The Green Runner

https://www.stubbingtongreenrunners.net

February 2026

JANUARY'S EVENTS

2nd 1st 3rd
Challenging Events
Romsey
1st Place

Romsey
646

141

646

Chairman's Report

Sunday January 11th saw another awesome 10k race put on by Stubbington Green Runners. A heartfelt thanks go to everybody who ran, helped in some way or marshalled along the course – the hard work that club members put into it make it such a success. Our Race Director Sara Bamberger did an awesome job along with her support crew of Helen Benson and Tim Matthews. The fact that we are not in the HRRL league this year seemed to make no difference to the success of the event which was very encouraging.

The club AGM is currently scheduled for Wednesday March 18th at a venue still to be confirmed. We look forward to seeing as many of you there as possible – we need 62 members to ensure we have a quorum so please make every effort to attend. If you are interested in any of the roles on the committee and want to know more, please feel free to talk to any member of the committee who would be happy to explain the role. Although all the committee positions are up for re-election we do know that our secretary and men's captain are stepping down along with one of the general members so we will need to fill these roles. All the instructions on how to be nominated are in the calling notice along with a document that explains each of the roles and what requirements we believe are necessary for each of the roles so if you think you can help please get yourself nominated for any of the roles.

I would just like to thank all the committee members and the members with non-committee roles who ensure the continued good running of the club. Without all of their commitment the club would not be the success it is.

I hope everybody continues to enjoy their running, whether they are going for PBs , training for specific races or simply taking advantage of one of our many sessions just to keep fit – it's the variety of motivations we have in the club that make it such a great club to be part of.

Finally, I would just like to congratulate everyone who ran the Ryde 10 mile race today – Julie and I loved giving you all a little bit of support.

Happy Running
Kevin

Advice from a Leader

The Load to Recovery

Mike Smith

There used to be a time when I could throw on some running kit, do a few leg swings, then take off on my run at whatever pace I felt like. Sore muscles and fatigue were gone after a day's rest and a good night's sleep. Not so much these days. As an older runner, the scope for pushing too hard has narrowed, and the chances and consequences of getting it wrong have increased. So, I now need to be a lot more forensic about my weekly training load and recovery. However, even as a younger runner, overuse injury or cumulative fatigue would occur from time to time, but I would accept it as part of the territory. At the time, I really didn't attribute it to my training. These days, there really is no need to be sidelined by an injury while waiting to heal. Although even the most seasoned runners can sometimes get it wrong. Running is never going to be entirely risk-free. Fortunately, sports scientists offer many ways to mitigate the risk of injury, and it would be wise to heed their advice. I'm of the view that the first priority of recreational running should be to run injury-free consistently. Improving pace and distance will follow naturally.

Here are a few things that work for me. I've not mentioned kit choice, sports tech or dietary supplements to keep it brief. Please feel free to send in your tips on recovery and running to the Editor; we have plenty of experience in the club from which we can all benefit.

Weekly Load
First of all, my weekly load is a mix of volume and intensity runs that target an event. I run on a schedule of four times a week, with no more than two days consecutively and an easy day after a hard day. On two of the other days, attend an online Strength and Conditioning class, and the seventh day is for recovery. I can't emphasise this enough: if you want to become a better runner, then get yourself along to a strength class. There are plenty to choose from: yoga, t'ai chi, Pilates, Joe Wicks, YouTube, our coaches' classes, etc. If I have a race or fast parkrun, I won't run the day beforehand. This schedule allows my body the chance to heal, particularly after an intense session (intervals, hills, race). Younger or more seasoned runners could probably cope with more load than this, but I wouldn't recommend randomly piling on load upon load. Instead, I would recommend including some structured training that offers regularity across a complete training cycle and a plan that takes your age and ability into account.

Recovery
Let's get something straight. Recovery is part of training, too. Similar to running, it takes practice to fully benefit. I posted some of these points the other day, which I will repeat. The time it takes to recover from a hard or long run will depend mostly on your age, current fitness, sleep, nutrition and hydration.

Sleep
Sleep is the most important factor in your recovery, as well as in your fitness and performance. You get fitter while you sleep, not while you train. There are plenty of articles on how to improve sleep quality. So, I'll only bullet point a few. Get to bed before 10 pm. A cool, dark bedroom. No tea or coffee an hour before bed because they are diuretic rather than the caffeine. No phone 30 minutes before, read a book instead. Make sure you're eating properly so that you're not hungry at night and your body has the resources to repair itself. If you find you need a rest in the day, then take one. Your body is telling you something.

