The Green Runner

https://www.stubbingtongreenrunners.net

December 2025

NOVEMBER'S EVENTS

CELEBRATING WINNERS

Chairman's Report

As we approach the end of the year, I would like to thank everybody who has made this another great year for Stubbington Green Runners. The committee, the coaches and leaders, everybody who runs and everybody who supports have all contributed to this.

It was lovely to see everybody at our Celebration Evening on 15th November at the Solent Hotel. I think everyone had a great evening celebrating the successes of our club members, enjoying a great meal and dancing the night away. The feedback we received was pretty positive and we are already looking to do something similar in 2026

The Stubbington 10k is nearly upon us so I would just like to say thanks to everybody who has come forward to offer help and support in the lead up to the event and the event itself – we could not put on the event without the support of the nearly 200 people who help out and knowing this is not an issue is a great help in reducing the stress levels for our RD Sara McRitchie, who is being supported this year by Tim Matthews and Helen Benson managing the marshals and helpers list to ensure we have all the roles covered to put on a successful event. At the time of writing we do need additional helpers so please if you can help let Tim or Helen know.

Our popular Christmas handicap hosted yet again by Nick and Helen Kimber is scheduled for Saturday 20th December and it would be great to see as many members there as possible for some pre-Christmas exercise and refreshments. Don't forget to look out your favourite fancy dress outfit to have a chance to win the best dressed prize!

Finally, although it does seem to be a bit early, I would like to wish you and your families a very Merry Christmas and a Happy New Year.

Happy Running

Kevin

Club News

APPEAL FOR MORE RUN LEADERS

Our running club benefits from a fantastic team of dedicated run leaders and coaches, which would be the envy of any running club, but have you ever thought of leading a run yourself? Our group runs, and sessions are well attended, and sometimes it's difficult to meet the recommended ratio of at least 1 leader for every 10 runners. So, we're always on the lookout for people who'd like to step forward to help the club. If you'd like to know more about volunteering to be a run leader, please contact me at Club-coach@stubbingtongreenrunners.net.

The article below gives you a flavour of what it's like to be a leader and what motivates some of us to volunteer.

LEADING AND COACHING IN STUBBINGTON GREEN RUNNERS – Mike White
It's a wet and windy evening, and the last thing I want to do is go outside, let alone stand around in it. If I don't go, and others turn up despite the conditions, that would look really bad. Maybe there'll be no one there, and I can come straight back? I fish out the rain gear and the lights, the trainers, Judi's given up saying things like, "You're not going out in this, are you, isn't it cancelled?"

Once I've made the effort and I'm running along, though, it really isn't that bad and lo and behold, quite a few hardy souls are waiting at the Sports Ground. We laugh, mainly about being stupid enough to be out in this, but feeling really smug at the same time. Once we get going, the conditions seem irrelevant, and this quickly shapes into one of the most enjoyable and rewarding sessions to lead (and run).

17 ½ years ago, soon after joining Stubbington Green Runners, I started leading some training sessions on a Tuesday evening. There were also sessions led by others, e.g. Thursday night at Crofton, but it was all a bit ad hoc; most of us (me included) were relying upon years of experience rather than any specific qualifications. Then things changed, a much more organised approach was introduced by the club coach at the time, reflecting an initiative by the UKA to increase the level of formal training in run leaders. We were encouraged to take the one-day course leading to a qualification called Leader in Running Fitness (LIRF). This could also lead to taking further qualifications in coaching (which was the route I ended up taking).

LIRF provides you with the fundamental understanding of how to lead a properly structured training session. You gain knowledge about training principles, injury prevention, and technique. But why did we all first get involved in leading, and what motivates us to carry on leading or coaching? It's probably not because we want to do courses.

When I started, it was because I wanted others to benefit from the type of run training I'd experienced and benefited from at other clubs, and I found it rewarding to see how people were improving. I wanted to know more about how to coach them, so I did more courses.

