



RELAY

News

**Weekend
Away**

**Results and
Fixtures**

ROMSEY
ROAD RUNNERS

Spring 2014

Editor's Note

We have a varied newsletter this time, and once again I am very grateful for all the articles submitted.

Toby graces the cover of this edition demonstrating what appears to be a running-while-sleeping technique.

Thinking back to my AGM report, I realised I missed a key role in my summary. So I would like very much to thank my proof-reading team.

Wendy Couper is very adept at spotting typographical errors and other inexactitudes, as well as making recommendations on good practice.

Looking ahead - I shall be requesting articles and pictures for the summer newsletter at the beginning of May.

Dave

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

APRIL

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

MAY

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

JUNE

2nd Newsletter
8th Beer Race

JULY

7th Committee Meeting

SEPTEMBER

8th Newsletter
8th Committee Meeting
TBC 5km Time Trial
14th Test Way Relay

OCTOBER

20th Committee Meeting

NOVEMBER

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

DECEMBER

1st Newsletter
1st Committee Meeting

Membership News

By 18 February the club had 75 members, 6 of whom are new. They are Fiona McCleod and Lee Harris in Romsey, Rio Brookes-Gibbs and Julie Shanker in Wellow, and Duncan Walling in Nomansland and Jonathan Williams in Braishfield. Welcome to you all! Some of you have already appeared in the results lists.

Congratulations also to:-

Hannah (nee White) and Jimmy Hunt on their wedding in December.
Ian & Jess Nixon on the birth of daughter Bronte on Boxing Day.
Heidi and Tony Godfrey on the birth of son Callum in January.

David Nixon
Membership Secretary

Calling all club members.....!

The 5 Mile Beer Race is Romsey Road Runners' annual race, organised and run by us.

It's very popular with local and new runners alike, especially as we always provide a very friendly and well marshalled course! Of course the pint of beer and slice of cake at the finish also add to the charm and attraction.

Now in our 28th year of organising the race, the committee are always so grateful for the support given by members of the club to help ensure we deliver a safe and enjoyable event, especially as participation has risen year on year.

Luckily, the popularity of the race allows the club to use the profits to help subsidise events such as the annual awards evening, and often to make a donation to charity.

This year's race will be on Sunday 8 June 2014 and once again we are calling on club members to join the committee in putting on another fantastic and safe race. Look out for sign-up sheets at club sessions soon.

We are also still looking to recruit a Chief Marshal to join the Beer Race committee. If you are interested in finding out more about the role then please speak to Hannah Hunt or Nick Berryman who can fill you in.

... Hannah



New Members

Julie Shanker says hello....

I was an indoor run-on-a-treadmill runner, until a friend encouraged me to do the Broadlands 5 mile run a day I won't forget!!! Freezing cold, winds blowing a gale, and seriously chucking it down with rain!! What on earth was I doing!?

I'm glad to say I completed the race and enjoyed my run and with that I decided to take the bull by the horns and join RRRs. I have been going for 3 weeks, running twice a week with extra outdoor road runs.

My treadmill = redundant

Rio Brookes-Gibbs says hello....

I've recently joined Romsey Road Runners as I am running the London Marathon for the Mental Health Foundation. It has always been a goal to run the marathon, having been

picked to run the mini-marathon for Hampshire when I was younger, and then not being able to do it due to a holiday.

I spent the majority of my childhood and teen years competing in Athletics and Cross Country for the county but then pursued other sports whilst at College and University. I have since completed the Cardiff and Birmingham half marathons for fun.

It has been enjoyable running with the club and I have found the speed sessions especially useful, having noticed an improvement in my running already. I am looking forward to continuing to train with the club when I have completed the marathon.

Where the membership live.....

Romsey	50	South	4
Southampton	9	Essex	1
Wellow	8	Yorkshire	1
Chandlers Ford	6	Canada	1
N Baddesley	4		
Eastleigh	3	TOTAL	105
North of Romsey	6		
To the NW	4		
To the West	3		
SW & New Forest	5		

David Nixon
Membership Secretary
mary.david.nixon@gmail.com



Recent Results

Nov 2013 - Jan 2014

Boscombe 10k - 24th Nov 2013

John Quayle 46:02
Charlotte Maslen 59:58

Lakeside 5k Series - 24th Nov 2013

Di Cross 23:05

Badgers Farm CC6 - 1st Dec 2013

Women

3rd Shantha Dickinson
7th Tam Ryan
12th Lynda Brown
20th Jo Weguelin
29th Penny Jennings
33rd Julia Arab
61st Deborah Rees

Badgers Farm CC6 - 1st Dec 2013

Men

23rd Christopher Brown
27th Neil Jennings
34th Steve Reed
49th Jon Quayle
85th Derek Kelly

10K Endurance Life

Lulworth Cove - 1st Dec 2013

First 3 places in the FV60 category
Anna Duignan 1.25.23
Wendy Couper 1.30.44
Gill Gallus 1.35.40
Duncan Walling ran the longer distance in the Dorset Coastal trail coming 171st with a time of 03:27:03

Keyworth Turkey Trot - 8th Dec 2013

Matt Hammerton finished in 5th place in a time of 1hr 16m 15secs.

