

# The Green Runner

May 2020



## From the Chair:

I think I'll start this article the same as last month as it does save original thought so I hope everybody is doing the best they can under these very trying circumstances. It looks as though we are beginning to see some green shoots with the lifting of restrictions a little so that we can at least get together in small groups ( 6 at the time of writing) so that we can begin to see each other and take part in more socially distanced runs as it does seem to be still some way off until we will be able to start our full group sessions again.

The club activities that we are able to do seem to be going strongly – the Covid relay has been extremely well supported and the friendly competitive rivalry has been good to follow. At the moment it seems that team Even have a slight edge so I am sure our Ladies captain Lisa will be working on ways to close that gap.

We have now had 3 episodes of our new podcast Green Army Online and if you haven't listened to Episode 3 yet you have missed the delights of Penny's insight into her impressive running career, me sharing some info on our committee, playing the supporter role and what it takes to Race Direct a 10k, but young Amelie Tanner, our youngest member ,stole the show talking about amongst other things her heroic running in the rain!

The weekly quiz night continues to be well supported – the latest one on the last Saturday in May had 35 logons to the Zoom meeting so it is clearly something that members are enjoying – as restrictions start to get lifted we may start reducing the frequency but that will depend on attendance.

You will have seen the email talking about membership renewal and within the next few weeks we will be sending the renewal email out – please don't do anything until you receive this email. As we said in the email if paying your fees is going to be an issue please don't hesitate to contact myself, Louise or Sarah by email at either Chairman, Secretary or Treasurer all @stubbingtongreenrunners.net .

Stay safe everyone.

Kevin

## Captains Corner

### Covid-Relay Team Odd

The Covid-Relay continues!!! My last update was just at the end of week 2, we are now just starting week 7, and the best bit is that we aren't even quite half way yet!! We have a grand total of 90 runners signed up for this now prestigious event J

We opened week 3 with Sally Gee and her bike support team with the strictest instructions ever issued by an athlete I think! The team performed to the highest standards and Sally was one proud runner and Mummy that day!

Being an international and national event, we then went to Yorkshire to enjoy Julia Webb's leg! Week 3 also saw our first runners break the 3 mile distance – Jon Warner first in with 3.31 miles and then Steve Dilley 3.05 miles, this continued into the subsequent weeks with Iain Cross 3.47 miles, Mike White 3.04 miles and Dom Truslove 3.03 miles, well done guys! So far we have one lady that has achieved the 3 mile distance and that's Kelley Hanniver with 3.04 miles!! Great job Kelley.

Week 4 I decided was a good time to get a bit strategic and play our joker. Lewis Banner kindly accepted the challenge (bit like being asked to be best man maybe? Honoured but not really sure if you want the pressure!??) Well, Lewis did us proud – being able to double his distance gave us a storming 7.44 miles for the team. Thank you Lewis!

We have seen Ann Blake power walk a fantastic 1.24 miles due to injury, Claire Short recovering from injury and running her first event as a Stubby with a fabulous 2.27 miles! Andy Miles making a strong recovery from the dreaded Corona Virus to achieve a whopping 2.75 miles, Zoe Dennis taking up a last minute swap for me and putting the G&T to one side and running 2.5 miles! All impressive achievements in their own rights J

Week 6 it all got a bit academic – we had 3 teachers on the run!! Helen Benson, Richard Bailey and Vicky John. Appropriate batons were chosen and I think you all imagined your respective year groups chasing you down the road, some great distances added to our totals.

I have enjoyed reading all the Facebook posts after each run and I especially glow when I read the "didn't think I could run that fast" line! Catrina Groves, Kelly Bennetts, Lindsay Drysdale-Pratt, Sara McRitchie, Jo Reed, all surpassed their own goals so really well done ladies.

