

RELAY

New Editor

**The Great
Romsey Run**

Club Weekend

**Fixtures
Results**

ROMSEY

ROAD RUNNERS

Spring 2013

Note from the Editor

Hi All - another new year, and a new Newsletter editor!

My thanks to Heidi for her time as editor, and particularly for being so fantastic in helping me get up to speed.

A very small bit about me. I am that tall chap who started with the club last April, and may be spotted trying not to slow down Groups 3 and 4 too much. As everyone has been so nice, making me feel welcome and whatnot, I thought I'd do my bit. So here we are.

I would be delighted to receive picture ideas for the newsletter, as well as written articles. You can do this by sending me stuff at my email address (below) or feel free to give your submission to any committee person.

On that note – a huge thanks to all those who provided the articles published in this edition of RELAY.

Dave
dave.evenden@hotmail.co.uk

Membership News

As the previous edition of RELAY was last September there are quite a few people who have joined since then. We hope all those who joined in the last 4 or 5 months of 2012 will rejoin, as not all have done so by the end of January.

2012 new members were ...

Carl Amos, Max Dawson, Shantha Dickinson, Ian Lowe, Angela May, Jenny Salmon, Laurie Siddell, Alison Solomon, Christopher Stocks, Mark Taylor, Helen Wheelwright, and Joseph Williams

Those who have joined so far this year are...

David Brown, Naomi Farrington, Stuart Mullen, and Sarah Thorn

Welcome to you all, we hope you enjoy training and competing with us.

Just to remind everyone the club fees for the year are £15, or £25 if you opt to join England Athletics as well. The main advantage of EA is a reduction in road race fees. If you have not already renewed then please pay me on club evenings with

a cheque payable to Romsey Road Runners or the exact money in cash. I don't bring change with me. Or you can send the cheque to 23 Champion Drive, Romsey, SO51 7RD.

David Nixon

Diary Dates

Here are all the dates for key events involving the club for the next six months so you can plan ahead.

Feel free to contact the Club Secretary (Amanda) or the Newsletter Editor (Dave) if anything needs to be added.

APRIL

8th Committee Meeting
16th Pasta Party
21st London Marathon

MAY

20th Committee Meeting
25-27th Club Trip: Flete, South Devon

JUNE

2nd Beer Race
3rd Newsletter

JULY

1st Committee Meeting
3rd Mile of Miles Relay
27-28th Club Trip - Thunder Run

AUGUST

TBC

SEPTEMBER

2nd Newsletter
9th Committee Meeting
TBC 5km Time Trial
14th Test Way Relay

Calling all club members.....!

Here is an early warning for your calendars. The popular Braishfield Beer Race will take place on Sunday 02 June 2013, kicking off at 10:30am. Your help is greatly appreciated as marshals for the event, so please put this date in your diary and please keep yourselves free.

Please listen out for further news on what help is needed.



Recent Results

The Beast

Mark Adams 1.41.17
Steve Reed 1.45.57
Tam Ryan 1.49.51
Paul Burnage 1.54.15
Lynda Brown 1:55:00
Di Cross 1.56.50
Greg Roulston 2.03.43
Liz Slade 2.36.21
Alice Lane 2.38.24

Kennet and Avon Canal 21 Mile

Steve Davies 3 hours 34

London Duathlon

Sarah Thorn 2:11:49
Hannah White 2:13:57

Valley Leisure Triathlon

Derek Kelly 2:06:40
Charlotte Maslen 2:43:40

Stockbridge 10km

Alice Lane 57:38

The Bounder 9 Mile

[Matt Hammerton 53:54 \(1st, new course record\)](#)
[Tam Ryan 1:13:26 \(1st lady\)](#)
Duncan Dickinson 1:05:48
Alice Lane 1:37:05

Victory 10km

Bruce Maddick 47:58

Victory 5 Mile

Andrew Proctor 29:26

New Forest Half Marathon

[Amanda Hull 1:28:05 \(3rd lady\)](#)
Elaine Armstrong 1:44:23
Wendy Yelland 2:11:15

Hursley 10km

Wayne Windebank 44:39
Alice Lane 58:02
Alison Solomon 59:48

Windsor Great Park 8km

Anna Duignan 45:39
Gill Callus 50:26
Wendy Couper 59:01

Clarendon Half Marathon

[Amanda Hull 1:36:56 \(3rd lady\)](#)
Candice Snelling 01:49:37
Fiona Crowther 01:53:57
Penny Jennings 01:59:28
Charlotte Maslen 02:21:15

