

RELAY

**Triathlon
Experience**

**Recruitment
Opportunities**

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Results**

**Beer Race
Report**

**Thunder
Run**

ROMSEY

ROAD RUNNERS

Autumn 2013

Editor's Note

The cover of this fairly packed edition features Greg who has written a major piece on his Triathlon experiences.

We also have a report on this year's Beer Race, along with recruitment pleas for this important aspect of the clubs calendar, as well as club committee roles that are becoming available. Alice Lane has joined the committee as the third social secretary. Karen and Di will be standing down after the next AGM so

anyone interested in getting involved in organising the social events please speak to one of them on club nights.

A reassuringly healthy number of our new members have written some nice intros. And I have even had a bash at writing-up something that I did.

Having said all of that, many thanks to all the contributors.

Dave

dave.evenden@hotmail.co.uk

Membership News

We have 6 new members since the previous newsletter. Stuart Cripps, John Quayle, Kirsty Saxon and Julie Shaw all live in Romsey, Mark Volanthen in Lockerley and finally Peter Baksh in Southampton. Welcome to you all!

Congratulations to Sarah Thorn, on her recent marriage to Pete White, and to Wendy Couper on her 70th birthday in August.

There have been problems printing membership cards this year. Apologies from the chairman and myself for that. We are taking action to prevent any problem for next year. If you haven't yet received a card for 2013 and would like one please contact David Nixon.

mary.david.nixon@gmail.com

Diary Dates

Here are all the dates for key events involving the club for the next few months so you can plan ahead. If anything needs to be added feel free to contact...

romseyroadrunners@hotmail.co.uk

SEPTEMBER

9th Committee Meeting
14th Test Way Relay

OCTOBER

21st Committee Meeting

NOVEMBER

6th AGM
15th Annual Awards Evening

DECEMBER

2nd Newsletter
Committee Meeting

Get in the Swing of Things

Kick off those trainers and peel off the Lycra, it's nearly time to don dancing shoes and party gear for our Annual Awards Night. This year, we'll be teeing-off at ...

Ampfield Golf and Country Club
Winchester Road, Ampfield, Romsey SO51 9BQ
Friday 15 November at 7pm (for 7.30pm)

Put the date in your diary now! Ticket price will be £25 per person (partners welcome), which will include a three-course meal in the club's restaurant. Menu choices are below.

After dinner, the club's annual awards will be presented by the chairman and, following food and formalities, you can dance the night away to the club's resident DJ.

Please let Social Secs Karen or Di or Alice know if you are interested in coming along.



Numbers are limited, so don't leave it too long. Application forms will be available on club nights shortly.

If transport to Ampfield is a problem, please let us know. We are looking at the possibility of arranging minibuses – or lift shares. Not promising anything, but please tell us if this would make it easier for you to attend.

Starters

Ham Hock Terrine with a Spiced Apple Chutney
Red Pepper and Tomato Soup (V)

Mains

Fan Fried Chicken Breast with Crispy Pancetta and Red Currant Jus
Tomato, Black Olive and Dill Crusted Cod fillet with a Lemon Dressing
Wild Mushroom, Blue Cheese and Parsley Farfalle Pasta (V)

Desserts

Dark Chocolate and Pistachio Tart
Elderflower Panna Cotta with Poached Strawberries and Caramel Brittle



Recent Results

12th May 2013:

Marwell Wildlife 10k

Wayne Windebank 42:57

Neil Jennings 43:57

Penny Jennings 47:23

Alice Lane 1hr17

Joanna Weguelin 1hr17

Julia Abab 1hr18

Alison Solomon 1hr20

Wendy Couper 1hr32

27th May 2013:

Endurance Life's Coastal Trail 10k

Mark Adams 01:11:46

Alice Lane 01:19:33

Julia Abab 01:20:27

Anna Duignan 01:33:14

Gill Callus 138th

Wendy Couper 139th

Half Marathon

Jimmy Hunt 02:21:49

Hannah White 02:33:03

Becky Tovey 02:33:05

Di Cross 02:39:42

Jane Carter 02:40:42

Steve Davies 02:47:13

Paul Cutbill 02:50:30

Ruth Page 03:16:28

David Page 03:37:27

Sunday 8th June:

South Downs Marathon

Tam Ryan 3 hr 51min

Stuart Liesnham 4hr 40min

Wellington College Triathlon

200m swim, 10 mile cycle, 5km run

Becky Tovey 1hr04

Chris Stocks 1hr06

Greg Roulston 1hr09

Derek Kelly 1hr13

Sunday 14th July:

New Forest 10 mile

Neil Jennings 1.16.08

Penny Jennings 1.23.10

Chris Stocks 1.21.11

Anna Duignan 1.58.59

Alison Soloman 1.58.59

27th July and 28th July:

Thunder Run 24hours

Toby Burrows

Matt Hammerton

Jimmy Hunt

Ian Ralph

Tam Ryan

31 laps in 24hr;36min;10sec

1st team in category

Hannah White

Chris Lane

Becky Tovey

Wayne Windebank

Christopher Brown

Alice Lane

Di Cross

Mark Adams

26 laps in 24hr;52min;57sec

36th in their category

compiled by..... **Annie T**

Afternoon Tea

Do you run to eat or eat to run? Irrespective of your personal running goals, I would put significant money on the fact that when you are tired and drawing on your physical and mental reserves during a race or tough training session, the lure of a cuppa and slab of cake gives you additional incentive to get through that proverbial wall.

