

RELAY



**Marathon
Experiences
Gear Guide**

**Fixtures
Results
Pasta
Party
Report**

ROMSEY
ROAD RUNNERS

Summer 2013

Note from the Editor

The cover features Gill, Anna, and Wendy with a curious looking friend at the (apparently very sunny) Hinton 10k. Their fine results can be seen later in this newsletter. My thanks to them for the use of their photo (and my thanks also to Wayne for last time).

I get sent articles for publication in the two weeks or so before the proof-reader's and printer's deadlines, however if anyone has articles of interest or relevance to the club, I can receive it anytime. Even an early or partial draft will make the editor's job a whole lot easier. Note that photos grabbed from the internet can create copyright problems. For this reason I am

keen to use only photos that belong to club members.

On that note - huge thanks to the many contributors to this Summer Newsletter. It is quite a packed edition. Several members obviously have perhaps hitherto hidden writing talents. Among other things in this edition there are some insightful personal recollections from marathon experiences, a whole load of technical advice, and some philosophical reflections from our chairman.

Dave

dave.evenden@hotmail.co.uk

There has been a request for any first aid qualified members of Romsey Road Runners to please inform a member of the Committee.

Membership News

Latest from our membership secretary...

....we now have 88 members. The latest to join are **Becky Tovey** and **David Fry** both living in Romsey. Welcome to you both!

To all members - please remember to let the membership secretary know if any personal details change.

David Nixon

mary.david.nixon@gmail.com

New member Becky Tovey introduces herself

Amanda Hull is the one responsible for introducing me to the club (so I blame her)!!! I used to enjoy athletics as a youngster and I am interested in pretty much any sport going!

Especially snowboarding!!

Racing-wise I would love to get a few 10km and 10 mile races under my belt & aim to maybe compete in a triathlon or adventure race before the year is out!!!

Becky

Diary Dates

Here are all the dates for key events involving the club for the next six months so you can plan ahead.

Feel free to contact the Club Secretary (Amanda) or the Newsletter Editor (Dave) if anything needs to be added.

JUNE

2nd Beer Race

JULY

1st Committee Meeting

3rd Mile of Miles Relay

27-28th Club Trip - Thunder Run

AUGUST

to be announced

SEPTEMBER

9th Committee Meeting

14th Test Way Relay

OCTOBER

21st Committee Meeting

NOVEMBER

6th AGM

15th Annual Awards Evening



Calling all club members.....!

**Dinner Dance & Awards Night
Friday 15th November 2013**

at

Ampfield Golf Club

listen out for transport options

AWARD WINNERS 2012

The results of the club awards evening normally go in the December newsletter, and there wasn't one in 2012. For the historical record here are the prizewinners.

2011/12 Winter Cross-Country.....Anni Dawes, Mark Adams

2012 RR10.....Amanda Hull, Matt Hammerton

2011/12 Pentathlon.....Amanda Hull, Ali Longworth, Liz Slade

2012 5km Time Trial.....David Nixon

Romsey Road Runner of the Year... Heidi Godfrey

Sally Sillence Trophy.....Tamatha Ryan

Chairman's Award.....David Page



Recent Results

Bramley 10/20, 17 Feb 2013

10 miles:

Max Dawson 1:48:21

20 miles:

Jimmy Hunt 2:15:27

Tamatha Ryan 2:28:51

Lynda Brown 2:38:17 (PB)

Sarah Thorn 3:02:38

Bath Half Marathon, 3 Mar 2013

Emily Slade 1:57:38 (PB)

Great Western 10k, 10 Mar 2013

Gill Callus 84:48 (2nd V55)

Wendy Couper 85:12 (1st V65)

Mad March, 10 Mar 2013

10 mile event:

Mark Adams 1:15:00

Hannah White 1:16:29

20 mile event:

Jimmy Hunt 2:11:43 (PB)

Tamatha Ryan 2:28:29 (PB, 10th lady)

Lynda Brown 2:38:47

Sarah Thorn 2:48:20 (PB)