Liverpool Marathon

Wendy George 4:09:59

Oxford Half Marathon

Lynda Brown 1:41:24

Minstead Stinger

[Toby Burrows 1:02:04 \(6th\)](#)
Neil Jennings 1:12:44
Penny Jennings 1:21:14
Anna Duignan 1:34:34
Charlotte Maslen 1:35:28

Abingdon Marathon

Jimmy Hunt 3:06:42
Paul Burnage 3:33:05
Stuart Liesnham 3:53:40
[Heidi Godfrey 3:54:48 \(PB\)](#)
Hannah White 3:59:10

Swashbuckler Duathlon

[Jimmy Hunt 1 hour 20 \(5th\)](#)

Great South Run

[Amanda Hull 1:04:40 \(10th lady\)](#)
Wayne Windebank 1:11:08
Candice Snelling 1:13:23
Colin Wood 1:28:31
Alison Solomon 1:35:20
Alice Lane 1:33:29
Lindsey Dunford 1:45:04
Dave Evenden 1:41:52

Endurance Life Coastal 10km – Suffolk

Keith Stone 70:47
Wendy Couper 85:55
Lesley Stone 86:25

Tidworth 10km

Gill Callus 77minutes
Wendy Couper 79 minutes

Lordshill 10 mile

[Hannah White 1:15:58 \(PB\)](#)
Paul Bradley 1:16:33
[Frank Ourique in 1:22:53 \(PB\)](#)
[Alice Lane 1:29:56 \(PB\)](#)
George Wysocki 1:32:15

Rempstone Roast Duathlon

[Jimmy Hunt 1:08 \(2nd\)](#)
Steve Reed 1:07:42

Gosport Half Marathon

[Jimmy Hunt 1:19:38 \(PB\)](#)
[Lynda Brown 1:37:31 \(PB\)](#)
[Hannah White 1:41:19 \(PB\)](#)
Frank Ourique 1:48:23
Paul Bradley 1:49:3
George Wysocki 1:56:59
Alice Lane 2:01:48
Dave Evenden 2:19:11

Valencia 10km

Gill Callus 64mins

Brighton Half Marathon

Frank Ourique 1:58:27
George Wysocki 2:21:23

Sleepwalker 20 Mile Night Race

[Matt Hammerton 2 hours 40 \(1st\)](#)
[Toby Burrows 2 hours 41 \(2nd\)](#)
[Jimmy Hunt 2 hours 47 \(6th\)](#)
Steve Reed 3 hours 34

The Grim

Candice Snelling 1:08:26
Paul Bradley 1:11:21

Rough and Tumble

[Tam Ryan 1:33:41 \(9th lady\)](#)
[Lynda Brown 1:34:58 \(11th lady\)](#)

Stockbridge 8 Mile

Neil Jennings 1 hour
Di Cross 67 minutes
Heidi Godfrey 68 minutes
Penny Jennings 72 minutes
David Page 81 minutes
Ruth Page 82 minutes

Stubbington 10km

Ian Ralph 40:45
Steve Reed in 43:22
[Di Cross 45:34 \(PB\)](#)
Stewart Liesnham 49:10

Romsey 5 Mile

Jimmy Hunt 29:11
[Amanda Hull 30:29 \(3rd lady\)](#)
Steve Reed 34:05
Wayne Windebank 34:56
Hannah White 36:12
Paul Bradley 38:14
Chris Stocks 41:21
Alice Lane 42:02
Alison Solomon 44:08
Jo Weguelin 44:09
Helen Wheelwright 46:20
Dave Evenden 48:31

Donnington Way 105km (70 miles)

[Toby Burrows 5th in 15:45:12](#)

Thames Trot 80k (50 miles)

Wendy George 179th 8:54:57
Stewart Liesnham 180th 8:55:00

Stonehenge Stomp

40k Tam Ryan
30k Lynda Brown and Di Cross
20k David and Ruth Page

The Great Romsey RunPart II

Those of you who read my article in the March edition of Relay will know that I had set myself the target of running every street in Romsey in alphabetical order. I had hoped to do them all in 2012 having started on 3rd January but by June I was behind schedule. I'd only been planning routes a week in advance and was still some way short of halfway on the list. However I prepared a more detailed plan whilst watching the Olympics on TV and decided my personal legacy would be to finish the job by Christmas.