Coaching is about working as a team and helping people to reach their goals, which can be so inspiring and fulfilling. Key to being effective are soft skills such as listening, empathising and encouraging, and it's important to bring these when coaching groups or giving one-to-one coaching support. Over the years, I've seen so many people join our training groups and improve their running, some out of all recognition. It's great to see some achieve personal bests, but it's so rewarding just helping others to enjoy all the benefits that running can bring as they become able to run more comfortably and for longer distances without being exhausted.

If what I've described what being a leader means to me appeals to you, please consider starting on your own coaching journey with the club by volunteering to become one of our run leaders. Below, some other members of the coaching team have provided short descriptions about what inspired them to volunteer and what they get from being a run leader or coach:

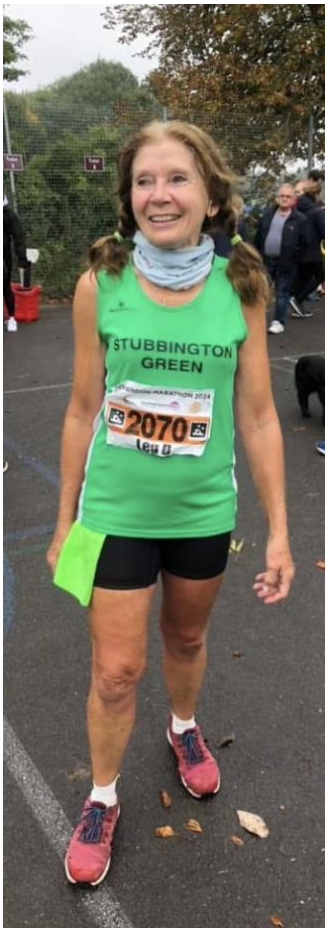
MIKE SMITH says, "Leading a run can add an unexpected dimension to the joy of running. Sharing knowledge adds true value to what you've learnt. It is rewarding to see how grateful people ARE for what are you have given. Learning everyone's names, sharing in their successes and struggles, and listening to the stories of their daily lives all add up to an amazing sense of community. A club whose success is so dependent on volunteers is only ever going to continue to thrive as long as there is a steady stream of willing helpers. If we value our club, it makes sense then to contribute to this success. Being part of it is fun."

MARTIN POWEL says: "I started running again back in 2012, mainly to improve my fitness. I joined a running a local running club in London and decided it was time to give something back; hence, I did my run leader's course. What I find best is seeing the improvement in others. Although they have put the effort in, it's a sense of pride to think I have had a small input into it."

DOMINIC SHPEHERD says: “Regarding why I became a leader . . . It’s quite simple, really: I have enjoyed going out for group runs, and I wanted to make sure they continued. In this life, you get nothing for free, so you have to put something in. And at the end of the day, for very little effort, you get to go for a run (exercise: tick), and you get to talk to some different people (social contact: tick). The alternative is sitting at home. No contest really.”

FRANCES LORD says, “Why did I become a coach? My daughter started athletics at 6 years old. I had to stay as she was so young. I eventually became an assistant coach, coaching throws, jumps and running. I took my coaching qualification to continue with the 8-18-year-olds up until Covid hit. I had been a member of the SGR Club, where I took my LIRF training, and I mentioned that I was a coach and was asked to become part of the team. I enjoy running and want others to enjoy it too. My focus is on technique, hopefully reducing injuries and increasing enjoyment. It’s lovely when people say that they can hear me telling them to ‘smile’ or relax their shoulders when out running. I love to see people’s running style improve over time.

Turning up regularly means that I enjoy the camaraderie of the group. I love coaching and don’t plan to give up any time soon.



