

# RELAY

**Results and  
Fixtures**

**Awards  
Night  
Report**

**AGM  
Update**

**ROMSEY**  
**ROAD RUNNERS**

**Winter 2013**

# Editor's Note

The cover of this issue shows Shantha Dickinson at Janesmoor's CC6. The picture and the set from which it came was kindly provided by Paul Bradley.

A goodly number of articles have arrived for this edition, and nicely timed too - which can considerably ease the editing job. Once again we have a 20 page newsletter.

So many thanks for all the articles and the support, and particularly for the positive feedback expressed at the AGM.

I am always on the lookout for newsletter content. So feel free to send me stuff at the email address below.

*Dave*

[dave.evenden@hotmail.co.uk](mailto:dave.evenden@hotmail.co.uk)

## 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](mailto:romseyroadrunners@hotmail.co.uk)

### JANUARY

- 1st Club membership fees due  
New Year's Day run and lunch
- 13th Committee Meeting

### FEBRUARY

- 24th Committee Meeting

### MARCH

- 3rd Newsletter

### APRIL

- 8th Pasta Party
- 13th London Marathon
- 14th Committee Meeting

### MAY

- 19th Committee Meeting
- 23-25th Club Trip – Flete, South Devon

### JUNE

- 2nd Newsletter
- TBC Beer Race

### JULY

- 7th Committee Meeting

### SEPTEMBER

- 8th Newsletter  
Committee Meeting
- TBC 5km Time Trial
- TBC Test Way Relay

### OCTOBER

- 20th Committee Meeting

### NOVEMBER

- 5th AGM  
London Marathon Draw (at AGM)
- 14th Annual Awards Evening

### DECEMBER

- 1st Newsletter  
Committee Meeting

# Membership News

Our membership is now up to 105, as 8 runners have joined in the last 3 months.

Welcome to the new members, James Battle, Tom Hooper and Deborah Rees from Romsey, Philip Arthey and Mark Stileman from Wellow, Lindsay Friedman from Southampton, Jess Bryant from Stockbridge, and Ian Nixon from Yorkshire.

Congratulations to John Quayle and Kirsty Saxton, who married in September.

We are sad to report the death of former member Ellis Evans, who for many years kept the club equipment in the basement of his house in Middlebridge Street.

The club fees were raised from £15 to £20 at the AGM; those of you who were there will have heard that they were actually £15 in 1992.

By the time you are reading this the membership form on the website will have changed to show the new fees, and makes it clear that you can pay the extra £10 to England Athletics if you wish to join them.

The new form also makes reference to the google group.

Some of the forms I have show only the member's name, and I believe that not everyone has notified me of important changes to their details, e.g. new email address.

I am therefore asking EVERYBODY to provide a new paper copy with all their details to accompany their renewal fee.

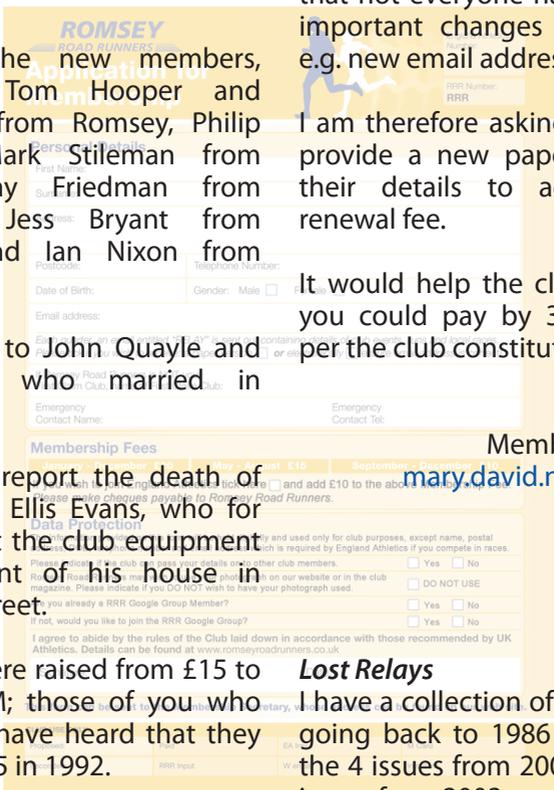
It would help the club's cash flow if you could pay by 31 December, as per the club constitution.