I soon discovered that the Hampshire Council map (actually published by a private company) had quite a few errors - wrong spellings, streets not quite in the right place, some roads not in the right A-to-Z order, two roads named on the map but not in the index. It also listed all the blocks of flats, which were not in my remit. However I had a blank copy of the street map drawn by former member John Horton for use in street orienteering events. I used a highlighter pen to show me where I had been. It didn't have names on but it did show everything precisely, and also showed all the connecting footpaths. This proved very useful when I was able to take a path out of the far end of a cul-de-sac on many occasions instead of doubling back. Surprisingly only one person told me I was running up a dead end (Bridge Road); he was amused when I told him what I was doing.

As we go orienteering most Wednesdays and Sundays, and with club training as

well, that left only 3 days a week for the project - and I like at least one day a week rest. I was able to fit in a few streets going to and from club training, and even during on a few occasions - but rest days were rare in the Autumn as the list was whittled down. I was fortunate that, unlike many recent years, I lost virtually no time to injury or illness, but did fit in five separate weeks holidays: the joys of retirement.

Living where we do I tried to do a minimum of one road out then another on the way back, and my best day was 9 streets mainly round Halterworth. If my first road was down in town and Mary was going to the gym at the Rapids then I would go with her and start my run from there. Come on, at my age I need all the help I can get!

The 280 streets involved 116 runs. Out of a total 604km and over 81 hours running only 66km and 8 hours were on the target streets, the other 90% was getting out and back. Half the streets took less than a minute, the shortest is Malthouse Close off Cherville Street north of the Abbey. The longest is Botley Road, at 1.8km.

I went out on 23 December to run Woodley Close, Woodley Lane (down then back again) and finished the list on the very short Woodley Way.

David Nixon

P.S. The man who inspired me, Murray Strain, has now completed 'C' in Edinburgh.

Recipe

This recipe was kindly provided by Julia Abab. According to Julia - this one goes down very well after a long run '....as it is quite solid....!'



Marmalade Cake

175g butter
175g golden unrefined sugar
A large orange
3 large eggs
75g marmalade (homemade is best!)
175g self-raising flour

Set the oven to Gas Mark 4/180 deg C.

Line a loaf tin 25x11cm and 7cm deep.

Cream the butter and sugar in a food mixer till pale and fluffy.

Finely grate the orange zest, and juice the orange.

Break the eggs into a small bowl and beat them lightly with a fork.

With the machine set at moderate speed, pour in a little beaten egg, mixing thoroughly before adding more.

Beat in the marmalade and orange zest.

Fold in the flour with a large metal spoon.

Gently stir in the juice of half the orange.

Spoon the mixture into the tin and smooth the top.

Bake for 40 minutes, checking it after 35 with a metal skewer.

Leave to cool in the tin, then once cool, remove and cool completely on a wire rack.

Enjoy!

Weekend Events

The RRR Weekender - May 2013

Once again, the famous blue and yellow colours will be heading to hilltops new for the RRR weekend away. This year, we're off to Mothecombe near Plymouth, Devon on the May Bank Holiday weekend (25-27th May) to enjoy/endure the last event in EnduranceLife's Coastal Trails series 2012/13.

This is also their festival weekend, so lots going on and a good time (almost) guaranteed. And, as ever, we will be having a word with the weather gods, so pack the suncream!



There's a choice of 10k, half marathon, marathon and ultra distances (category 3, strenuous), which take place on the Sunday. You will need to enter yourself at www.endurancelife.com (and more details are available on that website).

Run on the privately-owned Flete Estate, which is situated at the mouth of the Erme Estuary in an Area of Outstanding Natural Beauty, this is a rare opportunity to enjoy the private woodlands, coastal paths and beaches.

We have reserved a number of double and single rooms at the Quality Hotel,

Plymouth, which overlooks Plymouth Hoe, so you can rest up before the race and tired legs after it (check it out at: www.quality-hotel-plymouth.com).



Rooms cost £70 per night for a double and £45 for a single. There is the option of booking Friday to Monday, Saturday to Monday, or just for one night.

If you are interested in coming along - and have not signed up already - please let Karen or Di, the Social Secs, know. Partners welcome.

Remember: never, never give up having a good time.

Di Cross



PS Pics are from last year.....

Club Kit News and Offers

The new pages for the club kit are now up on the website, so please feel free to browse and email me with your requirements at ljb2@soton.ac.uk

The club has some remaining stock including running vests, long sleeved and

short sleeved t-shirts - all with the old club logo.

