https://www.stubbingtongreenrunners.net

August 2025

gr-editor@stubbingtongreenrunners.net



Fauja Singh, who died aged 114. Article inside.
Plus South Downs Relay 2025 Reports

Chairman's Report

Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 11th January 2026. Plans are well underway and we will be using the same course as the last 3 years as this has proved very popular.

If you can offer any help in the run up to the event then please contact Sara Bamberger our Race Director. This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward.
We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day. It's a shame that this year we will not be part of the HRRL series of races but I'm sure it will be as popular as ever nonetheless.

It is great to see the numbers of green vests across the various events in the last month, no more so than at the Lakeland event in Ambleside where we had more than 50 Stubbies either running or supporting, promoting the club some 300 miles from home! The hottest day of the year didn't make running or indeed supporting that easy but everyone gave of their best to make it yet again a great weekend so it would be great to see even more people joining us in 2026.

The last weekend in July saw 2 great events. On the Friday night we had the Chariots of Fire run which was organised brilliantly as always by Nick Kimber – unfortunately Nick couldn't organise the weather so the wind did make running and indeed cooking a little tricky!

On the Saturday night we had about 120 celebrating our 40 year anniversary with a Hog Roast, a celebration cake and some great music from the Locksmiths. Everyone seemed to have a great time – we'll have to think up something even more special for our 50th!

The annual Fish and Chip handicap will be 17th September. Please remember watches are banned so if you need them for Strava purposes just put it in your pocket and leave it there until you've crossed the finishing line. As this a week later than normal we have brought the finish time forward to 7.15 but all the details will be published nearer the date.

Finally, our Annual Celebration Evening is scheduled for Saturday 15th November at Solent Hotel and it would be lovely to see as many members there as possible. Again more details will be published soon.
Have a great rest of the summer.

Happy Running
Kevin

Captains' Report

Captains Corner

This month has been a dry and hot month for running!

It kicked off early in the month with QE XC, Miles of Miles and the Interclub Time Trial all in the first three days!

A full write for the Miles of Miles and the Interclub are in this month's Green Runner. Just to topline it we entered two teams in the Miles of Miles finishing 2nd and 9th. The Interclub Time Trial we had 64 runners with 11 Stubbies, 19 Gosport and 44 Fareham runners.

There was 2 RR10s this month with the first one at River Hamble where we got 9 teams out. The ladies were 3rd on the night, led home by the dependable Beccy Lord with another win notched on her belt, 13th Kelley Haniver (2nd F45) and 14th Lucy May. In men's race they were 4th, first home Tom Kirby 6th, 10th Tim Rolfe, 19th Colin Trigg (1st M50), 35th Will feline and 39th Richard Hayward.

The fast, flat and uninspiring Wide Lane was the RR10 where its flat on the gas from the start. We had 11 teams on the night. The men were 8th and now sit 6th overall. Tim Rolfe was first back in 8th, 51st Toby Smith, 54th Chris Sandy, 61st Dan Foster (3rd M45 overall) and 63rd David Mallard. The ladies were 5th and currently joint 2nd, no surprise Beccy Lord was first home and first lady, followed by Kelley Haniver 16th and 19th Lucy May. The last two races in the series are on 6th August at Cadland Estate and 20th August at IBM Hursley, would be great to have a sea of green.

The other events that we have had the green army out at are:

Wednesday 6th July was the Portsmouth Summer XC. Well done to Niki Roebuck, Tracie Jarvis, Neil Jarvis, Stacey Read, Pete Tugwell.

6th July was Lordshill 10k, we had 18 runners out. Well done to everyone that took part.

The weekend of 12th July was the annual trip to Lake District for the Lakeland Trails. We had record number of stubbies make the trip to Ambleside. The sun decided to come out on full force for the weekend. This made all the events even more challenging. Massive well done to everyone that took part in each of the events and for those that dropped out as it was just too hot, well done for the distance that you got to and I am sure you will back conquer the event. Highly recommend joining in on this stubby weekend away, it is such a fun and social weekend.

On Saturday 19th – we had the Lee on Solent Parkrun turnover. Well done to everyone that volunteered to make this such a great event.

