The Green Runner

May 2026

MARATHON ISSUE

PARIS APRIL 12TH

MANCHESTER APRIL 19TH

LONDON APRIL 26TH

SALISBURY 10 MILE EVENT APRIL 12TH

RR10 FLEMING PARK APRIL 22ND

Captions, please on Facebook!

In this issue, there's reflections on the three marathons mentioned, there's picture reflection on Sara's latest challenge!

Please see the last page for all forthcoming events.

Chairman's Report

As we move into summer, we have now kicked off the RR10 series. These free to enter Cross country races are a fun way to spend a Wednesday evening whether you are running or supporting with a rehydration session in a local pub after! If you haven't tried one yet please do – you won't regret it. Our RR10 is scheduled at River Hamble country Park on 20th May and no doubt you have already seen the requests for help from Helen Benson and Tim Matthews as we marshal at this race rather than running it. It would be great to see as many of you there as possible so we can demonstrate what a great marshalling as well as running club we are. If you want any more details just take a look at www.RR10.org.uk.

The blue riband event of the year takes place on Saturday 6th June – the South Downs relay and we are again marshalling the changeover point on Harting Down so please let Sarah Barron know if you can offer any help on that day. Good luck to our teams in this prestigious event – it's a great day out and as the runners get closer to the finish in Winchester then I'm sure they will also be grateful for any support they can get.

As you may have seen we are also running our own version of the South Downs Relay on Sunday 19th July and it looks like we have had a good response but there are still opportunities to add your name – it's open to all abilities and the captains will pick the teams to try and make them as equal as possible. Let's hope we have good weather on the day and enjoy the run.

Finally I would like to thank everybody who has renewed their membership for the coming year and welcome all our new members who have joined in the last few months – it's so good to see the club growing in the way it is.

Happy Running
Kevin

Your Committee

Chair	Kevin Ashman
Vice-Chair	Louise Tanner
Secretary	Julie Dinwoodie
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

For all advice from our wonderful coaches, please see the previous editions.

This month it's all about the members.

Members Articles

Steve Matty took on Paris Marathon April 12th

They say 'the devil makes work for idle thumbs' - and that was no truer than on a rather quiet day in the office last summer. My inbox pinged with a message telling me that entries for the Paris marathon were now open. Another saying goes "it seemed like a good idea at the time"... Anyway, after clearing things with the management (my wife, Oana), I had the green light to enter - and after a little more procrastination, I was in.

As it turned out, the marathon was right at the end of the school Easter holidays. This was ideal, as it presented the perfect excuse for a family getaway. We could all enjoy some sightseeing and be ready to smash it over the 26.2 miles on Sunday and then race back to the airport for the flight home that evening!

We arrived on Thursday and headed straight for the Expo to collect the race pack. We managed to meet up with fellow Stubbies Sara, Stu, Sarah and Andrew for a good ol' chinwag before heading back to find some dinner. Friday was fabulous - a thoroughly enjoyable boat cruise along the Seine and finishing off the evening with some glorious steak at Black Angus (highly recommended!). I was feeling in decent shape for the marathon on Sunday - I just needed to be careful not to overdo it on Saturday. Easy.

Or so I thought. On Saturday, the organisers host a "Paris run-for-all" event. This is an event that takes groups of about 15 people on a gentle loop - covering about 5.5km. It was a pleasant way to loosen up the legs, and I really enjoyed the coffee, croissant and pain au chocolat at the finish! That being said, I was mindful that tired legs on marathon day wouldn't be ideal...

Due to a spectacular bout of "brain-fart" we found ourselves on a guided tour of the Eiffel Tower in the afternoon. 680-something steps up to the 2nd level. At least there is a lift to take you to the top. The queues to get the lift all the way down, so that was another 680-something steps to get back onto terra firma. All in, by the end of the day, I had just over 22,000 steps clocked up.

Marathon day - feeling tired before I even get out of bed. Excellent. The start time for my wave was 9.39. I like to get there early, so I was at the bag drop at 8 o'clock sharp. I had my silicone foldable cup (no water bottles or paper cups at the water stations) in my pocket, along with a smattering of gels and a caffeine shot to wake me up at the halfway mark.

The start was *incredibly* slow. There were 2 columns of starters, and we slowly marched forward until 30 or so runners were 'penned in' at the start line. Cinq, quatre, trois, deux, un - allez! Then an agonising wait for the next set of 30. Eventually, I started at 10:08.

