

RELAY

Autumn 2015



**THIRTY
YEARS
OF RRR**

**Beer Race
Report**

**RR10
Final
placings**

ROMSEY

ROAD RUNNERS

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Cover photo: Keith Stone by Mike Nicholson

From the Editor

Hello all,

Hope you are having a great summer of running. I've been struggling with that dilemma of modern life: how to keep fit and commute up to London five days a week – but not a problem any more! With one hand/arm in plaster while wires in finger settle (thanks, Pad – is dog-walking an extreme sport in anyone else's household?) I'm doing a LOT of walking – starting with a stomp over the fields to Dean station at every morning.

My Endurancelife 7X Challenge shirt (six halves, one full) arrived just in time to rub salt into this wound. I'm a big fan of these events, as many of you know, and plan to do a few when the 2015/16 series begins in October - though not seven! Let me know if you want to join me on any of them.

In the meantime, hope it won't be too long before I see some of you on the Saturday runs again. If you are new to the club, do join us – these runs are fun, scenic and social! Keep an eye out for messages on the Google Group. And hope to see lots of you at our 30th Anniversary walk/run on 13th September – should be a great day, so don't miss it (application form on the website).

In the meantime, let me know if there's anything you'd like to see in *Relay* – it's your newsletter! – and enjoy the last of the longer days.

Di Cross, Acting Newsletter Editor



Test Way Relay

Sadly, this year's race has been cancelled. Totton, who have organised it for some years, withdrew as organisers and although Lordshill stepped in to co-ordinate the efforts of the various clubs that had offered to help (including Romsey), it wasn't possible to sort everything out, especially a UK Athletics permit, in time. We hope it will go ahead again next year.

Dates for your diary

SEPTEMBER

- 07 Club 5k time-trial (followed by a drink at the Wheatsheaf Pub)
- 13 RRR 30th Anniversary Celebration run/walk at Mill Arms

NOVEMBER

- 11 Club AGM + London Marathon ballot at Crosfield Hall
- 20 RRR Awards Night Dinner at Ampfield Golf Club

Going on for miles and miles

About 7.30pm on Wednesday 15th July 2015 AD, I was stood precariously on the Time Keepers' sacred platform at the end of the finishing straight of the legendary Southampton Sports Centre's Athletics Track with senior founding RRR club member Keith 'Durban, Close To Death' Stone to my left with stopwatch in hand. In the mêlée below us, the 'lead off' runners of 37 teams were gathering on the start line, the remaining nine members of each team, all 333 (approx), stood at the edge of the track eagerly awaiting their turn. I could see from their different expressions that some were more 'eagerly awaiting' than others.

These team members, all wearing their club colours, would be attempting to run as fast as they could for four laps of the 400m track, The Metric Mile (9.3 metres shy of an Imperial 'Bannister' mile). Armed with my sophisticated ten-quid 'Casio' watch with its envy-inducing 'stand alone' stopwatch facility, what concerned me most was not RSI to my right thumb but falling off the 'sacred' platform while peering at the minuscule digital display.

For this year's event the rules had been changed. We no longer had to enter a team containing at least two female runners. So it was decided to enter an all-ladies team, the Romsey Rockets, and an all-men's team, the Romsey Rippers.

With a short sharp blast of a whistle or a hoot of a horn, I can't remember which, the race commenced! Each runner ran a lonely 360 metres followed by 40 metres of eardrum busting encouragement from the rest of their team. Both our teams acquitted themselves well and did RRR proud.

A big well done to the Rockets, who came 29th and were the first Ladies team home*, setting a Ladies record of 1 hour 12mins 45secs in the process [individual times on page 16]. And another big well done to the Rippers, who came 9th in a total time of 58m 44secs. I would also like to thank RRR members: Trevor Bond, Derek Kelly, Anna Duignan and Brenda Topliss, our reserves, who were all prepared to put their bodies on the line if required. Incidentally Eastleigh came 1st in 52m 41secs followed by Southampton 2nd in 52m 58secs and Lordshill 3rd in 53m 10secs.

Greg 'Devil of a Timer' Roulston

* Romsey Rockets were the only all ladies team.



Membership News

We now have more ladies than men, 61 versus 59! All our new members are from Romsey: Wouter Batelan, Paul Whitaker, Becca Lurcock, and Suzanne and Dave Gardner.

Becca Lurcock



... started running about 18 months ago, doing Parkruns with her young son. She enjoyed it, so began to run a bit on her own. After completing her second Beer Race in June, she decided it was time to join a club and push herself a bit more. She says she's really enjoyed being part of the club and that people have been so friendly. A particular highlight was the Mile of Miles relay.

Dave Gardner



... ran Brighton Marathon in April this year, after little training, in 4 hours and 52 minutes. It was his first marathon and he loved every minute of it, so signed up straight away for the Bournemouth Marathon in October and the Brighton again next year! He's joined RRR to get some proper coaching and has already achieved a PB in the Tadley 10k: 45:53. He is married to Suzanne, and they have 3 children – all keen runners!

Suzanne Gardner



... has joined RRR as a second claim club to boost her training for the Bournemouth Marathon in October. She is aiming for a sub 4-hour time after narrowly missing out at Brighton in April by 4 minutes and 11 seconds!

