

RELAY

Spring 2015



CC6 RESULTS

Women come third

PASTA PARTY

*Fuel up with our
marathon runners*

BEER RACE

Details for 2015

ROMSEY

ROAD RUNNERS

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Cover photo: Neil Jennings, a double winner at the Club's 2014 Awards Night and best-placed RRR man in the 2014/15 CC6 series, at Blackfield RR10 2014
Photo: Paul Hammond

From the Chair...

We are deep into winter training. Spring is around the corner but for now the extra layers stay on. As we run through the ice, rain or wind it's a good time to reflect on why we run and what we want out of it. It was on one cold run I started wondering about Romsey Road Runners as a club and what our running club was for.

According to our website we are: "an amateur running club, encouraging runners of all ages, experiences and abilities". Which sounds good, if a little simplistic. Our club constitution (and I know you've all studied it in great detail) goes a bit further and says the aims of our club are: "To facilitate participation in and promotion of recreational and competitive running in the area of Romsey and Hampshire and amongst the community and related sporting and social activities."

And that is certainly what we aim to do as a committee. But what is the club to you? What personal motivation keeps you coming back time and again? For me, it's a mixture of the sheer joy of running, the chance to do some structured training rather than my usual, unfocused runs and the friendly people. But I'm sure it is different for each of us.

I'm interested in your opinions as the people that actually turn up and run – the lifeblood of the club. What do you think our club is for? And what would you like the club to be? Please do send me an email at chairman@romseyroadrunners.co.uk. I look forward to reading your comments and ideas.

Tony King, Chair

Dates for your diary

APRIL

- 6 Easter Monday, no club
- 21 Pasta Party at The Sun
- 23 Track Training starts
- 26 London Marathon
- 27 First session in Braishfield

MAY

- 1-3 Club weekend away in Pembrokeshire
- 6 Bank Holiday, no club
- 25 First time trial

JUNE

- 7 RRR 5 Mile Beer Race

Editor's Comment

Firstly, many thanks to everyone who has helped put this together, whether that has involved providing photos, copy, ideas – or just support. I hope you like it – it has been fun producing it.

I have introduced a 'Route Master' column on page 13. Useful? Hopefully, with John's help, we will be able to create a routes page on the website as a resource for members.

Assuming I am asked to continue in the role for now, please let me know what you think and forward any ideas for future issues or suggestions for improving your newsletter.

Di Cross, Acting Newsletter Ed

Birth announcement



Congratulations to Hannah and Jimmy Hunt on the birth of their beautiful baby daughter, Erin May, who was born on Monday 16th February, weighing 7lb 14oz, by water birth at the New Forest Birth Centre in Ashurst, a midwife-led centre. "The staff were fantastic and offered amazing support during our stay, we'd highly recommend it," they say.

Membership News

At the time of writing, the club has 97 members: 48 ladies and 49 men, of whom 33 have joined England Athletics. Do please let me know if any of your contact details change. We are pleased to welcome 19 new members this quarter: Vicky Pelling, Joe Pelling, Hollie Johnson, Peter Smith, Maria Oinn, Rob Webb, Mike Roberts, Trevor Bond, Elaine Bond, Ali King, Marie Duignan and Sarah Muir from Romsey; Nick Day from Shirley; Francesca Hough from West Wellow; Jane Jackson from East Tytherley; Ricky Bath from Woolston; Jackie Bailey from Otterbourne; and Emma Smillie and Erica Williams from Lockerley. Here are some of their inspiring stories.

Penny Jennings,
Membership Secretary

Jackie Bailey



... has set herself goals for this year that include doing a 10k, 10 mile and a half marathon. She is going to enter the Southampton Half Marathon and would also like to take part in the CC6 races for the club. Jackie hopes to work on improving her times and getting fitter and faster.

Ricky Bath

... is training to run the Southampton Half Marathon. He has done a

couple of half marathons before – the last one was Reading in 2012 – but is aiming to get fitter.



