

RELAY

Summer 2015



**LONDON
MARATHON**

RRR's stars

ANNIVERSARY
Celebrating 30 years

ROMSEY

ROAD RUNNERS

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Cover photo: RRR's 2015 Virgin London Marathon team – Neil Payne, Tam Ryan and Toby Burrows – at the pasta party
Photo: Liz Slade

Editor's Comment

Hello all,

My second newsletter for the club – hope you enjoy it. Feedback always appreciated. It's given me something to do while recovering from, first, a rotated pelvis and, more recently, a bad bout of flu. I will be fit again one day...

If anyone has anything they would like to include for the autumn edition, please forward to me by 10 August. Hope you are all having a good summer of running.

Di Cross, Acting Newsletter Ed

Anniversary plans

This year, Romsey Road Runners reaches another milestone: our 30th anniversary.

To celebrate this, we are planning a social event for Sunday, 13th September at lunchtime. While details have yet to be finalised, we have reserved a room at the Mill Arms in Dunbridge and are hoping to organise a fun run – fancy dress, perhaps? – with food to follow. Do let us know if you have any ideas – and please make a note of the date.

Di & Lesley, the Social Secs



Back in the (early) day – Romsey Road Runners adopt some especially aerodynamic kit for a club handicap

Dates for your diary

JUNE

- 7 RRR 5 Mile Beer Race

JULY

- 22 RRR RR10 at Janesmoor Pond (plus post-race dash to Tyrrell)

SEPTEMBER

- 13 RRR 30th Anniversary Celebration at Mill Arms

NOVEMBER

- 11 Club AGM + London Marathon ballot
- 20 RRR Awards Night Dinner at Ampfield Golf Club

London Marathon stars



Many congratulations to Toby Bellows, Tam Ryan and our club-place runner Neil Payne for great performances in the 2015 Virgin London Marathon. A special mention to Tam, whose outstanding 03:12:52 has earned her a championship place in next year's race, as she explains below.



“ My goal for London this year was to break 3.15,” says Tam, “which is the women's qualifying time for a championship place. Training went well but a few health hiccups in the weeks before the race knocked my confidence and doubt set in. To my surprise, I had a cracking start and flew along feeling great. I realised I was going too fast so slowed down. A calf problem reared its head early on but I managed to run pain free and loving every minute until 20 miles, when the first cramping spasm hit. Unfortunately, it slowed me down from then on but seeing the family and Becky T at 22 miles gave me the lift I needed to finish. I couldn't believe the clock as I ran towards it smashing my goal with a time of 3.12.52. I'm still pinching myself...” ”



Membership News

The club now has 113 members: 58 ladies and 55 men. We are pleased to welcome 12 new members for the summer: Liam Baldieri, Nikki Skeates, Bridget Wells, John Horton and Colin Waters from Romsey, Colin Williams from Brokenhurst, Jacqui Evans from Compton, Marion Kelly from Kings Somborne, Ann-Marie Skill from Lockerley, Aisling Syme and Sarah Wood from Whiteparish, and Sally Coe from Mottisfont.

Penny Jennings, Membership

John Horton



... took up running to get fit for orienteering. That was about 35 years ago and since then he's done a lot of running! He prefers off-road challenges and his favourite terrain is in the mountains. He's done a lot of mountain marathons and other long-distance events, including the Bob Graham Round (72 miles/27,000ft ascent). He's just taken early retirement and intends to spend a lot of time pursuing his love of the outdoors running, walking, climbing or

kayaking. He was a RRR member in the '80s and '90s and has rejoined (yay!) after running for Hardley in recent years.

Marion Kelly



... has enjoyed running on her own for a couple of years now. She wanted to join a club to improve her speed and have some company on runs. She also wants to try to complete a half marathon in the next year to mark a significant birthday. She says she's found the club very friendly and has thoroughly enjoyed the training so far.

Bridget Wells & Nikki Skeats

... are sisters and have lived in and around Romsey for the past 17 years. They both decided to take up running a couple of years ago, having not run since leaving school, in an attempt to get fit and lose weight. They initially joined a beginners running course with Solent Running Sisters in 2012 and have since progressed to running 30 minutes without stopping (albeit slowly). Since then they have run Romsey 5 mile; B&Q, Lordshill and Hursley 10k; the GSR; Salisbury 10; a well-known Beer Race; and, more recently, the Southampton Half Marathon. They joined Romsey Road Runners a couple of months ago and say the warm, friendly welcome from everyone in the group has been amazing and made them feel like they really belonged right from day



one. They are looking forward to improving their running speed, technique and stamina with the help of the Club Training Sessions. Of course, a bit of sibling rivalry always helps, too!

Liam Baldieri:



... is 19 and currently taking a second gap year. He's heading to uni this September, where he hopes to study Philosophy; he's undecided on which one yet. He's getting back into running this year, despite a few injuries, and is aiming

for about a six-minute mile time by the end of 2015. He also enjoys using the gym, so he can maintain some size as well as gaining speed with the Road Runners. He'd like to make it into the top half of the RR10 rankings by the end of the season. He looks forward to seeing everyone at club.

