



The Green Runner

<https://www.stubbingtongreenrunners.net>

August 2023

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Evan de Wet has written an article about his 'Race to the Stones' endurance event.



Chairman's Report



Although it is still summer, thoughts are already turning to our 10k race that is scheduled for the 7th January 2024. Plans are well underway and we will be using the same course as last year as that seemed to work very well following the change due to the new bypass.

If you can offer any help in the run up to the event then please contact Sara McRitchie our Race Director or Sarah Barron, Deputy Race-Director who will be co-ordinating the marshal/helper list. This could be general offers where we can find you roles or if you have something specific you can help with then please don't be shy in coming forward.

We will also need significant support on the day and would, as in previous years, ask any member entering to identify someone else who can marshal or provide other help on the day – entries are planned to open early September and if you remember, sold out in about 15 hours last year!

It is great to see the numbers of green vests across the various events in the last month no more so than at the Lakeland event in Ambleside where we had 50 Stubbies either running or supporting promoting the club some 300 miles from home! It's a great weekend so it would be fantastic to see even more people joining us in 2024.

It was also good to see so many of you at the 7.05 special last month followed by the traditional rehydration at the Black Dog. Thanks to everybody involved in organising and helping on the day at this popular event.

Finally, our Awards Evening is scheduled for Friday 1st December at Titchfield Community Centre – we will confirm ticket details as soon as possible but it would be lovely to see as many people as possible at this popular annual event.

Happy Running
Kevin



Captains' Report



Captains' Corner

So what else has the Green Army been up to this month:

On Saturday 1st July, we had 2 runners taking part in the Serpent trail 20k, well done to 20k, George Howarth and Martyn Poore.

On 4th July, 12 runners went out on a wet evening to take part in the 3rd and last of the interclub Time Trial with Fareham running club. Well done to Graham Donnachie, Dominic Shepherd, Steve Matty, Andy Lee, Nigel Feast, Peter Turnball, Sara McRitchie, Alison Lawrence, Rob Williams, Mike Healy, Carl Schafer and Jacqueline Healy.

On 5th July we hosted the RR10 at the River Hamble, a massive thank you goes to Grace Thompson and Nicky Beale for doing the course and coordinating all the club members. Thank you to everyone who marshalled and baked cakes for the event which was a huge success again.

The weekend of the 8th July was the annual pilgrimage to Ambleside in the The Lake District for a fair few members of the club. With all the planning and training completed the runners prepared themselves to take on the challenge of the Lakeland Trails. This year saw over 30 SGR runners and supporters take to Ambleside to support and run the Lakeland Trails 14k, 23k and 55k. I am sure everyone will agree that all the routes are a challenge and all with a fair bit of climbing and some technical challenges thrown in for fun. All our runners did amazing and for those who were new to running in The Lake District, really pushed themselves to a new level. The support and encouragement shown for everyone was outstanding. The weekend wasn't just about the running, it was a great social weekend, with a boat trip, meals out together and a few trips to the pub!

Our Evan De Wet completed the Race to the stones on Sunday 9th July, Massive well done to you Evan on completing his 1st 100K, an incredible achievement.

At the Horton Heath 10k we had two runners, well done to Mel Barnham and Gary Stradling.

On Tuesday 11th July, we saw the 4th race in the Summer series. Massive well done to Graham Martin, Ed Hare, Matt Evans, Steve Matty, Mike Healy, Jules Dinwoodie and Stacey Read.

Saturday 15th July saw the club's South Downs Relay which will be covered separately in this Green Runner.

On Sunday 16th July, we had 2 runners at the Abbotts Ann Trail Race. Well done to Philip Dilloway and Helen Benson.

The 19th July saw RR10 at Wide Lane which is known as the cricket and football pitch course! We had 11 teams out on the night, with the men's A team finishing 6th overall and currently standing 8th overall with two races to go. The team was led home by Tim Rolfe in 20th, 25th Lee Reynolds, 36th Jon Warner, 43rd Richard Hayward and 62nd Chris Sandy. The last complete men's team was team F in 49th and currently sit 52nd overall. The team comprised 245th Russ Mead, 247th Carl Schafer, 250th Phillip Owen, 251st Rob Williams and 255th Mark Tucker. The ladies are having a great season with the A team locked in joint top spot with Winchester with two races to go! On the night they were 2nd behind Winchester led home by Beccy Sandy who was 1st on the night, 6th Kelly Haniver (1st F40) and 11th Nerys Jones. The last complete ladies team was team E who were 49th on the night and stood 42nd overall. In the team was 149th Katharine Tucker, 151st Gilly Shutler and 155th Jacqueline Healy. In the individual standings Beccy has won the senior ladies title for a 4th time and Kelley Haniver leads the F40 title with two races to go. The next race is Badger Farm on 2nd August and the last race is IBM Hursley on 16th August.