Di Cross 2:49:23

Exbury 10k, 17 Mar 2013

Neil Jennings 41:41

Candice Snelling 44:11

Penny Jennings 48:26

Hinton Admiral 10k, 31 Mar 2013

Anna Duignan 65:45

Gill Callus 71:50

Wendy Couper 76:47

Exmoor Endurance Life 10k, 14 Apr 2013

Anna Duignan 1:43:45

Gill Callus 1:55:31

Wendy Couper 1:55:31

Brighton Marathon, 14 Apr 2013

Tam Ryan 3:28:28

Sarah Thorn 3:46:27

London Marathon, 21 Apr 2013

Jimmy Hunt 2:59:58 (PB)

Amanda Hull 3:08:59 (PB)

Lynda Brown 3:45:24 (PB)

Di Cross 4:14:48

Jackie Hearn 4:22:57

Houghton Trail Event, 28 Apr 2013

Andrew Archibald 55:28

Becky Tovey 55:47

Tony Peelo 56:20

Paul Cutbill 57:18

Penny Jennings 58:24

Heidi Godfrey 58:37

Greg Roulston 1:01:49

Julia Abab 1:01:58

Derek Kelly 1:06:15

Mark Adams, 1:06:23

Charlotte Maslen 1:06:37

Anna Duignan 1:08:43

Ruth Page 1:09:12

David Page 1:13:17

Wendy Couper 1:24:01

compiled by..... *Annie and Hannah*

Recipes

Julia has provided the following excellent idea. I can imagine this going down well after a tough training session.

Smoked Salmon Pasta

Jar of artichoke antipasti
Pasta e.g. Tagliatelle
Clove of garlic, finely chopped
Cream cheese
Smoked salmon, sliced into strips
Large handful fresh parsley
Black pepper, Salt
Lemon cut into wedges

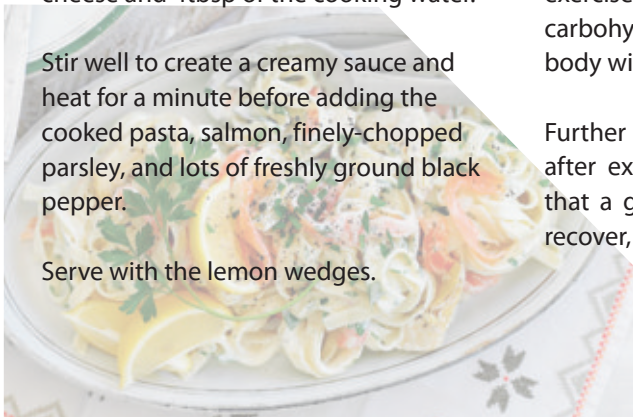
Drain artichokes. Reserve some of the oil
Slice any large pieces.

Cook the pasta as instructed on the pack.
Reserve some of the cooking liquid.

Put the reserved oil from the artichokes into a pan. Heat over a medium heat. Stir in the artichokes and garlic and cook for a minute or so before adding the cream cheese and 4tbsp of the cooking water.

Stir well to create a creamy sauce and heat for a minute before adding the cooked pasta, salmon, finely-chopped parsley, and lots of freshly ground black pepper.

Serve with the lemon wedges.



I have had the following idea from Greg, based on an idea from Tony...

Sports Drink

The UK market for energy drinks is worth in excess of £1bn a year. This is money extracted by the marketing men from ordinary people. There are cheaper alternatives which, for most of us, will do the job just as well.

Carbohydrate-electrolyte drink - if exercising for more than 90 minutes.

To make: Mix 0.5 litre of pure fruit juice without added sugar, with 0.5 litre of water and add a pinch of sea (or other mineral) salt.

Editor's Note: I have tried this, and the slightly salty tang makes this quite refreshing.

Warning from Greg/Tony: if you don't exercise enough to burn off the carbohydrate that you drink then your body will simply store this as fat.

Further tip: If you feel you need protein after exercise then it has been claimed that a glass of milk can help your body recover, and may help burn more fat.

Pasta Times.....

