The Green Runner

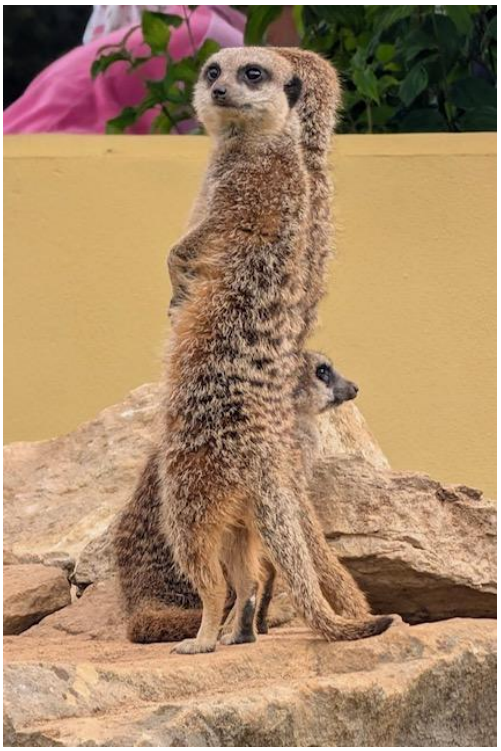
October 2026

This Edition

An interview with our head Coach, Mike White, everything you wanted to know but were afraid to ask!
What are the responsibilities of a Club Secretary – Julie, let us know!
All about Running in the Dark!
Prudent words from our Chairman
Captains report
PLUS – Events for the calendar

Photo of the Month

Spectators come in many guises; one caught on camera at the Marwell 10K



Chairman's Report

The cross country series has just kicked off with the CC6 at Manor Farm and the Southern series starts later in the Autumn both on a Sunday morning – these are similar to the RR10 series in the summer and are free to enter – you just need a SGR T shirt or vest. Rob Williams is our rep for the former and Lisa Donn for the latter.
The Hampshire, Southern and National cross countries are on a Saturday so look out for these too – Frances Lord is our rep for these.

It was great to see everybody at the fish and chip handicap last month and our thanks go to Nick and Helen Kimber for yet again organising this with the food that was greatly appreciated.

Our next handicap will be the Christmas one so keep an eye out for more details about this nearer to the time and remember this is also an opportunity to dust off your favourite fancy dress costume.

It's not too long now until our 10k on the 10h January and it was good to see that we have a great response to our initial request for support but we will still need more support so please let Helen Benson or Tim Matthews know if you can help as we can't put this iconic race on without the support of our membership. Even though we are not part of the HRRL league anymore the race yet again sold out really quickly proving the popularity of the event continues undiminished.

We are looking forward to our Celebration evening on Saturday 14th November at the Solent Hotel and it would be great to see as many of you there to celebrate achievements and socialise with your fellow members. Just £26 gets you a 2-course meal followed by some award presentations and the chance to dust off your dancing shoes for the disco. Just email myself (chairman@stubbingtongreenrunners.net) or Louise (vice-

chairman@stubbingtongreenrunners.net) with your menu choices and make payment to the club account to book your place.

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

1. Tell us a little about yourself and your running background.

I was born and brought up in Salisbury, Wiltshire and started running a little when still living at home. In my early 20s, I dabbled in powerlifting and Tae Kwon Do for several years. What really gripped me, though, was triathlon, and it became my main obsession from the mid-90s onwards. I've competed in well over 50 Triathlons and Duathlons and represented GB in age group competition in many places abroad, including Hawaii and Australia. Key achievements for me were completing the Ironman distance at Frankfurt in 2007 and winning the Standard distance Triathlon National Age Group Championships in 2009, 2018, 2021 and 2024.