My support crew (Oana, Bella and Sophia) had 3 of those bright-green inflatable alien things so it was going to be easy to spot them in the crowd. It was so lovely to see my family 3 times throughout the race. Their support provided much-needed mental boosts every time.

The course was reasonably flat, with just a few gentle inclines as you headed out into parkland, and when exiting the tunnels (including the infamous tunnel where Princess Dianna sadly lost her life). I *think* there were many landmarks to take in, but to be honest, I was possibly concentrating more on the road ahead and trying not to get taken out by unruly co-runners to take much notice.

The sightseeing from the previous couple of days had certainly put pay to any notion of a marathon PB. With the pressure off, I could enjoy things a bit more.

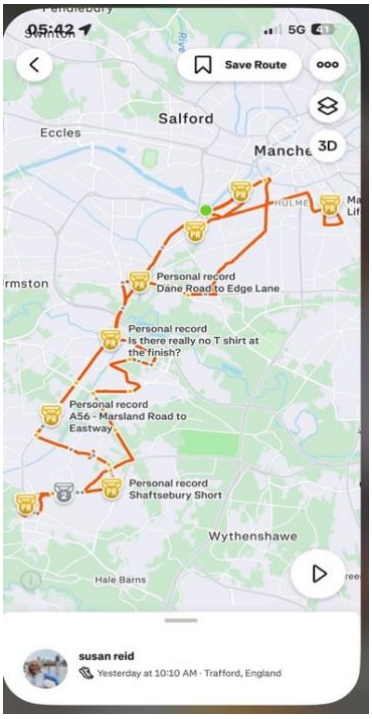
Overall, the support was very noisy - only a few quieter moments in the parks. Towards the finish, the sound was truly deafening. I ought to take a moment to talk about the crowd. Very excited they all were, but unfortunately, absolutely no sense of decorum. The green racing line on the road was treated as a "stand here" by the crowd. The course became unbelievably narrow in places, and things often descended into mayhem as both supporters and runners jostled. The word "etiquette" is a French word. Maybe it's just being British, but there really didn't seem to be much etiquette on display.

Overall, our French trip was a wonderful experience with many happy memories. The marathon itself was lovely - and I would recommend it to others as one to tick off. If you can, make a proper holiday out of it - but perhaps do the sightseeing *after*!

A quick shout-out to the crew of British Airways, who not only did a special announcement for everyone on the flight home that had completed the marathon (with a round of applause from the other passengers!), but they also treated us (and our partners) to complimentary champagne! I've never felt so special.

So - if you get the opportunity, I recommend the Paris marathon - just try not to let the lack of crowd-control distract from what is a very memorable experience!

Susan Reid took on the Manchester marathon on April 19th



I only started running in 2016, and my first actual 'race' was the Gosport Half Marathon, which I have now done 4 times.
Eventually, that urge came on that will be familiar to many of you “can I do a full marathon?”.

Well, this year I bit the bullet and entered the Manchester Marathon. After a tough training schedule, many miles in the cold, wet and dark days of winter and with the support of many of my fellow runners, I got to the stage where I felt ready to go!

My first experience of a large-scale event was soon upon me, the logistics of getting there, accommodation (nightmare!!!), ensuring I was kitted out (shoes, top, shorts, socks, water bottles, gels, 'bits taped up'), and off we went!

Herded into the pens and shuffled to the start (didn't actually realise that I had started!!), and what an experience that 26.2 miles was.

The magnificent support, the terrific organisation, the tremendous atmosphere just swept me along, and in no time I crossed the finishing line of my first ever marathon, in what I felt was a respectable 5hrs 23min. No injuries, no blisters (not much stiffness the following days) and it is fair to say that I thoroughly enjoyed the experience, but the question that everyone asks - would I do another?.....Watch this space!!!!.....

LONDON MARATHON

Sue Simister was one of the Stubbie Masif on April 26th

A ballot place and a pensioner who needs a nap after parkrun! It took me the full two weeks to accept the offer with an estimated finish time of 6:30; the marathon was the missing distance in my twenty years as a member of SGR.

As a build-up to the training, I decided to enter some of the HRRL races. The marathon training plan started in January, and about six weeks in and with niggling ITB pain, I decided to experiment with jeffing ratios.

My final long run was a disaster. Hoping to get to 18 miles, I managed 16 and the last two I walked. I fully expected to walk the second half of the marathon. I was feeling despondent.

However, the stars were aligning! Glynne, Claire and I found ourselves in the Red Wave start, and Claire and I in the same wave. The long-range weather forecast was looking okay, and I liked the Finalist T-shirt design!

