

RELAY

New
Committee



ROMSEY
ROAD RUNNERS

Winter 2014

Editor's Note

As I am standing down as editor this will be my final newsletter - and I hope the club is able to find someone to take over the reins for what is quite a technically and creatively rewarding job. I would like to take this opportunity to thank everybody for all their submissions and support over the last two years.

Dave Evenden

Your Committee

The club benefits from the hard work and dedication of the committee who meet on a regular basis to keep the club ticking over and to make improvements. The new committee for the year was voted in at the Annual General Meeting on 5th November. Feel free to speak to any member of the committee on club nights or contact them with any queries or suggestions.

If you're interested in taking on any of the vacant roles (Newsletter Editor or Beer Race Director) please contact the Chairman.

.....RRR Committee

Position	Name	Contact
Chairman	Tony King	chairman@romseyroadrunners.co.uk
Secretary	Jo Weguelin	secretary@romseyroadrunners.co.uk
Treasurer	Mark Stileman	treasurer@romseyroadrunners.co.uk
Membership Secretary	Penny Jennings	membership@romseyroadrunners.co.uk
Session Leader Coordinator	Ian Ralph	sessionleader@romseyroadrunners.co.uk
Team Captain	Becky Tovey	captain@romseyroadrunners.co.uk
Race Secretary	Hannah Hunt	raceseecretary@romseyroadrunners.co.uk
Press Secretary	Annie Tomlinson	press@romseyroadrunners.co.uk
Kit Secretary	Lynda Brown	kit@romseyroadrunners.co.uk
Webmaster	John Quayle	webmaster@romseyroadrunners.co.uk
Social Secretaries	Di Cross Lesley Stone Alice Lane	social@romseyroadrunners.co.uk
Newsletter Editor	VACANT	
Beer Race Director	VACANT	

Membership News

By the time of the AGM in early November we had 107 members.

Welcome to our new members: Tiffany Powell from North Baddesley, Debby & Catherine Ferre from Chandlers Ford, Jade Phillips from Timsbury, and from Romsey Amelia Collins, Jane Holloway. Rejoining us is Lesley Stone.

Congratulations to John and Kirsty Quayle on the birth of their son Douglas.

As I stepped down at the AGM I would like to give my best wishes to our new Membership Secretary Penny Jennings.....

David Nixon

Award Winners 2014

.....as announced at the Awards Evening on 14th November.

Winter Cross Country (M)
Winter Cross Country (F)
RR10 (M)
RR10 (F)
Pentathlon (M)
Pentathlon (F)
Pentathlon (V50)
Sally Sillence Award
5km Time Trial
Chairman's Award
RRR of the Year

Neil Jennings
Becky Tovey
Matt Hammerton
Tam Ryan
Neil Jennings
Tam Ryan
Paul Burnage
Jo Weguelin
Haly Nomm
David Nixon
Becky Tovey

.....supplied by *Amanda*

Club Kit.....

Thank you very much to Jonny Williams who has volunteered to take on storage of the club's race kit.

..... *Hannah*



Beer Race Director

Could you be the next Beer Race Director?

Plans for the 2015 race do need to get underway soon, so please have a think about whether this could be the role for you and a way to give something back to the club.

Supported by a strong and experienced race committee, each with defined roles, the main duties include: chairing the Beer Race committee meetings, looking after the organisation of our annual 5 mile road race event; the main point of contact for the UKA, obtaining the race licence and the course measurement certificates. In addition there is sponsorship, local authority contacts, car parking arrangements, and start/finish area permissions.

The Race Director has overall responsibility on race day to ensure smooth running of the event from initiating the start to the final prize giving.

The position is very rewarding and is a great opportunity to become involved in race organisation. Most of the procedures are already in place, and fully documented with a timed sequence of events established, so it's merely a case of working through the target dates.

Romsey Road Runners have hosted this event for many years with various club members taking on the role of Race Director from time to time, all with their individual skills and ability to ensure a successful race day.

Please contact [Hannah Hunt](#) for further information.



