The Green Runner

https://www.stubbingtongreenrunners.net

March 2026

FEBRUARY'S EVENT

There was only one event recorded on Facebook, and that was the ever-popular Ryde 10!
Supported by many, including our Chairman

Jan
STUBBINGTON GREEN
471

461

129

STUBBINGTON GREEN
352

152

462

Chairman's Report

The club AGM is taking place on Wednesday 18 th March at 8pm at the Bugle Pub in Titchfield. Please make every effort to attend as we need a minimum of 62 attendees to have a quorum. The meeting will be followed by a buffet, so we look forward to seeing you as many of you as possible. Please note that the group runs and coached session will all be starting from Titchfield that evening to give as many of you as possible the opportunity to attend after your run.

We are currently finalising the profits from the 10k and we will hopefully be able to announce our donations to Chestnut Tree House Hospice and YMCA Fairthorn Manor at the AGM. We will need new charities for next year so please give some thought to this and email me with the charity name and your reasons by the end of March – chairman@stubbingtongreenrunners.net . Please remember we do like to donate to local charities so do bear this in mind when coming up with suggestions.

The winter cross country is coming to an end, and we are now looking forward to the variety of spring marathons and the start of the RR10 series, please look out for requests for support at our own RR10 in May at River Hamble Country Park.

Happy Running
Kevin

Advice from a Massage Therapist

JAN SHAW Bsc Hons

Running Injuries

Running has many health benefits, including being a great way to improve general fitness. However, it is thought that up to 50% of runners may suffer from injuries each year. Acute injuries such as falls, fractures, dislocations and sprains may be dramatic but are relatively uncommon. The majority of injuries, up to 80 %, are chronic injuries due to overuse. In terms of sports injuries, 'overuse' means doing something too often, or at too great an intensity, without sufficient time for the body to adapt and recover.

Risk Factors

The biggest risk factor is having previously had a running injury, so prevention really is better than cure. Other risk factors are:

- Increasing training too quickly, whether that's distance, speed or intensity ● Muscle weakness or imbalance
- Unsupportive running shoes
- Insufficient recovery time

Common Running Injuries

The most common running injuries involve the knee, ankle, foot, hamstring and tibia (lower leg). The issues are generally in the soft tissues ie muscles, tendons and ligaments, rather than the bones.

- Ankle - Achilles tendinopathy, plantar fasciitis, ankle sprain
- Knee - Patellofemoral pain, Patellar tendinopathy, ITB syndrome
- Hamstring strain, hamstring tendinopathy
- Tibia/lower leg - shin splints, stress fractures, calf strains.

Injury Prevention

Injury prevention is a holistic process and involves many aspects of a runner's lifestyle ● Know your limits. Whether a beginner or an experienced runner, build up slowly ● Warm up before a run and cool down and stretch afterwards - this isn't just for club sessions.

- Invest in good running shoes which are right for your feet and your running style ● Build in recovery days - the body needs time to adapt to new routines and to repair the micro-tears that can occur in tough sessions.
- Include strength training in your regime. This becomes even more important as we get older.
- Fuel your body. Carbohydrates are good for immediate fuel, but we also need protein for muscle repair, and it is recommended to 'eat a rainbow' to provide antioxidants. Vitamin D is good for bone strength.
- Stay hydrated, not just during a run but also before and after. Dehydration can have a big impact on performance
- Sleep. It is while we are sleeping that much of our tissue repair occurs.

- Sports massage and soft tissue therapy can be beneficial to pinpoint areas of stiffness and aid relaxation and well-being. Identifying areas of concern early may prevent long-term injury. During training for a particular event, it can be helpful to have a massage every 4-6 weeks.
- Ice or heat. This depends very much on personal preference, but temperature extremes can be helpful eg ice baths, saunas or heat pads.

It’s good to challenge ourselves sometimes, and whilst success can be a case of mind over matter, it’s just as important to listen to our bodies.

Members Articles

Claire Johnson is running the London Marathon for a charity very close to her heart!

I am excited to be running the London Marathon next month. Having unsuccessfully entered the ballot 9 times to be selected for the Oasis 2026 Team is a real dream come true. As a team, we are raising money for Oasis' Youth and Community Work.

Oasis' mission is to build stronger communities where no one is left out. Oasis East Southampton works in some of the most deprived areas of Southampton. As Hub Team Leader for Oasis East Southampton, I have the joy and privilege every day of seeing and being part of the difference Oasis' Youth and Community Work makes to children, young people and their families through its holistic support. We support the residents of SO18 and SO19 postcodes through youth, community and food projects.

