

# RELAY



A  
Runner's  
Saga

AGM &  
Commitee  
Updates

Beer Race  
Report

**ROMSEY**

**ROAD RUNNERS**

Autumn 2014

# Editor's Note

Well this edition has come together quite nicely IMHO, so once again many thanks to everyone who provides the content (and do the real work!!!) so very promptly. The cover shows a shot from RRR's RR10, and we have some excellent feature articles as well as the regulars. ***On an important note*** - as I am changing career, I'd like to concentrate on other things for a bit. So if anyone would like to take over the reins being Newsletter Editor, then please make that known. The next edition will be my two years in that role, so I'd like that to be my last before I step down. If anyone would like to take over before then, that would also be fine. The call for articles for the Winter edition will be around early November.

*Dave*

dave.evenden@hotmail.co.uk

## Club Kit.....

As a club, we hold a full set of race kit that is used for the Beer Race and the RR10 and CC6 fixtures that we host. Over the last 5 years, the kit has been modernised and rationalised and has been residing in Jimmy and Hannah's garage taking up a small amount of space. The time has come for the kit to be re-homed so the committee would like to ask – does anyone have some space in their garage that they would be willing to accommodate

the kit? Perhaps you have a lock-up or storage area in or around Romsey that you could lend a small amount to the club? We are keen to avoid the costly hire charges of self-storage, so if anyone could offer some space to store the kit, please speak to Hannah, Jimmy or a member of the club committee.

.....thanks from *Hannah*

### OCTOBER

20th Committee Meeting

### NOVEMBER

5th AGM

5th London Marathon Draw  
(at AGM)

14th Annual Awards Evening

### DECEMBER

1st Newsletter

Committee Meeting

## Diary Dates

Here are all the dates for key events involving the club for the next few months so you can plan ahead. If anything needs to be added feel free to contact...

[romseyroadrunners@hotmail.co.uk](mailto:romseyroadrunners@hotmail.co.uk)

# Membership News

At 12th August club membership stood at exactly 100. We reached century status over 2 months earlier than last year.

And welcome to the following who have joined us in the last 3 months....

Megan Davies, Simon Allen, Angela Burnikell, Hannah Shutt, Sarah Humphries, all of Romsey; Tom Vie of Timsbury and William Archibald of Michelmersh.

## **New Membership Secretary....**

I don't intend to seek re-election at the AGM in November. If you are interested in taking over then please contact me to see what's involved. It's a good way of meeting prospective and new members on club nights.

## **Romsey Road Runner of the Year**

For all new members - and a reminder to old ones - the award for Romsey Road Runner of the Year for whoever you think deserves it. There are no set criteria for the award. You can give a reason for your choice if you wish. All club members can vote once for any other club member. The award is presented at the club dinner and awards evening in November. Nomination forms and the Secret Ballot box should be at club training nights most Mondays and Thursdays by the end of September. You can also give your vote in a sealed envelope to any committee member.

*David Nixon*  
*Membership Secretary*

## **AGM**

*The Romsey Road Runners AGM is being held on Wednesday 5th November, 7.30pm at Crosfield Hall.*

*It would be great to see as many members there as possible.*

*As well as **FREE PIZZA** you get to have your say about club issues and vote in new members of the Committee. The draw for the Club's London Marathon places will also take place.*

*If you have any particular issues you would like to see on the agenda, speak to one of the Committee members or email [secretary@romseyroadrunners.co.uk](mailto:secretary@romseyroadrunners.co.uk).*

*We hope to see you there!*

*.....RRR Committee*

# An Inspiration



Sat in the sun at the finish of the Endurance Life event in Flete in May during our club weekend away, we spotted a young man in a kilt finishing the marathon - and nominated him for a spot prize.

The runner turned out to be Rob Young - and his quest no laughing matter. The 31-year-old is aiming to run a marathon a day for a year - with at least 367 in 365 days - to break the world record, and is raising money for the children's charities NSPCC, GOSH and Dreams Come True in the process.

Is he taking a year off work to achieve this? No - he is up at 5am most mornings to pound around Richmond Park for 26.2 miles before work, and heads off around the country for a change of scenery at the weekend.

Rob had never run a marathon before he began this challenge. While watching the London Marathon this April, his partner, Joanna, said she didn't think he could run a marathon - since then he has run at least one marathon a day.

