The Green Runner

June 2026

In this edition:
As well as reports from our Chair, and the Captains, there's Coach advice from Frances about The Hills
An interview with Sara about all things Ultra
Janet Shaw talks about what a difference a coach makes to your marathon success
And the report from your very own Quiz Master!!

Plus some events that may interest you from home and away!

This month's club photos are all about running with your feet off the ground, smiling and jazz hands!!

636
109

606

356

685

388

703
709

102
269

RUBBINGTON
RUNNERS

Chairman's Report

At the time of writing, we are just a week away from the annual South Downs Way relay so I would just like to take this opportunity to wish all our runners the very best in this highly prestigious event. I would also like to say a huge thank you to everyone who has offered to help at our marshalling point at Harting – the relay couldn't take place without the support from the clubs at the changeovers and our manned spot at Harting Down is always
THE best or at least that's our view!!
It's been great to see the large turnouts for the RR10s so far and hopefully everyone is enjoying these friendly and inclusive events that cater for all abilities and normally include a very sociable debrief at a local pub – and thanks must go to Jon Leigh for finding and advertising these so well!
Look out for the posts advertising the RR10s from Tim Matthews or Helen Benson.

The support you gave to our own RR10 was very much appreciated and proved yet again it doesn't matter whatever the event, our marshalling is simply the best!
Looking forward to the club's own mini version of the South Downs Relay on Sunday 19th July – don't forget to write about your experiences of the event to include in a future Green Runner as it's always good to read about member's exploits at different races so don't forget to provide Glynne our editor with your reports so that everyone can share in the enjoyment and performance of others.

Happy Running

Kevin
Chair

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

Frances is one of our advocates of Hill Training, along with Frances' daughter Lottie!

Hills

They're not hills, they're speed bumps!

"Hills are your Friends" is often shouted as you struggle to reach the summit. This does not feel helpful at the time, but… not a friend, but maybe you can use Hills as your coach:

- Running uphill, you have to lift your knees and toes up on every step. (Sound familiar?)
- And you have to lean forward so that your weight is over your toes.

These are actions that your coaches will have been saying during training sessions. Also, they will have encouraged you to look up the hill or at the head of the person in front of you to maintain good posture and keep your airways open.

Don't shy away from hills; it's great training, both strength and speed training in disguise. Hills and more technical terrain are where a strong runner has the edge and a chance to outpace the opposition.
Uphill running uses the same technique as sprinting: a shorter stride, strong core, and forward lean from the ankle, which keeps you pushing forward without wasting energy bouncing up and down. As you reach the top of the hill, power forward for a couple of strides as you move on to the flat, which brings you back into a longer stride more quickly.

As Lottie pointed out, to get uphill is a bit like sprinting; you have to pump your arms, focusing on the backwards force to push yourself forward. Increasing the speed of your arms will increase your cadence and shorten your stride, which means that you use less effort with every step up the hill.

You will be running more on your toes, so reducing the jarring on your joints. (What's not to like?) Therefore, as you can see, there is no better way to improve your running technique than to try a hill session, maybe once a week. However, don't take on Everest just yet. Only go up as far as you can with good technique. You are not training to 'plod'.

Your Coaches look forward to seeing you at their hill training sessions.

Enjoy!

Members Articles

For a change, I sent some questions that I thought all of those of you that reads our Newsletter would like to ask of Sara, our remarkable Ladies Captain and committed Stubbington Green Runner.

This is my "interview" with Sara:

What first drew you to Ultra running: I had heard of other people running ultras, and for me it was that question - could I do this? Am I strong enough? Can I train enough? The challenge is the biggest attraction for me. I love a challenge and to push myself as far as I can.

Do you remember your first Ultra and what surprised you the most? My first ultra was the Guernsey Ultra in 2017; a few of us from SGR travelled over and took on what is an epic, challenging ultra. The route takes you up and down cliffs for 16 miles, and then you finish off with 20 miles around the Island. For the first Ultra, the shock came when you are completely wiped out, and you just have to push through and carry on to get to the finish. I remember this one very well, as I had 2 miles to go and was feeling pretty done. I remember that my watch had run out of charge, and I just had to keep putting one foot in front of the other. Kev came cycling towards me as he had hired a bike to cycle around the island, supporting us. Having a familiar face come towards me was just epic. He cycled alongside me for a mile and then went on to the finish to let the others know that I was coming. I will never forget this, as having him with me really got me to the end.

