

RELAY

Summer 2016



ROMSEY

ROAD RUNNERS

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Cover photo: Becca Lurcock

Hello all!

I hope everyone is enjoying the longer days and getting out running as much as possible even if it isn't exactly as summery as we might like. But then cooler weather isn't always a bad thing for runners.

So far this year your committee has been as hard working as ever to ensure that the club keeps on ticking over. Membership continues to grow and it is really good to see so many people enjoying running through the club. As this might be the last newsletter before the autumn and our AGM I would like to make a plea for anyone interested in helping to run the club to come forward and chat to one of the committee (you can find a list of us on the website). Anyone can help and there are always a variety of opportunities to get involved. I will be standing down as Chair so we will be looking for a new Chairperson. I haven't had the time to devote to the role recently and I'm sure someone will be able to come in with some new ideas. It has been great fun and I will continue to be proud to be a Romsey Road Runner.

I know there will other committee vacancies. We will let you know soon so expect to be cajoled, hassled and arranged into joining the committee at every opportunity....

Tony
(Chairman of Romsey Road Runners)

Alphabet Quiz

Answers to all the following clues begin with A. If you look at the second letter in each answer which letter is missing?

1. South African language developed from Dutch
2. Small pointed tool used for piercing holes, especially in leather
3. Former name of Ethiopia
4. Fear of open spaces
5. Football team relegated from the Premier League this year
6. Standing with arms on hips, elbows turned outwards
7. City which hosted the 1996 Olympic Games
8. African nocturnal mammal, also known as an earth-pig
9. Capital of Corsica
10. The main artery of the body
11. Country whose capital is Baku
12. Arboreal nocturnal mammal from Madagascar
13. Light bluish-green beryl
14. High mountain range in South America
15. Norwegian group who had a no. 1 in 1985 with "The Sun always Shines on TV"
16. Ancient Greek author of Fables
17. Devon town famous for carpet making
18. Singer whose first hit album was 19
19. Main river of South America
20. Country whose football team played at Euro 2016
21. Native American tribe, also a military helicopter
22. Pantomime character with a magic lamp
23. River which flows through Bristol
24. Hero in Iliad, with a vulnerable heel
25. The last battle between good and evil before the Day of Judgement

Membership Report

by Penny Jennings

Since our last newsletter we have had lots of new members:

April White, Rob Winchester, Mark Suddeby, Alex Prinsep, Ray Webb, Diana Church, Richard Perkins, Ian Winkworth, Mark Winkworth all from Romsey. Paul Jones and Cathrine Andersson from Sherfield English. Ruth Berryman from Southampton. James Cole from Ampfield, Dorota Koschmidder-Hatch from Braishfield Kelly Farbrother from Landford. And Helen Mullins from Essex.

Here some of our new members introduce themselves;



Helen Mullins

As a new member I feel like I have always been a Romsey Road Runner. You would have seen this happy grin since the clubs conception, hiding under tables and popping up in all sorts of photos with my sister Janet. I ran for Mountbatten school and throughout college before the bright lights and travel came calling, but there is nothing like having two small children to make you plan your time alone, so I started to run again. A quick 5K is my staple and I run the Shoebury Park run here on the Thames Estuary in Essex, but I enjoy coming home to Romsey, especially with the help of Granddad and Grandma! (Lesley & Keith Stone)



April White

I started running 3 years ago now to help relieve the anxiety of

my parents forthcoming wedding! It worked and i haven't looked back. I have entered The Great South Run, which is a big step up for me (having only competed in a handful of 5k races). I live in Romsey with my husband Simon and 8 month old son, Barney. I have joined Romsey Road Runners to enhance my running and to meet new people.



Hi my name is **Rob Winchester** and I've joined Romsey road runners to keep my fitness levels up after leaving the British army back in December. I would also like to complete my first half marathon later this year.

James Cole

In 2013 I'd stopped playing football through injury and started to feel a bit doughy, at the time some friends were training for the Paris marathon, before I'd knew it I'd signed up, attempted training, and completed it in just over 4 hours. If I'd have finished under the 4 hours I'd have been happy and left running alone, but just missing out meant I had unfinished business. Since then I have ran a few more marathons and finished under the 4 hour time. After joining RRR I have run my first sub 19 5k and sub 40 10k, I hope to continue to enjoy my running with RRR.