Wellington College Muddy Welly 10k 15th Dec 2013

Wendy Couper 71.47

CC6 Dibden Enclosure - 4th Jan 2014

Women
Tam Ryan 6th
Lynda Brown 15th
Becky Tovey 17th
Jo Weguelin 23rd
Penny Jennings 30th
Julia Abab 34th

CC6 Dibden Enclosure - 4th Jan 2014

Men
Neil Jennings 15th
Chris Bbrown 36th
Jim Wright 39th
Steve Reed 47th
Duncan Walling 55
Tony Peelo 73
Stuart Cripps 75

Stockbridge 'George Skeates' 8 mile 14th Jan 2014

Neil Jennings 55.55
Becky 1.07.42
Penny Jennings 1.10.27
Julia Abab 1.12.07

Stubbington 10k - 21st Jan 2014

Paul Burnage 43.21
Bruce Maddick 48.17
Chris Stocks 58.53

Stonehenge Stomp - 26th Jan 2014

Tam Ryan 30km Route
Rio Brookes-Gibbs 20km route

Romsey 5 Mile - 26th Jan 2014

Wayne Windebank 35.07
Chris Stocks 36.04
Joanna Weguelin 38.19
Stuart Cripps 38.57
Tony Peelo 39.26
Alice Lane 41.13
Alison Soloman 45.07
Anna Duignan 46.26
Fiona McLeod 46.27
Deborah Rees 47.01

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

Winter Report

With a lack of formal races over the festive period, Romsey Runners took to the rural trails and paths locally to run off any excesses and stay fit.

Christmas Eve saw RRR head for the village of Mottisfont and scenic off road 5 mile circular route through the lands and grounds in the ownership of the National Trust. There were many flooded stretches of the route near to the River Test to deal with, and amused farm animals gazed on with disbelief as runners waded past up to their knees in standing water. Warm mulled wine, hot tea and mince pies greeted runners on their return, thanks to social host, Alice Lane.

A hardy bunch of runners turned up in

the pouring rain for a second social run on New Year's Day. This time, the run took place in the New Forest starting at Acres Down. It was a circular off road route using gravel forest tracks and was just long enough to feel smug about being out on New Year's morning in the wind and rain, but short enough not to cause any real suffering. And if the excitement of the run wasn't enough, the rain had caused surface waters to rise sufficiently to make getting through the ford and out onto the road impossible by car. Had it not been for a friendly local in Acres Down Farm Shop and guided access through the forestry commission land we might all still be there – so many thanks!

..... *Annie T*

Kit Review.....Alpkit Gamma Headtorch

Some of you may have seen some Google Group correspondence enthusing about the Alpkit Gamma headtorch, but it was only when I saw a club member using one - and then buying one myself - I realised what a great device it is.

At just £15, which includes P&P and batteries, you get a lot for your money. There are three style options (pictured); each has a very bright main light with three settings; three lower intensity coloured lights, including green and red for helping with night vision; and a rear-facing red light, which can be set to flash.

The battery compartment is at the rear but I got used to this very quickly. The delivery packaging was minimal but functional, and there was no box. User instructions can be found on the Alpkit website (www.alpkit.com), which currently appears to be the only place to buy.

..... *Dave (Ed.)*



Sports & Homes at Ganger Farm

You may be aware that Barratt Homes and David Wilson Homes have recently held exhibitions of plans for a new community sports hub and residential development on land at Ganger Farm.

That site has been earmarked by Test Valley Borough Council for the development of sports facilities for many years, but funding has never been available to deliver the scheme. The plans comprise 30 acres of sports pitches and facilities for local clubs and the wider Romsey community.

They include grass pitches, two floodlit all weather pitches, and a fitness and running trail around the site, together with a pavilion and changing rooms. The fitness trails will incorporate a mixture of surfaces, to allow for use throughout the seasons and will benefit from low-level

bollard lighting. The trails will be available for walking, running, and cycling. There will be three to four different length trails throughout the site.