Elaine and Trevor Bond

... started running 15 months ago, encouraged by their daughter, Louise, of Hedge End Runners. They started with Saturday morning parkruns in Southampton and later took part in the Bournemouth 5k Speed of Light event at the October Marathon Festival. Both in their early sixties, they are enjoying the experience and the warm welcome from RRR.

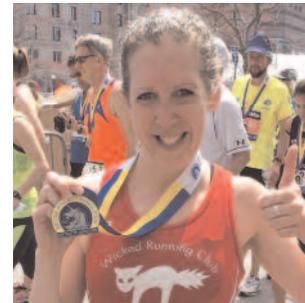


Nick Day



... is a reformed heavy smoker and couch potato who started running when he quit last May. He ran two marathons last year and would like to run an ultra in 2015.

Maria Duignan

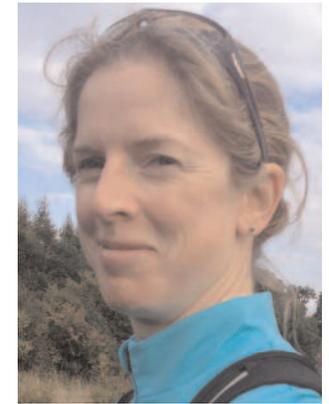


... has been running for about 10 years now and has taken part in 5k, 10k, half marathons and, in the past two years, has completed three marathons, a few 50ks and, most recently, a 50-miler. She says they're all very different beasts when it come to training and racing and, as yet, she

hasn't decided on her favourite distance. Maria recently moved back to the UK after having lived near Boston, USA, for five years. While she may only be living in Romsey temporarily, it's proving to be the perfect running location both for picture-perfect routes and agreeable weather for her training for the 2015 Boston Marathon, which she'll be going back to race in April.

Sarah Muir

... is just returning to running after having some time off due to injury. She has joined RRR to help her get the running bug back again. She ran the Reading Half Marathon in 2012 but ran it faster than she had trained for and sustained an ankle injury. She has signed up for the Southampton Half Marathon in April and is aiming to do it a little slower this time.



Maria Oinn

... started running less than a year ago having been 'volunteered' to enter a short duathlon. Since joining Romsey Road Runners in December she has got PBs for 5k and 5m and did her first two 10ks in January. She says that the club's training approach and support are helping her get the best out of running. Having not been able to run round the block at Fishlake Meadows without stopping every 50m she is now able to run 10k without stopping. "It's going to be a great 2015 with this friendly running group."

Vicky Pelling

... only started running last year, around April, and did her first parkrun on Southampton Common. It took her a while to be



achieved his dream in London 2013 of a sub 3-hour marathon and is planning to do the New York Marathon in November. "Would be nice to do another 2 hours something but pressure off now."

able to get round the course without having a sneaky walk but she finally cracked it, and her time has gradually become quicker. She gave up smoking recently and now the urge to run is greater than the urge to smoke. Running, she says, has really helped her and there will be no going back now. Her aim for this year is to run a half marathon. "It would be fantastic to achieve this goal and maybe one day a full marathon, which would be amazing."

Mike Roberts

... has been running for the past eight years with Hardley Runners (boo!) and enjoys off-road and road races in equal measure. His favourite off-road is the Grizzly in Seaton – which he is doing again this March. Mike has also completed the Dublin, Brighton, Boston and London marathons. He



Emma Smillie

... started running at the beginning of 2010 with the aim of completing the Great South Run that year and raising money for Parkinsons UK. She got the running bug and continued, completing a number of half marathons and the Paris Marathon in April 2011. Unfortunately, injury struck late in 2011 and she had a year off running. She started to get back into it in 2014 and is hopefully back to full fitness. Recent

achievements include the Tough Mudder and Great South Run – all in one weekend! Future plans include Bath and Longleat Half Marathons in March.

Peter Smith



... joined us in an attempt to up his distance and speed. He has been running for about five years, his most memorable race to date being the Bay-to-Breakers in San Francisco in 2010. He is training for the Paris Marathon in April and hopes that running with us will help him keep up with his 18-year-old son.