On Sunday 23rd July, saw another one of the very popular Big Feat events. The Big Heat. Well done to Lisa Donn and Simon Bacon for completing the marathon and to the girls and guys who completed the 16-mile distance. Unfortunately, we had one injured runner on the course, it seems that she was very well looked after by her running buddies and the support crew. Well done guys who stepped in and looked after Cat.

On Sunday 31st July, it was the Southampton Running Festival at Southampton Common. 10 runners took to the common doing 6 laps of the half marathon course with 1 runner completing 3 laps for the 10k. Well done to Stacey, Martin, Sarah, Andrew, Martyn, Jacqueline, Ed, Stuart, Sara and Kieran for the half marathon and Tracey for the 10k. We had some great age category results with Martin and Andrew coming 1st in their age category and Stuart and Sara coming 2nd in their age categories.

Marathon training has started again for those that are getting themselves prepared ready for the Amsterdam Marathon and half marathon in October. Hope the training goes well.

Also, congratulations for Helen Benson for passing her Leadership course, welcome to the Leaders Team.



Club News

July Time Trial

by Andy Simpson

A big thank you to Louise Tanner who deputised very well in my absence. Thanks as always to all the helpers on the night. We had 22 runners on the night with 6 improvers on the night. The ladies biggest improver saw in 3rd place Stacey Read taking 6 seconds off and 2nd Gaynor Heffer 1 minute 20 seconds. The biggest improver was Kate Provis with 1 minute 35 seconds, congratulations Kate. For the men we also had 3 improvers, 3rd place Richard McAleer 1 minute 11 seconds and 2nd Phil May 1 minute 51 seconds. The biggest male improver by a country mile slicing a whopping 5 minutes 15 seconds off was.....Will Cowley, congratulations on Will on your mass improvement. The rand-o-meter winner was Kieran Chaplin. Well done to everyone who ran on the night. The next time trial is Thursday 3rd August.

Stubbington Green - Time Trial Results 2022								
		Best 2020/2021	April	May	June	July	Months Best	Total Yearly Best 2022
1	Name							
2								
3								
4								
5			23	23	19	22	6	18
6								
7								
8								
9								
10								
11								
12	Chris Williams	24.04		23.43	25.33	24.22		-0.21
13	Harry Bond	24.01				24.01		
14	Simon Ross	26.22	26.01					-0.21
15	Andrew McEwen	26.53				27.41		
16	Martin Pegler	26.20				28.37		
17	Pete Tugwell	27.35		36.37				
18	Phil Townley	28.21				28.21		
19	Simon Bacon	30.59				29.57		
20	Steven Matty	30.49	28.46	27.59		30.29		-2.50
21	Evan De-Wet	30.44	30.44	30.23				-0.21
22	Andy Donn	28.39	29.07	29.17	29.00			
23	Chris Cullen	28.12				28.12		
24	Dominic Shepherd	29.02			30.40			
25	Jenny Moran	30.07	30.07					
26	Kieran Chaplin	29.11		46.56	29.11			
27	Robert Good	29.41		29.41	30.07			
28	Simon Hearnden	28.13	33.17		28.13			
29	Tom Hastings	29.48			29.48			
30	Richard McAleer	32.57	32.57			31.46	-1.11	-1.11
31	Nigel Feast	32.47	33.24	32.04	34.05	33.24		-0.43
32	Sara McRitchie	32.47		31.47	42.07	50.59		
33	Tim Crumpton	34.09				34.09		-1.00
34	Andy Lee	33.03			33.03			
35	Andy Richardson	32.00		32.41	32.20			
36	Carl Schafer	34.57			35.59	37.29		
37	Claire Procter	32.37	33.24	32.51				
38	Michael Healy	34.40	37.30	34.42				

