

RELAY

Winter 2015/16



**ROMSEY ROAD
RUNNER OF
THE YEAR**
+ all this year's
award winners

**AGM –
Main points
+ new committee**

ROMSEY
ROAD RUNNERS

Inside...

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Cover photo of Becky Tovey by Paul Hammond

From the Chair

As we come to the end of the year it's nice to reflect on what has gone before. This has been our 30th year since the club was founded and it is still in very good health, with many more years of running ahead. There are plenty of ways to tell this: membership is at an all-time high; entries to races are high and there is a constant stream of personal bests; participation at club nights is good and sessions are varied and challenging; the club is financially sound; the social calendar is full and events are well attended; the Beer Race goes from strength to strength.

One small area of concern for me was the recent AGM. Not as much fun as a run, I will admit, but the number of members attending was low and those that did attend were mostly the same people who come each year. We also have a few spaces on the committee unfilled (press, newsletter and session leader coordinator, if anyone is interested). It's the effort of the people on the committee and our session leaders that makes our club such an enjoyable place to come and run. So if anyone out there reading this would like to give a little something back, do please come and speak to a committee member. Your club needs you!

Finally, the awards evening was a great success. Thanks to Lesley Stone and Di Cross for organising. Good food, fine company, music and dancing. What more can you ask for? Happy running and Merry Christmas to all!

Tony King, Chair

From the editor

Hello all, hope you enjoy the Winter edition of *Relay* – my last as Acting Editor, alas. I've greatly enjoyed producing the newsletter and keeping up with what you are all up to running-wise; thank you for your support. However, as work commitments have made it impossible for me to make it to club nights – and will continue to do so into next year – I have decided to take a break from the club. Have a great winter of running – and I hope to be back running with you again soon.

Di Cross



Tony presenting Paul Burnage with the Vets' Pentathlon trophy

Dates for your diary

DECEMBER

- 24 Christmas Eve run from Julia's in Nomansland

JANUARY

- 3 New Year Run (CC6 recce)
- 31 Marshalling at Kings Inclosure, Stoney Cross for our CC6

● Ideal for Christmas presents, Up & Running is offering club members a special 3for2 offer across all Sub 4 clothing and accessories, from the Sub 4 Storm jacket (rrp £140) to a Sub 4 bottle. Open to club runners from now until Christmas Eve as a 'thank you' for your support this year, just show your RRR membership card at the till to take advantage of the offer.

Up & Running, 28 The Precinct, Bournemouth Road, Chandler's Ford, SO53 2GA; 023 8025 5577; www.upandrunning.co.uk/southampton

Victorious Vicky

The club's annual 5km Time Trial Handicap took place on Monday, 7th September from the Wheatsheaf in Braishfield. Of the 37 runners who took part, 20 managed to beat the handicap.

This year's winner – by an impressive margin – was Vicky Pelling. Although Vicky was last but one to cross the finish line, she put in a great run to improve on her best time of the summer by some margin.

Many congratulations, Vicky.

THE TOP 5 POSITIONS WERE:

1. Vicky Pelling (-2:57)
2. Wouter Bateman (-1:43)
3. Joe Pelling (-1:32)
4. Richard Vie (-1:22)
5. Lynne Web (-1:03)

Congratulations to everybody who took part.



Many congratulations...



... to Stuart Cripps and his wife, Jane, who are pleased to announce the safe arrival of their little boy, Teddy, who was born on 24th September weighing 4lb 6oz. Coming four weeks early meant that Stuart had the best excuse ever to miss his first marathon – New Forest – in September! Teddy is doing really well – and keeping mum and dad very busy – but Stuart hopes to be back running with the club soon.

Annual General Meeting

Chair Tony King welcomed around 30 members to the club's AGM at Crosfield Hall in Romsey on 11 November. He said that Romsey Road Runners is a vibrant, active club and that he was pleased at the membership figures – an all-time record at 124 – and the club's participation at events. Tony thanked this year's committee members, especially those stepping down, for the time they have put into the club.

Treasurer Mark Stileman told the meeting that the accounts remain stable, ending the year with a surplus of £720. The committee agreed that this will be re-invested in the club through first-aid courses and the leadership in running course.

Race Secretary Hannah Hunt said that splitting the role this year – into Race Secretary and Team Captain – has worked well, and that the RR10/CC6 turn out has been very good. She also informed the meeting about the options for making the RR10 league more manageable in view of the high number of runners participating.

Team Captain Becky Tovey congratulated everyone for their brilliant results, especially the rise in numbers of members competing in marathons and ultra marathons.

Following these reports, members voted on two changes to the constitution: one, involved reducing the number of voting committee members required to form a quorum from six to four (CARRIED); the second concerned the distribution of London Marathon places, with the first option changed to read, '1. A fully paid up member for 1 year and a current member of England Athletics with a rejection slip who has never run the London Marathon before.' (CARRIED).

The draw was then made for the 2016 London Marathon place, which went to Becky as the only runner to have presented a rejection slip. However, as Becky now has a

Good For Age place for 2017, she asked if it could be offered to Bob Gould; this was agreed, on the condition that Bob, who didn't attend, provided a rejection slip.

