The Green Runner

September 2026

Short Edition
With an interview with our new Coach Mike Smith
Prudent words from our Chairman
Captains report
PLUS – Events for the calendar

THE JOY OF THE FINISH LINE

Chairman's Report

As we get to the end of the summer, we can reflect on an RR10 series where we enjoyed success both in terms of the numbers of runners competing but also seeing Becky Lord winning the Ladies individual title for the 4th successive year and Alison Good winning her age category, Our thanks go to Helen Benson and Tim Matthews for being our RR10 Reps and for their superb organisation of our home race. Just a shame that we had a couple of cancellations in the middle of the season. We now move on to the different winter cross country series such as the CC6, Southerns (both of which are very similar to the RR10s), and the Hants, Southern, and National championships.

Our next social event is the Fish and Chip Handicap on Wednesday 9th September, and it looks like we are going to have a huge turnout for this judging by the number of fish and chip orders that we have received so far. There is still time to get your order and please note that payment will be by cash on the night so please could you try and bring the exact money if possible as that would help us out a lot. I would just like to remind you that the concept of these runs is to run without any help in terms of timekeeping or GPS so please if you must carry a phone or watch make sure it's undisturbed in your pocket until you've finished the run. I look forward to seeing you all down at the Rising Sun for the event.

Our Celebration Evening at the Solent Hotel is all set for Saturday 14th November and we are very much looking forward to celebrating together all the achievements of our fantastic members. A great meal followed by awards presentations and then the opportunity to take to the dance floor to showcase your best dance moves with music from our regular DJ. Tickets are just £26 so don't miss out on this very popular event. Details are on Facebook and in the email that Jules sent out but if you have any questions please feel free to ask myself or Louise Tanner or indeed any member of the committee.

As I write this, entries for the Stubbington 10k opened just 3 hours ago and there are only 200 places left so a quick sellout looks to be on the cards yet again. We are not now part of the HRRL series but as last year that does not seem to have made a difference to its popularity. But please remember if you are entering then we need you to provide someone to help/marshal as we need more than 150 volunteers to make the event the success 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

Interview with a coach

As our latest coach, I asked Mike Smith some relevant questions why he wanted to become a coach.

1. **What made you want to become a running coach in the first place?**

Initially, it wasn't my intention to become a coach; instead, I started out with the idea of just leading a few runs as a run leader, to give something back. However, together with Martin Powell, we took over Lisa's Tuesday morning sessions when Lisa changed jobs and couldn't carry on. (It's still Lisa's group, though. We're just holding it until she returns 😁). Anyway, I wanted to add in more running movement-based exercises, and the quantity and variety of these exercises sort of evolved. I have a simple principle that if runners can be encouraged to activate primary muscles, improve posture, move limbs in the correct plane, and stabilise joints, then running becomes a whole lot more efficient and economical. Pace and endurance improvements will follow naturally later.
So, to be better placed to deliver these exercises, it was felt that a coaching course would be the best avenue. Notwithstanding this, I am a firm believer in stepping out of your comfort zone to learn new skills and then share these with others. Little point in keeping knowledge to yourself.

2. **Was there someone who inspired or influenced you to become a coach?**

Over the years, I have come into contact with so many fitness professionals: personal trainers, physical trainers, physios, and coaches who have all played their part. But I suppose one of the biggest influences has been the online coaching company that I have subscribed to and worked with for about 6 years. Those coaches taught me such a huge amount as I worked through their various training plans from 5k to 50k as well as their strength classes.

3. **What do you enjoy most about coaching runners?**

All their diverse personalities, abilities and individual goals, as well as the general positivity you get from most runners. Their enthusiasm is contagious.

4. **What is the most rewarding part of seeing someone you coach improve or achieve their goals?**

The joy a runner shows when they realise that all their hard work has come to fruition. Yet I am still conscious that a club coach only contributes in a small way, and it's the runners' hard work and commitment that produces the results. Still, it is encouraging to witness the gratitude they express to someone who has helped or supported them, whether that is family members, fellow runners or coaches.

5. **What has surprised you most about being a running coach?**

Every week I am both amazed and thrilled that the Tuesday morning group lets me be their trainer. I never take that trust for granted.

6. **What have you learned about yourself through coaching**?

I'm not particularly good at asking open questions to check understanding. I'm more of a show, tell, get on with it sort of guy. 😁 Surprisingly, I'm also not naturally extroverted.🤔

7. **Is there a particular runner, moment or achievement that you're especially proud of?**

Moments
I get a genuine buzz when a large group shows up for training each week. And also, when runners speak to me after parkrun to tell me that a particular element from a training session has worked for them. I'm so pleased on their behalf.