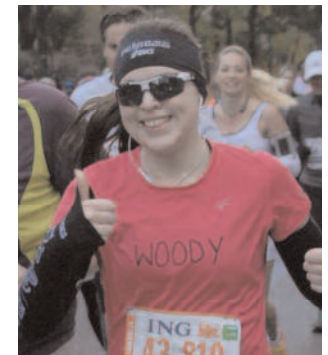
Jacqui Evans



... lives in Compton near Winchester with her husband and two daughters. She started running just over a year ago and so far has only entered

the Great South Run, where her target was to complete it alive! She was encouraged to join RRR by Paul Slaughter, who she works with, and says he has turned into her very own running guru, always reminding her where the club is meeting and what to expect. She says everyone has been so friendly that she's really enjoying it.

Sarah Wood



... was part of an athletics club at school and did a lot of sprinting. She decided to take up running again a few years ago but started running longer distances. She ran the New York City marathon in 2013, which she says was an incredible experience. She ran a half marathon in NYC last October and also completed her first Tough Mudder. Her training routine this year has become a little dull so she's joined RRR in the hope of reigniting her passion for running; so far it's working.

News and events

It's just not cricket...

The Ageas Bowl, home of Hampshire Cricket, is the start and finish point for a new five-mile, UKA-affiliated road race being organised by Running Mania – the team behind the B&Q 10k – on Sunday 27th September.

A fast, flat course – ideal for anyone after a PB – the race will start in the Bowl at 9am and runners will return to the ground through the access tunnel before finishing in front of the pavilion. The entry fee is £13 (affiliated) with a 'technical' T-shirt for runners and prizes for men, women, vets and teams. Entry details at: www.runningmania.co.uk



Words in motion



Anyone who fancies themselves as a film star might be interested in the following.

This September, runner-cum-filmmaker Gavin Boyter is running from John O'Groats to Land's End. He's running several ultras during training and his adventures will be

captured on a range of bodyworn, drone and tracking cameras, as well as through video diaries.

He's looking for fellow ultra runners to accompany him for part of the route, during which he'll talk to you on the move about how you got into ultra-running, why you do it and how you feel it improves your life...

Profits from the film will be divided between UK mobility charities Whizz-Kidz (www.whizz-kidz.org.uk) and LimbPower (www.limbpower.com). It will be funded via a Kickstarter crowd-funding campaign, to which you would be expected to contribute.

If you are interested, write 200 words or less on 'why I run' and send it, with a list of your recent races, to Gavin at: long.run1100@gmail.com

Book it!

Running Fitness: From 5k to Full Marathon
By David Ross

David Ross
Running Fitness



From 5K to Full Marathon

A structured and practical training guide for developing performance and endurance

Now available from **amazon.com**
ISBN: 978-1-291-68-349-7

Described as 'A structured and practical training guide for developing performance and endurance', David Ross says his book is aimed at a large portion of the running community, including beginners.

David, an experienced runner, explains why warm-ups and cool-downs are important; the role and purpose of cross-training and core fitness activities; and discusses diet and energy supplements, among other things.

If anyone has read a copy, let us know what you think.

Available from www.amazon.co.uk for £10.99; Kindle edition £6.11.

● There's an Open Afternoon at CrossFit Solent Endurance on 14 June from 1330-1530. For details, email Olly Drew at: olly@crossfit-solent.co.uk (www.crossfit-solent.co.uk)

● The Running School in Southampton has an Open Day on 20 June, when they are offering half-price bio-mechanical analysis (£15). Call Paul Bartlett on 023 8065 3707 (www.runningschool.co.uk)

Pasta Party

ONCE again, around 50 of us headed down to the Sun Inn in Romsey on the Tuesday before the London Marathon to give our entrants – and those doing the Southampton Half on the same day – a carb-loaded send-off. It must have worked, as some great times were clocked.

Those who weren't running at the weekend still benefitted from a cerebral workout thanks to David Nixon's now

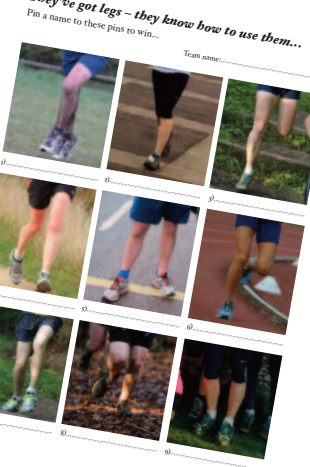


legendary quiz – with the added embarrassment of the 'Legs' picture round (quite staggering how many people can't identify their own pins!)

Congrats to all the winning teams – who further added to their carb-consumption with some of Thornton's finest.

And many thanks to the staff at the pub who did us proud with a delicious choice of great-value pasta dishes.