Fixtures

CC6

The 2014/15 CC6 series is now well underway, with Romsey preparing to co-host race 3 with Halterworth Harriers on 23 November. Stubbington Green Runners have now joined the series, making it a total of 13 clubs now involved, but the decision was taken not to add an eighth race to the calendar, mainly due to an already busy winter season of local races. The CC6 committee voted to retain the lift on the faster runner restriction, but agreed to make the following changes:

Runners will not be allowed to run in their club's host race, to remove the advantage that the larger clubs have of being able to use their resources to provide adequate marshals as well as runners in their own race

There will again be 7 races on the calendar but individual scoring will be based on their best 4 results out of the possible 6 in which they can run. Team scoring remains as best 6 results (with teams consisting of 4 men and 3 women).

Here are the results of the CC6 series so far:

NAME	R2	R1
CHRISTOPHER BROWN		43
NEIL JENNINGS	19	31
DEREK KELLY	95	95
TONY PELO		67
JOHN QUAYLE	59	
GREG ROULSTON		84
DUNCAN WALLING	51	
JONATHAN WILLIAMS	49	32
NAME	R2	R1
JULIA ABAB	47	26
DIANE CROSS	43	24
PENNY JENNINGS	40	
REBECCA MARRINER	15	
DEBORAH REES		48
TAM RYAN	12	
JULIE SHANKER		49
HANNAH SHUTT	22	11
BECKY TOVEY	48	25
JO WEGUELIN	19	10

Fixtures

Test Way Relay

The Test Way Relay took place on Saturday 13 September, and we again entered one mixed team into the competition. This year our team consisted of several runners who have not taken part in the event before, which is great for ensuring knowledge of the route is retained within the club's membership. We finished 5th overall in the mixed competition in a time of 5 hours 50 minutes. I have already had expressions of interest for next year's event, and it would be brilliant to see Romsey return to entering both a men's and a ladies team. Thanks to those who took part (Alice Lane, Becky Tovey, Becks Marriner, Wayne Windebank, Hannah Shutt, Sarah White, Christopher Brown and Daniel Lurcock) and to Liz Slade and David Page for recording times at Middleton Farm.



Fixtures Secretary Role

Having reviewed the duties of the Fixtures Secretary and my impending change of personal circumstances, I put together a proposal to split the role into two new roles – something that has perhaps been overdue for some time. My proposal to replace the Fixtures role with the creation of two new roles of Race Secretary and Team Captain, who would work in partnership, was approved at the AGM as follows:

The Race Secretary would be responsible for organising the two host races for the CC6 and RR10 series and represent the club at the two AGMs;

The Team Captain would look after the week-to-week running of our involvement in the CC6 and RR10 series (promoting each fixture and lift share opportunity, collecting results at each race and returning to the relevant webmaster), and organise teams for the two relay events.

Together they will submit articles to Relay.

I am delighted to be continuing on the committee under the role of Race Secretary and to be working with Becky Tovey as Team Captain.

..... *Hannah*

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 2013/14 pentathlon season ran from 1st October 2013 to 30th September 2014. The final results for the season are provided below.

The 2014/15 season began on 1st October 2014 so please start sending your race results for the six competitive distances to...

captain@romseyroadrunners.co.uk

PENTATHLON 2013/14 – FINAL RESULTS							
MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
1. Neil Jennings	37 (0:19:48)	40 (0:31:06)	32 (0:39:14)	40 (1:07:58)	29 (1:41:13)		178
2. Wayne Windebank	N/A (0:21:11)	34 (0:35:07)	30 (0:41:27)	37 (1:08:49)	34 (1:35:42)	32 (3:47:03)	167
3. Christopher Stocks	27 (0:20:50)	37 (0:33:45)	28 (0:42:19)	32 (1:16:13)	32 (1:40:06)		156
FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
1. Tam Ryan	40 (0:20:37)		40 (0:43:25)	40 (1:10:49)	40 (1:34:07)	40 (3:15:41)	200
2. Jo Weguelin	34 (0:22:05)	37 (0:38:19)	37 (0:47:20)	29 (1:29:01)	34 (1:48:13)		171
3. Brenda Topliss	N/A (0:23:42)	34 (0:41:07)	34 (0:49:40)	30 (1:26:38)	32 (1:52:32)	32 (4:36:53)	162
OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
1. Paul Burnage	40 (0:20:37)	40 (0:35:20)	40 (0:43:21)	40 (1:15:13)	40 (1:40:27)		200
2. Brenda Topliss	N/A (0:23:42)	37 (0:41:07)	40 (0:49:40)	37 (1:26:38)	40 (1:52:32)	40 (4:36:53)	194
3. Penny Jennings	34 (0:25:57)	40 (0:38:08)		40 (1:24:31)	34 (1:58:23)		148

Time to Stand Still?