Penny Jennings, Membership

Paul Whitaker



... entered a few 10ks in the past 2 or 3 years but realised that if he wanted to improve his times he needed to take his running a bit more seriously. Although too late to enter the Beer Race, that's how he found out about RRR and made the decision to turn up at the next session at Mountbatten School. "It is always a bit daunting joining a club," he says. "But I need not have worried; everybody was incredibly friendly and Penny introduced me to the people she thought I ought to get to know." Paul says he felt part of the club very quickly and although he finds the sessions tough he enjoys training with such nice people and that it is a great way to improve his running.

News and events

Many congratulations...



... to long-time Romsey Road Runner Nick Berryman and his partner, Ruth, who got married on 25th April 2015 at Above Bar Church in Southampton, with a reception afterwards at Bishops Waltham village hall (where the picture, left, was taken). We wish you both many years of fun and happiness together.

The Big Pathwatch

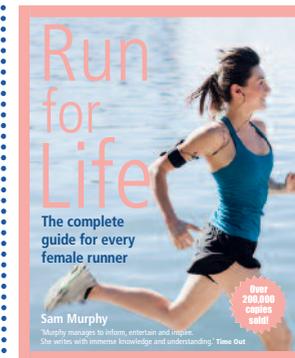


In England, the County Councils are responsible for the maintenance of public bridleways and footpaths. However, with limited budgets they are struggling to cope. The Ramblers, therefore, has decided to help by asking people to adopt a 1km grid square on an OS map and walking every right of way within it, reporting any problems to the association by 31st December 2015. Details can be found at: www.ramblers.org.uk; you don't have to be a member to take part. This isn't too hard as some squares have no Rights of Way within them. Romsey is covered by nine squares. To see what is involved, have a look at an OS map (it's best to use a 1:25,000 map). Alternatively, print a map off Ramblers' website or download the Big Pathwatch app. This would be a good way to add some variety to your training and to get to know the local area better.

David Nixon

Book it!

Run for Life:
The complete guide for every female runner
By Sam Murphy



Derek Kelly spotted an extract from this book in the *Sunday Express*, about women who take up running later in life, with which he was most impressed (full article at: <http://www.express.co.uk/life-style/health/581546/Exercise-time-older-human-healthy-diet>). Subtitled 'The complete guide for every female runner', it promises to show how to fit running into everyday routines, offering encouragement every step of the way. Suitable for all abilities. Available from Kyle Books (RRP: £14.99, web price: £11.99) and usual book stores

- UP & RUNNING in Chandler's Ford (SO53 2GA) has a ladies' evening on Wednesday 16th September, offering advice on shoe fitting, bra fitting, physio and podiatry. Call Kevin on 023 8025 5577 or email southampton@upandrinning.co.uk if you want to go. Also, check the website for their special Runner's Bundle kit offers.
- THE RUNNING SCHOOL in Southampton is holding an Open Day on 19th September, offering Bio-mechanical Analysis for £15. To book a 30-minute session, call Paul on 023 8065 3707 or email southampton@runningschool.co.uk

Raise your hands (or a pint) to the



REACHING its capacity of 350 entrants a week in advance, our annual 5 Mile Beer Race made its way around the pretty lanes of Braishfield on Sunday 7th June. The scenic route was complemented by warm sunshine and a gentle breeze, which was enjoyed by competitors and marshals alike.

Leading from the start was Paul Pallister of

The capacity field heads up Braishfield Road with enthusiasm

Hardley Runners, who finished a comfortable 17 seconds in front of his nearest rival in a time of 27:31. George King was second for Winchester AC in 27:48 followed by Max Costley in 28:42 for Southampton AC, improving on his time from 2014 by 24 seconds. Having placed in the top three for a couple of

years now, this year Anna Smith-James of Hedge End RC was the first lady home in 33:43, followed by Anna Giles in 35:01 for Eastleigh RC (also a top three regular), with Kirsty Shannon taking third place for Hedge End RC in 35:18.

The popularity of our race has grown year on year, both with members of the local running clubs and with unattached runners alike. The prospect of a pint of London Pride beer at the finish, supplied by Fullers, is a big draw – as are the delicious, homemade treats and the cheerful and supportive marshalling provided by our members. These things



Attention please: Becky briefs the RRR marshalls

Beer Race

always feature highly in the great feedback we receive – the cherries on the cake. Thank you to everyone who baked, cheered and supported, and to the BBQ team who provided a fantastic feast for us all to enjoy after the race.

Profits raised from the race go directly back to the club, helping to fund courses such as the session-leader training, subsidising activities such as the annual awards evening and other socials, and keeping our club membership fees at a very reasonable rate.

Our thanks also go to: local mineral-water company Hildon, for providing bottles of water for each of the runners as they crossed

Continued



Eastleigh ladies refuel; post-race refreshments (below); on the pull (bottom); best shorts award? (bottom left)





Above: Men's winner Paul Pallister and women's winner Anna Smith-James. Left: Chair Tony King presents David Ransom, first in the men's V60 category, with his trophy



the finish line; local running shop Up & Running of Chandler's Ford for providing spot prizes to a number of finishers; and to Mike and Sarah Edom of The Old House at Home in Romsey who helped set up the bar and ensured the beer was just right.

We are also most grateful to Braishfield Parish Council, the Newport Inn Cricket Club, and the landowners and residents of Braishfield for the use of various venues in the village and their continued support of the Beer Race.