Mark Suddaby

I'm new to club running but not running in general. I've been running for about 10 years. As I participate in a number of different sports I find running an enjoyable and complimentary part of a fit and healthy lifestyle. I am particularly interested in improving my times on shorter distances and would like to reach and maintain a 10k time around the 40 minute mark. I have already found the variety of training sessions the club hosts to be of real benefit and look forward to getting out on the road some more.



My name is **Diana Church** and I am not only new to the club but also to running. I always thought that running is one sport that I will

never take up but last year in December my brother gave me a fitbit tracker and this has been my motivation to start moving. From here to learning that running with other people is much more fun and motivating than doing it alone was just a short step.

I loved RRR club straight away and I joined after my first taster session. Running doesn't come easy to me and I don't know if it ever will, but

I believe that getting out of the house and engaging in a physical activity outdoors is one of the best ways to beat aging and Alzheimer's and, since joining the RRR, a great way to make new friends (my husband and I absolutely loved taking part as a 'floating' marshals in this year's beer Race). So I won't be up on marathon (or even semi-marathon) participant list and I might not improve my

timing greatly any time soon but I am certainly planning to be an enthusiastic member of the club and attend training sessions (almost) regularly. You might find me doing the Southampton Parkruns and as my challenge for this year at the 10k run part of the Bournemouth Marathon Festival.

Richard Perkins

Previously based in South Gloucestershire, we moved to Romsey about 5 years ago for work. My primary sporting interest has always been racquet sports, especially tennis (I play for Wellow Tennis Club), and until recently I would have only described myself as a social runner. However, I've started to

really enjoy my running recently and my target is to complete a half marathon near Poole in August with a view to enter more races after.



Dorota Koschmidder-Hatch



I always quite liked to run. As a teenager I used to run around the house

until the dog got tired of chasing me round, and then a few more laps. I've always had it in my head that I'd like to run a marathon by the age of 25. I didn't. Instead I run the Great South Run with almost no training, pulled some muscles, but since then I've been running more and more. Running has always given me a sense of freedom, so now with two little children

running is what helps me keep going. I've been watching Romsey Road Runners run past my window for a few years now. It feels great to be running with you now and not just watching. I hope joining the club will bring improvement in speed and endurance, but most of all I hope regular meetings will keep me motivated to go out there and just run.

Ian Winkworth

I have been running for about 5 years and in that time have competed in numerous events from 5k to full marathon. My best marathon time is 4hrs 1min and 4 secs, 3 years ago at Bournemouth. My major goal for this year is to go under 4 hours. I live in Romsey and have finally built up the courage to join a club and am really enjoying being part of Romsey Road Runners.



RRR Report from Social Secretaries

Pasta Party

On Tuesday 19 April, 43 club members and their families gathered at The Sun Inn, Romsey to wish Dave Gardener the very best of luck as the club's only participant in the 2016 London Marathon along with around 15 other members who were running in the Southampton Half Marathon/10k on the same day. After copious amounts of garlic bread, lasagne and a vegetarian chilli had been digested, David Nixon's annual quiz and the social secretaries' Guess Whose Eyes competition proved popular, especially when the winning teams' chocolate prizes were shared round at the end.



Social Run from Bear & Ragged Staff

The new RR10 format requires each club to 'drop-out' of a race and it was RRR's turn on Wednesday 4 May. Instead, a six mile social run took place on Wednesday 4 May, starting and finishing at the Bear & Ragged Staff, Timsbury. A very pleasant six mile, mainly off-road run was enjoyed by all who came along and stayed for a meal in the pub afterwards.



Post Beer Race BBQ

After a cloudy week preceding the beer race, the sun shone brightly once again on Sunday 5 June day and stayed shining for the post race BBQ. 75 marshals and their families stayed on for burgers and sausages brilliantly cooked by Martin Keane, salads, homemade cakes and, of course, beer.

Race Round-Up....

Well, what a spring/summer it has been so far in 2016!!!! We have had some epic results and here are just a few highlights.... so well done to all of those who have raced so far!.....