The story of Rob's early life makes for horrific reading - but his is a true story of triumphing over adversity.

Now he wants to give something back and offer other vulnerable children a chance. I saw him again at the Salisbury 5-4-3-2-1 on 10 August, tired but still looking good.

Can we do anything to help? He needs people to run with, transport to events - and sponsorship.

Go to [www.marathonmanuk.com](http://www.marathonmanuk.com) to discover more about him. He is an inspiration.

*.....Di and Alice*







# Chairman's Ramblings

This is the last issue of Relay before the AGM – a chance for all club members to have a say in how the club is run – and I thought it might be worth using my Chairman's Ramblings slot to highlight the excellent work done by the committee.

When I volunteered to take on the role of Chairman after the last AGM Paul Bradley (the outgoing chairman) told me it was the easiest job on the committee.

After nearly a year I have to say I am inclined to agree with him.

So this is my chance to publicly thank the other committee members for their hard work and dedication to keeping the club running.

It often surprises me the amount of effort that goes into making sure that we can turn up and run on a Monday and Thursday evenings. Everything from ensuring we have members to call ourselves a club, to the planning and safe running of our twice weekly sessions.

Throw in handling the money, representing the club in local league committees, ensuring we can all be seen in RRR gear, an ever-improving web presence, being visible in the local press, the social whirl, the

annual beer race, and of course this esteemed organ, and you start to see the breadth of what the committee has to cover.

And all I have to do as chairman is turn up on time and chair the meetings. So a genuine and heartfelt thank you to all committee members current, past, and future!

As people will probably know by now, our membership secretary David Nixon recently suffered a heart attack while on holiday. I know we all wish him a speedy recovery and a return to the club where his presence will be missed. The committee took it as a good sign that he was able to email us to tell us of his illness and to remind us of all the things we should be covering at our next meeting!

David has let us know though that he won't be continuing as membership secretary after the AGM, so there will be at least one spot on the committee if anyone is interested in being a part of the team that keeps the club running.

Keep running and as a wise Irish proverb said "May the road rise up to meet you. May the wind be always at your back".

.....Tony

# Braishfield 5 mile Beer Race



There was a real buzz of excitement in the air as the sun rose on Sunday morning.

With smiles and warm brows, a record 303 runners finished the annual Braishfield 5 mile Beer Race, organised by the Romsey Road Runners. Conditions were dry and hot as the runners made their way around the stunning village course through the lanes of Braishfield. There was plenty of encouragement from marshals and residents alike.

First home was Andrew Griggs (Lordshill Road Runners) in a time of 27 minutes and 04 seconds, leading from start to finish. Ben Pitman (Lordshill Road Runners) was in second place in 28:55, with Max Costley (Southampton Athletics) in third place in a time of 29:06.

First lady home was Karen Rushton (Southampton Athletics) in 32:22, ahead of Anna Giles (Eastleigh RC) in 35:27. Third Lady was Anna Smith-James in 35:50.

This is always a popular race as each of the runners receive a pint of 'London pride' beer, supplied by Fullers - one of the main sponsors of the race - or if preferred, a soft drink.



# .....8 June 2014

Thanks go to Mike and Sarah from the 'Old House at Home' in Romsey for their continued support in supplying and setting up the bar to ensure the beer was just right.

Always a favourite is a piece of cake for all the finishers - all freshly baked and supplied by members of the Romsey Road Runners.

Local world famous mineral water suppliers Hildon also sponsored the event with bottles of water for each of the runners as they crossed the finish line.



Local running shop 'Up and Running' of Chandlers Ford provided spot prizes to a number of finishers.

Romsey Road Runners wish to thank the above mentioned sponsors for their continued support, and also to the Parish Council, cricket club, landowners, and the residents of Braishfield for their support.