Sunday 20th, we had three stubbies at the Valley Park Woodland 10k. Well done to Julie Ashman, Stuart Bamberger and Sara Bamberger. This is the 4th year this event has been going. It is a 10k, split into 5 seconds. It was a lovely local event, and I highly recommend putting this into your calendar for 2026.

Sunday 20th, we had some early risers for the Southampton Airport 5k. It was a damp start to the day. Well done to everyone that took part.

Also, on the same day we had a few runners take part in the Big Heat 16 mile and marathon. Well done to everyone who took part.

Friday 25th, we had our annual Chariots of Fire event. It was time to dig out the white shorts and t-shirts. Great fun was had again with running along the shoreline and a quick dip into the sea at the turn around point. It was great to see so many people and thank you to Nick Kimber for a great BBQ afterwards.

Sunday 27th, we had a few stubbies at the Wimbledon Half Marathon. Well done to Rachael Mullin for completing the 10k. To Stuart Bamberger, Sarah Barron, Andrew McEwan, Sara Bamberger and Tony Beswick for completing the Half marathon.

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.

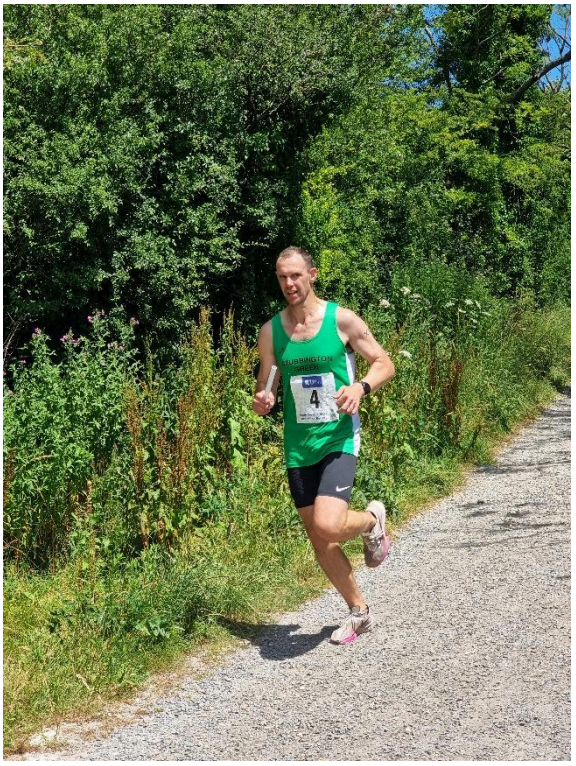
South Downs Relay 2025

a report by Tim Rolfe

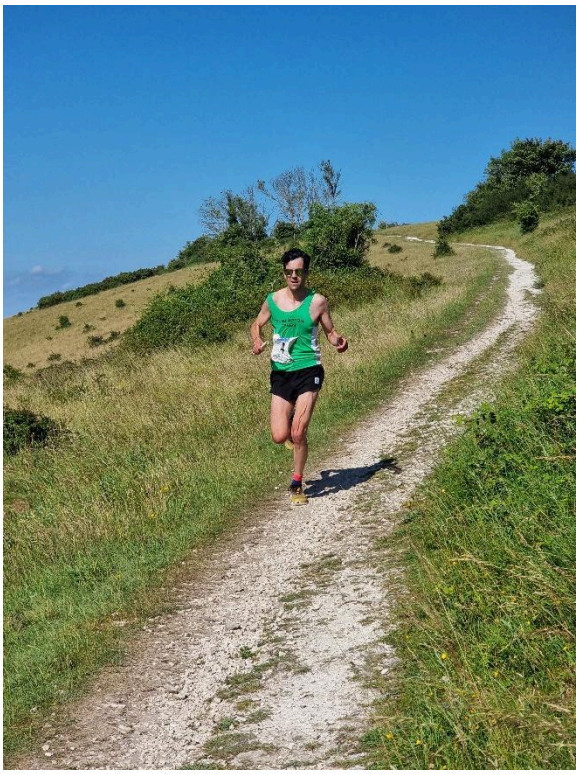
Spirits were high (well, as high as possible with a 5:30 meet-up time) as the sole representative Stubbington Green team for the South Downs Relay 2025 gathered. If anyone thought getting together a team of fit, healthy and prepared people was an easy task, the various ailments and injuries suffered in the build-up to this already rearranged date proved otherwise, but thankfully, after the journey down the Beechy Head, a team of six was indeed ready to go: Pere 'the mountain goat' Capdevila, Dan 'keep those hills away from me' Foster, Brandon 'the young gun' Chaplin, Steve 'the late replacement' Dilley, David 'the even later replacement' Mallard and Tim 'has the authorial power not to give himself a nickname' Rolfe. Ably accompanied by driver Nick Kimber and Captain Andy, 8:00 rolled by and suddenly the 100 miles to Winchester had begun!