8. **What do you think makes a really good running coach?**

This could quite easily turn into a long list of qualities but to single out a few.
The ability to communicate, listen, build rapport and to remind oneself that everyone is trying as hard as they can.

9. **What does being a coach at this running club mean to you?**

There's a reason our club has thrived for so long, 40 years, and it's because of its members who are at the forefront of all its activities; whether it's taking part, supporting or helping. Volunteering, even in a small way, ensures the club continues to remain vibrant and deliver its program. With this in mind, the club has allowed me to engage with a variety of people who are committed, motivated, generous and who also look out for each other. It's so rewarding to be part of such a like-minded and spirited community.

10. **Looking back on your coaching experience, what do you hope your runners will remember or take away from you?**

To keep turning up and try to enjoy the process as much as the result. Remember that you don't have to test yourself every run. Be kind to yourself.

There will be more of these interviews with coaches, group leaders and the committee members too!

Local Request

🏃‍♀️ Gosport Half Marathon – Volunteers Needed!

The **Gosport Half Marathon** is one of the highlights of the local running calendar, bringing hundreds of runners to our streets and coastline. But an event like this can only happen with the support of the fantastic local community.

Volunteers are needed on Sunday 15 November to help make this year's race a success.

Whether you're an experienced race marshal or have never volunteered at a running event before, there is a role for you. From encouraging runners around the course and helping at key points, to supporting the start and finish areas, every volunteer makes a real difference.

For the runners, seeing friendly local faces cheering them on can provide that much-needed boost during 13.1 miles! 🙌

It's also a great way to spend a few hours supporting a major local sporting event, meeting other members of the community and being part of the excitement.

Sunday 15 November 2026

📍 **Gosport and Lee-on-the-Solent**

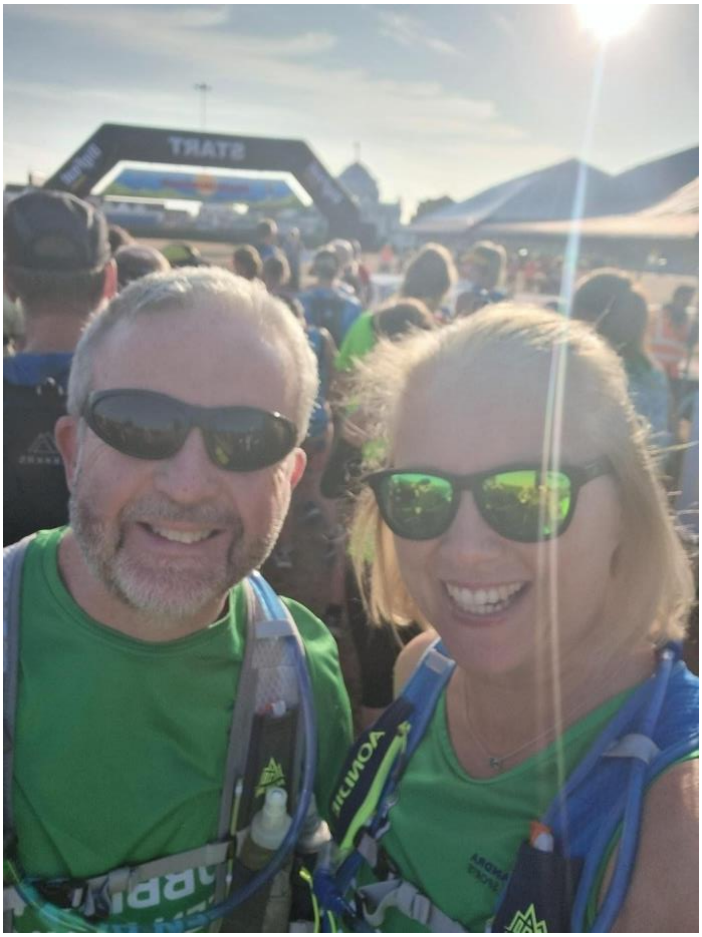
So, if you can spare some time and would like to be part of this fantastic community event, **please consider volunteering.**

Your support could make all the difference to the runners and help make the Gosport Half Marathon another great success.

For more information or to volunteer, please contact Gosport Road Runners.