With no plans to run together, the marathon was underway. I had decided to follow the 6:30 pacers, but with my own jeffing ratio of 2:1. The first five miles flew by. I fully embraced the high fives, fist bumps, jelly babies, and oranges from the supporters along the way and strangers supporting and willing me on as if they were my nearest and dearest relatives. However, at around mile seven, I realised I had completely lost sight of the 6:30 pacers. No problem, I was looking forward to meeting husband John and daughter Katie just before Tower Bridge.

By mile 11, I was feeling tired and switched to 1:1 ratio (60secs). This was Plan B, and I refuelled my gels and chews at mile 12 from John and Katie. A glance at my watch, and I quickly pushed out of my mind the thought of another 3 1/2 hours on my feet.

Annoyingly, the 1:1 ratio was causing my calves to ache during the run. I know marathons are not supposed to be comfortable, but it was getting to me. At around mile 15, I decided to walk (Plan C). I wasn't in the right frame of mind at this point to experiment with different ratios. Good news, though, no ITB pain, and I walked at a pace for the final eleven miles.

Victoria Embankment was glorious, so familiar and so close now. It was here that the missing 6:30 pacers passed me. I attempted to keep up with them, but it was a no-go. Onwards, Big Ben, Westminster, Bird Cage Walk and then Buckingham Palace, where to my complete amazement I broke effortlessly into a run crossing the line in 6:36.18.

Over a week on from the marathon, and I'm still glowing from the whole experience.

I wouldn't have managed it without my training partner John, and it certainly would have been a very different story if coach Mike Smith had not kindly but very firmly put me straight on how to fuel a very long run!

CLAIRE JOHNSON'S PICTURE SAYS IT ALL! **An A-MAZ-ING Day from start to finish.**

A week has passed, and as I look back on the day I finally got to run the London Marathon, here are some of my reflections.

Nothing could have prepared me for the volume and noise of the crowds. From leaving the gates of the Red Start to crossing the finish line on The Mall, the support was non-stop. It's hard to describe what it means to constantly hear complete strangers shouting your name and encouraging you to keep going; and to find family, friends, unexpected Stubbies and my charity cheer point amongst them.

The iconic 6 Bigs - Big Boat, Big Bridge, Big Buildings, Big Ben, Big House, Big Finish – were all very different experiences & some of them quite emotional. Turning right and seeing Tower Bridge and the halfway point ahead of you. Running through Canary Wharf and fully appreciating the sheer size of the buildings that make the London skyline what it is today, and just how tiny I am in comparison. Reaching Big Ben knowing you really are so nearly there. Turning the final corner in front of Buckingham Palace with 385 yards to go and seeing the finish line.

Running alongside and listening to other runners' stories was both emotional and humbling. The mum running to give back to the charity that had granted her dying daughter's wish. The Muslim lady, running in her hijab and with her body fully covered, was thanking the charity that had supported her when she first arrived in the UK.

By mile 9, I knew my run wasn't going as I'd hoped it would from my training. The early part of the route was undulating - I'd been carried along too fast when the routes merged, and I hadn't realised I was running alongside 5hr 30 pace runners - I didn't get my hydration quite right - it was a very warm day. After a small wobble, I determined to change my expectations from 'finish time' to 'finish line' and to continue to enjoy every minute, which I did.

Words really can't express what an A-MAZ-ING day it was from start to finish as I fulfilled my dream to cross the finish line on The Mall and finally be able to say that 'I've run the London Marathon'.

SARA AND HER GOGGINS CHALLENGE APRIL 26TH

Little-known fact that the Goggins challenge refers to David Goggins, a renowned ultramarathon runner known for extreme endurance, mental toughness, and running to "callous his mind" rather than for enjoyment.

This year Sara took on this challenge, which is to run continuously (with obvious breaks) 4 miles every 4 hours for 48 hours, totalling 48 miles. It's designed to be completed anywhere, however it's not for the faint-hearted.

As with Goggins himself, the focus of the challenge is on discomfort, fighting the urge to quit, and adapting to running on very little sleep and tired legs.

Sara, you are amazing!

GB
ULTRAS

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

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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

I've been writing about it in the past editions, so here is my reflection on my hardest run!

The London Marathon was one of the hardest and most rewarding things I've ever done. There were moments I felt strong and unstoppable, and others where every mile felt like a battle. The crowds and atmosphere were incredible, but around three quarters of the way through, I found the loud noise and constant atmosphere overwhelming — so much noise, emotion, and exhaustion all at once. However, at that moment when I felt sorry for myself, I saw Stacey and Pete once more, and then my husband and best friend, that support helped carry me to the finish.

