

# The Green Runner

April 2020



## From the Chair:

I hope everybody is doing the best they can under these very trying circumstances. It's great to see everybody sharing what they are doing on Sarah's daily blog – keeping everybody in touch with each other on our daily exercise is hopefully helping us in a little way to get through these times. Of course, we also have the daily mileage collection which has already reached a substantial total. We have also had a tremendous response to our Covid 19 relay with 178 people joining this, meaning that with one runner per day we will finish on or about July 18th. The range of batons so far have been pretty good, but I am sure there are still more inventive ones to come! Congratulations to the Shaw's who took a clean sweep of the inaugural SGR Strava art competition – you guys certainly know how to draw!!

Away from the running and exercise we have instigated a weekly quiz evening which has had great support with over 40 households involved in both so far and judging by the amount of people on camera there has been in the region of 100 participants for each quiz. Next target will be to break through the 50 household figure – our limit is 100 per meeting on Zoom so we still have some way to go to get there. My thanks go to Louise for setting up the meetings and helping me with the questions and of course to all of you for supporting the events.

We have also had two editions of Green Army online, our new podcast, and they seemed to have gone down very well with the membership so many thanks to Stewart Pepper for getting this off the ground.

As there are very little/no results to report on at the moment we thought that we would it be nice if the committee told you a little about themselves so this month we have short biographies from half the committee and we do the other half next month.

Happy running everybody and stay safe.

Kevin

My name is Kevin Ashman and I am now into my 6<sup>th</sup> year as chairman of Stubbington Green Runners and before that was secretary for 5 years so have been involved with the committee in some capacity for quite a few years!

My work career spanned some 32 years working for IBM in many different finance and commercial management roles before taking early retirement just over 10 years ago so I could perfect the role of doing absolutely nothing which I seemed to have mastered quite well. Married to Julie for nearly 29 years, we have two children, Emma, who works for the CQC as an assistant inspector and Matt who is finishing his Computer Science degree at Swansea University this summer!

I started my running career at school where I was a fair to middling cross country runner – I think my low centre of gravity seemed to help and I always seemed to finish in the top 5 or so of runners in my year as we ran through the fields to the north of Fareham and back to Prices School which used to be opposite where the Fareham Leisure centre is today.

I then took a short 38 year break from running whilst I indulged in other activities which were slightly less strenuous including many years playing for Sarisbury Green tennis club which is where Julie and I met. I decided that having retired I did need to get fitter than I had been previously so the initial idea was to spend a lot more time out on the bike but after a while I came to the conclusion that was way too dangerous in England given the space that a lot of motorists seem to want to give cyclists. By this time Julie had been a member of Stubbington Green Runners for about 5 years so I thought why not come and join them as well as they seemed like a smallish and friendly club and they most definitely were – the only difference today being we are a lot bigger but still really friendly.

Since 2011 I have enjoyed starting my running career all over again and have managed to run two marathons, Brighton in 2012 and Paris in 2014 which were really enjoyable especially Paris which I ran once and supported two other occasions when Julie has been running. I guess my running highlight was setting myself a challenge of running a sub 50 minute 10k and then managing to do 49.28 at the 2013 Eastleigh 10k. Running was going really well and the improvement I was seeing for an old guy was really pleasing but then I started to get pain in my right knee and after an MRI I was diagnosed as having Osteoarthritis and no Cruciate ligament in the knee so was advised by the first specialist I saw that I should stop running and would probably need a knee replacement shortly. Not accepting this I saw a second consultant who said he could inject some gel into the knee which would help and nearly six years later I am still managing to get out for a run albeit these days 5/6 miles is probably my limit which probably explains why I am hoping to do nearly 9 miles in the Lake District in July if we have managed to get back to normal by then!

Since the running has decreased the supporting has increased whether its Julie with her 78 marathons/ultras runs or generally supporting all of Stubbington Green in the so many different races that are available these days. I also have enjoyed Race Directing the 10k for the past four years with the wonderful support team that I have around me. Assuming things get back to normal I am looking forward to handing over these particular reins although I will still be around to offer any advice and guidance my experience can give. I am also looking forward to getting back to my supporting role and cheering on everybody in this great running club and continuing to be involved in our great sessions and other events that we put on. Thank you for reading.

## Captains Corner

The lack of racing in our calendar saw the birth of the Covid 19 Relay with 180 runners, competing to run for 19 minutes with a silly baton for Team Odd or Even with 90 runners a side. A bit of fun to lift spirits in these lockdown conditions. The first leg runners kicked off the relay on Monday 20th April. For Team Even I asked for volunteers and two came forward Dawn Haynes-Sewell and Lauren Fowler, so they were my first two runners both had children in tow to spur them on or slow them down!

