

RELAY

Spring 2017



ROMSEY

ROAD RUNNERS

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Cover Photo: Alice Lane, Julie Shanker and Becky Tovey after completing the Seville Marathon.

Photo credit: Julie Shanker

Dates for your diaries

by Liz Slade

Tuesday 18 April – Pasta Party at The Sun Inn, Romsey, 7.00pm; to wish the London and Southampton Marathon/Half Marathon runners well. Lots of food, quizzing and chatting! Cost £10.50 per head. Sign-up sheet and forms available on club nights until a week before the event.

Sunday 4 June – Post Beer Race BBQ for all marshals and their families on the recreation ground by Braishfield Village Hall, starting around 12:15. There is no charge for this event as a thank you to all who help on the day.

Couch to 5k – Romsey Get Running!

Are you a running novice who wants to improve your fitness and running ability? Experience of running is not necessary, only a sense of fun and willingness to commit to the Couch to 5km plan **'Romsey Get Running!'** This is a recognised beginners' running programme undertaken nationwide. It involves you committing to an hour's training each week for ten weeks where you would be coached by experienced friendly session leaders who will encourage and help you to increase your fitness and achieve 5km of continuous running. If you can practice and train at home, you will achieve even quicker results! At the end of the programme you will even receive a tshirt and certificate commending your success!

Running is a wonderful way to de-stress and make new friends. **'Romsey Get Running'** starts on Thursday 4 May 2017 at 6.20pm, at Mountbatten school.

There will be a small charge which goes towards the running of the club.

New online kit store

You can now browse our range of kit, see what's in stock, and place orders via the website! We can now also accept payment online, as well as via cash/cheque in person.



Other latest kit news:

- we have more **hoodies** just come in, which is good news if you were waiting for one in your size;
- we are now stocking hi-vis **hats** and **gloves**;
- we are about to get a new range of technical t-shirts, and so the v-neck t-shirts (**mens'** and **ladies'**) are on special offer at **£10** each (limited sizes available).

If you have any questions, or suggestions for other kit, please get in touch with Daniel, our Kitmaster.



ICE tags – essential kit

The club committee is **strongly recommending** that everyone carries emergency contact info with them whenever they run.

ICE (In Case of Emergency) tags are small printed cards that are printed with your name and an emergency contact number. They can also detail any important medical conditions that you may have.

Even the best of us can slip or fall, near or far from home, and these tags could save your life – or at least ensure your loved ones can learn your fate quickly...!

We have teamed up with icetags.co.uk to offer you ICE tags at a very reasonable price, please see the [kit store page](#) for more details.

Looking forward to seeing all the inventive ways you can wear them ;-p

New website for Romsey cyclists

A new website has been set up to help local cyclists find out about some of the organised rides coming up, and to allow members to find riding buddies for ad hoc jollies.



And best of all, it's called... Romsey Road Riders!!

It's very new so will take a little while to gain momentum, but if you like the odd bit of cycling, please visit the website and sign up: www.romseyroadriders.uk

Membership Report

by Penny Jennings

Our membership is already at 111 and thanks to the new online membership form my job is a lot easier!

New members include; Lynn Lawrence, Sarah Kinlock, Grace Sparey, Jill Baker, Melissa Kona, Ophelia Matthias, Matthew Brown and Simon Lun all from Romsey. Shelly Provan is from West Dean.

Shelly Provan

I joined Romsey Running Club after seeing their advertising board at Romsey Sports Centre. I go there on some occasions due to being a PE teacher at The Romsey School. Having just retired from Football because I wanted to spend more time with my family, I still needed a way to keep me fit that was local. Within 10 minutes of arriving for my first session I knew this was the club that would help me to do that. I couldn't believe how friendly everyone was and how organised the sessions were.

Now I am able to spend time with my little boy and keep fit. My motivations for the coming year are to enter a couple of 10k runs and to improve my fitness generally.



Sarah Kinlock

I am originally from Oldham, North Manchester and after leaving the Royal Air Force, I moved to the new Abbotswood estate Romsey just over 2 and half years ago. I have joined Romsey Runners to socialise with like minded people who like running and to keep fit. My ultimate ambition is to try and run a marathon one day (certainly a half marathon) but this summer, I would like to start by running some 5k races and build up to a 10 k one. I currently work as a Team Leader in the Civil Service and I am also treasurer of the Abbotswood Community Association, which organises social events for the new estate and adjoining neighbourhoods to welcome newcomers to Romsey.



Jill Baker

Hello, I recently joined Romsey Road Runners to improve my fitness levels and to see if I can get the running bug. I haven't done much running prior to joining the club, I enjoy playing netball and love any watersports.

