The Green Runner

https://www.stubbingtongreenrunners.net **April 2024**

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Chairman's Report

April sees lots of the big city marathons so I would just like to wish all our members who are participating in these the very best of luck and that you achieve everything you are aiming for but most importantly you enjoy the day and soak up the incredible atmospheres.
April also sees the start of the RR10 series of races on a Wednesday evening . For those who have not tried these before then I urge you to do so as they are for all abilities and are completely free to enter and have the social element of visiting the pub after all our runners have finished. All the details of these races can be found here www.rr10.org.uk. Our race is scheduled for May 22nd at River Hamble Country Park which we marshal and don't run so please look for the requests for help from our organisers Grace Thompson and Nicky Beal.
Please remember the Green Runner is your newsletter so please feel free to email Richard Mackay (gr-editor@stubbingtongreenrunners.net) the editor with race reports of any races you have completed – I'm sure that all members like reading about the exploits of others.
Finally I would like to remind everybody that our new membership year starts from April 1st and we look forward to everyone taking advantage of continued membership for the coming year. The club has grown significantly over the last few years and it would be great to see this continue into this new year.

Happy Running

Kevin

Captains' Report

Captains Corner

A quiet month on club racing with the grand finale of CC6 season and HRRL fixture at Salisbury. Plus a few off-road races took place.

The conclusion of CC6 at a very muddy Itchen Valley saw 27 runners enjoying the mudfest! The ladies were joint 7th on day led home by Kelley Haniver 5th (2nd F40), 31st Alison Lawerence, 34th Katy Bradley, 47th Sara Bamberger, 48th Freya Roebuck, 49th Helen Benson, 55th Emma Baker-Chaplin, 60th Wendy Cumes, 72nd Kayleigh Collett and 80th Melissa Barham. Ladies finished overall in joint 10th place. The men were led home by Russ Coleman in 22nd, 24th Richard Hayward, 28th Mike White (1st V60), 36th Max Buckton, 47th Chris Cullen, 56th Tony Beswick, 60th Martin Pegler, 62nd Marcus Lee, 68th Toby Smith, 75th Stuart Bamberger, 78th Graham James, 87th Paul Smith, 89th Liam Jennings, 94th Ashley Lovell, 95th Nick Crane, 97th Rob Williams, 102nd Tim Matthews. The men were 5th on the day and finished 5th overall for the season. The overall final individual standings for running 4 plus races are as follows. For the ladies, 32nd Katy Bradley, 33rd Alison Lawerence, 37th Nikki Roebuck, 41st Freya Roebuck and 47th Helen Benson. The men were 12th David Mallard, 14th Russ Coleman, 27th Mike White, 35th Toby Greenfield, 52nd Chris Cullen, 64th Marcus Lee, 76th Toby Smith, 95th Paul Smith, 110th Ashley Lovell and 121st Rob Williams. Congratulations to Mike White for finishing on the podium as 2nd V60.

Don't despair that the CC6 season is finished, as the RR10 season starts on 24th April at Fleming Park at 7pm. The following race at Itchen Valley Country Park on 8th May at 7pm. The third race of the season is our very own race on 22nd May at the River Hamble Country Park where we organise the race and marshal it. If you can help out, please contact Grace Thompson or Nicky Beale, thank you. For the RR10s

just like the CC6 races you need to register your parkrun barcode. If you go on to the RR10 website there is a link to do this.

HRRL saw the 9th race of the season at the Salisbury 10 where we got 7 out of 8 teams out. The ladies A team were 9th and still sit in the relegation zone with 4 races to go. The ladies A team were led home by Lucy May 271st 78.11, 482nd Sara Bamberger 89.31, 520th Sam Jeffery 91.17 and 554th Emma Baker-Chaplin 93.49. The men's A team are in a similar position to the ladies, 9th and in the relegation zone. The men were 8th on day, first home in 8th was Pere Capdevila 57.36, who ran a rare race on the roads. Next home was 16th Tim Rolfe 59.27 PB, 77th Rob Egerton 65.29 and 215th Steve Matty 75.08.

