The Green Runner

July 2026

In this edition:
As well as reports from our Chair, and the Captains, there's Coach advice from Frances about The Heat
An interview with Rachael about her time with the club!!
Gilly, a long-time member allows me to question her!!
The South Downs Relay report from Tony Beswick

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

WE'RE BETTER WHEN WE DO IT AS A CLUB

JOHN
263
7

PIC•COLLAGE

PIC•COLLAGE

Chairman's Report

Congratulations to our 3 teams involved in the South Downs Way Relay along with their drivers and supporters – you all did the club proud. Our marshalling team at Harting Hill superbly organised by Sarah Barron was a great success supporting all the teams taking part in this prestigious race so many thanks to all involved with this.

A large group of Stubbies are again hitting the roads to take part in the various Lakeland Trails in the Lake District shortly so hopefully they have a great weekend promoting the club over 300 miles from home – I'm certainly looking forward to my support role here and it's always a good social weekend whether you are running, supporting or indeed just being there.

The RR10 season has again proved to be very popular and well supported by our members and it's just shame that we have had 2 cancellations recently for different reasons. If you haven't tried these midweek events I would urge you to give them a go – they are very friendly, free and you get to go the pub afterwards – what's not to like?

I would like to welcome all the new members and hope you enjoy the benefits that come with being part of the community that is Stubbington Green Runners.

Finally I can't let this moment pass without wishing Andy Simpson all the very best for the future now that everything is in place for his move to Devon. He has been a great men's captain for the past years in both running and supporting modes – who can ever forget the supportive shouts from him as you came to the end of an RR10 race? Andy – we will miss you.

Happy Running

Kevin

Club South Downs Way Relay 2026

Click here to read all about this year's club South Downs Relay.

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

As we are heading for yet another weekly heatwave, I asked Francis to give some tips on how to manage running and training in the heat.

Be Prepared for the HEAT

When the temperature rises, it's even more important as a runner to look after yourself. A little preparation can make the difference between enjoying your run and struggling through it.

It is all obvious, and mostly common sense:

- **Get enough sleep;** Your body copes much better with heat when you're well rested.
- **Eat a sensible, balanced diet** to keep your energy levels up.
- **Keep yourself hydrated at all times, not just before a run;** Drink regularly throughout the day. Remember that alcohol dehydrates you, no matter how many pints you consume. (Dehydration is a major part of a hangover.)
- **Wear appropriate clothing;** loose fitting light coloured running kit will keep you much cooler than figure-hugging or dark colours.
- **Protect yourself from the sun**. Wear sunglasses and /or a peaked hat to help you see clearly and apply sunscreen to exposed skin.
- **Plan your run wisely**. If you don't have to run in the hottest part of the day, DON'T. Get out early or later in the evening, choose a shady route, where possible, or stay home and wait for cooler weather. This is wise NOT lazy.
- **Remember that you will sweat (or glow) more**; In hot weather you'll sweat much more, so adding a little extra salt to your meals can help replace what you've lost. You'll often notice the difference in how you feel.
- **Take fluids on longer runs or races**. Carry plenty of fluids and consider using some electrolytes. Drink little and often rather than waiting until you're thirsty. At races to cool off, I will soak my hanky at water stations and pour some of the water over my head and back.
- **Adjust your expectations**. In hot weather, everyone slows down. Leave your PB for another day, run to the conditions, and enjoy the rare opportunity to run in the sunshine!
  Most importantly, listen to your body. If you start to feel dizzy, nauseous, unusually fatigued, or stop sweating, slow down, find some shade, and don't be afraid to cut your run short. There will always be another day to run.I

Members Articles

As many of you know, Rachael Mullin will be leaving the club at the end of the month. She and her family are going to start an exciting new chapter as they move to Europe.

Rachael has developed her running in such a short time and has been a valued member, and while we'll miss her and wish her every happiness and success in the new adventure.

Before she goes, I asked Rachael a few questions to reflect on her time with the club.

What first inspired you to join Stubbington Green Runners?

