The Green Runner

https://www.stubbingtongreenrunners.net

January 2026

DECEMBER'S EVENTS

98
28
14

35

75

116

Chairman's Report

Happy New Year everybody and welcome to 2026. I hope everyone had a great Christmas and looking forward to the challenges of the New Year.

At the time of writing, it's not long now until our 10k race on Sunday 11th January and the final stages of planning to ensure we have another successful event are in full swing. Many thanks to all of you who have stepped forward to offer assistance either on the day or before (it's not too late to make us aware that you can help!) – the event just wouldn't be the success it is without the commitment of the club members.
We have loads of club members running and have had lots of support coming forward for the helper /marshal positions which shows the fantastic support this club gives the 10k - I know that Sara, Tim and Helen are extremely grateful for this. Putting on a race like this, as I can personally attest to, is a very stressful experience and the more support the club members give the easier it is.

We are also approaching the time of the year for the AGM which will be held in March – exact date and location to be confirmed. Please make every effort to attend the meeting and give it the support you give to all the other activities we arrange.

Look out for the AGM calling notice which will be sent out in February.

See you at the 10k.

Happy Running
Kevin

Notes from a Coach

Mike Smith has advice for running through Winter

Winter Motivation

It can be tough to run consistently throughout the winter months. Poor weather, short daylight hours and seasonal commitments can interfere, but looking at the well-attended club sessions, even in the worst weather, it's apparent that plenty of us do manage to keep running regularly. I'll share some of the things that help me get out of the door when I'm not so keen. Often, it is about removing as many obstacles as possible.

Spare time

I decided early on how much time I was willing to commit and on which days. I'm fortunate that I no longer work, but I do acknowledge how busy people are these days. When I used to work, I would run during my lunch break, but this does not suit everyone. I noted that most of the club sessions were held in the evening, so it took a little planning to fit some of these club sessions into my training schedule. I then made sure that my family knew the times I would not be available, even posting the sessions on the fridge door so that they didn't hijack my running time.

Find a reason to run.

For me, having a 'why' has become less of a concern as I'm now so heavily invested. I want to maintain my running fitness for as long as my body will allow. Also, as I have aged, keeping physically active has become a necessity and a lifestyle choice. I have found a joy in running, sometimes endorphin-related, but mostly associated with a sense of achievement each time I go out, whether it's easy training miles or a fast parkrun. One remark that resonates from ultra runner Gerda Steyn was "when times get tough, I dedicate each mile to a family member or friend. Certainly, having a social connection to your running schedule does help. If you can recruit a running buddy/family member/group, that will help keep you accountable.

Running Goals

It's often said, "train where you are now, not where you want to be" This is certainly true for me. It took me 6 months to a year to build a strong aerobic base and to be able to run efficiently for 90 minutes or more. It was about long-term progress rather than short-term gains. So I chose modest goals initially, such as an easy pace club run 2 times a week, or extending the duration of my longer training runs by a few minutes each week or even to run injury-free for an extended period, which is also a worthy goal too often forgotten. The point is that I chose a modest, achievable goal that could be tracked and measured over a 12-week training period. I looked at it as a work in progress and tried to focus on one day at a time rather than a long-term goal.

Discipline

Nevertheless, sometimes motivation just abandoned me, and it is at these times that I had to rely on self-discipline; I made myself go. On these occasions, I took the pressure off by having no preconceived targets for pace or duration. I don't try to achieve a particular pace or distance just because that's what I did previously. If I finish a training run feeling like I could have run for a bit longer, mentally I will be more likely to return next time.

Structured training program
Being disciplined is partly helped by having a structured weekly routine. I run, attend exercise classes and take a recovery day on the same days, week after week, on a 12-week cycle as I work towards my goal event, usually a road race. However, scheduled sessions don't suit everyone, but consider this logic: you can't miss an unplanned session, because it wasn't planned in the first place. I believe it's unlikely that I would build discipline with an ad hoc approach to my running load. So I take a balanced approach to my weekly runs with more easy pace workouts than intense workouts, some strength & conditioning classes, and I include at least one recovery day a week. I also only run one in four park runs hard; the others I use as training runs. Having a program also helps achieve that other running cliché: enjoy the process. Marking off the runs day after day provides another reward system.