David Nixon  
Membership Secretary  
[mary.david.nixon@gmail.com](mailto:mary.david.nixon@gmail.com)

**Lost Relays**  
I have a collection of club newsletters going back to 1986 but am missing the 4 issues from 2002 and the first 3 issues from 2003.

If anyone has any of these that they no longer want I would be very pleased to receive them.

David Nixon





# Recent Results

August–November 2013

## **Valley Leisure Triathlon (VLT)**

Becky Tovey 1 hour 51 mins 5 secs  
Chris Stocks 2 hours 3 mins 55 ses  
Alice Lane: 2 hours 7 mins 48 secs  
Joanna Weguelin: 2 hours 9 mins 46 secs  
Derek Kelly: 2 hours 11 mins 6 secs  
Julia Abab: 2 hours 21 mins 40 secs

## **Challenge Henley on Thames, Triathlon Iron Man Triathlon**

Jimmy Hunt 10 hours 45 mins 45 secs

## **Victory 5**

Chris Stocks 35.22  
Lynda Brown 35:38 personal best  
Mark Adams 35:36  
Di Cross 38:33 personal best  
Kirsty Saxton 41:44

## **The Bounder**

Matt 'the Bounder' Hammerton 54.12  
Toby Burrows 59.58  
Becky Tovey 1.21  
Naomi Farrington 1.50

## **Eastleigh Park Run (5km)**

Chris Stocks 21.51 personal best

## **Minstead Stinger**

Toby Burrows  
Neil Jennings 1.13.56  
Stuart Cripps 1.28.48  
Joanna Weguelin 1.29.01  
Penny Jennings 1.31.53  
Naomi Farrington 2.00.02

## **The Abingdon Marathon**

Stuart Liesnham 4.13.39

## **Hampshire Cross Country League (Reading)**

Mark Stileman 10th M40, 72nd overall

## **Thruxton Mass Attack Duathlon**

**5km run, 35km bike ride, final 5km run**  
Tamatha Ryan - 1hr 42mins  
Chris Stocks - 1hr 44mins  
Becky Tovey - 1hr 45mins

## **Dorset 3 Peaks Challenge**

Mark Adams 1hr 31mins  
Di Cross 1hr 45mins personal best

## **Bupa Great South Run**

Christopher Stocks 1:16:13  
Becky Tovey 1:22:00.  
Andrew Archibald 1:22:48  
Stuart Mullen 1:21:17  
Sarah White 1:23:00  
Colin Wood 1:30:46  
Alison Solomon 1:46:09  
Lindsey Dunford 1:47:38  
Wayne Windebank 1:59:25

## **Lordshill 10**

Paul Burnage 1:15:13  
Frank Ourique 1.28.26

## **CC6 Kings Enclosure, Stoney Cross**

Shantha Dickinson 5th, Tam Ryan 14th,  
Lynda Brown 17th, and Becky Tovey 19th  
Ian Nixon 3rd, Toby Burrows 14th,  
Christopher Brown 24th, Neil Jennings  
39th, and Steve Reid 54th

## **Gosport Half Marathon**

Christopher Stocks 1.40.06  
Joanna Weguelin 1.48.13  
Alison Solomon 2.02.33  
June Bromyard 2.13.07  
Lisa Ashdown 2.13.23  
Wendy Yelland 2.17.24

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

# News !!!

## Cross Country League

The club has paid its membership fees for the 2013/14 Hampshire Cross Country League and all members are welcome to take part.

Races take place roughly once a month throughout the winter and although the series is well underway, results count towards the club's Winter Cross Country Award (along with the CC6 results).

Please go to Hampshire Athletics' website for further details:

[www.hampshireathletics.org.uk/events/hxcl.html](http://www.hampshireathletics.org.uk/events/hxcl.html)

## WINTER WALK

18TH JANUARY 2014

A GENTLE STROLL FROM WORTH MATRAVERS TO SWANAGE ALONG THE PRIESTS WAY.

RETURN ALONG THE COAST PATH TO SEACOMBE or WINSPLIT, THENCE UP TO WORTH.