Members Articles

2025 - Six Nations Box Finally Ticked ✔️

A story of 6 Marathons based loosely on the famous annual Rugby competition, by Tracy Jarvis

Many moons ago, way, way back in 2008, I made a flippant comment to hubby, Neil, 'wouldn't it be nice to complete the 6 nations' (marathons). Being a rugby fan and having done London, Dublin, and Paris marathons within 1 year, it seemed like a good idea at the time. It's only taken me 17 years to achieve it!

I ran the London Marathon in April 2007 and was fortunate enough to get an SGR club place after missing out on the ballot. Boy, had I bitten off more than I could chew at the time! I really struggled; it was a freakish, sweltering hot day, and I'd trained in the cold! I scraped in at 5:25 hours. I was very disappointed and felt the beast had beaten me, so I decided to enter the Dublin marathon that October and managed a much more comfortable and enjoyable run, finishing in 4:53 hours. And so followed Paris in April 2008; great run, felt comfortable all the way, and thoroughly enjoyed the scenery and the crowds. I was very pleased to cross the line in 4:42 hours. I finally felt I'd tamed the beast at least a little. Great, all was going well. And then, I didn't run a marathon for 12 years!!
😕

In 2020, having got some confidence and self-belief back in my running, I got back on the marathon horse and entered Milton Keynes. COVID hit along with lockdown, unfortunately, so the marathon was postponed for 4 months and took place in September. I had a good run, though I struggled towards the end and only took a few seconds off, finishing again in 4:42. Then I did the London Virtual Marathon 3 weeks later, in terrible weather, but I had a strong, comfortable run and, lo and behold, clocked 4 hours 42 again!

Very consistent but frustrating! I decided to enter my Wales marathon and get a place in Newport in October 2021. I was determined to finally get sub 4:30. With a training plan devised by run Guru, Julie Ashman, a lovely flat course, decent weather and fantastic support on route from Julie & Kev, I finally hit the target and smashed 4 hrs. 23 minutes. And even managed a negative split! I was elated!!

There were a few other English marathons thrown in along the way before and after - The Bacchus Vineyard marathon, Portsmouth coastal marathon and the 1st Rob Burrows Marathon in Leeds (boy, that one is tough!), but the 6 Nations challenge still eluded me.

So, in July, I decided to get to it and entered Loch Ness. Great recommendation from Janet Shaw, it's an overall downhill profile set in beautiful scenery. Having achieved my time goal, there was no pressure; the goal was to finish and enjoy it. I didn't knock out so many miles in training as I had previously, and I found the training very arduous this time. Groaning to myself the month before Loch Ness, I thought if I want to fulfil the 6 nations challenge, I'm going to have to do this at least one more time. Then the brainwave hit, and I thought Why not knock out an Italian marathon soon after Loch Ness, Then I wouldn't need to do the training again! After a Google search, I saw Venice was scheduled 4 weeks after Loch Ness - PERFECT - two very picturesque marathons and 6 nations would be completed, happy days!

Expecting my long-suffering, ever supportive husband, Neil, to ground me (as he often has to) and squash the idea, he surprised me with 'Yeah, why not, go on, you should do it!' Flights, marathon and accommodation were booked. But first, our road trip to Scotland for 10 days, taking in 1700 miles. It was fabulous

Loch Ness - great race, amazingly well organised and truly unique! Coach loads of people ferried around the north side of the lake and up, up into the hills above Loch Ness, dropped in the middle of the wilderness, no houses or buildings to be seen. The scenery on the cold, bright, dry Sunday morning was breathtaking! The atmosphere was great, and we set off to run back down the south side of the loch into the outskirts of Inverness town. Downhill with a few steep undulations for the first 18 miles, then 4 miles of hills (groan!) followed by 4 miles of flat roads into the suburbs of Inverness, it was a fab course.

The country road that the course runs on is closed, which is near perfect apart from the fact that no support vehicles can travel the route on race day. The route running next to Loch Ness was lovely, but support-wise, I have to say, it was lonely with only a few villages on route and the odd household out to cheer us on. I thought the camaraderie would make up for the lack of support, but surprisingly, everyone, including me, just got on with the job in hand, and there was little chatting going on.

