The Green Runner

https://www.stubbingtongreenrunners.net

November 2025

OCTOBER'S EVENTS

Chairman's Report

Welcome to the first edition of the Green Runner with a new editor – Glynne Parsons has taken over this role from Richard Mackay who has been our editor for the last 4 years. Our grateful thanks go to Richard for the time and effort he has put into this monthly newsletter during his tenure. Welcome Glynne and don't forget to let her have articles and reports etc for this, your newsletter.

The cross country season is now in full swing and we have various options for our members who enjoy the mud, hills and the various other elements these races bring (cake).

Saturdays see the Hants, Southerns and National XC races so look out for adverts for these from our representative Frances Lord. Sundays see the CC6 and Southern cross country series – Rob Williams is our contact for the former and Lisa Donn for the latter.

Looking forward to the Celebration Evening on Saturday 15th November at the Solent Hotel where we have so much to celebrate as a club and I hope that everybody has a great time celebrating all our members' achievements.

Another date for your diary is the very popular Christmas Handicap on Saturday 20th December – more details on this will follow shortly.

Thank you to Helen Benson and Tim Matthews for stepping into the role of Chief Marshals for our 10k in January and thanks to everybody who has come forward to offer help and support already, it is much appreciated and enables us to put on such a successful event. We can always find jobs for people so if you still want to volunteer and haven't yet done so please contact Helen or Tim to let them know you can help and make Sara Bamberger's job of Race Director the success it undoubtedly will be.

Happy Running
Kevin

Captains' Report

Captains Corner

A busy month of racing with the Great South Run, New Forest 10 and cross-country races.

The first Hampshire XC race at Kings Park, Bournemouth, fell on the same weekend as the CC6 at Ocknell which meant struggled with numbers and teams for Bournemouth. We had just 7 runners which meant we only got two complete teams out a senior ladies and men's vet team, plus we were given two last places for our incomplete senior men's team which meant we finished last in 10th place in division 1. We need to do better at the next race with more runners, so we get 4 complete teams. Thank you to the 7 runners who did run. The senior ladies were 14th in division 2 with Becky Lord leading the greens home in 66th, 135th Frances Lord (3rd F60), 144th Emma Baker-Chaplin and 157th Kayleigh Collett. The vet men were 22nd with Mike White first home in 134th (2nd V60), 200th Kieran Chaplin and 227th Stewart Pepper.

The next race is 15th November at Wellesley Woods, Aldershot, please let Frances Lord know if you can make this one.

CC6 at Ocknell was the 2nd race in the series with 21 runners.

The ladies were led home by Nikki Roebuck in 5th (2nd F45), 29th Alison Lawerence and 54th Frances Lord (3rd F65) made up the team with 55th Katie Lewis and 97th Melissa Barham.

First home for the men in an impressive 3rd place was Tim Rolfe, 15th Dan Foster, 21st Richard Hayward and 28th David Mallard made up the team. The other placings for the men were as follows, 31st Toby Smith, 32nd Simon Lewis, 35th Mike White (1st V65), 36th Toby Greenfield, 47th James Guppy, 51st Ben Pym, 54th Alistair Wakefield, 66th Phillip Townley, 81st Pete Tugwell, 109th Ash Lovell, 111th Nick Crane and 117th Rob Williams.

The next CC6 is on the 9th November at Roundhill, New Forest.

The Great South Run is a great spectacle to watch but this year saw the heavens open which created a major problem with over 30% of the field losing their numbers when they got wet! A bit embarrassing for the Great South organisers. Despite the bad weather I did hear lots of the Green Army were getting PBs.

Congratulations go to Maria Millican who was 1st F60 at the Great South.

Here are the results from the runners who ran under Stubbington Green for the race, Tim