# Braishfield 5 Mile 'Beer' Race



## Prize winners

1st Male Overall  
2nd Male Overall  
3rd Male Overall

Andrew Griggs 27:04  
Ben Pitman 28:55  
Max Costley 29:06

Lordshill Road Runners  
Lordshill Road Runners  
Southampton AC

1st Male Senior  
1st Male V40  
1st Male V50  
1st Male V60

Andrew Griggs 27:04  
Nick Salwey 30:41  
Greg England 31:21  
Paul Kirkpatrick 34:59

Lordshill Road Runners  
Winchester AC  
Overton Harriers  
Royal Navy AC

1st Female Overall  
2nd Female Overall  
3rd Female Overall

Karen Rushton 32:22  
Anna Giles 35:27  
Anna Smith-James 35:50  
(entered as unattached but we believe she's from Hedge End Running Club)

Southampton AC  
Eastleigh RC

1st Female Senior  
1st Female V40  
1st Female V50  
1st Female V60

Anna Giles 35:27  
Karen Rushton 32:22  
Tracy Wyeth 38:18  
Tessa Lock 51:18

Eastleigh AC  
Southampton AC  
Chineham Park RC  
unattached



# .....facts & stats

*Entries topped 330.*

*There were 303 finishers.*

*And 264 pre-entered.*

*As many as 66+ entered on the day.*

*Over 116 were attached.*

*And more than 188 unattached.*

*As with many events there were several DNSs.*

*And there was one DNF.*

*These are the most impressive figures we have had since the race began!*

We are very lucky to have such a fantastic membership at Romsey Road Runners and I would like to thank members for all the support and all the hard work they put into making this event a race not to miss on the calendar.

.....written and contributed by  
**Christopher Stocks**  
Race director  
Romsey Road Runners



# Fixtures

## RR10 League

The 2014 RR10 series has again been very popular with Romsey Road Runners, with consistently good numbers turning out to run at each race and lots of new members making the most of the friendly racing scene and the encouragement of fellow RRRs. We hosted our race on 23 July at Janesmoor Pond after several weeks of hot, sunny weather making the course very dry underfoot, much to the enjoyment of the 332 runners! It was great to see so many RRRs there on the night to support the race - marshalling the course, handing out finishing tickets and providing drinks at the end. Here are the results of the RR10 series so far:

Name		R 1	R 2	R 3	R 4	R 5	R 6	R 7
Andrew	Archibald	189	141	154	147	158	154	150
Will	Archibald							116
Nick	Berryman	84						
Christopher	Brown	48	26	37	44	39	43	46
Paul	Burnage	103			80	82	98	81
Toby	Burrows	20	27	30	34	29	44	
Paul	Cardy			6				
Stuart	Cripps	187		147		147	159	159
Duncan	Dickinson	41	47		53	48		35
Matt	Hammerton	5	2	3	1	3	2	2
Peter	Hartley		127					
Jimmy	Hunt	21	39					
Neil	Jennings		44	32	30	31	26	29
Derek	Kelly	254	200		191	209	212	197
Tony	King	74	62	53	59		61	
David	Nixon		198					
David	Page			205	190		224	210
Andy	Proctor	29	31	25	23	20		17
John	Quayle	165	130	117	123	119	124	111
Ian	Ralph	40	33	33		32		
Steve	Reed	113	90					
Jade	Rolfe			84	78	78	73	66
Greg	Roulston	259		202	197	214		
Mark	Stileman	26	24					
Richard	Vie		188		188	206		189
Duncan	Walling	132			104			

Name		R 1	R 2	R 3	R 4	R 5	R 6	R 7
Julia	Abab	58	55	69	56	69	68	63
Wendy	Couper		147	149				
Di	Cross	57	58					
Anna	Duignan		106					
Naomi	Farrington	112	104	107	104	121	106	
Hannah	Hunt	27	28	25	21	37	31	
Penny	Jennings	42	46	52	46	62	56	40
Karen	Keane					115		
Alice	Lane	72	52	53		64	50	50
Rebecca	Marriner		31	15	24	23		19
Ruth	Page			116	121			122
Deborah	Rees	145	128	110	114	126	116	
Tamatha	Ryan		13	11	12	14		12
Julie	Shanker	154	134	119	120	137	120	113
Hannah	Shutt						59	
Liz	Slade	74	80		80	90	83	
Alison	Solomon	53						77
Becky	Tovey		24	39		65		
Linda	Webb	136	125	118				
Jo	Weguelin	34	37	27	31	34	33	23

## Mile of Miles Relay

Romsey Road Runners competed in the 2014 Mile of Miles Relay event at the Southampton Athletics Track on Wednesday 2 July. The event saw a record 31 teams taking part, with Southampton Athletic Club's A team winning the event in a total time of 52:44. They will again host the event in 2015.