Some time ago I became aware of the argument for not standing still immediately after a run.

We all know the feeling when we have finished an effort or race; we just can't get enough fresh air inside us and frequently stand around gulping for oxygen.

The argument for not doing this is as follows:

When we run we use large muscles in our legs. Using these muscles means lots of blood gets circulated and this circulation is aided by the contraction of the muscles used when during running.

When we stop running suddenly, our veins begin to swell without the assistance of muscle contractions. This can lead to varicose veins.

I discussed this some time ago with a former member who had a medical background and he didn't disagree. Since then I have attempted to keep moving immediately after a hard run.

Does anyone have any opinion on the above theory?

.....from *Tony Peelo*

Manners Maketh

.....the Runner?

Perhaps I am getting more irritable in my old age. After all I am the proud possessor of a bus pass, but I don't like to talk about it.

What has been annoying me recently is when some club members continue speaking when a committee member or a session leader is attempting to address the group before we commence training.

We are not school children nor soldiers and blind obedience is not expected of us. However, it is simple manners that when we are being addressed as a group that we should keep quiet and pay attention, even if we have heard most of it before.

I am sure this type of behaviour must be very demoralising for those who do a bit extra for our benefit.

So please, I would ask that when the shout of "messages" goes out - or when the session leaders are giving instructions - that we show a little respect and keep quiet.

Surely this is not too much to ask of ourselves?

.....from *Tony Peelo*

Mara Yamauchi

Thanks to RRR's treasurer, Mark Stileman, and his colleagues at the Ordnance Survey, Romsey Road Runners were invited, as a local running club, to listen to a talk on marathon running by former elite British marathon runner and diplomat, Mara Yamauchi.

No shrinking violet, Mara is an Oxford graduate in politics, philosophy and economics. She speaks fluent Japanese (her husband is Japanese), and worked in the foreign office from 1996-2006 when she took unpaid leave for ten years to pursue her passion as a full time elite marathon runner.

A two time Olympian, Mara is the second fastest British Marathon runner ever, holding an astonishing time and personal best of 2:23:12 at the London marathon in 2009. The year before, she won 6th place in the Beijing Olympics.



The trainers she wore in the event are pictured here.

Mara spoke eloquently at the talk articulating her humour and deep knowledge of our beloved shared sport.

She advised on how to endure such pitfalls as facing 'the wall', injury, overcoming low mood whilst running and the essentials such as nutrition, hydration and understanding the biomechanics of the body. In addition, she stressed the importance of rest and

recovery prior to racing to achieve a good performance.

A modest and unassuming person, Mara listened to questions and gave advice, such as how possible would it be to train for a first time marathon in under 7 weeks to the benefits of taking (or not) advice from physiotherapists and doctors and the importance of seeking a second opinion. She is a great advocate of core exercise training such as pilates and yoga to cycling and hill training for that all important marathon preparation.

Above all, she was positive and encouraging especially for those of us who were approaching our twilight running years.

A big thank you to Mark and all at the Ordnance Survey to the opportunity to listen to Mara whose fundamental message was that you're never too old and the goal of completing a marathon is attainable to all of us.

.....supplied by [Alice](#)



Session Leaders' Report

The clocks have rolled back and the nights have drawn in, so despite slightly clement weather the winter is well and truly here. And that means welcome back to the delights of Halterworth Lane, Fishlake Meadows, Romsey Industrial estate and all the other winter favourites. It also means it's time for me to remind you all to bring your high-vis clothing and head torches to club nights to help you both to see and to be seen.

The winter session sees a range of sessions, all with specific aims. So for our newer members I thought it was worth a reminder of the 3 basic types of sessions we do and why they help us as runners:

Interval sessions: A range of shorter effort of high-intensity with recovery jogs to raise fitness, burn fat, and improve running form. In our case this is usually 6 intervals around one of our cross-town routes, or a single effort repeated over a 30-minute period.

Tempo runs: These are longer sessions at a comfortably hard pace to help push up your race limits. This includes both the tempo run we do once a month on a Thursday night as well as 2 x 2-mile efforts we do some Thursdays.

Hill efforts: The Marmite of the running world, but love them or hate them these will develop muscle strength, which in turn helps develop your overall pace as well as your ability to put in that sudden burst of speed on the finish line. We do two of these sessions, and this winter will see us revert to Cemetery Hill on a Thursday and Champion Drive on a Monday.