39	Will Cowley	43.59	43.59			38.44	-5.15	-5.15
40	Phil May	42.57		42.53		41.02	-1.51	-1.55
41	Kate Provis	46.56		46.56	48.23	45.21	-1.35	-1.35
42	Gaynor Heffer	35.55			35.55	34.35	-1.20	-1.20
43	Stacey Read	47.54	42.00		42.06	41.54	-0.06	-6.00
44	Laura Kay	35.26	35.26	34.20		35.16		-1.06
45	Sarah Barron	36.55	36.28			36.48		-0.27
46	Lara Evans	36.26	36.26	37.41		37.45		
47	Mark Saywell	37.26		38.33		37.54		
48	Jules Dinwoodie	35.10	39.39	37.47		39.04		
49	George Howell	44.44				44.44		
50	Emma Baker-Chaplin	35.48	33.03					-2.45
51	Peter Turnbull	37.15	35.20					-1.55
52	Lisa Donn	35.19	35.19	33.53				-1.26
53	Jacqueline Healy	39.12	38.33					-0.39
54	Alison Good	48.24*			48.24			
55	Brandon Chaplin	32.00*	33.04					
56	Claire Hanrahan	43.03		43.03				
57	David Kimber	35.12			37.39			
58	Gilly Shutler	39.37		39.37				
59	Heather Hudson	36.35		36.35	37.28			
60	Melissa Barham	42.50	54.45					
61	Nicole Trevena	46.17	46.17					

Hampshire Road Race League

By Stacey Read

Well the 2022/2023 season is over and I think that the Green Army have held themselves well within a tough league this year. Both the Mens and Ladies A teams managed to finish 8th in the league, with the ladies B team finishing in 5th and the Mens B team in 6th place.

Within the ladies league Lucy May finished in 11th place overall closely followed by Sara McRitchie in 30th, Sarah Barron 50th, Jules Dinwoodie 64th, Gilly Shutler 67th, Jacqueline Healy 73rd and myself 75th with Mel Barham 77th.

Tim Rolfe finished in 13th place overall for the men's league with Mike White 46th, Andy Simpson 69th, Kieran Chaplin 96th, Ed Hare 100th, Stuart Bamberger 104th, Steve Matty 108th, Evan De Wet 109th and Nigel Feast 125th.

I personally want to say a massive well done to Sara McRitchie and Keiran Chaplin who committed themselves to take part in all 11 races for the club and will be presented with a t- shirt to celebrate their efforts and I hope to see you wearing them proudly!

Thank you everyone for taking part, I have really enjoyed my role as HRRL rep and I am looking forward to the new 2023/2024 where we have an extra race for everyone to enjoy. To take part in the HRRL races and score points for the club you should be UKA affiliated which is only a couple of extra £ a month when you work it out and you could enjoy a day out with us nutters running for the best club in the south!!!



**HAMPSHIRE
ROAD RACE LEAGUE**
a running club competition

2nd July saw the Green Army attend Lordshill 10k, personally I was gutted to miss this one, so well done everyone that took part.

The team scores for Lordshill are below:

Ladies name	team	team score
Kelley Haniver	A	160
Lucy May		
Alison Good		
Alison Lawrence		
Sara McRitchie		
Anna Sindall	B	384
Claire Proctor		
Oana Matty		
Sarah Barron	C	639
Julie Dinwoodie		
Kim Bevel		
Jacqueline Healy		
Gillian Shutler	D	791
Katherine Cooper		
Susan Wakefield		
Joanne Reed		
Men's name	team	team score
Tim Rolfe	A	560
Andrew McEwan		
Ed Hare		
Pete Cole		
Kieran Chaplin	B	879
Evan De Wet		
Stuart Bamberger		
Gary Wood		
Steve Matty	C	1046
Andrew Richardson		
Nigel Feast		
Mike Healy	D	1223
David Kimber		
Mark Saywell		
Andy Simpson		

Also, well done to, Janine Jenkins, Claire Hanrahan, Melisa Barham and Claire Dyson.

Members' Articles



Race to the stones 2023

by Evan de Wet

Question? What does it take to run a 100km Ultra? What does it demand both physically as well as mentally?

I thought to myself, is this too big of a challenge? I thought about it some more. Have I been eating too many donuts?

Throwing caution to the wind I set my sights on a race that I hoped could answer all these questions. Race to the stones by Threshold. A 100km trail race starting in Lewknor Oxfordshire, and finishing at Avebury Stone circle in Wiltshire. I entered the event in July 2022. I knew I had one full year to prepare, or try to prepare or just show up for the event and try not to die. I entered this race with very limited Ultra experience. This consisted of two 50km events and one 47 km trail race. I knew I had a long road ahead.