Why Ultras instead of marathons or shorter distances? For me, I love the challenge of them all. Shorter distance you race, with a different pace – these have their own challenges. When I run shorter distances, people say oh only a short one, this one will be easy for you – but it's not, as it's a faster pace and you need to get your race head on. Road marathons you race as much as you can, trail marathons normally have the challenge of hills thrown in, but then you can also get some amazing scenery – if it's a nice day! And then Ultras are about going that bit further and about keeping going.

Was there a moment when you realised you were mentally tougher than you thought? Difficult one to answer, as to be honest, I don't really class myself as being mentally tough! I know that may seem odd to some people. But I have to reflect on what I have achieved, and in 2024, I completed my first 100k, and with 13 miles to go, I hit the wall – I have heard about people hitting the wall, but had never really experienced it. When I did, I sat down for a min and had a little cry! I also know in reflection that I hadn't eaten enough, so I needed to refuel my body. In 2025, I completed 70k and loved every step, and in 2026, I completed a 50 miler and once again loved every step and even with the 78 miles of GUCR, I never lost my head at all, so the training you do isn't all physical, it's mental training too.

What roles strength training play in your preparation? Strength training is a major part of my training; I do S&C every week and go to the gym 3 or 4 times a week. On reflection after GUCR, I still don't think I do enough, so I will be increasing what I do.

How do you balance recovery with high mileage? Part of long distance training is back to back training, as its actually very hard to train for the very long races, so you need to do some running on tired legs, rest days (which to be honest I am not good at) are important – but also your body will tell you when it need some down time and then I will change my plan from a run to a walk, as its all-time on feet practice.

What's the biggest misconception people have about ultra training? Is that they can't do it? You can do anything if you put your mind to it 😊

What do you eat during a 50-60 miler race? Hula Hoops, flapjacks, sweets and a sandwich. If you have supporters with you, it's just so important that they keep telling you to eat, as you get to a point that you don't actually want the food you have, but you need to eat! If they can get your watermelon or ice lollies, then they are the best.

What nutrition mistakes did you make early on? Not eating enough and not having the food with you that has the salt, the carbs and the sugar.

What are the essential items you always carry? My mobile phone, foil blanket, food, water, plasters and I am really sorry to have to put this, but my vape – if the wheels fall off, this is going to be the first thing I will want.

Is there one piece of gear you couldn't race without? My bone conductor headphones! I have songs which I love and songs picked from different people, and these all help distract the brain, and I have been known to start singing along too.

What sacrifices come with training for Ultras? Time at home, tea very late at night, jobs at home not being completed. I am very lucky, though, as Stu always does a lot of the training with me, so we still get to spend time together 😊

What does recovery look like after a major event? Recovery gets better and quicker with every long-distance event that you do. Protein after a long-distance event is essential, and stretching is too. It's always best to try to give yourself some easy days afterwards so that you do get to recover properly. After finishing GUCR, I was so impressed with my body on the recovery – don't get me wrong, on the first day, I couldn't walk up the stairs properly and had to be helped to get in the shower – but on the second day, my legs were back to normal.

What do you learn about yourself during an ultra? Every Ultra you do, you learn something different – experience tells you how you talk to yourself during these events and how you keep your head, how and when is best to drink and eat. How to praise yourself on your progress.

What advice would you give someone considering their first ultra? Plan your training and train well in advance. For me, I like to start knowing that I have completed the training – then it's just what happens on the day, but you can't think "oh I wish I had trained more" and also enjoy it.

What's the one thing non-runners misunderstand about ultras? The reason for doing it, I would say is the biggest thing. Why would you push yourself to breaking point physically and mentally, but then I also don't think they get that feeling of crossing the finishing line and that pure sense of achievement.

So as you know, I signed up for CUCR to see if I could really get myself to 145 miles, 6 months of solid training, and it was event day.

The week before I was very nervous, but the nearer event day came I was very excited.

It started really well for me, and I had it set that I had to stick to about a 12 min mile. I knew I was going a bit faster, but felt good and was keeping it steady, adding in some walks. I made sure that in the heat, I was drinking loads. I started to feel a bit sick about 20 miles in, but realised that the electrolytes I had in my water bottles were very sweet and think this was just too much with the heat. When I met Marie and Stu about 20 miles in, I swapped to water in my bottles, and Marie had just got herself a mint tea, which she offered me, and this really calmed the sick feeling.

I carried on and then met them at the next checkpoint, feeling much better. The rest of the miles ticked by, meeting my crew along the way, and they were out with cold watermelon and with what was the best ever tasting calipo ice lolly.

The scenery on the canal path was amazing, seeing the ducks with their babies, the swans, and the canal boats going up and down.