Nutrition
When I have built up the endurance to run for over an hour, then recovery begins with the nutrition I take while I am running. As well as fuelling my run, my body's stored energy reserves can be topped up on the go so that they're not quite so depleted when I have finished, thus shortening the time for them to be restored.

Hydration
On hot days when I sweat a lot, I add some electrolytes to my water. When I get back from a run, I will hydrate with diluted fruit juice and a small amount of electrolyte. Your body will absorb the mixture better than plain water.

Protein
Within 30 minutes of finishing a long run over an hour, I consume some protein to begin muscle repair. A milky drink works well. If I'm in a heavy training load, then I will include some extra protein in my diet.

Stretching
I won't dwell on post-run stretching as I'm sure you've got the message and are diligent with these. But in general, stretching, foam rolling and massage throughout the day can help recovery too.

Whether to run
It's hard for most recreational runners to decide when it's time to ease back on training. I'm often torn between whether I'm just being lazy or I'm genuinely fatigued, so I have a few checks. You will know, I'm sure, that following vigorous exercise, there are small micro tears in muscles that take time to heal. So, resulting muscle soreness and stiffness can take 48 hrs to peak, so this is what I do.

1. I walk up some stairs to check how much extra effort it takes. Legs might feel heavier than usual.
2. I do some warm-up exercises and stretching. Mobility might be restricted, but light exercise can also help shake off any lethargy.
3. Take a light jog down the street. Feel how much extra effort it takes. During these, if I feel excessive muscle soreness, poor mobility, experience extra tiredness or have a poor night's sleep then I take it easy and choose a lighter option or rest altogether.

Illness/injury
It goes without saying that if you are ill, especially with a virus or carrying an injury, then don't run. If it hurts when you run, then more running is not going to make it better. Yes, I can feel the rolling eyes and hear 'well that's just obvious'. Trust me, I've been standing at the parkrun start with some quite poorly people. A week off training won't impact your fitness; on the other hand, six weeks off because you've made it worse will have an effect. Look after yourself.

Members Articles

Stubbington 10km 2026

Helen Benson and Tim Matthews tell us what it takes to ensure the safety of our own race event.

It's sometimes the case that doing a job well gets you more work. Well, clearly, Sara, the 10km Run Director, thought Helen and Tim did such a good job of organising marshals for the RR10 last May, that we deserved some more work and asked if we could sort out the marshals for this year's 10km.

"Why not!" we both thought! After all, it's been done loads of times before, simple cut and paste, hassle people to volunteer and stick them where they went last year. Easy! However, as we sat in Sara and Stu's lounge at the end of October, it quickly became apparent it's a little bit more complex than that. By a little bit, we mean a lot!

The annual call went out on Facebook, and we did indeed hassle you at sessions and the club responded. Volunteers came forward and quickly positions got filled. The good thing now is that most volunteers are familiar with things, and so asking "Can I do X or Y" makes life so much easier for us, but then we had people happy to do whatever came up, and we had a lot of positions come up!

But 10km of road needs a lot of marshals, not to mention car parking, work in the community centre and all the other roles that need to be filled to keep the event going smoothly and looking at our spreadsheet as we went into November made us realise we couldn't get all the positions filled that we had and both of your chief Marshals hadn't really looked at things before – Tim was on car parks then busy running, Helen was focused on cheering on the runners and marshalling in her spot.

It was time to hit the road and figure out what we needed. On a brisk November Sunday, we set out, walking the course, looking at positions, figuring out what we really needed, and what we could cut. This made life a lot easier; we now had more flexibility, we could allocate people on the route, but we still had a problem – no one in the marshals' kitchen! There would be a mutiny if volunteers couldn't get their bacon butties!

With days to go before the pre-event briefing on the Friday before, the "final", then the "final final" and the "yes, this is definitely the final one, stop asking to move spots" spreadsheet went out, and the plan was ready to go.

We have always issued numbers on both the Saturday before and on the day, so Helen and Tim were at the Community Centre ready to go on Saturday morning. There was slight trepidation this year as we were trialling a new system. Gone were the days of dozens of volunteers flicking through spreadsheets and alphabetical queues. Now each runner just turned up to a table, announced their name to the volunteer who searched for them on an app, picked a number from the pile in front of them and then entered that number against that runner's entry. Runner entered in seconds. Clearly, this was new to a lot of people as we got plenty of "Is that it? "Comments! However, after day one, only around 800 runners had turned up over the course of the day, which left 1200 or so to register on Sunday morning – it was going to be a busy shift.

