

RELAY

**Ray
Masters
Article**

**New
Members**

**Results and
Fixtures**

ROMSEY
ROAD RUNNERS

Summer 2014

Editor's Note

Many thanks to all those contributing to this newsletter, and to Jo who appears on the front cover. We have varied set of articles, including a heartfelt adieu from Ray. The call for articles for the next edition will be in August.

Dave

dave.evenden@hotmail.co.uk

Membership News

As at May 6 our membership has increased to 92. This is 4 up on the same time last year.

Welcome to all the following new members, some of whom have written a little bit about themselves: Sophie Askew, Alison Gerrett, Daniel Lurcock, Lauren Lusty, Rebecca Marriner, Alex Prinsep, Anna Williams, and Karen Mason (all from Romsey), Steve Geary (Kings Somborne), Jade Rolfe (Andover), and Sue Taylor (Timsbury).

Congratulations to our secretary Amanda Hull and Andrew Whittle on the birth of their son Lucas in March.

David Nixon

Membership Secretary

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

JUNE

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

New Members

(Mr) Jade Rolfe says hello....

In 2010 I decided to pack in the smokes and do something worth while, so I started running, initially going out for 3 mile runs.

With both my boys members at Andover Athletics Club I began to go out with their Road Runners Group during the boy's training nights and this soon led to me competing in some Hampshire Road Race League events, building up from 5 milers to the Bramley 20 as well as doing the odd Cross Country Event over the winter months.

I have been really fortunate to make some loyal and supportive training partners/friends who have helped me no end for my new favourite distance of marathons. To date I have run London and Brighton Marathons and have entered Abingdon for this coming October.

I also like a good challenge and have competed in the Grim Challenge, Mid-Summer Munro 1/2 marathon, Ghurka 1/2 Marathon Challenge around

Salisbury Plain and following a pint or two have entered the Thames Trot Ultra Marathon (50miles) for next February. Anyone wishing to keep me company is more than welcome.

I am really looking forward to running and socialising with all of you whenever I can.

Daniel Lurcock says Hi everyone!

I started running in August last year, mainly to get fit and lose a bit of weight.

I began doing Parkrun on Southampton Common on Saturday mornings, which has been really motivating, and got me out running around Romsey during the week.

Over the last couple of months, Romsey Road Runners has been a great place to meet likeminded folk in the area, and I have really enjoyed my runs with you all so far.

Over the next year, I hope to complete at least one half marathon, and get a couple of 10k races under my belt too.

Ticked Off.....

Due to the wet and mild winter, experts are warning that there's been an increase in the number of ticks – so be extra vigilant if you are running off-road.

Ticks can cause Lyme disease, a serious bacterial infection that could lead to neurological problems and joint pain if not treated.

If you do get a tick, use tweezers or a tick-removal tool to remove it then apply antiseptic.

If a rash appears around the bite site following removal or you develop flu-like symptoms or fatigue, see a doctor immediately.

.....submitted by Di

Race Results

Feb - May 2014

Sunday 2nd February Blackmore Vale Half Marathon

Tam Ryan	1.34.07
Rio Brookes-Gibbs	1.55.30

Sunday 9th February Chichester 10k

Paul Burnage	43.38
Christopher Stocks	44.51

Sunday 23rd February 'The Terminator'

Tam Ryan	1.47.57
----------	---------

Sunday 23rd February Winchester 10k

Alice Lane	52.16
Robert Gold	1.00.38

The Mizuno Reading Half Marathon

Wayne Windebank	1.35.42
-----------------	---------

After the final race of the **2013/14 winter Cross Country**, Romsey Ladies finished 4th and Romsey Men 6th. In the team competition, Romsey was placed 5th.

March Exbury 10k

This was actually a 5 mile race - many thanks to the proof-reader (Wendy C.) for spotting this.