1 Southampton A	52.44	17 New Forest D	66.20
2 Hardley A	54.52	18 Stubbington A	67.00
3 New Forest A	55.16	19 Lymington Tri B	68.24
4 Eastleigh A	56.34	20 Hardley B	68.25
5 Lordshill B	57.43	21 Stubbington B	69.00
6 Hedge End A	57.56	22 Southampton C	70.28
7 Totton A	58.44	23 Hedge End D	72.20
8 Southampton B	59.32	24 Lymington Tri C	72.44
9 Romsey A	60.36	25 New Forest D	76.11
10 Eastleigh B	61.34	26 Romsey B	76.56
11 New Forest B	61.59	27 Hedge End C	77.08
12 Lordshill A	63.32	28 Totton C	77.13
13 Lordshill C	64.14	29 Hedge End B	77.47
14 Totton B	64.20	30 Eastleigh C	81.37
15 New Forest C	64.22	31 New Forest E	85.50
16 Lymington Tri A	64.39		

## Test Way Relay

The Test Way Relay takes place on Saturday 13 September and this year we will be entering one mixed team to run the length of the Test Way, from Inkpen Beacon to the Salmon Leap at Totton. This year's team is made up of lots of members who haven't run the relay before and will be heading out to recce the route, which is fantastic for ensuring knowledge of each leg of the Test Way is retained as runners must know their own leg on the day.

Good luck to the team!



## Pentathlon Competition

The club holds its own pentathlon competition each year, with your best five race results over six distances (5km, 5mile, 10km, 10mile, half marathon and marathon) counting towards the final results. The pentathlon season began on 1st October 2013 and will continue until 30th September 2014 so don't forget to send your best race results for the six competitive distances to [secretary@romseyroadrunners.co.uk](mailto:secretary@romseyroadrunners.co.uk)

TOP 5 MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Chris Stocks	40 (0:20:50)	37 (0:33:45)	28 (0:42:19)	32 (1:16:13)	34 (1:40:06)		171
Wayne Windebank		34 (0:35:07)	30 (0:41:27)	37 (1:08:49)	37 (1:35:42)	32 (3:47:03)	170
Neil Jennings		40 (0:31:06)	32 (0:39:14)	40 (1:07:58)	32 (1:14:13)		144
Stuart Cripps		30 (0:38:19)	24 (0:51:20)	27 (1:28:48)	30 (1:48:23)		111
Paul Burnage		32 (0:35:20)	27 (0:43:21)	34 (1:15:13)			93
TOP 5 FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Tam Ryan	40 (0:20:37)		40 (0:43:25)	40 (1:10:49)	40 (1:34:07)	40 (3:15:41)	200
Joanna Weguelin		37 (0:38:19)	37 (0:47:20)	32 (1:29:01)	34 (1:48:13)		140
Alison Soloman		32 (0:45:07)	32 (0:51:53)	29 (1:46:09)	29 (2:02:33)		122
Becky Tovey	37 (0:22:30)			37 (1:16:34)	37 (1:47:39)		111
Penny Jennings		40 (0:38:08)		32 (1:24:31)	30 (1:58:23)		102
TOP 5 OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Penny Jennings		40 (0:38:08)		40 (1:24:31)	40 (1:58:23)		120
Paul Burnage		40 (0:35:20)	40 (0:43:21)	40 (1:15:13)			120
Di Cross	40 (0:23:05)			37 (1:32:22)			77
Tony Peelo		40 (0:39:26)	34 (1:00:31)				74
Ken West						40 (4:34:16)	40



# Romsey Sports Fair

The Romsey Sports Fair took place on 27th July and the club was there to get the people of Romsey running.

All clubs were asked to provide a taster of the activity they provide and we decided to offer a 'Romsey Road Runner Challenge' where people were asked to see how far they could run in one minute.

This turned out to be very popular, with over 100 people taking part achieving distances ranging from 100m to a very impressive 320m.

It was particularly popular with the kids. We even had them queueing up to take part - and some came back more than once to see if they could beat their first attempt.



Whilst most of them won't be able to join the club for another 5-10 years, we hope to have attracted some potential new members from the accompanying parents!