We would like to sell off this older stock so that we can move over to the new logo.

I will be bringing all the old stock to club on a Monday night and selling it off at bargain prices; because let's face it you can never have too many training tops!

Lynda

Running Vests



Sizes
S, L

Long Sleeved T-shirt



Sizes
32" 38" 40"

Long Sleeved T-shirt



Sizes
30" 32" 34" 36" 38"

Short Sleeved T-shirt



Sizes
30" 32" 34"

**ALL AT THE
GIVEAWAY
PRICE OF JUST
£5.00!!**

Fixtures

CC6 Cross Country League

The 2012/13 CC6 series is well under way with 5 races completed and 1 to go!

Ladies	R1	R2	R3	R4	R5
Julia Abab		33	42		35
Elaine Armstrong		23			
Lisa Ashdown		57			
Lynda Brown	8				
Wendy Couper		63			
Di Cross		10	16		
Shantha Dickinson	1	2	8	5	
Penny Jennings		22	32	21	29
Candice Snelling		6		10	
Jo Weguelin		37	39	38	43
Wendy Yelland		59			

Men	R1	R2	R3	R4	R5
Mark Adams	19	28			
Nick Berryman					36
Paul Bradley		61			77
Chris Brown	9	11	27	33	29
Andy Cherret		83			
Duncan Dickinson		12			
Neil Jennings		34	48	36	28
Derek Kelly			75		
Tony Peelo					80
Greg Roulston		68			
Wayne Windebank	43	42	43	43	

RR10 League & Dates for 2013

The 2013 RR10 series will kick off in April and is a series of races run off-road, often on tracks in the New Forest or on footpaths around local country parks. Distances are between 4 and 5 miles and the series is a great way to race and test your fitness against competitors from other local running clubs. The races are

free to enter and only open to members from the participating clubs; those running are requested to wear their club colours by way of identification and to car share as much as possible to reduce the number of cars travelling to each venue. Each club will host a race at which we ask that all members come along to marshal and support the race.

24 April	Royal Victoria Country Park	Southampton AC	7.00pm
08 May	Stoney Cross	Totton RC	7.15pm
22 May	Wilverley Plain, Sway	New Forest Runners	7.30pm
05 June	Rec. Ground, Blackfield	Hardley Runners	7.30pm
12 June	Alver Valley Country Park	Stubbington Green ARC	7.30pm
26 June	Manor Farm Country Park	Running Sisters/Halterworth/Hedge End	7.30pm
10 July	Marwell	Eastleigh RC	7.30pm
24 July	Janesmoor Pond (HOSTS)	Romsey RR/Wessex RR	7.30pm
07 August	Itchen Valley Country Park	Lordshill RR	7.15pm
21 August	IBM Hursley	Winchester AC	7.15pm

Mile of Miles Relay

The Mile of Miles Relay is an annual event open to teams of 10 from local running clubs, vying for the glory of being the fastest team to complete 10 x 1 mile efforts around a track.

As the winners of the 2012 event, it's our turn to organise this year's event and provisional plans are under way to hold it at Southampton running track on **Wednesday 3 July 2013**.

We will also endeavour to retain the title so listen out for announcements at club sessions for how to sign up to take part or let Hannah White know that you're interested in running.

Test Way Relay

The Test Way Relay is an enjoyable team relay event for local running clubs and takes place along the length of the Test Way, from Inkpen Beacon to the Salmon Leap at Totton. Teams of 8 run a leg each of varying distances of between 7.1 and 11.2km (4.5 and 6.5 miles) and the added challenge is that each runner needs to navigate their own way along their leg, following the Test Way signs. It's a good idea to have recced your leg before the race date and there will be opportunities to do this as social runs throughout the summer months – listen out for announcements and let Hannah white know if you are interested in running a leg. The relay date has provisionally been set for **Saturday 14 September**.