Youth - we run youth clubs providing safe places for children and young people to go, a Prom Hire service ensuring no Year 11 student misses out on going to prom due to lack of finances. Through our detached youth work, we engage with young people out in the community. We provide mentoring to help young people grow in confidence and overcome life's challenges. In the school holidays, we run day trips to give our young people experiences that so many of us take for granted.

Community - we support the wider community through drop-in sessions, a parent and baby group, parenting programmes and help with accessing wider practical support with the costs of living.

Food - we run food pantries in different locations, helping people struggling with food poverty access affordable food. Our pantries are hubs where users can access other services and professionals, such as social prescribers and mental health services.

My fundraising target is £2,000. So, if you can help me reach this target by donating towards the amazing work Oasis does, I would be so grateful. You can either scan the QR code or use this link

https://oasischaritabletrust.enthuse.com/pf/claire-johnson

Thank you for your encouragement and support.
Claire Johnson

Heather Graham made the brave decision to combine a half-term holiday with a half-marathon, what a great idea, or so she thought….

Malta Half Marathon 2026

Best bits: Crossing the finish line, remembering to start and stop Garmin (Ha!), glorious Mediterranean sunshine after 56,000 UK rainy days since January 1st, humongous medal, downhill.

Worst bits: getting up far too early, worried about missing the plane back (one plane per day), doing it solo ☹

Surprised by: ready-opened water bottles given by local Scout peeps every 5K, live music on route by several groups, aching hips, not calves, 24 hours after.

Number collection the day before was like a queue at Disneyland … just when you think you are there, it goes on for ages! Everyone got a race bag with their number written on it. What a great idea.

Recce'd the finish line. Back to the hotel and try to sleep. Who else checks out of hotels at 5am? On the day, 5.30am -nice breakfast at the partner hotel around the corner for all marathon peeps, (Pastries and coffee anyone?) 6.15am Coaches to the start from the seafront. Gorgeous Medina was the start, and lots of films have been made here. Got a chance to walk around before the start to keep warm.

Bag drop in several DHL yellow vans with number categories – how terribly organised. 7.45am warm up led by two Fitness Girls with head mikes and too much energy, but good fun. The organisers had SOOO much energy and were trying to hype us all up for an hour beforehand. 8.15am and they're off. Cue Music from the Rocky Film…. Uphill to start (!) then downhill all the way.
14 degrees at the start, and lots of sunshine, so it felt much warmer. Do NOT forget your sunglasses!

Three-hour cutoff for half-marathon, managed to do this. Yay!!. Obligatory Banana and water at the end for finishers. Same energy from the organisers at the finish as at the start. There was also a Full Marathon, Walkathon and 5K. Tempted to wear my medal on the plane back, but it was huge, and I was worried about being detained by Airport Security. (Has anybody given you anything to carry on the plane, madam?)

If you like the 13.1mile distance, sunshine and running downhill, this is a good event to do. I went out a couple of days earlier and was touristy. Will definitely go back to Malta with my family as I enjoyed it.

Stubbington Green Runners Quiz Night

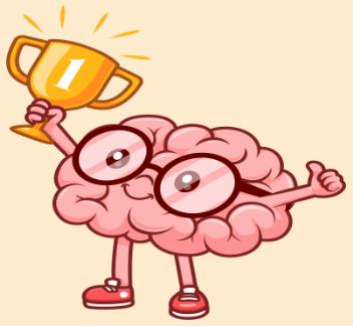
Date for your diary - Friday 15th May, 6:45pm for 7:30pm start

Lee on the Solent Community Centre, Twyford Road, PO13 8JU.
(Entrance on main road, car park at the rear as well)

£10 per team - pay on night - max 6 per table, (we can make up teams on the night).

Licenced Bar (club prices). You can bring your own nibbles

There will be a FB event created, otherwise please let us know if coming, with numbers, to: - steven.hull58@gmail.com



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The 1% Club, Who Wants to be a Millionaire, Mastermind, Only Connect, Egg Heads, Bridge of Lies, QI, Impossible, Pointless, The Chase, The Weakest Link

News From the Editor

This month I'm championing JEFFING, my method of getting me through the Logn Runs.

Jeff Galloway passed away 25 February at the age of 80, he was one of the most important figures in the history of American distance running, a former Olympian turned inspirational figure whose run–walk–run training system — known as the Galloway Method, or "Jeffing" — opened the sport to hundreds of thousands of weekend warriors and contributed to the running boom.

Jeff Galloway wrote about the "power of positive running", he taught runners to think of three magic words to run positively. These words were RELAX, POWER, GLIDE.

When he felt his body tighten and fatigue toward the end of a marathon, he focused on the word "relax." When his brain told him he might not have the energy to finish, he mouthed the word "power." And when his form fell apart during the final miles, he locked in on the word "glide."