March 2016

20th March – New Forest ½

It was an EPIC start to spring, with Mark Adams showing them who's the boss of the trails with a fantastic WIN in the New Forest Half!!!! Jim also had a fantastic run, but managed to escape before Mark was cornered for a photo (RIGHT)!!!!

Mark Adams	1:36:30, WINNER!
Jim Wright	1:41:33



20th March – Eastleigh 10k

For those who preferred to test their legs over a faster course, that day also brought with it the Eastleigh 10k, one of the Hampshire Road Race League events. This is always a very well attended event, with some pretty stiff competition.... including that fielded by Romsey judging by the following times!!!!....

James Battle	36:32
John Quayle	43:48
Nikki Skeats	58:44, PB!!
Bridget Wells	1:00:49, PB!!
Colin Waters	44:37

Especially impressive was Nikki's time which took her under the hour for the first time in a 10k!!!!

April 2016

April 3rd – Exbury 5mile

Hardley runners held their annual race which started and finished in Exbury Gardens. It was a fast, flat course over country lanes with spectacular views of the Solent and enjoyed by all! Some marvelous times for Romsey and



especially exciting was the result of the fun run - as Boaz Lurcock came through to take 4th!! Obviously runs in the family (scuse the pun)!!!

Here are the results.....

Neil Jennings	29:57, 7th overall!
Dan Lurcock	34:28
Penny Jennings	39:20
Anna Duignan	42:19
Wendy Couper	56:30

April 24th – Southampton ½

An amazing turnout for the 2nd running of the Southampton Half!! Romsey's times reflected a serious winter of training for all!!! Massive congratulations for the impressive results, especially given the course was extended by a significant distance this year!! Well done all!!!

Romsey Southampton Half Results 2016

Mark Stileman	1:22:08 29th overall
Neil Jennings	1:22:11 30th overall!!
James Battle	1:25:45
Mark Adams	1:30:29
Tony King	1:31:13
Steve Geary	1:32:50
Stephen Reed	1:38:11
Lynda Brown	1:44:18
Paul Burnage	1:41:22
Rob Webb	1:42:22
Becca Lurcock	1:47:18
Alice Lane	1:47:56
Penny Jennings	1:50:18
Alison King	1:54:15
Penny Overy	2:01:33
Jacquie Bailey	2:03:20
Deborah Rees	2:14:28
Marion Kelly	2:19:14
Linda Webb	2:26:57



April 24th – London Marathon



On the same day was, of course, the ultimate UK marathon running experience, the London Marathon!! Sadly, Bob had sustained an injury and so was unable to compete this year, and Brenda who had been doing so well, demonstrating come-back form following a long-standing shoulder injury, had come down with a serious case of the flu the week leading up to the race.... So it was down to Dave to fly the flag for Romsey!!!

After a fantastic start, he was able to sour round the first 18 miles in sub-4hr pace, it was only in the last few miles that a faint wall appeared, so it was an epic performance to cross the line with an amazing time of just over 4 hrs... 4:02:01!!!!

We were also very happy to spot ex-Romsey member Marie Duignan, who we are very proud to say absolutely SMASHED her PB with an amazing time of 3:18, all that following an equally awesome time in Boston a week earlier!!

May 2016

May 1st – Harewood Forest 10k!

It was a great start to May for the Romsey Road Runners, with a hardy bunch of 8 taking part in this year's relentlessly hilly Harewood 10k!!! The course was a lovely mix of track, road and grass, with the stunning Wherwell village serving as the perfect backdrop and the best part of the day's weather to boot!! All

fantastic times for what was a demanding 10k course on tired legs, just 1 week after many of the runners completed the Southampton Half..... here are all the times....

Neil Jennings	40:18, 5th overall!!
Rob Webb	48:00
Hannah Hunt	54:47, 9th lady!!
Alice Lane	56:25
Penny Jennings	57:52
Julia Abab	59:28
Anna Duignan	1:01
Derek Kelly	1:05!!



July 2016

July 2nd



It was also an awesome start to July for the Romsey Road Runners, as Becca Lurcock WON the Race for Life, in an AMAZING PB of 21:31!!!!!! (Plus one of the best photo's EVER captured of an RRR (LEFT))!!!!!!