Keith Stone then introduced club member John Horton, who gave a highly entertaining talk about his experience of running the first ever London Marathon in 1981. He also showed photographs and his medal.

Before retiring for pizza, the meeting elected officers for 2015/16 (see below).

Full reports from all the 2014/15 committee members and other details can be found on the website under ABOUT US – CLUB AGM.

RRR COMMITTEE 2015/16

Chair: Tony King (re-elected)

Treasurer: Deborah Rees (elected)

Secretary: Jo Weguelin (re-elected)

Session Leader Co-ordinator: (vacant)

Team captain: Becky Tovey (re-elected)

Race Secretary: Hannah Hunt (re-elected)

Membership Secretary: Penny Jennings (re-elected)

Press Secretary: (vacant – John Quayle will fill the role on a short-term basis)

Web master: John Quayle (re-elected)

Social Secretary: (vacant – Liz Slade, Karen Keane and Jacqueline Bailey have since volunteered to take on the role)

Newsletter editor: (vacant – Di will produce the Winter edition before standing down)

Kit secretary: Lynda Brown (re-elected)

Beer race director: Mark Stileman (elected)

Membership News

We are finishing 2015 with a record number of club members, 124, of which 63 are women and 61 are men. Here, three of our new members introduce themselves.

● Please note that membership renewals are due by 31 December.

Penny Jennings, Membership Secretary



have got my running mojo back again and I've been running times I haven't achieved for a good few years. Thank you!

PS: The photo was taken at an Eastleigh parkrun – which I kept because of the runner behind me!

Rachel Pellet

I have been running as a hobby for about 4 years. I moved to Southampton while I was completing my degree and loved to run as an outlet. As I began to run more and as winter set in I decided to join Lords Hill Road Runners. I was a member for 3(ish) years and participated in many running events. I then moved back to Romsey with my boyfriend and wanted to carry on running with a club. I knew of Romsey through our league – and was also told it was a friendly club – so decided to join. I have been recovering from various injuries so have not run many events this year but intend to next year. I do have a couple of goals for 2016: I would like to run

a sub-24 minute 5km and a sub-1 hour 50 minute half marathon. I am hoping that hard work and comradery will help me achieve this!



Dylan Needham

I've always wanted to run a marathon and after completing a half marathon earlier this year, I realised that I might need to put in a bit more practice than I first thought! I discovered Romsey Road Runners, which not only helps with my training but is a great way to unwind after a long day at work.

Sue Sleath

I've been running for nearly 20 years now. Although I've raced over most distances and over various terrain, I prefer the longer, off-road stuff – I've done about 65 races of marathon distance or more, most of which were off-road. My most satisfying running achievement to date was running the Lakeland 100 in 2011, where I finished 2nd woman. Since then, however, things had gone downhill as injuries and work have stopped me doing the distances that I enjoy. Entering the New York Marathon this year and rejoining RRR seems to

Annual Awards Night Dinner



THE club's Annual Awards Night dinner at Ampfield Golf & Country Club in November was a lively affair, with more than 40 members turning up to congratulate this year's top performers.

Following a three-course meal, Chair Tony King presented the winners with their trophies, plus an engraved tankard as a keepsake.

In addition to the regular awards (detailed right), a special award went to Wendy Couper for her category win in the 2015 RR10 series. Keith and Lesley, recipients of the Chairman's Award for their

role in establishing the club 30 year's ago this year, received customised running jackets to accompany the trophy and Penny received a trophy for having run the most ever RR10s (an impressive 172).

Tony told the party that there had been a lot of nominations for the title of Romsey Road Runner of the Year this year, however, two club

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Club members show their best moves on the dance floor



Keith and Lesley with their customised jackets



A special award for Wendy Couper, CC6 FV70 winner



Penny's not sure how practical her new shoe is!

PRIZE WINNERS

BEST CLUB RUNNER IN CC6s (MEN) Neil Jennings

BEST CLUB RUNNER IN CC6s (WOMEN) Tam Ryan

BEST CLUB RUNNER IN RR10s (MEN) Neil Jennings

BEST CLUB RUNNER IN RR10s (WOMEN) Becky Tovey

SPECIAL AWARD: WINNER OF RR10 FV70 CATEGORY

Wendy Couper

SPECIAL AWARD: MOST RR10S EVER RUN

Penny Jennings (172)

CLUB TIME-TRIAL CHAMPION Vicky Pelling

MEN'S PENTATHLON Ian Ralph

WOMEN'S PENTATHLON Tam Ryan

VETS' PENTATHLON 'G' CUP Paul Burnage

CHAIRMAN'S AWARD Club founders Keith and Lesley Stone

SALLY SILENCE AWARD Julie Shanker

ROMSEY ROAD RUNNER OF THE YEAR Becky Tovey

SPECIAL AWARD FOR RACING WITH ONE SHOE!

Penny Jennings





members received significantly more votes: Penny, for always being cheerful and supportive; and the winner, Becky – who narrowly beat Penny – for boosting team spirit, always being friendly and for all she does for the club.

Keith and Lesley then made one final presentation: the Chocolate Trainer Award, which went to Penny for a record number of shoes lost while racing.

