

# AUTUMN TRAINING SCHEDULE 2017

September	Coach	October	Coach	November	Coach
Mon 4	Mark Jo	Mon 2	Ian Deborah	Thu 2	Alice
Thu 7	Keith	Thu 5	Julie	Mon 6	Becca Julie
Mon 11	Ian Deborah	Mon 9	Mark David	Thu 9	Matt Ian
Thu 14	Julie	Thu 12	Matt	Mon 13	Mark Jo
Mon 18	Matt Alice	Mon 16	Becca Alice	Thu 16	Deborah
Thu 21	Becca	Thu 19	Jo	Mon 20	Becca David
Mon 25	Mark Jo	Mon 23	Mark Keith	Thu 23	Alice
Thu 28	Keith	Thu 26	David	Mon 27	Ian Keith
		Mon 30	Ian Deborah	Thu 30	Matt



# RELAY Autumn 2017

**ROMSEY**  
**ROAD RUNNERS**

## Inside...

- 2 [Note from Chair](#)
- 4 [Membership](#)
- 6 [RR10 2017](#)
- 10 [Pentathlon](#)
- 12 [Tam's Grand Slam](#)
- 14 [Results Roundup](#)
- 16 [The distance from the couch to 5km is further than you think](#)
- 19 [AGM Form/Info](#)
- 21 [Blast from the past](#)
- 22 [Memories from Bovington](#)
- 23 [The Grizzly](#)
- 24 [Upcoming races](#)
- 32 [Autumn Training Schedule 2017](#)

Cover Photo: Penny at the New Forest 10

## Note from the chair

Hi, hope you have all had a good summer. Time now to get your thinking caps on. On November the 3rd we will have our annual AGM/awards night with skittles and maybe even a wine/ beer or two. Thank you to Liz and David for organising. It's up to you the Runners to choose the Romsey Road runner of the year. Voting will start soon. Look out for the slips at club .The vote is for the person you believe has done most for the club during the past year. This can include ideas like the person who has helped you most with your training, organised races, most improved runner, encouraged you to achieve your goals and many more. Back again this year by popular demand, the club will be paying for taxis to get home from West Wellow golf club. If you are interested, I will need your names and address for drop off at least a week before hand as I give the list and payment to the taxi firm in advance so they can work out routes. Believe me organising rides after a few glasses of wine could provide a few surprises. Our committee meet every 8 weeks to ensure the smooth running of the club. If you have anything you would like us to discuss please let one of us know at club nights. Happy running

*Cheers Karen*

### A date for your diary

'The Keith Stone' Birthday run will be on Saturday 11th November. Starting at 10.30 am from the Bear & Ragged Staff, Timsbury. All welcome, a drink in the bar afterwards & cheesy chips.



### Ken's home run

Big thanks to Ken and Jane for hosting a fabulous home run. On a sunny warm evening at the end of July nearly 40 Romsey Road Runners turned up at their beautiful house and garden. There was a choice of 2 runs mainly off road through what was the old Dunwood manor golf course. Ken led the 5 mile loop and Mark Stileman took the longer 7 mile route. Both groups arrived back at the same time to a yummy feast provided by Ken and Jane. It was a lovely social evening , and even more so as Ken has just taken a job in Quebec Canada for a year's secondment and had to fly out 2 days later. He is still running with a local club and already has a half marathon planned which he will have completed by the time this goes to print. Good luck Ken in Canada. Hope to see you soon. *Cheers Karen*



### Social run in the maze

On Sunday 20<sup>th</sup> August a small group of Romsey Road Runners gathered at the Timsbury layby for what was to be an epic cross-country run with many stiles, some hills, lovely sheep and cattle – which was all to be expected. What we were surprised to find was a run through the maze, literally, which ended a leg lifting exercise of stomping through stinging nettles until they have totally taken over the path! But we made it, of course, and finished the 7.5 mile route as lead by Derek.



From the left: Dorota, Anna, Pete, Penny, Julia and Maria – picture taken by Derek

# MEMBERSHIP

Secretary Penny Jennings

The club has the following new members since the Summer newsletter: Richard Cross, Mark Potheary and Abi Cooke from Romsey, Jennifer Willis from Timsbury and Steve Cleeves from Chandlers Ford. We now have a record 127 members.

## Steve Cleeves



Hello Romsey Road Runners I'm Steve and I am excited to be joining your club as my first claim. I have the pleasure in already being acquainted with some of you; I am moving across from Lordshill Road Runners. Like many I rediscovered running 6 years ago through the local parkrun scene. My running ambitions are the main reason for the change of club allowing me to increase my time spent group training. I am lucky to have many friends within LRR and the local club running community and although I will enjoy spending time getting to know you all better, I know that I will

be able to see others at race meetings; RR10's and CC'6s. What will be strange for me in the short term is competing against them. I really enjoyed attending your training sessions led by Mark in my build up to the 2016 VLM which I found to be warm and welcoming and carried me to my PB, thank you; I will be improving on this in 2018. Also later this year I will be working hard to get into shape and compete in my first duathlon. A special thank you goes out to Dave Gardner 'Marathon Training Buddy' and Becky Tovey 'Inspiration Guru' see you all soon in the yellow and blues...if not before!

PS: Oh yes... damn, the downside is I can't compete in the Romsey Beer Race... Ah well Marshall vest it is then!

## James Groves

"I have lived in Romsey for just over 2 years now and joined RRR in February 2017. I would not have called myself a runner until this year and have enjoyed making this transition. Joining really helped prep for my first marathon this year, London, which I ran for Motor Neurone Disease Association. Super happy to have completed it smashing my fundraising pledge. Current total of around £9k. I am incredibly proud of this as I have seen first hand what MNDA do to help those living with MND. Lots of events planned but the big one is trying not to drown at Ironman UK in July next year..."



## Richard Cross

Joining Romsey Roadrunners from a much smaller running club was quite a humbling experience: so many talented runners! Still, it has certainly given me the inspiration to improve and I have thoroughly enjoyed the training sessions and occasional RR10s this summer. My aim is to continue entering 10k and half-marathons and, ultimately, to have a go at a full marathon in 2018.

## Mark Potheary

"I have been running on and off for about 2 years. I joined the RR because I want to push myself and improve my fitness. I also felt that joining a club would be much more enjoyable as I am running with other people.

I haven't participated in any official running events yet, apart from the local Ridge Runner which I enjoyed a lot even though I got covered in paint and mud, as you can see in my photo...

My goal is to be able to run a marathon, I hope to start by completing my first half marathon by the end of the year!"



## Abi Cooke

I have recently moved to Romsey from the Isle of Wight, and top of my to do list was to find a new running club! I mostly enjoy off road running, I love fell running and anything a bit quirky - highlight of the year so far was taking part in Man Vs Horse which I would highly recommend. I also like running long distances and am pleased to have met others in the club who share the same enthusiasm! It's really nice to meet like-minded people and discover new places in Romsey during the different runs.