Toby Burrows	30.10
Neil Jennings	31.06
Duncan Walling	34.07
Penny Jennings	38.08
Naomi Farrington	49.38

March Cranleigh 21

Tam Ryan	2.33.18
Rio Brookes-Gibbs	3.18.41

March 30th Eastleigh 10k

Andrew Proctor	00:37:03
Ian Ralph	00:38:09
James Bettle	00:39:09
Neil Jennings	00:39:14
Wayne Windebank	00:41:27
Nick Berryman	00:41:38
Christopher Stocks	00:42:19
Joanna Weguelin	00:47:20
Bruce Maddick	00:47:38
John Quayle	00:49:33
Alice Lane	00:50:35
Stuart Cripps	00:51:20
Alison Solomon	00:51:53
Helen Wheelwright	01:06:23

April Virgin London Marathon

Tam Ryan	3.15.41
Shantha Dickenson	3.19.20
Jonathan Williams	3.30.01
Tony King	3.37.52
Wayne Windebank	3.47.03
Rio Brookes-Gibson	3.59.05
Ken West	4.34.16
Nicola Meakin	4.49.02



Race Results

The first RR10 of the 2014 Royal Victoria Country Park

Men:

5th Matt Hammerton, 20th Toby Burrows,
21st Jimmy Hunt, 26th Mark Stileman,
29th Andrew Proctor, 40th Ian Ralph,
41st Duncan Dickenson,
48th Christopher Brown, 74th Tony King,
84th Nick Berryman, 103rd Duncan
Walling, 165th John Quayle, 187th Stuart
Cripps, 189th Andrew Archibold,
254th Derek Kelly,
and 259th Greg Roulston.

Women:

27th Hannah Hunt, 34rd Jo Weguelin,
42nd Penny Jennings,
53rd Alison Soloman, 57th Di Cross,
58th Julia Abab, 72nd Alice Lane,
74th Liz Slade, 112 Naomi Farrington,
136th Linda Webb, 145th Deborah Rees,
and 154th Julie Shanker.

April Houghton Trail Event 11k

Tony Burrows	44.45
Jimmy Hunt	45.07
Hannah Hunt	56.43
Stuart Cripps	58.34
Tony Peelo	1.00.03
Di Cross	1.01.38
Penny Jennings	1.02.11
Alice Lane	1.03.14
Sarah White	1.05.37
Liz Slade	1.07.45
Anna Duignan	1.13.29
Naomi Farrington	1.14.59
David Nixon	1.16.13

The 32k cycle event

Wendy Couper	2.55.33
--------------	---------

7th May 2nd RR10 at Stoney Cross

Men:

2nd Matt Hammerton, 24th Mark
Stileman, 26th Chris Brown, 27th Tony
Burrows, 31st Andrew Proctor,
33rd Andrew Ralph, 39th Jimmy Hunt,
44th Neil Jennings, 62nd Duncan
Dickinson, 62nd, Tony King, 90th Steve
Reed, 127th Peter Hartley, 130th John
Quayle, 141st Andrew Archibold,
188th Richard Vie, 198th David Nixon,
and 200th Derek Kelly.

Women:

13th Tam Ryan, 24th Becky Tovey,
287th Hannah Hunt, 31st Rebecca
Mariner, 37th Jo Weguelin, 46th Penny
Jennings, 52nd Alice Lane, 55th Julia
Abab, 58th Di Cross, 80th Liz Slade,
104th Naomi Farrington, 106th Anna
Duignan, 128th Rebecca Rees, 134th Julie
Shanker, and 147th Wendy Couper.

11th May Harewood Forest 10K

Julia Abab	0:58:48
Tony Peelo	01:00:31
Liz Slade	01:01:55
Anna Duignan	01:05:07
Derek Kelly	01:07:07
Julie Shanker	01:09:53
Karen Keane	01:09:56
Ruth Page	01:10:03
Wendy Couper	01:17:59

....compiled by [Annie T](#)

Fixtures

RR10 League

The 2014 RR10 series is well underway, with excellent numbers of Romsey members turning out to compete and the rain and mud of the first two races only adding to the fun! 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. Look out for messages on the google Group and at club sessions about meeting to car share to races from Romsey Sports Centre.



Please put our race date, 23 July, in your diary as your support in marshalling the course and ensuring a safe and successful race is greatly appreciated.

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 – and 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.

Test Way Relay



The Test Way Relay makes its return on Saturday 13 September - 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 must navigate their own way along their leg, following the Test Way signs.

It would be great to be able to enter both a men's and a ladies team this year, so please let Hannah Hunt know if you are keen to run and look out for a sign up sheet soon.