July 3rd

The Gardner Dream Team absolutely smashed the competition at the Tadley 3k on July 3rd, with a 1st for Joe and a first for the team, Joe, Aaron and Lucy!!!!!! Joe timed his sprint finish

perfectly, flying past the leader on the finishing straight to beat the competition for an awesome victory!!! Aaron and Lucy weren't far behind, with a And respectively, to come home with the overall team title and a very happy family indeed (RIGHT)!!!!



July 10th – New Forest 10 mile

July 10th brought about another fantastic weekend of racing! The New forest 10 miles was a particularly epic event in terms of times and personal records! Both

Neil and Becca came away with very special PB's..... Neil breaking that elusive hour and Becca with a 5 minute personal best!

Here are the times.....

Neil Jennings	59:41, 5th overall!!!!!! PB!!!!!!!!!!
Mark Adams	1:06:43, top 50!!! (44th overall)!!!
Becca Lurcock	1:20:23!!!!!! PB!!!!!!
Penny Jennings	1:29:16!!!!!!
Anna Duignan	1:32:14!!!!!! 3rd in age group!!!!!!



Pentathlon Standings so far....

For those that are new to the Pentathlon competition, here is a quick breakdown...

The RRR Pentathlon is a friendly, intra-club competition, where we each try to log a time over 5 of the following 6 officially recognised distances within the UK....**5k, 5miles, 10k, 10 miles, Half Marathon and Marathon**. The competition runs from 1st October to 30th September every year. Scoring is based on a points system, fastest time for each distance gets the most points. It's an awesome way of comparing results year on year, distance on distance and also a fun way of pushing yourself towards a new PB!!

So here it is, the current standings of the Pentathlon Table with 3 months to go!!! Now you can see which races to enter so you can fill those gaps before the 30th September!!!!

Pentathlon 2015/16

MEN

Name	5km	Score	5M	Score	10km	Score	10M	Score	½ MARA	Score	MARA	Score	TOTAL
Mark Adams			0:31:41	32	0:39:43	37	1:06:43	34	1:30:29	32	03:32:18	34	169
Neil Jennings			0:29:54	37	0:40:18	34	00:59:41	40	01:22:11	37			148
Mark Stileman			0:29:16	40			1:06:13	37	1:22:08	40			117
Dave Gardner					00:45:54	28	1:14:19	32			04:02:01	32	92
Paul Whitaker			0:34:42	27	00:46:17	26	1:15:11	29					82
Paul Burnage*					00:46:00	27	01:24:01	27	01:41:22	27			81
James Battle					0:36:32	40			01:25:45	34			74
Mike Roberts									1:48:50	25	03:22:39	37	62
Tony King			0:31:57	30					01:31:13	30			60
John Quayle			0:35:18	26	00:43:38	32			1:32:50	29			58
Steve Geary			0:33:50	29					01:38:11	28			57
Steve Reed					0:44:52	29			1:41:33	27			57
Jim Wright							1:14:54	30					56
Daniel Lurcock			0:34:28	28			01:18:38	28			03:09:25	40	40
Toby Burrows													34
Ian Ralph			0:30:31	34									30
Collin Waters					00:44:37	30							27
Richard Vie							1:37:31	27					26
Tony Peelo*									01:45:04	26			25
Rob Webb					00:48:00	25							24
Ken West*									02:43:13	24			24
Trevor Bond					0:51:18	24							23
Ian Winkworth					00:53:17	23							23
Mark Winkworth					00:53:17	23							21
Derek Kelly*					1:05:00	21							