Sunday 24th March was a very busy day for the Green Army and saw:

Four stubbies at the Reading 10/20. Well done to Stuart Bamberger and Stacey Read who completed the 10 mile and Marie McDonald and Sara Bamberger who completed two laps of the course for the 20 miles.

We had a great turnout of Stubbies at the Eastleigh 10k. The conditions were perfect, and many people got PB's. Well done everyone.

Mike White and Will Feline also took to Llanbedr for the Blaenavon fell race, well done both of you.

Kieran Chaplin got himself a nice new PB at the Yeovil Half Marathon. Well done, Kiernan.

Training has continued for a lot of people ready for their spring marathons. Good luck for all your training runs.

The Summer Time Trials start back up on Thursdays with the first one on the 11th April. We will meet in Eric Road in Stubbington for the 4 mile effort. Start times, if you can run 4 miles in under 35 minutes you will start at 19.00. If not, no worries, you will start at 18.45. I will need some helpers please, so let me know if you can help.

Club News

The content of The Green Runner depends on the contributions made by club members. If you have any articles suitable for submission please do email me for inclusion in a future edition. The Facebook page is pretty lively but only ephemeral. You will last longer with a Green Runner.

The Road to London

by Steve Matty

A hushed silence descended upon the eager audience at the 2023 Stubbington Green Runners awards evening. This was the *serious* part of the night – the draw of the club ballot for 2 London Marathon places. I'm not sure how many people had entered the ballot – but I was one of them – having met the eligibility criteria (which meant digging through my Strava history to find the dates of various RR10 and HRRL races).

"Oh sh*t" I said as I held my head in my hands after hearing my name being called out. It was a strange feeling – one of elation and despair. I was shocked that I had actually won a spot at the London Marathon. I was also shocked because I instantly knew it meant several months of eating, drinking, sleeping, and obviously running for the marathon.

I've never run a marathon before. I've been asked why not before (and since the draw) – and the answer has always been that I don't think I have the self-motivation and commitment to put the hours in to properly prepare. I've done a few half-marathons – but if you'd asked me at the end of the Gosport Half to go right back out and run it again - I'd have a few choice words I can tell you! Well, now I don't have any excuse. It's a privilege to be able to run this famous race, and well, I entered the ballot for a reason, right?

Most of the rest of that evening was a bit of a blur – celebratory beer and cider was flowing as I recall – but the next day it really hit home what I was about to undertake.

For the next couple of weeks, I was in deep – researching all things marathon related. Gels, snacks, anti-chafing creams and of course – training plans. Wow! So. Many. Plans. How many days a week do I want to run? What time am I aiming for? What days work best?

When it comes to races, I usually set myself 3 targets

- Turn up
- Finish it
- Finish it in a decent (for me) time

I figured, based on my half marathon times, I could finish in under 4 hours. That's 5:41/ km for those that are interested. A bit more thought and unbridled optimism (definitely more of the latter) and I reckoned I could *try* and aim for a 3h 45 minute time (that's 5:20/km). For me, I felt it *could be* achievable, but definitely an ambitious target. (NOTE: I'm a modern, 21st century chap so usually avoid talking in miles – yay for the metric system. I also reckon 46.2km sounds more impressive than 26.1 miles). I appreciate not everyone is fully in-tune with the metric system so I'll use miles here and there just to mix things up a bit.

I wanted a training plan that would cause the least amount of disruption to my family life, or to my Stubbie life. My wife, Oana, said she would of course support all my training without question – and I can't overstate how important and valuable her support has been.

One rainy Saturday afternoon, I stumbled across a plan which included a Parkrun on Saturday, a long run on Sunday and a mixture of runs on Tue/Wed/Thu. 5 days running a week seemed a lot, but manageable. I figured that would do. I would rest on a Monday and be fresh for a group run with the wonderful Stubbies on Wednesdays. The plan I found was a free download from Runners World. A bit of copy and pasting into Excel and I had myself a printed plan covering 16 weeks. At this time, it was 20 weeks until D-Day – but crucially there was Christmas to contend with.