Not forgetting the batons of course! Tina and Richard Mackay – what can we say! I still laugh at that video, your impression of your captains was eerily accurate! The custody of the baton is still be decided. I think we are discovering a lot about your personalities with your baton choices! A lot of cake, alcohol and general food inspirations! Pam Kemp with her holiday substitute baton, Maria Millican running a fantastic 2.8 miles with Compeed – but luckily not needing it! Graham Donnachie achieving 2.84 miles in the mid-day heatwave, with a deodorant baton – lucky as he did need it! Kieran Chaplin carried a small baby seal around for 2.90 miles! Phil Hobby escorted a pink rubber chicken for 2.91 miles! Luckily they both ran early enough to beat the crowds and avoid uncomfortable explanations.

As Mo Farah wasn't a Stubby I had to turn him down and run my leg after all. But, I did get to indulge my dream of carrying the Olympic torch!

We have seen countless smiling faces, grimaces, PB's and fastest mile achievements, runners pushing themselves to uncomfortable paces. But, most importantly, we have had that runners high, that buzz, pre run nerves the night (or whole week) before! We have got our kit out ready the night before, thought about weather conditions and route planning, supported our fellow team mates. We have felt a bit normal again!!!

Our total mileage accumulated up to 31st May was a staggering 107.79 miles! Just a smidge behind the competition, but here's to the next 45 days of the Covid-19 Relay and Team Odd to win – whooooo !!

### **Captains Corner**

Still no racing for the foreseeable future but we have the Covid 19 Relay in to its sixth week and BMAF are doing virtual races with a Bannister 1 mile race back in May over 3 days which a few Stubbies did. This month it's a virtual 5k for Masters runners over the age of 35 in 10 year age bands with the entries being done over a week starting on 14<sup>th</sup> June, you could run 5k 7 times and pick your best time, as long as you haven't uploaded it to the results site. This is free to enter and would be great to get as many Stubbies doing it as possible. Please let your Captains know that you've entered, Lisa for ladies and Andy for men.

Virtual Bannister 1 mile Results for Stubbington Green were Andy Simpson 5.06, Iain Cross 5.18, Mike Bell 6.18, Dawn Haynes-Sewell 6.49, Penny Forse 7.11 and Cameron Sewell 8.13. Well done everyone for getting involved with this, apologies if I've missed anyone. I hope to see most of you doing the 5k virtual, except Cameron as you're too young!

### **Covid Relay Team Even Report**

After the first 2 weeks Team Even was 2.64 miles ahead of the Odds. Myself and Lewis Chalk hatched the plan to play our joker in week 3 before the relay had started. It was a no brainer to give it to your fastest runner in your team. The miles run when playing the joker are doubled! So week 3 started on the 4<sup>th</sup> May which is Star Wars day, so Kylie McRitchie ran with a lightsabre covered 2.13 miles (m) using the force! Tuesday was Lewis and playing my joker, running with a purple spade. He scorched the first mile in 4 minutes 50 seconds, got a 5k PB in 15.34 and then hung on to average 5 minute 4 second mileing for 3.77 miles, awesome effort for the team which doubled to 7.54 miles. Then it was the birthday girl Anna Wilby-Lopez running with a Prosecco Glass which is no surprise if you know Anna! She floated around her route to clock 2.70m. Thursday meant an NHS worker and we got Becca White with her stethoscope covering 2.44m. Friday was VE day and Sarah Bishop ran with a VE Baton to cover 2.24m. Saturday was Elizabeth James with her fish flop, gliding her way to 2m. Sunday was birthday boy Andy Donn, I was thankful there hadn't been any skulduggery by his wife and captain of the Odds. Andy ran with a skull for a baton for 2.69m. At the end of week 3 we had opened up a big gap with the joker being played, covered 21.74m for a total of 56.35m and a lead of 7.66m.

Week 4, we knew Team Odd would throw the kitchen sink at us but we were just focusing on our relay legs. To get the team off to a flyer we had Richard Mackay, running with the best baton so far.