Running well, at 23 miles, I suddenly realised I could potentially go under 4:30! Wow, and so I kept up my pace and felt okay until 1.5 miles out. Then, it felt very hard, and it seemed to take forever to get over the line. Feeling knackered and elated, I somehow managed to snatch the sub 4:30 in 4:28:58!!

Onto Venice 4 weeks later- another unique race with lush countryside and beautiful views. Similar to Loch Ness, we runners were bused out to the start at Villa Pisani in Stra. The route runs through the Italian countryside on the mainland next to the River Brenta, over the floating bridge across the Grand Canal onto the island of Venice.

Then it runs around the lower edge of the island, into the Piazza San Marco and past the Doge's Palace, there are 14 bridges to cross in the final 3 kilometres on route to the finish.

I was apprehensive in the week or so before Venice, had the usual 'maranoia' going on, feeling lethargic, had some foot pain, oh, I don't think I can do it, etc, the usual pre-marathon nerves! Again, there was nothing to prove; I just needed to go and enjoy it, no pressure.

Again, it was lonely waiting to start as we were at the start 2 hours before the race start time. But boy, it wasn't lonely on the route this time! The Italians really know how to support! The streets were lined and, in every village, / town on route, live bands were playing, the atmosphere was great and uplifting.

I felt good and had a reasonable pace for the first 13 miles, then had the sinking feeling of 'oh crap, I have to do this again somehow!' I plodded on for the next 5-6 miles, then felt better again and hitting the 20-mile mark really lifted me. I finally believed that I would manage it

The run across the floating bridge road onto Venice was unique. It's a long, straight road, I thought it would feel like it went on forever, but it didn't! I hit Venice Island and the 24-mile mark, still feeling good at 4:12 hours. I thought Wow, I might manage 4:35 or so .. but the 14 bridges that followed soon put pay to that!! We'd been told the bridges were covered with wooden planks. Over the wood, there were plastic slabs, and when you tried to run on the bridge, it vibrated & bounced, which completely zapped our tired legs. Even if I wanted to run down the other side of the bridges, they were narrow, and most people had succumbed to walking, and it wasn't easy to get past

My legs really ground to a halt in those final 2 miles. We ran into San Marco's square, which was flooded by the tides, and we were ankle deep in cold water, making my trainers feel very heavy. At 25.5 miles, I heard Neil cheering me on. It was great to see him! But why couldn't I see the finish line! It was only after the last bridge had been scaled that we could finally see the finish; ALLELUIA!! I crossed the line in 4:43:18 and finally ticked that 6 Nations box!!

It's been character-building and tough at times, but also a fabulous and very fulfilling experience. I'm so glad I did it, albeit taking the best part of 20 years to do it! I couldn't have done it without the amazing support and encouragement that Neil gives me, and also great support and advice from my great, very run-wise friend, my 'running Guru', Julie Ashman. They have both listened to my woes, my self-doubt, and my moaning every step of the way! I'm so lucky that they've had my back and nurtured me along.

To say I was shocked & super surprised to be voted female coach & leader of the year is an understatement. I was blown away when I realised Louise was talking about me before announcing my name. I feel truly honoured and humbled to have been given this, especially with so many amazing female icons, SGR female runners and with so many whose endeavours and achievements are so awesome. I salute you all

I 😀.

To finish, (finally, I hear you groan), I'd just like to say a huge thank you to the coaches & leaders for my award and for all their hard work and dedication to the club and fellow runners.

Benidorm 2025 – where do we even begin?

Early on Friday morning, 17 bleary-eyed Stubbies descended on Southampton Airport, “race-ready” after months of dedicated training. We heroically walked past the Madri tap and opted for coffee and croissants before boarding our flight to sunny Benidorm. Naturally, the first day was extremely sensible with proper fuelling, hydrating and early nights all round. We may as well have been nuns…. or at least that’s the version we’re sticking to

Saturday: race day.