Lynn Lawrence

I moved to Romsey 2 years ago with my teenage daughters. We had a challenge at work to take on the Great South run 2016 so I started training in January last year starting with the couch to 5k program, The challenge was successful and I got the running bug and with some gentle persuasion from Becky I decided to join the club.



Ophelia Matthias

I am so happy to have finally joined Romsey Road Runners! Joining the club has been on my, 'to do list' for ages. I really love the buzz I get from running.

I previously considered myself to be a 'summer time jogger.' However, after now braving the rain, fog and bitter cold I am truly converted.

My usual exercise regime has consisted of lots of walking and High Intensity Interval Training with the odd 5k Race For Life thrown in, and the obligatory mum's race on sports day.

My main goals are to: have fun, meet people, move from the back of the group to nearer the front and to eventually enter a 10k. I am also looking forward to the track events in the summer as I much prefer short distance sprinting.

Matthew Brown

Hello everyone, I'm Matty! Formerly known as "a drinker with a running problem" at my old club in Devon, I only PB hungover and have been running competitively for 15 years. I recently moved to Romsey to be closer to work in Portsmouth and am hoping to get myself back to race-fitness with RRR this summer! It's a pleasure to be running with the club!



From the archive

In the nostalgic mood set by David's article let's look back to 1991 RRR handicap table.

	TIME	EST. TIME	10K	
1 MARGARET GRIFFIN	22-29	24-30	----	
2 IAN MASTERMAN	21-27	24-00	----	
3 MARTIN KEANE	19-18	20-30	----	
4 SUE HOOPER	23-50	25-00	----	
5 KAREN KEANE	23-23	25-00	48-48	✓
6 RAY HOOPER	21-05	23-00	41-50	
7 GERRY HOOPER	19-41	20-30	41-00	
8 SABRINS DIGGINS	19-49	20-30	42-17	
9 CHRIS LANE	19-40	20-12	40.13	✓
10 JUNE DAVIES	22-13	22-15	44-21	
11 BRUCE MADDICK	19-16	19-30	39-52	✓
12 KEVIN HOCKNEY	18-48	19-00	38-18	
13 MIKE TOWNEND	21-05	21-00	41-11	
14 ALAN CHATFIELD	22-07	22-00	45-17	
15 STEWART McCALLUM	23-08	24-00	----	
16 DAVE ROBINS	18-13	18-00	----	
17 ALAN COURT	19-23	19-00	38-12	
18 DAVE NIXON	20-56	20-30	41-37	✓
19 EMMA LEWIS	31-59	31-30	----	
20 WENDY COOPER	24.45	24-00	49-02	✓

ONLY 2 MINS. 46 SECONDS SEPARATED THE FIRST AND LAST RUNNERS

Romsey 5 Mile Beer Race 2017

The Romsey 5 Mile Beer Race, organised by Romsey Road Runners, will be held on Sunday 4 June 2017 at the earlier time of 10.00am and entries are now open! Although RRR members can't enter the race, your friendly faces are very much needed to marshal and provide homemade cakes! More information will be provided nearer to race day but in the meantime, please put the date in your diary and encourage your (non-RRR) friends and family to enter now as places are selling even faster than the previous two years. For further information and how they can enter can be found on the [Beer Race](#) page of the club's website.



This year will also see the inaugural 1km fun run for 4-14 year olds which is also open to club members children and grandchildren.

Following both races there will be a BBQ for all members and their families who help on the day.

Pentathlon 2016/17

For those who are new to the club and wondering what this is all about, the Pentathlon is a friendly, intra-club competition, where we each try to log a time over 5 of the following 6 officially recognised distances.....**5k, 5miles, 10k, 10 miles, Half Marathon and Marathon**. The competition runs from 1st October to 30th September every year. Scoring is based on a points system, fastest time for each distance gets the most points. It's an awesome way of comparing results year on year, distance on distance and also a fun way of pushing yourself towards a new PB!! To qualify for the trophy you need to have clocked 5 of the 6 distances over the duration of the season, and all of those races need to be officially measured – this does rule out some of the off-road races, because they tend to be a bit less accurate, but still great fun and brilliant training!!! Here is how the table stands so far, 5 months in!!!