Race Day
Sunday was an early start as we headed towards the Community Centre, ready for the long day ahead. With road closure restrictions and other users of the community centre, there is only so much you can do the day before. The community centre was a hive of activity as the early helpers started to arrive and get things set up.

In the early sunrise, the course was set out, t-shirts moved into the main hall, and the all-important bacon butties started to be cooked. Slowly, the first of the runners started to arrive, guided into the car parks by the car park volunteers. As the morning progressed, the atmosphere in the main hall started to increase. The queue for numbers got bigger, and more runners turned up. The club runners gathered in their groups and mixed in amongst the non-club runners. Though the race is no longer in the HRRL diary, once again we saw runners from all over Hampshire and beyond, a sure sign this race remains popular and sells out literally within hours of opening.

As it got closer to 1030 and the start, runners with family and friends began to move towards the start line, no one particularly keen to go out into the cold, but realising it had to be done.

Stubbington village was now packed with runners keen to get going. It's always a bit chaotic, trying to listen to the PA, waiting for the call to go, but soon the group was away, the fast runners heading out towards Peel Common and on the course that is now becoming familiar.

The course is pretty flat, with very little incline, and so has a reputation for being fast. With last year's first place coming in at bang on 29 minutes (Abdinasir Mohamoud Elmi, Bournemouth AC), there was all to play for this year. Elmi wasn't running this year, but his record was safe – Harry Smith (Southampton Athletics Club) came in at 30min 50s.

Once all the main runners had left the village, it was time for the children's fun run. Organised and led by Kieran, we warmed up and off they went. Helen, as a back marker, thought she was going to have an easy job of walking round the route – but no! Every child started running and running fast! The first child completed the course in just over 4 minutes, with the final runner, who was 2, finishing in 12 minutes. They collected their goodie bags from the hall and proudly wore their t-shirts while eating their sweets. A very successful children's run.

As the runners came through thick and fast it was time to draw things to a close and the village returned to normal.

As the RD, her able assistant, the chief marshals and the finance director retired to the pub to have a well-earned drink, we would like to thank all those who stepped up to give up their time and help out, making this race what it is. You are all clearly doing something right, as it sells out so quickly!

Helen and Tim

News From the Editor

As mentioned before, I'm training for the London Marathon. As I was able to run at least 10k without stopping, I thought that going on holiday for two weeks in January wouldn't be a problem, even if it was Thailand, as I've managed to run in the heat on previous holidays! WRONG, I didn't take into consideration the heat and humidity. Due to one thing and another I didn't manage to keep to my training plan. Anyhow, on return, 48 hours after getting home, I jumped back into a 7-mile run, due to fatigue, I managed to contract a virus! This made me realise my training plan had to change. Consulting ChatGPT, it read my original plan and came up with a new one. Talking to friends, I appreciated that I wasn't alone in changing plans partway through a training programme, and more importantly, it's not the end of the world.

The Marathon Handbook, which has numerous articles, has this about adjusting Training Plans.

After taking 1-3 days off or up to 7 days off, there is no requirement to adjust your training plan; jump straight back in as long as you're feeling 100%. Ensure that you've hydrated with fluid and electrolytes before your first run.

Taking a week or 2 off due to illness or injury, it is advised to take the first week back gently, slow your pace, don't run tempo and do your long run, treat it as a base week. Even take walk breaks until you feel strong enough to run without a break.

After 2 weeks off running, this is the territory where some amount of aerobic fitness has been lost. It's advised to get up to speed, run about one to two minutes per mile slower than your usual pace. Run about 50-75% of the distance or time you would have run before your time off, gradually increasing this percentage over the first week back. This helps to prevent muscle soreness and gets those legs accustomed to running again.

3-4 weeks off (my territory), by this time, you lose aerobic fitness fairly rapidly; basically, you become weaker and lose muscle strength. You need to adapt and adjust your plan to regain the strength and aerobic fitness. It will take 3-4 weeks to return to your prior volume and intensity. It's recommended to return conservatively, as returning aggressively is likely to result in injury.

Hence, I've gone from a 16-week plan to a 12-week plan. There are 4 distinct phase 1. Rebuild and Base to regain aerobic fitness and confidence. 2. Build Endurance and Strength, goal to extend the long runs and introduce structured speed, 3. Peak Phase, goal longest runs and marathon pace practice, finally, 4. The Taper, for fresh legs, full recovery, and to get over the finish line.
The final piece of advice I have been given is that I should run my long runs as Jeffing at a 4 mins run to 1 min walk ratio, this is to protect my legs and massively increase the chance of a reasonable finish time.

Fingers crossed, no more injury/illness before the Big Day!