Pentathlon 2015/16

LADIES

Name	5km	Score	5M	Score	10km	Score	10M	Score	½ MARA	Score	MARA	Score	TOTAL
Brenda Topliss*	0:41:43	32	0:52:46	1	01:28:34	30	1:58:18	27					169
Penny Jennings*	0:39:20	37	00:57:12	5	01:29:16	28	01:50:18	30					148
Sue Sleath	#N/A				01:12:25	40	1:33:02	40	3:21:43	40			117
Becca Lurcock	0:21:31	40			01:20:23	37	1:47:18	34					92
Alice Lane	#N/A		0:56:25	4			1:47:56	32	04:20:01	32			82
Anna Duignan*	00:42:19	30	00:54:00	2	01:28:58	29							81
Lynda Brown	#N/A				01:20:43	34	1:44:18	37					74
Suzanne Gardner	#N/A				01:24:11	32			4:24:00	30			62
Julie Shanker	0:46:37	29							4:51:00	28			60
Nikki Skeats	0:47:58	27	0:58:44	6									58
Bridget Wells	0:49:08	26	1:00:49	8									58
Deborah Rees	0:46:39	28					2:14:28	23					57
Wendy Couper*	0:56:30	25	01:46:15	10									56
Becky Tovey	#N/A								03:43:16	37			40
Tam Ryan	#N/A								3:43:19	34			34
Jane Carter	0:39:22	34											30
Hannah Hunt			0:54:47	3									27
Ali King							1:54:15	29					25
Francesca Hough											4:51:00	28	24
Julia Abab*			00:59:28	7									24
Kelly Farbrother							1:55:09	28					23
Elaïne Bond*			1:16:36	9									23
Lindsey Dunford*					1:40:33	26							21
Penny Ovarie							2:01:33	26					
Hannah Richardson							02:12:15	24					
Marion Kelly							2:19:14	22					
Lindsay Freidman							2:20:27	21					
Lin Webb							2:26:57	20					

RR10 League so far.....



It's been a fantastic RR10 season so far with countless lumps, bumps, hills, mountains, rivers, twigs, branches, logs, trees, mammals, midges and even a "deluge" to negotiate and not too many casualties, with the exception of our Mr Nixon, who we are happy to say is well on the way to recovery – already walking a very impressive mileage as part of his return to running!!! With the new "sit out" format, week 2 – Stoney Cross, was our time to have the night off (although not everyone got the memo!!).... The team standings though are looking mighty healthy, with the men's first team currently sitting in 11th and the ladies in 12th!! Particularly impressive though, was Jo's 1st RR10 appearance of 2016, only 3 months after having given birth to baby Isobel!!!! Well done Jo and Well done all!!!

Here are the individual results so far.....

RR10 LEAGUE 2016

MEN

Name	Age Cat	R1	R2	R3	R4	R5	R6	R7	R8	
ADAMS	V40		45		41		29	39	44	32
BOND	V60		184			155		156		147
BROWN	Christopher		61		40	42	33	46	52	42
BURNAGE	Paul				70	67		77		59
GARDNER	Dave						94	120	116	104
HARTLEY	Pete						113			
HORTON	John		117						119	91
JENNINGS	Neil		18	5		9	5	9	13	12
KELLY	Derek		199			166	194		188	162
NIXON	David	209			179					
PERKINS	Richard						154			
QUAYLE	John				75		85	95		
STILEMAN	Mark			14	14		13		21	19
SUDDABY	Mark					73	52			
WEBB	Ray				73					150
WEBB	Rob		82			87				
WEST	Ken	186							172	149
WHITAKER	Paul					102			115	
WILLIAMS	Jonny	80		55	60	64		74		44

RR10 LEAGUE 2016

LADIES

Name	Age cat	R1	R2	R3	R4	R5	R6	R7	R8
ABAB	V50	66		57	66	74	76	73	46
COUPER	V70			117	166	151		175	
DUIGNAN	V60	78		64	67	73	79	96	75
JENNINGS	V50	51		53	42	50	61	84	49
KEANE	V50			76		91	104	105	74
LANE	V40	58					82		
LURCOCK		34		23		42	37	30	24
PAGE	V60	151							
REES	V40					122	141	127	91
RYAN	V40	17							
SHUTT	Hannah			12	12	16	23		
SLADE	V50	76		62	68	71	78	80	53
TOVEY	Becky	16			14	12	19	17	13
WEBB	Linda	148			142	129	158		101
WEGUELIN	Jo				64			70	

Keep up the good work!!!!