# RR10 2017: Season Round Up



Romsey Road Runners at Whitley RR10 12th July 2018

WOW!!!! What a season of trail running, and such an impressive result for the men's team.... 4<sup>th</sup> position overall!!!! Amazing work guys!!! Also a special well done to Neil Jennings who managed to break into the top 10 overall again this year in the individual rankings!!!! And a superb effort from all those who managed to rank in the top 10 in their age-group..... Wendy Couper (3<sup>rd</sup>), Julia Abab (4<sup>th</sup>), Derek Kelly (5<sup>th</sup>), Anna Duignan (7<sup>th</sup>), Neil Jennings & Mark Stileman (8<sup>th</sup>), Ray Webb (9<sup>th</sup>) and Penny Jennings (10<sup>th</sup>)!!!!

Also, a MASSIVE well done to those running the series for the first time..... Karen Pethick, Lynne Lawrence, Jo Blatherwick, Ophelia Matthews, Matt Brown, Shelly Provan, Emily Gordan, Mark Pothecary, Richard Cross, Keith Morris and Abi Cooke..... you guys are amazing!!!!!! Here are those results, in order of age-group rankings!!! BRING ON THE CC6's!!!!!!



Daniel enjoying one of the RR10 races

## 2017 RR10 SERIES: MEN'S OVERALL TEAM POSITIONS

Road Race League Home Page													
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	TOTAL
1	Southampton Athletic Club	org	1	1	1	dro	1	1	1	1	1	1	9
2	Lordshill Runners	1	2	4	2	1	3	dro	3	org	5	2	23
3	Stubbington Green Runners	3	3	2	5	2	2	org	dro	3	3	6	29
4	Romsey Road Runners	2	dro	3	3	4	6	3	org	6	2	3	32
5	Totton Runners	4	org	5	7	3	4	2	2	dro	4	10	41
6	Hedge End Running Club	7	6	dro	11	6	org	5	4	5	6	5	55
7	Southampton Athletic Club (B)	org	7	7	8	dro	5	10	8	2	9	4	60
8	Itchen Spitfires	org	11	6	6	dro	7	6	5	9	7	7	64
9	Hardley Runners	8	8	9	org	9	12	8	6	4	8	dro	72
10	Winchester and District AC	11	5	8	dro	7	9	7	9	7	org	11	74
11	Lordshill Runners (B)	6	4	10	4	8	11	dro	14	org	11	8	76
12	Eastleigh Running Club	5	dro	11	13	5	8	4	12	8	13	org	79
13	New Forest Runners	16	13	org	10	10	dro	12	7	14	10	9	101
14	Hedge End Running Club (B)	13	12	dro	16	17	org	11	10	12	12	12	115
15=	Totton Runners (B)	10	org	13	14	11	13	9	15	dro	16	19	120
15=	Stubbington Green Runners (B)	9	9	12	15	16	14	org	dro	13	14	18	120
17	Lordshill Runners (C)	15	10	15	9	12	15	dro	22	org	21	14	133
18	Southampton Athletic Club (C)	org	17	22	18	dro	10	17	18	10	15	13	140
19	Hardley Runners (B)	18	16	17	org	15	25	19	11	11	17	dro	149
20	Winchester and District AC (B)	24	19	20	dro	14	16	15	16	15	org	15	154

## 2017 RR10 SERIES: LADIES' OVERALL TEAM POSITIONS

		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	TOTAL
1	Stubbington Green Runners	3	1	3	1	1	1	org	dro	2	1	1	14
2	Lordshill Runners	1	2	1	2	2	3	dro	1	org	3	2	17
3	Winchester and District AC	2	3	2	dro	5	4	1	2	1	org	4	24
4	Southampton Athletic Club	org	4	4	3	dro	2	2	3	3	2	3	26
5	Stubbington Green Runners (B)	4	9	9	6	4	6	org	dro	5	4	6	53
6	Hardley Runners	8	8	7	org	10	5	4	5	4	7	dro	58
7	Lordshill Runners (B)	10	6	5	4	6	7	dro	4	org	11	11	64
8	Eastleigh Running Club	15	dro	15	7	3	9	6	7	7	5	org	74
9	Totton Runners	11	org	6	5	7	13	3	10	dro	14	7	76
10	Winchester and District AC (B)	6	10	8	dro	9	12	5	9	10	org	9	78
11	Hedge End Running Club	5	5	dro	10	14	org	16	14	9	8	5	86
12	Itchen Spitfires	org	12	11	13	dro	8	9	6	8	9	12	88
13	Romsey Road Runners	9	dro	13	11	12	11	7	org	6	12	14	95
14	New Forest Runners	14	7	org	23	11	dro	11	13	11	6	8	104
15	Stubbington Green Runners (C)	7	15	16	12	8	10	org	dro	14	13	10	105
16	Lordshill Runners (C)	16	11	12	9	13	17	dro	11	org	17	16	122
17	Totton Runners (B)	17	org	14	15	17	20	8	15	dro	18	15	139
18	Itchen Spitfires (B)	org	17	21	20	dro	19	14	12	15	15	19	152
19	Solent Running Sisters	28	14	25	16	org	16	12	dro	12	16	18	157
20	Lordshill Runners (D)	18	16	19	14	16	25	dro	17	org	24	24	173

### 2017 RR10 Series: Mens Overall Individual Positions

Name	Best 6 Results						Age Group Position	Overall Position
Derek Kelly	176	181	181	187	200	212	5	179
Mark Stileman	21	21	22	23	24	25	8	24
Neil Jennings	7	8	9	9	10	12	8	9
Ray Webb	114	123	127	130	137	141	9	124
Keith Stone	192	-	-	-	-	-	13	560
Matt Brown	13	18	20	20	21	22	14	19
Alex Prinsep	41	38	36	34	32	23	21	36
Andrew Archibald	124	125	129	131	132	146	23	127
Steve Edwards	109	117	120	-	-	-	33	312
Christopher Brown	46	54	60	60	61	65	36	59
Richard Cross	133	142	-	-	-	-	39	396
Ken West	186	194	200	-	-	-	41	336
Dan Lurcock	55	62	64	70	73	75	44	70
Paul Whitaker	128	144	-	-	-	-	45	394
Trevor Bond	172	183	-	-	-	-	46	411
Paul Cardy	5	-	-	-	-	-	47	427
James Battle	13	-	-	-	-	-	53	434
Dave Gardner	84	86	98	98	112	-	56	201
John Quayle	83	90	97	106	109	-	57	203
Paul Burnage	80	88	110	-	-	-	65	300
James Cole	42	-	-	-	-	-	68	455
Mark Suddaby	50	53	60	68	81	-	73	193
Ian Ralph	34	35	36	-	-	-	78	288
Tony King	68	69	73	-	-	-	80	295
Matt Hammerton	2	2	5	7	-	-	84	235
Alistair Ewing	137	-	-	-	-	-	91	514
Keith Morris	145	159	160	-	-	-	92	325
Greg Roulston	175	208	-	-	-	-	95	419
Mark Potheary	181	-	-	-	-	-	101	555
Jimmy Hunt	8	12	14	-	-	-	104	282
Ian Winkworth	130	-	-	-	-	-	147	507
Mark Winkworth	134	-	-	-	-	-	150	513