The facilities would be built by Barratt and David Wilson Homes before being transferred to the ownership of Test Valley Borough Council, who would be responsible for leasing the facilities.

This opportunity for delivering new sporting facilities would be funded through the development of 275 new homes on the site, 20% of which are proposed to be affordable housing. The new homes would be mostly two storey traditional housing with good sized gardens and there would be no blocks of flats.

.....Neil Payne



Chairman's Thoughts

Hi! I'm told it is now something of tradition for the chairman to ramble on a bit in the newsletter. It's taken a fair while to come up with some inspiration and I'm hoping it doesn't end up like one of my RR10 races – a bright hopeful start followed by a long hard slog to the end.

So what kind of a runner are you: do you run for fun; or to be sociable; to keep fit; or to improve? To race? To win? To finish?

The joy of running for me is that there are so many ways to enjoy it. Do you like roads or trails? Is a muddy ditch a fun obstacle to be overcome or an annoyance sent to slow you down? Whatever your reasons the running club is where we all come together and share those experiences and mix with people who share this passion for putting one leg in front of the other but who maybe have different

motives. A joyous melting pot of running diversity.

So maybe next time you wander down to a club night take a look around and marvel at the range of people lined up waiting to punish themselves over thirty minutes of cleverly devised efforts from one of our session leaders.

I'll leave you all with a question. What can we do as a club to encourage even greater participation in this running thing that we all find so much fun?

How can we tempt out those that might be daunted by the thought of a club, maybe those that haven't run before, or those that run but would benefit from the running club community? Happy running...

...Tony King

Club Committee

As it was fully complete only recently, here is the up-to-date RRR Club committee.....

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

RRR Weekend Away

The last Bank Holiday weekend in May, the club will be making another trip down to the beautiful area of South Devon to run in the Endurance Life Event on the beautiful Flete Estate about 10 miles outside Plymouth.

The weekend's events comprise of 10k, Half Marathon, Marathon, and Ultra Marathon.

The organisers at Endurance life have kindly given us a discount, so contact us if you need the code or look out for our email addresses on Google groups.

As in years past this is a really lovely weekend 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.

We will be booking the hotel in Plymouth for the weekend's accommodation, and runners and their families can stay one or two nights as they wish.

We would recommend booking yourself on the runs as soon as you can, as these get very booked up.....

<http://www.endurancelife.com>

.....remembering to contact us for the code for the discount.

.....Alice, Becky, Jo, Tam



Fixtures

RR10 League

The 2014 RR10 series will begin in April and is a series of races run off-road, often on tracks in the New Forest or on footpaths around local country parks. Distances are between 4 and 5 miles and the series is a great way to race and test your fitness against competitors from other local running clubs, as well as enjoy the camaraderie of running with your fellow club members. Every participant receives a finishing position at each race and your best 6 finishes will go through to give you an overall league position.

The races are free to enter and only open to members from the participating clubs; those running are requested to wear their club colours by way of identification and to car share as much as possible to reduce the number of cars travelling to each venue. Each club will host a race at which we ask that all members come along to marshal and support the race.

23 April 2014	Royal Victoria Country Park	Southampton AC/Halterworth Harriers	7.00pm
07 May 2014	Stoney Cross	Totton RC	7.15pm
21 May 2014	Wilverley Plain	New Forest Runners	7.30pm
04 June 2014	Blackfield	Hardley Runners	7.30pm
11 June 2014	Fairthorne Manor, Botley	Stubbington Green ARC	7.30pm
25 June 2014	Manor Farm Country Park	Running Sisters/Hedge End RC	7.30pm
9 July 2014	Marwell	Eastleigh RC	7.30pm
23 July 2014	Janesmoor Pond (HOSTS)	Romsey RR/Wessex RR	7.30pm
06 August 2014	Itchen Valley Country Park	Lordshill RR	7.15pm
20 August 2014	IBM Hursley	Winchester AC	7.15pm



Test Way Relay

The Test Way Relay, usually run on a Saturday early in September, is an enjoyable team relay event for local running clubs and takes place along 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) and the

added challenge is that each runner needs to navigate their own way along their leg, following the Test Way signs. It's a good idea to have run your leg before the race date to ensure you know the route, and recce's can be organised as social runs throughout the summer. Look out for announcements of this year's race date once it has been set.

CC6 Cross Country League

The 2013/14 CC6 series has provided many wet, muddy and challenging courses this year, with the most recent race scheduled to be held at Denny Wood cancelled due to the flooding and strong winds forecast.