Di & Lesley, The Social Secs



Weekend Away

A DOZEN of us headed to Pembrokeshire for the annual club weekend away at the beginning of May. Based (mainly) at the Premier Inn at Haverfordwest – a few brave souls opted to camp – the first part of our itinerary was the penultimate leg of the Endurancelife Coastal Trail Series 2014/15, which started in the village of Little Haven.

The scenery is undoubtedly delightful, though the driving rain

and high winds didn't really do it justice. Especially after a 28-mile marathon (boy did that extra mile and a half make a difference!)

The team got their heads down – you had to, those narrow coastal paths were very slippery when wet – and the blue and yellow vests were spotted (beneath waterproofs) in all four of the distances.

First off at 8.30am was Toby in the ultra. Having run the London Marathon the previous weekend, he finished the 35-mile route in an impressive 6:00:29, 11th man home overall. Becky and Di set out next half an hour later in the



marathon. Becky just missed the medals, 5th in the women's race in 4:50:41, with Di – running/chatting her way round her sixth race in the series – finishing an hour later.

Lindsey and Naomi were off next, running the half together in 3:42:42 and 3:42:46.

The club was then well represented in the 10k, a linear route from Marloes back to Little Haven. Brenda was the first Romsey runner home in 1:35:06, 1st in the FV60 category, followed by Anna in



Anna in the 10k



About to get wet, wet, wet: Becky, Lindsey, Di, Naomi, Toby



Bridge over the River Usk: Brenda, Anna, Becky and Wendy

1:36:32 (2nd in category), Ruth in 1:43:53, Wendy in 1:46:49 and David in 1:57:20.

The views out over Marloes Sands – what could be seen – were stunning as was the coastline towards St Brides. The headwind facing runners at the disused Second World War airfield, RAF Dale,

was especially challenging – though we agreed it would have been an even greater challenge trying to land a plane in those ferocious gusts. Even the local kite festival was cancelled!

Once we'd thawed out and dried off – which took some of us quite a while – we headed off to the fantastic Druidstone

Hotel near Broad Haven for dinner. Highly recommended, it's a quirky place perched on the cliffs with an imaginative menu that changes daily. The perfect place to refuel.

After breakfast on the Sunday we headed east once more, taking the Brecon Beacons route back and breaking our journey at The Bridge Inn at Crickhowell. Here, we somewhat ambitiously tackled the 4½ mile Table Mountain circuit. Luckily, everyone's legs held out, as did the weather, and we agreed that it was an inspiring route and a good workout for tired muscles. After lunch at the pub we headed home, through a cloud burst. A great weekend – many thanks, everyone.

Di Cross, Social Sec



On top of old... The team conquer Table Mountain – Sugar Loaf behind us

Taking the bus – in Cape Town

THE Two Oceans Ultra (56k) marathon in Cape Town, South Africa (SA), describes itself as “the world’s most beautiful marathon”.

Being my first ultra I knew my goal was simply to finish before SA’s rigidly enforced cut-off time of 7 hours (one second over and you don’t get to cross that finish line). Statistically, as a first-timer in my age group, I had a 50:50 chance of achieving that goal – oh no! (Hey, that’s only statistics.) In longer races I have sometimes made use of pacers. In SA you join a pace ‘bus’. If you struggle to keep up with the group you might hear spectators call out encouragingly, “stay on the bus”.

The traditional ultra route takes runners out of the city to the coast, with a view of the Indian Ocean. Then, you head west along the coast before turning north up a long,

winding, cliffside road up Chapman’s peak with views of the Atlantic Ocean – hence the name, TWO Oceans. However, summer bush fires did sufficient damage to the regular (red) route that safety concerns meant that, in the last week, organisers had to switch to an alternative (green), “slightly tougher” route that would delay the elite by 4 minutes (yeah!) This route turned inland over a mountain pass, sadly before runners would see the Atlantic.

The race starts in the leafy outer suburbs of Cape Town with majestic views of the Table Mountain range, where many local runners train.

As the pace buses only ran on the hour (never one when you want one), I was nervous of taking the last bus with no



safety margin if I started to slip behind. So I started off alone and tried not to make my usual mistake of going out too fast. Runners’ bibs show the number of Two Oceans Ultras they have run, so fellow runners advised me to find experienced runners to pace off (15/20/25 previous entries were not uncommon). Then, around 5k, I spotted the flag of a bus; darn it, I was going out too fast. But it was the 7-hour bus. Decision made, I had to take the bus if I had any chance of finishing.

But taking a bus turned out to involve so much more than any pace group I had ever encountered before; it was an experience worth running for even if I did not cross that finish line. The pacers call themselves Bus Drivers, we also had a Conductor who led the chants. Distance runners will know how hard it can be to keep a positive mental attitude, keeping at bay thoughts such as “I can’t do it;



The view down a side road at the start line during daytime; the race starts in pre-dawn darkness



I’m fading/dying; I need to stop”. The chanting on the bus keeps the brain distracted. The conductor shouts “Energy”, the group responds “Power”; conductor “Don’t stop”, response “Uphill”. But brains can quickly override repetition, so after 4-6 responses the chant is reversed; “Uphill”, response “Don’t stop”. There were several other chants, presumably in Afrikaans.