Cross training
If the weather is particularly challenging, then I will cross-train, usually on an indoor bike or at the gym on a treadmill, rower or elliptical. Swimming is an option too, and so is power walking. I find cross-training useful to maintain consistency, but also as injury prevention.

Volunteering
It's surprising how volunteering can often lift your spirits if you're struggling with motivation. Just being around like-minded individuals or watching other runners overcome their own personal challenges can be a huge boost. I try to marshal at the club events, parkrun or lead a group run.

Finally, one other consideration
I generally keep an active interest in running as a topic by following professional coaches and elites in their podcasts or reading social media posts. This has two impacts: it keeps me updated on running trends, which can be topics of conversation when you meet up with running buddies but also it helps me stay engaged with running overall.

Members Articles

My Winter Cross 70k by Sara Bamberger.

After doing long distances in 2024, I decided that 2025 was the year to bring the distances down and to try short and fast. This sort of didn't happen from the start of the year, as I completed the Brighton Marathon in April for Prostate Cancer in memory of my Grandad, who died last December and Run to the Sea Brighton in May, which is an event that I have completed many times. I just love being out on the South Downs.
From May onwards, I wanted to reduce the race distances and to see if I could chase any PBs down – my erratic heart rate decided that this wasn't going to happen, and for a fair few months, I struggled to control this, so I had to slow the pace down.

After support crewing Marie and Mark on Race Across Scotland, I realised that I was really missing the buzz on a long distance event and then on hearing that the Winter X was being put back on this year after being taken over by Chalk and Mud Trail running I decided that I wanted to give the 70k a go, even though I knew I was extremely undertrained.

I knew that Big Feat had their 50k event at the beginning of December, so I entered that and completed it on a wet and windy Sunday in December. I knew that from my last 50k being in May, I was very untrained – but that wasn't going to stop me. I absolutely loved this event and then really realised how much I had missed the long distance.

So next was the 70k, which I knew was another huge step up. After loving the 50k, I felt positive about the 70k and from doing this event before, I knew the course, and my plan was no pressure, it's just a day in the countryside

For people who know me, also know that I am pretty determined, and if I sign up for something, then that is what I am out there to do.

I did start to feel a little out of my depth when there were only 22 people signed up for the 70k, and as we started, there were a few – much younger people that took off like a rocket! However, I stuck to my plan and knew that I had 10 hours to get the job done.
The first leg went well, and I saw the other Stubbies out on the course that were doing the 30 and 50k. Before I knew it, I was back at Meon Hall, ready to start leg 2. I was so pleased to see some gluten-free Jaffa cakes at the aid station and took a few of these to munch on as I set off on leg 2. In honesty, I didn't need to take any food from the aid stations as I had enough food on me for a picnic for 10 people!!
I set off on Leg 2 and knew there were a few hills to tackle. I reached the aid station at the turnaround point and was pleased to see that there were Jaffa cakes again □□, so I took some of these to munch away on my way back to Meon Hall. Once again, I saw the other guys and girls and even got to see Wendy, Steve and Martin out supporting.

Back at the hall, a quick grab of some more Jaffa cakes, a quick chat with Stu, who had completed his 30k, and I was off up Beacon Hill heading toward Holden Farm, where I knew a cup of coffee was waiting for me. I did forget, though, how far Holden Farm was after the Mulberry's Pub!
The coffee was fab, and I was off heading my way back towards Meon Hall. Stu, Tracie and Neil came out to see me at the top of Beacon hill, which was a huge boost, and then I saw Helen out walking her dog.

So back at the hall, my plan was to grab some more Jaffa cakes and head out onto leg 4 – the final leg. I knew this one was going to be the hardest, and I was slightly behind on the time that I had set myself to be heading out. Stu was there waiting for me as he had said that he would do the last 20k with me (what a star he is). So, we set off, we saw a few of the 70k runners heading back along the railway line and gave each other a quick encouraging wave.
Andrew was then heading towards us, which was just so nice to see that he had come out to also do some of the last leg with me. He stayed with us for a while and chatted away, which was just such a great distraction along the miles on the railway line. I then saw my brother Chris heading towards us, and he stayed with us until we reached the aid station at the turnaround point.