Mens Standings

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)	10m Time	Score	Half Marathon Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
Mark Stileman			00:33:07	40 (1)	00:38:13	40 (1)			01:24:47	37 (2)	03:12:39	40 (11)	157
Neil Jennings							01:03:17	40 (1)					74
Paul Whitaker			00:35:20	30 (5)	00:47:48	37 (2)			01:26:00	34 (3)			67
Paul Burnage			00:34:08	37 (2)			01:19:10	27 (8)					64
Ian Winkworth									01:45:13	28 (7)	03:57:00	34 (3)	62
Dave Gardner							01:14:43	32 (4)	01:45:29	27 (8)			59
Mark Winkworth									01:46:30	26 (9)	04:09:00	32 (4)	58
Dylan Needham							01:33:12	26 (9)	02:23:43	23 (12)			49
Matt Hammerton									01:15:31	40 (1)			40
James Battie							01:03:34	37 (2)					37
Toby Burrows											03:21:35	37 (2)	37
Wayne Windebank							01:09:43	34 (3)					34
Rob Webb			00:34:22	34 (3)									34
Duncan McDonald									01:41:42	32 (4)			32
John Quayle			00:34:32	32 (4)									32
Daniel Lurcock									01:42:41	30 (5)			30
Mark Adams							01:16:02	30 (5)					30
Peter Hartley-O'inn									01:44:39	29 (6)			29
Mark Suddaby							01:16:47	29 (6)					29
Jim Wright							01:17:29	28 (7)					28
James Instoe					0:29:16	40 (1)			01:48:02	25 (10)			25
Ben Sharman			0:31:41	32 (4)					02:08:26	24 (11)			24

Ladies Standings

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)	10m Time	Score (rank)	Half Marathon Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
Becca Lurcock	00:21:39	40 (1)	00:34:41	37 (2)			01:20:18	37 (2)	01:43:07	37 (2)			151
Amanda Hill			00:32:02	40 (1)			01:06:53	40 (1)	01:31:55	40 (1)			120
Alice Lane									02:04:20	32 (4)	04:21:13	34 (3)	66
Anna Duignan			00:45:58	32 (4)					02:07:00	30 (5)			62
Penny Jennings							01:35:21	29 (6)	02:08:14	29 (6)			58
Deborah Rees							01:58:47	25 (10)	02:15:55	28 (7)			53
Becky Tovey											03:45:37	40 (1)	40
Karen Pethick					01:14:49	40 (1)							40
Brenda Topliss													37
Lynda Brown													34
Suzanne Gardner			00:41:51	34 (3)			01:24:24	34 (3)					34
Ali King									01:49:34	34 (3)			34
Sue Sleath							01:25:14	32 (4)					32
Julie Shanker													32
Jo McKenzie							01:35:05	30 (5)			04:35:29	32 (4)	30
Lynn Lawrence			00:51:20	30 (5)									30
Katherine Airey			00:52:26	29 (6)									29
Wendy Couper			01:09:15	28 (7)									28
Nikki Skeats							01:38:48	28 (7)					28
Bridget Wells							01:38:57	27 (8)					27
Jane Jackson							01:50:05	26 (9)					26

FYI, park run times count..... so send in your park run PB's since October 1st and get those amazing 5k times logged!!!!!!! Results@romseyroadrunners.co.uk

CC6 League.... 2016/17

round up!!!

WOW!!!! AMAZING effort from everyone who took part in this season's CC6!!! Whether you made it to one race, or all 7, EVERY ONE OF YOU has contributed to a FANTASTIC result this year, with the men's and ladies teams finishing 7th and 8th overall respectively!!!! AMAZING!!!!

Apart from coming 7th overall..... RRR also finished an astonishing 2nd place in the team standings on Sunday in the last race of the season!!!! The four finishing positions in team A were as follows...

Neil Jennings, 4th place
James Battle, 11th place
Matt Brown, 16th place
James Cole, 17th place

4 runners in the top 20!!!!!!

To put this into perspective, the club which came 1st in the team standings in the last race, Lordshill, scored 31 points overall, closely followed by Romsey with 48..... the team in 3rd place were Southampton AC, with 83 points!!!!!!!!!! Well done guys, you SMASHED it!!!!!!!!!!

A VERY SPECIAL Congratulations to Neil and Penny, for making it a Jennings double this year to top the table in the RRR men's and ladies standings!!!! Neil finished with an unbelievable top 5 overall position and Penny smashed the ladies standings to come 22nd overall!!!! Well done guys!!! Also, a massive well done to Derek for coming 1st in his age category overall!!!! Finally, James Cole had a fantastic debut CC6 season to come 17th overall in the final standings, giving us 2 men in the top 20!!!! Brilliant effort to all!!!