LUNCH OPTIONS AT SWANAGE:  
FISH'N'CHIPS, PUB, BETTING SHOP (CHRIS), CAFES, SANDWICHES. you choose.

MEET AT WORTH MATRAVERS CAR PARK  
explorer map OL15 (975776)

MEET AT 10.15am

[www.romseyroadrunners.co.uk](http://www.romseyroadrunners.co.uk)

## RRR Weekend Away

In May 2013, some of us enjoyed a wonderful weekend away in Plymouth taking part in the Endurance Life Event on the beautiful Flete Estate about 10 miles outside Plymouth.

This is an annual event and will next year be held again in Flete on 25 May 2014.

The way it works is that the hotel is organised by the social secretary team, for a one or two night stay and we individually enter the races ourselves using the discount code provided for us by Endurance Life.

If past years are anything to go by this is a really fun event where we can enjoy a meal together out on the town in Plymouth on the Saturday night before the run and rest our weary limbs (or dip in the sea!) afterwards as a recovery.

The scenery around this area really is lovely!

If we are blessed with beautiful weather again this promises to be the perfect Bank Holiday weekend!



**RELAY Winter 2013**

# AGM Happenings.....

On 6th November, 31 Romsey Road Runners convened at Crosfield Hall for the Annual General Meeting.

The Committee reported on their work over the year and some key club issues were discussed with the following resolutions made:

Club Membership Fees will rise to £20 per year (excluding the optional £10 for England Athletics affiliation).

Summer training on a Thursday will resume next year with everyone meeting at Mountbatten School, and with a scheduled track session every week (to be reviewed next year).

The club will continue to affiliate to British Triathlon Federation next year, mainly to ensure club cycle rides are covered by insurance.

Wayne Windebank and Tony King were the successful recipients of the club places for next year's London Marathon.

The Committee was also voted in, where we said thank you and goodbye to some long standing Committee Members (Paul Bradley, Liz Slade, Heidi Godfrey, Di Cross and Karen Keane) and welcomed our new recruits (Ian Ralph, Alice Lane, John Quayle and Chris Stocks).

We left the meeting with two vacancies, Chairman and Treasurer.

However since the AGM we have had a volunteer to take on the role of Chair.

The Committee is meeting in early December and more will be revealed following this!

We are still however looking for a volunteer to take on the role of Treasurer.

The evening ended with an opportunity for all the hungry runners to feed their rumbling bellies with some pizza!

The full minutes of the AGM will be available on the website by mid-December.

## Club Accounts

As no one came forward to take over as Treasurer at the AGM, the position is now vacant.

If anyone would like to consider taking over the role, please contact [e.slade@btinternet.com](mailto:e.slade@btinternet.com) or chat to Liz on club nights.

The accounts for 2013/14 are all set up and will be kept up to date until someone steps in, hopefully, very soon!

# Committee

Chairman	VACANT*
Secretary	Amanda Hull
Session Leader Coordinator	Ian Ralph
Membership Secretary	David Nixon
Treasurer	VACANT
Press Secretary	Annie Tomlinson
Kit Secretary	Lynda Brown
Fixtures Secretary	Hannah White
Social Secretary	Alice Lane
Newsletter Editor	Dave Evenden
Web Editor	John Quayle
Beer Race Director	Chris Stocks

## Triathlete Pain

from Daily Telegraph 9th Oct 2013  
(via the hand of David Nixon)

Triathletes feel less pain than other people, which may explain their ability to push themselves to the limit of human endurance, according to research.

The gruelling sport includes swimming, cycling and running long distances without rest, but very little is known about what gives exponents the ability to keep going. Now research shows they simply have a higher pain threshold, allowing them to continue when casual exercisers would give up. Prof Ruth Defrin of Tel Aviv University, said: "In our study, triathletes rated pain lower in

intensity, tolerated it longer, and inhibited it better than individuals in a control group."

She said that if it was confirmed that intense training helped reduce and regulate pain, it could be used to treat people with chronic pain.

In the study, published in the journal *Pain*, 19 triathletes and 17 non athletes were put through psychophysical pain tests involving the application of a heating device to one arm and the submersion of the other in a cold water bath. The team now plans to determine whether triathletes participate in their sport because they feel less pain, or vice versa.