HONEY, I'M SO SORRY. BUT YOU KNEW THIS DAY WOULD COME.
NOTHING LASTS FOREVER. THAT'S PART OF THE DEAL.
LIFE GOES ON. YOU KNOW?
HEY, WHAT'S WRONG?
DAVE JUST REALIZED FOR THE FIRST TIME HE'LL NEVER IMPROVE HIS MARATHON PR.
BECAUSE YOU'RE OLD, RIGHT?
NOT NOW, GARY.
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STRENGTH TRAINING & ITS IMPORTANCE FOR RUNNERS

Strength training is highly important for runners, as it improves running economy, increases speed, and reduces the risk of injuries by strengthening muscles, tendons, and connective tissues. It boosts performance by enhancing neuromuscular coordination and muscle power, allowing runners to maintain form and fight fatigue over longer distances.

Key Benefits of Strength Training for Runners:

- Injury Prevention: Strengthens muscles and joints, helping to reduce the risk of overuse injuries.
- Improved Running Economy: Increases the efficiency of converting oxygen into forward motion, allowing for faster, more sustainable speeds.
- Increased Power and Speed: Develops muscles needed for faster, more efficient strides and better performance on hills.
- Delayed Fatigue: Enhances muscle endurance, allowing for better form to be maintained, even towards the end of a run.
- Improved Coordination: Boosts neuromuscular efficiency, which is essential for balance and coordination.

Strength Training Tips For Runners

Add two non-consecutive strength training sessions to your weekly routine.
If running is your priority, complete your running workout first and your strength training second. Ideally, leave at least 4-6 hours between these sessions. For example, if you run before work at 6:00 a.m., try doing your full-body workout for runners after work in the afternoon.

Focus on good posture and form with each movement pattern to decrease the risk of pain or injury. Be consistent. If you skip too many days, you'll feel sore after each workout, and your body won't be able to adapt.
Runners should focus on compound lower-body lifts (squats, deadlifts, lunges) 2–3 times a week to improve power and injury resilience, paired with core work for stability and upper-body exercises to maintain form. Key movements include calf raises for push-off, single-leg exercises for balance, and plyometrics like box jumps for explosive strength.
Structure: Focus on 3 sets of 8-12 reps for compound lifts.
Intensity: Use heavy enough weight that the last few reps are challenging.

Core Strength Training Exercises for Runners

Lower Body (Strength & Power):

- Squats: Barbell, goblet, or bodyweight to strengthen quads and glutes.
- Deadlifts (Romanian or Single-Leg): Targets hamstrings and glutes, vital for the posterior chain.
- Lunges (Reverse, Walking): Improves unilateral strength and balance.
- Calf Raises: Crucial for supporting the Achilles tendon and propelling the stride.
- Step-Ups/Step-Downs: Develops single-leg power and stability.

Core & Stability:

- Planks/Mountain Climbers: Builds core stability, which prevents form breakdown.
- Glute Bridges: Activates and strengthens glutes to protect lower back and knees.
- Upper Body:
- Push-ups/Dumbbell Rows: Maintains posture, preventing hunching as fatigue sets in.

Plyometrics (Explosive Strength):

Box Jumps/Squat Jumps: Increases explosive power and running economy.

Message from your Captain

South Downs Relay

Andy Simpson

The South Downs 100-mile Relay, on Saturday 6th June, is a prestigious event by invitation only. We are looking to have a ladies' team, a men's A team and a Vet men's team.

The race follows a route of Bridleways and Footpaths across the South Downs from Eastbourne to Winchester, with 18 legs of approximately 5-8.7 miles, 6 runners in a team running 3 separate legs in a 10–13-hour period, akin to running flat out 3 individual undulating 10k races in one day!

Highly competitive off-road event which requires lots of individual commitment to recce your legs, so you know them inside out as unmarshalled on the day and training hard in the build-up. You do need to be able to recce these legs under your own steam, sometimes people can help with the recces but not always available. The recces and the race on the day are great fun with some good camaraderie between teams.

The race organisers do apply time limits and cut-offs, and we are once again asking for runners who can achieve a sub-43-minute 10k. To get in the Men's A team, you need to be able to achieve a 37-minute 10k or faster, such is the standard of the field!

The deadline for putting your name forward is Sunday, 21st March; this deadline may be extended at the Captain's discretion. A decision on teams will be made after the deadline. If you wish to be considered, please contact your Captains.

Captains' Report

Well, what did we all get up to in January – apart from the main event of the year – our Stubbington 10k.