CC6 LEAGUE 2016/17

MEN

Name	R1	R2	R3	R4	R5	R6	R7	TOTAL
Neil	Jennings	4	-	-	10	4	-	6
James	Cole	-	-	-	17	18	-	24
Alex	Prinsep	-	21	40	25	-	-	44
Daniel	Lurcock	-	47	62	50	48	-	56
Paul	Whitaker	73	-	95	68	75	-	-
Derek	Kelly	106	87	138	96	-	-	109
Ken	West	101	-	134	91	118	-	120

CC6 LEAGUE 2016/17

LADIES

Name	R1	R2	R3	R4	R5	R6	R7	R8
Penny	Jennings	37	-	56	31	31	-	36
Julia	Abab	46	32	-	32	-	-	42
Jo	McKenzie	40	30	51	-	26	-	-
Liz	Slade	49	41	70	36	37	-	45
Elizabeth	Princep	-	-	60	37	36	-	50
Dorota	Hatch	44	38	-	-	54	-	43
Marion	Kelly	-	40	62	26	34	-	-
Karen	Keane	-	46	-	48	53	-	-

Just to remind you about the last few Cross Country races, here are some photos together with the few encouraging words on each of them from Becky's emails.

Race 5 – Badger Farm – 8th January

For those who felt like some mud, hills and off-roadness to kick off the new year, there were great events for you to choose from on Sunday 8th January!!!

The course is 5 miles long and this year has been modified to include gates at the Compton Down end of the course (now if you ask me, if they really wanted to challenge us they could've included an extra short sharp hill..... oh..... wait, hang on..... yep, there IS an extra short sharp hill..... leading up to said gates)..... Jolly Good!!! SO in short..... this is gonna be fun!!!!

A MASSIVE HAPPY NEW YEAR to you all!!!!!! Bring on the hills, fells, efforts, mud, races, laughs, sweat and madness!!!!!!!!!!

Race 6 - Kings Garn Gutter Inclosure - 22 January

This was a race organized jointly by Romsey Road Runners, Halterworth Harriers Running Club and Southampton Triathlon Club. The course this year was as usual suitably wet, slippery and very muddy, with just a short section on gravel and a nice slippery hill to finish. 96 men and 68 ladies braved the elements!!

Many thanks to all on duty, you all came along cheerfully in the cold conditions and did a fantastic job. Many thanks also to STC and HH for all their hard work, cakes and goodies all much appreciated please pass our thanks to all your members attending. Collectively we made a truly fantastic host team for the event.



Race 7 – Dennywood - 19th February

The course is the same as previous years, about 5 miles long, with gravel tracks, woodland and grass paths. There is a small road crossing at the start/finish, but trail shoes are definitely recommended - I believe the words post-recce were WET MUDDY..... and AWESOME!!!! (OK, I might have added that one).



Race 8 – Wilverley Plain - 12th March

The course is a single loop of approximately 8km, consisting of the standard grass, gravel track, mud, bogs and water crossings!!!!!! If that's not motivation enough to come along, there'll be tea and cake afterwards!!!!!!

Just a few snaps from the last race Sorry, the "photographer's" phone died about half way through the field, but might we say how good everyone looked at the top of a pretty steep climb!!!! C'mon Romsey!!!! Also, where else in the UK Or the world.... are you required to delay the start of a race to let the wild ponies gallop across the start line in peace!!!! LOVE IT!!!!



RR10 2017 fixtures

With the RR10 season fast approaching, this is what the upcoming fixtures table looks like..... get those dates in your diary!!!

	When	Where	Time	Hosts	Sitting Out
Race 1	April 19	Royal Victoria Country Park	7:00 pm	Southampton AC / Itchen Spitfires	Halterworth
Race 2	May 3	Stoney Cross	7:15 pm	Totton	Romsey / Eastleigh
Race 3	May 17	Wilverley, Sway	7:30 pm	New Forest	Hedge End
Race 4	May 31	Recreation Gorund, Blackfield	7:30 pm	Hardley	Winchester / Wessex
Race 5	June 7	Fleming Park	7:30 pm	Running Sisters / Halterworth	Southampton AC / Itchen Spitfires
Race 6	June 21	Manor Farm Country Park	7:30 pm	Hedge End	New Forest
Race 7	July 5	Marwell	7:30	Eastleigh	Hardley
Race 8	July 12	Whiteley	7:30 pm	Stubbingotn	Lordshill
Race 9	July 19	Janesmoor Pond, Stoney Cross	7:30 pm	Romsey / Wessex	Running Sisters / Stubbington
Race 10	August 2	Itchen Valley Country Park	7:15 pm	Lordshill	Totton
Race 11	August 16	IBM Hursley Park	7:15 pm	Winchester	NONE

So our "sit out race" (basically, to limit the number of cars at each race, each club is given a race which they are asked NOT to turn up to), is Race 2, May 3rd at Stoney Cross.