# Congratulations & Jubilations !!

Romsey Road Runners' annual awards night dinner certainly went with a swing when nearly 60 partygoers gathered at Ampfield Golf and Country Club on Friday 15 November (the greens weren't the only thing looking verdant in the morning). The club did us proud, providing a stylishly decorated room and a delicious three-course meal and coffee.

It was great to see so many members, partners and former members present – and especially good to see founding members Lesley and Keith Stone back in (or near) Romsey.

Following dinner, out-going chair Paul Bradley presented the awards (listed below) before Keith Stone, a lifetime member, presented Paul with an engraved tankard, a copy of Mo Farah's autobiography and a Wiggle voucher from club members as a "thank you" for his six years of work on behalf of the club.

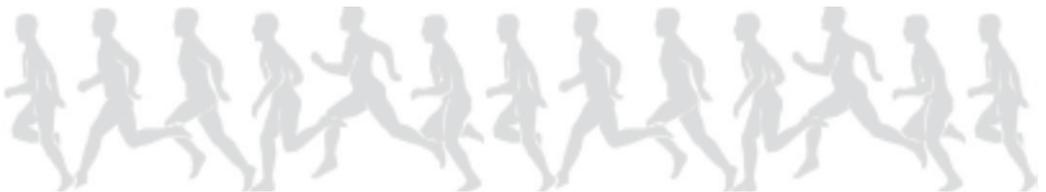
This year, prize-winners received an inscribed copy of Mo's biog, *Twin Ambitions*, and the usual trophies.

Hannah fought off husband-to-be Jimmy for the Road Runner of the Year title, Di got the G-Cup (the only time that's happened), Neil Jennings won the Sally Sillence trophy for performance and Liz deservedly got the Chairman's Award for dedicated service as the club's treasurer.

With the formalities out of the way, the club's resident DJ kept the dance floor filled with an eclectic mix of tunes (yes, you were spotted doing the Macarena!!) until midnight.

The dinner was our final duty as social secretaries after three years in the role. We would like to thank everyone who has supported us and indulged our attempts to add an extra dimension to everyone's running – from the pasta party legs quiz (hello Greg) to the post RR10 Tyrrell dash. We have thoroughly enjoyed our time on the committee, and wish Alice and Becky every success in the role (our shoes aren't THAT big!!)

*.....Di and Karen, former Social Secs*



# The Winners

Romsey Road Runner of the Year:

Sally Sillence Award:

Chairman's Award:

Best placed man in the CC6 series:

Best placed woman in the CC6 series:

Best placed man in the RR10 series:

Best placed woman in the RR10 series:

Men's pentathlon winner:

Women's pentathlon winner:

Vets' Pentathlon winner:

5k Handicap Time Trial winner:

Hannah White

Neil Jennings

Liz Slade

Christopher Brown

Shantha Dickinson

Matt Hammerton

Tam Ryan

Wayne Windebank

Lynda Brown

Di Cross

John Quayle



# G's Over 18s BANANA CAKE

This is guaranteed to hit the spot :-)

## Ingredients:

250g of flour  
1 tsp bicarbonate of soda  
1/2 tsp salt  
115g butter  
115g sugar  
2 eggs  
2 or 3 ripe but not manky bananas  
and dark Rum or other booze (optional)



## Method:

Mix sugar with butter, add flour, bicarbonate of soda, salt & eggs.  
A decent electric blender is firmly recommended at this point.  
Then finally add the bananas, but please note Tony to peel them first!

One or two tots of dark Rum.

Place in baking tin lined with grease proof paper

Cook at 160C (any hotter and it will burn)

Check after one hour then at 10 minute intervals by sticking a skewer deep into the cake - and not your hand.

If it comes out clear of any cakey stickiness then it's ready

Immediately place it on cooling rack for as long as you can resist the gooey goodness.

The crusty end bits are my favourite.

I haven't researched the health implications of eating one of these cakes and don't intend doing so in the near future.

So, don't delay, get one in the oven now.

Enjoy,  
'G'

Author's Note: And no, Raymond didn't help me write this.

....from Greg Roulston

# YOU CAN TEACH AN OLD DOG NEW TRICKS

During messages on a club night in June, members were asked if anyone was interested in having their gait analysed at the Sweatshop, in Hannover Buildings, Southampton. I volunteered, thinking they will only attempt to sell me a new pair of running shoes, something I needed at the time.