It was also wonderful to see the support on the day from Stubbies, especially Janine, Stacey & Pete — seeing your familiar faces meant more than I can say.

On the day itself, I felt so supported, but throughout all of my training, I was overwhelmed by the kindness and advice from the whole running fraternity. It's true what our coaches tell us — the long runs are only one small part of marathon training. You need to mix it up with different sessions and include strength and conditioning, too. Looking back, all of it mattered.

Crossing that finish line brought a mix of relief, pride, exhaustion, and emotion that's hard to put into words. It wasn't just about running 26.2 miles — it was about proving to myself that I could keep going."

Captains' Report

Captains Report

Wow April few past pretty quickly – but then we have been very busy – with it being the main marathon month.

Let's look at what we have been doing:
Friday 3RD April, we had Gary Coburn at the Run through Victoria Park Half Marathon. Well, done Gary.
Sunday 5TH April was the last Southern League Race at Alver Valley; this was a new course and very well supported. Well done to the 20 runners that took part and to Kelley Hanniver who was 1ST lady home.

We had a few runners out on tour at the Paris Marathon, well done to Andrew McEwan, Steve Matty, Stuart Bamberger and Sara Bamberger. Also well done to Sarah Barron who has been out injured for a while – but did get out to complete a short run.

Salisbury 10 mile was well attended by 29 Stubby runners. We got 4 men's teams out and 3 ladies' teams – well done everyone.
Brighton marathon – we had a few runners out on the streets of Brighton, massive well done to Jack Strougler and Emma Elis.

We had Gary Coburn completed the Ultra X 50k on Saturday 18th – well done Gary. On Sunday 19th we had Phil Townley at Boston marathon and a few runners at the Manchester Marathon – well done everyone. Phil Owen also completed his 400th parkrun – well done Phil.

On Wednesday 22nd we had the 1st RR10 at Eastleigh. We had a great turnout on the night with 21 ladies and 28 men. Beccy Lord was the 1st lady over the line, Daniel

O'Boyle was the 2nd Man, Will Feline 2nd M45, Colin Trigg 2nd M50, Mike White 3rd M65 and Derek Morgan 3rd M70.

Sunday 26th saw London Marathon, we had a few runners taking to the streets of London. Massive well done to everyone that ran – there were some mighty impressive times, and it was a warm day.

The same weekend, saw our ladies captain throw the Goggins challenge into her training. Thank you to everyone that supported me during the weekend and well done to Stuart Bamberger who also completed all of the 4 mile runs.

A few dates for your diaries of upcoming events:
Our club relay on 17th July – this is a fun day out which involves teams being of 5 or 6. Teams will be worked out to all be of equal pace. If you fancy joining in on this fun day, then please message either of us or comment on the FB post.
Miles for Miles – Wednesday 1st July. A post will go up on our FB page soon, so if you are interested, please do comment on the post. We will be looking for 20 runners in total.
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Forthcoming Club Events and Social

HRRL events

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.

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

June 3rd – Badger Farm, Whiteshute Ridge, Winchester SO22 4QB – organised by Winchester RC

June 10th – Ampfield Woods, Romsey SO51 0QA – organised by Wessex Running Sisters

June 24th – Marwell – organised by Eastleigh RC

July 8th – Itchen Valley Country Park – organised by Hedge End RC

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

Big Feat Events have some interesting trail events with many different distances. Next events are

June 7th – The Big Sea 50K Trail Festival, Isle of Purbrook, Dorest.
54K, Marathon, 18 Mile and Half Marathon
Big Feat Event - Big Sea

July 17th to 19th – The Big Heat, trail weekend, Lurgashall, West Sussex – very family friendly!!
50K, Marathon, 16 Mile and 12K
Big Feat Event - Big Heat trail

If you want a little less trail, then the Big Pilgrimage may be your thing!

August 23rd –Big Pilgrimage – a local event, Southampton to Titchfield Marathon and 15 Miles
Big Feat - Big Pilgrimage

September 13th – the New Forest Marathon, Half Marathon, 10K and 5K
New Forest Marathon

October 4th – Southampton Half and 10K, from St Mary's football ground and organised by Run Through
Southampton Half

October 18th – Great South Run 10 miles, the annual local event!
Great South

Finally

November 15th - GOSPORT HALF MARATHON
Gosport-half-marathon
Organised by our neighbours, Gosport Road Runners, if you don't want to run, you can always volunteer as a marshall!

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