Rolfe 57.28, Adam Hart 1.03.41, Richard Hayward 1.03.44, Toby Smith 1.05.52, Max Buckton 1.07.04, Daisy McClements 1.09.25, Maria Millican 1.11.30, Mark Eaton 1.13.04, Lucy May 1.13.11, Stuart Bamberger 1.18.23, Benjamin Dyson 1.20.43, Gary Coburn 1.22.42, Tom Hastings 1.24.49, Liam Jennings 1.25.57, Bev Woolcock 1.26.28, Sam Hurst 1.26.40, Liz Savory 1.27.19, Sara Bamberger 1.28.54, Jack Gooze 1.29.06, Emma Baker-Chaplin 1.29.16, Meggan Woollam 1.29.43, Kelley Haniver 1.29.53, Steven Fulcher 1.30.02, Ian Savory 1.30.24, Shannon Hughes 1.31.33, Will Cowley 1.31.37, Russell Mead 1.33.23,James Corder 1.33, Helen Benson 1.33.29, Emma Ellis 1.35.59, Sarah Barron 1.36.27, Rachel O'Farrell 1.36.47, Jacqueline Healy 1.37.20, Jeni Reeve 1.37.32, Peter Turnbull 1.38.28, Kirstie Edwards 1.39.22, David Kimber 1.39.50, Kyle Hellyar 1.39.56, Noel Mooney 1.40.41, Kath Cooper 1.41.41, Tim Matthews 1.41.56, Lucy Foster 1.43.50, Deon Craffert 1.44.18, Gaz Stradling 1.47.27, Gary Wood 1.48.35, Bill Swanton 1.49.20, Hayley Taylor 1.49.28, Dawn Haynes-Sewell 1.50.17, Hannah Paine 1.51.38, Rachel Mullin 1.51.43, Gilly Shutler 1.52.41, Heather Graham 1.56.23, Katherine Owen 1.57.01, Karen Nichols 1.57.36,

Hampshire Road Race League (HRRL) was at the New Forest 10 which is not all on road but don't get me started on that! We managed to get Ladies teams out of a possible 4.

Leading home the A team was Claire Proctor, Sara Bamberger, Sarah Barron and Jacqueline Healy. The B was led home by Stacey Reid, Gilly Shutler, Sue Simister and Chris Laidlaw.

The men also got 2 teams out of 4 with Dan Foster first home for the A team, Toby Smith, Alistair Wakefield and Kieran Chaplin. Leading home the B team was Steve Matty, Stuart Bamberger, Chris Anderson and John Simister.

At the time of writing this there were no team positions posted.

The next HRRL is the Gosport Half on 16th November.

So what else have we been up to in October:

We had one runner who decided that running two marathons in October was a good idea! Well done to Tracie Jarvis, who ran Loch Ness and Venice Marathon. She says that this is her done with marathons now – but let's wait and see.

On Sunday 12th October we had Katherine Cooper, Mike Healy, Pete Turnbull and Susan Wakefield run the Royal Parks Half in London. Well done to everyone who took part, especially Pete who ran dressed as a potato!.

James Corder completed Bournemouth 10k on 12th October, well done James on a great finish time.

We also had three runners at Run Beaulieu. Well done to Stewart and Rachael for completing the 10k and to Ali for running the 5k.

We also had a couple of runners at the Southampton 10k, well done to Susan and Gary.

We had the annual 7:05 special on the 17th of October, turnout was lower than in previous years, but hopefully all those than ran this had a great evening.

We had four runners at the Stickler – well done to Mike, Chris, Daisy and Will.

Time Trial

The last Summer Time Trial had perfect running conditions for the 18 runners. The Randomator winner was Lara Evans. The only male improver for the biggest male improver knocked 1 minute 26 seconds off, so congratulations to Simon Bacon.

The biggest female improver had 3 improvers on the night, all separated by 12 seconds. In 3rd place with 21 second improvement was Kirsty Edwards. In 2nd place slashing 30 seconds off their time was Debbie Maderia. Winning by 3 seconds with 33 second improvement was Stacey Read, congratulations Stacey.

The first Winter Time Trial took place on s Thursday 23rd October, at Holly Hill Leisure Centre, it was a quiet affair with just 6 runners and one of those was the backmarker, thank you Jon Leigh for volunteering for that role. Thank you to all my marshals and my one timekeeper. It was a dry night but a brisk wind was blowing, sadly we had no improvers on the night but two first timers running with Rachel Mullins and Gary Pratt. The randomator winner on the night was Dominic Shepherd.
The next time trial is on Thursday 20th November. I do need helpers on the night, so please contact me if you can help on the night.