Our hosting race is the Race 9, at Janesmoor on the 19th July, so look out for further info from Ken on how to sign up for marshalling duties for this one!!!

Otherwise, Race 1, Royal Victoria Country Park, in just about 2 weeks time..... who's in????!!!

Race Round-up.....

Here are a few of the racing highlights from the year so far....

January		February		March	
Romsey 5 mile		Bramley 20 mile		Berkhamsted Half Marathon	
Amanda Hull	32:02, 4 th lady!!!	Tamatha Ryan	2:40:08	Mark Stileman	1:24:47
Rob Webb	34:22				
John Quayle	34:32	Seville Marathon		Rhyader 20 miles	
Becca Lurcock	34:41	Julie Shanker	4:35:29	Paul Burnage	2:46:08, 6 th in age group!
Paul Whitaker	35:20	Alice Lane	4:35:57		
Neil Payne	39:27	Becky Tovey	3:45:37	Larmer Tree Half Marathon	
Anna Duignan	45:58			Mark Adams	1:52, 1 st in age group!
Lynn Lawrence	51:20	Winchester 10k			
Katherine Airey	52:26	Mark Stileman,	38:48, 1 st in age group!!	Larmer Tree Marathon	
		Paul Whitaker	47:48	Tamatha Ryan	4:08, 1 st lady!!!
Stonehenge Stomp		Karen Pethick	1:14:49		
Tamatha Ryan	5:15			Silverstone Half Marathon	
Sue Sleath	5:15	Brighton Half Marathon		Mark Winkworth	1:54:05
		Ali King	1:49:34	Ian Winkworth	1:54:06
		Meon Valley Plod		Grizzly	
		Mark Adams	Mark Winkworth	Sue Sleath	3:16:10 (2nd in age cat!)
		Alice Lane	4:30		
		Heartbreaker Half Marathon			
		Matt Hammerton	1:19:52, 1 st place!!!		
		Ben Sharman	2:08:26		

Race reviews

Punchbowl marathon

On Sunday 12th February Romsey Road Runners Tamatha Ryan & Sue Sleath joined Paul Blundell & Alice Ryder from Hardley Runners for the scenic Punchbowl marathon. The event, hosted by Long Distance Walkers Association, is centred around the Devils Punchbowl in Surrey, taking in parts of the North Downs Way and offers both 20 and 30 mile options.

The course is both challenging and scenic with some superb views. This year's event was cold but enjoyable and very good value with a great variety of food laid on at the aid stations and a much appreciated hot meal & cakes at the finish! It is a popular event for runners training for spring marathons.

Seville Marathon

Three keen Romsey Road Runners travelled all the way to sunny Spain to take part in the Seville marathon on 19th February. This year the 13,000 spaces were sold out a month in advance for the marathon claiming to be the flattest in Europe. The fast and beautiful course described as one of Spain's most scenic races weaves runners around the historic centre of the city and crosses the Guadalquivir River on four separate points. The three ladies Becky Tovey (3.45:35), Julie Shanker (4.35:29) and Alice Lane (4.35:57) all completed the course in fantastic times.



The Grizzly

On Sunday 12th March Sue Sleath took part in the 30th Anniversary race of The Grizzly in Seaton. The Grizzly has over 3,500' ascent in its 20 miles. There are two sections of beach, totalling well over a mile; 2 energy-sapping bogs, where runners are often up to their waists in water and mud; and the infamous "Stairway to Heaven", a steep path up the side of a cliff (beware if you suffer from vertigo). Some of the descents are steep and often very slippery, so runners are advised to take extra care. It will take roughly your road marathon time, perhaps longer if conditions are grim.

Having said all the above, this was Sue's 20th Grizzly, she finished 19th woman in 3.16.10!!!

GOOD LUCK TAM AND MARK!!!!.....

***A MASSIVE Good Luck to both
Tam Ryan and Mark Adams
for their upcoming ULTRA
MARATHONS!!!!***

Tam is taking on the **South Downs Way 50 (SDW50)** on the **8th April**, here is a picture of her winning (YES, winning!!!), the Larmer Tree Marathon on Sunday 12th March!!! The SDW50 is a gruelling event, consisting of 50 miles along the beautiful South Downs National Trail, beginning in Worthing and finishing in Eastbourne. This is 1 of 4, 50 mile events making up the Centurion Grand Slam, Tam has already been invited to take part in the NDW50!!!!!!