If you are interested in captaining a team or would be available to help on the day as a timekeeper at one of the changeover points then please also speak to Hannah.

It's a good idea to have run your leg before the race date to ensure you know the route - a great idea for a social run during the summer!



Cross Country League

This is a message from Mark Stileman, who is hoping that we can raise a Romsey team for the next Hampshire Cross-Country league.

"I've been taking part in this for the last 3 years or so, and I really recommend it. The season comprises 5 races which take place on Saturdays every month from October to February in a variety of locations.

For me, what makes them compelling is the sense of occasion and competition. At the top end (way, way out of my league) it's hugely competitive with some extremely accomplished and highly trained runners who take it very seriously. For the rest of us, it's a chance to compete against your peers in a variety of landscapes with an assortment of mud, slope, ice, wind and rain. Cross-country spikes are strongly recommended! It's a really exciting way to spend a Saturday afternoon in winter, so please do let me know if you're interested via the usual channels."

The website is at... www.hampshireathletics.org.uk/events/hxcl.html

Pentathlon Competition

The club holds its own pentathlon competition each year, with your best 5 race results over 6 distances from 1 October 2013 counting towards the 2013/14 trophy. The distances include: 5 km, 5 mile, 10km, 10 mile, half marathon and marathon. If you have any race results since 1 October 2013 which you think should be included, please let Amanda Hull know.

TOP 5 MALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Chris Stocks	40 (0:21:14)	37 (0:36:04)	28 (0:42:19)	32 (1:16:13)	37 (1:40:06)		174
Wayne Windebank		40 (0:35:07)	30 (0:41:27)	40 (1:08:49)		32 (3:47:03)	142
Stuart Cripps		34 (0:38:19)	24 (0:51:20)	27 (1:28:48)	32 (1:48:23)		117
Neil Jennings			32 (0:39:14)	37 (1:13:56)	34 (1:14:13)		103
Paul Burnage			27 (0:43:21)	34 (1:15:13)			61
TOP 5 FEMALE	5km	5m	10km	10m	½ Marathon	Marathon	Total
Joanna Weguelin		40 (0:38:19)	40 (0:47:20)	34 (1:29:01)	37 (1:48:13)		151
Alison Soloman		34 (0:45:07)	34 (0:51:53)	30 (1:46:09)	30 (2:02:33)		128
Alice Lane		37 (0:41:13)	37 (0:50:35)		27 (2:15:25)		101
Tam Ryan					40 (1:34:07)	40 (3:15:41)	80
Rio Brookes-Gibbs					34 (1:55:30)	34 (3:59:05)	68
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
Tony Peelo		40 (0:39:26)	34 (1:00:31)				74
Di Cross	40 (0:23:05)						40
Anna Duignan		40 (0:46:26)					40
Charlotte Maslen			40 (0:59:58)				40
Ken West						40 (4:34:16)	40

Adieu, but not goodbye.....

Ray Masters

The time has come for me to draw a line under my career with RRR, and I have been exhorted to write one last article for the Relay. So here goes.

I joined shortly after the club came into being, in January 1980. Now, 4 years later, with my asthma now deemed COPD (so I am told) and with my running, such as it is, not so enjoyable as it was, I have decided to hang up my trainers.

Those of you who know me realise that my running has often been on the eccentric fringes of the spectrum. I am attracted by races with silly names – Duddle, Plod, Beast, Grizzly, Stomp – the longer the better (up to 80 miles). Throw in hills and mud and you would find me there.

There have been highlights, with useful PBs at all distances from 10k (40m 54s) to South Downs 80-mile race (15hrs 38m), with good ones in between.

If I have any regrets they are few. Why did I do so many road marathons? I wish I had beaten 6hrs for the Dorset Duddle (6hrs 08m) and 15hrs for the SDW.

I prefer to remember the light-hearted moments, particularly those which involved animals; in France I was chased by a gander, causing me to achieve a PB over 20 metres. I was threatened by rams (I outran them). A herd of inquisitive bullocks joined in with me once, but I couldn't outrun them so I suddenly

stopped. Luckily they stopped to. I succeeded in waving them away, except for one large one that stayed his ground and outstared me before turning his back disdainfully on me, lifting his tail, and, --- well, you complete the sentence.