Pentathlon Competition

The club holds its own pentathlon competition each year, with your best 5 race results over 6 distances from 1 October 2012 counting towards the 2012/13 trophy. The distances include: 5km, 5mile, 10km, 10mile, half marathon and marathon. If you have any race results since 1 October 2012 which you think should be included, please let Amanda Hull know at romseyroadrunners@hotmail.co.uk

Top 5 Male	5km	5m	10km	10m	½ Marathon	Marathon	Total
Jimmy Hunt	#	40 (0:29:11)	#	#	40 (1:19:39)	40 (3:06:42)	120
Paul Bradley	#	32 (0:38:14)	#	37 (1:16:33)	30 (1:49:34)	#	99
Steve Reed	#	37 (0:34:05)	37 (0:43:22)	#	#	#	74
Wayne Windebank	#	34 (0:34:56)	#	40 (1:11:08)	#	#	74
Frank Ourique	#	#	#	34 (1:22:53)	32 (1:48:24)	#	66

Top 5 Female	5km	5m	10km	10m	½ Marathon	Marathon	Total
Hannah White	#	37 (0:36:12)	37(0:47:26)	34 (1:15:58)	34 (1:41:19)	37 (3:59:10)	179
Alice Lane	#	34 (0:42:02)	#	32 (1:30:04)	28 (2:01:49)	#	94
Amanda Hull	#	40 (0:30:29)	#	40 (1:04:40)	#	#	80
Di Cross	#	#	40 (0:45:34)	#	32 (1:45:50)	#	72
Heidi Godfrey	#	#	#	#	30 (1:47:38)	40 (3:54:48)	70

Chairman's Ramblings

I was asked if I would like to provide a short chairman's article so I would like to remind people of a point that I raised during messages a few weeks ago.

We have a small team of volunteers who organise and manage our regular training sessions. This can be a very difficult task for them, trying to ensure that everyone gets good training benefits whatever their level or ability, help with the safety of the groups, and hopefully creating an environment for all to enjoy their running.

It is a regular occurrence that some members of the club don't listen to their instructions; maybe they know the routes better than the session leader or just plan to follow the person in front. Regardless there are sometimes changes; it might be for safety reasons, or just to try a different start or finish.

Whatever the reason, if some people don't listen and follow the instructions, it

makes the group much harder to manage and could compromise safety.

Even worse there have been a small number of times when people have told the session leaders that they are wrong and argued with them. This undermines the authority of the session leaders and makes their job much harder.

Unless there is a safety related reason, please listen to the session leaders and follow their instructions. If there are any points that you would like to raise then ideally please see me and the session leader after training where it can be discussed.

I would like to thank and congratulate our session leaders. We cannot please everyone but we frequently have half the membership of the club out training so they must be doing a lot right!

Many Thanks.....
Paul Bradley

Pentathlon Competition (Results continued from previous page...)

Top 5 Over 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Paul Bradley	#	40 (0:38:14)	#	40 (1:16:33)	37 (1:49:34)	#	117
Di Cross	#	#	40 (0:45:34)	#	40 (1:45:50)	#	80
Frank Ourique	#	#	#	37 (1:22:53)	40 (1:48:24)	#	77
George Wysocki	#	#	#	34 (1:32:15)	34 (1:56:59)	#	68
Paul Burnage	#	#	#	#	#	40 (3:33:05)	40

Social Events



Pasta Party - Tuesday 16th April 2013

We are once again proud to announce this year's Pasta Party. This has been booked for **Tuesday 16th April** at **The Sun Inn**, Winchester Road, Romsey, SO51 7JG, at 7pm for 7:30pm. Parking is available behind the pub.

The special price menu is just £10. Drinks, desserts, & coffee can be ordered and paid for on the night.

If you wish to come along and support our London Marathon entrants, please fill in the form below and hand it to Di or Karen before Tuesday 9th April with payment. Cheques are to be made payable to Romsey Road Runners. Please advise if there are special dietary requirements.



RRR Pasta Party at the Sun Inn, **Tuesday 16th April** 2013

Name(s).....

Please reserve Lasagne Sea Food Pasta Vegetarian Pasta

Special dietary requirements

Enclosed cash/cheque (payable to Romsey Road Runners) for £

Session Leaders

Thank you everyone so much for your co-operation during winter months. We hope you have all enjoyed it as much as we have.

You will find your spring schedule within this newsletter and again you will notice a few changes.

Monday Night Training

From early April, Monday evenings will see us running out to Braishfield to complete kilometre (km) efforts and the monthly 5km effort time trial.

To try and reduce waiting times at the end of these sessions, we will be introducing new timing groups, that will combine effort times and recovery times.

For example if you are in the 6 minute group and your first effort takes 4 minutes, you will have a 2 minute recovery. Your next effort may take 4.30 minutes, so your recovery will be 1.30 minutes... so regardless of your effort time you must start each effort after 6 minutes.