Fortunately, the races didn’t start until the early evening, giving the paracetamol plenty of time to work its quiet magic. Around 10,000 runners lined up, creating an electric atmosphere. The 10k runners set off first, winding through the upper part of Benidorm before dropping down to the sparkling seafront and its endless 5km stretch of sand. The final kilometre headed back inland, where cheering crowds and the promise of a Madri were very warmly received.

An hour later, the 21k runners followed the same route until they veered off to tackle the infamous strip - complete with flashing lights, iconic bucking broncos and interactive cultural experiences. Everyone crossed the finish line in one piece… though some were definitely questioning their life choices from the previous night. Celebrations inevitably followed, featuring a heroic number of Baby Gunnesses. The day gave some an absolute lashing, and war wounds were inevitable.

Post-Run day

Sunday was dedicated to recovery by the pool, taking full advantage of the complimentary cocktails and bubbles before heading out again for team bonding, more Baby Gunnesses, and one last karaoke masterpiece that Benidorm is unlikely to forget anytime soon. It was a weekend filled with laughter, new friendships, sleep deprivation and unearthed hidden skills for some. Of course, what happens in Benidorm stays in Benidorm, but bring on 2026 for round 3.

Onto the important bit - the results:

10km
Chris Hall 43:22
Nikki Roebuck 45:22
Alison Good 45:24
Pete Tugwell 47:14
Frances Lord 53:54
Anje Harrison 55:45
James Corder 56:05
Janine Jenkins 1:18:42
William Gill 1:27:21

21km
Daisy McClements 1:29:13
Richard Hayward 1:33:05
Gary Pullen 1:33:32
Steve Cumes 1:38:54
Kieran Chaplin 1:41:12
Marcus Lee 1:44:31
Tracy Jarvis 2:06:36
Neil Jarvis 2:08:20
Wendy Cumes 2:14:20
Kirstie Edwards 2:19:03
Rachael Mullin 2:30:30
Stacey Read 2:30:34

From Setback to Strength: How Running and Community Changed My Life

My name is James Corder, and I want to share a personal story — one that's shaped my journey and brought me to where I am today with the Stubbington Green Runners.

A few years ago, I was told that I was too heavy for the hobby I loved, riding horses. That moment in time hit me hard. It wasn't just about missing out on something I loved; it was the effect it had on my physical health, and it took a real toll on my mental well-being. I felt embarrassed, defeated, and unsure of how to move forward.

But instead of letting that moment define me, I used it as motivation. I realised I needed to make a change, not just for my body, but for my mind and my future. That's when I turned to running

With encouragement from two close friends Rick and Trish Burt, I ran my first Park Run in January 2024. It was at Whiteley on a cold day, and I was carrying 15 stone; however, my finish time was 40:03.

Since that first run, I've enjoyed Park Runs across the UK and beyond, including Winchester, Great Salterns, Ganger Farm, Poole, Sutcliffe in London, and even Kagerzoom in Holland. That one was unforgettable; the setup instructions were in Dutch, and instead of walking the course, I was handed a map. Due to the language barrier, I went the wrong way and ended up running 6K run instead of 5K! Despite the confusion, I felt supported and welcomed. True Park Run spirit.

Since 2024, I've proudly celebrated my 25th and 50th milestones, and I'm now just 14 runs away from my 100th. I will run it at Lee-on-the-Solent, and it would be great to see as many of my fellow Stubbies as possible for that special day. I'll confirm the date nearer the time. It would make my day to celebrate it with you all!

Not only do I run at Park Run, but I volunteer too, at Whitley. I help with setup and welcoming first-timers. My next goal is to learn the welcome first-timers' address and deliver it confidently, and, of course, to achieve another PB.