### 2017 RR10 Series: Ladies Overall Individual Positions

Name	Best 6 Results						Age Group Position	Overall Position
Wendy Couper	135	201	-	-	-	-	3	330
Julia Abab	60	63	77	80	80	81	4	72
Anna Duignan	82	83	95	104	113	126	7	97
Penny Jennings	47	48	58	59	59	61	10	57
Liz Prinsep	55	57	69	72	75	76	14	68
Alice Lane	50	52	60	63	70	74	17	62
Becky Tovey	13	15	16	19	28	32	17	20
Becca Lurcock	20	21	23	23	23	25	18	22
Karen Keane	68	75	97	103	107	109	18	88
Ruth Page	107	132	169	-	-	-	18	236
Sue Stileman	41	55	60	68	76	83	20	67
Shelley Provan	36	38	39	44	45	48	23	42
Lin Webb	88	96	122	125	131	144	25	113
Karen Pethick	108	126	143	147	157	186	30	128
Fran Hough	56	75	82	82	89	-	48	141
Lynn Lawrence	104	121	124	128	156	-	51	150
Jo McKenzie	50	51	52	58	-	-	56	162
Caron Gaisford	40	-	-	-	-	-	65	367
Emily Gordon	30	38	53	-	-	-	73	206
Nikki Skeats	115	123	-	-	-	-	97	306
Bridget Wells	120	142	-	-	-	-	99	314
Jo Blatherwick	52	54	-	-	-	-	109	269
Ophelia Matthews	114	-	-	-	-	-	125	411
Amanda Hull	4	-	-	-	-	-	140	338
Abi Cooke	44	-	-	-	-	-	163	371

**Provisional CC6 Fixtures:** Speaking of the CC6 season..... 17<sup>th</sup> September sees the season opener at Fleming Park, Eastleigh. For those of you who are approaching your first winter as a Romsey Road Runner, the CC6 series, similar to that of the RR10, is a low-key, friendly league organised by local clubs to provide an excellent medium for off-road running and racing. Held between September and March, races take place monthly on Sundays at 09:30 am. Again, similar to the RR10 courses, distance are between 4-5 miles and the locations are similar. Expect more mud.....trail shoes definitely recommended! The dates below are provisional based on the landowners agreement for each venue..... all dates will be confirmed in advance but watch this space just in case there are any minor alterations! Happy CC6'ing :0)

Date	Venue	Host Clubs
17.09.2017	Fleming Park, Eastleigh	Eastleigh, Hedge End, Itchen Spitfires
1.10.2017	Whiteley	Stubbington, Netley
5.11.2017	Dibden Enclosure	Hardley
10.12.2017	Janesmoor Pond (Stoney Cross)	Lordshill, Wessex
7.1.2018	Badger Farm	Winchester, Southampton AC, Running Sisters
21.1.2018	Kings Gard Enclosure (Stoney Cross)	Romsey, Halterworth, Southampton Tri
18.2.2018	Dennywood	Totton
11.3.2018	Wilverley Plain	New Forest, Lymington Tri, Lymington Athletes

# Pentathlon:

The Pentathlon is a friendly, intra-club competition, where we each try to log a time over 5 of the following 6 officially recognised distances.....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!! To qualify for the trophy you need to have clocked 5 of the 6 distances over the duration of the season, and all of those races need to be officially measured

Name	5km	5m	10km	10m	Half Marathon	Marathon	TOTAL SCORE
James Battle	00:17:34	00:28:49	00:37:02	01:03:34	01:20:25		191
Mark Stileman	00:18:04	00:30:23	00:37:49	01:04:07	01:24:46	03:12:39	179
Neil Jennings		00:35:42	01:02:34	01:25:00	02:59:26		152
Dave Gardner	00:20:34		00:43:13	01:14:43	01:45:29	03:49:22	144
Ian Winkworth	00:21:28		00:51:33		01:44:59	03:57:10	107
Paul Burnage		00:34:08		01:19:10		03:44:34	90
John Quayle		00:34:32	00:43:43		01:49:53		78
Paul Whitaker		00:35:20	00:44:43		01:49:35		77
Mark Winkworth			00:45:30		01:46:30	04:09:00	76
Mark Suddaby			00:40:52	01:16:47	02:01:15		72
Alex Prinsep	00:18:35		00:39:49				63
James Cole			00:38:50			03:41:03	62
Ken West			00:53:31	01:33:51	01:58:00		61
Ray Webb	00:23:03		00:50:46				52
Richard Cross			00:51:53		01:51:12		42
Dylan Needham				01:33:12	02:23:43		40
Matt Hammerton					01:15:31		40
Toby Burrows						03:21:35	34
Matt Brown			00:37:30				34
Rob Webb		00:34:22					32
Wayne Windebank				01:09:43			32
Daniel Lurcock					01:35:36		30
Duncan McDonald					01:41:42		29
Mark Adams				01:16:02			29
Trevor Bond	00:23:35						28
Peter Hartley-Oinn					01:44:39		28
Jim Wright				01:17:29			27
James Instoe					01:48:02		24
Keith Morris					01:52:31		20
Colin Williams			00:57:29				19
Jeremy Hartley					01:55:31		19
Richard Vie			01:03:24				18
Ben Sharman					01:55:47		18
Bob Gould			01:05:57				17
Derek Kelly			01:07:02				16

– this does rule out some of the off-road races, because they tend to be a bit less accurate, but still great fun and brilliant training!!!

The table below shows the Pentathlon table updated for all races up to the end of the season (September 30th), EXCEPT the 5k TT handicap times. Many apologies if you are missing any other results or there are any errors - please let me know, it spices up the competition!!!

Name	5km	5m	10km	10m	Half Marathon	Marathon	TOTAL SCORE
Sue Sleath	00:20:36		00:46:25	01:25:14	01:35:39	03:36:00	187
Becca Lurcock	00:21:39	00:34:41	00:47:14	01:20:18	01:43:07		172
Sue Stileman	00:23:08	0:42:02	00:51:04	01:30:00	02:03:00		147
Becky Tovey	00:21:24			01:17:47	01:38:21	03:45:37	142
Brenda Topliss	00:25:10		00:54:29	01:36:12	02:04:27	04:17:01	135
Amanda Hull		00:32:02		01:06:53	01:31:55		120
Alice Lane	00:40:51		00:56:04		02:04:20	04:21:13	103
Jo McKenzie			00:50:31	01:35:05		04:20:10	91
Elizabeth Prinsep	00:24:59		00:53:07		02:03:21		83
Anna Duignan		00:45:58	01:03:03		02:07:00		72
Abigail Cooke		00:37:07			01:41:29		66
Suzanne Gardner			00:53:43	01:24:24			60
Penny Jennings				01:28:41	01:50:48		57
Julie Shanker					01:55:24	04:35:29	55
Wendy Couper	00:36:06	01:09:15					53
Lin Webb	00:29:33		01:02:11				52
Bridget Wells			01:04:26	01:38:57			46
Deborah Rees				01:58:47	02:15:55		41
Jane Jackson				01:50:05	02:22:28		41
Tam Ryan						03:41:50	37
Lynda Brown		00:41:51					32
All King					01:49:34		29
Jo Blatherwick			00:53:12				29
Lynn Lawrence		00:51:20					28
Katherine Airey		00:52:26					27
Francesca Hough					01:59:31		26
Julia Abab			01:00:13				25
Nikki Skeats				01:38:48			25
Emily Gordon					02:03:18		24
Ruth Page			01:10:25				21
Jennifer Willis			01:11:43				20
Karen Pethick			01:14:49				19
Naomi Farrington			01:16:00				18

\*NB: all 5k TT times from handicap race yet to be added..... could change things up, just to keep it exciting!!!