The captains' baton was the head of myself on one end and Lisa's head on the other end. We were asked as captains could they both run on the same day, not knowing their plan. Tina and Richard did a video of their baton pretending to be me and Lisa which was a goodish impression of us both! Richard's distance was 2.89m. Cath Dilley ran the next day at a ridiculously early time in the morning, to beat the crowds but must have been about 4c, she covered 2.15m. Jo-Anna Bradley went off road with her Curly Wurly for 2.24m. Thursday saw our NHS hero Greig Benson with his Mexican baton speeding around in 2.92m. Friday saw our wallflower, Julia Lawton with a Sunflower, thankfully not an 8ft real sunflower, covering 2.29m. Saturday saw our international runner Carl Schafer with his cricket bat doing 2.25m. Sunday saw Simon Hearnden anchoring the team with his gel baton to 3.08m and joining the 3 mile club! So our weekly total was 17.82m and gave us a grand total of 74.17m. The gap came down this week after Team Odd fired some big bullets and played their joker, so we had a slender lead of 1.9 miles.

Week 5 saw us reach a third of the way through this ultra relay. We saw birthday boy Gareth Charles with his party popper get agonisingly close to the 3 mile club with an impressive run of 2.99m. Tuesday, Jo McQuaid with her foam roller ironed out 2.33m. Wednesday saw Jamie Atkinson take her baking spatula and cook up 2.47m. Thursday was NHS day and also our international runner Aga Plombon running with her rainbow sheep and bleating her way to 2.28m. Friday, our birthday girl Louisa Knight with her green umbrella with bunnies on did 2.19. Saturday was the turn of John Blake and Zero hydrating tablets who was flying as he joined the 3 mile club with 3.03m. Sunday blasting his leg with his ibuprofen gel was Robert Egerton, clocked 3.08m to join the 3 mile club. Team Even had their biggest mileage week discounting the joker week with 18.35m with a grand total of 92.52m the gap widening slightly from Team Odd to 2.38m.

Week 6, Matt Evans got us off to a fast start with 2.83m running with his Zero hydrating tablets. Tuesday saw Rachel Fargher with chopsticks running an impressive 2.75m. Wednesday was one very red hot chilli pepper in the form of Stewart Pepper and his roving green microphone covering 2.97m. Thursday, Andy White with his green Covid pen did 2.40m. Friday was Kimberley Achurch running with aubergine completing 2.35m. Saturday saw Martin Read running with London Olympics 2012 baton and getting 2.28m. Last runner of the week was our international runner Andy Stockwell running in 32c and 80% humidity as he sweated his way to an impressive 2.93m. Again our weekly total of 18.51m was our biggest week so far if you discount the joker week. Team Even's overall total was 111.03m and we extended our lead to 3.24m over Team Odd.

Thank you to everyone who has run for the team so far, it's great to see everyone pushing themselves and running faster than they ever have for 19 minutes. We've had some great batons and banter between the teams and captains! Good luck to everyone running in June for Team Even.

## Member of the Month

What has Triathlon ever done for you?

If anyone had told us that on retirement we would end up representing Great Britain at World Championships as Age Group Triathletes, we would have thought they were mad! But here we are, sixteen years into retirement and with six European Championships and six world championships under our belts. Sandra in particular has many podium places, including 3 silver and 2 gold in the Europeans, and Gold in The Worlds in Cozumel in 2016.

When we started, after both surviving cancer, we thought triathlon would be a great way to spend our time. Encouraged by stalwart Stubbies, John and Anne Fairhurst., we decided to give it a go. We both liked swimming and running, and could remember cycling as teenagers. However, I had to learn to swim freestyle, as I didn't think breast stroke would cut it! We also enjoyed the dressing up Christmas party game that became known as Transition!



First we entered a super-sprint to see if we liked it. I had a DVT a few weeks before, and had to pull out. But Sandra did it, running into T1 in her old underwear as for safety reasons everyone had to strip off wetsuits as soon as exiting the water. Her shorts and tee shirt were awaiting her in transition!

We then did a sprint distance, and were hooked. We moved

on to Olympic distance, and really found it enjoyable. We also discovered that in our age group we were not doing too badly, so we tried to qualify as Age Groupers for 2011.

We succeeded and our first World Championship was in Beijing. What a baptism of fire! We arrived three days before the race, and were totally bemused by the restrictions on travel imposed by the Chinese and the palaver that we learned was always part of these events!