I first joined Stubbington Green Runners, I think, at the end of 2022, start of 2023. I'd just moved over from Naples and had a friend who lived in the area. We had gone to Queen Elizabeth parkrun, where she had introduced me to a couple of the members, as I remember, I think it was Sara, Stacey and Jaques. I joined the next day. I loved how friendly everyone was and just being part of a group.

What were your first impressions when you arrived for your first run?

My first group session was great to start, but I actually ended up injured and cried at the end. I just recall Janine giving me the biggest hug.

How has being part of the club changed you, either as a runner or as a person?

Being part of the club has just given me so much confidence in my running. It's allowed me incredible opportunities to participate in fantastic events, which wouldn't be the same without all the support.

What's your favourite memory or moment from your time with the club?

I couldn't possibly choose a favourite. There are too many, but some of them are from helping with the Stubbington 10k, the Lakes, Benidorm, SDW relay, and most recently, miles of miles. I've loved the midweek sessions, especially at Christmas. I've also just loved all the support at races.

Who or what has had the biggest influence on your journey here?

So many names to name that have influenced my journey, who are incredible assets to the club. They've kept me going, offered advice, allowed me to gatecrash their runs and just been great company to be around.

What has the club meant to you beyond running?

The club has meant I've met so many wonderful people who have made my move here genuinely amazing, and I'm truly sad to be leaving.

Is there a particular achievement or challenge you're especially proud of while you've been a member of Stubbies?

I am really proud to have completed the Giants head half, that's just the most recent, but it's not something I had confidence I'd be able to do not so long ago.

As you leave the club, what will you miss the most?

I will miss all of the members I've met during my time here. I hope it's not Goodbye, just see you later. I'll be back, as I really have made friends for life.

What mess would you like to leave for the friends and club members you're saying goodbye to?

I just want to thank everyone. I wish everyone luck with all their future events and activities.

If you could describe your time with the club in just three words, what would they be?

Emotional, Fun and Supportive.

Members Articles

As I like to think of this as *your* newsletter, I'd love to hear from the people who make our club such a great community.

Each month, I'll be chatting to one or two members, asking a few questions about themselves, what inspired them to join Stubbington Green Running Club, and what being part of the club means to them. It's a chance for us all to get to know each other a little better and celebrate the stories, friendships and experiences that make our club so special.

I hope you enjoy reading these member spotlights as much as I enjoy putting them together!

This month I asked Gilly to contribute:

Gilly, why did you join our club?
The idea of being part of a running community interested me, especially as, at the time I joined, I was getting back into running; I was running alone and didn't want to.

What were your first thoughts when you turned up for your first run?
Being introduced to the club was so lovely, everyone was really kind and welcoming.

What does being a member of the Green Army mean to you? I
love being part of a club where we support one another and get to know members of other running clubs. There is a real sense of community.

You've been a member for some years; what's one of your favourite moments so far?
The first time I completed the London marathon, having the Green Army come along for support and seeing them cheering, that really lifted my spirits and spurred me on.

Who has been your greatest influence or support?
That's easy: my daughter Sam, she always has my back, especially if I am feeling uncertain about an event. She is very motivational and knows how to push me to achieve my goals.

Thanks, Gilly. Look out next month, I may message **YOU!!**

News From the Editor

Sitting here at home, putting together the newsletter, I really should have been in the Lake District, sorting out my kit and getting ready for the annual Ambleside Lakes Trail Run with the Green Army.

Unfortunately, Rosie had other plans.

After months of looking forward to the weekend and an extended trip via Chatsworth House, she decided the perfect time to go lame was just before we were due to leave for the Lakes. Clearly, she hadn't read the itinerary.

Every runner knows that sinking feeling when carefully laid plans disappear faster than the last jelly baby at an aid station. The training has been done, the accommodation booked, the weather checked every five minutes, and you've already started imagining that first view across the fells. Then… life throws in a surprise detour.

Missing a race isn't just about the miles. It's catching up with friends, swapping stories, enjoying the post-run pint (let's be honest, that's an important part), and making memories with the Green Army.

As disappointed as I am, some things are more important than a race. Rosie comes first, even if her timing could do with a bit of work! Hopefully she'll soon be back to chasing squirrels instead of sympathy, and next year we'll finally make it to Ambleside.

