

RELAY

Summer 2017



ROMSEY

ROAD RUNNERS

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Cover Photo: Derek at Manor Farm RR10

Photo credit: Paul Hammond

Note from the chair

Welcome to the summer newsletter to all our running family. A big thank you to all those that organised and helped at our Braishfield beer race and fun run. What a lovely day enjoyed by runners and spectators alike.

Big thanks to our session leaders who are very busy at the moment running the couch to 5k programme and our varied club sessions. The cross fit sessions that Becky has organised have been well supported and more details will be announced by Becky for new courses in the future. It is great fun and good for core strength. My muscles can testify to that 😊. If you love squats this could be for you.

The Romsey relay marathon was a great local event supporting many local charities. The club put in 2 teams. Can we make it 3 next year? We shout about these events at club nights and put them on the google mail group. Please ask one of the committee or session leaders if you want to get involved.

There have been some outstanding personal and team performances this year. Keep running and have fun. 🏃🏃

Karen

P.S Save the date – Friday 3rd November for club AGM, awards presentation and skittles evening at Wellow Golf Club. Full details to follow.

Correction

In the previous RELAY my article said Jon Fairley had run the most London Marathons with 7 with Tam Ryan running 6. This was incorrect, as the September 2010 article showed former member Jean Palmer had run it an amazing 16 times in club colours. Jean was one of the top older veteran women in the country in the 1990s so received an automatic place. Her best time of 3hr 41 in 1990 is one that many male club members half her age would be pleased to do.

Thanks to Wendy Couper for pointing out my mistake. Sorry Tam you still have some way to go to match Jean!

David Nixon

New club photo gallery

We have a new club photo gallery, which should make it much easier to share and browse club photos – go to <http://photos.romseyroadrunners.co.uk/> or navigate via the menu on our website.

To upload photos, click on the upload link in the gallery. Afterwards, please make sure you use the “contact us” form to tell us briefly what you’ve uploaded. We will then vet the photos for decency before putting them in the correct folder.

You can upload straight from your phone/tablet so it should be nice and easy!

Happy snapping – Daniel

The informal Solstice Triathlon of Run, Bike, Pint

On Monday 19th June a few road runners organised by Lee Harris undertook an extended club night triathlon with a difference. It was really hot that night, but it was so nice having a pint in the garden of the pub at 9.30 at night with the light still glow, we couldn’t have asked for better weather really.

There were 9 triathlons in the end all of whom seemed to enjoy the challenge of the run and then a ride, joined by another couple in the pub afterwards. The bike ride went up to Farley Church and back through the country roads around Braishfield. We all then had some food and a drink in the pub, of which they seemed grateful on a Monday night.

Maybe we could do another one before the end of the summer if we can get one in?

Couch to 5k grand finale

Thursday 6th July saw amazing C25k ladies run 5km around the beautiful lanes of Braishfield! We are all hugely proud of these ladies who have achieved running 5km tonight in 29 degree heat!

Some well-deserved celebratory beverages were sampled after the run at The Wheatsheaf pub.



Broadlands Relay Marathon

Romsey Road Runners supported the recent Romsey relay marathon, a charity event held each spring on the Broadlands Estate, to raise both funds and awareness for local charities. This community event, organized by the Rotary club of Romsey exploring the beautiful Broadlands estate was originally inspired as part of the Olympic legacy. The relay nature of this marathon gives an opportunity for anyone to take part, as part of a team who collectively run 26 miles and 385 yards.





Romsey road runners fielded two teams organized by Becca (thank you!) and a brilliant effort was put in by all 20 runners: Sue Sleath, Alex Prinsep, Jimmy Hunt, Daniel Lurcock, Jo McKenzie, Dave Gardner, Caron Gaisford, Colin Waters, Becca Lurcock, Wayne Windebank, Ken West, Trevor Bond, Karen Pethick, Bridget Wells, Nikki Skeats, Deborah Rees, David Nixon, Elizabeth Prinsep, Alice Lane, Anna Duignan.

The teams really appreciated the encouragement from all the other runners and reserves who turned up in support, eagerly cheering the teams on. One of the teams finished a fantastic 3rd place overall in a time of 2:48:24 and other team in 3:47:07 and 56th position.

Well done to everyone who took part and a big thank you to our reserves, supporters and families. Thanks also to David for giving Becky a new toy (horn!) to cheer us on. Ordinance Survey have won 2 years in a row. Can we change that on Sunday 13th May 2018?



Endure24



From the left: Becky Tovey, Alice Lane and Julie Shanker at Endure 24

If you've never heard of Endure24, they say its like Glastonbury for runners, it's a mad 24-hour running event that is quite unique in the running calendar. This years event took place 10th June and saw over 2700 runners take part with free camping and 24 hour catering; it's a real running party in the woods! Three friends from Romsey Road Runners Becky Tovey, Alice Lane and Julie Shanker set about this challenge last weekend as a relay team.

The gist of it is to complete as many 5 mile laps as you can in 24 hours. Most people completed 3 – 5 laps, many ran much further than they ever thought possible.

One lap is a 5 mile loop with hills for added measure, like running it for 24hrs wasn't enough they give us hills!!!! – said Julie.