The bus walks through each water stop (where, being unacclimatised to SA weather, I poured 3 water pouches over my back). Other walk intervals included circulation aids of raising and shaking arms (well, one arm for me).

By 42km I had surprisingly not hit the wall but our bus seemed to really slow down, so

I made a panic/strategic decision to leave my bus. I caught up with a club-bus ahead and stayed with them for a few kilometres but they were already behind on their 50k target time. I had been warned by Lisa Ware (ex RRR, now working in SA) about the deceptive last 3k-5k with multiple undulations (think multiple, longer, Cemetery Hills), so I ran ahead of that bus, too, and walk-ran to the end.

To my utmost surprise I actually finished 8 minutes before the rigid 7-hour cut-off, no doubt aided by what the local newspaper later described as “harsh winter conditions” – that is, around 18°C, grey skies, some wind and drizzle as opposed to

“normal” blazing African winter sun at 25+°C. I hope and presume that everyone on both my buses also made it. Those 50:50 (only) statistics held up even for the different route. In my age group 10 novice women entered, 5 finished – I was number 5 (phew). For the repeat runners in my age category, 79% finished – clearly experience counts. But I know that I would never have finished without taking the bus.

Footnote: For those in the know, my frozen shoulder loathed the 26-hour return journey, complained loudly and promptly filed for a divorce; denied, as me and my shoulder have only been leading separate lives for 6 months!

Brenda Topliss

Route Master

START: Car park near Royal Oak in Fritham, New Forest SO43 7HJ.

PARK: Outside the pub or continue past the pub and turn left up gravel track to park there (pub does excellent ploughman's lunches, real ale/cider – and ice-cream in summer)

TERRAIN: 5 miles (9 mile option); undulating, all off road on cycle tracks or trails



Commission cottage (Holly Hatch Cottage). Keep cottage on your left and continue along path. Go over a 2nd flat bridge and as gravel track bends left continue straight ahead onto wide grass path. Keep bank/ditch on your left.

* To avoid winter mud, stay on the gravel track following it uphill. At top, go right then take next right to rejoin the original route.

MILE 3 Pass two old wooden gate posts on your left. Then, as grass path meets gravel track, go right over the hump-backed bridge.

Follow the stoney/sandy path as it swings left and heads uphill through heather. At T-junction, turn right (enclosure to left) and follow wide, gravel track towards

pine trees in distance.

MILE 4 Ignore steep path uphill and follow track round to left until you reach gate into an enclosure (0.37 miles). Inside enclosure, turn right at junction and follow gravel path through pine forestry, ignoring grass tracks to right and left. You will pass a sign/stump on your left that says 'Sloden Wood Oak'.



MILE 5 When you reach gate, exit enclosure and follow path up to main track, where you turn left. Follow track back to the car park/pub.

* Alternatively, turn right when you exit enclosure and run another four-mile loop.



MILE 1 From parking area (2nd left turn after pub), head away from road to wooden barrier. Walk round this and follow wide gravel track.

MILE 2 Ignore gravel path on your right and continue to follow track into woods and down hill. At bottom, go over flat, concrete bridge crossing stream and swing right towards the white, Forestry



Recent Race Results

New Forest Running Festival 22 March 2015

20 miles
Neil Payne 3:28:00

Verwood 10k
22 March 2015
Wayne Windebank 0:43:48

Exbury 5
29 March 2015
Neil Jennings 0:29:38
Penny Jennings 0:39:19
Alice Lane 0:42:27

Cranleigh 15/21
29 March 2015
21 miles
Tam Ryan 2:35:52
15 miles
Becky Tovey 1:59:19

Two Oceans Ultra (SA)
4 April 2015
Brenda Topliss 6:51:58

Endurancelife CTS 14/15 Series Exmoor
11 April 2015
Half Marathon
Di Cross 2:45:11
Bob Gold 3:10:08
10k
Lynda Brown 1:14:26
Wendy Couper 1:49:49

Houghton Trail Run
19 April 2015
Neil Jennings (1st) 0:43:41
Mark Adams 0:51:50
Tony Peelo 0:56:23
Penny Jennings 0:59:37
Marion Kelly 1:09:11
Greg Roulston 1:17:56
Ruth Page 1:20:06
Wendy Couper 1:23:25

Greater Manchester Marathon
19 April 2015
Becks Marriner 3:31:17

Boston Marathon
20 April 2015
Marie Duigan 3:28:18

London Marathon
26 April 2015
Tam Ryan 3:12:52
Toby Burrows 3:27:41
Neil Payne 4:30:24