# Tam's Grand Slam

A MASSIVE Congratulations to Tam Ryan, who completed her 3<sup>rd</sup> 50 mile Ultra run on 16<sup>th</sup> September – the Chiltern Wonderland (CW50), in an AWESOME time of 9hrs 41minutes to finish 3<sup>rd</sup> in her age category, 6<sup>th</sup> lady overall and in the top 50 finishers of the entire field!!!! The race was the 3<sup>rd</sup> part of Tam's bid to complete Centurion Running's Ultra 50mile Grand Slam for 2017!!!



The Slam began in early April with the South Downs Way 50, from Worthing to Eastbourne. The route saw runners climb from Worthing to Chanctonbury Ring, onto the final 44 miles of the South Downs Way, finishing with a gruelling lap around the track at Eastbourne! For this race Tam was joined by fellow club-runners Stewart Liesenham and Nick Day, all finishing with fantastic times in an awesome feat of endurance running!

Next on the schedule in mid-May was the North Downs Way 50 – another point-to-point run, this time negotiating the Surrey Hills from Farnham on the Western side of the Downs, to the outskirts of London via the infamous Box and Reigate hills!!! Again Tam demonstrated exceptional endurance and a true talent for distance running, clocking a superb time on an extremely tough course full of steep climbs and descents, despite finishing with blister's the size of tennis balls on her feet!!!!



And so to the 3<sup>rd</sup> race of the season, the CW50 and it was an absolute delight Tam make such light work of this one!!! A single loop, starting and finishing in Goring on Thames and climbing 5600ft over the 50 mile route through the Chiltern countryside, travelling through Bix and ascending the steep route directly past the Cobstone Windmill, before continuing to the highest point on the course at Christmas Common and joining the Ridgeway and turning home for Goring. It really was awe-inspiring to see Tam finish with such strength and grace, proving why she is made for the toughest of challenges!!!

So 1 more challenge to come for 2017 to complete the Grand Slam!!! Race 4 on the 25<sup>th</sup> November is The Wendover Woods 50, which takes place in a slightly different format consisting of 5 x 10 mile loops entirely within the confines of Wendover Woods in Aylesbury. This route is tough, with a total of 9500ft of climbing, definitely not for the faint-hearted!!!! But if anyone can do it, you can Tam Ryan!!! GO FOR IT!!!!!!



## Tam's Grand Slam Stats!!!.....

Race	Time	Elevation	Overall Rank	Gender Position	Category position	UTMB points
South Downs Way 50	09:25:26	Elevation: 5700ft (1750m)	115	14	8	UTMB points: 4
North Downs Way 50	10:18:08	Elevation: 5600ft (1700m)	98	14	7	UTMB points: 4
Chiltern Wonderland 50	09:41:13	Elevation: 5600ft (1700m)	48	6	3	UTMB points: 4
Wendover Woods 50		Elevation: 9500ft (2900m)	To be decided on 25 <sup>th</sup> November 2017!!!			UTMB points: 3

## Results Roundup:

### JUNE

#### **Giants Head Marathon**

Tam Ryan - 04:29:20, 2<sup>nd</sup> AG!!!

#### **Blandford Forum Park Run**

Trevor Bond - 00:23:35, PB!!!

#### **Ridgeway Revenge Half**

Sue Stileman - 02:19:00

#### **Lordshill 10k**

Alex Prinsep - 00:39:49

Mark Suddaby - 00:40:52, PB!!!

Becca Lurcock - 00:47:14

Paul Whitaker - 00:47:31

Liz Prinsep - 00:53:07, PB!!!

Suz Gardner - 00:53:43

Brenda Topliss - 00:54:29

### JULY

#### **Saunders Mountain**

#### **Marathon Kirkfell Class**

Sue Sleath & Tony Musson - 06:06:22

#### **Sway 5 miles**

Mark Stileman - 00:30:23, 1<sup>st</sup> place!!!!

Sue Stileman - 00:42:57

#### **CTS Abbots Ann 10k**

Alice Lane - 00:56:04

#### **Adderbury 3 Spires Half**

Mark Stileman - 01:32:14, 4<sup>th</sup> place!!!!

Sue Stileman - 02:15:31, PB!!!

#### **Tadley 10k**

Joe Gardner - 00:51:00

Suz Gardner - 00:55:40

#### **New Forest 10 miles**

Neil Jennings - 01:02:34, 10<sup>th</sup> place!!!

Becky Tovey - 01:17:47

Becca Lurcock - 01:24:05

Penny Jennings - 01:28:41

Brenda Topliss - 01:36:12

#### **Dorset Invader**

Jim Wright - 02:07:36

Ian Winkworth - 02:25:07

Maria Hartley-Oinn - 03:09:41

#### **Snowdonia Trail Marathon**

Becky Tovey - 05:48:55

### AUGUST

#### **Midnight Marathon**

Tam Ryan - 05:11:46

Dave Gardner - 05:20:33

Becky Tovey - 05:20:33

Mark Winkworth - 05:46:26

Ian Winkworth - 05:46:26

#### **Bridport Jurassic Coast Half**

Mark Stileman - 01:46:06, 2<sup>nd</sup> place!!!!

Sue Stileman - 02:38:24

#### **Bridport Jurassic Coast 10k**

Brenda Topliss - 01:14:01

#### **Salisbury 54321 50k**

Tam Ryan - 05:02:32, 1<sup>st</sup> AG!!!

#### **Salisbury 54321 33k**

Becca Lurcock - 03:22:07, 8<sup>th</sup> lady!!!

#### **Salisbury 54321 21k**

Brenda Topliss - 02:18:08 - 1<sup>st</sup> AG!!!

#### **Quebec Half**

Ken West - 01:58:00

#### **Portishead Half**

Sue Stileman - 02:02:00, PB!!!

#### **The Beast**

Mark Stileman - 01:35:00, 2<sup>nd</sup> AG!!!

Sue Sleath - 01:52:00

Sue Stileman - 02:44:00

### SEPTEMBER

#### **Overton 5 miles**

Abi Cooke - 00:37:07

#### **Gosport 5k**

Ian Winkworth - 00:21:28

Wendy Couper - 00:37:55, 1<sup>st</sup> AG!!!

#### **New Forest Marathon**

Sue Sleath - 03:44:28

Julie Shanker - 04:47:24

Alice Lane - 04:49:27

#### **New Forest Half Marathon**

James Battle - 01:20:25 11<sup>th</sup> place!!!