**Hannah Hunt,
Race Secretary**

PRIZE WINNERS

1ST MALE Paul Pallister, Hardley Runners, 27:31
2nd Male George King, Winchester AC, 27:48
3rd Male Max Costley, Southampton AC, 28:42

1st Male Senior George King, Winchester AC, 27:48
1st Male V40 Paul Pallister, Hardley Runners, 27:31
1st Male V50 Tim Ellis, Basingstoke and Midhants, 29:27
1st Male V60 David Ransom, Totton RC, 35:39

1ST FEMALE Anna Smith-James, Hedge End RC, 33:43
2nd Female Anna Giles, Eastleigh RC, 35:01
3rd Female Kirsty Shannon, Hedge End RC, 35:18

1st Female Senior Anna Smith-James, Hedge End RC, 33:43
1st Female V40 Kirsty Shannon, Hedge End RC, 35:18

1st Female V50 Hayley Chilvers, Eastleigh RC, 36:11
1st Female V60 Elaine Grist, Eastleigh RC, 50:02



30 years of Romsey Road Runners

IN THE BEGINNING....

My family moved from Petersfield to Halterworth in April 1985. I had started to run a few years earlier, having been inspired by the first London Marathon. After a tough start - due to my low level of fitness - Lesley, my wife, provided me with an incentive to stick at it by entering me for my first race: the Butser Hill Fell Run! I was not deterred and went on to run a 10-mile road race on a section of the M25 - before it was opened to traffic!

In Romsey, I began to explore the lanes and footpaths, where I met up with Frank Martinelli. We soon began to run together and decided that it would be a good idea to form a club. We placed adverts in various shop windows and were subsequently contacted by several likeminded people. The club met up on Sundays at the Dog & Crook to run routes in the lanes beyond Braishfield.

The inaugural General Meeting was held at our house in Seward Rise on 20 November 1985 and everyone attended - all six of us!



Above: Keith running the Victory 5k in December 1987
Below: The club's Christmas Handicap Race, also in 1987

Prior to the meeting a few of us had thought that the club should be called 'Halterworth Harriers', however, at the meeting it was decided that this sounded too elitist and might put people off! Instead, the name Romsey Road Runners was formerly adopted and I became the first Club Chairman, with Frank as Treasurer and Steve Lees as Meets/Fixtures Secretary.

The summer of 1986 saw RRR grow by leaps and bounds. One Thursday night we achieved double figures for the first time and the place was buzzing!

Continued 🗨️



Membership jumped to 41, of which 19 were ladies. A further sign of the club's development was the publication of the first newsletter, produced by Alan Chatfield, and the first dinner dance, held at The Dolphin Hotel (now part of Bradbeers store).

Although we were a 'road running' club, we felt it was important to give members the opportunity to try other types of running, including cross-country, ultra and track. I tried it all except an ultra! My one and only marathon was London in 1989 (03:59!), after which I switched my attention to 10k races, my target to get under 40 minutes. Never did! My best official time was 40:06!

My most successful running has been the track as a vet. In the M40



RRR's London marathon squad, April 1989

category I managed to run the 1500m in under 5 minutes on several occasions. However, I soon realised that I was at my most competitive at even shorter distances. In June 1991, I entered the 400m in the South West Vets T&F Champs in Exeter as an M45 and crossed the line first in a time of 61sec. Five years later, I became the South West of England 200m Champion as an M50 with a time of 27.9sec.

I have slowed down a little over the years but still enjoy track running. Greg Roulston persuaded me to make a comeback in 2009 at the vets meeting in Basingstoke. I ran the M60 200m and, on virtually no training, finished 5th out of eight in 33 secs.

In 2010, 25 years after the start of Romsey Road Runners, the club made me a Lifetime Member at the annual awards night – a great honour. I am one of only three, the others being Marie White and Ray Masters.

In July 2012, Lesley and I moved to Essex to be nearer our daughter and grandchildren. While we were there, I ran with Southend Athletics Club. We returned to Romsey – and RRR – in June 2014. It is good to be back.

**Keith Stone
Founder and 1st Chair**

Did you know that...

 ... your club started in August 1985, after Keith Stone placed an article in the *Advertiser*, Keith became the club's first chairman.

 ... early weekend runs started from The Hunters Inn car park. Later, Ray Masters led runs from Farley Mount.

 ... Relay was originally A4 size. It changed to A5 in December 1988 and has been printed in colour since December 2009.

 ... the club has taken part in the summer cross-country league since 1987, when it was the RR6. In the winter we competed in Today's Runner League, which covered a much larger area (I remember running at Liss). The western Hampshire clubs then established the CC6.

 ... the first Test Way Relay was held on 13th June 1987. It was won by Southampton Orienteering Club, Basingstoke Andover Orienteers were second with the two Romsey teams third and fourth of four. The navigation and map-reading skills of a few of the Romsey runners were lacking as no recce was done. The event was opened to other running and orienteering clubs in 1988.

 ... early track sessions were held at Romsey School. We moved as the school was arranging cricket matches while we were there and the track overlapped the outfield. In 1987 and '88 (at least) there were children's races, too.

 ... we have had skittles evenings at William IV and the Mill Arms. We also had quiz evenings at Crosfield Hall, each team setting a round of 10 questions; the annual quiz is now part of the Pasta Party.

