The Green Runner

https://www.stubbingtongreenrunners.net

April 2026

FIRE EXIT
STUBBINGTON GREEN RUNNERS
STUBBINGTON GREEN
48
47
262
224
273
355

STUBBINGTON
55

477
1540

1487

STUBBINGTON
GREEN
2472

Chairman's Report

Apologies to those of you were at the AGM but this month's "From the Chairman" is my report from the AGM.

Good evening everybody, I am now pleased to present my report at this, the conclusion of my eleventh year as Chairman of Stubbington Green Runners and indeed 15th consecutive year on the committee.

It really is an honour to be the chair of this great club and I am very appreciative of the support all the members of the club give me for this.

Let me start with a very grateful thank you to all members of the committee that have supported the club through this last year. We may not always agree on everything we discuss but we have an open and honest debate before we reach a decision on a subject which we then all support.

We have held 12 committee meetings through the year which is 2 more than our constitution requires. We have one nomination each for all the committee positions so I will propose later that we vote the committee to these en bloc. 2 committee members are not standing for re-election and on behalf of the committee and all the members I would like to thank them for their service to the club.
Both have been on the committee for the last 8 years – Lisa initially as Ladies Captain and then as a General Committee member and Andy as our very quiet and reserved Men's Captain. We have a small thank you so if I could ask our Vice-Chair Louise to present them with a gift voucher and thank you card that would be perfect.

As many of you will be aware Andy is moving away from the area, but he will always be welcome back so in recognition of his many years on the committee – A total of 13 years and nearly 24 years membership of the club we would like to offer him honorary membership. Congratulations Andy.

As well as the committee positions we also have a number of non-committee roles, so I would also like to thank Richard Mackay for the Green Runner over the last 5 years or so and wish our new editor Glynne Parsons all the best as she has now taken over this responsibility – I hope everyone is enjoying her impact on the role already.

Our own RR10 was superbly organised by Helen Benson and Tim Matthews with James Corder acting as our rep for the overall series and Rob Williams has done a great job as our CC6 rep.
Frances Lord has now taken responsibility for the Hampshire Cross Country series. We also shouldn't forget that we have some committee members taking on additional responsibilities – Lisa for Southern Cross Country, Andy for all the other winter cross countries and Stacey for HRRL.

We also need to say thanks to Nick Kimber for his support to our handicaps whether it's providing copious portions of fish and chips or mulled wine and mince pies at the Christmas handicap. Thanks guys your support to these various roles is very much appreciated.

Other members of our club who deserve thanks are our leaders and coaches who give up their time week in week out to support the group runs and sessions the club provides – all for that bargain price of just £16 a year. Thanks everyone.

The club put on a fantastic 10k in January and Sara Bamberger with her able deputies Helen and Tim (they seem to be getting everywhere!!) did an amazing job pulling everything together and with the support of the rest of the club the race just couldn't have gone better – thank you.
The race was again able to generate a not insignificant profit which will be split between our 2 charities the Chestnut Tree House Hospice and the YMCA at Fairthorne Manor – I know they will both be extremely grateful for our support and I will leave Sarah to cover the proposed donations in her report.

We had a great evening to celebrate the club's 40th anniversary where we were entertained by Dominic Shepard's band and enjoyed an excellent hog roast and our celebratory cake looked superb with a taste to match.

We had a successful celebration evening again at the Solent which everyone seemed to enjoy so we have booked again for this year so please put Saturday 14th November in your diaries for this great social event.

I mentioned charities earlier and we will need a new charity for this year and there will be an email going out shortly requesting your nominations – remember we like to keep the charity local if possible.

Finally my commitment to this great club remains absolute even though I can't actually take part in the running aspects so I would just like to repeat that I have enjoyed the privilege of being your chairman for the last 12 months and look forward to working with the committee over the coming year.
If anybody has any questions for me then I am happy to take them.