Splits for the team are as follows:

Julie Shanker - 10Laps	Becky Tovey - 10Laps	Alice Lane - 9Laps
00:50:32	00:43:08	00:51:19
00:49:43	00:42:48	00:54:01
00:50:03	00:43:17	00:51:35
00:53:20	00:45:28	00:55:25
00:49:41	00:49:08	00:58:32
00:49:28	00:49:20	01:00:14
00:48:45	00:48:03	01:00:24
00:49:04	00:47:54	00:53:56
00:48:02	00:48:33	00:52:11
00:49:00	00:51:46	



The girls came 7th overall in the ladies small teams category in an amazing time of 24:24:40 and covered the distance of 145miles!

But if that wasn't enough these crazy ladies were at it again the following weekend completing the South Downs trail marathon. The day was seriously hot and the race, which crosses some spectacular scenery, was exposed to full sun in the most part. The girls ran together, linking hands as they crossed the finishing line in a remarkable time of 5:48:27.

Becky Tovey, Julie Shanker and Alice Lane at South Downs marathon

Endurance Life

Article by Wendy Couper

Many older members will already be aware of the Endurance Life Coastal Trail Series of events but, for those who aren't, Dorota has asked me to write a small piece about them. I did my first CTS event in 2009 when the club organised a weekend away in Cornwall (sadly this location is no longer used). I became hooked as, for me, they suited me more than just running on the road as they were more about endurance with a variety of distances on offer from 10km, half marathon, marathon and, for those really looking for a challenge, ultra and ultra++. All the runs are graded in terms of difficulty from "moderate" to "strenuous" and "extreme". They are very well organised and, although not marshalled, the signs are clearly marked with checkpoints along the way. They are also timed and at the finish a printout is given with your finish time and times at the various checkpoints. To date I have done 22 of these events in locations from Exmoor, Portland, Isle of Wight, Suffolk, Pembrokeshire and the Gower coast. If you are looking for something different and like a challenge I can really recommend giving the Endurance Life Coast Trail Series a go.

2017 Beer Race Report

By Mark Stileman

We've become accustomed to fine weather for the Beer Race, and this year was no exception. We had dry conditions and plenty of sunshine, but thankfully it was cool, and we didn't have the heatwave we experienced last year.

We started the race half an earlier this year as a precaution against hot weather, so the preparation on the day also started earlier. The volunteer crew started arriving from 7:30, and in amazingly short time there was a tremendous buzz about the place as the start and finish areas took shape.



This year we sold out of the 400 places two months before the day. Although this is tremendously positive, it meant that we were deluged with requests in the final weeks and days from people wanting to go on waiting lists or to transfer places. This is something we'll try to make slicker next year so it's clearer and easier for everyone.

Anyway, back to the race. We started a few minutes after ten o'clock, due to (a) holding a minute's silence for the terrible attacks in London that had taken place the night before and (b) waiting for those queueing for the loos... we still haven't got this quite right, despite the innovation of a urinal block!



The race went off with no incidents. All 335 runners made it around the course. As ever, the cakes went down a storm, and so did the Flack Manor beer. And then the grand finale... the fun run. This, in its inaugural year, was a huge success. Neil, the hare, managed to just about stay ahead of the field in a very fast start, and 73 runners proudly finished (with a very thrilling and slightly controversial tussle for first place) to get their medal.



An enormous thank-you to all of you who so cheerfully gave your time, energy and enthusiasm to make this such a good showcase for RRR and a celebration of running. Particular thanks to Liz, Becky and Hannah for their tireless work on the committee team, and to Matt, Lynda and Ian for organising the fun run. Is there anything we could do to make the day even better? Do let us know. Here's to next year!

Beer Race – the observers' perspective

By Dorota

The Beer Race is not only a great running event – it is also a community event in Braishfield. Here's what one of our fellow villagers, Ben Holdaway, wrote about the race on a local forum:

Personally I think it's great seeing such serious club runners, beginners and disabled participants coming from far and wide having such a great time on the streets of our lovely village. It really has become a very well known event (The beer helps 🍺) it's also superbly organised by Romsey road runners.

I really am NOT a runner but one year the night before the event at 11.30 pm whilst just about standing at the bar in the Newport I agreed to give it a go!!! It didn't prove to be the best idea 🤔 but with the support of the people cheering the runners on, I got round!! So if you're around on Sunday please get out and show some support as they pass.

MEMBERSHIP

Secretary Penny Jennings

The club has some new members since the Spring Newsletter: Emily Gordon, Penny Hounsome, Margaret Collins, Vytas Jakimavicius, Sue Stileman, Keith Morris and James Groves all from Romsey. We now have 122 members.

Em Gordon

"I joined RR in February a few weeks after moving to Romsey from Oxfordshire. I'm on a 12 month assignment with my work which means 2017 is all about getting to know the area.

I've been running for a few years now, There's been a few halves, 3 marathons (London, Bournemouth and Berlin), Tough Mudders and a triathlon and I aspire to do a couple more of the big marathons like Tokyo and New York. I love to travel so where ever I can I combine the two.



My best run was through the ancient city of Petra in Jordan with Bedouin's cheering me on, it was pretty magical."



Penny Hounsome

“Basically I’ve run on and off for about 5 years but never run with another person and never competed. I moved to Romsey in July 2016 and I’m just hoping to get fitter, meet like minded people and see where it takes me.”

Vytas Jakimavicius

“I am a teacher who moved to Romsey with my family a couple of years ago. I’ve been participating in various sports my entire life but with the arrival of our second child in October the ability to just throw on a pair of trainers and go for a run was convenient. I like a challenge so in the 7 months since I started running have taken part in the Southampton Half and Milton Keynes Marathon.

I’m joining the club as I love the sense of camaraderie a club gives and I wanted to have a bash at some racing.”