Di Cross, Social Sec (rtd)



Penny receives a special trophy from Tony and Jo at the Awards Night dinner to mark her astounding RR10 achievement

Penny tops the table!

Earlier this year, a Run Count table was published on the RR10 website, listing the runners who have achieved the greatest run count in the history of the RR10 series – which began in 1995. And who was at the top of this prestigious list? None other than our own, magnificent Penny Jennings! With 172 races completed, this made her the highest-capped runner in the history of the series – 12 ahead of the second placed runner. Now that is something to be proud of! She has also run six or more races in each of the years that the RR10s have been held.

Also on the list, coming in at 17th, is Romsey's Paul Burnage, slightly behind Penny on 138. Having two finalists in the top 20 is certainly something the club can be proud of.

| | Runner 1-20 | Total |
|-----|-----------------|-------|
| 1 | Penny JENNINGS | 172 |
| 2 | Mick ANGLIM | 160 |
| 3 | Simon MASON | 155 |
| 4= | Brian RUMMARY | 154 |
| 4= | Roy McLOUGHLIN | 154 |
| 6 | Lindsay DAVIS | 153 |
| 7= | Alan TULIP | 151 |
| 7= | Steve CHURCHER | 151 |
| 9= | Jan ANGLIM | 150 |
| 9= | Mike SMITH | 150 |
| 11 | Sean DRISCOLL | 147 |
| 12 | John MACINNES | 146 |
| 13 | Roger BRADLEY | 144 |
| 14 | Malcolm RENYARD | 142 |
| 15 | Colin JONES | 140 |
| 16 | Geoff MILLS | 139 |
| 17= | Paul BURNAGE | 138 |
| 17= | Sara RHIMES | 138 |
| 19 | Richard WIDDOP | 137 |
| 20 | Keith ROFF | 136 |



www.romseyroadrunners.co.uk

Drugs and sport

How we cheered when Bolt beat Gatlin in both the 100m and 200m! The extrovert 'clean' Jamaican over the 2x drug cheat American. The world of sport was suddenly a better place. Or was it? I have given this subject much thought and I offer my reflections.

I take drugs; in my case for asthma, or COPD as they now prefer to call it. In 2012 my asthma consultant puckishly suggested that the medication he was prescribing would bar me from the London Olympics. So I stopped trying!

In reality, I insist that my medications do not get me to the finishing line quicker; they get me to the start line. Should I stop taking my drugs, sit in an armchair and become a sports watcher and assume the mantle of an invalid, or take them and pursue an active 8th decade of life, revelling in my mediocrity?

On the strength of taking acetazolamide (Diamox), I strolled to the summit of Kilimanjaro. I did not use this substance on Aconcagua and failed to make the summit, only to find that the group leader (an Everest summiteer, no less!) had taken the drug.

I think the whole business of drugs and sport needs revisiting. All top sports people are looking to gain an edge over their rivals. They do this by improving their training methods and equipment. And then there is the taking of substances.

Food supplements, eg vitamins are fine, but very soon we enter the murky world of substances. Some are okay, others are banned. The line between the two may be arbitrary. Is there a reliable test for one substance and not for another? (Creatine phosphate comes to mind.)

Sports people/coaches (I name no-one) push the boundaries, and why shouldn't they? How much of a substance can we risk before a test is failed? Whatever, or however, the rules are enforced, there will be those who push at the boundaries.

May I suggest a solution? Why not take down all the barriers, save for a few very nasty drugs that are proven to have deleterious effects on the health of the body, and let everything else go? Decriminalise the sorts of substance that might be found in decongestion sprays and give positive drug results, for example. If nothing else, we will have a level playing field with sports people aware of the risks (and heavy sanctions for those caught taking the dangerous substances).

If I get the chance to tackle Aconcagua again (which I doubt as I am 73 years old) I will be packing the acetazolamide.

Raymond Masters, RRR Member for Life

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Book it! Women's Running magazine

Trevor Bond spotted the following in the Q&A section of wife Elaine's magazine, and thought it might be of interest.



Q: I always feel tired during the first 20 minutes of a run and then the feeling goes away and I feel fine. Is there any reason for this and can I stop it from happening?

A: The first 20 minutes is often described as 'The Toxic 20'. This is where your body warms up and uses different energy systems to supply you with enough energy to cope with demand. It can't be stopped as it is a natural body process but you can manage it. The best way is to incorporate a good warm up for about 10 minutes. This will get you body ready for running and will reduce fatigue at the beginning of the run. The fitter you become the quicker your body will adapt to the intensity, but it will always have to go through the same process.

Fixtures

CC6

The 2015/16 CC6 series is now well underway, with a very chilly race at Dibden Inclosure for Race 2. But that didn't stop us from having a great turn out on the day, with one or two members making their CC6 debut! The next race is at Janesmoor Pond on 13 December – don't forget to wear your reindeer antlers and to wave at the Santas on the course!

Romsey will again be hosting with Halterworth, this series on Sunday 31 January 2016. We need as many members as possible to come along to help on the day with car parking, marshalling, handing out finish line tickets and manning the water station. Those of us who ran at Dibden will also have enjoyed a tasty treat of cakes and biscuits at the end, which the CC6 AGM are heartily encouraging, so it would be great to have some volunteers to make some cakes and treats for the finish – think of it as a warm-up for the Beer Race bake off!