	Stubbington Green - Time Trial Results 2025									
	Name	Best 2024	April	May	June	July	August	September	Months Best	Total Yearly Best 2025
			25	9	12	12	10	18	6	18
	Simon Bacon	33.15						31.49	-1.26	-1.26
	Stacey Read	40.51	39.26					38.53	-0.33	-1.58
	Deborah Madeira	35.28						34.58	-0.30	-0.30
	Kirsty Edwards	38.50	38.50		39.21	37.58		37.37	-0.21	-1.13
	Steven Matty	27.48	27.41	33.39		28.22	30.03	28.41		-0.07
	Tom Hastings	31.08						31.08		
	Andy Richardson	31.52						31.52		
	John Simister	34.40						34.40		
	Rachel Mullin	34.44						34.44		
	Lara Evans	34.56						34.56		
	George Howarth	34.40	41.58	38.32	37.11	37.42	42.41	36.00		
	Rose Stephens	37.20						37.20		
	Fiona Tomlinson	37.28		37.28	37.25		37.56	38.13		-0.03
	Sarah Barron	50.50*					37.38	39.16		
	Jenny Reeve	39.47						39.47		
	Jules Dinwoodie	38.54	37.31					40.33		-1.23
	Gary Coburn	40.43*						40.43		
	Alistair Wakefield	28.56					28.56			
	Andy Donn	29.52	29.08			29.16				-0.44
	Andy Lee	44.12*	44.12							
	Andy Simpson	34.19	34.19			29.07				-5.12
	Andy Stockwell	30.26	30.26				28.49		-1.37	-1.37
	Brandon Chaplin	27.02*					27.02			
	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
	Glynne Parsons	37.54	37.54							
	Harry Brind	24.42					24.42			
	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					
	Julia Lawton	35.43	35.43							
	Kayleigh Wavell	37.03				37.03				

Handicap Bandings	Course Records	Name	Time	Date
Under 25 mins	Men's	Daniel O'Boyle	20.25	20th August 2015
25.01 – 28 mins	Ladies's	Beccy Lord	23.27	8th September 2016
28.01 – 31 mins				
31.01 – 35 mins	2nd Fastest			
35+ mins	Men's	Mark Le Gassick	20.43	October 2005
	Ladies's	Beverley Hard (Brown)	23.48	1st June 1993

Stubbington Green - Time Trial Results 2025-2026

Name	Best 2024/2025	October		Months Best	Total Yearly Best 2025/26
		6	-	-	-
Claire Proctor	26.43	27.22			
Sarah Barron	30.14	32.37			
Rachel Mullins	33.57	**33.57**			
Gary Pratt	38.31	**38.31**			
Jon Leigh	38.31*	38.31			
Lindsay Drysdale-Pratt	38.31	**38.31**			

Course Records	Name	Time	Date
Men's	Oli Caudwell	18.05	February 2020
Ladies'	Beccy Lord	19.42	10th October 2017
2nd Fastest	**Name**	**Time**	**Date**
Men's	Andy Simpson	18.32	10th October 2017
Ladies'	Katie Simister	20.56	

Let me introduce myself, I'm Glynne, 61 years young newly retired and your new content editor!

I've always been a bit of a reluctant runner (my mind and legs still like to argue about it), but since joining the club in 2021 and running regularly with the Wednesday A group since 2022, I've found my stride, and some wonderful friends. I fondly call my Wednesday runs "group therapy," and honestly, that says it all! We run, we chat and sometimes we run and chat at the same time!

As I have already mentioned, running has never been my thing. I dreaded it at school and could probably still map out all the cross-country shortcuts, even when I joined the Army, I ran out of obligation rather than enjoyment! It wasn't until my 40's that I started to enjoy running and joined my first running club. It did wonders for my fitness, and, as a bonus, I made some wonderful friendships that I still cherish 15 years later. I really started to enjoy this running lark, right up until my first (and so far, only) marathon. I just couldn't shake the feeling that I'd somehow failed because of my finish time! Then Covid hit, and my self-confidence took another knock. But after moving from Havant to Stubbington things had to change, I needed a club to be part of. I joined the Stubbies and from my very first Wednesday A group run, I knew I'd found something special, this really is a great club.

Since joining running clubs, I've taken part in many events, both as a proud club member and for myself. My biggest achievement has to be my marathon. It was my first, and it happened to coincide with my best friend's 100th, a truly memorable day!

As the club's newsletter content editor, I'm hoping to bring something different to our monthly updates, it will be sprinkled with tips from published running coaches and advice to keep those legs moving. There will be the usual club news, upcoming event etc, and most importantly, I want your own stories, what you've learnt and any ideas for what you want to see!

Finally, I'm thrilled to share that I've been fortunate enough to secure a *balloted place* in the **London Marathon**! 🏃

Over the coming months, I'll be training hard and following a structured programme (no easy feat for me!) to ensure I reach the start line — and hopefully the finish line — in one piece. I'd love to hear from any experienced runners who can share advice, training tips, or motivation to help along the way.

