

NOTES FROM THE GREEN AND WHITE ARMY 15 September 2020

Introduction

Amazingly this jam packed mid-month update is actually hitting your in-box at mid-month. Huge thanks to all the contributors.

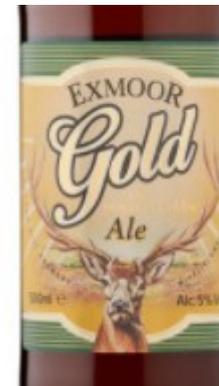
As we enter the 'season of mists and mellow fruitfulness', Men's Captain **Peter Doughty** gets lyrical whilst on holiday on Exmoor.



Exmoor Gold

Well earned beer after that, fantastic twilight run again, love running through evening air, sunset, pheasants, bats, moonlit sky. Although the chasing farm dogs added a certain excitement and HR spike, which I could have done without!

Peter Doughty



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In my naivety I thought the **Dorset Coast Path** was something people spent a week or so walking along. However **Felicity Hooper** and **Darryl Corbin-Jones** ran a huge chunk of it in one go on Saturday,

Weymouth farkrun to the ferry with Darryl DCJ - let's run back from Weymouth
Me - that's a good idea
It was an incredible run, I loved every minute and I'm really grateful to Darryl for coming up with this idea. The scenery along the coast is beautiful but oh wow the hills are tough. I'd done bits before and knew it was steep but I'd forgotten how steep, and the steps, they are endless at times. I may be crazy but it was good to attempt something that pushed the limit of what I thought I was capable of and really didn't know whether I could complete it. I'm very proud of what we achieved. Awesome day out with DCJ along the coast.

Felicity Hooper



Weymouth Farkrun and run to Ferry with Fizz... Not the flattest route.

Fizz will blame me but I'll blame her, had a silly idea about running home from Weymouth she didn't say no so why not give it a go. Typical me I didn't really expect the hills to be as steep as there are or as many, quickly learnt the hard way, and road shoes are not really the desired footwear. I admit I had doubts around 10 miles I'd finish, Fizz didn't once complain or look like she had any doubts. We had a great run walk plan and we discovered Fizz walks so so bloody quick that she set the pace for the walk and I'd do the running.

Some amazing views and a truly amazing experience. So many highlights but not being thrown off the cliff for moaning is up there.

Honestly a great day and very pleased we achieved what we set out to do. Learned a lot about trail running and also Fizz is a nutcase!

I'd recommend it to anyone to do, it wasn't really that hard but we didn't want to make it look easy so took our time and clowned around for 11 hours

Darryl Corbin-Jones



Miles: 38.89 Elevation Gain: 6,782ft Time on their Feet: 11 hours, two minutes 44 seconds

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Westie Wednesdays



The latest guidance from England Athletics is that "... the recent announcement from the Government results in NO CHANGE to Athletics and Running activities ...". So, our Wednesday 'social/looping back/no one runs alone' run can continue. We'll continue to meet on the prom by the Durley Inn at seven o'clock and until we see the back of the virus we will run in groups of no more than six so please do book with me in advance at; wrcclive7@gmail.co. With the virus appearing to get a second wind, **we'll need to be extra vigilant with our social distancing** on a Wednesday and please don't attend if you are feeling unwell.

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Lock down has affected us all in different ways. Take it away **Peter Rejchrt**:

"Where do you see yourself in five years' time?" A favourite interview question, to which my response would normally go along the lines of a rapidly changing external environment and how difficult it is to devise a personal plan in the face of such extrinsic uncertainties. I rarely got the job, but then 2020 happened and who predicted an external event of such magnitude that much of what we've taken for granted got turned on its head? Including, as for so many others, a raft of race cancellations.

When confronted with such a huge environmental change, it seems humans react differently and I started running. A bit more than before, to be exact trebling my weekly distance. Our beloved club secretary Clive has on countless occasions asked me why do I keep running when there are no races for motivation? So, this is an attempt to crystallise my own thinking having completed an unintended 100 days, and counting, running sequence.

My starting point back in March was a UK government-imposed lockdown (LD) and accompanying edict on exercise, which I interpreted as you have a right to leave your property once a day for exercise, you better make sure you use your daily allowance. At the same time, my weight-lifting gym closed and I moved into the garage, but mentally my focus shifted to the great outdoors and I became more a runner who fits in resistance training when he can.