Recces/social runs of the CC6 course will be held on Sunday 3 January (our New Year run) and Saturday 23 January, and it would be great to have as many people come along and have a look at the course as possible so that you have a good idea of it ready for race day. We'd also like to recruit 2 or 3 people to look after a section of the course each and walk other marshals out to their positions on the day, so if you are willing to help with this please let Hannah or Becky know. The sign-up sheet for helping on the day will be at club or do drop us an email.

Future CC6 dates:

| | |
|---------------|---|
| 13th December | Janesmoor Pond, Stoney Cross |
| 10th January | Badger Farm, Olivers Battery, Winchester |
| 31st January | Kings Garn Inclosure, Stoney Cross (marshalling only) |
| 21st February | Dennywood, New Forest |
| 6th March | Wilverley Inclosure, New Forest |

RR10 Update

Such is the success of the RR10 league that it is now in a position where significant changes may be required for it to continue and flourish, prompted in part by the application to join from new local club Itchen Spitfires. Numbers have increased steadily year-on-year, and the majority of the races are now at their limit, both in terms of the numbers of runners that the routes can support and the number of cars that can be parked. Car parking is a major issue at the New Forest venues, where the Forestry Commission also require public access during races, and where ponies/livestock are roaming the roads/car parks and increased traffic is a potential risk.

The majority of clubs involved in the league were in agreement that the league should be encouraging runners and not exclude local clubs, but even without Itchen Spitfire's application, the increased runner/spectator numbers would need to be addressed at some point in the near future.

Two options are currently being considered:

1. Split the league into two divisions, East and West, with 7 clubs in each division hosting 6 races each (Halterworth and Wessex need to partner with another club each as they are too small to host on their own), therefore runners would be able to compete in a total of 5 races. This would be a long-term fix, allowing more clubs to be admitted in the future, but would mean less races to run in the near future.
2. Add a further race to the calendar, which Itchen Spitfires would host, with each club dropping out of two races – the one they host plus one other. This would mean runners would still get 9 opportunities to race. The committee are currently working on the best combination of host club(s) and club to miss each race to ensure a fair spread of runners taking part at each race. This is more of a mid-term fix, possibly providing the opportunity for more clubs to join in the future until the calendar becomes too full. Responses from the other clubs in the league seem to be in favour of option two and a further meeting of club representatives will be held in the near future to agree the way forward.

Becky Tovey, Club Captain, and Hannah Hunt, Race Secretary



2014/15 AWARD WINNERS: Neil and Tam (above) win the trophies for best male and female club runners in the CC6 series; Becky and Neil (below) pick up the awards for best male and female club runners in the RR10 series



WOMEN'S PENTATHLON: FINAL STANDINGS 2014/15

| Ladies | 5km | | 10km | | 10m | | Half Marathon | | Marathon | | TOTAL SCORE |
|-------------------|----------|--------------|----------|--------------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | |
| Tam Ryan | 21:24:00 | 4 (32) | 0:41:49 | 1 (40) | 01:09:14 | 1 (40) | 01:33:09 | 1 (40) | 3:12:52 | 1 (40) | 192 |
| Becky Tovey | 21:05:00 | 3 (34) | 0:37:31 | 1 (40) | 0:43:49 | 3 (34) | 01:38:15 | 3 (34) | 04:41:34 | 8 (27) | 169 |
| Brenda Topliss* | | | 0:39:27 | 4 (32) | 0:53:13 | 6 (29) | 01:23:56 | 3 (34) | 04:31:26 | 6 (29) | 152 |
| Alice Lane | | | 0:42:27 | 5 (30) | 0:50:57 | 5 (30) | 01:27:07 | 5 (30) | 04:42:35 | 9 (26) | 143 |
| Joanna Weguelin | 23:06:00 | 5 (30) | | | 0:46:04 | 4 (32) | | | 04:35:58 | 7 (28) | 122 |
| Sue Sleath | 19:17:00 | 1 (40) | | | 0:42:04 | 2 (37) | | | 3:43:23 | 3 (34) | 111 |
| Penny Jennings* | | | 0:39:19 | 3 (34) | | | 01:23:13 | 2 (37) | 01:46:15 | 5 (30) | 101 |
| Hannah Shutt | 20:54:00 | 2 (37) | | | | | 1:37:40 | 2 (37) | | | 74 |
| Bridget Wells | | | 0:49:33 | 9 (26) | 01:02:59 | 10 (25) | | | 2:22:37 | 14 (21) | 72 |
| Rto Brookes-Gibbs | | | | | | | 1:33:30 | 6 (29) | 01:50:11 | 6 (29) | 58 |
| Ann-Marie Skill | | | | | 00:55:59 | 8 (27) | | | 05:20:00 | 11 (24) | 51 |
| Julie Shanker | | | 0:46:24 | 7 (28) | | | | | 2:18:19 | 12 (23) | 51 |
| Nikki Skeats | | | 47:35:00 | 8 (27) | | | | | 2:22:24 | 13 (22) | 49 |
| Rebecca Marriner | | | | | | | | | | | 37 |
| Jane Carter | | | 0:38:29 | 2 (37) | | | | | 03:31 | 2 (37) | 37 |
| Wendy George | | | | | | | | | | | 37 |
| Rebekkah Lurcock | | | | | | | 01:25:22 | 4 (32) | 4:04:46 | 4 (32) | 32 |
| Di Cross* | | | | | | | | | 04:23:16 | 5 (30) | 30 |
| Deborah Rees | | | 0:46:03 | 6 (29) | | | | | | | 29 |
| Anna Dughnan* | | | | | 0:53:33 | 7 (28) | | | | | 28 |
| Debbie Ferré | | | | | 01:01:31 | 9 (26) | | | | | 26 |
| Jaqueline Bailey | | | | | | | | | 2:09:26 | 9 (26) | 26 |
| Lisa Ware | | | | | | | | | | | 26 |
| Francesca Hough | | | | | | | | | 04:57:09 | 10 (25) | 25 |
| Wendy Couper* | | | | | 01:09:00 | 11 (24) | | | | | 25 |
| Linda Webb | | | | | | | | | 2:18:02 | 11 (24) | 24 |