With the good weather here, I would like to share with you some recipes you could use for a post-run revitalising Afternoon Tea for those days when you are ready to relax, and the most important aspect of any training programme... to recover.

Gooley Molly Cake

This cake is free of any added fat or sugar, and very high in fibre due to all the dried fruit.

250g stoned dates chopped roughly; 500g dried fruit (any combination – raisins, cranberries, and apricots are good); 300 ml water; 170g plain flour; 80 ml orange juice; 2 tsp cinnamon; 1 tsp all spice

Preheat oven to 170°C and grease and line loaf tin. Put the dates in a small saucepan and add the water. Bring to the boil and immediately turn down to a simmer for 10 mins, then remove from heat. Sift flour and spices into a bowl. Add date mixture and mixed fruit, also adding orange juice.

Pour into greased and lined standard loaf tin (1 litre) and bake for 40 – 45 mins at 170°C or 150°C for a fan oven – or until firm and an inserted skewer comes out clean.

And for all those serial chocoholics, **The World's Easiest Choc Brownies** are best if you leave to cool overnight and then cut up in morning – makes 16 slices.

200g plain chocolate; 150g unsalted butter; 3 large eggs beaten; 150g Golden caster sugar; 100g Plain Flour; 2 tsp vanilla essence

Grease and line a square shallow tin. Break choc up into squares and melt over low heat on hob together with butter. Once mixture has melted, combine until glossy in texture and remove from heat. In another bowl mix beaten eggs and sugar then flour. Make a well in middle and pour in choc mix. Beat with wooden spoon until smooth.

Pour into prepared tin and pop into oven for 25 – 30 mins at 180°C.

And finally **the best cup of tea for 4**

1 teapot for 4 people; 5 Yorkshire Tea Bags; Milk; Freshly boiled water

Boil kettle and fill teapot half way up. Refill kettle with fresh water and boil. Empty teapot. Pop in tea bags and fill teapot with freshly boiled water. Leave to brew for 5 minutes. Fill each mug or cup with approx. 1 inch of milk, Stir teapot and top up each mug. Add sugar and extra milk according to preference. Get everything on a tray, sit down on the sofa and relax.

Thanks to [Shantha](#)



Beer Race Report & Recruitment

Romsey Road Runners were delighted to hold the 5 Mile Beer Race on Sunday 2 June 2013 in glorious sunshine and with a record 315 entrants!



to support the race – and see you all there next year!

Hannah

The club is looking for new blood to run the Beer Race. Please let a committee member know if you are interested...

Club members turned out in force to support the event, ensuring the safety and enjoyment of the runners around the roads of Braishfield, making sure that the beer was flowing and the cake was in ample supply.

Three runners made an early break away from the field, with James Baker of Chichester Runners finishing first in 25:59, swiftly followed by Andy Morgan-Lee of Thames Hare and Hounds in 26:28, and Stuart Holloway of Salisbury Athletics Club in 26:53.

Hannah Bliss of Overton Runners was first lady home in 32:42, followed by Anna Smith-James of Hedge End Runners in 34:21, with Anna Giles of Eastleigh Running Club in 34:58.

Whilst the race attracts lots of runners from local and distant running clubs, over half of the race finishers were not attached to a running club, proving the race to be a great event that attracts all runners.

Our thanks to our sponsors Fullers, Up and Running and Hildon Water, and to The Old House at Home, Braishfield Parish Council and the residents of Braishfield for their support of this race.

And as ever, a huge thank you to all the RRR members and family who turned out

Beer Race Chief Marshal

The Chief Marshal is mainly a race-day role, responsible for safety of the runners on the course. Ahead of race day, the chief marshal needs to recruit volunteers to be safety marshals, car parking marshals, water station stewards, lead/sweep cyclists, and race result stewards.

On race day, the role entails briefing each person, to make sure they know what to do, especially in case of an incident, and liaising with the medical providers.

The Chief Marshal is responsible for ensuring that the safety marshals are positioned at key points around the course, as well as overseeing the two road crossings.

Beer Race Course Manager

The current Course Manager is looking to hand over the reins after the 2014 race and is keen to bring someone onto the committee this year to work alongside them and learn the ropes.

The Course Manager looks after various arrangements ahead of the race including proofing the event plan and updating the risk assessment, making arrangements to borrow the SEA gazebo and timing clock, checking the race kit and ordering any new supplies, and making themselves familiar with the signage required around the course.

