

The Green Runner

September 2020



From the Chair:

Well that was an interesting summer!

It's good to see that a lot of members have taken advantage of the start-up of sessions and group runs again – it's great to see that everyone is following the new rules and regulations that we have to abide by now.

Our virtual South Downs relay has been going really well and has given a focus to members through August whether its receiving legs or actually running them – hopefully nobody got too lost.

Events seem to be starting up although in a different way to that which we have been used to. As far as our event is concerned, we have not yet come to a decision whether it can happen. Certainly, given the current restrictions we could not go ahead with the race, but things may change so we need to keep close to this changing guidance. As soon as we have come to a firm decision either way, we will let you know but unfortunately we don't know when this will be.

Following the success of the weekly quizzes during lockdown we will be putting another one of these on in September – look out for an announcement on the website and our Facebook group.

Finally, can I just remind those of you who have not yet renewed that we need you to do this as soon as possible please – remember just £8 takes you through to the end of March next year. We will be taking members who have not renewed off the Facebook groups so make sure that doesn't happen to you! As we have said 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:

Captains Report

August is normally the time when the RR10s are finishing and everyone is jetting off abroad with their families. This year it was all about staycations and the virtual South Downs Relay. We have started to see some smaller events happening, with the Green Army at the start line!

We saw the return of coached sessions this month with limited numbers but the members have gratefully welcomed back these sessions plus group runs are taking place with restricted numbers. So thank you to our coaches and leaders for putting on these sessions and adhering to government Covid guidelines.

So on to my passion the South Downs Relay which sadly this year wasn't on due to Covid. This led to my thoughts of initially mixing up the 3 relay teams that had been selected to represent the club and racing over 3 legs doing it as a mini continuous relay but that became apparent early on that it wasn't going to be possible with the social distancing rules. After the huge success of Covid 19 relay, I thought it would be a great idea to allow everybody in the club to experience the South Downs and doing a mini version of relay. So we put a notice out to the club anyone interested in running the Virtual South Downs Relay to be recced and raced in August. Before the relay could go ahead working in the background I had to do a Covid risk assessment and submit this to our Covid co-ordinator Mike White. Plus the rules for the relay, photographing/ videoing the start and finish points of the legs. The format was to run 3 legs of 18 legs of the South Downs as and out back from Harting Down to Old Winchester Hill and back to Harting. To make it even more challenging for 1 runner in the team we had the joker leg where they would run Harting to Queen Elizabeth Country Park and back to Harting as one continuous leg which is a tough 11 miler.

We had 78 runners who signed up for the experience and it was great to see a real mix of abilities. So your two Captains set about selecting 13 teams as evenly as possible to try to get a close finish between everybody and on paper this was achieved. Once the teams were announced it was down to the 6 runners to set up a messenger/ whatsapp group to communicate with each other. A lot was posted on the Virtual South Downs Facebook group. The hardest part for some teams seemed to be choosing a team name!! In particular our team had 12 names suggested, after two rounds of voting we still had a tie between two names, so I changed my vote to get Why are my legs Harting so much? This was quite true after reccing leg 1! There are some good original names in amongst them.

The teams selected which runners would do which legs and then it was down to the reccing. Quite a few people did recc the legs together, social distancing of course. Throughout the relay it was great to see people going out to recc the legs and meeting runners they didn't know in the club before they were thrown together in a team or running with other teams runners.

The beauty of this virtual relay was nobody knew who was going to win at the start or towards the end. The reason was people posted their times throughout August with a large flurry of activity over the last 3 days in August. Some people had multiple attempts at trying to get the fastest time for their team. Not to mention some teams secretly holding back their times till the last minute to guard their times. During the relay we had a few people dropout through injury and other commitments which did give us a headache to find a suitably paced equivalent runner so as not to upset the balance of the teams.

Every one of the 78 runners gave it their all for their teams and enjoyed running on the beautiful South Downs playground. For my leg 1, I decided to set up a race with other leg 1 runners, so Lewis Banner, Russell Coleman, Will Feline and Brad Hammond went hammer and tong for it over the 11 miles. Although I led for 4.75 miles, Lewis just overtook me before the turn and after the climb out of QE Park he disappeared into the sunset. It wasn't till 7.4 miles in that my troublesome calf played up, so I stopped to stretch it and then over compensated on other calf to have my Achilles and soleus play up in

the other leg. Desperate to hold onto second place and hearing the heavy breathing behind me of another runner, Will chasing me down, I gave it everything up the last hill and held on to second. It was so brilliant to treat it as a race and really enjoyed the competition from the lads. That said the car journey home was interesting with me my calves wanting to cramp up every time a changed gears!!