Sue Stileman

“I’ve been running for a few years but only decided to focus competitively on it last autumn. Since then, highlights have included running the Grizzly Cub in March (9 miles across the cliffs in Devon), the West Wight 3 Hills Challenge in April (8 miles across the cliffs on the Isle of Wight), the Salisbury 10, various 10k races and trying to get my Parkun PB down from 23:09 to under 23 minutes (those 9 seconds are proving hard to shift). I’m currently training for my first Half Marathon (Hampshire Hoppit in June) and am also doing the Winchester Half and the Clarendon Half and a few other hilly/ trail type races later in the year. My focus for next year is to run a marathon, although that is dependant on the Halves going well! I know quite a lot of Romsey Road Runners already as my husband has been a member for a while and I’m looking forward to being part of the club officially.”

Summer 2017 – Braishfield TT series...

To make the Time Trial even more interesting this year, not only are we looking at the most-improved runner over the course of the summer TT's, we are also calculating age-graded percentages for everybody over the 5k!!!

So, using a genius formula (nice one Mark!!), statistical age profiles have been calculated for everyone relative to the world record male and female times respectively.

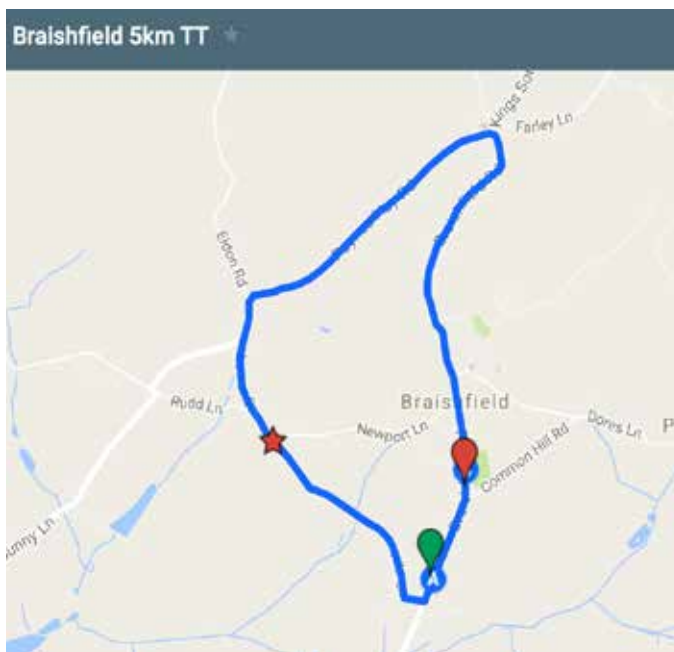
This means that your time over each 5k can be input and adjusted for age. The outcome is that you are given a ranking, based on your time for the 5k distance, compared to WR performance for your gender!!!

We thought this would be a great way of incorporating a new challenge into the monthly time trial, whilst giving some really interesting data for those of you who love your stats!!!!!!

For those who are really interested, you can use the following "good run guide" calculator to work out your rank over any distance.... Here's the link!!!! Happy statting!!!

<https://www.goodrunguide.co.uk/AgeGraded>

Below are the rankings based on Age-Graded Percentages for the first 2 TT's of the season!!!!.....



MAY TT	TIME	AGE GRADE %	JUNE TT	TIME	AGE GRADE %
Mark Stileman	19:08	76.47%	Mark Stileman	18:46	77.96%
James Battle	17:55	75.06%	Brenda Topliss	28:11	76.48%
Anna Duignan	28:51	73.55%	Steve Edwards	23:10	69.85%
Julia Abab	26:41	71.68%	Ray Webb	24:07	69.55%
Steve Edwards	22:42	71.28%	Neil Jennings	18:38	69.23%
Bruce Maddick	25:23	70.29%	Julia Abab	27:46	68.88%
Neil Jennings	18:23	70.17%	Penny Jennings	25:43	68.58%
Penny Jennings	25:33	69.02%	Matt Brown	18:51	68.50%
Paul Burnage	22:18	68.91%	Tam Ryan	24:04	68.03%
Matt Brown	18:46	68.80%	Alex Prinsep	19:38	66.42%
Lee Harris	20:34	68.41%	James Cole	20:03	66.13%
Ray Webb	25:03	66.96%	Trevor Bond	25:36	66.13%
Mark Suddaby	20:31	66.04%	Daniel Lurcock	19:58	65.66%
Mark Adams	22:01	65.92%	James Groves	19:42	65.54%
Andrew Archibald	23:51	65.53%	Becky Tovey	23:05	64.54%
Dave Gardner	22:00	65.46%	Mark Suddaby	21:12	63.91%
Nick Day	22:30	65.03%	Alice Lane	25:57	63.82%
Tam Ryan	25:34	64.04%	Rob Winchester	20:27	63.08%
Jane Jackson	28:42	63.94%	Ian Winkworth	22:33	62.87%
Wayne Windebank	22:35	63.27%	Sue Stileman	25:07	62.67%
Daniel Lurcock	20:51	62.88%	Jane Jackson	29:22	62.49%
Ian Winkworth	22:38	62.64%	Dave Gardner	23:16	61.89%
Jeremy Hartley	24:47	62.53%	Steve Geary	22:50	61.62%
Jo Slade	23:43	62.40%	Mark Winkworth	23:57	61.58%
Mark Winkworth	23:39	62.36%	Chris Brown	21:05	61.34%
Lin Webb	31:18	61.11%	Lin Webb	31:11	61.34%
Shelly Provan	24:24	60.92%	Richard Cross	24:27	61.31%
Julie Shanker	25:55	60.24%	Derek Kelly	29:32	61.23%
Suze Gardner	27:04	59.23%	Emily Gordon	24:38	60.15%
Emily Gordon	25:14	58.72%	Shelly Provan	24:51	59.81%
Derek Kelly	31:03	58.24%	Jo Blatherwick	26:11	56.66%
Nikki Skeats	28:01	56.69%	Bridget Wells	29:07	55.06%
Bridget Wells	28:31	56.22%	Nikki Skeats	29:06	54.58%
Steve Geary	25:35	54.99%	Karen Pethwick	31:55	53.18%
Maria Hartley-Oinn	28:31	54.75%	Lynn Lawrence	31:21	51.66%
Ophelia Matthias	29:20	53.66%	Bob Gould	31:31	50.89%
Deborah Rees	30:58	53.48%	Jill Baker	31:21	47.32%
Dorota Hatch	27:49	53.33%			
Ben Sharman	25:16	52.84%			
Bob Gould	30:30	52.59%			
Karen Pethwick	33:21	50.90%			
Jo Blatherwick	29:30	50.29%			
Lynn Lawrence	32:36	49.68%			
Jill Baker	33:09	44.75%			
Simon Lun	30:59	44.72%			
Victoria Hibbs	36:54	40.11%			