 ... in the early days, the committee had a Ladies Rep. There is no need for that now as women outnumber the men on the committee at present.

 ... for many years the club ran from Winchester Cathedral to Romsey Abbey in late December, some joining at Farley Mount, King's Somborne or Horsebridge. The meadows after Squabb Wood were usually flooded or frozen.

**David Nixon,
Member since 1986**

ROMSEY ROAD RUNNERS

30th Anniversary Run/Walk

To celebrate 30 years of Romsey Road Runners, we will holding a special club day on **SUNDAY, 13 SEPTEMBER at THE MILL ARMS** in Dunbridge (SO51 0LF). Meeting at the pub at 10.15am for a 10.30am start (please use rear car park), there will be a choice of 6/7-mile run or a 4-mile walk (club vests and party headwear, if possible!!!), both finishing back at the pub by 12 midday for a lunch of baguettes (cheese & tomato, ham, tuna, egg & cress, beef) and chips.

The event is open to both current and former members of the club, as well as their partners and immediate families – so do spread the word!

Please fill in the form below – or download one from the website – and return it to Di or Lesley by Thursday 10 September with payment (£5 per person, cheques made payable to 'Romsey Road Runners').

See you there!

NAME/S:

.....

I/we would like ticket/s priced at £5 (subsidised) each for Romsey Road Runners' 30th Anniversary Run/Walk at The Mill Arms, Dunbridge.

Please find enclosed a cheque for £ (payable to 'Romsey Road Runners').



Christmas in the '90s - fancy dress still going strong!

Route Master

START: Pepperbox Hill, off the A36 towards Salisbury (SP5 3QL)

PARK: NT Pepperbox Hill car park (free) on the right

TERRAIN: 7 miles – mainly off-road, hilly in places, narrow paths and stony tracks

MILE 1 Turn left out of car park and drop down to A36. Cross with care, picking up the path opposite. Head up track through trees then continue straight on when it opens up, ignoring path to right. Follow this rutted track to radio mast/reservoir on right. After mast, ignore track joining from right and continue to junction turning right onto restricted byway (ignore left fork to cottages). Go round metal barrier. When track swings left, continue straight ahead, following fence line on right.



MILE 2 Ignore path to left, again sticking to fence line and head between fields through tunnel of trees. At crossroads of paths, go straight across.

MILE 3 Pass large green metal barn on left and continue into farmyard. Go through gate then pass Templemans Old Farmhouse on left as road (The Rows) bends right. At T-junction, turn right. As road swings left continue straight ahead off road onto bridleway. Follow path (can be overgrown)

until joins quiet road (take care here - popular fly-tipping site).

MILE 4 Remain on road until you reach traveller site on right. Turn left here by metal gate onto narrow footpath by paddock. Path soon divides, follow to right. When path opens out, go straight on with houses to right and hedge to left. When path meets road (Hamilton Park), go straight on between concrete posts. Pass old BT station on right and follow to road with church ahead.



Turn right onto Barford Lane. Pass cemetery and Catholic Church, then as road goes uphill take track on left before bend to Trafalgar Fisheries.

MILE 5 Follow track to fishery (keep an eye open for herons), then through gate by 'Long Park Beef' sign into field (dogs on leads for obvious reasons!) Follow fence line to cottage, cross stile to right then turn left onto road, walking round cottage. Pass

church on right then, on bend, leave track turning right onto Avon Way (sign shows Salisbury cathedral spire); river to left.

MILE 6 Follow path through woods to wooden gate. Cross field to metal gate (Trafalgar House to right). Follow path through trees to road and turn right up steepish hill. At cottage on right turn left. Follow this quiet road to junction by cottage on right with six wooden tree-trunk pillars at front.



MILE 7 Turn left off road, taking lower path then go straight on over another path up to wooden gate – right of the two Restricted Byway options. Grassy path heads steeply uphill. Continue to gateway by concrete pillar (gate was broken). Go through then take right fork when path divides; follow grassy track (mast over field to right). Continue to green metal barrier, veer round then drop down to A36. Cross and follow NT Pepperbox sign back up to car park on right.



The start - and finish - point for the Pepperbox Hill Route Master (above) and the Saturday group doing a loop from Mottisfont (below).

These runs are great fun, positively social – and open to everyone, so do come along and join us. Watch out for alerts via the Google Group – or why not suggest a route of your own?



Recent Race Results

Lakeside 5k
27 May 2015
Hannah Shutt 20:54

South Downs Relay
20 June 2015
Relay Marathon
Tamatha Ryan, Jo Weguelin,
Becky Tovey, Lynda Brown
TEAM TIME 3:35:12

Wellow 5k Fun Run
21 June 2015
Francesca Hough 33:57

Lakeside 5k
1 July 2015
Jo Weguelin 23:06

New Forest 10 Miles
12 July 2015
Neil Jennings 1:00:37
Stuart Cripps 1:17:25
Penny Jennings 1:23:13
Rebekah Lurcock 1:25:22

Lakeside 5k
29 July 2015
Wayne Windebank 20:40
Tamatha Ryan 21:24

Salisbury 5-4-3-2-1
9 August 2015
Ultra 50k
Nick Day 6:16:14
Marathon 42k
Mike Roberts 4:40:57
Di Cross 5:09:08
Half Marathon 21k
Mark Adams 1:41:31
Paul Burnage 1:57:46
Anna Duignan 2:32:04

Cheddar Gorge 10k
16 August 2015
Wendy Couper 1:27:44



ABOVE: Wendy Couper celebrates her birthday – and a great time in the Cheddar Gorge 10k. She was first FV60

BELOW: Wayne Windebank cuts a dash at Endure 24 (see page 14)



- Personal Best
- Course Best
- First in Category

Time to ENDURE 24

THE forecast for the weekend was ominous: showers, storms, winds... Our team of five women and one man would have to run as many 8k laps as possible over a 24-hour period, and the prospect of doing so in challenging conditions was not entirely welcome.