Interview with a Run Leader

For the inaugural session of interviews with……., I asked our very own power couple Helen and Tim some relatable questions as to why and what's so great about being a leader.



What made you want to become a run leader?

Helen – I have been a run leader for just over 4 years. I regularly turned up to sessions weekly and, after a significant change in my life, decided it was time to do something for me. After speaking to a few other leaders at the club, I signed up to be a run leader, not only doing something different but also doing something for the club I enjoyed being a member of for so many years.

Tim - I've only been a run leader for a few months, but a member of the club since 2011. After a fairly big life change and seeing several leaders step down, I thought that I should perhaps do something a bit more. I was already regularly attending the Monday and Wednesday sessions and thought that, well, if I was there, then it wouldn't be too much to help out.

What do you enjoy most about leading a group run?

Helen – I enjoy leading a group, chatting to others, catching up and helping others to get out as a group, especially when the weather isn't as great. There is no motivation to go out on your own in the cold or when it's raining, but together, it makes it more pleasurable!

Tim - I think it's the enjoyment of running in a group, knowing that you are contributing to helping people, getting people out there, whether it is enjoyment, part of a training programme or just being active.

What has been the most rewarding part about being a run leader?

Helen – Watching people develop confidence in themselves by taking on new challenges and then coming to a group session to talk about it with others. We all have good and rubbish runs, and sometimes just talking through with someone who has a similar interest can help put us back on the right track.

Tim - In the few months I have been a run leader, we have opened up the summer sessions to do a couple of Mondays a month in Warsash, taking advantage of other parts of the area and mixing things up – not just the location but the terrain as well. Having led a few of these sessions now, the feedback has been really good from simple comments about going somewhere different, trying new areas, and introducing members to parts of the area they hadn't seen before.

Is there a particular run, runner or moment that stands out for you?

Helen – I like the runs where we do a mixture of terrains – road, trails, shingle! These runs have always been received with such positive comments and often get lots of thanks at the end, especially when we find new places to run. I feel that mixing up the summer runs on a Monday, splitting time between Whiteley and Warsash, has really helped that.

Tim - This would have to be most recently with the solar eclipse. It was a Wednesday night at Crofton, and whilst I hadn't really thought too much about the location, I had thought it would be good to take in the eclipse on the run. After a bit of panic to get there – why were so many people going to the beach? We had a steady run down to Lee seafront, and thanks to a couple of members, we had eclipse glasses. As we looked out over a packed seafront, we saw the eclipse and managed to take it all in. Pretty spectacular.

What have you learnt about yourself through being a run leader?

Helen – That leading a group of adults is just like teaching young children!

Tim – Personally, it was trying to give something back to the club. If you are already turning up, it is just a small step, a couple of times a month, to just help out a bit. The club doesn't function without the volunteer element of its members, and just a small part helps make a big difference.

How do you make sure everyone feels included and comfortable on a run?

Helen – It's always looking out for how people are running and changes to their running during a session. Just checking in with them throughout and modifying the run if needed.

Tim - Being able to judge your group, trying to read what is going on. We've had a lot of hot runs this summer, so tailoring the runs to the conditions has been critical, checking up frequently, keeping an eye on people, etc.

What do you think makes a great run leader?

Helen – I honestly believe if you enjoy running with others and finding new routes to run, you could be a run leader. It is important to be able to respond to what is going on around you, but if you like social runs, sign up for the training!

Tim - I don't think it is necessarily some of the big buzzwords, charisma or drive; I think it can be someone who can offer variety and a change of scenery. It is very easy to repeat the same runs, particularly in winter where you can be restricted by light, but if you change things around for people, try to think a bit differently, then people will respond to that.

Have you seen peoples' confidence or enjoyment of running change through being part of a group?

Helen – I have definitely seen people grow in confidence when they attend sessions – giving something new a try or swapping from road running to trail running. I think as we offer different routes and terrain, people see what they are capable of when running as a group. I've known people suddenly sign up for trail races when they have never completed one before!

Tim - I think so, particularly in winter. Things are easy in the summer; the nights are long, the weather is warm, it's nice to get out. When it's cold, dark and wet, the motivation isn't always there. I think that if you run as a group, you have that shared experience and someone to chat to. Sure, it might still be wet and cold, but talking to a friend makes things a little bit easier, and you are more inclined to put on those shoes if you are in a group

What does being a run leader at this club mean to you?

Helen – For me, it was to give something back. There are members in the club who have helped me in so many ways, so being a run leader just means I can give back something to others. As Tim said, leading is a small part of what the club offers.