Rob Webb

... says that previous attempts to get into running were short lived – he'd venture out with anything but appropriate

footwear until blisters spoiled his fun. Some years later, he learnt that he should invest in some proper running shoes. He's now getting into a routine of running a few times a week, mixed in with a 5-a-side football match one evening a week. He's enjoying the challenge of pushing himself to run at a faster pace with the aim of achieving greater levels of fitness – the whole 'healthy body, healthy mind' cliché ticks the box, he says. He ran the Great South Run in Portsmouth last year and is now looking to push on and participate in some more running events and joining RRR is a step in the right direction. He says he's already met some fantastic club members and is looking forward to getting to know many more.



This six-week course was intended to help club members to change running styles during a race and introduce a short sprint when required – usually towards the finish! During the Thursday evening sessions we covered all the basic elements of sprint training, including pyramid sprints up Durban Close using the lampposts as markers and other techniques such as 'jelly-wobble jaw'. The last session showed how we can put our newfound skills to use in a race. It has been a keen and enthusiastic group and it looks as if it may well continue during the summer.

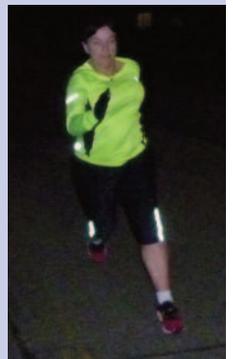
Keith Stone

I loved sprinting as a kid so when I heard that there was to be a sprint session on a Thursday I was having a piece of that! Our first session was training up a hill running with high knees and on the balls of our feet remembering to have a 'jelly jaw' and being loose with our hands, 'holding a crisp', doing pyramids to different lampposts and back. Hard work!

Keith then got us to run at Romsey Industrial Estate. Wow, running up that blooming hill paid dividends – sprinting on the flat was fun and felt much faster.

Now I have learnt how to sprint on the straight and bends I can't wait to put it into practice. Thank you Keith for your knowledge and support. For those who have never done sprint sessions, I would highly recommend it. Usain Bolt watch out – the Romsey Road Runners are onto ya!!!!

Julie Shanker





The 5 Mile Beer Race 2015

THE 5 Mile Beer Race is Romsey Road Runners' annual race, organised and run by us. It's extremely popular with both new and local runners, especially as we always provide a friendly welcome and well-marshalled route. Of course, the pint of beer and slice of cake at the

finish also add to the event's charm and attraction.

The race is now in its 29th year and the committee is always grateful for the support given by members of the club to help ensure we deliver a safe, enjoyable event, especially as participation has risen

year on year. The popularity of the race ensures it makes a profit, which the club is able to use to subsidise events, such as the annual awards evening, and we are often able to make a donation to charity, too.

This year's race will be on Sunday 7 June 2015 and once again we are calling on club members to join the committee to help put on another fantastic, safe race – don't forget that as a club member you are not able to enter the race yourself.

Please put the date in your diary and look out for the sign-up sheets that will be available at club sessions soon asking for marshals and cake-makers! We usually host a barbecue for club members afterwards, as a thank you. If you are attending any

local races over the next few months or can promote the race at work or any other venues with community noticeboards, please pick up copies of the race flyer at club sessions. We will also be looking for help to distribute flyers at the first couple of RR10 races in April and early May.

This year we are trying to encourage more runners to enter online via the Run Britain and *Runner's World* websites, however the entry form will still be available to download from the RRR website.

**Hannah Hunt,
Beer Race Committee**

**The 2014 5 Mile Beer Race
prize winners with their
awards**



Post-race rehydration kindly supplied by Fullers while Mike and Sarah Edom at The Old House at Home will take delivery and set up for us on the day

Pasta Party

Our annual Pasta Party has been booked for **Tuesday 21st April** at **The Sun Inn** (Winchester Road, Romsey SO51 7JG) at 7pm for 7.30pm. (Parking available behind the pub.)

There'll be a set menu, at a special price of just £10 per head (drinks, desserts and coffee can be ordered and paid for separately on the night). There'll even be our legendary David Nixon quiz!!!

If you wish to come along and support our London Marathon entrants, please fill in a form – available on the website or on club nights – and hand it to Di or Lesley

(before Tuesday 14th April) along with payment (cash or cheques payable to 'Romsey Road Runners').