I decided to start the plan 4 weeks early, as I wanted to have a buffer for any injuries or cases of CBA (Can't Be Arsed). I also figured allowing some time off over Christmas where the beer and wine would most certainly be in excess, would be a good idea. As it turned out, December had been a pretty boozy month, so I decided that I would not only do dry January – I would do dry February, March and (most of) April – 111 days with no alcohol.

The training started well, having already done plenty of running and races anyway, I wasn't exactly starting from the sofa. The long run mileage was perfectly doable and I was managing to juggle the work/home/training balance quite well. I don't like running in the evenings, with a head torch and being at the mercy of some decidedly uneven paving on the streets. Still, I stuck to it – even if it meant coming home from work only to immediately get changed and bash out a 10km run in the pouring rain.

The worst episode was when I went out in the very early hours (my one and only early morning run in the dark) for a local 5km run. I clipped the top of the kerb whilst crossing a road, tripped and fell and ripped my palms and knees to shreds. It reaffirmed my hatred of early morning runs in the dark. Fortunately, a week later things had healed enough for me to continue training.

As the weeks rolled past, I steadfastly stuck to the plan – occasionally swapping a long run from one week with another so that they would coincide with various races in the running calendar - such as the Stubbie 10k, Ryde 10, Salisbury 10 etc.

Before too long, I was entering uncharted territory. My previous longest run was about 14 miles but now I was looking at runs that were 16, 18, 20, 22 miles. Eek. Can I do this? Well, without the support from my fellow Stubbies Ed Hare and Evan de Wet, who joined me on some of the longer, lonely runs, I would most likely have given up. Thanks to them I made it through pretty much unscathed.

There was one week where it all seemed to go wrong. The training was getting to me a bit. 5 days a week, trying to stick to the plan was taking its toll. The Sunday long run was a half marathon and the target pace was basically my PB pace! Stupidly, my preparation for this consisted of a cup of tea in the morning before heading out (with no gels, no water). 3 km/2 miles in and I was ready to call it a day. I was in a bad place. What the hell was I thinking? I could just walk home and write it off to experience. But a voice was telling me "No! This is a test of character. Marathon training is *supposed* to be tough". Somehow, I

managed to trudge around (getting slower and slower) feeling decidedly fed up with it all. Once I had finished, I told myself that it was fine, everyone is entitled to an off-day, and that this was mine.

The next week I decided to just do *my own thing*. Some extra rest with just a gentle Wednesday night group run in the middle. “Stuff the plan – I’ll pick it back up the following week.”. So, that’s one bit of advice I have to anyone approaching a marathon – don’t be a slave to the plan. Do your best, of course, but if you feel like you need a break (listen to your body) then don’t be afraid to take one.

Well, I’m writing this with just over 2 weeks to go. I’ve done all my long runs and now the magical “tapering” phase. Well, it would be magical if I hadn’t had a case of the black lung the last couple of weeks. Doing the Eastleigh 10k whilst *definitely* not well completely floored me and took its toll, meaning no running whatsoever for a week.

Still, I still have a couple of weeks to re-grease the joints and get a few gentle short and long runs in before the big day. I can’t wait. Whether this will be my one and only marathon is difficult to say, but I do know that being able to share my experiences with my fellow Stubbies on a Wednesday night run, and feed on their incessant encouragement and support has made an absolute world of difference. I am truly grateful for every bit of advice and support everyone has given me.

Hampshire Road Race League 2024

Compiled by Stacey Read

HAMPSHIRE
ROAD RACE LEAGUE
a running club competition

We brought out the big guns for Salisbury with a massive 32 runners for the club, a few course PB's made for a triumphant day. A big thank you so Kirstie and Brian Graham for their efforts as well.