Almost 50 club members and partners headed to The Sun Inn in Romsey on 16th April for our annual Pasta Party.

Once again, it proved to be an excellent excuse to consume carbohydrates while wishing our London Marathon runners well.

In addition to Amanda, Jimmy, Lynda, and Di (Jackie Hearn was absent), who were keenly (perhaps?) anticipating the big day, Sarah and Tam were able to relax after admirable performances in the Brighton marathon two days earlier. Both were able to walk in comfortably without assistance.

It proved to be a fun-filled evening: the pub providing excellent food – and plenty of it – for the second year running; while David Nixon discovered the flaws in our knowledge with an inspiring quiz. Many thanks to him.

The absence of a picture round spared Di – or anyone else - further embarrassment after last year's confusion (though how anyone could mistake her legs for Andrew's, Greg...)

This year's fast thinkers, who were rewarded with a box of Heroes, were the Quizzee Rascals, comprising the Slade family with Alice, Nicola and Sarah.

The pasta worked! Congratulations to our marathon runners, all of whom finished in under 4:30, with several PBs, some seriously impressive times – and a new club women's record.

See you next year.....

The Social Secs; Di and Karen



RELAY Summer 2013

Marathon Times

JIMMY HUNT - Time: 02:59:58 (PB)

London marathon

Having run my first marathon just six months previously at Abingdon, where I said I'd never run another, I found myself warming up on Blackheath common on London marathon Sunday, knowing exactly what to expect...well almost! Training had gone to plan with a few odd niggles but I was feeling ready for the challenge ahead. What I hadn't expected was the sheer volume of runners and the overwhelming number of people who were lining the streets of the course, cheering every runner on. It was a privilege to take part wearing my Romsey colours. Will I do another marathon? Never say never!

DI CROSS - Time: 4:14:48

London marathon

My preparation didn't go well. A rotated pelvis acquired on a dog walk was among the disasters that befell me this year. So I really felt I'd achieved something just by reaching the start! The atmosphere was fantastic, although the heat was an unwelcome challenge. I ran the race for Barnados exactly 10 years ago (another 'landmark' birthday), when I had to walk most of it due to an acute groin strain. So while I was disappointed with my time, it was a huge improvement on the last one – when I had the humiliating experience of being overtaken by a toilet!!!

SARAH THORN - Time: 3:46:27 (PB)

Brighton marathon

Having now completed my first marathon I can actually say I enjoyed it. While the training was hard and tough going at times, through the cold, snow and rain...it all paid off. Having a tried-and-tested training programme really helped me out and kept me focused. Having other friends to run with was also a great support, especially on the long runs. Overall a great day...and may do another one!!

TAM RYAN - Time 3.28.28

Brighton marathon

As most people will know (...because I've bored the pants off them in recent months!sorry), training for me was somewhat eventful & rather disastrous. Brighton was very much on, then off. I took a last minute decision to go for it & see what I could do on the day. Disaster struck again, and due to the lack of buses provided at the park & ride I managed to miss the start & ended up at the back with the furry animals!!! (Yes, I know! Gasp shock horror - not like me to be late.)



As if that wasn't bad enough my right quad appeared to be dead from the off. Having not done Brighton before I found the course to be rather narrow & fairly undulating in the first 5 or 6 miles. It was very frustrating to be hemmed in. But then it opened out onto the coast - which brought with it the wind & some rain. The majority of the course is switch-backs so unfortunately it became a constant reminder of where I felt I should have been & negativity became my biggest battle. The second half was a lot more pleasant; the sun

AMANDA HULL - 3:08:59 (PB)

London marathon

Having suffered a knee injury following my first attempt at the marathon, I approached my training cautiously, but it all went surprising well and I had a string of PBs from 5 mile to Half Marathon. When race day arrived I couldn't wait to get going. I was on the Championship start which had its own warm up area and toilets (no queues!). We started just behind the elite men, so I was across the line within 10 seconds. Disaster struck at mile 8 when my knee started to hurt and got progressively worse...but there was no way I was going to stop! It did throw me off my target pace but I'm still pleased to have managed a PB by 15 minutes. I definitely plan to have another go at the distance in the hope of getting that little bit closer to the magic 3 hour mark!