On another occasion a huge bull stood up on my path and faced me down, establishing very quickly who was boss in his field. I went past using a sizeable detour.

A bunch of sheepdogs more or less herded me into a pen (I exaggerate), and I once wrestled with a young golden retriever to the horror of its owner, although I think the dog enjoyed it.

Many members of RRR have helped me over the years. If I name names I may offend others by omission, so I will not mention names. Those who helped me know who they are: coaches, circuit training leaders, SDWs and Duddle back up crews, etc... to all of you a huge thank you.

To all members of RRR I wish you the very best with your efforts. May you achieve what you set out to achieve. Like the proverbial bad penny I will occasionally turn up.

Thanks for everything. It has been fun.

Raymond

.....supplied by Tony King

Session Leaders

A note from your session leaders

Well the calendar says that summer is here, even if the weather hasn't quite caught up yet. That means brighter evenings, but more importantly Thursday's out in Braishfield and Monday's at Mountbatten Track.

We are now into our second year with the fixed effort/recovery timed groups out in Braishfield and hopefully everybody find this system easier with nice bunch finish. I'm conscious we have had quite a few new joiners recently, so if you're still struggling with how this works or which group to run in then please ask one of your session leaders. And if you're an old hand and see somebody looking confused, please do give them a helping hand.

Some of our first few track sessions of the year have been a bit of a wash-out, but attendance has still been good and (once we've all had a giggle at ourselves striding along like Basil Fawlty) I think you'll agree that the new dynamic stretches that David has introduced has made an impact in getting us all warmed up ready for an intense sprint session.

I'd also like to welcome 3 new session leaders, who all kindly gave up one of their valuable Sunday's in May to attend the England Athletics one-day course on leading a running group – Wayne Windebank, John Quayle and Mark Stileman.

The more session leaders we have, the better we can run Mon and Thu club nights for you all, and the guys have already come back from the training with a bunch of fresh ideas to improve our training runs. If you fancy getting involved yourself then just let me know!

As ever, we want to run the best club training session we can for you, so I encourage you all to pass on any ideas or feedback to your session leaders at the end of each club night.

Keep on running!

.....*Ian*

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

Training Schedule **Summer 2014**

Summer Club Schedule 2014

	June	July	August
Mon 2	Beer Race Reccy	Mon 4	B1: 4 x 1km
Thu 5	Mountbatten Track	Thu 7	Mountbatten Track
Mon 9	B1: 4 x 1km	Mon 11	B2: 5 x 1km
Thu 12	Mountbatten Track	Thu 14	Mountbatten Track
Mon 16	B2: 5 x 1km	Mon 18	B3: 4 x 1km
Thu 19	Mountbatten Track	Thu 21	Mountbatten Track
Mon 23	B3: 4 x 1km	Mon 25	BANK HOLIDAY B1: 4 x 1km
Thu 26	Mountbatten Track	Thu 28	Mountbatten Track
Mon 30	B4: 5k TT		

Monday Sessions	Thursday Sessions
B1: 4 x 1km Opposite Wheatsheaf B2: 5 x 1km Wheatsheaf B3: 4 x 1km Farm B4: 5k Time Trial	Mountbatten Track: Various sessions



Race Dates

Date	Time	Race
July		
6th	10.30	Sway Carnival 5 mile Adventure Boot Camp Farnborough Charity 10km Summer Plod 21 mile Trail Run (Waterlooville)
	11.00	Tadley Runners Summer 10km
	11.15	Abbotts Ann 10km, 5km, 1km
13th	11.15	New Forest 10 mile
20th	10.00	Stansted Relay Marathon (Havant)
	10.30	Stansted Half Marathon (Havant)
27th	11.00	Big Fun Run 5km Southampton
August		
16th	08.30	Kayak/Run/Bike Portsmouth RNLI Tri Adventure Race
23rd	10.00	Torq Non Stop 3 hours (Yateley)
September		
7th	11.00	Fordingbridge Fire Station 10 mile
14th	11.00	The Bounder - 9 mile Trail Race (Broughton) Victory 5 mile (Portsmouth)
28th	12.30	Butser Hill Challenge 5 mile
	10.30	Solent Half Marathon