At the same time a reading recommendation by our former chairman Neil convinced me to re-read Murakami's *What I Talk About When I Talk About Running*. As a Nipponophile and keen reader of



Murakami, this seemed appropriate timing. Spoiler alert...avert your eyes from the next line if it's on your to do list. The fundamental crux of his book on running is that even when running in a marathon race you are actually running against yourself.

So, who needs racing? And you have to go out once a day. And I'm extremely privileged to live on the edge of the New Forest with a multitude of footpaths and tracks. So I set off to explore and re-discover long since forgotten paths. This then became a theme for the first full month of LD. I soon started to realise just how fortunate I am and the old ways of chasing up the M3 for a Sunday 10k or spending hours trundling on Dorset's back roads to get to a race really aren't so important when you have an entire national park on the doorstep.

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Continued:

On the western escarpment of the New Forest there's a fair few hills and so that became a theme for June, finishing the month with enough elevation to conquer the highest Andean peaks (Aconcagua, 6962m). Having themes and mini-challenges has certainly helped with keeping motivated, even on days where the legs, body and mind ache. These were monthly or smaller mini challenges, such as:

- Trying to get to the southern New Forest south of the A31 (and making it back)
- Running to two counties (I have a choice of Wiltshire and Dorset that are runnable)
- Running through all of the tunnel underpasses of the A31 as it crosses the New Forest
- Creating a time trial route, participating in 1MC and 2km challenges.

The new path a day and as much hilleage as possible have been constants.

Then in July I discovered Strava segments. These are a good way of competing virtually on defined segments against runners you may or may not know. Getting on the segment leader board is a good way of testing your speed on different terrain, elevation and stage lengths from 150m to 4.2km. Getting the course record and Strava crown, of course, is also a great challenge and sense of achievement. And I now have a few of these under the belt, which helps to keep you motivated, especially when some of the local students start chasing you and taking your hard-earned crowns.

As you may have gathered from the interview answer, forward planning isn't necessarily at the forefront of my thinking, therefore 100 days of running, well, it just happened. In April and May I did have a few "rest" days when I swapped running or walking. Those who know me well will know that rest usually involved cutting down trees, knocking down the house, yoga, gym and anything but conventional rest. I was, however, finding it harder rather than easier to get back to the running after my walking days, so I just continued running. And continued. As have all the little motivational aids, such as hills, segments and new paths.

Some of the running fraternity talk of a lost year, for me it's been an absolutely amazing year. From the wealth of opportunities, the challenges, re-discovering the joy of running, the continuity, seeing the change of the seasons, being out in nature, spotting wildlife, appreciating the length of the heather flowering season on the heathlands. I could go on. Even connecting with neighbours within 500m of home that I never knew are decent runners, the benefit of stalking other runners' Strava segments!

And so I feel vindicated in my interview question response. Would I have planned it? No. I would still be in my old ways driving along a tedious motorway to workout in a less than salubrious student gym for 2 hours a day and racing on Sundays. Have I adapted to the change in the external environment? I'll let you be the judge. Will it stick? I hope so. Undoubtedly, there are challenges ahead as the days darken and the weather is less kind to a fair-weather runner. Has it changed me? For someone with feet as itchy and restless as mine, I won't deny there's probably a couple of big international road races that might still hold