When I got to 53 miles, I could have a buddy runner, Mark joined me, and off we went again. This then changed to Sarah coming out with me, then to Stu, and finally the last bit with Marie.

Unfortunately for me, my event ended at 78 miles when the pain in my hip was just too unbearable to carry on. It was probably the hardest call to make was to pull out, but I knew I couldn't carry on.

With never having DNF'd from an event before, this was and still is a very bitter pill to swallow and thank you to those who have helped me process this – especially John Gobbi for his words of advice and experience.

I have learnt loads from the miles I completed, and some things that I need to do differently. As much as I said this isn't unfinished business – it definitely is, so if I get a chance to try again, I will - sorry Stu 😊.

One thing I definitely know is that I was lucky enough to have the best crew with me; without these guys, I wouldn't have completed the 78 miles. They were like a pit crew every time I saw them. I owe them big time, as they were just the best.

I asked JANET SHAW to share how different it can be when you do your:

Marathon Training With a Coach

I have run 9 marathons using generic, printed marathon training plans with varying degrees of success. I tend to start with enthusiasm but somehow get distracted along the way. I've generally been good at completing the long run each week, but probably only done 2 other runs each week. Living close to the sea, the vast majority of my runs were gloriously flat, and hills filled me with dread. Intervals were a dirty word, and fuelling just meant I had an excuse to eat whatever I liked; so is it any wonder that I've found myself standing on so many start lines feeling under-prepared and under-trained.

After finishing the London Marathon in 2021 in 5:34:03, and frankly not enjoying the process, it was time for a break from marathons. Until... I reached the marvellous age of 60 and decided I wasn't quite prepared to grow old gracefully, and I wanted to give it one more go. And this time I was going to use a coach, a real live person whom I was going to have to be accountable to.

People use coaches for all sorts of reasons: targeting particular distances; targeting particular events: improving technique; to return from injury safely; to progress when you feel you've reached a plateau. The choice of coach is a very individual thing. Obviously, experience in both coaching and running is invaluable, but there's the personality side too. Do I respond better to a carrot or a stick? Can I relinquish control, or do I want to be in charge? Are we on the same wavelength, and can I trust this person to get me to my goal?

The coach I approached had recently won awards for coaching, but I really only knew them by reputation. One thing I was sure of was that this was going to be a serious effort, and I was not going to mess them around. At our initial meeting, we had a long discussion about my running background, my running goals, the time I could commit and how the system would work. We also spoke about other sporting activities and work, and family commitments.

My target event was the Southampton Marathon, as I had failed to complete it back in 2018. My coach uses the Training Peaks app. Each week, I would message over my availability, and the week's programme would appear on the App which was also linked to my running watch. I found it surprisingly helpful to only see one week at a time. It meant that I wasn't worrying about the 18-mile run in 4 weeks' time, instead focusing on the 12-mile run for this week. I felt that some of the burden was lifted in this way.

Right from the start, it was clear that I was going to be taken out of my comfort zone. Interval runs were a weekly occurrence, but no two sessions were the same. There were regular hill sessions, and I was urged to include 'undulations' in my long runs as they were good practice for Southampton. Strength training and flexibility were built into the programme as was rest and recovery -" Maybe get Cliff to walk the dog today" As soon as the sessions were more than an hour long, I was reminded to fuel and hydrate properly before, during and after activity.

Everything was personalised to me, and I can honestly say that I've never enjoyed running so much. It surprised me that one of the biggest effects of the training was the impact it had on my self-confidence in running. When aiming for speed, I was encouraged to "be

brave”, it became my mantra. I was urged to not look at my watch, but JUST GOOO! I was told “you looked strong”, not from an app looking at the numbers, but by a real person who saw me finish the race. It may seem like a small thing, but those words are so valuable in determining how you approach your next race

My number one aim was to stand on the start line of the Southampton Marathon knowing that I was ready for this race. Along the way, I achieved personal bests in every race distance I tackled. I couldn’t have been better prepared physically or mentally. I finished in 4:50, matching my previous best time of the London Marathon in 2006, twenty years earlier.

It’s true that I started the challenge with a very different mindset this time, and I wasn’t quite so time-pressured this year. However, I don’t believe I would have achieved so much without a coach. It may not be for everyone, but the process worked for me, and I have no hesitation in continuing to use a coach...there’s no stopping me now!

Finally, STEVE HULL is all about the inaugural SGR Quiz night!

What's black and white and read all over? It's hopefully, this little write up about the Club's Quiz night.