Keith Morris - 01:52:31

#### **New Forest 10k**

Alex Prinsep - 00:41:43

Liz Prinsep - 00:54:04

Richard Cross - 00:51:53

Anna Duignan - 01:04:03, 3<sup>rd</sup> AG!!!

Jennifer Willis 0 01:11:43

#### **Stockbridge 10k**

Jo McKenzie - 00:50:31 3<sup>rd</sup> AG,  
7<sup>th</sup> lady!!!

#### **Bad Cow Half Marathon**

Pete Hartley-Oinn - 02:05:00

Maria Hartley-Oinn - 02:24:27

#### **Hursley 10k**

Mark Stileman - 00:41:00, 1<sup>st</sup> AG, 10<sup>th</sup>!!!

Sue Sleath - 00:46:25, 2<sup>nd</sup> AG!!!

Ian Winkworth - 00:51:33

Paul Whitaker - 00:51:59, 6<sup>th</sup> AG!!!

Ray Webb - 00:52:55, 7<sup>th</sup> AG!!!

Alice Lane - 00:56:23, 10<sup>th</sup> AG!!!

Julie Shanker - 00:56:43, 8<sup>th</sup> AG!!!

Sue Stileman - 00:57:57, 9<sup>th</sup> AG!!!

Maria Hartley-Oinn - 01:00:40, 11<sup>th</sup> AG

Linn Webb - 01:05:50, 7<sup>th</sup> AG!!!

#### **The Isle of Wight Fell Series....**

Saturday 16th September,  
RACE 1: The St Boniface Fell, 3.8km -  
235m ascent

Abi Cooke - 00:25:50, 18th, 2min PB!!!

Saturday 16th September, RACE 2: The  
Ventnor Horseshoe, 12km - 443m  
ascent

Abi Cooke - 01:18:21, 19th, 7min PB!!!

Sunday 17th September, RACE 3: The  
Wroxall Round, 21km - 487m ascent  
Abi Cooke - 01:58:29, 18th, 16 min  
PB!!!

# The distance from the couch to 5KM is further than you think

Ian Ralph

If you're reading this then you're a runner. Unless of course you've picked this newsletter up from somebody else's coffee table, in which case you're perhaps just 'not a runner yet'. But whilst all of us at RRR can call ourselves runners, I'm sure we can all recall a time when we couldn't. Some of us might have taken it up as kids, others at school or university, and for some perhaps even later in life. But we all have our 'how I started running story' and whenever it was I'm sure everybody remembers the worries, fears and doubts that came with taking those first steps.

For me I was 24 years old, overweight and living a sedentary lifestyle in London. One of my flat mates had signed up for a Nike 10km run in Kew Gardens and talked me into doing it with her. I naively said yes, she promptly pulled out and I stubbornly carried on. Petrified on the starting line, I got a stitch at 2km and crossed the finish line in all sorts of pain. But I crossed the finish line all the same, and by that time had been bitten by the bug. I was going to do this again, and do it faster!

I was lucky that I had somebody encouraging and guiding me into my first running experience. But for many people taking that first step and overcoming the mental and physical hurdles to start running can be too much. And as lovely as we all are at

RRR, running clubs can be daunting places. There is an image of us all being lycra-clad Adonises that could give Usain Bolt a run for his money... even though we all know there are only a few of those in the club.

So that is why Matt Hammerton had the brilliant idea to set-up a C25K (**Couch to 5km**) group, to create a way to provide those who have never run before with a support network for starting to run without having to join a running club and maybe, just maybe fall in love with running as much as we all have.

C25k is a 9-week training programme designed to help people guide themselves from no running experience at all, to completing a 5km run in week 10. There is a free mobile app that clearly and simply lays out the training plan that will take you from walking to running, via 3 sessions a week, slowly build up endurance.

Whilst many people in the UK do this on their own, England Athletics has set-up a group called Run Together, where running clubs like ours can organise sessions for people to take on the C25k challenge as a group, supporting each other and guided by trained session leaders.

So, it was earlier this year that your lovely team of RRR session leaders, guided by Matt, got together and created **Romsey Get Running**.

Advertised locally around Romsey and on social media, we very quickly recruited 24 eager people who wanted to take on the challenge.

Meeting each Thursday at the Mountbatten School, we held weekly sessions following the C25k programme and encouraged the group to try and complete the other two sessions (a repeat of the session we had all done together) on their own.

Our group included a wide range of people; those trying to get fitter, some wanting to lose weight, others who wanted to run a Parkrun but didn't know if they could and even somebody who wanted to do their first triathlon – a strong swimmer and cyclist who had never run.

Despite the highs and lows of the British spring weather, our group battled on, slowly whittled down over the weeks as some succumbed to injury, illness, and the mental challenge ahead of them. Despite only managing c3.5km in the final 30 minute running session the week before, it was on the 6<sup>th</sup> of July that 6 of our group and the session leaders met up at the Wheatsheaf to take on the challenge of the club's 5km TT route.

It was a hot day, but armed with plenty of water and the sheer will to succeed, 5 of our plucky C25kers crossed the finish line to the cheers and encouragement of each other. In the process becoming not just victors over the challenge they set themselves, but now proud to call themselves 'runners', armed with their own story of how they took that long

journey from the couch to 5km.

Next Spring we are planning to run another Romsey Get Running group, expanding to more runners and taking on all the feedback we received first time round to improve the experience. If you are interested in getting involved, or perhaps know a 'not a runner yet' that would like to join us – just give your friendly session leaders a holler. And next time you meet a 'not a runner yet' why don't you tell them your own story of how you got off the couch? It might just help them realise that we all take that first step at some point, and there's a friendly running club out there to offer a helping hand.

## **Therese's Story**

Therese was one of the stars of our first ever Romsey Get Running C25K group. Though she in fact ran the Romsey-5 10 years ago, in her own words she's "never been a runner".

After trying the C25K program on her own twice before and faltering (not failing as she would put it) at week 5 and week 6 respectively, she then heard about our group through one of our members – Keith Stone.

With the motivation of being able to run a parkrun with her daughter and generally improve her fitness she signed up, ready to take on the challenge.

And in fact, rather than being nervous, Therese tells us she was actually really looking forward to her first session. "I was excited to be taking some action to improve my fitness and finally make some progress on running 5k."