On the **same day**, **Mark** will be putting those trail miles to the test over the toughest of the Coastal Trail Series events.... The **33 mile, Exmoor Endurance Life Ultra!!** The race boasts approximately 6415 ft of climbing, marking it as a "gruelling test of endurance for even the very hardest trail and fell runners"!!!!

GOOD LUCK GUYS!!!!!! WE KNOW YOU CAN DO IT!!!!!!



Summary of club awards over the last six years

by David Nixon

Six years ago I wrote a series of articles for Relay on the club's participation in the RR10 and London Marathon, and a list of the various club award winners since the club started in 1985. Here is an update since then. If anyone wants to read the original articles please let me know – sorry I haven't checked if they are still on the club website.

RR10 Men

2010	Matt Hammerton
2011	Matt Hammerton
2012	Matt Hammerton
2013	Matt Hammerton
2014	Matt Hammerton
2015	Neil Jennings
2016	Neil Jennings

Ladies

Jane Carter
Hannah White (now Hunt)
Amanda Hull
Tam Ryan
Tam Ryan
Becky Tovey
Becky Tovey

WINTER CROSS-COUNTRY

2010/11	Jim Wright	Penny Jennings
2011/12	Mark Adams	Anni Dawes
2012/13	Christopher Brown	Shantha Dickinson
2013/14	Neil Jennings	Becky Tovey
2014/15	Neil Jennings	Tam Ryan
2015/16	Neil Jennings	Becky Tovey

PENTATHLON

Men

2011	Jimmy Hunt
2012	Ali Longworth
2013	Wayne Windebank
2014	Neil Jennings
2015	Ian Ralph
2016	Neil Jennings

Ladies

Heidi Godfrey
Amanda Hull
Lynda Brown
Tam Ryan
Tam Ryan
Sue Sleath

Veterans

-
Liz Slade
Di Cross
Paul Burnage
Paul Burnage
Brenda Topliss

CLUB HANDICAP

2011	Keith Warwick
2012	David Nixon
2013	John Quayle
2014	Haly Nomm
2015	Vicky Pelling
2016	Trevor Bond

ROMSEY ROAD RUNNER OF THE YEAR

2011	Mark Adams
2012	Heidi Godfrey
2013	Hannah Hunt
2014	Becky Tovey
2015	Becky Tovey
2016	Becky Tovey

SALLY SILLENCE AWARD

2011	Di Cross
2012	Tam Ryan
2013	Neil Jennings
2014	Jo Weguelin (now McKenzie)
2015	Julie Shanker
2016	Rebekah Lurcock

CHAIRMAN'S AWARD

2011	June Carter
2012	David Page
2013	Liz Slade
2014	David Nixon
2015	Keith & Lesley Stone
2016	Hannah Hunt

RR10

Matt Hammerton was 3rd overall in 2010 & 2011 and 2nd for the next 3 years. Neil Jennings was 10th in 2015 and 8th in 2016.

In 2010 Jane Carter was 21st overall, Hannah White (Hunt) was 19th in 2011.

In 2012 Amanda Hull had 9 placings in the top 7 to finish 4th overall.

Tam Ryan was 14th in 2013 then 11th the next year.

Becky Tovey has finished 11th and 13th in the last 2 years.

In the team results the men have come 8th, 7th equal, 7th, 5th, 12th, and 10th last year. From 2011 the ladies have finished 8th, a best ever 3rd in 2012, then 9th equal, 10th, 7th and 11th.

London Marathon

Another 11 men and 6 ladies have run this race for the first time in the last 6 years, a grand total of 71 and 46 respectively. In 2011 Matt Hammerton became the 6th member to go under 3 hours, in 2h47, & 2 years later Jimmy Hunt also did this - by TWO seconds. The men's best time remains at 2hr 45 by Bill Reid in 1989. The ladies record of 3hr 31 by Jane Carter in 2010 was first lowered to 3hr 24 by Amanda Hull in 2011 then a year later Tam Ryan ran 3hr 22, only for Amanda to finish in 2013 in 3hr 09 (I've ignored seconds). Tam has now run it 6 times, equalling Ken West. Former member Jon Fairley has run the most, with 7.

Trail running

With the abundance of trail races in the RR10 league and the outdoors getting that little bit more inviting for the fair weather runner, these few tips might come in handy whether you like visiting flat, worn trails or more challenging terrain.

Small steps: Cadence of around 90 steps a minute means your feet will land under your centre of gravity thus providing you with balance and control. Picking up your feet might also be a good idea, to avoid any small items on the trail that might trip you up. This is not something you really have to think about while running on road.