Stubbington Green Runners
My journey with the club began last year when, at an event, I met some Stubbies and Jacqueline Healy, who said, “Why don’t you join our club?” I enquired, and yes, that simple conversation opened the door to a whole new chapter.

My first run was on a Wednesday night with an A Group run, and now, a year later, I’m proud to be running with the B Group on Mondays and Wednesdays. I even tried C Group once… never again! 😅

With my running at weekends, I also try to attend Run Walk Local on Sundays, where I often see fellow members like Amy Hook and Laura Hook. A special shoutout to Amy, who has paced me many times and helped me push through tough runs, and to Laura, who came to celebrate my birthday run, which meant a lot.

Since joining Stubbington Green Runners, I’ve gone on to complete fantastic races like the Southampton 10K, the ABP Half Marathon, the Great South Run, the Copythorne 10K, the Bournemouth 10K, and a Half Marathon at Southampton Common in February, which took me 2.5 hours; it may seem a long time, but a huge achievement, nonetheless. One of my proudest moments was achieving a 10K personal best of 53:16 at Thorpe Park.

I’ve also taken part in my first Hampshire Road Race League (HRRL) events — including the Lordshill 10K, Denmead 10K, and Netley 10K, each one pushing me further and reminding me how far I’ve come.

Another highlight was running the Great Ormond Street 5K Race for the Kids, where I improved my time by 8 minutes, finishing in 26:05. It’s a fantastic charity to run for, and I’m proud to support their incredible work.

My latest event was the Benidorm 10K, my first race abroad. Standing at the start line in the Spanish sunshine, surrounded by runners from all over the world, I felt something I’ll never forget: freedom. It wasn’t just a race; it was proof of how far I’ve come. From that painful day and humiliation to running through the streets of Benidorm, I realised this journey has given me more than fitness; it’s given me confidence, resilience, and joy. Crossing that finish line felt like crossing into a new chapter of my life.

I must tell you that one of the most emotional moments in my journey was receiving the Male Runners’ Runner Award at the Stubbington Green Runners Awards Night. To be recognised by my fellow runners, people who have supported and encouraged me every step of the way, was overwhelming. It made me feel proud, valued, and truly part of this amazing community. That award isn’t just a trophy; it’s a reminder of how far I’ve come and how much this club means to me.

To all the group leaders, thank you. Every week, you give up your time to make sure we have safe, supportive, and enjoyable runs. Your dedication doesn’t go unnoticed.

“Resilience is not about bouncing back; it’s about moving forward with strength, even when the path is uncertain.”

To everyone at Stubbington Green Runners — thank you. You’ve helped me turn a painful moment into a story of resilience, growth, and joy. Here’s to many more miles, smiles, and finish lines together. 💚

News From the Editor

OMG can you believe it's December already, and the month of over-indulging, family and friends' get-togethers and all the stress that accompanies it. With that in mind Stubbies, I am armed with practical, realistic tips for running over Christmas.

First of all, don't forget 20th Dec at 09:00 instead of Park Run take part in the SGR Christmas Handicap

Christmas is busy and routines get messy, why not aim for maintenance, not perfection.
Even a 30 minute run keeps the legs and lungs happy!!

Plan around key days, embrace those Festive Runs
Pick 2-4 "anchor runs" for the week, Christmas Day Park Run, Saturday 27th, 30th, possibly New Year's Eve and don't forget New Year's Day Park Run too! Any more are optional bonus miles!

If you're celebrating
Maybe adjust your expectations, late nights, rich food, or a couple of cheeky ones?
Run shorter, slower, or skip entirely, no guilt, no pack drills!
How about a brisk walk instead?

Use Short Windows
Even 15-25 minutes work when time is tight
Do a tempo run or hill repeats if you need some intensity

Even take a total break
A week off won't damage your fitness; you might come back fresher and stronger!

Finally, set a simple post-Christmas goal!
January, hmm let me think what event occurs beginning of January, that's right our very own 10k!
Before that New Year's Day Park Run, your first PB of the year.
If you're training for a Spring event, your training plan is waiting for you to get your feet into your trainers for a great start to 2026.