Several weeks later I was put through my paces by Paul, a running and fitness instructor, who filmed my shuffling efforts on a treadmill in a room at the back of the shop. He then said that with 6 sessions of personal training he could make me run faster and also injury free. Most runners in their early 60s don't expect to run any faster, but the possibility of staving off my running decline was tempting. More importantly, the thought of running injury free was too good to refuse, so I took the bait.

It wasn't cheap and it was very hard work as I found out at the back of the aptly named Sweatshop. I attended on 6 Saturdays during the late summer and early autumn. I don't know if I am any faster as my recent running has been so sporadic (for various reasons) but I have shaken off a niggling hamstring injury. When I remember to focus on my new running style I run more efficiently.

Paul's method consists of two main themes; trying to adjust my running style and increasing leg and core strength.

When I started out club running 30 years ago, I was a shift worker with a young family and I couldn't train as often as I wished to. I could run reasonably well,

generally finishing just inside the top ten percent of participants in races I entered.

The decline ever since has been gradual, which is to be expected. With the benefit of 20/20 hindsight I would like to pass on some very brief tips, in no particular order.

Cross train; relying on running only, is fine but you will run better and for a lot longer if you do some form of exercise other than running. The benefits are generally obvious, you exercise without hammering the same parts of your body.

Work on leg strength: As we get older or simply run less, leg strength simply vanishes. There is no need to attempt to develop the legs, simply do leg exercises to maintain strong legs. Gaining leg strength is a bonus.

Work on core stability: It may come as a shock to most of us but legs are attached to the lower part of the trunk. If we want our legs to perform well the area where they join the body must be strong. Give it some thought.

Lastly, flexibility; running is one of the quickest ways of restricting flexibility. Ideally, runners should attempt to stretch daily, not just on running days. There are loads of stretching exercises and I would recommend that any stretching regime includes stretching the back/spine. Yoga is excellent for flexibility.

I hope the above may be of some assistance and wish I had read something like this article 30 years ago, but then I was probably too young to take notice.

.....*Tony Peelo*

# New Members

*Jess Bryant says hello.....* A few years ago I decided it was about time I did something for charity so I trained and ran the Eastleigh 10k.

I have been running periodically ever since but found that with no reason to train and no-one to train with my self motivation was sadly lacking and I was running less and less. I live in a rural area and with the threat of darker nights looming I knew there was no way I would be able to go out running in the evenings by myself so I decided to take the plunge and join the club.

It has been really nice to have people to train with and everyone has been so friendly that I am finding my joy for running being rekindled.

*Ian Nixon says hello.....*I was a member previously when I lived in Romsey but didn't renew when I stayed in Leeds after graduating in 2005. I was the leading Romsey man in the RR10 series in 1999 aged 17 and again in 2001.

I rejoined (as a second claim member) so I could run in Romsey's CC6 race when my wife and I were staying with my parents for the weekend. I'm a very active fell runner, being men's captain for Pudsey & Bramley and been one of their British Champs winning team 3 times.

I also rode in the World Mountainbike Orienteering Championships for GB in 2012 (Hungary) and 2013 (Lithuania).

*James Battle says hello.....*The club certainly seems quite forward thinking which is great in small voluntary organisations.

In terms of running, it is something I am relatively new to and never taken particularly seriously in the past. I've done the Eastleigh 10k and the Marwell 10k a couple of times which I really enjoyed, and then got into some banter with colleagues at work about doing some duathlons and then I realised that I really ought to be doing some training!! - hence why I joined.

I'm quietly competitive and enjoy Parkrun every other week at Eastleigh (but not won to date!) so really see joining the club as raising the bar a bit, with a couple of duathlons next next year (Winchester and Portsmouth) and maybe the New Forest Half marathon.

Thanks again for the welcome.

# New Members

# CC6 Photos

## *Mark Stileman says hello.....*

I discovered running about 20 years ago and have kept running for the sheer pleasure of it ever since.

I'm happy running anything from a 5k to a marathon (this includes the Dorset Duddle at a pinch). My preference is for off-road, gnarly, hilly events, but in the last couple of years I've started doing parkruns and as a result I'm taking much more interest in improving my speed.

