The Green Runner

https://www.stubbingtongreenrunners.net *September 2025*

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Chairman's Report

As we get to the end of the summer we can reflect on an RR10 series where we enjoyed success both in terms of the numbers of runners competing but also seeing Becky Lord winning the Ladies individual title for the 3rd successive year and Kelley Haniver and Mike White winning their respective age categories, Our thanks go to Helen Benson and Tim Matthews for their superb organisation of our home race along with James Corder being our overall rep. We now move on to the different winter cross country series such as the CC6, Southerns (both of which are very similar to the RR10s), and the Hants, Southern, and National championships.

Our next social event is the Fish and Chip Handicap on Wednesday 17th September and it looks like we are going to have a huge turnout for this judging by the number of fish and chip orders that we have received so far. There is still time to get your order in – the deadline is Sunday 14th for any orders. Payment will be by cash on the night so please could you try and bring the exact money if possible as that would help us out a lot . I would just like to remind you that the concept of these runs is to run without any help in terms of timekeeping or GPS so please if you must carry a phone or watch make sure it's undisturbed in your pocket until you've finished the run. I look forward to seeing you all down at the Rising Sun for the event .

We are also looking forward to our own South Downs Relay on Saturday 6th September – an annual event open to all members of the club that has become extremely popular with a good mixture of competitive running and social interaction.

Our Celebration Evening at the Solent Hotel is all set for Saturday 15th November and we are very much looking forward to celebrating together all the achievements of our fantastic members. Tickets are just £26 so don't miss out on this very popular event. Details are on Facebook and in

the email that Kieran sent out but if you have any questions please feel free to ask myself or Louise Tanner or indeed any member of the committee.

Entries for the Stubbington 10k will be opening on September 10th and even though we are not now part of the HRRL series we do expect to sell out quickly so if you want to enter get in early! But please remember if you are entering then we need you to provide someone to help/marshal as we need more than 150 volunteers to make the event the success it is.

Happy Running

Kevin

Captains' Report

Captains' Corner

The good weather has continued through August and we have seen the Stubbie away day for the Hart 4 Relay and the last two races in the RR10 series. We also see the start of the HRRL kicking off at Totton 10k on 31st August and the CC6 first race in September.

The Hart 4 Relay saw 9 teams enter for Stubbington on a very hot day. Teams had to run for 4 hours over the same 4km off-road circuit. We had the ladies and men's team out with the Lionesses smashing it out of the park and running 14 laps in 4.06.25 and winning the ladies event. So, congratulations to Beccy Lord, Nikk Roebuck, Helen Nicholls and Lucy May. In the men's team, the Lions were Harry Roebuck, Simon Hearnden, Dan Foster and Chris Sandy. They ran their socks off to finish 6th A team covering 15 laps in 4.15.58. The junior boys put in a

team and were hot on the heels of the men and Cubs finished in 10th covering 15 laps in 4.22.10. Well done to all our mixed teams. Stubbie mixed team event saw 4 teams battling it out for top honours and prizes! In 4th place was Jaguars who had an injured runner and lost time, running 11 laps 4.01 with Stewart Pepper, Sarah Barron, Ollie Francis, Alistair Wakefield and Sam Wright. In 3rd place was Tigers with Rob Williams, Freya Roebuck, Phillip Townley and Chris Cullen who ran 12 laps in 4.23. In runners up spot scooping a prize was Panthers who also completed 12 laps 4.14, so well done to Andrew McEwen, Beverley Woolcock, Gary Coburn and Nigel Feast. The winners were Leopards who squeezed in one more lap with 13 in 4.17. So congratulations to the winners who won a bottle of wine, Steve Matty, Pete Tugwell, Frances Lord and Ian Dove. Two other mixed teams on the day were Pumas who completed 12 laps in 4.09 who were Susie MacGregor, Jon Leigh, Nick Kimber and Marcus Lee. The Easier Said Than Run team of Tracy Langdale, Maria Millican, Andy Lee and David Cameron ran 12 laps in 4.12.

RR10 has seen some good turnouts this year but the last two races' numbers dropped off a bit, probably down to the Summer holiday period. The penultimate race at Blackfields saw just 6 teams the men's A team were 5th on the night with Tom Kirby leading home the team in a great 2nd, 4th Nathan Cousins (first race in green), 39th Chris Sandy, 46th David Mallard and 49th Toby Smith. The ladies were 2nd on the night with Beccy Lord 3rd, 12th Kelley Haniver (1st F45), 16th Lucy May.

The final race was at IBM Hursley with the ladies A 7th on the night and finishing 3rd overall. The team was 2nd Beccy Lord, 25th Lucy May and 29th Daisy McClements. The men's A were 9th and finished 6th overall. Leading home the team was Tim Rolfe 9th, 42nd Dan Foster, 57th Toby Smith, 60th Max Buckton and 64th Richard Hayward. Well done the individual winners with Beccy Lord securing her 3rd title in 3 years and missing out on the ranking table win by 0.01%. After a few near misses over the last few years, Kelley Haniver was finally crowned F45 winner, just missing out on a podium finish in 4th for F55 was Veronica Way. The men saw Mike White scooped the M65 title, so well-done Mike. Tim Rolfe finished 6th overall which is a great achievement. Below is a list of the people who completed 6 races or more to get a final position. Thank you to everyone who has donned a green vest in the RR10s this year. A special thanks goes to your RR10 representatives this year Helen Benson, Tim Matthews and James Corder.