GUIDE TO GEAR

For many this will be obvious. For others totally unnecessary, e.g. those who just need a good pair of shoes! But for those who are new to running we have compiled some advice. Whether you are training for a competition or just running for fun, you need to ensure you have the right gear so that you are safe, comfortable, and prepared.

Footwear

The correct footwear is probably the most important item. The right running shoes can improve balance and minimise the risk of injury. It is essential that your first pair are properly fitted at a running shop where they will assess your gait. Subsequent purchases can be made online (i.e. like-for-like), but do be aware that your gait can change after consistent training. Typically a good pair of road trainers has a life of 400-600 miles. If you are considering trail or off-road running (such as the CC6's or RR10's), a good pair of trail shoes provide extra grip and support for the ankles. Gore-Tex and other high-end trainers are available but are not a necessity. Socks are very a personal preference and mainly dependent on whether you are prone to blisters. It is a mistake to assume that a thicker sock will help prevent blisters; a

thinner twin-skin sock is more likely to reduce your risk. Darker socks for obvious reasons are better suited for muddy off road runs.

Don't be afraid to ask for a 10% discount off your purchases on production of your club membership card. This is standard in the majority of local running shops.

Legwear

Full-length tights that are slim at the ankle are a must in the winter months and if you can afford it a good thermal pair can be beneficial. Top-of-the-range leggings have 'windstopper' technology but this is not essential. When off-road, full-length tights offer protection from undergrowth and brambles, and three-quarter capris are very common in the transitional seasons. There are two main types of shorts and selection is a personal

preference; the fuller cut can lead to chafing, and lycra shorts can sometimes ride-up. Shorts that incorporate a pocket with a zip can be useful for carrying keys or gels.

Buy your running gear out of season as it is very often really reduced and you can kit yourself for half the price

Upper Body Wear

There are lots of options for the upper body, but it is essential that they are made from wick-away fabrics to carry sweat away from the body and dry quickly. The basics for the summer: short-sleeved tops and vests (with a Club vest for racing.....). For the winter: long sleeved base layers and thin fleeces, with a high neck in really cold or windy weather.

A tighter running vest underneath a base layer offers extra warmth in the very cold

Windstopper jackets are another luxury item but are not essential, as multiple layers can suffice. Waterproof jackets may keep the rain out, but poor ventilation may leave you very wet from sweat on the inside.

Reflective clothing is a must when running in the dark or dusk. A reflective bib makes sure you are visible and safe, and is very low cost. Gloves are essential in the cold and you will appreciate the protection on windy or icy days. Ensure they are lightweight to allow you to stash them in a pocket when not in use. Gel belts are great for long runs and races, and remember they provide space for a phone, keys, or toilet paper (an essential!!) Hydration systems such as CamelBaks or waist bottles can be useful in the hot weather. This is a personal choice as some runners find the bulkiness and weight an inconvenience.

Don't use fabric softener when washing gear as this degrades the properties of the material

Headgear

Hats are useful in the winter months to keep your head and ears warm, but beware of keeping in too much heat. Dri-Fit hats are really thin and allow heat to escape through your head. Headbands are good to keep the ears warm whilst allowing heat to escape, and some are made of wickaway fabric. Always ensure a proper fit to prevent slipping.

In the summer, lightweight ventilated caps or visors can offer shade, comfort, and protect from sunburn. Choose light, bright colours for maximum reflection of the sun's heat.

Head torches: don't be mistaken in thinking the brighter the better. Most head torches come with different settings so you

can choose depending on when and where you are running. An ideal head torch should be lightweight, small, offer flexibility of the beam and brightness - and also be good fitting to ensure it is stable during running.

Running watches

Wearing a GPS running watch does more than just record time and distance (which is obviously useful on its own) but they can help you work out what your numbers mean. They are available on all budgets and can enable you to work out if you are running at the wrong pace, or if you are hitting the miles too hard. Some have virtual partners and work-out programmes to help you train better.

Remember most running gear can double up as cycling gear or used in other outdoor pursuits

Lynda and Tam

KIT

Wearing our club colours helps to promote our club in both races and training. Here are some the examples of the stock we have available.