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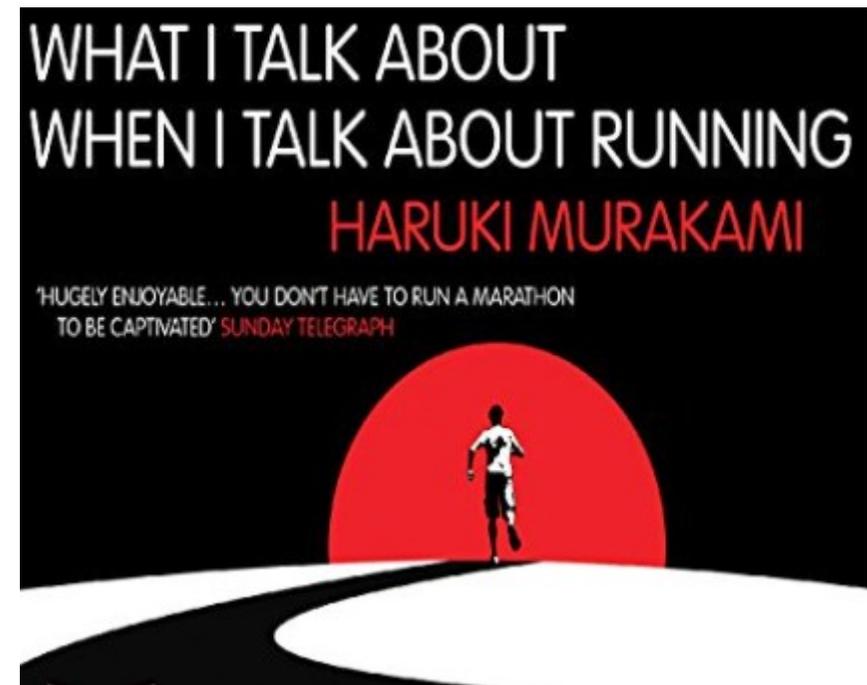
some attraction. But I whole-heartedly believe 2020 has helped me understand more of why I run and what I enjoy about running.

And yes, these are long Rejchrt ramblings about the philosophy of running without actually answering the question of why run 100 days in a row, averaging as of this writing on 9/9/2020 after 107 days, 13.9km per day with 221m of hills a day. Yes, the distance is probably rather high and my local terrain rather tough for this level of daily activity to be sustainable, but I don't have a crystal ball: We're in an ongoing global pandemic, we're still alive and still mobile, so let's get out there.

For those of a data bent, here's a few metric stats:

Sequence days	Distance	Elevation
1-25	351.7	6107
26-50	343.2	5647
51-75	364.3	5534
76-100	326.5	5154
Total	1,385.7	22,442
Average	346.4	5611

Peter Rejchrt



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After all that running here are a few words from **David Green** on his cycling adventures:

So Clive has asked me to provide an explanation for why I am doing 'all this cycling', although I also read this as having to justify why I am cycling, not running! Happy to oblige Clive and hope at least one other person may be mildly interested. In 2019 I had two operations on my left knee, one in February and one in November. I was convinced the first op had not resolved the issue and a follow up MRI scan proved that to be the case, so having weighed up the pro's and con's I went back for more. The second op was performed by a different surgeon – but both of them warned me that my running days were probably over – although I did like the way that one of them put it when he said "I've given up telling runners to stop running as they don't listen. It's your knee and your life and it's up to you how long you want your knee to last." I took this as a clear green light that I would be able to run again in the future. But he did also recommend cycling and swimming instead. I am terrible at and don't enjoy swimming so I (literally) dusted my bike down and got it out of the loft.

At first my only reason for wanting to cycle was the hope that it would strengthen my knee so that I could run again. I think because of this is felt like a chore and was not enjoyable. But then a change of mind set enabled me to enjoy the cycling for the cycling. It took me months to get up to any sort of distance or speed and I honestly thought my cycling days were over too. But with a lot of perseverance



it started to come good, I have got back to going on group rides with my cyclist friends and I have managed a few achievements too – highest ever miles in a month (720), fastest ever ride (average 19.1mph) and at time of writing I am only 50 miles short of my 'most miles in a year' having just tipped over the 3,000 mark. The unknown at the moment is whether my strategy to strengthen the knee to enable me to run has been effective. I have been out running a few times, it's felt a bit laborious but so far so good – no knee pain at all !! I'm reasonably confident that I can do a few 5k's a week without doing myself any damage, but I am now enjoying the cycling so much (and aiming for 4,000 miles this year) that I think I am going to continue with that for the time being and cautiously switch to running when winter is setting in. I am still really missing parkrun and will be very happy to plod round one of them whenever they are allowed to start up again. The big question then is going to be how long can I keep up with my keenest runner child, who has PB'd in each of the 5 parkruns he has done – the most recent at Lyington on 14 March in a time of 28:25, aged 7 and a half.

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Parkrun has announced that they hope to return before the end of October. Meantime thanks go to **Felicity Hooper** for continuing to administer the phenomenon that is **farkrun**.