Please let us know if you have any special dietary requirements.



menu

Starter

Garlic Bread

Main Courses

(served with salad)

Beef Lasagne

Seafood Risotto

Vegetable Pasta

Weekend Away

For this year's weekend away we'll be heading to Pembrokeshire for a leg of the **Endurancelife Coastal Trail Series** on 2nd May. These are fantastic events held around scenic stretches of coastline. They offer a choice of distances: 10k,

half marathon, full marathon and ultra.

To find out more, and enter if you plan to come, go to:

www.endurancelife.com

These events are popular, so enter soon to avoid

disappointment.

For further details, go to the website, pick up a flyer on a club night, or speak to me.

**Di Cross,
Social Secretary**

 **ENDURANCELIFE**

www.romseyroadrunners.co.uk

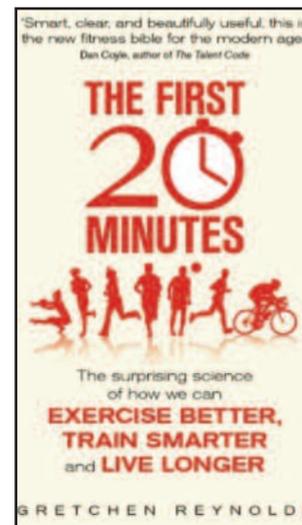
Book review *The First 20 Minutes,* Gretchen Reynolds

If you haven't read this book, get a copy. It's an excellent read, summarising a lot of recent research to explain the physiology of exercise.

It gives practical recommendations about how to maintain fitness effectively. You'll read bits that make you go "Wow!" and want to tell others what you've learned.

It covers a range of topics, including: Stretching and massage; Nutrition and hydration; Weight and weight loss; and Building strength and endurance.

I liked the way it tells you not just what you should be doing but also why. There's plenty of no-nonsense myth-busting on the way, particularly about diet (forget all the fads, just eat a good, balanced diet) and hydration (the most dehydrated runner in a marathon will usually be the winner). There's also



good advice about the best strengthening exercises (explosive power? I heard it here first), the importance of good balance and tips for avoiding injury. The overall message: moving is good, sitting is bad.

For me, the book's usefulness tailed off a bit in the later chapters. I got fazed when faced with another and then another benefit of exercise and a rather tedious section on fitness and genetics. However, I heartily recommend it as a good guide to the basics about how the body works and how to stay healthy, fit and strong.

Mark Stileman

www.romseyroadrunners.co.uk

The Song of the Ungirt Runners

By Charles Hamilton Sorley

(killed in WW1, aged 20)

We swing ungirted hips,
And lightened are our eyes,
The rain is on our lips,
We do not run for prize.
We know not whom we trust
Nor whitherward we fare,
But we run because we must
Through the great wide air.

The waters of the seas
Are troubled as by storm.
The tempest strips the trees
And does not leave them warm.
Does the tearing tempest pause?
Do the tree tops ask it why?
So we run without a cause
'Neath the big bare sky.

The rain is on our lips,
We do not run for prize.
But the storm the water whips
And the wave howls to the skies.
The winds arise and strike it
And scatter it like sand,
And we run because we like it
Through the broad bright land.

**Submitted by
David Nixon**

Spring 2015 RELAY 11

A Festive Flavour



Christmas Eve on top on Pepperbox Hill...

FUELLED mainly by Christmas cakes and mince pies – and, rather disappointingly, coffee not mulled wine – the festive season social runs were well attended and great fun.

Lots of mud and a few hills greeted the dozen or so club members who made it to Whiteparish for the Christmas Eve run from my house. A bit of a tradition now, we ran up to the folly on Pepperbox Hill – now a National Trust site – round it, then back home for refreshments. A cold but bright morning, the seven-mile route offered impressive views across Salisbury Plains and

beyond, with the spire of the cathedral clearly visible.