Running Vest

Sizes: (Men's) S, M, L, XL
(Women's) S, M, L

Price: £15



Hi-Viz Gilet

Sizes: S, M, L, XL

Price: £20



Windproof Training Jacket

Sizes: M, L

Price: £32



Running short sleeved T-shirt

Sizes: (Men's) S, M, L, XL
(Women's) 10, 12, 14, 16

Price: £21



Hi-Viz Bib

Sizes: One size

Price: £7



Hooded Top

Sizes: S, M, L, XL, XXL

Price: £20

If you would like to purchase any of the kit shown below please email Lynda Brown (kit@romseyroadrunners.co.uk) with your name, contact number, item of interest & size and she will bring it along to a club training night. Alternatively Lynda will have limited stock of varying sizes available every Monday night at club to try on or buy.

The spirit of Dorando

written by David Nixon

Just before the RR10 on June 1 I was asked to write an article for a new club newsletter. This is the result, written a week later, and not what I expected to write. Who said "I've started so I'll finish"

- A Magnus Magnusson
- B John Humphreys
- C David Nixon

Answer at the end.

At the CC6 in December 2013 I tripped over a tree root, landing heavily and hurting my left shoulder. I was helped up by a marshal and a Totton guy. As I was well away from the start I decided to carry on and keep in front of the sweepers. I even overtook the last man who had gone past when I was on the ground. First Aid agreed with me I had probably hurt a muscle. The pain increased considerably overnight, and a visit to A & E showed I had fractured my left humerus (upper arm bone).

Last week we had arrived home from a lovely week in Pembrokeshire in the early afternoon.

I decided to run the RR10, so on the way to the Rapids I called at the pharmacy to collect some new tablets, and was given my repeat prescription a few days early. Although we had done many miles of walking on holiday I hadn't gone for a run. I was therefore even slower than usual. About halfway round one of the Hardley marshals, who I have known for many years, said "Are you still doing these?"

"Yes, and I only came back from holiday today".

His wife shouted "You must be mad"

"I know" was my reply

About 1km from the finish I overtook a Hedge End man. I then tried to keep up with 2 Running Sisters. I told them that a few years ago I said that I would stop doing these races when I was the last man home, but now I will have to carry on. I entered the finish field just behind one of them but when I tried to speed up (a relative term) *****.

I have no memory at all

of the next few minutes, until a First Aider asked me what I could remember, which was the paragraph above. I was told by a marshal the next day (who is a doctor at Southampton Hospital) and also by a few club members what happened. I collapsed right in front of the marshal, hitting the ground hard and banging my head slightly. As I hadn't put an arm out he knew I hadn't tripped. He and a First Aider came rushing over, to find me unconscious for a short while. A call went out to the Romsey people to come over. After 3 to 4 minutes on the ground I stood up and insisted on finishing, being helped to the line. One member said I was just being obstinate (no change there then) in ignoring the medics advice. In the First Aid vehicle I was asked what tablets I took so I told them to look in a bag in my rucksack. When they realised one was a blood thinner they immediately called an ambulance.

The X rays showed my left thigh, which hurt, was fine, but I had

broken my left clavicle, i.e. collarbone. A CT scan showed very minor bleeding, which the neuro surgeons were not unduly concerned about. Both a doctor and a nurse asked how long I was unconscious. At that stage how was I supposed to know. On Thursday an injury to my right shin, suffered on holiday, started to hurt. I mentioned it to the nurse who felt it and said it was hot, which I knew. She said she would get me paracetamol, but it never appeared. The cardio doctor said that as my blood pressure was low the most likely cause of my collapse was the effect of my tablets, so he stopped it. In July I will have to wear a heart monitor for 2 days. I was discharged on Friday evening.

Over the weekend my shin got a lot worse, going bright red

from ankle to knee, it got even hotter and standing up or walking were very painful. The surgery on Monday said I had picked up an infection (google cellulitis) and prescribed antibiotics. It was a lot better by Thursday when I was able to walk along the whole of Campion Drive.

This highlights why there is a need for First Aiders at all events, and why the club's session leaders will be going on a course (although in my case I may be more useful going as a pretend casualty!)

Why the article heading?