Southampton Half Marathon
26 April 2015
Ian Ralph 1:25:19
Neil Jennings 1:25:35
James Battle 1:25:43
Steve Geary 1:31:43
Jonathan Williams 1:33:41
Stephen Reed 1:33:46
Paul Burnage 1:34:48
Lee Harris 1:35:22
Christopher Brown 1:36:01
Hannah Shutt 1:37:40
Joanna Weguelin 1:42:30
Andrew Archibald 1:43:00
Penny Jennings 1:46:15
Paul Slaughter 1:55:57
Alice Lane 1:56:21
Jacqueline Bailey 2:09:26
Julie Shanker 2:18:19
Linda Webb 2:18:02
Nikki Skeats 2:22:24
Bridget Wells 2:22:37

10k
Mark Stileman (4th) 0:38:51

Endurancelife CTS 14/15 Series Pembrokeshire
2 May 2015
Ultra
Toby Burrows 6:00:29



Toby starts out on the EL ultra in Pembrokeshire

Marathon
Becky Tovey 4:50:41
Di Cross 5:51:46

Half marathon
Lindsey Friedman 3:42:42
Naomi Farrington 3:42:46

10k
Brenda Topliss 1:35:06
Anna Duigan 1:36:32
Ruth Page 1:43:53
Wendy Couper 1:46:49
David Page 1:57:20

Harewood Forest 10k
4 May 2015
Alice Lane 0:58:02
Julia Abab 1:00:05
Anna Duigan 1:04:41
Derek Kelly 1:05:27
Wendy Couper 1:17:16

Lymington Lifeboat 10k
10 May 2015
Joanna Weguelin 0:47:19
Andrew Archibald 0:47:31
Ann-Marie Skill 0:55:59

Alton Ten
10 May 2015
Mike Roberts 1:12:30

Hook 10 mile
17 May 2015
Paul Burnage 1:12:56

Netley 10k
17 May 2015
Becky Tovey 0:43:49
Bridget Wells 1:02:59

Endurancelife CTS 14/15 Series Flete
23 May 2015
Half marathon
Di Cross 3:12:29

The Ox Ultra
24 May 2015
Jade Rolfe 6:27:25

■ Personal Best
■ Course Best
■ First in Category

What is our club for?

OUR chairman asked this question in the previous newsletter. Before I give my opinion, we should consider why people join in the first place. I think the majority want to run faster, get fitter, train for specific races or avoid training alone, especially in winter.

In my case, I joined in 1985 to improve my running speed through regular group training to help my orienteering. It worked – my best result at the British Championships was in 1989, 13th of 150 in my age group. All my PBs on the road in the pentathlon distances were run from 1987 to 1990. I just wish I could still run under 20 minutes for 5km or 40 for 10km.

The club soon joined the RR6 (now 10). Some of the early races, including ours, were on roads but as numbers rose everything switched to cross-country. This is a very good reason for joining; some people have become members solely to run these events. We are lucky to have this league. My three sons, all former members, have nothing like it in South London, West Yorkshire or Edinburgh, only the more

Photo: Paul Hammond



serious County League Saturday races.

The Saturday/Sunday social runs, led by Ray Masters and David Page in particular when I was able to do them, were also good for attracting and keeping members.

The club has always prided itself on being friendly and welcoming to newcomers, with an active social side. The early days saw fancy-dress runs, then came quiz evenings, pasta parties and now weekends away for coastal races.

I do regret the fact that home runs have almost stopped. They were one of the social highlights of the year, with great food (our sons ate so much at these that someone asked if we fed them at home).

Another good reason I have stayed a member for

so long is that it is good for my health. After my 'incident' last August, the specialists, rehab nurses and my GP all said I may not have survived if I hadn't done so much running over the years. This is, of course, a very good reason why I have carried on, albeit even slower than before. I would like to thank all those who have supported and encouraged me in this.

Despite what the website says, we don't cater for all ages – under 15s aren't allowed, rightly so for safety reasons, and we aren't an athletics club. Nor do we cater for all abilities. We don't have a qualified coach so real beginners who can only run short distances are at a disadvantage.

We know why members stay with the club but why do some not renew? In the two recent years when I was Membership Secretary I was surprised at the 15% drop-out rate. I know some were due to injury/illness, a few have moved away but most of the others just decided the club wasn't for them (it can't have been just the pasta party quizzes!)

I just hope the club keeps gradually evolving; there is no need for any major changes in my view.

David Nixon

Fixtures – big up the team!

I wanted to include this table to highlight how fantastic the turnout has been so far this season at the RR10s. A massive shout out to all those who have turned up so far – and keep up the good work. Consistency really pays off in these races and it would be a massive result if we can field A, B and C teams consistently for both men and women throughout the season. The off-road races are a brilliant way of offsetting all that speedwork we do on the road. The speedwork makes us strong and speedy, working the big functional muscles and pushing our anaerobic capacity, while the off-road work makes us strong in different ways and less susceptible to injury in the long run, strengthening those stabiliser muscles in the foot and ankle and working those core muscles with all those hills. And, let's face it, it's all part of the fun, which is what we're all about. So keep up the good work, it'll pay dividends!