Like for everyone it wasn't all plain sailing, and in particular she found the second half quite tough, when the running time really started to increase, and the walking time decreased. *"I did find each week after about week 4 quite tough - but I was delighted with myself for keeping with the program and completing each week".*

Therese tells us that, compared to trying to do it all on her own, it really helped having the encouragement of the Romsey Road Runners volunteers support her and the others throughout the 10-week programme. *"They were all kind, enthusiastic and made me feel that I was doing a great job each week".*

The actual 5km run on week 10 was a hot one, and Therese tells us that it was difficult, but ultimately worth it. Finishers of Romsey Get Running C25K group – Therese is on the far left *"It was one of those very hot days at the beginning of July and it was exhausting. We were all pretty slow*

*because of the heat - but relieved and delighted that (we) got to the end."* Therese plans to keep up running and has told us that she is already doing parkrun twice (getting faster each time I might add) and plans to try do this regularly – with her daughter no doubt. And it's great to hear this has also extended into other forms of exercise! *"I also want to continue to improve my fitness with other activities too like cycling, walking and going to the gym maybe."*

Finally, we asked Therese what advice she would pass on to others of thinking of join Romsey Get Running and taking on the C25K challenge, and we couldn't agree with her sentiment more. *"Your success will depend on how much you put in. Don't expect to turn up once a week and be able to finish comfortably. It takes effort and if you can do the 2 home-works each week this will really help."*

**Well done Therese!!**



Finishers of Romsey Get Running C25K group - Therese is on the far left

# ANNUAL GENERAL MEETING AWARDS EVENING

## SKITTLES

all in one night on

**Friday 3<sup>rd</sup> November 2017 at 7.00pm**

**Wellow Golf Club**

**Ryedown Lane, East Wellow, Romsey, SO51 6BD**

**£10.00 per head**

Payable either via online banking, by cheque to Romsey Road Runners or cash

### Order of events:

7.00pm – 7.15pm arrive

7.15pm AGM (non-members can have a drink in the bar while this takes place)

8.00pm Food

8.45pm Awards

9.30pm Skittles

10.45pm – 11.30pm Taxi Service home to Romsey/local area (at no extra cost)

Please tell us your requirements by completing the form found in this newsletter, at club sessions or attached to Google Group message from mid/end of September and return to the Social Secretaries: Liz Slade or David Nixon by Thursday 26<sup>th</sup> October.



\*Delete as applicable.

### 1) ANNUAL GENERAL MEETING

Name(s): \_\_\_\_\_

will be attending/sending my/our apologies\* to the AGM.

### 2) AWARDS EVENING/SKITTLES

Name(s): \_\_\_\_\_

would like \_\_\_ place(s) at the Awards/Skittles Evening and enclose a cheque/cash/have paid online\*.

My/Our\* menu choice(s) is/are\* (please indicate any dietary requirement against your choice):

**Ham & Cheese Ploughman's** Mature cheddar cheese and home cooked ham with salad, pickles and bread  (either ✓ or indicate number required)

**Steak and Ale Pie** Chunks of steak and vegetables cooked in a rich ale gravy with puff pastry served with chips  (either ✓ or indicate number required)

**Homemade Lasagne Verdi** Layers of green lasagne and red wine based Bolognese topped with a creamy white sauce and parmesan cheese served with salad and chips  (either ✓ or indicate number required)

**Grilled Salmon Fillet** Scottish salmon steak lightly grilled served with new potatoes, peas and tartar sauce  (either ✓ or indicate number required)

**Ham, Egg and Chips** Home cooked ham, a fried egg and crispy chips served with a salad garnish  (either ✓ or indicate number required)

**Battered Cod Fillet** Large cod fillet in crispy batter served with chips, peas, tartar sauce and salad garnish  (either ✓ or indicate number required)

**BBQ Chicken Breast** Roasted with chef's special coating served with chips and peas  (either ✓ or indicate number required)

**Vegetable Stroganoff** Served on a bed of fried rice  (either ✓ or indicate number required)

### 3) TAXI SERVICE

Name(s): \_\_\_\_\_

require \_\_\_\_\_ place(s) for the taxi service home and my drop-off address is \_\_\_\_\_

(we will try and accommodate all requests as near as possible)

Please return this page (along with payment if paying by cheque/cash) to the Social Secretaries: Liz Slade or David Nixon by Thursday 26<sup>th</sup> October.



## Blast from the past

This picture was posted on Romsey revisited. It was a year after the club was formed.

Karen comments "I joined a year later. I can remember....

Middle row: Sally Sillence, Marie White, Sally Couper, Daphne Reid.

Back row: Clare Couper, Alan Chatfield, Richard Fagan, Keith Stone, Andy Couper, Dave Robbins, Rod Newnham,

Front row: Mike Elliott, Bill Reid, Martin Lewis,?, Linda Robbins"



# Memories from Bovington

Bovington (trail) half marathon promised mud, wet and cold (it was in December after all). However it also promised mulled cider and rum half-way round, a fantastic tank medal and access to MOD land not normally open to the public. Plus there would be limited hills and an opportunity for a weekend away in Dorset - hurrah! As it turned out it was a brilliant foggy then sunny day and you could just about manage to avoid the tank generated ditches filled with icy cold water (until the last mile or so where you had no choice but the crash through them!) This was to be the husband's second half marathon. He promised he would 'run with me' - for the romance don't you know - seeing as this was still year one of the marr-i-age! In typical Pete



Hartley-Oinn style this lasted about 4km when from about 50m in front I got the Royal wave which meant 'see you later wife/loser!'. No matter - Whitestar (WSR) running races are known for their friendly people and I can vouch that a combination of the mulled cider (and rum 'cos it was there) actually enabled a quicker second half of the race and Pete didn't have too long at the end hanging around. All of this combined with an opportunity to see the Tank museum at a discount. 2016 was the first time the race had been run - 17th December 2017 has been announced as its second outing. If you are really mad you can sign up for the marathon. But just check out the medals! Plus an excellent goody bag including a bottle of beer and attractive purple bandana/buff thing **Maria**

# The Grizzly

Mark Stileman kindly mentioned recently that the ballot for a very special race opened 19<sup>th</sup> September, The Grizzly at Seaton in Devon!!! He is keen to spread the word and it sounds like an awesome event!!! Here is a little snippet of what to expect from the website itself....

## What it's all about?

Twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time. It's by no means the toughest race around (honestly!), has changed over the years and nearly died on a few occasions, but hundreds of you keep coming back for more so we must still be getting it right. Whatever it isn't, it is an experience."

[http://www.axevalleyrunners.org.uk/grizzly/race\\_info](http://www.axevalleyrunners.org.uk/grizzly/race_info)

There's an awesome youtube video here if you still aren't convinced ([http://www.axevalleyrunners.org.uk/grizzly/race\\_info](http://www.axevalleyrunners.org.uk/grizzly/race_info))

And if you STILL aren't sure, take it from Sue Sleath who has been running the event since the late 1990's and told me today that it's probably the reason she started running!!!..... So I think we have a lot to thank that race for!!!!

The link to enter the ballot (see, that's how popular it is!) is here..... <http://www.axevalleyrunners.org.uk/grizzly/home> and closes on October 6th.... places are limited so get in there!!!

Cheers, good luck and all the best,  
Becky :0)



# Upcoming races

## SEPTEMBER

10th 9:00am **New Forest Marathon 2017**, New Park Showground, Brockenhurst, Hampshire, SO42 7QH  
<http://www.newforestmarathon.co.uk/>  
In 2017 there are 7 race options: Full Marathon, Advertiser and Times Half Marathon, New Forest Health & Leisure 10k , 5k, Junior 1k and 200m Race, SES Autoparts Team Challenge and Woodland Walk. All routes start and finish from New Park Showground and wind through the heart of the New Forest National Park taking in the local villages of Brockenhurst and Sway. The multi-terrain courses offer some of the most scenic running experiences in the country, with a blend of forest enclosures, open roads, far reaching views and of course, the famous New Forest ponies! The event is far more than just a marathon with Race Village including Camping, Parking, Music/entertainment, Food/Drink traders, Kids Activities.