Then, on New Year's Day, almost 20 of us (and three dogs) sobered up in time for the annual outing from



... and New Year's Day 2015 at the Bear & Ragged Staff in Stoneymarsh

the Bear & Ragged Staff at Stoneymarsh. Despite a gloomy forecast, the rain held off and we enjoyed a social seven-mile route out to Kimbridge and Mottisfont, along the Test Way before crossing the A3057 at Brook and heading back past St Mary's Church in Michelmersh to the pub for lunch.

Di Cross,
Social Secretary

The New Year's Day run is detailed on the following page as the first in our 'Route Master' series. Do please contribute a favourite route, if you have one, for the next issue.

Route Master

START: Bear & Ragged Staff, Stoneymarsh, Michelmersh, Romsey SO51 0LB.

PARK: In the pub carpark if you plan to pop in for a swift half or layby just past pub on the left if not.

TERRAIN: 7 miles (gentle hills, mainly off road)



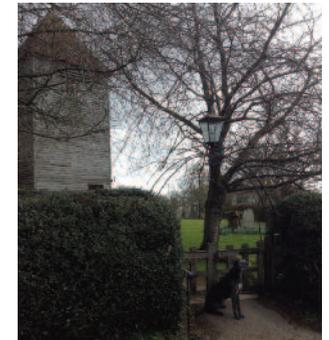
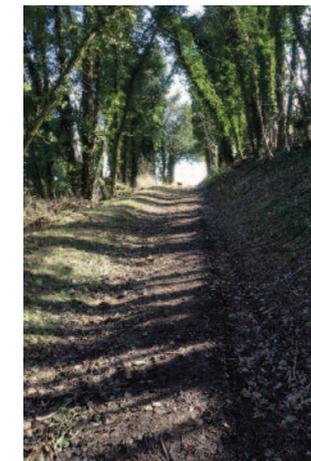
MILE 1 Leave the pub carpark and cross the A3057 heading along road towards Kimbridge. Pass Annie's tearoom and go over level crossing then turn immediately right, over stile, onto Monarch Way (MW) path. A junction of footpaths turn right, still MW, and follow path over railway bridge before it bends left. Follow narrow path that drops down to river.

MILE 2 Cross field to black gate then follow path to St Andrew's Church, Mottisfont. When you reach lane (Oakley Road), turn left. Pass the Social Club and Abbey gates before turning right onto the Test Way.

MILE 3 Follow path (abbey to right) to kissing gate then turn

right onto gravel path. Go over river and then, after cottages, turn right crossing wooden bridge into field (Test Way/MW). Head towards quarry and at far side go over stile and River Test and turn left to continue on Test Way (TW).

MILE 4 Follow the TW (main road to your right), passing Upper Brook Cottage, then leave the TW before metal bridge and go right through metal gate. Follow drive past Old Barns with Southern Water on your left. Turn right onto road (busy, so take care) and after 200m cross and turn left opposite layby up path (one cottage has a 'Honey' sign). Go through metal gate and up grass track towards trees.



MILE 5 Follow footpath for about a mile until you reach hardcore track (not road) with house facing you. Turn right.

MILE 6 Pass Lower Eldon Cottage on left and continue to metal gate. Go round gate and pass sub-station and pheasant pens. As track bends sharp left by metal gate and gas pole, go right over two styles to pick up footpath. Follow path through trees to reach posts across path and wooden fence to left, then wood/brick fence and gate.

MILE 7 Emerge by Michelmersh Court and lodge and follow road past church on left, pond on right and Michelmersh Farm Trust (Church Road). When you reach junction, go straight across onto Right of Way. After 200m, join lane by 6'6" sign and go straight over crossroads. Continue down the hill to return to the pub.