On race weekend, the Course Manager usually puts all the course and event signage out on the Saturday afternoon, checking it again first thing Sunday and then setting out the start field and helping with the finish field if required. Once the race has started, the Course Manager then follows behind the race taking all the signage down!

Race Kit Storage

Currently, the club's race kit for the Beer Race, CC6 and RR10 events is being looked after by Hannah and Jimmy in their garage, however they are keen to find a new home for it all at some point over the next year. If anyone has any kind of storage facility available to them or space going spare in their garage then please contact Hannah. The future Beer Race Course Manager and any future Fixtures Secretary would need to be able to access the kit by arrangement for the various races we host; however it isn't a pre-requisite of those roles to be able to store the kit!

Beer Race Secretary

The Race Secretary is the key contact for race entrants and other involved parties. They contact sponsors to get support. They post the event on Runners World website, and handle any postal entries. They handle race queries, order and send out vest numbers, and order trophies and other items. They arrange the race referees and timekeepers. There is normally a support team to manage who handle address lists/databases, and help with correspondence.

Beer Race Director

The Race Director chairs the Beer Race committee, looking after the organisation of our annual 5 mile road race event. The

race director is the point of contact for the UKA, obtains the race licence, and the course measurement certificates.

In addition there is sponsorship, local authority contacts, car parking arrangements, and start/finish area permissions. They have overall responsibility on race day to ensure smooth running of the event from initiating the start to the final prize giving. All of this is supported by the dedicated members of the race committee with their defined roles.

The position is really rewarding and is a great opportunity to become involved in race organisation. Most of the procedures are already in place, and fully documented with a timed sequence of events established. So it's merely a case of working through the target dates.

Romsey Road Runners have hosted this event for many years with various club members taking on the role of Race Director from time to time, all with their individual skills and ability to ensure a successful race day.

I had never done this before, but for the last five years found the experience totally enjoyable. Now is the time and opportunity for someone else. Whoever takes over the role can be assured that I will, if required, help them through the initial stages. Then hopefully they can put their own mark on what has proved to be a really popular event on the runner's calendar.

Derek Kelly would also like this opportunity, as outgoing Race Director... 'to thank all of those on the race committee for the support you have given over the last five years. It has been a great team and I could not have done it without you.'

General Marching Event Report

Saturday 22nd June saw an early and wet start, to get to the Matterley Bowl Estate well before 7:30am for the 30 mile 'fast march' route around New Alresford.

This was The General Marching event run by Tough Enough Races.

Our works team - from Roke Manor (seen in the banner) - were partaking for our adopted charity for this year; the Wessex Cancer Trust.

Unlike some of the forces hardnuts, our team elected to carry just enough to make it through the day - waterproofs, food, water bottles & bladders, compeed, dry socks, silly banter, etc. The real walkers had the option of loading themselves with a 30 or 50 pound pack. And there were even some ultra-runners (the organisers are quite flexible).

The route - through huge swathes of countryside - took us north from the Matterley Bowl, though Itchen Abbas to pick up the Oxdrove Way, through Itchen Wood just before the M3, then east to Abbotstone Down, turning south through Bighton House grounds and Bishop's Sutton, before finally turning west at Cheriton Wood to pick up the South Downs Way at Gander Down to return to Matterley Bowl with 'only' 26 miles of the total complete.

A real sting in the tail of this event was the final 3-4 mile circuit around the

Matterley Bowl venue on quite hard-on-the-feet service tracks.

Otherwise, terrain was a good mix of footpaths, bridleways, tracks, and not too much road. There was enough overgrown to ensure boots and feet were quite sodden. Stopping for the occasional sock adjustment and foot-check was essential. Anyone wearing shorts might have had a rough time with nettles and brambles.

Navigation was fairly straightforward, but as fatigue set in it was interesting to see (other) people confusing themselves and

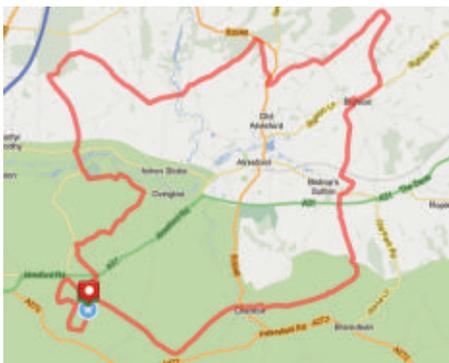
misreading maps and signs. Our map-reading didnt let us down, and it was quite interesting to be leading the event (as in by example) over some of the less obvious sections.

Friendly checkpoints were located every 2-3 hours, and were

great with copious amounts of flapjack, brownie, and Red Bull(!) - so much so some of our number had sugar overload.

Only the Ultras beat the 8 hour challenge time, getting in between 6.5 and 7.5 hours. The more sensible walkers were finishing from just before the 10 hour mark, with our team at 10 hours 20 mins.

The remaining 2/3rds of the walkers got in after us, with the final finisher recorded at around 13 hours, with a generous handful of DNFs.



Flete of Foot

A delegation of 20 RRRers and partners headed to Plymouth over the May Bank Holiday for the club's annual weekend away, which coincided with the final event in Endurancelife's Coastal Trail Series.