By then, I was the last person out on course, as a couple of 70k runners had started leg 4 and turned round. I grabbed a couple of salted potatoes, put my light on as it was starting to get dark and with my nephew joining me and Stu, we headed back out on the railway line to complete the last 6 miles. Stu and Harry chatted away for the last 6 miles, keeping me company and helping me try to forget that my feet and hips were starting to really hurt! They tolerated my shuffle (as it wasn't really a proper run by this point) with a few walk breaks put in as we counted down the miles and longed to see the bridge and steps back up to Meon Hall.

Finally, there was the bridge and the steps, which were just a little bit cruel after doing 44 miles! I managed to run the last bit in, and there I was at the finish.
We had joked on the final miles way back along the railway line that the hall would be empty and that the organisers would have gone home, but no, they were there and I was just over the10 hour time by 3 minutes.

I got a much-needed cup of coffee and got changed into some nice, clean clothes, as I stank by that point. 😂
To say that I was pretty chuffed with myself is an understatement. All went to plan, and as always, when running, you learn new things:

- Carry less food with you, as I took loads of food with me for a day out.
- But I will buy some Jaffa cakes for my next long run, as these were great.

What's next, I don't know – but there will definitely be something.

WATCH THIS SPACE😁

Running with Stubbington Green Runners leads to more than just miles; it brings motivation, a stronger commitment and can lead to lifelong friendships. Friendships like Jacqueline Healy and Claire Dyson, however, when they started training at the same gym, did they expect their motivation and commitment to lead to entering a Hyrox event?

Here's the story of team "Double Trouble" AKA Claire Dyson and Jacqueline Healy

HYROX London Doubles – Team.

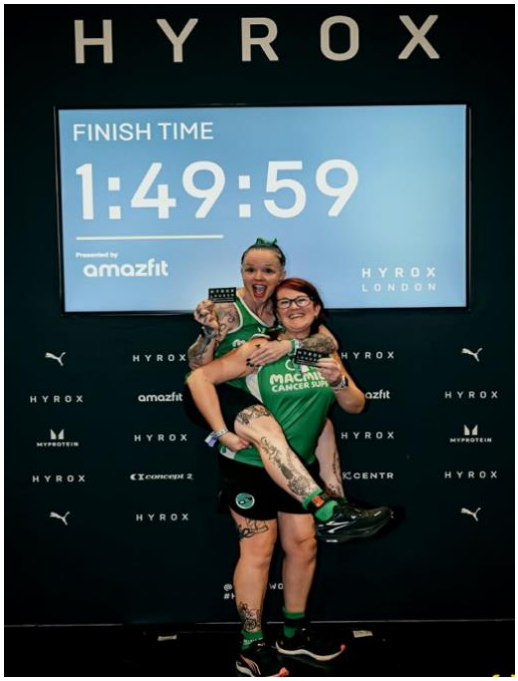
We went from the 'casual have fun, wing it' runners of SGR to tackling a full HYROX Doubles event in London — because apparently, we enjoy suffering with purpose.

Training meant swapping easy runs for heavy sleds, endless lunges, compromised running, and discovering muscles we didn't know existed. We learned how to suffer efficiently, keep each other moving when things got grim, and embrace the fact that HYROX does not care about your feelings/work/life etc.

You gotta train, and train hard!

On race day, Team Double Trouble went all in — fuelled by determination, pure stubbornness, and the unbeatable energy of family and friends cheering us on. When our legs wanted to quit, the support carried us through. We pushed, pulled, ran, lunged, laughed, might of wee'd a little bit ,😂 we also cried, and danced We crossed the finish line together — exhausted, emotional, and ridiculously proud. Even better, we raised money for Macmillan Cancer Support, giving every painful step a much bigger meaning.

From casual Stubbington Green runners to HYROX finishers — tired, proud, and have already booked another (still winging it though) 💯



Huge thank you to all who donated and supported. We raised just over £1000 🥰

News From the Editor

Here we are at the beginning of a New Year, and many of you have probably already entered at least one or two events or have an idea of what you want to achieve!