Ladies' final standings, 1st Beccy Lord, 10th Kelley Haniver (1st F45), 44th Veronica Way, 47th Alison Lawerence, 53rd Tracy Langdale, 66th Helen Benson, 77th Lisa Donn, 81st Frances Lord, 89th Tracie Jarvis, 92nd Sara Bamberger, 11th Kayleigh Collett and 139th Katherine Owen.

Male final standings, 6th Tim Rolfe, 33rd Dan Foster38th Toby Smith, 39th Chris Sandy, 40th David Mallard, 63rd Mike White (1st M65), 106th Haydn Brown, 118th Tony Beswick, 119th Graham Martin, 127th Andy Donn, 146th Phillip Townley, 163rd Steve Matty, 192nd Paul Smith, 193rd Derrick Morgan, 201st Tim Matthews, 205th Andy Lee, 210th Steve McNamara, 225th Phil Owen and 242nd Keith Whittaker.

So, what else have the Green Army been up to in August.

3rd August was the Harting 10 mile. This is such a great local event, a 10-mile loop in the trails and on the South Downs. We had a great turnout this year, well done to everyone that took part and to Mike White 1st V60 and Will Feline for 1st V40.

Saturday 9th August, we had two members of the club take on Race Across Scotland, these guys had trained for months ready for this staggering 220 miles. Marie completed 47 miles including miles of bogs before accepting that it just wasn't the right time for her and Mark carried on completing the event and finishing in the early hours of Wednesday 13th. Massive well done to both Mark and Marie on not only getting themselves to the start with having done

months of training but for all stepping way out of their comfort zone in signing up for this event. Stuart and I had the pleasure of being their support crew and supporting them in their epic adventure.

Sunday 10th August, we had James Corder at the Newbury Racecourse 10k.Wel done James.

Sunday 17th was the Big Pilgrimage way; this is a much loved event for us stubbies and there were loads of us out on the 16 mile and marathon course. Well done to everyone that took part.

Sunday 24th, we had some runners out at the LDNX London 10k, well done to everyone that took part.

We had two other runners at a different part of London completing the Regents Park 10k, well done to Stuart and Sara Bamberger.

Saturday 30th, we had Tony Beswick at the Henley 10k, well done Tony on coming in 18th position and 1st in your age category.

Sunday 31st, we had three runners at the Southampton Running festival half marathon, well done to Gary Coburn (2nd in Age cat), Stuart Bamberger and Sara Bamberger (2nd in Age cat) Well done also to James Corder who ran the 10k and set a new 10k PB.

We also had quite a few runners at the Totton 10k which was the 1st race of the HRRL series, well done to the 14 men that took part and to the 6 ladies. I hope that we can get more ladies out for the other races this season.

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.

Winter Cross-Country Season

It will soon be the start of the XC season with Stubbington entered in the Hampshire XC, CC6 and Southerns. On top of this there are the XC Championships which are Masters (over 40's), Hampshires, Southerns and Nationals. For the championship races you need to be a paid-up UKA affiliated athlete and the races will cost an entry fee which is not a lot of money. We look to car share and take turns driving to races. The league races are free but you may have to pay parking.

The Hampshire XC league is on Saturday afternoon, our representative is France Lord, for any questions and letting her know you will be running races and which ones. You must be a paid-up UKA affiliated member and wear your Stubbie green vest. The ladies' races start at 13.35 and are 6K and the men's are 14.30 and 10K. The dates for the races are as follows 11th October, Kings Park Bournemouth, 15th November, Wellesley Woods, Aldershot, 6th December, Winchester, 10th January, TBA and 7th February, Prospect Park, Reading.

The CC6 league is on a Sunday at 9.30am and you run 4 to 5 miles off-road. Your club representative is Rob Williams and he will need help when we co-host our race with marshalling and course set up. You don't need to be UKA affiliated but need to wear club green vest and be parkrun registered and take your barcode for scanning to get your result. You need to register your parkrun barcode which is done on RR10 website but if you have done it for the RR10s you won't need to do it again. The link to register is https;//www.rr10.org.uk/register.html. The dates for these races are 21st September, River Hamble Country Park, 12th October, 12th October, Ocknell, New Forest, 9th November, Roundhill, New Forest, 14th December, Holmsley, New Forest, 18th January, Itchen Valley Country (our race, so we don't run but marshal and help out, please let Rob know you can help), 8th February, Badger Farm, Winchester and 12th March, Itchen Valley Country Park.

The Southern Cross-Country league is also on a Sunday at 11am, with Lisa Donn as your representative and you run 4 to 5 miles. You need to wear your club green vest. If you are a paid-up UKA affiliated member, you won't need to pay £2 fee each race. The dates for these races are 2nd November, Benyons Inclosure, 23rd November, Bourne Woods, Lord Wandsworth (between Christmas and New Year), 18th January, Chawton House, 1st March, Alice Holt and 8th March, Hundred Acre Wood (may move to February)

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/