We kick started January, with the 10k helpers' race, we had a great turnout this year and thank you to all the helpers that came forward to support the runners. The following weekend was the main event and what another great 10k it was. The weather forecast wasn't great – but on the day it wasn't as bad as it was forecast.

Huge thank you to all of the helpers and massive well done and thanks to Helen Louise and Tim Matthews who stepped forward to being the chief marshals, and of course well done to everyone who ran.

On the same weekend as the 10k, we had a few of our runners traveling abroad to Valencia, well done to Stacey Read, Emma Baker-Chaplin and Kieran Chaplin.

We also had James Corder running a Run Through event in London.

The following weekend, was the Big Feat Arundel run, well done to Jon leigh, George Howarth and Gary Coburn for getting out on the south downs in the mud.

We had a good turnout at the Romsey 5-mile race. Well done to everyone that took part.

January is a hard month for running and definitely this year with all the rain, well done to everyone that has got out and a huge applause to everyone who completed RED.

The lighter nights should be with us soon and hopefully the rain will stop soon.

TIME TRIAL

January's time trial was run in good conditions again but still a very low turnout of just 5 runners. That said, we had a female and male improver on the night. Our female improver was Rachel Mullins who chopped a whopping 3 minutes 29 seconds off her best! Our male improver was George Howarth who sliced 1 minute 14 seconds off his best. The Randomator winner was Nikki Roebuck. Thank you to my 5 helpers on the night.

Next month is the last winter time trial on **Thursday 12th February**. So hopefully we will get a good turnout t, fingers crossed.

Stubbington Green - Time Trial Results 2025-2026

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Name	Running/ Marshal	Running/ Marshal	Best 2024/2025	October	November	December	January	February	March	Months Best	Total Yearly Best 2025/26
	18.45	7.00									
				6	10	2	6	-	-	2	5
Rachel Mullins			33.57	**33.57**			**30.28**			-3.29	-3.29
George Howarth			30.50		**30.50**		**29.36**			-1.14	-1.14
Gary Coburn			33.56*				33.56				
Nikki Roebuck			24.01				**24.01**				
Stacey Read			33.01		**31.58**		32.53				-1.03
Steven Matty			23.14				25.27				
Alison Good			24.40		34.47						
Claire Proctor			26.43	27.22							
Dominic Shepherd			27.41		**27.07**						-0.34
Gary Pratt			38.31	**38.31**							
Jacqueline Healy			31.14		**31.10**	32.34					-0.04
Jon Leigh			38.31*	38.31							
Jules Dinwoodie			33.18		34.47						
Kirstie Edwards			31.10		**31.10**	32.27					
Lindsay Drysdale-Pratt			38.31	**38.31**							
Sara Bamberger			29.05		29.53						
Sarah Barron			30.14	32.37							
Tom Hastings			24.20		25.44						
Tony Beswick			24.17		**24.17**						

Forthcoming Club Events and Social

HRRL events

March 8th – Solent Half takes place at Gang Warily Leisure Centre, Newlands Road, Southampton, SO45 1GA, Solent Half info – no more places available but there is a waiting list.

April 12th – Salisbury 10 miles takes place at The Five Rivers leisure centre, Hulse Road, Salisbury, SP1 3NR – Once again Full

May 10th – Alton 10 Mile another great event which takes takes place at Eggar's School, London Road, Holybourne, Alton, GU34 4EQ - Alton-ten-entry page - Enter now before it sells out.

May 17th – Netley 10k which takes place at Royal Victoria Country Park, the course winds through the charming village of Netley Abbey, offering breathtaking views and a fantastic atmosphere. Netley-10k sign up

June 21st – Alresford 10k which takes place in Arlebury Park, SO24 9EP. This is a unique event as bags of Watercress are a part of the finishing prizes. IT's not open for entries yet.

July 5th – Lordshill 10k takes place at Oasis Academy Lord's Hill, Romsey Road, Lord's Hill, Southampton SO16 8FA, a flat out and back event – entries are open - Lordshill-10k-2026 entry page

None club events

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

March 8th – Southampton Common 10k – for more info southampton-common-10k-

March 14th – Maverick Hampshire Trail event – there's a choice of 24K, 16K and 5K – for more info maverick-hampshire-trail-2026-

March 21st – Stansted House Trail Run – choice of 21K, 1§5.5K and 9.5K – for more info stansted-house-trail-2026

May 3rd – Southampton Marathon Festival -there's a choice of Marathon, Half Marathon and 10k distances APB-Southampton-Marathon-Festival

May 10th -Great Bristol Run – Half Marathon and 10k – for more info great-bristol-run

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