Your Committee

Chair	Kevin Ashman
Vice-Chair	Louise Tanner
Secretary	Julie Dinwoody
Treasurer	Sarah Barron
Club Coach	Mike White
Ladies Captain	Sara Bamberger
Men's Captain	Kieran Chaplin
General Committee	Stacey Read.
	Marcus Lee
	Gail Osborne

Your Coaches

Club Coach: Mike White:	Tuesday evenings
Frances Lord:	Thursday evenings
Lisa Donn:	Wednesday evenings (in place of Sarah)
Louise Tanner:	Monday evenings plus Friday morning hills
Sarah Barron:	Wednesday evenings
Tom Mellor:	Monday evenings

Mike Smith (soon to be the latest coach – Tuesday morning sessions

Advice from the coaches

Louise Tanner: - Coaching in Running Fitness (CiRF) and Level 4 RSPH Nutrition)

Fuelling for Events

A few people have asked about fuelling for events, particularly longer distances, as we head into spring marathon season. Nutrition is a huge topic, far too big to cover in one article, and it's also highly individual. With that in mind, I've kept this brief and focused on key points to help you prepare.

Practice fuelling!
One of the most important things to remember is that fuelling should be part of your training - not an afterthought on race day.

Everyone is different, and what works for one person may not work for another. Use your long runs to practise exactly what you plan to use in your event and give yourself time to adjust if something doesn't suit you.

Carbohydrates (carbs)
Carbohydrates are your body's main source of energy. When you eat carbs, they're broken down into glucose and any excess is stored as glycogen, which your body uses during exercise. However, glycogen stores are limited. For most runners, these begin to deplete after about 60 minutes of running and need to be replenished. Low glycogen levels are linked to early fatigue, reduced performance, and slower recovery.

The amount of glycogen you can store depends on your diet, fitness level, and muscle mass. With consistent endurance training, your body becomes more efficient at using and storing fuel.

Protein
Protein requirements for athletes have been debated for a long time, but it's generally accepted that people who are active need more than those who aren't - although many of us already consume enough.

During endurance exercise, some protein is used for energy. When glycogen stores are low, the amount of protein used can rise to around 15% (compared to about 5% when glycogen is sufficient). Relying on protein for energy can contribute to muscle breakdown, so maintaining good carbohydrate availability is key.

Balanced diet
Carbs and protein are important, but so are healthy fats, particularly omega-3 and omega-6, found in foods like oily fish, nuts, and seeds. These support overall health, including immune function and the control of inflammation.

Vitamins and minerals also play a vital role. A well-balanced diet throughout your training helps optimise performance and supports recovery between sessions.

Pre / During / Post
Fuelling isn't just about race day - it's about what you do before, during, and after.

Before the event:
 Increase carbohydrate intake 1–2 days before ("carb loading")
 Focus on slow-release carbs such as wholegrains, rice, pasta, and potatoes
 Eat a carb-rich meal 3–4 hours before the event
 Have a light snack 1–2 hours before (e.g. toast, banana, yoghurt, oatcakes)
During:
 For sessions over 60 minutes, you'll need to fuel
 Don't wait until you feel tired - absorption takes time
 Aim for 30–60g of carbs per hour (up to 90g for longer events)
 Options include gels, sports drinks, dried fruit, or easy-to-carry snacks

After:
 Refuel within 2 hours for optimal recovery
 Aim for a 3:1 ratio of carbohydrates to protein
 Carbs replenish glycogen; protein supports muscle repair

Hydration
Hydration is often underestimated but can significantly affect performance.

Even a 2% loss in body fluids can lead to fatigue, dizziness, and reduced performance. At around 5%, symptoms become more severe and aerobic capacity can drop significantly.

As a rough guide, fluid needs are around 1ml per kcal burned, increasing in hot conditions. A practical way to estimate fluid loss is to weigh yourself before and after a run - each 1kg lost equals approximately 1 litre of fluid.

To rehydrate effectively, aim to replace around 150% of the fluid lost.

In the lead-up to an event, drink regularly. General guidance suggests 5–7ml of fluid per kg of body weight around 4 hours before exercise (more in hot weather).

During exercise:
 Sip fluids regularly rather than drinking large amounts at once
 Don't wait until you feel thirsty

Be mindful that drinking excessive amounts of water without electrolytes can lead to hyponatraemia (low sodium levels). Including electrolytes, through sports drinks or a small amount of salt, can help maintain balance.