Over the years, run training was carried out mainly as part of triathlon training, but I love to run and have completed many marathon races, including London (many times), Paris, Nottingham, New Forest and Portsmouth Coastal. I love to compete on all kinds of terrain and in any weather. But it's out on the trails where my heart now lies. There you can escape the pressures of everyday life, lose yourself in the moment and feel at one with nature. Over the years, I've discovered that with running I'm most competitive at distances of over 20 miles and where the terrain is hilly, muddy and difficult, hence my trail running persona "The Old Goat".

I'm married to Judi White; we've been together now for over 40 years. I have two step-sons, Jared and Adam and four grandchildren. We're now both retired. I spent my career as a government scientist after completing a PhD in Physics at Bristol University in the mid-1980s. Coming from a science background, I am particularly interested in the sports science aspects of training, and I'm always keen to learn more as well as pass on my own experiences of training and competing.

2. How did you first get involved with the club, and how did you become Head Coach?

I joined SGR in 2008 and started leading training groups, drawing on my experience as an athlete with two other running clubs. The club then embraced formal training for run leading and coaching through the UKA, so I did LIRF and then CIRF training over the following years. I've had two periods of being club coach for SGR, from 2017, stepping aside for Phil Hobby to have a turn in 2018 and was re-elected in 2019. During COVID, I undertook further training with UKA to become qualified as an Event Group Endurance coach.

3. What does being Head Coach involve on a typical week/month?

The role of “club coach” is very much a first amongst equals role. You are responsible for coordinating the planning of club training sessions and for the overall structure of the organised training that the club offers its members. You are the first POC for the members for all issues to do with run training and for people outside of the club, including anyone who may wish to join the club. You’re the POC for UKA on matters to do with coach training. For example, you are responsible for the implementation of best practice relating to Health and Safety policy, first aid training and risk assessments. Apart from your own club sessions on a weekly basis, the role involves answering enquiries from club members, including providing advice to individuals about their training. The club committee meets every month, and at this forum you report back on all matters to do with training on behalf of the leaders and coaches’ team (currently over 20 people). Any significant changes to the organised training that we deliver to our members will be discussed and endorsed at the committee.

A big part of the job, though, is being there to help resolve issues that may arise with any of our club-organised training activities. The run leading and coaching team are all volunteers, and part of my role involves ensuring that any concerns are addressed and, for example, that the team is big enough to deliver the weekly training the club offers. We are always on the lookout for new people to try their hand at leading.

4. What do you enjoy most about coaching our members?

Coaching is very rewarding; nothing beats the feeling you get when a training session has gone really well (people have worked hard together in an inclusive and supportive way and you receive lots of appreciative comments). Seeing longer-term improvements in members of your regular training group is also what makes it all worthwhile. It’s normally pretty obvious to see these improvements in their running style and their ability to complete preparatory exercises with good form, but often it’s reflected in PB achievements at races.

5. What is your coaching philosophy?

Running is a basic human ability, but what I find fascinating is how we all do it slightly differently. We can often recognise someone we know from their running style a mile off, and who’s to say what the best running style is? There are technique guidelines about how to run more efficiently, but everyone’s body works slightly differently, so as a coach I see it as my job to point out options for people to experiment with. There’s no right way or wrong way, just slightly different ways to run. I really enjoy talking about all of this with fellow runners, helping them to experiment and hopefully, helping them to improve, gain confidence and get the most from their running.

6. How does a coach cater for runners of different abilities and experience levels?

The sessions are designed around perceived levels of effort rather than absolute distances and pace. For example, athletes might be invited to run at a level where you might be able to talk in short sentences or maybe at about the same pace as your current Parkrun PB. The session might either be designed around time-period repetitions or the number of fixed-distance repetitions you can complete in a given set time. It is often useful to have two coaches or leaders at the session so that one can focus on helping those in the front half of the group and the other more on the back half.

To avoid problems with long run-outs, there's often an option to park nearer and meet the group at the training venue.

7. What do you think makes a good training session?

It should be well structured, clearly communicated and with a specific training benefit in mind. It also helps if you have a group of athletes who are motivated to listen, not just to the coach but to their own bodies, to achieve the objectives of the particular session.