Lots of reading and listening to countless Runfluencers on Youtube later. I understood that my training plan would need to consist of runs with an aim of building my aerobic base through long slow runs. With the purpose of getting used to running slower and at the same time ensuring my heart rate was lower than an easy effort. I worked this out to be around 135-144 bpm. Putting faith in Garmin watch technology for accurate data, or close to accurate data. The actual training plan didn't start until 3 months before the race. Which included regular training with the club, double run days, HRRL races as well as entering trail and road races. I also set out to acquire gear to assist me with this quest. Including the usuals, vest, lucky new hat, electrolytes etc I won't bore you with the full list.

Training had gone rather well. Not the highest mileage you would have imagined or that I was aiming for. The longest run was 32km. I also executed a modest two

week taper. The final race prep peaked with a standing around sober session at an Iron maiden concert the night before. Not the best choice, but it was awesome to see them live! I did, however, feel prepared and confident in my ability to get the job done. My race strategy for the day was to start slow and not shoot off like a teenager who just heard that their local Shell garage was restocked on Prime.



The race start was broken down into wave times. Elite runners going for a course record started at 06.30am. They were followed by waves every 15 minutes after, with slower runners and 50km runners set to go in the earlier waves. For some reason I was put in the 08.30am wave. I was hoping to start earlier to avoid running in the dark. Kitted all out and filled with optimism and Iron Maiden's Trooper stuck in my head, I arrived. We were called to the start, given a motivational and safety speech and off we set! What a day for an adventure, the excitement, the energy and...twenty seconds later it started raining. Classic. Question? What do you get when you combine a trail route with 1000+ runners and mix it with heavy rain? The answer is mud, and lots of it.



The mental game was just to reach each checkpoint. Break the distance down that way. I stuck to my pacing plan whilst watching some runners zoom off into the distance. Rolling hills to get us started. Great fun. Luckily the first section was somewhat sheltered by trees. The first real hurdles came after we entered the open fields after around 6 km or so. The mud was insane at this stage and this made it very tough going down hills. Lots of runners were slipping and falling all over the place. A few of us had to stop to pick one chap up, who I was confident had broken his ankle. His race was over and the look on his face made me even more cautious of the mud down the hills. The first pit stop at around 11km gave confidence in how well supplied and organised the pit stops would be throughout the day. Solid terrain started around the 25km mark and I was able to get a good rhythm going. The marathon mark was rather sobering, knowing that there was still 8km to go until the halfway point. By this point I was covered in mud, wet socks but feeling really strong.



The halfway point, up on a big hill, was packed and filled with many runners who had finished their 50km run. Many of them were all sat around satisfied with their achievement holding onto warm food and beer. Watching all of us 100km runners head back out again for our second dose of 50km. Looking back I spent too much time at the halfway point, drinking beer...no, only kidding. I got fresh socks from my Fiance, re-filled supplies and headed off after 30 minutes. The views were stunning from on top of the ridgeway, rainbows and the sun had even come back out. The next leg went rather smoothly, but the 64km checkpoint brought the reality of the event to light. This checkpoint was filled with runners who were retiring. All comforted by piglets who for some reason had the run of this checkpoint. Very cute, but were luring runners in like psyrens, offering cute pictures and a rest. I took some photos and got the hell out of there.



In my mind the 70km mark was the point of no return. There was no quitting for me at this stage. I would endure. I met some very experienced runners on route to the next checkpoint. Meeting these runners was a blessing. We kept each other's spirits high and used conversation as a weapon to distract us all from the pain and exhaustion we were now experiencing. The sun was starting to set, the rain had stopped but it was getting darker and colder. My pace had also dropped as expected. The leg from the 70 km mark to the 84 km mark was brutal. Blisters, chafing, wet clothes and the legs were beyond knackered. I saw the most number of runners quit on this leg. At each of the following checkpoints there were less runners refilling and more runners retiring. Drinking tea with fire blankets on or seeking medical attention. The 84 km mark aka the double marathon point I hoped would bring motivation but rather the opposite as it meant 10 miles to go and all I could think of was the Ryde 10 mile and how long that took when I was moving at full effort.

It was soon dark, and fog swept up onto the ridgeway. Headtorch on, slogging through the mud and you could only see roughly 10 metres in front of you. The mindset at this stage was just to get to the next checkpoint. Through farmers fields and country roads I persevered. The final checkpoint was at 92 km. I refilled with electrolytes, coca cola, necked a shot of whisky (again just kidding) and set off again into the dark knowing this was the final leg. It was a bit of a blur in this

section. The fog was nuts, the wind was blowing softly and it was rather humid. The route was more of a mud bath than a footpath. With each hill becoming a new monster to slay. I was slipping and sliding and kept coming across runners sitting under trees or next to water troughs. I offered many of them the spare food and water I had on my person. I loved the comradery of the event. We were all in this together. Then, at the top of the final hill, I saw the lights of Avebury and began my descent down the ridgeway.