Mile of Miles 2017 – Wednesday 14th June 2017

We had perfect conditions this year for the Mile of Miles Relay and our 2 speedy teams did not disappoint!!!! Finishing a FANTASTIC 9th and 35th respectively, there was an AWESOME atmosphere for each team to send off their runners round the metric mile in relay fashion!!! Our track training certainly seemed to have paid off, with some BRILLIANT lap times!!! The prize for most consistent lap splits however, DEFINITELY goes to Mark Stileman, who (much to the astonishment on Trev's face who was keeping a keen eye on those lap splits), finished the first 3 laps in a very swift, very consistent 1minute 21 seconds, breaking the habit only on the last lap where he managed to shave a second off with a final sprint for the line!!! Nice one Mark!!!

The event raised a MASSIVE £755 for it's nominated charity, the Countess Mountbatten Hospice!

TEAM RESULTS:

1. Southampton A 51.44
2. Lordshill A 53.19
3. Eastleigh A 54.11
9. ROMSEY EH? TEAM!!!!
35. ROMSEY BEE TEAM!!!!

Leg	EH? TEAM!	Time (mm:ss)	Leg	BEE TEAM!	Time (mm:ss)
1	MATT BROWN	05:08	1	TREVOR BOND	06:59
2	SUE SLEATH	06:09	2	JULIA ABAB	07:41
3	DAN LURCOCK	05:42	3	KAREN KEANE	08:11
4	ALEX PRINSEP	05:19	4	DEREK KELLY	08:19
5	NEIL JENNINGS	05:14	5	SUE STILEMAN	07:06
6	STEVE GEARY	05:57	6	SHELLY PROVAN	06:55
7	CHRISTOPHER BROWN	05:59	7	DEBORAH REES	08:09
8	BECCA LURCOCK	06:30	8	LIZ PRINSEP	07:43
9	DAVE GARDNER	06:03	9	JULIE SHANKER	07:47
10	MARK STILEMAN	05:27	10	ALIE LANE	07:42
Total		00:57:28	Total		01:16:32



Pentathlon 2016/17

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

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)	10m Time	Score	½ mara Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
Mark Stileman			00:33:07	40 (1)	00:37:49	32 (4)	01:04:07	34 (3)	01:24:47	37 (2)	03:12:39	37 (2)	180
Neil Jennings					00:35:42	40 (1)	01:03:17	40 (1)	01:26:00	34 (3)	02:59:26	40 (1)	154
Dave Gardner					00:43:13	27 (8)	01:14:43	30 (5)	01:45:29	26 (9)	03:49:22	29 (6)	112
James Battle					00:37:02	37 (2)	01:03:34	37 (2)	01:26:05	32 (4)			106
Paul Burnage			00:34:08	37 (2)			01:19:10	26 (9)			03:44:34	30 (5)	93
John Quayle			00:34:32	32 (4)	00:43:43	26 (9)			01:49:53	22 (13)			80
Paul Whitaker			00:35:20	30 (5)	00:44:43	25 (10)			01:49:35	23 (12)			78
Mark Suddaby					00:40:52	28 (7)	01:16:47	28 (7)	02:01:15	19 (16)			75
James Cole					00:38:50	30 (5)					03:41:03	32 (4)	62
Ian Winkworth									01:45:13	27 (8)	03:57:10	28 (7)	55
Mark Winkworth									01:46:30	25 (10)	04:09:00	27 (8)	52
Ken West					00:53:31	23 (12)	01:33:51	24 (11)					47
Dylan Needham							01:33:12	25 (10)	02:23:43	18 (17)			43
Matt Hammerton									01:15:31	40 (1)			40
Trevor Bond	00:23:45	40 (1)											40
Toby Burrows											03:21:35	34 (3)	34
Rob Webb			00:34:22	34 (3)									34
Matt Brown					00:37:30	34 (3)							34
Wayne Windebank							01:09:43	32 (4)					32
Daniel Lurcock									01:37:12	30 (5)			30
Duncan McDonald									01:41:42	29 (6)			29
Mark Adams							01:16:02	29 (6)					29
Alex Prinsep					00:39:49	29 (6)							29
Peter Hartley-Oinn									01:44:39	28 (7)			28
Jim Wright							01:17:29	27 (8)					27
Ray Webb					00:50:46	24 (11)							24
James Instoe									01:48:02	24 (11)			24
Colin Williams					00:57:29	22 (13)							22
Richard Vie					01:03:24	21 (14)							21
Jeremy Hartley									01:55:31	21 (14)			21
Bob Gould					01:05:57	20 (15)							20
Ben Sharman									01:55:47	20 (15)			20
Derek Kelly					01:07:02	19 (16)							19

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 – 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!!! Here is how the tables stand so far, 8 months in!!!.....