Once again, a word with the Weather Gods ensured glorious weather - which was a bit too glorious for some of us of a more Arctic disposition - and the private Flete Estate in South Devon near Ivybridge was quite stunning.

We competed in the 10k and half marathon races, the route following and indeed wading through (fortunately at low tide) the spectacular Erme Estuary .

Mark was our first runner home in the 10k event and came in 19th overall. He was followed by Alice, Julia, Anna Duigan, Gill Callus and Wendy Couper. Jimmy was our first runner to cross the line in the half marathon, and may well have finished on the podium if he hadn't taken a wrong turn in the closing stages.

He was followed by Hannah, Becky, Di, Jane Carter, Steve Davies, Paul Cutbill, Ruth and David Page.

A few brave souls celebrated with a dip in the freezing seas at Mothecombe Beach; the rest of us opted for a hot shower before dinner.

The Social Secs; Di and Karen



Triathlon Now

One cold frosty evening, in the middle of May(!) this year, whilst tossing another log onto the fire, I reached down, dipped my hand into the nearby bucket, and retrieved a crumpled slip of paper. Smoothing it out and blowing off dust, I read the scribbled list I had written a very long before. The word 'TRIATHLON' was still there unticked. It was mocking me: "Yeah, like your gonna do one of these, mate. In your dreams!"

With my centenary birthday now closer than my original arrival, time was running out. I had to make a move: it was now or never.

The Triathlon event has always intrigued me. Something different. More of an all-round test of physical capabilities than just a solitary run. Having watched the Brownlee Brothers' awesome performances at the London Olympics last summer, I'd sat back in my comfy armchair and thought.... \$*d that for a game of soldiers!

No offence meant, but who in their right mind dives into 'open' water along with a hundred others, with a good chance of having their teeth dislodged by a wayward kick, endures the delights of gulping down copious amounts of unfiltered H₂O whilst attempting to swim 1500 metres. Then, having survived that, leaps onto a bike, wringing wet, cycles 'hell for leather' for 40 kilometres, and finally runs (initially a bit like Bambi) for another 10 kilometres before collapsing over Finishing Line?

But (and that's a big but), it doesn't have to be like that, unless of course unlike Bex you want it to be. Thanks to our very own club legend,

Derek 'The Domino' Kelly, I was alerted to the existence of the Wellington Super Tri on Sunday 16th June 2013. Admittedly not a full Triathlon but one with scaled-down distances,



that didn't require long months of training.

So, with his encouragement & invaluable advice from 'gobby' Chris and 'quite chatty' Chris, it was Game On!

This was my chance as a novice to dip my toe into the World

of Triathlons, or Try a Tri (boom boom!).

For those made of sterner stuff and haven't stopped reading this article, the Wellington Super Tri consists of a 200 metre swim (in a heated swimming pool); a 17kilometre cycle; and a 5 kilometre run.

So, remembering that Proper Preparation Prevents Poor Performance, I immediately undertook the following punishing schedule:

A Thursday evening cycle ride of 20 miles to Mount Braishfield and back.

A Friday lunchtime visit to the Rapids for an hour's worth of lane swimming.

A final skim though my Triathlon magazine (a recent birthday pressie) containing no less than 74 race day tips on 'how to cope with the challenge of completing your first triathlon'.

Come that following chilly Sunday morning, I was ready, up at silly o'clock and raring to go. For pre-race fuelling, I downed a small bowl of microwavable porridge, with a squirt of Squeazy Syrup. (Which reminds me, I must check the 'use by date' on that.) I then cycled with all my tri gear over to the Luzborough Pub car park, the predetermined rendezvous point for our Romsey Road Runners squad.

After exchanging a few pleasantries (mostly in the form of grunts) with the others:-

Captain Derek 'The Domino' Kelly, The Unbreakable 'Bendy' Wendy Couper (another club legend), Julia 'Oh, do behave!' Abab, Becky 'bust-a-gut' Tovey, Jo 'Bugner' Weguelin, Chris 'quite chatty' Stocks, The Amazing Alison 'Solo' Solomon, and not forgetting ... er... er... oh yer, Alice 'fleet-of-foot' Lane.

I bunged my bike on the rack attached to the back of Jo's motor in the confident knowledge that it would be securely fastened :-/ We then headed north, an impressive RRR Convoy, destined for Wellington College located in the heart of the Berkshire countryside 'ten-four big buddy, and not a bear in sight'.

Ready to turn off at Junction 4, as per the organiser's instructions, I was surprised to see the lead car, driven by Derek turning off at Junction 4A and glancing behind, no sign of Alice and Becky, who seemed to have mysteriously disappeared. But we needn't have worried, Derek knew a 'short cut', one that avoided loads of traffic lights, tractors, etc., and we all made it to the venue with bags of time to spare. We headed straight for the Transition Area location, where you place your bike on a rack provided and change between the swim-to-cycle and cycle-to-run sections of the race. Inspirational rock music pumped out from some massive speakers nearby adding some sense to the occasion. "Haven't you any Bruce Forsyth?" enquired Alice.