The RRR-ers who ran race 3 in the RR10 series at Wilverley

Becky Tovey, Club Captain

WOMEN'S RR10 TEAM POSITIONS AFTER 2 RACES

	R1	R2	TOTAL						
1	Stubbington Green Runners	1	2	3	24	New Forest Runners (B)	24	18	42
2	New Forest Runners	3	1	4	25-	Stubbington Green Runners (D)	16	28	44
3	Hedge End Running Club	2	3	5	25-	Hedge End Running Club (C)	19	25	44
4	Totton Runners	7	org.	7	27-	Totton Runners (D)	47	org.	47
5	Winchester and District AC	5	4	9	27-	Lordshill Runners (D)	26	21	47
6	Stubbington Green Runners (B)	4	6	10	29-	Romsey Road Runners (C)	30	24	54
7	Romsey Road Runners	6	5	11	29-	Lordshill Runners (E)	31	23	54
8	Lordshill Runners	8	7	15	31	Hedge End Running Club (D)	28	29	57
9	Eastleigh Running Club	9	8	17	32	Stubbington Green Runners (E)	22	36	58
10	Totton Runners (B)	20	org.	20	33	Totton Runners (E)	59	org.	59
11	Hedge End Running Club (B)	11	10	21	34	New Forest Runners (C)	35	26	61
12	Winchester and District AC (B)	13	9	22	35	Lordshill Runners (F)	36	27	63
13	Romsey Road Runners (B)	13	11	24	36	Totton Runners (F)	65	org.	65
14-	Stubbington Green Runners (C)	14	15	29	37	Stubbington Green Runners (F)	25	41	66
14-	Lordshill Runners (B)	17	12	29	38	Eastleigh Running Club (C)	34	35	69
16-	Handley Runners	10	20	30	39	Solent Running Sisters (C)	39	32	71
16-	Southampton Athletic Club	org.	30	30	40-	Winchester and District AC (D)	55	19	74
18	Solent Running Sisters	15	17	32	40-	Stubbington Green Runners (G)	29	45	74
19	Totton Runners (C)	33	org.	33	42	Lordshill Runners (G)	44	31	75
20	Eastleigh Running Club (B)	21	14	35					
21	Winchester and District AC (C)	27	11	38					
22	Lordshill Runners (C)	23	16	39					
23	Solent Running Sisters (B)	18	22	40					

MEN'S RR10 TEAM POSITIONS AFTER 2 RACES

	R1	R2	TOTAL						
1	Southampton Athletic Club	org	1	1	22-	Stubbington Green Runners (D)	16	18	34
2	Lordshill Runners	2	2	4	24	Eastleigh Running Club (B)	17	21	38
3	Stubbington Green Runners	1	4	5	25-	Lordshill Runners (D)	21	19	40
4	New Forest Runners	3	3	6	25-	Southampton Athletic Club (D)	org	40	40
5-	Totton Runners	11	org	11	27	Totton Runners (E)	43	org	43
5-	Southampton Athletic Club (B)	org	11	11	28-	Stubbington Green Runners (E)	19	25	44
7-	Winchester and District AC	6	6	12	28-	Hedge End Running Club (C)	22	22	44
7-	Stubbington Green Runners (B)	4	8	12	30	Hardley Runners (B)	25	24	49
7-	Hedge End Running Club	5	7	12	31-	Winchester and District AC (C)	23	28	51
10	Lordshill Runners (B)	8	5	13	31-	Romsey Road Runners (B)	9	7	16
11	Totton Runners (B)	18	org	18	33-	Stubbington Green Runners (F)	26	29	55
12-	Romsey Road Runners	9	10	19	33-	Lordshill Runners (E)	29	26	55
12-	Eastleigh Running Club	7	12	19	35	Eastleigh Running Club (C)	27	31	58
14	Southampton Athletic Club (C)	org	23	23	36	Hedge End Running Club (D)	31	30	61
15	Hardley Runners	15	9	24	37	Hardley Runners (C)	33	33	66
16	Stubbington Green Runners (C)	10	16	26	38	Stubbington Green Runners (G)	32	36	68
17-	Lordshill Runners (C)	13	14	27	39	Hedge End Running Club (E)	36	35	71
17-	Hedge End Running Club (B)	12	15	27	40	Eastleigh Running Club (D)	35	37	72
19	Totton Runners (C)	28	org	28	41	Lordshill Runners (F)	42	34	76
20	Winchester and District AC (B)	14	17	31	42	Hedge End Running Club (F)	40	38	78
21	New Forest Runners (B)	20	13	33	43	Stubbington Green Runners (H)	38	42	80
22-	Totton Runners (D)	34	org	34	44	Halterworth Harriers	org	dnf	100
22-	Stubbington Green Runners (D)	16	18	34					
24	Eastleigh Running Club (B)	17	21	38					
25-	Lordshill Runners (D)	21	19	40					
25-	Southampton Athletic Club (D)	org	40	40					
27	Totton Runners (E)	43	org	43					

Pentathlon 2015

Here are the Pentathlon Tables so far for Men, Ladies and V50 categories. Apologies if I have missed any results... please let me know by emailing me at: betosnow360@gmail.com
Cheers guys – and keep up the good work!!!