Name	5km Time	Score (rank)	5m Time	Score (rank)	10km Time	Score (rank)	10m Time	Score (rank)	½ mara Time	Score (rank)	Marathon Time	Score (rank)	TOTAL SCORE
Becca Lurcock	00:21:39	37 (2)	00:34:41	37 (2)	00:47:14	40 (1)	01:20:18	37 (2)	01:43:07	37 (2)			188
Amanda Hull			00:32:02	40 (1)			01:08:53	40 (1)	01:31:55	40 (1)			120
Sue Sleath	00:20:36	40 (1)					01:25:14	32 (4)			03:36:00	40 (1)	112
Alice Lane	00:40:51	34 (3)							02:04:20	28 (7)	04:21:13	29 (6)	91
Anna Duignan			00:45:58	32 (4)	01:05:40	26 (9)			02:07:00	27 (8)			85
Elizabeth Prinsep					00:53:07	37 (2)			02:03:21	29 (6)			66
Suzanne Gardner					00:53:43	32 (4)	01:24:24	34 (3)					66
Brenda Topliss					00:54:29	30 (5)					04:17:01	32 (4)	62
Penny Jennings							01:35:21	29 (6)	01:50:48	32 (4)			61
Jo McKenzie							01:35:05	30 (5)			04:20:10	30 (5)	60
Nikki Skeats	01:08:01	32 (3)					01:38:48	28 (7)					60
Wendy Couper	01:25:32	30 (5)	01:09:15	28 (7)									58
Bridget Wells					01:04:26	27 (8)	01:38:57	27 (8)					54
Deborah Rees							01:58:47	25 (10)	02:15:55	26 (9)			51
Jane Jackson							01:50:05	26 (9)	02:22:28	25 (10)			51
Tam Ryan											03:41:50	37 (2)	37
Jo Blatherwick					00:53:12	34 (3)							34
Becky Tovey											03:45:37	34 (3)	34
Lynda Brown			00:41:51	34 (3)									34
Ali King								01:49:34	34 (3)				34
Lynn Lawrence			00:51:20	30 (5)									30
Emily Gordon									02:03:18	30 (5)			30
Julia Abab					01:00:13	29 (6)							29
Katherine Airey			00:52:26	29 (6)									29
Lynda Webb					01:02:11	28 (7)							28
Julie Shanker											04:35:29	28 (7)	28
Ruth Page					01:10:25	25 (10)							25
Karen Pethick					01:14:49	24 (11)							24
Naomi Farrington					01:16:00	23 (12)							23

RR10 2017

It's shaping up to be a FANTASTIC season so far, with some already EPIC performances by a STERLING RRR turnout, resulting in an AWESOME 4th and 14th place overall in the team standings so far this season, for the men and ladies respectively!!!! Oh, not to mention a new flag and tent courtesy of Dan the Kit Man Lurcock, A.K.A. Sideburnz!!!!

Check out the club standings so far!!!!.....

Name	R1	R2	R3	R4	Name	R1	R2	R3	R4
Becca Lurcock	36	23	23	25	Neil Jennings	9	18	10	18
Penny Jennings	69	59	61	59	Matt Brown	20	22	20	24
Elizabeth Prinsep	88	69	82	76	Christopher Brown	111	65	54	46
Julia Abab	90	80	83	77	Daniel Lurcock	70	89	96	64
Becky Tovey	46		32	28	Derek Kelly	219	181	200	187
Karen Keane		97	126	107	Jimmy Hunt	12	14	8	
Lynn Lawrence		121	156	128	Mark Silleman	24	26	26	25
Karen Pethick	186		157	143	Alex Prinsep	26	32	50	
Shelly Provan		38		44	Ian Ralph	34	35		36
Jo McKenzie		51		52	Tony King	69	68		73
Alice Lane		70		60	Ray Webb	179	137		127
Sue Silleman			55	83	Andrew Archibald	250	131	124	
Francesca Hough	82	75			Matt Hammetton	2	7		
Anna Duignan	126	95			Mark Suddaby		81	60	
Linda Webb	151			131	John Quayle		89	97	
Wendy Couper	201	135			Paul Burnage		80	110	
Amanda Hull	4				Dave Gardner		98		98
Emily Gordon			38		Steve Edwards		117	120	
Caron Gaisford	40				Ken West	194			186
Bridget Wells	120				Dave Gardner			84	
Nikki Skeals	123				Paul Whitaker		128		
Ruth Page			169		Richard Cross				142
					Trevor Bond	183			
					Greg Rouleston	208			



Romsey Road Runners at the Eastleigh RR10 race

Romsey Road Runners at the Manor Farm RR10 race



Manor Farm RR10 – photo credit Paul Hammond

Results Roundup:

March		April		April (cont)		May	
CTS Sussex 10k		Coombe Gibbett to Overton 16 miles		Southampton 10k		Harewood Forest 10k	
Anna Duignan	01:31:33	Sue Sleath	2:08:55 5 ^{hr} !!	Alex Prinsep	00:41:42	James Battle	00:40:40 2 nd !!
Seoul 10K		Maverick Trail Series – Purbeck 9k		Ray Webb	00:50:46	Mark Stileman	00:41:10 4 th !!
Ken West	00:53:31	Anna Duignan	01:04:14	Colin Williams	00:57:29	Sue Stileman	00:56:49
New Forest ½		Wendy Couper	01:21:11	Lynda Webb	01:02:11	Julia Abab	01:00:13
Mark Adams	01:37:00	CTS Exmoor marathon		Ruth Page	01:10:25	Bridget Wells	01:04:26
New Forest 20 miles		Julie Shanker	7hrs21	Naomi Farrington	01:16:00	Anna Duignan	01:05:40
Mark Adams	02:39:00	Alice Lane	7hrs34	Southampton ½		Bob Gould	01:05:57
Reading ½		CTS Exmoor Ultra		Mark Stileman	01:24:56	Derek Kelly	01:07:02
Jane Jackson	02:22:58 PB!!	Mark Adams	7:02:1 5 th AG!!	James Battle	01:26:05	Nikki Skeats	01:08:01
Eastleigh 10k		South Downs Way 50 mile Ultra		Dan Lurcock	01:37:12	Wendy Couper	01:25:32
Neil Jennings	00:35:42 PB!!	Tam Ryan	9hrs25	Paul Whitaker	01:49:35	Alton 10 mile RR	

James Battle	00:37:02	Stuart Leisenham	9hrs24	John Quayle	01:49:53	Ken West	01:33:51
Matt Brown	00:37:30	Nick Day	10hrs56	Penny Jennings	01:50:48	Marlborough Downs 20 miles	
James Cole	00:38:50	Salisbury 10 miles		Mark Winkworth	01:55:13	Sue Sleath	02:43, 2 nd !!
Alex Prinsep	00:42:21	Mark Stileman	01:04:07	Jeremy Hartley	01:55:31	North Downs Way 50 Ultra	
Dave Gardner	00:43:13 PB!!	Brighton Marathon		Ben Sharman	01:55:47	Tam Ryan	10hr15, 14 th !!
John Quayle	00:43:43	Dave Gardner	03:53:00	Liz Prinsep	02:03:21	Lymington 10k	
Paul Whitaker	00:44:42	Isle of Wight West Wight 3 Hills		Jane Jackson	02:22:28	Mark Stileman	00:37:49 16 th !!
Jo Blatherwick	00:53:12	Mark Stileman	54:26 3 rd AG!!	Southampton Marathon		Dorchester Marathon	
Liz Prinsep	00:53:37	Boston Marathon		Neil Jennings	02:59:26 PB!!	Ian Winkworth	04:11:25
Cranleigh 15 miles		Sue Sleath	03:36:00	Paul Burnage	03:44:34	Mark Winkworth	04:33:37
Steve Cleeves	01:50:00	London Marathon		Dave Gardner	03:49:22 PB!!	Storaway 10k	
Cranleigh 21 miles		Marie Duignan	03:23:00	Houghton 11k		Richard Vie	01:03:24
James Cole	02:47:00	James Cole	03:41:03	Steve Reed	00:52:44	South Downs 1/2	
Mark Suddaby	02:48:00	Tam Ryan	03:41:50	Steve Edwards	00:54:20 1 st AG!!	Mark Suddaby	02:01:15
Tam Ryan	02:51:00	Ian Winkworth	03:57:10	Becca Lurcock	00:54:31	Em Gordon	02:03:18
Dave Gardner	02:53:00	Jo McKenzie	4:20:10 PB!!	Andrew Archibald	00:56:00	South Downs Marathon	
Becky Tovey	02:58:00			Lynda Brown	00:57:07	Julie Shanker	5hrs48
				Dorota Hatch	01:07:46	Alice Lane	5hrs48
				Nikki Skeats	01:08:55	Becky Tovey	5hrs48
				Bridget Wells	01:11:28	Hampshire Hoppitt	
				Derek Kelly	01:15:01	Mark Stileman	1:37 17 th !!
				Julia Abab	01:15:03		

Big races of the quarter

Our road runners were out in force, representing Romsey in many well known events. The blue and yellow vests provided some stunning performances both home and away.

Eastleigh 10K

One of the largest 10K's in the south, attracted over 2,800 runners again this year. This fast, flat event which took place on Sunday 19th March saw ten Romsey Road Runners taking part and it lived up to its reputation as being the 'home of the PB' with at least two of the runners finishing with personal bests amongst a collection of other fantastic times. The line up of results were: Neil Jennings 35:42 (PB), James Battle 37:02, Matthew Brown 37:30, James Cole 38:50, Alexander Prinsep 42:21, David Gardner 43:13 (PB), John Quayle 43:43, Paul Whitaker 44:42, Joanna Blatherwick 53:12 and Elizabeth Prinsep 53:37.

Exmoor Ultra, South & North Downs Way Ultra+

In April Mark Adams completed his first ever Ultra event in one of the Endurance Life CTS series in Exmoor categorized as level 5 extreme! The course covers a variety of terrain and is a grueling test of endurance. Mark finished the 33mile course in a time of 7 hours 2 mins coming 36th overall. In the marathon distance of the same Exmoor race, Julie Shanker came in at 7 hours 20 mins closely followed by Alice Lane in 7 hours 33 mins.