There was two unlucky teams in the relay. Team \$10 million or the Garmin gets it, losing a runner due to injury and the last minute stand in Graham Donnachie not being able to recce his leg and getting lost right near the end and unfortunately losing 15 minutes for the team. In the same team one runner running the wrong leg and unable to rerun their leg meant I had to ask Elizabeth James who had run the reverse leg to go again on the last day. So thank you to Graham and Elizabeth for standing in for the team. In team Chafing The Dream we saw the most unlucky person of the whole relay, Darren Tanner. In his first recce he got lost and went to check his phone which had the recce notes on but was waterlogged and died. Then his car fob and car stopped working together but while waiting for the breakdown recovery people had to wait outside in the pouring rain. Otherwise the alarm would have continually gone off and could have possibly immobilised the car. The phone spent a few days in the airing cupboard and made a full recovery! Second recce went fine. Come race day he fell and badly twisted his ankle and bruised in places and had to run/ walk two miles. That said he still enjoyed the experience. Well done Darren on the tenacity you showed to keep going.

The leg results and team positions are in the Green Runner which also includes the fastest leg runner for each individual leg. The results were all really close over 32.08 miles the teams covered over the 6 legs. The top 3 teams on the virtual podium were third Why are my legs Harting so much in 4 hours 23 minutes, Marina Odey, Jodie Francis, Andy White, Dominic Shepherd, Gareth Charles and Andy Simpson. Second by just 1 minute 6 seconds were Mays the other 4 be with you! in 4 hours 22 minutes, Lucy May, Phil May, Jon Leigh, Rob Williams, Rich Chowns and Mike White. Congratulations to winners which was a real team effort as they only had one of the fastest leg runners and nearly 10 minutes quicker than 2nd place was 99 problems but hills ain't one, in 4 hours 12 minutes with Sara McRitchie, Louise Tanner, Maria Millican, Ray Bernice, Sean Bendell and Dan Foster.

This was a great event and people would by all accounts like to run in the virtual relay again. So we will have to see if next year we might be able to put it on again and maybe if lockdown is over we could look at a continuous relay possibly. So well done to everyone who took part and thanks to my race committee Louise Tanner and Lisa Donn.

Before we leave the subject of the South Downs, we have to congratulate the achievement of one man in particular! Not only did he take part in the virtual relay, he thought he'd run the entire 100 miles of the South Downs! So, a huge well done to John Blake for conquering this distance in 5 days! With Storm Ellen for company and support from friends and family, you smashed it!! Thank you for sharing your experience with us on Facebook too, really inspiring.



Enjoy training sessions and any races you might get up to in September, there's certainly more starting to happen! Good luck with the training for the virtual London Marathon, I know we have a great Stubby "turnout" for this event in October, along with the IOW, New Forest and QE rescheduled Spring marathon.



Final Team Standings

Time	Name	Time	Name	Time
	Team 3 We get locked down, but we get up again		Team 4 \$10 million or the Garmin gets it	
01:20:38	Rob Greenwood	01:14:12	Will Feline	01:15:53
00:38:49	Daisy McClements	00:31:40	Elizabeth James	00:46:44
00:36:34	Miles Pritchard	00:39:31	Tracy Langdale	00:32:33
00:30:55	Emma Baker	00:36:47	Andy Donn	00:31:01
00:43:34	Jane Bodman	00:48:53	Elizabeth James	00:43:43
00:45:13	Jon Plomer	00:42:57	Graham Donnachie	00:58:28
	Penalties	00:02:00	Penalties	
4:35:43	Total	4:36:00	Total	4:48:22

Time	Name	Time	Name	Time
	Team 7 Se-ven!		Team 8 99 problems but hills ain't one	

Position	Team	Overall Time
1	99 problems but hills ain't one	04:12:28
2	Mays the other 4 be with you!	04:22:11
3	Why are my legs Harting so much?	04:23:17
4	Tight Butts and Sweaty Nuts	04:26:26
5	Se-ven!	04:32:03
6	Chalk Trailblazers!	04:35:11
7	Scrambled Legs	04:35:43
8	We get locked down, but we get up again	04:36:00
9	The South Downs Striders	04:37:06
10	Cirque du sore legs	04:37:09
11	Corona Crusaders	04:46:40
12	\$10 million or the Garmin gets it	04:48:22
13	Chafing The Dream	04:50:34

01:15:35	Colin Trigg	01:15:54	Dan Foster	01:15:45
00:35:47	Phillip Townley	00:34:01	Maria Millican	00:33:34
00:34:16	Sarah Baron	00:40:02	Ray Bernice	00:33:14
00:41:40	Zoe Dennis	00:37:52	Sara McRitchie	00:35:59
00:33:16	Tracey Terry	00:38:01	Louise Tanner	00:33:20
00:42:43	Stewart Pepper	00:46:13	Sean Bendell	00:40:36
	Penalties		Penalties	
4:23:17	Total	4:32:03	Total	4:12:28

