The Green Runner

https://www.stubbingtongreenrunners.net

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Chairman's Report

Our marshalling team at Harting Hill for the South Downs Way Relay was a great success supporting all the teams taking part in this prestigious race so many thanks to all involved with this. Unfortunately because of the rescheduling of the race due to adverse weather we only had one team running but they gave their all in representing our great club.
We have also had to cancel our own relay which was originally planned for 28th June because it would have clashed with the full SDW relay but this has now been moved to early September. Our planned barbecue also had to be cancelled but we are very pleased to replace it with a 40th Anniversary Party on 26th July at Abshot Community Centre with a hog roast and music from the Locksmiths – all for the bargain price of just £10. To book your place just let myself or Louise know and transfer £10 per head to the club account.
A large group of Stubbies are hitting the roads to take part in the various Lakeland Trails in the Lake District shortly so hopefully they have a great weekend promoting the club over 300 miles from home – I'm certainly looking forward to my support role here and it's always a good social weekend whether you are running, supporting or indeed just being there.

The RR10 season has again proved to be very popular and well supported by our members and the last one at Marwell saw a record turnout in the pub afterwards for the very important rehydration! If you haven't tried these friendly midweek I would urge you to give them a go – they are very friendly, free and you get to go the pub afterwards – what's not to like?

I would like to welcome all the new members and hope you enjoy the benefits that come with being part of the community that is Stubbington Green Runners.

Happy Running

Kevin

Captains' Report

Captains Report

June has been a busy month for our runners, we started off with the Reading 10k on 1st June, we had 8 runners there, well done to everyone who took part.

Monday 9th June, was Copthorne 5 and 10k. Once again, we had a great turnout of runners to enjoy the race and the carnival atmosphere. Well done to everyone that took part.

Sunday 15th June was Alresford 10k, we got 2 mens' and 2 ladies' teams out, well done to Jim De Trafford, Steve Matty, Stuart Bamberger, Pete Cole, Ian Savory, Cliff Shaw, Mel Barnham, Sara Bamberger, Jules Dinwoodie, Kim Bevel, Janet Shaw, Jacq Healy, Stacey Read, Gilly Shutler and Janine Jenkins.

The weekend of 21st and 22nd June was the Giants Head Marathon, 10k and half marathon. Well done to everyone that took part in the races over the weekend when the sun came out to make the races a little bit harder.

Sunday 29th June, we had some runners out taking part in the Hangers Way 50k. Well done to everyone that took part.

On 14th June, we had Jon Warner take part in the South Downs 100 miler. Massive well done to Jon on this epic challenge, completed in an amazing time of 22 hours 48 minutes and 49 seconds!

June was a busy month in the RR10 series with 3 races. First up was Badger Farm, where we got 9 teams out. The ladies were 6th on the night led home by Beccy Lord in 2nd, 18th Paula Williams (3rd F40) and 36th Lisa Bowen. The men were 7th with Tom Kirby running an impressive 2nd, 15th Will Feline (2nd M45), 42nd Toby Smith, 47th Ben Pym and 52nd Dan Foster.

At Ampfield Woods we had 10 teams with the ladies 2nd, with Beccy Lord 2nd, 13th Daisy McClements and 15th Kelley Haniver. The men were 7th, I apologise for missing a couple of the men's results. The men were led home by Tim Rolfe in a great 5th position, 32nd?, 42nd David Mallard, 52nd Dan Foster and 63rd ?

At Marwell we were lucky not to see any lions or tigers in the long grass! We got 12 teams out at this one with a big turnout racing and in the pub afterwards. The men were 5th with Tom Kirby again leading the team home, 11th Tim Rolfe, 40th Richard Hayward, 45th Chris Sandy and 46th David Mallard. The ladies were 3rd with Beccy Lord 2nd again, 13th Kelley Haniver and 17th Daisy McClements.

The South Downs Relay was supposed to take place on 6th June but an amber weather warning due that day the organisers took the difficult decision to cancel at midday the day before. The rearranging date was 28th June which was the same day as our club relay, the committee took the difficult decision to cancel the club relay. We originally had 3 teams entered but with the new date we could only field one team which was amalgamation of the men's A and Vets Team which were entered as an A team. There will be a full write up of the relay so I will just mention the team and where we finished on the day. So, flying the flag for Stubbington was Brandon Chaplin, David Mallard, Dan Foster, Steve Dilley, Tim Rolfe and Pere Capdevila. It started off as a foggy day with a neutralised race at the start of leg 1 and by the end of the day it was scorching temperatures. The guys ran their hearts out and were 6th on the day in 12 hours 4 minutes. A big thank you to all our marshals at Harting Down and to Nick Kimber, our driver for the team.

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.

For all those who got a 'Non' from the London Marathon ballot, here is an article about the London Marathon.

The History of the London Marathon: A Legacy of Endurance and Inspiration

The London Marathon is one of the world's most iconic distance-running events, attracting elite athletes, enthusiastic amateurs, and costumed charity runners alike. Since its inaugural race in 1981, the marathon has grown into a global sporting spectacle, celebrated for its festive atmosphere, historic route, and charitable spirit.