Recent Race Results

Portsmouth Coastal Waterside Marathon 21 December 2014

Wendy George	4:04:46
Stewart Liesenham	4:08:05
Di Cross	4:23:16
Jade Rolfe	4:25:59
Brenda Topliss	4:31:26
Jo Weguelin	4:35:58
Becky Tovey	4:41:34
Alice Lane	4:42:35
Lisa Ware	4:57:09

George Skeates Fun Run, Stockbridge 11 January 2015

Steve Edwards
Mark Adams
Julia Abab
Alice Lane

Stubbington 10k (HRRL) 18 January 2015

Tam Ryan	42:35
Paul Burnage	43:38

Romsey 5 25 January 2015

Ian Ralph	31:28
Tony King	31:33
John Quayle	35:02
Becky Tovey	37:31
Jane Carter	38:29
Brenda Topliss	39:27
Peter Smith	39:55
Alison Solomon	41:33
Deborah Rees	46:03
Julie Shanker	46:24

Stonehenge Stomp 25 January 2015

Completed the 20k:
Mark Adams
Di Cross
Ruth Page
Completed the 30k:
Tam Ryan

Thames Trot Ultra 50 7 February 2015

Jade Rolfe 8hrs 38mins

Endurancelife CTS 14-15 South Devon

7 February 2015

Marathon	
Becks Marriner	4:58:53
Half Marathon	
Di Cross	2:35:57
Bob Gold	3:19:24

Blackmore Vale Half Marathon

8 February 2015

Tam Ryan 1:34:38

Bramley 10/20

15 February 2015

Tam Ryan 2:25:14



Jade Rolfe competing in the 50-mile Thames Trot from Oxford to Henley on 7 February

Portsmouth Coastal Half Marathon

22 February 2015

Francesca Hough 2:18:36

Salisbury 10 mile (HRRL) 8 March 2015

Ian Ralph	1:05:58
Tam Ryan	1:10:24
Jade Rolfe	1:12:53
Alison Solomon	1:24:30
Rio Brooks-Gibbs	1:33:30
Ricky Bath	1:47:06

Thames Meander Marathon 14 March 2015

Di Cross 4:41:03

Endurancelife CTS 14-15 Sussex

21 March 2015

Ultra	
Becks Marriner (3rd)	5:51:03
Half Marathon	
Di Cross	2:31:30
10k	
Anna Duigan	1:36:46
Gill Callus	1:42:15
Wendy Couper	1:46:50

Eastleigh 10k 22 March 2015

Neil Jennings	37:00
James Battle	37:00
Ian Ralph	38:24
Tam Ryan	41:49
Jo Weguelin	46:04
Alison Solomon	48:11
Stuart Cripps	50:37
Debby Ferre	1:01:31

- Personal Best
- Course Best
- First in Category

Fixtures – CC6 Series 2014/15

I'd like to say a massive well done to everyone who turned out this year to run those early Sunday morning mud-fests!! The team results were especially impressive, with Romsey Ladies' Team 3rd overall and the Men's team placing 9th, with a combined position of 7th. Well done guys!!!!!

The Hampshire Road Race League is heating up this year, with some stonking PBs all-round! With three races left it's not too late to take advantage of these local races as great opportunities to knock a few seconds off your 10k or 10 mile times for the pentathlon.



The final race in the series at Wilverley on 1 March

**Becky Tovey,
Club Captain**



(NB: the full table of HRRL results and current placings in the Vets Pentathlon will be published in the next issue of Relay)

FINAL CLUB POSITIONS			
CLUB	MEN	WOMEN	COMBINED
Lordshill	1	2	1
Totton	6	1	2
Winchester	2	5	3
Stubbington	3	4	4
Eastleigh	=4	6	5
New Forest	1	7	6
ROMSEY	9	3	7
Hardley	7	8	8
Soton AC	=4	11	9
Lymington	8	10	10
Halterworth	10	12	11
Wessex	11	13	12
Running Sisters	n/a	9	n/a



WOMEN	CAT	R7	R6	R5	R4	R3	R2	R1
Tamantha Ryan	FV40	9		9	9		12	
Jo Weguelin	S	12	12		16	M	19	10
Becky Tovey	S	11	14			A	48	25
Hannah Shutt	S	16	19		18	R	22	11
Di Cross	FV50	32	22	29	25	S	43	24
Penny Jennings	FV50	36	27	28	32	H	40	
Alice Lane	FV40	31	29			A		
Sarah Humphries	S		35	37		L		
Julia Abab	FV50				31	L	47	26
Deborah Rees	FV40				51	I		52
Becks Marriner	S					N	15	
Julie Shanker	FV40					G		49