Meanwhile, at the other end of the coast another three runners took on the South Downs Way 50mile. This well organised and popular event starts at Worthing and picks up trails and bridleways on a very challenging route to Eastbourne with hills that go up for miles. Taking on this distance for the first time was Romsey's Tamatha Ryan and Nick Day. Despite the damaging sun Stewart Liesnham finished in 9 hours 24 min, Tamatha Ryan in 9 hours 25 min and Nick Day in 10 hours 56 min.

Also on Saturday 13th May, Tamatha Ryan completed the North Downs Way, a 52-mile feat of endurance running. The ultra run started in Farnham, continuing on the Downs Way national trail passing through Guildford and Reigate hill and finishing in Knockholt pound, Greater London. Tamatha finished in 10 hours 18 minutes and described the route as varied but picturesque with many challenging sections, especially the 274 steps up at Box hill!

London and Southampton marathons

In sunny London, the 26.2 miles of tarmac, starting at Greenwich and ending in front of Buckingham place, were pounded by five Romsey representatives

amongst 40,000 other runners, the most finishers ever to date. First time London marathon runner Joanna McKenzie represented Romsey by taking up the esteemed club place. Jo completed the race in a time of 4:20, a personal best despite cramping for the last six miles! Tamatha Ryan experienced the privilege of taking up her well-earned championship place finishing in 3 hours 41 minutes. Other fantastic times included Marie Duignan 3:23, James Cole 3:41, Ian Winkworth 3:57 all who enjoyed the atmosphere despite the pain!

Closer to home, ten thousand runners took part in the three Southampton races. Neil Jennings completed his debut marathon blasting it out in sub 3 hours, finishing an awesome 12th overall with a chip time of 2 hours 59 minutes. Fantastic marathon performances were also recorded by Paul Burnage 3:44 and Dave Gardner 3:49 (a personal best). The Southampton half marathon was entered by eleven Romsey runners recording a good set of strong results: Mark Stileman 1:24, James Battle 1:26, Dan Lurcock 1:37, Paul Whitaker 1:49, John Quayle 1:49, Penny Jennings 1:50, Mark Winkworth 1:55, Jeremy Hartley 1:55, Ben Sharman 1:55, Liz Prinsep 2:03, Jane Jackson 2:22. Last but no means least, six runners took part in the Southampton 10K which was entered by more than 1,600 runners. First home for Romsey was Alex Princep 41:42, followed by Ray Webb 50:46, Colin Williams 57:29, Lynda Webb - 1:02, Ruth Page 1:10 and Naomi Farrington 1:16.



London Marathon 2017

by Jo McKenzie

I knew I needed a challenge to get me back running after baby Isobel was born in April 2016. Luckily I got the club ballot place at the AGM and that was it - I needed to get training!

Marathon training officially started in January. I aimed to do 2 club sessions, a long run and at least 1 cross training session a week. I was also back at work 4 days a week so fitting all of this in was a massive challenge. I was tired and the whole thing felt hard work. I am so grateful to the Romsey Road Runners who dragged me around some of the early long runs – luckily some of you are as crazy as me and happily ran to/from CC6's with me and headed out for a casual 18 miles at the crack of dawn on cold Sunday mornings.

As the weeks went on the long runs became more enjoyable, I settled into a pace and found it was giving me space to think. I was feeling stronger from gym work, fitter and have found that love of running again. Before I knew it, April was here and I was getting ready for the big day.

On the day of the Marathon I travelled up to London on the coach with Totton running club and Tam, Mark and Anna from RRR. Although an early start, this took all the stress out of traveling as we were dropped right by the start line. Straight away the atmosphere was incredible. Everyone was so excited about the race and we were surrounded by inspirational people who were ready to give the London Marathon all they had.

The first half of the race was amazing, the crowd were going crazy and I still felt fairly fresh. I took plenty of fluids, gels, bits of peanut butter sandwiches, sweets anything to keep up energy levels. This carried on until about 19 miles, when I started getting cramps in my quads. I couldn't run any faster and my pace started to tail off but I was still running and the miles went by. As the finish approached the crowds were getting louder and louder. I crossed the line at 4 hours 20 and soaked in the incredible atmosphere. My biggest tip for anyone doing a marathon would be have some flip flops ready at the finish The walk back to the coach was painful!

Every time I look at my medal I remind myself what a positive experience the London Marathon was. I got my fitness back, learned to dig deeper than I thought I ever could and raised money for a fantastic charity.

Thank you so much to everyone who encouraged me along the way and also those who sponsored me – I raised £550 for the Countess Mountbatten Hospice!



Upcoming races

JULY

- 9th 11:15am **New Forest 10**, New Park Farm, Brockenhurst, Hampshire SO42 7QH
<http://www.nf10.co.uk/>
The venue is in the heart of the forest and we offer you a large free car park with plenty of space to picnic, barbecue and have a good time. Commemorative horse brass medals for all 10 mile race finishers, medals for all fun runners, children's entertainment, refreshments, side shows and stalls.
The course is accurately measured and marshalled, under UK Athletics rules, with chip timing (no chip, no time). The marshalls will be withdrawn 2 1/4 hours after the start of the 10 mile race.
- 9th 10:00 am **Wyvern 10K**, Wyvern College, Botley Road, Fair Oak, Eastleigh, SO50 7AN
www.wyvern10k.co.uk
The course is an out and back – starting on the school J-Track and then out onto the lanes of Fair Oak and Horton Heath. For the most part the 10K is on tarmacked roads and pavements. Just be wary of the usual lumps and bumps. The first and last 700m are a combination of the track (nice and smooth) and grass.
- 12th 7:30 pm **RR10 - Whiteley**, Whiteley
<http://lrr10.org.uk/>
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.
- 19th 7:30 pm **RR10 - Janesmoor**, Janesmoor Pond, Stoney Cross
<http://lrr10.org.uk/>
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with. This race is organised jointly by Romsey Road Runners and Wessex RR.