MEN'S PENTATHLON: FINAL STANDINGS 2014/15

| Men | 5km | | 10km | | 10m | | Half Marathon | | Marathon | | TOTAL SCORE | | |
|-------------------|----------|--------------|---------|--------------|---------|--------------|---------------|--------------|----------|--------------|-------------|--------|-----|
| | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | | | |
| Ian Ralph | | | 0:31:28 | 2 (37) | 0:38:24 | 2 (37) | 01:05:58 | 2 (37) | 01:25:19 | 1 (40) | 03:17:28 | 1 (40) | 191 |
| Neil Jennings | | | 0:29:38 | 1 (40) | 0:37:00 | 1 (40) | 01:00:37 | 1 (40) | 01:25:35 | 2 (37) | | | 157 |
| Paul Burnage* | 00:20:52 | 2 (37) | 0:33:58 | 5 (30) | 0:43:35 | 5 (30) | 01:12:56 | 4 (32) | 01:34:48 | 7 (28) | | | 157 |
| James Battle | | | | | 0:37:00 | 1 (40) | | | 01:25:43 | 3 (34) | | | 74 |
| Wayne Windebank | 00:20:30 | 1 (40) | | | 0:43:48 | 6 (29) | | | | | | | 69 |
| Jade Rolfe | | | | | | | 1:12:53 | 3 (34) | | | 04:25:59 | 4 (32) | 66 |
| Stuart Cripps | | | | | 0:50:37 | 9 (26) | 1:17:25 | 5 (30) | | | | | 56 |
| Andrew Archibald* | | | | | 0:47:31 | 8 (27) | | | 01:43:00 | 10 (25) | | | 52 |
| Toby Burrows | | | | | | | | | | | 03:27:41 | 2 (37) | 37 |
| Stewart Liesenham | | | | | | | | | | | 04:08:05 | 3 (34) | 34 |
| Mark Stileman | | | | | 0:38:49 | 3 (34) | | | | | | | 34 |
| Tony King | | | 0:31:33 | 3 (34) | | | | | | | | | 34 |
| Steve Geary | | | | | | | | | 01:31:43 | 4 (32) | | | 32 |
| Mark Adams | | | | | 0:43:31 | 4 (32) | | | | | | | 32 |
| Peter Smith | | | 0:39:55 | 4 (32) | | | | | | | | | 32 |
| Neil Payne | | | | | | | | | | | 04:30:24 | 5 (30) | 30 |
| Jonathan Williams | | | | | | | | | 01:33:41 | 5 (30) | | | 30 |
| Ricky Bath | | | | | | | 01:47:06 | 6 (29) | | | | | 29 |
| Steve Reed | | | | | | | | | 01:33:46 | 6 (29) | | | 29 |
| John Quayle | | | 0:35:02 | 6 (29) | | | | | | | | | 29 |
| Pete Hartley | | | | | 0:46:46 | 7 (28) | | | | | | | 28 |
| Lee Harris | | | | | | | | | 1:35:22 | 8 (27) | | | 27 |
| Christopher Brown | | | | | | | | | 01:36:01 | 9 (26) | | | 26 |
| Paul Slaughter | | | | | | | | | | | | | 24 |

VETS' (V50) PENTATHLON: FINAL STANDINGS 2014/15

| V50 | 5km | | 5m | | 10km | | 10m | | Half Marathon | | Marathon | | TOTAL SCORE |
|------------------|----------|--------------|---------|--------------|---------|--------------|----------|--------------|---------------|--------------|----------|--------------|-------------|
| | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | Time | Rank (score) | |
| Paul Burnage | 00:20:52 | 1 (40) | 0:33:58 | 1 (40) | 0:43:35 | 1 (40) | 01:12:56 | 1 (40) | 01:34:48 | 1 (40) | 04:31:26 | 2 (37) | 200 |
| Brenda Topliss | | | 0:39:27 | 3 (34) | | | 01:23:56 | 3 (34) | 01:51:00 | 4 (32) | | | 137 |
| Penny Jennings | | | 0:39:19 | 2 (37) | | | 01:23:13 | 2 (37) | 01:46:15 | 3 (34) | | | 108 |
| Andrew Archibald | | | | | | | | | | | | | 74 |
| Di Cross | | | | | | | | | | | | | 40 |
| Anna Duignan | | | | | | | | | | | | | 34 |
| Wendy Couper | | | | | | | | | | | | | 32 |