MEN	CAT	R7	R6	R5	R4	R3	R2	R1
Neil Jennings	S	9	11	6	9			
Jonathan Williams	S	33	40		45	M	49	32
John Quayle	S	50	57	44	61	A	59	
Christopher Brown	S			25	50	R		43
Mark Adams	V40	52	65			S		
Jade Rolfe	S	43				H		
Jim Wright	V40			44		A		
Steve Reed	V40				60	L		
Derek Kelly	V60					L	95	95
Duncan Wallin	S					I		51
Tony Peelo	V60					N		67
Greg Roulston	V50					G		84

These are the results so far for Pentathlon14/15. Usually we print just the top five positions but I thought I'd share what I have so far, so that you can fill in the blanks!! I am sure there must be some results that have passed me by, so don't be shy – if anyone has anything to add please let me know the race, the distance and the all-important time.

Becky

NAME/MEN	5K	5M	10K	10M	HALF	FULL	TOTAL
Ian Ralph		31:28 (40)		1:05:58 (40)		3:17:28 (40)	120
Paul Burnage		33:58 (34)	43:35 (40)				74
Jade Rolfe				1:12:53 (37)		4:25:59 (34)	71
Stewart Liesenham						4:08:05 (37)	37
Pete Hartley			46:46 (37)				37
Tony King		31:33 (37)					37
Ricky Bath				1:47:06 (34)			34
John Quayle		35:02 (32)					32
Pete Smith		39:55 (32)					32

NAME/WOMEN	5K	5M	10K	10M	HALF	FULL	TOTAL
Brenda Topliss		39:27 (34)		1:23:56 (37)	1:51:00 (34)	4:31:26 (34)	143
Tamantha Ryan			42:35 (40)	1:09:14 (40)	1:33:09 (40)		120
Becky Tovey		37:31 (40)			1:54:46 (32)	4:41:34 (30)	102
Alison Solomon		41:33 (32)		1:24:30 (34)	2:17:34 (30)		96
Rio Brooks-Gibbs				1:33:30 (30)	1:50:11 (37)		67
Alice Lane				1:27:07 (32)		4:42:35 (29)	61
Wendy George						4:04:46 (40)	40
Di Cross						4:23:16 (37)	37
Jane Carter		38:29 (37)					37
Jo Weguelin						4:35:58 (32)	32
Deborah Rees		46:03 (30)					30
Francesca Hough					2:17:48 (29)		29
Julie Shanker		46:24 (29)					29
Lisa Ware						4:57:09 (28)	28

Report from the Session Leaders

The Monday and Thursday training sessions have continued successfully over the dark winter months. We have had some chilly evenings this year but none of the torrential rain and flooding that we endured last year. Being part of a club is particularly valuable, I think, over winter when the cold and dark means that it's that much more difficult and less appealing to go out on your own. I'm always struck by how happy and positive everyone is at the end of a training session – it's therapeutic.

The session leaders have been buoyed in numbers by Julia Shanker and Deborah Rees. We meet regularly as a group to discuss how well – or not – the sessions are working and we are always challenging ourselves to find ways to improve how sessions work. The last time we met, we decided to start posting pre-session announcements via the Google Group to improve club communication and this

seems to be working well.

We met again recently and discussed a number of issues and ideas. One of the points discussed was the mix of groups 1 and 2 versus 3 and 4. We'd like a more even balance and to encourage this we're proposing to move the sessions around in the autumn so that groups 2 and 3 run together.

We are also looking at improving the safety of our sessions by getting the session leaders onto first aid courses.

Talking of safety – we want to be certain that we're not leaving anyone behind in any kind of difficulty during a session. We are going to be



taking head counts throughout the sessions and, in turn, we need you to be sure to tell us if you are planning to leave early for any reason.

Spring is just around the corner. We're all looking forward to the opportunities that the lighter evenings offer. We are going to investigate whether it's practical to get to Ampfield Wood on a Monday evening and we are also planning to repaint the Braishfield markers. Meanwhile, the Mountbatten track has been upgraded to a 400m circuit, so we're refining these sessions, too.