Two years previously, some of us had been part of the team that took part in the aptly named Thunder Run, enduring torrential rain and thunder storms. There had been mud – a lot of it! Surely it wasn't going to be a repeat of that?

Wayne's email popped into my inbox: "Have you seen the video from last year's Endure 24? There was rain throughout the night!" Naomi's texts were coming fast and furious: "Have you seen the forecast for tonight and tomorrow?" Words such as 'torrential', 'hail' and 'lightening' followed...

Oh well, "Only adds to the fun!" (Team captains need to be upbeat!) So we packed our wet-weather gear and set off.

The plan was for Becky and I to go on ahead and pitch camp by one of the running lanes, then the others would follow the next morning. One of the many pleasures of being involved in a running fraternity is the opportunity

to see the country's hidden beauty spots – places you wouldn't otherwise know existed – the Aldermaston Estate, where the Endure 24 event was held, is certainly one of them. This gem of a place, tucked away between Reading and Basingstoke, is only an hour from Romsey.

Once there, we entered a festival-like atmosphere, with music, tents, flushing toilets!!!, campervans and lots and lots of runners. So far, apart from a little drizzle and heavy cloud, all looked fairly hopeful.

The organisation was superb, registration open until 8pm, and we were given our T-shirts, relay band and running chips. There was a large tent with an excellent selection of food, places for massage, a disco tent, and, of course, somewhere to stock up on sponsor Mizuno's sports products plus a giant inflatable Mizuno shoe.



They endured! Alice, Jo, Hannah, Naomi, Wayne and Becky

The following morning, Hannah, Jo, Naomi and Wayne arrived, with support crew Jane Windebank and Toby Burrows. Then it was count down to the start at 12:00. The weather was improving, the rain had passed us by, the atmosphere was highly charged and we were ready to Endure 24 hours of running. What's more, we were feeling lucky, with our already strong ladies' team (we were allowed one member of the opposite sex, step forward, Waynetta!), we might, just might, have a chance of doing quite well in our category.

To cut a long story short, we had a wonderful 24 hours with the team running, 4, 5 and 6 laps each. We were thrilled to finish third in our category.

A big thank you to our fabulous team – Wayne, Becky, Hannah, Jo, Naomi – and supporters Jane, Toby, Chloe, Karl and Ellie.

Alice Lane

Fixtures

RR10 Results

What a season!!!! A massive well done to everyone who has taken part this year in what has been an epic summer of RR10s!!! With an overall team position of 7th for the ladies and 12th for the men, it's been a strong result for Romsey – and here are just a few of the best bits.....

Neil Jennings finished the season with a top 10 overall position!! The age-groupers have really done us proud, too, with brilliant top 10 finishes for Lynda Brown (4th in the FV40 category) and Penny Jennings (4th in the FV50 category). The men's V60 category was especially strong, with 3 top 10 finishers: Derek Kelly (5th) David Page (8th) and David Nixon (10th). Mark Stileman (MV40) and Anna Duignan (FV50) both came 3rd overall in their categories and last, but by no means least.....our victor in the V70 category and my personal hero of the season..... Wendy Couper WON her category!!!!!

Becky Tovey, Club Captain



RR10 Placings – Women

Ladies	1	2	3	4	5	6	Overall position	Age-group position
Julia Abab	78	92	123				231	36
Jackie Bailey	97	111	113				236	
Elaine Bond	136						424	22
Lynda Brown	22	23	24	24	26	34	23	4
Jane Carter	52						359	103
Wendy Couper	134	144	146	155	157	161	107	1
Anna Duignan	76	99	101	107	112	114	81	3
Debby Ferre	160						447	130
Francesca Hough	60	85	91	93	98		136	
Emma Hammerton	87						383	
Penny Jennings	43	49	50	51	54	59	46	4
Marion Kelly	98	104	109	111	113	118	86	22
Ali King	28	28	30	32	42	42	32	
Alice Lane	52	57	63	63	80	83	58	17
Becca Lurcock	41	53					272	
Becks Marriner	41						351	
Vicky Pelling	142						433	125
Deborah Rees	90	112	117	124	128	136	90	25
Julie Shanker	87	112	119	123	126	131	89	24
Hannah Shutt	14	15	20	20	23	25	17	
Anne-Marie Skill	148						437	
Becky Tovey	8	10	12	15	16	17	11	
Linda Webb	132	142					315	50
Jo Weguelin	23	25	27	28	31	31	25	
Sarah Wood	99	100	104	126			180	