Tim - I think it is slightly cliched, but it is being part of something bigger than just you. Even just a couple of sessions helps, and if I can do that and help out the club, then contributing just a bit helps.

What do you hope people take away from a run after you've led them?

Helen – I hope they go away happy that they came out and joined the group, that they were challenged or supported in some way and that they have had fun. Running can be hard so having a group around you helps and it's always good to catch up with others.

Tim - I hope they have enjoyed their session, and they think it was worth coming out that night, or something as simple as they have had a catch-up with friends. People can take away different things so it can be quite personal, but I hope that whatever they were after, it has met that need.

News From the Editor

🍂 Summer's Over… Apparently!

Well, that's summer done and dusted — although judging by the weather, nobody actually told the British weather gods!

The flip-flops are slowly making their way back into the cupboard, the evenings are getting shorter, and suddenly the thought of running in the dark, wind and rain is becoming a frightening reality.

🌧️🏃‍♀️

Summer running has had its challenges. There's been heat, holidays, socialising, BBQs, ice creams… and, of course, the occasional perfectly valid decision that *"it's far too hot to run today."*

But autumn is upon us, which means cooler temperatures, crisp mornings, colourful leaves and the wonderful sound of runners saying, *"I really should have brought a jacket."*

For some of us, the summer has meant PBs and plenty of miles. For others, it's been a little more *"run when the planets align"*. Either way, the important thing is that we keep turning up — even if sometimes the hardest part of the run is actually getting out of the front door!

So, as we head into autumn, let's embrace the cooler weather, enjoy our running, encourage each other and remember that **there is no such thing as bad running weather… just inappropriate clothing!**

Here's to muddy trainers, soggy socks, questionable weather forecasts and plenty of good club runs over the coming months.

Bring on autumn — we've got this! 🍂🏃‍♀️☕

Captains' Report

Captains Report – August.

August was another very busy month and a very hot one.

We started the month with the Harting 10 miler. This is such a lovely event, 10 miles on the South downs and great cake at the end – what's not to like.

Well done to everyone that took part: Chris, Tracy, Gary, Laura, Clare, Alistair, Ronnie, John, Stuart, Sara, Janet, Will, Lindsay, Phil, Toby and Jim and also huge well done to Will Feline who won his age category.

On Wednesday 5th, we had the 2nd to last RR10 – well done to everyone that went along.

Men's A team 6th, Will, Simon, Richard, Craig, Dan.

Men's B team 13th, Harry, James, Chris, Alistair, Ben.

Men's C team, 22nd, Toby, Tony, Haydn, Steve M, Stu.

Men's D team, 34th, Gary, Adam, Carl, Steve H, Tim

Ladies A team, 3rd, Beccy, Lucy and Kelley

Ladies B team, 11th, Alison, Lindsay, Rachael.

Ladies C team, Frances, Sara, Helen.

Also well done to Phil and Nigel.

The following weekend we had another great day out at Hart 4 relay. It was great to see so many people there; we had 8 teams out on the day. Huge well done to our Ladies team (Kelley, Alison, Lucy and Daisy) that came home in 1st place.

Our men's vet team did an amazing job – massive well done to them though as they were speedy, Mike, Andrew, Chris H and Chris C.

For the remaining teams, we had:

Captain-Ameri-can't, Kieran, Rachael, Stuart and Sara

The hot flashes, Iain, Stacey, Harry and Derek.

The feral squad, Lindsay, Helen, Steve and Gary.

The Outcasts, James, Bev, Matt and Ashley.

New Mutants, Alex, Giota, Alistair and Frances.

The avengers gone wrong, Tim, Phil, Toby and Debbie.

For our inter club completion the teams finished in the following order:

1st place – The Outcasts,

2nd place – New Mutants

3rd place – The avengers gone wrong

4th place – The feral squad

5th place – The hot flashes

6th place – Captain America-cant.

It was another great club day out. Thank you to Marcus for all your hard work in organising us all.

Wednesday 19th was the last RR10 on the season well done to the 40 runners that took part:

Men's A team 8th, Dan, Richard, Craig, David, Mike.

Men's B team 22nd, Chris C, Harry, James, Tony, Toby.

Men's C team 34th, Haydn, Marcus, Matt, Stu, Phil.

Men's D team 43rd, Alan, Steve M, Graham, Adam, Chris S.