Here's what Chat GPT said about Runner's New Year's resolutions

Consistency – Create a regular running schedule, even if short runs, i.e., Park Run.

S**trength & Mobility** – Incorporate strength training and stretching exercises, such as yoga, to prevent injury.

Social Running – Now that would be my first, for motivation!!!

Goal Setting – Sign up for an event – there are numerous HRRL events of various distances; challenge yourself.

How about trying something new, like trail if you're a pavement runner or even something challenging like Hyrox!!!

Tips for Success (note to self!!)

Be Realistic – don't overstretch yourself.

Get Organised – Plan your runs and goals.

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Track Progress – If it's not on Strava, it doesn't count!!

ENJOY YOUR RUNS!!

I'm sure you all know that I'm lucky enough to be training for the London Marathon, which is the biggest event I've entered for many years. With that in mind, my New Year's Resolution is to be mindful and not to quit when it gets tough!!

Please let me know what your plans are and if you are entering any event for a specific cause, tell us all about it.

Finally – KEEP RUNNING

Captains' Report

A fairly busy month of races in December, we started off the first weekend with a couple of events: Big Feat Winter Trails, we had a good turnout of runners taking on the various distances. A lovely event running in the New Forest, we could have done without the wind and rain but that's all part of Winter running. Well done to everyone that took part.
Sunday 14th December, we had three runners at the Crystal Palace. Well done to James Corder for completing the 10k and Stuart and Sara Bamberger for completing the Half Marathon.
Our annual Christmas Handicap was on 20th December, what an amazing turnout of runners that took part. Well done to the handicap winners and to everyone that took part and massive thanks to Nick and Helen Kimber for hosting everyone.
Portsmouth Coastal event took place on Sunday 21st December. Well done to George Howarth for completing the 50k Ultra.
Lords Wandsworth XC also took part on Sunday 21st, a great turnout of green army completed this muddy fun course. Well done to everyone.
Saturday 27th was the annual Portsmouth Joggers Pub to Pub race. We had a great turnout of runners and two walkers.
Well done to everyone that took part and to Mike White, Nick Crane, Will Feline and Maria Millican who all won their age category.
Sunday 28th December saw the return of the Winter X and we had a few runners out on course doing the different distances. Well done to Tracie Jarvis, Neil Jarvis, Tracey Langdale, Phil Townley, Stuart Bamberger, Jon Leigh and David Cameron for completing the 30k, Gary Coeburn for completing the 50k and Sara Bamberger for completing the 70k.
Well done also to Tracie Jarvis who has completed a half marathon – and a few even longer distances event every month in 2025.
Well done to everyone who has braved the cold and wet in December, it's never the easiest month to carry on with our training. Please remember your lights and brights over the winter months and to look out for each other.

Good luck with your running in 2026, we hope that you all have a very happy and successful 2026 and we look forward to supporting you on in the new year.

Forthcoming Club Events and Social

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

January 18th – CC6 at Itchen Valley country park, SO30 3HQ (Netley and 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 (Winchester Running Club)

February 8th – Southern XC race hosted by Fareham, venue TBC

None club events

February 3rd – Devil's Punchbowl 10K, Hindhead

February 7th/8th – Portsmouth/Langstone Half Marathons fitprorob event portsmouth-langstone half

February 8th – Running GP Goodwood Motor Circuit, Marathon, 20 mile, Half Marathon or 10K

February 15th – Branley 20/10 event – run either 10 or 20 miles, Bramley, Basingstoke – enter via Bramley 20/10

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

February 22nd – Big Mud Trails at QE Country Park – run 16 miles to Ultra via Big Feat Events Big Mud

February 28th – Chichester Harbour Coastal Run – 16K or 21K

February 28th – South Downs Way Ultra – 30 miles

March 7th – New Forest Trails at Hinton Admiral Estate 10K, 15K and Half enter via New-Forest-South-trail-event

March 8th – Solent Half Marathon, Blackfield – enter via Hardley Runners SolentHalf

If any of these events have caught your eye and you want to find more – click on the link to find more - Runabc.co.uk/hampshire

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