Pacing up hills: If you get into the climb already tired, your form suffers, so slow your pace as you head into the climb. Try climbing up with as little effort as possible, taking short strides and keeping foot strikes light. Think about standing tall and maintaining a strong core and keep your gaze looking about 5 feet up the incline.

Keeping in control: If there is a downhill section right after a challenging climb, take your time to recover before heading down – remain in control. Lean back slightly on moderate declines. This puts on your breaks and works your quads. On steep descents stay as relaxed as possible and zig zag your way down instead of heading straight down. Look at least 5 feet ahead, not directly down your feet – this way you can better control the momentum.

Make sure to work your core, stability is key. Don't be afraid to let your arms fly about if it helps you with balance, even if you look silly. If you are following an experienced trail runner down the hill, place your feet where theirs went.

Rocks and roots: Keeping short, quick steps helps greatly with negotiating obstacles, act as if you were running through an agility ladder. Take it slower or walk through the first stretch to get a feel for it before increasing your pace. Like any other skill, negotiating terrain requires practice. With practice comes confidence.

Don't stay out longer than your body can handle. As you get tired, your upper body collapses and you don't pick up your feet making rocks and roots even harder to tackle.

Streams: If a stream is too wide to leap across, stop and find the best path across. Test the stability of your stepping stones or logs before committing to them. If the current is lively, find a long stick to use for balance and face upstream as you come across.

Falls: Be ready for them. Try to resist the urge to put out your hands, it's best to tuck and roll instead (unless you're going to hit the dirt face first). Core strength is the key in fall prevention – it helps you stay upright if you trip up.

Strength training

To improve performance in your trail runs you should develop awareness of your body in relation to its surroundings. Here are some exercises, which done

twice a week should help achieve better results. These are basic exercises, if you are looking to train endurance muscle or increase power these will need to be adapted and you should talk to a trained individual. **Please note these exercises may not be suitable for everyone and you should seek advice prior to completing. Stop immediately if you feel any pain, dizziness or difficulty breathing.**

Balance drills
Single leg stand – Stand on one leg keeping you knee soft (not locked out). Hold your opposite leg away from the stance leg and think tall through your core. Hold for as long as possible. To progress the exercises try doing it while brushing your teeth/hair or to make it even harder – close your eyes.
Single leg squats – Stand on one leg, bring your non weight bearing leg up in front on you. Find your balance and slowly squat taking your non weight bearing leg behind you. Try to keep your knee in line with your big toe. Try up to 3 sets of 6-12 reps.
Quads and Glutes – Important for hills, sprints and supporting your hips and knees.
Squats – Place your feet approximately shoulder width apart. Turn your feet out ever so slightly. Engage your core muscles and slowly keeping your weight back through your heels flex at your hips and knees lowering your bottom to the floor. Keep your knees in line with your big toe by squeezing your bottom muscles. Aim for 90 degrees knee flexion but if you can go further this is better – keep the heels on the ground. Power back up to tall standing but keep the knees soft at the end. Try 3 sets of 6-12 reps. These can be progressed by holding a weight in both hands or a weight lifting bar.
Single leg bridge - lie on your back with arms at your sides, one knee bent at 90 degrees and the other straight. Tilt your pelvis towards you (push your back into the floor) and roll your bottom then spine away from the bed to come up into a bridge. Keep the extended leg straight and in line with your body. Hold this position for 3 seconds, lower and repeat on both sides. Start with 10 reps and work up to multiple sets of 10-20 reps per leg.
Lunges – Take a big step forward and looking forward, with hands on your hips bend the front knee to 90 degrees keeping your knee in line with your big toe. Return to the starting position. Complete 3 sets of 6-12 reps on each side.
Ankles and feet
Heel raises – stand feet slightly apart – rise up onto your toes lifting heels away from the floor. Slowly lower back to the floor over 3-5 seconds. Repeat 3 sets of 10-12 reps.
Heel walking – Pick your toes up from the floor and try walking on your heels keeping your toes away from the floor.
Pick up a towel with your toes, drop and repeat the sequence for 1 minute.
Core Stability
Plank – Lie on your front propping through your elbows and forearms. Lift your hips and legs away from the floor so you are supported through your forearms and toes. Squeeze your bottom and keep your body in a straight line not allowing your bottom to stick up into the air. You may want to do this in front of a mirror the first few times. Hold this position for 30 seconds and gradually increase as you feel able. Complete 3-4 every other day. Keep breathing throughout the exercise and think about engaging the pelvic floor.