came out which lifted my spirits & the crowd were out in full force. I managed to put the idea of quitting behind me & resigned myself to finishing. Support was amazing & the cheers were constant. Reaching the power station I started to be plagued by the usual cramps & sadly had to keep stopping to stretch. I knew there was only about 5 miles to go and I managed to remain upbeat. The crowd were fantastic! Every time I had to stop they erupted with encouragement. There was a rather strong breeze when we hit the sea front, but it was a really uplifting finish past the beach huts & then

back onto the promenade.

The jury is still out for me with regard to The Brighton Marathon, but it was a very well organised & greatly supported event! Just don't use the Park & Ride!!

LYNDA BROWN - Time: 3:45:24 (PB)

London marathon

My second stab at the marathon was a great experience even if a little painful! After worrying about knee injuries and the weather it all turned out good on the day. The morning was sunny and bright and a bit hotter than we had hoped but it certainly brought the crowds out. My brother (who was running his first marathon) and I ran the whole race together supporting each other through the highs and lows.

We were lucky enough to spot cheering family along the way which was very much appreciated on Birdcage walk at 25 miles!



We crossed the line in 3 hours 45 minutes and were very happy with our time. Altogether we raised over £4000 for our pre-eclampsia charity, and I would like to say a big thank you to all club members that supported me with sponsorship and encouragement.

Guide to Gear

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

Footwear

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

Socks are very much a personal preference and mainly dependent on whether you are prone to blisters. It is a mistake to assume that a thicker sock will help prevent blisters; a thinner twin-skin sock is more likely to reduce your risk. Darker socks for obvious reasons are better suited for muddy off road runs.

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

Legwear

Full-length tights that are slim at the ankle are a must in the winter months, and if you can afford it a good thermal pair can be beneficial. Top-of-the-range leggings have 'windstopper' technology but this is not essential. When off-road, full-length tights offer protection from undergrowth and brambles, and three-quarter capris are very common in the transitional seasons. There are two main types of shorts and selection is a personal preference; the fuller cut can lead to chafing, and lycra shorts can sometimes ride-up. Shorts that incorporate a pocket with a zip can be useful for carrying keys or gels.

Buy your running gear out of season as prices are very often reduced and you can kit yourself out for less than half the price

Upper Body Wear

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

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

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

Reflective clothing is a must when running in the dark or dusk. A reflective bib makes sure you are visible and safe, and is very low cost. Gloves are essential in the cold and you will appreciate the protection on windy or icy days. Ensure they are lightweight to allow you to stash them in a pocket when not in use.



Gel belts are great for long runs and races, and remember they provide space for a phone, keys, or toilet paper (an essential!!)

Hydration systems such as CamelBaks or waist bottles can be useful in the hot weather. This is a personal choice as some runners find the bulkiness and weight an inconvenience.

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

Headgear

Hats are useful in the winter months to keep your head and ears warm, but beware of keeping in too much heat. Dri-Fit hats are really thin and allow heat to escape through your head.

Headbands are good to keep the ears warm whilst allowing heat to escape, and some are made of wickaway fabric. Always ensure a proper fit to prevent slipping.



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

Head torches: don't be mistaken in thinking

the brighter the better. Most head torches come with different settings that you can choose depending on when and where you are running. An ideal head torch should be lightweight, small, offer flexibility of the beam and brightness - and also be good fitting to ensure it is stable during running. As well as lighting your way in the dark, having one means you can be seen.



Running watches

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

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

Lynda and Tam

More information about club kit can be found on our website. Just click 'Kit' on the page banner. Or you can find Lynda's contact details on the kit page.

Fixtures

CC6 Cross Country League

The 2012/13 CC6 series came to a successful conclusion on 3 March. Congratulations to Shantha Dickinson for coming 2nd in the ladies' series overall.....