My targets for the next year:  
Top ten M40 place in the HXC league  
Top 40 place in the Grizzly  
Top 20 place in RR10 league  
Top 3 place in Clarendon marathon  
Southampton parkrun sub 18:10  
10 miles in under 60 minutes

I keep a record of my competitive running in my blog:

[mudsweatandhills.blogspot.co.uk](http://mudsweatandhills.blogspot.co.uk)

*(BTW ....this blogsite is well worth a look.....Ed.)*



# Fixtures

## RR10 League

The 2013 RR10 series concluded at IBM Hursley late in August and was well supported by Romsey and all the clubs involved with 409 runners competing. This was the first time an RR10 race has attracted more than 400 runners! The popularity of the series has caused the committee to consider how best to take the series forward with thoughts and suggestions invited from each participating club.

Here are the club's top 10 finishers with 6 qualifying races each; congratulations to Matt and Tam!

Name	R1	R2	R3	R4	R5	R6	R7	R9	R10	Overall
Matt Hammerton	4	2		4	3	4	4		7	1
Jimmy Hunt		10	7	9	6	5	7		12	2
Toby Burrows	25		22	19	10	25	20			3
Duncan Dickinson	33	37	35		26	40	30	34	53	4
Christopher Brown	84	55	55	68	63	53	58	58	63	5
Neil Jennings			77	81		77	80	90	73	6
Paul Burnage	119	81	91	97		89	73		105	7
Stephen Reed	104	98			68	91	90		109	8
Andrew Archibald	136	128	127	128	86			149	164	9
Derek Kelly	217	185	194		130	194	197	203	232	10

Name	R1	R2	R3	R4	R5	R6	R7	R9	R10	Overall
Tam Ryan	16	9	9				17	25	15	1
Becky Tovey	26	24	20		16	24	27	33	38	2
Hannah White		22	24	35	17	25	30		23	3
Hannah Richardson	45	47	39	54	23		33	38	26	4
Penny Jennigns	34	38	33	46		32	32	51	44	5
Jo Weguelin	48		45	61	36		40	57	45	6
Julia Abab	57	51	48	77	39	57	55	64	65	7
Alice Lane	71	66	54	74	42	54		61	61	8
Anna Duignan	123	111	100	115	63	103		103	108	9
Wendy Couper		141	144		84	124	116	139	146	10

## Test Way Relay

The Test Way Relay took place on Saturday 14 September and this year we entered one mixed team into the competition.

Running the length of the Test Way, the relay is broken up into 8 legs and we ran a strong race finishing 3rd behind Stubbington and winners Totton, in a time of 5 hours 49 minutes.

Thanks to those who took part and to Liz Slade and David Page for recording times at Middleton Farm.



## CC6

For 2013/14, an additional race has been added to the CC6 calendar following the inclusion of New Forest Runners and Lymington Tri Club. Our race took place on Sunday 10 November, this year co-hosting with Halterworth Harriers.

Despite recent wintery weather, the sun was shining on us and it was a beautiful morning to be out in the forest.

The course was still very wet underfoot (no change there!) but the competitors seemed to have a great time and enjoyed the route, including the additional half mile towards the end which made for an even longer uphill finish.

There was a real buzz at the finish line and a great sense of camaraderie amongst Romsey Road Runners as we delivered yet another excellent race – well done everyone!



Future races in the series:

Date	Venue	Host Club(s)	Time
1 December 2013	Badgers Farm	Winchester, Southampton, Running Sisters	9.30am
15 December 2013	Janesmoor Pond	Lordshill, Wessex	9.30am
5 January 2014	Dibden Enclosure	Hardley Runners	9.30am
9 February 2014	Dennywood	Totton	9.30am
2 March 2014	Wilverley	New Forest, Lymington Tri	9.30am

# Fixtures - continued

## Pentathlon Competition

Congratulations to the winners of this year's Pentathlon Awards, Wayne Windebank, Lynda Brown and Di Cross. The new Pentathlon season began on 1st October and will continue until 30th September 2014 so don't forget to send your race results for the six competitive distances to [romseyroadrunners@hotmail.co.uk](mailto:romseyroadrunners@hotmail.co.uk)