Our first runner was Dawn (Welsh) and our international runner that week who ran with a cane as her baton and covered the 19 minutes in 1.82 miles (m). Lauren was second out of the blocks and ran with a doll and did 1.98m. The next few runners with their batons for the team were Tom Mellor with his fairy wand and 2.06m, Rob 'snake hips' Williams with a green snake (not a real one!) did 2.30m, Lara Dent ran with some handcuffs (disclaimer not her real ones!) 2.32m. The weekender runners saw the first person to join the 3 mile club and the other get very close. Amie Morgan ran 2.96m with a Berocca tablets and Dan Foster 3.24m and his stick man. The first weeks running saw Team Even behind till the last day when we snook into the lead and finished with a weekly total of 16.68 miles and a slender lead of 1.22 miles over Team Odd.

Week 2 saw our team being led off by our treasurer Sarah Baron who ran with her asthma inhaler 2.06m. Next up was Helen Nichols who was the first lady to join the 3 mile club in 3.03m, her baton was very impressive which was 2012 Olympic baton used in the track relays! Tracy Langdale ran with a dog bone covered 2.53m, Russ Coleman got his toothbrush for his attempt and shined his way around in to the 3 mile club in 3.23m. Nick Crane had two batons, a rolling pin and Stubbie 10k mug to roll around for 2.62m. Our international runner for the week was Grace Tyrell from Ireland, choosing a St. Patricks hat on a stick which looked impressive but looked difficult to run around with and ran 2.07m. Our final runner of the week was Mark Tucker, paint roller in hand and running 2.39m. At the end of week 2, Team Even had increased our weekly mileage to 17.93 miles and our total combined miles was 34.61 miles. This saw us extend our lead to 2.64 miles but with over 10 weeks of running to go there's a long way to go in this ULTRA relay, go Team Even!!

## Covid-Relay Team Odd

The Covid-Relay has already given us plenty of fun, and there's so much more to come! As I write this we have just completed week 2, so that's 14 runners that have given their all to achieve their best possible distance in 19 minutes for the team. Team Odd have 90 runners signed up altogether, rest assured we will continue with this until everyone has run, regardless of lockdown!

We started our opening ceremony with Lucy May (2.76 miles) and "that baton"!!! soap on a rope is all I am going to say! The baton was then passed to Katherine "Birthday girl" Tucker (2.09 miles) and her rolling pin, then onto Chris Stapleford (2.29 miles) and his beard trimmers. Claire Johnson (1.82 miles) then took over with her pack of spaghetti (a cherished item from her food bank) and then Debbie Madeira (2.01 miles) also on a food theme clutching onto her cereal bar, then onto Miles Pritchard (2.53 miles) with the large green vegetable!! Last but by no means least, we finished week 1 with Heather Graham (1.96 miles) and her recorder! Our first week we ran a total distance of 15.46 miles. Incredible team effort for my Odd Squad J

Swiftly then into week 2 we opened with Chris Laidlaw (2.02 miles) and her rhubarb, passing onto Jonathan "Captain Plunger" Harrington (2.12 miles) and his sink plunger. Next we changed ownership in the James household for the TV remote to Max James (2.17 miles) promptly dropped by Liz though! Making a "clean" escape we then had Sarah Northcott (2.18 miles) with her anti-bacterial gel, handing over to Kate Rant (2.64 miles) and that bladdy paintbrush!! The weekend runners were Nikki Roebuck (2.93 miles our top distance to date!) and her dog toy (I think!!) and then ending the week with Samuel John (2.45 miles) and his pipe of Pringles, luckily he could pop and not stop!!! Bringing the total of week 2 up to 16.51 miles and a cumulative total of 31.97 miles!!! So so close to team even at the moment with their total of 34.61 miles.

As Captain it's been a welcome distraction to facilitate the teams each week. The highlight has to be hearing the pre run comments from each of you. We are feeling nervous, excited and getting those pre-race jitters....how good does it feel though to experience that! In these current times we are missing that buzz of a Park Run, or achieving something special on a club group run, or an interval session, or one of the many events that have been postponed. Enjoy your moment to put on your green vest, grab the baton and run like nobody is watching!!

## Short Biog for The Green Runner

Hi, I'm Mike White married to Judi White, we've been together now for 37 years, I have two stepson's Jared and Adam and four grandchildren ages 6 to 14. We're now both retired, Judi was a legal secretary and I spent my career as a government scientist after completing a PhD in Physics at Bristol University in mid 1980s.