Ladies	R1	R2	R3	R4	R5	R6	Overall Position
Shantha Dickinson		1	2	8	5	5	2
Penny Jennings		22	32	21	29	29	18
Julia Abab		33	42		35	34	27
Jo Weguelin		37	39	38	43	41	28
Candice Snelling		6		10		17	41
Di Cross		10	16				57
Lynda Brown	8						93
Elaine Armstrong		23					109
Lisa Ashdown		57					152
Wendy Yelland		59					154
Wendy Couper		63					156

.....and congratulations to Chris Brown for being our top finisher in the men's series.

Men	R1	R2	R3	R4	R5	R6	Overall Position
Chris Brown	9	11	27	33	29	41	13
Neil Jennings		34	48	36	28	28	27
Wayne Windebank		43	42	43	43		34
Paul Bradley		61			77	58	74
Greg Roulston		68				59	76
Mark Adams		19	28				97
Tony Peelo					80	60	117
Derek Kelly			75			76	122
Duncan Dickinson		12					143
Nick Berryman					36		163
David Nixon						82	222
Andy Cherret		83					224

RR10 League & Dates

The 2013 RR10 series got underway at Royal Victoria Country Park on 24 April, with 22 Romsey Road Runners turning out to compete.

The series is a great way to race and test your fitness against competitors from other local running clubs.

The occasion generates a real feeling of camaraderie amongst club members.

Look out for messages on the Google Group and at club sessions about meeting up to car share to the races from Romsey Sports Centre. And please put our race date (24 July) in your diary as we will need to field a full team of marshals to ensure a smooth and safe race.

05 June 2013	Blackfield	Hardley Runners	7.30pm
12 June 2013	Manor Farm Country Park	Running Sisters/Halterworth/Hedge End	7.30pm
26 June 2013	Alver Valley Country Park	Stubbington Green ARC	7.30pm
10 July 2013	Marwell	Eastleigh RC	7.30pm
24 July 2013	Janesmoor Pond (HOSTS)	Romsey RR/Wessex RR	7.30pm
07 August 2013	Itchen Valley Country Park	Lordshill RR	7.15pm
21 August 2013	IBM Hursley	Winchester AC	7.15pm



Test Way Relay

Another reminder about the Test Way Relay on Saturday 14 September - an enjoyable team relay that runs the length of the Test Way, from Inkpen Beacon to the Salmon Leap at Totton.

Teams of 8 run a leg each of varying distances of between 7.1 and 11.2km (4.5 and 6.5 miles).

We want to enter both a men's and a ladies' team, so please let Hannah White

know if you are keen to run, or look out for the sign-up sheet in due course.

If you are interested in captaining a team or potentially being available to help with the event as a timekeeper at one of the changeover points then please also speak to Hannah.

It's a good idea to have recced your leg before the race date and there will be opportunities to do this as social runs throughout the summer months.

Fixtures - continued

Mile of Miles Relay

A quick reminder about the Mile of Miles Relay event on **Wednesday 3 July 2013** at 7.30pm.

As well as hosting this year's event we will also be looking to field a couple of teams to compete.

Please let Hannah White know if you are able to compete or put your name down on the sign-up sheet which will be available at club sessions.

Each team will consist of 10 runners, each running a 1 mile effort around the athletics track at Southampton Sports Centre.

Pentathlon Competition

The club holds its own pentathlon competition each year, with your best 5 race results over 6 distances from 1 October 2012 counting towards the 2012/13 trophy.

The distances include: 5 km, 5 mile, 10km, 10 mile, half marathon, and marathon.