A controlled start due to imposing fog meant the beginning was a very friendly affair, with Pere and a fellow runner practically holding hands, but everyone knew the hills and heat were coming: it was a question of when, and not if, they would inflict their suffering once more.

As the morning went by, each runner began and completed their first leg of three and all felt better for getting their day of running started. Things were going about as well as could have been hoped for after the first legs were completed with strong progress being made.



This was about the time that the searing heat decided it was time to come and play and, at times, just getting the legs complete was a huge achievement. There were both literal and metaphorical highs and lows throughout the rest of the day but the team spirit, effort and support were unwavering, really encapsulating the spirit and ethos of the club as a whole.



One by one, the eighteen legs were ticked off and before long, we were eagerly awaiting Steve to take the glory of crossing the line. Soon enough, he appeared and we were finished in a time of just over 12 hours.

Although not every individual had the day they had hoped for, all should be very proud of the huge efforts put in; it was a real pleasure to be part of the group and a fantastic day all round (and despite what he may have said at the time or since, I am sure Brandon will toe the line of the South Downs Relay again).

Special mentions and thanks are needed for our driver and captain for their work in navigating, maintaining team morale and managing logistics of the day. Yes, the pair of Nick and Andy had their tops off comparing torsos at 8:15 somewhere along the Seven Sisters and yes, Simmo ate like a child on Christmas day (3 cookies by 9:00 and an ice-cream not long after) but their expertise and experience meant the team were able to focus on their running, refuelling and maybe even at times questioning their life decisions.

Miles of Miles

After hosting last year, we got to just rock up and run this year. The weather was lovely and warm and Hardley Runners put on a good relay. The best part of this race is that it is great for spectating and you get cheered on every lap, for your 4 laps to complete a mile on the grass track. We entered two teams but sadly didn't get the uptake so 4 people ran twice!

Team 1 was led off in a blistering start by Tom Kirby who got the 1st and 3rd fastest time on the night with 4:39 and 4:51, by the end of his mile had opened up a 200 metre gap when handing over to Beccy Lord who ran 2nd fastest ladies time on the night in 5:25. Beccy enjoyed it so much that on her second go she ran an extra lap which affected her time with 7.02! It was great to see a few first timers giving the relay a go, in particular Kirstie and Kayleigh in team 2. For team 2, Tom McClements ran the first leg. This was a tactical ploy by myself to get maximum support on the track at the start for both teams as everyone was shouting…TOM! TOM! While the race is progressing it's hard to keep up with where you are in relation to other teams and yes you can see leg numbers but what lap are they on. Team 1 realised towards the end they were battling with Southampton AC for the title with our last couple of runners Dan Foster and anchor runner Richard Hayward running quick miles. Team 1 had to settle for 2nd finishing in 56 minutes 3 seconds which was 2 minutes 39 seconds down on Southampton. Daisy finished 7th fastest lady and Lucy 9th fastest on the night. This year Rob Williams wasn't having a titanic struggle with Pete Tugwell on their anchor legs. Frances Lord ran really

well and was part of the 200 metre Stubbie cheer group which cheered for every team but the loudest cheers were reserved for the Green Army. A special thank you goes to Tom Kirby, Jack Strougler, Chris Sandy and Beccy Lord for running two legs on the night. It's amazing how quickly you fly through the runners and before you know it, you're on your last runners with Jack running exactly the same time that he did for the first run in 5.32 and Team 2 finishing in a respectable 9th place in 1 hour 7 minutes and 52 seconds. So well done everyone who ran on the night. Looking forward to next year's one!