This will mean you start every effort as a group and no one will be left behind.

We will try our best to put you into the correct group based on your current ability, but if you are not happy with our decision please let one of the session leaders know.

Thursday Night Training

As in previous years we will start track training at Mountbatten School on Thursday 18th April. We meet at the grass track, which is in the middle of the field behind the school buildings. Changing and toilets are in the corridor along from the sports hall. We will try and vary the training to encourage as many as possible to participate.

We would like to encourage you to meet at Romsey Sports Centre each Thursday at 6:30pm and jog to Mountbatten School as your warm up. If you would prefer to go straight to Mountbatten School, please be prepared to jog around the field/track until the Session Leader has arrived and is ready to start the session.

Each Thursday after an RR10 race, we have scheduled in a Paced Run. We will split into a number of small groups to accommodate all paces, so it can also be used as a recovery jog. Recovery jogs should be used the day (or two) after a hard workout or race to work out the tightness that occurs from hard running.

If you are a new member and require directions or a chat about what to expect, please ask.

Thank you,
Matt, Ian, Hannah, Amanda, Heidi, Janet,
David N and Pete

Training Schedule **Spring 2013**

	March	April	May
Mon 4 th	Course 3 (1&2) Course 4a (3&4)	NO CLUB EASTER BANK HOLIDAY	Thurs 2 nd
Thurs 7 th	Route B	Lee Lane	Mon 6 th
Mon 11 th	Course 4a (1&2) Course 3 (3&4)	Crampmoor Lane/ Straight Mile	Thurs 9 th
Thurs 14 th	Tempo Run	Lee Lane	Mon 13 th
Mon 18 th	Course 1 (1&2) Course 2 (3&4)	Crampmoor Lane/ Straight Mile	Thurs 16 th
Thurs 21 st	Route C	Mountbatten Track	Mon 20 th
Mon 25 th	Course 2 (1&2) Course 1 (3&4)	C1 Braishfield	Thurs 23 rd
Thurs 28 th	Route D	Paced Run	Mon 27 th
		C2 Braishfield	Thurs 30 th
			5 mile Beer Race Route (Bank Holiday)
			Mountbatten Track

Monday sessions	Thursday sessions
Course 1 Halterworth/Tadburn Course 2 Cuperham/ Fishlake Course 3 Halterworth Industrial Est Course 4a Fishlake Meadows 2x2 mile C1 Braishfield 2 x 2km (Opposite side to Wheatsheaf) C2 Braishfield 4 x 1 (Farm) C3 Braishfield 5 x 1 (Same side as Wheatsheaf) 5k time trial (Braishfield) 5mile (Braishfield Beer Race Route)	Route B – Fishlake Meadows Route C – Cemetery Hill Route D - Tadburn Road Lee Lane effort - 3 out and 3 back efforts Mountbatten Track - Sprint Training



Date	Time	Race
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APRIL

7th	08.00	Andover Tri
	09.30	BHF – Bournemouth Bay Run Half Marathon
	10.00	BHF – Bournemouth Bay Run 10km
	14.00	Combe Gibbet to Overton 16 mile
27th	10.00	Brutal 10 mile (Bagshot)
	11.00	Hurstbourne 5 mile
28th	08.30	Portsmouth RNLI Duathlon
	10.15	Houghton 11km Trail Run

MAY

4th & 5th	10.00	The 'Pony Express' New Forest Multi-Stage Ultra (60 miles over 2 days)
5th	10.30	Alton 10 mile
	11.00	Fordingbridge Fire Station 10km
6th	08.00	May Day Tri (Winchester)
	11.00	Saucony Hampshire 10km (Portsmouth)
12th	08.00	Portsmouth RNLI Duathlon
	10.00	Lymington Lifeboat 10km
	10.00	The General 10km (Winchester)
19th	10.00	Harewood Forest 10km (Wherwell)
	10.30	Southampton AC 10km (Royal Victoria Country Park, Netley)
	11.00	Hook 6 or 10 miles
26th	11.00	Foxbury 10km

JUNE

2nd	10.30	Braishfield Beer Race 5 mile
8th	09.20	South Downs Marathon and Relay Marathon
	10.00	South Downs Half Marathon
9th	11.00	D-Day 10km (Portsmouth)
16th	10.00	Alresford Rotary 10km
30th	08.00	Eastleigh Open Water Triathlon
	10.00	Lordshill 10km
	11.00	Big Fun Run 5km Southampton