Until then, I'll be swapping trail shoes for the keyboard and living vicariously through everyone else's muddy photos. Have a fantastic weekend, Green Army—and don't eat all the cake!

Captains' Report

Captains report – June 2026.

June has been a busy month, with so many races to report on.

3rd June we had the RR10 at Badgers farm, well done to:

Mens A Team (6th): Iain Dove, Richard Hayward, Simon Lewis, Chris H and Ben Pym.

Mens B Team (16th): Chris C, Tony, Andy S, Hayden and Toby

Mens C Team (31st): Andy D, Phil, Stu, Neil and Steve M

Mens D Team (36th): Derrick, Billy, Graham, Tim and also well done to Russell, Carl and Tim.

Ladies A Team (4th): Becky, Daisy and Alison

Ladies B Team (13th): Lucy, Ronnie and Lyndsay

Ladies C Team (19th): Anna, Alison and Debbie

Ladies D Team (24th): Lara, Claire and Frances

Ladies E Team (32nd) Sara, Helen and Kayleigh

Saturday 6th was the time for our three teams to take on the South Day Way Relay – this is 100 miles from Eastbourne to Winchester. The teams did an amazing job in what can only be described as horrendous weather. Please read the reports written by the 3 teams. I would also like to say a huge thank you to our marshals who covered the checkpoint at Harting Down and also to our three drivers.

Sunday 7th – was the Purbrook Ladies, well done to all the ladies that took part.

Monday 8th was the Copythorne 5k and 10k. This is such a lovely event – I highly recommend this to anyone who hasn't done ever done this race. We had a great

turnout there this year and for a few some new PB's. Well done to everyone that took part.

Wednesday 10th, we had four runners at the Hayling Billy Trail run, well done everyone.

Sunday 13th, we had Daisy McClements and Chris Hall at the Man v Horse, massive well done to both of you.

On Thursday 18th, we hosted the Inter club time trial, we had 80 runners in total over the three clubs with 15 runners from SGR. Well done to everyone that ran and thank you to our TT team for putting on a great event.

20th was the Giants Head Marathon – well done to George Howarth, Stuart Bamberger and Sara Bamberger. This was a very hot and hilly course. The day started foggy but vey humid and then the sun came out to join us. Got to say though that the Pimm's at the last aid station was amazing!

21st June, was the 10k and half marathon, well done to Tracie Jarvis, Rachael Mullen, Cat Bailey and Sam. This was a very hot day, so massive well done to you all.

Also on the same day was the Alresford 10k, well done to:

Men's A team: Tim Rolfe, Jim De Trafford, Alistair Wakefield and Kieran Chaplin

Men's B Team: Toby Smith, Cliff Shaw, Stephen Andrews and Nigel Feast

Mens C Team: Phil Owen, Steve Matty, Mel Barnham

Ladies A Team: Janet Shaw, Wendy Mannon, Jules Dinwoodie and Gilly Shutler

Ladies B team: Stacey Read.

We also had a fair few runners at the Airport 5k, well done to the 10 runners that took part.

Saturday 27th well done to everyone who completed the Ultra on the North Downs.

Sunday 28th was the Exbury 10k, well done to everyone that took part.

Also on the same day was the Hangers Way, well done to everyone that took part in this.

Also, on the same day we had a fair few runners taking to the south downs in training for the relay.

Forthcoming Club Events and Social

RR10 League – All are 7:00pm starts.

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

August 16th – Southampton Running Festival - The Southampton Running Festival on 16 August 2026 includes a chip timed 5km, 10km or Half Marathon at Southampton Common. - Southampton running festival. 2026

August 30th – Totton 10K The Totton Running Club 10K Road Race on 30 August 2026 is based in Copythorne, Hampshire. - Totton Running Club 10k

September 6th – Overton 5 this is a favourite, so get in quick -5 miles of undulating countryside.!! Overton-5-2026

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
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

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
August 2nd – Harting 10 – A 10 mile long multi-terrain race over private tarmac lanes, hard gravel tracks and some paths. The route is along the downs – **Harting 10**

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