The Origins

The London Marathon was co-founded by former Olympic champion Chris Brasher and athlete John Disley, inspired by their experience at the 1979 New York City Marathon. Moved by the sense of unity and joy among runners and spectators, they envisioned a similar event in London that could showcase the city and foster community spirit. The first race was held on March 29, 1981, with over 20,000 applicants and 6,747 runners crossing the finish line.

Course and Growth

The course weaves through some of London's most famous landmarks, beginning in Greenwich and passing the Cutty Sark, Tower Bridge, and the Houses of Parliament before finishing on The Mall near Buckingham Palace. Over the decades, the event has grown in both scale and reputation, now attracting over 40,000 participants annually and millions of viewers worldwide.

Fastest Times and Elite Winners

The London Marathon is known for producing fast times and record-breaking performances. As of 2024:

- **Men's course record**: 2:01:25 by **Kelvin Kiptum** (Kenya) in 2023, just shy of the world record at the time.
- **Women's course record**: 2:15:25 by **Sifan Hassan** (Netherlands) in 2024, an extraordinary debut victory for the former track star.

- **Wheelchair records**: **Marcel Hug** (Switzerland) holds the men's record at 1:23:44, while **Manuela Schär** (Switzerland) leads the women's category with 1:39:52.

The event has seen victories from some of the sport's most legendary figures, including Eliud Kipchoge, Paula Radcliffe, and Mary Keitany.

Charity and Community Impact

One of the defining features of the London Marathon is its commitment to charity. It holds the Guinness World Record for the largest annual fundraising event, having raised over £1 billion since 1981. Each year, tens of thousands of runners participate to support causes close to their hearts, donning elaborate costumes and making headlines for their efforts.

Fun Facts and Trivia

- **The slowest recorded finish**: Lloyd Scott completed the marathon in a deep-sea diving suit in **6 days**, raising funds for charity.
- **Youngest runner**: In the early years, teenagers as young as 16 could enter. The age limit is now 18.
- **Royal support**: The late Queen Elizabeth II started the race remotely in 2018 to mark the event's importance.
- **Record applications**: Over 800,000 people applied for a place in the 2020 race, setting a new record for any marathon globally.

A Lasting Legacy

The London Marathon stands as more than just a race; it is a celebration of human determination, resilience, and generosity. From elite athletes chasing world records to everyday people running for loved ones and causes, the event captures the spirit of a city and a shared journey toward the finish line. With each passing year, the marathon continues to inspire millions around the world, proving that every step truly counts.

Time Trial

A big thank you to Stacey Read for stepping in and organising this month's time trial while I was sunning myself in Morocco! Well done to the 12 people who ran and thank you to all the helpers on the night. The biggest male improver on the night was Derrick Morgan slicing 25 seconds off his time. The ladies had two improvers with Fiona Tomlinson cutting 3 seconds off her best. There was no disputing the biggest female improver with a whopping 3 minutes 45 seconds off her best…. Jacqueline Healy!

Derrick Morgan	33.51	**33.51**		33.26	-0.25	-0.25
Steve McNamara	35.50	**35.50**	34.23	35.09		-1.27
Lisa Donn	34.01			35.18		
Jacqueline Healy	40.34			36.49	-3.45	-3.45
George Howarth	34.40	41.58	38.32	37.11		
Fiona Tomlinson	37.28		**37.28**	37.25	-0.03	-0.03
Heather Graham	42.31	42.31		38.35		
Kirsty Edwards	38.50	**38.50**		39.21		
Carl Schafer	38.13			41.15		
John Anderson	43.13			43.13		
Sara Bamberger	37.07*	34.49	38.38	0.00		
Steve Cumes	43.13*			43.13		
Andrew McEwen	29.09					-0.44
Andy Donn	29.52	29.08				
Andy Lee	44.12*	44.12			-5.12	-5.12
Andy Simpson	34.19	**34.19**				
Andy Stockwell	30.26	30.26				
Claire Kelson	32.51	32.51				-1.31
Claire Procter	34.12	32.41				
Glynne Parsons	37.54	37.54				
Haydn Brown	27.59	27.59				
Heather Hudson	37.59		37.59			
Jenny Lee	44.11	44.11				
Jules Dinwoodie	38.54	37.31				
Julia Lawton	35.43	35.43				-1.23
Laura Kay	35.17	**34.23**	34.10			
Lindsay Pratt	41.03					-2.57
Mark Saywell	38.02	35.05				
Michael Healy	34.58					-0.08
Neil Jarvis	32.28	35.06	32.20			
Ronnie Way	33.28	33.28				
Russell Mead	34.57	35.03				
Simon Hearnden	25.36					-1.25
Stacey Read	40.51	39.26			-0.47	-2.35
Steve Wood	35.26		**33.38**			-0.07
Steven Matty	27.48	27.41	33.39			
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

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

25th July - Chariots of Fire
26th July - SGR's 40th Birthday Bash
17th September - Fish and Chip handicap

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/