We made many friends of all ages on this trip, and enjoyed experiencing the Chinese culture, even though the live wild animals on sale in a vast supermarket we found rather disturbing..

We did get lost in this place, and the only way we could find our way out was to follow a lady with a full trolley until she reached the checkout.



From then on, holidays became decided by triathlon events, and daily life centred on training. We tried to ensure we performed each discipline three times a week, one session for distance, one for technique and one for speed. In addition we incorporated brick sessions to get used to the strange feeling of changing from one discipline to the next. Transition practice also became part of the spring and summer schedule. Retirement became very busy.

Of course, we have had our share of injury, which has interrupted our programme but never dampened our enthusiasm. We have become stoical, and if we have to rest because of injury we accept it, and return gradually. There are always other races.

We have also had many laughs. I remember in Rotterdam the weather was so cold, and I was desperately looking for my calf guards, and ended up buying new ones, only to discover my old ones when I came to put on my trainers in T2! The race itself proved interesting, too! Swim out to T1 was a kilometre; T2 was across the River about 4k away, and the bike course included ramped steps ending next to a vast pillar, in order to get up onto a bridge. Parts of the bike route were on cycle track. Imagine my surprise to find a man on a mobility scooter coming toward me 20k into the race!





In Eilat, when everyone was trying to fly home from the small local airport, customs decided that everyone needed to open their bike boxes for inspection and wipe-down for drugs. The officers eventually found one pair of scissors for cutting the ties on the boxes. Luckily, I had a 200 pack of cable ties in my hand luggage. I was a very popular person handing out sets of ties to everyone in the queue. I still always carry cable ties in my hand luggage just in case!

Then there was the algal bloom that had to be treated in the Serpentine the week before the race. It was like swimming in cabbage soup.

In Beijing, our son Bryn came to support us. Imagine his delight when people said “How cute, Mum and Dad have come to watch you race!”

We first met the Brownlees at an ITU event, London, 2011. We were having breakfast, and the Elite boys’ team were at the next table looking like a group of secondary school children that had been forgotten by their parents! They were so shy, modest and very charming, as they have continued to be on every occasion we have met since.

At the British Championships in Liverpool in 2016 Sandra was lucky enough to win gold. All other winners club names sounded so impressive...Manchester, Leeds, Birmingham, then I was announced Sandra Abrams –Stubbington Green. Someone asked me if we had escaped from Magic Roundabout. Little did he know what big, talented and impressive club we are!



Two years later, we were in the same London hotel, post-race, meeting up with Mike White for coffee and cake. The hotel was totally out of cake. Mike was devastated. He looked like a meltdown was imminent. Imagining our delight to find that the elite girls, also staying there, were celebrating their successes with cake! I approached Jodie Stimpson and cheekily asked for a slice for Mike. She very kindly gave us three. Also the start of the race was very early. Luckily it was really dark as Mike turned up on his niece’s girlie bike... why?... his race bike had to be in transition the previous evening, and he had to travel across London for the start!



So what has triathlon done for us? We've made many, lasting friendships from all age groups, met many interesting people, and seen many places in a better way than you do as a tourist. It has been the incentive to keep fit into our old age, and kept us busy and amused.

From 2010 until 2019, we have completed over 40 Olympic distance triathlons, of which, 12 have been with Team GB. This year, lockdown has proved a challenge, but we can't give up! Next year we move into the 75-79 Age Group, and so we're in with a good chance of qualifying for both the Europeans and the Worlds if we can keep fit and stay alive (...or should that be "Alert")

You are never too old, nor do you have too little time to realise your dreams. Pace yourself, be consistent in your training, and enjoy the riches it brings. Good fortune.



## Club Committee Bio's

Andy White – SGR Committee Member

Never ask a man if he comes from Yorkshire. If he does he will tell you, if he does not, why humiliate him; and so my sporting prowess in god's own county was centred around Rugby League and being part of Yorkshire's worst Sunday league football team, Northway; an achievement that got us a spot on local television, and a coaching session from York City. We did not improve, but then neither did they.