	Team 1	Individual Time (mm:ss)	Cumulative Time (hh:mm:ss)
1	Tom Kirby	04:39	0:04:39
2	Beccy Lord	05:25	00:10:04
3	Chris Sandy	05:32	00:15:37
4	Kelley Haniver	06:12	00:21:48
5	Jack Strougler	05:32	00:27:22
6	Daisy McClements	05:51	00:33:16
7	Liam Jennings	05:46	00:39:02
8	Lucy May	06:02	00:45:10
9	Dan Foster	05:35	00:50:44
10	Richard Hayward	05:21	00:56:03

	Team 2	Individual Time (mm:ss)	Cumulative Time (hh:mm:ss)
1	Tom McClements	06:16	00:06:16
2	Kayleigh Collett	08:00	00:14:16
3	Frances Lord	07:49	00:22:05
4	Rob Williams	07:51	00:29:57
5	Kirstie Louise	08.23	00:38:19
6	Andy Simpson	06:14	00:44:33
7	Tom Kirby	04:51	00:49:25
8	Beccy Lord	07:02*	00:56:29
9	Chris Sandy	05:51	01:02:20
10	Jack Strougler	05:32	01:07:52

* Couldn't count ran an extra lap!

Overall results for each stage of the 2025 South Downs Relay

	From	To	Miles	Total	Ref.	A team	A Team Leg Time
1	Beachy Head (592 960)	Exceat	6.33	6.33	519 995	Pere	45.40
2	Exceat	Bo Peep	5.35	11.68	494 050	Dan	43.31
3	Bo Peep	A26 Itford Farm	4.67	16.35	433 056	David	31.24
4	A26 Itford Farm	A27 Lay by	6.96	23.31	370 093	Tim	46.20
5	A27 Lay by	Ditchlin Beacon	5.10	28.41	333 132	Brandon	33.17
6	Ditchling Beacon	Saddlescombe	4.90	33.31	270 115	Steve	37.08
7	Saddlescombe	A283 lay-by R.Adur Footbridge	5.36	38.67	198 096	Pere	36.53
8	R.Adur footbridge	Washington	6.46	45.13	122 120	Dan	51.29
9	Washington	Nr. Springhead Hill	4.14	49.27	070 125	David	32.05
10	Nr. Springhead Hill	Houghton Lane	3.84	53.11	017 118	Tim	22.02
11	Houghton Lane	A285 Littleton Farm	5.45	58.56	951 144	Brandon	43.54
12	A285 Littleton Farm	A286 Nr. Hill Barn	5.20	63.76	875 167	Steve	40.51
13	A286 Nr. Hill Barn	Harting Hill c/park	6.37	70.13	791 180	Pere	51.29
14	Harting Hill c/park	Q.E Country Park (Benhams Corner)	5.52	75.65	718 183	Dan	47.23
15	Q.E Country Park (Benhams Corner)	Sustainability Centre	4.00	79.65	674 192	David	31.54
16	Sustainability Centre	Old Winchester Hill Car Park	3.76	83.41	646 215	Brandon	25.19
17	Old Winchester Hill Car park	Holding Farm	8.66	92.07	562 268	Tim	56.24
18	Holding Farm	Chilcomb Sports Grd.	5.50	97.57	499 289	Steve	44.07
						Total	**12.04.02**

Time Trial

This month's Time Trial was the last in the series of Interclub Time Trials with Fareham and Gosport running clubs all hosting one and all 3 clubs running together. A special thank you to the helpers on the night, we needed a few extra than normal for the results and to make sure no one got lost!

The conditions were cooler than the morning and not bad for running a fast time. We had 64 runners on the night with 11 Stubbies, 19 Gosport and 44 Fareham runners. First person home on the night was Mike Newnham from Gosport on 23.20.

Top 3 biggest female improvers were Amanda Talbert from Fareham slicing 29 seconds in 3rd, 2nd was our very own Kirstie Graham with 52 seconds off. The biggest female improver slicing a whopping 3 minutes 11 seconds off was Brooke Bishop from Fareham which was impressive. What's more impressive was Brooke smashed 4 minutes 32 seconds last year off her time, so in two years she has improved by 7 minutes 43 seconds!!

Top 3 for the males, saw Marek Liskutin from Fareham take 40 seconds off in 3rd with Steve Calder of Gosport chopping 1 minute 34 seconds off. The biggest male improver who is slowly coming back to running and smashing 5 minutes 12 seconds off his time was Andy Simpson, you know where he's from!

The randomator winner on the night was Fareham's Keith Walvern.