But the real key to successful training is variety, so I encourage you to give them all a try. And of course these are there to complement the long runs, races and recovery runs between club nights. If you want to know any more about a particular session please do ask your session leaders, that's what we're there for... as well as banging on tables, wearing orange bibs, 'encouraging' you to keep going between efforts and filling in the odd accident form of course.

For those of you not at this year's AGM I thought I would repeat my thanks to Hannah Hunt and Peter Hartley who will be taking a break from session leading after the autumn sessions. And also say a big welcome to Julie Shanker, Deborah Rees, & Jo Weguelin who are all going through their England Athletics training later this month and will start leading sessions in the new year. Please be gentle with them!

Remember, if you would like to get involved in running training sessions and giving something back to the club please come and talk to myself or one of the other session leaders and we can tell you how you can get involved.

Don't forget we now have interactive maps on the club website, where you can check the route with each interval clearly marked, and helpful photos of start/finish points as well as any hazards.

As ever, if you have any feedback or suggestions please speak to your session leader at the end of a club night or email me directly at...

sessionleader@romseyroadrunners.co.uk

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Training Schedule Winter 2014

December		January		February	
Mon 1	1/2: Abbotswood 3/4: Campion Drive Hills	Thu 1	Cemetery Hill	Mon 2	1/2: Campion Drive Hills 3/4: Abbotswood
Thu 4	Fishlake Meadows	Mon 5	1/2: Fishlake Industrial (2x2) 3/4: Shorter version of NB	Thu 5	Romsey Industrial Estate Sprint session (optional)
Mon 8	1/2: Campion Drive Hills 3/4: Abbotswood	Thu 8	Romsey Industrial Estate	Mon 9	1/2: Halterworth/Tadburn (rev) 3/4: Cupernham/Fishlake (rev)
Thu 11	Tadburn Road	Mon 12	1/2: Halterworth/Tadburn 3/4: Cupernham/Fishlake	Thu 12	Cemetery Hill Sprint session (optional)
Mon 15	1/2: Halterworth Industrial 3/4: Cupernham/Fishlake (rev)	Thu 15	Fishlake Meadows	Mon 16	1/2: Cupernham/Fishlake (rev) 3/4: Halterworth/Tadburn (rev)
Thu 18	Tempo Run	Mon 19	1/2: Cupernham/Fishlake 3/4: Halterworth/Tadburn	Thu 19	Tempo Run Sprint session (optional)
Mon 22	1/2: Cupernham/Fishlake (rev) 3/4: Halterworth Industrial	Thu 22	Tempo Run	Mon 23	1/2: North Baddeseley (2x2) 3/4: Fishlake Industrial (2x2)
Thu 25	NO CLUB	Mon 26	1/2: Abbotswood 3/4: Campion Drive Hills	Thu 26	Fishlake Meadows Sprint session (optional)
Mon 29	1/2: North Baddeseley (2x2) 3/4: Fishlake Industrial (2x2)	Thu 29	Tadburn Road		



Race Dates

Date Time Race

January 2015

4th	11.00	Somerley Estate 10km
11th	09.30	CC6 (5) – Badgers Farm, Winchester
17th	10.30	Brooks HellRunner: Hell down South (Longmoor Camp)
18th	10.00	Stubbington 10km (HRRL)
24th	10.00	Brutal 10km (Women only), Long Valley
25th	10.00	Romsey 5 mile

February 2015

1st	11.00	Ryde 10 mile (HRRL)
11th	18.30	Glow in the Park 5km/10km (Southampton Common)
15th	09.30	CC6 (6) – Dennywood
	10.30	Bramley 20m/10m
22nd	09.00	Winchester 10km
	09.45	Portsmouth Coastal Half Marathon
	09.00	Heartbreaker Marathon (Fordingbridge)
	10.00	Heartbreaker Half Marathon (Fordingbridge)

March 2015

1st	09.30	CC6 (7) – Wilverley
8th	10.30	Salisbury 10 mile (HRRL)
15th	09.00	Portsmouth Duathlon 1 - 5km/15km/5km
	10.30	Meon Valley Plod 21 mile
22nd	09.00	Eastleigh 10km (HRRL)
	10.30	Fleet Half Marathon
29th	09.00	Cranleigh 15m/21m
	14.00	Combe Gibbet to Overton 16m