He also devised the Run-Walk-Run method that became the term JEFFING.

What is Jeffing? Here's how to do the Run-Walk-Run method
Many new runners use the Jeffing method when they start, but it's been said that seasoned runners can also benefit from taking frequent walk breaks for improved performance.

Run-Walk-Run (Jeffing) is pretty much exactly what it says on the tin! It's a type of interval training where you alternate between walking and running. The length of the intervals depends on your running ability and the type of training you are doing. Runners of any fitness level can use it to improve performance and run enjoyment. It's used very often in trail running and ultra marathons, especially when taking on hills and tricky terrain.

What are the benefits of the walk/run method?
Walking intervals can make you a better runner; it can help to build cardiovascular strength without putting excessive strain on the body. It helps those of us who are starting to run for the first time or returning to running after a break, and can help to improve breathing while running.

But you don't have to be a beginner to enjoy the benefits of walk/running. It can actually help you to run faster over longer distances by allowing you to moderate your energy output through the run.

It can also help to prevent injury, especially if you're adding a lot of extra running into your week while following a marathon or half-marathon training plan. Finally, it offers great benefits for the mental aspect of running longer distances. For many, running for more than an hour straight can feel quite daunting. Knowing that there are walking breaks built into your run makes it much more manageable mentally.

How to do Jeffing
The most important thing to remember if you're thinking about doing the Run-Walk-Run method is that you should start taking walk breaks right from the get-go, rather than waiting until you can't run any further. Early walk breaks will help you to feel less tired later. If you wait until you're fatigued, you may not enjoy as many benefits when it comes to performance and injury prevention.

How long should my walk breaks be?
Jeff said that it's best to walk for only 30 seconds at a time, especially if you're looking to improve your race pace. You can also 'bank' those 30 seconds into two- or three-minute intervals taken less frequently.
Some runners like to use heart rate training to inform how long they walk for: they will walk for as long as it takes for their heart rate to return to a certain training zone. You can even use distance to measure your walking, such as running for two miles and then walking for half a mile.
A good rule of thumb to bear in mind when starting to test out different intervals is this: the faster time you're aiming for, the shorter your walks will be.

Example Run-Walk-Run Jeffing intervals
You can use distance or time to measure your run and walk intervals, or a combination of both. Give these a try and see what works best for you.
Run 2 minutes – walk 30 seconds
Run 1km – walk 1 minute
Run 4 minutes – walk 1 minute
Run 400m – walk 100m

You can pre-programme the intervals into your running watch or manually press the lap button each time you switch between walking and running.

Is it OK to walk/run during a race?
There's no reason why you can't walk during a race. Sometimes you'll want to walk for practical reasons, such as taking an energy gel or having a drink. Or your race plan may involve a walk/run strategy.
If your race involves hills, you might choose to walk the hills and run the rest. Walking is actually often the most efficient way to get up a hill, so can improve your overall time.
A run-walk-run strategy can help to break down a longer race, such as a marathon. Even walking for one minute every time you hit a mile marker can give you a mental boost and help refresh your legs.
Just be aware of runners around you when you're swapping from running to walking so that you don't have anyone run into the back of you (this has happened to me many times!!)

How can I use Jeffing to help improve endurance?
If you're aiming to increase your running distance, then the run-walk-run method is an excellent way to build the endurance you need to run for longer periods of time. Setting distance goals can help you to see progression in your running.

For example, extending from 5K to 10K, you could set a goal of running continuously for 5K. Then, to extend your running distance, initially, you may walk for 500m and then run for 500m and then walk 500m and so on, for the total distance. Over the weeks, aim to extend the length of time that you spend running and reduce the time spent walking until you develop the endurance and strength to be able to run the entire distance.

And this can be applied to any distance – even up to ultra marathons!

Captains' Report

Captains Report from Andy Simpson
I'm stepping down as Men's Captain after 13 years in the role. The last three and half years have been blighted with medical issues and injuries which have meant a lack of running and racing during this period. The reason I'm stepping down is because myself and Michelle are moving to North Devon, to a little village called Combe Martin, near Barnstaple. So, once I secure a job, I will be off to pastures new. So, this is my last Captains report over the years I have contributed to 150 plus reports! I have checked out my local running club…Ilfracombe Runners. The running scene has less leagues. Club running sessions are just Monday and Thursday with Tuesday's Strength and Conditioning classes. So, a lot less on offer than at Stubbington Green Runners and Hampshire for races. I will continue to keep an eye on you all and may well comeback for some races in Green. I would like to thank everyone who has supported me over the years, as Men's Captain and Cross-Country Secretary. I hope you will support the new Captain, whoever that maybe. One plus side for you all. the AGM Men's Captain reports are likely to be shorter!!