Here's to new challenges, determination, and plenty of perseverance ahead! 💪

Members Articles

MY FIRST GREAT SOUTH RUN THEN AND NOW

Kirstie Howe

The last time I did the GSR was approximately 20 years ago, with my brother, I hadn't really trained but remembered thinking I'm young, it'll be fine. We started together but at the Dockyards, my brother said right I'm off and disappeared into the crowd ahead of me. By mile 4, the heavens opened, and it didn't stop raining. I was drenched. I remember crying as it was just never ending, and my legs felt heavy and painful. But what I also remember is at the end of the gruelling ten miles, my brother having the audacity to ask me where the hell I had been, seemingly annoyed he had to wait so long for me.

Fast forward 20 years to the GSR 2025 and I was determined to finally tackle the event properly! I'm now in my (early) 40s and fitter than ever, thanks to the Stubbington Green Runners. And what a day it was…..

Excitedly I met up with others in Stubbington and headed off to the Gosport ferry where we were met by more of the green army, full of smiles and high spirits. It hadn't started to rain yet, despite the weather warnings in place. We were nervously relieved, as nobody wanted to be wet before the race began. From the ferry point we plodded along Portsmouth and into Southsea, a nice 2-mile walk, thinking this is a good warm up. It still wasn't raining at this point. Again, we were all pleased by this. We dropped off our bags at Sophie's legacy tent, handed over our donations, and got ourselves ready. We joined the mile long toilet queues and just hoped the toilet we used was in a usable state. A little group of us headed over to the green pen, little did we realise how long we would be waiting. We chatted in excitement nonetheless and discussed how we were going to take on the event. I had my music and headphones all ready. My phone was wrapped up in a bag, I was feeling very pleased with myself for thinking ahead with the weather that was predicted. As we slowly moved towards the start, listening to all the cheers, the drops of rain started. Not as bad as predicted, I thought.

The atmosphere at the start line was electric - or possibly it was just everyone's timing

chips starting to cut out from the water damage coming from the sky, not realising the bib disintegration that was on its way. We all had our trademark green vests on ready to take over the glittering jewel that is Portsmouth & Southsea.

For the first half a mile or so, I stayed and chatted with one of the 1.40 pacers. Feeling confident and rather cocky, I thought speed up Kirstie, you've totally got this. The miles did pass by quite quickly and I was enjoying listening to my music and smiling at the crowds. It was getting wetter, but I thought this is ok, I'm not too wet, my feet don't feel too uncomfortable in my wet trainers. I did feel sorry for one of the orange runners called John, whose bib was on the floor at mile 2. I thought, silly man, losing his bib. I did notice a few other bibs on the floor and thought how strange, they should have clipped them on better. It was only when mine kept coming off the clips that I realised they were just falling apart. After a few attempts of trying to reattach, I finally rolled it up and popped it in my pocket, logic thinking the chip will still work.

Despite the rain becoming heavier and heavier, the crowds were still lined on the streets cheering and offering soaking wet jelly babies. I was pleased with my pace and still feeling good halfway round the course.

My Garmin showed me a cruel statistic, it looked as if the course was 250 metres too long. For someone who is 5'2 with little legs, it gave me some angry internal thoughts. I carried on through the sideways rain and now gales, hoping the photographers wouldn't be able to capture an unflattering photo, now my running bib had disintegrated, and I would no longer be recognised. Unfortunately, I hadn't realised that the modern technology of facial recognition was still one step ahead of me, quite literally.

From mile 7 onwards, it felt harder. My clothes were heavier, saturated with the rain. My feet felt like shrivelled prunes, and by this point I was no longer puddle dodging. I just accepted I was wet and water was coming from every direction. I had popped an energy gel in my pocket, thinking I'll use it for an emergency, never having had one before. I only had half, remembering the warnings from fellow runners, that it could backfire on you. So I just stuck with the half and hoped I would make it to the end without an accident. I am pleased to confirm i survived the final stretch without embarrassment.

Seeing the 'Only 800 metres left' sign was a relief. The crowds were building again, as was the rain and wind, on the final seafront stretch. Well, that felt like the longest 800 metres of my life. I was determined not to walk; I had made it this far in a relatively ok state. I could see the finish line, but I couldn't do a final sprint, it felt like a slow-motion jog that just wasn't getting any closer. I did manage to still compliment someone on their very cool running shorts.