Pentathlon Competition

The club holds its own pentathlon competition each year, taking account of your best 5 race results over 6 distances from 1 October through to 30 September. The distances are: 5km, 5 mile, 10km, 10 mile, half marathon and marathon. Congratulations to Ian Ralph, Tam Ryan and Paul Burnage on winning their categories in 2014/15. To be considered for the 2015/16 pentathlon trophies, please send your results from 1 October 2015 onwards to results@romseyroadrunners.co.uk



2014/15 PENTATHLON WINNERS: Paul Burnage (Vets); Ian Ralph (Men's); Tam Ryan (Women's)



Route Master

START: Either Parish Lantern Pub, Whiteparish (SP5 2SA) or Sherfield English layby (SO51 6FN approx) on the A27 (if starting from layby, begin at Mile 4)
PARK: Layby on A27 or in Whiteparish (check with landlord if using pub)
TERRAIN: 8/9 miles – mainly off-road



MILE 1 Take the drive to right of pub towards Blaxwell Farm. Go through gate at end, cross yard and then bridge before taking grass track straight ahead up hill, keeping hedge to your left. At top, cross 3 stiles into field. Continue over 2 fields (you will see 'Keep Out: Archery' signs in woods to left). Climb over wooden section of fence into strip of trees, crossing 2 concrete bridges over streams, then stile, to emerge into third field. Again, keep hedge to left and at stile cross into woods. Follow path through woods to emerge onto lane (Parkwater Farm Lane).

MILE 2 Turn left and stay on road for about 0.12 miles then pick up footpath on right through woods (good spot for bluebells in spring). When you reach muddy gravel track, go right then soon after left at footpath sign back into woods. This forks almost immediately; take right-hand



option leading to stile into field. Head straight across towards tree then aim for gap in hedge. Again, head straight across (path not always well marked), then over stile onto Tarmac drive. Turn right. Pass white house with odd turret then take stile on left onto footpath that cuts off the corner. Rejoin Tarmac drive and turn left. Follow this to Melchet Court.



MILE 3 Pass in front of the house then turn right at sign saying 'Deliveries'. Pass large tree stump on left and tennis court on right then, at end, opposite Melchet Park Farm, turn left. Follow this

private road past lake then under gatehouse arch to reach road (A27). Cross over and turn right.

If you are starting from layby, continue on A27 towards Salisbury, passing PO and shop before picking up footpath on right by Brambleside.

MILE 4 After 0.3/4 miles, take footpath on left by Brambleside. When track reaches lane by triangle of grass go left, taking the top, main track. Pass Ashlands, then continue to Bryces Farm. Snake through the farmyard, then bear right keeping Bryces Farm Cottages on your right. Pass barns then head out across field on farm track.



MILE 5 Just past large oak, farm track veers right. Leave it and continue straight ahead on footpath towards wood. Cross

Continued

stile and follow path as it heads right through woods. Negotiate wooden barrier into field then keep to left edge, passing white house with square tower (Telegraph House). Go through kissing gate and turn left towards livery yard. Go over stile then round metal gate into trees.



MILE 6 Follow yellow arrows leading right past 2nd metal gate then path between fields. As path opens out, head steeply downhill between pony paddocks then up the other side. At top, turn left towards barn and green cottage. Now a wide track bears right along ridge, following line of telegraph wires, with pillbox on left and MoD fence to right. Continue along this track all the way to the top of Dean Hill.

MILE 7 to END Turn left and drop down hill on road. At bottom, pick up footpath on right, which leads across 3 fields. After this, you reach the drive to Alderstone Farm. Turn left to reach road by pond. Turn right and follow this lane (Ashmore Lane/The Green) back to main road (A27), with Parish Lantern opposite.

16 RELAY Winter 2015/16

Recent Race Results

New Forest Marathon/Half

13 September
Marathon

| | |
|----------------|---------|
| Mark Stileman | 3:09:51 |
| Keith Whitaker | 1:43:05 |
| Anna Duignan | 2:06:15 |

Clarendon Marathon/Half

4 October
Marathon

| | |
|------------|---------|
| Mark Adams | 3:32:18 |
| Sue Sleath | 3:42:38 |

Half

| | |
|-------------------|---------|
| Mike Roberts | 1:48:50 |
| Becca Lurcock | 2:05:19 |
| Penny Jennings | 2:05:41 |
| Hannah Richardson | 2:12:15 |
| Lindsey Friedman | 2:20:27 |
| Marian Kelly | 2:31:28 |

Relay Marathon

| | |
|-----------------------------------|---------|
| Alice Lane, Francesca Hough + two | 4:37:58 |
|-----------------------------------|---------|