8. What are the biggest mistakes you see runners making in their training?

Running too hard too often. It's important to give your body enough time to recover from any hard training sessions or from a race. Most training runs should be done at an easy steady pace.

9. How important are strength, mobility and recovery alongside running?

Undertaking S&C regularly as part of your weekly training is key to help improve running form and to help avoid injuries. The reason for this is that the many muscle groups involved in running must work together to stabilise the joints, create good posture and avoid compensatory injuries. This is where a weakness in one muscle group may cause the overuse of another, promoting strain or injury there.

10. What advice would you give to someone new to the club and perhaps nervous about joining a session?

It's pretty obvious, really: come along and give it a go. In many ways, you are more in control at sessions because the route is short and repeated; you are able to carry out the repetitions at your pace. The coach will guide you on how hard it should feel for you when you are running them and will also provide you with feedback and advice if you wish. All for free when you're a club member!

11. What is your favourite type of training session to coach — and which one do runners perhaps love a little less?!

The best sessions to coach are track-based, where you get plenty of opportunities to see the runners up close and from different angles. There's also plenty of time to do various running drills and again observe the ability of the athletes to complete these and look for progress. Unfortunately, the club does not have practical access to a running track however, we do manage to run track-like sessions at various locations on footpaths.

My athletes love all the sessions!

The role of Club Secretary

The secretarial role comprises of two main aspects: managing memberships for the club and general secretarial duties. It is a unique opportunity to play a really active role in the day-to-day running of the club. The role allows interaction with all members of the club and offers the chance to make a meaningful contribution in the monthly committee meetings.

The membership management involves reaching out to all members at the beginning of April, inviting them to rejoin for the next year - either membership of SGR only or with England Athletics affiliation, meaning individuals can represent the club at affiliated races. All membership renewals are managed through the England Athletics portal, which is a very user-friendly system and is supported by an excellent helpline at England Athletics. The secretary also manages affiliation with England Athletics itself and other appropriate affiliations.

Throughout the year, the club has many individuals wanted to join the club, and the secretary manages these new applications.

In terms of the general secretarial role, this involves arranging the monthly committee meetings, compiling the agenda, taking minutes, ensuring the meetings adhere to the constitution and compiling and presenting a report at the AGM. Additional roles include ensuring the club applies for London Marathon places. All made easier by an extremely supportive Committee.

The secretarial role is an enjoyable and rewarding role interacting with all members of our very successful running club.

News From the Editor

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Running in the Dark – Stay Safe, Stay Seen

Running in the dark can be a great way to fit your training in, but it comes with additional risks. Reduced visibility makes it harder to spot potholes, uneven pavements and other obstacles, while making it more difficult for drivers, cyclists and pedestrians to see you.

Visibility & Gear

Be a Christmas tree! Wear high-visibility clothing and reflective vests. The more visible you are, the more chance you have of being seen by other road users.

Light your path. Use a headlamp or chest light to illuminate the ground in front of you. This will help you spot potholes, uneven surfaces, kerbs and other hazards before you reach them.

Don’t blind others. If you’re wearing a headlamp, angle it slightly downwards. A bright beam straight into the eyes of an oncoming driver, cyclist or runner can temporarily impair their vision.

Safety & Strategy

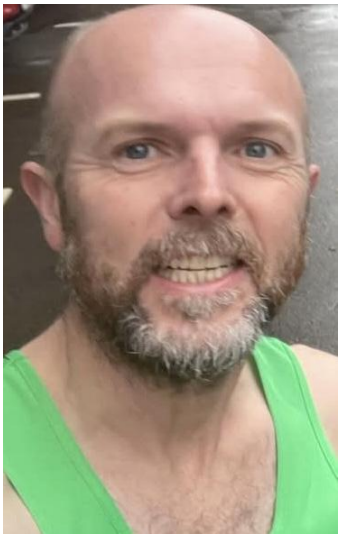
Ditch the noise. Ideally, run without headphones so you can hear approaching traffic, cyclists and other people around you. If you prefer to listen to something, bone-conduction headphones allow you to stay more aware of your surroundings.