Afterwards there was a good turnout for rehydration in the Red Lion pub.

The next time trial is Thursday 14th August, as always if you can help, please let me know.

Stubbington Green - Time Trial Results 2026							
Name	Best 2024	April	May	June	July	Months Best	Total Yearly Best 2026
		25	9	12	12	3	15
Andy Simpson	34.19	**34.19**			29.07	-5.12	-5.12
Kirsty Edwards	38.50	**38.50**		39.21	37.68	-0.52	-0.52
Steve Wood	35.26		**33.33**		32.61	-0.47	-2.35
Andy Donn	29.52	29.08			29.16		-0.44
Peter Turnbull	33.33				36.32		
Kayleigh Wavell	37.03				37.03		
Sara Bamberger	37.07*	34.49	38.38	0.00	37.03		
George Howarth	34.40	41.58	38.32	37.11	37.42		
Lisa Donn	34.01			35.18	40.22		
Neil Jarvis	32.28	35.06	32.20		45.32		-0.08
Melissa Barham	45.58				52.31		
Andy Lee	44.12*	44.12					
Andy Stockwell	30.26	30.26					
Carl Schafer	38.13			41.15			
Claire Kelson	32.51	32.51					
Claire Procter	34.12	32.41					-1.31
Derrick Morgan	33.51	**33.51**		33.26			-0.25
Fiona Tomlinson	37.28		**37.28**	37.25			-0.03
Glynne Parsons	37.54	37.54					
Haydn Brown	27.59	27.59					
Heather Graham	42.31	42.31		38.35			
Heather Hudson	37.59		37.59				
Jacqueline Healy	40.34			36.49			-3.45
Jenny Lee	44.11	44.11					
John Anderson	43.13			43.13			
Jules Dinwoodie	38.54	37.31					-1.23
Julia Lawton	35.43	35.43					
Laura Kay	35.17	**34.23**	34.10				-1.07
Mark Saywell	38.02	35.06					-2.57
Ronnie Way	33.28	33.28					
Russell Mead	34.57	35.03					
Stacey Read	40.51	39.26					-1.25
Steve Cumes	43.13*			43.13			
Steven Matty	27.48	27.41	33.39		28.22		-0.07
Steve McNamara	35.50	**35.50**	34.23	35.09			-1.27
Stuart Bamberger	29.09	29.52					

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

Iner-Club Time Trial Results

Position	Name	Best 2024	Best 2025	Improvement
1	Mike Newnham		23.20	
2	Richard Bailey		24.09	
3	Andy Graham	25.50	25.12	-0.38
4	Nikki Moxham		25.18	
5	Paul Snelling		26.07	
6	Chris Holliday		26.23	
7	Marek Liskutin	28.08	27.28	-0.40
8	Steven Matty	27.48	28.22	
9	Kieran Ruttigieg		28.23	
10	Kevin White		28.34	
11	Lorna Barrie		28.41	
12	Chris Lumb		28.43	
13	Sam Adams		28.52	
14	Matt Lane		28.56	
15	Andy Simpson	34.19	29.07	-5.12
16	Andy Donn	29.52	29.18	
17	Kevin Busch		29.28	
18	Colin Sharpe	30.40	31.10	
19	Paulo Fonseca		31.48	
20	Keith Woolven		32.10	
21	Steve Calder	34.15	32.41	-1.34
22	Steve Wood	33.33	32.51	-0.47
23	Jean-Remy Uuboo		33.09	
24	Mel Seddon	31.02	33.26	
25	Trevor Kettle	31.01	33.28	
26	Lee Skinner		33.37	
27	Martyn Taylor	34.09	33.39	-0.30
28	Stewart Crispe		34.30	
29	Eddie Kasper		34.33	
30	Dom Ducellier		35.52	
31	Chris Rees	38.43	38.09	-0.34
32	Peter Turnbull	33.33	38.32	
33	Rhian James		38.40	
34	Brooke Bishop	38.53	38.42	-3.11
35	Kayleigh Wavell	37.03	37.03	
36	Sara Bamberger	37.07*	37.03	
37	Peter Gammon	34.43	37.04	
38	Fi Wood	37.09	37.09	
39	Chloe Ludford		37.27	
40	George Howarth	34.40	37.42	
41	Kirsty Edwards	33.50	37.58	-0.52
42	Melanie Sharpe		38.07	
43	Tonia Murrell		38.17	
44	Amanda Talbert	38.47	38.18	-0.29
45	Adgenna Chmielewska		38.09	
46	Shona Rust		38.20	
47	Maria Morley		38.30	
48	Kate Stubbings		38.32	
49	Rebecca Scott	33.40	40.18	
50	Lisa Donn	34.01	40.22	
51	Shirley Falchen		40.23	
52	Vicky Waterman		40.26	
53	Lucy Sutton		40.28	
54	Beth Watson		40.52	
55	Brenda Sacahala		41.09	
56	Zoe Windsor		41.36	
57	Deborah Birch	40.03	41.58	
58	Steve Canta	38.18	42.23	
59	Debra Kasper		42.40	
60	David Barker		43.19	
61	Rory Fall	41.12	44.14	
62	Ann-Marie Newnham		46.30	
63	Nell Jarvis	32.28	46.32	
64	Melissa Barham	46.58	52.31	