We attended the essential race briefing, collected our numbered swim caps, and queued up along the edge of the swimming pool in numerical order, ready for our individual starts.

I stood there wearing my newly purchased J.LO look-a-like buttock-enhancing Lycra cycle shorts (no folks, this isn't written by Raymond). Undoubtedly this is the best and most important piece of kit you can buy, excellent for preventing that John Wayne 'after race' gait. Before you could say Johnny Weissmuller, I was next to go.

Official: "Greg Roulston?", Me: "Sir, Yes, Sir!"

Official: "When I say 'In!', jump in and you'll

have ten seconds before I say go", any questions?", Me: "Sir, No, Sir!"

Easy peasy, I thought. Ample time for me to de-mist my goggles, and snap 'em on.

Unfortunately I had forgotten that I was plunging into the deep end, and five of those precious 10 seconds were spent under water. On spluttering to the surface the task of getting those damn goggles on, whilst attempting to tread water proved impossible, so in order to do this, I had to desperately get my bony elbows to the side of the pool and support myself, which rather annoyingly added several utterly preventable tenths of a second to my overall time.

THE SWIM

Front crawl was my preferred swimming stroke, with a doggie paddle back-up if things went seriously pear-shaped. Remembering to breathe regularly, eight lengths later I left the pool via some convenient steps, which for an 'exit strategy' proved so much more dignified than dragging myself out.

TRANSITION 1

Located bike on rack. Stood on towel, slipped on running vest, followed by feet into elasticated, pre-talcum-powdered trainers, then on with helmet and sunglasses. No namby-pamby drying between one's toes or wearing sports socks rubbish. It was grab bike, avoiding disqualification by not touching it until wearing helmet, then off and away. Ran with Bike to the Cycle Mounting Line.

THE CYCLE

Onto bike, with toes successfully into pedal clips. Phew! Out of school grounds, then two 5-mile laps of quiet undulating country roads. Had a bit of a senior moment and overcooked the final roundabout (I wasn't the only one!) then almost caused an accident by turning right in front of other competitors starting out on their cycling section "Oops, SORRY!" In mitigation, my view was obstructed by a lady competitor's derriere.

TRANSITION 2

Dismounted at the Cycle Dismount Line, then ran it to rack where I re-racked it carefully, dumped helmet and sunnies and wobbled off

towards the running exit.

THE RUN

Legs understandably did not feel fresh, but after a kilometre or so of re-educating them to run properly, made my way round some truly beautiful woodland. These 5 kilometres did seem to go on forever, but eventually the FINISH appeared up ahead. Other Romsey Road Runners who'd already completed the course cheered ecstatically as I put in a final spurt to the finishing line, where after catching my breath, collecting my chip read-out, I joined them and cheered ecstatically for the rest of the gang, as they too, successfully completed the course.

It was a great experience, one I'd thoroughly recommend, so why not get out of your 5 mile cross-country, marathon, ultra-distance, endurance event comfort zones, and have a go?

You too could become one of
KELLY'S HEROES
A TRUE TRIATHLETE!!

The Thunder Run

27 and 28 July 2013

Nothing prepares you for the Thunder Run. Think a sober Glastonbury without the music, and what have you got left? A lot of mud, sweat, and Portalooos... ..as well as a mixture of runners of all ages come for a weekend to share their joint passion in one of the best attended Thunder Runs since it began in 2006. The challenge? To run as many 10 km laps in 24 hours in whatever running capacity you happened to enter, whether it be the die-hard solos, teams of pairs, or relay teams of 8 and 5.

Sounds a recipe for sheer exhaustion and horror to the mere Joe Public, but for a runner...well it's got to be done! The weekend was a wonderful event organised superbly by Ian Ralph.

RELAY Autumn 2013

The course was a 10 km cross-country glorified RR10, a few hills, and woody trails with encouraging signs planted along the way such as 'toe nails are for wimps' and 'every step is a journey'.



Sounds straight-forward and manageable enough and during the day it was a little on the warm side but still a good challenging run and potential PB course for those who love a good cross country sprint. However, come 7 pm, it was a different story; in true spirit of the name, the thunder clapped and lightning flashed and the Thunder Run was true to its name.

Our two RRR teams consisted of Ian, Matt, Jimmy, Toby and Tam. They did superbly and won their category. Our 8 man team comprised of Wayne, Christopher Brown, Di, Mark, Chris Lane, Hannah, Becky and myself. We all ran consistently for 24 gruelling hours enduring rain, mud, and everything else nature could throw at us. Challenging not only physically but to the morale as well, tackling muddy trails with pouring rain, thunder, and poor visibility was no picnic but afterwards - what a feeling!

Special thanks goes to Ian Ralph, without whom this weekend would not have been the success it was. Additional thanks to the lovely Ryan and Windebank families for their support! Roll on TR24 2014!!