I was born and brought up in Salisbury and started running a little when still living at home. Early on, I dabbled in other physical training activities such as weight training (power lifting) and Tae Kwon Do, but what really gripped me later was Triathlon, which was my main sport from the mid-90s onwards. This became a bit of an obsession and I've competed in over 50 Triathlons and Duathlons and represented GB in age group competition 12 times in many places abroad. Key achievements for me were completing Ironman Europe at Frankfurt in 10hrs 35min back in 2008 and winning the Standard distance triathlon National Age Group Championships in 2009 and again in 2018. 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 to pass on my own experiences of training and competing over the years.

I love to run, on all kinds of different terrain, for all kinds of distances and in almost any weather. It's always a great way to escape and lose yourself in the moment, feeling at one with nature. You can challenge yourself with something difficult or just get out there for an easy run, just you and world around you. Over the years I've discovered that with running I'm most competitive at distances of over 20miles and where the terrain is hilly, muddy and difficult, hence my trail running persona "The Old Goat".

Coaching others is now as important to me as doing my own running. Running is a basic primeval 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 techniques 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.

I can't wait to get back to doing all this again, once the current madness is over. Best wishes to everyone, Mike.

## Biography for club website

I am Sarah Barron and have been the club treasurer for four years. I am an accountant working in practice, specialising in tax advice.

I have two sons, Billy who works in engineering and James does software development. Both enjoy cycling and climbing, but sadly have no interest in running. My partner Andrew is a runner.

I hated sports at school, particularly running. I was always the puffed out weedy one at the back. I started doing fitness classes in the eighties and fully embraced the Lycra. My first excursion into running was doing the Race for Life with a friend in 1998, by 2000 I had worked my way up to doing the Great South Run. I contented myself with doing those two and the occasional Stubbie 10k for many years. I was training for Stub when I met Andrew in 2011. He suggested that if I could run 10k, I could do a half marathon and there was a nice one coming up in Vienna. He then persuaded me that if I could do a half, I could do the marathon I had always seen as completely unachievable.

I joined Stubbington whilst training for my first marathon, Manchester 2013 and have done a few more since then. I am now training for my next which I hope will be the rescheduled Manchester in October 2020.

My greatest running day has to be the day I became Ultra Barron. 38 miles over some of the finest bits of the Lake District. It was quite a journey to get there, fighting injury the year before, my fear of falling off a mountain and puffing my way up hills with my none too functional lungs. But I made it and the Stubbie support crew were there to shout me home. The pint of Wainwright's that night was the best beer ever.

I love turning out in my green shirt, representing the club and meeting up for training sessions. Sitting on the committee gives a great insight into the work that goes into making sure we keep this fantastic club healthy and active for everyone .

Hi, I'm Lindsay Pratt, I've been a member of the club for 4 years and I'm in my 2<sup>nd</sup> year on the committee as a general committee person. I'm married to Gary who is also a member of the club and we've been married for 28 years this August. I have 2 stepchildren (Gary Jr 36, Hayley 35) and Gary and I have a son Ryan, 27 and between them they have given us 4 beautiful grandchildren.

I was born and brought up in Billingham, Cleveland and I moved down to Southampton when I was 21 (1990) to work as a receptionist at the Botleigh Grange Hotel in Hedge End, my family thought I'd get home sick and move back home but I met Gary and the South coast became my home.

My love for running didn't come along until I was in my mid-forties, I never enjoyed PE and sport at school so this was very unexpected! I started running with a small running group in Warsash primarily to make friends as I had stopped working so I wanted to get to know more people. Unfortunately or fortunately however you see it, it was running that made me realise I had something going on with my health and it was soon after I was diagnosed with Colon cancer so running took a back step for about 9 months and it was my running friends that helped with my recovery and they're still helping me now, having a pacemaker and a colon resection can make running quite challenging at times....

The highlight of my running was my first marathon in Paris with my running buddy and bestie Sue Moore in 2018... Gary also came along to support which was fantastic, he managed to find a British supporters pub at mile 20... I've ran a few marathons since, but Paris will always be my favourite. Another highlight was running the Portsmouth Coastal 50k Ultra last December, it really shows that if you put your mind to it you really can do anything! (trust me, I know!) It involved many many training miles with friends, many visits to Costa to rehydrate with friends and a lot of encouragement and support from friends!

I really enjoy my running and social running is what I enjoy most, I'm not competitive at all, I like to do my best and I like to stay healthy but I'm at my happiest covering the miles chatting and enjoying the company of others...