If you have any race results since 1 October 2012 which you think should be included, please let Amanda Hull know at romseyroadrunners@hotmail.co.uk

TOP 5 MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Wayne Windebank	#	34 (0:34:56)	37 (0:41:08)	40 (1:11:08)	32 (1:33:42)	#	143
Jimmy Hunt	#	40 (0:29:11)	#	#	40 (1:19:39)	40 (2:29:58)	120
Dave Evenden	#	29 (0:48:31)	28 (1:01:31)	28 (1:41:52)	26 (2:19:11)	#	111
Paul Bradley	#	32 (0:38:14)	#	34 (1:16:33)	28 (1:49:34)	#	94
Chris Stocks	32 (0:23:50)	30(0:41:21)	30 (0:49:02)	#	#	#	92
TOP 5 FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Hannah White	#	37 (0:36:12)	34 (0:45:43)	34 (1:15:58)	32 (1:41:19)	37 (3:59:10)	166
Amanda Hull	#	40 (0:30:29)	#	40 (1:04:40)	40 (1:25:51)	40 (3:08:59)	160
Alice Lane	#	34 (0:42:02)	30(0:51:49)	32 (1:30:04)	27 (2:01:49)	#	123
Alison Solomon	37 (0:25:30)	32 (0:44:08)	#	30(1:35:20)	#	#	99
Di Cross	#	#	37 (0:45:34)	#	30 (1:45:50)	28 (4:14:48)	95
TOP 5 OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Dave Evenden	#	37 (0:48:31)	40 (1:01:31)	32 (1:41:52)	32 (2:19:11)	#	141
Di Cross	#	#	40 (0:45:34)	#	40 (1:45:50)	40 (4:14:48)	120
Paul Bradley	#	40 (0:38:14)	#	40 (1:16:33)	37 (1:49:34)	#	117
Frank Ourique	#	#	#	37 (1:22:53)	40 (1:48:24)	#	77
George Wysocki	#	#	#	34 (1:32:15)	34 (1:56:59)	#	68

Chairman's Ramblings

Just for a change I thought I would write a truly random article for 'Relay'.

Runners are better looking, brighter, and more positive than average! Is this true? Can I justify this potentially contentious (to non-runners anyway) statement?

I think I can!

Runners are more positive. That to me is fairly obvious. There are those people who do things and those that talk about doing things, and runners are clearly the doers of this world. Anyone who has run a marathon is literally miles ahead in terms of positive thinking than your average person.

Now for a harder one to prove, runners are brighter than average. There are many well-educated runners, but possibly more importantly, just about everyone in the club is very sharp in their own way. Just chatting with club members it is obvious that we are a clever bunch, albeit sometimes a bit eccentric and diverse.

There have been several studies that have shown that regular exercise helps circulation which helps to maintain all physiological aspects of a person, including their brain.

Exercise is not the only factor but it is a significant one.

Let's finish with the easy one, runners are better looking. Running helps tone your body, reduce fat and regulate weight, resulting in a more attractive physique.

Not just that, but because we are more intelligent and positive we are more likely to look after ourselves and our appearance.



Yes - we are definitely better looking than average.

Maybe the question should have been 'do we run because we are bright, positive and good looking or does running make us this way'? I would like to think it is a bit of both.

Many Thanks..... *Paul Bradley*

Hidden Skills???

What a lovely surprise after delivering fliers to inform the residents of Braishfield of the forthcoming Beer Race. Derek Kelly asked if we'd like to finish with some liquid refreshment in The Newport Inn. After scraping together a few pennies, a few took him up on



the offer and, glasses charged, witnessed a few guitars and their owners arriving for a music session. Derek knew most of them and persuaded two to do an early 'mic'. He didn't really need too much encouragement to borrow a guitar and gave a brilliant rendition of Runrig's 'In Search of Angels'..

Spotted by..... *Liz*

Session Leaders

Even though we're not quite enjoying the tropical temperatures we had this time last year, the wonderful light evenings have now arrived and we're back to the Monday routine of the Braishfield routes (so far including trial by two rottweilers and other neighbour- hood animals!), and the Thursday sessions at the Mountbatten track.

For the Braishfield routes, the Session Leaders, bar me (as I am a 'Bear of Little Brain'), have gone to great lengths to construct a workable running schedule which includes recovery times tailored to the individual.

These have been very successful in the last few weeks as long as those speedy members - they know who they are(!) - do in fact remember to keep to their recovery times so we all arrive back together.

This has worked well - and a big thank you to Heidi and her mathematical brain (It's a spreadsheet apparently! She told me..... Ed).