Weekly Club results

Club	No. of runners	Points for most runners	3 farkruns	Points for 3 farkruns	6 farkruns	Points for 6 farkrun	12 farkruns	Points for 12 farkrun	24 farkruns	Points for 24 farkruns	Total points
Westbourne RC	14	3	0	0	0	0	0	0	3	18	35
Christchurch Runners	8		0	0	0	0	0	0	0	0	8
Deckchair Dynamos	7		0	0	0	0	0	0	0	0	7
Poole AC	0		0	0	0	0	0	0	0	0	0
Littledown Harriers	0		0	0	0	0	0	0	0	0	0
Bournemouth AC	0		0	0	0	0	0	0	0	0	0

- 1 point per runner Number of runners completing farkrun for the club
- 2 points per runner Individual completing three farkruns
- 3 points for the club Club with the most runners
- 4 points per runner Individual completing six farkruns
- 5 points per runner Individual completing twelve farkruns
- 6 points per runner Individual completing twenty four farkruns

Cumulative club results

Club	Total points
Westbourne RC	568
Christchurch Runners	464
Deckchair Dynamos	228
Littledown Harriers	15
Poole AC	10
Bournemouth AC	1

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Thanks to **Aaron Beaton** who has stepped up to devise a second TT route (and a simple one to follow at that). See Face Book for the route and you have until 21st September to register your attempt.

Route Nine – Matt Bishop’s Westbourne Loop

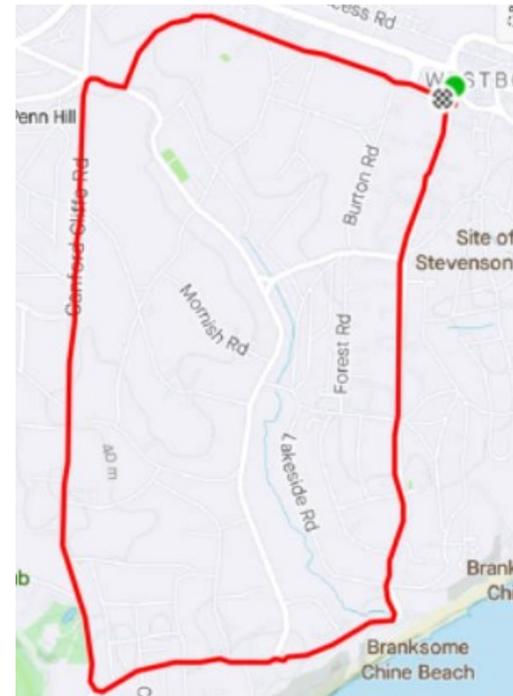
Aaron Beaton
 Richard Colbourne*
 Matt Bishop**
 Tim Evans
 David Child
 Geoff Parrott

34.04
 34.55
 37.48
 38.13
 38.29
 42.37

*"I think my my Fitbit broke at the beginning but another interesting undulating route."

**"With my current fitness level I was regretting putting the hills in before I had even left Marlborough road and I'm not sure the steps were a good idea - they are steeper than I realised, hopefully everyone took them easy and didn't slip down them. I had planned to run it this weekend but I've been unwell - luckily I did a trial run midweek so I have a time to submit. I hope everyone that ran it enjoyed the route and didn't find it too much of a challenge like I did."

Route Ten 'The Rectangle'



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Liz Dyle was the 'winner' of **Judith Coole's Treasure Hunt**, but having already set one batch of clues has passed the baton on to me (see below).

So on to the next set of clues, which rather than a 'first past the post' Treasure Hunt is a 'who can score the most runs' Treasure Hunt. Yes, it is based on that popular in-car game 'Pub Cricket'. We've all played it, you know, the one that is more interesting than 'I-spy' and less violent than 'Yellow Car'.

So the adapted rules for running are:

- You need to submit five photographs of pub signs.
- For each leg visible on the pub sign you score one run (note the word visible, the pub may be called The Black Watch but if there is only one soldier on the sign that is two legs equalling two runs). So, it is the pub sign that determines the score not the pub name
- Normally if there are no legs on the pub sign that is a wicket, but in the unlikely event of anyone submitting a pub sign with no legs on it, for this variant a legless sign is a dot ball.
- The photographs can be accumulated over any number of runs, but each run must be at least 5K (so, no you cannot stop the car when you see a high scoring pub sign and take a snap whilst jogging on the spot).
- Closing date is 30th September.

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As always I'm sure I've missed quite a lot that could have been included, so just let me know and I will add them next time.
All contributions gratefully received and thanks to everyone who has helped with this edition.