VETS PENTATHLON (as at May 2015)

Name	5km Time	5km Rank (score)	10km Time	10km Rank (score)	15km Time	15km Rank (score)	20km Time	20km Rank (score)	TOTAL SCORE
V50 Men									
Ken Westcott	0:37:00	1 (20)	0:44:25	1 (20)	01:17:30	1 (20)	01:33:00	1 (20)	160
Andrew Archibald			0:47:31						74
V50 Ladies									
Debbie Ferrie	0:39:19	1 (20)			01:46:15				80
Di Cross					00:43:23				40

MEN'S PENTATHLON (as at May 2015)

Men	5km Time	5km Rank (score)	10km Time	10km Rank (score)	15km Time	15km Rank (score)	20km Time	20km Rank (score)	Half Marathon Rank (score)	Marathon Rank (score)	TOTAL SCORE	
Jan Ralph			0:31:28	2 (37)	0:38:24	2 (37)	01:05:50	1 (40)	01:25:19	1 (40)	194	
Ken Westcott			0:36:30	8 (32)	0:43:45	5 (35)	00:55:25	6 (39)	01:24:30	2 (37)	156	
Neil Jennings			0:29:30	1 (40)	0:37:00	1 (40)			01:25:35	2 (37)	117	
Wayne Windbank	0:21:27	1 (40)			0:41:40	5 (30)			01:25:19	1 (40)	72	
Jade Rolfe								1:12:53	2 (37)	04:25:59	4 (32)	69
Andrew Archibald*					0:47:31	7 (28)			01:43:00	10 (25)	54	
Toby Burrows										03:27:41	2 (37)	37
Stewart Liesenham										04:00:05	3 (34)	34
Mark Stileman					0:58:49	3 (34)					34	
Tony King			0:31:33	3 (34)							34	
Steve Geary									01:31:43	4 (32)	32	
Ricky Bath								01:47:06	4 (32)		32	
Peter Smith			0:39:55	6 (29)							32	
Neil Payne										04:30:24	5 (30)	30
Jonny Williams									01:33:41	5 (30)	30	
Pete Hartley					0:46:46	6 (29)					30	
Steve Reed									01:33:46	6 (29)	29	

WOMEN'S PENTATHLON (as at May 2015)

Ladies	5km Time	5km Rank (score)	10km Time	10km Rank (score)	15km Time	15km Rank (score)	20km Time	20km Rank (score)	Half Marathon Rank (score)	Marathon Rank (score)	TOTAL SCORE	
Ken Westcott	0:37:00	1 (20)	0:44:25	1 (20)	01:17:30	1 (20)	01:33:00	1 (20)	01:34:46	7 (26)	173	
Tam Ryan			0:41:49	1 (40)	01:09:14	1 (40)	01:33:09	1 (40)	3:12:52	1 (40)	160	
Debbie Ferrie	0:39:19	1 (20)			01:27:07	3 (34)	01:46:15	4 (32)	04:42:35	8 (27)	139	
Alice Lane			0:42:27	5 (30)					1:56:21	8 (27)	119	
Debbie Ferrie			0:39:19	1 (34)					01:46:15	4 (32)	66	
Penny Jennings*			0:39:19	1 (34)					01:46:15	4 (32)	66	
Rio Brookes-Gibbs							1:33:30	4 (32)	01:50:11	5 (30)	62	
Julie Shanker			0:46:24	7 (28)					2:18:19	12 (23)	54	
Bridget Wells					1:02:59	6 (29)			2:22:37	13 (22)	51	
Becks Morrison										03:31:17	2 (37)	37
Hannah Shutt									1:37:40	2 (37)	37	
Jane Carter			0:38:29	2 (37)							37	
Wendy George										04:04:46	3 (34)	34
Di Cross*										04:23:16	4 (32)	32
Ann-Marie Skell					0:55:59	4 (32)					32	
Debbie Ferrie					0:61:31	5 (30)					30	
Deborah Ross			0:46:03	6 (29)							29	
Lisa Ware										04:57:09	9 (26)	26
Jaqueline Bailey									2:09:26	9 (26)	26	
Francesca Hough									2:17:48	10 (25)	25	
Linda Webb									2:18:02	11 (24)	24	
Nikki Skeats									2:22:24	12 (23)	23	

A note from your Session Leaders

WELCOME to summer everyone. The sun is shining, the nights are longer and we're finally back out at Braishfield and Mountbatten track.

It been great to welcome so many new members to our training nights recently and I wanted to say a big thank to you to everybody who has been making our new friends feel welcome and helping them find their feet around our various sessions and routes.

I also thought this was a good opportunity to pass on a few helpful tips to our new joiners, as well as sending out a gentle reminder to more established members.

- On both Monday and Thursday nights we aim to start at 6.30pm, meaning the session leader will ask for any messages and then outline the session as quickly as possible so we can start jogging out as close to that time as

possible. So please make sure you arrive in good time to avoid any delays.