TOP 5 MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Wayne Windebank	28 (0:20:35)	34 (0:34:56)	37 (0:41:08)	40 (1:11:08)	32 (1:33:42)		171
Chris Stocks	27 (0:21:51)	30 (0:35:24)	29 (0:46:40)	30 (1:21:11)	28 (1:49:33)		144
Paul Burnage		32 (0:35:00)	32 (0:43:10)		26 (1:50:49)	37 (3:33:05)	127
Jimmy Hunt		40 (0:29:11)			40 (1:19:39)	40 (2:59:58)	120
Dave Evenden		28 (0:48:31)	27 (1:01:31)	26 (1:41:52)	24 (2:19:11)		105
TOP 5 FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Lynda Brown	34 (0:22:08)	37 (0:35:38)	37 (0:44:12)		34 (1:37:32)	34 (3:45:24)	176
Hannah White	32 (0:22:25)	34 (0:36:12)	32 (0:45:43)	34 (1:15:58)	32 (1:41:19)	29 (3:59:10)	164
Amanda Hull		40 (0:30:29)		40 (1:04:40)	40 (1:25:51)	40 (3:08:59)	160
Di Cross	30 (0:22:29)	32 (0:38:33)	34 (0:45:34)		30 (1:45:50)	28 (4:14:48)	154
Alice Lane		30 (0:42:02)	28 (0:51:24)	30 (1:30:04)	26 (2:01:49)		114
TOP 5 OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Di Cross	40 (0:22:29)	40 (0:38:33)	40 (0:45:34)		40 (1:45:50)	40 (4:14:48)	200
Paul Burnage		40 (0:35:00)	40 (0:43:10)		34 (1:50:49)	40 (3:33:05)	154
Dave Evenden		34 (0:48:31)	37 (1:01:31)	32 (1:41:52)	30 (2:19:11)		133
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

# Session Leaders

Only my first days in this new role and I've been asked to write a session leaders report.

The first thing has to be to say a huge thank you to Heidi as she puts down her coaching mantle and picks up her parenting one.

Not everybody may be aware of the huge amount of hard work she has put in to revolutionising our training routes and session leader team over the last couple of years, but I am sure every single one of us has seen the impact her efforts have made on club nights.

Enjoy being a new mum Heidi, but please come back to us soon!

On that note, Heidi is not the only session leader to leave us for the yummy mummy set as we probably won't see Amanda at club nights for a while either.

This means that we are going to be light in numbers for people to lead groups out on a Monday and Thursday.

So once again we encourage anybody interested in getting involved as a session leader to let one of the leaders know and we can talk to you about what is involved.

If you come to training sessions and know the routes, there's really not

much more to it. Come on, your club needs you!

We need people across all 4 groups and the next England Athletics course in 'Leadership for Running' in Portsmouth is on Saturday 19th January.

The club will fund this course for anybody taking up a role as session leader.

My second appeal is for more regular feedback to your session leaders on a club night.

It was great to hear so much passionate discussion about training nights at the AGM, but I'd hate to think that people feel the need to bottle it all up and let off steam once a year.

I know you've been asked not to argue with session leaders during the sessions themselves, but please do come and talk to us after a session if you felt something wasn't quite right or you have an idea for something that could be done differently.

Feedback delivered constructively will always be well received.

You will see in the winter training schedule in the following pages that we have one new session.

# Session Leaders.....cont

This will be 30-minutes of 1km efforts on the path around the new Abbotswood estate.

This is a nice new walkway and cycling path with streetlights all the way round.

The loop is actually 1.2km, but with a 200m recovery jog through the less well lit car park at the top of the estate this should work out to be a nice even 1,000 metres.

Something slightly different for a Monday night as well as help build that short distance speed for the remaining CC6 races.

Finally from me, the annual call to please **be safe, be seen.**

We all need to be wearing a high-viz tops at club nights.

If you don't have one then your kit mistress will be only too happy to sort you out.