Alice

www.romseyroadrunners.co.uk

New Members

Julie Shaw says hello...I started running around 5 years ago, when I completed the Great Eastern run: a half-marathon. Since then I've kept it up and have done a few 10k races, and lots of running whilst gossiping with friends! I've damaged my knee a bit, largely as a result of turning 40 last year and not listening to my body. I'm really hoping to be able to run with the club on some of your shorter/slower runs whilst I build my strength. I've lived in Romsey only a few months, so as well as getting back in to running, I'm hoping the club will help me meet new people too. I'd love to do a triathlon, (when my legs are ready!)

John Quayle says hello...I recently moved to the area for work 9 months ago. I had been doing Park Runs in Edinburgh where I lived before, but had to take an extended break from running due to injury. Since then I've been slowly getting back to full fitness. I've not been a member of a running club before but, after the Beer Race, I decided to give RRR a go. So far, so good! My running targets are to get my 5km down to under 21 minutes (current PB 22:35) and maybe get some 10ks under my belt. When I'm not running I can often be found in local hostleries, watching sporting events, or vegging out on the sofa.

Mark Volanthen says hello...My main sporting interests are all water based and involve putting one leg in front of the other and keeping it there for a while

(windsurfing, kitesurfing, wakeboarding etc). I also enjoy taking part in triathlons, but running is by far my weakest discipline. I'm hoping through joining the club to learn how to swap which leg is in front of the other more swiftly in order to improve my tri times.

Kirsty Saxton says hello...I am a swimmer. I am never happier than when I am in water. A couple of years ago I decided to try something new and started competing in triathlons. I am a triathlete. But my running was letting me down. I have persevered and although not getting worse I am not getting better. So I have joined Romsey Road Runners. Because one day I'd like to say with confidence: I am a runner.

Stuart Cripps says hello...I've been running off-and-on for the last ten years but not really getting any better at it. A colleague recommended a running club as a good way to improve and so after doing the Braishfield beer run for the first time and really enjoying it seemed a perfect time to come along to a training session. Everyone has been really welcoming and happy to offer advice which has been great. As for goals for this year, I'd love to set a PB in the new forest half marathon this September. I also need to keep up the running so that I can eventually fit into that newly purchased RRR vest which is definitely a little on the snug side at the moment!

Fixtures

RR10 League

The 2013 RR10 series has been very popular with Romsey Road Runners, with consistently good numbers turning out to run at each race. We hosted our race on 24 July at Janesmoor Pond and were lucky to have fine weather both in the lead up to it and on the night itself, making for an uncharacteristically dry course (well, for most of it anyway)! It was great to see so many RRR's there on the night to support the race - marshalling the course, handing out finishing tickets and providing drinks at the end. Here are the results of the first 7 races:

Name		R1	R2	R3	R4	R5	R6	R7
Andrew	Archibald	136	128	127	128	86		
Paul	Bradley							
Christopher	Brown	84	55	55	68	63	53	58
Paul	Burnage	119	81	91	97		89	73
Toby	Burrows	25		22	19	10	25	20
Duncan	Dickinson	33	37	35		26	40	30
Matt	Hammerton	4	2		4	3	4	4
Jimmy	Hunt		10	7	9	6	5	7
Neil	Jennings			77	81		77	80
Derek	Kelly	217	185	194		130	194	197
Tony	King	75	64	67	70			85
David	Page	223	193		202	129	205	
Ian	Ralph	55	59	40		36	44	
Stephen	Reed	104	98			68	91	90
Greg	Roulston	176		160	144	101		
Wayne	Windebank				108			91
Colin	Wood	190	173					
Pete	Baksh		4					

Name		R1	R2	R3	R4	R5	R6	R7
Julia	Abab	57	51	48	77	39	57	55
Wendy	Couper		141	144		84	124	116
Anna	Duignan	123	111	100	115	63	103	
Naomi	Farrington			140	157		120	112
Penny	Jennings	34	38	33	46		32	32
Alice	Lane	71	66	54	74	42	54	
Hannah	Richardson	45	47	39	54	23		33
Tamatha	Ryan	16	9	9				17
Candice	Snelling		11		31			
Becky	Tovey	26	24	20		16	24	27
Linda	Webb	139	120					
Joanna	Weguelin	48		45	61	36		40
Hannah	White		22	24	35	17	25	30

Mile of Miles Relay

Romsey Road Runners hosted the 2013 Mile of Miles Relay event at the Southampton Athletics Track on Wednesday 3 July. The event saw 26 teams taking part, including 3 junior teams, making it the biggest running of the event for some time. Southampton Athletic Club's A team won the event comfortably in a total time of 49:15, almost 4 minutes ahead of their B team who placed 2nd, and will host the event in 2014.