This was no ordinary quiz; this was the M&S level of quiz! Over forty finely tuned quizzers formed seven teams and battled over 120 questions, which finished up as a very close sprint to the line, with only 12.5 points separating all teams.

In amongst the questions, there were also some spot prizes for the keenly contested bag of sweets! How did so many know that the official title of the London Marathon music was "The Trap" by Ron Goodwin? Or that Spaghettification was the term for being sucked into a black hole? We even discovered hidden secrets of some Club members, showing off their juggling talents!

Humour, chaos and some overindulgence in alcohol was plentiful. How many times can you explain the alternative wording round to films such as "Coitus in the Metropolis" without giving it away? As adjacent teams were supposed to mark the adjacent table, you would think it was easy for Table 1 to go to Table 2 and so on. Not with SGR! Never have there been so many aimless people wandering around the room!

All of this resulted in the quiz going on for a little longer than scheduled, but when given the chance to finish on time by cutting a few rounds out, there was a resounding NO. We are enjoying this too much!

So as the tension mounted after the last round, the results were announced. We can honestly say that there were no backhanders received from the winning team of Snack Attack, which happened to include Chair Kevin! But the noisiest, and it seems the most happiest, of the night came from Shackpack Rockers, who won the wooden spoons!

Final results below:-

1st Snack Attack - 114.5 pts
2nd The Try Harders - 111.5 pts
3rd Memory Joggers - 110.5 pts
Joint 4th Green Arrows & Aye Aye Captains - 109 pts
6th Low Expectations - 103 pts
7th Shackpack Rockers - 102 pts

It was a great evening and a great chance to catch up with other club members. Possibly a chance of another one in the future and at a bigger venue - maybe at St Mary's? There is just a little notice required, so I can tell Take That it's unavailable.

Steve & Teresa

News From the Editor

Training… Campervan Style

Four weeks ago, I set off on a campervan adventure through France, Spain and back into France with my husband (Pat) and Rosie the dog.

As any dedicated runner training for Ambleside would, I packed all the essentials: running kit, exercise mat, resistance bands and even a dumbbell. My plan was simple – continue my post-marathon training seamlessly while enjoying life on the road.

Reality, however, had other ideas.

It turns out that moving your home every two or three days, exploring new places and dealing with temperatures that make you question every life decision can have a slight impact on training motivation.

Many of the beautiful places we've stayed have also been wonderfully, spectacularly, relentlessly hilly (which I thought would be a good thing). Now, I admire hill runners enormously. I really do. Unfortunately, I am not one of them. What looks like a gentle incline on a campsite map often turns out to be a lung-busting climb that leaves me wondering whether walking counts as interval training.

There have been moments when I've gazed at my neatly packed exercise equipment and thought, "Tomorrow." The exercise mat has enjoyed several scenic locations, the resistance bands have travelled hundreds of miles, and the dumbbell has probably had the easiest four weeks of its life.

That said, travel has brought its own kind of activity. We've walked for miles exploring towns and villages, hiked coastal paths, wandered through markets and given our dog plenty of opportunities to investigate every interesting smell in France and Spain.

So while my training hasn't quite followed the carefully structured plan, I imagined when packing the van, I've learned that staying active doesn't always look the way we expect. Sometimes it's a run. Sometimes it's a hike. And sometimes it's simply climbing back up to the campsite after discovering yet another charming village at the bottom of a very steep hill.

The good news is that the running shoes are still in use, the booked running events remain the goal, and there are still plenty more miles ahead—both on the road and on foot.

I've discovered that training for events and campervan travel have a lot in common: both involve endurance, flexibility, and occasionally questioning your choices halfway up a hill!!

Captains' Report

Captains report – May 2026.

May started with a nice long bank holiday weekend, lets have a run through of what we have been up to during the month.

3rd – Sunday

4th – Monday 4th saw me and Stuart at the Pheonix running event in Walton. These are always great events with awesome medals.

Martin Powell was at Dorney Lakes, completing a half marathon and came in 1st in his age category – well done Martin.

We also had a few runners at the BigFeat, BigWay Round – well done to everyone that took part.

Wednesday 6th – saw the second RR10 in the session at Itchen valley country park. Well done to the 49 people who ran.

Men's A team in 7th place: Daniel, Dan, Richard, David, Chris

B Team in 26th place: Mike, Chris H, Tony, Hayden, Toby

C Team in 46th place: Steve, Neil, Sasha, Derrick, Brian

D Team in 53rd place: Nick, Billly, Paul, Mike, Adam

E Team in 56th place: Dom, Russell, Tim, Steve, Nigel

And Phil, Rob, Peter and Keith.