Great Scottish Run

4 October

Half Marathon

| | |
|--------------|---------|
| Anna Duignan | 1:59:51 |
|--------------|---------|

Bournemouth Running Festival

4 October

Marathon

| | |
|--------------|---------|
| Suz Gardner | 4:24:16 |
| Dave Gardner | 4:51:07 |
| 10K | |
| Trevor Bond | 51:18 |
| Elaine Bond | 70:36 |

Chalke Valley Challenge 10k

11 October

10K

| | |
|----------------|-------|
| Steve Reed | 44.52 |
| Paul Burnage | 46.00 |
| Brenda Topliss | 54.11 |

Abingdon Marathon

18 October

| | |
|--------------|---------|
| Toby Burrows | 3:09:25 |
|--------------|---------|

| | |
|--|---------|
| Becky Tovey | 3:43:16 |
| <i>(Good for Age spot for London achieved)</i> | |
| Tam Ryan | 3:43:19 |
| Alice Lane | 4:20:01 |

New Forest Stinger

18 October

10 Miles

| | |
|---------------------|---------|
| Mark Stileman (6th) | 1:06:13 |
| SUE SLEATH (1ST) | 1:12:25 |
| Mark Adams | 1:13:44 |
| Jim Wright | 1:14:54 |
| Dan Lurcock | 1:18:38 |
| Lynda Brown (3rd) | 1:20:43 |
| Penny Jennings | 1:32:36 |

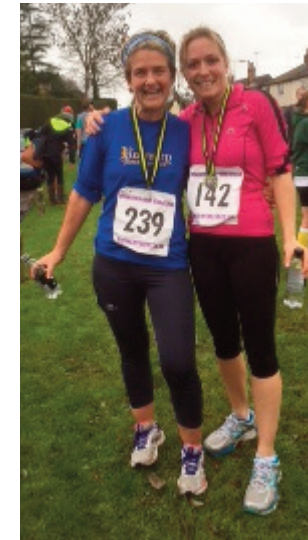
5 Miles

| | |
|--------------|---------|
| Anna Duignan | 51:41 |
| Wendy Couper | 1:03:48 |

New York Marathon

1 November

| | |
|--------------|---------|
| Sue Sleath | 3:21:43 |
| Mike Roberts | 3:22:39 |



Alice and Kelly after Downton Half (left); Julie and Francesca – still smiling after their first marathon (right)



Lordshill 10 Mile

1 November

| | |
|----------------|---------|
| Mark Adams | 1:06:45 |
| Paul Whitaker | 1:15:11 |
| Brenda Topliss | 1:28:34 |

Endurancelife CTS Gower

14 November

10K

| | |
|--------------|---------|
| Anna Duignan | 2:13.49 |
| Wendy Couper | 2:13.52 |

Gosport Half (HRRL)

15 November

10K

| | |
|----------------|---------|
| Sue Sleath | 1:33:02 |
| Tony Peelo | 1:45:04 |
| Brenda Topliss | 1:58:18 |

Riverside Winter Marathon

22 November

| | |
|-----------------|---------|
| Francesca Hough | 4:51:55 |
| Julie Shanker | 4:51:55 |

Downton Half Marathon

29 November

| | |
|------------------|---------|
| James Battle | 1:29.51 |
| Kelly Farbrother | 1:47.55 |
| Alice Lane | 1:55.09 |

| | |
|---|-------------------|
| ■ | Personal Best |
| ■ | Course Best |
| ■ | First in Category |



Jim, Penny, Mark S, Mark A, Lynda, Dan, Anna and Wendy at The New Forest Stinger

www.romseyroadrunners.co.uk



Hannah, Lindsey, Penny, Mark and Marian, who competed in the Clarendon

www.romseyroadrunners.co.uk

Winter 2015/16 RELAY 17

Winter 2015 Session Leader Report

WELL, the time has come for me to sign-off as your session leader coordinator after two years in the role. I still very much want to carry on as a session leader and plan on being as involved as the new person in the role wants me to be, but I think it's time for some fresh thinking and some renewed energy.

If you'd like to get involved in session leading, just come and chat to myself or one of the other session leaders. We're always looking for more help and the club is happy to fund your training. It doesn't matter how long you've been with the club or how fast or long you run... or don't, as the case may be.

We're now well into our winter schedule, and have already built a new session into the rotation: the 'downhill' effort round Brook Way, which replaces the old Industrial Estate route. While it's a very different session, it retains the same principles of a short,

intense effort followed by a short recovery.

So far, feedback about this new route has been positive, so we have decided to introduce a 'Mystery Session' into our Thursday evening sessions. This will give your session leaders a chance to try out some new routes we've been thinking about, and for everybody to tell us whether they think they work or not. If they do, we can look to adding them into later schedules. Hopefully, this will help us to keep our training

sessions fresh. However, while the session leaders produce a schedule every three months to help us all plan for what sessions are coming up, there are times when the session leader on any given night might need to switch things because of safety concerns on the route.

While I realise some people like to meet the group out at a given session rather than at Woodley Hall or Romsey Sports Centre, please keep in mind that every now and again you may find that the club have

had to go off somewhere else because of weather, safety concerns, road closures or some other such unforeseen circumstance. We will, of course, use the Google Group to let people know when we can, but sometimes decisions have to be made at the last minute.