But then it's all over, and off I went to collect my medal and t-shirt and go to find how the rest of the Green army did. They were all huddled in the tent trying to keep out of the rain and wind and have a warm drink. Everyone happy and comparing their times and checking our fellow Stubbies still on the course.

It was a lovely feeling to take off the soaked socks and trainers and replace with dry ones, and put on dry clothes too, I felt rather smug with myself for planning ahead. Soon after, some of the Green Army started to make their ways back home; some got stuck in the car park for hours, others queuing for an hour for the park & ride, or like us having a 2 mile walk back to the ferry.

Once we got off the ferry at Gosport we treated ourselves to chips, shovelling down each last one. We HAD EARNED them, after all.

As I made it back home, I thought how proud my children will be, asking lots of questions and they can boast to their friends & teachers about what a legend I am. Reality hit me, as I entered the front door dreaming of a nice bubble bath, I was greeted with “Mum what’s for dinner ?”!!!!

So in summary: 10 miles (plus vat), a couple of litres of rain and seawater consumed, and a lifetimes worth of shared trauma around Portsmouth in gale winds. Was it worth it? Totally. See you all next year, assuming we’ve dried out by then.

Ps, official time 1.40, but I’m sticking with my Garmin 10 mile time of 1.37, obviously!

TRAIL RUNNING THAI STYLE

Andrew McEwen

Earlier this year Ben Salt (SGR) was home visiting from where he lives near Chiang Mai. He was telling me about some of the trail runs that are held in Thailand and I realised they would be a wonderful way of getting out into the mountains, forests and jungle in a controlled and relatively safe way.

It was 6am, still dark and there was a palpable excitement amongst the 300 runners waiting to start the Thep Sadet 30k trail race. We were in a small village in the jungle and mountains of Chiang Mai in the north of Thailand.

We had 3 mountain peaks ahead of us, including Doi Lanka Noi at nearly 1800m and the race information promised a total of 2200 metres of climbing. I was looking forward to being out in the unspoilt countryside and seeing part of the country that was well off the usual tourist trail. I knew I was in for a challenge.

We set off with a roar of enthusiasm ably supported by the race announcer after a countdown from 10.

Initially we were on road but after a mile or so we headed deep into the jungle on forest tracks. By now it was fully light, so head torches were not needed as the path steadily ascended the first mountain. About halfway up the 800m climb there was the first feed station which caught me a bit by surprise. I only had a small drink and a snack bar and then headed back up the mountain.

I was going well although I was finding it difficult just walking the uphill. There was a tremendous camaraderie with friendly greetings and support between the competitors. The path became gradually smaller and more indistinct although very well marked by tape. I was pushing hard to maintain my position and I even passed a few. It became very steep and sustained towards the summit which I reached after 5.5 miles and 1hour 35 minutes effort.

The descent started with a tricky bit of path close to a cliff edge and even when we left the cliff it was still steep and technical. My descending skills are fairly limited, so I was just jogging carefully but there were a few expert descenders who went flying past and disappeared into the distance. Sometimes I would catch them on short ascents but generally people passed me going down and I passed a few going up.

I reached the bottom at 9 miles with an elapsed time of 2 hours 26 minutes and although I was feeling tired, I set off optimistically up the 600m climb to the top of Lanka Noi.

Somewhere along that climb I broke. It wasn't a sudden thing – more a gradual realisation that forward progress was becoming increasingly difficult. The terrain was extremely steep and muddy in places needing hands on to claw my way up. I was still passing people, but it was a popular route so most of them were unconnected with the race and just out for a nice adventure. It became like an obstacle course with fallen trees, sections of rock requiring hands and fixed ropes to help negotiate the steepest ups and downs. There were some lovely views out of the surrounding tree covered mountains. Eventually I approached the summit which was free of trees and had wonderful 360-degree views. There was a Buddhist statue where I posed for a photo. By now 3 hours 43 minutes had elapsed, and I had only covered 11 miles. I felt completely lacking in energy as I set off downhill. Somehow, I had missed the second feed station, and I was dimly aware that I was probably dehydrated and low on nutrition as well. I had a good drink and a couple of snack bars from my obligatory kit and that kept me going during the descent. By now the day was warming up and the direct sun felt very hot. It was about 27 degrees Celsius and in excess of 90% humidity. I was soaked throughout the race.