Ladies A team in 6th place: Becky, Daisy, Alison

B Team in 20th place: Nikki, Lyndsay and Ronnie

C Team in 31st place: Tracey, Alison and Sam

D Team in 36th place: Francis, Claire and Helen

E Team in 44th place: Tracie, Katie and Sara

F Team in 57th place: Cat, Gail and Kayleigh.

And Penny and Jules.

10th was the Alton 10 mile, normally this is always on a very hot day – but not this year, instead it was windy – but the hills were still as delightful as always. Teams scores were:

Men's A Team: Kieran Chaplin, Alistair Wakefield, Toby Smith, Steve Matty

B Team: Stuart Bamberger, Jim De Trafford, Nigel Feast, Pete Cole

Ladies A Team: Sara Bamberger, Janet Shaw, Jacqs Healy, Rachel Mullin

B Team: Kirstie Howe, Gilly Shulter, Stacey Read.

Also well done to Mel Barham.

Houghton Trail Run was also on this same day and we had a fair few runners out on the trails, well done to everyone that took part.

A week later was Netley 10k, again we had a great turn, well done to

Men's A Team: Kieran Chaplin, Jonathan Marmont, Alistair Wakefield, Tom Hastings,

B Team Stuart Bamberger, Toby Smith, Steve Matty, Neil Jarvis,

C Team: Steve Wood, Stephen Andrews, John Simister, Steve Hull

D Team: Nigel Feast, Steve Fulcher, Phil Owen, Chris Anderson

Ladies A Team: Sara Bamberger, Tracie Jarvis, Kirstie Howe, Rachel Mullin

B Team: Cat Bailey, Jeni Reeve, Jules Dinwoodie, Gilly Shulter,

C Team: Stacey Read, Lindsay Pratt, Katherine Owen, Tracey Terry,

Also well done to And Ian David, Sue Simister, Janine Jenkins, Pete Cole and Mel Barham.

On Wednesday 20th we hosted our RR10 at River Hamble, thank you to everyone that helped out on the night and great work by Helen Louise and Tim Matthews for getting us all organised and for all your hard work to put on this very successful race.

On the weekend of the 2nd bank holiday, we had the Doughnut Dash and there were a fair few stubbies out enjoying the doughnuts and the run – well done everyone that took part.

There was also one runner with 3 of her support crew taking on GUCR. It ended sooner than what Sara intended, but she still managed 78 miles on the hottest weekend of the year.

31st – Was Reading 10k, a really nice day out was had by Alison Good, Kieran Chaplin, Stuart Bamberger, Neil Jarvis, Tracie Jarvis and Sara Bamberger. Well done everyone on some great running.

We also had some runners at the Southampton Running festival – well done to everyone that ran this course round the common.

Forthcoming Club Events and Social

HRRL events

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.

June 24th – Marwell – organised by Eastleigh RC

July 8th – Itchen Valley Country Park, West End, SO30 3HQ – organised by Hedge End RC & Netley Abbey Runners

July 22nd – University Playing Fields, Wide Lane, Eastleigh – organised by Itchen Spitfires & Hamwic Harriers

August 5th – Cadland Estate, Fawley, – Hardley Runnersand Chandlers Ford Swift RC

None club events, Home and Away

HANTS

September 13th – New Forest Marathon – Sunday 13th Sep – Marathon, Half, 10K, 5K plus junior races and even a woodland walk – New Forest Marathon event

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

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!

DORSET

July 17th to 19th – Cider Challenge Weekend – Cranborne Chase Cider, Blandford Forum – There's something for everyone who likes a challenge & cider! Friday 5k and 12 hours and 24 hour challenge – Saturday Solo & Team event – Sunday Junior event and 10K Apple plod – Cider Challenge 2026

August 2nd – Stur Half Marathon organised by the Dorset Doddlers at Sturminster Newton– Stur Half

September 6th – The Beast organised by Poole AC – is a trail event of 13(ish) miles that starts at Corfe Castle Common and takes on the coastal path, a great course for those trailers!!!! The Beast

WEST SUSSEX
July 5th - Running GP at Goodwood Motor Circuit Races & Duathlons – The choices are 5K, 10K and Half Marathon along with Sprint Duathlon and Standard Duathlon – Running GP Goodwood Races and Duathlons

October 11th – Running GP Goodwood Motor Circuit – Many distances to choose from, all distances running on the iconic Goodwood Motor Circuit where the annual Revival takes place – Distances are 50K, Marathon, 20 Mile, Half, 10K and 5K – Running GP Goodwood October 2026

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

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

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