The team scores are below for Salisbury:

Ladies name	team	team score
Lucy May	A	431
Sara Bamberger		
Sam Jeffery		
Emma Baker-Chaplin		
Louise Tanner	B	656
Sarah Barron		
Lisa Donn		
Kath Cooper		
Jules Dinwoodie	C	890
Tracy Shimmen		
Gilly Shutler		
Stacey Read		
Jacqueline Healy	D	595-n
Claire Dyson		
Men's name	**team**	**team score**
Pere Capdevila	A	214
Tim Rolfe		
Rob Egerton		
Steve Matty		
Ed Hare	B	730
Stuart Bamberger		
Evan De Wet		
Jack Goozee		
Dom Shepherd	C	914
Nigel Feast		
Peter Turnbull		
George Howarth		
Mike Healy	D	1113
Martin Robinson		
Mark Saywell		
Mel Barham		

Ladies A-Division 1		
Position	Club	Score
1	Denmead	25
2	Hedge End	33
3	Fareham	36
4	Lordshill	36
5	Liss	39
6	Salisbury	42
7	Totton	49
8	Farnham	53
9	Stubbington	61
10	Winchester	71

Ladies B-Division 1		
Position	Club	Score
1	Totton	26
2	Lordshill	36
3	Denmead	43
4	Hedge End	45
5	Stubbington	48
6	Salisbury	51
7	Ryde	56
8	Farnham	66
9	Gosport	68
10	Winchester	78

Men's A-Division 1		
Position	Club	Score
1	Alton	32
2	Lordshill	33
3	Salisbury	34
4	Denmead	36
5	Andover	41
6	Ryde	44
7	Fareham	46
8	Winchester	48
9	Stubbington	56
10	Southampton	78

Men's B-Division 1		
Position	Club	Score
1	Lordshill	18
2	Fareham	26
3	Denmead	30
4	Alton	30
5	Totton	52
6	Salisbury	53
7	Eastleigh	56
8	Stubbington	58
9	Winchester	62
10	Hedge End	62

HAMPSHIRE ROAD RACE LEAGUE
a running club competition

The 2023/2024 session dates are:

Club	Distance	Date	Status
Overton	5 Mile	03 September 2023	
Solent Half	Half Marathon	01 October 2023	
New Forest 10	10 Mile	29 October 2023	
Hayling 10	10 Mile	05 November 2023	
Gosport Half	Half Marathon	19 November 2023	
Victory 5	5 Mile	03 December 2023	
Stubbington	10 Km	07 January 2024	**SOLD OUT**
Ryde 10	10 Mile	4 February 2024	SOLD OUT
Salisbury 10	10 Mile	17 March 2024	SOLD OUT
Alton 10	10 Mile	12 May 2024	Entries open
Netley	10Km	19 May 2024	Entries open
Alresford	10km	16 June 2024	Entries open
Lordshill	10Km	7 July 2024	Entries open

Looking forward to seeing you at the HRRL races, Stacey Read, (HRRL Secretary) my email address is hrrl-secretary@stubbingtongreenrunners.net.

The Time Tunnel

The Stubbington Green Runners' website hosts back-issues of The Green Runner dating back to the Club's inception in 1985. Newsletters - Stubbington Green Runners

This article is from the April 1994 edition (30 years ago!):

THE HISTORY OF CROSS-COUNTRY RUNNING - anon

Competition in running naturally dates back into pre-history. The earliest evidence of organised running is from about 3800 BC in Egypt. Cross-country running, as its name suggests, is long-distance running over open country, not using roads or paths.

In the early 19th century a form of cross-country was called paper chasing or Hare and Hounds - the 'hares' started a few minutes before the others and left a paper trail to be followed by the 'hounds'. Cross-country runners came to be known as 'harriers', after a small hound used to chase genuine hares.

The sport gradually increased in popularity during the 19th century and the first English Championships over 10 miles (16,090m) were held in 1877.

Primarily a winter sport, cross-country was dropped from the Olympics after the 1924 games, as unsuitable for summer sport. Because of the varying difficulty of courses, world records are not maintained.

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/