February certainly supplied enough rainy runs for us and for those out on the trails – plenty of mud.

February started with Ryde 10 mile. A fun day out on the island for our runners and we certainly had a good turnout. Well done to everyone that took part.

Sunday 8th we had a few runners take part in the Believe and Achieve half marathon weekend, well done to everyone that took on these half marathons.

We also had Kieran Chaplin run the Alpaca Wacker Pheonix running event.

Sunday 15th, saw a very wet Bramley 10/20. Well done to Cliff Shaw, Stuart Bamberger, Andrew McEwan, George Howarth, Chris Hall and Sara Bamberger and to Sarah Barron for being our support crew.

Sunday 22nd was the big mud and this certainly lived up to its name. Well done to Marcus Lee, George Howarth, Jon Leigh and Gary Coburn for running. There were certainly a fair few Stubbies out marshalling at different points to.

We had Heather and Brian Graham take part in the Malta half marathon. Well done to Heather on your first half marathon.

We have had a few XC events this month. The CC6 was at Badger Farm with 18 runners turning out for the club. Congratulations to Will Feline who was 1st overall (1st M45), next home for the men's team was Dan Foster 9th (3rd M45), 13th David Mallard and 16th Simon Lewis (st M50). The men currently sit 3rd in the league table with one race to go. The ladies' team were led home by Nikki Roebuck in 10th (1st F45), 20th Sam Hurst, 27th Alison Lawrence and 5th Helen Benson. The ladies currently sit 9th overall.

The Hampshire XC League had its last race hosted by Reading running club. The season has been a disaster this year with the normal 5 races being reduced down to 3 races and the lack of Stubbie runners participating in these races with just Frances Lord running the last race and finishing in 61st and Frances ran all 3 races, finished 75th overall (40th vet overall)! We only had 5 runners across the 3 races, so thank you Mike White 125th overall (41st Vet Overall) , Stewart Pepper, Kieran Chaplin and Kayleigh Collett 108th overall. There's no surprise that for the first time, that I can remember we didn't get a final standing in the ladies or men's leagues!! This is unacceptable in a club boasting over 400+ runners.

Southerns XC race at Alver Valley was Called off due to the excessive rain and the land owners not wanting their land destroyed.

We have a fair few runners preparing for the spring marathons, well done on all your training miles – the miles you are putting in now will certainly help you on the day and enjoy your training.

Forthcoming Club Events and Social

HRRL events

April 12th – Salisbury 10 miles takes place at The Five Rivers leisure centre, Hulse Road, Salisbury, SP1 3NR – Once again Full

May 10th – Alton 10 Mile another great event which takes takes place at Eggar's School, London Road, Holybourne, Alton, GU34 4EQ - Alton-ten-entry page - Enter now before it sells out.

May 17th – Netley 10k which takes place at Royal Victoria Country Park, the course winds through the charming village of Netley Abbey, offering breathtaking views and a fantastic atmosphere. Netley-10k sign up

June 21st – Alresford 10k which takes place in Arlebury Park, SO24 9EP. This is a unique event as bags of Watercress are a part of the finishing prizes. IT's not open for entries yet.

July 5th – Lordshill 10k takes place at Oasis Academy Lord's Hill, Romsey Road, Lord's Hill, Southampton SO16 8FA, a flat out and back event – entries are open - Lordshill-10k-2026 entry page

RR10 League – All are 7:00pm starts.

April 22nd – Fleming Park, Passfield Avenue, Eastleigh, SO50 9NJ. Organised by Totton AC.

May 6th – Itchen Valley Country Park, Allington Lane, West End, Southampton, SO30 3HQ – organised by Lordshill

May 20th – Itchen Valley Country Park, Allington Lane, West End, Southampton, SO30 3HQ – organised by Stubbington (Volunteers will be required!)

None club events

March 21st – Stansted House Trail Run – choice of 21K, 1§5.5K and 9.5K – for more info stansted-house-trail-2026

May 3rd – Southampton Marathon Festival -there's a choice of Marathon, Half Marathon and 10k distances APB-Southampton-Marathon-Festival

May 10th -Great Bristol Run – Half Marathon and 10k – for more info great-bristol-run

If any of these events have caught your eye and you want to find more – click on the link to find more - Runabc.co.uk/hampshire

Remember to wear your SGR shirt at HRRL events; this ensures points are earned for the club and as an individual.

Useful Links

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

SGR Club Kit

SGR Session and Training Calendar

Sessions and Training Calendar