Fauja Singh, 114-Year-Old Marathon Runner, Dies After Hit-and-Run

Fauja Singh, the world's oldest known marathon runner, died on July 14, 2025, at the age of 114, after being struck by a car in a hit-and-run incident in Beas Pind, Punjab. He passed away from head injuries later that day. Tributes from around the world poured in for the man known as the "Turbaned Tornado," who inspired millions with his endurance and spirit.

Born on April 1, 1911, in British India, Singh was a frail child who couldn't walk until age five. He lived a quiet life as a farmer until later tragedies—including the deaths of his wife and son in the 1990s—led him to a new chapter in East London. There, in his late 80s, he discovered distance running.

Singh began running competitively at age 89. He completed his first marathon in London in just under seven hours, a remarkable feat for someone his age. Over the next decade, he ran nine marathons, including in Toronto, New York, and Mumbai. His personal best came at the age of 92, when he finished the 2003 Toronto Waterfront Marathon in 5 hours and 40 minutes.

In 2011, at approximately 100 years old, Singh became the first centenarian to complete a full marathon. Although Guinness World Records didn't officially recognize the milestone due to lack of birth documentation, his achievement made international headlines. He carried the Olympic torch in 2012 and retired from competitive running in 2013 after completing a 10K in Hong Kong.

Singh attributed his longevity and athleticism to simple living, a vegetarian diet, and a positive outlook. He avoided processed food, alcohol, and stress. He often said, "Simple living, high thinking," and approached running as a form of meditation and healing.

His journey wasn't just about sport. As a Sikh proudly wearing his turban and traditional attire, Singh became a cultural icon and advocate for elder health and fitness. He also helped raise funds for numerous charities and was recognized with honors including the Ellis Island Medal of Honor.

After his death, tributes came from around the world. Indian Prime Minister Narendra Modi called him an “exceptional athlete with incredible determination.” His coach, Harmander Singh, described him as a “powerhouse of positivity.” In London, where Singh trained for many years, plans are underway to build a running clubhouse in his honor.

Fauja Singh’s life was a rare blend of discipline, resilience, and grace. He proved that age is no barrier to achievement and that it’s never too late to start something new. His legacy will continue to inspire generations to come. Here is Fauja Singh’s running advice:

- **Start at any age**: "It’s never too late to start" — he began running at 89.
- **Keep moving every day**: Stay active with regular walking or jogging.
- **Train consistently, not excessively**: He focused on endurance, not speed or high intensity.
- **Eat simply and cleanly**: Vegetarian diet, home-cooked meals, minimal processed food.
- **Avoid harmful habits**: No alcohol, no smoking, no overindulgence.
- **Stay mentally positive**: Optimism and gratitude were key parts of his daily mindset.
- **Run with purpose**: He ran for healing, charity, and community, not just fitness.
- **Get enough rest**: Prioritized good sleep and recovery.
- **Listen to your body**: He stopped when needed and avoided pushing through pain.
- **Stay spiritually grounded**: Meditation, prayer, and reflection were part of his routine.
- **Be part of a community**: Ran with a club (Sikhs in the City) for support and motivation.
- **Celebrate your identity**: Wore traditional Sikh attire proudly in races.
- **Don’t chase records—chase joy**: His joy for running mattered more than medals or times.

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/