Name	R5	R4	R3	R2	R1
Julia Abab	34	37	33		33
Lynda Brown	15	16	12	17	
Shantha Dickinson			3	5	
Naomi Farrington					65
Penny Jennings	30	32	29		28
Deborah Rees			63		66
Tam Ryan	8	11	7	14	
Becky Tovey	17	19	15	19	
Jo Weguelin	23	26	20		

With one race to go, current individual results are listed here; we are currently 6th in the men's team standings and 4th in the ladies.

Name	R5	R4	R3	R2	R1
Christopher Brown	26	24	22	24	37
Toby Burrows				14	71
Stuart Cripps	75				89
Neil Jennings	15	32	30	39	40
Derek Kelly		95	92		111
Ian Nixon				3	
David Nixon		98			
David Page					119
Tony Peelo	73				
John Quayle		57	53		
Steve Reed	47		38	54	
Duncan Walling	55	49			
Wayne Windebank					52
Jim Wright	39		42		

Pentathlon Competition

The club holds its own pentathlon competition each year, with your best five race results over six distances (5km, 5mile, 10km, 10mile, half marathon and marathon) counting towards the final results. The new pentathlon season began on 1st October 2013 and will continue until 30th September 2014 so don't forget to send your best race results for the six competitive distances to secretary@romseyroadrunners.co.uk

TOP 5 MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Chris Stocks	40 (0:21:14)	37 (0:36:04)	37 (0:44:51)	32 (1:16:13)	37 (1:40:06)		183
Stuart Cripps		34 (0:38:19)		27 (1:28:48)	32 (1:48:23)		93
Wayne Windebank		40 (0:35:07)		40 (1:08:49)			80
Paul Burnage			40 (0:43:21)	34 (1:15:13)			74
Neil Jennings				37 (1:13:56)	34 (1:14:13)		71
TOP 5 FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Joanna Weguelin		40 (0:38:19)		34 (1:29:01)	37 (1:48:13)		111
Alison Soloman		34 (0:45:07)		30 (1:46:09)	30 (2:02:33)		94
Penny Jennings				34 (1:31:53)	32 (1:58:23)		66
Alice Lane		37 (0:41:13)			27 (2:15:25)		64
Becky Tovey				40 (1:16:34)			40
TOP 5 OVER 50	5km	5m	10km	10m	½ Marathon	Marathon	Total
Paul Burnage			40 (0:43:21)	40 (1:15:13)			80
Penny Jennings				40 (1:31:53)	40 (1:58:23)		80
Di Cross	40 (0:23:05)						40
Anna Duignan		40 (0:46:26)					40
Charlotte Maslen			40 (0:59:58)				40

Mile of Miles Relay

The Mile of Miles Relay is an annual event open to teams of 10 from local running clubs, vying for the glory of being the fastest team to complete 10 x 1 mile efforts around a track. Southampton were the winners of the event last year and take over the mantle of organising – they are planning for it to be held at Southampton running track on Wednesday 2 July 2014.

Please let Hannah Hunt know if you would be interested in taking part, timekeeping or being a team captain.

Pasta Party !!!

Calling all London Marathon runners and supporters, it's that time of year again !

As the big day approaches on Sunday 13th April 2014, Romsey Road Runners will hold their annual pasta party to cheer on our representees with a fun filled carb loading fest !

Where:

**The Sun Inn,
Winchester Road, Romsey**

When:

Tuesday 8th April 2014

Time:

6.30 pm for 7pm

Listen out on club nights for sign up sheet and menu orders.

.....Alice, Becky , Jo , Tam



Session Leaders

What a winter we've had!

This year it hasn't been snow and ice as the main culprits but rain, rain, and more rain - which has tried, but failed, to stop play.

As such, we have been out in force pounding our well-loved routes through Tadburn, Halterworth, Crampmoor, Fishlake, Baddesley, and the Romsey industrial estates, with familiar shouts of: 'mind that car, keep left, mind that van, pedestrian, dog, bicycle, lake, oh it's a puddle!!'

This year we have also trialled the new route of Abbotswood, a newly built housing estate. This took a lot of planning and mapping, and a good flat 1 km peripheral circuit run was devised. (Also a lovely way to have a nose through those windows at Christmas!)

However, having secured this acquisition to our programme, Abbotswood has also been a victim of the winter flooding so alternative variations to our schedule have had to be made.