After completing strengthening exercises ensure you gently stretch and leave 48 hours before repeating the exercises to allow your muscles time to recover.

The above information was extracted from: Runners World, The Trail special downloadable, Happy Trails https://offers.rodale.com/images/bks/downloadable/10144_RWSpecial_TheTrail_DL.PDF

Exercise sets given above were consulted with Jo Blatherwick.

Upcoming races

APRIL

- 1st 10.00am **The General Trail 10k or 20k**, Winchester, Hampshire SO21 1HW
<http://www.runnersworld.co.uk/event/view/the-general-trail-10k-102853>
- 19th 7.00pm **RR10 – Victoria Country Park**, Royal Victoria Country Park
<http://lrr10.org.uk/>
- 23rd 10.15am **Houghton 11K Trail Run 2017**, Village Hall, 1 Stevens Drive, Houghton, Stockbridge SO20 6LP
<http://www.houghton-trail-event.org.uk>
- 23rd 9.00am **ABP Southampton 10k, Half and Marathon**, Southampton Guildhall SO15
10.00am
10k & Half
<http://www.abpsouthamptonhalf.co.uk>
- 29th 11.00am **Hurstbourne 5 Multi-Terrain Race**, Church Street, Hurstbourne Tarrant, Hampshire SP11 0AX
<http://www.runnersworld.co.uk/event/view/hurstbourne-5-multi-terrain-race>
- 30th 11.00am **Fordingbridge Fire Station 10k**, Fordingbridge, Hampshire SP6 1JN
<http://www.runnersworld.co.uk/event/view/fordingbridge-fire-station-10k-101298>

MAY

- 1st 10.00am **Harewood Forest 10k fun run**, Wherwell Playing Fields, Longparish Road, Wherwell, Hampshire SP11 7JP
<http://www.harewoodforest10k.co.uk/raceinfo.html>
- 3rd 7.15pm **RR10 – Stoney Cross**,
<http://lrr10.org.uk/>
- 7th 10.30am **Alton Ten**, Eggars School, London Road, Alton, Hampshire GU34 4EQ
<http://www.altonrunners.co.uk/club-events/alton-ten/alton-ten-entry-forms/>
- 14th 10.00am **Romsey Relay Marathon**, Broadlands, Romsey
<http://www.romseymarathon.co.uk/>
- 17th 7.30pm **RR10 – Wilverley, Sway**,
<http://lrr10.org.uk/>
- 31st 7.30pm **RR10 – Recreation Ground, Blackfield**,
<http://lrr10.org.uk/>

JUNE

- 4th 10.00am **Romsey 5 Mile Beer Race**, Braishfield,
<http://www.romseyroadrunners.co.uk/beer-race/>
- 7th 10.00am **RR10 – Fleming Park**,
<http://lrr10.org.uk>
- 18th 10.00am **The Hampshire Hoppit Trail Marathon and Half Marathon**
11.00am
(Half) Kingsclare, Hampshire RG20 5PY
<http://hampshiretrailmarathon.co.uk/>
- 21st 7.30pm **RR10 – Manor Farm Country Park**,
[http://lrr10.org.uk/](http://lrr10.org.uk)

JULY

- 2nd 10.00am **Summer Plod 6.5 or 21 mile Trail Run**, Clanfield Scout Hut,
Little Hyden Lane, Clanfield, Waterlooville PO8 0RU
<http://www.runevents.org>
- 5th 7.30pm **RR10 – Marwell**,
[http://lrr10.org.uk/](http://lrr10.org.uk)
- 9th 10.00am **New Forest 10**, New Park Farm, Brockenhurst SO42 7QH
<http://www.nf10.co.uk/>
- 12th 7.30pm **RR10 – Whiteley**,
[http://lrr10.org.uk/](http://lrr10.org.uk)
- 16th 9.30am **Why Not Run**, 6 hour challenge event, with 4.5 mile laps at
Staunton Country Park
<http://www.onthewhistle.co.uk/why-not-run/>
- 19th 7.30pm **RR10 – Janesmoor Pond, Stoney Cross**,
[http://lrr10.org.uk/](http://lrr10.org.uk)

AUGUST

- 2nd 7.15pm **RR10 – Itchen Valley Country Park**,
[http://lrr10.org.uk/](http://lrr10.org.uk)
- 16th 7.15pm **RR10 – IBM Hursley Park**,
[http://lrr10.org.uk/](http://lrr10.org.uk)

SEPTEMBER

- 10th 9.00am **New Forest Marathon 2017**, New Park Showground,
Brockenhurst SO42 7QH
<http://www.newforestmarathon.co.uk/>



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