HAVE A FANTASTIC CHRISTMAS, and I look forward to hearing about your New Year's Resolutions – message me for the January edition!

O WISE ONE, WHAT IS THE SECRET TO BEING A HAPPY RUNNER?
BUYING NEW SHOES AND GEAR.
YES.
SERIOUSLY?
OK, I CAN DO THAT.
I LOVE YOUR HEAD WRAP, BY THE WAY.
THE HAPPINESS YOU SEEK IS AVAILABLE IN MY MERCH SHOP.
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dumbrunner.com/support

Captains' Report

A fairly busy month races in 3 cross-country leagues and HRRL league. Plus, other races completed.

The third race in the CC6 took place at Roundhill in the New Forest with 17 runners donning the
green vest. Congratulations to Beccy Lord who was 1st lady home and making the ladies team was 35th Alison Lawerence and 82nd Sara Bamberger, also competing was 114th Natalie Redman and 136th Melissa Barham.
The ladies were 11th on the day and sit 10th overall. The men had enough runners to make 3 teams but scoring in the team was 8th Tim Rolfe, 14th Dan Foster (2nd V45), 25th David Mallard and 38th Toby Smith. The other men saw Mike White 42nd (1st V65), 44th James Guppy, 64th Ben Pym, 75th Chris Sandy, 83rd Alastair Wakefield, 132nd Paul Smith, 135th Stuart Bamberger and 147th James Redman.
The men were 4th and sit 4th overall. Race 4 is back in the New Forest at Holmsley on14th December.

Hampshire XC League race 2 at Wellesley Woods, Aldershot, saw a very, very disappointing turnout with just 5 runners with just 1 male representative. We have now had two races with very low numbers and not got teams out with no men's team at this race. This race was run on lovely, wooded course and the standards are slightly high than the Sunday cross-country leagues but it is embarrassing that we can't get teams out to these Saturday afternoon races. Yes, it may have been the Celebration evening that night. The next day we had 36 runners doing the Gosport Half.

The next race in December is cancelled, so the next one is in January the day before our 10k, so it's going to be very hard to get numbers out to this one but if you are not running, please turn out and run this race for the club. That said no venue has been confirmed yet! Just very frustrated for the lack of support for this league.

The ladies got two teams out so well done on 6th senior and 13th vet team. Scoring for the ladies were 45th Daisy McClements, 108th Frances Lord, 119th Emma Baker Chaplin and 130th Kayleigh Collett.
Mike White was the sole male runner in 158th and 2nd V60, well done Mike.

The Gosport Half was the day after the celebration evening with 36 runners competing in this very local 2 lap race. The ladies A team had a lot of fresh new faces with Isabel Molyneux-O'Callagham in 534th 1.41.22 leading them home, 580th Aleksandra Dunford 1.43.47, 1093rd Amy Hook 2.01.03 and 1368th Jacqueline Healy 2.14.52.

First Stubbie male was Dan Foster 1.25.47, 121st Rob Egerton 1.26.17, 122nd Wai Tak-Cheung 1.26.21 and 134th Jack Strougler 1.26.44, made up the men's A team.
Here are the rest of the results 191st Toby Smith 1.28.57, 268th Alex Ollis 1.33.07, 275th Jim De Trafford 1.33.46, 287th Alistair Wakefield 1.33.56, 288th Andrew McEwen 1.32.33, 301st James Guppy 1.34.19, 383rd Sam Woodland 1.36.53, 725th Sacha Rossi 1.48.08, 817th Andy Richardson, 853rd Kieran Chaplin 1.53.09, 898th Steven Matty 1.55.18, 916th Martin Powell 1.55.34, 953rd Brian Graham 1.56.56, 1006th Jack Gooze 1.58.33, 1024th Dominic Shepherd 1.58.21, 1120th Ian Savory 2.02.35,125th Steve Fulcher 2.08.18, 1299th George Howarth 2.11.03, 1341st Chris Wheeler 2.13.03, 1355th Phil Owen 2.14.33, 1425th Gideon Craffert 2.19.15, 1451st Peter Turnbull 2.21.25, 1474th Rachel Mullin 2.22.25, 1491st Stacey Read, 1513th Toby Evans 2.26.22, 1547th Gilly Shutler 2.30.33, 1615th Katherine Owen and 1669 Melissa Barham 3.18.09.
Well done to everyone who competed in the half.
The next race up in the league is the fast course of Victory 5 on 7th December.