As ever, we rely heavily on your feedback and suggestions to ensure that the sessions are working for you. Do you have any good ideas? We'd also like to encourage you to think about becoming a session leader – it's rewarding and a lot of fun.

**Mark Stileman,
Session Leader**

Training Schedule **Spring 2015**

Listen out on club nights or join the Google Group for details of weekend or Bank Holiday runs organised by individual club members.

	March	Coach		April	Coach		May	Coach
Mon 2	1/2: Hattenwoth/Tadburn 3/4: Cupemham/Fishlake	Jo Deborah	Thu 2	Lee Lane	John	Mon 4	NO CLUB – BANK HOLIDAY	
Thu 5	Tadburn Road Sprint Session (optional)	David Keith	Mon 6	NO CLUB – EASTER MONDAY		Thu 7	Track: 800m pairs (POST RR10)	Jo
Mon 9	1/2: Fishlake Industrial (2x2) 3/4: Shorter version of NB route	Wayne Julie	Thu 9	Lee Lane	Mark	Mon 11	Braishfield B2: 4 x 1km (Wheatstearf)	Ian
Thu 12	Romsey Industrial Estate Sprint Session (optional)	Mark Keith	Mon 13	1/2: Straight Mile 3/4: Crampmoor	Jo David	Thu 14	Track: Out & back	David
Mon 16	1/2: Abbotswood 3/4: Campion Drive Hills	John Deborah	Thu 16	Lee Lane	Ian	Mon 18	Braishfield B3: 4 x 1km (Farm)	Mark
Thu 19	Tempo Run	Ian	Mon 20	1/2: Straight Mile 3/4: Crampmoor	Mark Julie	Thu 21	Track: Group of 3 pyramid (POST RR10)	Ian
Mon 23	1/2: Cupemham Fishlake 3/4: Hattenwoth/Tadburn	Jo David	Thu 23	Track: 400m groups of (POST RR10)	John	Mon 25	Braishfield B4: 5k TT	Wayne John
Thu 26	Cemetery Hill	Deborah	Mon 27	Braishfield B1: 4 x 1km (Opposite Wheatstearf)	Wayne	Thu 28	Track: 400m pairs	Julie
Mon 30	1/2: Straight Mile 3/4: Crampmoor	Wayne Julie	Thu 30	Track: Individual pyramid	Deborah			

Upcoming races

<i>Date</i>	<i>Time</i>	<i>Event</i>
APRIL		
11	from 08:30	Endurancelife CTS 14-15 Exmoor
19	10:15	Houghton 11k Trail run (also 4k fun run + cycle rides)
22	19:00	RR10/1: Royal Victoria Country Park (Southampton)
26	10:00 (mass start)	Virgin London Marathon
	10:00	ABP Southampton 10k + half marathon
29	19:15	Lakeside 5k Series, Hilsea Lido
MAY		
02	from 08:30	Endurancelife CTS 14-15 Pembrokeshire
03	10:30	Sarsen Trail & Neolithic Marathon
06	19:15	RR10/2: Stoney Cross (hosted by Totton RC)
10	10:30	Alton Ten (HRRRL)
	10:25	Dorchester Lions 10k
17	10:30	Netley 10k (HRRRL)
20	19:30	RR10/3: Wilverley, Sway (host New Forest Runners)
23	from 08:30	Endurancelife CTS 14-15 Flete
24	08:30	Windsor Half Marathon Trail Run
27	19:15	Lakeside 5k Series, Hilsea Lido
JUNE		
03	19:30	RR10/4 Recreation Ground, Blackfield (Hardley)
07	10:30	ROMSEY ROAD RUNNERS' 5 MILE BEER RACE
10	19:30	RR10/5: Fairthorne Manor, Botley (Stubbington)
13	TBC	Endurancelife Classic Quarter, Cornwall (ultra)
21	10:45	Wellow 5k Fun Run
24	19:15	Portsmouth Joggers Summer XC (5 miles)
	19:30	Specsavers Chippenham Longest Day 10k
	19:30	RR10/6: Manor Farm Country Park (hosted by Running Sisters/Hedge End)
28	10:00	North Devon AONB Fell Marathon/Half Marathon