Fastest Leg Runners

Leg	Name	Time
1	Lewis Banner	01:11:41
2	Steve Dilley	00:29:50
3	Lucy May	00:29:00
4	Shantha Dickinson	00:29:42
5	Stuart Bamberger	00:30:34
6	Sean Bendell	00:40:36

Team 11 The South Downs Striders

Time	Name	Time
01:24:47	Chris Hall	01:28:05
00:35:27	Gill Rose	00:34:18
00:29:00	Kat Chowns	00:33:29
00:36:05	Andy Lee	00:32:27
00:35:04	Pam Kemp	00:40:40
00:41:48	Kieran Chaplin	00:48:07
	Penalties	
4:22:11	Total	4:37:06

Team 12 Chafing The Dream

Name	Time
Darren Tanner	01:40:49
Melissa Barham	00:43:04
Lisa Donn	00:34:53
Shantha Dickinson	00:29:42
Becca White	00:31:55
Greig Benson	00:50:11
Penalties	
Total	4:50:34

Leg Discriptions

Leg	Route	Dist in miles
1	Harting Down to QE Park and back to Harting	11.05
2	QE Park to Sustainability Centre	4
3	Sustainability Centre to Old Winchester Hill	3.73
4	Old Winchester Hill to Sustainability Centre	3.73
5	Sustainability Centre to QE Park	4
6	QE Park to Harting Down	5.53

Member of the Month:

I ran a little at school, but only in the races, I neglected to run at all in between. I now understand this is not a good training strategy. I still don't know whether always losing these races means I'm not a natural runner, or if as a many-hours-per-week swimmer but rare runner with, as I recall, a very poor pacing strategy I couldn't be expected to do particularly well.

I became a "runner" at the age of 18 with thanks to parkrun. I am very competitive and loved to push myself and, eventually I found that I enjoyed running. I became a Stubby and have loved the new teams and races I have found myself in. I have entered and won races from 1500m to the half marathon but have found my favourite discipline to be the fairly specific; RR10.

I adore the RR10 summer xc league, as much as I enjoy running in the mud, my style is significantly more suited to firm ground so running off road in the summer months really is my favourite thing. If you have never run in one of the many xc leagues our club is involved in I really do recommend it, whatever your speed.

I have run xc for Hampshire many times now. The first time I was invited was a very proud moment for me. My dream was to run internationally. I am used to competing at the top level thanks to my Under Water Hockey career. As a junior I attended 4 world championships, winning 3 bronze medals and a further two international tournaments for another bronze and a gold at the competition where I also vice-captained the team.



I realise now that county level is about where I top out as a runner, but I adore trying to push my limits none the less. This is why I love the South Downs Way Relay. It is simply the toughest thing I have put my body through. The hills in conjunction with the effort of racing



three 10k races in one day with a team of people relying on you, and a speedy cut off time enforced by the organisers really makes you bring the best out of yourself. I have yet to be able to walk up steps the next day.

My proudest running moment was probably when I came second in our own Stubbington 10k. I ran a confident race and a huge PB.

Over lockdown my training (and actual) partner, Chris, and I have been stuck into some seriously intense quality training. I was aiming to make it to the national track championships this year, but with the races disappearing, it was not to be, perhaps next year. I relished the training anyway. By the way, folks, track running is actually much more fun than it looks, but maybe my next goal will be to win the Stubby 10k next year.

I have a lot of love for this club and its members. Both for its signature off-road antics, or the large number of people who support me. I owe many thanks to the people who have coached and mentored me. The people who have run and cycled with me to pace sessions and parkruns. And to everyone who has cheered me on.



OPEN T&F MEETINGS – PENNY FORSE

Two events took place, at long last, in very strict COVID-19 restrictions. The weather was ideal at Southampton where I ran and I think it was the same at Portsmouth the next day.

Southampton, Saturday 5 September.

1500m

Iain Cross M35 4:38.07

Harry Roebuck U15 4:38.43 (pb)

Penny Forse F70 6:19.45 (99.43% age grading).

Iain & Harry are 7th & 8th in the top photo finish and I am 11th in the bottom one.

Portsmouth, Sunday 6th September.

800m

Libby Evans U17 2:48.94

1500m

Chloe Jones U13 5:23.44 (pb)

Mike Bell M65 5:46.83

3000m

Lewis Banner SM 9:04.56

Chris Sandy SM 10:07.41

Well done to everyone who took part, with some of us being more 'race rusty' than others!