AUGUST

- 2nd 7.15pm **RR10 - Itchen Valley Country Park**, Itchen Valley Country Park
<http://rr10.org.uk/>
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.
- 5th 9am **Midnight Marathon**, Queen Elizabeth Country Park, Gravel Hill,
<http://secondwindrunning.co.uk/pl/midnight-marathon>
Enjoy the excitement of night running in the South Downs in the Summer.
Starting with a signed route for a couple of miles within the country park, then on the public way-marked South Downs Way, with multiple water/feed stations along the way, this is a great way to run at night with others on a course that is simple to follow.
- 5th 16pm **Gravel Hill 5**, Queen Elizabeth Country Park, Gravel Hill,
<http://secondwindrunning.co.uk/pl/midnight-marathon>
A run through the forest on a Summer's afternoon, on a fully marked and signposted course over five miles in the Gravel Hill and War Down areas of Queen Elizabeth Country Park where the hard work of the mile uphill is rewarded with over three miles of downhill, not forgetting the drinks and snacks at the half-way checkpoint on the way round.
- 6th 10.30am **5th Bridport Jurassic Coast Run**, West Bay near The Old Salt House
<http://bridport-runners.co.uk/>
More than 50 runners have so far pre-entered online for the two races, the 10k and the half-marathon, and the course has been agreed. Due to its challenging route and inclination – including the second highest hill on the South Coast of England, Thorncombe Beacon – the organisers have been advised that the race course fulfills the criteria to categorised as a "Fell Race".
- 16th 7.15pm **RR10 - IBM Hursley Park**, IBM Hursley Park
<http://rr10.org.uk/>
The RR10 league is a series of races organised by running clubs in south-west Hampshire for their members. The races are held on Wednesday evenings during the spring and summer. Entry is free. All of the races are 4-5 miles off-road. The standard of runners varies from 5-minute milers to 12+ minute milers so, however fast you are, there will always be someone to run with.

28th 1:00pm **Appleshaw Fete 5 and 10K fun run**, Appleshaw Village Hall, War Memorial Playing Field, Appleshaw, SP11 9HY, Andover
<https://www.facebook.com/events/203090940181516>
This run was set up for the first time last year in conjunction with Andover based running group Muddy runners. The event is part of the annual Appleshaw Fete so bring the whole family to enjoy the music, food, bar, entertainment and activities both during and after the 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/levent-infon-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 10am **Bournemouth Marathon**, 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 10am **The New Forest Stinger**, Ocknell Caravan Park and Campsite, SO43 7HH
<https://www.tottonrunningclub.co.uk/the-stinger>
 An undulating 5 or 10 mile run through the beautiful New Forest National Park. Perfect for those who enjoy multi-terrain including forest trails, woodland and open heathland.

22nd 10am **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.

NOVEMBER

1st 7pm **St Andrew's Day Run**, Square Tower, Old Portsmouth (PO1 2JE)
<http://https://register.primoevents.com/ps-event/2017PatronSaintsSeriesPortsmouth>
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/pl/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 10am **Gosport Half Marathon**, Bay House School, Gomer Lane, Gosport, Hampshire (PO122QP)
<http://www.gosporthalf.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 10am **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.

DECEMBER

- 16 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 10am **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.



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SUMMER TRAINING SCHEDULE 2017 – FINAL

	June	Lead	July	Lead	August	Lead
Thu 1	TRACK: 40/20	David	Braishfield B1: 4 x 1km (Opposite Wheatsheaf)	Julie	TRACK: 400m Pairs	Becca
Mon 5	Braishfield B1: 4 x 1km (Opposite Wheatsheaf)	Deborah	TRACK: 40/20	Keith	Braishfield B2: 5 x 1km (Wheatsheaf)	Keith
Thu 8	TRACK: Out & Back	Keith	Braishfield B2: 5 x 1km (Wheatsheaf)	Alice	TRACK: Individual Pyramid	Mark
Mon 12	Braishfield B2: 5 x 1km (Wheatsheaf)	Jo	TRACK: 800 Pairs	David	Braishfield B3: 4 x 1km (Farm)	Ian
Thu 15	TRACK: Timed Intervals	Matt	Braishfield B3: 4 x 1km (Farm)	Matt	TRACK: 40/20	David
Mon 19	Braishfield B3: 4 x 1km (Farm)	Mark	TRACK: Out & Back	Ian	Braishfield B4: 5k TT	Deborah Julie
Thu 22	TRACK: 400 Pairs	Alice	Braishfield B4: 5k TT	Becca Deborah	TRACK: 800m Pairs	Alice
Mon 26	Braishfield B4: 5k TT	Matt Deborah	TRACK: Timed Intervals	Jo	BANK HOLIDAY – NO CLUB	
Thu 29	TRACK: Individual Pyramid	Julie	HOME RUN – (Shootash)	Ken	LEE LANE	Jo Becca