RR10 Placings – Men

Men	1	2	3	4	5	6	Overall position	Age-group position
Mark Adams	59	72	77	80	83	87	76	17
Andrew Archibald	132	134	135	144	145	148	125	31
Liam Baldieri	137	172	183	188			274	
Christopher Brown	61	65	70	71	76	82	67	
Trevor Bond	170	176	201				332	35
Paul Burnage	88	92	104	105	108	157	99	22
Paul Cardy	2						424	
Stuart Cripps	134	146	150	163	174	188	142	
Nick Day	109						476	128
Steve Edwards	110	113	123	125	125	127	105	25
Pete Hartley	104	113					388=	93
John Horton	109	119					393	95
Neil Jennings	8	10	12	12	13	14	10	
Derek Kelly	193	194	197	207	220	227	188	5
Tony King	66	68	78	85			245	
David Nixon	207	225					419	10
David Page	209	228	233				344	8
Joe Pelling	166						513=	
John Quayle	100	102	104	109			253=	
Ian Ralph	37	39	48				290	
Steve Reed	98	111	116				311	86
Greg Roulston	213	227					420	104
Paul Slaughter	164	174	182	190	204	206	169	46
Mark Stileman	23	23	27	28	28	35	24	3
Richard Vie	214						546	54
Paul Whitaker	133						492	114
Jonny Williams	58	63	64	70	73	79	62	
Wayne Windebank	87	100					381=	106

So with all that off-road training in our legs we'll all be fitter, stronger and faster BRING ON THE CC6s!!!!!!!

(The dates of the 2015/16 CC6 series will be available shortly)

MILES OF MILES OFFICIAL TIMES

ROMSEY RIPPERS

Official Time Keeper: Keith Stone

Relay Leg No.	Name	Time (mm:ss)
1	NEIL JENNINGS	5M 18SECS
2	CHRISTOPHER BROWNE	5M 53SECS
3	JAMES BATTLE	5M 14SECS
4	STEVE GEARY	5M 45SECS
5	MARK ADAMS	5M 50SECS
6	JOE PELLING	6M 12SECS
7	JOHN QUAYLE	6M 05SECS
8	NICK DAY	6M 33SECS
9	MARK STILEMAN	5M 28SECS
10	DAVE GARDINER	6M 26SECS
TOTAL		58M 44SECS

ROMSEY ROCKETS

Official Time Keeper: Greg Roulston

Relay Leg No.	Name	Time (mm:ss)
1	BECKY TOVEY	6M 10SECS
2	TAM RYAN	6M 29SECS
3	LYNDA BROWN	6M 17SECS
4	BECCA LURCOCK	6M 44SECS
5	SUZANNE GARDINER	7M 07SECS
6	JULIE SHANKER	8M 27SECS
7	VICKY PELLING	8M 48SECS
8	PENNY JENNINGS	6M 58SECS
9	NAOMI FARRINGTON	8M 21SECS
10	ALICE LANE	7M 24SECS
TOTAL		72M 45SECS



MEN'S PENTATHLON (as at August 2015)

Men	5km	10km	20km	Half Marathon	Marathon	TOTAL SCORE					
	Time	Rank	Time	Rank	Time	Rank					
	(score)	(score)	(score)	(score)	(score)	(score)					
Ian Reilly			0:31:28	2 (37)	01:05:58	2 (37)	01:25:18	1 (40)	03:17:28	1 (40)	181
Neil Jennings			0:29:38	1 (40)	0:37:00	1 (40)	01:00:37	1 (40)	01:25:35	2 (37)	157
Paul Burnett*			0:33:58	5 (30)	0:43:35	5 (30)	01:12:56	4 (32)	01:24:48	7 (25)	128
James Battle					0:37:00	1 (40)			01:25:43	3 (34)	74
Wayne Wilkinson	00:20:30	1 (40)			0:43:48	6 (29)					68
Jade Rolfe						1:12:53			0:42:59	4 (32)	66
Shaun Crisp					0:50:37	8 (28)					56
Arlene Archibank*					0:47:31	8 (27)			01:43:00	10 (25)	52
Toby Burrows											37
Stewart Liseenthal									0:42:06	3 (34)	34
Mark Stileman											34
Tony King			0:31:33	3 (34)							34
Steve Geary					0:43:31	4 (32)			01:31:43	4 (32)	32
Mark Adams											32
Peter Smith			0:29:55	4 (32)							32
Neil Payne									0:43:02	5 (30)	30
Jonathan Williams									01:23:41	5 (30)	28
Steve Beard									01:23:46	6 (28)	28
Ricky Bath											28
John Quayle			0:25:02	6 (29)		01:47:06					28
Pete Harris					0:46:48	7 (28)					28
Lee Harris									1:35:22	8 (27)	27
Christopher Brown									01:26:01	9 (26)	26
Paul Slaughter											24

Cheers guys – and keep up the good work!!!