10th 9:30am **Stockbridge 10K and Fun Run**, Stockbridge Primary School, Old London Rd, Stockbridge Hampshire SO20 6EJ  
<http://stockbridge10k.webeden.co.uk/>  
The route is one lap over rural roads and byways with two short loops near the Start. All runners must keep right on the roads and give way to traffic. Each KM will be marked. One water station will be available on route at about half way at the top of Cow Drove hill, and water will be available at the finish.

17th **Lake Run**, Charlton Sports Centre SP10 3LF  
<http://www.andover10klakerun.co.uk/>  
Both the 10k and 5K routes are multi terrain, gentle and mostly flat along established footpaths and the 10K will go across one road. The route goes past Charlton and (for the 10K) past Anton Lakes taking in the beautiful and peaceful scenery of the backwaters of Andover. Anton Lake is situated just north of Andover town centre and was designated a Local Nature Reserve in 1996. The lakes are home to a variety of birds, plants and wildlife including otters.

17th 10:30am **LITTLEDOWN 5 ROAD RACE**, Littledown Centre, Chaseside, Bournemouth BH7 7DX  
<http://www.littledownharriers.co.uk/index.php/club-organised-events/littledown-5/course>  
The event is a 5 Mile Road Race starting and finishing in the Littledown Leisure Centre, Bournemouth. It is run on pathways, along pavements parallel to roads and through public parks. The route surface is tarmac throughout Roads and paths remain open to the public.

17th 10:30am **Hursley Multi-Terrain 10K**, Hursley  
<http://www.littledownharriers.co.uk/index.php/club-organised-events/littledown-5/course>  
A unique multi-terrain course, run over the private Home Farm estate. Start and Finish at John Keble School in Hursley. The famous Hursley 10k BBQ with burgers plus tea, coffee, cake stall will be available.

24th 10:00am **Solent Half Marathon**, Gang Warily Recreation Centre, Newlands Road, Blackfield, Hampshire, SO45 1GA  
<http://www.hardleyrunners.co.uk/SolentHalf.html>  
It is a friendly race with up to 500 entries and a lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe.

24th 10:00am **Winchester Half Marathon**, Winchester Guildhall  
<http://winchesterhalf.co.uk/event-info/on-the-day/>  
The beautiful city of Winchester is holding a new Half Marathon, taking place on September 25th 2016. Enjoy a scenic run through Winchester and its country side.

## OCTOBER

8th 9:45 am **Portsmouth RNLI 10K Race**, Southsea RNLI station  
<http://www.fitprorob.biz/10km-runs/RNLI>  
10K fun run along Southsea seafront. All in aid of the RNLI, who will be on hand with fantastic support and outstanding refreshments.

8th 10:00am **Bournemouth Marathon Festival**, Bournemouth Pier Approach, Bournemouth, Dorset, BH2 5AA  
<https://www.bournemouthmarathon.com/>  
The Bournemouth Marathon is 'running as it should be.' Beautiful coastal views, a chance to run the Boscombe and Bournemouth piers and a spectacular finish. Also available distances: half marathon, 10k and 5k.

- 15th 10:00am **The New Forest Stinger**  
Ocknell Caravan Park and Campsite, SO43 7HH  
<https://www.tottonrunningclub.co.uk/the-stinger>  
This year there are 3 routes - 5 Mile, 10 Mile and the new 13.1 mile, all routes are now chip timed. A scenic run through the beautiful new Forest National Park. Perfect for those that enjoy multi terrain including forest trails, woodland and open heathland.
- 22nd 10:00am **Fleet 10k**, Fleet  
<http://www.fleet10k.co.uk/>  
10k road race around the streets of Fleet. Start in Fleet Town Centre outside the Harlington Centre, 236 Fleet Rd, Fleet GU51 4BY and finish directly behind the Centre. The course is undulating and relatively fast so a Personal Best is possible. 2013 saw 5 PB's in top 10 including 1st and 2nd place.
- 22nd 10:15am **Great South Run 10m**, Portsmouth  
<http://www.greatrun.org/great-south-run>  
The fast and flat course of the world's leading 10 mile running event takes you through the iconic sights of Southsea and Portsmouth, including the Portsmouth Historic Dockyard, home of HMS Victory, past Spinnaker Tower, and finishes on the seafront with beautiful views of the Isle of Wight.
- 29th 10:00 am **Breamore 10k and 5k**, Breamore  
<http://www.racenewforest.co.uk/running-races/breamore-5k-10k/>  
Introducing the Inaugural Breamore 10k and 5k off-road run incorporating The Partner Race. The run will be over a 5k course so 1 lap for 5k and 2 laps for 10k. You can run either of the distances on your own or run with your Partner, each taking it in turn to run a 5k lap. Combined time is your finish time.

## NOVEMBER

- 1st 7:00pm **St Andrew's Day Run**, Square Tower, Old Portsmouth (PO1 2JE)  
<http://https://register.primoevents.com/ps/event/2017PatronSaintsSeriesP>  
ortsmouth  
With over 400 metres of elevation gain, this is challenging runs along on country lanes, trails and grass. Challenging, yes, but rewarding too, with fabulous views over the beautiful Meon Valley and across to the Isle of Wight - before a fast descent back into the valley as you head for the finish.  
You can take your time to enjoy the occasion, but we ask that you plan to finish by 2:00PM and we may ask you to retire or take a shorter course if you are running out of time.

- 5th 10:15am **Meon Valley Half Marathon**, The Meon Hall, Meonstoke, SO32 3NP  
<http://secondwindrunning.co.uk/p/meon-valley>  
With over 400 metres of elevation gain, this is challenging runs along on country lanes, trails and grass. Challenging, yes, but rewarding too, with fabulous views over the beautiful Meon Valley and across to the Isle of Wight - before a fast descent back into the valley as you head for the finish.  
You can take your time to enjoy the occasion, but we ask that you plan to finish by 2:00PM and we may ask you to retire or take a shorter course if you are running out of time.
- 11th 11:02am **Remembrance Day 10k**, Fort Nelson Armouries Museum (PO17 6AN)  
<https://racebest.com/races/remembrance-day-10k>  
A beautiful course, taking in the iconic views across Portsmouth Harbour and the Solent, Portchester Castle and views across rolling Hampshire countryside. Run on closed roads, with chip timing, stunning views and awesome 'poppy themed' medal.
- 18th 12:30pm **Windsor Autumn Half Marathon**, Dorney Lake, 2012 Olympic Rowing Venue, Eton (SL4 6QP)  
<http://www.windsorhalfmarathon.co.uk/>  
This event is one of the last Half Marathons of the year. The UK Athletic Measured Certified Course is without doubt the flattest course you will ever run and fills up with 1000 runners pounding the country surroundings of Eton Colleges Dorney Lake Rowing venue.
- 19th 10:00am **Gosport Half Marathon**, Bay House School, Gomer Lane, Gosport, Hampshire (PO122QP)  
<http://www.gosporhalf.org>  
The route starts and finishes at Browndown Rd, then has two laps which go all the way along the Seafront at Lee-on-the-Solent. The outward leg is mainly run on cycle-paths and pavement, the return leg goes along the Esplanade. The course is flat save for two short ramps along the Esplanade.
- 26th 10:00am **Southampton Common 10km**, Cemetery Road, off The Avenue, Southampton (SO15 7NN)  
<http://www.mccpromotions10kseries.com/southampton-common-10km.php>  
The runners complete a 2 lap run around Southampton Common on this accurately measured course which will be perfect for setting a new personal best.