- | | |
|--|----------------------------------|
| 1. Southampton A 49:15 | 14. New Forest Juniors C 1:05:13 |
| 2. Southampton B 53:04 | 15. New Forest Juniors B 1:05:38 |
| 3. Eastleigh A 53:38 | 16. Romsey B 1:06:53 |
| 4. Lordshill A 53:39 | 17. Lordshill C 1:07:29 |
| 5. New Forest Snr 54:12 | 18. Totton B 1:08:33 |
| 6. Hardley A 55:08 | 19. Hardley B 1:08:56 |
| 7. Romsey A 55:17 | 20. Lordshill D 1:09:16 |
| 8. New Forest Running Club Juniors A 57:09 | 21. Hedge End B 1:10:08 |
| 9. Totton A 59:10 | 22. Lordshill B 1:10:45 |
| 10. Southampton C 59:26 | 23. Totton C 1:12:27 |
| 11. Eastleigh B 1:00:47 | 24. Eastleigh C 1:16:26 |
| 12. Hedge End A 1:01:04 | 25. Hedge End C 1:17:22 |
| 13. Lyminster 1:03:21 | 26. Eastleigh D 1:20:30 |



Test Way Relay

The Test Way Relay takes place on Saturday 14 September and this year we will be entering one mixed team to run the length of the Test Way, from Inkpen Beacon to the Salmon Leap at Totton.

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

Results Table is on next page....

Fixtures - continued

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 (2:59:58)	120
Chris Stocks	30 (0:21:58)	30 (0:37:25)	29 (0:46:40)	30 (1:21:11)			119
Dave Evenden		28 (0:48:31)	27 (1:01:31)	26 (1:41:52)	26 (2:19:11)		107
Neil Jennings	34 (0:20:24)		34 (0:41:41)	34 (1:16:08)			102

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)	29 (3:59:10)	166
Amanda Hull		40 (0:30:29)		40 (1:04:40)	40 (1:25:51)	40 (3:08:59)	160
Di Cross	34 (0:22:29)		37 (0:45:34)		30 (1:45:50)	28 (4:14:48)	129
Alison Solomon	32 (0:25:30)	32 (0:44:08)	28 (0:56:38)	29 (1:35:20)			121
Alice Lane		34 (0:42:02)	29 (0:51:24)	30 (1:30:04)	26 (2:01:49)		119

TOP 5 OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Di Cross	40 (0:22:29)		40 (0:45:34)		40 (1:45:50)	40 (4:14:48)	160
Dave Evenden		34 (0:48:31)	37 (1:01:31)	32 (1:41:52)	32 (2:19:11)		135
Paul Burnage		40 (0:35:00)	40 (0:43:10)			40 (3:33:05)	120
Paul Bradley		37 (0:38:14)		40 (1:16:33)	37 (1:49:34)		114
Frank Ourique				37 (1:22:53)	40 (1:48:24)		77

London Marathon

HAVE YOUR REJECTION SLIPS AT THE READY!

If you've applied to the ballot for next year's London Marathon and don't get a place all is not lost. Hand in your rejection slip to one of the Committee members

and you can enter the draw to win one of the two club places. The draw will be held at the AGM on 6th November.

Many Thanks..... *Amanda*

Annual General Meeting

The Romsey Road Runners AGM is being held on Wednesday 6th November, 7.30pm at Crosfield Hall.

It would be great to see as many members there as possible. As well as [FREE PIZZA](#) you get to have your say about club issues and vote in new members of the Committee. The draw for the Club's London Marathon places will also take place.

If you have any particular issues you would like to see on the agenda, speak to one of the Committee members or email romseyroadrunners@hotmail.co.uk.

We hope to see you there!

RRR Committee

YOUR CLUB NEEDS YOU!

Romsey Road Runners benefits from the hard work and dedication of the club's committee, who meet on a regular basis to keep the club ticking over and to make improvements.

At the AGM we will be looking for volunteers to fill the following vacancies on the Committee:

Website Editor

The new club website was created at the start of 2013 and has been a great success, in conjunction with the club's Facebook and Twitter pages, in re-vamping our public image to new members looking to join a local running club as well as providing

information and messages to current members. The role of Editor has been to add content to the website - both regular posts and photos onto the homepage derived mainly from the press reports and recent social activities, and to update and maintain the information pages across the website using a web-based system which is really easy to use. This role could remain as such or could evolve to recruit and manage a team of regular writers as the new post-holder wishes, but would generally involve adding content on a regular basis to keep the website fresh and up to date. The more technical aspects of the website, and the Facebook and Twitter accounts, are currently looked after by Matt and Ian, but the new Editor would be welcome to get involved in these areas too if they wished!

Session Leader Co-ordinator

Co-ordinate and promote quarterly training schedule. Organise regular meetings with session leaders to discuss potential new routes and ensure they are familiar with the schedule. Lead club members on all routes and ensure their safety is met at all times. Record time trial results and set predicted times for handicap trophy. Encourage members to train as session leaders at level 1. Attend committee meetings.

Social Secretary

To assist Alice Lane with the organisation of all those social events that have become an important part of the Romsey Road Runner calendar, including the Pasta Party, the Club Trip and the Awards Evening.

Chairman

Those who regularly attend Monday and Thursday training sessions might have noticed I've not been there – injured again!