At the 1908 Olympic Games marathon an Italian called Dorando Pietri came into the White City Stadium in the lead. He turned the wrong way at first then collapsed 5 times. Doctors treated him, and he was helped to

the line to still finish first. However the US protested, as one of their team came next. Dorando was duly disqualified for receiving outside assistance (he would probably failed a drugs test for strychnine). However Queen Alexandra later awarded him a gold cup

When I was in hospital I told my wife Mary that I had decided to stop doing cross-country (the fall had obviously knocked some sense into me). When I looked at the results at the weekend I had finished last anyway but had not been disqualified. I didn't get a cup but Becky brought me some lovely cakes on her way home from the Beer Race!!

Quiz answer: A and B, as Mastermind presenters. I didn't say it, I just did it, twice.

Quiz Answers

Afrikaans

Awl

Abyssinia

Agoraphobia

Aston Villa

Akimbo

Atlanta

Aardvark

Ajaccio

Aorta

Azerbaijan

Aye-aye

Aquamarine

Andes

A-ha

Aesop

Axminster

Adele

Amazon

Austria

Apache

Aladdin

Avon

Achilles

Armageddon

The missing letter is i

Upcoming races

AUGUST

- 9 **The Absolute Running Gosport 5k Summer Series Race Four**, Gosport, Hampshire
Includes Absolute Running 1k Dash Series Race Four
- 14 **The Hart 4**, Camberley, Hampshire
- 29 **Appleshaw Fete & Fun Run**, Andover, Hampshire
Includes 5km run, 10km run

SEPTEMBER

- 4 **Andover Trail Marathon**, Andover, Hampshire
Includes Half trail Marathon
- 4 **Overton 5**, Overton, Hampshire
- 11 **New Forest Marathon 2016**, Brockenhurst, Hampshire
Includes Half Marathon, 10k, 5k, 1.5k Junior Run, Woodland Walk
- 13 **The Absolute Running Gosport 5k Summer Series Race Five**, Gosport, Hampshire
Includes Absolute Running 1k Dash Series Race Five
- 18 **Andover foodbank 10K Lake Run**, Andover, Hampshire
Includes 3k Fun Run
- 18 **Butser Hill Challenge 5M**, Horndean, Hampshire
- 18 **Meon Valley Express 10K Trail**, Wickham, Hampshire
Includes Meon Valley Express 5k Trail
Meon Valley Express Half Marathon, Wickham, Hampshire
- 18 **Tadley Runners 10 M**, Baughurst, Hampshire
- 18 **The Bounder - 9 mile Trail Race and 3 mile Fun Run**, Broughton, Hampshire
- 25 **The Farleigh Wallop Trail Race**, Basingstoke, Hampshire
- 28 **Portchester Castle 5k Autumn Series Race 1**, Portchester, Hampshire

OCTOBER

- 2 **Alton Downland Challenge 10k** , Alton, Hampshire
Includes Alton Downland Challenge 5k
- 2 **Clarendon Marathon: Salisbury to Winchester** , Salisbury, Wiltshire
*Includes Half Marathon: Broughton to Winchester,
Relay Marathon: Salisbury to Winchester, Mini*
- 2 **Destination Basingstoke Phillips Half Marathon** , Basingstoke, Hampshire
- 2 **Portsmouth RNLI 10K** , Portsmouth, Hampshire
- 2 **Southsea Pirates (pieces of eight) 8** , Portsmouth, Hampshire
- 8 **BRUTAL Woolmer**, Greatham, Hampshire
- 9 **Rushmoor Wellesley 10k** , Aldershot, Hampshire
- 9 **Solent Half Marathon 2016** , Blackfield Hampshire, Hampshire
- 12 **Portchester Castle 5k Autumn Series Race 2**, Portchester, Hampshire
- 26 **Portchester Castle 5k Autumn Series Race 3**, Portchester, Hampshire
- 29 **The Mintyard 5km Halloween Spooktacular** , Hedge End, Hampshire
Includes Kids 500m

NOVEMBER

- 6 **Meon Valley Half 2016**, Southampton, Hampshire
- 6 **Meon Valley Marathon 2016**, Southampton, Hampshire
- 9 **Portchester Castle 5k Autumn Series Race 4**, Portchester, Hampshire



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