The club has been a bit depleted in session leaders through injury (get better soon David and Mark!), and pregnancies (Amanda and Heidi, the

latter of whom has produced a beautiful baby boy, Callum)

However we are delighted to welcome new session leader, Peter Duncan, who has enthusiastically led groups 3 and 4.

We are also very much looking forward to the addition of Wayne Windebank, John Quayle, and Mark Stillman (once his broken wrist has healed!), leading sessions for groups 1 and 2.

We are also thrilled that Mrs. Hannah Hunt is now back in the fray and would be even more delighted to see more session leaders for groups 3 and 4 who have had to put up with my useless sense of direction.

Anyone who is interested please do enquire.

Onwards and upwards Romsey Road Runners, it can only get lighter, brighter, and drier.

Alice Lane

The session leader team is
*Ian, Alice, Amanda, David,
Hannah, Heidi, Matt, Pete*

Training Schedule Spring 2014

March		April		Coach		May		Coach	
Mon 3	M9 M7	Fishlake/Ind Halterworth/Ind	Thu 3	TF	Lee Lane	Hannah	Thu 1	Mountbatten Track	Ian
Thu 6	TE	Tempo Run	Mon 7	M12 M11	Crampmoor Lane Straight Mile	Peter David	Mon 5	B2 Braishfield	Wayne
Mon 10	M5 M6	Halterwoth/Tad Cupernham/Fish	Thu 10	TF	Lee Lane	Hannah	Thu 8	Mountbatten Track	Alice
Thu 13	TA	Romsey Ind Est	Mon 14	M11 M12	Straight Mile Crampmoor Lane	Ian David	Mon 12	B4 5k Time Trial	John
Mon 17	M6 M5	Cupernham/Fish Halterworth/Tad	Thu 17		Mountbatten Track	Ian	Thu 15	Mountbatten Track	Peter
Thu 20	TB	Fishlake	Mon 21		NO CLUB EASTER MONDAY		Mon 19	B3 Braishfield	Mark
Mon 24	M8 M10	Abbotswood N Baddesley	Thu 24		Mountbatten Track	John	Thu 22	Mountbatten Track	David
Thu 27	TE	Tempo Run	Mon 28	B1	Braishfield	Hannah	Mon 26	B1 Braishfield	Wayne
Mon 31	M11 M12	Straight Mile Crampmoor					Thu 29	Mountbatten Track	Mark

Monday sessions

M5 = Halterworth/Tadburn in reverse
M6 = Cupernham/Fishlake in reverse
M7 = Halterworth/Industrial Estate
M8 = Abbotswood 30 min 1k efforts
M9 = Fishlake/Industrial Estate 2x2 mile paced effort
M10 = North Baddesley 2x2 mile paced effort
M11 = Straight Mile efforts Pyramid Session
M12 = Crampmoor efforts 30 min 800m

B1 = 4 x 1km Opposite Wheatsheaf
B2 = 5 x 1km Wheatsheaf
B3 = 4 x 1km Farm
B4 = 5km time trial

Thursday sessions

TA = Romsey Industrial Estate
TB = Fishlake Meadows
TE = N. Baddesley Tempo Run 4 miles
TF = Lee Lane efforts

Race Dates

Date Time Race

April

5th	13.30	X-hill-arator 10km trail run (Stockbridge)
26th	11.00	Hurstbourne 5m
27th	10.15	Houghton 11km trail run
	10.30	Drovers 10km (Salisbury)
	11.00	Fordingbridge Fire Station 10km
30th	19.15	Lakeside 5km (Hilsea)

May

3rd	12.00	Fortitude 24 hour race (Basingstoke)
3rd & 4th	10.00	'Pony Express' New Forest multi-stage ultra (60 miles over 2 days)
11th	10.00	Harewood Forest 10km (Wherwell)
		Lymington Lifeboat 10km
		Tri-Adventure – 12km/28km/50km (Bransgore)
	10.30	Alton 10m
14th	19.00	St Michael's Hospice 5km/10km (Basingstoke)
18th	10.00	The General 10km (Winchester)
	10.30	Southampton AC 10km (Royal Victoria Country Park)
	11.00	Hook 6m or 10m
25th	11.00	Ropley 10km

June

1st	10.00	Gosport Golden Mile
	10.45	Gosport Golden 5km
8th	10.30	Braishfield Beer Race 5 mile
15th	10.00	Alresford Rotary 10km
21st	09.00	South Downs Relay Marathon
	09.30	South Downs Marathon
	10.00	South Downs Half Marathon
		Womens Running 10km (Southampton)
29th	08.00	Portsmouth Sprint Triathlon