Run against the traffic. When running on the road, face oncoming traffic where possible. This gives you a better chance of seeing approaching vehicles and reacting if a driver hasn’t seen you.

Think about your route. Stick to familiar, well-lit routes where possible and be particularly cautious on quiet roads, poorly lit paths and unfamiliar surfaces.

Running in the dark doesn’t have to be dangerous. With the right clothing, lighting and awareness, you can make yourself more visible, spot hazards sooner and stay alert to what’s happening around you.

Captains' Report



Captains report – September 2026.

Sunday 6th was the 2nd HRRL race of the season with Overton 5 mile, we got 1 full ladies' team out and two full men's teams out:

Ladies A team: Alison, Frances, Claire and Sara

Men's A team: Jim, James, Alistair and Kieran.

Men's B team: Steve, Pete, Mike and Ed.

Also well done to Janet, Oliver, Chris, Jules, Chris and Mel.

Wednesday 8th September – we held the annual fish n chip run – think this one will always be remembered as the "wasp run". Well done to Heather Graham, Derek Morgan and Jon Leigh who all returned home closest to 7:5pm. It was great to see so many people taking part. Thank you to Nick for organising the route and the food afterwards.

Sunday 20th we had the 1st of the CCC races, well done to the 8 ladies that took part: Sam, Alison, Frances, Nikki, Giota, Katy, Katie and Helen. Also well done to Frances who came 1st V65 lady.

Well done to the 16 men that took part: Dan, Richard, Max, David, Criag, Simon, Chris, James, Matt, Marcus, Pete, Steve, Oliver, Steve, Tim and Rob. Also well done to Dan who was 3rd V45 and Richard who was 2 V40.

On Monday 21st September we celebrated 50 years since the legend Penny ran in the Olympics, well done to everyone that went along to celebrate this and to race 1500m. Well done to Derek Morgan for getting his predicted time.

Sunday 27th we had Mike and Will at Dartmoor Beast trail race. Well done to both of you.

It was also the Vitality 10k, well done to Mel and Hilary who both took part.

It was also Marwell 10k and we had a fair few runners taking part. Well done everyone.

And we also had Tim Rolfe taking part in the Berlin marathon – well done Tim.

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

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 2027

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 – Organised by Hardley Runners. It is a friendly event with up to 500 entries and a lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe.
Sign up here – solent-half-marathon-2027

April 11th – Salisbury 10 – Organised by Salisbury Running Club – info to follow

THAT'S THE HRRL EVENT OPS FOR ENTRIES

If that's not enough, and you're in need of extra miles.

December 20th – Portsmouth Coastal Marathon events – Organised by Believe & Achieve – One day 3 events – With three race options — a half marathon, full marathon, and 12km special event — runners of all levels can take on this super flat, multi-terrain course. The route winds along the shores of Langstone Harbour, where the muddy yet magical landscape creates a unique coastal backdrop.
12K of Christmas – Sign up here 12K of Christmas
Half Marathon – Sign up here Coastal Half
The Coastal Marathon – Sign up here Portsmouth Coastal Marathon

February 13th – Langstone Half Marathon – info here langstone-harbour-half-marathon

February 14th – Portsmouth Coastal Half Marathon – info here coastal-half-marathon-portsmouth

TRAIL EVENTS

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

December 5th & 6th – Winter of the Downs – 100 miles and 55 miles events – more info at Winter-on-the-downs-100-miles & Winter-on-the-downs-55-miles

January 20th – QE Country Park Trail event – 3 distances all in the QEM country park – info here QE country park trail run

February 27th – South Downs Way Ultra – 30 miles of trail! You'll finish where you started on **Harting Down**, with expert guidance throughout and time for questions.– more info South Downs Way Ultra

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