Southern's XC race was at the lovely Alice Holt setting where 12 runners took part. In the ladies' team and leading home in an impressive 3rd place was Kelley Haniver, 31st Lucy May, 71st Sam Hurst and 73rd Alison Lawerence, also running for the ladies was 95th Lara Evans, 120th Lisa Donn, 169th Fleur Spencer and 170th Nadia Shepherd.
First Stubbie man for the team in 41st David Mallard, 121st John Blake, 140th Tim Radford and 158th Andy Donn with Mel Barham 287th.

Brighton 10k saw a few Stubbies running it for different reasons. Beccy Lord was selected to run it for Hampshire in the inter-counties race finishing 3rd Hampshire lady in 36.42 with Hampshire ladies winning and the Hampshire men were 5th.
Maria Millican used the race to qualify for the Mastersv10k and to run for England. Maria was 1st in her age category in 43.13 and got her England Vest.
Congratulations to Beccy and Maria on their successes.

The cross-country championships take place in the new year, you need to be a paid up UKA affiliated runner.
The Hampshire Champs on 3rd January at Fairthorne Manor, £14.
The Southern Champs on 24th January at Beckenham Place, Beckenham, £12.
The National Champs on 21st February at Hardwick East Park, County Durham, £15. Please get in touch with Andy Simpson if you want to run, the closing deadline in 13th December.
So what else have our runners been up to this month:

Sunday 16th November, we had two runners at the Fulham 10k, well done to Stuart and Sara Bamberger.
Sunday 23rd November was the New Forest Stinger, well done to Nick Craine, George Howarth, Stuart Bamberger, Tim Rolfe and Sara Bamberger.
In London we had one runner at the London 10mile. Well done Mark McDonald.
Also on the same day was Rolys Run – we had a good number of runners taking on the various distances. Well done everyone.

That same weekend, we had a great gang of SGR's out in Benidorm. Well done to everyone that represented the Green Army.
We also had the Big Night out, well done to everyone that took part.

Forthcoming Club Events and Social

December 14th – CC6 at Holmsley campsite, Burley, BH23 7EQ.

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

December 21st – Southern XC race at Lord Wandsworth College, Hook. RG29 1TB

January 11th – Our very own Stubbington 10k a sell out and much loved event!

January 18th – CC6 at Itchen Valley country park, SO30 3HQ (Stubbington event)

January 18th – Southern XC race at Chawton House, Alton, GU34 1SJ

February 1st – HRRL Ryde 10, Ryde Harriers, a very popular event! Enter via Ryde-10mile-race

February 8th – CC6 at Badger Farm, Whiteshute Ridge, SO22 4PW

None club events

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

December 28th – Winter X (South East England)
The Winter X harkens back to a trail-running classic in the Meon Valley. Shake off the Christmas cobwebs and tackle 10km, 30km, 50km, or 70km of challenging, scenic terrain. A perfect winter adventure, whether you're out for an hour or the whole day!

January 31st – QE Park Trail Run 15k & 21k Trail event via Q E country-park-trail-run-Jan 26

February 22nd – Winchester 10k enter via Winchester-10k

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:

SGR Club Kit

SGR Session and Training Calendar

Sessions and Training Calendar