A simple homemade isotonic drink recipe:
 500ml water
 500ml fruit juice
 A pinch of salt (optional)

Final thoughts
There's no one-size-fits-all approach to fuelling. The key is to practise, personalise, and refine your strategy during training so there are no surprises on race day.

Get your fuelling right, and you'll give yourself the best possible chance to perform well and enjoy the experience.

If you're still confused or are finding it difficult to get your fuelling right, then feel free to contact me. I'm always happy to talk about running and nutrition!

Advice on the benefits of coached sessions

Frances Lord – CiRF

Your coaches can highlight areas that could improve your running technique and maybe reduce injury, by correcting your posture or cadence

Hill training really helps to improve running technique.

Interval training improves speed and cardio strength.

The benefits of the coached sessions: When you've had a long day of 9 to 5 and are reluctant to put on your trainers, take comfort that other club members are possibly thinking the same, running up a hill or two or doing intervals is where the coach sessions can help.

You can ask your coaches for advice; we are all friendly.

Recommended is 1 hill session and 1 interval session, with a long (sociable) run each week. Your running will improve and hopefully reduce injury.

The coaches also prepare the sessions with proper mobilisation, warm-up drills and strides whilst explaining the reason these are so important. They always perform the appropriate cool-downs and stretches post sessions and runs.

Frances personal goal is to reduce injuries and increase the enjoyment of this lovely sport

Members Articles

Just a reminder about one of ours who is running the London Marathon for a charity very close to her heart!

In last month's newsletter, Claire wrote about her forthcoming challenge on 26 April 2026, selflessly running the London Marathon for the charity that she not only works for, but she truly believes in.

The Oasis Youth and Community Work believe in building stronger communities where no one is excluded. Claire, on behalf of Oasis, believes everyone should reach their full potential, and she does whatever she can to enable that.

Claire is passionate about the work that Oasis does for Southampton East, and this is why, with her resilience, she has tirelessly trained week in week out to promote the work that Oasis does.

So if you believe that children, young adults and their families merit the support that Oasis gives them, please support Claire in reaching her goal.

Her fundraising target is £2,000. So, if yWell ou can help her reach the target by donating towards the amazing work Oasis does, she would be so grateful. You can either scan the QR code or use this link

https://oasischaritabletrust.enthuse.com/pf/claire-johnson

GO CLAIRE – YOU CAN DO IT!

Stubbington Green Runners Quiz Night

Date for your diary - Friday 15th May, 6:45pm for 7:30pm start

Lee on the Solent Community Centre, Twyford Road, PO13 8JU.
(Entrance on main road, car park at the rear as well)

£10 per team - pay on night - max 6 per table, (we can make up teams on the night).

Licenced Bar (club prices). You can bring your own nibbles

There will be a FB event created, otherwise please let us know if coming, with numbers, to: - steven.hull58@gmail.com

??????????

The 1% Club, Who Wants to be a Millionaire, Mastermind, Only Connect, Egg Heads, Bridge of Lies, QI, Impossible, Pointless, The Chase, The Weakest Link

News From the Editor

Well t's here, the time has come, to put my trainers where my mouth is and run those 26.2 miles around that there London town. Ooh have I mentioned that I'm running the London Marathon?? I know that I'm quite coy about such things 🤣 🤣

I'm constantly amazed by the feats that Stubbie runners achieve, Ultras of 50, 70 miles in a day, plus those crazies that run multiple marathons, ultras in a weekend!!

Especially as now I'm aware of what you all go through to get to that fitness peak to achieve such achievements.

I've also learned the **Emotional Stages of the Training Cycle**

The Honeymoon Phase: The initial excitement, motivation, and energy of starting your plan.

The Reality Check: This is when the fatigue sets in, the long runs become daunting and at times the training starts to feel like a chore.

The Weight of the Miles: How you deal with the missed runs, the self-doubt, fear of failure or some people suffer physical burnout.

Taper Tantrums: The anxiety (got that), restlessness, and paranoia about aches and pains that creep in when mileage drops before the event!

I've surprised myself that I have gone solo on the long, tedious miles; I've been extremely lucky (so far) as not to have had any injuries, and only one bad run too.

I've been extremely lucky to have the support of my husband, close friends and the community I call Stubbington Green Runners.