- The pacing groups for Braishfield are based on the best information we have available. If you feel you need to move group because you have been improving recently or coming back from an injury please speak to your session leader.

However, it is in your own interest to run in the correct group for your pace rather than with friends, as this is how you will make the most of the training and improve as a runner.

- If you haven't done so already, I recommend checking the route maps for Braishfield on our website as some of the start/finish markers have moved slightly from last year. I am aware that some of these have started to disappear so I am aiming to go back out to Braishfield as soon as I can to respray them.

I am sure you will all be delighted to see we have

four 5k time trials scheduled throughout the summer to help prepare you for our Club Championship on Monday 7th September and, of course, help the session leaders work out the handicap.

For those of you not familiar with this, the idea is we take the times you have recorded for these 5k time trials (however many you've managed to do) and calculate a predicted finish time for the final 5k session. This is your handicap. We set everyone off in a mass start and the person who beats their handicap time by the greatest margin lifts the coveted trophy – won last year by Haly Nomm, who clocked a time of 00:24:30, which was 39 seconds faster than her handicap.

Have a great summer everybody – and happy running. Cheers

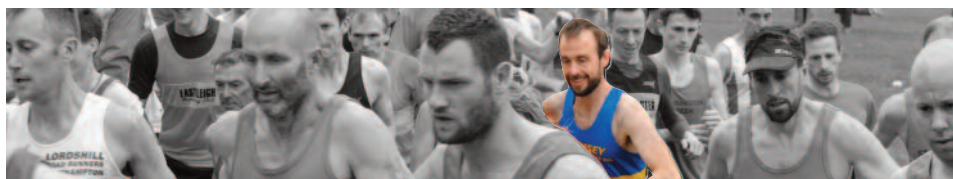
**Ian Ralph
(and your friendly
session leader team)**

Training Schedule Summer 2015

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

JUNE		JULY		AUGUST	
Mon 1	Beer Race Reccy	Thu 2	Track: 3-min Out & Back	Mon 3	Braishfield B1: 4 x 1km
Thu 4	Track: 40/20	Mon 6	Braishfield B1: 4 x 1km	Thu 6	Track: 800m Pairs
Mon 8	Braishfield B1: 4 x 1km	Thu 9	Track: 400m Pairs	Mon 10	Braishfield B2: 5 x 1km
Thu 11	Track: 400m Groups of 3	Mon 13	Braishfield B2: 5x 1km	Thu 13	Track: 3-Min Out & Back
Mon 15	Braishfield B2: 5 x 1km	Thu 16	Track: Individual Pyramid	Mon 17	Braishfield B3: 4 x 1km
Thu 18	Track: Miles of Miles Relay	Mon 20	Braishfield B3: 4 x 1km	Thu 20	Track: 400m Groups of 3
Mon 22	Braishfield B3: 4 x 1km	Thu 23	Track: 40/20	Mon 24	Braishfield B4: 5km TT
Thu 25	Track: 800m Pairs	Mon 27	Braishfield B4: 5km TT	Thu 27	Track: Individual Pyramid
Mon 29	Braishfield B4: 5km TT	Thu 30	Track: Group of 3 Pyramid	Mon 31	Braishfield: B1 4 x 1km BANK HOLIDAY

Photo: Paul Hammond



Upcoming races

<i>Date</i>	<i>Time</i>	<i>Event</i>
JUNE		
03	19:30	RR10/4 Recreation Ground, Blackfield (Hardley)
07	10:30	ROMSEY ROAD RUNNERS' 5 MILE BEER RACE
	10:00	D Day 10k Road Race, Lakeside North Harbour, Cosham
10	19:30	RR10/5: Fairthorne Manor, Botley (Stubbington)
13	TBC	Endurancelife Classic Quarter, Cornwall (ultra)
21	10:45	Wellow 6k Fun Run (www.tinyurl.com/wellowfunrun)
	06:00	Summer Solstice Sprint (www.southamptonairport.com/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 (RSisters/H End)
28	10:00	North Devon AONB Fell Marathon/Half Marathon
JULY		
01	19:15	Lakeside 5k Series, Hilsea Lido PO2 9RP
05	09:00-10:15	Summer Plod, 21m or 6½m, Meon Valley
08	19:30	RR10/7 Marwell (host Eastleigh)
22	19:30	RR10/8 JANESMOOR POND (host WESSEX/RRR)
29	19:15	Lakeside 5k Series, Hilsea Lido PO2 9RP
AUGUST		
01	17:00/21:00	Summer RunFest (5 mile/marathon), Queen Elizabeth Country Park (secondwindrunning.co.uk)
05	19:15	RR10/9 Itchen Valley Country Park (host Lordshill)
09	08:00-11:30	Salisbury 5-4-3-2-1trail event, 5k-50k (incl. marathon)
19	19:15	RR10/10 IBM Hursley Park (host Winchester)
26	19:15	Lakeside 5k Series, Hilsea Lido PO2 9RP

It is advisable to check start times/race info before setting out.