The descent was slow – you know you are broken when you realise that you don't have energy to run downhill. Despite the difficulty I was still enjoying being out in this remote and unspoilt landscape.

At the bottom of the descent, we followed a river for a couple of miles. We crossed it 15 times. It was lovely to feel the fast-moving water up to knee depth and I would have like to have stayed and bathed but after 15 miles and 5 hours and 6 minutes elapsed time I knew I had to keep going.

I stopped for a good feed of rice and sauce with some fruit and plenty to drink at the third feed station before starting the final 450m ascent of the last mountain. We were fairly spread out by now so mainly I was walking on my own, but I kept going as best I could. The trail continued to be well marked, and I was never in doubt about the route.

The route was steeply uphill again but much easier than the previous climb – I never needed to use my hands. At the summit I was happy to spend some moments posing for photographs. 6 hours 8 minutes had elapsed, and I had covered 16.5 miles. There was one more feed before the final descent to the finish. This too was easier, and I made better time to finish the 20.5 miles in just under 7 hours. I was amazed to be 3rd Vet 60 and 30th overall. About 100 of the 300 starters didn't finish and it was definitely the hardest 20 miler I have ever done. A wonderful challenge and amazing terrain made it a beautiful and memorable experience.

I wasn't done though!

I enjoyed a relaxing week touring a bit in Thailand and at 4am the next Sunday I was at the start line for a 40km trail race. I was feeling reasonably recovered from the previous week. The start was in the remote village of Mueang Khong, Chiang Dao district located about 100km north west of Chiang Mai.

It had been a great adventure getting to the start, collecting my number and doing the compulsory kit check. The race promised to be beautiful with a 'mere' 1400 metres of ascent up one mountain with a few smaller lumps thrown in.

I had a really good rice meal and drank loads before the start. There was a friendly atmosphere, and we set off in the dark at 4am. The first section was on fairly flat roads and then forest tracks and we quickly became spread out although I knew I was in the top ten runners. Carrying a head torch was compulsory although I found I did not really need mine as the moon was bright enough to see by. I found it a magical experience running alone through the wild with just the light of the moon and the sounds of the forest for company.

I refuelled well at the first feed station about one and a half hours in and then set off up the big 600m climb. It was very reasonable mainly on paths and tracks. There were steeper sections alongside fields and through woods, but I never needed to use my hands. After about 2 hours it was daylight and I was rewarded with beautiful views down onto low lying clouds in the valley below. I ran almost entirely on my own although I got some friendly support at the few tiny hamlets that we passed through.

I reached the high point of 1300m at 15.5 miles in 2 hours 39 minutes and was pretty sure I was in 5th place overall. I stopped for more food and drinks and continued down very runnable roads and tracks and then up a 200m climb. I had started very conservatively, and I just continued at an easy pace. It was such an enjoyable and satisfying run being in such a remote and beautiful part of the country.

After one more 100m ascent, a big descent and a few river crossings I arrived back at the village where we had started. I saw a few more runners as the route had joined up with those doing other distances – the shorter 16km and the ultra 75,100 and 180km runs.

At this point there was a slightly sickening 2 ½ mile loop before the finish where we passed some of the other runners on an out and back section.

I was delighted to finish the 24.5 miles in 5th place overall and 5 hours 16 minutes. I enjoyed a nice party atmosphere at the end before heading back to Chiang Mai.

Thailand is a long way to travel for a race but if you have an interest in visiting the country then I would recommend combining it with one of their trail races. I would describe the first one I did as brutal and it would be too much for many people's tastes. The second one was a 'normally' tough marathon length trail race. There were longer and shorter options for both events. Overall, challenging, well organised, beautiful and friendl

Club News

Stacey Read's HRRL Minutes October 2025

1. Minutes of the previous meeting were agreed with Malcolm expanding on the C&D divisions being amalgamated. The league now consists of 37 clubs and Newbury are hoping to join for the next season.

Sarah-Jayne did a great job on sorting the mugs and t-shirts, and publicly thanked her.

The sustainability package that SJ was trying to push has fallen by the wayside as it is proving too difficult to implement as every race RD has been on board with it.

Malcolm is still doing the HRRL history and is up to 700 words, but it needs more work.

Malcom was nominated and won Volunteer of the year with the Southeast EA. Fareham won club of the year, and their coach Paula Williams won coach of the year.