.....supplied by *Amanda*

# RUNNING AWAY .....by Brenda Topliss

[a saga of a returning RRR member]

"You're from away?" is a common phrase heard in Eastern Canada by anyone who is clearly not a local. Whilst working away, I managed to finish one item on my bucket list that was to truly run "away" for a marathon on each of the seven continents. Perhaps I got the bug after running behind the explorer Sir Ranulph Fiennes in the 2003 Clarendon Way marathon. Fiennes took 7 days to achieve his 7 continents; however those of us who have to fit travel between work - and to work to pay for the travel, well we may end up taking 10 years. In my first year of running in 2003, I ran my first marathon, the "Midnight Madness" marathon in Tromsø.

A pleasant, smallish race, and part of Tromsø's Longest Day festivities, it started at 10pm so as to run under the light of the midnight sun. Alas, I never saw the midnight sun as the weather was fully overcast with drizzle for my entire holiday.



In 2012, I bagged the last of my 7 continents, in sunny Africa, with a quick winter away trip to run the Marrakech marathon (racing by a local market we were over-taken by several donkeys).

With T-shirts handed out at most marathons it has become common to turn the shirts "into something", typically a quilt. I tried my hand and turned 13 shirts into the quilt shown. But I worked out that it took me slightly longer to make the quilt than it did to run the actual 7 marathons – so please don't ask me for quilting-help!

With the 7-continent ticked-off, I changed the goal to wanting 21 marathons before I departed North America, with the New York marathon being my last race there. For comparison, some of my "away-club" colleagues have clocked up more than 100 marathons, and others are busy running ultras. NY is a tricky race to get into as you either have to qualify, or win one of the lottery places. However NY is also unusual as, unlike Boston, you can qualify via either a full or, as I did, with a half time. But no need to tell anyone what happened to that 2012 marathon. (Like thousands of other runners, I was in NY when they finally cancelled it due to the need to let the community recover from Hurricane Sandy).

So, despite having sworn-off Boston after 3 abysmal performances, I succumbed to "...just once more, a pity to waste a qualifier (flat, fast Chicago)..." to run Boston. Also I knew I would have finished my work and hence have 3 months to train over the winter. Ho-hum, that 2013/14 winter in Eastern Canada proved to be one of the worst on record with non-stop weekly snow storms. So instead of NY I 'ran' (a euphemism for my

effort) the 2014 Boston marathon, poorly-trained and with yet another big temperature differential. I was training at -10C, travelling and racing at +18C. To make that 21-marathon total I did have to include the marathon from my Iron-distance triathlon. The "Canadian" was not a certified Ironman race (that copyright name costs organisers big bucks) and as such was easier to get into. Such non-Ironman races are often termed Iron 226 (with half-iron distance called Iron 113, or 70.3 in US).

But naming apart, it still consisted of a 3.8km swim in a lake with a beautiful view of the sky line of Canada's Capital city, Ottawa, complete with colourful hot-air balloons rising into the early morning sky; a 180km flat bike ride on a closed-to-traffic road alongside one of the numerous city canals (12 loops, but luckily they did tell you what loop you are on, phew!); finishing on the canal-cycle paths with a regular 42.2 km marathon (hence 3.8+180+42.2 = 226). Finishers earned a "Made of Iron" jacket.

The 21 marathons include: Europe(3), Norway: Tromso; UK: Flora London; Clarendon Way; N. America(12), Can: Moncton NB(2); Harvest Valley NS; BlueNose, Halifax NS; Iron triathlon marathon, Ottawa ON: USA: Boston(4); Las Vegas; Chicago; Bermuda: S. America(2), Chile: Easter Island: Argentina: Fin del Mundo, Ushuaia: Africa(1), Morocco: Marrakech: Asia(1), Brunei Darussalam: Australia(1), Perth, City-2-Surf: Antarctica(1), King George's Island.

A month before departing North America, I ticked off another goal of 42 races. As 42 is THE answer to "Life, the Universe & Everything", how could I not clock-up 42 in something? My goal was to be greater than a half marathon distance but less than a full marathon. That included twice running the "Round the Bay, 30K", a Canadian race that is older than Boston; a winter race series named "Hypothermic Half", starting in a mild -18C, another on snow-packed roads safely run by wearing yak-traxs (wire coil ice grips, which are much better than ice-spikes for runners with poor balance – like me!).

All 42 races were held either in England or Canada, so just locally-away. Now back from away, or is that back-to-away, it is time to learn when or if to run through fields of frisky cattle, not to get too lost in the woods. and to think on the next set of goals. Perhaps, hmmm.....yes, now that sounds an interesting one.....