It's especially nice that we can then all run back to the hall as a big happy tired group.

The track sessions at Mountbatten are also underway. The track is well marked out and so far, crossing everything, it has stayed dry for us.

Just remember that rather than meet at the track on Thursday evenings as we did last year, we will convene at the Sports Centre and make our way up there together.

The exceptions are on days after the RR10 when it will be a more informal arrangement.

And speaking of RR10 events, the first of the season took place recently at the Royal Victoria Country Park with a wonderful turn out and great results from Romsey Road Runners.

This was a very pleasant venue with super views over the water.....to the refinery. Well you can't have everything, can you?

I have a feeling this is going to be a wonderful summer for us all. Let's hope for dry, sunny, and run-friendly weather.

Thanks from all the Session Leaders: Matt, Ian, Hannah, Amanda, Heidi, David, Pete.....and Alice Lane.

Happy Running.....*Alice*

P.S. By the way - thank you for bearing with me on my first few sessions as leader. I promise to get the hang of it over the next few weeks!

Training Schedule **Summer 2013**

	June		July		Aug
Mon 3rd	C2 Braishfield	Mon 1st	C2 Braishfield		
Thurs 6th	Paced Run	Thurs 4th	Mountbatten Track	Thurs 1st	Mountbatten Track
Mon 10th	C3 Braishfield	Mon 8th	C3 Braishfield	Mon 5th	C3 Braishfield
Thurs 13th	Paced Run	Thurs 11th	Paced Run	Thurs 8th	Paced Run
Mon 17th	5k Time Trial	Mon 15th	5k Time Trial	Mon 12th	5k Time Trial
Thurs 20th	Mountbatten Track	Thurs 18th	Mountbatten Track	Thurs 15th	Mountbatten Track
Mon 24th	C1 Braishfield	Mon 22nd	C1 Braishfield	Mon 19th	C1 Braishfield
Thurs 27th	Paced Run	Thurs 25th	Paced Run	Thurs 22nd	Paced Run
		Mon 29th	C2 Braishfield	Mon 26th	C2 Braishfield (Bank Holiday)
				Thurs 29th	Paced Run

Monday Sessions

C1 Braishfield 4 x 1km (opposite side to Wheatsheaf)

C2 Braishfield 5 x 1km (same side as Wheatsheaf)

C3 Braishfield 4 x 1 (Farm)

5k time trial (Braishfield)

Thursday Sessions

Paced Run – 3, 5, 7 mile distances

Mountbatten Track - different distances

compiled by..... *Heidi*

Race Dates

Date	Time	Race
JULY		
7th	10.30	Adventure Boot Camp Farnborough 10km
	11.00	Tadley Runners Summer 10km
10th	19.30	RR10 (7) - Marwell
14th	10.00	Wyvern 10km
	11.15	New Forest 10 mile
21st	07.00	Andover Triathlon
	10.30	Bishop's Waltham 5 mile
		Stansted Slog Half Marathon
24th	19.30	RR10 (8) – Janesmoor Pond, Stoney Cross
27th	07.30	Salty Sea Dog Triathlon (Boscombe)

AUGUST

7th	19.15	RR10 (9) – Itchen Valley Country Park
17th	10.00	Brutal 10 mile (Minley)
21st	19.15	RR10 (10) – IBM Hursley
24th	07.30	Salty Sea Dog Triathlon (Boscombe)
28th	19.15	Lakeside 5km (Portsmouth)

SEPTEMBER

2nd	10.30	Overton 5 mile
7th	07.30	Salty Sea Dog Triathlon (Boscombe)
8th	10.30	Stockbridge 10km
15th	10.00	Hill X 10km (Petersfield)
	11.00	Victory 5 mile & 10km
		Bounder 9 mile Trail Race
22nd	09.15	New Forest Half Marathon
	10.00	New Forest Marathon
	10.30	Hursley 10km
	12.30	Butser Hill Challenge 4.5 mile
29th	07.00	Southampton Fast Twitch Triathlon