After that high it was time to try something new, and so in 1989, I moved down to the south coast to join the Royal Navy where I learnt to sleep, and not a lot else. Again Rugby, but now Union, with my last game seeing me carted off the pitch in an ambulance, with a knee injury that would never see me run out onto a rugby pitch again, other than a stint as the head coach of Gosport & Fareham Rugby Club's Under 8s.

I left the Navy in 1996 and started working as an Electronics Design Engineer, something I still do. I'll tell you all about it if you are struggling to sleep. Sport then was mainly two wheel based with two Etape De Tours and placing third at the end of the 1998 (I think it was that year, but it was a while ago) Trailquest season, a series of mountain bike orienteering races covering the UK.

It wasn't until February 1st, 2016 that I put on a pair of trainers and ran the extreme distance of 1.62 miles. I may have run the odd bit before, but as they were never recorded on a watch they did not happen and therefore do not count.

Most of my running is done with either of my running buddies, Becca, my amazing wife and Tinker, the mutt who seems to not know the meaning of the word tired. Over the years I've run road races, finished a marathon (never again), canicross, trail races, half marathons and even a triathlon. In 2016 we made the huge step and decided to join a running club, and so here I find myself a member of the committee and a run leader, enjoying the close community that is the Stubbington Green Runners

### **Blog on me! Andy Simpson**

In my twilight years of running which has seen me wearing the Green vest since 2002. I'm still as competitive as ever and love nothing better than winning and beating runners younger than me!

So a little bit of background on me. I was born in Rochdale, up north and a proud Northerner/Lancastrian. I have been married 19 years to the lovely Michelle and have 3 children Stacey, Chloe and Ryan plus the laziest dog in the world Rogan! I work in food manufacturing for Natures Ways which supply salads and coleslaws for the big supermarkets and to food franchises which works on a 24 hour shift basis.

I have done a couple of roles in the club where I have been the Cross Country Secretary for 5 years and 7 years as the Men's Captain. I do love the role as Captain, helping runners in the club and

organising teams for races. Anyone who knows me will know that I can get very passionate, loud cheering and supporting our runners in at races!!

My first race in Green was the Butser Hill Race which Chris Hall the then Men's Captain, suggested I should do at the time. I can't remember where I finished but enjoyed the hill immensely. Over the years I've done too many races to count and loved the competitive nature of racing and going for times, that has not dwindled over the years but the body is creaking these days and normally susceptible to the odd injury or two during the year. The racing season never ends as you can race all year round and I do when I'm not working at weekends. What are my best memories of racing? My first race ever was at Caldershaw Primary School cross country where all the age groups raced together and I was promised a Caldershaw Primary School Jumper if I finished in the top 3 by my parents. I was racing against girls and boys two years old than me and I don't think they expected me to come in the top 3! Well I like a challenge and I had storming race to finish 3<sup>rd</sup> and get the jumper. My finest racing year was the year when I turned 40 and set most of my current PBs. The best race I probably ever ran was the Loch Ness Marathon 2013, you got dropped off by bus near the Loch and then ran along the side of the Loch and back in to Inverness for the crowd finish. I did one of my trademark starts and found myself leading the race and running the first mile in just over 5 mins, it was a downhill start! At about 5 miles in I made the decision to let the group of 5ish runners go off as they were running just slightly faster than I wanted to. For the next 19 miles I didn't see a single runner till mile 24 when I could see I was closing in on one runner, went past him and then at 25 miles caught another one. I crossed the line in 2 hours 41 minutes 42 seconds PB which was good enough for 6<sup>th</sup> placed overall and 1<sup>st</sup> vet 40 and won £100 sports voucher and The Highland Quaich a shallow drinking cup. It's ironic as I would have never done this race if London Marathon had accepted my half marathon time of 75.03 for Championship Entry but I was outside the qualifying time by 3 seconds and my appeal failed. The year after I got the Championship entry for London.

I love to run off and there is no better place to play then running on the 100 miles of the South Downs Way which is also my favourite race of the year and the greatest running day I've been part of when 6 runners pelt as faster as they can for 3 non-consecutive legs over the 100 miles.

When lockdown is lifted, I will look forward to getting back to racing and supporting our members at races.