It's so comforting being part of the Stubbington Runners, with the training aid of Tuesday mornings and Wednesday evenings and knowing that all I have had to do is query on messenger and the advice is there!

So Thank You and see you on the other side!!!

P.S. Good Luck to Claire, Sue Simister and Sam Jeffery

Captains' Report

Captains Report – March.
Spring is finally on its way and soon we will be able to start the light evening runs. What have we been up to in March:
1st March we had the last race of the season at Itchen Valley, well done to everyone that ran the ladies' results were Beccy Lord 5th, Lucy May 19th, Sam Hurst 36th, Alison Lawrence 37th Katie Lewis 68th and Helen Benson 71st .

The Men's results were Simon Lewis 24th, David Mallard 25th, Dan Foster 26th, James Guppy 30th, Mike White 31st, Toby Smith 40th, Jim De Trafford 46th, Chris Sandy 53rd, Ben Pym 61st, Pete Tugwell 73rd, Phil Townley 87th, Nike Crane 111th, Paul Smith 122nd, Rob Williams 123rd, Carl Schafer 124th, Tim Matthews 125th, Andy Lee 137th.

At the end of the season the ladies finished in 8th, with the ladies Nikki Roebuck -10th (second V45), Sam Hurst 28th, Alison Lawrence 30th and Mel Barham 93rd .
Men finished in 3rd with Dan Foster 8th (second V45), David Mallard 15t , Simon Lewis 20th (Second V50), Toby Smith 21st, Mike White 29th (first V65), James Guppy 30th, Ben Pym 45th, Pete Tugwell 56th, Nick Crane 87th and Rob Williams 98th .

Friday 6th, we had three Stubbies running along the Thames path, 20 miles completed for Stuart Bamberger, 25 miles for Emma Baker and for myself 31 miles, a lovely Friday event hosted by Pheonix Running.

Sunday 8th, we had 12 runners out at the Solent Half Marathon. Well done to Jim De Trafford, Kieran Chaplin, Toby Smith, Elizabeth Savory, Nigel Feast,

Jacqs Healy, Glynne Parsons, Rachel Mullin, Gilly Shutler, Stacey Read and Mel Barham.

Saturday 21st saw Mark McDonald and I completing the Big Feat Winters End 50 miler and Jon Leigh and Wez Jones completing the Marathon. What a lovely day it was to be out on the South Downs - well done everyone.

Sunday 22nd, saw 5 of us at Reading Half marathon, well done to Dominic Shepherd, Stuart Bamberger, Emma Baker, Stacey Read and me.

At the same time, we had a huge group at the Eastleigh 10k, where many PB's were achieved. Great running by everyone. Some very impressive PB's and achievements.

Well, done to Will feline and Mike White for completing the Llanbedr to Blaenavon fell race. Well, done to Mike for coming second V60.

Sunday 29th was the Coombe Gibbet race, a very cold start with hail and wind up at the Gibbet, I must admit I was seriously questioning my life choices at the start. However, once we got going and this is a lovely 16-mile course, where they say it's all downhill……..well done to David Mallard, Nike Crane, Lara Evans, Debbie Maderia and Sara Bamberger.

On the same day we had three of our runners at the fleet half, well done to Janet Shaw, Cliff Shaw and Laura Rolland. Well, done on your PB Janet.

The springtime Half marathon was the same day, well done to Wendy Cumes and Steve Cumes and to Tracey Langdale and Aleks Dunford on completing the 50k.

Finally Tony Beswick, Max Buxton, Liam Jennings and Toby Smith all went on tour heading out to Berlin for the Half Marathon. Well, done everyone on some great times.

Forthcoming Club Events and Social

HRRL events

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

RR10 League – All are 7:00pm starts.

April 22nd – Fleming Park, Passfield Avenue, Eastleigh, SO50 9NJ. Organised by Totton AC.

May 6th – Itchen Valley Country Park, Allington Lane, West End, Southampton, SO30 3HQ – organised by Lordshill

May 20th – Itchen Valley Country Park, Allington Lane, West End, Southampton, SO30 3HQ – organised by Stubbington (Volunteers will be required!)

None club events

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