-----ooOOOoo-----

marathon quilt picture key - shirt legend

**BOSTON**

***AFRICA Marrakech: NORTH AMERICA Las Vegas: CANADA Halifax  
SOUTH AMERICA Tierra Del Fuego: CANADA Ottawa: EUROPE London  
CANADA Moncton: SOUTH AMERICA Rapa Nui: NORTH AMERICA Bermuda  
ANTARCTICA: King George's Island: AUSTRALIA Perth: ASIA Darussalam  
Logo from Marrakech T-shirt***

# Dr Tony's Casebook

I recently had cause to look in my diary. The reason is that I am losing a bit of weight by means of the Fast 5:2 diet as reported by Dr Michael Moseley of BBC TV fame. This "diet" requires the participants to fast for two non-consecutive days per week.

Fasting consists of consuming only 600 calories per day for men and 500 for women. I had never been on a diet in my life and a really good aspect of this diet (for me) is that even if I go to bed feeling a bit hungry, I know I can get up next day and eat as normal.

I have lost a total of 9 pounds on the diet and now weigh 12 stone 12 pounds. I looked in my diary to see when my weight was last under 13 stone and found the answer was 1996.

While doing this I browsed back to 1994 and saw that my first club night with RRR was 25 July of that year.

The run that night was 5 x 1km starting at the Wheatsheaf. My times were 3.40, 3.05, 3.36, 3.46, and 3.31. Well I was only 42 at the time!

Later that week at the running track, and I recorded that I did 15 laps, I presume as one of a pair and taking 30 minutes to do this.

What I found very interesting is that on Thursday 31st July this year I found myself again at the track. I was paired off with Chris Lane for alternate laps for 30 minutes.

I remember the good old days when Chris and I, who are fairly evenly matched, used to do each lap, consistently, in just over 1 minute.

I don't wish to dwell on our current times but I am relatively pleased to report that we both knocked out 13 laps in the time allocated.

I know we generally decline with age but it is not often we can accurately identify this decline. It would appear that Chris and I have lost one lap per decade. If you want to be a real anorak one could say that 10 years equals 300 metres!

I have no desire to report on my current 5 x 1km times as I haven't been measuring these for some time, as the decline is too great to contemplate.

But perhaps that is a story for another time.....

.....from *Tony Peelo*



# Endurance Life

On 25th May, some intrepid RRRs ventured west to take part in the Endurance Life event which comprised of distances from 10km, half marathon, to full marathon distance.

The scenery across the coastal headland of Mothecombe Bay was truly breathtaking, with the terrain a challenging mixture of sandy rocky shore, with a refreshing run through the sea - mixed with fields, tracks and coastal paths. We were also fortunate that despite a previous wet few days, the sun shone down on us.

The results were also pleasing.

Bruce Maddick won his category in the 10km of 1:11:57 secs and Becks Marriner scooped the Ladies first prize in the marathon in a time of 4:52:30!!

The following did brilliantly in the half marathon with Joanna Weguelin in 2:25:04; Di Cross in 2:33:32; Alice Lane in 2:36:44; Naomi Farrington Burrows in 2:59:56; and Becky Tovey in 2:59:58.

There are lots more Endurance Life events 2014/15, so watch this space.



# Session Leaders' Report

What a glorious summer it's been for running, providing you remembered to slap on the sun cream before lacing your shoes and heading out. Apart from the occasional disturbances from roadworks on a Monday night and Romsey Football team on a Thursday night, it's been a good summer of training. We've seen some great sessions around both Braishfield and the Mountbatten track, with a wide range of personal improvements across the club's membership.

And whilst we're still enjoying the last few weeks of holidays, your session leaders are turning their minds to the clocks changing and the weather taking a turn for the worse. That means our attention turns once more to intervals, hills, industrial estates, and tempo runs. But this is not before the regular stint along Lee Lane, Crampmoor Lane & the Straight Mile while we still have some evening sun.

Winter training also means splitting back into our 4 groups. For those new members not familiar with this format we split into 4 different groups based on pace, with group 1 the fastest and group 4 the 'least fast'. If you don't know what group you should be in just ask one of your session leaders and look out for the guys you tend to run with on a Monday night in Braishfield and stick with them.