Here are the Pentathlon Tables so far for Men, Ladies and V50 categories. Apologies if I have missed any results... please let me know by emailing me at: peto.snow360@gmail.com

WOMEN'S PENTATHLON (as at August 2015)

Ladies	5km		5m		10km		10m		Half Marathon		Marathon		TOTAL SCORE
	Time	Rank [score]	Time	Rank [score]	Time	Rank [score]							
Tain Ryan	21:24:00	3 (34)	0:41:49	1 (40)	01:08:14	1 (40)	01:23:56	2 (37)	01:51:00	2 (37)	04:31:26	2 (37)	184
Becky Towse	21:05:00	2 (37)	0:37:31	1 (40)	0:45:49	2 (37)	01:23:13	1 (40)	01:56:15	1 (40)	04:23:16	1 (40)	128
Alice Lane	23:06:00	4 (34)	0:42:27	5 (30)	0:50:57	4 (32)	01:27:07	5 (30)	1:56:21	8 (27)	04:42:35	8 (27)	146
Joanna Wylesellin			0:39:27	4 (32)	0:46:04	3 (34)	01:23:56	3 (34)	01:42:30	3 (34)	04:25:58	6 (29)	131
Brenda Topless*			0:39:19	3 (34)			01:23:13	2 (37)	01:51:00	6 (29)	04:31:26	5 (30)	125
Penrhyn Jennings*	20:54:00	1 (40)					01:23:13	2 (37)	01:46:15	4 (32)			183
Ria Brookes-Gibbs							1:33:30	6 (29)	1:37:30	2 (37)			77
Ann-Marie Skill			00:55:59	6 (29)					01:50:11	5 (30)			58
Julie Shanker			0:46:24	7 (28)					2:14:19	12 (23)			51
Bridget Wylis					01:02:59	8 (27)			2:22:57	14 (21)			48
Rebecca Mainthorpe											08:31	2 (37)	37
Jane Carter			0:34:28	2 (37)									37
Wendy George													34
Di Cross*							01:25:22	4 (32)			4:04:49	3 (34)	34
Rebekkah Lurovek											04:23:16	4 (32)	32
Anna Duggan*			0:54:33	5 (30)									30
Deborah Paves	0:46:03	6 (29)			01:01:31	7 (28)							28
Debbie Ferris													28
Lisa Wylie											04:57:09	9 (26)	26
Jaqueline Bailey													26
Wendy Couper*					01:09:00	9 (26)							26
Francesca Haugh											2:17:48	10 (25)	25
Linda Wylie											2:14:52	11 (24)	24
Nikki Skeats											2:22:24	13 (22)	22

VETS PENTATHLON

Name	5km		5m		10km		10m		Half Marathon		Marathon		TOTAL SCORE
	Time	Rank [score]	Time	Rank [score]	Time	Rank [score]	Time	Rank [score]	Time	Rank [score]	Time	Rank [score]	
V50 Men													
Paul Burridge			0:33:58	1 (40)	0:43:35	1 (40)	01:12:56	1 (40)	01:34:48	1 (40)			160
Andrew Archibald					0:47:31	2 (37)			01:43:00	2 (37)			74
V50 Ladies													
Brenda Topless			0:39:27	2 (37)			01:23:56	2 (37)	01:51:00	2 (37)	04:31:26	2 (37)	148
Penny Jennings			0:39:19	1 (40)			01:23:13	1 (40)	01:56:15	1 (40)			128
Di Cross											04:23:16	1 (40)	48
Anna Duggan					0:53:33	1 (40)							48
Wendy Couper					01:09:00	2 (37)							37

Awards Night

We are delighted to announce that our **Annual Awards Night 2015** will be held on **Friday 20th November** at **Ampfield Golf & Country Club** (Winchester Road, Ampfield SO51 9BQ).

In addition to the presentation of the club's **annual awards** – which includes our best-placed RR10 runners – there will be a **three-course set meal** served in the restaurant with a DJ to entertain us afterwards. Numbers are limited, so please book early to avoid disappointment.

Menu options and further details available shortly.



A note from your Session Leaders

BY the time you read this we should all be reflecting on a summer of lazy holidays, mixed British sporting success and, of course, some great training sessions round Braishfield's lanes and the Mountbatten track. Thank you to everybody who has turned up, run hard and made these sessions so successful.

I think it's safe to say that the expansion of the Mountbatten track to 400m has made for some great new sessions that, while hard at times, have certainly spiced things up for the better. I am aware that the track itself could be flatter and smoother, and I will be providing feedback to the school to see what they can do before next summer to provide us with a better surface to train on.

We re-marked the Braishfield efforts this year, with the start point of our 5km TT moving back down Braishfield Road slightly. I realise some people have clocked this at just over 5km and I wanted to clarify why this is the case. As with all of the

Braishfield start/finish points, we need to consider many factors alongside distance when marking our lines. For example: we have to allow room for a large number of runners to congregate off the road at bunch starts; avoid stopping and starting right on busy road junctions; we must not paint lines right in front of people's drives or living room windows, etc. So not all efforts are exactly 1k and our TT is not exactly 5k – but the important thing is that they are fixed distances that we can compare our performances against week after week.



Looking forward to the autumn, we have a new tweak to add to our usual Monday and Thursday night sessions. Once a month, we do a Tempo Run session, starting at the bottom of Cemetery Hill and going out and round North Baddesley. On these nights the session leader will leave out a form for you to note down your time for this session, which will then be recorded and shared on the club website just like the Braishfield TTs. This is entirely voluntary, but for those interested we thought it would be a good way to track your progress throughout the winter as well as benchmark yourself against fellow runners, perhaps even seeing if you might be ready to move up a group.

As ever, please come and talk to myself or another of our session leaders with any feedback and ideas to help us make your club training nights the best they can be.