2. **Totton 10**
   It was a sold out race, 700 entries with 626 running on the day. Parking worked well at HQ and the parish hall. All profits have gone to the Scout Group, Chich and Parish Hall. There is a new RD for this year.

   Malcom would like bigger numbers. Goody bags were good, but it was a shame that it was back to back with Overton. Water station will be moved off the corner and a filter system for the faster runners to finish will be considered. Next year's date TBA.
3. **Overton 5**
   New 10.30 start worked well. 582 entries, 522 running on the day. Finishers received a memento of a coaster with a bottle opener built in.

   There was a delay in the results being uploaded to Power of 10 to the next day as the RD was on holiday, apologies were made. It will not happen again.

   Traffic management wasn't great and directed opposite traffic into each other.

4. **New Forest 10**
   The conditions were good and the marshalls were complemented all very encouraging.

   800 entries and 709 ran on the day. Everything ran smoothly. Still using plastic cups as they are using up their supplies, they will then move to paper cups.

Some new runners were surprised it wasn't all tarmac. Next year it is likely to be the week after GSR. Will look at alternatives for baggage labels to be at registration and possibly attached to numbers.

5. **Brighton 10 Championships**
   A and B teams for Men and Women being entered with the cost covered by HRRL.

6. **Team Vests**
   The winner at NF10 was NOT in team vest (Vectis)

   If someone is not in a team vest, you can email HRRL within 7 days of the race and they will be removed for HRRL results, not the race results.

   Team Captains and HRRL reps to enforce amongst club runners, that club colours must be worn for HRRL races.

7. Ellis from Fareham is the new treasurer. Healthy £9k balance in the bank. £390 will be paid to Alexandria Sports to cover prizes for 10-mile championships at Hayling 10 and £500 for Brighton 10k fees.

8. **Fion from the EA.**
   Her role is to support the clubs in the Southeast, form Oxford to Kent. There is a Club improvement fund of up to £500 per club, that can be applied for, to help with equipment, courses etc. It is open for another 7 days.

   She helps with club standards and constitutions, advice o H&S and hosts networking events online and in person.

   She also works with local councils to improve facilities in the area.

   Her contact details are (fedgeley@englandathletics.org)

   The increase in the EA fee of £20 to £23 was objected to by the SE council, however, they were overruled by the other councils. It is to fund the growth that the EA has planned.

   There will be more support for coaches with a newsletter being sent soon,

9. Hayling 10 championships
   HRRL prebinding the prizes. HRRL will welcome nominations for 2026 races to host 10k and 10 mile, can be any race but not a profit race, so say Bramley 10 or Denmead 10k.

Stubbington Green Runners
STUBBINGTON 10K
Est 1985

A short message from you chief marshalls of the stubbington 10km.

It's that time of year again when the club looks towards the annual 10km. We've been doing this quite a while now but every year we still need your help for this incredibly popular race.

It might sell out in a few hours but we need people to run it. We have roles for everyone - cheering on the runners as a marshal, helping organise the car parks, helping in the runner and helper kitchen, putting out signage plus plenty more so get that warm, fuzzy glow of helping the club.

We know a lot of you have your favourite roles, so please say if you want to do it again.

Without you, the club member, we could not do this and don't forget, if you are running you must either nominate a non-club member to do a role, or do something before the race.

Thanks
Helen & Tim

Forthcoming Club Events and Socials

November 15th I'm sure you're all looking forward to the Celebration Evening at the Solent Hotel where we have so much to celebrate as a club.

November 9th – The next CC6 at Roundhill, New Forest.

November 15th – The next Hampshire XC race at Wellesley Woods, Aldershot, **please let Frances Lord know if you can make this one.**

November 16th – The next HRRL event the Gosport Half, a sold out event and local, please come along and help marshall or cheer!.

November 20th – The next time trial, Andy needs helpers on the night, so please contact him if you can help on the night.

November 23rd – Southern XC race at Bourne Woods, Farnham.

December 5th – The HRRL event Victory 5 Mile, Portsmouth flat and fast event.

December 14th – CC6 at Holmsley campsite, New Forest.

December 20th - Another date for your diary is the very popular SGR Christmas Handicap.

December 21st – Southern XC race at Lords Wandsworth College, Hook.

None club events

December 21st – Portsmouth Coastal Waterside Half Marathon, Marathon and 50k events. https://www.fitprorob.biz/event/pcwmevent2025/

Remember to wear your SGR shirt at HRRL events, this ensures points are earned for the club and as an individual.

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/