Whilst we all stick together on a Thursday, on a Monday we set groups 1 and 2 out to run one session and groups

3 and 4 a different session. This means we need 2 session leaders rather than one, to make sure all runners are looked after. And that means more nights each session leader has to spend taking responsibility for the whole group rather than focussing on their own training. All the session leaders are delighted to do this, but we still need more people to step forward and volunteer, particularly those in groups 3 and 4 as most of our session leaders usually run in groups 1 and 2.

I realise session leading can be a little daunting, but the only real qualifying criteria is a willingness to help the club and an enthusiasm to support your fellow runners – surely that's all of us?!

The club will pay for any budding session leader to go on a 1-day English Athletics course which you need to become licensed, and the existing session leaders will then provide you with maps and details of all the sessions as well as support on the night until you are confident enough to run things on your own.

The next England Athletics course in our area is on 30 November in Portsmouth.

So what are you waiting for, tap one of the session leaders on the shoulder and tell them you'd like to get involved. I can promise you'll be glad you did.

.....lan

# Training Schedule Autumn 2014

September		October		November	
<b>Mon</b> 1	B2: 5 x 1km	<b>Thu</b> 2	Tempo Run	<b>Mon</b> 3	1/2: Halterworth Industrial 3/4: Fishlake Industrial (2x2)
<b>Thu</b> 4	Lee Lane	<b>Mon</b> 6	1/2: Abbotswood 3/4: <i>Shorter version of NB 2x2</i>	<b>Thu</b> 6	Campion Drive Hills
<b>Mon</b> 8	<b>Braishfield 5k Club Challenge</b>	<b>Thu</b> 9	Fishlake Meadows	<b>Mon</b> 10	1/2: Fishlake Industrial (2x2) 3/4: Halterworth Industrial
<b>Thu</b> 11	Lee Lane	<b>Mon</b> 13	1/2: North Baddeseley (2x2) 3/4: Abbotswood	<b>Thu</b> 13	Tempo Run
<b>Mon</b> 15	1/2: Crampmoor Lane 3/4: Straight Mile	<b>Thu</b> 16	Tadburn Road	<b>Mon</b> 17	1/2: Halterworth/Tadburn 3/4: Cuperham/Fishlake
<b>Thu</b> 18	Lee Lane	<b>Mon</b> 20	1/2: Halterworth/Tadburn (rev) 3/4: Cuperham/Fishlake (rev)	<b>Thu</b> 20	Romsey Industrial Estate
<b>Mon</b> 22	1/2: Halterworth/Tadburn 3/4: Cuperham/Fishlake	<b>Thu</b> 23	Tempo Run	<b>Mon</b> 24	1/2: Cuperham/Fishlake 3/4: Halterworth/Tadburn
<b>Thu</b> 25	Romsey Industrial Estate	<b>Mon</b> 27	1/2: Cuperham/Fishlake (rev) 3/4: Halterworth/Tadburn (rev)	<b>Thu</b> 27	Fishlake Meadows
<b>Mon</b> 29	1/2: Cuperham/Fishlake 3/4: Halterworth/Tadburn	<b>Thu</b> 30	Cemetery Hill		



# Race Dates

Date	Time	Race
<b>October</b>		
4th	16.00	Bournemouth Supersonic 10km
5th	08.00	Bournemouth Half Marathon
	09.45	Portsmouth RNLi 10km
	10.00	Bournemouth Marathon
	10.30	Alton Downland Challenge 5km/10km
		Clarendon Marathon & Relay Marathon
	11.00	Basingstoke Half Marathon
	12.15	Clarendon Half Marathon
11th	11.00	Gurkha Run – Half Marathon/10km (Salisbury Plain)
19th	10.00	Denmead 10km
		New Forest Stinger (10 miles)
		Tadley Runners 10 mile
26th	10.00	Fleet 10km (Peter Driver Memorial)
	10.30	Great South Run (10 miles)

## November

15th	10.00	Battle of the Brave 10km (Fawley)
	10.00	Brutal Long Valley
16th	10.00	Gosport Half Marathon

## December

7th	11.00	Tadley Runners Xmas XC 5.2
14th	11.00	Believe and Achieve RNLi Santa Run 5km/10km
21st	9.00	Portsmouth Coastal Waterside Marathon