I pushed on with some decent momentum. I turned around and saw all the lights of the other runners on the Ridgeway piercing back through the dark and the fog. A few moments later, I then saw runners coming back towards me. A marshall told me to continue up the road towards the stones. Seeing runners going back down the road was not a positive sign I thought. I thought the stones were the finish. I looked at my watch, still 2km to go! Turned out we had to run around a cone next to the stones, very parkrun-like. Then directed by the cone marshall, I was instructed that we had to run down the same road whence we came. On my way back down, I passed other runners filled with excitement who soon lost enthusiasm when they saw me heading back towards them. Lots of colourful language was used by many at this point. A marshall pointed to the final turn and it was the home stretch. I crossed the finish line in 16 hours and 23 minutes for my first ever attempt at 100km! I was just thrilled to have finished and not retired from the event. I was handed a cold beer and my medal, shook a few hands and went off to find my finish bag. It was half past midnight. My fiance helped me into the car to go home and this adventure had come to an end.

My final thoughts are that we build up these challenges as being something that we are unable to achieve. This is not true. We are all capable of doing these events! It really is a mindset. With that said, I would encourage you the reader to set your aspirations on a goal where you can test yourself and also experience some adventure. It's great for the soul. Race to the stones was a well organised event, the marshalls and organisers were brilliant and I even made some good friends along the way. Question? What's going to be your next challenge?



The Time Tunnel

From ten years ago this month, another chance to read some important advice for those who might otherwise run themselves into the ground...

Runners Knee/Patella Femoral Syndrome



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Patella Femoral Syndrome, or PFS, occurs when the patella, or knee cap, doesn't track properly when you flex and extend your knee. This causes the underside of the patella to become inflamed and leads to pain or achiness at the front of the knee.

This is most often caused by imbalances in the muscles that act on the knee, especially the quads, which are responsible for pulling the patella over the knee when you extend it. However, other muscles contribute to knee stability, such as hamstrings, calves and hip abductors and adductors.

PFS is a very common running injury and symptoms often come on when you increase your mileage or hill running.



Symptoms

- Achey pain in the knee joint, particularly at the front and under and around the patella, that comes on gradually and increases over time
- Tenderness on the inside border of the knee cap
- Sometimes inflammation after exercise
- Worse when walking up or down hills and when you have been sitting for long periods
- Tight Vastus lateralis (your outside quad) and ITB
- Sometimes you may hear a cracking or clicking sound as you bend your knee

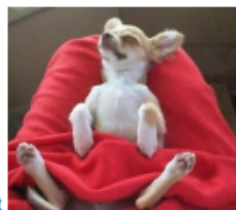


Common Causes

- Tight Vastus Lateralis and ITB and weak Vastus Medialis, causing the patella to pull to the outside
- An injury to the knee cap, especially if the Vastus medialis becomes weak or inhibited
- Flat feet or feet that overpronate as you tend to rotate your leg inwards which can affect the alignment of the patella
- As runners we are more inclined to suffer with this condition as we are weight bearing whilst bending our knee which puts a lot of pressure on the knee cap

Treatment

- RICE to decrease inflammation
- Rest from activity until you are pain free
- See a sports massage therapist to correct muscle imbalances
- Stretch tight muscles such as quads, hamstrings, calves and glutes, as well as TFL/ITB
- Strengthen quads, especially Vastus Medialis, and glutes
- Make sure you are wearing the correct footwear and that issues such as overpronation are addressed



Predisposing factors

- It is more common in women than men
- A previous knee injury
- If you do a lot of hill running or distance running
- Weak quads and/or tight hamstrings, calves and quads
- If you have a small knee cap or one that sticks out when you pronate



Warning!

If this is left untreated it can lead to damage to other tissues including the cartilage on the underside of the patella, so it is best to get treatment and advice at the first onset of symptoms.

Last Month's Parkrun



Parkrun information provided by Chris Stapleford. Available on the website and club Facebook page.

Please remember to wear your SGR shirt when taking part in HRRLs in order to qualify for club and individual points.

Forthcoming Club Events and Socials

Useful Links

Order online or instore with Alton Sports, stockists of SGR sportswear:

<https://www.altonsports.co.uk/product-category/brands/club-kit/stubbington-green/>

SGR Session and Training Calendar

<https://www.stubbingtongreenrunners.net/training/>