*Ian* and your session leader team  
(*Alice, Amanda, David, Hannah, Heidi Matt, Pete*)

## Monday Sessions

Course 1	Halterworth/ Tadburn
Course 1a	(Halterworth/Tadburn in reverse)
Course 2	Cupernham/ Fishlake
Course 2a	(Cupernham/Fishlake in reverse)
Course 3a	Halterworth/Ind Est
Course 3b	Abbotswood (30 min 1k efforts)
Course 4a	Fishlake/Inds Estate (2x2 mile paced effort)
Course 4b	North Baddesley (2x2 mile paces effort)

## Thursday Sessions

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

*compiled by..... Ian*

# Training Schedule Winter 2013

	December		January		February
<b>Mon 2nd</b>	Course 3b Course 3a	<b>Thurs 2<sup>nd</sup></b>	Route E	<b>Mon 3<sup>rd</sup></b>	Course 4b Course 3b
<b>Thurs 5th</b>	Route C	<b>Mon 6<sup>th</sup></b>	Course 4a Course 3a	<b>Thurs 6<sup>th</sup></b>	Route C
<b>Mon 9th</b>	Course 4b Course 3b	<b>Thurs 9<sup>th</sup></b>	Route A	<b>Mon 10<sup>th</sup></b>	Course 1 Course 2
<b>Thurs 12th</b>	Route D	<b>Mon 13<sup>th</sup></b>	Course 1a Course 2a	<b>Thurs 13<sup>th</sup></b>	Tempo Run
<b>Mon 16th</b>	Course 1 Course 2	<b>Thurs 16<sup>th</sup></b>	Tempo Run	<b>Mon 17<sup>th</sup></b>	Course 2 Course 1
<b>Thurs 19th</b>	Tempo Run (Christmas Lights)	<b>Mon 20<sup>th</sup></b>	Course 2a Course 1a	<b>Thurs 20<sup>th</sup></b>	Route D
<b>Mon 23rd</b>	Course 2 Course 1	<b>Thurs 23<sup>rd</sup></b>	Route B	<b>Mon 24<sup>th</sup></b>	Course 3a Course 4a
<b>Thurs 26<sup>th</sup></b>	<b>NO CLUB</b>	<b>Mon 27<sup>th</sup></b>	Course 3b Course 3a	<b>Thurs 27<sup>th</sup></b>	Route E
<b>Mon 30th</b>	Course 3b	<b>Thurs 30<sup>th</sup></b>	Tempo Run		

# Race Dates

Date	Time	Race
<b>January</b>		
4th	10.30	Brooks HellRunner - Saturday (Longmoor Camp)
5th	09.30	CC6 (4) – Dibden Enclosure
	10.30	Brooks HellRunner - Sunday (Longmoor Camp)
11th	13.35	Hampshire CCL (4) – King’s Park, Bournemouth (WOMEN)
	14.30	Hampshire CCL (4) – King’s Park, Bournemouth (MEN)
12th	11.00	Rough ‘n’ Tumble (Milton Lilbourne)
19th	10.00	HRRL (6) - Stubbington 10km
26th	10.00	Romsey 5 mile
<b>February</b>		
2nd	11.00	HRRL (7) – Ryde 10 mile
8th	13.35	Hampshire CCL (5) – Hudson’s Field, Salisbury (WOMEN)
	14.30	Hampshire CCL (5) – Hudson’s Field, Salisbury (MEN)
9th	09.30	CC6 (6) – Dennywood
15th	10.00	Brutal 10km (near Frimley)
16th	10.30	Bramley 20m/10m
19th	19.30	Glow in the Park 5km/10km (Southampton Common)
23rd	09.00	Heartbreaker Marathon (Fordingbridge)
	10.00	Heartbreaker Half Marathon (Fordingbridge)
		Portsmouth Coastal Half Marathon
	10.30	Winchester 10km
<b>March</b>		
2nd	09.30	CC6 (7) – Wilverley
	10.30	Drovers Half Marathon (Salisbury)
9th	10.30	HRRL (8) – Salisbury 10 mile
		Meon Valley Plod 21 mile
		John Austin Half Marathon (Brockenhurst)
15th	10.00	Brutal 10km (Bordon Heaths)
16th	09.00	Cranleigh 15m/21m
		Portsmouth Duathlon 1 - 5km/15km/5km
	10.30	Fleet Half Marathon
23rd	10.00	HRRL (9) – Eastleigh 10km
30th	09.30	Bournemouth Bay Run Half Marathon
	14.00	Combe Gibbet to Overton 16m