Happy running everybody, and don't forget to rock the hi-viz look on club nights!

Ian Ralph
Session Leader



Ian (left) receives the trophy from Tony for the 2014-15 Men's Pentathlon at the Awards Night

Training Schedule Winter 2015/16

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

| | December | Coach | | January | Coach | | February | Coach |
|--------|--|----------------|--------|--|-----------------|---|--|-----------------|
| Thu 3 | Brook Way | Julie | Mon 4 | 1/2: Haltenworth Tadburn 3/4: Cupernham/Fishlake | Mark Deborah | Mon 1 | 1/2: Campion Drive Hills 3/4: Abbotswood | John Deborah |
| Mon 7 | 1/2: Campion Drive Hills 3/4: Abbotswood | Mark David | Thu 7 | Fishlake Meadows | Jo | Thu 4 | Brook Way | David |
| Thu 10 | Tempo Run | Jo | Mon 11 | 1/2: Cupernham/Fishlake 3/4: Haltenworth Tadburn | John Julie | Mon 8 | 1/2: Haltenworth Industrial 3/4: Cupernham/Fishlake (rev) | Ian Julie |
| Mon 14 | 1/2: Haltenworth Industrial 3/4: Cupernham/Fishlake (rev) | Ian Deborah | Thu 14 | Tempo Run | Ian | Thu 11 | Tempo Run | Deborah |
| Thu 17 | Xmas Lights Run | John | Mon 18 | 1/2: Abbotswood 3/4: Campion Drive Hills | Jo David | Mon 15 | 1/2: Cupernham/Fishlake (rev) 3/4: Haltenworth Industrial | Mark Julie |
| Mon 21 | 1/2: Cupernham/Fishlake (rev) 3/4: Haltenworth Industrial | Mark Julie | Thu 21 | Tadburn Road | John | Thu 18 | Cemetery Hill | David |
| Thu 24 | NO SESSION (XMAS EVE) | | Mon 25 | 1/2: Fishlake Industrial (2x2) 3/4: Shorter version of NB route | Ian Deborah | Mon 22 | 1/2: North Baddesley (2x2) 3/4: Fishlake Industrial (2x2) | Ian John |
| Mon 28 | 1/2: North Baddesley (2x2) 3/4: Fishlake Industrial (2x2) | Ian Julie | Thu 28 | Mystery Session | Mark | Thu 25 | Fishlake Meadows | Deborah |
| Thu 31 | NO SESSION (NY EVE) | | Mon 29 | | | 1/2: Haltenworth Tadburn 3/4: Cupernham/Fishlake | Mark David | |

Upcoming races

| Date | Time | Event |
|-----------------|---------------|--|
| DECEMBER | | |
| 5 | from 0800 | 10k-ultra, Endurancelife CTS Dorset |
| 5/6 | 1030 | GRIM (8 mile XC), Aldershot (www.grimchallenge.co.uk) |
| 6 | 0900 | Hogs Back Road Race, Loseley House, Guildford GU3 1HS |
| | 1100 | Tadley Runners Xmas XC (5.2 miles), Hurst Leisure Centre RG26 5NL |
| | 1130 | Victory 10k/5 mile Road Race, Mountbatten Centre, Portsmouth |
| 13 | 0930 | CC6 Janesmoor Pond, Stoney Cross (Lordshill/Wessex) |
| | 1100 | RNLI 5k and 10k Santa Run/Walk, Southsea PO5 3PG (tel: 07780675747) |
| 20 | 0915 | Portsmouth Coastal Waterside Marathon (http://www.fitprorob.biz) |
| JANUARY | | |
| 10 | 0930 | CC6 Badgers Farm, Winchester (Winchester/Southampton/Running Sisters) |
| | 1100 | Rough 'n' Tumble 10, Milton Lilbourne Village Hall, Pewsey SN9 5LQ |
| 17 | 0930 for 1000 | George Skeates Cross Country, Town Hall, Stockbridge |
| 24 | 1000 | Romsey 5 Mile, Broadlands SO51 9ZD |
| 31 | 0930 | CC6 Kings Inclosure, Stoney Cross (Romsey/Halterworth) |
| FEBRUARY | | |
| 6 | from 0800 | 10k-ultra, Endurancelife CTS South Devon |
| 7 | 1000 | Longleat 10k (https://www.209events.com) |
| | 1000 | Chichester 10k (http://www.chichester10krace.org.uk) |
| | 1000 | Run for Hot Chocolate: Bournemouth 5k (http://www.runforchocolate.co.uk) |
| | 1100 | The Ryde 10 Mile Race (HRRL), Ryde Rowing Club PO33 1ND |
| 20 | 1030 | Bramley 20/10, Bramley Primary School, RG26 5AH |
| 21 | 0930 | CC6 Dennywood (Totton) |
| 27 | from 0800 | 10k-ultra, Endurancelife CTS Northumberland |
| 28 | 0900/1000 | Heartbreaker Marathon/Half, Sandy Balls Holiday Village, Godshill, Fordingbridge, Hampshire |

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

ROMSEY

ROAD RUNNERS