Men's E team 55th, Brian, Paul, Steve H, Tim, Carl

Ladies A team 4th, Beccy, Lucy, Alison G

Ladies B team 16th, Lindsay, Ronnie, Alison L

Ladies C team 25th, Debbie, Kirsty, Anna S

Ladies D team 50th, Frances, Helen, Heather

Ladies E team 52nd, Kayleigh, Rachael, Hannah.

Massive well done to Beccy who won the ladies title – for the fourth successive year and for 7 straight wins and a huge well done to Alison G who won the ladies V45 title.

Sunday 23rd, was the Big Pilgrimage Way – what a lovely event this is, with a trip on the pink ferry and a bag of pick n mix sweets.

It was great to see so many smiling faces at the end of the 14 miler and no doubt was the same for Alex Ollis, Gary Coburn and George Howarth who completed the marathon.

Huge well done also to John Gobbi who completed the TDS UTMB 148 ultra and Neil Stantial who completed the ETC UTMB.

Well done to James Corder who ran in the Newbury Racecourse 10k.

Sunday 30th, saw the first race in the HRRL Season at the Totton 10k.

Well done to Mike White, James Guppy, Tony Beswick, Jim De Trafford, Alison Good, Alistair Wakefield, Phil Townley, Stuart Bamberger, Mike Smith, Kieran Chaplin, Frances Lord, Liz Savory, Oliver De Trafford, Pete Cole, Jan Shaw, Ian Savory, Chris Laidlaw and William Gill.

Some dates for your diaries for September – don't forget on Wednesday 9th we have the annual Fish and Chip run – there will be some group sessions trying out the route before hand – so look out for the FB posts.

Monday 21st – we have the 1500m celebration, to celebrate our legend Penny Forse who competed in the 1500m at the Montreal Olympics 50 years ago.

So soon we start to head into the Autumn/ winter XC season – so look out for the FB posts about these events – it will be great to see a great turnout for these as we have for the RR10s.

Forthcoming Club Events and Social

RR10 League
Final race of the season
Wednesday August 19th – IBM Hursley – starting at 7.00pm

HRRL SEASON 2026/2027

October 25th – New Forest 10 mile is a mixed terrain event, entries have been open since April SO GET IN NOW New Forest 10
You can sign up directly from Racesignup New-Forest-10

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!

November 29th – Victory 5 Mile which is organised by the Portsmouth Athletic Club, with a new route to celebrate their 80th year!!
Sign up from the link victory-5

There's a break until February 20207

February 7th – The Ryde 10 mile race – a very popular event – get your entry as soon as possible! **Entries open OCTOBER 4TH** - The Ryde 10-mile Road Race

March 14th – Solent Half – info to follow

THESE ARE THE HRRL EVENT OPS FOR ENTRIES

If that's not enough, and you're in need of extra miles. Below are the none League events
Hampshire

October 4th – Pieces of Eight – A Believe and Achieve event running 8 miles from the Bayside Cabin café at Stokes Bay. A last-minute event before the Great South!! Enter at
Or
The Bayside 10K – Running at the same time as Pieces of Eight
Both get a classic Fit Rob Pro medal and goody bag!! Enter here
Pieces of Eight and Bayside 10K

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 8th – Hayling 10 - The Hayling 10 is a fast, flat 10-mile road race that winds its way around the roads at the southern tip of Hayling Island.
Enter here Hayling 10

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

October 25th – Worthing Seafront Fun 10K. Race along Worthing's seafront promenade with sea views and fresh ocean breeze and only £16.00
Enter here Worthing 10K

TRAIL EVENTS
Oct 25th – **Wight Lines** – Enjoy stunning coastal views on this flexivle-distance run at Milford on Sea, following an out-and-back route beside Sturt Pond and the Isle of Wight! 7 Hours of trail running for £37.501 **Enter at Wight Lines**

November 7th – Big Night Out Winchester. Big Feat Event, Dark Trail. A 12k and 22k trail event starting at 19:30. Described as With headtorches lighting the way, you'll head out of the city of Winchester and onto South Downs Way. The 22k and 12k runners will join together at the Pilgrims Trail. One to experience!!
Enter here big-night-out-winchester

December 5th – Salisbury Plain Winter Edition – Distance of Half or full Marathon This event has it all from thigh burning hills to solid iron roads. The route is on well-established footpaths and byways. The route will be fully signed by the team the day before the event. Trail shoes recommended. This event has the potential to be the toughest event you will have ever done. The Salisbury Plains can be brutal.
Enter here salisbury-plain-winter-edition

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