Cheers.

Ian Ralph
Session Leader

www.romseyroadrunners.co.uk

Training Schedule Autumn 2015

Listen out on club nights or join the Google Group for details of weekend or Bank Holiday runs organised by individual club members.

	September		October		November
	Thu 3 Lee Lane	Thu 1 Fishlake Meadows		Mon 2 3/4: Fishlake Industrial (2x2)	1/2: North Baddesley (2x2) 3/4: Fishlake Industrial (2x2)
Mon 7	CLUB HANDICAP (5km TT) Lee Lane	Mon 5 1/2: Abbotswood 3/4: Campion Drive Hills		Thu 5 Fishlake Meadows	
Thu 10	Lee Lane	Thu 8 Tadburn Road		Mon 9 1/2: Fishlake Industrial (2x2) 3/4: Shorter version of NB route	
Mon 14	Campinoor Straight Mile	Mon 12 1/2: Campion Drive Hills 3/4: Abbotswood		Thu 12 Tempo Run	
Thu 17	Cemetery Hill	Thu 15 Tempo Run		Mon 16 1/2: Haltenworth Tadburn 3/4: Cuperham/Fishlake	
Mon 21	1/2: Haltenworth Tadburn 3/4: Cuperham/Fishlake	Mon 19 1/2: Haltenworth Industrial 3/4: Cuperham/Fishlake (rev)		Thu 19 Tadburn Road	
Thu 24	Romsey Industrial Estate	Thu 22 Cemetery Hill		Mon 23 1/2: Cuperham/Fishlake 3/4: Haltenworth Tadburn	
Mon 28	1/2: Cuperham/Fishlake 3/4: Haltenworth Tadburn	Mon 26 1/2: Cuperham/Fishlake (rev) 3/4: Haltenworth Industrial		Thu 26 Cemetery Hill	
		Thu 29 Romsey Industrial Estate		Mon 30 1/2: Abbotswood 3/4: Campion Drive Hills	

www.romseyroadrunners.co.uk

Upcoming races

Date	Time	Event
SEPTEMBER		
05	11:00	Alice Holt 10k, Farnham (www.farnham-runners.org.uk)
	11:00	Malmesbury Carnival 10k (www.dbmax.co.uk)
06	09:30	Chippenham Half Marathon
	10:30	Stockbridge 10k (stockbridge10k.webeden.co.uk)
	14:00	Overton 5 Mile Road Race (HRRL1) (www.overtonharriers.org.uk)
	11:00	Hambledon Hilly 10k (PO7 4RW)
13	09:00/10:30	Farnham Pilgrim Marathon/Half Marathon
	09:00-10:05	New Forest Marathon/Half/10k/5k, Brockenhurst
	10:30	Bishops Waltham 5 Mile (+ fun run)
	10:30	Littledown 5 Mile (www.littledownharriers.co.uk)
	??	Great Wishford 10k Run, Salisbury
	11:00	The Bounder (www.thebounder.org)
19	09:00	Camelot Challenge (Half), Sherborne, Dorset
20	09:00/09:15	Run Reigate Half Marathon/10k (runreigate.com)
	09:30/10:00	Purbeck Marathon/16, Swanage, Dorset
	10:00	Melksham 10k (WRRRL10)
	11:00	Hursley 10k (www.hursley10k.co.uk)
26	20:00	Night ROAM, Hindhead, Surrey
27	09:00	Perform 5 Mile, Ageas Bowl (runningmania.co.uk)
	10:00	Solent Half Marathon, Blackfield, Hampshire
	11:00	Black Hill Run 10k/5k, Bere Regis, Dorset
	11:30	Brinkworth 10k Bash, Chippenham, Wiltshire
	12:30	Butser Hill 5 Mile Challenge, Queen Elizabeth Country Park
	10:30	Pewsey Vale Trail Half Marathon, Pewsey, Wiltshire
OCTOBER		
04	10:30/12:15	Clarendon Marathon (Salisbury)/Half (Broughton)
	10:00/08:00	Bournemouth Marathon/Half Marathon
	10:00	Portsmouth RNLI 10k (www.fitprorob.biz/10km-runs)
	10:30/10:35	Alton Downland Challenge 10k/5k (www.altonrunners.co.uk)
	11:00	Basingstoke Half Marathon
18	08:30	River Thames Half Marathon, Walton-on-Thames
	09:00/09:30	Run Dorset Christchurch Half/10k/5k
	10:00	New Forest Stinger, Ocknell Caravan Park (SO43 7HH)
	10:00	Denmead 10k (www.denmeadstriders.co.uk)
	10:00	Tadley Runners 10 Mile (http://tadleyrunners.co.uk)
	10:30	White Horse Gallop (8 miles), Leighton Rec. Centre
24	From 08:30	Endurancelife CTS Suffolk 10k-Ultra
25	10:10	Fleet 10k (www.fleet10k.co.uk)
	10:30	Great South Run (10 miles)
	10:30	The Stickler, Shillingstone (www.thestickler.co.uk)
NOVEMBER		
14	From 08:30	Endurancelife CTS Gower 10k-Ultra
	10:00	Brutal 10, Long Valley, Aldershot
15	10:00	Gosport Half Marathon (http://gosporhalf.org)

It is advisable to check start times/race info before setting out.