- 26th 9:00am **Moors Valley Reindeer Run**, Moors Valley Country Park and Forest, Horton Road, Ashley Heath, Ringwood, BH24 2ET  
<https://www.eventbrite.co.uk/e/moors-valley-reindeer-run-2017-tickets-37483772974?aff=es2>  
 10K and 5K fun runs and 1K Saunter to help raise money to save lives at sea. 5K race starts at 10am, 10K race starts at 10:30am (but after the last 5K runner crosses a set point, so the start may be delayed), 1k saunter starts at 11:00am.
- 26th 10:00am **Downton Half Marathon**, The Borough, Downton  
<http://www.racenewforest.co.uk/running-races/downton-half-marathon/>  
 The race will start in The Borough, Downton and continues along Moot Lane to Hale, Castle Hill and Woodgreen then retraces the route back to the finish in Downton. All on-road (nb road open to traffic) on fairly quiet country lanes. Very scenic route, a few hills but not too demanding!
- 26th 9:30am **Hayling 10**, Community Centre, Hayling Park PO11 0HB  
<http://www.havantac.co.uk/hayling-10/>  
 This event is flatter than Amsterdam and takes in some great views across the Solent. Crucially, the coastal section runs with the prevailing wind rather than against it.

## DECEMBER

- 2nd 10:00am **GRIM Challenge**, Aldershot GU11 2HL  
<http://www.grimchallenge.co.uk/original-event-info/#menu>  
 Held over the Army's vehicle testing tracks, you encounter a trails, hills, mud, a lot of water, moguls, a sand dune, logs, railway tracks, cammo nets and a bog. The course is approximately 8 miles long. It changes depending what the army are doing and how generous the organizers are feeling. Either enter as an individual or as a team of three people.
- 10th 11:00am **Chilly Hilly 10 mile XC**, West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  
<https://www.eventbrite.co.uk/e/chilly-hilly-10-mile-xc-tickets-32332377010?aff=es2>  
 A race to warm you up this winter, a 10 mile cross country run taking in some of the most spectacular views and hills the West Wight has to offer. If you enjoyed our Needles XC Half Marathon, you won't want to miss this!

- 16th 8:30am **Bovington Marathon**, Tank Museum Bovington, Wareham, BH20 6JG  
<http://www.whitestarrunning.co.uk/racePages/racePage-Bovington.php>  
 Marathon and half marathon starting and finishing at the world famous Tank Museum Bovington, Dorset. Hilly, muddy, cold, wet ... oh and tanks! ... what more do you want?
- 17th 10:00am **Bovington Half Marathon**, Tank Museum Bovington, Wareham, BH20 6JG  
<http://www.whitestarrunning.co.uk/racePages/racePage-Bovington.php>  
 Hilly, muddy, cold, wet... Lovestation(obviously), smashing goody bags and there will also be a discount for entry into the Tank Museum for you and the family for all finishers.
- 17th 9:00am **Portsmouth Coastal Waterside Marathon**, The Pyramid Centre, Southsea. Plaza Suite  
<http://www.fitprorob.biz/portsmouth-coastal-waterside-marathon-2015/>  
 Full Marathon running from South Parade Pier to the end of the Hayling Billy Line and return. A unique multi terrain marathon with some fantastic views across Langstone Harbour. The flattest marathon for sure. Available distances: 50K Ultra, Marathon or Half Marathon. All in aid of the RNLI.
- 31st 10:00am **The Gut Buster 10k & 10mile**, Butlers Lands Farm, Mortimer, Berkshire RG7 2AG  
<https://regonline.activeeurope.com/builder/site/Default.aspx?EventID=1929563>  
 Both courses are multi terrain and take in stunning Berkshire countryside, a ford crossing, the Roman town of Calleva and it's incredible walls, and the infamous finish across the cabbage patch fields of Butlers Lands Farm.
- 31st 10:00am **Twixmas 10k**, Wicor Recreation Ground, Fareham, PO16 9JD  
<https://racebest.com/races/twixmas-10k>  
 A flat and fast, out and back run along the shoreline at Portchester and the Fareham Creek Trail with lovely views across the creek.

## JANUARY 2018

- Romsey 5**, Broadlands  
<http://offbeat-events.com/event/romsey-5-mile-run/>  
 The Romsey 5 Mile Run is set within the grounds of The Broadlands Estate, once the home of The Earl Mountbatten of Burma. The surface is mainly tarmac with a short distance of smooth hardcore. The course is 2.5 laps of the estate making it one of the flattest 5 mile races in the county and as such attracts athletes from further a field looking for a PB time. This running event is also perfect for first timers just starting out.

28th 8:00am for 40k, 9.30 for 10k

**Stonehenge Stomp**, Amesbury Sports Centre, Holders Road, Amesbury, Wiltshire SP4 7NT

[https://www.ldwa.org.uk/challenge\\_events/show\\_event.php?event\\_id=19044](https://www.ldwa.org.uk/challenge_events/show_event.php?event_id=19044)

The 30th anniversary of the popular Stonehenge Stomp - a long-distance walk that welcomes runners and dog-walkers, too. Distances: 25, 18.8, 12.5 or 6.3ml. all to finish by 17.00.

## FEBRUARY 2018

4th 9:30am

**Chichester Priory 10k Race**, Goodwood Motor Circuit

<http://www.chichester10k.com/home.html>

If you don't mind travelling a bit further afield, this is a long running popular event. After undulating through the country, there is a fast downhill finish into the town centre.

11th 10:30am

**Bramley 20/10 Road Race**, Bramley Primary School RG26 5AH

[http://readingroadrunners.org/wp-content/uploads/2017/09/bramley2010\\_2018.pdf](http://readingroadrunners.org/wp-content/uploads/2017/09/bramley2010_2018.pdf)

Bramley Village is located ten miles from Reading on the Hampshire/Berkshire border. The race is two all road, relatively flat ten mile loops from Bramley, out past Stratfield Saye, towards Mortimer, then back round to Bramley and out again.

25th 9:00am

**Brighton Half Marathon 2018**, Brighton

<http://www.brightonhalfmarathon.com/>

The 2018 Brighton Half Marathon will be a special day as we celebrate the 28th anniversary of the race.



# BMLPrint

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