Over the last few years I have spent an increasing amount of time out of action for a very simple reason, I am getting old and must stop trying to race and train as I did when I was younger.

Recently I attended a workshop on stretching, where the instructor kept drumming it in. 'Listen to your body!' So don't try and push through pain, it is there for a reason. It tells you something is under severe stress or is actually broken. I knew this already, but my stubbornness to accept that I am slowing down and deteriorating as I get older has got in the way of common sense.

I am now back running again after about a 4 month recovery; running short and slow, but running. There is 'good' pain from running hard but if your body warns you it is, or might get, injured it is like gambling. You might run through it and be OK but the likelihood is you will regret it the next day, and hopefully not for the next few months like me!

Happy & healthy running
Your Chairman.....*Paul*

P.S. We all need to consider in the next 2 months who each of us will nominate as Road Runner of the Year, especially as there is now a big new trophy to be awarded at the club dinner/dance and awards evening.

Session Leaders

What a stonking summer of training we have had. Soon we will have to migrate from the rural lanes of Braishfield to the urban streets of Romsey. However, we have scheduled a couple of weeks at Crampmoor Lane/Straight Mile and Lee Lane before we hit the town!

The Braishfield 5km club handicap was run on 2nd September for all runners to complete against the handicapper for the shield - well done everyone!

You will find the new schedule in the back of the newsletter and it shows a familiar pattern for Monday and Thursday sessions. Please note there is a possibility some sessions may change on the night due to adverse weather conditions. Remember to dig out your fluorescent bibs soon.

We would like to thank everybody for participating in the training sessions, which are enjoyable and fun for us, and hopefully improving your running as well.

Your Session Team.....*Matt, Ian, Pete,
David, Alice, Hannah,
Amanda and Heidi*

Training Schedule Autumn 2013

	Sept	Oct	Nov
Mon 2nd	Braishfield 5k Club Challenge	Route B	Course 3 (1&2) Course 4a (3&4)
Thurs 5th	Lee Lane	Course 3 (1&2) Course 4b (3&4)	Route E
Mon 9th	Crammoor Lane/ (1&2) Straight Mile (3&4)	Tempo Run	Course 4a (1&2) Course 3 (3&4)
Thurs 12th	Lee Lane	Course 4b (1&2) Course 3 (3&4)	Route A
Mon 16th	Straight Mile/ (1&2) Crammoor Lane (3&4)	Route C	Course 1 (1&2) Course 2 (3&4)
Thurs 19th	Lee Lane	Course 1a (1&2) Course 2a (3&4)	Tempo Run
Mon 23th	Course 1 (1&2) Course 2 (3&4)	Route D	Course 2 (1&2) Course 1 (3&4)
Thurs 26th	Route A	Course 2a (1&2) Course 1a (3&4)	Route B
Mon 30th	Course 2 (1&2) Course 1 (3&4)	Tempo Run	

Monday Sessions

Course 1 Halterworth/ Tadburn
 Course 1a (Halterworth/Tadburn in reverse)
 Course 2 Cupertham/ Fishlake
 Course 2a (Cupertham/Fishlake in reverse)
 Course 3 Halterworth/Ind Est
 Course 4a Fishlake/Inds Estate - 2 x 2 mile paced effort
 Course 4b North Baddesley

Thursday Sessions

Route A: Romsey Inds Estate
 Route B: Fishlake Meadows Route
 Route C: Cemetery Hill Route
 Route D: Tadburn Road Route
 Route E: Woodley/Campton
 Tempo Run

compiled by..... *Heidi*



Race Dates

Date	Time	Race
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October

5th	08.00	Bournemouth Marathon Festival
6th	10.30	Alton Downland Challenge 10km
	10.30	Portsmouth RNLi 10km
	10.30	Clarendon Marathon and Relay Marathon
	12.15	Clarendon Half Marathon
	11.00	Destination Basingstoke Shire Half Marathon
13th	10.00	Solent Half Marathon
	10.00	Devils Duathlon (Mortimer)
19th	10.30	GRIM Duathlon 30km (Aldershot)
20th	10.00	Tadley Runners 10 mile
	10.00	Minstead Stinger (10 miles)
27th	10.30	Bupa Great South Run (10 miles)
	10.30	Peter Driver Memorial Fleet 10km

November

3rd	10.00	Salisbury District Hospital Stars Appeal Tidworth 10km
	10.00	Lordshill 10 mile
16th	10.00	Brutal 10km Trail Run – Longvalley
17th	10.00	Gosport Half Marathon
24th	10.00	Hayling 10 mile Road & Trail Race
30th	10.30	Grim Challenge (8 miles)

December

1st	10.30	Grim Challenge (8 miles)
1st	11.00	Tadley Runners Xmas XC 5.3
15th	10.50	Believe & Achieve RNLi Santa Run 5km & 10km
22nd	9.30	Portsmouth Coastal Waterside Marathon
28th	10.00	Brutal 10km Trail Run – Longmoor
29th	11.00	Moors Valley 10km